

Asarum canadense L.

Canada Snakeroot

Wild Ginger

Part Used: Roots

^{Harding} 12 collect in fall aromatic, diaphoretic and carminative ¹² 9 Appalachian root tea for stomach gas powdered root to relieve gas & induce sweating dry root powder inhaled like snuff for aching head & eyes root stimulant, for heart palpitations, fevers & nervous problems. ⁹ A. blumei Duch. suppresses cough removes sputum, expels flatus, scatters cold for (1) Windchill coughing excessive salivation (2) enlarged lymphatic nodes of the neck, (3) edema (4) rheumatism, traumatic injuries roots 2-3 ch'ien decoction ⁹ A. sieboldi Mig. Neutral, acid taste for stuffy nose, toothache headache, rheumatic pains & aches, productive coughing & wheezing. 3-1 ch'ien decoction ³ aromatic carminative diuretic, diaphoretic emmenagogue tsp to pint boiling water wineglassful as needed strong infusion induces sweating 35 A. sieboldi effective for blocked up noses, head colds, diaphoretic, for eyes overexposed to wind, for hearing defects 5
8 expectorant antiseptic tonic Abenaki infused with Optis for colds Canadian Indians root for heart palpitations, gas Cherokee put fresh leaves on wounds, root tea for cold, coughs, debility dysmenorrhea, dyspepsia, heart, hysteria menorrhagia, swollen breasts Chippewa root carminative antiphlogistic, tonic combined for bruises & fractures Fox used for ear lung & throat Miami powdered root for birth pain Malecite for root cramps Mohawks child fever Ojibwa etc root for appetite Piappahannock steeped infusion with cedar berries for asthma & dyspnea pertussis and to reduce fever in typhoid Seneca heart & cough Ojibwa for headache nasal congestion, myalgia, stomachache oral contraceptive emmenagogue

C_h fresh leaves on wounds root is stimulant, colds, coughs, & obstructions for scant or painful menstruation, worms, snuff of dry leaves for head & eyes, leaves, roots or blossoms for hysterical or nervous debility typhus fever ague & fever colds coughs ingredient for swollen breasts in tea for poor digestion drink tea to start period liquid or salve for sores tea for flux root tea for heart trouble pound dry leaves for snuff

Asclepias ⁽¹⁾ tuberosa L.

Butterfly Weed

Pleurisy Root

Part Used: Roots

¹ emetic, diuretic ¹

¹² collect in fall, slice lengthwise or transversely, dry. for digestion, lung affections to promote expectoration, relieve chest pains & induce easier breathing, induces sweating ¹²

⁹ Appalachia fresh leaf tea to induce vomiting Indians ate fresh root for bronchial ailments ground root poultice for open sores internally root for colic, hysteria, hemorrhage gas & weakness ⁹

³ diaphoretic expectorant alternative for pleurisy, small doses ³

⁸ expectorant diaphoretic emetic for rheumatism Appalachia tea to induce vomiting Catawba roots for dysentery

Cherokee root tea for heart, breast, diarrhea, laxative, lung inflammations, meteorism & pleurisy

Delaware birthing pleurisy & rheumatism Menominee for bruises, lameness swellings & wounds decoction for tonic

Mohegan dried roots for pleurisy Natchez fever & pneumonia Omaha bronchial, lungs, wounds obstinate sores

Noraho for dogbite & flu Rappahannock for snakebite

Ch seeds or root gentle laxative boil seeds in new milk for diarrhea tea for bloody flux

F tea will break Typhoid fever Harrison Chew root for headaches Uniontown for pneumonia Hog Eye

boil tea for pneumonia Bryant Boil in a little water drain & sweeten with syrup for children Carrollton

boil down to make tea 1 tbsp dose for fever Eureka Springs for measles, for rheumatism Fayetteville

Asclepias

- (2) a viridis Walt. d incarnata L. g variegata L. h verticillata L.
 b viridiflora Raf. e perennis Walt. h sullivantii Engelm. l stenophylla Gray
 c purpurascens L. f quadrifolia i syriaca L. m hirtella (Pennell) Woodson
 j amplexicaulis Sm.

Milkweed

a Green-flowered Milkweed b Green Milkweed c Purple Milkweed d Swamp Milkweed e Common Milkweed
 k Whorled Milkweed Parts Used Shoots leaves flowers f shoots a few inches high
 may be cooked like asparagus inflorescences & young leaves cooked like pope 9 A. syriaca Appalachia
 milky sap used for warts & moles root decoction for coughs, gonorrhoea, asthma, indigestion, laxative,
 to induce vomiting & increase urine flow 9 ^{Asclepiodora} viridis (Walt) Gray Antelope Horn fall roots drink cold water, root decoction
 for fever for heart palpitations rub powdered root over heart powdered root poultice for neck & rib pains root tea
 for asthma 3 A. incarnata roots emetic cathartic rheumatism asthma infusion 1/2 oz powdered root to pint boiling water 3
 3 A. syriaca contains asclepiadine use as above 3 A. amplexicaulis rabbits' milk kills warts 3
 8 A. exalta Omaha ate root for stomachache Meskwaki taenifuge, Chippewa root for strengthening tonic
 Fox carminative cathartic diuretic emetic vermifuge Potawatomi root tea for dropsy & worms
 A. incarnata Chippewa in baths when sick or tired Fox for worms
 A. syriaca expectorant diaphoretic diuretic anti-rheumatic glucosides, alkaloid Appalachian root tea for warts & moles
 Arkansas Indians used root decoction for asthma, dropsy dysentery, after birth for milk flow Catawba rubbed on warts
 Cherokee used for backache, dropsy gravel mastitis VD & warts Delaware steeped roots for epileptic fits over 9
 F squeeze out milk & put on ears (should disappear within a month) Eureka Springs leaves & stems
 make tea for dysentery Cassville, Mo. Tea for Bloody flux Eagle Rock, Mo. Milk cures warts
 Pea Ridge; Fayetteville **OVER**

8 Menominee roots for chest *Mohawks* dressed wounds mixed with *Arisaema* to induce temporary insanity
Ojibwa for ♀ *Rappahannock* rubbed milk on ringworm & warts *Quebec* Indians drank infusion of pounded
roots for temporary sterility *Seneca* for diuretic

Cherokee drink root tea with root of virgin's bower for backache root tea
for VD laxative gravel dropsy rub on warts to remove them, tea for milk-sick
fiber for bowstrings

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b viridifera Raf. *e perennis* Walt. *h sullivanii* Engelm. *l stenophylla* Grzy
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mastitis fiber for bowstrings

Asimina triloba (L.) Dunal

Pawpaw

Parts Used - fruit, juice, bark, leaves, seeds

¹fruits eaten raw or made into ice cream, sherbert, pudding, pie, jelly strong alkaloid in seeds has depressing effect on animals' brains bark strips used for fish stringers inner bark made into cloth by Louisiana Indians ⁹ Powdered seeds for head lice, to induce vomiting fruit juice to destroy intestinal worms

ASTERS

ASTER SP.

♣ A. trinervius Roxb Neutral acid Hemostatic anti-inflammatory, detoxifying for hematemesis, epistaxis traumatic bleeding (2) boils, erysipelas, snakebites, infectious hepatitis Whole plant 1 liang decoction or crush fresh ♣ A. tataricus 2 acid bitter Taste resolves phlegm stops coughing for coughing & shortness of breath, tight phlegm chronic cough bloody sputum 8 fen to 3 ch'ien decoction

flowers make green yellow dye Mordant 1 cup alum 1/2 cup cream of tartar 2 gallons water boil add wet wool Boil gently 1 hour dry; Dye 2 gallons of chopped aster flowers cover with water soak overnight next day boil 40 minutes strain add to liquid to make 2 gallons boil add wool boil gently 45 minutes

♣ A. laevis Iroquois tea for love potions fevers, ♣ Fox used in steam baths inhalent to revive unconscious Hopi tea for stimulant root tea for colds & childbirth Mohegan tea for stomachache Zuni sprinkled powdered leaves onto abrasions & boiled leaves for penetrating wounds

deer & Turkey food CK tea for fever mash roots to poultice pains root tea for diarrhea poor to fair forage for cattle & horses good for sheep invaders

♣ A. lateriflorus Fox steams or burn flowers for man's or poor health A. linariifolius Cherokee mashed leaves in water catarrh & put in nostrils for snuff root coze

A. macrophyllus Ojibwa bathed headache with root decoction Anemoralis Chippewa decoction eardrops for earache

A. narva angliae Cherokee root tea for diarrhea poultice for pain sniffed root exudites for catarrh tea for fever

Fox smudged to revive unconscious Mohawk for fevers A. simplex Iroquois infusion for fever

A. umbellatus Mohegan used leaf decoction for stomach Potawatomi smudged flowers to repel evil spirits

Astragalus

- a distortus T & G. Bent Milk Vetch
- b canadensis L. Rattleweed
- c mexicanus A. D.C. Ground Plum

Ground Plum
Rattleweed

Parts Unripe green fruits

eat unripe green fruits raw or cooked ¹ 5 A. hoartschy induces & dispels perspiration, cooked & eaten for blood-forming & to drain pus from boils, fortifies spleen & stomach 5

Aureolaria flava

False Foxglove

8 Cherokee used for apoplexy & dysentery decoction
Ch drink while fasting for 4 days

Baptisia tinctoria (L.) P. Br.
leucophaea Nutt.

Wild Indigo

Part Used: Root, leaves

¹² Collected in fall emetic, cathartic (caution) stimulant, astringent & antiseptic
Local application to sores, ulcers, etc. herb sometimes employed like root ¹²

⁹ leucophaea Leaf decoction stimulant application for cuts & wounds Root infusion for typhoid
& scarlet fever ⁹ tinctoria people a century ago boiled root in water & took liquid internally for fever,
scarlet fever typhus & sore throat root poultice for ulcers roots steeped to bathe open wounds
root laxative astringent & antiseptic induces vomiting ⁹ 3 B. tinctoria astringent antiseptic
febrifuge emetic diaphoretic purgative 3



3 tinctoria febrifuge, tonic, purgative, antiseptic poultice for cancer Cree rhizome emetic gonorrhoea, sores, ulcers
Delaware poulticed root decoction on sores Mobecans root lotion for bruises & cuts Nanticoke for sprains
ulcerations, colitis, dysentery, gargle for tonsillitis Flappahannock put on horses to repel flies

Cherokee hold hot tea on toothache emetic purgative poultice to allay inflammation
and stop mortification hold root tea or beaten root against tooth cold tea to stop vomiting
blue dye

Berberis canadensis Mill.

American Barberry

Parts Used: fruits, bark

± preserves, jellies, jams & pies; juice extracted for syrup for drink; gives a sour or tart taste to preserved fruits ± Berry drink to reduce fever, root bark drink steeped in beer for jaundice fruit rich in vitamin C eaten to reduce fever & ease stomach bark to treat dysentery & indigestion ⁹  *B. chengii* Chen. for (1) acute gastroenteritis, gingivitis, laryngitis, conjunctivitis (2) boils & abscesses ulcers; burns (3) traumatic injuries Roots & stems 2-4 ch'ien each time in decoction or crushed & mixed with sesame oil or vasoline ointment
8 Cherokee scraped bark for diarrhea tea *B. vulgaris* (European) root bark astringent diarrhea, dysentery, jaundice Catawba boiled roots & stems for ulcerated stomach Cherokee used  for toothache, hot tea emetic, cold tea to stop nausea & poulticed plant on inflammations Mohegans used berry juice febrifuge Pemboscut bark or root for sore throat & ulcerated gums

Chen

Betula nigra L.

River Birch
Red Birch

Parts used wood

1 furniture, woodenware, shuttles, ox yokes wooden shoes¹

8 Alabama boiled bark to treat sore horses hooves Catawba boiled buds with sulphur for salve for ringworm & sores Chippewa bark decoction for stomachache

ck bark tea for milky urine, chew leaves or drink tea for dysentery, tea for colds;
bark infusion for stomach

Bidens

a cernua L.

b comosa (Gray) Wieg.

c frondosa L.

d discoidea (T. & G.) Britt

e aristata (Michx) Britt.

f polylepis Blake g bipinnata L.

a stictight

b beggar ticks

c beggar ticks

e Tickseed Sunflower

f Tickseed Sunflower

g Spanish Needles

1 a ducks eat fruit b fruits eaten by upland game birds c mallards & muskrat food d epiphyte on buttonbush

2 Tropical West Africa - leaves cooked & eaten as vegetable 1

3 B. bipinnata Cherokee chewed leaves for sore throat, tea for worms

B frondosa Lumbee leaf & stem decoction external to backache & headache

Bignonia capreolata

Trumpet flower Crossvine

3 Root substitute for sarsaparilla decoction detergent, alterative aperient, diuretic 3

Boehmeria cylindrica (L.) Sw.

False Nettle

☞ *B. nivea* (L.) Gaud. Clears fevers stops bleeding, promotes pus drainage, quiets a restless fetus for (1) hematuria, emaciation, (2) bleeding from wounds (3) abdominal pains due to abnormal fetal activity, leukorrhea Roots, stems & leaves roots 1 liang or stems & leaves 5 ch'ien decoction ☞

Botrychium virginianum.

Rattlesnake Fern

8 Abenaki decoction for childhood sickness

Cherokee boiled root lotion for snakebite

Chippewa pounded washed root on snakebite

Ojibwa for consumption & lung ailments crushed roots to bruises, cuts, sores

Brassica

a *pirta* Moench d *juncea* (L.) Cass.
b *Kaber* (D.S.) Wheeler e *Rapa* L.
c *nigra* (L.) Koch

3 White Mustard e Field Mustard
b Charlock
c Black Mustard
d Leaf Mustard

Wild
Mustard

Parts Used Seeds, leaves, young growth

1 a mustard from seeds, vegetable, seed oil is counter-irritant condiment for lubrication & as illuminating oil

6 table mustard oil is used in soaps d Chinese Mustard salads vegetable e greens vegetable oil¹

9 rapa seeds ground to flour + water for mustard plaster for colds, fever & flu seeds induce vomiting as laxative

8 *B. campestris* Shoshone poulticed ground seeds on burns

B. nigra Cherokee for ague asthma croup dropsy fever inappetence, nerves, palsy & phthisis

Fox seed snuff for head cold Meskwaki's ground seed snuff for head cold Mohegan put leaves on head or tooth

B.oleracea Cherokee poulticed leaves onto boils

Cherokee increases appetite stimulant tonic for fever & ague nervous fever dropsy
palsy phthisis or asthma poultize for croup

Cacalia atriplicifolia

Indian Plantain

& Cherokee put bruised leaves for cancer, bruises & cuts

Callicarpa americana L.

Beautyberry

French
Mulberry

1 Juicy, sweet early, pungent late¹ edible K. B. ^{Chinese} *Clerodendron cyrtophyllum* Turcz for preventive for epidemic meningitis, (2) tonsillitis, acute pharyngitis, mumps (3) snake & insect bites Leaves & roots Leaf 3-5 chien root 5 chien to 1 liang each time decocted or crush fresh leaves paint on affected part *Callicarpa pedunculata* R. Br. neutral, acid, bitter taste Hemostatic analgesic. resolves clots & bruises reduces swelling for 1) hemiplegia, hematemesis, epistaxis, hematuria, traumatic bleeding 2) traumatic injuries & rheumatoid arthritis; whole plant 5 chien - 1 liang decoction 8 Alabama used branches & roots in sweat baths for fever malaria and rheumatism Choctaw used root and berry decoction as analgesic for colic

Campanula divaricata
Cherokee - Root tea for diarrhea

Harebell, southern

Campsis radicans

Trumpet Creeper

☞ *C. chinensis* Voss Neutral, acrid bitter taste blood tonic, carminative, diuretic for 1) Amenorrhoea
metrorrhoea, leukorrhoea, ♀ cramps 2) Rheumatoid pains traumatic injuries 3) difficulturination
4) pruritis, oozing dermatophytoses Flowers 2-3 ch'ien or whole plant 3-5 ch'ien decoction ☞

Camptosorus rhizophyllum (L) Link

Walking Fern

8 Cherokee used to treat swollen breasts

Campanula

Bluebells

8 *C. americana* Tall Bluebells Fox used leaf decoction for consumption & cough

C. divaricata Southern Harebell Cherokee root tea for diarrhea

C. rotundifolia Harebell Ojibwa used roots for sore ears & lung ailments

Cannabis sativa

Hemp

¹ drug to create feeling of euphoria, well-being & relaxation for nervous disorders Tetanus gonorrhoea, depression, & bladder inflammation masturbation substitute for liquor

² analgesic-hypnotic, topical anesthetic, antiasthmatic, antibiotic, antiepileptic, & antispasmodic, antidepressant & tranquilizer, antitussive appetite stimulant, oxytocic, preventive and anodyne for neuralgia (including migraine) Aid to psychotherapy, and agent to ease withdrawal

³ laxative for constipation 3-5 chern seed decoction