



Justicia sp.

Water Willow

 *J. procumbens* L. cold properties salty taste Reduces fever, stimulates energy circulation, relieves distention clears bloodstream dries dissipates swelling for 1) Marasmus in small children 2) muscular & joint pains, backache 3) sore throat, canker sores 4) pressure sores boils whole plant 3 chien to 1 liang decoction 

*Kochia scoparia* Schrad

shelby Co., Tenn.

Broom Grass

Promotes diuresis, eliminates moist heat for (1) Gonorrhoea, baldness, (2) scabies, sores  
boil for wash; 1-3 ch'ien decoction ~~or~~ ~~boil~~

Lactuca

scariola L

Wild Opium

Prickly Lettuce

? Scariola plant used to increase urine flow & soothe sore & chapped skin Indians made leaf tea to hasten milk flow of new mothers Settlers used juice as sedative & nerve tonic saponin used as substitute for opium?

8 L. biennis bella Coola root decoction analgesic, antidiarrheal, antispasmodic, hemostat & for heart & lungs  
Menominee rubbed juice on skin eruptions Ojibwa decoction for saked breasts & dyslactea (pierce test with dog whisker)  
Ojibwa for colds & put leaves to stings Potawatomi lactagogue (Eupatorium antidote)

L. canadensis Wild Opium Cherokee used as anodyne, nervine, sedative tea for milk sickness  
Chippewa rubbed milk on warts Lumbee put on pimples, poison ivy skin eruptions & sores Menominee on poisoning

L. scariola milk irritates eyes Herb antispasmodic diuretic emollient Fox leaf decoction lactagogue after parturition  
Cherokee tea for milk sick, stimulant relieves pain, sedative tea for calming nerves green corn  
medicine ingredient cooked greens

Lamium sp. ~~Lepidium~~

White Dead Nettle

3. stem tincture of leaves & flowers used on female generative organs to cause inflammatory excitement 3

L2

Lemna sp.

Deschweed



3 L. minor ~~entire~~ plant demulcent & is used in poultices 3  
& Tragacanth mixed with chickweed to apply to swellings on skin

Leonurus <sup>2 Cardiacca L.</sup>  
<sup>6 sibiricus L.</sup>

Lions' tail

Motherwort

Parts Used Herb, root

↑ leaves & flowering tops stimulant bitter tonic & to treat ~~amenorrhoea~~ to relieve pains & difficulties in menstruation 1  L. heterophyllus Sweet. Slightly warming acrid bitter taste stimulates circulation & regulates menstrual period Seed helps improve vision for 1) Menstrual irregularities non-clearance of post-partum lochia, uterine functional bleeding 2) arteriosclerosis, hypertension 3) conjunctivitis 4) Night blindness whole plant 5 chien - 1 liang or fruit 3-5 chien decoction  3 decoction or infusion for amenorrhoea Stimulant & bitter emmenagogue 1oz to pint infusion tonic 3

5 L. sibiricus gynecological, for menstrual complaints, excessive bleeding, vaginal discharge & dropsy to ameliorate headaches, heavy limbs, & congestions, helps conception, improves masculinity & fertility 5 sedative for heart palpitation for diaphragm spasms, & gastric affections 5

8 Cherokee for hysteria, nerves, stomach, syncope Delaware <sup>make 9ans</sup> leaf decoction for ♀

Lepidium virginicum

Virginia Pepperweed

♂ Cherokee peppergrass poultice for croup Houma decocted in whiskey for tuberculosis  
Lumbee employed tea to restore sex drive in elderly Menominee used, juice or decoction for poisoning

Ojibwa general medicine

Cherokee Apply bruised root to skin to draw blister quickly poultice for croup, food, mix with  
chicken feed to induce laying tea for sick children

Lespedeza sp.

## Bush Clover

☞ *L. cuneata* (Dum. Cours.) G. Don. Cooling pleasant biting taste strengthens kidneys kills worms, detoxifies  
for 1) Tuberculosis of testicles hernia cruresis 2) Dental caries, toothache infantile marasmus/ascariasis  
3) Snake & dog bites, skin ulcerations 4) dysentery, enteritis whole plant 5) chien - 2 liang in decoction ☞  
L. capitata Fox root antidote to poison Omaha & Ponca used stems for moxa



# Liatris

a spicata (L.) Willd.

b pycnostachya Michx.

c scabra (Greene) K. Schum.

d aspera Michx.

e ligulistylis (Nels.) K. Schum.

f punctata Hook

g mucronata D.C.

h cylindracea Michx.

i squarrosa (L.) Michx

Button  
Snakeroot

Blazing Star  
Gayfeather

1 a<sup>b</sup> has been used for snakebite & forage extract boiled leaves & corms used medicinally by Indians & carrot-flavored root  
spring food for Indians 3 L. odoratissima Leaves Tonic, stimulant, aromatic, diaphoretic 3 L. spicata  
Root diuretic, stimulant diaphoretic stimulant diaphoretic & an emmenagogue 3  
8 L. scariosa Chippewa root decoction for horse stimulant Creek put pounded roots to rheumatism with cedar <sup>twigs</sup>  
Fox root panacea, gynecological, urinary Omaha poulticed root onto inflammation Pawnee decocted corms & leaves  
for childrens' diarrhea, snakebite with Iris diuretic & febrifuge  
L. spicata Cherokee anodyne, diuretic, expectorant, sudorific emminative for backache, colic, dropsy  
limbache Menominee root in compound heart tonic Ch root is warming stimulant for pain in limbs  
decoction or tincture

# Lichens

# Lichens

Usnea-hair stimulant Lobaria-lung ailments Cetraria boil; gelatinizes on cooling for appetite & digestion  
oz to pint boiling water, demulcent for chronic catarrh & Bronchitis Rocella - produces cudbear for litmus, dyes<sup>3</sup>  
& Lobaria pulmonaris (Lungwort) 1540 Dorstenius 1652 Nieolys Culpepper coughs wheezings, shortness of breath  
Boulder or skull lichen Parmelia saxatilis Stone Row Scots epilepsy 1640 Berhaave (Dutch) tonic astringent  
Dogtooth Lichen Peltigera canina powder & mix with red pepper for rabies U of Madrid inhibits tuberculosis  
Iceland Moss Cetraria islandica emollient & tonic food in Scandinavia 70% starch substitute for hops in beer  
Sphagnum Peat tar antiseptic & preservative distillate for skin diseases & insect bites absorbant bandages surgery  
in bread (Lapland, China)

Vitamin C in most lichens

Earth Bread food to Kirghiz Tartars related to Curd Lichen Lecanora subfusca Manna Lichen (esculenta) mix  $\frac{1}{3}$  to 1 to meal  
Rock Tripe Iwatake food in Japan Parmelia (Rathipuwu) India Seton on preparing Rock Tripe  
wash repeatedly snip off gritty parts roast slow in pan until dry & crisp Boil 1 hour gumbo  
OK blood leather, rock tripe (Gyrophora dillenii) stop bleeding from open wounds

*Lilium michiganense* Farw.

Lily

Moistens lungs to stop coughing, clears fever, calms nerves promotes diuresis for (1) Coughing & hematemesis due to deficiency condition (2) anxiety, apprehension Bedema, difficult urination 2-4 children decoction or steam juice & take orally

*L. canadense* Algonquin root for stomach Cherokee boiled tubers to fatten children roots for flux rheumatism Chippewa poultices root on snakebite Malecite for irregular menstruation

*L. philadelphicum* Algonquin <sup>root</sup> stomach Dakota chewed or mashed flowers for spider bites Malecite roots for bruises, consumption, cough, fever swelling Menominee poulticed root on sores

Cherokee decoction of boiled tubers flesh out children root infusion for flux rheumatism root flour

Linaria vulgaris Hill (Linum)  
canadensis (L.) Dumort




Butter-and-Eggs  
Blue Toadflax

80, i'zwa bronchial inhalent in sweat lodges

Linum usitatissimum Flax seed for cancer (skin, mouth) Cherokee seed for cough, colds,  
gravel, lung, urinary burning & poured decoction over body for fever Paiute, Shoshone for sore eyes, <sup>gall</sup> bladder  
"others" poultice d burns, gout inflammation rheumatism scalds

# Lindera benzoin

# Spice bush

<sup>9</sup> decoction of bark twigs or fruit used to stimulate blood circulation increase sweating & treat for intestinal worms dysentery coughs & colds substitute for allspice in Revolution Southerners in Civil war substituted for tea. <sup>9</sup>  *L. styracifolia* F. vil. for (1) gastric ulcers, gastritis, abdominal distension, (2) apoplexy, headaches, (3) rheumatoid back & leg pains (4) hernia, dysmenorrhea (5) traumatic injuries Roots 1-3 e hien decoction  Fruit Diuretic vermifugal for difficult urination, edema, abdominal distension fungus infections scabies 3-5 e hien decoction 

<sup>8</sup> Cherokee for blood disorders, cold, cough, croup, dysmenorrhea, livers, phthisis & swellings steeped bark with cherry & dogwood in corn whiskey to break out measles tea as spring tonic Creeper branch infusion anodyne antirheumatic, depurative, diaphoretic, emetic drunk or bathed in tea of spicebush & willow Ojibwa infused for anemia Rappahannock tea of spirit twigs for menstrual pain Cherokee diaphoretic colds coughs phthisis, croup, ♀ obstructions white swelling

*Liparis liliifolia*

Lily Twayblade

delicate pH 4-5

82. laeseli Cherokee drank root tea with *Spiranthes* for urinary ailments

# Liquidambar styraciflua L.

## Sweet Gum

? Appalachians <sup>sapwood</sup> twigs are chewed to clean teeth Indians used resin to treat fevers & wounds gum used to treat herpes & skin inflammations applied to cheek for toothache; bark & leaves boiled in milk or water to treat diarrhea & dysentery boiled leaves poulticed to cuts & sore feet extract storax: expectorant and weak antiseptic for treating scabies?

8 source of storax (expectorant for scabies Rappahannock bark with red oak bark for dysentery Cherokee for diarrhea, dysentery flux metrorrhagia, nerves, sore, ulcers, wounds, decoction of resin for itch Choctaw, Houma <sup>root</sup> compounds for wounds Lumbee stem exudate for loose teeth & pyorrhea buds for diarrhea

*Liriodendron tulipifera*

Yellow Poplar Tuliptree

♀ Ointment of buds crushed in grease for scalds, burns, & inflammations. Crushed leaves poultice for headaches. Root bark decoction applied warm to infected tooth to relieve pain, for rheumatism, malaria & hysteria. Inner bark considered stimulant.

♂ Carolina Indians juice for syphilis. Cherokee bark tea for cholera, cough, debility, dysentery, dyspepsia, fever, hysteria, rheumatism. Pounded leaves on headaches & sores.

Lumbee for bladder, Bright's disease, fever, kidney, pellagra, skin sores. Bud ointment for burns & scalds. Pennsylvania Indians put hot root bark to marrow of bad teeth. Rappahannock bound bruised leaves to head for pain of neuralgia.



*Lithospermum* sp.

Gromwell

☞ *L. erythrorhizon* Sieb. et Zucc cold, pleasant biting taste (clears fevers cools blood detoxifies lubricates intestines for 1) Measles preventive 2) burns, knife cuts, bleeding 3) oozing dermatitis, abscesses 4) Constipation whole plant 3-5 ch'ien decoction. ☞

☞ <sup>canadensis</sup> Menominee infusion for convulsions

Nevada Indians used root infusion 6 months as contraceptive

Lobelia inflata L  
siphilitica L

## Indian Tobacco

- 9 *inflata* alkaloid lobeline extracted from plant to cure tobacco smoking Indians powdered leaves to treat dysentery also used for whooping cough, asthma, epilepsy, pneumonia, hysteria & convulsions 9 *siphilitica* Indians used plant & roots to treat syphilis & gonorrhea combined with mayapple roots also used to clear chest of phlegm, induce vomiting treat dysentery & increase urine flow 9 *L. radicans* Thunb neutral slightly acid Clears fever, detoxifies, resolves bruises promotes diuresis for (1) Sores & abscesses, snakebites, tooth abscesses (2) ascites, traumatic injuries Whole plant 1-2 liang decoction fresh or boiled down for poultice 9 3 *L. inflata* disputed as to uses and degree of danger expectorant in asthma & chronic bronchitis effective ~~expectorant~~ emetic but causes nausea whooping cough sedative depressant contains several alkaloids esp lobeline (poisonous acid 3 & *L. cardinalis* Cherokee root for indurate ulcers, stomacheache, syphilis, & worms, leaf tea for colds, croup, epistaxis, fever, headache, rheumatism & syphilis Delaware decocted root for typhoid Fox root love potion Pawnee flowers love potion
4. *inflata* Cherokee <sup>herb</sup> for aches, asthma, boils, colds, croup, phthisis, sore throat, stiff necks, & smoked to break tobacco habit Micmac blew smoke in ear for earache Seneca for coughs
4. *siphilitica* root with *Ceanothus*, *Podophyllum* & *Prunus* for syphilis Fox used flowers as catarrh inhalent & used root as love potion Inguois for VD poultice root for risings
4. *spicata* Cherokee for shaky arms & trembles Ck root tea stomach, worms, pain leaf tea for fever nosebleed rheumatism poultice leaves for headache croup syphilis

Cherokee inflata strong emetic for croup asthma & phthisis tincture in  
small doses prevents colic & cramps for bites & stings root poultice for boils &  
body aches rub leaves on sores aches stiff neck, chapped places, chew for sore throat  
smoke out gnats, smoke to break tobacco habit (Nicotian)

*Lonicera* sp.

## Honeysuckle

① *L. japonica* Thunb Cooling pleasant bitter taste (clears fever, detoxifies for 1) colds  
laryngitis 2) bacterial dysentery enteritis 3) infected boils, skin sores lymphadenitis  
4) Rheumatism flowers 3-5 chien vines 1-2 liang decoction ② 3 *L. caprifolium*  
asthma, lung troubles, bee sting 3

③ *L. canadensis* Fly Honeysuckle Menominee decocted bark for gonorrhoea Montagnai & Potawatomi  
decocted vine as diuretic

*L. Dioica* Algonquin bark tea for constipation dysmenorrhoea, kidney stones  
Chippewa bark tea with *Cornus* as diuretic

Lophophora williamsii

Deris' Root

Mescalito  
Peyote

Part Used: buttons Cardiac, emetic, hallucinogenic, narcotic Native American church stimulates heart, lung  
4-5 buttons (I personally recommend 8 for a 160 pounder) loss of time sense relaxing dilation of pupils  
(nausea, vomiting optional) hair spine tufts and white spine roots contain strychnine & must be removed before eating  
wash down with milk

*Lycopodium lucidulum*  
sp. *clavatum* L.

Club moss  
Ground Pine

Extremely difficult to reproduce from spores Propagate by stem cuttings which must include upright branches & at least a few roots Keep damp, protect from sunlight & dry winds; requires dense shade humus soil pH 4-5 light winter cover reproduce natural habitat 149 L. *clavatum* spores used in decoction to increase urine flow, treat severe diarrhea, increase nervous appetite & as aphrodisiac dust spores on baby's skin to prevent chafing 9 L. *cernuum* L. neutral light bland taste Expels gas & hydrates relaxes muscles for 1) Muscular spasms, leg cramps, 2) rheumatism aches & pains in muscles & bones, numbness of 4 extremities 3) Traumatic falls abscesses; whole plant 1-2 liang decoction with water or wine 3 long-recognized drug spores used to dust abraded surfaces & to prevent adhesion of pills spores are explosive and water repellent considered diuretic emmenagogue antispasmodic for female disorders stimulant to sexual desire infusion 1 oz to 1 pint boiling water in tbsp doses frequently repeated dusting powder for eczema erysipelas for excoriated surfaces & to prevent chafing in infants 3 7 diuretic tsp to cup drink cool 1 cup a day (not all at once) 7

8 L *clavatum* Aleuts drank infusion as analgesic for puerperium Carner herb as analgesic insert in nose to cause bleeding & cure headache Montignoni decocted for fever, weakness Potawatomi spores for styptic

L. *Flabelliforme* Lumbee boiled whole plant compress for rheumatism Ojibwa dry leaves revive comatose

L. *obscurum* Chippewa in steam baths for rheumatism, arthritis & stiff joints Ojibwa diuretic Potawatomi spores on wounds

Lycopus a virginicus L. (Lyoniid)  
b americanus Muhl.  
c rubellus Moench

also  
Auga → Bugleweed  
Water Horehound

9 Virginicus reported sedative to treat diabetes, diarrhea, tuberculosis & pulmonary hemorrhaging  
L. lucidus Turcz. Slightly warming, bitter taste Stimulates blood circulation breaks up stagnant clots, soothes  
liver & reduces edema for 1) Menstrual irregularities metrorrhagia, dysmenorrhea 2) abscesses, congestive edema,  
abdominal distention; whole plant 1.5-3 ch'ien decoction. 3) L. virginicus Sedative, astringent 3  
8 Virginicus Cherokee chewed root swallow a little & put rest on snakebite, astringent, sedative  
americanus Fox compounded for stomach cramps Ch.

Lyoniid mariana Staggerbush 8 Cherokee tea for itech & ulcers

*Lysimachia* sp. *Lythrum*

Loosestrife

7 *L. christinae* Hance Sour bitter Detoxifies reduces inflammations promotes diuresis for (1) Mushroom poisoning, drug poisoning (2) pus-forming inflammations, burns, abscesses, snakebites, (3) stones of urinary tract, gallbladder stones

8 *L. quadrifolia* Whorled L. Cherokee for bowels, <sup>root tea</sup> ♀ & kidney

*Lythrum lanceolatum* Cherokee tea for kidneys



Maclura pomifera (Raf.) Schneid.

Hedge Apple Bodark  
Osage Orange

1 Parts Used Wood fruits

1 wood very hard most durable in ground bark used to tan leather roots & inner bark make yellow dye, makes good bows fruits repell insects esp. roaches & waterbugs (slice to expose fresh sap)

9 boiled root decoction to bathe irritated eyes?

8 Comanche boiled root decoction for sore eyes

F Milk from Apples removes Warts Wesley