

Herbal terms to know:

Allopathic medicine is an expression commonly used by homeopaths and proponents of other forms of alternative medicine to refer to mainstream medical use of pharmacologically active agents or physical interventions to treat or suppress symptoms or pathophysiologic processes of diseases or conditions.

Decoction

1: the act or process of boiling usually in water so as to extract the flavor or active principle—compare infusion 1b(1)

2a: an extract or liquid preparation obtained by decocting b: a liquid preparation made by boiling a medicinal plant with water usually in the proportion of 5 parts of the drug to 100 parts of water. (Merriam-Webster)

Maceration. In food preparation, maceration is softening or breaking into pieces using a liquid. Raw, dried or preserved fruit or vegetables are soaked in a liquid to soften the food and/or absorb the flavor of the liquid into the food. (Wikipedia)

To cause to become soft or separated into constituent elements by or as if by steeping in fluid; *broadly* : **steep, soak** Derived from the Latin verb *macerare*, meaning "to soften" or "to steep." (Merriam-Webster)

MARC (pronounced MARK) Medical Definition of marc. : an insoluble residue remaining after extraction of a solution (as a drug) with a solvent. French, from Middle French, from *marchier* - to trample, march. (Merriam-Webster)

Menstruum – pronounced men stroo um. In herbalism, it means the liquid which dissolves and holds the components from the plant. It is an old fashioned word for solvent. Yes, it is related to the word menses and menstruation.



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