

Helianthus helianthoides

Ox eye Daisy

8 Chippewa root decoction to stimulate limbs or chewed root & spit on limbs as stimulant & tonic

Fox root for lung disorders

Hepatica ^{americana}
acutiloba

Liverleaf

Protect from slugs & insects Propagation by seed or fall division pH 4.5-6 round lobe
6-7 sharp lobe ¹⁴⁹ Indians used root & leaf tea for dizziness & coughs roots chewed for
persistent cough plant used to reduce fever & treat liver complaints & lung hemorrhage⁹
3 tonic & mild astringent use infusions freely 3

8 acutifolia Cherokee tea laxative, for digestion, liver & swollen breasts astringent, diuretic
tonic Fox used root internally & externally for crossed eyes & twisted mouth
Menominee in compounds for leucorrhoea

4 americana Chippewa roots with sweet cicely for amenorrhoea bruises, hepatitis & inflammation
root decoction anticonvulsive Menominee antidiarrheal Mohawk runners sweetened with
maple bark to improve wind Nanticoke chewed petals for chills or fever Seneca tonic
Potawatomi root tea for vertigo
Ch for swollen breasts, in decoction for poor digestion tea for liver laxative

Heuchera

villosa Michx.
puberula Mackenz. & Bush
americana L.

Alumroot

Parts Used - Root

combine with golden seal internally for bowel or bladder 2 pts. goldenseal to 1 pt. Alumroot (Kloss)
well-drained humus pH 5-6 propagate by seeds, root division or rooted creepers moist, dense shade
protect from slugs light wintercover left in place ¹⁴⁹ root decoction used in 1800s for sore
throat and by Indians as a poultice on skin lesions & wounds root infusion used
to treat diarrhea and a leaf poultice for skin abrasions.

7 americana Cherokee root for diarrhea, dysmenorrhea, dysentery, hemorrhoids, bleeding chewed for
filmy glossitis, powdered on indolent ulcers Fox put leaves to sores Menominee root decoction for stomach pain
ste root for upset stomach Maskewaki astringent in healing sores root for cancer (also hispida pubescens & villosa)
Ck root astringent tea for bowels immoderate mense flow piles, hemorrhages powdered root on ^{malignant} ulcers
tea with honey for thrush & sore mouths dysentery, chew root to take coat off tongue, sprinkle tea
on summer sores.

Hieracium sp. ^{venosum Houstonia!}

<sup>venosum
King devil</sup> Hawkweed

3 Herb tonic, mucilaginous & astringent 3

2 venosum Cherokee root tea for bowel disorders

Cherokee root tea with squawvine for bowel complaints

Houstonia cerulea Bluets Cherokee tea for enuresis

Houstonia caerulea

Bluebells

Ch tea to stop bedwetting

Houstonia caerulea

Bluet's

Ch tea to stop bedwetting

Houstonia caerulea

Bluet's

Ch tea to stop bedwetting

Humulus lupulus L.

Hops

King George III had a pillow filled with hops to induce sleep hot poultices applied to boils & inflammations Also used to treat fever, intestinal worms & rheumatism to increase urine flow & as a sedative

Tea to counter alcohol Cherokee used like aspirin for pain, to induce sleep, breast, displaced womb, gravel, inflamed bladder & kidney hysteria & rheumatism leaf tea for urinary Dakota roots analgesic vulnerary fruit decoction febrifuge, Delaware put hot leaves to earache or gums for toothache flower tea tranquilizer drunk several times a day for nervousness, in hot foot baths for arthritis muscular swellings and rheumatism Dakota & Omaha put roots to wounds as vulnerary

Flower root sedative, for insomnia Mohegan flower tea for nervous tension

Navaho leaf tea for coughs & flu Ojibwa decoction antacid diuretic

Ch for gravel inflamed kidneys bladder alleviates pain produces sleep for rheumatism breasts & complaints fallen womb

Hydrangea arborescens L.

Seven Roots Wild Hydrangea

♀ Indians decocted roots for dreamers during menstrual periods roots & rhizomes increase urine flow & is tonic & laxative colonists used to treat kidney stones ♀

♂ cut or crush fresh root for later infusions or decoctions infusion 1/2 root to cup of boiling water for gravelly deposits relieves pain of emission diuretic lithotropic antilithic leaves tonic, slightly cathartic ♂

♂ roots diuretic, heart, tonic Cherokee chewed bark for stomach, high blood pressure antiseptic stimulant bark bound onto burns, sores, sprains, swelling & tumors in tea for dysmenorrhea, nausea, bilious Delaware ^{roots} combined with Iris for gallstones

Cherokee inner bark and leaves stimulant, antiseptic, antiemetic, good for ulcers, tumors, sprains, in tea for menstrual period purgative, bark infusion to induce vomiting to throw off disordered bile, cold tea of green inner bark to stop vomiting in children bind on scraped bark for burns and risings poultice for sore or swollen muscles chew bark for stomach trouble for high blood pressure

Hydrastis canadensis

Goldenseal yellow puccoon Yellowroot

Prefers moist humus optimum pH 6-6.5 Beech-leaf winter cover desirable ¹⁴
 Dr. C.S. Rafinesque Medicinal Flora 1829 Indians employed juice or infusion for external complaints, as a tonic. Some Indians also employ as diuretic stimulant & escharotic; use powder for blisters, infusion for dropsy. Internally bitter tonic for internal disorders (stomach, liver, etc.) Barton 1804 spirit infusion tonic bitters (W. Penn.) root infusion in cold water for Eye Wash. for inflammation of eyes. U.S. Pharmacopoeia Digestive disorders, mucus membranes, 9. Appalachian root tea tonic & improves appetite watery root infusion used by Indians & pioneers for watering eyes. Powdered roots were applied to open cuts & wounds to form scabs (works R.B.) Cherokee mixed with bear grease & rubbed on skin as insect repellent Pioneers chewed roots for sore mouths Leaf infusion for liver & stomach ailments 9 3 alterative tonic gastrointestinal & nasal catarrh & inflammation of mucus membrane of vaginal, uterus & urethra Powder infusion 1/2 sp to pint for tonic or douche, ulcers wounds dyspepsia erysipelas, remittant, intermittent & typhoid fevers, torpor of liver, ophthalmia, mouth ulcers & spermatorrhea. 3 8 powdered roots for catarrh, eyes, mouth ulcers, hemostat diuretic astringent tonic Cherokee mixed with bear grease for insect repellent, for cancer, debility, dyspepsia, gonorrhoea inflammation skin & appetites Ch Cancer, tonic, debility improve appetite dyspepsy both for local inflammations, dye

Hydrocotyle sp.

Pennywort

Ⓜ *H. rotundifolia* Roxb. Cooling slightly acrid pleasant taste Clears fevers, detoxifies, hydrates resolves mucus
for 1) colds & influenza, coughing & sore throat 2) boils, abscesses 3) jaundice & liver cirrhosis whole plant
5 chien - 2 liang decoction

Hypericum sp. Arkansas species
on reverse

St. Johnswort

pH 5-6 dry open woods No special care ¹⁴ *H. sampsonii* Hence stops bleeding knits bones, injures fetus, kills worms
for (1) incomplete breakout of measles rash (2) bacterial dysentery, diarrhea (3) mastitis snakebites, infections, swellings (4) hematemesis, epistaxis,
burns, cuts (5) menstrual irregularities, traumatic injuries, backache Whole plant 5 chien - 1 liang decoction *H. japonicum* Thunb.
Clears fever, detoxifies, reduces swelling & resolves bruises for (1) acute hepatitis, pain in
liver, appendicitis (2) boils, & abscesses, mastitis, snakebites whole plant 5 chien - 1 liang
decoction *H. ascyron* L. cold bitter taste Clears fevers, detoxifies promotes pus drainage & tissue healing
for 1) Boils & abscesses 2) Stomachache, vomiting; headache; whole plant 3-5 chien decoction
3 *H. perforatum* Infusion 1 oz to 1 pint boiling water wineglassful astringent nervine & aromatic
coughs colds lung diseases urinary disorders ointment for bruises scratches & insect bites 3
3 *H. punctatum* astringent in diarrhea & dysentery 3
8 *H. hypericoides* St Andrews Cross Cherokee chewed root for snakebite sniffed for nosebleed
tea for bowels, debility, fever, flux, & VD Chestnut root decoction for colic leaf decoction collyrium
Hawthorn root decoction for fever pain, birthing & toothache Lumbago for baby diarrhea bladder kidney skin
H. perforatum Montagnais decocted leaves for coughs ← Meskwaki for snake bite & tuberculosis
H. pyramidatum Menominee root for early stages consumption with black raspberries for renitis
H. virginicum Potawatomi decocted leaves for fever fomented for hard tumors

Cherokee (over)

Cherokee Chew root swallow part poultice rest
 to snakebite bathe infants in root tea for strength
 drink tea for fever, bloody flux, bowels. VD
 crush plant & sniff for nosebleed
 decoction with mad dogs' skullcap, hairy skullcap
 and squaw vine to promote menstruation
 rub milky substance on sores

- H. densiflorum Pursh
- drummondii (Greil & Hook) T & G
- gentianoides (L.) BSP
- gymnanthum Engelm. & Gray
- hypericoides (L.) Crantz.
- matricum L.
- radiflorum Michx.
- perfoliatum L.
- prolificum L.
- punctatum Lam.
- sphaerocarpum Michx
- stans (Michx.) Adams & Robson
- St. Andrews' Cross
- Miss & Lise Orange Grass
- St. Peters' Wort

Hypopitys latiguama

Pinesap

Similar to Indian pipe (*Monotropa*) but prefers drier woods pH 4-5¹⁴

Ilex sp. I. ambigua (Michx.) Torr. - Carolina Holly I. opaca Ait. - American Holly I. vomitoria Ait. - Yaupon
I. decidua Walt. - Possum haw I. verticillata (L.) Gray - Black Alder, Winterberry

Holly

♀ opaca in the last century bark & fruits gathered fresh before frost chopped to pulp mixed with 2 parts by wt. alcohol bottled & stood 8 days for laxative worms coughs pleurisy constipation fever gout rheumatism & tumors decoction of root bark for colds coughs & tuberculosis ♀ vomitoria Indians made infusion of leaves for laxative tonic & narcotic "black drink" ♀ I. cornuta Lindl. cooling bitter taste brings down deficient fevers strengthens back & knee for 1) recurring fever in pulmonary tuberculosis, tubercular lymph nodes 2) joint pains, lambrago whole plant roots leaves & stem 4 ch'ien - 1 liang fruit 3 ch'ien decoction ♀ I. asprella Champ. cold bitter taste clears fever & detoxifies promotes salivation quenches thirst reduces swelling resolves clots (bruises) for 1) high fever in colds, dengue, acute tonsillitis 2) traumatic injuries, boils & abscesses Roots 5 ch'ien - 2 liang decoction ♀ I. verticillata berries emetic bark astringent decoction for diarrhea, intermittent fevers, tonic 3

♂ opaca Cherokee berries for colic & dyspepsia leaves scratched on cramped muscles Lumber decoated tops for colds, flu, itch, pneumonia, thick berry syrup for childrens diarrhea thrash legs for dropsy with leafy nuts until fluids run

verticillata Troqua's bark antiseptic, astringent, tonic Ojibwa bark for diarrhea

Ch opaca berries for colics scratch cramped muscles with leaves chew berries for dyspepsia berries in dye wood for spoons carving Christmas trees

Impatiens sp. ^{pallida yellow}
^{capensis orange}

Jewelweed

3 antidote to poison ivy, juice for warts, corns, ringworms, piles 3

8 capensis Cherokee for dyspepsia, hives, measles, birthing & ^{rub on.} poison ivy

Creek mix with spicebush drink or bathe for dropsy, warm decoction douche to speed up delivery.

Fox poulticed fresh plant on sores. Mohegan poulticed crushed buds for bruises, burns & cuts.

Malechite for jaundice. Nanticoke poulticed on burns. Ojibwa rubbed fresh juice for headache.

Omaha poulticed on eczema & rash. Potawatomi infused plants for bruises, chest colds, cramps, poison ivy rash, sores, sprains & burns.

pallida Omaha poulticed leaves & stems on eczema or rash.

Cherokee stems in decoction for easy delivery with yellow pine cones, speedwell root and red elm bark. bathe privates in warm decoction to speed up delivery. ingredient in green corn medicine. rub crushed leaves on child's sour stomach. leaf tea for measles, root tea for "bold hives" in babies, rub juice of seven blossoms on ivy poisoning.

Ipomoea⁽¹⁾ pandurata (L.) G.F.W. Mey.

Man-of-the-Earth
Wild Potato Vine

Part Used: Root

1 fresh root purgative somewhat poisonous dry & cook 1 Osage Indians' primary plant Mathews
8 root external to hard tumors Cherokee used plant for asthma, cholera, consumption, cough
dropsy & gravel poulticed root on rheumatism diuretic, suppressed urine, laxative, expectorant,
root tea for cholera morbus (bowels) soak sweet potatoes in tea before planting to repel
bugs & voles

Ipomoea⁽²⁾ *purpurea* (L.) Roth.

Morning Glory

⁹ chewed seeds hallucinogenic flowers seeds roots & stem strong laxative ⁹

Iris sp.

Blue Flag Iris

3I. versicolor Root stalk or rhizome poisonous internally powerful cathartic 1 tsp root to pint of boiling water infusion take cold 2-3 tbsp 6 times a day diuretic purgative alterative emetic & cathartic³

¹² collect in fall Indian stomach remedy alterative, diuretic purgative¹²

8 cristata Cherokee put root in fat or wax to cancerous ulcers drank tea for hepatitis & yellowish urine
versicolor poultice on sores, cancers Chippewa roots for scrofulous sores swellings

Cree root cholagogue purgative Creek for heart Delaware mixed with hy drangea root for gallstones, abne for rheumatism & scrofula Malecite gargled infusion for sore throat Micmac root for wounds

Missouri put to bruises, scratches, sores & eyewash Meskwis for burns, colds, sores & lungs

Mohawk put on burns Montagnai poulticed root for pain Ojibwa for heart & emetic

Potawatomi poulticed on inflammations Penobscot panacea Popparranock too Seneca on bruises

Cherokee tea for liver root in decoction for yellow urine stew mashed root in hog lard sheep suet & beeswax to make salve for ulcers

1 v 1. *angustifolia* Nutt. - Sump Weed *xanthifolia* - P = *ciliata*
1. *annua* L. - Marsh Elder
Annual Bluff-dwellers cultivated

Sump Weed

Jeffersonia diphylla

Twin leaf

¹² ^{Harding}
Diuretic Tonic alterative antispasmodic, stimulating diaphoretic. Large doses emetic, smaller tonic, expectorant
? large doses of root cause vomiting small doses expectorant gargle for sore throat treatment for rheumatism
& muscle spasms, to increase urine flow to treat syphilis cramps ulcers & mild cases of scarlet fever?

Juglans ⁽¹⁾ cinerea L.

White
Walnut

Butternut

Parts Used: nuts, wood, root bark

¹ sweet edible nuts sap boiled by Indians to syrup root bark is liver stimulant ¹ ⁹ inner bark tea cathartic oil from fruit for tapeworm & fungus infections? 3 Barton 1798 wrote the extract of the butternut-walnut - appears to me to be one of our most valuable native cathartics. It is well adapted to the treatment of dysentery, in which, however, it appears to be operative merely as a laxative. A decoction of the inner (root) bark of the tree has been very advantageously used. "Gather bark in fall, dry & powder to a cup of boiling water, a mouthful at a time through the day 3 bark for heart oil from hull for tapeworm & fungus Fox, Iroquois, Mjelicite, Menominee, Ojibwa, Potawatomi heart, tonic Cherokee bark tea bowels, heart toothache Meskwaki boiled twig bark as cathartic Delaware pounded bark fine boiled to strong lye stops bleeding (even arterial) prevents swelling speeds healing

Juglans (2) nigra L.

Walnut

⁹ inner bark mild laxative hull of nut for intestinal worms ulcers & syphilis juice for tapeworms as laxative & gargle for diphtheria leaf infusion used against bedbugs ?

¹⁰ ^{nuts} J. regia L. Supplements kidneys stimulates semen, moisturizes lungs & stops coughing, reduces inflammation & alleviates pain for 1) deficient & chill-based wheezing & coughing 2) constipation & hard feces 3) seminal emission, impotency 4) swelling & aches in back & legs ³ crushed hulls for ringworm Missouri research (Science Nov 17, 1961) on depressed quality of hulls to stun fish, juice of hull boiled with honey as an excellent gargle. Oil from ripe nuts good for colic possible cure for tapeworms & skin diseases ³

♂ Root bark for heart leaf infusion astringent against bedbugs Algonquin chewed husks for colic Cherokee chewed bark for toothache bark tea for smallpox, sores, leaf tea for goiters Comanche leaves for ringworm Delaware decocted bark for heart or emetic, hull juice for ringworm sap on inflammation leaves scattered around house to repel fleas Fox inner bark decoction for heart infused charred bark for snakebite Houma decocted leaves for hypotensive infused nutshells for itch Rappahannock bark from north side of tree treat chills, root bark tea in dysentery

Juncus sp. ^{effusus L.}

Rush

J. effusus calms nerves, promotes diuresis for (1) Acute convulsions & fright in small children (2) jaundice (3) difficult urination (4) restlessness & insomnia whole plant Schien-ling decoction

J. effusus Cherokee tea to impart strength prevent lameness & eliminate spoiled saliva

Cherokee decoction to dislodge spoiled saliva, wash babies in tea for strength tea with plantain to prevent infant lameness, string to bind up dough in oak leaves for cooking bread

Juniperus virginiana L.

Eastern Redcedar

⁹ Appalachia mixture of seeds leaves & twigs boiled & steam inhaled for bronchitis Indians used decoction of boiled fruit & leaves for coughs, a warm poultice of sprigs for rheumatism & boiled leaf tea for convalescence & weakness decoction stimulant, for late menstruation & to induce sweating Using oil for abortion has proved fatal boil mixture of bark & water for skin rash.⁹

8 Leaves stimulant emmenagogue tenifuge Rappahannock infused berries with wild ginger for asthma Cree leaves diuretic powdered roots for venereal warts & excrescences Dakota Omaha Pawnee & Ponca burned & inhaled smoke for head colds Comanche depurative Creek fumes for neck cramps Cherokee for colds, dysmenorrhoea, itch, measles, rheumatism, skin, swellings & worms Cedar decoction or steam for delivery Chickasaw heated with elder in hot water, & put on headache Chippewa decocted twigs for rheumatism Fox decocted leaves to strengthen convalescents Lumbee tea for whooping cough Meskwaki for catarrh, debility & sores Ojibwa bruised for headache Natchez for mumps, leg swellings, pain in back breast & shoulder Pawnee smoke for bad dreams, nervousness Rappahannock steeped berries with *Asarum* for short breath Western Indians berry tea for 3 days contraceptive Red Cloud (Teton Sioux) decocted leaves for Asiatic Cholera 1849-50

Ch diaphoretic, tea for colds & obstructions measles berries boiled in milk for worms ointment for itch white swelling rheumatism.