

HERBAL CONSTITUENTS: INDEX

(-)-carvone, 37, 134
 (-)-epicatechin, 35
 (-)-menthol, 68
 (-)- α -bisabolol, 137
 (+)-carvone, 35, 37, 134
 (+)-limonene, 68, 136
 (+)-pulegone, 68, 135

1

1,8-cineole, 68, 135
 17- α -estradiol, 146

2

23-epi-26-deoxyactein, 69, 141
 26-deoxyactein, 141
 27-deoxyactein, 69, 141

5

5'-MHC-D, 55
 5-HTP, 101
 5-hydroxytryptamine, 101
 5-Hydroxytryptophan, 101
 5-methoxypsoralen, 111

6

6-DMA-N, 118
 6-shogaol, 114

7

7-acetylintermedine, 72, 158, 159
 7-acetyllycopsamine, 72, 158, 159
 7-angelylheliotridine, 72

8

8-methoxypsoralen, 111
 8-paradol, 114
 8-prenylnaringenin, 66, 118

A

Aristolochia debilis, 159
Aristolochia fangchi, 159
 abortifacient, 160
 absinthe, 135
 absinthin, 68
Acacia catechu, 118
Acacia senegal, 79
 ACAT, 97
 acemannan, 80
 Acerola, 81
 acetate group, 16, 19
 acetate pathway, 107
 acetates, 134
 acetic acid, 19, 38, 39, 83, 102
 acetone, 38, 45, 47, 85, 113
 acetylcholine, 83, 102, 163
 acetylene, 12, 97
 acetylloburnine, 71
 acetylsalicylic acid, 17, 108
Achillea millefolium, 135, 137
 achillicin, 137, 138
 achillifolin, 68
 achillin, 68, 137, 138
 achiral, 36
 acid, 10, 12, 41

acid hydrolysis, 121, 122
 acidic, 42, 45, 46, 55, 79, 104
 acidic heteropolysaccharides, 79
 aconine, 70
 Aconite, 55, 70
 aconitine, 70
Aconitum, 55
 ACT, 138
Actaea racemosa, 141
 actein, 69, 141
 acyl group, 92
 adaptogenic, 80, 81, 109, 111, 113, 142
 additive effects, 54
 adenine, 154
 adenosine triphosphate, 11, 24
 adhyperforin, 67
 adrenal glands, 142
 adrenaline, 102, 155
 advanced glycation end products, 75
 aescin, 69, 142
Aesculus hippocastanum, 110, 142
 Agave, 74
 AGEs, 75, 141
 aglycone, 38, 41, 45
 agnoside, 136
 agnuside, 136
 AGPs, 80
Agrimonia eupatoria, 141
 Agrimony, 141
 ajoene, 23, 45, 50, 65, 104
 ALA, 35, 64, 85, 87, 88, 89, 90
 albuterol, 102
 alcohols, 14, 16, 92, 134
 aldehydes, 16, 134
 aldose reductase, 120, 160
 Alfalfa, 126
 algae, 9, 69, 79, 87, 89
 alkaline, 41, 42, 46, 154
 alkaloids, 21, 32, 42, 46, 55, 154
 alkamides, 12, 20, 44, 64, 80, 85, 94, 95, 96, 97
 alkanes, 20, 93
 alkenes, 20, 93
alkenyl group, 20
 alkenylamides, 20, 94
 alkoxy group, 19
alkyl group, 20
 alkylamides, 20, 94
 alkylamines, 101
 alkynes, 20
 alkynyl, 20
alkynyl group, 20
 alkynylamides, 20, 94
 allantoin, 47, 154, 155
 allelochemicals, 57
 Alliaceae, 77
 allicin, 11, 23, 45, 50, 57, 65, 104
 alliin, 23, 50, 57, 65, 104
 alliinase, 50, 65, 104
Allium, 22, 104
Allium cepa, 120
 allyl, 23
 allyl methyl trisulfide, 23, 50
 Almond, 38
 Almond oil, 44, 64, 87
 Aloe, 67, 126
Aloe vera, 80
 aloe-emodin, 67
 aloin, 67
 alpha-bisabolol, 68
 alpha-carotene, 69, 148
 alpha-caryophyllene, 137
 alpha-D-fructofuranose, 73
 alpha-D-glucopyranose, 73
 alpha-D-glucose, 37, 73
 alpha-glycosidic bonds, 73

alpha-linolenic acid, 64, 85, 87, 88
 alpha-sanshool, 95
 alpha-santonin, 68
 alpha-terpineol, 136
 alpha-thujone, 135
Althaea officinalis, 41
 Alzheimer's disease, 116
 amabiline, 72
Amanita, 113
Amanita muscaria, 156
 Amaranth, 21, 46, 70, 83, 156
Amaranthus tricolor, 156
 amarogentin, 68, 137
 Amaryllidaceae alkaloids, 154
 amber, 7
Ambrosia, 138
 amide, 94, 114
 amide group, 16, 20, 21
 amine group, 24, 29, 76
 amines, 21, 42, 45, 102, 154, 155
 amino acids, 12, 21, 44, 45, 65, 101, 103, 104, 107, 114, 133, 154
 amino group, 21, 102
 amino sugars, 73, 76
 Amla, 81
Ammi visnaga, 67, 125
 ammodendrine, 72
 amoebacidal, 71
 amphipathic, 141, 150
 amphiphilic, 24, 45, 46, 85, 92, 94
 amygdalin, 45, 65, 105
 amylase, 73, 78
 amylopectin, 73, 78
 amylose, 73, 78
 anacrotine, 72
 anagyrine, 72
 analgesic, 70, 71, 160, 162, 163
 anandamide, 93, 95
 anaphylaxis, 138
Anchusa, 72
 androgens, 146
Andrographis, 81
 androstenedione, 112, 124
 anethole, 65, 109
 Angelica, 30, 47, 111
 angina pectoris, 125
 angularine, 72
 anhalamine, 70
 anhalonidine, 70
 anhalonine, 70
 anions, 7, 13, 42
 Anise, 65, 109
 Annatto, 150
 anodyne, 114
 anomers, 73
 anthocyanidins, 66, 116, 117
 anthocyanins, 41, 45, 58, 66, 117, 120, 156, 168
 anthranoyllycoctonine, 70
 anthraquinone dimers, 126
 anthraquinone glycosides, 125
 anthraquinones, 45, 67, 107, 125, 126
 antiandrogenic, 66
 antibacterial, 55
 anticholinergic, 71, 72, 160, 163
 antidepressant, 55, 101, 115, 120, 127
 antiemetic, 114, 127
 antiestrogenic, 115, 141
 antifeedants, 57, 117
 antihistamine, 102
 antioxidants, 50, 51, 55, 147, 156, 167
 antiseptic monoterpenes, 135
 Apiaceae, 97, 110, 111, 119
 apigenin, 67, 119
 apiin, 119
 apiole, 65, 109, 139
 apoatropine, 164
 apo-B, 75
 apocarotenoids, 150
 apoptosis, 23, 81, 93, 114, 115, 117, 119, 136, 137, 138, 150, 156
 aporphines, 70, 159, 160
 aposcopamine, 164
 Appalachian Mountains, 52, 59, 105
 Apple pomace, 79
 Apples, 12, 50, 81, 105, 149, 168
 Apricots, 12, 105, 148, 149
 Aqua Laurocerasi, 105
 aqueous, 44, 45, 46, 73
 arabinogalactan-proteins, 80
 arabinogalactans, 63, 79, 80, 81
 arabinogalactoxylans, 78
 arabinose, 63, 75, 78, 79
 arabinoxylans, 79, 80
 arachidic acid, 64, 86
 arachidonic acid, 87, 89, 93
 arbutin, 65
 arctinal, 98
Arctium, 97
Arctium lappa, 98
Arctium minus, 98
 arecoline, 71
Argemone mexicana, 160
 arginine, 157
Arisaema, 52, 82
Aristolochia, 71
Aristolochia contorta, 159
Aristolochia manshuriensis, 159
Aristolochia serpentina, 159
 aristolochic acid, 71, 159
Armoracia rusticana, 103
 Arnica, 47, 80
 aromatic, 68, 139
 aromatic amine, 21, 55, 102
 aromatic amino acids, 101
 aromatic phenylpropanoids, 139
 aromatic ring, 12, 28, 107, 114, 115
 arrow poison, 146, 159
Artemisia, 47, 68, 138
Artemisia absinthium, 135, 137
Artemisia annua, 47, 68, 138
 artemisinin, 68, 138
 Artichoke, 68, 77, 119, 138
 aryl hydrocarbon receptor, 121
Asarum, 71, 159
 ascorbate, 74, 81
 ascorbic acid, 44, 51, 63, 81
 Ash, 76, 94, 110
 Ashwagandha, 47
 Asparagus, 77
 Aspen, 107
 aspirin, 17, 19, 65, 108
 astaxanthin, 69, 148
 Asteraceae, 68, 77, 138, 139, 157
 asthma, 102, 125, 140, 155, 159, 162, 164
 Asthmador, 164
 Astragalus, 47
 astringent, 66, 71, 118, 121, 122, 123, 160, 168
 atherosclerosis, 35, 75, 86, 90, 97, 112, 125, 141
 ATP, 9, 11, 24
Atropa belladonna, 71, 72, 163, 164
 atropine, 56, 72, 163, 164
 attenuating synergy, 55
 aucubigenin, 136
 aucubin, 68, 136
 auroones, 117
Averrhoa carambola, 83
 Avocado oil, 87, 91
 Avocados, 85
 Ayahuasca, 70
Azalea, 68

B

baccatin III, 140
 backbone, 8, 9
 Baical Skullcap, 119
 baicalein, 119
 Bamboo, 105
 Bananas, 50
Banisteriopsis caapi, 70
Baptisia, 63, 80
 barbaloin, 67
Barbarea, 103
 Barberry, 46, 55, 71, 160
 Barley, 33, 70
 barringtogenol, 142
 base, 10
 basify, 46
 Basil, 65, 109, 139
 bayogenin, 139
 B-cells, 80
 Beans, 142, 168
 Bee Balm, 16, 135
 beef, 49, 90, 96
 bees, 57, 83, 127, 140
 beeswax, 38, 44, 64, 94
 Beet, 21, 46, 70, 77, 83, 156, 157
 Belladonna, 163, 164
 benign prostatic hyperplasia, 145
 benzaldehyde, 22, 65
 benzene, 12, 15, 16, 28, 29, 30, 124
 benzofuran, 30
 benzofurans, 45, 67, 107, 124
 benzopyran, 30
 benzopyranone, 30
 benzoquinones, 67
 benzyltetrahydroisoquinoline alkaloids, 70
 benzyltetrahydroisoquinoline ring system, 160
 benzyltetrahydroisoquinoline skeleton, 159
 berberastine, 71
 berberine, 21, 47, 55, 58, 71, 160
Berberis, 46, 55, 160
 Bergamot, 111
 bergapten, 111, 119
Beta vulgaris, 156
 beta-1,3-glucans, 63, 78, 80
 beta-asarone, 65
 beta-carotene, 69, 147, 148, 149, 150, 167
 beta-caryophyllene, 137
 betacyanins, 70, 156, 157
 beta-D-fructofuranose, 73
 beta-D-glucopyranose, 73
 beta-D-glucose, 37, 73, 104
 beta-glucans, 78, 80
 beta-glucosidase, 78, 105
 beta-glycosidic bonds, 77, 78
 betaine, 101
 betalain alkaloids, 46, 70, 154, 156
 betalains, 156
 betalamic acid, 156
 betanidin, 21, 70
 betanidin-5-O-glucoside, 156
 betanidin-6-O-glucoside, 156
 betanin, 70, 156, 157
 beta-sanshool, 95
 beta-sitosterol, 46, 69, 144, 145
 beta-thujone, 135
 betaxanthins, 70, 156, 157
 Betel nut, 71
Betula lenta, 107
 bianthraquinones, 45, 55, 67, 126
Bidens, 44, 64, 97
Bidens pilosa, 98
 bifidobacteria, 77
 bile salt export pump, 146
 biochanin A, 67, 123
 bioflavonoids, 67, 119, 136

biosynthetic, 9
 biosynthetic pathways, 65
 bipolar disorder, 127
 Bitter Almonds, 12, 65, 105
 bitter digestive tonics, 160
 Bitter Orange, 102
 bitter principle, 136, 138
Bixa orellana, 150
 bixin, 150
 Black Cohosh, 47, 68, 141
 Black Currant, 64, 81, 87, 120
 Black Currant seed oil, 88
 Black Pepper, 49, 71, 94, 96, 163
 Black Tea, 118, 121
 Black Walnut, 47, 67, 125
 Blackberries, 112
 Blackberry, 117
 Bladderwrack, 47
 blood lipids, 63, 69, 167
 Blood Oranges, 117
 blood sugar, 63, 74, 75, 77, 167
 Bloodroot, 46, 47, 71, 160, 161
 Bloodroot alkaloids, 161
 Blue Cohosh, 47, 72
 Blue Vervain, 47
 Blueberry, 65, 112, 117, 168
 boldine, 71, 160
 Boldo, 71, 160
 bonding pairs, 9, 10
 Bonaset, 47
 Borage, 63, 64, 65, 87, 109
 Borage seed oil, 88
 Boraginaceae, 109, 154, 157
Borago officinalis, 109
Boswellia, 139
 botanical matrix, 43
 BPH, 69, 145
 bradycardia, 163
 branched chain, 34
 branched-chain fatty acid, 114
 Brassica, 67
 Brassicaceae, 23, 58, 65, 103
 breast cancer, 112, 115, 140, 141, 145, 150
 Broccoli, 23, 103, 120, 121
 brucine, 70
Brugmansia, 72, 163
 Brussels Sprouts, 103
 Buchu, 47
 Bugleweed, 47
 Bugloss, 72
 Burdock, 47, 63, 64, 77, 98, 138
 butane, 20, 28, 34
 Butcher's Broom, 120, 144
 butein, 66, 118
 butter, 35, 86
 Butterbur, 137
 butyl group, 20, 34
 butyrate, 77

C

C ring, 117
 Cabbage, 66, 103, 117, 168
 Cacao, 65, 83, 102, 155
 cachexia, 127
 cadmium, 58, 79
 cafestol, 68
 caffeic acid, 65, 108, 155
 caffeic acid phenethyl ester, 108
 caffeine, 21, 44, 65, 101, 154, 155
Calamus, 65
 calcium, 8, 78, 82, 83
 calcium oxalate, 82
Calendula, 63, 80, 147, 148
 California Poppy, 47, 71, 160
 californidine, 71, 160

Camellia sinensis, 50
 campesterol, 69, 145
 Camu camu, 81
 canadine, 71, 160
 Candelilla wax, 94
Candida, 104, 126, 143
 Cane, 74, 77
 cannabidiol, 67, 127
 cannabinoid receptors, 95
 cannabinoids, 127
 cannabiniol, 67
Cannabis, 67, 127
 Canola oil, 87, 88
 canthaxanthin, 148
 CAPE, 108
 capsaicin, 21, 45, 114, 154, 155
 capsaicinoids, 46, 113, 114
 capsanthin, 69, 148, 149, 168
Capsicum, 21, 113, 114, 139, 148, 150, 168
 capsorubin, 69, 148, 149, 168
 Caraway, 37, 134, 136
 carbohydrates, 44, 49, 63, 73
 carbon dioxide, 43, 74
 carbonyl carbon, 16, 23
 carbonyl group, 16, 17, 18, 21, 23
 carboxyl group, 16, 17, 18, 19, 21, 23, 42, 45, 79, 110
 carboxylic acid, 17, 19
 cardenolides, 146
 cardiac glycosides, 69, 145, 146
 cardiovascular tonic, 67, 68, 125, 146
 carminative, 68, 109, 137
 Carnauba wax, 94
 carnosic acid, 139
 carnosol, 68, 139
 carotenes, 46, 69, 147, 148
 carotenoids, 44, 46, 51, 59, 64, 69, 85, 92, 116, 134, 147, 167, 168
 Carrots, 69, 97, 148, 149, 167
Carum carvi, 37, 134
 Caryophyllales, 156
 Cascara Sagrada, 47, 67
 cascarosides, 67, 126
 Cassava, 50, 103, 105
 Cat's Claw, 47
 catalpol, 68, 136
 cataracts, 120
 catechin, 66, 118, 123, 156
 catecholamines, 81
Catha edulis, 102
Catharanthus roseus, 70
 cation, 7, 9, 13, 42, 82
 Catnip, 68, 136
 Cauliflower, 103
 Cayenne, 47, 113, 115
 Celandine, 46, 47, 71, 160, 161
 Celery, 30, 97, 111, 119
 cell membrane, 24, 64, 92, 93, 113
 cell proliferant, 47, 154
 cellulase, 74
 cellulose, 37, 44, 63, 73, 78, 112
 central nervous system, 125, 140
 Centrospermae, 156
 cephaline, 71
 chaconines, 72
 chair conformation, 29
 chalcones, 66, 118
 chamazulene, 68, 137
 Chamomile, 47, 68, 119, 137, 138
 Chaparral, 47, 112
 charge separation, 13
 Chaste Tree, 136
 chelerythrine, 160, 161
 chelidoneine, 71
Chelidonium, 47, 160
 chelilutine, 71, 161
 chelirubine, 71, 161
 chemical structure drawings, 7
 chemopreventive, 97
 chemoprotective, 69, 141
 chemotypes, 56, 62, 139
Chenopodium album, 52, 82, 156
 Cherry, 12, 82
 Cherry Laurel water, 105
 Chia, 79, 112
 Chia seed oil, 88
 Chickweed, 47, 82
 Chicory, 58, 63, 68, 77, 109, 138
 Chile Peppers, 168
 Chinese Ephedra, 102
 Chinese Goldthread, 160
 chiral, 34, 36, 37
 chiral carbon, 34, 35, 36
 chloride, 13, 117
 chlorogenic acid, 65, 108
 chlorophyll, 61, 117, 167
 chocolate, 102, 108, 155
 cholagogue, 160
 choleric, 68, 71, 114, 160
 cholesterol, 18, 46, 69, 79, 86, 87, 89, 90, 92, 125, 144, 145, 146, 147, 167
 cholesterol acyltransferase, 97
 choline, 93
 Chollas, 156
 chromatography, 61, 139
 chromones, 45, 67, 125
 chromophore, 116, 122, 156
 chronic venous insufficiency, 144
 chrysophanol, 67, 126
 chylomicrons, 93, 147
 cichoric acid, 80, 109
 cichoriin, 65
Cichorium intybus, 58, 109
Cicuta, 52, 97
 cicutoxin, 97
 Cilantro, 47
Cimicifuga racemosa, 141
 cimicifugosides H1 & H2, 141
 cimifugoside, 69
 cinchonidine, 70
 cinchonine, 70
 cineole, 135
 cinnamaldehyde, 16, 65, 68, 109, 139
 cinnamates, 108
 cinnamic acid, 16, 108, 116
 cinnamic acid derivatives, 108
Cinnamomum verum, 16
 Cinnamon, 16, 47, 65, 68, 109, 110, 139
cis, 35, 86, 90
cis fatty acids, 35, 90
cis-trans isomers, 34, 35
 citral, 136
 citric acid, 17, 44, 50, 63, 81
Citrus, 65, 67, 68, 81, 111, 118, 120, 136, 150, 167
Citrus albedo, 79, 118, 136
Citrus aurantium, 102, 111
Citrus monoterpenes, 136
Citrus pectin, 79
 CLA, 90
Claviceps, 33
 Cleavers, 47
 clivorine, 72
Clostridium botulinum, 104
 Clove, 58, 65, 68, 109, 110, 137, 139
 cnicin, 68
 CO₂, 43, 137
 co-actives, 60
 Coca, 71, 72
 cocaine, 72, 163
 Cocoa butter, 86
 Coconut, 38, 91, 168
 Coconut milk, 116
 Coconut oil, 38, 64, 86, 87, 91, 114

codeine, 71
coenzyme Q₁₀, 67, 125
co-evolutionary theory, 53
Coffee, 65, 68, 108, 155
cognitive impairment, 92
Cola acuminata, 155
colchicine, 71
Colchicum autumnale, 71
Coleus forskohlii, 47, 68
Colic Root, 143
co-ligands, 54
Collards, 81, 126, 149
Colocasia esculenta, 82
colon bacteria, 55, 77
colon cancer, 63, 78, 79, 150
Coltsfoot, 33, 71, 137, 158, 159
Comfrey, 33, 43, 47, 59, 63, 65, 72, 79, 109, 154, 158
Commiphora mukul, 146
Commiphora wightii, 146
Common Groundsel, 158
compact structure drawing, 8, 10
complement, 81
condelphine, 70
condensed tannins, 41, 66, 118, 122
congestive heart failure, 125
conhydrine, 71, 162
conhydrinone, 71, 162
Conifers, 139
coniine, 71, 162
Conium maculatum, 52, 71, 162
conjugated, 90
conjugated double bonds, 116
conjugated linoleic acid, 90
conjugated series of double bonds, 13
Conocybe, 70
constitutional isomers, 34
Convallaria majalis, 145, 146
convallatoxin, 69, 146
convallatoxol, 146
convalloside, 146
copper, 8
Coptis, 47, 71, 160
Coptis chinensis, 160
Coptis trifolia, 160
coptisine, 71, 160
Co-Q₁₀, 125
Coriander, 68
corilagin, 121
Corkwood Tree, 163
Corn, 86, 149
Corn oil, 87, 88
Cornsilk, 47
cortisol, 102, 124, 142
cortisone, 143
Corydalis, 71, 160
Corydalis turtschaninovi, 160
Cottonseed oil, 86, 87, 88
Cottonwood, 45, 127
Cottonwood bud exudate, 139
coumadin, 49, 50, 110
coumarins, 18, 29, 45, 49, 50, 65, 110, 111, 142
covalent bonds, 8, 9, 12
Cow Parsnip, 30, 111
COX, 89, 115
COX-2, 114, 116
COX-2 inhibitors, 114
Cramp Bark, 47
Cranberry, 76, 120, 123
Crataegus, 30, 120
C-reactive protein, 87, 90
Creasy Greens, 103
crocetin, 150
crocetin digentibiosylester, 150
crocin, 150
Crocus sativus, 150
cross-pollination, 56
Crotalaria, 72, 158
crotanecine, 71
crustaceans, 148
cryptoxanthin, 149
Cucumber, 83, 168
curare, 70, 159
Curcuma longa, 41, 113
curcumin, 45, 66, 113, 114, 167
curcuminoids, 113
cuscohygrine, 71
cutin, 93
cyanide, 12, 22, 50
cyanidin, 66, 117, 122
cyanobacteria, 9
cyanogenic glycosides, 12, 22, 23, 44, 45, 50, 65, 104, 105
cyclic ester, 18, 31, 110
cyclic ethers, 19, 25
cyclize, 28
cycloartenol, 140, 144
cyclobutane, 28
cyclo-dopa, 156
cycloheptane, 28
cyclohexane, 28, 29
cyclononane, 28
cyclooctane, 28
cyclopamine, 72
cyclopentane, 28
cyclopropane, 28
cycloxygenase, 89
Cylindropuntia, 156
cynaropicrin, 68
Cynoglossum officinale, 154
cysteine, 11, 22, 104
cysteine sulfoxides, 23, 104
Cytisus scoparius, 72, 102
cytochrome p-450, 23, 111, 116, 119, 137
cytokines, 64, 80, 90, 95
cytotoxic, 66, 70, 97, 126

D

daidzein, 67, 124
dairy, 77, 86, 90
Damiana, 47
Dandelion, 30, 47, 58, 59, 63, 67, 68, 69, 77, 119, 138, 147, 149
Danshen, 108
Datura, 52, 71, 72, 163, 164
Datura metel, 163
Datura meteloides, 163
Datura stramonium, 163
Datura wightii, 163
Deadly Nightshade, 163, 164
deca-2*E*,6*Z*,8*E*-trienoic acid isobutylamide, 96
decarboxylation, 102
DEET, 137
degradation, 43, 49, 50, 52, 55, 60, 63, 91
dehydroepiandrosterone, 124
delavaines A & B, 70
delcorine, 70
delcosine, 70
delocalization, 12, 13
delphinidin, 66, 117, 123
delphinine, 70
Delphinium, 70
delsoline, 70
delta-6 desaturase, 89
delta-carotene, 69, 148
delta-lactone, 31
delta-sanshool, 95
denature, 13, 45
dental caries, 77
depression, 89, 101, 163
deprotonated, 17
DES, 115
desaturase enzymes, 88, 90

deserpidine, 70
desmethylxanthohumol, 118
detoxification enzymes, 65, 108
developmental stage, 59
Devil's Claw, 47
Devil's Club, 48
dextrose, 74
DGLA, 89
DHA, 44, 64, 87, 88, 89, 92, 93
DHEA, 124, 143
diabetes, 75, 79
diabetic retinopathy, 76
diallyl, 23
diallyl disulfide, 50
diallyl trisulfide, 50
diaphoretic, 95, 115
diarrhea, 75, 144
diarylheptanoid, 114
dicoumarol, 49, 50, 65, 110
dielectric constant, 39, 40
diesters, 72, 157, 158
dietary fiber, 44
diethyl ether, 19, 38
diethylstilbestrol, 115
digestive bitter, 66, 68, 137, 160
Digitalis, 145, 146
Digitalis lanata, 145
Digitalis purpurea, 145
digitoxin, 19, 69, 146
diglyceride, 18
digoxin, 46, 146
dihydrocapsaicin, 114
dihydrohelenin, 68
diindolylmethane, 103
Dill, 136
DIM, 65, 103
dimers, 50, 65, 121, 123, 162
dimethylallyl pyrophosphate, 133
dioscin, 143
Dioscorea, 143
Dioscorea mexicana, 143
Dioscorea villosa, 143
diosgenin, 69, 143
Diospyros virginiana, 149
dioxans, 29, 31
dioxin, 31
Dipteryx odorata, 110
disaccharides, 44, 63, 73, 74, 77
disulfide bond, 22
disulfides, 22
diterpene lactones, 140
diterpenes, 46, 68, 134, 139, 140
diterpenoid alkaloids, 70, 154
dithiins, 65
divalent, 82
DL-hyoscyamine, 163
D-limonene, 136
DMAPP, 133
DNA, 11, 21, 126, 154, 158
docosaheptaenoic acid, 87
dodeca-2*E*,4*E*,8*Z*,10*E*-tetraenoic acid isobutylamide, 94
dodeca-2*E*,4*E*,8*Z*,10*Z*-tetraenoic acid isobutylamide, 95
dodeca-2*E*,4*E*-dienoic acid isobutylamide, 95
dodeca-2*E*,6*E*,8*E*,10*E*-tetraenoic acid isobutylamide, 95
dodeca-2*E*,6*Z*,8*E*,10*E*-tetraenoic acid isobutylamide, 95
dogs, 65, 155
Dong Quai, 47
dopamine, 101
doronine, 72
double bond, 8
Dragon's Beard, 144
Drimys maritima, 145
Drosera, 67
Duboisia, 72
Duboisia myoporoides, 163
dulcoside, 68

E

E-cadherin, 113
echinidine, 72, 159
Echinacea, 20, 44, 48, 63, 80, 85, 94, 95, 96, 97, 108, 109, 127, 158
Echinacea angustifolia, 64, 94, 97
Echinacea pallida, 64, 94, 95, 97
Echinacea purpurea, 64, 94, 97
Echinacea simulata, 97
echinacoside, 109
echinittine, 72
Eclectics, 95, 164
ecological relationships, 59
EFAs, 44, 64, 85, 88
EGC, 66, 118
EGCDG, 66, 118
EGCG, 66, 108, 118
Eggplant, 66, 72, 117, 168
eicosanoids, 89, 90, 93
eicosapentaenoic acid, 87
Elaeis guineensis, 146
Elder flowers, 59
Elderberry, 48, 105, 117, 168
eleagnine, 70
Eleagnus, 70
Elecampane, 47, 68, 77
electron, 7, 8, 10, 12, 15, 36, 51, 125
electronegativity, 14
electrons, 7
electrostatic flow visualization, 7
Eleuthero, 47, 63, 69, 81, 142, 145
Eleutherococcus senticosus, 142
eleutherosides, 69, 142
ellagic acid, 65, 81, 108, 121
ellagitannins, 66, 108, 121, 122
Emblica officinalis, 81
emergent behavior, 53
emetine, 71
emodin, 67, 126
emollient, 63, 64, 94, 154
emphysema, 155
emulsifiers, 44, 47, 64, 142
enantiomers, 34, 36, 37, 72, 134, 136, 163
endocannabinoid, 89, 95
endocrine disruptors, 145
Endod, 142
endoperoxide bridge, 138
English Yew, 140
enterocytes, 91
enterodiol, 112
enterolactone, 112
enzymes, 45, 49, 50, 55, 92
EPA, 44, 64, 87, 88, 89, 92
Ephedra sinica, 65, 102
ephedrine, 65, 102, 154, 155
ephedrine sulfate, 102
epicatechin, 66, 107, 118, 123
epigallocatechin, 66, 118
epigallocatechin digallate, 66, 118
epigallocatechin gallate, 66, 118
Epimedium, 145
epinephrine, 102
epoxide group, 25
Epstein-Barr virus, 149
equol, 124
ER-alpha, 119
ER-beta, 119
ergine, 70
ergocornine, 70
ergocristine, 70
ergocryptines, 70
ergoline alkaloids, 70
ergometrine, 70
Ergot, 33, 70
ergotamine, 70

ergotoxine, 70
eriocitrin, 67
eriodictyol, 67, 119
Eriodictyon californicum, 67, 119
eriodyctin, 67
erythritol, 76
Erythroxylum coca, 71, 163
ER- α , 121
ER- β , 121
Escherichia coli, 111, 122, 135
Eschscolzia californica, 160
eschscolzidine, 160
eschscolzine, 71
escin, 142
esculetin, 65, 110
esculin, 65, 110
essential fatty acids, 87, 88
essential oils, 19, 43, 45, 46, 51, 68, 109, 134, 137, 139
ester, 19, 39
ester bond, 18, 19, 24
ester group, 16, 18, 19
esterification, 19
esterified, 85, 93, 157
esters, 18, 134
estradiol, 112
estragole, 65, 139
estriol, 146
estrogen receptors, 121
estrogenic, 115, 121, 124, 140
estrogens, 103, 112, 124, 146
estrone, 124, 146
ethane, 14, 20
ethanol, 13, 14, 19, 38, 39, 40, 41, 49, 113
ethyl acetate, 19, 38, 39, 46, 85, 113
ethyl group, 20, 35
EtOH, 38, 39, 40, 41, 43, 44, 45, 46, 47
Eucalyptus, 68, 135
eugenol, 58, 65, 68, 109, 110, 139
eugenyl acetate, 110
Euphausia superba, 148
Euphorbia, 68, 140
Euphorbia antisiphilitica, 94
Euphorbia factors, 68, 140
Euphrasia officinalis, 136
europine, 72
Evening Primrose, 64, 87
Evening Primrose seed oil, 88
extractives, 43
Eyebright, 47, 68, 136

F

Fabaceae, 110, 123
Fagopyrum, 120
falcarindiol, 97
falcarinol, 97
farnesoid X receptor, 146
farnesyl pyrophosphate, 137
fatty acids, 17, 18, 19, 76, 85, 87, 89, 90, 91, 92, 93, 155
Fennel, 47, 65, 97, 120
Fenugreek, 48, 143
Feverfew, 48, 49, 68, 138
fibromyalgia, 101
Filipendula ulmaria, 17, 107
fingerprinting, 56, 60, 61
fish, 64, 87, 92, 142
fish oil, 64
fixed oils, 44, 45, 46, 47, 64, 85
flavan-3-ol dimers, 123
flavan-3-ols, 66, 118, 155
flavanols, 66, 118, 122
flavanones, 67, 118, 119
flavone, 31, 119, 121
flavone glycosides, 60
flavones, 67, 119
flavonoids, 30, 41, 45, 51, 57, 66, 81, 115, 116, 117, 121

flavonol, 120, 121
flavonol glycosides, 121
flavonolignans, 31, 55, 66, 107, 113
flavonols, 66, 119, 120, 140
flavylum, 117
Flax, 35, 79
Flax oil, 44, 45, 50, 64, 88
Flaxseed, 45, 63, 65, 78, 85, 92, 105, 112
fluorine, 8
folate, 167
folic acid, 167
formic acid, 44, 63, 81, 83, 102
formononetin, 19, 67, 123
forskolin, 68
FOS, 44, 63, 77
Fo-Ti, 48
Fourier transform infrared spectroscopy, 61
Foxglove, 69, 145, 146
Fragaria, 108
Frankincense, 139
fraxin, 110
Fraxinus, 76, 110
free metal ions, 51
free radicals, 9, 50, 51, 74, 120, 139, 147, 148, 149, 167
fructans, 77, 80
fructooligosaccharides, 63, 77
fructose, 29, 44, 63, 73, 74, 75, 76, 77, 80
FTIR, 61
fulvine, 72
Fumaria officinalis, 160
Fumitory, 71, 160
functional groups, 14, 16, 20, 23, 24, 25, 35, 38, 41
furan ring, 29, 30, 73, 111
furanochromones, 125
furanocoumarins, 29, 30, 65, 111, 119
furanone, 30, 31
furanose, 29, 73, 74
furans, 29, 30
furochromones, 125
furocoumarins, 29, 111
fused ring system, 28

G

GABA, 101, 135
galactans, 80
galactosamine, 76
galactose, 63, 75, 77, 78, 79, 80
galacturonic acid, 76, 79
Galium odoratum, 18
gallate, 107, 118, 121, 122, 123
gallic acid, 65, 81, 107, 108, 118, 123
gallotannins, 66, 121, 122
galls, 122
GALT, 78, 80
gamma-carotene, 69, 148
gamma-coniceine, 71, 162
gamma-glutamylcysteines, 104
gamma-interferon, 80
gamma-lactone, 31
gamma-linolenic acid, 64, 86, 87
gamma-sanshool, 95
Garcinia mangostana, 115
Garlic, 11, 22, 23, 45, 50, 57, 63, 65, 77, 101, 104, 107, 133
gas chromatography, 61
gas chromatography/mass spectrometry, 61
gastric ulcers, 142
Gaultheria, 107
GC, 61
GC/MS, 61
gelsedine, 70
gelsemicine, 70
gelsemine, 70
Gelsemium sempervirens, 70
genistein, 67, 123
Gentiana, 68

Gentiana lutea, 116, 137
Gentiana macrophylla, 137
Gentianaceae, 137
gentiopicrin, 31
gentiopicroside, 68, 137
gentisein, 66, 116
gentisic acid, 65
geometric isomers, 34, 35
geranial, 136
Geranium maculatum, 121
geranyl geranyl pyrophosphate, 139
geranyl pyrophosphate, 11, 24, 134
GERD, 136
Giant Hogweed, 30, 111
Ginger, 44, 47, 49, 66, 68, 113, 114, 137
gingerols, 45, 49, 66, 113, 114
Ginkgo, 47, 48, 60, 68, 121, 123, 140
ginkgolides, 31, 68, 140
Ginseng, 41, 44, 47, 59, 63, 81, 97, 142, 143, 145
ginsenosides, 69, 143
gitaloxin, 69
gitoxin, 69
GLA, 64, 87, 89
glucans, 80
glucobrassicin, 65, 103
glucomannans, 78, 79
glucoraphanin, 103
glucosamine, 76
glucosamine sulfate, 77
glucose, 28, 44, 63, 73, 74, 76, 77, 78, 79, 80, 122, 167
glucosidase enzymes, 104
glucoside, 74
glucosinolates, 23, 65, 101, 103, 107, 133
glucuronate, 76
glucuronic acid, 76, 79
glucuronidation, 76
glucuronides, 76
glucuronoxylomannans, 80
glutamine, 77
glutathione, 45, 51, 81
glycerin, 13, 14, 19, 38, 39, 40
glycerites, 44, 76
glycerol, 13, 14, 15, 18, 19, 38, 39, 76, 85, 91, 92
glycerophospholipids, 92
Glycine max, 57
glycitein, 67, 124
glycogen, 75
glycoproteins, 79, 80
glycoside, 41
glycosides, 38, 41, 45, 63, 74, 75, 76, 126
glycosidic bond, 77
glycyrrhetic acid, 142
Glycyrrhiza glabra, 55, 142
glycyrrhizic acid, 69, 142
glycyrrhizin, 69, 142
GMPs, 56
Gogi berries, 81, 147
Goldenrod, 48
Goldenseal, 46, 47, 58, 71, 160
Goldthread, 160
gomisins, 66, 113
gomphrenin I, 156
gomphrenin II, 156
gomphrenins, 70, 156
Gooseberries, 81
Gotu Kola, 47, 48
grain alcohol, 40
Graminae, 33
gramine, 33, 70
Gram-positive, 96, 160
Grandfather Ginseng, 59
Grapefruit, 110, 111, 119, 135
Grapes, 30, 58, 66, 82, 108, 115, 121, 123, 168
grayanotoxin, 68
Green Tea, 47, 50, 118, 120, 121, 123, 155
Green-Headed Coneflower, 52

ghrelin, 75
Griffonia simplicifolia, 101
Grindelia squarrosa, 40, 47, 68, 139
grindeliasapogenin D, 139
grindelic acid, 46, 68, 139
Guaiac, 112
guaifenesin, 102
guanine, 154
Guarana, 65, 155
Guava, 148
Guggul, 146
guggulipid, 146
guggulsterols, 146
guggulsterones, 146
Guaiacum officinale, 112
Gum Arabic, 79
gumoleoresins, 139
gums, 44, 63, 73, 75, 79, 139
Gumweed, 40, 47, 68, 139
gut-associated lymphoid tissue, 78
Gymnema, 69
gymnemic acids, 69

H

Haematococcus pluvialis, 148
Haemophilus influenzae, 136
Haemophilus parainfluenzae, 136
Hamamelis virginiana, 122
hamamelitannin, 122
harmaline, 70
harman, 70
harmine, 33, 70
harmol, 70
Hawthorn, 30, 48, 66, 120, 123, 141, 168
HCl, 17
HCN, 12, 22, 65, 104, 105
HDL, 90
heavy metals, 58
Hedeoma pulegioides, 135
Hedera helix, 97
helenin, 68
Helianthus tuberosus, 58
heliosupine, 72
heliotridine, 71
heliotrine, 72, 158
Heliotropium, 158
Helonias, 48
hemiterpenes, 46, 139
Hemlock tree, 118
hemorrhoids, 110, 144, 164
Hempseed, 85, 87, 112
Hempseed oil, 88, 89
Henbane, 72, 163
Henna, 67, 125
Hep B and C, 142
hepatoregenerative, 66, 113
heptane, 28
Heracleum mantegazzianum, 30, 111
Heracleum maximum, 111
Heracleum sphondylium, 30
herbivores, 53, 57
Hercules' Club, 94, 95
Herpes simplex, 109, 142
hesperetin, 67, 119
hesperidin, 67, 119
heterocyclic nitrogenous ring, 154
heterocyclic rings, 29
heterogeneous triacylglycerols, 91
heteroglycans, 78, 81
heteropolysaccharides, 44, 63, 73, 74, 76, 78, 79, 80
heteroxylans, 80
hexane, 28, 38, 43, 85
HFCS, 74
HHDP, 121
high-fructose corn syrup, 74

high-performance liquid chromatography, 61
 high-performance thin-layer chromatography, 61
 high-polarity, 45
Hippophae rhamnoides, 87
 histamine, 65, 83, 102
 histidine, 102
 HIV-1, 142
 Holy Basil, 47
 homocapsaicin, 114
 homocysteine, 89
 homodihydrocapsaicin, 114
 homogeneous triacylglycerols, 91
 homopolysaccharides, 44, 73, 78
 honey, 74, 114
 Hops, 66, 67, 118, 127, 137
 Horehound, 68, 139
 Horse Chestnut, 69, 110, 120, 142
 Horseradish, 65, 103
 Horsetail, 47
 hot Peppers, 21, 46
 Houndstongue, 154
 HPLC, 61
 HPTLC, 61
 Huang Bai, 160
 humulene, 137
 humulone, 67, 127
Humulus lupulus, 118
 hydrastine, 71
Hydrastis canadensis, 46, 160
 hydrocarbon, 17, 20, 34, 85, 94
 hydrochloric acid, 17
 hydrocyanic acid, 12, 22, 50, 104, 105
 hydroethanolic, 39, 40, 47, 48, 50
 hydrogen bonding, 13, 16
 hydrogenation, 64, 90
 hydrolysis, 19
 hydrolyzable tannins, 121, 122
 hydrophobic, 20
 hydroquinone, 65
 hydroxybenzoic acid, 107
 hydroxycinnamyl alcohols, 111
 hydroxyl group, 14, 15, 17, 18, 19
 hydroxyl radical, 50
 hydroxytropane' skeleton, 163
 hydrine, 71
 hyoscine, 72, 163
 hyoscyamine, 72, 163, 164
Hyoscyamus niger, 71, 72, 163
 hyperaccumulators, 58
 hypercholesterolemia, 97
 hyperforin, 45, 55, 56, 60, 67, 115, 127
 hyperglycemia, 77
 hypericin, 45, 55, 56, 60, 67, 115, 126
Hypericum perforatum, 45, 55, 56, 115, 126
 hyperin, 55, 66, 120
 hyperlipidemia, 77
 hyperoside, 120
 hypertension, 125
 hypoglycemia, 74
 hypotensive, 144
 Hyssop, 48

I

I-3-C, 65, 103
 Iboga, 33, 70
 ibogaine, 33, 70
 ibogaline, 70
 ibogamine, 70
 IBS, 78
 IFN- γ , 80, 95
 IL-10, 95
 IL-1 β , 80
 IL-2, 95
 IL-6, 80
Ilex paraguariensis, 155
 imidazole alkaloids, 70, 154
 immune system, 78, 79, 80, 87, 101, 127, 147
 immunomodulating polysaccharides, 63, 73, 75, 78, 79, 80, 81
 immunomodulatory, 64, 80, 81, 97
 Indian Gooseberry, 81
 indicaxanthin, 70, 157
 indicine, 72, 158
 indicine N-oxide, 158
 indole, 32, 33, 154
 indole alkaloids, 70, 154
 indole ring system, 33
 indole-3-carbinol, 103
 influenza, 81, 142
 infrared, 61
 infused oil, 39
 infusions, 47, 49, 50, 51, 73, 77
 INR, 111
 insoluble dietary fiber, 37, 63, 74, 78, 112
 insomnia, 101
 insulin, 63, 75, 89
 insulin resistance, 74, 75, 77, 90
 integerrimine, 72
 interleukin-1 beta, 80
 interleukin-6, 80
 interleukins, 95
 intermediates, 11
 intermedine, 72, 158, 159
 intramolecular reaction, 18, 110
Inula helenium, 77
 inulin, 44, 58, 59, 63, 77, 78
 inulins, 63, 77
 ion, 7, 9, 13
 ionic bonding, 13
 ionized, 17, 38, 42, 45, 46, 81
 Ipecac, 71
Ipomoea, 71
 IPP, 133
 IPs, 80, 81
 IR, 61
 IR fingerprint, 61
 iridoid glycosides, 136
 iridoids, 68, 134, 136
 iron, 8, 82
 isatidine, 72
 isobetanidin, 70
 isobetanidin-6-O-glucoside, 156
 isobetanin, 157
 isoboldine, 160
 isobole method, 54
 isobutane, 34
 isobutyl group, 20, 34, 94
 isobutylamides, 12, 20, 21, 64, 94, 95, 127
 isocoumarins, 125
 isoflavones, 57, 58, 67, 123, 124
 isoflavonoids, 45, 123
 isoleucine, 104
 isoliquiritigenin, 66, 118
 isomers, 20, 34, 37, 73
 isopentenyl pyrophosphate, 133
 isopetasin, 137
 isoprebetanin, 157
 isoprene, 125, 133
 isoprenoid benzoquinones, 125
 isoprenoids, 133
 isopropyl group, 20, 34
 isoquinoline, 32, 159
 isoquinoline alkaloids, 46, 70, 154, 159, 160
 isorhamnetin, 66, 120, 121
 isothiocyanate group, 23
 isothiocyanates, 23, 103
 isotussilagine, 159
 isotussilaginine, 159
 Ivy, 97

J

Jack-in-the-Pulpit, 52, 82, 83
 jacobine, 72
 jacoline, 158
 Jalapeño, 21
 Jamaican Dogwood, 47
 Japanese Knotweed, 58, 66, 115
 jatrorrhizine, 71, 160
 Jerusalem Artichoke, 58, 63, 77
 jervaine, 72
 jesaconitine, 70
 Jimson Weed, 52, 163
 Jojoba oil, 94
 juglone, 67, 125

K

kaempferol, 66, 120, 121
 Kakadu plum, 81
 Kale, 81, 120, 121, 126, 149, 158
Kalmia, 140
 katha, 118
 Kava, 47, 116
 kavain, 66, 116
 kavalactones, 45, 66, 116
 kavapyrones, 66, 116
 kawool, 68
 Kelp, 76
 ketone group, 16, 30, 31
 ketones, 16, 17, 30, 127, 134
 ketosis, 17
 Khat, 102
 Khella, 67, 125
 khellin, 45, 67, 125
 kidney disease, 112
 kidney stones, 82
 kinase, 93
 kinetic energy, 42
King's American Dispensatory, 95, 146
 Kola, 65, 155
 krill, 87, 148
 Kudzu, 58, 67, 124
 Kumarú, 110
 KUVA, 125

L

LA, 64, 85, 87, 88, 89
 laburnine, 71
 lactase, 77
 lactones, 18, 29, 31, 58, 110, 116, 146
 lactose, 63, 74, 77
Lactuca, 31, 138
 lactucin, 31, 68, 138
 lactupicrin, 68, 138
 laetrile, 65, 105
 lamb, 90
 Lamb's Quarters, 52, 70, 82, 83, 156
 Lamiaceae, 109
Laminaria, 76
 lapachol, 126
 lappaphene-A, 98
 lard, 86
Larix, 80
Larix occidentalis, 80
 Larkspur, 70
Larrea, 94, 112
 lasiocarpine, 72
 latex, 138
 latexes, 79, 134
 latifoline, 72
 Lauraceae, 116
 lauric acid, 64, 86, 91
Lavandula, 134
 Lavender, 48, 68, 134, 141

lawsone, 67, 125
Lawsonia inermis, 67, 125
 LCTs, 91
 LDL, 79, 86, 87, 90, 145, 156
 lead, 58
 lecithin, 24, 44, 64, 92
 Leeks, 22, 77, 104
 Legalon Si[®], 113
 legumes, 57, 110
 Lemon Balm, 48, 109, 119
 Lemons, 135, 149
 leptin, 75
 Lettuce, 58
 leucine, 104
 leukoanthocyanidins, 122
 leukotrienes, 89
 levulose, 74
 lichoalcones, 66
 licochalcone A, 118
 Licorice, 47, 55, 66, 67, 69, 118, 119, 142, 145
 ligand, 95
 lignans, 45, 65, 78, 111, 112
 lignin, 44, 112
Ligustrum sinense, 141
 Lily-of-the-Valley, 69, 145, 146
 Lime, 111
 linalool, 68, 134
 linalyl acetate, 134
 linear furanocoumarins, 111
 Lingonberry, 120
 linoleic acid, 64, 85, 86, 87, 88
 linostatin, 105
 lipid peroxidation, 50, 81, 139, 156
 lipids, 44, 64, 85
 lipogenesis, 75
 lipoprotein, 75, 93
 liposomes, 113
 lipoxigenase, 89
 liquiritigenin, 67, 119
 liquiritin, 67, 119
 lobelanidine, 71, 162
 lobelanine, 71, 162
 Lobelia, 48, 71, 162
Lobelia inflata, 162
 lobeline, 71, 162
 lobeline sulfate, 162
 lone pair, 21
 Long Pepper, 94
 long-chain triglycerides, 91
Lophophora williamsii, 70, 102, 159
 lophophorine, 70
 low-molecular-weight compounds, 41
 low-polarity, 13, 38, 40, 46
 LOX, 89
L-theanine, 101
 Lungwort, 154
 lupane, 140
 lupanine, 72
 lupinine, 72
Lupinus, 72
 lupulone, 67, 127
 lutein, 46, 69, 119, 148, 149, 167
 luteinizing hormone, 141
 luteolin, 30, 67, 119, 121
 lycaconitine, 70
Lycium, 147
Lycium barbarum, 81
 lycopene, 51, 69, 147, 150, 167
 lycopsamine, 72, 158, 159
 lysergic acid, 70
 lysine, 162

M

Ma Huang, 102
 Maca, 48

Macadamia nuts, 64, 87
macrocyclic esters, 157
macrocyclic PA, 72, 158
macrophages, 80, 81
macula lutea, 149
macular degeneration, 89, 148, 149
mad honey disease, 140
Madagascar Periwinkle, 70
magnesium, 7, 8, 75, 78, 82
Mahonia, 46, 55, 58, 160
Maitake, 63, 78, 80
malaria, 138
malate, 17
malic acid, 17, 63, 83, 102
Malpighia emarginata, 81
maltitol, 76
maltose, 44, 63, 74
Malus, 81, 105
malvidin, 66
Mandragora, 72
Mandrake, 72
Mangifera, 116
mangiferin, 116
Mango, 116, 149
Mangosteen, 66, 115
mangostin, 66, 115
Manihot esculenta, 50
manna, 76
mannitol, 76
mannosamine, 76
mannose, 63, 75, 78, 79, 80
mannuronic acid, 76
MAO inhibitor, 103
Maple syrup, 77
Marigold, 69, 149
marker compounds, 60
marrubiin, 68
Marrubium vulgare, 139
Marshmallow, 41, 43, 47, 63, 79
Mary's Thistle, 113
mast cell degranulation, 120
matairesinol, 66, 112
Matricaria recutita, 137
matricin, 68, 137
May Apple, 66
MCTs, 91
MDR pump inhibitors, 56
Meadowsweet, 17, 65, 107
Medicago sativa, 126
medium-chain triglycerides, 91
Melaleuca alternifolia, 136
melatonin, 55
melilotoside, 110
Melilotus officinalis, 18, 49, 110
Melissa officinalis, 109, 119
menaquinone, 126
Mentha piperita, 109
Mentha pulegium, 135
Mentha spicata, 37, 134
MeOH, 46
mercaptans, 22
mesaconitine, 70
mescaline, 65, 102
Mesquite, 79
metabolic syndrome, 74, 75, 77, 89
metastasis, 80, 117
methamphetamine, 102
methane, 20
methanol, 46
methionine, 11
methoxy ethane, 34
methoxy group, 19, 24
methyl ether, 19
methyl ethyl ether, 34
methyl group, 19, 20, 23
methylenedioxy group, 24

methyllycaconitine, 70
methylxanthines, 21, 44, 45, 65, 154, 155
methysticin, 66, 116
mevalonic acid pathway, 107
Mexican Yam, 69, 143
micelles, 141
microclimate, 58, 59
microflora, 55, 77, 80, 82, 112
migraine, 101, 103
Milk Thistle, 31, 48, 60, 66, 113
miso, 124
Mistletoe, 48
mitochondria, 125
molecular weight, 38, 41
Monarda, 16, 68, 135
Monkshood, 70
monoacylglycerols, 91
monocrotaline, 72, 158
monocytes, 80
monoesters, 157
monoglycerides, 18, 91
monomers, 74, 76, 77, 78, 121, 123
monosaccharides, 44, 73, 75, 76, 77, 79, 81
monoterpene lactones, 68, 134, 136
monoterpenes, 44, 46, 51, 68, 134, 136, 139
monoterpenoid alkaloids, 154
monoterpenoid indole alkaloids, 70
monoterpenoid indole-derived quinoline alkaloids, 70
monoterpenoid isoquinoline alkaloids, 71
monounsaturated fatty acids, 64, 85, 86, 87
monovalent, 82
Morning Glory, 70
morphinan alkaloids, 71
morphine, 56, 71
Morus rubra, 115
Motherwort, 48
motion sickness, 163
Mountain Ash, 76, 105
Mountain Laurel, 140
MRSA, 55, 122, 135
mucilages, 43, 44, 63, 73, 75, 79, 80, 81
mucous membranes, 63, 79, 160, 168
MUFA, 87, 89
Muir Puama, 48
Mukul Myrrh, 146
Mulberries, 115
Mullein, 48
muscarinic, 163
mushrooms, 33, 63, 78, 80, 113
Mustard, 45
mustard oil glycosides, 103
Mustards, 23, 65, 103
Mycobacterium tuberculosis, 96, 124
mycorrhizae, 53, 57
myoscorpine, 72, 159
Myrciaria dubia, 81
myricetin, 66, 121
myristic acid, 64, 86
myristicin, 65, 139
Myrrh, 40, 48

N

N-acetylglucosamine, 77
napelline, 70
naphthodianthrones, 55, 67, 126
naphthoquinones, 67, 125, 126
naral, 136
narcotic, 70, 71, 162, 164
naringenin, 67, 119
naringin, 67, 119
Nasturtium, 23, 65, 103, 147
NDGA, 94, 112, 113
necic acid, 157
necine, 157
negative charge, 7, 9, 11, 12, 13, 14, 15, 24

negative chronotropic, 146
negative dromotropic, 146
negative ion, 117
negative synergy, 55
nemorensine, 71
neobetainin, 156, 157
neoeriocitrin, 67
neohesperidin, 67
neoline, 70
neopelline, 70
neopetasin, 137
neoxanthin, 69
Nepeta cataria, 136
nepetalactone, 68, 136
nephrotoxic, 71, 82, 159
nerve pain, 61
nervines, 71
Nettles, 30, 48, 65, 69, 81, 83, 102, 126, 145, 167
neuralgia, 160
neurotransmitters, 33, 83, 102
neutrons, 7
neutrophils, 80
NF- κ B, 95, 108, 109, 114, 115, 119, 138, 141, 146
nickel, 58
nicotine, 71, 162
nicotinic, 162
Nightshades, 72, 110
nitrile group, 22
nitrogen heterocycles, 21, 29, 32
nitrogen mustards, 103
nitrogen-fixing bacteria, 10, 123
nitrogenous bases, 21, 154
NK cells, 80
N-methylconhydrine, 162
N-methylconiine, 71, 162
N-methylaurotetanine, 160
N-methylpelletierine, 71, 163
non-bonding pair, 9, 10
non-polar, 13, 38, 43
non-superimposable, 36
norathyriol, 55, 66, 115
nordihydrocapsaicin, 114
nordihydroguaiaretic acid, 112
Northern Prickly-Ash, 95
N-oxides, 154, 157
NSAIDs, 92, 114
nuclear transcription factor κ B, 108
nudicauline, 70
Nutmeg, 65

O

Oats, 33, 47, 48, 70, 78, 145
obesity, 74, 89
Ocimum basilicum, 57, 109
Ocimum gratissimum, 58
octane, 28, 34
Oestrogen, 124
Old Man's Beard, 124
Olea europaea, 86, 141
oleanane, 140
oleanolic acid, 46, 69, 139, 141, 142
oleic acid, 64, 86, 87
oleoresins, 46, 68, 133, 134, 139
oleuropein, 141
oligomeric proanthocyanidins, 30, 45, 66, 122, 168
oligosaccharides, 44, 63, 73, 77
Olive, 48, 85, 91, 141
Olive oil, 38, 44, 45, 64, 85, 86, 87, 141
omega-3 fatty acids, 44, 88, 89, 92, 127
omega-6 fatty acids, 86, 87, 88, 89
omega-7 fatty acids, 87
oncogenes, 87, 136
Onions, 11, 22, 63, 66, 67, 77, 104, 120
OPCs, 30, 41, 45, 66, 108, 122, 123, 155, 168
open ring, 118

Ophiopogon japonicus, 144
Opium Poppy, 70, 71, 159, 160
Opuntia, 156
Orange, 135, 136
Oranges, 149
Oregano, 48, 67, 109, 119, 135, 141
Oregon Grape, 46, 47, 48, 55, 71, 160
organic acids, 42, 44, 63, 73, 74, 81, 82, 83
organoleptics, 52, 56, 57, 58, 60, 139
organophosphate, 163
Origanum vulgare, 109, 135
ornithine, 101, 157, 163
Oshá, 48
osteocalcin, 126
osteoporosis, 78
otonecine, 71
oubain, 146
Our Lady's Thistle, 113
oxalate, 82, 83
oxalate anion, 82
oxalates, 52, 82, 83
oxalic acid, 51, 59, 63, 81, 82, 83, 102
Oxalis, 83
oxidized, 38, 42, 51, 52, 123
oxidized lipids, 86
oxygen heterocycles, 29, 30, 31, 73
oxygenated carotenoids, 69, 148
oxytocic, 70, 72

P

PA, 47, 59, 157, 158, 159
Pacific Yew, 68, 140
paclitaxel, 68, 140
PAF, 93, 140
Palm berries, 85
Palm berry oil, 147, 148
Palm oil, 86, 87, 91, 146
palmitine, 71, 160
palmitic acid, 64, 86, 87, 93, 94
palmitoleic acid, 64, 87
Panaeolus, 70
Panax, 41, 47, 97
Panax ginseng, 69, 97, 143
Panax quinquefolius, 59, 97, 143
panaxosides, 143
panaxydiol, 97
panaxydol, 44, 97
panaxynol, 97
panaxytriol, 97
Papaver somniferum, 71, 159
Papaveraceae, 161
papaverine, 70
Papaya, 147, 149
Paprika, 149, 168
Para Cress, 96
para-ketones, 125
parent compound, 23, 108, 116
Parkinsonism, 163
Parsley, 30, 65, 67, 97, 109, 111, 119, 139
Parsnip, 97, 111
parsonine, 71
parthenogenesis, 56
parthenolide, 31, 49, 68, 138
Passionflower, 48
Pau d'Arco, 47, 48, 126
Paullinia cupana, 155
Pausinystalia yohimbe, 70
pavines, 71, 160
p-cymene, 16
Peach, 105, 149
Peanut oil, 86, 87, 88
Peanuts, 115
Pear, 65
pectins, 44, 63, 73, 75, 79, 80, 81
Peganum harmala, 33, 70

pelargonidin, 66, 117
 pelletterine, 71, 163
 pellitorine, 96
 pelotone, 70
 Pennyroyal, 68, 135
 pentagalloylglucose, 122
 pentane, 28
 peonidin, 66
 Peppermint, 48, 67, 68, 109, 119, 135, 136, 141
 Peppers, 119, 148, 149, 167
 peptide alkaloids, 154
 peptides, 45
 Perilla, 30, 109, 119, 136
Perilla frutescens, 30, 109, 119
 perillyl alcohol, 136
 permeability factor, 119
 peroxy radical, 51
 Persimmons, 149
 pesticides, 57, 163
 Petadolex[®], 138
 petasin, 68, 137
 petasitenine, 72
Petasites, 33, 68, 72, 158
Petasites hybridus, 137
Petroselinum crispum, 30
 petunidin, 66
Peumus boldus, 71, 160
 Peyote cactus, 65, 70, 102, 159
 p-glycoprotein, 56
 pH, 11, 38, 42, 44, 45, 46, 47, 77, 82, 105, 154
 phagocytosis, 81, 93
 phase II enzymes, 23, 76, 103, 136, 157
Phellodendron amurense, 160
 phenethylamines, 154
 phenethylisoquinoline alkaloids, 71
 phenolic acids, 17, 18, 45, 65, 81, 107, 108
 phenolic aglycone, 127
 phenolic compounds, 15, 45, 50, 76, 107, 116
 phenolic group, 15
 phenolic resins, 45, 127
 phenyl, 15
 phenylalanine, 21, 101, 102, 104, 114, 159, 162, 163
 phenylethylamine, 102
 phenylpropane, 66
 phenylpropanoid dimer, 65, 109
 phenylpropanoid glycosides, 109
 phenylpropanoids, 45, 65, 68, 81, 108, 109, 110, 113, 114, 116, 155, 156, 157
 pheophorbide A, 55
 phloroglucinol, 45, 55, 67, 127
 phloroglucinol derivatives, 127
 phosphate group, 24, 92
 phosphatidylcholine, 24, 44, 64, 92
 phosphatidylethanolamine, 92
 phosphatidylglycerol, 92
 phosphatidylinositol, 92
 phosphatidylserine, 64, 92
 phosphodiester bond, 92
Phosphoglyceride Summary Chart, 93
 phosphoglycerides, 92
 phospholipid bilayer, 24
 phospholipids, 24, 44, 47, 64, 85, 90, 91, 92, 113
 phosphorus, 8, 11
 phosphorylated glucose, 74
 photoactivated, 98, 111
 photodermatitis, 111
 photosynthesis, 51, 63, 74, 167
 PHT, 44, 98
 phylloquinone, 126
 physiological synergy, 54, 55
 phytate, 82
 phytoalexins, 57, 58, 111, 123, 135
 phytochemical synergy, 55
 phytoestrogenic, 111
 phytoestrogens, 57, 66, 67, 115, 118, 121, 124
Phytolacca, 142, 144
Phytolacca americana, 144, 156
 phytolaccanin, 156
 phytolaccasaponins, 144
 phytolaccatoxin, 144
 phytolaccosides, 144
 phytostanol, 145
 phytosterols, 44, 46, 64, 69, 91, 92, 134, 145
 Pigweed, 83, 156
 pilocarpine, 70
Pilocarpus microphyllus, 70
 Pine, 30, 66, 123, 133, 136
 Pink Grapefruit, 69, 147
 Pink Guava, 69, 147
Pinus, 139
Piper, 64, 96
Piper longum, 94, 96
Piper methysticum, 116
Piper nigrum, 94, 96, 163
Piper sarmentosum, 96
Piper tuberculatum, 96
 Piperaceae, 116
 piperidine alkaloids, 71, 154, 162
 piperidine amide, 163
 piperine, 71, 163
 Pippali, 94
 Pipsissewa, 65
 Pitcher Plant, 162
 planar, 29
 plant spirit medicine, 60
Plantago, 76, 79, 80
Plantago lanceolata, 136
Plantago major, 136
 Plantain, 48, 68, 76, 136
 plasma triglycerides, 75
 plastoquinones, 81
 platelet aggregation, 65, 114, 115
 platyphylline, 71
 Pleurisy Root, 48
 plumbagin, 67
 Plums, 12, 82, 105
 Poaceae, 110
 podophyllotoxin, 66
Podophyllum, 66
 Poison Hemlock, 52, 71, 162
 Poison Ivy, 52, 111
 Poison Oak, 52
 Poke sallet, 144
 Pokeberries, 21, 46, 70, 144, 156
 Pokeberry, 142, 144, 156, 157
 polar, 13, 38, 40, 41, 43, 44
 polarity, 8, 13, 14, 15, 39, 40, 41, 43
 pollinators, 53, 57, 116, 118
 polyacetylenes, 44, 64, 85, 97, 98
 polyacetylenic ketones, 95
 polyalkene ketones, 97
 polyalkenes, 64, 97
 polyalkyne ketones, 97
 polyalkynes, 64, 97
 polyenes, 97
Polygonum, 120
Polygonum cuspidatum, 58, 115
 polyketides, 107
 polymer, 19, 41, 73, 78
 polymerization, 42, 55, 122
 polymers, 63, 73, 75, 77, 78, 112, 118, 123
 polyol, 30
 polyphenol oxidase, 50
 polyphenolic, 15
 polyphenols, 15, 31, 45, 50, 79, 81, 107, 108, 154
 polysaccharides, 41, 44, 63, 73, 78, 80, 81
 polyunsaturated fatty acids, 50, 64, 85, 86, 87
 polyvalent action, 54
 Pomegranate, 30, 66, 71, 108, 121, 141, 146, 163
 Poplar, 107
 Poppies, 110

populin, 107
Populus, 45, 65, 127
Populus tremuloides, 107
 porphyrin, 55
Portulaca oleracea, 156
 positive charge, 7, 9, 10, 13, 14, 15, 21, 24
 positive inotropic, 146
 positive synergy, 54
 potassium, 82, 142
 Potato, 72, 74, 117, 167
 potentiating synergy, 54, 55
 Potter's Asthma Cure, 164
 PPAR-gamma, 139
 PPAR- γ , 114
 prebetanin, 157
 prebiotics, 63, 77
 precipitate, 41, 42, 44, 45
 precursor, 11, 23, 24, 50, 57, 102, 121, 147
 prednisone, 143
 Prickly Ash, 95
 Prickly Pear, 21, 46, 70, 156, 157
 Prickly Poppy, 160
 Privet, 141
 proanthocyanidins, 66, 122
 proanthocyanins, 122
 procyanidin, 123
 prodelphinidin, 123
 progesterone, 146
 prolactin, 112
 pro-oxidant, 51, 55, 148
 propane, 20, 28, 108
 propanol, 34
 Propolis, 40, 48, 108, 127
 propyl group, 20, 34
Prosopis, 79
 prostaglandins, 89
 prostate, 69, 112, 145, 147, 160
 protease, 82
 protective synergy, 55
 proteins, 11, 22, 24, 45, 65, 77, 92, 101
 prothrombin, 126
 protoaescigenin, 142
 protoberberines, 71, 159, 160
 protonate, 17, 46
 protons, 7, 10, 46
 protopine, 71, 160
 protoveratramines A & B, 72
 protoverine, 72
 provitamin-A, 148
 prunasin, 12, 22, 45, 65, 105
Prunus, 12, 22, 105
Prunus amygdalus var. amara, 105
Prunus laurocerasus, 105
 pseudoaconitine, 70
 pseudoaldosteronism, 142
 pseudoalkaloids, 154, 155
 pseudoconhydrine, 71, 162
 pseudohypericin, 55, 67, 126
Pseudomonas aeruginosa, 111
 pseudopelletierine, 71, 163
 PSI, 80
 PSII, 80
 psilocin, 33, 70
Psilocybe, 33, 70
 psilocybin, 33, 70
 psoralen, 111
 psychoactive, 67, 102, 127
 psychotrine, 71
 psychotropic, 33, 65, 70, 72, 159, 163
Pueraria lobata, 58
 PUFAs, 44, 85, 87, 91, 93
 Pukeweed, 162
 pulegone, 135
Pulmonaria officinalis, 154
 pulmonary function, 148, 149
 pulmonary surfactant, 93

Pumpkin, 148, 167
 Pumpkin seed, 145
 Puncture Vine, 143
Punica granatum, 108
 punicalagin, 121
 punicalin, 121
 purine alkaloids, 155
 purines, 154, 155
 Purslane, 21, 46, 70, 156
 putrescine, 157
 PUVA, 125
 Pycnogenol®, 66, 123
Pygeum, 145
 pyranone, 30, 31, 115
 pyranose, 73, 74
 pyrans, 29, 30, 73, 117, 137
 pyrethrins, 134
 pyridine alkaloids, 71, 154
 pyrophosphate, 24
 pyrrole, 158
 pyrrolidine alkaloids, 71, 154
 pyrrolizidine, 32, 59
 pyrrolizidine alkaloids, 32, 33, 47, 71, 138, 154, 157, 159
 pyrrolizidine diesters, 72
 pyrrolizidine monoesters, 72, 158
 pyrrolizidine nucleus, 157

Q

qinghaosu, 138
 Qinjiao, 137
 quality control, 61, 62
 quaternary amines, 21
 quercetin, 42, 66, 120, 121
 quercetin glycosides, 120
 quercetin-3-galactoside, 120
 quercetin-3-rutinoside, 120
Quercus infectoria, 122
 quinidine, 70
 quinine, 70
 Quinoa, 142
 quinoline alkaloids, 154
 quinolizidine alkaloids, 72, 154
 quinones, 45, 67, 125, 126

R

racemate, 37
 racemic, 37, 163
 Ragweed, 138
 Rainbow Chard, 156
 Ramps, 22
 rancidity, 9, 50, 64
 raphides, 82
 Raspberry, 47, 48, 108, 112, 117, 121, 168
Rauwolfia, 70
 reactive oxygen species, 9, 50
 rebaudioside, 68
 Red Clover, 48, 57, 67, 123, 124
 Red Elderberries, 105
 Red Peppers, 30, 67, 69, 119, 168
 Red Root, 47, 48
 redox, 81
 reduced, 38, 42, 51, 81
 Reishi, 47, 63, 78, 80
 relative polarity, 38, 39
 rescinamine, 70
 reserpine, 70
 resin bed ion-exchange chromatography, 158
 resins, 46, 79, 134, 139
 resonance delocalization, 12, 15, 21, 29
 responsive variability, 59
 resveratrol, 45, 58, 66, 115
 retinol, 147
 retronecine, 71
 retrorsine, 72, 158

rhamnose, 63, 75, 79
rhein, 67, 126
Rheum, 59, 82, 120
rheumatism, 83, 95, 96, 144, 157
Rheumatism root, 143
Rhodiola, 48
Rhodiola rosea, 65, 109
Rhododendron, 68, 140
Rhubarb, 59, 82, 83
Rice, 74
riddelline, 72
ring strain, 28
ROS, 9, 50
Rosaceae, 76
rosarin, 65, 109
rosavin, 65, 109
rosavins, 65, 109
Rose, 76, 81
Rose Hips, 148
Rose oil, 58
Rosemary, 48, 50, 55, 65, 67, 68, 109, 119, 135, 139, 141
rosin, 65, 109
rosmarinic acid, 65, 109
rosmarinine, 71
Rosmarinus officinalis, 55, 109
roughage, 37, 63, 74, 112
rubber, 52
rubefacient, 115
rubijervine, 72
rubixanthin, 148
Rubus, 108
Rubus idaeus, 121
Rudbeckia laciniata, 52
Rue, 111, 120
Rumex crispus, 58, 82
ruscogenin, 144
ruscosides, 144
Ruscus aculeatus, 120, 144
Russian Comfrey, 158
Russian Olive, 70
Ruta graveolens, 111, 120
rutin, 42, 66, 120

s

S. jacobea, 158
saffron, 150
safrole, 68, 109, 139
Sage, 48, 65, 68, 109, 135, 137, 139
salicin, 107
salicylates, 108
salicylic acid, 17, 19, 65, 107
Salix, 17, 107
S-allylcysteine, 104
S-allylmercaptocysteine, 104
salmon, 148
Salmonella typhimurium, 104, 111, 135
Salsify, 77
Salvia apiana, 135
Salvia hispanica, 79
Salvia miltiorrhiza, 108
Salvia officinalis, 109, 135, 137, 139
Sambucus, 59
sambunigrin, 105
sanguilutine, 71, 161
Sanguinaria canadensis, 46, 160
sanguinarine, 71, 160, 161
sanguirubine, 71, 161
sapogenin, 46, 141
Saponaria officinalis, 141
saponification, 19
saponins, 47, 68, 69, 134, 140, 141, 142, 143, 144
Sarracenia flava, 162
sarracine, 71, 72
SARS coronavirus, 142
Sarsaparilla, 47, 48, 145

Sassafras, 68, 109, 139
saturated fatty acids, 64, 86, 91
saturated PA, 71, 157
Saw Palmetto, 48, 145
SCE, 43
SCFA, 77
schistosomiasis, 142
Schizandra, 48, 66, 113
Schizandra chinensis, 113
schizandrins, 66, 113
schizophrenia, 127
scopolamine, 72, 163, 164
scopoletin, 65, 110
scopolin, 110
Scotch Broom, 72, 102
SCTs, 91
scurvy, 119
Scutellaria baicalensis, 119
SDA, 89
Sea Buckthorn, 64, 87
seasonal variation, 59
secoiridoids, 31, 68, 137
seco-iridoids, 134
secoisolariciresinol, 66, 112
secondary amides, 21
secondary amines, 21
secretory immunoglobulin, 78
sedative, 33, 67, 68, 71, 116, 160, 162
selective estrogen receptor modulators, 115, 124
selectively permeable, 24
selenated amino acids, 65
selenium, 8, 58
selenocysteine, 101
selenomethionine, 101
self-pollination, 56
senaetnine, 72
senampeline A, 72
Senecio, 33, 71, 72, 158
Senecio vulgaris, 158
senecionine, 72, 158, 159
seneciophylline, 72, 158
senecivernine, 72
senkirkine, 72, 158, 159
Senna, 67, 126
sennosides, 67, 126
Serenoa repens, 145
SERMs, 115, 124
serotonin, 33, 83, 101, 102
serum triglyceride, 91
Sesame, 112
Sesame seeds, 112
sesamin, 112
Sesamum indicum, 112
sesquiterpene lactones, 31, 68, 134, 138
sesquiterpenes, 44, 46, 51, 68, 134, 137, 138, 139
sex hormone binding globulin, 112
SFA, 86
SFAs, 85, 86, 93
SHBG, 112, 124
Shea butter, 86
Shepherd's Purse, 48
Shiitake, 63, 80
shikimic acid pathway, 107
shogaols, 49, 113, 114
short-chain fatty acids, 77, 91
short-chain triglycerides, 91
sialagogue, 70, 94, 95, 96
Siberian Ginseng, 81, 142
silybin, 31, 66, 113
Silybum marianum, 31, 113
silychristin, 66, 113
silydianin, 66, 113
silymarin, 31, 66, 113
Simmondsia chinensis, 94
simple beta-carboline alkaloids, 70
simple indole alkaloids, 70

simple pyrrolizidines, 71
 simple sugars, 15, 73, 76, 80
 simple tetrahydroisoquinoline alkaloids, 70
 single bond, 8, 9, 35
 sitostanol, 145
 skeleton, 8, 9, 10, 14, 38, 41
 skimmin, 110
 Skullcap, 48
 Skunk Cabbage, 11, 22, 52, 82, 83
 Soap Berry, 142
 Soapwort, 141
 Sochan-i, 52
 SOD, 81
 sodium, 82, 142
 sodium chloride, 13
 Solanaceae, 163
 solanidine, 72
 solanines, 72
Solanum, 72
 solasonine, 72
 sorbitol, 76, 160
Sorbus, 76, 105
 Sorghum, 105
 Sorrel, 83
 Sourgrass, 83
 Soybean, 57, 67, 102, 123, 124, 126, 143, 145
 Soybean oil, 86, 88, 92
 sparteine, 72
 Spearmint, 37, 134, 136
Spilanthes, 44, 64, 94, 96
Spilanthes acmella, 96
Spilanthes oleracea, 96
 spilanthol, 96
 Spinach, 46, 52, 70, 83, 126, 156
Spiraea ulmaria, 108
 spirostane skeleton, 143, 144
 Spurges, 68, 140
 squalene, 140
 Squash, 148, 167
 Squill, 145
 St. John's Wort, 48, 55, 60, 61, 66, 67, 115, 120, 121, 126, 127
 stabilizing synergy, 55
 standardization, 56, 60, 61
 stanol esters, 145
Staphylococcus aureus, 55, 96, 104, 122
 Star fruit, 83
 starch, 37, 41, 44, 63, 73, 74, 77
 statin, 125
 steam distillation, 43
 stearic acid, 64, 86, 93
 stearidonic acid, 88
Stellaria media, 82
Stenotrophomonas maltophilia, 136
 stereochemistry, 20, 35, 36
 stereoisomers, 34, 37, 73, 134
 stereospecific, 37
 steroid sex hormones, 146
 steroidal alkaloids, 72, 154
 steroidal glycosides, 134
 steroidal saponins, 45, 46, 69, 143, 145
 steroids, 46, 69, 85, 123, 134, 144, 145, 146, 154
 sterols, 92, 93
 Stevia, 68
 stevioside, 68
 stigmasterol, 69, 145
 stilbene core, 115, 117, 121
 stilbenoids, 45, 66, 115
Stillingia, 48
 Stoneroot, 48
 straight chain, 34
 S-*trans*-1-propenylcysteine, 104
 Strawberries, 81, 108, 121, 168
 Strawberry leaf, 66
Streptococcus mutans, 77
Streptococcus pneumoniae, 80, 136
Stropharia, 70
 strychnine, 70
Strychnos nux-vomica, 70
 styrylpyrones, 45, 66, 116
 sucrose, 15, 44, 63, 74, 75, 77
 sugar alcohols, 76
 Sugarcane, 168
 sulfate, 13
 sulfhydryl group, 22
 sulfide group, 22
 sulfides, 22, 23, 45, 50, 65, 104
 sulfinyl group, 23
 sulforaphane, 23, 103
 sulfoxide, 98
 sulfoxides, 23
 sulfur heterocycles, 29
Summary of Functional Groups, 26
 Sundew, 67
 Sunflower, 58, 63
 Sunflower oil, 87, 88, 92
 supercritical carbon dioxide, 43, 85, 114, 139
 superimposable, 36
 superoxide dismutase, 81
 supinine, 72, 158
 surface tension, 13, 141
 Sweet Annie, 47
 Sweet Basil, 57
 Sweet Birch, 65, 107
 Sweet Clover, 18, 49, 110
 Sweet Orange, 136
 Sweet Woodruff, 18
 sweroside, 68, 137
Swertia, 68, 137
 swertiamarin, 68, 137
 Swiss Chard, 70, 83, 156
 symlandine, 72, 158, 159
 symphytine, 72, 158, 159
 Symphytum, 33, 158
Symphytum asperum, 158
Symphytum caucasicum, 159
Symphytum officinale, 59, 109
Symphytum tuberosum, 159
Symphytum x uplandicum, 158
Symplocarpus foetidus, 11, 82
 symviridine, 72, 159
 synephrine, 65, 102
 synergy, 53, 54, 55, 56, 61
 Syrian Rue, 33, 70
Syzygium aromaticum, 110

T

Tabebuia impetiginosa, 126
Tabernanthe iboga, 33, 70
 tabernanthe, 70
 taeniacidal, 163
Tagetes erecta, 149
 TAGs, 91
 Taheebo, 126
 tamoxifen, 115
Tanacetum parthenium, 49, 138
Tanacetum vulgare, 135
 Tangerines, 149
 tannic acid, 122
 tannins, 41, 42, 44, 45, 49, 66, 79, 108
 Tansy, 135
 taraxacin, 68
Taraxacum officinale, 30
 Taro, 82
 Tarragon, 65, 139
 tartaric acid, 82, 83, 102
 Taxol[®], 140
Taxus, 59
Taxus baccata, 140
Taxus brevifolia, 140
 T-cells, 80
 tea, 16, 42, 123, 155

Tea Tree, 136
tellimagrandin, 121
temperature, 35, 38, 42, 58, 86
teratogenic, 72, 160
Terminalia latipes, 81
terpene lactones, 60, 140
terpene trilactones, 140
terpenoids, 44, 45, 46, 68, 79, 85, 93, 116, 133, 134, 139, 140, 147, 154
terpinen-4-ol, 136
tertiary amides, 21
tertiary amines, 21
testosterone, 112, 124, 146
tetradeca-2*E*,4*E*,8*E*,10*E*,12*E* pentaenoic acid isobutylamide, 95
tetradeca-2*E*,4*E*,8*Z*,10*E*,12*Z* pentaenoic acid isobutylamide, 95
tetrahedral, 36
tetrahedron, 8, 35, 36
tetrahydroberberine, 160
tetrahydrocannabinol, 67, 127
tetrahydropalmatine, 71, 160
tetraterpenes, 46, 69, 147
TFAs, 85, 90
THC, 45, 67, 127
theaflavins, 50, 123
theanine, 101
thearubigins, 123
Theobroma cacao, 155
theobromine, 65, 155
theophylline, 65, 102
thin-layer chromatography, 61
thiocyanate group, 23
thiocyanates, 23, 103
thioglycosides, 103
thiols, 22
thiophenes, 98
thiosulfinate, 23
thiosulfinate group, 23
Thorn Apple, 163
THP, 160
thromboxanes, 89
Thuja occidentalis, 68, 135
thujone, 68, 135
Thyme, 15, 48, 56, 67, 68, 109, 119, 135, 141
thymol, 16, 56, 68, 135
Thymus vulgaris, 15, 56, 109
thyroid, 23
TLC, 61
TNF-alpha, 109
TNF- α , 80, 81, 95
Tobacco, 71
tocopherols, 64, 81
tocotrienols, 64
tomatine, 72
Tomato, 51, 69, 72, 97, 147, 148, 149, 167
Tonka Bean, 110
tonsils, 80
Toothache Plant, 94, 96
Toothache Tree, 95
Tragopogon, 77
trans, 35, 90
trans fats, 35
trans fatty acids, 35, 64, 85, 86, 90
trans-pellitorine, 96
triacontanol, 94
triacontanylpalmitate, 94
triacylglycerols, 64, 85, 91
triangularine, 72
Tribulus terrestris, 143
trideca-2*E*,7*Z*-diene-8,12-diyonic acid isobutylamide, 94
Trifolium pratense, 57
trigalloylglucose, 122
trigeminal effects, 94, 96
triglycerides, 18, 19, 44, 64, 75, 76, 77, 85, 87, 89, 91, 92, 146
Trigonella foenum-graecum, 143
trimers, 121, 123
triple bond, 8, 12, 22

trisulfides, 22
triterpene, 45
triterpene glycosides, 68, 141
triterpenes, 46, 68, 134, 140, 141, 142, 144
triterpenoid saponins, 46, 69, 141, 142, 143, 144
Tropaeolum, 103
tropane alkaloids, 72, 154, 163
trout, 148
TRPV1, 114
true synergy, 54
tryptophan, 33
tubocurarine, 70
tumor necrosis factor-alpha, 80
Turmeric, 41, 44, 48, 66, 68, 113, 114, 137, 167
turpentine, 133, 139
tussilagine, 71, 159
tussilaginine, 159
Tussilago farfara, 33, 72, 158, 159
type II diabetes, 74, 75, 77, 90, 108, 126
tyramine, 102
tyrosine, 104, 156, 159

U

U.S. Pharmacopoeia, 95, 127, 146
ubiquinone, 67, 125
UFAs, 64, 85, 86, 90, 91, 93
ulcerative colitis, 78
ultraviolet, 116, 117, 167
umbelliferone, 65, 110
undeca-2*E*,7*Z*,9*E*-trienoic acid isobutylamide, 96
undeca-2*E*-ene-8,10-diyonic acid isobutylamide, 96
unsaponifiable matter, 44, 145
Unsaturated Fatty Acid Summary Chart, 89
unsaturated fatty acids, 64
unsaturated PA, 71, 157
uplandicine, 72, 159
uric acid, 82, 154
uronic acids, 73, 76, 78, 79, 142
ursane, 140
ursolic acid, 46, 69, 141
Urtica dioica, 30, 83, 102
usaramine, 72
Usnea, 30, 48, 67, 124
usnic acid, 30, 45, 67, 124
UV, 50, 51, 52, 57, 58, 81, 111, 120, 147, 149, 167
Uva Ursi, 47, 48, 65

V

Vaccinium macrocarpon, 123
Vaccinium vitis-idaea, 120
valence electrons, 7, 12
valepotriates, 68
valeranone, 68
valerenic acid, 68
Valerian, 48, 68
valine, 104
vanillin, 114
vanillylamides, 114
vasodilator, 115, 125, 155
veno-occlusive liver disease, 158
venotonic, 120
veratramine, 72
Veratrum, 72
vinblastine, 70
vincristine, 70
vinegar, 19, 38, 39
vinylidithiins, 50, 104
violaxanthin, 25, 69, 149
Violets, 81
Virginia Snakeroot, 159
visual, 147, 148
vitamin A, 147
vitamin C, 51, 63, 74, 76, 81, 82, 119
vitamin E, 50, 51, 148

vitamin K, 50, 67
vitamin P, 67, 119
Vitex, 48, 68
Vitex agnus-castus, 136
Vitis vinifera, 58
VOD, 158
Vodka, 40
volatile compounds, 52, 57, 61, 134, 139
volume fraction, 39, 40, 41
vulgaxanthins, 70, 157

W

Walnut, 85, 108, 121, 125
Warfarin®, 49, 50, 110
Wasabi, 11, 23, 45, 65, 103
Wasabia japonica, 103
Water Hemlock, 52, 97
Watermelon, 69, 147
wax esters, 93
wedge, 8, 36
weight-loss, 90
Wheat Grass, 167
White Cedar, 135
white flour, 74
White Oak, 66, 121
White Sage, 68
Wild Basil, 58
Wild Cherry, 12, 22, 50, 105
Wild Comfrey, 154
Wild Geranium, 48, 66, 121
Wild Ginger, 159
Wild Lettuce, 31, 68, 138
Wild Yam, 48, 143
Willow, 17, 47, 65, 107
wine, 45, 58, 82, 108, 115
Wintergreen, 65, 107
Witch Hazel, 66, 122
Wolf, 52
Wolfberry, 69, 81, 147
Wood Betony, 48
Woodsorrel, 83
Wormwood, 48, 68, 135, 137, 138

X

xanthine alkaloids, 155
xanthohumol, 66, 118
xanthenes, 45, 66, 115
Xanthophylomyces dendrorhous, 148
xanthophylls, 69, 147, 148, 149, 168
Xanthorrhiza simplicissima, 160
xanthotoxin, 111
Xanthoxylum, 95
xenoestrogens, 124
xylitol, 76
xylose, 44, 63, 75, 78, 79, 80

Y

Yam, 143
yangonin, 66, 116
Yarrow, 48, 68, 135, 137, 138
yeast, 63, 78, 80
Yellow Dock, 48, 58, 67, 82, 83, 126
Yellow Gentian, 66, 116
Yellow Jessamine, 70
Yellow Root, 71, 160
Yerba Mansa, 48
Yerba Maté, 65, 155
Yerba Santa, 48, 67, 119
Yew, 59
Yohimbe, 48, 70
yohimbine, 70
Yucca, 142

Z

Zanthoxylum, 64, 94, 96
Zanthoxylum americanum, 95
Zanthoxylum hercula-clavis, 95
Zanthoxylum piperitum, 95
Zea mays, 149
zeaxanthin, 149
zinc, 58
Zingiber officinale, 113
zingiberine, 68, 137
zwitterions, 44

