



Glossary and Therapeutic Definitions

A	
Abortifacient	Capable of inducing abortion
Absolute	The most concentrated form of fragrance obtained when distilling a concrete
Acetylcholine	Is a fluid used in the transmission of information from one nerve ending to another
Allergy	Hypersensitivity caused by a foreign substance
Alopecia	Baldness – can be temporary or permanent
Alterative	Correcting disordered bodily functions
Amenorrhoea	The absence of menstruation
Anaerobic	Type of organism that does not require oxygen
Analgesic	Relieving or deadening pain. Bergamot, Black Pepper, Cajuput, Eucalyptus, Lavender.
Anaphrodisiac	Lessening sexual desire. Camphor, Marjoram.
Anemia	Deficiency of either quantity or quality of red corpuscles in the blood
Anesthetic	Pain relieving by loss of sensation. Bay, Caraway, Clove, Eucalyptus, Peppermint and Thyme.
Annual	Plant that completes its life cycle in one year
Anodyne	Relieves pain, reduces disturbed feelings. Analgesic. Chamomile, Marigold, Mullein, Mustard, Peppermint.
Anosmic	Loss of smell
Anthelmintic	A vermifuge, destroying or expelling intestinal worms. See vermifuge. Bergamot, Cajuput, Elecampane, Sage, Hyssop.
Anti-acid	Combats (neutralizes) acid in the body. Caraway, Catnip, Fennel, Parsley, Peppermint.
Anti-arthritic	An agent which helps to combat arthritis. Benzoin Resinoid, Black Pepper, Rosemary.
Anti-asthmatic	Essential oil used to relieve asthma. Angelica, Anise, Cayenne, Elecampane, Eucalyptus, Garlic.
Anti-allergenic	Reduces symptoms of allergies
Antibacterial	Fights bacterial growth. Anise, Bay, Benzoin Resinoid, Bergamot, Black

	Pepper and Cajuput.
Antibilious	Essential oil used to eliminate an excess of bile or to improve jaundiced condition. Chamomile, Rosemary, Sage, Yarrow.
Antibiotic	Fights infection in the body by preventing the growth or destroying bacteria
Anticatarrhal	Essential Oil which heals inflammation of the mucous membranes. Cayenne, Hyssop, Thyme, Yarrow.
Anti-convulsant	Helps control convulsions
Anti-depressant	Helps to counteract depression and lifts the mood. Basil, Benzoin Resinoid, Bergamot, Cedarwood, Drapefruit, Neroli, Rose Attar.
Anti-dontalgic	Relieves toothache
Anti-emetic	Reduces the severity or incidence of vomiting, Basil, Clove, Fennel, Lavender, Ginger, Peppermint.
Anti-fungal	Prevents the growth of fungi. See fungicidal. Bay, Black Pepper, Cajuput, Chamomile, Cinnamon, Clove, Fennel, Garlic, Rosemary, Tea Tree (Both), Thyme.
Anti-galactagogue	Impedes or lessens the flow of milk
Antihydopic	Essential oil used to eliminate excess body fluids. Fennel, Juniper
Anti-inflammatory	Essential oil which is capable of counteracting or suppressing inflammation. Bay, Benzoin Resinoid, Lavender, Patchouli.
Antilithic	Essential oil used to prevent the formation of calculi or gravel in the urinary passage. Elecampane.
Anti-hemorrhagic	A substance preventing or combating bleeding
Antihistamine	Counteracts allergic reaction
Anti-infectious	Prevents against infection
Anti-microbial	A substance reducing, destroying or resisting microbes. Black Pepper, Cajuput, Tea Tree (both) Thyme.
Antineuralgic	Essential oil capable of relieving neuralgia. Basil, Cajuput, Chamomile Blue, Geranium.
Antioxidant	A substance to prevent or delay oxidation. Benzoin Resinoid, Ginger.
Anti-parasitic	Acts against parasites
Anti-phlogistic	Counteracts (reduces) inflammation or swelling. Calendula, Chamomile, Jasmine, Lavender, Yarrow.
Anti-pruritic	Relieves or prevents sensation of itching. Chamomile, Lavender, Geranium, Yarrow.
Anti-putrefactive	Essential oil which counteracts internal decomposition. Cedarwood.
Anti-pyretic	Reduces fever. See febrifuge. Basil, Bergamot, Black Pepper, Cajuput, Camphor, Cedarwood, Eucalyptus, Lavender, Thyme, Yarrow.
Anti-rheumatic	An agent which helps to combat rheumatism. Bay, Cayenne, Hyssop, Juniper.
Anti-sclerotic	Helps to prevent hardening of arteries
Anti-seborrheic	Helps control the oily secretion from sweat glands
Antiseptic	A substance helping to control infection. Can even be dispersed in air. Bay, Basil, Benzoin Resinoid, Bergamot, Black Pepper, Cajuput, Cedarwood, Cinnamon, Clove, Eucalyptus, Garlic, Ginger, Juniper, Lavendar, Peppermint, Pine, Sandalwood, Sage, Thyme, Tea Tree (both), Ylang Ylang.
Anti-spasmodic	A substance to help prevent and ease spasms and relieve cramps. Anise, Basil, Bergamot, Black Pepper, Cajuput, Clove, Cypress, Fennel, Garlic, Lavender, Marjoram, Peppermint, Thyme.
Antizymotic	Essential oil used to destroy or arrest the action or ferments or enzymes. Elecampane, Garlic, Tea Tree (both) Thyme.

Anti-sudorific	A substance to help lessen sweating
Anti-toxic	Antidote or treatment to counteract the effects of poison
Anti-tussive	Relieves coughing
Aperient	Mild laxative. Bergamot, Black Pepper, Lemon, Fennel, Nutmeg Marjoram, Yarrow.
Aperitive	Essential oil which stimulates the appetite. Anise, Bay, Bergamot, Black Pepper, Chamomile, Garlic, Fennel, Ginger, Juniper, Lemon, Majoram, Nutmeg, Sage.
Aphonia	Loss of voice
Aphrodisiac	Increasing sexual desire and sexual functioning. Black Pepper, Cedarwood, Ginger, Jasmine, Neroli, Rose Attar.
Apoplexy	Sudden loss of consciousness, a stroke or sudden hemorrhage
Aromatherapy	The therapeutic use of essential oils
Aromatic	Essential Oil that is odoriferous, with fragrant, pungent, and spicy taste and is able to stimulate the gastro-intestinal mucous membranes. Basil, Chamomile, Spearmint.
Arrhythmia	Irregular or loss of heartbeat rhythm
Arteriosclerosis	Hardening of the arteries
Astringent	Causing contraction of organic tissue. It makes them denser, firmer and decreases discharges. Benzoin Resinoid, Cedarwood, Cinnamon, Clary Sage, Geranium, Grapefruit, Juniper, Lemon, Neroli, Peppermint, Rose Attar, Rosemary, Sandalwood, Yarrow.
Atherosclerosis	Accumulation of fatty deposits on the inside walls of arteries
Atony	Lack of muscle tone
B	
Bactericidal	An agent destroying bacteria
Balsam	Water soluble, semi-solid or viscous resinous exudate similar to that of gum
Balsamic	Soothing medicine or application having the qualities of balsam
Bechic	Anything referring to coughing, or an agent relieving cough
Biennial	A plant completing its life cycle in two years, without flowering the first year
Bilious	A condition caused by an excessive secretion of bile
Bitters	Essential oil that contains bitter taste and serves as a stimulant to gastro-intestinal membranes. Black Pepper, Ginger, Yarrow.
Blepharitis	Inflammation of the eyelids
C	
Calcefacient	Essential Oil used as a diffusive stimulant. Causes increased capillary circulation and gives external sense of warmth. Black Pepper, Ginger, Peppermint, Rosemary, Clary Sage.
Calmative	A sedative
Carcinogenic	A substance that promotes cancer or cancerous growths
Cardiac Stimulant	Essential oil used to increase and give greater power to the heart. Garlic, Geranium
Carminative	Essential oil which stimulates intestinal peristalsis, relieves and promotes the expulsion of gas from the gastro-intestinal tract. Anise, Basil, Benzoin, Bergamot, Black Pepper, Cajuput, Cayenne, Cinnamon,

	Coriander, Elecampane, Fennel, Garlic, Lemon, Marjoram, Peppermint, Rosemary, Thyme, Yarrow.
Carrier oil	An oil which is used to dilute essential oils for the purpose of massage - see fixed oils
Cell Proliferant	Essential oil that promotes rapid healing and restoration. Lavender
Cellulite / cellulitis	An "orange peel" effect caused by local accumulation of fat and waste products
Cephalic	A substance stimulating and clearing the mind. Essential oil that is particularly healing to cerebral conditions and disease. Basil, Garlic, Juniper, Lemon balm, Clary Sage, Rosemary.
Chemotypes	The same botanical species occurring in other forms due to different growth conditions
Chi / Qi	Chinese term referring to the essential life force
Cholagogue	Essential oil used to promote increased flow and discharge of bile into the intestines by contracting the bile ducts. Fennel, Sage.
Cholecystokenetic	Agent that stimulates the contraction of the gall bladder
Choleretic	Helps the liver to excrete bile, leading to greater bile flow
Cholesterol	Is a steroid alcohol found in red blood cells, bile, nervous tissue and animal fat
Cicatrization	Formation of scar tissue
Cicatrizant	Agent promoting healing by scar tissue formation. Benzoin
Cirrhosis	Chronic inflammation and degeneration of any organ (normally in the liver)
Clinical trial	A controlled study to look at the effectiveness of a specific ingredient or application
Cohobation	Is a process in the extraction method of especially rose essential oil, to ensure a "complete" oil
Cold pressed	Refers to a method of extraction where no external heat is applied during the process
Colic	Pain due to contraction of the muscle of the abdominal organs
Colitis	Inflammation of the colon
Concrete	A waxy concentrate semi-solid essential oil extract, made from plant material, and is used to make an absolute
Condiment	Essential oil used to season or flavor foods. Angelica, Basil, Bay, Garlic, Lemongrass, Peppermint, Rosemary, Spearmint, Thyme, Vanilla.
Constipation	A state where normal bowel functions are not present
Cordial	Essential oil that combines the properties of cardiac stimulant and bringing warmth to the stomach. Chamomile, Lemmongrass, Rosemary, Yarrow.
Cosmetic	Essential oil which is a skin tonic and is used to improve the complexion and to beautify the skin. Chamomile, Elecampane, Rose Attar, yarrow.
Cutaneous	Pertaining to the skin
Cystitis	Bladder inflammation
Cytophylactic	Action of increasing the leukocyte activity to defend the body against infection
Cytotoxic	Toxic to all cells

D	
Decoction	A herbal preparation made by boiling the material and reducing it to a concentration
Decongestant	A substance which helps to relieve congestion
Demulcent	An agent protecting mucus membranes and helps stop irritation
Deodorant	Essential oil which eliminates foul odors. Benzoin, Bergamot, Juniper, Sage.
Depurative	An essential oil that helps to detoxify, purify and combat impurities in the blood and body. Eucalyptus, Fennel, Garlic.
Dermatitis	Inflammation of the skin
Detoxifier	Helps to detoxify and to combat impurities in the blood and body
Diaphoretic	Essential oil that promotes perspiration and sweat plus increased elimination through the skin. Differs from Sudorifics. Basil, Cajuput, Black Pepper, Rosemary, Thyme, Yarrow.
Diffuser	A device which helps to release the fragrance molecules into the air
Digestant	Essential oil which aids in the digestion of food. Basil, Bay, Bergamot, Black Pepper, Fennel.
Distillation	A method of extraction used in the manufacture of essential oils
Diuretic	Essential oil which increases the secretion and flow of urine. Anise, Basil, Bay, Benzoin, Bergamot, Black Pepper, Cypress, Fennel, Garlic, Juniper, Lavender, Lemon, Rosemary.
Dysmenorrhoea	Painful menstruation
Dysuria	Pain or difficulty in urinating
E	
Edema	Water retention
Emetic	Inducing vomiting
Emmenagogue	Essential oil which tones the female reproductive organs and regulates menstruation. Basil, Bay, Chamomile, Cinnamon, Fennel, Juniper, Lavender, Peppermint, Rosemary, Thyme, Yarrow.
Emollient	Softening and soothing to the skin
Emphysema	Degenerative disease of the lungs where the air sacs become enlarged
Endocrine	Pertaining to the ductless glands
Engorgement	Congestion or fullness of the tissue
Enteritis	Inflammation of the mucus membranes of the intestine
Enuresis	Involuntary urinating
Enzyme	Protein produced by living cells which catalyze biochemical reactions
Erethism	Abnormal state of irritation or excitement
Errhine	Essential oil that increases nasal secretions from the sinuses. Eucalyptus, Lavender
Essential oil	Volatile aromatic liquid constituting the odorous principles of botanical matter
Exanthematous	Essential oil that is healing to skin eruptions or to skin diseases of an eruptive nature. Elecampane, Sage, Tea Tree (both)
Exocrine	Pertaining to a gland with a duct, secreting directly onto outside surface of organism
Expectorant	Essential oil that encourages the discharge of mucus from broncho-pulmonary passages. Anise, Basil, Benzoin, Bergamot, Cajuput,

	Eucalyptus, Garlic, Lavender, Marjoram, Peppermint, Pine, Rosemary, Thyme.
Expression	Is an extraction method where essential oils are pressed to obtain the oil
Exudates	Natural material secreted by plants - can be spontaneous or after damage to plant
F	
Febrifuge	Essential oil which reduces a fever. See antipyretic. Basil, Bergamot, Black Pepper, Cajuput, Camphor, Cedarwood, Chamomile, Eucalyptus, Lavender, Thyme, Yarrow.
Fibrillation	Rapid twitching of muscle fiber
Fixative	Material that slows evaporation of volatile components in perfume
Fixed oils	Vegetable oils obtained from plants that are fatty and non-volatile
Flower water	The water resulting from the distillation of essential oils, which still contains some of the properties of the plant material used in the extraction
Fold	Refers to the percentage of terpenes removed by re-distillation - singlefold to fivefold
Fractionated oils	Refers to oils that have been re-distilled, either to have terpenes removed or to remove other substances
Fungicidal	Essential oil which is able to destroy a class or organism such as mold, mushrooms, or fungus. Bay, Black Pepper, Cajuput, Chamomile, Cinnamon, Clove, Fennel, Garlic, Rosemary, Tea Tree, (both) Thyme.
G	
Galactagogue	Helps to increase milk secretion. Anise, Basil, Fennel.
Galactophgas	Essential oil that diminishes the secretion of milk. Geranium, Sage
Gemicidal	An agent that destroys pathogenic micro-organisms. Cinnamon.
Gingivitis	Inflammation of the gums
Glossitis	Inflammation of the tongue
H	
Halitosis	Bad breath
Hematuria / Haematuria	Presence of blood in the urine
Hemorrhoids	Piles which are dilated rectal veins
Hemostatic	Helps to stop bleeding
Hepatic	Essential oil used to strengthen, tone and stimulate the secretion and functions of the liver, causing an increased flow of bile. Rosemary, Sage, Yarrow.
Hepatotoxic	An agent having a toxic or harmful effect on the liver
Herpatic	Essential oil that heals skin eruptions and scaling diseases. Chamomile, Garlic, Lavender, Myrrh, Sandalwood.
Herpes	Inflammation of the skin or mucus membranes
Hormone	A product from living cells that produces a specific activity of cells remote from its point of origin
Hybrid	A plant created by fertilization of one species by another

Hydrodiffusion	Is a distillation method of essential oil extraction where the steam is produced above the botanical material and then percolates down
Hydrosol	Floral water
Hyperglycemia / Hyperglycaemia	Excess of sugar in the blood
Hypertension	High blood pressure
Hypnotic	Essential oil that is a powerful relaxant and can induce sleep. Chamomile, Valerian.
Hypocholesterolemic	Lowering of the cholesterol levels in blood. Garlic.
Hypoglycemia	Lowered blood sugar levels
Hypotensive	Essential oil that lowers the blood pressure. Bay, Garlic, Lavender, Lemon, Marjoram.
Hypoxia	A shortage of oxygen
I	
In vitro	In a test tube
In vivo	In a living body
Infused oil	An oil produced by steeping the macerated botanical material in oil until the oil has taken on some of the material's properties
Infusion	Herbal remedy made by steeping the plant material in water
Insecticide	Essential oil that is used to destroy insects. Basil, Bergamot, Cajuput, Lavender, Thyme, Tea Tree (both)
L	
Laxative	Essential oil which loosens the bowel and relieves constipation. Bergamot, Black Pepper, Fennel, Marjoram, Patchouli.
Leukocyte	White blood cells responsible for fighting disease
Leucocytosis	Raises number of white blood cells in the blood
Leucorrhoea	Whitish vaginal discharge
Lipolytic	Causing lipolysis which is the chemical disintegration of fats
M	
Macerate	To soak until soft
Massage therapist	A person qualified to perform therapeutic massage on people
Massage therapy	The manipulation of soft tissue to enhance health and general well-being
Maturating	Essential oil that helps to bring tumors, boils, and ulcers to a head. Bergamot, Cajuput, Eucalyptus, Lemon.
Menopause	The normal cessation of menstruation
Menorrhagia	Excessive blood loss during menstruation
Metrorrhagia	Uterine bleeding outside the normal menstrual cycle
Microbe	Minute living organism such as pathogenic bacteria and viruses
Mucilage	Substance containing demulcent gelatinous constituents
Mucolytic	Breaking down mucus
Myelin	Fatty material enveloping the majority of nerve cells

N	
Narcotic	Essential oil that is a powerful tranquilizer and is able to produce sleep or calmness. See hypnotic. Clary Sage, Geranium, Jasmine, Rose Attar, Ylang Ylang.
Nephritic	Essential oil that has a healing influence on the kidneys. Cedarwood, Chamomile, Lavender, Sandalwood.
Nervine	Essential oil that tones and heals the nerves. Basil, Chamomile, Marjoram.
Neuralgia	Stabbing pain along a nerve pathway
Neurasthenia	Nervous exhaustion
Neurotoxin	A substance having a toxic or harmful effect on the nervous system
O	
Oedema	Water retention
Oleo gum resin	Odoriferous exudation from botanical material consisting of essential oil, gum and resin
Oleoresin	Natural resinous exudation from plants or aromatic liquid preparation extracted from botanical material
Olfaction	Sense of smell
Olfactory bulb	The center where the processing of smell is started and is then passed onto other areas of the brain
Oliguria	Low volume of urine
Ophthalmic	Essential oil that heals disorders of the eye. Chamomile, Fennel.
Orexigenic	Essential oil which increases or stimulates the appetite. Cinnamon, Fennel.
Ostitis	Inflammation of the ear
Oxidation	Related to the addition of oxygen to an organic molecule, or the removal of electrons or hydrogen from the molecule
P	
Palpitations	Undue awareness of heartbeat, or rapid heartbeat or abnormal rhythm of the heart
Parasiticide	Essential oil that destroys animal and vegetable parasites within the body. Geranium, Peppermint, Pine, Thyme.
Parturient	Essential oil that stimulates uterine contractions, induces and assists with labor. Cinnamon.
Pathogenic	An agent causing or producing disease
Pectoral	Essential oil that heals complaints of the lungs. Cedarwood, Eucalyptus, Marjoram, Peppermint, Yarrow.
Peptic	Pertaining to gastric secretions as well as areas affected by them
Perennial	A plant living for more than two years
Peristaltic	Essential oil that stimulates and increases muscular contraction of the stomach and intestine. Black Pepper, Fennel, Patchouli.
Pharmacology	Medical science pertaining to drugs
Pharmacopoeia	Official book of drugs
Pheromone	Chemical messenger used between people
Phytohormones	Plant substances mimicking the actions of human hormones

Phytotherapy	Treatment of disease with plant material, including herbal medicine
Polypus	Non-malignant type of growth
Pomade	Perfumed fat obtained during the enfleurage extraction method
Prophylactic	Preventative of disease or infection
Prostatitis	Inflammation of the prostate gland
Protective	Essential and fixed oil that serves as a protective covering to an inflamed surface when applied locally. Chamomile, Lavender, Sandalwood.
Pruritis	Itching
Psoriasis	A chronic skin disease characterized by red patches and silver scaling
Psychosomatic	Pertaining to the mind and body
Pulmonary	Pertaining to the lungs
Pungent	Essential oil that has a sharp aroma and causes a prickling sensation. Lemon, Geranium, Peppermint.
Pyelitis	Inflammation of the kidneys
Pyorrhoea / Pyorrhoea	Discharge of puss from the gums
Pyrosis	Heartburn
R	
Rectification	Process of re-distilling essential oils to rid them of certain constituents
Refrigerant	Essential oil with cooling properties. It lowers body temperatures and relieves thirst. Bergamot, Black Pepper, Eucalyptus.
Renal	Pertaining to the kidneys
Resin	Natural or prepared product - natural resins are exudations from trees, prepared resins are oleoresins from which the essential oil has been removed
Resinoids	Perfumed material extracted from natural resinous material by solvent extraction
Resolvent	Essential oil that helps to decrease any growth of tissue mass which persists and grows independently of its surrounding structures and has no physiological use. Chamomile, Patchouli.
Rhizome	Underground stem that lasts for more than one season
Rubefacient	Applied locally, this essential oil stimulates capillary dilation and causes skin redness. It draws blood from deeper tissues and organs, relieves congestion and inflammation. Bergamot, Black Pepper, Cajuput.
S	
Sciatica	Pain down the back of the legs in the area serviced by the sciatic nerve
Sclerosis	Hardening of tissue due to inflammation
Scrofula	Tuberculosis of the lymphatic glands
Seborrhea	Increased secretion of sebum
Sedative	Essential oil which calms and tranquilizes the nerves. Bay, Benzoin, Chamomile, Cinnamon, Clove, Cypress, Lavender, Lemon, Marjoram, Sage, Thyme, Ylang Ylang.
Sialogogue	Essential oil that promotes secretion and flow of saliva. Basil, Marjoram.
Soporific	Essential oil that induces a relaxing sleep. See hypnotic and narcotic.
Spermatorrhoea	Involuntary emission of sperm without orgasm
Splenic	Pertaining to the spleen

Stomachic	Essential oil which stimulates and tones the stomach. Basil, Bay, Bergamot, Black Pepper.
Stomatitis	Inflammation of the mucus membranes of the mouth
Styptic	Essential oil that promotes the flow of sweat, not perspiration, which goes on all the time through diffusion from the capillaries. Cajuput, Cypress, Peppermint, Rosemary.
Sudorific	An agent causing sweating
Synergy	Agents working together and in harmony to produce an effect greater than the sum of the two separate agents
Synthetic	Refers to anything not of organic source
T	
Tachycardia	Abnormally increased heartbeat
Tannin	An astringent substance that helps seal tissues
Terpeneless	Essential oil from which monoterpene hydrocarbons have been removed
Thrombosis	The formation of a blood clot
Thrush	A fungal infection in the mouth or vaginal area
Tic	Repetitive twitching
Tincture	Referring to either a herbal or perfume material prepared in an alcohol base
Tonic	Essential oil which stimulates, energizes, and strengthens the body. Basil, Bergamot, Black Pepper, Cajuput, Thyme, Yarrow.
Tracheitis	Inflammation of the windpipe
Tuber	Swollen part of underground stem of one year's duration and capable of new growth
U	
Unguent	A soothing or healing salve or balm
Urticaria	Weals on the skin
V	
Vasoconstrictor	An agent causing the contraction of blood vessel walls
Vasodilator	An agent causing the dilation of blood vessel walls
Vermifuge	Essential oil which expels intestinal worms. Bergamot, Geranium, Peppermint.
Volatile	Substance that is unstable and evaporates easily, like an essential oil
Vulnerary	Essential oil that promotes healing of fresh cuts or wounds. Benzoin, Geranium, Juniper, Lavender, Rosemary, Thyme.