

Oenothera sp.

Evening Primrose

Sundrops

3. O biennis Entire plant dry infusion 1 tsp to cup boiling water drink cold; mucilaginous astringent sedative for asthmatic coughs & whooping cough values for eruptive skin diseases 3
S C herokee poulticed hot root on piles Frank tea for obesity Montagnai boiled bark for bowel pain
Ojibwa poulticed infusion on bruises potawatomi used seeds
Ch hot root poultice on piles tea for obesity cooked greens when young

Oldenlandia *Boschii* (D.C.) Chapm
uniflora (L.) Lam

Clustered Bluets

Cane leaf

👣 *O. diffusa* (Willd) Roxb (= *Boschii*?) Cooling light & pleasant tasting (clears fever, detoxifies, tonifies blood promotes diuresis for (1) Cancer (2) Sore throat boils abscesses, traumatic bruise pain (3) snakebite (4) Jaundice whole plant 1-2 liang decoction 👣

Opuhtia

Prickly Pear

9 stems roasted used as poultice on swellings and on breasts of nursing mothers to restore milk flow
roots used to grow hair flower tea increases urine flow Indians made tea of stems for wash
to ease headaches, eye troubles & insomnia early settlers boiled root in milk & drank to treat dysentery ?
3 fruit mucilaginous emollient, diuretic, refrigerant in pleuritic affections mental
disturbances, nausea, coldness, joint pains tincture from flowers & wood relieves
spleen affections & diarrhea 3

Orchis spectabilis L.

Showy Orchid
Nerve Root

Parts Used - tubers, roots

Propagation ♀ bumblebees, root buds 1-2" wintercover oak or beech left in place
pH 5.5-6.5 protect from slugs rodents insects¹⁴

Orobanche uniflora

Beech Drops

3 Used for bowel upsets cancerous ulcerations, powerful astringent in canker of throat, syphilis, gonorrhoea, dysentery & hepatic affections 3

Osmorhiza longistylis (Torr.) D.C.
claytoni (Michx.) Clarke

Anise Root Anise Root
Sweet Cicely

Part Used Root

± roots yield oil similar to anise; used in flavoring¹

§ claytoni Chippewa poulticed dry root on ulcers chewed root or gargled decoction for sore throat

Chippewa & Omaha, Paiute, Shoshone & Winnebago put washed root to boils, cuts, sores & wounds

Fox, Menominee, Paiute, Potawatomi & Shoshone boiled roots for collyrium for sore red eyes

Tlingit boiled root for cough Menominee decocted roots for collyrium Ojibwa decocted root for childbirth & sore throat

longistylis Cheyenne root decoction for upset stomach roots stems & leaves for kidneys

Fox panacea Ojibwa decocted roots for sore throat & childbirth Omaha ^{& Ponca} poulticed powdered root on boils Winnebago on wounds Pawnee decocted root for general debility

Potawatomi decocted root as collyrium and stomachic Winnebago poulticed root on wounds

F Ginseng "pointer"*

Osmunda regalis

& Iroquois mixed with wild ginger for infants convulsions

Royal Fern

Ostrya virginiana (Mill.) K. Koch

Hophornbeam

Ironwood ^{Leverwood}

♀ bark laxative & tonic colonists used fluid extract to treat malaria Bark & inner bark used to treat indigestion & fever Bark poultice used to reduce neck swellings ♀ B bark bitter tonic, alterative & antiperiodic 3 Dose 1 teaspoonful inner ~~bark~~ wood cut small to cup boiling water drink cold 1 cup a day 7

♂ Cherokee used bark tea to build up blood bathe sore muscles & treat toothache
Chippewa used heartwood in steam baths for rheumatism for coughs, croup, kidney, hemoptysis, lungs
Delaware root for debility & ♀ ills Potawatomi wood or bark for cramps, diarrhea or hemorrhage
Ch hold hot bark tea (with cucumber magnolia) in mouth for toothache boil bark to bathe sore muscles bark tea to build up blood

♂ *Carpinus caroliniana* Musclewood Cherokee used for bloody flux, milky urine yellow navel Delaware steeped roots or bark with other barks (cherry, hickory oak, juniper) for debility & ♀ ills
Ch inner bark astringent ingredient in tea for flux drink for a mild form of navel yellowness, drunk for cloudy urine

Oxalis Wood Sorrel

Parts Used leaves

Use for salads; as nibble (don't eat much)

Poultice cures skin cancer (folk)

^{white} ^{damp} ^{shady} ^{humus} pH 4-5 violet (violacea) pH 6.-6.5
^{americanus}

O. corniculata L. cooling sour taste clears fevers detoxifies resolves clots & bruises reduces swelling
for 1) influenza fever, urinary tract infections, enteritis, diarrhea 2) traumatic injuries & sprains
snakebites whole plant 1-2 liang

O. acetosella Ailongguit aphrodisiac, tumors

corniculata Cherokee chewed for nausea, sore mouth & sore throat, tea for hookworm
put leaves on new cancers & old sores Seneca boiled in bear grease for cancer salve

Cherokee Cold leaf tea stop vomiting chew leaves for disordered saliva leaf tea with sheep grease
into salve for sores for new cancer tea for blood Chew for sore throat

see beech dye (dark tan) Oxalic acid mordant

Oxalis sp.

9 N. Mex. tsp fresh or dried powdered leaf
boiled in a cup of water & taken
in morning for worms raw
greens early spring blood tonic
Cools fever; increases urine flow

Panax quinquefolium

Ginseng

Requires leafmold humus soil pH 4.5-6 ¹⁴⁹ Used by Chinese for thousands of years recent research in Bulgaria, South Korea & USSR demonstrate definitely tonic & stimulant Chinese use root as aphrodisiac In Appalachia root tea is tonic & aphrodisiac Indians believed it prevented female contraception & used root tea to treat rheumatism & vomiting Root used to treat convulsions, dizziness, nervous disorders, colds, fevers, headaches & shortness of breath as well as to stop flow of blood from wounds ⁹ tonic ^{energises} calm nerves salivate stimulates appetite for ~~deficient~~ deficiency of wind & blood internal problems from worry convalescent weakness, no appetite palpitation insomnia & forgetfulness 1-3 chien ³ stimulant aromatic bitter aphrodisiac & heart tonic ³ ⁵ To stimulate digestion dissolve powder in egg white 3 times daily to strengthen heart and avert depression 1 liang powder to 10 fluid dissolve in wine twice daily; sedative broth of ginseng & bamboo leaves for blood circulation, faintness after childbirth, insomnia, stiff joints against fever, sexual excesses ⁵

8 Cherokee root colic, convulsions, dysentery, headache, nerves, palsy, thrush, vertigo, weak womb Creek washed roots to stop bleeding infusion for coughs dyspnea, ^{tea} hoarseness laryngitis deters ghosts Fox Delaware & Mohegan for sexual ailments Penobscot for fertility Menominee mental tonic Creek, Delaware, Fox & Mohegan panacea & to strengthen other medicine Ojibwa put pounded roots on wounds Potawatomi eye & ear
Ch root tonic expectorant weak womb nerves convulsions palsy vertigo headache chew root for colic

Papaver. Somniferum

Opium Poppy

Cherokee Stimulant in small doses, larger dose produces sleep & relieves pain
soothes, tranquilizes, antispasmodic, for cramps

Parthenium integrifolium var. *hispidum*

F in coffee (teaspoonful) as cure-all Clarksville

8 Catawba placed fresh leaves on burns

Wild Quinine, Feverfew

Parthenocissus quinquefolia

Virginia Creeper

8 Cherokee tea for yellow jaundice Comanche & Creek root for gonorrhoea
Fox decocted root for diarrhoea Houma crushed leaves in vinegar poulticed onto wounds & treat lockjaw
decocted leaves to apply to swellings

Passiflora lutea L.
incarnata L.

Passion Flower
Maypop

Parts Used fruit, leaves

¹ fruit edible ¹ ⁹ Indians poulticed crushed leaves for bruises & injuries fruit juice for sore eyes, crushed tops for hemorrhoids, burns, & skin eruptions reputed aphrodisiac ^{for er. men} in Bermuda, vine is perfume base

8 P. incarnata Cherokee roots for boils, cuts, earaches, inflammations, liver & weaning, Houma root infusion

Blood tonic Cherokee pound root and apply to brier or locust wounds to draw swelling, roots in tea for boils, pound root in warm water for earache root tea to wean babies tea for liver.

Pedicularis canadensis

Wood Betony

Open woods semi-parasitic on roots (may be difficult to transplant)
Propagate by seed & division protect from slugs, rabbits pH 5.5 to 7¹⁴
& Cherokee roots for cough dyspepsia hematochezia, lice, menorrhagia, sores stomachache
Chippewa dry root internally for anemia Fox decocted for internal swelling root poultice for external swelling
Meskwaki root poultice on tumors Mohegan leaf decoction abortifacient Ojibwa diced roots fine
in food as aphrodisiac steep roots for peptic ulcers, gargle leaves for sore throat
Potawatomi root for heart

Cherokee for bloody discharge from bowels root steep rubbed on sores, in cough medicine
hot root decoction for stomach ache put in dog bed to de louse pups, infusion drunk for flux
to rid sheep of lice

Penstemon

Cobaea Nutt. ariflorus Pennell
tubaeflorus Nutt.
digitalis Nutt.
pallidus Small

Beardstongue

Part Used herb, root
pallidus Indians chewed root & put pulp into painful tooth root used to treat rattlesnake bites & hasten expulsion of afterbirth?

& laevigatus Aiton Cherokee tea for cramps Natchez roots of Penstemon for colds, consumption, cough & pertussis CK tea for cramps

Perilla sp.

Beefsteak Plant

☞ *P. frutescens* (L.) Britt warming acrid taste aromatic dispels cold, corrects energy balance relieves asthma quiets restless fetus, detoxifies, for 1) Preventive for epidemic flu, colds, malaria 2) vomiting, abdominal distension flatulence 3) restless fetus 4) seafood poisoning whole plant 3-5chien decoction

8 Lumber around homes to repel fleas & flies mixed with tuliptree & plum bark for fever
Roppa Hancock depurative

Petroselinum crispus

Parsley

Phaseolus polystachios (L.) B.S.P.

P. angularis promotes diuresis stimulates blood circulation reduces swelling, drains pus for
Wild Bear
(1) Edematous beri-beri (2) dysentery (3) sores & abscesses Seeds 3-5 ch'ien Decoction

Phoradendron flavescens (Pursh) Nutt.

Mistletoe
Bird/line

3 stimulant, raises blood pressure increasing contractions of intestine & uterus Oxytocic in postpartum hemorrhage & menorrhagia, circulatory & uterine stimulant raises blood pressure antispasmodic for epilepsy chew leaves for toothache berries toxic 3

8 Cherokee for epilepsy, fits, headache, ^{bathe into} hypertension, lovesickness Creek branches & leaves for consumption, lungs Houma decoction for debility, paralysis, general illness California Indian contraceptive

Cherokee dry and powder for epilepsy or fits best if from oak steep in hot water for pregnant women to cure lovesickness vomit then drink tea for 4 days tea for high blood pressure

F Boil for hair tonic Stuttgart Eat a leaf for kidneys Fayetteville

Phyllanthus ^{Caroliensis Walt.}
polyonoides Nutt.

Pearlleaf

☞ *P. urinaria* L. Cold, slightly biting purifies Liver promotes clear vision purges worms promotes diuresis for
(1) Hepatitis, jaundice (2) Conjunctivitis (3) enteritis & diarrhea, infantile marasmus (4) urinary tract infections,
nephritic edema whole plant 5-chien-1 king decoction ☞

Physalis sp.

Ground Cherry

P. pubescens Linn. shrill bitter taste vermicide cough (syrup) sedative, diuretic, antipyretic detoxifies for 1) Abscesses
2) carbuncles 3) sore throat 4) pemphigus whole plant 5) chien-1 liang decoction *P. alkekengi* L. pleasant sour taste
Clears fevers, promotes diuresis resolves phlegm for 1) Pemphigus boils, abscesses 2) diabetes
jaundice 3) gas pains 4) swollen sore throat, pertussis dysentery Roots leaves fruits 1-3 chien
decoction purging overdose easily precipitates abortion

^{lanceolata}
8 Omaha root decoction for headache & stomachache & put roots to wounds or used in smoke treatments
pubescent Naraha life medicine contained dry leaves & roots

virginiana Fox decoction for dizziness

Physocarpus opulifolius (L.) Maxim.

Nine bark

Part Used: Root, bark

♂ Bella Coola inner bark decoction as emetic root decoction internally & externally for gonorrhoea
scrofulous neck glands Carrier bark decoction for fertility cleaned system, ♀ ailments

Phytolacca americana (L.)

Inkberry

Poke

Parts Used: Root, berries, shoots

collect root in late fall, cut lengthwise & dry alterative for skin & blood diseases to relieve pain & inflammation causes vomiting acts on bowels Indians poulticed powdered roots to treat cancer; also applied roots to palms & soles of a person with fever Early settlers used berry juice to treat skin eruptions & cancerous skin ulcers Dried leaves have been used as poultices on wounds, swellings & ulcers & fresh leaves as poultices on ^{old} sores People in Appalachia eat and can fresh young green leaves can be poisonous when mature?

P. esculenta Van Houtt. cold bitter tonic Promotes diuresis, reduces swelling for edema, abdominal distention 2) numbness of throat Roots 1-2 ch'ien decoction 3) Roots for rheumatism, emetic alterative infusion 1/2 sp root or cut berries to pint water 1 tsp doses for rheumatism infuse berries in brandy leaves in ointment for sore eyes poultice for insect bites (syphilis & cancer; doubtful value) 3

8 Cherokee root tea depurative, eczema, renitis, berry wine for rheumatism, berry tea for arthritis, poulticed for cancer nervous fever sores swellings Delaware root decoction antirheumatic depurative stimulant steam bath for rheumatism root salve for bittersweet, elderberry, perilla in tallow & beeswax for chronic sores & glandular swellings Lumbee ate greens in spring for boils & blood diseases, root for cramps, 1 mature leaf for worms berries to sores ^{wine} Moregan, mashed berries for poultice for sore breasts Cherokee Penobscot & Rappahannock for cancer Lumbee wine cover berries in quart jar with water cap & ferment 2-3 weeks strain & store teaspoon 3 times a day for stomach ulcers

& Rappahannock added to steambath water, steeped roots in brine for poisoning fermented seeds for
arthritis & rheumatism, steeped berries for dysentery

abscessed tooth KB
←

Cherokee roots & berries for rheumatism poultice for nervous fevers, ulcers, swellings
for white-swellings salve for cancers, ulcerous sores, sprinkled dried crushed roots on old sores,
root tea for eczema ^{blood} cold tea of powdered root for kidneys berry wine for rheumatism.
berry tea for arthritis cooked greens for building blood