

8 Bella Coola decocted for stomachache and Ojibwa root tea for stomach pain or heartburn
Chippewa blood medicine puerperal lactagogue root with Circium to prevent childbearing
Cree root infusion for acid dyspepsia heartburn venous tonic Fox root tea for chest pains
Iroquois infused flowers & roots with lady slipper roots for backache Navaho root tea to expel placenta
Papago flower tea for dysmenorrhea menstrual cramps Pillager root tea for heart burn Potawatomi root bitter tonic
Poppahannoc root tea as blood tonic for dyspepsia tewa weed ground leaves to hasten healing
broke bones & bruises, hypochondria

Taxodium distichum (L.) Rich

Bald Cypress

Tephrosia virginiana (L.) Pers.

Hoary Pea Catgut
Goats Rue

? Indians used root decoction to treat intestinal worms, bladder trouble & chronic coughing; shampoo to prevent falling hair plant decoction applied to limbs by Indian athletes plant & root treat syphilis & worms, as tonic stimulant & laxative?

♂ Cherokee root decoction for kidney lassitude worms & washed hair to prevent falling out Creek cold infusion for bladder roots for pulmonary consumption cough syrup with Sassafras Lumbee decocted with *Osmorhiza*, *Rhus* & *Stillingia* for skin pellagra Roots boiled for kidneys soaks with *Aristolochia* in alcohol for weak back Natchez for coughs

Ch Decoction for lassitude women wash hair in root decoction to prevent breaking & falling out root tea to child to make strong, kidneys, worms ball players rub on limbs

Thalictrum thalictroides R.A.
T. dioicum

Rue Anemone
Early Meadow Rue

Cherokee Root tea for diarrhea and vomiting

Tilia americana L.

Basswood

Parts Used; flowers, fruits, leaves

¹ flowers make tea, honey tree, sugar from sap ground fruits make paste for chocolate substitute (which quickly decomposes) Indians chewed inner bark & made rope & string from it light wood ¹

8 Algonquin sutured wounds with thread from bast boiled leaves for collyrium Iroquois to bandage wounds Cherokee boiled bark in cornmeal to boils bark for consumption cough dysentery hangover, heartburn, pregnancy snakebite stomach ache Fox poulticed inner bark on boils, bark decoction for lungs, Mohawk twigs for birthing Iroquois infused twigs with sumac bark before birth Malecite infused roots for worms Miami root on burns

CK boil bark, stir cornmeal in ooze to make poultice for boils inner bark for dysentery chew bark of lightning-struck tree, spit on snakebite inner bark & twigs for pregnant women for heartburn, weak stomach & bowels, jelly for coughs & consumption, too much alcohol boiled bark twisted into rope

F Summer roots 5 hours & apply as poultice on infected parts N. Little Rock

Toxicodendron sp. *T. radicans* (L.) Kuntze - Poison Ivy
T. toxicarium (Salisb.) Gillis - Poison Oak

Poison Ivy

8 Algonquin rubbed on poison ivy (fighting fire with fire) Cherokee decoction emetic
Chippewa to prevent infections & heal wounds Delaware compounded roots in salve for sore or swollen glands
Fox poulticed pounded roots on swellings Huna took leaf decoction for rejuvinating tonic
Iroquois took with ranunculus for thin blood Potawatomi pounded the roots & poulticed
on swellings that need drained

Tradescantia virginiana; sp.

Spiderlily

Commonly cultivated semi-shaded humus soil pH 6-7 Propagation by root divisions
seeds, slips 14

♂ *T. virginiana* Cherokee poulticed roots on cancers & insect bites, tea for ♀ ailments, kidney
laxative, rupture & stomachache overeating

Trifolium pratense L. sp.

Red Clover

9 infusion to treat whooping cough; in salves to treat skin sores & ulcers Indians used for sore eyes & as salve for burns flowers for treating coughs, as sedative In central Europe, to relieve digestive distress & liver ailments & to improve appetite; Ireland in females flowers mixed with flour to "stretch" bread 9 3 demulcent soothes coughs syrup for whooping cough oz flowers to pint of sugar syrup Boil strain tape several times a day Skin eruptions of children; bathe in infusion flower poultice for ulcers (bruise flowers & steep 3 hours; apply warm) Infusion for alterative & tonic 3

8 T. dubium chopped for hemostat

T. pratense Algonquin tea for whooping cough Rappahannock Depurative

T. repens Cherokee tea for Bright's disease fever & leucorrhoea Iroquois infused flowers with mullein for asthma as collyrium Mohegan dry leaf decoction for colds & coughs

Trillium erectum L.

Wake Robin
Bethroot

Part Used: Roots

¹² collect in late summer astringent, tonic, & alterative, expectorant ¹² 9 Southeastern Indians used pieces of root in food as an aphrodisiac. 1800's chewing root believed to slow heart palpitations root also to control hemorrhage, for skin infection & to ease pain of childbirth ⁹

³ Indians used in childbirth astringent alterative pectoral & tonic for internal bleeding profuse menstruation & pulmonary complaints, uterine astringent infusion pour 1 pint boiling water on 1 tbsp of powder drink freely & external poultice boil handful of leaves in lard; apply ³ to ulcers & tumors Grieses says smelling freshly-exposed surface of roots will check nosebleeds ³

⁸ T. erectum Canadian & Missouri Indians root for leucorrhoea menorrhoea & childbirth Appalachian aphrodisiac Abenaki steamed ground roots for childrens ailments Mohawks infused roots with Melibthos flowers for pimples Cherokee tea for asthma, bowel, change of life, cough, dysmenorrhoea, hemorrhage, metrorrhagia & poulticed on inflammation, tumors & ulcers

Typha ssp *latifolia* L

Cat-tail

? *latifolia* poor settlers in colonial Va. ate stem at very base near roots & roasted seeds to eat as vegetable
chopped root applied to skin for minor wounds & burns, to treat diarrhea, gonorrhoea, & worms
down to treat burns ? Cooling, pleasant taste stops bleeding promotes diuresis, reduces swelling
promotes pus drainage for 1) Hemoptysis, hematemesis, epistaxis, bloody stools hematuria, vaginal bleeding
bleeding hemorrhoids 2) Cystitis, urethritis, 3) menstrual irregularities metrorrhagia & leukorrhoea
Pollen & fen-3 chien decoction ?

angustifolia Malecite steeped roots for gravel

latifolia Dakota Omaha, Pawnee & Winnebago put down on burns & scalds children to prevent chafing
Algonquin poulticed root on infections & wounds Chippewa poulticed mashed roots on sores
Delaware roots for kidney stones Fox padded sores on neck with down Hoama decocted stem for
whooping cough Narraha for ceremonial emesis Ojibwa put mashed root on boils carbuncles & sores
Potawatomi poulticed mashed root on inflammations Washoe ate young flower heads for diarrhea

Ulmus rubra ^{U. americana} ^{Winged} ^{alata} ^{American}

Slippery Elm

♀ americana ground bark poultice for skin inflammations & abrasions, bark infusion to treat dysentery & kidney ailments inner bark tonic & diuretic. ♀ rubra Appalachian ~~tea~~ tea from bark laxative soak inner bark in warm water for mucilage to soften skin & prevent chapping, hasten healing of skin wounds & as laxative Bark poultices applied to burns Indians used bark pulp to treat gunshot wounds & to help remove bullets Also used to treat fever diarrhea & respiratory infections, tea from boiled roots for child birth ♀ 3 diuretic, emollient demulcent diarrhea stomach or intestinal irritation, in suppositories infusion 1 tsp powdered bark to cup As injection for diarrhea, equal parts elm powder & skullcap to 3 parts bayberry infuse add tincture myrrh & use lukewarm. Crema for constipation elm, warm milk water & olive oil 3

♂ U americana Delaware & Mohegan decocted inner bark for cough & cold Fox decocted roots as collyrium Housa bark decoction for diarrhea & dysentery Mohawk infused bark with oak bark for ruptures Mohegan steeped bark for colds & coughs Pombascot decocted bark for bleeding lungs Potawatomi cramps & diarrhea U rubra Alabama bark with gunpowder to hasten birth Osage used pounded bark for thorn extraction Catabwa bark for consumption & rheumatism Cherokee bark for bowels, burns, catarrh, colds, consumption cough, dysentery, eyewash, heartburn, pregnancy sores & wounds Chippewa bark decoction gargle chewed root for sore throat Creek bark for toothache, Dakota decocted bark laxative Fox root decoction after birthing, poulticed bark on abscesses, Iroquois for child birth, Maritime bark for bleeding lungs

OVER

8 ^{rubra} Menominee poulticed inner bark for heart & as suppurative Mohegan chewed bark for sore throat

Ojibwa for sore throat & gonorrhoea Omaha Pawnee & Winnebago inner bark laxative

Potawatomi poulticed inner bark on boils & masticated bark on eyes for inflammation

Seneca decoction for dysentery

Ch inside bark to poultice old sores burns and wounds internally soothes stomach and bowels

mild laxative for pregnant women with heartburn dysentery chronic bowel complaints

quinsies colds coughs catarrhs, consumptions and breast complaints boil bark for eye wash

chew inner bark and spit on baseball glove to make ball stick

Urtica

a dioica L.

b urens L.

c chamaedryoides Pursh

a Tall Nettle

b dwarf Nettle; Burning Nettle

c Nettle

Nettle

Part Used; Upper half of plant esp. leaves

1 boil shoots for vegetable (like spinach) 3 Scotch used like flax, making cloth like linen WWI
Germans used to weave Young leaves cooked like spinach (pick with gloves) water from cooking
is wash for clearing complexion & giving added brightness to eyes. Leaf infusion for rheumatism
Seed infusion for coughs & shortness of breath & consumption?

8 U. dioica Cherokee for ague & dyspepsia Chippewa root decoction for diarrhea diuretic
Algonquian rubbed over arthritic backs & stomachache Pawnee root for rheumatism, decocted leaves
for colds, inhaled in sweat bath for flu or pneumonia Potawatomi root for intermittent fevers
Shoshone pulviced hot herb on rheumatism Leaf decoction for colds root decoction for debility
Rumex leaves rub on for antidote to stings

F To cure nettle sting, urinate on it Smackover, Fayetteville

Usnea

Reindeer Moss Old Mans' Beard
Lichen

uterine ailments (Hippocrates) colds, recovering from confinement (Malay peninsula) catarrh dropsy
spring tonic, astringent, diuretic, anodyne for whooping cough, for heat scald, scrofula (glandular tuberculosis)
Reindeer Moss for anemia, weakness, Finland salve. extract called USNO antiseptic external wounds & burns
Mastitis in cattle deer browse indicates overgrazing contains more vitamin D than other lichens
flour in Sweden mix with rye for flour in N. Finland Treat w sulphuric or hydrochloric to break starch to sugar
ferment to alcohol 2 pounds lichen = 1 pint alcohol or 5 liters of 100 proof Swede Stenberg 1868
lichen brandy

Uvularia ^{sessilifolia wild cats}
grandiflora

Bellwort

long underground stem difficult to transplant damp shady well-watered winter cover hardwood leaves in place
Propagation by seed or root cuttings pH 5-6 sessilifolia = grandiflora pH 6-7¹⁴

♂ grandifolia Iroquois for toothache Menominee to reduce swellings Ojibwa for gastric & lungs
Potawatomi root infusion antirheumatic mixed root decoction with Tard salve on backache or
rheumatic sore muscles

sessilifolia Cherokee root decoction for diarrhea pultried plant on boils
OK steep root for ~~diarrhea~~, boil for poultice, cooked greens

Vaccinium sp. arboreum Marsh Farkleberry

Farkleberry huckleberry
deerberry

9 arboreum leaves & root bark decoction for sore throat & diarrhea, fruit drink for chronic dysentery
& dry flowers on hot coals by Chippewa for madness Ojibwa leaf decoction to purify blood
antispasmodic, dysmenorrhea and tuberculosis

Veratrum viride Ait.



Bear corn

Green Hellebore

Part Used: Root stalk (in fall after leaves die)

¹² dig in fall after leaves dry dry carefully whole or sliced don't keep more than 1 year ¹²
acid, narcotic poison, emetic diaphoretic & sedative ¹² Indians rubbed wound with
wildcat or coon oil; then covered with powdered root careful powdered root on tooth ache (poison)
colonists sliced & boiled in vinegar externally for shingles & herpes boil root, dip comb in brew
to kill lice dry roots & rhizomes used in heart cases, to reduce high blood pressure & to
treat asthma, indigestion, rheumatism & gout?

8 Bella Coala root emetic laxative for cough & stomachache Carrier powdered root emetic
Cherokee liniment for myalgia or pain Cree for measles fever, pertussis scarlet fever smallpox
typhoid /rogov's for catarrh heart stimulant

Cherokee liniment for pain or sore muscles

Verbascum

thapsus L. Flannel Leaf
Blattaria Moth Mullein

Mullein

Parts Used leaves, flowers, roots

used as stimulant mucilaginous ¹ ⁹ thapsus Appalachian leaf tea to treat dysentery Indians
smoked leaves for asthma & sore throat, boiled & sweetened roots & fed to children with croup
Settlers tied leaves to feet & arms to treat malaria leaves & flowers soothing for mucus membranes
leaves soften skin flowers treat diseases of chest & lungs, & contain oil used for earache leaves
applied locally for hemorrhoids, sunburn & inflammations ⁹ ³ demulcent & emollient contains mucilage
mullein relieves coughs mild infusion oz dry leaves to pint of milk boil 10 minutes strain & give ³
warm (or use water) Smoke leaves to ease throat congestion, to alleviate mild mental disturbance
Indian uses over ²

F Poultices good for typhoid fever Springdale

Tea of leaves apparently good for anything; esp. colds Menz Root tea cures appendicitis Greenland
Tea for jaundice Flippen Smoke dry leaves for asthma Fayetteville tea for dropsy Berryville
Boil roots for tea to bathe piles Fayetteville tea with honey & vinegar for pneumonia (internal) & sprains & bruises (external)
Stuttgart for quipps (flu) cover several branches with water boil add honey drop in tin wrapped in cloth while still hot
drink night & day Booneville

8 Potawatomie fermented leaves in hot water and vinegar for inflamed tumors

Cherokee rubbed leaves under armpit for prickly rash dryer scalded to swollen glands (mumps) & sores
tea for cough & pain & kidney Cherokee Creek Delaware & Mohegan drank leaf or root tea for coughs

Creek root decoction for cough & shooting pains in chest & joints Delaware leaves for bruises catarrh
cough lungs measles, pain rheumatism & swellings Hopi smoked leaves for fits or seizures

Lumbee boiled with sulphur for swellings Leaves or roots macerated with Quercus &
Ceanothus in vinegar for sprains or swellings, leaves to wounds, washed roots to boils or sores

leaf decoction footbath for gout tea of mullein, corn pine & rabbit tobacco for colds

Molecite for catarrh, cuts, sores smoked leaves for asthma (as did Mohegans) Mohegan decoction for cough
Nanticoke bound leaves steeped in vinegar for fever Noraho smoked for fever or coughs

Ojibwa wrapped outer roots and used inner for heart stimulant

Cherokee in drink for pain rub leaves under armpits for prickly rash mix leaf decoction
mullein and chestnut with honey for cough syrup root tea for kidneys bathe legs in
root infusion for dropsy root or leaf tea for ♀ trouble wrap leaves around neck for mumps
flowers in oil on sores scald leaves poultice on swollen glands

Verbena sp.

V. bonariensis L. - S. American *V. braziliensis* ^{Willd.} - Brazilian
V. bracteata Lag & Rodr. Prostrate *canadensis* (L.) Britt. - Rose

Simplers' Joy Vervain
Indian Hysrup

V. halei Small - Texas *V. hastata* & *Blive* *V. rigida* (L.) Spreng - Tuber *V. stricta* Vent. - Hoary *V. xutha* Lam. - Gulf
V. puehella Sweet - Moss *V. simplex* *V. urticifolia* L. - White *V. bipinnatifida* Nutt. - Dakota

9 *hastata* Indians used boiled leaf tea for stomachs & root tea to clear cloudy urine
Revolutionary War doctors used to induce vomiting & to clear respiratory tract of mucus.

to increase sweating for low fever & cold ? *V. officinalis* L. for (1) amenorrhea; traumatic injuries (2)

hepatitis, mastitis (3) liver cirrhosis ascites, nephritic edema, urinary tract infections whole plant 5 chien to 1 liang decoction or
crush fresh plant for external use

8 *V. hastata* Cherokee for afterbirth, breast complaints, colds coughs dropsy dysentery
dysmenorrhea, fever, flux stomach Chippewa snuffed dry flowers for nose bleed

Dakota leaf decoction for stomachache Delaware root for chills & fevers Fox mixed with
sassafras root bark for fits with *Geum*, *Hydrastis* & *Nymphaea* for eczema Menominee
decocted roots for kidneys

V. urticifolia Fox ate root to revive near death decoction ♀

Verbesina helianthoides Michx

Crownsbeard

♀ Root infusion to treat water retention & bladder inflammation & to purify blood, plant tea for ~~stomach distress~~ stomach distress New Mexican relative mixed with tobacco to poultice hemorrhoids?

♂ Choctaw pounded soaked root for fever

Vernonia sp

Ironweed

V. glauca Cherokee root tea for hemorrhage stomach ulcers loose teeth ♀
bruised root with *Helianthus autumnale* immediately after childbirth prevents menstruation 2 years
Cherokee tea for blood, monthly period root tea for afterbirth pains, steep roots with sneezeweed
immediately after childbirth to prevent menstruation for 2 years root tea held in mouth
for loose teeth, root tea for stomach ulcers or hemorrhage

Veronica virginica L.
Veronicastrum virginicum (L.) Farw.

Culver's Root
Speedwell

Parts used: rootstalk, roots

¹² collected in fall of 2nd year (fresh smell faintly like almonds) dry 1 year before using alterative cathartic, for liver disorders ¹² 9 Indians used dried tubers as laxative & to induce vomiting

¹² *V. peregrina* L. Warm, bitter taste Hemostatic & blood activating, joints bones & sinews & promotes menstrual regularity
for (1) traumatic injuries fractures (2) traumatic (tubercular?) hemoptysis, dysmenorrhea whole plant 5chien-1liang decoction

3 rhizomes & roots cathartic & a cholagogue 3

8 *serpyllifolia* Cherokee expressed juice heated & applied for earache poulticed on boils
drank tea for chills & coughs

Cherokee Poultice on boils

Veronicastrum virginicum

Bourbons Root
Culvers Root

Ch Purgative for typhus bilious fevers root diaphoretic tonic antiseptic
for inactive liver with Indian physic and boneset chew for colic tea for backache



Viburnum

a prunifolium
b Rafinesquianum Schultes
c Malle Michx e recognitum Fern
d dentatum L. f rufidolum Raf

a Blackhaw
b ^{Downy} Missouri Arrowwood
c Kentucky Arrowwood

d Southern Arrowwood
e ARROWWOOD
f Rusty ^{Southern} Blackhaw ^{Wild} Parisin

Parts Used fruit, bark of stem or root, wood

¹ ^a bark used as astringent, nerve tonic & antispasmodic also uterine sedative ^c bark loosens & peels
^f blue-black edible fruits have ^{sweet} ^{pulp} ⁹ prunifolium Appalachian root bark tea tonic,
bark decoction for uterine hemorrhaging; twig decoction for diarrhea, uterine pains
& general spasms ⁹ ³ ^{Vopulus} thin bark dried & later became tincture or decoction $\frac{1}{2}$ oz bark to pint water
tbsp as needed antispasmodic, uterine sedative for ^{cramps} ^{cramps} convulsions & spasms, nervous ³
complaints, debility palpitation heart disease & rheumatism (Branches used in Japan for toothbrushes)
³ V. prunifolium root or stem bark definite uterine sedative in threatened abortion (other species
less potent) to prevent possible miscarriage give blackhaw 4 or 5 weeks before expected event
Infusion 1 oz powdered dried root bark to 1 pint boiling water ^{tbsp} doses several times daily
checks pain & bleeding & is remedy for dysmenorrhea & childbirth afterpains ³ V. alnifolium
antiperiodic & diuretic; dentatum bark diuretic & detergent ³

Indian uses over ²

^F Boil bark from blackhaw in water to make tea to relieve cramps in women Red Star
Boil blackhaw roots for tea for measles Huntsville ^F root tea promotes menstruation Fayetteville