

Helianthus ^{annuus L.}
strumosus L.

Sunflower

^{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 ^{strumosus} Indians applied crushed root to bruises seeds increase urine flow & clean 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

^{annuus} 8 Creek with angelica & puffball for substroke, 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 & swelling ^{root} infusion for rheumatism Zuni for rattlesnake bite

H. decapetalus Fox poulticed chewed roots on indolent ulcers H. strumosus Fox root decoction for lungs

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

Schrankia uncinata

Sensitive Brier

Scrophularia

marylandica L.

Figwort

Carpenter's Square

9 fresh root infusion in 1800s to treat anxiety restlessness & insomnia in pregnant women poultice for skin diseases (impetigo, cradle cap) Entire plant used as tonic to sweat out fever, increase urine flow & cure intestinal worms bark & roots to treat tuberculosis, scabies & open wounds; plant to increase menstrual flow & treat hemorrhoids 9 S. ningapoensis Hemsl. Slightly warm cold, bitter, salty nourishes yin lowers heat, moisturizes heat dryness, promotes salivation for (1) sore throat thirstiness (2) cervical nodes, constipation, burning urination Roots 3 chien - 1 liang decoction 3 tonic, diuretic diaphoretic discutient anti-helminthic 3 S. oldhami soothes coughing, sore throats, cures scrofula & fever encourages bowel movement & urination, strengthens eyes 5

8 S. lanceolata Lagouais for blood disorders

5 marilandica herb tonic, diuretic, diaphoretic, to reduce hemorrhoids poultice for cancer & tumors

Scutellaria sp. lateriflora L. Mad dog weed

Skullcap

9. *lateriflora* one time believed cure for rabies & hysteria Indians used to expell afterbirth
promote menstruation treat diarrhea & heart disease sedative increases sweating

⚗ *S. barbata* Gob, pleasant bland Clears fever cools blood detoxifies and promotes diuresis for (1) Sore throat
pain, boils (2) schistosomiasis (3) snakebites (4) Tumors whole plant 1-2 liang decoction; or crush fresh

⚗ *S. baicalensis* Georg. cold bitter Taste purges fire detoxifies & dries for heat restlessness,
abdominal fullness emaciation diarrhea ^{fire} abdominal cramps, hematemesis, epistaxis, red eyes,
canker sores, skin sores & scabies 5 fen to 1 ch'ien decoction ⚗ 3 Nervine, bitter tonic
antispasmodic for hysteria convulsions hydrophobia, St. Vitus dance and rickets 1 tsp leaf to cup boiling water
1/2 cup frequently warm infusions sedative & help nerves, spams overdose like caffeine 3
8 Cherokee root decoction to eliminate afterbirth for diarrhea, dysmenorrhea, breast pains
5. *lateriflora* ⚗ kidneys & nerves

S. parvula Fox for diarrhea

Cherokee Root in kidney medicine decoction for nerves, root tea for monthly period
for diarrhea, in medicine for breast pains in medicine for expelling afterbirth

Sedum sp.

Stonecrop

♣ S. kamtschoticum Fisch. Cooling, slightly acidic taste Cools blood, stimulates circulation, reduces inflammation, alleviates pain for 1) Traumatic injuries, bleeding cuts 2) burns 3) Snakebites Whole plant 1-2 liang decoction
S. makinoi Maxim. cooling pleasant light taste Clears fever & detoxifies, reduces swelling stops bleeding for 1) Traumatic injuries gunshot wounds, traumatic bleeding 2) pains & swelling for boils & abscesses crush fresh & apply
S. spectabile Boreau neutral bitter taste reduces swelling, detoxifies stops thirstiness & promotes salivation for 1) Sore throat 2) abscesses & erysipelis 3) redness & swelling from traumatic injuries whole plant 1-2 liang decoction ♣

♣ S. purpureum Malecite leaves on boils & carbuncles

S. rosea Eskimo steraw flowers for tuberculosis decocted for stomachache & intestinal pain

S. telephium Delaware crushed leaves on wounds as antiseptic

Selaginella sp.

Spike moss

♣ *S. tamariscina* (Besov.) Spring Neutral, acid taste astringent hemostatic for 1) Traumatic bleeding hemoptysis in pulmonary disease, gastrointestinal bleeding metrorrhagia, hematuria, persisting post-partum lochial discharge 2) rectal prolapse, leucorrhoea. Whole plant 3-5 ch'ien decoction ♣

Senecio aureus L.

Jureus Sawweed
glabellus var. Butterweed
obovatus Muhl. Roughleaf Groundel
plattensis Nutt. Prairie Ragwort

fomentosus Michx
vulgaris L. Common Groundsel

Groundsel

Coughweed

Golden Ragwort

♀ root & plant used interchangeably Indians made Tea of flowering plant to relieve childbirth pains, hasten delayed childbirth & for kidney problems. Infusion of entire plant in water used for coughs, nervous disorders, weakness from prolonged fever & poor circulation. ¹ Smith Indian women steeped dried leaves in water for uterine tonic.

♂ *S. scandens* Buch-Ham. cooling, bitter slightly toxic, lowers fever, detoxifies, clears vision for (1) epidemic influenza, malaria boils & abscesses, acute conjunctivitis, dysentery, enteritis whole plant decoction 5 ch'ien to 1 liang each time crush fresh plant for external use *S. palmatus* Pall bitter stimulates circulation, alleviates pain for amenorrhea, abdominal distention & cramps, traumatic injuries, bruises, swellings 1.5-3 ch'ien decoction

♂ aureus expectorant pectoral emmenagogue vulnerary, shortline, anti-contusive, to stop bleeding vulnerary Catawba tea for ♀ ailments, pain of child birth & to speed delivery

Cherokee tea to prevent pregnancy, for heart trouble

Silene virginica sp.

Firepink

Red Catchfly

Rich soil pH 5-7 Propagate by seed open woods pH 5-7¹⁴ *S. stellata* Perry & Champion
Cordial, nervine, & vermifuge properties Was used by Indians in sexual disorders 3

S. virginica antihelminthic 3

8 *S. noctiflora* Navajo poulticed leaves on prairie dog bites

5 *S. stellata* Fox poulticed root on suppurating swellings

Silphium sp.

Rosin-weed
Cup plant Compass Plant

3 *S. perfoliatum* decoction of dried root powder 4 oz to quart of water Taken a little at a time

Tonic diaphoretic & alterative Gum styptic & antispasmodic chewed to sweeten breath 3

& "strong stimulant for whites," Cherokee for weak ♀ Lumbee boiled root with mullein bath for swellings

S. compositum *S. perfoliatum* Chippewa root poultice for bleeding wounds decoction for

menorrhoea, backache, hematemesis Fox for morning sickness & metrorrhagia (rheumatism & stomach

Missouri River Indians used as smoke for head, neuralgia, rheumatism Ojibwa decoction backache lumbago

Omaha & Winnebago inhaled smoke of root for headcolds, neuralgia & rheumatism Winnebago root decoction ^{Cherokee}

Cherokee *compositum* strong stimulents for whites, for weak ♀

Sisymbrium sp Hedge Mustard

Sisyrinchium sp. Blue-eyed Grass

8 *S. officinale* Cherokee poulticed for croup cooked greens

Sisyrinchium angustifolium Cherokee steeped roots for childrens diarrhea

S. mucronatum Menominee decocted for expelling afterbirth

Ch eat as cooked greens to keep regular

stellaria
Smilacina racemosa

False Solomon seal

Propagation by root stalk division & by seed pH 5-6 2" oak leaf winter cover helps¹⁴
Smoke of burning root revives from faint leaf tea prevents conception?
& Adenaki root for bleeding at mouth & overexertion Algonquin tea for headache
Chevotkee bathed sore eyes in cold root steep Chippewa roots in compound decoctions for weakness, backaches
inhaled fumes from dry roots for headache Delaware decocted root for leucorrhoea as tonic, roots for fits, insanity
Gitchan root decoction herbal baths poulticed for kidney rheumatic & skin Lumbee chewed fresh root
for halitosis, pyorrhea, etc for stomach ache Menominee steamed roots for catarrh
Mohegan decocted root for gastritis, bark for colds Ojibwa root for headache kidney blockage
& sore throat, crushed leaves for bleeding leaf decoction for pregnancy smoke for headache
Paiute root for dysmenorrhoea Potawatomi smudged roots on coals to revive comatose
Shoshone root for dysmenorrhoea leaf tea once a week to prevent conception
Thompson decocted roots for gastric & menstrual, inhaled steam from root tea for headache

Smilax sp.

auriculata Walt. herbacea L.
bona-nox L. laurifolia L.
glauca Walt. pulverulenta Michx.
pumila Walt.

rotundifolia L.
smallii Morong
+ sinoides L.
walteri Pursh

Greenbrier

♣ Clabra Roxb detoxifies, stomach tonic for indigestion, diarrhea, nephritis, cystitis (2) rheumatoid arthritis (3) lymphadenopathy
boils & abscesses, furuncles, syphilis Stem tubers 5 chien to 1 liang boiled for internal use ♣ S. nipponica Mig muscle relaxant
for Arthritic pains, backache (2) amenorrhea (3) nightmares roots 3-5 chien decoction ♣ S. china L. cooling pleasant light taste

(Eliminates flatulence detoxifies promotes diuresis for 1) Boils & abscesses 2) Rheumatoid arthritis
3) Urinary tract infection 4) enteritis & diarrhea Roots 1-2 liang decoction ♣ 3 root edible
reputed alterative & depurative 3
↓ to stay young

♣ S. bona-nox Catbrier Houma root decoction for urinary derangements, Natchez rubbed on face

S. herbacea Cree powdered roots with Baptisia for venosis, syphilis, urogenital Chippewa root
for heart & kidney Ojibwa for lungs Omaha fruits for hoarseness

S. hispida Choctaw regarded decoction as tonic 1 CK root bark astringent slightly tonic

S. laurifolia Cherokee root bark for burns, indolent ulcers, pox & scalds ^{was} Houma root decoction for urinary

S. rotundifolia Cherokee squapuncture pricked for local pain & rub other medicines in scratch

also for cramps & twitch, dry powdered leaves on gall, parched powdered on scalds wilted leaves on boils
tea for dyspepsia decocted roots for rheumatism & expelling afterbirth Creek boiled roots on ulcers ^{esp. legs}

Ch root decoction with sycamore and hemlock to expel afterbirth, for rheumatism scratch & rub in for pain
cramps, & twitching powder & eat up leaves on galls, parch & powder for scalds, wilt leaves on boils
tea for stomach, roots for food

Solanum

a Dulcamara L.

d Torreyi Gray

a Climbing Nightshade e White Horse Nettle

b americanum Mill.

e elaeagnifolium Cav.

b Black Nightshade f Buffalo Bur

c carolinense L.

f rostratum Donal

c Horse Nettle

Nightshade

a for skin eruptions, muscular spasm bronchial & pulmonary affections b ripe black berries can be eaten raw or cooked for preserves or pies unripe berries poisonous 9 colonists took juice of five or six berries daily in increasing doses for tetanus berries used to promote urination, relieve pain & ease nervous tension; entire plant used in treating epilepsy, asthma, bronchitis & convulsions; root sedative 9 S. lyratum Thunb clears fever, detoxifies for (1) leukorrhea (2) abscesses, enlarged thyroid (3) cancer of esophagus & stomach whole plant 5 chien - 1 liang decoction S. nigrum L Black nightshade S lightly cold, toxic 1 clears fevers, detoxifies promotes diuresis, reduces swelling for (1) Leukorrhea (2) Cancer of cervix 3 abscesses and open sores whole plant 3-5 chien decoction for external bathing boil in water & use solution S. dulcamara alterative, narcotic diuretic & diaphoretic fruit poisonous 3

8 Cherokee wilted leaves on poison ivy gargled seed tea for sore throat seed for goiter
S. carolinense leaf tea for worms Fruits for mange

F Used sparingly as a sedative (too much affects eyesight) Seligman, Mo. Mash berries into salve for boils Little Rock
Use bullnettle for rash & hives Hogeve Chew bullnettle roots & swallow juice for cramps Huntsville
Cook leaves in water mix with lard for poison ivy salve Fayetteville
(carolinense)

S dulcamara Delaware salve for skin roots febrifuge Moleate infused root for nausea
Nootka decocted as analgesic for Colic.

S eleagnifolium Keresan mothers decoction for milk production Zuni chewed root for
toothache

S nigrum Cherokee stem & leaf tea for death in family Delaware for VD
Acoma decocted root for worms in babies green leaves in grease to sores
Rappahannock weak infusion of dry leaves sedative for insomnia Potawatomi for tumors

S rostratum Zuni infused powdered root for stomach

S tuberosum Rappahannock tuber for warts

Cherokee carolinense ulcers, proud flesh cut up berries & fry in grease use grease
to cure mange in dogs will to use on poisoning crush in milk to kill flies
leaf tea for worms root beads on baby's neck to help teething gargle seed tea

for sore throat seed tea for goiter

nigrum tea of leaves & stem if lonesome due to death in family emetic, young leaves potherb

Solidago sp.

odora Ait. Fragrant
arguta Ait.
ariculata Shuttle.
caesia L. Blue-stem

canadensis L.
curtisii T. & G.
flexicaulis L. Broadleaf
gigantea Ait. Late

gymnospermoides (Greene) Fern
hispida Muhl.
juncea Ait. Early
leptocephala T. & G.
ludoviciana (Gray) Small

missouriensis Nutt.
memoralis Ait. - Old-field
nitida T. & G.
petiolaris Ait.
radula Nutt. - Rough

Goldenrod

rigida L. - Stiff rugosa Mill. - Rough-leaved speciosa Nutt. tortifolia Ell. ulmifolia Muhl. - Elm-leaf S. virgo-aurea (Chinese) peppery bitter taste slightly cooling, aids digestion, flatus, worms, fevers, detoxifies for (1) influenza, headache, sore throat, malaria, & measles (2) gastric pain & vomiting (3) worms in small children

3 leaves tsp to cup boiling water as aromatic stimulant carminative & diuretic; flavoring 3

S. altissima Chippewa poulticed wet flowers or mashed roots to boils, burns, snakebites, sores & ulcers Fox bathed slow-learning children in decoction Potawatomi decocted flowers for fever

Zuni chewed flowers for sore throat, gripe S. bicolor Walpole Island foliage tea for cholera

S. canadensis Ojibwa roots for boils flowers for burns, ulcers Potawatomi infusion for fevers Mohawk for snakebite & pains inside

S. flexicaulis Chippewa chewed root for sore throat or ulcers Menaninee snuffed dry leaves for headache nosebleed

S. graminifolia Chippewa boiled root tea for lung & chest pain S. nemoralis Houma decocted root for yellow jaundice Mahara poulticed boiled roots on burn, itch & ulcers S. juncea Chippewa boiled roots for convulsions

Delaware flowers for fever chewed or infused leaves for diarrhea & fever S. uliginosa Potawatomi root, boils

S. odora Cherokee diaphoretic, stimulant tonic, colds, coughs & obstructions, fever, measles, nerves neuralgia sore mouth tuberculosis Ojibwa for chest pains Potawatomi for fever

S. rigida Chippewa root decoction enema diuretic Meskwaki flower lotion for heatings swollen throats

S. speciosa Chippewa steeped root for labor bleeding lungs or mouth internal injury compress sprains & strains Fox for burns & scalds OVER →

S. ulmifolia Fox smudged to revive unconscious

Ch(odora) tea for fever, for colds and coughs diaphoretic, tonic, stimulant,
nerves, measles & obstructions steep and drink for bloody discharge from
bowels roots in tea for summer complaints hold' root tea in mouth for neuralgia
chew root for sore mouth leaf tea for tuberculosis

Spigelia marilandica L.

Pinkroot
Indian Pink

Part Used: Root

¹² Collect after flowering antipelmintic? Appalachian tea from leaves to aid digestion
fresh roots & tea of entire plant used by Indians on intestinal worms; root tea
used to treat malaria?

8 Cherokee vermifuge Osage sedative sudorific

Spiranthes sp.

Ladies-Tresses Orchid

⁸ S cernua Cherokee for urinary & infant baths in warm steep for fast healthy growth
roots with twayblade →

Spiraea sp.

Hardhack

8 S. alba Fox seed for diarrhea Iroquois infused branches with yarrow leaves for menses
S. tomentosa Mohegan infused leaves for diarrhea Ojibwa decocted flowers & leaves
for pregnancy & puerperium Osage for bleeding & ailments hemoptysis

Stachys

tenuifolia Willd
nutallii Shuttlew. ex Benth.

Hedge Nettle

Woundwort

⚡ *S. baicalensis* Fisch. Cool bitter biting detoxify, stop bleeding, diuresis for (1) Metorrhagia (2) hematuria (3) jaundice *bacterial dysentery
whole plant 3-5 ch'ien decoction ⚡ 3 claimed antiseptic, antispasmodic, expectorant, emmenagogue,
emetic & pulmonary 3
8 *S. tenuifolia* leaf decoction emetic & colds Fox

Staphylea trifolia L.

Bladdernut

Part Used - Nuts

¹Seeds resemble pistachio nuts¹

Stellaria Media (L.) Cyrillo
pubera Michx.

Starwort Chickweed

♀ media plant poultice to treat skin sores, ulcers, infections eye infections hemorrhoids
♀ pubera juice high in vitamin C to treat scurvy infusion for lung congestion & tuberculosis
& as tonic after illness ♀ S. alpine warming pleasant slightly bitter relieves flatulence & dispels cold
promotes diuresis & detoxifies for 1) colds 2) traumatic injuries 3) snake bites 4) pimples
Whole plant 3-5 ch'ien decoction mixed with wine ♀ 3 S. media refrigerant, demulcent, mucilaginous,
diacutient alterative
♂ S. media refrigerant demulcent expectorant cancer tumors & warts Chippewa leaf decoction
for eyewash Ingoai's put to swellings

Stillingia sylvatica L.

Queen Delight

Part Used: root

¹² Collect in late fall or early spring alterative slice into transverse sections
⁹ Indian women drank mashed roots boiled in water after childbirth to treat constipation induce vomiting, syphilis, skin diseases liver ailments; rubdown of boiled mashed roots for menstrual irregularity ⁹ ³ sponge oil of root in large doses causes vomiting & purging alterative as tincture or infusion top root to cup boiling water a monthful at a time.

Griviers says chewing pieces of fresh root daily has permanently & effectively cured bronchitis & laryngitis 1 drop on tongue 3-4 times daily for severe attacks of croup also sialagogue expectorant emetic cathartic & diaphoretic ³ heart, cancers

⁸ Cherokee root decoction for VD Lumber boiled root with Tephrosia 6 hours for decoction for & cysts, discharges, & infections, mild decoction vaginal douche or drunk tea for serious VD mixed with Desmodium Rhus & Tephrosia for skin pellagra

Cherokee root decoction or tincture for VD or clap

Symphoricarpos orbiculatus

Cornelberry Buckbrush

8 Dakota & Omaha leaf infusion collyrium Ojibwa used inner bark for same

Taraxacum officinale Weber

Dandelion

Part Used: Roots

¹² Collected roots in late summer or fall use fairly fresh tonic for liver diseases
& in dyspepsia ¹²⁹ roots diuretic, laxative, tonic, to treat liver & spleen ailments & to
stimulate appetite New Mexico Tea of boiled flowers for heart trouble pioneers used root juice
to treat liver disease Indians cooked & ate young greens in early spring to purify blood
& made a root tea to cure heart burn; paste of ground leaves & bread dough applied to
bruises, leaves salad greens, flowers make wine 9 T. mongolicum Hand-Maxi. cold bitter pleasant taste
Clears fever, detoxifies, breaks up congestion, strengthens stomach, stimulates milk flow for 1) Mastitis
boils & abscesses 2) stomach-ache 3) inadequate milk supply; whole plant 3-5 chien decoction
3 bitter, mild laxative in catarrhal jaundice diuretic laxative hepatic antiscorbutic sialagogue
Tonic aperient alterative & stomachic spring greens tonic root tincture must be roots less than
a year old Infusion 1 tsp root to a cup of water take freely or decoction by boiling 15 minutes
Tincture considered more useful (as dissolves resin) 10-15 drops in water 3 times a day 3-5 cures
mamillary ulcers, disperses fever, used in treating venereal disease, neutralizes body toxins 5
Ch root tea for blood chew for toothache, tea of herb to calm nerves