

glossary

Homeostasis* - the tendency of the internal environment of the body to remain relatively constant and balancing in spite of varying external conditions and stressors

Dis-ease - a condition of an animal, plant or human in which its body or structure is harmed because an organ or part of the body is unable to work as it usually does. Often accompanied by a distinctive group of symptoms, signs, or anatomical changes.

In Traditional Chinese Medicine,
disease is thought to have three major causes:

- 1 External or environmental factors
- 2 Ones internal emotions
- 3 Lifestyle factors, such as diet

Acute disease - rapid onset, severe
symptoms, and brief duration

Chronic disease - long term, or
frequently recurring dis-ease

Tonic - a herb that strengthens the body through a general tonifying effect or through specific affinities for certain organs

Adaptogenic - a herb that supports through a nonspecific boost in resistance and resilience to external stressors, supporting the body's ability to adapt to change

Herb - within the context of herbalism, the term 'herb' will include all parts of a plant including leaves, seeds, roots, fruits and bark, as well as mushrooms and fungi

Tincture - a concentrated herbal extract made by infusing herbs in alcohol and water, or in vinegar

Plant monograph - a basic description of a herb used for therapeutic purpose. Tends to include names, parts used, constituents, range of application, side effects, incompatibilities with pharmaceuticals or other herbs, serving amounts, use, and action of the herb

Action - used to describe a specific helpful property or quality of a herb. Many herbs have several herbal actions that work in synergy

*list of **herbal actions** with definitions at urfradio.org/herbs

Energetics - refers to the sometimes subtle shifts, often in temperature or moisture, that an herb induces in body tissues

Menstruum - the solvent or solvent blend used to make a liquid extract (e.g., alcohol, vinegar, or water)

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