

Ampelopsis ^{arborea (L.) Koehne} Pepper Vine June-August
^{cordata Michx.} Raccoon Grape May-July

Raccoon Grape

☞ *A. japonica* (Thunb.) Makino Neutral, Bitter taste Clears fever & detoxifies Alleviates pain and promotes muscle regeneration, putting on weight? (local name hog-fattening vegetable) for (1) Tuberculosis cervical nodes (2) Hemorrhoidal bleeding (3) burn injuries Roots 3-5 ch'ien decoction ☞ *A. brevipedunculata* Trautv. cooling bitter, slightly toxic Clears fevers detoxifies dispels clots, reduces swellings for (1) abscesses, boils & ulcers (2) Traumatic bruises & aches root pith 5 ch'ien - 1 liang decoction ☞

Anagallis arvensis L.

A. minima (L.) P. Taylor — Chaffweed May-Sept.

Scarlet Pimpernel

Amphicarpa bracteata

Hog Peanut

Cherokee blow root tea on snakebite, root tea for diarrhea roots for food

Anaphalis margaritacea July-Sept

Rabbit Tobacco

Pearly Everlasting

3 Leaves plant & fresh juice used as astringent expectorant diaphoretic & to relieve mouth ulcers; fomentation for ulcers & swelling, aphrodisiac aromatic antiseptic & vulnerary 3

8 Algonquin poulticed burns Bella Coola used tea for tuberculosis Cherokee smoked leaves for catarrh, cold, sore throat & bronchitis tea for colds & poured it on hot rocks for steam inhalant for headache

Shayenne powdered flowers as depurative Chippewa used flower decoction in steam bath for rheumatism & paralysis with mints Delaware used roots in tonic compound Mahocks drank flower infusion with mullein roots for asthma

Mahecon used leaf infusion for colds Ojibwa powdered flowers on coals to inhale for strokes! Potawatomi soaked flowers to repel evil spirits & poulticed leaves into indolent ulcers

Cherokee dry leaves smoked for catarrh warm tea for cold smoke or chew leaves for colds for throat infection, leaves & stems smoked for bronchial cough dry leaves for chewing tobacco cold tea poured over hot rocks steam to cure headaches or sunblindness

Andropogon

a scoparis Michx d'Elliotii Chapm.
b gerardi Vitman e saccharoides Sw.
c virginicus L.

a little Bluestem d
b Big Bluestem e Silver Beardgrass
c Broom sedge

Bluestem
Bunchgrass

♂ A. gerardi Chippewa used roots for gastritis, stomachache, analgesic, diuretic

♂ Omaha leaf decoction for debility fever, languor

A. virginicus Cherokee used tea for diarrhea, frostbite & mixed with tallow for sores

A. scoparium Ashes from stem used by Comanche for syphilitic sores

Ch virginicus tea to check bowels, stems alone or with onion peel for yellow dye

Anemone

quinquefolia
canadensis; May-July
virginiana April-Aug.

caroliniana Walt. March-May

Thimbleweed Windflower

Wood Anemone

shade moist damp soil pH 5-6 Transplants easily propagate by spreading root stalks
root cuttings mark location ¹⁴ ring. dry open woods 5.5-7 easily cultivated spreads ¹⁴

⚠ *A. vitifolia* Buch-Horn. Warm-natured, bitter highly toxic Can kill worms & bugs suppresses malaria
treats/cures pterygium for (1) Malaria (2) red eyes, beginning pterygium (3) toothache whole plant or
fresh root crush into balls size of little finger to treat malaria place ball over big vertebra point
eye ointments over reverse nei-kuam point place with gauze bandage when skin becomes burned tape balls off blisters
produced indicate action for toothache place section of fresh root on tooth chop whole plant for vermicide for maggots

⚠ *A. canadensis* Chippewa chewed root as styptic poulticed leaves for nosebleed steeped roots for sore nostrils
Fox root decoction for cross-eyes Ojibwa root for backache, clear singers throat Omaha panacea
Ponca put on wounds, collyrium Ojibwa chewed root as throat lozenge

A. virginiana Cherokee drank root tea for whooping cough Menominee poulticed roots onto boils
Mestkwaji put seeds on coals & inhaled for catarrh or to revive unconscious patients

Angelica atropurpurea L.
venenosa (Greenway) Fern Fl. Late May - July, Fr. Sept. Nov.

Alexanders

⚔ A. anomala Pall. Clears inner organs, dispels gas, warms (excessive hydration & promotes pus drainage for colds & headache, head stiffness & coryza, "spotting" & leucorrhoea, boils & abscesses 1-3 ch'ien decoctions ⚔ ⚔ A. sylvestris L. warming, acid bitter taste Promotes sweating, dispels gas for influenza chills, headache, anhidrosis, rheumatism boils & abscesses ⚔ A. pubescens Maxim. warming acid taste relieves flatulency dispels chill, alleviates pain for 1) Rheumatoid arthritis 2) headache, toothache 3) abscesses Roots 1.5-3 ch'ien decoction ⚔ 3 Be careful of identification stimulating aromatic carminative expectorant relieves flatulent colic, heartburn diuretic infusion of tsp seeds to cup boiling water several cupsful a day 3 5 Blood cleanser, to remove hemorrhoids & menstrual disorders A. polymorpha 5

⚔ Artanjas Indians used plant as fumitory

Cherokee used for ague cold dysmenorrhoea, fever, sore throat and stomatitis

Creek for stomach, bellyache, backache, colic, hysterics, worms Delaware used roots as analgesic for colds or stomach

Malachite cough, cold in head & sore throat Menominee poulticed root decoction on swellings

Clk root tonic for ague & fever Cold obstructed menses, weakly nervous ♀, flatulent colic's gargle for sore throat & mouth

Antennaria sp. ^{nearctica Greene April-June}
^{plantaginifolia (L.) Hook April-June}

Rabbit Tobacco Cadweed Everlasting

3 flowers anodyne, pectoral, astringent & vermifuge 3

8 A plantaginifolia Cherokee used tea for howels & excessive menstruation Fox used leaf decoction in puerperium for rattlesnake bite Natchez for coughs, colds

Aplectrum hyemale May-June

Adam & Eye Orchid
Putty root

Sensitive to soil change protect from mice & slugs Propagate by tubers pH 6-7¹⁴

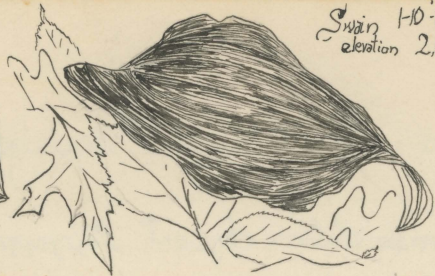
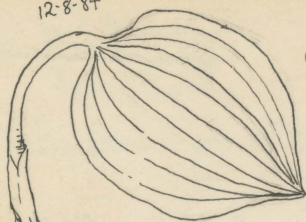
⁹ Fall corn to treat bronchial illness

⁸ Cherokee used root to fatten hogs & children make children eloquent Mississippi valley tribes poulticed roots on boils

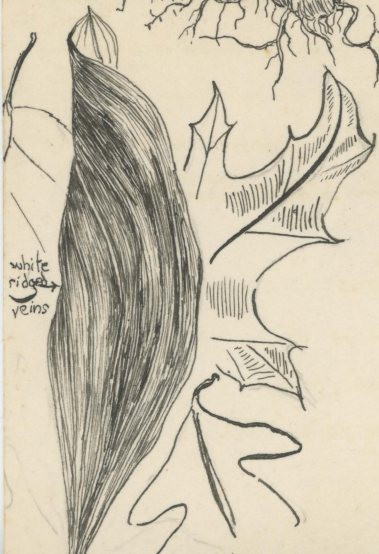
Adam & Eve

12-8-84

Pillyroot



Swain 1-10-85
elevation 2,000'



white
ridges
veins

Apocynum cannabinum L. May-Aug
Androsæmifolium L. May-July

Bowman's root
Dogbane Indian Hemp

Parts Used: Roots

Collected in fall emetic, cathartic, diaphoretic, expectorant & diuretic (for dropsy) fibrous bark used by Indians for cordage ⁹A. androsæmifolium Indians believed eating boiled root caused temporary sterility Green fruit boiled for heart & kidney treatment root tea to keep kidneys functioning properly during pregnancy powder dry root; burn on coals & inhale fumes for headache small dose of powdered root to induce vomiting increase perspiration tonic & laxative ⁹cannabinum 1/2 oz crushed root boiled in pint water 1 or 2 oz doses several times a day as laxative powdered root induces vomiting entire plant steeped in water to treat intestinal worms, fever, dysentery, asthma, pneumonia intestinal inflammation indigestion was considered heart stimulant 3 A. androsæmifolium dry powdered root powerful digitalis-like action large doses emetic, poison; medium doses cardiac stimulant; mild doses alterative, tonic, cathartic 1 tsp root/pint boiling water 2-3 tbsps 6 times daily or 1 grain of powdered root (use caution) 3

8 androsæmifolium Boiled roots are oral contraceptive Cherokee used to treat mange in dogs Chippewa & Ojibwa used roots for headache snuff, inhaling, or poulticing incisions on temple Chippewa dilute tea for children's colds decoction for carache root for convulsions dizziness, insanity, nervousness, palpitations & twitching Fox used root as diuretic for dropsy bark in compound for womb injuries, snakebite traquois for bloody fluxes Potawatomi root or berry decoction as cardiac & diuretic for heart or kidneys Cherokee root for pox for dropsy uterine obstructions rheumatism asthma coughs whooping cough root tea for kidneys for cordage

8 A cannabinum Dropsy bark for fish ~~fish~~ Blackfoot root decoction laxative for pleecis
Cherokee used roots for asthma, Brights disease cough, dropsy, pertussis, ^{Pemboscot} pox rheumatism uterine obstructions
Chippewa boiled roots for heart palpation Iroquois for bloody fluxes Menominee root infusion as vermifuge
Fox used root tea for ague, cold, dropsy, fever, headache sore throat etc. Ojibwa tea for pregnant's kidneys
Potawatomi berry tea for heart

Aquilegia canadensis

April-July

Wild Columbine

p H 5-7.5 opt. 6-7¹⁴

8 Cherokee tea for heart trouble & metrorrhagia Fox mixed seeds into smoking tobacco gastrointestinal
verbiguge (also Ojibwa & Shoshoni) Seeds rubbed in hair for head lice love charm Omaha

Fox chewed root bowel & stomach & used leaf or root decoction for diarrhea Ojibwa used root for stomach
Omaha & Pawnee used infusion of crushed seed for fever & headache

Ch tea for heart trouble, cold tea to stop flux

Aralia racemosa June-Aug *A. nudicaulis* - Sarsaparilla May-June

Spike nard

9 Indians made root tea for backaches ^{AS DID APPALACHIAN SETTLERS} ground root poultice for sores & inflammations rhisomes used for colds, coughs, gout, skin diseases, stimulant to increase perspiration & cure asthma & blood poisoning
P^W *A. chinensis* L. warming acid taste Relieves flatulence alleviates pain dries for 1) Rheumatoid arthralgia headache 2) jaundice gastroenteritis Roots & stems 1-2 lb. in decoction 3) tonic stimulant expectorant used in cough syrups alternative blood purifier Infusion 1/2 oz root to pint boiling water; take wineglassful as needed 3.

8 rheumatism, syphilis, cough & shortness of breath Appalachian root tea for backache

Algonquin mixed with *Euphorbia* for tuberculosis Ojibwa depurative Pemboscat for diarrhea

Cherokee put exudates to burns & swellings tea for asthma, cough, dysmenorrhea, lungs, weak back, wounds

Chippewa root for boils, coughs, sprains, strains, stalks for amenorrhea plant for fractures

Fox sprayed onto women during delivery Malachite roots for blood poisoning, inflammation, sores, stomachache

Algonquin for colds sore eyes wounds. *Potamogeton* poulticed onto inflammation

Cherokee *nudicaulis* Root tea for blood tonic

Cherokee tea of roots and berries is tonic diaphoretic, antiseptic, astringent, expectorant, for coughs, asthma, diseases of the lungs, for weak backs, fresh wounds and cuts, bathe burns in ooze of beaten roots, bind ooze of root on swelling tea for menstrual problems

Aralia spinosa L. July-Sept

Devil's Walkingstick

Parts used Bark, fall roots

Indians drank decoction of bark & root to purify blood & treat fever used boiled mashed root as poultice to bring boils to a head Negroes used fresh root to treat snakebite & applied dry root powder to site Store fresh roots in water for wash for irritated eyes bark stimulant & for sweating out fever?

3 fresh root bark emetic, cathartic as infusion Oil of seed in earache deafness 3

8 Cherokee used pounded root bark as carminative, diaphoretic, emetic, tonic for colic, paralysis, rheumatism toothache and venereal diseases Chippewa decoction gargle for sore throat

Delaware / Onondaga decoction ^{roots, bark} to purify blood Rappahannock tea for sores

Mississippi Valley Ind.ers poulticed roots on boils

Ch tea of roasted & pounded roots as strong emetic tonic diaphoretic carminative rheumatism
v D flatulent colic aching teeth salve of roots for old sores bathe in root ooze for paralysis

Arctium minus (Hill) Bernh. July-October
lappa L.

Burdock

Parts Used: Leaf, stems, root, seeds

1 gather young stems, peel epidemis, boil or bake pith can be eaten raw or candied roots peel & boil root dried & mixed with coffee root diuretic alterative for rheumatism ointment for burns & sores¹
12 roots of first years growth slice lengthwise & dry alterative in blood & skin diseases
seeds & fresh leaves also used⁹ Leaf or root tea for coughs, asthma, lung disease, stimulates menstruation Fresh root tincture for rheumatism & stomachache. ⁹ P. A. lappa for W. Influenza tonsillitis (2) boils & abscesses (3) pertussis seeds 1-3 ch'ien decoction root or leaf poultices ⁹ 3 dried 1st year root diaphoretic diuretic, alterative, blood purifier Root or seed decoction 1oz 1/2 pint water simmer to pint, wine glassful 3-4 times daily leaf poultice for bruises tumors swellings snakebite 35 lappa Promotes bowel movement & discharge of urine, for swellings, ulcers & skin rashes 5

8 lappa gonorrhoea, syphilis rheumatism purify blood Chippewa blood medicine Menominee scrophulous neck sore Cherokee root weakness gravel, rheumatism, scurvy, vD Oto root decoction for pleurisy Ojibwa root anodyne stomachic tonic Potawatomi's root tea depurative tonic Ch root or seed tea for cleaning blood vD Rheumatism gravel scurvy weak &

F boil weed down for children 1 tsp before meals Eureka Springs F soak roots in water drink St Paul

F Boil Roots for chills Beech Grove 1oz in 1 pint water boil 5 minutes 1 tbsp twice daily Romany

8 A minus Abenaki fever headache rheumatism

Cherokee exudate from hot plants for leg ulcers & swollen legs Chippewa leaf tea for hard dry cough

Ojibwa root for stomachache Mehecan poulticed leaves onto joints

Delaware root tea for rheumatism Depurative, stimulant Chippewa leaf } tea for coughs

Cherokee, Delaware & Potawitomi depurative & tonic Iroquois } tea for coughs
Fox in compound for labor Mehecan compounds with boneset for colds (or motherwort)

Omaha root decoction for pleurisy Pemboscat poultice onto abscesses & boils

Arenaria sp.

drummondii Shimmers *stricta* Michx. May-July
patula Michx. April-June
serpyllifolia L. April-August

Sandwort

A. serpyllifolia L. cooling bitter neutral taste Clears fevers detoxifies alleviates coughing
& promotes diuresis for 1) Pulmonary Tuberculosis & associated coughing 2) pterygium of eyes
whole plant 5 chien-1 liang decoction

Arisaema triphyllum April-June

triphyllum draconium

Green Dragon

Jack-in-the-Pulpit

Indian Turnip

Easy to cultivate, requires little care. Propagation by root division or seed thrives in various conditions prefers rich humus pH 5-6 partial shade moisture heavy leaf wintercover left in place 14 draconium pH 6-7 otherwise same 14.

¹² Harding dig in summer transversely slice & dry (age) stimulant, diaphoretic, expectorant & irritant As poultice to reduce swelling (works) 9 corms grated & boiled in milk to treat coughs & tuberculosis treats stomach gas asthma & rheumatism expectorant skin irritant to cause blistering increases urine

insecticidal 9 *A. consanguineum* Schott Southern Star reduces swelling for (1) Epileptic foaming at mouth (2) high fevers & convulsions, (3) boils & abscesses 4 traumatic injuries Stem tuber 1-3 ch'ien decoction *Pinellia ternata* (thumb) Breit. spleen, stops vomiting & bleeding, reduces inflammation for (1) Vomiting poor digestion (2) bronchitis (3) traumatic bleeding, snakebites, swollen abscesses (4) Rheumatism & arthralgia tuberos stems 1-3 ch'ien decoction, poultice fresh

(*Viola ariditate*) 3 carminative, expectorant coughs & pulmonary consumption 10 grains powdered dry root twice daily 3, expectorant, irritant diaphoretic. Delaware root purgative for bowels 8 Algonquin mixed root with cherry & snake root for cough & fever Powdered root is oral contraceptive

Cherokee put ^{root} root to head for headache & used it for boils colds consumption cough, ringworm, scald, scrophula, sore throat ~~letterworm~~ Malachite for abscesses & boils Mimx root for stomach & tuberculosis Pawnee sprinkled powdered roots Mohecan boiled root as liniment for sore joints & muscles Iroquois for sore eyes Choctaw root tea for blood tonic Fox root for swelling from snakebite Osage cough & malaria

over

Cherokee Stimulant, expectorant, diaphoretic carminative colds, dry coughs, consumptions,
ointment of green twigs stewed in hog lard for scald head, ringworm, tetterworm &
scrophulous scabs root poultice for headaches, beat up boiled roots with meal to poultice
boils, drink tea for irritations of throat, linament

Aristolocha *A. reticulata* Nutt. - Birthwort ^{TEX as Snake root} *A. tomentosa* Sims - Pipe-vine May-June *Serpentaria* Snake root Birthwort
A. serpentaria L. - Virginia Snake root May-July

Stimulant, tonic & diaphoretic. ^{Harding} *Serpentaria* powdered root 1 part to 3 parts white wine to induce sweating for treating malaria root also used for typhus, smallpox & pneumonia poulticed on open wounds & skin ulcers ⁹ *A. debilis* S. et Z. warming acid bitter taste dispels flatus, stimulates energy circulation Tonifies stomach relieves coughing for (1) vomiting, abdominal pains, (2) coughing wheezing (3) sore throat (4) snakebites
Roots stems & fruit 3-5 ch'ien decoction *A. mollissima* Hence neutral bitter taste relieves flatulence alleviates pain, reduces swelling for rheumatoid aches & pains Whole plant 1 liang in decoction or steeped in wine
3 diaphoretic stimulant tonic large doses produce vomiting, pains, digestive upset mild doses tonic 3
8 *A. macrophylla* Lam. Cherokee used root decoction externally to swollen legs & feet and made stem tea for yellowish urine

A. serpentaria dyspepsia antispasmodic diaphoretic emmenagogue
Cherokee plant or root for ague chest pains, colds coughs dyspepsia fever headache pain pleurisy rheumatism rhinitis snakebite, sore throat, syncope toothache typhus & vertigo Delaware decoction root (with wintergreen optional) as tonic Mohegan poulticed root onto snakebite Lumbee root tea for Bright's disease dysmenorrhea proctitis, rectitis, snakebite Nanticoke ate root as vermifuge Natches used root decoction as febrifuge Pamlico root anticonvulsant

Appalachian roots mashed in milk to snake & spider bites, leaf tea for chills
Ch root decoction externally for swollen feet, legs chips of stalk in tea for yellow urine
Serpentaria Tonic for typhus fevers, ague & fever, diuretic antiseptic OBER

Cherokee (cont.) gargle for sore throat; stops mortification prevents bowel putrefaction
for weak phlegmatic habits, drink for sharp breast pains, wash for headache
for dizziness or fainting black-yellow diseases, drink tea or chew roots for colds,
drink cold infusion of plant to relieve pain and prevent fainting tea for rheumatism
obstructions, anodyne, for pleurisy and sharp darting pains drink for coughs
chew root & spit on snakebite bruise root and hold on tooth for toothache
hold against nose sore from constant blowing or sneezing stimulant tonic dyspepsia

Artemisia *A. annua* L. - Sweet Wormwood absinthium
A. ludoviciana Nutt. - White Sage W. Mugwort

Worm wood

3 *A. vulgaris* L. Mugwort bitter fragrant quiets fetus stops bleeding, dispels gas and cold for (1) Excessive fetal activity post-partum abdominal cramps (2) hematemesis, continuous spotting, irregular menstruation (3) cold pain in epigastric area (4) skin conditions. Leaves 3-5 ch'ien decoction. *A. apiacea* Hence bitter fragrant clears fever, detoxifies exerts vermifugal action prevents malaria tonifies stomach for (1) Thirst, hiccup in chronic fevers, frequent bloody urination (2) vomiting & diarrhea, abdominal pain abdominal distension (3) jaundice (4) acute & chronic convulsive attacks (5) skin diseases; whole plant 5 ch'ien - 1 liang decoction. *A. capillaris* Thunb slightly cold, bitter taste promotes diuresis (1) Jaundice, difficult urination (2) Pruritis whole plant 3-5 ch'ien decoction. *A. absinthium* in large doses violent narcotic poison aromatic bitter diaphoretic febrifuge antihelminthic antiseptic infusion of crushed tops in boiling water, + tsp dose. *A. vulgaris* leaves in nervous, spasmodic affections decoction for stomach ache, headache, diarrhea, rheumatism fever, bronchitis sore eyes, poison oak & to heal wounds 3; 5 *A. capillaris* diaphoretic to dispel heat from lungs, for headaches, vertigo & jaundice *A. dracunculoides* fevers dysentery & malignant ulcers *A. vulgaris* severe diarrhea, menstrual disturbances *A. absinthium* induces abortions 5
8 *A. dracunculoides* ^{or id Tarragon} fresh Ch'ien Enne intake for shock therapy Chippewas used leafy inflorescence tea for cardiac palpitations ^{leaves} chronic dysentery add root for difficult delivery add Direx for steam bath for older people chewed leaf poultice for ing ^{or deep} Crows used infusion eye wash for snow blindness, tea for diarrhea, stomach, ulcers Flathead & Kootenai infused for leg & foot bath Mescalero poulticed roots on bruises to prevent swellings Navaho with Yucca shampoo + Pisutes for birthing stimulant puereral tonic colds constipation headache

A vulgaris Mugwort Worms used for worms Mimok put leaves up one nostril for headache both to clear
head of mourner tea for rheumatism Plaster for back & knees esp. ♀ to venereal sores steam inhalant
for pediatric fevers Tincture for pleurisy; colic diarrhea epilepsy fever headache rheumatism

Aruncus dioicus (Walter) Fern.

Goats'-Beard

8 Cherokee applied bruised root to bee stings used root infusion to bathe swollen feet
root tea for birthing hemorrhage & polyuria

Ch Tea stops excessive urination, beat root and apply for bee stings in eye or face
root infusion to bathe swollen feet hot root tea to keep from losing too much blood
at child birth, 1.

Arundinaria gigantea (Walt.) Chapm.

Bamboo

Cane

5 *Bambusa* bran of bamboo sprouts is said to be effective for nausea Roast sprouts are side dish to meat 5.

Flutes, pipes, chimes, pens

8 *Houma* used root decoction for kidney stimulant