

An Herbalist's View

Immunity and the Lymphatic System

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Immune Terminology

Antibody

Antigen

Adaptive immunity

Basophil

Bone marrow

Cell-mediated response

Complement

Eosinophil

First-line defense

Immunoglobulin (Ig)

Innate immunity

Interferon

Leukocyte

Liver

Lymph fluid

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

B Cells

- Memory B cells

- Plasma B cells

Lysozyme

Mast cell

Macrophage

Monocyte

Neutrophil

Non-specific resistance

Phagocytes

Skin

Spleen

Thrombocyte (platelet)

Thymus gland

Tonsils

White blood cells

Immunological Disorders

1. Acquired immunodeficiency syndrome (AIDS)
2. Adenitis
3. Allergies
4. Anaphylaxis
5. Autoimmune diseases
6. Cancer
7. Chronic fatigue syndrome
8. Cold viruses
9. Compromised immunity
10. Covid-19
11. Cytomegalovirus
12. Epstein-Barr virus
13. Hodgkin's disease
14. Human immunodeficiency virus (HIV)
15. Infections
16. Influenza
17. Lethargy
18. Leukemia
19. Lupus (SLE)
20. Lyme
21. Lymphadenopathy
22. Lymphangitis
23. Lymphocytopenia
24. Lymphoma
25. Mononucleosis
26. Multiple sclerosis
27. Pneumocystis jiroveci
28. Pneumonia
29. Retrovirus
30. Rheumatoid arthritis
31. Sjogren's syndrome
32. Splenomegaly
33. Stress-related disorders

Herbal Properties

- | | | |
|---------------------|----------------|-----------------------|
| 1. Adaptogen | 6. Antiseptic | 11. Hepatic |
| 2. Alterative | 7. Antiviral | 12. Immune stimulant |
| 3. Antibacterial | 8. Astringent | 13. Immunomodulation |
| 4. Antiinflammatory | 9. Bitter | 14. Immunosuppressant |
| 5. Antiprotozoal | 10. Cholagogue | 15. Lymphagogue |

Materia Medica

Astragalus-Astragalus propinquus	Marshmallow-Althaea officinalis
Barberry-Berberis species	Milk thistle-Silybum marianum
Bee balm-Monarda species	Myrrh-Commiphora species
Boneset-Eupatorium perfoliatum	Ocotillo Fouquieria splendens
Burdock-Arctium species	Oregon grape-Berberis species
Calendula-Calendula officinalis	Osha-Ligusticum porteri
Cayenne-Capsicum species	Poke-Phytolacca americana
Cedar-Thuja species	Prickly ash-Zanthoxylum clava-herculis
Chaga-Inonotus obliquus	Ragweed-Ambrosia rusticana
Chaparral-Larrea tridentata	Redroot-Ceanothus americanus
Cleavers-Galium aparine	Reishi-Ganoderma species
Dandelion-Taraxacum officinalis	Rosemary-Salvia rosmarinus
Dang shen-Codonopsis pilosula	Sarsaparilla-Smilax species
Devil's club-Oplopanax horridum	Sassafras-Sassafras albidum
Echinacea-Echinacea species	Shiso-Perilla frutescens
Elder-Sambucus species	Siberian ginseng-Eleutherococcus senticosus
Garlic-Allium sativum	Spikenard-Aralia racemosa
Ginger-Zingiber officinale	Spilanthes-Spilanthes sylvatica
Goldenseal-Hydrastis canadensis	St. Johnswort-Hypericum perforatum
Horseradish-Armoracia rusticana	Thyme-Thymus species
Hyssop-Hyssopus officinalis	Turkey tails-Trametes species
Iris-Iris species	Turmeric-Curcuma spp.
Leafcup-Polymnia species	Usnea-Usnea species
Licorice-Glycyrrhiza species	Wild indigo-Baptisia tinctoria
Lobelia-Lobelia inflata	Yarrow-Achillea millefolium
Lomatium-Lomatium dissectum	