

Practical Potions

An Aromatic E Course

Unit 2B

Aromatic Glossary



Practical Potions- An Aromatic E-Course

Aromatic Glossary

Abortifacient: May start labor or induce abortion.

Absolute: A concentrated, semi-solid material often used in perfumery. It is made when a concrete such as jasmine or rose abs is distilled with alcohol, or another extract. The alcohol-soluble part of a resinoid may also be called an absolute.

Adulterate: To cut, change, dilute or blend essential oil with a synthetic, or a less expensive essential oil, or chemical constituent of an essential oil.

Amenorrhea: When menstruation ceases or is suppressed.

Analgesic: Substance that decreases or kills pain.

Anaphrodisiac: Substance that diminishes sexual desire.

Anorexia: Loss of appetite.

Antibiotic: Substance that reduces growth or destroys microorganisms. Used to cure or prevent disease.

Anti-inflammatory: Ability to reduce or counteract swelling.

Antimicrobial: Destroys or stops microorganisms from developing.

Antiseptic: Prevents sepsis by preventing or stopping the growth of an organism.

Antispasmodic: Relieves spasms and cramps.

Antisudorific: Prevents or reduces sweating.

Antitoxic: Neutralizes poison, especially bacterial.

Antitussive: Relieves coughs; expectorant.

Antiviral: Fights viruses.

Aperient: A mild laxative.

Aphrodisiac: Stimulates sexual desire.

Arteriosclerosis: Thickening and hardening of the walls or the arteries.

Arteritis: An artery is inflamed.

Arthritis: Inflammation of the joints. There is often pain and swelling.

Astringent: Tightens tissue.

Balsam: A resinous liquid exuded from a plant. They are insoluble in water, and soluble in alcohol.

Cardiac: Associated with the heart.

Cardiotonic: A substance that tones or stimulates the heart.

Carminative: Decreases and prevents gas and soothes digestion.

Catarrh: Inflamed mucous membranes especially of the sinuses and throat.

Caustic: Burns or destroys living tissue.

Cellulite: When toxins are stored in body fat and cause it to dimple.

Chemotype: A subspecies of a botanical species, which develops due to growing in altered conditions such as: climate, altitude or soil i.e. Rosemary verbenia is a chemotype of Rosemary.

Cholagogue: Increases flow of bile into the intestine.

Cicatrizant: Helps form scar tissue and heal wounds.

Colic: Pain when the abdominal muscle contracts.

Colitis: Inflamed colon.

Compress: Hot or cold cloth applied to body.

Concrete: Waxy thick material used for perfumery, from plants extracted with solvent.

Cystitis: Bladder inflammation.

Decongestant: Helps release nasal mucous and congestion.

Demulcent: Soothes and softens mucus membranes.

Deodorant: Masks or eliminates odor.

Depurative: Cleanses and purifies by removing toxins.

Dermatitis: Inflammation and irritation of the skin.

Disinfectant: Prevents infection by killing germs.

Diuretic: Helps secrete urine.

Dysmenorrhea: Painful menstruation.

Edema: Painless swelling; fluid retention under skin.

Emetic: Substance to cause vomiting.

Emollient: Something that soothes and softens skin; prevents loss of water.

Enfleurage: Place petals on a layer of cold fat. Repeat +++++ The fat is then removed.

Essential Oil: Distilled or expressed plant matter.

Expression: The pressing of citrus peels to extract oils.

Febrifuge: Agent that reduces fever.

Fixative: A base note oil, or chemical agent used to slow the evaporation of oils and perfumes.

Floral water: Hydrosol made with flowers; usually a by-product of distillation. Gentle substances, often used in skin care.

Fungicide: Destroys fungus.

Gastritis: Inflammation of the stomach.

Gingivitis: Gums are swollen, red and sometimes bleeding.

Hemorrhoids: piles, dilation of rectal veins.

Hepatic: Has an effect on the liver.

Herpes: A “fever blister” caused by a virus. Coldsore- herpes simplex.

Genital sores: Herpes Complex.

Hydrosol: The plant infused water left when essential oils are steam distilled. It contains some different compounds, the water soluble ones. It is milder than the essential oil. It needs to be refrigerated and kept cold.

Hypertension: Blood pressure is thought to be high.

Hypotension: Blood pressure is below normal.

Infused Oil: Soak or macerate plant material in a carrier oil. Heat may be involved.

Insomnia: Inability to sleep.

Ixodicide: Destroys ticks.

Larvicidal: Destroys larvae.

LD 50: Lethal dose, where 50% of the population is killed by a substance.

Leucorrhea: White or yellow discharge from vagina or cervical canal.

Lymphatic: Relates to the lymph system.

Macerate: Using hot fat to extract plant material. Enfleurage uses cold fat.

Menorrhagia: Heavy menstrual bleeding, either in amount or in days.

Mucolytic: Thins mucus secretions.

Nervine: Calms nervous disorders.

Nephritis: Kidneys are inflamed.

Neuralgia: Sharp nerve pain.

Neurotonic: Tones the nerves.

Oleo (Gum) Resin: Gum, resin and essential oil that plants naturally exude. May be solvent extracted.

Ophthalmia: Eye is very inflamed.

Otitis: The ear is inflamed.

Palpitations: Rapid or abnormal heart beats.

Parasiticide: Kills parasites.

Pediculicide: Destroys lice.

Phlebitis: Inflammation of a vein. Symptoms may be edema, stiffness and pain.

Phytotherapy: Plant medicine.

Pomade: Hard or semi-hard perfume material made using the enfleurage method – cold fat.

Poultice: Plant material is placed between two sheets of cloth. This increases circulation to help absorb material and decrease pain.

Pruritus: Itching due to allergy or emotional factors.

Psoriasis: Sometimes pain and itchy skin disease where cells replicate too quickly; usually chronic and cyclical. It may effect total body or patches. May be pustules or scaly patches.

Resins: solid or semi solids from trees. If the oleoresin has been removed they are called prepared resins.

Sepsis: Bloodstream is poisoned due to infection from microorganisms.

Sciatica: Pain along the sciatic nerve. It runs down the back of the legs.

Scleroderma: hardening and shrinking of connective tissue anywhere in the body: i.e. skin, heart, kidney.

Sedative: Calming, soothing may bring on sleep.

Styptic: Stops hemorrhage.

Tannin: Astringent substance found in plants and trees. Antidote for some poisons.

Thrombosis: A blood clot in the vascular system.

Thrush: A flare up due to candida- usually noticeable in mouth or vagina.

Tincture: A liquid herbal remedy prepared in alcohol.

Uterine: Involving the uterus.

Vaginitis: The vagina is inflamed.

Vasoconstrictor: Something that causes the blood vessels to narrow.

Vasodilator: Substance causes blood vessels to relax.

Vermicide: Destroys worms or parasites.

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