Medicinal Herbs Quick Reference Guide

Revision 1

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Revision 2*

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* Revision 1 updates: addition of color bars to the *Herb Groups* and the various *Herb Indexes* to help locate a particular herb more easily, as well as the correction of some typographical errors.
Revision 2 updates: cosmetic updates, and correction of some typographical errors.

To Herbalists

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Herb Groups

Nervous System	NS
Endocrine	End
Immune System	Imm
Immune / Neoplasia	Imm / Neop
Immune – Infections / EENT	Imm / Inf / EENT
Respiratory System	Rs
Cardiovascular System	CVS
Gastrointestinal System	GIT
Reproductive System	Rep
Urinary System	Ur
Skin	Skin
Musculo-Skeletal	Mus-Sk
Miscellaneous / Restricted Herbs	Misc.

System	*Latin name*	Common name	Cautions
Nervous System			
(NS)	***Avena sativa***	Oats, Oatstraw	
	Bacopa monnieri ***Bacopa monniera***(NA-GRIN) ***Bramia monnieri***(NA)	Bacopa, Brahmi, Water Hyssop	[I_{H-D}]
	Betonica officinalis(NA)	see ***Stachys officinalis***	
	Bramia monnieri(NA)	see ***Bacopa monnieri***	
	Centella asiatica ***Hydrocotyle asiatica***(NA)	Gotu Kola	[R_{THM}] [R_{MF}] (extract)
	Cola nitida ***[Cola acuminata]*** ***[Cola vera***(GBIF)***]***	Kola nuts, Cola nuts, Ghanja kola	[I_{H-D}] [↑Tannins]
	Eschscholzia californica	California poppy	[I_{H-D}] [↑Alkaloids]
	Humulus lupulus	Hops	[I_{H-D}]
	Hydrocotyle asiatica(NA)	see ***Centella asiatica***	
	Hypericum perforatum	St. john Wort	[I_{H-D}] [R_{USE}]
	Ilex paraguariensis	Maté, Yerba Maté, Jesuit Tea	[I_{H-D}]
	Lactuca virosa	Wild Lettuce, Bitter lettuce	[R_{USE}]
	Melissa officinalis	Lemon Balm	[I_{H-D}] [R_{USE}] (Ess. oil)
	Passiflora incarnata	Passion Flower	[I_{H-D}] [↑Alkaloids]
	Piscidia piscipula ***Piscidia erythrina***(NA)	Jamaican Dogwood	[I_{H-D}]
	Rhodiola rosea	Rhodiola	
	Rosmarinus officinalis	Rosemary	[I_{H-D}]
	Scutellaria baicalensis(GRIN)	Baical/Baikal Skullcap, Chinese Skullcap	[I_{H-D}]
	Scutellaria lateriflora	Skullcap	[I_{H-D}]
	Stachys officinalis ***Stachys betonica***(NA-GRIN) ***Betonica officinalis***(NA)	Betony, Wood betony	
	Tanacetum parthenium	Feverfew	[I_{H-D}]
	Valeriana officinalis ***[Valeriana wallichii***(NA-GRIN)***]***	Valerian	[I_{H-D}]

System	*Latin name*	Common name	Cautions
	Verbena officinalis ***[Verbena hastate]***	Vervain, Verbena, Ma Bian Cao	[I_{H-D}]
Endocrine			
(End)	***Borago officinalis***	Borage, starflower	[I_{H-D}] [R_{USE}]
	Codonopsis pilosula(GRIN)	Codonopsis, Dang Shen, Poor man's Ginseng	
	Dioscorea villosa ***[Dioscorea oppositifolia]***	Dioscorea, Wild Yam	[I_{H-D}] [⚠]
	Eleutherococcus senticosus	Eleuthero, Siberian Ginseng	[I_{H-D}] [R_{USE}]
	Fucus* spp.** ***[Fucus vesiculosus]	Kelp, Bladderwrack, Seawrack	[I_{H-D}] [R_{USE}]
	Galega officinalis	Goat's root, French lilac	[I_{H-D}] [R_{USE}]
	Glycyrrhiza glabra	Licorice, Liquorice, Sweet root	[I_{H-D}]
	Gymnema sylvestre	Gymnema, Meshashringi	[I_{H-D}] [R_{USE}]
	Lycopus virginicus ***[Lycopus europaeus]*** ***[Lycopus americanus]***	Bugleweed, Gypsywort	[I_{H-D}] [R_{USE}]
	Panax ginseng ***[Panax quinquefolius]***	Korean/Chinese Ginseng	[I_{H-D}] [⚠]
	Schisandra chinensis(GRIN)	Schisandra, Wu Wei Zi	[I_{H-D}]
	Trigonella foenum-graecum	Fenugreek	[I_{H-D}]
	Withania somnifera	Ashwagandha, Withania, Indian ginseng	[I_{H-D}]
Immune System			
(Imm)	***Astragalus membranaceus***(GRIN)	Huang Qi, Astragalus	[I_{H-D}]
	Baptisia tinctoria	Wild Indigo	[R_{USE}] [R_{MF}] [♣]
	Berberis aquifolium(NA)	see ***Mahonia aquifolium***	
	Commiphora myrrha(GRIN) ***Commiphora molmol***(NA-GRIN)	Myrrh	[I_{H-D}]
	Echinacea* spp.** ***[Echinacea angustifolia] ***[Echinacea purpurea]*** ***[Echinacea pallida]***	Echinacea, Coneflower	[I_{H-D}] [⚠]
	Galium aparine	Cleavers, Clivers, Goosegrass	
	Hydrasties canadensis	Goldenseal, Yellow root	[I_{H-D}] [R_{THM}] [R_{MF}] [⚠] [↑Alkaloids]
	Mahonia aquifolium ***Berberis aquifolium***(NA)	Oregon Grape	[I_{H-D}] [R_{MF}] [♣] [↑Alkaloids]
	Phytolacca americana ***Phytolacca decandra***(NA) = ***P. americana var. americana***	Poke Root, Poke weed	[I_{H-D}] [R_{USE}] [R_{MF}]
	Sambucus nigra ***Sambucus canadensis***(NA) = ***S. nigra* ssp. *canadensis***	Elder	[I_{H-D}]
	Tabebuia impetiginosa(GRIN) ***Tabebuia avellanedae***(NA-GRIN)	Pau D'arco, Lapacho	[I_{H-D}]
	Uncaria tomentosa(GRIN)	Cat's Claw, Uña de Gato	[I_{H-D}] [R_{USE}]
Immune/Neoplasia			
(Imm/Neop)	***Alnus* spp.** ***[Alnus glutinosa]*** ***[Alnus rubra]***	Alder	[↑Tannins]
	Beta vulgaris	Beet, Beetroot, Red beet, White beets	
	Boletus lucidus(NA-GBIF)	see ***Ganoderma lucidum***	
	Bupleurum falcatum(GRIN) ***[Bupleurum chinense***(GRIN)***]***	Thorowax, Chai hu	[I_{H-D}]
	Camellia sinensis ***Camellia thea***(NA) ***Thea sinensis***(NA)	Tea, Green Tea	[I_{H-D}]
	Curcuma longa ***Curcuma domestica***(NA)	Turmeric	[I_{H-D}]

System	*Latin name*	Common name	Cautions
	Ganoderma lucidum(GBIF) ***Boletus lucidus***(NA-GBIF) ***Polyporus lucidus***(NA-GBIF)	Reishi mushroom, Ling chih	[R_{USE}]
	Larrea tridentata	Chaparral	[I_{H-D}] [R_{THM}] [R_{MF}]
	Lentinula edodes(GBIF) ***Lentinus edodes***(NA-GBIF)	Shiitake mushroom	
	Polyporus lucidus(NA-GBIF)	see ***Ganoderma lucidum***	
	Taxus brevifolia ***[Taxus baccata]***	Western Yew, Pacific Yew	
	Thea sinensis(NA)	see ***Camellia sinensis***	
	Trifolium pratense ***[Trifolium repens]***	Red clover	[I_{H-D}]
	Viola odorata ***[Viola striata]***	Sweet violet	
	Viscum album	Mistletoe	[I_{H-D}] [R_{USE}] [R_{THM}] [R_{MF}]
Immune – Infection/EENT			
(Imm/Inf/EENT)	***Berberis vulgaris*** ***[Berberis aristata***(GRIN)***]***	Barberry, Common Barberry	[I_{H-D}] [R_{USE}] [R_{MF}] **[↑Alkaloids]**
	Eupatorium perfoliatum	Boneset, Feverwort	
	Euphrasia rostkoviana ***[Euphrasia officinalis***(NA) **=*** ***E. stricta]***	Eye Bright, Euphrasia	[🖶]
	Glechoma hederacea ***Nepeta heredacea***(NA)	Ground Ivy, Alehoof	
	Juglans cinerea	White Walnut	**[↑Tannins]**
	Juglans nigra	Black Walnut	**[↑Tannins]**
	Lavandula angustifolia, ***Lavandula spica***(NA) ***Lavandula vera***(NA) ***Lavandula officinalis***(NA) ***[Lavandula x intermedia]***	Lavender, English lavender [Lavandin]	[R_{USE}] (Ess. oil internally)
	Ledum* spp.** **[*Ledum* groenlandicum]** ***[Ledum palustre]	Labrador Tea	[R_{USE}]
	Levisticum officinale ***[Ligusticum porteri]*** ***[Ligusticum levisticum***(GBIF)***]***	Lovage [Osha, Poster's licorice root]	[🖶]
	Lomatium dissectum	Fernleaf Biscuit Root, Lomatium, Desert Parsley	[🖶]
	Morella cerifera ***Myrica cerifera***(NA)	Bayberry, Wax Myrtle	[I_{H-D}] [R_{THM}] [R_{MF}] **[↑Tannins]**
	Nepeta cataria	Catnip	
	Nepeta heredacea(NA)	see ***Glechoma hederacea***	
	Origanum vulgare	Oregano, Wild Marjoram	
	Potentilla erecta ***Potentilla tormentilla***(NA-GBIF)	Tormentilla	**[↑Tannins]**
	Quercus robur ***[Quercus alba]***	Oak Bark, English Oak [White oak]	[I_{H-D}] **[↑Tannins]**
	Salvia officinalis ***[Salvia lavandulifolia***(GRIN)***]***	Sage, Red Sage	[I_{H-D}] [R_{MF}] **Oil**
	Sanguinaria Canadensis	Blood Root, Red Indian Paint	[R_{USE}] [R_{MF}] [🖶] **[↑Alkaloids]**
	Thuja occidentalis	Thuja, White Cider, Arborvitae	[R_{USE}] [R_{MF}]
	***Usnea* spp.**	Usnea, Old man's beard, Beard lichen, Treemoss	
Respiratory System			
(Rs)	***Alcea rosea*** ***Althaea rosea***(NA)	Hollyhock, Malva flower	[I_{H-D}]
	Asclepias ruberosa	Pleurisy	[I_{H-D}] [R_{THM}] [R_{MF}]

System	*Latin name*	Common name	Cautions
	Chamerion angustifolium ***Chamaenerion angustifolium***(NA) ***Epilobium angustifolium***(NA)	Fireweed, Willow herb	
	Dracontium foetidum(NA-GRIN) ***[Lysichitum americanum]***	see ***Symplocarpus foetidus***	
	Drimia maritima(GRIN)	see ***Urginea maritima***	
	Ephedra sinica ***[Ephedra equisentina]*** ***[Ephedra distachya]***	Ephedra, Ma Huang	[I_{H-D}] [R_{USE}] [R_{MF}] [↑Tannins] & [↑Alkaloids]
	Epilobium angustifolium(NA)	see ***Chamerion angustifolium***	
	Eucalyptus globulus	Eucalyptus, Blue Gum, Tasmanian Blue Gum	[I_{H-D}] [R_{USE}]
	Grindelia camporum ***[Grindelia squarrosa]***	Gumweed, Grindelia, Gumplant	
	Hyssopus officinalis	Hyssop	[R_{USE}]
	Inula helenium ***[Inula racemosa]***	Elecampane, Scabwort	[I_{H-D}]
	Lobelia inflata	Indian tobacco, Lobelia	[I_{H-D}] [R_{USE}] [R_{MF}] [♠] [↑Alkaloids]
	[Lysichitum americanum]	see ***Symplocarpus foetidus***	
	Marrubium vulgare	White Horehound, Horehound	
	Plantago* spp.** ***[Plantago major] ***[Plantago lanceolata]***	Plantain, [Common/Broadleaf Plantain] [English Plantain].	
	Primula veris	Cowslip, Primula, Paigle, Peagle	[I_{H-D}]
	Prunus serotina ***[Prunus virginiana]***	Wild Black Cherry, Black Cherry, Wild Cherry	[R_{MF}] [↑Tannins]
	Symplocarpus foetidus ***Dracontium foetidum***(NA-GRIN) ***[Lysichitum americanum]***	Skunk cabbage [Yellow Skunk Cabbage]	
	Thymus vulgaris	Thyme, Common Thyme, Garden Thyme	
	Tussilago farfara	Coltsfoot, Farfara, Coughwort	[I_{H-D}] [R_{THM}] [R_{MF}] [↑Alkaloids]
	Urginea maritima ***Urginea scilla***(NA) ***Drimia maritima***(GRIN)	Squill, Red squill, White Squill	[I_{H-D}] [R_{USE}] [R_{MF}]
	Verbascum thapsus ***[Verbascum densiflorum]*** ***[Verbascum phlomoides]***	Mullein	
Cardiovascular System			
(CVS)	***Achillea millefolium***	Yarrow, Milfoil	[I_{H-D}] [R_{USE}]
	Aesculus hippocastanum	Horse Chestnut	[I_{H-D}] [R_{USE}] [R_{THM}] [R_{MF}]
	Allium sativum	Garlic, Ajo, Allium	[I_{H-D}] [R_{USE}]
	Capsicum annuum ***Capsicum frutescens***(NA) ***[Capsicum pubescens]***	Cayenne, Chili Pepper, African Pepper, Tabasco pepper	[I_{H-D}]
	Convallaria majalis	Lily of the Valley	[I_{H-D}] [R_{USE}] [R_{MF}]
	Crataegus monogyna ***Crataegus oxycantha***(NA) ***[Crataegus laevigata]***	Hawthorn	[I_{H-D}] [R_{USE}]
	Cytisus scoparius ***Sarothamnus scoparius***(NA) ***[Spartium junceum]***	Broom, Scotch broom	[R_{USE}] [R_{THM}] [R_{MF}] [↑Alkaloids]
	Ginkgo biloba	Ginkgo, Maiddenhair tree	[I_{H-D}] [R_{USE}] [R_{MF}]
	Leonurus cardiaca	Motherwort	[I_{H-D}]
	Olea europea	Olive	
	Sarothamnus scoparius(NA)	see ***Cytisus scoparius***	
	[Spartium junceum]	see ***Cytisus scoparius***	

System	*Latin name*	Common name	Cautions
	Tilia X vulgaris ***Tilia europaea***(NA) ***[Tilia X europaea]*** ***[Tilia cordata]*** ***[Tilia platyphyllos]***	Linden, Lime flower	[I_{H-D}]
	Vaccinium myrtillus	Bilberry	[I_{H-D}] [↑Tannins]
	Viburnum opulus	Cramp bark	[R_{MF}] Berry
	Zingiber officinale	Ginger	[I_{H-D}] [R_{USE}]
Gastrointestinal System			
(GIT)	***Agrimonia eupatoria*** ***[Agrimonia gryposepala]***	Agrimony, Sticklewort	[I_{H-D}] [↑Tannins]
	Althaea officinalis	Marshmallow	[I_{H-D}]
	Ananas comosus	Pineapple	[I_{H-D}]
	Angelica archangelica	Angelica, Wild Parsnip	[I_{H-D}] [R_{USE}] [R_{MF}] Root
	Artemisia absinthium ***[Artemisia annua]***	Wormwood	[R_{USE}]
	Carduus marianus(NA)	see ***Silybum marianum***	
	Carica papaya	Papaya, Paw paw, Melon tree	[I_{H-D}]
	Cassia senna(NA) ***Cassia angustifolia***(NA)	see ***Senna alexandrina***	
	Centaurium erythraea ***Erythraea centaurium***(NA)	Centaury	
	Chamomilla recutita	see ***Matricaria recutita***	
	Chelidonium majus	Greater/Garden Celandine, Tetterwort	[R_{USE}] [R_{MF}]
	Chionanthus virginicus	Fringe Tree, Old Man's Beard	
	Cichorium intybus ***[Cichorium endivia]***	Chicory, Succory	
	Cinnamomum verum ***Cinnamomum zeylanicum***(NA) ***[Cinnamomum aromaticum]***	Cinnamon	[I_{H-D}] [R_{USE}] (Ess. oil) [R_{MF}] [↑Tannins]
	Cnicus benedictus	Blessed Thistle, Holly Thistle	[R_{USE}]
	Coptis chinensis(GRIN) ***[Coptis trifolia]***	Chinese Goldthread, Huang Lia	[R_{USE}] [♣] [↑Alkaloids]
	Cynara scolymus ***[Cynara cardunculus]***	Globe Artichoke, Alcachofa	[R_{USE}]
	Erythraea centaurium(NA)	see ***Centaurium erythraea***	
	Filipendula ulmaria ***Spiraea ulmaria***(NA)	Meadowsweet, Queen of the Meadows	[I_{H-D}]
	Foeniculum vulgare	Fennel	[I_{H-D}] [R_{USE}]
	Frangula alnus ***Rhamnus frangula***(NA)	Buckthorn	[I_{H-D}] [R_{USE}]
	Frangula purshiana ***Rhamnus purshiana***(NA)	Cascara sagrada	[I_{H-D}] [R_{USE}] [♣]
	Gentiana lutea	Gentian, Gentiana, Bitter root, Yellow Gentian	[R_{USE}] [♣]
	Linum usitatissimum	Flax seeds, Linseed, Linum	[I_{H-D}]
	Matricaria recutita ***Matricaria chamomilla***(NA) ***Chamomilla recutita***(NA)	German Chamomile, Wild Chamomile	[I_{H-D}] [R_{USE}] (Ess. oil)
	Medicago sativa	Alfalfa, Lucerne, Purple Medick	[I_{H-D}]
	Mentha X piperita	Peppermint	[I_{H-D}] [R_{USE}] (Ess. oil)
	Plantago psyllium ***Plantago arenaria***(NA) ***[Plantago ovata]***	Psyllium, Flea Seed	[I_{H-D}] [R_{USE}]
	Rhamnus frangula(NA)	see ***Frangula alnus***	
	Rhamnus purshiana(NA)	see ***Frangula purshiana***	
	***Rosa* spp.**	Rose	[R_{USE}] (Ess. oil int.) [↑Tannins]
	Rubus corchorifolius(GRIN) ***Rubus villosus***(NA-GRIN) ***[Rubus fructicosus]*** ***[Rubus occidentales]***	Blackberry	[↑Tannins]

System	*Latin name*	Common name	Cautions
	Senna alexandrina ***Cassia senna***(NA) ***Cassia angustifolia***(NA)	Senna	[I_{H-D}] [R_{USE}]
	Silybum marianum ***Carduus marianus***(NA)	Milk Thistle, Blessed Thistle	[I_{H-D}]
	Spiraea ulmaria(NA)	see ***Filipendula ulmaria***	[I_{H-D}] [R_{USE}]
	Taraxacum officinale	Dandelion	[I_{H-D}]
	Ulmus rubra ***Ulmus fulva***(NA)	Slippery Elm, Red Elm, Indian Elm	[I_{H-D}] [⚠]
Reproductive System			
(Rep)	***Actaea racemosa***(GRIN)	see ***Cimicifuga racemosa***	
	Alchemilla monticola ***Alchemilla vulgaris***(NA) ***Alchemilla xanthochlora***(NA) ***[Alchemilla alpine]***	Lady's mantle, Lion's foot, Bear's foot	[↑Tannins]
	Anemone pulsatilla(NA)	see ***Pulsatilla vulgaris***	
	Angelica sinensis(GRIN)	Dong Quai, Tang-Kuei, Chinese angelica	[I_{H-D}] [R_{MF}]
	Artemisia vulgaris	Mugwort, Wild wormwood	
	Capsella bursa-pastoris ***Thlaspi bursa-pastoris***(NA)	Shepherd's purse, Lady's purse	[I_{H-D}]
	Caulophyllum thalictroides	Blue Cohosh, Squaw Root	[I_{H-D}] [R_{USE}] [R_{THM}] [R_{MF}] [⚠]
	Chamaelirium luteum	False Unicorn Root, Fairywand	[R_{USE}] [R_{MF}] [⚠]
	Cimicifuga racemosa ***Actaza racemosa***(GRIN)	Black Cohosh, Squaw Root, Black Snakeroot	[I_{H-D}] [R_{USE}] [R_{MF}] [⚠]
	Lepidium meyenii	Maca	
	Mitchella repens	Partridge Berry, Squad vine	[♣]
	Pausinystalia johimbe(GRIN)	Yohimbe	[I_{H-D}] [R_{USE}] [R_{MF}]
	Pulsatilla vulgaris ***Anemone pulsatilla***(NA)	Pasque Flower, Pulsatilla	[R_{USE}]
	Rubus idaeus	Raspberry	[I_{H-D}] [R_{USE}] (pregnancy) [↑Tannins]
	Serenoa repens ***Serenoa serrulata***(NA)	Saw Palmetto	[I_{H-D}]
	Thlaspi bursa-pastoris(NA)	see ***Capsella bursa-pastoris***	
	Trillium erectum ***[Trillium ovatum]*** ***[Trillium pendulum***(GBIF)***]***	Bethroot, Birthroot	[R_{USE}] [⚠] [↑Tannins]
	Turnera diffusa ***Turnera aphrodisiaca***(NA)	Damiana	[I_{H-D}]
	Viburnum prunifolium	Black Haw, Sweet Viburnum	[I_{H-D}]
	Vitex agnus-castus	Chaste Berry, Chaste Tree, Agnus Castus, Vitex	[I_{H-D}]
Urinary System			
(Ur)	***Agathosma betulina*** ***Barosma betulina***(NA)	Buchu, Bucco, Barosma	
	Agropyron repens(NA)	see ***Elymus repens***	
	Alchemilla arvensis(NA) ***Alchemilla occidentalis***(NA)	see ***Aphanes arvensis***	
	Aphanes arvensis ***Alchemilla arvensis***(NA) ***Alchemilla occidentalis***(NA)	Parsley Piert, Field Parsley Piert	
	Apium petroselinum(NA)	see ***Petroselinum crispum***	
	Arctostaphylos uva-ursi	Bearberry, Uva Ursi, Kinnikinnick	[I_{H-D}] [R_{MF}] [↑Tannins]
	Barosma betulina(NA)	see ***Agathosma betulina***	
	Carum Petroselinum(NA)	see ***Petroselinum crispum***	
	Collinsonia Canadensis	Stone Root, Richweed, Knob Root	[♣]
	Daucus carota	Wild Carrot, Bird's nest	[I_{H-D}]
	Elymus repens ***Agropyron repens***(NA) ***Elytrigia repens***(NA) ***Triticum repens***(NA)	Couchgrass, Triticum	[I_{H-D}]

System	*Latin name*	Common name	Cautions
	Equisetum arvense	Horsetail, Butterbrush	[R_{USE}]
	Eupatorium purpureum	Gravel Root, Joy Pye, Queen of the Meadows	[R_{USE}]
	Hydrangea arborescens	Hydrangea, Seven Barks	
	Parietaria judaica ***Parietaria diffusa***(NA)	Pellitory of the Wall	
	Petroselinum crispum ***Petroselinum sativum***(NA) ***Apium petroselinum***(NA) ***Carum Petroselinum***(NA)	Parsley	[I_{H-D}] [R_{MF}] Oil
	Solidago virgaurea(GRIN) ***[Solidago canadensis]***	European Golden Rod [Canadian Golden Rod]	
	Triticum repens(NA)	see ***Elymus repens***	
	Zea maiz	Corn silk, Stigma Maydis, Indian Corn	[I_{H-D}]
Skin			
Skin	***Aloe vera*** ***Aloe barbadensis***(NA) ***Aloe vulgaris***(NA)	Aloe, Barbados Aloe, Curacao aloe	[I_{H-D}] [R_{USE}]
	Arctium lappa ***Arctium majus***	Burdock, Lappa	[I_{H-D}]
	Azadirachta indica ***Melia azadirachta***(NA)	Neem	[I_{H-D}]
	Calendula officinalis	Calendula, Marigold, Pot Marigold	[I_{H-D}]
	Geranium maculatum	American Cranesbills	[↑Tannins]
	Geranium robertianum	Herb Robert	
	Hamamelis virginiana	Witch Hazel	[R_{USE}] [↑Tannins]
	Iris versicolor	Blue Flag, Wild Iris	
	Melia azadirachta(NA)	see ***Azadirachta indica***	
	Rumex crispus	Yellow dock, Curled Dock	[I_{H-D}] [↑Tannins]
	Scrophularia nodosa	Figwort, Throatwort	[I_{H-D}]
	Smilax* spp.** ***[Smilax aristolochiifolia] ***[Smilax regelii = S. officinalis***(NA-GRIN)***]*** ***[Smilax ornata***(GRIN)***]*** ***[Smilax febrifuga***(GRIN)***]***	Sarsaparilla	[I_{H-D}]
	Stellaria media	Chickweed	
	Symphytum officinale ***Symphytum uliginosum***(NA)	Comfrey, Knitbone	[I_{H-D}] [R_{USE}] [R_{THM}] [R_{MF}]
	Tanacetum vulgare	Tansy	[I_{H-D}] [R_{USE}] [R_{MF}] Oil
	Urtica dioica	Nettle, Stinging Nettle	[I_{H-D}] [R_{USE}] (root)
	Viola tricolor ***[Viola odorata]***	Heartsease, Wild pansy	[R_{USE}]
Musculo-Skeletal			
(Mus-Sk)	***Apium graveolens***	Celery seeds, Wild Celery	[R_{USE}] (Ess. oil)
	Arnica montana	Arnica	[R_{USE}] [R_{THM}] [R_{MF}] [♣]
	Betula pendula ***Betula verrucosa***(NA) ***[Betula alba***(NA) ***= B. pubescens]***	Birch, Silver Birch	[I_{H-D}] [↑Tannins]
	Bryonia alba ***[Bryonia dioica***(NA) ***=*** ***B. cretica subsp. diocia]***	White Bryony	[R_{USE}] [R_{MF}]
	Echinopanax horridus(NA)	see ***Oplopanax horridus***	
	Guajacum officinale ***Guaiacum officinale***(GRIN)	Guaiacum, Guaiac, Lignum Vitae	[I_{H-D}] [R_{USE}] [↑Tannins]
	Harpagophytum procumbens(GRIN) ***Uncaria procumbens***(NA-GRIN)	Devil's Claw	[I_{H-D}] [R_{USE}]
	Juniperus communis	Juniper	[I_{H-D}] [R_{USE}] [R_{MF}]

System	*Latin name*	Common name	Cautions
	Menyanthes trifoliata	Buckbean, Bogbean	
	Oplopanax horridus ***Echinopanax horridus***(NA)	Devil's Club	[♠]
	Piper methysticum ***[Piper sanctum***(GRIN)***]***	Kava-Kava	[I_{H-D}] [R_{USE}] [R_{MF}] [♠]
	***Salix* spp.**	Willow	[I_{H-D}]
	Uncaria procumbens(NA-GRIN)	see ***Harpagophytum procumbens***(GRIN)	
	***Yucca* spp.**	Yucca	
	Zanthoxylum* spp.** ***[Zanthoxylum americanum] ***[Zanthoxylum clava-herculis]***	Prickly Ash, Toothache Tree	[I_{H-D}]
Miscellaneous/Restricted Herbs			
(Misc.)	***Acorus calamus*** ***[Acorus americanus]***	Sweet flag, Calamus	[I_{H-D}] [R_{USE}] [R_{MF}]
	Atropa belladonna(GRIN)	Deadly Nightshade, Belladonna	[R_{USE}] [R_{MF}]
	Cannabis sativa	Marijuana, Hemp	[R_{USE}]
	Datura stramonium ***Datura tatula***(NA) ***[Datura innoxia]***	Jimson Weed, Thorn apple	[I_{H-D}] [R_{USE}] [R_{MF}] **[↑Alkaloids]**
	Gelsemium sempervirens	Yellow Jasmine	[R_{USE}] [R_{THM}] [R_{MF}] **[↑Alkaloids]**
	Hyoscyamus niger	Henbane	[R_{USE}] [R_{MF}] **[↑Alkaloids]**

Herb Monographs

How to Read a Herb Monograph

Plant Identification (Id):
Latin name (i.e. *Hyssopus officinalis*)
[FAMILY] (i.e. LAMIACEAE/LABIATAE)
[Related species]
Common names (i.e. Hyssop)
Refer to the *Herb Monograph Map* for details on the plant Id verification process used in this manual.

Herbal Tincture recommendations:
[Ref]: concentration, alcohol strength, recommended daily adult dose, weekly maximum and/or weekly dose range.
Example: The British Herbal Pharmacopoeia (BHP) recommends 0.2 to 0.6 ml tid of herbal extract 1:1 @50% alcohol; and 0.6 to 2ml tid of the 1:8 @60% alcohol tincture.

Part used (PU): The part of the plant used medicinally, or as food, and harvesting information.

Other preparations: infusion/tea, decoction, ointment, poultice, etc.

Therapeutic uses organized by body system (refer to the *Herb Monograph Map* for details of body systems).

Border and Plant Id color:
- **Light Blue** = Nervous system herbs.
- **Orange** = Endocrine, adaptogen herbs.
- **Blue** = Immune system herbs.
- **Grayish-lilac** = Immune system with emphasis on neoplasia herbs.
- **Turquoise** = Immune system with emphasis on infections, EENT, and mouth herbs.
- **Green** = Respiratory system herbs.
- **Light-green** = Cardiovascular system herbs.
- **Brown** = Gastrointestinal system herbs.
- **Red** = Reproductive system herbs.
- **Pink** = Urinary system herbs.
- **Lilac** = Skin herbs.
- **Purple** = Musculo-skeletal herbs.
- **Burgundy** = Miscellaneous restricted herbs.

Herb medicinal actions/properties:
- **-** = reported by a single author.
- **+** = reported by two authors.
- ***** = reported by 3 or more authors.

Note: refer to Glossary section for definition of medicinal actions.

Hyssopus officinalis [LAMIACEAE/LABIATAE] **Hyssop**	**PU:** Aerial parts (dried [BHP, HD2]; harvested during flowering [BHP]). Ess. oil from leaves & flowering tops [LJ].	• Vol. Oil (incl. *pinocamphone, camphor*) → antispasmodic, anti-fungal; ↑dose → convulsant. → Expectorant, anti-inflammatory [DHC]. ▪ *Pinocamphone* ▪ *Thujone* reported by [HD2] → toxic. ⌬- sedative, NS tonic, antiseptic, anti-viral, anti-bacterial, anthelmintic, anti-pyretic, diaphoretic, astringent, expectorant, hypertensive, cardiotonic, circulatory tonic, carminative, digestive, emmenagogue, diuretic, cicatrisant, vulnerary, antispasmodic. • Terpenoids (incl. *marrubiin, diterpene, ursolic acid*) ▪ *Marrubiin* → expectorant. ▪ *Ursolic acid* → anti-inflammatory [DHC]. • Flavonoids. • Glycoside (*hyssopin*). • Tannins (up to 8%). • Resins. • Mucilage. ➔ Stimulating expectorant. ➔ Aromatic, stimulating and relaxing and mild tonic effects; antispasmodic, strong anti-fungal activity [DHC].	**Specific**- For colds, bronchitis [BHP]. NS- For hysteria, anxiety, epilepsy (petit mal). For nervous breakdown in children [BT]. Imm- For chills, fever, herpes. EE**NT**- For chronic nasal catarrh, sore throat. **Rs**- Expectorant and a relaxing tonic. For catarrh, coughs, colds, asthma, URTI's, bronchitis. CVS- Capillary vasodilator – sustains blood flow GIT- Improves and tones weak stomach. For flatulence, bloating, colic, indigestion. Skin- Topically, for eczema, cuts, bruises, fungal infections, herpes. Mus-Sk- For muscular/rheumatic problems ⌬- For anxiety, fatigue, nervous tension, stress, sore throat, tonsillitis, colds/flus, bronchitis, catarrh, coughs, whooping cough, ↑BP & ↓BP, colic, indigestion, amenorrhea, leucorrhea, bruises, cuts, dermatitis, eczema, inflammations, wounds, rheumatism.
- aromatic + tonic (esp. NS, Rs, GIT, Ur) + sedative - mild analgesic - antiseptic (ext.) - anti-viral * anti-inflammatory - astringent - anti-pyretic * diaphoretic * expectorant - hypertensive (↑BP) - bitter * carminative - emmenagogue - diuretic * antispasmodic	[BHP]: 1:1 @25%, 2–4ml tid. [BHP]: 1:5 @45%, 2–4ml tid. [DHC]: 1:5 @45%; 2–4ml tid. **Wmax: 50ml.** [HD2]: 1:5 @45%; 1–4ml tid. **Dried herb** ([BHP]: 2–4g tid).**Infusion** ([BT]: 1 heaped tsp/cup; infuse 15 min., ½ cup p.r.n for acute cases. [HD2]: dried, 1–2 tsp/cup, infuse 10–15min., 1 cup tid). **Ess. oil** ([BT]: digestive: 1–2gtt in water or honey after meals; between meals for worms in children). **Chest-rub** ([BT]: 5–6gtt Ess. oil in almond oil). **Ø– Pregnancy** [DHC]. ⦶– No adverse effects reported [HD2]. ⦶– No drug interactions reported [HD2]. Ø– Children under 2 yrs [CM]. †– With children over 2 yrs and the elderly over 65 yrs, start with low strength preparations (increase if needed) [CM]. †– **[R_{USE}]** Ess. oil [BD, CA]. ☠ – ↑**dose** (Ess. oil) → +/- epileptic seizures. ☠ – ↑**dose** (Ess. oil) → +/- death [BD]. ⌬- Non-irritant, non-sensitizing, moderately toxic. †– Use only in moderation. Ø– Pregnancy, with epilepsy, ↑BP [LJ].		
[BAP, BD, BHP, BT, CA, HA2, HD2, MR, RZ, LG-ITIS]	[BAP, BD, BHP, BT, CA, CH, DHC, HA2, HD2, MR, RZ, LC-SSBM, LO-UPSO]	[BAP, BD, BHP, BT, CA, HA2, HD2, MR, RZ]	[BAP, BD, BHP, BT, CA, HA2, HD2, MR, RZ]

List of the References used for the particular colunm

Safety information:
Refer to the Herb Monograph Map for a detailed description of notation and symbols.

⌬ =Aromatherapy safety information

Plant *constituents* and *pharmacology* information.

If any, therapeutic uses in:
- ⌬ = Aromatherapy.
- **HRx** = Homeopathy.
- **FlowerEssRx** = Flower essences.

Refer to the "*Herb Monograph Map*" and "*Symbols, Short-Hand Notation, and Abbreviations*" tables for more detailed information on how to read each column.

Plant Identity:

Latin Name
Syn. Latin Names
[FAMILY]
Common name
[Related-specie]

Notes:
The ***Latin Name(s)*** and FAMILY name are verified using the following Taxonomy databases (in the order shown):

- Integrated Taxonomic Information System (ITIS) database [LG-ITIS].
- USDA's Germplasm Resources Information Network (GRIN) [LG-GRIN].
- The Global Biodiversity Information Facility (GBIF) [LO-GBIF].

Although, the taxonomy databases list the names based on the "*International Association for Plant Taxonomy* (IAPT) *and International Code of Botanical Nomenclature* (ICBN)" [LO-IAPT], discrepancies still exist among them.

In general, the current "**accepted**" name and "synonyms" are listed as reported by the **ITIS** database. If the name is not listed in the **ITIS** database, then the **GRIN**, and/or **GBIF** databases are consulted. In such cases, the name is followed by a tag:

- (GRIN) – the name was not found in the ITIS database but it is reported as the accepted name in the GRIN database.
- (GBIF) – the name was not found in the ITIS or GRIN databases but it is listed as the accepted name in GBIF database.

A Syn. ***Latin name*** is an old/obsolete name and implies that the name has a **"not accepted"** status by the taxonomy organizations. A synonym is followed by one of the following tags:

- (NA) – the name is listed as a synonym in the **ITIS** database.
- (NA-GRIN) – the name is not listed in **ITIS** database, but listed as a synonym in the **GRIN** database.
- (NA-GBIF) – the name is not listed in **ITIS** or **GRIN** databases, but listed as a synonym in the **GBIF** database.

Medicinal actions:

- *action* (starts with **"-"** when reported by only one author).
+ *action* (starts with **"+"** when reported by two authors).
*** *action*** (starts with **"*"** when reported by three or more authors).
Note: refer to the Glossary section for definition of actions.

[References use on this section]

Part used, pharmacy:

PU: Part Used.

Tincture: strength, daily dose (dose commonly taken diluted in water).
Wmax = max. dose per wk.
Wk = recommended dose range per wk.

Other form of administrations (i.e. infusion, oil, caps, gargle, poultice, etc.). Unless specified, infusion or decoction preparation consist of:

Infusion/tea: pour 1 cup of boiling water over 1 tsp of herb; cover, infuse for 10–20 min. Dose: 1 cup tid.

[BHP]: pour 500ml boiling water over 30g herb, infuse 15 ml. Dose: in amounts as recommended for each particular herb.

Decoction: 1 tsp of herb per cold cup water; bring to boil, lower heat and simmered for 15–20 min; allow it to cool down, strain. Dose: 1 cup tid.

[BHP]: 30g per 500ml water, simmer until volume is reduced by one quarter; allow to cool, strain. Dose: in amounts as recommended for each particular herb.

HRx = Homeopathic Remedy
FlowerEssRx = Flower Essence Remedy.

- **Note**: unless specified, all doses are adult-doses.

Safety (e.g. General information, Warnings, Contra-indications, Toxicity):

Pregnancy/lactation safety reports:
Ⓓ– OK in pregnancy/lactation.
Ø– Pregnancy/lactation = contraindicated**.**
‡– Pregnancy/lactation (no reports found).

Other safety information:
Ⓓ = General information.
⊕ = Possible combination with other herbs.
Ø = Contraindications.
† = Warnings and cautions.
†– **[↑Tannins]** = high in tannins.
†– **[↑Alkaloids]** = high in alkaloids.
Note: Herb that are high in tannins do not mix well with those high in alkaloids and *vice-versa*.

†– **[R_{USE}]** = **Restricted use** (as reported by authors).
†– **[R_{THM}]** = **Restrictions by Health Canada in THM** [LG- HCAN].
†– **[R_{Mnf}]** = **Health Canada manufacturing regulation** [LG-HCAN].
†– **[I_{H-D}]** = Drug–herb interaction: as reported by [CH] (in general, other authors are only listed if different from [CH]).
†– [🐢] = Endangered specie. Unless otherwise stated, as reported by [LO-UPSO].
†– [♣] = Plant is potentially at risk. Unless otherwise stated, as reported by [LO-UPSO].
☠ = Overdose, toxicity.

⌬ = Ess. Oil Aromatherapy safety. Unless otherwise stated, as reported by [LJ].

[References use on this section]

Constituents, Pharmacology:

- Bullet entries = type of constituent (list of constituents of this type).
  - Constituent: reported effects.

➔ Refers to general pharmacology information (i.e. *in vitro, in vivo,* clinical studies reports).

Unless otherwise stated, the following references are consulted for this section: [BAP, BGB, BK, CA, MB, RZ].

⌬ = Essential oil properties as reported in aromatherapy. Unless otherwise stated, as reported by [LJ].

[References use on this section]

Therapeutic usage:

Specific- specific usage of the herb (in general, as reported by [BHP]).
NS = Refers to the nervous system uses.
End = Refers to endocrine system uses (for sex hormones refer to the reproductive system uses).
Imm = Refers to immune system, general health and well-being uses.
Imm/Infection = Refers to immune system and infections uses.
Neop = Refers to neoplasia (i.e. tumors, cancer) uses.
Lymph = Refers to lymphatic system uses.
EENT(/mouth) = Refers to ears, eyes, nose, throat uses; and includes mouth, lips, gum, teeth, tongue uses when "mouth" is specified.
Rs = Refers to respiratory system uses.
CVS(/blood/♥) = Refers to cardiovascular system uses (incl. "blood").
♥ = heart, cardiac
GIT = Refers to gastro-intestinal system uses.
Rep = Refers to reproductive system uses.
Ur = Refers to urinary system uses.
Skin = Refers to skin or integumentary system uses.
Mus-Sk = Refers to the musculo-skeletal uses.

€ = Refers to ethnobotany uses (listed when usage has not already been mentioned).

⌬ = Refers to the aromatherapy use of the Essential oils. Unless otherwise specified, as reported by [LJ].

HRx = Refers to the Homeopathic remedy uses.

FlowerEssRx = Refers to the Flower Essence Remedy uses.

[References use on this section]

Note-1: The **"?"** if/when appears (i.e. **Ø/?, †/?,** etc.) means that there exist contradictory reports among authors (i.e. contraindication by some while recommended usage by others).
Note-2: When three or more authors report the same information, citation of the specific references is omitted to ease readability.

Symbols, short-hand notation, and abbreviations

Symbol	Meaning
[R_{THM}]	**Canada legal restrictions in THM** (refer to "*Bureau of Nonprescription Drugs: Medicinal Herbs in Traditional Herbal Medicines*" [LG-HCAN]).
[R_{MNF}]	**Canada manufacturing regulation** (refer to "*Herb used as Non-medicinal Ingredients in Nonprescription Drugs for Human Use*" [LG-HCAN]).
[R_{USE}]	**Restricted use** (as reported by authors): Pharmacy use only; used only under professional supervision and with caution; avoid self-medication; prohibited or restricted use in some countries.
[I_{H-D}]	Herb-Drug Interaction (i.e. interact, potentiate).
[🐢]	Endangered specie, plant at risk.
[♣]	Plant potentially at risk.
[↑Tannins]	Herb is high in tannins, avoid mixing with those high in alkaloids.
[↑Alkaloids]	Herb is high in alkaloids, avoid mixing with those high in tannins.
ⓘ	General information.
⊕	Possible combination with other herbs.
‡	Unknown, not specific reports found.
?	Controversial reports.
†	General cautions, warnings.
Ø	Avoid, contraindicated.
☠	Toxicity, overdose, overuse.
€	Additional ethnobotany usage.
✿	Aromatherapy information and uses of Essential oils.
↑	Increase, high.
↓	Decrease, low.
⇑	Very high, strong, severe, excessive.
⇓	Very low, strongly reduce.
→	Leads to, causes, means.
➔	Refers to other plant's effects in vitro, in vivo, etc.
+/-	May cause, possibly, maybe.
↑dose	High dose. Doses higher than therapeutically recommended.
↓dose	Low dose.
≈	Similar, equivalent, approximately.
♥	Heart, cardio.
1°	Primary.
2°	Secondary.
A.a., a.a.	Amino acid(s), amino acid(s).
ACh	Acetylcholine.
ADD	Attention Deficit Disorder
ADHD	Attention Deficit Hyperactivity Disorder
ANS	Autonomous Nervous System.
BBB	Blood Brain Barrier.
BHC	British Herbal Compendium
BHP	British Herbal Pharmacopoeia
BP	Blood Pressure.
↓BP	Low blood pressure, hypotensive.
↑BP	High blood pressure, hypertensive.
BPC	British Pharmaceutical Codex.
BPH	Benign Prostate hyperplasia
Cap, caps	Capsule, capsules.
Chemo	Chemotherapy.
CHO	Carbohydrates.
CNS	Central nervous system.
CFS	Chronic Fatigue Syndrome.
circul.	Circulatory.
Comm. E	Commission E: German regulation of the therapeutic use of herbs.
concent.	Concentration.
CT	Connective Tissue.
CTS	Carpal Tunnel Syndrome.
CV, CVS	Cardio vascular, Cardio vascular system.
DHT	Dihydrotestosterone
dil.	Diluted.
DM	Diabetes mellitus.
DVT	Deep Vein Thrombosis.
Dz.	Disease(s).
EENT	Ear, eyes, nose, and throat.
EFA	Essential Fatty Acids.
End	Endocrine.
Ep.	Epinephrine (*Syn*. adrenaline).

Symbol	Meaning
ESCOP	European Scientific Cooperative on Phytotherapy.
esp.	Especially.
Ess. oil	Essential oil (Syn. Volatile oil).
Ext.	External(ly), topical(ly).
FlowerEssRx	Flower Essence Remedy.
FSH	Follicle-stimulating hormone
GI, GIT	Gastro-intestinal system/tract.
HCL	Hydrochloric acid.
Hd	Head.
HRx	Homeopathic Remedy.
Hd	Head.
HRx	Homeopathic Remedy.
HRT	Hormonal Replacement Therapy.
IBD, IBD's	Inflammatory Bowel Disease(s).
IBS	Irritable Bowel Syndrome.
IDD	Insulin Dependent Diabetes
Imm., imm.	Immune.
Incl., incl.	Including.
Int.	internally
K^+	Potassium.
Lym, Lymph	Lymphatic.
Max., max.	Maximum.
Mem.	Memory.
Med, med's	Medication(s).
ME	Myalgic Encephalomyelitis.
modul.	Modulator.
NA	North America
N/A	Not available, Not documented.
Neop	Neoplasia.
NIDD	Non-Insulin Dependent Diabetes
NorEp	Norepinephrine (Syn. noradrenaline)
NS	Nervous system.
NT	Neurotransmitter.
OA	Osteoarthritis.
OCD	Obsessive Compulsive Disorder.
OCP	Oral Contraceptive Pill.
OTC	Over The Counter.
PID	Pelvic Inflammatory Disease.
PU	Part used.
PSD	Post-traumatic Stress Disorder
RA	Rheumatoid arthritis.
RBC, RBC's	Red Blood Cell(s).
Rep	Reproductive system.
Rs	Respiratory system.
Rx	Remedy.
SAD	Seasonal Affective Disorder.
SOB	Shortness of Breath.
SLE	Systemic Lupus Erythematosus.
STD	Sexually Transmitted Disease(s).
Syn.	Synonym.
Synd., synd.	Syndrome.
TB	Tuberculosis.
TCM	Traditional Chinese Medicine.
THM	Traditional Herbal Medicine.
Tx	Treatment.
Ur	Urinary system.
URT	Upper Respiratory Tract.
URTI's	Upper Respiratory Tract Infections.
UT	Urinary tract
UTI's	Urinary tract infections.
Vcc	Vaccine(s), vaccination.
Vol. oil	Volatile oil (Syn. Essential oil).
WBC, WBC's	White Blood Cell(s).
Wk, Wks	Week, weeks,
Wmax	Weekly maximum dose.
w	With
w/o	Without

Avena sativa [POACEAE / GRAMINEAE] **Oats, Wild Oats, Oatstraw** - tonic - stimulant * NS tonic * NS trophorestorative * thymoleptic * anti-depressant - tranquilizer - anxiolytic + cardiotonic * demulcent * nutritive + emollient - vulnerary - antispasmodic	**PU:** Green oats seeds (GO). Oat seeds (dehusked and rolled starchy seed endosperm [BHP]). Also, mature oats seeds (MO) [BK]. Seeds, whole plant [HD2]. [BHP]: 1:1 @25%; 0.6–2ml tid. [BHP]: 1:5 @45%; 1–5ml tid. [BK]: (GO) 1:2 @25%; 3–6ml d. **Wk: 20–40ml.** [BK]: (MO) 1:1 @25%; 3–6ml d. **Wk: 20–40ml.** [DHC]: (GO) 1:5 @25; 1–5ml tid. [HD2]: 1:5 @25%, 3–5ml tid. **Infusion** ([BT]: 1–2 tsp/cup, infuse 15 min., Drink freely. [HD2]: dried straw, 1–3 tsp/cup, infuse 10–15 min., 1 cup tid). **Bath** ([BT]: oatstraw, 2–3 handful in 2–3lt water, simmer 5 min., strain, add to bath. [HD2]: oatstraw, 1lb in 2 quarts water, boil 30min., strain, add to bath). **Skin-rub** ([DHC]: mix in muesli-bag ground oats, calendula, chamomile, or other skin soothing herb). **Face-mask** (oatmeal). **Food** ([DHC]: oats as porridge, cereal). **HRx.** **Ⓕ– OK in pregnancy/lactation** [BGB, BK]. Ⓕ– No contraindications known [BGB, BK]. Ⓕ– No adverse effects expected (within recommended doses). Ⓕ– No drug interactions reported. Ø– With gluten sensitivity or give with caution (i.e. celiac disease). †/?– It does not combine well with *Cypripedium* [BT]; it combines with *Cypripedium* [BHP].	• Starch (60%) → demulcent. • Avenocosides (triterpenoid saponins, in the leaves) → anti-fungal. • Nutrients (*Vit: E, B's; Min: ↑Fe, Mn, Zn, Ca*) → sedative action on NS. • Proteins (incl. *gluten*). • Fixed oils. • Silicic acid ester → good for the skin. • Glycosyl flavones. ➔ (Oat bran) reduces cholesterol, increases stamina, anti-thrombotic. ➔ It has the highest content of *Fe, Zn,* and *Mn* of all grain species [BT].	**Specific**- For depressive states [BHP]. **NS**/End- Nourishes NS, enhances stamina and performance. For nervous, mental, and physical exhaustion (from illness, stress, etc.), depression, withdrawal from addiction (i.e. nicotine, benzodiazepine, valium, alcohol), anxiety, insomnia, hyperactivity in children, ADHD, tremor due to age, petit mal, MS, chronic fatigue, shingles. Imm- Enhances stamina and performance. For herpes, debility, convalescence. CVS/♥- For a weak heart, nervous palpitation. Oat bran to lower cholesterol, and as anti-thrombotic. Rep- For menopausal neurasthenia, low libido or sexual weakness in males, spermatorrhea. Skin- Topical, for skin irritations and inflammations, itchiness, psoriasis, eczema, insect bites. Mus-Sk- For osteoporosis. **HRx**- For insomnia, neurasthenia, debility, alcoholism, TB, flu, palpitations, sexual excess [HA2].
[BGB, BHP, BK, BP1 BT, CA, HA2, HD2, OP, LG-ITIS]	[BGB, BHP, BK, BP1 BT, CA, DHC, HA2, HD2, OP]	[BGB, BT, BK, CA, HD2]	[BGB, BHP, BK, BP1 BT, CA, HA2, HD2, OP]
Bacopa monnieri ***B. monniera***(NA-GRIN) ***Bramia monnieri***(NA) [SCROPHULARIACEAE] **Bacopa, Brahmi, Water Hyssop** + cognition enhancing - memory enhancer * nerve tonic - brain tonic * mild sedative + mild anti-convulsant + mild adaptogen - antioxidant - anti-inflammatory - cardiotonic - vasoconstrictor - bitter - emetic - laxative (esp. leaf [LO-KNMP]) - diuretic (esp. leaf [LO-KNMP]) - aphrodisiac	**PU:** Aerial parts [BK, CA]. Whole plant. [BK]: 1:2 @25%; 5–13ml d. **Wk: 35–90ml.** **Powder herb** ([LO-KNMP]: 5–10g d.). **Infusion** ([LO-KNMP]: 8–16ml d). **Extract** ([WKH]: 300mg d.). **Capsule** ([BP]: 3,000mg d. to bid). **Skin-Rub** ([CA]: expressed juice mixed with oil). **Ⓕ– OK in pregnancy/lactation** [BK]. Ⓕ– No contraindications known [BK]. Ⓕ– No adverse effects reported [WKH, LO-KNMP]. Ⓕ– Best taking in the morning and mid to late afternoon, or before doing meditation [BP]. Ⓕ– It may take 4 wks to see effects [BP]. Ø/?– In women with high estrogen production [BP]. †– +/- reflux, GIT mucosa irritation (due to saponins) [BK]. †– **[I_{H-D}]** avoid with estrogen replacement therapy, OCP [BP]. With *phenothiazine* [WKH]. No drug interactions reported [BK].	• Steroidal saponins (incl. *bacosides*) → increase protein kinase activity, and protein synthesis in the long-term memory brain regions [BP]. Anthelmintic, hemolytic effects [WKH]. • Bacosine (free triterpene) → analgesic effects [WKH]. • Alkaloids (*brahmine, herpestatine*) [LO-KNMP]. ▪ *Brahmine* → toxic in very large doses [LO-KNMP]. ➔ Cardiotonic, vasoconstrictor, sedative, anti-convulsant, analgesic properties [BK]. ➔ (alcohol extract) anti-anxiety activity [BK]. ➔ It has a reputation for circulation to the brain, increasing intelligence, short and long term memory; promotes learning, and promotes longevity [BK]. ➔ Balance GABA and glutamate in the brain, which in turn promotes orderly nerve cells firing; and it has antioxidant effects in the brain [BP]. ➔ (*in vivo*) increases GABA, promotes learning, reduces fever [WKH].	Specific- N/A. **NS**- Improves memory, concentration, mental performance, cognitive function, and learning. For NS disorders, nervous debility, insomnia, anxiety, stress, epilepsy, Alzheimer's disease, Parkinson's disease., and other types of impaired mental function, ADD, ADHD, neuralgia. Imm/Neop/Lymph- To promote longevity. For fevers, inflammations, leprosy, tumors, enlargement of spleen. Rs- For asthma, bronchitis. CVS- As a blood cleanser. For anemia. GIT- For indigestion, ulcers, flatulence, IBS, diarrhea, constipation, ascites, indigestion, Rep- For infertility, impotence, premature ejaculation. Ur- For incontinence (esp. with constipation). Skin- For skin problems, scabies. Mus-Sk- For rheumatic conditions, joint pain, neuralgia. Topically (as a skin-rub), for arthritic pain.
[BK, BP1 CA, WKH, LE-NCROP, LO-HSA, LO-KNMP, LG-ITIS, LG-GRIN, LO-GBIF]	[BK, BP1 CA, WKH, LE-NCROP, LO-HSA, LO-KNMP]	[BK, BP1 CA, LO-KNMP]	[BK, BP1 CA, WKH, LE-NCROP, LO-HSA, LO-KNMP]

Borago officinalis [BORAGINACEAE] **Borage, Starflower** + general tonic - mild sedative + mild anti-depressant + adrenal restorative + anti-inflammatory - adrenal stimulant + cooling - anti-pyretic * expectorant + demulcent * galactagogue * diuretic (esp. leaves) * diaphoretic (esp. flowers) + emollient - anti-rheumatic	**PU:** Leaves, flowers, seed-oil. Herb [BAP]. [BT]: 1:20 @45%; macerate 4 days, 1–2 tsp. [DHC]: 1:5 @25%; 1–5ml tid. **Infusion** ([BT]: 1 tsp/cup; infuse 15 min., ½–1 cup tid). **Fresh-leaves juice** ([BT]: 1 tsp tid. [OP]: 10ml tid. [DHC]: 10ml bid). **Seed oil** ([DHC]: 500 mg/cap, 1–4 caps d.). **Eyewash. Mouthwash. Gargle. Poultices.** **Food** (leaves, flowers in salad, soups). **Ø/?– Pregnancy/lactation (due lack of data and presence of pyrrolizidine alkaloids)** [BAP]. Ⓓ– No side-effects expected (pyrrolizidine alkaloids exist in low concentration) [BAP]. Ⓓ– Unclear if commercially available seed oil is free of the alkaloids [BAP]. Ø– Fresh plant [DHC]. Ø– (leaves/flowers) avoid ↑**dose**, **long term** use (esp. tea, due to pyrrolizidine alkaloids). Ø/?– Except for seed oil, avoid internally [CA, WKH]. However, notice the fresh-leave juice recipe above by [BT]. †– With children, or people with kidney disease [DHC]. †– With epilepsy, schizophrenia (theoretical, due to constituents that also exist in evening primrose oil with same caution) [BAP]. †– **[R_{USE}]** [CA, OP]. †– **[I_{H-D}]** with *Phenothiazines,* epilepsy med's [CH].	• Pyrrolizidine Alkaloids → hepatotoxic • Mucilage (leaves) → demulcent, emollient, anti-inflammatory, antispasmodic, soothing action on lungs/GIT. • Tannins. • Acids (acetic, lactic, malic, silicic) • Cyanogenetic compounds. • Nutrients (*Min. Ca* and K^+ *salts*) → osmotic diuretic [DHC]. • Oils (from the seeds; fatty acids, gamma-linoleic acid, alpha linolenic acid, gamma-linoleic acid) → anti-inflammatory. ➔ Seed oil, in general, is free of pyrrolizidine alkaloids (reports are unclear if this is always the case).	**Specific**- N/A. NS- Brings courage, joy & well-being. For long-term stress, mental exhaustion, depression, anxiety. **End-** Adrenal tonic, restorative to the adrenal cortex (esp. if weakened by intake of steroidal med's), promotes corticosteroidal action. Topically (seed oil) for diabetic neuropathies. Imm- For infections, fever, convalescence. As a source of *gamolenic acid* (oil). EENT/mouth- For mouth and throat infections. Rs- For infections/inflammation of the lungs/Rs such as chronic catarrh, coughs, bronchial infections, pleurisy, TB. CVS/Blood- Assists in the assimilation of iron (*Fe*). GIT- Soothing and anti-inflammatory. For infections or inflammation of the GIT (i.e. gastritis, colitis, gastric ulcers); Leaky Gut Synd. (oil). Rep- To promote breast milk in exhausted or depressed nursing mothers. For PMS (oil), dysmenorrhea. Ur- Osmotic diuretic → helps to flush toxins. For chronic nephritis. Skin- Topically (oil, juice, infusion), for dried skin conditions or inflammations, wrinkles; ringworm (juice). Mus-Sk- For rheumatic complaints (seed-oil).
[BAP, BD, BT, CA, HD1, MR, OP, WKH, LG-ITIS]	[BAP, BD, BT, CA, CH, DHC, HD1, MR, OP, WKH]	[BAP, CA, DHC]	[BAP, BD, BT, CA, HD1, MR, OP, WKH]
Codonopsis pilosula(GRIN) [CAMPANULACEAE] **Codonopsis,** **Dang Shen,** **Poor man's Ginseng** - sweet + tonic - stimulant + adaptogen - immuno stimulant - hyperglycemic + hypotensive (↓BP) - sialagogue + digestive - galactagogue	**PU:** Root. [BK]: 1:2 @45%, 4.5–8.5ml **Wk: 30–60ml.** [DHC]: 1:5 @25%; 2.5 ml tid. **Decoction** ([CA]: ½ cup bid). **Food**. **Ⓓ– OK in pregnancy/lactation** [BK]. Ⓓ– No contraindications known [BK]. Ⓓ– No adverse effects expected within recommended doses [BK]. Ⓓ– No drug interactions reported [BK]. Ⓓ– Similar properties to *Panax ginseng*, but milder and shorter-lasting effects, and it is often used as a substitute for *Panax ginseng* (less expensive). Ø– With GIT infection. [LO-CAH].	• Triterpenoid saponins. • Sterins. • Alkaloids (*perlolyrin*). • Alkenyl & Alkenyl Glycosides. • Polysaccharides. • Inulin. • Fructose. • Choline. ➔ (*in vivo, in vitro*) stimulates lymphocytes, phagocytosis, increases RBC's [BK]. ➔ Protective action against gastric ulcers [BK].	**Specific**- N/A. NS/**End-** Increases endurance to stress, alertness and concentration. For stress, irritability, headaches. Imm/Neop/lymph- Considered a spleen tonic. Promotes body fluid secretions. Increases vitality, balances metabolic functions. For fatigue, debility, convalescence, cancer (increases RBC's and WBC's, reduces side-effect of med's, chemo/radiation). Rs- For asthma, catarrh, Rs. problems, SOB (esp. if palpitation). CVS/♥/blood- To strengthen the blood (increases hemoglobin and RBC's). For palpitations, anemia, ↑BP, coronary heart disease. GIT- To improve digestion. For loss of appetite, stomachaches, peptic ulcers, vomiting, diarrhea, prolapsed stomach and rectum. Rep- As a galactagogue. For prolapsed uterus. Mus-Sk- For tired limbs, muscle tension, SLE.
[BD, BK, BP1 CA, LO-PFF2, LO-CAH, LO-DD, LG-ITIS, LG-GRIN]	[BD, BK, BP1 CA, DHC, LO-PFF2, LO-CAH, LO-DD]	[BK, CA]	[BD, BK, BP1 CA, LO-PFF2, LO-DD]

Astragalus membranaceus (GRIN) [FABACEAE / LEGUMINOSAE] **Astragalus,** **Milk-Vetch, Huang Qi** * adaptogen + antioxidant * immuno stimulant - immuno modulator + anti-viral - anti-bacterial - hypoglycemic - circulatory stimulant - vasodilator * hypotensive (↓BP) + cardiotonic * diuretic	**PU:** Root. [BK]: 1:2 @25; 4.5–8.5ml d. **Wk: 30–60ml.** [DHC]: 1:5 @25; 2–4ml tid. [HD2]: 1:5@40%, 4–8ml tid. **Decoction** ([BT]: 2 tsp/cup; simmer 20 min., ½–1 cup tid. [HD2]: root, 2–4 tsp/cup, simmer 10–15min., 1 cup tid). **Wine. Food** (root). **Ⓓ– OK in pregnancy/lactation** [BK]. **Ⓓ**– No adverse effects within recommended doses [BK]. **Ⓓ**– No drug interactions reported [BK]. **Ø**– With acute infections (may aggravate condition). **Ø/?**–With skin disorders, fever [CA, DHC]. **†/?– [I_{H-D}]** with anti-coagulant, anti-platelet, *Acyclovir, Aldesleukin, Azathioprine, Cyclosporine, Methotrexate* med's [CH]. **†/?– [I_{H-D}]** with cardiac and blood pressure med's (e.g. beta-blockers) [BP]; with immuno-suppressant drugs [BP1 HD2]. **Ⓓ– [I_{H-D}]** Reduces side effects and toxicity of drugs; hepatoprotective action against some cancer drug [HD2].	• Polysaccharides → anti-tumor, immuno stimulant (stimulates phagocytosis, and interferon production). • Stimulates pituitary-adrenal cortical activity, promotes RBC's formation [HD2]. • Triterpenoid saponins = Astragalosides → positive inotropic action on the heart, stimulates natural killer cells, hepatoprotector, reduces ACh receptor antibody in myasthenia gravis. • Flavonoids → hepatoprotector, antioxidant. • Choline. • Phytosterols. • Vol. oils. • Amino acids (Asparagine, gamma-aminobutyric acid, canavanine). ➔ Improves immune resistance, increases thymus weight, enhances growth, promotes learning, metabolism and longevity; increases energy, endurance, and appetite; reduces fluid retention and thirst; balances intestinal flora, enhances heart output, promotes tissue healing.	**Specific**- N/A. NS- Improves quality of sleep. For fatigue, ME, CFS. End- For diabetes. **Imm/Neop/Lymph-** A warming tonic; stimulates the immune system, spleen, liver, and lungs. Improves immune resistance, increases energy, endurance, and resistance to stress. For infections (esp. viral), fatigue, excess sweating, night-sweats, edema, HIV/AIDS, cancer (enhances recovery and promotes longevity of patients on radiation & chemotherapy Tx), blood loss, leukopenia associated with steroids and anti-cancer drugs. Rs- For colds/flus, URTI's. CVS/♥/blood- For anemia, leucopenia, atherosclerosis, ↑BP, palpitation, angina, congestive heart failure. GIT- For loss of appetite, diarrhea, liver problems (esp. viral hepatitis). Ur- For edema, UTI's, kidney problems, incontinence, and frequent urination. Rep- For uterine bleeding, herpes, viral cervicitis, post partum fever, prolapsed organs (i.e. uterus) Skin- Topically, for slow healing eruptions. Mus-Sk- for lupus, RA, myasthenia gravis.
[BD, BK, BP1 BT, CA, HD2, MB, RZ, LG-ITIS, LG-GRIN]	[BD, BK, BP1 BT, CA, CH, DHC, HD2, MB, RZ]	[BD, BK, BP1 BT, CA, DHC, HD2, MB, RZ]	[BD, BK, BP1 BT, CA, DHC, HD2, MB, RZ]
Baptisia tinctoria [FABACEAE / LEGUMINOSAE] **Wild Indigo** * immuno stimulant * ⇑antiseptic * anti-microbial - astringent * anti-pyretic + anti-catarrhal * alterative - mild cardiac active agent + emetic (↑dose) - laxative + purgative (↑dose) - emmenagogue	**PU:** Dried root (harvested in the fall [BHP]). Also, leaves [CA, HA2], root bark [HA2]. [BHP]: 1:1 @60; 0.3–1.3ml tid. [BK]: 1:2 @60; 2–6ml d. **Wk: 15–40ml.** [DHC]: 1:5 @60%; 1–2.5ml tid. **Wmax: 50ml.** [HD2]: 1:5@60%, 1ml tid. **Dried herb** ([BHP]: ½ –1 g tid). **Decoction** ([BT]: ¼–½ tsp/cup; simmer 20 min., ½–1 cup tid. [HD2]: ½ –1 tsp/cup simmer 10–15 min., 1 cup tid). **Mouthwash. Gargle.** **Wash. Douche.** **HRx.** **Ø/?– Pregnancy** [DHC]. **OK in pregnancy/lactation** [BK]. **Ⓓ**– No contraindications known [BK]. **Ⓓ**– No adverse effects expected [BK, HD2] (within recommended doses [BK]). **Ⓓ**– No drug interactions reported [BK, HD2]. **†– [R_{USE}]** [CA]. **†/?**– Purgative after shoots have turned green [DHC]. **†**– Best combined with others if fever/chills. **†/?– ↑dose** → +/- nausea/vomiting, purgative. **†– [R_{MF}], [♣].** **☠/?– ↑dose** (tincture) → +/- poison [DHC].	• Glycoprotein → immuno modulating properties. • Isoflavones → estrogenic. • Flavonoids. • Coumarins. • Bitter principle (*baptisin*). • Polysaccharides. • Alkaloids.	**Specific**- For URTI's [BHP]. NS- For CFS. **Imm-** For fever, infections and catarrh; septic and degenerative conditions (i.e. ulcers, typhoid, scarlet fever, dysentery) Lymph- For lymphadenitis. **EENT**/mouth- For catarrh/infections of ear, nose; throat, and mouth; for stomatitis, canker sores, mouth ulcers, gingivitis, sinusitis, tonsillitis, pharyngitis. Rs- For cold/flus, catarrh infections, URTI's, pneumonia. **€:** For TB. GIT- For GI infections, cramps, mucus colitis, esophageal strictures. Rep- Topically, for sore nipples, leucorrhea, vaginitis (douche). Skin- Topically, for eczema, sores, skin ulcers, wounds. Mus-Sk- For arthritic pain, leg/arm cramps. **HRx**- For headaches, hysteria, cancer, fever, eye afflictions, flus, mumps, esophageal stricture, diphtheria, dysentery, gallbladder disorders, appendicitis, worms, threaten miscarriage [HA2]. **HRx**- For acute fever, throat infections, septic conditions, intestinal infections [LA].
[BD, BHP, BK, BT, CA, GM, HA2, HD1, HD2, MR, LG-ITIS]	[BD, BHP, BK, BT, CA, DHC, GM, HA2, HD1, HD2, MR, LO-UPSO]	[BK, CA, HD2]	[BD, BHP, BK, BT, CA, DHC, GM, HA2, HD1, HD2, LA, MR]

Trifolium pratense [FABACEAE/LEGUMINOSAE] **Red clover** ***[T. repens]*** - sedative - deobstruent - lymphatic cleanser + anti-tumor - anti-inflammatory - cooling * mild expectorant * alterative - phytoestrogenic + diuretic + dermatological agent * mild antispasmodic	**PU:** Flower heads (dried [BHP]). [BHP]: 1:1 @25%; 1.5–3ml tid. [BHP]: 1:10 @45%; 1–2ml tid. [BK]: 1:2 @25%; 1.5–6ml d. **Wk: 10–40ml.** [BT]: 1:5 @40% macerate 8 d. 5–10ml. tid. [BT]: 1:5 @25% 2–4ml tid (BHC). [DHC]: 1:5 @25%; 2–5ml tid. [HD2]: 1:5 @40%; 2–4ml tid. **Dried flowers** ([BHP]: 4g tid). **Infusion** ([BT]: 1-oz/pint, infuse 15 min., 1 cup tid. [HD2]: 1–3 tsp/cup, infuse 10–15 min., 1 cup tid). **Eyewash.** **Gargle.** **Douche.** **Poultice.** **Bath.** **Hair rinse.** **Ø/?– Pregnancy/lactation** (due to estrogenic effects and lack of data). **OK in pregnancy/lactation** [BK]. ⓘ– No contraindications reported [BK]. ⓘ– No adverse effects expected within recommended doses [BK]. **Ø/?–** Estrogenic dependent cancer [DHC]. †– +/- urticaria [BAP]. †– +/- infertility (growth disorders in sheep, possibly from isoflavones) [BAP]. †– Avoid ↑**dose** (theoretical, due to effects on animal). †– **[I_{H-D}]** in ↑dose, with blood thinners (i.e. aspirin, warfarin) meds, HRT, OCP [CH]. No drug interactions reported [BK].	• Isoflavones (incl. *biochanin A, genistein, galactoside*) → mild estrogenic effects. • Flavonoids (incl. kaempferol, quercetin). • Coumarins. • Saponins. • Carbohydrates. • Cyanogenic glycoside (*T. repens*). • Vol. oils. • Resins. • Nutrients. • Salicylic acid.	**Specific**- For eczema, psoriasis [BHP]. **Imm/Neop**- For debilitating or chronic diseases as mono, hepatitis. As part of anti-cancer Rx. (esp. prostate, ovaries and breast cancer; internal/topical). For TB night sweats. As a blood cleanser. Lymph- A lymphatic cleanser (esp. *T. repens*). EE**N**T/mouth- Topically, for conjunctivitis (eyewash), dried/irritated throat, mouth ulcers. Rs- For spasms, coughs, whooping cough, bronchitis in children. Rep- For menopause, hot flushes, vaginitis. Skin- To reduce the wear and tear of tissues. For chronic skin disease, sores, boils, acne, eczema, psoriasis; dermatitis. Mus-Sk- For gout, osteoporosis. **HRx**- For cancer, mumps, sore throat, cough, constipation, pancreas problems [HA2].
[BAP, BD, BHP, BK, BT, CA, HA2, HD2, HN, LG-ITIS]	[BAP, BD, BHP, BK, BT, CA, CH, DHC, HA2, HD2, HN]	[BAP, BK, CA, HD2]	[BAP, BD, BHP, BK, BT, CA, HA2, HD2, HN]
Viola odorata [VIOLACEAE] **Sweet violet,** **Blue violet** ***[V. striata]*** + mild analgesic * anti-tumor * antiseptic - anti-inflammatory + cooling * expectorant - detoxifier + alterative + demulcent * emetic (root) - bitter - laxative + diuretic	**PU:** Leaves, flowers (dried [BHP]). Root [CA]. Ess oil from fresh leaves, flowers [LJ]. [BHP]: 1:1 @25%; 2–4 ml. [BHP]: fresh, 2:1 @45%; 2–4ml. [BT]: fresh leaves in white-wine to saturation point. Macerate 8 d. 2–5 tsp in water. [DHC]: 1:4 @25%; 1-2 ml tid. [HD2]: 1:5 @40%; 1–2 ml tid. **Infusion** ([BHP]: dried herb, 2–4g tid by infusion. [BT]: 1–2 tsp/cup; infuse 15 min., ½ cup freely. [HD2]: 1 tsp/cup, infuse 10–15 min., 1 cup tid). **Cough syrup.** **Mouthwash.** **Compress.** **Douche.** **Food** (flower/leaves). ‡– **Pregnancy/lactation** (no reports found). ⓘ– No adverse effects or drug interactions reported [HD2]. ⓘ– Wild crafted plants are more effective. ⓘ– Best results with infusion [BT]. †– ↑**dose** (root) → emetic. **:** Non-toxic, non-irritant. †– possible sensitization in some people [LJ].	• Phenolic Glycosides (*gaultherin, salicylates*). • Saponins (myrosin, violin). • Flavonoids (rutin, violarutin). • Alkaloid. • Mucilage. • Vol. oils. **:** Soporific, mild analgesic, antiseptic, anti-inflammatory, expectorant, detox, circulatory stimulant , liver decongestant, laxative, diuretic, anti-rheumatic.	**Specific**- For breast and GIT cancer, and to protect from metastasis [BHP]. **Imm/Neop**- For cancer Tx (internal/topical; esp. breast, lung, GI tract cancer, reduces risk of metastases), pain associated with cancer; congested lymph glands. EEN**T**/mouth- Topically, for mouth & throat infections, ulcers. Rs- For URT catarrh, coughs, chest colds, asthma, bronchitis, lung cancer. GIT- For cancers in the GI tract. Rep- For breast cancer, fibroids. Ur- For UTI's, cystitis, urethritis. Skin- Topically for eczema, skin problems. Mus-Sk- For rheumatism. **:** For nervous exhaustion, insomnia, headaches, dizziness; mouth and throat infections, catarrh, bronchitis, poor circulation, thread veins, acne, eczema, refined pores, wounds, rheumatism.
[BD, BHP, BT, CA, HA2, HD2, LJ, TG, LG-ITIS]	[BD, BHP, BT, CA, DHC, HA2, HD2, LJ, TG]	[CA, HD2, LJ]	[BD, BHP, BT, CA, HA2, HD2, LJ, TG]

Lavandula angustifolia
L. officinalis(NA)
L. spica(NA)
L. vera(NA)
[LAMIACEAE/LABIATAE]
Lavender,
English lavender
[L. X intermedia]
[Lavandin]

- aromatic
+ tonic
- anti-pyretic
- NS relaxant
* sedative
* anti-depressant
- anti-anxiety
- anti-convulsant
* antiseptic (esp. Ess. oil)
- anti-microbial
+ anti-bacterial
- hypotensive (↓BP)
+ peripheral circul. stimulant
* rubefacient (Ess. oil)
- digestive
* carminative
- emmenagogue
- uterine stimulant
- diuretic
* antispasmodic
- anti-rheumatic

[BD, BGB, BHP, BK, BP1 BT, CA, HD2, LO-GCW, LG-ITIS]

PU: Flowers (harvested toward end of season when petals begin to fade [CA]). Ess. oil from fresh flowering tops [LJ].

[BHP]: 1:5 @60%, 2–4ml tid.
[BK]: 1:2 @60% 2–4.5ml d. **Wk: 15–30ml.**
[DHC]: 1:5 @40%; 2–4ml tid.

Dried flowers ([BHP]: 1–2 g tid).
Capsules ([DHC]: 500mg/cap, 1 cap bid).
Infusion ([BT]: 1 tsp/cup; infuse 15 min.; $^{1}/_{3}$–½ cup tid. [HD2]: 1 tsp/cup, infuse 10 min.; 1 cup tid)**. Ess. oil** ([BGB]: 1–4 gtt on a sugar-cube. [BHP]: 0.06–0.2ml tid).
Bath ([BGB]: 2–100 g/20lt bath. [BT]: 30g/500ml water, bring to boil, strain and add to bath)**.**
Inhalations (Ess. oil).
Chest-rub (using Ess. oil).
Infused oil ([DHC]: flowers, at 1:8 grapeseed oil).
Massage oil (using Ess. oil).
Pillow (using dried flowers).
Gargle.
Douche ([DHC]: a few drops of Ess. oil).
Compress.
Food ([BD]: Flowers in salad, jams, etc.).

†– Avoid excessive use during early pregnancy [DHC].
OK in pregnancy/lactation [BGB, BK].
ⓘ– No contraindications known [BGB, BK].
ⓘ– No adverse effects expected (within recommended doses [BK]).
ⓘ– No drug interactions reported.
ⓘ– *Comm. E* approves internal use of Ess. oil for mood/GIT disturbances (i.e. insomnia, nervous GIT irritations) [BK].
ⓘ– *L.* X *intermedia* is used interchangeably with *L. angustifolia* in the US. The Commission E has only approved *L. angustifolia* for THM use [BGB].
ⓘ– Ess oil is safe to use undiluted directly on the skin as a First-aid antiseptic, skin issues (i.e. burns, wounds, stings).
Ø– Ess. oil in Pregnancy/lactation [BP].
Ø/?– Gallstone, biliary obstruction [BP].
Ø/?– Internal use of Ess. oil [BP1 HD2].
†– [R$_{USE}$] Internal use of Ess. oil [CA, MR].
†– Avoid douching with Ess. oil [BP].
†– ↑dose → believed to cause abdominal pain/colic [BK].

⚙: Non-toxic, non-irritant, non-sensitizing.
ⓘ– *L. X intermedia* Ess. oil is used similar to *L. angustifolia*, but has sharper scent, and is more penetrating and rubefacient.

[BHP, BK, BP1 BT, CA, DHC, HD2, LJ, LO-GCW]

- Vol. oils (up to 3%; incl. linalyl acetate, linalool, cineole, camphor, limonene, borneol, caryophyllene) → NS depressive activity [BGB].
  ⚙: tonic, stimulant, antiseptic, anti-microbial, anti-parasitic, anthelmintic, antitoxic, anti-convulsant, anti-depressant, sedative, analgesic, diaphoretic, ↓BP, rubefacient, carminative, cholagogue, choleretic, emmenagogue, diuretic, vulnerary, cicatrisant, deodorant, antispasmodic, anti-rheumatic, insecticidal.
- Tannins.
- Flavonoids (*luteolin*).
- Coumarins.
- Phytosterols.
- Triterpenes (incl. *ursolic acid*).
- Phenolic compounds [BK].

➔ (aqueous extract) antispasmodic [BK].
➔ (Ess. oil) reduces tone of skeletal muscle; sedative, anti-anxiety properties; inhibit caffeine stimulation. Inhalations → anti-convulsant activity; reduces cholesterol in aortic tissue (but did not affect serum levels) [BK]. It reduces pain and excitability [CA].
➔ (*in vitro*, Ess. oil) anti-microbial, anti-fungal [BK].
➔ (flowers) antiseptic, anti-bacterial, NS relaxant, antispasmodic, carminative. Externally, insecticidal, rubefacient [CA].

[BGB, BK, CA, HD2, LJ]

Specific- For depressive states associated with digestive function issues [BHP].
NS- For depression, anxiety, restlessness, panic, insomnia, irritability, headaches, migraines, physical/mental exhaustion, dizziness, nervous debility, sense of panic, fainting (1–3 drops in honey [BT]), CTS, neuralgia. Topically (esp. Ess. oil), for migraines, nervous tension; to promote good sleep.
Imm/Infections- For infections (incl. diphtheria, typhoid, streptococcus, pneumonococcus), fatigue, physical and mental exhaustion. Topically (esp. Ess. oil) for infections.
EENT/mouth- Topically (incl. Ess. oil), for earaches, toothaches, sinusitis, cold sores; for hoarseness or loss of voice (gargle).
Rs- For colds/flus, chest infections, asthma (esp. if nervousness is present), TB. Topically (i.e. inhalations, chest-rub) for bronchitis, chest congestion, URTI's.
CVS- For ↑BP, sluggish circulation. Topically, for functional circulatory disorder, varicose veins.
GIT- For halitosis, low appetite, nausea, GIT issues of nervous origin, indigestion, flatulent dyspepsia, flatulence, colic, bloating. Topically, for anal fissure.
Ur- For bladder infections.
Rep- For amenorrhea, menopausal issues (infusion). Topically, for yeast infections, leucorrhea (douche of strong infusion [MR]).
Skin- Topically (esp. Ess. oil), for acne, eczema, psoriasis, pain, inflammations, cold sores, fungal infections, cuts, wounds, sunburns, burns, sores, insect bites/stings, lice, scabies.
Mus-Sk- For rheumatism. Topically (esp. Ess. oil), for muscle tension, rheumatic pain, back aches, sprains, CTS, neuralgia.

⚙: For shock, nervous tension, depression, headaches, migraines, insomnia, stress, vertigo, sciatica, infections (i.e. bacterial, fungal, parasitic), earaches, throat infections, allergies, inflammations, Rs. catarrh, flu, asthma, whooping cough, bronchitis, halitosis, nausea, GIT cramps, colic, dyspepsia, flatulence, dysmenorrhea, leucorrhea, cystitis, acne, eczema, psoriasis, abscesses, boils, sores, bruises, wounds, burn, sunburn, dermatitis, dandruff, athlete's foot, ringworm, scabies, insect bites/stings, skin spots, sprains, rheumatic/muscular pain and aches, lumbago.

[BD, BGB, BHP, BK, BP1 BT, CA, HD2, LJ, LO-GCW]

Thymus vulgaris

[LAMIACEAE/LABIATAE]

Thyme,
Common Thyme,
Garden Thyme

+ tonic
+ antioxidant
* antiseptic
- anti-microbial
* anti-bacterial
- anti-viral
* anti-fungal
* anthelmintic
- anti-parasitic
* astringent
+ secretory
* antitussive
* expectorant
- rubefacient
- digestive
* carminative
* antispasmodic

[BAP, BD, BGB, BHP, BK, BP1 BT, CA, HD2, LG-ITIS]

PU: Leaves, flowering tops (dried [BHP]).
Ess. oil from leaves/flowering tops [LJ].

[BHP]: 1:5 @45%; 2–6ml tid.
[BK]: 1:2 @60%; 2–6ml d. **Wk: 15–40ml.**
[DHC]: 1:5 @45%; 2–5ml tid; **Wmax: 25ml.**
[HD2]: 1:5 @45%; 2–4ml tid.

Dried herb ([BHP]: 1–4g tid).
Capsules ([BT]: 250mg/caps, 2 caps tid).
Infusion ([BT]: ½–1 tsp/cup; infuse 10 min., ½–1 cup freely).
Inhalations. Syrup.
Gargle. Mouthwash.
Cream. Douche.
Bath ([BT]: fresh/dried herb, handful in 500ml boiling water, infuse 20 min., strain, add to bath).

Ø/?– Pregnancy..
OK in pregnancy/lactation [BK]; **in culinary amounts** [BAP].
OK during lactation [BGB].
– No contraindications known [BGB, BK].
– No adverse effects expected [BGB, HD2].
– No drug interactions known.
– It may need large dose for adequate response [BT].
Ø– Internal use of Ess. oil.
Ø– Duodenal ulcers [BP].
†– Topically, Ess. oil must be diluted properly, and used with caution [BAP].
†– Ess oil → +/- contact dermatitis, irritation. In bath → +/- hyperemia, ⇑ inflammation [BAP].
†– *Thymol* is an ingredient of some toothpaste, and has been associated with cheilitis, glossitis [BAP].
†– +/- occupational asthma (inhaled thyme-dust) [BK].
†– With thyroid conditions (it may suppress normal thyroid activity) [BP].
– **Toxicity** (Ess oil) → +/- dermal and mucus membrane irritation, nausea, vomiting, colic, headaches, dizziness, convulsions, coma,… cardiac and Rs. arrest, death [BAP, BP].

- Lemon thyme is a safer oil to use (less toxic, non-irritant, lower risk of sensitization).
Ø– Pregnancy, ↑BP.
†– it may irritate skin and mucus membranes. Use diluted and in moderation [LJ].

[BAP, BD, BGB, BHP, BK, BP1 BT, CA, CH, DHC, HD2, LJ]

- Vol. Oil (up to 3% - *thymol, carvacrol, linalool*) → antitussive, expectorant, antispasmodic, ↓BP, Rs. stimulant; dermal and mucus membrane irritant.
  - *Thymol* → anti-bacterial, anti-fungal, anti-parasitic.
  - - general stimulant, tonic, analgesic, antioxidant, anti-putrescent, antiseptic, anti-microbial, anti-bacterial, anti-parasitic, anthelmintic, antidote, antispasmodic, astringent, diaphoretic, antitussive, rubefacient, orexigenic, carminative, aphrodisiac, emmenagogue, diuretic, cicatrisant, anti-rheumatic, antispasmodic.
- Flavonoids (incl. *thymonin, cirsilineol, apigenin, luteolin*) → antitussive, expectorant, antispasmodic, bronchial-antispasmodic.
- Acids (incl. *caffeic acid, oleanic acid, ursolic acid, rosmarinic acid*).
  - *Rosmarinic acid* → anti-inflammatory anti-edematous.
- Tannins → astringent.
- Saponins.
- Resins.

➔ (extract) anti-pyretic, analgesic [BAP]; antispasmodic, anti-microbial, antioxidant effects [BK].

[BAP, BGB, BK, CA, HD2, LJ]

Specific- For whooping cough, bronchitis [BHP].
NS- Topically, for sciatica.
Imm- For fever in common cold. As stimulating tonic during convalescence after illness [BK]. Tonic effects, anti-aging. For allergies, chronic infections (esp. fungal); infusion added to bath as stimulant. To break alcohol habit [BT].
EE**NT**/mouth- For hay fever. Topically (gargle/mouthwash), for halitosis, ulcers, thrush, stomatitis, gingivitis, tonsillitis, laryngitis, sore throat.
Rs- Bronchial-antispasmodic and stimulating expectorant. For dry, spastic, or productive coughs; asthma, URT catarrh, URTI's, whooping cough, bronchitis, pleurisy
GIT- For dyspepsia, gastritis, flatulence, colic, diarrhea (children), worms (children), IBS
Ur- For UTI's, enuresis (children).
Rep- For dysmenorrhea, salpingitis, yeast infections.
Skin- Topically, for bites/stings, fungal infections (i.e. athlete's foot), ringworm, scabies, lice, wart, minor wounds and cuts, infected wounds.
Mus-Sk- Topically for rheumatic pains, bruises, swellings, sprains.

- For headaches, insomnia, stress, nervous debility; edema, infections, chills, cold, flus; sinusitis, laryngitis, tonsillitis, gum infections, sore throat; catarrh, coughs, asthma, bronchitis, poor circulation, obesity, dyspepsia, flatulence, diarrhea, cystitis, urethritis, abscesses, acne, eczema, dermatitis, skin infections, bruises, burns, cuts, lice, scabies, insect bites, cellulites, arthritis, rheumatism, gout, muscle pains, sprains, sport injuries. Used in gargles, mouthwash, toothpastes, cough lozenges, soaps, aftershave.

[BAP, BD, BGB, BHP, BK, BP1 BT, CA, HD2, LJ]

Crataegus monogyna ***C. oxycantha***(NA) [ROSACEAE] **Hawthorn, Whitehorn** ***[C. laevigata]*** - CNS sedative - relaxant * antioxidant - adaptogen + mild astringent - cardiac trophorestorative * cardiotonic * hypotensive (↓BP) - regulates BP * coronary vasodilator + peripheral vasodilator - anti-arrhythmic - cholesterol & mineral solvent * diuretic - collagen stabilizing - antispasmodic	**PU:** Berries = fruit (dried [BHP]). Dried flowers. Also, leaves [HD2]. [BHP]: fruit, 1:1 @25%; 0.5–1ml tid. [BHP]: fruit, 1:5 @ 45%; 1–2ml tid. [BK]: fruit, 1:2 @45%; 3–7ml d. **Wk: 20–50ml.** [BK]: leaf 1:2 @45%; 3–6ml d. **Wk: 20–40ml.** [DHC]: fruit/dried-leaf, 1:5 @25%; 5ml tid. [DHC]: fresh parts, 1:5 @40%; 5 ml tid. [HD2]: 1:5 @40%; 2.5ml tid, then reduce to 2.5ml d. for maintenance; 5ml tid for acute or severe conditions. **Dried berries** ([BHP]: 0.3–1g/cup tid). **Infusion** ([BT]: leaves/flowers, 1–2 tsp/cup; infuse 5 – 10 min., cup tid. [HD2]: 2 tsp/cup, 1 cup tid). **Decoction** ([BT]: fruit, 1–2 heaped tsp/cup; simmer 2 min., ½–1 cup tid). **Fresh juice.** **Flavoring agent in liqueurs.** **Ⓘ/?– OK in pregnancy/lactation** [BGB, BK]. **Only under professional supervision** [BP]. **Best to avoid** [BAP]. **The berry is contraindicated by some** [BGB]. Ⓘ– No contraindications known [BGB, BK]. Ⓘ– No adverse effects expected within recommended doses [BGB, BK]. Ⓘ– .Comm. E has approved the therapeutic use of flowers/leaves, but not the berries (due to lack of studies) [BAP, BGB]. Best to use all parts for better results [HD2]. Ⓘ– May need higher doses for ↑BP Tx [BK]. Ⓘ– May take months to notice effects [CA]. Ø/?– With ↓BP or bradycardia (it also raises ↓BP [CA]). †– +/- Nausea, fatigue, sweating, rash [BAP]. †– +/- dizziness, insomnia, headaches, palpitations, GIT complaints, circulatory disturbances [BK]. †– **[R_{USE}]**. †– **[I_{H-D}]** with cardiac glycosides, heart, ↓BP meds; CNS depressant meds [CH]. The interaction with *Digitalis* has not been confirmed [BGB]. †– **[I_{H-D}]** (significance of the interaction is controversial) with theophylline, caffeine, papaverine, sodium, nitrate, adenosine, epinephrine [HD2]. †– **[I_{H-D}]** may help reduce toxicity of cardiac glycosides by carefully adjusting dose to desired effects [HD2]. ☠– (*in vitro*) bradycardia, Rs. depression leading to cardiac arrest or respiratory paralysis [BAP].	• Procyanidins (high amount in leaves and berries) → antioxidants, improve coronary circulation, negative chronotropic and positive inotropic action on the heart. • Flavonoids (incl. *kaempferol, quercetin, apigenin, luteolin, rutin,*) → negative chronotropic & positive inotropic action on the heart, relaxes/dilates arteries; antioxidant. ▪ *Rutin* → improves integrity of blood vessels & capillary. • Amines (incl. *phenylethylamine, tyramine,* Leaves/flowers: *Choline, ACh*) → positive inotropic effects; high amount in flowers. • Anthocyanidins → help stabilize collagen in cartilage and bone [BP]. ➔ Fresh berries contain lower amounts of procyanidins and Flavonoids compared to leaves [BK]. ➔ Stimulates coronary blood flow, improves heart functions, ↓ heart hypoxemia. ➔ (*in vitro*) mild CNS depressant effects, improves sleeping time induced by barbiturates [BAP]. ➔ (mixture of flowers and leaves) increases heart contractility, stimulates coronary blood flow & myocardial circulation, protects from ischaemic damage, reduces peripheral vascular resistance. ➔ Therapeutic effects are achieved when a whole plant preparation is used (instead of individual constituents) [DHC]. **Note**: studies mainly exist for flowers mix with leaves (with or without berries).	**Specific**- For ↑BP with myocardial weakness, angina pectoris [BHP]. NS- For insomnia. For poor memory, Alzheimer's disease, stroke, ADD/ADHD [BP]. Imm- Antioxidant. Improves exercise endurance (and sustains heart under max. efforts) [TB]. For leukemia [BP]. EENT- For bloodshot eyes, glaucoma, DM retinopathy [BP]. Rs- For SOB associated with heart conditions. **CVS/♥-** To improve circulation. For ↑BP, tachycardia, low heart rate, coronary artery diseases, angina pectoris, arrhythmias, valvular diseases or insufficiency, heart diseases and insufficiency (NYHA stages I & II), heart failure, myocardial weakness, arteriosclerosis, atheroma, thrombosis, Buerger's disease, nervous heart complaints, high cholesterol. For intermittent claudication, heart enlargement from over-work, over-exercise, or mental tension [BT]. For circulatory problems [BD]. For varicose veins [BP]. It also raises BP (restore BP to normal) [CA]. GIT- For halitosis [BP]. Ur- As diuretic. Used traditionally for kidney and bladder stones [CA]. Mus-Sk- For arthritis, fractures, osteoporosis, swollen ankles, SLE [BP].
[BAP, BD, BGB, BHP, BK, BP1 BT, CA, HD2, LG-ITIS]	[BAP, BD, BGB, BHP, BK, BP1 BT, CA,CH, DHC, HD2]	[BAP, BGB, BK, BP1 CA, DHC, HD2]	[BAP, BD, BGB, BHP, BK, BP1 BT, CA, DHC, HD2]

Matricaria recutita
M. chamomilla(NA)
Chamomilla recutita(NA)
[ASTERACEAE/COMPOSITAE]
German Chamomile, Wild Chamomile

- aromatic
- tonic stimulant
* mild NS sedative
- relaxant
- anti-anxiety
+ mild analgesic
- immuno stimulant
- antioxidant
* antiseptic
+ anti-microbial
+ anti-bacterial
* anti-inflammatory
- anti-pyretic
+ diaphoretic
- anti-histaminic
- anti-allergic
+ anti-catarrhal
* carminative
* bitter
- gastric tonic
- digestive
* anti-ulcer
* vulnerary
- deodorant
- musculotropic
* antispasmodic

[BAP, BD, BGB, BHP, BK, BP1 BT, CA, HA2, HD2, LG-ITIS]

PU: Flower heads (dried; harvested when mature or expanded [BHP]). Also, herb [HA2].
Ess. oil from flower heads [LJ].

[BHP]: 1:1 @45%; 1–4ml tid.
[BK]: 1:2@60%, 3–6ml d. **Wk: 20–40ml.**
[BT]: 1:5 @45%, 5–10ml.
[DHC]: 1:5 @45%;1–4ml tid.
[HD2]: 1:5 @40%, 1–4ml tid.
[HD2]: 1:5 @45%, 3–10ml tid (BHC).

Dried flowers ([BHP]: 2–8g tid. [BT]: ¼–½ tsp).
Capsules ([DHC]: 350–700mg tid).
Infusion ([BT]: 1tsp/cup; infuse 5–10 min., 1 cup freely. [DHC]: 1–2 tsp/cup, infuse 3–5 min., 1 cup tid. [HD2]: 2–3 tsp/cup, infuse 10 min., 1 cup tid-qid).
Enema ([BT]: 1tsp in 2-lt hot-water, infuse, inject warm).
Bath ([BT]: strong infusion).
Inhalations.
Creams. Ointments. Compress.
HRx.

Ø?– Pregnancy/lactation [BD]; **use of Ess. oil** [CA]; **avoid excessive use** [BAP].
OK in pregnancy/lactation [BGB, BK].
Ⓓ– No contraindications known [BGB].
Ⓓ– No adverse effects expected [BGB].
Ⓓ– It may take 3–4 wks to see effects [BP].
Ⓓ– Best at ↓dose over long term [DHC].
Ø– With hypersensitivity to Asteraceae family (rare [HD2]).
†– **[R_{USE}]** internal use of Ess. oil [CA].
†– At least one report of anaphylactic reaction [BAP, BK] (rare [BK]).
†– Topically → +/- skin reactions, contact dermatitis (rare [BK]).
†– +/- allergic conjunctivitis with eyewash [BK].
†– +/- asthma or urticaria with enema; it may worsen existing allergies with internal ingestion [BAP].
†– **[I_{H-D}]** The tea has been reported to reduce absorption of iron by 47% (Polyphenols) → best to drink away from meals or iron supplements [BK].
†/?– **[I_{H-D}]** with all drugs (reduces absorption). **↑dose** → +/- with blood thinning med's [CH]. No drug interactions known [BGB].

[BAP, BD, BGB, BHP, BK, BP1 BT, CA, CH, DHC, HA2, HD2, LJ]

⚙: Non-toxic, non-irritant. Use the same as *Chamaermelum nobile* (Roman chamomile).
†– +/- dermatitis in some [LJ].

- Vol. oils (mainly α-*bisabolol, chamazulene.* Others: *pro-azulenes, matricin, matricarin], spiroether*) → antispasmodic, anti-ulcer. Hepato-trophorestorative activity [BAP]; anti-inflammatory, anti-microbial, antispasmodic [DHC].
  - *Chamazulene:* formed from matricin during steam distillation [BAP]. Produced by pro-azulenes during distillation [CA]; anti-allergic [CA]. Converted to azulene during distillation or when exposed to heat/steam (i.e. infusion) [DHC].
  - *Azulene*: inhibits histamine release [BAP]; sedative, anti-pyretic, strong anti-inflammatory, increases granulation tissue [DHC].
  - *α-bisabolol*: anti-inflammatory. antispasmodic, anti-ulcer.
  - *Matricin*: anti-inflammatory.
  - *Spiroether*: anti-inflammatory, smooth muscle relaxant.

  ⚙: NS sedative, analgesic, anti-bacterial, anti-fungal, anthelmintic, anti-pyretic, diaphoretic, anti-allergic, anti-inflammatory, carminative, digestive, hepatic, cholagogue, vulnerary, cicatrisant, emmenagogue, antispasmodic.
- Flavonoids (incl. *apigenin, luteolin, quercetin, rutin*) → anti-inflammatory, antispasmodic.
  - *Apigenin* → antispasmodic, sedative effects.
- Mucilage.
- Coumarins (*umbelliferone*) → anti-fungal, anti-bacterial.
- Sesquiterpene lactones → possibly responsible for allergic effects [BAP].
- Bitter Glycosides [CA].

➔ Hypnotic effects [BGB].
➔ anti-allergic, anti-fungal, anti-bacterial (gram-positive), uterine tonic effects [BAP].
➔ Topically, anti-inflammatory, wound healing [BAP, BK]; mild anesthetic, and deodorant effects on leg infections [BAP].
➔ (extracts) anti-inflammatory, antioxidant, anti-ulcer, antispasmodic, anti-microbial, wound healing effects [BK].

[BAP, BD, BGB, BHP, BK, BP1 BT, CA, HD2, LA, LJ]

Specific- For GIT disturbances associated with nervous irritability in children [BHP].
NS- For restlessness, hyperactivity, irritability in children, ADD, convulsions (incl. children), anxiety, stress, migraines, insomnia, vertigo. Topically, for neuralgias.
Imm/Neop- For fever, measles, candida, pain and aches of flu. For endometrial cancer [BP].
EENT/mouth- Topically, for conjunctivitis, hay fever, catarrh condition involving ear, eyes, nose, sinuses; mucus membranes inflammation (i.e. nose, mouth, gums, throat), teething problem (children).
Rs- For Rs. tract inflammations/irritations (inhalations), asthma.
CVS- Topically, for hemorrhoids, atherosclerosis.
GIT- For loss of appetite, motion sickness, acidity, hiatus hernia, indigestion, nervous dyspepsia, colic (incl. children), spasms, griping, flatulence, bloating, peptic ulcers, IBS, IBD's, diarrhea (esp. of nervous origin), GI disturbances of nervous origin (incl. irritability in children), worms. Topically, for anal inflammations.
Rep- For dysmenorrhea, amenorrhea, PMS, menopausal depression, candida. For endometrial cancer [BP]. Topically, for mastitis, genital inflammations, leucorrhea.
Skin- Topically, for eczema, skin inflammations and irritations, cuts, scrapes, diaper rash, skin ulcers, wound, bacterial infections, burns, sunburns, psoriasis, gangrene.
Mus-Sk- For lupus [BP]. Topically, for rheumatic pain, muscular pain, neuralgia (Ess. oil [BT])

⚙: For headaches, insomnia, tension, stress, earaches, toothaches, teething, allergies, nausea, indigestion, colic, dysmenorrhea, menorrhagia, menopausal issues, eczema, acne, inflammations, boils, burns, rashes, wounds, arthritis, joint and muscular pains, sprains, neuralgias, hair care, insect bites.

HRx- For headaches, fainting, convulsions, anger, fever, earaches, ophthalmia, parotitis, voice problems, catarrh, cough, flus, asthma, whooping cough, acidity, colic, dyspepsia, flatulence, diarrhea, peritonitis, menstrual issues, dysmenorrhea, mastitis, pregnancy complaints, miscarriages, gout, rheumatism, sciatica, neuralgias, spasms [HA2]. For fever, irritability, earaches, toothaches, teething, colic, diarrhea, menstrual cramps [LA].

Vitex agnus-castus [VERBENACEAE] **Chaste berry, Vitex, Chaste Tree, Agnus-castus** - analgesic - mild astringent - pituitary tonic - prolactin inhibitor - dopaminergic agonist - anti-androgenic * hormonal regulator + progesterogenic - uterine tonic * galactagogue - antispasmodic	**PU:** Fruit. [BAP]: 1:5 @50–70%, 0.15–0.2ml d. [BGB]: 1:1 @50–70%, 0.03–0.04ml d. [BGB]: 1:5 @50–70%, 0.15–0.2ml d. [BK]: 1:2 @45%, 1–2.5ml d. **Wk: 6–18ml.** [BT]: 1:1 @25%, 2–4ml d. [DHC]: 1:5 @45%; 3–5ml tid. [HD2]: 1:5 @60%; 2.5ml tid. **Fruit** ([BAP]: ½–1g tid; [BGB]: 30–40mg d.). **Infusion** ([HD2]: 1tsp/cup, infuse 10–15min., 1 cup tid). **Ø/?– Pregnancy/lactation.** **Or with caution in the early stages of pregnancy if corpus luteal insufficiency** [BK]. **Lactation: use as a galactagogue** (best at ↓dose [BK]). Ⓓ– No contraindications known [BGB]. Ⓓ– Best taken early morning [BP1 DHC]. Ⓓ– May take a few months to see effects (esp. PMS) [CA, HD2]; and may take a year or more for permanent results [HD2]. †– Avoid with estrogen sensitive cancer (i.e. breast, cervix, uterus); Parkinson's disease (if taking med's). With caution if anemia, or debility [BP]. †– +/- minor allergic reaction (i.e. itchiness, urticaria), mild GIT complaints, headaches (rare; +/- heavier menstrual periods). †– +/- longer menstrual periods [BP]. †– +/- reduces/halts sperm production and reduces testosterone level; +/- testicle atrophy [BP]. †– +/- release of multiple female eggs → +/- multiple birth [BP]. †– +/- aggravate spasmodic dysmenorrhea not associated with PMS [BK]. †– **Excess** → +/- formication (feeling of ants crawling on the skin) [BD, CA]. †– **[I_{H-D}]** with progesterone drugs, OCP, HRT, anti-psychotic med's, dopamine-receptors agonist & antagonist med's [CH]; theoretical interactions [RZ]. ☠– **↑dose** (20x and above) → inhibit all gonadotropic hormones and growth hormone [BK]; inhibits anterior pituitary, adrenal and uterine function [DHC].	• Flavonoids. (incl. *kaempferol, casticin*). • Iridoids Glycosides (*aucubin* and derivative *agnosides*). • Diterpene. • Alkaloids (*viticin*). • Fatty acids (incl. *palmitic, stearic*). • Vol. oils (incl. *pinene, cineol*). ➔ Dopaminergic action → inhibit prolactin secretion from pituitary (through dopaminergic stimulation). ➔ Stimulates/normalizes function of pituitary gland [BP1 HD2]. ➔ Normalizes activity of female sex hormones [BP]. ➔ No estrogenic compounds present; yet, increases LSH and reduces FSH (through effects on the pituitary) [BAP, BT]. ➔ Promotes production of progesterone, ↓estrogen [BT, BK] (at ↓dose [BK]). ➔ Balances progesterone and estrogen production by ovaries [CA]. ➔ (clinical study) at ↓dose → increases prolactin. At ↑dose → reduces prolactin; no effects on levels of FSH, LH, or testosterone [BK]. ➔ Inhibit release of *ACh* in the brain [BAP]. ➔ Reduces sexual vitality and nervous excitability [BT]. ➔ It is thought to have and inhibiting action of male androgens [CA, WKH]. ➔ Effects in the pituitary gland: 1. Binds to receptors → inhibits prolactin secretion → increases corpus luteum growth, and increases progesterone [DHC]. 2. Increases production of LH and inhibits production of FSH → relative increase of progesterone and decrease of estrogen in women and testosterone in men [DHC].	Specific- N/A NS– For NS issues associated with PMS (i.e. irritability, headaches, depression). End- Normalizes the pituitary gland function esp. progesterone hormones levels (amphoteric effects on the pituitary gland). GIT- For GI issues associated with PMS (i.e. bloating). **Rep-** Amphoteric-like effects by normalizing pituitary gland function. Female**:** To balance estrogen and progesterone levels, and regulate menstruation. For hyperprolactinemia, high or low estrogen, low progesterone, corpus luteum deficiency, infertility (due to low progesterone or high prolactin), fibrocystic breast disease, breast cysts, ovarian cysts, fibroids, endometriosis, menorrhagia, dysmenorrhea, irregular menses (i.e. amenorrhea, metrorrhagia, oligomenorrhea, polymenorrhea), PMS (esp. with breast swelling/tenderness, edema, NS and GIT disturbances), menopausal issues, to assist withdrawal from HRT and OCP, as an alternative to HRT. To assist breast development, to promote breast milk in nursing mothers (low dose [BK]), mastalgia. Male: For BPH, impotency, premature ejaculation. Skin- Acne (male or female).
[BAP, BD, BGB, BK, BP1 BT, CA, HD2, RZ, WKH, LG-ITIS]	[BAP, BD, BGB, BK, BP1 BT, CA, CH, DHC, HD2, RZ, WKH]	[BAP, BGB, BK, BP1 BT, CA, DHC, HD2, RZ, WKH]	[BAP, BD, BGB, BK, BP1 BT, CA, HD2, RZ, WKH]

Hydrangea arborescens [HYDRANGEACEAE] **Hydrangea, Seven Barks** - antiseptic - sialagogue - cathartic * diuretic * antilithic - nephritic	**PU:** Dried root, rhizome. [BHP]: 1:1 @25%, 2–4ml tid. [BHP]: 1:5 @45%, 2–10ml tid. [BK]: 1:2 @45%, 2–7ml d. **Wk: 15–50ml.** [DHC]: 1:5 @45%; 2-4ml tid. [HD2]: 1:5 @40%, 2–4ml tid. **Dried parts** ([BHP]: root/rhizome, 2–4g tid). **Decoction** ([BT]: 1 tsp/cup, simmer 20 min.; ½ cup tid. [HD2]: 2 tsp/cup, simmer for 10–15 min; 1 cup tid). **Syrup**. **HRx.** **OK in pregnancy/lactation** [BK]. **Best to avoid (lack of data)** [BAP]. – No contraindications known [BAP, BK]. – No adverse effects or drug interactions reported [BK, HD2]. †– +/- contact dermatitis [BAP]. †– +/- gastroenteritis (*hydragin*) [BAP]. – **Overdose**: +/- vertigo, chest tightness [BAP]; +/- dizziness, lung congestion [BD].	• Flavonoids (incl. *kaempferol, quercetin, rutin*). • Saponins. • Hydragenol → anti-allergic, inhibits histamine release and hyaluronidase activity. • Cyanogenic glycoside (*hydragin*). • Starch. • Sugars. • Gum. • Resins. • A stilbenoid. • Vol. oil [HD2].	**Specific**- For Ur. calculi /gravel and cystitis [BHP]. End- As part of DM Tx [BT]. Lymph- For edema. Rep- For prostatitis, inflamed or enlarged prostate, gonorrhea. **Ur-** For kidney/bladder stones and gravel (incl. as preventative), relieving pain of passing stones, UTI's (i.e. cystitis, urethritis), UT inflammatory conditions, Ur. catarrh, hematuria, incontinence, difficult urination. For partial urine suppression, urethral pain, acute nephritis [DHC]. Mus-Sk- For gout, RA, backaches associated with kidney problems. For lithaemia, backaches due to urinary problems [DHC]. **HRx**- For diabetes, prostate conditions, bladder catarrh, incontinence, Ur. stones, gravel [HA2].
[BAP, BD, BHP, BK, BT, CA, HA2, HD2, LJB, MR, LG-ITIS]	[BAP, BD, BHP, BK, BT, CA, DHC, HA2, HD2, LJB, MR]	[BAP, BK, CA, HD2]	[BAP, BD, BHP, BK, BT,CA, DHC, HA2, HD2, LJB, MR]
Parietaria judaica ***P. diffusa***(NA) [URTICACEAE] **Pellitory of the Wall** - cooling - anti-inflammatory * demulcent + laxative * diuretic * antilithic - vulnerary	**PU:** Aerial parts (dried; harvested when flowering [BHP]). Whole plant [BD]. [BHP]: 1:1 @25%, 1–5ml tid. [BHP]: 1:5 @45%, 2–10ml tid. [BT]: 1:5 Holland gin, macerate 8 d., 1–2 tsp c.aq. p.r.n. [DHC]: 1:4 @25%; 1–2ml tid. [BHP]: 1:5 @40%, 1–2ml tid. **Dried parts** ([BHP]: 1–5g tid). **Infusion** ([BT]: 1–2 tsp/cup; infuse 15 min., ½–1 cup freely; [HD2]: 1–2 tsp/cup, 1 cups tid). **Compress** ([BT]: pulp of fresh plant). ‡– **Pregnancy/lactation (no reports found).** – Fresh herb is best [BT, MR]. – No adverse effects or drug interactions reported [HD2]. Ø– Hay-fever. Ø– Other allergies [BD, CA].	• Flavonoids (inc. *quercetin, kaempferol*) [CA, HD2]. • Bitter principle [HD2]. • Glucoproteins [HD2]. • Tannins [CA, HD2].	**Specific**- For recurrent cystitis with urinary stones [BHP]. Lymph- For edema of renal origin. GIT- As a laxative. Rep- For inflammation of the prostate. **Ur-** For UT inflammatory conditions, cystitis, nephritis, pyelitis, oliguria, kidney or Ur. stones/gravel, renal colic, difficult urination. Topically, over the kidney or bladder area for urine retention and cystitis. In Europe, it is considered restorative to the kidney [CA]. Skin- Topically, for wounds, skin ulcers, burns.
[BD, BHP, BT, CA, HD2, MR, LO-PFF2, LG-ITIS]	[BD, BHP, BT, CA, DHC, HD2, MR, LO-PFF2]	[CA, HD2]	[BD, BHP, BT, CA, DHC, HD2, MR, LO-PFF2]

Calendula officinalis

[ASTERACEAE / COMPOSITAE]

Calendula, Marigold, Pot Marigold

- analgesic
- immuno stimulant
- anti-tumor
+ lymphatic
+ antiseptic
+ anti-microbial
+ antiseptic
- anti-viral
+ anti-bacterial
* anti-fungal
- anthelmintic
- anti-protozoal
* anti-inflammatory
+ astringent
- anti-histaminic
* mild diaphoretic
- detoxifier
* hemostatic
* anti-hemorrhagic
- anti-emetic
- cholagogue
- hepatic stimulant
+ estrogenic (fresh flowers [BT])
- menstrual regulator
* mild emmenagogue
* vulnerary
* antispasmodic

[BAP, BD, BGB, BHP, BK, BP1 BT, CA, HD2, LG-ITIS]

PU: Flowerheads, petals (dried; harvested when fully open [BHP]). Ess. Oil from flowers [LJ].

[BHP]: 1: 1 @40%; 0.5–1ml tid.
[BHP]: 1: 5 @90%; 0.3–1.2ml tid.
[BK]: 1: 2 @90%; 1.5–4.5ml d.
Wk: 10–30ml.
[BT]: 1:10 @70%; macerate 14 d. 5–20gtt.
[DHC]: 1:5 @90%; 0.3–1.2ml tid.
[DHC]: 1:5 @60%; 0.5–2ml tid.
[DHC]: 1:5 @25%; 1–4ml tid.
[HD2]: 1:5 @60%; 1–4ml tid.

Dried flowers ([BHP]: 1–4g tid).
Infusion ([BT]: 1–2 tsp/cup; infuse 15 min., drink freely. [HD2]: 1–2 tsp/cup, infuse 10–15 min., 1 cup tid).
Poultice ([BT]: petals, handful/pint boiling water, infuse 15min.).
Ointment.
Douche.
Gargle.
Food.
HRx.

Ø– Pregnancy/lactation [BAP].
Ⓓ– OK in pregnancy/lactation [BGB, BK].
Ⓓ– No contraindications known [BGB].
Ⓓ– No adverse effects expected [BGB].
Ⓓ– 90% tincture: anti-bacterial [DHC].
Ⓓ– 60% tincture: anti-bacterial/anti-viral [DHC].
Ⓓ– 25% tincture: anti-viral [DHC].
Ø– (rare) known allergy, or sensitive people to Asteraceae family [BK].
†– +/- allergic reactions in sensitive people.
†– One anaphylactic shock reported with a calendula gargle [BK].
†/?– **Short term, pause**: (internal use) avoid long term use, and take 6 weeks breaks between usage (due to anti-bacterial toxins present in the herb) [BP].
†– **[I_{H-D}]** with hexobarbital (barbiturate) med's [CH]. May potentiate effects of anti-anxiety, sleep med's (caution with operating machinery or driving) [BP]. No drug interactions known [BGB].

- Non-toxic, non-irritant, non-sensitizing [LJ].

[BAP, BD, BGB, BHP, BK, BP1 BT, CA, CH, DHC, HD2, LJ]

- Flavonoids (incl. *quercetin, rutin*) → anti-inflammatory.
- Polysaccharides → immuno stimulant.
- Terpenoids → anti-inflammatory, spermicidal.
- Vol. oils → antispasmodic.
  : tonic, antiseptic, anti-fungal, anti-inflammatory, astringent, anti-pyretic, diaphoretic, styptic, anti-hemorrhagic, cholagogue, emmenagogue, vulnerary, cicatrisant, antispasmodic.
- Bitter.
- Saponins.
- Mucilage [CA].
- Resins → anti-fungal [CA].
- Chlorogenic acid [HD2].

➔ (*in vitro*) anti-bacterial, anti-fungal.
➔ anti-inflammatory, anti-viral [BAP].
➔ (extract) uterine and anti-blastocyst effects, abortion agent, anti-tumor [BAP].
➔ (*in vitro*) anti-parasitic [BGB]; angiogenic effects [BK].
➔ (*in vivo*) anti-inflammatory, vulnerary, vasoprotective, anti-ulcer, sedative, anti-pyretic, analgesic, anti-tumor effects [BK].
➔ Hepatic, gallbladder, and uterine stimulant [BD].
➔ Rapid skin tissue regeneration process (esp. with alcoholic extract) [BT].
➔ (extract) anti-bacterial effects against gram^{+} bacteria, *trichomonas vaginalis*, *E. coli*, influenza, *staph. aureus*; anti-protozoal effects, anti-viral effects against herpes virus [DHC].
➔ Poland research reported triterpenes glycosides which inhibit growth of Epstein virus [DHC].
➔ The anti-viral action is due to water soluble constituents (e.g. glycosides), and anti-bacterial effects is due to alcohol soluble constituents (e.g. resins and volatile oils) [DHC].

[BAP, BD, BGB, BK, BT, CA, DHC, HD2, LJ]

Specific- For enlarged/inflamed lymphatic nodes; sebaceous cysts; duodenal ulcers; inflammatory skin conditions [BHP].
Imm/Neop/Lymph- To aid detoxification of the body. As part of the Tx after surgeries. For fever, swollen glands, splenomegaly, inflamed lymph nodes, lymphadenoma, HIV/AIDS, spasmodic conditions, small pox, measles and other viral (incl. herpes), bacterial, fungal (incl. candida), protozoal infections. Topically, for skin malignancies. As part of after-surgery Tx.
EENT/mouth- Topically, for chronic suppurative otitis (20% tincture [BAP]); sore inflamed eyes, conjunctivitis, sinusitis, epistaxis, chapped lips, gingivitis, thrush, inflammation of the nose/mouth/throat mucosa. As part of the Tx after tooth-extraction.
Rs- For pneumonia.
CVS- Topically, for capillary enlargement, hemorrhoids, varicose veins.
GIT- To aid liver/gallbladder detox. For GIT inflammatory conditions, food allergies, GIT infections, indigestion, peptic ulcers, jaundice, cholecystitis, hepatitis, hepatomegaly, colitis, diverticulitis, proctitis.
Rep- To regulate menstrual period. For amenorrhea, dysmenorrhea. Topically, for yeast infection (douche), vaginal itchiness, vaginal discharge, mastitis, sore nipples, cracked nipples (from breast feeding), PID, balanitis.
Skin/Neop- Stimulates regeneration and granulation of skin tissue. For acne, eczema. Topically, to promote collagen formation; for skin inflammations, damage/irritated tissue, skin ulcers, sebaceous cysts, abscesses, malignancies, dermatitis, acne, eczema, anal eczema, cradle cap, rashes, diaper rash, scrapes, chapped skin, bruises, bleedings, cuts, wounds, boils, burns and sunburns, fungal infections (i.e. athlete's foot, ringworm), insect bites, bee sting.
Mus-Sk- For sprains.

: For skin inflammations, eczema, rashes, burns, cuts, wounds, insect bites, greasy hair.

[BAP, BD, BGB, BHP, BK, BP1 BT, CA, DHC, HD2, LJ]

Arnica montana

[ASTERACEAE / COMPOSITAE]

Arnica

* analgesic
\+ immuno stimulant
\- antiseptic (non-open wounds)
\- anti-microbial
\- anti-bacterial
\- anti-fungal
* anti-inflammatory
\- astringent
\+ counter irritant
\- vulnerary
\- anti-bruising

[BAP, BD, BGB, BHP, BK, BT, CA, HD2, LG-ITIS]

PU: Flowers (dried [BHP]). Also, rhizome [CA].

[BK]: 1:5 @45%, only diluted and topically.
[DHC]: 1:10 @45%, for topical use only.
[HD2]: fresh, 1:10@70%, macerate 1 wk under sunlight. Use topically.

Infusion ([BGB]: 2g/100ml).
Poultice ([BGB]: tincture at 3–10 times dilution. [BK]: tincture at 5 times dilution, apply bid–tid).
Mouthwash ([BGB]: tincture at 10 times dilution).
Arnica oil ([BGB]: extracted at 1:5).
Ointment ([BK]: with 10–25% tincture, apply bid–tid).
HRx.

Ø– Internally in Pregnancy/lactation [BK].
Topically, OK in pregnancy and lactation [BGB, BK].
⦶– No drug interactions reported [BGB].
⊕– With *Hamamelis* topically [BHP].
Ø– Not for internal use (topical use only).
Ø– With known allergy [BGB, BK].
Ø– On broken or lacerated skin [BT].
†– **[R_{USE}]** [CA].
†– **[R_{THM}].**
†– **[R_{MF}].**
†– **[♣].**
†– Poorly tolerated by some, stop use on first sign of dermatitis.
†– **Short term** with topical use [BK].
†– **Long term** → +/- eczema.
†– If use on damaged skin → +/- edematous dermatitis, and pustules.
†– High-concentration preparations → +/- toxic skin reactions (incl. skin necrosis) [BGB, BK].
†– +/- allergic contact dermatitis (mainly with tincture use) [BK].
†– +/- allergic painful/itchy inflammation in some people [HD2].
☠– **Internally** → poisonous (*helenalin*) → +/- muscle paralysis (incl. heart muscles),… death [BAP].

۞- Ø– Internally, or on broken skin (highly toxic) [LJ].

[BAP, BD, BGB, BHP, BK, BT, CA, DHC, HD2, LJ, LO-UPSO]

- Sesquiterpene lactones (*helenanolid* type, mainly *helenalin*, *dihydrohelenalin, and* ester derivatives) → toxic.
  → anti-tumor activity [BAP, BK].
  → Toxicity: gastroenteritis; ↑dose → cardiac arrest [DHC].
  - *Helenalin* → analgesic, antibiotic, anti-microbial, anti-inflammatory, immuno stimulant. Also, anti-microbial, anti-bacterial, anti-fungal activity [BAP]; anti-rheumatic [DHC].
  - *Dihydrohelenalin* → analgesic, antibiotic, anti-microbial, anti-inflammatory.
- Flavonoids → anti-tumor activity [BAP].
- Vol. oils (incl. *thymol*).
  ۞- Stimulant, anti-inflammatory, vulnerary.
- Phenol carbonic acid.
- Coumarins.
- CHO (incl. *mucilage, inulin*).
- Alkaloids (traces).
- Amines (incl. *betaine, choline, trimethylamine*).

[BAP, BGB, BK, CA, DHC, LJ]

Specific- Topically, for sprains, bruises [BHP].
Lymph- Topically, for leg edema.
EENT/mouth- Topically, for gingivitis, oral and throat inflammations.
CVS- Topically, for venous insufficiency, hematoma, phlebitis.
Skin- Topically, for bruises (incl. after surgery), painful swellings, alopecia neurotica, insect bites.
Mus-Sk- Topically, for sprains, contusions, edema around fractures, rheumatism, muscle/joint aches, neuralgias.

۞- Not used.

HRx- For meningitis, diabetes, tumors, shock, injuries, post-surgery pain, eye afflictions, black eyes, nose afflictions, voice affliction, bronchitis, whooping cough, halitosis, diarrhea, dysentery, sore nipples, miscarriage, post-partum pain, abscesses, boils, bruises, wounds, corns, alopecia back pain, sore feet, rheumatism, sprains [HA2].
HRx- For shock, injury, post-surgery care, toothaches, gum pain, post-dental work, fever, post-partum pain, joint and muscle pain, arthritis, sprains, strains, ligament tear, bone injury, muscle cramps, insect bites, skin eruptions, red blistering skin, bruising, varicose ulcers [LA].

[BAP, BD, BGB, BHP, BK, BT, CA, HA2, HD2, LA, LJ]

Acorus calamus [ACORACEAE] **Sweet flag, Calamus** ***[A. americanus]*** - aromatic - tonic * stimulant - sedative - anti-bacterial - anti-pyretic * diaphoretic - antitussive - hypotensive (↓BP) + bitter * digestive * carminative * antispasmodic - emmenagogue	**PU:** Rhizome (dried; harvested in autumn [BHP]). [BHP]: 1:1 @60%; 1–3ml tid. [BHP]: 1:5 @60%; 2–4ml tid. **Dried rhizome** ([BHP]: 1–3g tid). **Fresh-root juiced** ([BT]: taken in tsp doses, described in the 1983 BHP). **Infusion** ([LJB]: rootstock, 1 tsp/½-cup water, infuse 5 min., 1 cup d.). **Ø–Pregnancy/lactation** [BAP]. **①-** The powder has been used in Indian for thousands of yrs without reports of cancer, suggesting that the use of the whole herb may be safe [CA]. **Ø/†–** Use of Ess. oil → +/- carcinogenic. **†–** Ess. oil → +/- carcinogenic, kidney damage, tremor, convulsions. Also, reports of erythema and dermatitis with bath preparations [BAP]. **†–** **[R_{USE}]** [BD, CA]. **†–** **[I_{H-D}]** with MAOI [BAP]. **†–** **[R_{MF}].** **†–** Use only root free from *beta-asarone* [BAP]. Use only preparation made from *A. americanus* (free of *asarone*) [CA]. **†–** **Short-term**: up to 1 month [CA]. **†–** **↑dose** → +/- vomiting [BD]. **☼-** Oral toxin, reported to be carcinogenic [LJ].	• Amines *(dimethylamine, methylamine, trimethylamine, choline*). • Vol. oils (incl. *asarone, calamenol, calamine, eugenol*) → antispasmodic, anti-ulcer. ☼- tonic, stimulant, anti-convulsant, antiseptic, anti-bacterial, anthelmintic, diaphoretic, expectorant, ↓BP, carminative, stomachic, antispasmodic, insecticidal; reported to be carcinogenic. ▪ *Beta-asarone* → carcinogenic. Responsible for toxicity [BAP]. Not present in *A. americanus* [CA]. • Bitter principle (*acorin*) • Tannins. Mucilage. Starch. Sugars. • Saponins [CA]. ➔ (*in vivo*, Ess. oil from Indian specie) reported to deplete serotonin and NorEp levels (action not present in European specie) [BAP]. ➔ (*in vivo*, Ess. oil high in *beta-asarone*) → hepatic and heart abnormalities, growth depression, serous effusion in peritoneal cavities, malignant duodenal tumors, death [BAP].	**Specific**- For flatulence colic [BHP]. NS- For headaches associated with weak digestion. Ayurvedic medicine: considered a rejuvenator for the brain and NS. Topically, for neuralgia [BD]. Ayurvedic: regarded a brain and NS restorative (esp. after stroke), as a snuff for shock and coma [BD]. **€**: as a stimulant and to reduce thirst on long journeys (chewed root). EENT/mouth- For (snuff) sinusitis, nasal congestion, polyps [BD]. **€**: for toothaches (chewed rhizome). Rs- For colds, bronchitis. Root chewing to discourage smoking. **€**: for colds, cough (chewed rhizome). GIT- Effective for intestinal spasms. For low appetite, anorexia, heartburn, acidity, poor digestion, acute/chronic dyspepsia, gastritis, gastric ulcers, flatulence, bloating, intestinal colic. ↓dose → to reduce stomach acidity [CA]. ↑dose → to increase stomach acidity [CA]. **€**: for stomach cramps. Skin- Topically, for skin eruptions [BD]. Mus-Sk- Topically, for rheumatic pain, neuralgia [BD]. **☼-** Not used (internally or externally).
[BAP, BD, BHP, BT, CA, FH, LJB, MR, LG-ITIS]	[BAP, BD, BHP, BT, CA, FH, LJ, LJB, MR]	[BAP, CA, LJ]	[BAP, BD, BHP, BT, CA, FH, LJ, LJB, MR]
Atropa belladonna(GRIN) [SOLANACEAE] **Deadly Nightshade, Belladonna** + sedative + narcotic - mydriatic - anti-cholinergic * antihidrotic + anti-asthmatic * antispasmodic (smooth muscles) - lactifuge	**PU:** Aerial parts (dried; harvested when flowering [BHP]). Root [CA, DHC]. [BT]: 1:10 @70%; 0.5 ml. Initial dose: 2ml/wk. **Wmax: 10ml** (BHC). [DHC]: leaf (0.03% atropine), 1:10 @70%; 1–15gtt d. **Wmax: 10ml**. **Infusion** ([BHP]: dried herb, 30–100mg, tid. [BT]: dried herb, 50mg/cup, d. to tid). **HRx**. **Ø–Pregnancy** [BT]. **①-** Tannins can act as an antidote for alkaloid toxicity [DHC]. **Ø–** Glaucoma, prostatic hypertrophy [BHP, BT]. Tachycardia, paralytic ileum [BHP]. Fast heart rate [BT]. **Ø–** In **↑dose** or continuous doses [DHC]. **†–** **[R_{USE}]** [BT, CA]. **†–** **[R_{MF}]**. **†–** Unstable in alkaline preparations [BHP]. **†–** +/- dry mouth, mydriasis, photophobia, mental confusion. **†–** +/- SOB [BHP]. Loss of voice [BD]. **☠–** Therapeutic dose is very close to toxic amount (wrong dose can be fatal) [CA]. **☠–** **↑dose** → +/- Rs. paralysis, coma, death [CA]. Rs. failure, death [BD]. **☠–** **Toxicity** → +/- dry mouth, skin hot/dry, mydriasis, nausea, vomiting, diarrhea, dysphagia, increases Rs rate, ↑BP, palpitation,… coma, death [DHC].	• Tropane Alkaloids (incl. *atropine, hyoscyamine*. Others: *hyoscine* = *scopolamine*, *belladonnine* [BHP]). → inhibit the parasympathetic NS → reduces body secretions (i.e. saliva, gastric, intestinal, bronchial) and reduces activity of Ur. system and intestine); increases heart rate, and has mydriatic effects [CA]. → anti-cholinergic action → causes CNS stimulation followed by depression (i.e. decreases GIT secretions and motility, relaxation of bronchioles) [DHC]. ▪ *Atropine* → CNS stimulant [DHC]. ▪ *Hyoscine* = scopolamine → CNS depressant [DHC]. • Flavonoids [CA]. • Coumarins [CA].	**Specific**- For Intestinal colic [BHP]. For a "dull expressionless face with dilated or immobile pupils, dullness of intellect, drowsiness insomnia (with or without pain); impaired capillary circulation of skin or mucus membrane; dusky, deep-red or bluish face and extremities; sluggish circulation with soft, oppressed and compressible pulse; cold extremities; slow breathing" [DHC]. NS- For sciatica, neuralgias, headaches, symptoms associated with Parkinson's disease (i.e. tremor, rigidity, salivation, speech); anti-cholinergic (inhibits action of *Ach*). Topically, for neuralgia. End- For excess sweating, night sweats, diabetes insipidus. Imm- To relax distended organs (esp. stomach and intestine, reliving colic and pain; and it relaxes spasms of urinary tubules) [CA]. EENT- For hay fever. Rs- For asthma (reduces bronchial spasms), whooping cough. CVS/♥- For myocardial infarction, ↓BP [BD]. GIT- For acidity, gastric ulcers, cramps, GI pain, gallbladder colic, intestinal colic. Rep- For spermatorrhea. Ur- For renal colic, tubular spasm, bladder spasms, bed-wetting. For acute congestion of the kidneys [DHC]. Mus-Sk- Topically, for rheumatic and muscular pain, neuralgia. **HRx-** For sunstroke, dysmenorrhea, infections, inflammations of sudden onset and violent pain [BD]. **HRx-** For headaches, migraines, delirium, photo-sensitivity, acute fever and pain, dry cough, sore throat, dysmenorrhea [LA].
[BD, BHP, BT, CA, DJ2, LG-ITIS, LG-GRIN]	[BD, BHP, BT, CA, DHC, DJ2]	[BHP, CA, DHC]	[BD, BHP, BT, CA, DHC, DJ2, LA]

Appendix

Children's doses [BK, DHC, HD2, LC-OD2]

Please note that all the methods offer only an approximation due to the complex metabolic and growth changes during infancy/childhood. The methods are based on the child's age and/or weight.

1) Ausberger's method based on weight:

child-dose = % of adult-dose = (1.5 x weight in Kg) + 10

Examples: for a 20 Kg child: (1.5 x 20Kg) + 10 = 40% of adult dose.

2) Clark's method:

$$\text{child-dose} = \frac{\text{Weight in lb}}{150} \times \text{adult-dose}$$

OR

$$\text{child-dose} = \frac{\text{Weight in Kg}}{70} \times \text{adult-dose}$$ [Note: this formula has been reported using 67, or 68 instead of 70]

Examples:
For a 50 lb child: (50 / 150) x adult dose = 0.33 x adult dose (approx. 1/3 the adult dose).
For a 20 Kg child: (22 / 70) x adult dose = 0.32 x adult dose (approx. 1/3 the adult dose).

3) Cowling's method:

$$\text{child-dose} = \frac{\text{child's age in years at next birthday}}{24} \times \text{adult-dose}$$

Example: for a 11 yr old child (s/he will be 12 by next birthday): (12 / 24) x adult dose = 0.5 x adult dose.

4) Dilling's rule

$$\text{child-dose} = \frac{\text{Age in years}}{20} \times \text{adult-dose}$$

Example: for a 11 year old boy: (11 / 20) x adult dose = 0.55 x adult dose.

5) Fried's method for infants (1 to 2 years of age):

$$\text{child-dose} = \frac{\text{Age in months}}{150} \times \text{adult-dose}$$

Example: for a 10 month old infant: (10 / 150) x adult dose = 0.07 x adult dose.

6) Young's method (based on age):

$$\text{child-dose} = \frac{\text{Child-age in years}}{\text{Child's age in years} + 12} \times \text{adult-dose}$$

Example: for a 11 yr old child: [11 / (11+12)] x adult dose = 0.48 x adult dose.

7) Refine version of Young's method:

Child's age	Weight in Kg	Weight in lb	Child's dose: % of adult-dose
Newborn	3.4	7.5	12.5
1 month	4.2	9	14.5
3 months	5.6	12	18
6 months	7.7	17	22
1 year	10	22	25
3 years	14	31	33
7 years	23	51	50
12 years	37	81	75

Glossary [BD, BK, DHC, LJ, LE-SSBM, LO-PFF2, LC-OD1, LC-OD2, LC-OD3]

Latin Terms

Abbreviation	Latin	Meaning
a.	ante	before
a., aur.	auris	ear
aa.	ana	of each
a.c.	ante cibos	before meals
ad	ad	up to
a.d.	aurio dextra	right ear
a.l., a.s.	aurio laeva, aurio sinister	left ear
ad lib.	ad libitum	at pleasure, freely
add	adde, addendus, addendo	add, to be added
adm.	admove	apply
ad satur.	ad saturandum	to saturation
agit.	agita	shake
alb.	albus	white
alt. h.	alternis horis	every other hour
a.m., A.M.	ante meridiem	morning, before noon
amp.	ampulla	ampule
aq.	aqua	water
aq. bull.	aqua bulliens	boiling water
aq. dest..	aqua destillata	distilled water
aq. ferv./cal.	aqua fervens	hot water
aq. frig./gel.	aqua frigida	cold water
au.	auris utrea	both ears
b.	bis	twice
ben.	bene	well
bib.	bibe	drink
b.i.d.	bis in die	twice a day
bol.	bolus	a large pill/dose
brevis	brevis	short
bull.	bulliens, bulliat, bulliant	boiling, let boil
c. , cum	cum	with
C	centum	a hundred
caps.	capsula	a capsule
c.c.	cum cibos/cibum	with food/meal
cerat.	ceratum	wax ointment
chart. cerat.	charta cerata	waxed paper, parchment paper
cito disp!	cito dispensetur!	dispensed quickly
coch. amp.	cochleare amplum	a tablespoonful
coch. med./mod.	cochleare medium	a dessertspoonful
coch. parv.	cochleare parvum	a teaspoonful
col.	cola	strain
colet.	coletur	let it be strained
collun.	collunarium	a nose wash
collut.	collutorium	a mouth wash
collyr.	collyrium	an eye wash
comp.	compositus	compound, compounded
cong.	congius	a gallon
consperg.	consperge, conspergetur	dust, sprinkle
cont.	contra	against
contus.	contusus	bruised
c. aq.	cum aqua	with water
coq.	coque, coquatur	boil, let it boil
d.	dexter	right
d.	dies	a day
d., dos.	dosis	dose
da.	da	give
decoc.	decoctum	decoction
dieb. alt.	diebus alternis	every other day
dieb. secund.	diebus secundis	every second day
dil.	dilue	dilute
disp.	dispensa, dispensetur	dispense
div.	divide	divide
div. in par. aeq.	dividatur in partes	divide in equal parts
d.t.d.	dentur tales doses	give such doses
dulc	dulcis	sweet
dur.	durus	hard
e.m.p.	ex modo prescripto	as prescribed
emuls.	emulsum	emulsion
et	et	and
ex. aq.	ex aqua	in water
ext.	extractum	an extract
f., ft.	fac, fiat	make, let be made
ferv.	fervens	hot

Abbreviation	Latin	Meaning
filt.	filtra	filter
fl.	fluidus	fluid
flav.	flavus	yellow
fldext.	fluidextractum	fluidextract
fort.	fortis	strong
frig.	frigidus	cold
g., gm.	gramma	gram
garg.	gargarisma	a gargle
gr.	granum	grain
gtt.	gutta	a drop
h., hr.	hora	hour
h.s.	hora somni.	at bedtime
i.c.	inter cibos	between meals
inf	infusum	infusion
i.c.	intercibos	between meals
inj.	injectio	injection
juxt.	juxta	near
lt., L.		liter
l.a.	lege artis	according to the art
laev.	laevus	left
lb.	libra	pound
lev.	levis	light
lin	linimentum	liniment
liq.	liquor	a solution
lot.	lotio	lotion
m., M.	mane	morning
mag.	magnus	large
mcg		microgram
m. dict.	more dicto	as directed
ml		milligram
min.	minimum	minim
mist., mixt.	mistura	mixture
m.p.	modo praescripto	as prescribed
n.	naris	nostril
n., N.	nocte	night
nebul.	nebula	a spray
n. et m.	nocte maneque	night and morning
no.	numero	number
noct.	nocte	at night
non rep.	non repetatur	do not repeat
O.	Octarius	a pint
o.d.	oculus dexter	right eye
o.l., o.s.	oculus laevus, oculus sinister	left eye
ol.	oleum	oil
o.h.	omni hora	every hour
o.m.	omni mane	every morning
o.n.	omni nocte	every night
opt.	optimus	best
o.u.	oculi uterque	both eyes
oz		ounce
p. ae.	partes aequales	equal parts
parv.	parvus	small
p.c.	post	after meals
p.m., P.M.	post meridiem	after noon
p.o.	per os	by mouth, orally
p.r.n.	pro re nata	as needed
pro rect.	pro recto	rectal
pulv.	pulvis, pulveres	powder, powders
q., qq.	quodque, quaeque	each, every
q.a.d.	quoque altermis die	every other day
q.a.m.	quoque die ante meridiem	each morning
q.d.	quaque die	every day
q.i.d.	quater in die	four times a day
qq. h.	quaque hora	every hour
q.p.m.	quoque die post meridiem	every afternoon
Q.R.	quantum rectum	correct quantity
q.s.	quantum satis	a sufficient quantity
quot. op. sit	quoties opus sit	as often as necessary
q.v.	quantum voleris	as much as you wish
℞, ℞	recipe	you take
recen.	recens	fresh
rect.	rectificatus	rectified

Abbreviation	Latin	Meaning	Abbreviation	Latin	Meaning
ren. sem.	renovetur semel	shall be renewed (only) once	**stat.**	statim	immediately
rept.	repetatur	let it be repeated	**sum.**	sume, sumendus	take, to be taken
S., Sig.	signa, signetur	write (as instruction to the patient).	**S.V.R.**	spiritus vini rectificatus	alcohol
s.a.	secundum artem	according to art	**syr.**	syrupus	syrup
sat.	saturatus	saturated	**tab.**	tabella	tablet
scat. orig.	scatula originalis	original package	**tal.**	talis, tales, talia	such
sic.	siccus	dried	**ter.**	tere	rub
s. aq.	sine aqua	without water	**t.i.d.**	ter in die	three times a day
s.n.	secundum naturam	according to nature	**tinct., tr.**	tinctura	tincture
sol.	solubilis	soluble	**trit.**	tritura	triturate
sol.	solutio	solution	**ult..**	ultime	lastly
solv.	solve	dissolve	**unct.**	unctus	smeared
s.o.s.	si opus sit	if there is need	**ung., ungt.**	unguentum	ointment
spir.	spiritus	spirit	**ut dict.**	ut dictum	as directed
spiss.	spissus	dried	**v.**	vel	or
ss.	semis	one half	**vesp.**	vesper	evening

Botanical Latin Terms:

Abbreviation	Latin	Meaning
Bacc.	Baccae	Berries
Cort.	Cortex	Bark
Flos. Or Flor.	Flores	Flower
Fol.	Folia	Leaf
Fruct.	Fructus	Fruit
Gem.	Gemmae	Buds
Herba	Herba	Herb
Lign.	Lignum	Wood
Rad.	Radix	Root
Sem.	Semen	Seed
Succ.	Succus	Juice
Stip.	Stipitis	Stem
Thiz.	Rhizoma	Rhizome

Acrid: *Syn. bitter.* A substance with a pungent or bitter taste that increases appetite, stimulates salivation, causes the secretion of gastric juices and bile flow, and promotes healthy digestion.
Abortifacient: A substance that causes abortion.
Acidic: *Syn. acidulous.* A substance that is slightly sour in taste.
Adaptogen: A substance that helps the body to adapt (or increases its resistance) to stress, and promotes normal physiological functions.
Adrenal agent: A substance with properties similar to corticosteroids hormones, and stimulates production of adrenal cortex hormones.
Alterative: *Syn. depurative, blood purifier*. A substance that cleanses and purifies the blood; promotes elimination of metabolic waste.
Amoebicidal: a substance used to kill or capable of killing amebas and especially parasitic amebas
Analgesic: *Syn. anodyne*. A substance that reduces, soothes, or eases pain.
Anaphrodisiac: A substance that reduces or inhibits sexual excitement and desire.
Anesthetic: A substance that relieves or reduces sensations or pain when applied locally.
Amphoteric: A substance having properties with opposite effects (i.e. nervous system relaxant and nervous system stimulant, blood thinner and coagulant)
Anabolic agent: A substance that strengthens and promotes building body tissues, and promotes weight gain.
Anodyne: *Syn. analgesic*. A substance that reduces, soothes, or eases pain.
Antacid: A substance that neutralizes/balances stomach acid.
Anti-acne: A substance that reduces acne.
Anthelmintic: *Syn. vermifuge.* A substance that destroys or inhibits the growth and reproduction of worms, or expels them from the body.
Anti-allergic: A substance that prevents, tones down, or relieves allergies.
Anti-amoebic: A substance that can kill or capable of killing amebas and especially parasitic amebas
Anti-androgenic: A substance that inhibits or affects the action of androgen male hormones.
Anti-anemic: A substance that prevents or corrects anemic conditions.
Anti-arrhythmic: A substance that prevents, tones down, or relieves cardiac arrhythmias.
Anti-arteriosclerosis: A substance that prevents or corrects arteriosclerosis.
Anti-arthritic: *Syn. anti-rheumatic.* A substance that prevents or relieves arthritic/rheumatic conditions.
Anti-asthmatic: A substance that prevents, or relieves asthma attacks.
Anti-atherosclerotic: A substance that prevents or corrects atherosclerosis.
Anti-bacterial: A substance that kills or inhibits the growth of bacteria.
Antibiotic: A substance that kills or inhibits the growth of bacteria and other microorganisms.
Anti-bruising: *Antiecchimotic.* A substance that prevents or alleviates bruising.
Anti-cariogenic: A substance that reduces the formation of dental of dental caries or tooth decay.
Anti-catarrhal: A substance that prevents relieves, or reduces catarrh/phlegm or excess mucous.
Anti-cholesterol: A substance that inhibits cholesterol formation and reduces blood cholesterol levels.
Anti-cholinergic: An substance that is antagonistic to the action of parasympathetic or other cholinergic nerve fibers
Anti-coagulant: *Syn. anti-platelet activating factor, anti-thrombotic.* A substance that inhibits or slows down blood clot formation.
Anti-convulsant: A substance that prevents or relieves convulsions/seizures.
Antiecchimotic: *Syn. anti-bruising,* A substance that prevents or alleviates bruising.
Anti-dandruff: A substance that aids prevent or remove dandruff.
Antidote: A substance that counteracts or neutralizes a poison.
Anti-depressant: A substance that prevents or relieves depression.
Anti-diarrheal: A substance that prevents or alleviates diarrhea.
Anti-diabetic: A substance that prevents or alleviates diabetes or the effects of diabetes.
Anti-dysmenorrhea: A substance that alleviates dysmenorrhea.
Anti-edematous: A substance that prevents or alleviates edema
Anti-emetic: A substance that reduces or relives nausea and vomiting.
Anti-fatigue: A substance that counteracts physical or mental weariness
Anti-flatulent: *Syn. carminative.* A substance that improves digestion and relieves flatulence and colic.
Anti-fungal: A substance that kills or inhibits the growth of fungi.
Anti-galactagogue: An agent that suppresses lactation.
Anti-gout: A substance that prevents or relieves gout.
Antihidrotic: A substance that reduces or prevents sweating.
Anti-hypoxic: A substance that protects against inadequate oxygenation of the blood (such in high altitude).
Anti-histaminic: A substance that counteract the physiological effects of histamine
Anti-hemorrhagic: A substance that reduces or stop bleeding. Sometimes used interchangeable with hemostatic.
Anti-inflammatory: *Syn. resolvent, anti-phlogistic.* A substance that reduces inflammation or swellings.
Anti-larva: A substance that kills larvae.
Antilithic: A substance that prevents the formation of calculi or gravel (such as gallbladder stones, bladder stones).
Anti-microbial: *Syn. disinfectant.* A substance that kills or inhibits the growth of microorganisms.
Anti-migraine: A substance that prevents or relieves migraine headaches.
Anti-mutagenic: A substance that inhibits cell mutation.
Anti-neoplastic: A substance that inhibits or has an activity against tumors.
Anti-neuralgic: A substance that relieves paroxysmal nerve pain.
Antioxidant: A substance that inhibits oxidation and can guard the body from the damaging effects of free radicals.
Anti-obesity: A substance that aids in the reduction of body weight.
Anti-platelet activating factor: *Syn anti-thrombotic*. A substance that inhibits platelet aggregation, reducing risk of thrombus formation.
Anti-parasitic: A substance that destroys or inhibits the growth and reproduction of parasites.
Anti-periodic: Preventing the periodic recurrence of a disease.
Anti-prostatic: A substance that reduces symptoms from the prostate gland.
Anti-phlogistic: *Syn. anti-inflammatory, resolvent.* A substance that reduces inflammation or swellings.
Anti-protozoal: A substance that kills protozoa or inhibits their growth and ability to reproduce.
Anti-pruritic: A substance that inhibits or relives itching.
Anti-psoriatic: A substance that inhibits or relieves psoriasis.
Anti-psychotic: A substance that counteracts or diminishes the symptoms of psychotic disorders, such as schizophrenia, paranoia, and bipolar disorder
Anti-putrescent: A substance that inhibits decay, putrefaction (hence, reduces body odors).
Anti-pyretic: *Syn. febrifuge.* A substance that reduces fever.
Anti-rheumatic: *Syn. anti-arthritic.* A substance that prevents or relieves arthritic/rheumatic conditions.

Anti-scar: A substance that reduces scar formation.
Anti-scorbutic: A substance that prevents or cures scurvy.
Anti-secretory: A substance that inhibits or decreases body secretions (i.e. salivation, gastric secretions)
Antiseptic: A substance that prevents, resists, and counteracts infection.
Anti-smoking: A substance that inhibits cigarettes craving, and easy nicotine withdrawal symptoms.
Antispasmodic: *Syn. anti-spasmodic, spasmolytic.* A substance that reduces or prevents muscular spasms.
Anti-scorbutic: A substance that prevents or relieves scurvy.
Anti-stress: A substance that counteracts the effects of stress, and/or enhances the body's ability to withstand physical and mental stress.
Anti-sudorific: A substance that prevents or inhibits sweats.
Anti-syphilitic: A substance that prevents or inhibits syphilis.
Anti-thyroid: *Syn. hypothyroidic.* A substance that that reduces the activity of the thyroid gland.
Anti-thrombotic: *Syn. anti-platelet activating factor*. A substance that inhibits platelet aggregation, reducing risk of thrombus formation.
Antitoxic: A substance that counteracting a toxin or poison
Anti-tuberculosis: A substance that kills or inhibits the growth of TB bacteria.
Anti-tumor: *Syn. anti-neoplastic.* A substance that inhibits or has an activity against tumors.
Antitussive: A substance that relieves or reduces coughing.
Anti-ulcer: A substance that inhibits the formation of peptic ulcers.
Anti-viral: A substance that kills or inhibits the growth of viruses.
Anxiolytic: A substance that alleviates anxiety
Aphrodisiac: A substance that stimulates sexual arousal/desires.
Aperient: *Syn. laxative.* A substance that aids in the evacuation of the bowels or softens stools.
Aromatic: A substance that has an aroma.
Astringent: A substance that tightens/tonifies tissues, reduces discharge.
Anti-uricosuric: A substance that inhibits the excretion of uric acid in the urine.

Balsamic: A substance that contains resins and benzoic acid and is used to treat colds and abrasions.
Bitter: *Syn. acrid.* A substance with a bitter taste that increases appetite, stimulates salivation, causes the secretion of gastric juices and bile flow, and promotes healthy digestion.
Bitter tonic: A substance with a bitter taste that increases appetite, stimulates salivation, causes the secretion of gastric juices and bile flow, and strengthens and improves the function of, and tones the digestive system.
Blood purifier: *Syn. alterative, depurative*. A substance that cleanses and purifies the blood and promotes the elimination of waste products, promoting the renewal of body tissues and increasing vitality.
Bronchodilator: A substance that increases the diameter of the air passages to the lungs.

Caustic: A substance capable of burning, corroding living tissue.
Cardiotonic: A substance that improves the force of contraction of the heart
Cardio-active: *Syn. cardiac.* A substance that affects the heart favorably: *Positive inotropic* = increases the force of contraction of the heart. *Negative chronotropic* = reduces the heart rate.
Carminative: *Syn. anti-flatulent.* A substance that improves digestion and relieves flatulence and colic.
Cathartic: *Syn. purgative.* A substance that causes evacuation of the bowels (considered stronger than a laxative).
Cell proliferant: A substance that stimulates the proliferation of cells, hence, promotes the healings of tissue.
Cholagogue: A substance that stimulates secretion of bile from the gallbladder.
Choleretic: A substance that stimulates the production of bile in the liver.
Cicatrisant: A substance that promotes healing by promoting scar tissue formation.
Circulatory stimulant: A substance that stimulates blood flow.
CNS relaxant: A substance that relaxes central nervous system and ease anxiety.
Coagulant: A substance that causes a solution or liquid, especially blood, to coagulate.
Convulsant: A substance that may cause convulsions, seizures.
Counter-irritant: *Syn. rubefacient.* A substance that reddens the skin by increasing blood flow to the area causing local inflammation to relieves congestion and inflammation of deeper tissues
Cooling: *Syn. refrigerant.* A substance that reduces temperature and cools the skin.

Decongestant: A substance that relieves congestion (as of mucous membranes)
Demulcent: A substance that sooths and protects damaged, irritated, or inflamed mucus membranes (e.g. respiratory, digestive, or urinary tracts)
Deobstruent: A substance that removes obstructions, having power to clear or open the natural ducts of the fluids and secretions of the body.
Depurative: S*yn. alterative.* A substance that cleanses, purifies the blood; promotes elimination of metabolic waste
Detergent: A cleaning substance that, unlike soap, is not prepared from fats and oils, is not inactivated by hard water, and break down greases and dirt.
Detox: S*yn. detoxifier*: A substance that promotes the elimination of waste products from the body.
Diaphoretic: *Syn. sudorific.* A substance that causes sweating and increases elimination via the skin (often used to aid in fever management).
Digestive: *Syn. stomachic.* A substance that promotes digestion or stimulates the function of the gastrointestinal organs involved with digestion.
Digestive tonic: *Syn. GIT tonic.* A substance that improves the function of, strengthens and tones the digestive system.
Diuretic: A substance that increases the secretion and flow of urine.

Emetic: A substance that induces vomiting.
Emmenagogue: A substance that promotes menstruation.
Emollient: A substance that softens, soothes, and protects the skin.
Escharotic: A substance that is caustic or corrosive, and scab producing.
Estrogenic: *Syn. phyto-estrogenic.* A substance that promotes estrogen production or estrogen effects in the body.
Euphorigenic: A substance that promotes or causes feelings of euphoria**.**
Expectorant: A substance that promotes the removal of excess mucus from the lungs and air passages.

Febrifuge: *Syn. anti-pyretic.* A substance that reduces fever.
Female tonic: A substance that improves the function of, energizes and tones the female reproductive system.
Fibrinolytic: A substance that breakdown of fibrin.
Fixative: A substance that slows down the rate of evaporation of the volatile components in a perfume composition.

Galactagogue: A substance that increases or promotes the flow of breast milk.
Gastric stimulant: A substance that increases gastric fluids.

General stimulant: A substance that increases functional activity and energy in the body or an organ.
Gastric tonic: A substance that improves the function of, strengthens, and tones the stomach.
General tonic: *Syn. tonic.* A substance that improves the function of, energizes and tones the body or a particular tissue or organ.
GIT tonic: *Syn. digestive tonic.* A substance that improves the function of, strengthens, and tones the digestive system.

Hemostatic: *Syn. styptic.* A substance that applied locally, stops bleeding by contracting the tissues or blood vessels. Sometimes used interchangeable with anti-hemorrhagic.
Hepatic: *Syn. liver tonic, hepatic stimulant.* A substance that strengthens and tones the liver and its functions, and stimulates bile secretion.
Hepatic stimulant: *Syn. liver tonic, hepatic.* A substance that increases functional activity of the liver.
Hepatoprotector: A substance that protects the liver cells against damage.
Hepato-trophorestorative: A substance that protects and restore the integrity of liver tissue.
Hydragogue: A cathartic substance that promotes the discharge of water.
Hyperglycemic: A substance that increases the level of glucose in the blood.
Hypertensive: A substance that increases blood pressure
Hypnotic: A substance that induces drowsiness and sleep.
Hypocholesterolemic: *Syn. anti-cholesterol.* A substance that reduces the blood cholesterol levels.
Hypoglycemic: A substance that reduces the blood glucose levels.
Hypolipemic: A substance that lowers blood fat levels.
Hypolipidemic: A substance that lowers blood lipid levels.
Hypotensive: A substance that reduces blood pressure.
Hypothyroidic: *Syn. anti-thyroid.* A substance that that reduces the activity of the thyroid gland.
Hypo-reflexic: A substance that diminishes or weakens reflexes.

Immuno enhancer: *Syn. immune stimulant*. A substance that triggers or enhances the body's defenses.
Immuno stimulant: *Syn. immune enhancer*. A substance that triggers or enhances the body's defenses.
Immuno modulator: A substance that modulates and balances the activity/function of the immune system.
Insecticide: A substance that kills insects.
Irritant: A substance that causes irritation of tissue.

Lactifuge: A substance that reduces or the arrest of the secretion of milk.
Laxative: *Syn. aperient.* A substance that aids in the evacuation of the bowels or softens stools.
Leukocytosis agent: A substance that increases the leukocyte count in the blood.
LH inhibitor: *Syn. luteinizing hormone inhibitor.* A substance that inhibit or suppresses the luteinizing hormone.
Litholytic: A substance that dissolves calculi.
Lipolytic: A substance with ability to hydrolyzed fats.
Liver tonic: *Syn. hepatic, hepatic stimulant.* A substance that strengthens and tones the liver and its functions, and stimulates bile secretion.
Luteinizing hormone inhibitor: *Syn. LH inhibitor.* A substance that inhibit or suppresses the luteinizing hormone.
Lymphatic: *Syn. lymphatic purifier, lymphatic stimulant.* A substance that stimulates the lymphatic system or promotes detoxification via the lymphatic system.
Lymphatic purifier: *Syn. lymphatic, lymphatic stimulant.* A substance that stimulates the lymphatic system or promotes detoxification via the lymphatic system.
Lymphatic stimulant: *Syn. lymphatic, lymphatic purifier.* A substance that stimulates the lymphatic system or promotes detoxification via the lymphatic system.
Lymphatic tonic: A substance that strengthens the lymphatic tissue/organs, and promotes its healthy functions.

Metabolic stimulant: A substance that promotes the body chemical processes by which cells produce the substances and energy needed to sustain life.
Mucoprotector: A substance that protects the mucous membranes (esp. the gastric lining).
Musculotropic: A substance that affecting, acting upon, or attracted to muscular tissue.
Mucus membrane tonic: A substance that improve the tone, vigor, and function of the mucus membranes.
Mydriatic: A substance that dilates the pupils.

Narcotic: A substance that causes stupor and complete loss of awareness.
Nephritic: A substance that has an action on the kidneys, relieves kidney disorders.
Nervine: *Syn. NS relaxant.* A substance that relaxes nervous tension and ease anxiety.
NS relaxant: *Syn. nervine.* A substance that relaxes nervous tension and ease anxiety.
NS tonic: A substance that improves the tome, vigor, and function of the nervous system.
NS trophorestorative: A substance that protects and restores the integrity of the nervous system tissue.
Nutritive: A substance that provides nutrients (i.e. vitamins, minerals) and nourishes the body.

Orexigenic: A substance that improves or increase appetite.
Ovarian tonic: A substance that improves the tome, vigor, and function of the ovaries
Ophthalmic: A substance that is used to treat eyes complain.
Oxytocic: *Syn. uterine stimulant.* A substance that stimulates uterine contractions as per the action of the hormone oxytocin.

Parturient: A substance that assists childbirth/labor.
Pectoral: A substance that helps relieve disorders of the chest or respiratory tract.
Peripheral vaso-relaxant: A substance that relaxes the peripheral blood vessels (e.g. blood vessels of upper or lower limbs)
Peripheral vasoconstrictor: A substance that causes the constriction of the peripheral blood vessels (e.g. blood vessels of upper or lower limbs).
Peripheral vasodilator: A substance that causes the dilation of the peripheral blood vessels (e.g. blood vessels of upper or lower limbs).
Peripheral circulatory stimulant: *Syn. peripheral. circul. stimulant.* A substance that stimulates peripheral blood flow.
Phyto-estrogenic: *Syn. estrogenic.* A substance that promotes estrogen production or estrogen effects in the body.
Progesterogenic: A substance that that promotes the effects or production of progesterone.
Psychoactive: A substance that have the property of affecting the mind or mental processes
Pungent: A substance that is hot-tasting, and acts on nerve receptors warming the body, and improving digestion and circulation.
Purgative: *Syn. cathartic.* A substance that evacuates the bowels (generally considered to be more stronger than a laxative).

Refrigerant: *Syn. cooling*. A substance that reduces body temperature.
Relaxant: A substance that relaxes muscular or nervous tension.
Re-mineralizing: A substance that helps restore lost minerals in the body, especially bones.
Repellent: A substance that repels insects.
Reproductive tonic: *Syn. Rep. tonic.* A substance that strengthens and tones the reproductive system/organs.

Resolvent: *Syn. anti-inflammatory.* A substance that reduces inflammation or swelling.
Restorative: *Syn. Trophorestorative.* A substance that restore the integrity of the tissue.
Rs. stimulant: A substance that increases the functional activity of the respiratory system.
Rs. tonic: A substance that improves the function of, and tones the respiratory system.
Rubefacient: *Syn. counter-irritant.* A substance that reddens the skin by increasing blood flow to the area causing local inflammation to relieves congestion and inflammation of deeper tissues.

Secretomotor: *Syn. secretory.* A substance that promotes body secretions (i.e. salivation, gastric secretions)
Secretory: *Syn. secretomotor.* A substance that promotes body secretions (i.e. salivation, gastric secretions)
Sedative: *Syn. Tranquilizer.* A substance that reduces the activity of the nervous system without inducing sleep,, decrease nervous tension.
Sialagogue: A substance that promotes secretion and flow of saliva.
Soporific: A substance that promotes sleep.
Spermatocidal: *Syn. spermicidal.* A substance that kills spermatozoa, especially one used as a contraceptive.
Spasmolytic: *Syn. anti-spasmodic, antispasmodic*. A substance that counteracts or relieves muscle spasms.
Spermicidal: *Syn. spermatocidal.* A substance that kills spermatozoa, especially one used as a contraceptive.
Splenic: A substance that has an effect on the spleen.
Spleen stimulant: A substance that increases functional activity of the spleen.
Spleen tonic: A substance that energizes, tones, and improves the function of the spleen.
Sternutatory: A substance that causes sneezing by irritating the mucous membranes of the nasal passages.
Stimulant: *Syn. General stimulant.* A substance that increases functional activity and energy in the body or an organ.
Stomachic: *Syn. digestive.* A substance that stimulates and promotes healthy digestion.
Styptic: *Syn. hemostatic.* A substance, that applied locally, stops bleeding by contracting the tissues or blood vessels. Sometimes used interchangeable with anti-hemorrhagic.
Sudorific: *Syn. diaphoretic.* A substance that causes sweating and promotes detoxification via the skin (often used to aid in fever management).
Sympathomimetic: A substance producing physiological effects resembling those caused by the activity or stimulation of the sympathetic nervous system.

Testosterogenic: A substance that that promotes the effects or production of testosterone.
Thymoleptic: A substance that elevates mood, promotes feeling of well-being.
Thyroid stimulant: Syn. anti-hypothyroid. A substance that promotes the production of T3 & T4 hormones.
Tonic: Syn. general tonic. A substance that improves the function of, energizes and tones the body or a particular tissue or organ.
Tranquilizer: *Syn. sedative.* A substance that reduces the activity of the nervous system without inducing sleep, decrease nervous tension.
Trophorestorative: *Syn. restorative.* A substance that restore the integrity of the tissue.
TSH antagonist: A substance that inhibits the activity of TSH

Uricosuric: A substance that promotes the excretion of uric acid in the urine.
Uterine stimulant: *Syn. oxytocic.* A substance that stimulates uterine contractions.
Uterine tonic: A substance that increases the tome of the uterine muscle.

Vaccinial antidote: an agent that counteracts the side-effects of smallpox vaccine.
Vasoconstrictor: A substance that causes the constriction of blood vessels.
Vasodilator: A substance that causes the dilation of blood vessels.
Vermifuge: *Syn. anthelmintic.* A substance that destroys or inhibits the growth and reproduction of worms, or helps expel them from the body.
Vesicatory: A substance that causes blistering.
Vulnerary: A substance that promotes the healings of wounds when applied topically.

Nervous System	NS
Endocrine	End
Immune System	Imm
Immune/Neoplasia	Imm/Neop
Immune – Infections/EENT	Imm/Inf/EENT
Respiratory System	Rs
Cardiovascular System	CVS
Gastrointestinal System	GIT
Reproductive System	Rep
Urinary System	Ur
Skin	Skin
Musculo-Skeletal	Mus-Sk
Miscellaneous/Restricted Herbs	Misc.

Latin Name	Common Name	System	Cautions	References
Achillea millefolium	Yarrow, Milfoil	Cardiovascular (CVS)	[I_{H-D}] [R_{USE}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HD2, LJ, LG-ITIS
Acorus calamus *[A. americanus]*	Sweet flag, Calamus	Miscellaneous/Restricted Herbs (Misc)	[I_{H-D}] [R_{USE}] [R_{MF}]	BAP, BD, BHP, BT, CA, FH, LJ, LJB, MR, LG-ITIS
Actaea racemosa(GRIN)	see *Cimicifuga racemosa*			
Aesculus hippocastanum	Horse Chestnut	Cardiovascular (CVS)	[I_{H-D}] [R_{USE}] [R_{THM}] [R_{MF}]	BAP, BD, BFE, BGB, BK, BP1, BT, CA, DHC, HD2, MB, LG-ITIS
Agathosma betulina *Barosma betulina*(NA)	Buchu, Bucco, Barosma	Urinary System (Ur)		BAP, BHP, BK, BT, CA, DHC, HD2, LJ, LJB, MR, LG-ITIS
Agrimonia eupatoria *[A. gryposepala]*	Agrimony, Sticklewort	Gastrointestinal (GIT)	[I_{H-D}] [↑Tannins]	BAP, BD, BHP, BP1, BT, CA, DHC, HA2, HD2, MR, PS, LC-SSBM, LG-ITIS
Agropyron repens(NA)	see *Elymus repens*			
Alcea rosea *Althaea rosea*(NA)	Hollyhock, Malva flower	Respiratory System (Rs)	[I_{H-D}]	BD, BT, GM, LJB, LO-PFF, LG-ITIS
Alchemilla arvensis(NA) *A. occidentalis*(NA)	see *Aphanes arvensis*			
Alchemilla monticola *A. vulgaris*(NA) *A. xanthochlora*(NA) *[A. alpine]*	Lady's mantle, Lion's foot, Bear's foot	Reproductive System (Rep)	[↑Tannins]	BAP, BD, BHP, BT, CA, DHC, HD2, LJB, MR, OP, LG-GRIN, LG-ITIS, LO-GBIF
Allium sativum	Garlic, Ajo, Allium	Cardiovascular (CVS)	[I_{H-D}] [R_{USE}]	BAP, BD, BGB, BHP, BP1, BT, CA, CH, DHC, HD2, LJ, LG-ITIS
Alnus spp. *[A. glutinosa]* *[A. rubra]*	Alder	Immune/Neoplasia (Imm/Neop)	[↑Tannins]	BD, CA, FH, OM, SJ, TG1, LC-BOT, LC-SSBM, LG-ITIS
Aloe vera *A. barbadensis*(NA) *A. vulgaris*(NA)	Aloe, Barbados Aloe, Curacao aloe	Skin	[I_{H-D}] [R_{USE}]	BAP, BD, BK, BP1, BT, CA, CH, HA2, LA, LJB, MR, OP, WKH, LG-ITIS
Althaea officinalis	Marshmallow	Gastrointestinal (GIT)	[I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HD2, LG-ITIS
Ananas comosus	Pineapple	Gastrointestinal (GIT)	[I_{H-D}]	BD, BGB, BP1, BT, CA, DJ2, HN, MTM, MPP, SVM, UA, LG-ITIS
Anemone pulsatilla(NA)	see *Pulsatilla vulgaris*			
Angelica archangelica	Angelica, Wild Parsnip	Gastrointestinal (GIT)	[I_{H-D}] [R_{MF}] Root	BAP, BD, BGB, BHP, BP1, BT, CA, DHC, HD2, LJ, OP, LG-ITIS
Angelica sinensis(GRIN)	Dong Quai, Tang-Kuei, Chinese angelica	Reproductive System (Rep)	[I_{H-D}] [R_{MF}]	BAP, BD, BK, BP1, BT, CA, CH, MTM, MPP, OP, RZ, WKH, LG-GRIN, LG-ITIS
Aphanes arvensis *Alchemilla arvensis*(NA) *Alchemilla occidentalis*(NA)	Parsley Piert, Field Parsley Piert	Urinary System (Ur)		BAP, BD, BHP, BT, CA, GM, MR, LO-PFF, LG-ITIS
Apium graveolens	Celery seeds, Wild Celery	Musculo-Skeletal (Mus-Sk)	[R_{USE}] (Ess. oil)	BAP, BD, BHP, BK, BT, CA, DHC, HA2, HD2, LJ, OP, LG-ITIS
Apium petroselinum(NA)	see *Petroselinum crispum*			
Arctium lappa *A. majus*(NA-GRIN)	Burdock, Lappa	Skin	[I_{H-D}]	BAP, BD, BHP, BK, BP1, BT, CA, CH, DHC, HA2, HD2, MR, OP, LG-ITIS

Latin Name	Common Name	System	Cautions	References
Arctostaphylos uva-ursi	Bearberry, Uva Ursi, Kinnikinnick	Urinary System (Ur)	[I_{H-D}] [↑Tannins] [R_{MF}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HA2, HD2, LC-SSBM, LG-ITIS
Arnica montana	Arnica	Musculo-Skeletal (Mus-Sk)	[R_{USE}] [R_{THM}] [R_{MF}] [♣]	BAP, BD, BGB, BHP, BK, BT, CA, DHC, HA2, HD2, LA, LJ, LO-UPSO, LG-ITIS
Artemisia absinthium *[A. annua]*	Wormwood	Gastrointestinal (GIT)	[R_{USE}]	BD, BHP, BK, BT, CA, DHC, HA2, HD2, LJ, MR, RZ, LG-ITIS
Artemisia vulgaris	Mugwort, Wild wormwood	Reproductive System (Rep)		BD, BHP, BT, CA, FH, HA2, HD2, LJB, MR, LG-ITIS
Asclepias ruberosa	Pleurisy	Respiratory System (Rs)	[I_{H-D}] [R_{THM}] [R_{MF}]	BAP, BD, BHP, BK, BT, CA, HA2, HD1, HD2, LG-ITIS
Astragalus membranaceus(GRIN)	Huang Qi, Astragalus	Immune	[I_{H-D}]	BD, BK, BP1, BT, CA, CH, DHC, HD2, MB, RZ, LG-GRIN, LG-ITIS
Atropa belladonna(GRIN)	Deadly Nightshade, Belladonna	Miscellaneous/Restricted Herbs (Misc)	[R_{USE}] [R_{MF}]	BD, BHP, BT, CA, DHC, DJ2, LA, LG-GRIN, LG-ITIS
Avena sativa	Oats, Oatstraw	Nervous System (NS)		BGB, BHP, BK, BP1, BT, CA, DHC, HA2, HD2, OP, LG-ITIS
Azadirachta indica *Melia azadirachta*(NA)	Neem	Skin	[I_{H-D}]	BD, BK, BT, CA, OP, LG-ITIS
Bacopa monnieri *B. monniera*(NA-GRIN) *Bramia monnieri*(NA)	Bacopa, Brahmi, Water Hyssop	Nervous System (NS)	[I_{H-D}]	BK, BP1, CA, WKH, LE-NCROP, LO-HSA, LO-KNMP, LG-ITIS, LG-GRIN
Baptisia tinctoria	Wild Indigo	Immune (Imm)	[R_{USE}] [R_{MF}] [♣]	BD, BHP, BK, BT, CA, GM, HA2, HD1, HD2, MR, DHC, LA, LO-UPSO, LG-ITIS
Barosma betulina(NA)	see *Agathosma betulina*			
Berberis aquifolium(NA)	see *Mahonia aquifolium*			
Berberis vulgaris *[B. aristata*(GRIN)*]*	Barberry, Common Barberry	Immune/Infection/EENT (Imm/Inf/EENT)	[I_{H-D}] [R_{USE}] [↑Alkaloids] [R_{MF}]	BD, BHP, BK, BP1, BT, CA, DHC, HA2, HD2, LA, MR, LC-SSBM, LG-GRIN, LG-ITIS
Beta vulgaris	Beet, Beetroot, Red beet, White beets	Immune/Neoplasia (Imm/Neop)		BT, CA, CE, HE, MPP, SVM, UA, LC-BOT, LC-MB, LC-MB2, LG-ITIS
Betonica officinalis(NA)	see *Stachys officinalis*			
Betula pendula *B. verrucosa*(NA) *[B. alba*(NA) *= B. pubescens]*	Birch, Silver Birch [White Birch]	Musculo-Skeletal (Mus-Sk)	[I_{H-D}] [↑Tannins]	BD, BP1, BT, CA, CH, DHC, HD2, LJ, LJB, MR, PS, LC-SSBM, LG-ITIS
Boletus lucidus(NA-GBIF)	see *Ganoderma lucidum*(GBIF)			
Borago officinalis	Borage, starflower	Endocrine (End)	[I_{H-D}] [R_{USE}]	BAP, BD, BT, CA, CH, DHC, HD1, MR, OP, WKH, LG-ITIS
Bramia monnieri(NA)	see *Bacopa monnieri*			
Bryonia alba *[B. dioica*(NA) *= B. cretica* subsp. *diocia]*	White Bryony	Musculo-Skeletal (Mus-Sk)	[R_{USE}] [R_{MF}]	BD, BHP, BT, CA, DHC, GM, LJB, LO-PFF2, LG-ITIS
Bupleurum falcatum(GRIN) *[B. chinense*(GRIN)*]*	Thorowax, Chai hu	Immune/Neoplasia (Imm/Neop)	[I_{H-D}]	BD, BK, BP1, CA, DHC, HN, MB, WKH, LG-GRIN, LG-ITIS
Calendula officinalis	Calendula, Marigold, Pot Marigold	Skin	[I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HD2, LJ, LG-ITIS
Camellia sinensis *C. Thea*(NA)	Tea, Green Tea	Immune/Neoplasia (Imm/Neop)	[I_{H-D}]	BD, BP1, BT, CA, CH, CM, DJ2, HN, KS, MPP, WKH, LO-PFF2, LG-ITIS
Cannabis sativa	Marijuana, Hemp	Miscellaneous/Restricted Herbs (Misc)	[R_{USE}]	CA, FH, LJB, LA, SM, LO-PFF2, LG-ITIS
Capsella bursa-pastoris *Thlaspi bursa-pastoris*(NA)	Shepherd's purse, Lady's purse	Reproductive System (Rep)	[I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, DHC, HD2, OP, LG-ITIS
Capsicum annuum *C. frutescens*(NA) *[C. pubescens]*	Cayenne, Chili Pepper African Pepper, Tabasco pepper	Cardiovascular (CVS)	[I_{H-D}]	BAP, BD, BGB, BHP, BP1, BT, CA, CH, DHC, HA2, HD2, MTM, MPP, OP, LG-ITIS
Carduus marianus(NA)	see *Silybum marianum*			
Carica papaya	Papaya, Paw paw, Melon tree	Gastrointestinal (GIT)	[I_{H-D}]	BD, BP1, BT, CA, DJ2, HN, LJB, MPP, RZ, SVM, UA, LG-ITIS
Carum Petroselinum(NA)	see *Petroselinum crispum*			
Cassia senna(NA) *C. angustifolia*(NA)	see *Senna alexandrina*			
Caulophyllum thalictroides	Blue Cohosh, Squaw Root	Reproductive System (Rep)	[R_{USE}] [R_{THM}] [I_{H-D}] [R_{MF}] [⚠]	BAP, BD, BHP, BK, BT, CA, CH, DHC, HA2, LO-UPSO, LG-ITIS
Centaurium erythraea *Erythraea centaurium*(NA)	Centaury	Gastrointestinal (GIT)		BAP, BD, BFE, BHP, BT, CA, DHC, HA2, HD2, LJB, MR, , LC-HH, LG-ITIS
Centella asiatica *Hydrocotyle asiatica*(NA)	Gotu Kola	Nervous System (NS)	[R_{THM}] [R_{MF}] (extract)	BAP, BD, BHP, BK, BP1, BT, CA, DHC, RZ, WKH, LG-ITIS
Chamaelirium luteum	False Unicorn Root, Fairywand	Reproductive System (Rep)	[R_{USE}] [R_{MF}] [⚠]	BAP, BD, BHP, BK, BT, CA, DHC, MR, LO-UPSO, LG-ITIS

Latin Name	Common Name	System	Cautions	References
Chamerion angustifolium *Chamaenerion angustifolium*(NA) *Epilobium angustifolium*(NA)	Fireweed, Willow herb	Respiratory System (Rs)		BT, FH, GM, MM1, PS, TG1, TG2, LO-PFF, LO-PFF2, LG-ITIS
Chamomilla recutita(NA)	see *Matricaria recutita*			
Chelidonium majus	Greater/Garden Celandine, Tetterwort	Gastrointestinal (GIT)	[R_{USE}] [R_{MF}]	BD, BHP, BK, BT, CA, HA2, HD1, LA, LJB, MR, LC-HH, LG-ITIS
Chionanthus virginicus	Fringe Tree, Old Man's Beard	Gastrointestinal (GIT)		BD, BHP, BK, BT, CA, DHC, HA2, HD2, LJB, MR, LG-ITIS
Cichorium intybus *[C. endivia]*	Chicory, Succory	Gastrointestinal (GIT)		BD, BFE, BT, CA, DJ2, FH, HA2, LJB, MM1, MR, TG1, LG-ITIS
Cimicifuga racemosa *Actaea racemosa*(GRIN)	Black Cohosh, Squaw Root, Black Snakeroot	Reproductive System (Rep)	[R_{USE}] [I_{H-D}] [R_{MF}] [⚠]	BAP, BD, BGB, BHP, BK, BT, CA, CH, DHC, HD2, LA, RZ, WKH, LO-UPSO, LG-GRIN, LG-ITIS, LO-GBIF
Cinnamomum verum *C. zeylanicum*(NA) *[C. aromaticum]*	Cinnamon,	Gastrointestinal (GIT)	[R_{USE}] (Ess. oil) [I_{H-D}] [↑Tannins] [R_{MF}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, CM, HD1, LJ, MR, LC-SSBM, LG-ITIS
Cnicus benedictus	Blessed Thistle, Holly Thistle	Gastrointestinal (GIT)	[R_{USE}]	BAP, BD, BGB, BHP, BT, CA, DHC, DJ2, HD1, LJB, MR, LG-ITIS
Codonopsis pilosula(GRIN)	Codonopsis, Dang Shen, Poor man's Ginseng	Endocrine (End)		BD, BK, BP1, CA, DHC, LO-PFF2, LO-DD, LG-GRIN, LG-ITIS
Cola nitida *[C. acuminata]* *[C. vera*(GBIF)*]*	Kola nuts, Cola nuts, Ghanja kola	Nervous System (NS)	[I_{H-D}] [↑Tannins]	BAP, BD, BGB, BHP, BT, CA, DHC, HD2, LC-SSBM, LG-ITIS, LG-GRIN,LO-GBIF
Collinsonia Canadensis	Stone Root, Richweed, Knob Root	Urinary System (Ur)	[♣]	BAP, BD, BHP, BT, CA, DHC, HA2, HD2, LJB, MR, LO-UPSO, LG-ITIS
Commiphora myrrha(GRIN) *C. molmol*(NA-GRIN)	Myrrh	Immune System (Imm)	[I_{H-D}]	BAP, BGB, BHP, BK, BP1, BT, CA, CJ, DHC, HD2, LJ, LG-GRIN, LG-ITIS
Convallaria majalis	Lily of the Valley	Cardiovascular (CVS)	[R_{USE}] [I_{H-D}] [R_{MF}]	BD, BHP, BT, CA, DHC, GM, HD1, LJB, MR, PS, LG-ITIS
Coptis chinensis(GRIN) *[C. trifolia]*	Chinese Goldthread, Huang Lia	Gastrointestinal (GIT)	[R_{USE}] [↑Alkaloids] [♣]	BD, CA, FH, LJB, MTM, MPP, LC-SSBM, LO-PFF, LO-PFF2, LO-CAH, LO-UPSO, LG-GRIN, LG-ITIS
Crataegus monogyna *C. oxycantha*(NA) *[C. laevigata]*	Hawthorn	Cardiovascular (CVS)	[R_{USE}] [I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HD2, LG-ITIS
Curcuma longa *C. domestica*(NA)	Turmeric	Immune/Neoplasia (Imm/Neop)	[I_{H-D}]	BD, BGB, BK, BP1, BT, CA, CH, DHC, LJ, HN, MB, LG-ITIS
Cynara scolymus *[C. cardunculus]*	Globe Artichoke, Alcachofa	Gastrointestinal (GIT)	[R_{USE}]	BD, BGB, BK, BP1, CA, DJ2, FH, LJB, WKH, LG-ITIS
Cytisus scoparius *Sarothamnus scoparius*(NA) *[Spartium junceum]*	Broom, Scotch broom	Cardiovascular (CVS)	[R_{USE}] [R_{THM}] [↑Alkaloids] [R_{MF}]	BAP, BD, BHP, BT, CA, DHC, DJ2, FH, LJ, MR, LC-SSBM, LG-ITIS
Datura stramonium *D. tatula*(NA) *[D. innoxia]*	Jimson Weed, Thorn apple	Miscellaneous/Restricted Herbs (Misc)	[R_{USE}] [I_{H-D}] [↑Alkaloids] [R_{MF}]	BD, BHP, BT, CA, DHC, FH, HA2, LA, LJB, MR, TG1, LC-SSBM, LG-ITIS
Daucus carota	Wild Carrot, Bird's nest	Urinary System (Ur)	[I_{H-D}]	BAP, BD, BHP, BT, CA, HA2, HD2, LJ, LO-PFF2, LG-ITIS
Dioscorea villosa *[D. oppositifolia]*	Dioscorea, Wild Yam	Endocrine (End)	[I_{H-D}] [⚠]	BD, BHP, BK, BP1, BT, CA, CH, DHC, HA2, HD2, WKH, LO-UPSO, LG-ITIS
Dracontium foetidum(NA-GRIN) *[Lysichitum americanum]*	see *Symplocarpus foetidus*			
Drimia maritima(GRIN)	see *Urginea maritima*			
Echinacea spp. *[E. angustifolia], [E. purpurea],* *[E. pallida]*	Echinacea, Coneflower	Immune System (Imm)	[I_{H-D}] [⚠]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, CJ, DHC, HA2, HD2, MB, RZ, LO-UPSO, LG-ITIS
Echinopanax horridus(NA)	see *Oplopanax horridus*			
Eleutherococcus senticosus	Eleuthero, Siberian Ginseng	Endocrine (End)	[R_{USE}] [I_{H-D}]	BAP, BD, BGB, BK, BP1, BT, CA, CH, DHC, HD2, LG-ITIS
Elymus repens *Agropyron repens*(NA) *Elytrigia repens*(NA) *Triticum repens*(NA)	Couchgrass, Triticum	Urinary System (Ur)	[I_{H-D}]	BAP, BD, BHP, BK, BP1, BT, CA, DHC, FH, HA2, HD2, MR, LG-GRIN, LG-ITIS, LO-GBIF
Ephedra sinica *[E. equisentina]* *[E. distachya]*	Ephedra, Ma Huang	Respiratory System (Rs)	[R_{USE}] [I_{H-D}] [R_{MF}] [↑Tannins] & [↑Alkaloids]	BAP, BD, BGB, BHP, BP1, BT, CA, CH, DHC, HD2, LC-SSBM, LG-ITIS
Epilobium angustifolium(NA)	see *Chamerion angustifolium*			
Equisetum arvense	Horsetail, Butterbrush	Urinary System (Ur)	[R_{USE}]	BD, BGB, BHP, BK, BP1, BT, CA, DHC, HA2, HD2, MR, OP, LG-ITIS

Latin Name	Common Name	System	Cautions	References
Erythraea centaurium(NA)	see *Centaurium erythraea*			
Eschscholzia californica	California poppy	Nervous System (NS)	[I_{H-D}] [↑Alkaloids]	BD, BK, BP1, BT, CA, DHC, HD2, MM1, TG1, LC-SSBM, LG-ITIS
Eucalyptus globulus	Eucalyptus, Blue Gum, Tasmanian Blue Gum	Respiratory System (Rs)	[R_{USE}] [I_{H-D}]	BAP, BD, BGB, BP1, BT, CA, DHC, HA2, HD2, LJ, LG-ITIS
Eupatorium perfoliatum	Boneset, Feverwort	Immune/Infection/EENT (Imm/Inf/EENT)		BAP, BD, BHP, BT, CA, DJ2, HA2, HD2, LJB, MR, LG-ITIS
Eupatorium purpureum	Gravel Root, Joy Pye, Queen of the Meadows	Urinary System (Ur)	[R_{USE}]	BAP, BD, BHP, BT, CA, DHC, HA2, HD2, MR, LJB, OP, LG-ITIS
Euphrasia rostkoviana *[E. officinalis*(NA) *= E. stricta]*	Eye Bright, Euphrasia	Immune/Infection/EENT (Imm/Inf/EENT)	[⚠]	BAP, BD, BHP, BK, BP1, BT, CA, DHC, HD2, MB, LO-UPSO, LG-ITIS
Filipendula ulmaria *Spiraea ulmaria*(NA)	Meadowsweet, Queen of the Meadows	Gastrointestinal (GIT)	[I_{H-D}]	BAP, BD, BGB, BHP, BK, BT, CA, CH, DHC, HD2, LG-ITIS
Foeniculum vulgare	Fennel	Gastrointestinal (GIT)	[R_{USE}] [I_{H-D}]	BD, BGB, BHP, BK, BP1, BT, CA, DHC, HD2, LJ, LG-ITIS
Frangula alnus *Rhamnus frangula*(NA)	Buckthorn	Gastrointestinal (GIT)	[R_{USE}] [I_{H-D}]	BAP, BD, BGB, BHP, BT, CA, LJB, LG-ITIS
Frangula purshiana *Rhamnus purshiana*(NA)	Cascara sagrada	Gastrointestinal (GIT)	[R_{USE}] [I_{H-D}] [♠]	BAP, BD, BGB, BHP, BK, BT, CA, DHC, HA2, HD1, LJB, LO-UPSO, LG-ITIS
Fucus spp. *[F. vesiculosus]*	Kelp, Bladderwrack, Seawrack	Endocrine (End)	[R_{USE}] [I_{H-D}]	BD, BHP, BK, BP1, BT, CA, DHC, HD2, LG-ITIS
Galega officinalis	Goat's root, French lilac	Endocrine (End)	[R_{USE}] [I_{H-D}]	BD, BHP, BK,BT, CA, DHC, HD2, LG-ITIS
Galium aparine	Cleavers, Clivers, Goosegrass	Immune System (Imm)		BAP, BD, BHP, BK, BT, CA, CJ, DHC, HD2, MB, MM1, MR, LG-ITIS
Ganoderma lucidum(GBIF) *Boletus lucidus*(NA-GBIF) *Polyporus lucidus*(NA-GBIF)	Reishi mushroom, Ling chih	Immune/Neoplasia (Imm/Neop)	[R_{USE}]	BD, BP1, BT, DHC, HC, HN, WKH, LG-GRIN, LG-ITIS, LO-GBIF
Gelsemium sempervirens	Yellow Jasmine	Miscellaneous/Restricted Herbs (Misc)	[R_{USE}] [R_{THM}] [↑Alkaloids] [R_{MF}]	BD, BHP, BT, CA, DHC, HA2, LJB, LC-SSBM, LG-ITIS
Gentiana lutea	Gentian, Gentiana, Bitter root, Yellow Gentian	Gastrointestinal (GIT)	[R_{USE}] [♠]	BAP, BD, BFE, BGB, BHP,BK, BP1, BT, CA, DHC, HD2, LO-UPSO, LG-ITIS
Geranium maculatum	American Cranesbills	Skin	[↑Tannins]	BD, BHP, BK, BT, CA, HA2, HD2, LJB, MR, TG2, LC-SSBM, LO-PFF, LO-PFF2, LC-HH, LG-ITIS
Geranium robertianum	Herb Robert	Skin		BD, BT, CA, LJB, LO-PFF, LO-PFF2, LC-HH, LG-ITIS
Ginkgo biloba	Ginkgo, Maiddenhair tree	Cardiovascular (CVS)	[R_{USE}] [I_{H-D}] [R_{MF}]	BAP, BD, BGB, BK, BP1, BT, CA, CH, DHC, HD2, LG-ITIS
Glechoma hederacea *Nepeta heredacea*(NA)	Ground Ivy, Alehoof	Immune/Infection/EENT (Imm/Inf/EENT)		BAP, BD, BHP, BT, CA, CJ, DHC, LG-ITIS
Glycyrrhiza glabra	Licorice, Liquorice, Sweet root	Endocrine (End)	[I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HD2, MB, LG-ITIS
Grindelia camporum *[G. squarrosa]*	Gumweed, Grindelia, Gumplant	Respiratory System (Rs)		BD, BHP, BK, BT, CA, DHC, FH, HD2, MM1, LG-ITIS
Guajacum officinale *Guaiacum officinale*(GRIN)	Guaiacum, Guaiac, Lignum Vitae	Musculo-Skeletal (Mus-Sk)	[R_{USE}] [I_{H-D}] [↑Tannins]	BAP, BD, BHP, BT, CA, DHC, GM, HD2, LJB, LC-SSBM, LG-GRIN, LG-ITIS, LO-GBIF
Gymnema sylvestre	Gymnema, Meshashringi	Endocrine (End)	[R_{USE}] [I_{H-D}]	BK, DJ2, HN, WF, LO-DD, LG-ITIS
Hamamelis virginiana	Witch Hazel	Skin	[R_{USE}] [↑Tannins]	BAP, BD, BGB, BHP, BP1, BT, CA, DHC, HA2, HD2, MR, LC-SSBM, LG-ITIS
Harpagophytum procumbens(GRIN) *Uncaria procumbens* (NA-GRIN)	Devil's Claw	Musculo-Skeletal (Mus-Sk)	[R_{USE}] [I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HD2, LG-ITIS, LG-GRIN
Humulus lupulus	Hops	Nervous System (NS)	[I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HA2, HD2, LJ, OP, WKH, LC-BOT, LG-ITIS
Hydrangea arborescens	Hydrangea, Seven Barks	Urinary System (Ur)		BAP, BD, BHP, BK, BT, CA, DHC, HA2, HD2, LJB, MR, LG-ITIS
Hydrasties canadensis	Goldenseal, Yellow root	Immune System (Imm)	[R_{THM}] [I_{H-D}] [↑Alkaloids] [R_{MF}] [⚠]	BAP, BD, BHP, BK, BP1, BT, CA, CH, CJ, DHC, HA2, HD2, OP, RZ, LC-SSBM, LO-UPSO, LG-ITIS
Hydrocotyle asiatica(NA)	see *Centella asiatica*			
Hyoscyamus niger	Henbane	Miscellaneous/Restricted Herbs (Misc)	[R_{USE}] [R_{MF}] [↑Alkaloids]	BD, BT, CA, DHC, FH, HA2, LA, LJB, LC-SSBM, LG-ITIS
Hypericum perforatum	St. john Wort	Nervous System (NS)	[R_{USE}] [I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HA2, HD2, LG-ITIS, LO-GBIF
Hyssopus officinalis	Hyssop	Respiratory System (Rs)	[R_{USE}]	BD, BHP, BT, CA, CM, DHC, HD2, LJ, MR, LG-ITIS

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Ilex paraguariensis	Maté, Yerba Maté, Jesuit Tea	Nervous System (NS)	[I_{H-D}]	BAP, BD, BGB, BHP, BP1, BT, CA, DJ2, LJB, LG-ITIS
Inula helenium *[I. racemosa]*	Elecampane, Scabwort	Respiratory System (Rs)	[I_{H-D}]	BAP, BD, BHP, BK, BP1, BT, CA, DHC, HA2, HD2, LJ, LG-ITIS
Iris versicolor	Blue Flag, Wild Iris	Skin		BAP, BD, BHP, BK, BT, CA, DHC, HA2, HD2, LJB, MR, LG-ITIS
Juglans cinerea	White Walnut	Immune/Infection/EENT (Imm/Inf/EENT)	[↑Tannins]	BD, BHP, CA, CJ, HA2, LJB, OP, LC-SSBM, LO-PFF2, LG-ITIS
Juglans nigra	Black Walnut	Immune/Infection/EENT (Imm/Inf/EENT)	[↑Tannins]	CA, CJ, BFE, DHC, DJ2, FH, GM, HA2, LJB, WKH, LC-SSBM, LO-PFF2, LG-ITIS
Juniperus communis	Juniper	Musculo-Skeletal (Mus-Sk)	[R_{USE}] [I_{H-D}] [R_{MF}]	BAP, BD, BGB, BHP, BT, CA, CH, DHC, HA2, HD2, LJ, LG-ITIS
Lactuca virosa	Wild Lettuce, Bitter lettuce	Nervous System (NS)	[R_{USE}]	BAP, BD, BHP, BT, CA, DHC, FH, HD2, LJB, MR, LG-ITIS
Larrea tridentata	Chaparral	Immune/Neoplasia (Imm/Neop)	[R_{THM}] [I_{H-D}] [R_{MF}]	BAP, BD, BP1, BT, CA, CH, DHC, WKH, LG-ITIS
Lavandula angustifolia, *L. spica*(NA) *L. vera*(NA) *L. officinalis*(NA) *[L. x intermedia]*	Lavender, English lavender [Lavandin]	Immune/Infection/EENT (Imm/Inf/EENT)	[R_{USE}] (Ess. oil internally)	BD, BGB, BHP, BK, BP1, BT, CA, DHC, HD2, LJ, MR, LO-GCW, LG-ITIS,
Ledum spp. *[L. groenlandicum]* *[L. palustre]*	Labrador Tea	Immune/Infection/EENT (Imm/Inf/EENT)	[R_{USE}]	BD, BT, FH, GE, GM, HA2, LJB, LC-BOT, LO-PFF2, LG-ITIS
Lentinula edodes(GBIF) *Lentinus edodes*(NA-GBIF)	Shiitake mushroom	Immune/Neoplasia (Imm/Neop)		BP1, BT, DHC, HC, HN, LG-GRIN, LG-ITIS, LO-GBIF
Leonurus cardiaca	Motherwort	Cardiovascular (CVS)	[I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, DHC, HA2, HD2, LG-ITIS
Lepidium meyenii	Maca	Reproductive System (Rep)		BP2, WKH, LO-PFF2, LO-HM, LO-MA1, LO-MA2, LG-ITIS
Levisticum officinale *[Ligusticum porteri]* *[Ligusticum levisticum*(GBIF)*]*	Lovage [Osha, Poster's licorice root]	Immune/Infection/EENT (Imm/Inf/EENT)	[⚠]	BD, BHP, BP1, BT, CA, DHC, LJ, MR, OP, LO-UPSO, LG-GRIN, LG-ITIS, LO-GBIF
Linum usitatissimum	Flax seeds, Linseed, Linum	Gastrointestinal (GIT)	[I_{H-D}]	BD, BGB, BHP, BT, CA, CH, HN, OP, WKH, LC-BOT, LG-ITIS
Lobelia inflata	Indian tobacco, Lobelia	Respiratory System (Rs)	[R_{USE}] [I_{H-D}] [↑Alkaloids] [R_{MF}] [♠]	BAP, BD, BHP, BT, CA, CH, DHC, HA2, HD2, MR, RZ, LC-SSBM, LO-UPSO, LG-ITIS
Lomatium dissectum	Fernleaf Biscuit Root, Lomatium, Desert Parsley	Immune/Infection/EENT (Imm/Inf/EENT)	[⚠]	FH, DHC, LO-PFF2, LO-UPSO, LG-ITIS
Lycopus virginicus *[L. europaeus], [L. americanus]*	Bugleweed, Gypsywort	Endocrine (End)	[R_{USE}] [I_{H-D}]	BD, BHP, BK, BT, CA, DHC, FH, HD2, HN, LG-ITIS
[Lysichitum americanum]	see *Symplocarpus foetidus*			
Mahonia aquifolium *Berberis aquifolium*(NA)	Oregon Grape	Immune System (Imm)	[I_{H-D}] [↑Alkaloids] [R_{MF}] [♠]	BHP, BK, BP1, BT, CA, CJ, DHC, MR, HD1, HD2, LC-SSBM, LO-UPSO, LG-ITIS
Marrubium vulgare	White Horehound, Horehound	Respiratory System (Rs)		BAP, BD, BGB, BHP, BK, BP1, BT, CA, DHC, HD2, LG-ITIS
Matricaria recutita *M. chamomilla*(NA) *Chamomilla recutita*(NA)	German Chamomile, Wild Chamomile	Gastrointestinal (GIT)	[R_{USE}] (Ess. oil) [I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HD2, LA, LJ, LG-ITIS
Medicago sativa	Alfalfa, Lucerne, Purple Medick	Gastrointestinal (GIT)	[I_{H-D}]	BAP, BD, BHP, BP1, BT, CA, CH, DHC, WKH, LG-GRIN, LG-ITIS
Melia azadirachta(NA)	see *Azadirachta indica*		[I_{H-D}]	
Melissa officinalis	Lemon Balm	Nervous System (NS)	[R_{USE}] (Ess. oil) [I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HD2, LJ, OP, LG-ITIS
Mentha X *piperita*	Peppermint	Gastrointestinal (GIT)	[R_{USE}] (Ess. oil) [I_{H-D}]	BD, BGB, BHP, BK, BP1, BT, CA, CH, HA2, HD2, LJ, LG-ITIS
Menyanthes trifoliata	Buckbean, Bogbean	Musculo-Skeletal (Mus-Sk)		BAP, BD, BHP, BT, CA, DHC, FH, HD2, LJB, MR, LG-ITIS
Mitchella repens	Partridge Berry, Squad vine	Reproductive System (Rep)	[♣]	BD, BHP, BT, CA, DHC, DJ2, HA2, HD2, MR, LO-UPSO, LG-ITIS
Morella cerifera *Myrica cerifera*(NA)	Bayberry, Wax Myrtle	Immune/Infection/EENT (Imm/Inf/EENT)	[R_{THM}] [I_{H-D}] [↑Tannins] [R_{MF}]	BAP, BD, BHP, BT, CA, DHC, HD2, LJB, MR, LC-SSBM, LO-PFF2, LG-ITIS
Nepeta cataria	Catnip	Immune/Infection/EENT (Imm/Inf/EENT)		BD, BHP, BP1, BT, CA, DHC, FH, HD1, HD2, MM1, MR, TG1, TN, LG-ITIS
Nepeta heredacea(NA)	see *Glechoma hederacea*			
Olea europea	Olive	Cardiovascular (CVS)		BD, BFE, BK, BP1, BT, CA, WKH, LC-BOT, LG-ITIS
Oplopanax horridus *Echinopanax horridus*(NA)	Devil's Club	Musculo-Skeletal (Mus-Sk)	[♣]	DHC, FH, GE, PM, TG1, LO-ANC, LO-PFF, LG-ITIS

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Origanum vulgare	Oregano, Wild Marjoram	Immune/Infection/EENT (Imm/Inf/EENT)		BD, BT, CA, CM, DHC, LJ, LG-ITIS
Panax ginseng *[P. quinquefolius]*	Korean / Chinese Ginseng	Endocrine (End)	[I_{H-D}] [⚠]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HA2, HD2, LO-UPSO, LG-ITIS
Parietaria judaica *P. diffusa*(NA)	Pellitory of the Wall	Urinary System (Ur)		BD, BHP, BT, CA, DHC, HD2, MR, LO-PFF2, LG-ITIS
Passiflora incarnata	Passion Flower	Nervous System (NS)	[I_{H-D}] [↑Alkaloids]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HA2, HD2, OP, LC-SSBM, LG-ITIS
Pausinystalia johimbe(GRIN)	Yohimbe	Reproductive System (Rep)	[R_{USE}] [I_{H-D}] [R_{MF}]	BD, BGB, BT, BP1, CA, CH, DJ2, HN, RZ, LG-GRIN, LG-ITIS, LO-GBIF
Petroselinum crispum *P. sativum*(NA) *Apium petroselinum*(NA) *Carum Petroselinum*(NA)	Parsley	Urinary System (Ur)	[I_{H-D}] [R_{MF}] Oil	BAP, BD, BGB, BHP, BT, CA, DHC, HA2, HD2, LJ, MR, WKH, LG-GRIN, LG-ITIS
Phytolacca americana *P. decandra*(NA) = *P. americana* var. *americana*	Poke Root, Poke weed	Immune System (Imm)	[R_{USE}] [I_{H-D}] [R_{MF}]	BAP, BD, BHP, BK, BT, CA, DHC, MB, HA2, HD2, OP, LG-ITIS
Piper methysticum *[P. sanctum*(GRIN)*]*	Kava-Kava	Musculo-Skeletal (Mus-Sk)	[R_{USE}] [I_{H-D}] [R_{MF}] [♠]	BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HD2, LO-UPSO, LG-ITIS, LG-GRIN
Piscidia piscipula *P. erythrina*(NA)	Jamaican Dogwood	Nervous System (NS)	[I_{H-D}]	BAP, BD, BHP, BK, BT, CA, GM, HD1, HD2, MR, DHC, LG-ITIS
Plantago spp. *[P. major], [P. lanceolata]*	Plantain, [Common , Broadleaf Plantain], [English Plantain]	Respiratory System (Rs)		BAP, BD, BGB, BHP, BT, CA, DHC, FH, HA2, HD2, MM1, PS, LG-ITIS
Plantago psyllium *P. arenaria*(NA) *[P. ovata]*	Psyllium, Flea Seed	Gastrointestinal (GIT)	[R_{USE}] [I_{H-D}]	BAP, BD, BGB, BHP, BP1, BT, CA, CH, OP, LG-ITIS
Polyporus lucidus(NA-GBIF)	see *Ganoderma lucidum*(GBIF)			
Potentilla erecta *P. tormentilla*(NA-GBIF)	Tormentilla	Immune/Infection/EENT (Imm/Inf/EENT)	[↑Tannins]	BD, BHP, BT, CA, DHC, HA2, MM1, MR, LC-SSBM, LG-GRIN, LG-ITIS, LO-GBIF
Primula veris	Cowslip, Primula, Paigle, Peagle	Respiratory System (Rs)	[I_{H-D}]	BAP, BD, BHP, BT, CA, DHC, HA2, HD1, MR, LC-BOT, LG-ITIS
Prunus serotina *[P. virginiana]*	Wild Black Cherry, Black Cherry, Wild Cherry	Respiratory System (Rs)	[↑Tannins] [R_{MF}]	BD, BFE, BHP, BK, BT, CA, CM, DHC, HA2, HD1, HD2, MM1, MR, TG1, LC-SSBM, LG-ITIS
Pulsatilla vulgaris *Anemone pulsatilla*(NA)	Pasque Flower, Pulsatilla	Reproductive System (Rep)	[R_{USE}]	BAP, BD, BHP, BK, BT, CA, HD2, LJB, MR, LO-PS, LG-GRIN, LG-ITIS, LO-GBIF
Quercus robur *[Q. alba]*	Oak Bark, English Oak [White oak]	Immune/Infection/EENT (Imm/Inf/EENT)	[I_{H-D}] [↑Tannins]	BD, BFE, BGB, BHP, BT, CA, DHC, HA2, HD2, MM1, LC-SSBM, LG-ITIS
Rhamnus frangula(NA)	see *Frangula alnus*			
Rhamnus purshiana(NA)	see *Frangula purshiana*			
Rhodiola rosea	Rhodiola	Nervous System (NS)		HN, LO-PFF2, LO-RHG, LO-CO, LO-NBSC, LG-ITIS
Rosa spp.	Rose	Gastrointestinal (GIT)	[R_{USE}] (Ess. oil, int. use) [↑Tannins]	BD, BFE, BHP, BT, CA, CH, CM, DJ2, FH, HD1, LJ, LJB, MR, OP, PS, LC-SSBM, LG-ITIS
Rosmarinus officinalis	Rosemary	Nervous System (NS)	[I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HD2, LJ, OP, LG-ITIS
Rubus corchorifolius(GRIN) *R. villosus*(NA-GRIN) *[R. fructicosus], [R. occidentales]*	Blackberry	Gastrointestinal (GIT)	[↑Tannins]	BD, BT, CA, CM, DJ2, FH, HA2, HD2, LJB, LC-SSBM, LG-GRIN, LG-ITIS
Rubus idaeus	Raspberry	Reproductive System (Rep)	[R_{USE}] (pregnancy) [I_{H-D}] [↑Tannins]	BAP, BD, BHP, BK, BP1, BT, CA, DHC, HD2, OP, LC-SSBM, LG-ITIS
Rumex crispus	Yellow dock, Curled Dock	Skin	[I_{H-D}] [↑Tannins]	BAP, BD, BHP, BK, BT, CA, DHC, HA2, HD2, LJB, MR, LC-SSBM, LG-ITIS
Salix spp.	Willow	Musculo-Skeletal (Mus-Sk)	[I_{H-D}]	BAP, BD, BFE, BGB, BHP, BP1, BT, CA, CH, DHC, HA2, HD2, LG-ITIS
Salvia officinalis *[S. lavandulifolia*(GRIN)*]*	Sage, Red Sage	Immune/Infection/EENT (Imm/Inf/EENT)	[I_{H-D}] [R_{MF}] Oil	BAP, BD, BGB, BHP, BK, BT, CA, DHC, HA2, HD1, HD2, LJ, OP, WKH, LG-GRIN, LG-ITIS
Sambucus nigra *S. canadensis*(NA) = *S. nigra ssp. canadensis*	Elder	Immune System (Imm)	[I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HA2, HD2, OP, SJ, LG-ITIS

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Sanguinaria Canadensis	Blood Root, Red Indian Paint	Immune/Infection/EENT (Imm/Inf/EENT)	[R_{USE}] [↑Alkaloids] [R_{MF}] [⚠]	BAP, BD, BHP, BT, CA, DHC, HA2, HD2, MR, WKH, LC-SSBM, LO-UPSO, LG-ITIS
Sarothamnus scoparius(NA) *[Spartium junceum]*	see *Cytisus scoparius*			
Schisandra chinensis(GRIN)	Schisandra, Wu Wei Zi	Endocrine (End)	[I_{H-D}]	BD, BK, BP1, BT, CA, HN, WF, WKH, LG-GRIN, LG-ITIS
Scrophularia nodosa	Figwort, Throatwort	Skin	[I_{H-D}]	BAP, BD, BHP, BT, CA, DHC, HD2, LJB, MR, OP, LG-ITIS
Scutellaria baicalensis(GRIN)	Baical / Baikal Skullcap, Chinese Skullcap, Huang qin	Nervous System (NS)	[I_{H-D}]	BAP, BD, BK, BP1, CA, CH,, DJ2, OP, LG-GRIN, LG-ITIS
Scutellaria lateriflora	Skullcap	Nervous System (NS)	[I_{H-D}]	BAP, BD, BHP, BK, BT, CA, CH, DHC, HA2, HD2, MR, OP, LG-GRIN, LG-ITIS
Senna alexandrina *Cassia senna*(NA) *C. angustifolia*(NA)	Senna	Gastrointestinal (GIT)	[R_{USE}] [I_{H-D}]	BAP, BD, BGB, BHP, BT, CA, HA2, HD2, MR, WKH, LG-ITIS
Serenoa repens *S. serrulata*(NA)	Saw Palmetto	Reproductive System (Rep)	[I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HD2, LG-ITIS
Silybum marianum *Carduus marianus*(NA)	Milk Thistle, Blessed Thistle	Gastrointestinal (GIT)	[I_{H-D}]	BAP, BD, BGB, BK, BP1, BT, CA, CH, DHC, HD2, HN, WKH, LG-ITIS
Smilax spp. *[S. aristolochiifolia],* *[S. regelii = S. officinalis*(NA-GRIN)*]* *[S. ornata*(GRIN)*]* *[S. febrifuga*(GRIN)*]*	Sarsaparilla	Skin	[I_{H-D}]	BAP, BD, BHP, BK, BP1, BT, CA, DHC, HD2, WKH, LG-GRIN, LG-ITIS
Solidago virgaurea(GRIN) *[S. canadensis]*	European Golden Rod [Canadian Golden Rod]	Urinary System (Ur)		BD, BGB, BHP, BK, BT, CA, DHC, HA2, HD2, MR, LG-GRIN, LG-ITIS
[Spartium junceum]	see *Cytisus scoparius*			
Spiraea ulmaria(NA)	see *Filipendula ulmaria*			
Stachys officinalis *S. betonica*(NA-GRIN) *Betonica officinalis*(NA)	Betony, Wood betony	Nervous System (NS)		BD, BHP, BT, CA, CJ, DHC, HD2, MR, OP, LG-GRIN, LG-ITIS
Stellaria media	Chickweed	Skin		BD, BHP, BK, BT, CA, DHC, FH, HA2, HD2, LJB, MR, OP, PS, LG-ITIS
Symphytum officinale *S. uliginosum*(NA)	Comfrey, Knitbone	Skin	[R_{USE}] [R_{THM}] [I_{H-D}] [R_{MF}]	BAP, BD, BHP, BP1, BT, CA, CH, DHC, FH, HA2, HD2, RZ, WKH, LG-ITIS
Symplocarpus foetidus *Dracontium foetidum*(NA-GRIN) *[Lysichitum americanum]*	Skunk cabbage [Yellow Skunk Cabbage]	Respiratory System (Rs)		BAP, BD, BHP, BT, CA, DJ2, FH, HA2, HD1, HD2, MR, LO-MPS, LN-MSK, LG-GRIN, LG-ITIS, LO-GBIF
Tabebuia impetiginosa(GRIN) *T. avellanedae*(NA-GRIN)	Pau D'arco, Lapacho	Immune System (Imm)	[I_{H-D}]	BD, BK, BP1, BT, CA, CH, MB, WKH, LG-GRIN, LG-ITIS
Tanacetum parthenium	Feverfew	Nervous System (NS)	[I_{H-D}]	BAP, BD, BK, BP1, BT, CA, CH, DHC, HD2, HA2, LG-ITIS
Tanacetum vulgare	Tansy	Skin	[R_{USE}] [I_{H-D}] [R_{MF}] Oil	BAP, BD, BHP, BT, CA, HA2, LJ, LG-ITIS
Taraxacum officinale	Dandelion	Gastrointestinal (GIT)	[R_{USE}] [I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HA2, HD2, LG-ITIS
Taxus brevifolia *[T. baccata]*	Western Yew, Pacific Yew	Immune/Neoplasia (Imm/Neop)		BD, CA, GE, FH, HD2, OM, LC-BOT, LG-ITIS
Thea sinensis(NA)	see *Camellia sinensis*			
Thlaspi bursa-pastoris(NA)	see *Capsella bursa-pastoris*			
Thuja occidentalis	Thuja, White Cider, Arborvitae	Immune/Infection/EENT (Imm/Inf/EENT)	[R_{USE}] [R_{MF}]	BD, BHP, BK, BT, CA, DHC, HA2, HD2, LA, LJ, LJB, MR, LG-GRIN, LG-ITIS
Thymus vulgaris	Thyme, Common Thyme, Garden Thyme	Respiratory System (Rs)		BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HD2, LJ, LG-ITIS
Tilia X *vulgaris* *T. europaea*(NA) *[T.* X *europaea]* *[T. cordata]* *[T. platyphyllos]*	Linden, Lime flower	Cardiovascular (CVS)	[I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, DHC, HA2, HD2, LJ, LO-PFF, LG-ITIS
Trifolium pratense *[T. repens]*	Red clover	Immune/Neoplasia (Imm/Neop)	[I_{H-D}]	BAP, BD, BHP, BK, BT, CA, CH, DHC, HA2, HD2, HN, LG-ITIS
Trigonella foenum-graecum	Fenugreek	Endocrine (End)	[I_{H-D}]	BAP, BD, BGB, BK, BP1, BT, CA, CH, DHC, LG-ITIS
Trillium erectum *[T. ovatum]* *[T. pendulum*(GBIF)*]*	Bethroot, Birthroot	Reproductive System (Rep)	[R_{USE}] [↑Tannins] [⚠]	BD, BHP, BT, CA, DHC, FH, HA2, HD1, MR, LC-SSBM, LO-UPSO, LG-ITIS, LG-GRIN, LO-GBIF
Triticum repens(NA)	see *Elymus repens*			
Turnera diffusa *T. aphrodisiaca*(NA)	Damiana	Reproductive System (Rep)	[I_{H-D}]	BAP, BD, BHP, BK, BP1, BT, CA, DHC, HA2, HD1, MR, LG-ITIS

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Tussilago farfara	Coltsfoot, Farfara, Coughwort	Respiratory System (Rs)	[R_{THM}] [I_{H-D}] [↑Alkaloids] [R_{MF}]	BAP, BD, BHP, BP1, BT, CA, CH, DHC, HA2, HD2, WKH, LC-SSBM, LG-ITIS
Ulmus rubra *U. fulva*(NA)	Slippery Elm, Red Elm, Indian Elm	Gastrointestinal (GIT)	[I_{H-D}] [⚠]	BAP, BD, BFE, BHP, BP1, BT, CA, CH, DHC, HA2, HD2, RZ, LO-UPSO, LG-ITIS
Uncaria procumbens (NA-GRIN)	see *Harpagophytum procumbens*(GRIN)			
Uncaria tomentosa(GRIN)	Cat's Claw, Uña de Gato	Immune System (Imm)	[R_{USE}] [I_{H-D}]	BAP, BD, BK, BP1, CH, DJ2, RZ, WKH, LG-GRIN, LG-ITIS
Urginea maritima *U. scilla*(NA) *Drimia maritima*(GRIN)	Squill, Red squill, White Squill	Respiratory System (Rs)	[R_{USE}] [I_{H-D}] [R_{MF}]	BAP, BD, BHP, BHP, BT, CA, HD1, LA, LG-ITIS, LG-GRIN, LO-GBIF
Urtica dioica	Nettle, Stinging Nettle	Skin	[R_{USE}] (root) [I_{H-D}]	BAP, BD, BGB, BHP, BK, BT, CA, CH, DHC, HA2, HD2, LG-ITIS
Usnea spp.	Usnea, Old man's beard, Beard lichen, Treemoss	Immune/Infection/EENT (Imm/Inf/EENT)		BGB, DHC, LJ, TG1, LG-ITIS, LC-ML1, LE-ML2, LE-ML3, LG-ITIS
Vaccinium myrtillus	Bilberry	Cardiovascular (CVS)	[I_{H-D}] [↑Tannins]	BAP, BD, BGB, BK, BP1, BT, CA, CH, LC-SSBM, LG-ITIS
Valeriana officinalis *[V. wallichii*(NA-GRIN)*]*	Valerian	Nervous System (NS)	[I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, CJ, DHC, HD2, LJ, OP, SJ, SVM, TG, TN, UA, WKH, LG-GRIN, LG-ITIS
Verbascum thapsus *[V. densiflorum]* *[V. phlomoides]*	Mullein	Respiratory System (Rs)		BD, BGB, BHP, BK, BP1, BT, CA, DHC, FH, HA2, HD2, LG-ITIS
Verbena officinalis *[V. hastate]*	Vervain, Verbena, Ma Bian Cao	Nervous System (NS)	[I_{H-D}]	BAP, BD, BFE, BHP, BK, BT, CA, CM, DHC, HD2, OP, LG-ITIS
Viburnum opulus	Cramp bark	Cardiovascular (CVS)	[R_{MF}] Berry	BD, BHP, BK, BT, CA, DHC, HA2, HD1, HD2, MR, WKH, LG-ITIS
Viburnum prunifolium	Black Haw, Sweet Viburnum	Reproductive System (Rep)	[I_{H-D}]	BD, BHP, BK, BT, CA, DHC, DJ2, HA2, HD2, MR, LG-ITIS
Viola odorata *[V. striata]*	Sweet violet	Immune/Neoplasia (Imm/Neop)		BD, BHP, BT, CA, DHC, HA2, HD2, LJ, TG, LG-ITIS
Viola tricolor *[V. odorata]*	Heartsease, Wild pansy	Skin	[R_{USE}]	BD, BHP, BT, CA, DHC, HD1, MB, OP, TG1, LG-ITIS
Viscum album	Mistletoe	Immune/Neoplasia (Imm/Neop)	[R_{USE}] [R_{THM}] [I_{H-D}] [R_{MF}]	BAP, BD, BHP, BK, BP1, BT, CA, CH, DHC, LG-ITIS
Vitex agnus-castus	Chaste Berry, Chaste Tree, Agnus Castus, Vitex	Reproductive System (Rep)	[I_{H-D}]	BAP, BD, BGB, BK, BP1, BT, CA, CH, DHC, HD2, RZ, WKH, LG-ITIS
Withania somnifera	Ashwagandha, Withania, Indian ginseng	Endocrine (End)	[I_{H-D}]	BD, BK, BP1, CA, DHC, HN, MB, OP, RZ, WKH, LG-ITIS
Yucca spp.	Yucca	Musculo-Skeletal (Mus-Sk)		BAP, BT, DJ2, FH, MM1, RZ, TG1, LO-PFF2, LG-ITIS
Zanthoxylum spp. *[Z. americanum]* *[Z. clava-herculis]*	Prickly Ash, Toothache Tree	Musculo-Skeletal (Mus-Sk)	[I_{H-D}]	BAP, BD, BHP, BK, BP1, BT, CA, DHC, HA2, HD2, MR, LG-GRIN, LG-ITIS, LO-GBIF
Zea maiz	Corn silk, Stigma Maydis, Indian Corn	Urinary System (Ur)	[I_{H-D}]	BAP, BD, BHP, BK, BP1, BT, CA, DHC, HA2, HD2, LJB, MR, LG-ITIS
Zingiber officinale	Ginger	Cardiovascular (CVS)	[R_{USE}] [I_{H-D}]	BAP, BD, BGB, BHP, BK, BP1, BT, CA, CH, DHC, HD2, LJ, MB, MTM, MPP, LG-ITIS

Nervous System	NS
Endocrine	End
Immune System	Imm
Immune/Neoplasia	Imm/Neop
Immune – Infections/EENT	Inf/EENT
Respiratory System	Rs
Cardiovascular System	CVS
Gastrointestinal System	GIT
Reproductive System	Rep
Urinary System	Ur
Skin	Skin
Musculo-Skeletal	Mus-Sk
Miscellaneous/Restricted Herbs	Misc.

Common Name	Refer to	System
African pepper	*Capsicum annuum*	CVS
Agnus Castus	*Vitex agnus-castus*	Rep
Agrimony	*Agrimonia eupatoria*	GIT
Ajo	*Allium sativum*	CVS
Alcachofa	*Cynara scolymus*	GIT
Alder	*Alnus spp.*	Imm/Neop
Alehoof	*Glechoma hederacea*	Inf/EENT
Alfalfa	*Medicago sativa*	GIT
Allium	*Allium sativum*	CVS
Aloe	*Aloe vera*	Skin
American Cranesbills	*Geranium maculatum*	Skin
Angelica	*Angelica archangelica*	GIT
Arborvitae	*Thuja occidentalis*	Inf/EENT
Arnica	*Arnica montana*	Mus-Sk
Ashwagandha	*Withania somnifera*	End
Astragalus	*Astragalus membranaceus*(GRIN)	Imm
Bacopa	*Bacopa monnieri*	NS
Baical Skullcap	*Scutellaria baicalensis*(GRIN)	NS
Baikal Skullcap	*Scutellaria baicalensis*(GRIN)	NS
Barberry	*Berberis vulgaris*	Inf/EENT
Barosma	*Agathosma betulina*	Ur
Bayberry	*Morella cerifera*	Inf/EENT
Bear's foot	*Alchemilla monticola*	Rep
Bearberry	*Arctostaphylos uva-ursi*	Ur
Beard lichen	*Usnea spp.*	Inf/EENT
Beet	*Beta vulgaris*	Imm/Neop
Beetroot	*Beta vulgaris*	Imm/Neop
Belladonna	*Atropa belladonna*(GRIN)	Mus-Sk
Bethroot	*Trillium erectum*	Rep
Betony	*Stachys officinalis*	NS
Bilberry	*Vaccinium myrtillus*	CVS
Birch	*Betula pendula*	Mus-Sk
Bird's nest	*Daucus carota*	Ur
Birthroot	*Trillium erectum*	Rep
Bitter lettuce	*Lactuca virosa*	NS
Bitter root	*Gentiana lutea*	GIT
Black Cherry	*Prunus serotina*	Rs
Black Cohosh	*Cimicifuga racemosa*	Rep
Black Haw	*Viburnum prunifolium*	Rep
Black Snakeroot	*Cimicifuga racemosa*	Rep
Black Walnut	*Juglans nigra*	Inf/EENT
Blackberry	*Rubus corchorifolius*(GRIN)	GIT
Bladderwrack	*Fucus* spp.	End
Blessed Thistle	*Cnicus benedictus*	GIT
Blessed Thistle	*Silybum marianum*	GIT

Common Name	Refer to	System
Blood Root	*Sanguinaria Canadensis*	Inf/EENT
Blue Cohosh	*Caulophyllum thalictroides*	Rep
Blue Flag	*Iris versicolor*	Skin
Blue Gum	*Eucalyptus globulus*	Rs
Bogbean	*Menyanthes trifoliata*	Mus-Sk
Boneset	*Eupatorium perfoliatum*	Inf/EENT
Borage	*Borago officinalis*	End
Brahmi	*Bacopa monnieri*	NS
Broadleaf Plantain	*Plantago* spp.	Rs
Broom	*Cytisus scoparius*	CVS
Bucco	*Agathosma betulina*	Ur
Buchu	*Agathosma betulina*	Ur
Buckbean	*Menyanthes trifoliata*	Mus-Sk
Buckthorn	*Frangula alnus*	GIT
Bugleweed	*Lycopus virginicus*	End
Burdock	*Arctium lappa*	Skin
Butterbrush	*Equisetum arvense*	Ur
Calamus	*Acorus calamus*	Misc.
Calendula	*Calendula officinalis*	Skin
California poppy	*Eschscholzia californica*	NS
Canadian Golden Rod	*Solidago virgaurea*(GRIN)	Ur
Cascara sagrada	*Frangula purshiana*	GIT
Cat's Claw	*Uncaria tomentosa*(GRIN)	Imm
Catnip	*Nepeta cataria*	Inf/EENT
Cayenne	*Capsicum annuum*	CVS
Celery seeds	*Apium graveolens*	Mus-Sk
Centaury	*Centaurium erythraea*	GIT
Chai hu	*Bupleurum falcatum*(GRIN)	Imm/Neop
Chaparral	*Larrea tridentata*	Imm/Neop
Chaste Berry	*Vitex agnus-castus*	Rep
Chaste Tree	*Vitex agnus-castus*	Rep
Chickweed	*Stellaria media*	Skin
Chicory	*Cichorium intybus*	GIT
Chili pepper	*Capsicum annuum*	CVS
Chinese angelica	*Angelica sinensis*(GRIN)	Rep
Chinese Ginseng	*Panax ginseng*	End
Chinese Goldthread	*Coptis chinensis*(GRIN)	GIT
Chinese Skullcap	*Scutellaria baicalensis*(GRIN)	NS
Cinnamon	*Cinnamomum verum*	GIT
Cleavers	*Galium aparine*	Imm
Clivers	*Galium aparine*	Imm
Codonopsis	*Codonopsis pilosula*(GRIN)	End
Cola nuts	*Cola nitida*	NS
Coltsfoot	*Tussilago farfara*	Rs
Comfrey	*Symphytum officinale*	Skin
Common Barberry	*Berberis vulgaris*	Inf/EENT
Common Plantain	*Plantago* spp.	Rs
Common Thyme	*Thymus vulgaris*	Rs
Coneflower	*Echinacea* spp.	Imm
Corn silk	*Zea maiz*	Ur
Couchgrass	*Elymus repens*	Ur
Coughwort	*Tussilago farfara*	Rs
Cowslip	*Primula veris*	Rs
Cramp bark	*Viburnum opulus*	CVS
Curled Dock	*Rumex crispus*	Skin
Damiana	*Turnera diffusa*	Rep
Dandelion	*Taraxacum officinale*	GIT
Dang Shen	*Codonopsis pilosula*(GRIN)	End
Deadly Nightshade	*Atropa belladonna*(GRIN)	Mus-Sk
Desert Parsley	*Lomatium dissectum*	Inf/EENT
Devil's Claw	*Harpagophytum procumbens*(GRIN)	Mus-Sk
Devil's Club	*Oplopanax horridus*	Mus-Sk
Dioscorea	*Dioscorea villosa*	End
Dong Quai	*Angelica sinensis*(GRIN)	Rep
Echinacea	*Echinacea* spp.	Imm
Elder	*Sambucus nigra*	Imm
Elecampane	*Inula helenium*	Rs
Eleuthero	*Eleutherococcus senticosus*	End

Common Name	Refer to	System
English lavender	*Lavandula angustifolia*	Inf/EENT
English Oak	*Quercus robur*	Inf/EENT
English Plantain	*Plantago* spp.	Rs
Ephedra	*Ephedra sinica*	Rs
Eucalyptus	*Eucalyptus globulus*	Rs
Euphrasia	*Euphrasia rostkoviana*	Inf/EENT
European Golden Rod	*Solidago virgaurea*(GRIN)	Ur
Eye Bright	*Euphrasia rostkoviana*	Inf/EENT
Fairywand	*Chamaelirium luteum*	Rep
False Unicorn Root	*Chamaelirium luteum*	Rep
Farfara	*Tussilago farfara*	Rs
Fennel	*Foeniculum vulgare*	GIT
Fenugreek	*Trigonella foenum-graecum*	End
Fernleaf Biscuit Root	*Lomatium dissectum*	Inf/EENT
Feverfew	*Tanacetum parthenium*	NS
Feverwort	*Eupatorium perfoliatum*	Inf/EENT
Field Parsley Piert	*Aphanes arvensis*	Ur
Figwort	*Scrophularia nodosa*	Skin
Fireweed	*Chamerion angustifolium*	Rs
Flax seeds	*Linum usitatissimum*	GIT
Flea Seed	*Plantago psyllium*	GIT
French lilac	*Galega officinalis*	End
Fringe Tree	*Chionanthus virginicus*	GIT
Garden Celandine	*Chelidonium majus*	GIT
Garden Thyme	*Thymus vulgaris*	Rs
Garlic	*Allium sativum*	CVS
Gentian	*Gentiana lutea*	GIT
Gentiana	*Gentiana lutea*	GIT
German Chamomile	*Matricaria recutita*	GIT
Ghanja kola	*Cola nitida*	NS
Ginger	*Zingiber officinale*	CVS
Ginkgo	*Ginkgo biloba*	CVS
Globe Artichoke	*Cynara scolymus*	GIT
Goat's root	*Galega officinalis*	End
Golden Rod	*Solidago virgaurea*(GRIN)	Ur
Goldenseal	*Hydrasties canadensis*	Imm
Goosegrass	*Galium aparine*	Imm
Gotu Kola	*Centella asiatica*	NS
Gravel Root	*Eupatorium purpureum*	Ur
Greater Celandine	*Chelidonium majus*	GIT
Green Tea	*Camellia sinensis*	Imm/Neop
Grindelia	*Grindelia camporum*	Rs
Ground Ivy	*Glechoma hederacea*	Inf/EENT
Guaiac	*Guajacum officinale*	Mus-Sk
Guaiacum	*Guajacum officinale*	Mus-Sk
Gumplant	*Grindelia camporum*	Rs
Gumweed	*Grindelia camporum*	Rs
Gymnema	*Gymnema sylvestre*	End
Gypsywort	*Lycopus virginicus*	End
Hawthorn	*Crataegus monogyna*	CVS
Heartsease	*Viola tricolor*	Skin
Hemp	*Cannabis sativa*	Misc.
Henbane	*Hyoscyamus niger*	Misc.
Herb Robert	*Geranium robertianum*	Skin
Holly Thistle	*Cnicus benedictus*	GIT
Hollyhock	*Alcea rosea*	Rs
Hops	*Humulus lupulus*	NS
Horehound	*Marrubium vulgare*	Rs
Horse Chestnut	*Aesculus hippocastanum*	CVS
Horsetail	*Equisetum arvense*	Ur
Huang Lia	*Coptis chinensis*(GRIN)	GIT
Huang Qi	*Astragalus membranaceus*(GRIN)	Imm
Huang Qin/Quin	*Scutellaria baicalensis*(GRIN)	NS
Hydrangea	*Hydrangea arborescens*	Ur
Hyssop	*Hyssopus officinalis*	Rs
Indian Corn	*Zea maiz*	Ur
Indian Elm	*Ulmus rubra*	GIT
Indian ginseng	*Withania somnifera*	End
Indian tobacco	*Lobelia inflata*	Rs
Jamaican Dogwood	*Piscidia piscipula*	NS

Common Name	Refer to	System
Jesuit Tea	*Ilex paraguariensis*	NS
Jimson Weed	*Datura stramonium*	Misc.
Joy Pye	*Eupatorium purpureum*	Ur
Juniper	*Juniperus communis*	Mus-Sk
Kava-Kava	*Piper methysticum*	Mus-Sk
Kelp	*Fucus* spp.	End
Kinnikinnick	*Arctostaphylos uva-ursi*	Ur
Knitbone	*Symphytum officinale*	Skin
Knob Root	*Collinsonia Canadensis*	Ur
Kola nuts	*Cola nitida*	NS
Korean Ginseng	*Panax ginseng*	End
Labrador Tea	*Ledum* spp.	Inf/EENT
Lady's mantle	*Alchemilla monticola*	Rep
Lady's purse	*Capsella bursa-pastoris*	Rep
Lapacho	*Tabebuia impetiginosa*(GRIN)	Imm
Lappa	*Arctium lappa*	Skin
Lavandin	*Lavandula angustifolia*	Inf/EENT
Lavender	*Lavandula angustifolia*	Inf/EENT
Lemon Balm	*Melissa officinalis*	NS
Licorice	*Glycyrrhiza glabra*	End
Lignum Vitae	*Guajacum officinale*	Mus-Sk
Lily of the Valley	*Convallaria majalis*	CVS
Lime flower	*Tilia* X *vulgaris*	CVS
Linden	*Tilia* X *vulgaris*	CVS
Ling chih	*Ganoderma lucidum*(GBIF)	Imm/Neop
Linseed	*Linum usitatissimum*	GIT
Linum	*Linum usitatissimum*	GIT
Lion's foot	*Alchemilla monticola*	Rep
Liquorice	*Glycyrrhiza glabra*	End
Lobelia	*Lobelia inflata*	Rs
Lomatium	*Lomatium dissectum*	Inf/EENT
Lovage	*Levisticum officinale*	Inf/EENT
Lucerne	*Medicago sativa*	GIT
Ma Bian Cao	*Verbena officinalis*	NS
Ma Huang	*Ephedra sinica*	Rs
Maca	*Lepidium meyenii*	Rep
Maiddenhair tree	*Ginkgo biloba*	CVS
Malva flower	*Alcea rosea*	Rs
Marigold	*Calendula officinalis*	Skin
Marijuana	***Cannabis sativa***	Misc.
Marshmallow	*Althaea officinalis*	GIT
Maté	*Ilex paraguariensis*	NS
Meadowsweet	*Filipendula ulmaria*	GIT
Melon tree	*Carica papaya*	GIT
Meshashringi	*Gymnema sylvestre*	End
Milfoil	*Achillea millefolium*	CVS
Milk Thistle	*Silybum marianum*	GIT
Mistletoe	*Viscum album*	Imm/Neop
Motherwort	*Leonurus cardiaca*	CVS
Mugwort	*Artemisia vulgaris*	Rep
Mullein	***Verbascum thapsus***	Rs
Myrrh	*Commiphora myrrha*(GRIN)	Imm
Neem	*Azadirachta indica*	Skin
Nettle	*Urtica dioica*	Skin
Oak Bark	*Quercus robur*	Inf/EENT
Oats	*Avena sativa*	NS
Oatstraw	*Avena sativa*	NS
Old Man's Beard	*Chionanthus virginicus*	GIT
Old man's beard	*Usnea spp.*	Inf/EENT
Olive	*Olea europea*	CVS
Oregano	*Origanum vulgare*	Inf/EENT
Oregon Grape	*Mahonia aquifolium*	Imm
Osha	*Levisticum officinale*	Inf/EENT
Pacific Yew	*Taxus brevifolia*	Imm/Neop
Paigle	*Primula veris*	Rs
Papaya	*Carica papaya*	GIT
Parsley	*Petroselinum crispum*	Ur
Parsley Piert	*Aphanes arvensis*	Ur
Partridge Berry	*Mitchella repens*	Rep
Pasque Flower	*Pulsatilla vulgaris*	Rep
Passion Flower	*Passiflora incarnata*	NS

Common Name	Refer to	System
Pau D'arco	*Tabebuia impetiginosa*(GRIN)	Imm
Paw paw	*Carica papaya*	GIT
Peagle	*Primula veris*	Rs
Pellitory of the Wall	*Parietaria judaica*	Ur
Peppermint	*Mentha* X *piperita*	GIT
Pineapple	*Ananas comosus*	GIT
Plantain	*Planatgo* spp.	
Pleurisy	*Asclepias ruberosa*	Rs
Poke Root	*Phytolacca americana*	Imm
Poke weed	*Phytolacca americana*	Imm
Poor man's Ginseng	*Codonopsis pilosula*(GRIN)	End
Poster's licorice root	*Levisticum officinale*	Inf/EENT
Pot Marigold	*Calendula officinalis*	Skin
Prickly Ash	*Zanthoxylum* spp.	Mus-Sk
Primula	*Primula veris*	Rs
Psyllium	*Plantago psyllium*	GIT
Pulsatilla	*Pulsatilla vulgaris*	Rep
Purple Medick	*Medicago sativa*	GIT
Queen of the Meadows	*Filipendula ulmaria*	GIT
Queen of the Meadows	*Eupatorium purpureum*	Ur
Raspberry	*Rubus idaeus*	Rep
Red beet	*Beta vulgaris*	Imm/Neop
Red clover	*Trifolium pratense*	Imm/Neop
Red Elm	*Ulmus rubra*	GIT
Red Indian Paint	*Sanguinaria Canadensis*	Inf/EENT
Red Sage	*Salvia officinalis*	Inf/EENT
Red squill	*Urginea maritima*	Rs
Reishi mushroom	*Ganoderma lucidum*(GBIF)	Imm/Neop
Rhodiola	*Rhodiola rosea*	NS
Richweed	*Collinsonia Canadensis*	Ur
Rose	*Rosa* spp.	GIT
Rosemary	*Rosmarinus officinalis*	NS
Sage	*Salvia officinalis*	Inf/EENT
Sarsaparilla	*Smilax* spp.	Skin
Saw Palmetto	*Serenoa repens*	Rep
Scabwort	*Inula helenium*	Rs
Schisandra	*Schisandra chinensis*(GRIN)	End
Scotch broom	*Cytisus scoparius*	CVS
Seawrack	*Fucus* spp.	End
Senna	*Senna alexandrina*	GIT
Seven Barks	*Hydrangea arborescens*	Ur
Shepherd's purse	*Capsella bursa-pastoris*	Rep
Shiitake mushroom	*Lentinula edodes*(GBIF)	Imm/Neop
Siberian Ginseng	*Eleutherococcus senticosus*	End
Silver Birch	*Betula pendula*	Mus-Sk
Skullcap	*Scutellaria lateriflora*	NS
Skunk cabbage	*Symplocarpus foetidus*	Rs
Slippery Elm	*Ulmus rubra*	GIT
Squad vine	*Mitchella repens*	Rep
Squaw Root	*Cimicifuga racemosa*	Rep
Squaw Root	*Caulophyllum thalictroides*	Rep
Squill	*Urginea maritima*	Rs
St. john Wort	*Hypericum perforatum*	NS
Starflower	*Borago officinalis*	End
Sticklewort	*Agrimonia eupatoria*	GIT
Stigma Maydis	*Zea maiz*	Ur
Stinging Nettle	*Urtica dioica*	Skin
Stone Root	*Collinsonia Canadensis*	Ur
Succory	*Cichorium intybus*	GIT
Sweet flag	*Acorus calamus*	Misc.
Sweet root	*Glycyrrhiza glabra*	End
Sweet Viburnum	*Viburnum prunifolium*	Rep
Sweet violet	*Viola odorata*	Imm/Neop
Tabasco pepper	*Capsicum annuum*	CVS
Tang-Kuei	*Angelica sinensis*(GRIN)	Rep
Tansy	*Tanacetum vulgare*	Skin
Tasmanian Blue Gum	*Eucalyptus globulus*	Rs
Tea	*Camellia sinensis*	Imm/Neop
Tetterwort	*Chelidonium majus*	GIT
Thorn apple	*Datura stramonium*	Mus-Sk

Common Name	Refer to	System
Thorowax	*Bupleurum falcatum*(GRIN)	Imm/Neop
Throatwort	*Scrophularia nodosa*	Skin
Thuja	*Thuja occidentalis*	Inf/EENT
Thyme	*Thymus vulgaris*	Rs
Toothache Tree	*Zanthoxylum* spp.	Mus-Sk
Tormentilla	*Potentilla erecta*	Inf/EENT
Treemoss	*Usnea spp.*	Inf/EENT
Triticum	*Elymus repens*	Ur
Turmeric	*Curcuma longa*	Imm/Neop
Uña de Gato	*Uncaria tomentosa*(GRIN)	Imm
Usnea	*Usnea spp.*	Inf/EENT
Uva Ursi	*Arctostaphylos uva-ursi*	Ur
Valerian	*Valeriana officinalis*	NS
Verbena	*Verbena officinalis*	NS
Vervain	*Verbena officinalis*	NS
Vitex	*Vitex agnus-castus*	Rep
Water Hyssop	*Bacopa monnieri*	NS
Wax Myrtle	*Morella cerifera*	Inf/EENT
Western Yew	*Taxus brevifolia*	Imm/Neop
White beets	*Beta vulgaris*	Imm/Neop
White Birch	*Betula pendula*	Mus-Sk
White Bryony	*Bryonia alba*	Mus-Sk
White Cider	*Thuja occidentalis*	Inf/EENT
White Horehound	*Marrubium vulgare*	Rs
White oak	*Quercus robur*	Inf/EENT
White Squill	*Urginea maritima*	Rs
White Walnut	*Juglans cinerea*	Inf/EENT
Wild Black	*Prunus serotina*	Rs
Wild Carrot	*Daucus carota*	Ur
Wild Celery	*Apium graveolens*	Mus-Sk
Wild Chamomile	*Matricaria recutita*	GIT
Wild Cherry	*Prunus serotina*	Rs
Wild Indigo	*Baptisia tinctoria*	Imm
Wild Iris	*Iris versicolor*	Skin
Wild Lettuce	*Lactuca virosa*	NS
Wild Marjoram	*Origanum vulgare*	Inf/EENT
Wild pansy	*Viola tricolor*	Skin
Wild Parsnip	*Angelica archangelica*	GIT
Wild wormwood	*Artemisia vulgaris*	Rep
Wild Yam	*Dioscorea villosa*	End
Willow	*Salix* spp.	Mus-Sk
Willow herb	*Chamerion angustifolium*	Rs
Witch Hazel	*Hamamelis virginiana*	Skin
Withania	*Withania somnifera*	End
Wood betony	*Stachys officinalis*	NS
Wormwood	*Artemisia absinthium*	GIT
Wu Wei Zi	*Schisandra chinensis*(GRIN)	End
Yarrow	*Achillea millefolium*	CVS
Yellow dock	*Rumex crispus*	Skin
Yellow Gentian	*Gentiana lutea*	GIT
Yellow Jasmine	*Gelsemium sempervirens*	Misc.
Yellow root	*Hydrasties canadensis*	Imm
Yellow Skunk Cabbage	*Symplocarpus foetidus*	Rs
Yerba Maté	*Ilex paraguariensis*	NS
Yohimbe	*Pausinystalia johimbe*(GRIN)	Rep
Yucca	*Yucca* spp.	Misc.

Olea europea	Olive
Sarothamnus scoparius(NA)	see *Cytisus scoparius*
[Spartium junceum]	see *Cytisus scoparius*
Tilia X vulgaris *Tilia europaea*(NA) *[Tilia X europaea]* *[Tilia cordata]* *[Tilia platyphyllos]*	Linden, Lime flower
Vaccinium myrtillus	Bilberry
Viburnum opulus	Cramp bark
Zingiber officinale	Ginger

Gastrointestinal System — GIT

Latin name	Common name
Agrimonia eupatoria *[Agrimonia gryposepala]*	Agrimony, Sticklewort
Althaea officinalis	Marshmallow
Ananas comosus	Pineapple
Angelica archangelica	Angelica, Wild Parsnip
Artemisia absinthium *[Artemisia annua]*	Wormwood
Carduus marianus(NA)	see *Silybum marianum*
Carica papaya	Papaya, Paw paw, Melon tree
Cassia senna(NA) *Cassia angustifolia*(NA)	see *Senna alexandrina*
Centaurium erythraea *Erythraea centaurium*(NA)	Centaury
Chamomilla recutita	see *Matricaria recutita*
Chelidonium majus	Greater/Garden Celandine, Tetterwort
Chionanthus virginicus	Fringe Tree, Old Man's Beard
Cichorium intybus *[Cichorium endivia]*	Chicory, Succory
Cinnamomum verum *Cinnamomum zeylanicum*(NA) *[Cinnamomum aromaticum]*	Cinnamon
Cnicus benedictus	Blessed Thistle, Holly Thistle
Coptis chinensis(GRIN) *[Coptis trifolia]*	Chinese Goldthread, Huang Lia
Cynara scolymus *[Cynara cardunculus]*	Globe Artichoke, Alcachofa
Erythraea centaurium(NA)	see *Centaurium erythraea*
Filipendula ulmaria *Spiraea ulmaria*(NA)	Meadowsweet, Queen of the Meadows
Foeniculum vulgare	Fennel
Frangula alnus *Rhamnus frangula*(NA)	Buckthorn
Frangula purshiana *Rhamnus purshiana*(NA)	Cascara sagrada
Gentiana lutea	Gentian, Gentiana, Bitter root, Yellow Gentian
Linum usitatissimum	Flax seeds, Linseed, Linum
Matricaria recutita *Matricaria chamomilla*(NA) *Chamomilla recutita*(NA)	German Chamomile, Wild Chamomile
Medicago sativa	Alfalfa, Lucerne, Purple Medick
Mentha X piperita	Peppermint
Plantago psyllium *Plantago arenaria*(NA) *[Plantago ovata]*	Psyllium, Flea Seed
Rhamnus frangula(NA)	see *Frangula alnus*
Rhamnus purshiana(NA)	see *Frangula purshiana*
Rosa spp.	Rose
Rubus corchorifolius(GRIN) *Rubus villosus*(NA-GRIN) *[Rubus fructicosus]* *[Rubus occidentales]*	Blackberry
Senna alexandrina *Cassia senna*(NA) *Cassia angustifolia*(NA)	Senna
Silybum marianum *Carduus marianus*(NA)	Milk Thistle, Blessed Thistle
Spiraea ulmaria(NA)	see *Filipendula ulmaria*
Taraxacum officinale	Dandelion
Ulmus rubra *Ulmus fulva*(NA)	Slippery Elm, Red Elm, Indian Elm

Reproductive System — Rep

Latin name	Common name
Actaea racemosa(GRIN)	see *Cimicifuga racemosa*
Alchemilla monticola *Alchemilla vulgaris*(NA) *Alchemilla xanthochlora*(NA) *[Alchemilla alpine]*	Lady's mantle, Lion's foot, Bear's foot
Anemone pulsatilla(NA)	see *Pulsatilla vulgaris*
Angelica sinensis(GRIN)	Dong Quai, Tang-Kuei, Chinese angelica
Artemisia vulgaris	Mugwort, Wild wormwood
Capsella bursa-pastoris *Thlaspi bursa-pastoris*(NA)	Shepherd's purse, Lady's purse
Caulophyllum thalictroides	Blue Cohosh, Squaw Root
Chamaelirium luteum	False Unicorn Root, Fairywand
Cimicifuga racemosa *Actaza racemosa*(GRIN)	Black Cohosh, Squaw Root, Black Snakeroot
Lepidium meyenii	Maca
Mitchella repens	Partridge Berry, Squad vine
Pausinystalia johimbe(GRIN)	Yohimbe
Pulsatilla vulgaris *Anemone pulsatilla*(NA)	Pasque Flower, Pulsatilla
Rubus idaeus	Raspberry
Serenoa repens *Serenoa serrulata*(NA)	Saw Palmetto
Thlaspi bursa-pastoris(NA)	see *Capsella bursa-pastoris*
Trillium erectum *[Trillium ovatum]* *[Trillium pendulum*(GBIF)*]*	Bethroot, Birthroot
Turnera diffusa *Turnera aphrodisiaca*(NA)	Damiana
Viburnum prunifolium	Black Haw, Sweet Viburnum
Vitex agnus-castus	Chaste Berry, Chaste Tree, Agnus Castus, Vitex

Urinary System — Ur

Latin name	Common name
Agathosma betulina *Barosma betulina*(NA)	Buchu, Bucco, Barosma
Agropyron repens(NA)	see *Elymus repens*
Alchemilla arvensis(NA) *Alchemilla occidentalis*(NA)	see *Aphanes arvensis*
Aphanes arvensis *Alchemilla arvensis*(NA) *Alchemilla occidentalis*(NA)	Parsley Piert, Field Parsley Piert

Herb Index by Herb Group

Nervous System	NS
Endocrine	End
Immune System	Imm
Immune/Neoplasia	Imm/Neop
Immune – Infections/EENT	Imm/Inf/EENT
Respiratory System	Rs
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Skin	Skin
Musculo-Skeletal	Mus-Sk
Miscellaneous/Restricted Herbs	Misc.

Nervous System — NS

Latin name	Common name
Avena sativa	Oats, Oatstraw
Bacopa monnieri *Bacopa monniera*(NA-GRIN) *Bramia monnieri*(NA)	Bacopa, Brahmi, Water Hyssop
Betonica officinalis(NA)	see *Stachys officinalis*
Bramia monnieri(NA)	see *Bacopa monnieri*
Centella asiatica *Hydrocotyle asiatica*(NA)	Gotu Kola
Cola nitida *[Cola acuminata]* *[Cola vera*(GBIF)*]*	Kola nuts, Cola nuts, Ghanja kola
Eschscholzia californica	California poppy
Humulus lupulus	Hops
Hydrocotyle asiatica(NA)	see *Centella asiatica*
Hypericum perforatum	St. john Wort
Ilex paraguariensis	Maté, Yerba Maté, Jesuit Tea
Lactuca virosa	Wild Lettuce, Bitter lettuce
Melissa officinalis	Lemon Balm
Passiflora incarnata	Passion Flower
Piscidia piscipula *Piscidia erythrina*(NA)	Jamaican Dogwood
Rhodiola rosea	Rhodiola
Rosmarinus officinalis	Rosemary
Scutellaria baicalensis(GRIN)	Baical/Baikal Skullcap, Chinese Skullcap
Scutellaria lateriflora	Skullcap
Stachys officinalis *Stachys betonica*(NA-GRIN) *Betonica officinalis*(NA)	Betony, Wood betony
Tanacetum parthenium	Feverfew
Valeriana officinalis *[Valeriana wallichii*(NA-GRIN)*]*	Valerian
Verbena officinalis *[Verbena hastate]*	Vervain, Verbena, Ma Bian Cao

Endocrine — End

Latin name	Common name
Borago officinalis	Borage, starflower
Codonopsis pilosula(GRIN)	Codonopsis, Dang Shen, Poor man's Ginseng
Dioscorea villosa *[Dioscorea oppositifolia]*	Dioscorea, Wild Yam
Eleutherococcus senticosus	Eleuthero, Siberian Ginseng
Fucus spp. *[Fucus vesiculosus]*	Kelp, Bladderwrack, Seawrack
Galega officinalis	Goat's root, French lilac
Glycyrrhiza glabra	Licorice, Liquorice, Sweet root
Gymnema sylvestre	Gymnema, Meshashringi
Lycopus virginicus *[Lycopus europaeus]* *[Lycopus americanus]*	Bugleweed, Gypsywort
Panax ginseng *[Panax quinquefolius]*	Korean/Chinese Ginseng
Schisandra chinensis(GRIN)	Schisandra, Wu Wei Zi
Trigonella foenum-graecum	Fenugreek
Withania somnifera	Ashwagandha, Withania, Indian ginseng

Immune System — Imm

Latin name	Common name
Astragalus membranaceus(GRIN)	Huang Qi, Astragalus
Baptisia tinctoria	Wild Indigo
Berberis aquifolium(NA)	see *Mahonia aquifolium*
Commiphora myrrha(GRIN) *Commiphora molmol*(NA-GRIN)	Myrrh
Echinacea spp. *[Echinacea angustifolia]* *[Echinacea purpurea]* *[Echinacea pallida]*	Echinacea, Coneflower
Galium aparine	Cleavers, Clivers, Goosegrass
Hydrasties canadensis	Goldenseal, Yellow root
Mahonia aquifolium *Berberis aquifolium*(NA)	Oregon Grape
Phytolacca americana *Phytolacca decandra*(NA) = *P. americana var. americana*	Poke Root, Poke weed
Sambucus nigra *Sambucus canadensis*(NA) = *S. nigra ssp. canadensis*	Elder
Tabebuia impetiginosa(GRIN) *Tabebuia avellanedae*(NA-GRIN)	Pau D'arco, Lapacho
Uncaria tomentosa(GRIN)	Cat's Claw, Uña de Gato

Immune/Neoplasia — Imm/Neop

Latin name	Common name
Alnus spp. *[Alnus glutinosa]* *[Alnus rubra]*	Alder
Beta vulgaris	Beet, Beetroot, Red beet, White beets
Boletus lucidus(NA-GBIF)	see *Ganoderma lucidum*
Bupleurum falcatum(GRIN) *[Bupleurum chinense*(GRIN)*]*	Thorowax, Chai hu
Camellia sinensis *Camellia thea*(NA) *Thea sinensis*(NA)	Tea, Green Tea

Curcuma longa *Curcuma domestica*(NA)	Turmeric
Ganoderma lucidum(GBIF) *Boletus lucidus*(NA-GBIF) *Polyporus lucidus*(NA-GBIF)	Reishi mushroom, Ling chih
Larrea tridentata	Chaparral
Lentinula edodes(GBIF) *Lentinus edodes*(NA-GBIF)	Shiitake mushroom
Polyporus lucidus(NA-GBIF)	see ***Ganoderma lucidum***
Taxus brevifolia *[Taxus baccata]*	Western Yew, Pacific Yew
Thea sinensis(NA)	see ***Camellia sinensis***
Trifolium pratense *[Trifolium repens]*	Red clover
Viola odorata *[Viola striata]*	Sweet violet
Viscum album	Mistletoe

Immune – Infection/EENT — Imm/Inf/EENT

Latin name	Common name
Berberis vulgaris *[Berberis aristata*(GRIN)*]*	Barberry, Common Barberry
Eupatorium perfoliatum	Boneset, Feverwort
Euphrasia rostkoviana *[Euphrasia officinalis*(NA) *=* *E. stricta]*	Eye Bright, Euphrasia
Glechoma hederacea *Nepeta heredacea*(NA)	Ground Ivy, Alehoof
Juglans cinerea	White Walnut
Juglans nigra	Black Walnut
Lavandula angustifolia, *Lavandula spica*(NA) *Lavandula vera* (NA) *Lavandula officinalis*(NA) *[Lavandula x intermedia]*	Lavender, English lavender [Lavandin]
Ledum **spp.** **[*Ledum* groenlandicum]** *[Ledum palustre]*	Labrador Tea
Levisticum officinale *[Ligusticum porteri]* *[Ligusticum levisticum*(GBIF)*]*	Lovage [Osha, Poster's licorice root]
Lomatium dissectum	Fernleaf Biscuit Root, Lomatium, Desert Parsley
Morella cerifera *Myrica cerifera*(NA)	Bayberry, Wax Myrtle
Nepeta cataria	Catnip
Nepeta heredacea(NA)	see ***Glechoma hederacea***
Origanum vulgare	Oregano, Wild Marjoram
Potentilla erecta *Potentilla tormentilla*(NA-GBIF)	Tormentilla
Quercus robur *[Quercus alba]*	Oak Bark, English Oak [White oak]
Salvia officinalis *[Salvia lavandulifolia*(GRIN)*]*	Sage, Red Sage
Sanguinaria Canadensis	Blood Root, Red Indian Paint
Thuja occidentalis	Thuja, White Cider, Arborvitae
Usnea **spp.**	Usnea, Old man's beard, Beard lichen, Treemoss

Respiratory System — Rs

Latin name	Common name
Alcea rosea *Althaea rosea*(NA)	Hollyhock, Malva flower
Asclepias ruberosa	Pleurisy
Chamerion angustifolium *Chamaenerion angustifolium*(NA) *Epilobium angustifolium*(NA)	Fireweed, Willow herb
Dracontium foetidum(NA-GRIN) *[Lysichitum americanum]*	see ***Symplocarpus foetidus***
Drimia maritima(GRIN)	see ***Urginea maritima***
Ephedra sinica *[Ephedra equisentina]* *[Ephedra distachya]*	Ephedra, Ma Huang
Epilobium angustifolium(NA)	see ***Chamerion angustifolium***
Eucalyptus globulus	Eucalyptus, Blue Gum, Tasmanian Blue Gum
Grindelia camporum *[Grindelia squarrosa]*	Gumweed, Grindelia, Gumplant
Hyssopus officinalis	Hyssop
Inula helenium *[Inula racemosa]*	Elecampane, Scabwort
Lobelia inflata	Indian tobacco, Lobelia
[Lysichitum americanum]	see ***Symplocarpus foetidus***
Marrubium vulgare	White Horehound, Horehound
Plantago **spp.** *[P. major], [P. lanceolata]*	Plantain, [Common/Broadleaf Plantain], [English Plantain].
Primula veris	Cowslip, Primula, Paigle, Peagle
Prunus serotina *[Prunus virginiana]*	Wild Black Cherry, Black Cherry, Wild Cherry
Symplocarpus foetidus *Dracontium foetidum*(NA-GRIN) *[Lysichitum americanum]*	Skunk cabbage [Yellow Skunk Cabbage]
Thymus vulgaris	Thyme, Common Thyme, Garden Thyme
Tussilago farfara	Coltsfoot, Farfara, Coughwort
Urginea maritima *Urginea scilla*(NA) *Drimia maritima*(GRIN)	Squill, Red squill, White Squill
Verbascum thapsus *[V. densiflorum],* *[V. phlomoides]*	Mullein

Cardiovascular System — CVS

Latin name	Common name
Achillea millefolium	Yarrow, Milfoil
Aesculus hippocastanum	Horse Chestnut
Allium sativum	Garlic, Ajo, Allium
Capsicum annuum *Capsicum frutescens*(NA) *[Capsicum pubescens]*	Cayenne, Chili Pepper, African Pepper, Tabasco pepper
Convallaria majalis	Lily of the Valley
Crataegus monogyna *Crataegus oxycantha*(NA) *[Crataegus laevigata]*	Hawthorn
Cytisus scoparius *Sarothamnus scoparius*(NA) *[Spartium junceum]*	Broom, Scotch broom
Ginkgo biloba	Ginkgo, Maiddenhair tree
Leonurus cardiaca	Motherwort

Apium petroselinum(NA)	see *Petroselinum crispum*
Arctostaphylos uva-ursi	Bearberry, Uva Ursi, Kinnikinnick
Barosma betulina(NA)	see *Agathosma betulina*
Carum Petroselinum(NA)	see *Petroselinum crispum*
Collinsonia Canadensis	Stone Root, Richweed, Knob Root
Daucus carota	Wild Carrot, Bird's nest
Elymus repens *Agropyron repens*(NA) *Elytrigia repens*(NA) *Triticum repens*(NA)	Couchgrass, Triticum
Equisetum arvense	Horsetail, Butterbrush
Eupatorium purpureum	Gravel Root, Joy Pye, Queen of the Meadows
Hydrangea arborescens	Hydrangea, Seven Barks
Parietaria judaica *Parietaria diffusa*(NA)	Pellitory of the Wall
Petroselinum crispum *Petroselinum sativum*(NA) *Apium petroselinum*(NA) *Carum Petroselinum*(NA)	Parsley
Solidago virgaurea(GRIN) *[Solidago canadensis]*	European Golden Rod [Canadian Golden Rod]
Triticum repens(NA)	see *Elymus repens*
Zea maiz	Corn silk, Stigma Maydis, Indian Corn

Skin — Skin

Latin name	Common name
Aloe vera *Aloe barbadensis*(NA) *Aloe vulgaris*(NA)	Aloe, Barbados Aloe, Curacao aloe
Arctium lappa *Arctium majus*	Burdock, Lappa
Azadirachta indica *Melia azadirachta*(NA)	Neem
Calendula officinalis	Calendula, Marigold, Pot Marigold
Geranium maculatum	American Cranesbills
Geranium robertianum	Herb Robert
Hamamelis virginiana	Witch Hazel
Iris versicolor	Blue Flag, Wild Iris
Melia azadirachta(NA)	see *Azadirachta indica*
Rumex crispus	Yellow dock, Curled Dock
Scrophularia nodosa	Figwort, Throatwort
Smilax spp. *[Smilax aristolochiifolia]* *[Smilax regelii = S. officinalis*(NA-GRIN)*]* *[Smilax ornata*(GRIN)*]* *[Smilax febrifuga*(GRIN)*]*	Sarsaparilla
Stellaria media	Chickweed
Symphytum officinale *Symphytum uliginosum*(NA)	Comfrey, Knitbone
Tanacetum vulgare	Tansy
Urtica dioica	Nettle, Stinging Nettle
Viola tricolor *[Viola odorata]*	Heartsease, Wild pansy

Musculo-Skeletal — Mus-Sk

Latin name	Common name
Apium graveolens	Celery seeds, Wild Celery
Arnica montana	Arnica
Betula pendula *Betula verrucosa*(NA) *[Betula alba*(NA) *= B. pubescens]*	Birch, Silver Birch
Bryonia alba *[Bryonia dioica*(NA) *= B. cretica subsp. diocia]*	White Bryony
Echinopanax horridus(NA)	see *Oplopanax horridus*
Guajacum officinale *Guaiacum officinale*(GRIN)	Guaiacum, Guaiac, Lignum Vitae
Harpagophytum procumbens(GRIN) *Uncaria procumbens*(NA-GRIN)	Devil's Claw
Juniperus communis	Juniper
Menyanthes trifoliata	Buckbean, Bogbean
Oplopanax horridus *Echinopanax horridus*(NA)	Devil's Club
Piper methysticum *[Piper sanctum*(GRIN)*]*	Kava-Kava
Salix spp.	Willow
Uncaria procumbens(NA-GRIN)	see *Harpagophytum procumbens*(GRIN)
Yucca spp.	Yucca
Zanthoxylum spp. *[Zanthoxylum americanum]* *[Zanthoxylum clava-herculis]*	Prickly Ash, Toothache Tree

Miscellaneous/Restricted Herbs — Misc.

Latin name	Common name
Acorus calamus *[Acorus americanus]*	Sweet flag, Calamus
Atropa belladonna(GRIN)	Deadly Nightshade, Belladonna
Cannabis sativa	Marijuana, Hemp
Datura stramonium *Datura tatula*(NA) *[Datura innoxia]*	Jimson Weed, Thorn apple
Gelsemium sempervirens	Yellow Jasmine
Hyoscyamus niger	Henbane

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Note: ordered alphabetically by reference-tag (name tags are generally form by last-first name of authors, editor, or publisher).

WEB Link Reference:

Plant identification Sites:

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LG-GRIN	**United States Department of Agriculture – Germplasm Resources Information Network** (GRIN) http://www.ars-grin.gov/cgi-bin/npgs/html/taxgenform.pl
LO-GBIF	**The Global Biodiversity Information Facility** (GBIF) http://data.gbif.org/species/
LO-IAPT	**International Association for plant Taxonamy (IAPT)/International Code of Botanical Nomenclature (ICBN)** http://ibot.sav.sk/icbn/main.htm **OR** http://www.bgbm.org/iapt/nomenclature/code/saintlouis/0000St.Luistitle.htm

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LC-LHG	**Lyrae's Herb & Garden Pages** http://www.lyraesherbpages.homestead.com/medicinalherbsH-P.html
LO-ANC	**American Botanical Council** http://www.herbalgram.org/youngliving/herbalgram/articleview.asp?a=2697
LO-HM	**HerbMed® - an interactive, electronic herbal database** http://www.herbmed.org/Herbs/Herb51.htm
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LO-KNMP	**Knowledge Network on Medicinal Plants and National Centre for Training & Technology Transfer** http://herbalnet.org/wholeherb/bacopa_mon.asp
LO-PFF	**Plants For A Future – Database (US database)** http://www.ibiblio.org/pfaf/cgi-bin/arr_html
LO-PFF2	**Plants For A Future – Database (UK database)** http://www.pfaf.org/database/plants.php

Specific Herb Monograph Sites:

LE-NCROP	**New Crop Resource Online Program** http://www.hort.purdue.edu/newcrop/CropFactSheets/bramhi.html
LE-ML2	**University of Nebraska article: "Uses of Lichens: Past and Present"** http://www.unomaha.edu/lichens/Bio%204350%20PDF/Uses%20of%20Lichens.pdf
LE-ML3	**Oulu University article: "STUDIES ON THE LICHEN GENUS USNEA IN EAST FENNOSCANDIA AND PASIFIC NORTH AMERICA"** http://herkules.oulu.fi/isbn9514255240/isbn9514255240.pdf
LN-MSK	**"Skunk Cabbage (Symplocarpus foetidus)" Article by "Wildman" Steve Brill** http://www.econetwork.net/~wildmansteve/Plants.Folder/Skunk%20Cabbage.html
LG-MYSK	**"Yellow Skunk Cabbage" -- Idaho Panhandle National Forests information** http://www.fs.fed.us/ipnf/eco/yourforest/wildflowers/yscabbage.html
LC-MB1	**Beetroot Article by Stephen Nottingham** http://ourworld.compuserve.com/homepages/Stephen_Nottingham/beetroot6.htm
LC-MB2	**"Beet Therapy for Cancer" Article from Ruby's Emporium** http://www.industryinet.com/%7Eruby/beet_cancer_therapy.html
LC-ML1	**LICHENS OF NORTH AMERICA** http://www.lichen.com/people.html
LO-MA1	**Maca-Article** http://joe.endocrinology-journals.org/cgi/reprint/176/1/163.pdf
LO-MA2	**Lessons From the Fields** http://sciweb.nybg.org/science2/pdfs/mb/Maca_Mar_Apr_2002.pdf
LO-CO	**CHEM-ONLINE.org** http://www.chem-online.org/plant-extract/rhodiola-rosea-extract.htm
LO-NBSC	**National BioScience Corporation** http://rhodiolarosea.org/HerbGrams-2002.pdf
LO-RHG	**American Botanical Council – Rhodiola Herbal Gram** http://content.herbalgram.org/naturesflavors/herbalgram/articleview.asp?a=2333

Government, and other General Herb Information Sites:

LC-GM	**Garden Medicinals:** https://www.gardenmedicinals.com/pages/wise_use.html
LC-SSBM	**Southwest School of Botanical Medicine** http://www.swsbm.com/ManualsMM/BadForm.txt
LG-HCAN	**Health Canada (HCAN)** http://www.hc-sc.gc.ca/dhp-mps/index_e.html
LO-CAH	**Complementary and Alternative Healing University** http://alternativehealing.org/dang_shen.htm
LO-DD	**Drug Digest Organization** http://www.drugdigest.org/DD/DVH/HerbsWho/0,3923,552556%7CGurmar,00.html
LO-GCW	**Global Compendium of Weeds (GCW)** http://www.hear.org/gcw/alpha_select_gcw.htm
LO-MPS	**The Maryland Native Plant Society** http://www.mdflora.org/
LO-PS	**Purple Sage organization (UK)** http://www.purplesage.org.uk/
LO-UPSO	**United Plant Savers Organization** http://unitedplantsavers.org/

Online Dictionaries:

LC-OD1	**Online Dictionary – *Dictionary.com*** http://dictionary.reference.com/
LC-OD2	**Online Dictionary – *TheFreeDictionary*** http://www.thefreedictionary.com/
LC-OD3	**The Australian Naturopathic Network** http://www.ann.com.au/subindex_dictionary.htm
LE-SUNY	**State University of New York – Department of Pharmaceutical Sciences** http://pharmsci.buffalo.edu/courses/phc311/latin.html

Note: Prefix on link tags – LC = **.com** type link; LE = **.edu** type link; LG = country or government-type link (i.e. **.gov**, **.ca**); LO = **.org** type link.