



An Herbalist's View of Digestion

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Materia Medica

Aloe – Aloe spp.

Angelica – Angelica spp.

Anise seed – Pimpinella anisum

Balmony – Chelone spp.

Belladonna – Atropa belladonna

Black pepper – Piper nigrum

Black walnut – Juglans niger

Blackberry root – Rubus spp.

Blue vervain – Verbena hastata

Bogbean – Menyanthes trifoliata

Butternut – Juglans cinerea

Cabbage – Brassica oleracea

Calamus – Acorus calamus

Canadian fleabane – Erigeron canadensis

Cascara sagrada – Rhamnus purshiana

Catmint – Nepeta mussinii

Catnip – Nepeta cataria

Cayenne – Capsicum spp.

Centaury – Centaurium umbellatum

Chaparro amargosa – Castela emoryi

Cinnamon – Cinnamomum spp.

Comfrey – Symphytum spp.

Crampbark – Viburnum opulus/V. trilobum

Echinacea – Echinacea spp.

Fennel seed – Foeniculum vulgare

Flax – Linum usitatissimum

Garlic – Allium sativum

Gentian – Gentiana spp.

German chamomile – Matricaria recutita

Ground ivy – Glechoma hederacea

Ginger – Zingiber officinale

Goldenseal – Hydrastis canadensis

Hops – Humulus lupulus

Iris – Iris spp.

Irish moss – Chondrus crispus

Lavender – Lavandula spp.

Lemon balm – Melissa officinalis

Licorice – Glycyrrhiza spp

Lobelia – Lobelia inflata

Mallow – Malva spp.

Marijuana – Cannabis sativa

Marshmallow – Althaea officinalis

Meadowsweet – Filipendula ulmaria

Mugwort – Artemisia vulgaris

Oak – Quercus spp.

Oregon graperoot – Berberis spp.

Peppermint – Mentha x. piperita

Prickly ash – Zanthoxylum spp.

Psyllium – Plantago psyllium

Roman chamomile – Chamaemelum nobile

Senna – Cassia spp.

Silk tassel – Garrya spp.

Slippery elm – Ulmus fulva

Southernwood – Artemisia abrotanum

Spearmint – Mentha spicata

Tea – Thea sinensis

Turkey rhubarb – Rheum spp.

Vervain – Verbena spp.

Wild ginger – Asarum spp.

Wild yam – Dioscorea villosa

Wormwood – Artemisia absinthium

Yerba mansa – Anemopsis californica

Non-herbal Digestive Aids

Acidophilous

Activated charcoal

Castor oil

Clay

Grapefruit seed extract

Honey

Probiotics

Yogurt-live

Herbal Preparations

Bitter Tonic – Wormwood, Yarrow, Calamus, Southernwood, Dandelion

Digestive Aid Tincture- Marshmallow root, Fennel seed, Irish moss, Meadowsweet, Catnip

Nervine Tea – Lemon balm, Skullcap, Oatstraw, German chamomile, Passionflower

Neutralizing Cordial – Turkey rhubarb, Cinnamon, Goldenseal, Peppermint, Potassium carbonate, Simple syrup

Peppermint Spirits – Peppermint essential oil, 50% ethanol (1:15)

Trikatu Tincture – Dried long pepper, Black pepper, Ginger (equal parts)

Tummy tincture – Catnip, Fennel, Anise, Peppermint, Vegetable glycerin

Therapeutic Actions

Adjunct	Antispasmodic	Deficiency	Sedative
Alterative	Aperient	Demulcent	Sialogogue
Anesthetic	Aromatic	Deobstruent	Stomachic
Antacid	Astringent	Diuretic	Tonic
Anthelmintic	Bitter	Emetic	Vermicide
Antidiarrheal	Carminative	Hepatic	Vermifuge
Antiemetic	Carrier	Laxative	Vulnerary
Antiparasitic	Cathartic	Nervine	
Antiseptic	Cholagogue	Purgative	

Considerations for Digestive Health

Allergic reactions	Clothing	Massage	Traveling
Bacteria/parasites	Diet	Occupation	Water quality
Bathroom habits	Exercise	Rest	
Body awareness	Hunger	Stress	
Cleanliness	Lifestyle	Times of eating	

Digestive Disorders

Allergies	Colitis	Gas	Indigestion
Amoebas	Constipation	Giardia	Irritable bowel syndrome
Anorexia	Crohn's disease	Halitosis	Leaky gut syndrome
Appendicitis	Diarrhea	Healing crisis	Malabsorption
Atony	Diverticulitis	Heartburn	Nausea
Bloating	Dysentery	Hemorrhoids	Obesity
Borborygmus	Dyspepsia	Hepatitis – acute	Obstruction
Bulimia	Dysphagia	Hepatitis – chronic	Pancreatitis
Burping	Enteritis	Hernia	Parasites
Cancer	Flatulence	Hiccoughs	Perforations
Candidiasis	Food poisoning	Hypersecretory	Peritonitis
Colic	Gallstones	Hyposecretory	Reflux

Shigellosis
Spasms
Sprue

Steatorrhea
Stomachache
Stress

Toxemia
Turista
Ulcer

Ulcerative colitis
Vomiting
Worms

Other Conditions Related to Digestion

Acne
Body odors
Diabetes
Fever
Gout

Headaches
Hemorrhoids
Hyper/Hypoglycemia
Impaired immunity
Rashes

Sleep disorders
Sluggishness
Syndrome X

Organs & Structures

Anus
Bile duct
Cardiac sphincter
Cecum
Common duct
Esophagus
Gall bladder
Gastric pit
Large intestine

- Ascending colon
- Transverse colon
- Descending colon

Liver
Mouth
Omentum
Pancreas
Parenchymal cell
Peritoneum
Portal vein
Pyloric sphincter
Rectum
Salivary glands
Sigmoid colon

Small intestine

- Duodenum
- Jejunum
- Ileum

Stomach

- Parietal cells
- Chief cells

Stomach cells
Teeth
Tongue
Vagus nerve

Secretions & Hormones of Digestion

Acetylcholine
Bile
Carboxypolypeptidase
Cholecystokinin (CCK)
Chyme
Chymotrypsin
Gastric inhibiting peptide
Gastrin
Glucagon

Histamine
Hydrochloric acid (HCl)
Insulin
Intrinsic factor
Lactase
Maltase
Mucous
Pancreatic amylase
Pancreatic lipase

Pepsin (Pepsinogen)
Salivary amylase
Secretin
Serotonin
Sodium bicarbonate
Sucrase
Trypsin (Trypsinogen)

Other Terms

Carbohydrates
Electrolytes
Fats

Minerals
Nutrients
Peristalsis

Proteins
Vitamins