

Sambucus canadensis L.

Elder

S. javanica Reinm. Pa-so Ma Eight-spindled elder reduce swelling stimulate circulation & stop pain for spasms of extremities pain in bones, traumatic injuries, swelling of lower extremities (beri-beri?) whole plant in decoction 30-60 grams or crush for fresh poultice. Pioneers simmered bark in lard to make ointment for chafed skin, abrasions, ulcers & burns juice of root & boiled bark for treating water retention flowers & fruits poulticed for rheumatism sores & burns; beaten marked leaves poulticed for headache Indians pounded smaller roots stirred in hot water & tied to swollen breasts berries fermented by early settlers for tonic wine & cooling lotion for fevers 9 P.S. *javanica* Reinm.

8 P.S. *S. racemosa* L. deciduous shrub neutral bitter taste Promotes callus formation muscle & sinew healing stimulates circulation & alleviates pain dispels flatulence for 1) traumatic injuries, fractures 2) rheumatoid

3) acute & chronic nephritis Leaves stems & roots 1-2 liang decoction 3) dried inner bark of stems purgative (caution: large doses emetic) root bark violently purgative ointment for bruises & sprains (also leaves) leaves juice for eye-wash warm leaves poulticed to forehead for headache. dry flowers diaphoretic & stimulant 3

8 Carrier for child birth Carrier Cherokee, Gitskan, Iroquois, Ojibwa bark or root emetic (salt for head) Choctaw poultice with Cherokee washed sores with leaves, fruit juice for rheumatism, for boils, burns dropsy eruptions fevers infections Creek poulticed pounded root on swollen breasts Delaware flower decoction for childrens colic leaves & stems for blood disorders & jaundice Fox root bark in expectorant decoctions. over 9

Shoumo fermented berries for tonic, bark painkiller Miami root & bark for failing limbs
Iroquois boiled inner bark for toothache, ague, inflammation berries for fever & convalescence
Lumbee soaked swollen feet in stem/leaf or root decoction and bathed sores in it
Malecite & Micmic emetic, physic, purgative & soporific Menominee flower tea for fever
Meskwaki root bark expectorant Mohegan inner bark emetic flower decoction for childrens colic
Onondago elder bark emetic for Cicuta poison Pointe flower tea for colds & coughs
Pappahannock elderberry wine for neuritis or rheumatism Thompson fresh bark to toothache,
western poulticed leaves & pith on hemorrhoids young shoots for dropsy & stomach, berry decoction
for bronchitis cold fever & sore throat bark tea for dysmenorrhea Yuki decocted dry flowers for bruises & sprain

Ch diuretic, cathartic, emetic, for dropsy, light sickness among children salve for burns
and eruptions of skin decoction for summer complaint, berry tea, for rheumatism
berry or flower tea tonic for boils wash sores with leaves to keep down infections
flower tea to sweat fever berries in jellies & other foods

Sanguinaria canadensis L.

Bloodroot
Red Puccoon

Part Used Root

¹ root emetic, purgative & stimulant juice used as stain by Indians ¹

¹² collect roots in fall, tonic alterative, stimulant & emetic. ¹²

rich soil shade p H 6-7 requires little care Propagate by root division or seed

light wintercover left in place ¹⁴⁹ ^{source Captain John Smith} Indian women used for body paint, root to induce vomiting & for divining root tea for fever & rheumatism; chewed root & put spit on burns (can be toxic-careful)

New England Indians squeezed root juice onto lump of maple sugar & dissolved in mouth for sore throat (also risky)

root clears throat & nasal mucus, tonic & induces vomiting (also dangerous) ¹⁹ ³ juice emetic & narcotic

in large doses; in small doses stimulant, tonic & expectorant, to make expectorant steam level tsp

root in pint of boiling water $\frac{1}{2}$ hour, dose ^{strain} 1 tsp 3-6 times daily Bloodroot has been used for catarrh

scarletina, jaundice, dyspepsia, ringworm, fungoid tumors, & affections of respiratory tract Barton

in 1799 to induce vomiting is most prominent effect even in moderate doses ³

⁸ Abenaki echolic Algonquin root for heart ailments Delaware eat bit of root daily for vitamin, ⁹

Cherokee snuffed roots for catarrh & polyps decoction for cough croup & lung blood purifier, stomachache

Fox put boiled root to burns Potawatomi tea for diphtheria & sore throat Ojibwa root, vice for same, perine

Potawatomi squeezed root juice onto maple sugar for lozenges for sore throat Cherokee for cancers ^{esp}

bathed indident ulcers in root decoction steeped roots in vinegar for tetterworm Inguois chewed root for snake bite
over ₉₂

§ *Iroquois* chewed root for snakebite Malecite for consumption, hemoptysis, infections
Menominee paracea ~~add~~ to other medicines Mohawk roots for deafness, sore ears, dyspepsia
Mohegan root depurative Seneca washed uterus with decoction with wood ashes
Ck root decoction in small doses for coughs, lung inflammations cramp wash for ulcers & sores
steep in vinegar for letterworm snuff for polypus pulverize root & sniff for catarrh
tea with broom sedge for cough, red dye

Sanicula ^{canadensis L.}
gregaria Bicknell
^{Smallii Bickn.}

Black Snakeroot

Parts Used - rootstalk, leaves

8 S. canadensis Algonquin bruised leaves to inflammation & swellings Chippewa root for amenorrhoea & dysmenorrhoea antiperiodic, antispasmodic, astringent Houma root decoction for heart

S. gregaria Fox smudged to stop nosebleed

S. marilandica Iroquois pounded root as poultice for snakebite Malecite root infusion for dysmenorrhoea & renosis Menominee ceremonial Gijbwa root for fever & snakebite, general Indians for croup fever, hives malarial, nerves, sore throat

S. smallii Cherokee liniments & tea for colic, mixed with pink lady's slipper for stomach cramps

Saponaria officinalis L.

Bouncing Bet
Soapwort

Part Used: Roots (without runners), leaves

¹² collect in spring or fall, tonic alterative, diaphoretic ¹²⁹ High saponin content
(produces soapy lather) used to wash clothes root to treat gout, syphilis & rheumatism ⁹

³ root or leaf decoction (produces foamy lather) 2oz root to 1 pint water for venereal diseases jaundice gout
& rheumatism internally thickened juice for gonorrhoea decoction of root for skin diseases, boils,

abscesses etc. ³ S. vaccaria Cow Soapwort vasodilator, stimulates circulation, heals wounds,
removes thorns or splinters but is dangerous for pregnant women ⁵

⁸ Cherokee poulticed on boils

Sassafras albidum

Sassafras

9 Appalachian root-bark tea for bronchitis, increases urine flow relieves gas & upset stomach increase sweating In early 1800s, tea used to slow milk flow in nursing mothers bark poultice for sore eyes tea for kidney trouble, dysentery & respiratory ailments? 9
3 used in Germany by 1582 for treating syphilis diaphoretic aromatic, antiseptic for nasal & throat sprays, ant repellent decoction applied to inflamed eyes mild diuretic 3

3 heart, diaphoretic, diuretic stimulant insect repellent cobblers chewed bark to break tobacco habit
Catawba put roots to lame extremities Choctaw root decoction for measles, to thin blood

Cherokee tea for ague diarrhea, flux, infected wounds obesity rheumatism skin, sores sore eyes wounds
Greek with spicebush for dropsy & rheumatism Delaware depurative Mohawk infused pith for sore eyes
Iroquois antirheumatic depurative diuretic tonic Lumbee for chickenpox, colds, depurative fever flu
heart measles & tonic spring tonic for diarrhea high or low blood pressure, pimples & sores

Mohican young shoots colligium Nantuxtee root decoction febrifuge spring tea for ague & fever

Onondaga powdered leaves on wounds Senega tea for coryza & dyspepsia, poultice mashed leaves for bites & stings

Rappahannock root tea brings out rash in measles reduces fever pith for sore eyes raw buds aphrodisiac

Cherokee tea for VD poultice wounds and sores wash for sore eyes in worm medicine
steep root bark for diarrhea or flux, colds bark tea for obesity plant beans with flowers
(when it flowers)

Saururus cernuus L.

Lizards' Tail

S. chinensis (Lour.) Bail. Clears fever, detoxifies, promotes diuresis, reduces inflammation, for edema, nephritis - assoc. or nutritional edema inflammation and calculus of urinary system, rheumatoid arthritis, boils & abscesses, rashes & fungus infections of skin decoction of whole plant 15-30 gm. or crushed fresh for poultice
& Cherokee & Choctaw poulticed root decoction on sores Chippewa's stomach medicine

Dyes

General directions on another card

flip Q →

Yellow

Yellowwood

- Bodark roots
- Chamomile flowers
- Goldenrod flowers
- Hackberry roots
- Sunflower rays
- Butternut root
- St. Johns wort tops

Smoke tree bark

Smartweed

Hickory (Mockernut) bark

- Alder leaves
- Apple bark
- Aster flowers
- bedstraw roots
- birch leaves
- Western
- catnip
- Carolina buckthorn
- leather flower herb
- cocklebur
- Mullein
- Coneflower
- coreopsis
- dandelion roots
- codder
- elder leaves
- everlasting
- Buckeye

Red

- Horseweed flowers
- Sumac berries?
- Bloodroot
- Dyers' bedstraw
- Madder roots
- Virginia Creeper

Blue

- Blue Ash (inner bark)
- Elicampāne roots
- Baptisia (Wild Indigo)
- Amorpha (Leadplant)
- Lichen (*Rocella tinctoria*) Exodus 25:4
Ezekiel 27:7
- Roman Pliny the Elder
- Greek Theophrastus

Orange

Jewellweed

- Black Oak
- Bloodroot
- Sumac roots
- Ironwood
- Bodark roots

Purple

- Poke
- dandelion

3 Warm infusion emetic sudorific diaphoretic in fevers & constipation Also used in rheumatism typhoid fever, pneumonia catarrh, dropsy influenza for cold, fevers dyspepsia jaundice debility flowering tops dried 1 oz to pint boiling water infusion dosed by wineglassful Hot induces sweating for colds & as emetic *E. purpureum* typhus fever rhinome Decoctions or infusions for dropsy

strangury gravel urinary disorders diuretic astringent alterative, new wine, tonic dose 2-4 fluid oz decoction 3-4 times a day auxiliary to other tonics emetics diuretics overdoses cause nausea pains in stomach & bowels increased heart action & rundown feeling 3 *E. aromaticum* diaphoretic, antispasmodic expectorant aromatic diuretic 3 *E. hyssopifolium* Antivenereous, for bites (bruise & apply to wound) 3

8 ^{*C. pillifolium*} *Lumbee* drunk root tea for fever, applied top decoction to penis to maintain erection

E. maculatum Smokeweed Cherokee for dropsy, dysuria, gout, hysteria, pregnancy, renitis & fretful children rheumatism used stem section to spray medicine Chippewa root decoction for rheumatism Iroquois roots for nephrosis & rheumatism ♀ problems,

E. perfoliatum ^{tonic stimulant diuretic antiseptic purgative} Abenaki antimarial tonic Choctaw emetic tea for biliousness Cherokee for ague, colds, fever, flu, sore throat Chippewa for dysmenorrhoea Creek stem baths for hipache

Creek root tea for epilepsy Iroquois for colds & fever Meskwaki tea of flowers etc for worms Delaware Mohegan etc drunk tea for chills & fever & stomachache Malabar used tea for vermifuge

Fox root for snakebite & as pondosa Rappahannock pre flowering leaves tonic Seneca tonic antimarial *E. pilosum* Cherokee for breasts, colds constipation oliguria phthisis *E. rugosum* Cherokee root for ague, fever, gravel Fox steam bath diarrhoea dysuria tonic stimulant

E. purpureum Cherokee root decoction for dysuria, dysmenorrhoea, nephrosis Fox live Charm Iroquois kidney Ch tonic colds laxative phthisis, priapism Menantheo Acid cancer Potawatomi poultice on burns Rappahannock blood medicine

Helianthus ^{annuus L.}
strumosus L.

Sunflower

⁹ annuus In last century was grown as protection from malaria. infusion of flowers to kill flies
warm bath of flowers to relieve rheumatism; aches & pains plant for bronchitis ⁹ strumosus
Indians applied crushed root to bruises seeds increase urine flow & clear phlegm ³ leaves astringent
seeds diuretic roots for snakebite & as dye, cough pulmonary affections, dysentery, inflammation of
bladder & kidneys antimalarial Boil 2 oz seeds in quart water Boil to just below pint & strain
add 6 oz gin & 6 oz sugar 3-4 times daily 1-2 tsp doses for pulmonary affections & coughs brown
seeds in oven & make infusion for whooping cough ³

⁸ annuus Creek with angelica & puffball for sunstroke, hot head, lightheaded & general aching
Dakota flower heads for pulmonary Hopi infusion for spider bites Navaho turned pith for warts
Pregnant Pawnee ate seeds to protect nursing children Western Indians drank infusion for malaria
Thompson put leaves as powder or ointment to sores & swellings ¹ root infusion for rheumatism
Zuni for rattlesnake bite

H. decapetalus Fox powdered chewed roots on indolent ulcers H. strumosus Fox root decoction for lung

H. occidentalis Ojibwa crushed root for bruises & contusions

H. petiolaris Hopi washed spider bites with infusion Navaho life medicine Thompson put leaves to sores ^{or swelling}

H. tuberosus Western Indians made tea of stalks & leaves & drank twice daily, ate flowers for rheumatism

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Hepatica americana
acutiloba

Liverleaf

Protect from slugs & insects Propagation by seed or fall division pH 4.5-6 round lobe
6-7 sharp lobe ¹⁴⁹⁹ Indians used root & leaf tea for dizziness & coughs roots chewed for
persistent cough plant used to reduce fever & treat liver complaints & lung hemorrhage?

3 tonic & mild astringent use infusions freely 3

8 acutifolia Cherokee tea laxative, for digestion, liver & swollen breasts astringent, diuretic
tonic Fox used root internally & externally for crossed eyes & twisted mouth

Menominee in compounds for leucorrhoea

4 americana Chippewa roots with sweet cicely for amenorrhoea bruises, hepatitis & inflammation
root decoction anticonvulsive Menominee antidiarrheal Mohawk runners sweetened with
maple bark to improve wind Nanticoke chewed petals for chills or fever Seneca tonic
Potawatomie root tea for vertigo

Ch for swollen breasts, in decoction for poor digestion tea for liver laxative

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Helianthemum canadense

Frostweed

8 Cherokee steeped leaves for kidney medicine

Delaware poulticed root on sore throat & drank infusion hot steam footbaths
sit over basin with feet soaking covered with blanket for arthritis swellings &
rheumatism

Gymnocarpium dryopteris

Heuchera

villosa Michx.
puberula Mackenz. & Bush
americana L.

Alumroot

Parts Used - Root

combine with golden seal internally for bowel or bladder 2 pts. goldenseal to 1 pt. Alumroot (Kloss)
well-drained humus pH 5-6 propagate by seeds, root division or rooted creepers moist, dense shade
protect from slugs light wintercover left in place ¹⁴⁹ root decoction used in 1800s for sore
throat and by Indians as a poultice on skin lesions & wounds root infusion used
to treat diarrhea and a leaf poultice for skin abrasions.

americana Cherokee root for diarrhea, dysmenorrhea, dysentery, hemorrhoids, bleeding chewed for
filmy glossitis, powdered on indolent ulcers Fox put leaves to sores Menominee root decoction for stomach pain
ste root for upset stomach Maskewaki astringent in healing sores root for cancer (also *hispid*, *pubescens* & *villosa*)
Ck root astringent tea for bowels immoderate mense flow piles, hemorrhages powdered root on ulcers
tea with honey for thrush & sore mouths dysentery, chew root to take coat off tongue, sprinkle tea
on summer sores.

Hieracium sp.

venosum Houstonia!

venosum
King devil

Hawkweed

3 Herb tonic, mucilaginous & astringent 3

8 venosum Cherokee root tea for bowel disorders

Cherokee root tea with squawvine for bowel complaints

Houstonia caerulea Bluets Cherokee tea for enuresis

Houstonia caerulea

Bluebells

Ch tea to stop bedwetting

Lemna sp.

Chickweed

3 L. minor ~~entire~~ plant demulcent & is used in poultices 3
& Troguois mixed with chickweed to apply to swellings on skin

Monarda

^a *Russelliana* Nutt. ^c *citriodora* Cerk
^b *punctata* L. ^e *didyma* L.
^d *fistulosa* L.

^a Horsemint ^e Lemon Mint
^b Dotted Horsemint ^e Bee Balm
~~Wild~~ Wild Bergamont

Part Used: the whole herb

¹ *Russelliana*: tea from leaves ^b *punctata*: varieties contain aromatic oils used in stimulant medicines

^c *fistulosa*: tea from dried or fresh leaves stimulant to remove pain in colic ^d *citriodora* —

^e *didyma* leaves aromatic fragrant delicious tea; place leaves in boiling water¹

^e moist opening in woods pH 5.5-6.5 easy to cultivate Propagate by division or seed ¹ ² *fistulosa* Indians decocted leaves & bathed for chills; dried herb boiled & vapors inhaled for bronchial treatment root decoction drunk for stomach disorders tea of leaves & flowers for bronchial problems; pioneer lotion of boiled leaves for pimples & skin eruptions. Infusion to reduce fever & treat headaches colds & sore throats N. Mex. Indians dry & crush & rub on forehead for headache

Also meat flavoring & with beans⁹

⁸ *M didyma* Cherokee tea for colds, colic, fever flu headache, heart, hysteria insomnia messias wipe on head for epistaxis

M fistulosa Chippewa for burns euphonia gastritis headaches worms chew & put in nose for headache snuffed powdered leaves for colds Creek infused for diaphoretic, deafness, delirium, dropsy, rheumatism, swellings

Ojibwa leaf & flower decoction for abdominal pain Fox for colds Menominee for catarrh and infantile weakness

Navaho cold infusion for arrows or gunshot wounds Ojibwa boiled & inhaled steam for bronchitis & catarrh decoction for colic Souix floral tea for cold fever & headache Teewa ate leaves and poulticed on head & neck internally & externally for fever & sore throat

Plantago *P. aristata* Michx. - Bracted Plantain *P. elongata* Pursh
P. cordata Lam. - Heartleaf Plantain ← Endangered - National

Doctr Plantain

9 In Appalachia leaf tea is tonic, seeds/bulk laxative soaking seeds in water exudes a clear, sticky gum used in lotions & wave-set solutions leaves crushed and bound to bruises to reduce swelling Fresh roots or leaves boiled & poulticed to sore nipples to treat dysentery extreme constipation & blood disorders 9 *P. major* Lin. for (1) urinary tract infections, prostatitis, acute conjunctivitis (2) nephrotic edema, ureteral stones, difficult micturition whole plant 5 chien-1 ling or seeds alone 3-5 chien decoction

3 *P. major* leaf vulnerary for wounds stings & bruises as poultice, infusion oz to pint boiling water wineglassful doses for diarrhea, ointment of leaves for sore eyes 3 5 *P. major* Bupleseed Plantain diuretic, to increase sperm & fertility soothes cough & lends intense glow to eyes, coughs & sore throat

P. lanceolata anticoagulant 5

8 *major* Abenaki poulticed leaves on bruises, inflammation rheumatism & swelling Cherokee put leaves to blisters, bruises, burns, sores & ulcers, to headache & yellowjacket stings tea for bites, hematuria, douches, & swelling juice for sore eyes Chippewa poulticed leaves on rheumatism & snakebite chopped root or greased leaves to inflammation, add ginger Cree chewed leaves put to burns, scalds, earache & toothache swallowed leaves for internal bleeding Delaware poulticed leaves on bruises, & ailments the squirts ^{leaf} poulticed on cuts sores Fox leaves for burns & swellings decoction for diuretic Mohegan poulticed leaves onto bug bites & snakebites Navaho panacea Ojibwa poulticed leaves on burns bruises snakebites, sores, sprains, splinters Omaha put hot leaves to splinters & thorns Pawnee root decoction for colds & prevention's band leaves on cuts & wounds to prevent scars Pawatoni put heated leaves to inflammation & swelling decocted roots to dislodge bones in throat

OVER

Podophyllum peltatum L.

Mandrake

May Apple

Parts Used: Root Stalks, fruit * Some people get dermatitis from rootstalk
12. collect in late Sept or October, cathartic ¹² ¹ rootstalks cathartic, slightly poisonous
fruit eaten raw or as jelly, marmalade or preserves mix juice with lemonade.¹
pH ~~4-7~~ shade ¹⁴ ⁹ resin used to treat warts & tumors. Appalachian root tea for constipation
roots for jaundice, fever, cancer, liver ailments & syphilis? ³ Root infusion or decoction tsp root to pint
boiling water tsp doses, for liver, bowels slow cathartic take small frequent doses, as large doses
give violent reactions, leaves said to be poisonous ³

⁸ Cherokee root for constipation, deafness (drops of fresh plant) Rheumatism, sores, ulcers, & worms Cree powdered roots
for liver Delaware plant aphrodisiac root decoction as laxative (dangerous) & tonic Osage antidote for poison
Fox root for heart & emetic dropsy rheumatism & snakebite Menomine boiled as insecticide infusion to kill potato bugs

Cherokee joints of roots are poison use only part between joints root antihelminthic
boiled root - purgative, drop of juice of fresh root in ear for deafness powdered root
on ulcers and sores gather root in late fall dry in shade soak corn in root ooze before
planting to keep off crows and insects rheumatism constipation

F Break roots between joints and boil for constipation Red Star soap roots in water for fever ^{Beech}
medicine for liver from ~~parts~~ Harrison ^{Grove}

Z. planispinum Sieb. et Zucc. vermifuge for (1) Stomach-ache, gastrointestinal disturbances, ascariasis
(2) rheumatoid arthritis, traumatic bruises & aches, (3) Swellings & abscesses of unknown
origin, snake bites 1-3 chien roots 7-14 seeds in decoction Z. nitidum (Lam.) D.C.
slightly toxic eliminates flatus detoxifies reduces inflammation & alleviates pain for

(1) Stomach-ache (2) Rheumatoid arthralgia, back-strain & bruises, (3) tetanus burns snakebites
Roots 2-3 chien decoction Z. bungeanum Max. Acrid, toxic dispels chill cold counteracts moisture
vermifuge against parasites for (1) Chills & pain in abdomen, vomiting, cold-damp diarrhea, dysentery

(2) ascariasis-caused abdominal pain (3) moist skin sores capsule peels or seeds .8-1.5 chien pulverized
mixed with water taken orally Z. simulans Huang warming acrid biting taste eliminates flatulence stimulates
stomach removes excess cold alleviates pain reduces swelling, kills worms for (1) Rheumatism-related
aching bones, traumatic injuries (2) Sore throats (3) Snakebites roots stems & bark 1 chien decoction

Z. glava-herculis Houma grated root in whiskey for rheumatism, toothache
Cherokee americanum tea to bathe swollen joints