

# HERBAL CONSTITUENTS, 2<sup>ND</sup> EDITION

## CONTENTS

### INTRODUCTION TO THE SECOND EDITION

### CHAPTER 1: THE FOUNDATIONS OF HERBAL CHEMISTRY

VISUALIZING PHYTOCHEMICALS

THE BASIC STRUCTURE OF PHYTOCHEMICALS

ELEMENTS IN PHYTOCHEMICALS

PHYTOCHEMICAL BONDING

POLARITY

FUNCTIONAL GROUPS

SUMMARY OF FUNCTIONAL GROUPS

RINGS & RING SYSTEMS

ISOMERS & STEREOCHEMISTRY

### CHAPTER 2: SOLUBILITY AND EXTRACTION OF HERBAL CONSTITUENTS

POLARITY & SOLUBILITY: SOLVENTS

POLARITY OF SOLVENT SYSTEMS

OTHER INFLUENCES ON SOLUBILITY

SUPERCritical CO<sub>2</sub> EXTRACTION

POLARITY & SOLUBILITY: CONSTITUENTS

HYDROETHANOLIC EXTRACTS (TINCTURES)

PHYTOCHEMICAL STABILITY & REACTIVITY

ORGANOLEPTIC EVALUATION

EXTRACTING CANNABIS LIKE AN HERBALIST

### CHAPTER 3: SYNERGY AND VARIABILITY IN HERBS AND FORMULAS

THE ORIGINS OF PHYTOCHEMICAL SYNERGY

THE MEANING OF SYNERGY

DIFFERENT KINDS OF SYNERGY

STANDARDIZATION & SYNERGY

PHYTOCHEMICAL VARIABILITY

THE LESSON OF GRANDFATHER GINSENG

VARIABILITY & STANDARDIZATION

### CHAPTER 4: HERBAL CONSTITUENTS OUTLINE

1. CARBOHYDRATES
2. LIPIDS
3. AMINO ACID DERIVATIVES
4. PHENOLIC COMPOUNDS
5. TERPENES
6. STEROIDS
7. ALKALOIDS

### CHAPTER 5: CARBOHYDRATES IN MEDICINAL PLANTS

MONOSACCHARIDES

DISACCHARIDES

OLIGOSACCHARIDES

POLYSACCHARIDES

### CHAPTER 6: LIPIDS IN MEDICINAL FOODS AND HERBS

FATTY ACIDS

TRIGLYCERIDES (TAG)

PHOSPHOLIPIDS

WAXES

ALKAMIDES

POLYALKYNES & POLYALKENES (POLYENES)

THIOPHENES

### CHAPTER 7: AMINO ACIDS AND DERIVATIVES

L-THEANINE

5-HYDROXYTRYPTOPHAN

AMINES

GLUCOSINOLATES

SULFUR COMPOUNDS FROM *ALLIUM* PLANTS

CYANOGENIC GLYCOSIDES

### CHAPTER 8: POLYPHENOLS

PHENOLIC ACIDS

PHENYLPROPANOIDS

COUMARINS

# HERBAL CONSTITUENTS, 2<sup>ND</sup> EDITION

FURANOCOUMARINS (FUROCOUMARINS)

LIGNANS

PHENYLPROPANOID DERIVATIVES

STILBENOIDS

XANTHONES

STYRYLPYRONES

FLAVONOIDS

HYDROLYZABLE TANNINS

PROANTHOCYANIDINS

ISOFLAVONES (ISOFLAVONOIDS)

BENZOFURANS

CHROMONES

QUINONES

PHLOROGLUCINOLS & TERPENOPHENOLICS

PHENOLIC RESINS & PROPOLIS

**A PHYTOCHEMICAL FOLK TALE: THE COLORS  
OF VITALITY**

**PHYTOCHEMICAL GLOSSARY**

**RECOMMENDED READING**

**INDEX**

## **CHAPTER 9: TERPENOIDS**

MONOTERPENES

SESQUITERPENES

ESSENTIAL OILS & OLEORESINS

DITERPENES

TRITERPENES

SAPONINS

BOTANICAL STEROIDS

TETRATERPENES (CAROTENOIDS)

## **CHAPTER 10: ALKALOIDS**

ALLANTOIN

METHYLYXANTHINES

BETALAIN ALKALOIDS

PYRROLIZIDINE ALKALOIDS (PA)

ISOQUINOLINE ALKALOIDS

PIPERIDINE ALKALOIDS

TROPANE ALKALOIDS