An Herbalist's View of Immunity and the Lymphatic system

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Anatomy and Physiology

Antibody
Antigen
Acquired (Adaptive) immunity
Basophil
Bone marrow
Cell-mediated response
Complement
Eosinophil
First-line defense
Immunoglobulin (Ig)
Interferon
Leukocyte
Liver
Lymph
Lymph node
Lymphatic vessels
Lymphocytes:
    T Cells
        Cytotoxic (killer) T cells
        Helper T cells
        Memory T cells
        Natural Killer (NK) T cells
        Suppressor T cells

Lymphocytes (continued):
    B Cells
        Memory B cells
        Plasma cells
Lysozyme
Mast cell
Monocyte
Neutrophil
Non-specific resistance
Phagocytes:
        Granulocytes
        Macrophages
Polymorphonuclear leukocyte (PMN)
Skin
Spleen
Thrombocyte (platelet)
Thymus gland
Tonsils
White blood cell (WBC)

Disorders

Adenitis
Allergies (Hypersensitivity)
Anaphylaxis
Acquired immunodeficiency syndrome (AIDS)
Autoimmune diseases
Cancer
Chronic fatigue syndrome
Common cold
Cytomegalovirus (CMV)
Epstein-Barr virus (EBV)
Hodgkin's disease (HD)
Human immunodeficiency virus (HIV)
Immune stress related disorders
Lethargy
Leukemia

Lowered resistance
Lymphocytopenia
Lymphoma
Malnutrition
Mononucleosis
Multiple sclerosis (MS)
Pneumocystic carinii
Pneumonia
Recurring infections
Retrovirus
Rheumatoid arthritis (RA)
Sore throat
Splenomegaly
Swollen lymph nodes
Systemic lupus erythematosus (SLE)

Herbal Properties

Adaptogen

Alterative

Antiinflammatory

Antibiotic

Antiseptic

Astringent

Bitter

Cholagogue

Hepatic

Immunomodulation

Immune stimulant

Immunosuppressant

Lymphagogue

Tonic

Single Herbs

American ginseng – Panax quinquefolius

Barberry – Berberis spp.

Bayberry – Myrica spp.

Bee balm – Monarda spp.

Bittersweet nightshade – Solanum dulcamara

Bladderwrack – Fucus spp.

Bogbean – Menyanthes trifoliata

Boneset – Eupatorium perfoliatum

Burdock – Arctium spp.

Calamus – Acorus calamus

Calendula – Calendula officinalis

Cayenne – Capsicum spp.

Cedar – Thuja spp.

Chaparral – Larrea spp.

Chinese ginseng – Panax ginseng

Cleavers – Galium aparine

Cola nut – Cola spp.

Dandelion – Taraxacum officinalis

Dang shen – Codonopsis pilosula

Devil's club – Oplopanax horridum

Echinacea – Echinacea spp.

Garlic – Allium sativum

Ginger – Zingiber officinale

Goldenseal – Hydrastis canadensis

Horseradish – Armoracia rusticana

Huang chi – Astragalus spp.

Hyssop – Hyssopus officinalis

Iris – Iris versicolor, I. Missouriensis

Leafcup – Polymnia uvedalia, P. canadensis

Licorice – Glycyrrhiza spp.

Lobelia – Lobelia inflata

Lomatium – Lomatium dissectum

Marshmallow – Althaea officinalis

Milk thistle – Silybum marianum

Myrrh – Commiphora spp.

Nettles – Urtica spp.

Ocotillo – Fouquieria splendens

Oregon grape – Mahonia spp.

Osha – Ligusticum porteri

Poke – Phytolacca americana

Prickly ash – Zanthoxylum spp.

Ragweed – Ambrosia spp.

Redroot – Ceanothus americanus

Red clover – Trifolium pratense

Reishi – Ganoderma spp.

Rosemary – Rosmarinus spp.

St. Johnswort – Hypericum perforatum

Sassafras – Sassafras albidum

Shiso – Perilla frutescens

Siberian ginseng – Eleutherococcus senticosus

Snakeroot – Aristolochia spp.

Spikenard – Aralia racemosa

Spilanthes – Spilanthes sylvatica

Thyme – Thymus spp.

Turkey rhubarb – Rheum palmatum

Turmeric – Curcuma spp.

Usnea – Usnea spp.

Wild ginger – Asarum spp.

Wild indigo – Baptisia tinctoria, B. spp.

Yarrow – Achillea millefolium

Yellow dock – Rumex crispus, R. spp.

Preparations

Acute tincture– Echinacea, Goldenseal, Osha, Baptisia, Horseradish, Poke

Alterative syrup – Stillingia, Echinacea, Yellow dock, Oregon grape, Yerba mansa, Milk thistle, Honey

Influenza tincture – Osha, Echinacea, Baptisia