

Desmodium

Tick Trefoil, Stickights
Beggars' Lice

♣ *D. caudatum* (Thunb) D.C. antipyretic, detoxifying, analgesic for entrenched pain, dysentery, gastroenteritis, mastitis, boils & carbuncles, influenza fever, incomplete appearance of measles rash, gastric and duodenal ulcers & abdominal cramps in women decoction of whole plant 9-30gms or externally as wash for skin diseases ♣ *D. styracifolium* cooling light pleasant taste, clears fevers, promotes diuresis, relieves gonorrhoea for (1) Stones in urinary system, gall-bladder stones (2) acute & chronic hepatitis whole plant 1-2 liang decoction ♣

♣ *D. nudiflorum* Cherokee chewed roots for gingivitis pyorrhea, stomatitis, root tea bath for cramped bodies

D. paniculatum Hound soaked roots in whiskey for cramps or weakness

Dianthus sp.

Wild Oats

⚡ *D. superbus* Linn. cold bitter taste clears fever, promotes diuresis stimulates blood circulation
for 1) edema & gonorrhoea 2) irregular menstruation whole plant 3-5 ch'ien decoction ⚡


Dicentra
Cucullaria
Canadensis

Dutchman's Breeches
Squirrel Corn

rich open woods, shaded slopes humus pH 6-7 Propagate by division of both crown & roots¹⁴
⁹ substitute for mercury compounds treating venereal diseases increase urine flow as tonic; poultice
for skin diseases Veterinarians use for larger animals as pre-anesthetic⁹
& Menominee used root scent to attract ♀

Dicliptera brachiata (Pursh) Spreng.
japonica Makino

Lion Grass

D. japonica Expels wind, relieves fever, stimulates energy & blood circulation reduces swelling & detoxifies, curbs bleeding & knits bones for traumatic injuries, swelling, snakebites Decoction of whole plant 15-30g. 

Dioscorea villosa L.

Rheumatism Root Wild Yam

Part Used: Root

¹² collect in fall expectorant, induces sweating, large doses emetic for bilious colic & muscular rheumatism ¹² ⁹ Indians used root decoction for childbirth pains dried powdered root used to treat indigestion Slaves used root for muscular rheumatism internally for muscle spasms, croup, gas, liver troubles, asthma, uterine tonic, to induce vomiting Plant itself to release phlegm, induce vomiting & increase urine flow ⁹ ⁹ *D. batatas* Deene stomach-spleen tonic, anti-diarrheal, lungs & kidneys for

(1) chronic enteritis, dysentery, indigestion (2) asthma (3) "wet dreams" excessive sweating, leucorrhoea, (4) neurasthenia stem Tubers 3 ch'ien - 1 liang decoction

D. tatarica Moirino Carminative, diuretic (1) prostatitis & difficulty in urination (2) Rheumatoid arthritis rhizomes 3-5 ch'ien decoction

D. bulbifera L. neutral, bitter taste, slightly toxic Clears fevers & detoxifies, reduces moisture, resolves phlegm for (1) hernia, goitre, food poisoning (2) purulent inflammation Root tubers 2-5 ch'ien decoction

3 decoction 1 oz to pint water dose $\frac{1}{2}$ mixture roots lose potency after a year for bilious colic diuretic expectorant for spasms cramps flatulence after-pains & liver affections roots antispasmodic diaphoretic uterine tonic expectorant antirheumatic intestinal stimulant emetic intestinal irritations for cholera-morbus, spasms of diaphragm spasmodic asthma dysmenorrhoea nausea of pregnant women hiccups ³

8 villosa Fox root for birthing pain, expectorant emetic antispasmodic diaphoretic

Meskwaki root decoction to relieve labor pains

Diospyros virginiana L.

Persimmon

- 9 Infusion of green fruit for treating diarrhea dysentery, & uterine hemorrhages as sore throat gargle powdered seeds mixed with water strained & drunk for kidney stones Indians boiled root tea for dysentery & washed babies mouths with infusion of boiled bark for open sores & cankers 9
- 3 astringent fruit, bark astringent styptic & bitter for diarrhea dysentery, uterine hemorrhage, as bitter tonic outer bark corroborant, antiseptic & as febrifuge inner bark good astringent tonic for sore throats, fevers, dysentery & diarrhea 3
- 8 Cherokee chewed bark for heartburn tea for biliousness, dyspepsia, hematemesis, hemorrhoids, sore throat, hepatitis, stomatitis, thrush VD mixed alder bark with walnut & cherry for toothache Rappahannock bark for sore throat & thrush
- Cherokee astringent VD sore throat, mouth, syrup for thrush wash for piles, steam for swollen abdomen, yellowish skin, boil for bloody discharge from bowels, chew bark for heartburn bark infusion of persimmon alder butternut and wild cherry for toothache pour cold water over bark & drink for bile tea for liver

Dirca palustris L.

Wicopy Leatherwood

Indians used in basketry & cordage; bark taken internally produces vomiting & is purgative. Some individuals are sensitive to the bark, their skin becoming irritated or blistered after contact with the fresh bark.

Fruit reputed narcotic matures late April (fr. March) Steyermark Cut stalks & dry pulverize put tablesp in warm water steep but do not let boil take as physic don't eat after taking Green stalk may be chewed. Root used for hair wash Chippewa

& Algonquin laxative from inner bark Chippewa used infusion^{stalk} for heart, root shampoo strengthen hair

Miami boiled bark for cancer & hematochezia Iroquois bark for wounds wood infused with butternut as purgative, Menominee root decoction for lungs Ojibwa & Potawatomi bark decoction

diuretic root decoction for lungs Ojibwa twig tea for urinary infections

Disporum lanuginosum

Yellow Mandarin
Hairy Fairybells

Propagate by seed, division, or root cuttings Oak or beech wintercover left in place
pH 5-7¹⁴

Dodecatheon ^{media}

Shooting Star

semi-shade well-drained soil pH 4.5-6 Propagate by division & seeds¹⁴

Draba sp.

Whitlow Grass

Seeds of *D. nemorosa*. cold acrid bitter taste Loosens phlegm & promotes fluid elimination slows respiration relieves asthma for coughing moist wheezes, obstructed breathing, tightness in chest & sides, facial edema, difficult urination 1-3 ch'ien decoction

Dryopteris *crinata* (L.) Gray

Crested Shield Fern

Part Used summer roots, sliced & dried ⁹ roots to clear chest phlegm & for sweating to break a fever also to treat intestinal worms?

8 *D. cristata* Ojibwa taenifuge for stomach

D. marginalis Cherokee used emetic root tea for rheumatism held warm tea in mouth for toothache

D. spinulosa Bella Coola ate root as antidote for shellfish poisoning

Dyssodia papposa (Vent.) Hitchc.

Mayweed Dogweed
Fetid Marigold

9 Fresh plant applied to skin can cause blisters tea of boiled fresh leaves to settle stomach stop vomiting and treat diarrhea chew fresh leaves for stomach-ache For babies severe stomach colic soap seeds in warm water give liquid to baby 9

Purpurea (L.) Moench

Sampson Root (pale) Purple Coneflower
Kansas Niggerhead

Echinacea angustifolia D.C.



Part Used: Root

¹² Collect in fall alterative, promotes sweating & induces flow of saliva freshly scraped roots used by Indians for snakebite ¹²⁹ Fall roots for rabies, syphilis snakebite skin diseases and blood poisoning ² (eczema, acne & boils) promotes proper digestion can be tried for fever externally with myrtle for typhoid fever root dispels flatulence don't use root once it loses its odor decoction 1 tsp root stock with 1 cup water - 1 tbs 3-6 times a day tincture 15-30 drops in water every 1-3 hours (as indicated) ²

⁸ Choctaw chewed roots for bad coughs dyspepsia Delaware root decoction cures VD in 7 days Plains Indians smoke for headache Kiowa chewed root slow & swallow, vice for sore throats or coughs decoction in steam baths so can take hotter Sioux for rabies

Yerbade de Tojo

Eclipta alba (L.) Hassk

 *E. prostrata* L. Neutral, sour tonifies lungs, strengthens kidneys, clears fever & detoxifies cool blood stops bleeding
 for (1) Pulmonary tuberculosis (2) hepatitis, gastroenteritis, conjunctivitis, cystitis, urinary tract inflammation
 boils & abscesses, snakebites (3) hemoptysis, hematemesis, bloody stools, hematuria, peptic ulcers & traumatic
 bleeding Plant 5 chien-7 liang decoction or crush fresh plant 

Elephantopus *carolinianus* Raesch.
nudatus Gray
tomentosus L.

Elephants' Foot Tobacco Weed

⚡ E. scaber L. Clears fever & detoxifies, reduces swelling and promotes pus drainage. for
(1) Colds & influenza, pharyngitis (2) dysentery, gastroenteritis (3) edema, acute gonorrhoea;
(4) Swollen abscesses, snakebites whole plant 5 ch'ien - 1 liang decoction ⚡

⊗ Lumbee root poultice for pneumonia

Epifagus virginiana (L.) Bart.

Broomrape
Cancer root

Beechdrops

Parasite of Beech roots not transplantable Propagate by seed

Humus pH 4.5⁵-6¹⁴

8 Indian cancer remedy

Equisetum hiemale L.

Scouring Rush Horsetail

E. hiemale for (1) conjunctivitis, inflammation of lacrimal ducts stygium (2) influenza & colds, dysentery edema (3) hematuria bloody stools metrorrhagia bleeding whole plant 3-5 ch'ien decoction 3 arvense stems diuretic & astringent in dropsy gravel & kidney infections, strong decoction acts as emmenagogue decoction applied externally to stop bleeding of wounds 3

E. arvense Cherokee tea for constipation & kidney Chippewa steam for dysuria Mohawk root for teething
Djibwa decocted whole plant for dropsy Potawatomi decocted for bladder, kidneys & lumbago
E. hiemale Blackfoot decocted for horse medicine Carriers for birthing Fox infused for gonorrhoea
Iroquois used for dysuria Menominee birthing & renitis Mohawk root infusion for red urine

Erigeron canadensis L.

Canada Fleabane
Frost-root

Horseweed

Indians made a decoction of top leaves to treat dysentery and used tops in saunas oil from plant used to treat diarrhea, hemorrhoids, and pulmonary problems decoction of tops for sore throat ³ pungent tonic, astringent diuretic in diarrhea gravel diabetes scalding wine & hemorrhages of bowels, uterus & wounds infusion tsp dry plant to teacup boiling water wineglassful dose for pimples ³

Chippewa root & leaf decoction for stomachache & weakness Cree for fever & diarrhea stuffed white rays in nose for nosebleed Fox herbal steam bath Hopi bruised leaves to temples for headache Hums used root tea for leucorrhoea Mohawk infused whole plant for childrens fevers & fits Navajo poulticed leaves onto pimples & snakebites deafness, earache stomach

E. philadelphicus Daisy Fleabane Cherokee for amenorrhoea cold, cough, dim vision, epilepsy gout hemorrhages hemoptysis headache & kidneys

Ojibwa flower decoction for fever smoked dry flowers for head cold

Fox snuffed flower for headache, head cold catarrh for cold hard tumors

E. pukellus Cherokee boiled with tallow on boils poulticed leaves to headache root to head for sunstroke chew roots for colds

E. strigosus Muhl ^{SE Indians} Frank decoction from boiled dry roots for sore legs from walking to for Catabwa root for heart Ojibwa for headache

OVER

E. philadelphicus, pulchellus

Ch Astringent diuretic, sudorific, gout suppressed menstruation coughs hemorrhages
dim sight tea for kidneys for spitting blood epilepsy poultice for headache
cold root bear chew roots for colic mix boiled plant with tallow to use on sores

Ericcaulon kornickianum Van Heurck & Muell. Arg. Pipewort
E. sieboldianum S. et Z. acid yet pleasant taste slightly warming Lowers fever, promotes diuresis
clears vision. Whole plant 1-2 liang decoction

Erodium cicutarium (L.) L'Her.

Storfs' Bill

9 Potentire plant in warm bath for rheumatism leaves make hot tea to increase urine flow, treat uterine hemorrhage & water retention and to increase sweating

Eryngium maritimum ^{*agusticum* L.}
^{*yuccifolium* Michx}

Rattlesnake Master

Rattlesnake Root

⁹ *agusticum* Indians used to prevent poisoning, reduce fever increase urine flow pounded root mixed with water & drunk for kidney trouble, neuralgia & arthritis & as blood purifier Also chewed stems & leaves for nosebleed as tea to cure dysentery decoction drunk to induce vomiting decoction of root for treating kidney stone, laryngitis, gonorrhoea, exhaustion from sexual depletion and loss of erectile power ⁹ *B E*, *agusticum* Indians used as emmenagogue and as ritual emetic **3**

E. yuccifolium Alabama and Kossati ingested spring sprouts for health
^{Ch} Cherokee for snakebite toothache whooping cough Creek root infusion as depurative panacea
neuralgia renosis snakebite & splenosis Fox for bladder

Erythronium americanum

Adders' Tongue Dogtooth Violet
Trout Lily

Wet semishaded pH 5-6 deep roots make transplanting difficult mark in spring dig in August once established, multiply rapidly¹⁴ - 3 emetic, emollient used by Indians for breast complaints 3

Cherokee crushed leaves to indolent ulcers compounds for syncope root tea to break fever Cherokee root tea will break fever crush warmed leaves and pour juice over wound that won't heal in infusion for fainting chew root & spit into river to make fish bite.

E. americanus sp. E. americanus L. - Strawberry Bush E. obovatus Nutt. - Running Strawberry Bush
E. atropurpureus Jacq. - Wahoo Hearts Bursting with love Burning Bush Wahoo

E. americanus powdered bark for dandruff, scalp irritations, root bark internally for laxative, to reduce fever, & increase urine flow bark decoction for uterine troubles, venereal diseases & skin ailments and to induce vomiting Seeds are strong laxative E. atropurpureus Indian women drank decoction of inner stem bark for uterine discomfort & used it as an eye wash. A poultice of pounded stem or root bark was applied to facial sores. Pioneers used bark as a liver stimulant and a laxative & for fever & indigestion & treating secondary syphilis oil from seed to destroy head lice E. data (Thunb) Regel slightly warming acrid bitter taste purges flatulence dispels cold stimulates blood circulation eliminates dots for 1) cold headache general body aches pruritis 2) irregular menstruation traumatic injuries gynecological disorders stems & branches 3) Chien-ling decoction 3 leaves poisonous to sheep Root bark tonic hydragogue, cathartic, diuretic laxative & cholagogue decoction 1oz to pint boil slowly small wineglassful 2-3 times daily or weaker 3

E. americanus Cherokee sniffed root tea for sinusitis, rubbed into venal cramps drank for displaced womb, dysuria, hematoptysis, stomachache, swellings E. atropurpureus bark drastic purgative Fox bark decoction for collyrium & facial sores Mohegan inner bark cathartic, Winnebago for uterine disorders Lake tribes called weak eye tea Ch tonic, astringent, antiseptic, expectorant, for breast complaints, spitting blood, 1st stage white swelling in decoction for irregular menstruation steep root for claps, warm tea for stomachache root tea for falling womb bark tea rub for cramps in veins, sniff for sinus

Eupatorium

a fistulosum Barratt e hyssopifolium L.
 b purpureum L. f sessilifolium L.
 c altissimum L. g perfoliatum L.
 d cuneifolium Willd. h serotinum Michx.

i rugosum Hoult.
 j inaeannatum Walt.
 k coelestinum L.

Thoroughwort
 White Snakeroot

Boneset
Joe-Pye Weed

1^a Joe-Pye Weed b Green-stemmed Joe-Pye Weed c Tall Thoroughwort f Upland Boneset g Boneset
 h Late Boneset i White Snakeroot * Mistflower, Blue Boneset Parts Used Herb

1^g leaves & flowering tops diaphoretic for treating colds & fevers, emetic, tonic, & cathartic *Mallards et al*
 i poisonous to livestock fresh plants most dangerous poison barium sulphate transmitted in milk causes
 milk sickness 1ⁱ White Snakeroot p H 6-7 clearings open woods 1^g perfoliatum Appalachian
 leaf tea laxative & for coughs & chest illness In the last century, boneset tea was remedy for colds and
 coughs Indian women inhaled steam from boiling plants for aches & pains negroes & Indians used for malarial
 fever Confederate army surgeons prescribed for worms ^g purpureum Indians used for sweating & fever
 Pioneers used to treat typhus fever, induce vomiting & for bladder ailments root internally increases
 urine flow for urinary infections & female disorders & as tonic & stimulant ^g *E. fortunei* Turcz.
 neutral acid taste relieves excess moisture, resolves impurities moderates central organs & stimulates appetite for

1) Heat exhaustion headache, fever without perspiration, tightness of chest & abdominal distension 2)
 regurgitation, halitosis & greasy feeling in mouth Stem & leaves 2-4 ch'ien decoction ^g *E. odoratum* L. warming
 acid fragrant destroys worms, stops bleeding for 1) control leptospirosis 2) bleeding from leech bites
 whole plant 5 ch'ien - 1 liang decoction ^g *E. perfoliatum* treats colds, flu, intermittent fevers (Barton 1798)
 tea at night to break up cold, tonic stimulant promotes digestion sudorific alterative antiseptic
 cathartic emetic, febrifuge corroborant diuretic astringent, deobstruent & stimulant (OVER)