

Cleome serrulata

? Poultice of crushed leaves to reduce swellings flowers boiled with rusty iron & liquid drunk for anemia

Rocky Mt. Bee Plant

Clitoria mariana L. Butterfly Pea & Cherokee held tea in mouth several minutes for several times to cure thrush

Clitoria mariana

Butterfly Pea

Cherokee for sore mouth (thrush) hold tea in mouth 10-20 minutes repeat several times

Cocculus carolinensis (L.) DC. see *Menispermium*

Carolina Moonseed

Comparable? to Stephania (Chinese Drop of Blood) which roots are to stimulate circulation, disperse clots, detoxifies & reduces swelling (anti-coagulant tuber) for treating snakebite, abscesses, mastitis, fractures, post-partum blood clotting & abdominal pain (external) Oral dose 1-3 ch'ien or *Stephania hernandifolia* Walp for (1) rheumatoid arthritis (2) laryngitis, toothache, gingivitis (3) abdominal pain Root tuber 2-5 ch'ien decoction Snailseed

Cocculus trilobus (Thunb) DC Cooling bitter & peppery expels wind reduces inflammation detoxifies for (1) Rheumatoid arthritis (2) nephritic edema urinary tract infections (3) snake & insect bites, boils & ulcers 5C. thunbergii DD. asthma, dropsy, swellings & ulcers, cleanses blood 5.

Collinsonia canadensis L.

Horse balm
Rickweed

Stoneroot

Parts used: roots, leaves

¹² collect in fall, tonic astringent, diuretic, diaphoretic leaves poulticed for bruises ¹²
moist rocky humus pH 6-7 readily cultivated ¹⁴ ⁹ root tincture added to cider
to treat bodily water accumulation Appalachian tea for headaches cramps & indigestion
1 or 2 drops tincture in water, 3 times daily for hemorrhoids tincture also for respiratory diseases ⁹
3 Plant tonic, astringent diaphoretic diuretic 3

Cherokee ingredient in cure for swollen breasts mask flowers & leaves for deodorant
tea to drench horses with colic

Comandra richardsoniana Fern.

Bastard Toadflax

Parts Used: Nuts

1 Nearly ripe fruit sweet flavored ¹(oily)

8 Umbellata Nutt. 8 Cherokee put juice on sores & wounds steeped with pink lady's slipper roots for rheumatism Fox used leaf decoction as analgesic for lung pain licked flowers to ease difficult breathing

CK umbellata steep with pink lady's slipper roots for kidneys put juice on cut or sore

Commelina sp.

Spiderwort

☞ Cold, slightly bitter taste (*C. communis* L.) Clears fever, detoxifies, promotes diuresis for 1) difficult urination, ascites, gonorrhoea 2) Colds, malaria, laryngitis, conjunctivitis 3) Snake & insect bites boils & abscesses Whole plant 1-2 liang fresh in decoction ☞

Convolvulus sp.

arvensis Field Bindweed

Bindweed

3 Root purgative hydragogue cathartic & diuretic 3

8 C. arvensis Navajo used cold infusion externally & internally for spider bites

Shaggy Mane Mushroom

Coprinus comatus

Mature plants deliquesce (or change to blackish fluid-inedible)
Wash & drain firm caps bake or simmer in butter lose water in
cooking make gravy from water & flour & serve on toast

maculata
Corallorhiza odontorhiza (Wild.) Nutt.

Crawley Root
Coral Root

Part Used: Root

¹² collect in July or August promotes sweating, sedative, for fevers

Maculata difficult to transplant due to dependence on specific soil fungi 6-6.5 odontorhiza pH 5-6¹⁴

⁹ maculata dried stalk tea for pneumonia roots sedative kills worms and increases sweating⁹

⁸ diaphoretic, sedative Paiute & Shoshone used to treat pneumonia to build up blood

Careopsis sp.

Tickseed

S. tinctoria Cherokee drank root tea for flux Kolwa used as emetic tea

Cornus florida L. sp. on bark

Kinnikinnik

Flowering Dogwood

9 Indians boiled bark in water & applied liquid to aching muscles In colonial times, flowers fruit & bark were steeped in warm water & brew drunk to treat fevers & malaria inner bark has been boiled to make tea for dysentery in 1800's root bark was used to replace quinine bark for treating worms, cholera, sore mouth jaundice & liver ailments 9 *C. officinalis* Set 7 for liver, kidneys controls sperm ejaculation & excessive sweating for (1) backache, knee joint pains dizziness, tinnitus, impotency, & seminal emission frequent micturition (2) metrorrhagia (3) excessive night sweats fruit decoction 3-5 chien 3 Reputed quinine substitute for intermittent fevers dried bark bitter tonic, astringent, febrifuge, antiperiodic infusion top dried bark or dry root bark to cup take 1/2 cupful at night astringent for sore mouth, poultice fresh bark is strong cathartic "Indian toothbrush" 3 *C. amomum* valuable in dyspepsia diarrhea & to check vomiting in pregnancy

8 Alabama boiled inner bark for diarrhea Catawba infused with poplar & wild cherry bark for labor Cherokee tea for backache, chickenpox, colic, flu, malaria, measles Delaware root tonics Chippewa steeped inner bark with bloodroot ginger and ironwood for coughs Houma tea from scraped root bark for fever & malaria Lumbee root bark laxative twigs & buds for fever & malaria Rappahannock used bark as depurative tonic, for diarrhea

CL bark tea for womens' backache root bark poultice, tonic, stimulant antiseptic, & astringent fevers flower tea for colic, bark & root in tea for worms, measles, chickenpox, diarrhea, lost voice
← sweat off flu

Chew bark for headache bark ooze poulticed on ulcer

8 C alternifolia Dogwood Cherokee bark tea antiseptic, astringent stimulant tonic for backache chickenpox malaria measles & worms, chewed bark for headaches, flower tea for flu

C hippewa root decoction as collyrium Menominee used bark for piles, powdered bark poulticed to root bark poultice with others cures facial cancer Ojibwa inner bark emetic Potawatomi bark infusion for granulations of eyelids

C amomum Silky Dogwood Chippewa bark to stop diarrhea, poison ivy Menominee smoked & used bark infusion for diarrhea, cancer & piles

C racemosa Panicked Dogwood Fox boiled bark for toothache & neuralgia burned bark revived unconscious

Ojibwa root decoction for diarrhea bark tea for flux put to hemorrhoids Meskwajei root bark tea for pain of sore teeth or neuralgia (held in mouth) Ojibwa compressed bark & forced on hemorrhoids Smudge from wood revives & cures consumption

Corydalis sp. Corylus Hazel

Fame wort Turkey Corn
Stagger weed

8C aurea Golden Fumewort Navaho infusion or decoction for dysmenorrhoea, sore throat, stomachache Ojibwa bark for bronchitis & heart roots on coals inhaled for headache

Corylus Hazel

8C americana Cherokee inner bark tea emetic for bile, bark tea for hives

Chippewa pricked charcoal into temples with needles as analgesic & for convulsions

Huron poulticed astringent, febrifuge bark onto tumors & ulcers

Iroquois used oil to prevent mosquitoes Pillager uses hairs to expel worms

Ojibwa poulticed boiled bark to close & heal cuts Western Indians poulticed bark on cancers

Ch inner bark in tea to vomit bile scrape bark soak in water & drink for hives nuts for food

Cotinus obovatus

Smoke tree

Crataegus sp.

Red Haw Hawthorne

C. cuneata Sieb et Zucc. Slightly warming sour yet pleasant taste Aids digestion stimulates blood circulation stops diarrhea for 1) indigestion, infantile marasmus 2) menstrual cramps diarrhea & dysentery 3) hernia Roots & fruits 2-4 ch'ien decoction

Ch. spathulata bark tea for good circulation to prevent recurrent spasms, drunk or bathed in by ball players to avoid tackles eat berries for appetite

Crotalaria Cucurbita Cunita

Dodder Dittany Rattle box

♀ *C. sessiliflora* L. Neutral pleasant taste detoxifies for 1) Bones caught in throat 2) intoxication due to pesticides mushrooms food poisoning 3) boils & sores; whole plant .5-1.5 ch'ien pulverized & steeped for internal use

♂ *C. sagittalis* Delaware considered strong narcotic, root for VD Mehegan root ^{blood purifier} depurative

♀ *Cucurbita maxima* squash Ojibwa seed tea as diuretic

C. pepo pumpkin Catawba chewed seeds for kidneys Fox stem decoction & pills

Cherokee ste seeds for enuresis, worms, dropsy, gravel, urinary burning spasms

Menominee ground seeds with water as diuretic Zuni flowers & seeds to cactus scratches for ^{swelling} rheumatism

Cunita organoides Mountain Dittany Cherokee tea for colds, fever headache, ^{birthing} snakebite

Ch tea for colds headaches fevers sweating tonic stimulant snakebite strong tea for childbirth

Cuscuta granovii Dodder Cherokee poulticed on bruises

Cucurbita pepo Lagenaria vulgaris bottle gourd pepo pumpkin

Cherokee pepo Diuretic for gravel dropsy relief immediate from scalding urine or urinary spasms
in gree corn medicine brown seeds & eat to stop bedwetting eat seeds for worms & as food

Bottle gourd Soak seeds to poultice boils, dippers rattles can be eaten

Cuscuta megalocarpa Rydb

Dodder

♀ Indians used plants in bath for tuberculosis settlers gave children with fever same bath poultice for insect stings Indians believed it to be contraceptive bile stimulant & laxative. ♀ C japonica
Choisy neutral pleasant taste strengthens liver & kidneys builds blood strengthens sinews & bones for Venuresis, seminal emission, constipation 2) back ache, cold knees rheumatoid paralysis fruit or whole plant 1-4 ch'ien decoction

♂ C Gronovii Cherokee poulticed on bruises

Cynanchum laeve (Michx.) Pers.

Angle-pod

- ☞ *C. stratum* Bunge cold, bitter, salty. Neutralizes blood heat, stimulates salivation, stops coughing for (1) Yin-deficient fevers, tuberculosis
2 nephritis, urinary tract infections edema 3 body weakness, seminal emission, leukorrhea & convalescent ailments Roots & stems 2-3 ch'ien decoction
- ☞ *C. japonicum* clears chest congestion, brings up phlegm, stops coughing for Productive coughing
lung congestion, fullness of chest & sides, shortness of breath, & rasping throat 1.5-3 ch'ien
decoction
- ☞ *C. stauntoni* (Decne.) Hand.-Maze bitter slightly acrid taste [Clears lungs stops coughing makes
sputum more productive for Coughing asthma dyspnea Roots & rhizomes 3-5 ch'ien decoction

Cynoglossum officinale

Wild Comfrey Hounds' Tongue

3 Used in hemorrhages, dysentery, as demulcent, sedative in coughs, ulcers & externally in burns.

8 *C. virginianum* Wild Comfrey Cherokee roots for bad memory cancer itch
& milky urine Ch root decoction for itch, in green corn medicine root syrup for milky urine
root for cancer drink decoction every 4 days for bad memory

Cyperus sp.

Sedge

⚔ *Crotundus* L. Neutral acid taste bitter fragrant circulation relieves congestion restores menstrual regularity alleviates pain strengthens stomach, relieves distension for 1) Chest pain, side pains, abdominal pains, stomach pains, nausea, vomiting. 2) menstrual irregularity, dysmenorrhea 3) Traumatic injuries
Rhizomes 3-5 chien decoction ⚔

Cypripedium

calceolus L.

Yellow Lady's Slipper
Moccasin flower Nerve Root

Part Used: Root stalk, roots

¹² collected in fall, dry in shade, antispasmodic & nerve tonic Humus moist shaded pH 5-6 Propagation by division of clumps growing from root buds. Protect from slugs & fungi ⁹ Appalachian root tea for headaches & jangled nerves tsp powdered root in sugar water for sedative to promote sleep & allay pain ⁹

8C. calceolus Yellow Ladyslipper neuralgia, root tea for nerves headaches Ojibwa & illis

Cherokee with Cerastium for worms Iroquois steeped root for inflammation

Mohawk with Dentaria for tuberculosis with taraxacum for kidneys

Cherokee roots in fall or spring for nerves, spasms, fits, hysteria, relieves pain, tea for diabetes tea with black snakeroot for stomach cramps steep roots with bastard toadflax for kidney trouble tea for rupture pain, & trouble, root tea for worms, with chickweed for worms, for colds, stomach ache, hot root tea for flu, neuralgia

Datura stramonium L.

Jimson weed Jimson Weed

9 A dangerous hallucinogen used by Western Indians to induce visions Appalachian blossom poultice applied to wounds to reduce pain dried leaves smoked to treat asthma (Delphic oracle to divine future) leaves applied to boils & ulcers pounded root on wounds, bruises & cuts decoction of flowers & roots used as sedative to calm patients in setting fractures ^{PO} D. metel L. warming bitter astringent highly toxic Anesthetizes, alleviates pain stops coughing relieves asthma for 1) Rheumatoid pains 2) prolapse of rectum 3) wheezing 4) boils ringworm dermatophytosis 5) rabies Roots, leaves & flowers 2-8 fen in decoction ^{PO} 3 Poisonous leaves dried at flowering smoke for asthma (don't overdose) anodyne, narcotic antispasmodic sedative debilitant hypnotic mydriatic for nervous affections leaves poulticed on boils & ulcers 3

8 leaves mixed with saltpeter & burned for asthma poultice for wounds & to kill pain leaves smoked for asthma

Zuni hallucinogen Carolina Indians used seeds for scalds & burns Delaware leaf & seeds as coagulant

Cherokee ^{CA} poulticed wilted leaves onto boils & smoked leaves for asthma Zuni sprinkled powder in wounds

Lumbee boiled leaves & roots for ointment for cancers & tick bites Mohegans poulticed crushed leaf on cuts

Rappahannock for congestion fever, inflammation, pneumonia sores or sore throat

Coahuilla crushed leaves on saddle sores of horses Delaware crushed leaves in salves on piles

Daucus carota L.

Wild Carrot

Queen Annes' Lace

infusion of seeds & roots increase urine flow boil & mash root to poultice for bruises & cuts
fruit eaten to stimulate menstruation seeds for intestinal worms

Delphinium

exaltatum tall

Larkspur

rich soil pH 6-7 semi-shade Propagation by seeds & division no special care¹⁴
8 D. ajacis Cherokee heart medicine (tea) roots make cows drunk and kills them