

3 Warm infusion emetic sudorific diaphoretic in fevers & constipation Also used in rheumatism
 typhoid fever, pneumonia catarrh, dropsy influenza for cold, fevers dyspepsia jaundice debility
 flowering tops dried 1 oz to pint boiling water infusion dosed by wineglassful Hot induces sweating
 for colds & as emetic *E. purpureum* typhus fever rhinome Decoctions or infusions for dropsy
 stranguary gravel urinary disorders diuretic astringent alterative, nervine, tonic dose 2-4 fluidoz
 decoction 3-4 times a day auxiliary to other tonics emetics diuretics overdoses cause nausea pains in
 stomach & bowels increased heart action & rundown feeling 3 *E. aromaticum* diaphoretic, antispasmodic
 expectorant aromatic diuretic 3 *E. hyssopifolium* Antivenenous, for bites (bruise & apply to wound) 3
 8 ^{*capillifolium*} *Lumbee* drank root tea for fever, applied top decoction to penis to maintain erection
E. maculatum Smokeweed Cherokee for dropsy, dysuria, gout, hysteria, pregnancy, venitis & fretful children
 rheumatism used stem section to spray medicine Chippewa root decoction for rheumatism
 Iroquois roots for nephrosis & rheumatism ♀ problems,
E. perfoliatum Abenaki antimicrobial tonic Choctaw emetic tea for biliousness
 Cherokee for ague, colds, fever, flu, sore throat Chippewa for dysmenorrhea Creek stem baths
 for hipache
 Creek root tea for epilepsy Iroquois for colds & fever Meskwaki tea of flowers etc for worms
 Delaware Mohegan etc drank tea for chills & fever & stomachache Malabar used tea for vermifuge
 Fox root for snakebite & as panacea Rappahannock pre flowering leaves tonic Seneca tonic antimicrobial
E. pilosum Cherokee for breasts, colds constipation oliguria phthisis *E. rugosum* Cherokee root for ague, fever, gravel
 Fox steam bath diarrhoea dysuria
E. purpureum Cherokee root decoction for dysuria, dysmenorrhea, nephrosis Fox tree Charm Iroquois kidney tonic
 Menaninee Acid cancer Potawatomi poultice on burns Rappahannock blood medicine Ch tonic colds laxative
 phthisis, urination

Euphorbia sp. *E. bicolor* Engelm. & Gray - Snow on the prairie *E. marginata* Pursh Spurge Fire on the Mountain
E. chamaesyce L. *E. maculata* L. - Noddings *E. supina* Raf. - Milk Purslane *E. cyanthophora* Murr. ↑
E. missouriica Raf. - Prairie S. *E. serpens* HBK *E. spathulata* Lam *E. communata* Engelm. - Wood S. *E. cordifolia* Ell. *E. corollata* Z. - Flowering S. *E. cypris* L. - Cypress S. *E. dentata* Michx.
E. hexagona Nutt. *E. humistrata* Engelm *E. longicruris* Steele

9 maculata milky sap orally causes vomiting & acts as strong laxative alcohol extract to control dysentery Indians rubbed sap on skin to treat warts sores eruptions & sore nipples & drank root infusion as laxative 9 E. sieboldiana Morr. et Decne Laxative diuretic for (1) schistosomiasis-caused ascites, edema (2) constipation

Roots 1-1.5 ch'ien crush & swallow with water E. humifusa Willd. Eliminates moisture & detoxifies, promotes diuresis, stops bleeding for (1) jaundice, dysentery, enteritis (2) poisonous snake bites

(3) Traumatic bleeding whole plant 1-3 liang decoction 3 E. Ipecacuanhae roots emetic, hydragogue May be dangerous 3 E. esula L. induces evacuation of bowels & bladder, for dropsy, acute pains, abscesses in neck or armpit & swollen legs, vasodilator E. lathyris L. dropsy, ulcers & swellings 5 bruised root infusion for urinary vice rubbed on skin eruptions, sore nipples sores

8 E. corollata Algonquin leaf tea for diabetes Fox root decoction antihelminthic, heart Lumbee mashed roots in milk for snakebite E. Cherokee tea to stop bleeding after childbirth

E. hypericifolia Cherokee use juice as cancer remedy root for toothache purgative VD

E. maculata Cherokee for bleeding, cancer, childbirth eruptions gonorrhoea skin decoction drunk & sore nipples Houma poulticed crushed leaves on sores put milk on eczema & itch herb decocted in milk to sick babies Lumbee put milk to pimples poisoning sores & skin eruptions

E. helioscopia Inguaris used infusion for babies stomachache

Fagus grandifolia Ehrh.

Beech

Parts Used — Nuts

± sweet edible nuts (vary in abundance — every 3rd year maximum harvest) young leaves cook as vegetable Beech oil in Europe substitutes as table oil for olive oil roast nuts for coffee substitute; wood largely for fuel¹ 9 fresh or dried leaves applied by pioneers to burns, scalds & frostbites Indians steeped handful of bark to cup water for skin rashes especially poison ivy

3 leaf decoction for burns scalds & frostbite 3

8 Cherokee chewed inner bark for worms Potawatomi used leaf decoction for frostbite Rappahannock steeped bark from north side of tree in pint of salt water to wash poison ivy sores 3 times daily

Ck chew nuts for worms

Forestiera (other side)
Fragaria virginiana Duchesne

Virginia Strawberry

9 berries thought to treat kidney stones & gout An infusion of root used in England for gonorrhoea
leaf tea for diarrhea roots bitters to increase urine flow

8 *F. virginiana* leaves mildly astringent fruit old-time gut remedy & refrigerant ^(Linneus)

Cherokee tea for bladder, dysentery jaundice, kidneys, nerves, scumy, visceral obstructions
held fruit in mouth to remove tartar Chippewa root decoction for cholera

Potawatomi for stomach ailments Seneca used runners for tuberculosis Malecite for irregular menstruation

Ojibwa for stomachache Western Indians claimed strawberry root infusions cured gonorrhoea
Fresh leaf decoction for sore throat

Forestiera acuminata (Michx.) Poir. Swamp Privat 8 Houma drank root & herb decoctions
health-giving panacea

Fraxinus

^a quadrangulata Michx.
^b americana L.
^c pennsylvanica Marsh

^a Blue Ash

^b White Ash ^c Green Ash

¹ ^a blue dye used by pioneers ^b bats, hockey sticks, polo mallets, shovel handles, butter tubs, oars, etc
^c canoe paddles ⁹ ^b americana Appalachia chewed bark applied as poultice on sores, bud tea for snakebite (Indian) seeds were supposed aphrodisiac & increased appetite & urine flow. Strong leaf tea to women after childbirth. Bark internally increases sweating & urine flow. ³ ^{F. ornus} bark exudation for laxative (Italy-Manna) bark tonic, cathartic, diuretic, febrifuge, diaphoretic, astringent, anti-arthritic, alterative, mildly laxative for vertigo, headache followed by fever. Leaves for snakebite.
⁸ ^{F. americana} Abenaki used bark decoction to encourage menstrual flow. Algonquin used water from burning logs to treat ear troubles. Cherokee used inner bark as liver & stomach tonic and bark tea to check discharges. Juice in cancer remedy. Delaware bark decoction for heart, emetic. Iroquois sap deafness. Fox bark infusion for lice, scabs, sores. Pemboscat used strong leaf decoction to clean women after birthing. Jibwa used bark as hemostat for cuts & wounds.
^{F. pennsylvanica} red ash. Jibwa inner bark as compound tonic. Yete-de-Boule used inner bark tea for depression & fatigue.
^C ^k americana bark tea for checking discharge, inner bark for liver and stomach.

^F Blue ash twigs & inner bark for dye. Mordants: copperas - blue; copper sulphate - green.

Galium

virgatum Nutt.
 aparine L. (Goose Grass)
 triflorum Michx. (fragrant B.)
 pilosum (hairy) Ait.
 circaeans Michx (Wild Licorice)
 arkansanum Gray
 tinctorium L.
 concinnum T & G

Bedstraw

Cleavers

Parts Used: entire herb

aparine mature fruits dried & roasted slightly yields a coffeelike drink triflorum aromatic drink
 may be added to wine concinnum tea is remedy for dropsy & kidney disorders ↑ aparine
 increase urine flow, stimulate appetite add vitamin C wash to remove freckles ↑ PG gracile Bunge
 Neutral, pleasant-tasting Clears fever, detoxifies, reduces swelling and alleviates pain, promotes diuresis for (1) Boils
 & abscesses (2) bloody and mucoid dysentery, gonorrhoea, "red & white" discharge (blood, mucus) (3) Cancerous
 tumors (4) infantile marasmus Whole plant use 5 chien-ling decoction, US Dispensary ^{antiscorbic} astringent ^{antispasmodic} diuretic ^{urinary} tonic
 8G. aparine Cherokee tea laxative Fox decoction emetic Ojibwa decoction diuretic, for gravel kidney skin

Pembscot for gonorrhoea, hemoptysis, renitis

G. circaeans Cherokee used for asthma, coughs & hoarseness expectorant

G. tinctorium Ojibwa decoction for pulmonary problems

G. trifidum Ojibwa drank tea or applied for eczema, respiratory, ringworm, skin

G. triflorum Cherokee tea for gallstones Kwakiuti rubbed chest with Galium then hellebore
 for chest pains Menominee infusion for kidney problems

Gaura ^{longiflora}
parviflora Dougl.

Gaylussacia baccata black huckleberry

Velvet Weed

9. Poultice of crushed plants for muscular pains and arthritis 9

Gaylussacia Cherokee leaf tea for Bright's disease, dysentery bark tea to check bowels

Gentiana villosa L. ^{quinquefolia}

Sampsons' Snake-root

- 9 Appalachian root tea for tonic piece of root worn or carried to increase physical powers to treat indigestion, gout, rheumatism, reduce vomiting, as tonic, aid to digestion for nervous distress & gout 9
- 5 *Gentiana scabra* Pough Certain removes cold or heat from bones, strengthens stomach, for eye diseases, swollen & aching feet & ulcers, restorative, febrifuge, & appetite restorer (root) 5
- 8 *G. quinquefolia* Cherokee used laxative, stimulant, tonic root for dyspepsia, hysteria & weak stomach
Fox used liquid expressed from root to stop hemorrhage Ch dysentery root tonic cathartic
- G. villosa*

Cranesbill

Geranium maculatum L.

Part Used: Root stalk

¹² astringent tannin content ~~highest~~ just before flowering April-May tonic & astringent / Rich open woods damp & shade seeds freely pH 4.5-7.0 ¹⁴

⁹ Appalachian herb tea to treat dysentery & sore throat leaves poulticed on open wounds Indians used powdered roots to stop bleeding from cuts scratches & wounds roots & rhizomes antiseptic to increase urine flow, reduce swellings & treat diarrhea ⁹³ Leaf infusion mild astringent

Dry root powder astringent doses of 1/5 grains in cases of dysentery, diarrhea & cholera leaf infusion is gargle for sore throat & ulcerated mouth ³

⁸ Cherokee root decoction with wild grape for thrush, for cancer sores & wounds Pillager for flux Chippewa powdered roots to apply to sore mouths in children Menominee etc eat for diarrhea, stomatitis

Fox root infusion for burns diarrhea gingivitis, hemorrhoids, neuralgia pyorrhea, toothache poulticed bruised roots on protruding piles. Cranesbill tea contraceptive for 2 year

Nevada Indians After birthing mother lay in trench of warm ashes & drank tea to avoid pregnancy ^{for 1 year}

Geum

Canadense ^{Joey} White Avena
vernium (Raf.) T & G. Early Water Avena

Water Avena

- 9 G. rivale L. Chop & mix with sugar & milk root or tops ^{internally} for dysentery, indigestion rundown condition
root decoction for hemorrhages, menstrual disorders, intestinal worms & stomach ulcers 9
- 3 Virginianum tonic, powerful astringent, styptic, febrifuge stomachic 3
- 8 Canadense Chippewa root for ♀ weakness Iroquois for diarrhea & fever Malecite root for cough & croup
rivale Indian Chocolate decoction for colic diarrhea dysentery, fever, hemoptysis leucorrhoea
Malecite root for diarrhea Micmac for colds diarrhea dysentery Tete-de-boule boiled roots for hemoptysis

Gillenia trifoliata (L.) Moench. (genus sometimes *Porteranthus*)
stipulata (Muhl.) Trel.

American ipecac

Bowman-root
Indian Physic

rich open woods pH 5-6 Propagates by seed & division ¹⁴ *G. trifoliata* Indian Physic Fall roots
Large doses of powdered dry roots to induce vomiting, small doses tonic. root bark used to
induce gentle vomiting & treat rheumatism, dyspepsia, intestinal worms, & retention of water in the body
Dried root strong laxative & tonic Indians used for fever & chronic diarrhea ⁹ *G. trifoliata* root bark
mild & efficient emetic ³

G. trifoliata Cherokee considered fatally toxic but used for asthma, bee stings, colds, hepatitis, renitis,
rheumatism & swelling: heart medicine

Cherokee large doses suicidal produces vertigo, heat and prostration of strength
mild tea emetic, slight doses for asthma, colds, with culvers root & boneset leaves for
inactive fever root tincture for milksick, poultice for leg swelling, roots for rheumatism
cold root tea or chewed root for bee & other stings for toothache tea for kidneys


Ground Ivy

Glechoma hederaceae L.

Clears fever, promotes diuresis stimulates blood circulation, dissolves bruises reduces inflammation, alleviates pain detoxifies for (1) influenza (2) infantile marasmus (3) stones in urinary tract (4) traumatic injuries, fractures, rheumatoid arthritis & (5) swollen abscesses, sores whole plant
5 ch'ien - 1 liang (1-2 fresh) decoction 3 astringent, diuretic & tonic especially for coughs with phlegm fresh or dry plant infusion 1sp to cup boiling water 1 or more cups a day
juice snuffed for headache, used for ~~bruises~~ bruises & black eyes, antiscorbutic
Combine with Yarrow to poultice for abscesses gatherings & tumors 3
8 Cherokee tea for colds, hives & measles

Gleditsia triacanthos L.

Honey Locust



 *G. sinensis* Lam. Chinese locust Relieves constipation, resolves phlegm, loosens congestion for (1) stroke & lockjaw (2) acute numbness of throat (3) epilepsy Legumes or thorns 1-3 chien decoction

8 Cherokee used pods for dyspepsia measles, bark tea for pertussis tea with bark of prickly ash, wild cherry and sassafras for general tonic Bark mixed with sycamore bark as a gargle for hoarseness and sore throat Creek boiled thorns & branches and bathed in water to avoid measles & smallpox

Cherokee pods in worm medicine, in drink for dyspepsia from overeating pod tea for measles bark tea of this and hawthorn used by ball players, bark tea for whooping cough (with Va. Knotweed or red seed pulp for drink)

Glycyrrhiza lepidota (Nutt.) Pursh
No. probably Ark

Wild Licorice

9 Root extract in cough mixtures to bring up chest phlegm internally for stomach ulcers, rheumatism & arthritis root decoction to induce menstrual flow treat fever in nursing mothers & facilitate expelling afterbirth?  detoxifies & loosens phlegm; for splenic and gastric imbalances abdominal pain, vomiting & diarrhea, productive cough, parched and sore throat & swollen abscesses
Preparation 5 fen to 3 chien decoction  5 pain-reliever, dilates blood vessels, blood tonic settles stomach, strengthens spleen & lungs cools high fevers 5 G. uralensis 5
8 G. canadensis Ojibwa used roots gynecologically

Gnaphalium sp.

Rabbit Tobacco

G. multiceps Wall. slightly warming acrid taste Warms lungs & eases breathing resolves phlegm & stops coughing for 1) Influenza, sore throat, productive coughing (with much mucus, 2) rheumatoid arthritis traumatic injuries 3) Leucorrhoea, seminal emission 4) hives, weeping pruritis of skin; whole plant 5) Schen-Liang decoction 3 in India & China antimalarial pulmonary & intestinal catarrh & for diarrhea & bruises astringent infusion tsp dry plant to cup boiling water. 3

G. obtusifolium Alabama used herb bath to calm nerves, Catawba leaf tea for cold & pneumonia

Aboriginees chewed leaves for quincy sorethroat & stomatitis

Cherokee blew warm decoction down throat with joe-pyeweed stem for diphtheria smoked for asthma and used for colds, cramps, rheumatism & twitch chewed for sore mouth or sore throat sweat for various

Choctaw leaf & flower decoction for lung pains & colds Creek leaf decoction colds insomnia mumps and upset stomach, baths for dyspepsia Fox smudged to relieve unconscious patients

Koasti tea for fever bath & incense for pediatric fever Menominee smoke for headaches & foolishness

Lumbee for asthma colds, coughs, flu, neuritis, and pneumonia

Montagnais decoction for consumption & cough (possibly stomach)

Rappa Rannock chewed leaves "for fun" or smoked for asthma, root tea for chills stem tea for asthma

G. purpureum Houma tea for colds & flu

Cherokee decoction for colds with carolina vetch for rheumatism warm decoction blown for diphtheria, local pains cough syrup

Goodyera pubescens

Downy Rattlesnake-Plantain
Rattlesnake Orchid

Easy to transplant; do well in cultivation Propagate by rooted sections of creeping stems pH. 4-5¹⁴

♂ Cherokee put wilted leaves to burns tea for colds, kidney & toothache with whiskey for appetite Delaware root decoction for pleurisy puerperium rheumatism Mohegan leaves to prevent thrush in babies Seneca herb for nervousness

G. repens Potawatomi leaves & roots for bladder ailments ♀ disorders, snake bite, stomach Cherokee hold tea in mouth for toothache cold leaf tea for colds, kidneys, with whiskey to improve appetite drip ooze into sore eyes decoction with alder, cherry ginger & yellowroot for blood tonic emetic wilt leaves to draw out burn

Gymnocladus dioica

Kentucky Coffeetree

Millspaugh: decoction of leaves & fruit pulp for locomotor ataxia, laryngeal coughs, reflex
purpural peritonitis, erysipelas & typhoid

Oto for constipation, powdered root bark in aqueous enema

Pawnee powdered pod to induce sneezing for headaches or snuff powdered root bark

Omaha root infusion enema, bark stops bleeding Winnebago root infusion enema

Habenaria sp. ^{ciliaris} Hackelia

Fringed Orchid

ciliaris Yellow-fringed Openings in woods bogs pH 5-6¹⁴

84 ciliaris Cherokee drank cold root infusion for headache warm tea for flux

H. orbiculata Montagnais poulticed leaves onto blisters

H. viridis Ojibwa root & aphrodisiac

Hackelia virginiana Burseed Cherokee decoction for kidney root decoction for itch
love charm & to improve memory mixed root with bear grease for cancer

Hamamelis *virginiana* L. - Eastern
vernalis Sarg. - Ozark

Witch Hazel

- 9 twigs leaves & bark are base for Witch Hazel extract lotion for bruises & sprains & in shaving lotions Indians applied bark to skin tumors & inflammations, used inner bark as poultice on irritated eyes, chewed bark to freshen mouth boiled solution rubbed on legs to keep limber & for lame back also place twigs in water in sauna for sore muscles, extract to treat hemorrhoids
- 3 Indians poulticed leaves to tumors & swellings astringent hemostatic tea of leaves or bark for bleeding of stomach, injection of tea for inwardly bleeding piles ointment 4 part bark extract to 2 parts ointment for local application or extract on cotton to poultice, extract in wet bandages for varicose veins 3
- 8 bark for tumors leaves astringent bark poultice for eye inflammation
- 8 Cherokee tea for colds, fevers, periodic pain, sore throat & tuberculosis & to wash sores & wounds bruised leaves & rubbed on scratches Menominee twigs for back, seeds in ceremony
- Mohegan used twigs & leaves for bruises, cuts & insect bites
- Osage used on sores tumors & ulcers Potawatomi steam baths for rheumatism & sore muscles

Hedeoma pulegioides (L.) Pers ^{also hispida Pursh}

Pennyroyal

Part Used-herb.

¹ Tea, oil from dried leaves is insect repellent ¹⁹ Appalachian herb tea for pneumonia Indians used tea for headaches colonists used for delayed menstruation & to sweat out colds boiled to relieve itching eyes reduces spasms & convulsions, stimulant ⁹³ Infusion 1 tsp to cup of boiling water, mouthful at a time stimulant carminative & emmenagogue for flatulence headaches, nausea, constipation nervous weakness & prostration, abortifacient, Indians used for suppressed menstruation repels mosquitoes other insects for sweating

⁸ Cherokee poulticed leaves on headache & toothache tea for colds, coughs, fever, flux, obstructed menses & pertussis Nanticoke for hepatitis & renosis Rappahannock repels fleas, & Delaware leaf decoction as analgesic for colic Mohegan for stomach Nanticoke diaphoretic Chilwa tea for cold fever & upset stomach Oneida for headache Pemosecot for amenorrhea Rappahannock for menstrual pain over

^F Smoke (inhale deeply & hold in lungs) as cure for headaches esp. migraines K.B.
Rub fresh leaves on collar, wrists & ankles to repel ticks & chiggers K.B. ^{tea} cures hangovers K.B.
Rub or bruise on ankles to keep off ticks & chiggers Japton Tea to flush kidneys Lowell
Boil & strain tea add molasses & cook into cough syrup Fayetteville

Cherokee decoction stimulant diaphoretic expectorant for colds, coughs whooping cough
tea for obstructed menses fever ^{plus} hold beaten leaves in mouth for toothache leaf poultice for headaches
^{first} rub leaves on for insect repellent

Helenium

- a amarum (Raf.) H. Roek
- b flexuosum Raf. autumnale L.

- a Bitterweed ^{Yellow Dog Fennel}
- b Purplehead Sneezeweed
- c Sneezeweed

1a narcotic poisonous substance; milk grazed on is bitter, poisoned horses & mules ^{stock avoid} repudied poisonous to stocks
 c bitter (esp. flower heads) bitters cow milk poisoning horses cattle & sheep stock avoid Winnebago
 used for colds rubbing plant to produce sneeze 1 a amarum to cause sneezing & clear nasal passages
 also as strong fish poison 9c autumnale flowers & leaves snuffed to cause sneezing & clear nasal passages & treat colds flowers used to treat intestinal worms thought poisonous to insects & fish 9 3H. autumnale tonic, diaphoretic & febrifuge 3

8 amarum Lumbee soaked broken in cold water for asthma, diabetes fever & hay fever
 autumnale Cherokee bruised root steeped with ironweed for puerperal women would prevent menstruation for 2 years Comanche used in baths for fever

Fox snuffed florets for catarrh or head cold root tea for gastrointestinal
 Menominee powdered flowers snuff for stuffy headache tea as alterative for colds
 Meskwaki added flowers to those of Monarda & Ranunculus (leaves too) snuff for head cold
 Cherokee powder dry leaves to induce sneezing

F Boil blossoms for tea to stop dysentery Mountainburg

F Tea for rheumatism; sip 3 times a day Rector

Helianthemum canadense

Frostweed

8 Cherokee steeped leaves for kidney medicine

Delaware poulticed root on sore throat & drank infusion hot steam footbaths
sit over basin with feet soaking covered with blanket for arthritis swellings &
rheumatism

Gymnocarpium dryopteris

Helianthus ^{annuus L.}
_{strumosus L.}

Sunflower

⁹ annuus In last century was grown as protection from malaria infusion of flowers to kill flies warm bath of flowers to relieve rheumatism; aches & pains plant for bronchitis ⁹ strumosus Indians applied crushed root to bruises seeds increase urine flow & clear phlegm 3 leaves astringent seeds diuretic roots for snakebite & as dye, cough pulmonary affections, dysentery, inflammation of bladder & kidneys antimalarial Boil 2 oz seeds in quart water Boil to just below pint & strain add 6 oz gin & 6 oz sugar 3-4 times daily 1-2 tsp doses for pulmonary affections & coughs brown seeds in oven & make infusion for whooping cough 3

⁸ annuus Creek with angelica & puffball for sunstroke, hot head, lightheaded & general aching Dakota flower heads for pulmonary Hopi infusion for spider bites Navaho turned pith for warts Pregnant Pawnee ate seeds to protect nursing children Western Indians drank infusion for malaria Thompson put leaves as powder or ointment to sores & swelling ⁸ root infusion for rheumatism Zuni for rattlesnake bite

H. decapetalus Fox politiced chewed roots on indolent ulcers H. strumosus Fox root decoction for lungs

H. occidentalis Ojibwa crushed root for bruises & contusions

H. petiolaris Hopi washed spider bites with infusion Navaho life medicine Thompson put leaves to sores ^{or swellings}

H. tuberosus Western Indians made tea of stalks & leaves & drank twice daily, ate flowers for rheumatism