
Professional Certificate in Holistic Wellness

Herbal Medicine and Aromatherapy

****A****

Aromatherapy: The use of essential oils from plants to promote physical and psychological well-being.

Related terms: Essential oils, Phytotherapy, Holistic wellness

Aromatherapy is a form of holistic therapy that utilizes essential oils extracted from plants to promote physical and psychological well-being. The inhaled aroma from these essential oils is widely believed to stimulate brain function, helping to create a calming, relaxing atmosphere. Aromatherapy can also be used topically, with the essential oils absorbed through the skin for healing benefits. Aromatherapy has been used for centuries to help manage a variety of health issues, including stress, anxiety, insomnia, and depression.

****B****

Bioactive compounds: Natural substances found in plants that have a beneficial effect on human health.

Related terms: Phytochemicals, Herbal medicine, Holistic wellness

Bioactive compounds are natural substances found in plants that have a beneficial effect on human health. These compounds, also known as phytochemicals, can help prevent disease, reduce inflammation, and promote overall well-being. Herbal medicine, a key component of holistic wellness, often relies on the use of bioactive compounds found in plants to support health and treat various conditions. Examples of bioactive compounds include flavonoids, carotenoids, and terpenoids.

****C****

Carrier oils: Plant-based oils used to dilute essential oils before topical application.

Related terms: Essential oils, Aromatherapy, Holistic wellness

Carrier oils are plant-based oils used to dilute essential oils before topical application. Essential oils, which are highly concentrated, can cause skin irritation or other adverse reactions when applied directly to the skin. Carrier oils, such as jojoba, coconut, or sweet almond oil, help to reduce the concentration of essential oils and facilitate their absorption into the skin. In aromatherapy, carrier oils are essential for safe and effective topical application of essential oils.

Chromatography: A laboratory technique used to separate, identify, and purify the individual components of a plant extract.

Related terms: Phytochemicals, Herbal medicine, Standardization

Chromatography is a laboratory technique used to separate, identify, and purify the individual components of a plant extract. This process is crucial for standardizing herbal medicine, ensuring that each preparation contains a consistent amount of active compounds. Chromatography is used to isolate and identify specific phytochemicals within a plant extract, allowing for the development of more effective and consistent herbal remedies.

****D****

Dosage forms: The various ways in which herbal medicines can be administered, such as capsules, tablets, or tinctures.

Related terms: Herbal medicine, Phytotherapy, Holistic wellness

Dosage forms refer to the various ways in which herbal medicines can be administered, such as capsules, tablets, or tinctures. The choice of dosage form can impact the efficacy and bioavailability of the herbal medicine, as well as patient compliance. In holistic wellness, selecting the appropriate dosage form is essential for ensuring the safe and effective use of herbal medicines and aromatherapy.

****E****

Essential oils: Highly concentrated plant extracts containing aromatic compounds, used in aromatherapy for their therapeutic properties.

Related terms: Aromatherapy, Carrier oils, Phytotherapy

Essential oils are highly concentrated plant extracts containing aromatic compounds, which are used in aromatherapy for their therapeutic properties. These oils are obtained through various extraction methods, including steam distillation and cold pressing. Essential oils can be used topically, inhaled, or added to baths for their healing benefits. They have been used for centuries to support physical and emotional well-being, and are a key component of holistic wellness practices.

****F****

Fixed oils: Plant-based oils that do not evaporate at room temperature, used as carrier oils in aromatherapy.

Related terms: Carrier oils, Essential oils, Aromatherapy

Fixed oils are plant-based oils that do not evaporate at room temperature. They are used as carrier oils in aromatherapy to dilute essential oils before topical application. Fixed oils, such as jojoba, coconut, or sweet almond oil, have a longer shelf life than essential oils and are less expensive. They are an essential component of aromatherapy, facilitating the safe and effective use of essential oils.

****G****

Glycosides: Plant compounds that, when hydrolyzed, release a sugar and a non-sugar component.

Related terms: Phytochemicals, Herbal medicine, Holistic wellness

Glycosides are plant compounds that, when hydrolyzed, release a sugar and a non-sugar component. These compounds have various therapeutic properties and are used in herbal medicine to treat a variety of conditions. Examples of glycosides include digitoxin, which is derived from foxglove and used to treat heart conditions, and salicin, which is found in willow bark and used as a natural pain reliever.

H

Holistic wellness: A approach to health that considers the whole person, including physical, mental, and emotional well-being.

Related terms: Herbal medicine, Aromatherapy, Phytotherapy

Holistic wellness is an approach to health that considers the whole person, including physical, mental, and emotional well-being. This approach emphasizes the use of natural therapies, such as herbal medicine and aromatherapy, to support overall health and treat various conditions. Holistic wellness focuses on addressing the root cause of health issues, rather than simply treating symptoms, and encourages individuals to take an active role in their own health and well-being.

I

Infused oils: Oils that have been steeped with herbs or other plant material to extract their beneficial compounds.

Related terms: Carrier oils, Herbal medicine, Aromatherapy

Infused oils are oils that have been steeped with herbs or other plant material to extract their beneficial compounds. These oils are used as carrier oils in aromatherapy and can also be used topically or internally, depending on the herbs used. Infused oils are a simple and cost-effective way to extract the beneficial compounds from herbs and are an essential component of holistic wellness practices.

J

Justicia Pectoralis: A tropical herb used in herbal medicine for its anti-inflammatory, expectorant, and sedative properties.

Related terms: Herbal medicine, Phytotherapy, Holistic wellness

Justicia Pectoralis, also known as Brazilian Skullcap, is a tropical herb used in herbal medicine for its anti-inflammatory, expectorant, and sedative properties. This herb is commonly used to treat respiratory conditions, such as bronchitis and asthma, and can also be used to relieve anxiety and promote sleep. Justicia Pectoralis is a key component of holistic wellness practices, supporting overall health and well-being.

K

Kava: A South Pacific herb used in herbal medicine for its calming and anxiety-reducing effects.

Related terms: Herbal medicine, Phytotherapy, Holistic wellness

Kava, also known as *Piper methysticum*, is a South Pacific herb used in herbal medicine for its calming and anxiety-reducing effects. This herb is commonly used to treat anxiety, stress, and insomnia, and has been shown to have a sedative effect on the central nervous system. Kava is an important component of holistic wellness practices, supporting overall mental and emotional well-being.

L

Latin binomial nomenclature: The scientific system used to classify and name plants, animals, and other organisms.

Related terms: Botany, Herbal medicine, Phytotherapy

Latin binomial nomenclature is the scientific system used to classify and name plants, animals, and other organisms. This system, which was developed by Carl Linnaeus in the 18th century, uses two Latin words to identify each organism: