

Pteridium aquilinum (L.) Kuhn

Bracken

♀ infusion to expell intestinal worms & treat diarrhea Indians used to increase urine flow to relieve stomach cramps tea to women with caked breasts ♀

♂ Cherokee root antiemetic, antiseptic, & tonic for cholera Hesperian fiddleheads for internal ailments (eg cancer of womb) Lumbee boiled rhizome as styptic for burns & sores Menominee root decoction for caked breast

Montagnis for bad luck Ojibwa for nursing mothers root decoction for stomach cramps inhaled smoke of dry leaves on coals for headache

Pueraria sp.

Kudzu Vine

☞ *P. pseudo-hirsuta* neutral, pleasant taste relieves hunger, lowers fever, stops diarrhea counteracts alcoholic intoxication for 1) Exposure-caused colds & fever, incomplete measles rash breakout. 2) diarrhea dysentery enteritis 3) alcoholic intoxication Roots 1.5-3 chien flowers 1-2 chien decoction ☞

Pycnanthemum

a tenuifolium Schrad.

d albescens

a slender

b virginianum (L.) Durand & Jackson

b virginia Wild Hyssop

c pilosum Nutt.

c muticum

c Hairy

d Hoary

Mountain Mint

Parts Used - Herb

¹ Bee Plant ¹

Cherokee leaf poultice for headache drink to avoid diarrhea upset stomach

P. incanum

Cherokee tea for cold dyspepsia, fever & heart ailments, to bathe inflamed penis with warm tea
poulticed leaves on headache Choctaw drank hot leaf decoction as diaphoretic for colds

P. virginianum

Chippewa decocted leaves for fever roots for amenorrhoea or dysmenorrhoea

Fox snuffed leaves for stimulant decocted roots & leaves as alterative for run-down patients

leaf infusion for fever

Pyrus

malus L.
angustifolia (Rehd.) Bailey
coronaria L.
ioensis (Wood) Bailey

Crab Apple

Apple
Crab Apple

Parts Used fruit, Bark

¹ colonists made cider (coronaria) jelly or marmalade, fruit contains abundance of pectin (ioensis) ¹ 3 liver kidney stones pectin (in core) for emulsifying & jelling agent, simmer parings in boiled milk $\frac{1}{2}$ cupful warm every hour until relieves diarrhea

⁸ coronaria Meskwaki for smallpox Seneca root for malaria, tonic & tuberculosis
melanosarpa Black Chokeberry Potawatomi steeped berries for colds

Dyes Golden Yellow Mordant 1 cup Alum $\frac{1}{4}$ cup cream of Tartar 2 gallons water; boil, add wet wool, boil gently 30 minutes dry then dampen for dye Dye bath 2 gts bark chopped, cover with water, soak overnight boil 2 hours strain add cold water to make 2 gallons boil add wet wool boil gently 30 minutes

Yellow Brown Mordant as above boil gently 1 hour Dye bath $2\frac{1}{2}$ gallons bark chop cover with water, soak overnight next day boil 2 hours strain add to make 2 gallons boil gently 30 minutes Rinse & dry OR no mordant add $\frac{1}{4}$ cup alum to dye bath just before adding wet wool

Quercus

a alba L. e bicolor Willd. i nigra L. m. coccinea Muench. & Nuttallii Palmer
b stellata Wang f michauxii Nutt. j marilandica Muench. n shumardii Busk.
c lyrata Walt g prinoides Willd. k. falcata Michx. o palustris Muench
d macrocarpa Michx. h imbricaria Michx. l velutina Lam. p rubra L.

Oaks

^a White Oak ^b Post Oak ^c Overcup Oak ^d Bur Oak ^e Swamp White Oak ^f Basket Oak ^g Chestnut Oak ^h Shingle Oak ⁱ Water Oak
^j Blackjack Oak ^k Southern Red Oak ^l Black Oak ^m Scarlet Oak ⁿ Shumard's Oak ^o Pin Oak ^p Northern Red Oak

^q alba Appalachian bark tea to treat burns & sore mouth pulverized bark substitutes for quinine & decoction of boiled bark to treat sore eyes Indians used tea to treat bleeding hemorrhoids roots crushed, mixed with whiskey & rubbed on rheumatic joints, Root-bark tea to treat gonorrhoea & to expell phlegm from lungs ^q velutina Indians crushed bark & boiled for decoction for sore eyes bark used as laxative tonic, treatment for diarrhea, nervous tension, rheumatism, & tuberculosis ³ Inner bark dried powdered for infusion astringent for diarrhea, dysentery decoction 1oz bark to 1qt water boiled down to pint wineglassful doses gargle for sore throat, possible mild hemostat, vaginal douche acorns powdered for diarrhea ³ Q. velutina astringent corroborant ³ over

Cherokee & white oak bark astringent tonic antiseptic after long intermittent fevers indigestion chronic dysentery, bath for chills & fevers bark emetic tea to chapped skin chew for mouth sores asthma lost voice & trouble milky urine



^F gargle White Oak bark tea for tonsillitis Van Buren Black Oak bark for fevers Beech Grove Blackjack inner bark for tea to wash burns Fayetteville Chew young Blackjack twigs for diarrhea ^{Ft.} Smith Oak ooze salve: scrape innermost (stick) bark & mix with possum grease for bunions Fayetteville

- 8Q alba Remboicot cancer, piles Cherokee bark for asthma chafing chills debility dysentery
 dyspepsia, fever, hysteria, laryngitis, malaria, stomatitis Delaware bark ^{gynecological} panacea, coughs tonic
 Fox decocted bark as expectorant Houma mixed crushed root with whiskey to make liniment for
 rheumatism Lumbee for bladder, Bright's disease, diarrhea, dysmenorrhea, venitis, sores, sprains
 swellings & ulcers Miami bark root or leaves for wounds bark infusion for sore eyes Maritime bark for bleeding piles
 Mohegan decocted inner bark for rheumatism Ojibwa decocted bark or root for diarrhea
 Frog wai's bark from healed branch scars sprinkled on infants navel to heal it
 Q falcata Houma decocted root & or bark for diarrhea, hoarseness rheumatism, swollen joints, sore throat debility
 Q macrocarpa Chippewa bark for heart, stomach & lungs root decoction for cramps Minoninee for amenorrhea
 Fox decocted bark in vermifuge compound Ojibwa bark bandage on broken bones
 Q auviflora; Delaware bark infusion antiemetic
 Q palustris Delaware infused inner bark as analgesic for colic
 Q rubra Chippewa inner bark for heart Creek oak & hickory bark for gingivitis Delaware dispersed
 bark decoction for colds, cough, hoarseness & sore throat Ojibwa bark for bronchial & heart ailments
 & diarrhea and inhaled smoke from root on coals to clear head or revive Potawatomi inner bark for diarrhea
 & poulticed bark onto cancer Rappahannock bark from north side of tree made tea to stimulate appetite
 Q stellata Creek bark for diarrhea, dysentery for pneumonia with plum huckleberry mistletoe red low cedar, pike cones
 grape dewberry raspberry strawberry & little horsemint for delirium after war with horsemint pine & spicebush
 Q velutina Delaware inner bark decoction for cold cough & sore throat Menominee washed sore eyes decoction crushed
 bark
 Fox in compounds for lung ailments

Ranunculus

species on back

Buttercup
Crawfoot

R. zuccherinii Mig. Chinese Cat-claw Disperses congestion alleviates pain retards pterygium growth for headache & toothache, malaria, enlarged glandular growths, corneal pterygium whole plant used fresh leaves crushed into a ball & a horsebean-sized ball placed on affected part  R. japonicus Thunb. arrests malaria, kills worms for ⁽¹⁾malaria ⁽²⁾tuberculosis of cervical glands crush and apply externally to acupuncture point location 

S. abortivus Cherokee used juice as sedative tea for sore throat & thrush, poultice for boils

Fox root styptic in epistaxis

acris Bella Coola poulticed mashed roots onto boils Iroquois used leaves with poison ivy to thin blood Montagnais, Abenaki, & Algonquin inhaled crushed leaves for analgesia in headache

flabellaris Fox snuffed stigmas as sternutatory

repens Herquist chewed leaves & poulticed on aches, myalgia, rheumatism & sores women took 3 or 4 leaves after childbirth to heal the "insides"

- a longirostris Godron — White Water Crowfoot
 b laxicaulis (T & G) Darby — Water Plantain Spearwort
 c pusillus Poir — Low Spearwort
 d abortivus L. — Small-flowered Crowfoot ^{kidney-leaved} _{small-leaved}
 e micranthus Nutt.
 f Harveyi (Gray) Britt. — Harvey's Buttercup
 g flabellaris ^{Poir} — Yellow water Crowfoot
 h scellaratus L. — Cursed crowfoot
 i recurvatus Poir — Hooked crowfoot
 j acris L. — Tall Buttercup meadow
 k septentrionalis ^{Poir} — Swamp Buttercup Marsh
 l hispidus Michx — Hispid Buttercup
 m fascicularis Muhl — Early Buttercup, prairie
 n parviflorus L. — Small-flowered Crowfoot

Rhamnus sp.

Buckthorn

3 *R. frangula* dried & seasoned bark (season 2 or 3 years) fresh bark cathartic but causes pains, vomiting decoction for chronic constipation 1 oz bark in 1 quart water boiled down to pint 1/2 tsp doses, decrease dosage as cures

89 Delaware bark decoction emetic & for heart Natchez tea from wood for jaundice



Ch cathartics bark & fruit powerful cathartic bark decoction for itch to wash sore & inflamed eyes

transition stimulant laxative and colagogue laxative increases bioflow - liver bladder stimulated more than constipation appetite like rhubarb root for full internal heat detoxifies enhances metabolism prevents stone formation faulty liver & kidney only dry bark over 1 year old

Powder & decoction .25 - 1g ^{small} Tincture .25 - 1 ml 6-20 drops medium 1-2g powder or decoction
Tincture 1-2 ml 20-50 drops Large drops powder & decoction 2-4 g once only Tincture 2-4 ml once

Rhododendron roseum

Azalea Election Pink

Parts Used: Bark, leaves  R. molle G. Don warming, acrid taste Toxic Purges flatus, dispels cold, neutralizes moisture, kills insects, stops itching reduces swelling $\frac{1}{2}$ Rheumatoid arthritis, traumatic injuries, malaria 2) cures 3) insecticide for killing maggots, mosquito larvae & snails
Flowers externally Roots 5 fen - Ichien decoction 

R. calendulaceum flame azalea Cherokee boiled twigs & rubbed on rheumatic spots, tea for filaments, apple on stem for thirst

R. maximum Cherokee leaf tea for heart bound leaves to headache, leaves in liniments for pains & arthritis

CK calendulaceum peel & boil twig & rub on rheumatism, & tea, fungus apple on stem eaten for thirst
CK maximum in liniment for pains in leaf decoction for rheumatism leaves for heart trouble
bind on forehead for headaches.

Gray Dye No mordant Chop 2 gallons leaves, cover with water, soak overnight, next day, boil 2 hours, strain
add water to make 2 gallons boil add $\frac{1}{4}$ cup copperas stir well add wool boil gently 30 minutes
rinse & dry

Rhus sp.

Rhus aromatica Ait. - Fragrant Sumac *R. glabra* L. Smooth Sumac
R. copallina L. - Winged Sumac

Poison Ivy see Toxicodendron

Sumac

9 *R. glabra* Appalachia: leaves rolled & smoked for asthma fruit's make drink & sore throat gargle fruit infusion for fever bark boiled in milk for burns decoction of stem or roots to treat skin ulcers gonorrhoea, diarrhea & infected lymph glands ? *R. semilata* Morr. cooling, salty taste reduces inflammation detoxifies, stimulates blood circulation removes stagnation & blood clots for 1) Pharyngitis, purulent inflammations, snakebites 2) hemoptysis 3) stomach-ache 4) traumatic fractures Roots 1-2 liang decoction ? 3 *R. glabra* astringent drink for fevers tsp bark decocted in boiling water a mouthful at a time to relieve throat irritations also for skin irritations & gonorrhoea Boil in milk as healing wash for bad burns Decoctions in large decoctions cathartic 3

8 *R. aromatica* Comanche bark for colds Hopi root for consumption Miami for diarrhea, dropsy, gingivitis, frostbite, VD Natchez-poulticed roots on boils Ojibwa root decoction for diarrhea

R. copallina Cherokee chewed berries for enuresis & nausea & used bark tea to increase flow of milk & to treat sunburn blisters Creek root decoction for diarrhea & dysentery Delaware roots for skin eruptions sores VD berry for mouth wash & included in ceremonial smoke compounds Hot steaming foot baths for arthritis, rheumatism & muscle swelling Lumbee root decoction for bladder, dysuria enuresis gonorrhoea, labor pellagra ^{Mimidecoction} venitis mal du terre

R. glabra Smoke berries for tobacco craving Chippewa flower decoction for asthma diarrhea stomatitis Creek boiled roots for dysentery smoked leaves for head & chest Fox appetizer for invalid's ribs & tacient Lumbee ^{suck egg & peery & sp.?} gave fruit for bedwetting Meskwaki for piles Micmac for earache Ojibwa flower decoction calligrum leaf poultice bark for bleeding Omaha root decoction diuretic postpartum hemostat continued over

8 continued Pawnee decocted fruit for diarrhea & dysmenorrhea Thompson chewed roots for sore mouth & tongue
and took the stem & / or root decoction for syphilis Ojibwa berry tea for diarrhea / produces effect of flying
Cherokee Decoction of Poison ivy as emetic

~~Quinine~~ Ribes

Gooseberry

~~E in coffee (teaspoonful) as cure all~~ ~~Clarksville~~

S americanum Black Currant Fox root bark for intestinal worms

cygnosbatii Prickly Gooseberry Fox women used roots from uterine problems from too many offspring

Potawatomie collyrium for sore eyes from decoction & used root bark for uterine disorders

Cherokee rotundifolium tea for measles bark tea check bowels, leaf tea for nerves

Robinia pseudo-acacia L.

Black Locust
Yellow Locust

Parts Used: flowers wood

¹ honey ~~sauce~~ flowers can be fried or cooked as a vegetable infusion of flowers makes drink roots have licorice-like flavor but reportedly somewhat poisonous leaves poison chipmunks, twigs & shoots poison livestock Has Strongest wood in N. America 7th hardest stiffest & shrinks less in drying than other major species one of most durable for fence posts, ties tree nails, rungs for ladders teeth for rapses tool handles & police clubs 1 cord nearly equals a ton of anthracite coal

Cherokee used root as emetic and for toothache Menominee seasoned other medicine with bark Rappahannock steeped bark for colds & coughs

Rosa sp

Rose

- R. chinensis Lager for 'menstrual irregularity, dysmenorrhea, amenorrhea (2) traumatic injuries, swellings & pains of back & legs
flowers 1-3 ch'ien roots & leaves 3-5 ch'ien decoction • R. laevigata Michx. Neutral, pleasant acid taste detoxifies
stabilizes kidneys aids menstrual regularity for 1) Chronic dysentery, urinary tract infections 2)
wet dreams, prolapsed uterus 3) menstrual irregularities, traumatic injuries Roots fruits leaves 5 ch'ien - 1 liang decoction
- R. rugosa Petals astringent hips for Vitamin C (English & Scandinavians in WWI) Citric acid can cause caries
intestinal disturbances, itching rectum etc. but prevents scurvy protects health of tissues 3
- R. eganteria Froquois ate fruits for diarrhea
- R. palustris Cherokee bark tea for dysentery & worms Ojibwa root decoction collyrium
- R. virginiana Ojibwa steeped roots for sore eyes
- Cherokee Boil roots, drink for dysentery bark and root tea for worms

Rubus

a occidentalis L.
b frivialis Michx
c flagellaris Willd.

d Ensenii Tratt.
e allegheniensis Porter
f orarius Blanchard
g argutus Link
h mollis Bailey
i pennsylvanicus
j strigosus Rydb.

a Black Raspberry e, f, g, h, i, j
b Southern Dewberry High-bush
c Dewberry Blackberry

Parts Used fruit, leaves, roots

1 a fruit eaten fresh cooked into pies, preserves, syrup for drinks & leaves substitute for tea.
2 species more acid & seedy, smaller fruits 3 Appalachian root tea to dry runny noses root bark tea to stop dysentery fruit juice controls dysentery in children 4 P. tephordes trace astringent stops bleeding for (1) traumatic injuries, pain in muscles & bones, numbness (2) amenorrhea (3) traumatic bleeding (4) dysentery, diarrhea Roots & leaves 5 chien-2 liang decoction
3 dried bark contains tannin, gallic acid & vilbain excellent astringent, decoction for diarrhea astringent oz root bark boiled down in water or milk from 1 1/2 pints to 1 pint 1/2 teacup every hour or two for diarrhea & whooping cough; juice of fresh berries sugar & spices boiled added to brandy 3
8 R. allegheniensis Delaware combined with cherry bark for diarrhea & dysentery Menominee root infusion eye wash Fox root collyrium, stomach, antidote for poison Ojibwa stalk decoction diuretic root for diarrhea
R. canadensis Delaware used cane & leaves for diarrhea Menominee root decoction for dysentery R. hispida Michigan berries for diarrhea
R. idaeus Algonquin root for diarrhea Cherokee chewed root for cough & toothache, scratched rheumatic pains, tea for dysmenorrhea hematochesis, birthing Chippewa healed cataracts with root bark infusion as collyrium over eye 3 times a day dysentery & measles Cree infused leaves in boiling water for cholera & dysentery Fox seasoned other medicines Ojibwa root decoction collyrium, stomachache berries to flavor other medicines over 3
F boil roots for tea for curing boils El Dorado Root tea for diarrhea McGehee, Wesley Berries for dysentery Western Grove

J. idaeus ^{continued} Dene astringent on displaced worm Omaha root decoction for children's bowels

Potawatomi root infusion as eye wash Tete-de-Boule drank root tea for hematuria

Thompson root decoction as stomach tonic leaf decoction for hemoptysis

R. occidentalis Chippewa roots in compounds for backache, ♀ weakness & sore eyes

Menominee for consumption Ojibwa for stomachache

R. pennsylvanicus Chippewa root decoction for dysmenorrhea & pulmonosis

R. sp. Cherokee for dyspepsia, dysuria, cystitis, rheumatism, & sore throat Oneida roots for dysentery

Rappahannock steeped runners for dyspepsia roots or berries for diarrhea overdose numbness dopey

Ch decoction to regulate urination root or leaf tea to check bowels astringent & tonic rd weakly phlegmatic people, sweeten with honey to wash sore throat chew washed root to take coat off tongue, root tea with virginia pine & alder drunk or used as wash for piles, tea for rheumatism, juice & fruit for food

Raspberry Chew root for cough leaves astringent decoction for bowel complaint wash for old and foul sores or ulcers strong tea for pains of childbirth (red raspberry leaves)

scratch rheumatism with thorny branch in decoction for menstrual period acts as emetic & purgative, ^{drink} tea tonic for boils roots for toothache fruit for food

Rudbeckia

a laciniata L. e missouriensis Engelm.
b subtomentosa Pursh f fulgida Ait.
c grandiflora (D. Don) DC. g triloba L.
d hirta

z Wild Goldenglow
b Sweet Cornflower
d Black-eyed Susan

9 Brown-eyed Susan

9 laciniata New Mexicans make green leaf tea add storksbill (*Erodium cicutarium*) stalk, strain & drink for 10 days to cure gonorrhoea or induce menstruation increase urine flow, treat kidney troubles & Bright's disease 9
3 diuretic tonic, balsamic 3

8 R. fulgida Cherokee root tea as collyrium for weaker inflamed eyes & drank tea for flu & urogenital disorders washed snakebites & swellings with tea Ch brown dye

R. hirta Cherokee root tea for dropsy flux & diseases of privates used as wash for snakebites sores & swellings exudate of roots to earache Chippewa used flowers in pediatric poultice

Menominee diuretic, stimulant Potawatomi root tea for colds

R. laciniata Chippewa flower with goldenrod & anise-scented hyssop for burn poultice root tea for burn: mixroot with blue cohosh root for dyspepsia, horse medicine Ch cooked spring salad to keep well


F chew roots for bleeding gums Winslow

Rumex ^{obtusifolius L.}
^{crispus L.}

Curled Dock
b { Broad-leaved Dock
Bitter Dock
Sour Dock
Yellow Dock

Part Used: Roots

Collect in late summer or fall (after fruiting tops turn brown) wash, half or quarter ^{lengthwise} or leave entire & dry blood purifier; for skin diseases

R. obtusifolius Makino Anti-pyretic, detoxifying, laxative, anticoagulant, antipruritic bug killer for ~~constipation~~ constipation abdominal cramps, boils, abscesses, fungal infections roots 15g decoction  crispus crushed green leaves applied to boils to bring to head leaf juice to treat ringworm

& skin parasites Appalachian root wash soaked in vinegar for ringworm leaf poultice for nervous or allergic hives Boiled fresh root decoction internally as laxative & treatment for skin ailments?

? obtusifolius root decoction externally for skin disease internally as laxative Fresh or dry root decoction for venereal disease root poultice applied to ulcers skin itch & other skin diseases ? 3 R. acetosella

Root red stain in boiling water leaves refrigerant, antiscorbutic & diuretic 1689 John Evelyn assuages heat, cools liver & strengthens heart antiscorbutic. R. crispus fall roots split dried & stored for tonic astringent laxative & alterative Blackfoot mashed roots to poultice to sores & swelling & to horses' saddle sores (although not native) strengthens liver 3 Root yellow dye

8 R. crispus Cherokee root tea for dysentery eruption skin ringworm & tumors rubbed leaves on sore throat Chippewa, Delaware, Ojibwa, Paiute & Shoshone poulticed crushed roots on boils, bruises, cuts, swellings & sores Molecite root for cold of bladder & purgative M'ic m'ic roots for cold bladder over

8 R. crispus continued Mohawk infused leaves with yarrow fragments for diarrhea Michigan leaf
Paiute depurative for liver, rheumatism, swellings & VD seeds for diarrhea Delaware root
depurative for jaundice Navaho whole plant emetic, cold infusion of leaves for mouth sores, root panacea
roots tunc Rappahannock roots depurative Shoshone depurative for heart root decoction for liver, VD
Yerment Indians used leaves for cancer

R. obtusifolius Chippewa root decoction for childrens eruptions Delaware root depurative for jaundice
Colorado Indians for cancer

R. verticillatus. Choctaw bathed in leaf decoction to prevent smallpox

Sabatia angularis
Cherokee tea for periodic pains

Rose-pink

Sagittaria

montevidensis Cham. & Schl.
rigida Pursh (stiff Arrowhead)
graminea Michx.
ambigua J.G. Sm.
Engelmanniana (Mack & Bosh) Bogin
latifolia Willd (Duck Potato)

Arrowhead

Part Used—Tubers

¹ Bake or Boil $\frac{1}{2}$ hour **3P. latifolia diuretic & antiseptic 3**

8 latifolia Algonquin root for tuberculosis Cherokee bathed infants in $\frac{1}{2}$ gave sip of decoction for fever Chippewa decocted root for dyspepsia Mohawk with sweetflag root for children crying at night
CK bathe infants in leaf tea give 1 sip

Salix *S. caroliniana* Michx - Wards' Willow *S. interior* Rowlee - Sandbar Willow *S. rigida* Muhl. - Stiff Willow
S. humilis Marsh - Prairie Willow *S. nigra* Marsh - Black Willow Willow

S. nigra Indians used bark tea to treat lumbago, bark infusion for colds & asthma & increase sweating
catkins believed aphrodisiac bark tea for indigestion, diarrhea, ulcers, & gangrene 9

S. humilis Prairie willow Delaware root decoction for worm ailments Fox for diarrhea
Menominee for diarrhea dysentery & spastic colitis Delaware compounded root with Fabe soaked
& toothwort for scrofula & VD Menominee stem decoction for tonic

S. nigra Cherokee bark tea for diarrhea fever hoarseness laryngitis tonic hairwash
Cree bark for bleeding kidney stones & wounds Hovind root or bark as blood tonic for weakness
due to thin blood Lumbee boiled fresh twigs & leaves alone or with tuliptree to reduce fever

Salvia sp.

officinalis L Garden Sage

Sage

9 officinalis early 1800s crushed fresh leaves thought to destroy warts used as antiseptic tonic, to relieve skin wounds & cuts Indian salve of leaf mixed with grease for skin sores; to treat coughs, colds, night sweats, worms & gargle for ulcerous sore throats Appalachian tea from leaf mild laxative & to treat stomach gas in Europe extracts reduce milk flow of mother at weaning 9 S. miltiorrhiza L bruises for (1) Menstrual irregularity, uterine bleeding, abdominal pain (2) neurasthenia, insomnia (3) hepatitis, mastitis, hives Roots 3-5 chien decoction 9 5 S. miltiorrhiza for fever, renews blood, cures gynecological and eye diseases 5

8 S. lyrata Catawba roots for sores Cherokee ^{tea} for asthma, bowel, colds, cough, debility & ♀ weakness Cherokee tea for laxative mild diaphoretic ^{syrup of leaves & honey}

5 officinalis Lumbee leaf tea for colds, childrens' diarrhea Mohegan chewed fresh leaves as panacea for body root decoction anthelmintic