

The Herbal Database

A listing of herbs, spices, and medicinal plants & some clues to their uses

by George Wooten, ©1998-2008

Dedication

The **Herbal Database** is dedicated to the tea plant, *Camellia sinensis*, the source of commercial tea. It embodies the quintessence of herbal products, being

used medicinally, nutritionally, through folklore, and as a beautiful ornamental, in addition to its worldwide importance as a stimulant.

Summary

The **Herbal Database** is a dictionary of botanical products used as herbs, spices, medicinals, dyes, charms, and foods. The database alphabetically lists botanicals in a table by the most commonly used name, followed by

fields for parts used, Latin name(s), botanical family, uses, and constituents. The **Herbal Database** includes a glossary of terms, an index and a reference bibliography.

How to use the Herbal Database

Disclaimer: The **Herbal Database** is a listing of natural, primarily plant, products and some of their properties, whether safe or toxic, real or imagined. This database was developed purely for informational purposes only, and does not in any way purport to be a medical or prescriptive guide. As such, the authors and publishers absolve themselves of all responsibility for any accidental or intended harmful effects or illegal activities resulting from the use or abuse of any of these products.

Each herb, spice, medicinal, or botanical is contained in six fields that describe some of its most notable properties. The entire set of data is available in both printed form for appearance, and as a computer database, for easy searches. Rather than being a comprehensive database of every natural product in the world, the project is designed to be informative, educational and interesting, thus products included represent those that are most commonly available, familiar, useful, or interesting. Part of this project involved deciding which products to include or not. For instance, some products were excluded because they were rare, endangered, extremely poisonous, merely nutritive, or primarily used in arts, crafts, or as charms.

Any suggestions, hints or additions on the database structure or products included or excluded are welcomed. Copies of this database are available as hard copy printouts, or on diskette (in the following IBM PC formats: Word for Windows 2.0, Windows Write, Word Perfect 5.0). For postpaid orders, send \$10.00 for the printout or diskette (12.95 for both) to the author, George Wooten, Floradora Farms, PO Box 1099, Winthrop, WA 98862.

Field 1, common name. This field lists natural products alphabetically, by commonly used names. The products listed were chosen to be representative of commonly available, poisonous, special-interest, or important medicinal plants with a few products representing dyes, animal, insect, or mineral products. Common, generally English, names were used as key fields, rather than scientific names, because most interest in this project appeared to be lay, rather than scientific, however the index cross-references the products by other common names and Latin binomial.

Field 2, parts used. This field contains the part of the natural product normally used.

Field 3, scientific Latin binomial name, including commonly used synonyms (in parentheses when positively out-dated), and closely related species within the genus.

Field 4, plant family, in botanical Latin. The common names of the approximately 90 families represented are given in the glossary.

Field 5, properties and uses. This field summarizes some notable properties, derivatives and uses of the natural product, reputed or actual. Many historical uses are folkloric or based on use of the plant as a talisman, or because of its physical form (the doctrine of signatures, in Old English usage, believed that the shape of a plant was an indicator of the body part it was useful for). Qualities listed are the best fits of literature searches, as data may have been scant, lacking, or ambiguous. Documented unpleasant or dangerous side effects were included if known, however unknown long-term effects or individual

allergic effects could not always be anticipated and noted. No medical recommendations or claims are made for any of these plants; as such the term agent is used preferentially to *remedy* or *cure*.

Field 6, chemical constituents. This field lists the names of some of the known chemical constituents. Constituents, when known, were those chemicals responsible for the listed effects, or the most potent chemicals, or those chemicals found in highest quantities in the natural product.

Glossary

The following short glossary lists some of the terms, conventions and abbreviations used here. This glossary is not meant to be comprehensive, only helpful.

abortifacient: an agent that can induce abortions.

alkaloid: a nitrogenous, basic, and often medicinal, plant compound.

allergen: a compound that produces an allergic reaction.

alterative: a compound that alters body metabolism.

analeptic: a restorative.

analgesic: an agent that relieves pain.

anodyne: an agent that relieves pain through reducing nerve excitability.

anthelmintic: a preparation to rid the body of worms.

anthraquinones: a ketonic tricyclic anthracenes with laxative action.

anti-: prefix for terms designating amelioration, relief, or removal.

antacid: an agent to relieve excess stomach, blood or bowel acidity.

antiasthmatic: an agent to dilate bronchioles or break up mucus.

antibiotic: an agent to inhibit growth of, or destroy, bacteria.

anticarcinogen: an agent to counteract cancer.

anticatarrhal: an agent to counteract mucus formation.

antidepressant: an agent that counteracts mental depression.

anti-diarrheal: an agent to relieve diarrhea.

antiemetic: an agent that relieves stomach sickness and vomiting.

antihyperlipidemic: an agent to reduce arterial plaques.

antilithic: an agent to removes stones; lithotryptic.

antipsychotic: see tranquilizer.

antipyretic: an agent to reduce fever; febrifuge.

antisecretory: an agent that dries the body tissues.

antiseptic: an agent for skin application to destroy bacteria.

antispasmodic: an agent to lessen muscle spasms; spasmolytic.

aperient: a gentle laxative.

aphrodisiac: an agent to awaken sexual desires.

astringent: an agent that coagulates protein.

balsams: resinous mixtures containing cinnamates and benzoates.

beta-carbolines: tricyclic MAO inhibitors, hallucinogens.

bradycardia: a slowed heartbeat.

C-5, C-10,...: used to denote number of carbon atoms.

carcinogen: a substance that predisposes cancer development.

carminative: a substance to relieve the body of excess gas.

catalyst: a preparation that makes other remedies more effective.

cathartic: see purgative.

cholagogue: an agent to promote flow of bile into small intestine.

CNS: abbreviation for central nervous system.

depressant, CNS: a compound that reduces mental function.

coumarins: bicyclic, aromatic molecules that antagonize vitamin K.

CV: abbreviation for cardiovascular.

decoction: a boiled extract, used for the preparation of roots.

decongestant: an agent to relieve nasal congestion.

demulcent: a compound that protects abraded tissues.

dextrins: partial hydrolysis products of starch.

diaphoretic: a compound that increases perspiration; sudorific.

diuretic: an agent promoting urination.

dyspepsia: an impairment in digestion.

emetic: an agent to induce vomiting.

emollient: an agent that smooths and protects the skin.

emmenagogue: a preparation that hastens the onset of menses.

euphoriant: an agent to stimulate mental or physical pleasure.

expectorant: preparations used to break up phlegm in lungs.

fatty acids: hydrolysis products of fats.

febrifuge: see antipyretic.

flavonoids: a class of tricyclic molecules.

galactagogue: an agent to increase the flow of milk.

GI: abbreviation for gastro-intestinal.

glyco-: a prefix indicating the attachment of a sugar to a molecule.

glycosides: sugar esters.

gums: water swellable carbohydrate derivatives.

HCN: hydrogen cyanide, a respiratory poison.
hemolytic: a compound capable of dissolving red blood corpuscles.
hemorrhagic: a compound that leads to internal bleeding.
hemostatic: a compound that retards bleeding; styptic.
hepatic: an agent used in maintenance of liver function.
hypotensive: an agent to reduce blood pressure.
infusion: a water extract; a tea.
laxative: an aid to solid waste elimination.
lithotriptic: see antilithic.
MAO: monoamine oxidase, a major brain detoxification enzyme.
miotic: a compound that dilates the pupils.
moxybustion: the smoke used in acupuncture.
mucilage: tacky, water-insoluble sugar derivatives.
mydriatic: an agent used to dilate the pupils.
MW: abbreviation for molecular weight.
nervine: an agent that relieves nervousness; mild tranquilizer.
oleoresins: natural mixtures of resins and volatile oils.
oxytocic: an agent to promote uterine contractions during childbirth.
parasiticide: an external or internal agent to destroy parasites.
parasympathomimetic: an agent that excites the parasympathetic nervous system, e.g., tobacco.
pectins: partially methoxylated uronic acid sugars.
pediculicide: an agent to control lice.
PMS: premenstrual syndrome.
purgative: a strong laxative and emetic agent.
refrigerant: an agent to cool the body down.

resins: water-insoluble mixtures of resins, their acids, and alcohols.
rubefacient: an agent that brings a blush to the cheeks and increases skin circulation.
saponins: glycosides with a soaplike water suspension.
sedative: mild depressant; somnolific.
sialogogue: an agent that promotes the flow of saliva.
spasmolytic: see antispasmodic.
sp.: abbreviation for species (singular).
spp.: abbreviation for species (plural).
sterols: molecules related to cholesterol and some hormones.
stimulant: an agent to increase body metabolism.
stimulant, CNS: a compound that excites mental function.
stomachic: a preparation for the benefit of the stomach; also a tonic.
sudorific: see diaphoretic.
tachycardia: a raised heart beat rate.
tannins: bitter principles of plants containing plant polyphenols.
terpenes: hydrocarbon volatile oils, often with a strong smell.
tonic: an agent that restores normal tone to the body.
tranquilizer: an agent that reduces psychotic behavior.
vermifuge: see anthelmintic.
vulnerary: an agent to increase the healing of wounds.
waxes: esters of fatty acids with high molecular weight alcohols.
xanthines: CNS stimulants with a purine type structure, e. g., caffeine.

The Herbal Database

Common Name	Parts Used	Latin Name(s)	Family	Properties & Uses	Chemical Constituents
Abelmosk	seeds	Hibiscus moschatus	Malvaceae	nervine, perfume, aphrodisiac, demulcent	
Acacia	gum resin	Acacia senegal, A. vera	Leguminosae	gum, sweets, adhesives, demulcent	gums, tannins
Agrimony	leaves	Agrimonia eupatoria	Rosaceae	dye, tonic, astringent, vulnerary, diuretic, stomachic, hepatic, antisecretory	
Alfalfa	leaves, sprouts	Medicago sativa	Leguminosae	nutritive	protein
Allspice	seeds	Pimenta officinalis	Myrtaceae	spice, carminative	eugenol, cineole, caryophyllene
Allspice, Carolina	bark	Calycanthus floridus	Calycanthaceae	fragrance, spice, cinnamon substitute, antispasmodic	
Aloe	leaves	Aloe barbadoensis, A. vera var. officinalis	Liliaceae	antiseptic, burn ointment, purgative, GI irritant, not for pregnant	barbaloin O-pentosides, aloinosides, chrysophanic acid, cinnamic acids
Anatto	seeds	Bixa orellana	Bixaceae	tasteless yellow food dye	
Angelica	root	Angelica archangelica, A. sinensis, A. spp.	Umbelliferae	spice, candies, expectorant, carminative, diaphoretic, mild stimulant, antibacterial	angelic, fumaric, caffeic, chlorogenic acids, angelicol, angelicin
Angostura	bark	Angostura febrifuga, Galipea officinalis	Rutaceae	bitter stomachic, appetite stimulant, carminative, diaphoretic, diuretic, drinks	quinolines: cusparine, cuspareine, galipine, galipodine, galipoline
Anise	seeds	Pimpinella anisum	Umbelliferae	spice, carminative, diuretic, diaphoretic, expectorant	anethole
Arnica	petals	Arnica montana, A. spp.	Compositae	vulnerary, external use only	volatile oil, arnicin, arnisterol, anthoxanthine, tannin, resin
Arrowroot	root	Maranta arundinacea	Marantaceae	culinary, sweetener, anti-diarrheal	starch
Arthritis Root	root	Harpagophytum procumbens	Pedaliaceae	alterative, lithotriptic, stimulant	
Asafoetida	resin	Ferula assa-foetida	Leguminosae	carminative, expectorant, candies	ferulic, tannic esters, pinene, vanillin, gum, oil
Astragalus	various parts	Astragalus gummifer, A. glycyphullus, A. sinicus, A. spp.	Leguminosae	Chinese medicinal (<i>A. sinica</i>), gums, lotions (<i>A. gummifer</i>), some with selenium or alkaloid toxicity	
Balm-of-Gilead	buds	Populus candicans, P. balsamifera	Salicaceae	wound sealer, expectorant, antiseptic	propolis, sap
Balsam-Apple	fruit	Momordica balsamina	Cucurbitaceae	ornamental, fragrance	
Barberry	bark, fruits	Berberis vulgaris	Berberidaceae	tonic, laxative, refrigerant, antiseptic, stomachic	berberine
Basil, Sweet	leaves	Ocimum basilicum, Ocimum spp.	Labiatae	spice, mild stimulant	ocimene (an open chain C-10 terpene)
Bay Leaf	leaves	Laurus nobilis	Lauraceae	spice, carminative, astringent	long-chain esters
Bayberry	bark	Myrica cerifera, M. gale, M. pennsylvanica, M. californica, M. spp.	Myricaceae	astringent, emetic, mild stimulant, sialagogue, hemostatic, dye, insecticide, candle wax fragrance	resin, tannin, gum, starch, palmitic, myristic, lauric acids
Belladonna	whole plant	Atropa belladonna	Solanaceae	antisecretory, mydriatic, antispasmodic, stimulant-depressant, hallucinogen, psychotic, delusinogen	atropine, scopolamine
Bergamot	leaves	Monarda didyma, M. citriodora, M. spp.	Labiatae	tea, fragrance, mild stimulant, carminative	l-linalool acetic ester, d-limonene, carvacrol, cymene
Betel Nuts	seeds	Areca catechu	Palmaceae	parasympathomimetic, stimulant-depressant, dye, narcotic, can cause cardiac strain	arecolines (compounds related to the tobacco alkaloids)
Betony	leaves	Stachys officinalis	Labiatae	appetite stimulant, cordial, tea	
Birch	bark, sap	Betula lenta	Betulaceae	counterirritant, antipyretic, analgesic, irritates ulcers, can cause salicylate poisoning	methyl salicylate
Birthroot	root	Trillium pendulum	Liliaceae	vaginal antihemorrhagic, mucous membrane irritant	trilline, trillarin (a diglycoside resembling diosgenin)
Bloodroot	sap, root	Sanguinaria canadensis	Papaveraceae	dye, demulcent, expectorant, smooth muscle stimulant, exacerbates glaucoma	sanguinarine, chelidonine

Boldo	leaves	Peumus boldus	Monimiaceae	fragrance, tea, carminative, formerly used in hepatic dysfunction, gastric stimulant	volatile oil, boldine (an aporphine)
Boneset	leaves	Eupatorium perfoliatum	Compositaeae	antimalarial, diaphoretic, mucilage, emetic, depletes blood sugars, chronic toxicity	wax, tremetrol, resin, tannin
Borage	leaves	Borago officinalis	Boraginaceae	potherb, diuretic, demulcent, emollient, may have chronic toxicity	pyrrolizidines
Buchu	leaves	Barosma betulina, Agathosma spp.	Rutaceae	tea, fragrance, weak diuretic, urinary antiseptic, diaphoretic	diosphenol, volatile oils, flavonoids
Burdock	roots, leaves, stems	Arctium lappa	Compositae	diaphoretic, diuretic, demulcent	volatile oils, inulin, tannin, arctiin (a glycoside)
Burnet, Salad	leaves	Sanguisorba officinalis (Poterium sanguisorba)	Rosaceae	vulnerary, salad herb, tonic, astringent, hemostatic, diaphoretic, herb beer, cordials	
Burra Gokeroo	seeds	Pedaliium murex	Pedaliaceae	GI antiseptic, ganglial stimulant, male aphrodisiac, tonic, antispasmodic	
Calamus	root	Acorus calamus	Araceae	anthelmintic, stimulant, carminative, mild hallucinogen, carcinogen	asarone, eugenol, pinene, camphene, caryophyllene
Calendula	flowers	Calendula officinalis	Compositaeae	vulnerary, astringent, diaphoretic, antispasmodic	carotenoids, calendulin, a saponin of calendin
California Poppy	sap	Eschscholtzia californica	Papaveraceae	sedative, smooth muscle stimulant, exacerbates glaucoma	coptisine, sanguinarine
Calumba	root	Cocculus palmatus, Jateorrhiza palmata	Menispermaceae	bitter tonic, toxic?, smooth muscle stimulant, exacerbates glaucoma	<i>C. indicus</i> contains picrotoxin, menispermene, cocculine, quaternary berberine-type alkaloids
Camphor	bark	Cinnamomum camphora	Lauraceae	incense, counter-irritant, anaesthetic, antiseptic, narcotic, abuse can cause liver and kidney damage	2 - bornanone, a C-10 terpene
Capers	seeds	Capparis spinosa	Capparidaceae	spice, seasoning	
Caraway	seeds	Carum carvi	Umbelliferae	spice, carminative, anti-gripping agent, pedulicidal, mild CNS depressant	carvone, limonene
Cardamon	seeds	Elettaria cardamomun	Zingiberaceae	spice, carminative	cineole, terpineole, terpinyl acetate
Carob	roasted seeds	Ceratonia siliqua	Leguminosaeae	spice, condiment, sweetener	
Carrot	whole plant	Daucus carota	Umbelliferae	spice, diuretic, purgative for bladder, antilithic	vitamin A, caryophyllene
Cascara sagrada	bark	Rhamnus purshiana	Rhamnaceae	bitter tonic, strong laxative	anthraquinone glycosides
Castor Bean	bean oil	Ricinus communis	Euphorbiaceae	purgative, source of castor oil	triglycerides of fatty acids, mostly ricinoleic and stearic
Catnip	leaves	Nepeta cataria	Labiataeae	tea, feline sex stimulant, antispasmodic, nervine, mild CNS stimulant	nepetalactone, citral, limonene, geraniol, citronellal, nerol
Celery	seeds	Apium graveolens	Umbelliferae	spice, digestive aid, antiseptic, CNS agent, antispasmodic	sedonic anhydrides, nitrates
Centauray	whole herb	Centaurium erythraea, C. umbellatum, C. spp., Erythraea centaurium	Gentianaceae	aromatic, appetite stimulant, bitter tonic, stomachic, blood-purifier	erythro-centaurin (bitter principle), eritaurin, valeric acid
Chamomile, Roman	flowers	Anthemis nobilis (Chamaemelum nobile)	Compositaeae	tea, mild stimulant, appetite stimulant, bitter tonic, emetic	anthemides, tiglic esters
Chamomile, German	flowers	Matricaria chamomilla	Compositaeae	tea, sedative, antipyretic, mild CNS depressant	azulenes, sesquiterpenes, alpha-bisabolol
Chapparal	leaves	Larria mexicana, L. divaricata	Zygophyllaceae	antiseptic, alterative, expectorant, diuretic, antibiotic, antioxidant	NDGA (a powerful antioxidant)
Cherry, Wild	bark	Prunus serotina	Rosaceae	aroma, tea, expectorant, cough syrup, stomachic	cyanogenic glycosides, emulsin
Chervil	leaves	Anthriscus cerefolium	Umbelliferae	spice, salad herb	anise-like terpenes
Chia	seeds, sprouts	Salvia hispanica, S. columbariae	Labiataeae	bulk former, nutritive	
Chickweed	above-ground parts	Stellaria media, S. spp.	Caryophyllaceae	demulcent, refrigerant, poultice, nutritive	
Chicory	roasted root	Cichorium intybus	Compositaeae	coffee additive	fructosans
Chives	roots	Allium schoenoprasum	Amaryllidaceae	spice, potherb	allyl disulfides

Chrysanthemum, Edible	leaves	Chrysanthemum coronarium	Compositae	oriental vegetable, potherb	
Chufa	rhizomes	Cyperus esculentus	Cyperaceae	flour substitute	starch
Cilantro	leaves	Coriandrum sativum	Umbelliferae	culinary herb, see Coriander for seed	linalool, malic acid, tannin, mucilage
Cinnamon	bark	Cinnamomum zeylanicum	Lauraceae	spice, tea, fragrance, perfume	cinnamaldehydes
Citronella	leaves	Cymbopogon nardus	Gramineae	insect repellent, perfume	citronellal
Citrus	peel	Citrus aurantium, C. limon	Rutaceae	candies, nutritive, spice, carminative	flavonoids, limonene, wax, ketonic acids, aldehydes, esters, alcohols
Clover, Red	tops	Trifolium pratense	Leguminosae	tea, vitamin, protein	proteins
Cloves	dried flower buds	Syzygium aromaticum, Caryophyllus aromaticus	Myrtaceae	spice, dental anaesthetic, antiseptic, aphrodisiac, stimulant, ~allergen	eugenol
Cocoa	woody fruit	Theobroma cacao	Sterculiaceae	cocoa drinks, candies, emollient butter, demulcent, CNS stimulant, can produce nervousness, sleeplessness	fat, mucliage, theobromine (a xanthine)
Coffee	roasted beans	Coffea arabica	Rubiaceae	CNS stimulant, can cause nervousness, irritates ulcers & mucous membranes	caffeine
Cohosh, Black	root	Cimifuga racemosa	Ranunculaceae	pesticide, bitter astringent, mild emetic, sedative	ferulic, palmitic, oleic acids, resin, tannin, cimifugin
Cohosh, Blue	root	Caulophyllum thalictroides	Berberidaceae	oxytotic, antispasmodic, emmenagogue, diuretic, not for pregnant	leontin, caulophylline, saponins, resins
Cola Nuts	fruit	Cola nitida, C. acuminata	Sterculiaceae	analeptic, aphrodisiac, CNS stimulant, diuretic, astringent, irritates ulcers & mucous membranes, can cause nervousness	xanthines, gum, catechols
Coltsfoot	leaves	Tussilago farfara	Compositae	demulcent, expectorant, emollient, smokable	tannin, saponins, resin, pectin, caotchouc
Comfrey	leaves	Symphytum officinale	Boraginaceae	poultices, internal demulcent, diuretic, laxative, ~allergen	pyrrolidizines, allantoin, mucilage, tannin
Coriander	seeds	Coriandrum sativum	Umbelliferae	spice, carminative, antipyretic, see Cilantro for leaf	linalool, malic acid, tannin, mucilage
Costmary	whole herb	Chrysanthemum balsamita	Compositae	fragrance, teas, herb pillows, soups, bitter stomachic, tonic, blood purifier	
Cramp Bark	bark	Viburnum opulus	Caprifoliaceae	PMS antispasmodic, astringent, nervine	
Cubeb	dried unripe fruit	Piper cubeba	Piperaceae	spice, aphrodisiac, to heal mucous membranes (as a counterirritant?)	terpenes, sesquiterpenes, furanobenze, dipentene, cadinene
Cumin	seeds	Cuminum cyminum	Umbelliferae	spice, liniment	para-substituted isopropylbenzenes, cuminaldehyde
Damiana	leaves	Turnera aphrodisiaca, T. diffusa	Turneraceae	tea, smokable, aphrodisiac, euphoriant, antipyretic, tonic, purgative, GI irritant	volatile oil
Dandelion	whole plant	Taraxacum officinale	Compositae	hepatic tonic, diuretic, stomachic, antilithic, astringent, cholagogue	taraxerol, choline, levulin, inulin, pectin
Devil's Club	roots, bark, leaves	Oplopanax horridus	Araliaceae	stomachic, antispasmodic, vulnerary, toothache agent, tonic, charm	
Dill	seeds, flowers	Anethum graveolens	Umbelliferae	spice, carminative, stomachic, nervine	dillapiole
Dita	bark	Alstonia scholaris (Echites scholaris)	Apocynaceae	tonic, astringent, anthelmintic, antimalarial, hallucinogen	chlorogenine, echitamine, echitenine, alsonine, porphyrine
Dittany, Maryland	leaves	Cunila organoides	Labiatae	spice, herb, tea	
Dittany of Crete	leaves	Origanum dictamnus	Umbelliferae	spice, antiseptic, preservative	carvacrol, thymol
Dragon's Blood	tree resin	Daemonorops draco	Palmaceae	charm, dye, tannin source	sap
Echinacea	rhizome	Echinacea purpurea, E. angustifolia, E. spp.	Compositae	alterative, contact parasiticide, antiseptic, sialogogue, analgesic, immune system stimulant	inulin, sucrose, 2-methyltetradecadienes, echinacein, caffeic glycoside

Elderberry	flowers, fruits, bark	<i>Sambucus nigra</i> , <i>S. canadensis</i> , <i>S. cerulea</i>	Caprifoliaceae	aperient, diuretic, dye, diaphoretic, cough syrup, PMS antispasmodic, sedative, HCN toxicity, esp. in bark of <i>N. Am. spp.</i>	cyanogenic glycoside, sambuline, viburnic acid, tyrosine, tannic acid
Elecampane	root	<i>Inula helenium</i>	Compositaeae	tonic, charm, expectorant, diuretic, astringent	inulin, alantol, helenin, alantonic acid, resin
Epazote	leaves	<i>Chenopodium ambrosioides</i>	Chenopodiaceae	seasoning, anthelmintic, toxic in quantity	
Eucalyptus	leaves, pods	<i>Eucalyptus globulus</i>	Myrtaceae	spice, astringent, anti-diarrheal, expectorant	volatile oil, resins, tannin, eucalyptic acid, rutin
Evening Primrose	leaves	<i>Oenothera biennis</i> , <i>O. spp.</i>	Onagraceae	astringent, sedative, anti-aging agent, PMS treatment, potheb	gamma-linoleic acid (GLA, a prostaglandin precursor)
Eyebright	leaves	<i>Euphrasia officinalis</i>	Scrophulariaceae	alterative, astringent for eye strain	tannin, bitter principle
False Unicorn	root	<i>Helonias dioica</i> (<i>Chamaelirium luteum</i>), <i>H. luteum</i>	Liliaceae	formerly used for conception, sexual tonic, emetic, sialogogue, parasiticide, ~toxic to livestock	
Fennel	seeds	<i>Foeniculum vulgare</i>	Umbelliferae	spice, digestive aid, carminative, expectorant, mild stimulant, cold treatment	anethole
Fenugreek	leaves	<i>Trigonella foenum-graecum</i>	Leguminosaeae	spice, bulk laxative, horse's cure-all, demulcent, aphrodisiac, astringent, emollient, tonic, expectorant, galactagogue, GI irritant	protein, choline, phosphates, trigonelline, volatile oil
Feverfew	whole plant	<i>Pyrethrum parthenium</i> , <i>Chrysanthemum parthenium</i>	Asteraceae	tonic, emmenagogue, anthelmintic, mild stimulant, emetic, can cause headache & CNS disturbances	pyrethrins, insecticidal compounds
Flax	seeds	<i>Linum usitatissimum</i> , <i>L. spp.</i>	Linaceae	demulcent, emmollient, bulk former, mucilage, laxative	mucilage, wax, tannin, gum, cyanogenic glycosides
Fleeceflower	root	<i>Polygonum multiflorum</i>	Polygonaceae	general and reproductive female tonic, diuretic	oxalates
Frankincense	gum resin	<i>Boswellia carteri</i>	Burseraceae	perfume, incense	volatile oil, resins, gum, bassorin
Galangal	rhizome	<i>Alpinia galanga</i> , <i>A. officinarum</i> , <i>Kaempferia galanga</i>	Zingiberaceae	respiratory stimulant, toothache agent, demulcent, antibacterial, hallucinogen	flavonoids
Ganja	flowering tops	<i>Cannabis sativa</i>	Cannabinaceae	appetite stimulant, antiemetic, euphoriant, mild hallucinogen, can cause tachycardia, lowers blood pressure	tetrahydrocannabinol (THC), an oxygenated terpene derivative
Garlic	bulbs	<i>Allium sativum</i>	Amaryllidaceae	spice, bacteriostat, alterative, antibiotic, expectorant, antihypertensive, antihyperlipidemic, used for heart benefits, GI irritant	allyl disulfides
Gentian	root	<i>Gentiana lutea</i>	Gentianaceae	bitter tonic, stomachic, appetite mild stimulant, digestive aid	water-soluble phenolic glycosides, gentiopicrin, gentiamarin, gentiin
Geranium, Scented	leaves	<i>Pelargonium odoratissimum</i>	Geraniaceae	mouthwash, ointment	geraniol esters, citronellol, linalool
Gill-Over-The-Ground	leaves	<i>Glechoma hederacea</i>	Labiataeae	mild stimulant, tonic, beer flavoring	
Ginger	root	<i>Zingiber officinale</i>	Zingiberaceae	spice, carminative, diaphoretic, mild stimulant, GI irritant	citral, zingerone, sesquiterpenes, bisabolene
Ginger, Wild	rhizomes	<i>Asarum canadense</i> , <i>A. caudatum</i>	Aristolochiaceae	mild stimulant, stomachic	methyl eugenol
Ginkgo	leaves, seeds	<i>Ginkgo biloba</i>	Ginkgoaceae	roasted seeds as a culinary, leaves as a memory enhancer	
Ginseng	root	<i>Panax ginseng</i>	Araliaceae	tea, mental stimulant, alterative, stomachic, tonic, can lower blood sugar	gingenosides, sapogenins, ginsenin, mucilage, resin
Goldenrod, Sweet	leaves	<i>Solidago odora</i>	Compositaeae	teas	anise-like volatile oil
Goldenseal	root	<i>Hydrastis canadensis</i>	Ranunculaceae	astringent, hemostatic, douche, antibiotic, emmenagogue, antiseptic, smooth muscle stimulant, dyspeptic, hypotensive	hydrastine, berberine-type alkaloids
Goldthread	root, plant	<i>Coptis trifolia</i> , <i>C. groenlandica</i> , <i>C. spp.</i>	Ranunculaceae	bitter tonic, oral hemostatic	berberine, coptine

Gotu-Kola	above-ground parts	Hydrocotyle asiatica var. minor, (Centella asiatica)	Umbelliferae	memory stimulant, nervine, psychic energizer, alterative, antipyretic, tonic, diuretic	
Grains of Paradise	seeds	Aframomum melegueta	Zingiberaceae	spice, cordial	
Gravel Root	root	Eupatorium purpureum	Compositae	bitter, strong antilithic, diuretic, astringent	
Guarana	leaves	Paulinia cupana	Sapindaceae	mild CNS stimulant, can cause nervousness, irritates ulcers, mucous membranes	xanthines
Hawthorn	fruit	Crataegus monogyna, C. spp.	Rosaceae	cardiac tonic, diuretic, astringent, antispasmodic, sedative	triterpene acids, flavonoids, choline, acetylcholine, ascorbic acid
Henna	leaves	Lawsonia inermis, L. alba, L. spinosa	Lythraceae	hair dye, externally for impotence, fungicide, ~allergen	lawsone
Hibiscus	stems, flowers	Hibiscus spp.	Malvaceae	tea, mild stimulant, fiber mats, rope	flavonoids
Hops	leaves	Humulus lupulus	Cannabinaceae	tea, used in brewing beer, antiseptic, stomachic, diuretic, nervine, carminative, anodyne, cholagogue, sedative, smokable	humulene (a sesquiterpene), lupulon
Horehound	leaves	Marrubium vulgare	Labiatae	expectorant, carminative, mild stimulant, charm, diaphoretic, tonic, candy	tannin, marrubin (a bitter hydroxy diterpene lactone)
Horse Mint	whole plant	Collinsonia canadensis	Labiatae	gentle tonic, mild stimulant, diuretic, anti-diarrheal	resin, saponin, tannin, mucilage
Horseradish	roots	Armoracia lapathifolia, A. rusticana, Rorippa armoracia, Cochleria amoracia	Brassicaceae	spice, herb, diaphoretic, diuretic, stomachic, expectorant	myrosin, sinigrin, choline esters of allylisothiocyanates, N-sulfates
Horsetail	foliage	Equisetum arvense, E. spp.	Equisetaceae	astringent, abrasive, diuretic, mineral source, can cause muscle weakness, abnormal pulse, hypertension	silica, nicotine, aconitic acid, equisetine
Hyssop	leaves	Hyssopus officinalis	Labiatae	pungent spice, poultice, expectorant, mild stimulant, diaphoretic	pinene, sesquiterpenes
Indigo, Wild	root, leaves	Baptisia tinctoria	Leguminoaeae	purgative, emetic, vulnerary, can cause heart arrhythmias	glucosides: baptisin, baptitoxine (cytisine), alkaloid
Iris	root	Iris X florentina	Iridaceae	purgative, floral fixative, ~toxic, ~allergen	iridin, oleoresin, tannin, gum, camphoraceous substance
Irish Moss	whole plant	Chondrus crispus (various seaweeds)	Gigartinaceae (seaweed)	demulcent, nutrient, diet aid, bulk former, emollient	polysaccharides
Jalap	root	Ipomoea purga	Convolvulaceae	drastic purgative	resin, gum, sugar
Jasmine	flowers	Jasminum officinale	Oleaceae	tea, incense, florals	jasmone
Jujube	fruit	Zizyphus jujuba, Ziziphus jujuba	Rhamnaceae	flavoring for candies	
Juniper	fruits	Juniperus communis	Pinaceae	urinary and general antiseptic, flavoring for gin, diuretic, overdose can cause kidney and personality disorders, convulsions, catharsis	terpinenol, alpha-pinene, camphene, cadinene
Kava-kava	root	Piper methysticum	Piperaceae	stimulant tea, or narcotic when thoroughly chewed, causes skin lesions amongst the habituated	methysticin, yangonin, dihydrokawain
Kelp	whole plant	Laminaria spp., Fucus spp., Sargassum spp., Macrocytica spp., etc.	Seaweed	nutritive, mineral source, demulcent, bulk laxative, can cause water retention	iodine, bromine, alginic acid
Khat	fresh leaves	Catha edulis	Celastraceae	CNS & spinal stimulant, can cause tachycardia & nervousness	choline, cathine, cathinone, d-norpseudoephedrine
Khus-Khus	roots	Vetiveria zizanioides, Andropogon muricatus	Gramineae	perfume fixative, insect repellent	vetiverone, a C-15 terpene, vetivenoids, palmitic, benzoic acids
Kinnikinnick	leaves	Arctostaphylos uva-ursi	Ericaceae	smokable, diuretic, antiseptic, GI astringent, mild CNS depressant	arbutin (hydrolyses to hydroquinolone), flavonoids, gallic, malic acids
Kuthmithi	whole plant	Wiltharia somnifera	Solanaceae	sedative, tranquilizer, tonic	somniferine, possibly other toxic alkaloids
Labrador Tea	leaves	Ledum palustre, L. groenlandicum, L. glandulosum	Ericaceae	bitter astringent, vulnerary, can cause kidney disorders	ledol

Lad's Love	leaves	Artemisia abrotanum	Compositae	culinary, astringent, bitter tonic	
Lady's Mantle	leaves	Alchemilla vulgaris	Rosaceae	astringent, hemostatic, vulnerary	tannins
Lady's Slipper	root	Cypripedium pubescens, Cypripedium spp.	Orchidaceae	nervine, antispasmodic, sedative, overharvesting is leading to species endangerment	tannin, resins
Lavender	flowers	Lavandula vera, Lavandula spp.	Labiatae	sachets, perfumes, bath oils	eucalyptol, borneol, camphor, linalool, terpineol
Lemon Balm	leaves	Melissa officinalis	Labiatae	spice, herb, fragrance, diaphoretic, sedative	citral, linalool, geraniol
Lemon Grass	leaves	Cymbopogon citratus	Gramineae	incense, pesticide, perfume, carminative	methyl heptenone, citronellal, terpene alcohols
Lettuce, Wild	leaves	Lactuca virosa, Lactuca quercina	Compositae	mild narcotic, analgesic, sedative	lactucarine
Licorice	root	Glycyrrhiza glabra	Leguminosae	aphrodisiac, stomachic, aperient, expectorant, antispasmodic, androgenic steroid agent, can cause mineral retention, hypertension	glycyrrhizin (a mild mineral corticoid), gum, tannin, pentacyclic terpenes
Life Everlasting	leaves	Gnaphalium polycephalum	Asteraceae	astringent, vulnerary for mouth	
Linden	flowers, leaves	Tilia europaea, T. spp.	Tiliaceae	stomachic, sialogogue	
Lobelia	leaves	Lobelia inflata	Lobeliaceae	expectorant, stimulant-depressant, emetic, can cause tolerance	Alpha-lobeline (a di-(hydroxy-ethyl-phenyl) - 2 - piperidine, a compound related to tobacco alkaloids)
Lotus	flower capsules	Nelumbo spp.	Nelumbonaceae	culinary, soup thickener	starch
Lovage	root	Ligusticum levisticum, Levisticum officinale	Umbelliferae	mild stimulant, carminative, emmenagogue, stomachic	
Love Vine	whole plant	Cuscuta spp.	Cuscutaceae	laxative	
Ma-Huang	leaves	Ephedra sinica	Gnetaceae	decongestant, CNS stimulant, can cause nervousness, hypertension	ephedrine
Madder	roots	Rubia tinctorum	Rubiaceae	alizarin crimson dye	anthraquinones
Magnolia	bark	Magnolia glauca	Magnoliaceae	bitter tonic, diaphoretic	
Maha	flowers	Quararibea funebris	Bombacaceae	perfume, flavoring for chocolate drinks at funerals & festivals, hallucinogen	5 - membered cyclic enols and enamines
Malva	flowers	Malva spp.	Malvaceae	black potpourri color	pectin, tannin
Marjoram	leaves	Origanum vulgare	Labiatae	spice, carminative, digestive aid	limonene, other terpenes
Marshmallow	root	Althea officinalis	Malvaceae	demulcent, emollient, poultice	asparagine, mucilage, sugar, pectin
Matico	leaves	Piper angustifolium	Piperaceae	astringent, sex stimulant, urinary antiseptic (GI irritant?)	Matico camphor, asarone
Mistletoe	stems	Phoradendron flavescens	Loranthaceae	charm, emetic, hemorrhagic, can cause CV collapse, weak pulse, vasodilation, smooth muscle contractions	tyramine, phenethylamines
Mormon Tea	whole plant	Ephedra vulgaris, E. trifurca, E. spp.	Gnetaceae	nasal decongestant, CNS stimulant, can cause nervousness	ephedrine
Morning Glory	seeds	Ipomoea violacea, Argyria nervosa	Convolvulaceae	hallucinogen, purgative, abortifacient, can cause gangrene	lysergamides
Motherwort	above-ground parts	Leonurus cardiaca	Labiatae	nervine, cardiac tonic, emmenagogue, antispasmodic, diaphoretic, laxative, PMS nervine	
Mugwort	leaves, flowers	Artemisia vulgaris	Compositae	acupuncture moxibustion, dream herb, nervine, diuretic, diaphoretic	
Muir Pauma	wood shavings	Liriosma ovata, Acanthea virilis	Olacaceae	aphrodisiac	aromatic resin, muirapamine, fat
Mullein	leaves	Verbascum thapsus	Scrophulariaceae	smokable, demulcent, rubefacient, astringent, counter-irritant, expectorant	saponins
Mustard	seeds	Brassica nigra	Cruciferae	spice, poultice, counterirritant, carminative, rubefacient	myrosin, sinigrin, choline esters of allylisothiocyanates, N-sulfates
Myrrh	gum resin	Commiphora myrra	Burseraceae	incense, local stimulant, antiseptic, expectorant, mouthwash, embalming fluid, carminative	resin, acetic, formic, myrrholic acids

Myrtle	leaves	Myrtus communis	Myrtaceae	fragrance, infusion, gargle	eucalyptol, d-pinene
Neem	seeds, leaves	Azadirachta indica (Melia azadirachta)	Meliaceae	timber, antibacterial, antiemetic, soap, toothpaste, insecticide, antipyretic, vulnerary	glycerides, nimbin, a terpenic ester, bitters
Nettles	leaves	Urtica dioica	Labiataeae	potherb, vitamin, protein, alterative, antiseptic, hemostatic, nutritive	vitamins, A, C, protein
Nutmeg	seed, aril (as mace)	Myristica fragrans	Myristaceae	emmenagogue, spice, aphrodisiac, mild stimulant, mild hallucinogen	myristicin, elemicin, eugenols
Oat Straw	stems, leaves	Avena sativa	Gramineae	nutrient, demulcent, antidepressant, nervine, tonic, antispasmodic, digestive aid, motor ganglial stimulant	albumin, gum, protein, saponin, avenin
Onion	bulbs	Allium sativum	Amaryllidaceae	culinary, spice	allyl disulfides
Oregano	leaves	Origanum major, O. vulgare	Labiataeae	spice, seasoning herb	terpenes
Osha	roots	Ligusticum porteri	Umbelliferae	stomachic, respiratory agent, antipyretic, snakebite agent	
Parsley	leaves, seeds	Petroselinum crispum	Umbelliferae	herb, diuretic, can raise blood pressure	pinene, apiole
Passion Flower	leaves	Passiflora incarnata, P. edulis	Passifloraceae	smokable, spinal depressant, respiratory stimulant, nervine, antispasmodic, sedative, diaphoretic	beta-carbolines, cyanogenic glycosides, contains HCN
Patchouli	leaves	Pogostemon cablin	Labiataeae	incense, cosmetic	patchoulene, azulene, eugenol, benzaldehyde, cinnamaldehyde, sesquiterpene
Pau d'Arco		Tabebuia impetiginosa	Bignoniaceae	immune stimulant, anti-allergen, anti-carcinogen, anti-fungal, avoid if pregnant	
Pennyroyal	leaves	Mentha pulegium	Labiataeae	herb, carminative, diaphoretic, pediculicide, mild CNS depressant, overdose can cause kidney damage	pulegone
Pepper, Red	fruit	Capsicum tetragonum, C. annuum, C. frutescens, C. spp.	Solanaceae	spice, GI stimulant, nerve ending stimulant, counter-irritant, irritates ulcers and mucous membranes	vanillyl noneamides, carotenoids
Peppercorns	fruit	Piper nigrum	Piperaceae	spice, digestive stimulant, mucous membrane irritant	piperidines, piperazines
Peppermint	leaves	Mentha piperita	Labiataeae	tea, spice, candies, antispasmodic, carminative	menthol, terpenes
Pink Root	root	Spigelia marilandica	Loganiaceae	anthelmintic, can cause dizziness, heart palpitations	spigeline, resin, tannin
Plantain, Narrow	leaves	Plantago lanceolata	Plantaginaceae	ointment for exzema, burns, hemorrhoids, bowel pain, laxative, see Psillium for Plantago seed	xylin (a xylopyranose derivative related to cellulose)
Pollen	pollen from bees	Apis mellifera	Insect product	sweetener, vitamin, nutrient	sugars, vitamins B & C, minerals, hormones
Poppy	seeds	Papaver somniferum	Papaveraceae	culinary herb	albuminoids, ethiodol, lipiodol, devoid of morphine alkaloids
Prickly Ash	stem bark	Zanthoxylum (Xanthoxylum) americanum, Z. clava-herculis	Rutaceae	tonic, antispasmodic, flavoring, alterative, rubefacient, emmenagogue, diaphoretic, circulatory stimulant	
Prickly Poppy	leaves	Argemone mexicana	Papaveraceae	smooth muscle stimulant, causes capillary dilation, can irritate glaucoma, emetic, purgative	protopine, berberine, dihydrosanguinarine, sanguinarine
Prince's Pine	whole plant	Chimaphila umbellata, C. spp.	Ericaceae	alterative, diuretic, astringent, tonic	chimaphilin, arbutin, erecolin, tannins
Psillium	fruit, husks	Plantago ovata	Plantaginaceae	antidiarrheal, bulk demulcent, laxative, emollient, expectorant, astringent, see plantain for Plantago leaf	colloidal mucilage
Pumpkin	seeds	Cucurbita pepo	Cucurbitaceae	GI stimulant, sexual hormone production stimulant	protein, unsaturated fatty acids, carbohydrate, phosphorus
Raspberry	leaves	Rubus ideaus, Rubus spp.	Rosaceae	nutritive tea, antispasmodic, astringent	citric acid, tannins
Rhubarb	stalks	Rheum officinale, R. palmatum	Polygonaceae	laxative, astringent, sialogogue, stomachic	anthraquinones

Rose	fruits (hips)	<i>Rosa canina</i> , <i>R. spp.</i>	Rosaceae	vitamin C source, tea, astringent, aperient	vitamin C, geraniol, citronellol
Rosemary	leaves	<i>Rosmarinus officinalis</i>	Labiataeae	spice, herb, carminative, GI irritant	pinene, camphene, borneol, & esters
Rue	leaves	<i>Ruta graveolens</i>	Rutaceae	nervine, anthelmintic, antispasmodic, emmenagogue, rubefacient, skin and kidney irritant	methyl nonyl ketone & esters, ketones, tannins, methyl anthranilate
Rue, Syrian	seeds	<i>Peganum harmala</i>	Zygophyllaceae	hallucinogen	beta-carbolines
Safflower	flowers	<i>Carthamus tinctorius</i>	Compositae	floral, food dye, diaphoretic	carthamin
Saffron	flower stigmas	<i>Crocus sativus</i>	Iridaceae	spice, dye, respiratory stimulant, aphrodisiac, rubefacient, can cause bradycardia	alpha-crocin (a gentobiose of crocetin)
Sage, Garden	leaves	<i>Salvia officinalis</i>	Labiataeae	spice, antisecretory, insect repellent, anthelmintic, astringent, perfume	thujone, camphor, salvene
Sagebrush	leaves	<i>Artemisia tridentata</i>	Compositae	perfume, antibacterial	camphor
Saint John's Wort	tops	<i>Hypericum perforatum</i> , <i>H. spp.</i>	Hypericaceae	external astringent, alterative, nervine, sedative, antidepressant, antiviral, can cause dermatitis through ultraviolet light sensitivity	hypericin, an 8-ringed compound
Sandalwood	wood chips	<i>Santalum album</i>	Santalaceae	incense, fumigant	santalol and esters, bicyclic C-15 terpenes
Sarsaparilla	roots	<i>Smilax officinalis</i> , <i>S. regelii</i> , <i>S. ornata</i> , <i>S. spp.</i>	Liliaceae	toothache, male hormone adjunct, tonic, diaphoretic, alterative	resin, oxalates, phytosterols, adrenal hormones
Sassafrass	root bark	<i>Sassafrass albidum</i>	Lauraceae	spice, tea, tonic, alterative, carcinogen	safole
Savory, Summer	leaves	<i>Satureja hortensis</i>	Labiataeae	herb, garnish	carvacrol
Savory, Winter	leaves	<i>Satureja montana</i>	Labiataeae	herb, stronger than summer savory, liquers	carvacrol
Saw Palmetto	fruits	<i>Serenoa repens</i> , <i>S. serrulata</i>	Palmaceae	GI stimulant, glandular stimulant, bladder analgesic, tonic, antiseptic, can cause diarrhea	fatty acids and esters
Schisandra	fruits	<i>Schisandra glabra</i> , <i>S. sp.</i>	Schisandraceae (Magnoliaceae)	ornamental, tonic, sedative	
Sea Holly	leaves	<i>Eryngium maritimum</i>	Umbelliferae	aphrodisiac, candies, nervine, alterative, carminative, diaphoretic, diuretic, mild stimulant, expectorant, used in kidney & bladder disease	
Senna	leaves, pods	<i>Cassia species</i>	Leguminoseae	laxative, anthelmintic, anti-gripping agent, can cause dermatitis	sitosterol, anthraquinone glycosides, chrysophanic, flavonoids, emodins
Sensitive Plant	leaves	<i>Mimosa pudica</i>	Leguminoseae	smokable, sexual stimulant when touched (!)	tryptamines
Serpolet	leaves	<i>Thymus serpyphyllum</i>	Labiataeae	spice, antispasmodic, nervine, especially for genital nerves	
Sesame	seeds	<i>Sesamum orientale</i> , <i>S. indicum</i>	Pedaliaceae	spice, aphrodisiac	oil, Calcium
Shiso	leaves	<i>Perilla frutescens</i>	Labiataeae	sushi ginger spice, herb	
Skullcap	whole plant	<i>Scutellaria lateriflora</i>	Labiataeae	smokable, sedative, antispasmodic, nervine	scutellarin (a flavonoid), tannins
Slippery Elm	bark	<i>Ulmus fulva</i>	Ulmaceae	astringent, nutritive for invalids, demulcent	mucilage, starch, oxalates, polysaccharides, tannins
Snakeroot, Seneca	root	<i>Polygala senega</i>	Polygalaceae	purgative, expectorant, stimulates secretions	
Snakeroot, Indian	roots	<i>Rauwolfia serpentina</i>	Apocynaceae	strong tranquilizer, strong depressant action sometimes fatal	rauwolfine, serpentine
Snakeroot, Virginia	root	<i>Aristolochia serpentaria</i>	Aristolochiaceae	aromatic bitter, snakebite agent, emetic, can cause vertigo, abortifacient	aristolochic acid, an aromatic nitrate
Solomon's Seal	root	<i>Convallaria multiflora</i>	Liliaceae	tonic, demulcent, astringent, emetic, contains potent and dangerous cardioactive glycosides	constituents unknown, same genus contains cardiac glycosides
Spearmint	leaves	<i>Mentha viridis</i>	Labiataeae	carminative, diaphoretic, diuretic, herb	carvone, limonene, pinene
Speedwell	flowers	<i>Veronica officinalis</i>	Scrophulariaceae	tonic, alterative, diuretic, expectorant, diaphoretic	
Spicebush	leaves, twigs	<i>Lindera benzoin</i>	Lauraceae	tea, perfume, anthelmintic, antipyretic	

Spikenard, American	root	<i>Aralia racemosa</i> , <i>A. spinosa</i>	Araliaceae	mild stimulant, alterative, expectorant, flavoring	starch, pectin, resin, active compound not isolated
Star Anise	seeds	<i>Illicium verum</i>	Magnoliaceae	spice, mild stimulant, carminative	anethole, phellandrene
Stevia	leaves	<i>Stevia rebaudiana</i>	Compositae	sweetener	stevioside (a diterpene glycoside)
Storax	gum resin	<i>Liquidambar styraciflua</i>	Hammamelidaceae	breath sweetener	storesin, benzoates, cinnamates, cinnamic acid, styrene
Strawberry	leaves	<i>Fragaria vesca</i> , <i>F. spp.</i>	Rosaceae	mild astringent, nutritive, antihistamine catalyst	vitamin C, minerals, catechins
Strychnine	seeds	<i>Strychnos nux-vomica</i>	Loganiaceae	catalyst, spinal stimulant, tonic, can cause rapid pulse, convulsions, death	strychnine
Sumac	fruits	<i>Rhus glabra</i> , <i>R. aromatica</i> , <i>R. typhina</i> , <i>R. spp.</i>	Anacardiaceae	tea, astringent	albumin, gum, tannin, resin, malic acid
Sweet Cicely	root	<i>Osmorrhiza odorata</i> , <i>O. spp.</i> , <i>Myrrhis odorata</i>	Umbelliferae	aromatic, carminative, expectorant, stomachic	anise-like volatile oil
Tamarind	seed pulp	<i>Tamarindus indica</i>	Leguminosae	sour flavoring, soup thickener, curries, chutneys	citric, malic acids, potassium, gum, pectin, grape sugar
Tansy	herb	<i>Tanacetum vulgare</i>	Compositae	bitter tonic, anthelmintic, abortifacient, can cause convulsions	resins, thujone, camphor, borneol
Tarragon	leaves	<i>Artemisia dracunculus</i> , <i>A. dracunculoides</i>	Compositae	herb	
Tea	leaves	<i>Thea sinensis</i> , <i>Camellia sinensis</i>	Theaceae, Ternstroemiaceae	CNS stimulant, anticarcinogen, can cause nervousness, can cause cardiac strain	xanthines
Tea Tree	foliage	<i>Melaleuca quinquenervia</i> , <i>M. cajuputi</i> , <i>M. alternifolia</i> , <i>M. spp.</i> , <i>Leptospermum ericoides</i> , <i>L. petersonii</i> , <i>L. scoparium</i> , <i>L. spp.</i>	Myrtaceae	timber, tea, antispasmodic, diaphoretic, antiseptic, anthelmintic, mild stimulant, vulnerary, expectorant, various essential oils (cajuput, niaoli from <i>Leptospermum spp.</i> , tea-tree oil from <i>Melaleuca spp.</i>), counter-irritant, elevates blood pressure	cineol, terpineol, valeric, benzoic and butyric aldehydes
Teaberry	fruit	<i>Gaultheria procumbens</i>	Ericaceae	tea, spice, carminative, anti-rheumatic, anticarcinogen, diuretic	methyl salicylate
Thyme	leaves	<i>Thymus vulgaris</i>	Labiatae	carminative, antiseptic, expectorant, rubefacient	thymol, carvacrol, cymene, pinene
Tobacco	leaves	<i>Nicotiana tobaccum</i> , <i>N. attenuata</i> , <i>N. spp.</i>	Solanaceae	stimulant-depressant, can cause dependence, lung cancer, heart disease	nicotine
Tonka Bean	seeds	<i>Coumarouna odorata</i>	Leguminosae	perfumes, vanilla adulterant, toxic, hemorrhagic	coumarins
Turmeric	rhizomes	<i>Curcuma longa</i> , <i>C. domestica</i>	Zingiberaceae	curries, condiments, dye	curcumin, cinnamoids, turmerone, alpha-phellandrene, sabinene, cineol, borneol
Valerian	root	<i>Valeriana officinalis</i> , <i>V. spp.</i>	Valerianaceae	narcotic, antispasmodic, tranquilizer, sedative	low MW bornyl esters, camphene, valerines, pinene, limonene, valepotriat
Vanilla	Pods	<i>Vanilla planifolia</i>	Orchidaceae	spice, fragrance	vanillin, vanillic acid
Vanilla Grass	leaves	<i>Heirochloa odorata</i>	Gramineae	fragrance, liquers, hemorrhagic	coumarins
Verbena, Lemon	leaves	<i>Lippia citriodora</i> , <i>Aloysia triphylla</i>	Verbenaceae	teas, potpourris, sachets, drinks, garnish	
Vervain	flowers, leaves	<i>Verbena officinalis</i>	Verbenaceae	antipyretic, diaphoretic, expectorant, astringent, antispasmodic, vulnerary, galactagogue, aphrodisiac, tea	verbenalin
Violet, Sweet	above-ground parts	<i>Viola odorata</i> , <i>Viola spp.</i>	Violaceae	dye, perfume, aperient, acid-base indicator, anticarcinogen, cough syrup, nutritive, anodyne	flavonoids, salicylates
Wasabi	root	<i>Wasabi japonica</i>	Cruciferae	spice and condiment used in Japanese cuisine	
Water Eryngo	root	<i>Eryngium aquaticum</i>	Umbelliferae	diuretic, mild stimulant, diaphoretic, expectorant, emetic in large doses)	
Willow	bark	<i>Salix alba</i> , <i>S. spp.</i>	Salicaceae	astringent, analgesic, antipyretic, ornamental, aromatic tonic, sedative, can cause ulcers	salicylates

Witch Hazel	twigs	<i>Hammamelis virginiana</i>	Hammamelidaceae	externally as astringent, hemostatic	gallitannins
Woodruff, Sweet	whole plant	<i>Asperula odorata</i>	Rubiaceae	pot pourri fixative, May wine flavor, hemmorrhagic, vitamin K antagonist	coumarins, asperuloside, tannins
Wormseed	tops	<i>Chenopodium botrys</i>	Chenopodiaceae	dried arrangements, pot pourri, anthelmintic, ~toxic	ascaridiol
Wormwood	tops, leaves	<i>Artemisia absinthium</i>	Compositae	cordials, narcotic, anthelmintic, antiseptic, diaphoretic	thujone
Yarrow	flowering tops	<i>Achillea millefolium</i>	Compositae	antiseptic, astringent, hemostatic, tonic, anti-itching agent	
Yerba de Maté	leaves	<i>Ilex paraguayensis</i>	Aquifoliaceae	CNS stimulant, can cause nervousness	caffeine, theobromine
Yerba de Santa	leaves	<i>Eriodictyon californicum</i>	Hydrophyllaceae	expectorant, tonic, cough syrup	eriodictyol

Index to Synonyms

The following index lists alternate common and Latin synonyms for the Herbal Database. This index contains alternate synonyms not used as the key field for the Herbal Database. Genera with multiple species references are abbreviated sp. Different plants with identical synonyms are both given, separated by semicolons.

Acacia sp.: Acacia	Bible Leaf: Costmary	Coumarouna odorata: Tonka Bean
Acanthea virilis: Muira Pauma	Bissy: Cola Nuts	Crataegus sp.: Hawthorn
Achillea millefolium: Yarrow	Bixa orellana: Anatto	Crazyweed: Astragalus
Acorus calamus: Calamus	Black Indian Hemp: Jaborandi	Crocus sativus: Saffron, Indian
Adam Red: Bergamot	Blue Flag: Iris	Cucurbita pepo: Pumpkin
Aframomum melegueta: Grains of Paradise	Bluebottle: Centuary	Cuminum cyminum: Cumin
Agastache sp.: Hyssop	Borago officinalis: Borage	Cunila origanoides: Dittany, Maryland
Agathosma sp.: Buchu	Boswellia carteri: Frankincense	Curcuma sp.: Turmeric
Agrimonia eupatoria: Agrimony	Brassica sp.: Mustard	Cus Cus: Khus Khus
Alchemilla vulgaris: Lady's Mantle	Burrage: Borage	Cuscuta sp.: Love Vine
Alehoof: Gill-Over-The-Ground	Button Snake Root: Water Eryngo	Cyani: Centuary
Alligator Pepper: Grains of Paradise	Cacao: Cocoa	Cydonia vulgaris: Quince
Allium sp.: Garlic; Onion; Chives	Calendula officinalis: Calendula	Cymbopogon citratus: Lemon Grass
Aloysia triphylla: Verbena, Lemon	Calycanthus floridus: Allspice, Carolina	Cymbopogon nardus: Citronella
Alpinia sp.: Galangal	Camellia sinensis: Tea	Cyperus esculentus: Chufa
Alstonia scholaris: Dita	Canadian Hemp: Jaborandi	Cypripedium sp.: Lady's Slipper
Althea officinalis: Marshmallow	Cannabis sativa: Ganja	Daemonorops draco: Dragon's Blood
Ambrette: Abelmosk	Capparis spinosa: Capers	Daucus carota: Carrot
Ambrosia: Wormseed	Capsicum sp.: Pepper, Red	Dent de Lion: Dandelion
American Storax: Storax	Carrageenan: Irish Moss	Devil Tree: Dita
Andropogon citratus: Lemon Grass	Carthamus tinctorius: Safflower	Devil's Claw: Arthritis Root
Andropogon muricatus: Khus Khus	Carum carvi: Caraway	Devil's Dung: Asafoetida
Andropogon muricatus: Khus-Khus	Caryophyllus aromaticus: Cloves	Diosma ericoides: Buchu
Anethum graveolens: Dill	Cassia sp.: Senna	Dittany: Dittany, Maryland; Dittany of Crete
Angostura febrifuga: Angostura	Catarrh Root: Galangal	Dodder: Love Vine
Anthemis nobilis: Chamomile, Roman	Catha edulis: Khat	Dong Quai: Angelica
Anthriscus cerefolium: Chervil	Caulophyllum thalictroides: Cohosh, Blue	Echinacea sp.: Echinacea
Apis mellifera: Pollen	Cayenne: Pepper, Red	Echites scholaris: Dita
Apium graveolens: Celery	Camellia sinensis: Tea	Elettaria cardamomun: Cardamon
Apocynum cannabinum: Jaborandi	Centaurium sp.: Centaury	Endive: Chicory
Aralia sp.: Spikenard, American	Centella asiatica: Gotu-Kola	Ephedra sp.: Ma-Huang; Mormon Tea
Archangel Root: Angelica	Ceratonis siliqua: Carob	Equisetum sp.: Horsetail
Arctium lappa: Burdock	Chamaelirium luteum: False Unicorn	Eriodictyon californicum: Yerba de Santa
Arctostaphylos uva-ursi: Kinnickinnick	Chamaemelum nobile: Chamomile, Roman	Eryngium sp.: Water Eryngo; Sea Holly
Areca catechu: Betel Nuts	Chamalirium luteum: False Unicorn	Eryngo: Water Eryngo; Sea Holly
Argemone mexicana: Prickly Poppy	Checkerberry: Squaw Vine; Teaberry	Erythraea centaurium: Centaury
Argyrea sp.: Morning Glory	Chenopodium sp.: Wormseed, Epazote	Eschscholtzia californica: California Poppy
Argyria nervosa: Morning Glory	Cherry: Wild Cherry	Eucalyptus globulus: Eucalyptus
Aristolochia serpentaria: Snakeroot, Virginia	Chimaphila sp.: Prince's Pine	Eupatorium perfoliatum: Boneset
Armoracia sp.: Horseradish	Chinese Parsley: Coriander	Eupatorium purpureum: Gravel Root
Artemesia absinthium: Wormwood	Chocolate: Cocoa	Euphrasia officinalis: Eyebright
Artemesia dracunculul: Tarragon	Chondrus crispus: Irish Moss	Ferula assa-foetida: Asafoetida
Artemesia dracunculoides: Tarragon	Chrysanthemum balsamita: Costmary	Fo Ti Root: Fleeceflower
Artemesia vulgaris: Mugwort	Chrysanthemum coronarium: Chrysanthemum, Edible	Fo Ti Tieng: Gotu-Kola
Asarum sp.: Ginger, Wild	Chrysanthemum parthenium: Feverfew	Foeniculum vulgare: Fennel
Asperula odorata: Woodruff, Sweet	Chuchupate: Osha	Food of the Gods: Asafoetida
Atropa belladonna: Belladonna	Cichorium intybus: Chicory	Fragaria sp.: Strawberry
Avena sativa: Oat Straw	Cimifuga racemosa: Cohosh, Black	Fucus sp.: Kelp
Azadirachta indica: Neem	Cinnamomum camphora: Camphor	Galipea officinalis: Angostura
Bachelor's Buttons: Centuary	Cinnamomum zeylanicum: Cinnamon	Garden Heliotrope: Valerian
Balm: Lemon Balm; Balm-of-Gilead; Bergamot	Clover: Clover, Red	Gaultheria procumbens: Teaberry
Baptisia tinctoria: Indigo, Wild	Cocculus palmatus: Calumba	Gentiana lutea: Gentian
Barosma betulina: Buchu	Coffea arabica: Coffee	German Chamomile: Chamomile, German
Basswood: Linden	Cola sp.: Cola Nuts	Ginkgo biloba: Ginkgo
Bearberry: Kinnickinnick	Collinsonia canadensis: Horse Mint	Glechoma hederacea: Gill-Over-The-Ground
Bee Balm: Bergamot	Columbo: Calumba	Glycyrrhiza glabra: Licorice
Bee fodder: Borage	Commiphora myrra: Myrrh	Gnaphalium polycephalum: Life Everlasting
Berberis vulgaris: Barberry	Cone Flower: Echinaceae	Goldenrod: Goldenrod, Sweet
Bethroot: Birthroot	Convallaria multiflora: Solomon's Seal	Goosefoot: Wormseed
Betula lenta: Birch	Coptis sp.: Goldthread	Grapple plant: Arthritis root
	Coriandrum sativum: Coriander; Cilantro	Great Flannel Mullein: Mullein
		Ground Ivy: Gill-Over-The-Ground

Guinea Grains: Grains of Paradise
 Gum Arabic: Acacia
 Gum Tragacanth: Astragalus
 Hammamelis virginiana: Witch Hazel
 Hardrock: Horse Mint
 Harpagophytum procumbens: Arthritis Root
 Hedge Maids: Gill-Over-The-Ground
 Heirochloa odorata: Vanilla Grass
 Helonias sp.: False Unicorn
 Hemp: Ganja
 Herb of Gladness: Borage
 Herb of Grace: Rue
 Hibiscus sp.: Abelsonk; Hibiscus
 Ho Shou Wu: Fleeceflower
 Holy Grass: Vanilla Grass
 Hop Marjoram: Dittany of Crete
 Horse Balm: Horse Mint
 Humulus lupulus: Hops
 Hydrangea arborensis: Hydrangea
 Hydrastis canadensis: Goldenseal
 Hydrocotyle asiatica: Gotu-Kola
 Hypericum perforatum: Saint John's Wort
 Hyssopus officinalis: Hyssop
 Ilex paraguayensis: Yerba de Mate
 Illicium verum: Star Anise
 Indian Physic: Jaborandi
 Indian Tobacco: Lobelia; Mullein
 Inula helenium: Elecampane
 Ipomoea purga: Jalap
 Ipomoea violacea: Morning Glory
 Iris X florentina: Iris
 Jasminum officinale: Jasmine
 Jateorrhiza palmata: Calumba
 Joe Pye Weed: Gravel Root
 Juniperus communis: Juniper
 Kaempferia galanga: Galangal
 Kalumb: Calumba
 Lactuca sp.: Lettuce, Wild
 Laminaria sp.: Kelp
 Larrea sp.: Chapparal
 Laurel: Bay Leaf
 Laurus nobilis: Bay Leaf
 Lavandula sp.: Lavender
 Lawsonia sp.: Henna
 Ledum sp.: Labrador Tea
 Lemon: Citrus
 Leonurus cardiaca: Motherwort
 Leopard's Bane: Arnica
 Leptospermum sp.: Tea Tree
 Lettuce: Lettuce, Wild
 Levisticum officinale: Lovage
 Ligusticum levisticum: Lovage
 Ligusticum porteri: Osha
 Lime Tree: Linden
 Linderia benzoin: Spicebush
 Linseed: Flax
 Linum sp.: Flax
 Lion's Tooth: Dandelion
 Lippia citriodora: Verbena, Lemon
 Liquidambar styraciflua: Storax
 Liriosma ovata: Muira Pauma
 Lobelia inflata: Lobelia
 Locoweed: Astragalus
 Lousewort: Betony
 Mace: Nutmeg
 Macrosytica sp.: Kelp
 Magnolia glauca: Magnolia
 Maidenhair tree: Ginkgo
 Maraba: Galangal
 Maranta arundinacea: Arrowroot
 Margosa: Neem
 Marigold: Calendula
 Marijuana: Ganja
 Marrubium vulgare: Horehound
 Maryjane: Ganja
 Maryland Dittany: Dittany, Maryland
 Master Of The Woods: Woodruff, Sweet
 Matricaria chamomilla: Chamomile, German
 Medicago sativa: Alfalfa
 Melia azadirachta: Neem
 Melissa officinalis: Lemon Balm
 Mentha piperita: Peppermint
 Mentha pulegium: Pennyroyal
 Mentha viridis: Spearmint
 Milfoil: Yarrow
 Mimosa pudica: Sensitive Plant
 Mitchellia repens: Squaw Vine
 Momordica balsamina: Balsam-Apple
 Monarda sp.: Bergamot
 Moth Herb: Labrador Tea
 Mother of Thyme: Serpolet
 Mountain Balm: Bergamot
 Mugwort: Mugwort, Tarragon
 Muskseed: Abelsonk
 Myrica sp.: Bayberry
 Myristica fragrans: Nutmeg
 Myrrhis odorata: Sweet Cicely
 Myrtle: Bayberry
 Myrtus communis: Myrtle
 Nard: Spikenard
 Nelumbo sp.: Lotus
 Nepeta cataria: Catnip
 Nicotiana sp.: Tobacco
 Nim: Neem
 Ocimum sp.: Basil, Sweet
 Oenothera biennis: Evening Primrose
 Old Man: Lad's Love
 Old Man's Root: Spikenard
 Olibanum: Frankincense
 Oplopanax horridus: Devil's Club
 Orange: Citrus
 Origanum sp.: Oregano; Marjoram; Dittany of Crete
 Orris: Iris
 Osmorrhiza sp.: Sweet Cecily
 Oswego Tea: Bergamot
 Panax ginseng: Ginseng
 Papaver somniferum: Poppy
 Paraguay Tea: Yerba de Mate
 Partridge Berry: Squaw Vine
 Passiflora sp.: Passion Flower
 Paulinia cupana: Guarana
 Pedalium murex: Burra Gokeroo
 Peganum harmala: Rue, Syrian
 Pelargonium odoratissimum: Geranium, Scented
 Perilla frutescens: Shiso
 Petroselinum crispum: Parsley
 Peumus boldus: Boldo
 Phoradendron flavescens: Mistletoe
 Pimenta officinalis: Allspice
 Pimpinella anisum: Anise
 Piper angustifolium: Matico
 Piper cubeba: Cubeb
 Piper methysticum: Kava-kava
 Piper nigrum: Peppercorns
 Pipsissewa: Prince's Pine
 Plankton: Spirulina
 Plantago lanceolata: Plantain, Narrow
 Plantago ovata: Psillium
 Pogostemon cablin: Patchouli
 Polygala senega: Snakeroot, Seneca
 Polygonum multiflorum: Fleeceflower
 Populus sp.: Balm-of-Gilead
 Pot: Ganja
 Pot Marigold: Calendula
 Poterium sanguisorba: Burnet, Salad
 Prunus serotina: Cherry, Wild
 Purple coneflower: Echinacea
 Pyrethrum parthenium: Feverfew
 Quararibea funebris: Maha
 Quassia: Senna
 Queen of the Meadow: Gravel Root
 Rattle Root: Cohosh, Black
 Rattlebush: Wild Indigo
 Rauwolfia serpentina: Snakeroot, Indian
 Red Bee Balm: Bergamot
 Reefer: Ganja
 Rhamnus purshiana: Cascara sagrada
 Rheum sp.: Rhubarb
 Rhus sp.: Sumac
 Ricinus communis: Castor Bean
 Roman Chamomile: Chamomile, Roman
 Rosa sp.: Rose
 Rose Geranium: Geranium
 Rosmarinus officinalis: Rosemary
 Rubia tinctorum: Madder
 Rubus sp.: Raspberry
 Ruta graveolens: Rue
 S. columbariae: Chia
 Salix sp.: Willow, White
 Salvia hispanica: Chia
 Salvia officinalis: Sage, Garden
 Sambucus sp.: Elderberry
 Sang: Ginseng
 Sanguinaria canadensis: Bloodroot
 Sanguisorba officinalis: Burnet, Salad
 Santalum album: Sandalwood
 Sarcocolla Gum: Astragalus
 Sarenea serrulata: Saw Palmetto
 Sargassum sp.: Kelp
 Sassafras albidum: Sassafras
 Satureja hortensis: Savory, Summer
 Satureja montana: Savory, Winter
 Scabwort: Elecampane
 Scullcap: Skullcap
 Scutellaria lateriflora: Skullcap
 Seneca: Snakeroot, Seneca
 Senega: Snakeroot, Seneca
 Serenoa sp.: Saw Palmetto
 Serpentaria: Snake Root, Virginia
 Sesamum sp.: Sesame
 Seven Barks: Hydrangea
 Shoo Koo: Fleeceflower
 Shungiku: Chrysanthemum, Edible
 Smilax sp.: Sarsaparilla
 Snakeroot: Echinacea; Calamus; Ginger, Wild
 Solidago odora: Goldenrod, Sweet
 Southernwood: Lad's Love
 Spigelia marilandica: Pink Root
 Spignet: Spikenard
 Squaw Bush: Cramp Bark
 Squaw Root: Cohosh, Blue
 Stachys officinalis: Betony
 Starweed: Chickweed
 Starwort: Chickweed
 Stellaria sp.: Chickweed
 Stevia rebaudiana: Stevia
 Stone Mint: Horse Mint
 Stone Root: Horse Mint; Dittany, Maryland
 Strychnos nux-vomica: Strychnine
 Styra: Storax
 Sweet Flag: Calamus
 Sweet Gum: Storax
 Sweet Magnolia: Magnolia
 Sweet Rush: Calamus
 Sweet Weed: Marshmallow
 Symphytum officinale: Comfrey
 Syzygium aromaticum: Cloves

Tailed Pepper: Cubeb	Turnera sp.: Damiana	Wake Robin: Birthroot
Tamarindus indica: Tamarind	Tussilago farfara: Coltsfoot	Wasabi japonica: Wasabi
Tanacetum vulgare: Tansy	Ulmus fulva: Slippery Elm	Water Eryngo: Sea Holly
Tang Kuei: Angelica	Urtica dioica: Nettles	White Bay: Magnolia
Taraxacum officinale: Dandelion	Uva Ursi: Kinnickinnick	Wild Senna: Senna
Thea sinensis: Tea	Valeriana officinalis: Valerian	Wiltharia somnifera: Kuthmithi
Theobroma cacao: Cocoa	Vanilla planifolia: Vanilla	Wintergreen: Teaberry
Thoroughwort: Boneset	Velvet Dock: Mullein	Wolf's Bane: Arnica; Aconite
Thymus serpyphyllum: Serpolet	Verbascum thapsus: Mullein	Wood Betony: Betony
Thymus vulgaris: Thyme	Verbena: Verbena, Lemon; Vervain	Woodruff: Sweet Woodruff
Tilia sp.: Linden	Verbena officinalis: Vervain	Xanthoxylum americanum: Prickly Ash
Traganth Gum: Astragalus	Veronica officinalis: Speedwell	Yellow Root: Gold Thread
Trifolium pratense: Clover, Red	Vetiveria zizanioides: Khus-Khus	Zanthoxylum sp.: Prickly Ash
Trigonella foenum-graecum: Fenugreek	Vetivert: Khus-Khus	Zingiber officinale: Ginger
Trillium pendulum: Birthroot	Viburnum opulus: Cramp Bark	Ziziphus (Zizyphus) jujuba: Jujube
Tunhoof: Gill-Over-The-Ground	Viola sp.: Violet, Sweet	

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