Essential Oils Glossary of Terms

Abortifacient Inducing an abortion. Adaptogenic Having a positive general effect on the body. Alcohols Group of hydrocarbon compounds found in volatile oils. Alcelhydes Class of organic compounds between alcohols and acids. System which uses drugs with effects opposing the symptoms produced by the disease. Allopathic System which uses drugs with effects opposing the symptoms produced by the disease. Amenorrhoea Absence of menstruation outside pregnancy in pre-menopausal women. Analgesic Relieving pain. Analgesic Decreasing sexual desire. Anthelminitic Expelling intestinal worms. Anticonvolish Preventing convulsions. Anticonvolish Preventing convulsions. Anticonvolish Preventing convulsions. Anticonvolish Preventing convulsions. Anticonvolish Reducing inflammation. Antiphilogistic Reducing inflammation. Antispetic Inhibiting the growth of bacteria. Antispasmodic Relieves muscle spasm, especially of smooth muscles. Antitureal Preventing the formation of excess urea. Antitureal Preventing the formation of excess urea. Antitureal Preventing the promation of excess urea. Antitureal Preventing the grown of bacteria. Antitusion Relieving any preventing coughing. Antitusion Relieving and preventing coughing. Antitusion Relieving and preventing coughing. Antitusion Relieving and tension. Aperient Mildly loxative. Aperitive Stimulating the appetite. Aphrodistic Increasing sexual desire. Aperitive Stimulating the appetite. Increasing sexual desire. Bechic Reduces or relieves coughing. Bacteriostatic Inhibits growth of bacteria. Bechic Reduces or relieves coughing. Bacteriostatic Inhibits growth of bacteria. Bechic Reduces or relieves coughing. Bacteriostatic Inhibits growth of bacteria. Bechic Reduces or relieves coughing. Bacteriostatic Inhibits growth of bacteria. Bechic Reduces or relieves coughing. Bacteriostatic Inhibits growth of bacteria. Bechic Reduces or relieves coughing. Bacteriostatic Inhibits growth of bacteria. Cardinative Mildly sedative. Cardiotonic Lawing a tonic effect on the heart. Cardinative Antity of	RM	DEFINITION	
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Essential Oils Glossary of Terms

	TERM	DEFINITION
	Choleretic	Increasing the production of bile.
	Cicatrisant	Promoting healing and the formation of scar tissue.
	Coumarin	A chemical compound with a high boiling point within the lactones found mainly in expressed oils.
	Cultivar	Cultivated variety: a plant produced by horticulture or agriculture not normally occurring naturally; labelled by adding a 'name' to the species as in Lavandula angustifolia 'Maillette'.
	Cytophylactic	Stimulating the production of new cells.
	Decongestant	Helps diminish blockage, e.g. catarrhal, lymphatic, etc.
	Deodorant	Preventing odour.
	Depurative	Cleansing, particularly in relation to purifying the blood.
	Diaphoretic	Promoting sweating.
	Digestive	Aiding the digestion.
	Diuretic	Stimulating the secretion of urine.
	Dysmenorrhoea	Painful or difficult menstruation.
	Dyspepsia	Disturbed digestion.
	Emmenagogic	Inducing menstruation.
	Erethism	Abnormal irritability or sensitivity.
	Essential oil	Plant volatile oil obtained by distillation.
	Eubiotic	Brings about conditions favourable to life and healing.
	Expectorant	Helps removal of phlegm and catarrh.
	Fixed oil	Non-volatile oil.
	Forma ————————————————————————————————————	Lowest botanical rank in general use, denoting trivial differences within species.
	Galatogogic	Increases the secretion of breast-milk; lactogenic.
	Genus	Important botanical classification of related but distinct species given a common name.
V	Hallucinogenic	Agent affecting any or all the senses producing a wide range of distorted perceptions and reactions.
	Haemostatic	Stops bleeding.
	Herb	Non-woody soft leafy plant; plant used in medicine and cooking.
	Hepatic	Tonic to the liver.
MANAGEMENT AND	Homeopathy 	System of medicine using tiny amounts of drugs which would pro- duce in a healthy body symptoms similar to those of the disease.
	Hybrid	Natural or man made plant produced by fertilisation of one
STATE OF THE PARTY		species by another, indicated by x as in Lavandula x intermedia
	Hypertensive	Raises blood pressure.
THE RESERVE THE RE	Hypotensive	Lowers blood pressure.
	Laxative	Loosening the bowel contents, promoting evacuation.
	Lipid	A fat or fat like substance insoluble in water and soluble in fat solvents
THE RESIDENCE OF THE PARTY OF T		
10 10 10 10 10 10 10 10 10 10 10 10 10 1	Lipolytic	Breaks down fat.
	Maceration	The extraction of substance from plants by steeping in a fixed oil.
	Maceration Menorrhagia	The extraction of substance from plants by steeping in a fixed oil. Excessive periods.
	Maceration Menorrhagia Metrorrhagia	The extraction of substance from plants by steeping in a fixed oil. Excessive periods. Uterine haemorrhage occurring outside menstrual periods.
	Maceration Menorrhagia	The extraction of substance from plants by steeping in a fixed oil. Excessive periods.



Essential Oils Glossary of Terms

TERM

DEFINITION

TERIVI	DEFINITION	
Oestrogenic	Stimulating the action of female hormones.	
Officinalis	Used in medicine; recognised in the pharmacopoeia.	
Organic	Something that contains carbon, that is or has once	
Parturient	Aids childbirth.	
Percutaneous	Applied through the skin.	
Pharmacokinetics	Study of absorption, distribution, metabolism and elimination of drugs.	
Photosensitisation	Abnormally increased sensitivity of the skin to ultraviolet radiation or natural sunlight; can follow ingestion or contact with various substances.	
Phytotherapy	Treatment of disease by the use of plants and plant extracts.	
Polymenorrhea	Unusually short menstrual cycles.	
Probiotic	Favouring the beneficial bacteria in the body, while inhibiting harmful microbes; literally 'for life' as distinct from antibiotic, 'against' life.	
Prophylactic	Preventing disease.	
Psychopharmaceutical	Pertains to drugs affecting the mind and mood.	
Psychotropic	Of a drug, affecting the brain and influencing behaviour.	
Purgative	Strongly laxative.	
Rhizome	Underground stem bearing roots, scales and nodes.	
Rubefacient	Stimulates circulation locally. Has a warming effect locally.	
Sedative	Calming, including sleep.	
Spasmolytic	Relieving convulsions, spasmodic pains and cramp.	
Splenetic	Strengthening or tonifying the spleen.	
Stimulant	Increasing activity and wakefulness.	
Stomachic	Tonifies the stomach.	
Styptic	Arrests bleeding.	
Subspecies	Subdivision of a species, often denoting a geographic variation; structure or colour are peculiar to subspecies and are more definite than characteristics identifying varieties; subspecies can interbreed; abbreviated to subsp.	
Sudorific	Promoting perspiration.	
Synergy	Increased effect of two or more medicinal substances working together.	
Taxonomy	Scientific classification of living things.	No.
Thymoleptic	Antiseptic.	ALL LOID AND AND AND AND AND AND AND AND AND AN
Tonic	Invigorating - either locally or generally.	
Trichome	Hair like structure on the epidermis of a plant.	
Uterotonic	Giving tone to the uterus.	UN TO THE REAL PROPERTY OF THE PARTY OF THE
Variety	Indicates a botanical rank between subspecies and forma; abbreviated to var. as in Citrua aurantium var. amara	
Vasoconstrictor	Causing constriction of blood vessels, locally or generally.	
Vermifuge	Eliminating intestinal worm.	
Vulnerary	Helps healing of wounds (applied externally).	