HANDBOOK OF
Medicinal Herbs
SECOND EDITION

James A. Duke
with
Mary Jo Bogenschutz-Godwin
Judi duCellier
Peggy-Ann K. Duke

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Introduction

By the time this second edition is published, the first edition of the *Handbook of Medicinal Herbs* will have been out more than 15 years. The second edition is designed to present most of the old information plus new information on the more important of those original 365 herbs. I submitted the first edition under the original unpublished title, *Herbs of Dubious Salubrity.* I intentionally left out many of the completely safe culinary herbs, spices, and food plants that are clearly medicinal. I also intentionally omitted some strictly dangerous herbs, such as foxglove, that were too unhealthy for use in unskilled hands. I did include several obscure hallucinogenic plants of dubious salubrity. I did, or should have, dropped some of these because they have little medicinal importance. Some poorly documented species, such as *Mimosa hostilis* and *Phoradendron leucarpum*, for example, were retained with fragmentary entries, so as to at least mention species from the first edition that might better have been dropped.

Now I think I have the most important herbs well covered here. In edition two, which I will refer to frequently as my Herbal Desk Reference (HDR), I have tried to concisely corral the data on some 1000 herbs in as little space as possible, striving to make a reliable, referenced resource to parallel the *PDR for Herbal Medicines*. I use the three-letter abbreviation, HDR, to indicate the second edition of my *Handbook of Medicinal Herbs*, because I compare and contrast it to other important sources, which are also represented by three-letter abbreviations. (See the reference abbreviation appendix.)

With this edition, I have tried to cover most of the widely mentioned medicinal plants, whether they are extremely salubrious or extremely toxic. Without counting them, I estimate we include more than 1000 of the most important herbs, including the more important herbs from the young Native American and the European traditions (including most of those approved by Commission E (KOM), and almost all of those included in the *PDR for Herbal Medicine* (PHR for the first edition, and PH2 for the second edition). Unlike Commission E and the Herbal PDR, which seem to stress European and American traditions, I include proportionately more herbs from the older African, Ayurvedic, and Chinese traditions as well, not wanting to slight any major medicinal plant from any major tradition.

Let me explain the new format for the second edition. First, a common name appears, usually but not always in English, followed by a recently accepted scientific name, with the authority for the scientific name. Then follows a safety score, X, +, ++, or +++. An X means I don't recommend taking it at all, or realize that it is so dangerous that it should not be taken without expert guidance. But for litigious reasons, I give some potent medicinal herbs the X (amateurs beware!). A single plus (+) indicates that I do not consider that the herb is, overall, as safe as coffee. I score two pluses (++) for those herbs I think of, overall, as being as safe as coffee. I score three pluses (+++) for those herbs I believe to be safer than coffee. In the first edition, I related the plus sign to a cup of coffee, figuring that 1, 2, or 3 cups per day of an herbal tea from the herb would be as safe as 1, 2, or 3 cups per day of coffee. I often drink more than 3 cups of coffee a day, especially while I worked on this project! Clearly, this is an oversimplification. Too often, some parts of a plant are more helpful or more toxic than other parts of the same species, and different ethnic groups or cultures may use parts differently. The safety scoring is a continuation of the same scoring system I used in the first edition. Some scores have been upgraded a bit, some have been downgraded.

Often, there are some comments on synonymy and other nomenclature difficulties that arose in completing this opus. I inject these following the nomenclature line. Here you may find some proven and/or suspected synonyms, or notes of related species that may be included in this species

concept, especially by nontaxonomically trained authors. I have often used, as final arbiter of scientific names and sometimes common names, the nomenclature database at the USDA (www.ars-grin.gov; curator, Dr. John. H. Wiersema: sbmljw@ars-grin.gov).

Unfortunately, the new American Herbal Products Association (AHP) book on nomenclature arrived too late for our consideration. Attempts to standardize common names, although admirable, are often aggravating to special interests. It was with some misgiving that I arranged this book alphabetically by common names, when the first edition was by scientific name. It generated big headaches for all of us who think more along the lines of scientific names. Would it be under mulberry or black mulberry, chamomile or German chamomile? Some plants have dozens of common names. Several have suffered almost as many scientific names, such as, for example, feverfew. Hopefully, you will find it easy to use.

In the Activities and Indications sections, parenthetical numbers are followed by three-letter abbreviations (abbreviation of source) or an alphanumeric X-1111111 to identify PubMed citations. A parenthetical efficacy score of (1) means that a chemical in the plant or in an extract of the plant has shown the activity or proven out experimentally (animal, not clinical) for the indication. This could be *in vitro* animal or assay experiments. A hint: not real human proof! Nothing clinical yet! I give it a score of (2) if the aqueous extract, ethanolic extract, or decoction or tea derived from the plant has been shown to have the activity, or to support the indication in clinical trials. Commission E (KOM) and Tramil Commission (TRA) approvals were automatically given a score of (2) also, because they represented consensus opinions of distinguished panels. The rare score of (3) for efficacy means that clinical trials exist to show that the plant itself (not just an extract or phytochemical derivative) has the indications or activities. The solitary score of (f) in many of the citations means it is unsupported folk medicine, or I have not seen the science to back it up. The three-letter abbreviations are useful short citations of the references consulted in arriving at these numbers. I have by no means cited every source. However, unlike KOM and hopefully better than PHR, we indicate at least one source for every indication and activity we report.

Thus, we have a score for Safety and a score for Efficacy, the latter backed up by the three-letter abbreviations or citations, often PubMed citations. In addition to our three letter abbreviations for the frequently consulted texts, we occasionally cite articles cited from the PubMed database with their unique abstract number, preceded by the letter X. For example, I received a paper showing that ginger contained several COX-2 inhibitors. I looked in the PubMed database to find the unique abstract citation number, PMID: 11437391, which I shortened for database purpose to X11437391. So, all alpha-numeric (X-numerical) combinations will refer you to the source in the PubMed database. Whenever I update one of my Herb-a-Day columns, I automatically search PubMed for >species name AND 2000 <, which automatically gives me the post 1999 abstracts. In 2001, I search for >species AND 2001<. Then I order hard copies of those articles that look promising for database purposes.

Often, many more than 10 sources were involved in my decision-making. In many instances, I limited citations to three, typically the ones that were most important at arriving at my scores. Not wanting to blow my own horn, my own books were first to be deleted from the list when it exceeded three. In preparing this edition I realized that for patent litigation, the earlier citations were most valuable, so at the last minute I added several older references, such as DEP, FEL, HHB, and MAD. For example, even I was surprised when I read about Remifemin in HHB (1973, p. 12), three decades ago, since Remifemin seems so new here in America. But in my mind it is just another native American remedy, coming back home to us, slightly upgraded, after having been better studied in Europe than it has been in America (other examples include evening primrose, passionflower, and saw palmetto). DEP and FEL citations are more than 100 years old, and might be useful in challenging frivolous patents.

One very important abbreviation, WAM, might as well be viewed as MOM, meaning pediatric. This comes from the excellent book, *Kids, Herbs, Health*, by Dr. Linda White, MD, and Sunny

Mavor. So, if you are looking for an herb that has been suggested by a pediatrician, scroll down to WAM. Ditto for PIP, Hans Schilcher's *Phytotherapy in Paediatrics*.

This is an evolving system that changes as new science validates the folklore, often resulting in an upgrading of the indication or activity. Occasionally, bad news about the plant will result in my lowering its safety rating, from +++ to ++, or ++ to +, or + to X. This does not constitute my recommendation of an herb. It merely indicates how I think the herb compares with others, based on the literature surveyed. As a botanist, I cannot legally, and do not, prescribe. But I find mechanical searches of the *Handbook of Medicinal Herbs* to be an extremely fast way to find the better herbs for a given indication.

We have used the same abbreviations that are used in my database at the USDA (http://www.ars-grin.gov/duke). I much prefer the abbreviations used there because they do not get you into as much trouble when you e-mail a query to the taxpaying public. For example, the preferred abbreviation of microgram, at least with some publishers (including CRC), but not me, is μg. Too often, if I put that abbreviation (or use an italicized *u*) in an e-mail, the *u* or μ disappears and the reader receives g instead of *u*g or μg, giving an often dangerously high reading, a million times too high. Ditto for *u*l or μl (microliter) as opposed to ml (milliliter). And with *uM* and m*M*, micromole and millimole, respectively.

In a sense, my scored second edition is a loner's approach to a Commission E, but I am the sole member of the fictitious commission, Commission U.S. for us, here in the good old USA. Note that unlike the ratings in, for example, APA, my ratings assess the efficacy of each activity and indication.

I'll keep revising the scoring for an online version as new information, positive or negative, comes in on the safety or efficacy of the herb, or chemicals it contains. So, like the allopaths, health announcers, and reporters, I reserve the right to change my mind as I oscillate from side to side of the pendulum on my long, tedious, treacherous, and tumultuous trip, veering like a coiled caduceus, deviously toward the truth.

Users will find it easy to search and find which herbs score highest for efficacy and safety. The three-letter abbreviations will lead them to some, but by no means all, of the sources I consulted including the one(s) or some of them that led me to the numerical scores for efficacy. The scores are my own. Only rarely did all the cited and consulted sources agree; but one of the indicated sources provided the evidence that led me to arrive at the assigned score. By no means should these scores be attributed to anyone except me.

THE APA RATINGS

A warning: my highest ratings are my best ratings. With the American Pharmaceutical Association (APA) and the American Herbal Products Association (AHP), the converse is true: the higher the number, the lower the rating. APA's best, (1), is verified by large clinical, randomized, placebo-controlled, double-blind, human trials. That too would have gotten approval, we assume, in Commission E. That would get a (2) in my HDR, if the study were of an extract of the plant, but a (3) for example if the study were of the natural whole herb, such as garlic or onion. The APA (1) and the HDR (3) scores are rare indeed. Their number (1) means "Years of use and extensive, high-quality studies indicate that this substance is very effective and safe when used in recommended amounts for the indication(s) noted in the 'Will It Work For You?' section." Unfortunately, they often mention unapproved, unstudied folklore in this section, even clearly noting that it was unapproved. With APA, (2) is a large, clinical human trial, but not necessarily double blind and placebo controlled. That would also get a (2) in my HDR, if the study were of an extract of the plant, but a (3) if the study were of the whole herb, rather than the extract. And the third one is hard for me to believe, but here is the quote, "large, placebo-controlled animal experiment." That would get a (1) in my HDR. The APA (4) is for *in vitro* studies, which I suppose includes studies, e.g., of isolated phytochemicals. Those score (1) in HDR. The APA (5) is for decades or centuries of well-known folk use, but no supporting studies. That would get an (f) for folkloric in the HDR. APA (6) is a large collection of case histories, which

would also get an (f) in HDR. At the bottom of the APA ladder is the personal anecdote, which of course, also gets an (f), even though it has not yet evolved into folklore.

THE AHPA CLASSIFICATION

A few specific comments regarding the American Herbal Products Association (AHP). Although I like the way they handled some perplexing little details, such as idiosyncratic allergies, trivial quantities of toxic substances, etc., I'm a little alarmed by their 'Class 1' definition. Why alarmed? Because I feel that all drugs, whether they be synthetic, phytochemical, nutritional, or herbal, "can be safely consumed when used appropriately."

Class 1: Can be safely consumed if used appropriately.
Class 2: Herbs with the following use restrictions apply; unless otherwise directed by an expert qualified in the use of the substance:
(2a) External use only
(2b) Not for use in pregnancy
(2c) Not for use while nursing
(2d) Other restrictions as noted
Class 3: Herbs with significant data suggesting labeling: "To be used only under the supervision of an expert qualified in the appropriate use of this substance." Labeling must include proper use information: dosage, contraindications, potential adverse effects and drug interactions, and other information pertinent to the safe use of the substance.
Class 4: Herbs with data insufficient for classification.

Why don't I like that 'Class 1' definition? My interpretation of 'Class 1' definition is that all herbs are 'Class 1' and can be safely used if used appropriately (appropriate is safe). Similarly, I think we could say appropriately for many, if not most, herbs what AHPA says of labeling information that should be required for aloe, "Do not use this product if you have abdominal pain or diarrhea. Consult a health care provider prior to use if you are pregnant or nursing. Discontinue use in the event of diarrhea or watery stools. Do not exceed recommended dose. Not for long term use." (AHP, 1997)

A subset of American phytomedicine advocates argue that we should emulate the German Commission E's Standard of Excellence. Which one? Two versions came out in 1998, purporting to be authentic English presentations of the Commission E conclusions. There were some differences; e.g., Blumenthal's very careful book (identified as KOM in this book) states that hyssop is unapproved by Commission E, while Gruenwald, in the second edition of the *PDR for Herbal Medicine*, says hyssop is approved for colds, fevers, and gallbladder and liver complaints. In the title line, where I evaluate safety, I scored hyssop with three pluses (+++), meaning that I think it is safer than coffee as an herbal medicine. As to efficacy, I had decided to let Commission E endorsement rank 2 in my Activities and Indications columns.

This example of divergence between the published "Commission E" interpretations of hyssop (and there are more than ten English interpretations of Commission E now) is just one of many that I encountered as I traversed most of these interpretations. It really raises a serious question again that I raised for myself back in the early 1980s as I was working on my *Medicinal Plants of China*. Clearly, I was capable of working only with the English translations of Chinese books on medicinal plants, embellished by three trips to China. I assumed that by the time I had compiled most of the information from five different books, there would be little new information as I traversed the sixth. But diminishing returns had not yet set in. There are a few major discrepancies in recent translations of romance language, scientific German, as with Commission E. How many more can we expect in translations of ancient Chinese, Hindu, and

Sanscrit writings that are thousands of years old? Small wonder we often encounter differences of opinion.

One can only be thankful that these books have survived because they document millennia of empirical wisdom. The best of the herbal medicines have survived and the worst have been marginalized. That took thousands of years. You can almost say the same of pharmaceuticals: some have survived, while some of the worst have been marginalized or withdrawn. But none of the pharmaceuticals have survived more than 200 years with us. But the ~140 herbs mentioned in the Bible have been with us 2000 years. A recent study showed that humans have been active in the Biblical area for at least 1,700,000 years. So, the genes of some humans have experienced many of the phytochemicals from Biblical plants for nearly 2 million years. More new synthetics hit the market each year, to your peril, but few new herbs surface in a given year. Mankind does not want bad medicine. Man empirically selects the good and rejects the bad. I feel strongly that many of the herbs treated in this book are as good as the competing synthetic pharmaceuticals, and almost always cost less, in dollars and in side effects. Until the better of these herbs have been clinically compared with the pharmaceuticals, neither your physician nor mine, nor you nor I, knows for sure which is best. Meanwhile, pharmaceuticals will kill more than 100,000 Americans a year, as per *JAMA*, a propharmaceutical journal, while herbs will kill fewer than 100, as per the conservative *Washington Post* in an antiherb article (Gugliotta, March 19, 2000). On May 1, 2002, the *Journal of the American Medical Association* (*JAMA*) suggested that adverse drug reactions may be the leading cause of death in the United States.

FORMAT

SYNONYM: In some cases I list one or more taxonomic synonyms often following the USDA Nomenclature database, curated by John Wiersema http://www.ars-grin.gov/npgs/tax/taxgenform.html.

ACTIVITIES: Most of the published biological activities that crossed my desk are listed alphabetically, with each activity followed by the "f" or numerical score for efficacy, followed by the citation for the source.

INDICATIONS: Most published indications that crossed my desk are listed alphabetically, with each indication followed by the "f" or numerical score for efficacy, followed by the citation for the source. It was with some trepidation that I converted more specific terms such as arthritis to arthrosis, and bronchitis to bronchosis, but I think that was a more economical (space-wise) way of presenting the data. Classically, the suffix "itis" means inflammation, and "osis" means ailment of. Thus, arthritis is inflammation of the joint, and arthrosis is broader, meaning an ailment in the joint. Where some author just said "for joint problems," that became "arthrosis," but where they were more specific and said inflammation of the joint, it means the more specific "arthritis." Toward the end we aggregated both under "arthrosis." Many people will dislike that I converted all the more specific -itis entries to -osis, rather than somewhat redundantly include both.

DOSAGE: I have attempted in this edition to give the range of published dosage ranges I have encountered. With good editorial prodding, I have gone back to my sources to see if they specified which plant part. In some cases my sources were not specific as to plant part. And sometimes one source specified one part, another source identified another part. A few dosages were taken right off the bottles of herbs. If there are dangerous published dosages given under dangerous herbs, I have indicated with an "X" that it should not be taken except with a skilled practitioner on hand. None of the dosages originate with me (except for an occasional "food farmacy" comment, indicating that the herb is eaten as food); they are from the literature, as indicated by the usual set of abbreviations. Several do, however, represent dosages said to have been approved by Commission E, especially those cited with the abbreviations KOM, PHR, and PH2. I suppose by appearing in

an American Pharmaceutical Book, there is an indirect assumption that APA approves those APA data, but I am not sure they would give such approval.

CONTRAINDICATIONS, INTERACTIONS, AND SIDE EFFECTS: The scores of AHP, PHR, and PH2 are cited followed by some of the reported perils of the herbs, indicated by the usual three-letter or abstract citations giving the source of the warning regarding the "peril."

EXTRACTS: More than 20 years ago, I started a phytochemical database that gives many of the published activities of the bioactive phytochemicals. I regret at that time I had no systematic approach to scoring the activities of the extracts of the plants. That is what we usually take, rather than isolated phytochemicals. So, occasionally, too late, I have included some reports on activities (and ED50's and LD50's where available) on various extracts of the plants. We have at the last minute deleted the repetition of the extensive data found in my updated FNF phytochemical database, early versions of which were published in some of my previously published CRC books.

Duke, J.A. *Handbook of Phytochemical Constituents in GRAS Herbs and other Economic Plants.* CRC Press, Boca Raton, FL, 1992.

Duke, J.A. *Handbook of Biologically Active Phytochemicals and Their Activities.* CRC Press, Boca Raton, FL, 1992.

Beckstrom-Sternberg, S. and Duke, J.A. *Handbook of Mints (Aromathematics): Phytochemicals and Biological Activities*. CRC Press, Boca Raton, FL, 1996.

Where I found no significant information for any one format section, the headings were deleted, therefore, many entries will have only e.g., Activities and Indications.

Readers who wish to know more about the individual phytochemicals occurring in a given herb can find many useful queries answerable on my USDA database: www.ars-grin.gov/duke.

In one particularly useful query for a person trying to rationalize the utility of an herb, one can secure a list of all the phytochemicals reported from the plant, with or without the list of all their reported activities, even calling out a primary or secondary reference for each data bit. Printouts of such queries on the better-studied plants are often dozens of pages long, and impractical to publish in this edition. It becomes increasingly clear that there are hundreds of biologically active compounds, often additive or synergistic, in all our plants, foods, spices, herbs; medicinal and poisonous plants alike. The genes directing the thousands of chemicals in our own body have coevolved with all or many of the phytochemicals in most of the edible plants that our ancestors chose to eat and the medicinal plants with which they treated themselves. My genes have probably known thousands of phytochemicals now extant in the Rift Valley (where anthropologists speculate that humans evolved some 6 million years ago), and still extant in my American herbs. I feel that homeostatic mechanisms have evolved for these long-known phytochemicals, enabling the body to grab a needed chemical in which the body is temporarily deficient and, conversely, excluding perhaps as "expensive" urine, those phytochemicals in which the body is not deficient. Yes, I even agree with "supplement-bashers," who charge that excess vitamins are often excreted, unused, in the "expensive" urine. I am inclined to disagree if the basher suggests that most of us are not deficient in one vitamin or another. I think the majority of, if not all, Americans are deficient in one or more vitamins that occur in dietary plant sources. Only within the last decade did we finally realize that choline was essential. I think more such knowledge will surface in the decades ahead. And we will learn that such common and useful phytochemicals as oleanolic acid, procyanidins, quercetin, resveratrol, and sitosterol are often needed by the body and, like vitamins, kept within bounds by homeostatic mechanisms. When you offer your body an herbal menu of hundreds of useful synergistic phytochemicals, your body may select those it needs most, rejecting the ones least needed or not needed at all. When you offer the body an isolated phytochemical or synthetic pharmaceutical "silver bullet," you are excluding all those hundreds of other useful phytochemicals in the edible and medicinal herbs. Your body knows better than your pharmacist or physician or phytotherapist or shaman, which chemicals it needs. And your evolutionary

diet will often provide chemicals in which you may be temporarily deficient. Your evolutionary diet included a wide variety of plant materials that are no longer generally consumed. And your body, if not your brain, will recognize a positive benefit therefrom. The safer herbs will prevail, in spite of mounting published efforts to make them seem more dangerous than the pharmaceuticals. Herbs, on average, are much cheaper and safer than pharmaceuticals, and often as efficacious.

ILLUSTRATIONS: Mrs. Peggy Duke, my most vociferous critic, has generously rounded up nearly 250 black-and-white illustrations and several color plates bearing her copyright. This is a substantial improvement over the first edition. Peggy's black-and-white illustrations are located with the herb under discussion. Thanks to the benevolence of Natures Herbs, A Twinlab Division, we are able to include ~150 color plates of most of the popularly marketed herbs in the U.S. We give special thanks to Grace Lyn Rich and Steve Welling for making this possible.

I hope the second edition of the *Handbook of Medicinal Herbs* will help patients and physicians alike to use the safer herbs even more safely and wisely, and help steer them to the safer herbal alternatives and away from some of the more dangerous pharmaceutical alternatives.

James A. Duke

Acknowledgments

Although this second edition is clearly the work of many people, I use *I* in the introduction, and acknowledgment and often in the text. There is no shorter, less ambiguous word in the world than the word "I." I could have said "the author" or "the authors" instead of "I" or "we" and really introduced ambiguities, but my coauthors don't share all my views, so the buck stops here. I acknowledge with deep gratitude and with apologies, my coauthors: Mary Jo Bogenschutz-Godwin, who has worked with me more than a decade, rewriting from my terrible sows-ear drafts to produce the proverbial silk purse; Judi duCellier, who has worked with me 25 years and survived the evolution of my creeping dyslexia; Peggy-Ann Kessler Duke, friend for nearly 50 years and wife for more than 40; botanical illustrator par excellence, whose more than 300 illustrations are worth more than my 300,000 words; and to CRC Press publisher, Barbara Norwitz, who for more than 5 years has seen me slip and slide in and out of proposed contracts to do this second edition. To these praiseworthy women accrue all the compliments for this massive volume. The errors are mine.

All science books are built on what has gone before, hopefully seizing the best and discarding the worst. It's not plagiarism if one cites one's sources. I am deeply indebted to all those scientific writers with and before me, who have written about phytochemicals and phytopharmacy; and to our ancestors before them, who sampled the plants around them, and learned which were edible, medicinal, and poisonous, and who lived to talk about it.

Also let me acknowledge you, my readers, for struggling with this, my most ponderous, yet I hope most useful, book. If you like it and find any errors, let me know. I hope to keep it updated on my computer at home. Then maybe Barbara and CRC Press, maybe even you, will be ready for a third edition. New scientific data are pouring in, hopefully proving me right, that herbal phytochemicals are cheaper and safer, on average, and often as efficacious, as competitive pharmaceuticals.

James A. Duke

The Author

James A. "Jim" Duke, Ph.D., is a Phi Beta Kappa graduate of the University of North Carolina, where he received his Ph.D. in Botany. He then moved on to postdoctoral activities at Washington University and the Missouri Botanical Gardens in St. Louis, Missouri, where he assumed professor and curator duties, respectively. He retired from the United States Department of Agriculture (USDA) in 1995 after a 35-year career there and elsewhere as an economic botanist. After retiring, he was appointed Senior Scientific Consultant to *Nature's Herbs* (A Twin Labs subsidiary), and to an online company, ALLHERB.COM. He currently teaches a master's degree course in botanical healing at the Tai Sophia Institute in Columbia, Maryland.

Dr. Duke spends time exploring the ecology and culture of the Amazonian Rain Forest and sits on the board of directors and advisory councils of numerous organizations involved in plant medicine and the rainforest. He is updating several of his published books and refining his online database, http://www.ars-grin.gov/duke/, still maintained at the USDA. He is also expanding his private educational Green Farmacy Garden at his residence in Fulton, Maryland.

Abbreviations

Full reference citations are listed in the References section. Many of our primary reference citations follow the consistent system (abbreviation, volume, page) format developed in my *CRC Handbook of Biological Activities.* These are more meaningful to us, the compilers, than the PMID abstract number (e.g., EB, or JE, or PR followed by a number then a colon then another number, always means *Economic Botany, Journal of Ethnopharmacology,* or *Journal of Phytotherapy Research,* respectively, followed by the volume number:page number).

The major references in this edition are indicated by concise and consistent three-letter abbreviations. The short explanation in the alphabetical sequence for the often-used three-letter abbreviations for our major references appear in the Reference Abbreviations section. Many primary sources are often cited via the PMID index, which is indicated by an X, followed directly by the PubMed serial number. Even for the $3000 worth of journals to which I subscribe, I can usually find the PubMed citation in the same week that the journal gets my citation.

Conventional abbreviations appear here. Three types of citations, compactly squeezed into the all important Activities and Indications paragraphs, are generously sprinkled elsewhere.

ABS abstract
ACAT Acyl-CoA: cholesterol acyltransferase
ACE angiotensin converting enzyme
AChE antiacetylcholinesterase
ADD attention deficit disorder
AFG in Afghanistan, as based on KAB
AHH arylhydrocarbon hydroxylase
AHP American Herbal Products Association
AIL Duke's computerized AILS file, source of *The Green Pharmacy*, etc.; soon to be online
ALA alpha-linolenic acid
AMP adenosine monophosphate
APA American Pharmaceutical Association
APB as-purchased basis
ARC Aloe Research Council
ATP adenosine triphosphate
BAL Baluchistan, as based on KAB
BO body odor
BPC British Pharmacopoeia
BPH benign prostatic hypertrophy
cAMP cyclic adenosine monophosphate
cf compare with
CFS chronic fatigue syndrome
CHD coronary heart disease
chd child
ckn chicken
CNS central nervous system
COM commercial
COMT catechol-O-methyl-transferase
COPD chronic obsessive pulmonary disorder
CORP corporation
COX cyclooxygenase
COX-I cyclooxygenase inhibitor (sometimes COX-1 or COX-2)
COX-2-1 COX-2-inhibitor
CVI chronic venous insufficiency
DGL deglycyrrhizinated licorice
DHT dihydrotestosterone
DMBA 7,12-dimethylbenz[a]anthracene (a carcinogen)
dml dermal
EBV Epstein-Barr virus
ED50 effective dose at which 50% of subjects are "cured," "effected," "affected," or "altered"
e.g. for example
EO essential oil
EPA eicosapentaenoic acid
EPO Evening Primrose oil
ERT estrogen replacement therapy
etc. et cetera
ext extract
f folklore, not yet substantiated
frg frog

g gram
GA glycyrrhetinic acid
GABA gamma-amino-butyric acid
GC *Garcinia cambogia*
GERD gastroesophageal reflux disease
GFG green farmacy garden
GI gastrointestinal
GLA gamma-linolenic acid
GMO genetically modified organism
gpg guinea pig
GTF glucosyl-transferase
h (as a score for an activity or indication) homeopathic
HCA hydroxycitric acid
HCN hydrocyanic acid
HDR *Herbal Desk Reference*; online version under my Medical Botany Syllabus (MBS)
HFR human fatality reported
HLE human leukocyte elastase
HMG hydroxymethylglutarate
hmn human
HRT hormone replacement therapy
iar intraarterial
IBD inflammatory bowel disease
IBS irritable bowel syndrome
IC inhibitory concentration
ICMR Indian Council of Medical Research
ID50 inhibitory dose at which 50% of activity is inhibited
IgE immunoglobulin-E
igs intragastric
ihl inhalation
IL interleukin
ims intramuscular
inc incorporated
ind intradermal
inf infusion
ipr intraperitoneal
ith intrathecal
ivn intravenous
LD50 lethal dose at which 50% of experimental population is killed
LDlo lowest reported lethal dose
lf leaf
l liter
MAOI monoamine oxidase inhibitor
MDR multidrug resistant
mg milligram
MIC used differently by various sources; minimum inhibiting concentration or mean inhibiting concentration
mky monkey
ml milliliter
MLD used differently by various sources; Merck meaning minimum lethal dose; some other sources meaning mean lethal dose, and some do not define it (with apologies to the reader from the compiler)
m*M* millimole
MMP-9 matrix metalloproteinase-9
mus mouse
NH3 ammonia
NIDDM noninsulin-dependent diabetes mellitus
NKC natural killer cell
NO nitric oxide
NWP Northwest Province or Pushtu (dialect at border of northwestern Afghanistan)
OCD obsessive compulsive disorder
ODC ornithine-decarboxylase
OPC oligomeric procyanidin
ORAC oxygen radical absorbance capacity
orl oral
OTC over the counter (or approved for sale in Europe)
oz ounce
PA pyrrolizidine alkaloids
PAF platelet aggregating factor
par parenteral
pc personal communication
PEITC phenethylisothiocyanate
pers. comm. personal communication
PG prostaglandin
pgn pigeon
PKC protein kinase C
PMS premenstrual syndrome
pp pages
ppm parts per million
PSA prostate-specific antigen
PTK protein tyrosine kinase
rbt rabbit
RSV respiratory syncytial virus
RT reverse transcriptase
SAD seasonal affective disorder
SAM S-adenosylmethionine
scu subcutaneous

SF Stephen Foster
SGPT serum glutamic pyruvic transaminase
SL sesquiterpene lactones
SLE systemic lupus erythematosus
SN serial number (when followed by a number)
SOD superoxide dismutase
SSRI selective serotonin reuptake inhibitor
sup suppository
TAM traditional Ayurvedic medicine
tbsp tablespoon
TCM traditional Chinese medicine
THC tetrahydrocannabinol
TNF tumor necrosis factor
tsp teaspoon
unk unknown
uns unspecified
UTI urinary tract infection
UV ultraviolet
VD venereal disease
VEGF vascular endothelial growth factor
VOD veno-occlusive disease
Vol volume
wmn woman
WPW Wolff-Parkinson-White (syndrome)
X solitary X in the title line of the herb following the scientific name means do not take it without advice from an expert (think of it as a skull and cross-bones)
X followed by serial number PMID (PubMed ID number)
XO external use only
ZMB zero moisture basis
μ**g** microgram
μ**l** microliter
μ***M*** micromole

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A

ABSCESS ROOT (*Polemonium reptans* L.) +

Activities (Abscess Root) — Alterative (f; EFS); Antipyretic (f; EFS); Astringent (1; PH2); Diaphoretic (1; EFS; PH2); Expectorant (1; EFS; PH2).

Indications (Abscess Root) — Fever (f; EFS; PH2); Inflammation (f; PH2).

Dosages (Abscess Root) — No real dosage given (PH2).

Contraindications, Interactions, and Side Effects (Abscess Root) — Not covered (AHP; KOM).

ACACIA, BABUL (*Acacia nilotica* (L.) Willd. ex Delile) ++

Synonym — *Acacia arabica* (Lam.) Willd.

Activities (Acacia) — Alexeteric (f; KAB); Algicide (1; ZUL); Amebicide (1; ZUL); Antibacterial (1; ZUL); Antiedemic (1; ABS); Antihistaminic (1; ZUL); Antiinflammatory (f; ABS); Antitussive (f; BIB); Aphrodisiac (f; MPI; ZUL); Astringent (f; GMH; PH2); Decongestant (f; BIB); Demulcent (f; BIB; DEP); Expectorant (f; KAB; MPI); Hemostat (f; DEP); Hepatotonic (f; KAB); Hypoglycemic (1; ZUL); Hypotensive (1; ZUL); Lactagogue (f; BIB; UPW); Molluscicide (1; ZUL); Neurostimulant (f; BIB); Protisticide (1; ZUL); Stimulant (f; BIB); Taenicide (1; ZUL); Teratologic (f; ZUL); Tonic (f; DEP); Vermifuge (1; KAB; ZUL).

Indications (Acacia) — Ameba (1; ZUL); Ascites (f; KAB); Bacteria (1; ZUL); Biliousness (f; KAB); Bleeding (f; BIB; DEP); Bronchosis (f; KAB); Burn (f; SKJ); Cancer (f; BIB); Cancer, ear (f; JLH); Cancer, eye (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cancer, testes (f; JLH); Catarrh (f; HH2); Childbirth (f; DEP); Chill (f; ZUL); Cholecystosis (f; BIB); Cholera (f; SKJ); Colic (f; KAB); Condyloma (f; BIB); Congestion (f; BIB); Conjunctivosis (f; DEP); Cough (f; DEP; KAB); Cystosis (f; DEP); Diabetes (1; DEP; ZUL); Diarrhea (f; GMH; PH2); Dysentery (f; BIB; DEP); Dyspepsia (f; ZUL); Dysuria (f; KAB); Enterosis (f; DEP); Fever (f; BIB; UPW); Flu (1; ABS); Fracture (f; KAB); Gastrosis (f; DEP); Gingivosis (f; DEP; PH2); Gonorrhea (1; DEP; ZUL); Hemorrhoid (f; BIB; KAB; PH2); Hepatosis (f; BIB); High Blood Pressure (1; ZUL); Hyperglycemia (1; ZUL); Hypersalivation (f; DEP); Induration (f; BIB; JLH); Infection (1; ZUL); Inflammation (1; ABS; PH2); Insanity (f; KAB); Leprosy (f; KAB); Leukoderma (f; KAB); Leukorrhea (f; DEP); Menorrhagia (f; DEP); Mucososis (f; PH2); Odontosis (f; PNC); Ophthalmia (f; BIB; JLH); Orchosis (f; BIB); Otosis (f; BIB; JLH); Pharyngosis (f; PH2); Pneumonia (f; ZUL); Proctosis (f; DEP; UPW); Puerperium (f; DEP); Pulmonosis (f; ZUL); Sclerosis (f; BIB); Smallpox (f; BIB); Snakebite (f; DEP); Sore (f; DEP; UPW); Sore Throat (f; DEP); Splenosis (f; JLH); Staphylococcus (f; ZUL); Stomachache (f; UPW); Stomatosis (f; DEP; PH2; UPW); Strangury (f; KAB); Swelling (1; ABS); Syphilis (f; BIB); Tapeworm (1; ZUL); Toothache (f; ZUL); Tuberculosis (f; BIB); Typhoid (f; BIB); Urethrosis (f; KAB); Uterosis (f; DEP; KAB); Vaginosis (f; KAB; PH2); VD (f; DEP); Worm (1; KAB; ZUL); Wound (f; UPW).

Contraindications, Interactions, and Side Effects (Acacia) — None covered (AHP; KOM). Large internal doses may lead to constipation and dyspepsia (PH2).

A

ADAM'S NEEDLES, SPANISH BAYONET (*Yucca filamentosa* L.) ++

Few taxonomists and herbalists and even fewer pharmacists and physicians can distinguish the *Yucca* species in the field. How then can they distinguish them ground and powdered in the capsule? APA covers also *Yucca brevifolia, Y. glauca,* and *Y. schidigera.*

Activities (Adam's Needles) — Antiarthritic (1; APA); Antiherpetic (1; APA); Antiinflammatory (f; WOI); Antimelanomic (1; APA); Antitumor (1; APA); Antiviral (1; APA); Hemolytic (1; APA); Piscicide (2; DEM; FAD); Sedative (f; DEM).

Indications (Adam's Needles) — Adenopathy (f; WOI); Arthrosis (1; APA); Biliousness (f; WOI); Bleeding (f; APA); Cholecystosis (f; PHR; PH2); Cytomegalovirus (1; APA); Depression (f; WOI); Dermatosis (f; APA; DEM; FAD); Diabetes (f; DEM); Gonorrhea (f; WOI); Headache (1; APA; WOI); Hepatosis (f; PHR; PH2); Herpes (1; APA); High Blood Pressure (1; APA); High Cholesterol (1; APA); Inflammation (f; APA; WOI); Insomnia (f; DEM); Melanoma (1; APA); Migraine (f; APA); Nervousness (f; DEM); Pain (1; APA); Rheumatism (1; APA; WOI); Sore (f; APA; DEM; FAD); Sprain (f; DEM; FAD); Stomatosis (f; WOI); Swelling (1; APA); Tumor (1; APA); VD (f; WOI); Virus (1; APA).

Dosages (Adam's Needles) — 3 (490 mg) capsules 3 ×/day (APA).

Contraindications, Interactions, and Side Effects (Adam's Needles) — AHP classifies four other *Yuccas* as Class 1. "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). (but PH2 designates no specific quantified dosage! JAD). Root compounds toxic to lower life forms (FAD). Saponins can cause gastric discomfort (PHR).

AFRICAN CAPER (*Capparis tomentosa* Lam.) +

Activities (African Caper) — Antispasmodic (1; VVG); Decongestant (f; ZUL); Depurative (f; ZUL); Diuretic (f; ZUL); Emetic (f; ZUL); Expectorant (f; ZUL); Philtre (f; ZUL); Tonic (f; ZUL).

Indications (African Caper) — Chest Ache (f; VVG; ZUL); Cough (f; VVG; ZUL); Cramp (1; VVG); Diarrhea (f; ZUL); Fever (f; ZUL); Gastrosis (f; ZUL); Gonorrhea (f; ZUL); Headache (f; VVG; ZUL); Impotence (f; ZUL); Infertility (f; ZUL); Insanity (f; VVG; ZUL); Jaundice (f; VVG; ZUL); Leprosy (f; ZUL); Malaria (f; VVG; ZUL); Mastosis (f; ZUL); Miscarriage (f; ZUL); Ophthalmia (f; ZUL); Pleurisy (f; ZUL); Pneumonia (f; VVG); Rheumatism (f; VVG); Scrofula (f; ZUL); Snakebite (f; VVG; ZUL); Swelling (f; ZUL); Water Retention (f; ZUL); Wound (f; ZUL).

Contraindications, Interactions, and Side Effects (African Caper) — In view of reported poisonings, indiscriminate use is discouraged (VVG); human fatalities reported following root ingestion. Contains stachydrine (ZUL).

AFRICAN QUININE, QUININE TREE (*Rauvolfia caffra* Sond.) +

Activities (African Quinine) — Antipyretic (f; ZUL); Depurative (f; ZUL); Diuretic (f; ZUL); Emetic (f; ZUL); Larvicide (f; ZUL); Laxative (f; ZUL); Tranquilizer (f; ZUL).

Indications (African Quinine) — Enterosis (f; ZUL); Fever (f; ZUL); Itch (f; ZUL); Maggot (f; ZUL); Malaria (f; ZUL); Measles (f; ZUL); Nervousness (f; ZUL); Pneumonia (f; ZUL); Rheumatism (f; ZUL); Scrofula (f; ZUL); Swelling (f; ZUL); Water Retention (f; ZUL); Wound (f; ZUL).

Contraindications, Interactions, and Side Effects (African Quinine) — Poisonous (ZUL).

AFRICAN SPURGE (*Euphorbia resinifera* O. Berg & C. F. Schmidt) X

Activities (African Spurge) — Abortifacient (f; PH2); Carcinogenic (1; PH2); Emetic (1; PH2); Immunostimulant (1; PH2); Irritant (1; PH2); Laxative (1; EFS; PH2); Rubefacient (f; EFS); Sialagogue (f; PH2); Toxic (f; EFS); Vesicant (f; EFS).

Indications (African Spurge) — Bronchosis (f; HHB); Cancer (f; JLH; PH2); Catarrh (f; HHB); Conjunctivosis (f; HHB; PH2); Constipation (f; PH2); Dermatosis (f; PH2); Diarrhea (f; HHB); Dropsy (f; PH2); Dysmenorrhea (f; PH2); Epistaxis (f; HHB); Gout (f; PH2); Headache (f; PH2); Immunodepression (1; PH2); Infection (f; PH2); Inflammation (f; PH2); Otosis (f; PH2); Plantar Wart (f; JLH); Respirosis (f; PH2); Sore (f; PH2); Ulcer (f; PH2); Wart (f; PH2).

Dosages (African Spurge) — Don't take it (JAD).

Contraindications, Interactions, and Side Effects (African Spurge) — Not covered (AHP). Topically very irritating. Ingestion can cause death, burning gastrosis, colic, diarrhea, nephrosis, salivation (PH2).

AFRICAN WILD YAM (*Dioscorea dregeana* (Kunth) T. Durand & Schinz) +

Activities (African Wild Yam) — Avicide (f; ZUL); Hemolytic (1; ZUL); Intoxicant (f; ZUL); Narcotic (f; ZUL); Soporific (f; ZUL).

Indications (African Wild Yam) — Childbirth (f; ZUL); Convulsion (f; VVG); Cramp (f; ZUL); Epilepsy (f; VVG); Fit (f; VVG; ZUL); Hysteria (f; ZUL); Insanity (f; ZUL); Nervousness (f; ZUL); Scabies (f; VVG); Sore (f; ZUL); Wound (f; ZUL).

AFRICAN WORMWOOD (*Artemisia afra* Jacq.) +

Activities (African Wormwood) — Analgesic (1; VVG; ZUL); Analeptic (1; VVG); Antibacterial (1; VVG); Antihistaminic (1; ZUL); Antiinflammatory (1; VVG); Antiitch (1; VVG); Antiseptic (1; VVG); Carminative (1; VVG); Decongestant (f; VVG); Depurative (f; ZUL); Emetic (f; VVG); Narcotic (1; VVG; ZUL); Stimulant (1; VVG).

Indications (African Wormwood) — Acne (1; ZUL); Anorexia (f; VVG; ZUL); Bacteria (1; VVG); Boil (1; ZUL); Cardiopathy (1; VVG); Childbirth (f; ZUL); Chill (f; ZUL); Cold (1; VVG; ZUL); Colic (f; ZUL); Constipation (1; ZUL); Croup (f; ZUL); Diabetes (f; ZUL); Dyspepsia (f; ZUL); Enterosis (f; ZUL); Fever (1; VVG; ZUL); Flu (f; VVG); Gas (1; VVG); Gastrosis (f; ZUL); Gout (f; ZUL); Headache (f; VVG); Hemorrhoid (f; ZUL); Inflammation (1; VVG); Itch (1; VVG); Malaria (1; VVG; ZUL); Measles (f; ZUL); Mumps (f; ZUL); Otosis (f; VVG; ZUL); Pain (1; VVG; ZUL); Pertussis (f; ZUL); Pneumonia (1; VVG; ZUL); Sore Throat (f; ZUL); Sprain (f; ZUL); Toothache (f; ZUL); Worm (1; VVG; ZUL).

Contraindications, Interactions, and Side Effects (African Wormwood) — One tbsp EO (essential oil) severely poisoned a worker, similar to thujone poisoning (ZUL).

AGA, FLY AGARIC (*Amanita muscaria*) X

Activities (Aga) — GABA-Antagonist (1; PH2); Hallucinogen (1; PH2); Paralytic (1; PH2); Psychotropic (1; PH2); Stimulant (1; PH2); Toxic (1; PH2).

Indications (Aga) — Anxiety (f; PH2); Arthrosis (f; PH2); Intoxication (f; PH2); Neuralgia (f; PH2); Pain (f; PH2).

Dosages (Aga) — Don't take it (JAD).

Contraindications, Interactions, and Side Effects (Aga) — Signs of intoxication include confusion, cramps, dizziness, enteralgia, mania, psychostimulation, then sedation vomiting (PH2).

AGAR (*Gelidium amansii*) ++

Activities (Agar) — Laxative (1; PH2); Peristaltic (1; PH2).

Indications (Agar) — Constipation (1; PH2).

Dosages (Agar) — 4–16 g 1–2 ×/day (AHP); 4–16 g in 1–4 doses (HHB); 1–2 tsp powdered agar, always with liquid, 1–3 ×/day (PH2).

Contraindications, Interactions, and Side Effects (Agar) — Class 2d. Take with at least 250 ml (8 oz liquid); contraindicated in bowel obstruction (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

AGRIMONY (*Agrimonia eupatoria* L.) ++

Activities (Agrimony) — Aggregant (1; CRC; PH2; ZUL); Antibacterial (1; FNF); Antidiabetic (1; APA); Antiinflammatory (1; BIS); Antipyretic (1; CRC); Antiseptic (1; APA); Astringent (2; APA; KOM); Antiviral (1; APA; PNC); Candidicide (1; APA); Cholagogue (1; PNC); Depurative (f; CRC); Diuretic (1; PNC); Emmenagogue (f; CRC); Fungicide (1; APA); Hemostat (1; PH2); Hypoglycemic (1; APA); Litholytic (f; CRC); Sedative (f; CRC); Stomachic (f; WBB); Tonic (1; APA; CRC; PNC); Uricolytic (1; CAN); Vermifuge (1; CRC; WBB; ZUL); Vulnerary (f; CRC).

Indications (Agrimony) — Acne (f; CRC); Anthrax (f; WBB; ZUL); Asthma (f; CRC); Bacteria (1; FNF; ZUL); Bile (f; ZUL); Bleeding (1; CRC; PH2; ZUL); Bronchosis (f; CRC); Cancer (f; JLH); Cancer, bladder (f; JLH); Cancer, breast (f; JLH); Cancer, face (f; JLH); Cancer, ganglion (f; JLH); Cancer, groin (f; JLH); Cancer, joint (f; JLH); Cancer, kidney (f; JLH); Cancer, liver (f; JLH); Cancer, sinew (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, uterus (f; JLH); Candida (1; APA); Carcinoma (f; JLH); Cholecystosis (f; APA); Cholelithiasis (f; ZUL); Cholestasis (f; PH2); Cold (f; CRC; WBB); Condyloma (f; CRC; JLH); Congestion (f; APA); Corn (f; CRC; JLH); Cystosis (f; JLH); Decubitis (f; CRC); Dermatosis (2; APA; CAN; KOM); Diabetes (1; APA); Diarrhea (2; APA; FAD; KOM); Dysentery (1; FNF); Dyspepsia (1; CAN; KOM); Eczema (f; PH2); Enterosis (f; CRC; PH2); Enuresis (f; PH2); Eruption (f; CRC); Fever (1; CRC; FAD); Fungus (1; APA); Gastrosis (f; CAN; KOM); Gastroduodenosis (f; CAN); Gastroenterosis (1; APA; BIS); Gout (f; CRC; FAD); Hemorrhoid (f; CRC; APA); Hematuria (1; CRC); Hepatosis (f; APA; FAD; JLH; WO3); Hyperglycemia (1; APA); Icterus (f; ZUL); Infection (1; APA); Inflammation (1; BIS); Insomnia (f; CRC); Jaundice (f; CRC); Kernel (f; JLH); Kidney Stone (f; APA); Metrorrhagia (1; CRC); Mucososis (1; APA; PHR; PH2); Mycosis (1; APA); Nephrosis (f; JLH; PH2); Nervousness (f; CRC); Neuralgia (f; CRC); Neurosis (f; CRC); Porphyria (f; CAN); Pharyngosis (2; FAD; KOM; PHR; PH2); Psoriasis (f; PH2); Rash (1; APA); Rheumatism (f; CRC); Scirrhus (f; JLH); Sclerosis (f; CRC); Scrotum (f; CRC); Seborrhea (f; PH2); Sinew (f; CRC); Snakebite (f; CRC); Sore (1; APA; JLH); Sore Throat (1; APA; CRC);

Splenosis (f; CRC; JLH); Stomatosis (2; KOM; PHR); Stone (f; CRC); Tuberculosis (f; CRC; ZUL); Tumor (f; CRC); Ulcer (1; APA); Uterosis (f; JLH); Varicosis (1; APA); Virus (1; APA; PNC); Wart (f; CRC; JLH); Water Retention (1; PNC); Worm (1; CRC; FAD; PH2; WBB; ZUL); Wound (1; APA; JLH; PH2); Yeast (1; APA).

Dosages (Agrimony) — 3 g herb (KOM; PHR); 3–6 g herb (APA); 1–1.5 g (BIS); 2–4 g 3 ×/day (CAN); 1 tsp herb/cup water (RFW); 1–3 ml extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2–4 ml liquid herb extract (PNC); 1–4 ml tincture (1:5) in 45% alcohol 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (Agrimony) — Class 1 (AHP). None known (Kom; PHR). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Excessive doses may interact with anticoagulant, hypotensive, and hypertensive therapies. As with other tannin-rich herbs, "excessive use" should be avoided. In view of the lack of toxicity data, use of agrimony should be avoided during pregnancy and lactation. Reportedly affects the menstrual cycle (CAN).

Extracts (Agrimony) — Uricolytic activity demonstrated for 15% infusions ED = 20 ml/kg orl rat (equivalent to 3 g dry drug); hypotensive (ivn cat); bactericidal against *Staphylococcus* and *Streptococcus*. The tannin constituent agrimoniin (from *A. pilosa*) has antitumor activity, perhaps via immunostimulant activity (CAN). Aqueous extracts inhibited *Mycobacterium tuberculosis, in vitro,* and ethanolic extracts show antiviral activity (PNC). Twenty cutaneous porphyria patients successfully treated with agrimony infusions. Chinese research indicates agrimony increases blood coagulability ~50% (CAN).

AIR PLANT, TREE OF LIFE (*Bryophyllum pinnatum* (Lam.) Oken) +

Synonym — *Kalanchoe pinnata* Pers.

Activities (Air Plant) — Analgesic (1; TRA); Antiaggregant (1; TRA); Antibacterial (1; TRA); Anticancer (1; AAB); Antiedemic (1; TRA); Antiinflammatory (1; AAB; TRA); Antiplaque (1; TRA); Antiprostaglandin (1; TRA); Antiseptic (1; TRA); Antispasmodic (1; TRA); Antitussive (1; TRA); Choleretic (1; TRA); Cicatrizant (1; TRA); Cytotoxic (1; TRA); Diuretic (1; TRA); Emollient (f; JFM); Expectorant (f; JFM); Fungicide (1; AAB; TRA); Hemostat (f; JFM); Immunomodulator (1; TRA); Lipoxygenase-Inhibitor (1; TRA); Panacea (f; AAB); Spasmogenic (1; TRA); Vasoconstrictor (1; TRA); Vulnerary (f; JFM).

Indications (Air Plant) — Athlete's Foot (1; AAB); Bacteria (1; TRA); Bleeding (f; JFM); Boil (f; JFM); Bronchosis (f; IED); Bruise (f; AAB; JFM); Bug Bite (f; JFM); Cancer (1; AAB); Cold (f; TRA); Colitis (1; TRA); Congestion (f; JFM); Conjunctivosis (f; JFM); Cough (f; TRA); Cramp (1; TRA); Debility (f; AAB); Dermatosis (f; JFM); Dysmenorrhea (1; TRA); Dysuria (f; JFM); Enterosis (1; IED; TRA); Fever (f; IED); Flu (f; AAB); Fracture (f; IED); Fungus (1; AAB; TRA); Gonorrhea (f; JFM); Headache (f; IED; JFM; TRA); Heartburn (f; IED); Infection (1; AAB; JFM; TRA); Inflammation (1; AAB; TRA); Mastosis (f; AAB); Migraine (f; IED); Mycosis (1; AAB; TRA); Ophthalmia (f; JFM); Otosis (f; JFM); Pain (1; TRA); Pulmonosis (f; JFM); Sore (1; TRA); Sore Throat (f; AAB); Sprain (f; AAB); Swelling (1; AAB; TRA); Urethrosis (f; JFM); VD (f; JFM); Water Retention (1; TRA); Wound (1; AAB; TRA).

Dosages (Air Plant) — 10 g leaf applied to forehead for headache (TRA).

Contraindications, Interactions, and Side Effects (Air Plant) — Do not use more than 15 days in a row. Not for pregnant, puerperal, or lactating mothers or small children (TRA).

A

AIR POTATO (*Dioscorea bulbifera* L.) ++

Synonym — *Dioscorea latifolia* Benth.

Activities (Air Potato) — Alexeteric (f; DAV); Alterative (f; KAB; KAP); Analgesic (1; TRA); Anorectic (1; KAP); Antidote (f; DAV); Antiinflammatory (f; DAV); Antipyretic (1; DAA; DEP; TRA); Antiseptic (f; WBB); Aphrodisiac (f; KAB); Astringent (f; KAB); Bitter (1; KAB); Candidicide (f; WBB); Detoxicant (f; DAA); Diuretic (f; DAV; WBB); Expectorant (f; DAA; KAB); Hemolytic (1; WBB); Hemostat (f; DAV); Hypoglycemic (1; TRA); Lipogenic (f; KAB); Molluscicide (1; TRA); Piscicide (1; WBB); Stomachic (f; KAB); Tonic (f; KAB); Vermifuge (f; KAB).

Indications (Air Potato) — Abscess (f; TRA); Anorexia (f; KAB); Asthma (f; KAB); Biliousness (f; KAB); Bleeding (f; DAV); Boil (f; WBB; DAA); Bronchosis (f; KAB); Cancer (f; DAV; KAB; JLH); Cancer, cervix (f; DAA); Cancer, colon (f; DAA); Cancer, stomach (f; DAA); Candida (f; DAA; WBB); Cervisosis (f; JLH); Complexion (f; KAB); Conjunctivosis (f; DAA; WBB); Diarrhea (f; DAA; WBB); Dysentery (f; DAV; KAP; WBB); Dyspepsia (f; KAB); Dysuria (f; KAB); Enterosis (f; DAA; KAB); Fever (1; DAA; DAV; DEP; TRA); Gastrosis (f; DAA); Goiter (f; DAA); Gonorrhea (f; DAA); Hemorrhoid (f; KAB; KAP; WBB); Hernia (f; DAA); Hyperglycemia (1; TRA); Infection (f; DAA); Inflammation (f; DAA; DAV; TRA); Leukoderma (f; KAB); Pain (1; KAB; TRA); Snakebite (f; DAA); Sore (f; DAV; KAB; KAP; WBB); Sore Throat (f; DAA); Strangury (f; KAB); Swelling (f; DAA); Syphilis (f; DAA; DAV; KAP; WBB); Thyroma (f; DAA); Tumor (f; DAV); VD (f; DAA; KAP); Water Retention (f; DAV; WBB); Worm (f; KAB); Yeast (f; DAA; WBB).

Dosages (Air Potato) — 6–12 g powdered tuber (KAP).

AJOWAN, BISHOP'S WEED (*Trachyspermum ammi* (L.) Sprague ex Turrill.) +++

Synonyms — *Ammi copticum* L., *Carum ajowan* ined., *Carum copticum* (L.) C. B. Clarke, *Sison ammi* L., *T. copticum* (L.) Link

Activities (Ajowan) — Antioxidant (1; WOI); Antipyretic (f; KAB); Antiseptic (f; DEP); Antispasmodic (f; KAB; SUW); Aperitif (f; KAB); Aphrodisiac (f; KAB); Bitter (f; KAB); Cardiodepressant (1; WOI); Carminative (f; KAB; SUW); Catabolic (f; MBB); Detoxicant (f; MBB); Diaphoretic (f; MBB); Diuretic (f; KAB; SUW); Emmenagogue (f; KAB); Expectorant (f; KAB); Fungicide (1; WOI); Gastrorelaxant (1; MPI); Gastrostimulant (1; MPI); Hypotensive (1; WOI); Lactagogue (f; KAB); Laxative (f; KAB); Litholytic (f; MBB); Parasympathomimetic (1; WOI); Sialagogue (f; DEP); Spasmogenic (1; MPI); Stimulant (f; KAB; SUW); Stomachic (f; KAB); Tonic (f; KAB; SUW); Vermifuge (1; KAB).

Indications (Ajowan) — Anorexia (f; KAB); Arthrosis (f; MBB); Ascites (f; KAB); Asthma (f; MBB; WOI); Atony (f; KAB); Bacteria (1; WOI); Boil (f; KAB); Bronchosis (f; MBB; WOI); Cachexia (f; SKJ); Cancer (f; KAB); Cancer, abdomen (f; KAB); Cardiopathy (f; KAB); Cholera (f; DEP; KAB); Cold (f; DEP); Colic (f; DEP; SUW); Congestion (f; MBB); Cough (f; KAB; MBB; WOI); Cramp (f; DEP; KAB; SUW); Debility (f; KAB); Diarrhea (f; KAB); Dipsomania (f; DEP); Dyspepsia (f; DEP; KAB; SUW); Edema (f; MBB); Emphysema (f; WOI); Enterosis (f; KAB); Epilepsy (f; SKJ); Escherichia (1; WOI); Fever (f; KAB; MBB); Flu (f; MBB); Fungus (1; WOI); Gas (f; KAB; SUW); Gastrosis (f; KAB); Hemorrhoid (f; KAB); Hepatosis (f; KAB); Hiccup (f; KAB); High Blood Pressure (1; WOI); Hysteria (f; DEP); Infection (1; DEP; WOI); Inflammation (f; KAB); Laryngosis (f; MBB); Mycosis (1; WOI);

Nausea (f; KAB); Nematode (f; KAB); Nephrosis (f; KAB); Ophthalmia (f; KAB); Pain (f; KAB); Paralysis (f; KAB); Pneumonia (f; WOI); Rheumatism (f; DEP); Salmonella (1; WOI); Sinusosis (f; MBB); Snakebite (f; KAB); Sore (f; SKJ); Sore Throat (f; DEP); Splenosis (f; KAB); Stone (f; MBB); Syncope (f; DEP); Toothache (f; KAB); VD (f; SKJ); Water Retention (f; KAB; SUW); Worm (1; KAB; KAP); Wound (f; SKJ).

Dosages (Ajowan) — 3–6 g powdered seed; 125 mg extract (KAP).

Extracts (Ajowan) — EO fungitoxic at 500 ppm (FFJ4(1) 1:1), also spasmogenic (MPI). Rich in thymol, which could impart many of its biological activities.

AKEE APPLES, SESO VEGETAL, ACKEE (*Blighia sapida* K. D. Koenig) X

Synonym — *Cupania sapida* J. Voigt

Activities (Akee Apples) — Analgesic (f; CRC); Antidote (f; CRC); Antiemetic (f; CRC); Antipyretic (f; CRC); Poison (f; CRC); Stimulant (f; CRC); Stomachic (f; CRC); Vulnerary (f; CRC).

Indications (Akee Apples) — Cancer, breast (f; CRC); Cancer, testicle (f; CRC); Cold (f; CRC); Conjunctivosis (f; CRC); Dysentery (f; CRC); Edema (f; CRC); Epilepsy (f; CRC); Fever (f; CRC); Migraine (f; CRC); Ophthalmia (f; CRC); Orchosis (f; CRC); Pain (f; CRC); Pyorrhea (f; CRC); Smallpox (f; CRC); Sore (f; CRC); Tumor (f; CRC); Ulcer (f; CRC); Vomiting (f; CRC); Yaws (f; CRC); Yellow Fever (f; CRC).

Contraindications, Interactions, and Side Effects (Akee Apples) — Used as a fish poison. Contains the potentially useful but toxic hypoglycemic agents, cyclopropanoid amino acids, hypoglycin A, and hypoglycin B. Akee poisoning has been reported to be fatal in 2 hours. The bitter reddish raphe should be picked out as the fruit opens on the tree. Damaged, unripe, or fallen fruits should not be eaten. Symptoms include nausea, vomiting, a quiescent period with drowsiness and sleep, followed 3 or 4 hours later with intense vomiting, and lastly, convulsions, coma, and death.

ALBIZZIA, SIRIS (*Albizia lebbeck* (L.) Benth.) +

Synonyms — *Acacia lebbek* (L.) Willd., *Mimosa lebbeck* L.

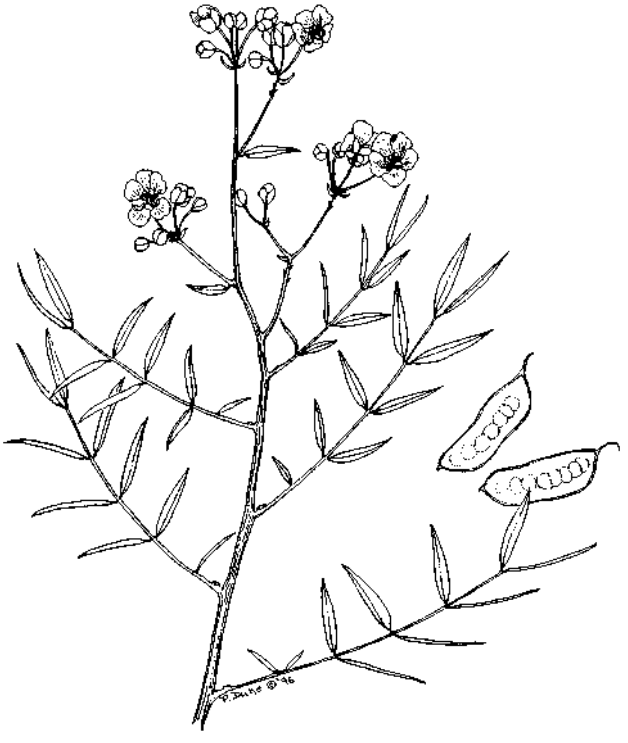
Activities (Albizzia) — Antiallergic (2; KEB); Antianaphylactic (1; KEB); Antiasthmatic (2; KEB); Antibacterial (1; KEB); Antibronchitic (1; KEB); Antihistaminic (1; KEB); Antiseptic (1; KEB); Antispasmodic (1; KEB); Antitubercular (f; WO2); Astringent (f; WO2); Cardiotonic (f; KEB); Fungicide (1; KEB); Hypocholesterolemic (2; KEB); Insecticide (f; WO2); Mast-Cell Stabilizer (1; KEB); Positive Inotropic (2; KEB); Tonic (f; WO2).

Indications (Albizzia) — Allergy (2; KEB); Anaphylaxis (1; KEB); Asthma (2; KEB); Bacteria (1; KEB); Boil (f; SKJ); Bronchosis (f; WO2; KEB); Carbuncle (f; SKJ); Cramp (1; KEB); Dermatosis (1; KEB); Diarrhea (f; SKJ); Dysentery (f; SKJ); Eczema (2; KEB); Fungus (1; KEB); Gingivosis (f; SKJ); Gonorrhea (f; SKJ); Hemorrhoid (f; SKJ); High Cholesterol (2; KEB); Infection (1; KEB); Leprosy (f; WO2); Mycosis (1; KEB); Nephrosis (2; KEB); Night Blindness (f; SKJ); Swelling (f; SKJ); Urticaria (2; KEB).

Dosages (Albizzia) — 3–6 ml/day (1:2 liquid extract) (KEB).

A

ALEXANDRIAN SENNA (*Senna alexandrina* Mill.) +



Synonyms — *Cassia acutifolia* Delile, *C. angustifolia* Vahl, *C. lanceolata* Forssk., *C. senna* L.

Activities (Alexandrian Senna) — Antidysenteric (f; WHO); Antileukemic (1; CAN); Antispasmodic (f; PED); Bitter (f; PED); Carminative (f; WHO); Expectorant (f; WHO); Fungicide (1; JAD); Hepatoprotective (1; CAN); Laxative (1; BGB; PH2; PIP; SKY); Mutagenic (1; BGB); Peristaltic (1; PED; WHO).

Indications (Alexandrian Senna) — Anemia (f; PH2); Cancer (f; JLH); Constipation (2; BGB; KOM; PH2; PIP; SKY; WHO); Cramp (f; PED); Dermatosis (f; WHO); Dysentery (1; WHO); Dyspepsia (f; WHO); Enterosis (f; PH2); Fever (f; PH2; WHO); Fungus (1; JAD); Gas (f; WHO); Gonorrhea (f; WHO); Hemorrhoid (f; BGB; PIP; WHO); Hepatosis (1; CAN; PH2); Infection (1; JAD); Jaundice (f; PH2); Leukemia (1; CAN); Mycosis (1; JAD); Ringworm (1; JAD); Splenosis (f; PH2); Typhoid (f; PH2); Wound (f; WHO).

Dosages (Alexandrian Senna) — 0.5–2 g (0.5–1 tsp)/cup water (APA); 1–2 g fruit (WHO); 3–6 alexandrian or 4–12 tinnevelly pods steeped in 150 ml warm water 6–12 hours (CAN); 0.5–2 g dry leaflets (CAN); 1–2 g dry leaf (PED; WHO); 1 g dry leaf:5 ml alcohol/5 ml water (PED); 0.5–2 ml liquid leaf extract (1:1 in 25% ethanol) (CAN); 20–30 mg hydroxyanthracene derivatives/day calculated as sennoside B (KOM); 2 (25 mg) StX extracts 1–2 ×/day (APA); 10–60 mg sennosides (SKY).

Contraindications, Interactions, and Side Effects (Alexandrian Senna) — Class 2b, 2c, 2d (AHP). Commission E and other sources report interaction of anthranoid laxatives (AEH). Anthranoid-containing laxatives can be habit-forming. Some contain compounds suspected of being cytotoxic, genotoxic, mutagenic, and even tumorigenic. Epidemiological studies in Germany reveal that abusers of anthranoid laxatives have three times higher rate of colon carcinoma. One woman developed clubbing of her digits and hypertropic osteoarthropathy

after taking at least three tablets daily for 3 years for weight loss. She also experienced several months of secondary amenorrhea. Of senna leaf, Blumenthal et al. lists abdominal pain of unknown origin, acute intestinal inflammation (e.g., Crohn's disease and colitis ulcerosa), and appendicitis as contraindications. Because of the anthraquinones, nonstandardized preparations should be avoided during pregnancy and lactation (CAN). "Anthraquinones may be secreted into breast milk" (CAN). Should not be used in lactation, pregnancy, or with children under 12 years old (KOM). Occasional cramp-like discomfort of the GI tract may require dosage reduction (KOM). Side effects with chronic abuse: disturbance of electrolyte balance, especially hypokalemia (may be exacerbated by simultaneous administration of corticoadrenal steroids, licorice root, or thiazide diuretics), leading to cardiopathy, muscular weakness especially with concurrent uses of cardiac glycosides, corticosteroids, or diuretics (KOM). Pigmentation of the intestinal mucosae (pseudomelanosis coli) is harmless and usually reverses on discontinuation of the drug. Laxative like this should not be used more than 1–2 weeks without medical advice (KOM). CAN report anthraquinones are purgative and irritate GI tract. Also contraindicated in hemorrhoids and nephropathy (CAN), intestinal obstruction, abdominal pain of unknown causes, any enterosis (appendicitis, colitis, Crohn's disease, irritable bowel syndrome) hemorrhoids, nephropathy, menstruation (AHP). Do not use more than 8–10 days (AHP). Do not use this in case of abdominal pain or diarrhea. Consult a health care provider prior to use in pregnancy or nursing. Discontinue use if diarrhea or watery stools occur. Not for long term use (AHP). "Some herbal laxative preparations, such as cascara and senna for example, can cause an increase in the potency of digoxin" (D'epiro, 1997). Pedersen (1998) cautions against taking the fresh leaf (we have done that in Peru with modest laxative results). "Senna causes gripping unless taken in combination with carminative herbs such as ginger, cloves, or various mint species." Although GRAS, senna can be more habit-forming than cascara (PED). Lininger et al. (1998) pronounce it "safe for children over the age of six" (half the adult dose) (SKY). I'd be more cautious.

Extracts (Alexandrian Senna) — Possibly representing a negative case for my synergy proposition, "The toxicity of total extracts is greater than that of the individual sennosides. It has been proposed that the laxative and toxic components of senna could be separated" (CAN). Elsewhere, I have read that the sennosides are synergetic as far as their laxative action is concerned. But then anomalously, CAN report that sennosides A and B are reported to be most potent with respect to laxative action, but the least toxic compared to other anthraquinone fractions. LD50s of sennosides A & B are 4100 mg/kg ivn mus and of rhein-8-glycoside 400 mg/kg ivn mus. All fractions had LD50 = >5000 mg/kg orl rat.

A

ALFALFA (*Medicago sativa* L.) +

Activities (Alfalfa) — Abortifacient (f; MAD); Alterative (f; PED); Antiatherosclerotic (1; APA); Antibacterial (1; CRC; WOI); Antiinflammatory (f; APA); Antipyretic (f; PED); Antiscorbutic (1; CRC); Antispasmodic (f; PED); Antithrombic (f; PED); Aperitif (f; CRC; SKY); Bitter (f; PED); Cardiotonic (f; CRC); Choleretic (1; PNC); Cyanogenic (f; CRC); Deobstruent (f; CRC); Depurative (f; CRC; PED); Digestive (1; PED); Diuretic (1; CRC; PED; PH2); Ecbolic (f; CRC); Emetic (f; CRC); Emmenagogue (1; CRC; FNF; UPW); Estrogenic (1; CRC; FAD; SKY); Fungicide (1; FAD); Hemolytic (f; APA); Hemostat (f; FAD); Hypocholesterolemic (f; CAN; PED); Hypoglycemic (f; PED); Lactagogue (1; CRC; FNF; UPW); Stimulant (f; CRC); Stomachic (f; CRC; PED); Tonic (f; CRC; PED).

Indications (Alfalfa) — Alcoholism (f; FAD); Allergy (f; APA); Anorexia (f; CRC; FAD; SKY); Arthrosis (f; APA; CRC; FAD; MAD); Asthma (f; APA); Atherosclerosis (1; APA); Bacteria (1; CRC; FNF; WOI); Bleeding (f; FAD); Blood Clot (f; APA; PED); Boil (f; CRC); Cancer (f; FAD; JLH); Cholecystosis (f; APA); Cough (f; CRC); Cramp (f; PED); Debility (1; CAN); Diabetes (1; APA; CAN; FAD; MAD; PH2); Dyspepsia (f; APA); Dysuria (f; CRC; PED); Enterosis (f; CRC); ERT (1; FAD; FNF; SKY); Fever (f; CRC; PED); Fungus (1; FAD); Gall Bladder (1; PNC); Gastrosis (f; CRC); Gravel (f; CRC); Halitosis (1; FNF); High Cholesterol (1; APA; CAN; PED; PNC); Hyperglycemia (f; PED); Hypoprothrombinaemic Purpura (1; CAN); Indigestion (1; PED); Induration (f; MAD); Infection (1; FAD); Inflammation (f; APA); Mycosis (1; FAD); Myxedema (f; MAD); Nephrosis (f; APA; CRC); Ophthalmia (f; MAD); Otosis (f; DEM); Poor Milk Supply (1; FAD; FNF); Prostatosis (1; APA; FNF); Rheumatism (f; PED; MAD); Swelling (f; MAD); Thrombosis (f; PED); Thyroidosis (f; PHR; PH2); Water Retention (1; CRC; PED; PH2); Wound (f; MAD); Yeast (1; CAN).

Dosages (Alfalfa) — 1–2 tsp dry leaf/cup water 3 ×/day (APA); 5–10 g/herb/day (CAN); 6–12 g/dry herb/day (PED); 5–10 ml tincture (1:1 in 25% alcohol) 3 ×/day (CAN); 15–30 drops tincture 4 ×/day (SF2); 3–4 (370 mg) capsules 3 ×/day (NH); 1–2 (500 mg) capsules/day (SF); 8–9 (400–500 mg) capsules/day (SF2).

Contraindications, Interactions, and Side Effects (Alfalfa) — Class 1 (AHP). PHR is too kind with their usual template. None known with proper dosage (which they don't define) (PH2). Stachydrine and l-homostachydrine, in the seeds, may be emmenagogue and lactogenic. One patient died from listerosis after ingesting contaminated alfalfa tablets (LRNP, March 1991). Seeds and/or sprouts may contain 13,000 ppm canavanine, which may be implicated in hypocomplementenemia, lupus, and pancytopenia. Canavanine, a toxic amino acid, may cause systemic lupus erythematosus syndrome (CAN). Systemic lupus erythematosus (SLE)-like manifestations, skin reactions, gastrointestinal disturbances, raised serum urate levels are symptoms that have been associated with alfalfa use in humans. Seeds should not be ingested during pregnancy or lactation (CAN). May cause stomach upset and diarrhea. Believed by some herbalists to be helpful in delaying absorption of cholesterol and dissolving plaque deposits on arterial walls (TMA). Consumption of alfalfa tablets contaminated with *Listeria monocytogenes* was linked to a fatal case of listerosis. One case of allergic reaction (from contamination with grass pollen) in alfalfa tablets has been reported (SF2). Flatulence, abdominal discomfort, loose stools, diarrhea, and loss of appetite may result from ingesting large amounts of alfalfa seeds (120 g/day).

Extracts (Alfalfa) — Purines in seeds may raise mean serum urate levels (AEH). Porphyrins may photosensitize (PNC). Saponins decrease plasma cholesterol without changing HDL cholesterol, decrease intestinal absorption of cholesterol, increase excretion of neutral steroids and bile acids, and prevent atherosclerosis. Saponins hemolytic, may interfere with vitamin E utilization. Root saponins, selectively antiyeast and fungicide, also hypocholesterolemic, in monkeys (CAN). "Saponin contents act on the cardiovascular, nervous and digestive systems" (PHR). Alfalfa sprouts, not recommended, contain trace of COX-2 inhibitor apigenin (70 ppm ZMB) (COX). Forty g heat-treated alfalfa seed, 3 ×/day/8 weeks, helped normalize serum cholesterol concentrations in Type 2 hyperlipoproteinanemia. Alfalfa extracts, possibly due to the high manganese content, may reduce blood sugar, but only in patients with inability to use their stored manganese (CAN).

ALISMA (*Alisma plantago-aquatica* L.) +

Synonym — *Alisma orientale* (Sam.) Juz.

Activities (Alisma) — Antidote, opium (f; WO2); Antipyretic (f; DAA); Astringent (f; GMH; LMP); Diaphoretic (f; DAA; GMH); Diuretic (2; DAA; FAD; GMH; WO3); Hemostat (f; GMH); Hepatoprotective (1; PEP; WO3); Hypocholesterolemic (f; PEP; PH2); Hypoglycemic (f; PEP; PH2); Hypotensive (1; PH2; WO3); Irritant (1; FAD); Lactagogue (f; LMP); Lipotropic (f; PEP); Litholytic (f; WO2); Natriuretic (f; PEP); Rubefacient (1; FAD); Sterilant (f; DAA); Stomachic (f; LMP); Tonic (f; LMP); Vulnerary (f; WO2).

Indications (Alisma) — Aphrodisiac (f; DAA); Ascites (f; DAA); Back (f; DEM); Beriberi (f; DAA); Bleeding (f; GMH); Bruise (f; FAD; GMH; WO2); Calculus (f; GMH); Cancer (f; WO2); Cancer, stomach (f; WO2); Cardiopathy (f; DEM); Catarrh (f; FAD); Childbirth (f; DEM); Cholecystosis (f; PHR); Chyluria (f; DAA); Constipation (f; DEM); Cramp (f; DEM); Cystosis (f; DAA); Debility (f; DEM); Diabetes (f; DAA; LMP); Diarrhea (f; FAD); Dropsy (f; DAA; LMP); Dysentery (f; GMH; WO2); Dysuria (1; DAA; FAD); Edema (1; DAA; FAD); Enterosis (f; DAA); Epilepsy (f; GMH); Fever (f; DAA; GMH); Flu (f; DEM); Frigidity (f; DAA); Gastrosis (f; DEM; WO2); Gonorrhea (f; DAA); Gout (f; WO2); Gravel (f; FAD; GMH); Heartburn (f;

DEM); Hematuria (f; DAA); Hepatosis (1; WO3); High Blood Pressure (1; PH2; WO3); High Cholesterol (f; PEP; PH2); Hydrophobia (f; WO2); Hyperglycemia (f; PEP; PH2); Induration (f; WO2); Infertility (f; DAA); Inflammation (f; WO2); Kidney Stone (f; DAA); Leprosy (f; DAA); Leukemia (f; WO2); Nephrosis (f; DAA); Obesity (f; PEP); Polyuria (f; DAA); Rhinosis (f; FAD); Snakebite (f; GMH); Sore (f; WO2); Stomachache (f; DEM); Stone (f; DAA; WO2); Swelling (f; DAA; FAD; GMH); Toothache (f; WO2); Tuberculosis (f; DEM); Urethrosis (f; PHR); UTI (f; PHR; WO3); VD (f; DAA; LMP); Venosis (f; DEM); Vertigo (f; WO3); Water Retention (2; DAA; FAD; GMH; WO3); Wound (f; FAD; WO2).

Contraindications, Interactions, and Side Effects (Alisma) — Class 2d. Prolonged use may cause GI irritation and gastroenterosis (AHP). Doses 20–40 times higher than clinical dose hepatotoxic and nephrotoxic in rats (AHP).“Hazards and/or side effects not known for proper therapeutic dosages” (PH2) (but PH2 designates no specific quantified dosage! JAD). Rhizome, most often used as a diuretic, should not be used when there is a clear, thin vaginal discharge. May cause more than usual excretion of sodium and urea in healthy subjects (TMA). LD50 = >4 g/kg orl mouse (LMP).

ALKANET, ALKANNA, DYER’S ALKANET (*Alkanna tinctoria* Tausch) X

Synonyms — *A. lehmanii* (Tineo) A. DC., *A. tuberculata* (Forssk.) Meikle, *Anchusa bracteolata* Viv., *A. tuberculata* Forssk., *Lithospermum lehmanii* Tineo

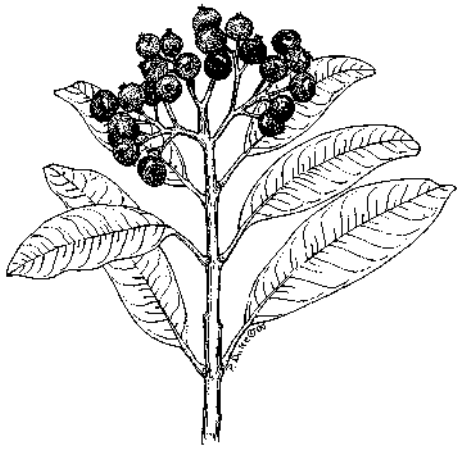
Activities (Alkanet) — Amebicide (1; FNF); Antibacterial (1; PHR); Antiseptic (1; PH2; PNC); Astringent (1; LAF; PNC); Candidicide (1; PHR; PH2); Carcinogenic (1; FNF; PHR; PH2); CNS-Depressant (1; FNF); Curare (1; FNF); Emollient (f; EFS); Genotoxic (1; CAN; FNF); Hepatotoxic (1; CAN; PHR; PH2); Immunomodulator (1; LAF); Immunosuppressant (1; LAF); Neurotoxic (1; FNF); Paralytic (1; FNF); Vulnerary (f; BIS; PNC).

Indications (Alkanet) — Abscess (f; LAF); Ameba (1; FNF); Bacteria (1; PH2); Burn (1; FNF); Cancer (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Candida (1; PHR; PH2); Decubitis (1; FNF); Dermatosis (f; PHR; PH2); Diarrhea (f; PHR; PH2); EBV (1; FNF); Indolent Ulcer (1; PH2; PNC); Induration (f; JLH); Inflammation (1; FNF); Leukemia (1; FNF); Snakebite (f; PNC); Sore (1; LAF); Staphylococcus (1; PH2); Ulcus cruris (2; PHR); Uterosis (f; JLH); Virus (1; FNF); Wound (1; PH2); Yeast (1; PHR; PH2).

Dosages (Alkanet) — No more than 0.1 μg pyrrolizidine alkaloids with 1.2 necine framework and their N-oxides (PH2).

Contraindications, Interactions, and Side Effects (Alkanet) — AHP Class 2a, 2b, 2c, 2d. Long-term use discouraged. Contains pyrrolizidine alkaloids (PAs). Effective July 1996, the AHP Board of Trustees recommends that all products with botanical ingredient(s) that contain toxic PAs, including *Borago officinalis,* display the following cautionary statement on the label: “For external use only. Do not apply to broken or abraded skin. Do not use when nursing” (AHP). PAs are genotoxic, carcinogenic, and hepatotoxic (CAN). Due to the PAs, alkanet use in pregnancy and lactation is to be avoided (JAD). Consolicine & Consolidine: CNS-Paralytic (3 × cynoglossine) (PHR). Dietary alkannin for 15 weeks at 1% of diet nontoxic in mice (LAF). Shikonin immunomodulatory at low doses, immunosuppressant at high doses.

ALLSPICE (*Pimenta dioica* (L.) Merr.) ++



Synonyms — *Myrtus dioica* L., *M. pimenta* L., *P. officinalis* Lindl., *P. pimenta* (L.) H. Karst., *P. vulgaris* Lindl.

Activities (Allspice) — Analgesic (1; CRC; FNF; PH2); Anesthetic (1; APA; RIN); Anticonvulsant (1; APA); Antioxidant (1; APA; CRC); Antipyretic (f; JFM); Antiseptic (1; APA; PH2); Antispasmodic (f; APA); Antiviral (1; APA); Candidicide (1; APA); Carminative (1; APA; CRC; JFM); CNS-Depressant (1; APA); Depurative (f; CRC; JFM); Digestive (1; APA); Fungicide (1; AAB; APA; CRC); Hypotensive (1; ABS); Irritant (1; PH2); Larvicide (1; APA); Parasiticide (1; APA); Rubefacient (1; PH2); Stimulant (f; CRC; HHB); Stomachic (f; CRC; JFM); Tonic (f; CRC; HHB).

Indications (Allspice) — Arthrosis (1; RIN); Athlete's Foot (1; AAB); Bacteria (1; APA); Bruise (f; CRC); Candida (1; APA); Cold (f; CRC); Colic (1; APA); Convulsion (1; APA); Corn (f; CRC; JLH); Cramp (1; AAB; APA); Diabetes (f; CRC; JFM); Diarrhea (f; APA); Dysmenorrhea (1; AAB; CRC; JFM); Dyspepsia (f; AAB; APA; CRC); Enterosis (f; APA); Fatigue (1; AAB); Fever (f; JFM); Fungus (1; AAB; APA; CRC); Gas (1; AAB; APA; CRC; JFM); Gingivosis (1; APA); High Blood Pressure (1; ABS); Infection (1; AAB; APA; CRC); Myalgia (1; APA); Mycosis (1; AAB; APA; CRC); Neuralgia (f; CRC); Pain (1; AAB; APA; CRC; FNF; PH2; RIN); Parasite (1; APA); Rheumatism (1; AAB; CRC); Stomachache (1; APA; CRC); Stomatosis (1; APA); Toothache (1; APA); Vaginosis (1; APA); Virus (1; APA); Vomiting (1; APA; FNF); Yeast (1; APA).

Dosages (Allspice) — 1–2 tsp herb/cup water 3 ×/day (APA); 4–6 fruits/cup water as stimulant (JFM); 0.5–2 g powdered fruit (PNC); 2–4 ml liquid extract (PNC); 0.05–0.2 ml EO (PNC).

Contraindications, Interactions, and Side Effects (Allspice) — Class 1 (AHP). Not covered (KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

Extracts (Allspice) — Rinzler recounts a study of 408 patients with eczema in which 19 reacted positively to allspice patch tests (RIN). "The berries, their oil, and the eugenol extract promote the activity of the digestive enzyme trypsin, which may help explain why allspice has traditionally been used as a digestive aid" (APA). Perhaps second only to some varieties of clove (up to 20% eugenol) and cinnamon (to 3.8%), allspice (to 3.6% eugenol) is a major source of eugenol.

A

ALMOND (*Prunus dulcis* (Mill.) D.A. Webb) ++

Synonyms — *Amygdalus communis* L., *A. dulcis* Mill., *Prunus amygdalus* Batsch, *P. communis* (L.) Arcang., *P. dulcis* var. *amara* (DC.) Buchheim.

Activities (Almond) — Allergenic (1; JAF49:2131); Alterative (f; BIB); Antibacterial (1; APA; MPI); Aphrodisiac (f; BIB); Astringent (f; BIB); Carminative (f; BIB); Cyanogenic (f; BIB); Demulcent (1; APA; BIB; EFS; PH2); Discutient (f; BIB); Diuretic (f; BIB; DEP); Emollient (1; APA; BIB; EFS); Laxative (1; APA; BIB); Litholytic (f; BIB; DEP; WOI); Nervine (f; BIB; WOI); Pediculicide (f; DEP); Sedative (f; BIB); Stimulant (f; BIB); Tonic (f; BIB).

Indications (Almond) — Acne (f; BIB); Adenopathy (1; JLH); Ascites (f; BIB); Asthma (f; BIB); Bacteria (1; APA; MPI); Biliousness (f; BIB); Bronchosis (f; BIB); Callus (f; BIB; JLH); Cancer (f; BIB; JLH); Cancer, bladder (1; APA); Cancer, breast (1; APA; JLH); Cancer, colon (1; ABS); Cancer, gland (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, mouth (1; APA); Cancer, spleen (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Cardiopathy (1; APA); Cold (f; BIB); Colic (f; BIB); Condyloma (f; BIB; JLH); Constipation (1; APA); Corn (f; BIB; JLH); Cough (f; BIB; DEP; PH2); Cramp (f; BIB); Cystosis (f; BIB; JLH); Delirium (f; BIB); Dermatosis (f; BIB; PH2; WOI); Diabetes (f; DAA); Dysmenorrhea (f; DEP); Dyspnea (f; BIB); Enterosis (f; DEP); Furuncle (f; BIB); Gas (f; BIB); Gingivosis (f; BIB); Gleet (f; BIB); Gravel (f; BIB); Headache (f; BIB; DEP); Heartburn (f; BIB); Hepatosis (f; BIB; DEP; JLH); High Cholesterol (1; APA); Hydrophobia (f; BIB); Impotence (f; BIB); Induration (f; BIB; JLH); Inflammation (f; BIB); Insomnia (f; BIB); Itch (f; BIB; WOI); Leukoderma (f; BIB); Nausea (f; PH2); Nephrosis (f; BIB); Nervousness (f; BIB); Neuralgia (f; DEP); Ophthalmia (f; DEP); Otosis (f; BIB); Pain (f; DEP); Pulmonosis (f; BIB); Respirosis (f; EFS); Sclerosis (f; JLH); Sore (f; BIB; JLH); Sore Throat (f; BIB); Splenosis (f; BIB; DEP; JLH); Staphylococcus (1; MPI); Stomatosis (f; BIB); Stone (f; BIB; DEP; WOI); Streptococcus (1; MPI); Swelling (f; JLH); Ulcer (f; BIB); VD (f; BIB); Vomiting (f; PH2); Water Retention (f; BIB; DEP).

Contraindications, Interactions, and Side Effects (Almond) — "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Ten bitter almonds said to be fatal to children, 60 to an adult (PH2). Of U.S. citizens, 0.5% show sensitivity to tree nuts, 0.6% to peanuts, and an additional 0.3% allergic to nuts but not specifying or differentiating between tree nut and peanut allergy.

ALMOND OIL (*Prunus dulcis* (Mill.) D.A. Webb) ++

Synonyms — *Amygdalus communis* L., *A. dulcis* Mill., *Prunus amygdalus* Batsch, *P. communis* (L.) Arcang., *P. dulcis* var. *amara* (DC.) Buchheim

Activities (Almond Oil) — Antibacterial (1; APA); Demulcent (2; APA); Emollient (2; APA); Laxative (2; APA).

Indications (Almond Oil) — Bacteria (1; APA); Cancer, bladder (1; APA); Cancer, breast (1; APA); Cancer, oral (1; APA); Cardiopathy (2; APA); Constipation (2; APA); High Cholesterol (2; APA).

Dosages (Almond Oil) — 30 ml oil as laxative (APA); 15–30 ml almond oil (PNC).

Contraindications, Interactions, and Side Effects (Almond Oil) — Class 3 (AHP). Ten bitter almonds said to be fatal to child, 60 to adult (PHR).

ALOE (*Aloe vera* (L.) Burm. f.) (Gel) ++

Synonyms — *A. barbadensis* Mill., *A. perfoliata* var. *vera* L., *A. vulgaris* Lam.

The gel is used folklorically, and the dried inner leaf juice pharmaceutically as a laxative. There is much confusion resulting from different interpretations by botanists, chemists, collectors, herbalists, pharmaceuticists, physicians, and taxonomists. I don't know the herbalist or taxonomist who can identify aloe to species by its latex or leaves alone. Here, I have tried to sort out what I think was intended by the authors, mostly also compilers like myself, interpreting the studies of others. *Potter's New Cyclopedia* tried to straighten things out by calling the gel "aloe vera" and the purgative powder "aloes." Fleming (1998) aggregates it all inextricably, dried and fresh leaf juice, whole leaves, and the gel (PHR, PH2). It's even botched in the Bible, according to Biblical scholars. Aloe in the Old Testament is said to be *Aquilaria,* while that of the New Testament is said to be our *Aloe vera.*

Activities (Aloe) — Abortifacient (1; WO3); Analgesic (1; PH2); Antiaggregant (f; CRC); Antiaging (f; WO3); Antialcoholic (1; WO3); Antibacterial (1; APA); Antidote, alcohol (1; WO3); Antiedemic (1; CAN; WHO); Antiherpetic (1; AAB; PH2); Antihistaminic (1; APA); Antiinflammatory (1; AAB; CAN; PH2; WHO; WO3); Antiplaque (f; WO3); Antiprostaglandin (1; WHO); Antiseptic (1; CRC; PH2); Antithromboxane (1; PH2; WHO); Antiulcer (1; AAB; PH2); Antiviral (1; AAB; PH2; WO3); Antiwrinkle (f; WO3); Aperient (f; DAA; DEP); Arylamine-N-Acetyltransferase-Inhibitor (1; PH2); Bitter (f; PED); Cholagogue (f; CRC); Collagenic (1; PH2); Cyclooxygenase-Inhibitor (1; PH2); Demulcent (1; WAM); Depurative (f; CRC); Digestive (1; CRC; WAM); Emmenagogue (1; DAA; MPI); Emollient (1; WAM); Fungicide (1; APA; PH2); Hemostat (1; WO3); Hypocholesterolemic (1; WO3); Hypoglycemic (1; CAN); Immunomodulator (1; PH2); Insecticide (f; CRC); Larvicide (f; CRC); Laxative (1; PH2; WAM); Microcirculatory Stimulant (f; CAN); Mitogenic (1; WO3); Moisturizer (1; CRC); Nematicide (1; CRC); Phagocytotic (1; CAN; PNC); Propecic (f; KAP); Radioprotective (1; MPI); Stimulant (f; CRC); Stomachic (f; CRC; MPI); Tonic (f; MPI); Tyrosine-Kinase-Inhibitor (1; PH2); Vermifuge (1; MPI); Vulnerary (1; CAN; WAM; WHO; WO3).

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Indications (Aloe; gel only) — Abrasion (1; WHO); Abscess (f; CAN); Acne (f; CRC; WHO); Acrochordon (f; CRC); Adenopathy (f; DEP); Alcoholism (1; WO3); Alopecia (f; CRC; KAP); Amenorrhea (f; CRC; PH2); Anemia (f; WHO); Apoplexy (f; DEP); Arthrosis (1; CAN; WO3); Asthma (1; CAN; KAP; PNC); Bacteria (1; APA; PH2); Bleeding (1; CRC; WO3); Blindness (f; WHO); Boil (f; AAB); Bronchosis (1; CAN; WO3); Bruise (1; WHO); Bug Bite (1; APA); Burn (1; AAB; CAN; WAM; WHO); Cancer (1; FNF, JAD; JLH; PH2); Cancer, anus (1; CRC; JLH); Cancer, breast (1; CRC; JLH); Cancer, larynx (1; CRC; JLH); Cancer, lip (1; CRC; JLH); Cancer, liver (1; CRC; JLH); Cancer, lymph (f; DEP); Cancer, nose (1; CRC; JLH); Cancer, skin (1; CRC; JLH); Cancer, stomach (1; CRC; JLH; PH2); Cancer, tongue (f; JLH); Cancer, uterus (f; CRC; JLH); Childbirth (f; CRC; DAA); Cold (f; CRC); Colic (f; KAP; PH2); Condyloma (f; CRC; JLH); Conjunctivosis (f; DEP; PHR); Constipation (adult only) (2; DAA; PH2; WAM); Convulsion (f; CRC); Cough (f; APA; CRC; KAP); Decubitis (f; AAB); Dermatosis (1; PH2; WHO; WO3); Diabetes (1; APA; CAN); Dysmenorrhea (f; KAP); Dyspepsia (f; CRC); Eczema (f; CAN; CRC); Enterosis (f; CRC; WO3); Epilepsy (f; KAP); Erysipelas (f; CRC); Fever (f; DEP); Frostbite (1; APA; PH2; WHO); Fungus (1; AAB; APA; MPI; PH2); Gastrosis (f; CRC; WO3); Gingivosis (f; WO3); Glaucoma (f; WHO); Hemorrhoid (f; APA; CRC; WHO); Hepatosis (f; CRC; DEP); Herpes (1; AAB; PH2); High Cholesterol (1; WO3); HIV (1; WO3); Hyperglycemia (1; CAN); Hysteria (f; CRC); Immunodepression (1; CAN; PNC); Indigestion (1; WAM); Infection (1; APA; PH2); Infertility (1; CRC; MPI); Inflammation (1; AAB; CAN; CRC; PH2; WHO; WO3); Ischemia (1; PH2); Itch (f; DAA); Jaundice (f; CRC); Leukemia (f; CRC; JLH); Mouth Sore (1; CAN); Mycosis (1; APA; FNF; PH2; WHO); Ophthalmia (f; DEP); Pain (1; PH2); Peptic Ulcer (1; CAN; CRC); PMS (f; APA); Proctosis (f; CRC); Psoriasis (2; CAN; PH2; WHO); Radiation Burn (1; CRC; DAA; WHO); Rash (1; AAB); Rheumatism (f; WO3); Ringworm (1; APA); Salmonella (1; CRC); Seborrhea (f; WHO); Splenosis (f; DEP); Staphylococcus (1; CRC; PH2); Stomatosis (f; JLH); Streptococcus (1; CRC); Sunburn (1; AAB; PNC; WAM); Swelling (1; CAN; WHO); Syphilis (f; PHR); Trachosis (f; WO3); Tuberculosis (1; DAA; KAP); Tumor (1; CRC); Ulcer (1; AAB; APA; PH2; WAM; WHO; WO3); Uterosis (f; CRC); Vaginosis (f; APA); VD (f; CRC); Virus (1; AAB; PH2; WO3); Wart (f; CRC; JLH); Worm (1; CRC; MPI; PH2); Wound (1; APA; CAN; CRC); Wrinkle (f; WO3).

Dosages (Aloe) — 50–200 mg powder (APA); 50–300 mg powder in a single dose at bedtime (AHP); 1 tbsp gel 3 ×/day (APA); 25 mg in 701 mg soybean oil, 1–2 softgels 3 ×/day; apply topically; or 1 tbsp juice after meals (SF). Aloe gel, Barbados aloe, and Aloe powder contain, respectively 4.87, 4.65, and 4.21% aloin, and 2.2, 2.1, and 2.03% aloe emodin.

Contraindications, Interactions, and Side Effects (Aloe) — Gel Class 1 Internally; Gel Class 2d Externally (AHP); Powder Class 2b, 2c, 2d. Anthraquinones may be purgative and GI tract irritant (CAN). Commission E reports contraindications, adverse effects, and interactions of anthranoid laxatives (AEH). Because of its laxative and reputed abortifacient actions, its use in pregnancy and lactation is to be avoided. However, they suggest that topical, but not oral, application may be okay in pregnancy and lactation (CAN). The latex can be a drastic laxative. Contraindicated for pregnant women and children (LRNP). Do not use internally in pregnancy (WAM). Do not use with undiagnosed abdominal pain (WAM). Do not use internally for more than 10 days (WAM). Epidemiological studies in Germany reveal that abusers of anthranoid laxatives have three times higher rate of colon carcinoma (AEH:115). May cause allergic dermatosis. Taken in excess may result in ulcers or irritated bowels (TMA, 1996). Hypoglycemic. Naturopaths Yarnell and Meserole (1996) state that people allergic to aloe may develop a severe rash following its application. Alcoholic extract at 100 mg/kg for 3 months toxic in mice (AAB).

Clinical (Aloe) — A nondialysable fraction (with mixed polysaccharides) enhances phagocytosis in adult bronchial asthma (perhaps due to endogenous cyclooxygenase synthesizing prostaglandins especially PGE-2, with some TXB-2, PGD-2, PGF-2, and 6 keto-PGF-1b). ZPGE2 has been associated with the beneficial effect on asthma. Gel reported effective in mouth ulcers. Gel preparations reported effective against peptic ulcers (unless stress-induced), radiation burns, and skin ulcers, ineffective against stress-induced gastric and peptic ulcers. Healing wounds (10 mg/kg scu rat; 100 mg/kg scu mouse).

ALOES (*Aloe vera* (L.) Burm. f.) (Inner leaf or Dried Leaf Juice) +

Synonyms — *A. barbadensis* Mill., *A. perfoliata* var. *vera* L., *A. vulgaris* Lam.

Activities (Aloes) — Antiallergic (f; PED); Anticancer (1; CAN; PNC); Bitter (f; PED); Cell-Proliferant (f; PED); Demulcent (f; PED); Emmenagogue (f; CRC; PNC); Gastrotonic (f; AAB); Hepatotonic (f; AAB); Hypoglycemic (1; CAN); Laxative (2; AAB; CRC; KOM; PNC; SHT; WHO); Nephrotonic (f; AAB); Pancreatonic (f; AAB); Stomachic (f; CRC); Sunscreen (f; PNC); Vermifuge (1; MPI; PHR).

Indications (Aloes; inner leaf only, powdered) — Abrasion (f; CRC); Allergy (f; PED); Amenorrhea (f; CAN; PHR); Atherosclerosis (f; PHR); Cancer (1; CAN; FNF; PNC); Colic (f; PHR); Constipation (2; KOM; SHT; WOI); Dermatosis (f; CRC; PHR; WHO); Diabetes (1; CAN; PHR); Dysmenorrhea (f; CAN; PHR); Fungus (1; FNF; JAD); Gastrosis (f; PHR; WOI); Hepatosis (f; APA); Hyperglycemia (1; CAN; WHO); Infection (f; PHR); Mycosis (1; APA; WHO); Seborrhea (f; WHO); Tuberculosis (f; WHO); Tumor (1; FNF; PHR); Ulcer (f; PED; WHO); Worm (1; FNF; JAD; MPI; PHR).

Indications (Aloes) — Amenorrhea (f; CAN; PHR); Atherosclerosis (f; PHR); Colic (f; PHR); Constipation (2; KOM; SHT; WOI); Dermatosis (f; PHR; WHO); Diabetes (f; PHR); Dysmenorrhea (f; CAN; PHR); Gastrosis (f; PHR; WOI); Hepatosis (f; APA); Hyperglycemia (f; WHO); Infection (f; PHR); Mycosis (1; APA; WHO); Seborrhea (f; WHO); Tuberculosis (f; WHO); Tumor (f; PHR); Ulcer (f; WHO); Worm (f; PHR).

Dosages (Aloes) — 50–300 mg at bedtime (AHP); 50–200 mg dried juice or equivalent per day (KOM); 50–200 mg dried juice or equivalent 3 ×/day (CAN); 1 (250 mg) capsule at bedtime (NH); 100–300 mg (PNC); 1 tsp juice after meals (SF). As a laxative for adults and children over 10 years old, 0.04–0.11 g of the dry juice of Barbados or Curaçao aloe or 0.06–0.17 g Cape aloe corresponding to 10–30 mg hydroxyanthraquinones/day (or 0.1 g juice as single dose in the p.m.) (WHO).

Contraindications, Interactions, and Side Effects (Aloes) — Dermatosis, diarrhea, intestinal cramps, ulcers. Also contraindicated in hemorrhoids, ileus, and nephropathy (BIS; CAN; KOM), intestinal obstruction, abdominal pain of unknown causes, any enteritis (appendicitis, colitis, Crohn's disease, irritable bowel syndrome), and menstruation (AHP). Commission E reports contraindications, adverse effects, and interactions of anthranoid laxatives (AEH). Naturopaths Yarnell and Meserole (1996) state that people allergic to aloe may develop a severe rash following its application. Anthraquinones may be purgative, and GI tract irritant (CAN). Because of its laxative and reputed abortifacient actions, its use in pregnancy and lactation is to be avoided. "Anthraquinones may be secreted into breast milk" (AHP). Do not use more than 8–10 days (AHP). "Do not use in cases of abdominal pain or diarrhea. Discontinue use if diarrhea or watery stools occur. Consult a health care provider prior to use in pregnancy or nursing. Not for long-term use or overdosage (AHP). Speaking of *Aloe spicata,* "Because of its drastic laxative action it is not commonly employed in the United States.

Research on the long-term toxicity and pharmacokinetics of aloe is still incomplete" (AHP). Risks are not conclusive based on the available information (SHT).

Clinical (Aloes) — A nondialysable fraction (with mixed polysaccharides) enhances phagocytosis in adult bronchial asthma (perhaps due to endogenous cyclooxygenase synthesizing prostaglandins especially PGE-2, with some TXB-2, PGD-2, PGF-2, and 6 keto-PGF-1b). PGE-2 has been associated with the beneficial effect on asthma.

ALPINE CRANBERRY (*Vaccinium vitis-idaea* L.) ++

With at least 10 common names available in the USDA online, you'd think that an herbal desk reference intended for American physicians would use 1 of these 10. But no, PH2 went with alpine cranberry. USDA suggests cowberry, foxberry, lingberry, lingen, lingenberry, lingon, lingon berry, mountain cranberry, and rock cranberry (not to mention the German, Preiselbeere). DEM goes with lingonberry and mountain cranberry. Even two of the alternatives offered by PH2 were not listed by USDA (e.g., alpine cranberry and whortleberry). Thank goodness for scientific names.

Activities (Alpine Cranberry) — Antiherpetic (1; HH2); Antiseptic (1; PH2); Antiviral (1; PH2); Astringent (f; HHB; HH2); Cyclooxygenase-Activator (1; HH2); Cytotoxic (1; HH2); Fungicide (1; HHB); Urinary Antiseptic (1; PH2).

Indications (Alpine Cranberry) — Bleeding (1; HHB); Calculus (f; PH2); Cancer (f; JLH); Cancer, breast (f; JLH); Childbirth (f; HHB); Cold (f; DEM); Cough (f; DEM; HHB); Diarrhea (1; HHB; HH2); Flu (1; HH2); Fungus (1; HHB); Gout (f; PH2); Herpes (1; HH2); Infection (1; HHB; PH2); Inflammation (1; HH2); Mastosis (f; JLH); Mycosis (1; HHB; HH2); Respirosis (f; HHB); Rheumatism (f; PH2); Sore Throat (f; DEM); Stone (f; PH2); Swelling (f; HH2); Urethrosis (f; HH2); UTI (f; PH2); Virus (1; PH2).

Dosages (Alpine Cranberry) — 2 g/cup tea (PH2).

Contraindications, Interactions, and Side Effects (Alpine Cranberry) — Contraindicated in pregnancy, nursing, and in children under 12 years of age. Since the urinary antisepsis depends on an alkaline environment, acidifying herbs should be avoided (PH2). At 5 g/kg orl cat, the leaves cause the same intoxication as a toxic dose of hydroquinone (HH2). Liver damage could occur with long-term use or overdose, due to possible hepatotoxicity of the hydroquinones released. Hydroquinone intoxication, apparently roughly dose dependent, may occur with many Ericaceae, proportionate to their hydroquinone content. Without comparative analysis, we may even add the warning to other blueberries, cranberries, and bearberries.

Extracts (Alpine Cranberry) — Should we be pleased or disenchanted that three flavonoids in this species increases cyclooxygenase activity? Anthocyanins and polyphenols in berries of several *Ribes, Rubus,* and *Vaccinium* species have *in vitro* antiradical activity on chemically generated superoxide radicals. The extracts also inhibit xanthine oxidase. All crude extracts were highly active toward chemically generated superoxide radicals. *Ribes nigrum* extracts exhibited most activity, being the richest in both anthocyanins and polyphenols. But *Ribes rubrum* extracts seem to contain more active substances. (X1332092)

ALPINE RAGWORT (*Senecio nemorensis* L.) X

PH2 may have been confused in assigning the common names life root and squaw weed to this species, more often reserved for American *S. aureus.* Some data (HHB) apply to ssp. *fuchsii.*

Activities (Alpine Ragwort) — Carcinogenic (1; HHB; PH2); Hemostat (1; HHB; PH2); Hepatotoxic (1; HHB; PH2); Hypoglycemic (1; PH2); Hypotensive (f; BRU).

Indications (Alpine Ragwort) — Bleeding (1; BRU; HHB; PH2); Diabetes (1; PH2); High Blood Pressure (f; BRU; PH2); Hyperglycemia (1; PH2); Odontosis (f; PH2); Uterostimulant (f; PH2).

Dosages (Alpine Ragwort) — Do not take (JAD). Steep 1 tsp 5–10 minutes in cup hot water; take several times a day as needed (PH2). (Still, PH2 says it should not be taken internally.)

Contraindications, Interactions, and Side Effects (Alpine Ragwort) — Not covered (AHP). Contains pyrrolizidine alkaloids (PAs) in considerable amounts and varieties, which can be carcinogenic, hepatotoxic, and mutagenic. Use of *Senecio* species can result in potentially fatal hepatic veno-occlusive disease in humans, with symptoms of abdominal pain and vomiting with ascites. PAs are toxic to humans, with liver damage with cirrhosis and ascites, or seneciosis (VOD) reported in almost all cases of severe or fatal intoxications, from intakes of 0.5 mg/kg to 3.3 mg/kg (AEH).

ALPINE ROSE (*Rhododendron ferrugineum* L.) X

Activities (Alpine Rose) — Astringent (1; HHB); Diuretic (f; HHB); Hypotensive (f; PH2); Litholytic (f; HH2); Sedative (f; HHB).

Indications (Alpine Rose) — Arthrosis (f; PHR); Calculus (f; PHR; PH2); Gas (f; PH2); Gout (f; HHB; PHR; PH2); High Blood Pressure (f; PHR; PH2); Hypertonia (f; PHR); Insomnia (f; HHB); Migraine (f; PHR; PH2); Myalgia (f; PHR; PH2); Nervousness (f; HHB); Neuralgia (f; PHR; PH2); Orchosis (f; PH2); Rheumatism (f; HHB; PHR; PH2); Senility (f; PH2); Stone (f; HHB; HH2); Water Retention (f; HHB).

Dosages (Alpine Rose) — 5–6 g in infusion (HH2; PHR; PH2).

Contraindications, Interactions, and Side Effects (Alpine Rose) — Not covered (AHP). Commission E reports for leaf, toxic diterpenes may be present and chronic use may lead to hydroquinone poisoning (due to the presence of arbutin) (AEH; HH2). Signs of intoxication: arrhythmia, bradycardia, cold sweats, cramps, diarrhea, dyspnea, hypotension, paresthesia, poor coordination, salivation, stupor, finally leading to possible death through apnea or cardiac failure (PH2). There are no reports of serious instances of poisoning of patients used to taking it as an infusion in folk medicine (daily dose 5–6 g).

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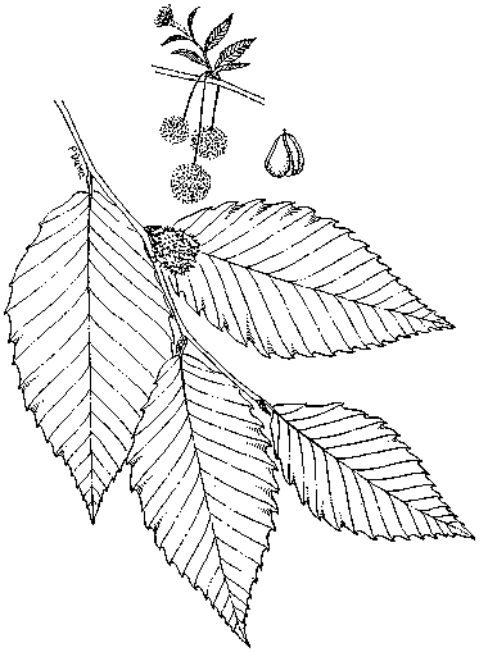
AMERICAN BEECH (*Fagus grandifolia* Ehrh.) ++



Synonyms — *F. americana* Sweet, *F. ferruginea* Aiton

Activities (American Beech) — Abortifacient (f; DEM); Antiseptic (f; MIC); Depurative (f; DEM); Tonic (f; MIC); Vermifuge (f; DEM).

Indications (American Beech) — Burn (f; DEM; FAD); Chancre (f; DEM); Dermatosis (f; DEM); Enterosis (f; DEM); Fever (f; DEM); Frostbite (f; DEM; FAD); Hepatosis (f; MIC); Jaundice (f; DEM); Nephrosis (f; DEM); Poison Ivy (f; DEM); Pulmonosis (f; DEM; FAD); Rheumatism (f; MIC); Sore (f; DEM); Tuberculosis (f; DEM; MIC); VD (f; DEM); Worm (f; DEM; FAD).

Dosages (American Beech) — 1 oz leaf/quart salt water (FAD).

AMERICAN BITTERSWEET (*Celastrus scandens* L.) X

Activities (American Bittersweet) — Analgesic (f; DEM); Antipyretic (f; CEB); Astringent (f; DEM; HHB); Cardioactive (f; FAD; HHB); Cholagogue (f; CEB); Depurative (f; DEM); Diaphoretic (1; FAD; PH2); Diuretic (1; DEM; FAD; PH2); Emetic (f; FAD; HHB); Emmenagogue (f; DEM); Laxative (f; CEB); Laxative (Pediatric) (f; DEM); Poison (1; DEM; USA); Secretagogue (f; CEB).

Indications (American Bittersweet) — Amenorrhea (f; DEM); Anemia (f; DEM); Backache (f; DEM); Burn (f; FAD); Cancer (f; CEB; DEM; JLH); Cancer, breast (f; JLH); Childbirth (f; DEM); Cold (f; DEM); Cough (f; DEM); Debility (f; CEB); Dermatosis (f; DEM); Diarrhea (f; FAD); Dropsy (f; DEM); Dysentery (f; FAD); Dysmenorrhea (f; PH2); Dysuria (f; DEM); Enterosis (f; DEM); Fever (1; CEB; DEM; FAD; PH2); Gastrosis (f; DEM); Gingivosis (f; DEM); Hemorrhoid (f; CEB); Hepatosis (f; DEM; PH2); Induration (f; JLH); Leukorrhea (f; FAD); Liver Spot (f; DEM); Mastosis (1; CEB); Nephrosis (f; DEM); Pain (f; DEM); Rheumatism (f; CEB; DEM; PH2); Sore (f; DEM; JLH); Stomatosis (f; DEM); Swelling (f; CEB; HHB); Syphilis (f;

CEB); Tuberculosis (f; DEM); Ulcer (f; DEM); VD (f; DEM); Water Retention (1; DEM; FAD; PH2); Wound (f; FAD).

Dosages (American Bittersweet) — Make decoction, boiling down 1 lb of bark in 1 gallon water; reduce to 2 quarts; take wineglassful 2–3 ×/day (CEB but XXX for Jim Duke). For anemia, a fistful of root bark to 1 gallon water; reduce to 1 pint; mix with wine and infusion of wild grape vine (CEB).

Contraindications, Interactions, and Side Effects (American Bittersweet) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Fruit toxic; all parts potentially toxic (FAD).

AMERICAN CORN MINT, CANADIAN MINT, JAPANESE MINT (*Mentha canadensis* L.) ++

Synonyms — *M. arvensis* var. *glabrata* Fernald, *M. arvensis* var. *piperascens* Malinv. ex L. H. Bailey

Activities (American Corn Mint) — Analgesic (f; DEM); Antiemetic (f; DEM); Antipyretic (f; DEM); Carminative (f; DEM); Depurative (f; DEM); Diaphoretic (f; DEM); Hemostat (f; DEM); Sedative (f; DEM); Stomachic (f; DEM).

Indications (American Corn Mint) — Bleeding (f; DEM); Cardiopathy (f; DEM); Cold (f; DEM); Colic (f; DEM); Cough (f; DEM); Croup (f; DEM); Dentition (f; DEM); Diarrhea (f; DEM); Dyspepsia (f; DEM); Epistaxis (f; DEM); Fever (f; DEM); Gas (f; DEM); Gastrosis (f; DEM); Gingivosis (f; DEM); Headache (f; DEM); Hemoptysis (f; DEM); Hemorrhoid (f; DEM); Insomnia (f; DEM); Nausea (f; DEM); Nervousness (f; DEM); Ophthalmia (f; DEM); Pain (f; DEM); Pleurisy (f; DEM); Pulmonosis (f; DEM); Rheumatism (f; DEM); Sore Throat (f; DEM); Stomachache (f; DEM); Stomatosis (f; DEM); Swelling (f; DEM); Toothache (f; DEM); Vomiting (f; DEM).

Contraindications, Interactions, and Side Effects (American Corn Mint) — Commission E reports contraindications for EO: biliary obstruction, gallbladder inflammation, severe liver damage; adverse effects: gastric complaints. Not to be inhaled by small children (AEH).

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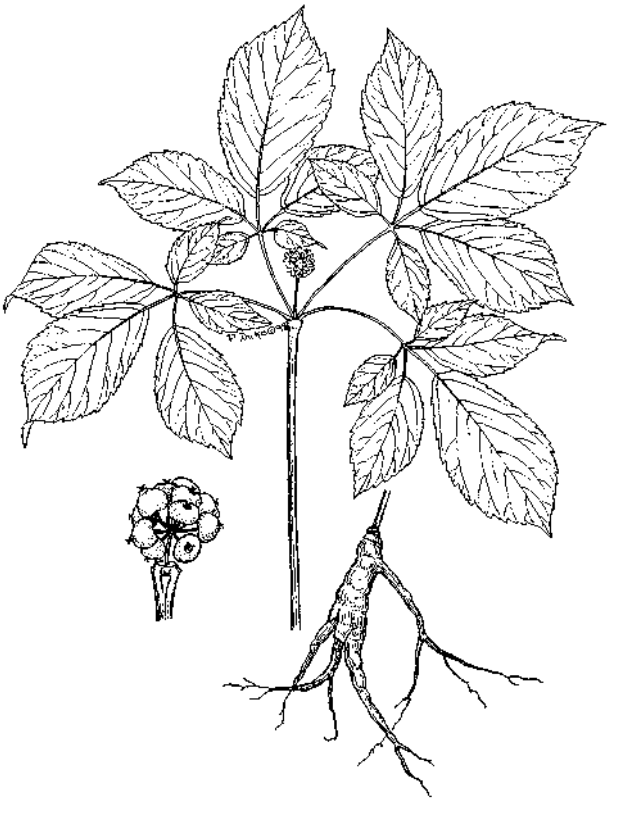
AMERICAN GINSENG, GINSENG (*Panax quinquefolius* L.) +++

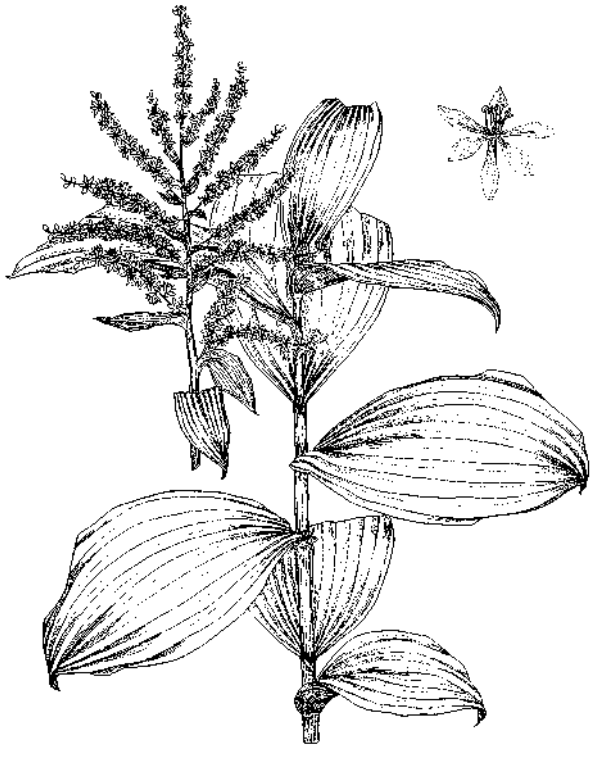


Activities (American Ginseng) — Adaptogen (f; FAD); Anticonvulsant (f; DEM); Antipyretic (f; DEM); Aphrodisiac (1; CRC; FAD); Carminative (f; CRC); Cerebrotonic (f; DEM); Demulcent (f; CRC; FAD); Depurative (f; DEM); Diaphoretic (f; DEM); Diuretic (f; CRC); Expectorant (f; DEM); Hypertensive (1; FAD); Hypoglycemic (f; CRC); Panacea (f; CRC); Stimulant (f; CRC); Tonic (f; CRC; FAD); Vermifuge (f; DEM).

Indications (American Ginseng) — Aging (f; CRC); Anemia (f; CRC); Anorexia (f; DEM); Arthrosis (f; DEM); Bleeding (f; DEM); Boil (f; DEM); Carbuncle (f; DEM); Childbirth (f; DEM); Cholera (f; DEM); Colic (f; DEM); Convulsion (f; DEM); Debility (f; CRC); Diabetes (f; CRC); Dyspepsia (f; DEM); Dyspnea (f; DEM); Fatigue (f; CRC); Fear (f; DEM); Fever (f; DEM); Gas (f; CRC); Gastrosis (f; CRC); Gonorrhea (f; DEM); Headache (f; DEM); Hepatosis (f; DEM); Hyperglycemia (f; CRC); Impotence (1; CRC; FAD); Infertility (f; DEM); Insomnia (f; CRC); Low Blood Pressure (1; FAD); Nausea (f; DEM); Neurasthenia (f; CRC); Ophthalmia (f; DEM); Otosis (f; DEM); Palsy (f; DEM); Pulmonosis (f; CRC); Respirosis (f; DEM); Swelling (f; DEM); Syncope (f; DEM); Tuberculosis (f; DEM); Tumor (f; CRC); VD (f; DEM); Vertigo (f; DEM); Water Retention (f; CRC); Worm (f; DEM); Wound (f; DEM).

Contraindications, Interactions, and Side Effects (American Ginseng) — Class 1 (AHP). Not covered exactly in PH2 where, unfortunately, they list American (*P. quinquefolius*) and Siberian Ginseng (*Eleutherococcus senticosus*) among the trade names for oriental ginseng (*Panax ginseng*), rendering the entire PH2 entry suspect.

AMERICAN HELLEBORE (*Veratrum viride* Aiton) X



Synonyms — *V. eschscholtzii* A. Gray, *V. lobelianum* var. *eschscholtzianum* Schult. & Schult. f.

Activities (American Hellebore) — Abortifacient (f; CRC; DEM); Analgesic (1; CRC; PH2); Antipyretic (f; CRC; HHB; PHR); Antispasmodic (f; CRC; HHB; MAD; PHR); Aperitif (f; FEL); Arteriosedative (f; CRC); Cardiosedative (f; CRC); Decongestant (f; CRC); Deobstruent (f; CRC); Depurative (f; DEM); Diaphoretic (f; CRC); Diuretic (f; CRC; PHR); Emetic (f; CRC; HHB); Hepatotonic (1; CRC); Hyperemic (f; PH2); Hypotensive (1; CRC; WOI); Insecticide (1; CRC; WOI); Larvicide (1; WOI); Nephrotonic (1; CRC); Nervine (f; CRC); Parasiticide (1; CRC); Poison (f; DEM); Sedative (f; CRC; HHB; PHR); Sternutator (f; CRC); Tranquilizer (f; CRC).

Indications (American Hellebore) — Ague (f; CEB); Alopecia (f; DEM); Amaurosis (f; CRC); Amenorrhea (f; CRC); Anorexia (f; FEL); Apoplexy (f; CRC); Atherosclerosis (f; CRC); Arthrosis (f; CEB; DEM; MAD); Asthma (f; CRC; MAD; PH2); Backache (f; CRC); Blood (f; DEM); Boil (f; FEL); Bronchosis (f; FEL); Bruise (f; DEM); Bunion (f; CRC); Cancer (f; CRC); Cancer, breast (f; CRC; JLH); Carbuncle (f; FEL); Cardiopathy (f; CRC; FEL); Cellulitis (f; FEL); Chilblain (f; CRC); Childbirth (f; CRC); Cholera (f; CEB; CRC); Chorea (f; CEB; CRC; MAD); Cold (f; CRC; PH2); Congestion (f; CRC; MAD); Constipation (f; DEM); Convulsion (f; CRC; WOI); Cough (f; DEM); Cramp (f; CRC; HHB; MAD; PHR); Croup (f; CRC; PH2); Cystosis (f; FEL); Dandruff (f; CRC); Delirium (f; FEL; MAD); Dermatosis (f; DEM; PH2); Diplopia (f; CRC); Diaphragmosis (f; CRC); Diarrhea (f; CEB; MAD); Dropsy (f; MAD); Dysmenorrhea (f; CRC; MAD); Dyspepsia (f; CRC); Eclampsia (f; FEL; MAD); Edema (1; CRC); Encephalosis (f; MAD); Endocardosis (f; MAD); Enterosis (f; MAD); Epilepsy (f; CEB; CRC; MAD); Erysipelas (f; CRC; FEL); Esophagosis (f; CRC); Fever (f; CRC; FEL; HHB; PHR); Flu (f; CRC); Fracture (f; DEM); Gastrosis (f;

A

DEM; MAD); Goiter (f; FEL); Gonorrhea (f; DEM); Gout (f; CRC; FEL; PH2); Headache (f; CRC; FEL; MAD; WOI); Heatstroke (f; CEB; CRC); Hemoptysis (f; FEL); Hepatosis (f; FEL); Herpes (f; CEB; CRC; FEL; PH2); Hiccup (f; CEB; CRC); High Blood Pressure (1; CEB; CRC; WOI); Hysteria (f; MAD); Inflammation (f; CRC; FEL; WOI); Insomnia (f; CRC; HHB; MAD; PHR); Malaria (f; CRC); Mania (f; CRC; FEL; WOI); Mastosis (f; JLH); Meningosis (f; CRC; MAD); Miscarriage (f; CRC); Myalgia (f; CRC; DEM); Nausea (f; MAD); Nephrosis (f; FEL); Nervousness (f; CRC; HHB; PHR); Neuralgia (1; CRC; FEL; PH2; WOI); Orchosis (f; CRC; FEL); Pain (1; CRC; PH2); Palpitation (f; FEL); Parasite (1; CRC); Pericardosis (f; MAD); Peritonosis (f; CRC; FEL; PH2); Pertussis (f; CEB; CRC); Phlebitis (f; DEM); Phthisis (f; FEL); Pleurosis (f; MAD); Pneumonia (f; CEB; CRC; FEL; MAD; PH2); Poison Ivy (f; FEL); Pregnancy (f; HHB; WOI); Proctosis (f; CRC); Puerperium (f; CEB; MAD); Pulmonosis (f; FEL; MAD); Respirosis (f; CRC; DEM; FEL); Rheumatism (f; CEB; CRC; FEL; PH2); Rhinosis (f; DEM); Scarlet Fever (f; CRC; PH2); Sciatica (f; CRC; PH2); Scrofula (f; CRC; PH2); Shingles (f; CRC; PH2); Sinusosis (f; DEM); Sore (f; DEM); Sore Throat (f; CRC; FEL; PH2); Splenosis (f; CRC); Sprain (f; DEM); Stomachache (f; DEM); Swelling (f; CRC; DEM); Syphilis (f; FEL); Tonsilosis (f; CRC; FEL; PH2; WOI); Toothache (f; CEB; CRC); Tuberculosis (f; CRC; FEL; PH2); Tumor (f; CRC); Typhoid (f; CRC); Typhus (f; CEB); Uterosis (f; CRC); VD (f; DEM; FEL); Vertigo (f; MAD); Vomiting (f; MAD); Water Retention (f; CRC; PHR); Wound (f; CEB; CRC).

Dosages (American Hellebore) — 0.3–2 ml tincture (1:10)/day (HHB; PHR); 60–240 mg fl extract; 120–600 mg tincture (MAD). Old daily dose 100 mg (PH2).

Contraindications, Interactions, and Side Effects (American Hellebore) — Class 3 (AHP). Whole plant highly toxic (CRC); overdose fatal (DEM). Too toxic to use (JAD; PH2). Some of the alkaloids transdermally dangerous (PH2).

AMERICAN LIVERLEAF (*Anemone acutiloba* (DC.) G. Lawson) +

Synonym — *Hepatica nobilis* var. *acuta* (Pursh) Steyermark.

DEM gives mostly distinct uses for the round-lobed *Hepatica* var. *obtusa* (Pursh) Steyermark, the data of which have not been entered here. DEM data below apply only to the sharp-lobed liverwort. PH2 seems to have lumped the two American varieties with the European *H. nobilis* in saying that it is a protected species in Austria, Germany, Hungary, Italy, etc. CEB treats three species (*H. acutiloba, H. americana,* and *H. nobilis*) and gives some indications I had not seen elsewhere. MAD seems to restrict his account to the European material, but as almost always, PH2 does not bring forth much of the Madaus folklore.

Activities (American Liverleaf) — Analgesic (f; DEM); Antibacterial (1; HHB); Aperitif (f; FAD); Astringent (f; EFS); Circulotonic (f; FAD); Contraceptive (f; DEM); Demulcent (f; FAD); Diuretic (f; MAD); Emetic (f; DEM); Hepatotonic (f; FAD); Laxative (f; DEM); Litholytic (f; PH2); Pectoral (f; CEB); Philtre (f; DEM); Tonic (f; HHB); Vulnerary (f; MAD).

Indications (American Liverleaf) — Anorexia (f; FAD); Bacteria (1; HHB); Bleeding (f; MAD); Bronchosis (f; HHB); Cachexia (f; CEB); Cancer (f; JLH); Cancer, tonsil (f; JLH); Carcinoma (f; JLH); Childbirth (f; DEM); Chill (f; CEB); Cough (f; CEB); Crosseye (f; DEM); Cystosis (f; MAD); Diphtheria (f; MAD); Dyspepsia (f; CEB; DEM); Dyspnea (f; DEM); Endothelioma (f; JLH); Enterosis (f; DEM); Enuresis (f; MAD); Epithelioma (f; JLH); Fracture (f; MAD); Gallstone (f; PH2); Gonorrhea (f; MAD); Gravel (f; PH2); Hematuria (f; HHB); Hemoptysis (1; HHB); Hepatosis (f; DEM; HHB; PH2); Hernia (f; CEB); Hypocholdria (f; CEB); Incontinence (f; MAD); Induration (f; JLH); Inflammation (f; CEB); Jaundice (f; HHB; PH2); Laryngosis (f; MAD); Leukorrhea (f; DEM); Mastosis (f; DEM); Myosis (f; DEM); Nephrosis (f; CEB; MAD); Ophthalmia (f; DEM); Pain (f; DEM); Pharyngosis (f; MAD); Phthisis (f; CEB); Pulmonosis (f; CEB);

Sarcoma (f; JLH); Scabies (f; CEB); Side Ache (f; DEM); Sore (f; CEB); Sore Throat (f; HHB); Stomatosis (f; DEM); Stone (f; PH2); Swelling (f; DEM); Tonsilosis (f; JLH; MAD); Tracheosis (f; MAD); Tuberculosis (1; HHB); VD (f; MAD); Vertigo (f; CEB); Water Retention (f; MAD).

Dosages (American Liverleaf) — 100 g dry herb, 350 ml water, 450 ml alcohol (HHB); 4 tsp (3.8 g) herb in cold extract (MAD); 2–4 g in tea as single dose (PH2); 2–8 ml liquid extract (PNC).

Contraindications, Interactions, and Side Effects (American Liverleaf) — Class 2b. High doses may irritate kidneys and urinary tract (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2).

AMERICAN PENNYROYAL
(*Hedeoma pulegioides* (L.) Pers.) + (down from CRC)

Synonym — *Melissa pulegioides* L.

Activities (American Pennyroyal) — Abortifacient (f; CRC); Allergenic (f; CRC); Analgesic (1; CRC; DEM; FNF); Anesthetic (1; FNF); Antiinflammatory (1; FNF); Antipyretic (f; APA); Antiseptic (1; FNF); Antispasmodic (1; CRC; FNF); Antitussive (f; CRC); Carminative (1; APA; CRC); Decongestant (f; APA); Dermatitigenic (f; FAD); Diaphoretic (f; APA; CRC; FAD); Digestive (f; APA); Diuretic (f; CRC); Emmenagogue (f; APA; CRC; FAD); Expectorant (f; APA; DEM; FAD); Hepatotoxic (f; PHR); Insecticide (1; CRC); Insectifuge (2; APA; CRC; DEM); Myorelaxant (1; CRC; FNF); Nervine (f; CRC); Sedative (1; FNF); Stimulant (f; APA; CRC).

Indications (American Pennyroyal) — Allergy (1; FNF); Amenorrhea (f; CRC); Bronchosis (1; FNF); Burn (f; CRC); Cold (1; APA; CRC; FAD; FNF); Colic (1; APA; CRC); Conjunctivosis (f; CRC); Cough (1; APA; DEM; FAD; FNF); Cramp (1; CRC; FNF); Dermatosis (f; APA); Dysentery (f; DEM); Dysmenorrhea (f; APA; CRC; DEM); Dyspepsia (f; APA; DEM); Eczema (f; APA); Enterosis (f; CRC); Fever (1; CRC; FAD; FNF); Flu (1; APA; FNF); Flux (f; DEM); Gastrosis (f; CRC; DEM); Gout (f; CEB); Headache (f; APA; CRC; FAD); Hepatosis (f; CRC; FAD); Inflammation (1;APA; FNF); Itch (f; CRC); Leukorrhea (f; CRC); Myosis (1; FNF); Nephrosis (f; DEM; FAD); Ophthalmia (f; CRC); Pain (1; CRC; FNF); Pertussis (f; DEM); Pharyngosis (1; FNF); Pneumonia (f; CRC); Rheumatism (1; CRC); Spasm (1; CRC; FNF); VD (f; CRC); Virus (1; FNF); Wound (f; APA).

Dosages (American Pennyroyal) — Should not be taken (APA).

Contraindications, Interactions, and Side Effects (American Pennyroyal) — Class 2b. Emmenagogue and uterotonic (AHP). In Canada, only allowed in food or beverage if pulegone-free (AHP). Used as an emmenagogue and abortifacient. Pennyroyal oil is toxic and potentially fatal if ingested. Symptoms include abdominal cramps, abdominal pain, nausea, vomiting, rash, dizziness, and alternating lethargy and agitation, leading to kidney failure, massive hepatic necrosis, and disseminated intravascular coagulation. Serious toxicity with the tea has not been reported. CNS symptoms from ingesting pennyroyal-containing preparations include lethargy, agitation, dizziness, sometimes leading to seizures and auditory and visual hallucinations. GI effects include nausea, vomiting, burning in the throat, abdominal pain, and diarrhea (AEH1).

AMERICAN SOLOMON'S-SEAL
(*Polygonatum biflorum* (Walter) Elliot) ++

Activities (American Solomon's-Seal) — Analgesic (f; DEM); Antiinflammatory (f; FAD); Antipyretic (f; CEB); Aphrodisiac (f; CEB); Astringent (f; CEB; FAD); Depurative (f; CEB); Emetic (f; CEB); Laxative (f; CEB; DEM); Sedative (f; DEM); Tonic (f; DEM); Vulnerary (f; CEB).

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Indications (American Solomon's-Seal) — Arthrosis (f; FAD); Boil (f; DEM); Bruise (f; DEM; FAD); Cancer (f; KAB); Carbuncle (f; DEM; FAD); Coma (f; DEM); Conjunctivosis (f; CEB); Cough (f; DEM); Debility (f; DEM; FAD); Dermatosis (f; DEM); Dysentery (f; DEM); Dysmenorrhea (f; DEM; FAD); Dyspepsia (f; FAD); Enterosis (f; CEB); Erysipelas (f; CEB); Fever (f; CEB); Gastrosis (f; DEM); Headache (f; CEB; DEM); Hemorrhoid (f; FAD); Inflammation (f; FAD); Insomnia (f; DEM); Leukorrhea (f; DEM); Mastosis (f; CEB); Measles (f; DEM); Nervousness (f; DEM); Ophthalmia (f; CEB); Pain (f; CEB; DEM); Poison Ivy (f; CEB); Pulmonosis (f; DEM); Rheumatism (f; FAD); Sore (f; DEM; FAD); Wound (f; DEM; FAD).

Dosages (American Solomon's-Seal) — Food farmacy, as the plant is eaten.

Contraindications, Interactions, and Side Effects (American Solomon's-Seal) — Class 1 (AHP). Not covered (KOM; PH2). None reported.

AMERICAN WHITE SPRUCE (*Picea glauca* (Moench.) Voss) ++

Synonyms — *Abies canadensis* Mill., *P. canadensis* (Mill.) Britton et al., *P. glauca f. aurea* (J. Nelson) Rehder, *P. glauca* var. *conica* Rehder, *Pinus glauca* Moench, *Pinus laxa* Ehrh.

Activities (American White Spruce) — Antiseptic (f; DEM); Depurative (f; DEM); Diaphoretic (f; DEM); Digestive (f; DEM); Laxative (f; DEM); Panacea (f; DEM); Rubefacient (f; CEB); Tonic (f; DEM).

Indications (American White Spruce) — Abscess (f; CEB); Arthrosis (f; DEM); Boil (f; CEB; DEM); Burn (f; CEB); Catarrh (f; CEB); Childbirth (f; DEM); Cold (f; DEM); Congestion (f; DEM); Cough (f; CEB; DEM); Dermatosis (f; DEM); Diarrhea (f; DEM); Dyspepsia (f; DEM); Dyspnea (f; CEB); Dysuria (f; DEM); Enterosis (f; CEB); Fever (f; DEM); Flu (f; DEM); Gastrosis (f; CEB; DEM); Gravel (f; CEB); Gray Hair (f; CEB); Infection (f; CEB; DEM); Nephrosis (f; DEM); Ophthalmia (f; CEB); Phthisis (f; CEB); Pulmonosis (f; DEM); Rash (f; DEM); Respirosis (f; DEM); Rheumatism (f; CEB; DEM); Scab (f; CEB); Scabies (f; DEM); Scurvy (f; CEB; DEM); Sore (f; CEB; DEM); Stomatosis (f; DEM); Swelling (f; CEB; DEM); Tuberculosis (f; DEM); Wound (f; CEB; DEM).

AMMONIAC (*Dorema ammoniacum* D. Don) +

Activities (Ammoniac) — Antispasmodic (f; PH2; PNC); Antitumor (f; JLH); Diaphoretic (f; PH2); Diuretic (f; PH2); Emmenagogue (f; PH2); Expectorant (f; PH2; PNC); Stimulant (f; PH2).

Indications (Ammoniac) — Abscess (f; HHB; PH2); Adenopathy (f; HHB; PH2); Aposteme (f; JLH); Arthrosis (f; JLH; PH2); Asthma (f; PH2); Bronchosis (f; PH2); Callus (f; JLH); Cancer (f; PH2); Cancer, anus (f; JLH); Cancer, breast (f; JLH); Cancer, colon (f; JLH); Cancer, diaphragm (f; JLH); Cancer, eye (f; JLH); Cancer, gum (f; JLH); Cancer, liver (f; JLH); Cancer, nose (f; JLH); Cancer, parotid (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, testes (f; JLH); Cancer, uterus (f; JLH); Catarrh (f; PH2; PNC); Condyloma (f; JLH); Cramp (f; PH2; PNC); Diaphragmosis (f; JLH); Enterosis (f; JLH); Fever (f; PH2); Gastrosis (f; JLH); Gingivosis (f; JLH); Hepatosis (f; PH2); Hyperadenosis (f; PH2); Induration (f; JLH); Mastosis (f; JLH); Ophthalmia (f; JLH); Orchosis (f; JLH); Pain (f; PH2); Parotosis (f; JLH); Phymata (f; JLH); Polyp (f; JLH); Proctosis (f; JLH); Respirosis (f; PNC); Rhinosis (f; JLH); Sciatica (f; PH2); Sore (f; PH2); Splenosis (f; PH2); Swelling (f; HHB; PH2); Tumor (f; JLH); VD (f; JLH); Wart (f; JLH); Water Retention (f; PH2); Wound (f; PH2).

Dosages (Ammoniac) — 300–1000 mg ammoniacum (powdered gum resin) (PNC).

Contraindications, Interactions, and Side Effects (Ammoniac) — Not covered (AHP). Emmenagogue folklore may contraindicate in pregnancy (PH2); folklore said to induce visual disturbances such as glaucoma (PH2). "Health hazards not known with proper therapeutic dosages" (PH2).

AMUR CORKTREE (*Phellodendron amurense* Rupr.) ++

Activities (Amur Corktree) — Alterative (f; DAA); Analgesic (f; LMP); Antibacterial (1; LAF); Antidote, daylily (f; FAY); Antioxidant (1; LAF); Antihelicobacter (1; X9781854); Antiinflammatory (1; AKT); Antiseptic (1; AKT; LAF); Antiulcer (1; X9781854); Antiviral (1; AKT); Aphrodisiac (f; DAA); Bitter (1; AKT); Candidicide (1; AKT; X2079677); Cardiodepressant (1; DAA); Choleretic (1; DAA); Diuretic (1; DAA); Expectorant (f; DAA; LMP); Fungicide (1; LAF); Hypocholesterolemic (1; LAF); Hypoglycemic (1; DAA; LAF); Hypotensive (1; LAF); Immunosuppressant (1; AKT); Insecticide (f; HHB); Myorelaxant (1; DAA); Stomachic (f; LMP); Tonic (f; DAA); Trypanoside (1; X9121161); Uterotonic (1; DAA); Vasoconstrictor (1; DAA); Antihelicobacter (1; X9781854); Antiulcer (1; X9781854).

Indications (Amur Corktree) — Acne (f; LAF); Alzheimer's (1; COX; FNF); Arthrosis (1; AKT; COX); Bacteria (1; AKT; LAF); Bleeding (f; DAA); Boil (f; DAA); Bruise (f; LMP); Cancer (1; COX; FNF); Cancer, colon (1; COX; FNF); Candida (1; AKT; X2079677); Canker (f; DAA); Cataract (f; AKT); Cholecystosis (f; LMP); Cholera (1; AKT); Cold (f; FAY); Conjunctivosis (1; AKT; LMP); Cystosis (f; DAA; LMP); Dermatosis (f; DAA; LAF); Diabetes (f; DAA); Diarrhea (f; AKT); Diphtheria (1; AKT); Dysentery (1; AKT; DAA; LAF; LMP); Dysmenorrhea (f; DAA); Dysuria (f; LAF); Eczema (f; DAA; LAF); Enterosis (f; DAA; LAF); Epistaxis (f; DAA); Favus (f; DAA); Fever (1; AKT; DAA; LMP); Fungus (1; LAF); Gastrosis (f; LMP); Gonorrhea (f; DAA); Helicobacter (1; X9781854); Hemorrhoid (f; AKT; DAA); Hepatosis (f; LAF); High Blood Pressure (1; LAF); High Cholesterol (1; LAF); Hot Flash (f; AKT); Hyperglycemia (1; DAA; LAF); Impotence (f; DAA); Infection (1; AKT; LAF); Inflammation (1; AKT); Itch (f; LAF); Jaundice (f; DAA; LAF); Leukorrhea (f; LAF); Liver spot (f; LAF); Melena (f; DAA); Meningosis (1; AKT); Menopause (f; AKT); Mycosis (1; LAF); Nephrosis (f; LMP); Night Sweats (f; LAF); Osteosis (f; LMP); Pain (f; AKT: LMP); Paralysis (f; DAA); Pemphigo (f; DAA); Pneumonia (1; AKT); Rheumatism (f; DAA); Senility (f; DAA); Sore (f; LAF); Spermatorrhea (f; LAF); Staphylococcus (1; AKT); Stomatosis (f; DAA); Swelling (f; AKT); Tinnitus (f; DAA); Trachoma (1; AKT); Trichomoniasis (f; DAA); Typhoid (f; AKT; LMP); Typhus (f; LMP); Ulcer (1; AKT; X9781854); Urethrosis (f; DAA); Vaginosis (f; AKT; DAA); Virus (1; AKT); Water Retention (1; DAA); Wound (f; LAF); Yeast (1; AKT; X2079677).

Dosages (Amur Corktree) — 3–10 g powdered bark/day (AKT); 1–3 g bark/day (HHB); 1–3 g 4:1 dry decoction (AKT).

Contraindications, Interactions, and Side Effects (Amur Corktree) — Class 2b (AHP). Not covered (BGB, PH2). One case of rash associated with ingestion (AHP). Good and bad effects of berberine may accrue to this species. Contains up to 25,000 ppm berberine, *P. chinese,* up to 80,000.

ANEMARRHENA (*Anemarrhena asphodelioides* Bunge) ++

Activities (Anemarrhena) — Antiaggregant (1; PH2); Antiinflammatory (1; DAA); Antipyretic (1; DAA; PH2); Bitter (1; LMP); Depurative (f; LMP); Diuretic (f; LMP); Expectorant (f; DAA); Hypoglycemic (1; DAA); Laxative (f; DAA); Peristaltic (1; LMP).

Indications (Anemarrhena) — Agitation (f; PH2); Bronchosis (f; DAA); Cancer (1; DAA); Childbirth (f; LMP); Cough (f; PH2); Dehydration (f; PH2); Diabetes (1; DAA; PH2); Dysentery (f; LMP); Dysuria (f; DAA; LMP); Fever (1; DAA; PH2); Flu (f; DAA); Hyperemesis (f; LMP); Hyperglycemia (1; DAA); Inflammation (1; DAA; PH2); Lumbago (f; DAA); Morning Sickness (f; LMP); Osteosis (f; PH2); Pain (f; PH2); Pneumonia (f; DAA); Scarlet Fever (f; PH2); Spermatorrhea (f; PH2); Strangury (f; PH2); Thirst (f; DAA); Tinnitus (f; DAA); Tuberculosis (f; PH2); Typhoid (f; DAA); Typhus (f; PH2); Vertigo (f; DAA); Water Retention (f; LMP).

Dosages (Anemarrhena) — 6–12 g in tea (PH2).

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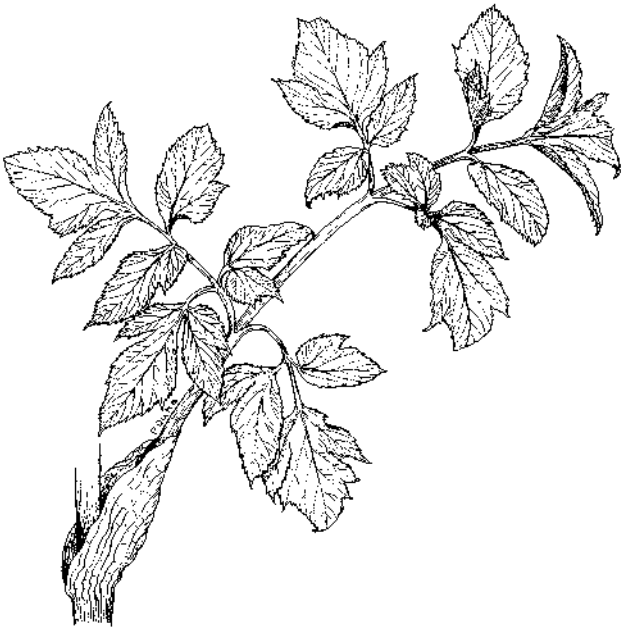
Contraindications, Interactions, and Side Effects (Anemarrhena) — Class 1 (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Not for use with diarrhea (PH2). Large doses may cause colic, diarrhea, enteritis, gastrosis (PH2). Mangiferin in large doses may repress nerves and heart.

ANGELICA, WILD PARSNIP (*Angelica archangelica* L.) ++



Synonyms — *A. officinalis* Moench, *Archangelica officinalis* (Moench) Hoffm.

Activities (Angelica) — Abortifacient (f; CRC); Antibacterial (1; BGB; CAN; TMA); Antiedemic (1; CAN); Antiinflammatory (1; CAN); Antispasmodic (2; BGB; CAN; CRC; KOM; PH2); Aperitif (1; BIS); Bitter (f; BGB); Calcium Antagonist (1; BGB; FNF; JAD; LAF); Carminative (1; BGB; CAN; CRC; HHB); Cholagogue (1; BGB; BIS; PH2); Cytostatic (1; PH2); Diaphoretic (f; BGB; CAN; PHR; PH2); Digestive (f; BGB); Diuretic (f; BGB; CAN; CRC; PHR; PH2); Emmenagogue (f; CRC; HHB); Expectorant (f; CAN; CRC); Fungicide (1; APA; CAN); Gastrogogue (2; BGB; KOM; PHR; PH2); Myorelaxant (1; BGB); Photocarcinogenic (1; APA); Phototoxic (1; APA; PH2); Rubefacient (f; PH2); Secretagogue (2; PHR); Stimulant (f; CRC); Stomachic (f; CRC; HHB); Tonic (f; BGB; HHB); Tracheorelaxant (1; BGB).

Indications (Angelica) — Anorexia (2; BIS; CAN; PHR); Arthrosis (f; APA); Asthma (1; CAN); Bacteria (1; BGB; CAN; TMA); Bronchosis (f; CAN; PH2); Cancer (f; JLH); Cancer, stomach (f; APA; CRC; JLH); Cardiopathy (1; BGB; FNF; JAD; LAF); Caries (f; CRC); Catarrh (1; CAN); Cholecystosis (f; HHB); Cold (2; APA; BGB; PH2); Cough (f; APA; PH2); Cramp (2; BGB; CAN; CRC; KOM; PH2); Duodenosis (f; HHB); Dysmenorrhea (f; APA; PH2); Dyspepsia (2; BGB; CAN; CRC; PHR; PH2); Enterosis (1; BGB; CRC; HHB; PH2); Fever (2; BGB; CAN; PHR; PH2); Flatulence (2; CAN; KOM); Fullness (1; BGB); Fungus (1; APA; BGB; CAN); Gas (1; BGB; CAN; CRC; HHB); Gastrosis (2; BGB; CRC; HHB; KOM; PH2); Hepatosis (f; PH2); Hypoacidity (f; BGB); Infection (1; APA; CAN; PH2); Inflammation (1; CAN); Insomnia (f; CRC; HHB); Lice (f; PH2); Malaria (f; PH2); Mucososis (f; CAN); Mycosis (1; APA; CAN); Nephrosis (f; PH2); Neuralgia (f; CRC; HHB; PH2); Pain (f; APA; TMA); Plague (f; APA); Pleurisy (f; CAN); Respirosis (f; PH2); Rheumatism (f; APA; CRC; HHB; PH2); Stomachache (f; APA); Swelling (1;

CAN); Tuberculosis (1; BGB); Tumor (f; CRC); Ulcer (f; CRC; HHB); UTI (2; PH2); Water Retention (f; BGB; CAN; CRC; PHR; PH2).

Dosages (Angelica) — 1 tsp powdered leaf, root, or seed/cup of water (APA); 1.5 g root (1 tsp = ~1.5 g)/day (BIS); 4.5 g root (BIS; KOM; PH2); 1–2 g root in tea 3 ×/day (CAN); 0.5–2 g powdered root (PNC); 1–2 g seed day (CAN); 2–5 g dry leaf 3 ×/day (CAN); 2–5 ml leaf tincture (1:5 in 45% alcohol) 3 ×/day (CAN); 0.5–2 ml root tincture (1:5 in 50% alcohol) 3 ×/day (CAN); 1.5 g root tincture (1:5) (KOM); 2–5 ml leaf extract (1:1 in 25% alcohol) 3 ×/day (CAN); 0.2–5 ml root extract (1:1 in 25% alcohol) 3 ×/day (CAN); 2–4 ml liquid root extract (PNC); 2–4 ml liquid herb extract (PNC); wineglass of root tea (PNC).

Contraindications, Interactions, and Side Effects (Angelica) — Class 2b, 2d (avoid prolonged exposure to sunlight) (AHP). Contraindicated for peptic ulcer. Commission E reports photosensitivity due to furocoumarins (AEH). Furanocoumarins may cause phototoxic dermatosis (CAN). Anticoagulant coumarins may interact with anticoagulant therapy, additively or synergistically, or perhaps even antagonistically. Angelica and root oils reported to cause photodermatosis and phototoxicity, respectively. Root oil should be limited to 7800 ppm in skin products when the skin is to be exposed to UV. Root Oil LD50 = 2200 mg/kg orl mouse; LD50 = 1160 mg/kg orl rat (CAN); toxic in rats 1870 mg/kg (BIS); LD50 = >5000 mg/kg top. rabbit (CAN). We may extend to all apiaceous oils Bisset's comments on celeryseed oil, "The drug is contraindicated in inflammation of the kidneys," since apiaceous EOs may increase the inflammation as a result of epithelial irritation (BIS). Bergapten is a suspected carcinogen. Angelica root, reportedly abortifacient, should not be used in "pregnancy and lactation in amounts exceeding those used in foods" (CAN). Canadians list "as an unacceptable non-medicinal ingredient for oral use products" (AHP). Do not use if fever, chills, headache, thirst, sweating, and a rapid pulse are present (TMA, 1996). Is this any worse than celery, parsnip, and other furanocoumarin-containing herbs in the carrot family, even carrot itself? Until I answer this question without bias, I don't know that it deserves the low score given it by AHA. It does contain at least 15 different coumarin-like compounds, probably shared with many other umbelliferae (Apiaceae).

ANGLED LOOFAH, CHINESE OKRA (*Luffa acutangula* (L.) Roxb.) ++

Synonym — *Cucumis acutangulus* L.

Activities (Angled Loofah) — Abortifacient (1; KAP; MPI); Antipyretic (f; KAB); Bitter (f; DEP); Demulcent (f; KAP; WOI); Diuretic (f; KAP; WOI); Emetic (f; DEP; WOI); Expectorant (f; WOI); Hypoglycemic (1; KAP); Laxative (f; DEP; KAP; WOI); Tonic (f; DEP); Vermifuge (f; KAB).

Indications (Angled Loofah) — Amenorrhea (f; WOI); Asthma (f; KAB; WOI); Biliousness (f; KAB); Bite (f; KAP); Bronchosis (f; KAB); Conjunctivosis (f; DEP; WOI); Dermatosis (f; KAP; WOI); Diabetes (1; KAP); Dropsy (f; KAP); Dysentery (f; DEP; KAP); Fever (f; KAB); Gonorrhea (f; DEP); Hemorrhoid (f; DEP; KAB; KAP; WOI); Hyperglycemia (1; KAP); Jaundice (f; DEP; WOI); Leprosy (f; DEP; KAB; KAP; WOI); Ringworm (f; KAB; KAP); Snakebite (f; KAP); Sore (f; KAP; WOI); Splenosis (f; DEP; KAB; WOI); Uremia (f; WOI); VD (f; DEP); Water Retention (f; KAP; WOI); Worm (f; KAB).

Dosages (Angled Loofah) — 1.5–2 g to 10 seed as demulcent (KAP); 5–10 g fruit juice (KAP); 28–56 ml infusion (KAP). LD50 (50% Ethanolic Extract) = 1000 mg/kg ipr mouse (MPI).

ANGOSTURA (*Angostura trifoliata* (Willd.) T. S. Elias) ++

Synonyms — *Bonplandia trifoliata* Willd., *Galipea officinalis* Hancock; *Cusparia febrifuga* Humb. ex DC., *Cusparia trifoliata* (Willd.) Engl.

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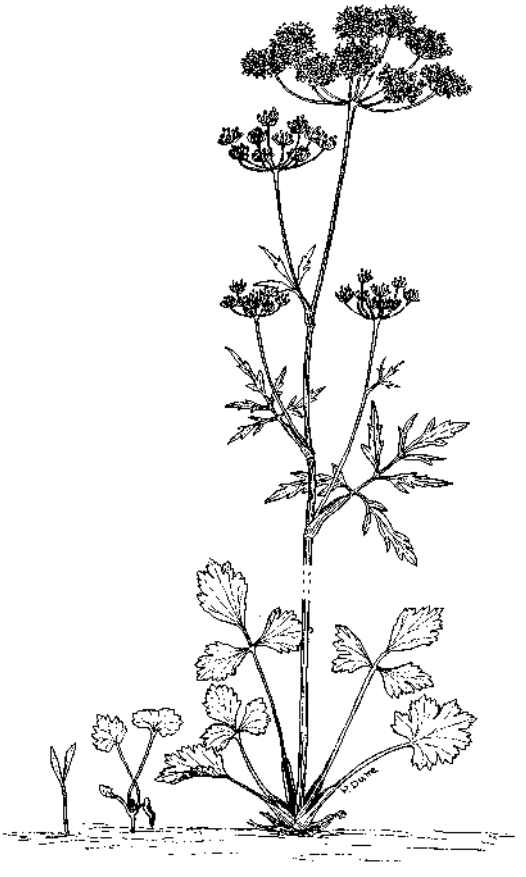
Activities (Angostura) — Antipyretic (f; HHB); Aperitif (1; EFS; FNF); Bitter (1; HHB; PH2); Carminative (f; EFS); Emetic (1; PH2); Gastrotonic (f; PH2); Laxative (f; PH2); Stimulant (f; EFS); Stomachic (f; EFS); Tonic (f; PH2).

Indications (Angostura) — Anorexia (1; EFS; FNF); Diarrhea (f; PH2); Dysentery (f; HHB); Dyspepsia (f; HHB); Fever (f; HHB; PH2); Gas (f; EFS); Hypoacidity (1; HHB).

Dosages (Angostura) — 0.5 g (HHB).

Contraindications, Interactions, and Side Effects (Angostura) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Larger doses may induce nausea, vomiting, or both (PH2).

ANISE (*Pimpinella anisum* L.) ++



Synonym — *Anisum vulgare* Gaertn.

Activities (Anise) — Abortifacient (f; CAN; CRC); Allergenic (1; CRC); Analgesic (1; CRC; HH2); Antibacterial (2; HH2; KOM; PHR; PH2; PIP); Anticonvulsant (1; CAN); Antiseptic (2; KOM; PHR; PIP); Antispasmodic (2; CAN; HH2; KOM; PHR; PH2); Antiviral (1; HH2; PH2); Aperitif (f; CRC); Aphrodisiac (f; HHB); Carminative (1; CAN; HHB; JFM); Collyrium (f; CRC); Dentifrice (f; CRC); Diaphoretic (f; CRC); Digestive (f; PH2); Emmenagogue (1;

CAN; HHB); Estrogenic (1; CAN; HHB; HH2; PH2); Expectorant (2; CAN; HH2; KOM; PHR; PH2); Fungicide (1; CRC); GABA-genic (1; CAN); Hepatotonic (1; CRC); Hepatotoxic (f; CAN); Insecticide (1; APA; CAN; CRC); Insectifuge (1; PH2); Lactagogue (1; CAN; CRC; HHB; JFM); Laxative (f; DEM); Libidogenic (f; CAN); Litholytic (f; CRC); Paraciticide (1; CAN; FNF); Pectoral (f; CRC); Pediculicide (1; APA); Secretolytic (1; CAN); Sedative (f; CRC); Stimulant (f; CRC); Stomachic (f; CRC; HHB); Sympathomimetic (1; CAN); Tonic (f; CRC).

Indications (Anise) — Andropause (f; CAN); Anemia (1; APA); Anorexia (2; CRC; PHR; PH2); Arthrosis (f; PH2); Asthma (f; CRC); Bacteria (2; HH2; KOM; PHR; PH2; PIP); Bronchosis (2; CAN; CRC; PHR; PH2); Cancer (f; CRC; JLH); Cancer, bladder (f; JLH); Cancer, kidney (f; JLH); Cancer, liver (f; JLH); Cancer, lung (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, uterus (f; JLH); Cancer, uvula (f; JLH); Catarrh (2; CAN; DEM; HH2; KOM; PH2); Childbirth (f; CRC); Cholecystosis (2; CRC; PHR); Cholera (f; CRC); Cold (2; PHR; PH2); Colic (1; APA; CAN; CRC; PH2); Colitis (f; HH2); Congestion (f; AHA); Convulsion (1; CAN); Cough (2; APA; CAN; PHR; PH2); Cramp (2; AHA; CAN; HH2; KOM; PHR; PH2); Dropsy (f; CRC); Dysmenorrhea (f; CAN; CRC; HH2; PH2); Dyspepsia (1; APA; BIS; CRC; PH2); Epilepsy (f; CRC); ERT (1; CAN; FNF); Fever (2; CRC; PHR; PH2); Frigidity (f; AHA; CAN; FNF); Fungus (1; CRC; WOI); Gas (1; APA; CAN; CRC; HHB; JFM; PH2; SHT); Gastrosis (f; DEM); Halitosis (1; AHA; CRC); Hepatosis (2; PHR; PH2); Induration (f; JLH); Infection (2; CRC; KOM; PHR; PIP); Insomnia (f; CRC); Lice (1; APA; CRC; WOI); Lumbago (f; PH2); Migraine (f; CRC); Morning Sickness (f; AHA); Mucososis (2; CAN; KOM; PHR); Mycosis (1; CRC); Nausea (f; AHA; CRC); Nephrosis (f; CRC); Nervousness (f; CRC); Neuralgia (f; CRC); Pain (1; CRC; HH2; PH2); Parasite (1; CAN); Parturition (f; AHA); Pediculosis (topical) (1; APA; CAN); Pertussis (f; CAN; PH2); Pharyngosis (2; PHR; PH2); Poor Milk Supply (1; CAN); Psoriasis (1; CAN); Respirosis (f; PH2); Scabies (topical) (f; APA; CAN; CRC); Sclerosis (f; JLH); Splenosis (f; JLH); Stomatosis (2; PHR; PH2); Stone (f; CRC); Tracheosis (f; CAN); Tuberculosis (f; HH2; PH2); Tumor (f; JLH); Ulcer (f; JLH); Virus (1; HH2; PH2).

Dosages (Anise) — 1 tsp crushed seed/cup water 3 ×/day; 3 g seed, or 300 mg seed oil/day (BIS; PHR); 0.5–1 g seed in tea, 3 ×/day (CAN; HHB); 0.5–3 g fruits (HH2); 20 g fruit in alcohol or water (JFM); 0.5–1 tsp tincture up to 3 ×/day (APA); 0.05–0.2 ml fruit EO (CAN; PNC); 0.3–1 ml anise water (CAN; PNC); 0.3–1.2 ml anise spirit (PNC).

Contraindications, Interactions, and Side Effects (Anise) — Class 2b (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). "Occasional allergic reactions of the skin, respiratory tract and gastrointestinal tract" (BIS, KOM). We might extend to all apiaceous oils Bisset's comments on celeryseed oil, "The drug is contraindicated in inflammation of the kidneys," since apiaceous EOs may increase the inflammation as a result of epithelial irritation (BIS). Oil reported carminative and expectorant; 1–5 ml can cause nausea, pulmonary edema, seizures, and vomiting; LD50 EO =2700 mg/kg orl rat (HH2). Anethole in the volatile oil may cause contact dermatosis (CAN). Commission E reports contraindications for fruit: hypersensitivity; adverse effects: allergic reactions (occasionally) (AEH). Seed, reportedly abortifacient and lactagogue, should not be used in pregnancy and lactation in amounts exceeding those used in foods (CAN). "Often used in pediatric practice" (BIS). Nursing mothers taking anise or fennel tea, or both, to stimulate lactation caused temporary CNS disturbances, emesis, lethargy, poor suckling, restlessness, and torpor in the newborn (15–20 days old), possibly due to anethole in the milk. (Infants were healthy at 6-month follow up.) (*Acta Pediatrica* 83:683; 1994). Excessive dose may interfere with anticoagulant, contraceptive, ERT, and MAOI therapy.

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ANNATTO (*Bixa orellana* L.) ++

Activities (Annatto) — Antibacterial (1; 60P; TRA); Antidote, cassava (f; JFM); Antidote, jatropha (f; JFM); Antiprostaglandin (1; 60P); Antipyretic (f; MPI; WO2); Antisecretory (f; WO2); Antiseptic (1; WO2); Antispasmodic (1; WO2); Antitumor (1; TRA; WO2); Aphrodisiac (female) (f; DAD; 60P; JFM); Astringent (f; 60P; DEP; JFM; MPI); Candidicide (1; TRA); CNS-Depressant (1; TRA; WO2); Digestive (f; WO2); Diuretic (f; 60P; IED; JFM); Emmenagogue (f; JFM); Emollient (f; DAV; WO2); Expectorant (f; DAV); Fungicide (1; TRA); Hemostat (1; WO2); Hyperglycemic (1; DAD; TRA); Hypertensive (1; TRA); Hypoglycemic (1; 60P; TRA); Hypotensive (1; 60P; WO2); Immunostimulant (1; TRA); Insectifuge (f; 60P); Laxative (f; JFM; MPI; WO2); Myorelaxant (f; 60P); Parasiticide (1; DAD); Spasmogenic (1; WO2); Trichomonicide (1; TRA); Uterocontractant (1; TRA); Vermifuge (f; DAD).

Indications (Annatto) — Acne (f; 60P); Alopecia (f; DAD); Asthma (f; JFM); Bacteria (1; 60P; TRA); Bite (f; MPI); Bleeding (1; WO2); Blister (f; WO2); Burn (f; DAD; TRA; WO2); Cancer (f; JLH); Cancer, mouth (f; DAD); Candida (1; TRA); Childbirth (f; DAV; IED); Condylomata (f; JLH); Conjunctivosis (1; DAV); Cramp (1; WO2); Dermatosis (f; JFM); Diabetes (1; JFM; WO2); Diarrhea (f; IED; JFM); Dysentery (f; 60P; DEP; JFM; WO2); Dyspnea (f; JFM); Epilepsy (f; WO2); Eruption (f; JFM); Fever (f; 60P; JFM; MPI; WO2); Flu (f; JFM); Fungus (1; TRA); Gastrosis (f; DAV); Gonorrhea (1; JFM; MPI; TRA); Headache (f; JFM); Hemorrhoid (f; JFM); Hepatosis (f; DAV; JFM); High Blood Pressure (1; 60P; WO2); High Blood Sugar (1; 60P); Hyperglycemia (1; 60P; TRA); Hypoglycemia (1; DAD; TRA); Immunodepression (1; TRA); Infection (1; TRA; WO2); Jaundice (f; JFM; WO2); Leprosy (f; JFM; WO2); Low Blood Pressure (1; TRA); Malaria (f; MPI; WO2); Measles (f; JFM); Mycosis (1; TRA); Nausea (f; JFM); Nephrosis (f; DAD; DEP); Pain (f; DAD); Parasite (1; DAD); Pleurisy (f; JFM); Pulmonosis (f; IED); Respirosis (f; IED); Salmonella (1; TRA); Scar (f; WO2); Snakebite (f; MPI); Sore (f; JLH; WO2); Sore Throat (f; JFM; WO2); Stomachache (f; JFM); Stomatosis (f; DAD; JFM); Tonsilosis (f; DAV); Tumor (1; TRA; WO2; JLH); Uterosis (f; JFM); Vomiting (f; JFM); Water Retention (f; 60P; IED; JFM); Worm (f; DAD); Wound (f; JFM); VD (f; DAV; JFM; MPI); Yeast (1; TRA).

Dosages (Annatto) — For diuretic activity, boil 9 seed pods in 3 cups of water for 10 minutes; drink 1 cup before each meal (AAB); 10 g powdered seed/40 ml oil for topical pastes (TRA); 3 leaf/0.5 l water + red paste = female aphrodisiac (JFM).

Contraindications, Interactions, and Side Effects (Annatto) — Not covered (AHP; PH2). Seeds contain a toxic alkaloid (JFM). Ingesting the tea for diabetes mellitus, may be contraindicated since trans-bixin is hyperglycemic. Toxicity, if real, is "low grade," especially in well-nourished experimental animals. Toxicity commences in dogs given 60 mg/kg trans-bixin (DAD). Ethanolic seed

extracts active against *Escherichia, Salmonella,* and *Staphylococcus*; aqueous and chloroform extracts hypoglycemic, but alcohol extract hyperglycemic (TRA). Root extracts hypotensive in rats at 50 mg/kg, slowing gastric secretions at 400 mg/kg (TRA).

ANNUAL MERCURY (*Mercurialis annua* L.) +

Some (e.g., MAD) aggregate the annual and perennial *Mercurialis.*

Activities (Annual Mercury) — Antilactagogue (f; CRC; HHB); Cholagogue (f; CRC); Cyanogenic (f; CRC); Diuretic (f; CRC; EFS; PHR; PH2); Emetic (f; CRC); Emmenagogue (f; CRC; EFS); Hydragogue (f; CRC; EFS); Laxative (f; CRC; PHR; PH2); Poison (f; CRC; PHR); Secretolytic (f; CRC); Sialagogue (f; MAD); Vermifuge (f; CRC; EFS).

Indications (Annual Mercury) — Amenorrhea (f; MAD); Anorexia (f; CRC); Arthrosis (f; MAD); Ascariasis (f; CRC); Ascites (f; CRC); Bronchosis (f; MAD); Bubo (f; MAD); Burn (f; MAD); Cancer (f; CRC); Catarrh (f; MAD); Cold (f; PH2); Congestion (f; CRC); Cystosis (f; MAD); Depression (f; MAD); Dermatosis (f; MAD); Dropsy (f; CRC; MAD); Dysmenorrhea (f; CRC; HHB); Dysuria (f; PH2); Eczema (f; CRC; HHB); Enterosis (f; CRC; PH2); Gastrosis (f; CRC; PH2); Gonorrhea (f; MAD); Hepatosis (f; MAD); Hypochondria (f; MAD); Infection (f; MAD; PHR); Inflammation (f; PHR; PH2); Mucososis (f; CRC); Pericardosis (f; MAD); Pulmonosis (f; MAD); Rheumatism (f; CRC; MAD; PH2); Scabies (f; CRC); Scirrhus (f; JLH); Sclerosis (f; JLH); Swelling (f; JLH); Sycosis (f; CRC); Syphilis (f; MAD); Tumor (f; CRC; JLH); UTI (f; PHR; PH2); VD (f; MAD); Wart (f; JLH); Water Retention (1; CRC; EFS; HHB; PHR; PH2); Worm (f; CRC; EFS); Wound (f; MAD).

Dosages (Annual Mercury) — No recent dosage found. I'd not advise the dosage repeated in Madaus (30–100 g sap/day). I usually caution against white sap.

Contraindications, Interactions, and Side Effects (Annual Mercury) — Not covered (AHP). Slightly poisonous; poisonings, including fatal ones, are known only among animals (PHR). Can lead to diarrhea and overactive bladder. Overdoses may lead to toxicity with diarrhea, hepatosis, nephrosis, neurosis, and paralysis (PH2). Pyridone derivatives may color the urine red (PH2).

ANSERINA, SILVERWEED (*Potentilla anserina* L.) ++

Activities (Anserina) — Antiallergic (1; BIS; FNF); Antiherpetic (1; HH2); Antiseptic (1; CEB; FNF); Antispasmodic (1; HH2; PH2); Antiviral (1; HH2); Astringent (1; PHR; PH2; PNC); Cardiotoxic (f; HH2); Diuretic (f; CEB); Hypotensive (1; BIS; FNF); Immunostimulant (1; BIS); Inteferonogenic (1; BIS; FNF); Peristaltic (1; HH2); Tonic (2; KOM; PNC); Uteroparalytic (1; PH2); Uterotonic (1; BIS; PHR).

Indications (Anserina) — Acne (f; CEB); Albuminuria (f; MAD); Allergy (1; BIS; FNF); Angina (f; MAD); Arthrosis (f; MAD); Backache (f; MAD); Bleeding (1; MAD); Cancer (1; JLH); Cancer, colon (1; JLH); Cancer, intestine (1; JLH); Cancer, liver (1; JLH); Cancer, spleen (1; JLH); Cancer, stomach (1; JLH); Canker (f; CEB); Cardiopathy (f; MAD); Catalepsy (f; MAD); Cholera (f; MAD); Colic (f; MAD); Colitis (1; BIS); Corn (f; JLH); Cramp (1; HH2; MAD; PH2); Diarrhea (2; KOM; PHR; PH2); Dysentery (1; MAD); Dysmenorrhea (2; KOM; MAD; PHR; PH2); Enterosis (f; JLH; MAD); Epilepsy (f; MAD); Epistaxis (f; MAD); Freckle (f; CEB); Gas (f; MAD); Gastrosis (f; JLH; MAD); Gingivosis (1; CEB); Hemoptysis (f; MAD); Hepatosis (f; JLH; MAD); Herpes (1; HH2); High Blood Pressure (1; BIS; FNF); Immunodepression (1; BIS); Induration (f; JLH); Infection (1; FNF; HH2); Inflammation (2; JLH; KOM); Leukorrhea (f; MAD); Myoma (f; MAD); Neurosis (f; MAD); Pharyngosis (2; KOM; PH2); PMS (2; PHR;

PH2); Pneumonia (f; MAD); Polyp (f; JLH); Sore (f; MAD); Sore Throat (2; KOM; MAD); Splenosis (f; JLH); Stomatosis (2; BIS; CEB; KOM; PH2); Stone (f; CEB); Sunburn (f; CEB); Toothache (f; MAD); Uterosis (f; MAD); Vaginosis (f; MAD); Virus (1; HH2); Water Retention (f; CEB); Wound (f; CEB; PH2).

Dosages (Anserina) — 2–6 g (1 tsp = 0.7–1.4 g) (BIS); 4–6 g herb/day (2 g/cup tea) (KOM; PH2). (2 tsp = ~2.8 g).

Contraindications, Interactions, and Side Effects (Anserina) — Class 1 (AHP; JAD). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). No contraindications known (BIS). Commission E reports no contraindications, adverse effects, or interactions, except for gastric irritation (KOM). Other sources report adverse effects of GI disturbances (AEH; PH2). Sensitive individuals may experience stomach upset and vomiting (BIS). The warning with which CAN lambast uva-ursi should as well apply to other herbs with almost as much tannin: "In view of the high tannin content, prolonged use may cause chronic liver impairment." (CAN). Containing tannin, its extracts might be expected to show antiallergic, antihypertensive, antiviral, immunostimulant and interferon-generating activities (BIS). Catechins have been specifically recommended for colitis (Brown et al., 1997).

APPLE (*Malus domestica* Borkh.) +++

Synonyms — *M. malus* (L.) Britton, *M. pumila* auct., *M. pumila* var. *domestica* (Borkh.) C. K. Schneid, *M. sylvestris* auct., *M. sylvestris* var. *domestica* (Borkh.) Mansf., *Pyrus malus* L.

Activities (Apple) — Antiandrogenic (1; JNU); Antibacterial (1; CRC); Antiinflammatory (1; JNU); Antioxidant (1; JNU); Antipyretic (f; CRC); Aperitif (f; CRC; EFS); Apoptotic (1; JNU); Cardioprotective (1; JNU; WOI); Carminative (f; CRC); Cyanogenic (1; CRC); Depurative (f; CRC); Digestive (f; CRC; EFS); Diuretic (f; CRC; EFS); Emollient (f; CRC); Hypnotic (f; CRC); Hypoglycemic (1; JNU); Laxative (f; CRC); Poison (f; CRC); Sedative (f; CRC); Tonic (f; CRC; LMP); Vermifuge (f; CRC; WOI).

Indications (Apple) — Allergy (1; JNU); Anemia (f; LMP); Anorexia (f; CRC; EFS); Aphonia (f; DEM); Asthma (1; JNU); Bacteria (1; CRC; WOI); Biliousness (f; CRC; LMP); Blindness (f; DEM); BPH (1; JNU); Bruise (f; DEM); Cacoethes (f; CRC; JLH); Callus (f; JLH); Cancer (f; CRC; JLH); Cancer, colon (1; FNF; JLH); Cancer, eye (f; JLH); Cancer, liver (1; JNU); Cancer, lung (1; JNU); Cancer, prostate (1; JNU); Cardiopathy (1; CRC; JNU; WOI); Catarrh (f; CRC); Condyloma (f; JLH); Conjunctivosis (f; FEL); Constipation (1; CRC); Dermatosis (f; HHB); Diabetes (f; CRC); Diarrhea (1; PH2); Diverticulosis (1; JNU); Dropsy (f; FEL); Dysentery (1; CRC; PH2); Dyspepsia (1; CRC; HHB; PH2); Dyspnea (f; DEM); Enterosis (f; CRC); Erysipelas (f; FEL); Fever (f; CRC); Flux (f; CRC); Gallstone (f; DEM); Gas (f; CRC); Gout (1; JNU); Gravel (f; FEL); Hemorrhoid (f; DEM); Herpes (1; JNU); Hive (1; JNU); Hoarseness (f; DEM); Hyperglycemia (1; JNU); IBS (1; JNU); Inflammation (1; JNU); Insomnia (f; CRC); Malaria (1; CRC; FEL); Nervousness (f; CRC); Obesity (f; WOI); Ophthalmia (f; JLH); Otosis (f; DEM); Pancreatosis (1; JNU); Pertussis (f; CRC); Prostatosis (1; JNU); Scarlatina (f; FEL); Scurvy (f; CRC); Sore (f; JLH); Sore Throat (f; FEL); Spasm (f; CRC); Stress (f; WOI); Stroke (1; JNU); Thirst (f; CRC); Tumor (1; JLH); VD (f; JLH); Virus (1; JNU); Wart (f; CRC); Water Retention (f; CRC; EFS); Worm (f; CRC; WOI).

Dosages (Apple) — Boil tart apple in 1 pint water for fever (FEL).

Contraindications, Interactions, and Side Effects (Apple) — Not covered (AHP; KOM)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

APRICOT (*Prunus armeniaca* L.) ++

Synonyms — *Amygdalus armeniaca* (L.) Dumort., *Armeniaca vulgaris* Lam., *P. armeniaca* var. *vulgaris* Zabel.

Activities (Apricot) — Antidote (f; CRC); Antispasmodic (f; CRC); Antithyroid (1; AKT); Antitumor (f; APA); Antitussive (f; CRC); Aphrodisiac (f; CRC); Cyanogenic (f; CRC); Demulcent (f; CRC); Emollient (f; CRC); Expectorant (f; CRC); Pectoral (f; CRC); Poison (1; CRC); Sedative (f; CRC); Tonic (f; CRC); Vermifuge (f; CRC); Vulnerary (f; CRC).

Indications (Apricot) — Anemia (f; CRC); Asthma (f; APA; CRC); Bleeding (f; CRC); Bronchosis (2; APA; CRC); Cancer (1; APA; CAN; JLH); Catarrh (f; CRC); Childbirth (f; CRC); Cold (f; CRC); Congestion (f; APA); Conjunctivosis (f; CRC); Constipation (f; APA; CRC); Cough (f; APA; CRC); Cramp (f; CRC); Fever (f; CRC); Heart (f; CRC); Infertility (f; CRC); Inflammation (f; CRC); Insomnia (f; CRC); Itch (f; APA); Laryngosis (f; CRC); Nervousness (f; CRC); Rheumatism (f; CRC); Snakebite (f; APA); Sore (f; APA); Sore Throat (f; CRC); Swelling (f; CRC; JLH); Thirst (f; CRC); Toothache (f; APA); Trichomoniasis (2; APA); Tumor (f; APA; CRC; JLH); Ulcer (f; JLH); Vaginosis (2; APA); Vulvosis (2; APA); Worm (f; CRC).

Dosages (Apricot) — Do not use (APA). Not covered (PHR).

Contraindications, Interactions, and Side Effects (Apricot) — Class 3 (AHP). Also known as bitter almond. One of the products apricot seed components break down into in the human body is highly toxic prussic acid. Fifty to 60 kernels of apricot seed can kill adults; 7–10 can be fatal in children. My CRC handbook says that a "double kernel is said to be enough to kill a man" (CRC). I think that is overkill. Headache and nausea occurred in some patients being treated for chronic bronchosis with a paste of apricot seed and sugar. Possible adverse interaction when taken with *Astragalus*, skullcap, or kudzu root (TMA, 1996). Kernels may cause contact dermatosis. Cyanogenetic glycosides in the seed can cause cyanide poisoning (CAN). Because of cyanide toxicity, apricots use in pregnancy and lactation is to be avoided. Avoid in pregnancy; ingestion of cyanogenic substances may be teratogenic. Oral doses of 50 mg HCN (+~ 30 g kernels = 50–60 kernels with ca 2000 ppm HCN). More than 20 deaths have been reported from laetrile and apricot kernel ingestion (CAN). Symptoms of acute intoxication include convulsions, dizziness, drowsiness, dyspnea, headache, hypotension, nausea, paralysis, coma, and then death. Death may occur from 1 to 15 minutes after ingestion. Antidotes for cyanide poisoning include aminophenol, cobalt edetate, hydroxocobalamin, nitrite, and thiosulphate. Symptoms of chronic intoxication (from HCN, cyanogenic foods, or drugs such as laetrile) include ataxia, blindness, cretinism, goiter, hypertonia, increased blood thiocyanate, lesions of the optic nerve, mental retardation, and thyroid cancer. Demyelinating lesions and other neuromyopathies may occur secondary to chronic cyanide exposure, including long-term laetrile therapy. Agranulocytosis has also been attributed to long-term laetrile therapy. Laetrile, spelled with capital L, signifies a synthetic patented in 1961 but never sold in the U.S. Spelled with a small l, laetrile is, for lay purposes, synonymous with amygdalin. After making this distinction, APA spells it with small l, except of course, at the beginning of a sentence, when they say, "Laetrile consists of 6 percent cyanide (prussic or hydrocyanic acid), a highly poisonous substance that can kill by depriving the brain of oxygen." Then they unleash a hyperbolic error, I presume, "the laetrile content of apricot pits varies from as much as 8 percent in some apricot varieties to twenty times that amount in wild varieties." Krebs marketed laetrile with a small l as vitamin B-17 (AHA).

Clinical (Apricot) — A retrospective analysis of laetrile in patients with cancer showed slight activity. A subsequent clinical trial concluded that laetrile was ineffective in cancer treatment. Claims for laetrile were based on three different theories: (1) Claimed that cancerous cells contained copious beta-glucosidases, which release HCN from laetrile via hydrolysis. Normal

cells were reportedly unaffected because they contained low concentrations of beta-glucosidases and high concentrations of rhodanese, which converts HCN to the less toxic thiocyanate. Later, however, it was shown that both cancerous and normal cells contain only trace amounts of beta-glucosidases, and similar amounts of rhodanese. Also, it was thought that amygdalin was not absorbed intact from the gastrointestinal tract (CAN); (2) Proposed that after ingestion, amygdalin was hydrolyzed to mandelonitrile, transported intact to the liver and converted to a beta-glucuronide complex, which was then carried to the cancerous cells, hydrolyzed by beta-glucuronidases to release mandelonitrile, and then HCN. This was believed an untenable theory; (3) Called laetrile vitamin B-17, and with that, cancer is a result of B-17-deficiency. It postulated that chronic administration of laetrile would prevent cancer. No evidence was adduced to substantiate this hypothesis. Furthermore, it was even claimed that patients taking laetrile reduced their life expectancy, both through of lack of proper medical care and chronic cyanide poisoning. In order to reduce potential risks to the general public, amygdalin was made a prescription-only medicine in 1984 (CAN).

ARAROBA (*Andira araroba* Aguan) +

Activities (Araroba) — Allergenic (1; PH2); Alterative (f; CRC); Antispasmodic (f; EFS); Bitter (f; PHR); Detergent (f; CRC); Glucose-6-Phosphate-Dehydrogenase-Inhibitor (1; PH2); Irritant (1; PH2); Poison (f; CRC); Taenifuge (f; CRC); Vermifuge (f; CRC).

Indications (Araroba) — Acne (f; GMH); Alopecia (f; CRC; EFS); Arthrosis (f; CRC); Cramp (f; EFS); Dermatosis (f; CRC; PHR; PH2); Eczema (f; CRC; GMH); Fungus (f; CRC; PH2); Hemorrhoid (f; GMH); Herpes (f; CRC); Mastosis (f; GMH); Mycosis (f; PHR; PH2); Pityriasis (f; CRC); Psoriasis (f; CRC); Rheumatism (f; CRC); Ringworm (f; CRC; GMH); Tapeworm (f; CRC); Trichophytosis (1; CRC); Tylosis (f; GMH); Worm (f; CRC).

Dosages (Araroba) — One-half grain (GMH).

Contraindications, Interactions, and Side Effects (Araroba) — Not in AHP; APA; KOM. Caution: easily absorbed dermally and potentially nephrotoxic (EFS); 200 mg internally can induce diarrhea, nausea, and nephrosis. Powder is a respiratory irritant (CRC); sawdust muco- and occulo-irritant (CRC). Severely irritant to the skin and mucous membranes. As little as 100 mg administered externally can lead to diarrhea, nephritis, and vomiting (PH2).

ARJUNA (*Terminalia arjuna* (Roxb. ex DC.) Wight & Arn.) +

Synonym — *Pentaptera arjuna* Roxb. ex DC.

Activities (Arjuna) — Analgesic (2; KEB); Antiaggregant (1; KEB); Antidote (f; KAP); Antiischemic (2; HDN; KEB); Antispasmodic (1; PH2); Aphrodisiac (f; KAB); Astringent (1; HHB; KAP; SKJ); Bradycardic (1; HH2; PH2); Cardioprotective (1; IHB; KAB; KEB); Deobstruent (f; KAP; SKJ); Diuretic (1; HHB; HDN; KAB; KAP; KEB); Expectorant (f; KAB); Hemostat (1; KAB; PH2; WOI); Hepatoprotective (1; KEB); Hypertensive (1; KEB); Hypotensive (1; HHB; KAP; KEB; PH2); Laxative (f; HHB); Litholytic (f; KAP); Positive Inotropic (1; HH2; PH2); Prostaglandigenic (1; HDN); Sedative (1; PH2); Tonic (f; HHB; KAB; SKJ).

Indications (Arjuna) — Anemia (f; KAB; PH2); Angina (1; KAP; KEB); Aphtha (f; SKJ); Arrhythmia (1; KEB); Asthma (f; PH2); Biliousness (f; KAB); Bleeding (1; KAB; KAP; PH2; WOI); Blister (1; WOI); Blood Clot (1; KEB); Bronchosis (f; PH2); Bruise (f; KAB; WOI); Callus (1; FNF; JLH); Cancer (1; FNF; JLH; KAB; PH2); Cardiopathy (1; KAB; KEB; PH2); Chancre (f; KAB); Childbirth (f; KAB; PH2); Cholera (f; SKJ); Cirrhosis (2; KEB; PH2); CVI (1; PH2); Cramp (1; PH2); Diabetes (f; HH2; PH2); Dropsy (f; KAP); Dysentery (f; KAB; PH2; SKJ);

Dysuria (f; KAB; SKJ); Endocardosis (f; KAP); Fatigue (f; KAB; PH2); Fever (f; KAB; SKJ); Fracture (f; HH2; KAP; WOI); Gleet (f; KAB); Headache (f; SKJ); Hepatosis (f; HH2; PH2); High Blood Pressure (1; HHB; KAP; KEB; PH2); High Cholesterol (1; KEB); High Triglyceride (1; KEB); Hyperhydrosis (f; PH2); Hypertonia (1; PH2); Insomnia (1; PH2); Ischemia (2; HDN; KEB); Leprosy (f; SKJ); Leukoderma (f; KAB); Leukorrhea (f; PH2); Liver (1; KEB); Low Blood Pressure (1; KEB); Nervousness (1; PH2); Otosis (f; HHB; KAB; SKJ); Pain (2; KEB); Pericardosis (f; KAP); Snakebite (f; KAB); Sore (f; IHB; KAB; KAP); Sting (f; KAP); Stomatosis (f; SKJ); Stone (f; KAP); Strangury (f; KAB); Tuberculosis (f; HH2); Urethrosis (f; PH2); Water Retention (1; HHB; HDN; KAB; KAP; KEB); Wound (f; SKJ).

Dosages (Arjuna) — 1–3 g bark (KAP); 3.88 g powdered bark (PH2); 1 g dry bark/day or 2–6 ml extract (1:2) (KEB); 14–28 ml decoction (KAP).

Contraindications, Interactions, and Side Effects (Arjuna) — Not covered (AHP; KOM). "Health hazards not known with proper therapeutic dosages" (PH2). One case of acute myocardial infarction tentatively associated with use of arjuna (KEB).

ARNICA (*Arnica montana* L.) + (external); X (internal)

Activities (Arnica) — Allergenic (1; MAB; PHR); Analeptic (1; BIS; PH2); Analgesic (2; APA; CRC; KOM; MAB; PH2; WAM); Antiaggregant (1; MAB); Antibacterial (1; CAN; MAB); Anticomplementary (1; WO3); Antiedemic (1; CAN; MAB; SHT); Antiinflammatory (2; BGB; KOM; PH2; WAM); Antineuralgic (2; BIS; KOM); Antipyretic (f; CRC); Antirheumatic (1; BIS); Antiseptic (2; BIS; KOM; PH2); Anti-TNF (1; WO3); Antitumor (1; MAB); Blood Thinner (1; MAB); Candidicide (1; MAB); Cardiotonic (1; BIS; CAN; PHR); Cardiotoxic (f; BGB); Cerebrotonic (f; BGB); Choleretic (1; APA; BGB); CNS-Stimulant (f; APA; CRC); Counterirritant (1; APA; CAN); Dermatitigenic (1; MAB); Diuretic (1; APA; MAB); Expectorant (f; CRC); Fungicide (1; CRC); Hemostat (f; CRC); Hypocholesterolemic (f; CRC); Immunostimulant (1; APA; BGB; CAN); Irritant (1; MAB); Nervine (f; CRC); Phagocytotic (1; WO3); Phospholipase-Inhibitor (1; MAB); Positive Inotropic (1; BGB; PH2; SHT); Resolvent (f; CRC); Respirastimulant (1; BGB; PH2; SHT); Sedative (f; CRC); Sternutator (f; CRC); Stimulant (F; MAB); Tonic (f; CRC); Uterotonic (1; BGB; PH2; SHT); Vulnerary (f; CRC; PNC).

Indications (Arnica) — Abrasion (f; APA); Abscess (f; BGB); Acne (f; APA; CRC); Alopecia (f; CRC); Alopecia neurotica (f; CAN; MAB; PH2); Amenorrhea (1; BGB; SHT); Anemia (f; BGB); Angina (f; PH2); Apoplexy (f; CRC); Atherosclerosis (f; PHR; PH2); Arthrosis (2; BIS; KOM; MAB; PH2; SHT); Backache (f; CRC); Bacteria (1; CAN; MAB); Bite (f; PH2); Bleeding (f; CRC; PH2); Boil (f; APA; PIP); Brain (1; CRC; BGB); Bronchosis (2; CRC; PHR; PH2); Bruise (1; BGB; CAN; WAM); Bug Bite (f; PIP); Cancer (f; CRC; JLH); Cancer, intestine (f; CRC; JLH); Cancer, liver (f; CRC; JLH); Cancer, stomach (f; CRC; JLH); Candida (1; MAB); Carbuncle (f; CRC); Cardiac Insufficiency (f; BGB; PHR); Chilblains (f; CAN; MAB); [Cold (2; PHR)?]; Contusion (2; KOM; PIP); [Cough (2; PHR; PH2)?]; CVI (1; MAB); Dandruff (f; MAB); Decubitis (f; CRC); Depression (f; BGB); Dermatosis (2; CRC; PHR; PH2); Diarrhea (f; BGB); Dislocation (2; KOM); Dyspnea (f; BGB); Edema (2; KOM; PH2); Enterosis (f; CRC; JLH); Fatigue (f; PHR; PH2); [Fever (2; CRC; PHR)?]; Fracture (f; MAB); Fungus (1; CRC; MAB); Furunculosis (2; BIS; KOM; PH2); Gastrosis (f; CRC; JLH); Gingivosis (f; APA); Hematoma (2; BIS; KOM; MAB; PH2); Hemorrhoid (f; APA); High Cholesterol (f; CRC); Immunodepression (1; APA; BGB; CAN); Infection (2; CRC; KOM; PH2; WAM); Inflammation (2; BGB; KOM; PH2; WAM); Insomnia (f; CRC); Mastosis (f; BGB); Myalgia (2; KOM; MAB; SHT); Mycosis (1; CRC); Myocardosis (f; PH2); Myosis (f; PH2); Nervousness (f; CRC); Neuralgic (2; BIS; KOM); Pain (2; APA; CRC; KOM; MAB; PH2; WAM); Pharyngosis (2; KOM; PH2; PIP); Phlebitis (2; BIS; KOM; MAB); Pneumonia (f; BGB); Psoriasis (f; APA);

Rash (f; CRC); Rheumatism (2; BIS; KOM; PH2; PIP); Seborrhea (f; APA); Sore (f; BGB); Sore Throat (f; APA); Sports Injury (1; WAM); Sprain (2; BGB; CAN; PH2); Stomatosis (2; BIS; KOM; PH2); Swelling (2; APA; CAN; KOM; MAB; PH2; SHT); Thrombophlebitis (2; PIP); Tumor (1; CRC; MAB); Typhoid (f; BGB); Uterosis (f; PH2); Varicosis (f; MAB); Water Retention (1; APA; MAB); Wound (2; BGB; CRC; PHR); Yeast (1; MAB).

Dosages (Arnica) — Do not take internally (APA); 2 g herb fl (1 tsp = ~0.5 g)/100 ml water (APA; BIS); 2 g herb/100 ml water (KOM).

Contraindications, Interactions, and Side Effects (Arnica) — Class 2d Externally; not for use on broken skin; Class 2b Internally (AHP). Commission E reports contraindications of hypersensitivity and adverse effects of local reactions. Contraindications of hypersensitivity to sesquiterpene lactones and adverse effects of allergic reactions also reported. The tincture should not be applied in undiluted form (AEH). Irritant and allergic reactions from topical applications of arnica preparations. CAN caution that sesquiterpene lactones (SL), aromatic compounds widely distributed in certain plant families, with highest concentrations generally found in leaves and flowers, may cause dermatosis and GI tract irritation. Sheep and cattle poisonings due to SL-containing species have been reported. Cases of allergic contact dermatosis in humans have also been reported (AHED1). "Arnica is poisonous if taken internally. It is irritant to mucous membranes and ingestion may result in fatal gastroenterosis, muscle paralysis (voluntary and cardiac), increase or decrease in pulse rate, palpitation of the heart, shortness of breath, and may even result in death" (CAN). It contains cardiotonic principles and an adrenaline-like pressor substance (CAN). Vomiting, rapid pulse, redness of the face, stinging pains, heart and respiratory dysfunction, cerebral symptoms, rigor, severe diarrhea, abdominal pains, and bloody expectoration result from abuse of the flower tincture or decoction as an abortifacient possibly fatal. Children should not use internally or on open wounds (WAM). Because of the oxytocic sesquiterpene lactones, to be avoided when pregnant (BIS). Internal use not recommended anymore. Risk:benefit ratio probably not good. One fatal case resulted from ingestion of 70 g arnica tincture (SHT).

ARRACH (*Chenopodium vulvaria* L.) ++

Activities (Arrach) — Antispasmodic (f; EFS); Depurative (f; EFS); Emmenagogue (f; EFS; HHB; PH2); Nervine (f; EFS); Vermifuge (f; EFS).

Indications (Arrach) — Amenorrhea (f; EFS); Cramp (f; HHB; PH2; EFS); Dysmenorrhea (f; EFS); Enterosis (f; HHB); Hysteria (f; HHB); Pain (f; HHB); Rheumatism (f; EFS; HHB); Worm (f; EFS).

Contraindications, Interactions, and Side Effects (Arrach) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

ARROW-POISON (*Strophanthus sarmentosus* DC.) X

PH2 and EFS entries below generic (i.e., mostly for *S. kombe* Oliv. & *S. gratus* (Wall. & Hook.) Baill.).

Activities (Arrow-Poison) — Antiseptic (f; HDN); Anxiolytic (f; PH2); Cardiotonic (1; PH2); Digitalic (1; PH2); Diuretic (f; EFS); Emetic (f; HDN); Negative Chronotropic (1; HDN); Negative Dromotropic (1; HDN); Pediculicide (f; HDN); Positive Bathmotropic (1; HDN); Positive Inotropic (1; HDN); Tonic (f; HDN).

Indications (Arrow-Poison) — Anxiety (f; PH2); Atherosclerosis (f; HH2; PH2); Arthrosis (f; HDN); Bite (f; HDN); Cardiopathy (f; PH2); Constipation (f; HDN); Diarrhea (f; HDN); Dystony (f; HH2); Fracture (f; HDN); Gas (f; HDN); Gastrosis (f; PH2); High Blood Pressure (f; PH2); Hypertony (f; HH2); Leprosy (f; HDN); Lice (1; HDN); Neurodystonia (f; PH2); Pain (f; HDN); Rheumatism (f; HDN); Scabies (f; HDN); Snakebite (f; HDN); Sore (f; HDN); VD (f; HDN); Water Retention (f; EFS); Worm (f; HDN).

Dosages (Arrow-Poison) — Don't take except with physician guidance! (JAD). Cymarin 0.6–0.9 mg ivn man/day, 2.3–2.5 mg orl man (HDN); Ouabain 0.25–0.65 mg ivn man/day, 12–48 mg/day orl man (HDN); K-Strophanthoside 0.2–1.2 mg ivn man/day, to 7.5 mg/day orl man; Toxic Dose 143 mg/man (HDN).

Contraindications, Interactions, and Side Effects (Arrow-Poison) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Side effects may include cardiac arrhythmia, headache, ophthalmia (disturbance of color vision), queasiness, stupor, and vomiting. May enhance effects and side effects with calcium salts, glucocorticoids, laxatives, quinidine, and saluretics (PH2).

ARROWROOT (*Maranta arundinacea* L.) +++

Activities (Arrowroot) — Alexeteric (f; CRC); Antibilious (1; PHR); Antipyretic (f; CRC); Choleretic (1; PH2); Collyrium (f; JFM); Demulcent (1; CRC; PHR; PH2); Depurative (f; CRC); Hypocholesterolemic (1; PHR; PH2); Rubefacient (f; CRC); Vulnerary (f; CRC).

Indications (Arrowroot) — Asthenia (f; DAV); Bronchosis (f; PH2); Cholecystosis (f; DAV); Colitis (f; CRC); Convalescence (f; CRC); Cough (f; PH2); Cystosis (f; CRC); Dermatosis (f; CRC); Diarrhea (f; PHR; PH2); Dysentery (f; CRC; PH2); Dyspepsia (f; DAV; PH2); Dysuria (f; FEL); Enterosis (f; PHR; PH2); Erysipelas (f; CRC); Fever (f; CRC; DAV; FEL); Gangrene (f; CRC); Gastrosis (f; PHR; PH2); High Cholesterol (1; PHR; PH2); Hoarseness (f; CRC); Ophthalmia (f; JFM); Pulmonosis (f; FEL); Sore (f; CRC); Sore Throat (f; CRC); Sprain (f; DAV); Sting (f; CRC); Sunburn (f; CRC); Tumor (f; JLH); Urethrosis (f; CRC; DAV); Wound (f; CRC).

Dosages (Arrowroot) — 2–3 drachms boiled in 1 pint milk or water (FEL); 15 g starch dissolved in 250 cc sweet water for dysentery (JFM).

Contraindications, Interactions, and Side Effects (Arrowroot) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Canadian law disallows as nonmedicinal ingredient for oral products (AHP).

ARTICHOKE (*Cynara cardunculus* L. subsp. *cardunculus*) +++

Synonym — *Cynara scolymus* L.

Activities (Artichoke) — Antiaggregant (1; MAB); Antiatherosclerotic (1; BGB); Antiemetic (1; BGB; MAB); Antiinflammatory (1; APA); Antioxidant (1; MAB); Antispasmodic (1; BGB; SHT); Antitumor (1; APA); Aperitif (1; PH2); Aphrodisiac (f; APA); Bitter (1; APA; PHR; PH2); Carminative (2; BGB); Cholagogue (1; SHT); Cholekinetic (1; SHT); Choleretic (2; CAN; KOM; PH2; SHT); Deodorant (f; MAB); Depurative (f; MAB); Digestive (f; PH2); Diuretic (1; APA; CAN; HHB; MAB); Hepatoprotective (1; APA; BGB; CAN; MAB; SHT); Hepatotonic (1; BGB; CAN; PH2); Hypocholesterolemic (2; BGB; CAN; MAB); Hypoglycemic (1; APA); Hypolipidemic (1;

CAN); Laxative (1; MAB); Lipolytic (1; BGB; MAB; PH2; SHT); Nephrotonic (1; MAB); Tonic (f; PHR); Uricosuric (1; MAB).

Indications (Artichoke) — Albuminuria (f; HHB); Anemia (f; APA); Anorexia (2; MAB; PHR; PH2); Arsenic-Poisoning (1; MAB); Arthrosis (1; APA; MAB); Ascites (1; MAB); Atherosclerosis (1; APA; BGB; HHB; MAB); Bloating (f; APA); Body Odor (f; MAB); Cancer (1; APA); Cardiopathy (1; BGB; CAN; MAB); Catarrh (f; HHB); Cholecystosis (2; PHR; PH2); Cholestasis (1; MAB); Constipation (1; MAB); Cramp (1; BGB; SHT); Dermatosis (f; HHB); Diabetes (1; APA; WOI); Dropsy (f; MAB; WOI); Dyspepsia (2; KOM; PH2); Edema (f; MAB); Flatulence (2; APA; BGB; MAB); Frigidity (f; APA); Gallbladder (2; BGB; PHR; SHT); Gallstone (f; APA; MAB; PHR; PH2); Gas (2; BGB); Gout (1; MAB); Hepatosis (2; CAN; PHR; PH2; SHT); High Cholesterol (2; BGB; CAN; MAB); High Triglyceride (1; APA; CAN; MAB); Hyperglycemia (1; APA); Impotence (f; APA); Inflammation (1; APA); Itch (f; MAB); Jaundice (1; APA; HHB; MAB); Nausea (1; APA; MAB); Nephrosclerosis (f; MAB); Obesity (1; CAN); Oliguria (f; MAB); Pain (1; APA); Renosis (1; MAB); Rheumatism (1; MAB; WOI); Snakebite (f; APA); Stone (f; MAB; PH2); Thick Blood (1; MAB); Tumor (1; APA); Uremia (f; MAB); Vomiting (1; APA; BGB; MAB); Water Retention (1; APA; CAN; HHB; MAB).

Dosages (Artichoke) — Food farmacy; 2–3 (100 mg) capsule StX for 15 mg each caffeoylquinic acids (APA); 1–4 g leaf 3 ×/day (CAN); 1.5–9 g dry leaf/day (MAB); 1–4 g root 3 ×/day (CAN); 1–4 g stem 3 ×/day (CAN); 3–8 ml fluid extract (1:2) (MAB); 500 mg dry extract (PH2).

Contraindications, Interactions, and Side Effects (Artichoke) — Not covered (AHP).“Hazards and/or side effects not known for proper therapeutic dosages” (PH2). Commission E reports contraindications of hypersensitivity to artichoke and other Asteraceae; biliary obstruction or gallstones (AEH; KOM). None expected (MAB). Sesquiterpene lactones are allergenic and may cause dermatosis (CAN).

ASAFETIDA, DEVIL'S DUNG (*Ferula assa-foetida* L.) ++

Labeled *Ferula foetida* in AHP, KAP, and PH2.

Activities (Asafetida) — Alexeritic (f; DAA); Allergenic (f; CRC); Analgesic (f; CRC); Antiaggregant (1; CAN; CRC; DAA; PNC); Antiseptic (f; PHR; PH2); Antispasmodic (f; CAN; CRC); Antitumor (1; APA; PH2); Aperient (f; CRC); Aphrodisiac (f; APA); Carminative (1; APA; CAN; CRC; RIN); CNS-Stimulant (1; WOI); Deobstruent (f; DAA); Deodorant (f; DAA); Digestive (f; APA; DAA); Diuretic (f; CRC); Emmenagogue (f; APA; CRC); Enterostimulant (1; WOI); Expectorant (1; APA; CAN; CRC; RIN); Fungicide (f; APA); Hypotensive (1; CAN; CRC; PNC); Laxative (f; CRC; DAA); Mutagenic (1; PH2); Nervine (f; CRC); Respirastimulant (1; WOI); Sedative (f; PHR; PH2); Stimulant (f; CRC; DAA); Stomachic (f; CRC; DAA); Uterotonic (f; AHP); Vermifuge (f; CRC; DAA).

Indications (Asafetida) — Amenorrhea (f; CRC); Asthma (1; APA; CRC; WOI); Bronchosis (1; APA; CAN; WOI); Callus (f; JLH); Cancer (1; APA; PH2); Cancer, abdomen (1; APA); Cancer, gum (f; JLH); Cancer, liver (f; JLH); Cholera (f; CRC; SKJ; WOI); Colic (f; APA; CAN; CRC); Cold (f; TAD); Colitis (f; APA; PHR; PH2); Constipation (f; PH2); Convulsion (f; CRC); Corn (f; JLH); Cough (f; PNC); Cramp (f; CAN; CRC; SKJ); Croup (f; CRC); Diarrhea (f; PH2); Dyspepsia (1; APA; CAN; PH2); Enterosis (f; APA; CRC; PH2); Epilepsy (f; APA; CRC; PH2; WOI); Felon (f; JLH); Flatulence (1; APA; PNC; WOI); Fracture (f; CRC); Frigidity (f; APA); Fungus (f; APA); Gas (1; APA; CAN; CRC; HHB; RIN); Gastrosis (f; PHR; PH2); Gingivosis (f; JLH); Hemiplegia (f; CRC); Hepatosis (f; JLH; PH2); High

Blood Pressure (1; CAN; CRC; PNC; DAA); Hyperlipidemia (f; CAN); Hypoacidity (f; PH2); Hypoglycemia (f; APA); Hysteria (f; APA; CAN; WOI); IBS (2; CAN); Impotence (f; APA); Indigestion (1; APA; CAN); Induration (f; JLH); Infection (f; APA; PHR; PH2); Insanity (f; CRC); Insomnia (f; PHR; PH2); Laryngismus (f; CAN); Mucososis (1; APA; CAN); Mycosis (f; APA); Nervousness (f; PHR; PH2); Neurasthenia (f; CRC; DAA); Neurosis (1; APA); Osteosis (f; CRC); Pain (f; CRC); Parasite (f; PH2); Pertussis (f; CAN; CRC; PH2; WOI); Pneumonia (f; SKJ); Polyp (f; CRC); Rheumatism (f; CRC); Rinderpest (f; CRC); Sarcoma (f; CRC); Splenosis (f; CRC; PH2); Stomachache (1; APA; CRC); Thrombosis (1; CAN; PNC); Tumor (1; APA; PH2); Wart (f; JLH); Water Retention (f; CRC); Whitlow (f; JLH); Worm (f; CRC; DAA).

Dosages (Asafetida) — 0.3–1 g asafetida resin 3 ×/day (APA; CAN; HHB; PNC); 2–4 ml asafetida tincture (CAN, PNC); 20 drops tincture (PH2).

Contraindications, Interactions, and Side Effects (Asafetida) — Class 2b, 2d. Contraindicated for infant colic. Emmenagogue, uterotonic (AHP).“Hazards and/or side effects not known for proper therapeutic dosages” (PH2). Bitter acrid taste and disagreeable garlic-like odor, due mostly to its volatile oil. Odor imparted through excretions and eructations. Medicinal use may result in swollen lips, gastric burning, belching, flatulence, diarrhea, burning during urination, headache, dizziness, and convulsion (AEH; PHR; PH2). The gum of related species is an irritant to the skin and stomach, and causes dermatosis (CAN). Sulfur compounds in the oil may protect against fat-induced hyperlipidemia. Two double-blind studies report asafetida useful for irritable bowel syndrome (just below 5% significance level in one, near 1% in the other) (CAN). Because it is reputed to affect the menstrual cycle and to be an abortifacient, its use in pregnancy and lactation is to be avoided. It oxidizes fetal hemoglobin but not adult hemoglobin. Coumarins may interfere with coagulation therapy and may cause chromosomal damage (CAN). 50–100 mg resin reported to cause convulsions in nervous people (AHP). Do not give to children; may cause methemoglobinemia (APA).

ASHWAGANDHA (*Withania somnifera* (L.) Dunal) +

Synonym — *Physalis somnifera* L.

Activities (Ashwagandha) — Abortifacient (f; CRC; KAB; SUW; WBB; ZUL); Adaptogen (1; JAD; KEB; ZUL); Alterative (f; KAB; SUW); Amebicide (1; CRC; WOI); Anabolic (1; KEB); Analgesic (1; CRC; KAB); Antiaging (1; KEB; MAB; PM8:125); Antianemic (1; MAB); Antiarthritic (1; CRC; WOI); Antibacterial (1; CRC; MAB; WOI); Antiedemic (f; ZUL); Antiendotoxin (1; MAB); Antiepileptic (1; MAB); Antifertility (1; ZUL); Antiherpetic (1; MAB); Antiinflammatory (1; VVG; ZUL; PM8:125); Antimitotic (1; CRC); Antioxidant (1; PM8:125); Antiproliferative (1; MAB); Antipyretic (1; KEB; ZUL); Antisarcomic (1; KEB); Antiseptic (1; MAB; VVG; WBB; ZUL); Antispasmodic (1; CRC; KEB; WOI); Antistress (1; APA; ZUL; PM8:125); Antitumor (1; CRC; MAB; ZUL); Antiulcer (1; MAB; ZUL); Antiviral (1; MAB; WBB; WOI); Aphrodisiac (1; JAD; KAB; KEB; SUW; ZUL); Bradycardic (1; KEB; WOI); Cerebrotonic (f; PM8:125); Chemopreventive (1; KEB); CNS-Depressant (1; WOI); Contraceptive (f; CRC); Cytotoxic (1; MAB); Deobstruent (f; KAB; SUW); Diuretic (1; APA; CRC; KAB; SUW); Ecbolic (f; CRC); Emmenagogue (f; CRC; KAB); Fungicide (1; CRC; MAB; ZUL); GABA-nergic (1; MAB); Hemopoietic (1; KEB); Hepatoprotective (1; APA; ZUL); Hypnotic (1; CRC; KAB; SUW; VVG; WBB); Hypotensive (1; MAB; WOI); Immunodepressant (1; KEB; ZUL; PM8:125); Immunomodulator (f; PM8:125); Immunostimulant (1; KEB; PM8:125; ZUL); Insecticide (f; WBB); Interferonogenic (f; SHB); Lactagogue (f; ZUL); Memorigenic (1; ZUL); Narcotic (1; CRC; KAB; SUW); Nervine (1; KEB); Pain (1; CRC; KAB); Pediculicide (f; CRC; KAB); Phagocytotic (1; MAB); Poison (f;

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CRC); Proteolytic (1; CRC); Respirastimulant (1; KEB; WOI); Sedative (1; CRC; MAB; ZUL); Staminagenic (1; MAB); Tonic (1; CRC; KEB); Tranquilizer (1; CRC; MBB; ZUL); Vermifuge (1; KAB; WOI).

Indications (Ashwagandha) — Adenopathy (f; CRC; KAB); Addiction (1; MAB); Aging (1; KEB; MAB); Alcoholism (f; CRC); Alzheimer's (1; MAB); Ameba (1; CRC; WOI); Amenorrhea (f; KAB; ZUL); Anemia (1; APA; KEB; MAB); Anorexia (f; KAB); Anthrax (f; CRC; KAB; WBB); Arthrosis (1; CRC; KAB; KEB; WOI); Asthma (1; CRC; KAB; WOI); Backache (f; WOI); Bacteria (1; CRC; MAB; WOI); Boil (f; KAB); Bronchosis (f; APA; CRC; KAB); Cancer (1; KAB; KEB; MAB); Cancer, lung (1; KEB); Carbuncle (f; KAB; SUW; ZUL); Childbirth (f; KAB); Chill (f; CRC; KAB; WBB); Cholecystosis (f; WBB); Cold (f; CRC; KAB; WBB); Conjunctivosis (f; CRC; WBB; ZUL); Convulsion (f; ZUL); Cough (f; CRC); Cramp (1; CRC; JAD; KEB; WOI); Cystosis (f; CRC); Debility (1; CRC; KAB; KEB; MAB; SUW); Decubitis (f; CRC; KAB); Dermatosis (f; KAB; WBB; ZUL); Diarrhea (f; CRC; ZUL); Dropsy (f; CRC); Dyspepsia (f; CRC; KAB); Emaciation (f; KAB; KEB; SUW); Emphysema (f; CRC); Epilepsy (1; MAB); Eruption (f; WBB); Erysipelas (f; CRC; KAB); Fertility (1; ZUL); Fever (1; CRC; KAB; KEB; SUW; WBB; ZUL); Frigidity (1; JAD; KEB; ZUL); Fungus (1; CRC; KAB; MAB; ZUL); Furuncle (f; CRC); Gangrene (f; KAB; WBB); Gray Hair (1; MAB); Hemorrhoid (f; CRC; WBB; ZUL); Hepatosis (f; APA; ZUL); Herpes (1; MAB); Hiccup (f; CRC); High Blood Pressure (1; CRC; MAB; WOI); High Cholesterol (1; KEB); Immunodepression (1; JAD; KEB; PM8:125; ZUL); Impotence (1; JAD; KEB; ZUL); Infection (1; CRC; KAB; MAB; ZUL); Infertility (f; KAB); Inflammation (1; CRC; KAB; MAB; PM8:125; VVG; ZUL); Insomnia (1; CRC; JAD; KAB; MAB; ZUL); Leukocytosis (1; MAB); Leukoderma (f; KAB); Leukopenia (1; MAB); Lice (f; KAB); Lumbago (f; CRC; KAB; WOI); Marasmus (f; CRC; KAB; WOI); Milk Deficiency (f; ZUL); Miscarriage (f; WBB); Morphinism (1; MAB); MS (f; AKT); Mycosis (f; CRC; KAB; MAB; ZUL); Nausea (f; APA; WBB; ZUL); Nervousness (1; CRC; MAB; MBB; ZUL); Neurasthenia (1; KEB; MAB); Neurosis (f; MBB); Neutropenia (1; MAB); Pain (1; CRC; KAB); Parasite (f; WBB); Pediculosis (f; KAB); Proctosis (f; CRC; KAB; WBB; ZUL); Psoriasis (f; CRC; KAB); Pulmonosis (f; WBB); Rheumatism (1; KEB; SUW; WOI; ZUL); Ringworm (1; CRC; KAB; WBB; WOI); Sarcoma (1; KEB); Scabies (f; CRC; SUW); Senility (f; CRC; SUW; PM8:125); Smallpox (f; CRC; WBB); Sore (f; APA; KAB; SUW; WBB; ZUL); Stress (1; KEB; MBB; ZUL; PM8:125); Swelling (1; APA; CRC; KAB; SUW; ZUL); Syphilis (1; CRC; KAB; WOI; WBB); Tuberculosis (f; APA; CRC; KAB; SUW); Tumor (1; APA; CRC; FNF; MAB; ZUL); Typhoid (f; CRC; WBB); Ulcer (1; KEB; MAB; ZUL); Uterosis (f; CRC); VD (f; KAB); Virus (1; MAB; WBB; WOI); Water Retention (1; APA; CRC; KAB; SUW); Worm (1; KAB; WOI); Wound (f; CRC; VVG); Yeast (1; CRC).

Dosages (Ashwagandha) — 150–300 mg StX (APA); 2–3 g powdered root, 3 ×/day (APA); capsule StX at 2–5 mg with anolides (APA); 3–6 g dry root/day (MAB); 6–12 ml/day fluid extract (1:2) (KEB); 1 (300 mg) tablet 2 ×/day (NH).

Contraindications, Interactions, and Side Effects (Ashwagandha) — Class 2b, 2d; may potentiate barbiturates (AHP). Berries may cause severe gastrointestinal pain, should not be eaten (TMA, 1996). While many herbalists praise this, even attributing ginseng like magic to it, I think of it as a poorly known nightshade relative with a few toxic medicinal compounds. Strange that it did not make it into the Herbal PDR or Commission E, negatively or positively (JAD; KOM).

Extracts (Ashwagandha) — The complex of alkaloids was only twice as active at bradycardic, hypotensive, and respirastimulant activities as the total root extract indicating that there are other active components with synergistic or additive activities (MAB). LDlo (Extracts) >1100 mg/kg ipr mouse (MAB); LD50 (Extracts) = 1260 mg/kg ipr mouse (MAB); LD100 (Extracts) = >1100 mg/kg ipr mouse (MAB) (=) Pretreatment with root extract at 100 mg/kg (orl mouse) was comparable to diazepam (1 mg/kg) in experimental epilepsy (MAB).

ASIAN MEADOW-RUE (*Thalictrum foliolosum* DC.) +

Activities (Asian Meadow-Rue) — Antipyretic (f; KAP; SUW); Aperient (f; KAB; SUW; WOI); Bitter (f; KAB); Cerebrotonic (f; KAB); Collyrium (f; KAB); Deobstruent (f; KAP); Diuretic (f; KAB; KAP; SUW; WOI); Laxative (f; KAB; SUW); Tonic (f; KAB; KAP; SUW).

Indications (Asian Meadow-Rue) — Atony (f; KAB); Conjunctivosis (f; KAP); Corneosis (f; KAP); Coryza (f; KAP); Dermatosis (f; KAB); Diarrhea (f; KAB); Dyspepsia (f; KAB; SUW); Fever (f; KAB; KAP; SUW); Gas (f; KAP); Hemorrhoid (f; KAB); Jaundice (f; KAP); Malaria (f; KAB; WOI); Onychosis (f; KAB); Ophthalmia (f; KAB; SUW); Toothache (f; KAB; KAP); Water Retention (f; KAB; KAP; SUW; WOI).

Dosages (Asian Meadow-Rue) — 14–28 ml tea (KAP); 1–2 ml root tincture (KAP); 0.5–1 g powder root (KAP). After 6 months storage, berberine was reduced to $^1/_4$, and magnoflorine to traces (WOI).

ASIATIC DOGWOOD, JAPANESE CORNEL (*Cornus officinalis* Siebold & Zucc.) ++

Activities (Asiatic Dogwood) — Antiallergic (1; DAA); Antibacterial (1; DAA); Astringent (1; DAA; PH2); Diuretic (1; DAA; PH2); Hypotensive (1; DAA; PH2); Leukocytogenic (1; PH2); Tonic (f; DAA).

Indications (Asiatic Dogwood) — Allergy (1; DAA); Arthrosis (f; DAA; PH2); Backache (f; DAA; PH2); Bacteria (1; DAA); Cancer (f; DAA); Diabetes (f; DAA); Dysuria (f; DAA); Fever (f; DAA); Hepatosis (f; DAA; PH2); High Blood Pressure (1; DAA; PH2); Hyperhydrosis (f; PH2); Impotence (f; DAA; PH2); Lumbago (f; DAA; PH2); Malaria (f; DAA); Menorrhagia (f; DAA); Metrorrhagia (f; DAA); Nephrosis (f; PH2); Night Sweats (f; DAA; PH2); Pain (f; PH2); Polyuria (f; DAA); Sciatica (f; PH2); Spermatorrhea (f; DAA; PH2); Staphylococcus (1; DAA); Stone (f; DAA); Tinnitus (f; DAA; PH2); Vertigo (f; PH2); Water Retention (1; DAA; PH2).

Dosages (Asiatic Dogwood) — 3–12 g fruit (PH2).

Contraindications, Interactions, and Side Effects (Asiatic Dogwood) — Class 2d. Contraindicated in those with difficult or painful urination (AHP). "Health hazards not known with proper therapeutic dosages" (PH2).

ASOKA (*Saraca indica* L.) +

Synonym — *Saraca asoca* (Roxb.) De Wilde.

Activities (Asoka) — Abortifacient (1; WOI); Androgenic (1; WOI); Antibacterial (1; WOI); Anticarcinomic (1; WOI); Antisarcomic (1; WOI); Astringent (f; DEP; KAB; SUW); Bitter (f; KAB); Demulcent (f; KAB); Depurative (f; KAB); Emollient (f; KAB); Myorelaxant (1; WOI); Myostimulant (1; WOI); Uterosedative (f; KAP); Uterotonic (1; WOI); Vermifuge (f; KAB).

Indications (Asoka) — Bacteria (1; WOI); Biliousness (f; KAB; SKJ; WOI); Bleeding (f; KAB; KAP); Cancer (1; KAB; WOI); Carcinoma (1; WOI); Colic (f; KAB; WOI); Complexion (f; KAB); Diabetes (f; WOI); Dysentery (f; KAB; KAP; SKJ); Dysmenorrhea (f; SKJ; WOI); Dyspepsia (f; KAB; WOI); Dysuria (f; KAB); Enterosis (f; KAB); Fatigue (f; KAB); Fibroid (f; WOI); Fracture (f; KAB); Gastrosis (f; WOI); Hemorrhoid (f; DEP; KAB; WOI); Leukorrhea (f; SKJ); Menorrhagia (1; DEP; KAB; KAP; SUW); Oxytocic (f; WOI); Snakebite (f; KAB); Sting (f; KAB; SUW); Stomachache (f; WOI); Syphilis (f; WOI); Thirst (f; KAB); Uterosis (f; KAB; SUW); VD (f; WOI); Worm (f; KAB).

Dosages (Asoka) — 1–3 g powdered bark (KAP); 28–112 ml bark decoction (KAP).

Contraindications, Interactions, and Side Effects (Asoka) — Not covered (AHP; KOM; PH2). Contains an androgenic ketosterol. Bark uteroactive, stimulating endometrium and ovarian tissue (KAP). Bark contains a powerful oxytocic phenolic glycoside P2. Alcoholic bark extracts antibacterial. Aqueous extract active against carcinoma and sarcoma.

ASPARAGUS (*Asparagus officinalis* L.) ++

Synonym — *A. longifolius* Fisch. ex Steud.

Activities (Asparagus) — Antiaging (1; JNU); Antibacterial (1; APA; WO2); Anticancer (1; APA); Antiinflammatory (1; APA; JNU); Antileukemic (1; APA; BGB); Antioxidant (1; JNU); Antirheumatic (1; APA; PED; PNC); Antiviral (f; APA); Bitter (f; PED); Cardiosedative (1; WO2); Cardiotonic (1; PNC); Contraceptive (1; WO2; WO3); Demulcent (1; WO2); Depurative (f; PED); Detoxicant (1; JNU); Diuretic (1; APA; KOM; PH2); DNA-Sparing (1; JNU); Hepatoprotective (1; JNU); Hypotensive (f; APA; BGB); Immunostimulant (1; BGB; JNU); Laxative (1; BGB; PED; PNC); Litholytic (2; KOM); Nematicide (1; PNC); Sedative (1; PNC); Spermicide (1; PH2).

Indications (Asparagus) — Acne (f; APA; BGB); Anemia (f; APA); Anorexia (f; WO2); Arthrosis (1; APA); Asthma (f; PH2); Bacteria (1; APA; WO2); Bladder Stone (2; PHR; PH2); Cancer (1; APA); Cancer, mouth (1; JNU); Cancer, pharynx (1; JNU); Cardiopathy (1; BGB; LAF; JNU; PH2; PNC; WO2); Cholecystosis (f; APA); Constipation (1; BGB; PED; PH2; PNC); Cough (f; PH2); Cystosis (f; APA); Diarrhea (f; WO3); Dropsy (f; PH2; WO2); Dyspepsia (f; APA); Dysuria (f; PED); Fertility (1; WO2); Gout (1; PH2; WO2); Gravel (2; PHR); HIV (f; APA); Hemoptysis (f; PH2); Hepatosis (f; PH2); High Blood Pressure (f; APA; BGB; LAF); Immunodepression (1; BGB; JNU); Inflammation (1; APA; JNU; PH2); Insomnia (1; PNC); Jaundice (f; WO2); Kidney Stone (2; APA; PH2); Leukemia (1; APA; BGB); Nematode (1; PNC); Nervousness (1; PNC); Neurosis (f; PED; PNC); Pain (f; APA); Parasite (1; PED); Rheumatism (1; APA; PED; PH2; PNC); Schistosomiasis (1; WO2); Sore (f; APA); Sore Throat (1; APA; JNU); Stomatosis (1; JNU); Stone (2; KOM; PH2); Stroke (1; JNU); Toothache (f; APA); Tuberculosis (1; WO2); UTI (2; KOM; PH2); Virus (f; APA); Water Retention (1; APA; KOM; PH2); Worm (1; PNC); Xerostomia (f; PH2).

Dosages (Asparagus) — Food farmacy (JAD); 1 tsp powdered seed in juice (APA); 45–60 g rhizome (KOM); 1 tbsp fresh root (PED); 1.5 g dry root (PED); 1.5 g:7 g alcohol, 8 ml water (PED). "Daily dosage is 45 to 80 g (PH2); a typical single dose is 800 mg" (PH2).

Contraindications, Interactions, and Side Effects (Asparagus) — Class 2d. Contraindicated in inflammatory kidney disorders (although Commission E contraindicates in irrigation therapy when edema is caused by impaired kidney or heart function, this is not of concern in oral therapy) (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Commission E reports contraindications of inflammatory and renal diseases and adverse effects of allergic skin reactions (very rarely). Ironically, the diuretic shoots, which we eat, are not approved for therapeutic use (KOM). Allergic reactions occur very rarely (AEH). Workers canning asparagus may get "asparagus scabies" (PHR). Interactions with other drugs unknown (KOM).

Extracts (Asparagus) — Asparagusic acid nematicidal. As the richest source of glutathione (at least as cited in JNU), asparagus could be credited with many of the activities of glutathione, a major antioxidant that also detoxifies carcinogens and pollutants, maintains healthy liver, boosts the immune system, aids cell replication, repairs damaged DNA, and reduces inflammation.

AUTUMN CROCUS, COLCHICUM, MEADOW-SAFFRON (*Colchicum autumnale* L.) X

WOI entries apply to *Colchicum luteum* Baker

Activities (Autumn Crocus) — Alterative (f; CRC; WOI); Antichemotactic (2; KOM); Antiinflammatory (2; KOM; PH2; WOI); Antimitotic (2; KOM; PH2); Antirheumatic (1; PNC); Antitumor (1; CRC); Aperient (f; WOI); Aphrodisiac (f; WOI); Carminative (f; WOI); Diaphoretic (f; CRC); Diuretic (f; CRC); Emetic (f; CRC); Laxative (2; CRC; JAD; WOI); Poison (f; CRC); Sedative (f; CRC).

Indications (Autumn Crocus) — Aposteme (f; JLH); Arthrosis (1; HHB); Asthma (f; PH2); Bright's Disease (f; CRC); Cancer (1; CRC); Cancer, skin (1; PH2); Cholera (f; CRC); Cirrhosis (f; PH2); Colic (f; CRC); Condyloma (f; PH2); Corn (f; CRC; JLH); Dermatosis (f; CRC); Dropsy (f; PH2); Enterosis (f; PH2); Fever (f; CRC); Gas (f; WOI); Gastrosis (f; PH2); Gout (2; CRC; KOM; PH2; WOI); Hepatosis (f; PH2; WOI); Induration (f; JLH); Inflammation (2; KOM; PH2; WOI); Insomnia (f; CRC); Leukemia (1; CRC; PH2; PNC); Mediterranean Fever (2; PHR; PH2); Morbus Behet (f; PH2); Necrosis (f; PH2); Nephrosis (f; PH2); Nervousness (f; CRC); Pain (2; PNC; WOI); Palsy (f; CRC); Pleurosis (1; HHB); Polyp (f; JLH); Prostatosis (f; CRC); Psoriasis (f; PH2); Rheumatism (1; CRC; PH2; PNC); Rhinosis (f; JLH); Splenosis (f; WOI); Tendinitis (f; PH2); Tumor (1; CRC); Typhus (f; CRC); Vaginosis (f; PH2); Vasculosis (f; PH2); Wart (f; JLH); Water Retention (f; CRC).

Dosages (Autumn Crocus) — 1 mg colchicine initially and 0.5–1.5 mg every 1–2 hrs until relief (KOM).

Contraindications, Interactions, and Side Effects (Autumn Crocus) — Not covered (AHP). Contraindicated in patients with pregnancy, debility, cardiac, kidney, or GI problems. Side effects include agranulocytosis, alopecia, aplastic anemia, diarrhea, enterosis, leukopenia, myopathy, nausea, skin alterations, and vomiting. No known interactions with other drugs. Do not use again for 3 days for gout (KOM). Colchicine may cause fetal abnormalities. Fatal doses as low as 7 mg (PNC).

A

AVENS, BENNET'S ROOT (*Geum urbanum* L.)++

Activities (Avens) — Antidiarrheal (f; CAN); Antihemorrhagic (1; CAN; FNF); Antipyretic (f; CAN; PNC); Antiseptic (1; EFS; FNF); Astringent (1; CAN; PHR; PNC); Digestive (f; EFS); Hypotensive (1; CAN); Stomachic (f; EFS; PNC); Styptic (1; PNC); Tonic (f; EFS; PNC).

Indications (Avens) — Ague (f; WOI); Amenorrhea (f; MAD); Anemia (f; MAD); Anorexia (f; PH2); Asthma (f; CEB); Atony (f; MAD); Bite (f; CEB); Bleeding (1; CAN; FNF; MAD); Callus (f; JLH); Cancer (f; JLH; MAD); Cancer, liver (f; JLH); Cardiopathy (f; MAD); Caries (f; WOI); Catarrh (f; CAN; WOI); Chill (f; WOI); Cholera (f; MAD); Chlorosis (f; MAD); Climacteric (f; MAD); Colic (f; MAD); Colitis (f; CAN); Congestion (f; MAD); Cystosis (f; PH2); Debility (f; CEB; MAD; WOI); Dermatosis (f; PH2); Diabetes (f; MAD); Diarrhea (1; CAN; PHR; PH2; PNC); Dysentery (f; WOI); Dysmenorrhea (f; MAD); Dyspepsia (f; PHR; PH2); Encephalosis (f; MAD); Enterosis (f; MAD); Fever (f; CAN; PH2; PNC; WOI); Fistula (f; MAD); Frostbite (f; PH2); Gastrosis (f; MAD); Gingivosis (f; PH2); Halitosis (f; WOI); Hemorrhoid (1; PH2); Hepatosis (f; JLH); High Blood Pressure (1; CAN); Incontinence (f; MAD); Indigestion (f; PHR); Infection (1; EFS; FNF); Inflammation (f; PH2); Leukorrhea (f; MAD; PNC; WOI); Malaria (f; CAN; MAD); Metrorrhagia (1; CAN; MAD); Mucososis (f; PH2); Myalgia (f; PH2); Nausea (f; MAD); Neuralgia (f; PH2); Pulmonosis (f; MAD); Rachosis (f; MAD); Scrofula (f; MAD); Sore (f; JLH; MAD); Sore Throat (1; PNC; WOI); Stomachache (f; MAD); Typhus (f; MAD); Ulcerative Colitis (1; CAN); Urethrosis (f; MAD); Urethrosis (f; PH2); Uterosis (1; CAN; MAD); VD (f; MAD); Wound (f; MAD).

Dosages (Avens) — 1 g herb (in tea) 3 ×/day (CAN); 1–4 ml liquid herb extract (1:1 in 25% alcohol) (CAN); 10–15 drops tincture 2–3 ×/day (MAD); 0.5–1 tsp in hot water, several ×/day (PH2); 1–4 ml liquid root extract (PNC).

Contraindications, Interactions, and Side Effects (Avens) — Not covered (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). Due to its reputed affect to the menstrual cycle, its use in pregnancy and lactation is to be avoided (CAN). Also advisable to avoid excess use of tannin (CAN).

AVOCADO (*Persea americana* Mill.) +++

(The +++ applies only to the fruits; leaves and seeds are much less safe.)

Activities (Avocado) — Abortifacient (f; DAD; DAV; JFM); Antiaging (1; JNU); Antibacterial (1; WOI); Antifertility (f; DAD); Antiinflammatory (1; DAV; X11193428); Antiseptic (1; DAD; WOI); Aphrodisiac (f; DAD; DAV; JFM; JNU); Astringent (f; DAD; JFM); Carminative (f; DAD); Contraceptive (f; DAV); COX-2-Inhibitor (1; X11193428); Deobstruent (f; AAB); Diuretic (f; DAD; DAV; JFM); Emmenagogue (2; DAV; JFM; TRA); Emollient (1; PHR; PH2); Expectorant (f; JFM); Hematonic (f; JFM); Hepatoprotective (1; X11368579); Hypertensive (f; WOI); Hypocholesterolemic (1; JNU); Hypotensive (f; JFM); Hypotriglyceridemic (1; JNU); Lactifuge (1; TRA); Laxative (f; DAD); Litholytic (f; DAV); Parasiticide (f; DAD); Piscicide (f; DAD); Poison (f; DAD); Rodenticide (f; DAD); Rubefacient (f; DAD); Stomachic (f; DAV); Uricosuric (f; DAV); Uterotonic (1; TRA); Vermifuge (f; DAD).

Indications (Avocado) — Alopecia (f; DAV); Alzheimer's (1; X11193428); Ameba (f; DAV); Amenorrhea (f; JFM; TRA); Anemia (f; DAV; JFM); Arthrosis (1; X11069724); Atherosclerosis (1; JNU); Bacteria (1; WOI); Bleeding (f; DAD); Bruise (f; DAD); Calculus (f; DAV); Cancer (1; JLH; JNU; X11193428); Cancer, labial (f; JLH); Catarrh (f; DAD; JFM); Cold (f; AAB; JFM); Cough (f; AAB; DAD; JFM); Dandruff (f; DAD; DAV); Dermatosis (1; DAD; PH2); Diabetes (f; DAD; DAV); Diarrhea (f; AAB; JFM); Dysentery (f; DAV; JFM); Dysmenorrhea (f; AAB; DAD); Dyspepsia (f; AAB); Enterosis (f; AAB); Escherichia (1; WOI); Fertility (f; DAV); Fever (f; AAB; DAD; JFM); Frigidity (f; JFM); Gas (f; DAD; JFM); Gout (f; DAV; JFM); Headache (f; AAB; JFM); Hematoma (f; DAD); Hemorrhoid (f; JFM); Hepatosis (1; DAD; DAV; JFM; X11368579); High Blood Pressure (f; AAB; DAD; JFM); High Cholesterol (1; JNU); High Triglyceride (1; JNU); Ichthyosis (1; PHR; PH2); Impotence (f; JFM); Infection (1; WOI); Inflammation (1; DAV; X11193428); Low Blood Pressure (f; WOI); Malaria (f; DAD); Metrorrhagia (f; DAD); Mucososis (f; JFM); Neuralgia (f; DAD); Parasite (f; DAD); Poor Milk Supply (1; TRA); Pulmonosis (f; DAD); Pyorrhea (f; DAD); Rheumatism (f; AAB; DAD; JFM); Scabies (f; DAD); Snakebite (f; DAV); Sore Throat (f; DAD); Sprain (f; AAB; DAD); Stone (f; DAV); Toothache (f; DAD); Water Retention (f; DAD; DAV; JFM); Whitlow (f; JFM); Worm (f; DAD; JFM); Wound (f; DAD).

Dosages (Avocado) — Fruit pulp (and only fruit) food farmacy (JAD). For emmenagogue activity; take 120–240 ml every 6–8 hours of the aqueous decoction (20 g fruit/liter) (TRA). For empacho (intestinal obstruction), grind 1 seed; boil in 2 cups water; drink 1 cup hot 2 ×/day (AAB).

Contraindications, Interactions, and Side Effects (Avocado) — Not covered (AHP; APA; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Leaves contain dopamine and the leaf oil contains methyl chavicol. Ingestion of leaves, bark, or both has caused mastitis in cattle, horses, rabbits, and goats, and large doses have been fatal to goats. Ingestion of the leaves has proved fatal to rabbits. Avocado leaves in a pool have killed fish. Unripe avocados said to be toxic; canaries have died after ingesting ripe fruit. Two resins derived from the skin of the fruit are toxic to guinea pigs by subcutaneous and peritoneal injection. Ground seeds mixed with cornmeal or cheese have been used to poison rodents (DAD). LD50 water extracts of leaves = >8828 mg/kg ipr rat (TRA); LD50 water extracts of fruits = >12,500 mg/kg orl rat (TRA); LD50 water extracts of leaves = >12,500 mg/kg orl rat (TRA).

AZTEC MARIGOLD (*Tagetes erecta* L.) ++

Activities (Aztec Marigold) — Analgesic (f; DAV); Antibacterial (1; WOI); Bat Repellant (f; AAB); Carminative (f; WOI); Diaphoretic (f; AAB); Diuretic (f; WOI); Emmenagogue (f; WOI); Laxative (1; JFM; WOI); Nematicide (1; WOI); Stimulant (f; AAB; JFM); Vermifuge (1; JFM; WOI).

Indications (Aztec Marigold) — Abscess (f; AAB); Asthma (f; IED); Bacteria (1; WOI); Boil (f; WOI); Bronchosis (f; WOI); Carbuncle (f; WOI); Cold (f; AAB; IED; WOI); Colic (f; AAB; IED); Corn (2; ABS); Constipation (1; JFM); Diarrhea (f; AAB); Dysmenorrhea (f; JFM); Eczema (f; DEM); Epilepsy (f; IED); Fever (f; AAB; DAV); Flu (f; AAB; IED); Gas (f; AAB; WOI); Gastrosis (f; AAB); Hangover (f; IED); Headache (f; AAB); Hepatosis (f; JFM); Malaise (f; AAB; IED); Myalgia (f; WOI); Nephrosis (f; WOI); Nerves (f; IED); Ophthalmia (f; DAV; WOI); Otosis (f; WOI); Pain (f; AAB; DAV; WOI); Pulmonosis (f; JFM); Respirosis (f; JFM); Rheumatism (f; WOI); Sore (f; AAB; IED); Stomachache (f; JFM); Tetanus (f; JFM); Tumor (f; JLH); Ulcer (f; WOI); VD (f; JFM); Water Retention (f; WOI); Worm (1; JFM; WOI).

B

BABY'S BREATH (*Gypsophila paniculata* L.) +

Activities (Baby's Breath) — Antiseptic (1; PHR); Cytotoxic (2; KOM); Depurative (f; EFS); Diaphoretic (f; EFS); Diuretic (f; EFS); Emetic (1; PHR); Expectorant (1; EFS; PHR); Insecticide (1; PHR); Mucoirritant (2; KOM); Sternutator (f; EFS).

Indications (Baby's Breath) — Bronchosis (2; PHR); Catarrh (2; KOM); Cough (2; PHR); Dermatosis (f; PHR); Eczema (f; PHR); Fever (f; EFS); Infection (1; PHR); Mucososis (1; EFS; PHR); Respirosis (2; KOM); Water Retention (1; EFS; PHR).

Dosages (Baby's Breath) — The dosage mentioned by Blumenthal et al., 30–150 mg dry root or 3–15 mg saponin, is very different than that of Gruenwald, 1.5 g/day (KOM; PHR).

Contraindications, Interactions, and Side Effects (Baby's Breath) — Commission E reports no contraindications, adverse effects, or interactions except for gastric irritation (AEH). Blumenthal et al. reports that it irritates the mucous membranes. Unlike Blumenthal et al., Gruenwald et al. treats the more dangerous *Gypsophila* under the slightly less dangerous *Saponaria*, both well-endowed with saponins.

BAEL, BENGAL QUINCE (*Aegle marmelos* (L.) Correa) ++

Synonym — *Belou marmelos* (L.) A. Lyons, *Crateva marmelos* L.

Activities (Bael) — Abortifacient (f; LMP); Alterative (f; MPI); Amebicide (1; WO2); Antiallergic (1; WO3); Antibacterial (1; WO2); Antidote (f; DEP); Antiedemic (1; WO3); Antiinflammatory (1; WO3); Antipyretic (f; DEP; SKJ); Antiseptic (f; SKJ); Antispasmodic (f; MPI); Antiviral (1; WO2); Astringent (f; DEP; SKJ; WO2); Cardiodepressant (1; LMP); Cardiotonic (1; WO2); Cerebrotonic (f; WO2); Demulcent (f; MPI); Digestive (f; SKJ; SUW; WO2); Diuretic (1; DEP; LMP); Expectorant (f; DEP); Fungicide (1; WO2); Hypoglycemic (1; WO2); Laxative (1; DEP; LMP; SKJ); Parasiticide (1; WO2); Piscicide (1; SUW; WO2); Protisticide (1; WO2); Respirastimulant (1; WO2); Schisonticide (1; WO2); Sterilant (f; LMP); Stomachic (f; SKJ; SUW; WO2); Sympathomimetic (1; WO2); Vermifuge (1; WO2).

Indications (Bael) — Allergy (1; WO3); Ameba (1; WO2); Ankylostomiasis (1; MPI); Aphtha (f; LMP); Asthma (1; WO2); Bacteria (1; WO2); Beriberi (f; WO2); Bronchosis (f; MPI); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Cancer, nose (f; JLH); Cardiopathy (f; SKJ); Catarrh (f; DEP); Colitis (1; WO3); Conjunctivosis (f; LMP; WO2); Constipation (1; DEP; LMP; PH2; SKJ); Convulsion (f; SKJ); Cramp (f; MPI); Dermatosis (f; LMP); Diabetes (1; LMP; SKJ; WO2); Diarrhea (f; DEP; PH2; WO2); Dropsy (f; WO2); Dysentery (f; DEP; SKJ); Dyspepsia (f; DEP); Edema (1; WO2); Enterosis (f; DEP; JLH); Escherichia (1; WO2); Fever (f; DEP; MPI; SKJ; SUW); Fungus (1; WO2); Gastrosis (f; SKJ); Giardia (1; WO2); Gonorrhea (f; DEP; SKJ); Hyperglycemia (1; WO2); IBS (f; WO3); Induration (f; JLH); Infection (1; SKJ; WO2); Inflammation (1; LMP; WO3); Jaundice (f; WO3); Malaria (f; DEP; SUW; WO2); Mucososis (f; DEP); Mycosis (1; WO2);

Ophthalmia (f; LMP; WO2); Palpitation (f; LMP; WO2); Parasite (1; WO2); Polyp (f; JLH); Prickly Heat (f; LMP); Proctosis (f; LMP); Rhinosis (f; JLH); Snakebite (f; DEP); Sore (f; LMP; WO2); Stomachache (f; SKJ); Swelling (1; WO3); VD (f; SKJ); Virus (1; WO2); Vomiting (f; LMP); Water Retention (1; DEP; LMP); Worm (1; WO2); Wound (f; LMP; WO2).

Dosages (Bael) — 2–12 g powdered fruit (KAP); 12–20 ml infusion (KAP); 28–56 ml decoction (KAP).

Contraindications, Interactions, and Side Effects (Bael) — Not covered (AHP; KOM)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Tannin may constipate or cause dyspepsia (PH2).

BAICAL SKULLCAP (*Scutellaria baicalensis* Georgi) ++

Activities (Baical Skullcap) — Aldose-Reductase-Inhibitor (1; KEB); Analgesic (1; COX; FAY); Antiaggregant (1; KEB); Antiallergic (1; FAY; KEB); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; LAF); Antibacterial (1; KEB); Anticancer (1; COX; FNF); Antiepileptic (1; KEB); Antihistaminic (1; AKT); Antiinflammatory (1; AKT; COX; FNF); Antioxidant (1; KEB); Antipyretic (1; AKT; FAY); Antiradicular (1; KEB); Antiseptic (1; AKT; FAY; KEB); Antispasmodic (1; LAF); Antiviral (1; KEB); Aperitif (f; FAY); Astringent (1; FAY); Bitter (1; AKT; KEB); Cholagogue (f; LAF); Choleretic (f; FAY); COX-2-Inhibitor (1; COX; FNF); Cytotoxic (1; KEB); Diuretic (1; KEB); Fungicide (1; FAY; LAF); Hematonic (1; AKT); Hemostat (1; LAF); Hypotensive (2; AKT; FAY; KEB); Immunostimulant (1; AKT); Lipolytic (1; KEB); Nephroprotective (1; AKT); Neuroprotective (1; KEB); Phosphodiesterase-Inhibitor (1; KEB); Phospholipase-Inhibitor (1; AKT); Sedative (f; KEB).

Indications (Baical Skullcap) — Acne (1; KEB); Aging (1; KEB); Allergy (1; AKT; FAY; KEB); Alzheimer's (1; COX; FNF); Anorexia (f; FAY); Arthrosis (1; COX; FNF; LAF); Asthma (1; KEB); Atherosclerosis (1; AKT; KEB); Autoimmune Disease (1; KEB); Bacteria (1; KEB); Bleeding (1; LAF); Bronchosis (2; KEB); Burn (f; LAF); Cancer (1; COX; FNF); Cataract (1; KEB); Chemotherapy (1; AKT); Cholecystosis (2; KEB); Cold (2; FAY; KEB); Conjunctivosis (f; FAY); Cough (1; FAY; LAF); Cramp (1; LAF); Diabetes (1; KEB); Diarrhea (1; AKT; LAF); Dysentery (2; AKT; KEB); Eczema (1; KEB); Enterosis (f; AKT; LAF); Epilepsy (1; KEB); Epistaxis (f; FAY); Fever (1; AKT; FAY); Flu (1; AKT; FAY; LAF); Fungus (1; FAY; LAF); Gastrosis (f; AKT); Gingivosis (1; KEB); Headache (f; FAY); Hepatosis (2; AKT; FAY; KEB); High Blood Pressure (2; AKT; FAY; KEB); HIV (1; KEB); Immunodepression (1; AKT); Infection (1; AKT; FAY; KEB; LAF); Inflammation (1; AKT; COX; FNF; KEB); Insomnia (f; FAY; KEB); Jaundice (1; LAF); Leukemia (1; KEB); Mycosis (1; FAY; LAF); Nephrosis (1; KEB); Nervousness (f; KEB); Obesity (1; KEB); Pain (1; COX; FAY); Periodontosis (1; KEB); Pneumonia (f; AKT); Pregnancy (1; KEB); Pulmonosis (f; AKT); Respirosis (1; FAY); Rhinosis (1; KEB); Scarlet Fever (2; FAY; KEB); Sore (1; KEB; LAF); Staphylococcus (1; FAY); Swelling (f; FAY); Thirst (f; AKT); Tonsilosis (1; FAY); Urticaria (1; KEB); Virus (1; FAY; KEB); Water Retention (1; KEB); Wound (1; KEB; LAF).

Dosages (Baical Skullcap) — 3–10 g/day (AKT); 3–9 g root/day (FAY); 2–6 g dry root/day or 4–12 ml fluid extract (1:2) (KEB).

Contraindications, Interactions, and Side Effects (Baical Skullcap) — Class 1 (AHP). Rating 4 (APA). Not indexed by Commission E (KOM); may be additive with other anticoagulants, like warfarin.

Extracts (Baical Skullcap) — Decoction LD50 >10,000 mg/kg orl rabbit; LD50 baicalin 3081 mg/kg ivn mouse. Decoction sedative at 10,000 mg/kg orally in rabbits; tincture sedative at 2000 mg/kg intravenously in rabbits (LAF). My only quantified sources of the COX-2 inhibitor, baicalein (COX).

BAI ZHU, ATRACTYLODES (*Atractylodes macrocephala* Koidz.) ++

Perry treats all three of the species covered here as one from a medicinal point of view for some indications: *A. japonica, lancea,* and *macrocephala*. I entered those indications for all three. Perhaps they should be aggregated, perhaps not. HH3 treated all three separately, but for reasons that escape me, PH2, left out *macrocephala*, perhaps the better known of the trio.

Activities (Bai Zhu) — Anhidrotic (f; LMP); Antiaggregant (1; HH3; LAF); Anticancer (1; HH3); Anticholinergic (1; X11263255); Antiinflammatory (1; LAF); Antioxidant (1; X8870957); Cardioactive (1; HH3); Diuretic (1; HH3; LAF); Fungicide (1; DAA); Hepatoprotective (1; LAF); Hypoglycemic (1; HH3; LAF); Immunostimulant (1; HH3; LAF); Laxative (f; LMP); Leukocytogenic (1; HH3); Phagocytotic (1; HH3; LAF); Sedative (f; DAA; LMP); Stomachic (f; DAA); Tonic (f; LAF); Uterorelaxant (1; X11263255).

Indications (Bai Zhu) — Anemia (f; DAA); Anorexia (f; HH3); Bronchosis (f; DAA); Cancer (1; HH3; LAF); Cancer, breast (f; DAA); Cancer, cervix (f; DAA); Cancer, stomach (f; DAA); Cancer, uterus (f; DAA); Cervisosis (f; DAA); Chemotherapy (f; LAF); Childbirth (f; DAA; LAF; LMP); Chill (f; DAA); Constipation (f; LAF; LMP); Cough (f; DAA); Diarrhea (f; DAA; LAF); Dyspepsia (f; DAA; LAF); Dysuria (f; DAA); Eczema (f; DAA; LMP); Edema (f; DAA); Enterosis (f; DAA); Fungus (1; DAA); Gas (f; LAF); Gastrosis (f; DAA); Hyperglycemia (1; HH3; LAF); Immunodepression (1; HH3; LAF); Infection (1; DAA); Inflammation (1; LAF); Insomnia (f; DAA; LMP); Jaundice (f; DAA); Leukopenia (1; HH3; LAF); Liver Spot (f; LAF); Mastosis (f; DAA); Mycosis (1; DAA); Nausea (f; DAA); Nervousness (f; DAA; LMP); Night Sweats (f; DAA); Radiation (f; LAF); Rheumatism (f; DAA); Splenosis (f; DAA; LAF); Uterosis (f; DAA); Vertigo (f; DAA); Virus (1; DAA); Water Retention (1; HH3; LAF); Wrinkle (f; LAF); Yeast (1; DAA).

Dosages (Bai Zhu) — 6–12 g (HH3).

Contraindications, Interactions, and Side Effects (Bai Zhu) — Class 1 (AHP). LD50 (Decoction) 13,300 mg/kg ipr mouse (HH3).

BALLOON FLOWER (*Platycodon grandiflorum* (Jacq.) A. DC) ++

Synonym — *Campanula glauca* Thunb., *C. grandiflora* Jacq., *P. glaucus* (Thunb.) Nakai

Activities (Balloon Flower) — Analgesic (1; FAY); Antiasthmatic (1; FAY); Antibacterial (1; FAY; PH2); Anticholinergic (1; DAA); Antihistaminic (1; DAA); Antiinflammatory (1; DAA; FAY; PH2; WHO; X7655427); Antipyretic (1; DAA; FAY); Antitumor (1; FAY); Antitussive (1; FAY; HH2; PH2; WHO); Antiulcer (1; PH2; WHO); Astringent (1; DAA; FAY; WOI); Carminative (1; DAA; FAY; WOI); CNS-Depressant (1; DAA; WHO); Expectorant (1; DAA; FAY; HH2; PH2; WHO); Hemolytic (1; DAA; WHO; WOI); Hemostat (f; FAY); Hypocholesterolemic (1; WHO; X11091095); Hypoglycemic (1; DAA; FAY; X11091095); Hypolipidemic (1; WHO; X11091095); Hypotensive (1; DAA; FAY); Hypotriglyceridemic (1; WHO; X11091095); Immunostimulant (1; ABS; X11407308); Mucogenic (1; WHO); Pancreatonic (1; X9342945); Secretagogue (f; DAA; FAY); Sedative (1; DAA; FAY; HH2; PH2; WOI); Sialagogue (1; WHO); TNF-genic (1; X11407308); Tonic (f; WHO); Tranquilizer (1; FAY); Vasodilator (1; FAY); Vermifuge (f; DAA).

Indications (Balloon Flower) — Abscess (1; DAA; FAY; WHO); Appendicitis (f; WOI); Arthrosis (1; WHO); Asthma (1; DAA; FAY; WHO); Bacteria (1; FAY; PH2); Bleeding (f; FAY); Blood Clot (1; WHO); Bronchosis (1; DAA; FAY; PH2; WOI); Cancer (1; DAA; FAY); Carbuncle (1; FAY); Cardiopathy (1; FAY; X11091095); Cholera (f; DAA); Cold (1; DAA; WHO); Cough (1; DAA; FAY; WHO); Dermatosis (f; FAY); Diabetes (1; FAY; X11091095); Diarrhea (1; DAA; FAY); Dry Mouth (1; WHO); Dysentery (f; DAA; FAY); Dyspepsia (f; DAA); Enterosis (f; FAY); Escherichia (1; HH2); Fever (1; DAA; FAY); Flu (f; DAA); Furuncle (1; FAY); Gas (1; DAA; FAY; WOI); Gastrosis (f; FAY); Gingivosis (f; FAY); High Blood Pressure (1; DAA; FAY; WHO); High Cholesterol (1; FAY; WHO; X11091095); High Triglycerides (1; WHO; X11091095); Hoarseness (f; FAY); Hyperglycemia (1; DAA; FAY; X11091095); Immunodepression (1; ABS; X11407308); Inflammation (1; DAA; FAY; PH2; WHO; X7655427); Insomnia (1; DAA; FAY; HH2; PH2; WHO; WOI); Laryngosis (f; DAA); Nausea (f; DAA); Nervousness (1; DAA; FAY; HH2; PH2; WOI); Neurosis (f; DAA); Obesity (1; WHO; X11091095); Pain (1; DAA; FAY); Pertussis (1; WHO); Pharyngosis (1; WHO); Pleurisy (f; FAY); Pneumonia (1; DAA; WHO); Puerperium (1; FAY); Pulmonosis (1; DAA; FAY; WHO); Respirosis (1; FAY; PH2; WHO); Sore (f; DAA); Sore Throat (1; DAA; FAY; PH2; WHO); Staphylococcus (1; HH2); Stomatosis (1; WHO; X7655427); Stress (1; FAY); Syndrome-X (1; X11091095); Tonsilosis (1; DAA; PH2; WHO; X7655427); Tumor (1; FAY); Ulcer (1; PH2; WHO); Virus (f; WHO); Worm (f; DAA).

Dosages (Balloon Flower) — 2–9 g (WHO); 3–9 g (FAY); 0.5 g powdered root per dose, to 6 g/day (PH2).

Contraindications, Interactions, and Side Effects (Balloon Flower) — Class 2d. Contraindicated in hemoptysis and tuberculosis; administer only with caution to patients with peptic ulcer. Canadian law disallows balloon flower as nonmedicinal ingredient in oral use products (AHP).“Health hazards not known with proper therapeutic dosages” (PH2). Depresses CNS; may be synergistic with other sedatives and CNS depressants. Since the herb is hemolytic, should be used orally and not injected (WHO). Believed incompatible with *Bletilla hyacintha* and *Gentiana scabra* (WHO). Decoction Median LD = 24,000 mg/kg orl mouse; MLD platycodin 420 mg/kg orl mouse, 800 mg/kg orl rat, 22.3 mg/kg ipr mouse, 14.1 mg/kg ipr rat (WHO).

BALMONY, TURTLEHEAD (*Chelone glabra* L.) +++

Activities (Balmony) — Antibilious (f; EFS); Antidepressant (f; PNC); Antiemetic (f; PNC); Antiherpetic (f; CEB); Antipyretic (f; DEM); Aperitif (f; DEM; FAD); Bitter (f; HHB); Cholagogue (f; PNC); Contraceptive (f; CEB; FAD); Laxative (f; EFS; FAD; HHB; PNC); Tonic (f; EFS; HHB); Vermifuge (f; DEM; EFS).

Indications (Balmony) — Anorexia (f; CEB; DEM; FAD); Cancer (f; JLH); Constipation (f; EFS; FAD; PNC); Debility (f; CEB); Dermatosis (f; CEB; HHB); Depression (f; PNC); Dyspepsia (f; CEB; FAD; PH2); Fever (f; CEB; DEM; FAD); Gall (f; DEM); Hemorrhoid (f; CEB; FAD);

Hepatosis (f; CEB; FAD; HHB; PH2); Herpes (f; CEB; FAD); Inflammation (f; CEB; FAD; JLH); Jaundice (f; CEB; FAD); Mastosis (f; FAD); Nausea (f; PNC); Rheumatism (f; CEB); Sore (f; CEB; FAD); Ulcer (f; FAD); Virus (f; CEB); Vomiting (f; PNC); Worm (f; CEB; DEM; EFS; FAD; PH2); Yellow Fever (f; CEB).

Dosages (Balmony) — 1 drachm leaf 3 ×/day (CEB); 0.5–1 g powdered herb (PNC); 2–4 ml liquid extract (PNC).

Contraindications, Interactions, and Side Effects (Balmony) — Class 1 (AHP). Food Plant (DEM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

BALSAM FIR (*Abies balsamea* (L.) Mill) ++

Synonym — *A. balsamea f. nana* (J. Nelson) Beissner, *A. balsamea* var. *phanerolepis* Fernald, *Pinus balsamea* L.

Activities (Balsam Fir) — Abortifacient (f; DEM); Allergenic (1; FAD); Antiseptic (1; DEM; FAD); Diaphoretic (f; DEM); Diuretic (f; FAD); Laxative (f; DEM); Mucoirritant (1; FAD); Panacea (f; DEM).

Indications (Balsam Fir) — Arthrosis (f; DEM); Asthma (f; FAD; MIC); Bite (f; DEM); Boil (f; DEM); Bruise (f; FAD); Burn (f; DEM; FAD); Cancer (f; DEM; JLH); Chest (f; DEM); Childbirth (f; DEM); Cold (f; DEM; FAD; MIC); Colic (f; MIC); Congestion (f; MIC); Conjunctivosis (f; DEM); Constipation (f; DEM); Corn (f; JLH); Cough (f; DEM; FAD); Dentistry (f; FAD); Dermatosis (f; DEM); Diarrhea (f; DEM); Dysmenorrhea (f; DEM); Enuresis (f; DEM); Fever (f; DEM); Flu (f; MIC); Gonorrhea (f; DEM); Headache (f; DEM); Heart (f; DEM); Hemorrhoid (f; FAD); Itch (f; DEM); Infection (f; DEM); Nephrosis (f; DEM); Ophthalmia (f; DEM); Pain (f; DEM); Pulmonosis (f; DEM); Rheumatism (f; DEM); Scabies (f; DEM); Sore (f; DEM; FAD; MIC); Sore Throat (f; DEM; MIC); Sprain (f; DEM); Tuberculosis (f; DEM; MIC); Tumor (f; JLH); Ulcer (f; MIC); VD (f; DEM); Wart (f; JLH); Water Retention (f; FAD); Wound (f; DEM; FAD).

BALSAM OF PERU
(*Myroxylon balsamum* (L.) Harms var. *pereirae* (Royle) Harms) ++

Synonym — *Myrospermum pereirae* Royle, *Myroxylon pereirae* (Royle) Klotzsch, *Toluifera pereirae* (Royle) Baill.

Activities (Balsam of Peru) — Acaricide (2; KOM; PIP); Antibacterial (2; KOM; PIP); Antipyretic (f; DAV); Antiseptic (2; KOM; PIP; PNC); Carcinogenic (1; CRC); Cicatrizant (1; 60P); Deodorant (f; CRC; IED; JFM); Diaphoretic (f; MAD); Diuretic (f; JFM); Expectorant (f; CRC; JFM; PNC); Fungicide (f; JFM); Hemostat (f; JFM); Parasiticide (2; CRC; JFM; PIP); Pectoral (f; EFS); Pediculicide (2; CRC; PIP); Rubefacient (f; CRC); Stimulant (f; EFS; PNC);Vermifuge (f; JFM); Vulnerary (f; CRC; 60P).

Indications (Balsam of Peru) — Abscess (f; 60P); Alveolitis (f; CRC); Amenorrhea (f; CRC; JFM); Asthma (f; CRC; DAV; JFM); Bacteria (2; KOM; PIP); Bedsore (2; KOM; PHR; PIP); Bleeding (f; CRC; IED; JFM; PH2); Blenorrhea (f; MAD); Bronchosis (2; DAV; JFM; PHR; PH2); Bruise (2; KOM; PHR; PH2); Burn (2; KOM; PHR; PH2 PIP); Cancer (f; JLH); Carbuncle (f; MAD); Carcinoma (f; JLH); Caries (f; MAD); Catarrh (f; CRC; DAV; PNC); Chilblain (f; CRC; MAD; PIP); Childbirth (f; CRC; IED; PH2); Cold (2; PHR; PH2); Cough (2; JFM; PHR; PH2); Decubitis (f; PH2); Dermatosis (f; CRC; JFM); Diarrhea (f; CRC; PNC); Dry Socket (f; CRC);

Dysentery (f; JFM); Dysmenorrhea (f; CRC; JFM); Eczema (f; PH2; PNC); Erythema (f; MAD); Fever (2; DAV; MAD; PHR); Frostbite (2; KOM; PHR; PH2); Fungus (f; JFM); Gonorrhea (f; CRC; JFM); Gout (f; MAD); Headache (f; CRC; PH2); Hemorrhoid (2; KOM; PHR; PH2; PIP); Induration (f; JLH); Infection (2; JFM; KOM; PHR; PH2); Inflammation (2; PH2); Itch (f; CRC; JFM; PH2; PNC); Laryngosis (f; CRC; JFM); Leukorrhea (f; CRC; JFM); Lice (1; CRC; PIP); Metrorrhagia (f; JFM; PH2); Mucososis (f; MAD; PH2); Mycosis (f; JFM); Osteomyelosis (f; CRC; JFM); Paralysis (f; MAD); Parasite (2; CRC; JFM; PIP); Pediculosis (2; CRC; PIP); Pharyngosis (2; PHR; PH2); Proctosis (f; CRC); Puerperium (f; JFM); Pulmonosis (f; DAV); Rash (f; PNC); Respirosis (f; MAD; PH2); Rheumatism (f; CRC; JFM; PH2; 60P); Scabies (2; CRC; KOM; PH2); Sore (2; JFM; PH2; PIP); Sprain (f; DAV); Staphylococcus (1; 60P); Stomatosis (2; PHR; PH2); Swelling (f; JLH); Tetanus (f; MAD); Toothache (f; CRC; JFM; PH2); Ticks (2; KOM; PIP); Tuberculosis (1; CRC; DAV); Tumor (f; JLH); Ulcer (f; CRC); Ulcus cruris (2; KOM); Urethrosis (f; PH2); Uterosis (f; CRC; PH2); VD (1; JFM; 60P); Water Retention (f; JFM); Whitlow (f; JLH); Worm (f; JFM); Wound (2; KOM; PHR; PH2; PIP; 60P).

Dosages (Balsam of Peru) — 0.2–2 g/day (MAD). Galenics with 5–20% balsam, no more than 10% if to be applied over a large area (PIP).

Contraindications, Interactions, and Side Effects (Balsam of Peru) — Allergic skin reactions (KOM; PIP). Commission E reports contraindications: allergic disposition; adverse effects: allergic skin reactions. Application on large surfaces maximum 10%. Not to be used for more than 1 week (AEH).

BALSAM OF TOLU (*Myroxylon balsamum* (L.) Harms) ++

Activities (Balsam of Tolu) — Antibacterial (1; PH2); Antiseptic (1; FNF; PH2; PNC); Expectorant (1; PHR; PH2; PNC); Fungicide (f; PH2); Stimulant (f; PNC).

Indications (Balsam of Tolu) — Bacteria (1; PH2); Bronchosis (2; PHR; PH2); Cancer (f; JLH); Catarrh (2; KOM; PIP); Cough (2; PHR; PH2; PNC); Fungus (f; PH2); Induration (f; JLH); Infection (1; PH2; PNC); Inflammation (1; PH2); Mucososis (1; PH2); Mycosis (f; PH2); Respirosis (1; PH2); Swelling (f; JLH); Wound (f; PH2).

Dosages (Balsam of Tolu) — 0.6 g balsam (KOM; PIP); 0.5 g balsam (PHR); 2–8 ml Tolu Syrup (PNC); 2–4 ml Tolu Tincture (PNC).

Contraindications, Interactions, and Side Effects (Balsam of Tolu) — None reported (KOM; PIP). Allergic reactions not reported but possible (PHR).

BANANA, PLANTAIN (*Musa* x *paradisiaca* L.) ++

Synonym — *M. dacca* Horan., *M. rosacea* Jacq., *M.* x *paradisiaca* subsp. *sapientum* (L.) Kuntze, *M.* x *paradisiaca* var. *dacca* (Horan.) Baker ex K. Schum., *M.* x *sapientum* L.

Activities (Banana) — Antacid (f; IED); Antiaggregant (1; JNU; TRA); Antibacterial (1; AAB; TRA; WOI); Antibilious (f; IED); Antidote (1; HAD; TRA); Antidote, arsenic (f; IED); Antidote, opium (f; IED); Antihistaminic (1; MPI); Antioxidant (1; TRA); Antiscorbutic (f; IED); Antiseptic (1; TRA); Antistress (1; ZUL); Antiulcer (1; HH2; MPI; PH2); Aperitif (f; KAB); Aphrodisiac (f; UPW); Astringent (1; TRA); Cardiodepressant (1; MPI); Depurative (1; TRA; WOI); Detoxicant (1; TRA); Diuretic (1; AAB; MPI; TRA); Ecbolic (f; UPW); Emmenagogue (f; UPW); Expectorant (1; TRA); Fungicide (1; HHB; WOI); Hallucinogen (1; HHB); Hemopoietic (1; MPI); Hemostat (f; IED; UPW); Hypertensive (1; UPW); Hypocholesterolemic (f; PH2); Hypoglycemic (1; HHB; MPI); Hypotensive (1; MPI); Immunodepressant (f; ZUL); Immunostimulant (f; ZUL); Memori-

genic (f; ZUL); Narcotic (1; PH2); Prebiotic (1; JNU); Tonic (1; JFM; TRA); Vasoconstrictor (1; UPW; WOI); Vermifuge (f; JFM; PH2); Vulnerary (f; KAB).

Indications (Banana) — Abscess (1; AAB); Acid Stomach (f; JFM); Amenorrhea (f; UPW); Anasarca (f; MPI); Anemia (1; JFM; MPI); Anorexia (f; KAB); Atherosclerosis (1; JNU); Ascites (f; KAB); Asthma (f; JFM; UPW); Bacteria (1; AAB; TRA; WOI); Biliousness (f; IED); Bite (f; JFM; MPI; PH2); Bleeding (1; IED; TRA; UPW); Blister (1; AAB); Bronchosis (f; DAV; KAB); Bronchocoele (f; PH2); Burn (1; TRA; UPW); Cancer (f; JFM; JLH); Cancer, colon (1; JNU); Cancer, nose (f; JLH; UPW); Cancer, skin (f; JLH); Cancer, stomach (f; JLH); Cardiopathy (1; JNU; MPI; UPW; WOI); Celiac (1; WOI); Chest Ache (f; JFM); Childbirth (1; AAB; MPI); Cholera (f; KAB); Colic (f; KAB); Colitis (1; WOI); Constipation (f; WOI); Corn (f; JLH); Debility (f; JFM); Dermatosis (f; PH2); Diabetes (1; HHB; IED; PH2; WOI); Diarrhea (1; MPI; PH2; TRA; WOI); Dropsy (f; MPI); Dysentery (f; IED; JFM; MPI; WOI); Dysmenorrhea (f; IED; UPW); Dyspepsia (f; PH2); Dysuria (f; MPI; PH2); Edema (f; MPI); Enterosis (f; MPI; PH2); Epilepsy (f; MPI); Fever (f; DAV; IED; JFM); Fungus (1; HHB; WOI); Gastrosis (f; AAB; MPI; PH2); Gingivosis (1; JFM); Gonorrhea (f; JFM; KAB); Gout (f; DAV; PH2; WOI); Headache (f; JFM); Heartburn (f; IED; KAB); Hematuria (f; MPI); Hemiplegia (f; MPI); Hemorrhoid (f; JFM); High Blood Pressure (1; JFM; JNU; MPI; PH2; WOI); High Cholesterol (1; PH2); Hyperglycemia (1; HHB; MPI); Hysteria (f; MPI); Immunodepression (f; ZUL); Impotence (f; UPW); Infection (1; HHB; TRA; WOI); Inflammation (1; TRA; UPW); Itch (f; DAV; PH2); Jaundice (f; JFM); Leprosy (f; KAB); Leukoderma (1; TRA); Leishmaniasis (f; DAV); Low Blood Pressure (1; UPW); Malaise (f; UPW); Malaria (f; IED); Marasmus (f; JFM); Menorrhagia (f; KAB); Migraine (f; JFM; UPW); Morning Sickness (f; UPW); Mycosis (1; HHB; UPW; WOI); Nephrosis (f; PH2; WOI); Neurosis (f; UPW); Ophthalmia (f; KAB); Osteoporosis (1; JNU); Otosis (f; DAV; KAB; UPW); Pain (f; JFM; MPI; PH2); Pertussis (f; SKJ); Pharyngosis (f; PH2); Pulmonosis (1; JFM); Rheumatism (1; TRA; UPW); Rhinosis (f; JLH); Ringworm (f; UPW); Scabies (f; PH2); Shingles (f; JFM); Smallpox (f; MPI); Snakebite (f; JFM; PH2); Sore (f; JFM; JLH); Sore Throat (f; JFM); Sprue (1; WOI); Sting (f; JFM; KAB); Stomachache (f; UPW); Strangury (f; KAB); Stress (1; ZUL); Stroke (1; JNU); Swelling (f; MPI); Thirst (f; KAB; PH2); Toothache (f; UPW); Tuberculosis (1; AAB; DAV; KAB); Ulcer (1; AAB; HH2; MPI; PH2); Uremia (f; MPI; WOI); Urticaria (f; DAV); Uterosis (f; KAB); Vaginosis (f; KAB); VD (f; JFM); Vomiting (f; MPI); Wart (f; JLH); Water Retention (1; AAB; MPI; TRA); Worm (1; JFM; MPI; PH2).

Dosages (Banana) — 100–200 g leaf/1000 ml water for topical inflammation (TRA).

Contraindications, Interactions, and Side Effects (Banana) — Not covered (AHP; KOM).“Health hazards not known with proper therapeutic dosages” (PH2) (but PH2 designates no specific quantified dosage! JAD). Amines may trigger migraine. High incidence of myocardial fibrosis in tropics may result from chronic ingestion (PH2). Stem juice, but not fruits, reportedly ecbolic and emmenagogue (UPW).

Extracts (Banana) — Sitoindosides I–IV (10–30 ppm) have antiulcer activity (HH2). Sugars in the fruits tend to increase Gram-positive or acidic groups and decrease Gram-negative organisms (WOI). The loss of the μ from μg in the herbal PDR might sell a lot of bananas. If you can believe the herbal PDR (2000) of Gruenwald et al., plantain fruits (p. 597) contain 28 million ppm serotonin, on a fresh weight basis; perhaps 10 times more on a dry weight basis, 7 million ppm tyramine, on a fresh weight basis; perhaps 10 times more on a dry weight basis; 8 million ppm dopamine, on a fresh weight basis; perhaps 10 times more on a dry weight basis, and only 2 million ppm noradrenaline, on a fresh weight basis; perhaps 10 times more on a dry weight basis. That would more than rationalize his suggestions that plantain is used to prepare a narcotic drink. No, we have no bananas. Gruenwald probably had μg/g rather than g/g in mind. At any rate, I'll not cite these figures in my database. This happens to me so often; I have an italicized μg/g in an abstract and the e-mail drops the μ and then I have g/g instead of μg/g.

BANEBERRY (*Actaea spicata* L.) X

Synonym — *A. spicata* var. *nigra* L.

Activities (Baneberry) — Antibacterial (1; PH2); Antiinflammatory (1; PH2); Antispasmodic (f; WO2); Cytotoxic (f; WO2); Deliriant (1; HHB); Emetic (f; PH2; WO2); Expectorant (f; WO2); Laxative (f; PH2); Neurosedative (f; SKJ); Parasiticide (1; WO2); Poison (1; WO2); Stomachic (f; WO2).

Indications (Baneberry) — Arthrosis (f; PH2); Asthma (f; WO2); Bacteria (1; PH2); Cancer (f; DAA; JLH); Cancer, thigh (f; JLH); Childbirth (f; WO2); Chorea (f; WO2); Cramp (f; WO2); Dermatosis (f; WO2); Headache (f; WO2); Infection (1; PH2); Inflammation (1; PH2); Lumbago (f; WO2); Neuralgia (f; WO2); Ovary (f; WO2); Parasite (1; WO2); Rheumatism (f; PH2); Scrofula (f; WO2); Uterosis (f; WO2).

Dosages (Baneberry) — I discourage its use by anyone except skilled herbal practitioners.

Contraindications, Interactions, and Side Effects (Baneberry) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Poisonous, possibly fatal (WO2), internally causing colic, delirium, dizziness, dyspnea, enteritis, gastritis, nausea, and vomiting (HHB; WO2).

BAN XIA (*Pinellia ternata* (Thunb.) Makino) +

Synonym — *Arisaema cochinchinense* Blume, *Arum dracontium* Lour., *A. ternatum* Thunb., *P. cochinchinense* (Blume) W. Wight, *P. wawrae* Engl.

Activities (Ban Xia) — Abortifacient (1; X8251058); Analgesic (1; DAA); Anesthetic (f; LMP); Anticomplementary (1; X7735195); Antidepressant (1; X11025166); Antiemetic (1; DAA; HHB); Antiinflammatory (f; AKT); Antitussive (f; DAA); Cholinergic (1; X8068197); Diaphoretic (f; LMP); Diuretic (f; LMP); Expectorant (f; AKT; DAA; HHB); Gastrotonic (1; X8348334); Hemostat (1; DAA; X9810270); Immunomodulator (1; X7735195); Propecic (f; DAA); Sedative (1; DAA); Tonic (f; LMP).

Indications (Ban Xia) — Abscess (f; LMP); Alopecia (f; DAA); Arthrosis (f; DAA); Bleeding (1; DAA; X9810270); Blister (f; LMP); Bronchosis (f; DAA); Cancer (1; DAA; JLH); Cancer, breast (f; DAA); Cancer, stomach (f; DAA; JLH); Chest (f; DAA); Cough (f; DAA); Depression (1; X11025166); Dermatosis (f; LMP); Diarrhea (f; AKT); Dyspepsia (f; DAA); Fever (f; LMP); Flu (f; DAA); Gastrosis (f; DAA); Goiter (f; DAA); Gonorrhea (f; DAA); Headache (f; LMP); Hepatosis (f; LMP); Hiccup (f; DAA); Hyperemesis (f; LMP); Inflammation (1; AKT; LMP); Insomnia (1; DAA); Jaundice (f; DAA); Leukemia (f; DAA); Leukorrhea (f; DAA); Lichen (f; LMP); Malaria (f; DAA); Mastosis (f; DAA); Nausea (1; AKT; DAA); Nephrosis (f; LMP); Nervousness (1; DAA); Pain (1; DAA; LMP); Pancreatosis (f; LMP); Pharyngosis (f; DAA); Psoriasis (f; LMP); Pulmonosis (f; AKT); Respirosis (f; AKT); Rheumatism (f; DAA); Snakebite (f; DAA); Sore (f; LMP); Splenosis (f; LMP); Vomiting (1; AKT; DAA; HHB); Water Retention (f; LMP).

Dosages (Ban Xia) — 2–6 g/day powdered processed root (AKT).

Contraindications, Interactions, and Side Effects (Ban Xia) — Class 2b, 2d; contraindicated in all cases of bleeding or blood disorders (AHP). Not covered (KOM; PH2). Must be processed prior to use, cooking with ginger, vinegar, and/or alum (AKT). Not for long-term use, nor in pregnancy (AKT).

BARBASCO (*Dioscorea composita* Hemsl.) +

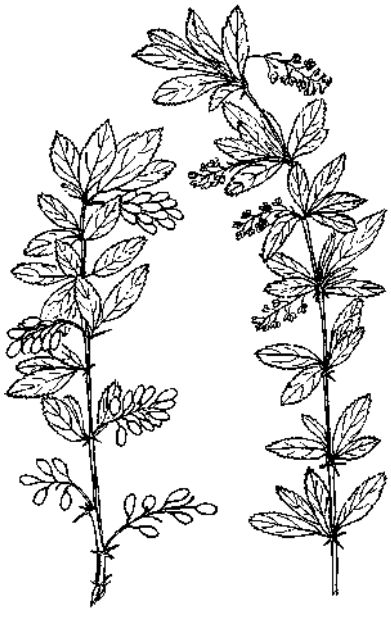
Synonym — *D. terpinapensis* Uline ex R. Knuth.

Activities (Barbasco) — Antiestrogenic (f; CRC); Contraceptive (f; CRC); Piscicide (1; CRC).

Indications (Barbasco) — Addison's Disease (f; CRC); Allergy (f; CRC); Arthrosis (f; CRC); Bursitis (f; CRC); Dermatosis (f; CRC); Dysmenorrhea (f; CRC); Impotence (f; CRC); Infertility (f; CRC); Menopause (f; CRC); PMS (f; CRC); Prostatosis (f; CRC); Psoriasis (f; CRC); Rheumatic Fever (f; CRC); Rheumatism (f; CRC); Sciatica (f; CRC); Testicular Deficiency (f; CRC).

Contraindications, Interactions, and Side Effects (Barbasco) — Not covered (AHP; KOM; PHR). "Tubers are bitter and toxic. Steroidal drugs may produce serious side effects in the long run" (CRC). Diosgenin is converted by chemical means and elaborate processing to provide the final products that relieve arthrosis, asthma, and eczema, and to regulate metabolism and control fertility.

BARBERRY (*Berberis vulgaris* L.) +



Synonym — *B. jacquinii* hort. ex K. Koch, *B. sanguinea* hort. ex K. Koch, *B. vulgaris f. atropurpurea* Regel, *B. vulgaris* var. *pupurea* Bertin ex Jacques & Herincq.

Activities (Barberry) — Alterative (f; CRC); Amebicide (1; APA; PNC); Antiacetylcholinesterase (1; MAB); Antialzheimeran (1; COX; FNF); Antiamnesic (1; MAB); Antiarrhythmic (1; LAF); Antiarthritic (1; COX; FNF); Antibacterial (1; APA; FAD); Anticancer (1; COX; FNF); Anticariogenic (1; MAB); Anticholinesterase (1; PNC); Anticonvulsant (1; APA; PNC); Antiemetic (1; MAB); Antifibrillatory (1; APA; LAF); Antihelicobacter (1; X9781854); Antihemorrhagic (1; PNC); Antiinflammatory (1; APA; PNC); Antiitch (f; FAD); Antimitotic (1; MAB); Antineoplastic (1; PNC); Antiperistaltic (1; FNF); Antipyretic (1; CRC; PH2; PNC); Antiscorbutic (1; PH2); Antiseptic (1; APA; CRC; FAD; PED; PH2; PNC); Antispasmodic (1; MAB; PED); Antitrypanosomic (1; PNC); Antitubercular (1; PNC); Antiulcer (1; X9781854); Aperitif (f; FAD; PH2); Astringent (1; APA; FAD); Bitter (f; HHB; PED); Cholagogue (1; CRC; HH2; PHR); Choleretic (1; CRC; FAD; HH2; MAB; PH2); Collyrium (1; MAB); Depurative (f; CRC; FAD; FEL; MAB); Diaphoretic (f; FAD); Diuretic (1; CRC; FAD; PHR; PH2); Expectorant (f; CRC; EFS; FAD); Fungicide (1; APA; PED; PNC);

Hematigenic (FEL; PH2); Hepatotonic (f; MAD); Hypotensive (1; APA; HH2; PED; PH2; PNC); Immunostimulant (1; APA; LAF; PED; PH2); Laxative (1; APA; CRC; FAD); Leucocytogenic (1; PNC); Mydriatic (1; MAB); Negative Inotropic (1; PH2); Parasiticide (1; APA); Peristaltic (1; PHR; PH2); Positive Inotropic (1; PH2); Sedative (1; APA; PNC); Tonic (f; CRC; PED); Tranquilizer (1; PED); Uterotonic (1; APA; DEM; HH2; PNC); Vasoconstrictor (f; FAD).

Indications (Barberry) — Alzheimer's (1; COX; FNF); Ameba (1; APA; MAB; PNC); Amnesia (1; MAB); Anorexia (f; CRC; FAD; HHB; MAD; PED; PHR; PH2); Aphtha (f; FEL); Arrhythmia (1; LAB; LAF; MAB); Arthrosis (1; COX; FAD; FNF; HH2; MAB; MAD; PH2); Backache (f; MAD); Bacteria (1; APA; CRC; FAD); Biliousness (f; CRC; MAB); Bladder Stone (f; HHB); Bleeding (1; CRC; FAD; MAD; PED; PNC); Bronchosis (1; CRC; PED); Calculus (f; CRC; FEL); Cancer (1; COX; FNF; JLH; MAB); Cancer, colon (1; COX; FNF); Cancer, liver (1; COX; CRC; JLH); Cancer, mouth (1; COX; JLH); Cancer, neck (1; COX; CRC; JLH); Cancer, stomach (1; COX; CRC; JLH); Cardiopathy (1; MAB); Caries (1; MAB); Catarrh (f; CRC); Chlorosis (f; MAD); Cholecystosis (f; CRC; KOM; MAB; MAD; PH2); Cholera (1; APA; FEL; MAB; MAD; PNC); Cold (f; PH2); Colic (f; CRC); Congestion (f; APA); Conjunctivosis (1; APA); Constipation (1; APA; CRC; FAD; MAB; PH2); Convulsion (1; APA; PNC); Cough (1; CRC; FAD); Cramp (1; KOM; MAB; PED; PH2); Cystosis (f; MAD); Debility (f; CRC); Dermatosis (f; CRC); Diabetes (1; MAB); Diarrhea (1; CRC; FAD; FEL; MAD; PH2; PNC); Dysentery (1; FEL; MAB; PNC); Dysmenorrhea (f; CRC); Dyspepsia (f; APA; MAD; PHR; PH2); Dysuria (f; CRC; FEL; MAD); Enterosis (1; KOM; MAB); Eye Problem (1; MAB); Fever (1; APA; CRC; FAD; FEL; MAD; PED; PH2; PNC); Fistula (f; CRC); Flu (1; LAF); Flux (f; CRC); Fungus (1; APA; PED; PNC); Gall Bladder (1; FAD; MAB; PHR); Gallstone (f; CRC; MAB; MAD); Gastrosis (1; KOM; MAB; MAD; PH2); Giardia (1; MAB); Gingivosis (F; DEM); Gout (f; CRC; HH2; MAD; PHR; PH2); Gravel (f; CRC); Halitosis (f; CRC); Headache (f; MAD); Heartburn (f; CRC; PHR; PH2); Helicobacter (1; X9781854); Hemorrhoid (f; CRC; MAD; PHR; PH2); Hepatosis (1; CRC; FAD; HH2; MAB; PH2); Herpes (f; APA; CRC); High Blood Pressure (1; APA; CRC; HH2; PED; PH2; PNC); Hypertyraminemia (1; MAB); Immunodepression (1; APA; LAF; PED; PH2); Induration (f; JLH); Infection (1; APA; FAD; PED; PH2; PNC); Inflammation (1; APA; COX; CRC; FNF; PNC); Insomnia (1; APA; PNC); Irritation (f; CRC); Itch (1; CRC; FAD; MAB); Jaundice (1; APA; CRC; DEM; FAD; FEL; PH2); Kidney Stone (f; HHB; MAD); Knee Pain (f; CRC); Amenorrhea (1; APA; PNC); Leishmaniasis (1; MAB; MAD; PHR; PH2); Leprosy (f; MAD); Leucocytogenic (1; PNC); Leukorrhea (f; CRC); Lumbago (f; CRC; MAD; PHR; PH2); Malaria (f; MAD; PHR; PH2); Metrorrhagia (f; CRC; MAD); Morphinism (f; MAD; PHR; PH2); Mucososis (f; CRC); Mycosis (1; APA; MAB; PED; PNC); Nausea (1; MAB); Negative Inotropic (1; HH2; PH2); Nephrosis (f; CRC; FEL; KOM; MAD; PH2); Nervousness (1; APA; PED; PNC); Neuralgia (f; CRC); Neurosis (f; MAD); NIDDM (1; MAB); Odontosis (f; MAD); Ophthalmia (f; APA); Opiate Withdrawal (f; PHR); Oxaluria (f; CRC); Parasite (1; APA); Phthisis (f; MAD); Plague (f; APA); Polyp (f; CRC); Positive Inotropic (1; HH2; PH2); Protozoa (f; CRC); Pulmonosis (f; HHB); Pyelosis (f; MAD); Renal Colic (f; CRC); Retinosis (f; MAD); Rheumatism (1; COX; CRC; FAD; MAD); Ringworm (f; CRC); Sacral Pain (f; CRC); Salmonella (1; CRC; HDR); Scrofula (f; MAD); Sore Throat (f; MAD); Splenosis (f; HH2; PH2); Staphylococcus (1; CRC; HDR); Stomatosis (f; JLH); Streptococcus (1; CRC; HDR); Scab (f; CRC); Sciatica (f; APA; FAD); Scrofula (f; CRC; PHR); Side Pain (f; CRC); Sore (f; CRC); Sore Throat (f; APA; DEM); Splenosis (f; CRC; HH2; KOM; PH2); Spermatic Cords (f; CRC); Spleen (f; CRC); Stomachache (f; PH2); Stomatosis (f; APA; CRC); Stone (f; HHB); Stress (1; PED); Trachoma (1; MAB); Trichomoniasis (1; MAB); Tuberculosis (1; ABS; CRC; MAD; PHR; PH2; PNC); Tumor (f; CRC); Typhus (f; CRC); Ulcer (f; CRC; X9781854); Urethrosis (f; MAD); Uterrhagia (f; APA); Uterosis (f; CRC; KOM); UTI (1; APA; PHR; PH2); Vaginismus (f; CRC); Vaginosis (1; APA); Vomiting (1; MAB); Water Retention (1; CRC; FAD; PHR; PH2); Worm (1; MAB); Wound (1; APA); Yeast (1; APA; PED).

Dosages (Barberry) — 2–4 g tincture (MAD); 1.5–3 tsp tincture 3 ×/day (APA); 2–3 g fl extract (MAD); 20–40 drops 1:10 bark tincture (PHR; PH2); 2–4 ml liquid bark (PNC); 1–2 tbsp fresh bark/day (PED); 2 g bark/250 ml water (PHR; PH2); 1.5–3 g dry bark/day (PED); 0.5–1 g powdered bark (PNC); 1 tsp (= 2.1 g) root bark in hot tea (MAD); 0.5 tsp powdered root bark/cup/1 ×/day; 2 g dry root:10 ml alcohol:10 ml water (PED); 2 tsp (5 g) berries in cold tea (MAD); 1–2 tsp fruit/150 ml water (PHR).

Contraindications, Interactions, and Side Effects (Barberry) — Class 2b (AHP). Unapproved (KOM). (Several species mentioned. Should this be included since it is written up as the alkaloid berberine?) Possibly hepatotoxic. Oral administration appeared to cause nausea, emesis, diarrhea, renal irritation, and nephrosis in unanesthetized dogs. Canadians do not allow berberine containing bark, even in alcoholic beverages. Commission E reports no risks are known for the fruit, but other parts contain the alkaloid berberine (AEH). One source says high doses are dangerous, but Commission E says that berberine at 500 mg (equiv. to >8 g root bark with 6.1% alkaloid) is well tolerated (KOM). But high dosages (of berberine) may generate serious dyspnea and spasms, ending in lethal primary paralysis of the respiratory system (25 mg/kg in cats and dogs). Such doses may also cause hemorrhagic nephrosis (KOM). Death from berberine has been reported (MAB). I suspect the herbal PDR erred in saying of the root bark, "Dosages over 4 mg will bring about light stupor, nosebleeds, vomiting, diarrhea, and kidney irritation." It also said, "No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages" (PH2), and gave 2 g as root bark dosage (Gruenwald, 2000). Though no toxicity problems have been observed so far, avoid preparations during pregnancy due to uterotonic activity (PNC). Contraindicated for pregnant women due to its stimulant effect on the uterus. Berberine is reportedly mutagenic in yeast cells and Ames test (intercalation into the DNA) (PH2). Upset stomach, diarrhea, nausea, vomiting, dizziness, or faintness may occur. Convulsions, drastic lowering of blood pressure, heart rate, or respiration may be caused by large doses of barberry. In cases of heart disease or chronic respiratory conditions, consult health care practitioner before using (TMA, 1996). If Barney is right in saying that "goldenseal should not be taken for long periods of time," I suspect that the same would be true for those herbs containing similar compounds, such as barberry, goldthread, oregon grape, and yellowroot. Therefore, I lowered their safety ratings to 1+ (Barney, 1996).

Extracts (Barberry) — Berbamine strongly active against *Escherichia coli, Pseudomonas aeruginosa, Salmonella typhii, Staphylococcus aureus,* and *Streptococcus viridans.* Berbamine increases white blood cell and platelet counts in animals; used in China for "essential hypotension" (PNC) and leukopenia following chemotherapy and/or radiation. Palmatine anticholinesterase, hypotensive, and uterostimulant. Jatrorrhizine antifungal, hypotensive, and sedative. Magnoflorine and oxyacanthine also hypotensive. Alkaloids with many additional activities. A good source of the COX-2 inhibitor, berberine (COX; FNF). Berberine showed bactericide property superior to chloramphenicol (APA).

BARLEY (*Hordeum vulgare* L.) +++

Activities (Barley) — Abortifacient (f; BIB); Antilactagogue (f; BIB); Antipyretic (f; BIB); Demulcent (f; BIB; EFS); Digestive (f; BIB); Diuretic (f; BIB); Emollient (f; BIB; EFS); Expectorant (f; BIB); Stomachic (f; BIB).

Indications (Barley) — Acrochordon (f; BIB); Bladder (f; BIB); Bronchosis (f; BIB); Burn (f; BIB); Debility (f; DEP); Cancer (f; BIB); Catarrh (f; BIB; EFS); Chest (f; BIB); Chilblain (f; BIB); Cholera (f; BIB); Colitis (f; PH2); Cough (f; BIB); Debility (f; BIB); Diarrhea (f; BIB); Dyspepsia (f; BIB; SKJ); Enterosis (f; PH2); Fever (f; BIB); Fig (f; BIB); Gastrosis (f; PH2); IBD (f; PH2); Inflammation (f; BIB); Measles (f; BIB); Phthisis (f; BIB); Puerperium (f; BIB);

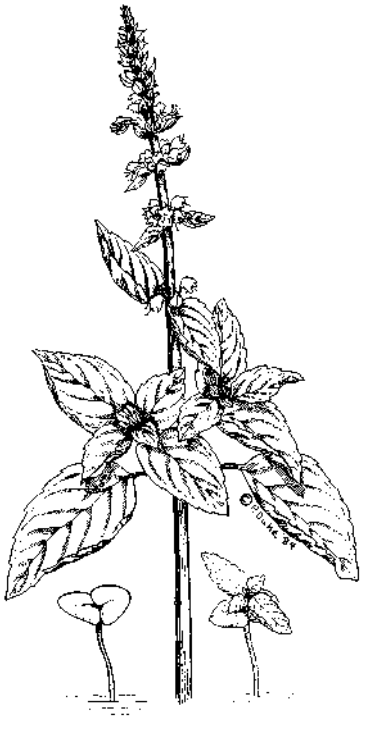
Scirrhus (f; BIB); Sore (f; BIB); Tumor (f; BIB); Urogenitosis (f; BIB); Wart (f; BIB); Water Retention (f; BIB).

B

Dosages (Barley) — Food farmacy. 450 mg (PH2). J. I quote here a food farmacy recipe that I have seen only in the Bible, "Take thou unto thee wheat, and barley, and beans, and lentils, and millet, and fitches, and put them in one vessel, and make thee bread thereof...And thou shalt eat it as barley cakes..." (Ezekiel 4:9, 12).

Contraindications, Interactions, and Side Effects (Barley) — Class 2b (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

BASIL, SWEET BASIL (*Ocimum basilicum* L.) ++



Synonym — *O. basilicum* var. *glabratum* Benth., *O. basilicum* var. *majus* Benth.

Activities (Basil) — Alexeteric (f; CRC; WOI); Analgesic (1; CRC; PNC; TRA); Antacid (1; TRA); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Antibacterial (1; APA; PNC; TRA); Anticancer (1; COX; FNF); Anticoagulase (f; WOI); Anticomplementary(1; TRA); Antidote (f; CRC); Antiinflammatory (1; COX; FNF; TRA); Antioxidant (1; APA); Antiplaque (1; APA); Antipyretic (f; CRC; IED; WOI); Antiseptic (1; APA; KOM; PHR; PH2; TRA); Antispasmodic (1; CRC; TRA); Antitumor (1; APA); Antiulcer (1; APA; TRA); Aperitif (f; PHR; PH2); Aphrodisiac (f; CRC; IED; JFM); Aromatic (f; PNC); Bradycardic (1; TRA); Candidicide (1; AAB); Carcinogenic (1; CRC; KOM; TRA); Carminative (1; APA; PNC; TRA); COX-2- Inhibitor (1; COX; FNF); Cyanogenic (f; CRC; WOI); Demulcent (f; CRC; DEP); Deodorant (f; CRC); Diaphoretic (f; AAB; CRC; DEP); Digestive (1; APA; PHR; PH2; TRA); Diuretic (f; CRC; DEP; KOM; PHR; PH2); Emmenagogue (f; AAB; APA); Enterotonic (f; JFM); Expectorant (f; CRC; WOI); Fullness (f; PH2); Fungicide (1; AAB; TRA); Gastrotonic (f; JFM); Glutathionigenic (1; TRA); Hemostat (f; PH2); Hepatocarcinogenic (1; PNC); Insecticide (1; CRC; TRA); Insectifuge (1; CRC; JFM);

Lactagogue (f; CRC; HHB); Larvicide (1; TRA); Laxative (f; CRC; HHB); Narcotic (1; CRC; TRA); Parasiticide (1; APA); Pectoral (f; CRC; WOI); Sedative (f; CRC); Sternutator (f; JFM); Stimulant (f; CRC; IED; JFM); Stomachic (1; CRC; TRA); Tonic (f; JFM); Tranquilizer (1; TRA); Vermicide (1; AAB); Vermifuge (1; CRC; JFM; PNC; WOI).

Indications (Basil) — Acne (1; APA; PNC); Acrochordon (f; JLH); Aging (1; APA); Alcoholism (f; APA; CRC); Alzheimer's (1; COX; FNF); Amenorrhea (f; APA; PH2); Anasarca (f; CRC); Anorexia (f; APA; KOM; PHR; PH2); Aphtha (f; JFM); Arthrosis (1; COX; FNF; PHR; PH2); Asthma (f; IED); Bacteria (1; APA; PNC; TRA; WOI); Bleeding (f; PH2); Boredom (f; CRC); Bronchosis (1; TRA); Bruise (f; PHR; PH2); Cancer (1; COX; FNF); Cancer, diaphragm (f; JLH); Cancer, eye (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Candida (1; AAB); Cardiopathy (f; APA); Cataract (f; AAB); Catarrh (f; CRC; IED); Childbirth (1; AAB; CRC; DEP; PH2); Chill (f; APA; PHR; PH2); Cholera (f; CRC); Cold (f; APA; HHB; PHR); Colic (f; CRC); Collapse (f; CRC); Conjunctivosis (f; IED); Constipation (f; APA; CRC; DEP; HHB); Contusion (f; PHR); Convulsion (f; CRC); Cough (f; IED); Cramp (1; APA; CRC; TRA); Croup (f; CRC); Deafness (f; CRC; JFM); Delirium (f; CRC); Depression (f; APA; CRC; PHR; PH2); Dermatosis (1; PH2; TRA); Diarrhea (f; CRC; DEP); Dropsy (f; CRC); Dysentery (f; CRC; DEP); Dysmenorrhea (1; AAB; APA; PH2); Dyspepsia (f; APA; KOM); Dysuria (f; CRC); Enterosis (f; CRC; DEP; JFM); Epilepsy (f; CRC; IED); Fever (f; AAB; CRC; DEP; IED; JFM; PH2; WOI); Flu (f; CRC; JFM); Fungus (1; AAB; CRC; TRA); Gas (1; APA; CRC; PHR; PNC; TRA); Gastrosis (f; APA; JFM; TRA); Gingivosis (f; PH2); Gonorrhea (f; CRC; DEP); Gout (f; CRC; WOI); Gravel (f; CRC); Halitosis (f; CRC; WOI); Hangover (f; IED); Headache (f; CRC; IED); Hemiplegia (f; CRC); Hemorrhoid (f; CRC; DEP; WOI); Hiccup (f; CRC); High Blood Pressure (f; IED); Hysteria (f; CRC); Infection (1; AAB; APA; KOM; PH2; TRA); Inflammation (1; COX; FNF; TRA); Insanity (f; CRC); Insomnia (f; CRC); Itch (f; APA; PH2); Malaria (f; DEP; PH2); Migraine (f; CRC); Mucososis (f; HHB); Mycosis (1; AAB; CRC; TRA); Nausea (1; APA; TRA); Nephrosis (f; APA; CRC; DEP; PH2; PNC); Nervousness (1; CRC; TRA); Neurosis (f; APA; CRC); Odontosis (1; APA); Otosis (2; AAB; CRC; DEP; PH2; TRA); Pain (1; CRC; PHR; PH2; PNC; TRA); Paralysis (f; CRC); Parasite (1; AAB; APA); Pertussis (f; CRC); Pharyngosis (f; APA); Plaque (1; APA); Polyp (f; CRC); Puerperium (f; APA); Respirosis (1; TRA); Rheumatism (1; COX; IED; PHR; PH2); Rhinosis (f; CRC); Ringworm (f; APA; CRC; DEP); Salmonella (1; WOI); Seborrhea (1; TRA); Sinusosis (f; CRC); Snakebite (f; APA; CRC); Sore (1; AAB; CRC); Sore Throat (f; APA; CRC); Spasm (f; CRC); Staphylococcus (1; CRC); Sting (f; CRC); Stomachache (1; AAB); Stomatosis (f; JFM); Swelling (f; APA); Toothache (f; CRC); Tumor (1; APA; CRC); Ulcer (1; APA; TRA); Urogenitosis (f; HHB); UTI (f; HHB); VD (f; CRC); Vertigo (f; IED); Wart (f; APA; CRC); Water Retention (f; CRC; DEP; KOM; PHR; PH2); Worm (1; AAB; CRC; JFM; PNC; WOI); Wound (1; APA; PHR; PH2); Yeast (1; AAB).

Dosages (Basil) — 1–2 tsp herb/cup water 2–3 ×/day; 0.5–1 tsp tincture up to 3 ×/day (APA); 5 g leaf/200 cc water for gas (JFM); 20 g leaf/300 cc water for aphtha (JFM); 15 g fresh plant/l water, one cup before retiring (TRA).

Contraindications, Interactions, and Side Effects (Basil) — Class 2b, 2c, 2d. Not recommended for infants or over a long period (AHP)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2) But one should forgo use of basil oil, however, until "the final determinations of the drug's carcinogenic potential" (PH2). Commission E reports the herb contains up to 0.5% of EO, which contains up to 85% of estragole. Estragole is mutagenic following metabolic activation, and there is evidence from animal experiments that it may be carcinogenic. The herb and EO should not be used during pregnancy and lactation or for prolonged periods. There is no objection to the use of the herb as an admixture in levels up to 5% (AEH).

Extracts (Basil) — LD50 hydromethanolic extract = >2000 mg/kg (TRA); LD50 powdered herb >6000 (TRA). Fair source of COX-2 Inhibiting oleanolic acid at ~0.1% (COX; FNF). As a source of eugenol, perhaps second only to some varieties of clove (up to 20% eugenol), and cinnamon (to 3.8%), and allspice (to 3.6% eugenol).

BASTARD CEDAR (*Guazuma ulmifolia* Lam.) ++

Activities (Bastard Cedar) — Analeptic (1; TRA); Antibacterial (1; AAB; TRA); Antidote, Comocladia (f; JFM); Antiherpetic (1; TRA); Antiprostaglandin (1; TRA); Antiseptic (1; TRA); Antiviral (1; TRA); Aperitif (f; JFM); Astringent (1; JFM); Bronchodilator (1; TRA); CNS-Stimulant (1; TRA); Cytotoxic (1; TRA); Depurative (f; JFM); Diaphoretic (f; DAV; JFM); Diuretic (1; JFM; TRA); Emollient (f; DAV); Hemostat (f; DAV); Pectoral (f; DAV); Respirastimulant (1; TRA); Stomachic (f; JFM); Uterotonic (1; AAB).

Indications (Bastard Cedar) — Alopecia (f; JFM); Anorexia (f; JFM); Asthma (f; JFM); Bacteria (1; AAB; TRA); Bleeding (f; DAV); Bronchosis (f; JFM); Cancer (1; AAB); Childbirth (f; AAB); Cold (f; JFM); Cough (f; JFM); Dermatosis (f; AAB; JFM); Diarrhea (f; AAB); Dislocation (f; JFM); Dysentery (f; AAB; JFM); Elephantiasis (f; JFM); Fever (f; DAV; JFM); Flu (f; TRA); Gonorrhea (f; JFM); Heatstroke (f; JFM); Hemorrhoid (f; JFM); Hepatosis (f; JFM); Herpes (1; TRA); Infection (1; AAB); Leprosy (f; DAV); Malaria (f; JFM); Nephrosis (f; JFM); Parasite (f; JFM); Pneumonia (f; JFM); Proctosis (f; JFM); Prostatosis (f; AAB); Pulmonosis (f; DAV); Rash (f; AAB); Shigella (1; TRA); Sore (f; AAB; JFM); Sore Throat (f; JFM); Staphylococcus (1; TRA); Syphilis (f; JFM); VD (f; JFM); Virus (1; TRA); Water Retention (1; LFM; TRA).

Extracts (Bastard Cedar) — Leaves contain 21,700 ppm caffeine (TRA). Nontoxic; LD50 = >25,000 mg/kg orl rat; LD50 = 5975 mg/kg ipr rat.

BAYBERRY (*Morella cerifera* (L.) Small) +

Synonym — *Myrica cerifera* L., *Myrica cerifera* var. *pumila* Michx., *Myrica pumila* (Michx.) Small.

Taxonomists may rarely have trouble distinguishing *M. cerifera, M. gale,* and *M. pensylvanica,* so I suspect herbalists and collectors may mix them on occasion. Rafinesque, an eccentric MD, circa 1839, said that all species were equivalent from the medicinal point of view (CEB).

Activities (Bayberry) — Alterative (f; CRC); Analgesic (1; DEM; FNF); Antibacterial (1; PED); Antiinflammatory (1; APA); Antipyretic (1; APA; CAN); Astringent (1; FAD; PED; PHR; PH2); Carcinogenic (f; APA); Cardiotonic (f; CRC; JFM); Choleretic (1; APA); Circulostimulant (f; CAN); Deobstruent (f; CRC); Depurative (f; DEM); Diaphoretic (1; CAN; CRC; PHR; PH2); Diuretic (f; CEB); Emetic (f; APA; FAD; FEL; CAN; PH2); Errhine (f; CEB); Expectorant (f; APA; CEB); Insecticide (f; CEB); Insectifuge (1; CEB); Laxative (1; CRC; PED); Mineral corticoid (1; APA); Narcotic (f; CEB; CRC; FEL); Protisticide (1; APA); Sialagogue (1; CEB; PED); Spermicide (1; APA); Sternutator (f; CRC); Stimulant (f; CEB; CRC; FEL; PED; PHR; PH2; PNC); Stomachic (f; CEB; CRC); Tonic (f; APA); Vermifuge (f; DEM).

Indications (Bayberry) — Adenopathy (f; CRC); Alopecia (f; CEB); Amenorrhea (f; FEL); Backache (f; CRC); Bacteria (1; PED); Bite (f; CEB); Bleeding (f; CEB); Boil (f; CEB; CRC); Bronchosis (f; MAD); Cancer (f; CRC; JLH); Canker (f; CRC); Carbuncle (f; CRC); Catarrh (f; FAD; FEL; MAD); Chill (f; FAD); Cholera (f; CEB; CRC); Cold (f; CAN; FAD; PHR; PH2); Colic (f; CEB); Colitis (f; APA; CAN); Congestion (f; APA); Constipation (1; CRC;

PED); Cough (f; PHR; PH2; PNC); Cramp (f; FEL); Dermatosis (f; PED; PHR; PH2); Diarrhea (1; APA; CAN; CRC; FEL); Dry Mouth (1; PED); Dysentery (f; CRC; FAD; JFM); Dysmenorrhea (f; CRC); Dyspepsia (f; MAD); Enterosis (f; MAD); Epistaxis (f; CEB); Fever (1; APA; CAN; CRC; FAD; MAD; PHR; PH2); Fistula (f; FEL); Flu (f; APA); Gallstone (f; MAD); Gastrosis (f; DEM; FAD); Gingivosis (1; APA; FEL); Goiter (f; CRC); Gravel (f; MAD); Headache (f; CEB; CRC; DEM; MAD); Hematochezia (f; CRC); Hematoptysis (f; CRC); Hemorrhoid (1; APA); Hepatosis (1; APA; CRC; MAD); Hysteria (f; CEB); Infection (1; PED); Inflammation (1; APA; DEM); Itch (f; CEB; FAD); Jaundice (f; CRC; FAD; JFM; MAD); Lethargy (f; APA; PED); Leukorrhea (f; CAN; CRC; FAD; FEL; MAD); Metrorrhagia (f; CEB; CRC); Mucososis (f; APA; CAN; MAD); Pain (1; DEM; FNF); Palsy (f; CEB); Parasite (1; APA); Pharyngosis (f; CRC; MAD); Polyp (f; CRC; JLH; PED); Poor Circulation (f; CAN); Pyorrhea (f; CRC); Rheumatism (f; DEM); Rhinosis (f; JLH); Scarlet Fever (f; CRC; FEL); Scrofula (f; CRC; FAD; FEL; PED); Sore (f; CRC; FEL; PHR); Sore Throat (1; APA; CAN; CRC; FEL); Stomachache (f; DEM); Stomatosis (1; CRC; FEL; MAD; PED); Stone (f; MAD); Swelling (f; CEB); Tonsilosis (f; DEM); Toothache (f; CEB); Typhoid (f; CRC; FEL); Ulcer (f; APA; CRC; PH2); Uterosis (f; CEB; CRC); Vaginosis (1; APA); Varicosis (f; APA; CRC); Water Retention (f; CEB); Worm (f; DEM).

Dosages (Bayberry) — APA cautions: do not take (APA). 0.6–2 g powdered bark by infusion or decoction, 3 ×/day (CAN); 20–30 grains powdered bark (FEL); 1–4 g powdered bark (PNC); 1.5–3 g dry bark(PED); 2 g dry bark:10 ml alcohol/10 ml water (PED); 1–3 tbsp fresh bark (PED); 2–4 ml liquid bark extract (PNC); 0.6–2 ml liquid extract (1:1 in 45% ethanol) 3 ×/day (CAN); 2–4 fl oz leaf or bark (FEL); 405–475 mg capsules (PH2).

Contraindications, Interactions, and Side Effects (Bayberry) — Class 1 (AHP). None known (PHR). Not covered (KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Bayberry is carcinogenic to rats (CAN). "Canadian regulations do not allow bayberry as a non-medicinal ingredient for oral use products" (Michols, 1995). Large doses may cause mineralcorticoid side effects (high blood pressure, sodium retention, water retention). Use of this herb can deplete potassium in the body, leading to high blood pressure and edema. Should not be used by persons with high blood pressure, edema, kidney disease, congestive heart failure, gastrointestinal conditions, and/or sodium/potassium imbalance without first consulting a doctor. With reported carcinogenic and mineral corticoid activity, bayberry should be avoided during pregnancy and lactation (CAN). Contains myricitrin, an antibiotic that promotes sweating, which can reduce fever. Stimulates the flow of bile. Used to alleviate fever and diarrhea. May cause nausea and vomiting in large doses. Bayberry contains a high proportion of tannins and should not be used if there is a history of cancer. (Note, it is tannins that are also being promoted for cancer prevention in teas; make up our minds.) Some laboratory studies have shown tannins may promote cancer (TMA, 1996). Tannins and phenols from bark reported carcinogenic in rats when injected; but phenol and tannins orally have reported "anti-tumor promoting activity" (PNC). Wax irritating, reportedly carcinogenic (FAD). Triterpenes sapogenins may have purgative stimulus (PED); flavonoids antibacterial (PED). Myricadiol with mineral corticoid activity; myricitrin bactericidal, choleretic, protisticidal, and spermicidal (CAN; PNC).

BAYLEAF, LAUREL (*Laurus nobilis* L.) ++

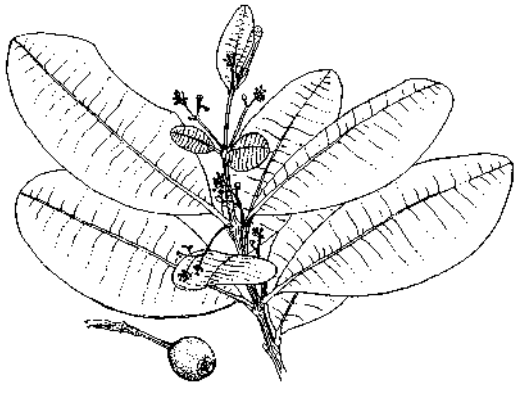
Activities (Bayleaf) — Abortifacient (f; SPI); Allergenic (1; CRC; PH2); Analgesic (f; CRC); Antibacterial (1; APA; CRC); Antipyretic (f; APA); Antirheumatic (f; PHR); Antiseptic (1; HHB; CRC; PH2); Antiviral (1; APA); Aperitif (1; APA; CRC); Bitter (f; HHB); Carminative (1; APA; CRC; HHB; JFM); Cholagogue (f; PNC); Diaphoretic (f; APA; CRC; PNC; SPI); Digestive (f; JFM); Diuretic (f; CRC; HHB); Emetic (f; CRC); Emmenagogue (f; APA; CRC; HHB; JFM); Fungicide (1; APA; CRC); Gastrotonic (f; CRC; JFM); Hepatotonic (f; CRC); Hypotensive (1; APA); Insectifuge (1; PH2); Molluscicide (f; PH2); Narcotic (1; CRC); Nervine (f; CRC); Parasiticide (1; HHB); Rubefacient (1; PHR; PH2); Sedative (1; APA; CRC; JFM); Stimulant (f; CRC; PNC); Stomachic (f; CRC; PNC); Tonic (f; SPI).

Indications (Bayleaf) — Amenorrhea (f; CRC; SPI); Anorexia (1; APA; CRC); Arthrosis (f; APA); Bacteria (1; APA; CRC; HHB); Bruise (f; APA); Bug Bite (f; APA); Cancer (f; CRC; JLH); Cancer, anus (f; JLH); Cancer, eye (f; CRC; JLH); Cancer, face (f; CRC; JLH); Cancer, joint (f; CRC; JLH); Cancer, liver (f; CRC; JLH); Cancer, mouth (f; JLH); Cancer, parotid (f; CRC; JLH); Cancer, spleen (f; CRC; JLH); Cancer, stomach (f; CRC; JLH); Cancer, testicle (f; CRC; JLH); Cancer, uterus (f; CRC; JLH); Candida (1; SPI); Colic (f; APA; CRC; SPI); Condyloma (f; CRC); Cough (f; CRC); Dandruff (f; APA); Deafness (f; JFM); Debility (f; JFM); Dermatosis (f; APA; SPI); Dyspepsia (1; APA; JFM); Earache (f; CRC); Fever (f; APA; CRC; PNC; SPI); Fibroid (f; CRC; JLH); Fungus (1; APA; CRC); Gas (1; APA; CRC; HHB; JFM; SPI); Gastrosis (f; CRC); Hepatosis (f; CRC); High Blood Pressure (1; APA); Hysteria (f; CRC; SPI); Impostume (f; CRC; JLH); Infection (1; APA; CRC; SPI); Insomnia (1; APA; CRC; JFM); Mange (f; JFM); Migraine (1; FNF; HAD); Mycosis (1; APA; CRC; SPI); Nervousness (1; APA; CRC; JFM); Orchosis (f; JLH); Pain (f; APA; CRC); Parasite (1; HHB; SPI); Polyp (f; CRC); Proctosis (f; JLH); Rheumatism (f; CRC; PHR; PH2; SPI); Sclerosis (f; CRC); Sore (f; APA; JFM); Spasm (f; CRC); Sprain (f; APA; CRC; WOI); Staphylococcus (1; SPI); Ulcer (f; JFM); Uterosis (f; JLH); Virus (1; APA); Water Retention (f; CRC; HHB); Wen (f; CRC); Wound (1; APA).

Dosages (Bayleaf) — 1–2 tsp leaf/cup water to 3 ×/day (APA); 1–2 drops EO added to brandy, honey, or tea (APA).

Contraindications, Interactions, and Side Effects (Bayleaf) — Class 1 (AHP). None known at proper dosage (PHR). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (No dosage given, however) (PH2). Leaf and berry oil may cause severe lesions of the skin. Contact dermatosis from handling leaves or EO reported. Diarrhea, nausea, and vomiting from excessive doses of the EO may occur. Sesquiterpene lactones (SLs), are aromatic compounds widely distributed in certain plant families, with highest concentrations generally found in leaves and flowers. Sheep and cattle poisonings due to SL-containing species have been reported. Cases of allergic contact dermatosis in humans have also been reported (AEH). There have been a few unfortunate fatalities to people perforating their intestines with fragmented laurel leaves. Always remove them from your spaghetti and stew (JAD; TAD). Artemorin, costunolide, costuslactone, deacetlylaurenobiolide, laurenobiolide, reynosin, santamarin, and verlorin are 8 alpha-methylene-gamma-butyrolactones documented to be the chief cause of allergy (contact dermatosis) in *Laurus* (TAD). With compounds like parthenolide and santamarin, this shares many of the antimigraine compounds of feverfew.

BAYRUM TREE (*Pimenta racemosa* (Mill.) J. W. Moore.) +++



PHR entries are equivocal and probably apply to *P. dioica* (allspice), although Gruenwald (2000) labeled it *P. racemosa*. Since they both have the same chemicals and activities, I don't consider this a serious error.

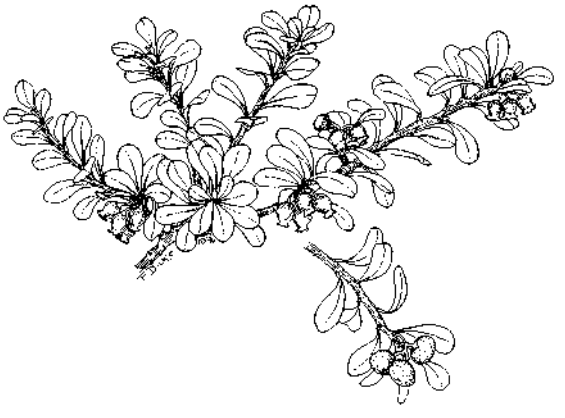
Activities (Bayrum Tree) — Allergenic (1; CRC); Analgesic (1; CRC; FNF; JFM; PHR); Antifumitory (f; JFM); Antipyretic (f; JFM); Antiseptic (1; CRC); Carminative (f; CRC; JFM); Digestive (f; CRC); Expectorant (f; CRC); Rubefacient (f; PHR); Stimulant (f; CRC; JFM); Stomachic (f; CRC).

Indications (Bayrum Tree) — Adenopathy (f; CRC); Arthrosis (1; FNF; JFM); Bite (f; CRC); Bruise (f; CRC); Cancer (f; CRC); Cancer, breast (f; JLH); Cancer, uterus (f; JLH); Chest Cold (f; CRC; JFM); Cold (f; CRC); Dermatosis (f; JFM); Diarrhea (f; CRC; JFM); Dyspepsia (f; CRC); Dysuria (f; CRC; JFM); Edema (f; CRC); Elephantiasis (f; CRC); Fever (f; CRC; JFM); Flu (f; CRC; JFM); Gas (f; CRC; JFM); Grippe (1; FNF; JFM); Headache (f; CRC); Incontinence (f; CRC); Induration (f; JLH); Infection (1; CRC); Lethargy (f; JFM); Myalgia (1; FNF; JFM); Nausea (f; CRC); Nicotinism (f; JFM); Pain (1; CRC; FNF; JFM; PHR); Pleurisy (f; CRC; JFM); Pneumonia (f; CRC; JFM); Rheumatism (1; FNF; JFM); Scirrhus (f; JLH); Smoking (f; CRC; JFM); Sore Throat (f; CRC); Spasm (f; CRC); Stroke (f; CRC; JFM); Toothache (1; CRC; FNF; JFM); Tumor (f; JLH); Uterosis (f; JLH); Varicosis (f; CRC); Vertigo (f; CRC).

Dosages (Bayrum Tree) — Leaf held in the mouth to help quit smoking (JFM); 4 seeds in 1 cup of water as stimulant (JFM).

Contraindications, Interactions, and Side Effects (Bayrum Tree) — Not covered (AHP)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Some people react to eugenol (PH2).

BEARBERRY (*Arctostaphylos uva-ursi* (L.) Spreng.) +



Synonym — *Arbutus uva-ursi* L.

Activities (Bearberry) — Algicide (1; MAB); Antibacterial (1; APA; FAD; PIP; PH2); Antiedemic (1; CAN); Antihepatosis (1; CAN); Antiinflammatory (1; APA; CAN; SHT); Antiseptic (1; BGB; CAN; PH2; WAM); Antitussive (1; MAB); Antityrosinase (1; PHR); Aquaretic (1; SHT); Astringent (1; APA; PIP; PH2; WAM); Bitter (f; PED); Candidicide (1; BGB); Cytotoxic (1; CAN); Depurative (f; DEM); Diuretic (1; APA; CAN; FAD; PH2); Emetic (1; APA); Emmenagogue (f; DEM); Fungicide (1; BGB); Hemostat (1; BGB; FAD); Intoxicant (f; DEM); Laxative (f; DEM); Litholytic (1; CRC; FNF; PH2); Molluscicide (1; CAN); Narcotic (f; DEM); Nephroprotective (1; MAB); Phospholipase-A2-Inhibitor (1; MAB); Tonic (f; DEM); Urinary Antiseptic (1; FAD; PH2; SKY; WAM); Vulnerary (f; DEM).

Indications (Bearberry) — Acne (f; DEM); Backache (1; CRC; DEM); Bacteria (1; APA; FAD; PIP; PH2); Bleeding (1; BGB; CRC; FAD); Blennorrhea (1; CRC); Boil (f; DEM); Bronchosis (f; APA; CRC; FAD); Burn (f; DEM); Cancer (1; CRC; JLH); Candida (1; BGB); Canker (f; DEM); Catarrh (f; CAN; MAB); Childbirth (f; CRC); Cholecystosis (1; MAB); Cold (f; DEM); Conjunctivosis (f; DEM); Constipation (f; DEM); Cough (1; MAB); Cystosis (1; APA; FAD; WAM); Dandruff (f; DEM); Dermatosis (1; WAM); Diabetes (f; CRC; MAB); Diarrhea (1; APA; FAD; WAM); Dropsy (f; BGB); Dysentery (f; CRC; MAB); Dysmenorrhea (1; CRC); Dysuria (1; CAN; CRC; MAB); Enuresis (f; MAB; PED; WAM); Fever (1; CRC); Fracture (f; DEM); Fungus (1; BGB); Gallstone (1; CRC); Gingivosis (f; DEM); Gleet (f; CRC); Gonorrhea (f; FAD; MAB); Gout (1; CRC); Hematuria (f; BGB; MAB); Hemorrhoid (1; CRC; WAM); Hepatosis (1; CAN; CRC); Hyperpigmentation (f; MAB); Incontinence (1; CRC); Infection (1; APA; BGB; FAD; PIP); Inflammation (1; APA; BGB; CAN; MAB; PH2; SHT); Itch (1; WAM); Kidney Stone (1; APA; CRC; X7860196); Leukorrhea (1; MAB); Lithuria (f; CAN); Menorrhagia (1; CRC; MAB); Miscarriage (f; DEM); Mycosis (1; BGB); Nephrosis (1; APA; FAD; MAB; PED); Obesity (f; APA); Ophthalmia (f; DEM); Otosis (f; DEM); Pain (1; DEM); Pancreatosis (1; CRC); Pneumonia (1; BGB); Prostatosis (1; MAB; PED); Pyelitis (1; CAN; CRC; PNC); Pyelonephrosis (1; MAB); Rheumatism (1; CRC); Splenosis (1; CRC); Sprain (f; DEM); Stone (1; CRC; FAD; FNF; PH2; SHT); Strangury

(f; MAB); Streptococcus (1; FNF); Swelling (1; CAN; MAB); Thirst (f; DEM); Tuberculosis (f; CRC); Ulcer (1; CRC); Urethrosis (2; APA; KOM; PNC); Uterosis (f; BGB); UTI (2; APA; PHR; PH2; SHT); Water retention (1; APA; CAN; FAD; PH2); VD (1; MAB); Yeast (1; BGB; FNF).

Dosages (Bearberry) — 10 g leaf (= 400–700 mg arbutin), take only a few days (APA); 10 g dry leaf in 1 quart cold water (SF); 12 g dry leaf/day (= 400–840 mg arbutin) (MAB); 3–6 g dry leaf (PED); 4.5 g dry leaf/22 ml alcohol/23 ml water (PED); 1.5–4 g leaf, or in tea, 3 ×/day (CAN); 2–4 tbsp fresh leaf (PED); 3 g herb/150 ml water 1–4 ×/day (PIP); 1.5–4 ml liquid extract (1:1 in 25% ethanol) 3 ×/day (CAN); 1–4 ml concentrated BPC infusion (CAN); 15–30 ml BPC fresh infusion (CAN); 5 ml tincture 3 ×/day (SKY); 10–17 ml tincture (1:5); 4–8 ml fluid extract (1:2); 2–4 ml liquid leaf extract (PNC); 2–4 ml concentrated leaf infusion (PNC); 1–3 (500 mg) capsules 3 ×/day (NH); 250–500 mg StX (20% arbutin) (SKY).

Contraindications, Interactions, and Side Effects (Bearberry) — Class 2b, 2d. Contraindicated in kidney disorders, irritated digestive conditions, acidic urine; not for prolonged used (AHP; AEH; WAM). Hepatosis, nausea, nephrosis, stomachache, vomiting. Use no more than 1 week, unless otherwise directed by physician. Not recommended for children, lactating, pregnant, or nephritic patients (AHP; PH2; SKY). Canadians discourage bearberry as a nonmedicinal ingredient for oral use (Michols, 1995). Do not take other urine acidifiers, which could lessen antisepsis (KOM). One gram of the cytotoxic hydroquinone, equivalent to 6–20 g plant material, totally extracted (I presume) has caused collapse, convulsions, cyanosis, delirium, nausea, shortness of breath, tinnitus, and vomiting. Five grams has proved fatal. Because of high tannin content, prolonged use of uva-ursi may cause chronic liver impairment. Since large doses are reportedly oxytocic, and in view of hydroquinone's toxicity, "the use of uva-ursi during pregnancy and lactation is best avoided," but in the last paragraph on page 259, the hydroquinone concentrations "provided by ingestion of therapeutic doses of uva-ursi are not thought to represent a risk to human health" (CAN).

Extracts (Bearberry) — Aqueous and methanol extracts molluscicidal at 50 ppm. Antiseptic (bactericidal) activity of arbutin, at least on urinary-tract bacteria, depends on beta-glucosidase activity of the microbe, *Enterobacter, Klebsiella,* and *Streptococcus* being highest, *Bacillus, Mycobacterium, Shigella,* and *Staphylococcus* apparently intermediate, with *Escherichia* being lowest. Arbutin is absorbed from the GI tract virtually unchanged. During renal excretion, it is hydrolyzed to the active principle, hydroquinone, which exerts an antiseptic and astringent action on the urinary mucous membranes. The crude extract is reportedly more effective than isolated arbutin, due to other chemicals that may also yield hydroquinone. Gallic acid in the crude extract may prevent beta-glucosidase cleavage of arbutin in the GI tract before absorption, thereby delivering more hydroquinone in renal excretion (CAN). Methanol extract (50%) inhibits tyrosinase. This could also inhibit the formation of melanin from DOPA (KOM). LD50 2% hydroquinone = 320–550 mg/kg orl (MAB); Arbutin = codeine as antitussive and stronger than the non-narcotic dropropizine (MAB).

BEAUTY BERRY (*Callicarpa americana* L.) +

Activities (Beauty Berry) — Algicide (1; JAF48:3008); Cyanobactericide (1; JAF48:3008); Depurative (f; FAD); Diuretic (f; DEM); Fungicide (1; JAF48:3008); Herbicide (1; JAF48:3008).

Indications (Beauty Berry) — Cancer (f; JLH); Cancer, skin (f; JLH); Colic (f; DEM); Dermatosis (f; DEM; JLH); Dizziness (f; DEM); Dropsy (f; FAD); Dysentery (f; DEM); Dysuria (f; DEM); Enterosis (f; DEM); Fever (f; DEM); Fungus (1; JAF48:3008); Gastrosis (f; DEM); Infection (1; JAF48:3008); Itch (f; DEM); Malaria (f; DEM); Mycosis (1; JAF48:3008); Rheumatism (f; DEM); Stomachache (f; DEM); Water Retention (f; DEM).

B

BEE BALM (*Monarda didyma* L.) +++

Activities (Bee Balm) — Abortifacient (f; DEM); Antipyretic (f; PHR); Antispasmodic (f; PHR); Carminative (f; FAD); Diaphoretic (f; FAD); Digestive (f; PHR); Diuretic (f; DEM; PHR); Vermifuge (f; FAD).

Indications (Bee Balm) — Cardiopathy (f; FAD); Cold (f; FAD); Colic (f; DEM; FAD); Cramp (f; PHR); Dysmenorrhea (f; PHR); Dyspepsia (f; PHR); Fever (f; FAD; PHR); Gas (f; DEM; FAD; PHR); Headache (f; DEM; FAD); Hysteria (f; DEM); Insomnia (f; DEM; FAD); Measles (f; FAD); Nosebleed (f; DEM; FAD); Stomachache (f; DEM; FAD); Water Retention (f; DEM; PHR); Worm (f; FAD).

Dosages (Bee Balm) — 2–6 g in tea (JAD).

Contraindications, Interactions, and Side Effects (Bee Balm) — None reported (PHR). Class 2b; emmenagogue/uterotonic (AHP). AHP assigns this caveat indiscriminately to *M. clinipodia, M. didyma, M. fistulosa, M. pectinata,* and *M. punctata.* The PHR notes antipyretic, antispasmodic, carminative, digestive, and diuretic effects, and use for dyspepsia, dysmenorrhea, and flatulence (PHR).

BEET (*Beta vulgaris* L.) ++

Activities (Beet) — Anorectic (f; KAB); Antibacterial (1; WO2); Antiinflammatory (f; KAB); Antioxidant (1; WO2); Antiseptic (1; WO2); Antitumor (1; WO2); Aphrodisiac (f; KAB); Cardiotonic (f; WO2); Carminative (f; KAB); Diaphoretic (f; SKJ); Diuretic (1; KAB; WO2); Emmenagogue (1; KAB; WO2); Estrogenic (1; WO2); Expectorant (f; KAB); Hepatoprotective (1; PH2); Myotonic (1; WO2); Tonic (f; KAB).

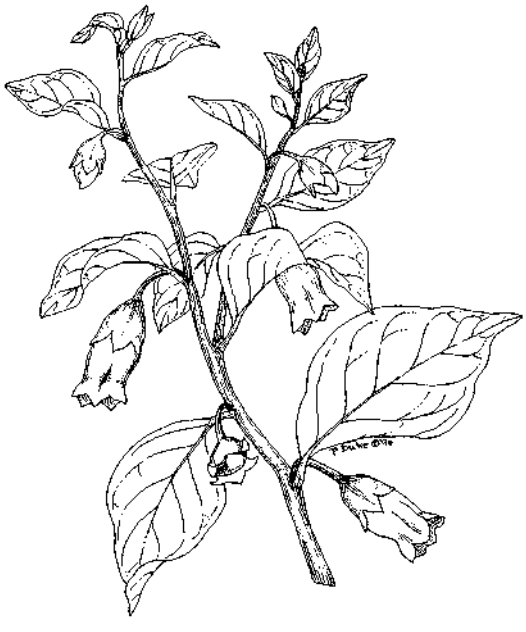
Indications (Beet) — Adenopathy (f; JLH); Anemia (f; HHB); Bacteria (1; WO2); Bruise (f; SKJ); Burn (f; SKJ); Cancer (f; HHB; JLH); Cancer, colon (f; JLH); Cancer, esophagus (f; JLH); Cancer, genital (f; JLH); Cancer, gland (f; JLH); Cancer, head (f; JLH); Cancer, intestine (f; JLH); Cancer, leg (f; JLH); Cancer, liver (1; JNU); Cancer, lung (1; JNU); Cancer, skin (1; JNU); Cancer, spleen (f; JLH);

Cough (f; PH2); Enterosis (f; WO2); Esophagosis (f; JLH); Fever (f; SKJ); Gas (f; KAB); Gastrosis (f; WO2); Hepatosis (f; HHB; PH2); Hunger (f; KAB); Induration (f; JLH); Infection (1; JNU; PH2; WO2); Inflammation (f; KAB); Nephrosis (f; HHB); Pain (f; HHB; KAB); Parasite (f; JNU); Salmonella (1; WO2); Splenosis (f; JLH); Tumor (1; WO2); Wart (f; JLH); Water Retention (1; KAB; WO2).

Dosages (Beet) — Food farmacy (JAD); 10 g powdered root after meals for 14 days, reducing to 5 g/day for 3 months (PH2).

Contraindications, Interactions, and Side Effects (Beet) — "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Overdoses might cause hypocalcemia, kidney damage, and oxalate-toxicity (PH2).

BELLADONNA (*Atropa belladonna* L.) XXX



Activities (Belladonna) — Analgesic (1; CRC; FNF); Anesthetic (1; LAF); Antiasthmatic (f; CRC); Anticholinergic (1; KOM; PH2); Antidote (f; CRC); Antipyretic (f; CRC; EFS); Antisecretagogue (f; CRC); Antispasmodic (1; APA; CRC; PNC); Antisialagogue (1; APA); Cardioactive (1; KOM); CNS-Depressant (1; APA); CNS-Stimulant (1; APA); Collyrium (f; CRC); Diuretic (f; CRC; EFS); Hallucinogen (1; PH2); Hypertensive (f; PNC); Laxative (f; CRC); Liniment (f; CRC); Mydriatic (1; APA; CRC; PNC); Myorelaxant (1; APA; KOM; PH2); Narcotic (1; PNC); Nervine (f; CRC; EFS); Parasympatholytic (1; KOM; PH2); Positive Chronotropic (1; KOM; PH2); Positive Dromotropic (1; KOM; PH2); Secretolytic (1; PNC); Sedative (1; APA; CRC; PNC).

Indications (Belladonna) — Adenopathy (f; JLH); Allergy (1; APA; CRC; LAF); Arrhythmia (2; PHR); Asthma (1; CRC; FNF; LAF; PH2); Biliary Spasm (2; KOM); Bladder Stone (f; CRC); Brachycardia (f; CRC); Bronchosis (f; CRC; PH2); Callus (f; JLH); Cancer (f; CRC; JLH); Cancer, breast (f; JLH); Cancer, cheek (f; JLH); Cancer, eye (f; JLH); Cancer, hand (f; JLH); Cancer, joint (f; JLH); Cancer, lip (f; JLH); Cancer, lymph (f; JLH); Cancer, rectum (f; JLH); Cancer, tongue (f; JLH); Cancer, uterus (f; JLH); Carcinoma (f; CRC; JLH); Cardiac Insufficiency (2; PHR); Cardiac Palpitation (f; CRC); Cholecystosis (2; PH2); Cold (f; APA; LAF; PNC); Colic (2; CRC; KOM; LAF; PH2); Colitis (1; APA); Constipation (1; APA; CRC); Convulsion (f; CRC); Corn (f; JLH); Cramp

(1; APA; CRC; PNC); Dermatosis (f; APA); Diarrhea (1; APA); Enterosis (2; KOM; PH2); Epilepsy (f; CRC); Fever (f; CRC; EFS; PNC); Gastric Ulcer (f; CRC); Gastrosis (2; APA; CRC; KOM; PH2); Gout (f; APA; CRC); Hemorrhoid (f; LAF); Hepatosis (2; PHR; PH2); Hyperacidity (1; APA); Hyperhydrosis (f; PH2); Hyperkinesis (f; PH2); Inflammation (f; JLH; PH2); Insomnia (1; APA; CRC; PNC); Kidney Stone (f; CRC); Low Blood Pressure (f; PNC); Mastosis (f; CRC); Meningosis (f; PH2); Motion Sickness (1; LAF); Muscle (f; CRC); Myalgia (f; PH2); Nervousness (1; APA; CRC; PNC); Neuralgia (1; APA; CRC; LAF); Neurosis (2; APA; PHR); Night Sweats (f; CRC); Pain (2; CRC; FNF; LAF; KOM); Pancreatosis (f; CRC); Parkinson's (1; APA; CRC; LAF); Parturition (1; FNF; PNC); Pertussis (f; CRC; LAF); Respirosis (f; PH2); Rheumatism (1; APA; CRC; LAF); Scarlet Fever (f; CRC); Sciatica (1; APA; CRC; LAF); Scirrhus (f; CRC; JLH); Seasickness (1; APA); Spasm (f; CRC); Spermatorrhea (f; CRC); Tonsilosis (f; PH2); Tumor (f; CRC); Ulcer (1; APA); Urethrosis (f; CRC); Virus (f; CRC); Water Retention (f; CRC; EFS); Wen (f; JLH).

Dosages (Belladonna) — Do not take (APA). Average single dose (0.05–0.1 g powdered leaf) (KOM; PH2); maximum single dose (0.2 g powdered leaf equivalent to 0.6 mg total alkaloids) (KOM); maximum daily dose (0.6 g powdered leaf equivalent to 1.8 mg total alkaloids) (KOM); 15–60 mg dry leaf extract (PNC); 0.5–2 ml herb tincture (PNC).

Contraindications, Interactions, and Side Effects (Belladonna) — Class 3 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Commission E reports contraindications, adverse effects, and interaction of belladonna alkaloids (AEH). Canadians do not allow in food (Blackburn, 1993). Contraindicated: acute edema of the lungs, mechanical stenoses of GI tract, megacolon, narrow angle glaucoma, prostate adenoma, tachycardic arrhythmias; Side Effects: accommodation disturbances, cramps, decreased perspiration, dry mouth, dry skin, dysuria, flushing, hallucinations, hyperthermia (KOM; PH2); Drug Interactions: increasing anticholinergic activities of tricyclic antidepressants, amantadine and quinidine (KOM). Commission E contrasts (Belladonna): It's rather disconcerting that two major books, reviewed in *JAMA* (1999), and claiming to represent Commission E, come out with widely different recommendations. Blumenthal et al. 1998, much better reviewed, approve belladonna leaf for spasms and colic-like pain in the areas of the gastrointestinal tract and bile ducts. Is that the same Commission E that Fleming et al. purports to report too? Fleming et al. contrastingly cite approval of the leaf for arrhythmia, cardiac insufficiency (NYHA I and II), liver and gallbladder complaints, and nervous heart complaints. Should the allopathic physician believe Blumenthal et al. (1998) or Fleming et al. (1998)?

BELLERIC (*Terminalia bellirica* (Gaertn.) Roxb.) +

Synonym — *Myrobalanus bellirica* Gaertn.

Activities (Belleric) — Antibacterial (1; WOI); Anti-HIV (1; HH2); Antipyretic (f; HHB; KAB; SUW); Astringent (f; HH2; IHB; KAP; SUW; WOI); Bitter (f; SUW); Cerebrotonic (f; KAB; SKJ); Choleretic (1; HHB; HH2); Demulcent (f; KAB; WOI); Diuretic (f; WOI); Expectorant (f; KAP); Hypotensive (1; HH2); Laxative (f; IHB; KAB; KAP; SUW; WOI); Narcotic (f; HHB; IHB; KAB; SUW; WOI); Protease-Inhibitor (1; HH2); Tonic (f; HHB; KAP); Vermifuge (f; KAB).

Indications (Belleric) — Adenopathy (f; JLH); Anemia (f; KAB); Asthma (f; KAB; SKJ); Bacteria (1; FNF; WOI); Biliousness (f; KAB; SUW); Bite (f; HH2; KAB); Bronchosis (f; KAB); Cancer (1; FNF; JLH); Cancer, abdomen (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, gland (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cholera (1; FNF; SKJ); Cold (1; FNF; SKJ); Constipation (f; KAB; KAP; SUW; WOI); Cornea (f; KAB); Cough (1; FNF; KAP; SKJ); Cramp (f; SKJ); Cystosis (f; KAB); Dermatosis (f; HH2; WOI); Diarrhea (1; FNF; HHB; KAP; SUW; WOI); Dropsy (f; IHB; KAB; KAP; SUW; WOI); Dyspepsia (1; FNF; HHB; SUW; WOI); Dysuria (f; SKJ); Eczema (f; HH2); Enterosis (1; FNF; HHB; KAB); Fever (f; HHB; HH2; KAB; SUW; WOI); Gastrosis (1; FNF; HHB; KAP; SKJ); Headache (f; SUW); Heatstroke (f; SKJ); Hemorrhoid (1;

FNF; IHB; HHB; KAB; KAP; SUW; WOI); Hepatosis (f; HHB; JLH; KAP; SKJ); High Blood Pressure (1; HH2); HIV (1; HH2); Hoarseness (f; KAP); Induration (f; JLH); Inflammation (f; KAB); Itch (f; SKJ); Leprosy (1; FNF; HH2; SUW; WOI); Lethargy (f; SKJ); Leukoderma (f; KAB); Ophthalmia (1; FNF; KAB; KAP; WOI); Pain (f; SKJ); Rheumatism (f; KAB; KAP; SKJ; WOI); Rhinosis (f; KAB); Snakebite (f; KAB; SKJ); Sore (f; HH2; JLH); Sore Throat (f; HH2); Strangury (f; KAB); Water Retention (f; HHB; HH2; WOI); Worm (f; KAB).

Dosages (Belleric) — 1–3 g (KAP).

Contraindications, Interactions, and Side Effects (Belleric) — Class 1 (AHP). Not covered (KOM; PHR). Ethanolic extract LD50 = 4250 mg/kg orl mouse (HH2). All the FNF 1's are for the high tannin content of the *Terminalia*.

BENZOIN (*Styrax benzoin* Dryander.) ++

While the PH2 covers three species of the genus *Styrax* and one of the genus *Liquidambar,* few people can identify the resins of these trees, the product of commerce. Recent authorities maintain that the "incense" used in the service of the Tabernacle was a mixture, in definite proportions of frankincense, galbanum (*Ferula galbaniflua*), onycha (*Styrax benzoin*), and stacte (*Styrax officinalis*), and the use of any incense not composed of these four ingredients in the proper proportions was strictly forbidden (BIB).

Activities (Benzoin) — Anesthetic (1; FNF); Antibacterial (1; FNF); Anticancer (1; FNF); Anti-inflammatory (1; FNF); Antimutagenic (1; FNF); Antioxidant (1; FNF); Antiseptic (1; CRC; DEP); Antispasmodic (1; FNF); Antiviral (1; FNF); Aphrodisiac (f; DEP; LMP); Carminative (f; BIB; CRC; WOI); Deodorant (f; CRC); Diuretic (f; CRC); Expectorant (1; CRC; PH2); Fungicide (1; FNF); Immunostimulant (1; FNF); Insecticide (1; CRC); Insectifuge (1; FNF); Larvicide (1; IHB); Laxative (1; FNF); Narcotic (1; FNF); Nematicide (1; FNF); Sedative (1; CRC; FNF; LMP); Stimulant (f; CRC; DEP; LMP); Vermifuge (1; FNF); Vulnerary (f; CRC).

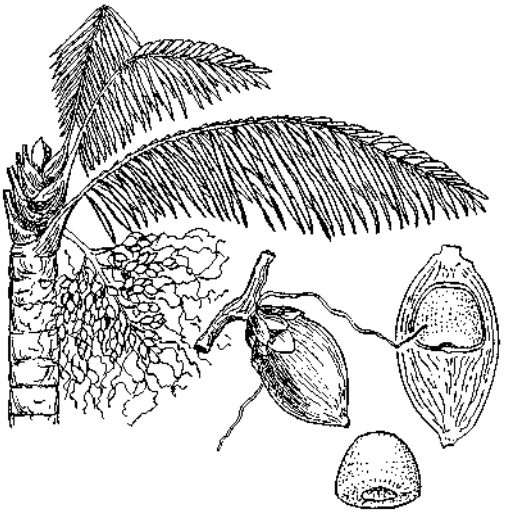
Indications (Benzoin) — Arthrosis (f; CRC); Asthma (f; DEP); Bacteria (1; FNF); Bronchosis (f; BIB; CRC); Cancer (1; CRC; FNF; JLH); Cardiopathy (f; LMP); Catarrh (f; CRC; PH2);

Childbirth (f; LMP); Circumcision (f; CRC); Cold Sore (f; CRC; JFM); Colic (f; CRC); Constipation (1; FNF); Corn (f; JLH); Coryza (f; IHB); Cough (1; CRC); Cramp (1; FNF); Cystosis (f; DEP); Dermatosis (f; IHB; LMP); Enterosis (f; LMP); Fever (f; IHB); Fungus (1; FNF); Gas (f; BIB; CRC; WOI); Gastrosis (f; PH2); Gout (1; FNF); Heart (f; LMP); Hemorrhoid (f; LMP); Herpes (f; CRC); Immunodepression (1; FNF); Infection (1; CRC; FNF); Inflammation (1; FNF); Insomnia (1; CRC; FNF; LMP); Itch (f; IHB); Laryngosis (f; BIB; CRC; IHB); Mastosis (f; CRC; IHB); Mucososis (f; DEP); Mycosis (1; FNF); Nervousness (1; CRC; FNF; LMP); Nipple (f; IHB); Otosis (1; FNF); Pain (1; FNF; LMP; PH2); Pharyngosis (f; IHB); Phthisis (f; DEP); Polio (1; FNF); Polyp (f; JLH); Pulmonosis (f; PH2); Respirosis (f; PH2); Rheumatism (f; IHB; LMP); Rhinosis (f; JLH); Ringworm (f; CRC; IHB); Shingle (f; CRC); Sickle Cell Anemia (1; FNF); Spermatorrhea (f; CRC); Stomachache (f; PH2); Stroke (f; LMP; PH2); Syncope (f; LMP; PH2); Ulcer (1; FNF); Virus (1; FNF); Water Retention (f; CRC); Worm (1; FNF); Wound (f; CRC); Yeast (1; FNF).

Dosages (Benzoin) — For topical Friar's or Turlington's Balsam (each 100 ml contains an alcohol extract from 10 g benzoin, 8 g storax, 4 g balsam of Tolu and 2 g aloe); for cold sores, cracked skin, and indolent ulcers (BIB).

Contraindications, Interactions, and Side Effects (Benzoin) — Class 1 (AHP). Not Covered (PHR).

BETEL PALM (*Areca catechu* L.) X



Activities (Betel Palm) — Abortifacient (1; WO2); Antibacterial (1; WO2); Antidote, abrin (f; CRC); Antifertility (1; WO2); Antiimplantation (1; WO2); Antioxidant (1; X10616967); Antiradicular (1; X10616967); Antiseptic (1; WO2); Astringent (f; CRC); Bradycardic (1; PHR); Bronchostimulant (1; PHR); Candidistat (1; WO2); Carcinogenic (1; PHR); Cardiac (f; CRC); Cholinergic (1; WO2); CNS-Depressant (1; WO2); CNS-Stimulant (1; PHR); Dentifrice (f; CRC); Deobstruent (f; WO2); Diaphoretic (1; WO2); Digestive (f; CRC); Emmenagogue (f; CRC); Euphoriant (1; PHR); Gastrostimulant (1; PHR); MAOI (1; WO2); Mitotic (f; CRC); Muscarinic (1; PHR); Mydriatic (1; WO2); Narcotic (f; CRC); Oxytocic (1; WO2); Parasympathetic (1; PHR); Sedative (1; WO2); Sialagogue (1; PHR); Spasmogenic (1; PHR); Stimulant (f; CRC); Stomachic (f; CRC); Tremorigenic (1; PHR); Vasoconstrictor (1; WO2); Vermifuge (1; CRC; PHR).

Indications (Betel Palm) — Anorexia (f; CRC); Bacteria (1; WO2); Beriberi (f; CRC); Bleeding (1; CRC); Bronchosis (1; CRC; WO2); Cholera (f; WO2); Colic (f; PHR); Cough (f; WO2);

Dermatosis (f; WO2); Diphtheria (1; CRC); Dropsy (f; CRC; WO2); Dysuria (f; CRC); Enterosis (f; CRC); Fever (1; WO2); Gas (1; WO2); Gingivosis (f; PHR); Glaucoma (f; CRC); Halitosis (f; CRC; WO2); Heatstroke (f; CRC); Hepatosis (2; WO2); Inflammation (1; CRC); Insomnia (1; WO2); Laryngosis (1; CRC); Lumbago (f; WO2); Malaria (f; CRC); Nervousness (1; WO2); Ophthalmia (f; CRC); Pharyngosis (1; CRC); Sore (f; WO2); Sore Throat (1; CRC); Tumor (f; CRC); Worm (1; CRC; PHR); Yeast (1; WO2).

Contraindications, Interactions, and Side Effects (Betel Palm) — 8–10 g fatally toxic (antidote atropine 2 mg scu) (CRC; HHB; PHR).

BETEL PEPPER (*Piper betle* L.) ++

Regrettably, the herbal PDR calls this betel nut. *Piper betle* is betel leaf, chewed with the betel nut (a palm).

Activities (Betel Pepper) — Amebicide (1; CRC); Analgesic (f; CRC); Antibacterial (1; CRC; WOI); Antilactagogue (f; CRC; DEP; MPI); Antioxidant (1; CRC; PHR; WOI); Antiperistaltic (f; CRC; WOI); Antiseptic (1; CRC; MPI; PHR; PH2); Antispasmodic (1; CRC; WOI); Aperitif (f; CRC); Aphrodisiac (f; DEP; MPI); Astringent (f; DEP); Cardiotonic (f; CRC); Carminative (1; CRC; DEP; PHR; WOI); Cerebrotonic (f; CRC); CNS-Depressant (1; CRC; PH2); CNS-Stimulant (1; CRC); Collyrium (f; CRC); Contraceptive (f; CRC; DEP; MPI); Deobstruent (f; CRC); Digestive (f; CRC); Diuretic (f; WBB); Euphoric (1; CRC); Expectorant (f; CRC; PHR; PH2); Fungicide (1; CRC); Hemostat (f; CRC); Hepatotonic (f; CRC); Immunomodulator (1; PH2); Intoxicant (f; CRC); Laxative (f; CRC; DEP); Litholytic (f; WBB); Masticatory (1; CRC); Narcotic (1; CRC); Parasiticide (1; CRC); Sedative (1; PH2); Sialagogue (f; CRC; DEP; PHR); Sterilant (f; CRC); Stimulant (1; CRC; DEP; PHR); Stomachic (f; CRC); Tonic (f; CRC); Vermifuge (1; CRC; PHR); Vulnerary (f; CRC).

Indications (Betel Pepper) — Adenopathy (f; CRC; MPI); Alcoholism (f; PH2); Ameba (1; CRC; WOI); Anorexia (f; CRC); Asthma (f; CRC; PH2); Bacteria (1; CRC; WOI); Bleeding (f; CRC); Boil (f; CRC); Bronchosis (f; CRC; MPI; PH2); Bruise (f; CRC); Cancer (f; CRC; JLH); Catarrh (f; CRC; MPI; WBB; WOI); Childbirth (f; CRC); Cirrhosis (f; JLH); Colic (f; CRC); Congestion (f; CRC; MPI); Conjunctivosis (f; DEP); Constipation (f; CRC; DEP); Cough (f; CRC; DEP; PHR; PH2; WBB); Cramp (1; CRC; WOI); Debility (f; DEP); Diphtheria (f; CRC; PHR; PH2); Dysentery (f; CRC); Dyspepsia (f; MPI; PH2); Dyspnea (f; DEP; MPI); Edema (f; CRC); Elephantiasis (f; CRC); Enterosis (f; CRC; MPI); Escherichia (1; CRC); Fever (f; CRC); Fungus (1; CRC); Gas (1; CRC; DEP; PHR; WOI); Gastrosis (f; CRC; PHR; PH2); Gravel (f; WBB); Halitosis (f; CRC; DEP); Headache (f; DEP); Hemeralopia (f; DEP); Hepatosis (f; CRC; JLH); Impotence (f; PH2); Infection (1; CRC; WBB); Inflammation (f; CRC; PHR; PH2); Insanity (f; CRC; MPI); Insomnia (1; PH2); Laryngosis (f; CRC; MPI); Leprosy (f; PH2); Malaria (f; CRC); Mastosis (f; CRC; DEP); Mucososis (f; CRC); Mycosis (1; CRC; WOI); Nervousness (1; PH2); Nyctalopia (f; MPI); Odontosis (f; CRC; WBB); Ophthalmia (f; CRC; MPI); Otosis (f; CRC; PH2); Ozena (f; CRC); Pain (f; CRC; DEP); Parasite (1; CRC); Phthisis (f; CRC; MPI); Pulmonosis (f; WOI); Respirosis (f; MPI); Rheumatism (f; CRC; PH2); Rhinosis (f; CRC); Salmonella (1; CRC; WOI); Satyriasis (f; CRC; DEP); Scirrhus (f; JLH); Shigella (1; CRC; WOI); Snakebite (f; CRC); Sore (f; CRC; DEP); Sore Throat (f; CRC; DEP; MPI); Stone (f; WBB); Streptococcus (1; CRC); Swelling (f; CRC); Syncope (f; PH2); Syphilis (f; CRC; MPI); Thirst (f; PH2); Toothache (f; PH2); Tuberculosis (1; CRC; MPI; WOI); Tumor (f; JLH); Ulcer (f; CRC); VD (f; CRC); Water Retention (f; WBB); Worm (1; CRC; PHR); Wound (f; CRC).

Contraindications, Interactions, and Side Effects (Betel Pepper) — Not covered (AHP). None reported (PHR). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

BETHROOT (*Trillium erectum* L.) +

Most early authors treated the species as interchangeable medicinally, so this account is rather generic.

Activities (Bethroot) — Antiseptic (f; GMH); Antispasmodic (f; HHB); Astringent (1; FAD; PHR; PH2); Aphrodisiac (f; FAD); Emetic (f; PHR; PH2); Emmenagogue (f; PHR; PH2); Expectorant (1; PHR; PH2; PNC); Hemostat (f; PHR; PH2; PNC); Irritant (1; PHR; PH2); Lacrimatory (f; CEB); Sialagogue (f; CEB); Tonic (f; GMH); Uterotonic (f; MAD).

Indications (Bethroot) — Acne (f; DEM); Adenopathy (f; JLH); Amenorrhea (f; PHR; PH2); Anthrax (f; FEL); Asthma (f; CEB; DEM; FAD); Backache (f; MAD); Bleeding (1; DEM; FAD; FNF; GMH; PHR; PH2; PNC); Bronchosis (f; FEL); Cancer (f; DEM; JLH); Carbuncle (f; CEB); Catarrh (f; CEB); Childbirth (f; GMH); Climacteric (f; MAD); Colitis (f; FAD); Cough (f; CEB; DEM; FAD); Cramp (f; HHB); Dermatosis (f; FAD; GMH); Diarrhea (1; FAD; GMH; PHR); Dysentery (f; GMH; MAD); Dysmenorrhea (f; DEM; FAD; PH2); Dyspnea (f; FAD; FEL); Enterosis (f; FAD); Epistaxis (f; FEL); Fever (f; CEB); Gangrene (f; GMH); Glandular Tumor (f; JLH); Hematoma (f; PHR; PH2); Hematuria (f; PNC); Hemoptysis (f; FEL); Hemorrhoid (1; FNF; PHR; PH2); Hysteria (f; CEB); Impotence (f; FAD); Inflammation (f; DEM; FAD); Leukorrhea (f; CEB; FEL; PNC); Menopause (f; DEM; FAD); Menorrhagia (f; PNC); Mucososis (f; FEL; PHR; PNC); Neurosis (f; MAD); Night Sweats (f; CEB); Odontosis (f; MAD); Pain (f; PHR); Parturition (f; FAD); Proctosis (f; PH2); Prolapse (f; MAD); Pulmonosis (f; FAD); Respirosis (f; FEL); Scrofula (f; HHB); Sore (f; DEM; PHR; PH2); Sting (f; FEL); Sunburn (f; DEM); Syncope (f; MAD); Tuberculosis (f; FEL); Tumor (f; FAD); Uterosis (f; FEL); Varicosis (f; PHR; PH2).

Dosages (Bethroot) — 2–4 g root (HHB; PH2); 0.5–1 g powdered root (PNC); 4–8 ml liquid extract (PNC).

Contraindications, Interactions, and Side Effects (Bethroot) — Class 2b (AHP). As an emmenagogue/uterotonic, should not be used by pregnant mothers (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). In high doses emetic, emmenagogue, even promoting labor (PHR).

BILBERRY (*Vaccinium myrtillus* L.) +++

Activities (Bilberry) — Antiaggregant (1; APA; BGB; MAB; PED; PH2); Anticapillary Fragility (2; BGB; MAB; PED; PH2); Antiedemic (1; BGB; HH2; MAB; PH2); Antiexudative (1; HH2;

PH2); Antiherpetic (f; HH2); Antiinflammatory (1; MAB; PED); Antiischemic (1; MAB; PH2); Antioxidant (1; FNF; SKY); Antiplaque (1; HH2); Antipyretic (1; PNC); Antiretinohemorrhagic (1; PH2); Antiseptic (1; APA; FNF; MAD); Antispasmodic (1; PED); Antiulcer (1; APA; MAB; PH2); Antiviral (1; APA; HH2); Astringent (1; APA; MAB; PH2; PNC); Bitter (1; PED); Circulostimulant (1; SKY); Collagen-Protectant (1; PED; PH2); Diuretic (1; PNC); Fungicide (1; HH2); Immunostimulant (1; MAB); Lipolytic (1; PH2); Myorelaxant (f; APA); Phagocytotic (1; MAB); Vasodilator (1; PNC); Vasoprotective (1; BGB; MAB; PH2); Vulnerary (1; PH2).

Indications (Bilberry) — Angina (1; APA; BGB); Anorexia (f; MAD); Aphtha (f; MAD); Arthrosis (1; PED; PHR; PH2); Atherosclerosis (2; APA; SKY); Bleeding (f; MAD; PH2); Bruise (1; PED); Burn (f; PH2); Capillary Fragility (2; BGB; MAB; PED; PH2); Cardiopathy (1; BGB; MAB); Cataract (1; APA; SKY); Catarrh (f; MAD); Circulosis (1; SKY); Colitis (1; BGB; MAD); Conjunctivosis (1; PH2); Constipation (3; APA); Cramp (1; PED); CVI (2; APA; MAB); Cystosis (f; MAD); Debility (f; MAD); Dermatosis (f; HH2; MAD; PHR; PH2); Diabetes (1; APA; MAD; PHR; PH2); Diabetic Hypoglycemia (1; TMA); Diabetic Retinopathy (2; MAB; SKY); Diarrhea (3; APA; KOM; MAD; MAM; PH2; SHT); Dropsy (f; MAD); Dysentery (1; MAB; MAD); Dysmenorrhea (2; APA; MAB); Dyspepsia (1; APA; MAB); Eczema (f; MAD); Edema (1; PH2); Encephalosis (1; APA); Enterosis (1; MAD; MAM; PHR; PH2); Epistaxis (2; MAB); Esophagosis (1; MAB); Fever (1; PNC); Flu (1; HH2); Fungus (1; HH2); Gallstone (f; MAD); Gastrosis (f; PHR; PH2); Gingivosis (1; APA; MAD); Glaucoma (2; APA; MAB; PED); Gonorrhea (f; MAD); Gout (f; HH2; PHR; PH2); Hemeralopia (2; MAB); Hemorrhoid (2; BGB; HH2; MAB; PH2); Hepatosis (1; APA); Herpes (f; HH2); High Cholesterol (1; APA); Hyperglycemia (f; APA); Hyperlipidemia (1; PH2); Immunodepression (1; MAB); Impaired Vision (especially at night) (1; PED); Infection (1; HH2; MAB); Inflammation (1; APA; MAB; PED; PH2); Ischemia (1; MAB); Laryngosis (f; MAD); Leukoplakia (f; MAD); Leukorrhea (f; MAD); Maculosis (1; SKY); Mucososis (2; KOM; MAB; PH2; PIP); Mycosis (1; HH2); Myopia (2; FNF; MAB); Nephrosis (f; PHR; PH2); Nyctalopia (2; MAB; PED; PH2); Odontosis (f; MAD); Ophthalmia (1; PH2); Pain (1; MAB); Paraesthesia (1; MAB); Periodontosis (1; PED); Peritonosis (f; MAD); Pharyngosis (2; MAB; PHR; PH2; PIP); Plaque (1; HH2; MAD); Psoriasis (f; MAD); Raynaud's (1; MAB; PED); Respirosis (f; HH2); Retinosis (2; BGB; MAB); Sore (f; PH2); Sore Throat (2; KOM; PIP; PH2); Stomatosis (2; MAB; MAD; PHR; PH2; PIP); Swelling (1; BGB; HH2; MAB; PH2); Thick Blood (1; APA; BGB; PED); Typhus (f; MAD); Ulcer (1; APA; MAB; PH2); Urethrosis (f; PHR; PH2); Varicosis (1; MAB; PED; SKY); Virus (1; APA; HH2); Vomiting (f; PH2); Water Retention (1; PNC); Wound (1; MAB).

Dosages (Bilberry) — 1–2 tbsp crushed fruit/cup water; or 3 tbsp (ca 30 g) dried berries (APA); 20–60 g dry fruit (KOM); 12–24 g dry fruit (PED); 20–60 g dry fruit/day (SF); $^1/_2$–1 cup fresh fruit (PED); 100–300 g fresh berry (SHT); 1–1.5 tsp fruit (= ~7–10.5 g) cold infusion (MAD); 2–8 ml liquid fruit extract (PNC); 3–6 ml/day fluid extract (1:1) (MAB); 1 g leaf/cup tea (HH2); tablets with 50–120 mg (= 20–50 g fruit) (MAB); 2 (470 mg) capsules (StX to contain at least 10 mg anthocyanosides (25% anthocyanosides)) 2 ×/day (NH); 240–480 mg StX/day (25% anthocyanosides) (SF; SKY); 500 mg StX (25% anthocyanosides) (PED). Interpretations of Commission E approvals vary slightly: Blumenthal et al. (1998) approve 20–60 g fruit for nonspecific acute diarrhea and local therapy of mild inflammation of the mucous membranes of mouth and throat. Gruenwald et al. (1998) approve the fruits (not leaves) for diarrhea, pharyngosis, and stomatosis. Neither apparently approve for the indications for which I take bilberry, preventing further deterioration of the eyesight (e.g. maculitis, poor night vision, (nyctalopia)). Since bilberry is a healthy food pharmaceutical I'll take the good old bilberry in spite of its disapproval by these scholastic tomes. It's even richer in eye-preserving anthocyanosides than our native blueberries.

Contraindications, Interactions, and Side Effects (Bilberry) — Fruits, Class 1; Leaf, Class 4 (AHP). Leaves can be poisonous consumed over a long period of time (TMA, 1996). Com-

mission E reports leaf not permitted for therapeutic use; higher doses or prolonged use can produce chronic poisoning; chronic administration of 1.5 g/kg/day is lethal in some animals (AEH). For fruits, none reported (PIP). "Bilberry does not interact with commonly prescribed drugs; no known contraindications in use during pregnancy or lactation; no known side effects with bilberry extracts" (SKY). Berries contain anthocyanosides, said to be helpful in treating eye problems, diarrhea, reducing arterial deposits, and lowering blood sugar in diabetics. Fresh berries may cause diarrhea.

Extracts (Bilberry) — Flavonoids antiaggregant, antiinflammatory, antioxidant, antispasmodic, preserve capillaries and collagen (PED). Anthocyanosides inhibited barium-induced contraction of isolated thoracic vein and coronary artery smooth muscle, *in vitro*, possibly by vasodilatory prostaglandin production (PNC). Chromium content (of the leaves) may underlie antidiabetic activity (PHR). Anthocyanins and polyphenols in berries of several *Ribes, Rubus,* and *Vaccinium* spp. have *in vitro* antiradical activity on chemically generated superoxide radicals. The extracts also inhibit xanthine oxidase. All crude extracts were highly active toward chemically generated superoxide radicals. *Ribes nigrum* extracts exhibited most activity, being the richest in both anthocyanins and polyphenols. But *Ribes rubrum* extracts seem to contain more active substances (X1332092). Bilberry extracts (equivalent to 9–72 mg/kg anthocyanins) sometimes exceeded carbenoxolone or cimetidine in antiulcer activity (MAB).

BIRCH (*Betula* spp.) ++

Betula pendula Roth, *Betula pubescens* Ehrh. (**Synonym —** *Betula alba* L., *Betula verrucosa* Ehrh.)

Some taxonomists know that the cop-out approach is to refer to the genus rather than all the poorly separable species of birch. PH2 listed *pendula* and *pubescens,* and APA, no more taxonomically adept, added *B. lenta, B. pubsecens, B. verrucosa* (=*B. pendula*). I've added all PH2 activity/indication entries here.

Activities (Birch) — Analgesic (1; FAD); Antibacterial (1; PH2); Antiinflammatory (1; FAD; SHT); Antimelanomic (1; APA); Antipyretic (1; PHR; PH2); Antiseptic (1; APA); Aquaretic (1; SHT); Astringent (1; PNC); Counterirritant (1; FAD); Depurative (f; APA; PHR; PH2); Diuretic (2; APA; KOM; PIP; PH2); Parasiticide (1; PHR; PH2); Saluretic (1; PHR; PH2).

Indications (Birch) — Alopecia (f; APA; PHR; PH2); Arthrosis (1; APA); Bacteria (1; PH2); Bladder Stone (2; PHR; PH2); Bronchosis (1; FAD); Cholecystosis (1; FAD); Cystosis (f; APA); Dandruff (f; PHR; PH2); Dermatosis (1; PHR; PH2); Diarrhea (1; PNC); Dyspepsia (f; APA); Eczema (1; APA); Fever (1; APA; FAD; PHR; PH2); Gout (1; APA; FAD; PH2); Gravel (2; KOM; PIP; PH2); Infection (1; APA); Inflammation (1; APA; FAD; SHT); Kidney Stone (2; APA; PHR; PH2); Melanoma (1; APA); Myalgia (1; FAD); Nephrosis (1; KOM; PH2); Neuralgia (1; APA; FAD); Pain (1; FAD); Parasite (1; PHR; PH2); Psoriasis (f; APA; PH2); Pulmonosis (1; FAD); Rheumatism (2; FAD; KOM; PIP; PH2); Scabies (1; PH2); Scrofula (f; FAD); Staphylococcus (1; X10857921); Stomachache (f; FAD); Stone (SHT); Urethrosis (2; KOM); UTI (2; KOM; PHR; PH2; SHT); Water Retention (2; APA; KOM; PIP; PH2); Worm (f; APA); Wound (f; APA).

Dosages (Birch) — 1–2 tbsp chopped leaf/cup water, several ×/day (APA); 2–3 g several ×/day (KOM; PIP); 12 g/day (SHT).

Contraindications, Interactions, and Side Effects (Birch) — Class 1 (AHP). Contraindications reported as edema due to cardiac or renal insufficiency (AEH). Not for use in edema in patients with cardiac or nephrotic problems. (PH2). None reported (PIP). "Health hazards not known with proper therapeutic dosages" (PH2). Warning: EO toxic; easily absorbed through the skin (FAD).

BIRTHWORT (*Aristolochia clematitis* L.) X

Activities (Birthwort) — Antiherpetic (1; PH2); Carcinogenic (1; PH2); Depurative (f; EFS); Immunomodulator (1; PH2); Mutagenic (1; PH2); Nephrotoxic (1; PH2); Phagocytotic (1; PH2); Stimulant (f; EFS); Toxic (1; PH2); Vulnerary (f; EFS).

Indications (Birthwort) — Arthrosis (f; PH2); Cacoethes (f; JLH); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, nose (f; JLH); Cancer, uterus (f; JLH); Childbirth (f; EFS; GMH); Colic (f; PH2); Cholecystosis (f; PH2); Climacteric (f; PH2); Enterosis (f; PH2); Gastrosis (f; PH2); Herpes (1; PH2); Infection (1; PH2); Malaria (f; PH2); Mastosis (f; JLH); Ophthalmia (f; PH2); Otosis (f; PH2); Pain (f; PH2); Pharyngosis (f; PH2); Polyp (f; JLH); Rhinosis (f; JLH); Sore (f; PH2); Stomachache (f; PH2); Uterosis (f; JLH); Virus (1; PH2); Wound (f; PH2).

Dosages (Birthwort) — Don't take it.

Contraindications, Interactions, and Side Effects (Birthwort) — Class 2b, 3 (AHP). Contraindicated in pregnancy (PH2). Outlawed in U.S. because of aristolochic acid.

BISHOP'S WEED (*Ammi visnaga* (L.) Lamarck) +

Synonym — *Daucus visnaga* L.

Activities (Bishop's Weed) — Antiatherosclerotic (1; WO3); Antipyretic (1; WO3); Antispasmodic (1; BIS; PHR; WO3; X7194092); Calcium Antagonist (1; WO3); Cardiotonic (1; PHR); Coronary Dilator (1; BIS); Diuretic (1; BIS); Hypoglycemic (f; X3613607); Inotropic (1; BIS; PHR); Litholytic (1; BIS); Myocardiotonic (1; PHR; SHT); Myocontractant (1; X9225605); Phototoxic (1; PHR); Vasodilator (1; WO2).

Indications (Bishop's Weed) — Angina (1; PHR; SHT; WO2); Asthma (1; BIS; PHR); Atherosclerosis (1; WO3); Bladder Stone (1; BIS); Bronchosis (1; BIS; WO2); Cardiopathy (1; BIS; PHR); Colic (f; BIS); Cramp (1; BIS; PHR; WO3; X7194092); Diabetes (f; X3613607); Dysmenorrhea (1; BIS); Enterosis (1; BIS; PH2); Fever (1; WO3); Gastrosis (1; BIS); Hyperglycemia (f; X3613607); Hypertonia (f; PH2); Kidney Stone (1; BIS); Pertussis (1; PHR); Psoriasis (1; BIS); Stone (1; BIS; WO2); Tachycardia (1; PHR); Vitiligo (1; BIS); Water Retention (1; BIS).

Dosages (Bishop's Weed) — 20 mg pyrones, calculated as khellin (BIS); 0.5 g powdered fruit/cup water (1 tsp = 2.5 g) (BIS).

Contraindications, Interactions, and Side Effects (Bishop's Weed) — Not covered (AHP). Adverse effects may include dizziness, elevated hepatic transaminase, fatigue, insomnia, pseudoallergic reactions, reversible cholestatic jaundice, vertigo, and vomiting (PHR; SHT; WO2). Prolonged use or overdose may cause allergic symptoms, anorexia, constipation, elevated liver enzymes, headache, insomnia, nausea, queasiness, and vertigo (BIS; PHR). Phototoxic coumarins. Commission E approved Bishop's Weed on March 13, 1986, but reversed itself as of April 15, 1994, condemning it because of excessive therapeutic risk and unproven efficacy (renal colic, spastic urinary tract disorders). "Ammi fruits may no longer be prescribed in Germany for this or any other indication" (SHT). Extracts and khellin and visnagin improve myocardial perfusion, increasing blood flow through the coronary vessels, making it useful for angina.

BISTORT (*Polygonum bistorta* L.) ++

Synonym — *Persicaria bistorta* (L.) Samp.

Activities (Bistort) — Anipyretic (f; WOI); Antiseptic (f; WOI); Astringent (f; PNC); Diuretic (f; WOI); Expectorant (f; WOI); Hemostat (f; HHB; WOI).

Indications (Bistort) — Adenopathy (1; DAA; FNF); Ague (f; DAA); Amenorrhea (f; DAA); Bite (f; DAA); Bleeding (f; HHB; PH2; WOI); Cancer (1; FNF; JLH); Cancer, back (f; JLH); Cancer, lip (f; JLH); Cancer, liver (f; JLH); Cancer, nose (f; JLH); Cancer, stomach (f; JLH); Carbuncle (f; PH2); Catarrh (f; DAA; HHB); Cervisosis (f; DAA); Circulosis (f; DAA); Colitis (f; WOI); Congestion (f; DAA); Cramp (f; PH2); Diarrhea (f; HHB; PH2; WOI); Dysentery (f; DAA; HHB); Dysmenorrhea (f; WOI); Dyspepsia (f; PH2); Epilepsy (f; PH2); Fever (f; DAA; PH2); Gastrosis (f; JLH); Gingivosis (f; WOI); Hepatosis (f; JLH); Leukorrhea (f; DAA; HHB); Lymphoma (1; DAA; FNF); Polyp (f; JLH); Rhinosis (f; JLH); Scrofula (f; DAA; PH2); Snakebite (f; PH2); Sore (f; HHB; JLH); Sore Throat (f; HHB; PH2); Stomatosis (f; HHB; PH2); Swelling (f; DAA); Tetanus (f; PH2); Water Retention (f; WOI); Wound (f; PH2).

Dosages (Bistort) — 1–2 g (PNC); 50–60 g rhizome/liter water for 15–20 minutes (PH2).

Contraindications, Interactions, and Side Effects (Bistort) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

BITTER CANDYTUFT (*Iberis amara* L.) X

Synonym — *Iberis coronaria* D. Don.

Activities (Bitter Candytuft) — Antibacterial (1; HHB); Antiedemic (1; PH2); Antiseptic (1; PH2); Choleretic (1; PH2); Cytotoxic (1; PH2); Diuretic (1; MAD); Emetic (1; MAD); Fungicide (1; PH2); Gastrostimulant (1; PH2); Irritant (1; PH2); Secretagogue (1; PH2); Toxic (1; PH2).

Indications (Bitter Candytuft) — Angina (f; MAD); Arrhythmia (f; PH2); Asthma (f; WOI); Bacteria (1; HHB); Bronchosis (f; WOI); Cardiopathy (f; PH2); Congestion (f; MAD); Dyspepsia (f; HHB; PH2); Edema (1; PH2); Endocardosis (f; MAD); Fungus (1; HHB; PH2); Gout (f; MAD; WOI); Hepatosis (f; MAD); Infection (1; HHB; PH2); Mycosis (1; PH2); Nephrosis (f; MAD); Neurosis (f; MAD); Palpitation (f; MAD); Pericardosis (f; MAD); Pulmonosis (f; MAD); Rheumatism (f; MAD; WOI); Stenocardia (f; HHB); Swelling (1; PH2); Vertigo (f; MAD); Water Retention (1; MAD); Wound (f; MAD).

Dosages (Bitter Candytuft) — Homeopathic doses only (PH2).

Contraindications, Interactions, and Side Effects (Bitter Candytuft) — Not covered (AHP). Poisonings, not reported, could be caused by cucurbitacins and might exhibit colic, diarrhea, kidney irritation, and vomiting (PH2). No toxic cases documented (PH2).

BITTER MELON, BALSAM PEAR (*Momordica charantia* L.) +

Synonym — *M. muricata* Willd.

Activities (Bitter Melon) — Abortifacient (1; CRC; TRA; WOI); Androgenic (1; ABS); Antibacterial (1; MPG; TRA); Anticataract (1; ZUL); Anticholinergic (1; ZUL); Antidiabetic (1; ZUL); Antihistaminic (1; TRA); Antileukemic (1; MPG); Antimalarial (1; ZUL); Antimitotic (1; MPG); Antimutagenic (1; MPG); Antipyretic (f; CRC; MPG); Antiseptic (1; CRC); Antispasmodic (1; ZUL); Antispermagenic (1; MPG; TRA); Antitumor (1; MPG); Antiviral (1; MPG; SKY); Aperitif (f; CRC); Aphrodisiac (f; CRC; KAB); Acaricide (1; TRA); Astringent (f; CRC; KAB); Candidicide (1; MPG; TRA); Carminative (f; CRC; WOI); Choleretic (f; MPG); Depurative (f; AAB; CRC); Digestive (f; CRC); Emetic (f; KAB); Emmenagogue (f; KAB; MPG); Guanylate-Cyclase-Inhibitor (1; SKY); Hemostat (f; CRC); Hypocholesterolemic (1; CRC); Hypoglycemic (2; MPG; SKY;

SYN; WOI); Hypotensive (1; CRC; MPG); Immunotoxic (1; TRA); Insecticide (1; CRC; MPG; TRA); Lactagogue (f; CRC); Laxative (1; CRC; KAB; MPG); Lipolytic (1; CRC); Poison (1; CRC); Stomachic (f; KAB; WOI); Teratogenic (1; MPG); Tonic (f; KAB; WOI); Vermifuge (1; CRC; MPG; WOI); Vulnerary (f; KAB; RYM).

Indications (Bitter Melon) — Ameba (f; AAB); Anemia (f; AAB); Anorexia (f; CRC); Aphtha (f; KAB); Asthma (f; CRC; KAB); Bacteria (1; MPG; TRA); Bite (f; KAB; MPG); Biliousness (f; MPG); Bleeding (f; CRC); Boil (f; CRC); Bronchosis (f; KAB); Bruise (f; KAB); Burn (f; CRC); Calculus (f; CRC); Cancer (1; CRC; MPG); Candida (1; CRC; MPG; TRA); Cataract (1; ZUL); Catarrh (f; CRC); Chilblain (f; CRC); Cholera (f; CRC; KAB); Cold (f; CRC); Colic (f; CRC; WOI); Colitis (f; CRC); Constipation (1; AAB; CRC; KAB; MPG); Cramp (1; ZUL); Delirium (f; KAB); Dermatosis (f; AAB; CRC; KAB); Diabetes (2; AAB; SKY; ZUL); Dysentery (f; CRC); Dysmenorrhea (f; AAB; CRC; KAB); Dyspepsia (f; CRC); Eczema (f; CRC; SKJ); Escherichia (1; MPG); Fever (f; CRC; KAB; MPG; WOI); Furuncle (f; TRA); Gas (f; CRC; MPG; WOI); Gastrosis (f; CRC); Gonorrhea (f; CRC; KAB); Gout (f; CRC; WOI); Halitosis (f; CRC); Headache (f; CRC); Hemorrhoid (f; CRC; KAB; SKJ); Hepatosis (f; CRC); High Blood Pressure (1; CRC; MPG); HIV (1; SKY); High Cholesterol (1; CRC); Hyperglycemia (2; MPG; SKY; SYN; WOI); Infection (1; AAB; CRC); Itch (f; CRC; TRA); Jaundice (f; CRC; KAB; SKJ); Amenorrhea (1; TRA); Leprosy (f; CRC; KAB; TRA); Leukemia (1; MPG); Malaria (1; CRC; SKJ; ZUL); Melancholy (f; CRC); Mycosis (f; MPG); Nyctalopia (f; KAB); Obesity (1; CRC); Ophthalmia (f; KAB); Otosis (f; CRC); Pain (f; AAB); Parasite (f; AAB); Pediculosis (f; TRA); Plethora (f; KAB); Polyuria (1; CRC); Prolapse (f; KAB); Psoriasis (1; CRC; SKY); Rheumatism (f; CRC; KAB; WOI); Salmonella (1; MPG); Scabies (f; CRC; KAB); Scald (f; CRC); Seborrhea (f; KAB); Shigella (1; MPG); Sore (f; JLH; KAB); Sore Throat (f; AAB); Splenosis (f; CRC; KAB); Sprue (f; CRC); Staphylococcus (1; MPG); Stomachache (f; CRC); Stomatosis (f; AAB); Streptococcus (1; FNF); Syndrome-X (1; SYN); Syphilis (f; KAB); Ticks (1; TRA); Tumor (1; CRC; JLH; MPG); Ulcer (f; CRC); Urethrosis (f; CRC); Vaginosis (f; KAB); VD (f; CRC); Virus (1; MPG; SKY); Worm (1; CRC; KAB; MPG; TRA; WOI); Wound (f; CRC); Yeast (1; CRC; MPG; TRA).

Dosages (Bitter Melon) — 1 (500 mg) capsule 3 ×/day with 150 mg extract containing 2.5% bitter principles (NH); one small melon per day (SKY); 50 ml fresh juice/day (SKY); 5 ml tincture 2–3 ×/day (SKY); 2–5 g leaf/liter water (MPG).

Contraindications, Interactions, and Side Effects (Bitter Melon) — Not covered (AHP; KOM; PHR). High doses may cause diarrhea and enteralgia (SKY); may potentiate hypoglycemic drugs (SKY); small children and patients with hypoglycemia should avoid (SKY). Seeds contain abortifacient compounds. This one is too new, at least in the First World, to have entered any of the Commission E books I am consulting for my herbal desk reference. Even TRAMIL, the Caribbean Commission E I call Commission T, does not recommend this frequent edible weed due to some toxic compounds it contains.

Extracts (Bitter Melon) — At least three groups of hypoglycemic compounds (SKY). Alpha- and beta-momocharin inhibit HIV *in vitro* (SKY). Various extracts active *in vitro* against *Bacillus subtilis, Corynebacterium diptheriae, Escherichia coli, Neisseria* spp., *Pseudomonas aeruginosa, Salmonella, Sarcina lutea, Staphylococcus aureus,* and *Streptococcus* spp., LD50 of fruit; 3 g/kg (TRA; ZUL). Charantin, diosgenin, and beta-sitosterol uterotonic (ZUL); but decoction of fruits and green leaves, without root, at 25,000 mg/kg produced no deaths in rats. Alpha-trichosanthine and beta-momorchin in the seeds are abortifacient. Hydroethanolic fruit extracts, 1.75 g/dog orally for 20 days, lowered spermatogenesis. Aqueous extracts of leaves at 500 mg/kg orl rat was neither embryotoxic nor estrogenic. Leaf juice not topically allergic nor irritant (TRA).

BITTER MILKWORT (*Polygala amara* L.) ++

Activities (Bitter Milkwort) — Bitter (f; PH2); Depurative (f; EFS; HHB); Diaphoretic (f; EFS); Diuretic (f; EFS); Expectorant (f; EFS; PH2); Lactagogue (f; HHB); Stomachic (f; EFS); Tonic (f; EFS).

Indications (Bitter Milkwort) — Bronchosis (f; PH2); Cough (f; PH2); Diarrhea (f; HHB); Dyspepsia (f; HHB); Enterosis (f; HHB); Fever (f; EFS); Gastrosis (f; HHB); Respirosis (f; PH2); Tuberculosis (f; EFS); Water Retention (f; EFS).

Contraindications, Interactions, and Side Effects (Bitter Milkwort) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

BITTERSWEET (*Solanum dulcamara* L.) +

Activities (Bittersweet) — Alterative (f; CRC; DEP; KAB); Analgesic (1; CRC; PH2); Anaphrodisiac (f; CRC); Anticholinergic (1; KOM; PH2); Antidote (f; CRC); Antiinflammatory (1; KOM); Antipyretic (f; CRC); Antisarcomic (f; CRC); Antiseptic (2; KOM); Antiviral (1; PH2); Astringent (2; KOM); Cardiotonic (1; CRC; PH2); Cytotoxic (1; PH2); Depurative (f; CRC); Diaphoretic (f; CRC; FAD); Diuretic (f; CRC; DEP; FAD; MAD); Emetic (f; CRC); Expectorant (1; CRC; PH2); Hypnotic (f; CRC); Immunostimulant (f; PH2); Laxative (f; CRC); Mucoirritant (2; KOM); Narcotic (1; CRC; DEP; FAD); Pectoral (f; PH2); Phagocytotic (1; PH2); Poison (f; CRC); Resolvent (f; CRC); Secretagogue (f; KAB); Sedative (f; CRC); Stimulant (f; CRC); Tonic (f; CRC).

Indications (Bittersweet) — Abscess (f; PH2); Acne (2; MAD; PHR; PH2); Adenopathy (f; CRC); Allergy (f; CRC); Angina (f; CRC; MAD); Aphonia (f; CRC); Arthrosis (f; CRC; PH2); Asthma (f; CRC; PH2); Biliousness (f; DEM); Bleeding (f; CRC; PH2); Blepharosis (f; CRC); Boil (f; KAB); Bronchosis (f; CRC; FAD); Bruise (f; PH2); Cancer (1; FNF; JLH); Cancer, breast (1; FNF; JLH); Cancer, eye (1; FNF; JLH); Cancer, face (1; FNF; JLH); Carbuncle (f; KAB); Catarrh (f;

CRC); Cold (f; MAD); Colic (f; CRC); Conjunctivosis (f; KAB); Constipation (f; CRC); Corn (f; JLH); Cough (f; CRC); Cystosis (f; CRC; MAD); Dermatosis (1; CRC; FAD; PH2); Diarrhea (f; CRC); Dropsy (f; CRC); Dyscrasia (f; MAD); Dysentery (f; CRC); Dyslactea (f; CRC); Dysmenorrhea (f; CRC; MAD); Dysuria (f; CRC); Eczema (2; CRC; KOM; PHR; PH2); Emaciation (f; CRC); Enterosis (f; CRC; DEM; PH2); Epistaxis (f; PH2); Exanthema (f; MAD); Felon (f; CRC; JLH); Fever (f; CRC; DEM; FAD; KAB); Flu (f; MAD); Furuncle (2; PHR; PH2); Gastrosis (f; CRC; DEM; PH2); Glossosis (f; CRC); Gout (f; FAD; MAD); Hemorrhoid (f; CRC); Hepatosis (f; CRC); Herpes (1; HH2; PH2); Immunodepression (f; PH2); Impetigo (f; MAD); Incontinence (f; CRC); Infection (2; KOM); Inflammation (1; KOM; PH2); Insomnia (f; CRC); Itch (f; CRC; MAD); Jaundice (f; CRC; MAD); Leprosy (f; CRC; DEP; KAB); Malaria (f; CRC); Meningosis (f; CRC); Myalgia (f; CRC); Myelosis (f; CRC; MAD); Nausea (f; DEM; HH2); Nervousness (f; CRC); Neuralgia (f; CRC; MAD); Ophthalmia (f; CRC); Otosis (f; MAD); Pain (1; CRC; PH2); Paralysis (f; CRC); Pemphigus (f; CRC); Pertussis (f; CRC; FAD); Pityriasis (f; MAD); Psoriasis (f; CRC); Respirosis (f; PH2); Rheumatism (f; CRC; FAD; PH2); Scabies (f; MAD); Scarlatina (f; CRC); Scrofula (f; CRC; MAD); Sore (f; JLH); Splenosis (f; CRC); Stammering (f; CRC); Stone (f; MAD); Swelling (f; CRC); Syphilis (f; KAB); Tenesmus (f; CRC); Tonsilosis (f; CRC); Tumor (1; CRC; FAD); Typhoid (f; CRC); Ulcer (f; CRC); Urticaria (f; CRC); Uterosis (f; MAD); VD (f; KAB); Virus (1; HH2; PH2); Wart (1; CRC; PHR; PH2); Water Retention (f; CRC; DEP; FAD; MAD).

Dosages (Bittersweet) — 1–3 g stem/day (KOM); 0.5–2 g powdered stem several ×/day (MAD); 0.6–1.2 g extract/day (MAD); 1–2 g drug/250 ml water (PH2); 1–3 g/day (PH2).

Contraindications, Interactions, and Side Effects (Bittersweet) — AHP doesn't index any *Solanum* species. "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Contraindicated in pregnant and nursing mothers (PH2). Will cause convulsions, paralysis, vertigo, vomiting, and weakened heart (FAD). One source reports excessive use of stalk preparations has been associated with serious poisoning (AEH). With low alkaloid content, stem preparations at doses below 25 g should not be toxic. In children, 10 green berries can cause diarrhea, dilated pupils, nausea, and vomiting. Lethal dosage is estimated to be 200 berries (PHR). Solasodine has a cortisone-like effect (PH2).

BITTERWOOD (*Quassia amara* L.) ++

Activities (Bitterwood) — Antianemic (f; HAD); Antipyretic (f; CRC); Antiseptic (f; FNF; HAD); Aperitif (1; PHR; PH2); Astringent (f; IED); Bitter (1; PHR); Choleretic (f; PHR; PH2); Depurative (f; CRC; MAD); Digestive (f; PHR; PH2); Insecticide (1; CRC); Laxative (f; CRC; PHR; PH2); Litholytic (f; HAD); Narcotic (1; CRC); Pediculicide (1; CRC); Secretagogue (1; PHR; PH2); Sialagogue (f; HAD); Stomachic (f; CRC); Tonic (f; CRC; PHR; PH2); Vermicide (1; PHR); Vermifuge (1; HAD; PHR).

Indications (Bitterwood) — Alcoholism (f; CRC; MAD); Anemia (f; HAD); Anorexia (1; PHR; PH2; MAD); Ascites (f; MAD); Bite (f; IED); Cancer (f; CRC); Carcinoma (f; CRC); Cholecystosis (f; PH2); Cirrhosis (f; MAD); Constipation (1; CRC); Debility (f; CRC); Diabetes (f; CRC); Diarrhea (f; CRC; MAD); Dyspepsia (f; CRC; MAD); Endothelioma (f; JLH); Enterosis (f; IED); Epithelioma (f; JLH); Fever (f; CRC; IED; MAD); Gas (f; CRC); Gastrosis (f; MAD); Gonorrhea (f; CRC); Halitosis (f; HAD); Hangover (f; HAD); Heartburn (f; MAD); Hepatosis (f; CRC; MAD); Intoxication (f; HAD); Jaundice (f; CRC; MAD); Leukemia (1; CRC); Lice (1; CRC; HHB); Malaria (f; CRC; IED); Nephrosis (f; HAD); Ophthalmia (f; MAD); Pain (f; IED); Parasite (f; CRC); Sarcoma (f; JLH); Snakebite (f; CRC; HAD); Spasm (f; CRC); Splenosis (f; MAD); Sting (f; IED); Stomachache (f; HAD); Stone (f; HAD); Syphilis (f; MAD); Typhus (f; MAD); Worm (1; PHR; PH2).

Dosages (Bitterwood) — Quoting an old Merck recommendation, 1–2 g wood/day as decoction; average dose 0.5 g, 2–3 ×/day (AHP); 5 drops tincture 3 ×/day (MAD); 500 mg (HHB; PHR; PH2).

Contraindications, Interactions, and Side Effects (Bitterwood) — Class 2b (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Contraindicated in pregnancy (PHR; PH2). Overdose is a gastroirritant, leading to nausea (AHP). Extended use may damage vision (PHR).

BLACK ALDER (*Alnus glutinosa* (L.) Gaertn.) ++

Synonym — *A. barbata* C. A. Mey., *A. glutinosa* subsp. *barbata* (C. A. Mey.) Yalt., *A. glutinosa* var. *barbata* (C. A. Mey.) Ledeb., *Betula alnus* var. *glutinosa* L., *B. glutinosa* (L.) Lam.

Activities (Black Alder) — Alterative (f; CRC); Astringent (f; CRC; PHR; PH2); Dentifrice (f; CRC); Detergent (f; CRC); Diaphoretic (f; CRC); Diuretic (f; CRC); Hemostat (1; FNF; PHR; PH2); Pulifuge (1; CRC); Tonic (f; PHR); Vermifuge (f; CRC).

Indications (Black Alder) — Angina (f; CRC; HH2); Bleeding (1; FNF; PHR; PH2); Cancer, breast (f; CRC; JLH); Cancer, duodenum (f; CRC; JLH); Cancer, esophagus (f; CRC; JLH); Cancer, pancreas (f; CRC; JLH); Cancer, pylorus (f; CRC; JLH); Cancer, rectum (f; CRC; JLH); Cancer, throat (f; CRC; JLH); Cancer, tongue (f; CRC; JLH); Cancer, uterus (f; CRC; JLH); Enterorrhagia (f; PHR; PH2); Fever (f; CRC; PH2); Hematochezia (f; CRC); Hepatosis (f; CRC); Malaria (1; PH2); Ophthalmia (f; PH2); Pediculosis (f; CRC); Pharyngosis (f; CRC; PHR; PH2); Scabies (f; CRC); Sore Throat (1; PHR; PH2); Splenosis (f; CRC); Streptococcus (1; FNF; PHR; PH2); Water Retention (f; CRC); Worm (f; CRC).

Contraindications, Interactions, and Side Effects (Black Alder) — Not covered (AHP; KOM). None reported in PDR."Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Regrettably, PHR and still PH2 report hypericin, probably meaning hyperoside. Hyperoside is what was reported in my CRC *Handbook of Medicinal Herbs* (1985) and in *Hager's Handbuch der Pharmazeutischen Praxis,* ed. 2. So far, I have not yet found hypericin reliably reported outside the genus *Hypericum,* but hyperoside is widely reported.

BLACK ASH (*Fraxinus nigra* Marshall) + +

Activities (Black Ash) — Analgesic (f; DEM); Gastrotonic (f; DEM); Hepatotonic (f; DEM); Laxative (f; DEM); Tonic (f; DEM).

Indications (Black Ash) — Constipation (f; DEM); Dysuria (f; DEM); Enterosis (f; DEM); Gastrosis (f; DEM); Hepatosis (f; DEM); Infertility (f; DEM); Otosis (f; DEM); Pain (f; DEM); Rheumatism (f; DEM); Stricture (f; DEM).

BLACK BEAN, GREEN BEAN, etc. (*Phaseolus vulgaris* L.) +++

The herbal PDR, which erroneously attributes the origin of the plant to India (it is native American), also says: "Chromium salts present in the drug (greenbean) may cause an antidiabetic effect." Seeds of this species as black beans, brown beans, kidney beans, etc., may be as rich in the estrogenic isoflavone, genistein, as soybean. And the seeds are much lower in fat than soy seeds; so Jim Duke says that the health benefits of soy may very well carry over to kidney beans, etc., perhaps with even better health benefits. So, I give black bean the same scores I give soybean, better for cholesterol, etc., since the black bean has a much better fat:protein ratio than the soy bean.

Activities (Black Bean) — Antiaggregant (1; FNF); Antiangiogenic (1; FNF); Antibacterial (1; WBB); Anticancer (1; FNF); Antidepressant (1; FNF); Antidiabetic (1; PHR; PH2); Antileukemic (1; FNF); Antilymphomic (1; FNF); Antimelanomic (1; FNF); Antiprostatitic (1; FNF); Antipyretic (f; CRC); Antiviral (1; MPI); Apoptotic (1; FNF); Cardioprotective (1; FNF); Carminative (f; CRC; EFS); Chemopreventive (1; FNF); Depurative (f; CRC; EFS); Diaphoretic (f; CRC); Diuretic (2; PHR; KOM); Emmenagogue (f; CRC); Emollient (f; CRC; SKJ); Estrogenic (1; FNF; JAD); Fungicide (1; CRC; DAA); Hepatoprotective (1; FNF); Hypocholesterolemic (1; FNF; JAD); Hypoglycemic (1; DAA); Hypotensive (1; FNF); Lipolytic (1; FNF); Lipotropic (1; FNF); Mutagenic (f; MPI); Resolvent (f; CRC; EFS).

Indications (Black Bean) — Acne (f; CRC); Albuminuria (f; CRC); Alcoholism (1; FNF); Anemia (1; FNF); Anorexia (1; FNF); Anuria (2; KOM); Bacteria (1; WBB); Bladder Stone (2; PHR); BPH (1; FNF); Burn (f; CRC); Cancer (1; FNF; JLH); Cancer, blood (1; DAA; FNF); Cancer, breast; (1; FNF; JLH); Cancer, testicle (1; FNF; JLH); Cardiopathy (1; FNF); Cholecystosis (f; PHR); Cold (f; CRC); Cystosis (1; CRC; MAD; PHR); Depression (1; FNF); Dermatosis (f; FNF); Diabetes (1; CRC; DAA; FNF; MAD; PHR; PH2); Diarrhea (f; CRC); Dropsy (f; CRC; MAD); Dysentery (f; CRC); Dysuria (1; PHR); Eczema (f; CRC); Edema (f; FNF); Endometriosis (1; FNF; TGP); Enterosis (1; FNF); ERT (1; FNF); Fever (f; CRC); Fibrosis (f; FNF); Fungus (1; CRC; DAA); Gas (f; CRC; EFS); Gastrosis (f; FNF); Glaucoma (1; FNF); Gout (f; MAD); Headache (f; CRC); Heart (f; CRC); Hematuria (f; MAD); Hepatosis (1; FNF); Hiccup (f; CRC); High Blood Pressure (1; FNF); High Cholesterol (1; FNF; JAD); Hot Flashes (1; FNF); Hyperglycemia (1; DAA); Hyperlipoproteinemia (1; FNF); Infection (1; CRC; DAA; PHR; PH2; WBB); Itch (f; CRC); Kidney Stone (2; PHR); Leukemia (1; FNF); Lymphoma (1; FNF); Melanoma (1; FNF); Menopause (1; FNF; JAD); Mycosis (1; CRC; DAA); Nephrosis (f; CRC; DAA; FNF; PHR); Neurosis (f; FNF); Obesity (1; FNF); Osteoporosis (1; FNF; JAD); Pain (f; JLH); Pericardosis (f; MAD); Pleurosis (f; MAD); Retinosis (1; FNF); Rheumatism (f; CRC; DAD; MAD); Rickets (f; FNF); Sciatica (f; CRC; DAA); Scurvy (f; CRC); Sore (f; FNF; JLH); Steatosis (f; FNF); Stone (2; PHR; PH2); Syndrome-X (1; FNF; SYN); Tenesmus (f; CRC); Toxemia (f; FNF); Tuberculosis (f; FNF); Tumor (f; CRC; JLH); Ulcer (f; JLH); UTI (2; PHR); Virus (1; MPI); Wart (f; CRC); Water Retention (2; KOM; MAD; PHR).

Dosages (Black Bean) — Drink the string bean pot likker as food farmacy, and eat the string beans (JAD); I often enjoy 100–200 g with diced raw onion; 0.5 cup seed (100 g) as food (JAD); 5–15 g herb (green pod)/day (KOM; PHR); pour hot water over 2.5 g dry powdered pods.

Contraindications, Interactions, and Side Effects (Black Bean) — Not covered by AHP. None known (KOM).“Hazards and/or side effects not known for proper therapeutic dosages” (PH2). The Herbal PDR hints that poisonings due to over consumption of too many raw beans is not impossible, due to lectins, which are destroyed by cooking. Symptoms include diarrhea, gastroenterosis, and vomiting. Of course, overconsumption of dry bean seeds can also lead to GI distress such as flatus and dyspepsia.

BLACKBERRY (*Rubus* spp.) ++

Most European entries (EFS, HHB, MAD, PH2) accrue to *R. fruticosus,* the European blackberry. Most American entries (CEB, DEM, FAD, FEL) accrue to American species. I think raspberries and blackberries can be treated generically, when it comes to medicine, like bilberries and blueberries.

Activities (Blackberry) — Antibacterial (1; MAD); Antidote (f; DEM); Antiinflammatory (1; APA); Antioxidant (1; JNU); Antitumor (f; APA); Apoptotic (f; JNU); Astringent (1; APA; EFS PH2); Depurative (f; DEM; EFS); Detoxicant (1; JNU); Diaphoretic (f; MAD); Diuretic (f; DEM;

EFS); Fungicide (f; MAD); Hemostat (1; APA); Hypocholesterolemic (1; JNU); Stimulant (f; DEM); Tonic (f; DEM; EFS).

Indications (Blackberry) — Angina (f; MAD); Appendicitis (f; MAD); Bacteria (1; MAD); Bleeding (1; APA; DEM; FEL; FNF; MAD); Boil (1; DEM; FNF); Bronchosis (f; CEB; MAD); Cancer (1; JLH; JNU); Catarrh (f; DEM); Childbirth (f; FEL); Cholera (f; FEL); Cold (f; DEM; MAD); Condyloma (f; JLH); Conjunctivosis (1; CEB; DEM; FNF); Cough (f; CEB; DEM; MAD); Dermatosis (f; MAD); Diabetes (f; MAD); Diarrhea (2; APA; DEM; PHR; PH2); Dropsy (f; APA; MAD; PH2); Dysentery (1; DEM; FNF); Dysmenorrhea (f; DEM; MAD); Dysuria (f; DEM); Enterosis (1; APA; MAD; PH2); Exanthema (f; MAD); Fever (f; DEM; FEL; MAD); Fungus (1; MAD); Gastrosis (1; APA; DEM; PH2); Gleet (f; FEL); Glossosis (f; DEM); Gonorrhea (f; FEL); Gout (f; APA); Gravel (f; CEB); Headache (f; DEM); Hematemesis (1; DEM; FNF); Hemoptysis (f; CEB); Hemorrhoid (1; APA; CEB; DEM); High Cholesterol (1; JNU); Infection (1; DEM; FNF; MAD); Inflammation (1; APA; JLH); Leukorrhea (f; FEL; MAD); Lung Problem (f; DEM); Menorrhagia (f; MAD); Miscarriage (f; DEM); Mycosis (1; MAD); Nausea (f; FEL); Nephrosis (f; MAD); Ophthalmia (f; CEB; DEM); Pharyngosis (2; APA; PHR; PH2); Phthisis (f; CEB); Proctosis (f; FEL); Prolapse (f; FEL); Pulmonosis (f; CEB); Rheumatism (f; DEM); Scab (f; MAD); Scabies (f; MAD); Sore (1; DEM; FNF); Sore Throat (2; APA; DEM); Stomatosis (2; APA; MAD; PHR; PH2); Stone (f; MAD); Swelling (f; APA); Tonsilosis (f; MAD); Tuberculosis (1; DEM; FNF; MAD); Tumor (f; APA); Uterosis (f; FEL); VD (f; DEM); Vomiting (f; DEM; FEL); Wart (f; JLH); Water Retention (f; DEM; EFS); Wound (f; APA).

Dosages (Blackberry) — 1–2 tsp chopped leaf/cup water, up to 6 ×/day; 4 tsp (~4.4 g) leaf in hot tea; 1.5 g leaf/cup tea, 2–3 ×/day (PH2); 1–2 tsp powdered bark/cup water; up to 2 tsp tincture/day (APA); 1500 mg root tea up to 3 ×/day (APA); 20–30 grains powdered root bark (FEL); 2–4 ml liquid root extract (PNC).

Contraindications, Interactions, and Side Effects (Blackberry) — Class 1 (AHP).

Extracts (Blackberry) — Anthocyanins and polyphenols in berries of several *Ribes, Rubus,* and *Vaccinium* spp. have *in vitro* antiradical activity on chemically generated superoxide radicals. The extracts also inhibit xanthine oxidase. All crude extracts were highly active toward chemically generated superoxide radicals. *Ribes nigrum* extracts exhibited most activity, being the richest in both anthocyanins and polyphenols. But *Ribes rubrum* extracts seem to contain more active substances (X1332092).

BLACKBERRY LILY (*Belamcanda chinensis* (L.) DC.) ++

Synonym — *B. punctata* Moench, *Gemmingia chinensis* Kuntze, *Ixia chinensis* L.

Activities (Blackberry Lily) — Alexeteric (f; WO2); Antiallergic (1; WO3); Antiasthmatic (f; WO3); Antibacterial (1; FAY); Antidote, curare (f; FAY); Antiemetic (f; LMP); Antihistaminic (f; WO3); Antiinflammatory (f; WO3); Antioxidant (1; WO3); Antipyretic (f; DAA); Antitussive (f; WO3); Antiviral (1; FAY); Aperient (f; WO2); Bitter (f; LMP; WO2); Carminative (f; LMP); Cholinergic (1; WO3); Deobstruent (f; LMP; WO2); Depurative (f; LMP; WO2); Detoxicant (f; FAY); Diuretic (f; LMP); Emmenagogue (f; LMP); Expectorant (f; DAA; FAY; WO3); Fungicide (1; FAY); Hypotensive (1; FAY); Laxative (f; DAA); Stomachic (f; DAA); Tonic (f; DAA).

Indications (Blackberry Lily) — Allergy (1; WO3); Asthma (1; DAA; LMP; WO3); Bacteria (1; FAY); Boil (f; DAA); Bronchosis (f; FAY); Bruise (f; DAA); Cancer (f; DAA); Cancer, breast (f; DAA; FAY); Cancer, larynx (f; DAA); Childbirth (f; LMP); Constipation (f; DAA); Cough (f; FAY); Dermatosis (f; FAY); Dropsy (f; DAA); Dysmenorrhea (f; DAA; FAY); Dysuria (f; DAA); Fever (f; DAA); Fungus (1; FAY); Gas (f; LMP); Gastrosis (f; DAA); Goiter (f; DAA); Gonorrhea (f; DAA; LMP); Hepatosis (f; DAA; FAY); High Blood Pressure (1; FAY); Infection (1; FAY); Inflammation (f; WO3); Laryngosis (f; DAA; FAY); Lumbago (f; LMP); Malaria (f; DAA); Mastosis (f; DAA; FAY); Mycosis (1; FAY); Parotosis (f; FAY); Pulmonosis (f; DAA); Rheumatism (f; DAA); Sore Throat (f; FAY; WO3); Splenosis (f; DAA; FAY); Stomachache (f; DAA); Swelling (f; DAA; LMP); Tonsilosis (f; DAA; FAY; LMP); VD (f; DAA); Virus (1; FAY); Vomiting (f; LMP); Water Retention (f; LMP).

Dosages (Blackberry Lily) — 2.5–9 g root in decoction (FAY); root made into poultice (FAY).

Contraindications, Interactions, and Side Effects (Blackberry Lily) — Not covered (AHP; KOM; PH2). Contraindicated in pregnancy; contains toxic iridoids belamcandin and iridin. Root for use only under medical supervision.

BLACK BRYONY (*Tamus communis* L.) X

Activities (Black Bryony) — Allergenic (1; PH2); Diuretic (f; GMH); Emetic (1; GMH; PH2); Histaminic (1; PH2); Laxative (f; EFS; HHB); Propecic (f; HHB; PH2); Rubefacient (f; PH2); Toxic (1; GMH); Vulnerary (f; EFS).

Indications (Black Bryony) — Alopecia (f; HHB; PH2); Arthrosis (f; JLH); Asthma (f; GMH); Bruise (f; EFS; PH2); Cancer (f; JLH); Cancer, spleen (f; JLH); Chilblain (f; GMH); Constipation (f; HHB); Dermatosis (f; PH2); Gout (f; PH2); Gravel (f; GMH); Induration (f; JLH); Paralysis (f; GMH); Phymata (f; JLH); Polyp (f; JLH); Rheumatism (f; PH2); Rhinosis (f; JLH); Sore (f; GMH); Splenosis (f; JLH); Strain (f; PH2); Water Retention (f; GMH); Whitlow (f; JLH).

Dosages (Black Bryony) — Don't take internally (JAD). Fruits steeped in gin for chilblain (GMH).

Contraindications, Interactions, and Side Effects (Black Bryony) — Not covered (AHP; KOM). Oxalate needles on contact may trigger histaminic reactions; internally may irritate mouth, throat, stomach, and intestines (PH2). "Death in most painful form is the result of an overdose" (GMH).

BLACK COHOSH (*Actaea racemosa* L.) +

Synonym — *Cimicifuga racemosa* (L.) Nutt.

Activities (Black Cohosh) — Abortifacient (f; DEM); Alterative (f; CRC; PED); Analgesic (f; DEM); Antibacterial (f; APA); Antidotal (f; CRC); Antiinflammatory (f; CRC; PNC); Antipyretic (1; PNC); Antirheumatic (1; MAB; PED); Antiserotonin (1; MAB); Antispasmodic (1; MAB; PED; PNC); Antitumor-Proliferation (1; MAB); Antitussive (f; CAN; CRC); Antiulcer (1; PNC); Aphrodisiac (f; CRC); Astringent (1; CRC; DEM; PED); Bitter (1; HHB; PED); CNS-Depressant (1; PNC); Depurative (f; DEM); Diaphoretic (f; CRC; PED); Diuretic (f; APA; PED; PNC); Emmenagogue (1; CRC; PED; PNC); Estrogenic (2; KOM; MAB; PED; PH2); Expectorant (f; APA; CRC; PED); Hypoglycemic (1; APA; CRC; PNC); Hypotensive (1; APA; MAB; PNC); Immunodepressant (1; MAB); Lactagogue (f; DEM); Mucolytic (f; APA); Narcotic (f; CRC); Peripheral Vasodilator (2; CAN; CRC; PNC); Sedative (1; FAD; CAN; CRC); Stomachic (f; CRC); Luteinizing-Hormone Suppressant (2; APA; KOM); Tonic (f; CRC; DEM; HHB); Tranquilizer (f; APA); Uterocontractant (1; PED); Uterotonic (1; MAB).

Indications (Black Cohosh) — Adenopathy (f; JLH); Amenorrhea (1; CRC; MAB); Arthrosis (f; CAN; CRC; HHB); Asthma (f; MAB); Autoimmune Disease (1; MAB); Backache (f; DEM); Bacteria (f; APA); Bite (f; PH2); Bronchosis (f; APA; CRC; FAD; PED; PH2); Cancer (1; JLH; MAB); Cancer, groin (f; JLH); Cancer, liver (f; CRC); Cancer, tongue (f; JLH); Chorea (f; CAN; CRC; FAD; HHB; MAB); Neurovegetative Ailment (2; HHB; KOM); Cold (f; DEM); Constipation (f; DEM); Cough (f; APA; CAN; DEM); Cramp (1; MAB; PED; PNC; SKY); Diabetes (1; APA;

PNC); Diarrhea (1; CRC; DEM; PED); Dropsy (f; CRC); Dysmenorrhea (2; APA; HHB; KOM; PH2; SKY); Dyspepsia (f; APA); ERT (2; KOM; MAB; PED); Fatigue (f; DEM); Fever (1; CRC; FAD; PED; PH2; PNC); Gynecopathy (f; CRC); High Blood Pressure (1; APA; MAB; PNC); Hives (f; DEM); Hot Flash (1; APA); HRT (2; BGB); Hyperglycemia (1; APA; CRC; PNC); Hysteria (f; CRC); Inflammation (f; CRC; PNC); Insomnia (1; CAN; CRC; DEM; FAD; PNC); Itch (f; CRC); Lumbago (1; CRC; FAD; PH2); Malaise (f; BGB; CRC); Malaria (f; BGB; CRC); Mastosis (1; MAB); Measles (f; PH2); Menopause (2; BGB; MAB; PH2 SHT); Menorrhagia (1; CRC; MAB); Menstrual Problem (2; SKY); Metastasis (f; JLH); Myalgia (f; CAN); Nephrosis (f; BGB; CRC; DEM); Nervousness (1; APA; FAD; CAN; CRC); Neuralgia (f; MAB); Nervousness (1; APA; CRC); Otosis (f; HHB); Pain (f; BGB; DEM; HHB); Parturition (1; CRC; FAD); Pertussis (f; CRC; MAB; PNC); PMS (2; APA; KOM; PH2); Poor Milk Supply (f; DEM); Rheumatism (1; APA; BGB; CAN; HHB; MAB; PED; PH2); Sciatica (1; CAN); Scirrhus (f; JLH); Snakebite (f; APA; CRC; FAD; PH2); Sore Throat (f; APA; BGB; CRC; PH2); Tinnitus (1; CAN; CRC; MAB); Tuberculosis (f; DEM); Tumor (1; MAB); Ulcer (1; PNC); Uterosis (f; CRC); Water Retention (f; APA; PED; PNC); Yellow Fever (f; CRC).

Dosages (Black Cohosh) — 40–200 mg/day (APA); 0.5 tsp powdered root/cup water, up to 1 cup/day (APA); 1 g powdered root 3 ×/day (HHB); 0.3–2 g powdered root (PNC); 0.5–1 g dry root 3–4 ×/day (MAB); 1.5–3 g dry root (PED); 300–2000 mg dry root (SF); 2 g dry root:10 ml alcohol/10 mg water (PED); 1–3 tbsp fresh root (PED); 0.3–2 g rhizome 3 ×/day (CAN; SKY); 0.3–2 ml liquid root extract (PNC); 2–4 ml root tincture; 40 mg herb in 40–60% ethanol (SF); up to 1 tsp tincture/day (APA); 2–4 ml tincture (1:10 in 60% alcohol) (CAN); 3.5–7 ml tincture (1:5); 6–12 ml tincture (1:10) (MAB); 0.3–2.0 ml liquid extract (1:1 in 90% alcohol) (CAN); 1.5–3 ml fluid extract (1:2) (MAB); 1 (540 mg) capsule 3 ×/day (NH); 40 mg StX (1 mg deoxyacteine)/day (SKY).

Contraindications, Interactions, and Side Effects (Black Cohosh) — Class 2b, 2c (AHP). No contraindications/drug interactions noted (KOM). I got a challenging letter from German parties with an economic interest in cohosh, asking where I got the cautionary remarks from in my 1985 CRC book. They must really be irritated by what follows: Commission E reports occasional gastric complaints. Not to be used for more than 6 months (AEH). With prolonged use, may irritate the uterus, cause dizziness, diarrhea, nausea, vomiting, abdominal pain, headaches, joint pains, and lowered heart rate. Can contribute to abnormal blood clotting and liver problems. Can encourage breast tumors. Should not be used by anyone with any type of heart disease or by anyone advised not to take oral contraceptives. "Women taking estrogen therapy should consult a physician before using black cohosh" (SKY). Can cause premature labor. Because of insufficient data, use during pregnancy and lactation is not advised. Should be used only under medical supervision (TMA, 1996). High doses may cause diaphoresis, dizziness, nausea, reduced pulse rate, visual disturbances, and vomiting (CAN). Because of uterine estrogen receptor binding *in vitro*, its use in pregnancy and lactation is to be avoided. What they say about black cohosh should be templated and said for every herb, "It has been recommended that black cohosh should only be used in therapeutic doses, and that high doses are potentially dangerous" (CAN). "Canadian regulations do not allow black cohosh as a non-medicinal ingredient for oral use products" (Michols, 1995). Pedersen is not much kinder, "Such constituents as tannins, gallic acid, and pseudotannins, including isoferulic acid, and the salicylates, are irritants to the skin, lungs, and kidneys. The drastic action of the irritant principles in black cohosh are not lethal, but overdoses are characterized by nausea and headache" (PED). Schulz et al. (1998) are nicer to this herb, sold in Germany and America, than the Anglos quoted above. In five studies using doses equivalent to 40 mg/day crude herb, there are no case reports of toxic effects from the herb, and there appears to be no specific toxicity associated with any of its known constituents. Two of the five showed mild side effects (dizziness, GI distress, headache, and weight gain). No other contraindications are known. The duration of use should not exceed 3 months (SHT). Cohosh extract augmented the activity of tamoxiphen (MAB). Finally, let me quote Gruenwald, editor-in-chief of the Herbal PDR, and coincidentally, also editor of the ABC Commission

E translation, because the two versions differ. "No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages. An intake of very high dosages of the drug (5 g) or an extract (12 g) leads to vomiting, headache, dizziness, limb pain, and lowered blood pressure." He's sanitizing or whitewashing if not ignoring the mild side effects reported in two of the five German studies cited above. He refers to the gastric side effects as adverse effects as distinct from side effects. I detect a whitewash of the cohosh, perhaps well deserved and scientifically accurate. Stay tuned.

Extracts (Black Cohosh) — Estrogenic and hypotensive effects reported (AHP). Resin hypotensive (1 mg/kg). Triterpenes hypocholesterolemic. Formononetin binds to estrogen receptor sites, inducing an estrogen-like activity in the body (SKY). Alcoholic extracts decrease luteinizing hormone secretions in menopausal women (SKY). Cimicifugin antispasmodic and sedative (PED) but rapidly converted to an inactive compound when the fresh root is bruised or cut. Formononetin may act as estradiol antagonist (binding to the receptor but not producing an effect) rather than an agonist (binding to and activating the receptor), hence not affecting LH secretion (MAB). Studies of 13 American populations of black cohosh refute the presence of formononetin.

BLACK CUMIN (*Nigella sativa* L.) ++

The prophet Muhammad reportedly recommended black cumin as a "cure-all" to his associates in Arabia 1400 years ago. It remains one of the most famous medicinal herbs in the Muslim world.

Activities (Black Cumin) — Abortifacient (f; BIB; DEP; KAP); Amebicide (1; MPI); Analgesic (1; HAD); Anesthetic (1; HAD); Antiamphetamine (f; MPI); Antibacterial (1; ABS; HAD; HHB; WOI); Antibilious (f; BIB; EFS); Anticancer (1; ABS); Antidote, Hg (f; SKJ); Antihistaminic (1; HAD; HHB; WOI); Antioxidant (1; HAD); Antioxytocic (1; ABS); Antiseptic (1; ABS; WOI); Antispasmodic (1; HAD; HHB; WOI); Antiviral (1; HAD); Aperitif (f; BIB; HAD); Bronchodilator (1; HAD); Candidicide (1; ABS); Cardiodepressant (1; MPI); Carminative (1; HHB; MAD; SKJ; SUW; WOI); Chemopreventive (1; ABS); Choleretic (1; HHB); Cholicomimetic (1; MPI); CNS-Depressant (1; MPI); Contraceptive (f; HAD); Cyclooxygenase-Inhibitor (1; ABS); Digestive (f; BIB); Diaphoretic (f; BIB); Digestive (f; DEP); Diuretic (f; BIB; EFS; HHB; MAD; SUW; WOI); Emmenagogue (f; BIB; EFS; MAD; SUW; WOI); Fungicide (1; ABS; MPI); Hepatoprotective (1; HAD); Hypotensive (1; ABS; MPI); Hypouricemic (1; HHB); Immunostimulant (1; HAD); Insecticide (1; MPI); Insectifuge (1; WOI); Lactagogue (1; BIB; DEP; EFS; HAD; HHB; MAD; SUW; WOI); Laxative (f; BIB; EFS); 5-Lipoxygenase-Inhibitor (1; ABS); Pediculicide (f; DEP); Phagocytotic (1; HAD); Protisticide (1; MPI); Respirastimulant (1; ABS; HAD); Secretagogue (f; DEP); Stimulant (f; EFS); Stomachic (f; DEP; EFS); Taenicide (1; MPI); Tonic (f; EFS); Toxic (1; HHB); Uterocontractant (f; KAP); Vermifuge (f; BIB; HAD; KAP; MAD).

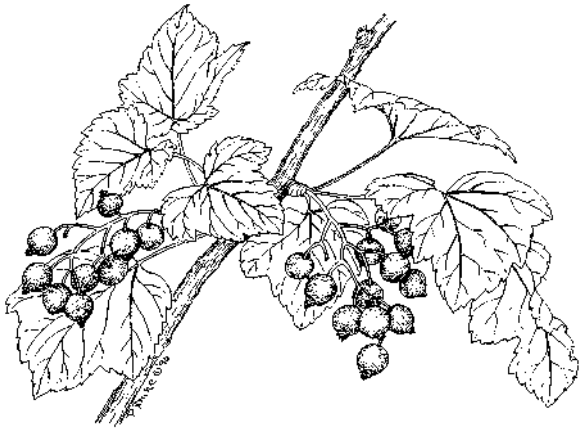
Indications (Black Cumin) — Achylia (f; MAD); Allergy (f; HAD); Ameba (1; MPI); Amenorrhea (f; KAP); Anorexia (1; BIB; HAD); Arthrosis (1; HAD); Ascites (f; BIB); Asthma (1; HAD; HHB; MAD; SKJ; WOI); Bacteria (1; ABS; HAD; HHB; WOI); Biliousness (f; KAP); Bite (f; HAD); Bronchosis (1; HAD; HHB; WOI); Bronchospasm (1; WOI); Cachexia (f; SKJ); Callus (f; BIB; JLH); Cancer (1; ABS; BIB; HAD); Cancer, abdomen (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, eye (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, nose (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Candida (1; ABS); Catarrh (f; DEP; HHB); Childbirth (f; SUW); Cholera (1; MPI); Cold (f; DEP); Colic (f; BIB); Constipation (f; SKJ); Corn (f; BIB; JLH); Cough (1; SKJ; WOI); Cramp (1; HAD; HHB; MAD; WOI); Dermatosis (f; HAD; SUW; WOI); Diabetes (1; HAD); Diarrhea (f; MAD); Dysentery (f; HHB; SKJ); Dysmenorrhea (f; DEP; KAP); Dyspepsia (f; BIB); Eczema (f; DEP); Emaciation (f; SKJ); Enterosis (f; BIB; MAD); Eruption (f; BIB); Escherichia (1; KAP; MPI); Fever (1; BIB; MAD; SUW; WOI); Flu (f; BIB); Fungus (1; ABS; HAD; MPI); Gas (1; HHB; MAD; SKJ; SUW; WOI); Gout (1; HHB); Headache (f; BIB); Hemorrhoid (f; BIB); Hepatosis (f; BIB; JLH; MAD); High Blood Pressure (1; ABS; MPI); High Cholesterol (1; HAD);

HIV (1; HAD); Hydrophobia (f; BIB); Immunodepression (1; HAD); Induration (f; JLH; MAD); Infection (1; ABS; HAD; MPI); Inflammation (1; HAD); Jaundice (f; BIB; HHB; MAD); Leprosy (f; SKJ); Leukorrhea (f; MAD); Lice (f; DEP); Malaria (f; KAP); Mycosis (1; ABS; MPI); Myrmecia (f; BIB); Nephrosis (f; HAD); Ophthalmia (f; HAD); Orchosis (f; BIB); Pain (1; HAD); Paralysis (f; BIB); Parasite (1; HAD); PMS (1; HAD); Proctosis (f; SKJ); Prolapse (f; SKJ); Ptyriasis (f; DEP); Puerperium (1; WOI); Pulmonosis (f; HAD; HHB; MAD); Rhinosis (f; BIB); Salmonella (1; HAD); Sclerosis (f; BIB); Smallpox (f; SKJ); Snakebite (f; BIB); Sniffles (f; MAD); Splenosis (f; MAD); Staphylococcus (1; HAD; MPI); Sting (f; HAD; SUW); Stomachache (f; BIB; MAD); Stomatosis (f; HAD); Swelling (f; BIB); Syphilis (f; SKJ); Tapeworm (1; MPI); Toothache (f; MAD); Tumor (f; BIB; HAD); Vibrio (1; MPI); Virus (1; HAD); Water Retention (f; BIB; EFS; HHB; MAD; SUW; WOI); Worm (f; BIB; HAD; KAP; MAD); Wound (f; HAD); Yeast (1; ABS; HAD).

Dosages (Black Cumin) — 0.6–1.2 g seed (HHB; MAD); 1 tsp seed in hot tea (MAD).

Extracts (Black Cumin) — Nigellone protects guinea pigs from histamine-induced bronchospasms (WOI). LD50 alcoholic extract 540–580 mg/kg ipr mouse (MPI).

BLACK CURRANT FRUIT (*Ribes nigrum* L.) +++



Synonym — *Ribes nigrum* var. *chlorocarpum* Späth.

Entries are for fruits rather than seeds; seed oil is a by-product! For leaves, see next entry. Leaves not generally considered food.

Activities (Black Currant Fruit) — Analgesic (f; SKJ); Angioprotective (1; X3635653); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Antibacterial (1; PNC); Anticancer (1; COX; FNF); Anticholera (1; PNC); Antiinflammatory (1; COX; PNC); Antipyretic (f; PNC); Antisecretory (1; PNC); Antiseptic (1; PH2); Antispasmodic (1; PH2; PNC); Astringent (1; APA); Depurative (f; EFS); Diaphoretic (f; EFS; FEL); Digestive (f; EFS); Diuretic (f; EFS; PNC); Hypotensive (1; PH2; PNC); Lipoperoxidase-Inhibitor (1; PH2); Vasoprotective (1; PNC); Xanthine-Oxidase-Inhibitor (1; PH2).

Indications (Black Currant Fruit) — Alzheimer's (1; COX; FNF); Angina (f; HHB); Arthrosis (1; COX; FNF); Bacteria (1; FNF; PNC); Bruise (f; PH2); Calculus (f; FEL); Cancer (1; COX; FEL; FNF); Cardiopathy (f; PNC); Chill (1; APA); Cholecystosis (f; PHR); Cholera (1; FNF; PNC); Cold (1; APA; PHR; PH2); Colic (f; HHB); Cough (f; HHB; PHR; PH2); Cramp (1; PH2; PNC); CVI (f; PH2); Cystosis (f; PH2); Diarrhea (1; APA; HHB; PH2; PNC); Dropsy (f; FEL); Dysuria (f; HHB); Felon (f; JLH); Fever (f; EFS; FEL; PNC); Flu (1; APA); Gastrosis (f; PH2); Gout (f; HHB); Hemorrhoid (f; FEL; PH2); High Blood Pressure (1; PH2; PNC); Hoarseness (f; FEL; PH2; PNC);

Infection (1; PNC); Inflammation (1; COX; PH2; PNC); Mucososis (f; PH2); Pain (f; SKJ); Quinsy (f; KAB); Rheumatism (f; HHB); Sore Throat (f; KAB; PH2; PNC); Stomachache (f; PHR; PH2); Stomatosis (f; PH2); Strep Throat (f; PH2); Water Retention (f; EFS; HHB; PNC); Wound (f; HHB).

Dosages (Black Currant Fruit) — 600–6000 mg/day; 4 (250 mg) capsules 2 ×/day; 1–2 tsp chopped leaf, up to several ×/day (APA); 5–10 ml fruit syrup, 1–several ×/day (PHR; PH2); 1 glassful fruit juice/day; gargle with 1 part juice/1 part water (PHR).

Contraindications, Interactions, and Side Effects (Black Currant Fruit) — Class 1 (AHP). Not covered by Commission E (KOM). None known (PHR). Not covered (CAN).

Extracts (Black Currant Fruit) — As a major source of the major COX-2 Inhibitor ([+]-catechin), this might be viewed by enthusiasts as another herbal miracle aspirin (COX). Anthocyanins and polyphenols in berries of several *Ribes, Rubus,* and *Vaccinium* spp. have *in vitro* antiradical activity on chemically generated superoxide radicals. The extracts also inhibit xanthine oxidase. All crude extracts were highly active toward chemically generated superoxide radicals. *Ribes nigrum* extracts exhibited most activity, being the richest in both anthocyanins and polyphenols. But *Ribes rubrum* extracts seem to contain more active substances (X1332092).

BLACK CURRANT LEAF (*Ribes nigrum* L.) +

Synonym — *Ribes nigrum* var. *chlorocarpum* Späth.

Activities (Black Currant Leaf) — Analgesic (f; KAB); Antiexudative (1; PH2); Antiinflammatory (1; APA); Antiprostaglandin (1; PH2); Astringent (f; APA); Diaphoretic (f; EFS); Diuretic (1; EFS; PH2); Fungicide (1; APA); Hypotensive (1; PH2; PNC); Saluretic (1; PH2).

Indications (Black Currant Leaf) — Arthrosis (f; PHR; PH2); Bite (f; PH2); Bladder Stone (f; PHR; PH2); Cancer (f; JLH); Cold (f; PHR; PH2); Colic (f; HHB; PHR; PH2); Convulsion (f; PHR; PH2); Cough (f; HHB; PHR; PH2); Diarrhea (f; PHR; PH2); Dropsy (f; KAB); Dysuria (f; PHR; PH2); Fever (f; EFS); Fungus (1; APA); Gout (f; KAB; HHB; PHR; PH2); Hepatosis (f; PHR; PH2); High Blood Pressure (1; PH2; PNC); Hoarseness (f; PNC); Infection (1; APA); Inflammation (1; APA; KAB; PH2; PNC); Jaundice (f; PH2); Migraine (f; HHB); Mycosis (1; APA); Nephrosis (f; KAB); Pain (f; KAB); Pertussis (f; PHR; PH2); Pharyngosis (f; PHR; PH2); Rheumatism (f; HHB; PHR; PH2); Sore Throat (f; PHR; PH2; PNC); Stomatosis (f; PHR); Stone (f; PH2); Water Retention (1; EFS; HHB; PH2); Wound (f; PH2).

Dosages (Black Currant Leaf) — 1–2 tsp (2-4 g) leaf/150 ml boiling water, strain after 10 minutes, 3–4 ×/day (APA; PHR; PH2).

Contraindications, Interactions, and Side Effects (Black Currant Leaf) — Not covered (CAN). Leaves not covered (AHP). Not covered by Commission E (KOM). Leaves contraindicated in edema stemming from reduced cardiac or renal activity (PHR; PH2). "A salidiuretic effect is attributed to the drug through a 'diuretic' factor that is not clearly defined" (HOC). That's the only place I have seen it called salidiuretic, but I prefer Tyler's frequent term, saluretic.

BLACK CURRANT SEED OIL (*Ribes nigrum* L.) +++

Synonym — *Ribes nigrum* var. *chlorocarpum* Späth.

Activities (Black Currant Seed Oil) — Antiinflammatory (1; APA); Antiseptic (1; PH2); Antispasmodic (1; PH2; PNC); Lipoperoxidase-Inhibitor (1; PH2); Xanthine-Oxidase-Inhibitor (1; PH2).

Indications (Black Currant Seed Oil) — Alcoholism (1; FNF); Arthrosis (1; APA); Cardiopathy (1; APA); Cramp (1; PH2; PNC); Eczema (1; FNF); High Blood Pressure (1; APA); Infection (1; PH2); Inflammation (1; APA; FNF); PMS (1; APA; FNF); Stroke (1; FNF); Syndrome-X (1; SYN).

Dosages (Black Currant Seed Oil) — 200–400 mg capsules StX for 14–19% GLA (APA); for atopic eczema, 4 (250 mg) capsules 2 ×/day (APA).

Contraindications, Interactions, and Side Effects (Black Currant Seed Oil) — Fruit Class 1; seed not covered (AHP). Not covered by Commission E (KOM).

BLACK DOT, SCURFY PEA (*Cullen corylifolium* (L.) Medik.) ++

Synonym — *Psoralea corylifolia* L.

Old, old synonym, *Trifolium uniflorum* Forsk (DEP). Some of the MAD data below apply to closely related *Bituminaria bituminosa* (L.) C. H. Stirt.

Activities (Black Dot) — Alterative (f; KAB); Amebicide (1; DAA); Antiaggregant (1; JNP7:671); Antiangiogenic (1; FNF); Antiarachidonate (1; JNP7:671); Antiatherosclerotic (1; FNF); Antibacterial (1; DAA); Antifertility (1; FNF); Anticancer (1; ABS; FNF); Anticonvulsant (1; MPI); Antiedemic (1; KAP); Antiestrogenic (1; MPI); Antiinflammatory (1; FNF); Antimutagenic (f; FNF); Antipyretic (1; MPI); Aphrodisiac (f; DAA; DEP; HHB); CNS-Depressant (1; MPI); Deobstruent (f; SKJ); Diaphoretic (f; KAP; WOI); Diuretic (f; DEP; KAB; KAP); Estrogenic (1; MPI); Hepatotoxic (1; MPI); Hypertensive (1; MPI); Laxative (f; DEP; KAB; KAP); Myorelaxant (1; KAP); Nematicide (1; MPI); Piscicide (1; WOI); Progesteronic (f; MPI); Sedative (1; MPI); Stimulant (f; DAA; DEP); Stomachic (f; KAB); Tonic (f; DAA); Tranquilizer (1; MPI); Uterotonic (1; WOI); Vermifuge (1; DAA; HHB; KAB); Vulnerary (f; KAB).

Indications (Black Dot) — Alcoholism (1; FNF); Ameba (1; DAA); Anxiety (1; MPI); Arthrosis (f; DAA); Asthma (f; KAB); Atherosclerosis (1; FNF); Backache (f; LMP); Bacteria (1; DAA; MAD); Biliousness (f; KAB; KAP); Bite (f; SKJ); BPH (1; FNF); Bronchosis (f; KAB); Callus (f; DAA); Cancer (1; ABS; FNF; JLH); Cancer, uterus (1; FNF; JLH); Cardiopathy (1; FNF; KAB); Caries (1; KAB);

Cholera (1; MPI); Constipation (f; DEP; KAB; KAP); Convulsion (1; MPI); Cramp (f; FNF); Dermatosis (1; HHB; KAB); Diabetic Retinopathy (1; FNF); Diarrhea (f; KAB); Dysuria (f; DAA); Dysmenorrhea (f; DAA; HHB); Elephantiasis (f; KAB); Enuresis (f; DAA); Epilepsy (f; MAD); Escherichia (1; MPI); Fever (1; DAA; KAP; MPI; WOI); Fracture (1; PM62:206); Fungus (1; FNF; KAP); Gastrosis (f; SKJ); Gynecopathy (f; KAB); Headache (1; FNF); High Blood Pressure (1; FNF); Hysteria (1; FNF; MAD); Impotence (f; DAA); Inflammation (1; FNF; MPI); Insomnia (1; MPI); Leprosy (1; DAA; DEP; KAP); Leukemia (1; FNF); Leukoderma (1; DAA; DEP; KAP; LMP); Low Blood Pressure (1; MPI); Lumbago (f; DAA); Lymphoma (1; FNF); Melanoma (1; FNF); Mycosis (1; FNF; KAP); Nephrosis (f; LMP); Nervousness (1; MPI); Ophthalmia (1; FNF); Osteomalacia (1; PM62:206); Osteoporosis (1; PM62:206); Osteosis (f; LMP); Polyuria (f; DAA); Prostatosis (1; FNF); Psoriasis (f; HHB); Rheumatism (f; KAB); Salmonella (1; MPI); Scabies (f; KAB); Snakebite (f; KAB); Sore (f; KAB); Spermatorrhea (f; DAA); Splenosis (f; DAA); Staphylococcus (1; HHB; KAP); Sting (f; SKJ); Streptococcus (1; HHB; LMP); Stress (1; MPI); Stomachache (f; KAB); Swelling (1; KAP); Uterosis (f; JLH); Virus (1; FNF); Vitiligo (f; DAA); Water Retention (1; DEP; FNF; KAB; KAP); Worm (1; DAA; HHB; KAB).

Dosages (Black Dot) — 1–3 g powdered seed (KAP).

Contraindications, Interactions, and Side Effects (Black Dot) — Not covered (AHP; KOM; PH2). Psoralen can be phototoxic. Applications for leukoderma may sometimes cause dermatosis. PUVA (Psoralen + UltraViolet A) treatment for psoriasis increases the incidence of skin cancers. The high levels of genistein and daidzein should possibly be contraindicated in patients with ER2-(+)-breast cancer.

BLACK HAW (*Viburnum prunifolium* L.) +

Activities (Black Haw) — Antiabortive (f; FEL); Anticonvulsive (f; DEM); Antidiarrheic (1; APA; PNC); Antispasmodic (1; DEM; EFS; FAD; FEL; LAF; PH2); Astringent (1; APA; FEL); Diaphoretic (f; DEM); Diuretic (f; FEL; LAF); Emetic (f; FEL); Nervine (f; APA; EFS; FAD; FEL); Sedative (1; APA; EFS; FAD); Tonic (f; FEL; LAF); Uterorelaxant (1; APA; FAD; LAF); Uterotonic (f; EFS; FAD; FEL).

Indications (Black Haw) — Abortion (f; FEL; HH3); Ague (f; DEM); Alcoholism (f; FEL); Amenorrhea (f; FEL); Asthma (f; APA; EFS; FAD); Bleeding (f; FEL); Cardiopathy (f; FEL); Chorea (f; FEL); Colic (f; FEL); Congestion (f; FEL); Convulsion (f; DEM); Cramp (1; APA; DEM; EFS; FAD; FEL; LAF; PH2); Diarrhea (1; APA; FEL; LAF; PNC); Dysentery (f; FEL); Dysmenorrhea (1; APA; FAD; HH3; LAF; PH2); Fever (1; APA; DEM); Enterosis (1; APA); Epilepsy (f; FEL); Glossosis (f; DEM); Gynecopathy (f; DEM); Headache (1; APA); Hiccup (f; FEL); Hysteria (f; FEL); Inflammation (f; FEL); Insomnia (1; APA; EFS; FAD); Intermittent Claudication (f; FEL; JAD); Jaundice (f; FEL); Lethargy (f; LAF); Menorrhagia (f; FEL); Miscarriage (f; APA; FAD; LAF); Nervousness (1; APA; EFS; FAD); Ophthalmia (f; FEL); Pain (1; APA); Palpitation (f; FEL); Paralysis (f; FEL); Parturition (f; DEM; FAD); Singultus (f; FEL); Smallpox (f; DEM); Uterosis (f; FEL); Uterrhagia (f; APA); Water Retention (f; FEL; LAF).

Dosages (Black Haw) — 2 tsp dry bark/cup water (APA); 2–5 g powdered bark (HH3); 1–2 g powdered bark (PNC); 2–8 ml bark elixir (PNC); 4–8 ml liquid bark extract (PNC); up to 2 tsp tincture 3 ×/day (APA).

Contraindications, Interactions, and Side Effects (Black Haw) — Class 2d. Patients with kidney stone should use only with caution because of oxalates (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). HH3 notes a CNS-Depressant result of overdose. In animals it takes some 5–7 g scu to cause cardiac arrest (HH3). Salicin has many of the same activities as salicylates. According to WOI, salicin may impart the marked sedative action to the bark, reportedly polymerizing to form an alcohol soluble sedative that is even more relaxant (WOI). Scopoletin, with uterosedative activity, probably works by blocking

the autonomic transmission. Pregnant slaves were once ordered to take the black haw to prevent their attempts at abortion with cotton roots (FEL).

BLACK HOREHOUND (*Ballota nigra* L.) ++

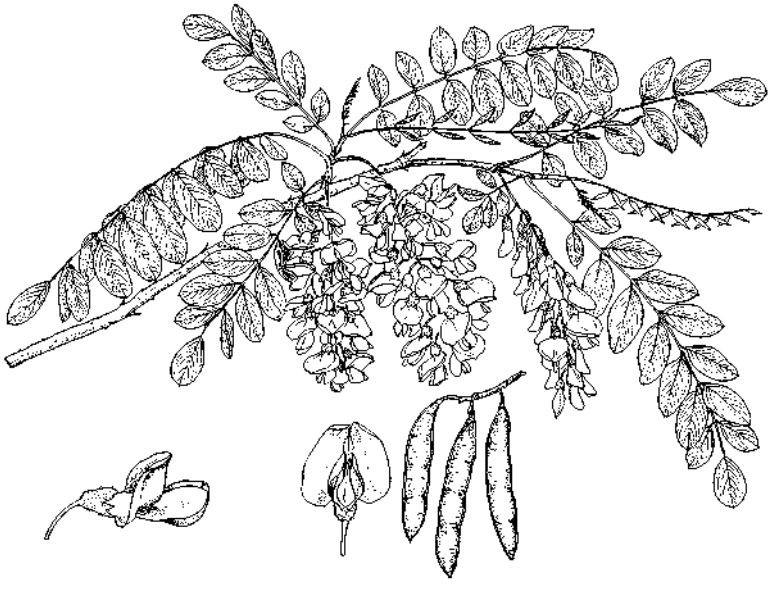
Activities (Black Horehound) — Antiaging (1; PR14:93); Antiemetic (f; PH2; PNC); Antioxidant (1; PR14:93); Antispasmodic (f; HHB; PH2; PNC); Antitussive (1; FNF; PNC); Astringent (f; EFS; FNF; PNC); Bitter (1; PH2); Bradycardic (1; PH2); Choleretic (1; FNF; HHB; PH2; PNC); Depurative (f; EFS); Detersive (f; EFS); Diuretic (f; EFS); Emmenagogue (f; EFS); Expectorant (1; FNF; PNC); Hypotensive (1; PH2); Nervine (f; EFS); Sedative (f; EFS; HHB; PH2); Stimulant (f; PH2; PNC); Stomachic (f; EFS); Uterotonic (f; EFS); Vermifuge (f; EFS).

Indications (Black Horehound) — Arrhythmia (1; FNF; PNC); Asthma (1; PNC); Bronchosis (1; PNC); Cough (1; FNF; PH2; PNC); Cramp (f; HHB; PH2; PNC); Dyspepsia (nervous); High Blood Pressure (1; PH2); Gastrosis (f; PH2); Gout (f; HHB; PH2); High Blood Pressure (1; PH2); Hypochondria (f; HHB; PH2); Hysteria (f; HHB; PH2); Insomnia (f; EFS; HHB; PH2); Nausea (f; PH2); Nervousness (f; EFS; HHB; PH2); Neurosis (f; PH2); Pertussis (f; PH2); Vomiting (f; PH2; PNC); Water Retention (f; EFS); Worm (f; EFS; PH2).

Dosages (Black Horehound) — 2–4 g herb, or in tea, 3 ×/day (CAN); 1–3 ml liquid herbal extract (1:1 in 25% ethanol) 3 ×/day (CAN); 1–2 ml herbal tincture (1:10 in 45% ethanol) 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (Black Horehound) — Class 1 (AHP). Because it is reputed to affect the menstrual cycle, its use in pregnancy and lactation is to be avoided (CAN). Excessive use should be avoided in view of the limited toxicity data (CAN).

BLACK LOCUST (*Robinia pseudoacacia* L.) +



Synonyms — *R. pseudoacacia f. erecta* Rehder, *R. pseudoacacia f. inermis* (Mirb.) Rehder, *R. pseudoacacia f. rehderi* C. K. Schneid., *R. pseudoacacia* var. *microphylla* Lodd. ex Loudon, *R. pseudoacacia* var. *pyramidalis* Pépin, *R. pseudoacacia* var. *rozynskiana* Späth, *R. pseudoacacia* var. *semperflorens* Carrière.

Activities (Black Locust) — Amebicide (1; CRC); Antispasmodic (f; CRC; MAD); Antiviral (f; CRC); Astringent (f; CRC; EFS); Cholagogue (f; CRC; EFS); Digestive (f; CRC); Diuretic (1; CRC); Emetic (f; CRC); Emollient (f; CRC; EFS); Laxative (f; CRC); Narcotic (f; MAD); Poison (f; CRC); Protisticide (f; CRC); Sedative (f; EFS; CRC); Tonic (f; CRC; DEM).

Indications (Black Locust) — Ameba (1; CRC); Catarrh (f; MAD); Constipation (f; CRC); Cough (f; MAD); Cramp (f; CRC; MAD); Dyspepsia (f; CRC); Fever (f; MAD); Flu (f; MAD); Gastrosis (f; MAD); Gout (f; MAD); Headache (f; MAD); Hyperacidity (f; CRC; MAD); Insomnia (f; EFS; CRC); Leukorrhea (f; MAD); Nervousness (f; EFS; CRC); Neuralgia (f; MAD); Ophthalmia (f; CRC); Pain (f; MAD); Rheumatism (f; MAD); Spasm (f; CRC); Toothache (f; CRC; DEM); Ulcer (f; CRC); Virus (f; CRC); Water Retention (1; CRC).

BLACK MULBERRY (*Morus nigra* L.) +++

I suspect that most birds and few foresters, herbalists, publishing phytochemists, phytotherapists, and even plant taxonomists don't know which species (red, white, or black mulberry, respectively, *M. rubra, M. alba,* or *M. nigra*) they last ingested for edible or medicinal reasons. Further, I doubt that most chemical and overseas clinical trials have been vouchered. Still, I keep the species separate in my Herbal Desk Reference, knowing that I have white and black fruited trees volunteering, almost weeds, here in the Green Farmacy Garden. I would, myself, use them generically for food and medicine, though as a botanist, I cannot prescribe such. See other species for other indications. I'll bet that in 10 years, someone bolder than I will treat them all generically as mulberry, *Morus* spp.

Activities (Black Mulberry) — Antidote, aconite (f; MAD); Antipyretic (f; BIB; PNC); Astringent (f; EFS); Depurative (f; BIB); Diuretic (1; PNC; WOI); Emetic (f; DEM); Expectorant (f; MAD; PNC); Hypoglycemic (1; WOI); Hypotensive (1; PNC; WOI); Lactagogue (f; DEP); Laxative (f; BIB; DEM; MAD; PH2; PNC); Nervine (f; EFS); Tonic (f; EFS); Vermifuge (f; BIB; EFS; FEL).

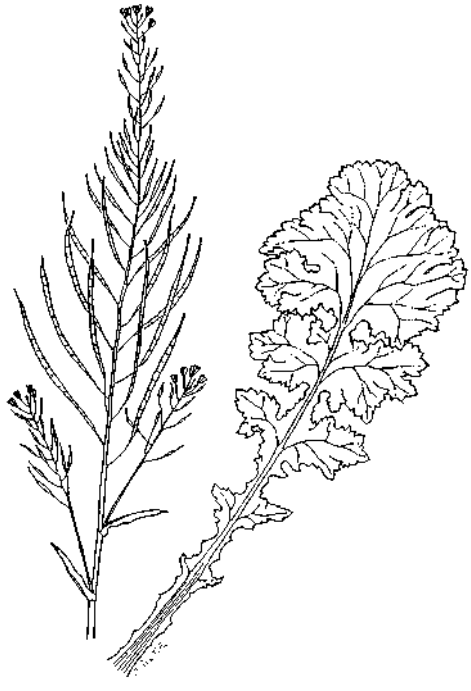
Indications (Black Mulberry) — Bile Problem (f; DEM); Bleeding (f; MAD); Bronchosis (f; PHR); Burn (f; MAD); Cancer (f; JLH); Cancer, spleen (f; JLH); Cancer, throat (f; JLH); Cancer, uterus (f; JLH); Catarrh (f; PHR); Constipation (f; FEL; MAD; PH2; PNC); Cough (f; BIB); Depression (f; DEP); Diabetes (1; MAD; WOI); Diarrhea (f; EFS; MAD); Dysentery (f; MAD); Dysmenorrhea (f; BIB); Dyspepsia (f; DEP); Enterosis (f; DEM); Fever (f; BIB; FEL; PNC);

Gastrosis (f; DEM; JLH); Enterosis (f; DEM; JLH); Hepatosis (f; MAD); High Blood Pressure (1; PNC; WOI); Hyperglycemia (1; WOI); Hysteria (f; MAD); Induration (f; JLH); Inflammation (f; PH2); Insomnia (f; EFS); Menorrhagia (f; MAD); Mucososis (f; PH2); Quinsy (f; FEL); Respirosis (f; PH2); Sore (f; MAD); Sore Throat (f; BIB; DEP; FEL; JLH; MAD); Splenosis (f; JLH); Stomachache (f; MAD); Swelling (f; BIB); Thirst (f; BIB); Tonsilosis (f; MAD); Toothache (f; BIB; MAD); Tumor (f; BIB); Uterosis (f; JLH); Water Retention (1; EFS; PNC; WOI); Worm (f; BIB; EFS; FEL; MAD).

Dosages (Black Mulberry) — 1.7–3.5 g fruit syrup (MAD); 2–4 ml fruit syrup (PHR; PH2).

Contraindications, Interactions, and Side Effects (Black Mulberry) — Not covered (AHP). *Morus alba* Class 1. Not covered (KOM). None known (PHR). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

BLACK MUSTARD (*Brassica nigra* (L.) W. D. J. Koch) ++



Synonym — *Brassica nigra* var. *abyssinica* A. Braun, *Sinapis nigra* L.

Many writers do not distinguish between black, brown (Indian), and white mustard (*B. nigra, B. juncea,* and *Sinapis alba,* respectively), but the spice and medicine trade seems to favor the white. And the canola and rapeseed varieties have been hopelessly manipulated, even in the GMO field. Few if any taxonomists and agronomists can distinguish all *Brassica* varieties and species, and probably fewer chemists, herbalists, pharmacists, and physicians can be sure of the variety or species. My entries can be no more reliable than their sources. Seems as though the group might better be treated generically than specifically or varietally.

Activities (Black Mustard) — Abortifacient (f; CEB; DAW); Analgesic (f; DAW); Antidote, narcotics (f; CEB; FEL); Antifertility (f; WOI); Aperitif (f; DAW); Carminative (f; DAW); Diuretic (f; DAW; FEL; HHB); Emetic (f; DAW); Gastrotonic (f; CEB); Laxative (f; DAW); Pancreatonic

(f; CEB); Rubefacient (f; DAW); Stimulant (f; DAW; WOI); Stomachic (f; DAW; HHB; WOI); Vesicant (f; DAW).

Indications (Black Mustard) — Abscess (f; DAW); Adenopathy (f; JLH); Ague (f; DEM); Alopecia (f; DAW); Ameba (f; DAW); Amenorrhea (f; FEL); Angina (f; FEL; HHB); Anorexia (f; DAW; DEM); Apoplexy (f; FEL); Asthma (f; DEM); Bite (f; CEB); Bloat (f; DAW); Boil (f; DAW); Bronchosis (f; HHB; PH2); Cancer (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, neck (1; FNF; JLH); Cancer, sinew (1; FNF; JLH); Cancer, skin (1; FNF; JLH); Cancer, spleen (1; FNF; JLH); Cancer, throat (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Cancer, wrist (1; FNF; JLH); Cardiopathy (f; HHB; PH2); Cholera (f; FEL); Circulosis (f; PH2); Cold (f; DAW; DEM); Congestion (f; DAW; FEL); Constipation (f; DAW; FEL); Cough (f; DAW); Cramp (f; DAW); CVI (f; PH2); Dermatosis (f; DAW); Dysentery (f; DAW); Dysmenorrhea (f; FEL); Dyspepsia (f; CEB; FEL); Ectoparasite (f; DAW); Edema (f; DAW); Enterosis (f; FEL; PH2); Epilepsy (f; DAW); Fever (f; DAW; DEM; FEL; HHB); Fibroid (f; JLH); Fibroma (f; JLH); Gas (f; DAW); Gastrosis (f; FEL; PH2); Glaucoma (f; PH2); Headache (f; DAW; FEL; PH2); Head Cold (f; DEM); Heartburn (f; HHB); Hepatosis (f; JLH); Hiccup (f; DAW); Induration (f; JLH); Inflammation (f; DAW; FEL); Itch (f; DAW); Lumbago (f; PH2); Lymphoma (f; JLH); Meningosis (f; FEL); Nervousness (f; DEM); Neuralgia (f; DAW; WOI); Ophthalmia (f; DAW); Otosis (f; DAW); Pain (f; DAW; DEM; FEL; HHB); Pharyngosis (f; DAW); Phthisis (f; DEM); Pleurisy (f; DAW; FEL; PH2; WOI); Polyp (f; JLH); Pneumonia (f; DAW; PH2; WOI); Pulmonosis (f; FEL); Respirosis (f; PH2); Rheumatism (f; DAW; PH2; WOI); Rhinosis (f; DAW); Sciatica (f; PH2); Sclerosis (f; JLH); Sinusosis (f; PH2); Snakebite (f; DAW); Splenosis (f; DAW); Spine (f; FEL); Stomachache (f; DAW); Sore Throat (f; DAW); Toothache (f; CEB; DAW; DEM); Tuberculosis (f; DEM); Typhus (f; FEL); Uterosis (f; JLH); Water Retention (f; DAW; FEL; HHB); Worm (f; DAW).

Contraindications, Interactions, and Side Effects (Black Mustard) — Class 1 (internal; ingestion of too much can be irritating); Class 2b (external; duration not to exceed 2 weeks; not for children under 6 years. Severe burns may occur with long-term topical use) (AHP). Contraindications: children younger than 6 years; renal disease (mustard oil is absorbed through the skin). Even external poultice should be limited to 5–10 minutes pediatrically, 10–15 minutes for adults, less for sensitive patients (KOM). 15–30 minutes plaster can cause severe burns (AHP). Millspaugh has said, "unground seeds ... proved dangerous, as they are liable to become impacted in the bowel and set up a fatal inflammation" (CEB). Adverse effects: skin and nervous damage (prolonged use). Should not be used for more than 2 weeks (AEH). Avoid taking with ammonia-containing products because ammonia with mustard oil yields inactive thiosinamine (PH2). Contraindicated in GI ulcers and nephrosis (PHR). Overdoses internally cause GI distress (PHR). Hyperthyroidism with goiter traced to the use of the isothiocyanates in mustard (APA). Delaneyite nitpickologists will doubtless clamber to put the same goitrogenic warning on all members of the mustard family as well as papaya, caper, and nasturtium.

BLACK NIGHTSHADE (*Solanum nigrum* L.) +

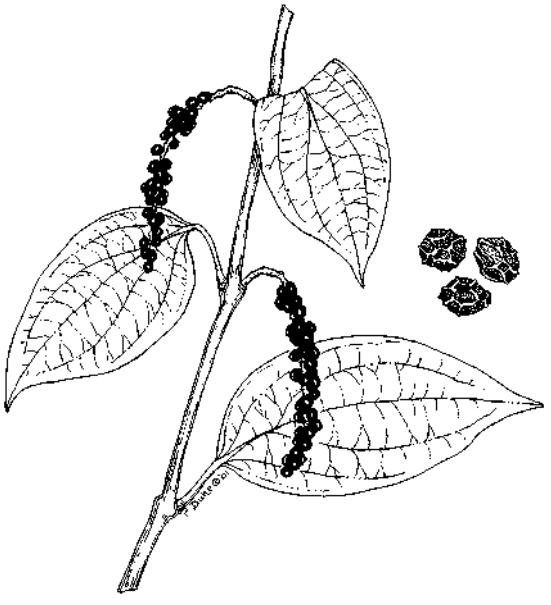
Activities (Black Nightshade) — Alterative (f; DEP); Analgesic (f; JFM; PHR; PH2); Anesthetic (1; PH2); Antipyretic (f; JFM); Antispasmodic (f; PHR; PH2); Antiulcer (1; PH2); Aperitif (f; CRC); Aphrodisiac (f; CRC); Cholagogue (f; WBB); Collyrium (f; DEM); Depurative (f; KAB); Diaphoretic (f; WBB); Diuretic (f; CRC; DEP); Emetic (f; DEM; JFM); Emmenagogue (f; JFM); Emollient (f; CRC); Expectorant (f; KAB); Hypotensive (1; ZUL); Laxative (f; CRC; DEP); Narcotic (f; PHR; PH2); Poison (1; CRC; PHR; PH2); Sedative (1; JFM; PHR; PH2); Tonic (f; CRC; DEP); Tranquilizer (f; JFM).

Indications (Black Nightshade) — Abscess (f; JFM; PHR; PH2); Adenopathy (f; JLH; ZUL); Anasarca (f; DEP); Anorexia (f; CRC); Anthrax (f; KAB; WBB); Aposteme (f; JLH); Asthma (f; CRC; JFM; PH2); Bite (f; CRC; KAB); Boil (f; DEM; JFM); Bronchosis (f; CRC); Bruise (f; PH2); Burn (f; PHR); Cancer (f; CRC); Cancer, anus (1; FNF; JLH); Cancer, breast (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, mouth (1; FNF; JLH); Cancer, parotid (1; FNF; JLH); Cancer, rectum (1; FNF; JLH); Cancer, spleen (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cancer, throat (1; FNF; JLH); Cancer, tonsil (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Cardiopathy (f; DEP); Cerebrosis (f; PH2); Chafing (f; HH2); Chancre (f; KAB); Childbirth (f; CRC; KAB); Colic (f; KAB); Conjunctivosis (f; CRC); Constipation (f; CRC); Convulsion (f; CRC; KAB; WBB); Cough (f; CRC; PH2); Cramp (f; CRC; PHR; PH2); Cystosis (f; DEP; WBB); Dermatosis (f; CRC; JFM; PH2; ZUL); Dropsy (f; DEP); Dysentery (f; CRC; WBB); Dyspepsia (f; DEP; PH2); Dysuria (f; CRC; JFM; PH2); Eczema (f; JFM; PH2); Enterosis (f; JLH; WBB); Erysipelas (f; CRC; JFM; PH2); Fatigue (f; JFM); Felon (f; JLH); Fever (f; CRC; JFM; WBB); Fit (f; CRC); Flu (f; CRC); Gastrosis (f; PHR; PH2); Gingivosis (f; ZUL); Glossosis (f; DEP; JFM); Gonorrhea (f; CRC; DEP; ZUL); Headache (f; CRC; JFM; KAB); Heart (f; CRC; ZUL); Hemoptysis (f; CRC; KAB; ZUL); Hemorrhoid (f; PHR; PH2; WBB); Hepatosis (f; CRC; JLH; PH2; ZUL); Hiccup (f; CRC; PH2); High Blood Pressure (1; ZUL); Hydrophobia (f; CRC; DEP); Infertility (f; CRC); Inflammation (f; PHR); Insomnia (1; DEM; JFM; PHR; PH2); Itch (f; CRC; WBB); Jaundice (f; DEP); Leprosy (f; PH2); Leukoderma (f; CRC); Leukorrhea (f; JFM); Lumbago (f; KAB; WBB); Malaria (f; KAB; WBB); Mastosis (f; JLH); Meningosis (f; JFM; PH2); Nausea (f; CRC); Nephrosis (f; DEP); Nervousness (1; JFM; PHR; PH2); Neuralgia (f; CRC); Neurosis (f; JFM); Odontosis (f; ZUL); Ophthalmia (f; CRC; DEM; PH2); Otosis (f; CRC; JFM; PH2); Pain (1; FNF; JFM; PHR; PH2; ZUL); Parotosis (f; JLH); Pertussis (f; PH2); Proctosis (f; CRC; JLH); Psoriasis (f; CRC; DEP; PHR; PH2); Rheumatism (f; CRC); Rhinosis (f; CRC; KAB); Ringworm (f; JFM; WBB); Scabies (f; ZUL); Scarlet Fever (f; DEM; JFM); Scirrhus (f; CRC; JLH); Shingle (f; JFM; KAB); Sore (f; DEM; JFM; PHR); Sore Throat (f; JLH); Splenosis (f; DEP); Stomachache (f; HH2; JFM); Stomatosis (f; DEP; JFM); Swelling (f; JFM; PH2); Thirst (f; CRC); Throat (f; CRC); Toothache (f; DEM; JFM); Tuberculosis (f; KAB; ZUL); Tumor (f; CRC); Typhus (f; JFM); Ulcer (1; JFM; PH2; ZUL); Urethrosis (f; WBB); Vaginosis (f; JFM; WBB); VD (f; CRC; DEM); Vertigo (f; JFM); Vomiting (f; PH2); Wart (f; JLH); Water Retention (f; CRC; DEP); Whitlow (f; JLH); Worm (f; DEM); Wound (f; JFM; ZUL).

Dosages (Black Nightshade) — Boil a handful in 1 liter water for 10 min (PH2).

Contraindications, Interactions, and Side Effects (Black Nightshade) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Overdoses can cause enterosis, gastrosis, headache, irritability, queasiness, and vomiting (PH2).

BLACK PEPPER (*Piper nigrum* L.) +++



Activities (Black Pepper) — Abortifacient (f; CRC); Alexeteric (f; DEP); Analeptic (1; CRC); Analgesic (1; JBU); Antibacterial (1; CRC; JBU; MPI); Anticonvulsant (1; SPI); Antidote, fish (f; CRC); Antidote, mushroom (f; CRC); Antidote, shellfish (f; CRC); Antiglucuronidase (1; SPI); Antileishmanic (1; PHR); Antioxidant (1; SPI); Antipyretic (1; CRC; DAD); Antiseptic (1; CRC; PHR; PH2); Aperitif (1; EFS; FNF); Carminative (1; CRC; DAD; EFS); Catecholaminic (1; SPI); Diaphoretic (f; HHB; SKJ); Digestive (1; SPI); Diuretic (f; SKJ); Emmenagogue (f; DEP); Epinephrinogenic (1; SPI); Expectorant (1; RIN); Fungicide (1; CRC; MPI; WOI); Gastrogogue (1; PH2); Hepatotonic (1; PH2); HMG-CoA-Reductase Inhibitor (1; SPI); Hypertensive (1; SPI); Hypocholesterolemic (1; SPI); Hypotensive (1; CRC); Insecticide (1; CRC; PHR; PH2); Larvicide (1; MPI); Mutagenic (1; CRC); Peristaltic (1; SPI); Positive Chronotropic (1; SPI); Respiradepressant (1; CRC); Rubefacient (1; DAD; DEP); Scabicide (1; PHR); Secretagogue (1; PHR; SPI); Sialagogue (1; PHR; PH2); Stimulant (1; DAD; PNC); Stomachic (f; EFS; SKJ); Taenicide (1; MPI); Tonic (f; DEP).

Indications (Black Pepper) — Adenosis (f; CRC; DAA); Allergy (1; RIN); Alopecia (f; DEP); Amenorrhea (f; FEL); Anorexia (1; EFS; FNF); Arthrosis (1; CRC; DAD; DEP; PH2); Asthma (f; PH2; SKJ); Athlete's Foot (1; HG50); Atony (f; FEL); Bacteria (1; CRC; JBU; MPI); Bite (f; DEP; SKJ); Boil (f; DEP); Bronchosis (1; PHR); Calculus (1; CRC; DAD); Cancer (1; CRC; DAA); Cancer, abdomen (f; CRC; JLH); Cancer, anus (f; JLH); Cancer, breast (f; CRC; JLH); Cancer, colon (f; CRC; JLH); Cancer, eye (f; CRC; JLH); Cancer, face (f; CRC; JLH); Cancer, gum (f; CRC; JLH); Cancer, liver (f; CRC; JLH); Cancer, mouth (f; CRC; JLH); Cancer, nose (f; CRC; JLH); Cancer, parotid (f; CRC; JLH); Cancer, sinew (f; CRC; JLH); Cancer, spleen (f; CRC; JLH); Cancer, stomach (f; CRC; JLH); Cancer, throat (f; CRC; JLH); Cancer, uvula (f; CRC; JLH); Candida (1; HG50); Catarrh (f; PH2); Cholera (1; CRC; DAD; FEL; SKJ); Cold (1; CRC); Colic (f; CRC; DEP); Coma (f; DEP); Condyloma (f; JLH); Constipation (1; CRC; DAD; FEL); Congestion (f; RIN); Convulsion (1; SKJ; SPI); Corn (f; JLH); Cough (1; CRC; PH2; SKJ); Debility (f; DEP); Dermatosis (1; DEP; HG50; PH2; SKJ); Diarrhea (f; CRC; DEP; PH2; SPI); Dog Bite (f; SKJ); Dry Mouth (1; PHR); Dysentery (f; CRC; PH2); Dysmenorrhea (f; CRC; FEL); Dyspepsia (1; DAD; DEP; EFS; FEL; PHR; PH2); Dysuria (f; CRC); Epididymosis (1; SPI); Escherichia (1; CRC); Favus (1; HG50); Fever (1; CRC; DAD; HHB; PH2; SKJ); Frostbite (1; SPI); Fungus (1; CRC; MPI; WOI); Furunculosis (f; CRC); Galactorrhea (f; PH2); Gas (1; CRC; DAD; EFS; FEL; PH2); Gastrosis (f; FEL; PHR; PH2); Gingivosis (f; JLH);

Gonorrhea (f; DEP); Gravel (f; CRC); Headache (1; CRC; PHR); Head Cold (1; RIN); Hemorrhoid (f; DEP; HHB; PH2; SKJ); Hepatosis (f; JLH); Hiccup (f; PH2); High Blood Pressure (1; CRC); High Cholesterol (1; LIN; SPI); Induration (f; JLH); Infection (1; CRC; JBU; MPI; WOI); Itch (f; DEP); Leishmaniasis (1; PHR); Lethargy (1; DAD); Low Blood Pressure (1; SPI); Malaria (f; CRC; DEP); Mucososis (f; PH2; RIN); Mycosis (1; CRC; HG50; MPI; WOI); Nausea (f; CRC); Neuralgia (1; HHB; PHR; PH2); Ophthalmia (f; JLH); Pain (1; JBU); Paralysis (f; CRC; DEP); Paraplegia (1; CRC; DAD; DEP; WOI); Parturition (f; CRC); Phymata (f; JLH); Prolapse (f; DEP); Respirosis (f; SPI); Rhinosis (f; SKJ); Ringworm (1; HG50); Scabies (1; PHR; PH2); Scarlatina (1; CRC; DAD); Scirrhus (f; JLH); Snakebite (f; SKJ); Sore Throat (f; DEP; SKJ); Splenosis (f; JLH); Staphylococcus (1; MPI); Stomachache (f; DAA); Swelling (f; JLH); Tapeworm (1; MPI); Tinea (1; HG50); Toothache (1; DEP; FNF); Tumor (1; CRC); Ulcer (f; JLH); Urethrosis (f; PH2); Urolithiasis (1; CRC); Vertigo (f; CRC); Vomiting (f; PH2); Wart (f; JLH); Water Retention (f; PNC; SKJ); Wen (f; JLH); Yeast (1; HG50).

Dosages (Black Pepper) — Single doses 300–600 mg; daily dosage 1500 mg (HHB; PHR); 5–15 whole peppercorns for hemorrhoids (HHB); 1–15 grains (MAD); spice chicken soup with black pepper for congestion, cough, or head cold (RIN).

Contraindications, Interactions, and Side Effects (Black Pepper) — Class 1 (AHP) "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

Extracts (Black Pepper) — In human volunteers, 20 mg piperine increases bioavailability of curcumin 20-fold (MAB). Piperine inhibits calcium transport into the mitochondria, facilitates mitochondrial release of calcium, and stimulates ATPase activity (SPI). Piperine is more potent than D-galactosamine in inhibiting glucuronidation. (ED50 with 3-hydroxybenzo(a)pyrene = 50 μ*M*) (SPI). Piperine both depletes uridine diphosphate glucuronic acid and reduced the rate of glucuronidation. This could lead to drug potentiation. Piperine is more toxic to houseflies than pyrethrin. A mix of 0.05% piperine and 0.01 pyrethrins is more toxic than 0.1% pyrethrin (WOI). According to Rinzler, chavicine, piperidine, and piperine are all diaphoretic (but none of them were in my database at home as such) (RIN). Ayurvedics often prescribe black pepper in a synergistic triad called trikatu, with ginger and long pepper (DEP). In addition to 0.54% mixed tocopherols in the oleoresin (including 0.1% alpha-tocopherol), pepper contains five phenolic amides that are superior as antioxidants to alpha tocopherol *in vitro* (SPI). Although pepper contains the carcinogen safrole, it is at very low levels compared to sassafras. EO reportedly inhibits *Alternaria oryzae, A. tenuis, Aspergillus oryzae, Beauveria sp., Cryptococcus neoformans, Fusarium solani, Histoplasma capsulatum, Microsporum gypseum, Nocardia brasiliensis, Penicillium javanicum, P. striatum, Staphylococcus "albus," Trichoderma viride, Trichophyton mentagrophytes,* and *Vibrio cholera.* Alcoholic, aqueous, and ether extracts have taenicidal activity at 1:100 concentrations. Aqueous leaf extract raised blood pressure in dogs modestly (not stated whether oral or injected).

BLACK PHYSICNUT (*Jatropha gossypiifolia* L.) X

Activities (Black Physicnut) — Allergenic (f; CRC); Antibacterial (1; CRC); Antidote, hippomane (f; CRC); Antiplasmodial (1; MPG); Antiseptic (1; CRC); Antispasmodic (1; MPG); Antiviral (1; MPG); Cicatrizant (f; DAV); CNS-Depressant (1; MPG); Depurative (f; CRC); Ecbolic (f; CRC); Emetic (1; CRC); Hypoglycemic (1; MPG); Laxative (1; CRC); Molluscicide (f; MPG); Piscicide (1; CRC); Poison (1; CRC); Sedative (1; ZUL); Uterotonic (f; MPG); Vermifuge (f; MPG); Vulnerary (f; MPG).

Indications (Black Physicnut) — Anorexia (f; MPG); Arthrosis (f; MPG); Asthma (f; CRC); Bacteria (1; CRC); Bleeding (f; IED); Burn (f; CRC; DAV); Cancer (1; CRC; JLH); Cancer, lung (1; MPG); Carbuncle (f; CRC); Carcinoma (1; CRC); Catarrh (f; MPG); Cholecystosis (f; MPG); Cold (f; CRC); Constipation (1; CRC; IED); Convulsion (1; MPG); Cramp (1; MPG); Dermatosis (f; CRC); Diabetes (f; CRC; IED; MPG); Diarrhea (f; CRC; IED); Dropsy (f; CRC); Dyspepsia (f; CRC; IED); Eczema (f; CRC); Erysipelas (f; DAV); Escherichia (1; CRC); Flu (f; DAV); Gall (f; CRC); Glossosis (f;

CRC); Headache (f; DAV); Hematochezia (f; CRC); Hemorrhoid (f; CRC); Hepatosis (f; CRC); Hyperglycemia (1; MPG); Infection (1; CRC; IED); Insomnia (1; ZUL); Leprosy (f; CRC); Leukemia (1; CRC; MPG); Leukorrhea (f; CRC); Malaria (1; CRC; MPG); Mastosis (f; CRC); Nephrosis (f; MPG); Nervousness (1; ZUL); Prickly Heat (f; CRC); Proctosis (f; CRC); Respirosis (f; MPG); Sarcoma (1; MPG); Sore (f; CRC; IED); Sore Throat (f; CRC); Spasm (1; MPG); Stomachache (f; CRC; DAV); Staphylococcus (1; CRC); Swelling (f; DAV); Tumor (1; DAV); Ulcer (f; CRC); Urogenitosis (f; CRC); VD (f; CRC); Virus (1; MPG); Worm (f; MPG); Wound (f; CRC; DAV).

BLACKROOT (*Veronicastrum virginicum* (L.) Farw.) +

Synonym — *Leptandra virginica* (L.) Nutt., *Veronica virginica* L.

Activities (Blackroot) — Antiseptic (f; DEM; EFS); Carminative (1; PH2); Choleretic (f; HHB); Cholagogue (1; EFS; PH2); Depurative (f; DEM; EFS); Diaphoretic (1; EFS; FAD; PH2); Emetic (f; EFS; HHB; MAD; PH2); Hepatotonic (f; FAD); Laxative (1; EFS; HHB; MAD; PH2); Tonic (f; EFS); Toxic (f; DEM).

Indications (Blackroot) — Ague (f; DEM); Atrophy (f; HHB); Backache (f; DEM); Biliousness (f; DEM); Cancer (f; MAD); Cardiopathy (f; DEM); Childbirth (f; DEM); Chill (f; DEM); Cholangosis (f; HHB); Cholera (f; MAD); Cholecystosis (f; HHB; MAD; PH2); Colic (f; DEM); Constipation (1; EFS; HHB; PH2); Convulsion (f; DEM); Debility (f; DEM); Dermatosis (f; MAD); Diarrhea (f; DEM; MAD; PH2); Dropsy (f; MAD); Dysentery (f; MAD); Enterosis (f; MAD); Fever (1; EFS; FAD; HHB; PH2); Flu (f; MAD); Gallstone (f; DEM); Gas (1; MAD; PH2); Gastrosis (f; MAD); Gravel (f; HHB; MAD); Heartburn (f; MAD); Hematuria (f; MAD); Hemorrhoid (f; HHB); Hepatosis (f; HHB; MAD; PH2); Infection (f; DEM); Inflammation (f; PH2); Jaundice (f; HHB; MAD); Malaria (f; MAD); Pulmonosis (f; MAD); Scrofula (f; DEM); Sore (f; DEM); Stone (f; HHB); Typhus (f; DEM; MAD).

Dosages (Blackroot) — Homeopathic (D3 or higher) (HHB); Homeopathic (PH2); 0.2–0.3 g extract (MAD).

Contraindications, Interactions, and Side Effects (Blackroot) — Class 1 for the dry root; Class 2b for fresh root, violently cathartic (AHP).“Health hazards not known with proper therapeutic dosages” (PH2) (but PH2 designates only homeopathic dosage! JAD). Traditionally, dried root is used, not fresh root. Potentially toxic (JAD). Overdoses may cause catharsis and emesis (PH2).

BLACK WALNUT (*Juglans nigra* L.) +

Activities (Black Walnut) — Alterative (f; NUT); Anti-HIV (f; APA); Antiseptic (1; FAD); Antitumor (1; APA; HAD); Antiviral (1; APA); Astringent (1; APA; PED); Depurative (f; DEM); Diaphoretic (f; NUT); Emetic (f; FAD); Fungicide (1; FAD); Hemostat (1; FAD); Herbicide (1; HAD); Insecticide (1; FAD); Laxative (f; DEM; FAD; WAM); Parasiticide (1; WAM); Vermifuge (f; FAD); Vulnerary (f; FAD).

Indications (Black Walnut) — Ague (f; NUT); Alopecia (f; NUT); Bedbug (1; FAD); Biliousness (f; DEM); Bleeding (1; FAD; NUT); Bruise (f; PED); Chill (f; DEM); Colic (f; FAD); Constipation (f; FAD; WAM); Dermatosis (f; NUT); Diarrhea (1; APA); Dysentery (f; DEM); Enterosis (f; DEM); Fever (f; NUT); Fungus (1; FAD); Gangrene (f; NUT); Goiter (f; DEM); Headache (f; DEM); Hemorrhoid (1; APA; PED); Herpes (f; NUT); High Blood Pressure (f; DEM); HIV (f; APA); Hypothyroidism (1; PED); Infection (1; FAD); Inflammation (f; DEM; FAD); Itch (f; DEM); Leprosy (f; NUT); Mycosis (1; APA; FAD); Parasite (1; WAM); Pharyngosis (1; APA); Quincy (f; NUT); Ringworm (1; APA; DEM; FAD); Scrofula (f; NUT); Smallpox (f; DEM); Snakebite (f; DEM); Sore (1; DEM; FAD; FNF); Sore Throat (1; APA); Stomatosis (1; APA); Toothache (f; DEM; FAD); Tumor (1; APA; HAD); Virus (1; APA; NUT); Worm (1; DEM; FAD; PED); Wound (1; PED).

Dosages (Black Walnut) — 10–20 drops fluid extract/day (APA); 495 mg hull capsules 3 ×/day (APA); 2–3 tsp fresh fruit rind (PED); 1–1.5 g dry fruit rind (PED); 1 g dry fruit, 5 ml alcohol/5 ml water (PED).

Contraindications, Interactions, and Side Effects (Black Walnut) — Class 2d. Juglone is mutagenic. External carcinogenic effects noted after chronic use of *Juglans regia,* which contains juglone (AHP). Should not be used for more than a few weeks at a time (WAM). Antiseptic; contains tannins and iodine. No side effects reported (TMA, 1996). Our second-best source of dietary serotonin, quickly broken down in the gut (where there are serotonin receptors). The combination of tannin, with all its pesticidal activities and juglone, may be pretty potent.

BLADDER DOCK (*Rumex vesicarius* L.) ++

Synonym — *Acetosa vesicaria* (L.) Á. Löve.

Activities (Bladder Dock) — Analgesic (f; KAB); Anipyretic (f; KAB); Aperient (f; KAB); Astringent (f; KAB); Diuretic (f; KAB); Laxative (f; KAB); Orexigenic (f; KAB); Stomachic (f; KAB); Tonic (f; KAB).

Indications (Bladder Dock) — Addiction (f; KAB); Alcoholism (f; KAB); Anorexia (f; KAB); Asthma (f; KAB); Bite (f; KAB); Bronchosis (f; KAB); Cancer (f; KAB); Cardiopathy (f; KAB); Constipation (f; KAB); Dysentery (f; KAB); Dyspepsia (f; KAB); Fever (f; KAB); Gas (f; KAB); Gastrosis (f; DEP; KAB); Hemorrhoid (f; KAB); Hiccup (f; KAB); Leukoderma (f; KAB); Nausea (f; KAB); Pain (f; KAB); Scabies (f; KAB); Snakebite (f; KAB); Splenosis (f; KAB); Sting (f; GHA); Toothache (f; KAB); Vomiting (f; KAB).

Dosages (Bladder Dock) — Leaves food farmacy (JAD), available almost year round in India, for example.

Contraindications, Interactions, and Side Effects (Bladder Dock) — High oxalate content dangerous to cattle and susceptible humans.

BLADDERWORT (*Utricularia vulgaris* L.) ++

Activities (Bladderwort) — Antiinflammatory (1; PH2); Antispasmodic (1; PH2); Choleretic (1; PH2); Diuretic (1; PH2).

Indications (Bladderwort) — Burn (f; PH2); Cramp (1; PH2); Dermatosis (f; PH2); Inflammation (1; PH2); Mucososis (f; PH2); UTI (f; PH2); Water Retention (1; PH2).

Dosages (Bladderwort) — Internally 2 g herb/100 ml water; externally 6 g (PH2).

Contraindications, Interactions, and Side Effects (Bladderwort) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

BLESSED THISTLE *(Cnicus benedictus* L.) ++

Activities (Blessed Thistle) — Allergenic (1; APA); Analgesic (f; APA); Antibacterial (1; APA; CAN; PED); Antidiarrheic (1; CAN); Antiedemic (1; CAN; PH2); Antihemorrhagic (f; PNC); Antigonadotropic (1; CAN); Antiinflammatory (1; APA; CAN; SKY); Antileukemic (1; CAN); Antipyretic (f; CAN); Antiseptic (1; APA; PH2; PNC; WBB); Antitumor (1; APA; CAN; PH2); Aperitif (1; APA; PH2; VVG); Astringent (1; CAN); Bitter (1; APA; PED; PH2; PNC); Carminative (1; BGB); Cholagogue (1; BGB; PH2; PHR; VVG); Choleretic (1; APA); Contraceptive (f; WBB); Cytotoxic (1; PH2); Depurative (f; EFS); Diaphoretic (f; APA; FAD; PED; WBB); Diuretic (f; EFS;

FAD; PH2); Emetic (f; PED; WBB); Emmenagogue (f; APA; EFS; PED); Expectorant (f; PNC); Fibrinolytic (1; APA); Gastrogogue (2; APA; KOM; PH2; VVG); Hemostat (1; APA; WBB); Lactagogue (f; APA; FAD; PED); Sialagogue (2; APA; KOM; PH2; SKY); Stimulant (f; PED); Stomachic (1; CAN; PNC; VVG); Swelling (1; PH2); Tonic (f; VVG; WBB); Uterosedative (f; WBB); Vermifuge (f; EFS; HHB; WBB).

Indications (Blessed Thistle) — Amenorrhea (f; APA); Anemia (f; HHB); Anorexia (2; APA; KOM; PH2; SKY; VVG); Arthrosis (1; APA; VVG); Asthma (f; HHB); Atony (f; HHB); Bacteria (1; APA; CAN; PED); Bleeding (1; APA; HHB; PNC; WBB); Bronchosis (f; HHB); Bursitis (1; APA); Cancer (1; APA; CAN; WBB); Cancer, abdomen (f; JLH); Cancer, breast (f; JLH); Cancer, colon (f; JLH); Cancer, intestine (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Catarrh (1; PNC); Chilblain (f; HHB); Cold (f; PH2); Colic (1; CAN); Cholecystosis (1; APA; HHB); Diabetes (f; VVG); Diarrhea (1; BGB); Dyslactea (f; APA; FAD; PED); Dysmenorrhea (f; APA; PED); Dyspepsia (2; APA; KOM, PH2; SKY); Edema (1; CAN); Enterosis (1; BGB; CAN; HHB; WBB); Escherichia (1; HHB); Fever (f; APA; CAN; FAD; PED; PH2; WBB); Gangrene (f; CAN); Gas (2; BGB); Gastrosis (f; BGB; HHB); Gout (f; HHB); Heartburn (f; SKY); Hemorrhoid (F; HHB); Hepatosis (1; APA; HHB); Hypochondria (f; HHB); Hysteria (f; HHB); Infection (1; APA; PNC); Inflammation (1; APA; CAN; SKY); Leukemia (1; CAN); Neurasthenia (f; HHB); Pain (f; APA; CAN); Plague (f; APA); Rheumatism (1; APA); Sclerosis (f; JLH); Scrofula (f; EFS); Sore (1; CAN; PH2; VVG); Splenosis (f; JLH); Staphylococcus (1; HHB); Swelling (1; CAN; PH2); Tuberculosis (1; HHB); Tumor (1; APA; CAN; PH2); Water Retention (f; EFS; FAD; PH2); Worm (f; EFS; HHB; WBB); Wound (1; APA; PH2; PNC; VVG).

Dosages (Blessed Thistle) — 4000–6000 mg/day; 1.5–2 tsp chopped leaf/cup water, before meals; 1.5–3.0 g dried flowering shoots, or in tea, 3 ×/day (CAN); 10–20 drops extract in water; 1.5–3 ml liquid herbal extract (1:1 in 25% ethanol) 3 ×/day (CAN); 4–6 g herb/day (KOM; PH2); 1.5 g herb/cup water (HHB); 2–4 tbsp fresh herb (PED); 3–6 g dry herb (PED); 4.5 g dry herb:22 ml alcohol/23 ml water (PED); 2–4 ml liquid herb extract (PNC); 2 (360 mg) capsules 3 ×/day (APA).

Contraindications, Interactions, and Side Effects (Blessed Thistle) — Class 2b (AHP). Commission E reports contraindications: hypersensitivity to the plant and other Asteraceae; adverse effects of allergic reactions (AEH). High doses (>5 g/cup tea) may irritate the stomach and cause vomiting (AHP). Safety not established. Excessive use during pregnancy and lactation should be avoided. In view of emmenagogue citations, use in pregnancy discouraged (PED). Avoid this herb completely during pregnancy. "In view of the lack of toxicity data, excessive use of holy thistle should be avoided" (CAN). Also known as St. Benedict's thistle, used in Benedictine. A strong emetic; vomiting can occur in overdoses. Stimulates gastric activity, avoid if you have an ulcer. Use only with medical supervision (TMA, 1996).

Extracts (Blessed Thistle) — Antitumor activity reported for the whole herb; and cnicin, which also has antibacterial, antiedemic, antiinflammatory (~ = indomethacin), antileukemic effects; cnicin LD50 = 1.6–3.2 μ*M*/kg; causing writhing (ED50 = 6.2 μ*M*/kg). Extracts as potent an antiinflammatory as indomethacin (APA).

BLETILLA, HARDY ORCHID (*Bletilla striata* (Thunb.) Rchb. f.) ++

Synonym — *Bletia hyacinthina* (J. E. Smith) R. Br.; *Cymbidium hyacinthinum* J. E. Smith; *Epidendrum tuberosum* Lour.; *Limodorum striatum* Thunb.

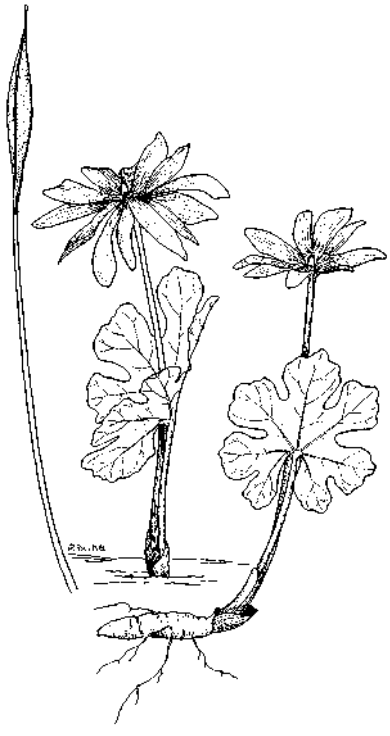
Activities (Bletilla) — Antibacterial (1; FAY); Antitussive (f; FAY); Astringent (f; FAY); Bechic (f; LMP); Bitter (f; FAY); Demulcent (f; FAY); Embolizer (1; X9387329); Expectorant (1; FAY); Insecticide (1; LMP); Pulmonotonic (f; LMP).

Indications (Bletilla) — Ague (f; LMP); Bacteria (1; FAY); Bleeding (1; FAY); Bronchosis (f; FAY); Burn (f; FAY); Cancer (f; FAY); Cancer, liver (1; X9324524); Carbuncle (f; FAY); Chafing (f; FAY); Chilblain (f; FAY); Cirrhosis (1; X9324524); Cough (f; FAY); Dermatosis (f; LMP); Duodenosis (f; FAY); Dysentery (f; FAY; LMP); Dyspepsia (f; FAY; LMP); Enterosis (f; FAY); Epistaxis (f; FAY); Fever (f; LMP); Gastrosis (f; FAY); Hematemesis (f; FAY); Hematuria (f; FAY); Hemoptysis (f; FAY); Hemorrhoid (f; LMP); Hepatosis (1; X9324524); Infection (1; FAY); Inflammation (f; FAY); Proctosis (f; FAY); Pulmonosis (f; FAY; LMP); Scald (f; FAY); Silicosis (1; FAY); Sore (f; FAY); Swelling (f; FAY; LMP); Trachosis (f; FAY); Tuberculosis (f; FAY; LMP); Ulcer (1; FAY).

Dosages (Bletilla) — 3–9(–16) g dry root (FAY); 5–10 g powdered root in decoction (FAY).

Contraindications, Interactions, and Side Effects (Bletilla) — Not covered (AHP; KOM; PH2). Not for use in chronic lung ailments. Large or frequent dosage can become toxic. Take root only with medical supervision (FAY).

BLOODROOT (*Sanguinaria canadensis* L.) X



Activities (Bloodroot) — Abortifacient (f; CEB; DEM); Alterative (f; CRC); Analgesic (f; DEM; APA); Anesthetic (1; CRC); Antibacterial (1; APA); Anticholinesterase (1; HH3); Antiedemic (1; HH3); Antiemetic (f; DEM); Antiinflammatory (1; APA; HH3); Antiplaque (1; PHR; PH2); Antipyretic (f; CRC); Antiseptic (1; APA; CAN; PHR; PH2); Antispasmodic (f; CAN); Antitumor (1; APA; COX; FNF); Aphrodisiac (f; CRC); Arteriosedative (f; CRC); Bradycardic (f; CRC); Cardioactive (f; CAN; DEM; HH3); Cholagogue (1; FEL); COX-2-Inhibitor (1; COX; FNF); Decongestant

(f; APA); Depurative (f; DEM); Diaphoretic (f; CEB; CRC); Diuretic (f; CEB; CRC); Emetic (1; APA; CAN; PHR; PH2); Emmenagogue (f; CRC); Escharotic (1; CAN; HOX); Expectorant (f; APA; CAN; HH3; PHR); Laxative (f; CAN; CRC); Narcotic (1; CRC; PHR); Paralytic (1; PHR); Positive Inotropic (1; HH3); Rubefacient (f; CRC); Secretagogue (1; FEL); Sedative (f; CRC); Spasmogenic (1; PHR); Sternutator (f; CRC); Stimulant (f; CRC); Tonic (f; CRC; DEM); Vermifuge (f; CRC; DEM).

Indications (Bloodroot) — Adenopathy (1; CRC; FNF); Alcoholism (f; CRC); Alzheimer's (1; COX; FNF; HH3); Anemia (f; CRC; FEL); Aphonia (f; CRC); Arthrosis (1; APA; COX; CRC); Asthma (f; CAN; CRC; FEL; HH3); Bacteria (1; APA); Bleeding (f; DEM); Blepharosis (f; CRC); Bronchosis (1; CAN; CRC; HH3); Burn (f; CRC; DEM); Cancer (1; APA; COX; HOX); Cancer, breast (1; CRC; JLH); Cancer, ear (1; CRC; JLH); Cancer, nose (1; CRC; JLH); Cancer, skin (1; COX; CRC; JLH); Cancer, uterus (1; CRC; JLH); Candida (f; HH3); Cardiopathy (f; DEM); Catarrh (f; CRC; DEM; FEL); Chest Ache (f; CRC); Childbirth (f; CRC); Chlorosis (f; FEL); Cold (f; APA; CRC; DEM); Congestion (f; APA); Constipation (f; CRC; DEM); Cough (f; APA; CRC; DEM); Cramp (f; CAN; DEM); Croup (1; CAN; CRC; DEM; FEL); Deafness (f; CRC); Dermatosis (f; FEL); Debility (f; DEM; FEL); Diarrhea (f; DEM); Diphtheria (f; CRC); Divination (f; CRC); Duodenosis (f; FEL); Dysentery (1; CRC; FEL; FNF); Dysmenorrhea (f; CRC; DEM; HH3); Dyspepsia (f; CRC; DEM; FEL); Ear (f; CRC); Eczema (f; CRC; FEL); Enterosis (f; DEM); Escherichia (1; HH3); Fever (f; APA; CEB; CRC); Fits (f; DEM); Flu (f; CRC); Flush (f; CRC); Frigidity (f; CRC); Fungus (f; CEB; FEL); Gall (f; DEM); Gas (f; DEM); Gastrosis (f; CRC; FEL); Gleet (f; CRC); Gingivosis (1; APA; PH2); Glossosis (f; CRC); Gonorrhea (f; DEM); Gout (f; CRC); Halitosis (1; APA); Headache (f; CEB; CRC; FEL); Head Cold (f; CEB; DEM); Hemoptysis (f; CRC; DEM); Hemorrhoid (f; CRC; DEM); Hepatosis (f; CRC; DEM); Hysteria (f; FEL); Impotence (f; FEL); Infection (f; HH3); Inflammation (1; APA; FEL; HH3); Insomnia (f; CRC); Keratosis (f; CRC); Laryngosis (f; CRC; FEL; HH3); Melanoma (1; HOX); Migraine (f; CRC); Mucososis (f; FEL); Mycosis (1; APA; FEL); Nervousness (f; CRC); Neuralgia (f; CRC); Ophthalmia (f; CRC); Pain (1; CRC; DEM; APA); Periodontosis (1; FNF; JAD); Pertussis (f; CEB; CRC; FEL); Pharyngosis (1; CAN; CRC; FNF; HH3); Phthisis (f; FEL); Plaque (1; CRC); Pneumonia (f; CRC; FEL); Polyp (1; CAN; CEB; DEM; HOX); Pulmonosis (f; CEB; DEM); Quinsy (f; CRC); Respirosis (f; CRC); Rheumatism (f; APA; CRC; DEM); Rhinosis (f; CRC; HH3); Ringworm (f; FEL); Salmonella (1; HH3); Scarlatina (f; CRC; FEL); Scrofula (f; FEL); Sore (f; DEM); Sore Throat (1; APA; CRC; FEL); Spermatorrhea (f; FEL); Staphylococcus (1; HH3); Stomachache (f; DEM); Streptococcus (1; HH3); Swelling (1; HH3); Syncope (f; DEM); Syphilis (f; CRC; DEM; FEL); Tinnitus (f; CRC); Toothache (1; CRC); Tracheosis (f; FEL); Tuberculosis (1; CEB; CRC; DEM); Tumor (1; APA; COX; CRC; FNF); Typhoid (f; CRC); Ulcer (f; DEM); Vaginosis (1; CRC; FNF); VD (f; CRC); Vomiting (f; DEM); Water Retention (f; CEB; CRC); Whitlow (f; CRC); Worm (f; CRC; DEM); Wound (f; DEM); Yeast (1; HH3).

Dosages (Bloodroot) — 0.06–0.5 (–2 g for emesis) g rhizome 3 ×/day (CAN); 0.06–0.3 ml (–2 ml for emesis) liquid extract (1:1 in 60% alcohol) 3 ×/day (CAN); 0.3–2 ml (–8 ml for emesis) tincture (1:5 in 60% alcohol) 3 ×/day (CAN); 0.5 g powdered root (PNC); 0.5–1.5 ml liquid root extract (PNC); 2–8 ml root tincture (PNC); 0.3–0.5 g solid root extract (PNC).

Contraindications, Interactions, and Side Effects (Bloodroot) — Class 2b. May cause nausea and vomiting. Powerful emesis may result from doses as low as 1 g (AHP) (0.03 g; i.e., 30 mg) (PHR). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). PH2 does state that overdoses can cause colic, diarrhea enterosis, vomiting, and possible collapse (PH2). And CAN are sanguine about sanguinarine, no side effects or toxicity documented for bloodroot. Carcinogenic potential of sanguinarine

has been recently disproven. Hepatotoxicity has not been noted in toxicity studies with oral administration of sanguinarine. Human patch tests indicate it is nonirritant and nonsensitizing. Animal studies indicate it is also nonallergenic and shows no anaphylactic potential. Still, they say, "Use of bloodroot during pregnancy and lactation is best avoided. Oral rinses and toothpastes containing either sanguinaria extracts, or sanguinarine, may be of value in dental hygiene, and are of low toxicity" (CAN). The suspected glaucomagenic activity of sanguinarine has been disputed and the toxicity of *A. mexicana* oil has been attributed to a fatty acid constituent rather than sanguinarine. Canadians do not allow in food (Blackburn, 1993). May interfere with glaucoma medications (AHP).

BLUEBERRY (*Vaccinium angustifolia* Aiton and *corymbosum* L.) +++

Synonym — *V. brittonii* Porter ex C. Bicknell, *V. lamarckii* Camp, *V. pennsylvanicum* Lam.; *V. constablaei* A. Gray.

Activities (Blueberry) — Analgesic (1; FAD); Antiaging (1; JNU); Antiinflammatory (1; JNU); Antioxidant (1; JNU); Apoptotic (1; JNU); Astringent (1; APA); Cerebrotonic (1; JNU); Depurative (1; DEM; FAD); Detoxicant (1; JNU); Emmenagogue (f; DEM); Hypocholesterolemic (f; JNU); Memorigenic (1; JNU); Neuronogenic (1; JNU).

Indications (Blueberry) — Alzheimer's (1; JNU); Arthrosis (1; JNU); Cancer (1; JNU); Cardiopathy (1; JNU); Cerebrosis (1; JNU); Childbirth (1; FAD; JNU); Colic (1; DEM; FAD); Dementia (1; JNU); Diarrhea (1; APA; FAD; JNU); Enterosis (1; APA); High Cholesterol (1; JNU); Inflammation (1; APA; JNU); Miscarriage (1; FAD); Mucososis (1; APA); Pain (1; FAD); Pharyngosis (1; APA); Sore Throat (1; APA); Stomatosis (1; APA); Stress (1; JNU); Stroke (1; JNU); UTI (1; JUN).

Dosages (Blueberry) — 3 tbsp dried fruit chewed (APA); 1–2 tsp chopped leaf/cup water, up to 6 ×/day (APA).

Contraindications, Interactions, and Side Effects (Blueberry) — Class 1 (AHP). None reported for the berry.

Extracts (Blueberry) — Wild blueberries may have 25–30 different anthocyanins in high concentrations. Cooking damages the anthocyanins (JNU). Anthocyanins and polyphenols in berries of several *Ribes, Rubus,* and *Vaccinium* spp. have *in vitro* antiradical activity on chemically generated superoxide radicals. The extracts also inhibit xanthine oxidase. All crude extracts were highly active toward chemically generated superoxide radicals. *Ribes nigrum* extracts exhibited most activity, being the richest in both anthocyanins and polyphenols. But *Ribes rubrum* extracts seem to contain more active substances (X1332092).

BLUE CARDINAL FLOWER (*Lobelia siphilitica* L.) +

Activities (Blue Cardinal Flower) — Antirheumatic (f; DEM); Antitussive (f; DEM); Diaphoretic (f; FAD); Diuretic (f; FAD); Poison (f; FAD).

Indications (Blue Cardinal Flower) — Cold (f; FAD); Cough (f; FAD); Croup (f; DEM; FAD); Dyspepsia (f; FAD); Epistaxis (f; DEM; FAD); Fever (f; DEM; FAD); Gastrosis (f; DEM; FAD); Headache (f; FAD); Sore (f; DEM; FAD); Rheumatism (f; DEM); Syphilis (f; DEM; FAD); Water Retention (f; FAD); Worm (f; DEM; FAD).

BLUE COHOSH (*Caulophyllum thalictroides* (L.) Michx.) +

B

Activities (Blue Cohosh) — Abortifacient (f; CAN; PH2); Antiedemic (1; CAN; PNC); Antifertility (1; APA); Antiinflammatory (1; APA; FAD; PNC); Antipyretic (f; APA); Antiseptic (1; APA; PED); Antispasmodic (1; APA; CAN; FAD; PH2); Antirheumatic (1; CAN); Bitter (1; APA; PED); Contraceptive (1; APA; CRC; FAD); Diaphoretic (f; APA; CRC); Diuretic (f; APA; CRC); Emetic (f; DEM; FAD); Emmenagogue (1; APA; CRC); Estrogenic (1; FAD; PED; PH2); Expectorant (f; APA; CRC); Fungicide (1; PED); Hyperglycemic (1; FAD); Hypertensive (1; APA; FAD; PED); Hypoglycemic (1; APA); Laxative (f; CRC; PED); Nicotinic (1; PH2); Parturifacient (f; CRC); Phagocytotic (1; PNC); Spasmogenic (1; APA); Tonic (f; DEM); Uterotonic (1; APA; FAD; PED); Vasoconstrictor (f; PED); Vermifuge (f; CRC).

Indications (Blue Cohosh) — Amenorrhea (f; CAN; CRC; PH2); Anxiety (f; APA); Arthrosis (1; APA); Asthma (f; APA); Atony (f; PH2); Barrenness (f; CRC); Biliousness (f; DEM); Bleeding (f; DEM); Bronchosis (f; CRC); Childbirth (f; APA; FAD; PH2); Cholasma (f; CRC); Cholera (f; CRC); Cholera Morbus (f; CRC); Colic (f; APA; CRC); Conception (f; CRC); Constipation (f; CRC; PED); Convulsion (f; CRC); Cough (f; APA); Cramp (1; APA; CAN; DEM; FAD; PH2); Dehydration (f; PH2); Dropsy (f; CRC); Dysmenorrhea (f; APA; CAN; CRC; PH2); Dyspepsia (f; CRC; DEM); Edema (1; CAN); Enterosis (f; FAD); Epilepsy (f; APA; CRC); Fever (f; APA; CRC; FAD; DEM); Fits (f; DEM); Fungus (1; PED); Gallstone (f; DEM); Gonorrhea (f; CRC); Gout (f; CRC); Hemoptysis (f; DEM); Hiccup (f; CRC); High Blood Pressure (f; APA); Hyperglycemia (1; APA); Hypoglycemia (1; FAD); Hysteria (f; CRC; DEM); Infection (1; PED); Inflammation (1; APA; DEM; FAD; PNC); Leukorrhea (f; CRC); Low Blood Pressure (1; APA; FAD; PED);

Metrorrhagia (f; CRC); Miscarriage (Preventive) (f; CAN; PH2); Mycosis (1; PED); Nephrosis (f; DEM); Nervousness (f; CRC); Neuralgia (f; CRC); Ovaries (f; CRC); Pain (f; CAN; CRC; DEM); Parturition (f; CRC; DEM); Pityriasis (f; CRC); Poison Ivy (f; DEM); Pregnancy (f; CRC); Pulmonosis (f; DEM; FAD); Rheumatism (1; APA; CAN; CRC; DEM; PNC; PH2); Senile Dementia (f; APA); Sore Throat (f; CRC); Stomachache (f; DEM); Stomatosis (f; CRC); Swelling (1; CAN; PNC); Toothache (f; DEM); Uterine Atony (f; CAN); Uterine Cramp (f; CRC); Uterosis (f; CRC; PH2); UTI (f; APA; FAD); Vaginosis (f; CRC); Water Retention (f; APA; CRC); Womb (f; DEM); Worm (1; APA; CRC; PED; PH2); Yeast (f; PED).

Dosages (Blue Cohosh) — 40–200 mg/day (APA); 0.3–2 g rhizome 3 ×/day (CAN); $^1/_2$–1 tsp fresh root (PED); 0.25–0.5 g dry root (PED); 0.5 g dry root: 3 g alcohol/2 ml water (PED); 0.3–2 g powdered root (PNC); 0.3–2 ml liquid root extract (PNC); 0.3–2.0 ml liquid extract (1:1 in 90% alcohol) (CAN); 2–4 ml tincture (1:10 in 60% alcohol) (CAN).

Contraindications, Interactions, and Side Effects (Blue Cohosh) — Class 2b (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). CAN caution that the poisonous seeds will irritate the GI tract. Because it is reputed to be abortifacient and to affect the menstrual cycle, its use in pregnancy and lactation is to be avoided. May interfere with angina therapy (CAN). Anagyrines may be teratogenic (PHR). Canadian regulations do not allow blue cohosh as a nonmedicinal ingredient for oral use products (Michols, 1995). The alcoholic extract was uterotonic in guinea pig; caulosaponin is oxytocic to rat uterus *in vivo*; even low-potency homeopathic produce follicular and endometrial changes likened to inhibition of ovulation; administration of this homeopathic preparation interrupted implantation (De Smet et al., 1993).

BLUE FLAG (*Iris versicolor* L.) +

For orris, see *Iris* x *germanica*. Is it the irises, or the taxonomists (or me) who are screwed up. In a rare show of bravery, Steinmetz (EFS) covers six species of *Iris* but then templates very repetitive entries for all six, especially the two I treat as orris, almost identical in EFS. More modern writers tend to aggregate some of these that are also called, colloquially, "orris." The USDA accepts *I. pallida* as orris, but also has listed *I.* x *germanica* as orris-root. Unlike the herbal PDR, I maintain that *Iris versicolor*, the blue flag, is a distinct species. (See also, Orris.)

Activities (Blue Flag) — Alterative (f; CRC; PNC); Analgesic (f; DEM; FAD); Anorectic (1; PNC); Antidermatotic (f; CAN); Antidote (f; MIC); Antiemetic (f; CAN); Antiinflammatory (f; CAN); Antiobesity (1; PNC); Catabolic (f; CRC); Cholagogue (f; CAN; DEM; MAD); Depurative (f; CRC); Diuretic (f; CAN; CRC; MAD); Emetic (f; CRC; MAD; MIC); Hepatotonic (1; MAD); Laxative (1; CAN; CRC; DEM; FAD; PNC); Poison (f; DEM); Resolvent (f; CRC); Sialagogue (f; CRC); Stimulant (f; CRC; PNC).

Indications (Blue Flag) — Allergy (f; DEM); Amenorrhea (f; MAD); Biliousness (f; CAN; CRC); Bruise (f; DEM; FAD); Burn (f; DEM); Cancer (f; CRC); Cancer, breast (f; JLH); Cancer, kidney (f; JLH); Catarrh (f; MAD); Childbirth (f; CRC); Cholecystosis (f; MAD); Cholera (f; DEM); Cold (f; DEM); Constipation (1; CAN; CRC; FAD); Dermatosis (f; CAN; CRC); Diabetes (f; CRC; MAD); Diarrhea (f; CRC; MAD); Dropsy (f; CRC; MAD); Duodenosis (f; MAD); Dysentery (f; CRC); Dysmenorrhea (f; CRC; MAD); Dyspepsia (f; CRC); Eczema (f; CRC); Felon (f; JLH); Fistula (f; CRC); Gallstone (f; DEM; MAD); Gastrosis (f; CRC; MAD); Headache (f; CRC; MAD); Heartburn (f; MAD); Hemicrania (f; CRC; HHB); Hepatosis (f; CAN; CRC; DEM); Herpes (f; CRC); Impetigo (f; CRC); Infertility (f; DEM); Inflammation (f; CAN; DEM); Jaundice (f; MAD); Malaria (f; MAD); Migraine (f; CRC; FAD; MAD); Morning Sickness (f; CRC); Nausea (f; CRC; MAD); Nephrosis (f; DEM); Neuralgia (f; CRC; MAD); Obesity (1; CRC; PNC); Ophthalmia (f; DEM); Otosis (f; DEM); Pain (f; CRC; DEM; FAD); Pancreatosis (f; CRC); Parotosis (f; CRC); Proctosis (f; CRC); Psoriasis (f; CRC); Rheumatism (f; CRC; DEM; FAD); Salivation (f; CRC);

Sciatica (f; CRC); Scrofula (f; CRC; DEM); Sore (f; DEM; FAD; MAD); Sore Throat (f; DEM); Spermatorrhea (f; CRC); Stomachache (f; CRC); Swelling (f; DEM; FAD); Syphilis (f; CRC); Tumor (f; JLH); VD (f; CRC); Vomiting (f; CAN); Water Retention (f; CAN; CRC; MAD); Whitlow (f; CRC); Wound (f; DEM).

Dosages (Blue Flag) — 0.6–2 g dried rhizome in tea, 3 ×/day (CAN); 0.3–1.2 g powdered root (MAD); 1 g powdered root (PNC); 1–2 ml liquid extract (1:1 in 45% alcohol) 3 ×/day (CAN); 2–4 ml liquid extract (PNC); 4–12 ml tincture (PNC).

Contraindications, Interactions, and Side Effects (Blue Flag) — Class 2b, 2d. May cause nausea and vomiting. Fresh root may irritate mucosa (AHP). Fresh root and its furfural (volatile oil) may cause nausea, vomiting, and may irritate the GI tract and eyes (CAN). Furfural irritates the mucous membranes, causing lacrimation, inflammation of the eyes, irritation of the throat, and headache. Because of the irritant oil, its use in pregnancy and lactation is to be avoided (CAN). Recent exchanges I have seen indicate that the fresh root makes proportionately much more potent and toxic solutions than the dry ones, which being much weaker, are taken in larger doses. The information provided me said that naturopaths may tend to work with the drier roots and larger doses. Then, when someone gets a fresh herbal tincture and takes the same dose, irritation and nausea can result. LD50 of furfural, 127 mg/kg (CAN). Iridine poisonous to humans and livestock, hepatotonic in animals. Reduced intake of food in rats (MAD; PNC).

BOGBEAN (*Menyanthes trifoliata* L.) +

Activities (Bogbean) — Anabolic (f; DEM); Antiedemic (1; FNF); Antihemorrhagic (1; FAD); Antiinflammatory (1; APA); Antileukotriene (1; FNF); Antimelanomic (1; JAD); Antiprostaglandin (1; FNF); Antipyretic (f; EFS); Antiseptic (f; PH2); Antispasmodic (1; APA); Aperitif (1; APA; CEB; DAW; EFS); Astringent (f; FEL); Bitter (2; JAD; PHR); Cholagogue (f; DAW; EFS); Choleretic (1; APA; CAN; FAD); Deobstruent (f; DAW; EFS; PNC); Depurative (f; DAW; EFS); Diaphoretic (f; CEB; DAW); Digestive (1; APA; FAD); Diuretic (f; CAN; CEB; DAW); Emetic (1; CAN; CEB; DAW; EFS); Emmenagogue (f; CEB); Gastrostimulant (2; KOM; PHR; PH2); Hemolytic (1; CAN); Hepatoprotective (1; APA); Hypnotic (f; DAW; EFS); Hypoglycemic (f; MAD); Intoxicant (f; DAW); Laxative (1; APA; CAN; DAW; EFS; FEL); Narcotic (f; DAW; EFS; WOI); Nervine (f; DAW; EFS); Sedative (f; DAW; EFS); Sialagogue (2; APA; KOM; PHR; PH2); Stomachic (1; CAN; DAW); Tonic (1; DEM; DEP; DAW; FAD; FEL); Vermifuge (f; DAW).

Indications (Bogbean) — Ague (f; CEB); Amenorrhea (f; MAD; PH2); Anemia (f; MAD); Anorexia (2; APA; CEB; DAW; EFS; KOM; PHR; PH2); Aposteme (f; JLH); Arthrosis (f; CAN; MAD); Asthenia (f; CAN); Bacteria (1; ABS); Bleeding (1; FAD); Cachexia (f; FEL); Cacoethes (f; JLH); Cancer (f; CEB; JLH); Cancer, colon (1; FNF; JLH); Cancer, intestine (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, skin (1; FNF; HHB; JLH); Cancer, stomach (1; FNF; JLH); Carcinoma (f; JLH); Catarrh (f; HHB); Cholera (f; MAD); Cold (f; MAD); Constipation (f; APA; DAW; DEM); Cough (f; CEB; HHB); Cramp (1; APA); Dermatosis (f; APA; CEB; FAD); Diabetes (f; MAD); Diarrhea (f; CEB); Dropsy (f; FAD; FEL); Dry Mouth (2; APA; KOM; PHR); Dysmenorrhea (f; MAD); Dyspepsia (2; KOM; PHR; PH2); Edema (1; FNF; PH2); Endothelioma (f; JLH); Enterosis (f; JLH; PH2); Epithelioma (f; JLH); Fever (f; APA; CEB; DAW; EFS; FAD; FEL); Flu (f; DEM); Furuncle (f; PH2); Gas (f; DEM; HHB; MAD); Gastrosis (1; MAD; PH2); Glomerulonephrosis (f; ABS; FNF); Gout (f; CEB; PH2; MAD); Headache (f; MAD; PH2); Heartburn (f; MAD); Hemoptysis (f; CEB; DEM); Hemorrhoid (f; MAD); Hepatosis (1; APA; CEB; FAD; JLH); Hyperacidity (f; MAD); Hyperglycemia (f; MAD); Hypochondria (f; MAD); Infection (1; PH2); Inflammation (1; APA; FNF); Insomnia (f; DAW; EFS; PH2); Jaundice (f; MAD; PH2); Lethargy (1; DEM; FAD); Malaria (f; APA; FEL; PH2); Melanoma (1; FNF; JAD); Migraine (f; HHB); Nephrosis (f; ABS; FNF); Nervousness (f; DAW; EFS; MAD); Neuralgia

(f; MAD); Otosis (f; PH2); Pain (f; CEB; DEM); Rheumatism (f; APA; CAN; CEB; DEM; FEL); Sarcoma (f; JLH); Scabies (f; PH2); Scrofula (f; CEB; MAD); Seasickness (f; MAD); Sore (f; JLH); Splenosis (f; HHB; PH2); Stomachache (f; DEM); Stone (f; HHB); Stress (f; EFS); Swelling (1; FNF); Trigeminal Neuralgia (f; MAD); Tuberculosis (f; HHB; MAD); Uterosis (f; FEL); Water Retention (f; CAN; CEB; DAW; MAD); Worm (f; APA; CEB; DAW; FAD; FEL); Wound (f; MAD).

Dosages (Bogbean) — 0.5–1 tsp chopped leaf one-half hour before meals (APA); 10–25 grains powdered leaf (FEL); 1–2 tsp (1.5-3 g) leaf in hot or cold tea (MAD); 1–2 g, perhaps in tea, 3 ×/day (CAN); 1 tsp (= 0.9 g) or 0.5–1 g/cup tea, $^1/_2$ cup before each meal (PH2); 1–2 ml liquid extract (1:1 in 25% alcohol) 3 ×/day (CAN); 1–3 ml liquid extract (1:5 in 45% alcohol) 3 ×/day (CAN); 1–15 drops tincture with sugar for seasickness (MAD); 0.5–1.5 ml liquid herb extract (PNC). Food farmacy; emergency food in Russia; hops substitute in Germany; tea substitute elsewhere (WOI). Roots used for making mission or famine bread.

Contraindications, Interactions, and Side Effects (Bogbean) — AHP Class 2b, 2d (JAD). None known (KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Not for patients with colitis, diarrhea, or dysentery (PH2). Should be avoided during pregnancy and lactation (CAN). Large doses may induce diarrhea, gripping pain, nausea, and vomiting (CAN; PH2). Unidentified hemolytic principle. Large doses are emetic and laxative. Betulinic acid is a promising antimelanomic compound. Europeans report success in treating glomerulnephrosis. Decoctions show dose-dependent antiedemic, antiinflammatory, antileukotriene, and antiprostaglandin activity; induced exocytosis.

BOG BILBERRY, BOG BLUEBERRY (*Vaccinium uliginosum* L.) ++

Activities (Bog Bilberry) — Narcotic (f; CEB; EFS).

Indications (Bog Bilberry) — Catarrh (f; HH2); Childbirth (f; DEM); Cystosis (f; EFS; HH2; PH2); Debility (f; DEM); Diarrhea (f; HH2; PH2); Enterosis (f; EFS; PH2); Gastrosis (f; EFS; HH2; PH2).

Dosages (Bog Bilberry) — 2 heaping tsp fruit/250 ml cold water (HH2; PH2).

Contraindications, Interactions, and Side Effects (Bog Bilberry) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Overeating possibly fungal contaminated fruits may cause debility, dizziness, intoxication, queasiness, and vomiting (PH2).

Extracts (Bog Bilberry) — Anthocyanins and polyphenols in berries of several *Ribes, Rubus,* and *Vaccinium* spp. have *in vitro* antiradical activity on chemically generated superoxide radicals. The extracts also inhibit xanthine oxidase. All crude extracts were highly active toward chemically generated superoxide radicals. *Ribes nigrum* extracts exhibited most activity, being the richest in both anthocyanins and polyphenols. But *Ribes rubrum* extracts seem to contain more active substances (X1332092).

BOLDO (*Peumus boldus* Molina) +

Synonym — *Boldea fragrans* (Ruiz & Pav.) Gay, *Peumus fragrans* Ruiz & Pav.

Activities (Boldo) — Analgesic (f; BGB; CRC); Anticholinergic (1; BRU); Antiinflammatory (1; APA); Antioxidant (1; APA; BGB); Antirheumatic (f; EFS); Antiseptic (1; CAN; CRC; EFS); Antispasmodic (2; APA; BRU; KOM; PH2; SHT); Aperitif (2; PHR); Carcinogenic (1; CRC); Carminative (f; BGB); Cholagogue (2; APA; CAN; SHT); Cholekinetic (2; SHT); Choleretic (2;

CRC; KOM; HHB; PH2; SHT); Demulcent (f; CAN); Diuretic (1; APA; BGB; CAN); Emetic (1; HHB); Gastrostimulant (2; APA; KOM; PH2); Hepatoprotective (1; APA; BGB); Hepatotonic (2; CAN; EFS; PNC); Hypnotic (f; CRC; HHB); Laxative (1; APA; HHB); Myorelaxant (1; APA; BGB; BRU); Narcotic (f; EFS); Nervine (f; BGB); Poison (f; CRC); Secretagogue (1; BRU; KOM); Sedative (f; APA; CAN; EFS; HHB); Stimulant (f; CRC); Stomachic (1; CAN; HHB); Tonic (f; CRC; EFS); Urinary Antiseptic (1; CAN); Vermicide (1; BGB; EFS); Vermifuge (f; CRC; HHB).

Indications (Boldo) — Aging (1; APA); Anorexia (2; PHR); Atherosclerosis (1; APA); Autoimmune Disease (1; APA); Bilious Problem (2; APA; CAN; SHT); Cancer (1; APA); Cholecystosis (f; BGB; CAN; HHB); Cholelithiasis (1; CAN; HHB); Cold (f; CRC); Constipation (1; APA; HHB); Cough (f; CRC); Cramp (2; APA; BRU; KOM; PH2; SHT); Cystosis (1; CAN; PNC); Dyspepsia (2; APA; BGB; BRU; KOM; PH2); Enterosis (2; APA; KOM); Gallstone (1; CAN; HHB; PNC); Gas (f; BGB); Gastrosis (2; CRC; KOM); Gonorrhea (1; CAN; GMH; HHB); Gout (f; APA; BGB; CRC); Head Cold (f; CRC); Heartburn (f; BGB; BRU); Hepatosis (2; APA; CAN; CRC; HHB; PHR); Hypertonia (2; KOM); Infection (1; CAN; CRC; EFS); Inflammation (1; APA); Insomnia (f; APA; CAN; EFS; HHB); Jaundice (f; CRC; GMH); Lethargy (f; EFS); Nephrosis (f; BGB); Nervousness (f; APA; CAN; EFS; HHB); Obesity (f; PNC); Otosis (f; CRC); Pain (f; BGB; CRC); Prostatosis (f; BGB); Rheumatism (f; APA; BGB; CAN; EFS); Stomachache (1; APA); Stone (1; BRU); Syphilis (f; CRC; HHB); Urogenitosis (f; GMH); VD (f; CRC; HHB); Water Retention (1; APA; BGB; CAN); Worm (1; APA; BGB; CRC; EFS; HHB); Wound (f; CRC).

Dosages (Boldo) — 1–2 tsp (2-3 g) dry leaf/cup water (APA); 3 g dry leaf/day (KOM); 4.5 g dry leaf/day (PHR; PH2); 1–2 g leaf (HHB); 60–200 mg as tea, 3 ×/day (CAN); 0.1–0.3 ml liquid extract (1:1 in 45% alcohol) 3 ×/day (CAN); 0.5–2 ml tincture (1:10 in 60% alcohol) 3 ×/day (CAN); 1–5 g tincture or elixir (HHB); 5 drops boldo oil for urogenitary problems (GMH).

Contraindications, Interactions, and Side Effects (Boldo) — Class 2b (JAD) 2d. Contraindicated in gallstones, serious hepatosis, and obstruction of the bile duct (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Still, PH2 cites an old source indicating that long-term consumption of boldine led to color hallucinations, depression, partial motor aphasia, and sound hallucinations (PH2). Commission E reports contraindications for leaf: biliary obstruction, severe liver diseases. EO and distillates should not be used because of their ascaridole content (AEH). CAN caution against toxicity and irritation from the volatile oil. Because of the irritant oil, its use in pregnancy and lactation is to be avoided (CAN). It's nice to be cited by Schulz, Hansel, and Tyler (1998), "Because the herb contains substances that are potentially toxic (Duke, 1985), it is not recommended for long term use and should not be taken during pregnancy" (SHT). But that could be carried as far as the Delaney Clause, since all herbs (like all pharmaceuticals) contain substances that are potentially toxic. Given internally in toxic doses, boldine causes great excitement, exaggerates reflexes and respiratory movements, increases diuresis, causes cramps and convulsions ending in death from centric respiratory paralysis, the heart beating some time after respiration fails.

Extracts (Boldo) — High doses of the hydroalcoholic extract (= tincture) inhibit lipid peroxidation, (in rat hepatocyte cultures) and protect such hepatocytes against various xenobiotics (BRU). Although overdoses (injected) may cause cramping, boldine has anticholinergic activity, causing relaxation of smooth muscle (from the rat ileum) (BRU). EO LD50 = 130 orl rat; LD50 = 625–1250 mg/kg der rabbit (CAN). Convulsant 70 mg/kg (CAN). The diuretic terpinen-4-ol is irritant (CAN). Alkaloids probably underlie the choleretic activity. The total alkaloid content is more choleretic than boldine alone (PNC). Ascaridole is toxic.

BONESET (*Eupatorium perfoliatum* L.) ++

Activities (Boneset) — Antibacterial (1; APA); Antiinflammatory (1; APA; PH2; PNC); Antiperiodic (f; EFS); Antipyretic (f; APA; EFS; PED; PNC); Antispasmodic (1; WAM); Antitumor (1; APA); Antitussive (1; WAM); Antiviral (f; APA); Aperient (f; CAN; CRC); Astringent (1; PH2); Bitter (f; PED; PHR; PH2); Choleretic (f; APA); Cytotoxic (1; HHB; PNC); Diaphoretic (1; APA; CAN; CEB; CRC; PNC; WAM); Diuretic (1; APA); Emetic (f; CRC; EFS); Expectorant (f; EFS; PED, PNC); Hemostat (f; APA; CRC; EFS); Hepatoprotective (f; APA); Immunostimulant (1; APA; FAD; PHR; PH2); Laxative (f; APA; CRC; PED, PNC); Nervine (f; CRC; EFS); Peristaltic (f; PED); Phagocytotic (1; APA; PNC; PHR; PH2); Stimulant (f; CEB; CRC; EFS; PED); Tonic (f; DEM; EFS; PNC).

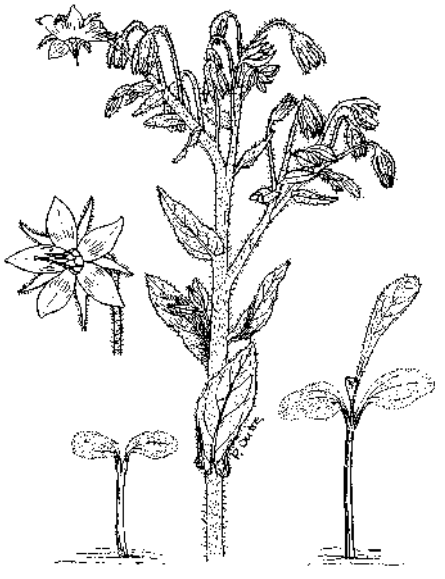
Indications (Boneset) — Anorexia (1; APA; WAM); Arthrosis (1; APA; MIC); Backache (f; CEB); Bacteria (1; APA); Biliousness (f; APA; DEM); Bleeding (f; APA; CRC; EFS); Bronchosis (1; CAN); Bruise (f; PED); Cancer (1; APA; HHB; JLH); Catarrh (1; CAN; CEB; PH2); Chill (f; CEB; DEM); Cold (1; APA; FAD; WAM); Constipation (f; APA; PED; PNC); Cough (1; WAM); Cramp (1; WAM); Debility (f; DEM); Dengue (1; APA); Dermatosis (1; CEB; PNC); Dropsy (f; CEB); Dysmenorrhea (f; DEM); Dyspepsia (f; APA); Fever (1; APA; CAN; CEB; CRC; DEM; EFS; PED; PH2; PNC; WAM); Flu (1; APA; CAN; PH2; WAM); Fracture (f; DEM; PED); Gastrosis (f; CEB; MIC); Gonorrhea (f; DEM); Gout (1; FAD); Headache (f; DEM); Hematemesis (f; DEM); Hemorrhoid (f; DEM); Immunodepression (1; APA; FAD; PHR; PH2; PNC); Indigestion (f; PED); Infection (1; CEB); Inflammation (1; APA; PED; PH2; PNC); Insomnia (f; EFS; MIC); Malaria (f; CEB; EFS; FAD); Myalgia (f; FAD); Nephrosis (f; DEM); Osteosis (f; DEM); Pain (f; APA; MIC; PED); Pharyngosis (1; CAN); Pleurisy (1; FAD); Pneumonia (1; CEB; FAD); Rheumatism (1; APA; DEM; FAD); Snakebite (f; DEM); Sore Throat (f; DEM); Stomachache (f; DEM); Tumor (1; APA; FAD); Typhoid (f; APA; CEB; DEM); Ulcer (f; MIC); Urethrosis (1; PED); Virus (f; APA); Water Retention (1; APA).

Dosages (Boneset) — 1–2 tsp chopped leaf/cup water, up to 3 ×/day; 0.5–1 tsp up to 3 ×/day (APA); 1–2 g as tea, 3 ×/day (CAN); 2–4 tsp fresh herb (PED); 1–2 g dry herb (PED); 1.5 g dry herb: 7 ml alcohol/8 ml water (PED); 0.5–1 g powdered herb (PNC); 2–4 ml liquid herb extract (PNC); 0.3–0.5 g solid herb extract (PNC); 1–2 ml liquid extract (1:1 in 25% alcohol) 3 ×/day (CAN); 1–4 ml tincture (1:5 in 45% alcohol) 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (Boneset) — Class 4. Large doses are laxative and emetic (AHP). Classified as a drug, which must normally be registered as a pharmaceutical (AEH). Sesquiterpene lactones are cytotoxic and can cause dermatosis (CAN). Because of the cytotoxic constituents in this and related species, its use in pregnancy and lactation is to be avoided (CAN). Do not use during pregnancy (WAM). Should not be used by children under 1 year of age (WAM). Not for use more than 7 days (WAM). May cause diarrhea or nausea in large doses (WAM). In the book *Adverse Effects of Herbal Drug*s (De Smet et al., 1993), we read that all *Eupatorium* species containing pyrrolizidine alkaloids are, in principle, hazardous for mankind. "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

Extracts (Boneset) — Immunostimulant activity has been established *in vitro* for sesquiterpene lactone and polysaccharide components (CAN). Heteroxylan polysaccharides immunostimulant (PHR). Extracts weakly antiinflammatory in rats (PNC).

BORAGE (*Borago officinalis* L.) +



Activities (Borage) — Adrenocorticostimulant (f; APA; CAN); Analgesic (f; PHR; PH2); Antiinflammatory (1; APA; CAN; FAD; PH2); Antipyretic (f; CRC; EFS; FAD; WO2); Antispasmodic (f; EFS); Aperient (f; CRC); Astringent (1; APA; PHR; PH2); Carcinogenic (1; APA; CAN); Cardiotonic (f; PHR; PH2); Collyrium (f; JFM); Demulcent (1; CAN; CRC; EFS); Depurative (f; CRC; EFS; PH2); Diaphoretic (f; CAN; CRC; EFS; JFM; PHR; PH2); Diuretic (1; APA; FAD; PNC); Emollient (f; CRC; EFA; HHB; PNC); Expectorant (f; CAN); Genotoxic (1; CAN); Hepatocarcinogenic (1; APA; PHR); Hepatotoxic (1; CRC; PHR); Hypotensive (1; CAN); Lactagogue (f; APA; CAN; CRC); Laxative (f; CRC; EFS; WO2); Nervine (f; CRC; EFS; WO2); Pectoral (f; CRC); Sedative (f; PHR; PH2); Tonic (f; CAN; CRC).

Indications (Borage) — Alactea (f; APA; CAN); Alcoholism (1; LAF); Arthrosis (1; APA; PHR; PH2); Bladder Stone (f; CRC); Bronchosis (f; APA; CRC; PHR; PH2); Cancer, breast (f; CRC); Cancer, face (f; CRC); Cardiopathy (1; APA; CRC; JFM; LAF; PHR); Catarrh (f; CRC); Cholecystosis (f; PHR); Cold (1; APA); Conjunctivosis (f; CRC; JFM); Constipation (f; CRC; EFS; WO2); Corn (f; APA; CRC; JLH); Cough (f; CAN; CRC; HHB; JFM; PH2); Cramp (f; CRC; EFS); Cut (f; CRC); Cystosis (f; PH2); Dehydration (f; PH2); Depression (f; CAN); Dermatosis (1; APA; PH2); Diabetes (1; LAF); Diarrhea (1; APA; CRC; JFM); Eczema (f; CRC; LAF); Edema (f; CRC; JFM); Fever (f; CAN; CRC; EFS; FAD; JFM; PHR; PH2; WO2); Gas (f; JFM); Hepatosis (f; JFM); High Blood Pressure (1; CAN); Inflammation (1; APA; CAN; FAD; LAF; PH2); Insomnia (f; EFS; PHR; PH2); Itch (f; CRC); Jaundice (f; CRC; FAD); Kidney Stone (f; APA; CRC); Lethargy (f; CAN); Menopause (1; PHR; PH2); Nephrosis (f; CRC; PHR; PH2); Nervousness (f; PHR; PH2); Neurodermatosis (f; APA; PHR; PH2); Pain (f; CRC; PHR; PH2); Peritonosis (f; PH2); Pharyngosis (f; PH2); Phlebitis (f; PHR; PH2); PMS (1; APA; JAD; LAF; PHR); Pulmonosis (f; PH2); Rheumatism (1; APA; FAD; PHR; PH2); Ringworm (f; CRC); Sclerosis (f; CRC; JLH); Snakebite (f; CRC); Sore Throat (f; CRC; HHB; PHR; PH2); Stress (1; CAN); Stroke (1; LAF); Swelling (f; CRC; HHB); Syndrome-X (1; SYN); Tuberculosis (f; CRC); Tumor (f; CRC); Ulcer, mouth (f; CRC); Ulcer, throat (f; CRC); Water Retention (1; APA; FAD; PNC); Wound (f; FAD).

Dosages (Borage) — 2–4 ml liquid leaf extract (APA; PNC); 1 (300 mg) softgel containing 24% GLA (APA); 2 (5 ml) spoonfuls dry herb/cup water 3 ×/day (CAN); 1–4 ml tincture 3 ×/day (CAN); 10 g leaf and/or flower/liter water for bronchosis and fever (JFM).

Contraindications, Interactions, and Side Effects (Borage) — Class 2a, 2b, 2c, 2d. Long-term use is not recommended (AHP). Not approved (KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Commission E reports borage contains hepatotoxic and carcinogenic pyrrolizidine alkaloids (AEH). "Effective July 1996, the AHP Board of Trustees recommends that all products with botanical ingredient(s) which contain toxic pyrrolizidine alkaloids, including *Borago officinalis,* display the following cautionary statement on the label: **For external use only. Do not apply to broken or abraded skin. Do not use when nursing.**" (AHP). Pyrrolizidine alkaloids (PAs) have genotoxic, carcinogenic, and hepatotoxic activity (CAN). Because of the PAs, its use in pregnancy and lactation is to be avoided. Animal studies document placental transfer and secretion into breast milk of unsaturated PAs (CAN). Swiss researchers report at least seven PAs from the herb, at levels above those permitted in Germany (>1 ppm). Seeds reportedly contain even higher quantities of alkaloids (De Smet et al., 1993). Tannins have astringent activities (PHR). Mucilage acts as a sequestering agent (PHR). The GLA in the seed oil may have been positive effects if divorced from the potential of PA toxicity.

BORRACHERO, FLORIPONDIO (*Brugmansia* x *candida* Pers.) X

Synonym — *Datura candida* (Pers.) Saff.

Activities (Borrachero) — Carminative (f; CRC); Emetic (f; CRC); Hallucinogen (f; CRC); Intoxicant (f; CRC); Narcotic (f; CRC); Poison (f; CRC); Psychotropic (f; CRC); Sedative (f; JFM); Vermifuge (f; CRC).

Indications (Borrachero) — Arthrosis (f; CRC); Asthma (f; CRC; JFM); Chest Ailment (f; CRC); Cold (f; IED); Cramp (f; IED); Erysipelas (f; CRC); Flu (f; JFM); Fracture (f; CRC); Gas (f; CRC); Headache (f; JFM); Hemorrhoid (f; CRC); Inflammation (f; IED); Insomnia (f; CRC; JFM); Nervousness (f; JFM); Pain (f; CRC); Pulmonosis (f; CRC); Rheumatism (f; CRC); Tumor (f; CRC; JFM); Worm (f; CRC; IED).

Contraindications, Interactions, and Side Effects (Borrachero) — "Said to induce insensibility, hallucinations, and madness" (CRC).

BOSWELLIA (*Boswellia serrata* Roxb. ex Colebr.) ++

Synonym — *B. glabra* Roxb.

Activities (Boswellia) — Analgesic (1; APA; JBU; KAP; MPI); Antiallergic (1; SAB); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Antiasthmatic (1; SAB); Anticancer (1; COX; FNF; MPI); Anticomplementary (1; APA); Antiedemic (1; APA); Antiinflammatory (1; APA; SKY); Antileukemic (1; AKT); Antileukotriene (1; APA; COX; SAB); Antipyretic (f; KAB; KAP); Antirheumatic (1; APA); Astringent (f; KAB; MPI); Carminative (f; KAB); CNS-Depressant (1; KAP; MPI); Collyrium (f; KAB); COX-2-Inhibitor (1; COX; FNF); Demulcent (f; KAP); Depurative (f; KAB); Diaphoretic (f; KAB; MPI); Diuretic (f; MPI); Emmenagogue (f; KAP; MPI); Expectorant (f; KAB); Hepatotonic (f; KAB); Hypoglycemic (1; MPI); 5-Lipoxygenase-Inhibitor (1; SAB); Pectoral (f; KAB); Propecic (f; KAB); Sedative (1; KAP; MPI); Stomachic (f; KAB); Tonic (f; KAB).

Indications (Boswellia) — Allergy (1; SAB); Alzheimer's (1; COX; FNF); Arthrosis (1; APA; COX; FNF; SKY); Asthma (1; KAB; SAB); Biliousness (f; KAB); Boil (f; APA; KAP); Bronchosis (f; KAB); Bursitis (1; SKY); Cancer (1; COX; FNF; MPI); Cancer, skin (1; MPI); Carbuncle (f; KAP); Colitis (1; APA); Convulsion (f; KAB); Cough (f; KAB); Crohn's Disease (1; APA); Dermatosis (1; KAB; MPI); Diabetes (1; KAB; MPI); Diarrhea (f; APA); Dysentery (f; KAB); Dysmenorrhea (f; KAP); Dyspepsia (f; KAB); Edema (1; APA); Fever (f; KAB; KAP;

MPI); Fungus (1; APA; KAP); Gas (f; KAB); Gonorrhea (f; KAP); Hemorrhoid (f; KAB); Hepatosis (1; APA; KAP); Hyperglycemia (1; MPI); Inflammation (1; APA; SKY); Insomnia (1; KAP; MPI); Laryngosis (f; KAB); Leukemia (1; AKT); Leukoderma (f; KAB); Mycosis (1; APA; KAP); Nervousness (1; KAP; MPI); Neurosis (f; MPI); Odontosis (f; KAB); Ophthalmia (f; KAB); Orchosis (f; KAB); Pain (1; APA; JBU; KAP; MPI); Pulmonosis (f; KAB); Rheumatism (1; APA; COX; MPI; SKY); Rhinosis (1; COX; KAP); Ringworm (1; APA); Scabies (f; KAB); Sore (f; KAB); Sore Throat (f; KAB); Stomatosis (f; KAB); Swelling (f; APA; KAP); Syphilis (f; KAB); Ulcerative Colitis (1; APA); Vaginosis (f; KAB); VD (f; KAB); Water Retention (f; MPI); Wound (f; KAB); Wrinkle (f; APA).

Dosages (Boswellia) — 3 (250 mg) capsules boswellin/day (APA); 2–3 g resin (KAP); 1–1.5 ml oil (KAP); 56–112 ml bark decoction (KAP); 150 mg 3 ×/day (SKY); StX 37.5–65% boswellic acid (SKY).

Contraindications, Interactions, and Side Effects (Boswellia) — This Johnny-come-lately hasn't been among us occidentals long enough to accumulate much negative or positive folklore. "Rare side effects may include diarrhea, nausea, and skin rash. Any inflammatory joint condition should be closely monitored by a nutritionally oriented physician" (SKY).

Extracts (Boswellia) — Boswellic acids from sap of *Boswellia* trees block leukotriene biosynthesis by inhibiting the enzyme 5-lipoxygenase. They also decrease activity of human leukocyte elastase (HLE) *in vitro*. In addition, 5-Boswellic-acid, as a COX-2 inhibitory, might have antialzheimeran, antiarthritic, certainly antiinflammatory, and possibly antitumor activities.

BOTTLE GOURD, CALABASH
(*Lagenaria siceraria* (Molina) Standl.) +++

Synonym — *Cucurbita lagenaria* L., *C. leucantha* Duchesne, *C. longa* hort., *C. siceraria* Molina, *L. lagenaria* (L.) Cockerell, *L. leucantha* Rusby, *L. vulgaris* Ser.

Activities (Bottle Gourd) — Analgesic (f; DEM); Antibilious (f; WOI); Antidote (f; LMP); Antiperiodic (f; KAB); Antipyretic (f; EFS); Antitussive (1; FNF; HAD); Antiulcer (1; FNF; HAD); Bitter (1; JFM); Cardiotonic (f; KAB); Cerebrotonic (f; KAB); Cholinergic (1; FNF; HAD); Demulcent (1; FNF; HAD); Diuretic (f; EFS); Emetic (f; EFS); Hemostat (1; FNF; HAD; KAB); Hepatoprotective (1; ABS); Laxative (1; EFS; JFM); Litholytic (f; EFS); Pectoral (f; WBB); Taenicide (f; KAB); Tonic (f; KAB); Vermifuge (f; WBB); Vulnerary (f; KAB).

Indications (Bottle Gourd) — Acne (f; LMP); Alopecia (f; WOI); Alzheimer's (1; HAD); Asthma (f; KAB); Atherosclerosis (1; HAD); Biliousness (f; KAB); Bleeding (1; FNF; HAD; KAB); Body Ache (f; DEM); Boil (f; DEM); Bronchosis (f; KAB); Cancer (1; HAD; JLH); Cardiopathy (f; JFM); Colic (f; LMP); Constipation (1; JFM); Corn (f; JLH); Cough (1; FNF; HAD; LMP); Delirium (f; WOI); Dermatosis (f; JFM); Diarrhea (1; FNF; HAD); Dropsy (f; WOI); Dyskinesia (1; FNF; HAD); Dysuria (f; KAB); Fever (f; EFS; LMP); Gas (f; JFM); Gingivosis (f; LMP); Headache (f; DEM; JFM); High Cholesterol (1; HAD); Hepatosis (1; ABS); Inflammation (f; KAB); Insanity (f; DEM); Jaundice (f; SKJ); Leukorrhea (f; KAB); Malaria (f; KAB); Mange (f; JFM); Myalgia (f; KAB); Nephrosis (f; DAV); Ophthalmia (f; KAB); Otosis (f; KAB); Pain (f; DEM; KAB); Pregnancy (f; JFM); Rheumatism (f; WOI); Stone (f; EFS); Tapeworm (f; KAB); Toothache (f; LMP); Tumor (f; JLH); Typhoid (f; HAD); Typhus (f; LMP); Ulcer (1; FNF; HAD; KAB); Uterosis (f; KAB); Vaginosis (f; KAB); Water Retention (f; EFS); Worm (f; WBB).

Dosages (Bottle Gourd) — Young leaves and fruits, cooked, could or maybe even should be one of our five daily fruits and vegetables (100-g servings).

Contraindications, Interactions, and Side Effects (Bottle Gourd) — Not covered (AHP; CAN; KOM; LAF; PHR). Processed fruits, leaves, and flowers eaten on many continents, but still reported as potentially toxic, especially green fruits. Fruit flesh fed to rabbits, leads to restlessness and dyspnea, with paralysis and death from asphyxia (WBB). Leaves contain 1300 ppm steroidal steroids (ZMB) (JFM). At levels of 250 mg/kg, various extracts, including the ethanol extract of the fruits, exhibited liver-protecting properties (Shirwaikar & Sreenivasan, *Coll. Pharm. Sci.,* 1996).

BOWMAN'S ROOT (*Gillenia trifoliata* (L.) Moench) +

Synonym — *Porteranthus trifoliatus* (L.) Britton, *Spiraea trifoliata* L.

Activities (Bowman's Root) — Bitter (f; PH2); Depurative (f; PH2); Diaphoretic (f; DEM); Emetic (f; FAD); Expectorant (f; PH2); Laxative (f; DEM; FAD).

Indications (Bowman's Root) — Asthma (f; DEM; FAD); Chill (f; DEM); Cold (f; DEM; FAD); Constipation (f; DEM; FAD; PH2); Diarrhea (f; DEM; PH2); Dropsy (f; PH2); Dyspepsia (f; FAD; PH2); Fever (f; DEM); Flu (f; DEM); Hepatosis (f; DEM; FAD); Nephrosis (f; DEM); Rheumatism (f; DEM; FAD; PH2); Sore Throat (f; DEM); Sting (f; DEM; FAD); Swelling (f; DEM; FAD); Toothache (f; DEM); Wound (f; DEM).

Contraindications, Interactions, and Side Effects (Bowman's Root) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

BOXWOOD (*Buxus sempervirens* L.) +

Synonym — *B. colchica* Pojark.

Activities (Boxwood) — Alterative (f; CRC); Antibacterial (1; PH2); Antipyretic (f; CRC; EFS); Antitumor (f; CRC); Cholagogue (f; CRC; EFS); Cytotoxic (1; PH2); Depurative (f; CRC; PHR); Diaphoretic (f; BIB; CRC; EFS; PH2); Diuretic (f; EFS; CRC); Emetic (f; BIB;

CRC); Hypotensive (1; PH2); Laxative (f; BIB; CRC; EFS; HHB); Narcotic (f; BIB; CRC; EFS); Propecic (1; EFS); Sedative (f; BIB; CRC; EFS); Tonic (f; EFS); Toxic (f; EFS); Vermifuge (f; CRC; EFS).

Indications (Boxwood) — Alopecia (1; BIB; EFS; PH2); Bacteria (1; PH2); Cancer (f; HHB; JLH); Constipation (f; CRC; EFS; HHB; PH2); Dermatosis (f; HHB; PH2); Epilepsy (f; BIB; CRC; HHB); Fever (f; BIB; CRC; EFS; PH2); Gout (f; CRC; HHB; PH2); Hemorrhoid (f; BIB; CRC); High Blood Pressure (1; PH2); Insomnia (f; BIB; CRC; EFS); Leprosy (f; CRC); Malaria (f; CRC; EFS; HHB; PH2); Nervousness (f; BIB; CRC; EFS); Paralysis (1; PH2); Pneumonia (f; PH2); Rash (f; PH2); Rheumatism (f; BIB; CRC; HHB; PH2); Syphilis (f; CRC); Tetanus (1; PH2); Toothache (f; BIB; CRC); Tuberculosis (1; PH2); Tumor (f; CRC); VD (f; BIB; CRC); Water Retention (f; EFS; CRC); Worm (f; CRC; EFS).

Contraindications, Interactions, and Side Effects (Boxwood) — Class 3 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Leaves have caused fatalities in grazing animals. Toxic symptoms include collapse, convulsions, cramps, dermatosis, diarrhea, nausea, paralysis, shakes, vertigo, vomiting, and possibly death due to asphyxiation (CRC; PH2). LD in dogs = 100 g alkaloids/kg.

BRAHMI (*Bacopa monnieri* (L.) Pennell) ++

Activities (Brahmi) — Adaptogen (1; WOI); Analgesic (f; KEB); Anticancer (1; MPI); Anticonvulsant (f; KEB); Antiinflammatory (f; KEB); Antioxidant (1; ABS; PR14:180); Antitumor (1; WOI); Anxiolytic (1; WOI); Aperient (f; WOI); Aphrodisiac (f; KAB); Cardiotonic (1; KAP; MPI; WOI); Cerebrotonic (f; KEB); Convulsant (1; MPI); Diuretic (f; MPI; WOI); Emetic (f; KAB); Expectorant (1; WOI); Hypertensive (1; MPI); Hypotensive (1; WOI); Laxative (f; KEB); Memorigenic (1; MPI; WOI; PR14:180); Negative Chronotropic (1; MPI); Nervine (f; KAB); Neurotonic (f; KAP; MPI); Sedative (1; MPI; WOI); Spasmogenic (1; MPI); Tonic (f; WOI); Tranquilizer (1; MPI; WOI); Vasoconstrictor (1; KEB; MPI).

Indications (Brahmi) — Aging (f; KEB); Anemia (f; KAB); Anxiety (1; WOI); Aphonia (f; KAP); Ascites (f; KAB); Asthenia (f; KAP); Asthma (f; MPI; WOI); Bronchosis (f; KAP; WOI); Cancer (1; MPI; WOI); Cardiopathy (1; KEB; WOI); Catarrh (f; KAB); Constipation (f; KEB); Convulsion (f; KEB); Cough (f; KAP); Diarrhea (f; WOI); Dyspepsia (f; KAB); Dysuria (f; KAP); Epilepsy (2; KEB; MPI); Fever (f; KAB); High Blood Pressure (1; WOI); Hoarseness (f; KAP; WOI); Hysteria (f; KAP); Impotence (f; KEB); Inflammation (f; KEB); Insanity (f; KAP; KEB; MPI; WOI); Insomnia (1; MPI; WOI); Leprosy (f; KAB); Lethargy (f; KEB; WOI); Leukoderma (f; KAB); Low Blood Pressure (1; MPI); Nervousness (1; MPI; WOI); Neurasthenia (1; KAP; KEB); Pain (f; KEB); Rheumatism (f; WOI); Scabies (f; KAB); Splenomegaly (f; KAB); Stress (1; WOI); Stroke (f; KEB); Syphilis (f; KAB); Tumor (1; KAB; WOI); Water Retention (f; MPI; WOI).

Dosages (Brahmi) — 5–10 g powdered herb (KAP); 8–16 ml herb tea (KAP); 2–6 g dry herb or 4–12 ml fluid extract (1:2) (KEB).

Extracts (Brahmi) — Alcoholic extract given at 50 mg/kg in rats had tranquilizing activity. With me, at 100 kg, that would be 5 g tincture, which I am sure I would feel safe with orally. Remember 1 ounce is 30 grams, some capsules are standardized for 20% Bacosides A and B. In India, pediatric experiments were with 1 tsp Brahmi extract (pineapple flavored) 3 ×/day for 3 months. Memory scores improved; error rates declined in the Brahmi-treated students. 100 μg Brahmi tincture (alcoholic extract) equivalent to 58 μg Vitamin E (Tripathi et al., 1996).

BRAZILIAN PEPPERTREE (*Schinus terebinthifolius* Raddi) +

Activities (Brazilian Peppertree) — Antibacterial (f; CRC); Anticancer (f; HH2); Antiedemic (1; HH2); Antiseptic (1; CRC; HH2); Antiviral (1; CRC; WOI); Aphrodisiac (f; CRC); Astringent (f; CRC; HH2); Diuretic (1; HH2); Stimulant (f; CRC; WOI); Tonic (f; CRC).

Indications (Brazilian Peppertree) — Adenopathy (f; CRC); Arthrosis (f; CRC); Atony (f; CRC); Bacteria (1; CRC); Bronchosis (f; CRC); Bruise (f; CRC); Cancer (f; HH2); Chill (f; CRC); Dermatosis (f; CRC); Diarrhea (f; CRC); Enterosis (f; CRC); Frigidity (f; CRC); Ganglion (f; CRC); Gout (f; CRC); Hemoptysis (f; CRC); Impotence (f; CRC); Infection (1; CRC; WOI); Pain (f; CRC); Rheumatism (f; CRC; WOI); Sciatica (f; CRC); Sore (f; CRC; HH2); Swelling (1; CRC; HH2); Syphilis (f; CRC; WOI); Tendinitis (f; CRC); Tumor (f; CRC); Ulcer (f; CRC); Virus (1; CRC; WOI); Water Retention (1; HH2); Wound (f; CRC; HH2).

Contraindications, Interactions, and Side Effects (Brazilian Peppertree) — Class 1, as "pink pepper." GI irritant (AHP). Though toxic in quantity, sold as a spice (AHP). "Health hazards not known with proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Alkyl phenols may be irritant (PH2). May cause diarrhea, hemorrhoids, and nausea in humans (CRC). May intoxicate birds, fish, and horses (CRC).

BRAZILNUT (*Bertholletia excelsa* Bonpl.) ++

As our richest source of selenium, I think those who are not allergic to Brazilnuts or worried about heavy metals might benefit from three average Brazilnuts a day, which should provide 210 μg selenium. Therefore, I have entered many of the following indications based on the assumption that three Brazilnuts provide 200 μg selenium.

Activities (Brazilnut) — Analgesic (1; FNF; WER); Antiaggregant (1; FNF; M28); Anticancer (1; HAD; FNF); Antioxidant (1; HAD; FNF); Cardioprotective (1; FNF; WER); Hepatoprotective (1; FNF); Immunostimulant (1; FNF; WER).

Indications (Brazilnut) — Acne (1; FNF; WER); Aging (1; HAD; FNF); BPH (1; HAD; FNF); Cancer (1; HAD; FNF); Cancer, colon (1; HAD; FNF); Cancer, lung (1; HAD; FNF); Cancer, prostate (1; HAD; FNF); Cardiopathy (1; FNF; WER); Cirrhosis (1; FNF); Dandruff (1; FNF); Immunodepression (1; FNF; WER); Myalgia (1; FNF; WER); Hepatosis (1; FNF); Pain (1; FNF; WER); Syndrome-X (1; FNF; SYN); Thick Blood (1; FNF; WER).

Dosages (Brazilnut) — Three average nuts/day.

Contraindications, Interactions, and Side Effects (Brazilnut) — Not covered (AHP; KOM; PHR). As with peanut and soybean, some people are dangerously allergic to Brazilnut. *Consumer Reports* (November 1997) is quite conservative in pointing out the hazards of selenium, they say 1000 μg or more per day can cause loss of fingernails and hair; very high doses can cause diarrhea, fatigue, nausea, and even nerve damage. But it certainly can't hurt to try getting plenty of selenium from the diet. Two of the best dietary sources of selenium are low-fat nutritious foods—fish and grains (Anon., 1997. Do you need more minerals? *Consumer Reports on Health*, 121, 123–124, (November, 1997).

BREWER'S YEAST (*Saccharomyces cerevisiae*) ++

Activities (Brewer's Yeast) — Allergenic (1; PH2); Antibacterial (1; PH2); Antiseptic (1; HH2); Aperitif (2; PH2); Immunostimulant (1; PH2); Phagocytotic (1; PH2).

Indications (Brewer's Yeast) — Acne (2; PH2); Anorexia (2; PH2); Bacteria (1; PH2); Constipation (f; PH2); Dermatosis (f; PH2); Dyspepsia (2; PH2); Eczema (2; PH2); Furuncle (2; PH2); Immunodepression (1; PH2); Infection (f; PH2); Itch (f; PH2).

Dosages (Brewer's Yeast) — 6 g/day (PH2).

Contraindications, Interactions, and Side Effects (Brewer's Yeast) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Overdoses may cause allergy (exanthema, itch, Quinck's disease, urticaria), gas, and in susceptible people, migraine (PH2). May be hypertensive if administered simultaneously with MAO-Inhibitors.

BRITISH ELECAMPANE (*Inula britannica* L.) ++

Synonym — *Inula japonica* Thunb.

Activities (British Elecampane) — Antiviral (1; PH2); cAMP-Phosphodiesterase-Inhibitor (1; PH2); Depurative (f; PH2); Emetic (f; PH2); Secretolytic (f; PH2).

Indications (British Elecampane) — Cough (f; PH2); Diaphragmosis (f; PH2); Herpes (1; PH2); Infection (1; PH2); Nausea (f; PH2); Pulmonosis (f; PH2); Urethrosis (f; PH2); Virus (1; PH2).

Dosages (British Elecampane) — 3–9 g flower in decoction in sealed sachet (PH2).

Contraindications, Interactions, and Side Effects (British Elecampane) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Sesquiterpene lactones with exocyclic methylene groups often irritant and sensitizing (PH2).

BROCCOLI (*Brassica oleracea* L. var. *italica* Plenck) +++

(Asparagus Broccoli, Cape Broccoli, Heading Broccoli, Sprouting Broccoli, Winter Broccoli)

If broccoli is the master antioxidant, kale is a contender, challenging "anything you can do, I can do better." According to JNU, kale has seven times more beta-carotene than broccoli, ~11 times more lutein, more vitamin K (one-half cup cooked kale providing 600% of the daily value), and the highest ORAC score of any veggie.

Activities (Broccoli) — Antiatherosclerotic (1; SN159:391); Antibacterial (1; WO2); Antimaculitic (1; JNU); Antinitrosaminic (1; JNU); Antinyctalopic (1; JNU); Antiproliferant (1; JNU); Antioxidant (1; JN126:2098); Antiradicular (1; JN126:2098); Antiretinitic (1; JNU); Antitumor, breast (1; PS131:95; JNU); Antitumor, colon (1; ACN71:575; JNU); Antitumor, lung (1; JNU); Antitumor, skin (1; JNU); Antiviral (1; JNU); Detoxicant (1; JNU); Estrogenic (1; JNU); Glucuronidase-Inhibitor (1; M11); Goitrogenic (1; WO2); Hypocholesterolemic (1; JNU); Prooxidant (1; JAF44:2096); Quinone-Reductase-Inducer (1; PS131:95).

Indications (Broccoli) — Atherosclerosis (1; SN159:391); Bacteria (1; WO2); Cancer, bladder (1; JNU); Cancer, breast (1; JNU); Cancer, cervix (1; JNU); Cancer, colon (1; JNU); Cancer, liver (1; JNU); Cancer, lung (1; JNU); Cancer, prostate (1; JNU); Cancer, skin (1; JNU); Cardiopathy (1; SN159:391); High Cholesterol (1; JNU); Maculosis (1; JNU); Nyctalopia (1; JNU); Papilloma (1; JNU); Stroke (1; JNU); Tumor, breast (1; PS131:95; JNU); Tumor, colon (1; ACN71:575; JNU); Tumor, lung (1; JNU); Tumor, skin (1; JNU); Virus (1; JNU).

Dosages (Broccoli) — Food farmacy; eat some almost every day, but don't overdo it.

Contraindications, Interactions, and Side Effects (Broccoli) — Not covered (AHP; KOM; PH2). In huge quantities, glucosinolate/isothiocyanate containing crucifers might upset the thyroid. And in huge doses, hard to get dietarily, indole-3-carbinol might stimulate breast cancer rather than prevent it, because it does so at levels reasonably attainable through dietary consumption of crucifers (Brassicaceae).

BROMELAIN (from *Ananas comosus* (L.) Merr.) +

See Pineapple.

Activities (Bromelain) — Antiaggregant (2; KOM); Antibacterial (1; BGB); Antiedemic (2; BGB; KOM); Antiinflammatory (1; APA; BGB); Antitumor (1; BGB); Digestive (1; APA); Fibrinolytic (1; BGB); Proteolytic (1; APA).

Indications (Bromelain) — Bacteria (1; BGB); Burn (1; BGB); Cancer (1; APA; BGB); Diarrhea (1; APA; BGB); Dysmenorrhea (f; APA); Dyspepsia (1; BGB); Edema (2; BGB; KOM); Exocrine Hepatic Insufficiency (f; BGB); Inflammation (1; APA; BGB); Nasal Parasinusosis (2; KOM); Pain (1; APA); Swelling (2; APA; BGB; KOM); Thrombophlebitis (f; APA); Tumor (1; BGB); Ulcer (1; APA); Varicosis (f; APA); Wound (1; APA; BGB).

Dosages (Bromelain) — 250–500 mg 3 ×/day (APA); 80–320 mg bromelain/day (KOM).

Contraindications, Interactions, and Side Effects (Bromelain) — Contraindications: some people may be allergic to Bromelain. Side effects: allergy, diarrhea, GI problems (KOM). May augment antiaggregant or anticoagulant activity of other blood thinners (KOM). May increase blood and urinary levels of tetracyclines (KOM). This is the only case of Fleming et al., missing a Blumenthal et al. Commission E–approved drug, the American food plant, pineapple, with its proteolytic bromelain, a very active compound indeed.

BROOKLIME (*Veronica beccabunga* L.) ++

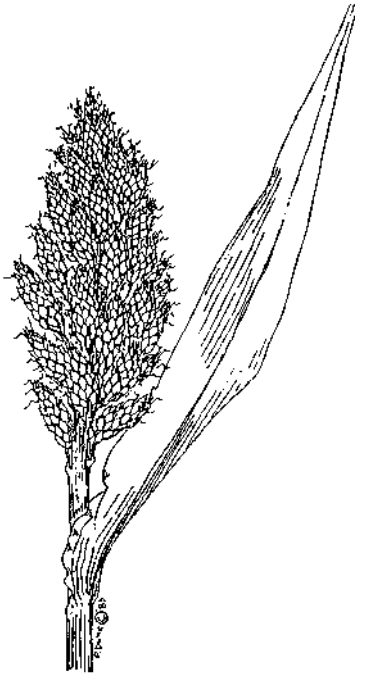
Activities (Brooklime) — Alterative (f; EFS); Antipyretic (f; FEL); Antiscorbutic (f; FEL); Aperitif (f; EFS; WOI); Depurative (f; EFS); Diuretic (f; EFS; PH2); Emmenagogue (f; FEL); Litholytic (f; WOI).

Indications (Brooklime) — Amenorrhea (f; FEL); Anorexia (f; EFS; WOI); Bladder Stone (f; WOI); Bleeding (f; HH2); Cancer (f; JLH); Cancer, anus (f; JLH); Condyloma (f; JLH); Constipation (f; PH2); Cough (f; FEL); Cystosis (f; WOI); Dermatosis (f; HH2; WOI); Dysentery (f; HH2; PH2); Dyspepsia (f; FEL); Fever (f; FEL); Gallstone (f; HH2); Gingivosis (f; PH2); Hepatosis (f; PH2); Odontosis (f; HH2); Proctosis (f; JLH); Pulmonosis (f; HH2; PH2); Scrofula (f; EFS; HH2); Stone (f; WOI); Swelling (f; JLH); Water Retention (f; EFS; PH2); Whitlow (f; JLH).

Dosages (Brooklime) — Food farmacy; shoots eaten like cress (JAD). Decoction may be eaten freely (FEL).

Contraindications, Interactions, and Side Effects (Brooklime) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). LD50 (unspecific extract) 681 mg/kg ipr mouse (HH2); 1000 mg/kg ipr rat (HH2).

BROOM CORN (*Sorghum bicolor* (L.) Moench.) ++



Synonym — See USDA (GRIN) for long list of synonyms.

Activities (Broom Corn) — Antiabortive (f; BIB); Aperitif (f; KAB); Aphrodisiac (f; KAB); Cyanogenic (1; WOI); Demulcent (f; BIB; KAB; PH2; WOI); Depurative (f; KAB); Diuretic (f; BIB; KAB; WOI); Emollient (f; BIB); Stomachic (f; LMP); Vermifuge (f; WBB).

Indications (Broom Corn) — Anorexia (f; KAB); Biliousness (f; KAB); Bleeding (f; BIB); Bronchosis (f; JFM); Burn (f; JLH; TOM); Cancer (f; JLH; KAB); Congestion (f; JFM); Cough (f; JFM); Cystosis (f; FEL; KAB); Debility (f; BIB); Dermatosis (f; WBB); Diarrhea (f; JFM; WBB); Dyspepsia (f; PH2); Dysuria (f; BIB; KAB); Eczema (f; WBB); Epilepsy (f; BIB); Flu (f; BIB); Goiter (f; JFM); Hemorrhoid (f; KAB); Malaria (f; WBB); Mastosis (f; WBB); Measles (f; BIB; JFM); Nephrosis (f; BIB; KAB; TOM); Pulmonosis (f; JFM); Stomachache (f; BIB); Swelling (f; WBB); Tuberculosis (f; BIB; WBB); Water Retention (f; BIB; KAB; WOI); Worm (f; WBB).

Dosages (Broom Corn) — Decoct 1 tbsp powdered toasted seed (JFM); decoct 2 oz seed/quart water for cystosis (FEL). Molasses, derived from the seeds, was used with sulfur as a spring tonic in rural Alabama (TOM). I remember my dad and mom talking about it, but don't know that they ever tonified me therewith.

Contraindications, Interactions, and Side Effects (Broom Corn) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Cyanide poisoning can occur in grazing animals overgrazing the foliage, especially wilted foliage (WOI).

BROWN KELP (*Macrocystis pyrifera* C. Agardh) ++

Activities (Brown Kelp) — Antiobesity (f; PH2).

Indications (Brown Kelp) — High Blood Pressure (f; PH2); Obesity (f; PH2).

Contraindications, Interactions, and Side Effects (Brown Kelp) — Not covered (AHP; KOM). "Health hazards not known with proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Not for use in thyropathic-prone families; more than 300 μg/day may cause hyperthyroidism. If the alga contains 0.3% (between the 0.1 and 0.5% cited by PH2), then a gram of wet alga (assuming 90% water) would give you that flagged dangerous dose (300 μg/day).

BRUSSELS SPROUTS (*Brassica oleracea* L. var. *gemmifera* Zenker) +++

Brussels sprouts, cabbage, and cauliflower are lightly colored lightweights compared to heavyweights broccoli, the "master antioxidant," and kale, the challenging contender. But vary your crucifer like you vary your fruits, nuts, whole grains, and herbs.

Activities (Brussels Sprouts) — Antiatherosclerotic (1; SN159:391); Antimaculitic (1; JNU); Antinitrosaminic (1; JNU); Antinyctalopic (1; JNU); Antiproliferant (1; JNU); Antioxidant (JN126:2098); Antiradicular (JN126:2098; Antiretinitic (1; JNU); Antitumor, breast (1; PS131:95; JNU); Antitumor, colon (1; ACN71:575; JNU); Antitumor, lung (1; JNU); Antitumor, skin (1; JNU); Antiviral (1; JNU); Detoxicant (1; JNU); Estrogenic (1; JNU); Glucuronidase-Inhibitor (1; M11); Goitrogenic (1; WO2); Hypocholesterolemic (1; JNU); Prooxidant (1; JAF44:2096); Quinone-Reductase-Inducer (1; PS131:95).

Indications (Brussels Sprouts) — Atherosclerosis (1; SN159:391); Cancer, bladder (1; JNU); Cancer, breast (1; JNU); Cancer, cervix (1; JNU); Cancer, colon (1; JNU); Cancer, liver (1; JLH; JNU); Cancer, lung (1; JNU); Cancer, prostate (1; JNU); Cancer, skin (1; JNU); Cardiopathy (1; SN159:391); Hepatosis (f; JLH); High Cholesterol (1; JNU); Maculosis (1; JNU); Nyctalopia (1; JNU); Papilloma (1; JNU); Sclerosis (f; JLH); Stroke (1; JNU); Tumor, breast (1; PS131:95; JNU); Tumor, colon (1; ACN71:575; JNU); Tumor, lung (1; JNU); Tumor, skin (1; JNU); Virus (1; JNU).

Dosages (Brussels Sprouts) — Food farmacy; eat some almost every day but don't overdo it.

Contraindications, Interactions, and Side Effects (Brussels Sprouts) — Not covered (AHP; KOM; PH2). In huge quantities, glucosinolate/isothiocyanate-containing crucifers might upset the thyroid. And in huge doses, hard to get dietarily, indole-3-carbinol might stimulate breast cancer rather than prevent it, because it does so at levels reasonably attainable through dietary consumption of crucifers (Brassicaceae).

BUCHU (*Agathosma betulina* (P. J. Bergius) Pillans) +

Synonym — *Barosma betulina* (P. J. Bergius) Bartl. & H. L. Wendl., *Hartogia betulina* P. J. Bergius, *Parapetalifera betulina* (P. J. Bergius) W. Y. Young.

PH2 treats *B. betulina, B. crenulata,* and *B. serratifolia* as "Short Buchu," but PH2 data in FNF were more specific to *B. betulina.*

Activities (Buchu) — Adaptogen (f; VAG); Antiseptic (1; APA; CAN; CRC; PH2; VVG); Antispasmodic (f; VAG); Aperitif (1; VAG); Carminative (1; CRC; VAG); Digestive (f; APA); Diuretic (1; APA; CAN; CRC; PH2; VVG); Laxative (1; VAG); Panacea (f; WBB); Stimulant (f; CRC; WBB); Stomachic (f; CRC; WBB); Tonic (f; APA); Urinary Antiseptic (1; APA; CAN; VVG).

Indications (Buchu) — Adenopathy (f; PH2); Anorexia (1; VAG); Bruise (f; APA; CRC; VVG; ZUL); Calculosis (f; CRC; WBB); Cardiopathy (f; APA); Catarrh (f; CAN; CRC; WBB); Chole-

cystosis (f; CRC); Cholera (f; CRC; WBB); Cold (f; VAG); Constipation (1; VAG); Cramp (f; VAG); Cystosis (1; APA; CAN; CRC; PH2; VAG); Dropsy (f; CRC; WBB); Dyspepsia (f; VVG); Flu (f; VAG); Gas (1; CRC; VAG); Gastrosis (f; VVG); Gout (f; CRC; PH2; WBB); Hangover (f; VAG); Hematuria (f; CRC; WBB); High Blood Pressure (f; APA); Inflammation (f; APA); Kidney Stone (f; APA); Nephrosis (f; VVG; ZUL); Pain (f; ZUL); PMS (f; APA); Prostatosis (1; CAN; CRC; PH2; VAG; WBB); Rheumatism (f; CRC; PH2; VVG; WBB; ZUL); Stomach Problem (f; VVG); Urethrosis (1; CAN; CRC; WBB); UTI (1; APA; PH2; VVG; ZUL); VD (f; APA); Water Retention (1; APA; CAN; CRC; PH2; VVG); Wound (1; APA; VVG).

Dosages (Buchu) — 1 tsp leaf/cup water up to several ×/day (APA); 10–30 drops extract in water or juice (APA); 1–2 g dry leaf as tea, 3 ×/day (CAN); 2–4 ml leaf tincture (1:5 in 60% ethanol) (CAN); 2–4 ml leaf tincture (PNC); 4–8 ml concentrated leaf infusion (PNC); 2–4 ml liquid leaf extract (PNC); 0.3–1.2 ml liquid leaf extract (1:1 in 90% ethanol) (CAN).

Contraindications, Interactions, and Side Effects (Buchu) — Class 2b, 2d. "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Contraindicated in nephrosis (AHP). Commission E reports it contains irritating EO with diosphenol and pulegone (AEH). Pulegone is hepatotoxic. The volatile oil is an irritant to the GI tract and the kidneys (CAN). Because of the irritant oil, its use in pregnancy and lactation is to be avoided (CAN).

BUCKWHEAT (*Fagopyrum esculentum* Moench) +++

Synonym — *F. saggittatum* Gilib., *F. vulgare* Hill.

Activities (Buckwheat) — Antiatherosclerotic (f; PHR); Anticapillary Fragility (1; PHR; PH2); Anti-CVI (f; PHR); Antiedemic (1; PHR; PH2); Emollient (f; KAB).

Indications (Buckwheat) — Atherosclerosis (f; PHR; PH2); Cancer, colon (1; ABS); Capillary Fragility (1; PHR; PH2); Colic (f; DAA); Chill (f; DAA); CVI (1; PHR; PH2); Congestion (f; HHB); Dermatosis (f; PH2); Diarrhea (f; DAA); Eczema (f; HHB); Edema (1; PHR); Headache (f; PH2); Hepatosis (f; PH2); Itch (f; HHB; PH2); Swelling (1; PHR; PH2); Varicosis (1; PHR; PH2).

Dosages (Buckwheat) — Taken orally in teas, as an extract (PHR), or eaten as food. I view it as food farmacy. But as with peanuts, some people can be fatally allergic to the plant.

Contraindications, Interactions, and Side Effects (Buckwheat) — Not covered (AHP). None reported when properly administered (PHR). Not covered by AHP or Commission E. Rutin underlies much of the activity. Not covered in most of my books, more food than medicine. But it is clearly a safe food pharmaceutical for most people (note caveats). Intake of large quantities can cause phototoxic doses in grazing animals (PHR). I know one chemist's wife was almost killed eating noodles in Japan made of buckwheat flour. So some people can have fatally anaphylactic reactions to buckwheat. There are some similarities between the globulins in buckwheat and those in pea and soy. Phototoxic fagopyrine may cause fagopyrism in sheep and swine, inducing cramps, dermatosis, and nausea (HHB).

BUGLE (*Ajuga reptans* L.) +

Activities (Bugle) — Antipyretic (f; EFS); Astringent (1; PHR); Carminative (f; CRC; EFS); Deobstruent (f; CRC); Diuretic (f; CRC); Hemostat (f; CRC; EFS); Narcotic (f; CRC); Stomachic (f; CRC; EFS); Tonic (f; EFS); Vulnerary (f; CRC).

Indications (Bugle) — Angina (f; MPG); Biliousness (f; CRC); Bleeding (f; CRC; EFS; MPG); Cancer (f; CRC; JLH); Cancer, uterus (f; JLH); Cholecystosis (f; PHR); Diarrhea (f; MPG); Fever

(f; CRC; EFS); Fistula (f; CRC); Gangrene (f; CRC); Gas (f; CRC; EFS); Gastrosis (f; PHR); Hangover (f; CRC); Hemoptysis (f; CRC); Hepatosis (f; CRC); Induration (f; CRC; JLH); Inflammation (f; PHR); Jaundice (f; CRC); Laryngosis (1; PHR); Leukorrhea (f; MPG); Quinsy (f; CRC); Rheumatism (f; CRC); Sore (f; CRC); Splenosis (f; CRC); Stomatosis (1; PHR); Tumor (f; JLH); Ulcer (f; CRC); Uterosis (f; CRC; JLH); Vaginosis (f; MPG); Water Retention (f; CRC); Wound (1; PHR).

Dosages (Bugle) — Not given (PHR). 60 g herb boiled in 1 liter water for biliary disorders (CRC).

Contraindications, Interactions, and Side Effects (Bugle) — None stated (PHR).

BUGLEWEED (*Lycopus europaeus* L. or *L. virginicus* L.) +++

Activities (Bugleweed) — Antideiodinater (T4) (2; KOM); Antigonadotropic (2; KOM; PH2; SHT); Antihormonal (2; PNC); Antilactagogue (f; MAB); Antioxidant (1; APA); Antiprolactin (1; PH2); Antipyretic (f; APA); Antithyrotropic (2; KOM; PH2; SHT); Antitumor (f; APA); Arteriosedative (f; MAD); Astringent (f; MAD; PNC); Cardiotonic (f; APA; FEL; MAD); Depurative (f; FEL); Digitalic (f; MAD); Hemostat (f; MAD); Narcotic (f; CEB); Poison (f; DEM); Sedative (f; APA; CEB; FEL; PNC); Tonic (f; FEL; HHB).

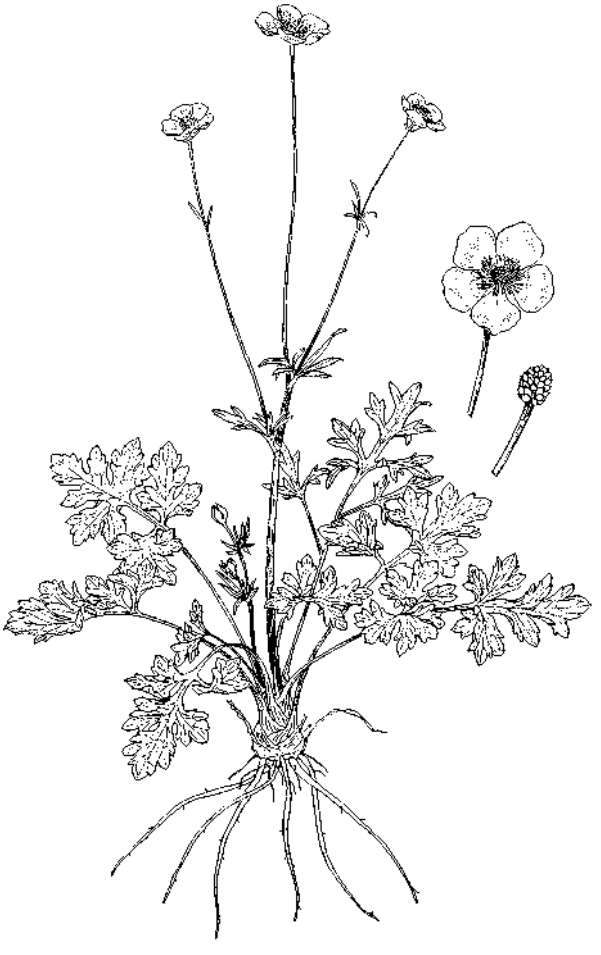
Indications (Bugleweed) — Albuminuria (f; FEL); Anxiety (f; APA; FEL); Bite (f; DEM); Bleeding (f; FEL; MAD); Bright's Disease (f; MAD); Burn (f; FEL); Cardiopathy (f; FAD; PH2); Cough (1; FEL; PNC); Debility (f; FEL); Diabetes (f; CEB; FAD; FEL); Diarrhea (f; CEB; FEL); Dysentery (f; CEB; FEL); Dyspepsia (f; FEL); Dystonia (f; HHB); Endocardosis (f; MAD); Enterosis (f; FEL); Epistaxis (f; FEL); Exophthalmia (f; MAD); Fever (f; APA; FEL); Gastrosis (f; CEB; FEL); Goiter (f; FEL; MAD); Grave's Disease (1; PNC); Hematuria (f; FEL); Hemoptysis (f; CEB; FEL; MAD); Hemorrhoid (f; MAD); Hepatosis (f; MAD; PH2); Hyperthyroidism (mild only) (2; APA; HHB; PHR; SHT); Inflammation (f; CEB); Insomnia (2; APA; CEB; FEL; MAD; PHR; PH2; PNC); Jaundice (f; MAD); Malaria (f; FEL); Mastosis (2; KOM; PHR; SHT); Menorrhagia (1; SHT); Nephrosis (f; MAD; PH2); Nervousness (2; APA; CEB; FEL; PHR; PH2; PNC); Palpitation (f; APA; MAD); Pericardosis (f; MAD); Phthisis (1; FEL); PMS (2; PHR; SHT); Pneumonia (f; FEL); Polyuria (f; CEB); Pulmonosis (f; FAD; FEL); Snakebite (f; DEM); Swelling (f; MAD); Tension (f; PH2); Thyroidosis (2; PHR); Tuberculosis (f; FEL; MAD); Tumor (f; APA).

Dosages (Bugleweed) — Take only under doctor's supervision (APA); 1–2 drachms dried herb (FEL); 2 drachms to 4 fluid oz strong tincture (FEL); 1–2 g dry herb/tea (PH2); 0.7–2 ml liquid herb extract (PNC); 0.2–2 g/day crude drug (SHT).

Contraindications, Interactions, and Side Effects (Bugleweed) — Class 2b, 2c, 2d. Contraindicated in thyroid enlargement or hypothyroid, and in simultaneous administration of other thyroid treatments (AHP). Long-term use can cause thyroid enlargement. "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Avoid sudden withdrawal; may increase prolactin secretion (SHT).

Extracts (Bugleweed) — Extracts have demonstrated antigonadotropic, antithyrotropic, and prolactin-lowering activities (SHT). Freeze-dried extract induces pituitary thyroid stimulating hormone (TSH) repletion in hypothyroid rats, and reduction of TSH levels in euthyroid rats. Extracts also prevent bovine TSH binding to and stimulating adenyl cyclase in human thyroid membranes. Extracts used empirically in the treatment of Grave's disease, in which a thyroid-stimulating antibody is found in the blood; "this antibody has been shown to bind to and be inhibited by the plant extract" (PNC).

BULBOUS BUTTERCUP (*Ranunculus bulbosus* L.) +



Activities (Bulbous Buttercup) — Abortifacient (f; MAD); Allergenic (f; PHR); Antibacterial (1; CRC); Antiseptic (1; CRC; ZUL); Candidicide (1; CRC); CNS-Depressant (f; PHR); Fungicide (1; MAD; ZUL); Laxative (f; MAD); Narcotic (f; MAD); Poison (1; CRC); Sedative (f; MAD; PHR; PH2); Sternutator (1; CRC); Vesicant (1; CRC).

Indications (Bulbous Buttercup) — Alcoholism (f; CRC); Allergy (f; CRC); Arthrosis (f; CRC; MAD); Bacteria (1; CRC); Boil (f; MAD); Cancer (f; CRC); Cancer, breast (f; CRC; JLH); Cancer, cervix (f; CRC; JLH); Candida (1; CRC); Catarrh (f; MAD); Cervicosis (f; JLH); Chilblain (f; CRC); Corn (f; CRC; JLH); Cystosis (f; MAD); Delirium (f; CRC); Dermatosis (f; HHB; PHR; PH2); Diarrhea (f; CRC); Dropsy (f; MAD); Dyspnea (f; CRC); Eczema (f; CRC; FEL; MAD); Epilepsy (f; CRC); Flu (f; CRC; PHR; PH2); Frostbite (f; MAD); Fungus (1; MAD; ZUL); Gastrosis (f; CRC); Gout (f; CRC; MAD; PHR; PH2); Headache (f; CRC; MAD); Hemiplegia (f; MAD); Hepatosis (f; CRC; MAD); Herpes (f; CRC; FEL); Hiccup (f; CRC); Hydrocoele (f; CRC); Induration (f; JLH); Infection (1; CRC; MAD; ZUL); Insomnia (f; MAD; PHR; PH2); Itch (f; MAD); Jaundice (f; CRC); Lumbago (f; MAD); Mastosis (f; CRC; JLH); Meningosis (f; CRC; HHB; MAD; PHR; PH2); Mycosis (1; MAD; ZUL); Myosis (f; MAD); Nephrosis (f; MAD); Nervousness (f; MAD; PHR; PH2); Neuralgia (f; CRC; FEL; HHB; PHR; PH2); Nyctalopia (f; CRC); Ophthalmia (f; CRC; MAD); Otosis

(f; MAD); Ovary (f; CRC); Pain (f; CRC; MAD); Pancreatosis (f; MAD); Pemphigus (f; CRC; MAD); Pleurosis (f; CRC; HHB; MAD); Pleurodynia (f; CRC; MAD); Pulmonosis (f; CRC); Rheumatism (f; CRC; FEL; MAD; PHR; PH2); Sciatica (f; CRC); Shingle (f; CRC); Spine (f; CRC); Staphylococcus (1; CRC); Stomatosis (f; CRC; MAD); VD (f; DEM); Vertigo (f; MAD); Wart (f; CRC; JLH; MAD); Wen (f; JLH); Yeast (1; CRC).

Dosages (Bulbous Buttercup) — Homeopathic (PH2).

Contraindications, Interactions, and Side Effects (Bulbous Buttercup) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Contraindicated "absolutely" in pregnancy (PHR; PH2). Protoanemonin with significant antiseptic activity on aerobes, anaerobes, dermatophytes, and yeast, including MDR pathogens.

BUNCHBERRY (*Cornus canadensis* L.) ++

Synonym — *Chamaepericlymenum canadense* (L.) Asch. & Graebn.

Activities (Bunchberry) — Collyrium (f; FAD); Laxative (f; FAD); Tonic (f; DEM).

Indications (Bunchberry) — Bleeding (f; MIC); Cold (f; DEM); Colic (f; FAD); Cough (f; FAD; DEM); Enuresis (f; MIC); Fever (f; DEM; FAD); Fit (f; FAD); Gastrosis (f; DEM; MIC); Nephrosis (f; FAD; MIC); Ophthalmia (f; FAD); Pain (f; DEM; FAD); Paralysis (f; DEM); Pulmonosis (f; FAD); Side Ache (f; DEM); Sore (f; DEM); Stomachache (f; DEM); Tuberculosis (f; DEM); Wound (f; MIC).

BUPLEURUM, HARE'S EAR (*Bupleurum chinense* DC. or *B. falcatum* L.) ++

Treated as Chinese Thoroughwax by PH2.

Activities (Bupleurum) — Adrenergic (1; KEB); Analgesic (1; DAA; PH2; WHO); Antiadhesive (1; AKT); Antiaggregant (1; AKT; KEB; MAB); Antidepressant (f; PED); Antiedemic (1; DAA; PH2; WHO); Antifibrositic (1; SHB); Antihepatosis (1; KEB); Antiinflammatory (1; DAA; MAB; PED; PH2; WHO; WO2); Antimutagenic (1; MAB; WHO); Antinephrotic (1; KEB); Antiprostaglandin (1; KEB); Antipyretic (2; KEB; PH2; WHO; WO2); Antithromboxane (1; KEB); Antitoxic (f; DAA); Antitumor (1; KEB); Antitussive (1; DAA; KEB; PH2); Antiulcer (1; KEB; PH2); Antiviral (1; SHB; WO2); Apoptotic (1; MAB); Bitter (f; PED); cAMP-Phosphodiesterase-Inhibitor (1; WO2); Cardioprotective (1; AKT); Choleretic (2; AKT; KEB); CNS-Depressant (1; DAA; PED; WHO); Corticosteronigenic (1; AKT; MAB); Diaphoretic (f; KEB; MAB; PED; WO2); Diuretic (1; AKT); Expectorant (f; WO2); Gastroprotective (1; MAB; WHO); Hemolytic (1; WO2); Hemostat (f; DAA); Hepatoprotective (1; KEB; MAB; PH2; WHO); Hepatotonic (f; DAA); Hyperglycemic (1; MAB); Hypocholesterolemic (1; KEB); Hypoglycemic (1; AKT); Hypotensive (1; PH2); Immunostimulant (1; KEB; SHB; WHO); Interleukinogenic (1; SHB); Laxative (1; KEB); Mitogenic (1; MAB); Nephroprotective (1; MAB); Phagocytotic (f; SHB); Sedative (1; DAA; PH2; WHO); Tyrosinase-Inhibitor (1; WO2).

Indications (Bupleurum) — Amenorrhea (f; DAA; WHO); Anxiety (f; AKT); Autoimmune Disease (f; WHO); Bleeding (f; DAA); Cancer (1; AKT; JLH; MAB; WHO); Cancer, breast (f; JLH); Cancer, cervix (f; JLH); Cardiopathy (1; AKT); Catarrh (f; DAA); Chest Ache (f; PH2; WO2); Cholecystosis (f; DAA); Chill (f; DAA; MAB; PH2); Cold (1; KEB; WHO); Constipation (1; KEB);

Cough (f; DAA); Deafness (f; DAA; PH2; WHO); Debility (f; AKT; MAB); Depression (f; PED); Dermatosis (f; PED); Diabetes (f; WHO); Diarrhea (f; DAA); Dizziness (f; AKT; WHO); Dusgeusia (f; PH2); Dysmenorrhea (f; JAD; MAB; PED); Dyspepsia (f; DAA; MAB); Enterosis (1; WO2); Epigastrosis (f; MAB); Fever (2; DAA; HHB; KEB; MAB; PED; PH2; WHO; WO2); Fibrosis (1; SHB); Flu (1; WHO); Gallstone (f; DAA); Gas (f; DAA; WO2); Hepatomegaly (f; KEB); Hepatosis (1; DAA; KEB; WHO; WO2); Herpes (1; MAB); High Blood Pressure (1; DAA; PH2); High Cholesterol (1; KEB); Hyperglycemia (1; AKT); Hyperpigmentation (f; WO2); Hypochondriasis (f; WHO); Hypoglycemia (1; MAB); Immunodepression (1; KEB; SHB; WHO); Inflammation (1; AKT; DAA; MAB; PED; PH2; WHO; WO2); Insomnia (1; DAA; PH2; WHO); Leukemia (f; JLH); Malaria (f; DAA; PH2); Measles (1; MAB); Metastasis (f; AKT); Nausea (f; MAB; PH2); Nephrosis (1; KEB; WHO); Nervousness (1; DAA; PH2; WHO); Obesity (1; KEB); Pain (1; DAA; MAB; PH2; WHO); Palpitation (f; DAA); Pleurisy (f; DAA); PMS (f; PED); Prolapse (f; DAA; MAB); Pulmonosis (f; DAA); Rhinosis (f; DAA); Stone (f; DAA); Stress (f; PED); Swelling (1; DAA; PH2; WHO); Tuberculosis (f; DAA); Tumor (1; KEB; PED); Ulcer (1; KEB; MAB; PH2; WHO); Vertigo (f; AKT; DAA); Virus (1; SHB; WO2); Vomiting (f; PH2; WHO); Water Retention (1; AKT); Wound (f; WHO).

Dosages (Bupleurum) — 1–2 tsp (2–5 g)/day (SHB); 3–9 g/day (WHO); 3–12 g root/day (AKT); 1–4 g root powder (AKT); 1–2 tsp fresh root (PED); 0.5–1 g dry root (PED); 3–12 g/day dry root (MAB); 1 g dry root:5 ml alcohol/5 ml water (PED); 1.5–6 g dry root/day or 3–12 ml fluid extract (1:2) (KEB); 4–8 ml fluid extract (1:2) (MAB).

Contraindications, Interactions, and Side Effects (Bupleurum) — Class 1 (AHP). "Health hazards not known with proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). I suspect that this herb houses furanocourmarins for which the usual photosensitivity caveats apply. Patients may experience some flatulence, laxation, and sedation (KEB); large doses may decrease appetite and cause flatulence and abdominal distension. Allergic reactions reported in three cases (intramuscular injections) (WHO). One combination formula containing Bupleurum has been associated with interstitial pneumonitis in more than 15 patients (MAB). Because large doses may sedate, WHO cautions against operating motor vehicles or hazardous machinery. Alcohol, as well as other sedatives and CNS-depressants, may synergize the Bupleurum effects.

Extracts (Bupleurum) — Saikosaponin A and D have antitumor effects against human hepatoma tissue cultures (KEB); extracts may stimulate macrophage activity. Oral doses only about 1/10th as active as injected doses (KEB). At 6 mg day (~300 mg/root/day) significantly reduced liver enzymes. Antiinflammatory activity of saikosaponins similar to that of prednisolone (MAB). Sedative activity of saikosaponins (200–800 mg/kg) = 100 mg meprobomate. Polysaccharide fraction BR2 at 100 mg/kg similar in antiulcer activity of sucralfate (WHO).

BURDOCK (*Arctium lappa* L.) +++

Synonym — *A. edule* (Siebold ex Miq.) Nakai, *Lappa edulis* Siebold ex Miq., *L. major* Gaertn., *L. officinalis* All.

Activities (Burdock) — Alterative (f; CRC; PED); Antibacterial (1; APA; CAN; PED); Antidiabetic (1; FNF); Antifuruncular (1; CAN); Anti-HIV (f; APA); Antileukemic (1; FNF); Antilymphomic (1; FNF); Antimutagenic (1; APA; CAN); Antiphlegmatic (f; CRC); Antipyretic (f; CRC; FNF); Antirheumatic (f; PNC); Antiseptic (1; CRC; PNC; SKY); Antitumor (1; APA; CRC; SKY); Aperitif (f; CAN); Astringent (f; PED); Bifidogenic (1; AKT; FNF); Bitter (1; CAN); Carminative (f; CRC); Choleretic (1; APA; FAD); Cytoprotective (1; CAN); Demulcent (1; SKY); Depurative (f; APA; FAD; PHR); Desmutagenic (1; PNC); Detoxicant (1; CAN); Diaphoretic (f; APA; PHR; WAM); Digestive (1; SKY); Diuretic (1; APA; CAN; WAM); Fungicide (1; APA; PED); Gastrostimulant (1; FNF); Hepatotonic (1; WAM); Hypocholesterolemic (1; FNF); Hypoglycemic (1; APA; PNC; SKY); Immunomodulator (1; FNF); Immunostimulant (1; FNF); Lipolytic (1; FNF); Lymphotonic (1; WAM); Prebiotic (1; AKT; FNF); Stomachic (f; CRC); Uterotonic (1; CAN).

Indications (Burdock) — Abscess (f; CRC); Acne (f; CRC; SKY); Adenopathy (1; CRC; FNF; JLH); Alopecia (f; APA); Anorexia (f; CAN); Arthrosis (f; APA; CRC; PNC); Backache (f; APA); Bacteria (1; APA; CAN; PED); Bladder Stone (1; APA; CRC); Boil (1; CAN; WAM); Bruise (f; CRC; FAD); Bunion (f; CRC); Burn (f; FAD); Cancer (1; APA; CAN; FNF); Cancer, breast (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, knee (1; FNF; JLH); Cancer, lip (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, sinus (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cancer, tongue (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Canker Sore (f; APA; CRC); Chancre (f; DEM); Childbirth (f; CRC); Cold (f; APA); Constipation (f; APA;

FAD); Corn (f; JLH); Cystosis (f; CAN); Dermatosis (1; APA; CAN; WAM); Diabetes (1; CAN; CRC); Dropsy (f; CRC); Dyspepsia (f; APA); Eczema (f; APA; CAN; WAM); Enterosis (f; APA); Eruption (f; CRC); Fever (f; APA; CRC; FNF; PHR; WAM); Flu (f; APA; FAD); Fungus (1; APA; PED); Furuncle (1; CAN); Gas (f; CRC); Gastrosis (f; APA); Gonorrhea (f; CRC); Gout (f; APA; CAN; FAD); Gravel (f; DEM); Hepatosis (f; FAD); High Cholesterol (1; FNF); HIV (f; APA); Hives (f; FAD); Hyperglycemia (1; APA; CAN; PNC; SKY); Hysteria (f; CRC); Ichthyosis (f; PHR); Immunodepression (1; FNF); Impotence (f; CRC); Induration (f; JLH); Infection (1; APA; CRC; PED; PNC); Inflammation (f; JLH); Itch (f; CRC); Kidney Stone (1; APA; X7860196); Leukemia (1; FNF); Leukorrhea (f; CRC); Lumbago (1; CRC); Lymphoma (1; FNF; JAD); Measles (f; CRC; FAD); Mycosis (1; APA; PED); Nephrosis (f; CRC; FAD); Pain (f; APA); Parturition (f; APA); Pharyngosis (f; APA); Phosphaturia (f; CRC); Psoriasis (1; APA; CAN; WAM); Rheumatism (1; APA; CAN; CRC; PNC); Ringworm (f; CRC); Scarlet Fever (f; FAD); Sciatica (1; APA; CRC); Scirrhus (f; JLH); Scrofula (f; CRC; FAD); Shigella (1; FNF); Smallpox (f; CRC; FAD); Snakebite (f; CRC); Sore (f; APA; CRC; FAD); Staphylococcus (1; FNF); Sterility (f; CRC); Swelling (f; CRC); Syphilis (f; APA; CRC); Tumor (1; APA; CAN; CRC; JLH; SKY); Ulcer (f; APA; JLH); Urethrosis (Unapproved KOM); UTI (f; APA); VD (f; CRC); Vertigo (f; CRC; FAD); Wart (f; APA; JLH); Water Retention (1; APA; CAN; WAM); Wound (f; APA).

Dosages (Burdock) — 0.25–0.5 cup fresh root (PED); 1.25 tsp chopped or powdered root/cup water (1 tsp = ~2 g) (APA; BIS); 2–6 g dry root as tea, 3 ×/day (CAN); 6–12 g dry root (PED); 9 g dry root:45 ml alcohol/45 ml water (PED); 2–8 ml liquid root extract (1:1 in 25% ethanol) 3 ×/day (CAN); 8–12 ml root tincture (1:10 in 45% ethanol) 3 ×/day (CAN); 0.5–1 tsp tincture up to 3 ×/day (APA); 3 (475 mg) capsules 3 ×/day (APA; NH); 3 (470 mg) capsules 3 ×/day (NH); 0.5–2 ml liquid seed extract (PNC).

Contraindications, Interactions, and Side Effects (Burdock) — Class 1 (AHP). CAN notes that it may conflict with other hypoglycemic medications. Physicians in Burgos, Spain, in 1995, reported three cases of contact dermatosis caused by burdock root poultices. *Herbs for Health* (November/December) page 68, reviewing Rodriguez, P. et al., 1995. Allergic contact dermatitis due to burdock. *Contact Dermatitis* 33(2):134–5. (However, a letter from Alvaro Palacios in Spain tells me this is based on contamination with belladonna). Should be avoided during pregnancy due to a slight estrogenic effect (WAM). CAN also cautions that because it is a uterine stimulant, *in vivo*, its use in pregnancy and lactation is to be avoided (CAN).

Extracts (Burdock) — High inulin and mucilage may explain GI soothing effect (SKY). The bitter compound artipicrin kills Gram-positive bacteria (CAN). Bitter constituents explain digestive properties (SKY); polyacetylenes are antimicrobial (SKY). Lignans have antileukemic, antilymphomic, antimutagenic, and antitumor activities. (FNF). The burdock fiber (root can be 50% inulin) at 5% in the diet of rats protects against the toxicity of artificial food coloring. Plant juice reduces chromosome aberrations (CAN). Inulin seems to have antidiabetic, gastrostimulant, hypocholesterolemic, hypoglycemic, immunostimulant, and lipolytic activities. Flowers and leaves antibacterial against *Bacillus subtilis, Escherichia coli, Mycobacterium smegmatis, Shigella flexneri, Shigella sonnei,* and *Staphylococcus aureus*.

BURNING BUSH, DITTANY, GASPLANT (*Dictamnus albus* L.) ++

Synonym — *D. caucasicus* (Fisch. & C. A. Mey.) Grossh., *D. fraxinellus* Pers., *D. fraxinellus* var. *caucasicus* Fisch. & C. A. Mey.

Activities (Burning Bush) — Antiimplantation (1; PH2); Antipyretic (f; EFS); Antiseptic (f; DAA); Antispasmodic (f; EFS); Cardiosedative (f; HHB); Contraceptive (1; PH2); Diuretic (f; EFS; HHB); Emmenagogue (f; EFS; PH2); Mutagenic (1; PH2); Nervine (f; EFS); Phototoxic (1; HHB; PH2); Propecic (1; PH2); Sedative (f; PH2); Stimulant (f; PH2); Tonic (f; EFS; PH2); Uterotonic (f; HHB); Vermifuge (f; EFS; HHB).

Indications (Burning Bush) — Amenorrhea (f; PH2); Boil (f; DAA); Cancer (f; JLH); Childbirth (f; PH2); Cramp (f; EFS; PH2); Dermatosis (f; PH2); Eczema (f; PH2); Epilepsy (f; PH2); Fever (f; EFS; PH2); Fungus (f; PH2); Gastrosis (f; PH2); Hysteria (f; HHB; WOI); Impetigo (f; PH2); Induration (f; JLH); Insomnia (f; PH2); Itch (f; DAA); Jaundice (f; PH2); Malaria (f; HHB; WOI); Mycosis (f; PH2); Nervousness (f; PH2); Rheumatism (f; HHB; PH2); Scabies (f; PH2); Vitiligo (f; HHB); Water Retention (f; EFS; HHB); Worm (f; EFS; HHB; PH2); Wound (f; PH2).

Dosages (Burning Bush) — 20 g herb/liter water (PH2); 1 tsp root/2 glasses water (PH2). Strangely, PH2 suggests one g fresh herb or 2 g dry herb/cup water (PH2).

Contraindications, Interactions, and Side Effects (Burning Bush) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Mutagenic, phototoxic, uterotonic.

BURR MARIGOLD, WATER AGRIMONY (*Bidens tripartita* L.) ++

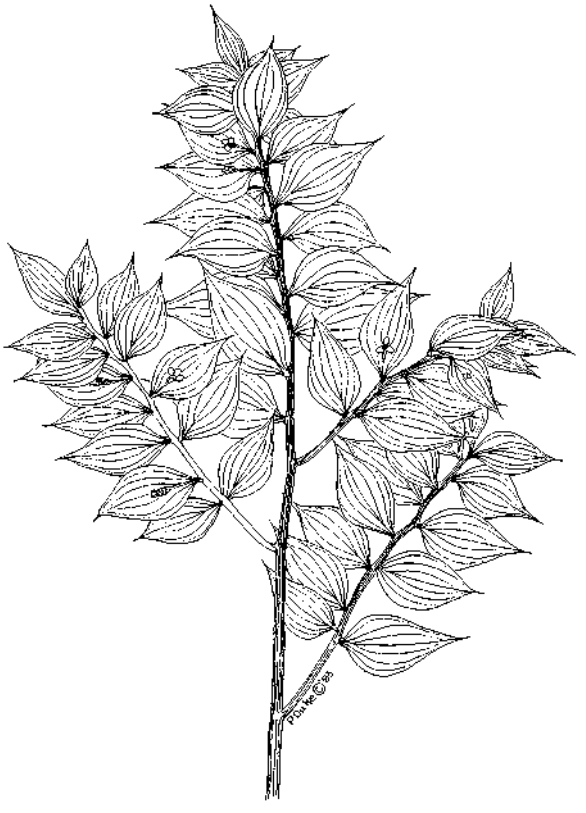
Synonym — *B. comosa* (A. Gray) Wiegand, *B. connata* Muhl. ex Willd., *B. connata* var. *comosa* A. Gray.

Activities (Burr Marigold) — Antibacterial (f; WO3); Antiinflammatory (1; WO3); Antipyretic (f; EFS); Antiseptic (1; DAA; EFS; WO3); Aperient (f; EFS; WO2); Astringent (f; EFS; PH2); Choleretic (1; PH2); Diaphoretic (f; EFS; PH2); Diuretic (f; EFS; PH2; WO2); Emmenagogue (f; EFS); Expectorant (f; WO2); Hemostat (f; EFS); Narcotic (f; EFS); Sedative (f; EFS).

Indications (Burr Marigold) — Alopecia (f; PH2); Bacteria (f; WO3); Bite (f; PH2); Bleeding (f; EFS; WO2); Cancer (1; WO3); Cystosis (f; DAA); Dropsy (f; WO2); Dysentery (f; DAA; WO2); Eczema (f; WO2); Enterosis (f; WO3); Fever (f; EFS; PH2); Gallstone (f; WO2); Gastrosis (f; WO3); Gout (f; DAA; PH2); Gravel (f; DAA); Hematuria (f; PH2); Hemoptysis (f; WO2); Infection (1; EFS; WO3); Inflammation (1; WO3); Insomnia (f; EFS); Kidney Stone (f; WO2); Nervousness (f; EFS); Respirosis (f; WO2); Sclerosis (f; DAA); Scurvy (f; PH2); Stone (f; WO2); Toothache (f; PH2); Uterosis (f; WO2); Venosis (f; DAA); Water Retention (f; EFS; PH2; WO2); Wound (f; WO3).

Contraindications, Interactions, and Side Effects (Burr Marigold) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

BUTCHER'S BROOM (*Ruscus aculeatus* L.) ++



Activities (Butcher's Broom) — Alpha-Adrenergic (1; PNC); Antiaggregant (f; PED); Anticapillary Fragility (1; PH2; SKY); Antiinflammatory (2; KOM; PHR; PH2; SKY); Antipyretic (f; EFS); Aperient (f; PNC); Aperitif (f; EFS); Bitter (f; PED); Deobstruent (f; EFS); Diaphoretic (f; EFS; PNC); Diuretic (2; KOM; PED; PH2); Emmenagogue (f; EFS); Expectorant (f; BIB); Laxative (f; APA; BGB; EFS); Tonic (1; PH2); Vasoconstrictor (1; APA; PNC; PED; SKY).

Indications (Butcher's Broom) — Anorexia (f; EFS); Arthrosis (1; APA); Atherosclerosis (f; PED; SKY); Cancer, prostate (f; HHB; JLH); Capillary Fragility (1; PH2; PNC; SKY); Catarrh (f; BIB); Chilblain (f; BIB); Constipation (f; APA; BGB; EFS); Cramp (1; APA; KOM; PH2); CVI (2; APA; BGB; PH2); Dropsy (f; BIB); Dyspnea (f; BIB); Dysuria (f; BIB); Fever (f; EFS; PNC); Fracture (f; APA; BGB); Hemorrhoid (2; APA; KOM; MAB; PH2; SKY); Hypertriglyceridemia (1; BGB); Inflammation (2; APA; KOM; PHR; PH2; SKY); Itch (1; APA; KOM; PH2); Jaundice (f; BIB; EFS); Nephrosis (f; BIB); Pain (1; KOM); Phlebitis (1; PED); Pulmonosis (f; EFS); Prostatosis (f; JLH); Respirosis (f; BIB); Retinosis (2; BGB); Rheumatism (f; APA); Scrofula (f; BIB); Swelling (1; APA; KOM; PH2); Thrombosis (1; HHB; PED); Ulcus cruris (f; HHB); Uterosis (f; BGB); Varicosis (1; APA; MAB; SKY); Water Retention (2; BIB; KOM; PED; PH2).

Dosages (Butcher's Broom) — 300-mg tablets (APA); 7–11 mg ruscogenin (or neoruscogenin + ruscogenin)/day or equivalent in raw extract (KOM; PH2); 1–2 tbsp fresh root (PED); 1.5–3 g dry root (PED); 2 g dry root :10 ml alcohol/10 ml water (PED); 1 g extract 3 ×/day (SKY); StX (50–100 mg ruscogenin)/day) (SKY).

Contraindications, Interactions, and Side Effects (Butcher's Broom) — Class 1 (AHP; SKY). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Commission E

reports rhizome permitted for oral use. No contraindications or interactions. Adverse effects: rarely gastric complaints, nausea, queasiness (AEH; KOM; PHR; PH2). Ruscogenins and neoruscogenins, similar to diosgenin, are responsible for decreasing inflammation and vascular permeability (SKY). Saponins are antiaggregant, antiinflammatory, capillarifortificant, and diuretic (PED).

BUTTERBUR
(*Petasites hybridus* (L.) P. Gaertn. et al. and *P. officinalis* Moench) +

Synonym — *Tussilago hybrida* L.

Activities (Butterbur) — Analgesic (1; BIS; HH2; PH2; SHT); Antiinflammatory (1; IJI1; SHT); Antileukotriene (1; IJI1; PH2; SHT); Antilithic (2; KOM; SHT); Antimigraine (1; IJI1); Antispasmodic (2; KOM; PHR; PH2; SHT); Antiulcer (1; HH2); Aperitif (f; PH2); Aquaretic (f; SHT); Carcinogenic (1; PHR; PH2); Cardiotonic (f; GMH); Cytoprotective (f; PH2); Diaphoretic (f; MAD); Diuretic (f; GMH; MAD; PHR; PNC); Dysuria (2; KOM); Emmenagogue (f; MAD); Hepatotoxic (1; PHR; PH2); Mutagenic (1; PHR; PH2); Sedative (f; BIS); Stimulant (f; PNC); Teratogenic (1; PHR; PH2); Tonic (f; PNC); Vermifuge (f; MAD).

Indications (Butterbur) — Adenopathy (f; JLH); Agitation (f; PH2); Anorexia (f; PHR; PH2); Asthma (f; MAD; PHR; PH2); Backache (f; GMH); Bladder Stone (2; PHR; PH2); Bronchosis (f; PHR; PH2); Cancer (f; JLH); Cholecystosis (f; PHR; PH2); Cold (f; GMH); Colic (f; PHR; PH2; SHT); Cough (f; MAD; PHR; PH2); Cramp (1; KOM; PHR; PH2; SHT); Dysmenorrhea (f; BIS); Dyspnea (f; GMH); Dysuria (f; GMH; MAD; SHT); Enterosis (f; BIS; PHR; PH2); Fever (f; GMH; MAD); Gastrosis (f; PHR; PH2); Headache (f; PHR; PH2); Hepatosis (f; PHR; PH2); Hoarseness (f; MAD); Inflammation (1; IJI1; SHT); Insomnia (f; BIS; PH2); Kidney Stone (2; PHR; PH2); Migraine (1; IJI1; PH2); Nervousness (f; BIS); Neuralgia (f; GMH); Pain (2; BIS; HH2; KOM; PHR; PH2; SHT); Pancreatosis (f; PHR; PH2); Pertussis (f; PHR; PH2); Plague (f; GMH); Psychasthenia (2; HH2); Respirosis (f; PH2); Sore (f; GMH; PHR; PH2); Sore Throat (f; MAD); Stone (2; PHR; PH2; SHT); Stress (f; PH2); Ulcer (1; HH2); Uterosis (f; MAD); UTI (f; PHR; PH2; SHT); Water Retention (f; GMH; MAD; PHR; PNC); Worm (f; GMH; MAD); Wound (f; PHR; PH2).

Dosages (Butterbur) — 4.5–7 g/day dry herb (KOM; PH2; SHT); 1.2–2 g powdered herb/cup water, 2–3 ×/day (HH2; PH2). "Teas should not be used" (PH2).

Contraindications, Interactions, and Side Effects (Butterbur) — Contains pyrrolizidine alkaloids (PAs). Not recommended due to PAs and sesquiterpene lactones (PNC). Daily dose should not exceed 1 μg PAs; do not dose more than 4–6 weeks a year (SHT). Botanically similar to *Tussilago farfara.* Adequate data about PA content not available. PAs are toxic to humans, with liver damage with cirrhosis and ascites, or seneciosis, or veno-occlusive disease (VOD) reported in almost all cases of severe or fatal intoxications, from intakes of 0.5–3.3 mg/kg (AEH). Commission E reports all plant parts contain hepatotoxic, genotoxic, and carcinogenic PAs. Contraindicated in pregnancy and lactation (AEH). Gruenwald (PHR) makes the following contradictory statements, back-to-back, first his template, "No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages." Then, the conflicting statement, "One should entirely forgo any administration of the drug, due to the presence of pyrrolizidine alkaloids with hepatotoxic and carcinogenic effects in the parts of the plant above ground, as even mere traces of the alkaloids present a danger" (PHR).

Extracts (Butterbur) — Ethanolic extract antispasmodic IC50 = 1.7 mg/ml (very weak cf atropine 1/1,000,000th of papaverine 1/1000th). LD50 dry drug 870 mg/kg ivn guinea pig, tincture 1250 mg/kg (HH2), LD50 root extract 2500 orl guinea pig (HH2), LD50 root extract 60 mg/kg ivn guinea pig (HH2).

BUTTERNUT (*Juglans cinerea* L.) +++

PH2 goofed and listed *Juglans nigra* and Black Walnut, which they do not treat separately, as trade names for butternut. Strangely, they also list *Juglandis folium* as a constituent.

Activities (Butternut) — Alterative (f; NUT); Antiseptic (1; FAD; PH2); Antitumor (1; HAD; PH2); Cholagogue (f; PNC); Depurative (f; MAD); Fungicide (1; FAD); Hemostat (1; FAD); Herbicide (1; HAD); Laxative (1; FAD; MAD; NUT; PH2; PNC); Rubefacient (f; NUT); Stimulant (f; NUT); Tonic (f; PNC; PH2); Vermifuge (f; FAD; NUT; PH2); Vulnerary (f; FAD).

Indications (Butternut) — Acne (f; MAD); Bleeding (1; FAD); Cancer (1; JLH; PH2); Cholecystosis (f; PHR; PH2); Constipation (1; FAD; MAD; PH2); Dermatosis (f; MAD; PHR; PH2); Diarrhea (f; MAD); Dysentery (f; MAD); Enterosis (f; HHB); Epithelioma (f; NUT); Fever (f; MAD); Fungus (1; FAD); Gastrosis (f; HHB); Headache (f; FAD; MAD); Hemorrhoid (f; PH2; PNC); Hepatosis (f; HHB; MAD); Infection (1; FAD; PH2); Malaria (f; MAD); Mycosis (1; FAD; NUT); Rheumatism (f; FAD; MAD); Parasite (1; PH2); Rosacea (f; MAD); Sore (f; NUT); Syphilis (f; NUT); Toothache (f; FAD); Tumor (1; HAD; PH2); VD (f; NUT); Worm (f; FAD; NUT; PH2).

Dosages (Butternut) — 100–300 mg bark (HHB); 2–4 ml, 1:1 fluid extract (HHB); capsules 95 mg bark, 500 mg, 3500 mg (PH2); 1:1 Fluid Extract (PH2); 2–4 ml liquid bark extract (PNC); 0.3–0.5 g dry bark extract (PNC).

Contraindications, Interactions, and Side Effects (Butternut) — Class 1 (AHP). Large doses mildly laxative, contraindicated in pregnancy (AHP). None known or listed (PHR; PNC). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Our best source of dietary serotonin, quickly broken down in the gut (where there are serotonin receptors). The combination of tannin with all its pesticidal activities and juglone may be pretty potent.

C

CABBAGE (*Brassica oleracea* var. *capitata* L.) +++

Few if any taxonomists and agronomists can distinguish all *Brassica* varieties and species, and probably fewer chemists, herbalists, pharmacists, and physicians can be sure of the variety or species. My entries can be no more reliable than their sources. Seems as though the cabbage group might better be treated generically than specifically or varietally. We all know cabbage and cole slaw as health food, but then there's the more complex Chinese Cabbage, etc. The darker green, the better, in many respects (see broccoli, kale, etc.).

Activities (Cabbage) — Allergenic (1; WO3); Anthelminthic (f; KAB); Antibacterial (1; WO2); Antidote, mushroom (f; WO2); Antiseptic (f; WO2); Antiulcer (1; PH2); Antiscorbutic (f; TOM); Astringent (f; TOM); Bitter (f; TOM); Cardiotonic (f; KAB); Diuretic (f; TOM; WO2); Emollient (f; WO2); Fungicide (1; WO2); Gastroprotective (f; PH2); Goitrogenic (1; WO2); Hypocholesterolemic (1; WO3); Hypoglycemic (1; WO2); Laxative (f; TOM); Monooxygenase-Inducer (1; WO3); Nematicide (1; WO2); Pectoral (f; TOM; WO2); Stomachic (f; KAB; WO2); Vermifuge (f; WO2).

Indications (Cabbage) — Acidity (1; PH2); Adenopathy (f; JLH); Asthma (f; HHB; PH2; WO2); Bacteria (1; WO2); Biliousness (f; KAB; WBB); Blister (f; WO2); Boil (f; DEM); Bronchosis (f; HHB; KAB; WO2); Callus (f; JLH); Cancer (1; JLH); Cancer, breast (1; JLH); Cancer, eye (1; JLH; TOM); Cancer, foot (1; JLH); Cancer, gland (1; JLH); Cancer, liver (1; JLH); Cancer, prostate (1; JNU); Cancer, spleen (1; JLH); Cancer, stomach (1; JLH); Canker (f; TOM); Carcinoma (f; TOM); Colic (f; WBB); Constipation (f; TOM); Corn (f; JLH); Cough (f; HHB; PH2; WO2); Dermatosis (f; PH2); Diabetes (1; WO2; WO3); Dropsy (f; KAB); Duodenosis (f; PH2); Enterosis (f; PH2); Escherichia (1; WO2); Felon (f; JLH); Fever (f; KAB); Fistula (f; JLH; WO2); Fungus (1; WO2); Gastrosis (f; HHB; JLH; PH2); Gout (f; PH2); Hangover (f; TOM); Headache (f; DEM; TOM); Hemorrhoid (f; KAB; PH2); Hepatosis (f; JLH; WO2); High Cholesterol (1; WO3); Hyperglycemia (1; WO2); Hypothyroidism (f; PH2); Induration (f; JLH); Infection (1; WO2); Inflammation (f; TOM); Itch (f; PH2); Mycosis (1; WO2); Ophthalmia (f; TOM); Pain (f; PH2); Pancreatosis (f; HHB); Parotosis (f; JLH); Polyp (f; JLH); Rheumatism (f; KAB; WO2); Rhinosis (f; JLH); Roemheld Syndrome (f; PH2); Sclerosis (f; JLH); Stomachache (f; HHB); Swelling (f; JLH; TOM); Thyroidosis (f; PH2); Tuberculosis (f; WO2); Tumor (f; TOM); Ulcer (1; PH2); Uterosis (f; JLH); Wart (f; JLH; KAB); Water Retention (f; TOM; WO2); Whitlow (f; JLH); Worm (1; KAB; WO2); Yeast (1; WO2).

Dosages (Cabbage) — Food farmacy; eat some almost every day, but don't overdo it. Recommended raw as slaw, fermented as kraut, or boiled redneck fashion. I use it as the broth for all my vegetarian soups (JAD). A daily liter of cabbage juice for at least 3 weeks but not more than 6 weeks (PH2). One tsp juice before each meal for gastralgia and acid stomach (PH2). 500 mg tablets (PH2).

Contraindications, Interactions, and Side Effects (Cabbage) — Not covered (AHP; KOM)."Health hazards not known with proper therapeutic dosages" (PH2). In huge quantities, glucosinolate/isothiocyanate containing crucifers might upset the thyroid. And in huge doses, hard to get dietarily, indole-3-carbinol, might stimulate breast cancer rather than prevent it because it does so at levels reasonably attainable through dietary consumption of crucifers (Brassicaceae).

Purple cabbage has the added advantage of anthocyanins, and almost twice as much vitamin C as green or white cabbage. But purple has only half the folate. I suggest using a different variety every day.

C

CABBAGE BARK (*Andira inermis* (W. Wright) Kunth ex DC.) +

Synonyms — *A. excelsa* Kunth, *A. jamaicensis* Urb., *A. racemosa* Lam. ex J. St.-Hil., *Geoffroea inermis* W. Wright, *Vouacapoua inermis* (W. Wright) A. Lyons.

Activities (Cabbage Bark) — Anthelminthic (f; CRC; WO2); Antidote, comocladia (f; CRC); Emetic (f; CRC); Laxative (f; CRC; WO2); Narcotic (f; CRC; WO2); Piscicide (f; CRC); Vermifuge (f; CRC).

Indications (Cabbage Bark) — Constipation (f; WO2); Eczema (f; CRC); Fever (f; CRC; WO2); Malaria (f; CRC); Parasite (f; IED); Worm (f; CRC; IED); Yaws (f; CRC).

Contraindications, Interactions, and Side Effects (Cabbage Bark) — Not covered (AHP; APA; KOM; PHR). Contains berberine and biochanin-A, both of which have many biologically important activities (WO2).

CABEZA DE ANGEL (*Calliandra grandiflora* (L'Her) Benth.) +

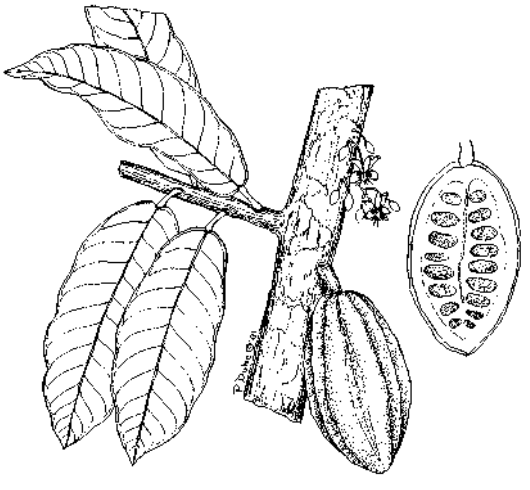
Synonyms — *Aneslia strigillosa* Britton & Rose, *C. anomala* (Kunth) J. F. Macbr., *C. strigillosa* (Britton & Rose) Standl. ex Leavenw., *Inga anomala* Kunth, *Mimosa grandiflora* L'Hér.

Activities (Cabeza de Angel) — Astringent (f; CRC); Hypnotic (f; CRC); Narcotic (f; CRC).

Indications (Cabeza de Angel) — Anorexia (f; CRC); Cancer (f; JLH); Chest Ailment (f; CRC); Cholera (f; CRC); Condylomata (f; CRC); Cough (f; CRC); Diarrhea (f; CRC); Dysentery (f; CRC); Enterosis (f; CRC); Eye Disease (f; CRC); Fever (f; CRC); Inflammation (f; CRC); Malaria (f; CRC); Nausea (f; CRC); Ophthalmia (f; CRC); Proctosis (f; CRC); Pulmonosis (f; CRC); Tumor (f; CRC); Ulcer (f; CRC).

Contraindications, Interactions, and Side Effects (Cabeza de Angel) — "Classed as a narcotic hypnotic" (CRC).

CACAO (*Theobroma cacao* L.) ++



Activities (Cacao) — Allergenic (1; CRC); Antibacterial (1; APA); Antioxidant (1; APA); Antiseptic (f; CRC; DAD; JFM); Antitumor (f; JFM); Aphrodisiac (1; APA; HAD); Astringent (1; KOM; PH2);

Broncholytic (1; PHR; PH2); Cardiotonic (1; PHR; PH2); CNS-Stimulant (1; APA; TRA); Comedogenic (1; CRC); Digestive (f; APA); Diuretic (1; APA; PHR; PH2; TRA); Ecbolic (f; CRC; DAD); Emmenagogue (root) (f; CRC; DAD); Emollient (1; APA; CRC); Hypotensive (f; GMH); Lipolytic (1; BRU; FNF); Myorelaxant (1; PHR; PH2); Parasiticide (f; CRC; DAD); Secretolytic (f; PH2); Stimulant (f; APA; PH2); Thermogenic (1; HAD); Thyroregulator (f; HH2; PH2); Tonic (f; KOM; PHR); Vasodilator (1; JFM; PHR; PH2).

Indications (Cacao) — ADD (1; DAD); Adenopathy (f; HH2); Alopecia (f; CRC); Asthma (1; APA; DAV); Bacteria (1; APA); Bite (f; DAD); Bleeding (f; IED); Bronchosis (1; APA); Burn (f; APA; IED; JFM); Cancer (f; JFM); Cellulite (1; BRU; FNF; HAD); Chafing (f; APA; FEL); Childbirth (f; CRC; DAD; JFM); Cold (1; APA); Congestion (1; APA); Cough (f; APA; CRC; DAD); Cystosis (f; KOM; PHR; PH2); Debility (f; TRA); Dermatosis (f; IED); Diabetes (f; KOM; PHR; PH2); Diarrhea (1; APA; KOM; PHR; PH2); Eczema (f; DAV); Enterosis (1; APA; PHR; PH2); Eruption (f; JFM); Fever (f; APA; CRC); Flu (1; APA); Hemorrhoid (1; CRC); Hepatosis (f; PHR; PH2); High Blood Pressure (f; GMH); Hyperkinesis (1; DAD); Infection (1; APA; PHR); Malaria (f; CRC); Mastosis (f; APA; CRC; JFM); Nephrosis (f; CRC; PHR; PH2); Nipple (f; FEL); Obesity (f; BRU; FNF; HAD); Ophthalmia (f; CRC; DAD); Parasite (f; CRC; DAD); Parturition (f; APA); Pregnancy (f; APA); Proctosis (f; JFM); Rheumatism (f; CRC); Scabies (f; DAV); Screw Worm (f; JFM); Snakebite (f; CRC); Thyroidosis (f; HH2); Tumor (1; CRC; JFM); Vaginosis (f; JFM); Water Retention (1; APA; PHR; PH2; TRA); Worm (f; CRC); Wound (f; DAD; JFM); Wrinkle (f; APA; CRC; DAD).

Dosages (Cacao) — 1–2 tsp cocoa/cup water and/or milk (APA).

Contraindications, Interactions, and Side Effects (Cacao) — Not covered (AHP). Not approved (KOM). "Hazards and/or side effects not known for proper therapeutic dosages or with consuming normal amounts of chocolate products" (PH2) (but PH2 designates no dosage level and does not define normal usage! JAD). Commission E reports contraindications for seed and seed shell: hypersensitivity; adverse effects: allergic reactions with skin manifestations and migraine (AEH). Patients with irritable bowel syndrome should avoid cocoa-containing products (APA). Cocoa butter clogs pores, causing blackheads in animals (APA). Biogenic amines (phenylethylamine, serotonin, tryptamine, and tyramine) can trigger migraine attacks (free amines total 750–1440 ppm in fermented beans). Even caffeine can trigger headaches in naive subjects. Theophylline is present in traces only in unroasted beans, which disappear with roasting (HHB). Enzymes such as hydrolase, lipase, and proteinase are deactivated in roasting. If caffeine from coffee works for hyperkinesis (ADD), a big if, why not caffeine from chocolate, or tea, both of which may have even more health benefits via their catechin-tannins? Milk chocolate may have 2000 ppm caffeine, bitter chocolate 4000 ppm (PH2).

CAJEPUT (*Melaleuca leucadendra* L.) ++

Synonyms — *Kajuputi leucadendra* (L.) Rusby, *Myrtus leucadendra* L.

After visiting Australia and conferring with teatree experts, I am convinced that most of the published studies are taxonomically confused. I am using the Cajeput in the sense of the USDA, not in the narrower Australian sense of cajuput, which follows. The lazy way out, lumping the species, won't solve the taxonomic quandary.

Activities (Cajeput) — Analgesic (1; CRC); Antiseptic (1; CRC; PHR; PH2); Astringent (1; CRC); Carminative (1; CRC); Emollient (1; CRC); Insectifuge (1; CRC; WOI); Rubefacient (1; CRC; KOM; PHR; PH2); Sedative (f; CRC); Stimulant (1; CRC); Stomachic (1; CRC); Suppurative (1; CRC); Vermifuge (1; CRC; WOI).

Indications (Cajeput) — Acne (1; CRC); Arthrosis (f; CRC); Asthma (1; CRC); Backache (1; FNF; PH2); Boil (1; CRC); Bronchosis (1; CRC; WOI); Bruise (f; CRC; PHR); Burn (f;

PH2); Cancer (f; JLH); Cholera (1; CRC; DEP); Cold (1; CRC); Colic (1; CRC; DEP); Cough (1; CRC); Debility (f; DEP); Depression (f; DEP); Dermatosis (1; CRC); Diarrhea (1; CRC); Dropsy (f; CRC; DEP); Dyspepsia (1; CRC); Eczema (1; CRC); Epilepsy (f; DEP); Gas (1; CRC; DEP); Gastrosis (1; CRC; DEP); Gout (f; CRC); Headache (1; CRC); Hiccup (f; CRC); Hysteria (f; DEP); Infection (1; PH2); Inflammation (f; CRC); Insomnia (f; CRC); Laryngosis (1; CRC; WOI); Lumbago (1; PHR; PH2); Malaria (1; CRC); Myalgia (1; PHR; PH2); Nervousness (f; CRC); Neuralgia (1; CRC; DEP; KOM; PH2); Otosis (1; CRC); Pain (1; CRC; DEP; PH2); Palsy (f; DEP); Paralysis (f; CRC); Pharyngosis (1; CRC); Pityriasis (f; CRC); Pleurosis (1; CRC); Pneumonia (1; CRC); Psoriasis (f; CRC); Rheumatism (1; CRC; DEP; PH2); Rhinosis (1; CRC); Scabies (1; CRC); Sciatica (1; PHR); Scurvy (1; CRC); Skin (1; CRC); Slipped Disk (1; PHR; PH2); Sore Throat (1; CRC); Spasm (f; CRC); Sprain (f; CRC; PHR; PH2); Tension (f; PHR); Toothache (1; CRC; WOI); Tumor (f; CRC); Worm (1; CRC; WOI); Wound (f; PH2).

Dosages (Cajeput) — Oil used as a monopreparation, externally as a 5% alcohol solution (KOM); topical use only, dosage not specified (PH2); 0.05–0.2 ml Cajuput oil (PNC); 0.3–2 ml Cajuput spirit (PNC).

Contraindications, Interactions, and Side Effects (Cajeput) — Not covered (AHP). No health hazards or side effects noted with proper administration (PHR; PH2). Do not apply near nostrils of pediatrics, may cause serious glottal spasms (KOM; PHR). More than 10 g cajuput oil may induce life-threatening intoxication, due to cineole, with circulatory and respiratory disorders, hypotension, and possible collapse (PH2). Topical and vaginal irritation have been reported from similar oils from other species of *Melaleuca,* but the topical use of the oil has not generally been associated with toxicity. Still, the topical use cannot be recommended at this time (LRNP, January 1991). As with most EOs, this one may induce dermatosis in sensitive individuals.

CAJUPUT (*Melaleuca cajuputi* Powell) ++

Synonym — *M. minor* Sm.

American authors (JFM) treat cajeput as *Melaleuca leucadendron* L. or *M. quinquenervia.* Few, if any, of the chemical studies are vouchered.

Activities (Cajuput) — Antibacterial (1; JAD); Antirheumatic (2; PHR); Antiseptic (1; JAD; JFM); Antispasmodic (f; JFM); Fungicide (1; JAD); Rubefacient (2; KOM; PHR); Stimulant (f; JFM).

Indications (Cajuput) — Athlete's Foot (1; JAD); Backache (f; PHR); Bacteria (1; JAD); Bruise (f; PHR); Burn (1; PH2); Candida (1; JAD); Cramp (f; JFM); Fever (f; JFM); Fungus (1; JAD); Infection (1; JAD; PH2); Lumbago (1; PHR); Myalgia (2; PHR; PH2); Mycosis (1; JAD); Neuralgia (1; KOM; PH2); Onychosis (1; JAD); Pain (f; PH2); Pulmonosis (f; JFM); Rheumatism (2; PHR; PH2); Sciatica (1; PHR); Slipped Disk (f; PHR); Sprain (f; PHR); Wound (1; PH2).

CALABASH TREE (*Crescentia cujete* L.) +

Activities (Calabash Tree) — Abortifacient (f; AAB; DAV; 60P); Analgesic (f; MPG; 60P); Antiallergic (1; TRA); Antidote, hippomane (f; JFM); Antiinflammatory (1; TRA; 60P); Antiseptic (1; MPG; TRA; 60P); Aperitif (f; MPG); Astringent (f; IED); Carcinogenic (1; MPG; 60P); Choleretic (1; DAV; 60P); Emmenagogue (f; AAB; MPG); Emetic (f; MPG; WBB; 60P); Expectorant (f; IED); Hemostat (f; JFM; MPG); Laxative (1; DAV; IED; JFM; 60P); Pectoral (f; MPG); Pulifuge (f; JFM); Vermifuge (f; MPG; 60P); Vulnerary (f; MPG).

Indications (Calabash Tree) — Allergy (1; TRA); Alopecia (f; DAV; JFM); Anorexia (f; MPG); Asthma (f; AAB; DAV; JFM; 60P); Bacteria (1; TRA); Biliousness (f; DAV); Bleeding (f; JFM; MPG); Bronchosis (f; AAB; DAV; 60P); Bruise (f; WBB); Burn (f; WBB); Catarrh (f; MPG; 60P); Childbirth (f; AAB; JFM); Cold (f; JFM); Congestion (f; AAB; JFM); Constipation (1; IED; TRA; 60P); Cough (f; AAB; JFM); Diabetes (f; JFM); Diarrhea (f; IED; 60P); Dysentery (f; JFM); Dysmenorrhea (f; MPG); Dyspepsia (f; MPG); Edema (1; TRA); Fever (f; IED); Flu (f; 60P); Freckle (f; JFM); Hematochezia (f; JFM); Hemorrhoid (f; JFM); Hepatosis (f; MPG); Hernia (f; DAV); Inflammation (1; TRA; 60P); Itch (f; JFM); Leukorrhea (f; MPG); Nervousness (f; MPG); Otosis (f; MPG; TRA); Pain (f; MPG; 60P); Palpitation (f; MPG); Pneumonia (f; 60P); Pulmonosis (f; AAB; IED; JFM); Salmonella (1; TRA); Snakebite (f; WBB); Spider Bite (f; JFM); Sprain (f; DAV; JFM); Staphylococcus (1; MPG; TRA); Streptococcus (1; TRA); Sunburn (f; JFM); Toothache (f; DAV; MPG; 60P); Tuberculosis (f; JFM); Tumor (f; JFM; JLH); Urethrosis (f; MPG); UTI (f; JFM); Vaginosis (f; JFM); Worm (f; MPG; 60P); Wound (f; JFM).

Contraindications, Interactions, and Side Effects (Calabash Tree) — Not recommended for internal consumption (TRA). Fruit pulp may be carcinogenic; ingestion may produce severe diarrhea (TRA).

CALAMINT (*Calamintha nepeta* (L.) Savi.) ++

Synonyms — *Clinopodium nepeta* (L.) Kuntze, *Melissa nepeta* L., *Satureja calamintha* (L.) Scheele, *S. nepeta* (L.) Scheele.

PH2 data seem to have been in part derived from HHB, which is covering *C. officinalis* or *C. montana,* neither of which is in the USDA database. I use only *C. nepeta* data below.

Activities (Calamint) — Diaphoretic (1; PH2); Diuretic (f; PH2); Expectorant (1; PH2).

Indications (Calamint) — Cancer (f; JLH); Cold (f; PH2); Fever (1; PH2); Gastrosis (f; PH2); Hiccup (f; PH2); Induration (f; JLH); Polyp (f; JLH); Respirosis (f; PH2); Rhinosis (f; JLH); Splenosis (f; JLH); Water Retention (f; PH2).

Contraindications, Interactions, and Side Effects (Calamint) — Not covered (AHP).“Hazards and/or side effects not known for proper therapeutic dosages” (PH2).

CALAMUS (*Acorus calamus* L.) XXX

Activities (Calamus) — Analgesic (1; KAP; ZUL); Anthelminthic (f; CRC; VVG); Antibacterial (1; CRC; MPI); Antigonadotropic (1; ZUL); Antipyretic (1; CRC; WO2); Antiseptic (1; EFS; FNF); Antispasmodic (1; APA; CAN; SUW; VVG); Anxiolytic (1; IJP29:S340); Aperitif (f; CRC; KAB; PHR); Aphrodisiac (f; CRC; KAP; ZUL); Carcinogenic (1; APA; CRC; VVG); Carminative (1; APA; CAN; SUW; VVG); CNS-Sedative (1; APA; VVG; WO2); Diaphoretic (f; CAN; EFS); Digestive (f; CRC; VVG); Diuretic (f; EFS; KAP); Emetic (f; CRC; SUW; VVG); Emmenagogue (f; EFS; ZUL); Expectorant (f; KAP); Hallucinogen (1; ZUL); Hyperemic (1; PHR); Hypotensive (1; APA; WO2; ZUL); Insecticide (1; CRC; WO2; ZUL); Insectifuge (1; SUW); Larvicide (1; ZUL); Laxative (f; KAP); Negative Inotropic (1; KAP); Neurotonic (1; CRC); Ovicide (1; WO2); Sedative (1; APA; PHR); Mutagenic (1; APA); Neurotonic (f; SUW); Respiradepressant (1; KAP; WO2); Sedative (1; KAP; WO2); Sialagogue (f; KAB); Stimulant (f; CRC); Stomachic (f; CRC; SUW); Tonic (f; CRC); Tranquilizer (1; MPI; WO2; ZUL).

Indications (Calamus) — Adenopathy (f; WO2); Ague (f; CRC; KAB); Angina (f; PHR); Anorexia (f; APA; CAN; CRC; KAB; PHR); Anxiety (1; IJP29:S340); Arthrosis (f; APA); Asthma (f; VVG); Bacteria (1; CRC; MPI); Bronchosis (f; CRC; SUW); Bubo (f; CRC); Cancer (f; JLH); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Cancer, liver (f; JLH); Cancer, rectum (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, testis (f; JLH); Cancer, uterus (f; JLH); Cancer, vagina (f; JLH); Carbuncle (f; CRC); Catarrh (f; WO2); Cholera (f; MIC); Colic (f; APA; CAN; CRC; KAP; MIC; SUW); Conjunctivosis (f; CRC); Constipation (f; KAP); Cough (f; KAB; MIC); Cramp (1; APA; CAN; MIC; SUW; VVG); Cystosis (f; CRC); Deafness (f; CRC); Diarrhea (f; SUW; VVG); Dysentery (f; CRC; KAB; VVG); Dyspepsia (1; APA; CAN; SUW; ZUL); Enterosis (f; CAN); Epilepsy (f; APA; KAP; WO2); Fever (1; APA; CAN; CRC; EFS; WO2); Fungus (1; WO2); Gangrene (f; JLH); Gas (1; APA; CAN; CRC; SUW; VVG); Gastrosis (f; CAN; MIC; PHR); Gingivosis (f; PHR); Gout (f; CRC); Headache (f; CRC); Hepatosis (f; JLH); High Blood Pressure (1; APA; WO2; ZUL); Incontinence (f; CRC); Induration (f; JLH); Infection (1; CRC; EFS; FNF); Insomnia (1; APA; PHR); Lice (1; WO2); Lumbago (f; CRC); Malaria (f; CRC; SUW); Melancholy (f; CRC); Mycosis (1; WO2); Nervousness (1; APA; MPI; PHR; WO2; ZUL); Neurasthenia (f; CRC); Nicotinism (f; APA); Ophthalmia (f; CRC); Orchosis (f; JLH); Pain (1; KAP; ZUL); Paralysis (f; KAP); Respirosis (f; ZUL); Rheumatism (f; APA; CRC; KAP); Rickets (f; CRC); Scirrhus (f; JLH); Scrofula (f; CRC); Snakebite (f; SUW); Sore (f; JLH); Sore Throat (f; KAB); Splenosis (f; JLH); Stomachache (f; APA; MIC); Swelling (f; KAP); Teething (f; APA); Tuberculosis (1; MPI); Tumor (f; JLH); Typhoid (f; CRC); Ulcer (f; CAN; PHR); Uterosis (f; JLH); Vaginosis (f; JLH); Varicosis (f; APA); Vertigo (f; CRC); Water Retention (f; EFS; KAP).

Dosage (Calamus) — 2–7 g powdered root (10–15 as emetic) (KAP).

Contraindications, Interactions, and Side Effects (Calamus) — Class 1, only for the asarone-free diploid rhizome. Class 2b for the triploid and tetraploid (AHP). CAN reports that the beta-asarone in the oil is carcinogenic and nephrotoxic, and may cause convulsions. AHP hints that the risks, like those of safrole, may not be as serious as the press would have us believe. Oil carcinogenic, convulsant; kidney damage and tremors. May potentiate MAOI therapy (CAN). And a real bombshell for uncut aromatherapists, "In general, the topical application of any undiluted EO is not recommend" (CAN). EO LD50 = 777 orl rat; LD50 = 221 ipr rat (CAN); LD50 = >5000 der guinea pig (CAN).

CALENDULA, MARIGOLD, POT-MARIGOLD
(*Calendula officinalis* L.) +++

Synonym — *C. officinalis* var. *prolifera* hort.

Activities (Calendula) — Abortifacient (1; CAN); Analgesic (1; BGB; CRC; WAM); Angiogenic (1; PH2); Anthelmintic (f; CRC; WO2); Antibacterial (1; BGB; CRC; PH2); Antiblastocytic (1; CAN); Antiedemic (1; CAN); Antiemetic (1; WO2); Antihemorrhagic (f; CAN); Anti-HIV (1; BGB; PH2); Antiinflammatory (2; KOM; SHT; WAM); Antipyretic (f; CRC); Antisarcomic (1; CRC); Antiseptic (1; CAN; PH2; WAM); Antispasmodic (1; CAN; CRC); Antisuppurative (f; CRC); Antitumor (1; CAN); Antiviral (1; BGB; PH2; SKY); Aphrodisiac (1; WO2); Astringent (f; CRC); Bitter (1; JFM); Candidicide (1; PH2); Cardiotonic (f; PHR); Carminative (f; CAN; CRC; WO2); Cholagogue (f; CRC); CNS-Depressant (1; WO2); Depurative (f; CRC); Dermagenic (1; WAM); Diaphoretic (f; CAN; CRC; JFM; PHR; PH2); Diuretic (f; CRC; PHR; PH2); Ecbolic (f; CRC); Emmenagogue (f; BGB; CAN; CRC); Estrogenic (1; WO2); Fungicide (1; BGB; PH2); Hemostat (f; CRC); HIV-RT-Inhibitor (1; BGB); Hypotensive (1; WO2); Immunostimulant (1; BGB; CAN); Laxative (f; CRC); Lymphadenomic (f; CAN); RT-Inhibitor (1; PH2); Sedative (1; WO2); Spermicide (1; CAN); Stimulant (f; CRC); Stomachic (f; CRC); Tonic (f; CRC); Trichomonicide (1; CAN); Uterotonic (1; CAN; WO2); Vasodilator (1; CAN); Vulnerary (2; KOM; PH2; SHT).

Indications (Calendula) — Abrasion (1; CRC); Acne (f; PHR); Adenopathy (1; PHR; PH2); Amenorrhea (f; CAN; CRC; WO2); Arthrosis (f; JFM); Atherosclerosis (f; PHR); Bacteria (1; BGB; CRC; PH2); Bee Sting (f; CRC; PHR; PH2); Bleeding (f; CAN; CRC; JFM); Boil (1;

BGB; BIS); Bruise (1; BGB; BIS; CRC); Bug Bite (1; WAM); Burn (2; PHR; PH2; SHT); Callus (f; JFM); Cancer (1; CAN; CRC; PHR); Cancer, breast (1; CRC; FNF); Cancer, colon (1; CRC; FNF); Cancer, intestine (1; CRC; FNF; JLH); Cancer, skin (1; CRC; FNF; JLH); Cancer, stomach (1; FNF; JLH; JFM); Cancer, uterus (1; CRC; FNF); Candida (1; PH2); Cholera (f; CRC); Circulosis (f; PH2); Condyloma (1; JLH); Conjunctivosis (f; BGB; CAN; PHR; PH2); Constipation (f; CRC; PH2); Convulsion (f; PHR); Cough (f; PHR; PH2); Cramp (1; CAN; CRC; PHR; PH2); Dermatosis (1; BGB; PHR; PH2; SHT); Dysmenorrhea (f; CAN; PHR; PH2); Dyspepsia (1; CAN); Eczema (1; CAN; PHR; PH2; WAM); Enterosis (1; PH2); Epistaxis (f; CAN); Eruption (f; CRC); Fever (f; CAN; CRC; JFM; PHR; PH2); Flu (f; CRC); Frostbite (f; PHR; PH2); Fungus (1; BGB; PH2); Furunculosis (f; PHR); Gas (f; CAN; CRC; WO2); Gastrosis (1; PH2; SKY); Gingirrhagia (f; CRC); Hemorrhoid (f; CAN; CRC); Hepatosis (f; BGB; PHR); Herpes (1; WO2); High Blood Pressure (1; WO2); HIV (1; BGB; PH2); Immunodepression (1; BGB; CAN); Induration (f; CRC; JLH); Infection (1; BGB; PH2); Inflammation (2; KOM; PH2; SHT; WAM); Insomnia (1; WO2); Jaundice (f; BGB; CRC; PHR; PH2); Mastosis (f; PNC); Menstrual Distress (f; PHR); Mucososis (2; KOM; WO2); Mycosis (1; BGB; PH2); Nephrosis (f; CRC); Nervousness (1; WO2); Otosis (1; CAN); Pain (1; BGB; CRC; WAM); Pharyngosis (2; KOM; PH2; SHT); Phlebitis (f; PHR); Pneumonia (1; PH2); Proctosis (f; CAN; CRC; PH2); Rhinosis (1; PH2); Scrofula (f; CRC; HHB); Sore (2; KOM; PH2; SHT; WAM); Sore Throat (2; PHR; PH2; SHT); Sprain (1; CRC; WAM); Staphylococcus (1; PH2); Steatoma (f; JLH); Stomachache (f; CRC; PH2); Stomatosis (2; KOM; PH2; SHT); Strep Throat (2; PHR); Strains (1; WAM); Streptococcus (1; PH2); Sunburn (SKY); Swelling (1; CAN); Syphilis (f; CRC); Thrombophlebitis (f; PHR); Toothache (f; CRC; JFM; PHR); Tuberculosis (f; CRC); Tumor (1; CAN); Typhus (f; CRC); Ulcer (2; PH2); Ulcus cruris (2; CAN; KOM); Ulcer (internal) (1; BGB; CRC; PHR); Varicosis (f; CRC; PHR; WO2); Virus (1; BGB; PH2; SKY); Vomiting (1; WO2); Wart (f; CRC; JLH; JFM); Water Retention (f; CRC; PHR; PH2); Worm (f; PHR; PH2); Wound (2; CRC; PH2; SHT); Xeroderma (f; PHR); Yeast (1; PH2).

Dosages (Calendula) — 5–40 drops tincture 3 ×/day; 1–5 g herb/cup tea, 3 ×/daily (SF); 1–4 g flower as tea, 3 ×/day (CAN); 1–2 tsp flower/cup water (APA); 5 g flower in 1 liter milk for stomach cancer (JFM); 0.5–1.0 ml liquid flower extract (1:1 in 40% ethanol) 3 ×/day (CAN); 0.3–1.2 ml flower tincture (1:5 in 90% ethanol) 3 ×/day (CAN); 1–4 ml liquid floral extract (PNC); 0.3–1.2 ml floral tincture (PNC); ointments w/ 2–5 g herb/100 g (PIP).

Contraindications, Interactions, and Side Effects (Calendula) — Class 1, Class 2b (AHP; CAN). I think it safer than coffee, discounting a report of anaphylactic shock in one Russian who gargled with the infusion (it's kin to ragweed) (LRNP, August 1992). No known side effects or contraindications (KOM; SKY). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). CAN caution that due to its reputed affect on the menstrual cycle, and being a uterine stimulant *in vitro,* its use in pregnancy and lactation is to be avoided (CAN).

Extracts (Calendula) — Calendula triterpenes sometimes better as antiinflammatories than indomethacin. Triterpenoids considered abortifacient, antiblastocytic, spermicide, uterotonic (CAN; WO2). Flavonoids antiinflammatory (SKY). Faradiol-3-myristic-acid-ester and faradiol-3-palmitic-acid-ester proven antiinflammatory, equal on equimolar basis to indomethacin. Unesterified faradiol more antiinflammatory = indomethacin PH2. Calenduloside-B has antiinflammatory, antiulcer, and sedative activities (WO2).

CALIFORNIA BAY
(*Umbellularia californica* (Hook. and Arn.) Nutt.) +

Synonym — *Tetranthera californica* Hook. & Arn.

Activities (California Bay) — Analgesic (f; DEM); Antirheumatic (f; DEM); Counterirritant (f; CRC); Insecticide (f; CRC); Insectifuge (f; CRC); Stimulant (f; DEM).

Indications (California Bay) — Cold (f; DEM); Colic (f; CRC); Cramp (f; DEM); Diarrhea (f; CRC); Dysmenorrhea (f; DEM); Headache (f; CRC; DEM); Lice (f; DEM); Neuralgia (f; DEM); Pain (f; DEM); Rheumatism (f; CRC; DEM); Sinusosis (f; DEM); Sore (f; DEM); Sore Throat (f; DEM); Stomachache (f; CRC; DEM).

CALIFORNIA PEPPERTREE (*Schinus molle* L.) +

Synonym — *Schinus huygan* Molina.

Activities (California Peppertree) — Antiinflammatory (f; PH2); Antiviral (f; CRC); Astringent (1; CRC; PH2); Bitter (1; PH2); Collyrium (f; CRC); Diuretic (f; CRC; EFS; PH2); Emmenagogue (1; CRC; WOI); Expectorant (f; EFS); Fungicide (1; PH2); Laxative (1; CRC; PH2); Piscicide (f; CRC); Stomachic (f; CRC; PH2); Tonic (f; CRC; EFS); Vulnerary (f; CRC; PH2).

Indications (California Peppertree) — Amenorrhea (1; CRC; WOI); Anorexia (f; PH2); Anuria (f; PH2); Aposteme (f; CRC); Arthrosis (f; PH2); Blennorrhagia (f; CRC; PH2); Bronchosis (f; CRC); Cancer (f; JLH); Cancer, foot (f; JLH); Cataract (f; CRC); Cold (f; PH2); Conjunctivosis (f; PH2); Dermatosis (f; PH2); Diarrhea (f; CRC); Dysmenorrhea (f; CRC); Dysuria (f; HH2); Fungus (1; PH2); Gastrosis (f; PH2); Gingivosis (f; CRC; WOI); Gonorrhea (f; CRC); Gout (f; CRC; WOI); Hemoptysis (f; CRC); High Blood Pressure (f; PH2); Infection (1; PH2); Inflammation (1; PH2); Ischiosis (F; HH2); Leukorrhea (f; PH2); Mucososis (1; PH2); Myalgia (f; PH2); Mycosis (1; PH2); Nausea (f; PH2); Odontosis (f; PH2); Ophthalmia (f; CRC); Pain (f; PH2); Pharyngosis (f; HH2; PH2); Prolapse (f; CRC; PH2); Respirosis (f; PH2); Rheumatism (f; CRC; PH2); Sore (f; CRC; HH2); Sore Throat (f; PH2); Swelling (f; CRC; PH2); Tuberculosis (f; CRC; HH2); Tumor (f; JLH); Ulcer (f; CRC); Urethrosis (f; CRC; HH2); Urogenitosis (f; CRC; HH2); Uterosis (f; CRC; PH2); VD (f; CRC; WOI); Virus (f; CRC); Vomiting (f; PH2); Wart (f; JLH); Water Retention (f; CRC; EFS; HH2; PH2); Wound (f; CRC; PH2).

Dosages (California Peppertree) — For gargles and external washes 30 g drug/500 ml water.

Contraindications, Interactions, and Side Effects (California Peppertree) — Class 1; GI irritant; though toxic in quantity, still used as spice (AHP). "Health hazards not known with proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Children intoxicated by fruits, with diarrhea, gastroenterosis, headache, lassitude, and nausea (CRC). LD50 (EO) = >5000 mg/kg orl rat (HH2).

CALIFORNIA POPPY (*Eschscholzia californica* Cham.) +

Activities (California Poppy) — Analgesic (1; CRC; EFS; HHB); Antispasmodic (1; BRU; CRC; PH2; WAM); Anxiolytic (1; BRU; PH2; WAM); Calmative (in small doses) (1; WAM); Diaphoretic (f; CRC); Diuretic (f; CRC); Emetic (f; DEM); Lactifuge (f; DEM); Narcotic (1; CRC; DEM); Piscicide (f; CRC); Poison (f; DEM); Sedative (1; BRU; PHR; WAM); Soporific (1; CRC; EFS; PH2); Uterotonic (1; CRC; HHB; KOM).

Indications (California Poppy) — Ague (f; CRC); Anxiety (1; WAF); Cystosis (f; PHR); Depression (f; PHR); Dermatosis (f; CRC); Dysmenorrhea (f; WAF); Dystonia (f; PH2); Dysuria (f; PHR); Enuresis (f; PHR; PH2); Gastrosis (f; DEM); Headache (f; CRC; PHR; PH2); Hepatosis (f; PHR); Insomnia (1; PHR; PH2; WAM); Jaundice (f; CRC); Melancholy (f; PHR; PH2); Nervousness (f;

PHR; PH2); Neurasthenia (f; PH2); Neurosis (f; PHR); OCD (1; WAF); Pain (1; CRC; EFS; HHB; PHR; PH2); Sore (f; DEM); Stomachache (f; DEM); Stress (f; WAF); Toothache (1; DEM); Tuberculosis (f; DEM).

Dosages (California Poppy) — 1–2 ml liquid extract (PHR); 2–3 g in tea, to 4 cups/day (AHP); 1 tsp dry root and/or herb/cup water 2–3 ×/day; 30–40 drops tincture 2–3 ×/day (WAF).

Contraindications, Interactions, and Side Effects (California Poppy) — Class 2b (AHP). Commission E reports aerial parts not permitted for therapeutic use. Use during pregnancy should be avoided as the major alkaloid cryptopine shows a stimulating effect on guinea pig uterus *in vitro* (AEH). Do not use during pregnancy; do not use with MAOI antidepressants (WAM).

Extracts (California Poppy) — Californidine reportedly antispasmodic, anxiolytic, sedative, and soporific. Cryptopine uterotonic at 1 ppm (HHB).

CAMPHOR (*Cinnamomum camphora* (L.) J. Presl) X

Synonym — *Laurus camphora* L.

Many books confuse camphor the tree with camphor the chemical.

Activities (Camphor) — Abortifacient (f; VAG; WO2); Analeptic (1; CRC; KOM; PH2; VVG); Analgesic (1; AHP; APA; CRC; PNC; WO2); Anthelmintic (f; CRC; WO2); Antiaphrodisiac (f; CRC); Antibacterial (1; APA; VAG; WO2); Antiitch (f; VVG); Antiseptic (1; AHP; HHB; VVG; ZUL); Antirheumatic (f; CRC); Antiseptic (1; VAG; WO2); Antispasmodic (f; CRC; WO2); Antitussive (1; APA); Aphrodisiac (f; WO2); Bronchosecretolytic (f; PIP); Bronchospasmolytic (1; KOM; PH2; PIP); Calmative (f; CRC); Candidicide (1; WO2); Cardiotonic (1; PIP; WO2); Carminative (f; CRC; VVG; WO2); Circulotonic (1; KOM; WO2); CNS-Depressant (1; WO2); CNS-Stimulant (1; WBB; ZUL); Convulsant (1; ZUL); Counterirritant (1; APA); Decongestant (1; APA); Diaphoretic (f; AHP; CRC; WO2); Emetic (f; VVG); Expectorant (1; HHB; WO2); Fungicide (1; VAG; WO2); Hyperemic (1; KOM; PH2; WO2); Liniment (f; CRC); Parasiticide (f; AHP); Respirastimulant (f; WO2); Rubefacient (1; AHP; VAG; WO2); Secretagogue (1; KOM); Secretolytic (1; PH2); Sedative (f; WO2); Stimulant (1; CRC; VVG; WO2; ZUL); Vibriocide (1; WO2); Vulnerary (f; CRC).

Indications (Camphor) — Arrhythmia (1; PHR; PH2); Arthrosis (f; AHP; APA); Asthma (f; CRC; PH2); Bacteria (1; APA; PH2; VAG; WO2); Bronchosis (1; CRC; PHR; PH2; WO2); Bruise (f; CRC); Burn (f; APA); Cancer (f; JLH); Cancer, leg (f; JLH); Cancer, liver (f; JLH); Cancer, nose (f; JLH); Cancer, spleen (f; JLH); Candida (1; WO2); Cardiopathy (1; APA; CRC; PHR; PH2; VVG); Catarrh (1; KOM; PIP); Chilblain (f; APA; PNC); Cholera (1; CRC; WO2); Chorea (f; WO2); Circulosis (f; PH2); Cold (f; PNC; VVG); Cold Sore (f; APA); Colic (f; CRC; HHB); Collapse (f; CRC); Congestion (1; AHP; APA; CRC); Convulsion (f; CRC; WO2); Cough (1; APA; PHR; WO2); Cramp (f; CRC; HHB; WO2); Delirium (f; HHB); Dermatosis (f; ZUL); Diarrhea (1; PNC; WO2); Dyspepsia (f; PH2); Emphysema (f; CRC); Enterosis (1; VAG); Epilepsy (f; CRC; HHB; WO2); Favus (f; CRC); Fever (f; AHP; CRC; VVG; WO2; ZUL); Fibrososis (1; PNC; WO2); Flu (f; CRC; HHB; VAG; VVG); Fungus (1; VAG; WO2); Gas (f; CRC; VVG; WO2); Gout (f; CRC); Hemorrhoid (f; APA); Hepatosis (f; WO2); Herpes (f; PNC); High Blood Pressure (1; PHR); Hypotension (1; PHR; PH2; PIP); Hysteria (f; CRC; WO2); Induration (f; JLH); Infection (1; AHP; VAG; VVG; WO2); Inflammation (f; CRC; PH2; VVG); Insomnia (f; WO2); Itch (1; APA; CRC; VVG); Malaria (f; ZUL); Myalgia (1; AHP; APA; KOM; PH2); Mycosis (1; VAG; WO2); Myocardosis (f; CRC); Nervousness (1; CRC; PHR; WO2); Neuralgia (f; CRC; HHB; WO2); Pain (1; AHP; APA; CRC; KOM; PNC; WO2); Paralysis (f; CRC); Parasite (f; AHP); Pneumonia (f; VVG; WO2); Pulmonosis (1; CRC); Respirosis (1; KOM;

PIP); Rheumatism (1; AHP; APA; CRC; KOM; PH2; WO2); Rhinosis (f; CRC; HHB); Sclerosis (f; JLH); Sore (f; JLH); Sprain (1; WO2); Splenosis (f; WO2); Strains (f; CRC); Toothache (1; WO2); Tumor (f; CRC); Yeast (1; WO2).

Dosages (Camphor) — Topical ointments with 3–11% camphor, no more than 4 ×/day (APA); 25% ointments, <6% pediatric (PIP); 30–300 mg/day camphor (KOM; PIP); 1–10% camphor spirit extract (PIP); maximum daily dose, 30 mg camphor (PNC).

Contraindications, Interactions, and Side Effects (Camphor) — Class 2b, 2d (AHP). Topical use only; never ingest camphor (APA). Do not use on children's faces. Do not apply near children's nostrils (AEH; KOM; PIP). Not for long-term use. Do not exceed recommended dose. May cause confusion, delirium, eczema, epileptiform convulsions (constant in animals), excitement, headache, nausea, and rarely death, by asphyxia and collapse (WO2). Contraindicated in broken or burned skin (KOM; PIP). Commission E reports contraindications (for external use—damaged skin; and adverse effects: contact eczema (AEH).

CAMU-CAMU (*Myrciaria dubia* (Kunth) McVaugh) +++

Synonyms — *M. paraensis* O. Berg, *Psidium dubium* Kunth.

Activities (Camu-Camu) — Acidulant (1; ARC); Aldose-Reductase-Inhibitor (1; SYN); Analgesic (1; FNF; SYN); Antiaggregant (1; FNF; SYN); Antiaging (1; ABS; SYN); Antiarthritic (1; FNF; WER); Antiasthmatic (1; FNF; WER); Antiatherosclerotic (f; PAM); Antibacterial (1; FNF; DAS); Anticataract (1; WER); Anti-Crohn's (1; FNF; M29); Antidepressant (1; FNF; WER); Antidiabetic (1; FNF; SYN); Antidote, aluminum (1; FNF; EMP6:189); Antidote, cadmium (1; FNF; DAS); Antidote, lead (1; FNF; DAS); Antidote, paraquat (1; FNF; M28); Antieczemic (1; FNF; WER); Antiedemic (1; DAS; FNF); Antihepatitic (1; DAS; FNF); Antiherpetic (1; FNF; WER); Antihistaminic (1; FNF; WER); Antiinflammatory (1; FNF; PAM); Antimutagenic (1; EMP6:235; FNF); Antinitrosic (1: FNF; M28); Antioxidant (1; FNF); Antipyretic (1; FNF; EMP6:189); Antiradicular (1; FNF; SYN); Antiscorbutic (1; FNF; M28); Antiseptic (1; FNF; M28); Antitumor, lung (1; FNF; NR54:S71); Antiulcer (1; FNF; WER); Antiviral (1; DAS; FNF; WER); Apoptotic (1; BO2; FNF); Chemopreventive (1; FNF); Collagenic (1;BO2; FNF); Detoxicant (1; FNF); Diuretic (1; FNF); Beta-Glucuronidase-Inhibitor (1; BO2; FNF); Hemostat (1; DAS; FNF); Hepatoprotective (1; EMP6:189; FNF); Hypocholesterolemic (1; DAS; FNF); Hypoglycemic (1; FNF; SYN); Hypotensive (1; SN137:292); Immunostimulant (1; SYN); Inteferonigenic (1; FNF; PAM); Lithogenic (1; DAS; FNF); Mucolytic (1; FNF; M28); Uricosuric (1; DAS; FNF); Urinary-Acidulant (1; FNF; M29); Vulnerary (1; FNF; PAM).

Indications (Camu-Camu) — Aging (1; ABS; SYN); Arthrosis (1; FNF; WER); Asthma (1; FNF; PAM; WER); Atherosclerosis (1; FNF; PAM); Bacteria (1; FNF; DAS); Bleeding (1; DAS; FNF; SYN); Cancer (1; FNF); Canker (1; EMP6:235; FNF); Cataract (1; FNF; WER); Crohn's Disease (1; FNF; M29); Cold (1; FNF); Depression (1; FNF; WER); Decubitis (1; FNF; M28); Diabetes (1; FNF; SYN); Eczema (1; FNF; WER); Edema (1; DAS; FNF); Encephalosis (1; DAS; FNF); Fever (1; FNF; EMP6:189); Fistula (1; FNF; PAM); Gingivosis (1; FNF); Glaucoma (1; FNF); Gout (1; FNF); Hepatosis (1; DAS; EMP6:189; FNF); Herpes (1; FNF; WER); High Blood Pressure (1; SN137:292); High Cholesterol (1; DAS; FNF); Hyperglycemia (1; FNF; SYN); Immunodepression (1; SYN); Infection (1; FNF; M28); Infertility (1; FNF; WER); Inflammation (1; FNF; PAM); Leprosy (1; FNF; M28); Measles (1; DAS; FNF); Migraine (1; FNF; M29); Obesity (1; FNF; WER); Orchosis (1; DAS; FNF); Osteoarthrosis (1; FNF; WER); Osteoporosis (1; FNF; PAM); Pain (1; FNF; SYN); Parkinson's Disease (1; FNF; WER); Parotosis (1; DAS; FNF); Periodontosis (1; FNF; WER); Pneumonia (1; FNF; PAM); Poliomyelitis (1; DAS; FNF); Pulmonosis (1; FNF;

NR54:S71); Senility (1; FNF); Shingles (1; DAS; FNF); Sore (1; FNF; PAM); Syndrome-X (1; FNF; SYN); Ulcer (1; FNF; WER); Virus (1; DAS; FNF; WER); Water Retention (1; DAS; FNF); Wound (1; FNF; PAM).

Dosages (Camu-Camu) — Food farmacy, 3–4 fruits providing 300–400 mg vitamin C (JAD).

Contraindications, Interactions, and Side Effects (Camu-Camu) — Not covered (AHP; KOM; PH2). Most FNF entries above based on the fact that camu-camu is a very rich edible source of vitamin C.

CANADA YEW (*Taxus canadensis* Marshall) X

Activities (Canada Yew) — Abortifacient (f; CEB; DEM); Diaphoretic (f; DEM); Diuretic (f; CEB; DEM); Fibronolytic (f; DEM); Hypotensive (f; FAD); Sedative (f; CEB); Stimulant (f; DEM).

Indications (Canada Yew) — Afterbirth (f; FAD); Childbirth (f; DEM); Cold (f; CEB; DEM); Debility (f; CEB; DEM); Dysmenorrhea (f; DEM); Enterosis (f; DEM); Fever (f; CEB; DEM); Gastrosis (f; DEM); Gonorrhea (f; DEM); High Blood Pressure (f; FAD); Insomnia (f; CEB); Nervousness (f; CEB); Numbness (f; CEB; DEM); Pain (f; DEM); Paralysis (f; CEB; DEM); Rheumatism (f; CEB; DEM); Scurvy (f; DEM); Stomachache (f; CEB; DEM); VD (1; CEB; DEM); Water Retention (f; CEB; DEM).

Contraindications, Interactions, and Side Effects (Canada Yew) — Not covered (AHP; KOM; PH2). Though poisonous, the twigs, berries, and leaves have been used in brewing a beverage (Iroquois, Penobscot) (DEM). All plant parts (except perhaps the red aril) of this and other yews contain highly toxic components and are considered poisonous. Ingesting as few as 50 leaves (needles) has resulted in fatalities (FAD).

CANADIAN GOLDENROD (*Solidago canadensis* L.) ++

Synonym — *S. longifolia* Schrad. ex DC.

With good reason, many authors have taken a generic approach to *Solidago*. EFS aggregates *S. odora* and *S. virgaurea.* PH2 confesses that *S. canadensis, C. gigantea,* and *S. virgaurea* have been interchangeably mixed in the market. Few of the compilers, including yours truly, could positively identify which species is in the apothecary jar, and probably none of the chemical studies are vouchered. While I have maintained citations for several species, I think the identities are all suspect.

Activities (Canadian Goldenrod) — Anticancer (1; HH2); Antiinflammatory (1; PH2); Antispasmodic (1; FAD; PH2); Diuretic (1; FAD; PH2); Emetic (f; DEM).

Indications (Canadian Goldenrod) — Bladder Stone (2; PH2); Bite (f; FAD); Boil (f; DEM); Burn (f; DEM; FAD); Cancer (1; HH2); Childbirth (f; DEM); Cramp (1; FAD; PH2); Cystosis (1; PH2); Diarrhea (f; DEM); Fever (f; DEM; FAD); Flu (f; DEM); Gravel (2; FAD); Inflammation (1; PH2); Insomnia (f; DEM); Kidney Stone (2; FAD; PH2); Nephrosis (1; FAD; PH2); Pain (f; CEB); Paralysis (f; DEM); Sarcoma (1; HH2); Side Ache (f; CEB); Sore (f; DEM); Sore Throat (f; DEM; FAD); Stone (2; FAD); UTI (2; PH2); Water Retention (1; FAD; PH2); Wound (f; DEM).

Dosages (Canadian Goldenrod) — 6–12 g powdered herb (PH2). Also drink at least 2 liters water (PH2).

Contraindications, Interactions, and Side Effects (Canadian Goldenrod) — Class 2d (AHP). Caution indicated in patients with chronic kidney disease (AHP; PH2). Irrigation therapy

contraindicated in edema resulting from reduced cardiac and/or kidney function. Possibly allergenic (PH2). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

CANAIGRE (*Rumex hymenosepalus* Torr.) +

Activities (Canaigre) — Anthelminthic (1; FNF); Antibacterial (1; FNF); Anti-HIV (1; FNF); Antiinflammatory (1; FNF); Antimutagenic (1; FNF); Antioxidant (1; FNF); Antispasmodic (1; FNF); Antitumor (1; CRC; HHB); Antiviral (1; FNF).

Indications (Canaigre) — Bacteria (1; FNF); Cancer (1; CRC; FNF; HHB; JLH); Cancer, skin (1; FNF; JLH); Caries (1; FNF); Cramp (1; FNF); Diarrhea (1; FNF); Dysentery (1; FNF); Fungus (1; FNF); Hepatosis (1; FNF); High Blood Pressure (1; FNF); HIV (1; FNF); Inflammation (1; FNF); Nephrosis (1; FNF); Tumor (1; CRC; HHB); Ulcer (1; FNF); Virus (1; FNF).

Contraindications, Interactions, and Side Effects (Canaigre) — Class I (AHP) not covered (KOM; PH2).

CANCER HERB (*Acalypha arvensis* Poepp. & Endl.) +

Activities (Cancer Herb) — Antibacterial (1; TRA); Antiemetic (f; MPG); Antiinflammatory (f; MPG); Antiseptic (1; MPG); Antispasmodic (f; MPG); Diuretic (f; MPG); Tonic (f; MPG).

Indications (Cancer Herb) — Allergy (f; MPG); Amebiasis (f; MPG); Athlete's Foot (f; MPG); Bacteria (1; TRA); Blister (f; AAB); Boil (f; AAB); Cancer (f; AAB; MPG); Constipation (f; MPG); Cramp (f; MPG); Dermatosis (f; TRA); Diarrhea (f; MPG); Dysentery (f; MPG); Dysuria (f; TRA); Emesis (f; MPG); Enterosis (f; MPG); Fungus (f; AAB); Gastrosis (f; AAB); Headache (f; MPG); Infection (f; AAB); Inflammation (f; AAB; MPG; TRA); Itch (f; AAB); Ringworm (f; AAB); Snakebite (f; MPG); Sore (f; AAB); Staphylococcus (1; TRA); Stomachache (f; MPG); Ulcer (f; MPG); UTI (f; AAB); Vaginosis (f; AAB); VD (f; MPG); Vomiting (f; MPG); Water Retention (f; MPG).

Dosages (Cancer Herb) — Boil one whole plant in 3 cups water 5 minutes and take 1 cup before each meal (AAB).

CANDLEBUSH (*Senna alata* (L.) Roxb.) +

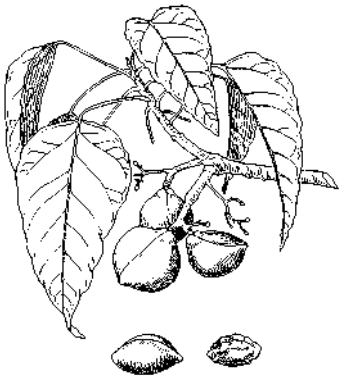
Synonym — *Cassia alata* L.

Activities (Candlebush) — Abortifacient (f; ZUL); Anthelminthic (1; IED); Antibacterial (1; TRA); Antihistaminic (1; TRA); Antiinflammatory (1; AAB); Antiseptic (1; TRA); Diuretic (f; JFM); Fungicide (1; AAB; TRA); Insecticide (f; IED); Laxative (f; IED; JFM); Piscicide (f; IED); Uterocontractant (1; ZUL); Vermifuge (1; JFM).

Indications (Candlebush) — Bacteria (1; TRA); Bite (f; IED; JFM); Catarrh (f; JFM); Constipation (1; IED); Dermatophyte (1; TRA); Dermatosis (1; AAB); Diarrhea (f; JFM); Dyspepsia (f; IED); Eczema (f; JFM); Flu (f; JFM); Fungus (1; AAB; TRA); Hepatosis (f; AAB; JFM); Herpes (1; RYM); High Blood Pressure (f; IED); Infection (1; AAB; IED; TRA); Infertility (f; AAB; IED); Inflammation (1; AAB); Jaundice (f; IED); Liver Spot (f; AAB); Lymphosis (f; AAB); Malaria (f; JFM); Mycosis (1; AAB; TRA); Nephrosis (f; AAB; IED); Pain (f; IED); Parasite (f; IED); Pellagra (f; DAV); Rash (f; IED); Rheumatism (f; IED; JFM); Ringworm (1; AAB); Scabies (f; AAB); Snakebite (f; IED; JFM); Sore (f; DAV); Splenomegaly (f; JFM); Staphylococcus (1; TRA);

Stomachache (f; IED; JFM); Uterosis (f; JFM); UTI (1; AAB); VD (f; IED; JFM); Water Retention (f; JFM); Womb (f; JFM); Worm (f; IED; JFM).

CANDLENUT (*Aleurites moluccana* (L.) Willd.) +



Synonyms — *A. javanica* Gand., *A. remyi* Sherff, *A. triloba* J. R. Forst. & G. Forst., *Jatropha moluccana* L.

Activities (Candlenut) — Antifeedant (1; CRC); Aperient (f; WO2); Aphrodisiac (f; EFS); Cardiotonic (f; WO2); Carminative (f; WO2); Diaphoretic (f; CRC); Expectorant (f; WO2); Hematonic (f; WO2); Laxative (1; CRC; WO2); Piscicide (1; CRC); Stimulant (f; CRC).

Indications (Candlenut) — Arthrosis (f; CRC); Asthma (f; WO2); Bleeding (f; CRC); Constipation (f; CRC; WO2); Diarrhea (f; CRC); Dysentery (f; CRC); Edema (f; CRC); Fever (f; CRC); Gas (f; WO2); Gonorrhea (f; CRC); Headache (f; CRC); Hematochezia (f; CRC); Hemorrhoid (f; WO2); Hydrophobia (f; WO2); Rheumatism (f; WO2); Ringworm (f; WO2); Sore (f; WO2); Sprue (f; CRC); Swelling (f; CRC); Tumor (f; CRC); Ulcer (f; WO2).

Contraindications, Interactions, and Side Effects (Candlenut) — Toxic and irritant. Seeds dangerous to eat (WO2).

CANE REED (*Costus speciosus* (J. König) Sm.) ++

Synonym — *Banksea speciosa* J. König.

Activities (Cane Reed) — Abortifacient (1; MPI); Anesthetic (1; PH2); Anthelminthic (f; KAB; MPI; WOI); Anticholinesterase (1; MPI); Antiedemic (1; SKJ); Antiexudative (1; PH2); Antifertility (1; SKJ); Antiinflammatory (1; SKJ); Antispasmodic (1; PH2; SKJ); Aphrodisiac (f; DEP; IHB; KAB; MPI); Astringent (f; MPI); Bitter (1; KAB; MPI); Choleretic (1; PH2); CNS-Depressant (f; SKJ); Depurative (f; DAA; DEP; IHB; KAB; MPI); Diaphoretic (f; IHB); Digestive (f; MPI); Diuretic (1; PH2); Estrogenic (1; PH2); Larvicide (f; SKJ); Laxative (f; IHB; WOI); Stimulant (f; MPI); Tonic (f; SKJ; WOI); Uterotonic (1; MPI).

Indications (Cane Reed) — Abortion (f; PH2); Anasarca (f; SKJ); Anemia (f; KAB); Arthrosis (1; MPI; SKJ); Asthma (f; SKJ); Bite (f; PH2; SKJ); Bleeding (f; PH2); Blister (f; SKJ); Bronchosis (f; KAB); Burn (f; SKJ); Cancer (f; JLH); Catarrh (f; DEP; MPI); Childbirth (f; PH2); Cholera (f; SKJ); Cold (f; IHB; SKJ); Constipation (f; SKJ); Cough (f; DEP; IHB; MPI; PH2); Cramp (1; PH2; SKJ); Dermatosis (f; DEP; IHB; MPI; PH2); Dysentery (f; IHB); Dyspepsia (f; KAB; MPI); Fever (f; DEP; IHB; MPI; PH2; SKJ); Gastrosis (f; SKJ); Gravel (f; SKJ); Headache (f; SKJ); Hematuria (f; SKJ); Hiccup (f; KAB); Inflammation (1; KAB; MPI; SKJ); Leprosy (f; IHB); Lumbago (f; KAB); Malaria

(f; SKJ); Ophthalmia (f; IHB; MPI); Osteosis (f; KAB); Pain (f; KAB; PH2); Phthisis (f; SKJ); Pneumonia (f; IHB); Rabies (f; DAA); Rheumatism (1; IHB; KAB; SKJ); Scabies (f; SKJ); Smallpox (f; IHB); Snakebite (f; MPI; PH2); Stomatosis (f; JLH); Swelling (1; SKJ); Syphilis (f; IHB); Thirst (f; SKJ); Tuberculosis (f; SKJ); Water Retention (1; PH2); Worm (f; MPI).

Dosages (Cane Reed) — Food farmacy; rhizome edible after cooking (WOI).

Contraindications, Interactions, and Side Effects (Cane Reed) — Not covered (AHP; KOM). "Health hazards not known with proper therapeutic dosages" (PH2). Overdose might induce "European cholera," diuresis, and shock (PH2). MPI gives some interesting data. Alkaloids from the plant show *in vitro* and *in vivo* anticholinesterase activities, perhaps explaining the depurative and ophthalmic activity (MPI). *C. speciosus* was found to be 2.5 times more ecbolic than *Gloriosa superba,* enough to make me advise pregnant women to avoid both. Saponins from the herb caused proliferation of uterine and vaginal tissues similar to those produced by stilbestrol (MPI). These saponins also had antiarthritic and antiinflammatory activities.

CANOLA, OILSEED RAPE (*Brassica napus* var. napus) ++

Synonyms — *B. campestris f. annua* Schubl. & G. Martens, *B. campestris f. biennis* Schubl. & G. Martens, *B. campestris* subsp. *napus* (L.) Hook. f. & T. Anderson, *B. napus* var. *annua* W. D. J. Koch, *B. napus* var. *biennis* (Schubl. & G. Martens) Rchb., *B. napus* var. *oleifera* Delile.

Many writers do not distinguish between black, brown (Indian), and white mustard (*Brassica nigra, Brassica juncea,* and *Sinapis alba,* respectively), but the spice and medicine trade seems to favor the white. And the canola and rapeseed varieties have been hopelessly manipulated, even in the GMO field. Few if any taxonomists and agronomists can distinguish all *Brassica* varieties and species, and probably fewer chemists, herbalists, pharmacists, and physicians can be sure of the variety or species. My entries can be no more reliable than their sources. Seems as though the plant group might better be treated generically than specifically or varietally. Canola is here defined as *Brassica napus* but Gruenwald et al. (2000) do not index canola, calling *Brassica napus* merely the Oilseed Rape. Would that it were that simple. The USDA nomenclature database lists canola as three different taxa, *B. napus* var. *napus, B. rapa* subsp. *dichotoma,* and *B. rapa* subsp. *oleifera.* I suspect that the chemical and biological activities are more or less interchangeable.

Activities (Canola) — Antibacterial (1; WO2); Antiseptic (1; WO2); Antithyroid (1; HHB); Aperitif (f; DEM); Cardiotoxic (1; PH2); Fungicide (1; WO2); Insecticide (f; WO2); Stimulant (f; DEM); Tonic (f; DEM).

Indications (Canola) — Ague (f; DEM); Anorexia (f; DEM); Asthma (f; DEM); Bacteria (1; WO2); Boil (f; DEM); Cancer (1; FNF; JLH); Cancer, breast (1; FNF; JLH); Cancer, groin (1; FNF; JLH); Cold (f; DEM); Cough (f; DEM); Croup (f; DEM); Felon (f; JLH); Fever (f; DEM); Flu (f; DEM); Fungus (1; WO2); Induration (f; JLH); Infection (1; WO2); Inflammation (f; JLH); Mycosis (1; WO2); Nervousness (f; DEM); Palsy (f; DEM); Phthisis (f; DEM); Smallpox (f; DEM); Sore (f; DEM); Splenosis (f; JLH); Tuberculosis (f; DEM); Wart (f; JLH); Whitlow (f; JLH); Yeast (1; WO2).

Contraindications, Interactions, and Side Effects (Canola) — Not covered (AHP). Health hazards not known with therapeutic dosages of the oil which is low in erucic acid (PH2) (but PH2 does not specify the oil dosage). Ingested over a long period, oil considered cardiotoxic (PH2). Don't overdo it. In huge quantities, glucosinolate/isothiocyanate containing crucifers might upset the thyroid. And in huge doses, hard to get dietarily, indole-3-carbinol might stimulate breast cancer rather than prevent it, because it does so at levels reasonably attainable through dietary consumption of crucifers (Brassicaceae).

CAPE ALOE (*Aloe ferox* Mill.) ++

Synonym — *Aloe supralaevis* Haw.

Activities (Cape Aloe) — Antiallergic (1; ZUL); Antibacterial (1; ZUL); Antihistaminic (1; ZUL); Antiinflammatory (1; ZUL); Antimutagenic (1; ZUL); Antisarcomic (1; ZUL); Fungicide (1; ZUL); Immunostimulant (1; ZUL); Laxative (1; VVG); Phagocytotic (1; ZUL); Vulnerary (1; VVG).

Indications (Cape Aloe) — Allergy (1; ZUL); Arthrosis (1; VVG); Bacteria (1; ZUL); Cancer (1; ZUL); Conjunctivosis (f; VVG); Constipation (1; VVG); Eczema (f; VVG); Fungus (1; ZUL); High Blood Pressure (f; VVG); Immunodepression (1; ZUL); Infection (1; ZUL); Inflammation (1; ZUL); Mycosis (1; ZUL); Ophthalmia (f; ZUL); Sinusosis (f; VVG); Sore (f; ZUL); Stress (f; VVG); Tumor (1; ZUL); VD (f; ZUL).

Contraindications, Interactions, and Side Effects (Cape Aloe) — Not for use in pregnancy; overdose may cause diarrhea, gastrosis, nephrosis, and pelvic congestion (ZUL). Nectar possibly narcotic (ZUL).

CAPE GOOSEBERRY (*Physalis peruviana* L.) ++

Synonym — *Physalis edulis* Sims.

Activities (Cape Gooseberry) — Analgesic (f; ZUL); Antifeedant (1; ZUL); Antipyretic (f; EFS); Aperient (f; EFS); Decongestant (f; DAV); Diuretic (f; EFS; HHB; ZUL); Laxative (1; EFS).

Indications (Cape Gooseberry) — Biliousness (f; ZUL); Boil (f; ZUL); Childbirth (f; ZUL); Congestion (f; DAV); Cough (f; DAV); Cystosis (f; EFS); Dermatosis (f; ZUL); Diarrhea (f; ZUL); Dysuria (f; ZUL); Enterosis (f; SKJ; ZUL); Fever (f; EFS); Gastrosis (f; ZUL); Gonorrhea (f; ZUL); Inflammation (f; KAB; ZUL); Jaundice (f; ZUL); Ophthalmia (f; DAV); Pain (f; ZUL); Pharyngosis (f; DAV); Rash (f; ZUL); Stomachache (f; ZUL); Stomatosis (f; DAV); Ulcer (f; ZUL); Water Retention (f; EFS; HHB; ZUL).

CAPER (*Capparis spinosa* L.) +++

Synonym — *Capparis rupestris* Sm.

Activities (Caper) — Alterative (f; EFS); Analgesic (f; BIB; SKJ); Anthelminthic (1; BIB); Antibacterial (1; BIB; WO2); Anticystic (1; WO2); Antidote, beryllium (f; WO2); Antiparalytic (f; HAD); Antiviral (1; WO2); Aperitif (f; BIB; WO2); Aphrodisiac (f; BIB); Astringent (f; EFS; WO2); Diuretic (f; EFS; SKJ; WO2); Emmenagogue (f; BIB); Expectorant (f; BIB; EFS; WO2); Fungicide (1; BIB; WO2); Hemostat (1; WO2); Laxative (f; HAD); Stimulant (f; BIB; EFS); Tonic (f; EFS; SKJ).

Indications (Caper) — Adenopathy (f; BIB; JLH); Aging (f; BIB); Anorexia (f; BIB; WO2); Arthrosis (f; BIB); Atherosclerosis (f; BIB); Bacteria (1; BIB; WO2); Bleeding (1; WO2); Cancer (1; BIB); Cancer, abdomen (1; FNF; JLH); Cancer, bladder (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, groin (1; FNF; JLH); Cancer, head (1; FNF; JLH); Cancer, kidney (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, neck (1; FNF; JLH); Cancer, spleen (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Cataract (f; BIB); Chill (f; BIB); Cirrhosis (f; WO2); Cold (f; BIB); Cystosis (f; JLF); Dengue (f; BIB); Dropsy (f; BIB); Dysentery (f; BIB); Dysmenorrhea (f; BIB); Fracture (f; BIB); Fungus (1; BIB; WO2); Gout (f; SKJ; WO2); Headache (f; BIB); Hepatosis (f; JLH; WO2); Induration (f; JLH); Infection (1; BIB; WO2); Infertility (f; BIB); Malaria (f; BIB); Malta Fever (f; BIB); Mycosis (1; BIB; WO2); Nephrosis (f; JLH; WO2); Ophthalmia (f; BIB); Otosis (f; BIB); Pain (f; BIB; SKJ); Paralysis (f; HAD); Rheumatism (f; WO2); Sclerosis (f; BIB); Sciatica (f; BIB); Scurvy (1; WO2); Scrofula (f; BIB); Snakebite (f; BIB); Splenomegaly (f; BIB); Splenosis (f; BIB; WO2); Toothache (f; BIB); Tuberculosis (1; BIB; WO2); Tumor (f; BIB); Ulcer (f; BIB); Uterosis (f; JLH); Virus (1; WO2); Wart (f; BIB; JLH); Water Retention (f; EFS; SKJ; WO2).

Dosages (Caper) — Food farmacy (JAD). Brandy, honey, or wine decoctions for liver ailments (JLH).

Contraindications, Interactions, and Side Effects (Caper) — Not covered (AHP, KOM; PHR; PH2). Isothiocyanates in overdose can cause problems.

Extracts (Caper) — Stachydrine, in animals, hastens coagulation. Shirwaikar et al. (1996) found antihepatotoxic activity in alcoholic, ether, ethyl acetate, and petrol extracts of root bark. All reduced elevated serum transaminases (orally in rats up to 2000 mg/kg with no evident toxicity) (*Fitoterapia* 67(3):200–4; 1996).

CAPSICUM (*Capsicum frutescens* L. spp.) ++

(Bell Pepper, Capsicum, Cayenne, Hot Chile, Paprika, Red Pepper.)

Activities (Capsicum) — Analgesic (2; APA; JAD; WAM); Anesthetic (1; APA; TAD; 60P); Antiaggregant (1; PH2; SKY); Antibacterial (1; PED; PH2; TRA); Anticancer (1; TAD); Antidote (f; IED); Antiinflammatory (1; APA; TAD; WAM; WO2); Antiischemic (1; TAD); Antinitrosaminic (1; JNU); Antioxidant (1; SKY; TAD; WAM); Antipsoriatic (1; FNF); Antipyretic (1; TAD); Antiseptic (1; 60P; PNC); Antispasmodic (1; PED); Antiulcer (1; APA; BGB; PED); Antiviral (1; WO2); Aperitif (1; APA); Astringent (1; PED); Bradycardic (1; WO2); Bronchoconstrictor (1; TAD); Bronchodilator (1; APA); Calcium Antagonist (1; TAD); Carcinogenic (1; TAD); Carminative (1; 60P; BGB; PED); Catabolic (1; HAD; 60P); Choleretic (1; TRA); Circulostimulant (1; PED); Corticosteronigenic (1; WO2); Counterirritant (2; APA; PED); Dart Poison (f; WBB); Decongestant (1; APA; DAD; RIN; TRA); Diaphoretic (1; BGB; PED); Digestive (1; APA); Diuretic (f; JFM); Fibrinolytic (f; PH2); Gastrogogue (1; APA); Hemolytic (1; BGB); Hemostat (f; 60P); Hyperemic (2; KOM); Hypocholesterolemic (1; APA); Hypoglycemic (1; DAD); Hypotriglyceridemic (1; APA); Insecticide (1; WBB); Irritant (1; APA); Lipolytic (f; TAD); Neurotoxic (1; KOM); Radioprotective (1; WO2); Rubefacient (2; APA; PED; TRA); Sialagogue (1; APA; WBB); Stimulant (1; BGB; IED; PED); Stomachic (f; IED; WBB); Synergist (1; PED); Thermogenic (1; FNF; HAD); Tonic (1; APA; PNC; WAM); Ulcerogenic (1; WO2); Uterocontractant (1; TRA); Vasoconstrictor (f; TRA); Vulnerary (1; WO2); Water Retention (f; JFM).

Indications (Capsicum) — Ague (f; IED); Alcoholism (1; PHR; PH2; WO2); Anorexia (1; APA; PHR; WBB; WO2); Anorexia Nervosa (f; PH2); Arthrosis (pain) (1; APA; BGB; SKY); Asthma (1; JFM; JNU); Atherosclerosis (1; PHR; PH2); Backache (1; APA; WBB); Bacteria (1; PED; PH2; TRA); Bleeding (f; DAD; 60P); Boil (f; IED; JFM); Bronchosis (1; APA); Bursitis (1; SKY); Cancer (1; JLH; TAD); Cancer, breast (f; JLH); Cancer, nose (f; JLH); Cancer, skin (f; JLH); Cardiopathy (1; PHR; PH2); Cataract (1; DAD); Chickenpox (1; APA); Chilblain (1; BGB; PNC; WO2); Childbirth (1; 60P); Chill (f; APA); Cholera (f; IED; PH2; JAF49:3101); Circulosis (1; WAM); Cluster Headache (1; APA); Cold (1; APA; JFM; RIN); Colic (1; APA; JFM; PNC); Congestion (1; APA; DAD; JFM; RIN; TRA); Cough (f; JFM; PH2); Cramp (2; KOM; PED; PH2); Diabetes (1; APA); Diabetic Neuropathy (1; SKY); Diarrhea (f; PHR; PH2); Dropsy (f; IED); Dyspepsia (1; APA; BGB; IED; PH2; WO2); Dyspnea (f; DAV); Edema (f; PH2); Enterosis (f; PH2); Epithelioma (f; JLH); Fever (1; BGB; IED; PED; PHR; PH2; TAD); Flu (f; DAV); Frostbite (f; BGB; PHR; PH2; SPI); Gas (1; APA; BGB; DAV; PED; 60P); Gastrosis (1; JFM; PH2; TRA; WO2); Giddiness (f; IED); Gout (f; IED; PH2); Hay Fever (1; RIN); Headache (1; APA; WAM); Head Cold (1; RIN); Hemorrhoid (f; IED; JFM; WBB); Hepatosis (f; WBB; WO2); Herpes (1; DAV; SKY); High Cholesterol (1; APA; TRA); High Triglyceride (1; APA); Hoarseness (f; PHR); Hyperglycemia (1; DAD); Impotence (f; PHR); Induration (f; JLH); Infection (f; IED; PH2); Inflammation (1; APA; TAD; TRA; WAM; WO2); Inorgasmia (f; PHR); Itch (2; ABS); Kernel (f; JLH); Laryngosis (f; PNC); Lumbago (1; APA; PHR; PH2; PNC); Malaria (f; IED; PHR; PH2); Mastosis (f; JLH); Myalgia (2; APA; KOM, PNC); Myosis (2; PHR; PH2); Neuralgia (1; APA; SKY; WO2); Neuropathy (1; TAD); Obesity (1; FNF; HAD); Osteoarthrosis (1; TAD); Otosis (f; IED; PH2); Pain (2; APA; BGB; JAD; PH2; TAD; WBB; WAM; 60P); Pharyngosis (1; DAD; PH2); Plague (f; WBB); Prurigo (2; ABS); Psoriasis (1; APA; FNF; SKY); Pulmonosis (f; IED; 60P); Respirosis (f; IED); Rheumatism (2; APA; PHR; PH2; TRA); Rhinosis (f; JLH); Scarlet Fever (f; PH2); Sciatica (1; PH2); Seasickness (f; PH2); Shingles (1; APA); Snakebite (f; IED; 60P); Sore Throat (1; JFM; PHR; PH2); Sprain (1; APA); Strains (1; APA); Stomachache (f; JAF49:3101); Stroke (1; PHR; PH2); Swelling (f; DAD; WBB); Tennis Elbow (1; JAD); Tension (2; PH2); Thumb-Sucking (1; APA; BGB); Thyroidosis (f; PED); Toothache (1; DAV; 60P); Typhoid (f; IED); Typhus (f; JAF49:3101); Ulcer (1; APA; BGB; PED); UTI (f; PH2); Varicosis (1; JAD; WBB; WO2); Virus (1; WO2); Wound (1; JFM; WO2); Yellow Fever (f; JAF49:3101; PH2).

Dosages (Capsicum) — 0.25–0.5 tsp spice/cup water after meals (APA); 0.25–0.5 dropper tincture (APA); 0.3–1.0 ml fruit tincture (CAN; PNC; SKY); 0.05–0.15 strong fruit tincture (PNC); ½ cup fresh fruit (PED); 30–120 mg fruit 3 ×/day (CAN); 100–300 mg dry fruit (PED); 0.5–1 tsp dry

fruit/cup water (SF); 200 mg dry fruit:1 ml alcohol/1 ml water (PED); 30–120 mg powdered cayenne (PNC); 2–3 (450 mg) capsules 3 ×/day (NH); 1 StX 450 mg capsule 3 ×/day (NH); 0.6–2 mg capsicum oleoresin (CAN; PNC); topical maximum strength 2.5% (CAN). Topical StX should contain, methinks 0.0225–0.075% capsaicin, but I see reports of 0.25–0.75% capsaicin (SF). Some people work with stronger ointments than mine (0.025–0.075% capsaicin); Steve Foster gives levels 10 times higher, and CAN 100 times higher (for capsaicinoids). I consider these higher levels too strong, if not dangerous.

Contraindications, Interactions, and Side Effects (Capsicum) — Class 2d. Contraindicated on broken skin or near eyes (AHP). Commission E reports contraindications: damaged skin, hypersensitivity; adverse effects: irritant properties, rarely allergic reactions. Not to be used for more than 2 days, with 14-day lapse before reapplying (this is not often followed in this country) (AEH). The Herbal PDR suggests the same. Not for children under 2 years (WAM). CAN reports capsaicinoids to be irritant, "The toxicity of the capsaicinoids has reportedly not been ascribed to any one specific action but may be due to their causing respiratory failure, bradycardia, and hypotension." Chronic administration of capsicum extract (0.5 μg capsaicin/kg body weight; that would be 50 μg (micrograms) for this 100-kilo rat) to hamsters has been reported toxic (CAN). The oral LD50 in rats is 190 mg/kg (CAN). The oral LD50 97–294 in mice is such that led TAD to calculate that for me, a 220-lb (100 kg) rat, I'd need to ingest some 135 to 415 ounces of hot pepper. No way (TAD). Capsicum may interfere with blood pressure medicines and MAOIs (CAN). Paprika and/or capsicum may speed other medications (reading that, I went and tried a mixture of grapefruit juice with black pepper and Tabasco, three well known potentiators of medications). Interesting. Spicy, but good. Sure beats taking my less-spicy herb (or synthetics for those more unfortunate than I). Digestive properties of capsaicin may be attributed to an enhancement of digestive enzyme activities or to indirect effects on vascular endothelia, smooth muscles, and mast cells, resulting in increase of vascular permeability and of mucosal blood flow. Antigens have been associated with anaphylaxis and rhinoconjunctivitis (PH2). Hot spices can promote antigen transfer through epithelia and thereby augment sensitization or allergic reactions. Unfortunately, it may also speed up hepatic metabolism of many drugs, effectively rendering them weaker. Many of my correspondents find the capsaicin cure worse than their aching ailment. Fleming et al. (1998) have some heavy duty toxicity info: toxic dosages, possibly leading to life-threatening hypothermia by affecting the thermoreceptors. Excessive consumption may cause gastroenterosis, hepatic or renal damage (CAN), or ulcers (SKY). Prolonged consumption of high doses can cause chronic gastrosis, kidney and liver damage, and neurotoxicity (PHR). Prolonged exposure may deaden the sensitivity to any pain (PED). "Prolonged exposure to mucosa will make the mucosa insensitive to industrial pollution" (PED). I don't know whether that's supposed to be a plus or a minus (JAD).

CARAMBOLA (*Averrhoa carambola* L.) ++

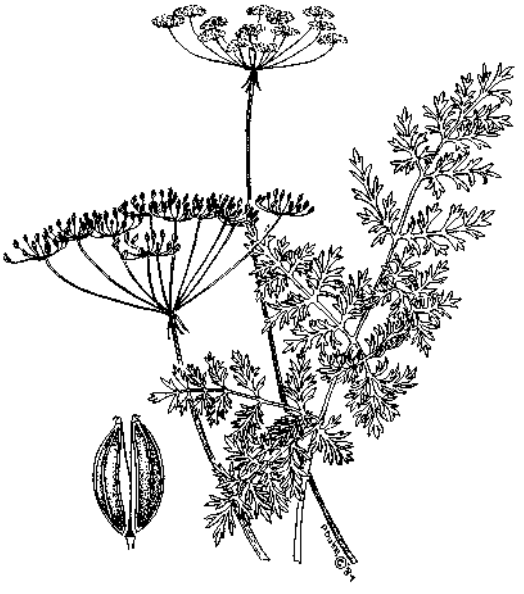
Activities (Carambola) — Abortifacient (f; WO2); Antidote (f; WO2); Antiinflammatory (f; WO2); Antipyretic (f; DEP; SKJ); Emetic (f; WO2); Emmenagogue (f; WO2); Fungicide (f; WO2); Hemostat (f; SKJ); Lactagogue (f; WO2); Parasiticide (f; WO2); Sialagogue (f; SKJ); Vermifuge (f; WO2).

Indications (Carambola) — Alactea (f; WO2); Amenorrhea (f; WO2); Angina (f; WO2); Aphtha (f; WO2); Bleeding (f; SKJ); Chickenpox (f; WO2); Colic (f; WO2); Diarrhea (f; PH2); Dysentery (f; WO2); Fever (f; DEP; PH2; SKJ); Fungus (f; WO2); Headache (f; WO2); Hemorrhoid (f; PH2); Hepatosis (f; PH2; WO2); Infection (f; WO2); Inflammation (f; WO2); Malaria (f; PH2); Mycosis (f; WO2); Pain (f; PH2); Parasite (f; WO2); Ringworm (f; WO2); Scabies (f; PH2); Stress (f; SKJ); Thirst (f; PH2); Vomiting (f; PH2); Worm (f; WO2); Wound (f; DAA); Xerostoma (f; DAA).

Dosages (Carambola) — Fruits food farmacy (JAD). But see below.

Contraindications, Interactions, and Side Effects (Carambola) — Not covered (AHP). High oxalate content of fruits, comparable to rhubarb, might be risky for oxalate-sensitive individuals. No evidence of health risks from consuming preserves in moderation (PH2). Seeds possibly emmenagogue, emetic.

CARAWAY (*Carum carvi* L.) ++



Synonym — *Carum velenovskyi* Rohlena.

Activities (Caraway) — Anthelminthic (f; DEP); Antianemic (1; APA); Antibacterial (1; APA; PHR; PH2; TAD; WO2); Anticancer (1; APA; TAD); Antihistaminic (1; APA); Antiinflammatory (f; SHT); Antiseptic (1; KOM; PIP; PH2); Antispasmodic (1; APA; HH2; KOM; PH2; SHT; TAD); Aperitif (1; APA); Candidicide (1; HH2; PHR; PH2); Carminative (1; APA; DEP; JAD; SHT); Choleretic (1; HH2; PHR; PH2); Collyrium (f; DEP); Digestive (1; APA); Diuretic (f; WO2); Emmenagogue (f; APA; PHR; PH2); Expectorant (f; PNC; SHT); Fungicide (1; APA; WO2); Lactagogue (f; APA; HHB; MPI; PHR; PH2); Larvicide (1; APA; WO2); Myorelaxant (1; APA); Neurotropic (f; WO2); Stimulant (f; PNC); Stomachic (f; HHB; MPI; PHR); Uterorelaxant (1; APA); Vermifuge (f; EFS).

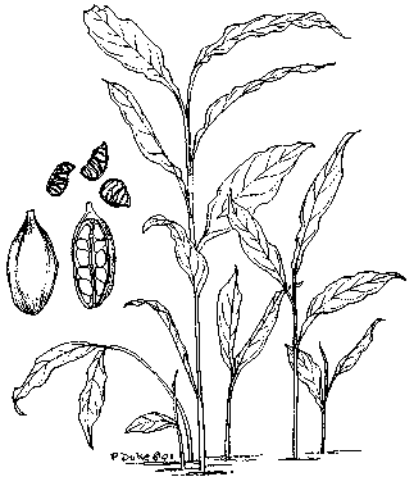
Indications (Caraway) — Alactea (f; EFS); Anemia (1; APA); Anorexia (2; APA; HHB; KOM; PIP); Bacteria (1; APA; HH2; PHR; PH2; TAD; WO2); Bronchosis (2; PHR); Cancer (1; APA; TAD); Candida (1; HH2; PHR; PH2); Cardiopathy (f; PHR; PH2); Cholecystosis (2; PHR); Cold (2; APA; PHR); Colic (1; DEP; KOM; PIP; WO2); Cough (2; APA; PHR); Cramp (1; APA; DEP; HH2; KOM; PHR; PH2; SHT; TAD; WO2); Dermatosis (f; PH2); Dysmenorrhea (f; APA); Dyspepsia (1; APA; DEP; HHB; KOM; PHR; SHT); Ectoparasite (f; HHB); Enterosis (f; DEP; PH2); Fever (2; PHR); Fungus (1; APA; HH2; WO2); Gas (1; APA; DEP; HHB; JAD; KOM; PHR; SHT); Gastrosis (1; PH2; PIP; PNC; WO2); Hemorrhoid (f; DEP); Hepatosis (2; PHR); Incontinence (f; APA); Infection (1; APA; HH2; PHR; PH2; WO2); Inflammation (f; SHT); Lumbago (f; WO2); Myalgia (1; APA); Mycosis (1; APA; WO2); Nausea (f; APA); Nervousness (f; PHR); Neurosis (f; PH2); Ophthalmia (f; DEP); Pharyngosis (2; PHR); Pleurosis

(1; HHB); Rheumatism (1; HHB; WO2); Scabies (1; WO2); Stomachache (1; PNC); Stomatosis (2; PHR); Uterosis (f; DEP);Water Retention (f; EFS; WO2); Worm (f; DEP; EFS); Yeast (1; HH2; PHR; PH2).

Dosages (Caraway) — 1.5–6 g fruit (PIP); 1–2 tsp crushed seed/cup water 2–4 ×/day, between meals (APA); chew 1 tsp seed 3–4 ×/day (APA); 0.5–2 g powdered seed (PNC); 0.05–0.2 ml concentrated seed water (PNC); 0.5–1 tsp tincture up to 3 ×/day (APA); 3–4 ml liquid extract 3–4 ×/day (APA); 3–6 drops oil (PIP); 0.05–0.2 ml caraway oil (PNC).

Contraindications, Interactions, and Side Effects (Caraway) — Class 1 (AHP). None known (KOM).“Hazards and/or side effects not known for proper therapeutic dosages” (PH2). We might extend to all apiaceous oils Bisset’s comments on celeryseed oil, “The drug is contraindicated in inflammation of the kidneys,” since apiaceous EOs may increase the inflammation as a result of epithelial irritation (BIS). Overdoses for long periods can lead to kidney and/or liver damage (PHR; PH2). Antispasmodic and carminative effects confirmed; caraway reduces GI foam (PNC). ED50 caraway oil as antispasmodic 20 mg/l (HH2).

CARDAMOM (*Elettaria cardamomum* (L.) Maton) ++



Synonym — *Amomum cardamomum* L.

Activities (Cardamom) — Abortifacient (f; KAB); Alexeteric (f; KAB); Antibacterial (1; PH2); Anticancer (1; APA); Antimutagenic (1; X7753104); Antinitrosating (1; X7753104); Antiseptic (f; PH2); Antispasmodic (1; APA; PNC); Antiviral (1; PH2); Aperitif (f; EFS; HHB; PH2); Aphrodisiac (f; APA); Cardiotonic (f; KAP); Carminative (1; APA; EFS; PNC; SUW); Cholagogue (2; KOM; PH2); Choleretic (1; PH2); CNS-Stimulant (1; FNF); Decongestant (1; FNF); Digestive (f; SKJ); Diuretic (f; EFS; SUW); Emmenagogue (f; KAB); Fungicide (f; PH2); Laxative (f; KAB; KAP); Secretolytic (1; PH2); Stimulant (1; APA; PNC; SUW); Stomachic (1; KAP; PNC; SUW); Tonic (f; KAP); Virustat (2; KOM).

Indications (Cardamom) — Ague (f; DAD); Alcoholism (f; DAD); Anorexia (2; EFS; HHB; PHR; PH2); Asthma (f; APA; KAP; SKJ); Bacteria (1; PH2); Biliousness (f; KAP); Bleeding (f; DAD); Bronchosis (2; KAP; PHR; PH2; SKJ); Cacoethes (f; JLH); Cancer (1; APA; FNF; JLH; X7753104); Cancer, abdomen (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, diaphragm (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, spleen (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cancer, uterus (1; FNF; JLH; KAB); Catarrh (f; DAD); Cholecystosis (2; PHR;

PH2); Cholera (f; DEP); Cold (2; PHR; PH2); Colic, liver (1; APA); Congestion (1; FNF); Constipation (f; KAB; KAP); Cough (f; PH2); Cramp (1; APA; PNC); Cystosis (f; DEP; KAB; KAP); Debility (f; DAD); Dermatosis (f; KAB); Diaphragmosis (f; JLH); Diarrhea (f; PH2); Dyspepsia (2; APA; KAP; KOM; PH2); Dysmenorrhea (f; DAD); Dysuria (f; APA; KAB); Enterosis (f; JLH); Enuresis (f; DAD); Fatigue (1; APA); Fever (2; PHR; PH2); Fungus (f; PH2); Gas (1; APA; EFS; KAP; PH2; PNC; RIN; SUW); Gastrosis (1; JLH; PH2); Halitosis (1; APA; DAD); Headache (f; DEP); Hemorrhoid (f; KAB; KAP); Hepatosis (2; JLH; PHR; PH2); Hyperacidity (f; DAD); Induration (f; JLH); Infection (2; PHR; PH2); Inflammation (1; FNF; KAB); Intoxication (f; DAD); Malaria (f; DAD); Morning Sickness (f; PH2); Mycosis (f; PH2); Nausea (f; DEP; PH2); Nephrosis (f; KAB); Otosis (f; KAB); Pain (f; DAD); Pharyngosis (2; KAB; PHR; PH2); Proctosis (f; KAB); Pulmonosis (f; DAD); Roemheld Syndrome (f; PH2); Scabies (f; KAB); Snakebite (f; KAB); Splenosis (f; JLH); Spermatorrhea (f; DAD); Stomachache (1; APA; PH2); Stomatosis (2; PHR; PH2); Strangury (f; KAP); Toothache (f; KAB); Tuberculosis (f; DAD; SKJ); Urethrosis (f; PH2); Urogenitosis (f; DAD); Uterosis (f; JLH); Vomiting (f; DEP; PH2); Virus (1; PH2); Water Retention (f; EFS; SUW).

Dosages (Cardamom) — 0.5–2 g powdered fruit (PNC); 0.625–1.750 g powdered seed (KAP); 15 crushed seed/half cup water up to 5 ×/day (APA); individual dose 0.5 g; daily dose 1.5 g (HHB); 1–2 g (KOM; PH2); 2–4 ml tincture (PNC); 2–4 ml liquid cardamom extract (PNC); 0.03–0.2 ml cardamom oil (PNC).

Contraindications, Interactions, and Side Effects (Cardamom) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). No side effects or interactions reported (KOM). Patients with gallstone should consult a physician before taking (KOM). Can trigger gallstone colic (PH2). Fleming et al. give a much longer Commission E approval list than Blumenthal et al. (who list only dyspepsia in 1998, and dropped it in BGB). There's something very repetitive about the caveats that a compiler like me is liable to notice. There are probably a dozen species like this where the Blumenthal and Fleming et al. templates are parallel to this one case. Good computer jocks can seek them out. Accentuating the negative, Rinzler notes that borneol, eucalyptol (= cineole), and limonene are irritants; limonene is a photosensitizer.

CARLINE THISTLE (*Carlina acaulis* L.) ++

Activities (Carline Thistle) — Anthelminthic (f; HHB); Antibacterial (1; PH2); Antipyretic (f; EFS); Antispasmodic (1; PH2); Cholagogue (f; EFS); Diaphoretic (1; EFS; HHB; PH2); Diuretic (f; EFS; HHB; PH2); Emetic (f; EFS; HHB); Emmenagogue (f; EFS; HHB); Laxative (f; HHB); Stomachic (f; EFS; HHB); Vermifuge (f; EFS).

Indications (Carline Thistle) — Bacteria (1; PH2); Cancer (f; JLH); Cholecystosis (f; PH2); Cold (f; PH2); Constipation (f; EFS); Cramp (1; PH2); Dermatosis (f; HHB); Dyspepsia (f; PH2); Enterosis (f; PH2); Fever (1; EFS; HHB; PH2); Gastrosis (f; EFS); Lichen (f; HHB); Psoriasis (f; HHB); Scabies (f; HHB); Sore (f; HHB); Staphylococcus (1; PH2); Toothache (f; HHB); Water Retention (f; EFS; HHB; PH2); Worm (f; EFS); Wound (f; HHB).

Dosages (Carline Thistle) — 1.5 g (HHB).

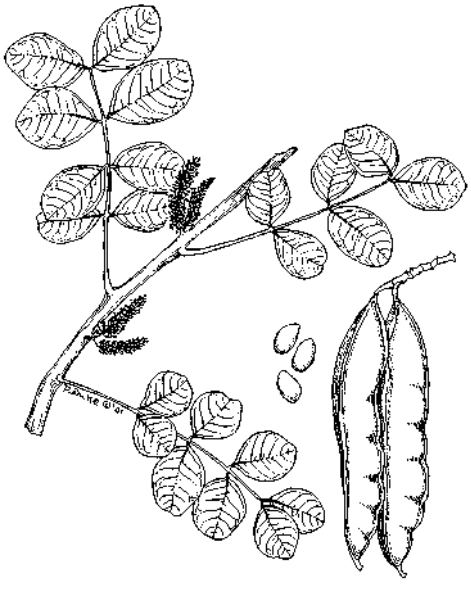
CARNATION (*Dianthus caryophyllus* L.) ++

Activities (Carnation) — Alexeteric (f; WOI); Allergenic (1; X10400858); Anthelminthic (f; WOI); Anti-HIV (1; X7316958); Antiribosomal (1; X10850653); Antiviral (1; X10850653); Cardiotonic (f; WOI); Diaphoretic (f; WOI); Fungicide (1; X11314958); Vermifuge (f; WOI).

Indications (Carnation) — Fever (f; WOI); Fungus (1; X11314958); HIV (1; X10850653; X7316958); Infection (1; X11314958); Mycosis (1; X11314958); Virus (1; X10850653); Worm (f; WOI).

Extracts (Carnation) — Showing what variation can be expected in EOs like carnation, my sources show the quantity of EO in the flowers varies from 0.003% (HHB) to 0.29% (WOI). It may contain 12–40% benzyl-benzoate, 2–30% eugenol, 1–11% *cis*-3-hexenylbenzoate (TAD).

CAROB (*Ceratonia siliqua* L.) +++



Activities (Carob) — Antibacterial (2; SKY; WO2); Antiaggregant (1; PH2); Antiexudative (1; PH2); Antiseptic (1; WO2); Antitoxic (1; SKY); Antitussive (f; BIB); Antiviral (1; PH2); Astringent (1; SKY; WO2); Demulcent (f; BIB); Digestive (1; PH2); Hemolytic (1; WO2); Hypocholesterolemic (1; BIB; LAF); Hypoglycemic (1; LAF); Hypoinsulemic (1; LAF); Hypolipidemic (1; PH2); Laxative (f; BIB; EFS; LAF); Pectoral (f; BIB; EFS); Resolvent (f; BIB).

Indications (Carob) — Asthma (f; BIB); Bacteria (2; SKY; WO2); Catarrh (f; BIB; PNC); Celiac (f; PH2); Childbirth (f; PH2); Colitis (f; PH2); Constipation (f; LAF); Cough (f; BIB; HHB; PH2; WO2); Dehydration (f; WO2); Diabetes (1; LAF; WO2); Diarrhea (2; HHB; SKY); Dyspepsia (2; SKY; WO2); Enterosis (f; PH2); Heartburn (1; SKY); High Cholesterol (1; BIB; LAF); Hyperglycemia (1; LAF); Hyperperistalsis (f; WO2); Induration (f; JLH); Obesity (1; LAF; PH2); Sprue (f; PH2); Steatorrhea (f; HHB); Virus (1; PH2); Voice (f; PNC); Vomiting (f; PH2); Wart (f; JLH).

Dosages (Carob) — 15–20 g carob mixed in applesauce (SKY).

Contraindications, Interactions, and Side Effects (Carob) — Class 1 (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Infant diarrhea must be monitored by a professional to ensure proper hydration with high electrolyte fluid during acute diarrhea (SKY). Carob tannins inactivate toxins by binding with them; inhibit bacteria (SKY). By making stomach contents more viscous, fibers and sugars may interfere with acid reflux into the esophagus (SKY).

CARROT
(*Daucus carota* L. subsp. *sativus* (Hoffm.) Arcang.) ++

Activities (Carrot) — Abortifacient (f; WBB; WOI); Anthelminthic (1; PH2; WBB); Antibacterial (1; CRC; PH2); Antifertility (1; JFM); Antiimplantation (f; CRC); Antilactagogue (f; JFM); Antilithic (f; APA); Antinitrosaminic (1; JNU); Antioxidant (1; JNU); Antiproliferant (1; JNU); Antipyretic (f; CRC); Antiseptic (1; JFM; PH2); Aperitif (f; DEM); Aphrodisiac (1; APA; CRC); Aromatic (f; CRC); Astringent (1; PH2); Cardioactive (1; APA); Carminative (f; APA; CRC; JFM); Chemopreventive (1; APA); Contraceptive (1; APA; CRC); Deobstruent (f; CRC); Depurative (f; DEM); Diuretic (f; APA; CAN; CRC; HHB); Emmenagogue (f; APA; CRC; JFM); Emollient (f; WBB); Hepatoprotective (1; APA); Hypoglycemic (f; CRC); Hypotensive (1; APA; PHR; PH2); Hypouricemic (1; WOI); MAOI (1; JFM); Memorigenic (1; JNU); NKC-Booster (1; JNU); Myorelaxant (1; APA; WBB); Ophthalmic (1; PH2); Stimulant (f; CRC; PH2); Tonic (f; CRC); Uterocontractant (1; WOI); Vasodilator (1; APA); Vermifuge (1; PHR; PH2).

Indications (Carrot) — Acne (f; DEM); Anorexia (f; DEM); Aphonia (f; JFM); Asthma (f; JFM); Bacteria (1; CRC; PHR; PH2); Bladder Stone (f; APA); Boil (f; JFM); Burn (f; JFM); Calculus (f; CAN; CRC); Cancer (1; APA; CRC); Cancer, bladder (f; JLH); Cancer, breast (f; CRC); Cancer, bowel (f; CRC); Cancer, colon (f; JLH); Cancer, eye (f; JLH); Cancer, esophagus (f; JLH); Cancer, kidney (f; JLH); Cancer, liver (f; JLH); Cancer, neck (f; JLH); Cancer, penis (f; JLH); Cancer, skin (f; CRC); Cancer, spleen (f; JLH); Cancer, stomach (f; CRC); Cancer, testicle (f; CRC); Cancer, uterus (f; JLH); Catarrh (f; JFM); Cough (f; JFM); Cystosis (f; CAN; WOI); Dermatosis (f; PHR; PH2); Diabetes (f; APA; CRC; DEM); Diarrhea (f; WBB; PHR); Dropsy (f; CRC; WBB); Dysentery (f; CRC); Dyspepsia (f; APA; CRC; PHR; PH2); Dysuria (f; DEM); Eczema (f; JFM); Elephantiasis (f; JFM); Erysipelas (f; JFM); Fever (f; CRC); Gas (f; APA; CRC; JFM); Gout (1; CRC; JAD; WOI); Gravel (f; CRC; JAD); Heart (f; CRC); Hepatosis (f; APA); High Blood Pressure (1; APA; PHR; PH2); High Cholesterol (1; JNU); Hyperglycemia (f; CRC); Infection (f; JFM); Jaundice (f; CRC; JFM); Leukemia (f; JLH); Lithuria (f; CAN); Mastosis (f; JFM); Nephrosis (f; APA; CRC; WBB); Nerve (f; CRC); Ophthalmia (1; APA; PHR; PH2); Oxyuria (f; PHR; PH2); Parasite (f; PHR; PH2); Photodermatosis (f; PHR; PH2); Pinworm (1; APA; WBB); Prolapse (f; DEM); Psoriasis (f; JFM); Scirrhus (f; JLH); Scotopia (1; PH2); Scurvy (f; CRC); Stroke (1; JNU); Swelling (f; DEM);

Tonsilosis (f; PHR; PH2); Tumor (f; CRC); Ulcer (f; CRC; JFM; WBB); Uterosis (f; CRC); Wart (f; JLH); Water Retention (f; APA; CAN; CRC; HHB); Whitlow (f; JFM); Womb (f; DEM); Worm (1; APA; CRC; PHR; PH2); Wound (f; JFM).

Dosages (Carrot) — 1–2 raw carrots (APA); 1–2 cups carrot juice (APA); 2–4 g dry herb, or in tea, 3 ×/day (CAN); 2–4 ml liquid extract (1:1 in 25% ethanol) 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (Carrot) — Seed treated as Class 2b (AHP). CAN caution that furanocoumarins are phototoxic and may cause dermatosis. "In view of the documented estrogenic activity and potentially toxic irritant volatile oil, excessive doses of wild carrot during pregnancy and lactation should be avoided" (CAN). Excessive doses may interfere with blood pressure, cardiac, and hormone medications.

Extracts (Carrot) — Weak estrogenic and antiimplantation activity reported for seed extracts. Coumarin is a weak estrogen. Sixty percent antifertility effects in rats are reported. Conversely 20%, 40%, and 10% activities were exhibited by aqueous, alcoholic, and petrol extracts, respectively. Seeds contain psychoactive myristicin (APA). Seed oil LD50 = >5000 mg/kg orl mouse; LD50 = >5000 mg/kg der guinea pig, antispasmodic ($^1/_{10}$th papaverine), cardiotonic, CNS-hypnotic, hypotensive, respiradepressant, vasodilator. Cholinergic activity reported for choline, no real surprise there. British study showed that two large carrots a day for 3 weeks could lower cholesterol by 11% (JNU). "Although carrots contain more sugar than any vegetable except beets, the fiber in carrots prevents this sugar from surging into the bloodstream and causing insulin spikes, as the fear-mongers would have it" (JNU). A 1995 study of carrot extracts showed that it protected the liver from carbon-tetrachloride damage (APA). My granddaughter turns orange after eating a full bottle of carrot baby food.

CASCARA SAGRADA (*Frangula purshiana* (DC.) J. G. Cooper) +

Synonym — *Rhamnus purshiana* DC.

Activities (Cascara Sagrada) — Antibacterial (1; HH2); Antiherpetic (1; APA; HH2); Antileukemic (1; APA); Antiseptic (1; APA; DEM); Antispasmodic (f; PED); Antiviral (1; APA; HH2); Bitter (1; PED); Depurative (f; DEM); Diuretic (f; CRC); Emetic (1; APA; DEM); Fungicide (1; FNF); Hepatotonic (f; PED); Hydragogue (1; PH2); Laxative (2; APA; FNF; HH2; PED; PNC; PH2; SKY); Peristaltic (2; PNC); Poison (f; DEM); Prostaglandigenic (1; PH2); Sunscreen (f; APA); Tonic (f; DEM; PNC).

Indications (Cascara Sagrada) — Arthrosis (f; DEM); Bacteria (1; HH2); Biliousness (f; DEM; FEL); Cancer (1; APA); Catarrh (f; FEL); Chickenpox (1; APA); Constipation (2; APA; FEL; HH2; KOM; PH2; PNC; SKY); Cramp (f; PED); Duodenosis (f; FEL); Dysentery (f; DEM); Dyspepsia (1; FEL; PNC); Flu (1; APA); Fungus (1; FNF); Gas (f; PED); Gastrosis (f; DEM; FEL); Gonorrhea (f; DEM); Headache (f; FEL); Hemorrhoid (1; PNC); Hepatosis (f; DEM); Herpes (1; APA; HH2); Infection (1; DEM; FNF); Jaundice (f; FEL); Leukemia (1; APA); Mycosis (1; FNF); Proctosis (f; PH2); Rheumatism (f; DEM); Ringworm (1; FNF); Sciatica (f; DEM); Shingles (1; APA); Sore (f; DEM); Swelling (f; DEM); VD (f; DEM); Virus (1; APA; HH2); Water Retention (f; CRC); Worm (f; DEM); Wound (f; DEM).

Dosages (Cascara Sagrada) — $^1/_2$ tsp powdered bark/cup water, morning and/or night, for short periods (APA); 1–2.5 g powdered bark (PNC); 1 g bark (HHB); 1–3 g dry bark (PED); 2 g dry bark:10 mg alcohol/10 mg water (PED); 100–300 mg dry bark extract (PNC); 2–5 ml liquid bark extract (CAN; PNC); $^1/_2$ tsp tincture (APA); 1–5 ml tincture (SKY); 2–6 ml fluid extract (APA); 1 ml (ca. 10 drops) StX (fluid); 2 (450 mg) capsules at bedtime (NH).

Contraindications, Interactions, and Side Effects (Cascara Sagrada) — Class 2b, 2c, 2d. Contraindicated in hemorrhoids and nephropathy (CAN), intestinal obstruction, abdominal pain of unknown

causes, any enteritis (appendicitis, colitis, Crohn's disease, IBS), hemorrhoids, nephropathy, menstruation (AHP). AHP also says not to use in cases of abdominal pain or diarrhea. Discontinue use if or watery stools occur. Consult a health care provider before using in cases of pregnancy or nursing. Not for long-term use or overdosage (AHP). CAN cautions that anthraquinones are laxative and irritant to the GI tract. Because of the anthraquinones, nonstandardized preparations should be avoided in pregnancy and lactation (CAN). Not for children under 12 years old. Do not use bark that has not been heat-treated or aged 1 year (AHP). While widely used, anthranoid-containing laxatives can be habit forming; some contain compounds suspected of being cytotoxic, genotoxic, mutagenic, and even tumorigenic; epidemiological studies in Germany reveal that abusers of anthranoid laxatives have three times higher rate of colon carcinoma (AEH). "Some herbal laxative preparations such as cascara, for example, can cause an increase in the potency of digoxin" (D'epiro, 1997). Chronic use may lead to hypokalemia, increasing efficacy, perhaps dangerously, of cardiac glycosides, perhaps antiarrhythmics. Hypokalemia can be increased with corticosteroids, diuretics, and licorice root (KOM). Cathartic cascarosides induce the large intestine to increased peristalsis, inducing bowel movement. Clinical comparison of patients preparing for colonoscopy showed that GoLytely alone and Senna alone with enema did better than a mix of GoLytely with Cascara. Cascara was last choice for cleanliness and quality of the exam (PH2).

CASCARILLA (*Croton eluteria* (L.) Sw.) +

Synonym — *Clutia eluteria* L.

Activities (Cascarilla) — Antiseptic (f; CRC); Aperitif (f; HHB); Astringent (f; JFM); Balsamic (f; CRC); Bitter (f; HHB); Digestive (f; CRC); Hypotensive (f; CRC); Narcotic (f; CRC); Sedative (f; HHB); Stimulant (f; PH2); Stomachic (f; CRC); Tonic (f; CRC; PH2).

Indications (Cascarilla) — Anorexia (f; HHB); Bronchosis (f; CRC); Cold (f; CRC; JFM); Debility (f; CRC); Diarrhea (f; CRC; PH2); Dysentery (f; CRC; JFM); Dyspepsia (f; CRC; HHB; PH2); Fever (f; CRC; HHB; JFM); Flu (f; CRC; JFM); Gas (f; JFM); High Blood Pressure (f; CRC); Insomnia (f; HHB); Leprosy (f; CRC); Malaria (f; CRC); Nervousness (f; HHB); Nocturnal Emissions (f; CRC); Vomiting (f; PH2).

Dosages (Cascarilla) — 1 g bark or 10 g bark decoction (HHB).

Contraindications, Interactions, and Side Effects (Cascarilla) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) "Possibly narcotic. As an aromatic additive to tobacco, it is said to have caused intoxication and vertigo" (CRC). Doses more than 2 g may induce headache, insomnia, and nausea (HHB).

CASHEW (*Anacardium occidentale* L.) +

Activities (Cashew) — Aldose-Reductase-Inhibitor (1; WO3); Alpha-Glucosidase-Inhibitor (1; WO3); Amebicide (1; IED); Anesthetic (1; DEP; IED); Anthelminthic (1; MPB); Antibacterial (1; MPI; WO3); Antidiabetic (f; MPB); Antiedemic (1; X2414605); Antihepatomic (1; WO2); Antiinflammatory (1; MPB); Antiseptic (1; WO2); Antitumor (1; WO3); Aphrodisiac (f; MPB); Astringent (1; MPB); CNS-Depressant (1; MPB); Cytotoxic (1; WO3); Depurative (f; MPB); Diaphoretic (f; MPB); Discutient (f; IED); Diuretic (f; WO2); Expectorant (f; MPB); Fungicide (f; IED); Hypoglycemic (1; WO2); Hypotensive (1; WO2); Insecticide (1; WO2); Invertase-Inhibitor (1; WO3); Larvicide (1; WO2); Laxative (f; WO2); 5-Lipoxygenase-Inhibitor (1; WO3); Molluscicide (1; MPB); Prostaglandase-Synthase-Inhibitor (1; WO3); Rubefacient (1; MPI); Sedative (1; MPB); Stimulant (f; MPB); Tonic (f; MPB); Tyrosinase-Inhibitor (1; X8021657); Vesicant (1; MPI).

Indications (Cashew) — Acne (1; WO3); Ameba (1; IED); Amnesia (f; WO2); Aphtha (f; MPB); Arrhythmia (f; WO2); Bacteria (1; MPI; WO3); Bleeding (f; DAV); Cachexia (f; MPB); Callus (f;

JLH); Cancer (1; WO3); Cancer, breast (1; WO3); Cancer, cervix (1; WO3); Cancer, skin (1; WO3); Cardiopathy (f; WO2); Catarrh (f; MPB); Cholera (f; WO2); Cold (f; IED); Colic (f; MPB); Contraceptive (f; DAV); Corn (f; JLH; WO2); Cracked Feet (f; DEP); Debility (f; MPB); Dermatosis (f; MPB); Diabetes (1; MPB; WO2; X9741880); Diarrhea (1; IED); Dysentery (f; DAV); Dyspepsia (f; MPB); Enterosis (f; MPB); Fever (f; IED; MPB); Fungus (f; IED); Gingivosis (f; IED); Glaucoma (1; WO3); Headache (f; IED); Hemoptysis (f; DAV); Hepatoma (1; WO2); High Blood Pressure (1; WO2); Hookworm (f; WO2); Hyperglycemia (1; WO2); Impotence (f; WO2); Infection (f; IED); Inflammation (1; MPB; X2414605); Insanity (f; WO2); Insomnia (1; MPB); Leishmaniasis (1; X8146389); Leprosy (f; WO2); Malaria (f; IED); Mycosis (f; IED); Nephrosis (f; WO2); Nervousness (1; MPB); Pain (1; DEP; IED); Pericardosis (f; WO2); Psoriasis (f; DEP); Rash (f; IED); Rheumatism (f; WO2); Sore (f; WO2); Sore Throat (1; IED; WO3); Swelling (1; X2414605); Syphilis (f; MPB); Tumor (1; WO3); Vaginosis (f; DAV); VD (f; MPB); Wart (f; WO2); Water Retention (f; WO2); Worm (1; MPB).

Contraindications, Interactions, and Side Effects (Cashew) — Not covered (AHP; KOM). Alkyl phenols are dermal irritants. May cause poison ivy–like reactions. Fruit juice contains three antitumor compounds (JAF41:1012, 1993).

CASSIA (*Cinnamomum aromaticum* Nees) +++

Synonym — *Cinnamomum cassia* auct.

(Chinese cassia, Chinese cinnamon, as distinct from Indian Cassia, Cinnamomum tamala.)

Activities (Cassia) — Analgesic (f; WO2); Anesthetic (1; WO2); Antiaggregant (1; CAN); Antiallergic (1; WO2); Antibacterial (1; BGB; LAF; PH2); Anticomplement (1; CAN); Antidiarrheic (1; CAN); Antidote (f; WO2); Antiemetic (1; CAN); Antiproteinuric (1; WO2); Antipyretic (f; WO2); Antiseptic (1; CAN; WO2); Antispasmodic (1; CAN); Antitumor (1; CAN); Antiulcer (1; BGB; CAN; PH2; WO2); Antiviral (1; BGB; LAF); Astringent (1; AHP; WO2); Cardiotonic (f; WO2); Carminative (f; BGB; CAN; WO2); Diaphoretic (f; AHP); Digestive (f; BGB); Diuretic (f; WO2); Expectorant (f; WO2); Fungicide (1; BGB; LAF; PH2); Hepatotonic (f; WO2); Hypotensive

(1; WO2); Immunostimulant (1; PH2); Larvicide (1; BGB; LAF); Laxative (f; WO2); Sedative (f; WO2); Stomachic (f; AHP; BGB); Tranquilizer (f; WO2).

Indications (Cassia) — Allergy (1; WO2); Amenorrhea (1; PH2; WO2); Anesthetic (1; WO2); Anorexia (2; BGB; KOM; PH2); Ascites (f; WO2); Asthenia (f; BGB); Asthma (1; BGB; WO2); Bacteria (1; BGB; LAF; PH2); Bloating (2; BGB; KOM); Bronchosis (1; BGB); Cancer (1; CAN; JLH); Cancer, bladder (f; JLH); Cancer, diaphragm (f; JLH); Cancer, kidney (f; JLH); Cancer, liver (f; JLH); Cancer, rectum (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, uterus (f; JLH); Cancer, vagina (f; JLH); Cold (f; BGB; CAN); Colic (1; BGB; CAN; PH2); Condyloma (f; JLH); Cough (f; BGB); Cramp (1; BGB; CAN); Cystosis (f; JLH); Diaphragmosis (f; JLH); Diarrhea (1; BGB; CAN; PH2); Dyspepsia (2; BGB; CAN; KOM; PH2); Dysuria (f; WO2); Edema (f; WO2); Enterosis (f; BGB; PH2; WO2); Enuresis (f; PH2); Epilepsy (f; WO2); Fatigue (f; PH2); Fever (f; AHP; BGB; WO2); Fungus (1; BGB; LAF; PH2); Gas (1; BGB; CAN; PH2; WO2); Gastrosis (f; BGB; PH2; WO2); Gray Hair (f; WO2); Hepatosis (f; JLH); Hernia (f; PH2); High Blood Pressure (1; WO2); Immunodepression (1; PH2); Impotence (f; PH2); Induration (f; JLH); Infection (1; BGB; LAF; PH2); Insomnia (f; WO2); Menopause (f; PH2); Mycosis (1; BGB; LAF; PH2); Nephrosis (1; BGB; WO2); Nervousness (f; WO2); Neuralgia (1; WO2); Neurasthenia (f; PH2); Ophthalmia (1; WO2); Orchosis (f; PH2); Pain (1; WO2); Pharyngosis (f; WO2); Sore (f; JLH); Splenosis (f; JLH); Tracheosis (1; WO2); Tumor (1; CAN); Ulcer (1; BGB; CAN; PH2; WO2); Urethrosis (f; WO2); Uterosis (f; WO2); Vaginosis (f; JLH); Virus (1; BGB; LAF); Vomiting (1; CAN; PH2); Wart (f; JLH); Water Retention (f; WO2).

Dosages (Cassia) — 2–4 g ground bark/day (BGB; PH2); 0.7–1.3 g bark in 150 ml water 3 ×/day (BGB); 0.5–1 g bark as tea, 3 ×/day (CAN); 0.05–0.2 ml cassia oil 3 ×/day (CAN); 0.3–1.2 ml fl tincture (1:5 in 90% ethanol) 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (Cassia) — Class 2b, reportedly abortifacient (AHP). CAN cautions that the cinnamaldehyde in the volatile oil is allergenic and irritant (CAN). May interfere with absorption of tetracycline (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Prolonged use of the EO should be restricted during pregnancy (AHP). Commission E reports contraindications for bark: hypersensitivity to cinnamon or Peruvian balsam, also contraindicated in pregnancy; adverse effects: often allergic reactions of skin and mucosa (AEH). Flower not permitted for therapeutic use. EO LD50 = 320 mg/kg der (CAN); should not be used on skin at levels >0.2%. Aqueous extracts of cassia deemed as effective as cimetidine at preventing ulcers (BGB; WO2).

CASSIE (*Acacia farnesiana* (L.) Willd.) ++

Synonyms — *A. smallii* Isely, *Mimosa farnesiana* L.

Activities (Cassie) — Alterative (f; CRC); Antispasmodic (f; CRC); Aphrodisiac (f; CRC); Astringent (f; CRC); Candidicide (f; JFM); Curare (f; CRC); Demulcent (f; CRC); Dentifrice (f; CRC); Stimulant(f; CRC); Stomachic (f; JFM).

Indications (Cassie) — Bleeding (f; JFM); Cancer (f; JLH); Cancer, stomach (f; JLH); Candida (f; JFM); Conjunctivosis (f; JFM); Cramp (f; CRC); Dermatosis (f; JFM); Diarrhea (f; CRC; JFM); Dysentery (f; JFM); Dyspepsia (f; JFM); Fever (f; CRC; JFM); Gastrosis (f; JLH); Headache (f; CRC; JFM); Inflammation (f; JFM); Leukorrhea (f; CRC; JFM); Lumbago (f; CRC); Mucososis (f; JFM); Neurosis (f; JFM); Ophthalmia (f; JFM); Pain (f; CRC; JFM); Parasite (f; CRC); Proctosis (f; CRC); Prolapse (f; CRC); Puerperium (f; CRC); Rheumatism (f; CRC; JFM); Sore (f; CRC); Sore Throat (f; CRC; JFM); Tuberculosis (f; JFM); Typhoid (f; JFM); Ulcer (f; CRC); Uterrhagia (f; JFM); Wound (f; JFM); Yeast (f; JFM).

CASTOR (*Ricinus communis* L.) +

Activities (Castor) — Analgesic (1; APA; CRC); Antiabsorptive (f; PH2); Antibacterial (1; CRC; HH2; TRA); Anticholestatic (1; HH2); Antidiabetic (1; HH2); Antidote (f; CRC); Anti-HIV (f; APA); Antilactagogue (f; DEP); Antileukemic (1; APA); Antiseptic (1; HH2; PH2; TRA); Antitumor (1; TRA); Antitussive (f; DAA); Antiviral (1; AAB; PHR); Aperient (f; CRC); Candidicide (1; HH2); Contraceptive (1; HH2; PH2); Cyanogenic (f; CRC); Diaphoretic (f; JFM); Discutient (f; CRC; DAA); Diuretic (f; TRA); Emetic (1; CRC; FAD); Emmenagogue (f; KAB; KAP); Emollient (1; AAB; APA; PNC); Expectorant (f; CRC; DAA); Fungicide (1; HH2); Hepatoprotective (1; HH2); Hypotensive (1; HH2); Immunostimulant (f; HH2); Insecticide (1; CRC); Lactagogue (2; AAB; BIB; CRC; FAD); Larvicide (f; CRC); Laxative (2; APA; CRC; FAD; PH2; SUW; VVG); Lymphocytogenic (f; HH2); Parturient (f; FAD); Peristaltic (1; VVG); Piscicide (f; SUW); Poison (1; CRC); Pyrogenic (1; HH2); Secretagogue (1; PH2); Secretomotor (1; TRA); Spermicide (f; TRA); Tonic (f; CRC; JFM).

Indications (Castor) — Abscess (f; APA; CRC; PHR; PH2); Adenopathy (f; DAA; JLH); Amenorrhea (f; DEP; KAP); Anasarca (f; BIB; CRC); Arthrosis (f; CRC; HH2; JFM; PH2); Asthma (f; CRC; TRA); Bacteria (1; CRC; HH2; TRA); Bite (f; CRC); Bleeding (f; DAA; HH2); Boil (f; JFM; PHR; SUW; VVG); Burn (f; CRC); Cancer (1; DAD; HH2; TRA); Cancer, breast (f; JLH); Cancer, colon (f; JLH); Cancer, stomach (f; JLH); Candida (1; HH2); Carbuncle (f; CRC; PH2); Caries (f; WOI); Catarrh (f; BIB; CRC); Chancre (f; BIB; CRC); Childbirth (f; AAB; CRC; DAA; JFM); Cholera (f; CRC); Cold (f; CRC; JFM); Colic (f; CRC; JFM); Congestion (f; AAB); Constipation (2; APA; CRC; FAD; PH2); Convulsion (f; CRC); Corn (f; CRC); Cramp (f; JFM); Craw-Craw (f; CRC); Cyst (f; APA); Dandruff (f; FAD); Deafness (f; CRC; DAA); Delirium (f; BIB; CRC); Dermatosis (f; CRC; FAD; JFM; PH2); Diabetes (1; HH2); Diarrhea (f; BIB); Dropsy (f; CRC); Dyslactea (f; BIB); Dyspepsia (f; PH2); Dystonia (1; DAD); Edema (f; JFM); Elephantiasis (f; BIB); Enterosis (f; CRC; HH2; JFM; PH2); Epilepsy (f; BIB; CRC; UPW); Erysipelas (f; BIB; CRC; JFM); Escherichia (1; HH2); Fever (f; AAB; CRC; DAV; HH2; JFM); Flu (f; CRC); Fungus (1; HH2); Furuncle (f; PH2); Gas (f; DEP); Gingivosis (f; JFM); Gonorrhea (f; HH2); Gout (f; CRC; DAA); Guinea Worm (f; CRC); Headache (f; CRC; JFM; PH2; SUW); Heatstroke (f; KAB); Hemorrhoid (f; FAD; JFM); High Blood Pressure (1; HH2); HIV (1; APA; DAD); Immunodepression (f; HH2); Induration (f; CRC); Infection (1; HH2; TRA); Inflammation (f; CRC; PH2); Ischiosis (f; HH2); Itch (f; AAB; FAD); Leprosy (f; BIB; IED); Leukemia (1; APA); Lichen (f; MAD); Lumbago (f; HH2; KAP);

Measles (f; AAB); Migraine (f; PHR); Mole (f; CRC); Myalgia (f; CRC; DAV); Mycosis (1; HH2); Neurosis (f; BIB; CRC); Ophthalmia (f; PNC); Osteomyelosis (f; BIB; CRC); Otosis (f; HH2; PHR; PH2); Pain (1; APA; CRC; JFM; PH2); Palsy (f; CRC; DAA); Paralysis (f; PH2); Pleurodynia (f; DEP); Pneumonia (f; SKJ); Proctosis (f; DAA); Prolapse (f; CRC; DAA); Prostatosis (f; JFM); Rash (f; BIB; CRC); Rheumatism (f; BIB; CRC; JFM; KAP); Ringworm (f; BIB; FAD); Salmonella (1; TRA); Scald (f; CRC); Sciatica (f; DEP); Scrofula (f; CRC); Seborrhea (f; BIB; CRC); Schistosomiasis (f; UPW); Sciatica (f; KAP); Shigella (1; TRA); Sinusosis (f; AAB); Sore (f; APA; FAD; VVG); Sore Throat (f; PH2); Staphylococcus (1; HH2; TRA); Sting (f; CRC; SUW); Stomachache (f; CRC; IED; VVG); Strabismus (f; CRC; DAA); Swelling (f; BIB; CRC; DAA; JFM; KAP); Tapeworm (1; JFM); Toothache (f; CRC; DAA; JFM; KAP); Tuberculosis (f; BIB; CRC); Tumor (1; CRC; JFM; TRA); Typhus (f; MAD); Ulcer (f; BIB); Urethrosis (f; CRC; DAA); Uterosis (f; CRC; DAA); Vaginosis (f; AAB); VD (f; CRC; DAA; JFM); Virus (1; AAB; PHR); Wart (f; APA; CRC); Water Retention (f; TRA); Whitlow (f; CRC); Worm (1; CRC; PH2; TRA); Wound (f; CRC; DAA; VVG); Yeast (1; HH2).

Dosages (Castor) — 5–20 ml oil (PNC); 15–60 ml oil (APA); 5–28 ml castor oil (KAP); 9–15 g leaf paste (KAP); 3–6 g root paste (KAP); 5 (2 g) or 10 (1 g) capsules (PHR).

Contraindications, Interactions, and Side Effects (Castor) — Class 2b, 2d. Contraindicated in intestinal obstruction and abdominal pain of unknown origin, appendicitis, inflammatory bowel disease; do not use more than 8–10 days (AHP; PHR). "Hazards and/or side effects not known for proper therapeutic dosages of the oil" (PH2). Overdoses can cause colic, drastic diarrhea, gastralgia and gastrosis, queasiness, and vomiting (PHR). The seeds contain 2.8–3% toxic substances, requiring 2.5–20 seed to kill a man (chewing a single seed may be fatal to a child), 4 to kill a rabbit, 5 a sheep, 6 an ox, 6 a horse, 7 a pig, 11 a dog, but 80 for a cock or duck. The principal toxin is the albumin, ricin (DAD). Though some recommend in pregnancy, others do not. Midwives sometimes use the oil to induce labor (AHP). Refined oil contraindications: intestinal obstruction, unexplained stomachache; adverse effects: frequent use produces electrolyte losses (interaction with cardiac glycosides), also gastric irritation, and allergic skin reactions. Should not be used for prolonged periods (AEH). Not for children under 12 years old (PHR). May induce dermatosis as well as cure it (FAD).

Extracts (Castor) — Ricin, the deadly poison, can be attached to monoclonal antibodies that attack only cancer cells, a technique reportedly tried in 1000 patients with cancer (DAD). The AIDS virus can infect an immune cell by locking onto its cell receptor protein "CD4." By genetically attaching the ricin to genetically engineered CD4 proteins, one obtains CD4-ricin, which will lock onto the external viruses of infected cells, 1000 times more often than onto healthy cells, possibly killing enough infected cells to prevent the spread of the disease symptoms. Like the botulism toxin, ricin can be used to kill overstimulated nerve endings in patients with dystonias (DAD). Ricinoleic acid has served in contraceptive jellies (DAD).

CATECHU, BLACK CUTCH (*Acacia catechu* (L. f.) Willd.) ++

Synonym — *Mimosa catechu* L. f.

Activities (Catechu) — Abortifacient (f; DEP); Anaphrodisiac (f; DEP); Anthelminthic (f; KAB); Antiinflammatory (f; DAA); Antioxidant (1; WO2); Antipyretic (f; DAA; KAB); Antiseptic (f; HH2; PH2); Aperitif (f; KAB); Astringent (f; DAA; PH2); Digestive (f; WO2); Expectorant (f; DAA; DEP; KAB); Hemostat (f; DAA; PH2); Hypotensive (1; HH2; PNC); Lactagogue (f; DEP); Sialagogue (f; DAA); Stimulant (f; DAA); Tonic (f; DEP); Vasodilator (1; PNC).

Indications (Catechu) — Alactea (f; DEP); Anemia (f; KAB); Anorexia (f; KAB); Bleeding (f; DAA; PH2); Boil (f; KAB; WO2); Bronchosis (f; DEP; KAB); Burn (f; DEP); Cancer (f; JLH); Cancer, abdomen (f; JLH); Catarrh (f; PH2; PNC); Chancre (f; DEP); Childbirth (f; SKJ); Colitis (f; HH2; PH2); Congestion (f; DEP); Conjunctivosis (f; DEP); Cough (f; DEP; WO2); Depression (f; KAB); Dermatosis (f; DEP; PH2); Diarrhea (f; BRU; DEP; WO2); Dysentery (f; DEP; PH2); Dyspepsia (f; KAB); Dysuria (f; KAB); Elephantiasis (f; KAB); Enterosis (f; JLH); Erysipelas (f; KAB); Fever (f; DAA; KAB); Gingivosis (f; PH2); Gleet (f; DEP); Gonorrhea (f; DEP; KAB); Gravel (f; SKJ); Hemoptysis (f; DEP; KAB); Hemorrhoid (f; DEP; KAB); High Blood Pressure (1; HH2; PNC); Infection (f; PH2); Inflammation (f; DAA; DEP); Itch (f; DEP); Leprosy (f; KAB; WO2); Leukoderma (f; KAB); Leukorrhea (f; DEP; KAB); Malaria (f; DEP); Menorrhagia (f; DEP; KAB); Mucososis (f; PH2); Otosis (f; DEP); Pharyngosis (f; HH2; PH2); Proctosis (f; DEP); Prolapse (f; DEP); Psoriasis (f; KAB); Ptyalism (f; DEP); Puerperium (f; DEP); Pulmonosis (f; KAB); Satyrism (f; DEP); Scurvy (f; DEP); Snakebite (f; KAB); Sore (f; PH2; SKJ); Sore Throat (f; DEP); Stomatosis (f; DEP; PH2); Syphilis (f; DEP); Tonsilosis (f; DEP); Toothache (f; HH2; PH2); Tuberculosis (f; SKJ); Uvulosis (f; DEP); VD (f; DEP).

Dosages (Catechu) — 5–20 grains to 1 drachm gum, only 1–4 grains as expectorant (DEP). 0.3–2 g gum to 3 ×/day (PH2).

Contraindications, Interactions, and Side Effects (Catechu) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). But 100 years ago, "Believed to be anaphrodisiac and to cause impotence when used in excess" (DEP).

CATGUT (*Tephrosia virginiana* (L.) Pers.) +

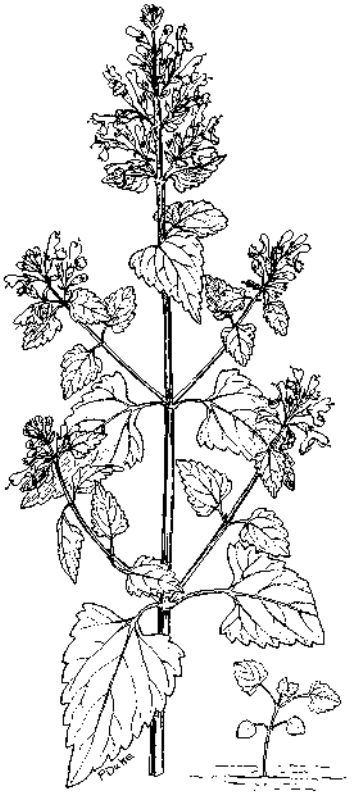
Synonym — *Cracca virginiana* L.

Activities (Catgut) — Allergenic (1; CRC); Analgesic (f; DEM); Anticancer (1; CRC); Anthelminthic (1; CRC); Antileukemic (1; CRC); Carcinogenic (1; CRC); Diaphoretic (f; CRC); Insecticide (1; CRC); Laxative (f; CRC); Piscicide (1; CRC); Stimulant (f; CRC); Tonic (f; CRC).

Indications (Catgut) — Alopecia (f; CRC; DEM); Cancer (1; CRC); Cholecystosis (f; CRC); Constipation (f; CRC); Cough (f; CRC; DEM); Cystosis (f; CRC); Debility (f; DEM); Dysmenorrhea (f; DEM); Fever (f; CRC; DEM); Impotence (f; CRC); Leukemia (1; CRC); Pain (f; DEM); Pulmonosis (f; DEM); Rheumatism (f; DEM); Syphilis (f; CRC); Tuberculosis (f; CRC; DEM); VD (f; CRC); Worm (1; CRC; DEM).

C

CATNIP (*Nepeta cataria* L.) ++



Activities (Catnip) — Abortifacient (f; DEM); Analgesic (f; DEM); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Anticancer (1; COX; FNF); Antiinflammatory (1; COX; FNF); Antipyretic (f; CRC; EFS; PHR; PH2; PNC); Antiseptic (1; ABS); Antisialagogue (f; DEM); Antispasmodic (1; APA; PH2; PNC; WAM); Antitussive (f; SKY); Astringent (f; DEM); Carminative (f; APA; CRC; PED; WOI); Cholecotropic (f; PHR; PH2); Depurative (f; DEM); Diaphoretic (1; APA; CRC; PHR; PNC; WAM); Digestive (1; CRC; WAM); Diuretic (f; PHR; PH2); Emmenagogue (1; AHP; APA; CRC; PED); Euphoric (f; APA); Hallucinogen (f; APA); Insectifuge (f; APA); Laxative (f; DEM); Nervine (1; CRC; WAM); Neurotonic (f; EFS); Pectoral (f; CRC); Psychotropic (1; CRC); Pyrogenic (f; DEM); Rodentifuge (f; CRC); Sedative (1; APA; PHR; PH2; WAM); Soporific (f; CRC); Stimulant (1; APA); Stomachic (f; EFS); Tonic (f; CRC); Tranquilizer (f; PH2); Uterotonic (1; AHP); Vermifuge (f; DEM).

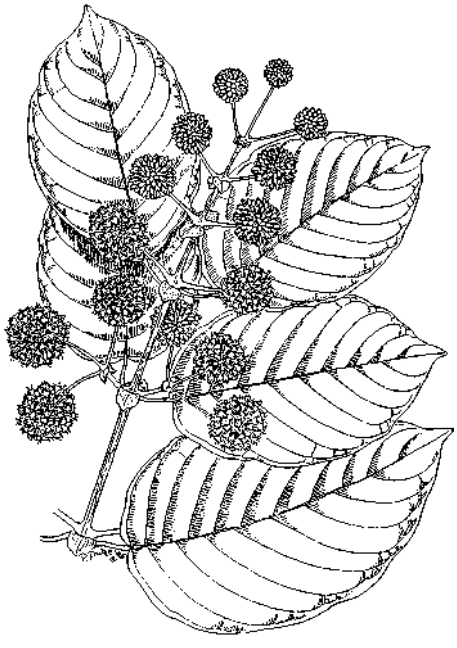
Indications (Catnip) — Alzheimer's (1; COX; FNF); Amenorrhea (f; CRC; PED); Anemia (f; CRC); Arthrosis (1; COX; FNF); Bronchosis (f; APA; CRC); Cancer (1; COX; CRC; FNF); Catarrh (f; CRC); Chill (f; DEM); Cold (f; APA; PHR; PH2; PNC); Colic (1; APA; PHR; PH2; WAM); Constipation (f; DEM); Convulsion (f; CRC); Corn (f; APA; CRC; JLH); Cough (f; CRC; SKY); Cramp (1; APA; PHR; PH2; PNC; WAM); Debility (f; CRC); Diarrhea (f; CRC; PNC); Dysmenorrhea (f; APA; CRC; PH2); Dyspepsia (f; CRC); Fever (1; APA; CRC; EFS; PED; PHR; PH2; PNC; WAM); Fit (f; CRC); Gas (f; APA; CRC; PED; WOI); Gastrosis (f; CRC); Glaucoma (1; FNF; TGP); Headache (f; CRC); Hive (f; CRC); Hypothermia (f; DEM); Hysteria (f; CRC); Induration (f; JLH); Infection (1; FNF); Inflammation (1; COX; FNF); Insanity (f; CRC); Insomnia (1; APA; CRC; PHR; PH2; SKY; WAM); Measles (f; DEM); Migraine (f; PHR; PH2); Nausea (f; DEM); Nerve (f; CRC); Nervousness (1; APA; PHR; PH2; WAM); Neuralgia (f; CRC); Neurasthenia (f; CRC); Neurosis (f; APA; PHR; PH2); Nightmare (f; CRC);

Pain (f; DEM); Pneumonia (f; DEM); Pulmonosis (f; CRC); Respirosis (f; APA); Rheumatism (1; COX; DEN; FNF); Scarlet Fever (f; CRC); Scurvy (f; CRC); Smallpox (f; CRC); Sore Throat (f; DEM); Spasm (f; DEM); Splenosis (f; JLH); Stomachache (f; APA); Stress (f; CRC); Swelling (f; APA; CRC); Toothache (f; CRC; WOI); Tuberculosis (f; CRC); Water Retention (f; PHR; PH2); Worm (f; CRC; DEM).

Dosages (Catnip) — 1–2 tsp fresh herb (PED); 0.5–1 g dry herb (PED); 2–4 g dry herb (PNC); 1–2 tsp dry herb/cup water up to 3 ×/day (SKY); 2 tsp herb/cup water to 3 ×/day (APA); 10 tsp herb/liter, 2–3 cups/day (PHR; PH2); 0.5–1 tsp tincture up to 3 ×/day (APA); 5 ml tincture 3 ×/day (children with cough) (SKY).

Contraindications, Interactions, and Side Effects (Catnip) — Class 2b (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Emmenagogues should be avoided in pregnancy. As a mild uterine stimulant, avoid in pregnancy (PH2; WAM). An important source of the COX-2-Inhibitor, ursolic-acid (COX).

CAT'S CLAW (*Uncaria tomentosa* (Willd. ex Schult.) DC.) ++



Synonym — *Nauclea tomentosa* Willd. ex Schult.

Activities (Cat's Claw) — Antiaggregant (1; PH2); Antibacterial (1; APA); Antiedemic (1; APA; HH3; PH2); Anti-HIV (1; APA); Antiinflammatory (1; APA; PH2; SKY); Antileukemic (1; PH2); Antimelanomic (1; APA; 60P); Antimutagenic (1; APA; HH3; 60P); Antioxidant (f; 60P); Antipyretic (1; HH3); Antiradicular (f; 60P); Antirhinoviral (1; HH3); Antisarcomic (1; HH3; 60P); Antistomatitic (1; HH3); Antithrombic (1; PH2); Antitumor (1; APA; HH3); Antiviral (1; APA; HH3; 60P); Apoptotic (1; PH2); Calcium Antagonist (1; PH2); Contraceptive (1; HH3; PH2; 60P); Cytostat (1; 60P); Dopaminergic (1; FNF); Hypotensive (1; PH2); Immunostimulant (1; APA; HH3; SKY); Interleukinogenic (1; PH2); Phagocytotic (1; APA; HH3; 60P).

Indications (Cat's Claw) — Allergy (1; APA; HH3); Arthrosis (1; APA; HH3; 60P); Ascites (1; HH3); Asthma (f; APA; PH2); Bacteria (1; APA); Cancer (1; APA; HH3; PH2; 60P); Candida (f;

APA); Dermatosis (f; HH3); Diabetes (f; 60P); Dysmenorrhea (f; PH2); Dyspepsia (f; APA); Edema (1; APA; HH3; SKY); Enterosis (f; APA); Fever (1; HH3); Gastrosis (f; APA; HH3); Gout (1; JAD); Hemorrhoid (1; APA); Herpes (1; HH3); High Blood Pressure (1; PH2); HIV (1; APA); Immunodepression (1; APA; HH3; SKY); Immune Dysfunction (1; APA; SKY); Infection (1; HH3); Inflammation (1; APA; PH2; SKY); Leukemia (1; PH2); Melanoma (1; APA; 60P); Neurodermatosis (f; HH3); Prostatosis (1; APA); Rhinovirus (1; HH3); Stomatosis (1; HH3); Swelling (1; APA; HH3; PH2); Thrombosis (1; PH2); Tumor (1; APA; HH3); Ulcer (f; APA); Virus (1; APA; HH3; 60P); Wound (f; HH3); Yeast (f; APA).

Dosages (Cat's Claw) — 1 g root/cup tea 3 ×/day (SKY); 20 g root bark/liter water (HH3); 30 g powdered root/800 ml water simmered to 500 ml (PH2); 1–2 (500 mg) bark capsules 3 ×/day (APA); 1–2 (500 mg) capsules 3 ×/day (NH); 2 (505 mg) StX capsules/day (NH); 20–60 mg StX; 1 tbsp decoction (SF); 1–2 ml tincture 1–2 ×/day (SKY). Fernando Cabieses seems to believe the folk contraceptive dosage, boiling 11–13 pounds root until it is reduced to 1 cup (pretty tricky).

Contraindications, Interactions, and Side Effects (Cat's Claw) — Class 4 (AHP). Too new to have much toxicity data, I think it is as innocuous as coffee. But only time will tell. Foster cautions that, like other immunostimulants, including his favorite, echinacea, cat's claw should be avoided in such immune disorders as HIV, multiple sclerosis, and tuberculosis. Not shown safe in children and lactating or pregnant women (SF). Yet APA reports the folklore of European reports suggesting that cat's claw, taken with AZT, can be beneficial in patients with AIDS (APA). AHP cites Ken Jones, who contraindicates for patients receiving organ transplants or skin grafts, hemophiliacs prescribed fresh blood plasma; simultaneous administration of certain vaccines, hormone therapies, insulin, and thymus extracts (AHP). Not for children under 3 years (AHP). PH2 warns of precipitous drops in estradiol and progesterone serum levels following 8 weeks use. Extracts prevent estrogen from binding to estrogen receptors on breast cancer cells.

Extracts (Cat's Claw) — Oxyindole alkaloids stimulate the immune system (SKY). Isopteropodine stimulates phagocytosis EC13.6 = 1 μg/l; EC55.3 = 10 mg/l; isomitraphylline, isorhynchophylline, and peropodine only half as effective at 1 μg/l (HH3). Alkaloids and glycosides may account for antiinflammatory and antioxidant activities (SKY). Sterols antiinflammatory (PH2). Hirsutine blocks ganglia and induces dopamine release. Tanniniferous extracts contraceptive(6.25–25 mg/kg mouse) (HH3). Quinovic-acid-glycosides, antiviral, antirhinoviral with MIC ca 20-30 μg, but toxic at around 80 μg/ml (TD50 = 80 μg/ml) (HH3). LD50 (acidic extract) = >300 iprl mouse (HH3), LD50 (acidic extract) = >16,000 orl mouse (HH3).

CAULIFLOWER (*Brassica oleracea* var. *botrytis* L.) +++

The USDA lists only two varieties of cauliflower, the darker purple one, *Brassica oleracea* var. *italica,* probably richer in anthocyanins. Activities and indications below largely based on phytochemical constituents that are widespread in *Brassica* and Brassicaceae.

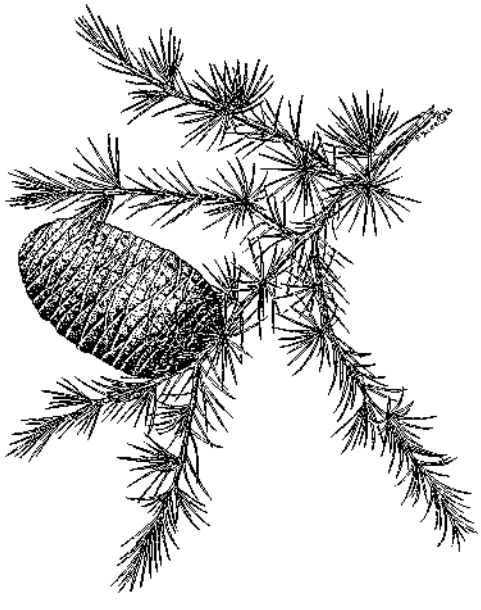
Activities (Cauliflower) — Antiatherosclerotic (1; SN159:391); Antibacterial (1; WO2); Antimaculitic (1; JNU); Antinitrosaminic (1; JNU); Antinyctalopic (1; JNU); Antiproliferant (1; JNU); Antioxidant (f; JN126:2098); Antiradicular (f; JN126:2098); Antiretinitic (1; JNU); Antitumor, breast (1; PS131:95; JNU); Antitumor, colon (1; ACN71:575; JNU); Antitumor, lung (1; JNU); Antitumor, skin (1; JNU); Antiviral (1; JNU); Detoxicant (1; JNU); Estrogenic (1; JNU); Glucuronidase-Inhibitor (1; M11); Goitrogenic (1; WO2); Hypocholesterolemic (1; JNU); Prooxidant (1; JAF44:2096); Quinone-Reductase-Inducer (1; PS131:95).

Indications (Cauliflower) — Atherosclerosis (1; SN159:391); Bacteria (1; WO2); Cancer, bladder (1; JNU); Cancer, breast (1; PS131:95; JNU); Cancer, cervix (1; JNU); Cancer, colon (1; ACN71:575; JNU); Cancer, liver (1; JNU); Cancer, lung (1; JNU); Cancer, skin (1; JNU); Cardiopathy (1; SN159:391); High Cholesterol (1; JNU); Maculosis (1; JNU); Nyctalopia (1; JNU); Papilloma (1; JNU); Pellagra (f; WO2); Stroke (1; JNU); Virus (1; JNU).

Dosages (Cauliflower) — Food farmacy. Eat some almost every day but don't overdo it.

Contraindications, Interactions, and Side Effects (Cauliflower) — Not covered (AHP; KOM; PH2). Don't overdo it. In huge quantities, glucosinolate/isothiocyanate-containing crucifers might upset the thyroid. And in huge doses, hard to get dietarily, indole-3-carbinol might stimulate breast cancer rather than prevent it because it does so at levels reasonably attainable through dietary consumption of crucifers (Brassicaceae). If broccoli is the master antioxidant, white cauliflower may be low on the nutritive totem pole, yet sharing in many of the phytochemicals, activities, and indications.

CEDAR OF LEBANON (*Cedrus libani* A. Rich.) ++

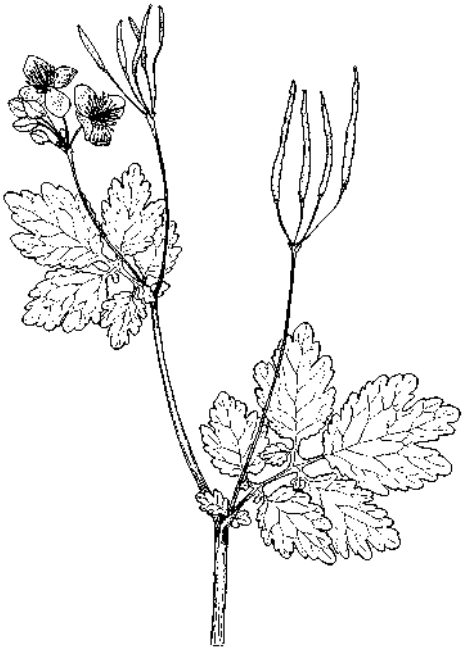


Activities (Cedar of Lebanon) — Diuretic (f; BIB); Expectorant (1; HHB; PH2); Fungicide (1; ABS); Insecticide (f; BIB).

Indications (Cedar of Lebanon) — Asthma (f; BIB); Blennorrhagia (f; BIB); Boil (f; BIB); Bronchosis (f; BIB); Burn (f; BIB; JLH); Cancer (f; BIB; JLH); Catarrh (1; PH2); Cough (1; FNF; HHB); Dermatosis (f; BIB); Fungus (1; ABS); Induration (f; BIB; JLH); Infection (1; ABS; BIB); Mycosis (1; ABS); Phthisis (f; BIB); Rash (f; BIB); Respirosis (f; BIB); Tuberculosis (1; BIB; HHB); Water Retention (f; BIB).

Contraindications, Interactions, and Side Effects (Cedar of Lebanon) — "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). EO fungitoxic at 1000 ppm (FFJ4(1):1).

CELANDINE (*Chelidonium majus* L.) +



Activities (Celandine) — Abortifacient (f; MAD); Alterative (f; CRC; PNC); Analgesic (1; CRC; PH2; PNC); Anthelminthic (f; MAD); Antiaggregant (1; MAB); Antianaphylactic (1; PNC); Antibacterial (1; PNC); Anticancer (f; CRC); Antiherpetic (1; MAB); Antiinflammatory (1; MAB; PNC); Antileukotriene (1; MAB); Antimutagenic (1; MAB); Antisarcomic (1; MAB); Antiseptic (1; MAB; PH2); Antispasmodic (1; KOM; MAB; SHT); Antithromboxane (1; MAB); Antitussive (1; PNC); Antitumor (1; MAB); Antiviral (1; BRU; MAB); Aphrodisiac (f; CRC); Candidicide (1; HH2; MAB); Cholagogue (1; BRU; PH2; SHT); Cholekinetic (1; MAB; SHT); Choleretic (1; BRU; MAB; SHT); CNS-Depressant (1; HHB; PH2); Collyrium (f; CRC); Cytotoxic (1; KOM; MAB; PH2); Deobstruent (f; CRC); Diaphoretic (f; CRC; MAD); Diuretic (1; MAD; PNC); Expectorant (f; CRC); Fungicide (1; HH2; MAB); Hepatoprotective (1; CRC; MAB); Hepatotoxic (1; BRU); Hypoglycemic (f; CRC); Hypotensive (1; KOM; PH2; PNC); Immunostimulant (1; KOM; PH2); Keratopreventive (1; MAB); Laxative (f; CRC); 5-Lipoxygenase-Inhibitor (1; MAB); 12-Lipoxygenase-Inhibitor (1; MAB); Myocontractant (f; PH2); Myorelaxant (1; PNC); Protisticide (1; MAB); Sedative (f; CRC; HHB); Trichomonicide (1; MAB); Uterocontractant (1; PH2); Vulnerary (1; MAB).

Indications (Celandine) — Adenopathy (f; JLH); Amenorrhea (f; FAD; MAD); Anaphylaxis (1; PNC); Angina (f; HHB; PHR); Anorexia (2; PHR); Arthrosis (f; MAD); Ascaris (f; CRC); Asthma (f; MAD; PHR; PH2); Atherosclerosis (f; HH2; PHR; PH2); Bacteria (1; BRU; PNC); Biliary Dyskinesia (2; KOM; SHT); Bleeding (f; MAD); Bronchosis (1; MAB; MAD; PNC); Bronchospasm (1; PNC); Callus (f; CRC); Cancer (1; CRC; MAB; PHR); Cancer, breast (1; CRC; JLH); Cancer, colon (1; CRC; FNF; JLH); Cancer, jaw (1; CRC; FNF; JLH); Cancer, kidney (1; CRC; JLH); Cancer, lip (f; CRC; JLH); Cancer, liver (f; CRC; FNF; JLH); Cancer, lung (1; MAB); Cancer, mouth (1; CRC; FNF; JLH); Cancer, neck (1; CRC; FNF; JLH); Cancer, nose (1; CRC; FNF; JLH; PH2); Cancer, ovary (f; CRC; FNF; JLH); Cancer, parotid (1; CRC; FNF; JLH); Cancer, penis (1; CRC; FNF; JLH); Cancer, pharynx (1; FNF; PH2); Cancer, rectum (1; CRC; FNF; JLH); Cancer, skin (f; CRC; FNF; JLH); Cancer, spleen (1;

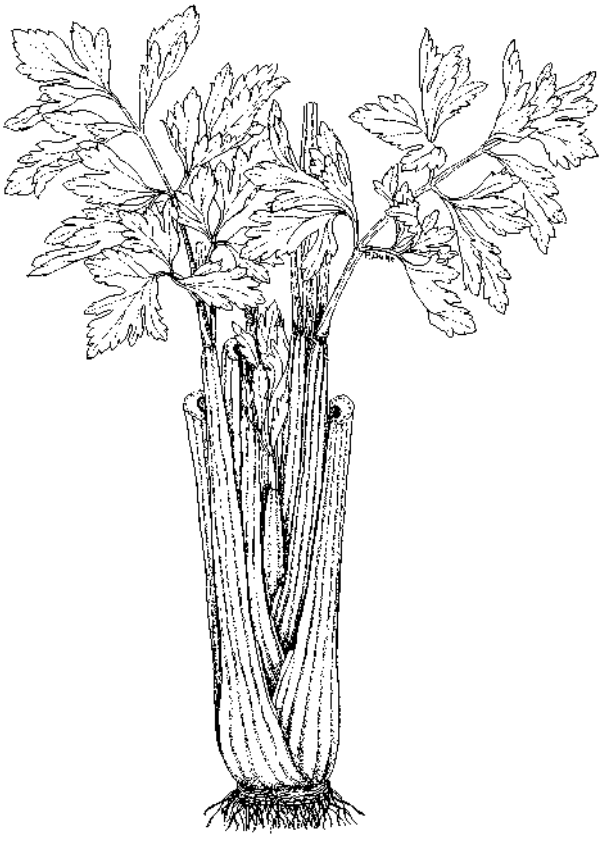
CRC; FNF; JLH); Cancer, stomach (1; CRC; FNF; JLH; PH2); Cancer, testicle (1; CRC; FNF; JLH); Cancer, tongue (1; CRC; FNF; JLH); Cancer, urethra (1; CRC; FNF; JLH); Cancer, uterus (1; CRC; FNF; JLH); Candida (1; HH2; MAB); Catarrh (f; HHB; PHR); Cholangosis (2; MAB); Cholecystosis (2; CRC; HHB; MAB; MAD; PHR; PH2); Cholelithiasis (2; MAB); Colitis (1; MAB); Colonic Polyposis (2; MAB); Condylomata (1; CRC; HH2; MAB); Corneal Opacity (f; MAB; MAD); Corn (f; CRC; PNC); Cramp (2; HHB; KOM; MAB; PH2; SHT); Dermatosis (f; PH2); Dysmenorrhea (1; PHR); Dyspepsia (f; MAB); Eczema (f; CRC; FAD); Edema (f; MAD; PHR; PH2); Egilops (f; CRC); Enterosis (2; HHB; KOM; MAB); Epithelioma (f; MAD); Escherichia (1; HH2); Exanthema (f; MAD); Fever (f; CRC; MAD); Fistula (f; MAD); Freckle (f; CRC; MAD); Frigidity (f; CRC); Fungus (1; HH2; MAB); Gallstone (f; MAD); Gastrosis (2; BRU; HHB; KOM; MAB); Gastrospasm (2; KOM); Gonorrhea (f; MAD); Gout (f; CRC; MAD; PHR; PH2); Headache (f; MAB); Hematuria (f; MAD); Hemorrhoid (1; CRC; FAD); Hepatosis (2; CRC; MAB; MAD; PHR; PH2); Herpes (1; MAB); High Blood Pressure (1; KOM; PHR; PH2; PNC); Hyperglycemia (f; CRC); Hypertonia (f; KOM; PH2); Hypochondria (f; MAD); IBS (2; MAB); Immunodepression (1; KOM; PH2); Induration (f; CRC); Infection (1; HH2; MAB); Inflammation (1; FAD; MAB; PNC); Insomnia (f; CRC; HHB); Jaundice (f; CRC; HHB; MAB; MAD; PHR; PH2); Lupus (f; MAD); Malaria (f; MAD); Mastosis (f; JLH; PH2); Migraine (1; MAB); Myalgia (f; HHB); Mycosis (1; HH2; MAB); Nervousness (f; CRC; HHB); Neuralgia (f; HHB); Ophthalmia (f; MAD); Pain (1; CRC; HHB; PH2; PNC); Parotosis (f; JLH); Pertussis (2; MAB; MAD; PNC); Pharyngosis (f; PH2); Phimosis (f; MAD); Phthisis (f; MAD); Pneumonia (f; HHB; MAD); Polyp (2; CRC; MAB; PHR; PH2); Psoriasis (1; CRC; MAB; MAD); Rash (f; PH2); Respirosis (f; MAD); Rheumatism (f; HHB); Rhinosis (f; JLH; PH2); Ringworm (f; CRC; FAD); Scabies (f; MAD; PHR; PH2); Scurvy (f; CRC); Scrofula (f; CRC); Sore (f; MAD); Shigella (1; HH2); Splenosis (f; MAD); Staphylococcus (1; HH2; MAD); Stomachache (f; HHB); Stone (f; HHB; MAD; PHR); Tenesmus (f; MAD); Toothache (f; MAD; PHR); Tuberculosis (f; MAD); Tumor (1; CRC; MAB); Ulcer (f; CRC); Vaginosis (1; MAB); Vertigo (f; MAD); Virus (1; BRU; MAB); Wart (f; CRC; HHB; MAB; MAD; PHR); Water retention (1; MAD; PNC); Wen (f; CRC); Wound (f; CRC; FAD); Yeast (1; HH2; MAB). "Spastic discomfort of the bile ducts and gastrointestinal tract" (KOM).

Dosages (Celandine) — 0.5 g herb single dose (HHB); 3–9 g herb/day (MAB); 2–5 g crude herb (or 12–30 mg total alkaloids) (KOM; SHT); 0.5 g root (PHR); 2–4 ml liquid extract (PNC); 1–2 ml/day fluid extract (1:2) (MAB); 2–4 ml/day tincture (1:5) (MAB); 1.8–7.5 g juice (MAD).

Contraindications, Interactions, and Side Effects (Celandine) — Class 2b, 2d (AHP). None known (KOM). Not to be used by children (AHP). Canadian regulations do not allow celandine in food. Australians counsel that it "may affect glaucoma treatment." Germans report that it takes more than 500 g celandine to cause toxic effects in cattle and horses (AHP). Side effects include dry mouth and dizziness (PNC). Overdoses can cause dizziness, hematuria, intestinal colic, stomach pain, and urinary urgency (SHT). Consumption of fresh herb may cause GI distress (AHP). Stem juice allergenic, irritant, and paralytic (FAD). "Thought to be hepatotoxic" (BRU).

Extracts (Celandine) — Extracts, as well as chelidonine, chelerythrine, protopine, and sanguinarine have antibacterial and antitussive activities (PNC). Chelidonine lowers arterial blood pressure, relaxes smooth muscle spasms and bronchial spasm, increases urine production, and delays or inhibits the development of anaphylactic shock *in vivo*. Alpha-allocryptopine, chelidonine, and sanguinarine have *in vivo* analgesic activities (PNC). LD50 (decoction) 9500 mg/kg ipr mouse (MAB); LD50 (alkaloids) 300 mg/kg scu mouse (MAB).

CELERY (*Apium graveolens* L.) +++



Activities (Celery) — Abortifacient (f; CAN; KAB); Analgesic (1; FEL; FNF; KAB; PED); Anthelminthic (f; KAB; PH2); Antiaggregant (1; FNF; CAN); Antialzheimeran (1; COX; FNF); Antiarthritic (1; FNF; PNC); Antibacterial (1; CAN; FNF; PH2); Anticancer (1; APA; COX); Anticonvulsant (1; APA; KAP; MPI; PH2); Antidepressant (f; CAN; PED); Antidiabetic (f; MAM); Antiedemic (1; CAN); Antiepileptic (1; PNC); Antigalactic (f; JFM); Antiinflammatory (1; APA; FNF; PNC); Antioxidant (1; FNF; PED); Antirheumatic (1; FNF; PED; PNC); Antiseptic (1; FNF; KAP; PED); Antispasmodic (1; CRC; KAP; PED; WO2); Antitumor (1; APA); Aperitif (f; KAB); Aphrodisiac (f; CRC; KAB; KAP; PNC); Astringent (f; KAB); Cancer (1; APA; COX); Carminative (1; CRC; FNF; KAB; PNC; WO2); Cercaricide (1; SPI); Choleretic (1; JAD); Depurative (f; PED); Digestive (f; MBB); Diuretic (2; APA; CAN; FNF; KAB); Emmenagogue (f; CRC; DEP; KAP); Fungicide (1; PH2; PNC); Hepatoprotective (1; APA); Hypoglycemic (1; APA; CAN; FNF); Hypotensive (2; APA; FNF; MAM; PNC); Lipolytic (1; APA); Nervine (f; WO2); Neurotonic (f; FEL; KAP; WO2); Sedative (1; CRC; PED; PNC); Stimulant (1; CRC; KAB; WO2); Stomachic (f; KAB); Tonic (1; CRC; KAB; PNC); Tranquilizer (1; KAP; WO2); Urinary Antiseptic (1; CAN; PED; FNF); Uterotonic (1; CAN).

Indications (Celery) — Alzheimer's (1; COX; FNF); Amenorrhea (f; CRC; DEP; KAB); Anasarca (f; CRC; DEP; KAB; WO2); Anorexia (f; KAB; PHR; PH2); Anxiety (1; APA); Arthrosis (1; APA; FNF; PNC); Ascites (f; KAB); Asthma (f; DEP; JFM; KAB); Bacteria (1; CAN; FNF; PH2); Bronchosis (f; DEP; KAB); Cancer (1; APA; COX; CRC; FNF); Cancer, breast (1; CRC; FNF); Cancer, eye (1; CRC; FNF); Cancer, feet (1; CRC; FNF); Cancer, liver (1; CRC; FNF); Cancer, penis (1; CRC; FNF); Cancer, spleen (1; CRC; FNF); Cancer, stomach (1; CRC; FNF); Cancer, testis (1; CRC; FNF); Cancer, uterus (1; CRC; FNF); Cancer, vulva (1; CRC; FNF); Cardiopathy

(1; APA; KAB); Catarrh (f; KAB); Cholecystosis (f; PH2); Colic (f; DEP; MBB; WO2); Condyloma (f; JLH); Congestion (f; JFM); Convulsion (1; APA; KAP; MPI; PH2); Corn (f; CRC; JLH); Cough (f; KAB; PH2); Cramp (1; CRC; KAP; PED; WO2); Cystosis (1; APA; CAN; FNF; MBB); Depression (f; CAN; PED); Diabetes (f; APA; MAM); Dysmenorrhea (f; APA; JFM); Dyspepsia (f; APA); Dysuria (f; KAB); Edema (f; JFM); Enterosis (f; KAB); Epilepsy (1; PNC; WO2); Fatigue (f; PH2); Felon (f; CRC; JLH); Fever (f; FEL; KAB); Fungus (1; PH2; PNC); Gallstone (f; PHR); Gas (1; CRC; FNF; JFM; KAB; PNC; WO2); Gout (1; CAN; FNF; MBB; MPI; PH2); Hepatosis (f; APA; CRC; DEP; JLH); Hiccup (f; KAB); High Blood Pressure (2; APA; CRC; FNF; MAM; PNC); High Cholesterol (1; APA); Hyperglycemia (1; APA; CAN; FNF); Impostume (f; JLH); Induration (f; CRC; JLH); Infection (1; PH2; PNC); Inflammation (1; APA; FNF; KAB; PNC); Insomnia (1; APA; CRC; FNF; PED; PNC); Jaundice (f; JFM); Kidney Stone (f; PHR); Lumbago (f; CRC); Malaria (f; FEL); Mycosis (1; PH2; PNC); Nausea (f; KAB); Nephrosis (f; APA; PH2); Nervousness (1; APA; CRC; KAP; PED; PHR; PNC; WO2); Obesity (f; APA); Ophthalmia (f; KAB); Ovary (f; PH2); Pain (1; FEL; FNF; KAB; PED); Proctosis (f; KAB); Pulmonosis (f; JFM); Rheumatism (1; CAN; CRC; FEL; FNF; MPI; PED; PH2; PNC); Rhinosis (f; KAB); Scabies (f; KAB); Schistosoma (1; SPI); Scirrhus (f; JLH); Sore (f; CRC); Splenosis (f; CRC; DEP; JLH; KAB; WO2); Sting (f; KAB); Stomachache (f; CRC; JFM); Stone (f; DEP; PHR; PH2); Stress (1; APA); Swelling (1; CAN; FNF; MBB); Toothache (f; KAB); Tumor (1; APA; CRC; JLH); Uterosis (f; JFM); UTI (1; CAN; FNF); Water Retention (2; APA; CAN; FNF; KAB); Wen (f; JLH); Whitlow (f; CRC; JLH).

Dosages (Celery) — 200 g root boiled in 500 g water taking 1 cup every 3 hours as antigalactic (JFM); 1–2 leaves for colic (DEP); 1–4 g powdered seed (KAP; PNC); 1–2 tsp seed/cup water (APA); 1–2 g dry seed (PED); 2 g dry seed:10 ml alcohol/10 ml water (PED); 1 g mashed seed/cup hot water (PH2); 1.75 tsp crushed seed/cup water (APA); 0.05–0.1 ml (PNC); 0.5–1 tsp tincture to 3 ×/day (APA; WIC); 0.3–1.5 ml liquid extract (PNC); 0.3–1.2 ml liquid extract (1:1 in 60% alcohol) 3 ×/day (CAN); 0.5–2 g or by decoction 1:5, 3 ×/day (CAN); 2 (500 mg) capsules (450 mg celery extract StX to contain at least 9.9 mg volatile oil in 50 mg synergistic base of whole celery seed powder) 2 ×/day, before meals (NH). Often standardized to 2.2% volatile oil.

Contraindications, Interactions, and Side Effects (Celery) — Class 2b[5], 2d. Individuals with renal disorders should use with caution. Commission E reports potential allergenicity, including anaphylactic shock. Photosensitizing. Contains phototoxic furanocoumarins (AHP). CAN cautions that the furanocoumarins may cause phototoxicity and dermatosis. Still, they summarize that no side effects or toxicity are documented for celery seed. Photosensitivity reactions have been reported as a result of external contact with celery stems. Even anaphylactic reactions are reported following oral ingestion of the stems. *Archives of Dermatology* (1990) reported severe phototoxicity in a woman consuming celeriac and then going to a tanning parlor. The new Herbal PDR (Gruenwald et al., 1998) notes that levels of phototoxic furanocoumarins can rise 200-fold under storage conditions, especially if the root is fungally or yeast infected (PHR). No side effects, toxicity documented for celery fruit (CAN). Persons with kidney problems should be cautious. The drug is contraindicated in inflammation of the kidneys, since apiaceous EOs may increase the inflammation as a result of epithelial irritation. Contraindicated during pregnancy (uterotonic activity demonstrated for the EO (CAN)). Celeryseed oil abortifacient (JFM). Oil, though stated to be nonirritant, nonphototoxic, and nonsensitizing in humans, is also reported to have uterotonic activity; the seeds are said to affect the menstrual cycle and even to be abortifacient (CAN). There's a rare allergy, Birch-Celery Syndrome; people sensitive to birch or mugwort (watch out moxibustionists) pollen may have an immediate reaction just eating celery or taking celery seed products. "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (But, regrettably, it doesn't give those therapeutic dosage levels.) So far, in my 5.5 years on celery seed extract, I have not knowingly suffered

any side effects from the 2–4 capsules or tablets I take a day, every day, without fail, for the prevention of the gout crisis. Celery herb, seed, and root unapproved for therapeutic application, as far as Germany's Commission E is concerned.

Extracts (Celery) — Extracts antiedemic, antiinflammatory, hypoglycemic, and hypotensive. LD50 >5000 mg/kg orl rat (CAN). Juice choleretic. Chamomile is a better source of the COX-2 inhibitor apigenin (to 0.8% ZMB), but celery stalks may contain to 0.2%, making it the best food farmacy source (COX). Celery seed oil bacteriostatic against *Bacillus pumilus, Bacillus subtilis, Corynebacterium diptheriae, Pseudomonas solanacearum, Salmonella typhi, Shigella dysenteriae, Staphylococcus albus, Staphylococcus aureus, Streptococcus faecalis, Streptococcus pyogenes,* and *Vibrio cholerae.* The seed oil shows a chemotactic effect and cercaricidal activity of the cercaria of *Schistosoma mansoni* (SPI).

CELERY-LEAVED BUTTERCUP (*Ranunculus sceleratus* L.) +

Activities (Celery-Leaved Buttercup) — Allergenic (1; FNF); Analgesic (f; WOI); Antibacterial (1; WOI); Anticancer (f; DAA); Antiseptic (1; WOI); Antispasmodic (f; WOI); Antiviral (1; WOI); Diuretic (f; WOI); Emmenagogue (f; EFS; SKJ); Irritant (1; FNF); Lacrimatory (1; WOI); Lactifuge (1; WOI); Lactagogue (f; EFS; SKJ); Poison (1; DEP; WOI); Rubefacient (1; WOI); Sialagogue (1; PH2); Stomachic (f; WOI); Tonic (f; KAB; WOI); Vasoconstrictor (1; WOI); Vermifuge (1; WOI); Vesicant (1; WOI).

Indications (Celery-Leaved Buttercup) — Arthrosis (f; HHB; PH2); Asthma (f; WOI); Bacteria (1; WOI); Cancer (f; DAA; JLH); Cancer, spleen (f; JLH); Candida (1; WOI); Cold (f; DAA); Cramp (f; WOI); Debility (f; DAA); Dermatosis (f; PH2; WOI); Diphtheria (1; WOI); Dropsy (f; MAD); Dysuria (f; WOI); Escherichia (1; WOI); Gout (f; MAD); Grippe (f; WOI); Halitosis (f; KAB; WOI); Headache (f; MAD); Hemiplegia (f; MAD); Hepatosis (f; MAD); Induration (f; JLH); Infection (1; WOI); Leukoderma (f; HHB; PH2); Mange (f; MAD); Myosis (f; HHB; PH2); Nephrosis (f; KAB; MAD; WOI); Pain (f; WOI); Pancreatosis (f; MAD); Pleurisy (f; KAB); Pneumonia (f; WOI); Rheumatism (f; WOI); Scabies (f; HHB; PH2); Side Ache (f; KAB); Sniffles (f; MAD); Sore (f; KAB); Spermatorrhea (f; DAA); Staphylococcus (1; WOI); Stomatosis (f; MAD); Streptococcus (1; DAA); Swelling (f; JLH; PH2); Virus (1; WOI); Wart (f; JLH); Water Retention (f; WOI); Worm (1; WOI); Yeast (1; WOI).

Dosages (Celery-Leaved Buttercup) — Boiled herb is dangerous if consumed as food (DEP; WOI).

Contraindications, Interactions, and Side Effects (Celery-Leaved Buttercup) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Like most buttercups, it is acrid, causing burning of mouth and mucous membranes; blistering skin. Fatal if eaten in large quantities (WOI).

Extracts (Celery-Leaved Buttercup) — Protoanemonin antibacterial (against Gram-positive and Gram-negative, *Candida,* diphtheria toxin, *Escherichia,* and *Staphylococcus*) antiviral, cytopathogenic, vesicant, vermicide (WOI). Plant contains the vasoconstrictor serotonin, with six other tryptamine derivatives and "two unidentified anti-5-hydroxytryptamine derivatives."

CENTAURY, EUROPEAN CENTAURY (*Centaurium erythraea* Rafn) ++

Synonyms — *Centaurium minus* auct., *Centaurium umbellatum* Gilib., *Erythraea centaurium* auct.

Activities (Centaury) — Antiedemic (1; CAN); Antiinflammatory (1; PHR); Antimalarial (1; CAN); Antipyretic (1; CAN; PHR; PH2); Bitter (1; CAN; HHB; PHR); Secretagogue (1; PHR; PH2); Sedative (f; CAN); Sialagogue (1; PHR; PH2); Stomachic (f; CAN); Tonic (f; PNC).

Indications (Centaury) — Adenopathy (f; JLH); Anemia (f; HHB); Anorexia (2; CAN; KOM; PH2); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, ear (f; JLH); Cancer, face (f; JLH); Cancer, lip (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, tongue (f; JLH); Cancer, uterus (f; JLH); Cholecystosis (f; HHB; PNC); Diabetes (f; PHR; PH2); Dropsy (f; HHB); Dysmenorrhea (f; HHB); Dyspepsia (2; CAN; KOM; PH2); Fever (1; CAN; HHB; PHR; PH2); Fibroid (f; JLH); Gastrosis (1; JLH; PH2); Gout (f; HHB); Hepatosis (f; JLH; PNC); High Blood Pressure (f; PHR; PH2); Induration (f; JLH); Inflammation (1; PHR; PH2); Insomnia (f; CAN); Jaundice (f; HHB); Kidney Stone (f; PHR; PH2); Malaria (1; CAN); Mastosis (f; JLH); Nervousness (f; CAN); Neuralgia (f; HHB); Otosis (f; JLH); Pain (f; HHB); Parotosis (f; JLH); Sclerosis (f; JLH); Scrofula (f; HHB); Splenosis (f; JLH); Stomachache (f; HHB); Swelling (1; CAN); Tonsilosis (f; JLH); Uterosis (f; HHB); Wart (f; JLH); Worm (f; PHR; PH2); Wound (f; PH2).

Dosages (Centaury) — 2–4 g herb as tea 3 ×/day (CAN); 1 g/cup tea (HHB); 1–2 g single dose; 3–6 g/day (HHB); 6 g/day (KOM); 2–4 ml (1:1 in 25% alcohol) 3 ×/day (CAN, PNC); 1–2 g extract (KOM; PHR).

Contraindications, Interactions, and Side Effects (Centaury) — Class 1, 2b (AHP; CAN). "In view of the lack of toxicity data, use of centaury during pregnancy and lactation is best avoided ... excessive use should be avoided" (CAN). Sources report contraindication of GI ulcer (AEH; PHR). None reported (PIP).

CHAFF-FLOWER (*Achyranthes aspera* L.) ++

Activities (Chaff-Flower) — Abortifacient (1; DEP; SKJ; WO2; ZUL); Alterative (f; MPI); Analeptic (1; ZUL); Antibacterial (1; MPI); Antifertility (1; DAA; ZUL); Antiimplantation (1; ZUL); Antiperspirant (f; WO2); Antipyretic (1; ZUL); Antisecretory (1; ZUL); Antiseptic (1; WO2; ZUL); Antispasmodic (f; DAA); Antiviral (f; WO3); Astringent (f; DEP; SUW); Cardiodepressant (1; ZUL); Cardiotonic (1; ZUL); Contraceptive (1; ZUL); Digestive (f; ZUL); Diuretic (1; DAA; DEP; MPI; SUW; ZUL); Emetic (f; SKJ); Emmenagogue (f; WO2); Estrogenic (1; ZUL); Fungicide (f; WO3); Hemostat (f; WO2); Hypertensive (1; MPI); Hypoglycemic (1; MPI; ZUL); Hypotensive (1; MPI; ZUL); Laxative (1; ZUL; SUW); Myocontractant (1; MPI; ZUL); Respiradepressant (1; MPI); Respirastimulant (1; MPI); Spasmogenic (1; MPI; ZUL); Tonic (1; ZUL); Tranquilizer (f; WO3); Uterotonic (1; WO3); Vasodilator (1; ZUL).

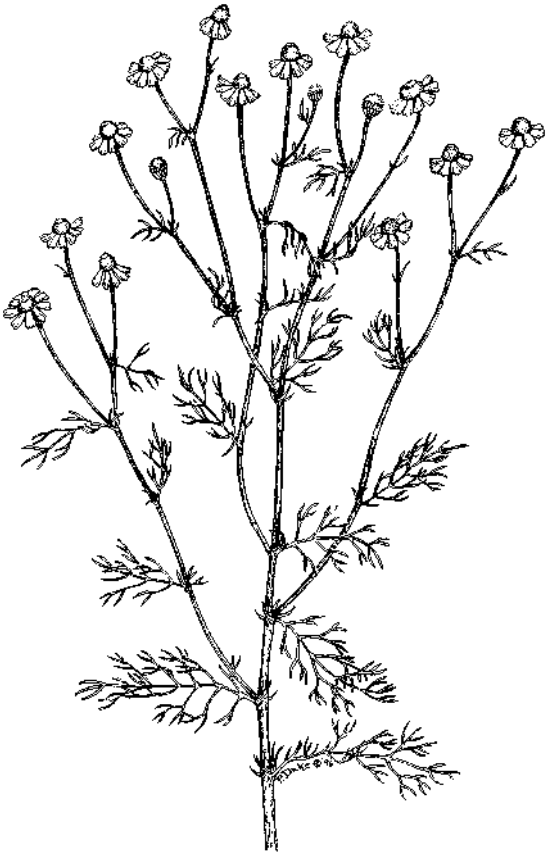
Indications (Chaff-Flower) — Abscess (f; ZUL); Adenopathy (f; ZUL); Anasarca (f; DEP; KAP); Ascites (f; DEP); Atrophy (f; SKJ); Bacteria (1; HH2; MPI; WO2); Biliousness (f; WO2); Bite (f; SUW); Bladder Stone (f; WO2); Bleeding (f; DAA; WO2; ZUL); Boil (f; DEP; SUW; ZUL); Bronchosis (f; MPI; ZUL); Bug Bite (f; ZUL); Cachexia (f; SKJ); Cancer (f; WO2); Caries (f; SKJ); Chest Ache (f; ZUL); Childbirth (f; DAA; ZUL); Chill (f; ZUL); Colic (f; SUW); Constipation (f; ZUL); Corneal Opacity (f; WO2; ZUL); Cough (f; ZUL); Cramp (f; DAA; ZUL); Dermatosis (f; DEP; SUW; ZUL); Diarrhea (1; WO3; ZUL); Dropsy (f; DEP; SUW; ZUL); Dysentery (f; DEP; WO2; ZUL); Enterosis (f; SKJ; ZUL); Escherichia (1; HH2; WO2); Fever (1; SKJ; ZUL); Fistula (f; WO3); Fungus (1; WO3); Gastrosis (f; WO2; ZUL); Gonorrhea (f; WO2); Headache (f; ZUL); Hemorrhoid (f; DEP; SUW; WO2); Hepatosis (1; WO3); High Blood Pressure (1; MPI; ZUL); Hyperglycemia (1; MPI; ZUL); Infection (1; WO3; ZUL); Inflammation (f; ZUL); Jaundice (f; ZUL); Leprosy (1; MPI; SKJ; ZUL); Leukoderma (f; SKJ); Low Blood Pressure (1; MPI); Malaria (f; DEP; SKJ); Menorrhagia (f; WO2; ZUL); Mycosis (1; WO3); Nephrosis (f; WO2; ZUL); Nervousness (f; WO3); Odontosis (f; WO3); Ophthalmia (f; WO2); Pain (f; ZUL); Pleurodynia (f; DEP); Pneumonia (f; WO2); Pulmonosis (f; ZUL); Rabies (f; DEP; SKJ); Rheumatism (f; SKJ);

Rhinosis (f; ZUL); Scabies (f; SKJ); Snakebite (f; DEP; SUW; ZUL); Sore (f; DEP); Sprain (f; ZUL); Sting (f; DEP); Stitches (f; ZUL); Stomachache (f; ZUL); Stone (f; WO2); Syphilis (f; SKJ; ZUL); Tetanus (f; WO2); Toothache (f; DEP; ZUL); VD (f; SKJ; ZUL); Virus (1; WO3); Wart (f; DEP); Water Retention (1; DAA; DEP; MPI; SUW; ZUL); Wound (f; ZUL).

Dosages (Chaff-Flower) — 28–56 ml decoction (KAP).

Contraindications, Interactions, and Side Effects (Chaff-Flower) — Estrogenic activity dampens potential as interceptive contraceptive (ZUL). LD50 (aqueous root extract) = 7.16 ml/kg ivn rat (HH2).

CHAMOMILE (*Matricaria recutita* L.) +++



Synonyms — *Chamomilla recutita* (L.) Rauschert, *M. chamomilla* auct.

Activities (Chamomile) — Analgesic (1; CAN; PNC); Anorectic (f; CRC); Anthelminthic (1; CRC); Antiaggregant (PED); Antiallergic (1; APA; CAN); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Antibacterial (2; JBU; KOM, SHT); Antidepressant (1; PH2); Antiedemic (1; PNC); Antiherpetic (1; CAN); Antihistaminic (1; MAB); Antiinflammatory (2; APA; KOM, WAM); Antilactagogue (f; FEL); Antioxidant (1; JNU); Antipeptic (1; CAN); Antipyretic (f; PIP); Antiseptic (1; APA; CAN; CRC; HHB); Antispasmodic (2; APA; KOM, WAM); Antiulcer (1; CAN; MAB); Antiviral (1; CAN); Anxiolytic (1; MAB); Candidicide (1; APA; MAB; SHT); Cardiodepressant (1; CAN); Carminative (1; HHB; MAB; SHT); Cholagogue (f; HHB); CNS-Depressant (1; BGB; MAB; WHO); COX-2-Inhibitor (1; FNF); Cyclooxygenase-Inhibitor (1; SHT; WHO); Demulcent (f; SHT); Deodorant (2;

KOM, PIP); Diaphoretic (1; MAB); Digestive (1; WAM); Emetic (f; WHO); Emmenagogue (f; WHO); Expectorant (f; CRC); Fungicide (1; APA; PNC; SHT); Gastroprotective (f; PH2); Hepatoregenerative (1; CAN; MAB); Hypnotic (1; BGB); Hypotensive (1; CAN); Hypouremic (1; CAN); Immunostimulant (1; APA; CAN); Lipoxygenase-Inhibitor (1; SHT; WHO); MAOI (1; PH2); Musculotropic (2; KOM, PIP); Myorelaxant (1; APA; CAN; SKY); Nervine (1; PED; WAM); Radioprotective (1; WHO); Respiradepressant (1; CAN); Sedative (1; CAN; MAB); Serotoninergic (1; CAN); Stimulant (f; CRC); Tonic (f; CRC); Vulnerary (2; KOM; PIP; WHO).

Indications (Chamomile) — Acne (1; MAB); Aegilops (f; JLH); Allergy (1; APA; CAN; WAM); Alzheimer's (1; COX; FNF); Amenorrhea (1; FEL; MAB); Anorexia (2; PHR); Anxiety (1; APA; MAB); Aposteme (f; CRC; JLH); Arthrosis (1; APA; COX; FAD; FNF); Bacteria (2; CRC; JBU; KOM; SHT); Bite (2; CRC; WHO); Bloating (f; WHO); Bronchosis (2; KOM; PHR); Bruise (2; CRC; WHO); Bunion (1; FNF); Burn (2; PHR; PNC); Cancer (1; COX; FAD); Cancer, breast (1; COX; CRC; JLH); Cancer, colon (1; COX; CRC; JLH); Cancer, liver (1; COX; JLH); Cancer, mouth (1; COX; JLH); Cancer, skin (1; COX; PH2); Cancer, stomach (1; COX; CRC; JLH); Candida (1; APA; MAB; PH2; SHT); Canker (1; CRC; SKY); Catarrh (f; CAN; FEL; HHB; MAB); Cholecystosis (2; PHR); Cold (2; FEL; PHR; WHO); Colic (1; CRC; FEL; MAB; SHT); Colitis (2; KOM); Conjunctivosis (f; FEL); Convulsion (f; CRC; FEL; PNC); Cough (2; PHR); Cramp (2; APA; JNU; KOM, WAM); Croup (f; CRC); Cystosis (f; CRC); Decubitis (2; SHT); Dention (f; FEL); Depression (1; PH2); Dermatosis (2; KOM, SHT; WOI); Diarrhea (1; CAN; FEL; MAB; WHO); Diphtheria (f; CRC); Dysmenorrhea (1; CRC; MAB); Dyspepsia (2; APA; CAN; WHO); Eczema (1; APA; SHT; WHO); Edema (1; SHT); Enterosis (1; APA; FEL; PIP; WHO); Epigastrosis (2; WHO); Erythema (1; MAB); Fever (2; APA; MAB; PHR; PIP); Flu (1; FAD); Frostbite (2; WHO); Fungus (1; APA; PNC; SHT); Gas (2; FEL; HHB; MAB; SHT; WHO); Gastroenterosis (f; SHT); Gastrosis (2; SHT; WHO); Gingivosis (2; KOM, SHT; WHO); Gout (1; COX; CRC; PNC); Heartburn (f; SKY); Hemorrhoid (2; APA; CAN; WHO); Hepatosis (2; FEL; HHB; PHR); Herpes (1; CAN); High Blood Pressure (1; CAN); Hyperacidity (f; CRC); Hysteria (f; CRC; FEL); IBS (SKY); Immunodepression (1; APA; CAN); Induration (f; JLH); Infection (1; APA; CAN; JBU; PNC; SHT); Inflammation (2; APA; CRC; FEL; KOM, WAM; WHO); Insomnia (2; CAN; CRC; MAB; SKY; WHO); Leukorrhea (1; FEL; MAB); Lumbago (f; CRC); Mastosis (1; CAN; FEL; HHB; PNC); Motion Sickness (1; MAB); Mucososis (2; CAN; KOM; PIP); Mycosis (1; APA; FNF; PNC; SHT); Nausea (1; WAM); Nervousness (1; CAN; MAB); Neuralgia (f; FEL); Neurodermatosis (1; BGB); Neurosis (2; WHO); Oligolactea (f; FEL); Ophthalmia (f; CRC); Otosis (1; FEL; PNC); Pain (1; CAN; COX; FEL; MAB; PNC); Parapyloric Ulcer (1; SHT); Pharyngosis (2; PHR); Pregnancy (f; MAB); Proctosis (1; KOM; PHR); Pulpitis (f; PHR); Radiation (1; WHO); Respirosis (2; PIP; WHO); Rheumatism (1; COX; FEL; HHB); Salmonella (1; CRC); Sciatica (1; FAD); Scirrhus (f; JLH); Sore (1; MAB; SKY); Sore Throat (f; CRC); Staphylococcus (1; CRC; PH2); Stomatosis (2; KOM, PIP; WHO); Stress (f; APA); Sunburn (1; PNC); Swelling (1; HHB; PNC); Toothache (1; PNC); Ulcer (1; APA; CAN; JNU; MAB; SHT); UTI (f; WHO); Vaginosis (1; APA); Virus (1; CAN); Yeast (1; APA; FNF; MAB; PH2; SHT); Wound (2; PHR).

Dosages (Chamomile) — 2–4 tbsp fresh flower (PED); 3–6 g dry flower (PED); 4.5 g dry flower:22 ml alcohol/23 ml water (PED); 2–8 g flower (PNC); 2–8 g flower 3 ×/day (WHO); 2–8 g flower as tea 3 ×/day (CAN); 2–3 tsp flower/cup water; 0.5–1 tsp tincture to 3 ×/day (APA); 1–5 g several ×/day (HHB); 2–4 g 3 ×/day (MAB); 2–3 g per cup 3–4 ×/day; 10–40 drops tincture 3 ×/day (SF); 4–6 ml tincture 3 ×/day between meals (SKY); 7–14 ml tincture (1:5)/day (MAB); 1–4 ml liquid extract (1:1 in 45% ethanol) 3 ×/day (CAN); 3–6 ml/day liquid extract (1:2) (MAB); 1–4 ml, 1:1 fluid extract, 3 ×/day (WHO); 0.5–4 ml liquid floral extract (PNC); 2–3 (350 mg) capsules 3 ×/day (NH).

Contraindications, Interactions, and Side Effects (Chamomile) — Class 1, 2b (AHP; CAN; KOM). No contraindications, drug interactions, or side effects known (KOM). None reported (PIP).

Some people advise, perhaps overadvise, that sensitive people may have an allergic reaction to this. I don't take chamomile daily, but almost daily I ingest a whole lot of peanuts, which are more dangerous, anaphylactically killing two people a year in the U.S. Patients who are allergic to ragweed, however, may experience cross-reactivity with chamomile, which can produce intense itching in the mouth if the mucosa becomes highly irritated (O'Brien, 1998). CAN cautions that the sesquiterpene lactones can cause allergic reactions. They add that cross-sensitivities with other aster relatives (WAM) and celery exist. Because it is reputed to affect the menstrual cycle and to be a uterine stimulant, with excessive use, its use in pregnancy and lactation is to be avoided (CAN). But SKY says no contraindications during pregnancy or lactation (SKY). Not recommended for teething babies. Because of coumarin content, may interfere with anticoagulant therapy (CAN). Highly concentrated hot tea is reportedly emetic. Some advise against daily use, but I would not. Keep all hot teas at a distance from the eyes (AHP). Oral administration of chamomile extract induced a deep sleep in 10 of 12 patients undergoing cardiac catheterization (CAN). Reported as an effective treatment for mucosal infections. Diluted extracts used as a mouthwash 5 to 6 times daily provided astringent and cooling effects (CAN). Chamomile preparations and their components worked on the inflammatory mediators of the arachidonic acid cascade; they inhibit cyclooxygenase and 5-lipoxygenase. Chamomile is so far my best source of COX-2 inhibitor apigenin (to 0.8% ZMB) followed by celery (to 0.2%), making celery stalks the best food farmacy source (COX).

Extracts (Chamomile) — Chamomile oils analgesic, antianaphylactic, antiinflammatory, antipyretic, antiseptic, antispasmodic, bactericidal, and fungicidal (PED). Azulenes, documented as aniinflammatory and hypoallergenic, may prevent allergic seizures in guinea pigs, perhaps through antihistaminic activity. EO LD50 = >5000 orl rabbit (CAN); LD50 = >5000 der rabbit (CAN); LD50 = 2.5 ml/kg orl mouse (CAN). High molecular weight polysaccharides are immunostimulant; choleretic, hypouremic, and hypocholesterolemic at 0.1 ml/kg in cats and dogs, cardiodepressant, hypotensive, and respiradepressant at 0.2 ml/kg (CAN). Bisabolol and flavonoids are responsible for antispasmodic activities. Apigenin was three times as effective as papaverine; bisabolol was comparable. Smooth muscle relaxant properties documented for a *cis*-spiroether. Antiinflammatory activity documented for the sesquiterpene bisabolol compounds. (–)-alpha-bisabolol protects against the gastric effects of aspirin (PH2). Flavonoids antiinflammatory. Chamomile oil (25 mg/ml; bisabolol at 1 mg/ml) was active against bacteria (especially Gram positive), fungi, and *Candida albicans.* Apigenin and luteolin are more active antiinflammatories than indomethacin and phenylbutazone (WHO). "Chamazulene, a-bisabolol, and flavones such as apigenin were the single components that were found to have the strongest antiinflammatory activity, but most studies found that the whole extracts were more active than their individual components" (SHT). Chamomile extract in a cream base was superior to hydrocortisone 0.25% for reducing skin inflammation. For eczema, chamomile was as good as hydrocortisone (0.25%), and better than fluocortin butyl ester (0.75%) and bufexamac (5%) (WHO). Extracts based on fresh flowers equaled antiinflammatory activity of benzydamine (MAB).

CHAMPAC (*Michelia champaca* L.) ++

Activities (Champac) — Abortifacient (f; SKJ); Alexeteric (f; KAB); Antifertility (f; SKJ); Antipyretic (f; KAB; SKJ; SUW); Antispasmodic (f; KAB; SUW); Aphrodisiac (f; KAB); Astringent (f; KAB; SUW); Bitter (f; KAB; SUW); Carminative (f; SKJ; SUW); Demulcent (f; KAP); Deobstruent (f; KAP); Deodorant (f; KAB); Depurative (f; KAB); Diaphoretic (f; KAB; SKJ); Diuretic (f; KAB; SKJ; SUW); Emmenagogue (f; KAB; SUW); Expectorant (f; DEP; KAB); Hypertensive (1; KAP); Hypoglycemic (1; KAP); Laxative (f; KAB); Stimulant (f; DEP; KAB; SKJ; SUW; WOI); Stomachic (f; DEP; KAB; SUW); Tonic (f; KAB; SKJ; SUW); Vermifuge (f; DEP; KAB).

Indications (Champac) — Amenorrhea (f; KAB); Biliousness (f; KAB); Cancer (f; JLH); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Colic (f; DEP; KAB; SUW); Constipation

(f; KAB); Cough (f; KAB); Cramp (f; KAB; SUW); Delirium (f; DEP); Dermatosis (f; KAB); Diabetes (1; KAP); Dysmenorrhea (f; SKJ); Dyspepsia (f; KAB); Enterosis (f; JLH); Epigastrosis (f; KAB); Fever (f; DEP; KAB; SKJ; SUW); Gas (f; DEP; SKJ; SUW); Gastrosis (f; KAB; KAP); Gonorrhea (f; DEP; KAB; KAP; SUW); Gout (f; DEP; KAB; SUW; WOI); Headache (f; DEP; KAB; SUW); Hyperglycemia (1; KAP); Inflammation (f; KAB); Leprosy (f; KAB); Low Blood Pressure (1; KAP); Malaria (f; DEP); Mania (f; DEP); Nausea (f; DEP; KAB); Nephrosis (f; DEP; KAB); Ophthalmia (f; DEP; KAB; SUW); Ozena (f; KAB); Podiatry (f; SUW); Rheumatism (f; DEP; KAB); Snakebite (f; KAB); Sore (f; KAB; SUW); Vaginosis (f; KAB); VD (f; SUW); Vertigo (f; DEP; KAB; SUW); Water Retention (f; KAB; SKJ; SUW); Worm (f; DEP; KAB).

CHAPARRAL, CREOSOTE BUSH
(*Larrea tridentata* (Sessé & Moc. ex DC.) Coville) X

Synonyms — *L. mexicana* Moric., *Zygophyllum tridentatum* Sessé & Moc. ex DC.

Activities (Chaparral) — Allergenic (1; APA; CRC); Alterative (f; PED); Amebicide (f; CAN); Antiaging (f; APA); Antibacterial (1; CRC; PED); Anticancer (1; APA); Anti-HIV (1; APA); Antiinflammatory (1; APA); Antioxidant (1; APA; CRC; PED); Antiseptic (1; APA; CRC; PED); Antispasmodic (f; PED); Antitumor (1; CRC); Antiviral (f; CRC); Antiyeast (1; APA); Bitter (1; PED); Decongestant (f; DEM); Deodorant (f; DEM); Depurative (f; PED); Diuretic (f; CRC; DEM; PED); Emetic (f; CRC); Emmenagogue (f; DEM); Estrogenic (f; APA); Expectorant (f; PED); Hepatotoxic (1; APA); Lactagogue (f; DEM); LSD-Chelator (f; PED); Larvicide (1; APA); Panacea (f; DEM); Parasiticide (1; CRC; PED).

Indications (Chaparral) — Acne (f; APA); Alcoholism (f; APA); Ameba (f; CAN); Arthrosis (f; CRC; DEM; PED); Asthma (f; DEM); Bacteria (1; CRC; PED); Bite (f; DEM); Bone (f; DEM); Bronchosis (f; APA); Bruise (f; CRC; DEM); Burn (f; APA; DEM); Cancer (1; APA; CRC; PED); Cancer, kidney (f; CRC, JLH); Cancer, liver (f; CRC, JLH); Cancer, lung (f; CRC, JLH); Cancer, stomach (f; CRC, JLH); Chafing (f; CRC); Chickenpox (f; DEM); Childbirth (f; DEM); Cold (f; APA; CRC; DEM); Congestion (f; DEM); Cramp (f; CRC; DEM; PED); Dandruff (f; CRC; DEM); Debility (f; DEM); Diarrhea (f; APA); Dysentery (f; DEM); Dysmenorrhea (f; CRC; DEM); Dyspepsia (f; CRC; DEM); Dysuria (f; CRC; DEM); Eczema (f; CRC); Enterosis (f; CRC; DEM); Fever (f; DEM); Flu (f; CRC); Foot (f; DEM); Gas (f; DEM); Gastrosis (f; CRC); Gonorrhea (f; DEM); Headache (f; DEM); Hematochezia (f; CRC); HIV (1; APA); Impetigo (f; DEM); Infection (1; APA; CRC); Inflammation (1; APA; CRC); Itch (f; CRC); Leukemia (f; CRC; JLH); Melanoma (1; APA); Nephrosis (f; CRC); Obesity (f; APA); Pain (f; APA; DEM); Parasite (1; CRC; PED); Pulmonosis (f; DEM); Rheumatism (f; APA; CRC; PED); Scabies (f; CRC); Snakebite (f; APA; CRC; DEM); Sore (f; CRC; DEM); Spasm (f; DEM); Stomachache (f; DEM); Toothache (f; DEM); Tuberculosis (f; CRC; DEM; PED); Tumor (1; CRC); Urethrosis (f; CRC); VD (f; APA; CRC; PED); Virus (f; CRC); Water Retention (f; CRC; DEM; PED); Wound (f; CRC; DEM); Yeast (1; APA).

Dosages (Chaparral) — Do not use (APA); 1 tsp shoot/qt water for mouthwash (APA); 2–4 tbsp herb (PED); 3–6 g dry herb (PED); 4.5 g dry herb:22 ml alcohol/23 ml water (PED).

Contraindications, Interactions, and Side Effects (Chaparral) — Class 2d. Not for use in large amounts by persons with pre-existing kidney disease and liver conditions, such as hepatosis and cirrhosis (AHP). "Seek advice from a health care practitioner before use if you have any history of liver disease. Discontinue use if nausea, fever, fatigue, or jaundice occur (e.g., dark urine or yellow discoloration of the eyes)" (AHP). CAN cautions that the lignans may be hepatotoxic and cause dermatosis. Because of its hepatotoxic and uterine activity, its

use in pregnancy and lactation is to be avoided. May interfere with MAOI therapy, due to the documented amino acid constituents. However they list mostly ubiquitous amino acids; does this mean that we should attach the MAOI warning to all herbs (CAN)? Canadian regulations do not allow chaparral as a nonmedicinal ingredient for oral use products (Michols, 1995). NDGA may induce mesenteric lymph node and renal lesions in rats. NDGA, with many reported biological activities, has LD50 = 4000 mg/kg orl mouse, 5500 mg/kg orl rat, and 830 mg/kg orl guinea pig. Removed from the generally listed as safe (GRAS) list in 1970 (LRNP, August 1993).

CHASTEBERRY (*Vitex agnus-castus* L.) ++

Activities (Chasteberry) — Analgesic (1; BGB); Anaphrodisiac (f; BRU; MAB); Anorectic (f; PH2); Antiandrogenic (1; MAB); Antibacterial (1; APA; MAB; WOI); Antiinflammatory (1; APA); Antilactagogue (1; PH2); Antiprolactin (1; MAB; PHR; SHT); Antiseptic (1; MAB; WOI); Candidicide (1; APA; MAB); Dopaminergic (1; BGB; MAB; PH2; SHT); Emmenagogue (f; BGB; BRU; MAB; PH2); Fungicide (1; MAB); Lactagogue (1; APA; BRU; CAN; MAB); Progesterogenic (1; MAB; SKY; WOI); Sedative (f; BRU; PH2).

Indications (Chasteberry) — Acne (2; BRU; CAN; MAB); Alactea (2; MAB); Amenorrhea (1; APA; MAB); Anemia (1; PH2); Bacteria (1; APA; MAB; WOI); BPH (1; MAB; PH2); Breast

Pain (2; KOM; SHT); Candida (1; APA; MAB); Constipation (f; BGB); Cramp (1; BGB; SHT); Dementia (f; MAB); Depression (1; MAB; PH2); Dyslactea (1; CAN; SHT); Dysmenorrhea (2; KOM; MAB; SHT); Endometriosis (1; MAB); Enterosis (1; MAB); Epilepsy (f; MAB); Fatigue (f; BGB); Fever (f; BGB); Fibrocystic Breast Disease (1; MAB; SKY); Fibroid (1; MAB; SKY); Frigidity (f; MAB); Fungus (1; MAB); Gas (f; BGB; PH2); Hangover (f; BGB); Headache (2; BGB; MAB); HRT-Withdrawal (1; MAB); Hypogonadism (f; MAB); Hyperprolactinemia (1; MAB); Herpes (1; MAB); Impotence (f; MAB; PH2); Infection (1; MAB; WOI); Infertility (1; MAB; PH2; SKY); Inflammation (1; APA); Insomnia (f; BRU; PH2); Irregular Cycle (1; MAB); Lactorrhea (1; MAB); Mastosis (2; APA; KOM; MAB; PH2); Melancholia (f; MAB); Menopause (1; APA; MAB; PH2; SKY); Menorrhagia (1; CAN; SKY); Menstrual Distress (1; MAB; SKY); Mycosis (1; MAB); Nervousness (f; BRU; PH2); Neurasthenia (f; PH2); Neurosis (1; CAN); Oligomenorrhea (2; MAB); Pain (1; BGB; PH2); PMS (2; APA; KOM; PH2; SHT); Polymenorrhea (2; MAB); Spermatorrhea (f; PH2); Stomatosis (f; MAB); Uterosis (f; PH2); Vaginosis (1; APA); Yeast (1; APA; MAB).

Dosages (Chasteberry) — 20 mg fruit/day (APA); 30–40 mg fruit/day (MAB; PH2); 0.5–1 g fruit 3 ×/day (CAN); 40 drops/day/3 months (CAN); hydroalcoholic extracts corresponding to 30–40 mg fruits (KOM); 1–4 ml/day liquid extract (1:2) (MAB); 1–5 ml/day tincture (1:5) (MAB); 40 drops StX tincture (SF); 175 mg/day tincture (1:5) (SHT); 2 (560 mg) capsules 2 ×/day (NH).

Contraindications, Interactions, and Side Effects (Chasteberry) — Class 2b. CAN cautions that it may cause allergic reactions. May counteract the effectiveness of birth control pills (AHP). Contraindicated in pregnancy and nursing (PH2). Because of its hormonal action, its use in pregnancy and lactation is to be avoided (CAN). It may interfere with endocrine therapies (hormone replacement, oral contraception, sex hormones). The use of agnus castus to treat symptoms of corpus luteum deficiency is only recommended in patients not on any other hormonal therapy." Commission E reports no contraindications or interactions for the fruit. Adverse effects: skin reactions, GI distress (AEH; KOM; SKY). Schulz et al., 1998, are more positive, reporting no serious side effects. High-dose experiments evoked some dose-dependent side effects but so mild as to generate no fears (SHT). May interfere with metabolism of dopamine-receptor antagonists (APA). Vitex acting on the pituitary increasing luteinizing hormone, helping reduce prolactin and increase progesterone (SKY). I suspect there was an idiomatic problem leading PH2 to suggest that chaste tree inhibits lactation (main active principles aucubin and agnoside. More people seem to spell it agnuside and I have entered agnuside as antiprolactin). I suspect they meant these compounds inhibit prolactin rather than inhibit lactation. Chaste tree treatment is twice as good for PMS symptoms (abdominal tension, breast tenderness, constipation, depressed mood, edema, and headache) as treatment with pyridoxine.

CHAULMOOGRA (*Hydnocarpus* spp.) X

The medicinally most important species in this taxonomically difficult genus are *Hydnocarpus anthelminthicus* Pierre ex Laness, *H. kurzii* (King.) Warb. (a.k.a. *Taraktogenos kurzii*), and *H. pentandrus* (Buch. Ham) Oken (formerly *H. wightianus* Bl.). Rightly or wrongly, PH2 and EFS took the generic approach so entries do not necessarily apply to a given species. HHB and WOI maintain them as distinct, but I have followed the expedient but sloppy generic approach. Without voucher specimens, none of us really know what was intended.

Activities (Chaulmoogra) — Anthelminthic (f; HHB); Antibacterial (f; KAP); Antiinflammatory (1; PH2); Antipyretic (1; EFS; PH2); Antiseptic (1; FNF; PH2); Antitumor (1; PH2); CNS-Depressant (f; MAD); CNS-Stimulant (f; MAD); Cyanogenic (f; PH2); Emetic (f; DEP); Laxative (1; DEP); Lipolytic (1; PH2); Parasiticide (f; EFS); Piscicide (f; HHB); Sedative (f; EFS; PH2).

Indications (Chaulmoogra) — Adenopathy (f; MAD); Arthrosis (f; MAD); Bacteria (f; KAP); Bruise (f; DEP); Cancer (1; JLH; PH2); Dermatosis (f; HHB; KAB; PH2); Diabetes (f; PH2);

Eczema (f; PH2); Fever (1; EFS; PH2; WOI); Furuncle (f; PH2); Gas (f; PH2); Gout (f; MAD); Infection (1; PH2); Inflammation (1; PH2); Insomnia (f; EFS; PH2); Itch (f; DEP; PH2); Leprosy (1; EFS; KAP; PH2); Leukoderma (f; PH2); Lupus (f; EFS); Obesity (1; PH2); Nervousness (f; EFS; PH2); Ophthalmia (f; KAB; PH2); Parasite (f; EFS); Phthisis (f; DEP); Psoriasis (f; PH2); Pulmonosis (f; DEP); Rheumatism (f; DEP; MAD); Scabies (f; PH2); Scald (f; KAB); Sciatica (f; DEP); Scrofula (f; EFS); Sore (f; DEP; KAB); Sprain (f; DEP); Syphilis (f; DEP; MAD); Tuberculosis (1; HHB; KAP); Tumor (1; PH2); Wound (f; DEP; KAB).

Dosages (Chaulmoogra) — 0.3 ml oil 3 ×/day, to a max dose of 4 ml/day (HHB); 1–4 ml oil (KAP); 1–3 g powdered seed (KAP).

Contraindications, Interactions, and Side Effects (Chaulmoogra) — Not covered (AHP). Overdoses may induce CNS ups and downs, cramping, dyspnea, headache, myalgia, nausea, nephrosis, respiratory problems, and visual disorders (MAD).

CHAYOTE (*Sechium edule* (Jacq.) Sw.) ++

Synonyms — *Chayota edulis* Jacq., *Sicyos edulis* Jacq.

Activities (Chayote) — Diuretic (f; JFM); Hypotensive (f; JFM); Litholytic (f; JFM).

Indications (Chayote) — Atherosclerosis (f; JFM); Dermatosis (f; JFM); Dysuria (f; JFM); Enterosis (f; JFM); High Blood Pressure (f; JFM); Inflammation (f; JFM); Pulmonosis (f; JFM); Stone (f; JFM); Water Retention (f; JFM); Wound (f; JFM).

Dosages (Chayote) — Boil 3 leaves with 5 of Casimiroa for high blood pressure (JFM).

Contraindications, Interactions, and Side Effects (Chayote) — Not covered (AHP; KOM; PH2). Peeling the fruit may cause inflammation or even numbness if a number are peeled. Leaf extracts exert transient depressor effect when injected in laboratory animals.

CHEBULIC MYROBALAN, HARITALI (*Terminalia chebula* Retz.) +

Unfortunately, PH2 gives the common name, tropical almond (more usually applied to the edible *Terminalia catappa*) for *Terminalia chebula.*

Activities (Chebulic Myrobalan) — Alterative (f; KAB; KAP; SUW; WOI); Anthelminthic (1; KAB; WOI); Antibacterial (1; ABS; FNF; HH2; PH2); Antiherpetic (1; ABS); Antiseptic (1; FNF); Antispasmodic (1; HHB; WOI); Antitumor (1; FNF; JLH); Antiviral (1; ABS; FNF); Astringent (1; FNF; HH2; MBB; KAP; PH2; SUW; WOI); ATPase-Inhibitor (1; HDN); Cardiotonic (1; HHB; HH2; KAB; PH2; WOI); Carminative (f; KAB); Cerebrotonic (f; KAB); Dentifrice (f; SUW); Digestive (f; MBB); Diuretic (f; HHB; KAB; WOI); Expectorant (f; KAB); Hypocholesterolemic (1; ABS; FNF; PH2); Laxative (1; KAP; MBB; WOI); Stomachic (f; WOI); Tonic (f; WOI).

Indications (Chebulic Myrobalan) — Adenopathy (f; JLH); Anemia (f; KAB); Anorexia (f; PH2); Aphonia (f; PH2); Ascites (f; KAB); Asthma (f; KAB; KAP; WOI); Atherosclerosis (1; HH2; PH2); Bacteria (1; ABS; FNF; HH2; PH2); Biliousness (f; KAB); Bite (f; HH2); Bleeding (1; PH2); Bronchosis (1; FNF; SKJ); Burn (f; KAB; WOI); Calculus (f; KAB); Cancer (1; FNF; JLH); Cancer, abdomen (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, esophagus (1; FNF; JLH); Cancer, gland (1; FNF; JLH); Cancer, intestine (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, lung (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cardiopathy (1; MBB; PH2; WOI); Caries (f; HH2; KAB; SUW); Colic (f; KAP); Conjunctivosis (f; WOI); Constipation (1; MBB; SKJ; WOI); Cough (1; FNF; HH2; KAP; SKJ; PH2); Cramp (1; HHB; WOI); Cytomegalovirus (1; ABS); Dermatosis (f; PH2); Diarrhea (1; FNF; HH2; KAP; PH2; SKJ); Dysentery

(1; FNF; KAP; PH2); Dyspnea (f; KAB); Dysuria (f; KAB; KAP); Eczema (f; SKJ); Elephantiasis (f; KAB); Enterosis (f; JLH); Epilepsy (f; PH2); Fever (f; KAB; KAP; PH2); Gas (f; KAB; PH2); Gastrosis (f; JLH; PH2); Gingirrhagia (1; FNF; WOI); Gingivosis (1; FNF; HH2; KAB; KAP; PH2; SUW; WOI); Gout (f; KAB); Head Cold (f; KAB); Hematochezia (1; PH2); Hemorrhoid (1; FNF; KAB; KAP; PH2); Hepatosis (f; JLH; KAP; MBB; PH2); Herpes (1; ABS); Hiccup (f; KAB; PH2); High Cholesterol (1; ABS; FNF; HH2; PH2); Hoarseness (f; HH2); Induration (f; JLH); Infection (1; FNF); Jaundice (f; PH2); Lacrimosis (f; JLH); Leprosy (f; PH2); Leukoderma (f; KAB); Leukorrhea (f; PH2); Malaria (f; PH2); Measles (f; SKJ); Nephrosis (f; MBB); Neuropathy (f; PH2); Night Sweats (f; PH2); Odontosis (f; SUW); Ophthalmia (f; KAB; MBB; PH2); Pain (f; PH2); Paralysis (f; KAB); Pharyngodynia (f; PH2); Proctosis (f; HH2; PH2); Prolapse (f; HH2; PH2); Snakebite (f; KAB); Sore (f; HH2; SUW); Sore Throat (f; PH2); Spermatorrhea (f; PH2); Splenomegaly (f; SKJ); Splenosis (f; KAB; KAP; PH2); Stomatosis (f; HH2; KAP; SKJ); Tumor (1; FNF; JLH); Typhoid (f; KAB); Ulcer (f; HHB; PH2); Virus (1; ABS; FNF); Water Retention (f; HHB; KAB; WOI); Worm (f; PH2); Wound (1; HHB; HH2; PH2; SUW).

Dosages (Chebulic Myrobalan) — 3–9 g/day (HH2; PH2); 1.5–6 g powdered bark (KAP); 56–112 ml decoction (KAP).

Contraindications, Interactions, and Side Effects (Chebulic Myrobalan) — Class 2d. Contraindicated in acute coughs, acute diarrhea, and early stage dysentery (AHP). As one of the best sources of tannin (over 30%), chebula may have many of the activities proven for tannin (see FNF).

CHEKEN (*Luma chequen* (Molina) A. Gray.) ++

Synonyms — *Eugenia chequen* Molina, *Myrtus chequen.*

Activities (Cheken) — Antibacterial (1; PH2); Astringent (1; HHB; PH2); Digestive (f; PH2); Diuretic (f; HHB; PH2); Expectorant (f; HHB; PH2); Fungicide (1; PH2); Hypotensive (f; PH2); Tonic (f; HHB; PH2).

Indications (Cheken) — Bacteria (1; PH2); Bronchosis (f; EFS); Catarrh (f; HHB); Conjunctivosis (f; HHB); Diarrhea (f; PH2); Fungus (1; PH2); Gout (f; PH2); Infection (1; PH2); Mycosis (1; PH2); High Blood Pressure (f; PH2); Hyperlipoproteinemia (f; PH2); Pulmonosis (f; HHB); Water Retention (f; HHB; PH2); Xanthinoxydasis (1; PH2).

Extracts (Cheken) — Leaf oil effective against *Aspergillus niger, Pseudomonas aeruginsa, and Trichophyton mentagrophytes* (PH2).

CHERRY-LAUREL (*Prunus laurocerasus* L.) +

Synonyms — *Cerasus laurocerasus* (L.) Loisel., *Laurocerasus officinalis* M. Roem., *L. ottinii* Carriè, *L. vulgaris* Carriè, *Prunus grandifolia* Salisb.

Activities (Cherry-Laurel) — Analgesic (f; CRC; FEL); Antiirritant (f; PHR; PH2); Antispasmodic (f; CRC; EFS; PHR); Antitussive (f; CRC; PNC); Cardiodepressant (1; MAD); Cyanogenic (1; CRC); Gastrotonic (f; PHR; PH2); Narcotic (1; CRC; EFS); Poison (f; CRC; EFS); Respirastimulant (1; PHR; PH2); Sedative (f; CRC; PHR; PH2); Stomachic (f; PNC); Tonic (f; CRC; EFS).

Indications (Cherry-Laurel) — Adenopathy (f; JLH); Apoplexy (f; MAD); Asthma (f; CRC; MAD); Bronchosis (f; MAD); Cancer (f; CRC; JLH); Cancer, uterus (f; JLH); Cardiopathy (f; MAD); Cold (f; PHR; PH2); Colic (f; MAD); Congestion (f; MAD); Cough (f; CRC; MAD; PHR; PH2; PNC); Cramp (1; CRC; EFS; PHR; PH2); Cyanosis (f; CRC; HHB; PH2); Diarrhea

(f; MAD); Dysmenorrhea (f; MAD); Dyspepsia (f; CRC); Dyspnea (f; MAD); Epilepsy (f; MAD); Gastrosis (f; MAD); Headache (f; MAD); Hepatosis (f; MAD); Hiccup (f; MAD); Induration (f; JLH); Insomnia (f; CRC; MAD; PHR; PH2); Migraine (f; MAD); Nausea (f; CRC; MAD; WOI); Nervousness (f; CRC; PHR; PH2); Neurosis (f; MAD); Ophthalmia (f; CRC); Pain (f; CRC; FEL); Pertussis (f; CRC; MAD); Phthisis (f; MAD); Priapism (f; MAD); Pulmonosis (f; MAD); Scirrhus (f; JLH); Sore Throat (f; CRC); Spasm (f; CRC); Syncope (f; MAD); Tetanus (f; MAD); Tremor (f; MAD); Tuberculosis (f; MAD); Tumor (f; CRC); Uterosis (f; JLH).

Dosages (Cherry-Laurel) — 1.5–6 g cherry laurel water (MAD).

Contraindications, Interactions, and Side Effects (Cherry-Laurel) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PHR; PH2) (but PH2 designates no specific quantified dosage! JAD). Overdoses can cause cyanide poisoning.

CHICKPEA, GRAM (*Cicer arietinum* L.) +++

Activities (Chickpea) — Anthelminthic (f; WO2); Antianemic (1; FNF); Antiatherogenic (1; MPI); Antibilious (f; DEP; MPI); Anticervisotic (1; FNF); Anticheilitic (1; FNF); Anticoronary (1; FNF); Antidementic (1; FNF); Antidepressant (1; FNF); Antigingivitic (1; FNF); Antigout (1; FNF); Antiinfertility (1; FNF); Antileukemic (1; WO3); Antimetaplastic (1; FNF); Antimyelotoxic (1; FNF); Antineuropathic (1; FNF); Antiperiodontotic (1; FNF); Antiplaque (1; FNF); Antipolyp (1; FNF); Antipsychotic (1; FNF); Antipyretic (f; WO2); Anti-Spina Bifida (1; FNF); Antistomatitic (1; FNF); Antistress (1; WO3); Aphrodisiac (f; DEP; WO2); Astringent (f; WO2); Cardioprotective (1; WO3); Diuretic (1; WO2); Estrogenic (f; WO2); Fungicide (1; WO2); Hemopoietic (1; FNF); Hypocholesterolemic (2; MPI; WO2); Hypolipidemic (1; WO2; WO3); Immunostimulant (1; FNF); Lactagogue (f; JAD); Laxative (f; MPI); Lipolytic (2; MPI); Soporific (f; JAD); Stimulant (f; WO2); Stomachic (f; MPI); Tonic (f; DEP; WO2); Xanthine-Oxidase-Inhibitor (1; FNF); Uricosuric (1; FNF).

Indications (Chickpea) — Alactea (f; JAD); Anemia (1; FNF); Atheroclerosis (1; MPI; WO3); Biliousness (f; DEP; MPI; WO2); Bite (f; DEP; SKJ); Bronchosis (f; DEP; WO2); Cancer, colon (1; FNF); Cancer, penis (f; JLH); Cancer, testicle (f; JLH); Cardiopathy (1; MPI; WO3); Catarrh (f; DEP); Cervicosis (1; FNF); Cheilosis (1; FNF); Cholera (f; JAD); Cirrhosis (1; FNF); Constipation (f; MPI; SKJ); Cough (f; WO2); Cutamenia (f; DEP); Dandruff (f; WO2); Dementia (1; FNF); Depression (1; FNF); Dermatosis (f; WO2); Diarrhea (f; WO2); Dislocation (f; WO2); Dysentery (f; WO2); Dyspepsia (f; DEP; WO2); Edema (f; WO2); Fever (f; WO2); Fracture (f; WO2); Fungus (1; WO2); Gas (1; JAD); Gingivosis (1; FNF); Gout (1; FNF); Headache (f; WO2); Hepatosis (1; FNF); High Cholesterol (2; MPI; WO2); Immunodepression (1; FNF); Impotence (f; DEP; WO2); Infection (1; WO2); Infertility (1; FNF); Leprosy (f; DEP; WO2); Leukemia (1; WO3); Mycosis (1; WO2); Nausea (f; DEP); Neuropathy (1; FNF); Obesity (1; WO2; WO3); Orchosis (f; JLH); Periodontosis (1; FNF); Pharyngosis (f; WO2); Plaque (1; FNF); Polyp (1; FNF); Snakebite (f; DEP; SKJ); Sore Throat (f; WO2); Spina Bifida (1; FNF); Splenosis (f; DEP); Sprain (f; WO2); Stomatosis (1; FNF); Stress (1; WO3); Stroke (f; DEP; SKJ); Toothache (f; WO2); Vomiting (f; DEP); Wart (f; JAD); Water Retention (1; WO2).

Dosages (Chickpea) — Food farmacy at its best (JAD). Seeds, sprouts, young pods, young leaves, and the vinegar off the leaves all eaten by humans. Best for the heart say I; hummus with plenty of garlic and olive oil; sesame and parsley optional, but good.

Contraindications, Interactions, and Side Effects (Chickpea) — Not covered (AHP; KOM; PH2). The oxalic acid may be contraindicated in people with calculus (DEP). Boulos notes that

inadequately cooked chickpeas can cause paralysis such as the lathyrism. Looks to be every bit as health-giving as soy without the high fat. The germinated seeds (sprouts) contain the flavonoids, daidzein, formononetin, pratensin, liquiritgenin, isoliquiritigenin, and its 4'-glucoside, 4',7-dihydroxyflavonol, garbanzol, biochanin-7-glucoside, and *p*-coumaric acid.

CHICKWEED (*Stellaria media* (L.) Vill.) ++

Synonym — *Alsine media* L.

Activities (Chickweed) — Antiinflammatory (1; APA); Antiitch (f; PNC); Antipyretic (f; PED); Antirheumatic (f; PNC); Bitter (f; PED); Demulcent (f; CRC; FAD; PED); Depurative (f; CRC; MAD; PH2); Digestive (f; PED); Diuretic (f; EFS; PED); Emmenagogue (f; CRC; DAA); Emollient (PNC); Expectorant (f; CRC; EFS; FAD; PED); Lactagogue (f; CRC; DAA); Poison (f; CRC); Vulnerary (f; PNC).

Indications (Chickweed) — Abscess (f; APA; CRC; GMH); Angina (f; MAD); Anasarca (f; MAD); Arthrosis (f; CRC; PHR; PH2); Asthma (f; APA; CRC); Boil (f; CRC; MAD; PNC); Bronchosis (f; APA); Bruise (f; CRC); Bug Bite (SKY); Cancer (f; CRC); Cancer, stomach (f; JLH); Carbuncle (f; GMH); Childbirth (f; DAA); Circulosis (f; DAA); Conjunctivosis (f; CRC; DEM; PHR; PH2); Constipation (f; APA; CRC); Convulsion (f; MAD); Cough (f; CRC; FAD); Cramp (f; MAD); Dermatosis (f; APA; CRC; PHR; PH2); Diarrhea (f; FAD); Diphtheria (f; MAD); Dropsy (f; MAD); Dyspepsia (f; CRC); Eczema (f; CRC; PHR; PH2; SKY); Elephantiasis (f; CRC; HHB; MAD); Epistaxis (f; CRC); Erysipelas (f; CRC; FEL); Exanthema (f; MAD); Fever (f; APA; CRC; MAD; PED); Fracture (f; CRC; WOI); Gastrosis (f; JLH); Gout (f; CRC; PHR; PH2; MAD); Hemoptysis (f; MAD); Hemorrhoid (f; CRC; HHB; PHR; PH2); Hepatosis (f; MAD); Hoarseness (f; CRC); Hydrophobia (f; CRC); Infection (f; CRC); Inflammation (1; APA; CRC; FAD); Itch (f; APA; FAD; PNC); Mucososis (f; APA); Obesity (f; APA; CRC; GMH; HAD); Ophthalmia (f; CRC; MAD); Pain (f; FEL; MAD); Phthisis (f; MAD); Psoriasis (f; PNC); Pulmonosis (f; APA); Rheumatism (f; CRC; PHR; PH2; PNC); Sore (f; APA; CRC; FEL; PH2); Sore Throat (f; APA); Spasm (f; CRC); Swelling (f; CRC; DEM; WOI); Tuberculosis (f; CRC; HHB; MAD; PHR); Tumor (f; JLH); Ulcer (f; PNC); Ulcus cruris (f; FEL); Urogenitosis (f; CRC); Wart (f; JLH); Water Retention (f; EFS; PED); Wound (f; DEM; FAD; PHR).

Dosages (Chickweed) — 3 (389 mg) capsules 3 ×/day (APA); 1 tsp plant juice 6–8 ×/day (MAD); 2–3 tsp herb in cold or hot tea (MAD); 0.25–0.5 cup fresh herb (PED); 6–12 g dry herb (PED); 9 g dry herb:45 ml alcohol/45 ml water (PED); 1–4 ml liquid herb extract (PNC); 1–5 ml tincture/day (SKY).

Contraindications, Interactions, and Side Effects (Chickweed) — Class 1 (AHP).“Hazards and/or side effects not known for proper therapeutic dosages” (PH2) (but PH2 designates no specific quantified dosage! JAD). None reported (SKY). One alleged case of nitrate toxicity (AHP). Which raises a question: If high nitrate/high nitrites are dangerous in combination with Viagra, maybe that plant group once called Centrospermae (which includes, e.g., chickweed, lambs quarter, poke, pigweed, purslane), might also chickweed be contraindicated with Viagra? Alternatively, they might, along with garlic, make a viagroid nitric-oxide-generating mess of greens. Saponins enhance transdermal absorption of other chemicals and may solubilize other medicines internally. I am still trying to confirm European studies that cited genistein in chickweed.

CHICORY (*Cichorium intybus* L.) +++

Synonyms — *C. intybus* var. *foliosum* Hegi, *C. intybus* var. *sativum* (Bisch.) Janch.

Activities (Chicory) — Antibacterial (1; FAD; WO2); Antibilious (f; WO2); Antiexudative (1; PHR; PH2); Antiinflammatory (1; APA; FAD; PNC); Antimutagenic (1; APA); Antispermatogenic (1; WO2); Aperitif (1; APA; VAG; VVG); Bifidogenic (1; FNF); Bitter (1; HHB); Bradycardic (1; WO2); Cardiodepressant (1; PNC); Cardiotonic (1; FAD); Carminative (f; WO2); Cholagogue (1; PHR; PH2; VVG; WO2); Choleretic (2; ABA; KOM; PH2; VVG); Demulcent (f; WBB); Depurative (f; HHB; VVG); Digestive (1; APA; WBB; WO2); Diuretic (1; FAD; PNC; VVG; WO2); Emmenagogue (f; WBB; WO2); Hepatoprotective (1; APA; VVG; WO2); Hypocholesterolemic (1; PHR; PH2); Hypoglycemic (1; FAD); Laxative (1; APA; FAD; PNC); Negative Chronotropic (1; PH2); Negative Inotropic (1; PH2); Nervine (f; DEM); Peristaltic (1; WO2); Prebiotic (1; FNF); Sedative (1; APA; FAD); Stomachic (f; HHB; WO2); Tonic (f; APA; PNC; VVG).

Indications (Chicory) — Acne (f; WO2); Adenopathy (f; JLH); Anorexia (2; APA; KOM; PH2; VAG; VVG); Arrhythmia (1; APA); Asthma (f; WO2); Bacteria (1; FAD; WO2); Biliousness (f; WBB); Cancer (1; APA; JLH); Cancer, breast (1; JLH); Cancer, face (1; JLH); Cancer, gum (1; JLH); Cancer, liver (1; JLH); Cancer, mouth (1; JLH); Cancer, spleen (1; JLH); Cancer, stomach (1; JLH); Cancer, tongue (1; JLH); Cancer, uterus (1; JLH); Cardiopathy (1; APA); Catarrh (f; HHB; WBB); Chancre (1; DEM); Cholecystosis (2; HHB; PHR); Constipation (1; APA; FAD; FNF; PNC); Cramp (f; PH2); Deafness (f; PH2); Dermatosis (f; APA; FAD; PH2); Diarrhea (f; PH2; WO2); Dysmenorrhea (f; WBB; WO2); Dyspepsia (2; APA; KOM; PH2; VVG); Enterosis (f; PH2); Fever (f; DEM; WO2); Gas (f; WO2); Gastrosis (f; HHB; JLH; WBB); Gingivosis (f; JLH); Gout (f; PNC; WO2); Headache (f; PH2; WO2); Hemorrhoid (f; PH2; WBB); Hepatosis (2; JLH; PHR; PNC; VVG); Hypercholesterolemia (1; PHR); Hyperglycemia (1; FAD); Induration (f; JLH); Inflammation (1; APA; FAD; PNC; WO2); Insomnia (1; APA; FAD); Jaundice (f; FAD; VVG; WO2); Lacrimosis (f; JLH); Melancholy (f; PH2); Nausea (f; WBB); Nephrosis (f; VVG); Nervousness (1; APA; FAD); Ophthalmia (f; DEM); Pharyngosis (f; WO2); Rash (f; PH2); Respirosis (f; HHB); Rheumatism (f; PNC; WO2); Sclerosis (f; JLH); Sore (f; DEM); Sore Throat (f; PH2; WO2); Splenomegaly (f; WO2); Splenosis (f; JLH); Stomatosis (f; JLH); Swelling (1; APA); Tachycardia (1; APA); Tuberculosis (f; PH2); Uterosis (f; JLH); Vomiting (f; PH2; WO2); Wart (f; JLH); Water Retention (1; FAD; PNC; VVG; WO2).

Dosages (Chicory) — 3 g root (KOM); 3–5 g powdered root (PHR); 2–4 g/150–250 ml water (PH2).

Contraindications, Interactions, and Side Effects (Chicory) — Class 1 (AHP).“Hazards and/or side effects not known for proper therapeutic dosages” (PH2). Commission E reports contraindications of hypersensitivity to chicory and other Asteraceae and adverse effects of rare allergic skin reactions. Patients with bilestones or gallstones should first consult a physician (AEH; KOM). Cadot et al. report “a first case of occupational allergy to chicory (*Cichorium intybus*) in a vegetable wholesaler. Symptoms occurred after oral, cutaneous, or inhalatory exposure.” Reactions were also noted after ingestion of the botanically related endive (*Cichorium endivia*) and lettuce (*Latuca satiua*). The responsible protein

allergen was identified by SDS-PAGE and immunoblot with no cross-reactivity with mugwort (*Artemisia vulgaris*), ryegrass (*Lolium perenne*), and birch (*Betula verrucosa*) pollen, suggesting the vegetable is the allergenic material (Cadot et al., 1996). Carcinogens, viz. 1,2-benzoperylene, 3,4,benzopyrone, and floranthene occur in chicory, increasing on roasting, especially above 175° (WOI). Ingestion of 100 g may cause slight bradycardia.

CHINABERRY (*Melia azedarach* L.) +

Synonyms — *M. azedarach* var. *japonica* (G. Don) Makino, *M. toosendan* Siebold & Zucc.

Activities (Chinaberry) — Abortifacient (f; CRC); Alexeteric (f; DEP; KAB); Analgesic (1; CRC); Anthelminthic (1; CRC; DEP; KAB; MPI; SUW); Antibacterial (1; KAP); Antifeedant (1; JFM); Antipyretic (f; CRC; JFM); Antiseptic (1; CRC; KAP); Antispasmodic (1; KAP; MPI); Antiviral (1; KAP); Aperitif (f; KAP); Astringent (1; CRC; KAB; SUW; WBB); Bitter (f; KAB); Cerebrotonic (f; SUW); CNS-Depressant (1; MPI); Deobstruent (f; CRC; DEP; KAB); Depurative (f; CRC; KAB; SUW); Diuretic (f; CRC; KAB; SUW); Emetic (f; AHP; CRC); Emmenagogue (f; CRC; JFM; KAB; SUW); Emollient (f; KAP); Hemostat (f; KAB); Insecticide (1; CRC; DEP; WOI); Insectifuge (f; CRC); Larvicide (1; WOI); Laxative (f; CRC; SUW); Litholytic (f; KAB); Narcotic (f; CRC; DEP); Parasiticide (1; WBB); Pediculicide (f; CRC; MPI); Piscicide (1; CRC; JFM); Poison (1; CRC); Pulicide (f; CRC); Resolvent (f; CRC); Sedative (f; CRC); Stimulant (f; CRC); Stomachic (f; CRC); Tonic (f; CRC); Vermicide (1; CRC; DEP; JFM; WBB).

Indications (Chinaberry) — Adenopathy (f; CRC); Anorexia (f; KAP); Ascaris (1; WOI); Asthma (f; CRC; WBB; WOI); Atrophy (f; CRC); Bacteria (1; KAP); Biliousness (f; KAB; ZIM); Bite (f; KAB); Bleeding (f; KAB); Cancer (1; JLH; KAB; KAP); Cardiopathy (f; KAB); Cold (f; CRC); Constipation (f; CRC; SUW); Convulsion (f; WBB); Cough (f; CRC); Cramp (1; KAP; MPI); Cystosis (f; CRC); Debility (f; KAP); Delirium (f; CRC); Dermatosis (1; CRC; JFM; KAP); Diarrhea (f; CRC; JFM); Dysentery (f; CRC; JFM); Dysmenorrhea (f; CRC; JFM); Dyspepsia (f; KAB); Dysuria (f; SUW); Eczema (f; CRC; KAP; WBB); Enterosis (f; CRC; ZIM); Epistaxis (f; KAB); Fever (f; CRC; JFM; SUW); Fontanelle (f; ZIM); Gastrosis (f; CRC); Gonorrhea (f; ZIM); Headache (f; CRC; DEP; KAB; SUW); Heart (f; KAB); Hernia (f; CRC); Hysteria (f; CRC; JFM; KAB); Hookworm (1; KAP); Infection (f; CRC; KAB); Inflammation (f; CRC; KAB); Insomnia (f; CRC); Leprosy (f; CRC; KAB; KAP; WBB); Leukoderma (f; KAB); Leukorrhea (f; KAP); Lice (f; CRC; MPI); Malaria (f; KAB; KAP); Marasmus (f; CRC); Nervousness (f; CRC); Neuralgia (f; KAB); Neurosis (f; DEP); Pain (1; CRC; DEP; ZIM); Parasite (1; JFM; KAP; WBB); Pemphigus (f; KAP); Pulmonosis (f; KAB); Rash (f; CRC; JFM); Rheumatism (f; CRC; JFM; KAB); Ringworm (f; CRC; DEM; KAP); Scald (f; DEP); Scabies (1; KAB; KAP); Scrofula (f; CRC; KAP; WBB); Spasm (f; WBB); Splenosis (f; CRC; KAB); Stomachache (f; CRC); Stone (f; CRC; KAB); Swelling (f; CRC; KAB); Syphilis (f; WBB); Tapeworm (1; DEP; KAP); Thirst (f; KAP); Tumor (f; CRC; JLH); Typhoid (f; KAB); Ulcer (f; CRC; KAB); Uterosis (f; CRC; KAB); VD (f; WBB); Virus (1; KAP); Water Retention (f; CRC; KAB; SUW); Worm (1; CRC; DEP; JFM; WBB).

Dosages (Chinaberry) — 5 g leaf/500 g water for parasites (JFM); 1–1.9 g root for parasites (JFM); 1–2 g powdered root (KAP); 1–2 g powdered fruit (KAP); 56–112 ml bark decoction (KAP); 56–112 ml leaf decoction (KAP); 56–112 ml root bark decoction (KAP); 4–12 ml tincture (KAP); 28–84 ml flower tea (KAP); 4–10 minims oil (KAP).

Contraindications, Interactions, and Side Effects (Chinaberry) — Class 3 (AHP). Not covered (PHR). Fatality reported in a child who ate the berries (DEP). Six to eight seeds said to cause choleraic symptoms, nausea, and spasm, sometimes followed by death (DEP). LD50 (50% ethanolic extract) = 250 mg/kg ipr mouse (MPI).

CHINA ROSE (*Hibiscus rosa-sinensis* L.) ++

Activities (China Rose) — Analgesic (1; TRA); Antiestrogenic (1; AAB; TRA); Antiinflammatory (1; TRA); Antipyretic (1; TRA); Antispermatogenic (1; TRA); Antitussive (f; DAV); CNS-Depressant (1; TRA); Collyrium (f; JFM); Contraceptive (1; TRA; ZUL); Diaphoretic (f; JFM); Embryotoxic (1; AAB); Emollient (1; WBB); Hypotensive (1; AAB; TRA).

Indications (China Rose) — Asthma (f; JFM); Bleeding (f; AAB); Boil (f; WBB); Cancer (f; JLH; WBB); Cataract (f; IED); Childbirth (f; IED); Cold (f; JFM); Conjunctivosis (1; JFM; TRA); Cough (f; JFM; TRA); Dermatosis (f; AAB); Dysmenorrhea (f; AAB); Fever (1; AAB; JFM; TRA); Flu (f; DAV; JFM; TRA); Headache (f; TRA); Hernia (f; JFM); High Blood Pressure (1; AAB; TRA); Hoarseness (f; JFM); Inflammation (1; TRA); Metrorrhagia (f; AAB); Miscarriage (f; AAB); Mumps (f; WBB); Nausea (f; IED); Pain (1; TRA); Pulmonosis (f; DAV; JFM); Stomachache (f; IED); Swelling (f; WBB); Tumor (f; JLH); Wound (f; JFM).

Contraindications, Interactions, and Side Effects (China Rose) — Internal uses contraindicated in small children and pregnant or lactating women (TRA). Hydroethanolic extract LD50 1000 ppm (TRA).

CHINESE CLUB MOSS (*Huperzia serrata*) +

Activities (Chinese Club Moss) — Antiacetylcholinesterase (1; ABS; BRU); Antiamnesic (1; BRU); Antiglutamate (1; BRU); Memorigenic (1; ABS).

Indications (Chinese Club Moss) — Alzheimer's (1; ABS); Amnesia (f; BRU); Fever (f; BRU); Glaucoma (1; ABS); Inflammation (f; BRU); Myasthenia Gravis (1; ABS; BRU); Senile Dementia (1; ABS; BRU).

Dosages (Chinese Club Moss) — 200–300 μg huperzine A/day.

Contraindications, Interactions, and Side Effects (Chinese Club Moss) — Pregnant women, and people with hypertension or pulmonary problems due to increased bronchial secretions should not take it. Said to have a high therapeutic index with few side effects (ABS).

Extracts (Chinese Club Moss) — Huperzine A reversibly binds acetylcholinesterase (AChE), "preventing it from breaking down acetylcholine, and thus preventing a deficiency and improving mental function" (ABS). It binds with a half-life of 4.8 hours. Its effect may persist 8 hours, longer than donepezil and tacrine, FDA-approved drugs for Alzheimer's. Huperzine A's distinct mode of action is said to maintain and improve memory.

CHINESE CUCUMBER (*Trichosanthes kirilowii* Maxim.) X

Activities (Chinese Cucumber) — Abortifacient (1; FAY); Antiseptic (f; FAY); Antitussive (f; DAA); Antiviral (1; FAY); Detoxicant (f; FAY); Emollient (f; DAA); Expectorant (f; FAY); Hyperglycemic (f; FAY); Laxative (f; FAY); Sialagogue (f; FAY); Suppurative (f; FAY).

Indications (Chinese Cucumber) — Abscess (f; FAY); Alactea (f; DAA); Amenorrhea (f; FAY); Anasarca (f; DAA); Angina (f; FAY); Bacteria (1; FAY); Boil (f; DAA; FAY); Bronchosis (f; DAA; FAY); Carbuncle (f; FAY); Cancer (f; JLH); Cancer, breast (f; JLH); Cardiopathy (f; FAY); Childbirth (f; DAA); Choriocarcinoma (1; FAY); Chorioepithelioma (f; DAA); Congestion (f; DAA; FAY); Constipation (f; DAA; FAY); Cough (f; FAY); Diabetes (f; DAA; FAY); Dysuria (f; DAA; FAY); Enterosis (f; FAY); Fever (f; FAY); Fungus (1; FAY); Hemorrhoid (f; FAY); Herpes (f; FAY); HIV (1; FAY); Hypoglycemia (f; FAY); Infection (1; FAY); Jaundice (f; DAA; FAY); Laryngosis (f; FAY); Mastosis (f; FAY); Mole (f; FAY); Mycosis (f; FAY); Parotosis (f; FAY); Polyuria (f; DAA); Pulmonosis (f; FAY);

Shingle (f; FAY); Sore (f; FAY); Sore Throat (f; DAA); Swelling (f; FAY); Syphilis (f; DAA); Thirst (f; FAY); Trauma (f; FAY); Trophoblastoma (1; FAY); VD (f; DAA); Virus (1; FAY); Wound (f; FAY).

Dosages (Chinese Cucumber) — 9–12 g (FAY).

Contraindications, Interactions, and Side Effects (Chinese Cucumber) — Class 1. Rare cases of diarrhea and gastrosis (AHP). Trichosanthin is quite dangerous, leading to acute pulmonary edema, cerebral edema and hemorrhage, and myocardosis. Severe side effects, also antigenic (FAY).

CHINESE MOTHERWORT (*Leonurus japonicus* Houtt.) +

Synonyms — *L. artemisia* (Lour.) S.Y. Hu, *L. heterophyllus* Sweet, *L. sibiricus* auct. pl., *Stachys artemisia* Lour.

Activities (Chinese Motherwort) — Alterative (f; DAA); Antiaggregant (1; FAY); Antibacterial (1; FAY); Antiedemic (f; FAY; PH2); Antifertility (f; DAA); Antiinflammatory (f; PH2); Aphrodisiac (f; DAA); Bitter (f; HHB); Cardiotonic (f; PH2); Circulotonic (1; FAY); CNS-Stimulant (1; FAY); Diuretic (1; DAA; FAY); Emmenagogue (1; AHP; DAA); Fungicide (1; FAY); Hypotensive (1; DAA; FAY; PH2); Inflammation (f; PH2); Peristaltic (1; FAY); Sedative (1; DAA); Spermatogenic (f; DAA); Uterocontractant (f; PH2); Uterotonic (1; AHP; DAA); Vasoconstrictor (1; DAA; FAY); Vasodilator (f; DAA); Vulnerary (f; DAA).

Indications (Chinese Motherwort) — Abscess (f; DAA); Angina (1; FAY); Anxiety (f; PH2); Atherosclerosis (f; DAA); Bacteria (1; FAY); Bite (f; DAA); Bleeding (f; DAA); Bruise (f; DAA); Cancer (f; DAA; JLH); Cancer, breast (f; JLH); Cardiopathy (f; PH2); Childbirth (f; DAA; FAY); Conjunctivosis (f; DAA; FAY); Constipation (f; DAA); Dropsy (f; DAA); Dysmenorrhea (f; DAA; PH2); Dyspnea (f; FAY; PH2); Edema (1; FAY); Embolism (1; FAY); Encephalosis (f; FAD); Fungus (1; FAY); Hemoptysis (f; HHB); High Blood Pressure (1; DAA; FAY; PH2); Impotence (f; DAA); Infection (1; FAY); Inflammation (f; PH2); Insomnia (1; DAA); Ischemia (f; FAY); Itch (f; DAA); Lochiastasis (f; PH2); Mastosis (f; JLH); Metrorrhagia (f; DAA); Mycosis (1; FAY); Myocardosis (f; FAY); Nephrosis (f; FAY; PH2); Nervousness (1; DAA; PH2); Nyctalopia (f; DAA); Obesity (f; DAA); Ophthalmia (f; DAA; FAY); Pain (f; FAY); Palpitation (f; FAY); Retinosis (f; PH2); Shingle (f; DAA); Snakebite (f; DAA); Swelling (f; FAY; PH2); Uterosis (f; FAY); Water Retention (1; DAA; FAY).

Dosages (Chinese Motherwort) — 9–30 g herb; 6–9 g seed (FAY); 4–10 g in tea (PH2).

Contraindications, Interactions, and Side Effects (Chinese Motherwort) — Class 2b (AHP). Emmenagogue and uterotonic (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Overdoses (30 g or more) may generate chest oppression, debility, diaphoresis, dyspnea, and increased sensitivity to pain (PH2).

CHINESE OLIVE (*Canarium vulgare* Leenh.) ++

Synonym — *C. commune* auct.

The herbal PDR takes the easy way out and calls Chinese Olive *Canarium* species. USDA refers to Chinese Olive as *C. vulgare.* Some Chinese scholars translate *Canarium album* to Chinese Olive.

Activities (Chinese Olive) — Demulcent (f; WO2); Expectorant (f; PH2); Immunostimulant (1; PH2); Irritant (1; PH2); Rubefacient (1; EFS; WO2); Stimulant (f; EFS); Vulnerary (f; PH2).

Indications (Chinese Olive) — Cold (f; PH2); Gastrosis (f; PH2); Gonorrhea (f; WO2); Immunodepression (1; PH2); Rheumatism (f; PH2); Ulcer (f; PH2); Sore (f; WO2); VD (f; WO2).

Dosages (Chinese Olive) — Topical ointments using 25% resin are used (PH2).

Contraindications, Interactions, and Side Effects (Chinese Olive) — Not covered (AHP; HHB; KOM). "Health hazards not known with proper therapeutic dosages" (PH2). EO reported to cause GI and kidney complaints and hemorrhagic erosion (PH2).

CHINESE PEONY (*Paeonia lactiflora* Pall.) +

Synonyms — *P. edulis* Salisb., *P. fragrans* Redoute.

Activities (Chinese Peony) — Analgesic (1; APA; FAY; HHB; PNC; WOI); Antiaging (f; LAF); Antiaggregant (2; KEB; LAF; WHO; WOI); Antiallergic (1; KEB); Antianaphylactic (1; KEB); Antiatherogenic (1; KEB); Antibacterial (1; APA; KEB; LAF); Anticholinergic (1; KEB); Anticonvulsant (1; APA; KEB); Antidiaphoretic (f; FAY); Antiedemic (1; KEB); Antifatigue (f; LAF); Antiherpetic (1; PNC); Antiinflammatory (1; LAF; PNC; WOI); Antimutagenic (1; APA; LAF); Antioxidant (1; X10616967); Antiradicular (1; X10616967); Antipyretic (1; LAF); Antiseptic (1; APA; LAF); Antispasmodic (1; HHB; PNC; WHO; WOI); Antistress (1; APA; KEB); Antitestosterone (1; KEB); Antitumor (1; APA; LAF); Antiulcer (1; KEB); Antiviral (1; APA; LAF; PNC); Astringent (1; APA; LAF); Bitter (1; FAY; KEB); Cardioprotective (1; APA); CNS-Depressant (1; LAF; PNC); Fibrinolytic (1; KEB); Fungicide (1; LAF); Hepatoprotective (2; APA; KEB; WOI); Hypotensive (1; KEB); Immunostimulant (1; APA; PNC); Memorigenic (1; APA; LAF); Myorelaxant (1; PNC); Phagocytotic (1; KEB; LAF); Tonic (1; APA; PNC); Sedative (1; APA); Uterocontractant (1; KEB); Vasodilator (1; KEB; PNC).

Indications (Chinese Peony) — Allergy (1; KEB; WHO); Amenorrhea (1; WHO); Anaphylaxis (1; KEB); Angina (f; KEB); Appendicitis (f; FAY); Arthrosis (1; APA; LAF); Bacteria (1; APA; KEB; LAF); Bleeding (f; FAY); Boil (f; WHO); Bruise (1; LAF); Burn (f; WHO); Cancer (1; APA; LAF); Carbuncle (1; LAF); Cardiopathy (1; APA); Contusion (1; LAF); Convulsion (1; APA; KEB); Cramp (1; HHB; LAF; PNC; WHO; WOI); Dementia (f; LAF; WHO); Dermatosis (f; LAF); Diarrhea (1; FAY; KEB); Dysentery (f; FAY); Dysmenorrhea (1; FAY; KEB; LAF; WHO); Eczema (f; WHO); Enterosis (1; FAY; HHB; LAF; WHO); Epilepsy (f; KEB); Erythema (f; KEB); Fatigue (1; LAF); Fever (1; FAY; LAF; WHO); Flu (1; LAF); Fungus (1; LAF); Gastrosis (f; FAY; HHB); Gingivosis (1; LAF); Headache (1; APA; FAY; LAF; WHO); Hepatosis (1; WHO); Herpes (1; PNC); High Blood Pressure (1; FAY; KEB; LAF); Hot Flash (1; APA); Immunodepression (1; APA; PNC); Infection (1; LAF); Infertility (1; KEB); Inflammation (1; LAF; PNC; WOI); Insomnia (1; APA); Leukorrhea (f; FAY; KEB); Measles (1; LAF); Menopause (1; APA); Metrorrhagia (1; APA); Migraine (f; KEB); Mycosis (1; LAF); Nervousness (1; APA); Night Sweats (f; FAY; LAF); Pain (1; APA; FAY; HHB; LAF; PNC; WOI); Polycystic Ovary Syndrome (f; KEB); Senile Dementia (1; APA; KEB); Sore (f; WHO); Swelling (1; KEB); Systremma (f; FAY); Tumor (1; APA; LAF); Ulcer (1; FNF; KEB); Uterosis (f; FAY); Vertigo (f; APA; LAF; WHO); Virus (1; APA; LAF; PNC); Wound (f; FAY).

Dosages (Chinese Peony) — 1 tsp flower/cup water (WIC); 20 g root/750 ml water sipped through the day (APA); Chinese report 3–12 g peony root (FAY); 2–6 g dry root/day or 4–12 ml fluid extract (1:2) (KEB); 6–15 g standardized for paeoniflorin (WHO).

Contraindications, Interactions, and Side Effects (Chinese Peony) — Class 1 (*P. lactiflora* and *P. officinalis*) (AHP). No peonies were approved by Commission E but they did say, "No risks known" (KOM). The *Physicians Desk Reference* was a bit more explicit regarding *P. officinalis,* "Health hazards not known with proper therapeutic dosages" (PH2). "Side effects that may occur, particularly in cases of over dosages, include gastroenterosis with vomiting, colic, and diarrhea" (PHR). Much of the indicated uses and biological activity is attributed to paeoniflorin.

CHINESE PINK (*Dianthus chinensis* L.) ++

Synonyms — *D. heddewigii* hort., *D. laciniatus* hort. ex Makino.

Dianthus superbus is used interchangeably.

Activities (Chinese Pink) — Abortifacient (f; HHB; LMP); Analgesic (1; X6505089); Anthelminthic (f; DAA; HHB); Antifertility (1; DAA; X5365593); Antimutagenic (1; X3278214); Antipyretic (f; DAA); Antiribosomal (1; X10850653); Antiviral (1; X10850653); Astringent (f; DAA); Circulotonic (F; LMP); Diaphoretic (f; DAA); Diuretic (f; DAA; HHB; LMP); Ecbolic (f; DAA); Emmenagogue (f; DAA); Hemostat (f; DAA; LMP); Hepatoprotective (1; X6505089); Propecic (f; DAA); Resolvent (f; DAA); Vulnerary (f; DAA).

Indications (Chinese Pink) — Abscess (f; DAA); Alopecia (f; DAA); Amenorrhea (f; FAY; LMP); Bleeding (f; DAA; LMP); Boil (f; FAY); Bubo (f; DAA); Calculus (f; FAY); Cancer (1; DAA; X3278214); Cancer, skin (f; DAA); Carbuncle (f; FAY); Childbirth (f; LMP); Conjunctivosis (f; FAY); Dermatosis (f; FAY); Dysmenorrhea (f; DAA; LMP); Eczema (f; FAY); Edema (f; DAA; FAY); Fever (f; DAA); Gonorrhea (f; DAA; FAY); Gravel (f; DAA); Hematochezia (f; DAA); Hematuria (f; FAY); Hemorrhoid (f; DAA); Hepatosis (1; X6505089); HIV (1; X10850653); Ophthalmia (f; DAA; LMP); Pain (1; X6505089); Sore (f; DAA; FAY); Stone (f; FAY); Swelling (f; FAY); UTI (f; FAY); VD (f; DAA); Virus (1; X10850653); Water Retention (f; DAA; FAY; HHB; LMP); Worm (f; DAA); Wound (f; LMP).

Dosages (Chinese Pink) — 4.5–9 g in decoction (FAY).

Contraindications, Interactions, and Side Effects (Chinese Pink) — Not covered (AHP; KOM; PH2). Contraindicated in kidney and/or spleen deficiency, and during pregnancy (FAY).

CHINESE QUININE, FEVER FLOWER (*Dichroa febrifuga* Lour.) +

Activities (Chinese Quinine) — Antiarrhythmic (1; DAA); Anticancer (1; DAA); Antiinflammatory (1; X10661882); Antipyretic (f; DAA); Emetic (1; DAA); Expectorant (f; DAA); Hypotensive (1; DAA); Laxative (1; DAA); NO-Inhibitor (1; X9644055; X10661882); Parasiticide (1; WOI); Sialagogue (1; DAA); TNF-Inhibitor (1; X10661882).

Indications (Chinese Quinine) — Arrhythmia (1; DAA); Bronchosis (f; DAA); Cancer (1; DAA); Cancer, stomach (1; DAA; JLH); Cardiopathy (1; DAA); Fever (f; DAA); Gastrosis (f; DAA); High Blood Pressure (1; DAA); Inflammation (1; X10661882); Malaria (1; DAA; X9644055); Palpitation (1; DAA); Parasite (1; WOI); Tachycardia (1; DAA).

Contraindications, Interactions, and Side Effects (Chinese Quinine) — Not covered (AHP; KOM; PH2). Though 100 times more antimalarial than quinine, gamma (not alpha, as reported in DAA) dichroine can cause diarrhea, GI hypersecretion, hemorrhage, hyperperistalsis, hypotension, tachypnea, and death (DAA). Gamma dichroine is highly emetic, causing hydropic hepatic degeneration. WOI ranks the alkaloids a bit different, re chick malaria; alpha-, beta-, and gamma-dichroine are, respectively, 1, 50, and 100 times as antimalarial as quinine (WOI). Febrifugine is 64 times as powerful. Leaf material shows more antimalarial material than roots., though leaves have lower alkaloid content. Other active principles may lie in the leaves.

CHINESE SENEGA ROOT (*Polygala tenuifolia* Willd.) ++

Activities (Chinese Senega Root) — Anticonvulsant (1; KEB); Anxiolytic (1; KEB); Bitter (1; KEB); Cardiotonic (f; DAA); Cerebrotonic (f; DAA); Expectorant (1; KEB); Sedative (1; KEB); Tonic (f; DAA); Tranquilizer (f; DAA).

Indications (Chinese Senega Root) — Abscess (f; DAA); Amnesia (f; DAA); Anxiety (1; KEB); Asthma (f; KEB); Bronchosis (f; KEB); Catarrh (f; KEB); Cold (f; KEB); Convulsion (1; KEB); Cough (f; DAA); Fright (f; DAA); Insomnia (1; KEB); Nephrosis (f; DAA); Nervousness (1; DAA; KEB); Neurosis (f; DAA); Nightmare (f; DAA); Palpitation (f; KEB); Sore (f; DAA); Spermatorrhea (f; DAA); Stress (f; KEB); Swelling (f; DAA).

Dosages (Chinese Senega Root) — 1.5–6 g dry root/day or 3–12 ml fl extract (1:2) (KEB).

CHIRATA (*Swertia chirayita* (Roxb. ex Fleming) H. Karst.) ++

Synonyms — *Gentiana chirata* Wall., *G. chirayita* Roxb. ex Fleming, *Swertia chirata* (Wall.) C. B. Clarke.

Activities (Chirata) — Alterative (f; DEP; EFS); Anthelminthic (f; DEP; EFS; SKJ; SUW); Anticholinergic (1; HH3; PH2); Antiedemic (1; HH3); Antiinflammatory (1; KAB; LAF; PH2); Antimalarial (1; LAF); Antipyretic (f; DEP; KAB; LAF; HHB; SKJ; SUW); Antitubercular (1; LAF); Astringent (f; KAB); Bitter (1; HHB; KAB; SKJ; SUW); Cholagogue (f; DEP); Choleretic (f; KAB); CNS-Depressant (1; HH3; PH2); Emollient (f; DEP); Hepatoprotective (1; LAF); Hypnotic (f; EFS); Hypoglycemic (1; HH3; PH2); Laxative (f; DEP; EFS; LAF; SUW); Secretagogue (1; FNF; PH2); Stomachic (1; EFS; HH3; KAB; SUW); Tonic (f; EFS; HHB; KAB; SUW); Uterosedative (f; KAB); Vermifuge (f; HHB; KAB).

Indications (Chirata) — Anemia (f; WOI); Anorexia (1; FNF; PH2); Arthrosis (1; KAB; LAF); Asthma (f; DEP; KAP; SKJ); Atony (f; DEP); Biliousness (f; DEP; SKJ); Bleeding (f; SKJ); Bronchosis (f; DEP; KAP; SKJ); Cancer (f; JLH; LAF); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH; LAF); Childbirth (f; SKJ); Cholera (f; HHB); Cold (f; DEP); Constipation (f; DEP; EFS; LAF; SUW); Debility (f; DEP; WOI); Dermatosis (1; FNF; KAB; LAF); Diabetes (1; PH2); Diarrhea (f; SUW; WOI); Dyspepsia (1; DEP; FNF; PH2); Dysuria (f; SKJ); Edema (1; FNF; HH3; LAF); Emaciation (f; SKJ); Enterosis (f; KAP; JLH; SKJ); Fever (f; DEP; KAB; LAF; HHB; SKJ; SUW); Gastrosis (f; WOI); Gingirrhagia (f; SKJ); Gonorrhea (f; SKJ); Gout (f; DEP; SUW; WOI); Gravel (f; SKJ); Hepatosis (f; HHB; SKJ); Hiccup (f; KAP); Hyperglycemia (1; HH3; PH2); Inflammation (1; KAB; LAF; PH2); Itch (f; DEP); Leprosy (f; SKJ); Leukoderma (f; KAB; SKJ); Malaria (1; KAP; LAF; HHB); Nausea (f; KAP); Neurosis (f; PH2); Ophthalmia (f; KAB); Rheumatism (1; LAF); Scabies (f; KAB; SKJ); Sting (f; KAB; KAP); Swelling (1; HH3); Thirst (f; SKJ); Tuberculosis (f; LAF; SKJ); VD (f; SKJ); Vomiting (f; KAP); Worm (f; DEP; HHB; KAB; LAF).

Dosages (Chirata) — 300–2000 mg (HHB); 600–2000 mg (HH3); 14–28 ml tea (with cinnamon and clove) (KAP); 0.5–2 g root in decoction with honey for hiccup or nausea (KAP);10–20 drops 3 ×/day, between meals (PH2).

Contraindications, Interactions, and Side Effects (Chirata) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Not for patients with duodenal or gastric ulcers (PH2).

CHIRICSANANGO (*Brunfelsia grandiflora* D. Don.) X

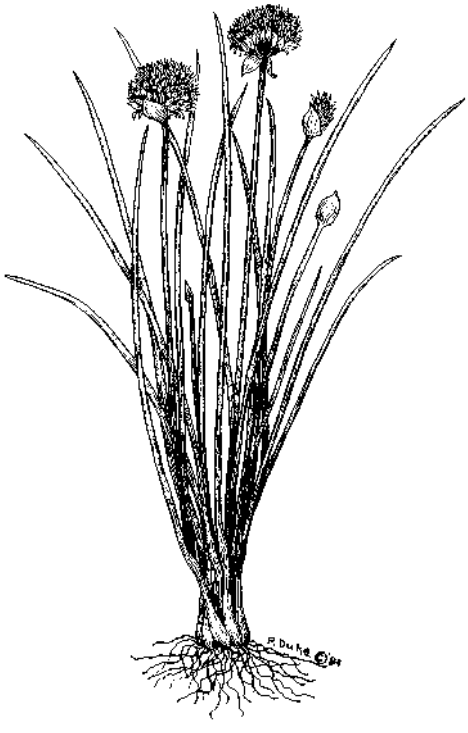
I have aggregated the three most popular Amazon species, doubting that they are valid species.

Activities (Chiricsanango) — Abortifacient (f; CRC); Alterative (f; CRC); Anesthetic (f; CRC); Antiinflammatory (f; CRC); Antipyretic (f; CRC; WO2); Antirheumatic (f; PH2); Aphrodisiac (f; WO2); Convulsant (1; WO2); Diaphoretic (f; CRC; DAV); Diuretic (f; CRC; DAV; PH2); Emmenagogue (f; CRC); Hallucinogen (1; WO2); Hypertensive (f; CRC); Laxative (f; CRC); Lymphotonic (f; CRC); Narcotic (f; CRC); Piscicide (f; WO2); Poison (f; CRC; WO2).

Indications (Chiricsanango) — Arthrosis (f; CRC; DAV; PH2); Chill (f; DAV); Constipation (f; CRC); Dermatosis (f; CRC); Eczema (f; CRC); Fever (f; CRC; DAV; WO2); Impotence (f; WO2); Inflammation (f; CRC); Low Blood Pressure (f; CRC); Lymph (f; CRC); Pain (f; CRC); Rheumatism (f; CRC; DAV; PH2); Scrofula (f; CRC; PH2); Snakebite (f; DAV); Syphilis (f; CRC; PH2); VD (f; CRC; DAV; PH2); Water Retention (f; CRC; DAV; PH2); Yellow Fever (f; DAV).

Contraindications, Interactions, and Side Effects (Chiricsanango) — Not covered (AHP; KOM). "Health hazards not known with proper therapeutic dosages" (PH2) (not designated)" (PH2, speaking of *B. hopeana*). Overdoses may cause death, with anxiety, convulsions, increased cardiac and pulmonary activity, muscle tremors, salivation, spasms, and vomiting (PH2, speaking of *B. hopeana*). Hallucination accompanied by serious side effects (e.g., chills, cold sweats, heavy tongue, itchiness, nausea, stomachache, temporary insanity, tingling, and vomiting) (DAV). I have experienced alternating chills and fever, numbness, heavy feet, torpor myself.

CHIVES (*Allium schoenoprasum* L.) +++



Synonyms — *A. schoenoprasum* var. *alpinum* DC., *Allium sibiricum* L.

Activities (Chives) — Anthelminthic (1; PH2); Antiseptic (1; EFS); Aphrodisiac (f; SKJ); Cardiodepressant (1; WO2); Carminative (1; EFS); Digestive (1; EFS); Diuretic (f; EFS; SKJ); Expectorant (f; SKJ); Hematinic (f; EFS); Hypotensive (1; WO2); Stimulant (f; SKJ).

Indications (Chives) — Blister (1; SKJ); Boil (1; SKJ); Cancer (f; JLH); Dermatosis (f; SKJ); Dysentery (1; SKJ); Gas (1; EFS; SKJ); High Blood Pressure (1; WO2); Hyperlipidemia (f; SKJ); Infection (1; EFS); Obesity (f; SKJ); Ophthalmia (f; SKJ); Otosis (f; SKJ); Parasite (1; PH2); Water Retention (f; EFS; SKJ); Wen (f; JLH); Worm (1; PH2).

Dosages (Chives) — Food farmacy (JAD).

Contraindications, Interactions, and Side Effects (Chives) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Poison to mammals (USDA nomenclature database).

CHLORELLA (*Chlorella* spp.) ++

Activities (Chlorella) — Allergenic (1; APA); Antiaggregant (f; APA); Antibacterial (f; APA); Antiseptic (1; APA); Antitumor (1; APA); Antiviral (f; APA); Deodorant (f; APA); Depurative (f; APA); Immunostimulant (1; APA); Photodermatitic (f; APA); Radioprotective (f; APA).

Indications (Chlorella) — Bacteria (f; APA); Cancer (1; APA); Immunodepression (1; APA); Infection (f; APA); Tumor (1; APA); Virus (f; APA).

Dosages (Chlorella) — 2–3 (414 mg) capsules 3 ×/day (APA).

Contraindications, Interactions, and Side Effects (Chlorella) — Not covered (AHP; KOM; LAF; PHR; SKY; etc.) Largely imported from Asia, this unicellular alga is said to interfere with clotting and augment other anticoagulant activity; one patient taking warfarin experienced clotting irregularities when he took Chlorella. APA reports severe anaphylactic reactions and photodermatosis.

CHOCOLATE-VINE (*Akebia quinata* (Thunb.) Decne.) ++

Activities (Chocolate-Vine) — Analgesic (f; DAA; PH2); Antiedemic (1; PH2); Antifertility (f; DAA); Antiinflammatory (f; DAA); Antipyretic (1; DAA; HH2; PH2); CNS-Depressant (1; PH2); Depurative (f; DAA; LMP); Diaphoretic (f; DAA); Diuretic (f; DAA; LMP); Emmenagogue (f; LMP); Lactagogue (f; DAA); Laxative (f; DAA); Litholytic (f; PH2); Peristaltic (1; HH2); Resolvent (f; DAA); Stimulant (f; DAA); Stomachic (f; DAA); Tonic (f; DAA); Uricosuric (1; PH2); Vulnerary (f; DAA).

Indications (Chocolate-Vine) — Amenorrhea (f; DAA); Anemia (f; PH2); Ascites (f; PH2); Cold (f; DAA; LMP); Constipation (f; DAA); Convulsion (f; PH2); Cough (f; PH2); Cystosis (f; DAA; HH2; PH2); Debility (f; DAA; LMP); Dermatosis (1; HH2); Diabetes (f; DAA); Dropsy (f; DAA); Edema (1; DAA; HH2; PH2); Fever (1; DAA; HH2; PH2); Galacturia (f; PH2); Gastrosis (f; LMP); Goiter (f; DAA); Gout (1; PH2); Headache (f; DAA); Hematuria (f; PH2); Hernia (f; DAA); Inflammation (f; DAA; PH2); Lumbago (f; DAA); Mastosis (f; LMP); Nephrosis (f; DAA; LMP); Pain (1; DAA; HH2; PH2); Rheumatism (f; DAA); Stone (f; PH2); Swelling (1; HH2; PH2); Urethrosis (f; DAA); UTI (f; PH2); Water Retention (f; DAA; LMP).

Dosages (Chocolate-Vine) — 3–9 g in decoction (HH2).

Contraindications, Interactions, and Side Effects (Chocolate-Vine) — Not covered (AHP; KOM). "Health hazards not known with proper therapeutic dosages" (PH2). Overdoses may induce colic, diarrhea, enterosis, and gastrosis. Not for pregnant women (PH2).

CHOKECHERRY, BITTER BERRY (*Prunus virginiana* L.) ++

Indications (Chokecherry) — Anorexia (f; DEM); Biliousness (f; DEM); Bleeding (f; DEM); Burn (f; DEM); Candida (f; DEM); Childbirth (f; DEM); Chill (f; DEM); Cholera (f; DEM); Cold (f; DEM); Cough (f; DEM; MIC); Conjunctivosis (f; DEM); Cramp (f; DEM); Diarrhea (f; DEM; MIC); Dysentery (f; DEM); Dyspepsia (f; DEM); Enterosis (f; DEM); Fever (f; DEM); Flu (f; DEM); Gallstone (f; DEM); Gastrosis (f; DEM); Hair (f; DEM); Hemoptysis (f; DEM); Hoarseness (f; DEM); Insomnia (f; DEM); Jaundice (f; DEM); Measles (f; DEM); Ophthalmia (f; DEM); Pain (f; DEM); Pulmonosis (f; DEM); Scrofula (f; DEM); Sore (f; DEM); Sore Throat (f; DEM); Stomachache (f; DEM); Tuberculosis (f; DEM); Ulcer (f; DEM); Worm (f; DEM).

CHRISTMAS ROSE, BLACK HELLEBORE (*Helleborus niger* L.) X

Activities (Christmas Rose) — Abortifacient (f; PHR; PH2); Anthelminthic (1; EFS); Cardiotonic (1; CRC; EFS; PH2); Choleretic (f; MAD); CNS-Depressant (1; MAD); Diuretic (f; CRC; EFS); Emetic (f; HHB); Emmenagogue (f; CRC; EFS; MAD); Expectorant (f; MAD); Hydragogue (f; EFS); Irritant (1; PH2); Laxative (f; CRC; EFS; HHB; PHR; PH2); Longevigenic (f; MAD); Mydriatic (f; CRC); Narcotic (f; CRC; EFS); Nervine (f; CRC; EFS); Poison (1; CRC); Rodenticide (f; CRC); Sternutator (f; CRC); Toxic (1; HH2; PH2); Vermifuge (f; CRC).

Indications (Christmas Rose) — Amenorrhea (f; MAD); Anasarca (f; MAD); Angina (f; MAD); Arthrosis (f; MAD); Bronchosis (f; MAD); Cancer (f; CRC); Cancer, spleen (f; JLH); Carcinoma (f; JLH); Cardiopathy (f; MAD); Cold (f; PHR; PH2); Collapse (f; CRC); Confusion (f; PH2); Constipation (f; PHR; PH2); Dementia (f; CRC); Diarrhea (f; PH2); Dropsy (f; MAD); Dysmenorrhea (f; MAD; PHR; PH2); Edema (f; MAD); Encephalosis (f; CRC; MAD); Epilepsy (f; CRC; MAD); Gout (f; MAD); Head Cold (f; PHR; PH2); Heart (f; CRC); Hydrocephaly (f; CRC; MAD); Induration (f; CRC; JLH); Jaundice (f; MAD); Lichen (f; MAD); Mange (f; MAD); Mania (f; CRC; MAD); Melancholy (f; CRC); Meningosis (f; CRC); Nausea (f; HH2; PHR; PH2); Nephrosis (f; CRC; MAD; PHR; PH2); Neurosis (f; MAD); Otosis (f; MAD); Psychosis (f; MAD); Rheumatism (f; MAD); Scabies (f; MAD); Scirrhus (f; JLH); Scrofula (f; MAD); Splenosis (f; CRC; JLH); Syncope (f; MAD); Toothache (f; MAD); Tuberculosis (f; MAD); Tumor (f; CRC); Uremia (f; MAD); Uterosis (f; MAD); Vertigo (f; MAD); Wart (f; CRC; JLH); Water Retention (f; CRC; EFS); Worm (f; CRC; HH2; PHR; PH2); Wound (f; MAD).

Dosages (Christmas Rose) — Dangerous (JAD). 50-mg root or rhizome; maximum single dose 200 mg; largest daily dose 1000 mg (HHB; HH2; PHR); 250–1000 mg powdered root (MAD).

CHRYSANTHEMUM, MUM
(*Chrysanthemum* x *morifolium* Ramat.) ++

Synonyms — *Anthemis grandiflorum* Ramat., *A. stipulacea* Moench, *Chrysanthemum sinense* Sabine, *C. stipulaceum* (Moench) W. Wight, *Dendranthema grandiflorum* (Ramat.) Kitam., *D. morifolium* Tzvelev., *Matricaria morifolia* Ramat.

Activities (Chrysanthemum) — Allergenic (f; WO2); Antibacterial (1; AKT; DAA); Antiinflammatory (f; X8987908); Antipyretic (f; DAA); Antiseptic (1; AKT; DAA); Antiviral (1; AKT);

Aperient (f; WO2); Carminative (f; FAY); Collyrium (f; WO2); Depurative (f; WO2); Detoxicant (f; FAY); Digestive (f; WO2); Fungicide (1; AKT; FAY); Laxative (f; HHB); Sedative (f; DAA); Stomachic (f; WO2); Tonic (f; WO2).

Indications (Chrysanthemum) — Adenopathy (f; WO2); Allergy (f; AKT); Alopecia (f; WO2); Amenorrhea (f; WO2); Angina (2; FAY); Anxiety (f; FAY); Atherosclerosis (1; FAY); Bacteria (1; AKT; DAA; FAY); Boil (f; DAA); Bronchosis (f; FAY); Bubo (f; DAA); Burn (1; FAY); Cancer (f; DAA; WO2); Cancer, breast (f; DAA); Carbuncle (f; DAA); Cardiopathy (1; AKT; FAY); Cold (f; FAY; WO2); Congestion (f; AKT); Conjunctivosis (f; DAA; FAY); Constipation (f; HHB); Cough (f; AKT); Dizziness (f; DAA); Dysmenorrhea (f; WO2); Fever (f; DAA); Flu (f; DAA); Fungus (1; AKT; FAY); Gas (f; FAY); Gonorrhea (f; WO2); Gray Hair (f; WO2); Headache (f; FAY); Hepatosis (f; AKT); High Blood Pressure (1; FAY); Infection (1; DAA; FAY); Inflammation (f; X8987908); Insomnia (f; DAA); Mastosis (f; DAA); Menopause (f; DAA); Migraine (f; WO2); Mycosis (1; AKT; FAY); Nervousness (f; DAA); Numbness (1; FAY); Ophthalmia (f; AKT; DAA); Palpitation (1; FAY); Parkinson's Disease (f; WO2); Respirosis (f; FAY); Rheumatism (f; WO2); Scrofula (f; DAA); Sinusosis (f; AKT); Sore Throat (f; FAY); Stomachache (f; WO2); Swelling (f; FAY); Tinnitus (f; DAA); Tonsilosis (1; FAY); Tuberculosis (1; DAA); VD (f; WO2); Vertigo (1; FAY); Virus (1; AKT); Wound (f; DAA).

Dosages (Chrysanthemum) — 4.5–12 g flower (FAY).

Contraindications, Interactions, and Side Effects (Chrysanthemum) — Class 1 (AHP). Not covered (KOM; PH2). Unfortunately, Tillotson has mixed feverfew in with the mums, such that I don't know to which he means his warning to apply, "Should not be used during pregnancy as it is a uterine stimulant. ...Some scientists voice concern about potential allergic reactions or cross reactivity with blood thinning agents such as warfarin or Ticlopidine" (AKT).

CILANTRO (*Eryngium foetidum* L.) +

The name cilantro is also applied to leaves of coriandrum.

Activities (Cilantro) — Abortifacient (f; JFM); Analgesic (1; TRA); Antibacterial (1; TRA); Anticonvulsant (1; TAD); Antiplasmodial (1; TRA); Antipyretic (1; TRA); Antiseptic (1; TRA); Antispasmodic (1; TRA); Antiviral (1; TRA); Aperitif (f; JFM); Aphrodisiac (f; JFM); Carminative (1; DAV; FNF); Diaphoretic (f; JFM); Emmenagogue (f; HHB; JFM); Expectorant (1; TRA); Fungicide (1; TRA); Hemostat (f; JFM); Hypotensive (1; JFM; TRA); Laxative (f; JFM); Pectoral (f; DAV); Stimulant (f; HHB; JFM); Vermifuge (f; JFM).

Indications (Cilantro) — Anemia (f; MPG); Anorexia (f; JFM); Arthrosis (f; DAV; MPG); Asthma (f; IED; MPG); Bacteria (1; TRA); Biliousness (f; JFM); Bleeding (f; JFM); Bronchosis (f; DAV); Cardiopathy (f; IED; MPG); Catarrh (f; IED); Cold (f; DAV; JFM); Colic (f; DAV); Constipation (f; JFM); Convulsion (1; JFM; TAD); Cough (f; DAV; JFM); Cramp (1; TRA); Debility (f; MPG); Diabetes (f; JFM; MPG); Diarrhea (f; DAV); Fever (1; DAV; JFM; TRA); Fits (f; JFM); Flu (f; DAV; JFM); Fungus (1; TRA); Gas (1; DAV; FNF; JFM); High Blood Pressure (f; DAV; IED; JFM; MPG; TRA); High Cholesterol (f; MPG); Infection (1; TRA); Insomnia (f; DAV); Malaria (1; TRA); Mycosis (1; TRA); Nausea (f; DAV; TRA); Obesity (f; MPG); Otosis (f; MPG; TRA); Pain (1; TRA); Parasite (f; IED); Pneumonia (f; DAV); Rheumatism (f; DAV; JFM); Snakebite (f; HHB; JFM); Stomachache (f; DAV; MPG); Syncope (f; JFM); Tumor (f; DAV; JLH); Virus (1; TRA); Water Retention (f; HHB); Worm (f; IED; JFM); Yellow Fever (f; JFM).

Dosages (Cilantro) — Take juice of leaves before meals for anorexia (JFM); infuse root in rum or wine as a vermifuge (JFM).

Contraindications, Interactions, and Side Effects (Cilantro) — Not covered (AHP). The emmenagogue folklore might suggest caution for use, if at all, by pregnant women.

CINCHONA, QUININE, REDBARK (*Cinchona pubescens* Vahl) +

Synonym — *C. succirubra* Pav. ex Klotzsch.

USDA prefers this species be called redbark; and that *C. callisaya* be called quinine, or yellowbark, or yellow cinchona, or yellow quinine. Both seem to share many morphological, chemical, and folkloric attributes. They are probably pretty tough to distinguish when reduced to powdered bark. Consider the entries below as likely to accrue to one as the other. FEL entries below are sometimes based on medical uses of quinine at the beginning of the 20th century.

Activities (Cinchona) — Abortifacient (1; FEL; WO2); Analgesic (1; CRC; PNC; WO2); Anesthetic (f; CRC); Anthelminthic (1; FNF; JAD); Antiarrhythmic (f; CRC); Antibacterial (1; WO2); Antiinflammatory (f; HAD); Antimalarial (1; CRC; PNC); Antiperiodic (f; CRC); Antipyretic (1; CRC; FNF; JAD); Antiseptic (1; CRC; FNF; MPI); Antitumor (1; JFM); Aperitif (2; HHB; KOM); Astringent (1; CRC; FNF; HHB); Bitter (2; CRC; JAD; SHT); Cardiodepressant (1; PNC; WO2); Cardiotonic (1; 60P); CNS-Depressant (1; WO2); Contraceptive (f; CRC); Dentifrice (f; CRC); Digestive (f; 60P); Gastrostimulant (2; KOM); Hypoglycemic (1; WO2); Hypotensive (1; WO2); Insecticide (f; CRC); Oxytocic (1; CRC; WO2); Schizonticide (f; CRC); Sialagogue (2; KOM; PH2); Stimulant (f; WO2); Stomachic (f; CRC; HHB); Teratogenic (1; WO2); Tonic (f; CRC; 60P); Uterotonic (f; CRC).

Indications (Cinchona) — Adenopathy (f; CRC; JLH); Ague (f; FEL); Alcoholism (1; PH2); Allergy (f; FEL; MPI); Alopecia (f; CRC); Amebiasis (f; CRC; WO2); Anemia (f; FEL; HHB; PH2); Anorexia (2; HHB; KOM; PHR; PH2); Arrhythmia (1; CRC; WO2); Arthrosis (f; 60P); Asthma (f; HHB); Bacteria (1; WO2); Bleeding (1; HHB); Cachexia (f; FEL); Cancer (1; CRC; JFM; JLH; PHR; PH2); Cancer, breast (f; CRC); Cancer, gland (f; CRC; JLH); Cancer, liver (f; CRC); Cancer, mesentery (f; CRC); Cancer, spleen (f; CRC); Carcinomata (f; CRC); Cardiopathy (f; CRC); Catarrh (f; MPI); Childbirth (f; FEL); Chill (f; 60P); Chlorosis (f; FEL); Cold (1; CRC; PNC; 60P); Conjunctivosis (f; FEL); Cough (f; WO2); Cramp (1; CRC; PH2; PNC; 60P); Debility (f; FEL; GMH; PH2); Dermatosis (f; PH2); Diabetes (1; WO2); Diarrhea (f; CRC; PH2; 60P); Diphtheria (f; FEL); Dysentery (1; CRC; MPI; WO2); Dyspepsia (2; FEL; KOM; PHR; PH2; 60P); Elephantiasis (f; WO2); Erysipelas (f; FEL); Felon (f; CRC; JLH); Fever (1; CRC; FNF; JAD; PH2); Flu (1; CRC; PH2; PNC; WO2); Gas (2; PHR; PH2); Gastrosis (f; PHR); Gonorrhea (f; FEL); Hangover (f; CRC); Headache (f; FEL; WO2); Heart (1; MPG); Heatstroke (f; FEL); Hemicrania (f; MPI); Hemorrhoid (1; CRC; WO2); Hepatosis (f; JLH); Hiccup (f; CRC); High Blood Pressure (1; WO2); Hydrocele (f; CRC); Hyperglycemia (1; WO2); Infection (1; MPI); Inflammation (f; HAD; PH2); Lumbago (f; CRC); Malaria (2; CRC; FNF; PHR; PH2; PNC; 60P); Metastasis (f; JLH); Myalgia (f; FEL); Myotonia (1; WO2);

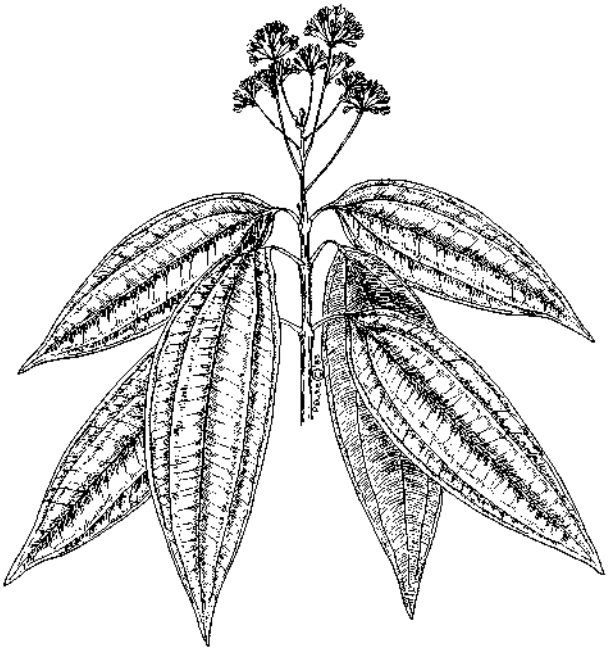
Neuralgia (f; CRC; FEL; HHB; MPI; PH2); Neurosis (f; CRC; PH2); Pain (1; CRC; FEL; PH2; PNC; WO2); Palpitation (1; MPG); Pertussis (f; CRC; HHB; MPI); Pinworm (f; CRC; WO2); Pneumonia (f; FEL; CRC; MPI); Pyemia (f; MPI); Rash (f; PH2); Respirosis (f; PH2); Rheumatism (f; FEL; MPI); Rhinosis (f; MPI); Sciatica (f; CRC; PH2); Septicemia (f; CRC); Sore (f; JLH; PHR; PH2); Sore Throat (f; CRC; MPI); Splenomegaly (f; PHR; PH2); Splenosis (f; JLH; MPI); Stomatosis (f; CRC); Tachycardia (1; 60P); Tonsilosis (1; MPI); Trachoma (f; FEL); Tumor (1; CRC; JFM); Typhoid (f; CRC; FEL); Ulcer (f; JLH); Varicosis (f; CRC; WO2); Wen (f; JLH); Wound (f; PHR; PH2).

Dosages (Cinchona) — 1 tsp bark boiled 5–10 min, 3 ×/day (MPG); 1–3 g bark (KOM); 10 grains for hay fever, hemicrania, neuralgia, pertussis, splenomegaly (MPI); 0.3–1 g powdered bark (PNC); 0.3–1 ml liquid extract (PNC); 0.3–1 ml cinchona extract (PNC); 2–4 ml cinchona tincture (PNC); maximum dose 50 mg alkaloids (PNC).

Contraindications, Interactions, and Side Effects (Cinchona) — Commission E reports contraindications; pregnancy and hypersensitivity; adverse effects: allergic reactions, rarely thrombocytopenia; and interaction: potentiation of coumarin derivatives. Other sources report contraindication for GI-ulcer, adverse effects for allergic skin reactions and fever. Overdosing or prolonged use may produce toxic effects (AEH). 8–20 g quinine may be fatal in humans (WO2).

Extracts (Cinchona) — Cinchonidine, cinchonine, hydroquinine, quinidine, and quinine all oxytocic in experimental animals at levels of 0.5–10 mg/kg (WO2). Cinchonidine, cinchonine, quinidine, and quinine are some of the antipyretic compounds in this growing medicine chest called quinine. From an amebicidal point of view, compounds modified from quinine and quinidine were not as potent as emetine and derivatives (I might mix my ipecac and quinine in Amazonia). Chloro-9-desoxy-quinine and quinidine were least active, while 9-desoxy-dihydro derivatives showed fair activity. More compounds that showed slight *in vitro* activity were also active *in vivo,* exceptions being 9-desoxy-dihydro quinine and quinidine, which were active *in vivo* (MPI).

CINNAMON (*Cinnamomum verum* J. Presl) +++



Synonyms — *C. zeylanicum* Blume, *Laurus cinnamomum* L.

I have aggregated cinnamon and cassia here, as do the spice dealers, so who knows which they have studied when it is reduced to powdered bark, in this HDR entry.

Activities (Cinnamon) — Allergenic (1; APA); Analgesic (1; APA; CAN; ZUL); Anesthetic (1; APA; CAN; TRA; ZUL); Antibacterial (2; APA; KOM; PH2; TRA; WHO); Antidiarrheal (1; CAN; TRA); Antiemetic (1; WO2); Antihistaminic (1; WHO); Antileukemic (1; TRA; WO2); Antilymphomic (1; WO2); Antioxidant (1; CRC); Antiprostaglandin (1; TRA); Antipyretic (1; CAN; CRC; TRA); Antiseptic (1; APA; CAN; CRC; TRA; WO2; ZUL); Antispasmodic (1; CAN; MPI; TRA; WHO; ZUL); Antiulcer (1; APA; WHO); Antiviral (1; APA; BGB; CAN; TRA); Aperitif (f; CAN); Aromatic (f; CRC); Astringent (1; CAN; TRA; ZUL); Candidicide (1; APA; CAN; WO2); Carminative (1; APA; CAN; TRA; WHO); Choleretic (1; APA); Cordial (f; CRC); Cyclooxygenase-Inhibitor (f; ZUL); Cytotoxic (1; CAN; TRA); Depurative (f; APA); Diaphoretic (f; AHP); Emollient (f; JLH); Estrogenic (1; PHR; PH2); Expectorant (1; WO2); Fungicide (1; CRC; KOM; PH2; TRA; WHO); Hemostat (f; MPI); Hypotensive (1; ZUL); Insectifuge (1; TRA); Insecticide (1; PHR; PH2; WO2); Larvicide (1; APA; BGB; CAN; TRA); Lipolytic (1; APA; BGB; LAF; TRA; WO2); Lipoxygenase-Inhibitor (f; ZUL); Mutagenic (1; TRA; WHO; WO2); Myorelaxant (1; TRA; WHO); Nematicide (1; TRA); Neurotonic (f; MPI); Sedative (f; CRC); Sialagogue (1; APA); Stimulant (f; CRC; WO2); Stomachic (f; AHP; MPI); Teratogenic (1; WHO); Tonic (f; IED); Uterorelaxant (f; APA); Uterotonic (f; APA); Vibriocide (1; WO2).

Indications (Cinnamon) — Amenorrhea (1; CRC; WHO; WO2); Amnesia (f; ZUL); Anorexia (2; CAN; KOM; PH2; WHO); Arthrosis (f; CRC); Asthenia (1; BGB); Asthma (f; CRC); Bacteria (2; APA; KOM; PH2; TRA; WHO; WO2); Bleeding (1; APA; MPI); Bloating (1; BGB); Bronchosis (2; CRC; PHR); Cancer (f; CRC); Cancer, abdomen (f; JLH); Cancer, bladder (f; JLH); Cancer, breast (f; JLH); Cancer, colon (f; JLH); Cancer, diaphragm (f; JLH); Cancer, ear (f; JLH); Cancer, gum (f; JLH); Cancer, kidney (f; JLH); Cancer, liver (f; JLH); Cancer, mouth (f; JLH); Cancer, neck (f; JLH); Cancer, rectum (f; JLH; WO2); Cancer, sinus (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, uterus (f; JLH); Cancer, vagina (f; JLH); Candida (1; APA; CAN; CRC; WO2); Chill (f; PHR; PH2); Cholera (1; CRC; WO2); Cold (2; CAN; PHR; ZUL); Colic (1; APA; CAN; TRA); Condylomata (f; JLH); Conjunctivosis (f; WHO); Cough (2; CRC; PHR); Cramp (1; APA; CAN; DEP; MPI; TRA; WHO; ZUL); Diarrhea (1; DEP; PHR; TRA; WHO); Dysentery (f; CRC; DEP; WO2); Dysmenorrhea (1; APA; WHO); Dyspepsia (2; CAN; IED; KOM; PH2; WHO); Dyspnea (f; WHO); Enterosis (1; JLH; WHO); Enterospasm (2; KOM; WHO); Escherichia (1; CRC); Fever (2; AHP; CAN; CRC; PHR; TRA); Fistula (f; CRC); Flu (f; PHR; PH2); Frigidity (f; WHO); Fungus (1; CRC; KOM; PH2; TRA; WHO); Gas (2; APA; CAN; DEP; KOM; TRA; WHO); Gastrosis (f; DEP; WO2); Gastrospasm (2; KOM); Gingivosis (f; JLH); Halitosis (f; PH2); Headache (1; DEP; WO2; ZUL); Heart (f; CRC); Hepatosis (f; JLH); High Blood Pressure (1; ZUL); Impotence (f; WHO); Infection (2; CRC; KOM; PHR; PH2; TRA; WHO; WO2); Insomnia (f; CRC); Leukemia (1; TRA; WO2); Leukorrhea (f; WHO); Lumbago (f; CRC); Lung (f; CRC); Lymphoma (1; WO2); Mastosis (f; JLH); Menorrhagia (f; CRC); Mycosis (1; CRC; KOM; PH2; TRA; WHO; ZUL); Nausea (f; CRC; TRA; ZUL); Nephrosis (f; CRC); Nervousness (f; CRC); Neuralgia (f; DEP; WHO; WO2); Pain (1; APA; CAN; TRA; WHO; WO2; ZUL); Paralysis (f; DEP; WO2); Pharyngosis (2; PHR); Phthisis (f; CRC); Phymata (f; JLH); Proctosis (f; JLH); Prolapse (f; CRC); Proctosis (f; CRC); Psoriasis (f; CRC); Rheumatism (f; APA; WHO; WO2; ZUL); Salmonella (1; WO2); Sinusosis (f; JLH); Sore (f; JLH); Spasm (f; CRC); Splenosis (f; JLH); Staphylococcus (1; CRC); Stomatosis (2; CRC; DEP; JLH; PHR; WO2); Syncope (f; WO2); Toothache (f; DEP; PH2; WHO); Tumor (f; CRC; JLH); Ulcer (1; APA; WHO); Vaginosis (f; CRC; JLH; WHO); Virus (1; APA; BGB; CAN; TRA); Vomiting (1; CRC; PH2; WO2); Wart (f; CRC; JLH); Wen (f; JLH); Worm (f; PHR; PH2); Wound (f; PHR; PH2; WHO); Yeast (1; APA; CAN; WO2).

Dosages (Cinnamon) — 1 tsp bark/cup water 2–3 ×/day w meals (APA; WIC); 0.5–1 g bark as tea 3 ×/day (CAN); 2–4 g bark/day (KOM; WHO); 20 grains bark for dysentery (DEP); 0.3–1 g powdered bark (PNC); 0.5–1.0 ml liquid extract (1:1 in 70% ethanol) 3 ×/day (CAN); 2–4 ml cinnamon tincture (CAN; PNC); 0.05–0.2 g EO/day (KOM; WHO); 0.05–0.2 ml cinnamon oil (PNC); 0.3–1.2 ml spirit of cinnamon (PNC).

Contraindications, Interactions, and Side Effects (Cinnamon) — Class 2b, 2d. "Not for long-term use; do not exceed recommended dose (2–4 g bark/day; 50–200 mg EO/day). May overstimulate the vasomotor center" (AHP). Commission E reports bark contraindications: hypersensitivity to cinnamon or Peruvian balsam; and adverse effects: often allergic reactions of skin and mucosae. TRAMIL warns against continued use because of mutagenicity (TRA). Extracts and cinnamaldehyde reported mutagenic in some studies, nonmutagenic in others. Other sources report contraindications: GI-ulcer and pregnancy (AEH). CAN cautions that the cinnamaldehyde in the volatile oil is allergenic and irritant. The allergenic oil should not be taken internally (CAN). "No known problems with the use of cinnamon during pregnancy and lactation, provided that doses do not greatly exceed the amounts used in foods. "May cause some people to break out in a rash" (Castleman, 1996). High doses caused vomiting in experiments with dogs, corresponding with reported side effects in humans. Cinnamaldehyde, 5% in petrolatum, is a skin irritant. Prolonged contact with cinnamon oil on skin may cause burns. Cinnamaldehyde in cosmetics or perfumes may cause allergic reactions. Allergic reactions (i.e., swollen lips or tongue, itching, burning sensation, blistering of the oral mucosa, and urticaria) reported from contact with ointments, toothpaste, mouthwash, or foods containing cinnamon oil or cinnamaldehyde (AEH1). Cinnamic aldehyde in perfumes can cause dermatosis. In toothpaste, it can cause sensitivity (DAD). Sensitized and sensitive justifiable chemophobes may develop dermatosis using mouthwash, perfume, soap, or toothpaste flavored with camphor, cassia, or cinnamon (FNF; RIN). May reduce activity of tetracycline (WHO). Following ingestion of cinnamon, contact dermatosis may flare up. Eugenol has been reported to be irritant and a weak tumor promoter. EO LD50 690 mg/kg der (CAN). Perhaps second only to some varieties of clove (up to 20% eugenol), cinnamon (to 3.8%) is a major source of eugenol.

CINNAMON-VINE, CHINESE YAM (*Dioscorea batatas* Decne.) ++

Synonym — *Dioscorea opposita* auct.

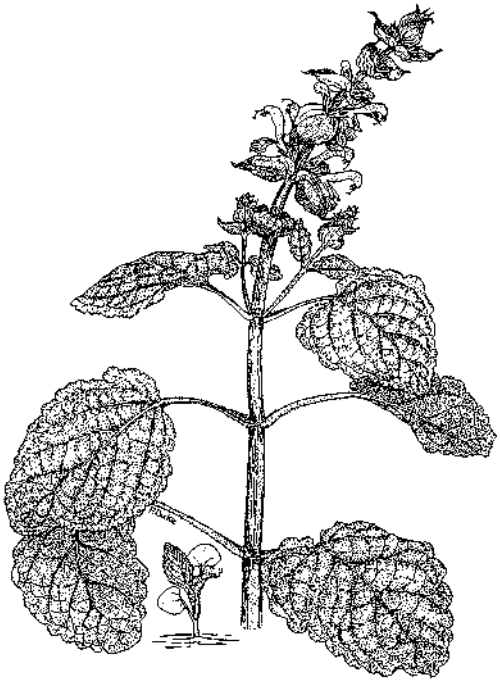
Activities (Cinnamon-Vine) — Antioxidant (1; PR14:250); Antiradicular (1; PR14:250); Nootropic (f; X10925408).

Indications (Cinnamon-Vine) — Asthma (f; DAA); Bite (f; DAA); Cachexia (f; DAA); Cough (f; DAA); Debility (f; DAA); Diarrhea (f; DAA); Dyspepsia (f; DAA); Dysuria (f; DAA); Enterosis (f; DAA); Enuresis (f; DAA); Hypertonia (f; DAA); Leukorrhea (f; DAA); Neurasthenia (f; DAA); Night Sweats (f; DAA); Polyuria (f; DAA); Snakebite (f; DAA); Spermatorrhea (f; DAA); Sting (f; DAA).

Dosages (Cinnamon-Vine) — None found.

Contraindications, Interactions, and Side Effects (Cinnamon-Vine) — Not covered (AHP; KOM; PH2). None found.

CLARY (*Salvia sclarea* L.) +++



Synonym — *S. sclarea* var. *turkestaniana* Mottet

Activities (Clary) — Analgesic (1; TAD); Antibacterial (f; HH2); Antidiaphoretic (f; EFS); Anti-inflammatory (1; TAD); Antiseptic (f; CRC; EFS; HH2); Antispasmodic (f; CRC); Astringent (f; CRC; EFS); Balsamic (f; CRC); Digestive (f; CRC); Emmenagogue (f; CRC; EFS); Stimulant (f; CRC; EFS); Stomachic (f; CRC; EFS).

Indications (Clary) — Bacteria (f; HH2); Cancer (f; CRC); Catarrh (f; CRC; EFS; HH2); Conjunctivosis (f; CRC); Cramp (f; CRC; HH2); Debility (f; CRC); Dysmenorrhea (f; HH2); Dyspepsia (f; CRC); Felon (f; CRC; JLH); Gas (f; HHB); Headache (f; CRC; HH2); Infection (1; HH2); Inflammation (1; TAD); Kidney Stone (f; CRC); Nephrosis (f; CRC; HH2); Ophthalmia (f; CRC); Pain (1; TAD); Swelling (f; CRC); Tumor (f; CRC); Uterosis (f; CRC).

Dosages (Clary) — Food farmacy? To be eaten for cancer (JLH).

Contraindications, Interactions, and Side Effects (Clary) — Class 1 (AHP). Not covered (KOM; PHR; PH2). LD50 EO = >5000–5600 mg/kg orl rat (HH2); LD50 EO = >520–550 mg/kg ipr mouse (HH2); LD50 EO = 740 mg/kg ipr rat (HH2); 2000–>5000 mg/kg dml dog (HH2).

CLEAVERS (*Galium aparine* L.) ++

Activities (Cleavers) — Alterative (f; DAA; EFS; PNC); Antibacterial (1; APA); Antidyscratic (f; MAD); Antiinflammatory (1; FAD); Antipyretic (f; DAA); Antispasmodic (f; EFS); Aperient (f; DAA; EFS; PNC; SKJ); Astringent (1; APA; DAA; PNC); Demulcent (1; WAM); Depurative (1; DAA; EFS; WAM); Diaphoretic (f; DAA); Diuretic (1; APA; CAN; DAA; FAD); Emetic (f; DEM); Emmenagogue (f; MAD); Hemostat (f; DAA; MAD); Hypotensive (1; DAA; FAD); Immunostimulant (1; WAM); Laxative (1; APA; DEM; PNC); Larvicide (1; APA); Litholytic (f; PH2); Lymph Tonic (1; WAM); Poison (f; DEM); Tonic (f; DAA; DEM; PNC).

Indications (Cleavers) — Adenopathy (f; APA; CAN; DAA; MAD); Ague (f; CEB); Amenorrhea (f; MAD); Ascites (f; MAD); Bacteria (1; APA); Bleeding (1; APA; DAA; DEM; MAD; PH2); Bite (f; CEB); Burn (1; APA); Calculus (f; PH2); Cancer (f; APA; DAA; MAD); Cancer, breast (f; CEB; JLH); Cancer, gland (f; DAA); Cancer, skin (f; JLH); Cancer, throat (f; DAA; JLH); Cancer, tongue (f; DAA; MAD); Catarrh (f; HH2; PH2); Cholecystosis (f; HH2); Constipation (1; APA; DEM; PNC); Cramp (f; DAA; EFS); Cystosis (1; APA; PH2; PNC; WAM); Dermatosis (1; APA; EFS; HH2; JLH); Dropsy (f; MAD; PH2); Dysuria (f; MAD; PH2; CAN); Eczema (f; MAD); Enuresis (f; CEB); Epilepsy (f; CEB; MAD); Epistaxis (f; CEB); Exanthema (f; MAD); Fever (f; APA; DAA; TOM); Freckle (f; CEB; DAA); Gastrosis (1; WAM); Gonorrhea (f; DEM; MAD); Gout (f; CEB; TOM); Gravel (f; MAD); Hemoptysis (f; DEM); Hepatoma (f; DAA); High Blood Pressure (1; DAA; FAD); Hysteria (f; CEB); Immunodepression (1; WAM); Induration (f; JLH); Inflammation (1; FAD); Ischuria (1; PH2); Itch (f; DEM); Jaundice (f; APA; DAA; MAD); Kernel (f; DAA; JLH); Kidney Stone (f; APA); Leprosy (f; MAD); Leukemia (f; DAA); Lichen (f; MAD); Lithiasis (f; PH2); Lymphadenosis (f; CAN); Mastosis (f; PH2); Nephrosis (f; APA; DAA; DEM; HH2); Obesity (f; DAA; DEM; TOM); Otosis (f; MAD); Phthisis (f; MAD); Poison Ivy (f; DEM); Psoriasis (f; APA; CAN; MAD); Scarlet Fever (f; CEB); Scrofula (f; MAD); Smallpox (f; CEB); Sore (f; APA; MAD); Stomatosis (f; MAD); Stone (f; HH2; MAD; PH2); Swelling (f; MAD); Tonsilosis (1; WAM); Tuberculosis (f; MAD); Ulcer (f; APA); UTI (1; APA); VD (1; APA; MAD); Water Retention (1; APA; CAN; DAA; FAD; PH2); Wen (f; JLH); Wound (f; APA); Yeast (1; APA).

Dosages (Cleavers) — 1 oz leaf/pint water 3 ×/day (APA); 5–10 ml herb tincture 3 ×/day (APA); 2–4 g herb as tea 3 ×/day (CAN); 3–4 tsp (3.3–4.4 g)/day in tea (MAD); 2–4 ml liquid extract (1:1 in 25% ethanol) 3 ×/day (CAN; PNC); 2–4 ml liquid herb extract (PNC); 3–15 ml expressed juice 3 ×/daily (CAN); 3.75–7.5 g expressed sap (MAD); 4 tsp (3.3–4.4 g) in 2 glasses water (HH2; PH2).

Contraindications, Interactions, and Side Effects (Cleavers) — Class 1 (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). None known (WAM). Diabetics should use the expressed juice only with caution. Excessive use of cleavers should be avoided, especially during pregnancy (CAN). Lower arterial blood pressure in canines with no slowing of heart and no toxic effects. Like other iridoids, asperuloside is a mild laxative (PNC). It can be converted to prostanoid intermediates. I was surprised to find harmine, 1-hydroxydesoxypeganin, 8-hydroxy-2,3-dehydrodesoxypeganin, and protopine listed for this plant by the Herbal PDR (Gruenwald, et al., 2000). I am reluctant to enter them in my database without checking their original sources.

CLEMATIS (*Clematis recta* L.) +

EFS, properly methinks, treat *C. recta* and *C. vitalba,* as a unity.

Activities (Clematis) — Diaphoretic (f; EFS); Diuretic (f; EFS; HHB); Fungicide (1; HHB); Irritant (1; EFS); Laxative (f; EFS); Rubefacient (f; EFS); Vesicant (1; EFS; HHB); Vulnerary (f; PH2).

Indications (Clematis) — Adenopathy (f; HHB); Arthrosis (f; HHB); Blister (f; PH2); Blood (f; EFS); Catarrh (f; HHB); Dermatosis (f; HHB); Eczema (f; HHB); Edema (f; HHB); Fever (f; EFS); Fungus (1; HHB); Gonorrhea (f; HHB); Gout (f; HHB); Headache (f; PH2); Infection (1; HHB); Mycosis (1; HHB); Nephrosis (f; EFS); Osteosis (f; PH2); Pain (f; HHB); Prostatosis (f; HHB); Rheumatism (f; HHB); Scrofula (f; EFS); Sore (f; PH2); Swelling (f; HHB); Syphilis (f; HHB); Varicosis (f; PH2); VD (f; HHB); Water Retention (f; EFS; HHB).

Contraindications, Interactions, and Side Effects (Clematis) — Not covered (AHP). Hazards and/or side effects not known for therapeutic dosages of the dehydrated drug (PH2). Death by asphyxiation following the intake of large quantities of protoanemonine-forming plants has been

observed in animal experiments (PH2). That template warning could apply to many members of the Ranunculaceae. PH2 was kind to the herb, noting that this plant was less dangerous than some other better known Ranunculaceae.

CLIMBING POTATO (*Bowiea volubilis* Harv. ex Hook. f.) X

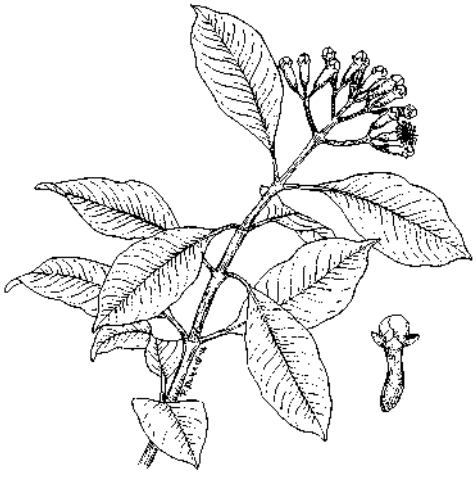
Synonym — *Ophiobostryx volubilis* (Harv. ex Hook. f.) Skeels.

Activities (Climbing Potato) — Cardiotonic (1; CRC; VVG; WBB); Collyrium (f; CRC); Emetic (f; VAG; WBB); Irritant (f; WBB); Laxative (f; VVG; WBB); Philtre (f; WBB); Poison (1; CRC); Rodenticide (1; WBB).

Indications (Climbing Potato) — Ascites (f; CRC; WBB); Conjunctivosis (f; VAG; WBB); Constipation (f; CRC); Cystosis (f; VAG); Dropsy (f; CRC); Edema (f; VVG); Headache (f; VAG); Infertility (f; CRC; VVG; WBB); VD (f; WBB).

Contraindications, Interactions, and Side Effects (Climbing Potato) — Human fatalities reported (VAG); African medicine men have killed patients with overdoses. Vomiting and purgation were followed by death in 3 hours to 3 days. But death can occasionally occur in minutes (CRC). Internal use may cause fatality (ZUL). One-half ounce bulb fatal to sheep (WBB). Tuber 30 times digitalis, flower 60 times, so don't eat this flower. 2 g flower = 1 g pure digitoxin. MLD bulb alkaloid 0.28 ppm gastric intubation in cats (WBB).

CLOVES (*Syzygium aromaticum* (L.) Merr. & L. M. Perry) +++



Synonyms — *Caryophyllus aromaticus* L., *Eugenia aromatica* (L.) Baill., *E. caryophyllata* Thunb., *E. caryophyllus* (Spreng.) Bullock & S. G. Harrison.

Activities (Cloves) — Analgesic (2; APA; CAN; PHR; PH2; PIP; WAM); Anesthetic (1; CRC; HH2; KOM; PH2; TRA); Anthelminthic (1; PNC); Antiaggregant (1; DAD; TRA); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Antibacterial (1; KOM; PH2; PIP; TRA); Anticancer (1; APA); Anticonvulsant (1; TRA); Antidote (f; CRC); Antiemetic (f; CAN; HH2); Antiherpetic (1; HH2; TRA); Antihistaminic (1; CAN); Antiinflammatory (1; COX; FNF); Antimutagenic (1; X7753104); Antinitrosating (1; X7753104); Antioxidant (1; APA); Antiperspirant (f; CRC); Antiseptic (1; APA; CRC; HHB; KOM; PH2); Antispasmodic (1; HH2; KOM; PH2; PIP); Antiviral (1; APA; KOM; PH2; PIP; TRA); Candidicide (1; APA; TRA); Carminative (1;

CAN; CRC); Counterirritant (1; CAN); Deodorant (f; CRC); Digestive (f; CRC); Expectorant (f; CRC); Fungicide (1; KOM; PH2; PIP; TRA); Insectifuge (1; CRC; WOI); Larvicide (1; APA); Parasympaticolytic (1; TRA); Peristaltic (f; CRC); Rubefacient (f; CRC); Stimulant (1; CRC; FNF); Stomachic (f; CRC); Tonic (f; CRC); Tranquilizer (1; TRA); Trichomonicide (1; HH2); Trypsin-Potentiator (1; CAN); Vasodilator (1; TRA); Vermifuge (f; CRC).

Indications (Cloves) — Alzheimer's (1; COX; FNF); Anorexia (f; PH2); Arthrosis (1; COX; FNF); Aspergillus (1; HH2); Athlete's Foot (15% tincture in 70% alcohol) (2; CAN); Bacteria (1; KOM; PH2; PIP; TRA); Bronchosis (2; PHR); Bug Bite (1; APA); Bunion (1, TGP); Callus (f; CRC); Cancer (1; APA; COX; FNF; X7753104); Candida (1; APA; HH2; TRA); Caries (f; CRC); Childbirth (f; CRC); Cholera (f; CRC); Cold (2; PHR; PH2); Colic (1; CAN; PH2); Convulsion (1; TRA); Cough (2; PHR); Cramp (1; HH2; KOM; PH2; PIP); Dermatosis (1; APA); Diarrhea (1; APA; CRC; HH2); Dyspepsia (f; CRC; HH2); Enterosis (f; CRC); Escherichia (1; HH2); Fever (2; PHR); Fungus (1; CRC; HH2; KOM; PH2; PIP; TRA); Gas (1; CAN; CRC; HH2; PH2); Gastrosis (f; CRC; PH2); Gingivosis (1; APA); Halitosis (1, LMP; PH2; TGP); Headache (1; HH2; PH2); Heart (f; CRC); Hernia (f; CRC); Herpes (1; HH2; TRA); Hiccup (f; CRC); Infection (2; APA; KOM; PHR; PH2; PIP; TRA); Infertility (f; CRC); Inflammation (2; COX; FNF; KOM); Maculosis (1, TGP); Mucososis (1; APA); Myalgia (f; HH2); Mycosis (1; KOM; PH2; PIP; TRA); Nausea (f; CRC); Nervousness (1; TRA); Ophthalmia (f; PH2); Pain (2; APA; CAN; CRC; HH2; KOM; PHR; PH2; PIP; TRA; WAM); Pharyngosis (2; APA; KOM; PH2; PIP); Phthisis (f; CRC); Polyp (f; CRC); Retinosis (1, TGP); Rhinosis (f; CRC); Sore (f; CRC); Sore Throat (PIP); Spasm (f; CRC); Staphylococcus (1; HH2); Stomatosis (2; APA; KOM; PH2; PIP); Teething (1; WAM); Toothache (2; APA; CAN; HH2; PH2; TRA); Trichomonas (1; HH2); Ulcer (f; PH2); Uterosis (f; CRC); Vaginosis (1; APA; HH2); Virus (1; APA; CRC; KOM; PH2; PIP; TRA); Vomiting (f; CAN; HH2); Wart (f; CRC); Worm (f; CRC); Wound (1; APA; CRC); Yeast (1; APA; HH2; TRA).

Dosages (Cloves) — 120–320 mg clove (CAN); 100–300 mg powdered clove (PNC); 0.05–0.2 ml clove oil (CAN; PNC); Mouthwashes with 1–5% EO (KOM; PH2); 2–4 ml concentrated clove infusion (PNC).

Contraindications, Interactions, and Side Effects (Cloves) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). CAN reports the eugenol in the volatile oil to be an irritant. The oil is a dermal and mucous irritant, sometimes causing cheilitis, dermatosis, and stomatosis. NO undiluted oil on infants' gums or throat (Dilution: 2–4 drops oil to 1 tsp almond, safflower, or canola oil) (WAM). May interfere with anticoagulant therapy. "There are no known problems with the use of clove during pregnancy and lactation, provided that doses do not greatly exceed the amounts used in foods" (CAN). Clove bud oil is reported to have an oral LD50 of 2650 mg/kg body weight in rats (equaling that of the major ingredient, eugenol, which sensitizes some people, causing contact dermatosis) (DAD). EO LD50 = 2650 mg/kg orl rat (CRC). Major source of the COX-2 inhibitor, oleanolic acid, with clove up to 2% (COX). As the best source of eugenol, clove (up to 20% eugenol) may share many of its reported biological activities.

CLUBMOSS (*Lycopodium clavatum* L.) ++

Activities (Clubmoss) — Analgesic (f; DEM); Antispasmodic (f; EFS; HHB); Aphrodisiac (f; FAD); Carminative (f; EFS); Depurative (f; PH2); Diuretic (f; EFS; HHB); Emmenagogue (f; EFS; HHB); Gastrosedative (f; FEL); Hemostat (f; DEM); Laxative (f; EFS).

Indications (Clubmoss) — Bleeding (f; DEM); Bronchosis (f; MAD); Calculus (f; DEP); Catarrh (f; FEL; PH2); Chafing (f; FAD); Childbirth (f; DEM); Cholecystosis (f; HHB); Cirrhosis (f; MAD); Constipation (f; DEP; EFS; FEL); Cramp (f; EFS; HHB; WOI); Cystosis (f; PH2); Debility (f; DEM); Dermatosis (f; FEL; PH2); Diabetes (f; MAD); Diarrhea (f; MAD); Dysmenorrhea (f; PH2); Dyspepsia (f; FEL; PH2); Dysuria (f; FEL); Eczema (f; FEL; PH2); Enterosis (f; HHB); Epilepsy (f; MAD); Erysipelas (f; FEL); Fever (f; DEM; FEL); Furuncle (f; MAD); Gas (f; EFS; FEL); Gastrosis (f; FEL; HHB); Gleet (f; FEL); Gonorrhea (f; FEL); Gout (f; MAD); Headache (f; DEM); Hematuria (f; FEL); Hemoptysis (f; FEL); Hepatosis (f; MAD; PH2); Herpes (f; FEL); Hysteria (f; MAD); Impotence (f; PH2); Itch (f; PH2); Jaundice (f; MAD); Lice (f; FAD); Nephrosis (f; HHB); Pain (f; DEM); Pharyngosis (f; PH2); Pneumonia (f; MAD); Psoriasis (f; MAD); Rachosis (f; MAD); Respirosis (f; PH2); Rheumatism (f; PH2); Rhinosis (f; MAD); Scabies (f; MAD); Scrofula (f; MAD); Sore (f; FEL); Splenosis (f; MAD); Stone (f; DEP; FEL); Tenesmus (f; MAD); Tonsilosis (f; PH2); Tuberculosis (f; MAD); Urethrosis (f; FEL); Uterosis (f; PH2); Vaginosis (f; PH2); Varicosis (f; MAD; PH2); Water Retention (f; DEP; EFS; HHB); Wound (f; PH2).

Dosages (Clubmoss) — 1.5 herb (HHB); 1–5 g powder/day (MAD); 2–3 cups tea/day (PH2).

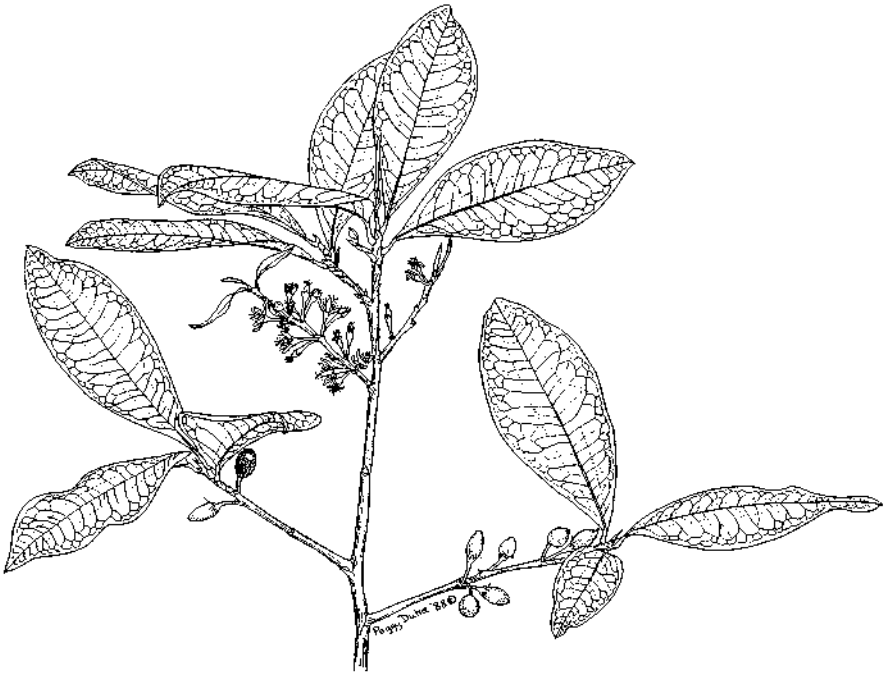
Contraindications, Interactions, and Side Effects (Clubmoss) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Large doses are emetic (MAD).

CLUSTERLEAF
(*Terminalia sericea* Burch ex DC.) +

Activities (Clusterleaf) — Antibacterial (1; HDN); Antiemetic (f; ZIM); Antiinflammatory (1; ZUL); Antiulcer (1; ZUL); Aphrodisiac (f; HH2); Bitter (1; WBB); Candidicide (1; HDN); Poison (1; ZUL).

Indications (Clusterleaf) — Abortion (f; HDN); Bacteria (1; HDN); Bilharzia (f; HDN); Biliousness (f; HDN); Candida (1; HDN); Childbirth (f; HDN; WBB); Colic (f; ZUL); Conjunctivosis (f; HDN); Debility (f; ZUL); Dermatosis (f; HDN); Diabetes (f; WBB; ZUL); Diarrhea (f; HH2; ZUL); Dysentery (f; HDN); Enterosis (f; ZUL); Epistaxis (f; ZUL); Fungus (1; HDN); Gastrosis (f; ZUL); Gonorrhea (f; HDN); Hematuria (f; HDN); Hydrocele (f; HDN); Impotence (f; HH2); Infection (1; HDN); Infertility (f; ZUL); Inflammation (1; HDN; ZUL); Menorrhagia (f; HH2; ZUL); Mycosis (1; HDN); Ophthalmia (f; ZUL); Pain (f; HDN); Pneumonia (f; HDN; ZUL); Proctosis (f; HDN); Schistosomiasis (f; ZUL); Sore Throat (f; HDN; ZUL); Staphylococcus (1; HDN); Swelling (f; HDN); Syphilis (f; HDN); Trachoma (f; HDN); Ulcer (1; HDN; ZUL); VD (f; ZUL); Vomiting (f; HDN; ZIM); Worm (f; HDN); Wound (f; HH2; ZUL); Yeast (1; HDN).

COCA (*Erythroxylum coca* Lam.) +



Activities (Coca) — Analgesic (f; CRC; HHB); Anesthetic (1; CRC; PHR; PH2); Antibacterial (1; CRC); Aperient (f; CRC); Aphrodisiac (f; CRC); Astringent (f; CRC); Carcinogenic (f; PHR); Carminative (f; CRC); CNS-Stimulant (1; CRC; PH2); Deobstruent (f; CRC); Depurative (f; CRC); Digestive (f; CRC); Diuretic (f; CRC; HHB); Embryotoxic (f; PHR); Euphoriant (f; CRC); Hallucinogen (f; CRC); Immunosuppressant (f; PHR); Mydriatic (f; CRC); Narcotic (f; CRC); Nervine (f; CRC); Paralytic (1; PH2); Psychedelic (f; CRC); Stimulant (f; CRC); Tonic (1; HHB).

Indications (Coca) — Altitude Sickness (1; CRC; HAD; JAD); Asthma (f; CRC; HHB); Bacteria (1; CRC); Bleeding (f; CRC); Cancer (f; CRC); Childbirth (f; DAV); Conjunctivosis (f; CRC); Dermatosis (f; CRC); Diarrhea (f; DAV); Dyspepsia (f; CRC; DAV); Eczema (f; CRC); Edema (f; CRC); Enterosis (f; DAV); Epistaxis (f; CRC); Fatigue (1; CRC; DAV); Fracture (f; CRC); Gas (f; CRC); Gastrosis (f; CRC); Gingivosis (f; CRC); Gout (f; CRC); Headache (f; CRC; DAV); Hemorrhoid (f; CRC); Hoarseness (f; CRC); Hunger (f; DAV; HHB); Hypochondria (f; CRC; HHB); Itch (f; CRC); Melancholy (f; CRC); Nausea (f; CRC); Neuralgia (f; CRC); Nervousness (f; CRC); Neurasthenia (f; CRC); Neurosis (f; CRC); Ophthalmia (f; CRC); Pain (1; CRC; HHB; PHR; PH2); Rheumatism (f; CRC; DAV); Side Ache (f; CRC); Sore (f; CRC); Splenosis (f; CRC); Stomachache (f; CRC; DAV); Stomatosis (f; CRC); Swelling (f; CRC); Syncope (f; CRC); Throat (f; CRC); Water Retention (f; CRC; HHB); Wound (f; CRC).

Dosages (Coca) — Individual dose, 3 g dry leaf (HHB). Maximum individual dose 30 mg cocaine (HHB).

Contraindications, Interactions, and Side Effects (Coca) — Not covered (AHP). Classified as a drug, which, normally, must be registered as a pharmaceutical specialty (AEH). Embryotoxic, cocaine passes into the fetus and mother's milk (PHR). In high doses it may paralyze motor neuron fibers (PH2).

COCILLANA (*Guarea rusbyi* (Britton) Rusby) +

Activities (Cocillana) — Emetic (1; HHB; PH2); Emmenagogue (1; HHB; HH2; PH2); Expectorant (1; HHB; HH2); Laxative (1; PH2); Stimulant (f; PH2).

Indications (Cocillana) — Amenorrhea (f; HHB; HH2; PH2); Bronchosis (f; PH2); Constipation (1; PH2); Cough (f; PH2); Respirosis (f; PH2).

Dosages (Cocillana) — 0.5–1 g bark 3 ×/day (HHB; HH2); 1.3–3 g for amenorrhea (HH2).

Contraindications, Interactions, and Side Effects (Cocillana) — Not covered (AHP)."Health hazards not known with proper therapeutic dosages" (PH2). Large doses cause diarrhea, fatigue, and nausea (HHB; PH2).

COCKSCOMB (*Celosia argentea* L. var. *cristata* (L.) Kuntze) +++

Synonym — *C. cristata* L.

Foster and Yue treat flowers of *C. cristata* (cockscomb) as Ji Guan Hua + (Pinyin) and seeds of *C. argentea* (redfox) as Qing Xiang Zi (Pinyin). All species of the genus are also called woolflower (FAY).

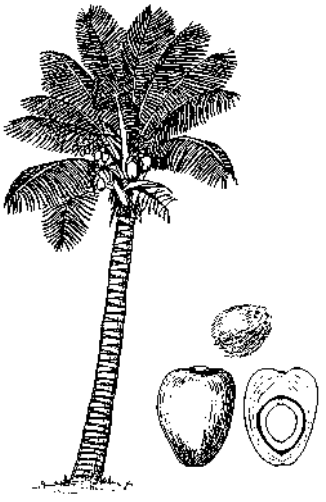
Activities (Cockscomb) — Anthelminthic (f; DAA); Antibacterial (1; WO2); Antiinflammatory (f; FAY); Antiribosomal (1; X10850653); Antiviral (1; X10850653); Aphrodisiac (f; FAY; WO2); Astringent (f; JLH); Demulcent (f; FAY); Depurative (f; FAY); Diuretic (1; LMP; WO2); Emollient (f; LMP); Hypotensive (1; FAY); UTI (f; FAY); Litholytic (1; WO2); Trichomonicide (f; FAY); Vermifuge (f; DAA).

Indications (Cockscomb) — Abscess (f; LMP); Amenorrhea (f; DAA; LMP); Bacteria (1; WO2); Bite (f; FAY); Bleeding (f; DAA; FAY; LMP); Boil (f; DAA); Cancer (f; JLH; WO2); Conjunctivosis (f; FAY); Corneosis (f; FAY); Cough (f; DAA); Deafness (f; LMP); Dermatosis (f; FAY); Diarrhea (f; DAA; FAY); Dizziness (f; FAY); Dysentery (f; FAY); Dysmenorrhea (f; DAA; FAY); Dysuria (f; DAA; FAY); Enterosis (f; LMP); Epistaxis (f; FAY); Escherichia (1; WO2); Fever (f; FAY); Fracture (f; LMP); Hematemesis (f; FAY); Hematuria (f; FAY); Hemoptysis (f; DAA; FAY); Hemorrhoid (f; DAA; FAY); Hepatosis (f; FAY); High Blood Pressure (1; FAY); HIV (1; X10850653); Impotence (f; FAY); Incontinence (f; FAY); Infection (1; FAY; LMP; WO2); Inflammation (f; FAY); Irosis (f; FAY); Itch (f; FAY); Leukorrhea (f; FAY; LMP); Metrorrhagia (f; DAA); Ophthalmia (f; DAA); Pain (f; DAA); Parasite (1; FAY); Protozoa (1; FAY); Sore (f; DAA; FAY); Staphylococcus (1; WO2); Stomatosis (f; FAY; WO2); Stone (1; WO2); Swelling (f; DAA); Trichomoniasis (1; FAY); Uterosis (f; FAY); UTI (f; FAY); Vaginosis (1; FAY); Virus (1; X10850653); Water Retention (1; LMP; WO2); Worm (f; DAA); Wound (f; FAY).

Dosages (Cockscomb) — 4–15 g fl (FAY); 3–15 g seed in decoction (FAY).

Contraindications, Interactions, and Side Effects (Cockscomb) — Not covered (AHP; KOM; PH2). Leaves not to be eaten by menstruating women (LMP).

COCONUT (*Cocos nucifera* L.) +++



Activities (Coconut) — Anthelmintic (f; DAD; MPI); Antibacterial (f; DAD); Antiblennorrhagic (f; DAD); Antibronchitic (f; DAD); Antidotal (f; DAD); Antigingivitic (f; DAD); Antipyretic (f; DAD; JFM); Antiseptic (1; DAD; MPI); Antitumor (1; PH2); Aperient (f; DAD; EFS); Aphrodisiac (f; DAD); Astringent (f; DAD; JFM); Candidicide (1; MPI); Depurative (f; DAD); Diuretic (1; DAD; MPI); Emollient (f; JFM); Fungicide (1; MPI); Hemostat (f; DAD); Immunomodulator (1; PH2); Lactagogue (f; DAV); Laxative (f; DAD); Pectoral (f; JFM); Pediculicide (f; DAD); Stomachic (f; DAD); Suppurative (f; DAD); Tonic (f; JFM); Vermifuge (f; DAD).

Indications (Coconut) — Abscess (f; DAD); Alactea (f; DAV); Alopecia (f; DAD); Amenorrhea (f; DAD); Asthma (f; DAD; DAV); Bacteria (f; DAD); Bleeding (f; DAD); Blennorrhagia (f; DAD); Bronchosis (f; DAD; PH2); Bruise (f; DAD); Burn (f; DAD); Cachexia (f; DAD); Calculus (f; DAD); Cancer (1; JLH; PH2); Cancer, breast (1; DAV); Candida (1; JFM; MPI); Caries (f; WO2); Childbirth (f; DAV); Cold (f; DAD; PH2); Constipation (f; DAD); Cough (f; DAD; PH2); Debility (f; DAD); Dermatosis (f; DAD; PH2); Diabetes (f; IED); Dropsy (f; DAD); Dysentery (f; DAD; SKJ); Dysmenorrhea (f; DAD); Dysuria (f; SKJ; WO2); Erysipelas (f; DAD); Fever (f; DAD; JFM; SKJ); Flu (f; DAD); Fungus (1; MPI); Gingivosis (f; DAD); Gonorrhea (f; DAD); Gray Hair (f; PH2); Headache (f; IED); Hematemesis (f; DAD); Hemoptysis (f; DAD); Hepatosis (f; SKJ); High Blood Pressure (f; IED); Impotence (f; DAD); Infection (1; MPI); Inflammation (f; PH2); Jaundice (f; DAD); Mastosis (f; JFM); Menorrhagia (f; DAD); Miscarriage (f; DAV); Mycosis (1; MPI); Nausea (f; DAD; IED); Otosis (f; DAD); Parasite (f; IED); Pharyngosis (f; PH2); Phthisis (f; DAD); Pregnancy (f; DAD); Rash (f; DAD); Scabies (f; DAD); Scurvy (f; DAD); Sore (f; PH2); Sore Throat (f; DAD; PH2); Stomach (f; DAD); Swelling (f; DAD); Syphilis (f; DAD); Toothache (f; DAD; JFM); Tuberculosis (1; DAD; MPI); Tumor (1; DAD; PH2); Typhoid (f; DAD); VD (f; DAD); Uterosis (f; SKJ); VD (f; JFM); Vomiting (f; SKJ); Water Retention (1; DAD; MPI); Worm (f; DAD; IED); Wound (f; DAD); Yeast (1; JFM; MPI).

Dosages (Coconut) — Food farmacy (JAD). Four spoons of ginger in coconut water is an emmenagogue (JFM).

Contraindications, Interactions, and Side Effects (Coconut) — Not covered (AHP). None listed (PH2). "Health hazards not known when used as a food" (PH2). Coconut meat is hard to digest and may cause dyspepsia. The emmenagogue reports, sketchy though they are, may indicate caution among pregnant women (JAD). Extracts of the shell fibers showed NO antimicrobial activities (MPI).

CODONOPSIS (*Codonopsis* spp.) +

Activities (Codonopsis) — Adrenolytic (1; LAF); Antiaging (1; APA); Antihistaminic (f; LAF); Aphrodisiac (f; FAY); CNS-Stimulant (1; APA); Digestive (1; FAY); Hemopoietic (f; DAA; FAY); Hepatoprotective (1; ABS); Hyperglycemic (1; FAY); Hypotensive (1; FAY); Immunostimulant (1; APA; FAY); Leukocytogenic (1; APA); Phagocytotic (f; FAY); Splenotonic (f; FAY); Tonic (f; APA; FAY; MAB).

Indications (Codonopsis) — Amnesia (f; DAA); Anemia (1; DAA; FAY); Anorexia (1; APA; DAA; FAY); Anoxia (f; LAF); Arthrosis (f; FAY); Asthma (f; APA; DAA); Bite (1; ABS); Bronchosis (1; APA); Cachexia (f; DAA); Cancer (f; DAA); Cardiopathy (1; APA; DAA); Cough (f; FAY; LAF); Diabetes (f; DAA; FAY); Diarrhea (f; APA; FAY); Dyspepsia (f; FAY); Dyspnea (f; APA); Enterosis (f; DAA); Fatigue (1; APA); Fever (f; DAA); High Blood Pressure (1; DAA; FAY); Hyperacidity (f; DAA; FAY); Hypoglycemia (1; FAY); Immunodepression (1; APA; FAY); Impotence (f; DAA); Insomnia (f; DAA); Nausea (f; APA); Nephrosis (f; DAA; FAY); Neurosis (f; FAY); Palpitation (f; DAA); Respirosis (f; APA); Rheumatism (f; FAY); Scleroderma (f; DAA); Snakebite (1; ABS); Stamina (1; APA); Stress (1; APA; LAF); Ulcer (1; APA; LAF); Vertigo (f; FAY); Weakness (f; LAF); Xerostomia (f; LAF).

Dosages (Codonopsis) — Up to 25 g root/day (APA); 30–60 g/day (FAY).

Contraindications, Interactions, and Side Effects (Codonopsis) — Class 1 (AHP).

COFFEE (*Coffea arabica* L.) ++

Activities (Coffee) — Absorbent (2; PHR); Analeptic (1; PHR; PH2); Analgesic (1; CRC; PHR; TRA); Anaphrodisiac (f; CRC; IED); Anorectic (f; CRC); Antidotal (f; CRC); Antiaggregant (1; TRA); Antiallergic (1; TRA); Antiarrhythmic (1; TRA); Anticapillary Fragility (1; TRA); Antidote, atropine (1; CRC); Antidote, opium (f; IED); Antiemetic (f; EFS); Antiherpetic (1; TRA); Antiinflammatory (1; TRA); Antinarcotic (f; EFS); Antioxidant (1; HHB; TRA); Antiseptic (1; TRA); Antitussive (f; DAV); Antiviral (1; TRA); Astringent (2; PHR); Bronchodilator (2; TRA); Bronchorelaxant (1; PHR; PH2); Carcinogenic (1; TRA); Cardiotonic (f; CRC; EFS); Catabolic (1; TRA); Catecholaminogenic (1; PH2); Cerebrotonic (1; EFS; TRA); Chronotropic (1; TRA); CNS-Stimulant (1; CRC; PHR); Counterirritant (f; CRC); Digestive (f; WOI); Diuretic (1; CRC; PHR; PH2; TRA); Expectorant (1; TRA); Gastrostimulant (2; PHR; PH2; TRA); Hepatoprotective (1; CRC; TRA); Hypercholesterolemic (2; PHR); Hypertensive (1; PH2); Hypnotic (f; CRC); Hypotensive (1; TRA); Lactagogue (f; CRC); Masticatory (f; CRC); Mutagenic (1; TRA); Myocardiocontractant (1; TRA); Myorelaxant (1; PHR; PH2; TRA); Natriuretic (1; TRA); Nervine (f; CRC; IED); Peristaltic (f; WOI); Phosphodiesterase-Inhibitor (1; TRA); Positive Chronotropic (1; PH2); Positive Inotropic (1; PH2); Stimulant (f; CRC; IED); Teratogenic (1; TRA); Vasodilator (1; TRA); Water Retention (1; CRC; PHR; PH2; TRA).

Indications (Coffee) — Achlorhydria (1; TRA); Allergy (1; TRA); Anemia (f; PH2); Arrhythmia (1; TRA); Asthma (1; CRC; JFM; TRA); Bleeding (f; IED); Bronchosis (1; TRA); Cancer (1; PH2); Capillary Fragility (1; TRA); Childbirth (f; DAV); Cough (f; JFM); Diarrhea (2; IED; KOM; PH2); Edema (f; PH2); Fatigue (1; PH2); Fever (f; CRC; IED); Flu (1; DAV; JFM; PHR; PH2); Gingivosis (f; JFM); Gout (f; JFM); Headache (f; CRC; HHB); Hepatosis (1; PH2; TRA); Herpes (1; TRA); High Blood Pressure (1; TRA); Hypotonia (f; PH2); Infection (1; HHB); Inflammation (2; KOM; TRA); Insomnia (f; PH2); Intoxication (f; JFM); Jaundice (f; CRC; JFM); Low Blood Pressure (1; PH2); Malaria (f; CRC; IED; JFM); Migraine (1; CRC; PHR; PH2); Mucososis (f; PH2); Narcosis (f; CRC); Nephrosis (f; CRC); Opium Poisoning (f; CRC); Pain (1; CRC; PHR; TRA); Pharyngosis (2; KOM; PHR; PH2); Pulmonosis (1; DAV; HHB; TRA); Rheumatism (f; JFM); Sore (f; CRC; JFM); Stomatosis (2; KOM; PHR; PH2); Toothache (f; JFM); Typhoid (f; IED); Vertigo (2; CRC; TRA); Virus (1; TRA); Vomiting (f; EFS); Wound (1; IED; PHR; PH2).

Dosages (Coffee) — 9 g crude coffee charcoal/day; the single dose averaging 3 g (KOM) (I suspect that thoroughly carbonized charcoal is pretty well devoid of methyl xanthines); 8 g powdered coffee/720 ml water (TRA); 100–200 mg caffeine or 1.5 cups coffee for bronchodilation (TRA); 250–500 mg caffeine = 3 cups coffee for achlorhydria (TRA).

Contraindications, Interactions, and Side Effects (Coffee) — Commission E reports interactions (but talking more about carbonized coffee charcoal than instant or real coffee): absorption of other drugs (and minerals and vitamins) taken simultaneously might be reduced (AEH). Coffee has been implicated in loss of calcium and magnesium in bones, which bodes ominous for osteoporosis candidates. It can also inhibit or interfere with iron absorption and help elevate cholesterol (JLR1(8):4. 1995). Toxicologically harmless (up to 5 cups or 500 mg caffeine) for healthy adults habituated to coffee (but hypertensive in neophytes taking 250 g coffee (1.25 cups), increasing systolic blood pressure some 10 mm Hg). Gruenwald et al. cautions are not exactly the same echos I am used to. They advise caution for those with disposition to convulsions and certain psychic disorders (such as panic anxiety), nephrosis, sensitive cardiovascular system, and thyroid hyperfunction. Side effects attributed in part to chlorogenic acid may include diarrhea, hyperacidity, inappetence, and stomach irritation. Chronic consumption of >1500 mg/day can lead to diarrhea, dizziness, headache, inappetence, irritability, palpitations, restlessness, sleeplessness, and vomiting. Higher doses lead to arrhythmic spasms of different muscle groups, arrhythmic tachycardia, and opisthotonos. But not to worry! Fatal poisonings "are not conceivable." They do reiterate the reported death of a child after ingesting 5300 mg caffeine. Ironically, that coffee charcoal that Commission E promotes for mussy mucosa might be the best antidote, along with sorbitol, for overdoses of caffeine. Nursing mothers may pass caffeine-induced insomnia to the nursing baby. Pregnant women should avoid caffeine, never exceeding 300 mg caffeine spread out over the day (PHR). LD50 caffeine = 5–10 g orl human (TRA).

Extracts (Coffee) — Not exactly an extract, the carbonized charcoal is described as absorbent and astringent, like most charcoals. I hope that physicians will understand what is said in the Herbal PDR, speaking of caffeine and not the charcoal, "it also increases the psychomotor stamina" (PHR). Chlorogenic acid, like caffeine alone, can double gastric secretion (PHR). In hamsters, 20% green coffee bean in diet impedes DMBA-induced tumors.

COFFEE SENNA (*Senna occidentalis* (L.) Link.) +

Synonym — *Cassia occidentalis* L.

Activities (Coffee Senna) — Abortifacient (f; JFM; ZUL); Analgesic (f; ZUL); Anthelminthic (1; TRA; ZUL); Antibacterial (1; WO2; ZUL); Antidiuretic (f; JFM); Antiedemic (1; TRA); Antiinflammatory (1; TRA; WO2); Antipyretic (f; ZUL); Antiseptic (1; TRA; ZUL); Antispasmodic (f; JFM); Cardiotoxic (1; AAB); Cholagogue (1; TRA; ZUL); Cicatrizant (f; ZUL); Depurative (f; JFM; TRA); Diaphoretic (f; WO2); Diuretic (1; WO2; ZUL); Expectorant (f; WO2); Fungicide (1; FNF; WO2; ZUL); Hemostat (f; ZUL); Hepatoprotective (1; TRA); Hypotensive (1; JFM; TRA); Laxative (1; TRA; ZUL); Stomachic (f; WO2); Tonic (f; ZUL); Vermifuge (1; WO2).

Indications (Coffee Senna) — Aging (f; ZUL); Anemia (f; ZUL); Asthma (f; WO2); Bacteria (1; WO2; ZUL); Bed Wetting (f; JFM); Blennorrhagia (f; ZUL); Biliousness (f; ZUL); Bleeding (f; ZUL); Bone Ache (f; IED); Bronchosis (f; IED; ZUL); Bug Bite (f; ZUL); Cardiopathy (f; JFM; ZUL); Caries (f; IED); Cataract (f; IED; JFM); Catarrh (f; IED); Childbirth (f; JFM; ZUL); Cirrhosis (f; WO2); Colic (f; IED); Conjunctivosis (f; IED); Constipation (1; TRA; ZUL); Convulsion (f; WO2; ZUL); Cough (f; ZUL); Cramp (f; IED; JFM; WO2); Debility (f; AAB); Dermatosis (f; DEM; TRA; WO2); Diabetes (f; WO2); Diarrhea (f; WO2); Dysentery (f; WO2); Dysmenorrhea (f; AAB; JFM); Edema (1; JFM; TRA); Encephalosis (1; WO2); Enterosis (f; IED; ZUL); Epilepsy (f; IED); Fatigue (f; WO2); Fever (f; AAB; WO2; ZUL); Flu (f; AAB); Fracture (f; WO2); Fungus (1; FNF; WO2; ZUL); Gastrosis (f; ZUL); Gonorrhea (f; WO2); Gout (f; ZUL); Guinea Worm (f;

ZUL); Headache (f; TRA; WO2); Heart (f; JFM); Hematuria (f; WO2); Hepatosis (1; JFM; TRA; WO2); High Blood Pressure (1; JFM; TRA); Hysteria (f; JFM; WO2); Infection (1; FNF; WO2; ZUL); Inflammation (1; TRA; WO2); Itch (f; WO2); Jaundice (f; JFM); Leprosy (f; WO2); Lice (f; ZUL); Malaria (f; ZUL); Mycosis (1; FNF; WO2; ZUL); Nephrosis (f; ZUL); Ophthalmia (f; ZUL); Orchosis (f; ZUL); Pain (f; AAB; ZUL); Palpitation (f; JFM); Pertussis (f; WO2); Rheumatism (f; JFM); Ringworm (1; FNF; JFM); Snakebite (f; ZUL); Sore (f; ZUL); Sprain (f; WO2); Steatorrhea (f; WO2); Stomachache (f; ZUL); Swelling (1; TRA; WO2); Syphilis (f; ZUL); Tumor (f; JFM); Typhoid (f; WO2); VD (f; JFM); Virus (1; WO2); Water Retention (1; WO2; ZUL); Womb (f; JFM); Worm (1; WO2; ZUL); Wound (f; WO2; ZUL).

Contraindications, Interactions, and Side Effects (Coffee Senna) — May cause cardiomyopathy in rabbits. Chrysarobin and toxalbumin may cause kidney and liver damage. Contains the COX-2-Inhibitor, apigenin.

COLA (*Cola* spp.) ++

Activities (Cola) — Analeptic (1; KOM; PHR; PH2); Anorectic (1; CRC; PHR); Antidepressant (f; CAN); Antiseptic (1; CRC); Antiviral (1; CRC); Aphrodisiac (f; APA; CRC); Astringent (1; APA; CAN); Bronchodilator (1; APA; BGB); Carcinogenic (1; CRC); Cardiotonic (1; CAN; CRC); CNS-stimulant (1; BGB; CAN; CRC; PH2); Digestive (f; CRC; PH2); Diuretic (1; APA; CAN; CRC; PH2); Euphoriant (1; CRC); Gastrostimulant (1; PHR; PH2); Lipolytic (1; KOM; PHR; PH2); Mutagenic (1; CRC); Nervine (1; CRC); Poison (1; CRC); Positive Chronotropic (1; PHR; PH2); Stimulant (1; APA; FNF); Stomachic (f; CRC); Teratogenic (f; CRC); Thymoleptic (1; CAN); Tonic (f; CRC).

Indications (Cola) — Anorexia (1; APA; CAN); Apnea (1; BGB); Asthma (1; APA; BGB); Atony (f; CAN); Cancer (f; CRC); COPD (1; BGB); Depression (f; APA; CAN); Diarrhea (1; APA; CAN; CRC; PH2); Dysentery (1; CAN; CRC); Dyspepsia (f; APA; CRC); Fatigue (2; APA; CAN; KOM; PH2); Flu (1; CRC); Headache (1; APA); Herpes (1; CRC); Hunger (1; BGB; CRC; PH2); Infection (1; CRC); Inflammation (f; PHR; PH2); Lethargy (1; APA); Malaria (f; CRC); Melancholy (f; CAN); Migraine (1; APA; CAN; CRC; PH2); Morning Sickness (f; PHR; PH2); Myosis (1; CAN); Nausea (f; CRC); Neuralgia (1; APA; CRC; HHB); Obesity (1; CRC); Polio (1; CRC); Thirst (f; BGB; CRC; PH2); Toothache (f; CRC); Tumor (f; CRC); Virus (1; CRC); Water Retention (1; APA; CAN; CRC; PH2); Wound (f; PHR; PH2).

Dosages (Cola) — 1–2 tsp powdered seed/cup water, up to 3 ×/day (APA); 1–3 g powdered seed (PNC); 2–6 g seed/day (PHR); 0.5–1 dropper full seed tincture or concentrate (APA); 1–3 g herb as tea 3 ×/day (CAN); 0.6–1.2 ml liquid extract (1:1 in 60% ethanol) (CAN); 1–4 ml tincture (1:5 in 60% alcohol) (CAN); 25–750 mg cola extract (PHR); 1–4 ml kola tincture (PNC); 10–30 g cola tincture (PHR); 60–120 g cola wine; 0.6–1.2 ml liquid seed extract (PNC).

Contraindications, Interactions, and Side Effects (Cola) — Class 2b, 2d (AHP). Commission E reports contraindications: gastric and duodenal ulcers; adverse effects: trouble sleeping, hyperexcitability, nervousness; interactions: effect enhanced by psychoanaleptic drugs and caffeine-containing beverages (AEH). CNS stimulant, GI irritant. Contraindicated in high blood pressure, and gastric and duodenal ulcers. Not recommended for excessive or prolonged use (they seem to say this about most caffeine-containing plants) (AHP). CAN cautions that xanthine-containing beverages may cause anxiety, insomnia, palpitations, tremors, and withdrawal headaches. Because of the caffeine, consumption should be restricted in pregnancy and lactation, and in patients with hypertension and cardiac problems. “As with all xanthine containing beverages, excessive consumption by lactating mothers should be avoided” (CAN). Cola-containing beverages are said to “provide active doses of caffeine” (CAN). Caffeine has many reported activities, many perhaps shared synergistically with theophylline and theobromine.

COLEUS (*Plectranthus barbatus* Andrews) ++

Synonyms — *Coleus barbatus* (Andrews) Benth., *Coleus forskohlii* auct., *P. forskohlii* auct.

Activities (Coleus) — Adrenergic (1; KEB); Antiaggregant (1; APA; KEB); Anticancer (f; APA); Antidepressant (f; APA); Antidiuretic (1; APA); Antiglaucomic (1; KEB); Antimetastatic (f; APA; KEB); Antispasmodic (1; APA); Bronchodilator (1; APA; KEB); Bronchospasmolytic (1; KEB); cAMP-genic (1; APA; KEB); Cardiotonic (1; APA; KEB); CNS-Depressant (1; APA); Gastrostimulant (1; APA); Gluconeogenic (1; KEB); Glycogenolytic (1; KEB); Hypotensive (1; APA; KEB; SKJ); Immunosuppressant (1; APA); Lipolytic (1; KEB); Myorelaxant (1; APA); Neurogenic (1; APA); Pancreatostimulant (1; KEB); Positive Inotropic (1; KEB); Secretagogue (1; APA; KEB); Sialagogue (1; KEB); Thyrotropic (1; AKT; KEB); Vasodilator (1; KEB).

Indications (Coleus) — Asthma (1; APA; KEB); Cancer (f; APA); Cardiopathy (1; APA; KEB); Congestive Heart Failure (1; APA); Convulsion (f; APA); Cramp (1; APA); Depression (f; APA); Dermatosis (f; APA); Dyspepsia (f; KEB); Dysuria (f; APA); Eczema (f; APA); Glaucoma (1; APA; KEB); High Blood Pressure (1; APA; KEB; SKJ); Hypothyroidism (f; APA; KEB); Infertility (f; KEB); Insomnia (f; APA); Ischemia (1; KEB); Myocardosis (1; KEB); Obesity (1; KEB); Psoriasis (f; APA; KEB); Respirosis (f; APA); Thrombosis (1; KEB); Water Retention (1; APA).

Dosages (Coleus) — 50 mg StX (18% forskolin = 9 mg forskolin) 2–3 ×/day (APA); 6–12 g/day dry root or 6–12 ml fluid extract (1:1) (KEB).

Contraindications, Interactions, and Side Effects (Coleus) — Not covered (AHP; KOM; PHR). I think of this as a food farmaceutical containing a powerful drug with many activities. But as Albert Leung so often and skillfully reminds us, the plant does not necessarily share the activities of its best known chemical constituent (present in tubers at levels ca. 0.45%). Contraindicated in hypotension. Forskolin may potentiate other drugs. Forskolin acts synergistically with calcitonin in inhibiting osteoclastic activity. Acts synergistically with hawthorn, which probably inhibits phosphodiesterase, which breaks down cAMP. Combining coleus and hawthorn should raise cAMP levels by stimulating production and inhibiting decomposition of cAMP. Responses to forskolin are reduced in muscle cells of failing hearts, but since forskolin also raises cAMP, it renders the coleus possibly useful even here.

COLOCYNTH, BITTER APPLE, WILD GOURD (*Citrullus colocynthis* (L.) Schrad.) X

Synonyms — *Colocynthis vulgaris* Schrad., *Cucumis colocynthis* L.

Activities (Colocynth) — Abortifacient (f; CRC; WBB); Acaricide (1; BIB); Alterative (f; KAP; MPI); Anthelminthic (f; WO2); Antiaggregant (1; WO2); Antibacterial (1; WO2); Anticholinergic (1; MPI; WO2); Antihistaminic (1; KAB; MPI; WO2); Antipyretic (f; BIB; CRC; KAB); Bitter (1; KAB); Cardiodepressant (1 WO2); Carminative (f; CRC; KAB; WO2); Depurative (f; WO2); Diuretic (1; KAP; MPI; WO2); Ecbolic (f; BIB; CRC); Emetic (1; MPI); Emmenagogue (f; CRC; WBB); Expectorant (1; MPI; WO2); Hepatoprotective (1; WO2); Herbicide (1; WO2); Hydragogue (f; CRC); Hypoglycemic (1; WO2); Insecticide (1; BIB; KAP; WBB; WO2); Irritant (1; PH2); Laxative (1; CRC; MPI; PHR; PH2; WBB); Mucoirritant (1; PHR); Negative Chronotropic (1; MPI); Negative Inotropic (1; MPI); Nematicide (1; WO2); Poison (1; PHR); Protisticide (1; WO2); Repellant (f; CRC); Uterorelaxant (1; WO2); Vermifuge (1; BIB; CRC).

Indications (Colocynth) — Adenopathy (f; CRC; JLH); Alopecia (f; WBB); Amenorrhea (f; BIB; CRC); Anemia (f; CRC; KAB); Arthrosis (f; CRC); Ascites (f; CRC; KAP; PH2; WBB); Asthma (f; CRC; KAB); Bacteria (1; WO2); Biliousness (f; BIB; CRC; KAP); Bite (f; KAP; WBB); Blood (f; WO2); Breast (f; CRC); Bronchosis (f; CRC; KAB); Cancer (f; CRC; KAB); Cancer, abdomen

(f; CRC; JLH); Cancer, bladder (f; CRC; JLH); Cancer, breast (f; CRC; JLH); Cancer, colon (f; CRC; JLH); Cancer, eye (f; CRC); Cancer, liver (f; CRC); Cancer, sinew (f; CRC; JLH); Cancer, spleen (f; CRC); Carcinoma (f; CRC); Catarrh (f; HHB); Childbirth (f; KAB; PH2); Cholecystosis (f; PHR; PH2); Colic (f; KAP); Constipation (1; CRC; PHR); Corn (f; CRC; JLH); Cough (f; WO2); Cramp (f; HHB; WO2); Cystosis (f; HHB; JLH); Debility (f; CRC); Diabetes (1; BIB; WO2); Dropsy (f; BIB; CRC; KAP); Dysmenorrhea (f; HHB); Dyspepsia (f; CRC; KAB); Dysuria (f; CRC; KAP; WBB); Elephantiasis (f; CRC; KAB; PH2); Encephalosis (f; CRC); Endothelioma (f; CRC; JLH); Enterosis (f; KAP; WO2); Epilepsy (f; CRC; KAP; WBB); Epithelioma (f; JLH); Fetal Atrophy (f; CRC); Fever (f; BIB; CRC; KAB; WO2); Frostbite (f; BIB; CRC); Gangrene (f; CRC; WO2); Gas (f; CRC; KAB; WO2); Glaucoma (f; KAP); Gray Hair (f; KAP; WO2); Headache (f; WO2); Hemicrania (f; CRC; KAB); Hemorrhoid (f; CRC; WO2); Hepatosis (f; KAP; PHR; PH2; WO2); Hyperglycemia (1; WO2); Induration (f; JLH); Infection (1; WBB); Inflammation (f; CRC; WO2); Jaundice (f; BIB; CRC; WBB); Leishmaniasis (1; WO2); Leprosy (f; CRC); Leukemia (f; CRC; JLH); Leukoderma (f; CRC); Migraine (f; KAB; WO2); Nephrosis (f; HHB); Neuralgia (f; HHB; KAP; WO2); Neurosis (f; HHB); Ophthalmia (f; CRC; WO2); Pain (f; JLH); Paralysis (f; WO2); Parasite (f; KAP); Pharyngosis (f; CRC; KAB); Protozoa (1; WO2); Rheumatism (f; CRC; KAB; KAP; WBB); Sarcoma (f; JLH); Sciatica (f; KAP); Scirrhus (f; JLH); Snakebite (f; CRC); Splenomegaly (f; CRC); Sting (f; WBB); Swelling (f; WO2); Throat (f; CRC); Ticks (1; BIB); Tumor (f; CRC); Urogenitosis (f; BIB; WO2); Uterosis (f; CRC; KAB); Varicosis (f; BIB; CRC; WO2); Water Retention (1; KAP; MPI; WO2); Worm (1; BIB; CRC; WO2); Wound (f; CRC; WO2).

Dosages (Colocynth) — 120–300 mg individually/day; up to 600 mg/day (HHB); 0.2–0.4 g root powder (KAP); 3–10 ml root tea (KAP); 0.1–0.4 g fruit powder (KAP); homeopathic dilutions only (JAD); allopathic doses no longer defensible (PH2).

Contraindications, Interactions, and Side Effects (Colocynth) — The purgative action is so drastic as to have caused fatalities. One woman who took 120 g to induce abortion died in 50 hours. In case of poisoning, stomach evacuation is recommended, followed by oral or rectal administration of tincture of opium, followed by stimulating and mucilaginous beverages (CRC). Toxic doses (600–1000 mg) may cause colic, diarrhea, hematchezia, nephrosis, and vomiting; lethal doses (as low as 2 g) may cause convulsions, paralysis, and possibly death due to circulatory collapse (PH2).

COLOMBO (*Jateorhiza palmata* (Lam.) Miers) +

Synonyms — *Cocculus palmatus* DC, *Jateorhiza calumba* Miers., *J. miersii* Oliv., *Menispermum palmatum* Lam.

Activities (Colombo) — Anthelminthic (f; EFS); Antiseptic (f; EFS); Aperitif (f; EFS); Bitter (f; WOI); CNS-Paralytic (1; HH2; WOI); Emetic (1; WOI); Fungicide (1; HHB); Gastrotonic (f; EFS); Hypotensive (1; WOI); Laxative (f; WOI); Narcotic (f; PH2); Stomachic (f; WOI); Tonic (1; WOI).

Indications (Colombo) — Anorexia (f; EFS); Cholera (f; HHB); Colitis (f; PH2); Constipation (f; WOI); Diarrhea (f; HH2; PH2; WOI); Dysentery (f; WOI); Dyspepsia (f; HH2; PH2; WOI); Enterosis (f; PH2); Fungus (1; HHB); Gastrosis (f; PH2; WOI); High Blood Pressure (1; WOI); Infection (1; HHB); Mycosis (1; HHB); Pulmonosis (f; HH2); Sore (f; WOI).

Dosages (Colombo) — 0.5–2 g/day (HHB); 1 tbsp decoction every 2 hours (PH2); 5 g colombo wine (PH2); 20 drops liquid extract (PH2).

Contraindications, Interactions, and Side Effects (Colombo) — Not covered (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). High doses can lead to signs of paralysis and unconsciousness (PH2). LD50 (extract) = 2400–5000 mg/kg orl mouse (HH2).

COLORADO FOUR O'CLOCK (*Mirabilis multiflora* (Torr.) A. Gray) +

Synonyms — *Oxybaphus multiflorus* Torr., *Quamoclidion multiflorum* (Torr.) A. Gray.

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Activities (Colorado Four O'Clock) — Anorectic (f; DEM); Antiseptic (f; DEM); Hallucinogen (1; CRC); Narcotic (1; CRC).

Indications (Colorado Four O'Clock) — Childbirth (f; DEM); Divination (f; CRC); Dropsy (f; DEM); Gastrosis (f; CRC); Hunger (f; DEM); Plethora (f; DEM); Stomachache (f; CRC); Rheumatism (f; DEM); Swelling (f; DEM); Wound (f; DEM).

COLTSFOOT (*Tussilago farfara* L.) +

Activities (Coltsfoot) — Antiaggregant (1; APA; CAN); Antibacterial (1; CAN; CRC; PH2); Anticholinergic (f; CRC); Antiedemic (1; CAN; HH2); Antihistaminic (f; CRC; FAD); Antiinflammatory (2; CAN; KOM; PH2); Antiirritant (2; PHR); Antimitotic (2; KOM); Antispasmodic (1; CAN; CRC; HH2); Antitussive (1; CAN; CRC; DAA); Calcium Antagonist (1; CAN); Callus-Promoter (2; KOM); Carcinogenic (1; APA; CRC; PH2); Cardiotonic (1; CAN); CNS-Depressant (1; DAA); Collyrium (f; CRC); Demulcent (1; CAN; CRC; FAD; PH2); Diaphoretic (f; CRC; MAD; PIP); Diuretic (f; CRC; PIP); Emollient (f; CRC); Expectorant (1; CAN; CRC; FAD); Fumitory (f; PH2); Hemostat (f; CRC); Hepatotoxic (1; APA; CAN; FAD; PH2); Hypertensive (1; APA); Immunostimulant (1; CAN); Pectoral (f; CRC; MAD); Phagocytotic (1; CAN); Respirotonic (1; CAN); Tonic (f; CRC); Vulnerary (1; PIP).

Indications (Coltsfoot) — Adenopathy (f; PHR; PIP); Ague (f; CRC); Anorexia (F; MAD); Apoplexy (f; CRC; DAA); Asthma (1; APA; CAN; GMH; PHR); Bacteria (1; CAN; CRC; DAA; PH2); Bleeding (f; CRC); Bronchosis (2; CAN; FAD; KOM; PH2); Cancer (f; CRC); Cancer, liver (f; JLH); Cancer, lung (f; CRC; LMP); Carbuncle (f; HAD); Catarrh (2; CAN; CRC; GMH; KOM); Cold (2; CRC; PIP); Congestion (f; CRC; FAD; LMP); Cough (2; FAD; GMH; KOM; PH2; PIP); Cramp (1; CAN; CRC; HH2); Diarrhea (f; CRC; POP); Dyspepsia (f; CRC); Dysphagia (f; DAA); Edema (1; HH2); Emphysema (f; HH2); Enterosis (f; FEL);

Erysipelas (f; GMH; MAD); Escherichia (f; HH2); Fever (f; CRC; DAA; MAD; PIP); Flu (f; CRC; DAA; LMP; MAD; PHR); Fistula (f; HAD); Gastrosis (f; CRC; FEL); Headache (f; CRC; FEL); Hematemesis (f; HAD); Hemoptysis (f; CRC; DAA; LMP); Hoarseness (2; APA; KOM; MAD; PIP); Immunodepression (1; CAN); Induration (f; CRC; JLH); Infection (1; CRC); Inflammation (2; CAN; FAD; KOM; PH2); Laryngosis (1; CAN; FEL); Low Blood Pressure (1; APA); Mucososis (2; CRC; FAD; KOM; PH2); Neurosis (f; CRC); Nicotinism (f; PH2); Ophthalmia (f; CRC); Pertussis (f; CAN; FEL); Pharyngosis (2; KOM; PH2; PIP); Phthisis (f; CRC; DAA); Plethora (f; CRC); Pleurosis (f; MAD); Pulmonosis (f; CRC; FAD); Respirosis (2; KOM; 2; PIP); Rheumatism (f; CRC; PH2); Rhinosis (f; CRC; FEL); Scrofula (f; CRC; FEL; GMH); Sinusosis (f; CRC); Sore Throat (f; PHR; PIP); Stomatosis (2; APA; PHR; PH2; PIP); Swelling (1; CAN; CRC; HH2; MAD); Tonsillosis (f; PHR; PIP); Tracheosis (f; MAD); Tuberculosis (f; CRC; DAA; DEM; MAD); Tumor (f; CRC); Wart (f; MAD); Water Retention (f; CRC; PIP).

Dosages (Coltsfoot) — 2 tsp powdered leaf/cup water (APA; WIC); 0.3–0.6 g solid leaf extract (PNC); 2–4 ml liquid leaf extract (PNC); 4.5–6 g leaf, 0.6–2.0 ml liquid extract (1:1 in 25% ethanol) 3 ×/day (CAN); 0.6–2.0 g herb as tea 3 ×/day (CAN); 2–8 ml tincture (1:5 in 45% alcohol) 3 ×/day (CAN); 2–8 ml syrup (1:4 liquid extract in syrup) 3 ×/day (CAN); 4 g root as diaphoretic (MAD); 1.5–2.5 g leaf or flower/cup tea, to 6 g day (PH2); 0.6–2 ml liquid flower extract (PNC).

Contraindications, Interactions, and Side Effects (Coltsfoot) — Class 2b, 2d (flower); long-term use discouraged. 2b, 2c, 2d (leaf); do not exceed recommended dose; not for long-term use (AHP). Commission E reports flower, herb, root not permitted for therapeutic use. Contains hepatotoxic pyrrolizidine alkaloids (PAs) in all plant parts. Leaf is permitted for oral use. Contraindications in pregnancy and lactation. CAN cautions that the PAs are genotoxic, carcinogenic, and hepatotoxic. Because of the PAs, coltsfoot use in pregnancy and lactation is to be avoided (CAN). Dosage maximum 10 g PA/day (herbal tea) or maximum 1 g PA/day (extracts, expressed sap) for maximum 4–6 weeks/year (AEH). Commission E advises not to take more than 4 to 6 weeks of the year at 4.5 to 6 g/day. This is the only herb (1.5–6 g leaf/day) except related Petasites with toxic PAs still tolerated by Commission E. Still, CAN cautions that coltsfoot is phototoxic in guinea pig skin. In guinea pig sensitization experiments, it showed weak allergenic capacity, possibly due to the sesquiterpene lactones present in the plant. PAs are toxic to humans, with liver damage with cirrhosis and ascites, or seneciosis, or veno-occlusive disease (VOD) reported in almost all cases of severe or fatal intoxications, from intakes of 0.5 mg/kg to 3.3 mg/kg (AEH1). Effective July 1996, the AHP Board of Trustees recommends that all products with botanical ingredient(s) that contain toxic PAs, including *Borago officinalis,* display the following cautionary statement on the label, "For external use only. Do not apply to broken or abraded skin. Do not use when nursing" (AHP). Canadians do not allow in food (Blackburn, 1993). Bisset says there is no danger of acute poisoning when used as prescribed (Bisset, 1994). Hepatotoxicity of coltsfoot may be due to senkirkine (~150 ppm), highlighting the dangers of chronic exposure to even low doses of PAs. Rats fed more than 4% coltsfoot in their diet develop hepatic tumors. Newborn rats are more susceptible than weanlings to hepatotoxicity of senkirkine despite lacking the hepatic microsomal enzymes required to produce the toxic pyrrholic metabolites. Fatal hepatic veno-occlusive disease was documented in a newborn infant whose mother chronically consumed herb teas during pregnancy (coltsfoot and senecio specified). The mother exhibited no signs of hepatic damage again suggesting increased sensitivity of the fetal liver to PA toxicity. Animal studies document placental transfer and secretion into breast milk of unsaturated PAs (CAN). Excessive doses may interfere with blood pressure and heart therapy (CAN).

COLUMBINE (*Aquilegia vulgaris* L.) +

Activities (Columbine) — Astringent (f; CRC); Cholagogue (f; MAD; PHR); Collyrium (f; MAD); Cyanogenic (f; PH2); Diaphoretic (f; CRC; WO2); Diuretic (f; CRC; WO2); Emmenagogue (f; CRC); Litholytic (f; MAD); Narcotic (f; CRC); Oxytocic (f; WO2); Poison (1; HH2); Resolvent (f; CRC); Tranquilizer (f; HH2; PHR; PH2).

Indications (Columbine) — Agitation (f; PHR; PH2); Cancer, breast (f; CRC; JLH); Cancer, stomach (f; CRC; JLH); Cancer, uterus (f; CRC; JLH); Cholecystosis (f; PHR); Debility (f; MAD); Dermatosis (f; HH2; MAD; WO2); Dropsy (f; MAD); Dysmenorrhea (f; CRC; HH2; MAD; PH2); Eczema (f; CRC); Enterosis (f; PHR); Erysipelas (f; MAD); Fever (f; CRC; WO2); Fistula (f; CRC; HH2); Fracture (f; MAD); Gastrosis (f; PHR); Globus Hystericus (f; PH2); Halitosis (f; MAD); Headache (f; MAD); Hepatosis (f; CRC; MAD); Hysteria (f; CRC; PH2); Insomnia (f; CRC; MAD); Jaundice (f; CRC; HH2; MAD; PHR; PH2); Measles (f; MAD); Menopause (f; PH2); Nervousness (f; HH2; MAD; PHR; PH2); Ophthalmia (f; CRC; HH2); Pertussis (f; MAD); Pharyngosis (f; WO2); Photosensitivity (f; MAD); Psoriasis (f; MAD); Rash (f; MAD); Respirosis (f; MAD); Scurvy (1; PHR; PH2); Sore (f; CRC); Sore Throat (f; CRC; WO2); Splenosis (f; MAD); Stomatosis (f; CRC; HH2; WO2); Stone (f; CRC; MAD); Syncope (f; MAD); Tremor (f; CRC); Uterosis (f; CRC); Water Retention (f; CRC; WO2); Wound (f; MAD).

Dosages (Columbine) — Only homeopathic doses given (PH2).

Contraindications, Interactions, and Side Effects (Columbine) — Not covered (AHP). None known (PHR). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Poisoning due to HCN not observed (PHR). Human fatalities reported (LEL).

COMFREY (*Symphytum* spp.) +

Most contributors cited *S. officinale* but few studies are vouchered and the species are difficult to determine.

Activities (Comfrey) — Alterative (f; CRC); Analgesic (1; CAN); Antiaging (f; CRC); Antihemorrhagic (f; CAN); Antiinflammatory (2; APA; KOM; PH2; WAM); Antileukocyte (1; PH2); Antimitotic (1; PHR; PIP); Antimutagenic (1; PNC); Antipsoriatic (1; PNC); Antitumor (1; FAD); Astringent (1; APA; FAD; FEL; PNC); Callus-Promoter (1; PHR); Carcinogenic (1; APA; CRC); Demulcent (1; CAN; FEL; PH2; WAM); Emollient (1; CRC; WAM); Expectorant (f; CRC; MAD); Hemostat (f; CRC); Hepatotoxic (1; APA); Hypotensive (1; PH2); Tonic (f; FAD); Uterotonic (1; CAN); Vulnerary (1; APA; CAN; WAM).

Indications (Comfrey) — Adenopathy (f; CRC); Amenorrhea (f; CRC); Anemia (f; FEL); Angina (f; PHR); Arthrosis (1; CRC; PNC; PH2); Asthma (f; CRC); Backache (f; CRC); Bleeding (1; APA; CAN; CRC; MAD); Bronchosis (1; APA; CRC; FAD); Bruise (2; APA; FAD; KOM; PH2; SHT); Bug Bite (1; APA); Cancer (1; CRC; FAD; FNF; PNC); Cancer, bone (f; CRC); Cancer, lung (1; CRC; FNF); Candida (f; CRC); Catarrh (f; MAD); Chafing (1; APA); Cholecystosis (f; CRC); Colitis (1; APA; CAN); Congestion (f; APA); Constipation (f; DEM); Contusion (f; PIP); Cough (f; CRC; FAD); Debility (f; FEL); Decubitis (1; APA; JAD); Dermatosis (1; APA; FAD); Diabetes (f; MAD); Diarrhea (f; FAD; MAD; PH2); Duodenal Ulcer (2; CAN); Dysentery (f; CRC; DEM; FAD); Dysmenorrhea (f; CRC; MAD); Dyspepsia (f; APA); Eczema (1; PNC); Enterosis (1; CRC; PHR; PH2); Epicondylosis (1; PH2); Fracture (1; APA; CAN; WAM); Gallstone (f; CRC); Gastrosis (1; CRC; PHR; PH2); Gastric Ulcer (f; CAN); Gingivosis (1; APA; PHR; PH2); Gonorrhea (f; DEM; MAD); Gout (f; CRC); Heartburn (f; DEM); Hematemesis (f; CAN; FAD); Hematochezia (f; CRC); Hemoptysis (f; MAD); Hemorrhoid (f; MAD); Hepatosis (f; CRC); Hernia (f; CRC); High Blood Pressure (1; PH2); Hoarseness (f; CRC); Hysteria (f;

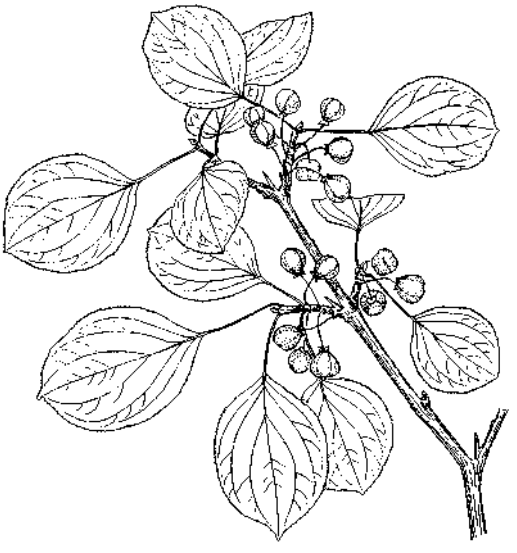
FAD); Indolent Ulcer (2; JAD); Inflammation (2; APA; CAN; KOM; PH2; WAM); Itch (f; APA); Leukorrhea (f; CRC; MAD); Mastosis (1; FAD; FEL); Metrorrhagia (f; FEL); Myosis (1; WAM); Nephrosis (f; CRC; MAD); Ophthalmia (f; CRC); Osteosis (f; PH2); Pain (1; CAN); Pertussis (f; CRC); Pharyngosis (1; PHR; PH2); Phthisis (f; MAD); Pleurosis (f; PHR; PH2); Psoriasis (1; APA; PNC); Pulmonosis (f; CRC); Rash (1; APA); Respirosis (f; MAD); Rheumatism (1; CRC; PH2; PNC); Scrofula (f; CRC; FEL); Sore Throat (f; CRC; PH2); Sprain (2; CRC; KOM; PH2; SHT); Stomatosis (f; CRC); Strain (1; APA; SHT); Sunburn (f; APA); Swelling (f; MAD); Tendovaginosis (1; PH2); Tonsilosis (f; CRC); Tuberculosis (f; MAD); Tumor (1; FAD); Ulcer (f; CRC; MAD); Ulcus cruris (1; FNF; MAD);Vaginosis (f; CRC; PH2); Varicosis (f; PED); VD (f; DEM); Wound (1; APA; CAN; MAD); Yeast (f; CRC).

Dosages (Comfrey) — Do not use (APA); do not use root (JAD); 2–4 g root as tea 3 ×/day (CAN); 2 tsp (= ~7.4 g) root in hot tea (MAD); 2–4 ml liquid root extract (PNC); 2–4 ml liquid extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2–8 ml liquid leaf extract (1:1 in 25% alcohol) 3 ×/day (CAN); 2–8 g leaf in tea 3 ×/day (CAN); 0.25–0.5 cup fresh leaf (PED); 6–12 g dry leaf (PED); 9 g dry leaf:45 ml alcohol/45 ml water (PED); 1–3 cups tea/day (5–10 g herb) remembering PAs (PH2).

Contraindications, Interactions, and Side Effects (Comfrey) — Class 2a, 2b, 2c, 2d. Long-term use discouraged (AHP). Commission E reports the herb, leaf, and root permitted for external use only. Skin should be intact and pregnant users should first consult physician. External dosage of pyrrolizidine alkaloids (PAs) maximum 100 g/day for a maximum 4–6 weeks/year (AEH). Comfrey root may cause liver damage if taken internally (WAM). Contains PAs. Internal use may cause severe hepatic damage. PAs are toxic to humans, with liver damage with cirrhosis and ascites, or seneciosis, or veno-occlusive disease (VOD) reported in almost all cases of severe or fatal intoxications, from intakes of 0.5 mg/kg to 3.3 mg/kg (AEH1). Chronic comfrey use implicated in at least one instance of hepatic VOD (PNC). Effective July 1996, the AHP Board of Trustees recommends that all products with botanical ingredient(s) that contain toxic PAs, including *Borago officinalis,* display the following cautionary statement on the label, "For external use only. Do not apply to broken or abraded skin. Do not use when nursing" (AHP). CAN cautions the PAs are genotoxic, carcinogenic, and hepatotoxic. Because of the PAs, its use in pregnancy and lactation is to be avoided. Animal studies document placental transfer and secretion into breast milk of unsaturated PAs (CAN). May speed up metabolism of other drugs (stimulates metabolism of aminopyrine-*N*-demethylase, a drug metabolizing enzyme) (CAN). Internal use for more than 4–6 weeks is discouraged (SHT). Canadians do not allow in food (Blackburn, 1993). "No human being or animal should eat, drink, or take comfrey in any form" (*Br. Med. J.* 6163: 596; 1979). According to studies reported in the *Lawrence Review of Natural Products,* rats fed comfrey roots or leaves for 600 days developed hepatocellular adenomas, with signs of liver toxicity developing within 180 days. Urinary bladder tumors developed also, even in those on the lowest levels of comfrey. The incidence of liver tumors was higher with dietary roots than with dietary comfrey leaves. Alkaloids of Russian comfrey caused chronic liver damage and pancreatic islet cell tumors after 2 years administration in animal models (*LRNP,* October 1990).

Extracts (Comfrey) — Extracts antiinflammatory *in vitro* and *in vivo,* perhaps due to rosmarinic acid (PNC). Allantoin a well known dermatological agent (PNC). Aqueous extract stimulates release of prostaglandin-like material from rat gastric mucosa (PNC). Two nonhepatotoxic PAs, platyphylline and sarracine, have been used for GI hypermotility and peptic ulceration. Yes, aqueous extracts increase survival time of mice with spontaneous tumors, and decrease tumor growth, and have antimutagenic activity (PNC). Is comfrey more likely to cause, cure, or prevent cancer? This is what we really should be studying.

COMMON BUCKTHORN (*Rhamnus cathartica* L.) +



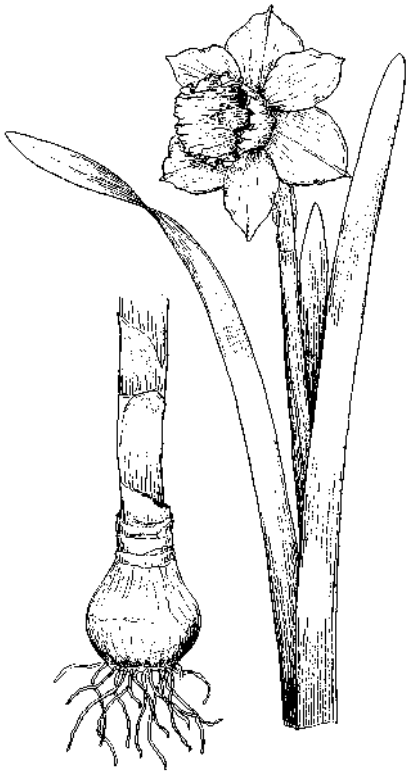
Activities (Common Buckthorn) — Antitumor (1; FNF; HOX; PNC); Collyrium (f; DEM); Depurative (f; HHB; MAD; PHR; PH2); Diuretic (f; EFS; HHB; MAD; PHR; PH2); Emetic (f; EFS); Laxative (2; DEM; EFS; KOM; PNC); Peristaltic (f; PHR).

Indications (Common Buckthorn) — Anemia (f; MAD); Appendicitis (f; MAD); Asthma (f; MAD); Cachexia (f; MAD); Cancer (1; FNF; HOX; JLH; PNC); Chlorosis (f; MAD); Colic (f; MAD); Constipation (2; EFS; KOM; PHR; PH2; PNC); Diarrhea (f; MAD); Dropsy (f; MAD); Exanthema (f; MAD); Gout (f; MAD); Hemorrhoid (2; KOM; PHR; PH2); Herpes (f; MAD); Itch (f; DEM); Nausea (f; MAD); Obesity (f; MAD); Ophthalmia (f; DEM); Proctosis (f; PH2); Rheumatism (f; MAD); Sore (f; MAD); Stomatosis (f; MAD); Tumor (1; FNF; HOX; PNC); Uremia (f; MAD); Water Retention (f; EFS; HHB; HH2; MAD; PHR; PH2).

Dosages (Common Buckthorn) — 0.6–5 g fruit. (HHB); 0–20 berries (MAD); 15–30 g juice; children 0.5–1 tsp syrup (MAD); 4 g dry fruit/cup tea, 2–5 g drug/day corresponding to 20–30 mg hydroxyanthracene (calculated as glucofrangulin A) (PH2); 2–4 ml buckthorn berry syrup (PNC).

Contraindications, Interactions, and Side Effects (Common Buckthorn) — Class 2b (AHP). Commission E reports for fruit, contraindications, adverse effects, and interactions of anthranoid laxatives (AEH). Contraindicated in obstruction of the bowel or intestines, acute inflammation of the bowels as in appendicitis, colitis, and Crohn's disease. Do not use if under 12 years of age, or pregnant (KOM; PH2). See anthranoids in introductory section. Berry extract induce tumor necrosis in mice (PNC).

COMMON DAFFODIL (*Narcissus pseudonarcissus* L.) X



Activities (Common Daffodil) — Antimitotic (1; HHB); Antispasmodic (f; FEL; GMH); Aphrodisiac (f; GMH); Astringent (f; EFS); Cardiotoxic (1; EFS); Depurative (f; EFS); Emetic (f; EFS; HHB); Emmenagogue (f; EFS); Mydriatic (f; FEL); Narcotic (f; EFS; GMH); Paralytic (f; EFS); Poison (1; EFS; GMH; PH2).

Indications (Common Daffodil) — Alopecia (f; GMH); Asthma (f; PH2); Bronchosis (f; GMH; HHB; PH2); Cancer (f; JLH); Cancer, uterus (1; FNF; JLH); Catarrh (f; FEL; GMH; PH2); Chorea (f; FEL); Cold (f; PH2); Cramp (f; FEL; GMH); Diarrhea (f; FEL; HHB); Dysentery (f; FEL; GMH); Epilepsy (f; FEL; GMH); Fever (f; FEL); Hysteria (f; FEL; GMH); Induration (f; JLH); Malaria (f; FEL); Mucososis (f; PH2); Pertussis (f; HHB; PH2); Rheumatism (f; FEL); Rhinosis (f; HHB); Sore (f; HHB); Swelling (f; JLH); Tumor (1; HHB); Uterosis (f; JLH); Worm (f; FEL).

Dosages (Common Daffodil) — $^1/_4$ to 10 drops tincture (bulb macerated in 98% ethanol) (FEL); 10–60 grains powdered flower or bulb (FEL).

Contraindications, Interactions, and Side Effects (Common Daffodil) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Potentially allergenic. Intoxication (confused with onion bulbs) can cause CNS disorders, diarrhea, GI irritation, salivation, and vomiting (FEL; PH2).

COMMON GROMWELL (*Lithospermum officinale* L.) X

Activities (Common Gromwell) — Antiestrogenic (1; WOI); Antigonadotropic (1; WOI); Antithyroid (f; WOI); Contraceptive (1; WOI); Depurative (f; WOI); Diuretic (f; CEB; EFS); Litholytic (f; EFS; WOI); Sedative (f; WOI).

Indications (Common Gromwell) — Bladder Stone (f; EFS); Calculus (f; CEB; FEL); Cystosis (f; WOI); Dermatosis (f; WOI); Gout (f; WOI); Insomnia (f; WOI); Itch (f; WOI); Kidney Stone (f; EFS); Measles (f; WOI); Nephrosis (f; EFS); Nervousness (f; WOI); Smallpox (f; WOI); Stone (f; DEP; EFS; WOI); Water Retention (f; CEB; EFS).

Dosages (Common Gromwell) — 1 oz dry root/pint water; 1 tsp every 3 hours (FEL); $^1/_2$ tsp powdered seed every 44–45 hours (FEL).

Contraindications, Interactions, and Side Effects (Common Gromwell) — Not covered (AHP; PH2). If it contains the same shikonins and PAs, or nearly so, as the Chinese Lithospermum, it should probably be avoided.

COMMON REED (*Phragmites australis* (Cav.) Trin. ex Steud.) ++

Synonyms — *Arundo phragmites* L., *A. vulgaris* Lam., *P. communis* Trin., *P. communis* var. *longivalvis* (Steud.) Miq., *P. longivalvis* Steud., *P. vulgaris* (Lam.) Crép., *P. vulgaris* var. *longivalvis* (Steud.) W. Wight.

Activities (Common Reed) — Antiemetic (f; WOI); Diaphoretic (f; EFS; HHB; JFM; PH2; WOI); Diuretic (f; EFS; HHB; JFM; PH2); Emetic (f; DEM); Expectorant (f; DEM); Litholytic (f; JFM).

Indications (Common Reed) — Bite (f; PH2); Boil (f; DEM); Cancer (f; JLH); Cancer, breast (f; JLH; PH2); Carbuncle (f; DEM); Dermatosis (f; DEM); Diabetes (f; HHB; PH2; WOI); Diarrhea (f; DEM); Dropsy (f; EFS); Fever (f; EFS; HHB; JFM; PH2; WOI); Fracture (f; DEM; WOI); Gastrosis (f; DEM); Gout (f; EFS); Induration (f; JLH); Kidney Stone (f; JFM); Leukemia (f; HHB; JLH; PH2); Pneumonia (f; DEM); Pulmonosis (f; DEM); Rheumatism (f; EFS; WOI); Stone (f; JFM); Vomiting (f; WOI); Water Retention (f; EFS; HHB; JFM; PH2).

Dosages (Common Reed) — Not covered. Young sprouts eaten as a delicacy in Japan (HHB).

Contraindications, Interactions, and Side Effects (Common Reed) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

CONDOR PLANT, EAGLE VINE (*Marsdenia cundurango* Rchb. f.) +

Synonym — *Marsdenia reichenbachii* Triana.

Often spelled Condurango (Illustrated in HH2).

Activities (Condor Plant) — Alterative (f; CRC; PNC); Analgesic (f; CRC); Antiemetic (f; PH2); Antisarcomic (1; HH2); Antiseptic (f; CRC); Antitumor (1; HH2; PHR; PNC); Aperitif (1; PH2; PNC); Bitter (1; PH2); Convulsant (f; CRC); Diuretic (f; CRC); Gastrotonic (2; HH2; KOM; PH2); Hemostat (f; CRC); Nervine (f; CRC); Paralytic (1; CRC); Sialagogue (2; HH2; KOM; PH2); Stomachic (1; CRC; PNC); Tonic (f; CRC).

Indications (Condor Plant) — Adenopathy (f; CRC); Anorexia (2; CRC; KOM; PHR; PH2; PNC); Atonia (f; PH2); Beriberi (f; CRC); Bite (f; CRC); Bleeding (f; CRC); Cancer (1; CRC; HH2; PHR; PNC); Cancer, breast (1; FNF; JLH); Cancer, epithelium (1; FNF; JLH); Cancer, esophagus (1; FNF; JLH); Cancer, face (1; FNF; JLH); Cancer, lip (1; FNF; JLH); Cancer, neck (1; FNF; JLH); Cancer, pylorus (1; FNF; JLH); Cancer, skin (1; FNF; JLH); Cancer, stomach (1; FNF; JLH; PH2); Cancer, uterus (1; FNF; JLH); Carcinoma (1; CRC); Catarrh (f; HHB); Dermatosis (f; PH2); Dyspepsia (2; PHR); Epithelioma (f; JLH); Gastrosis (f; CRC; PH2); Lymph (f; CRC); Nausea (f; PH2); Pain (f; CRC); Proctosis (f; PH2); Rheumatism (f; CRC); Sarcoma (1; CRC); Snakebite (f; CRC); Stomachache (f; HHB); Stomatosis (f; PH2); Syphilis (f; CRC);

Tumor (1; HH2; PHR; PNC); Ulcer (f; HHB); VD (f; CRC); Vomiting (f; PH2); Water Retention (f; CRC).

Dosages (Condor Plant) — 1–4 g powdered bark (PNC); 1.5 g bark/cup tea (HHB); average daily dose bark 2–4 g (HH2; PHR); 2–4 g/day (HH2); 0.2–0.5 g aqueous extract (?); 0.5–4 ml tincture (HHB); 2–5 g tincture; 2–4 g liquid extract (PHR); 2–4 ml liquid extract (PNC); 1 cup wine 30 minutes before meals (50–100 g/liter wine) (PH2).

Contraindications, Interactions, and Side Effects (Condor Plant) — Not covered (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). No side effects reported during therapeutic use (AEH; PHR).

CONESSI, KURCHI (*Holarrhena pubescens* Wall. ex G. Don) +

Synonyms — *Chonemorpha antidysenterica* (Roxb. ex Fleming) G. Don, *Echites antidysenterica* Roth, *Holarrhena antidysenterica* (Roxb. ex Fleming) Wall. ex A. DC., *H. febrifuga* Klotzsch.

Activities (Conessi) — Amebicide (1; WOI); Anesthetic (1; WOI); Anthelminthic (1; KAP; WOI); Antidysenteric (1; WOI); Antiinflammatory (f; KAB); Antipyretic (1; KAP; SUW; WOI); Antispasmodic (1; MPI); Antitubercular (f; WOI); Antiviral (f; MPI); Aperitif (f; KAB; SKJ); Aphrodisiac (f; KAB); Astringent (1; KAP; MPI; SUW; WOI); Cardiodepressant (1; MPI); Carminative (f; KAB; KAP; MPI); Diuretic (f; WOI); Hypoglycemic (1; MPI); Hypotensive (1; KAP; MPI); Lactagogue (f; KAB); Narcotic (f; WOI); Protisticide (1; WOI); Stomachic (1; KAP; MPI; WOI); Tonic (1; WOI); Vasodilator (1; MPI); Vulnerary (f; KAB).

Indications (Conessi) — Ameba (1; WOI); Amebiasis (1; MPI; WOI); Anorexia (f; KAB; SKJ); Asthma (f; KAB); Bite (f; MPI); Bleeding (1; WOI); Boil (f; MPI; WOI); Bronchosis (f; WOI); Cancer (1; MPI); Cholera (f; MPI); Colic (f; WOI); Constipation (f; MPI; SKJ); Cramp (1; MPI); Dermatosis (f; WOI); Diabetes (1; MPI); Diarrhea (1; SUW; WOI); Dropsy (f; SUW; WOI); Dysentery (1; KAP; MPI; SUW; WOI); Dysmenorrhea (f; KAB); Dyspepsia (f; WOI); Dysuria (f; SKJ); Epilepsy (f; SKJ); Epistaxis (1; WOI); Erysipelas (f; KAB); Fatigue (f; KAB); Fever (1; KAB; KAP; SUW; WOI); Gas (f; KAB; KAP; MPI); Gingivosis (f; KAB); Headache (f; KAB); Hematuria (f; MPI; SKJ); Hemorrhoid (f; KAB; WOI); High Blood Pressure (2; KAP; MPI); Hyperglycemia (1; MPI); Infertility (f; WOI); Inflammation (f; KAB); Jaundice (f; MPI); Leprosy (f; SKJ); Leukoderma (f; KAB; SKJ); Lumbago (f; KAB); Malaria (f; KAP); Menorrhagia (f; MPI); Myalgia (f; KAB); Pain (1; WOI); Parturition (f; KAB); Pulmonosis (f; WOI); Rhinosis (f; MPI); Snakebite (f; SKJ); Sore (f; WOI); Splenosis (f; SKJ; WOI); Spermatorrhea (f; MPI); Stomachache (f; MPI); Trichomoniasis (f; WOI); Toothache (f; WOI); Trypanosoma (1; MPI); Tuberculosis (1; WOI); Urethrosis (1; IWU); Virus (1; MPI); Water Retention (f; WOI); Worm (1; SKJ; SUW; WOI).

Dosages (Conessi) — 2–4 g powdered seed (KAP); 28–74 ml decoction or tea (KAP); 2–4 ml tincture (KAP); daily dose of 60–120 grains powdered bark in 3–4 portions (KAB); bark taken in decoction (WOI); doses >500 mg/person may be toxic.

Contraindications, Interactions, and Side Effects (Conessi) — Not covered (KOM; PHR; AHP; APA). Doses of conessine >500 mg day may induce GI distress, insomnia, restlessness, tremors, vertigo, possibly even death from central respiratory paralysis (WBB; WOI). LD50 (50% ethanolic fruit extract) = 250 mg/kg ipr mouse (MPI). LD50 (50% ethanolic sb extract) = 1000 mg/kg ipr mouse (MPI). With at least 18 alkaloids, is the conessine most important at 4000 ppm. Conessine increases coronary outflow in isolated animal tissues. Induces narcosis in frogs and is locally anesthetic in guinea pigs, being "twice as active as cocaine." Subcutaneous injections may induce necrosis. Conessine has antiamebic activities comparable to emetine.

CONGOROSA (*Maytenus ilicifolia* Marf. ex Reissek) +

Activities (Congorosa) — Antibacterial (1; HH2); Antisarcomic (1; HH2); Antiseptic (1; HH2; PH2); Antitumor (1; PH2); Antiulcer (1; HH2; PH2); Candidicide (1; HH2); Cytotoxic (1; PH2); Embryotoxic (1; HH2); Fungicide (1; HH2); Teratogenic (1; HH2).

Indications (Congorosa) — Acne (f; HH2); Alcoholism (f; PH2); Anemia (f; PH2); Asthma (f; PH2); Bacteria (1; HH2); Cancer (1; HHB; JLH; PH2); Cancer, breast (1; HH2); Cancer, head (1; HH2); Cancer, ovary (1; HH2); Cancer, skin (1; HHB; JLH; PH2); Cancer, throat (1; HH2); Candida (1; HH2); Dermatosis (1; HHB; JLH; PH2); Duodenosis (f; HH2); Dyspepsia (f; PH2); Eczema (f; HH2; PH2); Enterosis (f; PH2); Escherichia (1; HH2); Fatigue (f; PH2); Fungus (1; HH2); Gas (f; PH2); Gastrosis (f; HH2; PH2); Hodgkin's Disease (1; HH2); Hyperacidity (f; PH2); Infection (1; HH2; PH2); Infection (1; HH2); Inflammation (f; PH2); Leukemia (1; FNF; HH2); Lymphoma (1; HH2); Melanoma (1; FNF; HH2); Mycosis (1; HH2); Ophthalmia (f; PH2); Pain (f; PH2); Salmonella (1; HH2); Shigella (1; HH2); Sore (f; HH2; PH2); Staphylococcus (1; HH2); Streptococcus (1; HH2); Swelling (f; PH2); Tumor (1; PH2); Ulcer (1; HH2; PH2); Yeast (1; HH2).

Dosages (Congorosa) — 100–400 ml decoction/tea (2–5%) (HH2; PH2); 5–20 g powdered leaf (PH2); 25–100 ml tincture (PH2).

Contraindications, Interactions, and Side Effects (Congorosa) — "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2) Maytansines embryotoxic and teratogenic. Not for use during pregnancy. Maytenin antiseptic, antimelanomic, antitumor, and antiulcer, especially against basal cell carcinoma (PH2). Prevents ulcers in animals and humans (PH2).

CONTRAHIERBA (*Dorstenia contrayerba* L.) +

Activities (Contrahierba) — Alexeteric (f; EFS); Antipyretic (f; JFM); Aperitif (f; JFM); Diaphoretic (f; HHB; PH2); Diuretic (f; HHB); Emmenagogue (f; JFM); Stimulant (f; EFS; PH2); Tonic (f; JFM).

Indications (Contrahierba) — Anorexia (f; JFM); Bite (f; JFM); Cancer (f; HHB; JLH); Cholera (f; JFM); Cold (f; JFM); Colic (f; JFM); Cough (f; EFS); Dermatosis (f; JFM); Diarrhea (f; HHB); Dysentery (f; HHB); Dyspepsia (f; JFM); Epilepsy (f; JFM); Fever (f; HHB; JFM; PH2); Fracture (f; IED); Gastrosis (f; EFS); Malaria (f; HHB); Measles (f; JFM); Smallpox (f; JFM); Snakebite (f; HHB; PH2); Tetanus (f; JFM); Toothache (f; JFM); Typhoid (f; JFM); Typhus (f; HHB); Water Retention (f; HHB); Wound (f; HHB).

Dosages (Contrahierba) — Decoct 8 g in 180 cc sweetened water (take 2 tbsp every other hour) (JFM).

Contraindications, Interactions, and Side Effects (Contrahierba) — Not covered (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2) Furanocoumarins may trigger phototoxicity.

COPAIBA (*Copaifera langsdorfii* Desf.) +

Activities (Copaiba) — Antibacterial (1; PH2); Antiseptic (1; JAD; PH2); Carminative (f; JAD); Diuretic (f; JAD); Emetic (f; JAD); Expectorant (f; JAD); Laxative (f; JAD); Hydragogue (f; JAD); Stimulant (f; JAD); Urinary Antiseptic (1; PH2).

Indications (Copaiba) — Bacteria (1; PH2); Bronchosis (f; JAD); Catarrh (f; JAD); Chilblain (f; JAD); Constipation (f; JAD); Cystosis (f; JAD; MAD); Dermatosis (f; DAW); Diarrhea (f; JAD); Dropsy (f; JAD; MAD); Dysuria (f; MAD); Eczema (f; DAW); Fever (f; MAD); Gas (f; JAD); Gonorrhea (f; DAW; JAD; MAD); Hemorrhoid (f; JAD; MAD); Inflammation (f; PH2); Kidney Sone (1; PH2); Leukorrhea (f; JAD); Mucososis (f; PH2); Pulmonosis (f; MAD; PH2); Psoriasis (f; MAD); Rheumatism (f; MAD); UTI (1; PH2); VD (F; JAD; MAD); Water Retention (f; JAD).

Dosages (Copaiba) — 0.5–1 g capsule (MAD); 25–30 drops tincture 3 ×/day (MAD).

Contraindications, Interactions, and Side Effects (Copaiba) — Not covered (AHP). Five grams can cause stomach pain (PH2). Large doses are laxative and emetic; causing strangury, bloody urine, and fever. The resin irritates the entire mucous membrane, imparting a peculiar odor to the urine and breath; causes an eruption resembling measles, attended with irritation and tingling (JAD).

CORAL BEAN (*Erythrina fusca* lour.) +

Synonym — *E. glauca* Willd.

Activities (Coral Bean) — Analgesic (f; CRC); Antipyretic (f; CRC); Antiseptic (f; DAV); Antitussive (f; DAV); Diaphoretic (f; DAV); Hallucinogen (1; CRC); Narcotic (1; CRC); Vermifuge (f; CRC).

Indications (Coral Bean) — Beriberi (f; CRC); Boil (f; CRC); Cancer (f; CRC); Cold (f; DAV); Dermatosis (f; DAV); Fever (f; CRC; DAV); Fracture (f; CRC); Headache (f; DAV); Hematuria (f; CRC); Hepatosis (f; CRC); Infection (f; DAV); Malaria (f; CRC; DAV); Migraine (f; DAV); Mycosis (f; DAV); Pain (f; CRC); Rheumatism (f; CRC); Toothache (f; CRC); Worm (f; CRC); Wound (f; CRC).

Contraindications, Interactions, and Side Effects (Coral Bean) — "Seeds contain the alkaloid erythralin. Erysodine, erysonine, erysopine, erysothiopine, erysothiovine, erysovine, and erythraline are also reported. Those species containing indoles and isoquinolines are classed as narcotics, capable of inducing hallucinogenic stupor" (CRC).

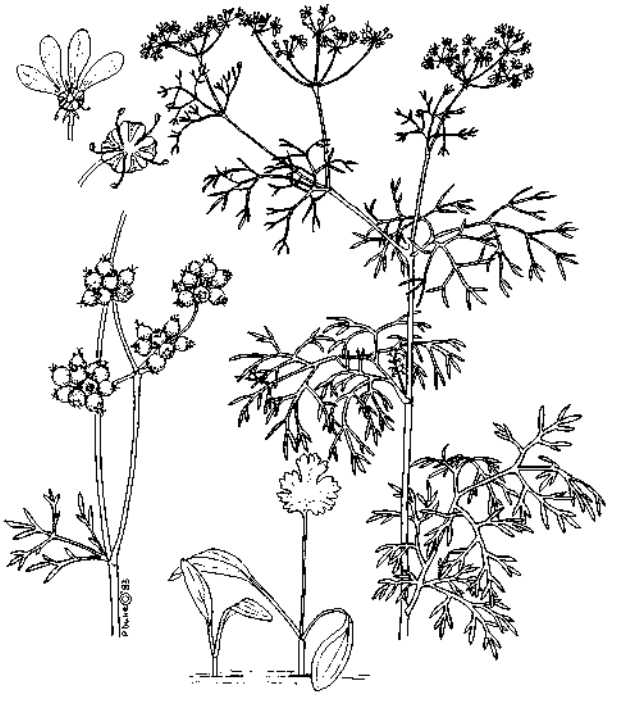
CORAL ROOT (*Corallorhiza odontorrhiza*) +

Activities (Coral Root) — Antipyretic (f; PH2); Diaphoretic (f; PH2); Sedative (f; PH2).

Indications (Coral Root) — Cold (f; PH2); Fever (f; PH2); Insomnia (f; PH2); Nervousness (f; PH2).

Contraindications, Interactions, and Side Effects (Coral Root) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

CORIANDER (*Coriandrum sativum* L.) ++



(Leaves sometimes called cilantro.)

Activities (Coriander) — Alexeteric (f; BIB); Anaphrodisiac (f; HHB); Antibacterial (1; APA; PHR; PH2); Antiedemic (1; APA); Antiimplantation (1; APA); Antiinflammatory (1; PNC); Antimutagenic (1; APA); Antiseptic (1; PH2); Antispasmodic (1; BGB; HHB; PHR; PH2); Aperitif (2; PH2); Aphrodisiac (f; APA); Carminative (1; APA; HHB; PHR; PH2); Contraceptive (f; APA); Digestive (1; BGB; BIB); Diuretic (1; APA; BIB); Emmenagogue (f; BIB); Fungicide (1; APA; PHR; PH2); Gastrogogue (1; PH2); Hypoglycemic (1; APA; PNC); Hypotensive (f; APA); Larvicide (1; APA; PNC); Lipolytic (1; BGB; LAF); Myorelaxant (1; APA); Pectoral (f; BIB); Sedative (f; BIB); Stimulant (1; BGB; BIB); Stomachic (1; BGB; BIB; HHB); Tonic (f; BIB).

Indications (Coriander) — Ameba (f; PH2); Anorexia (2; APA; KOM; PH2); Arthrosis (f; BIB; HHB); Bacteria (1; APA; PHR; PH2); Biliousness (f; BIB); Bleeding (f; PH2); Body Odor (f; APA); Cancer (1; APA; JLH); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Cancer, sinew (f; JLH); Cancer, spleen (f; JLH); Cancer, uterus (f; JLH); Cardiopathy (f; BIB); Catarrh (f; BIB); Chickenpox (f; PH2; SKJ); Childbirth (f; PH2); Cholecystosis (f; PHR); Colic (f; HHB); Condyloma (f; JLH); Cough (f; PHR; PH2); Cramp (1; BGB; BIB; HHB; PHR; PH2); Cystosis (f; PH2); Dermatosis (f; PHR; PH2); Diarrhea (f; APA; HHB); Dysentery (1; APA; PHR; PH2); Dyspepsia (2; APA; HHB; KOM; PH2); Dysuria (f; PH2); Edema (f; PH2); Enterosis (2; BGB; PHR; PH2); Epistaxis (f; PH2); Erotomania (f; BIB); Erysipelas (f; BIB); Fever (f; PHR; PH2); Fungus (1; APA; PHR; PH2); Gas (1; APA; BGB; HHB; PHR; PH2); Gastrosis (1; BGB; HHB; PHR); Halitosis (f; APA; PHR; PH2); Headache (f; BIB; PHR; PH2); Hemorrhoid (f; APA; PH2); Hernia (f; BIB); High Blood Pressure (f; APA); Hyperglycemia (1; APA; PNC); Hysteria (f; BIB); Induration (f; JLH); Infection (1; APA; PHR; PH2); Inflammation (1; PNC); Insomnia (f; BIB); Intoxication (f; BIB); Kernel (f; JLH); Leprosy (f; PHR; PH2); Measles (f; APA; PH2); Mycosis (1; APA; PHR; PH2); Nausea (f; BIB); Nervousness (f; BIB); Neuralgia (f; APA; BIB); Pain (f; PH2); Pharyngosis (f; PHR; PH2); Ptomaine (f; BIB); Puerperium (f; PHR); Rash (f; PHR; PH2); Rheumatism (f;

HHB); Sclerosis (f; BIB); Scrofula (f; PH2); Snakebite (f; BIB); Splenosis (f; BIB); Stomachache (f; BIB); Stomatosis (f; PHR; PH2); Swelling (1; APA); Syphilis (f; BIB); Toothache (f; APA); Ulcer (f; BIB); Uterosis (f; JLH); VD (f; BIB); Vertigo (f; HHB; PH2); Wart (f; JLH); Water Retention (1; APA; BIB); Wen (f; JLH); Worm (f; APA).

Dosages (Coriander) — 1–2 tsp crushed fruit/cup water up to 3 ×/day (APA); 3 g fruit (KOM; PHR); 0.3–1 g powdered fruit (PNC); 0.5–2 ml liquid fruit extract (PNC); 0.05–2 (they said 2, I'd have said 0.2; cf celery seed, close kin) ml EO (PNC).

Contraindications, Interactions, and Side Effects (Coriander) — Class 1 (AHP). None known (KOM). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2).

CORKWOOD TREE, PITURI (*Duboisia myoporoides* R.Br.) X

Activities (Corkwood Tree) — Hallucinogen (1; CRC); Hypnotic (f; CRC); Intoxicant (f; CRC); Mydriatic (f; CRC); Narcotic (1; CRC); Poison (f; CRC); Sedative (f; CRC); Stimulant (f; CRC).

Indications (Corkwood Tree) — Childbirth (f; CRC); Fatigue (f; CRC); Hunger (f; CRC); Insomnia (f; CRC); Nervousness (f; CRC); Ophthalmia (f; CRC); Pain (f; CRC).

Contraindications, Interactions, and Side Effects (Corkwood Tree) — "Narcotic stimulant, secondarily a hallucinogen. Although the poisoned dreams of pituri represent a flirtation with death, they are preferred to the sting of harsh reality" (CRC). See belladonna alkaloid warnings and activities.

CORN COCKLE (*Agrostemma githago* L.) +

Activities (Corn Cockle) — Anesthetic (1; CRC); Antibacterial (1; CRC; WO2); Antimycotic (1; PH2); Diuretic (f; BIB; CRC; EFS); Emmenagogue (f; BIB; CRC; EFS); Expectorant (f; BIB; CRC; EFS); Hemolytic (1; HH2); Hypotensive (1; WO2); Narcotic (1; WO2); Toxic (1; PH2); Vermifuge (f; BIB; CRC; EFS).

Indications (Corn Cockle) — Aposteme (f; CRC; JLH); Bacteria (1; CRC; WO2); Cancer (f; CRC); Cancer, uterus (f; JLH); Cough (f; PH2); Dermatosis (f; PH2); Dropsy (f; CRC); Edema (f; PH2); Exanthema (f; CRC; WO2); Fungus (1; HH2); Gastrosis (f; BIB; CRC; PH2); Hemorrhoid (f; CRC; WO2); High Blood Pressure (1; WO2); Induration (f; JLH); Jaundice (f; CRC; EFS; WO2); Mycosis (1; HH2); Pain (1; CRC); Paralysis (f; BIB; CRC); Swelling (f; JLH; PH2); Tumor (f; CRC); Uterosis (f; JLH); Water Retention (f; BIB; CRC; EFS); Worm (f; BIB; CRC; EFS; PH2).

Dosages (Corn Cockle) — Homeopathic only (HH2; PH2).

Contraindications, Interactions, and Side Effects (Corn Cockle) — Not covered (AHP; KOM; PHR). "Health hazards not known with proper therapeutic dosages" (PH2). Seed toxic, 2–3 g considered harmless to humans, more than 5 g is potentially lethal (PH2). Signs of intoxication; colic, conjunctivosis, cramps, delirium, diarrhea, dizziness, headache, lacrimation, mucositis, and restlessness (PH2). LD50 (saponin mix) = 750 mg/kg orl mouse (HH2). LD50 (saponin mix) = 2.3 mg/kg ivn rat (HH2). LD50 (saponin mix) = 50 mg/kg orl rat (HH2). Sprouts contain allantoin.

CORNFLOWER, BACHELOR'S BUTTON (*Centaurea cyanus* L.) ++

Activities (Cornflower) — Antibacterial (1; PH2); Antipyretic (f; EFS); Antiseptic (1; HHB; PNC); Astringent (f; WO2); Cholagogue (f; PH2); Collyrium (f; EFS); Diuretic (1; HHB; PH2; WO2); Emmenagogue (f; EFS; WO2); Expectorant (f; PH2); Fungicide (f; WO2); Hepatotonic (f; PH2); Pectoral (f; EFS; WO2); Stimulant (f; EFS; WO2); Tonic (f; EFS; WO2).

Indications (Cornflower) — Bacteria (1; PH2); Cancer (f; JLH); Candida (f; PH2); Cholecystosis (f; PH2); Conjunctivosis (f; PH2; WO2); Constipation (f; PH2); Cough (f; HHB); Dermatosis (f; PH2); Diarrhea (f; HHB); Dropsy (f; WO2); Dysmenorrhea (f; PH2); Eczema (f; PH2); Fever (f; EFS; PH2); Fungus (f; WO2); Hepatosis (f; PH2); Infection (1; PH2; WO2); Inflammation (f; PH2); Jaundice (f; WO2); Leukorrhea (f; PH2); Mastosis (f; HHB); Mycosis (f; WO2); Ophthalmia (f; HHB; JLH); Pain (f; HHB); Salmonella (1; HHB); Seborrhea (f; PH2); Shigella (1; HHB); Vaginosis (f; PH2); Water Retention (1; HHB; PH2; WO2); Yeast (f; PH2).

Dosages (Cornflower) — 1 g fl/cup (HHB); tea to be drunk several ×/day (PH2).

Contraindications, Interactions, and Side Effects (Cornflower) — Class 1 (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2).

CORN POPPY (*Papaver rhoeas* L.) +

Activities (Corn Poppy) — Analgesic (f; PH2; PNC); Antibacterial (f; PH2); Antiinflammatory (f; PH2); Antiseptic (1; WOI); Antitumor (1; HHB); Antitussive (f; PH2); Convulsant (f; PH2); Diaphoretic (f; WOI); Expectorant (f; HHB; PH2); Mydriatic 1; HHB); Narcotic (f; DEP); Pectoral (f; HHB); Respirastimulant (1; HHB); Sedative (f; DEP; HHB; PH2).

Indications (Corn Poppy) — Agitation (f; PH2); Arrhythmia (f; BRU); Bacteria (1; HHB; PH2); Bronchosis (f; PH2); Cancer (1; HHB; JLH); Cancer, abdomen (1; HHB; JLH); Cancer, breast (1; HHB; JLH); Cancer, colon (1; HHB; JLH); Cancer, heart (1; HHB; JLH); Cancer, kidney (1; HHB; JLH); Cancer, leg (1; HHB; JLH); Cancer, liver (1; HHB; JLH); Cancer, muscle (1; HHB; JLH); Cancer, nose (1; HHB; JLH); Cancer, pharynx (1; HHB; JLH); Cancer, spleen (1; HHB; JLH); Cancer, stomach (1; HHB; JLH); Cardiopathy (f; BRU; JLH); Condyloma (f; JLH); Cough (f; BRU; PH2; WOI); Cramp (f; PH2); Enterosis (f; JLH); Fever (f; WOI); Gastrosis (f; JLH); Hepatosis (f; JLH); Hoarseness (f; WOI); Induration (f; JLH); Infection (f; HHB); Inflammation (f; PH2); Insomnia (f; BRU; DEP; HHB; PH2); Mucososis (f; PH2); Myosarcoma (1; JLH); Nephrosis (f; JLH); Nervousness (f; DEP; HHB; PH2); Neurosis (f; BRU); Pain (f; HH2; PH2; PNC); Pharyngosis (f; JLH); Respirosis (f; PH2); Rhinosis (f; JLH); Splenosis (f; JLH); Staphylococcus (1; HHB); Tuberculosis (1; HHB); Tumor (1; HHB).

Dosages (Corn Poppy) — 1 g flower/cup tea (PH2); 2.5–5 ml flower syrup (PNC).

Contraindications, Interactions, and Side Effects (Corn Poppy) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Children have been poisoned eating the flowers and leaves (PH2).

CORN SILK (*Zea mays* L.) +++

Activities (Corn Silk) — Antiedemic (f; FAD); Cardiotonic (f; PHR; PH2); Cell Proliferant (1; FAD); Choleretic (1; PNC); Cholinergic (1; CAN); Diuretic (1; APA; CAN; FAD; PH2); Gastrosedative (1; PH2); Hypertensive (f; PHR; PH2); Hypoglycemic (1; FAD); Hypotensive (1; FAD); Litholytic (f; CAN); Uterocontractant (1; CAN); Vulnerary (1; FAD).

Indications (Corn Silk) — Atherosclerosis (1; FAD); Bladder Stone (f; APA); Cholecystosis (f; FAD); Cystosis (1; APA; CAN); Dropsy (f; APA); Dyspepsia (f; PH2); Dysuria (f; PHR); Enuresis (f; CAN); Gonorrhea (1; APA; FAD); Gout (1; APA; FAD); Hepatosis (f; FAD; PH2); High Blood Pressure (1; FAD); Hyperglycemia (1; FAD); Inflammation (f; APA); Low Blood Pressure (f; PHR; PH2); Nephrosis (f; CAN); PMS (1; APA); Prostatosis (1; CAN); Rheumatism (f; APA; FAD);

Stone (f; CAN); Swelling (f; FAD); Urethrosis (1; CAN; PNC); UTI (1; APA; CAN; PH2); Water Retention (1; APA; CAN; FAD; PH2).

Dosages (Corn Silk) — 4–8 g silk as tea 3 ×/day (CAN); 1 tsp silk/cup water up to several ×/day (WIC); 2 tsp corn silk/cup tea every other day (PH2); 4–8 ml liquid extract; 5–15 ml tincture (1:5 in 25% alcohol) 3 ×/day (CAN); 2–3 tsp tincture/day (20 g corn silk/100 ml 20% ethanol to steep 5 days) (PH2); 8–15 ml syrup (CAN); 2–8 ml liquid corn silk extract (PNC).

Contraindications, Interactions, and Side Effects (Corn Silk) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). CAN reports dermatosis and allergenic reaction. Because of its uterine stimulant effect *in vivo,* its use in pregnancy and lactation is to be avoided (CAN). Because of its diuretic activity, could lead to hypokalemia (CAN). Allantoin may explain cell-proliferant and vulnerary activity (FAD). APA questions the diuretic activity (APA).

CORYDALIS (*Corydalis ambigua* Cham. & Schltdl. and/or *C. yanhusuo* (Y. H. Chou & Chun. C. Hsu) W. T. Wang) +

HHB and PH2 entries refer to *Corydalis cava* (L.) Schweigg. & Korte.

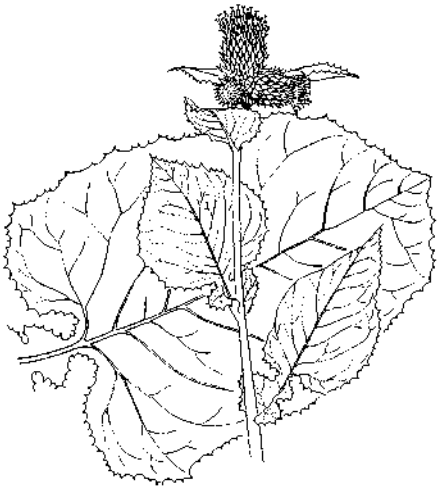
Activities (Corydalis) — Aldose-Reductase Inhibitor (1; KEB); Analeptic (1; DAA); Analgesic (1; KEB); Anthelminthic (1; HHB); Antiaggregant (1; KEB); Antiarrhythmic (1; KEB); Anticancer (1; DAA); Antifertility (1; DAA); Antiinflammatory (1; KEB); Antispasmodic (1; DAA; HHB; PH2); Antitussive (1; DAA); Antiulcer (1; DAA); Bitter (1; KEB); Calcium Antagonist (1; KEB); Cardioprotective (1; KEB); Cardiotonic (1; DAA); CNS-Depressant (1; DAA; PH2); Dopamine-Antagonist (1; KEB); Embryotoxic (1; KEB); Emmenagogue (1; HHB); Hallucinogen (f; PH2); Hypnotic (1; KEB); Hypotensive (1; DAA; KEB); Narcotic (1; DAA; HHB); Sedative (1; KEB; PH2); Tranquilizer (1; DAA; PH2).

Indications (Corydalis) — Angina (1; KEB); Anxiety (f; DAA); Arrhythmia (1; KEB); Atrial Fibrillation (1; KEB); Bruise (f; DAA); Cancer (1; DAA); Cardiopathy (1; KEB); Cataract (1; KEB); Cholecystosis (f; DAA); Chorea (1; DAA; HHB); Colic (f; DAA); Conjunctivosis (f; PH2); Cramp (1; DAA; HHB; PH2); Depression (f; PH2); Diarrhea (f; PH2); Dysmenorrhea (1; KEB; PH2); Enterosis (1; DAA); Furunculosis (f; PH2); Gastrosis (1; DAA); Headache (1; KEB); High Blood Pressure (1; DAA; KEB; PH2); Hyperkinesis (1; DAA; HHB); Hyperorexia (f; PH2); Infarction (1; KEB); Inflammation (1; KEB; PH2); Insomnia (1; DAA; KEB; PH2); Melancholy (f; PH2); Meniere's Syndrome (f; DAA; PH2); Nervousness (1; DAA; KEB; PH2); Neuralgia (1; KEB); Neurosis (f; PH2); Pain (1; KEB); Paralysis (1; DAA); Parkinson's (f; DAA; HHB); Respirosis (f; PH2); Tremor (f; HHB; PH2); Ulcer (1; DAA; PH2); Worm (f; PH2); Wound (f; PH2).

Dosages (Corydalis) — 2–6 g dry root/day or 4–12 ml fluid extract (1:2) for most purposes; 5–10 g dry root/day or 10–20 ml fluid extract (1:2) for analgesia (KEB).

Extracts (Corydalis) — Oral doses of 1–50 mg/kg gindarin, based on dl-tetrahydropalmatine, embryotoxic to rats in days 1–20 of pregnancy. Methanolic extracts and dehydrocorydaline inhibit aldose reductase (KEB). Tetrahydroberberin is strongly antiaggregant by inhibiting platelet aggregation (KEB).

COSTUS, KUTH (*Saussurea costus* (Falc.) Lipsch) ++



Synonyms — *Aplotaxis lappa* Decne., *Aucklandia costus* Falc., *Saussurea lappa* (Decne.) C. B. Clarke.

Activities (Costus) — Alterative (f; KAB; KAP; SUW); Analgesic (f; KAB); Anthelminthic (f; HHB; KAB); Antianginal (1; PH2); Antidote (f; PH2); Antiperistaltic (1; WOI); Antiseptic (1; KAB; KAP; PH2); Antispasmodic (1; HH2; SUW; WOI); Antistress (1; PH2); Antiulcer (1; PH2); Aphrodisiac (f; DEP; HHB); Astringent (f; KAP); Bronchoconstrictor (1; WOI); Bronchodilator (1; WOI); Bronchospasmolytic (1; PH2); Candidicide (1; HH2); Cardiotonic (1; KAB; KAP); Carminative (1; KAB; KAP; SUW; WOI); Cerebrotonic (f; KAB); Circulostimulant (1; WOI); CNS-Depressant (1; WOI); Contraceptive (f; PH2); Depurative (f; KAB); Diuretic (1; HHB; KAB; SKJ; WOI); Emmenagogue (f; HHB; KAB); Expectorant (1; KAB; KAP; WOI); Fungicide (1; HH2; PH2); Hypotensive (1; HH2; WOI); Insecticide (1; WOI); Myorelaxant (f; KAP); Sedative (f; KAP); Stimulant (f; PH2; SUW); Stomachic (f; KAB; SUW); Tonic (f; IHB; KAB; SUW).

Indications (Costus) — Angina (1; PH2); Anorexia (f; PH2); Arthrosis (f; KAB); Asthma (f; DEP; IHB; PH2; SUW); Bacteria (1; HH2; PH2); Bronchosis (1; KAB; PH2; WOI); Cancer (f; HHB; KAP); Cancer, abdomen (f; HHB; JLH); Cancer, colon (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Candida (1; HH2); Cardiopathy (1; PH2; SKJ); Childbirth (f; IHB); Cholera (f; DEP; PH2; SUW); Constipation (f; IHB); Cough (f; DEP; KAB; PH2; SUW); Cramp (1; HH2; SUW; WOI); Dermatosis (f; DEP; IHB; KAP; PH2; SUW); Dyspepsia (f; DEP; KAP); Enterosis (f; HHB); Epilepsy (f; KAB); Erysipelas (f; KAB); Fever (f; IHB; KAB); Fungus (1; HH2; KAB; PH2); Gas (1; KAB; KAP; PH2; SUW; WOI); Gastrosis (1; PH2); Headache (f; KAB); Hepatosis (f; JLH); Hiccup (f; KAB; KAP); High Blood Pressure (1; HH2; WOI); Hysteria (f; KAB); Induration (f; JLH); Infection (1; HH2; PH2); Inflammation (f; KAB); Insomnia (f; KAP); Itch (f; KAB); Leprosy (f; KAB; KAP); Leukoderma (f; KAB); Malaria (f; KAB; KAP); Mycosis (1; HH2; PH2); Nervousness (f; KAP); Pain (f; IHB; KAB); Paralysis (f; KAB); Rheumatism (f; DEP; KAB; KAP; SUW); Ringworm (f; KAB); Scabies (f; KAB); Schistosoma (1; HH2); Shigella (1; HH2); Smallpox (f; IHB); Sore (f; DEP; KAB; KAP); Splenosis (f; JLH); Staphylococcus (1; HH2; KAP; WOI); Stomachache (f; IHB); Streptococcus (1; KAP; WOI); Stress (1; PH2); Toothache (f; DEP); Trematode (1; HH2); Tuberculosis (1; JNP61:1181); Typhus (f; KAB); Ulcer (1; PH2); Water Retention (1; HHB; KAB; SKJ; WOI); Worm (1; HH2); Wound (f; IHB; KAP; PH2); Yeast (1; HH2).

Contraindications, Interactions, and Side Effects (Costus) — Class 1 (AHP). "Health hazards not known with proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). EO LD50 = 2660–4350 mg/kg orl rat (HH2).

COTTONTREE (*Cochlospermum religiosum* (L.) Alston.) ++

Synonyms — *Bombax gossypium* L., *C. gossypium* (L.) DC., *Maximilianea gossypium* (L.) Kuntze.

Activities (Cottontree) — Antipyretic (f; WOI); Laxative (1; PH2); Sedative (f; WOI); Stimulant (f; WOI).

Indications (Cottontree) — Constipation (1; PH2); Cough (f; WOI); Diarrhea (f; PH2); Dysentery (f; PH2); Fever (f; WOI); Fistula (f; SKJ); Insomnia (f; WOI); Nervousness (f; WOI); Pharyngosis (f; PH2); Proteinuria (f; SKJ); Sore (f; SKJ); VD (f; PH2).

Dosages (Cottontree) — 3 g gum (PH2).

Contraindications, Interactions, and Side Effects (Cottontree) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2).

COUCHGRASS, QUACKGRASS (*Elytrigia repens* (L.) Desv. ex Nevski) ++

Synonyms — *Agropyron firmum* J. Presl, *A. repens* (L.) P. Beauv., *A. repens* var. *bromiforme* Schur, *A. repens* var. *glaucescens* Peterm., *Elymus repens* (L.) Gould, *Triticum firmum* (J. Presl) Link, *T. repens* L.

Regrettably, Gruenwald (2000) used "triticum" as the common name, though listing 10 that could have been more appropriate and/or less confusing. *Triticum* is the Latin name for wheat, but not wheat-grass or couch-grass (JAD).

Activities (Couchgrass) — Anthelminthic (f; DEM); Antibacterial (1; APA); Antiedemic (1; CAN); Antiinflammatory (1; CAN); Antiseptic (1; CAN; PH2); Decongestant (f; APA); Demulcent (f; APA); Diuretic (1; APA; CAN; FAD); Herbicide (1; CAN); Litholytic (1; PH2); Sedative (1; CAN).

Indications (Couchgrass) — Arthrosis (f; PH2); Bacteria (1; APA); Bladder Stone (2; PH2); BPH (2; CAN); Bronchosis (2; APA; PHR); Calculus (2; CAN); Cancer (f; JLH); Cancer, liver (f; JLH); Cancer, pylorus (f; JLH); Cancer, tonsil (f; JLH); Cold (f; PHR); Congestion (f; APA); Constipation (1; PHR; PH2); Cough (f; APA; PHR; PH2); Cystosis (1; APA; CAN); Dermatosis (1; APA; PH2); Diabetes (1; PHR; PH2); Dysuria (f; DEM); Enuresis (f; DEM); Fever (f; PHR); Gout (1; PHR; PH2); Gravel (1; FAD; KOM; PH2); Incontinence (f; DEM; FAD); Infection (2; KOM; PHR); Inflammation (1; CAN; PH2); Insomnia (1; CAN); Kidney Stone (2; APA; PHR; PH2); Lithuria (2; FAD); Mucososis (f; APA); Nephrosis (1; KOM); Nervousness (1; CAN); Pain (f; PH2); Pharyngosis (2; PHR); Prostatosis (2; APA; CAN; FNF); Rheumatism (f; PH2); Sclerosis (f; JLH); Stomatosis (2; PHR); Stone (1; PH2); Swelling (1; CAN; DEM; FAD); Tonsilosis (f; JLH); Urethrosis (2; CAN; PH2); UTI (2; APA; KOM; PH2); Water Retention (1; APA; CAN; FAD); Worm (f; DEM; FAD).

Dosages (Couchgrass) — 2–3 tsp chopped rhizome/cup water to 4 ×/day (APA; WIC); 4–8 g rhizome as tea 3 ×/day (CAN); 5–15 ml rhizome tincture (1:5 in 40% alcohol) 3 ×/day (CAN); 4–8 ml liquid rhizome extract (PNC); 4–8 ml liquid extract (1:1 in 25% ethanol) 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (Couchgrass) — Class 1, 2b, 2c (AHP). "In view of its reputed diuretic action, excessive or prolonged use of couchgrass should be avoided since this may result in hypokalemia. The use of couchgrass during pregnancy and lactation should be avoided." (AHP). Irrigation therapy contraindicated in edema due to cardiac or renal insufficiency (KOM). Varro Tyler cautioned against self-medication for BPH. Whenever treating BPH, a practitioner should be involved. Base-line levels of PSA should be established before considering an herbal treatment (JAD).

Extracts (Couchgrass) — EO antimicrobial (KOM). Agropyrene broadly antibiotic (PNC). With antibiotic and diuretic activity proven in animals at least, the plant may be considered potentially useful in '-itises', at least of the urinary tract. Commission E, sensu Blumenthal et al. (1998), approves 6–9 g dry quackgrass a day for "irrigation therapy for inflammatory diseases of the urinary tract and for the prevention (not treatment, JAD) of kidney gravel" (KOM). Commission E, sensu Gruenwald et al. (1998), approves 3–10 g quackgrass for bronchosis, cold, cough, fever, infection, pharyngosis, stomatosis, and UTI. Extracts diuretic and sedative in rats and mice, respectively. Ethanol extract weekly is antiedemic and antiinflammatory. Flavonoids possibly phytotoxic (CAN).

COWITCH, COWHAGE, VELVETBEAN
(*Mucuna pruriens* (L.) DC.) ++

Activities (Cowitch) — Alexeteric (f; DEP); Analgesic (f; DAV); Anthelminthic (1; KAB; MPI; PH2; SUW); Antidotal (f; DAV; DEP); Antiinflammatory (f; KAB); Antispasmodic (1; HHB; MPI; PH2); Aphrodisiac (1; DEP; HHB; SUW); Astringent (f; WOI); Cardiodepressant (1; PH2); Carminative (f; PH2); Depurative (f; DEP); Diuretic (f; HHB; WOI); Emmenagogue (f; HHB; WOI); Fungicide (1; MPI); Hemostat (f; UPW); Histaminic (1; MPI; PH2); Hyperkinetic (1; MPI); Hypocholesterolemic (f; HHB); Hypoglycemic (1; MPI; PH2); Hypotensive (1; HHB; MPI; PH2); Insecticide (1; MPI; WOI); Laxative (f; KAB; SUW; WOI); Nervine (f; DAV; SUW); Neurotonic (1; HHB); Peristaltic (1; PH2); Proteolytic (1; HHB); Rubefacient (1; PH2); Spasmogenic (1; MPI); Stimulant (f; DEP; HHB); Tonic (f; DEP; HHB; KAB; SUW); Uterotonic (f; HHB); Vasodilator (1; WOI); Vermifuge (f; DAV; DEP; SUW).

Indications (Cowitch) — Amenorrhea (f; WOI); Anasarca (f; DAV); Arthrosis (f; UPW); Asthma (f; DAV); Biliousness (f; KAB); Bite (f; DAV); Bleeding (f; UPW); Cancer (1; ABS; JLH); Cancer, abdomen (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cholecystosis (f; HHB; WOI); Cholera (f; DEP; HHB; SUW); Colic (f; UPW); Cough (f; MAD); Cramp (1; HHB; MPI; PH2); Debility (f; PH2); Delirium (f; DEP; KAB; SUW); Dention (f; MAD); Dermatosis (f; MAD); Diabetes (f; PH2); Dropsy (f; DEP; HHB; SUW; WOI); Dysentery (f; HHB); Dysuria (f; DAV); Eczema (f; MAD); Elephantiasis (f; KAB; UPW; WOI); Enterosis (f; JLH); Epilepsy (1; ABS; HAD); Erysipelas (f; UPW); Fever (f; DEP; KAB; SUW; UPW); Fungus (1; DAV; MPI); Gas (f; PH2); Gonorrhea (f; KAB; PH2); Gout (f; HHB; UPW); Headache (f; KAB; UPW); Hemiplegia (f; DEP); Hemorrhoid (f; UPW); Hepatosis (f; MAD); Herpes (f; MAD); High Blood Pressure (1; HHB; MPI; PH2); High Cholesterol (f; HHB; PH2); Hives (f; MAD); Hyperglycemia (1; MPI; PH2); Impotence (1; HHB; UPW); Infection (1; MPI); Infertility (f; PH2); Inflammation (f; KAB); Insanity (f; DAV); Itch (f; HHB; MAD); Jaundice (f; MAD); Leprosy (f; UPW); Leukorrhea (f; DEP); Miscarriage (f; UPW); Myalgia (f; PH2); Mycosis (1; MPI); Nephrosis (f; WOI); Neuralgia (f; HHB); Neurosis (f; WOI); Pain (f; DAV; KAB; PH2; UPW); Paralysis (f; DEP); Parkinson's Disease (1; FAD; PR2:419); Parotosis (f; DAV); Pleurosis (f; DAV); Rheumatism (f; PH2); Ringworm (f; DAV); Snakebite (f; DAV; KAB); Sore (f; KAB; WOI); Spermatorrhea (f; DEP); Sterility (f; PH2); Sting (f; HHB; KAB); Swelling (f; MAD); Syphilis (f; UPW); Toothache (f; UPW); Tuberculosis (f; KAB; UPW); Ulcus cruris (f; MAD); Urethrosis (f; UPW); Uterosis (f; KAB); VD (f; PH2); Water Retention (f; HHB; WOI); Worm (f; DAV; DEP; PH2; SUW).

Dosages (Cowitch) — 0.5 drachm–40 grains for leukorrhea or spermatorrhea (DEP); 0.6–4 g honey or syrup with stinging hairs for worms, for 2–3 days in the a.m. (HHB); 1.5–2.5 g powdered seed (KAP); 0.625–1.25 g stinging hairs (KAP).

Contraindications, Interactions, and Side Effects (Cowitch) — Not covered (AHP). Beware of stinging hairs. The potent antiparkinsonian effect is not entirely due to L-dopa. A seed

fraction, devoid of L-dopa, showed significant antiparkinsonian activity intraperitoneally at 200 mg/kg.

COW PARSNIP (*Heracleum sphondylium* L.) +

Activities (Cow Parsnip) — Allergenic (1; FNF; PH2); Anthelmintic (f; HHB); Antiseptic (f; DEM); Depurative (f; DEM); Emmenagogue (f; HHB); Expectorant (f; PH2); Laxative (f; DEM); Mutagenic (1; HHB); Phototoxic (1; PH2); Poison (1; DEM); Spasmogenic (1; HHB); Tonic (f; DEM).

Indications (Cow Parsnip) — Arthrosis (f; DEM; FAD); Asthma (f; FAD); Bacteria (1; HHB); Backache (f; DEM); Boil (f; DEM); Bruise (f; DEM; FAD); Callus (f; JLH); Cancer (1; FNF; JLH); Cancer, breast (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, spleen (1; FNF; JLH); Catarrh (f; PH2); Chancre (f; DEM); Cholera (f; DEM); Cold (f; DEM; MIC; PH2); Colic (f; FAD); Convulsion (f; DEM); Corn (f; JLH); Cough (f; DEM; MAD); Cramp (f; FAD; MAD; PH2); Dandruff (f; DEM); Dermatosis (f; HHB); Diabetes (f; MAD); Diarrhea (f; DEM; PH2); Dyspepsia (f; FAD; PH2); Dyspnea (f; MAD); Enterosis (f; MAD; PH2); Epilepsy (f; FAD; MAD); Flu (f; MIC); Gas (f; FAD); Gastrosis (f; DEM; HHB; PH2); Gray Hair (f; DEM); Headache (f; DEM; FAD); Hip (f; DEM); HIV (1; FAD); Hoarseness (f; MAD); Hysteria (f; MAD); Induration (f; JLH); Jaundice (f; MAD); Leukemia (1; FAD); Myalgia (f; DEM; PH2); Neuralgia (f; DEM); Neurasthenia (f; MAD); Ophthalmia (f; DEM); Otosis (f; MAD); Pain (f; DEM; HHB); Parotosis (f; DEM); Penis (f; DEM); Psoriasis (1; FAD); Pulmonosis (f; DEM); Rheumatism (f; DEM; FAD); Sclerosis (f; JLH); Seborrhea (f; HHB); Smallpox (f; DEM); Sore (f; FAD); Sore Throat (f; DEM; FAD); Splenosis (f; HHB; JLH); Swelling (f; DEM; FAD); Syncope (f; DEM); Syphilis (f; DEM); Toothache (f; DEM); Tuberculosis (1; HHB; MIC); Tumor (f; JLH); VD (f; DEM); Vitiligo (1; HHB); Wart (f; JLH); Worm (f; DEM; HHB); Wound (f; DEM).

Dosages (Cow Parsnip) — Powdered root (1 tsp/day over a long period) was taken, along with a strong tea of the leaves and tops, for epilepsy (FAD); 2 g fluid extract (MAD); 30 drops tincture for cough, 3 tsp herb/2 glass cold water, steeped for 8 hours, and sipped throughout the day (PH2).

Contraindications, Interactions, and Side Effects (Cow Parsnip) — Not covered (AHP). Like many umbellifers, this one is serious phototoxic, the furanocoumarins causing blistering and exfoliation. Avoid sunshine, ultraviolet light, and solaria during administration (PH2). Root contains psoralen, under investigation for treatment of psoriasis, leukemia, and AIDS (FAD).

COWSLIP (*Primula veris* L.) ++

Synonym — *P. officinalis* (L.) Hill.

Activities (Cowslip) — Allergenic (1; PH2); Analgesic (1; APA; CAN); Antigranulation (1; APA; CAN); Antihistaminic (1; PNC); Antiinflammatory (1; APA; CAN); Antioxidant (1; PNC); Antiradicular (1; PNC); Antispasmodic (1; APA; CAN; HH2); Aperient (f; PNC); Astringent (1; APA; CAN); Candidicide (1; HH2); Cardiotonic (f; APA; HH2); Decongestant (1; APA); Diuretic (1; APA; HH2; PH2; PNC); Expectorant (2; HH2; KOM; PH2; PIP); Fungicide (1; HH2); Hemolytic (1; CAN); Hypertensive (1; APA; CAN); Hypnotic (f; CAN); Hypotensive (1; APA; CAN); Laxative (1; APA; HH2); Narcotic (f; MAD); Nervine (f; HH2); Neurotonic (f; PH2); Piscicide (1; HH2); Secretolytic (2; KOM; PIP); Sedative (f; APA; HH2; PNC); Vulnerary (1; APA).

Indications (Cowslip) — Adenopathy (f; MAD); Anxiety (f; APA; CAN; PH2); Apoplexy (f; MAD); Arthrosis (f; HH2; MAD; PH2); Asthma (f; APA; MAD; PHR; PH2); Bronchosis (2; APA; MAD; PHR; PH2); Cancer (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Candida (1; HH2); Catarrh (2; HH2; KOM; MAD; PH2; PIP); Cold (1; APA); Congestion (1; APA); Conjunctivosis (f; MAD); Constipation (1; APA; HH2); Cough (2; MAD; PHR; PH2); Cramp (1; APA; CAN; HH2; PH2); Croup (f; MAD); Cystosis (f; HH2; MAD; PH2); Dermatosis (f; PH2); Dizziness (f; PH2); Dropsy (f; HH2); Exanthema (f; HH2); Fungus (1; HH2); Gastrosis (f; PH2); Gout (f; APA; MAD; PHR; PH2); Headache (f; HH2; PHR; PH2); Hepatosis (f; JLH); High Blood Pressure (1; APA; CAN); Hysteria (f; CAN; HH2); Induration (f; JLH); Infection (1; HH2); Inflammation (1; APA; CAN); Insomnia (f; APA; CAN; HH2; PH2; PNC); Low Blood Pressure (1; APA; CAN); Migraine (f; HH2; PH2); Mycosis (1; HH2); Myocardosis (f; HH2); Nephrosis (f; HH2; MAD; PH2); Neuralgia (f; APA; HH2; PHR; PH2); Nervousness (f; APA; CAN; HH2; PNC); Ophthalmia (f; JLH); Pain (1; APA; CAN); Palsy (f; PH2); Pertussis (f; APA; MAD; PHR; PH2); Pyelosis (f; MAD); Respirosis (2; APA; KOM; PH2; PIP); Rheumatism (f; MAD; PH2); Sore (f; MAD); Splenosis (f; JLH); Stomachache (f; HH2); Stomatosis (1; HH2); Stress (1; APA); Trachoma (f; MAD); Tremor (f; PHR; PH2); Vertigo (f; HH2; MAD; PHR; PH2); Water Retention (1; APA; HH2; PH2; PNC); Wound (f; MAD); Yeast (1; HH2).

Dosages (Cowslip) — 1–2 g flower as tea 3 ×/day (APA; CAN; HH2); 2–4 g flower (KOM; PH2; PIP); 1–2 ml liquid flower extract (1:1 in 25% ethanol) 3 ×/day (APA; CAN); 2.5–7.5 g flower tincture (KOM; PIP); 0.5–1.5 g root (KOM; PIP); 0.2–0.5 g finely cut root (PH2); 1.5–3 g root tincture (KOM; PIP).

Contraindications, Interactions, and Side Effects (Cowslip) — Class 1 (AHP). Occasional GI distress and nausea recorded (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Commission E reports for flower, contraindications: hypersensitivity; adverse effects: GI disturbances (occasionally). For root, GI disturbances (occasionally) (AEH; KOM). The Herbal PDR lists diarrhea, gastric discomfort, nausea, and queasiness as side effects of the root (PH2). CAN cautions the quinones are allergenic. May interfere with blood pressure therapy (CAN).

CRAMPBARK (*Viburnum opulus* L.) ++

PH2 was nice with this one, treating the American *Viburnum prunifolium* and ignoring the European *V. opulus.* Both seem to be very good cramp barks.

Activities (Crampbark) — Antiabortive (f; MAD); Antispasmodic (1; FAD; WAM); Astringent (1; FAD); Diuretic (f; APA); Emetic (1; FAD); Hypotensive (f; APA); Laxative (1; FAD; MAD); Myorelaxant (f; APA); Sedative (f; APA); Uterorelaxant (1; FAD).

Indications (Crampbark) — Adenopathy (f; APA); Asthma (f; APA); Backache (f; MAD); Bleeding (f; DEM; MAD); Blood (f; DEM); Childbirth (f; DEM); Climacteric (f; MAD); Cold (f; DEM; MAD); Colic (f; APA); Conjunctivosis (f; DEM); Constipation (1; FAD); Cough (1; MAD; WAM); Cramp (1; DEM; FAD; WAM); Dysmenorrhea (1; FAD; MAD; WAM); Dyspnea (f; DEM); Enterosis (f; MAD); Fever (f; DEM); Gastrosis (f; DEM); Headache (1; WAM); Heart (f; DEM); Hepatosis (f; DEM); High Blood Pressure (f; APA); Hysteria (f; MAD); Impotence (f; MAD); Infertility (f; MAD); Insomnia (f; APA); Miscarriage (f; APA); Mumps (f; APA); Nephrosis (f; DEM); Nervousness (f; APA); Odontosis (f; MAD); Ophthalmia (f; DEM); Pain (f; DEM); Parotosis (f; DEM); Prolapse (f; DEM); Sore (f; MAD); Stomachache (f; DEM); Swelling (f; MAD); Uterosis (f; DEM; MAD); Water Retention (f; APA).

Dosages (Crampbark) — 15 g/bark/750 ml water (APA); 1 tsp tincture/cup water to 3 ×/day (APA); 2–4 g bark in decoction (HH3); 2–8 ml liquid bark extract (PNC); 1.8–3.5 g fl extract (MAD).

Contraindications, Interactions, and Side Effects (Crampbark) — Class 1 (AHP). "Canadian regulations do not allow crampbark as a non-medicinal ingredient for oral use products" (Michols, 1995). Not for use by anyone with kidney stones (WAM). Large overdoses may cause coma, dry mouth, dyspnea, irregular movements, nausea, and irregular speech.

CRANBERRY (*Vaccinium macrocarpum* Aiton) +++

Synonym — *Oxycoccus macrocarpos* (Aiton) Pers.

Activities (Cranberry) — Antiaggregant (1; JNU); Antibacterial (1; FNF; SKY); Antioxidant (1; JNU); Antiscorbutic (1; CEB); Antiseptic (1; FAD; PED); Bitter (PED); Diuretic (f; CEB; PED); Hypoglycemic (1; LEL); Laxative (f; CEB); Urinary Antiseptic (1; FAD).

Indications (Cranberry) — Adenopathy (f; FEL); Bacteria (1; FNF; SKY); Bladder Infection (2; SKY); Boil (f; FEL); Cancer (f; CEB; JLH); Cancer, breast (f; JLH); Cancer, cheek (f; JLH); Cancer, skin (f; JLH); Cardiopathy (1; JNU); Caries (1; JNU); Constipation (f; CEB); Cystosis (2; SKY); Dermatosis (f; FEL); Diabetes (1; LEL); Diarrhea (f; CEB); Dropsy (f; CEB); Dysentery (f; CEB); Erysipelas (f; CEB; FEL); Escherichia (1; JNU); Fever (f; CEB); Gout (f; JAD); Helicobacter (1; JNU); High Cholesterol (1; JNU); Hyperglycemia (1; LEL); Infection (1; JNU); Inflammation (f; CEB; FEL); Mastosis (f; JLH); Nausea (f; CEB); Nephrosis (2; PED; SKY); Pleurisy (f; CEB; DEM); Pulmonosis (f; DEM); Pyelonephrosis (f; APA); Salmonella (1; JNU); Scarlatina (f; FEL); Sore (f; FEL); Sore Throat (f; FEL); Staphylococcus (1; JNU); Swelling (f; FEL); Tonsilosis (f; FEL); Urethrosis (2; SKY); UTI (2; FAD; JNU); Water Retention (f; CEB; PED); Wound (f; CEB).

Dosages (Cranberry) — 3 fluid oz (90 ml) fruit juice/day (APA preventative); 12–32 fluid oz fruit juice/day (APA curative); 1 oz cranberry juice cocktail = 2 capsules (APA); 5–20 oz/day; 800 mg capsules; 2–4 (505 mg) capsules 3 ×/day; 2–3 (505 mg) capsules StX with meals (APA); $^1/_2$ cup fresh fruit (PED); 1 tbsp dry fruit (PED); 15 g dry fruit:20 ml alcohol/130 ml water (PED).

Contraindications, Interactions, and Side Effects (Cranberry) — Strangely (AHP) omitted this from their *Botanical Safety Handbook,* but I suppose they would call it Class 1. The Commission E and herbal PDR apparently also ignored this excellent food farmaceutical too (KOM; PHR). Ingestion of ridiculous amounts (3–4 liters a day) may cause diarrhea and other GI disorders (LRNP,

Aug. 1987). Lininger et al. (1998) say it is safe for use during pregnancy and lactation. Should not be used as an antibiotic substitute during acute UTI (SKY).

Extracts (Cranberry) — Anthocyanins and polyphenols in berries of several *Ribes, Rubus,* and *Vaccinium* spp have *in vitro* antiradical activity on chemically generated superoxide radicals. The extracts also inhibitory xanthine oxidase. All crude extracts were highly active toward chemically generated superoxide radicals. *Ribes nigrum* extracts exhibited most activity, being the richest in both anthocyanins and polyphenols. But *Ribes rubrum* extracts seem to contain more active substances (X1332092).

CRANESBILL (*Geranium maculatum* L.) ++

Activities (Cranesbill) — Antiseptic (1; CEB; CRC); Astringent (1; CRC; PH2); Contraceptive (f; CRC); Diuretic (f; CRC); Hemostat (1; CRC; PH2); Tonic (1; HHB; PH2); Vulnerary (f; CEB).

Indications (Cranesbill) — Bleeding (1; CRC; HHB; PH2); Burn (f; CRC); Cancer (f; CRC; JLH); Candida (1; CEB; DEM; FNF); Chancre (f; DEM); Cheilosis (f; CRC); Cholera (f; CEB; CRC); Dermatosis (f; CEB; DEM); Diabetes (f; CEB); Diarrhea (1; CRC; PH2); Duodenosis (f; PH2); Dysentery (f; CRC); Dysmenorrhea (f; CEB; PH2); Enterosis (f; CRC); Fever (f; CEB); Flux (f; CRC); Gingivosis (1; CRC; DEM); Hematuria (f; CEB); Hemoptysis (f; CEB); Hemorrhoid (f; CRC; PH2); Itch (f; DEM); Leukorrhea (f; CEB; CRC); Malaria (f; CEB); Menorrhagia (1; PH2); Metrorrhagia (1; PH2); Mucososis (f; PH2); Nephrosis (f; CRC; HHB); Neuralgia (f; DEM); Palate (1; HHB); Plague (f; CRC); Proctosis (f; CRC); Pyorrhea (f; CRC); Sore (f; CRC; DEM); Sore Throat (1; CRC; DEM); Stomatosis (f; CEB; CRC; HHB); Swelling (f; CRC); Toothache (f; CRC; DEM); Trench Mouth (f; DEM); Tumor (f; CRC; JLH); Ulcer (f; CRC; PH2); VD (f; DEM); Water Retention (f; CRC); Wound (f; CRC); Yeast (1; DEM; FNF).

Dosages (Cranesbill) — 0.5 tsp in cold water for hemoptysis (CEB); 60–300 mg dry extract (MAD); 0.5–2 ml liquid extract (MAD); 1–2 ml liquid extract 3 ×/day (PH2); 1–2 g 3 ×/day (PH2); 2–4 ml tincture 3 ×/day (PH2).

Contraindications, Interactions, and Side Effects (Cranesbill) — Class 1 (AHP). "Health hazards not known with proper therapeutic dosages" (PH2).

CREAT (*Andrographis paniculata* (Burm. f.) Wall. ex Nees.) +

Synonym — *Justicia paniculata* Burm. f.

Activities (Creat) — Abortifacient (1; KEB); Adaptogen (f; KEB); Adrenocortical Stimulant (1; KEB); Alterative (f; SKJ); Analgesic (1; MAB; WO2); Anthelmintic (1; MAB); Antiaggregant (2; KEB); Antiandrogenic (1; KEB); Antiatherosclerotic (1; MAB); Antibacterial (1; KEB); Anti-HIV (1; MAB); Antifertility (1; KEB); Antiinflammatory (2; KEB; MAB); Antiischemic (1; KEB; MAB); Antileukemic (1; MAB); Antioxidant (1; MAB); Antipyretic (2; KEB; MAB); Antiradicular (1; MAB); Antiseptic (f; WO2); Antiserotonin (2; KEB); Antispermatogenic (1; KEB); Antityphoid (1; WO2); Antiulcer (1; MAB); Bitter (2; KEB); Cholagogue (f; WO2); Choleretic (1; KEB); Contraceptive (1; KEB); Depurative (f; WO2); Fibrinolytic (1; KEB); Fungicide (1; WO2); Hepatoprotective (1; KEB; MAB); Hypoglycemic (1; KEB; MAB); Hypotensive (1; MAB); Immunostimulant (1; KEB; MAB); Phagocytotic (1; MAB); Stomachic (f; SKJ); Tonic (f; SKJ).

Indications (Creat) — Anorexia (F; MAB); Atherosclerosis (1; KEB; MAB); Bacteria (1; KEB; WO2); Bronchosis (f; WO2); Cachexia (f; SKJ); Cardiopathy (f; KEB); Cholera (f; WO2); Cold (1; MAB); Debility (f; WO2); Dermatosis (F; MAB); Diabetes (f; MAB; WO2); Diarrhea (1; MAB); Dog Bite (f; SKJ); Dysentery (2; KEB; MAB); Dyspepsia (f; MAB; SKJ); Enterosis (2; KEB; MAB); Escherichia (1; WO2); Fever (2; KEB; MAB); Flu (f; WO2); Fungus (1; WO2); Gonorrhea (f; WO2); Hemorrhoid (f; WO2); Hepatosis (2; KEB; MAB); High Blood Pressure (1; MAB); HIV (1; MAB); Hyperglycemia (1; KEB; MAB); Immunodepression (1; KEB; MAB); Infection (1; KEB; WO2); Inflammation (2; KEB; MAB); Ischemia (1; MAB); Itch (f; SKJ); Jaundice (f; WO2); Leprosy (2; KEB); Leptospirosis (2; KEB); Leukemia (1; MAB); Malaria (1; KEB); Mycosis (1; WO2); Nephrosis (2; KEB); Pain (1; MAB; WO2); Pharyngosis (2; KEB; MAB); Pyelonephrosis (2; KEB); Respirosis (2; KEB; MAB); Restenosis (1; KEB); Salmonella (1; WO2); Sinusosis (2; MAB); Snakebite (2; KEB; MAB); Sore (f; SKJ); Sore Throat (2; KEB); Splenosis (f; SKJ); Stenosis (1; KEB; MAB); Swelling (f; WO2); Syphilis (f; SKJ); Tonsilosis (2; KEB; MAB); Tuberculosis (2; KEB); Ulcer (1; MAB); UTI (2; MAB); Vitiligo (f; WO2); Worm (1; KEB).

Dosages (Creat) — 1.5–6 g dry herb/day or 3–12 ml fluid extract (1:2) (KEB).

Contraindications, Interactions, and Side Effects (Creat) — Class 2b (abortifacient); large oral doses may cause GI distress, anorexia, and emesis (AHP; KEB). Contraindicated in pregnancy (KEB). Urticaria is a rare side effect (4%) (MAB). Andrographolides LD50 = 13,400–40,000 mg/kg orl (MAB).

CUBEB (*Piper cubeba* L. f.) ++

Activities (Cubeb) — Antibacterial (1; MPI); Antiseptic (1; MPI; PH2); Antiviral (1; PNC); Aphrodisiac (f; DEP; MAD; PH2); Astringent (1; PH2); Carminative (f; DEP; MAD); Diuretic (f; DEP; PNC); Expectorant (1; DEP; PH2; PNC); Fungicide (1; MPI); Laxative (f; MAD); Litholytic (f; MAD); Memorigenic (f; PH2); Sedative (f; WOI); Stimulant (f; DEP); Tonic (f; IHB); Urinary Antiseptic (1; WOI); Vibriocide (1; MPI).

Indications (Cubeb) — Ameba (1; PNC); Amnesia (f; DAA); Asthma (f; WOI); Bacteria (1; MPI; WOI); Blennorrhea (f; MAD); Bronchosis (f; HH2; PH2); Cancer (f; JLH); Cancer, liver (f; JLH); Cancer, mouth (f; JLH); Catarrh (f; WOI); Childbirth (f; IHB); Cystosis (f; MAD); Diabetes (f; DAA); Dizziness (f; PH2); Dysentery (1; DEP; PNC); Dysuria (f; SKJ); Enterosis (1; DAA); Epididymosis (f; MAD); Epilepsy (f; MAD); Escherichia (1; MPI); Fungus (1; MPI); Gas (f; DEP; HH2; MAD; PH2); Gastrosis (f; PH2); Gonorrhea (f; DEP; MAD; WOI); Headache (f; HH2; PH2); Heatstroke (f; MAD); Hepatosis (f; JLH); Impotence (f; PH2); Induration (f; JLH); Infection (1; MPI); Inflammation (f; PH2); Insomnia (f; WOI); Leukorrhea (f; MAD); Mucososis (f; PH2; WOI); Mycosis (1; MPI); Nausea (f; MAD); Nephrosis (f; MAD); Nervousness (f; WOI); Pertussis (f; SKJ); Prostatosis (f; MAD); Rheumatism (f; SKJ; WOI); Salmonella (1; MPI); Sore Throat (f; WOI); Staphylococcus (1; MPI); Stomachache (f; HH2); Stomatosis (f; DEP; JLH); Stone (f; MAD); Urethrosis (f; WOI); Uterosis (f; MAD); UTI (f; PH2); VD (f; DEP; WOI); Vertigo (f; MAD; PH2); Vibrio (1; MPI); Virus (1; PNC); Water Retention (f; DEP; PNC).

Dosages (Cubeb) — 2–4 g powdered fruits/day (HH2; PH2); 0.25–5 g/day (MAD); 2–4 ml 1:5 tincture (PH2).

Contraindications, Interactions, and Side Effects (Cubeb) — Class 2d (AHP). Contraindicated in nephrosis (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). More than 8 g may irritate bladder, kidney, and urogenitals, causing albuminuria, cardialgia, cramps, dermatosis, diarrhea, nausea, rash, and vomiting (MAD; HH2; PH2).

CUCKOOPINT, ARUM (*Arum maculatum* L.) X

Activities (Cuckoopint) — Diaphoretic (f; EFS; PH2); Expectorant (f; EFS; PH2); Laxative (f; GMH); Mucoirritant (f; PH2); Poison (1; EFS; PH2); Stomachic (f; EFS); Vesicant (f; GMH).

Indications (Cuckoopint) — Cancer (f; JLH); Cancer, face (f; JLH); Cancer, lip (f; JLH); Cancer, nose (f; JLH); Cold (f; PH2); Dropsy (f; GMH); Fever (f; EFS; PH2); Fungus (f; GMH); Hoarseness (f; GMH); Inflammation (f; PH2); Pharyngosis (f; PH2); Polyp (f; JLH); Rhinosis (f; JLH); Ringworm (f; GMH); Sore Throat (f; GMH; PH2).

Dosages (Cuckoopint) — Why bother; too dangerous (JAD).

Contraindications, Interactions, and Side Effects (Cuckoopint) — Not covered (AHP). Cyanide and oxalates make it too risky for any potential benefits.

CUDWEED (*Gnaphalium uliginosum* L.) ++

Synonym — *Filaginella uliginosa* (L.) Opiz.

Activities (Cudweed) — Antidepressant (f; PH2); Aphrodisiac (f; PH2); Astringent (1; PH2); Hypotensive (f; PH2); Stomachic (1; PH2).

Indications (Cudweed) — Asthma (f; DEM); Bruise (f; DEM); Depression (f; PH2); Diarrhea (f; HHB); High Blood Pressure (f; PH2); Lumbago (f; HHB); Neurosis (f; HHB); Pharyngosis (f; PH2); Sciatica (f; HHB); Sore Throat (f; PH2); Stomatosis (f; PH2).

Contraindications, Interactions, and Side Effects (Cudweed) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

CULEBRA (*Brugmansia aurea* Lagerh.) X

Synonym — *Methysticodendron amesianum* R. E. Schultes.

Activities (Culebra) — Deliriant (1; CRC); Hallucinogen (1; CRC); Intoxicant (1; CRC); Narcotic (1; CRC); Psychotropic (f; CRC).

Indications (Culebra) — Arthrosis (f; CRC); Chill (f; CRC); Cold (f; CRC); Cramp (f; CRC); Divination (f; CRC); Erysipelas (f; CRC); Fever (f; CRC); Infection (f; CRC); Myalgia (f; CRC); Rheumatism (f; CRC); Swelling (f; CRC); Tuberculosis (f; CRC); Tumor (f; CRC).

CUMIN (*Cuminum cyminum* L.) +++

Synonym — *C. odorum* Salisb.

Activities (Cumin) — Abortifacient (f; BIB; PH2); Analgesic (1; BIB; DEP; PHR; PH2); Anesthetic (1; BIB); Anthelminthic (f; BIB; KAB); Antiaggregant (1; PHR; PH2); Antibacterial (f; BIB; LAF); Antibilious (f; BIB); Antidote (f; BIB); Antifertility (f; PHR; PH2); Antiinflammatory (1; BIB); Antioxidant (1; BIB; LAF); Antiseptic (1; BIB; PH2); Antispasmodic (f; BIB; EFS; PHR; PH2); Antitumor (1; BIB); Aperitif (f; BIB); Aphrodisiac (f; BIB; HHB; KAB; PH2); Apoptotic (1; X10675556); Astringent (f; DEP; JFM; SUW; WOI); Carminative (1; DEP; EFS; PH2; SUW); Decongestant (f; JFM); Diaphoretic (1; BIB; EFS); Digestive (f; EFS); Diuretic (f; BIB; HHB; JFM; PH2); Emmenagogue (f; BIB; EFS; PH2); Estrogenic (1; PHR; PH2); Fungicide (1; PHR; PH2); Lactagogue (f; EFS; HHB; JFM; KAP; PH2); Larvicide (f; BIB); Mutagenic (f; BIB; PH2); Photodermatitic (1; LAF); Stimulant (f; DEP; EFS; PH2; SUW); Stomachic (f; BIB; DEP; EFS; SUW); Tonic (f; BIB); Uterotonic (f; KAB); Vulnerary (f; BIB).

Indications (Cumin) — Adenopathy (f; JLH); Anorexia (f; BIB); Asthma (f; BIB); Bacteria (f; BIB; LAF); Bite (f; DEP); Boil (f; BIB; KAB); Cancer (1; BIB; JLH); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Cancer, ear (f; JLH); Cancer, liver (f; JLH); Cancer, pancreas (1; JNU); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, testes (f; JLH); Cancer, throat (f; JLH); Cancer, uterus (f; JLH); Cancer, uvula (f; JLH); Cardiopathy (f; BIB); Chill (f; BIB); Cold (f; BIB); Colic (f; BIB; PHR; PH2); Condylomata (f; BIB; JLH); Congestion (f; JFM); Conjunctivosis (f; BIB); Constipation (f; BIB); Corn (f; BIB; JLH); Corneal Opacity (f; BIB; KAB); Cough (f; BIB); Cramp (f; BIB; EFS; PHR; PH2); Dermatosis (f; BIB); Diarrhea

(f; BIB; PHR; PH2; SUW; WOI); Diuretic (f; JFM); Dysentery (f; BIB); Dyspepsia (f; BIB; DEP; SUW; WOI); Dysuria (f; JFM); Enterosis (f; JLH); Epistaxis (f; BIB); Fever (1; BIB; EFS); Flu (f; BIB); Fungus (1; PHR; PH2); Gas (1; BIB; DEP; EFS; JFM; PH2; SUW); Gastrosis (f; PH2); Gonorrhea (f; BIB; DEP; KAB); Headache (f; BIB; PHR; PH2); Hematochezia (f; PH2); Hemoptysis (f; BIB); Hepatosis (f; BIB; JLH); Hiccup (f; BIB; KAB); Impotence (f; BIB); Induration (f; JLH); Infection (1; PHR; PH2); Inflammation (1; BIB); Leprosy (f; BIB; KAB; PH2); Leukemia (1; X10675556); Leukoderma (f; BIB; KAB); Mastosis (f; SKJ); Mycosis (1; PHR; PH2); Ophthalmia (f; PH2); Orchosis (f; JLH; JFM); Pain (1; BIB; DEP; PHR; PH2); Palpitation (f; BIB); Parotosis (f; BIB; JLH); Puerperium (f; BIB); Rheumatism (f; PHR); Scabies (f; BIB; KAB); Sclerosis (f; BIB; JLH); Scorpion Sting (f; BIB); Snakebite (f; SUW); Sore (f; BIB; KAB); Spasm (f; BIB); Splenosis (f; JLH; KAB); Splenomegaly (f; BIB; KAB); Stomachache (f; BIB); Stone (f; PH2); Stye (f; BIB); Syncope (f; BIB); Swelling (f; SKJ); Tachycardia (f; BIB); Tuberculosis (f; BIB); Tumor (1; BIB); Ulcer (f; BIB); Uterosis (f; BIB; JLH); VD (f; JLH); Wart (f; BIB; JLH); Water Retention (f; BIB; HHB; JFM; PH2); Whitlow (f; BIB; JLH); Worm (f; BIB; KAB).

Dosages (Cumin) — 300–600 mg (HHB); 0.06–0.2 ml (HHB); 5–10 fruits (PHR); 300 to 600 gm (PHR) (I'm sure they did not mean that, that's 1–2 pounds, close to a lethal dose, I'd bet); corrected in PH2 to 300–600 mg (= 5–10 fruit).

Contraindications, Interactions, and Side Effects (Cumin) — Class 1 (AHP). None noted (PHR). Not covered (KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

CUPMOSS (*Cladonia pyxidata* (L.) E. Fries.) ++

Activities (Cupmoss) — Antitussive (f; PH2); Expectorant (f; EFS; PH2).

Indications (Cupmoss) — Bronchosis (f; PH2); Cough (f; EFS; PH2); Pertussis (f; EFS; PH2).

Contraindications, Interactions, and Side Effects (Cupmoss) — Not covered (AHP)."Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2).

CUP-PLANT (*Silphium perfoliatum* L.) +

Activities (Cup-Plant) — Alterative (f; EFS; FEL); Analgesic (f; FAD); Antiemetic (f; DEM); Antispasmodic (f; FEL); Diaphoretic (f; EFS; PH2); Emetic (f; FAD); Emmenagogue (f; DEM); Restorative (f; EFS; FEL); Stimulant (f; FEL); Tonic (f; EFS; FEL; PH2).

Indications (Cup-Plant) — Ague (f; FEL); Amenorrhea (f; DEM); Backache (f; DEM; FAD); Bruise (f; FAD); Childbirth (f; DEM); Chest Ache (f; DEM; FAD); Cold (f; FAD); Cramp (f; FEL); Debility (f; FAD); Dysmenorrhea (f; DEM; FAD); Dyspepsia (f; PH2); Fever (f; EFS; FAD; FEL; PH2); Halitosis (f; FEL); Headache (f; DEM); Head Cold (f; DEM; FAD); Hemoptysis (f; FAD); Hepatosis (f; FAD); Lumbago (f; DEM); Malaria (f; FEL); Menorrhagia (f; FAD); Neuralgia (f; FAD); Pain (f; DEM; FAD); Paralysis (f; DEM); Rheumatism (f; DEM; FAD); Splenosis (f; FAD); Ulcer (f; FAD); Vomiting (f; DEM).

Dosages (Cup-Plant) — 20 grains powdered root (FEL).

Contraindications, Interactions, and Side Effects (Cup-Plant) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

CURRYLEAF (*Murraya koenigii* (L.) Spreng.) +

Synonyms — *Bergera koenigii* L., *Chalcas koenigii* (L.) Kurz.

Activities (Curryleaf) — Alexeteric (f; KAB); Analgesic (f; KAB); Anthelminthic (f; KAB); Antibacterial (1; MPI; TAD); Antibilious (f; DEP); Antipyretic (f; DEP); Antiseptic (1; MPI); Antispasmodic (1; MPI); Antiulcer (1; TAD); Astringent (f; KAB); Carminative (f; DEP; WOI); Hypertensive (1; MPI); Hypoglycemic (1; MPI); Immunostimulant (1; WOI); Laxative (f; KAB); Phagocytotic (1; WOI); Protisticide (1; MPI); Stomachic (f; DEP; SKJ); Tonic (f; DEP; SKJ).

Indications (Curryleaf) — Ameba (1; MPI); Bacteria (1; MPI; TAD); Biliousness (f; DEP); Bite (f; DEP); Blood (f; KAB); Bruise (f; WOI); Cramp (1; MPI); Dermatosis (f; DEP; WOI); Diabetes (1; MPI); Diarrhea (f; SKJ); Dysentery (f; DEP; SKJ); Fever (f; DEP; KAB); Gas (f; DEP; WOI); Gastrosis (1; TAD); Hemorrhoid (f; KAB); Hyperglycemia (1; MPI); Immunodepression (1; WOI); Infection (1; TAD); Inflammation (f; KAB); Itch (f; KAB); Leukemia (1; ABS); Leukoderma (f; KAB); Low Blood Pressure (1; MPI); Malaria (f; DEP); Melanoma (1; ABS); Nausea (f; SKJ); Nephrosis (f; SKJ); Pain (f; KAB; SKJ); Snakebite (f; KAB); Staphylococcus (1; MPI); Thirst (f; KAB); Ulcer (1; TAD); Vomiting (f; DEP); Worm (f; KAB).

Extracts (Curryleaf) — The 50% ethanolic extracts showed antiprotozoal activity against *Entamoeba histolytica* and antispasmodic activity on guinea pig ileum (no anticancer, antiviral, or CNS effects, nor hypolipemic activity). Aqueous extracts (= tea) of leaves hypoglycemic in normal and alloxan diabetic dogs (MPI). Aqueous extracts inhibit ethanol-induced stomach ulcers (TAD). Leaf EO antibacterial against *B. subtilis* (at 2000 ppm), *C. pyogenes* (at 2000 ppm), *P. vulgaris, Pasteurella multicida,* and *Staphylococcus aureus* (at 2000 ppm) (MPI). Leaf EO fungicidal against *Aspergillus fumigatis, A. niger, Candida albicans* (at 2000 ppm), *C. tropicalis,* and *Microsporum gypseum* (MPI). Ethanolic extract (leaf) active against *Colletotrichum falcatum* and *Rhizoctonia solani* (MPI).

CYCLAMEN (*Cyclamen europaeum* L. emend. Ait.) +

Activities (Cyclamen) — Aphrodisiac (f; EFS); Emetic (f; EFS); Emmenagogue (f; HHB); Laxative (f; EFS; WOI); Stimulant (f; EFS); Tonic (f; EFS); Toxic (f; EFS).

Indications (Cyclamen) — Cancer (f; JLH); Cancer, nostril (f; JLH); Cancer, spleen (f; JLH); Chlorosis (f; HHB); Constipation (f; EFS); CVI (f; HHB); Dysmenorrhea (f; HHB); Dyspepsia (f;

PH2); Induration (f; JLH); Inflammation (f; JLH); Mastosis (f; HHB); Menorrhagia (f; HHB); Migraine (f; PH2); Neuralgia (f; HHB); Neurosis (f; PH2); Pain (f; HHB); PMS (f; PH2); Polyp (f; JLH); Rhinosis (f; JLH; HHB); Sclerosis (f; JLH); Splenosis (f; JLH).

Dosages (Cyclamen) — Do not take in anything more than a homeopathic dosage.

Contraindications, Interactions, and Side Effects (Cyclamen) — Not covered (AHP). As little as 300 mg can lead to diarrhea, nausea, stomach pain, and vomiting. Higher spasmogenic doses can cause asphyxiation (PH2).

CYPRESS (MEDITERRANEAN) (*Cupressus sempervirens* L.) ++

Synonym — *C. sempervirens* var. *stricta* Aiton.

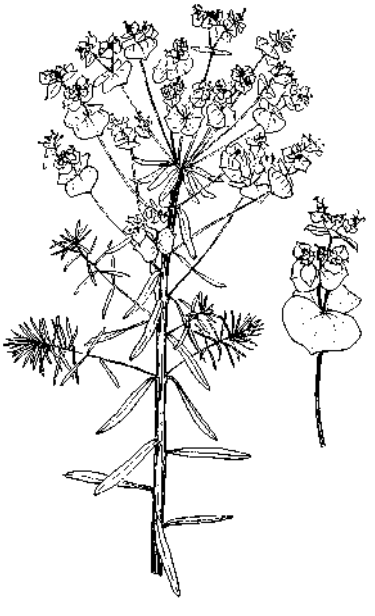
Activities (Cypress) — Anthelminthic (f; WOI); Antiseptic (f; EFS); Astringent (1; HHB); Diaphoretic (f; EFS); Diuretic (f; EFS); Expectorant (1; EFS; PH2); Hemostat (f; EFS); Insectifuge (f; WOI); Pectoral (f; EFS); Stimulant (f; KAB); Vasoconstrictor (f; EFS).

Indications (Cypress) — Bleeding (f; EFS); Bronchosis (f; HHB; PH2); Cold (f; PH2); Cough (f; PH2); Diarrhea (1; HHB); Fever (f; EFS); Hemorrhoid (1; HHB; KAB); Infection (f; EFS); Pertussis (f; EFS; WOI); Varicosis (1; HHB); Water Retention (f; EFS); Worm (f; HHB).

Dosages (Cypress) — 0.5–2 g fluid extract (HHB); 0.15–0.2 g aqueous extract (HHB).

Contraindications, Interactions, and Side Effects (Cypress) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) Large doses may irritate kidney (PH2).

CYPRESS SPURGE (*Euphorbia cyparissias* L.) X



Activities (Cypress Spurge) — Allergenic (1; PH2); Carcinogenic (1; PH2); Diuretic (f; PH2); Immunostimulant (1; PH2); Irritant (1; PH2); Laxative (1; PH2); Toxic (1; PH2).

Indications (Cypress Spurge) — Acrochordon (f; JLH); Callus (f; JLH); Cancer (f; JLH); Cancer, face (f; JLH); Cancer, liver (f; JLH); Cancer, stomach (f; JLH); Cancer, uterus (f; JLH); Constipation (f; PH2); Corn (f; PH2); Dermatosis (f; PH2); Diarrhea (f; PH2); Eczema (f; HHB); Erysipelas (f; HHB); Gastrosis (f; JLH); Hepatosis (f; JLH); Immunodepression (1; PH2); Itch (f; HHB); Psoriasis (f; HHB); Respirosis (f; PH2); Stomachache (f; HHB); Toothache (f; PH2); Uterosis (f; JLH); Wart (f; PH2); Water Retention (f; PH2); Wen (f; JLH).

Dosages (Cypress Spurge) — Avoid!

Contraindications, Interactions, and Side Effects (Cypress Spurge) — Not covered (AHP). Canadian regulations do not allow euphorbias in food (HHB). I too, think most of them are too dangerous to take. Ingenan esters are cocarcinogenic and proflammatory. Milk ("chyle" in PH2) can cause blisters, burns, itch, and reddening (PH2).

D

DAFFODIL (*Narcissus tazetta* L.) X

Synonym — *Narcissus canaliculatus* Guss.

Hager's Handbuch der Pharmazeutischen Praxis suggests that this species and *N. pseudonarcissus* share the same activities and indications (HHB).

Activities (Daffodil) — Abortifacient (f; CRC; HHB); Analgesic (f; BIB; CRC); Analeptic (1; FNF); Antiacetylcholinesterase (1; X10869205); Anticancer (1; CRC; FNF; X3802955); Antidote (f; BIB); Anti-HIV (1; X10934347); Antiinflammatory (f; CRC); Antileukemic (1; X3368194); Antimitotic (1; X5340258); Antipyretic (f; CRC); Antisyncytial (1; X11012085); Antiviral (1; CRC; HHB); Aphrodisiac (f; BIB); Cholinergic (1; FNF); Convulsant (1; DAA); Cytotoxic (1; CRC); Demulcent (f; BIB); Diuretic (f; CRC); Emetic (1; CRC; DEP; FNF); Hemaglutinant (1; X10945441); Laxative (f; CRC); Memorigenic (1; BRU; FNF); Neurotonic (1; FNF); Paralytic (1; DAA); Peristaltic (1; FNF); Poison (1; CRC; DAA); Sedative (1; FNF); Sialagogue (1; FNF).

Indications (Daffodil) — Abscess (f; CRC; DAA); Alzheimer's (1; FNF; X10869205); Boil (f; CRC); Bronchosis (f; HHB); Cancer (1; CRC; FNF; HHB; X3802955); Cancer, breast (1; BIB; FNF); Cancer, ear (1; BIB; FNF); Cancer, lung (1; X3802955); Cancer, uterus (f; JLH); Constipation (f; CRC); Cramp (f; HHB); Dermatosis (f; CRC); Diarrhea (f; HHB); Dysentery (f; HHB); Epilepsy (f; BIB); Esophagosis (f; CRC); Fever (f; CRC); Fit (f; BIB); Headache (f; DEP); HIV (1; X10934347); Induration (f; JLH); Inflammation (f; CRC; DAA); Insomnia (1; FNF); Itch (f; CRC); Leukemia (1; X3368194); Mastosis (f; CRC); Myasthenia (1; FNF); Nervousness (1; FNF); Neurosis (1; FNF); Ophthalmia (f; CRC); Pain (f; BIB; CRC; DAA); Pertussis (f; HHB); Polio (1; ABS); Rhinosis (f; HHB); Sclerosis (f; BIB); Sinew (f; JLH); Sore (f; CRC HHB); Swelling (f; CRC); Tumor (f; JLH); Ulcer (f; CRC); Uterosis (f; JLH); Virus (1; CRC; HHB; X10934347); Water Retention (f; CRC).

Contraindications, Indications, and Side Effects (Daffodil) — Not covered (AHP; KOM; PH2).

DAMIANA (*Turnera diffusa* Willd. ex Schult.) ++

Synonym — *Turnera microphylla* Desv. ex Ham.

Activities (Damiana) — Antiaging (f; APA); Antidepressant (f; APA; SKY); Aphrodisiac (f; APA; CRC; PED; PH2); Cardiotonic (1; HHB); CNS-Depressant (f; CRC); CNS-Stimulant (f; CRC; HHB; LAF); Depurative (f; PED); Diuretic (f; CRC; GMH; PED); Emmenagogue (f; MAD); Energizer (f; APA); Expectorant (f; CRC; GMH; PED); Euphoric (f; APA; CRC); Hallucinogen (f; APA); Laxative (f; CAN; CRC; GMH; SKY); Stimulant (f; APA; CRC; GMH); Thymoleptic (f; CAN); Tonic (f; APA; CRC; GMH; PED).

Indications (Damiana) — Amaurosis (f; CRC); Amenorrhea (f; MAD); Anxiety (f; APA); Asthma (f; APA); Atony (f; MAD); Bronchosis (f; CRC); Catarrh (f; CRC); Cholecystosis (f; CRC); Cold (f; CRC; PED); Colic (f; MAD); Constipation (f; APA; CRC; SKY); Cough (f; APA; CRC; PED); Depression (f; APA; SKY); Diabetes (f; APA; CRC); Diarrhea (f; MAD); Dysentery (f; CRC); Dysmenorrhea (f; APA; CRC; MAD; PED); Dyspepsia (f; CAN; CRC); Enuresis (f; CRC; PED); Headache (f; APA; CRC; MAD; PED); Frigidity (f; APA); Impotence (f; APA; CRC; PHR; PH2); Incontinence (f; MAD); Infertility (f; CRC); Insomnia (f; MAD); Migraine (f; CRC; MAD); Nephrosis (f; APA; PED); Neurasthenia (f; CRC; MAD); Neurosis (f; CRC; MAD); Orchosis (f; CRC); Paralysis (f; CRC; MAD); Prostatosis (f; MAD); Spermatorrhea (f; CRC; MAD); Stomachache (f; CRC); Syphilis (f; CRC); Water Retention (f; CRC; GMH; PED).

Dosages (Damiana) — 1–2 (400 mg) capsules (APA); 400–800 mg capsule 3 ×/day (SKY); 2–3 ml tincture 3 ×/day (SKY); 1 dropperful tincture (APA); 2–4 g shoot as tea 3 ×/day (CAN); 2–4 ml liquid shoot extract (CAN); 1 tsp fresh leaf (PED); 0.5 g dry leaf (PED); 1 g leaf/cup water/3 ×/day (SKY); 0.5 g dry leaf:3 g alcohol/2 ml water (PED); 2–4 ml liquid extract; damiana extract BPC 0.3–0.6 g (PNC).

Contraindications, Indications, and Side Effects (Damiana) — Class 1 (AHP).“Hazards and/or side effects not known for proper therapeutic dosages” (PH2) “No significant adverse effects. Persons claiming to experience damiana-induced hallucinations should be monitored closely” (*LRNP,* Feb 1989). CAN reports convulsions from high dose (one report only), quinones, and cyanogenic glycosides. Because of possibility of cyanogenic glycosides and risk of cyanide toxicity in high doses, its use in pregnancy and lactation is to be avoided. May interfere with hypoglycemic therapy (CAN). Leaves laxative, may loosen stool in large doses. Volatile oils diuretic, expectorant, and laxative; irritate mucous membranes and increase the production of, while decreasing the thickness of, fluids produced by these membranes (PED). CNS-depressant; hypoglycemic (CAN); roots uteractive.

DANDELION (*Taraxacum officinale* G. H. Weber ex Wigger f.) +++

Synonyms — *Leontodon taraxacum* L., *Taraxacum dens-leonis* Desf., *T. vulgare* Schrank.

Activities (Dandelion) — Allergenic (1; CAN); Alterative (f; CRC); Antibacterial (1; CRC; WOI); Antidote (f; AKT); Antiedemic (1; CAN); Antiinflammatory (1; CAN; SHT); Antioxidant (1; CRC; FNF); Antirheumatic (f; CAN); Antiseptic (1; CRC; FAD); Antispasmodic (f; SHT); Antitumor (1; CAN); Aperient (f; SUW); Aperitif (2; AKT; BGB; JFM; KOM; PIP); Aquaretic (SHT); Astringent (f; PED); Bifidogenic (1; AKT; FNF); Bitter (1; APA; PED; SHT; SUW); Candidicide (1; CRC; FAD); Carminative (2; APA; KOM); Cholagogue (2; KOM; PH2; SHT; WAM); Cholekinetic (SHT); Choleretic (2; APA; KOM; SHT); Demulcent (f; FAD); Depurative (f; CRC; JFM); Detoxicant (f; AKT); Diaphoretic (f; CRC; KAP); Digestive (f; APA; SKY); Diuretic (2; AKT; APA; HH3; KOM; SUW; WAM); Hepatotonic (1; CAN; PED); Hypoglycemic (1; CAN; CRC); Lactagogue (f; CRC; LMP; PED; PH2); Laxative (1; APA; CAN; SUW; WAM); Litholytic (f; PED); Natriuretic (f; JAD); Phototoxic (1; CRC); Prebiotic (1; AKT; FNF); Saluretic (2; BGB; HH3; PH2); Secretagogue (f; PH2); Sialagogue (1; APA); Stimulant (f; CRC); Stomachic (1; APA; CRC; PED); Tonic (f; BGB; CRC; SUW).

Indications (Dandelion) — Abscess (f; CRC; MAD); Adenopathy (f; JLH); Alactea (f; LMP; PH2); Alcoholism (f; SKY); Anemia (1; DEM; JFM; WAM); Anorexia (2; AKT; APA; BGB; JFM; KOM; PH2; PIP); Backache (f; DEM); Bacteria (1; CRC; WOI); Biliary Dyskinesia (2; PIP); Bladder Stone (2; KOM); Boil (f; CRC; LMP); Bronchosis (2; APA; LAF); Bruise (f; CRC); Cancer (1; CAN; CRC); Cancer, bladder (f; JLH); Cancer, bowel (f; JLH); Cancer, breast (f; CRC; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Candida (1; CRC; FAD); Caries (f; CRC; LMP); Cardiopathy (f; APA); Catarrh (f; CRC); Cholecystosis (2; BGB; CRC; HH3; KOM; PH2); Cirrhosis (f; SKY); Cold (1; APA); Colic (1; PH2); Congestion (1; PH2); Conjunctivosis (f; AKT); Constipation (1; APA; CAN; FAD; SKY; SUW; WAM); Cough (f; MAD); Cramp (f; DEM; SHT); Cystosis (1; WAM); Dermatosis

(f; APA; BGB; KAP; KOM; PH2); Diabetes (1; CRC; JFM; KOM; MAD; PH2); Dropsy (1; BGB; DEM; KAP; MAD); Dysentery (f; AKT); Dysmenorrhea (f; DEM); Dyspepsia (2; APA; KAP; KOM; PH2; PIP); Eczema (f; CRC; HH2; KOM; PH2); Fever (1; AKT; CRC; KAP; MAD); Flu (f; AKT); Gallstone (f; AKT; APA; CAN; PH2); Gas (2; APA; KOM; PH2); Gastrosis (f; APA; BGB; CRC); Gout (f; CRC; KOM; PH2); Gravel (1; BGB; HH2); Heart (f; CRC); Heartburn (f; BGB; CRC; SKY); Hemorrhoid (f; CRC; KOM; PH2); Hepatosis (2; JFM; KAP; HH3; KOM; PH2; SUW; WAM); High Blood Pressure (1; CRC); Hyperglycemia (1; CAN; CRC); Hypochondria (f; MAD); Infection (f; AKT; APA); Inflammation (1; CAN; PH2; SHT); Itch (f; CRC; LMP); Jaundice (1; CAN; CRC; MAD; PH2); Kidney Stone (2; KOM; PH2; X7860196); Liver Spot (f; DEM); Mastosis (f; APA; PH2); Mucososis (f; MAD); Nephrosis (1; BGB; DEM; PH2; SUW); Neurosis (f; DEM); Obesity (f; APA; FAD); Oliguria (1; CAN); Osteoporosis (1; FNF); Pain (1; BGB; DEM; MAD); PMS (f; APA); Pneumonia (2; AYL; LAF); Pulmonosis (f; DEM); Respirosis (2; APA; LAF); Rheumatism (f; APA; BGB; CAN; PHR); Scrofula (f; CRC; LMP); Side Ache (f; MAD); Snakebite (f; CRC); Sore (1; APA; CRC); Splenosis (f; AKT; BGB); Stomachache (f; DEM); Stone (2; PED; PHR; PH2; SHT); Swelling (1; CAN; DEM); Toothache (f; DEM); Tuberculosis (1; MAD; PH2; WOI); Tumor (1; CAN); Ulcer (f; CRC); UTI (2 KOM; PH2; SHT); Vomiting (f; AKT); Wart (f; CRC); Water Retention (2; AKT; APA; HH3; KOM; SUW; WAM); Yeast (1; CRC; FAD).

Dosages (Dandelion) — 1–2 (for tea) to 3–4 (for decoction) tsp cut herb/150 ml water (PH2); 0.5 oz dry leaf/cup water (APA); 4–10 g dry leaf as tea 3 ×/day (CAN); 4–10 ml liquid leaf extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2–5 ml leaf tincture 3 ×/day (SKY); 1–2 tsp root/cup a.m. & p.m.; 0.5–1 g powdered root (KAP); 3–4 g powdered root (PIP); 1–3 tsp powdered root/cup water (APA); 0.25–0.5 cup fresh root (PED); 6–12 g dry root (PED); 9 g dry root:45 ml alcohol/45 mg water (PED); 3–5 g dry root 3 ×/day (APA); 2–8 g dry root as tea 3 ×/day (CAN); 28–56 ml root decoction (KAP); 5–10 ml root tincture (1:5 in 45% alcohol) 3 ×/day (CAN); 10–15 drops root tincture (PIP); 1–2 tsp tincture to 3 ×/day (APA); 1 tbsp dandelion juice morning and evening (APA); 4–10 ml dandelion juice (CAN; PNC; SKY); 2–8 ml liquid extract (PNC); 3–4 g/day (SHT); 3 (510 mg) capsules 3 ×/day (NH).

Contraindications, Indications, and Side Effects (Dandelion) — Class 2d (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Commission E reports contraindications: biliary obstruction, empyema of gallbladder, ileus; adverse effects: gastric complaints and ulcers (AEH; CAN; SKY). Other contraindications reported: biliary inflammation (AEH). CAN cautions that the sesquiterpene lactones are allergenic and may cause dermatosis. May interfere with diuretic and hypoglycemic therapies (CAN). Herbs with diuretic properties, such as juniper and dandelion, can cause elevations in blood levels of lithium (D'epiro, 1997). Not for use with acute gallbladder problems (WAM). Use in cholelithiasis only under a doctor's supervision (PIP). Blumenthal et al. (1998) caution that, "As with all drugs containing bitter substances, discomfort due to gastric hyperacidity may occur" (KOM). Do I need to write out this caveat for all the salubrious bitter herbs of the Bible; Warning: may cause hyperacidity and gastric distress? Flavonoids antiinflammatory; increase urine flow. Inulin and mucilage sooth digestive tract, absorb toxins, and regulate intestinal flora (help friendly flora thrive and inhibit unfriendly bacteria according to Pedersen (I'd like to see the proof; it is part of the prebiotic/probiotic story)), and relieve muscle spasm (PED). PH2 says the amaroids (bitter compounds) in dandelion are cholagogue (agreed) and secretolytic (disagreed; I think they are secretagogue rather than secretolytic; PH2 also says the drug is "secretion-stimulating"). Tillotson (AKT) notes that clinically, the leaf is a more effective diuretic than the root and a safer alternative to Lasix™. LD50 herb 28,800 ipr mouse (CAN); LD50 root 36,800 ipr mouse (CAN); Diuretic (herb>root).

DARNEL (*Lolium temulentum* L.) X

Activities (Darnel) — Analgesic (f; CRC); Depurative (f; CRC; MAD); Narcotic (1; CRC); Nephrotoxic (1; PHR); Poison (1; CRC).

Indications (Darnel) — Arthrosis (f; JLH; MAD); Bleeding (f; CRC); Cancer (f; JLH); Cancer, joint (f; JLH); Cancer, knee (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cancer, uterus (f; JLH); Colic (f; CRC); Condylomata (f; JLH); Cramp (f; PHR; PH2); Dermatosis (f; CRC; HHB); Dysuria (f; CRC; PH2); Eczema (f; CRC); Enterosis (f; PHR; PH2); Epistaxis (f; CRC; PHR; PH2); Fracture (f; BIB; CRC); Gangrene (f; BIB; CRC); Gastrosis (f; PHR; PH2); Headache (f; CRC); Hepatosis (f; CRC); Incontinence (f; BIB; CRC; PH2); Induration (f; CRC; JLH); Insomnia (f; PHR; PH2); Kernel (f; CRC); Leprosy (f; BIB; CRC); Lichen (f; MAD); Meningosis (f; BIB; CRC); Menopause (f; BIB; CRC); Migraine (f; BIB; CRC); Neuralgia (f; CRC; MAD; PH2); Pain (f; CRC; HHB; PHR); Paralysis (f; MAD); Polyuria (f; HHB); Rheumatism (f; CRC; HHB); Sciatica (f; CRC); Scirrhus (f; CRC); Splenosis (f; CRC); Tenesmus (f; MAD); Toothache (f; BIB; CRC); Tremor (f; MAD); Tumor (f; CRC); Uterosis (f; JLH); Vertigo (f; CRC; MAD; PH2); Wen (f; CRC).

Dosages (Darnel) — Don't take it. Many of the indications and dosages are homeopathic only.

Contraindications, Indications, and Side Effects (Darnel) — Not covered (AHP). Can be toxic; no cases of poisoning are known in recent times (PHR). Symptoms include colic, confusion, cramping, delirium, diarrhea, gastroenterosis, headache, paralysis, somnolence, speech problems, staggering, tinnitus, vertigo, visual disorders, and rarely, death through respiratory failure (DEP; MAD; PH2). Mentioned only as food for Native Americans (DEM).

DATE PALM (*Phoenix dactylifera* L.) +++

Activities (Date) — Antipyretic (f; BIB); Aphrodisiac (f; BIB; DEP); Candidicide (1; ABS); Contraceptive (f; BIB); Demulcent (f; BIB; DEP); Depurative (f; KAB); Diuretic (f; BIB); Emollient (f; BIB); Estrogenic (1; BIB; FNF); Expectorant (f; BIB); Fungicide (1; ABS); Laxative (f; BIB); Pectoral (f; BIB).

Indications (Date) — Adenopathy (f; JLH); Ague (f; BIB); Anemia (f; BIB); Asthma (f; BIB; KAB); Bronchosis (f; BIB; PH2); Cancer (f; BIB); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Cancer, liver (f; JLH); Cancer, mouth (f; JLH); Cancer, parotid (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, testes (f; JLH); Cancer, throat (f; JLH); Cancer, uterus (f; JLH); Cancer, vagina (f; JLH); Candida (1; ABS); Catarrh (f; BIB); Chest (f; BIB); Coma (f; KAB); Condylomata (f; BIB); Constipation (f; BIB); Cough (f; BIB; KAB); Diarrhea (f; BIB; DEP); Enterosis (f; KAB); Neurasthenia (f; BIB); Fever (f; BIB); Flu (f; BIB); Fungus (1; ABS); Gastrosis (f; JLH; PH2); Gonorrhea (f; BIB; KAB); Halitosis (f; DEP); Headache (f; PH2); Hemorrhoid (f; BIB); Hepatosis (f; JLH); Impotence (f; BIB); Induration (f; BIB; JLH); Infection (1; ABS); Infertility (f; BIB); Inflamation (f; PH2); Keratosis (f; DEP); Leprosy (f; KAB); Longevity (f; BIB); Mastosis (f; HHB); Mycosis (1; ABS); Nausea (f; KAB); Nephrosis (f; PH2); Ophthalmia (f; BIB; PH2); Orchosis (f; JLH); Paralysis (f; KAB); Parotosis (f; JLH); Pterygia (f; BIB); Pulmonosis (f; KAB); Sore Throat (f; JLH); Splenosis (f; BIB; JLH); Sterility (f; BIB); Stomachache (f; BIB); Stomatosis (f; JLH); Thirst (f; BIB); Toothache (f; BIB); Tuberculosis (f; BIB); Urogenitosis (f; BIB); Uterosis (f; JLH); Vaginosis (f; BIB); Wart (f; BIB); Water Retention (f; BIB); Whitlow (f; BIB); Wound (f; PH2); Yeast (1; ABS).

Dosages (Date) — Fruit is food farmacy (JAD).

Contraindications, Indications, and Side Effects (Date) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). A 5% date extract was shown to have a better growth inhibition on *C. albicans* compared to amphotericin B. The date extract caused a leakage of cytoplasmic contents from the yeast cells. (Sallal A-K J, El-Teen K H A, Abderrahman S.; 1996).

DAYLILY (*Hemerocallis fulva* (L.) L.) +

Synonyms — *Hemerocallis fulva* var. *kwanso* Regel, *H. fulva* var. *rosea* Stout, *H. lilioasphodelus* var. *fulva* L.

Activities (Daylily) — Analgesic (f; DAA); Antiemetic (f; DAA); Anospasmodic (f; DAA); Depurative (f; DAA; WOI); Antipyretic (f; DAA); Hallucinogen (f; FAY); Hemopoietic (f; FAY); Schistosomicide (f; DAA); Sedative (f; DAA).

Indications (Daylily) — Adenopathy (f; FAY); Anemia (f; DAA); Bleeding (f; FAY); Cancer, breast (f; DAA); Childbirth (f; DAA); Cramp (f; DAA); Cystosis (f; FAY); Dropsy (f; DAA); Dysuria (f; DAA; FAY); Edema (f; FAY); Fever (f; DAA); Gout (f; FAY); Hematuria (f; FAY); Hemorrhoid (f; DAA); Hepatosis (f; FAY); Insomnia (f; DAA); Jaundice (f; DAA); Leukorrhea (f; FAY); Mastosis (f; DAA; FAY); Nervousness (f; DAA); Pain (f; DAA; FAY; WOI); Schistosomiasis (1; DAA); Stone (f; DAA); Swelling (f; FAY); Toothache (f; FAY); Vomiting (f; DAA).

Dosages (Daylily) — 4.5–6 g (30 g is way too much, possibly even a blinding dose of root) (FAY).

Contraindications, Indications, and Side Effects (Daylily) — Not covered (AHP; KOM; PH2). While flower buds are considered edible, the roots of daylilies are generally considered toxic and should not be ingested. Overdoses may cause urinary incontinence, respiratory arrest, dilated pupils, and even blindness. Daylily root is *not* an "herb for self medication" (FAY). Hemerocallin is schistosomicidal. The Chinese name, translated to "forget-worry herb" may refer to the alleged hallucinogenic effect of eating large doses of the tender young leaf shoots (Foster and Yue, 1992).

DEATH ANGEL (*Justicia pectoralis* Jacq.) +

Activities (Death Angel) — Abortifacient (1; FNF); Antiaggregant (1; FNF); Antibacterial (1; FNF); Antiedemic (1; FNF); Antihistaminic (1; FNF); Antiinflammatory (1; FNF); Antilymphedemic (1; FNF); Antimelanomic (1; FNF); Antimetastatic (1; FNF); Antimitotic (1; FNF); Antimononuccleotic (1; FNF); Antimutagenic (1; FNF); Antimycoplasmotic (1; FNF); Antipsittacotic (1; FNF); Antipsoriac (1; FNF); Antiseptic (1; FNF); Antispasmodic (1; FNF); Antitumor (1; FNF); Aphrodisiac (f; CRC; JFM); Candidicide (1; FNF); Choleretic (1; FNF); Diaphoretic (f; JFM); Digestive (f; JFM); Emetic (1; FNF); Emmenagogue (1; FNF); Estrogenic (1; FNF); Expectorant (f; JFM); Fungicide (1; FNF); Hallucinogen (1; CRC; JFM); Hemostat (f; CRC); Hepatoprotective (1; FNF); Hepatotoxic (1; FNF); Hypoglycemic (1; FNF); Immunostimulant (1; FNF); Narcotic (1; CRC; DAV); Pectoral (f; DAV; JFM); Resolvent (f; CRC); Sedative (f; JFM); Vulnerary (1; ABS).

Indications (Death Angel) — Bacteria (1; FNF); Biliousness (1; FNF); Bleeding (f; CRC); Brucellosis (1; FNF); Cachexia (f; CRC); Cancer (1; FNF); Cancer, colon (1; FNF); Cancer, kidney (1; FNF); Cancer, stomach (1; FNF); Candida (1; FNF); Cataract (1; FNF); Catarrh (f; JFM); Chest (f; CRC; JFM); Cold (1; CRC; FNF; JFM); Colic (f; JFM); Cough (f; CRC; JFM); Cramp (1; FNF); Diabetes (1; FNF); Dyspepsia (1; FNF; JFM); Edema (1; FNF); Enterosis (1; FNF); Escherichia (1; FNF); Fever (f; CRC; DAV; JFM); Flu (1; CRC; FNF JFM); Fungus (1; FNF); Gastrosis (1; DAV; FNF); Gout (1; FNF); Headache (1; DAV; FNF); Hematoma (f; DAV); Hepatosis (1; FNF); Hyperglycemia (1; FNF); Immunodepression (1; FNF); Infection (1; FNF); Inflammation (1; DAV; FNF); Insomnia (f; JFM); Leg Ache (f; JFM); Melanoma (1; FNF); Metastasis (1; FNF); Mycoplasm (1; FNF); Mycosis (1; FNF); Nausea (f; CRC); Nervousness (f; JFM); Pain (1; DAV; FNF); Pneumonia (1; CRC; DAV; FNF; JFM); Psittacosis (1; FNF); Psoriasis (1; FNF); Pulmonosis (f; CRC; JFM); Staphylococcus (1; FNF); Stomachache (f; CRC; DAV; JFM); Swelling (1; FNF); Toxoplasmosis (1; FNF); Tuberculosis (f; JFM); Tumor (1; FNF); Wound (f; CRC; JFM); Yeast (1; FNF).

DEER TONGUE (*Trilisa odoratissima* (Walter ex J. F. Gmel.) Cass.) +

Synonym — *Carphephorus odoratissimus* (J. F. Gmel.) H. J.-C. Hebert.

Activities (Deer Tongue) — Antipyretic (f; CRC); Demulcent (f; CRC); Diaphoretic (f; CRC); Diuretic (f; CRC); Insecticide (1; CRC); Insectifuge (1; CRC); Stimulant (f; CRC); Tonic (f; CRC).

Indications (Deer Tongue) — Adenopathy (1; CRC); Edema (1; CRC); Fever (f; CRC); Lymphedema (1; CRC); Malaria (f; CRC); Neurosis (f; CRC); Pertussis (f; CRC); Water Retention (f; CRC).

Contraindications, Indications, and Side Effects (Deer Tongue) — Not covered (KOM; PHR). Coumarins may trigger hemorrhage and liver damage (CRC). New evidence cited in Marle et al. (1987) indicates that coumarin is not mutagenic, carcinogenic, or teratogenic in rodents. Coumarin failed to produce any sensitization reactions in 25 human volunteers. It therefore seems likely that coumarin has little toxic potential for humans with normal liver function.

DEODAR CEDAR (*Cedrus deodara* (Roxb. ex D. Don) G. Don) ++

Synonyms — *Cedrus deodora f. aurea* (J. Nelson) Rehder, *Pinus deodara* Roxb. ex D. Don

Activities (Deodar) — Antifertility (1; WO2); Antiinflammatory (1; WO2); Antiseptic (f; WO2); Antispasmodic (1; WO2); Antiviral (1; WO2); Astringent (1; WO2); Carminative (f; WO2); Diaphoretic (f; WO2); Diuretic (f; WO2); Insecticide (1; WO2); Juvabional (1; WO2).

Indications (Deodar) — Anorexia (f; WO2); Bacteria (1; WO2); Cancer (f; JLH); Cramp (1; WO2); Dermatosis (f; WO2); Diabetes (f; WO2); Diarrhea (1; WO2); Diphtheria (1; WO2); Dysentery (1; WO2); Dysuria (f; WO2); Edema (f; WO2); Fever (f; WO2); Fungus (1; WO2); Gas (f; WO2); Headache (f; WO2); Hemorrhoid (f; WO2); Infection (1; WO2); Inflammation (1; WO2); Leprosy (f; WO2); Mange (f; WO2); Mycosis (1; WO2); Pulmonosis (f; WO2); Virus (1; WO2); Water Retention (f; WO2).

Extracts (Deodar) — One butanol fraction highly antiinflammatory in rats. Contains many inflammatory and antispasmodic compounds (e.g., allohimacholol, centdarol, himachalol, himadarol spasmolytic). Delta-7-dehydrodomatuic-acid; delta-10-dehydroepitodomatuic-acid, and 7-hydroxytodomatuic-acid have juvabional (juvenile hormonal) activity.

DEVIL-PEPPER (*Rauvolfia tetraphylla* L.) +

Synonyms — *R. canescens* L., *R. heterophylla* Roem. & Schult., *R. hirsuta* Jacq.

Activities (Devil-Pepper) — Allergenic (1; CRC); Antiedemic (f; JFM); Avicide (1; CRC); Diuretic (f; JFM); Expectorant (f; JFM); Hypotensive (1; CRC); Narcotic (1; CRC); Parasiticide (1; CRC); Poison (1; CRC); Tranquilizer (1; CRC).

Indications (Devil-Pepper) — Blepharosis (f; JFM); Dermatosis (f; CRC); Edema (f; JFM); Erysipelas (f; CRC); Fever (f; CRC); Gingivosis (f; CRC); High Blood Pressure (1; CRC); Malaria (f; CRC); Mange (1; CRC); Nervousness (1; CRC); Ophthalmia (f; JFM); Parasite (1; CRC); Snakebite (f; CRC); Sore Throat (f; CRC); Stomatosis (f; CRC); Swelling (f; JFM); Syphilis (f; CRC; JFM); Toothache (f; JFM); Ulcer (f; CRC); VD (f; CRC); Water Retention (f; JFM); Wound (f; CRC).

Contraindications, Indications, and Side Effects (Devil-Pepper) — Not covered (AHP; KOM; PHR). Has reportedly caused fatalities.

DEVIL'S CLAW
(*Harpagophytum procumbens* (Burch.) DC ex. Meisn.) ++

Synonym — *Uncaria procumbens* Burch.

Activities (Devil's Claw) — Allergenic (f; PHR); Analgesic (2; CAN; KOM; MAB; PH2); Antiarrhythmic (1; APA); Antiarthritic (1; CRC; MAB; PH2; VVG); Antiedemic (1; BGB); Antiexudative (f; SHT); Antiinflammatory (2; APA; BGB; CRC; KOM; PH2); Antipyretic (f; HHB); Antirheumatic (1; CAN; MAB); Aperitif (2; APA; HH2; KOM; VAG); Bitter (1; APA; MAB; PED); Choleretic (2; HH2; KOM; PH2); Depurative (f; BGB; PED); Digestive (f; SKY); Diuretic (f; CAN); Hypocholesterolemic (1; CRC; PED; VAG); Hypotensive (1; APA; BGB); Hypouricemic (1; CRC; PED; VAG); Laxative (f; MAB; WBB); Secretagogue (1; PH2); Sedative (f; CAN); Tonic (1; APA; MAB; VVG); Uricolytic (1; APA); Uterocontractant (f; VAG).

Indications (Devil's Claw) — Aging (f; CRC); Allergy (1; BGB; CRC; MAB; PH2); Anorexia (2; APA; HH2; KOM; PH2; SHT; VAG); Arrhythmia (1; APA; BGB; MAB); Arthrosis (2; APA; CRC; KOM; MAB; PH2; VVG); Atherosclerosis (f; CRC); Backache (2; BGB; BRU; MAB; PHR); Blood (f; BGB); Boil (1; BGB; CRC; MAB; VVG); Bursitis (f; WAF); Cancer (f; APA; WBB); Cancer, skin (f; CRC); Cardiopathy (1; MAB); Childbirth (1; APA; BRU; CRC; MAB; VAG; WBB); Cholecystosis (2; CRC; PHR; PH2); CNS (f; PH2); Cramp (f; VAG); Cystosis (f; CRC; HHB; PH2); Dermatosis (f; BGB; PHR); Diabetes (f; CRC; HHB; VAG); Dysmenorrhea (1; CRC; VAG); Dyspepsia (2; APA; BGB; CRC; KOM; PH2; SHT); Edema (1; BGB); Enterosis (f; BRU; CRC); Fever (1; APA; BGB; BRU; HHB; VAG); Fibromyalgia (f; WAF); Fibrosis (1; CAN; VAG); Gastrosis (f; BRU; CRC); Gout (1; CAN; CRC; VAG); Headache (1; APA; BGB; MAB); Heartburn (2; CRC; KOM; SKY); Hepatosis (2; CRC; PHR; PH2); High Blood Pressure (1; APA; BGB; VAG); High Cholesterol (1; CRC; PED; VAG); Inflammation (2; APA; BGB; CRC; KOM; MAB; PH2); Insomnia (f; CAN); Lumbago (1; BGB; CAN; CRC); Migraine (1; MAB); Myalgia (f; CAN); Nephrosis (f; CRC; HHB; PH2); Nervousness (f; CAN); Neuralgia (1; BGB; CRC); Neurosis (f; PH2); Osteoarthrosis (1; VAG); Pain (2; APA; BGB; CAN; KOM; MAB; PHR; PH2; VVG); Parturition (f; VVG); Pleurodynia (f; CAN); Pregnancy (f; APA; PH2); Rheumatism (2; CAN; KOM; MAB; PHR; PH2); Sore (1; BGB; CRC; MAB; VVG); Swelling (1; BGB); Tendinitis (1; BGB; WAF); Tuberculosis (f; VAG); Ulcer (f; CRC; MAB); Water Retention (f; CAN); Wound (f; CRC; PHR). I suppose that Commission E is talking about various degenerative arthritic conditions when they approve this for, "Supportive therapy of degenerative disorders of the locomotor system," but just couldn't bring themselves around to saying arthrosis, or degenerative joints and/or muscles (KOM).

Dosages (Devil's Claw) — 1 tsp chopped root/2 cups water, sipped through day (APA); 1.5–4.5(–10) g root (KOM; SHT; SKY); 6 g root/day (MAB); 1–2 tsp fresh root (PED); 0.5–1 g dry root (PED); 1 g dry root:5 ml alcohol/5 ml water (PED); 0.1–0.25 g powdered tuber (PNC); 0.1–0.25 g dry tuber as tea 3 ×/day (CAN); 0.1–0.25 ml liquid extract (1:1 in 25% ethanol) 3 ×/day (CAN); 6–12 ml liquid extract (1:2)/day (MAB); 15–30 ml tincture (1:5)/day (MAB); 0.5–1 ml root tincture (1:5 in 25% alcohol) 3 ×/day (CAN).

Contraindications, Indications, and Side Effects (Devil's Claw) — Class 2b, 2d (AHP). Contraindicated in duodenal and gastric ulcers (AHP, 1997). Commission E reports contraindications in GI ulcer (AEH). Contraindicated in people with diabetes. Excessive doses may interfere with blood pressure and cardiac therapy (CAN). LD50 = >13,500 mg/kg orl mouse (CAN).

Extracts (Devil's Claw) — German clinical studies confirm arthritic relief; hypocholesterolemic, hypouricemic (PED). Chrubasik *et al.* (1996) studied the effectiveness in treatment of acute low back pain. While animal studies exhibit analgesic and antiinflammatory activities (due to harpagoside), this study of 118 patients with nonspecific low-back pain (most for more than 15 years),

with 400 mg extract 3 ×/day (equivalent of 6000 mg crude root extract = 50 mg harpagoside). Only 9 of the treated patients improved cf 1 in the placebo controls. The insignificant reduction in pain was confined to those whose pain did not radiate to one or both legs. "There was a notable absence of identifiable clinical, hematological, or biochemical side effects" (PHM3:1). None of these authors commented on the presence of 3 COX-2 inhibitors as well, kaempferol, oleanolic acid, and ursolic acid.

DIGITALIS (*Digitalis purpurea* L.) X

Activities (Digitalis) — Antidote (f; CRC); Antitumor (1; CRC); Cardiotonic (f; CRC); Cordial (f; CRC); Diuretic (f; CRC); Myocardiocontractant (f; PH2); Negative Chronotropic (f; PH2); Poison (1; CRC); Positive Inotropic (f; PH2); Sedative (f; CRC); Vasculostimulant (f; CRC).

Indications (Digitalis) — Abscess (f; PHR; PH2); Adenopathy (f; JLH); Asthma (f; CRC); Boil (f; PHR; PH2); Burn (f; WOI); Cancer (1; CRC); Cancer, abdomen (f; JLH); Cancer, breast (f; JLH); Cancer, colon (f; JLH); Cancer, knee (f; JLH); Cancer, lymph (f; JLH); Cardiopathy (2; PH2); Dropsy (f; CRC; WOI); Edema (f; CRC); Enterosis (f; PH2); Epilepsy (f; CRC); Fever (f; CRC); Gastrosis (f; CRC); Headache (f; PHR; PH2); Heart (f; CRC); High Blood Pressure (f; PHR; PH2); Hydropsy (f; CRC); Icterus (f; CRC); Induration (f; CRC); Insanity (f; CRC); Insomnia (f; CRC); Migraine (f; PH2); Nephrosis (f; CRC; WOI); Nervousness (f; CRC); Neuralgia (f; CRC); Palpitation (f; CRC); Paralysis (f; PHR; PH2); Scrofula (f; CRC); Sore Throat (f; CRC); Swelling (f; JLH); Tumor (1; CRC); Ulcer (f; PHR; PH2); Water Retention (f; CRC); Wound (f; PHR; PH2; WOI).

Dosages (Digitalis) — Prescription only (JAD).

Contraindications, Indications, and Side Effects (Digitalis) — Class 3 (AHP). Inappropriate for obesity treatment (AHP). One source reports it is classified as a drug, which must normally be registered as pharmaceutical specialty (AEH). Why repeat; use with arrhythmogenic drugs (methylxanthines, phosphodiesterase inhibitors (including, I suppose, Viagra™), quinidine, sympathomimetics) increases risk of arrhythmia (PH2). Long-term dosage is potentially gynecomastic. Overdoses may cause anorexia, confusion, depressions, diarrhea, gastric hypertonia, hallucinogens, headache, psychosis, stupor, tachycardia, and vomiting. Lethal doses induce asphyxiation or heart failure (PH2). Both the leaf and pure glycosides are contraindicated in carotid sinus syndrome, first and second degree AV-block, hypercalcemia, hypertrophic cardiomyopathy, hypokalemia, thoracic aortic aneurism, ventricular tachycardia, or WPW syndrome (PH2).

DILL (*Anethum graveolens* L.) ++

Synonyms — *A. sowa* Roxb. ex Fleming, *Peucedanum graveolens* (L.) Benth. & Hook f.

Activities (Dill) — Antibacterial (2; APA; KOM; PH2; TRA; ZUL); Antiseptic (1; ZUL); Antispasmodic (2; APA; KOM; PH2; TRA); Antitumor (1; TRA); Aperitif (f; APA); Cardiodepressant (1; APA); Carminative (1; JFM; PNC; ZUL); Detergent (f; CRC); Digestive (f; CRC); Diuretic (1; APA; CRC; JFM); Fungicide (1; TRA); Hypoglycemic (1; TRA); Hypotensive (1; APA; FNF; TRA); Insectifuge (1; ZUL); Lactagogue (1; APA; CRC; JFM; TRA); Laxative (f; CRC); Myorelaxant (1; APA); Narcotic (f; CRC); Psychedelic (f; CRC); Respirastimulant (f; APA); Sedative (1; TRA); Soporific (f; JFM); Stimulant (f; CRC); Stomachic (1; PNC; ZUL); Vasodilator (1; TRA).

Indications (Dill) — Anorexia (2; APA; PHR); Aposteme (f; CRC; JLH); Bacteria (2; APA; KOM; PH2; TRA; ZUL); Bronchosis (2; PHR); Bruise (f; CRC); Cancer (1; CRC; JLH; TRA); Cancer, abdomen (f; CRC; JLH); Cancer, anus (f; CRC; JLH); Cancer, breast (f; JLH); Cancer, colon (f;

CRC; JLH); Cancer, liver (f; CRC; JLH); Cancer, mouth (f; CRC; JLH); Cancer, stomach (f; CRC; JLH); Cancer, throat (f; CRC; JLH); Cardiopathy (1; TRA); Childbirth (f; JFM); Cholecystosis (2; PHR); Cold (2; PHR); Colic (1; CRC; PNC; ZUL); Condylomata (f; CRC); Constipation (f; CRC); Cough (2; APA; CRC; PHR); Cramp (2; APA; KOM; PHR; PH2; TRA); Dropsy (f; CRC); Dyspepsia (2; APA; CRC; KOM); Enterosis (2; APA; PHR; PH2); Fever (2; PHR); Fibroid (f; JLH); Fungus (1; TRA); Gas (1; JFM; PNC; TRA; ZUL); Gastrosis (1; APA; PHR; PH2; TRA); Halitosis (1; APA; PH2); Hemorrhoid (1; APA; CRC); Hepatosis (2; PHR); High Blood Pressure (1; APA; FNF; TRA); Hyperglycemia (1; TRA); Induration (f; CRC; JLH); Infection (2; APA; PHR; TRA); Insomnia (2; APA; CRC; PHR; PH2; TRA); Jaundice (f; CRC); Mastosis (f; CRC; JLH); Mycosis (1; TRA); Nephrosis (f; APA; PH2); Nervousness (1; TRA); Neurosis (1; APA); Pharyngosis (2; PHR); Respirosis (f; PH2); Salmonella (1; TRA); Sclerosis (f; CRC); Scirrhus (f; JLH); Scurvy (1; CRC); Shigellosis (1; TRA); Sore (f; CRC); Spasm (f; PHR); Staphylococcus (1; CRC); Stomachache (f; APA; CRC; JFM); Stomatosis (2; PHR); Syphilis (f; PH2); Tumor (1; CRC; TRA); Urethrosis (1; APA; PH2); Uterosis (f; JLH); UTI (f; APA; PHR); VD (f; PH2); Water Retention (1; APA; CRC; JFM); Worm (f; PH2).

Dosages (Dill) — Chew $^1/_2$–1 tsp seed (APA); 2 tsp crushed seed/cup water (APA); 3 g seed (KOM; PHR); 0.3–1 ml concentrated dill water (PNC); 0.1–0.3 g EO (KOM; PHR); 0.05–2 ml (I'd have said 0.05–0.2) EO (PNC); cf celery seed, close kin (PNC).

Contraindications, Indications, and Side Effects (Dill) — Class 1 (AHP, 1997). None known (KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Contact photodermatosis possible as in most umbellifers. Fresh juice may possibly cause photodermatosis (PHR). We might extend to all apiaceous oils Bisset's comments on celery seed oil, "The drug is contraindicated in inflammation of the kidneys," since apiaceous EOs may increase the inflammation as a result of epithelial irritation (BIS). TRAMIL conservatively cautions for dill and fennel; contraindicated in women of reproductive age; limit dosage to 3 days (TRA).

DIVI-DIVI (*Caesalpinia bonduc* (L.) Roxb.) ++

Synonyms — *Caesalpinia bonducella* (L.) Fleming, *C. crista* auct. Amer., *Guilandina bonduc* L., *G. bonducella* L.

Activities (Divi-Divi) — Abortifacient (f; WO2); Anthelminthic (1; HHB); Antipyretic (1; HHB; PH2; WO2); Antispasmodic (f; EFS); Astringent (1; HHB); Diuretic (1; EFS; WO2); Emollient (1; WO2); Filaricide (f; ABS); Fungicide (1; WO2); Hemostat (f; HHB); Rubefacient (f; WO2); Tonic (f; HHB; PH2); Vermifuge (1; ABS; EFS).

Indications (Divi-Divi) — Asthma (f; HHB); Bleeding (1; HHB; WO2); Cancer (f; JLH); Cancer, scrotum (f; JLH); Convulsion (f; WO2); Cramp (f; EFS); Dermatosis (f; WO2); Diabetes (f; EFS); Diarrhea (1; HHB; WO2); Encephalosis (f; WO2); Fever (1; HHB; PH2; WO2); Fracture (f; WO2); Fungus (1; WO2); Hydrocele (f; WO2); Infection (1; WO2); Leukorrhea (f; WO2); Malaria (f; HHB); Mycosis (1; WO2); Orchosis (f; JLH); Otosis (f; WO2); Rheumatism (f; WO2); Sore (f; WO2); Water Retention (1; EFS; WO2); Worm (1; ABS; EFS; HHB).

Dosages (Divi-Divi) — Up to 1 g mixed with pepper as tonic (HHB).

Contraindications, Indications, and Side Effects (Divi-Divi) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

Extracts (Divi-Divi) — Fatty acid triglycerides (octadeca-4-enoic-, octadeca-2,4-dienoic-, palmitic-, and stearic-acids) are macrofilaricidal (from kernels of *C. bonduc* seed). Crude ethanol extracts were active against *Litomosoides carinii* in the cotton rat. Most or all activity was in the n-hexane

soluble fraction. Orally, it killed nearly 95% of the microfilariae at a dose of 1 g/kg/×5 days (Rastogi et al., 1996).

DIVINING SAGE (*Salvia divinorum* Epling & Jativa) +

Activities (Divining Sage) — Emetic (f; CRC); Hallucinogen (1; CRC); Psychotropic (1; CRC); Narcotic (1; CRC); Telepathic (f; CRC).

Contraindications, Indications, and Side Effects (Divining Sage) — Not covered (AHP; KOM; PHR). Narcotic hallucinogen (CRC).

DODDER, CLOVER DODDER (*Cuscuta epithymum* (L.) L.) +

Synonym — *C. europaea* var. *epithymum* L.

Activities (Dodder) — Aperitif (f; EFS); Cholagogue (f; EFS); Diuretic (f; HHB); Hepatotonic (f; PH2); Laxative (f; EFS; HHB; PH2); Tonic (f; PH2).

Indications (Dodder) — Anorexia (f; EFS); Constipation (f; EFS; PH2); Gout (f; HHB); Hepatosis (f; PH2); Splenosis (f; PH2); Urethrosis (f; PH2); UTI (f; PH2); Water Retention (f; HHB).

Contraindications, Indications, and Side Effects (Dodder) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) Overdoses may cause colic (PH2).

DODO, KANKAN, TORO (*Elaeophorbia drupifera* (Thonn.) Stapf) +

Synonym — *Euphorbia drupifera* Thonn.

Activities (Dodo) — Antidotal (f; CRC); Caustic (f; CRC); Filaricidal (f; CRC); Hallucinogen (1; CRC); Laxative (f; CRC); Narcotic (1; CRC); Piscicide (f; CRC); Poison (f; CRC); Vermifuge (f; CRC).

Indications (Dodo) — Bite (f; CRC); Blindness (f; CRC); Guinea Worm (f; CRC); Ringworm (f; CRC); Snakebite (f; CRC); Sore (f; CRC); Sting (f; CRC); Wart (f; CRC); Worm (f; CRC).

Contraindications, Indications, and Side Effects (Dodo) — Classed as a narcotic hallucinogen (?). "The caustic latex can cause permanent blindness if introduced into the eyes" (CRC).

DOGBANE, INDIAN HEMP (*Apocynum cannabinum* L.) X

Synonym — *A. suksdorfii* Greene.

Activities (Dogbane) — Abortifacient (f; CRC); Alterative (f; CEB); Anthelminthic (f; DEM); Antiedemic (1; PHR; PH2); Antipyretic (f; CRC); Antitumor (1; CEB); Bradycardic (1; PHR; PH2); Cardiotonic (1; CRC; FEL; PHR; PH2); Depurative (f; DEM); Diaphoretic (f; CRC); Diuretic (1; PHR; PH2); Emetic (f; CEB; CRC); Expectorant (f; CRC); Hydragogue (f; CRC); Hypertensive (1; CRC; PH2); Hypotensive (1; PHR; PH2); Irritant (1; PH2); Lactagogue (f; DEM); Laxative (f; CRC; DEM; FEL); Panacea (f; DEM); Poison (1; CRC; PH2); Sterilant (f; DEM); Sternutator (1; FEL); Tonic (f; CRC); Vermifuge (f; CEB; CRC).

Indications (Dogbane) — Ague (f; CEB; CRC); Alopecia (f; CRC; DEM); Amenorrhea (f; FEL); Anasarca (f; FEL); Angina (f; FEL); Ascites (f; FEL); Asthma (f; CRC; DEM; PHR); Biliousness (f; DEM); Bleeding (f; CRC; DEM; FEL); Bright's Disease (f; CRC; DEM); Cancer (1; CEB;

JLH); Cardiopathy (f; PH2); Childbirth (f; CRC); Cold (f; CEB; CRC); Condylomata (f; CRC; PHR; PH2); Conjunctivosis (f; DEM); Constipation (f; CRC; DEM); Cough (f; DEM; PHR; PH2); Debility (f; FEL); Depression (f; FEL); Diarrhea (f; PH2); Dropsy (f; CRC; PHR; PH2); Dysentery (f; CRC); Dyslactea (f; DEM); Dyspepsia (f; CRC; FEL); Edema (1; PH2); Enterosis (f; CRC); Fertility (f; DEM); Fever (f; CRC; FEL); Gastrosis (f; DEM); Headache (f; CEB; CRC); Head Cold (f; CEB; CRC); Heart (1; CRC; PHR); High Blood Pressure (1; PHR; PH2); Hydrocephalus (f; FEL); Inflammation (f; CRC); Laryngosis (f; FEL); Leukorrhea (f; FEL); Low Blood Pressure (1; CRC; PH2); Lumbago (f; FEL); Malaria (f; CRC; FEL); Menorrhagia (f; FEL); Nephrosis (f; FEL; PH2); Neuralgia (f; FEL); Ophthalmia (f; DEM); Palpitation (f; CRC); Pertussis (f; CRC; DEM); Pneumonia (f; CRC; PHR; PH2); Pox (f; DEM); Respirosis (f; CRC; DEM); Rheumatism (f; DEM; FEL; PHR; PH2); Rhinosis (f; FEL); Sciatica (f; FEL); Scrofula (f; FEL); Sore Throat (f; CRC); Stomachache (f; DEM); Swelling (1; PHR; PH2); Syphilis (f; CRC; PHR; PH2); Tumor (1; CEB); Uterosis (f; CRC; DEM); Valvular Insufficiency (f; PHR; PH2); VD (1; CRC; DEM; FEL); Vomiting (f; PH2); Wart (f; CRC; PHR; PH2); Water Retention (1; PHR; PH2); Womb (f; CRC); Worm (f; CEB; CRC); Wound (f; DEM).

Dosages (Dogbane) — 10–30 drops liquid extract 3 ×/day; 0.3 to 0.6 ml tincture (1:10) (PHR; PH2).

Contraindications, Indications, and Side Effects (Dogbane) — Class 3 (AHP). Cardiac glycosides (AHP). Nausea and GI symptoms may occur even at therapeutic dosage; topically may irritate mucous membranes (PHR). Cymarin and apocannoside have antitumor activity (CEB).

DOGWOOD (*Cornus florida* L.) ++

Activities (Dogwood) — Analgesic (f; DEM); Antidote (f; DEM); Antiplasmodial (1; PHR); Antipyretic (f; HHB); Antiseptic (f; DEM); Aperient (f; CRC); Aperitif (f; PHR); Astringent (f; CRC; FAD; PHR); Antimalarial (f; CRC); Antispasmodic (1; PH2); Astringent (f; PH2); Bitter (1; HHB); Cardioactive (1; PHR); Depurative (f; DEM); Digestive (f; FAD); Laxative (1; PNC); Molluscicide (1; PHR; PH2); Stimulant (f; CRC; DEM; PHR; PH2); Stomachic (f; CRC); Tonic (f; CRC; FAD; PHR; PH2).

Indications (Dogwood) — Ague (f; CRC); Anthrax (f; CRC); Anorexia (f; CRC; PHR; PH2); Backache (f; DEM); Bilharzia (1; PH2); Boil (f; PHR; PH2); Cancer (f; CRC); Cancer, breast (f; CRC; JLH); Chill (f; CRC); Colic (f; CRC; DEM); Constipation (1; PNC); Cramp (1; PH2); Diarrhea (f; DEM; FAD; PHR; PH2); Dysentery (f; CRC); Dyspepsia (f; CRC; PH2); Erysipelas (f; CRC); Fever (f; CRC; FAD; HHB; PHR; PH2); Flu (f; DEM); Headache (f; PHR; PH2); Hepatosis (f; CRC); Hoarseness (f; DEM); Hyperacidity (f; FAD); Hysteria (f; CRC); Indolent Ulcer (f; CRC); Jaundice (f; CRC); Leukemia (f; JLH); Malaria (1; CRC; FAD; PHR; PH2); Mastosis (f; JLH); Measles (f; DEM); Myalgia (f; CRC); Nerves (f; CRC); Neurasthenia (f; PHR; PH2); Pain (f; DEM); Pneumonia (f; CRC); Sore (f; FAD; HHB; JLH); Stomatosis (f; CRC); Typhoid (f; CRC); Ulcer (f; DEM; JLH); Worm (f; DEM); Wound (f; DEM; PHR; PH2).

Dosages (Dogwood) — 2–4 g powdered bark (PNC); 2–4 ml liquid extract (PNC).

Contraindications, Indications, and Side Effects (Dogwood) — Not covered (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). Warning: As with hard toothbrushes, chewing sticks of dogwood can cause receding gums (FAD).

DOKUDAMI, CHAMALEON PLANT (*Houttuynia cordata* Thunb.) ++

Activities (Dokudami) — Antibacterial (1; DAA); Anticapillary Fragility (1; FAY); Antidote (f; DAA); Antiherpetic (1; X7617766); Antiinflammatory (1; DAA; X2119598); Antipyretic (f;

FAY; WOI); Antiseptic (1; DAA); Antiviral (1; X7617766); Aperitif (f; FAY); Astringent (f; FAY); Cyclooxygenase-Inhibitor (1; TAD); Depurative (f; SKJ); Detoxicant (f; FAY); Diuretic (1; DAA); Emmenagogue (f; SUW; WOI); Emollient (f; LMP); Herbicide (1; WOI); Hypotensive (1; FAY); Immunostimulant (1; FAY; TAD); Laxative (f; LMP); Osteogenic (f; DAA); Parasiticide (1; LMP); Prostaglandin-Synthase Inhibitor (1; TAD); Resolvent (f; WOI); Urinary Antiseptic (1; DAA).

Indications (Dokudami) — Abscess (f; DAA; LMP); Anorexia (f; FAY); Bacteria (1; DAA); Boil (f; SKJ); Bronchosis (f; FAY); Bruise (f; LMP); Cancer (f; DAA; JLH); Cancer, stomach (f; JLH); Capillary Fragility (1; FAY); Cervicosis (1; FAY); Cholera (f; SKJ); Conjunctivosis (f; LMP); Constipation (f; LMP); Cramp (f; FAY); Cough (f; DAA); Dermatosis (f; DAA; SUW; WOI); Diarrhea (f; LMP); Dysentery (f; DAA; SUW); Dysmenorrhea (f; FAY); Dyspepsia (f; DAA); Dysuria (f; FAY); Edema (1; FAY); Enterosis (f; DAA; LMP); Fever (f; DAA; FAY; WOI); Fracture (f; FAY); Fungus (1; FAY); Gastrosis (f; DAA); Gonorrhea (f; SUW; WOI); Hematemesis (f; FAY); Hemoptysis (f; DAA); Hemorrhoid (f; DAA; SUW); Herpes (1; FAY; X7617766); High Blood Pressure (1; FAY); Immunodepression (1; FAY; TAD); Infection (1; DAA); Inflammation (1; DAA; X2119598); Itch (f; LMP); Laryngosis (f; DAA); Leptospirosis (1; FAY); Leucorrhea (f; FAY); Malaria (f; DAA); Mastosis (1; X9283287); Measles (f; WOI); Mycosis (1; FAY); Nephrosis (1; FAY); Ophthalmia (f; SUW; WOI); Otosis (f; FAY); Parasite (1; LMP); Pertussis (f; DAA); Phagocytotic (1; FAY); Pharyngosis (f; DAA); Pneumonia (1; FAY); Proctosis (f; DAA); Prolapse (f; DAA); Pulmonosis (1; DAA; FAY); Rheumatism (f; FAY); Sinusosis (1; FAY); Snakebite (f; DAA); Sore (f; DAA); Staphylococcus (1; FAY); Stomachache (f; SKJ); Streptococcus (1; X9283287); Swelling (1; DAA; LMP; X2119598); Ulcer (1; DAA); UTI (f; FAY); VD (f; WOI); Virus (1; X7617766); Water Retention (1; DAA); Wound (f; LMP).

Dosages (Dokudami) — Food farmacy (JAD); 10–15 g in decoction (HHB); 15–30 g (FAY).

Contraindications, Indications, and Side Effects (Dokudami) — Not covered (AHP; KOM; PH2). May cause dyspnea (shortness of breath) if overconsumed (LMP; TAD).

DONG QUAI (*Angelica sinensis* (Oliv.) Diels) +

Synonym — *Angelica polymorpha* var. *sinensis* Oliv.

Activities (Dong Quai) — Alterative (f; PED); Analgesic (f; CRC; FAY); Antiallergic (1; APA); Antiaggregant (1; APA; KEB); Antianemic (1; KEB; MAB); Antiarrhythmic (1; KEB; MAB); Antiasthmatic (1; MAB); Antiatherosclerotic (1; KEB); Antiseptic (PED); Antiinflammatory (1; KEB; MAB); Antiaggregant (1; MAB); Antiproliferative (1; KEB); Antiseptic (1; JAD); Antiserotonin (1; MAB); Antispasmodic (1; FAY; KEB; MAB; SKY); Aphrodisiac (1; MAB); Bitter (1; MAB); Circulostimulant (f; AKT); CNS-Depressant (1; APA; FAY); CNS-Stimulant (1; APA); Deobstruent (f; CRC); Depurative (1; APA); Diuretic (1; APA; PED); Emmenagogue (1; CRC; PED); Estrogenic (PED); Female Tonic (1; MAB); Hemopoietic (1; AKT; CRC; FAY; MAB); Hepatoprotective (1; FAY; MAB; PED); Hepatotonic (1; PED); Hypertensive (1; FAY); Hypocholesterolemic (1; MAB); Hypotensive (1; FAY; MAB; PED); Immunodepressant (1; CRC; KEB); Immunomodulator (1; APA); Immunostimulant (1; KEB); Laxative (1; APA; KEB); Leukocytogenic (1; KEB); Myorelaxant (1; KEB); Myostimulant (f; PED); Phagocytotic (1; KEB); Radioprotective (1; MAB); Sedative (f; CRC PED); Tonic (1; APA; KEB; MAB); Tranquilizer (1; FAY); Uterocontractant (1; FAY; MAB; PED); Uterorelaxant (1; APA; FAY); Vasodilator (1; APA).

Indications (Dong Quai) — Allergy (1; APA; CRC); Alopecia (f; AKT); Alveolosis (1; MAB); Amenorrhea (1; AKT; CRC; FAY; KEB; MAB); Anemia (1; AKT; APA; CRC; KEB; MAB);

Angina (f; CRC; KEB); Aortitis (2; KEB); Arrhythmia (1; FAY; KEB; MAB); Asthma (1; CRC; MAB); Atherosclerosis (1; KEB); Atopic Dermatosis (1; CRC); Bleeding (f; CRC); Boil (f; CRC); Bronchosis (f; FAY); Bruise (1; MAB); Buerger's Disease (2; KEB); Cancer (1, CRC); Carbuncle (f; FAY); Cardiopathy (1; AKT; MAB); Childbirth (f; CRC; FAY); Cirrhosis (2; KEB); Constipation (1; APA; CRC; FAY; KEB; MAB); Cramp (1; FAY; KEB; MAB; SKY); Dysmenorrhea (2; AKT; APA; FAY; KEB; MAB); Endometriosis (1; HAD); Enterosis (1; MAB); Fibrillation (1; AKT); Fibrocystic Breast Disease (f; SKY); Fibrosis (1; AKT); Frigidity (1; KEB); Headache (f; CRC; FAY); Hepatosis (2; KEB); Herpes (f; FAY); High Blood Pressure (1; APA; FAY; MAB; PED); High Cholesterol (1; MAB); Hot Flash (1; KEB; MAB); Immunodepression (1; KEB); Infertility (2; AKT; APA; KEB; MAB); Inflammation (1; KEB; MAB); Insomnia (f; CRC PED); Low Blood Pressure (1; FAY); Lumbago (1; CRC); Menopause (1; AKT; KEB; MAB; SKY); Metrorrhagia (f; CRC); Myalgia (f; FAY); Nephrosis (1; HDR); Nervousness (1; CRC; FAY; PED); Neuralgia (1; KEB); Ophthalmia (f; AKT; MAB); Pain (f; CRC; FAY); Palpitation (f; AKT; MAB); Parturition (f; APA); PMS (1; KEB; SKY); Pregnancy (f; APA); Pulmonosis (1; AKT); Purpura (1; MAB); Rheumatism (1; APA; CRC; FAY); Sciatica (f; FAY); Shingle (f; FAY); Sore (f; FAY); Stomachache (f; APA; FAY); Stress (1; FAY); Stroke (f; KEB); Swelling (f; MAB); Tenesmus (f; FAY); Thrombocytopenia (1; MAB); Thrombosis (f; CRC; FAY); Tinnitus (f; AKT; MAB); Trauma (f; FAY); Ulcer (f; APA; CRC); Uterosis (1; FAY); Vaginosis (f; APA); Vasculosis (f; FAY); Water Retention (1; APA; PED); Wound (f; CRC).

Dosages (Dong Quai) — 4.5–12 g (FAY); 3–15 g root (APA); 3–4 g root/day (SKY); 1–3 tsp root/day; 1–3 tbsp fresh root (PED); 2–4 g dry root (PED); 3–15 g dry root/day (MAB); 2–6 g dry root/day or 4–12 ml fluid extract (1:2) (for all his Chinese posologies, these ratios apply) (KEB); 3 g dry root:15 ml alcohol/15 ml water (PED); 4–8 ml flower extract (1:2) (MAB); 3 (530 mg) capsules 3 ×/day (NH).

Contraindications, Indications, and Side Effects (Dong Quai) — Class 2b (AHP). Psoralens can be phototoxic and carcinogenic. The aqueous extract inhibits experimentally induced IgE titers, suggesting immunosuppressive potential. "Its use cannot be recommended" (*LRNP,* April 1990). Pregnant and nursing women, or patients with diarrhea, should not take except under a doctor's instruction. AHP notes that it is Americans and Canadians, not Chinese, who warn against use in pregnancy. Contraindicated in those with bleeding tendencies or heavy menstrual periods, during first trimester of pregnancy, for abortion-prone women, and in acute viral infections (KEB). "Canadian regulations do not allow dong-quai as a non-medicinal ingredient for oral use products" (Michols, 1995).

Extracts (Dong Quai) — Decoction uterocontractant in dogs. Decoction and tinctures hypotensive in anesthetized animals (PED). Ligustilide at 450 mg/day helped 77% of dysmenorrheics as opposed to 38% for aqueous extracts of the herb (KEB). Butylidenephthalide, butylphthalide, and ligustilide antispasmodic (FAY). Treatment of infertile women by uterine lavage of the extract for up to 9 months restored tubal patency in 79%; 53% became pregnant. Almost nontoxic LD50 = 100,000 mg/kg (MAB).

DOUGLAS FIR (*Pseudotsuga menziesii* (Mirb.) Franco.) +

Activities (Douglas Fir) — Antidote, cicuta (f; DEM); Antiseptic (f; DEM); Antitussive (f; DEM); Diuretic (f; DEM); Emetic (f; DEM); Laxative (f; DEM); Tonic (f; DEM).

Indications (Douglas Fir) — Allergy (f; DEM); Anemia (f; DEM); Athlete's Foot (f; DEM); Carbuncle (f; DEM); Chest Ache (f; DEM); Cold (f; DEM); Constipation (f; DEM); Cough (f; DEM); Cystosis (f; DEM); Dermatosis (f; DEM); Diarrhea (f; DEM); Dysmenorrhea (f; DEM);

Enterosis (f; DEM); Fever (f; DEM); Fungus (f; DEM); Gastrosis (f; DEM); Gonorrhea (f; DEM); Halitosis (f; DEM); Headache (f; DEM); Infection (f; DEM); Nephrosis (f; DEM); Osteosis (f; DEM); Pain (f; DEM); Paralysis (f; DEM); Rheumatism (f; DEM); Sore (f; DEM); Sore Throat (f; DEM); Stomatosis (f; DEM); VD (f; DEM); Water Retention (f; DEM).

DRAGON'S BLOOD
(*Croton lechleri* Müll. Arg.) +

Activities (Dragon's Blood) — Antiherpetic (1; 60P); Antiinflammatory (1; 60P); Antioxidant (1; 60P); Antiradicular (1; 60P); Antiseptic (1; 60P); Antitumor (1; 60P); Antiviral (1; 60P); Cicatrizant (1; 60P); Cytotoxic (1; 60P); Hemostat (1; DAV); Vulnerary (1; DAV).

Indications (Dragon's Blood) — Abortion (f; CTD); Bleeding (1; DAV); Bug Bite (1; HAD); Cancer (1; HAD; 60P); Cancer, bone (f; CTD); Childbirth (1; DAV); Cholera (1; HAD); Diarrhea (1; HAD); Dysentery (1; HAD); Enterosis (1; DAV; HAD); Flu (1; 60P); Fracture (1; DAV); Gastrosis (1; DAV; HAD); Hemorrhoid (1; DAV); Hepatosis (1; 60P); Herpes (1; 60P); Inflammation (1; 60P); Leukorrhea (1; DAV; HAD); Respirosis (1; HAD); RSV (1; HAD); Sore (1; DAV; HAD); Staphylococcus (1; 60P); Tuberculosis (f; CTD); Tumor (1; 60P); Ulcer (1; DAV; HAD); Uterosis (1; DAV); Vaginosis (1; DAV); Virus (1; 60P); Wound (1; DAV; 60P).

Dosages (Dragon's Blood) — Pisco suggests a couple drops of the "blood" in a glass of water for topical and internal applications. Taspine, pycnogenol™, and dimethylcedrusine alone speed up healing two-fold on exfoliated rodents, but the whole dragon's blood does it four times better (ABS).

DRAGON'S BLOOD PALM
(*Daemonorops draco* (Willd.) Blume) +

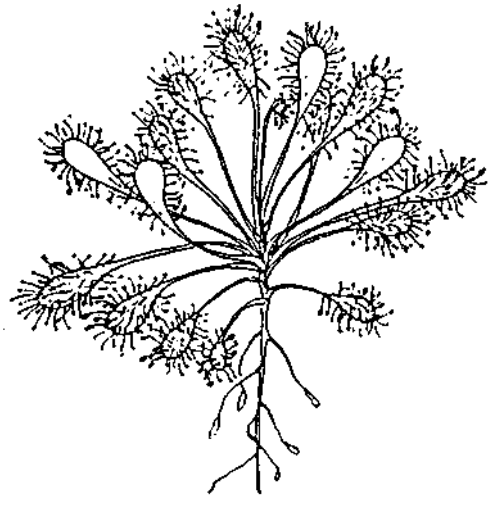
Synonym — *Calamus draco* Willd.

Activities (Dragon's Blood Palm) — Astringent (1; CRC; PHR; PH2; PNC); Curare (f; CRC); Expectorant (f; LMP); Hemostat (1; CRC; EFS; LMP); Sedative (f; CRC; LMP); Tonic (f; CRC; DAA; LMP).

Indications (Dragon's Blood Palm) — Bleeding (1; CRC; DAA; EFS; LMP); Cancer (f; CRC; JLH); Cancer, uterus (f; CRC; JLH); Diarrhea (1; CRC; PHR; PH2; PNC); Dysentery (f; CRC); Dyspepsia (1; CRC; LMP; PHR; PH2); Enterorrhagia (f; CRC); Indigestion (f; CRC); Hematuria (f; CRC; LMP); Insomnia (f; CRC; LMP); Nervousness (f; CRC; LMP); Sore (f; JLH); Sprue (f; CRC; LMP); Stomachache (f; CRC; LMP); Syphilis (f; CRC); Uterosis (f; JLH); Wound (1; LMP; DAA).

Contraindications, Indications, and Side Effects (Dragon's Blood Palm) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

DROSERA, ROUND-LEAVED SUNDEW (*Drosera rotundifolia* L.) ++



One cannot tell whether the PDR entry for *D. ramentacea* refers only to *D. ramentacea*, or also to *D. peltata, D. madagascarensis*, and/or the Euroamerican *D. rotundifolia* covered here (which is American sundew).

Activities (Drosera) — Antiasthmatic (2; PNC); Antibacterial (1; PNC); Antiinflammatory (1; PH2); Antiprostaglandin (1; PH2); Antiseptic (1; PH2); Antispasmodic (2; PIP; PH2); Antitussive (2; CAN; KOM; PIP; PH2); Antiviral (1; PNC); Aphrodisiac (f; CEB; FAD); Astringent (f; CEB); Bronchospasmolytic (2; KOM; PIP; PH2); Cytostat (1; PH2); Demulcent (f; PNC); Expectorant (1; CAN); Fungicide (1; PNC); Immunostimulant (1; PNC; PH2); Pectoral (f; CEB); Proteolytic (1; PNC); Secretolytic (f; PH2).

Indications (Drosera) — Acne (f; CEB); Asthma (2; PNC; PH2); Atherosclerosis (f; CEB; FAD); Bacteria (1; PNC); Bronchosis (2; CEB; FAD; PH2); Corn (1; JLH; FAD); Cough (2; KOM; PIP; PH2); Cramp (2; PIP; PH2); Dermatosis (f; CEB); Fits (1; KOM); Freckle (f; CEB); Frigidity (f; CEB); Fungus (1; PNC); Gastrosis (f; DAW); Gastric Ulcer (1; DAW); Immunodepression (1; PNC; PH2); Impotence (f; CEB); Infection (1; PNC); Inflammation (1; PH2); Leishmaniasis (1; PNC); Mycosis (1; PNC); Old Age (f; CEB); Pertussis (2; CEB; PNC); Respirosis (2; PH2); Tracheosis (1; CAN); Tuberculosis (f; CEB); Virus (1; PNC); Wart (1; FAD; JLH; PH2).

Dosages (Drosera) — 1–2 g dry leaf as tea 3 ×/day (CAN); 0.5–2 ml liquid leaf extract (1:1 in 25% ethanol) 3 ×/day (CAN); 0.5–1.0 ml herb tincture (1:5 in 60% alcohol) 3 ×/day (CAN); 3 g/day (KOM; PIP); steep 1–2 drug 10 min. in 1 cup boiled water, 3–4 ×/day (PH2).

Contraindications, Indications, and Side Effects (Drosera) — Class 2b, 2c (AHP; CAN). No contraindications documented. None reported (KOM; PIP). Plumbagin may be irritant (CAN). Plumbagin is immunostimulating in small doses, antibacterial, antifungal, antileishmanic, and antiviral as well as cytotoxic in large doses (PNC).

DUCKWEED (*Lemna minor* L.) ++

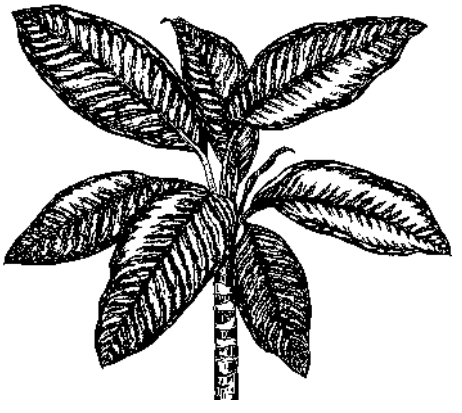
Activities (Duckweed) — Alterative (f; DEP); Antiinflammatory (f; PH2); Depurative (f; DAA); Diuretic (f; DEP; HHB; PH2); Soporific (f; DAA).

Indications (Duckweed) — Acne (f; PH2); Arthrosis (f; PH2); Asthma (f; MAD); Cancer (f; JLH); Carbuncle (f; HHB); Cold (f; PH2); Dermatosis (f; DEP); Dysuria (f; PH2); Edema (f; PH2); Epilepsy (f; PH2); Erysipelas (f; PH2); Fistula (f; MAD); Gout (f; HHB; PH2); Hepatosis (f; MAD); Inflammation (f; PH2); Jaundice (f; MAD); Leukorrhea (f; MAD); Measles (f; PH2); Ophthalmia (f; HHB); Ozena (f; MAD); Pharyngosis (f; MAD); Polyp (f; MAD); Respirosis (f; MAD; PH2); Rheumatism (f; HHB; MAD; PH2); Rhinosis (f; MAD); Scurvy (f; HHB); Sore (f; DEP); Swelling (f; MAD); Syphilis (f; DEP; HHB); VD (f; DEP; HHB); Water retention (f; DEP; HHB; PH2).

Dosages (Duckweed) — One tsp fresh plant (MAD). Homeopathic (PH2).

Contraindications, Indications, and Side Effects (Duckweed) — "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates only a homeopathic dosage! JAD).

DUMBCANE (*Dieffenbachia seguine* (Jacq.) Schott) X



Synonyms — *Arum seguine* Jacq., *Caladium maculatum* G. Lodd., *Dieffenbachia amoena* hort., *D. baraquiniana* Verschaff. & Lem., *D. exotica* hort., *D. maculata* (G. Lodd.) G. Don, *D. picta* Schott, *D. picta* var. *baraquiniana* (Verschaff. & Lem.) Engl.

Activities (Dumbcane) — Analgesic (f; CRC); Aphrodisiac (f; CRC); Caustic (f; CRC); Contraceptive (f; CRC); Curare (f; CRC; JFM); Cyanogenetic (f; CRC); Insecticide (f; CRC; JFM); Poison (f; CRC); Rodenticide (f; JFM); Sterilant (f; CRC; JFM).

Indications (Dumbcane) — Angina (f; CRC); Bite (f; CRC); Burn (f; CRC); Cancer (f; CRC); Cold (f; IED); Corn (f; CRC); Coma (f; CRC); Dropsy (f; CRC); Dysmenorrhea (f; CRC); Edema (f; CRC); Frigidity (f; CRC); Impotence (f; CRC); Inflammation (f; CRC); Pain (f; CRC); Parasite (f; DAV); Prurigo (f; CRC); Swelling (f; CRC); Rheumatism (f; CRC); Tumor (f; CRC); Ulcer (f; CRC); Varicosis (f; CRC); Wart (f; CRC; JLH); Wound (f; CRC);Yaw (f; CRC).

Contraindications, Indications, and Side Effects (Dumbcane) — "Acicular crystals of calcium oxalate, accompanied by a protein (enzyme) or asparagine, may cause severe burning in the mouth and throat. Swelling of the mouth may be severe enough to cause fatal choking. The sap, under some conditions, is an irritant and vesicant. Contact with bruised plants seemed to be necessary for irritation. Panama natives, to this day, blame an indolent ulcer I suffered on the ankle on my walking through a patch of dumbcane that had recently been cut. On several occasions I applied fresh latex to my wrist with no problem." (CRC).

DUSTY-MILLER (*Senecio cineraria* DC.) X

Synonym — *Senecio bicolor* (Willd.) Tod.

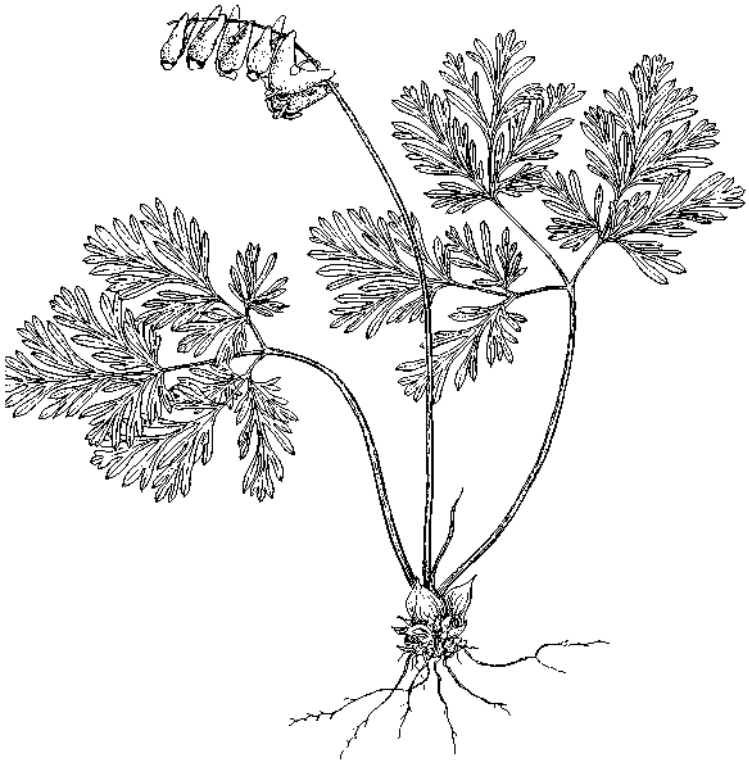
Activities (Dusty-Miller) — Carcinogenic (1; PH2); Emmenagogue (f; PH2); Hepatotoxic (f; PH2); Mutagenic (1; HH2); Poison (1; HH2; USD).

Indications (Dusty-Miller) — Cataract (f; EFS); Migraine (f; PH2); Ophthalmia (f; PH2).

Dosages (Dusty-Miller) — Don't take it (JAD, PH2).

Contraindications, Indications, and Side Effects (Dusty-Miller) — Not covered (AHP). Contains pyrrolizidine alkaloids (PAs) in considerable amounts and varieties, which can be carcinogenic, hepatotoxic, and mutagenic. PAs are toxic to humans. Use of *Senecio* species can result in potentially fatal hepatic veno-occlusive disease in humans, with symptoms of abdominal pain and vomiting with ascites, or seneciosis (VOD), reported in almost all cases of severe or fatal intoxications, from intakes of 0.5 mg/kg to 3.3 mg/kg (AEH1).

DUTCHMAN'S BREECHES, TURKEY CORN (*Dicentra cucullaria* (L.) Bernh.) +



Synonym — *Fumaria cucullaria* L.

Activities (Dutchman's Breeches) — Alterative (f; EFS); Bitter (1; PH2); Antispasmodic (f; HHB); CNS-Depressant (1; FAD); Diaphoretic (f; FAD; HHB); Diuretic (1; EFS; FAD; PH2); GABA-Antagonist (1; PH2); Spasmogenic (1; PH2); Tonic (1; EFS; HHB; PH2); Toxic (1; FAD; PH2).

Indications (Dutchman's Breeches) — Cancer (f; JLH); Cramp (f; HHB); Dermatosis (f; FAD; PH2); Dysmenorrhea (f; PH2); Dyspepsia (f; PH2); Fever (f; FAD; HHB); Paralysis (f; FAD); Rash

(f; PH2); Syphilis (f; EFS; PH2); Tremor (f; FAD); Urethrosis (f; PH2); UTI (f; PH2); VD (f; PH2); Water Retention (1; EFS; FAD; PH2).

Contraindications, Indications, and Side Effects (Dutchman's Breeches) — Not covered (AHP; KOM). None recorded at proper dosage (not stated) (PH2). Bicuculline could cause poisoning in high doses (PH2).

D

DU ZHONG, GUTTA-PERCHA TREE (*Eucommia ulmoides* Oliv.) ++

Activities (Du Zhong) — Alpha-Glucosidase Inhibitor (1; X9028049); Analgesic (1; DAA); Antiabortive (f; DAA); Antiaging (1; X9084879); Antibacterial (1; FNF); Anticlastogenic (1; X9025787); Anticomplementary (1; X3193787); Antiherpetic (1; FNF); Anti-HIV (1; X9209319); Antiinflammatory (1; FNF); Antimutagenic (1; FNF; X9008721); Antioxidant (1; FNF; X10956129); Antiperoxidant (1; FNF; X10956129); Antiperspirant (f; DAA); Antiradicular (1; FNF); Antitumor (1; FNF; X10956129); Antiviral (1; FNF); Aphrodisiac (f; DAA); Astringent (1; DAA); Candidicide (1; FNF); Collagenic (1; X10706412; X10706411); Cytotoxic (1; FNF); Depurative (f; DAA); Diuretic (1; DAA; FAY); Fungicide (1; FNF); Granulomagenic (1; X10706412); Hepatoprotective (1; FNF); Hypotensive (2; DAA; FAY); Respirastimulant (1; FAY); Roborant (f; LMP); Sedative (1; DAA; FAY); Tonic (f; DAA); Vulnerary (1; X10706412).

Indications (Du Zhong) — Arthrosis (f; DAA; LMP); Backache (f; DAA); Bacteria (1; FNF); Bleeding (f; FAY); Cancer (1; DAA; FNF; X10956129; X9008721); Candida (1; FNF); Childbirth (f; DAA); Dysuria (f; FAY); Encephalosis (f; LMP); Fungus (1; FAY; FNF); Hemorrhoid (f; FAY); Hepatosis (1; DAA; FNF); Herpes (1; FNF); High Blood Pressure (2; DAA; FAY); HIV (1; X9209319); Hysteria (f; LMP); Impotence (f; DAA); Infection (1; FNF); Inflammation (1; FNF); Insomnia (1; DAA; FAY); Lumbago (f; DAA; LMP); Mycosis (1; FAY; FNF); Myosis (f; DAA); Neck Ache (f; DAA); Nephrosis (f; DAA); Nervousness (1; DAA; FAY); Neurasthenia (1; X10513617); Nostalgia (f; DAA); Osteoporosis (f; FAY); Pain (1; DAA); Polyuria (f; DAA); Rheumatism (f; DAA); Ringworm (f; FAY); Senility (1; X9084879); Splenosis (f; DAA); Strain (f; DAA); Stress (f; LMP); Tumor (1; FNF; X10956129); Vertigo (f; FAY); Virus (1; FNF); Water Retention (1; DAA; FAY); Yeast (1; FNF).

Dosages (Du Zhong) — 6–15 g bark, in decoction, pill, powder, or tincture (FAY); 30 drops 10% tincture 3 ×/day, ca 9 months, for high blood pressure (FAY).

Contraindications, Indications, and Side Effects (Du Zhong) — Class 1 (AHP). Not covered (KOM; PH2).

Extracts (Du Zhong) — Quercetin (at 8.5 μ*M*) was most potent of 5-alpha-glucosidase inhibitors found in extracts of the leaves (X9028049). Leaves contain several anticlastogenic (antimutagenic) compounds (asperulosidic acid, deacetyl asperulosidic acid, asperuloside, geniposidic acid, geniposide, *p*-trans-coumaric acid pyrogallol, and protocatechuic acid) (X9025787). At 100 μg/ml, the leaf extract was more potent a radical scavenger than isolated protocatechuic acid at the same concentration, clearly a super example of synergy (X10956129). With at least six compounds that tend to stimulate collagen production, this herb certainly has antiaging potential (including antiwrinkle activity). Scientists favor one part ginseng:four parts du zhong for synergistically stimulating collagen production (X9084879).

DWARF BIRCH (*Betula pumila* L.) ++

Synonyms — *B. hallii* Howell, *B. pumila* var. *fastigiata* hort. ex Rehder.

Indications (Dwarf Birch) — Catarrh (f; DEM); Childbirth (f; DEM); Debility (f; CEB); Dysmenorrhea (f; DEM).

DWARF ELDER (*Sambucus ebulus* L.) ++

Activities (Dwarf Elder) — Antipyretic (f; DEP); Diaphoretic (f; EFS; HHB); Diuretic (1; EFS; HHB; PH2; PNC); Expectorant (1; EFS; MAD; PNC); Hypotensive (1; HH2; PNC); Laxative (f; DEP; EFS; HHB; SKJ); Poison (f; EFS; HHB); Tonic (f; DEP).

Indications (Dwarf Elder) — Angina (f; MAD); Appendicitis (f; MAD); Arthrosis (f; JLH); Ascites (f; MAD); Asthma (f; DEP); Bruise (f; KAB); Cancer (f; JLH); Cancer, flesh (f; JLH); Cancer, joint (f; JLH); Cancer, kidney (f; JLH); Cancer, skin (f; JLH); Cancer, thigh (f; JLH); Cancer, uterus (f; JLH); Constipation (f; EFS; HHB; PH2); Cough (f; MAD); Cystosis (f; MAD); Dermatosis (f; DEP; JLH); Dropsy (f; DEP; MAD; SKJ); Edema (f; PH2); Erysipelas (f; DEP); Fever (f; DEP; EFS; HHB); Gout (f; MAD); Gravel (f; MAD); High Blood Pressure (1; HH2; PNC); Hoarseness (f; MAD); Kernel (f; JLH); Malaria (f; DEP); Nephrosis (f; MAD; PH2); Obesity (f; MAD; PH2); Pulmonosis (f; DEP); Rheumatism (f; DEP; PH2); Scirrhus (f; JLH); Splenosis (f; MAD); Swelling (f; JLH; KAB; MAD); Uterosis (f; JLH); Water Retention (1; EFS; HHB; PH2; PNC).

Dosages (Dwarf Elder) — 2.5 g root/cup water (HHB).

Contraindications, Indications, and Side Effects (Dwarf Elder) — Not covered (AHP).“Hazards and/or side effects not recorded for proper therapeutic dosages” (PH2) (but PH2 designates no specific quantified dosage! JAD). Symptoms of poisoning: bloody diarrhea, coma, cyanosis, dizziness, headache, hematchezia, mydriasis, nausea, oral pain, or vomiting (HHB; MAD; PH2). “Cases of death are also mentioned” (PH2). Saponin diuretic (HHB). Aqueous extracts hypotensive (ipr rat) (HH2).

DWARF MALLOW (*Malva pusilla* Sm.) +++

Synonyms — *M. borealis* Wallman, *M. rotundifolia* L.

Activities (Dwarf Mallow) — Antibacterial (1; CRC); Demulcent (1; CRC); Emmenagogue (f; CRC); Emollient (f; CRC).

Indications (Dwarf Mallow) — Abscess (1; CRC); Aposteme (f; JLH); Bacteria (1; CRC); Bronchosis (f; CRC); Cancer, anus (f; JLH); Cancer, feet (f; JLH); Cancer, liver (f; JLH); Cancer, sinew (f; JLH); Cancer, spleen (f; JLH); Cancer, uterus (f; JLH); Cholecystosis (f; CRC); Cough (f; CRC); Gastrosis (f; CRC); Glycosuria (f; CRC); Hemorrhoid (f; CRC); Hepatosis (f; JLH); Induration (f; JLH); Inflammation (f; CRC); Mastosis (f; CRC); Ophthalmia (f; CRC); Scirrhus (f; JLH); Sore Throat (f; CRC); Splenosis (f; JLH); Tumor (f; CRC).

DYER’S BROOM (*Genista tinctoria* L.) X

Synonym — *Genista patula* M. Bieb.

Activities (Dyer’s Broom) — Cardiotonic (f; PHR; PH2); Depurative (f; PH2); Diaphoretic (f; CRC; MAD); Diuretic (f; CRC; HHB; MAD); Emetic (f; AHP; CRC; PHR; PH2); Hallucinogen (1; CRC; HHB); Hemostat (f; MAD); Laxative (f; CRC; HHB; MAD; PHR; PH2); Litholytic (f; PH2); Nephrotonic (f; PH2); Teratogenic (1; PH2); Uterotonic (f; AHP).

Indications (Dyer’s Broom) — Bladder Stone (f; PHR); Bleeding (f; MAD); Cancer (f; CRC); Constipation (1; CRC; HHB; PH2); Corn (f; JLH); Cystosis (f; MAD); Dermatosis (f; MAD); Dropsy (f; CRC; MAD); Dyspepsia (f; HHB); Epistaxis (f; MAD); Exanthema (f; MAD); Fever (f; CRC; MAD); Gravel (f; MAD); Gout (f; CRC; MAD; PHR; PH2); Hemorrhoid (f; MAD); Hepatosis (f; CRC); Hip Ache (f; MAD); Hysteria (f; MAD); Induration (f; JLH); Kidney Stone

(f; CRC; MAD); Lumbago (f; PH2); Nephrosis (f; CRC; MAD); Pain (f; MAD; PH2); Rabies (f; MAD); Rheumatism (f; CRC; HHB); Scrofula (f; MAD); Splenosis (f; CRC; MAD); Stone (1; MAD; PH2); Tumor (f; JLH); Wart (f; JLH); Water Retention (f; CRC; HHB; MAD); Wen (f; CRC).

Dosages (Dyer's Broom) — 2 tsp/day in hot tea (MAD); 1 tsp herb/cup, 1–2 cups/day (PHR; PH2); tinctures used for gravel and stone (MAD).

Contraindications, Indications, and Side Effects (Dyer's Broom) — Class 2b (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). Overdoses can cause diarrhea (PH2). Not for use by pregnant women (PH2).

DYER'S WOAD (*Isatis tinctoria* L.) +

Activities (Dyers Woad) — Antiaggregant (1; X3416386); Antidermatophytic (1; X7367492); Antifeedant (1; X8148009); Antileukemic (1; AKT); Antiaggregant (1; X3416386); Antiseptic (1; AKT); Antipyretic (1; AKT; LMP); Fungicide (1; X7367492); Immunostimulant (1; AKT; X1889106); Insecticide (1; X8148009); Termiticide (1; X8148009).

Indications (Dyers Woad) — Bacteria (f; DAA); Bronchosis (f; AKT); Cancer (1; AKT); Cervicosis (f; DAA); Cystic Fibrosis (1; AKT; X8703440); Dermatosis (1; X7367492); Edema (f; DAA); Fever (1; AKT; LMP); Flu (f; LMP); Fungus (1; X7367492); Hepatosis (1; ABS; AKT); Immunodepression (1; AKT; X1889106); Induration (f; JLH); Infection (1; AKT; X7367492); Laryngosis (f; AKT); Leukemia (1; AKT); Measles (f; LMP); Meningosis (f; AKT); Mycosis (1; X7367492); Parotosis (f; AKT); Pulmonosis (1; AKT; X8703440); Rash (f; DAA); Respirosis (f; AKT); Scarlet Fever (f; AKT; LMP); Sore Throat (f; DAA); Splenosis (f; DAA); Staphylococcus (f; DAA); Tonsilosis (f; AKT); Typhoid (f; LMP); Ulcer (f; WOI); Virus (1; AKT; DAA).

Dosages (Dyers Woad) — 2–3 g/day powdered leaf or root (AKT).

Contraindications, Indications, and Side Effects (Dyers Woad) — Class 1 (AHP). Not covered (KOM; PH2).

DYSENTERY BARK (*Simarouba glauca* DC.) +

Activities (Dysentery Bark) — Amebicide (1; TRA); Astringent (1; AAB); Bronchoconstrictor (1; TRA); Insecticide (1; TRA); Locusticide (1; TRA); Pediculoside (1; TRA); Stomachic (f; JFM); Tonic (1; TRA).

Indications (Dysentery Bark) — Ameba (1; TRA); Bleeding (1; AAB); Dermatosis (f; TRA); Diarrhea (1; AAB; JFM); Dysentery (1; AAB); Fever (f; JFM); Gastrosis (1; TRA); Itch (f; TRA); Malaria (1; JFM; IED; TRA); Metrorrhagia (1; AAB); Pediculosis (f; TRA); Itch (f; TRA); Rash (f; TRA); Salmonella (1; TRA); Scabies (1; TRA); Shigella (1; TRA); Sore (1; AAB); Ulcer (1; TRA).

Dosages (Dysentery Bark) — Mix 30 g powdered leaf with 65 ml coconut oil, gives enough for 10-day treatment (TRA); handful of bark in 3 cups water boiled 10 minutes as tea or bath (AAB); 15–60 drops 3 ×/day alcoholic tincture (steeped 15 days) for ameba.

E

EASTERN LARCH (*Larix laricina* (Du Roi) K. Koch) ++

Synonym — *Pinus laricina* Du Roi.

Activities (Eastern Larch) — Analgesic (f; DEM); Antiinflammatory (f; DEM); Antiseptic (f; DEM); Astringent (f; FAD); Depurative (f; DEM); Diuretic (f; FAD); Laxative (f; CEB; DEM; FAD); Stimulant (f; CEB); Suppurative (f; DEM); Tonic (f; FAD); Xanthine-Oxidase-Inhibitor (1; HAD).

Indications (Eastern Larch) — Anemia (f; DEM); Backache (f; DEM); Bronchosis (f; CEB); Bruise (f; CEB); Burn (f; DEM; FAD); Cold (f; CEB; DEM; MIC); Constipation (f; CEB; DEM; FAD); Cough (f; DEM); Debility (f; CEB; DEM); Dermatosis (f; FAD); Diarrhea (f; FAD); Distemper (f; DEM); Dropsy (f; FAD); Dysentery (f; FAD); Dyspepsia (f; FAD); Enterosis (f; CEB); Fever (f; DEM); Flu (f; MIC); Frostbite (f; DEM); Gonorrhea (f; CEB; DEM); Gout (1; HAD); Headache (f; CEB; DEM; FAD); Infection (f; DEM; MIC); Inflammation (f; CEB; DEM); Jaundice (f; FAD); Nausea (f; DEM); Nephrosis (f; DEM); Pain (f; DEM); Penis (f; DEM); Rheumatism (f; DEM; FAD); Sore (f; CEB; DEM; FAD); Sore Throat (f; FAD); Swelling (f; FAD); Tuberculosis (f; CEB; DEM; MIC); Urethrosis (f; CEB); VD (f; DEM); Vomiting (f; DEM); Water Retention (f; FAD); Wound (f; CEB; DEM; MIC).

Contraindications, Interactions, and Side Effects (Eastern Larch) — Not covered (AHP). Sawdust can cause dermatosis.

EASTERN MISTLETOE (*Phoradendron leucarpum* (Raf). Reveal & M.C. Johnst.) +

Synonyms — *Phoradendron flavescens* Nutt. ex Engelm., *P. serotinum* (Raf). M.C. Johnston, *Viscum leucarpum* Raf.

Activities (Eastern Mistletoe) — Abortifacient (f; DEM); Allergenic (1; CRC); Analgesic (f; DEM); Emetic (f; DEM); Hemostat (1; CRC); Hypertensive (f; CRC); Hypotensive (f; DEM); Myostimulant (f; CRC); Oxytocic (f; CRC); Panacea (f; DEM); Poison (1; DEM); Uterocontractant (f; CRC).

Indications (Eastern Mistletoe) — Arthrosis (f; DEM); Bleeding (1; CRC); Childbirth (f; DEM); Debility (f; DEM); Headache (f; DEM); High Blood Pressure (f; DEM); Numbness (f; DEM); Pain (f; DEM); Pumonosis (f; DEM); Paralysis (f; DEM); Rheumatism (f; DEM); Toothache (f; DEM); Tuberculosis (f; DEM).

Contraindications, Interactions, and Side Effects (Eastern Mistletoe) — Not exactly covered (AHP; KOM; PH2). Mistletoes are generally considered poisonous.

ECHINACEA, PURPLE CONEFLOWER (*Echinacea* spp.) +++

True Confessions: I have taken the heretical view here of believing that much of the specific splitting done by European investigators on the pharmacognostic activities of the various species and parts of *Echinacea* were not backed up by voucher specimens and hence, cannot be proven or disproven. Since much of the research has been sponsored by people promoting one or the other species, but again not vouchering what they were working with, I consider the new data almost as suspect as some of the original, when they were studying *Parthenium integrifolium* instead of *Echinacea*. Even today, I think of this as good for *Parthenium* and not necessarily bad for *Echinacea* the herb. I would seek *Parthenium integrifolium* and/or *Rudbeckia* spp. if I couldn't find an *Echinacea*. I think they are all good immunostimulants and confess, unlike the hypsters, that I don't know which is best. Yes, this is a lazy way out.

Activities (Echinacea) — Alterative (f; PED; PNC); Analgesic (1; DEM; FNF; PED); Antibacterial (1; PED; PNC); Antiedemic (1; PHR; WHO); Antiexudative (1; PED); Antihyaluronidase (1; BGB; MAB; PNC; WHO); Antiinflammatory (1; FNF; PH2; WAM; WHO); Antiintegrase (1; FNF; JAD); Antiseptic (1; PED); Antispasmodic (1; CAN); Antitumor (1; PNC; WHO); Antiviral (1; APA; WAM; WHO); Bactericide (1; FAD; PH2; WAM; WHO); Bifidogenic (1; AKT; FNF); Bitter (f; PED); Candidicide (1; BGB); Collagen Sparing (1; MAB); Cyclooxygenase Inhibitor (1; MAB; PH2); Fungicide (1; FAD; PED); Immunostimulant (1; CAN; PH2; WAM; WHO); Interferonigenic (1; APA); 5-Lipoxygenase Inhibitor (1; PH2; WHO); Phagocytotic (1; KOM; PIP; WHO); Prebiotic (1; AKT; FNF); Protisticide (1; MAB); Sialagogue (1; DEM; PED); TNFgenic (1; APA); Trichomonicide (1; MAB; PNC); Vasodilator (1; CAN); Vulnerary (1; APA; MAB; PH2; PNC).

Indications (Echinacea) — Abscess (1; APA; MAB; PH2); Acne (1; MAB); Adenopathy (1; PHR; PH2); Allergy (1; MAB); Arthrosis (f; APA; DEM; WHO); Bacteria (1; PED; PH2; PNC); Bite (f; PH2); Boil (1; APA; PNC); Bronchosis (2; APA; PHR; PH2; PNC); Bug Bite (f; APA);

Burn (2; FAD; PHR; PH2; WHO); Cancer (1; FAD; PNC; WHO); Cancer, colon (1; APA); Cancer, liver (1; APA); Candida (1; BGB; FNF; MAM; SKY; WHO); Canker Sore (1; FAD; SKY); CFS (1; BGB); Chemotherapy (1; MAB); Cholecystosis (1; CAN); Cold (2; FAD; PHR; PH2; WAM; WHO); Cold Sore (1; APA); Colic (f; DEM); Conjunctivosis (1; APA); Cough (2; PHR; PH2); Cramp (1; CAN; DEM; PHR); Crohn's Disease (1; SKY); Cystosis (1; APA; CAN); Dermatosis (1; PNC; WHO); Diabetes (f; MAB); Diphtheria (f; MAB); Dysentery (1; MAB); Dyspepsia (f; APA); Eczema (1; APA; PNC; WHO); Fever (2; PHR; PH2); Fit (f; DEM); Flu (2; APA; KOM; PH2; WAM); Fungus (1; FAD; PED); Furunculosis (1; BGB; CAN; MAB); Gastrosis (f; DEM; PHR); Gingivosis (1; APA; SKY); Goiter (1; MAB); Gonorrhea (1; PHR; PH2); Headache (1; BGB; PHR; PH2); Hemorrhoid (f; APA); Herpes (1; FAD; PHR; PH2; WHO); HIV (1; BGB; JAD); Immunodepression (2; CAN; PHR; PH2; SKY; WAM; WHO); Infection (2; FAD; PED; PH2; SKY; WHO); Inflammation (1; BGB; DEM; FNF; PH2; WAM; WHO); Leishmaniasis (1; MAB; PH2); Leukopenia (1; PHR); Listeria (1; MAM); Lyme Disease (1; JAD); Mastosis (1; MAB); Measles (f; PHR; PH2); Meningosis (1; APA); Migraine (f; APA); Mumps (1; APA; DEM); Myalgia (f; DEM); Mycosis (1; FAD; PED); Neck (f; DEM); Nephrorrhagia (f; MAB); Ophthalmia (f; DEM); Otosis (1; JAD; SKY); Pain (1; DEM; FNF; PED; PH2); Pertussis (1; APA); Pharyngosis (2; BGB; PHR; PH2; PNC); Psoriasis (1; APA; MAB); Pyorrhea (1; CAN); Radiotherapy (f; WHO); Respirosis (2; APA; PH2; PIP; WHO); Rheumatism (1; APA; DEM; WHO); Rhinosis (1; CAN); Scarlet Fever (1; MAB); Septicemia (1; MAB; PNC); Sinusosis (1; BGB; MAB); Smallpox (f; DEM); Snakebite (f; APA; FAD); Sore (2; APA; KOM; PH2; WHO); Sore Throat (1; APA; DEM; FAD; WAM); Spider Bite (f; FAD); Staphylococcus (1; PH2); Stomachache (f; DEM); Stomatosis (2; PHR; PH2; WHO); Swelling (1; PHR; PH2; WHO); Syphilis (f; MAB); Thirst (1; DEM); Tonsilosis (1; APA; PNC); Toothache (1; APA; FAD); Trichomoniasis (1; MAB); Tuberculosis (1; APA; MAB); Tumor (1; PNC; WHO); Typhus (1; MAB); UTI (2; CAN; KOM; PH2; PHR; PIP; WOI); Vaginosis (1; BGB); Varicosis (1; WHO); VD (1; PH2); Virus (1; APA; PH2; WAM; WHO); Worm (f; DEM); Wound (2; FAD; KOM; PHR; PH2; PIP; WHO); Yeast (1; APA; BGB). Note: Commission E recommended only *E. pallida* root and *E. purpurea* leaf (KOM, p. 61).

Dosages (Echinacea) — 1–2 tbsp fresh root (PED); 3 g dry root (PED); 3 g dry root:15 ml alcohol/15 mg water (PED); 2 tsp root/cup water to 3 ×/day (APA); 1–2 g root as tea 3 ×/day (CAN); 0.25–1 ml liquid root extract (1:1 in 45% ethanol) 3 ×/day (CAN); 10–30 drops root tincture 3 ×/day; 1–2 droppers tincture (APA); 1–2 ml herb tincture (1:5 in 45% alcohol) 3 ×/day (CAN); 300–400 mg solid extract (APA); 2 (500 mg) capsules (StX to contain 125 mg certified potency *Echinacea angustifolia* root extract with at least 3.2–4.8% echinacoside, in a base of *Parthenium integrifolium* root, *E. angustifolia* root, and *E. purpurea* root) 2–3 ×/day (NH); 2–3 (420 mg) capsules 2–3 ×/day.

Contraindications, Interactions, and Side Effects (Echinacea) — Class 1 (AHP). I don't worry about levels of pyrrolizidine alkaloids (PAs) as low as 60 ppm; isotussilagine and tussilagine have been reported at levels of up to 60 ppm in pallid and purple coneflower (these PAs are unlikely to cause any liver damage). Commission E reports contraindications: progressive systemic diseases (e.g., AIDS, collagenosis, HIV, leucopathy, leukosis, multiple sclerosis, tuberculosis, and other autoimmune diseases) (KOM). No side effects or interactions with other drugs reported (KOM). But, "There are no contraindications or adverse effects reported for echinacea products taken orally" (KOM, p. 61). People with asthma, eczema, or hay fever may prove allergic to *Echinacea* (WAM). Should not be used for more than 2–8 weeks, according to many authors. Other sources report contraindications: inclination to hypersensitivity, pregnancy; adverse effects: metabolic worsening in diabetic patients, dose-dependent chills, fever, nausea, vomiting, acute allergic reactions (AHP; Commission E). O'Brien contraindicates for autoimmune disorders (e.g., Hashimoto's thyroidosis, multiple sclerosis, systemic lupus erythematosus). According to Parnham (1996), doses 1000 times greater than normally used may be immuno-

suppressive. CAN reports polysaccharide as allergenic and irritant (CAN). Positive and negative concern has been expressed about the overproduction of tumor necrosis factor (TNF) production, which is stimulated by *Echinacea* (CAN). TNF, in addition to its antitumor activities, is said to mediate cachexia and the manifestation of endotoxic shock (CAN).

Extracts (Echinacea) — Activates immunity against herpes, influenza, and vesicular viruses (CAN). Polysaccharide fraction about half as active, as antiedemic and antiinflammatory, as indomethacin (CAN). Modestly antibacterial against *Proteus* and *Staphylococcus* (CAN). Antibacterial, antiviral, immunostimulating activities due largely to alkalies, caught acid derivatives (such as cichoric acid and echinosides), glycoproteins, and polysaccharides (PH2). Extracts of *E. angustifolia* inhibit *Trichomonas in vitro* (PNC). Echinacin inhibits bacterial formation of hyaluronidase (PNC). Cichoric acid inhibits viral integrase, which, ironically, may be useful in the contraindicated AIDS and HIV. Arabinogalactan stimulates macrophages to produce interferon-beta, interleukin (IL) 1, IL-6, IL-10, TNF-alpha, as well as T cell production *in vitro* (PH2).

ECLIPTA (*Eclipta prostrata* (L.) L.) ++

Synonyms — *Eclipta alba* (L.) Hassk., *E. punctata* L., *Verbesina alba* L., *Verbesina prostrata* L.

Activities (Eclipta) — Alexeteric (f; KAB); Alterative (f; KAP); Analgesic (f; AKT; KAB; WOI); Anthelminthic (f; KAB); Antibacterial (1; ZUL); Antiinflammatory (1; AKT; ZUL); Antipyretic (f; KAB); Antiseptic (1; SUW; ZUL); Antispasmodic (1; ZUL); Antiviral (1; KAP; ZUL); Astringent (1; FAD); Bitter (f; KAB); Candidicide (1; ZUL); Cardiotonic (1; ZUL); Deobstruent (f; KAB; KAP; SUW; ZUL); Depurative (f; DAV); Emetic (f; SUW; ZUL); Expectorant (f; KAB); Hepatoprotective (1; AKT; ZUL); Hepatotonic (f; KAB); Hypotensive (1; AKT); Immunostimulant (1; FAD); Laxative (f; SUW; ZUL); Lipogenic (f; KAB); Lipoxygenase Inhibitor (1; ZUL); Philtre (f; ZUL); Propecic (1; AKT; KAB); Stomachic (f; KAB); Tonic (f; KAB; SUW; ZUL); Vermicide (1; ZUL).

Indications (Eclipta) — Abortion (f; KAB); Abscess (f; FAD); Adenopathy (f; KAP); Albuminuria (f; DAV); Alopecia (f; AKT); Anemia (f; KAB); Asthma (f; DAV; KAB); Bacteria (1; ZUL); Bleeding (1; FAD); Bronchosis (f; KAB); Candida (1; ZUL); Cardiopathy (1; KAB; ZUL); Catarrh (f; FAD; KAB; SUW; WOI); Childbirth (f; ZUL); Cirrhosis (f; AKT); Complexion (f; KAB); Conjunctivosis (f; AKT); Constipation (f; KAB; ZUL); Copremesis (f; DAV); Cough (f; DAV); Cramp (1; ZUL); Dermatosis (f; KAB; ZUL); Dropsy (f; KAB); Dysentery (f; FAD); Dyspepsia (f; DAV); Elephantiasis (f; DAV; KAB); Enterorrhagia (1; DAV); Enterosis (f; KAB); Fever (f; KAB); Gingivosis (f; FAD; KAB); Gray Hair (f; AKT; KAP); Headache (f; DAV; FAD; KAB); Hemicrania (f; KAB); Hepatosis (1; AKT; KAB; SUW; ZUL); Hernia (f; KAB); High Blood Pressure (1; AKT); Immunodepression (1; FAD); Infection (1; ZUL); Inflammation (1; AKT; KAB; ZUL); Itch (f; KAB); Jaundice (2; KAB; SUW; ZUL); Leprosy (f; ZUL); Leukoderma (f; KAB); Lumbago (f; DAV); Marasmus (f; DAV); Migraine (f; AKT); Miscarriage (f; KAB); Nyctalopia (f; KAB); Odontosis (f; FAD; KAB); Ophthalmia (f; AKT; KAB); Otosis (f; AKT); Pain (f; AKT; KAB; WOI); Pertussis (f; DAV); Rhinosis (f; AKT); Shigellosis (1; ZUL); Sinusosis (f; AKT); Snakebite (1; ZUL); Sore (1; KAB; SUW; ZUL); Splenosis (f; KAB; SUW; ZUL); Sting (f; KAB; SUW); Stomatosis (f; KAB); Stress (f' AKT); Swelling (f; KAB); Syphilis (f; KAB); Tinnitus (f; AKT); Toothache (f; DAV; FAD; KAB); Uterosis (f; KAB); VD (f; KAB); Vertigo (f; AKT; DAV; KAB); Virus (1; KAP; ZUL); Worm (1; ZUL); Wound (f; KAB; SUW; ZUL); Yeast (1; ZUL).

Dosages (Eclipta) — 2–8 ml leaf juice (KAP); 4–12 ml leaf tea (KAP); 3–6 g powdered herb (KAP). May contain 780 ppm nicotine (WOI).

EGGPLANT (*Solanum melongena* L.) ++

Activities (Eggplant) — Antianaphylactic (1; X11352546); Antiatherosclerotic (1; X4140788); Antibacterial (1; DAA); Anticholinesterase (1; DAA); Antidote, mushroom (f; DAA); Antioxidant (1; JNU; X10100509); Antisarcomic (1; X9581517); Antiseptic (1; UPW); Carminative (f; EFS); Goitrogenic (f; WOI); Hypocholesterolemic (1; DAA; X10973133); Hypolipidemic (1; X9650725); Hypotensive (1; UPW); Narcotic (f; WOI); Proteinase Inhibitor (1; X1225945); Sialagogue (f; WOI); Stimulant (f; WOI); Trypsin Inhibitor (1; X874580).

Indications (Eggplant) — Abscess (f; DAA); Anaphylaxis (1; X11352546); Asthma (1; JNU; WOI); Atherosclerosis (1; X4140788); Bacteria (1; DAA); Bite (f; UPW); Bleeding (f; DAA); Bronchosis (f; WOI); Cancer (1; FNF; JLH); Cancer, skin (1; FNF; JLH); Cholera (f; WOI); Cystosis (f; DAA); Dermatosis (1; FNF; JLH; UPW); Dysuria (f; WOI); Enterosis (f; DAA); Gas (f; EFS); Hemorrhoid (f; DAA); Hepatosis (f; WOI); High Blood Pressure (1; UPW); High Cholesterol (1; DAA; JNU; X10973133); Infection (1; DAA; UPW); Mastosis (f; DAA); Obesity (1; X9650725); Otosis (f; WOI); Rhinosis (f; WOI); Sarcoma (1; X9581517); Snakebite (f; UPW); Sore (f; JLH); Syphilis (f; UPW); Toothache (f; DAA); VD (f; UPW); Wart (1; FNF; JLH); Whitlow (f; FNF; JLH); Wrinkle (1; JNU).

Contraindications, Interactions, and Side Effects (Eggplant) — Seeds may induce constipation or dyspepsia (WOI).

ELDERBERRY (*Sambucus canadensis* L.) +++

Activities (Elderberry) — Alterative (f; CRC); Analgesic (f; CRC); Antiinflammatory (1; JNU); Antipyretic (f; CRC); Antiseptic (1; DEM; FNF); Antiviral (1; JNU; WAM); Aperient (f; CRC); Bronchostimulant (PIP); Carminative (f; CRC; FAD); Cyanogenic (f; CRC); Depurative (f; CRC; DEM); Diaphoretic (1; CRC; FAD; PIP; WAM); Diuretic (f; CRC; FAD); Emetic (f; CRC; FAD); Hemostat (f; FAD); Hydragogue (f; CRC); Intoxicant (f; CRC);

Laxative (f; CRC; DEM; FAD); Poison (f; CRC); Secretagogue (f; FEL); Sedative (f; CEB); Stimulant (f; CRC; FAD); Vulnerary (f; CRC).

Indications (Elderberry) — Abrasion (f; CRC); Ague (f; CEB); Asthma (f; CRC); Bleeding (f; FAD); Boil (f; DEM; FAD); Bronchosis (f; CRC); Bruise (f; CRC; FAD); Burn (f; CEB; CRC; FEL); Cancer (f; CRC; JLH); Cancer, breast (f; JLH); Cardiopathy (1; JNU); Catarrh (f; FEL); Chafing (f; CRC); Childbirth (f; CEB; CRC); Chill (f; CEB); Cold (1; CRC; FAD; WAM); Colic (f; CEB; DEM); Constipation (f; CRC; DEM; FAD); Cough (f; CRC); Dermatosis (f; CEB; FAD; FEL); Diphtheria (f; DEM); Dropsy (f; CRC; DEM; FEL); Dyspepsia (f; CRC); Eczema (f; FAD; FEL); Edema (f; FEL); Epilepsy (f; CRC); Erysipelas (f; CEB; FEL); Exanthema (f; FEL); Fever (1; CRC; DEM; FAD; PIP; WAM); Flu (1; JAD; JNU; WAM); Gas (f; CRC; FAD); Gastrosis (f; DEM); Gonorrhea (f; DEM); Gout (f; CRC); Headache (f; CRC; DEM); Hepatosis (f; CEB; DEM); Herpes (1; JNU); Induration (f; JLH); Infection (f; DEM); Inflammation (1; CEB; JNU); Insomnia (f; CEB); Mastosis (f; DEM; JLH); Measles (f; DEM); Migraine (f; CEB); Myalgia (f; CEB); Nervousness (f; CEB); Neuralgia (f; CEB; CRC); Neurosis (f; DEM); Pain (f; CEB; CRC; DEM); Psoriasis (f; CRC); Rheumatism (f; CEB; CRC; FEL); Rhinosis (f; FEL); Scarlatina (f; FEL); Scrofula (f; FEL); Sore (f; CEB; CRC; FAD); Sore Throat (f; CRC); Sprain (f; CRC); Stomachache (f; DEM); Stress (1; JNU); Stroke (1; JNU); Swelling (f; CRC; DEM); Syphilis (f; CRC; FEL); Toothache (f; CEB; CRC); VD (f; DEM; FEL); Virus (1; JNU; WAM); Water Retention (f; CRC; FAD); Wound (f; DEM; FAD).

Dosages (Elderberry) — 2–10 g dry fruit; 2–3 (485 mg) capsules 2–3 ×/day; 1 (485 mg) StX capsule 3 ×/day; 10–15 g flower (PIP); 2–4 g dry flower PNC.

Contraindications, Interactions, and Side Effects (Elderberry) — Class 1 (AHP). Parts of the plant may contain dangerous levels of HCN. Several cases of severe poisoning from several glasses of juice involved dizziness, nausea, numbness, stupor, vomiting, and weakness (*LRNP,* July 1992). Seeds somewhat toxic (WAM). Eat raw berries sparingly, or cook to reduce HCN content (WAM). Don't eat red elderberries (WAM).

ELECAMPANE (*Inula helenium* L.) ++

Activities (Elecampane) — Alterative (PNC); Anthelminthic (1; PED; PH2); Antibacterial (1; APA; PED; WAM); Antidote (f; MAD); Antiinflammatory (1; PHR; PH2; WAM); Antiseptic (1; PHR; PH2); Antitumor (1; APA); Antitussive (1; PED); Aperitif (f; EFS); Cardiotonic (f; MAD); Carminative (f; APA; MAD; PHR; PH2); Cholagogue (f; PHR; PH2); Choleretic (1; APA; MAD); Decongestant (1; APA); Demulcent (1; WAM); Diaphoretic (f; EFS; PNC); Digestive (f; APA); Diuretic (1; APA; MAD; PNC; PH2); Emmenagogue (f; MAD); Expectorant (1; MAD; PED; PHR; PH2; WAM); Fungicide (1; APA; PED; PHR; PH2); Hyperglycemic (1; CAN); Hypoglycemic (1; APA; CAN); Hypotensive (1; APA; CAN); Immunostimulant (1; APA; PNC); Irritant (1; PHR; PH2); Laxative (f; APA); Mucoirritant (f; PH2); Myorelaxant (1; CAN); Paralytic (1; PH2); Parasiticide (1; APA); Sedative (1; APA; CAN); Stomachic (f; PHR; PH2); Thrombogenic (1; PH2); Tonic (1; APA; PNC); Vermifuge (1; APA; PED).

Indications (Elecampane) — Amenorrhea (f; MAD); Anorexia (f; EFS); Arthrosis (f; APA; MAD); Asthma (1; APA; PED; WAM); Bacteria (1; APA; PED; WAM); Bronchosis (1; APA; MAD; PH2; PNC; WAM); Cancer (1; APA); Candida (1; PED); Cardiopathy (f; APA; MAD); Catarrh (f; MAD; PHR; PH2); Cholera (f; MAD); Cold (1; APA; MAD); Colic (f; MAD); Congestion (1; APA); Constipation (f; APA); Cough (1; APA; CAN; PH2; WAM); Cramp (f; MAD); Dermatosis (f; APA; MAD); Diabetes (1; APA; HHB); Diarrhea (1; MAD; PED; PNC); Dropsy (f; MAD); Dysmenorrhea (f; PHR; PH2); Dysentery (1; PED); Dyspepsia (1; APA); Dysuria (f; MAD); Emphysema (f; APA); Enterosis (f; APA; MAD); Erysipelas (f; MAD); Exanthema (f; MAD); Fever (f; EFS; PNC); Fungus (1; APA; PED; PHR; PH2); Gas (1; APA; MAD; PHR; PH2); Gastrosis (f; APA; MAD);

Gravel (f; MAD); Headache (f; MAD); Hemorrhoid (f; MAD); Hepatosis (f; APA; MAD); High Blood Pressure (1; APA; CAN); Hyperglycemia (1; APA; CAN); Hypoglycemia (1; CAN); Immunodepression (1; APA; PNC); Infection (1; APA; PED; PHR; PH2); Inflammation (1; PHR; PH2; WAM); Insomnia (1; APA; CAN); Jaundice (f; MAD); Mycosis (1; APA; PED; PHR; PH2); Nausea (PNC); Nephrosis (f; APA; MAD); Nervousness (1; APA; CAN); Otosis (f; MAD); Parasite (1; APA); Pertussis (f; PHR; PH2); Plethora (f; MAD); Pulmonosis (f; MAD); Respirosis (1; APA); Rheumatism (f; MAD); Scabies (f; MAD); Side Ache (f; MAD); Staphylococcus (1; MAD); Stone (f; MAD); Syphilis (f; MAD); Toothache (f; MAD); Tracheosis (f; CAN); Tuberculosis (f; CAN; MAD); Tumor (1; APA); Ulcer (f; PH2); UTI (f; APA); VD (f; MAD); Water Retention (1; APA; MAD; PNC; PH2); Worm (1; APA; MAD; PED; PH2; PNC); Wound (f; MAD).

Dosages (Elecampane) — 0.25 tsp powdered root/cup water (APA; WIC); 2–4 g powdered root (PNC); 1–2 tbsp fresh root (PED); 2–3 g dry root (PED); 3 g dry root:20 ml alcohol/10 ml water (PED); 0.5–2 g root, several ×/day (MAD); 1.5–4 g root as tea 3 ×/day (CAN); 1.5–4 ml liquid root extract (1:1 in 25% ethanol) 3 ×/day (CAN); 300 mg (50–200 for children) alantolactone for 2 courses of 5 days with an interval of 10 days (CAN); 1 tsp (6 g) in cold or hot tea (MAD); 20- to 40-drop tincture for cholera (MAD); 1 g in tea/day (PH2); 2–4 ml liquid extract (PNC).

Contraindications, Interactions, and Side Effects (Elecampane) — Class 2b, 2c (AHP). Elecampane is reportedly dermatitigenic; allergic contact dermatosis is possible. Can cause diarrhea, vomiting, spasm, and symptoms of paralysis (AEH; AHP; PHR; WAM). Not approved by Commission E, KOM, or PH2. Not for use during pregnancy or nursing (PH2; WAM). Commission E reports roots are not permitted for therapeutic use; usefulness not adequately documented. CAN cautions that sesquiterpene lactones, especially alantolactone, can be allergenic and irritant (CAN). Alantolactone is bound as a hapten to the skin proteins (KOM). May interfere with blood pressure and blood sugar therapies (CAN). Infusion is sedative (PNC). Inulin expectorant, lowers stool transit time, regulates colonic flora, and soothes inflamed tissue (PED). EO with sesquiterpene lactones bactericide, candidicide, fungicide, and vermifuge (PED). Alantolactone is antiinflammatory, anthelminthic, immunostimulant, and hypotensive (PNC).

ELM BARK, EUROPEAN FIELD ELM (*Ulmus minor* Mill.) +++

Synonyms — *U. campestris* L., *U. carpinifolia* Gled., *U. carpinifolia* var. *suberosa* (Moench) Rehder, *U. foliacea* Gilib., *U. foliacea* var. *suberosa* (Moench) Rehder, *U. glabra* var. *suberosa* (Moench) Gürke, *U. nitens* Moench, *U. suberosa* Moench.

FEL, GMH, JLH, and MAD entries apply to *U. campestris* (synonym). HHB divides *U. campestris* into *U. carpinifolia* and *U. glabra* and gives more data for *U. laevis*; hence, I assume they are talking about the same *U. campestris*. Strangely, in their account of *Ulmus minor*, and regrettably, PH2 cites HH2 and MAD (and no other sources). HH2 did cover elm bark but assigned it to *U. carpinifolia* (synonym) or *U. laevis*. HH2 entries in my FNF entry refer to *U. carpinifolia* or *U. laevis*.

Activities (Elm Bark) — Astringent (1; GMH; HHB; PH2); Demulcent (f; GMH); Diaphoretic (f; MAD); Diuretic (1; GMH; HHB; PH2); Expectorant (f; MAD); Tonic (f; GMH; MAD); Vulnerary (f; PH2).

Indications (Elm Bark) — Arthrosis (f; JLH); Bruise (f; GMH); Burn (f; MAD); Cancer (f; JLH); Catarrh (f; MAD); Cold (f; HH2); Conjunctivosis (f; GMH); Cystosis (f; MAD); Dermatosis (f; FEL; HH2; MAD); Diarrhea (f; HHB; MAD; PH2); Dropsy (f; MAD); Dyspepsia (f; PH2); Eczema (f; HH2; MAD); Exanthema (f; MAD); Fever (f; MAD); Fracture (f; MAD); Gout (f; MAD); Induration (f; JLH); Infection (f; PH2); Leprosy (f; GMH); Malaria (f; MAD); Metrosis (f; MAD); Mucososis (f; HH2); Ophthalmia (f; GMH); Rheumatism (f; HH2); Ringworm (f; GMH); Scab (f;

MAD); Scrofula (f; HHB; MAD); Sore (f; JLH; MAD); Syphilis (f; FEL); Tapeworm (f; FEL); VD (f; FEL); Water Retention (1; GMH; HHB; PH2); Wound (f; PH2).

Dosages (Elm Bark) — 8 g bark in 1.25 liters water boiled down to 0.25 liter water, 2–4 glasses/day (HH2); 50 g bark in 2 liters water (HH2 q.v. for details); 20 g bark in decoction (MAD); 2 tsp ground bark/cup tea, 2–3 ×/day (PH2).

Contraindications, Interactions, and Side Effects (Elm Bark) — Not covered (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2).

EL NENE (*Solenostemon scutellarioides* (L.) Codd) +

Synonyms — *Coleus blumei* Benth., *C. blumei* var. *verschaffeltii* (Lem.) Lem., *C. hybridus* hort. ex Voss., *C. scutellarioides* L., *Ocimum scutellarioides* L., *Plectranthus scutellarioides* (L.) R. Br.

Activities (El Nene) — Analgesic (f; CRC); Contraceptive (f; CRC); Collyrium (f; CRC); Depurative (f; CRC); Emmenagogue (f; CRC); Hallucinogen (1; CRC); Narcotic (1; CRC).

Indications (El Nene) — Abdominal Distension (f; CRC); Asthma (f; CRC); Boil (f; CRC); Bruise (f; CRC); Cardiopathy (f; CRC); Colic (f; CRC); Conjunctivosis (f; CRC); Cough (f; CRC); Cut (f; CRC); Dyspepsia (f; CRC); Elephantiasis (f; CRC); Foot Infection (f; CRC); Gastrosis (f; CRC); Headache (f; CRC); Hemorrhoid (f; CRC); Myalgia (f; CRC); Nausea (f; CRC); Pain (f; CRC); Parturition (f; CRC); Sore (f; CRC).

Contraindications, Interactions, and Side Effects (El Nene) — "Classed as a narcotic hallucinogen" (CRC).

EMBLIC MYROBALAN (*Phyllanthus emblica* L.) ++

Synonyms — *Emblica officinalis* Gaertn., *Mirobalanus embilica* Burm.

Activities (Emblic Myrobalan) — Adrenergic (1; MPI); Alexeteric (f; KAB); Alterative (f; KAB); Anabolic (1; MPI); Antiaggregant (1; PM63:518); Antibacterial (1; MPI); Antibilious (f; DEP); Antibradykinin (1; MPI); Anticancer (1; HH3); Anticholinergic (1; MPI); Anticlastogenic (1; HH3); Anticonvulsant (1; MPI); Antidote, aluminum (1; PR4:172); Antihistaminic (1; HH3); Antiinflammatory (1; PM63:518); Antileukotriene (1; PM63:518); Antioxidant (f; MBB); Antiperoxidant (1; JE64:135); Antipyretic (1; DEP; KAB; PM63:518; SUW; WOI); Antiserotonin (1; MPI); Antiviral (1; MPI); Aperient (f; MPI; SUW; WOI); Aperitif (f; KAB); Aphrodisiac (f; KAB); Astringent (f; DEP; MBB; MPI; WOI); Cardiotonic (1; DEP; MBB; MPI); Carminative (f; KAB; MPI); Cerebrotonic (f; MBB); CNS-Depressant (f; MPI); Diuretic (f; DEP; MPI; SUW; WOI); Expectorant (f; DEP; KAB); Hepatotonic (f; SKJ); Laxative (f; DEP; KAB; KAP; MPI; SUW; WOI); Lipogenic (1; MPI); Propecic (f; WOI); Stomachic (f; DEP; KAP; MPI); Tonic (f; KAB); Vulnerary (f; KAB).

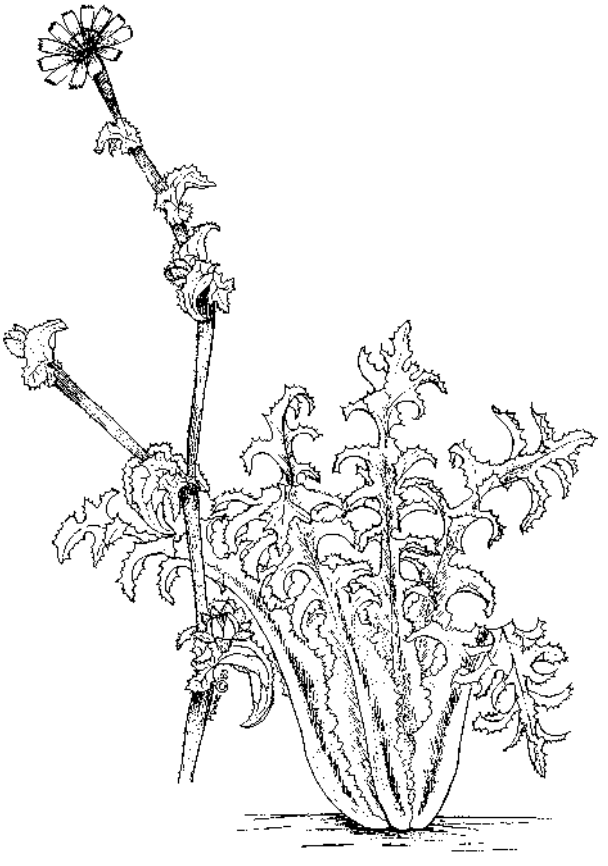
Indications (Emblic Myrobalan) — Acne (f; WOI); Alcoholism (f; MBB); Alopecia (f; DEP; WOI); Anemia (f; DEP; MBB; SUW; WOI); Anorexia (f; KAB); Anuria (f; KAB); Ascites (f; WOI); Asthma (f; KAB; SUW; WOI); Bacteria (1; MPI); Biliousness (f; KAB; SUW; WOI); Bleeding (1; DEP; KAB; SUW; WOI); Bronchosis (f; DEP; KAB; MBB; SUW; WOI); Cancer (1; HH3; MBB); Candida (f; MBB); Cardiopathy (f; KAB); Cholera (1; HH3; WOI); Cold (f; KAB); Conjunctivosis (f; DEP; KAP; SUW; WOI); Constipation (f; DEP; KAB; KAP; MPI; SUW; WOI); Convulsion (1; MPI); Cough (f; DEP; MBB; WOI); Cramp (1; MPI); Cystosis (f; DEP); Dermatosis (f; KAB); Diabetes (f; MBB); Diarrhea (1; DEP; SUW; WOI); Dysentery (1; KAB; KAP; SUW; WOI); Dyspepsia (f; DEP; SUW; WOI); Dysuria (f; KAB); Encephalosis (f; DEP); Enterosis (1; MPI); Epigastrosis (1; MPI); Epistaxis (f; KAB); Erysipelas (f; KAB); Escherichia (1; HH3); Fever (1; DEP; KAB; MBB; PM63:518; SUW; WOI); Fistula (f; SKJ);

Gas (f; KAB; MPI); Gastrosis (2; MPI; SKJ); Gingivosis (f; MBB); Gonorrhea (f; DEP; KAB; KAP; SKJ); Hematuria (f; DEP); Hemorrhoid (f; KAB); Hepatosis (1; HH3; KAB); Hyperchlorohydria (1; MPI); Inflammation (1; KAB; PM63:518); Jaundice (f; DEP; SUW; WOI); Leprosy (f; KAB); Leukorrhea (f; KAB); Myalgia (f; KAB); Ophthalmia (f; KAB); Pancreatosis (1; ABS); Pulmonosis (f; MBB); Rhinosis (f; KAB); Salmonella (1; HH3); Scurvy (1; SKJ); Sore (f; DEP; KAB; SKJ); Staphylococcus (1; HH3); Streptococcus (1; HH3); Thirst (f; KAB); Tuberculosis (f; WOI); VD (f; KAB); Vibrio (1; HH3); Virus (1; HH3; MPI); Water Retention (f; DEP; MPI; SUW; WOI); Yeast (f; MBB).

Dosages (Emblic Myrobalan) — Eat as fruit or fruit juice; 2–8 g fruit (HH3).

Contraindications, Interactions, and Side Effects (Emblic Myrobalan) — Class 1; Fruit consumed as food (AHP). Rich source of ascorbic acid (juice has 20 times ascorbic acid more than orange juice). Also rich in pectin. Ellagic and gallic acids present (WOI). Alcoholic extract antibacterial and antiviral.

ENDIVE (*Cichorium endivia* L.) +++



Activities (Endive) — Allergenic (1; ABS); Antibilious (f; BIB; DEP); Antidiabetic (1; FNF); Antidiarrheal (1; FNF); Antiflu (1; FNF); Anti-HIV-Integrase (1; FNF); Antihyaluronidase (1; FNF); Antiotitic (1; FNF); Antipyretic (1; BIB; DEP; FNF; WO2); Antiradicular (1; FNF); Antistomatitic (1; FNF); Antisunburn (1; FNF); Antiviral (1; FNF); Bacteristat (1; FNF); Bifidogenic (1; FNF); Bitter (f; BIB); Carminative (f; BIB); Chemopreventive (breast) (1; FNF); Chemopreventive (colon) (1; FNF); Choleretic (f; BIB); Collagen-Sparing (1; FNF); Demulcent (f; BIB); Diuretic (f; BIB);

Expectorant (1; FNF); Gastrostimulant (1; FNF); Hypocholesterolemic (1; FNF); Hypoglycemic (1; FNF); Immunostimulant (1; FNF); Laxative (1; BIB; FNF); Lipolytic (1; FNF); Phagocytotic (1; FNF); Prebiotic (1; FNF); Probiotigenic (1; FNF); Resolvent (f; BIB); Stimulant (f; DEP); Sunscreen (1; FNF); Tonic (f; BIB).

Indications (Endive) — Cancer (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cancer, throat (f; JLH); Constipation (1; BIB; FNF); Diabetes (1; FNF); Diarrhea (1; FNF); Dropsy (f; BIB); Dyspepsia (f; BIB); Fever (1; BIB; DEP; FNF; WO2); Flu (1; FNF); Gas (f; BIB); Headache (f; BIB); Hepatosis (f; BIB); High Cholesterol (1; FNF); Hyperglycemia (1; FNF); Immunodepression (1; FNF); Induration (f; BIB); Inflammation (f; JLH); Jaundice (f; BIB); Pharyngosis (f; BIB); Splenosis (f; BIB); Sunburn (1; FNF); Swelling (f; JLH); Uterosis (f; BIB); Virus (1; FNF); Water Retention (f; BIB).

Dosages (Endive) — Food farmacy (JAD). Interpreted by some as one of the bitter herbs of the Bible.

Contraindications, Interactions, and Side Effects (Endive) — Not covered (AHP; KOM; PH2).

ENGLISH ADDER'S TONGUE (*Ophioglossum vulgatum* L.) ++

Activities (English Adder's Tongue) — Antiseptic (f; DAA; EFS; PH2); Depurative (f; DAA); Detergent (f; DAA; PH2); Hemostat (f; DAA; GMH); Vulnerary (f; DAA; PH2).

Indications (English Adder's Tongue) — Abscess (f; DAA); Adenopathy (f; DAA); Angina (f; DAA; WOI); Bleeding (f; DAA; GMH); Boil (f; DAA; WOI); Bruise (f; DAA; GMH); Cancer (f; JLH); Conjunctivosis (f; GMH); Dropsy (f; DAA); Epistaxis (f; GMH); Hiccup (f; DAA); Infection (f; DAA); Inflammation (f; DAA); Nausea (f; GMH); Odontosis (f; DAA); Ophthalmia (f; GMH); Scrofula (f; DAA); Sore (f; DAA); Wound (f; DAA).

Dosages (English Adder's Tongue) — Topical application of a mix: 2 lb leaf chopped fine in $^1/_2$ pint oil and 1.5 lb suet melted together; strain after boiling until the leaf fragments are crisp (GMH).

Contraindications, Interactions, and Side Effects (English Adder's Tongue) — Not covered (AHP; KOM). I don't see why PH2 included it; two chemicals, no folk indications (PH2)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

ENGLISH DAISY, WILD DAISY (*Bellis perennis* L.)+ +

Activities (English Daisy) — Antiinflammatory (1; PH2); Antipyretic (1; PH2); Antispasmodic (f; EFS); Astringent (1; PH2); Depurative (f; EFS); Discutient (f; EFS); Diuretic (f; EFS); Expectorant (f; HHB; PH2); Hemostat (f; EFS); Mucolytic (1; PH2); Pectoral (f; EFS); Resolvent (f; EFS); Tonic (f; EFS); Vulnerary (f; EFS).

Indications (English Daisy) — Bleeding (f; EFS; PH2); Bronchosis (f; PH2); Bruise (f; PH2); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, uterus (f; JLH); Catarrh (f; PH2); Cough (f; PH2); Cramp (f; EFS); Dermatosis (f; HHB; PH2); Diarrhea (f; PH2); Enterosis (f; PH2); Fever (1; PH2); Gastrosis (f; PH2); Hepatosis (f; PH2); Inflammation (1; PH2); Kernel (f; JLH); Myalgia (f; PH2); Nephrosis (f; PH2); Pain (f; PH2); Rheumatism (f; PH2); Swelling (f; HHB); Uterosis (f; JLH); Water Retention (f; EFS); Wen (f; JLH); Wound (f; PH2).

Dosages (English Daisy) — 2 tsp herb/2 cups water; steep 20 minutes, take 2–4 cups/day (PH2).

Contraindications, Interactions, and Side Effects (English Daisy) — Not covered (AHP; KOM).

ENGLISH HOLLY (*Ilex aquifolium* L.) +

Synonyms — *I. aquifolium f. bacciflava* (Weston) Rehder, *I. aquifolium f. ferox* (Aiton) C. K. Schneid., *I. aquifolium f. heterophylla* (Aiton) Loes., *I. aquifolium f. integrifolia* Nolte ex Loes., *I. aquifolium f. pendula* (Loudon) Schelle.

Activities (English Holly) — Diaphoretic (f; EFS; HHB); Digitalic (f; MAD); Diuretic (f; HHB; PH2); Emetic (1; DEP); Emollient (f; DEP); Laxative (f; MAD); Litholytic (f; MAD); Toxic (1; PH2).

Indications (English Holly) — Appendicitis (f; MAD); Arthrosis (f; MAD); Boil (f; MAD); Bronchosis (f; HHB; MAD; PH2); Cancer (f; HHB; JLH); Cancer, colon (f; JLH); Cancer, intestine (f; JLH); Cancer, liver (f; JLH); Cancer, stomach (f; JLH); Cancer, thyroid (f; JLH); Catarrh (f; MAD); Colic (f; HHB); Conjunctivosis (f; PH2); Constipation (f; PH2); Cough (f; MAD; PH2); Diarrhea (f; MAD); Dropsy (f; MAD); Dyspepsia (f; MAD; PH2); Enterosis (f; JLH; MAD); Epilepsy (f; MAD); Fever (f; EFS; HHB; MAD; PH2; WOI); Gastrosis (f; MAD); Gout (f; HHB; PH2; WOI); Hepatosis (f; JLH); Jaundice (f; MAD; PH2); Malaria (f; MAD; WOI); Ophthalmia (f; MAD); Pulmonosis (f; MAD); Rheumatism (f; HHB; PH2); Scarlet Fever (f; MAD); Side Ache (f; MAD); Splenosis (f; MAD); Staphyloma (f; MAD); Stomachache (f; MAD); Stone (f; MAD); Swelling (f; JLH; MAD); Thyroidosis (f; JLH); Typhus (f; MAD); Water Retention (f; HHB; PH2).

Dosages (English Holly) — 15–20 g leaf in tea (MAD).

Contraindications, Interactions, and Side Effects (English Holly) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Ingesting more than five berries may induce diarrhea, gastroenterosis, nausea, and vomiting. Fatal GI inflammation is said to have taken place following the ingestion of very large quantities (20 to 30 berries). Poisonings have not been reported in recent times (MAD; PH2). Human fatality reported (ATM; MAD).

ENGLISH WALNUT (*Juglans regia* L.) +

Synonyms — *J. duclouxiana* Dode, *J. fallax* Dode, *J. kamaonica* (C. DC.) Dode, *J. orientis* Dode, *J. sinensis* (C. DC.) Dode.

Activities (English Walnut) — Alterative (f; PNC); Analgesic (f; BIB); Anthelminthic (f; DEP); Antiaggregant (1; BIB; FNF); Antibacterial (1; BIB); Anticancer (1; BGB); Antidote (f; DEP); Antiherpetic (1; BGB); Antiinflammatory (1; APA); Antioxidant (1; X10616967); Antiradicular (1; X10616967); Antiperspirant (1; APA; PH2); Antiseptic (1; BIB; JAD; PNC); Antitumor (1; APA; JAD); Antiviral (1; BGB); Aphrodisiac (f; PH2); Astringent (1; APA; BGB; HHB; PH2); Candidicide (1; BGB; BIB); Carcinogenic (1; BGB; PH2); Cholagogue (f; NUT); Depurative (f; NUT; PHR; PH2); Digestive (f; NUT); Diuretic (f; NUT); Emollient (f; BGB); Fungicide (1; APA; JAD; PH2); Hair Dye (1; PNC); Hemostat (1; JAD; MAD; NUT); Herbicide (1; JAD); Insecticide (f; NUT); Laxative (f; BIB; JAD; PNC); Leukoplakogenic (1; PH2); Litholytic (f; NUT); Molluscicide (1; WOI); Mutagenic (1; BGB; PH2); Myorelaxant (1; BIB; FNF); Myotonic (f; MAD); Piscicide (1; WOI); Stimulant (f; NUT); Tonic (f; NUT); Vermifuge (1; HHB; JAD; PH2); Vulnerary (f; JAD).

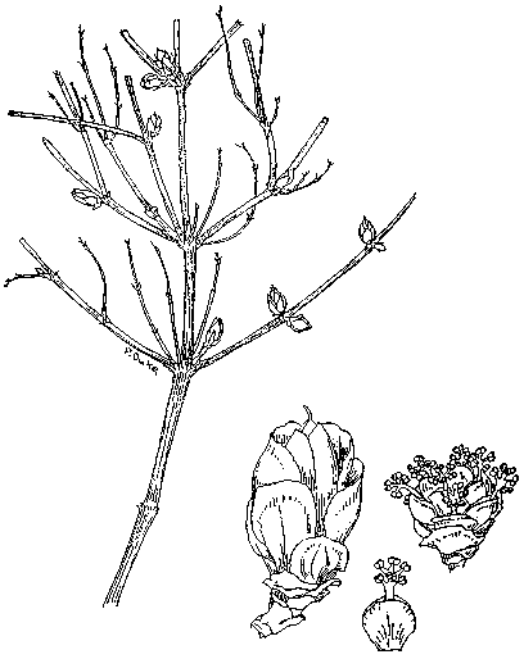
Indications (English Walnut) — Acne (f; APA); Adenopathy (f; MAD); Aegilops (f; JLH); Alopecia (f; BIB); Anemia (f; MAD); Anthrax (1; NUT; WOI); Arthrosis (f; MAD); Asthma

(f; NUT; PH2); Atherosclerosis (1; BIB; FNF); Bacteria (1; BIB); Backache (f; NUT); Beriberi (f; PH2); Bleeding (1; JAD; MAD; NUT); Burn (f; BGB); Caligo (f; NUT); Cancer (1; APA; BIB; BGB; JAD; JLH); Cancer, breast (1; JLH); Cancer, colon (1; JLH); Cancer, intestine (1; JLH); Cancer, kidney (1; JLH); Cancer, lip (1; JLH); Cancer, liver (1; JLH); Cancer, mouth (1; JLH); Cancer, stomach (1; JLH); Cancer, throat (1; JLH); Cancer, uterus (1; JLH); Candida (1; BGB; BIB); Cardiopathy (1; BIB); Caries (f; BIB; MAD); Catarrh (f; MAD; PHR; PH2); Chancre (f; NUT); Cholera (1; WOI); Colic (f; NUT; PH2); Condyloma (f; JLH); Conjunctivosis (f; APA; BGB; NUT); Constipation (f; BIB; JAD; PH2; PNC); Corn (f; JLH); Cough (1; BIB; FNF; NUT); Dandruff (f; BGB; MAD); Dermatosis (2; KOM; PHR; PH2; PNC); Diabetes (f; MAD); Diarrhea (1; APA; HHB); Diptheria (1; WOI); Dog Bite (f; BGB); Dysentery (f; NUT; PH2); Eczema (1; APA; BGB; MAD; PNC); Enterosis (f; HHB; PHR; PH2); Epilepsy (f; PNC); Epithelioma (f; JLH); Escherichia (f; BIB; WOI); Exanthema (f; MAD); Favus (f; NUT); Fistula (f; MAD); Flu (f; BIB); Fungus (1; APA; BIB; JAD; PH2); Gastrosis (f; HHB; MAD; PHR; PH2); Gingivosis (1; APA; BIB); Gout (f; MAD); Gray Hair (1; PNC); Halitosis (f; BIB); Headache (f; BIB; PNC); Heartburn (f; KAB; NUT); Herpes (1; BGB; PNC); High Blood Pressure (1; BIB; FNF); Hunger (1; BIB); Impotence (f; MAD; NUT; PH2); Infection (1; APA; BGB; JAD; PH2); Infertility (f; BIB); Inflammation (1; APA; BIB; PH2); Itch (f; BGB); Laryngosis (1; BIB; FNF); Leprosy (f; KAB); Leukorrhea (f; NUT); Lupus (f; MAD); Lymphosis (f; MAD); Mercury Poisoning (f; MAD); Mycosis (1; APA; JAD; PH2); Nephrosis (f; NUT); Nervousness (f; MAD); Obesity (1; BIB; FNF); Ophthalmia (f; HHB); Pain (f; BIB; NUT); Plaque (1; BIB); Pulmonosis (1; BIB; FNF; MAD); Rheumatism (f; APA; DEP; NUT); Rhinosis (1; BIB; FNF); Rickets (f; HHB); Ringworm (1; APA); Salmonella (1; WOI); Scrofula (f; APA; BGB; HHB); Snakebite (f; BGB); Sore (1; BGB; NUT; PNC); Sore Throat (f; KAB); Spider Bite (f; BGB); Staphylococcus (1; BIB); Stomatosis (1; APA); Stone (f; NUT); Streptococcus (1; BIB); Sunburn (f; BGB); Sweating (2; KOM; PHR); Syphilis (f; BIB; MAD); Tapeworm (1; WOI); Tuberculosis (f; MAD); Tumor (1; APA; JAD); VD (f; BIB; MAD); Virus (1; BGB); Wart (f; JLH); Water Retention (f; NUT); Whitlow (f; JLH); Worm (1; APA; HHB; JAD; MAD; PH2); Wound (1; APA); Yeast (1; BGB; BIB).

Dosages (English Walnut) — Five tsp chopped leaf/cup water (externally only; APA); 2–3 g leaf/100 ml water for compresses (KOM); 3–6 g (PHR); 4–8 ml liquid leaf extract (PNC).

Contraindications, Interactions, and Side Effects (English Walnut) — Class 2d. Juglone is mutagenic. External carcinogenic effects noted after chronic external use (AHP). None known for the leaf at proper dosage (KOM; PHR; PH2). Commission E reports fruit shell not permitted for therapeutic use; usefulness not adequately documented. Fresh shells contain the naphthoquinone constituent juglone, which is mutagenic and possibly carcinogenic. The juglone content of dried shells has not been studied adequately (AEH). Good source of dietary serotonin, quickly broken down in the gut (where there are serotonin receptors).

EPHEDRA, MA HUANG (*Ephedra* spp.) XXX



Usually referred to as *Ephedra sinica* Stapf.

Activities (Ephedra) — Analeptic (f; HHB); Analgesic (f; WHO); Anorectic (1; APA; FNF); Antiallergic (1; APA; BGB; HHB); Antibacterial (2; KOM; PH2); Antiedemic (1; FNF); Antihistaminic (1; WAM); Antiinflammatory (1; APA; FNF); Antiobesity (1; WHO); Antitussive (1; BGB; KOM; PH2; SHT); Antiviral (f; WHO); Astringent (PED); Bitter (PED); Bronchodilator (2; BGB; SHT; WAM); Cardiotonic (1; PED; PNC; WHO); Catabolic (1; AKT; FNF); CNS Stimulant (2; AKT; KOM; PH2; SHT; WHO); Convulsant (1; DAA); Decongestant (1; APA; BGB; SKY); Diaphoretic (f; AKT; BGB; PED; PH2); Diuretic (1; APA; FNF; PED); Expectorant (1; PED; WHO); Hypertensive (1; APA; SHT; WHO); Immunostimulant (f; WHO); Mydriatic (1; HHB; PED; WHO); Myorelaxant (f; AKT); Positive Chronotropic (2; PHR; PH2); Positive Inotropic (2; PHR; PH2); Stimulant (1; PHR; PED; WAM); Sympathomimetic (2; KOM; PH2; PNC; WHO); Thermogenic (1; APA; PED; WHO); Uterocontractant (1; PED); Vasoconstrictor (2; APA; SHT; WHO).

Indications (Ephedra) — Allergy (2; APA; BGB; HHB; WAM); Arthrosis (f; APA; DAA; PH2); Asthma (2; AKT; PHR; SKY; WAM); Bacteria (2; KOM; PH2); Bronchosis (2; BGB; PHR; PH2; WHO); Bronchospasm (2; APA; KOM); Childbirth (f; DAA); Chill (f; AKT; BGB; DAA); Cold (2; APA; WHO); Congestion (1; APA; BGB; SKY); Coryza (2; BGB; WHO); Cough (2; DAA; PHR; PH2; SKY); Cramp (f; BGB); Diarrhea (f; HHB); Dyspnea (f; PH2); Dysuria (f; DAA); Edema (f; DAA); Enuresis (1; WHO); Exophthalmia (f; HHB); Fever (f; AKT; APA; BGB; PED; PH2); Flu (1; APA; BGB; DAA); Hay Fever (f; APA; BGB; DAA); Headache (f; APA; HHB); Hives (f; APA); Immunodepression (f; WHO); Incontinence (1; WHO); Inflammation (1; APA; FNF); Itch (f; DAA); Lethargy (1; FNF); Low Blood Pressure (1; APA; DAA; SHT; WHO); Malaria (f; DAA); Myalgia (f; BGB); Myasthenia Gravis (1; WHO); Narcolepsy (1; WHO); Nasal Congestion (1; SKY); Nephrosis (f; DAA); Night Sweats (f; DAA); Obesity (1; AKT; BGB; SKY; WHO); Osteosis (f; APA; BGB; PH2); Pain (f; PH2; WHO); Pertussis (1; BGB); Pneumonia (1; BGB); Pulmonosis (1; WAM); Respirosis (2; APA; KOM); Rheumatism (f; HHB); Rhinosis (1; BGB; WHO); Sinususis (2; DAA; WAM; WHO); Swelling (1; FNF); Tracheosis (f; DAA); Urticaria (1; WHO); Virus (f; WHO); Water Retention (1; APA; FNF; PED).

Dosages (Ephedra) — 2 g/240 ml water providing 15–30 mg ephedrine (APA); herb equivalent to 15–30 mg total alkaloid, calculated as ephedrine (KOM); 2–4 tbsp fresh herb (PED); 3–6 g dry herb (PED); 4.5 g dry herb:22 ml alcohol/23 ml water (PED); 1–4 g herb/cup water, to 3 ×/day (PH2); 15–30 mg total alkaloid per dose, to 120 mg/day; child's single dose 0.5 mg/kg (PH2); 1–4 g powdered stem (PNC); 1–3 ml liquid extract (PNC); 1–4 ml tincture 3 ×/day (SKY). Surprisingly, as the FDA considers withdrawing ephedra, Commission E approved ma huang for, "Diseases of the respiratory tract with mild bronchospasms in adults," single dosages of herb equivalent to 15–30 mg total alkaloid, not to exceed 300 mg alkaloid a day, and children over age six years, 0.5 mg total alkaloid/kg body weight) (KOM).

Contraindications, Interactions, and Side Effects (Ephedra) — Class 2b, 2c, 2d. Contraindicated in anorexia, anxiety, bulimia, cerebral perfusion, diabetes, glaucoma, high blood pressure, pheochromocytoma, prostatadenoma, restlessness, and thyrotoxicosis (KOM; PH2; SHT; SKY). Thyroid stimulant, not recommended for long-term use. The herb and/or its ephedrine can cause addiction, anxiety, anorexia, cardiac arrest, cardiac arrhythmia, dizziness, dysuria, flushing, headache, high blood pressure, insomnia, irritability, nausea, nervousness, palpitations, restlessness, tachycardia, uterocontraction, vomiting, and xerostomia (KOM; PH2; SHT; SKY). Commission E reports contraindications, adverse effects, and interactions of the major alkaloid, ephedrine. Not to be used for prolonged period. Not to be taken with MAOIs. May potentiate MAOIs (AHP). Ephedra-based products should be avoided during pregnancy and lactation, and used with caution in children <6 years old (SKY). More than 100 g herb (~ = 1–2 g L-ephedrine) can be lethally toxic in humans. "Over-the-counter drugs containing ephedrine can be safely used by adults at a dose of 12.5–25 mg every four hours. Adults should take no more than 150 mg every twenty-four hours" (SKY). A 60 mg dose of pseudoephedrine every six hours is usually recommended. (Lininger et al., 1998). Ephedrine-containing substances have been listed as addictive by the International Olympic Committee (KOM). The LD50 of ephedrine is reported at 500 mg/kg orl man (PED), making it about half as toxic as caffeine. Although I have given this my triple X, I still think it one of the best antiasthmatic herbs, and quite useful in other respiratory conditions.

ERGOT (*Claviceps purpurea*) X

Activities (Ergot) — Ecbolic (1; EFS); Emmenagogue (1; EFS); Hemostat (1; EFS); Toxic (1; EFS); Uterotonic (1; EFS).

Indications (Ergot) — Atonia (f; PH2); Bleeding (f; EFS; PH2); Childbirth (f; PH2); Circulosis (f; PH2); Convulsion (f; PH2); Cramp (f; PH2); Menorrhagia (f; PH2); Metrorrhagia (f; PH2); Migraine (1; PH2); Myosis (f; PH2); Paralysis (f; PH2); Uterosis (f; PH2).

Dosages (Ergot) — Too dangerous.

Contraindications, Interactions, and Side Effects (Ergot) — "Ergot is now contraindicated for all therapeutic use" (PH2). Not covered nor recommended any more, though ergotamine is still used for migraine (prescription only, I suppose).

ERYNGO (*Eryngium campestre* L.) ++

Activities (Eryngo) — Antispasmodic (f; PH2); Aphrodisiac (f; HHB); Diuretic (f; PH2); Expectorant (f; PH2).

Indications (Eryngo) — Amenorrhea (f; HHB); Bladder Stone (f; PH2); Blister (f; HHB); Bronchosis (f; HHB; PH2); Cancer (f; JLH); Catarrh (f; PH2); Cramp (f; PH2); Cystosis (f; HHB); Dermatosis (f; PH2); Edema (f; HHB; PH2); Hepatosis (f; HHB); Inflammation (f; JLH; PH2); Jaundice (f; HHB); Kidney Stone (f; PH2); Nephrosis (f; PH2); Prostatosis (f; HHB; PH2); Splenosis (f; HHB); Urethrosis (f; PH2); UTI (f; PH2); Water Retention (f; PH2).

Dosages (Eryngo) — 1 tsp root/cup, 3–4 cups/day (PH2); root boiled in red wine with honey for cancer (JLH).

Contraindications, Interactions, and Side Effects (Eryngo) — Class 1 for Eryngo (*E. maritinum, E, planum,* and *E. yuccifolium* as eryngo or sea holly) (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2).

ETHIOPIAN PEPPER (*Xylopia aethiopica* (Dunal) A. Rich.) ++

Activities (Ethiopian Pepper) — Abortifacient (f; UPW); Anthelminthic (f; UPW); Antiseptic (f; UPW); Carminative (f; UPW); Counterirritant (f; UPW); Emetic (f; UPW); Emmenagogue (f; UPW); Laxative (f; UPW); Tonic (f; UPW).

Indications (Ethiopian Pepper) — Amenorrhea (f; UPW); Asthma (f; UPW); Biliousness (f; UPW); Boil (f; UPW); Bronchosis (f; UPW); Cancer (f; JLH; UPW); Childbirth (f; UPW); Constipation (f; UPW); Convulsion (f; UPW); Cough (f; UPW); Dermatosis (f; UPW); Dysentery (f; UPW); Epilepsy (f; UPW); Gas (f; UPW); Headache (f; UPW); Infertility (f; UPW); Lumbago (f; UPW); Neuralgia (f; UPW); Pain (f; UPW); Pneumonia (f; UPW); Pyorrhea (f; UPW); Respirosis (f; UPW); Rheumatism (f; UPW); Rib Ache (f; UPW); Roundworm (f; UPW); Side Ache (f; UPW); Stomachache (f; UPW); Toothache (f; UPW); Worm (f; UPW).

Dosages (Ethiopian Pepper) — 1–2 glasses/day root tincture in palm wine for asthma, rheumatism, and stomachache (UPW).

Contraindications, Interactions, and Side Effects (Ethiopian Pepper) — Not covered (AHP; KOM; PH2). Fruit extracts slightly active against Gram-positive *Mycobacterium phlei* and *Sarcinia lutea,* but inactive against fungi tested and *Staphylococcus* (UPW).

EUCALYPTUS (*Eucalyptus globulus* Labill.) ++

Activities (Eucalyptus) — Analgesic (1; TRA); Anesthetic (1; CRC); Anthelminthic (1; TRA); Antibacterial (1; BGB; TRA; WAM); Antidiabetic (1; APA); Antiinflammatory (1; PHR); Antiproliferative (1; PHR); Antipyretic (1; BGB; CAN; CRC); Antiseptic (1; APA; TRA; ZUL); Antispasmodic (1; KOM; PIP); Antitumor (1; APA); Antitussive (1; PH2); Antiviral (1; APA; JBU; PHR); Astringent (1; APA; WBB); Bronchodilator (1; WAM); Carminative (f; WBB); Decongestant (1; APA; VAG); Deodorant (1; PHR); Diuretic (1; PHR); Expectorant (2; PIP; TRA; WAM); Fungicide (1; JBU); Hyperemic (2; JFM; KOM); Hypoglycemic (1; HHB; PHR); Insecticide (f; CRC); Insectifuge (f; CRC); Memorigenic (1; APA); Rubefacient (f; CRC); Secretolytic (1; PHR); Secretomotoric (1; KOM; PIP); Sedative (1; TRA); Sialagogue (1; APA); Stimulant (1; CRC; JFM); Vermifuge (1; CRC; TRA; WBB).

Indications (Eucalyptus) — Acne (f; PHR); Anorexia (f; PHR); Arthrosis (1; APA; CRC); Asthma (2; IED; PHR; TRA); Bacteria (1; BGB; TRA; WAM); Boil (f; CRC); Bronchosis (2; JFM; PHR; TRA); Burn (f; CRC); Cancer (1; APA; CRC); Catarrh (2; KOM; PIP; TRA); Cholecystosis (f; PHR); Cold (f; CRC; TRA; VAG; WBB); Congestion (1; APA; BGB; VAG); Cough (2; PHR; TRA; WAM; ZIM); Cramp (1; KOM; PIP); Croup (1; APA; WBB); Cystosis (f; CRC; JFM); Dermatosis (1; APA); Diabetes (1; APA; JFM; PHR; WBB); Diphtheria (f; WBB); Dysentery (1; APA; CRC); Dyspepsia (f; JFM); Enterosis (f; PHR); Fever (1; APA; BGB; CAN; CRC; JFM; PHR; WBB); Flu (2; PHR; TRA; VAG); Fungus (1; JBU); Gas (f; WBB); Gastrosis (f; CRC; JFM; PHR); Gingivosis (f; CRC; JFM; PHR); Headache (f; BGB); Hepatosis (f; CRC; JFM; PHR); Hoarseness (f; PHR); Hyperglycemia (1; HHB; PHR); Infection (1; APA; CRC; JBU); Inflammation (1; CRC; PHR); Insomnia (1; TRA); Laryngosis (f; CRC); Leprosy (f; CRC; WBB); Malaria (f; CRC; JFM; WBB); Measles (f; PHR); Miasma (f; CRC); Myalgia (1; APA); Mycosis (1; JBU); Nervousness

(1; TRA); Neuralgia (f; PHR); Otosis (1; BGB); Pain (1; CRC; TRA); Pertussis (f; PHR); Pharyngosis (1; APA; BGB); Phthisis (f; CRC); Pulmonosis (1; CRC; JFM); Respirosis (2; KOM; PIP; TRA); Rheumatism (2 [EO topical]; JFM; KOM; PHR); Rhinosis (f; CRC); Ringworm (1; APA); Scarlet Fever (f; PHR); Sinusosis (1; PHR); Sore (1; APA; CRC; JFM); Sore Throat (1; APA; CRC); Spasm (f; CRC); Stomatosis (1; APA); Syncope (1; FNF); Tuberculosis (f; CRC); Tumor (1; APA); Vaginosis (f; CRC); Virus (1; APA; JBU; PHR); Water Retention (1; PHR); Worm (1; CRC; HHB; PHR; TRA; WBB); Wound (f; CRC).

Dosages (Eucalyptus) — 1–2 tsp chopped leaf/cup water (APA); 4–6 g leaf/day (KOM; PIP); 4–16 g leaf/day (PHR); 300–600 mg EO (PHR); 1–2 drops EO/cup water; 0.05–0.2 ml EO (CAN; PNC); 0.05–0.2 ml eucalyptol (cineole) (CAN); 2–4 g fluid extract (CAN); single dose 2 g (HHB); 3–9 g tincture (KOM); 3–4 g tincture/day (PHR); steep 8–10 g dry leaf/liter water or 30–40 g fresh leaf, inhale the steam (TRA).

Contraindications, Interactions, and Side Effects (Eucalyptus) — Class 2d. Contraindicated in inflammatory diseases of the bile duct, GI tract, and liver. Do not use near nostrils of infants (AHP). CAN cautions that the oil can cause nausea and vomiting, and should not be taken internally during pregnancy or lactation. "Undiluted eucalyptus oil is toxic and should not be taken internally unless suitably diluted. A dose of 3.5 ml has proved fatal." (CAN) Symptoms of poisoning include abdominal pain, bronchospasm, convulsions, cyanosis, delirium, dizziness, epigastric burning, myosis, muscular weakness, respiratory problems, spontaneous vomiting, tachypnea with severe respiratory depression, and a feeling of suffocation. May interfere with hypoglycemic therapy (CAN). Eucalyptus oil causes induction of the foreign-substance degrading enzyme system in the liver. This may weaken and/or shorten the activity of other medicinal agents; may cause diarrhea, nausea, and vomiting (PIP). CNS effects include diminution or loss of reflexes and depression of consciousness, possibly progressing to coma. Fatalities have been reported in adults ingesting as little as 4–5 ml eucalyptus oil; 30 ml will usually cause death (AEH1).

Extracts (Eucalyptus) — *In vivo*, quercitrin and hyperoside have shown antiviral activity against influenza type A (CAN). Euglobulin reported to be antiinflammatory, antiproliferative, and to inhibit *in vitro* TPA-induced EBV-EA activity in animal studies (PHR). Cineole is antispasmodic, bactericide, fungicide, secretogogic, secretolytic, and rubefacient (SHT).

EUPHORBIA (*Chamaesyce hirta* (L.) Millsp.) +

Synonyms — *Euphorbia hirta* L., *E. pilulifera* L.

Activities (Euphorbia) — Amebicide (1; KAP); Anthelminthic (1; KAP); Anticancer (1; KAP); Antileukemic (1; KAP); Antipyretic (f; KAB); Astringent (f; KAB); Bronchodilator (f; KAB); Cardiodepressant (1; KAB); Emetic (1; KAB); Expectorant (f; KAP); Hemostat (f; KAB); Hypoglycemic (1; KAP); Lactagogue (f; DEP; KAB); Mastogenic (f; IED); Myorelaxant (1; KAP); Narcotic (f; DEP; KAB); Respiradepressant (1; KAB); Sedative (f; KAB).

Indications (Euphorbia) — Adenopathy (f; KAB); Ameba (1; KAP); Aphtha (f; KAB); Arthrosis (f; DAV); Asthma (f; DEP; KAB; KAP); Bleeding (f; KAB); Boil (f; SKJ); Bronchosis (f; KAB; KAP); Cancer (1; JLH; KAP; MPI); Cold (f; KAP); Colic (f; KAB; MPI); Corn (f; JLH); Cough (f; DEP; KAB; KAP); Dermatosis (f; SKJ); Diarrhea (f; KAB); Dysentery (f; KAB; KAP); Edema (f; KAB); Enterosis (f; KAB); Fever (f; KAB); Fungus (f; SKJ); Gonorrhea (f; DEP); Hyperglycemia (1; KAP); Inflammation (f; KAB); Insomnia (f; KAB); Leukemia (1; KAP); Mucososis (f; KAB); Nephrosis (f; SKJ); Nervousness (f; KAB); Ophthalmia (f; KAB; JLH); Respirosis (f; KAB); Rheumatism (f; DAV); Ringworm (f; SKJ); Sore (f; KAB); Stomatosis (f; SKJ); Urogenitosis (f; KAB); VD (f; DEP); Vomiting (f; DEP; KAB); Wart (f; KAB; MPI); Worm (f; KAB); Wound (f; JLH).

Dosages (Euphorbia) — 0.12–0.3 ml liquid extract (CAN); 120–300 mg herb as tea (CAN); 0.6–2 ml herb tincture (CAN); 28–56 ml plant decoction (KAP); 14–28 ml plant tea (KAP).

Contraindications, Interactions, and Side Effects (Euphorbia) — Because of its effect on smooth muscle activity, *in vitro*, its use in pregnancy and lactation is to be avoided (CAN).

EUROPEAN ASH (*Fraxinus excelsior* L.) ++

Activities (European Ash) — Analgesic (1; PH2); Antibacterial (1; PNC); Antiinflammatory (1; PH2; PNC); Antioxidant (f; PH2); Antipyretic (f; PH2); c-AMP-Phosphodiesterase Inhibitor (1; PH2); Diaphoretic (f; HHB); Diuretic (1; HHB; PH2); Hypouricemic (f; HHB); Immunostimulant (1; PNC); Laxative (f; MAD; PH2); Phagocytotic (1; PNC); Tonic (f; PH2).

Indications (European Ash) — Arthrosis (f; PH2; PNC); Bacteria (1; PNC); Cancer (f; JLH); Cancer, spleen (f; JLH); Catarrh (f; PH2); Cervisosis (f; MAD); Constipation (f; PH2); Cystosis (f; PH2); Dropsy (f; MAD); Escherichia (1; PNC); Fever (f; HHB; PH2); Gastrosis (f; PH2); Gout (1; HHB; PH2); Hepatosis (f; MAD); Immunodepression (1; PNC); Induration (f; JLH); Inflammation (1; PH2; PNC); Jaundice (f; MAD); Pain (1; MAD; PH2); Rheumatism (f; HHB; PH2); Snakebite (f; PNC); Sore (f; PH2); Splenosis (f; MAD); Stone (f; PH2); Uterosis (f; MAD); Water Retention (1; HHB; PH2); Worm (f; PH2); Wound (f; PH2).

Dosages (European Ash) — 3–4 tsp (3.6–4.8 g) in tea (MAD).

Contraindications, Interactions, and Side Effects (European Ash) — Class 1 (AHP).“Hazards and/or side effects not recorded for proper therapeutic dosages” (PH2).

EUROPEAN CORN MINT (*Mentha arvensis* L.) +++

Synonyms — *M. austriaca* Jacq., *M. gentilis* L.

I have a great respect for the taxonomic diggings of Art Tucker, who has tried to clarify the differences between the European corn mint, *Mentha arvensis*, and the North American corn or field mint, *Mentha canadensis*. So, under *Mentha arvensis* I have aggregated most data from European workers or those Americans who are strongly influenced by them. Strangely, Moerman (DEM below), working with American Indians, had very separate entries for *M. arvensis*, which he called wild mint, and *Mentha canadensis*, which he called Canadian mint. I suspect that only Tucker and Debaggio, of the references cited, are capable of distinguishing the microspecies of mints. PH2 indicates it for “liver and gallbladder complaints” but contraindicates it for “gallbladder inflammation and severe liver damage.” Ask your doctor (JAD, mimicking TV commercials).

Activities (European Corn Mint) — Analgesic (1; BGB; DEM); Antibacterial (2; KOM; PIP); Antiitch (1; BGB); Antipyretic (2; KOM; PIP); Antiseptic (1; BGB; PH2); Carminative (2; KOM; PH2; PIP); Cholagogue (2; KOM; PH2; PIP); Detoxicant (1; JNU); Secretolytic (2; KOM; PH2; PIP); Stimulant (f; DEM); Tonic (f; DEM).

Indications (European Corn Mint) — Arthrosis (f; DEM; PH2); Asthma (f; PH2); Athlete’s Foot (1; BGB); Bacteria (2; KOM; PIP); Biliary Disease (f; PIP); Bronchosis (2; PHR; PH2); Burn (f; BGB); Cardiopathy (f; DEM; PHR; PH2); Caries (f; DEM); Catarrh (2; KOM; PH2; PIP); Cholecystosis (2; KOM; PHR; PH2); Cold (2; DEM; FAD; PHR; PH2); Colic (2; DEM; FAD); Cough (2; DEM; PHR; PH2); Debility (f; PH2); Dermatosis (f; PH2); Diarrhea (f; FAD; PH2); Dyspepsia (1; FAD; PH2); Dyspnea (f; PHR; PH2); Enterosis (2; KOM; PH2; PIP); Fever (2; DEM; FAD; KOM; PHR; PH2; PIP); Flu (f; DEM); Gas (2; KOM; PH2; PIP); Gastrosis (2; KOM; PH2; PIP); Headache (1; BGB; DEM; FAD; PH2); Hepatosis (2; PHR; PH2); Infection

(2; PHR; PH2); Inflammation (1; PH2); Itch (1; BGB); Myalgia (f; PHR; PH2; PIP); Nausea (f; BGB; DEM; LAF); Nephrosis (f; DEM); Neuralgia (f; PHR; PH2; PIP); Pain (2; BGB; DEM; PHR; PH2); Pharyngosis (2; PHR; PH2); Pneumonia (f; DEM); Poison Ivy (1; BGB); Respirosis (2; KOM; PH2; PIP); Rheumatism (f; DEM); Sore Throat (1; FAD); Stomatosis (2; PHR; PH2); Sunburn (f; BGB); Swelling (f; DEM); Toothache (f; PH2).

Dosages (European Corn Mint) — 2–8 drops EO/day (KOM; PH2; PIP); 1–2 drops rubbed on head for headache (PH2); 10–12 drops EO applied to compress over heart 10–15 minutes (PH2); 2 drops EO added to water or tea and drunk (PH2).

Contraindications, Interactions, and Side Effects (European Corn Mint) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Contraindicated in biliary calculi, cholecocystosis, hepatosis, and occlusion of bile ducts. No drug-drug interactions or side effects noted (KOM; PIP). Use only in consultation with a physician (KOM). Do not place mint oils on the face of infants (KOM). Sensitive persons may experience gastric distress (KOM). Although Commission E approves it for gallbladder disorders, it is contraindicated for inflammation of the gallbladder. "Volatile oils containing menthol can worsen the spasms of bronchial asthma" (PH2).

EUROPEAN ELDER (*Sambucus nigra* L.) +++

Synonyms — *S. nigra f. alba* (Weston) Rehder, *f. aurea* (Sweet) Schwer., *f. lanciniata* (L.) Zabel, and *f. pendula* Dippel.

Activities (European Elder) — Alterative (f; PNC); Analgesic (f; MAD); Antiinflammatory (1; APA; BGB; PNC; SKY); Antipyretic (f; MAD); Antiviral (1; AKT; BGB; SHT; WAM); Bronchostimulant (2; BGB; KOM; PH2; PIP); Carminative (f; FAD); Depurative (f; EFS; SKJ); Diaphoretic (2; APA; BGB; EFS; PIP; WAM); Diuretic (1; APA; BGB; PNC; PH2); Emetic (f; EFS; FAD; SKJ); Emollient (f; MAD); Expectorant (1; APA; EFS; SHT); Lactagogue (f; PHR; PH2); Laxative (1; APA; EFS); Mucolytic (1; SHT); Phagocytotic (1; HH2); Secretagogue (2; KOM; PH2); Stimulant (f; APA); Stomachic (f; EFS).

Indications (European Elder) — Arthrosis (f; APA; MAD); Asthma (f; SKJ); Boil (f; FAD); Bronchosis (2; MAD; PHR; PH2); Bruise (f; FAD); Burn (f; CEB); Cancer (f; CEB); Cancer, breast (f; JLH); Cancer, liver (f; JLH); Cancer, prepuce (f; JLH); Cancer, skin (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, uterus (f; JLH); Catarrh (1; BGB; MAD; SHT); Chill (f; APA); Cold (2; APA; KOM; PH2; PNC; WAM); Condyloma (f; JLH); Constipation (1; APA; EFS; HH2); Cough (2; PHR; PH2); Cramp (f; MAD); Dermatosis (f; CEB; JLH); Dropsy (f; MAD); Dyslactea (f; HH2); Dyspnea (1; HH2; PHR; PH2); Eczema (f; FAD); Edema (f; JLH; MAD; PHR); Epilepsy (f; FEL; MAD); Erysipelas (f; CEB); Exanthema (f; MAD); Fever (2; APA; BGB; EFS; MAD; PHR; PH2; PIP; WAM); Flu (1; AKT; APA; BGB; PH2; PNC; WAM); Gas (f; FAD); Gastrosis (f; JLH); Gout (f; SKJ); Headache (f; FAD); Head Cold (1; PHR; PH2); Hepatosis (f; JLH; MAD); Herpes (1; SKY); Hoarseness (f; MAD); Induration (f; JLH); Inflammation (1; AKT; APA; BGB; PHR; PH2; PNC; SKY); Influenza (1; SHT); Ischiosis (f; MAD); Laryngosis (f; MAD; PHR; PH2); Myalgia (f; MAD); Neuralgia (f; MAD; SKJ); Neurosis (f; HH2); Nightmare (f; MAD); Nipple (f; CEB); Obesity (f; APA; CEB); Otosis (f; MAD); Pain (f; FAD; MAD); Pneumonia (f; MAD); Pulmonosis (f; MAD); Respirosis (1; AKT; PH2); Rheumatism (f; APA; MAD; SKJ); Scabies (f; MAD); Scarlet Fever (f; MAD); Sclerosis (f; JLH); Scrofula (f; MAD); Sinusosis (1; AKT; SHT); Sore (f; FAD); Sore Throat (1; AKT; CEB; SKY); Splenosis (f; JLH; MAD); Stomatosis (f; CEB); Swelling (f; FAD; PH2); Toothache (f; MAD); Uterosis (f; JLH); Virus (1; AKT; BGB; SHT; WAM); Wart (f; JLH); Water Retention (1; APA; BGB; MAD; PNC; PH2); Wen (f; JLH); Worm (f; CEB).

Dosages (European Elder) — 2 tsp flowers/cup water several ×/day (APA); 2–4 g dry flower (PNC); 2–5 g dry flower as tea 3 ×/day (CAN; SKY); 2–4 ml liquid flower extract (1:1 in 25% ethanol) 3 ×/day (CAN); 5–15 g fluid (KOM; MAD); 1.5–3 g fluid extract (KOM); 2.5–7.5 g tincture (KOM); 2–10 ml liquid extract 1–2 ×/day (PNC; SKY).

Contraindications, Interactions, and Side Effects (European Elder) — Class 1 (AHP). None reported (KOM; PIP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Raw unripe fruits and other parts contain the cyanogenic sambunigrin, which in excess, can cause diarrhea and/or vomiting. Excessive use of diuretics may result in hypokalemia. If antineuraminidase activity of berry extracts can be confirmed, this might be viewed as a potential competitor for the new 1999 drug Relenza™. The berry extracts have long been recommended for flu.

EUROPEAN FIVE-FINGER, CINQUEFOIL (*Potentilla reptans* L.) ++

Activities (European Five-Finger) — Antipyretic (f; WOI); Astringent (1; PH2; WOI); Depurative (f; WOI); Hemostat (f; CEB; JLH); Tonic (f; CEB); Vulnerary (1; PH2).

Indications (European Five-Finger) — Acrochordon (f; JLH); Ague (f; CEB); Bladder Stone (f; HHB); Bleeding (1; CEB; JLH); Cancer (1; JLH); Cancer, colon (1; JLH); Cancer, intestine (1; JLH); Cancer, stomach (1; JLH); Condyloma (f; JLH); Cystosis (f; HHB); Diarrhea (1; PH2; WOI); Dysentery (f; HHB); Dysmenorrhea (f; CEB); Enterosis (f; JLH); Epistaxis (f; HHB); Fever (1; PH2; WOI); Gastrosis (f; JLH); Gingivosis (1; PH2); Heartburn (f; PH2); Hepatosis (f; JLH); Induration (f; JLH); Infection (f; HHB); Inflammation (1; JLH; PH2); Kernel (f; JLH); Kidney Stone (f; HHB); Nephrosis (f; HHB); Splenosis (f; JLH); Stomatosis (1; PH2); Swelling (f; JLH); Toothache (f; PH2); Wound (f; HHB).

Dosages (European Five-Finger) — 3 g shoot or root/100 ml water, 2–3 cups/day (PH2).

Contraindications, Interactions, and Side Effects (European Five-Finger) — Not covered. Tannin-sensitive subjects may suffer gastric distress (AHP)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

EUROPEAN LARCH (*Larix decidua* Mill.)++

Synonyms — *Larix europaea* DC., *Pinus larix* L.

Activities (European Larch) — Allergenic (1; KOM); Antiseptic (1; KOM); Astringent (1; EFS; HHB); Diaphoretic (f; EFS); Diuretic (f; EFS; HHB); Expectorant (f; HHB); Hemostat (f; EFS); Laxative (f; EFS); Rubefacient (1; KOM); Stimulant (f; DEM); Stomachic (f; EFS).

Indications (European Larch) — Bleeding (f; EFS); Blood Pressure (2; PH2); Bronchosis (2; EFS; HHB; PH2); Cancer, gut (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cancer, uterus (f; JLH); Catarrh (2; KOM); Cold (2; PH2); Dysuria (f; EFS); Fever (2; EFS; PH2); Furuncle (1; KOM; PH2); Gleet (f; CEB); Hepatosis (f; JLH); Infection (2; PH2); Induration (f; JLH); Inflammation (f; EFS); Neuralgia (2; KOM; PH2); Pain (f; PH2); Pharyngosis (2; PH2); Respirosis (1; KOM); Rheumatism (2; EFS; KOM; PH2); Splenosis (f; JLH); Stomatosis (2; PH2); Uterosis (f; JLH); Water Retention (f; EFS; HHB).

Dosages (European Larch) — 1–2 ml tincture 1:7 (HHB); 300 mg EO (HHB).

Contraindications, Interactions, and Side Effects (European Larch) — Not covered (AHP). Commission E reports hypersensitivity to EOs, acute inflammation of respiratory tract (for inhalation; adverse effects: allergic skin reactions) (AEH; KOM). "Hazards and/or side effects not known for proper external therapeutic dosages" (PH2).

EUROPEAN PENNYROYAL (*Mentha pulegium* L.) X

Synonym — *Pulegium vulgare* Mill.

Activities (European Pennyroyal) — Abortifacient (1; CRC; PH2; PNC); Antiseptic (1; CRC; PH2); Antipyretic (f; APA); Antispasmodic (f; EFS); Carminative (1; APA; CRC; PNC); Cholagogue (f; CRC); Decongestant (f; APA); Depurative (f; MAD); Diaphoretic (f; APA; CRC); Digestive (f; APA; CRC); Diuretic (f; MAD; PHR); Ecbolic (1; CRC); Emmenagogue (1; AHP; APA; PNC); Expectorant (f; APA; EFS; MAD); Hepatotoxic (f; PHR; PH2); Insecticide (1; CRC; PH2); Insectifuge (2; APA; CRC); Nervine (f; MAD); Pectoral (f; CRC); Poison (1; CRC); Purgative (f; MAD); Refrigerant (f; CRC); Stimulant (f; APA; CRC; PNC); Sudorific (f; CRC; EFS); Uterotonic (1; AHP; MAD).

Indications (European Pennyroyal) — Amenorrhea (1; FNF; MAD; PH2); Anemia (f; MAD); Angina (f; MAD); Biliousness (f; CRC); Bite (f; EFS; MAD); Cacoethes (f; CRC); Cancer, belly (f; JLH); Cancer, colon (f; JLH); Cancer, pudenda (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, uterus (f; JLH); Cholecystosis (f; PHR; PH2); Cold (f; APA; CRC; PH2; PNC); Colic (1; APA; PNC); Corn (f; CRC; JLH); Cough (f; APA; CRC); Cramp (f; CRC); Dermatosis (f; APA; PHR; PH2; PNC); Dropsy (f; MAD); Dysmenorrhea (f; APA; CRC; HHB; PNC); Dyspepsia (f; APA; MAD; PHR; PH2; PNC); Eczema (f; APA); Fibroid (f; CRC; JLH); Flu (f; APA); Gas (f; CRC); Gastrosis (f; MAD; PHR); Gout (f; CRC; MAD; PNC); Headache (f; APA; CRC); Hepatosis (f; CRC; PHR; PH2); Induration (f; CRC; JLH); Inflammation (f; APA); Itch (f; PNC); Jaundice (f; MAD); Nephrosis (f; MAD); Neurosis (f; CRC; MAD); Polyp (f; JLH); Polyuria (f; PHR; PH2); Scirrhus (f; JLH); Spasm (f; CRC); Splenosis (f; MAD); Syncope (f; CRC; MAD); Tonsilosis (f; MAD); Tumor (f; CRC); Uterosis (f; CRC); Vertigo (f; CRC); Wound (f; APA).

Dosages (European Pennyroyal) — Should not be taken (APA); 1–4 g herb, or in tea, 3 ×/day (CAN); 2 tsp (2 g) herb in hot tea (HHB; MAD); 1–4 ml liquid herbal extract (1:1 in 45% ethanol) 3 ×/day (CAN); 0.5–5 ml liquid leaf extract (PNC); 0.6–1.2 ml spirit of pulegium (PNC); 0.05–2 ml EO (I'd hesitate to suggest 0.2 ml, much less 2 ml; I think this is a frequent error in PNC) (PNC).

Contraindications, Interactions, and Side Effects (European Pennyroyal) — Class 2b. Emmenagogue and uterotonic (AHP). In Canada, allowed in food or beverage only if pulegone-free (AHP). CAN cautions that pulegone in the volatile oil can be irritant, hepatotoxic, and nephrotoxic. Symptoms following EO ingestion include abdominal pain, agitation, diarrhea, high blood pressure, lethargy, nausea, pyrexia, and generalized urticaria. Abortifacient doses are hepatotoxic and nephrotoxic. Because of pulegone's abortifacient activity, its use in pregnancy and lactation is to be avoided. "Both the internal and external use of pennyroyal oil has been contraindicated" (CAN).

Death reported following ingestion of 15 ml (ca. $^1/_2$ oz) EO, after 2-week consumption of alcoholic extract (with pulegone metabolites in the liver) (AHP). Playing it safe, I like to remind everyone that pregnant women are advised against taking (any medicine) this herb or others because the herbs reportedly have some abortifacient properties. Further, pulegone, the active compound, is reportedly absorbed through the skin and may be carcinogenic (I think the warning is overrated but would prefer to err on the side of caution). But many of our generally recommended as safe mints also contain pulegone. Delaneyites (a group of adherents of the Delaney Cause, that anything containing a carcinogen is a carcinogen) might outlaw peppermint, one of our best medicinal herbs. The Lawrence Review certainly puts pulegone at doubt. Pulegone is oxidized by hepatic cytochrome P-450 to the hepatotoxic compound, menthofuran. Pulegone or a metabolite is also responsible for neurotoxicity and destruction of bronchiolar epithelial cells. It extensively depletes glutathione in the liver. Hepatic toxicity from overdoses has been prevented with acetylcysteine administered promptly. Rats at 80 to 160 mg/kg/day develop encephalopathies. Not to be toyed with. Pennyroyal oil is toxic and potentially fatal if ingested. Symptoms include abdominal cramps, abdominal pain, nausea, vomiting, rash, dizziness, and alternating lethargy and agitation, leading to kidney failure, massive hepatic necrosis, and disseminated intravascular coagulation. Five grams of pennyroyal oil can cause collapse; 11.69 g abortion, collapse, salivation, and unconsciousness. Serious toxicity with the tea has not been reported. CNS symptoms from ingesting pennyroyal-containing preparations include lethargy, agitation, dizziness, sometimes leading to seizures and auditory and visual hallucinations. GI effects include nausea, vomiting, burning in the throat, abdominal pain, and diarrhea (AEH1). EO LD50 = 400 mg/kg orl rat (CAN), LD50 = 4200 mg/kg der rbt (CAN).

EUROPEAN PEONY (*Paeonia officinalis* L.) +

Activities (European Peony) — Abortifacient (f; PHR; PH2); Alterative (f; CRC); Analgesic (1; PNC); Antidiuretic (1; HHB); Antiherpetic (1; PNC); Antiinflammatory (1; PNC); Antispasmodic (f; APA; CRC; MAD; PNC); Antiviral (1; PNC); Astringent (1; APA; PNC); CNS-Depressant (1; PNC); Deobstruent (f; CRC); Depurative (f; CRC); Emetic (f; APA; CRC; PHR; PH2); Emmenagogue (f; APA; CRC; MAD; PHR; PH2); Hemostat (1; APA); Hypertonic (1; PHR); Hypotensive (1; PH2); Immunostimulant (1; PNC); Laxative (f; FEL); Myorelaxant (1; PNC); Poison (f; CRC); Tonic (1; CRC; PNC); Uterocontractant (1; PH2); Uterotonic (1; MAD); Vasodilator (1; PNC).

Indications (European Peony) — Acne (f; CRC); Allergy (1; FNF; KOM; PH2); Arthrosis (f; APA; KOM; PH2); Asthma (f; MAD); Bleeding (1; APA; CRC); Bronchosis (f; KOM); Cardiopathy (f; APA; KOM); Childbirth (f; CRC; MAD); Chorea (f; FEL); Colitis (f; KOM); Constipation (f; FEL); Convulsion (f; CRC); Cough (f; MAD); Cramp (f; APA; CRC; FEL; MAD; PNC); Cystosis (f; CRC; MAD); Dermatosis (f; APA; KOM; PH2); Diarrhea (f; CRC); Dropsy (f; CRC; FEL); Eclampsia (f; MAD); Enterosis (f; CRC; HHB; KOM); Epilepsy (f; APA; CRC; MAD; PH2; WIC); Epistaxis (f; CRC); Excitability (f; PH2); Gastrosis (f; HHB; KOM); Gout (f; MAD; KOM; PH2); Headache (f; CRC); Hemoptysis (f; MAD); Hemorrhoid (f; APA; CRC; KOM; PH2); Hepatosis (f; CRC; MAD); Herpes (1; PNC); High Blood Pressure (1; PH2); Immunodepression (1; PNC); Inflammation (1; FNF; PNC); Lichen (f; MAD); Lunacy (f; CRC); Mastosis (f; MAD); Migraine (f; KOM; PH2); Mucososis (f; APA; PHR; PH2); Nervousness (f; APA); Neuralgia (f; CRC; KOM; MAD; PH2); Neurasthenia (f; KOM; PH2); Neurosis (f; CRC); Nightmare (f; FEL); Odontosis (f; MAD); Pain (1; FNF; MAD; PNC); Pertussis (f; APA; FEL; PHR; PH2); Phlebitis (f; APA); Prolapse (f; MAD); Proctosis (f; APA; MAD; PH2); Respirosis (f; PH2); Rheumatism (f; PHR; PH2); Sore Throat (f; MAD); Spasm (f; CRC); Splenosis (f; CRC; MAD); Tumor (f; CRC); Ulcer (1; FNF); Uterosis (f; CRC); Varicosis (f; APA; CRC; MAD); Virus (1; PNC); Wound (f; CRC). Root of *P. officinalis* suggested, but not approved, for allergy, arthrosis, cardiopathy, cramp, enterosis, gastrosis, migraine, neuralgia, and neurasthenia (KOM). Flower of *P. officinalis* suggested, but not approved, for arthrosis, bronchosis, cardiopathy, dermatosis, gastrosis, gout, and hemorrhoid (KOM).

Dosages (European Peony) — 1 tsp (~1 g) flower/cup water (APA; PH2; WIC); 30–40 grains seed for nightmare (FEL); 2 g seed (HHB); 3–12 g peony root (FAY); 1 oz root boiled in a pint of liquid (1 part "good gin":2 parts water) (FEL); 1–30 drops root tincture (FEL); 0.3–0.6 g powder root for children (MAD); 5–15 drops tincture (MAD); 2–3 fluid oz 3–4 ×/day (FEL).

Contraindications, Interactions, and Side Effects (European Peony) — Class 1. "Canadian regulations do not allow European peony as a nonmedicinal ingredient for oral use products" (AHP). No peonies were approved by Commission E, but they did say, "No risks known" (KOM). The *Physicians Desk Reference* was a bit more explicit regarding *P. officinalis*, "Health hazards not known with proper therapeutic dosages" (PH2). "Side effects that may occur, particularly in cases of over dosages, include gastroenterosis with vomiting, colic, and diarrhea" (PHR). "Because efficacy has not been documented, therapeutic use cannot be recommended" (PH2). Much of the indicated uses and biological activity is attributed to paeoniflorin.

EUROPEAN WATER HEMLOCK (*Cicuta virosa* L.) X

Synonym — *Cicuta mackenzieana* Raup.

Activities (European Water Hemlock) — Piscicide (1; WO2); Poison (1; DEM); Sialagogue (1; WO2); Toxic (f; HHB).

Indications (European Water Hemlock) — Adenopathy (f; JLH); Cancer (f; JLH); Cancer, gland (f; JLH); Cancer, groin (f; JLH); Cramp (f; HHB); Dermatosis (f; HHB); Dysmenorrhea (f; PH2); Eczema (f; HHB); Encephalosis (f; WO2); Epilepsy (f; HHB; WO2); Induration (f; JLH); Inflammation (f; PH2); Meningosis (f; HHB); Migraine (f; PH2); Pain (f; HHB; PH2); Psychosis (f; HHB); Singultus (f; HHB); Somnambulism (f; WO2); Tetanus (f; HHB); Worm (f; PH2).

Dosages (European Water Hemlock) — Homeopathic dilutions only.

Contraindications, Interactions, and Side Effects (European Water Hemlock) — Not covered (AHP). Unskilled herbalists should steer clear of wild herbs in the carrot family (JAD). 2–3 g root potentially toxic (PH2).

EUROPEAN YEW (*Taxus baccata* L.) X

Synonyms — *T. baccata* var. *aurea* Carrière, var. *fastigiata* (Lindl.) Loudon, var. *fastigiata-aurea* Sénéclauze, var. *washingtonii* (Richard Sm.) Beissner, *T. canadensis* var. *washingtonii* Richard Sm., *T. fastigiata* Lindl.

Activities (European Yew) — Abortifacient (f; DEM; HHB; PH2); Antifertility (1; WOI); Antispasmodic (f; DEP); Aphrodisiac (f; DEP; KAB); Arrhythmogenic (1; PH2); Cardioactive (f; PHR); Cardiotoxic (1; PH2); Carminative (f; WOI); CNS-Depressant (1; WOI); Diaphoretic (f; DEM); Diuretic (f; KAB); Emmenagogue (f; DEP; PHR; PH2); Expectorant (f; WOI); Hypotensive (1; HHB); Litholytic (f; DEP); Mydriatic (1; HHB); Narcotic (f; DEP; MAD); Parasiticide (1; HHB); Poison (1; DEP; PH2); Protisticide (1; HHB); Sedative (1; DEP; HH2); Stomachic (f; WOI); Tachycardic (1; PH2); Tranquilizer (1; WOI).

Indications (European Yew) — Amenorrhea (1; MAD; PH2); Angina (f; MAD); Asthma (f; KAB); Biliousness (f; WOI); Bite (f; KAB); Bronchosis (f; KAB); Calculus (f; DEP; WOI); Cancer (1; FAD; JLH); Cancer, breast (1; FAD); Cancer, ovary (1; FAD); Cardiopathy (f; MAD); Chest Cold (f; DEM); Cold (f; DEM); Convulsion (f; DEP); Cough (f; DEM); Cramp (f; DEP; WOI); Croup (f; MAD); Cystosis (f; HHB); Dermatosis (f; HHB; PH2); Diabetes (f; HHB); Diarrhea (f; WOI); Diphtheria (f; HH2; PH2); Dysmenorrhea (f; DEM; HHB); Dyspepsia (f; DEP; PH2); Epilepsy (f;

DEP; HHB; PH2; WOI); Erysipelas (f; HHB); Fever (f; DEM); Gas (f; WOI); Gout (f; HHB; MAD); Headache (f; WOI); Hepatosis (f; HHB); Hiccup (f; KAB); High Blood Pressure (1; HHB); Hydrophobia (f; KAB); Hysteria (f; WOI); Impotence (f; DEP); Insomnia (1; DEP; HH2); Ischiosis (f; MAD); Jaundice (f; HHB; MAD); Nephrosis (f; HHB); Nervousness (1; DEP; HH2; WOI); Neuralgia (f; MAD); Numbness (f; DEM); Parasite (1; HHB); Raynaud's Syndrome (f; WOI); Respirosis (f; DEM); Rheumatism (f; DEM; HHB; MAD); Scabies (f; MAD); Stone (f; DEP); Tapeworm (f; PH2); Tonsilosis (f; PH2); Tuberculosis (f; DEM); Water Retention (f; KAB); Worm (f; HHB); Wound (f; HH2).

Contraindications, Interactions, and Side Effects (European Yew) — Not covered (AHP; KOM). Warning: ALMOST all plant parts (except possibly the red aril) of this and other yews contain toxic components and are considered potentially fatally poisonous (FAD). 50–100 g needles fresh weight (0.25–0.5 cup) could be fatally toxic, via asphyxiation and diastolic cardiac arrest; symptoms may include cardiac abnormalities, bradycardia, colic, cramps, dyspnea, gastrosis, headache, hypotension, mydriasis, queasiness, ventricular arrhythmia, vertigo, and vomiting (BRU; MAD; HH2; PH2).

EVENING PRIMROSE (*Oenothera biennis* L.) +++

Synonyms — *O. acutifolia* Rostanski, *O. biennis* var. *sulfurea* Kleb., *O. chicagoensis* Renner ex R. E. Cleland & Blakeslee, *O. muricata* L., *O. pupurata* Kleb., *O. rubricaulis* Kleb., *O. suaveolens* Pers., *Onagra biennis* (L.) Scop.

Activities (Evening Primrose) — Antiaging (1; APA); Antiaggregant (1; APA; CAN; PH2); Antiallergic (1; MAB); Antiatherosclerotic (1; PHR); Antiinflammatory (1; APA; MAB; SHT); Antithrombic (1; PH2); Antitumor (1; CAN); Astringent (f; APA); Demulcent (f; MAD); Depurative (f; MAD); Hypocholesterolemic (1; APA; PH2); Hypotensive (1; CAN; MAB; PH2); Lacrimatory (1; CAN); Nutritive (essential fatty acid deficiencies); Sedative (1; APA; FNF); Vasodilator (1; MAB).

Indications (Evening Primrose) — ADD (f; PH2); Alcoholism (1; APA; FAD; MAB); Allergy (1; MAB); Alopecia (f; APA); Alzheimer's (1; CAN); Anxiety (f; APA); Arthrosis (2; APA; CAN; FAD; PH2); Asthma (1; FAD; PH2); Atherosclerosis (1; PHR); Boil (f; DEM); Bruise (f; DEM; FAD); Cancer (1; CAN); Cardiopathy (1; APA; LAF; MAB); Cholera (f; MAD); Colitis (1; APA; CAN; MAB); Debility (1; DON); Dementia (2; MAB); Dermatosis (1; APA; MAM; PH2; SHT); Diabetes (1; APA; FAD; PH2); Diarrhea (f; MAD); Dysmenorrhea (1; FNF); Dyspepsia (f; MAB); Dyskinesia (1; MAB); Eczema (2; FAD; PH2; SHT); Endometriosis (2; CAN; DON); Enterosis (f; APA; FAD); Erythema (1; MAB); Fibrocystosis (1; DON); Gastrosis (f; APA); Hemorrhoid (f; DEM; FAD); Hepatosis (1; MAB); High Blood Pressure (2; APA; CAN; MAB; PH2); High Cholesterol (1; APA; PH2); Hot Flash (1; MAB; PH2); Hyperactivity (1; PHR); Hypercholesterolemia (1; PHR; PH2); Hyperkinesis (f; PH2); Hyperlipidemia (1; MAB); IBS (1; CAN); Infertility (f; APA); Inflammation (1; APA; FNF; FAD; MAB; SHT); Insomnia (1; APA; FNF); Itch (1; APA; MAM; PHR; SHT); Laziness (f; DEM); Mastosis (2; APA; CAN; FAD; MAB; PH2); Menstrual Distress (f; CAN); Migraine (1; FAD); Multiple Sclerosis (1; APA; CAN); Myosis (f; FAD); Nephrosis (1; CAN); Nervousness (1; APA; FNF); Neurodermatosis (f; PHR; PH2); Neuropathy, diabetic (2; CAN; DON; MAB); Numbness (1; DON); Obesity (f; DEM; FAD); Osteoporosis (2; MAB); Pain (1; PH2); Pertussis (f; APA); PMS (2; APA; CAN; PH2); Prostatosis (2; FAD); Psoriasis (f; MAB); Raynaud's Syndrome (1; DON; MAB); Rheumatism (2; APA; CAN; FAD); Schizophrenia (1; CAN; MAB); Sjogren's Syndrome (1; CAN; DON); Stress (1; MAB); Stroke (1; APA; LAF); Swelling (1; APA); Syndrome-X (1; SYN); Tardive Dyskinesia (1; CAN); Thrombosis (1; PH2); Tumor (1; CAN); Xeroderma (1; DON); Wound (f; APA); (Not entertained by Commission E).

Dosages (Evening Primrose) — 250 mg GLA/day (APA); 250 mg oil up to 3 ×/day (APA); 250 mg oil/day/and up (PNC); 270–720 mg EPO equivalent to 1–2 g GLA (obviously an error here) (APA); 6–8 g EPO/day, $^1/_2$ as much for pediatric dose (PH2); 2–4 g (child) or 4–8 g EPO/day for atopic eczema; 3–4 g for mastalgia (CAN); 3–12 (500 mg) capsules EPO/day; 1 (1300 mg) capsule (StX with 1300 mg EPO with at least 130 mg GLA and 962 mg *cis*-linoleic acid) 2 ×/day (NH).

Contraindications, Interactions, and Side Effects (Evening Primrose) — Class 1 (AHP). The literature looks reasonably clean. I've heard from two separate personal cases of women taking it satisfactorily for PMS, that it caused migraine-like headaches which they did not experience before taking EPO. Anecdotal but credible. As one source of tryptophan, which may convert to cerebral serotonin, it can alter brain levels of serotonin, which is involved in some migraine cases. Colic, headache, and nausea may occur in a small percentage of subjects. CAN reports patients with schizophrenia on phenothiazines may experience mild dyspepsia and/or increased risk of epilepsy. They rather give it a green light for breastfeeding mothers, since both linoleic acid and gamma-linolenic acid are normally in breast milk (CAN). The conservative Miller and Murray (1998) book says, "No adverse effects of EPO have been reported. Chronic toxicity and carcinogenicity studies of EPO in rats, mice, and dogs revealed no important adverse effects or tumor differences" (MAM). The second edition of the Herbal PDR warns that EPO may possibly lower the seizure threshold in patients being treated with drugs that lower the seizure threshold in schizophrenia. One of the better sources of gamma-linolenic acid, often known as GLA (and to some British as gamolenic acid), and tryptophan (FNF). Two large clinical trials with EPO match clinical relief from cyclical breast pain with bromocriptine and danazol (side effects in ca. 33%) but with virtually no EPO side effects. For PMS, Vitex and nutrients (e.g., magnesium and vitamin B6), are more promising than EPO (DON).

EVODIA (*Tetradium ruticarpum* (A. Juss.) T. G. Hartley) ++

Synonyms — *Boymia ruticarpa* A. Juss., *Euodia bodinieri* Dode, *E. ruticarpa* (A. Juss.) Benth., *E. ruticarpa* var. *bodinieri* (Dode) C. C. Huang.

Activities (Evodia) — Analgesic (f; DAA; LMP); Anthelminthic (f; DAA; LMP); Antibacterial (1; M&I44:9); Anticancer (1; DAA); Antiedemic (1; DAA); Antifertility (f; DAA); Antihelicobacter (1; M&I44:9); Antiinflammatory (1; DAA); Antipyretic (f; LMP); Antiseptic (1; DAA; FNF); Antiviral (1; DAA); Astringent (f; LMP); Carminative (f; DAA; LMP); CNS-Stimulant (1; JNP59:374); Decongestant (f; DAA); Deobstruent (f; LMP); Diuretic (f; DAA; LMP); Hypertensive (1; DAA; LMP); Laxative (f; LMP); Positive Chronotropic (1; JNP59:374); Positive Inotropic (1; JNP59:374); Sedative (f; LMP); Stimulant (f; DAA; LMP); Stomachic (f; DAA; LMP); Tonic (f; LMP); Uterotonic (1; DAA); Vasodilator (1; JNP59:374).

Indications (Evodia) — Amenorrhea (1; ABS; DAA); Bacteria (1; ABS; M&I44:9); Beriberi (f; DAA); Bleeding (f; ABS); Boil (f; LMP); Cancer (1; DAA); Chill (f; DAA); Cold (f; DAA); Congestion (f; DAA); Cramp (f; DAA); Dermatosis (f; LMP); Diarrhea (f; DAA; HHB; LMP); Dropsy (f; LMP); Dysentery (f; LMP); Dysmenorrhea (f; DAA); Edema (f; DAA); Enterosis (f; DAA); Fever (f; LMP); Gas (f; DAA; LMP); Gastrosis (f; DAA); Helicobacter (1; M&I44:9); Hiccup (f; LMP); Infection (1; ABS; DAA); Infertility (f; DAA); Inflammation (1; DAA); Insomnia (f; LMP); Jaundice (f; LMP); Low Blood Pressure (1; DAA; LMP); Nausea (f; LMP); Nervousness (f; LMP); Orchosis (f; DAA); Pain (f; DAA; LMP); Rheumatism (f; LMP); Sterility (f; DAA); Swelling (f; DAA); Tapeworm (f; LMP); Ulcer (1; ABS); Virus (1; DAA); Water Retention (f; DAA; LMP).

Dosages (Evodia) — 3–9 g/day as tea (AHP); 1–3 g fruit in decoction (HHB).

Contraindications, Interactions, and Side Effects (Evodia) — Class 2d (AHP). Do not exceed recommended dose (3–9 g/day as tea) (AHP). Not covered (BGB; PH2). "Destroys the vital fluids and impairs vision" (LMP).

EYEBRIGHT (*Euphrasia* spp.) +

Taxonomy very murky. PH2 entries purportedly refer to *E. officinalis*, a synonym of *E. rostkoviana* Hayne.

Activities (Eyebright) — Alterative (f; PED); Antibacterial (f; PED); Antiinflammatory (1; APA; SKY; WAM); Antiseptic (f; PED); Astringent (1; APA; EFS; SKY); Collyrium (f; CRC); Hepatotonic (f; PED); Laxative (f; CRC; EFS); Mucolytic (1; WAM); Tonic (f; CRC; EFS).

Indications (Eyebright) — Allergy (1; WAM); Asthma (f; CRC); Bacteria (f; PED); Blepharosis (f; APA; PH2; SKY); Blindness (f; CRC); Bronchosis (f; CRC); Cancer (f; CRC; JLH); Catarrh (f; CRC; PH2); Cold (1; APA; CRC; WAM); Conjunctivosis (1; APA; PH2; SKY; WAM); Congestion (f; APA); Constipation (f; CRC; EFS); Cough (f; APA; CRC; HHB; PH2); Dermatosis (f; CRC); Eczema (f; CRC); Epilepsy (f; CRC); Hay Fever (f; CRC); Headache (f; CRC); Herpes (f; CRC); Hoarseness (f; APA; HHB; PH2); Inflammation (1; APA; CRC; PH2; SKY; WAM); Jaundice (f; CRC); Keratosis (f; CRC; HHB); Mucososis (f; CRC; PH2); Nervousness (f; PH2); Neurasthenia (f; PH2); Ophthalmia (f; APA; CRC; PH2); Otosis (f; CRC); Rhinosis (f; APA; CRC); Scab (f; CRC); Scrofula (f; CRC); Sinususosis (f; CAN); Sore Throat (f; APA; CRC); Stye (f; APA; WAF); Virus (f; CRC); Wound (f; CRC).

Dosages (Eyebright) — Use only sterilized solutions for the eyes (APA); 2–4 g herb as tea 3 ×/day (CAN; SKY); 3 tbsp herb/2 cups water (HHB); 0.25–0.5 cup fresh herb (PED); 6–12 g dry herb (PED); 9 g dry herb:45 ml alcohol/45 ml water (PED); 2–3 g/cup 3–4 ×/day (PH2); 2–4 ml liquid herb extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2–6 ml herb tincture (1:5 in 45% ethanol) 3 ×/day (CAN); 2–4 ml liquid extract (PNC).

Contraindications, Interactions, and Side Effects (Eyebright) — Class 1 (AHP). None known (WAM). 10–60 drops of tincture may cause constipation, cough, diaphoresis, dyspnea, headache,

insomnia, itch, lacrimation, mental confusion, nausea, photophobia, polyuria, sneezing, toothache, and raised intraocular pressure (CAN). Health risks or side effects following the proper administration of designated therapeutic dosages are not recorded (PH2). Many authors advise against using non-sterile eye drops of any kind. Its safety during pregnancy and lactation has not been proven (SKY).

F

FABA BEAN (*Vicia faba* L.) ++

Activities (Faba Bean) — Antialcoholic (2; HAD); Antiangiogenic (1; FNF); Antiparkinsonian (2; FNF); Aphrodisiac (1; BIB; FNF); Cyanogenic (f; BIB); Dopaminergic (2; HAD); Diuretic (1; ABS; BIB); Estrogenic (2; BIB; HAD; WOI); Expectorant (f; BIB); Hemolytic (1; PHR); Hypertensive (1; PH2); Natriuretic (1; ABS); Stomachic (f; BIB); Tonic (f; BIB).

Indications (Faba Bean) — Adenopathy (f; JLH); Alcoholism (2; HAD); Bronchosis (1; FNF); Burn (f; PHR); Callus (f; JLH); Cancer (1; FNF); Cancer, breast (1; FNF; JLH); Cancer, eyelid (1; FNF; JLH); Cancer, foot (1; FNF; JLH); Cancer, gland (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, penis (1; FNF; JLH); Cancer, spleen (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cancer, testes (1; FNF; JLH); Corn (f; JLH); Cough (f; PHR; PH2); Dermatosis (f; PHR; PH2); Drunkenness (2; BIB; FNF); Encephalosis (1; FNF); Fungus (1; WOI); Gastrosis (f; JLH); Hepatosis (f; JLH); Impotence (1; BIB; FNF); Induration (f; JLH); Leukemia (1; FNF); Low Blood Pressure (1; PH2); Mastosis (f; JLH); Melanoma (1; FNF); Mycosis (1; WOI); Nephrosis (f; PHR; PH2); Ophthalmia (f; JLH); Orchosis (f; JLH); Osteoporosis (1; FNF); Parkinson's Disease (2; FNF); Pneumonia (f; BIB); Pulmonosis (f; BIB); Sclerosis (f; BIB); Splenosis (f; JLH); Stomatosis (f; BIB); Swelling (f; BIB; JLH); Tumor (1; BIB); Urogenitosis (f; PH2); Wart (f; BIB; PH2); Water Retention (1; ABS; BIB); Wen (f; JLH).

Dosages (Faba Bean) — I once calculated that it would take a pound of faba beans, or a couple ounces of sprouts, to give a physiological dose of L-dopa. The sprouts are also better sources of daidzein and genistein.

Contraindications, Interactions, and Side Effects (Faba Bean) — Not covered by AHP or Commission E. Inhaling pollen or ingesting seeds may, occasionally, cause favism, an especially severe hemolytic anemia, an inherited enzymatic deficiency (glucose-6-phosphate-dehydrogenase) among Mediterranean people (Greek, Italian, and Semitic people). Injected intravenously in rabbits, broadbean extracts have produced hemoglobinuria and death (BIB). Overdosage, especially in genetically susceptible individuals, can rapidly lead to diarrhea, queasiness, vertigo, and vomiting. In more severe cases: anuria, fever, hemoglobinuria, icterus, and/or oliguria. Following ingestion and digestion, pyrimidine derivatives in high doses can cause hemolysis (PHR). L-dopa may cause a rise in blood pressure (PHR). L-dopa is contraindicated if you have heart, liver, lung, kidney, or thyroid problems; glaucoma; or are taking vitamin B6, antidepressants (especially MAOIs), and antipsychotic drugs. L-dopa may activate malignant melanomas, which, however, can be checked by 100 mg/day coumarin, found in the tonka bean.

Extracts (Faba Bean) — Estrogenic activity of fresh beans is equivalent to 11.4 μg estradiol monobenzoate/kg. The ethanol-ether extract of the seeds at a 50-mg dose level stimulated nonpregnant uterus at diestrus (WOI). "The immature seeds exhibited appreciable antifungal activity; phytoalexins came into play to combat the infection" (WOI). L-dopa LD50 = 609 ppm (orl rbt); LD50 = 3650 ppm (orl mouse); LD50 = 4000 ppm (orl rat) (FNF).

FAIRY FLAX, MOUNTAIN FLAX (*Linum catharticum* L.) +

Activities (Fairy Flax) — Bitter (f; PH2); Emetic (f; PH2); Diuretic (1; EFS; HHB); Laxative (1; EFS; PH2); Vermifuge (f; EFS; HHB).

Indications (Fairy Flax) — Amenorrhea (f; HHB); Ascites (f; HHB; MAD); Bronchosis (f; HHB); Catarrh (f; HHB; MAD; PH2); Constipation (1; EFS; PH2); Cough (f; PH2); Diarrhea (f; HHB; PH2); Dropsy (f; PH2); Dysuria (f; PH2); Edema (f; PH2); Hemorrhoid (f; HHB; PH2); Hepatosis (f; EFS; HHB; MAD); Oliguria (f; PH2); Rheumatism (f; HHB; MAD; PH2); Water Retention (1; EFS; HHB); Worm (f; EFS; HHB; PH2).

Dosages (Fairy Flax) — 2.5 g/cup tea (HHB); 2 g powdered herb/cup (MAD); 2–3 tsp (4.8–7.2 g) hot tea/day (MAD); 2 g herb/cup tea (PH2).

Contraindications, Interactions, and Side Effects (Fairy Flax) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Small doses are laxative; larger doses are emetic and laxative, causing gastroenterosis.

FALSE SCHISANDRA (*Kadsura japonica* (L.) Dunal) +

Synonym — *Uvaria japonica* L.

Activities (False Schisandra) — Analgesic (f; PH2); Anticancer (f; PH2); Antiinflammatory (f; PH2); Antispasmodic (f; PH2); Hepatoprotective (f; PH2).

Indications (False Schisandra) — Asthma (f; PH2); Cancer (f; PH2); Cough (f; PH2); Cramp (f; PH2); Diarrhea (f; PH2); Dysmenorrhea (f; PH2); Enuresis (f; PH2); Inflammation (f; PH2); Insomnia (f; PH2); Night Sweats (f; PH2); Osteosis (f; PH2); Pain (f; PH2); Spermatorrhea (f; PH2); Stomachache (f; PH2); Swelling (f; PH2).

Dosages (False Schisandra) — 1.5–6 g fruit (9–15 in Chinese people) (PH2).

Contraindications, Interactions, and Side Effects (False Schisandra) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

FALSE UNICORN ROOT, DEVIL'S BIT (*Chamaelirium luteum* (L.) A. Gray) +

Synonyms — *Helonias dioica;* and in the PH2, *Veratrum luteum.*

Activities (False Unicorn Root) — Antihydrotic (f; HHB); Aperitif (f; FAD); Diuretic (f; APA; EFS; PH2); Emetic (f; APA); Emmenagogue (1; APA; EFS; FNF); Estrogenic (1; APA; FNF); Laxative (f; APA); Mastogenic (1; FNF); Oxytocic (1; PH2); Tonic (f; APA); Uterotonic (1; FAD; FNF; MAD); Vermifuge (1; EFS; PH2).

Indications (False Unicorn Root) — Albuminuria (f; MAD); Amenorrhea (1; APA; FNF; MAD); Anemia (f; MAD); Anorexia (f; FAD); Backache (f; MAD); Cervicosis (f; MAD); Childbirth (f; MAD); Climacteric (f; HHB); Colic (f; FAD); Constipation (f; APA); Cystosis (f; MAD); Debility (f; MAD); Dysmenorrhea (1; APA; FNF; PH2); Dyspepsia (f; APA; FAD); Endometriosis (f; MAD); Fever (f; APA; HHB); Hepatosis (f; APA); Infertility (1; APA; FNF); Leukorrhea (f; APA; MAD); Menopause (1; APA; FNF); Menorrhagia (f; MAD); Metritis (f; MAD); Miscarriage (threatened) (1; APA; FNF); Morning Sickness (1; CAN; FNF); Nephrosis (f; MAD); Neurasthenia (f; MAD); Pain (f; APA); Parturition (1; APA; FNF); Pregnancy (f; PH2); Prolapse (f; MAD); Prostatosis (f; APA); Spermatorrhea (f; HHB); Uterosis (f; MAD); Water Retention (f; APA; EFS; PH2); Worm (f; APA; EFS; FAD; PH2); (not considered by KOM; PH2).

Dosages (False Unicorn Root) — 2–4 ml liquid root extract (APA; PNC); 1–2 g root as tea 3 ×/day (CAN); 1–2 ml liquid root extract (1:1 in 45% ethanol) 3 ×/day (CAN); 2–5 ml root tincture (1:5 in 45% ethanol) 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (False Unicorn Root) — Class 2b. Emmenagogue, GI irritant, and uterotonic (AHP). "Health hazards not known with proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Overdosage with saponins can cause gastric distress. Large doses may cause nausea and vomiting (CAN). Avoid during pregnancy (FAD; PH2). Canadian regulations do not allow it as an ingredient in oral use products (Michols, 1995).

FANG JI, HAN FANG JI (*Stephania tetrandra* S. Moore) +

Activities (Fang Ji) — Analgesic (1; DAA); Antiaggregant (1; KEB); Antiallergic (f; KEB); Antianginal (2; KEB); Antiarrhythmic (1; KEB); Antiasthmatic (f; KEB); Antiatherogenic (1; KEB); Anticollagen (f; KEB); Antiedemic (f; DAA); Antifibrotic (2; KEB); Antiinflammatory (1; DAA); Antileukotriene (1; KEB); Antioxidant (1; KEB); Antiphagocytotic (1; KEB); Antipyretic (f; DAA); Antirheumatic (1; KEB); Antiseptic (1; DAA); Antithromboxane (f; KEB); Antitumor (1; DAA); Calcium Antagonist (1; KEB); Carminative (f; DAA); Diuretic (f; DAA); Hypotensive (2; KEB); Immunodepressant (f; KEB); Laxative (f; DAA); Myorelaxant (1; KEB); NKC-inhibitor (1; KEB); NO-Inhibitor (1; KEB).

Indications (Fang Ji) — Allergy (f; KEB); Amebiasis (2; KEB); Angina (2; KEB); Arrhythmia (1; KEB); Arthrosis (1; DAA; KEB); Asthma (f; KEB); Atherosclerosis (1; KEB); Autoimmunism (f; KEB); Cancer (1; DAA); Carbuncles (f, DAA); Constipation (f; DAA); Diabetes (1; KEB); Dysentery (2; KEB); Dysuria (f; KEB); Edema (f; DAA); Encephalosis (1; KEB); Fever (f; DAA); Fibrosis (2; KEB); Gas (f; DAA); High Blood Pressure (2; KEB); IDDM (1; KEB); Inflammation (1; DAA); Lumbago (f; DAA); Myalgia (f; DAA); Neuralgia (f; DAA); Pain (1; DAA); Pulmonosis

(f; KEB); Rheumatism (1; DAA; KEB); Scabies (f; DAA); Silicosis (2; KEB); Swelling (f; DAA); Tumor (1; DAA); Uveosis (1; KEB); Water Retention (f; DAA).

Contraindications, Interactions, and Side Effects (Fang Ji) — Class 1 (AHP). Canadian regulations do not allow fang ji as a nonmedicinal ingredient in oral use products (AHP); too often adulterated with nephrotoxic species of *Aristolochia* (AHP). Tetrandrine is hypotensive at 100 mg 3 ×/day (oral) for a week. That equates to 10–20 g herb/day (KEB).

FENNEL (*Foeniculum vulgare* Mill.) ++

Activities (Fennel) — Abortifacient (1; CRC); Alexeteric (f; KAB); Analgesic (1; APA; CRC; MAB; SKY; TAD); Anorectic (1; APA; TAD); Antiandrogenic (1; MAB); Antibacterial (1; APA; MAB; TAD); Antidopaminergic (1; MAB); Antidote (f; APA); Antiedemic (1; TRA); Antifertility (1; MAB); Antiinflammatory (1; APA; PNC; SHT; TRA); Antileukemic (1; MAB); Antioxidant (1; MAB); Antipyretic (1; MAB; SKY; TAD); Antiseptic (1; KOM; MAB; TAD; TRA); Antispasmodic (1; APA; KOM; MAB; PH2; PNC; TRA; WAM); Antitussive (1; MAB); Antiviral (1; TRA); Antiwrinkle (f; MAB); Aperitif (f; BGB; JFM; KAB; PNC); Aphrodisiac (1; CRC; KAB; MAB); Bitter (1; KAB); Cardiotonic (f; CRC); Carminative (1; APA; PNC; SUW; TRA; WAM); Choleretic (1; MAB; SKY; TAD); Cholinomimetic (1; MAB); Collyrium (f; CRC; DEM; JFM); Cytotoxic (1; MAB); Diaphoretic (f; NAD); Digestive (1; AKT; BGB; TAD; WAM); Diuretic (1; APA; HHB; MAB; SUW; TRA; ZUL); Emmenagogue (1; APA; CRC; FFJ14:382; SUW); Estrogenic (1; TRA); Expectorant (1; APA; MAB; SHT; TRA); Estrogenic (1; APA; PNC; SKY); Eupeptic (1; TRA); Expectorant (f; CRC); Fungicide (1; CRC; MAB; TRA); Gastrostimulant (f; PH2); Hepatoregenerative (1; PNC); Lactagogue (1; BGB; CRC; KAB; MAB; TAD; WAM); Laxative (f; NAD; SUW); Mastogenic (1; MAB); Mucogenic (1; MAB); Mucolytic (1; APA; BGB; MAB); Mutagenic (1; MAB); Myorelaxant (1; APA; MAB); Myostimulant (1; MAB); Narcotic (1; APA; CRC); Pectoral (f; CRC); Secretolytic (1; BGB; PIP; KOM); Stimulant (1; CRC; FFJ14:382; SUW); Stomachic

(1; CRC; PNC; SUW); Tonic (f; CRC; JFM); Vagina Protective (1; MAB); Vermifuge (1; CRC; KAB; SUW).

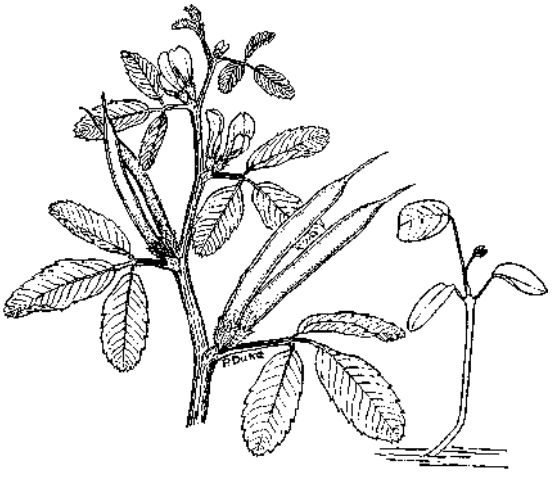
Indications (Fennel) — Aerophagia (f; CRC); Alactea (1; MAB); Amenorrhea (1; CRC; KAB; MAB); Andropause (f; TAD); Anorexia (1; BGB; JFM; KAB; KAP; MAB; VVG); Apnea (1; MAB); Asthma (f; KAB); Backache (f; CRC); Bacteria (1; APA; MAB; TAD); Biliousness (f; KAB); Bite (f; CRC); Blepharosis (f; MAB); Body Odor (f; WAF); Bronchosis (2; PHR; PH2); Cancer (1; CRC; FNF; JLH); Cancer, breast (1; FNF; JLH); Cancer, diaphragm (1; FNF; JLH); Cancer, gum (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, prostate (f; APA); Cancer, spleen (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cancer, throat (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Cancer, uvula (1; FNF; JLH); Catarrh (2; BGB; KOM; PH2; PIP); Cellulite (f; MAB); Childbirth (f; CRC; DEM); Cholera (f; CRC); Cold (f; JFM); Colic (1; APA; CRC; DEM; MAB; WAM); Colitis (f; AKT; MAB); Condyloma (f; CRC); Conjunctivosis (1; APA; MAB); Constipation (1; MAB; NAD; SUW); Cough (2; APA; KAB; MAB; PHR; PH2); Cramp (1; APA; BGB; CRC; KOM; MAB; PH2; PNC; TRA; WAM); Diarrhea (1; APA; MAB; SHT); Dysentery (f; AKT; KAB); Dysmenorrhea (f; AKT; BGB; HHB); Dyspepsia (2; KOM; MAB; PH2; SHT); Dysuria (f; CRC); Earache (f; TRA); Enterosis (2; AKT; BGB; CRC; KAB; KAP; PH2; PIP; TRA); Enuresis (f; APA; CRC); Fever (1; KAB; MAB; NAD; SKY; TAD); Flu (1; ZUL); Flux (f; CRC); Frigidity (1; APA; CRC); Fullness (f; PH2); Fungus (1; CRC; MAB; TRA); Gas (2; APA; KOM; PH2; PNC; SUW; TRA; VVG; WAM); Gastrosis (2; BGB; CRC; KOM; PIP; TRA); Gonorrhea (f; CRC); Halitosis (1; AKT); Headache (f; KAB); Heart (f; CRC); Heartburn (f; DEM; MAB); Hepatosis (1; JLH; PNC); Hernia (f; APA; CRC; MAB); Hiccup (1; MAB); IBS (f; MAB; SKY); Impotence (1; CRC; MAB); Induration (f; CRC; JLH); Infection (1; CRC; MAB; TRA); Inflammation (1; APA; KAB; PNC; SHT; TRA); Jaundice (f; HHB; ZUL); Leprosy (f; KAB); Leukemia (1; MAB); Menopause (1; MAB); Morning Sickness (f; WAF); Motion Sickness (f; WAF); Mycosis (1; CRC; MAB; TRA); Nausea (1; APA; BGB; CRC; MAB); Nephrosis (f; CRC; KAB); Obesity (1; CRC; MAB); Oligolactea (1; WAM); Ophthalmia (f; CRC; DEM; KAB); Osteoporosis (1; TRA); Pain (1; APA; CRC; MAB; SKY; TAD); Pharyngosis (1; MAB); Pulmonosis (f; KAB); Respirosis (2; APA; KOM; PH2; PIP); Scirrhus (f; JLH); Side Ache (f; ZUL); Snakebite (f; APA; CRC; KAB); Sore (f; CRC); Spasm (f; CRC); Spermatorrhea (1; APA); Splenosis (f; CRC; KAB); Stomachache (1; APA; KAB; WAM; ZUL); Stomatosis (1; MAB); Strangury (f; CRC); Swelling (1; TRA); VD (f; CRC; KAB); Tenesmus (f; CRC); Thirst (f; KAB); Toothache (f; CRC); Uterosis (f; JLH); Virility (f; CRC); Virus (1; TRA); Vomiting (f; MAB); Water Retention (1; APA; CRC; HHB; MAB; SUW; TRA; ZUL); Wen (f; JLH); Worm (1; CRC; KAB; SUW); Wound (f; KAB); Wrinkle (f; MAB).

Dosages (Fennel) — 900–1800 fruit/day (MAB); 2–6 tsp fresh seed (PED); 1–3 g dry seed (PED); 2 g dry seed:10 ml alcohol/10 ml water (PED); 5–7 g seed/day (PIP); $^1/_2$ tsp seed/cup water 3 ×/day (SKY); 1–2 tsp mashed seed/cup water (APA); 10–40 g powder (KAP); 5–10 ml oil (KAP); 3–6 ml fluid extract (1:2)/day(MAB); 0.5–2 ml liquid seed extract (PNC); 2–4 ml tincture (SKY); 7–14 ml tincture (1:5)/day (MAB); 0.5–1 tsp tincture 3 ×/day (APA); 5–7.5 g compound tincture (PIP); 5–20 drops EO/day (MAB); 0.1–0.6 ml EO (PH2); 0.03–0.2 ml EO (PNC); 10–20 g fennel syrup (PIP); 0.3–1 ml concentrated fennel water (PNC).

Contraindications, Interactions, and Side Effects (Fennel) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Commission E reports no contraindications for herbal teas (and other preparations providing similar doses of EO), but other dosage forms (e.g., the EO) should be avoided during pregnancy. The EO should also be avoided in infants and small children (AEH). Nursing mothers taking anise and/or fennel tea to stimulate lactation exhibited temporary CNS disturbances, emesis, lethargy, poor suckling, restlessness, and torpor in the newborn (15–20 days old), possibly due to anethole in the milk (infants were healthy at 6-month follow-up) (*Acta Pediatrica* 83: 683; 1994). To be avoided by women who are pregnant, lactating, or with an estrogen-dependent cancer (SKY). Adverse effects: isolated cases of allergic reactions of skin and lungs (AEH). Fennel represents a low allergenic risk. A case of asthma with atopic disposition caused by

fennel has been reported (AEH). Seeds not to be long taken at rate of 6 g seed/day (Commission E), perhaps due to estrogenic anethole and carcinogenic estragole (I'd not be afraid.) We might extend to all apiaceous oils Bisset's comments on celery seed oil, "The drug is contraindicated in inflammation of the kidneys," since apiaceous EOs may increase the inflammation as a result of epithelial irritation (BIS). Extracts of fennel can induce estrus and cause growth of mammary glands (MAB). Moderate doses of an acetone extract increased the weight of the mammary glands in rats (MAB). LD50 of EO 3120 = 4500 ml/kg orally (MAB); LD50 anethole 2090 mg/kg orl rat (MAB); LD50 fennel seed tincture = >3000 mg/kg orl rat (equivalent to 30,000 seed) (MAB).

FENUGREEK (*Trigonella foenum-graecum* L.) +++



Activities (Fenugreek) — Analgesic (f; MAD); Anesthetic (1; TAD); Antiatherosclerotic (1; BGB); Antidiabetic (1; BGB; PNC); Antidiuretic (1; CAN); Antiinflammatory (2; KOM); Antiseptic (2; KOM); Antispasmodic (1; PED; PNC); Antitumor (1; PNC); Aperitif (2; APA; CAN; PH2); Aphrodisiac (f; CRC; HHB; KAB; SPI); Astringent (f; CRC; PED); Cardiotonic (1; APA; CAN); Carminative (f; APA; CRC; WOI); Cholagogue (f; BGB); Demulcent (2; CAN; PNC); Digestive (f; APA); Diuretic (1; APA; CAN; CRC); Ecbolic (f; CRC); Emmenagogue (1; CRC; FNF; KAB); Emollient (2; APA; CAN; PH2; PNC); Estrogenic (1; JAD); Expectorant (f; CAN; CRC; SPI); Hydragogue (1; PH2); Hyperemic (2; KOM); Hypocholesterolemic (2; BGB; BRU; CRC; PNC); Hypoglycemic (2; BRU; CAN; PHR; PH2; SKY); Hypolipidemic (1; BGB); Hypotensive (1; CAN); Hypotriglyceridemic (1; BGB); Insectifuge (1; WOI); Lactagogue (1; CRC; JAD; PHR; PH2; WOI); Laxative (2; PNC); Lipolytic (1; BRU; PH2; PNC); Mastogenic (1; FNF; HAD); Mucilaginous (1; PED); Myorelaxant (1; PNC); Oxytocic (1; PNC); Parturient (f; BGB); Propecic (f; MAD); Protease Inhibitor (1; HH2); Secretolytic (2; KOM); Spermicide (1; CRC); Steroid Precursor (1; JAD); Tonic (f; CRC; PED; WOI); Uterotonic (1; APA; CAN; PED); Vermifuge (f; CRC; HHB); Vulnerary (1; CAN; PHR; TAD).

Indications (Fenugreek) — Abscess (f; WOI); Adenopathy (f; CRC; HHB); Alactea (1; PH2; WOI); Allergy (f; PED); Alopecia (1; APA; KAP; MAD); Anemia (1; GMH; SPI); Anorexia (2; APA; CAN; KOM; PH2); Aposteme (f; JLH); Arthrosis (1; KOM); Atherosclerosis (1; BGB; SKY); Bacteria (1; WOI); Boil (f; BGB; GMH; KAP); Bronchosis (f; APA; PH2); Burn (f; CRC); Calculus (1; APA); Cancer (1; APA; PNC); Cancer, abdomen (1; FNF; JLH); Cancer, bladder (1; FNF; JLH); Cancer, breast (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, eye (1; FNF; JLH); Cancer, gland (1; FNF; JLH); Cancer, groin (1; FNF; JLH); Cancer, intestine (1; FNF; JLH); Cancer, kidney (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, parotid (1; FNF; JLH); Cancer, rectum (1; FNF; JLH; MAD); Cancer, spleen (1; FNF; JLH); Cancer, stomach

(1; FNF; JLH); Cancer, testes (1; FNF; JLH); Cancer, throat (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Cancer, uvula (1; FNF; JLH); Carbuncle (f; GMH; KAP); Catarrh (f; PH2); Childbirth (1; APA; BGB); Chilblain (f; CRC); Cholecystosis (f; CRC); Colic (f; APA; CRC; KAP); Constipation (2; PNC; SKY; SPI); Colitis (f; PH2); Cough (f; APA; PED; PH2); Cramp (1; PED; PNC); Cystosis (f; JLH; SKJ); Debility (f; MAD); Dermatosis (2; APA; CRC; PHR; PH2); Diarrhea (1; APA; CRC; KAP); Diabetes (1; BGB; PNC); Dysentery (f; HHB; KAB); Dusgeuzia (f; KAB); Dysmenorrhea (f; BGB); Dyspepsia (2; APA; CAN; PHR); Eczema (1; BGB; PHR; PH2); Edema (f; BGB; SKJ); Enterosis (f; BGB; PH2; WOI); Fatigue (f; MAD); Fever (f; APA; CRC; PH2); Fistula (f; CRC); Furunculosis (f; BGB; HHB; PHR); Gas (1; APA; CRC; WOI); Gastrosis (f; APA; BGB; CAN; GMH); Gout (f; BGB; CAN; CRC; GMH); Hay Fever (f; PED); Hemorrhoid (f; MAD); Hepatosis (f; CRC; JLH; KAP); Hernia (f; APA; BGB; CRC; PH2); High Blood Pressure (1; CAN); High Cholesterol (2; APA; BGB; BRU; CAN; CRC; PNC; SKY); High Triglyceride (1; BGB; SKY); Hyperglycemia (2; BRU; CAN; PHR; PH2; SKY); Hyperlipidemia (1; BGB); Impotence (f; APA; CRC; PH2); Infection (1; APA; WOI); Inflammation (2; APA; BRU; KOM; PH2); Leukorrhea (f; KAP); Lymphadenosis (f; BGB; CAN); Mastosis (f; JLH); Myalgia (f; BGB; CAN); Nephrosis (f; APA; CRC; JLH); Neuralgia (f; APA; CRC); Neurasthenia (f; GMH); NIDDM (2; APA; BRU; CAN; CRC); Obesity (1; BGB); Ophthalmia (f; JLH); Orchosis (f; JLH); Osteomyelosis (f; HHB; MAD); Oxaluria (1; APA); Pain (1; MAD; PH2; TAD); Parotosis (f; JLH); PMS (f; BGB); Proctosis (f; JLH; MAD); Rachosis (f; MAD); Respirosis (f; APA; PH2); Rheumatism (f; APA; CRC); Sciatica (f; CRC); Scrofula (f; GMH; HHB); Smallpox (f; KAB; KAP); Sore (f; APA; BGB; MAD; PH2); Sore Throat (1; APA; CRC; MAD); Splenosis (f; HHB; KAP); Splenomegaly (f; CRC; KAB); Stomatosis (f; APA); Swelling (f; HHB; KAB; PHR); Syndrome-X (1; SYN); Syphilis (f; SKJ); Tuberculosis (f; APA; CRC; HHB; MAD; SPI); Tumor (1; CRC; PNC); Ulcer (1; APA; PNC); Ulcus cruris (f; HHB); Uterosis (f; JLH); Vaginosis (f; BGB); VD (f; SKJ); Vomiting (f; PH2); Water Retention (1; APA; CAN; CRC); Worm (f; CRC; HHB); Wound (f; BGB; HHB).

Dosages (Fenugreek) — 1 tbsp mashed seed/8 oz water, up to 3 ×/day as gargle (APA); 1–6 g seed 3 ×/day (CAN); 5–90 g seed/day (SKY); 0.25–0.5 cup seed (PED); 6–12 g dry seed (PED); 50 g powdered seed with 0.25 liter water (HH2); 6.3 g/day (MAD); 1 (620 mg) capsule 2–3 ×/day (NH).

Contraindications, Interactions, and Side Effects (Fenugreek) — Class 2b (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Contraindicated in pregnancy (PH2). Due to its oxytoxic and uterine stimulant actions, *in vitro*, its use in pregnancy and lactation is to be avoided. Commission E reports no contraindications or interactions for oral use of the seed. Adverse skin reactions to repeated external use (AEH). An idiosyncratic gastroenterosis was fingered on fenugreek in *LRNP* (July 1987). One woman with micromazia complained of mastogenic activity following ingestion of fenugreek sprouts. May interfere with anticoagulant, blood sugar, hormonal, and/or MAOI therapies. High mucilaginous/fiber content may interfere with absorption of other drugs. Since all herbs, spices, and food plants, like drugs, contain pharmacologically active ingredients, it seems it could go without saying, "the presence of pharmacologically active constituents would suggest that excessive ingestion is inadvisable" (CAN). Alcoholic seed extract LD50 = 5000 mg/kg orl rat; 2000 der rabbit (CAN). Converted to niacin and other pyridines and pyrroles when cooked (PED).

FEVER BARK (*Alstonia constricta* F. Muell.) X

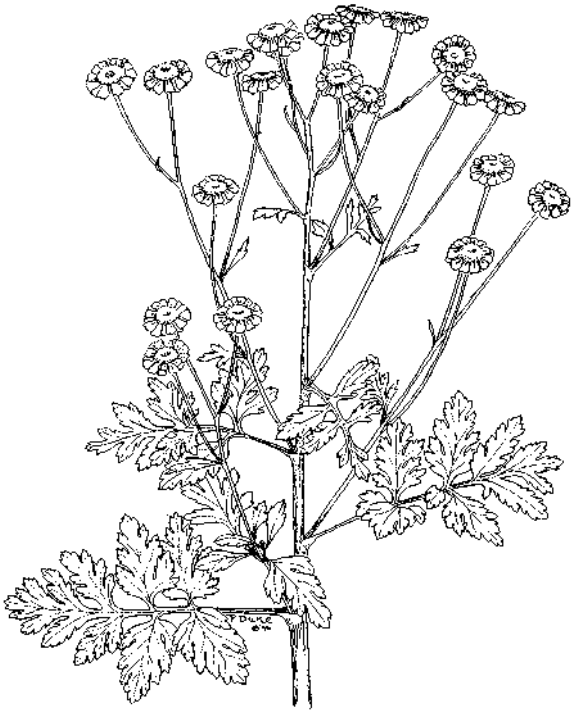
Activities (Fever Bark) — Antispasmodic (f; PH2); Antipyretic (f; PH2); Hypotensive (f; PH2); Stimulant (f; PH2); Uterotonic (f; PH2).

Indications (Fever Bark) — Cramp (f; PH2); Diarrhea (f; PH2); Fever (1; PH2); High Blood Pressure (f; PH2); Malaria (f; PH2); Rheumatism (f; PH2).

Dosages (Fever Bark) — As 1:1 liquid extract (average dose 4–8 ml); 1:8 or 1:10 tinctures (average dose 2–4 ml/day); of 1:20 infusion (average dose 15–30 ml/day) (HHB; PH2).

Contraindications, Interactions, and Side Effects (Fever Bark) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

FEVERFEW (*Tanacetum parthenium* (L.) Sch. Bip.) ++



Synonyms — *Chrysanthemum parthenium* (L.) Bernh., *C. praealtum* Vent., *Leucanthemum parthenium* (L.) Gren. & Godr., *Matricaria exima* hort. ex Voss, *M. parthenium* L.

Activities (Feverfew) — Abortifacient (f; CRC); Allergenic (1; FAD); Analgesic (1; APA; PNC; TRA; WAM); Antiaggregant (1; CAN; PHR; TRA); Antiallergenic (1; WAM); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Antibacterial (1; TRA); Anticancer (1; COX; FNF); Antihistaminic (1; CAN; PHR); Antiinflammatory (1; AKT; CAN; COX; WAM); Antileukotriene (f; CAN); Antiprostaglandin (1; CAN; PHR; PH2); Antipyretic (f; PNC); Antirheumatic (f; PNC); Antisecretory (f; LAF); Antiseptic (1; CRC; FAD; HH3; PHR); Antiserotonin (1; APA; PED); Antispasmodic (1; APA; TRA; WAM); Antitumor (1; TRA); Aperient (f; CRC); Aperitif (f; JFM); Bitter (1; GMH; PED); Cardioactive (f; CRC); Carminative (f; CRC; GMH; JFM); COX-2 Inhibitor (1; COX; FNF); Cytotoxic (1; HH3); Deodorant (1; APA); Depurative (f; CRC); Dermatitigenic (1; FAD); Digestive (f; CRC; JFM; PH2); Emmenagogue (f; APA; CRC; GMH; JFM); Insectifuge (1; APA; GMH); Insecticide (f; CRC; PHR; PH2); Laxative (f; CRC); Parasiticide (f; PH2); Resolvent (f; CRC); Sedative (f; FAD; JFM); SSRI (1; JAD; PHR); Stimulant (f; PHR; PH2); Stomachic (f; CRC; PNC); Tonic (f; CRC; JFM; PHR; PH2); Tranquilizer (f; PHR; PH2); Uterotonic (1; AKT); Vermifuge (f; CRC; PNC).

Indications (Feverfew) — Addiction, opium (f; APA; JFM); Allergy (1; PHR; PH2; WAM); Alzheimer's (1; COX; FNF); Amenorrhea (f; GMH); Anemia (f; CRC); Anorexia (f; JFM); Arthrosis (1; AKT; CAN; COX; FAD; FNF; PH2); Asthma (1; COX; PED); Bacteria (1; HH3; TRA); Biliousness (f; CRC; JFM); Bite (f; GMH); Bruise (f; CRC); Cancer (1; COX; CRC; FNF; TRA); Candida (1;

HH3); Childbirth (f; JFM); Cluster Headache (1; HAD); Cold (f; CRC; FAD); Colic (f; CRC; GMH; TRA); Constipation (f; CRC); Cough (f; GMH); Cramp (1; APA; FAD; PH2; TRA; WAM); Depression (f; GMH); Dermatosis (f; PED); Diarrhea (f; CRC; JFM); Dizziness (f; AKT); Dysmenorrhea (f; FAD; PHR; PNC); Dyspepsia (f; CRC; GMH; PHR; PH2); Dyspnea (f; GMH); Earache (f; CRC; GMH; JFM); Escherichia (f; HH3); Fever (f; APA; CRC; PNC); Fungus (1; HH3); Gas (f; CRC; GMH; JFM); Gastrosis (f; TRA); Headache (1; APA; SKY; WAM); Heart (f; JFM); Hysteria (f; CRC; GMH; JFM); Infection (1; HH3); Inflammation (1; AKT; CAN; COX; FNF; PHR; PH2; WAM); Insomnia (f; FAD; JFM); Lochia (f; PH2); Menstruation (f; CRC); Migraine (3; APA; FAD; PH2; TRA; WAM); Morphinism (f; APA); Mycosis (1; HH3); Nausea (f; APA); Nervousness (f; FAD; JFM; PHR; PH2); Neurosis (f; APA); Pain (1; APA; GMH; PNC; TRA; WAM); Parasite (f; PHR; PH2); Parturition (f; CRC); Puerperium (f; PHR); Rheumatism (f; CAN; DEM; PHR; PH2; PNC); Salmonella (1; HH3; TRA); Spasm (f; CRC); Staphylococcus (1; HH3; TRA); Stomachache (1; CAN); Swelling (f; CRC; DEM); Toothache (f; CAN); Tinnitus (f; CAN); Tumor (1; TRA); Vertigo (f; AKT; CAN); Vomiting (1; AKT); Worm (f; CRC; FAD; PNC); Wound (f; PHR; PH2); Yeast (1; HH3).

Dosages (Feverfew) — 600 μg parthenolide 1–3 ×/day (AKT); 250 μg parthenolide (APA); 2–3 leaves chewed daily with or without food (APA; CAN); 50 mg freeze-dried leaf daily with or without food (CAN); 0.25–0.5 tsp fresh leaf (PED); 0.2–0.4 g dry leaf (PED); 0.3 g dry leaf:2 ml alcohol/1 ml water (PED); 4–8 ml liquid leaf extract (APA; PNC); 50–200 mg dried shoots daily (CAN); 2 (380 mg) capsules 3 ×/day (NH). DANGEROUS ERROR ->250 mg parthenolide/day [should have said 250 μg] (SKY).

Contraindications, Interactions, and Side Effects (Feverfew) — Class 2b (AHP). Oral feverfew may cause mouth ulcers in ca. 10% of patients. Should not be taken by pregnant women because the leaves have emmenagogue activity (*LRNP,* June 1990). No serious side effects have been noticed in those taking feverfew over years as a preventive. Side effects: ulcerations of the mouth, sore tongue, inflammation of the oral mucosa and tongue, swelling of the lips, unpleasant taste, loss of taste, urinary problems, headache, diarrhea, dry mouth, dusgeusia, gas, glossosis, hypersensitivity, nausea, stomatosis, and vomiting (most were apparent only in the first week) reported by those using feverfew. Cases of allergic contact dermatosis in humans have also been reported (AEH). Cases of contact dermatosis are rare. Mild tranquilizing and sedative effects have been reported. Chewing the leaves for extended periods may lead to abdominal pains and dyspepsia. Sesquiterpene lactones (SLs) are aromatic compounds widely distributed in certain plant families, with highest concentrations generally found in leaves and flowers. Sheep and cattle poisonings due to SL-containing species have been reported. SLs are allergenic and may cause dermatosis (CAN). Because it is reputed to be abortifacient and to affect the menstrual cycle, its use in pregnancy and lactation is to be avoided. "Self-medication with feverfew should not be undertaken without first consulting a doctor" (CAN). "Should not be used by children under the age of two years" (SKY). Do not use with calcium channel blockers, ticlopadine, or coumadin (O'Brien, 1998).

Extracts (Feverfew) — Inhibit leukotriene, prostaglandin, and thromboxane production; inhibit phospholipase A2 (facilitating the release of arachidonic acid from the phospholipid cellular membrane; clinical relevance questionable) (CAN). Extracts inhibit interaction of platelets with collagen substrates. Inhibits granule secretion in blood platelets and neutrophils (associated with etiology of migraine and rheumatoid arthrosis, respectively). SLs with an alpha-methylene butyrolactone unit may explain antisecretory activity (CAN). Extracts produce a dose-dependent inhibition of anti-IgE-induced histamine release from mast cells (differently than cromoglycate and quercetin) (CAN). Contains several COX-2 inhibitors, but one of best sources of parthenolide (COX).

FIELD SCABIOUS (*Knautia arvensis* (L.) Coult.) ++

Synonyms — *Scabiosa arvensis* L., *Trichera arvensis* Schrader.

Activities (Field Scabious) — Acaricide (f; MAD); Antiseptic (f; EFS; PH2); Astringent (f; EFS; PH2); Depurative (f; EFS; HHB; MAD); Expectorant (f; EFS; PH2); Laxative (f; EFS; PH2); Vulnerary (f; EFS; MAD).

Indications (Field Scabious) — Cancer (f; JLH); Carbuncle (f; MAD); Condyloma (f; JLH); Constipation (f; EFS; PH2); Cough (f; HHB); Cystosis (f; HHB; PH2); Dermatosis (f; HHB; PH2); Diarrhea (f; MAD); Dropsy (f; MAD); Dyspepsia (f; PH2); Eczema (f; HHB; PH2); Favus (f; PH2); Gonorrhea (f; MAD); Impetigo (f; MAD); Inflammation (f; PH2); Itch (f; HHB; MAD; PH2); Malaria (f; MAD); Phthisis (f; MAD); Respirosis (f; PH2); Scabies (f; EFS; MAD; PH2); Scrofula (f; EFS); Side Ache (f; MAD); Sore (f; HHB; PH2); Sore Throat (f; HHB; PH2); Syphilis (f; MAD); Tick (f; MAD); Tuberculosis (f; MAD); Urticaria (f; MAD); VD (f; JLH; MAD); Worm (f; MAD); Wound (f; MAD).

Dosages (Field Scabious) — 4 tsp (3.2 g) in hot tea (MAD); 4 tsp shoot in 2 glasses water/day (PH2).

Contraindications, Interactions, and Side Effects (Field Scabious) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

FIG (*Ficus carica* L.) ++

Activities (Fig) — Alexeteric (f; BIB); Allergenic (1; HH3); Anticancer (1; X11473446); Antileukemic (1; X11473446); Antilymphomic (1; X11473446); Antisarcomic (1; X11473446); Antiseptic (f; BIB); Antitumor, breast (1; X11473446); Antitumor, prostate (1; X11473446); Aperient (f; BIB); Aphrodisiac (f; BIB; HH3); Ascaricide (1; WOI); Catabolic (1; X11473446); Demulcent (f; BIB; EFS); Deodorant (f; KAB); Digestive (f; BIB); Diuretic (1; BIB; HH3); Emollient (f; BIB; EFS); Expectorant (f; BIB; EFS); Hypoglycemic (1; X11473446); Lactagogue (F; DAA); Laxative (f; BIB; EFS); Litholytic (f; BIB); Pectoral (f; BIB); Phototoxic (1; HH3); Proteolytic (1; WOI); Restorative (f; BIB); Stomachic (f; BIB); Tonic (f; BIB); Vermifuge (1; BIB; HHB; X11473446).

Indications (Fig) — Abscess (f; BIB); Adenopathy (1; HHB; JLH); Acne (f; BIB); Alopecia (f; BIB); Anemia (f; WOI); Ascaris (1; WOI); Asthma (f; BIB; JFM); Boil (f; BIB); Callus (f; JLH); Cancer (1; BIB; X11473446); Cancer, abdomen (1; FNF; JLH); Cancer, bladder (1; FNF; JLH); Cancer, breast (1; FNF; HHB; X11473446); Cancer, cervix (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, eye (1; FNF; JLH); Cancer, foot (1; FNF; JLH); Cancer, gum (1; FNF; JLH); Cancer, kidney (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, mouth (1; FNF; JLH); Cancer, neck (1; FNF;

JLH); Cancer, parotid (1; FNF; JLH); Cancer, prostate (1; X11473446); Cancer, spleen (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cancer, testicle (1; FNF; JLH); Cancer, throat (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Cancer, vulva (1; FNF; JLH); Candida (f; BIB); Carbuncle (f; BIB); Catarrh (f; BIB; KAB); Cervicosis (f; JLH); Cold (f; HH3; JFM); Condyloma (f; BIB); Constipation (f; BIB; EFS; KAB); Conjunctivosis (f; BIB); Corn (f; BIB; DAA); Cough (f; BIB; HH3); Cystosis (f; JLH); Diabetes (1; JFM); Diphtheria (f; BIB); Dysentery (f; PH2); Enterosis (f; PH2); Epistaxis (f; KAB); Fibroid (f; JLH); Flu (f; BIB); Gastrosis (f; DAA; JLH); Gingivosis (f; BIB; JLH); Hemorrhoid (f; BIB; HH3); Hepatosis (f; HH3; JLH); High Triglyceride (1; X11473446); Hyperglycemia (1; X11473446); Induration (f; JLH); Inflammation (f; BIB); Leprosy (f; KAB); Leukemia (1; FNF; HHB; X11473446); Lymphoma (1; FNF; HHB; X11473446); Measles (f; BIB); Mole (f; JLH); Mucososis (f; KAB); Myrmecia (f; JLH); Nephrosis (f; JLH); Obesity (1; X11473446); Ophthalmia (f; JLH); Orchosis (f; JLH); Pain (f; BIB); Paralysis (f; BIB); Parotosis (f; JLH); Pertussis (f; BIB; JFM); Phymata (f; JLH); Polyp (f; BIB); Pulmonosis (f; JLH); Rhinosis (f; JLH); Sarcoma (1; FNF; HHB; X11473446); Sclerosis (f; JLH); Scrofula (f; BIB; EFS); Sore (f; JLH); Sore Throat (f; BIB); Splenosis (f; HH3; JLH); Stomachache (f; DAA); Stomatosis (f; JLH); Stone (f; BIB); Swelling (f; JLH); Thirst (f; BIB); Toothache (f; JFM); Tumor (f; BIB); Tumor, breast (1; X11473446); Tumor, prostate (1; X11473446); Uterosis (f; JLH); VD (f; BIB); Wart (f; BIB); Water Retention (1; BIB; HH3); Wen (f; JLH); Worm (1; BIB; HHB; X11473446); Wound (f; JFM); Yeast (f; BIB).

Dosages (Fig) — Food farmacy (JAD); 30 g fig syrup (HH3); steep 2 fruits in wine or booze overnight, then eat on an empty stomach for whooping cough (JFM); boil 3 sun-dried leaves for 15 minutes in 300 g water for diabetes (JFM).

Contraindications, Interactions, and Side Effects (Fig) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Poultice of dried figs in milk is said to deodorize malignant cancers (KAB).

FIGWORT (*Scrophularia nodosa* L.) +

Activities (Figwort) — Alterative (f; FEL); Analgesic (f; EFS; FEL); Antiinflammatory (f; EFS); Depurative (f; EFS); Diuretic (f; FEL; PH2); Hypotensive (1; HHB); Laxative (f; PH2); Myocardiocontractant (1; CAN); Narcotic (f; EFS); Sedative (1; HHB); Vermifuge (f; MAD); Vulnerary (f; EFS).

Indications (Figwort) — Adenopathy (f; PH2); Bite (f; MAD); Boil (f; MAD); Bruise (f; FEL); Caked Breast (f; MAD); Cancer (f; JLH); Cancer, breast (f; JLH); Cardiopathy (f; MAD); Condyloma (f; JLH); Constipation (f; PH2); Dermatosis (f; CAN; MAD; PH2); Dropsy (f; FEL); Dysmenorrhea (f; FEL); Earache (f; MAD; PH2); Eczema (f; CAN; MAD); Fistula (f; MAD); Goiter (f; MAD); Hematuria (f; MAD); Hemorrhoid (f; FEL; MAD); Hepatosis (f; FEL); High Blood Pressure (1; HHB); Hypertony (f; PH2); Impotence (f; MAD); Inflammation (f; EFS); Insomnia (1; HHB); Itch (f; CAN; PH2); Kernel (f; JLH); Mastosis (f; JLH); Nephrosis (f; MAD); Nervousness (1; HHB); Pain (f; EFS; FEL); Pemphigus (f; MAD); Psoriasis (f; CAN); Pulmonosis (f; MAD); Rabies (f; PH2); Ringworm (f; FEL); Scab (f; MAD); Scabies (f; MAD); Sclerosis (f; JLH); Scrofula (f; EFS); Snakebite (f; MAD); Sore (f; FEL); Sore Throat (f; MAD); Swelling (f; FEL; MAD); Syphilis (f; FEL); Tonsilosis (f; PH2); VD (f; FEL; PH2); Vulvosis (f; MAD); Wart (f; PH2); Water Retention (f; FEL; PH2); Wen (f; JLH); Worm (f; MAD).

Dosages (Figwort) — 1 tsp (2.8 g) root in hot tea (MAD); 2–8 g herb as tea 3 ×/day (CAN); 2–8 ml liquid herb extract (1:1 in 25% ethanol) (CAN); 4–8 ml liquid herb extract (PNC); 2–4 ml herb tincture (1:10 in 45% ethanol) (CAN).

Contraindications, Interactions, and Side Effects (Figwort) — Class 2d. Contraindicated in ventricular tachycardia (AHP; CAN)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2)

FIREWEED (*Epilobium angustifolium* L.) ++

Synonyms — *Chamaenerion angustifolium* (L.) Scop., *Chamerion angustifolium* (L.) Holub, *Epilobium spicatum* Lam.

Activities (Fireweed) — Alpha-Reductase Inhibitor (1; X9140222); Antibacterial (1; PHR; PH2); Anti-BPH (1; PHR); Antiedemic (1; PHR; PH2); Antiexudative (f; PHR; PH2); Antiinflammatory (1; FAD; PHR; WOI); Antiprostaglandin (1; X1775578); Antiprostatitic (1; X9140222); Antiseptic (1; PHR; PH2); Antitumor (f; PHR); Aromatase Inhibitor (1; X9140222); Astringent (1; FNF; WOI); Candidicide (1; PHR; PH2); Laxative (f; DEM); Panacea (f; DEM); Toxic (f; DEM).

F

Indications (Fireweed) — Abscess (f; DEM); Arthrosis (f; DEM); Bacteria (1; PHR; PH2; X10857921); Bleeding (f; DEM; PH2); Boil (1; DEM; FAD); BPH (1; MAB; PHR; PH2); Bruise (f; DEM); Burn (f: FAD); Cancer (f; DEM; PHR); Candida (1; PHR; PH2); Carbuncle (f; DEM); Constipation (f; DEM); Cough (f; DEM); Cramp (f; FAD); Dermatosis (f: DEM; FAD); Dysentery (1; FAD; PHR); Dysmenorrhea (f; PHR); Dysuria (1; DEM; PH2); Edema (1; PHR; PH2); Enterosis (f; FAD; PH2); Gastrosis (f; PHR); Infection (1; DEM; PH2); Inflammation (1; FAD; PHR; WOI; X1775578); Mucososis (f; PHR); Nephrosis (f; DEM); Pain (f; DEM); Proctorrhagia (f; PHR); Prostatosis (1; X9140222); Shigella (1; PH2); Sore (f; DEM); Sore Throat (f; DEM); Splinter (f; DEM); Staphylococcus (1; PH2); Stomachache (f; DEM); Stomatosis (f; FAD; PHR); Swelling (1; DEM; PHR; PH2; X1775578); Tuberculosis (f; DEM); Tumor (f; PHR); Wound (f; PHR); Yeast (1; PHR; PH2).

Dosages (Fireweed) — Herb taken as a tea (FAD).

Contraindications, Interactions, and Side Effects (Fireweed) — Class 1 (AHP). Not recorded (PHR).

Extracts (Fireweed) — 1–2% leaf extract antiinflammatory (WOI). Antiinflammatory tinctures reportedly active against bacteria and yeast (*Bacillus subtilis, Candida albicans, Escherichia coli, Mycobacterium smegmatis, Pseudomonas procyanea, Shigella flexneri, Shigella sonnei, Staphylococcus albus*, and *Staphylococcus aureus*) (PHR). Any high-tannin plant can inhibit many enzymes, *in vitro*, even alpha-reductase, aromatase, elastase, lipoxygenase, and reverse-transcriptase (MAB), but this activity may not be reflected *in vivo* because of poor availability. Myricetin 3-O-beta-D-glucuronide is 10 × more potent as indomethacin in carageenan-induced edema in the rat paw model (X1775578).

FISH BERRY, LEVANT NUT (*Anamirta cocculus* (L.) Wight & Arn.) +

Synonyms — *Anamirta paniculata* Colebr., *Menispermum cocculus* L.

Activities (Fish Berry) — Analeptic (1; PH2); Antibacterial (1; WO2); Antidote, barbituate (f; PH2); Antidote, morphine (f; WO2); Avicide (1; DEP; WO2); Diaphoretic (1; PH2); Emetic (1; PH2); Insecticide (1; PH2; SKJ; WOI); Nervine (1; WO2); Paralytic (1; PH2); Parasiticide (f; DEP; PH2); Pediculicide (1; DEP; PH2); Piscicide (1; DEP; WO2); Spasmogenic (1; HH2); Sialagogue (1; PH2).

Indications (Fish Berry) — Ague (f; WO2); Bacteria (1; WO2); Chorea (1; WO2); Cramp (f; PH2); Dermatosis (1; DEP; PH2; SKJ); Dysmenorrhea (f; PH2); Epilepsy (1; WO2); Fever (1; PH2); Gout (1; PH2); Headache (f; PH2); Lice (f; DEP; HH2; PH2; SKJ); Motion Sickness (f; HH2; PH2); Neurosis (1; PH2); Nystagmus (f; PH2); Paralysis (f; PH2); Parasite (f; DEP; HH2; PH2); Phthisis (f; WO2); Scabies (1; PH2); Seasickness (f; HH2); Vertigo (f; PH2).

Dosages (Fish Berry) — Up to two fruits (HH2); do not take without responsible dispenser (JAD); 1–5 mg picrotoxin ivn; or 1 mg suppositories for 3 weeks (PH2).

Contraindications, Interactions, and Side Effects (Fish Berry) — Not covered (AHP; KOM). Very poisonous, causing convulsions, delirium, depression, diaphoresis, disturbed coordination, dizziness, dyspnea, headache, nausea, and spastic twitching (PH2; WOI; WO2). 2–3 g fruit can kill a human (HH2); 2.4 g have killed a person (WOI).

FIVE-LEAVED CHASTE TREE, HUANG JING (*Vitex negundo* L.) ++

Activities (Five-Leaved Chaste Tree) — Alterative (f; EFS); Analgesic (1; EFS; FAY; WOI; X10641133); Antiandrogenic (1; X2615438); Antibacterial (1; DAA; WOI); Antiedemic (f; FAY); Antiinflammatory (1; X1624939); Antipyretic (f; WOI); Antiseptic (1; LMP); Antitussive (1; FAY); Astringent (f; DAA; WOI); Bronchodilator (1; FAY); Carminative (f; LMP); CNS-Depressant (1; X10641133); Demulcent (f; WOI); Detoxicant (f; FAY); Diaphoretic (f; FAY); Discutient (f; EFS); Diuretic (f; WOI); Emmenagogue (f; EFS); Expectorant (1; FAY; WOI); Hepatoprotective (1; X10319130); Insecticide (1; DAA; FAY; WOI; X1398810); Lactagogue (f; EFS); Larvicide (1; FAY; X1398810); Nervine (f; EFS); Sedative (1; DAA; FAY; X10641133); Tonic (f; WOI); Tranquilizer (f; WOI); Vermifuge (f; WOI); Vulnerary (f; LMP).

Indications (Five-Leaved Chaste Tree) — Angina (f; DAA); Anxiety (f; DAA); Arthrosis (1; WOI); Asthma (f; FAY); Bacteria (1; DAA; WOI; X9741889); Bite (f; FAY); Boil (f; WOI); Bronchosis (f; DAA; FAY); Burn (f; DAA); Cancer (1; WOI); Catarrh (f; WOI); Cholera (f; DAA; LMP); Cold (f; DAA; FAY); Constipation (f; FAY); Convulsion (f; DAA; LMP); Cough (1; DAA; FAY); Deafness (f; DAA; WOI); Dermatosis (f; FAY); Diarrhea (f; WOI); Dropsy (f; LMP); Dysentery (f; DAA; WOI); Dyspepsia (f; FAY; WOI); Eczema (f; DAA; FAY); Enterosis (f; DAA; FAY); Escherichia (1; WOI); Fever (f; FAY; WOI); Flu (f; LMP); Fungus (1; FAY; X9022263); Gas (f; LMP); Gastrosis (f; DAA; LMP); Gonorrhea (f; DAA); Gravel (f; DAA); Headache (f; DAA; WOI); Hemiplegia (f; LMP); Hemorrhoid (f; WOI); Hepatosis (f; WOI; X10319130); Hernia (f; DAA); Hiccup (f; FAY); Infection (1; FAY; LMP; WOI); Inflammation (1; FAY; X1624939); Insomnia (1; DAA; FAY; X10641133); Jaundice (f; FAY); Leukorrhea (f; DAA); Lumbago (f; LMP); Malaria (f; DAA; FAY); Mycosis (1; FAY; X9022263); Nervousness (1; DAA; FAY; WOI; X10641133); Pain (1; EFS; FAY; WOI; X10641133); Paralysis (f; LMP); Parasite (f; EFS); Rheumatism (1; DAA; WOI); Ringworm (f; FAY); Scabies (f; FAY); Snakebite (f; FAY); Sore (f; LMP); Splenosis (f; EFS); Sprain (f; WOI); Staphylococcus (1; FAY); Stomachache (f; FAY); Swelling (1; FAY; LMP; WOI); UTI (f; FAY); VD (f; DAA); Vertigo (f; DAA); Water Retention (f; WOI); Worm (f; WOI).

Dosages (Five-Leaved Chaste Tree) — 3–9 fruit in decoction; 15–30 g as powder; 15–60 g fresh leaf; 3–9 g powdered dry leaf (FAY); 6–12 g root (FAY); 3–6 g branches in decoction (FAY); 9 g powdered seed 3 ×/day for 9 days for bronchitis (FAY).

Contraindications, Interactions, and Side Effects (Five-Leaved Chaste Tree) — Not covered (AHP; KOM; PH2). With potential or adverse cardiac activity due to cardiac glycosides, plant should be used with caution in patients with heart problems (FAY).

FLANNELWEED, COUNTRY MALLOW (*Sida cordifolia* L.) ++

Activities (Flannelweed) — Abortifacient (f; HDN); Alterative (f; KAP); Amebicide (1; HDN; WOI); Anticonvulsant (1; HDN); Aphrodisiac (f; DEP; HHB; KAB); Antipyretic (1; HDN; KAB; WOI); Astringent (f; DEP; HDN; KAB; KAP); Bechic (f; KAB); Bitter (f; KAB); Cardiotonic (f; HDN; KAP; MBB); Cerebrotonic (f; MBB); Circulotonic (f; MBB); Curare (f; UPW); Demulcent (f; WOI); Depurative (f; KAB); Digestive (f; KAB); Diuretic (f; WOI); Emollient (1;

KAB; UPW); Hypotensive (1; WOI); Insecticide (1; UPW); Lipogenic (fl; UPW); Pectoral (f; KAB); Protisticide (1; WOI); Sedative (f; KAP); Stomachic (f; KAP); Teratogen (1; ZUL); Tonic (f; DEP; HHB; KAB; MBB; WOI).

Indications (Flannelweed) — Ameba (1; HDN; WOI); Angina (f; MBB); Arthrosis (f; MBB); Asthma (1; KAP; UPW); Biliousness (f; WOI); Bleeding (f; KAB; KAP); Bronchosis (1; MBB; UPW); Cardiopathy (f; MBB); Caries (1; HDN); Circulosis (f; MBB); Colic (f; DEP; KAB; WOI); Conjunctivosis (f; UPW); Convulsion (1; HDN); Cough (f; KAB); Cystosis (f; WOI); Diarrhea (f; HDN; UPW); Dysentery (f; UPW; WOI); Dysuria (f; KAB; KAP); Elephantiasis (f; KAP; WOI); Fever (1; HDN; KAB; KAP; WOI); Fungus (f; KAB); Gonorrhea (f; HHB; KAB; KAP; WOI); Hay Fever (1; UPW); Hematuria (f; WOI); Hemiplegia (f; DEP; WOI); Hemorrhoid (f; KAB; KAP; WOI); High Blood Pressure (1; WOI); Inflammation (f; KAB); Insanity (f; KAB; KAP); Insomnia (f; KAP); Leukorrhea (f; DEP; KAB; WOI); Low Blood Pressure (1; UPW); Lumbago (f; HDN); Malaria (f; DEP; HHB; KAB); Migraine (1; UPW); Myosis (f; MBB); Nervousness (f; KAP); Neurosis (f; KAB); Ophthalmia (f; KAB; UPW); Paralysis (f; DEP; KAB; KAP; WOI); Phthisis (f; KAB); Pneumonia (f; HDN); Polyuria (f; DEP; KAB; WOI); Pulmonosis (f; HDN); Rheumatism (f; HDN; KAP); Ringworm (f; KAB); Sciatica (f; KAB; WOI); Snakebite (f; UPW); Sore (f; WOI); Spermatorrhea (f; KAB); Spondylosis (f; MBB); Sprain (f; UPW); Strangury (f; WOI); Swelling (f; UPW); Syphilis (f; HDN); Tenesmus (f; DEP; KAB; WOI); Throat (f; KAB); VD (f; KAB); Tuberculosis (f; MBB); Water Retention (f; WOI); Worm (f; UPW); Wound (f; KAB).

Dosages (Flannelweed) — 1–3 g powder (KAP); 2–20 ml root tea (KAP).

Extracts (Flannelweed) — HDN presents new pharmacological data; some of it conflicts with what I provide. For example, in HDN, vasicinone was reported as a bronchoconstrictor *in vivo* and as a bronchodilator *in vitro*. HDN gives us the activities for L-ephedrine, while not specifically naming it in the plant. Beta-phenylethylamine is the parent of many different sympathomimetic phytochemicals. Well absorbed, it easily crosses the blood-brain barrier, decreasing amine content in noradrenalin and dopamine-containing nerve terminals in the brain and in the peripheral adrenergic nerve terminals of rats (HDN). Its amphetamine-like action can be blocked by pretreatment with reserpine (HDN).

FLAX (*Linum usitatissimum* L.) +++

Synonyms — *Linum crepitans* (Boenn.) Dumort., *L. humile* Mill., *L. usitatissimum* subsp. *transitorium* Vavilov & Elladi, *L. usitatissimum* var. *humile* (Mill.) Pers.

Activities (Flax) — Allergenic (1; APA); Analgesic (f; MAD); Antiaggregant (1; APA; PH2); Antiallergenic (1; WAM); Antiatherogenic (2; APA; BGB); Antiestrogenic (1; APA; PH2); Antiinflammatory (1; APA; BGB; WAM); Antioxidant (1; PH2); Antitumor (1; APA; BGB; PH2); Antitussive (f; PNC); Aphrodisiac (f; DEP; MAD); Astringent (f; BIB); Cardiotonic (f; DEP); Cyanogenic (1; BIB); Demulcent (2; APA; BGB; FEL; WAM); Digestive (1; WAM); Diuretic (f; BIB); Emetic (f; FAD); Emmenagogue (f; BIB); Emollient (1; APA; BGB; FEL; PNC); Estrogenic (1; APA); Expectorant (f; BIB); Fungicide (f; PH2); Hypocholesterolemic (2; PH2); Hypoglycemic (1; PH2); Lactagogue (f; BIB); Laxative (2; BGB; FAD; PH2; SHT; WAM); Lipolytic (2; APA; BGB; PHR); Pectoral (f; PNC); Peristaltic (2; PIP); Suppurative (f; BIB); Vulnerary (f; BIB).

Indications (Flax) — Abscess (f; BGB); Acid Stomach (1; WAM); Acne (1; WAM); Adenopathy (f; JLH); Allergy (1; WAM); Ameba (f; BIB); Aposteme (f; JLH); Arthrosis (1; APA; BGB); Ascarides (f; FEL); Backache (f; BIB); Biliousness (f; BIB); Bleeding (f; MAD); Boil (f; BIB; FAD); BPH (f; MAD); Bronchosis (f; MAD; PH2; PNC); Burn (f; DEP; FAD); Cancer (1; APA; BGB; FAD; PH2); Cancer, abdomen (1; FNF; JLH); Cancer, anus (1; FNF; JLH); Cancer, breast (1; APA; FNF; JLH); Cancer, cervix (1; FNF; JLH); Cancer, colon (1; APA; FNF; JLH); Cancer, gland (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, mouth (1; FNF; JLH); Cancer, neck (1; FNF; JLH); Cancer, parotid (1; FNF; JLH); Cancer, skin (1; FNF; JLH); Cancer, spleen (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cancer, testes (1; FNF; JLH); Cancer, throat (1; FNF; JLH); Cancer, uvula (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Cardiopathy (f; DEP); Catarrh (f; PHR; PH2); Cervicosis (f; JLH); Childbirth (f; BIB); Cholecystosis (f; PHR); Cold (f; FAD; FEL); Colic (f; FEL; HHB); Colitis (2; APA; FEL; KOM; SHT); Condyloma (f; JLH); Conjunctivosis (f; BIB); Constipation (2; APA; BGB; FAD; PH2; SHT; WAM); Corn (f; JLH); Cough (f; APA; FAD; FEL; MAD; PH2); Cramp (f;

BIB); Cystosis (f; MAD; PH2); Dermatosis (2; APA; BGB; PH2; WAM); Diabetes (1; MAD; PH2); Diarrhea (f; PH2); Diverticulosis (2; APA; PH2; SHT); Dysentery (f; FEL); Dysuria (f; FEL); Eczema (1; WAM); Enterosis (2; KOM; PIP; PH2); Fever (f; FAD); Fungus (f; PH2); Furuncle (f; MAD); Gallstone (f; HHB; MAD); Gastrosis (2; APA; KOM; PH2; PIP); Glossosis (f; MAD); Gonorrhea (f; DEP; MAD; PH2); Gout (f; FAD; MAD); Hay Fever (f; HHB); Hemorrhoid (1; FEL); Hepatosis (f; JLH); High Cholesterol (2; APA; PH2); Hyperactivity (1; WAM); Hyperglycemia (1; PH2); IBD (f; PH2); IBS (f; PH2); Impetigo (f; MAD); Induration (f; JLH); Infection (1; PH2); Inflammation (2; APA; BGB; FAD; FEL; PH2; WAM); Itch (f; HHB); Kidney Stone (f; MAD); Leprosy (f; BIB); Lumbricus (f; FEL); Lupus (2; APA; BGB); Lymphangosis (f; MAD); Malaria (f; APA; BGB); Nausea (f; MAD); Measles (f; MAD); Mucososis (1; APA); Mycosis (1; PH2); Nephrosis (2; APA; BGB; FEL; HHB); Ophthalmia (f; PH2); Orchosis (f; JLH); Otosis (1; WAM); Pain (f; FEL; MAD); Parotosis (f; JLH); Pleurisy (f; BIB; FAD); Pneumonia (f; FAD); Proctosis (f; FEL; JLH); Proteinuria (1; APA); Pulmonosis (f; FAD; HHB); Pyelosis (f; HHB); Rheumatism (1; BGB; FAD; MAD); Sore Throat (f; APA); Splenosis (f; JLH); Stone (f; HHB); Swelling (f; JLH; MAD); Tumor (1; APA; BGB; PH2); Urethrosis (f; PH2); Urogenitosis (f; DEP); UTI (f; APA); VD (f; DEP; PH2); Water Retention (f; BIB); Whitlow (f; JLH).

Dosages (Flax) — 1 (1300 mg) StX for 740 mg ALA, softgel (APA); 1 tbsp whole or crushed (not ground) seed/150 ml liquid 2–3 ×/day (APA; PH2; PIP); 1 oz seed/1 quart water at boiling point (FEL); 35–50 g crushed seed/day for hypercholesterolemia (PH2); 1–2 tbsp flaxseed oil/day as antiaggregant (PH2).

Contraindications, Interactions, and Side Effects (Flax) — Class 2d. Contraindicated in bowel obstruction (AHP). May lead to bowel obstruction if fluid intake is inadequate. "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). May adversely affect absorption of drugs (as with any mucilaginous preparation). Commission E reports contraindications: ileus; interactions: reduced absorption of other drugs possible. No adverse effects when used with a sufficient amount of liquid. Other sources report contraindications: intestinal obstruction; patients with inflammatory intestinal diseases should use the seed only in its swollen state. Abuse of high doses may result in electrolyte losses (AEH). Bulking agents should not be taken by those with stenotic lesions of the GI tract. Do not take bulking agents when lying down or at bedtime. Do not use with antiperistaltics (like, e.g., loperamide) (SHT). Do not use seed in patients with diverticulitis (WAM). Under pessimal conditions, 100 g linseed can liberate up to 50 mg HCN, enough to bring about symptoms of poisoning. But these conditions, rarely, if ever are maintained. Most HCN is metabolized via the enzyme rhodanase, which can convert 30–60 mg HCN per hour into the relatively toxic thiocyanate. Even doses of 300 g of ground linseed evoked no symptoms of poisoning in a volunteer. Single doses of 100 g reported to not cause significant rise in blood HCN and thiocyanate levels. Taking 15 g linseed thrice daily for 3 to 4 weeks raised thiocyanate levels in blood and urine (Bisset, 1994). Don't confuse flaxseed oil with more poisonous denatured linseed oil (WAM). Seeds, like those of *Perilla*, are one of the best sources of that omega-3 fatty acid called ALA (alpha-linolenic acid). See Rudin's, *The Omega-3 Phenomenon*, for an incredible list of supposed indications for flax seed oil, an entire book full.

FOAM-FLOWER, COOLWORT (*Tiarella cordifolia* L.) ++

Activities (Foam-Flower) — Antacid (f; EFS); Diuretic (f; EFS; FAD; PH2); Tonic (f; EFS; PH2).

Indications (Foam-Flower) — Backache (f; DEM); Conjunctivosis (f; DEM); Cystosis (f; GMH); Diarrhea (f; DEM; FAD); Dyspepsia (f; PH2); Dysuria (f; PH2); Glossosis (f; DEM; FAD); Gravel (f; GMH); Hepatosis (f; GMH); Ophthalmia (f; DEM); Sore (f; DEM; FAD); Stomatosis (f; DEM); Water Retention (f; EFS; FAD; PH2); Wound (f; DEM).

Dosages (Foam-Flower) — 1 oz herb/pint infusion; take 4 oz tea 2–3 ×/day (GMH).

Contraindications, Interactions, and Side Effects (Foam-Flower) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

FOOL'S PARSLEY (*Aethusa cynapium* L.) X

Activities (Fool's Parsley) — Antispasmodic (f; EFS); Hallucinogen (f; CRC); Poison (1; CRC; EFS); Sedative (f; CRC; EFS; GMH); Stomachic (f; CRC; EFS; GMH).

Indications (Fool's Parsley) — Cancer (f; CRC); Cancer, liver (f; JLH); Cancer, mesentery (f; JLH); Cancer, spleen (f; JLH); Cholera (f; PHR; PH2); Colic (f; CRC); Congestion (f; HH2); Convulsion (f; PHR; PH2); Cramp (f; CRC; EFS); Diarrhea (f; PHR; PH2); Dysuria (f; CRC); Enterosis (f; PH2; PHR); Fever (f; HH2); Gastrosis (f; PHR; PH2); Hepatosis (f; JLH); Insomnia (f; CRC; EFS; GMH); Jaundice (f; HH2); Lactose Intolerance (f; PH2); Leprosy (f; HH2); Mange (f; HH2); Mucososis (f; HH2); Nervousness (f; CRC; EFS; GMH); Pain (f; HH2); Pylorosis (f; PH2); Scirrhus (f; JLH); Spasm (f; CRC); Splenosis (f; HH2; JLH); Stomachache (f; CRC); Stone (f; HH2); Syphilis (f; HH2); Tumor (f; CRC); VD (f; HH2); Vomiting (f; PH2).

Contraindications, Interactions, and Side Effects (Fool's Parsley) — Toxic; human fatalities reported (PHR). Sometimes fatally confused with parsley (CRC). Poisonous, but less so than poison hemlock (PH2). Aethusanol-A: LD50 = 100.8 mg/kg ipr mouse (HH2), aethusin: LD50 = 93.3 mg/kg ipr mouse (HH2).

FORGET-ME-NOT (*Myosotis arvensis* (L.) Hill.) +

Synonym — *M. scorpioides* var. *arvensis* L.

Indications (Forget-Me-Not) — Bite (f; MAD); Bleeding (f; MAD); Bronchosis (f; MAD); Cancer (f; JLH); Cancer, genital (f; JLH); Cancer, oral (f; JLH); Catarrh (f; MAD); Cough (f; MAD); Epistaxis (f; MAD; PH2); Hemoptysis (f; MAD); Ophthalmia (f; HHB); Pulmonosis (f; MAD); Respirosis (f; PH2); Snakebite (f; MAD); Stomatosis (f; JLH); Tuberculosis (f; MAD).

Dosages (Forget-Me-Not) — 0.5 tsp herb 5 ×/day in tea (MAD).

Contraindications, Interactions, and Side Effects (Forget-Me-Not) — Not covered (AHP; KOM). Should not be taken because it contains pyrrolizidine alkaloids (PH2).

FORSYTHIA, GOLDEN BELLS (*Forsythia suspensa* (Thunb.) Vahl) ++

Synonym — *Syringa suspensa* Thunb.

Activities (Forsythia) — Analgesic (1; X10726898); Antibacterial (1; DAA); Antiinflammatory (1; DAA; FAY); Anti-itch (1; X10726898; X10823672); Antinauseant (1; FAY); Antioxidant (1; X10630110); Antipyretic (1; DAA); Antitussive (f; DAA; FAY); Antiseptic (1; DAA; FNF); Antiviral (1; FAY; FNF); Bitter (1; FAY); Cardiotonic (1; FAY); Diuretic (1; DAA; FAY); Emmenagogue (1; AHP; DAA); Hepatoprotective (1; FAY); Hypotensive (f; FAY); Laxative (f; DAA); Tonic (f; DAA); Uterotonic (1; AHP).

Indications (Forsythia) — Adenopathy (f; DAA); Bacteria (1; DAA; FAY); Bleeding (f; FAY); Boil (f; DAA); Cancer (1; DAA); Cancer, breast (1; DAA); Carbuncle (f; DAA); Chickenpox (f; DAA); Cold (f; DAA); Constipation (f; DAA); Cough (f; DAA); Dermatosis (f; DAA; FAY); Dropsy (f; DAA); Edema (1; FAY); Encephalosis (f; DAA); Erysipelas (f; DAA); Fever (1; DAA);

Flu (f; DAA); Fungus (1; FAY); Gonorrhea (f; DAA); Headache (f; DAA); Hemorrhoid (f; DAA); Hepatosis (1; FAY); High Blood Pressure (1; FAY); Infection (1; DAA; FAY); Inflammation (1; DAA; FAY); Itch (1; X10726898; X10823672); Jaundice (f; DAA); Malaria (f; DAA); Measles (f; DAA); Mycosis (1; FAY); Nausea (f; FAY); Nephrosis (1; FAY); Pain (1; X10726898); Paralysis (f; DAA); Polio (f; DAA); Pulmonosis (1; FAY); Purpura (f; FAY); Retinosis (f; FAY); Ringworm (f; DAA); Scabies (f; DAA); Scrofula (f; DAA); Sore (f; FAY); Sore Throat (f; DAA; FAY); Staphylococcus (1; DAA); Streptococcus (1; DAA); Swelling (1; FAY); Tuberculosis (f; FAY); VD (f; DAA); Urethrosis (f; FAY); UTI (f; DAA); Virus (1; FAY; FNF); Water Retention (1; DAA; FAY).

Dosages (Forsythia) — 6–15 g fruit (FAY); 6–9 g stem and/or leaf (FAY).

Contraindications, Interactions, and Side Effects (Forsythia) — Class 2b (AHP). Emmenagogue and uterotonic (AHP). Not covered (KOM; PH2).

FO-TI (*Polygonum multiflorum* Thunb.) +++

Activities (Fo-Ti) — Antiaging (2; AKT; APA; FAY; KEB; LAF); Antiatherosclerotic (1; KEB); Antibacterial (1; FAY; SKY); Antimutagenic (2; AKT; KEB); Antioxidant (2; AKT; KEB; LAF); Antiplaque (f; FAY); Antiprogestational (1; CRC; DAA); Antipyretic (1; CRC; DAA); Antitumor (2; APA; CRC; KEB); Antiviral (1; APA; LAF); Aphrodisiac (f; FAY); Bitter (f; AKT); Cardioprotective (f; AKT); Deobstruent (f; CRC; DAA); Detoxicant (f; FAY); Dopaminergic (1; LAF); Hemopoietic (f; FAY); Hemostat (1; FAY); Hepatoprotective (2; AKT; APA; KEB); Hepatotonic (f; CRC); Hypocholesterolemic (2; AKT; APA; FAY; KEB; SKY); Hypoglycemic (1; DAA; FAY); Hypotriglyceridemic (2; KEB); Immunodepressant (1; KEB); Immunostimulant (1; APA; SKY); Laxative (1; APA; SKY); Lipolytic (1; FAY; LAF); MAOI (2; KEB; LAF); Nephrotonic (f; CRC; FAY); Nervine (f; CRC; KEB); Propecic (f; AKT); Sedative (1; CRC; DAA; FAY); SOD-genic (1; LAF); Splenotonic (f; FAY); Thymoprotective (1; LAF); Tonic (f; AKT; CRC; KEB); Vasodilator (1; KEB).

Indications (Fo-Ti) — Abscess (f; APA); Adenopathy (f; APA; CRC; FAY); Allergy (f; APA); Alopecia (f; AKT); Anemia (f; APA; CRC; FAY); Angina (f; FAY); Atherosclerosis (1; FAY; KEB; SKY); Athlete's Foot (f; APA); Backache (f; CRC; FAY); Bacteria (1; FAY; SKY); Bleeding (1; FAY); Bone (f; CRC); Bronchosis (f; FAY); Bruise (f; CRC; DAA); Cancer (2; AKT; APA; CRC; DAA; KEB); Carbuncle (f; FAY); Cardiopathy (1; AKT; FAY; KEB); Childbirth (f; CRC; DAA); Cold (f; CRC); Constipation (1; APA; CRC; FAY; SKY); Dermatosis (f; APA; CRC); Diabetes (f; APA; CRC); Dysmenorrhea (f; AKT); Epilepsy (f; KEB); Fatigue (f; SKY); Fertility (f; APA; FAY); Fever (1; CRC; DAA); Fungus (f; FAY); Gray Hair (f; AKT; APA; FAY; KEB); Hair (f; CRC; KEB); Hemorrhoid (f; CRC); Hepatitis-B (1; APA); Hepatosis (1; CRC; LAF); High Cholesterol (2; AKT; APA; FAY; KEB; SKY); Hyperglycemia (1; DAA; FAY); Immune Dysfunction (SKY); Immunodepression (1; APA; SKY); Impotence (f; FAY); Inflammation (f; APA); Insomnia (2; APA; CRC; DAA; FAY; KEB); Itch (f; APA; FAY); Knee Ache (f; FAY); Lethargy (f; AKT); Longevity (f; APA; FAY); Malaria (f; FAY); Marrow (f; CRC); Myodystophy (f; FAY); Nephrosis (f; FAY); Nervous Exhaustion (2; KEB); Nervousness (1; CRC; DAA; FAY); Neurasthenia (2; CRC; FAY; KEB); Neurosis (f; KEB); Night Sweats (f; FAY); Numbness (f; APA; KEB); Pain (f; CRC); Ringworm (f; FAY); Scabies (f; CRC); Schizophrenia (2; FAY; KEB); Scrofula (f; CRC; FAY); Sore (f; FAY); Splenosis (f; CRC); Tendinosis (f; CRC); Tinnitus (f; APA; KEB); Trauma (f; DAA); Tumor (2; APA; CRC; KEB); Tuberculosis (f; APA; FAY); Vertigo (f; FAY); Virus (1; APA; LAF).

Dosages (Fo-Ti) — 6–15 g dry root (LAF); 4–5 g dry root or 8–16 ml fluid extract (1:2) (KEB); 0.5–1 dropper concentrated root extract 2–3 ×/day (APA); 3–5 g/cup water 3 ×/day (SKY); 5 (500 mg) tablets 3 ×/day (FAY; SKY); 2–3 (560 mg) capsules 3 ×/day (NH).

Contraindications, Interactions, and Side Effects (Fo-Ti) — Class 2d. Raw root is laxative; prepared root may cause GI distress; contraindicated with diarrhea (AHP). May cause colic, diarrhea, nausea, numbness of the extremities, and skin rashes (AHP; SKY). Allergic cystosis may result (LAF). Emodin has vasodilator and immunosuppressive effects in test tubes. LD50 of alcoholic percolates 169 to 2700 mg/kg (raw to cured) (LAF).

FOUR O'CLOCK (*Mirabilis jalapa* L.) +

Activities (Four O'Clock) — Alterative (f; DAW); Antiabortive (f; JFM); Antiseptic (f; X8843942); Antiviral (1; X1482397); Candidicide (1; X1277746); Carminative (f; DAW); Diuretic (f; DAV); Fungicide (1; X1277746); Hemostat (f; JFM); Hydragogue (f; DAW); Laxative (f; DAW; JFM); Ribosome Inactivator (1; X1482397); Sialagogue (1; WOI); Stomachic (f; DAW); Tonic (f; DAW); Vermifuge (f; DAW; EFS).

Indications (Four O'Clock) — Abortion (f; JFM); Abscess (f; DAW); Acne (f; DAW); Bleeding (f; JFM); Boil (f; DAW); Bruise (f; DAW; JFM); Cancer (f; DAW; JLH); Candida (1; X1277746); Colic (f; JFM); Conjunctivosis (f; JFM); Constipation (f; DAW; JFM); Diabetes (f; DAW); Diarrhea (f; JFM); Dermatosis (f; JFM); Dropsy (f; DAW); Dysentery (f; JFM); Earache (f; JFM); Edema (f; JFM); Enterosis (f; JFM); Fungus (f; JFM; X1277746); Gas (f; DAW); Hepatosis (f; DAW); Herpes (f; DAW); Hypochondria (f; DAW); Infection (1; X1277746); Inflammation (f; DAA); Itch (f; DAW); Leucorrhea (f; DAA; JFM); Mycosis (f; JFM; X1277746); Otosis (f; JFM); Ringworm (f; JFM); Sore (f; DAW; JFM); Splenosis (f; DAW); Strain (f; DAW); Swelling (f; JFM); Syphilis (f; JFM); Uterosis (f; JFM); VD (f; JFM); Virus (1; X1482397); Water Retention (f; DAV); Whitlow (f; JLH); Worm (f; DAW; EFS); Wound (f; DAW); Yeast (1; X1277746).

Dosages (Four O'Clock) — 8–10 g root as purge (JFM).

Contraindications, Interactions, and Side Effects (Four O'Clock) — Not covered (AHP; KOM; PH2).

FRAGRANT SUMAC (*Rhus aromatica* Aiton)+ +

Synonym — *Rhus canadensis* Marshall.

Activities (Fragrant Sumac) — Antibacterial (1; HH2); Antidiabetic (f; PNC); Antiseptic (1; HH2; PHR; PH2); Antiviral (1; HH2; PHR; PH2); Astringent (1; PNC); Diuretic (f; FAD; HHB); Hemostat (f; FAD); Myocontractant (f; PH2).

Indications (Fragrant Sumac) — Albuminuria (f; FEL); Bacteria (1; HH2); Bleeding (f; FAD; FEL; PH2); Blister (f; MAD); Boil (f; DEM); BPH (f; FEL); Bronchosis (f; FAD; FEL); Carbuncle (f; MAD); Catarrh (f; FEL); Childbirth (f; MAD); Cholecystosis (f; PHR); Cholera (f; FEL); Cold (f; FAD); Cystosis (f; FEL; PH2); Diabetes (f; FEL; HHB; PNC); Diarrhea (f; DEM; FAD; FEL); Dysentery (f; FAD; FEL; HHB); Dysuria (f; FEL; PH2); Enterosis (f; MAD); Enuresis (f; FAD; FEL; PH2); Escherichia (1; HH2); Flu (f; FAD); Gastrosis (f; MAD); Hematuria (f; FEL); Herpes (1; HH2); Incontinence (1; PH2; PNC); Infection (1; HH2); Laryngosis (f; FAD; FEL); Leukorrhea (f; FAD); Nephrosis (f; FEL; PHR); Night Sweats (f; FEL); Phthisis (f; FEL); Purpura (f; FEL); Staphylococcus (1; HH2); Stomachache (f; FAD); Toothache (f; FAD); Urethrosis (f; FAD; FEL); Uterorrhagia (f; PHR; PH2); Virus (1; HH2; PHR; PH2); Water Retention (f; FAD; HHB).

Dosages (Fragrant Sumac) — 1 tsp fluid extract 3–4 ×/day for BPH (FEL); 2–4 ml liquid extract (PNC); 1 g dry root bark (HH2; PHR).

Contraindications, Interactions, and Side Effects (Fragrant Sumac) — Not covered (AHP; KOM). None noted (PHR). May cause dermatosis (FAD). Contraindicated in inflammation (FAD).

FRANGULA, ALDER BUCKTHORN, GLOSSY BUCKTHORN (*Frangula alnus* Mill.) +

Synonyms — *Rhamnus frangula* L., *Rhamnus frangula* subsp. *columnaris* hort.

Activities (Frangula) — Allergenic (f; CRC); Antiangiogenic (1; BGB; FNF); Anticancer (1; BGB; CRC; FNF); Antiherpetic (1; HH2); Antiviral (1; HH2); Aperient (f; CRC); Cholagogue (f; MAD); Cytotoxic (1; BGB; FNF); Depurative (f; CRC; MAD); Emetic (f; PNC); Emmenagogue (f; CRC; EFS); Fungicide (f; HH2); Hydragogue (1; PH2); Laxative (2; CAN; CRC; HH2; KOM; PIP); Peristaltic (1; MAD; PH2); Poison (1; CRC); Sunscreen (f; CRC; BGB); Tonic (f; CRC; EFS; PNC); Vermifuge (1; MAD).

Indications (Frangula) — Appendicitis (f; CRC); Cancer (1; BGB; CRC; FNF; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Childbirth (f; MAD); Cholecystosis (f; MAD); Constipation (2; CAN; CRC; HH2; KOM; PNC; PH2; PIP); Dermatosis (f; CRC; MAD); Dropsy (f; CRC; MAD); Fever (f; MAD); Fungus (f; HH2); Gout (f; CRC); Hemorrhoid (2; CRC; PHR; PH2); Hepatosis (f; CRC; EFS; JLH; MAD); Herpes (1; HH2); Induration (f; JLH); Infection (f; HH2); Itch (f; CRC; MAD); Jaundice (f; CRC; MAD); Leukemia (1; CRC); Mycosis (f; HH2); Obesity (f; MAD); Pain (f; MAD); Proctosis (f; PH2); Puerperium (f; MAD); Rheumatism (f; CRC); Scab (f; MAD); Scabies (f; MAD); Splenosis (f; CRC; JLH; MAD); Stomatosis (f; MAD); Tumor (f; CRC; JLH); Virus (1; HH2); Wart (f; CRC); Water Retention (f; HH2; MAD); Worm (1; CRC; MAD).

Dosages (Frangula) — 1.5 g (BGB); 0.5–2.5 g bark (CAN); 1.8–7.3 g bark (MAD); 2 tsp bark in cold tea 1 ×/day (MAD); 2–5 ml liquid bark extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2–4 ml liquid extract (PNC); 20–180 mg hydroxyanthracene derivatives/day (PH2).

Contraindications, Interactions, and Side Effects (Frangula) — Class 2b (AHP). Contraindicated in some types of hemorrhoids and nephropathy (CAN), intestinal obstruction, abdominal pain of unknown causes, any enteritis (appendicitis, colitis, Crohn's disease, IBS), and menstruation (AHP). Do not use more than 8–10 days (AHP). Not for use in cases of diarrhea or abdominal pain. Discontinue use if diarrhea or watery stools occurs. Consult a health care provider in cases of pregnancy or lactation. Not for long-term use or overdose (AHP). Commission E reports for bark, contraindications, adverse effects, and interactions of anthranoid laxatives (AEH). While widely used, anthranoid-containing laxatives can be habit-forming. Some contain compounds suspected of being cytotoxic, genotoxic, mutagenic, and even tumorigenic; epidemiological studies in Germany reveal that abusers of anthranoid laxatives have a three times higher rate of colon carcinoma (AEH). Anthraquinones are laxative and irritate the GI tract (CAN). Because of the anthraquinones, nonstandardized preparations should be avoided during pregnancy and lactation (CAN). Because the anthraquinones in freshly dried buckthorn bark, it can cause extreme GI irritation, including severe intestinal spasm, as well as vomiting. The bark is aged for a year to allow oxidation of the anthrones (BGB).

FRANKINCENSE, OLIBANUM (*Boswellia sacra* Flueck.) ++

Synonym — *Boswellia carteri* Birdw.

(HHB and WO2 data refer to *B. serrata*, so-called Indian Olibanum, synonym *B. glabra* Roxb.) I doubt that many people can swear on a stack of bibles whether a resin is frankincense or myrrh, or one or the other species or genus, or a mixture of many species. Let the buyer beware. The frankincense problem is a frankensteinian taxonomic nightmare.

Activities (Frankincense) — Abortifacient (f; EFS); Alterative (f; BIB; EFS); Analgesic (f; HHB); Anticomplementary (1; PH2); Antidote, hemlock (f; BIB); Antiseptic (1; PH2); Astringent (f; BIB); Carminative (1; BIB; PH2); Depilatory (f; BIB); Digestive (f; HAD); Diuretic (f; BIB); Emmenagogue (f; EFS); Expectorant (f; BIB); Fumigant (f; BIB); Irritant (1; PH2); Memorigenic (f; BIB); Sedative (f; BIB; EFS); Stimulant (f; BIB; EFS); Tonic (f; BIB; EFS).

Indications (Frankincense) — Alzheimer's (1; COX; FNF); Arthrosis (1; COX; FNF); Asthma (f; HHB); Bilharzia (f; BIB); Boil (f; DEP); Bronchosis (f; BIB; DEP); Callus (f; BIB); Cancer (1; COX; FNF; JLH); Cancer, anus (1; BIB; COX); Cancer, breast (1; BIB; COX); Cancer, eye (1; BIB; COX); Cancer, penis (1; BIB; COX); Cancer, spleen (1; BIB; COX); Cancer, teat (1; BIB; COX); Cancer, testicle (1; BIB; COX); Carbuncle (f; DEP; JLH); Corn (f; JLH); Dermatosis (f; GMH); Dysentery (f; BIB); Dyspepsia (f; HAD); Fever (f; BIB); Gas (1; BIB; PH2); Gonorrhea (f; BIB); Insomnia (f; BIB; EFS); Laryngosis (f; BIB; DEP); Leprosy (f; BIB); Mastosis (f; JLH); Nervousness (f; BIB; EFS); Neurosis (f; BIB); Ophthalmia (f; JLH); Orchosis (f; JLH); Pain (f; HHB); Polyp (f; JLH); Proctosis (f; JLH); Respirosis (f; PH2); Rheumatism (f; BIB); Sore (f; DEP); Spermatorrhea (f; BIB); Splenosis (f; JLH); Stomachache (f; BIB); Swelling (f; BIB); Syphilis (f; BIB); Urogenitosis (f; BIB); Uterosis (f; HHB);VD (f; BIB); Water Retention (f; BIB); Wound (f; PH2).

Contraindications, Interactions, and Side Effects (Frankincense) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

FRASER'S FIR, SHE BALSAM (*Abies fraseri* (Pursh) Poir.) ++

Indications (Fraser's Fir) — Back (f; DEM); Chest (f; FAD); Cough (f; FAD); Debility (f; DEM); Dysuria (f; DEM); Enterosis (f; DEM); Mastosis (f; DEM); Pain (f; DEM); Prolapse (f; DEM); Pulmonosis (f; DEM); Sore Throat (f; FAD); Ulcer (f; DEM); UTI (f; FAD); Vaginosis (f; DEM); VD (f; DEM); Womb (f; DEM); Wound (f; DEM).

FRINGETREE (*Chionanthus virginicus* L.) +

Activities (Fringetree) — Alterative (f; CRC; EFS; FAD); Aperient (f; CRC; EFS); Antipyretic (f; EFS; HHB); Bitter (f; PH2); Cholagogue (f; CRC; EFS; FAD; PHR; PH2); Diuretic (f; CRC; EFS; PHR; PH2); Hemolytic (1; PNC); Hepatic (f; PH2); Narcotic (f; CRC; EFS); Tonic (f; CRC; EFS; FAD; HHB; PHR; PH2).

Indications (Fringetree) — Adenopathy (f; FAD); Bilious Fever (f; CRC); Bruise (f; DEM); Cancer (f; CRC; JLH); Cholecystosis (f; PHR; PH2); Cirrhosis (f; CRC; HHB); Congestion (f; FAD); CVI (f; FAD); Dermatosis (f; CRC); Diarrhea (f; CRC); Fever (f; CRC; EFS; HHB); Gallstone (f; PNC; PH2); Headache (f; CRC; HHB); Hepatomegaly (f; FAD); Hepatosis (f; CRC; HHB; PH2; PNC); Icterus (f; CRC); Infection (f; FAD); Inflammation (f; CRC; FAD); Jaundice (f; FAD; HHB; PH2); Malaria (f; CRC); Nephrosis (f; FAD); Rheumatism (f; FAD); Sore (f; CRC; DEM; FAD); Sore Throat (f; CRC); Stomatosis (f; CRC); Typhoid (f; CRC); Ulcer (f; PH2); Water Retention (f; CRC; EFS; PHR; PH2); Wound (f; CRC; DEM; FAD; PH2).

Dosages (Fringetree) — 0.3–1.5 ml liquid root bark extract (PNC).

Contraindications, Interactions, and Side Effects (Fringetree) — Class 1 (AHP). None noted (PHR). "Hazards and/or side effects not known for proper therapeutic dosages" (not given) (PH2). Overdoses may cause frontal headache, slow pulse, vomiting (FAD).

FROST MINT (*Cunila origanoides* (L.) Britton) +++

Synonyms — *Cunila mariana* L., *Satureja origanoides* L.

Activities (Frost Mint) — Analgesic (f; DEM); Antipyretic (f; DEM); Diaphoretic (f; FAD; HHB); Emmenagogue (f; FAD; HHB); Stimulant (f; DEM); Tonic (f; DEM).

Indications (Frost Mint) — Childbirth (f; DEM); Cold (f; FAD); Fever (f; DEM; FAD; HHB); Headache (f; DEM; FAD); Pain (f; DEM); Snakebite (f; FAD; HHB).

Dosages (Frost Mint) — Probably on par with thyme, culinarily and medicinally (i.e., 1 tsp herb/cup water 1–3 ×/day; 1–4 g dry herb, or in tea, 3 ×/day; 1–2 g/cup several ×/day).

Contraindications, Interactions, and Side Effects (Frost Mint) — Not covered (AHP; KOM; PH2). I feel it as safe as thyme and oregano, based on the limited list of chemicals available to me.

FROSTWORT (*Helianthemum canadense* (L.) Michx.) +

Activities (Frostwort) — Alterative (f; EFS); Astringent (f; EFS; HHB; PH2); Tonic (f; DEM; PH2).

Indications (Frostwort) — Diarrhea (f; HHB); Dyspepsia (f; PH2); Dysentery (f; HHB); Nephrosis (f; DEM; FAD); Scrofula (f; EFS); Sore (f; HHB; PH2); Sore Throat (f; DEM; FAD); Wound (f; HHB).

Contraindications, Interactions, and Side Effects (Frostwort) — Not covered (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

FUCUS, BLADDERWRACK (*Fucus vesiculosus* L.) ++

Activities (Fucus) — Alterative (f; MAD); Antiaggregant (1; CAN); Antihypothyroid (f; CAN; PHR); Antiobesity (1; CAN; PNC); Antirheumatic (f; CAN); Antiseptic (1; PNC; PH2); Demulcent (1; PED); Depurative (f; PED); Emollient (1; PED); Hemagglutinant (1; PH2); Hypoglycemic (1; PH2); Immunomodulator (1; PNC); Laxative (1; CAN); Metal-Chelator (PED); Tonic (f; MAD).

Indications (Fucus) — Adenopathy (f; MAD); Arthrosis (f; CAN); Atherosclerosis (f; MAD; PED; PHR; PH2); Asthma (f; MAD); Bleeding (1; PH2); Cancer (f; JLH); Cold (f; MAD); Constipation (1; CAN); Dyspepsia (f; PHR; PH2); Goiter (f; CAN; MAD); Hyperglycemia (1; PH2); Hypothyroidism (1; CAN; PED; PH2); Morning Sickness (f; MAD); Myxedema (f; CAN); Obesity (1; CAN; MAD; PED; PH2; PNC); Psoriasis (f; MAD); Rheumatism (f; CAN; PED); Scirrhus (f; JLH); Scrofula (f; MAD); Sprain (f; PH2); Wound (1; CAN).

Dosages (Fucus) — 5–10 g alga 3 ×/day (CAN); 0.25–0.5 cup fresh alga (PED); 2–4 tsp dry alga (PED); 3 tsp dry alga:75 ml alcohol/75 ml water (PED); 4–8 ml liquid algal extract (1:1 in 25% ethanol) 3 ×/day (CAN); 3.6–7.3 g 4–5 ×/day (MAD).

Contraindications, Interactions, and Side Effects (Fucus) — Class 2b, 2c, 2d. Not recommended for long-term use, especially in hyperthyroids (AHP). Commission E reports thallus not approved

for therapeutic use. Other sources report thallus permitted as laxative. Usefulness is not documented adequately. There are no risks from daily doses up to 150 μg iodine per day, but higher doses may induce or exacerbate hyperthyreosis and cause hypersensitivity reactions (rarely) (PHR). The adult intake of iodine should not exceed 120 μg per day (AEH). Iodine content may cause hyperthyroidism or hypothyroidism (I suspect that there are also cases where it can help one and the other) (CAN). Because of thyroid gland activity and possible heavy metal contamination, its use in pregnancy and lactation is to be avoided (CAN). One fraction is half as antiaggregant as heparin. High *in vitro* activity to mammalian digestive enzymes (amylase, lipase, and trypsin). Lectin-like mucopolysaccharides modulate the immune system, inducing lymphocyte transformation. Alginic acid is a laxative (CAN).

FUMITORY (*Fumaria officinalis* L.) +

Activities (Fumitory) — Amphicholeretic (1; BRU; HHB; PHR; PH2); Anesthetic (1; HHB); Antiarrhythmic (1; BRU); Anticholinergic (1; BRU); Antihistaminic (1; CAN); Antiinflammatory (f; MAD; PNC); Antilithic (1; CAN); Antiseptic (1; PNC); Antispasmodic (2; APA; KOM; PH2; SHT); Aphrodisiac (f; MAD); Bradycardic (1; CAN); Cholagogue (f; CAN; SHT); Cholekinetic (SHT); Choleretic (1; PH2; SHT); Depurative (f; HHB; PHR; PH2); Diaphoretic (f; MAD); Diuretic (f; APA; CAN; MAD; PNC); Emetic (f; MAD); Hypertensive (1; HHB); Hypotensive (1; CAN; HHB); Laxative (f; APA; CAN; PNC); Litholytic (f; MAD); Poison (1; HHB); Sedative (1; CAN); Stomachic (f; HHB); Tonic (f; PNC).

Indications (Fumitory) — Acne (f; PNC); Alopecia (f; MAD); Amenorrhea (f; MAD); Arrhythmia (1; BRU); Arthrosis (f; PHR; PH2); Atherosclerosis (f; MAD; PHR; PH2); Bile-Duct Spasm (2; KOM; PH2); Bladder Stone (f; MAD); Cancer (f; JLH; MAD); Cancer, colon (f; JLH); Cancer, gut (f; JLH); Cancer, liver (f; JLH); Cancer, uterus (f; JLH); Cardiopathy (1; APA; BRU); Cholecystosis (2; KOM; MAD; PH2); Colic (1; APA); Conjunctivosis (f; CAN; MAD); Constipation (1; APA; CAN; PH2; PNC); Cramp (2; APA; KOM; PH2; SHT); Cystosis (f; PHR; PH2); Dermatosis (1; APA; CAN; PHR; PH2); Dropsy (f; MAD); Dyskinesia (1; APA); Eczema (f; CAN; HHB; PH2); Enterosis (2; KOM; PH2); Exanthema (f; MAD); Fever (f; MAD); Gas (f; MAD); Gastrosis (2; APA; KOM; PH2); Gout (f; MAD); Halitosis (f; MAD); Headache (1; APA); Hepatosis (2; JLH; MAD; PHR; PH2); High Blood Pressure (1; APA; CAN; HHB); Hypoglycemia (f; PHR; PH2); Infection (f; PHR; PH2); Inflammation (f; MAD; PNC); Insomnia (1; CAN); Itch (f; PH2); Jaundice (f; MAD); Leprosy (f; MAD); Low Blood Pressure (1; HHB); Melancholy (f; MAD); Nausea (1; APA); Nervousness (1; CAN); Ophthalmia (f; MAD); Pain (1; HHB); Psoriasis (1; APA); Rheumatism (f; PHR; PH2); Scabies (f; MAD); Sclerosis (f; JLH); Sore (f; MAD); Sore Throat (f; MAD); Spasm (2; KOM); Splenosis (f; MAD); Stomachache (f; HHB; MAD); Stone (f; MAD); Syphilis (f; MAD); Uterosis (f; JLH); Water Retention (f; APA; CAN; MAD; PNC).

Dosages (Fumitory) — 1.25–2 tsp (2–3 g) herb/cup water up to 2 ×/day (APA); 2–3 tsp (2.4–3.6 g) herb/cup tea/day (MAD); 2–4 g herb, or in tea, 3 ×/day (CAN); 6 g herb/day, drink 1 cup warm tea (2–3 g/cup, steeped 20 minutes) 30 minutes before meals (PH2); 6 g/day (APA; KOM; SHT); 2–4 ml liquid herb extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2–4 ml liquid herb extract (PNC); 2–4 g aqueous extract (HHB); 1–4 ml herb tincture (1:5 in 45% ethanol) 3 ×/day (CAN); 3.65 g sap/day (MAD); 2–3 tsp (2.4–3.5 g) expressed juice in hot or cold infusion (PH2).

Contraindications, Interactions, and Side Effects (Fumitory) — Not listed (AHP). None reported (KOM). HH3 says protopine is spasmogenic; I'm more inclined to believe BRU, which calls it antispasmodic.

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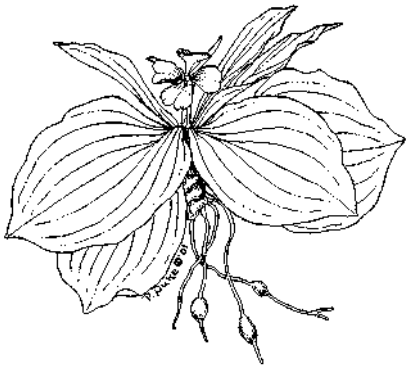
GALANGA (*Kaempferia galanga* L.) ++



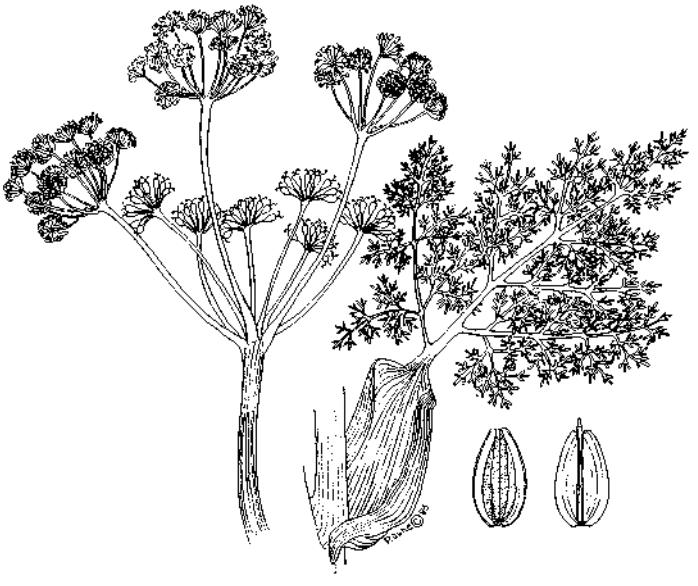
See also lesser and greater galangal (*Alpinia galanga* (L.) Sw.); very confusing.

Activities (Galanga) — Carminative (1; CRC; KAB; WOI); Cholagogue (f; KAB); Cicatrizant (f; CRC); Diuretic (f; CRC; WOI); Expectorant (f; CRC; WOI); Hallucinogen (1; CRC); Insectifuge (1; CRC); Narcotic (1; CRC); Pectoral (f; CRC; KAB); Pediculicide (f; CRC; DAA); Stimulant (f; CRC; WOI); Stomachic (f; CRC; DAA; KAB); Tonic (f; CRC).

Indications (Galanga) — Boil (f; CRC; DAA); Bruise (f; DAA); Cancer (f; JLH); Childbirth (f; CRC; SKJ); Chill (f; CRC; DAA; WOI); Cholera (f; DAA); Cough (f; CRC; DAA; KAB); Dandruff (f; CRC; WOI); Dyspepsia (f; CRC; WOI); Enterosis (f; DAA); Fever (f; CRC; WOI); Furuncle (f; CRC); Gas (1; CRC; KAB; WOI); Headache (f; CRC; WOI); Inflammation (f; CRC; WOI); Lameness (f; DAA); Lice (f; DAA); Lumbago (f; DAA); Malaria (f; CRC; DAA; WOI); Myosis (f; DAA); Ophthalmia (f; CRC; WOI); Pain (f; DAA); Rheumatism (f; CRC; DAA); Rhinosis (f; KAB); Scabies (f; CRC); Sore Throat (f; CRC; DAA; WOI); Sting (f; WOI); Swelling (f; CRC; DAA; WOI); Toothache (f; CRC; DAA); Tumor (f; CRC; WOI); Water Retention (f; CRC; WOI); Wound (f; CRC).

Contraindications, Interactions, and Side Effects (Galanga) — Class 1, but giving it the same common name as *Alpinia galanga,* greater galangal (AHP). Not covered, at least under the generic name Kaempferia (EFS; KOM; PH2).

GALBANUM (*Ferula gummosa* Boiss.) +



Synonym — *Ferula galbaniflua* Boiss. & Buhse.

Activities (Galbanum) — Antibacterial (1; HH3); Antiedemic (f; BIB); Antiseptic (1; BIB; PH2); Emmenagogue (f; EFS); Emollient (f; BIB); Expectorant (f; EFS; PH2); Stimulant (f; EFS; PH2); Stomachic (f; BIB); Uterotonic (f; BIB); Vulnerary (f; PH2).

Indications (Galbanum) — Allergy (f; BIB); Amenorrhea (f; EFS); Asthma (f; SKJ); Bacteria (1; HH3); Bronchosis (f; SKJ); Cancer (f; JLH); Cancer, abdomen (f; JLH); Cancer, breast (f; JLH); Cancer, colon (f; JLH); Cancer, gum (f; JLH); Cancer, liver (f; JLH); Cancer, parotid (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, testicle (f; JLH); Cancer, uterus (f; JLH); Caries (f; BIB); Chilblain (f; BIB); Cold (f; BIB); Colic (f; BIB); Cramp (f; BIB); Dyspepsia (f; BIB; PH2); Edema (f; BIB); Enterosis (f; BIB); Gas (f; PH2); Gatrosis (f; BIB); Gingivosis (f; BIB); Hepatosis (f; JLH); Hysteria (f; BIB); Induration (f; JLH); Infection (1; HH3; PH2); Inflammation (f; JLH); Mastosis (f; BIB); Neurosis (f; BIB); Orchosis (f; JLH); Otosis (f; BIB); Parotosis (f; JLH); Phymata (f; JLH); Polyp (f; BIB); Rheumatism (f; EFS); Scleroma (f; JLH); Splenosis (f; JLH); Swelling (f; BIB; JLH); Uterosis (f; JLH); Wound (f; PH2).

GAMBIR, PALE CATECHU (*Uncaria gambir* (W. Hunter) Roxb.) +

Synonyms — *Nauclea gambir* W. Hunter, *Ourouparia gambir* (W. Hunter) Baill.

Some GMH data apply more appropriately to *Acacia catechu;* both are colloquially called catechu, or Uncaria pale catechu. The tanniniferous resins of the two are used interchangeably, thanks to their high tannin content.

Activities (Gambir) — Algicide (1; HH3; PH2); Antibacterial (1; PH2); Antiplaque (1; HH3); Antispasmodic (f; CRC; WOI); Astringent (1; CRC; GMH; IHB; PH2); Hepatoprotective (1; HH3; PH2); Masticatory (f; EFS).

Indications (Gambir) — Asthma (f; HH3); Bacteria (1; PH2); Bleeding (1; GMH); Burn (f; CRC; IHB); Cramp (f; CRC; WOI); Dandruff (f; CRC); Diarrhea (1; CRC; IHB; PH2); Dysentery (f; CRC; IHB); Enterosis (f; LMP; PH2); Gastrosis (f; PH2); Gingivosis (f; GMH); Gonorrhea

(f; GMH); Leukorrhea (f; GMH); Lumbago (f; CRC; IHB); Metrorrhagia (f; GMH); Mucososis (f; GMH); Nausea (f; PH2); Pharyngosis (f; GMH); Sciatica (f; CRC; IHB); Sore (f; PH2); Sore Throat (1; IHB; LMP); Stomachache (f; CRC; HH3); Stomatosis (f; PH2); Ulcer (f; PH2); Uvulosis (f; GMH); VD (f; GMH); Wound (f; LMP).

Dosages (Gambir) — 0.3–1 g resin (HHB; HH3); 0.5–2 g drug (PH2); 2.5–5 ml catechu tincture (200 g pounded herb, 50 g cut cinnamon to 1 liter 45% ethanol) (PH2).

Contraindications, Interactions, and Side Effects (Gambir) — Class 1 (AHP)."Health hazards not known with proper therapeutic dosages" (PH2).

GAMBOGE (*Garcinia hanburyi* Hook. f.) +

Activities (Gamboge) — Antibacterial (1; CRC; HHB); Antiseptic (f; PH2); Diuretic (f; CRC); Emetic (f; CRC); Laxative (1; CRC; PH2); Poison (f; CRC); Protisticide (1; CRC; HHB); Sternutator (1; PH2); Vermifuge (f; CRC).

Indications (Gamboge) — Bacteria (1; CRC; HHB); Cancer (f; JLH); Constipation (1; CRC; PHR; PH2); Dyspepsia (f; PHR; PH2); Infection (1; PH2); Protozoa (1; CRC; HHB); Virus (1; HHB); Water Retention (f; CRC); Worm (f; CRC).

Dosages (Gamboge) — 0.1 g resin (HHB).

Contraindications, Interactions, and Side Effects (Gamboge) — Not covered (AHP). As little as 200 mg resin can induce colic and nausea (PHR). Fatalities with 4 g (PHR; PH2). Extracts bactericidal and protisticidal against, for example, *Aerobacter, Enterovirus, Micrococcus,* and *Mycobacteria* (PH2).

GARDEN CRESS (*Lepidium sativum* L.) ++

Activities (Garden Cress) — Abortifacient (f; DEP; PH2); Antibacterial (1; PHR; PH2); Antidote (f; DEP); Antiencephalic (1; PHR; PH2); Antiscorbutic (1; HHB); Antiviral (1; PHR; PH2); Aperitif (f; EFS); Aphrodisiac (f; DEP; WOI); Depurative (f; DEP; EFS; HHB); Diuretic (f; DEP; PHR; PH2; WOI); Emmenagogue (f; WOI); Enteroprotective (f; DEP); Gastroprotective (f; DEP); Immunostimulant (f; PHR; PH2); Lactagogue (f; DEP; WOI); Laxative (f; WOI); Piscicide (f; HHB); Stimulant (f; DEP; WOI); Stomachic (f; DEP).

Indications (Garden Cress) — Anorexia (f; EFS); Asthma (f; DEP; PH2; WOI); Bacteria (1; PHR; PH2); Bleeding (f; WOI); Cancer (f; FNF; HHB; JLH); Cancer, bladder (f; FNF; HHB; JLH); Cancer, breast (f; FNF; HHB; JLH); Cancer, face (f; FNF; HHB; JLH); Cancer, nose (f; FNF; HHB; JLH); Cancer, spleen (f; FNF; HHB; JLH); Cancer, uterus (f; FNF; HHB; JLH); Catarrh (f; DEP); Constipation (f; PHR; PH2; WOI); Cough (1; DEP; PHR; PH2; WOI); Cystosis (f; JLH); Dermatosis (f; DEP); Diarrhea (f; DEP); Dysentery (f; DEP); Dysuria (f; PHR); Encephalosis (1; PHR; PH2); Felon (f; JLH); Fever (f; DEP); Gonorrhea (f; HHB); Hemorrhoid (f; DEP; PH2); Hepatosis (f; WOI); Hiccup (f; DEP); Immunodepression (f; PHR; PH2); Infection (1 PH2); Inflammation (f; DEP); Mastosis (f; JLH); Polyp (f; JLH); Rhinosis (f; JLH); Splenosis (f; DEP; JLH); Sprain (f; WOI); Swelling (f; DEP); Syphilis (f; DEP); Tenesmus (f; DEP); Uterosis (f; JLH); VD (f; DEP); Virus (1; PHR; PH2); Wart (f; JLH); Water Retention (f; DEP; PHR; PH2; WOI).

Dosages (Garden Cress) — 1–2.5 drachms seed (DEP); 1–3 fluid oz decoction 3–4 ×/day (DEP); none given (PHR).

Contraindications, Interactions, and Side Effects (Garden Cress) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Large doses can irritate GI mucous membranes (PHR). Mustard oil can cause blisters and necrosis (PH2). Seed extracts are possibly teratological (ZUL). I decided against accepting the Herbal PDR (PH2) report of 37% ascorbic acid, although I have seen reports almost that high for other better known sources of vitamin C.

GARDENIA, CAPE JASMINE (*Gardenia jasminoides* J. Ellis) ++

Synonyms — *G. augusta* Merr., *G. florida* L., *G. radicans* Thunb., *Warneria augusta* L.

Activities (Gardenia) — Abortifacient (1; JE32:171); Anticancer, skin (1; X10628378); Anticholinergic (1; X7205548); Antigenotoxic (1; X1596867); Antiglioma (1; X1622148); Antihypoxic (1; LRN-Apr 93); Antiinflammatory (1; DAA; X1804189); Antimutagenic (1; EMP6:235); Antioxidant (1; X10628378); Antiperiodic (f; WOI); Antipyretic (f; DAA); Antiseptic (f; WOI); Antispasmodic (f; WOI); Antitumor (1; X10628378); Bradycardic (1; X848455); Choleretic (1; DAA; X7205548); Diuretic (f; LMP); Emetic (f; LMP); Emmenagogue (f; LMP); Emollient (f; LMP); Glutathionigenic (1; X9463529); Hemostat (f; DAA); Hypotensive (1; DAA; X848455); Laxative (f; WOI); Monooxygenase Inhibitor (1; X9463529); Stimulant (f; LMP); Tonic (f; LMP); Tranquilizer (1; FAY); Vermifuge (f; WOI); Vulnerary (f; LMP).

Indications (Gardenia) — Abscess (f; LMP); Altitude Sickness (1; LRN-Apr93); Atherosclerosis (1; X1914006); Bacteria (1; FAY); Bite (f; DAA); Bleeding (1; DAA; FAY); Blennorrhea (f; LMP); Boil (f; LMP); Bruise (1; FAY; LMP); Burn (f; DAA); Cancer (1; DAA; EMP6:235; X10628378); Cancer, skin (1; X10628378); Canker (f; DAA); Conjunctivosis (f; LMP); Constipation (f; WOI); Cramp (f; WOI); Diverticulosis (f; LMP); Dropsy (f; DAA); Dysentery (f; DAA; LMP); Dysuria (f; DAA); Enterosis (f; FAY; LMP); Epistaxis (f; DAA); Fever (f; DAA); Flu (f; DAA); Fungus (1; FAY); Gastrosis (f; FAY; LMP); Glioma (1; X1622148); Gonorrhea (f; DAA); Headache (f; LMP); Hematemesis (f; DAA); Hematuria (f; DAA); Hepatosis (1; DAA; FAY); High Blood Pressure (1; DAA; FAY; X848455); Infection (1; FAY); Inflammation (1; DAA; X1804189); Insomnia (f; FAY); Jaundice (1; DAA; FAY; LMP); Malaria (f; WOI); Mastosis (f; DAA; LMP); Mycosis (1; FAY); Myosis (f; LMP); Nephrosis (f; DAA; WOI); Nervousness (1; FAY); Neurosis (f; WOI); Ophthalmia (f; LMP); Pain (f; FAY; LMP); Pemphigus (f; DAA); Pulmonosis (f; DAA); Rheumatism (f; LMP); Snakebite (f; DAA); Sore (f; DAA; LMP); Splenosis (f; FAY); Stomatosis (f; DAA); Stye (f; DAA); Swelling (f; DAA; FAY); Thrombosis (1; X1914006); Tonsilosis (f; DAA); Tumor (1; X10628378); Vaginosis (f; LMP); VD (f; LMP); Water Retention (f; LMP); Worm (f; WOI); Wound (f; DAA).

Dosages (Gardenia) — 6–12 g dry fruit (FAY).

Contraindications, Interactions, and Side Effects (Gardenia) — Class 1 (AHP). Not covered (KOM; PH2).

GARDENIA OLEANDER (*Strophanthus gardeniiflorus* Gilg.) X

See PH2 for other entries.

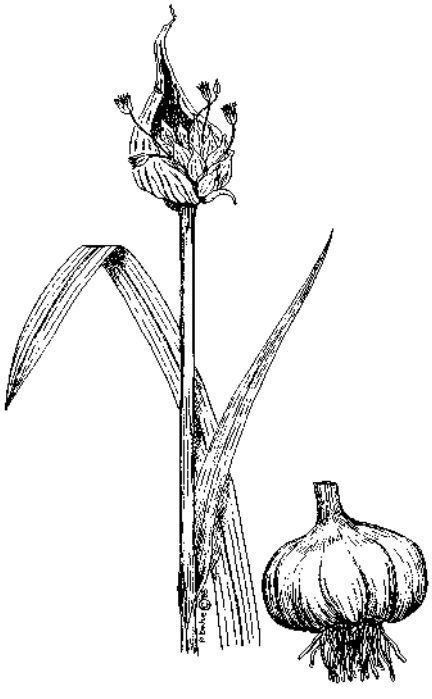
Activities (Gardenia Oleander) — Anxiolytic (f; PH2); Cardiotonic (1; PH2); Digitalic (1; PH2); Diuretic (f; EFS); Negative Chronotropic (1; HDN); Negative Dromotropic (1; HDN); Pediculicide (f; HDN); Positive Bathmotropic (1; HDN); Positive Inotropic (1; HDN).

Indications (Gardenia Oleander) — Anxiety (f; PH2); Atherosclerosis (f; PH2); Cardiopathy (f; PH2); Gastrosis (f; PH2); High Blood Pressure (f; PH2); Neurodystonia (f; PH2); Water Retention (f; EFS).

Dosages (Gardenia Oleander) — Don't take except with physician guidance! (JAD); cymarin 0.6–0.9 mg ivn man/day, 2.3–2.5 mg orl man (HDN); ouabain 0.25–0.65 mg ivn man/day, 12–48 mg/day orl man (HDN); toxic dose 143 mg/man, k-strophanthoside 0.2–1.2 mg ivn man/day, to 7.5 mg/day orl man; toxic dose 143 mg/man (HDN).

Contraindications, Interactions, and Side Effects (Gardenia Oleander) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Side effects may include cardiac arrhythmia, headache, ophthalmia (disturbance of color vision), queasiness, stupor, and vomiting. May enhance effects and side effects with calcium salts, glucocorticoids, laxatives, quinidine, and saluretics (PH2). Powdered seeds LDlo 25 mg/kg ivn dog (HH2); g-strophanthidin LDlo 0.33–0.44 mg/kg ivn dog (HH2).

GARLIC (*Allium sativum* L.) +++



For much more information, see Koch & Lawson's excellent *Garlic Book* (LAW).

Activities (Garlic) — Acarifuge (1; LAW); Alexeteric (f; KAB); Alterative (f; PED); Amebicide (1; APA; X11101670); Analgesic (1; BGB; DAD); Androgenic (1; LAW); Antiaflatoxin (1; X1394115); Antiaggregant (3; APA; FNF; KOM; PH2; SHT; WHO); Antiallergic (1; AKT); Antiandrogenic (1; DAD); Antiatherosclerotic (2; LAW); Antiarthritic (1; LAW); Antiatherogenic (2; BGB; WHO); Antibacterial (2; AKT; FAD; KOM; SKY; WHO); Anticancer (1; LAW; SKY); Anticholinesterase (1; LAW); Antidiabetic (1; LAW; PNC); Antidote (f; WO2); Antifertility (1; LAW; WO2); Antigiardial (1; X11101670); Antiinflammatory (1; APA; BGB); Antiintegrase (1; LAW); Antioxidant (1; LAW; SHT; WO3); Antimycotic (2; BGB; LAW); Antioxidant (1; AKT; PH2); Antiprostaglandin (1; WHO); Antipyretic (1; WHO); Antirheumatic (1;

LAW); Antiseptic (3; AKT; APA; PED; PH2; PNC; SKY); Antispasmodic (1; PED; WHO); Antistress (1; LAW); Antithrombic (1; FAY; PH2; PNC); Antithyroid (1; LAW); Antitumor (1; BGB; PNC); Antiulcer (1; X11238826); Antiviral (1; AKT; APA; LAW; SKY); Aphrodisiac (1; DAD; WHO); Cardiotonic (1; AKT; JFM); Carminative (1; PED; RIN; WHO); Choleretic (1; MAM); Decongestant (1; FAY); Detoxicant (f; AKT; FAY); Diaphoretic (f; JFM; PED; PNC); Digestive (1; AKT; PED); Diuretic (1; FAD; WHO); Edemagenic (1; WO3); Emmenagogue (1; JFM; WHO); Estrogenic (1; LAW); Expectorant (f; PED; PNC; WOI); Fibrinolytic (3; APA; LAW; KOM; PH2; SHT); Fungicide (2; FAD; LAW; KOM; MAM; SKY); Gastrotonic (f; KAB); Glutathionigenic (1; PH2); Hepatoprotective (1; BGB; CAN; JFM; LAW; WO3); Hyperglycemic (1; PNC); Hypocholesterolemic (2; AKT; DAD; FAD; PH2; SHT; WHO); Hypoglycemic (1; DAD; LAW; KAP; PED; PNC); Hypolipidemic (1; BGB; DAD; PED; PNC; WHO); Hypoperistaltic (2; WHO); Hypotensive (2; AKT; BGB; FAD; SHT; SKY; WHO); Hypotriglyceridemic (1; AKT); Hypouricemic (f; JFM); Immunostimulant (1; AKT; BGB; CAN; FAY; PED); Insectifuge (1; LAW); Insulin-Sparing (1; PNC); Interleukenogenic (1; WO3); Larvicide (1; WO2); Lipolytic (2; KOM; PH2; SHT; WHO); Lymphocytogenic (1; AKT); Myocontractant (1; CAN); Myorelaxant (1; CAN); Nervine (f; PED); NKC-Enhancer (1; AKT; PH2); NO-Genic (1; LAW); Orexigenic (f; KAB); Ovicide (1; WO3); Oxytocic (1; WO2); Parasiticide (1; AKT); Phagocytotic (1; AKT); Protisticide (1; LAW); Rubefacient (f; JFM); Sedative (1; WHO); Spermicide (1; LAW); Tick (1; LAW); Tonic (f; KAB); Vasodilator (1; SHT; WHO); Vermifuge (1; AKT; APA; LAW; WHO); Vulnerary (1; PED).

Indications (Garlic) — Abscess (1; DAA; PNC); Acne (f; FAD); Adenopathy (f; JLH); Aegilops (f; JLH); Aging (1; PH2); Allergy (1; AKT); Alopecia (1; WHO; WO2); Altitude Sickness (f; LAW); Ameba (1; APA; X11101670); Amebiasis (2; FAY; PNC); Anemia (f; DAD); Anorexia (f; FAY); Appendicitis (1; FAY; PNC); Aphtha (1; LAW); Arthrosis (1; FAD; LAW; PHR; PH2); Asthma (1; PNC; WHO); Atherosclerosis (3; AKT; APA; BGB; BIS; FAD; LAW; PHR; PH2; SHT; WHO); Athlete's Foot (2; TGP); Bacillus (1; LAW); Bacteria (2; AKT; FAD; JFM; KOM; PH2; SKY; WHO); Bite (f; FAY; JFM); Boil (1; DAA); Bronchiectasis (1; LAW); Bronchosis (2; FAD; PHR; PH2; WHO); Burn (2; LAW); Callus (f; JFM; PH2); Cancer (2; AKT; BGB; FAD; LAW; PH2; PNC; SKY); Cancer, abdomen (1; AKT; FNF; JLH); Cancer, bladder (1; FNF; JLH; X11341051; X11238818); Cancer, colon (1; AKT; FNF; JLH; X11238811); Cancer, gland (1; FNF; JLH); Cancer, lung (1; FNF; JLH); Cancer, prostate (1; X11102955); Cancer, skin (1; FNF; JLH); Cancer, stomach (1; AKT; X11238811); Cancer, uterus (1; FNF; JLH); Candida (2; CAN; LAW); Carbuncle (f; FAY); Cardiopathy (3; BGB; FAD; SKY); Caries (1; FNF; KAB); Catarrh (1; AKT; BGB); Celiac (1; LAW); Childbirth (f; JFM); Cholecystosis (f; APA); Cholera (1; PNC); Chronic Fatigue (f; JFM); Coccidiosis (1; LAW); Cold (2; AKT; FAD; PHR; PNC); Colic (1; WHO); Colitis (1; LAW); Colosis (1; LAW; LAW); Congestion (1; FAY); Constipation (f; JFM; PH2); Convulsion (f; PHR); Corn (f; JLH; PHR); Cough (2; APA; FAD; PHR); Cramp (1; PED; PH2; WHO); Cryptococcus (1; DAA); Cystosis (f; JFM); Cytomegalovirus (1; LAW); Deafness (f; LAW); Debility (f; PH2); Dementia (1; X11238823); Dermatosis (1; AKT; DAA; DAD; LAW; PNC); Diabetes (1; LAW; MAM; PH2; PNC); Diarrhea (1; AKT; PNC); Diphtheria (f; DAA; DAD); Dropsy (f; KAB); Dysentery (2; AKT; DAD; FAD; PNC); Dysmenorrhea (f; PHR; PH2); Dyspepsia (1; AKT; BIS; JFM; LAW; PNC; WHO); Dyspnea (1; FAD; FAY); Earache (1; FAD); Edema (f; JFM; PNC); Enterosis (2; AKT; APA; FAD; PH2; WHO); Epigastrosis (2; WHO); Epilepsy (f; AKT; FAY); Escherichia (1; LAW; WO2); Felon (f; JLH); Fever (2; FAD; JFM; PED; PHR; PH2; PNC; WHO); Fibroid (f; DAD; JLH); Filaria (1; LAW); Flu (1; AKT; APA; LAW; PNC); Fungus (2; AKT; FAD; JFM; LAW; KOM; MAM; SKY); Gangrene (f; KAP); Gas (1; DAD; JFM; PED; PH2; RIN; WHO); Gastroenterosis (2; BIS; DAD; FAD); Gastrosis (2; AKT; FAD; FAY; PH2; WHO); Giardia (1; LAW; X11101670); Gout (f; FAD; JFM); Headache (f; JFM);

Helicobacter (1; AKT; X11238826); Hemorrhoid (f; JFM); Hepatosis (1; APA); Hepatotoxicity (acetaminophen) (2; MAM); Herpes (1; LAW); High Blood Pressure (2; AKT; BGB; FAD; PH2; SHT; WHO); High Cholesterol (3; AKT; APA; DAD; FAD; LAW; PH2; SHT; WHO); High Triglyceride (3; AKT; APA; LAW; SHT); HIV (1; LAW); Hookworm (1; AKT; LAW; WHO); Hyperglycemia (1; DAD; LAW; PED; PNC); Hyperlipidemia (3; SHT; WHO); Hyperperistalsis (2; WHO); Hypoglycemia (1; FAY; PNC); Hypotension (f; DAD); Hysteria (f; JFM); Immunodepression (1; AKT; BGB; CAN; FAY; PED); Immunosuppression (2; PHR; SKY); Impotence (1; AKT; X11238821); Induration (f; JLH); Infection (2; AKT; FAD; JFM; LAW; KOM; MAM; SHT; SKY); Inflammation (1; APA; BGB; JFM); Insanity (f; AKT); Insomnia (1; JFM; WHO); Intermittent Claudication (2; BGB; SHT; TGP); Keratosis (1; LAW); Laryngosis (1; LAW); Lead Poisoning (1; PNC); Leishmaniasis (1; X11119248); Leprosy (f; JFM); Leukemia (f; JLH); Leukoderma (f; KAB); Lumbago (f; PH2); Lupus (f; LAW); Lymphoma (f; JLH); Malaria (f; DAD; JFM); Mange (f; JFM); Melancholy (f; JFM); Meningosis (f; DAA); Menopause (f; JFM); Mucososis (1; LAW); Myalgia (f; PHR; PH2); Mycosis (2; AKT; FAD; LAW; KOM; MAM; PNC; SKY); Myofascitis (f; DAA); Nausea (1; WHO); Nephrosis (1; LAW); Nervousness (1; WHO); Neuralgia (1; LAW; PHR); Nicotinism (1; LAW); Obesity (1; BGB; DAD; PED; PNC; WHO); Odontosis (f; KAB); Otosis (1; FAD; SKY); Pain (1; BGB; DAD; JFM; PH2); Palpitation (f; JFM); Paradentosis (1; LAW); Paralysis (f; KAB); Parasite (1; AKT); Paratyphoid (f; KAP); Paratyphus (f; LAW); Pertussis (2; DAD; FAD; FAY; PNC); Pharyngosis (2; PHR); Pinworm (1; AKT; FAY); Pneumonia (1; DAD; LAW); Poliomyelosis (1; LAW); Polyp (f; JLH); Pulmonosis (f; KAP); Pulposis (1; LAW); Raynaud's Syndrome (2; TGP); Respirosis (1; AKT; BGB; LAW; PH2; WHO); Rheumatism (1; FAD; LAW; PH2); Rhinosis (2; BGB); Ringworm (1; APA; DAA; WHO); Roundworm (1; LAW; WHO); Salmonella (1; WO2); Scabies (1; DAA; JFM); Sciatica (f; PHR; PH2); Senile Dementia (1; LAW; X11238823); Sepsis (1; LAW); Shigella (1; WO2); Sinusosis (1; FAY); Snakebite (f; FAD; FAY); Sore (1; FAD; JFM); Sore Throat (1; LAW); Splenosis (f; KAB); Sporotrichosis (1; LAW); Staphylococcus (1; LAW); Stomachache (f; FAY); Stomatosis (2; PHR); Streptococcus (2; X9354029); Swelling (f; AKT; FAD; FAY; JFM); Syncope (f; KAB); Tapeworm (f; JFM); Thirst (f; KAB); Thrombosis (1; FAY; PH2; PNC); Tonsilosis (1; LAW); Trachoma (f; DAA); Trichomoniasis (1; DAA); Trypanosomiasis (1; LAW); Tuberculosis (1; APA; JFM; LAW); Tumor (1; BGB; PNC); Typhoid (f; DAA); Typhus (1; DAD; LAW); Ulcer (1; AKT; X11238826); Ulcus cruris (2; LAW); UTI (1; WHO); Vaginosis (2; APA; DAA; LAW); Varicosis (f; JFM); Virus (1; AKT; APA; LAW; PH2; SKY); Wart (f; PHR; PH2); Water Retention (1; FAD; WHO); Wen (f; JLH); Whitlow (f; JLH); Worm (1; AKT; APA; JFM; LAW; WHO); Wound (f; PHR); Yeast (2; APA; CAN; JAD; WO2).

Dosages (Garlic) — 9–15 g fresh bulb (FAY); 0.25–0.5 cup fresh bulb (PED); 6–12 g dry bulb (PED); 9 g dry bulb:45 ml alcohol/45 ml water (PED); 1–5 cloves/day (APA); 2–4 g 3 ×/day (CAN); 4 g garlic or one average clove; 5000 μg allicin/day (SKY); 4 g fresh garlic/day (KOM); 1.5–6 g fresh tuber (KAP); 2–4 ml tincture (1:5 in 45% ethanol) 3 ×/day (CAN); 0.03–0.12 ml garlic oil/day (CAN); 1–2 minims garlic oil (KAP); 2–8 ml garlic syrup (CAN; PNC); 2–4 ml garlic juice (CAN; PNC); 1 (400 mg) StX/day; 3–4 (550 mg) capsules 3 ×/day (NH); 1 enteric coated 400 mg tablet (StX to contain at least 3 mg allicin potential) 1 ×/day at mealtime (NH); 600–900 mg/day coated garlic (SHT).

Contraindications, Interactions, and Side Effects (Garlic) — Class 2c (AHP). Some thiol-bearing compounds in garlic, onion, and their relatives can cause acantholysis *in vitro* (Brenner et al., 1995) and possibly pemphigus *in vivo*. "More than 5 cloves a day may induce gas and heartburn (Castleman, 1996) and 'thin blood'" (people taking blood thinners may thereby overthin their blood). "May potentiate the effect of antihypertensive and anticoagulant medications"

(SHT). No known contraindications during pregnancy and lactation (SKY). Some people are very allergic to garlic. Contraindicated in hyperthyroidism (TRA). Commission E reports rare GI disturbances, allergic reactions, change of odor of skin and breath. Sulphides may irritate the GI tract or cause dermatosis (CAN). Allergic reactions of contact dermatosis and severe asthmatic attacks (from inhalation of garlic powder). Topical application of garlic or garlic oil may cause local irritating effects. Nausea, vomiting, and diarrhea may occur following ingestion of fresh garlic bulbs, extracts, or oil (AEH1). Fresh garlic is reportedly dangerous to children (AHP). Use sparingly with children under 2 years; may irritate mouth or stomach if used too liberally (WAM). Then there is Miller and Murray's extremely cautious, but not critical review (MAM). Though possibly "useful for mild hypertension ... routine use is not recommended." After informing us that no drug-drug interactions have been reported for garlic, they provide a long list of potential drug-drug interactions. Hasty readers, especially MDs, will take this as proven drug-garlic interactions, "Avoid concomitant use ... with NSAIDS, anticoagulants, and drugs that inhibit liver metabolism (e.g., cimetidine (Tagamet), ciproflaxin (Cipro), clarithromycin, diltiazem (Cardizem), enoxacin, erythromycin, fluoxetine (Prozac), fluvoxamine, itraconazole, ketoconazole, nefazodone, paroxetine (Paxil), ritonavir) may at least additively and perhaps synergistically interact with garlic." (MAM) Watch also with drugs extensively metabolized by the liver (alprazolam, amitriptyline, astemizole, carbamazepine, cisapride, clozapine, corticosteroids, cyclosporine, desipramine, diazepan (Valium), imipramine, phenytoin (Dilantin), propranolol, terfenadine (Seldane), theophylline, triazolam, warfarin (Coumadin), and drugs that may be affected by liver inhibition (e.g., propranolol, diazepam) (MAM). MAM tabulates allergic contact dermatosis, burning GI sensations, diaphoresis, diarrhea, light-headedness, menorrhagia, metrorrhagia, nausea, spinal epidural hematoma, and vomiting as side effects of garlic (MAM). MAM even tries to attribute a case of spinal hematoma to garlic (in an 87-year-old man ingesting 2 g daily "to prevent heart disease"). Perhaps they are too eager to accentuate the negative, attributing the problem "to garlic's ability to inhibit normal platelet function." Still accentuating the negative MAM talk about rats given massive doses (50 mg/day garlic powder) developing degenerative changes in 45 days and severe testicular lesions after 70 days (MAM). The credibility of their uncritical data is questionable; for example, on page 144, they talk about 0.75 mg garlic EO divided in three doses a day causing anorexia, nausea, severe vomiting, diarrhea, marked weight loss, metrorrhagia, and menorrhagia, yet on page 145 they casually discuss a dosage more than three orders of magnitude higher for 20 days, lowering platelet aggregation from 30.37% to 21.21% (MAM). At 3 × 300 mg/day coated garlic powder tablet, GI discomfort was the most frequent side effect; also bloating, dizziness, headache, hypotensive circulatory reactions, outbreaks of sweating; daily doses of 900–1200 mg were associated with garlic odor.

Extracts (Garlic) — Extracts >30 ml/kg orl ipr scu in mus rat. Active hypoglycemic compounds may have insulin-sparing activity, the thiol groups competing for insulin with the inactivating compounds (PNC). Ajoene antiaggregant, antilipoxygenase, antiprostaglandin (CAN; PNC); synergizes antiaggregant activity of dipyramidole, forskolin, indomethacin, and prostacyclin. Garlic (or allicin) antiseptic to *Aeromonas, Aspergillus, Bacillus, Candida albicans, Citrobacter, Cryptococcus, Epidermophyton, Escherichia coli, Herpes, Influenza, Klebsiela, Microsporum, Proteus, Providencia, Rhodotorula, Salmonella paratyphi, Salmonella typhi, Shigella dysenterica, Staphylococcus aureus, Torulopsis, Trichomonas spp, Trichophyton, Trichosporum,* and *Vibrio cholerae* (CAN; PNC). LD50 = 60 mg/kg ivn mouse (SHT), 120 mg/kg scu mouse (M11; SHT). Might be a good way to cut back on your grocery bill (except for garlic), if you believe this quote "Rats fed up to 2000 mg/kg garlic extract for 6 months showed no weight loss but did show a slightly reduced food intake relative to controls." There were no changes in renal function, hematologic parameters, or selected serologic parameters, and there was no evidence

of any pathologic changes in organs or tissues. Clinical studies suggest utility if atherosclerosis, cardiopathy, GI disorders, high cholesterol, and high blood pressure (FAD). Commission E approvals differ; Blumenthal et al. (1998) approve 4 g fresh garlic or equivalent preparations "supportive to dietary measures at elevated levels of lipids in blood and preventative measures for age-dependent vascular changes" while Gruenwald et al. (1998) approve for almost the same things for which they approve echinacea, *viz.* atherosclerosis, bronchosis, cold, cough, fever, pharyngosis, stomatosis, and "tendency to infection."

GARLIC WEED (*Petiveria alliacea* L.) +

Activities (Garlic Weed) — Abortifacient (1; 60P; TRA; WOI; X1841991); Analgesic (1; 60P; TRA; X1842010); Anesthetic (1; TRA; X1841991); Antiinflammatory (1; 60P; TRA); Antimitotic (1; X8081301); Antipyretic (f; IED; X1841991); Antiseptic (1; 60P; TRA); Antispasmodic (1; 60P; TRA; WOI); Antitrypanosomic (1; X9741882); Antitumor (1; TRA; 60P); Antitussive (f; DAV); Aphrodisiac (f; IED); Candidicide (1; 60P); CNS Depressant (1; DAV); Contraceptive (f; DAV); Cyclooxygenase Inhibitor (1; TRA); Depurative (f; 60P); Diaphoretic (f; JFM); Diuretic (f; JFM; WOI); Emmenagogue (f; IED; JFM; WOI); Expectorant (f; 60P; WOI); Hypoglycemic (1; ABS; X2100880); Immunostimulant (1; X10084333; 60P); Insecticide (f; 60P); Insectifuge (f; 60P); Mutagenic (1; X1377342); Nematicide (f; 60P); Nervine (f; JFM); Phagocytotic (f; 60P); Sedative (1; X1841991); Uterotonic (f; 60P); Vermifuge (f; JFM).

Indications (Garlic Weed) — Arthrosis (1; 60P; X1842010); Asthma (f; JFM); Boil (f; JFM); Bronchosis (f; DAV); Bug Bite (f; DAV); Cancer (1; HAD; IED; TRA; 60P); Candida (1; 60P); Cardiopathy (f; JFM); Childbirth (f; 60P; IED); Cholera (f; 60P); Cold (f; 60P); Cramp (1; 60P; JFM; TRA; WOI); Cystosis (f; JFM); Dermatosis (f; 60P; TRA); Diabetes (1; X2100880); Diarrhea (f; JFM); Dysmenorrhea (f; JFM); Dyspepsia (1; TRA); Edema (1; TRA); Fever (f; IED; JFM; X1841991); Flu (f; JFM; TRA); Headache (f; JFM; TRA); Hoarseness (f; JFM); Hysteria (f; JFM); Immunodepression (1; X10084333; 60P); Inflammation (1; 60P; TRA); Insomnia (1; X1841991); Listeria (1; X10084333); Myalgia (f; TRA); Nerves (f; 60P; WOI); Nervousness (1; X1841991); Osteoarthrosis (1; ABS); Pain (1; 60P; JFM; TRA; X1841991; X1842010); Paralysis (f; JFM); Pertussis (f; JFM; WOI); Pneumonia (f; DAV); Pulmonosis (f; IED); Rheumatism (f; JFM; TRA); Ringworm (f; JFM); Scabies (f; DAV); Sinusosis (f; TRA); Snakebite (f; IED); Spasm (f; JFM); Toothache (f; 60P; TRA); Tumor (1; TRA; 60P); VD (f; 60P; JFM); Water Retention (f; JFM; WOI); Worm (f; IED; JFM); Yeast (1; 60P).

Contraindications, Interactions, and Side Effects (Garlic Weed) — Diabetic and pregnant patients should not use it (TRA). LD50 360 mg/kg rat (TRA).

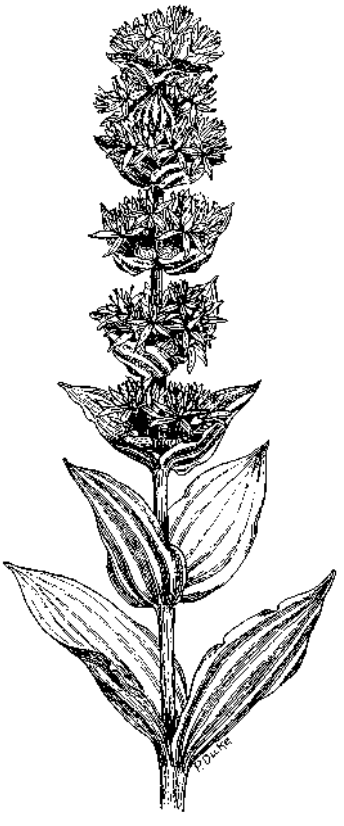
GBANJA KOLA (*Cola nitida* (Vent.) Schott & Endl.) ++

Synonym — *Sterculia nitida* Vent.

Activities (Gbanja Kola) — Aphrodisiac (f; CRC); Astringent (f; CRC); Nervine (f; CRC); Poison (f; CRC); Restorative (f; CRC); Sedative (f; CRC); Stimulant (f; CRC); Stomachic (f; CRC); Tonic (f; CRC).

Indications (Gbanja Kola) — Conception (f; CRC); Dysentery (f; CRC); Dyspepsia (f; CRC); Fatigue (f; CRC); Infertility (f; CRC); Insomnia (f; CRC); Malaria (f; CRC); Nausea (f; CRC); Nervousness (f; CRC); Toothache (f; CRC).

GENTIAN (*Gentiana lutea* L.) ++



Activities (Gentian) — Analgesic (1; HHB); Antiemetic (1, BGB); Antiinflammatory (1; APA; CAN; PED); Antipyretic (1; CRC; HHB); Antiseptic (f; CRC); Aperitif (1; CRC; PNC); Astringent (1; APA); Bitter (2; KOM; PNC); Carminative (f; PH2); Cholagogue (1; CAN; PH2); Choleretic (1; AOA; PNC); CNS Stimulant (1; HHB); Depurative (f; CRC); Digestive (1; APA; CRC; SKY); Emmenagogue (f; CRC); Fungistat (1; PH2); Gastrostimulant (1; CAN); Insecticide (1; CRC); Mutagenic (1; APA; CAN); Roborant (2; KOM); Secretagogue (2; KOM; PIP); Sialagogue (2; APA; CAN; KOM; PH2); Stimulant (f; CRC); Stomachic (f; CRC; HHB); Tonic (2; CRC; KOM; PIP); Vermifuge (f; CRC; HHB; MAD).

Indications (Gentian) — Achlorhydria (1; BGB; MAD); Anemia (f; MAD); Anorexia (2; APA; CAN; KOM; PH2; PNC); Arthrosis (1; HHB; PED); Bite (f; CRC); Bronchosis (f; JAD); Atony (f; BGB); Cancer (f; CRC); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Carcinoma (f; CRC; JLH); Cardiopathy (f; MAD); Chlorosis (f; MAD); Cholecystosis (f; HHB); Cold (f; CRC); Convulsion (f; CRC); Debility (f; CRC); Diarrhea (f; APA; CRC; PNC); Dysmenorrhea (f; CRC); Dyspepsia (2; APA; CAN; KOM; PH2); Dysuria (f; CRC); Edema (1; HHB); Enterosis (1; APA; HHB); Fever (1; CRC; HHB; MAD); Gas (2; APA; KOM; PHR; PH2); Gastrosis (1; HHB; KOM; PED); Gastroenterosis (1; APA; CAN); Gout (f; CRC; MAD); Headache (f; MAD); Heartburn (1; APA; PNC); Hepatosis (f; CRC; JLH); Herpes (f; CRC); Hyperemia (f; HHB); Hysteria (f; MAD); Induration (f; CRC); Inflammation (1; APA; CAN; PED); Jaundice (f; APA; CRC; PED); Malaria (f; CRC; HHB); Nausea (f; PNC); Neurosis (f; MAD); Nicotinism (f; APA; CRC); Pain (1; HHB); Rheumatism (f; MAD); Snakebite (f; CRC); Sore (f; JLH); Sore Throat (f; APA; PED); Splenosis (f; CRC; JLH); Stomachache (1; CRC;

PED); Syncope (f; CRC); Typhus (1; HHB); Ulcer (1; APA; JLH); Vomiting (1, BGB); Worm (f; CRC; HHB; MAD); Wound (1; APA).

Dosages (Gentian) — 0.5–1 tsp fresh root (PED); 0.25–0.5 g dry root (PED); 0.5 g dry root:3 ml alcohol/2 ml water (PED); 0.6–2 g root, or in tea, 3 ×/day (CAN); 0.3–2 g root/day (HHB); 2–4 g root/day (KOM; PIP); 0.5–2 g powdered root (PNC); 1 tsp powdered root/3 cups water, take 1 tbsp 30 minutes before meals (APA); 1 g herb/cup water, or 1–4 ml tincture 3 ×/day (PH2); 1–3 g root tincture/day (KOM; PIP); 20–40 drops tincture (APA); 10 drops tincture 2–3 ×/day (MAD); up to 20 drops tincture before meals (SKY); 2–5 ml tincture (PNC); 1–4 ml herbal tincture (1:5 in 45% ethanol) 3 ×/day (CAN); 0.5–4 g extract/day (APA); 2–4 g fluid extract (KOM; PIP); 1.5–4 ml herb infusion (PNC).

Contraindications, Interactions, and Side Effects (Gentian) — Class 2d. Root contraindicated in acid stomach, gastrosis, heartburn, and duodenal and gastric ulcers (AHP; KOM; SKY). May cause headache (KOM; PIP). Reportedly contraindicated in hypertension (CAN). Gentian has documented mutagenic activity and is reputed to affect the menstrual cycle, its use in pregnancy and lactation is to be avoided (CAN). Mutagenic activity in the AMES test has been documented for gentian with gentisin and isogentisin identified as mutagenic components. Gentian root is reported to contain 1000 ppm total mutagenic compounds, of which 760 were gentisin and isogentisin (CAN). Blumenthal et al., (1998) caution re dandelion, but not gentian, that, "As with all drugs containing bitter substances, discomfort due to gastric hyperacidity may occur" (KOM). Do I need to write out this caveat for all the bitter herbs (Pedersen, 1998, classifies nearly half of his herbs as bitter)? **Warning**: may cause hyperacidity and gastric distress. In general, bitter substances stimulate gastric secretion.

GERMAN IPECAC, WHITE SWALLOWWORT (*Vincetoxicum hirundinaria* Medik.) +

Synonyms — *Asclepias vincetoxicum* L., *Cynanchum vincetoxicum* (L.) Pers., *Vincetoxicum officinale* Moench.

Activities (German Ipecac) — Antiseptic (1; PH2); Antitumor (1; PH2); Diaphoretic (f; HHB); Digestive (f; PH2); Digitalic (1; WOI); Diuretic (f; HHB; PH2); Emetic (f; PH2); Emmenagogue (f; PH2); Fungicide (1; HHB); Hemolytic (1; WOI); Laxative (f; EFS); Paralytic (1; PH2); Poison (1; WOI); Toxic (f; EFS).

Indications (German Ipecac) — Bruise (f; PH2); Cancer (1; PH2); Cancer, breast (f; HHB; JLH); Cancer, uterus (f; HHB; JLH); Constipation (f; EFS); Dysmenorrhea (f; HHB; PH2); Dyspepsia (f; PH2); Edema (f; PH2); Fever (f; HHB); Fungus (1; HHB); Infection (1; HHB); Mastosis (f; JLH); Mycosis (1; HHB); Nephrosis (f; HHB; PH2); Pain (f; HHB); Plague (f; HHB; PH2); Scrofula (f; EFS); Snakebite (f; HHB; PH2); Swelling (f; PH2); Tumor (1; PH2); Uterosis (f; JLH); Water Retention (f; HHB; PH2).

Contraindications, Interactions, and Side Effects (German Ipecac) — Not covered (AHP). The mix of glycosides, called vincetoxin, in high doses in animals causes apnea, cardiac paralysis, and vomiting.

GERMAN SARSAPARILLA (*Carex arenaria* L.) +

Activities (German Sarsaparilla) — Diaphoretic (f; HHB); Diuretic (f; HHB); Insecticide (f; HHB); Piscicide (f; HHB); Sternutator (f; HHB).

Indications (German Sarsaparilla) — Amenorrhea (f; PH2); Arthrosis (f; HHB; PH2); Colic (f; PH2); Dermatosis (f; HHB); Diabetes (f; PH2); Edema (f; PH2); Fever (f; HHB); Gas (f; PH2); Gastrosis (f; HHB); Gout (f; HHB; PH2); Hepatosis (f; PH2); Inflammation (f; PH2); Mange (f; HHB); Pain (f; HHB); Pulmonosis (f; PH2); Rheumatism (f; HHB; PH2); Tuberculosis (f; PH2); VD (f; PH2); Water Retention (f; HHB).

GIANT MILKWEED (*Calotropis gigantea* (L.) W. T. Aiton) X

Synonyms — *Asclepias gigantea* L. *C. procera,* with very similar activities and indications (WO2). Both are called giant milkweed by USDA, but that common name is preferred for the namesake *C. gigantea*. Here I yield to the Herbal PDR (edition 2), which treats them separately. I have aggregated their chemicals in FNF, but reluctantly maintain them as separate accounts, as does PH2.

Activities (Giant Milkweed) — Alexeteric (f; KAB); Alterative (f; DEP; KAP); Analgesic (f; KAB); Antiinflammatory (f; KAB); Antispasmodic (f; DEP; KAP); Antitumor (1; PH2); Bitter (f; KAP); Cardiotonic (1; KAP; PH2); Depilatory (f; DEP; KAB); Diaphoretic (f; DEP; PH2; SUW); Digestive (f; KAB); Emetic (f; DEP; KAP; PH2; SUW); Expectorant (f; DEP; KAP; PH2; SUW); Gastrotonic (f; KAB); Laxative (f; KAP; SUW); Nervine (f; DEP); Proteolytic (f; KAB); Rubefacient (f; DEP); Stimulant (f; KAB); Stomachic (f; KAB; KAP); Tonic (f; DEP; KAP); Uterotonic (1; KAP); Vermifuge (f; KAB).

Indications (Giant Milkweed) — Anasarca (f; DEP; KAB; PH2); Anorexia (f; DEP); Aphtha (f; DEP); Arthrosis (f; DEP); Ascites (f; DEP; PH2); Asthma (f; DEP; KAB; SUW); Bite (f; KAB); Bronchosis (f; DEP; KAP); Cachexia (f; DEP); Cancer (1; PH2); Cancer, abdomen (f; JLH); Cancer, skin (1; PH2); Catarrh (f; DEP; KAB); Cold (f; SUW); Constipation (f; DEP; KAP; SUW); Convulsion (f; SEP; PH2); Cough (f; KAB; PH2; SUW); Cramp (f; DEP; KAP); Dermatosis (f; DEP; SUW); Diarrhea (f; SUW); Dropsy (f; DEP; KAB); Dysentery (f; DEP; KAP; PH2; SUW); Dyspepsia (f; PH2; SUW); Elephantiasis (f; DEP; SUW); Enterosis (f; KAB; PH2; SUW); Epididymosis (f; DEP); Epilepsy (f; DEP); Fever (f; DEP; KAB; PH2; SUW); Gonorrhea (f; DEP); Hemorrhoid (f; DEP); Hepatosis (f; DEP; KAB); Hysteria (f; DEP); Inflammation (f; KAB); Leprosy (f; DEP; PH2; SUW); Leukoderma (f; KAB); Malaria (f; DEP; KAB); Obesity (f; PH2); Pain (f; DEP; KAB); Paralysis (f; DEP; KAB); Pharyngosis (f; KAP; PH2); Phthisis (f; DEP); Rheumatism (f; DEP; SUW); Rhinosis (f; KAP; PH2); Ringworm (f; KAB); Scabies (f; KAB); Snakebite (f; DEP; KAB); Sore (f; JLH); Splenosis (f; DEP; KAB); Stomatosis (f; DEP); Swelling (f; DEP; JLH; KAB; SUW); Syphilis (f; PH2; SUW); Toothache (f; DEP; PH2); Tumor (1; PH2); VD (f; DEP; PH2); Vomiting (f; PH2; SUW); Wart (f; PH2); Worm (f; KAB; PH2; SUW); Wound (f; DEP; KAB).

Dosages (Giant Milkweed) — 200–600 mg bark as a diaphoretic and expectorant, 2–4 g as emetic (HHB; PHR).

Contraindications, Interactions, and Side Effects (Giant Milkweed) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Dangerous plant. Very high doses may cause death, following bradycardia, convulsion, diarrhea, and vomiting (PH2). Perkins and Payne note convulsions, diarrhea, vomiting, slowed but stronger heartbeat, labored respiration, increased blood pressure, and possible death (CRC). Traditional use in India may cause severe bullous dermatosis, leading occasionally to hypertropic scars. Calotropine effective *in vitro* against epidermoid tissue cultures of the rhinopharynx (PH2).

GINGER (*Zingiber officinale* Roscoe) +++

Synonym — *Amomum zingiber* L.

Activities (Ginger) — Analgesic (1; FAY; PED; PNC; TRA; WAM); Antiaggregant (1; APA; FAY; MAB; PH2; SKY); Antialcoholic (1; MAB); Antiallergic (1; FAY; MAB); Antibacterial (1; APA; MAB; TRA); Anticarcinogenic (1; MAB); Anticathartic (1; MAB); Anticholinergic (f; MAB); Anticonvulsant (1; PNC); Antidepressant (1; DAA; MAB; WOI); Antidote, araceae (f; DAA); Antidote, mushroom (f; DAA); Antidote, seafood poisoning (f; DAD); Antiedemic (1; HH3; MAB; WHO); Antiemetic (3; KOM; PIP; WHO); Antiemmenagogue (f; APA); Antihistaminic (1; DAA; MAB; PNC); Antiinflammatory (2; FAY; MAB; TRA; WAM; WHO); Antileukotriene (1; PH2; WHO); Antilipidemic (1; PH2); Antimutagenic (1; MAB); Antinarcotic (1; DAA; WHO); Antinauseant (1; MAB; WAM); Antioxidant (1; AKT; DAA; MAB; PH2); Antiprostaglandin (1; AKT; MAB; PH2; WHO); Antipyretic (1; MAB; TRA); Antirhinoviral (1; MAB); Antisecretory (f; FAY); Antiseptic (1; MAB); Antiserotoninergic (1; MAB; WHO); Antispasmodic (1; BGB; KOM; MAB; PIP; PNC; TRA); Antithrombic (1; PH2); Antithromboxane (1; AKT; WHO); Antitussive (1; MAB; PNC); Antiulcer (1; MAB; VVG); Antiviral (1; APA; MAB; TRA; WAM); Anxiolytic (1; MAB); Aperitif (f; DAD; JFM; KAB); Aphrodisiac (f; DAD; KAB; MAD); Arrhythmigenic (1; APA); Astringent (1; PHR; PH2); Candidicide (1; TRA); Cardiotonic (1; MAB); Carminative (1; MAB; PED; PHR; PH2; PNC; SUW); Cholagogue (2; KOM; PIP; VVG); Choleretic (1; PH2; WHO); Circulostimulant (1; AKT; MAB); CNS Depressant (1; APA); COX-2 Inhibitor (1; COX; FNF); Cyclooxygenase Inhibitor (1; MAB; WHO); Diaphoretic (1; APA; CAN; FAY; MAB; MAD); Decongestant (f; RIN); Detoxicant (f; FAY); Digestive (1; AKT; APA; DAA; KAP; MAB; WAM); Emmenagogue (f; AAB; MAD); Expectorant (f; FAY; JFM; MAD; PH2); Fungicide (1; DAD; MAB; TRA); Gastroirritant (1; MAB); Gastroprotective (1; MAB); Gastrotonic (1; PH2); Hepatoprotective (1; MAB; PNC); Hypertensive (1; MAB); Hypocholesterolemic (1; MAB; PED; PNC); Hypoglycemic (1; DAA; MAB; PED); Hypotensive (1; APA; PNC); Immunostimulant (1; PH2);

Lactagogue (f; FAY); Lipolytic (1; PH2); Lipoxygenase Inhibitor (1; MAB; WHO); Molluscicide (1; FAY; HH3); Mutagenic (1; MAB); Myorelaxant (PED); Nematicide (1; MAB); Ovicide (1; TRA); Parasiticide (1; MAB); Peristaltic (2; KOM; PIP; PH2); Positive Inotropic (2; KOM; MAB; PIP; PH2); Pressor (1; MAB); Proteolytic (1; DAA); Respirastimulant (f; DAA); Schistosomicide (1; HH3); Secretagogue (2; KOM; PIP); Sialagogue (2; APA; DAA; JFM; KAP; KOM; PH2); Sternutator (f; DAA; DAD); Stimulant (1; BGB; DAA; PED; SUW); Stomachic (f; MAD); Syncope (1; COX; FNF); Thermogenic (1; MAB); Thrombosis (1; PH2); Thromboxane-Synthetase Inhibitor (1; APA); Tonic (2; KOM; PH2); Vasomotor Stimulant (f; DAA); Vermifuge (1; DAA).

Indications (Ginger) — Adenopathy (f; KAB); Aging (f; WHO); Alcoholism (1; MAB); Allergy (1; FAY; MAB); Alopecia (f; DAA; DAD; FAY; WHO); Alzheimer's (1; COX; FNF); Anemia (f; DAA); Anorexia (2; JFM; KAB; PHR; WHO); Anxiety (1; MAB); Arthrosis (1; COX; MAB; SKY); Ascites (f; KAB); Asthma (f; FAY; JFM; MAD); Atherosclerosis (f; SKY); Backache (1; WHO); Bacteria (1; APA; MAB; TRA); Bite (f; DAA; KAB); Bleeding (f; DAA); Blister (1; DAD; DAA; FAY); Boil (f; KAB); Borborygmus (f; BGB); Bronchosis (1; AAB; BGB; FAY); Bruise (f; DAA; DAD); Burn (1; APA; DAD; FAY; MAB); Cancer (1; MAB); Candida (1; TRA); Cardiopathy (1; APA; FAY); Cataract (f; WHO); Catarrh (2; DAD; TRA); Chemotherapy (1; MAB; SKY); Chest Cold (1; AAB); Childbirth (f; AAB); Cholera (f; DAA; DAD); Cold (2; AKT; APA; BGB; MAD; TRA; WHO); Colic (1; PNC; BGB; SUW; WHO); Congestion (f; DAA; DAD; RIN); Convulsion (1; PNC); Corneosis (f; DAA); Cough (1; APA; BGB; FAY; PNC); Cramp (1; APA; BGB; KOM; MAB; PIP; PNC; TRA; WAM); Dandruff (f; APA); Depression (1; APA; DAA; MAB; WOI); Diabetes (1; DAA); Diarrhea (2; AAB; BGB; DAA; TRA; WHO); Dizziness (2; JAD); Dropsy (f; DAA; DAD); Dysmenorrhea (1; AAB; APA; DAA; JFM; MAB); Dyspepsia (2; FAY; KOM; PIP; MAD; SUW; TRA; WAM); Dyspnea (f; BGB; PH2); Earache (f; APA); Edema (1; MAB); Elephantiasis (f; KAB); Enterosis (1; APA; FAY; MAD; PNC); Epigastrosis (f; BGB; MAD); Epistaxis (f; FAY); Escherichia (1; HH3); Fever (2; APA; CAN; FAY; MAB; MAD; TRA); Flu (2; APA; BGB; TRA; VVG; WHO); Fungus (1; DAD; MAB; TRA); Gas (1; AAB; APA; MAB; MAD; PED; PHR; PH2; PNC; SUW; VVG); Gastrosis (2; APA; FAY; MAD; PHR; TRA); Headache (1; APA; FAY; KAP; MAB; WAM); Head Cold (f; JFM; RIN); Hemorrhoid (f; KAB; MAD; WHO); Hepatosis (1; APA; MAD); High Blood Pressure (1; APA; PNC); High Cholesterol (1; MAB; PED; PNC); Hoarseness (f; JFM); Hyperemesis (2; AKT); Immunodepression (1; PH2); Impotence (1; APA; MAB); Infection (1; DAD; MAB; TRA); Infertility (f; MAD); Inflammation (2; FAY; MAB; TRA; SKY; WAM; WHO); Insomnia (f; WHO); Kawasaki Disease (1; MAB); Low Blood Pressure (1; MAB); Lumbago (1; PNC); Malaria (f; JFM; MAD); Marasmus (f; DAA; DAD); Migraine (1; APA; FAY; MAB; PH2; SKY; WHO); Morning Sickness (2; KOM; MAB; PIP; WHO); Motion Sickness (2; KOM; MAB; PIP; WHO); Myalgia (1; AAB; AKT; WAM; WHO); Mycosis (1; DAD; HH3; MAB; TRA); Nausea (2; BGB; DAA; FAY; TRA; WAM; WHO); Nephrosis (f; APA; DAA); Neuralgia (1; COX; FNF); Neurasthenia (f; MAD); Obesity (1; PH2); Opacity (f; JFM); Ophthalmia (f; JFM); Osteoarthrosis (1; AKT; COX); Pain (1; AKT; FAY; JBU; PED; PNC; TRA; WAM; WHO); Palpitation (f; FAY); Parasite (1; MAB; TRA); Pharyngosis (1; JFM; PH2; TRA); Postoperative Nausea (2; WHO); Pyrexia (f; PNC); Raynaud's Syndrome (f; BGB); Rheumatism (1; FAY; MAB; MAD; PNC; SKY; WHO); Salmonella (1; HH3; TRA); Schistosomiasis (1; DAD; HH3; TRA); Seasickness (2; WHO); Snakebite (f; DAA; DAD); Sore Throat (1; APA); Splenosis (f; FAY); Staphylococcus (1; HH3; TRA); Stomachache (1; AAB; AKT; DAA; DAD); Stomatosis (f; MAD); Streptococcus (1; HH3); Stroke (1; APA); Swelling (1; FAY; HH3; MAB; WHO); Thirst (f; DAD); Thrombocytosis (1; MAB); Toothache (f; DAD; MAD; KAP; WHO); Trichomoniasis (1; DAA); Ulcer (1; APA; FAY; MAB; VVG); Vaginosis (1; DAA); Vertigo (1; MAB); Virus (1; APA; MAB; TRA; WAM); Vitiligo (f; FAY); Vomiting (3; KOM; PIP; WHO); Worm (f; DAA; DAD); Yeast (1; TRA).

Dosages (Ginger) — 3–10 g fresh ginger, or 2–4 g dry ginger, 1–3 ×/day (JAD; SKY); 0.3–1.5 g rhizome several ×/day (MAD); 500–1000 mg fresh root 3 ×/day (MAB); 2–4 tbsp fresh root (PED); 3–6 g dry root (PED); 4.5 g dry root:22 ml alcohol/23 ml water (PED); 500 mg dry root 2–4 ×/day

(MAB); 0.3–1 g powdered root (PNC); 2 tsp powdered root/cup water (APA); 0.25–1.0 g herb, or in tea, 3 ×/day (CAN); 0.7–2 ml liquid extract (1:2)/day (MAB); 0.25–3 ml herbal tincture (CAN; SKY); 0.25–3 ml tincture (PNC); 1.7–5 ml tincture (1:5)/day (MAB); 1.5–9 g/day (FAY); 2–4 g/day (HH3); 500 mg tablet 2–4 ×/day (MAB); 3 (530 mg) capsules 3 ×/day (NH); 1 (480 mg) StX 2 ×/day; 15–60 mg ginger oleoresin (PNC); 2.5–5 ml ginger syrup (PNC).

Contraindications, Interactions, and Side Effects (Ginger) — Class 2b, 2d (AHP)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Perhaps erring on the side of caution, Reichert cautions that ginger may raise the blood pressure, may amplify blood-thinning drug activities, and might be contraindicated in pregnancy. Contraindicated in childhood fevers and gallstones (WAM). Patients with gallstones should consult a practitioner before taking ginger (AHP). The Lawrence Review says overdoses may cause cardiac arrhythmias and CNS depression (*LRNP,* November 1991). Large doses (6 g or more) possibly gastroirritant, causing a significant increase in exfoliation of gastric surface epithelial cells in human volunteers (MAB). Due to ginger's strong antiaggregant activity, experts recommend it not be used by people with blood clotting disorders. Many chemotherapy patients experience periods when their blood platelet counts drop dramatically. Doctors will warn patients to avoid aspirin when their platelet counts are low. They feel that patients should also avoid ginger when their platelet count drops, while continuing use of ginger for patients with normal platelet counts. Less conservatively, Commission E reports rhizome should not be used for vomiting in pregnancy (AEH). Lininger et al. (1998) adds heartburn as a rare side effect. "A doctor should be informed if ginger is used before surgery to counteract possible postanesthesia nausea" (SKY).

Extracts (Ginger) — Fresh ginger juice reduces serum glucose levels in experimental animals (PED). Both fresh and dry rhizome suppress gastric contractions and reduce vomiting (PNC). Gingerols and shogaols are analgesic, antipyretic, antiprostaglandin, antiulcer, hepatoprotective, and hypotensive (PNC). As carminatives, the EOs, oleoresins, and proteolytic enzymes stimulate digestion, helping combat the effects of overeating, improper chewing, or excessive motion. They increase gastric motility and neutralize acids and toxins in the digestive tract (PED). Gingerol and 6-gingerol inhibit gastric ulceration in rats. I suspect there's synergy at work in the antiulcer phytochemicals in ginger. 6-Gingesulfonic acid is less pungent but more potent against ulcers than 6-gingerol or 6-shogaol (MAB). Oral spray dried ginger (500 mg/kg) or combinations ginger and licorice extracts (1000 mg/kg), significantly prevented gastric mucosal damage induced by ethanol in rats. Pretreatment with these inhibited the reduction in the deep corpus mucin content caused by ethanol (MAB). As a powerful thromboxane-synthetase inhibitor and prostacyclin agonist, ginger has potential as an antidepressant, in alcohol withdrawal and the complications of liver damage, and in treating a side effect of alcoholism, impotence, in preventing aging penile vascular changes. LD50 ginger oil = >5000 mg/kg orl rat (MAB), LDlo ginger extract = >2300 mg/kg orl mouse, equivalent to 75,000 mg/kg ginger (MAB). Ginger extract equal to aspirin in antiedemic activity; 940 mg powdered ginger is more effective than 100 mg dimenhydrinate for kinetosis (motion sickness); ginger is equal to metoclopramide for postoperative nausea and vomiting (WHO). 8 Gingerol more potently inhibited the response to serotonin than the control drug, cocaine (MAB). Gingerols are more potent at inhibiting prostaglandin synthesis than indomethacin (MAB). Ginger extract inhibited swelling as actively as aspirin (MAB). Shogaol as antitussive as dihydrocodeine (TRA).

GINGER BUSH (*Tetradenia riparia* (Hochst.) Codd.) +

Synonym — *Iboza riparia* (Hochst.) N. E. Br., *Moschosma riparia* Hochst.

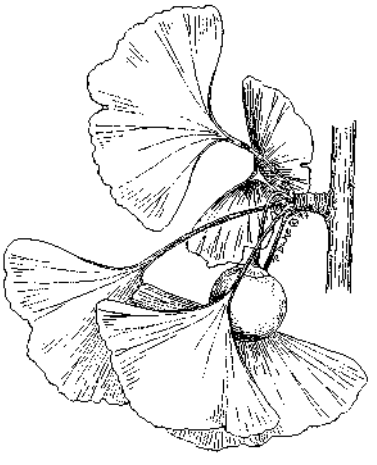
Activities (Ginger Bush) — Antibacterial (1; ZUL); Antiseptic (1; ZUL); Antispasmodic (1; ZUL); Fungicide (1; ZUL); Soporific (1; WBB); Stomachic (f; ZUL); Tranquilizer (f; ZUL); Trichomonicide (1; ZUL).

Indications (Ginger Bush) — Ague (1; WBB); Bacteria (1; ZUL); Boil (f; ZUL); Cough (f; ZUL); Cramp (1; VVG; ZUL); Dengue (f; ZUL); Diarrhea (f; ZUL); Dropsy (f; VVG; ZUL); Fever (f; ZUL); Flu (f; VVG); Fungus (1; ZUL); Hemoptysis (f; ZUL); Infection (1; ZUL); Malaria (1; WBB); Mumps (f; ZUL); Mycosis (1; ZUL); Nervousness (f; ZUL); Sore Throat (1; VVG); Tuberculosis (1; ZUL); Vaginosis (1; ZUL).

Dosages (Ginger Bush) — Doses should not exceed 1 tbsp. per day (ZUL).

Contraindications, Interactions, and Side Effects (Ginger Bush) — Leaf infusions may produce drowsiness and stop ague. Strong teas should not be taken for more than 4 days. Should not be administered to children. There are two cases of suspected human poisoning from intentional overdoses of hot water extracts. Severe toxic inflammatory reactions of mucous membranes, leading to necrosis and sloughing, and profuse salivation ensued. Anuria developed after 24 hours and was fatal in one case (ZUL).

GINKGO, MAIDENHAIR TREE
(*Ginkgo biloba* L.) + (Downgraded for safety)



Activities (Ginkgo) — Antiaggregant (2; BGB; KOM; MAB; PH2; SHT; WHO); Antiallergic (1; PNC); Antialzheimeran (2; COX; JAM); Antianaphylactic (1; PNC); Antiarrhythmic (1; MAB); Antiarthritic (1; COX; FNF); Antiasthmatic (1; AKT; PNC); Anticancer (1; COX; FNF); Anticapillary Fragility (1; BGB; PH2; WHO); Anticonvulsant (1; MAB); Antidementic (1; PH2); Antidepressant (1; AKT); Antiedemic (1; KOM; PHR; WHO); Antiinflammatory (1; PH2; WHO); Antiischemic (1; FT69:195; FNF; WHO); Antimastocytotic (1; MAB); Antioxidant (2; KOM; MAB; PH2; WAM); Antiseptic (1; MAB); Antispasmodic (f; PH2); Antitussive (f; DAA); Anxiogenic (1; MAB); Anxiolytic (1; MAB); Astringent (1; AKT); Bronchodilator (1; PH2; PNC); Cardioprotective (1; MAB); Cerebrostimulant (1; PNC; SHT; WAM); Cholinergic (1; KOM; SHT); Circulostimulant (1; MAB; PNC; SHT); Convulsant (1; MAB); Hypolipidemic (1; MAB); MAOI (1; MAB); Memorigenic (1; AKT; PAM; PH2; WAM); Neurogenic (f; SKY); Neuroprotective (2; KOM; MAB; SKY); Nootropic (1; BGB; MAB); Peripheral Stimulant (FT69:195); cGMP-Phosphodiesterase Inhibitor (1; WHO); Radioprotective (1; AKT); Thrombolytic (1; MAB); Vasodilator (1; APA; KOM; PED); Vasoprotective (1; BGB); Vermifuge (1; WHO).

Indications (Ginkgo) — Acrocyanosis (1; BGB; WHO); Allergy (1; MAB; PNC; WAM); Alopecia (1; MAB); Altitude Sickness (2; BGB; KOM; MAB; SHT; WAM; WHO); Alzheimer's (2; COX; KOM; JAM; MAB; PH2; SHT); Anaphylaxis (1; PNC); Angina (f; FAY; PH2); Anxiety (1; MAB); Arrhythmia (1; MAB); Arthrosis (1; COX; FNF; WHO); Asthma (1; AKT; APA; CAN; FAY; MAB;

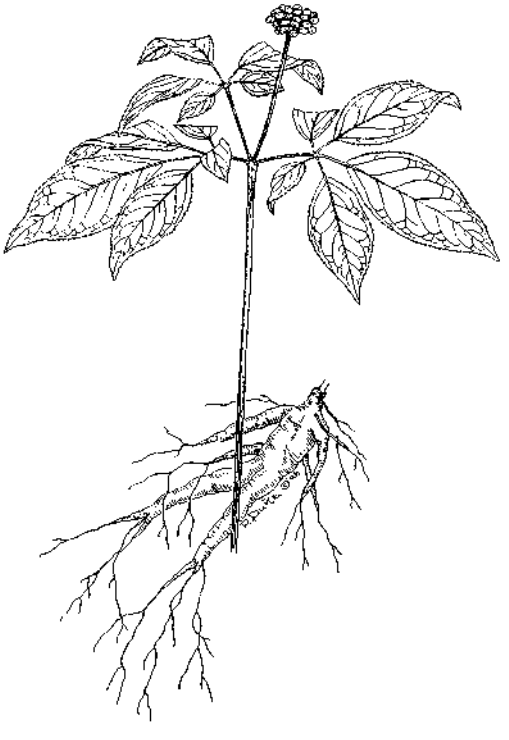
PNC); Atherosclerosis (1; FAY; MAB; SKY); Bacteria (1; DAA); Blennorrhea (f; DAA); Bronchosis (1; APA; FAY; PED; WHO); Cancer (1; COX; DAA; FNF); Capillary Fragility (1; BGB; PH2; SHT; WHO); Cardiopathy (1; APA; MAB; SKY); Caries (f; FAY); Cellulite (1; HFH/JA/'99); Cerebral Insufficiency (2; KOM; PHR; SHT); Chilblain (f; FAY; WHO); Circulosis (1; PHR; SKY); Convulsion (1; MAB); Cough (f; APA; FAD; FAY); Cramp (f; PH2); Cystosis (f; DAA); Deafness (1; APA; MAB); Dementia (2; KOM; SHT; WHO); Depression (1; AKT; KOM; MAB; SKY); Dermatosis (f; FAD); Diabetes (f; SKY); Diarrhea (f; FAD); Dizziness (1; WHO); Dysentery (f; FAY); Dysmenorrhea (2; MAB); Dysuria (f; FAY); Edema (1; KOM; WHO); Emphysema (1; PED); Encephalosis (f; FAY); Enuresis (f; FAY); Fatigue (1; MAB); Filariasis (f; FAY); Freckle (f; FAD); Fungus (f; FAY); Glaucoma (1; AKT); Gonorrhea (f; DAA); Headache (1; KOM; FT69:195; PH2; WHO); Hearing Problem (1; CAN; FT69:195); High Cholesterol (f; FAY); Hypertonia (f; PH2); Impotence (1; APA; BGB; SKY); Inflammation (1; PH2; WHO); Intermittent Claudication (2; KOM; PHR; PH2; SHT; WHO); Ischemia (1; MAB; FNF; WHO); Leukorrhea (f; DAA); Maculosis (2; MAB; SHT); Mastocytosis (1; MAB); Migraine (1; MAB); Multiple Sclerosis (f; SKY); Mycosis (f; FAY); Neuralgia (1; APA); Nystagmus (1; PH2); Obesity (1; MAB); Ophthalmia (1; APA); Pain (1; APA); Parturition (1; WHO); PMS (1; AKT; MAB); Polydipsia (1; MAB); Polyuria (f; FAY; MAB); Post-Phlebitis Syndrome (1; WHO); Pulmonosis (f; FAY); Raynaud's Syndrome (1; DAA; SKY); Retinosis (1; KOM; MAB; PHR; SHT); Rhinosis (f; DAA; WHO); Ringworm (f; FAY); Scabies (1; APA; FAY); Schizophrenia (1; AKT); Senile Dementia (2; FAY; KOM; SHT); Shock (1; MAB); Sore (1; APA; FAY); Spermatorrhea (f; FAY); Stroke (1; CAN; MAB; SKY); Strangury (f; FAY); Swelling (1; KOM; PHR; WHO); Thrombosis (1; MAB); Tinnitus (2; KOM; PH2; SHT; WHO); Tonsilosis (f; PH2); Tuberculosis (1; APA; DAA; FAY); Vaginosis (f; APA; FAY); Varicosis (1; APA); Vertigo (2; KOM; MAB; PH2; SHT); Worm (1; WHO).

Dosages (Ginkgo) — 4.5 g seed (FAY); 4.5 g leaf with 4.5 g root *Polygonum multiflorum* and 4.5 g bark *Uncaria* for cardiopathy (FAY); 1–2 tbsp fresh leaf (PED); 2–3 g dry leaf (PED); 2 g dry leaf:10 ml alcohol/10 ml water (PED); 40 mg solid leaf extract 3 ×/day (CAN); 80–120 mg leaf extract/day (CAN); 0.5 ml fluid extract (1:1) 3 ×/day (CAN); 0.5 ml tincture 3 ×/day (SKY); 1 (40 mg extract) tablet 3 ×/day with meals (APA); 1 (385 mg) capsule (StX to contain 40 mg certified potency 50:1 ginkgo leaf extract with at least 24% flavonoid glycosides) 3 ×/day (NH); 40–80 mg StX 3 ×/day; 120–160 mg StX (6% terpene lactones, 24% flavone glycosides) 2–3 ×/day (SKY).

Contraindications, Interactions, and Side Effects (Ginkgo) — Class 2d. May potentiate MAOIs (AHP; WAM). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). Though regarded by many as a poisonous plant, ginkgo, selling at $500 million a year in Europe, has not accumulated much data in the alarmists' journals. According to *LRNP* (February 1994) and SHT, mild adverse effects include allergic dermatosis (0.09%), anxiety (0.07%), diarrhea (0.14%), GI upset (0.14%), headache (0.22%), insomnia, and nausea (0.34%). Schulz discounts the MAOI warnings saying there are "no known interactions with other drugs." In my *CRC Handbook of Nuts,* I don't discuss the leaves (extracts of which are sold as medicine). Fruits are allergenic (and disgustingly malodorous) and too many of the edible seeds can cause serious problems, even death. The seed toxin 4-O-methylpyridoxine is reportedly responsible for the gin-nan food poisoning, with convulsions, loss of consciousness, even lethality in 27% of Japanese cases, especially infants. Ginkgolic acid may act like urushiol of poison ivy fame. Bilobin and ginkgolic acid are similar to poison ivy's allergen (*LRNP,* February 1988). German herb companies may be forced to document that their ginkgo products contain no more than 5 ppm ginkgolic acid. CAN cautions against gastric upset and headache (CAN). All that and Lininger et al. (1998) counter, "essentially devoid of any side effects. Mild headaches lasting for a day or two have been reported ... There are no known contraindications to the use of GBE by pregnant and lactating women" (SKY). Contraindicated for any person on coumadin or heparin; should not be taken by people with a clotting disorder, such as hemophilia or von Willdebrand's Disease (O'Brien, 1998).

Extracts (Ginkgo) — LD50 7725 mg/kg orl mouse; 1100 mg/kg ivn; 1900 mg/kg ipr; LD50 = >10,000 mg/kg orl rat; 2100 mg/kg ipr (FNF). LD50 StX = 7700 mg/kg orl rat (MAB); LD50 4'-O-methylpyridoxine = 11 mg/kg orl gpg (MAB). Indications for the extract are disturbances of cerebral function, peripheral vascular insufficiency, and neurosensory problems (FNF). Extracts are rheologically active, decreasing blood viscosity and inhibiting PAF-induced aggregation (FT69:195). Tests for carcinogenesis, genotoxicity, and mutagenesis negative (SHT). Mixed ginkgolide StX at 40 mg 3 ×/day were antiasthmatic in the early and late phases of airway hyperactivity. Clinical trials indicate improvement in allergic responses (e.g., in asthma). PAF-induced inflammation is reduced. At 25–100 mg/kg/day/2 wk orl rat, the extracts strongly attenuated sodium salicylate-induced tinnitus (FT69:195). Interpretations of Commission E approvals vary, Blumenthal et al. (1998) suggest 120–160 mg native dry extract in 2–3 doses for "improvement of pain-free walking distance in peripheral arterial occlusive disease in Stage II of Fontaine (intermittent claudication) in a regimen of physical therapeutic measures, in particular walking exercise" and "vertigo and tinnitus (ringing in the ear) of vascular and involutional origin," and they suggest 120–240 mg native dry extract in 2–3 doses for dementia syndromes with the following symptoms "memory deficits, disturbances in concentration, depressive emotional condition, dizziness, tinnitus, headache and dementia syndromes, including primary degenerative dementia, vascular dementia." Gruenwald et al. (1998) stress the leaves only for intermittent claudication, symptomatic relief of organic brain dysfunction, tinnitus, and vertigo of vascular origin. Ginkgo has musculotropic action similar to papaverine (WHO). Patients with idiopathic hearing loss less than 11 days old were treated with ginkgo and a vasodilator naftidrofuryl. 40% were improved on both drugs, but the synthetic had significantly more side effects. Ginkgo contains traces of COX-2 inhibitor apigenin (to 0.01% ZMB) (COX).

GINSENG, ORIENTAL GINSENG (*Panax ginseng* C.A. Mey.) +++



Synonym — *Panax schinseng* T. Nees.

Regrettably, PH2 lists American ginseng (*P. quinquefolius*) and Siberian ginseng (*Eleutherococcus senticosus*) among the trade names for oriental ginseng (*Panax ginseng*), and lists notoginsenosides among the chemicals, rendering the entire PH2 entry suspect as an aggregation of many species in two genera (PH2).

Activities (Ginseng) — Adaptogen (1; KEB; MAB; SHT; WHO); Adrenergic (1; AKT); Alterative (f; CRC; DAA; PED); Analgesic (f; CRC; DAA); Antiaging (f; AKT; MAB); Antiaggregant (1; PH2; PNC); Antialcoholic (1; KEB; MAB; PH2); Antiarrhythmic (1; KEB; PH2); Anticancer (1; PH2); Anticatecholamine (1; PH2); Anticholinergic (1; KEB; PH2); Anticonvulsant (f; FAY); Antidepressant (1; BGB); Antidiuretic (f; KEB); Antifatigue (1; BGB; PNC; WHO); Antihepatomic (1; KEB); Antiinflammatory (1; KEB); Antiischemic (1; KEB); Antimitogenic (1; DAA); Antioxidant (1; BGB; PH2); Antiprolactin (1; WHO); Antiprostatic (1; KEB); Antipsychotic (f; FAY); Antiradiation (1; MAB; WHO); Antiseptic (f; CRC; DAA); Antithromboxane (1; PH2); Antitumor (1; BGB; KEB; WHO); Antiulcer (1; APA; FAY); Antiwrinkle (f; MAB); Antiviral (1; WHO); Anxiolytic (1; BGB; KEB); Aperitif (f; CRC; DAA); Aphrodisiac (1; APA; CRC; DAA); Apoptotic (1; PH2); Bitter (f; PED); Cardiotonic (1; AKT; APA; DAA; KEB; PED); Carminative (f; CRC; DAA); Caspase Stimulator (1; PH2); Chemopreventive (1; MAB); Circulostimulant (1; PED); CNS Sedative (1; FAY; KEB; PNC); CNS Stimulant (1; KEB; PNC); Corticotrophinogenic (1; PH2); Cytotoxic (1; PH2); Demulcent (f; CRC; DAA); Diuretic (f; CRC; DAA); Elevates HDL-Cholesterol (1; MAB); Emetic (f; CRC); Energizer (1; APA); Estrogenic (1; DAA; KEB; PNC); Ethanolytic (1; KEB); Expectorant (f; CRC; DAA); Fatigue (f; APA); Gonadotropic (1; CRC; KEB); Hemopoietic (1; KEB); Hepatoprotective (1; KEB; PH2; WHO); Hepatotonic (1; PED); Hyperglycemic (1; KEB); Hypertensive (1; PNC); Hypocholesterolemic (1; BGB; PH2); Hypoglycemic (1; DAA; KEB; PNC; WHO); Hypotriglyceridemic (1; BGB; PH2); Immunostimulant (1; APA; PED; MAB; PH2; WHO); Interferonigenic (1; KEB; PH2); Memorigenic (1; BGB; KEB); Mineralcorticoid (1; KEB); Mitogenic (1; DAA); Negative Chronotropic (1; PH2); Negative Inotropic (1; PH2); Nervine (f; CRC; PH2); Neurotonic (f; CRC; PH2); Nicotinic (1; PH2); NKC-Genic (1; PH2); NO-genic (1; BGB; PH2); Nootropic (1; KEB); Osteoprotective (1; MAB); Phagocytotic (1; KEB); Positive Inotropic (1; PH2); Radioprotective (1; BGB; FAY; HH2); Respirastimulant (f; FAY); Roborant (f; BGB); Secretagogue (1; APA); Sedative (f; APA; DAA); Serotonilytic (1; KEB); Sialagogue (f; CRC; DAA); Spermatogenic (1; KEB); Stimulant (f; CRC; PNC); Stomachic (f; CRC); Testosteronigenic (1; KEB); Thymoleptic (f; MB); Tonic (1; AKT; CRC; DAA; KOM; MAB; SHT); Tranquilizer (f; CRC; DAA); Ulcerogenic (1; FAY); Vasodilator (1; BGB).

Indications (Ginseng) — Aging (1; CRC; DAA); Alcoholism (1; KEB; MAB; PH2); Amnesia (f; APA; CRC; DAA); Anemia (f; AKT; CRC; FAY); Angina (f; KEB); Anorexia (f; APA; BGB; DAA; PH2); Anxiety (1; BGB; KEB; MAB; PH2); Arrhythmia (1; DAA; KEB; PH2); Asthma (f; CRC; DAA; KEB; MAB); Atherosclerosis (f; CRC; DAA); Bleeding (f; CRC); Bite (f; CRC); Boil (f; CRC); Bruise (f; CRC); Cachexia (2; CRC; KOM; PH2; SHT); Cancer (1; APA; BGB; CRC; DAA; KEB; JLH; PH2; WHO); Cancer, breast (f; JLH); Cancer, lung (1; KEB); Cancer, stomach (f; JLH); Carcinoma (f; JLH); Cardiopathy (f; KEB); Chemotherapy (f; AKT); Cold (f; JAD); Colitis (f; APA); Convalescence (1; KOM; SHT; WHO); Convulsion (f; CRC; DAA; FAY; MAB); Cough (f; CRC; WHO); Debility (2; FAY; KOM; PH2; SHT; WHO); Depression (1; BGB; KEB); Diabetes (1; CRC; KEB; PH2; WHO); Divination (f; CRC); Dysentery (f; CRC; DAA); Dysmenorrhea (f; CRC; DAA); Dyspepsia (f; CRC; DAA; MAB); Dyspnea (f; DAA; KEB; MAB; WHO); Enterosis (f; CRC; DAA); Epilepsy (f; CRC; DAA); Epistaxis (f; CRC; DAA); Fatigue (2; AKT; CRC; DAA; KOM; PH2; SHT; WHO); Fear (f; CRC; DAA); Fever (f; CRC; DAA; WHO); Flu (f; PH2); Gas (f; CRC; DAA); Gastrosis (1; CRC; PH2; WHO); Gonadotrophy (f; DAA); Hangover (f; CRC; DAA); Headache (f; APA; DAA); Heart (f; CRC); Hemoptysis (f; DAA; PH2); Hepatoma (1; KEB; HH2); Hepatosis (2; WHO); High Blood Pressure (f; CRC; DAA); High Cholesterol (1; BGB; KEB; PH2); Hyperglycemia (f; CRC; DAA); Hypoglycemia (1; KEB); Hypothermia (f; WHO);

IDDM (1; WHO); Immune Dysfunction (1; JAD); Immunodepression (1; APA; PED; MAB; PH2; WHO); Impotence (1; BGB; DAA; PH2; SHT; WHO); Infection (f; KEB); Infertility (1; BGB; KEB; MAB; PH2); Inflammation (1; KEB); Insomnia (1; APA; CRC; DAA; PH2); Leukopenia (1; KEB); Longevity (1; KEB); Low Blood Pressure (1; CRC; DAA; PNC); Malaria (f; CRC); Menopause (f; KEB); Menorrhagia (f; CRC); Mental Derangement (f; KEB); Morning Sickness (f; WHO); Nausea (f; CRC); Nephrosis (f; CRC); Nervousness (f; APA; CRC; DAA); Neuralgia (f; MAB); Neurasthenia (f; CRC; DAA); Neurosis (f; KEB; PH2; WHO); NIDDM (1; BGB; MAB; WHO); Obesity (1; PH2); Pain (f; CRC; DAA); Palpitation (f; CRC; DAA; KEB); Polyuria (f; CRC; DAA); Post-Menopause (f; BGB); Proctosis (f; CRC); Prolapse (f; KEB; MAB); Radiation Sickness (1; KEB); Respirosis (f; AKT); Rheumatism (f; APA; CRC; DAA; PH2; WHO); Senile Dementia (1; APA; KEB); Sheehan's Syndrome (1; KEB); Shock (1; DAA; MAB); Slow Thinking (1; SHT); Sore (f; CRC; JLH); Spermatorrhea (f; CRC); Splenosis (f; BGB; CRC; DAA); Sting (f; CRC); Stress (2; KOM; MAB; PHR); Swelling (1; CRC; DAA; JLH); Thirst (f; CRC); Tuberculosis (f; WHO); Tumor (1; BGB; KEB; WHO); Ulcer (1; APA; FAY; WHO); Vertigo (f; CRC; DAA); Virus (1; PH2; WHO); Vomiting (f; PH2); Water Retention (f; CRC; DAA); Wrinkle (f; FAY; MAB). (Commission E approves as a tonic "for invigoration and fortification in times of fatigue and debility, for declining capacity for work and concentration, also during convalescence" (KOM); reading that reinforces my contention, in my ginseng book, that carrots could do a lot of the same thing at less than 1% of the price. I still feel that much of the literature on ginseng and soy comes from selective publications of sponsored research, making them look undeservedly better than carrot and black beans, for example.)

Dosages (Ginseng) — Tea 3–4 ×/day, 3–4 weeks (PH2); 0.33–0.66 g root 3 ×/day; 0.6–3.0 g root 1–3 ×/day, 3 weeks–3 months (AHP); 0.5–1 g root daily, 15–20 days (CAN); 1–2 g root/day (PH2); 1–9 g root (FAY); 1–10 g root/day (MAB); 0.4–0.8 g root/day, long term (CAN); 1–2 g Asian root/day (APA); 0.5 tsp dried Asian root/cup water 1–2 ×/day (APA); 1 tbsp fresh root (PED); 0.5–2 g dry root (WHO); 2 g dry root:10 ml alcohol/10 mg water (PED); 0.5–3 g dry root/day or 1–6 ml fluid extract (1:2) (KEB); 1–2 g dry root (KOM; PED); 0.5–1 g powdered root (PNC); 3–9 g powdered ginseng/day (AKT); 3 (550 mg) capsules 3 ×/day (Korean); 1–4 (250 mg) StX capsules (5–9% ginsenosides) (APA); 100 mg StX (4–7% ginsenosides) 1–2 ×/day; 1 (535 mg) StX 2 ×/day (Korean).

Contraindications, Interactions, and Side Effects (Ginseng) — Class 2d. Contraindicated for high blood pressure (AHP). The ginseng monograph published in 1991 says "none known" regarding contraindications, drug interactions, or side effects (KOM). Contraindicated in acute infections, asthma, and high blood pressure (KEB). High doses may aggravate or cause decreased sexual function, dysmenorrhea, euphoria, headaches, high blood pressure, insomnia, irritability, morning diarrhea, palpitations, skin eruptions, and tremors (KEB). The worst and most erroneous studies of ginseng were reported in *JAMA,* which accepted no corrections from the herbal industry, trying to get the reports straight. "Most commonly reported side effects of ginseng are nervousness and excitation, which usually diminish" (*LRNP,* September 1990). Foster (1996) reports GI distress, overstimulation, breast tenderness, dysmenorrhea. Though estrogenic side effects are reported in both premenopausal and postmenopausal women, "clinical studies have demonstrated that a standardized ginseng extract does not cause a change in male and female hormonal status" (WHO). Avoid if hypertensive or pregnant. Possible insomnia, mastalgia, vaginal bleeding, and insomnia. Contraindicated for patients with hyperkinesis, hysteria, mania, schizophrenia, or those who are nervous or tense. Not to be taken with stimulants, including coffee, antipsychotic drugs, or during treatment with hormones. Use cautiously in cardiopathy, diabetes, high blood pressure, hypotension, and with all steroid therapy. In Russia, it is even suggested that healthy people under age 40 should not take ginseng, but that middle-aged people can take small doses on a regular basis (CAN). Because of hormonal activity, its use in pregnancy and lactation is to be avoided (CAN). Caution with insulin, warfarin, phenylzine, and loop

diuretics (PH2). "Three newborns were intoxicated after an intake of 0.3–0.6 g ginseng decoction; one died" (Oriental studies translated by AHP.). Blumenthal suggests it may potentiate MAOIs (MAB). Use should be restricted to 3 months (SHT). "It has been found to increase counts of total lymphocytes, T-Helper cells, and T4 and T8 subsets, and to improve NKC activity." Positive as all this sounds, O'Brien cautions that headaches may result from chronic use. Do not take with digitalis (O'Brien, 1998).

Extracts (Ginseng) — Ginsenosides stimulate insulin release and increase insulin receptors to exert a hypoglycemic response" (PH2). Root LD50 = 2000 mg/kg orl mouse (CAN); root LD50 = >5000 mg/kg orl mouse (CAN); LD50 (mixed saponins) = 500–900 mg/kg ipr mouse; 367 mg/kg ivn mouse; >5000 mg/kg orl mouse (HH2). CAN probably devotes more pages (pp.145–149) to the pharmacological effects of ginseng than the other herbs they treat more cursorily, "many of the pharmacological actions documented for ginseng directly oppose one another (hardly my usual synergy (JAD)) and this has been attributed to the actions of the individual ginsenosides. For example, ginsenoside Rb1 exhibits CNS-depressant, hypotensive and tranquilizing actions; while ginsenoside Rg1 exhibits CNS-stimulant, hypertensive, and antifatigue actions. These opposing actions are thought to explain the 'adaptogenic' reputation of ginseng, that is the ability to increase the overall resistance of the body to stress and to balance bodily functions." PH2 states it even more narrowly, "A single ginsenoside may initiate multiple or opposing actions in the same tissue" (PH2). My speculation is even stronger. The homeostatic human body is able to selectively sequester needed compounds from the homeostatic plant and, to an extent, exclude the unneeded compounds. Thus the hypotensive human who coevolved with ginseng might selectively use the needed hypertensive ginsenoside, while the hypertensive human might adaptogenically sequester the hypotensive ginsenoside. Something for whatever ails you. Remember, this herb, like all herbs contains all the compounds essential for plant life, and many of those essential for human life. Carrots are considerably cheaper.

GLORY-LILY (*Gloriosa superba* L.) X

Synonym — *Clinostylis speciosa* Hochst., *Gloriosa abyssinica* A. Rich., *G. homblei* De Wild., *G. hybrid, G. rothschildiana* O'Brien, *G. simplex* auct., *G. speciosa* (Hochst.) Engl., *G. virescens* Lindl.

Activities (Glory-Lily) — Abortifacient (1; CRC; WOI); Alexeteric (f; CRC); Alterative (f; CRC); Analgesic (f; CRC); Antibacterial (1; CRC; WOI); Antiseptic (1; WOI); Antispermatogenic (1; ZUL); Aphrodisiac (f; ZUL); Candidicide (f; CRC); Cholagogue (f; CRC; EFS); Emetic (1; WOI); Emmenagogue (f; EFS); Laxative (1; CRC; EFS; WOI); Mitogenic (f; CRC); Pediculicide (1; CRC; ZUL); Poison (1; CRC); Stomachic (1; CRC; WOI); Teratogenic (1; ZUL); Tonic (1; CRC; WOI); Vermifuge (1; CRC; WOI).

Indications (Glory-Lily) — Acne (f; ZUL); Arthrosis (1; CRC; ZUL); Ascites (f; CRC); Bacteria (1; CRC; WOI); Bite (f; CRC); Bright's Disease (1; CRC; ZUL); Bruise (f; CRC; ZUL); Cancer (f; CRC); Candida (f; CRC); Childbirth (1; CRC; WOI); Cholera (1; CRC; ZUL); Colic (1; CRC; WOI; ZUL); Constipation (1; CRC; EFS; WOI); Dermatosis (1; CRC; WOI; ZUL); Epistaxis (f; CRC); Erysipelas (f; CRC); Gonorrhea (f; CRC; WOI); Gout (1; WOI); Guinea Worm (f; CRC); Hemorrhoid (f; CRC; WOI); Impotence (f; CRC; ZUL); Infection (1; WOI); Infertility (f; ZUL); Leprosy (f; CRC; ZUL); Lice (1; WOI); Malaria (f; CRC; ZUL); Neuralgia (1; CRC; WOI); Pain (1; CRC; WOI); Parasite (1; CRC; WOI); Rheumatism (1; WOI); Scabies (f; CRC); Snakebite (f; CRC); Sore (f; CRC); Spermatorrhea (f; CRC); Splenosis (f; CRC); Sprain (f; CRC); Syphilis (f; CRC); Tumor (f; CRC); Typhus (1; CRC; ZUL); Ulcer (1; CRC; WOI); Worm (1; CRC; WOI); Wound (1; ZUL); Yeast (f; CRC).

Dosages (Glory-Lily) — 5–10 grains vermifuge, stomachic, and tonic (WOI); larger doses toxic, possibly lethal; do not take (JAD).

Contraindications, Interactions, and Side Effects (Glory-Lily) — Colchicine can kill (ZUL). Human deaths recorded, mistaking the bulbs for onions. Symptoms include tingling and numbness of the lips, mucous membrane irritation, severe vomiting, diarrhea, colic, hypotension, convulsions, and respiratory failure (CRC; JAD).

GLOSSY PRIVET (*Ligustrum lucidum* W. T. Aiton) ++

Activities (Glossy Privet) — Analgesic (f; DAA; FAY); Antiallergic (1; AEL); Antibacterial (1; FNF); Anticariogenic (1; LAF); Antiedemic (1; FNF); Antigingivitic (1; LAF); Anti-HIV (1; FNF); Antiinflammatory (1; AEL); Antimalarial (1; FNF); Antimutagenic (1; AEL); Antioxidant (1; AEL); Antipyretic (1; DAA); Antiseptic (1; FNF); Antitumor (1; AEL); Antiulcer (1; FNF); Antiviral (1; FNF); Cardiotonic (1; FAY; LAF); COX-2 Inhibitor (1; FNF); Diaphoretic (f; DAA); Diuretic (1; LAF); Hepatoprotective (1; AEL); Hypoglycemic (1; AEL); Hypolipemic (1; AEL); Immunomodulator (1; AEL); Pectoral (f; DAA); Phagocytotic (1; LAF); Radioprotective (f; FAY); Tonic (1; AEL); Uterotonic (1; LAF); Vulnerary (f; DAA).

Indications (Glossy Privet) — Abscess (f; DAA); Allergy (1; AEL); Arthrosis (1; FNF); Backache (f; FAY); Bacteria (1; FNF); Cachexia (f; DAA); Cancer (1; AEL); Cardiopathy (1; LAF); Caries (1; LAF); Cold (f; DAA); Congestion (f; DAA); Constipation (f; FAY); Immunodepression (1; AEL); Diabetes (1; LAF); Dropsy (f; DAA); Dysuria (1; LAF); Edema (1; FNF); Fever (1; DAA); Gingivosis (1; LAF); Gray Hair (f; FAY); Headache (f; DAA); Hepatosis (1; DAA; FNF); HIV (1; FNF); Inflammation (1; AEL); Leukopenia (2; FAY; LAF); Malaria (1; FNF); Nephrosis (f; DAA); Obesity (1; AEL); Pain (f; DAA; FAY); Phthisis (f; DAA); Radiation (1; FAY); Swelling (1; DAA; FNF); Tinnitus (f; DAA; FAY); Tuberculosis (f; DAA); Tumor (1; AEL); Ulcer (1; FNF); Vertigo (f; DAA; FAY);Virus (1; FNF); Water Retention (1; LAF).

Dosages (Glossy Privet) — Experimentally in rat liver tissue 0.25 ng/ml (AEL); 4.5–15 g in decoctions, extracts, pills, powders, etc. (FAY).

Contraindications, Interactions, and Side Effects (Glossy Privet) — Class 1 (fruit) (AHP, 1997). Not covered by Commission E (KOM; PHR). Toxicity considered very low (FAY).

Extracts (Glossy Privet) — Brine, vinegar, white-wine, and yellow wine treated fruits were steamed and dried, and showed antilipoperoxidant activity 3.7 to 4.7 times stronger than raw nuzhenzi at 250 mg/ml. Clinical studies in U.S. and China suggest it helps raise white cell counts for leukopenia induced by chemotherapy and radiotherapy. "Use of the fruits to help enhance immune function following chemotherapy has real therapeutic potential for western medicine" (FAY).

GOAT'S RUE (*Galega officinalis* L.) +

Activities (Goat's Rue) — Alterative (f; KOM); Antiaggregant (f; PH2); Antidiabetic (1; BIS); Depurative (f; KOM); Diaphoretic (f; MAD); Diuretic (f; PH2; PNC); Hepatoprotective (f; KOM); Hypoglycemic (1; BIS; MAD; PH2); Lactagogue (f; KOM; MAB; MAD; PH2; PNC); Sedative (f; MAD); Vermifuge (f; PNC).

Indications (Goat's Rue) — Diabetes (1; BIS; FNF; KOM; MAD); Diarrhea (f; KOM); Dysbiosis (f; KOM); Dyslactea (1; FNF); Dyspepsia (f; KOM); Enterosis (f; KOM); Epilepsy (f; KOM); Roemheld Syndrome (f; KOM); Fever (f; MAD); Insomnia (f; MAD); Nervousness (f; MAD); Water Retention (f; PH2; PNC); Worm (f; PNC).

Dosages (Goat's Rue) — 2 g herb/cup tea (BIS); 0.3–1.2 g powdered herb (PNC); 0.5–5 g aqueous extract (MAD); 1–2 ml liquid extract (PNC).

Contraindications, Interactions, and Side Effects (Goat's Rue) — Not covered by AHP. "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). Not approved (KOM); Commission E rates it negatively as both inefficacious and toxic. Intoxication possible with high doses of the drug (BIS); most preparations with biguandine derivatives have been withdrawn from the market (BIS). Poisoning observed only in animals ingesting large quantities; sheep may exhibit paralysis, salivation, spasms, and finally death through asphyxiation (PHR). Since Goat's Rue contains hypoglycemic compounds, it might interact with hypoglycemic medications (PH2), one way or another. But all plants probably contain hypoglycemic compounds. The chromium content might be high enough to explain some antidiabetic activity. Galegine and other synthetic guanidine derivatives reduce blood sugar. Aqueous and alcoholic extracts are hypoglycemic in rabbits, raising glycogen levels in liver and myocardium.

GOLDEN CHAIN TREE, PEA TREE (*Laburnum anagyroides* Medik.) X

Synonym — *Cytisus alschingeri* Vis., *C. laburnum* L., *Laburnum anagyroides* var. *alschingeri* (Vis.) C. K. Schneid.

Activities (Golden Chain Tree) — Cholagogue (f; EFS); Diuretic (f; CRC; HHB); Emetic (f; CRC; EFS; HHB); Laxative (f; EFS; HHB); Neurotonic (f; CRC; HHB); Pediculicide (1; PH2); Poison (f; CRC; USA); Tonic (f; CRC).

Indications (Golden Chain Tree) — Asthma (f; CRC; EFS); Constipation (f; EFS; HHB); Cramp (f; CRC; HHB); Depression (f; CRC; HHB); Nausea (f; CRC); Pertussis (f; EFS); Vertigo (f; CRC; HHB); Water Retention (f; CRC; HHB).

Contraindications, Interactions, and Side Effects (Golden Chain Tree) — Not covered (AHP). Too dangerous for use, even as a topical pediculicide. 3–4 unripe fruits or 15–20 seed enough to kill an adult (PH2). Pub Med abstracts seemed more concerned with poisoning and lectins than with folk medicine.

GOLDEN DEWDROP (*Duranta erecta* L.) +

Synonym — *D. plumieri* Jacq., *D. repens* L.

Activities (Golden Dewdrop) — Antipyretic (f; CRC; JFM); Detergent (f; CRC); Diuretic (f; CRC); Insecticide (f; CRC); Larvicide (f; CRC); Poison (1; CRC); Stimulant (f; CRC; JFM).

Indications (Golden Dewdrop) — Fever (f; CRC; JFM); Malaria (f; CRC); Varicosis (f; CRC); Water Retention (f; CRC).

Contraindications, Interactions, and Side Effects (Golden Dewdrop) — Not covered (AHP; KOM; PHR). "Berries contain a saponin, causing drowsiness, fever, nausea, vomiting, and convulsion." Children have died after ingesting berries. "Symptoms include sleepiness, hyperthermia, dilated pupils, rapid pulse, swelling of lips and eyelids, and convulsions" (CRC).

GOLDEN EYE-GRASS (*Curculigo orchioides* Gaertn.) ++

Activities (Golden Eye-Grass) — Alterative (f; DEP; KAB; KAP; WOI); Analgesic (f; KAB); Antipyretic (f; KAB); Aperitif (f; KAB); Aphrodisiac (f; DEP; KAB; MBB; SUW); Bitter (f; KAB); Carminative (f; KAB); Demulcent (f; DEP; KAB; SUW; WOI); Depurative (f; KAB); Diuretic (f; DEP; KAB; WOI); Lipogenic (f; MBB); Litholytic (f; KAP); Nervine (f; DAA); Pectoral (f; DAA); Tonic (f; DEP; KAB; MBB; SUW; WOI).

Indications (Golden Eye-Grass) — Anorexia (f; KAB; MBB); Arthrosis (f; DAA; KAB); Asthma (f; DEP; KAB; SUW; WOI); Atrophy (f; MBB); Biliousness (f; KAB; KAP); Bleeding (f; KAB; KAP; SKJ); Blennorrhea (f; DAA); Bronchosis (f; KAB; KAP); Cachexia (f; DAA); Cataract (f; SKJ); Colic (f; DEP; KAB); Debility (f; DEP); Dermatosis (f; SKJ; SUW; WOI); Diarrhea (f; DEP; KAB; SUW; WOI); Dyspepsia (f; KAB); Dyspnea (f; KAB); Dysuria (f; KAP); Enterosis (f; LMP); Enuresis (f; DAA); Epilepsy (f; SKJ); Epistaxis (f; SKJ); Fatigue (f; KAB); Fever (f; KAB; LMP); Gas (f; KAB); Gleet (f; KAB);Gonorrhea (f; DEP; KAB; SUW); Hemorrhoid (f; DEP; KAB; KAP; SUW; WOI); Hydrophobia (f; KAB); Impotence (f; DEP; KAB; MBB; SUW); Incontinence (f; DAA); Itch (f; SKJ; SUW; WOI); Jaundice (f; KAB; KAP; SUW; WOI); Lassitude (f; DAA); Leukorrhea (f; SKJ); Lumbago (f; DAA; KAB; KAP); Neurasthenia (f; DAA); Neurosis (f; MBB); Ophthalmia (f; KAB; KAP; SKJ); Pain (f; KAB); Scleroderma (f; DEP); Senility (f; DAA); Stone (f; KAP); VD (f; KAB); Tuberculosis (f; MBB); Vomiting (f; KAB); Water Retention (f; DEP; KAB; WOI); Wound (f; KAB).

Dosages (Golden Eye-Grass) — 180 grains beaten with equal amount of sugar in water (DEP); 1–2 oz rhizome with warm milk and sugar for convalescence (KAP); 3–6 g powdered root (KAP).

Contraindications, Interactions, and Side Effects (Golden Eye-Grass) — Class 3 (AHP).

GOLDENROD (*Solidago virgaurea* L.) ++

With good reason, many authors have taken a generic approach to *Solidago*. EFS aggregates *S. odora* and *S. virgaurea.* PH2 confesses that *S. canadensis, C. gigantea,* and *S. virgaurea* have been interchangeably mixed in the market. Few of the compilers, including yours truly, could positively identify which species is in the apothecary jar or capsule, and probably none of the chemical studies are vouchered. While I have maintained citations for several species, I think the identities are all suspect.

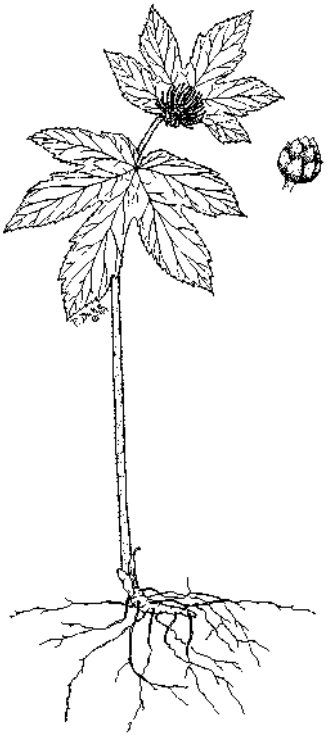
Activities (Goldenrod) — Allergenic (1; CRC); Analgesic (1; APA); Antiedemic (1; HH2); Antiexudative (1; HH2); Antiinflammatory (2; APA; KOM; SHT); Antilithic (1; PH2); Antipyretic (f; CRC; PIP); Antiseptic (1; PNC); Antispasmodic (1; APA; EFS; KOM; PIP); Antitumor (1; APA); Aquaretic (1; BGB; SHT); Astringent (1; CRC; EFS); Candidicide (1; BGB; PNC); Carminative (f; CRC; HH2; PNC; WOI); Cicatrizant (f; WOI); Decoagulant (f; CRC); Diaphoretic (f; CRC; PNC); Digestive (f; CRC; EFS); Diuretic (2; APA; KOM; MAD; PIP); Expectorant (f; CRC; EFS); Fungicide (1; APA; BGB; HH2); Hemostat (1; CRC; HHB); Hypotensive (1; PNC); Immunostimulant (1; APA); Laxative (f; APA); Litholytic (1; CRC; MAD); Nervine (f; CRC); Sedative (1; APA); Spermicide (1; APA; BGB); Stimulant (f; CRC); Tonic (f; CRC); Urinary Antiseptic (f; MAD); Vulnerary (1; APA; BGB; WOI).

Indications (Goldenrod) — Albuminuria (f; CRC; MAD); Amenorrhea (f; CRC); Arthrosis (f; APA; CRC; MAD); Asthma (f; CRC; MAD; PH2); Atony (f; CEB); Bladder Stone (2; APA; CRC; PHR; PH2); Bleeding (1; CRC; HHB; PH2); BPH (f; CRC; HHB; PHR; PH2); Bronchosis (f; PH2); Calculus (2; BGB); Cancer (1; APA); Cancer, breast (f; CRC); Candida (1; BGB; HH2; PNC); Catarrh (1; BGB); Cholecystosis (f; CRC); Cholera (f; CRC); Constipation (f; APA); Cramp (1; APA; EFS; KOM; PIP); Cystosis (1; CRC; HHB; PH2); Diabetes (f; HH2; PHR; PH2); Diarrhea (1; CEB; CRC; WOI); Diphtheria (f; CRC); Dropsy (f; CRC; MAD); Dysentery (1; CRC; MAD; WOI); Dysmenorrhea (f; CRC); Dysuria (f; CRC; MAD); Eczema (f; APA; CRC; HH2; MAD); Edema (1; CRC; HH2); Fever (f; CRC; PIP; PNC; WOI); Flu (f; CRC); Fungus (1; APA; BGB; HH2); Gas (f; CRC; HH2; PNC; WOI); Gastrosis (f; CRC); Gout (f; CRC; MAD; PHR; PH2); Gravel (2; CRC; KOM; PIP); Headache (f; CRC); Hemorrhoid (f; MAD; PHR); Hepatomegaly (f; PHR); Hepatosis (f; PH2); High Blood Pressure (1; PNC); Immunodepression (1; APA); Infection (1; APA; BGB; HH2; PHR; PH2); Inflammation (2; APA; KOM; PH2; SHT); Insomnia (1; APA); Kidney Stone (2; APA; CRC; PHR; PH2); Malaria (f; CRC); Mastosis (f; JLH); Measles (f; CRC); Menorrhagia (f; HHB); Mycosis (1; APA; BGB; HH2); Nephrosis (1; APA; CRC; KOM; MAD; PH2); Nervousness (1; APA); Pain (1; APA); Pertussis (1; CRC; MAD); Pharyngosis (1; APA; PHR; PH2); Phosphaturia (f; MAD); Phthisis (f; MAD); Pulmonosis (f; PH2); Rheumatism (f; APA; CRC; PHR; PH2); Scrofula (f; HH2; MAD); Sore (f; WOI); Sore Throat (1; CRC; PH2); Spasm (f; CRC); Splenosis (f; MAD); Stomatosis (1; APA; PHR; PH2); Stone (2; CRC; KOM; MAD; PH2; SHT); Swelling (1; HH2); Tenesmus (f; MAD); Toothache (f; MAD; HHB); Tuberculosis (f; MAD; PHR; PH2); Tumor (1; APA); Uremia (f; CRC; MAD); UTI (2; APA; KOM; PH2; SHT); Water Retention (2; APA; FNF; KOM; MAD; PIP); Wound (1; APA; MAD; PHR; PH2; WOI); Yeast (1; BGB; HH2; PNC).

Dosages (Goldenrod) — 6–15 g herb (APA); 3–5 g herb/240 ml up to several ×/day (APA); 15–20 g herb (MAD); 6–12 g crude herb (PIP; SHT); 1–2 tsp (3–5 g) per 150 ml hot water, 2–4 ×/day between meals (PH2); 2–4 ml liquid leaf extract (PNC).

Contraindications, Interactions, and Side Effects (Goldenrod) — Class 2d. Patients with chronic nephropathy should consult a practitioner before taking (AHP).“Hazards and/or side effects not known for proper therapeutic dosages” (PH2). Contraindications for the herb: patients with chronic renal disease should first consult a physician (AEH). None reported for oral consumption; irrigation therapy contraindicated with edema due to reduced cardiac and renal function (PH2; PIP). Mixed saponins antiedemic and antiexudative at 1.25–2.5 mg/kg; saponins spermicidal (HH2).

GOLDENSEAL (*Hydrastis canadensis* L.) +



Activities (Goldenseal) — Alterative (1; CRC; PNC); Amebicide (1; FNF; PH2); Analgesic (f; BRU; CRC); Antiacetylcholinesterase (1; MAB); Antibacterial (1; FAD; MAB); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Anticancer (1; COX; FNF); Anticariogenic (1; MAB); Anticonvulsant (1; CRC; FAD; FNF); Antihelicobacter (1; X9781854); Antiinflammatory (1; PHR; PNC); Antimitotic (1; MAB); Antiperiodic (f; CRC); Antiperistaltic (1; FNF); Antipyretic (f; MAD); Antisecretory (1; PH2); Antiseptic (1; APA; FNF; PED; PH2; SKY); Antitrypanosomic (1; X9121161); Antitussive (1; X3350041); Antiulcer (1; X9781854); Aperient (f; CRC); Aperitif (1; DEM; FNF; PED); Astringent (1; APA; PED); Bilirubinolytic (1; PH2); Bitter (1; APA; PED); Cardiotonic (1; HHB); Choleretic (1; APA; FAD; PED; PH2); Collyrium (f; CRC); Deliriant (1; PH2); Depurative (f; MAB); Detergent (f; CRC); Digestive (1; APA; FNF); Diuretic (1; CRC; FNF; PED); Emetic (1; FNF); Emmenagogue (1; FNF; PED); Fungicide (1; MAB); Hallucinogen (1; PH2); Hemostat (1; BRU; CRC; FNF; PNC); Hepatotonic (1; FNF; PED); Hypertensive (1; PHR); Hypoglycemic (1; APA; MAB); Hypotensive (f; PNC); Immunostimulant (1; FNF; PH2); Insectifuge (f; CRC); Laxative (1; CAN; MAD; PHR); Leukocytosis (1; PH2); Mycosis (1; MAB); Myostimulant (1; CAN; FNF); Oxytocic (1; CAN; MAB; PHR); Protisticide (1; MAD; PH2); Panacea (f; CRC); Secretagogue (f; FEL); Sedative (1; FNF; PNC); Sialagogue (f; FEL); Stomachic (1; CAN; FNF; MAD); Tonic (1; APA; FNF; PNC); Trophorestorative (1; MAB); Uterotonic (f; APA; HHB); Vasoconstrictor (1; APA; BRU; MAD; PED; PHR); Vibriocide (1; PH2); Vulnerary (1; BRU; MAB).

Indications (Goldenseal) — Acne (f; APA; FEL; WAF); Adenopathy (f; HHB; JLH); Alcoholism (f; APA; CRC; FEL); Alzheimer's (1; COX; FNF); Ameba (1; FNF; MAB; PH2); Anorexia (1; DEM; MAB; PED); Aphtha (f; FEL); Arrhythmia (1; FNF; MAB); Arthrosis (1; COX; FNF); Asthma (f; APA; CRC); Bacteria (1; BRU; FAD; MAB); Biliousness (f; CRC); Bleeding (1; APA; BRU; CRC; FEL; FNF; HHB; MAB; PNC); Blepharosis (f; FEL); Boil (f; CRC; FEL); Bronchosis

(1; FAD; FNF); Cancer (1; APA; COX; FEL; FNF); Cancer, breast (1; COX; FNF; JLH); Cancer, lip (f; CRC); Cancer, ovary (1; COX; FNF; JLH); Cancer, pancreas (f; COX; FNF; JLH); Cancer, skin (1; PH2); Cancer, stomach (1; COX; FNF; JLH); Cancer, uterus (1; COX; FNF; JLH); Candida (1; MAB); Canker (1; APA); Cardiopathy (1; MAB); Catarrh (1; CRC; FEL; MAB; MAD); Cervicosis (f; MAD); Chafing (f; APA; DEM); Chancre (f; CRC); Childbirth (f; CRC); Chlamydia (1; PH2); Cholecystosis (1; FNF; MAD; PH2); Cholera (1; APA; BRU; MAB; PH2); Cold (1; APA; FNF; SKY); Colitis (1; CAN; FNF); Congestion (f; APA); Conjunctivosis (1; APA; BRU; CAN; FEL; FNF; MAD; PH2); Constipation (1; APA; CAN; CRC; MAD; PHR); Convulsion (1; CRC; FAD; FNF); Corn (f; CRC); Cornea (f; FEL); Cough (1; APA; X3350041); Cramp (1; MAB); Crohn's Disease (1; FNF; SKY); CVI (1; BRU); Cystosis (f; CRC; MAD); Dandruff (f; APA); Deafness (f; CRC); Debility (f; DEM; FEL); Dermatosis (1; APA; CRC; FNF; MAB); Diabetes (1; APA; MAB); Diarrhea (1; APA; FNF); Diphtheria (f; FEL; MAD); Dropsy (f; CRC); Duodenosis (f; FEL; MAD); Dusgeusia (f; CRC); Dysentery (1; APA; FNF); Dysmenorrhea (1; APA; CAN; FNF; PH2); Dyspepsia (1; APA; CAN; FNF; MAD; PH2); Earache (1; CRC; DEM; FNF); Eczema (1; APA; FEL; FNF; PED); Endometriosis (f; MAD); Enterosis (f; MAD); Epistaxis (f; MAD); Epithelioma (f; MAD); Exanthema (f; MAD); Fever (f; CRC; MAD); Fibroid (f; JLH); Fistula (f; CRC; MAD); Flu (f; APA); Fungus (1; BRU; MAB); Gas (f; DEM); Gastrosis (1; APA; FEL; FNF; PH2; PNC); Giardia (1; FNF; MAB; PH2); Gingivosis (1; APA; FNF; PED); Glossosis (f; CRC); Gonorrhea (1; FAD; FNF); Halitosis (f; CRC); Heart (f; DEM); Helicobacter (1; X9781854); Hemoptysis (f; MAD); Hemorrhoid (f; APA; CRC; FEL); Hepatosis (1; CRC; FEL); Herpes (1; PHR; PH2); High Blood Pressure (1; PH2; PNC); Hypertyraminemia (1; MAB); Immunodepression (1; FNF; PH2); Impetigo (f; CRC); Infection (1; BRU; CRC; MAB); Inflammation (1; COX; DEM; FNF; PHR; PNC); Insomnia (1; FNF; PNC); Jaundice (1; CRC; FAD; FEL; MAD); Laryngosis (1; FNF); Leishmaniasis (1; BRU; FNF; MAB); Leukorrhea (f; CRC; MAB; MAD); Lip (f; DEM); Low Blood Pressure (1; PHR); Lumbago (f; CRC); Lupus (f; CRC; FEL; MAD); Malaria (1; CRC; FEL; FNF); Marasmus (f; MAD); Mastosis (f; CRC); Menorrhagia (1; CAN; FNF; HHB); Migraine (f; MAD); Mucososis (1; FAD; JAD; MAB); Myalgia (f; APA; FEL); Mycosis (1; APA; BRU; MAB); Myoma (f; MAD); Nephrosis (1; FNF); Nervousness (1; FNF; PNC); Neutropenia (1; PH2); NIDDM (1; MAB); Night Sweats (f; FEL); Ophthalmia (f; FEL; JLH); Otosis (1; FEL; FNF; MAB; MAD; SKY); Otorrhea (1; FNF; CAN); Ozoena (f; CRC; MAD); Pain (f; BRU; CRC; MAD); Pancreatosis (f; JLH); Pharyngosis (1; FEL; FNF; MAD); Pneumonia (1; FNF; DEM; WAF); Polymenorrhea (f; HHB); Polyp (f; JLH; MAD); Prolapse (f; MAD); Prostatosis (f; MAD); Psoriasis (f; CRC); Rhinosis (f; CRC; FEL; MAD); Ringworm (1; APA; CRC; FNF); Salmonella (1; BRU; FNF; PH2); Sciatica (f; APA; CRC); Scrofula (f; DEM; FEL); Seborrhea (f; CRC; FEL); Shigella (1; MAB; PH2); Smallpox (1; CRC; FNF; PED); Sore (1; APA); Sore Throat (f; CRC; SKY); Sporotrichosis (f; MAB); Stomatosis (1; BRU; CRC; FEL; MAB; MAD); Staphylococcus (1; BRU); Streptococcus (f; PH2); Syncope (f; CRC); Syphilis (f; MAD); Tapeworm (1; MAB); Tinnitus (f; CAN); Tonsilosis (f; FEL; MAD); Trachoma (1; FEL; MAB; PH2); Trichomoniasis (1; MAB); Thrombocytopenia (1; MAB); Tuberculosis (1; DEM; FAD; MAB; PH2); Typhoid (1; MAD); Typhus (f; CRC); Ulcer (1; CAN; CRC; FEL; JLH; PH2; X9781854); Uterosis (f; APA; CRC; JLH); UTI (1; FNF; SKY); Vaginosis (1; FNF; PED); VD (f; MAD); Wart (f; JLH); Water Retention (1; CRC; FNF; PED); Wound (f; PH2); Yeast (1; MAD). (Not reported in Commission E; KOM.)

Dosages (Goldenseal) — 0.5–1.2 g root (AHP; PNC); 0.5–1 g root, or in tea, 3 ×/day (CAN); 1 g root, maximum 4.9 g/day (HHB); 4–6 g root/day (SKY); 150–350 mg root 3 ×/day; 1–2 tbsp fresh root (PED); 1.5–3 g dry root (PED); 2 g dry root:10 ml alcohol/10 ml water (PED); 500 mg dry root/day (APA); 0.5–1 tsp powdered root/cup water (APA); 0.3–1 ml liquid root extract (AHP; CAN; PNC); 2–4 ml root tincture (CAN; PNC); 2–4 ml root tincture (1:3)/day (MAB); 2–4 ml (20–40 drops) tincture (AHP); 1 dropper tincture 3 ×/day (APA); 15–40 drops fluid extract several ×/day (MAD); 1–4 g fluid extract/day (MAD); 4–6 ml liquid extract (SKY); 50–150 mg hydrastine-chlorate (MAD); 1–2 (535 mg) capsules 3 ×/day; 1 (465 mg) StX 2–3 ×/day (NH).

Contraindications, Interactions, and Side Effects (Goldenseal) — Class 2b. Fresh plant may irritate the mucosa (AHP). Not approved (KOM; PH2). "Goldenseal should not be taken for long periods of time" (Barney, 1996). The *LRNP* (June 1987) is a bit stronger, saying large doses of the plant may irritate the mouth and throat, and cause diarrhea, nausea, parasthesia, and vomiting. "CNS stimulation and respiratory failure induced by the plant can be fatal." In higher doses hydrastine can cause convulsions, exaggerated reflexes, high blood pressure, and death from respiratory failure (*LRNP,* but quoting an old, old book). No recent reports of toxicity in the literature (SF). May alter intestinal flora. Canadian regulations do not allow it as an ingredient in oral products (Michols, 1995). Contraindicated in glucose-6-phosphate-dehydrogenase deficiency. Berberine may antagonize heparin's anticoagulant activity (PH2). The *PDR* last couplet in the PDR general warning may stimulate more sales, "If taken over an extended period, the drug can bring about digestive disorders, mucous membrane irritation, constipation, excitatory states, hallucinations, and occasional deliria" (PH2). The potentially poisonous berberine may cause gastric upset (CAN). Because of alkaloids with uterine stimulant activity, *in vitro*, its use in pregnancy and lactation is to be avoided (CAN). Berberine is reportedly mutagenic in yeast cells and Ames test (intercalation into the DNA). PH2 assigns the toxicity more to hydrastine than to berberine, perhaps making barberry and oregon grape look like safer alternatives, with the benefit of the MDR-inhibitor methoxyhydnocarpine. "The hydrastine component appears to be the toxic component in goldenseal" (PH2). Overdoses may induce bradycardia, central paralysis, and dyspnea (PH2). Death from berberine has been reported (MAB).

Extracts (Goldenseal) — LD50 goldenseal extract 1620 mg/kg orl mouse (MAB). A good source of the COX-2 inhibitor, berberine (COX; FNF). See FNF for individual alkaloids activities, berberine alone having close to fifty. Berberine from *Hydrastis* active against MDR strains of tuberculosis; also inhibits *Helicobacter* (PH2). Berberine more effective than sulfacetamide with *Chlamydia trachomatis* from the eye (PH2). Berberine has platelet alpha-2-adrenoreceptor agonist activity comparable to clonidine, perhaps rationalizing its antisecretory, hypotensive, and sedative effects (PH2).

GOLDEN SHOWER, PURGING CASSIA (*Cassia fistula* L.) +

Activities (Golden Shower) — Abortifacient (f; JFM); Alexeteric (f; WO2); Antipyretic (f; WO2); Antiseptic (1; PH2); Antiviral (1; PH2; WO2); Astringent (f; WO2); Dentifrice (f; WO2); Emetic (f; WO2); Fungicide (1; WO2); Hypoglycemic (1; WO2); Laxative (1; HHB; PH2); Tonic (f; WO2); Vermifuge (f; WO2).

Indications (Golden Shower) — Adenopathy (f; JLH); Anorexia (f; PH2); Asthma (f; WO2); Cancer (f; JLH); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Cancer, gland (f; JLH); Cancer, liver (f; JLH); Cancer, throat (f; JLH); Cancer, uterus (f; JLH); Cholecystosis (f; JFM); Conjunctivosis (f; WO2); Constipation (1; HHB; PH2); Cough (f; WO2); Dermatosis (f; PH2; WO2); Diabetes (1; WO2); Dysentery (f; WO2); Dysuria (f; WO2); Fever (f; PH2; WO2); Fungus (1; WO2); Gas (f; PH2); Gastrosis (f; WO2); Gonorrhea (f; WO2); Gout (f; WO2); Hepatosis (f; JLH); Herpes (f; WO2); Impostume (f; JLH); Induration (f; JLH); Infection (1; PH2; WO2); Inflammation (f; JLH); Itch (f; PH2); Jaundice (f; PH2); Leprosy (f; WO2); Mycosis (1; WO2); Ophthalmia (f; WO2); Pharyngosis (f; WO2); Prickly Heat (f; JFM); Pulmonosis (f; IED); Respirosis (f; IED); Rheumatism (f; WO2); Sore Throat (f; WO2); Sore (f; WO2); Sting (f; JFM); Stomachache (f; WO2); Swelling (f; JLH); VD (f; WO2); Virus (1; PH2; WO2); Wet Dream (spermatorrhea, nocturnal emissions) (f; WO2); Worm (f; WO2).

Dosages (Golden Shower) — 4–8 g fruit pulp (HHB; PH2).

Contraindications, Interactions, and Side Effects (Golden Shower) — Not covered (AHP). Interaction of anthranoid laxatives reported (AEH). Usual template caveats with anthranoids.

Anthranoid-containing laxatives can be habit-forming; some contain compounds suspected of being cytotoxic, genotoxic, mutagenic, and even tumorigenic; epidemiological studies in Germany reveal that abusers of anthranoid laxatives have a three times higher rate of colon carcinoma. The Germans seem to have muted the cancer scare. "Recent studies, however, have revealed no connection between the administration of anthracene drugs and the frequency of carcinomas of the colon" (PH2).

GOLDTHREAD (*Coptis* spp.) +

Coptis chinensis Franch., *Coptis deltoides* C.Y. Cheng & Hsiao, *Coptis japonica* (Thunb.) Makino, or other berberine-containing species of the same genus (WHO), which would include India's *Coptis teeta* Wall., and our American *Coptis trifolia* (L.) Salisb.

Activities (Goldthread) — Alexeteric (f; DAA); Amebicide (1; WHO); Analgesic (1; DAA); Antiacetylcholinesterase (1; WHO); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Antibacterial (1; WHO); Anticancer (1; COX; FNF); Antidote, daylily (f; FAY); Antidysenteric (1; DAA; WHO); Antigiardic (1; X2131648); Antihelicobacter (1; X9781854); Antiinflammatory (1; COX; DAA); Antiperiodic (1; PNC); Antiperistaltic (1; FNF); Antipyretic (f; DAA); Antisecretory (1; WHO); Antiseptic (1; DAA; WHO); Antitrypanosomic (1; X9121161); Antiulcer (1; X9781854); Astringent (1; DEM); Bitter (1; DAA); cAMP-Inhibitor (1; WHO); Candidicide (1; X2079677); Collyrium (f; DAA; DEM); Digestive (1; PH2; PNC); Hypoglycemic (1; WHO); Mutagenic (1; PH2); Stomachic (f; DAA; SKJ); Tonic (1; FEL; MIC; PH2; PNC); Trichomonicide (1; WHO; X2131648).

Indications (Goldthread) — Adenopathy (f; JLH); Alcoholism (f; FAD; FEL); Alzheimer's (1; COX; FNF); Ameba (1; WHO); Amebiasis (1; WHO); Anorexia (f; MIC); Anxiety (f; DAA); Aphtha (f; DAA); Arthrosis (1; COX; DAA; FNF; WHO); Backache (f; SKJ); Bacteria (1; WHO); Biliousness (f; DEM); Boil (1; DAA; WHO); Burn (f; WHO); Cancer (1; COX; DAA; FNF; JLH); Cancer, gland (1; COX; JLH); Cancer, nose (1; COX; JLH); Cancer, pharynx (1; COX; JLH); Cancer, stomach (1; COX; JLH; MIC); Cancer, thyroid (1; COX; JLH); Candida (1; FAD; X2079677); Canker (1; DAA; DEM); Chafing (f; MIC); Cholera (1; WHO); Cold (f; DEM; FAY); Conjunctivosis (1; DAA; FAD; WHO); Cough (f; DEM); Cramp (f; DAA; DEM; FAD); Debility (f; SKJ); Dentition (f; DEM); Dermatosis (1; DAA; WHO); Diabetes (1; DAA; WHO); Diarrhea (1; DEM; MIC; WHO); Diphtheria (1; DAA); Dysentery (1; DAA; WHO); Dysmenorrhea (1; WHO); Dyspepsia (f; DEM; FAD; FEL); Earache (f; DEM); Eczema (1; DAA); Edema (1; DAA); Enterosis (1; DAA; WHO); Epistaxis (f; DAA); Escherichia (f; HHB); Fever (f; DAA); Gastrosis (1; DEM; FAD; FEL; WHO); Gingivosis (f; DEM); Gout (1; WHO); Helicobacter (1; X9781854); Hematemesis (f; DAA); Hemoptysis (f; DAA); Hemorrhoid (f; DAA); Hepatosis (f; DAA); Infection (1; DAA; DEM); Inflammation (1; COX; DAA; FAD; FEL; FNF); Insomnia (f; DAA); Jaundice (f; DEM; FAD); Leishmaniasis (1; WHO); Leukemia (f; JLH); Malaria (f; SKJ; WOI); Nausea (f; DAA; DEM; FAD); Nephrosis (f; WHO); Ophthalmia (1; DEM); Otitis Media (1; DAA); Pain (1; DAA; DEM); Pertussis (1; DAA); Respirosis (1; DEM); Salmonella (1; HHB); Scabies (f; DAA); Scarlet Fever (1; DAA); Sore (f; DAA; DEM); Sore Throat (1; DEM; FAD); Stomachache (f; DAA); Stomatosis (f; DEM; FEL); Streptococcus (1; HHB); Syphilis (f; DAA); Toothache (1; DAA; WHO); Trench Mouth (f; DEM); Trichomoniasis (1; WHO); Tuberculosis (1; DAA); Ulcer (1; X9781854); Vaginosis (1; DAA); VD (f; DEM); Vertigo (f; DEM); Worm (f; DEM); Yeast (1; FAD; X2079677).

Dosages (Goldthread) — 0.5–1.2 g powdered rhizome; 2–4 ml liquid extract (PNC); 1.5–6 g crude drug/day (WHO).

Contraindications, Interactions, and Side Effects (Goldthread) — Class 2b. Emmenagogue/uterine stimulant (AHP). Not covered (KOM). "Hazards and/or side effects not known for proper

therapeutic dosages" (PH2). Berberine is reportedly mutagenic in yeast cells and Ames test (intercalation into the DNA). Not for use during pregnancy (PH2). If Barney is right in saying that "goldenseal should not be taken for long periods of time," I suspect that the same would be true for those herbs containing similar compounds like barberry, goldthread, oregon grape, and yellowroot. Therefore, I lowered their safety ratings to 1 + (Barney, 1996). Coptis said to be as effective as, or more so than, sulfonamides at curing the following: acute extraocular inflammation, bacillary dysentery, diphtheria, eczema, enterosis, pertussis, pulmonary tuberculosis, purulent otitis media, surgical pyrogenic infections, and trichomoniasis vaginalis (DAA). Also said to be the best source of the COX-2 inhibitor, berberine (COX; FNF).

GOTU KOLA (*Centella asiatica* (L.) Urb.) ++

Synonym — *Hydrocotyle asiatica* L., *H. erecta* L. f.

Some WBB entries may include *C. coriacea* Nannfd.

Activities (Gotu Kola) — Adaptogen (MB); Alterative (f; CRC; KAB; PED; SUW); Analgesic (1; ABS; WHO); Angiogenic (1; PH2); Antiallergic (1; VAG; VVG); Antibacterial (1; PED; PHR; VAG); Anticonvulsant (1; CAN; WHO); Antidepressant (1; ABS; PHR); Antidote (f; AKT); Antiedemic (1; CAN; WHO); Antifertility (1; APA; CAN; WOI); Antiinflammatory (1; FNF; PED; PH2; WHO); Antileprotic (1; PNC); Antimitotic (1; VAG); Antipyretic (1; CRC; KAB; VAG; VVG; WHO); Antirheumatic (1; CAN); Antiseptic (1; ABS; VAG; WBB); Antispasmodic (1; PED; VAG; WO2); Antistress (1; VAG); Antitumor (1; PH2; VVG); Antiulcer (1; CAN; PED; PH2; VAG); Antiuronic-acid (1; PH2); Antiviral (1; ABS); Anxiolytic (1; FNF; IJP29:S340; VAG); Aphrodisiac (f; APA; WOI); Arylsulfatase Inhibitor (1; PH2); Bitter (f; KAB); Carcinogenic (1; WHO); Cerebrotonic (1; CAN; PED; WHO); Cholinergic (1; CAN); Cicatrizant (1; WBB; WO2); Circulostimulant (1; DEP); CNS Depressant (1; CAN); Collagenic (1; CAN; PH2; WHO); Cytotoxic (1; PH2); Depurative (f; SUW); Dermagenic (1; WBB); Detoxicant (f; AKT; MBB); Digestive (f; CRC); Diuretic (f; CRC; PED; SUW; VVG); Emmenagogue (f; DEP); Fungicide (1; PED; VAG; VVG); GABA-Antagonist (1; VAG); GABA-Nergic (1; WHO); Beta-Glucuronidase Inhibitor (1; PH2); Hypoglycemic (1; WBB); Immunomodulator (1; ABS); Immunostimulant (1; PNC); Lactagogue (f; WO2); Laxative (f; KAB; VVG); Memorigenic (1; AKT; CAN; MBB; SUW; WO2); Mucogenic (1; WBB); Narcotic (f; CRC; DEP; WO2; ZUL); Nervine (f; PED); Phagocytotic (1; PNC; ZUL); Propecic (1; KAP); Radioprotective (1; PH2); Restorative (f; CRC); Sedative (1; ABS; APA; KAP; ZUL); Spermicide (1; CAN); Stimulant (f; APA); Stomachic (f; CRC); Tonic (f; APA; CRC; SUW; VAG); Tranquilizer (1; KAP; VAG; VVG); Vulnerary (1; ABS; CAN; WHO).

Indications (Gotu Kola) — Abscess (f; CRC); Acne (f; VVG); Adenopathy (f; DEP); Albinism (f; WHO); Allergy (1; VAG; VVG); Alopecia (1; KAP; TGP; WBB); Ameba (1; KAP); Amenorrhea (f; DEP); Amnesia (f; KAB); Anemia (f; CRC; KAB; WHO); Anorexia (f; KAB); Anxiety (1; FNF; IJP29:S340; VAG); Arthrosis (2; VAG); Asthma (f; CRC; KAB; PHR; PH2; WHO); Bacteria (1; PED; PHR; VAG; VVG); Biliousness (f; CRC); Blood Disorder (f; CRC); Boil (f; AKT; CRC); Bronchosis (f; CRC; WHO); Bruise (1; CAN; WHO); Burn (2; APA; SKY; WHO); Calculus (f; PH2); Callus (f; JLH); Cancer (1; CRC; PH2; VAG; VVG); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Cancer, uterus (f; CRC); Cataract (f; CRC); Catarrh (f; CRC; WO2); Cellulite (1; APA; HFH/JA/'99; WHO); Cholera (1; PED; WHO; WO2); Cirrhosis (1; APA; WHO); Constipation (f; KAB; VVG; WHO); Convulsion (1; CAN; CRC; WHO); Cough (f; WO2); Cramp (1; PED; VAG; WO2); Cut (f; CRC); CVI (2; ABS; PH2; PNC; SKY; VVG; WHO; ZUL); Dehydration (f; PH2); Dementia (f; PED); Depression (1; ABS; PHR); Dermatosis (f; CAN; FEL; KAB; PH2; SUW; ZUL); Diarrhea (f; APA; KAP; PH2; VAG; WHO); Dizziness (f; WHO); Dropsy (f; CRC; WOI); Dysentery (f; CRC; KAB; PH2; WHO); Dysmenorrhea (f; APA; WHO); Dyspepsia (f; KAB; SUW); Dysuria (f; CRC; KAB; PH2; WHO); Earache (f; CRC); Eczema (f; APA; DEP; VAG;

WOI); Edema (1; CAN; PH2); Elephantiasis (f; CRC; FEL; WOI); Encephalosis (f; DEP); Epilepsy (f; KAP; MBB; PH2; WHO); Epistaxis (f; PH2; WHO); Failing Memory (1; PED); Fatigue (f; PH2); Fever (1; AKT; APA; CRC; KAB; PED; VAG; VVG; WHO); Fracture (f; WHO; WO2); Fungus (1; PED; VAG; VVG); Furunculosis (f; WHO); Gonorrhea (f; CRC); Headache (f; CRC; KAB; PED; WO2); Hematemesis (f; WHO); Hemorrhoid (1; CRC; WHO; WOI); Hepatosis (1; WHO); Hiccup (f; CRC); High Blood Pressure (1; PH2; VVG; WHO); Hydrocele (f; WO2); Hysteria (f; PH2); Immunodepression (1; PNC); Induration (f; JLH); Infection (1; PED; VAG; VVG); Inflammation (1; AKT; CRC; FNF; PED; PH2; VVG; WHO; WO2); Insanity (f; CRC; DEP; KAB; KAP); Insomnia (1; ABS; APA; KAP; ZUL); Itch (f; CRC; DEP; PH2; WO2); Jaundice (f; APA; CRC; WHO); Keloids (2; PNC; WHO); Leprosy (1; APA; DEP; FEL; PH2; SUW; VVG); Leukoderma (f; CRC; KAB); Leukorrhea (f; WHO; WO2); Liver (f; CRC); Longevity (f; APA); Lung (f; CRC); Lupus (f; APA; WBB); Lymphatic Insufficiency (f; VVG); Malaria (f; WO2); Measles (f; WHO); Miscarriage (f; MBB); Mycosis (1; PED; VAG; VVG); Nephrosis (f; CRC; WOI; WO2); Nervousness (1; ABS; APA; KAP; VAG; VVG; ZUL); Neuralgia (f; WHO); Neurosis (f; APA; KAB; SUW; WHO); Ophthalmia (f; PH2); Pain (1; ABS; PH2; WHO); Pleurosis (f; CRC); Psoriasis (1; APA; CAN; KAB); Rheumatism (1; CAN; KAP; PH2; SUW; WHO; WO2); Rib Ache (f; CRC); Scabies (f; PH2); Scar (1; WHO); Schizophrenia (PED); Scleroderma (2; APA; SKY); Scrofula (f; CRC; DEP; FEL); Skin Disease (f; CRC); Smallpox (f; KAB; WHO); Snakebite (f; KAB); Sore (2; CAN; FEL; PH2; PNC; WHO); Spasm (f; CRC); Splenomegaly (f; CRC); Sprain (f; WHO); Stomachache (PED); Stress (f; KAP); Striae gravidarum (2; ABS); Stutter (f; KAB); Swelling (1; CAN; PH2; WHO); Syphilis (f; DEP; KAB; PED; PH2; SUW; WHO); Thirst (f; CRC); Toothache (f; WHO); Tuberculosis (1; CRC; WBB; WO2); Tumor (1; CRC; PH2; VVG); Ulcer (2; CAN; PED; PHR; PH2; VAG; WHO; WO2); Ulcus cruris (2; WHO); Urethrosis (f; CRC; WHO; WOI); Urinary Discharge (f; CRC); Uterosis (f; PH2); Varicosis (1; APA; PH2; PNC; SKY; VAG; WHO); VD (f; KAB; PED; PH2; SUW; WHO); Virus (1; ABS); Water Retention (f; CRC; PED; SUW; VVG); Wound (2; APA; PH2; SKY; WBB; WHO; WO2).

Dosages (Gotu Kola) — 0.5–1 tsp herb/cup water 2–3 ×/day (APA; MB); 0.6 g herb, or in tea, 3 ×/day (CAN); 1–2 tsp dry herb/cup water 2–3 ×/day (SKY); 0.5–1.5 g powdered herb (KAP); 2–4 g crude leaf/day (MB); 0.25 cup fresh leaf (PED); 6 g dry leaf (PED); 6 g dry leaf:30 ml alcohol/30 ml water (PED); 600 mg powdered leaf/day (PNC); 0.5–1 dropper 2–3 ×/day (APA); 2–4 ml (0.5–1 tsp) liquid extract (1:1) (MB); 12–20 ml infusion (KAP); 10–20 ml tincture 3 ×/day (SKY); 330–680 mg 3 ×/day (WHO); 60–120 mg StX/day (to 100% triterpenoids) (MB; SKY).

Contraindications, Interactions, and Side Effects (Gotu Kola) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). *LRNP* (December 1988) says that, despite claims of nonallergenicity, dermatosis has been reported in some patients taking gotu kola. Asiaticoside may be carcinogenic to the skin, following repeated applications (MB). Reading their account, I'd not be any more afraid of gotu kola than wild lettuce. Contraindicated in epilepsy and pregnancy; may photosensitize (MB). CAN cautions against dermatosis and phototoxicity. Ingestion may induce pruritus (CAN). Because it is reputed to be abortifacient and to affect the menstrual cycle, its use in pregnancy and lactation is to be avoided. May interact with other blood pressure, cholesterol, and depression medications. "Excessive ingestion of hydrocotyle should be avoided" (CAN). Not allowed as nonmedicinal ingredient in oral use products in Canada. (Michols, 1995). Nausea may rarely follow extremely high doses (SKY).

Extracts (Gotu Kola) — With antiedemic and antiinflammatory activity, the triterpenoids promote healing and keratinization, stimulating the epidermis (asiaticoside may inhibit the synthesis of collagen and mucopolysaccharides in connective tissue). Hydroethanolic extracts showed anticonvulsant (40, 50, 60 mg/kg orl mouse), anxiolytic (75 mg/kg orl rats cf 2 mg diazepam ipr rat), and sedative effects (75, 150, 300 mg/kg orl mouse), but no conclusive anorective effect. Leaves marketed in Brazil as an antiobesity compound. LD50 >675 mg/kg orl rat. Results seem to verify

previous reports of CNS-depressant activity, and folk use for epilepsy, hysteria, and insanity (FIT68:413). The total triterpenic fraction decreases uronic acid, beta-glucuronidase, beta-N-acetyl-glucosaminidase, and arysulfatase in the connective tissue and vascular wall, perhaps preventing or alleviating varicose veins (PH2).

GOUTWEED (*Aegopodium podagraria* L.) ++

Activities (Goutweed) — Antitumor (f; DAW); Diuretic (f; DAW); Resolvent (f; DAW); Sedative (f; DAW); Stimulant (f; DAW); Vulnerary (f; DAW).

Indications (Goutweed) — Arthrosis (f; GMH); Cancer (f; DAW; JLH); Cystosis (f; PH2); Enterosis (f; PH2); Gout (f; PH2); Hemorrhoid (f; PH2); Inflammation (f; GMH); Insomnia (f; DAW); Nephrosis (f; PH2); Nervousness (f; DAW); Pain (f; GMH); Rheumatism (f; PH2); Sciatica (f; DAW); Tumor (f; DAW); Water Retention (f; DAW).

Dosages (Goutweed) — 30–60 ml fresh plant juice (PH2).

Contraindications, Interactions, and Side Effects (Goutweed) — Not covered (AHP; PH2).

GRAINS-OF-PARADISE (*Aframomum melegueta* K. Schum.) ++

Synonym — *Amomum melegueta* Roscoe.

Activities (Grains-of-Paradise) — Anesthetic (f; UPW); Antifeedant (1; ABS); Antipyretic (f; WO2); Antischistosomal (1; ABS); Antiseptic (1; ABS); Antitermite (1; ABS); Aphrodisiac (f; UPW); Carminative (f; UPW); Emetic (f; UPW); Hemostat (f; WO2); Laxative (f; UPW; WO2); Molluscicide (1; ABS); Panacea (f; UPW); Piscicide (f; WO2); Stimulant (f; PH2; WO2); Vermifuge (f; WO2).

Indications (Grains-of-Paradise) — Asthma (f; UPW); Backache (f; UPW); Bite (f; UPW); Bleeding (f; WO2); Cancer (f; JLH; UPW); Childbirth (f; UPW); Climacteric (f; UPW); Colic (f; UPW); Constipation (f; UPW; WO2); Earache (f; UPW); Enterosis (f; UPW); Fever (f; WO2); Fracture (f; UPW); Gas (f; UPW); Gastrosis (f; UPW); Gonorrhea (f; UPW); Headache (f; UPW); Impotence (f; UPW); Infection (1; ABS); Pain (f; UPW); Schistosomiasis (1; ABS); Snakebite (f; UPW); Sore (f; UPW); Tapeworm (f; WO2); Toothache (f; UPW; WO2); VD (f; UPW); Worm (f; WO2); Wound (f; UPW); Yaws (f; UPW).

Contraindications, Interactions, and Side Effects (Grains-of-Paradise) — Not covered (AHP, KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! Nor do I (JAD)). Pungent principles may irritate gastric and urinary tracts (PH2). High oxalic content of the seed may induce cardiopathy (WO2). Antimalarial tests proved negative (UPW). Abreu and Noronha (1997) remind us that the pungent (spicy) principles have antifeedant, antischistosomal, antiseptic, antitermite, and molluscicidal properties.

GRANADILLA (*Passiflora quadrangularis* L.) ++

Synonym — *P. macrocarpa* Mast., *P. quadrangularis* var. *variegata.*

Activities (Granadilla) — Abortifacient (f; DAV); Cardiodepressant (f; DAV); CNS-Depressant (f; CRC; DAV); Cyanogenic (f; JFM); Decongestant (f; DAV); Depurative (f; DAV); Diuretic (f; CRC); Emetic (f; CRC; JFM); Emollient (f; CRC; DAV); Hypnotic (1; JFM); Narcotic (1; DAV; JFM); Poison (f; JFM); Sedative (f; DAV); Stomachic (f; CRC); Vermifuge (f; CRC).

Indications (Granadilla) — Arthrosis (f; DAV); Bruise (f; DAV); Congestion (f; DAV); Dermatosis (f; CRC; IED); Diabetes (f; CRC; DAV); Dysuria (f; CRC); Fever (f; IED); Fracture (f; DAV); Headache (f; CRC); Hepatosis (f; CRC; DAV); High Blood Pressure (f; CRC; DAV); Hoarseness (f; DAV); Inflammation (f; DAV; JFM); Insomnia (f; DAV); Malaria (f; IED); Nervousness (f; DAV); Neuralgia (f; DAV); Rash (f; IED); Sore Throat (f; DAV); Sore (f; IED); Uvulosis (f; DAV); Water Retention (f; CRC); Worm (f; CRC).

Contraindications, Interactions, and Side Effects (Granadilla) — Contains noradrenalin (DAV).

GRAPE (*Vitis vinifera* L.) +++

See also grapeseed where entries refer strictly to the seed; here I include all the folklore accruing to the grape, the grapeleaf, grapejuice, and raisins.

Activities (Grape) — Analgesic (1; BIB; FNF); Antiaggregant (1; FNF); Antiallergic (1; FNF); Antialopecic (1; PH2); Antialzheimeran (1; COX; FNF); Antianaphylactic (1; FNF); Antiarthritic (1; COX; FNF); Antiasthmatic (1; FNF); Antiatherosclerotic (1; FNF; PH2); Antibacterial (1; FNF); Anticancer (1; COX; FNF); Anticapillary Fragility (1; FNF); Anticariogenic (1; APA); Antiedemic (1; FNF); Antierythemic (1; FNF); Antihistaminic (1; FNF); Anti-HIV (1; FNF); Antiinflammatory (1; COX; FNF); Antimutagenic (1; FNF; MB); Antioxidant; (1; APA; FNF; PH2; X10820088); Antiprostaglandin (1; FNF); Antiseptic (1; FNF); Antitumor (1; PH2); Antiulcer (1; FNF); Antiviral (1; FNF); Aphrodisiac (f; BIB; KAB); Astringent (1; BIB); Cardioprotective (1; FNF); Collagen Protective (1; APA); COX-1 Inhibitor (1; FNF); COX-2 Inhibitor (1; COX; FNF); Demulcent (f; BIB; EFS); Depurative (f; BIB); Diuretic (f; BIB; EFS); Expectorant (f; BIB); Fungicide (1; FNF); Hemostat (1; EFS; FNF); Hepatoprotective (1; FNF; PH2); Hypocholesterolemic (1; FNF); Immunostimulant (1; FNF); Laxative

(f; BIB); Litholytic (f; BIB); Propecic (1; PH2); Radioprotective (1; X10820088); Stomachic (f; BIB); Tonic (f; BIB); Sunscreen (1; FNF); Vasoprotective (1; APA).

Indications (Grape) — Allergy (1; FNF); Alopecia (1; PH2); Alzheimer's (1; COX; FNF); Anaphylaxis (1; FNF); Anemia (f; PH2); Arthrosis (1; BIB; COX; FNF); Asthma (1; BIB; FNF); Atherosclerosis (1; FNF; PH2); Bacteria (1; FNF); Biliousness (f; BIB); Bladder Stone (f; BIB); Bleeding (1; BIB; EFS; FEL; FNF; HHB); Boil (f; SKJ); Bruise (1; BRU); Cachexia (f; BIB); Cancer (1; COX; FNF; MB; PH2); Cancer, abdomen (1; DAD; FNF); Cancer, colon (1; DAD; FNF); Cancer, ear (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, neck (1; FNF; JLH); Cancer, nose (1; FNF; JLH); Cancer, testicle (1; FNF; JLH); Cancer, throat (1; FNF; JLH); Cancer, tonsil (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Cancer, uvula (1; FNF; JLH); Capillary Fragility (1; BRU; FNF; PH2); Cardiopathy (1; BIB; FNF); Caries (1; FNF; MB); Cholera (f; BIB); Circulosis (f; PH2); Condyloma (f; JLH); Conjunctivosis (f; BRU); Corn (f; JLH); Constipation (f; BIB); Cough (f; DAA); Cramp (1; BIB; PH2); CVI (1; PH2; X10356940); Cyanosis (f; PH2); Dermatosis (f; BIB; KAB; PH2); Diabetes (1; PH2); Diarrhea (f; FEL; PH2; WOI); Diphtheria (f; BIB); Dropsy (f; DAD; PH2); Dysentery (f; FEL; HHB); Dysuria (f; PH2); Edema (1; FNF; PH2); Fever (f; FEL; PH2); Fibroid (f; JLH); Fibroma (f; PH2); Fungus (1; DAD; FNF); Gastrosis (1; FNF); Gonorrhea (f; PH2); Gout (1; FNF); Hangover (f; BIB); Headache (f; KAB; PH2); Hemorrhoid (f; BRU; DAD; PH2); Hepatosis (1; BIB; JLH; FNF); Herpes (1; BIB); High Blood Pressure (f; BIB); High Cholesterol (1; FNF); HIV (1; FNF); Hoarseness (f; DAA; PH2); Hyperacidity (f; FEL); Immunodepression (1; FNF); Induration (f; JLH); Infection (1; FNF); Inflammation (1; BIB; COX; FNF); Jaundice (f; BIB); Maculosis (1; FNF); Mycosis (1; DAD; FNF); Nausea (f; BIB; PH2); Nephrosis (f; DAA; PH2); Nervousness (f; PH2); Nyctalopia (1; FNF; PH2); Ophthalmia (1; BIB; KAB; PH2); Orchosis (f; BIB); Pain (1; BIB; FNF; PH2); Parathesia (1; PH2); Polyp (f; JLH); Retinosis (1; FNF; PH2); Rheumatism (f; HHB); Rhinosis (f; JLH); Scabies (f; BIB); Scirrhus (f; JLH); Smallpox (f; BIB); Sore Throat (f; PH2; WOI); Splenosis (f; DAD); Stomachache (f; PH2); Stomatosis (f; BIB); Stone (f; BIB); Stress (f; PH2); Swelling (1; FNF; PH2); Syphilis (f; BIB; KAB); Telangiectasis (1; FNF; MB); Thirst (f; PH2); Tonsilosis (f; JLH); Toothache (f; PH2); Tuberculosis (f; DAA; EFS; PH2); Tumor (1; PH2); Ulcer (1; FNF); Varicosis (1; FNF; MB); Virus (1; BIB; FNF); Wart (f; PH2); Water Retention (f; BIB; EFS); Wound (1; FNF); Wrinkle (1; FNF).

Dosages (Grape) — 75–600 mg seed extract (or pycnogenol)/day for up to 3 weeks; maintenance dose 40–100 mg/day (APA, PH2).

Contraindications, Interactions, and Side Effects (Grape) — None yet known. Not in (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

Extracts (Grape) — In general, agricultural selection breeds out some of the natural pesticides, such as resveratrol, which also have many interesting biological activities. The recent ACS book, *Wine, Nutritional and Therapeutic Benefits*, heaps praise on resveratrol, failing to tell us that there is 10–100 times more in the leaves, and I suspect seeds, than in the fruit pulp and wines. The seeds have only recently come to the market and clinical trials are few and far between. On the other hand, the fruits contain more than 30 types of anthocyanins. Small wonder that grapejuice has four times the ORAC score of any other fruit juice studied (JNU).

GRAPEFRUIT (*Citrus x paradisi* Macfad.) ++

Activities (Grapefruit) — Antioxidant (1; JNU); Antinitrosaminic (1; JNU); Antiseptic (1; DAD); Aperitif (1; WO2); Cardiotonic (1; DAD); Detoxicant (1; JNU); Hypocholesterolemic (1; JNU); Sedative (1; DAD); Stomachic (1; DAD).

Indications (Grapefruit) — Anorexia (1; WO2); Bacteria (1; DAD); BPH (1; DAD); Cacoethes (f; JLH); Cancer (1; DAD); Cancer, breast (1; JNU); Cancer, colon (1; JNU); Cancer, prostate (1; DAD);

Cancer, lung (1; JNU); Cancer, skin (1; JNU); Cancer, throat (1; FNF; JLH); Candida (1; DAD); Cold (1; DAD); Diabetes (1; DAD); Dysuria (1; DAD); Fungus (1; DAD); High Cholesterol (1; JNU); Infection (1; DAD); Insomnia (1; DAD); Mycobacterium (1; DAD); Mycosis (1; DAD); Nervousness (1; DAD); Pseudomonas (1; DAD); Rheumatism (1; DAD); Staphylococcus (1; DAD); Yeast (1; DAD).

Contraindications, Interactions, and Side Effects (Grapefruit) — Not covered (AHP; KOM; PHZ). The fruit and juice can potentiate many drugs dramatically and sometimes dangerously with poisonous pharmaceuticals with narrow therapeutic ranges. This potential should be studied and standardized to lower required dosages of those noted pharmaceuticals.

GRAPE SEED (*Vitis vinifera* L.) ++

Activities (Grape Seed) — Antiaggregant (1; FNF); Antiallergic (1; FNF); Antialzheimeran (1; COX; FNF); Antianaphylactic (1; FNF); Antiarthritic (1; COX; FNF); Antiasthmatic (1; FNF); Antiatherogenic (1; FNF); Antibacterial (1; FNF); Anticancer (1; COX; FNF); Anticapillary Fragility (1; FNF); Anticariogenic (1; APA); Antiedemic (1; FNF); Antierythemic (1; FNF); Antihistaminic (1; FNF); Anti-HIV (1; FNF); Antiinflammatory (1; COX; FNF); Antimutagenic (1; FNF; MB); Antioxidant; (1; APA; FNF; MB); Antiprostaglandin (1; FNF); Antiseptic (1; FNF); Antiulcer (1; FNF); Antiviral (1; FNF); Cardioprotective (1; FNF); Collagen Protective (1; APA); COX-1 Inhibitor (1; FNF); COX-2 Inhibitor (1; COX; FNF); Fungicide (1; FNF); Hemostat (1; FNF); Hepatoprotective (1; FNF); Hypocholesterolemic (1; FNF); Immunostimulant (1; FNF); Sunscreen (1; FNF); Vasoprotective (1; APA).

Indications (Grape Seed) — Allergy (1; FNF); Alzheimer's (1; COX; FNF); Anaphylaxis (1; FNF); Arthrosis (1; COX; FNF); Asthma (1; FNF); Atherosclerosis (1; FNF); Bacteria (1; FNF); Bleeding (1; FNF); Cancer (1; COX; FNF; MB); Capillary Fragility (1; FNF; MB); Cardiopathy (1; FNF); Caries (1; FNF; MB); Edema (1; FNF); Fungus (1; FNF); Hepatosis (1; FNF); High Cholesterol (1; FNF); HIV (1; FNF); Gastrosis (1; FNF); Gout (1; FNF); Immunodepression (1; FNF); Infection (1; FNF); Inflammation (1; COX; FNF); Maculosis (1; FNF); Mycosis (1; FNF); Nyctalopia (1; FNF); Retinosis (1; FNF); Sunburn (1; FNF); Swelling (1; FNF); Telangiectasis (1; FNF; MB); Ulcer (1; FNF); Varicosis (1; FNF; MB); Virus (1; FNF); Wound (1; FNF); Wrinkle (1; FNF).

Dosages (Grape Seed) — 75–600 mg seed extract (or pycnogenol)/day for up to 3 weeks; maintenance dose 40–100 mg/day (APA, PH2).

Contraindications, Interactions, and Side Effects (Grape Seed) — In general, agricultural selection breeds out some of the natural pesticides, such as resveratrol, which also have many interesting biological activities. The recent ACS book, *Wine, Nutritional and Therapeutic Benefits*, heaps praise on resveratrol, failing to tell us that there is 10–100 times more in the leaves, and I suspect seeds, than in the fruit pulp and wines. The seeds have only recently come to the market and clinical trials are few and far between. On the other hand, the fruits contain more than 30 types of anthocyanins. Small wonder that grapejuice has four times the ORAC score of any other fruit juice studied (JNU).

GRAVEL ROOT (*Eupatorium purpureum* L.) +

Synonym — *Eupatoriadelphus purpureus* (L.) R. M. King & H. Rob.

Activities (Gravel Root) — Antidote (f; DEM); Antilithic (f; FAD); Antirheumatic (f; PNC); Depurative (f; DEM); Diaphoretic (f; CEB); Diuretic (f; PNC); Hypoglycemic (1; TOM); Laxative (f; DEM); Stimulant (f; PNC).

Indications (Gravel Root) — Arthrosis (f; JAD); Asthma (f; FAD); Bright's Disease (f; TOM); Burn (f; DEM); Calculus (f; CEB; FAD); Cancer (f; JAD); Childbirth (f; DEM); Cold (f; DEM);

Constipation (f; DEM); Cough (f; FAD); Cystosis (f; PNC; TOM); Dropsy (f; FAD); Dysuria (f; DEM; PNC); Fever (f; CEB; DEM); Gout (f; CEB; FAD; TOM); Gravel (f; CEB; DEM); Headache (f; TOM); Hysteria (f; DEM); Impotence (f; FAD); Incontinence (f; FAD); Inflammation (f; CEB); Jaundice (f; CEB); Miscarriage (f; DEM); Nephrosis (f; DEM); Neuralgia (f; TOM); Rheumatism (f; DEM; PNC); Sprain (f; DEM); Stone (f; FAD); Typhus (f; CEB; JAD); Urethrosis (f; DEM; FAD); Uterosis (f; FAD); UTI (f; FAD); Water Retention (f; PNC); Wound (f; DEM).

Dosages (Gravel Root) — 2–4 g root, or in tea, 3 ×/day (CAN); 2–4 ml liquid herbal extract (1:1 in 25% ethanol) 3 ×/day (CAN); 1–2 ml herbal tincture (1:5 in 40% ethanol) 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (Gravel Root) — Class 2a, 2b, 2c, 2d. Long-term use discouraged (AHP). Effective July 1996, the AHP Board of Trustees recommends that all products with botanical ingredient(s) containing toxic pyrrolizidine alkaloids, including *Borago officinalis*, display the following cautionary statement on the label, "For external use only. Do not apply to broken or abraded skin. Do not use when nursing" (AHP). Pyrrolizidine alkaloids (PAs) have genotoxic, carcinogenic, and hepatotoxic activity (CAN). Because of the PAs, its use in pregnancy and lactation is to be avoided. Animal studies document placental transfer and secretion into breast milk of unsaturated PAs (CAN).

GRAY WALLFLOWER (*Erysimum diffusum* Ehrh.) +

Activities (Gray Wallflower) — Negative Chronotropic (1; PH2); Positive Inotropic (1; PH2).

Indications (Gray Wallflower) — Cardiopathy (f; HHB; PH2).

Dosages (Gray Wallflower) — Single dose, 3.3 mg, cardioactive glycosides; maximum daily dose, 6.6 mg (HHB).

Contraindications, Interactions, and Side Effects (Gray Wallflower) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2).

GREATER GALANGAL (*Alpinia galanga* (L.) Sw.) ++

Synonyms — *Languas galanga* (L.) Stuntz., *Maranta galanga* L. Historically interchangeable with the lesser galangal, *A. officinarum*, and possibly galanga, *Kaempferia galanga*. All three are treated separately by the USDA nomenclature database.

Activities (Greater Galangal) — Antiamphetamine (f; WO2); Antibacterial (1; HHB; MPI; WO2); Antiinflammatory (1; WO2); Antiperistaltic (1; WO2); Antipyretic (1; MPI); Antiseptic (1; HHB); Antispasmodic (1; WO2); Antitubercular (1; MPI; WO2); Antiulcer (1; WO2); Aphrodisiac (f; HHB); Carminative (f; HHB; WO2); CNS Depressant (1; WO2); Digestive (f; EFS); Diuretic (1; WO2); Expectorant (f; EFS); Hypotensive (1; HHB); Insecticide (1; WO2); Protisticide (1; HHB); Respiradepressant (1; HHB); Respirastimulant (1; HHB); Sternutator (f; WO2); Stimulant (f; EFS; HHB); Stomachic (f; HHB); Tonic (f; HHB).

Indications (Greater Galangal) — Bacteria (1; HHB; MPI; WO2); Bronchosis (f; HHB); Catarrh (f; HHB; MPI); Childbirth (f; DAA); Colic (f; DAA; WO2); Cough (f; WO2); Cramp (1; WO2); Diabetes (f; HHB); Diarrhea (f; DAA); Dyspnea (f; HHB); Earache (f; DAA); Enterosis (f; WO2); Fever (1; MPI); Gas (f; HHB; WO2); Gastrosis (f; WO2); High Blood Pressure (1; HHB); Infection (1; HHB); Inflammation (1; WO2); Nausea (f; DAA); Protozoa (1; HHB); Pulmonosis (f; HHB); Rheumatism (f; HHB); Tuberculosis (1; MPI; WO2); Ulcer (1; WO2); Water Retention (1; WO2).

Dosages (Greater Galangal) — 1–2 g (HHB).

Contraindications, Interactions, and Side Effects (Greater Galangal) — Class 1 (AHP). Not covered (PH2).

Extracts (Greater Galangal) — The alcoholic extract of the rhizome lowered temperature in mice and potentiated amphetamine toxicity (MPI). EO of the rhizome inhibited *Mycobacterium tuberculosis* at 25 mg/ml. It was more potent against gram-negative bacteria (at 0.4–0.6 mg/ml). LD50 of the oil in guinea pigs was 0.68 ml/kg (mode of administration not stated) (MPI). 1'-acetoxychavicol-acetate and 1'-acetoxyeugenol-acetate are powerful antiulcer agents (WO2). Steam volatile portion of rhizome extracts stimulated the bronchial glands; the nonvolatile portion acted reflexly through the gastric mucosa.

GREATER PERIWINKLE (*Vinca major* L.) +

Most authors suggest that the greater and lesser periwinkle are generically interchangeable medicinally, and I agree, so far.

Activities (Greater Periwinkle) — Anticholinesterase (1; HH2); Antihemorrhagic (1; WOI); Antilactagogue (f; WOI); Astringent (1; GMH); Hypotensive (1; HH2); Laxative (f; GMH); Negative Inotropic (1; HH2); Parasympatholytic (1; HH2); Positive Inotropic (1; HH2); Tonic (f; GMH).

Indications (Greater Periwinkle) — Bleeding (1; GMH; WOI); Cardiopathy (1; HH2); Congestion (f; GMH); Constipation (f; GMH); Convulsion (f; GMH); Cramp (f; GMH); Diarrhea (f; GMH); Enterosis (f; GMH); Enuresis (f; HH2); Epistaxis (f; GMH); Hemorrhoid (f; HH2; GMH); High Blood Pressure (1; HH2); Hysteria (f; GMH); Leukorrhea (f; HH2); Menorrhagia (1; HH2; GMH); Nightmare (f; GMH); Pulmonosis (f; GMH); Sore Throat (f; GMH); Tonsilosis (f; GMH).

Dosages (Greater Periwinkle) — 2–4 g dry herb/cup tea to 3 ×/day (HH2).

Extracts (Greater Periwinkle) — Aqueous extract (1.82 g leaf/50 ml water reduces *in vitro* (in human serum) cholinesterase activity by 50% (HH2). Mix of vincamine and vincine lower blood pressure IC27–40 = 5–10 mg/kg ivn rat LD50 (mixed alkaloids) = 37 mg/kg ivn mouse (HH2).

GREEK OREGANO (*Salvia fruticosa* Mill.) +++

Synonym — *Salvia triloba* L. f.

I suspect that this could be used interchangeably with *S. officinalis,* both being highly variable in quantization of the aromatic phytochemicals.

Activities (Greek Oregano) — Antibacterial (1; HH2); Antiinflammatory (1; PH2); Antiseptic (1; PH2; TAD); Antiviral (1; TAD); Candidicide (1; HH2); Cytotoxic (1; TAD); Fungicide (1; HH2); Hypoglycemic (1; PH2); Hypotensive (1; PH2); Sedative (1; PH2).

Indications (Greek Oregano) — Bacteria (1; HH2); Candida (1; HH2); Cardiopathy (f; PH2); Cold (f; PH2); Cough (f; PH2); Dermatosis (f; PH2); Diabetes (1; PH2); Dyspepsia (f; PH2); Fungus (1; HH2); High Blood Pressure (1; PH2); Infection (1; HH2); Inflammation (1; PH2); Insomnia (1; PH2); Mycosis (1; HH2); Nervousness (1; PH2); Pharyngosis (f; PH2); Pulmonosis (f; PH2); Stomatosis (f; PH2); Virus (1; TAD); Yeast (1; HH2).

Dosages (Greek Oregano) — Like *S. officinalis*, e.g., 4–6 g/day (AHP); 4–6 g herb (KOM; PH2); 2 tsp (3 g) cut herb/cup water (APA); 1–4 g leaf, or in tea, 3 ×/day (CAN); 2–3 tsp (3.4–5.1 g) leaf in hot tea (MAD); 2–4 tbsp fresh leaf (PED); 3–6 g dry leaf (PED); 4.5 g dry leaf:2 ml alcohol/23 ml water (PED); boil 100 g leaf/liter wine 2 minutes (f; PH2); 1–4 ml liquid leaf extract (1:1 in 45% ethanol) 3 ×/day (CAN); 0.1–0.3 g EO (KOM; PH2); 1–4 ml liquid herb extract (PNC).

Contraindications, Interactions, and Side Effects (Greek Oregano)— Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Decoction antihypertensive 50 mg/kg ipr rat (HH2). Infusion (250 mg/kg) hypoglycemic (HH2).

GREEN ALDER (*Alnus viridis* (Chaix) DC.) +

Activities (Green Alder) — Abortifacient (f; DEM); Astringent (1; DEM); Carminative (f; DEM); Depurative (f; MIC); Emmenagogue (f; DEM); Hemostat (f; DEM); Insectifuge (f; DEM); Laxative (f; DEM; MIC); Tonic (f; DEM).

Indications (Green Alder) — Anorexia (f; DEM); Arthrosis (f; DEM); Bleeding (f; DEM); Childbirth (f; DEM); Constipation (f; DEM; MIC); Cramp (f; MIC); Dentistry (f; DEM); Diphtheria (f; MIC); Dropsy (f; DEM); Dysmenorrhea (f; DEM); Fever (f; DEM; MIC); Gas (f; DEM); Gastrosis (f; DEM); Gonorrhea (f; DEM); Infection (f; DEM); Lameness (f; MIC); Nephrosis (f; DEM; MIC); Neuralgia (f; MIC); Pain (f; MIC); Rheumatism (f; DEM; MIC); Sore (f; DEM); Toothache (f; DEM); VD (f; DEM); Wound (f; DEM; MIC).

GREEN HELLEBORE (*Helleborus viridis* L.) X

Activities (Green Hellebore) — Bradycardic (1; HHB); Cardiac (f; EFS); Diuretic (f; PH2); Emetic (1; HHB); Emmenagogue (f; EFS); Irritant (1; PH2); Laxative (1; HHB); Nervine (f; EFS); Poison (1; HHB); Ptarmic (= mucoirritant) (1; PH2); Respiraparalytic (1; HHB); Sialagogue (1; PH2); Sternutator (f; EFS); Toxic (f; EFS); Vermifuge (f; HHB).

Indications (Green Hellebore) — Cancer (f; JLH); Cancer, spleen (f; JLH); Constipation (1; HHB; PH2); Diarrhea (f; PH2); Induration (f; JLH); Nausea (f; PH2); Neurosis (f; HHB); Splenosis (f; HHB); Wart (f; JLH); Water Retention (f; PH2); Worm (f; HHB).

Dosages (Green Hellebore) — 600 mg root, maximum daily dose 1200 mg (HHB); 200 mg single dose, maximum 1000 mg (PH2).

Contraindications, Interactions, and Side Effects (Green Hellebore) — Not covered (AHP). Do not take it (JAD). Overdoses may cause asphyxiation, following cardiac arrhythmia, convulsions, diarrhea, dizziness, dyspnea, and nausea (PH2).

GREEN or BLACK TEA (*Camellia sinensis* (L.) Kuntze) ++

Activities (Green or Black Tea) — ACE Inhibitor (1; WO2); Amebicide (1; APA); Analgesic (1; JAD); Antiadenosine (1; PH2); Antiaggregant (1; SKY; WO2); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Antiatherosclerotic (1; APA; WO2); Antibacterial (1; AKT; APA); Antibradykinin (1; PH2); Anticancer (1; COX; FNF); Anticapillary Fragility (1; PH2); Anticariogenic (1; APA; PH2); Antidepressant (1; PH2); Antidiabetic (1; APA); Antiinflammatory (1; APA; COX; PH2); Antileukemic (1; WO2); Antimutagenic (1; APA); Antinitrosaminic (1; APA); Antioxidant (1; APA; FNF; PH2); Antiprostaglandin (1; PH2); Antiseptic (1; FNF; SKY); Antispasmodic (1; AKT); Antithiamin (1; APA); Antiviral (1; AKT; FNF; WO2); Apoptotic (1; AKT; JNU); Astringent (1; APA; FNF; SHT); Bronchodilator (1; DAA); Cardiotonic (f; DAA); Catabolic (1; JNU); Chemopreventive (1; AKT; COX; FNF); CNS Stimulant (1; APA; FNF); Decongestant (1; APA); Detoxicant (1; JNU); Diuretic (1; APA; PH2); Glycolytic (1; PH2); Hemostat (1; APA); Hepatoprotective (1; APA; WO2); Hypocholesterolemic (1; AKT; APA; SKY; WO2); Hypoglycemic (1; APA; SYN); Hypotensive (f; SKY); Hypotriglyceridemic (1; SYN; WO2); Immunostimulant (1; AKT; FNF; SKY); Lipolytic (1; PH2); Myorelaxant (1; DAA); Neurotonic (f; AKT); Positive Inotropic (1; PH2); Radioprotective (1; AKT; WO2); Respirastimulant (1; DAA); Secretagogue (1; WO2); Thermogenic (1; AKT; APA; FNF).

Indications (Green or Black Tea) — Acute Diarrhea (1; SHT); ADD (f; DAA); Agitation (f; PH2); Alcoholism (f; PH2); Allergy (1; WO2); Alzheimer's (1; COX; FNF); Ameba (1; APA); Angina (1; DAA); Anorexia (f; PH2); Apoplexy (f; JNU); Arthrosis (1; COX; FNF); Asthma (1; AKT; APA; WO2); Atherosclerosis (1; APA; JNU; WO2); Bacteria (1; AKT; APA; WO2); Bite (f; DAA); Bladder Stone (f; WO2); Bleeding (1; APA; WO2); Bronchosis (1; WO2); Bruise (f; DAA); Burn (f; DAA); Cancer (1; APA; COX; FNF); Cancer, breast (1; PH2); Cancer, colon (1; APA; PH2); Cancer, esophagus (1; APA; JNU; WO2); Cancer, intestine (1; PH2; WO2); Cancer, liver (1; APA); Cancer, lung (1; APA; PH2; WO2); Cancer, pancreas (2; PH2; APA); Cancer, rectum (2; PH2); Cancer, skin (1; JNU; APA); Cancer, stomach (2; JNU; PH2; WO2); Capillary Fragility (1; PH2); Cardiopathy (1; APA; PH2; SKY); Caries (2; AKT; JAD; PH2); Circulosis (f; PH2); Cold (1; APA; JNU; WO2); Colic (f; JNU); Colitis (1; APA); Congestion (1; APA); Cough (1; APA); Cramp (1; AKT); Cystosis (f; WO2); Depression (1; PH2); Diarrhea (1; AKT; APA; PHR); Diabetes (1; APA); Dropsy (f; DAA); Dysentery (1;

PNC; WO2); Dyspepsia (f; PH2); Edema (f; DAA; WO2); Emphysema (1; DAA); Encephalosis (f; WO2); Enterosis (1; APA; PH2); Enterovirus (1; WO2); Epilepsy (f; DAA; JNU); Escherichia (1; PH2); Esophagosis (1; APA); Fatigue (f; DAA; PH2); Fever (f; PH2; WO2); Gastrosis (f; PHR; PH2); Gingivosis (1; SKY); Goiter (1; WO2); Gout (f; WO2); Hangover (f; DAA); Headache (1; APA; PH2); Hepatosis (f; PH2; WO2); Herpes (1; AKT); High Blood Pressure (f; SKY); High Cholesterol (1; AKT; APA; SKY; WO2); High Triglyceride (1; SKY); Hyperdipsia (f; PH2); Hyperthyroidism (1; WO2); Immunodepression (1; AKT; FNF; SKY); Infection (1; SKY); Inflammation (1; APA; COX; FNF; PH2); Kidney Stone (f; WO2); Lethargy (1; JNU); Leukemia (1; WO2); Malaria (f; PH2); Melanoma (f; JNU); Metastasis (f; JNU); Migraine (f; DAA; JNU; PH2); Nausea (f; PHR; PH2); Nephrosis (f; WO2); Obesity (1; APA; FNF; JNU); Odontorrhagia (1; APA); Ophthalmia (f; DAA); Pain (1; JAD; PH2); Paralysis (f; JNU); Plaque (2; PH2); Polyp (1; APA); Shingle (1; AKT); Smallpox (f; DAA); Stone (f; JNU); Streptococcus (1; PH2); Stroke (1; APA; JNU); Sunburn (1; APA); Swelling (f; DAA); Toxemia (f; DAA); Tuberculosis (f; JNU); Ulcer (1; AKT; APA); Vertigo (f; JNU); Virus (1; AKT; FNF; WO2); Vomiting (f; PH2); Water Retention (1; APA; PH2); Wrinkle (1; APA). (Not covered by Commission E (KOM)).

Dosages (Green or Black Tea) — 1–2 tsp dry leaf/cup water 1–3 ×/day (APA); 50–100 mg green tea polyphenols (APA); 100–200 mg StX (50% polyphenols) (APA); three 333-mg green tea capsules, each containing 50 mg polyphenols/day (APA).

Contraindications, Interactions, and Side Effects (Green or Black Tea) — Class 2d. Fermented black tea not recommended for excess or long-term use (AHP). In excess can cause GI distress and nervous irritability (due to caffeine) (PNC). Caffeine syndrome in overindulgence, as with coffee, etc. (SKY). All things in moderation. One woman who consumed the equivalent of 65 g tea leaves/day for 5 years exhibited liver dysfunction. Ascites and splenomegaly resolved after tea was discontinued (SHT). Pedersen, who does not cover conventional tea, says that peppermint leaf contains much astringent tannin, which can damage the liver and intestine with prolonged use (Pedersen, 1998). Since the more widely used tea (*Camellia sinensis*) often contains twice as much tannin as peppermint, this recommendation should be doubly pertinent under tea, or maybe we should call these tannins by the more attractive names "OPCs, polyphenols, and pycnogenols" and declare them useful antioxidant good guys instead of hepatotoxic bad guys (JAD). Regarding caffeine, "Pregnant women should under no circumstances exceed a dosage of 300 mg/day (5 cups of tea spread out over the course of a day). Infants whose nursing mothers consume beverage containing caffeine could suffer from sleep disorders" (APA).

Extracts (Green or Black Tea) — Both the polphenols (OPCs, tannins) and xanthines (caffeine) have their good and bad sides. As a major source of the major COX-2 Inhibitor ([+]-catechin), this might be viewed by enthusiasts as another herbal miracle aspirin (COX). See FNF. Muroi and Kubo (1993) demonstrated synergies for antibacterial activity in compounds from tea (*Camellia sinensis*), "... green tea extract is effective in the prevention of dental caries because of the antibacterial activity of flavor compounds together with the antiplaque activity of polyphenols.... Synergism was found in the combination of sesquiterpene hydrocarbons (delta-cadinene and beta-caryophyllene) with indole; their bactericidal activities increased from 128-fold to 256-fold ... the combination of 25 μg/mL delta-cadinene and 400 μg/mL indole reduced the number of viable (bacterial) cells at any stage of growth." Translation: The mixture ("herbal shotgun") of three bactericidal compounds that might help prevent plaque was more than 100 times more potent than the isolated individual compounds ("magic bullet"). And then there is the natural fluoride (130–160 ppm) (PDR).

GROUND IVY (*Glechoma hederacea* L.) ++

Activities (Ground Ivy) — Alexeteric (f; CRC); Alterative (f; CRC); Analgesic (f; CRC); Antidote, lead (f; CRC); Antiedemic (1; CAN); Antiinflammatory (1; PHR; PH2; PNC); Antipyretic (f; CRC); Antiscorbutic (f; CRC); Antiulcer (1; CAN); Astringent (f; CAN; CRC); Cardiotonic (f; CRC); Collyrium (f; CRC); Depurative (f; CRC; FAD); Diaphoretic (f; CRC); Diuretic (f; CAN; CRC; PH2); Expectorant (f; CAN; MAD); Poison (f; CRC); Stimulant (f; CRC); Stomachic (f; CAN); Tonic (f; CRC; PNC); Vermifuge (f; MAD); Vulnerary (f; CAN).

Indications (Ground Ivy) — Adenopathy (f; MAD); Aging (f; CRC); Anemia (f; MAD); Asthma (f; CRC; FAD); Arthrosis (f; CRC; PH2); Backache (f; CRC; FAD); Bladder Stone (f; PH2); Bleeding (f; MAD); Bronchosis (f; CAN; PH2); Bruise (f; CRC; FAD); Cancer (f; FAD); Carbuncle (f; PH2); Catarrh (f; CAN; PHR); Cold (f; CRC; DEM); Corn (f; CRC); Cough (f; PHR; PH2); Cystosis (f; CAN; PH2); Dermatosis (f; PHR; PH2); Diabetes (f; CRC); Diarrhea (f; PH2); Dysentery (f; PH2); Dysmenorrhea (f; PHR; PH2); Earache (f; CRC); Enterosis (f; PHR; PH2); Epithelioma (f; CRC); Erysipelas (f; PH2); Fever (f; CRC); Fistula (f; CRC); Gastrosis (f; CAN; PHR; PH2); Gout (f; CRC; MAD); Headache (f; CRC; MAD); Hemorrhoid (f; CAN; CRC; PH2); Hepatosis (f; MAD); Hive (f; DEM); Hysteria (f; MAD); Inflammation (1; CRC; PHR; PH2; PNC); Kidney Stone (f; PH2); Jaundice (f; FAD); Leukorrhea (f; MAD); Marasmus (f; CRC); Measles (f; DEM); Mucososis (f; PH2); Nephrosis (f; CRC; FAD; PH2); Neurasthenia (f; MAD); Osteosis (f; CRC); Otosis (f; MAD); Pain (f; CRC; PH2); Phthisis (f; MAD); Pneumonia (f; CRC); Psoriasis (f; MAD); Pulmonosis (f; CRC; FAD); Respirosis (f; PHR; PH2); Rheumatism (f; CRC; PH2); Rickets (f; CRC); Scabies (f; PH2); Sciatica (f; CRC); Scrofula (f; PH2); Scurvy (1; CRC); Sniffle (f; MAD); Sore (f; PH2); Sore Throat (f; CRC); Splenosis (f; MAD); Stone (f; CRC; PHR; PH2); Swelling (1; CAN; CRC); Tinnitus (f; CAN); Toothache (f; CRC); Trauma (f; CRC); Tuberculosis (f; CRC); Ulcer (1; CAN; CRC; PHR); Urogenitosis (f; CRC); Water Retention (f; CAN; CRC; PH2); Worm (f; MAD); Wound (f; CRC; PHR; PH2).

Dosages (Ground Ivy) — 2–4 g dry herb, or in tea, 1–3 ×/day (CAN; PH2); 2–4 ml liquid herbal extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2 g in tea (HHB); 1 tsp (0.8 g) herb in tea (MAD); 30–50 g plant juices (MAD).

Contraindications, Interactions, and Side Effects (Ground Ivy) — Not covered (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). Animals grazing the plant are often intoxicated; symptoms include accelerated weak pulse, conjunctival hemorrhage, difficulty in breathing, dilation of the caecum, dizziness, elevated temperature, gastroenterosis, and megalosplenia. Grazing horses have suffered fatalities, as have mice fed only on this plant 3–4 days (PH2). CAN cautions that the pulegone in the volatile oil is an irritant to the GI tract and kidneys. Because of the irritant oil, its use in nephrosis, pregnancy, and lactation is to be avoided. Contraindicated, reportedly, in epilepsy, lactation, nephrosis, and pregnancy. In view of the lack of toxicity data and the reported cytotoxic activity of ursolic acid, excessive use of ground ivy should be avoided (CAN). But, all plants contain cytotoxic compounds and many, if not most, contain ursolic acid (JAD). Pulegone is an irritant, hepatotoxic, and abortifacient principle. In view of the lack of toxicity data and the possible irritant and abortifacient action of the volatile oil, the use of ground ivy during pregnancy and lactation should be avoided (PHR).

Extracts (Ground Ivy) — Documented pharmacological activities support some of the herbal uses. Ethanol extracts are antiinflammatory and antiedemic; 2-alpha and 2-beta-hydroxyursolic acids protect mice from ulcers. Ursolic acid also demonstrates cytotoxic activity against lymphocytic leukemia, human lung carcinoma, and marginal activity against human colon and mammary tumors.

Astringent and antiinflammatory activity is attributed (CAN) to its rosmarinic activity (which deserves a whole lot more praise than those two minor activities).

GROUND PINE, YELLOW BUGLE (*Ajuga chamaepitys* (L.) Schreb.) ++

Synonym — *Teucrium chamaepitys* L.

Activities (Ground Pine) — Diaphoretic (f; EFS); Diuretic (f; EFS; PH2); Emmenagogue (f; EFS; PH2); Stimulant (f; PH2); Tonic (f; EFS); Vulnerary (f; EFS).

Indications (Ground Pine) — Ague (f; GMH); Cancer (f; JLH); Cirrhosis (f; JLH); Dropsy (f; GMH); Fever (f; EFS); Gout (f; GMH; PH2); Gynecopathy (f; GMH; PH2); Hepatosis (f; JLH); Induration (f; JLH); Jaundice (f; GMH); Mastosis (f; JLH); Rheumatism (f; GMH; PH2); Splenosis (f; JLH); Swelling (f; JLH); Water Retention (f; EFS; PH2).

Dosages (Ground Pine) — 1 tbsp decoction (1 oz dry herb/pint boiling water) several ×/day (GMH).

Contraindications, Interactions, and Side Effects (Ground Pine) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

GROUNDSEL (*Senecio vulgaris* L.) X

Madaus, rightly or wrongly, says that *S. jacobaea* and *S. vulgaris* have the same effects. So most of the MAD entries below have also been transcribed to *S. vulgaris* and may really belong only there.

Activities (Groundsel) — Carcinogenic (1; AEH; PH2); Diaphoretic (f; EFS); Diuretic (f; EFS); Emetic (f; EFS); Emmenagogue (f; EFS); Hemostat (f; EFS; MAD); Hepatotoxic (1; AEH; PH2); Laxative (f; EFS); Poison (1; PH2); Vermifuge (f; EFS); Vulnerary (f; EFS).

Indications (Groundsel) — Amenorrhea (f; EFS; MAD); Anemia (f; MAD); Bleeding (f; EFS; MAD); Catarrh (f; MAD); Chlorosis (f; MAD); Colic (f; HH2); Constipation (f; EFS); CVI (f; BRU); Cystosis (f; MAD); Depression (f; MAD); Diabetes (f; MAD); Diarrhea (f; MAD); Dysmenorrhea (f; EFS; HH2; MAD; PH2); Encephalosis (f; MAD); Epilepsy (f; HH2); Fever (f; EFS); Gout (f; MAD); Headache (f; MAD); Hemorrhoid (f; MAD); Jaundice (f; MAD); Mastosis (f; MAD); Neurosis (f; MAD); Odontosis (f; HH2); Pain (f; MAD); Phthisis (f; MAD); Plethora (f; MAD); Scab (f; MAD); Sore (f; MAD); Spine (f; MAD); Tuberculosis (f; MAD); Urogenitosis (f; MAD); Uterosis (f; MAD); Water Retention (f; EFS); Worm (f; EFS; HH2); Wound (f; EFS).

Dosages (Groundsel) — Do not take it (JAD); 2 g tincture several ×/day, up to 15 g (MAD); 1–3 fl extract (MAD); 40–60 g juice (MAD).

Contraindications, Interactions, and Side Effects (Groundsel) — Not covered (AHP). Contains pyrrolizidine alkaloids (PAs) in considerable amounts and varieties, which can be carcinogenic, hepatotoxic, and mutagenic. Use of *Senecio* species can result in potentially fatal hepatic veno-occlusive disease in humans, with symptoms of abdominal pain and vomiting with ascites. PAs are toxic to humans, with liver damage with cirrhosis and ascites, or seneciosis, or veno-occlusive disease reported in almost all cases of severe or fatal intoxications, from intakes of 0.5 mg/kg to 3.3 mg/kg (AEH1). Horses grazing the plant develop anorexia, ascites, edema, encephalopathy with gait anomalies, and jaundice (BRU). LD50 (mixed alkaloids) = 140 mg/kg orl rat (HH2).

GUAIACUM (*Guaiacum officinale* L.) +

Activities (Guaiacum) — Abortifacient (f; JFM); Antiinflammatory (f; CAN; PNC); Antirheumatic (f; CAN; PNC); Diaphoretic (f; CAN; JFM; PNC); Diuretic (f; CAN; MAD; PNC); Emmenagogue (f; JFM); Fungicide (1; PHR); Hypoglycemic (1; JFM); Laxative (f; CAN; HHB).

Indications (Guaiacum) — Adenopathy (f; MAD); Amenorrhea (f; JFM); Angina (f; HHB); Arthrosis (f; CAN); Asthma (f; JFM); Cachexia (f; MAD); Catarrh (f; MAD); Constipation (f; CAN; HHB); Cystosis (f; MAD); Dermatosis (f; JFM; PHR; PH2); Diabetes (1; JFM); Dropsy (f; MAD); Dysmenorrhea (f; MAD); Exanthema (f; MAD); Fever (f; CAN; JFM; PNC); Fracture (f; MAD); Fungus (1; PHR); Gonorrhea (f; MAD); Gout (1; CAN; HHB; PNC); Hepatosis (f; MAD); High Blood Pressure (f; JFM); Infection (1; PHR); Inflammation (f; CAN; PNC); Itch (f; MAD); Lumbago (f; MAD); Mycosis (1; PHR); Ophthalmia (f; JFM); Pain (f; JFM; PNC); Pharyngosis (f; MAD); Pleurosis (f; MAD); Psoriasis (f; MAD); Respirosis (f; PHR; PH2); Rheumatism (2; CAN; KOM; PH2; PNC); Scabies (f; MAD); Scrofula (f; MAD); Splenosis (f; MAD); Stiffness (f; JFM); Syphilis (f; MAD; PHR; PH2); Tonsilosis (f; HHB); Tuberculosis (f; MAD); Water Retention (f; CAN; MAD).

Dosages (Guaiacum) — 1–2 g wood in tea 3 ×/day (CAN); 4.5 g wood/day (KOM); 6–9 tsp (28–40 g) wood in tea (MAD); 1.5 g wood/cold water, up to 5 g/day (PHR); 1–2 ml liquid extract (1:1 in 80% ethanol) 3 ×/day (CAN); 0.3–2 g (HHB); 2–4 ml tincture (PNC; CAN).

Contraindications, Interactions, and Side Effects (Guaiacum) — Not covered (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). None known (KOM). CAN caution that the lignans are allergenic and may cause dermatosis. Recommended that people with allergy, hypersensitive or acute inflammatory conditions avoid it. Avoid use when pregnant or lactating (CAN). High doses may cause colic, diarrhea, and other GI complaints (PHR). Resin LD50 = >5000 mg/kg orl rat.

GUAR (*Cyamopsis tetragonoloba* (L.) Taub.) ++

Synonyms — *Cyamopsis psoraloides* (Lam.) DC., *Dolichos psoraloides* Lam., *Psoralea tetragonoloba* L.

Activities (Guar) — Aperitif (f; KAB); Flatugenic (f; KAB); Hypocholesterolemic (1; SHT); Hypoglycemic (1; PH2); Laxative (f; AHP); Lipolytic (1; PH2).

Indications (Guar) — Alactea (f; PH2); Anorexia (f; KAB; PH2); Atherosclerosis (1; SHT); Biliousness (f; KAB; LEG); Boil (f; LEG); Cardiopathy (1; TV); Constipation (1; AHP; PH2; SHT); Diabetes (f; PH2); Dyspepsia (f; PH2); Fracture (f; LEG); Glucosuria (1; PH2); High Cholesterol (1; SHT); Hyperglycemia (f; PH2); Nyctalopia (f; PH2); Plague (f; LEG); Swelling (f; LEG); Ulcer (1; X11113992).

Dosages (Guar) — 5 g 3 ×/day (PH2); 15 g/day guar gum (SHT).

Contraindications, Interactions, and Side Effects (Guar) — Class 2d. Take with 250 ml (8 oz) water (AHP); early on may cause diarrhea, gas, or nausea (AHP). No health risks known in conjunction with the proper administration of designated therapeutic dosages (PH2). Bulking agents should not be taken by those with stenotic lesions of the GI tract. May lead to bowel obstruction if fluid intake is inadequate. Do not take bulking agents when laying down or at bedtime. Do not use with antiperistaltics (such as, for example, loperamide) (SHT).

GUARANA (*Paullinia cupana* Kunth) ++

Activities (Guarana) — Analgesic (f; DAV); Anorectic (1; APA); Antiaggregant (1; APA; HH2; PHR; PH2); Antiinflammatory (1; APA); Aphrodisiac (f; APA; CRC; DAV); Astringent (1; CRC; HHB; SKY); Bitter (1; CRC); Bronchorelaxant (1; PHR); Cardiotonic (1; PHR; PH2); Cariogenic (1; APA); Catabolic (f; SKY); Catecholaminogenic (1; PH2); CNS Stimulant (1; PH2; SKY); Cyanogenic (1; HH2); Diuretic (1; APA; CRC; SKY); Gastrostimulant (f; PHR; PH2); Genotoxic (1; APA); Immunostimulant (1; HH2); Mutagenic (1; APA); Myorelaxant (1; PHR); Narcotic (f; CRC); Nervine (1; CRC); Positive Chronotropic (1; PHR; PH2); Positive Inotropic (1; PHR; PH2); Resorptive (1; HHB); Stimulant (1; APA; CRC; PHR); Thermogenic (1; FNF); Tonic (1; CRC; PHR).

Indications (Guarana) — Cardiopathy (f; DAV); Diarrhea (1; APA; CRC; SKY); Dysentery (f; DAV); Dysmenorrhea (f; APA; CRC; PH2); Dyspepsia (f; PH2); Enterosis (1; APA); Fatigue (f; CRC; SKY; PH2); Fever (f; APA); Gastrosis (f; HHB); Hangover (f; CRC); Headache (1; APA; CRC; PH2); Heart (f; CRC); Hunger (f; CRC; PH2); Immunodepression (1; HH2); Inflammation (1; APA); Malaria (f; APA); Migraine (1; APA; CRC; DAV); Neuralgia (f; CRC; DAV); Obesity (1; APA; SKY); Pain (f; APA; DAV); Rheumatism (1; APA; CRC); Stress (f; APA); Thirst (f; PH2); Water Retention (1; APA; CRC; PH2; SKY).

Dosages (Guarana) — 500–1000 mg dried herb (APA); 1 g powdered guarana (HH2; PH2); 0.5–4 g powdered guarana (APA; PNC); 1–2 g crushed seed or resin per cup water 3 ×/day providing up to 50 mg guaranine each cup (SKY).

Contraindications, Interactions, and Side Effects (Guarana) — Class 2d. CNS-stimulant. Not recommended for excess or prolonged use (AHP seems to say this about most caffeine-containing plants) (AHP). Lininger et al. (1998) don't say this about all the caffeine containing herbs as they do about guarana, "Caffeine may have adverse effects on the blood vessels and other body systems as well as on a developing fetus and presumably guaranine would have similar effects. As with any caffeinated product, guarana may cause insomnia, trembling, anxiety, palpitations, urinary frequency, and hyperactivity" (SKY). Should be avoided during pregnancy and lactation.

Symptoms of long-term use can include decreased fertility, cardiopathy, and several forms of cancer, according to epidemiological studies of caffeine use" (SKY). Seems to me they should, to be fair, have said this under green tea as well. "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

Extracts (Guarana) — Caffeine's effects (and hence those of guaranine) are well known and include CNS stimulation, increasing metabolic rate, and mild diuresis (SKY). Guarana and caffeine apparently counteract scopolamine, improving rats' ability to remember. At 0.3 mg/ml, guarana, containing only 0.0062 mg/ml caffeine, was more effective than ginseng in adaptogenic swimming tests. Mice swam statistically significantly longer than controls when forced to swim (Espinola et al., 1997). Many caffeine activities are shared, perhaps synergistically with theophylline and theobromine.

GUAVA (*Psidium guajava* L.) ++

Synonyms — *P. cujavillus* Burm. f., *P. pomiferum* L., *P. pumilum* Vahl, *P. pyriferum* L.

Activities (Guava) — Antibacterial (1; TRA; VAG); Antidiarrheic (1; TRA); Anti-HIV (1; VVG); Antimutagenic (1; TRA); Antioxidant (1; VVG); Antiseptic (1; JFM; VVG); Antispasmodic (1; TRA; 60P); Antitumor (1; VVG); Astringent (1; IED; VVG; WBB); Candidicide (1; TRA); Expectorant (f; IED); Hemostat (1; VVG); Hypoglycemic (1; TRA; VAG; VVG); Radioprotective (1; TRA); Sedative (1; TRA); Vasoconstrictor (1; VVG).

Indications (Guava) — Aging (1; VVG); Bacteria (1; TRA; VAG; 60P); Bleeding (1; JFM; VVG); Boil (f; VVG); Cancer (1; TRA; VVG); Candida (1; TRA); Cardiopathy (1; VVG); Catarrh (f; IED; JFM); Cholera (f; JFM); Colic (f; JFM); Congestion (f; JFM); Conjunctivosis (f; AAB); Cough (f; VVG); Cramp (1; TRA; 60P); Dermatosis (f; IED; JFM); Diabetes (1; TRA; VVG); Diarrhea (1; AAB; TRA; VVG); Dysentery (1; AAB; JFM; VVG); Dysmenorrhea (f; DAV; 60P); Dyspepsia (f; AAB; IED; 60P); Edema (f; JFM); Enterosis (f; JFM); Fever (f; VVG; WBB); Fistula (f; JFM); Fungus (1; AAB); Gastrosis (f; JFM); Gingivosis (1; AAB); Gout (f; DAV); Hepatosis (f; 60P); High Blood Pressure (f; IED); HIV (1; VVG); Infection (f; IED; VVG); Inflammation (f; WBB); Insomnia (1; TRA); Jaundice (f; IED); Leukorrhea (f; AAB; JFM); Malaria (f; IED; VVG); Mange (f; JFM); Nausea (1; DAV; TRA); Nervousness (1; TRA); Ophthalmia (f; AAB); Parasite (f; IED); Proctosis (f; WBB); Prolapse (f; WBB); Rash (f; IED); Respirosis (f; IED); Ringworm (f; JFM); Salmonella (1; TRA); Scabies (f; VAG; ZUL); Shigella (1; TRA); Shock (f; DAV); Sore (f; AAB; IED; JFM); Sore Throat (f; AAB); Sprain (f; WBB); Staphylococcus (1; AAB; TRA); Stomachache (f; JFM); Stomatosis (f; AAB); Swelling (f; DAV; JFM); Tumor (1; VVG); Ulcer (f; AAB; JFM; WBB); Urethrosis (f; JFM); Uterosis (f; JFM); Vertigo (f; DAV; TRA); Worm (f; IED); Wound (f; AAB; VVG; WBB); Yeast (1; TRA).

Contraindications, Interactions, and Side Effects (Guava) — Do not use more than 30 days (TRA). Not for children or pregnant or lactating women (TRA).

GUGUL (*Commiphora wightii* (Arn.) Bhandari) ++

Synonyms — *Balsamodendrum mukul* Hook. ex Stocks, *B. wightii* Arn., *C. mukul* (Hook. ex Stocks) Engl.

I have seen gugul spelled guggul and treated under the scientific names *Commiphora molmol, C. mukul* (synonym of *C. wightii*), and *C. wightii*, as I call it here. I doubt that there are many people who can swear on a stack of Bibles whether a resin is one or the other species or a mixture of many species. Let the buyer beware.

Activities (Gugul) — Alterative (f; DEP; KAB; KAP; MBB); Analgesic (1; JBU); Antiaging (f; AKT); Antiaggregant (1; KAP; KEB; PNC; SKY); Antiarthritic (1; MPI); Antiatherosclerotic (1; APA; KEB; MPI); Antiedemic (1; APA; KEB; MPI); Antiinflammatory (1; APA; KAP; KEB; PNC); Antiobesity (1; KEB); Antioxidant (1; KEB); Antiseptic (f; DEP; KAP; WOI); Antispasmodic (1; KAP; PNC); Antisuppurative (f; DEM; MPI); Antithrombic (1; KEB); Aperitif (f; DEP; KAB; KAP); Aphrodisiac (f; DEP; KAB; KAP); Astringent (f; KAP; WOI); Bitter (f; KAB; MBB); Cardioprotective (1; KEB); Carminative (f; DEP; KAB; KAP); Demulcent (f; DEP; KAB; KAP); Diaphoretic (f; MPI; WOI); Digestive (f; WOI); Diuretic (f; WOI); Ecbolic (f; MPI); Emmenagogue (f; KAP); Expectorant (f; DEP; KAB; WOI); Fibrinolytic (1; KEB); Hypocholesterolemic (1; PNC; SKY); Hypoglycemic (1; MPI); Hypolipidemic (1; PNC); Hypotriglyceridemic (1; KEB; SKY); Immunostimulant (1; WOI); Leucocytogenic (1; WOI); Lipolytic (1; AKT; APA; MBB; PNC; SKY); Mucolytic (f; AKT); Phagocytotic (1; WOI); Thyrotropic (1; AKT; APA; PNC); Uterotonic (f; WOI); Vermifuge (f; KAB).

Indications (Gugul) — Abscess (f; KAB); Acne (1; AKT; KEB); Adenopathy (f; AKT; KAB; MBB); Amenorrhea (f; KAP); Anemia (f; DEP); Angina (1; AKT); Anorexia (f; DEP; KAB; KAP); Arthrosis (1; AKT; APA; KAP; KEB; MBB; MPI); Ascites (f; KAB); Asthma (f; KAB); Atherosclerosis (1; APA; KEB; MPI; SKY); Atony (f; WOI); Bite (f; KAB); Bronchosis (f; BGB; WOI); Cancer (f; AKT; KAB; MBB); Cardiopathy (1; AKT; APA; KEB); Catarrh (f; WOI); Cramp (1; KAP; PNC); Cyst (f; AKT; MBB); Dermatosis (f; DEP; KAB); Diabetes (1; MPI); Dysmenorrhea (f; KAP); Dyspepsia (f; DEP; KAB); Dyspnea (1; AKT); Dysuria (f; DEP; KAB); Edema (1; APA; MPI); Endometriosis (f; KAP); Enterosis (f; KAB); Fever (f; MPI; WOI); Fracture (f; KAB); Fistula (f; KAB); Gas (f; DEP; KAB; KAP); Gastrosis (f; WOI); Gingivosis (f; WOI); Gleet (f; DEP); Hay Fever (f; WOI); Hemorrhoid (f; DEP; KAB); Hepatosis (f; MBB); High Blood Pressure (f; KAP); High Cholesterol (1; APA; KAP; PNC; SKY); High Triglyceride (1; APA; KEB; SKY); Hyperlipemia (1; KAP; KEB); Hysteria (f; DEP); Immunodepression (1; WOI); Impotence (f; DEP); Inflammation (1; APA; KAB; KAP; KEB; MBB; PNC); Ischemia (1; KEB); Laryngosis (f; WOI); Lassitude (f; KAP); Leprosy (f; DEP; KAP); Leukoderma (f; KAB); Menorrhagia (f; KAP); Myosis (f; KAB); Neurosis (f; DEP; KAB; KAP); Obesity (1; KEB; MBB; MPI; PNC); Odontosis (f; SKJ); Otosis (f; KAB); Pain (1; AKT; JBU; KAP); Phthisis (f; WOI); Psoriasis (f; AKT); Pulmonosis (f; KAB); Pyorrhea (f; WOI); Rheumatism (1; DEP; KAB; SKJ); Sciatica (f; DEP); Scrofula (f; KAB); Scurvy (f; DEP); Rhinosis (f; WOI); Snakebite (f; KAB); Sore (1; DEP; KAB; SKJ); Sting (f; KAB); Stone (f; KAB); Swelling (1; APA; KEB; MPI); Syphilis (f; DEP); Thrombosis (1; KEB); Water Retention (f; WOI); Worm (f; KAB).

Dosages (Gugul) — 25 mg guggulsterones 2–3 ×/day (APA); 250–500 mg StX (5–10% guggulsterone) (APA; SKY); 1200–1500 mg guggulipid/day (ca 40–60 mg guggulsterone) (KEB);1.5 drachms (DEP).

Contraindications, Interactions, and Side Effects (Gugul) — Class 2b. Emmenagogue and uterotonic (AHP). Anorexia, apprehension, colic, dermatosis, diarrhea, eructations, headache, hiccup, nausea, and restlessness were documented side effects of crude oleoresin or guggulipid therapy (CAN; KEB; SKY). Persons with diarrhea, hepatosis, and IBS should be cautious (SKY). A practitioner should be consulted when treating high cholesterol or triglycerides (SKY). In view of the lack of toxicological data, excessive use, especially during lactation and pregnancy, should be avoided (CAN).

Extracts (Gugul) — Gugul resin lowers cholesterol and lipids in animals and humans. The oleoresin fraction was antiarthritic and antinflammtory in rats (MED = 125 mg/kg rat). Aqueous extracts are antiedemic (MPI). It inhibits platelet aggregation, causes inflammation in rats, activates the thyroid in chickens and rats, and increases catecholamine biosynthesis and activity in cholesterol-fed rabbits.

GULANCHA, HEART-LEAVED MOONSEED (*Tinospora cordifolia* L.) +

Activities (Gulancha) — Adaptogen (1; PR13:275); Alterative (f; KAB; SUW); Analgesic (1; WOI); Antianemic (1; FIT71:254); Antibacterial (1; WOI); Antiimmunosuppressant (1; FIT71:254); Antiinflammatory (1; WOI); Antineoplastic (1; ABS); Antioxidant (1; JE65:277); Antiperiodic (f; KAB; SUW); Antipyretic (1; KAB; SUW; WOI); Antispasmodic (1; WOI); Antiviral (f; WOI); Aphrodisiac (f; KAB; KAP; SUW); Astringent (f; KAB); Bitter (1; KAB; SUW); Choleretic (f; KAB); Deobstruent (f; SKJ); Diuretic (f; KAB; SUW); Hepatoprotective (1; ABS); Hypoglycemic (1; WOI; JE70:9); Immunostimulant (1; PR13:275); Lipolytic (1; JE70:9); Mitogenic (1; PC52:1059); Stomachic (f; KAB); Tonic (1; KAB).

Indications (Gulancha) — Anemia (1; KAB; FIT71:254); Bacteria (1; WOI); Cough (f; KAB; KAP); Cramp (1; WOI); Debility (f; KAP; WOI); Dermatosis (f; KAB; KAP; WOI); Diabetes (1; KAB; WOI); Diarrhea (f; KAB; KAP; SUW); Dysentery (f; KAB; KAP; SUW); Dyspepsia (f; KAB; KAP; SKJ); Dysuria (f; KAB; KAP; SKJ; WOI); Enterosis (f; KAB); Erysipelas (f; WOI); Escherichia (1; WOI); Fever (1; KAB; KAP; SUW; WOI); Fracture (f; KAB; SKJ); Giddiness (f; KAB); Gonorrhea (f; KAB; KAP; SUW); Gout (f; WOI); Hemorrhoid (f; KAB); Hepatosis (1; ABS); Immundepression (1; PR13:275); Impotence (f; KAB; KAP); Inflammation (1; WOI); Jaundice (1; ABS; KAB; WOI); Leprosy (f; WOI); Malaria (f; KAB; KAP; SKJ); Nausea (f; KAB); Pain (1; WOI); Peritonosis (1; ABS); Rheumatism (f; KAB; KAP; WOI); Snakebite (f; KAB); Sore (f; WOI); Spermatorrhea (f; KAP); Splenosis (f; KAB); Syphilis (f; KAB); Thirst (f; KAB); Tuberculosis (f; WOI); Urethrosis (f; KAB); Vaginosis (f; KAB); VD (f; KAB; SKJ); Virus (f; WOI); Water Retention (f; KAB; SUW).

Dosages (Gulancha) — 20–60 ml (1:20) infusion (HHB); 2–4 ml (1:5) tincture (HHB); 1–3 g powder (KAP); 1–2 g extract (KAP). Kapoor has very high dosage, methinks; 56–112 ml plant juice, with long pepper and honey, for cough, gonorrhea, and fever.

Extracts (Gulancha) — Bitter principles in stem and bark are antiinflammatory, antipyretic, and antispasmodic (WOI). Alcoholic extracts are active against *Escherichia.* Drug seems to favor endogenous insulin secretion, glucose uptake, and inhibition of peripheral glucose release.

GUM ARABIC (*Acacia senegal* (L.) Willd.) +++

Synonyms — *A. verek* Guill. & Perr., *Mimosa senegal* L., *Senegalia senegal* (L.) Britton.

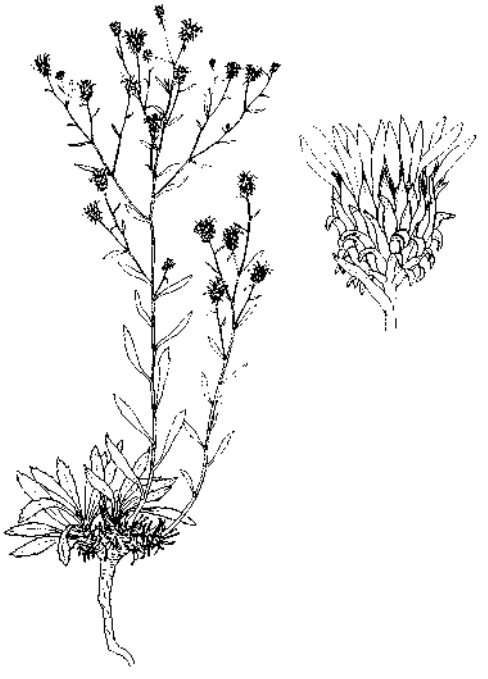
Activities (Gum Arabic) — Antiabsorbent (f; PH2); Astringent (f; CRC); Demulcent (1; CRC; GMH; KAB); Emollient (1; CRC; EFS; KAB; UPW); Expectorant (f; CRC; EFS); Laxative (f; UPW); Stimulant (f; PHR; PH2); Tonic (f; UPW).

Indications (Gum Arabic) — Bite (f; KAB); Bleeding (f; CRC; KAB); Burn (f; CRC; KAB); Cancer (f; JLH); Catarrh (f; CRC; PHR; PH2); Cold (f; CRC; WBB); Constipation (f; UPW); Cough (f; KAB; PHR; PH2; WO2); Diabetes (f; KAB); Diarrhea (f; CRC; GMH; PHR; PH2; UPW); Dysentery (f; CRC; GMH); Dyspepsia (f; GMH); Dysuria (f; GMH); Enterosis (f; KAB); Epistaxis (f; KAB); Fever (f; CRC; GMH); Gastrosis (f; KAB; UPW); Gonorrhea (f; CRC; UPW; WBB); Inflammation (f; CRC; GMH; UPW; WBB); Leprosy (f; CRC; UPW); Lumbago (f; UPW); Mastosis (f; CRC; KAB); Mucososis (f; CRC); Nipple (f; KAB); Ophthalmia (f.; WBB); Sore Throat (f; CRC); Stomachache (f; UPW); Typhoid (f; CRC; GMH); Urethrosis (f; CRC); UTI (f; GMH); VD (f; UPW).

Dosages (Gum Arabic) — 1–4 drachm gum (GMH).

Contraindications, Interactions, and Side Effects (Gum Arabic) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

GUMWEED (*Grindelia squarrosa* (Pursh) Dunal) +



The Herbal PDR says that Commission E approved gumweed (*Grindelia camporum*) for bronchosis and coughs, yet defined gumweed herb as the dried tops and leaves of *Grindelia robusta* Nutt. (synonym of *G. camphorum*), and/or *Grindelia squarrosa,* as was the case in KOM, suggesting that the gumweed was approved by Commission E for catarrhs of the upper respiratory tract. I have entered both the KOM and PH2 interpretations here. MAD refers to *G. robusta.* HHB listed all three (and *G. humilis*), then listed activities and chemicals without saying to which *Grindelia* they belong. Looks like reason enough to treat it generically.

Activities (Gumweed) — Abortifacient (f; DEM); Antibacterial (1; KOM; PH2); Antidote (f; CRC); Antiedemic (1; PNC); Antiinflammatory (1; PNC); Antiseptic (1; DEM; PH2); Antispasmodic (1; CRC; MAD; PH2); Antitussive (f; CRC); Contraceptive (f; DEM); Expectorant (f; CRC; DEM; MAD; PNC); Fungicide (1; PH2); Sedative (f; CRC); Stimulant (f; CRC).

Indications (Gumweed) — Asthma (f; CRC; DEM; MAD; PNC); Bacteria (1; KOM; PH2); Bronchosis (2; CRC; DEM; MAD; PH2); Burn (f; CRC); Cancer (f; CRC; HHB; JLH); Catarrh (2; DEM; KOM); Cold (f; CRC); Colic (f; DEM); Cough (2; DEM; PH2); Cramp (1; CRC; MAD; PH2); Cystosis (f; DEM; PNC); Debility (f; MAD); Dermatosis (f; CRC; MAD); Dysmenorrhea (f; DEM); Edema (1; PNC); Emphysema (f; CRC; MAD); Erythema (f; MAD); Fever (f; CRC; MAD); Fracture (f; DEM); Fungus (1; PH2); Gastrosis (f; DEM); Gonorrhea (f; CRC); Hemoptysis (f; DEM); Hepatosis (f; CRC; DEM; MAD); Infection (1; PH2); Inflammation (1; PNC); Insomnia (f; CRC); Itch (f; MAD); Malaria (f; MAD); Measles (f; DEM); Mucososis (f; PH2); Mycosis (1; PH2); Nephrosis (f; CRC; DEM); Nervousness (f; CRC); Neuralgia (f; MAD); Ophthalmia (f; DEM); Pertussis (f; CRC; DEM; MAD); Pleurosis (f; MAD); Pneumonia (f; CRC; DEM; MAD); Poison Ivy (f; MAD); Pulmonosis (f; MAD); Rash (f; CRC); Respirosis (2; KOM; PH2); Rheumatism (f; CRC; MAD); Smallpox (f; CRC; DEM); Sore (f; CRC; DEM); Splenosis (f; CRC; HHB; JLH; MAD); Stomachache (f; CRC; DEM); Swelling (1; DEM; PNC); Syphilis (f; CRC; DEM); Tuberculosis (f; CRC); VD (f; DEM); Wound (f; DEM).

Dosages (Gumweed) — 4–6 g gumweed or 3–6 g gumweed fluid extract (KOM; PH2); 2–4 g fluid extract (MAD); 2–3 tsp(1.8–2.1 g) herb/cup tea (MAD).

Contraindications, Interactions, and Side Effects (Gumweed) — Class 1. High doses may irritate kidney and/or stomach (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2).

GYMNEMA (*Gymnema sylvestre* (Retz.) Schult.) +

Activities (Gymnema) — Alexeteric (f; KAB); Alterative (f; KAB); Anorectic (2; APA; KEB; PED); Antiaging (1; KEB); Antidiabetic (2; KEB); Antiobesity (1; KEB); Antipyretic (f; KAB; MPI); Astringent (f; MPI); Bitter (1; KAB; PED); Cardiotonic (f; MPI; UPW; WBB; WOI); Diuretic (1; KAP; MPI; WBB; WOI); Emetic (F; HHB); Errhine (f; WOI); Hypocholesterolemic (1; KEB; SKY); Hypoglycemic (1; APA; KAB; KEB; MPI; SKY); Hypotriglyceridemic (SKY); Insulinogenic (1; KAB; SYN); Laxative (f; WBB; WOI); Lipogenic (1; KAP); Sialagogue (1; WOI); Stomachic (f; KAB; MPI; WOI); Tonic (f; KAB; MPI); Uterotonic (f; MPI; UPW; WBB; WOI); Vermifuge (f; KAB).

Indications (Gymnema) — Adenopathy (f; KAP); Asthma (f; KAB); Biliousness (f; KAB; WOI); Bite (f; DEP); Boil (f; UPW; WBB); Bronchosis (f; KAB); Cardiopathy (f; KAB); Conjunctivosis (f; KAB; WOI); Constipation (f; WBB; WOI); Cornea (f; KAB); Cough (f; KAP; WOI); Diabetes (2; KAB; KEB; SKY; WBB); Dysuria (f; KAB); Epilepsy (f; UPW); Fever (f; KAB; KAP; MPI); Furunculosis (f; KAB; WOI); Glycosuria (1; KAB; SKJ; WBB); Hemorrhoid (f; KAB); High Cholesterol (1; KEB; SKY); IDDM (2; KEB); Inflammation (f; KAB); Leukoderma (f; KAB); NIDDM (2; KEB); Obesity (1; APA; KEB); Opacities (f; KAB); Ophthalmia (f; KAB); Pain (f; UPW); Paraguesia (f; HHB; WOI); Side Ache (f; UPW); Snakebite (1; DEP; HHB; SKJ; WBB); Stomachache (1; SKJ); Syndrome X (1; SYN); Water Retention (1; KAP; MPI; WBB; WOI); Worm (f; KAB).

Dosages (Gymnema) — 1–2 tbsp fresh leaf (PED); 2–3 g dry leaf (PED); 2 g dry leaf:10 ml alcohol/10 ml water (PED); 2–4 g powdered leaf (KAP); 2–4 g powdered leaf/day (SKY); 14–28 ml leaf decoction (KAP); 5–10 ml/day 1:1 extract (KEB); 1–2 ml/day to decrease cravings for sweets (KEB); 400 mg water-soluble acidic fraction in India (SKY).

Contraindications, Interactions, and Side Effects (Gymnema) — Not covered (AHP; KOM). Generally safe and devoid of side effects at indicated levels; safety in lactation and pregnancy undetermined; should be used for diabetes under the purview of a practitioner; not to be used in place of insulin (SKY). Gymnema leaves raise insulin levels in healthy volunteers; leaves also lower serum cholesterol and triglycerides (SKY); water soluble acidic fractions are hypoglycemic (SKY). Gymnema given orally proved as potent as tolbutamide in lowering blood sugar, and keeping it low, in a 1-month study (APA).

H

HAIRY STROPHANTHUS (*Strophanthus hispidus* DC.) X

Since the PH2 data are based on cardenolides, I have cited them also for *S. hispidus*.

Activities (Hairy Strophanthus) — Antiaggregant (1; HDN); Antibacterial (1; ABS); Anxiolytic (f; PH2); Aphrodisiac (f; WBB); Cardiotonic (1; PH2); Cicatrizant (f; HDN); Curare (1; FNF); Digitalic (1; PH2); Diuretic (f; EFS; HDN); Lactagogue (f; HDN); Laxative (f; HDN); Negative Chronotropic (1; HDN); Negative Dromotropic (1; HDN); Positive Bathmotropic (1; HDN); Positive Inotropic (1; HDN); Pediculicide (f; HDN; WBB); Piscicide (1; WBB); Stimulant (f; HDN).

Indications (Hairy Strophanthus) — Alactea (f; HDN); Anuria (f; HDN); Anxiety (f; PH2); Atherosclerosis (f; PH2); Bacteria (1; ABS); Bite (1; HDN); Bradycardia (f; HHB); Cancer (f; JLH); Cardiopathy (f; PH2); Colic (f; HDN); Constipation (f; HDN); Cramp (f; HDN); Dermatosis (f; HDN); Dropsy (f; HDN); Dysentery (f; WBB); Dystony (f; HH2); Dysuria (f; HDN); Edema (f; HDN); Escherichia (1; ABS); Fever (f; WBB); Gastrosis (f; HDN; PH2); Gonorrhea (f; HDN); High Blood Pressure (f; PH2); Hypertony (f; HH2); Infection (1; ABS; WBB); Infertility (f; HDN); Insanity (f; HDN); Itch (f; HDN); Leprosy (f; HDN); Lice (f; WBB); Malaria (f; WBB); Neurodystonia (f; PH2); Ophthalmia (f; WBB); Parasite (f; HDN); Rash (f; HDN); Rheumatism (f; WBB); Scabies (f; HDN); Snakebite (f; HDN); Sore (f; WBB); Staphylococcus (1; ABS); Stenocardia (f; HHB); Sterility (f; HDN); Stomachache (f; HDN); Streptococcus (1; ABS); Swelling (f; JLH); Syphilis (f; HDN); VD (f; HDN; WBB); Water Retention (f; EFS; HDN); Worm (f; HDN); Wound (f; HDN); Yaw (f; HDN).

Dosages (Hairy Strophanthus) — Don't take it except with physician guidance! (JAD). Cymarin 0.6–0.9 mg ivn man/day, 2.3–2.5 mg orl man (HDN); ouabain 0.25–0.65 mg ivn man/day, 12–48 mg/day orl man; toxic dose 143 mg/man (HDN); k-strophanthoside 0.2–1.2 mg ivn man/day, to 7.5 mg/day orl man; toxic dose 143 mg/man (HDN).

Contraindications, Interactions, and Side Effects (Hairy Strophanthus) — Not covered (AHP). Side effects may include cardiac arrhythmia, headache, ophthalmia (disturbance of color vision), queasiness, stupor, and vomiting. May enhance effects and side effects with calcium salts, glucocorticoids, laxatives, quinidine, and saluretics (PH2). Powdered seeds LDlo 25 mg/kg ivn dog (HH2); g-strophanthidin LDlo 0.33–0.44 mg/kg ivn dog (HH2). Aqueous leaf extract inhibit poisoning of snake (*Echis carinatus*), at doses as low as 0.2 mg/ml, increasing the clotting time (HDN).

HARONGA (*Harungana madagascariensis* Lam. ex Poir.) +

Synonym: *Haronga madagascariensis* Choisy.

Activities (Haronga) — Antipyretic (f; UPW); Antiseptic (2; PHR; PH2); Antitussive (f; UPW); Antiviral (1; FNF; HAD); Aphrodisiac (f; UPW); Cholecystokinetic (2; KOM); Choleretic (2; HHB;

KOM; PH2); Ecbolic (f; UPW); Emetic (1; FNF; HAD); Expectorant (f; UPW); Fungicide (1; FNF; HAD); Gastrotonic (2; KOM; PH2); Hepatoprotective (1; PHR; PH2); Laxative (1; FNF; HAD; UPW); Mastogenic (f; WBB); Pancreatonic (2; KOM); Rubefacient (f; WBB); Secretagogue (2; HHB; KOM); Vermifuge (f; UPW).

Indications (Haronga) — Amenorrhea (f; UPW); Anorexia (2; PHR); Asthma (f; UPW); Bleeding (1; WBB); Bronchosis (f; UPW); Cardiopathy (f; UPW); Childbirth (f; WBB); Cholecystosis (2; PHR; PH2); Colic (f; WBB); Constipation (1; FNF; HAD; PH2; UPW); Cough (f; UPW); Craw-craw (f; UPW); Dermatosis (f; HHB); Diarrhea (1; PH2; WBB); Dysentery (f; UPW); Dysmenorrhea (f; UPW); Dyspepsia (2; KOM); Dyspnea (f; UPW); Edema (f; UPW); Enterosis (f; UPW); Fever (f; UPW; WBB); Fungus (1; FNF; HAD); Ganglosis (f; UPW); Gas (f; UPW); Gastrosis (f; UPW); Gonorrhea (f; WBB); Hematuria (f; UPW); Hemorrhoid (f; UPW); Hepatosis (2; PHR; PH2; UPW); Infection (1; FNF; HAD; WBB); Itch (f; UPW); Jaundice (f; UPW); Leprosy (f; UPW); Malaria (f; UPW); Mange (f; UPW); Micromastia (f; WBB); Miscarriage (f; UPW); Mycosis (1; FNF; HAD; UPW); Pancreatic Insufficiency (2; HHB; KOM); Pancreatosis (2; HHB; KOM); Prickly Heat (f; UPW); Pulmonosis (f; UPW); Ringworm (1; FNF; HAD; UPW); Roundworm (f; WBB); Scabies (f; UPW; WBB); Sore (f; UPW); Sore Throat (f; WBB); Staphylococcus (1; UPW); Stomachache (f; UPW); Toothache (f; UPW); Ulcer (f; UPW); Urethrosis (f; UPW); VD (f; WBB); Virus (1; FNF; HAD); Worm (f; UPW); Wound (f; UPW).

Dosage (Haronga) — 7.5–15 mg hydroalcoholic extract (dry) corresponding to 25–50 mg drug (PH2).

Contraindications, Interactions, and Side Effects (Haronga) — Not covered (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). Commission E reports contraindications of bark with leaf: acute pancreatitis (though recommended for pancreatic insufficiency), severe hepatic dysfunction, bile stones, biliary obstruction, empyema of gall bladder, ileus; adverse effects: photosensitivity remotely possible due to hypericin and pseudohypericin. Should not be used for more than 2 months (AEH; KOM; PHR; PH2).

HARTSTONGUE
(*Asplenium scolopendrium* L. var. *scolopendrium*) ++

Synonyms: *Phyllitis scolopendrium* (L.) Newm, *Scolopendrium vulgare* Sm.

Activities (Hartstongue) — Antipyretic (f; MAD); Astringent (f; MAD); Cardiotonic (f; MAD); Diaphoretic (f; EFS); Diuretic (f; PH2); Expectorant (f; HHB); Laxative (f; EFS; PH2); Pectoral (f; EFS); Vulnerary (f; MAD).

Indications (Hartstongue) — Albuminuria (f; MAD); Angina (f; MAD); Bleeding (f; MAD); Bronchosis (f; MAD); Cancer (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Catarrh (f; MAD); Constipation (f; EFS; PH2); Diarrhea (f; EFS; MAD); Dysentery (f; EFS; MAD); Dyspepsia (f; PH2); Enterosis (f; MAD); Fever (f; EFS; MAD); Gallstone (f; MAD); Hemoptysis (f; MAD); Hepatosis (f; PH2); Induration (f; JLH); Jaundice (f; MAD); Kidney Stone (f; MAD); Myalgia (f; MAD); Nephrosis (f; MAD); Nightmare (f; MAD); Sclerosis (f; JLH); Splenosis (f; JLH; PH2); Stomachache (f; MAD); Stone (f; MAD); Tuberculosis (f; MAD); Urogenitosis (f; PH2); Uterosis (f; MAD); Water Retention (f; PH2); Wound (f; MAD).

Dosages (Hartstongue) — 1 "Teep" 3 ×/day.

HAWTHORN (*Crataegus* spp.) +++

Synonyms: *C. laevigata* (Poir.) DC; *C. oxyacantha* L., *C. monogyna* Jacq. *C. oxyacantha* L. var. *praecox* hort. ex Loudon.

Taxonomic Quagmire: A subset of American advocates of phytomedicine argue that we should emulate the Standard of Excellence of the German Commission E. Which one? Two came out in 1998, purporting to be authentic English presentations of the Commission E conclusions. Blumenthal's very careful book (KOM in my HDR) approves only "hawthorn leaf with flower" (defining hawthorn as dried flowering twig tips of *C. laevigata* or *C. monogyna*, or other members of the genus) and only for "decreasing cardiac output as described in functional Stage II of NYHA." The other, edited by Joerg Gruenwald, also an editor of Blumenthal's Book, in his Herbal PDR (PHR) approves *Crataegus* species (not specifying either *C. laevigata* or *C. monogyna*), "white thorn flowers, leaves, fruit, and various mixtures of plant parts" for the same indication. My interpretation; these two and a few other species of the huge and taxonomically difficult *Crataegus* genus which contains some 200–300 species. But then we had sequelae to these first two volumes. In 2000, Blumenthal et al. (BGB) say that "hawthorn refers to the fruit, leaf, and/or flower of the genus *Crataegus* (usually *C. laevigata* syn. *C. oxyacantha*) and *C. monogyna*." That can be interpreted at least two ways, but I take it to mean both species. I refer those interested in the German gyrations involved to the BGB. Conversely, Gruenwald in his Edition 2 (PH2) narrows his definition, mentioning only English hawthorn, which the Herbal PDR Edition 2 equate to *Crataegus laevigata*, with no discussion of the distinction between the species. I frankly doubt that the writers of these Germanic gyrations can tell the difference between species of hawthorn, especially after they have been reduced to powders or tinctures. I doubt that Gruenwald, nor anyone else, can prove that these researches were done on *C. laevigata*. In citing my CRC Handbook (Duke, 1985), Gruenwald cites an entry that was referred to *C. oxyacantha*. But I too, in 1985, was no surer of *Crataegus* taxonomy than I am today, hence, they are combined.

Activities (Hawthorn) — Antiaggregant (1; PNC); Antianginal (1; CAN; SKY); Antiarrhythmic (2; CAN; MAB; PH2); Antiatherosclerotic (1; MAB); Anticapillary Fragility (1; FNF; MAB; PH2); Antiedemic (1; PNC); Antiinflammatory (1; COX; MAB; PH2; WAM); Antioxidant (1; CAN; MAB; PH2; SKY); Antisclerotic (1; PNC); Antiseborrheic (f; MAB); Antithromboxane (1; MAB); Astringent (1; MAB; CRC); Bitter (f; PED); cAMP-Phosphodiesterase Inhibitor (1; MAB); Cardioprotective (1; MAB); Cardiotonic (2; APA; BGB; CRC; FAD; MAB; PH2; PNC; WAM); CNS Depressant (1; CAN); Collagen-Sparing (1; MAB; PH2); Coronary Vasodilator (1; FAD; PED; PH2); Cyanogenetic (1; CRC); Depurative (f; CRC); Digestive (f; PED); Diuretic (1; APA; CRC); Fumitory (f; CRC); Hepatoprotective (1; MAB); Hypertensive (f; PED); Hypocholesterolemic (1; APA; PH2); Hypoglycemic (1; APA); Hypotensive (1; BGB; CAN; FAD;

MAB; PH2); Hypotriglyceridemic (1; MAB); Myocardioprotectant (1; MAB); Negative Bathmotropic (2; KOM); Negative Chronotropic (1; PH2); Nervine (1; WAM); Pancreaprotective (1; MAB); Phosphodiesterase Inhibitor (1; MAB; PH2); Positive Chronotropic (2; KOM); Positive Dromotropic (2; KOM); Positive Inotropic (2; KOM; PH2); Sedative (1; CAN; PHR; PH2; PNC); Stomachic (f; CRC); Tonic (f; CRC); Vasodilator (1; APA; BGB; CAN).

Indications (Hawthorn) — Acne (1; MAB); Alzheimer's (1; COX); Anemia (1; MAB); Angina (2; APA; FAD; FEL; PH2; SKY); Atherosclerosis (2; BGB; FAD; CRC; MAB; SKY); Arrhythmia (2; APA; CAN; MAB; PH2; WAM); Arthrosis (1; COX; PH2); Bradycardia (1; BGB; PHR; PH2); Buerger's Disease (f; BGB; CAN); Cancer (1; COX); Capillary Fragility (1; FNF; MAB; PH2); Cardiopathy (2; MAB; PH2); Cardiovascular Insufficiency (2; CAN; SKY); Cor Pulmonale (1; PH2); CVI (f; FEL); Dermatosis (1; WAM); Dropsy (f; CRC); Dyspnea (1; APA; CRC; MAB; PNC); Edema (1; APA; PNC); Erythema (1; MAB); Fatigue (1; BGB); Gingivosis (1; WAM); Heart (f; CRC); High Blood Pressure (2; BGB; CAN; CRC; FAD; MAB; PH2; SKY); High Cholesterol (1; APA; MAB; PH2); Hyperactivity (1; WAM); Hypertrophy (f; CRC); Inflammation (1; COX; MAB; PH2; WAM); Insomnia (1; APA; CAN; PHR; PH2; PNC); Ischemia (1; PH2); Low Blood Pressure (f; PED); Myocardiosis (f; CAN); Nephrosis (f; CRC; MAB); Nervousness (1; CAN; PHR; PH2; PNC); Palpitation (1; APA); Seborrhea (1; MAB); Sore Throat (f; CRC; MAB); Stasis (f; PH2); Stress (1; BGB; WAM); Swelling (1; PNC); Tachycardia (f; CAN; MAB); Valvular Insufficiency (f; CRC); Water Retention (1; APA; CRC). Interpretations by both Blumenthal et al. and Gruenwald et al. (1998) of Commission E are simple, and almost identical for a change, for decreasing cardiac output as described in functional Stage II of NYHA. Nothing more, nothing less.

Dosages (Hawthorn) — 1 tsp (1.8 g) chopped leaf and/or flower 2–3 ×/day, for a few weeks (APA); 1.5–3.5 g dry flower, leaf, fruit/day (MAB); 4–5 g fruit/day (SKY); 2–6 tsp fresh fruit (PED); 1–3 g dry fruit (PED); 0.3–1 g dry fruit, or in tea, 3 ×/day (CAN); 2 g dry fruit:10 ml alcohol/10 ml water (PED); average daily dose (5 g) in 1-g increments or 160–900 mg extract (standardized to flavonoids or procyanidins) in 3 doses (PH2); 0.5–1 ml liquid extract (PNC); 0.5–1 ml liquid extract (1:1 in 25% ethanol) 3 ×/day (CAN); 3–6 ml fluid leaf extract (1:2) (MAB); 3–7 ml fluid fruit extract (1:2) (MAB); 4–5 ml tincture 3 ×/day (SKY); 1 tsp tincture morning and night for several weeks (APA); 7.5–15 ml leaf tincture (1:5) (MAB); 7.5–17.5 ml fruit tincture (1:5) (MAB); 1–2 ml herbal tincture (1:5 in 45% ethanol) 3 ×/day (CAN); 2–3 (450 mg) capsules (StX to contain 100 mg certified potency hawthorn extract with a minimum of preferred 1.8 mg vitexins, including vitexin-2″-O-rhamnoside, synergistically combined in a base of Hawthorn Berry powder) with a large glass of water (NH); 80–160 mg StX 3 ×/day; 80–500 mg StX 2–3 ×/day 2.2% bioflavonoids, or 18.75% OPCs (SKY).

Contraindications, Interactions, and Side Effects (Hawthorn) — Class 1 (AHP). May potentiate digitalis (AHP) and other cardiac medicines (WAM). Can interfere with cardiac, hypertensive, and hypotensive therapies. "Not suitable for self medication" (CAN). Contrast that with Lininger et al., "Hawthorn is extremely safe for long term use ... No known interactions with prescription cardiac medications or other drugs ... No known contraindications ... during pregnancy or lactation" (SKY). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Not for children under 12 years old (PH2). CAN cautions that because of uterine activity, *in vivo* and *in vitro*, its use in pregnancy and lactation is to be avoided. Not for use during first trimester of pregnancy (PH2). *LRNP* (January 1994), admitting that low doses are usually devoid of adverse effects, says that high doses may induce hypotension (that can be good in hypertension) and sedation (which can be good in insomnia). Side effects reported include fatigue, nausea, rash, and sweating (CAN). The tyramine content might suggest avoidance of MAOIs. High dose may be arrhythmogenic, hypotensive, sedative, tremorigenic, and vertigogenic (PH2). Still, in combination with beta-blockers "may cause a hypertensive effect" (PH2). May potentiate other cardiac drugs! Here's a speculative template that could double the size of any nitpickological compilation, "Herbs with this activity (and count the activities in my compilation) may or may not potentiate pharmaceuticals

with the same activity." The presence of ACE-inhibitors, beta-blockers, calcium-channel blockers, and diuretics makes this herb a safer offering in my book, than the four separate pharmaceuticals belonging to those A, B, C, and D recommendations for cardiopathy. "Roots, leaves, and flowers all contain cardioactive compounds (CRC). One paper cited in Mitchell and Rook notes that corneal scratches with the thorns led to blindness in 88 of 132 Irish accidents. With cyanogenic and cardioactive compounds, not to mention tannin, scattered throughout the plant, it should not be taken lightly" (CRC). The presence of oleanolic and ursolic acids (COX-2 inhibitors) may be equally significant in Alzheimer's disease, arthrosis, and cancer. With isolated guinea pig heart muscle, luteolin-7-glucoside increased coronary flow 186%, hyperoside 66%, and rutin 66% (PH2). All also demonstrated positive inotropic and negative chronotropic. I'm lucky enough to have a bearing 4-seeded *C. monosperma* (oxymoron intended). When juiced, the fruits gelled almost instantaneously, suggesting a large quantity of anticancer pectin.

Extracts (Hawthorn) — Hawthorn extracts increase coronary flow, and reduce blood pressure and peripheral resistance. Hypotensive action attributed to vasodilation. Extracts, via OPCs, have beta-blocking activities, the more OPC, the more beta-blocking. Extracts administered to rabbits exhibit prophylactic antiarrhythmic activities. Flower extracts induce mild CNS-depressant activities; e.g., increased sleeping time and decreased motility. Extracts antioxidant and antiperoxidant (CAN). The hawthorn's cardiotropic effect is caused by increased membrane permeability for calcium as well as the inhibition of phosphodiesterase with an increase in intracellular cAMP concentrations. This leads to increased coronary and myocardial circulatory perfusion and reduced peripheral vascular resistance (PHR). Lininger et al. say that it "may" improve coronary artery blood flow and contractions of the heart muscle. It "may" inhibit ACE, and reduce production of angiotensin II (SKY). Japanese clinical trials of 80 patients given fruits and leaves show clinical improvement in cardiac function, dyspnea, and edema (PNC). German clinical studies of 60 patients with stable angina receiving 60 mg hawthorn 3 ×/day showed increased coronary perfusion and economized myocardial oxygen consumption (CAN). Isolated constituents (mainly flavonoids) have LD50's of 50–2600 mg/kg ivn, 6000 mg/kg orl in animals (CAN). Oral toxicity of hawthorn 6000 mg/kg orally (MAB). At 900 mg/day, hawthorn extract compared favorably with Captopril (37.5 mg/day) in treating patients with Stage II cardiac insufficiency (BGB).

HEART OF JESUS (*Caladium bicolor* (Aiton) Vent.) +

Synonyms: *Arum bicolor* Aiton, *Caladium* x *hortulanum* Birdsey.

Activities (Heart of Jesus) — Antiseptic (f; CRC); Ascaricide (f; CRC); Emetic (f; CRC); Insecticide (f; CRC); Larvicide (f; CRC); Laxative (f; CRC).

Indications (Heart of Jesus) — Angina (f; CRC); Ascaris (f; CRC); Catarrh (f; CRC); Constipation (f; CRC); Sore (f; CRC); Sore Throat (f; CRC); Splinter (f; CRC); Toothache (f; CRC); Wound (f; CRC).

Dosages (Heart of Jesus) — Food farmacy??? Cooked leaves and tuber eaten (Tanaka).

Contraindications, Interactions, and Side Effects (Heart of Jesus) — "Contains irritant crystals of calcium oxalate and can cause dermatosis" (CRC).

HEATHER (*Calluna vulgaris* (L.) Hull.) +

Activities (Heather) — Antiinflammatory (1; EFS); Antilithic (f; KOM); Antiseptic (f; EFS; PH2); Astringent (1; EFS; HHB); Cholagogue (f; PH2); Depurative (f; EFS); Diaphoretic (f; KOM); Digestive (f; KOM); Diuretic (1; HHB; PH2); Narcotic (f; EFS); Sedative (f; HHB); Urinary Antiseptic (1; EFS; FNF); Vulnerary (f; PH2).

Indications (Heather) — Arthrosis (f; KOM); Cancer (f; JLH); Cholecystosis (f; KOM; PH2); Circulosis (f; KOM); Cold (f; KOM); Colic (f; KOM; PH2); Conjunctivosis (f; KOM); Cough (f; KOM); Cramp (f; KOM); Cystosis (f; PH2); Diabetes (f; KOM); Dysmenorrhea (f; KOM); Enterosis (f; KOM; PH2); Fever (f; KOM); Gastrosis (f; KOM; PH2); Gout (f; HHB; KOM); Hepatosis (f; KOM; PH2); Inflammation (1; EFS); Insomnia (f; HHB; PH2); Menopause (f; KOM); Nephrosis (f; DEM; PH2); Nervousness (f; HHB; PH2); Neurasthenia (f; KOM); Pain (f; KOM); Prostatosis (1; PH2); Respirosis (f; PH2); Restlessness (f; KOM); Rheumatism (f; HHB; PH2); Sore (f; HHB; JLH); Splenosis (f; KOM); Stone (f; KOM); Urethrosis (1; HHB); Vaginosis (f; KOM); Water Retention (1; HHB; PH2); Wound (f; PH2).

Dosages (Heather) — 1.5 g/cup tea (HHB); 3 cups/day (PH2); 1–2 tsp liquid extract (PH2).

Contraindications, Interactions, and Side Effects (Heather) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

HEAVENLY BAMBOO (*Nandina domestica* Thunb.) +

Activities (Heavenly Bamboo) — Antiaging (f; DAA); Antibacterial (1; FAY); Antidote, arsenic (f; FAY); Antidote, fish (f; DAA); Antipyretic (f; DAA); Antiserotonin (1; X6726648); Antitussive (1; FAY); Aphrodisiac (f; DAA); Astringent (f; FAY); Bechic (f; DAA); Bitter (f; FAY); Bradycardic (1; WOI); Carminative (f; FAY); Convulsant (1; DAA; FAY); Emmenagogue (f; FAY); Expectorant (f; FAY); Hypotensive (1; WOI); Paralytic (91; FAY); Tonic (f; DAA); Toxic (1; DAA; FAY).

Indications (Heavenly Bamboo) — Abscess (f; DAA); Asthma (f; DAA; FAY); Bacteria (1; FAY); Bronchosis (f; DAA); Cancer (1; DAA); Carbuncle (f; FAY); Cold (f; DAA); Complexion (f; DAA); Conjunctivosis (f; FAY); Cough (1; DAA; FAY); Diarrhea (f; DAA); Dyspepsia (f; DAA); Enterosis (f; DAA; FAY); Fever (f; DAA); Flu (f; DAA); Furuncle (f; FAY); Gas (f; FAY); Gastrosis (f; DAA; FAY); Headache (f; FAY); High Blood Pressure (1; WOI); Infection (f; FAY); Impotence (f; DAA; FAY); Inflammation (f; FAY); Intoxication (f; DAA; FAY); Jaundice (f; FAY); Lethargy (f; DAA); Longevity (f; DAA); Malaria (f; FAY); Myalgia (f; DAA); Neurosis (f; FAY); Ophthalmia (f; FAY); Osteosis (f; DAA); Pain (f; DAA; FAY); Penis (f; FAY); Pertussis (f; DAA); Pulmonosis (f; FAY); Rheumatism (f; DAA; FAY); Sciatica (f; FAY); Scrofula (f; DAA; FAY); Sore (f; FAY); Swelling (f; FAY); Tendon (f; DAA; FAY); Toothache (f; DAA); Trauma (f; DAA; FAY); UTI (f; FAY); Wound (f; DAA).

Dosages (Heavenly Bamboo) — 6–15 g fruit (FAY); 9–15 g leaf (FAY); 30–60 g rootbark (FAY).

Contraindications, Interactions, and Side Effects (Heavenly Bamboo) — Not covered (AHP; KOM; PH2). Respiratory paralysis reported for children overdosing on fruits (FAY).

HEDGE BINDWEED, GREATER BINDWEED (*Calystegia sepium* (L.) R. Br.) +

Synonym: *Convolvulus sepium* L.

Activities (Hedge Bindweed) — Alterative (f; EFS); Choleretic (1; PH2); Cholagogue (f; HHB); Laxative (f; HHB); Peristaltic (1; PH2); Tonic (f; EFS).

Indications (Hedge Bindweed) — Cancer (f; JLH); Constipation (f; HHB); Fever (f; PH2); Hepatosis (f; HHB); UTI (f; PH2).

Dosages (Hedge Bindweed) — 1–2 tsp/cup root tea (PH2).

Contraindications, Interactions, and Side Effects (Hedge Bindweed) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Overdose of the laxative might cause colic, cramping, etc. (JAD; PH2).

HEDGE HYSSOP (*Gratiola officinalis* L.) X

Activities (Hedge Hyssop) — Cardiotonic (1; PH2); Cytotoxic (1; PNC); Digitalic (1; HHB); Diuretic (1; EFS; PH2; PNC); Emetic (f; EFS; PNC); Laxative (1; HHB; MAD; PH2; PNC); Parasiticide (1; PH2); Toxic (1; HHB); Vermifuge (f; HHB); Vulnerary (f; MAD).

Indications (Hedge Hyssop) — Adenopathy (f; MAD); Anemia (f; MAD); Anorexia (f; MAD); Cancer (f; JLH); Cardiopathy (1; PH2); Catarrh (f; HHB; MAD; PH2); Chlorosis (f; MAD); Colic (f; MAD; PH2); Constipation (1; HHB; MAD; PH2; PNC); Cystosis (f; PH2); Delirium (f; MAD); Dermatosis (f; PH2); Diarrhea (f; MAD); Dropsy (f; MAD); Dysuria (f; MAD); Emphysema (f; MAD); Enterosis (f; HHB); Epilepsy (f; MAD); Erectile Dysfunction (f; MAD); Gastrosis (f; HHB; PH2); Gonorrhea (f; MAD); Gout (f; HHB; MAD); Hemorrhoid (f; MAD); Hepatosis (f; PH2); Hypochondria (f; MAD); Insanity (f; MAD); Jaundice (f; MAD); Leukorrhea (f; MAD); Malaria (f; MAD); Melancholy (f; HHB; MAD); Nephrosis (f; PH2); Nymphomania (f; HHB); Osteosis (f; MAD); Parasite (1; PH2); Psychosis (f; MAD); Pulmonosis (f; MAD); Scabies (f; MAD); Slimness (f; MAD); Splenosis (f; EFS; MAD); Syphilis (f; MAD); Ulcus cruris (f; MAD); Varicosis (f; MAD); VD (f; MAD); Water Retention (1; EFS; MAD; PH2; PNC); Worm (f; HHB).

Dosages (Hedge Hyssop) — 0.3 g/cup herb tea (HHB; PH2); 0.15–0.3 g powdered herb or decoction thereof (MAD).

Contraindications, Interactions, and Side Effects (Hedge Hyssop) — "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). Cucurbitacins very irritant to mucous membranes. Overdosage can cause diuresis, even anuria, and finally, circulatory collapse, colic, and cramps. Fatalities rare; after cramps, circulatory collapse, and paralysis (PH2). Use can cause bloody stools and kidney irritation (EFS).

HEDGE MUSTARD (*Sisymbrium officinale* (L.) Scop.) ++

Synonym: *Erysimum officinale* L.

Activities (Hedge Mustard) — Analgesic (1; HH2; PH2); Antispasmodic (1; HH2; PH2); Astringent (f; EFS); Cardiotonic (1; EFS; PH2); Diuretic (f; CEB; EFS; FEL); Expectorant (f; CEB; EFS); Litholytic (f; EFS); Pectoral (f; EFS); Stimulant (f; EFS); Vermifuge (f; CEB).

Indications (Hedge Mustard) — Aphonia (f; PH2); Asthma (f; FEL; HHB); Backache (f; CEB); Bite (f; CEB); Bronchosis (f; PH2); Cancer (1; FNF; JLH); Cancer, breast (1; FNF; JLH); Cancer, testes (1; FNF; JLH); Canker (f; CEB); Catarrh (f; CEB; HHB); Cholecystosis (f; PH2); Colic (f; CEB); Cough (f; CEB; FEL; HHB); Cramp (1; DEM; HH2; PH2); Croup (f; DEM); Cystosis (f; HHB); Dyspnea (f; CEB); Dysuria (f; FEL); Hoarseness (1; CEB; FEL; HHB; PH2); Induration (f; JLH); Inflammation (f; PH2); Jaundice (f; CEB); Kidney Stone (f; HHB); Laryngosis (1; PH2); Mastosis (f; JLH); Nephrosis (f; HHB); Orchosis (f; JLH); Pain (1; CEB; HH2; PH2); Pharyngosis (1; PH2); Pleurisy (f; CEB); Pulmonosis (f; CEB); Sciatica (f; CEB); Sore (f; CEB); Sore Throat (f; CEB); Stone (f; EFS); Swelling (f; CEB); Water Retention (f; CEB; EFS; FEL); Worm (f; CEB).

Dosages (Hedge Mustard) — Steep 40–60 g dry leaf/liter water overnight, drink 4–5 cups next day with honey (CEB); take juice of fresh plant with honey and milk (CEB); 5–30 grains powdered seed (FEL); 0.5–1 g plant in tea 3–4 ×/day (HH2; PH2).

Contraindications, Interactions, and Side Effects (Hedge Mustard) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Cardiac (digitalic) effects possible, arrhythmia, diarrhea, headache, nausea, queasiness, and vomiting (PH2).

HELIOTROPE (*Heliotropium europaeum* L.) +

Activities (Heliotrope) — Antipyretic (f; CRC; EFS); Carcinogenic (1; CRC; FNF); Cholagogue (f; CRC; EFS); Emmenagogue (f; CRC; EFS); Hepatotoxic (1; CRC); Poison (1; CRC).

Indications (Heliotrope) — Bite (f; CRC); Callus (f; JLH); Cancer (1; CRC; JLH); Carcinoma (1; FNF; JLF); Fever (f; CRC; EFS); Gravel (f; CRC); Polyp (f; CRC; JLH); Snakebite (f; CRC); Sting (f; CRC); Ulcer (f; CRC); Wart (f; CRC); Wen (f; JLH).

HEMLOCK (*Tsuga canadensis* (L.) Carrière) ++

Synonyms: *Abies canadensis* var. *gracilis* Waterer ex Gordon, *Picea canadensis* (L.) Link, *Pinus canadensis* L., *Tsuga canadensis f. fastigiata* (Beissner) C. K. Schneid., *T. canadensis f. gracilis* (Waterer ex Gordon) Beissner.

It may be OK in the U.K. and Germany to call *Tsuga canadensis* "Pinus bark" colloquially as does GMH and PH2. I prefer Hemlock or Canada Pitch (JAD).

Activities (Hemlock) — Abortifacient (f; CEB; GMH); Antiinflammatory (f; PHR; PH2); Antiseptic (f; PNC); Astringent (1; CEB; FAD; PH2); Diaphoretic (f; CEB; FAD; PH2); Diuretic (f; FEL; PH2; PNC); Hemostat (f; CEB; FAD); Rubefacient (f; FEL; GMH); Stimulant (f; CEB; FEL).

Indications (Hemlock) — Arthrosis (f; DEM); Back (f; CEB); Bleeding (f; CEB; DEM; FAD); Blood (f; DEM); Boil (f; CEB); Cancer (f; JLH); Cancer, breast (f; JLH); Catarrh (f; HHB); Chafing (f; CEB; DEM); Childbirth (f; DEM); Cholera (f; DEM); Cold (f; DEM; FAD; MIC); Colic (f; CEB); Colitis (f; PNC); Cough (f; CEB; DEM; FAD); Croup (f; CEB); Cystosis (f; CEB; DEM; PNC); Dermatosis (f; DEM); Diarrhea (f; CEB; DEM; FAD; PH2); Dysentery (f; DEM); Dyspepsia (f; PH2); Eczema (f; DEM); Enterosis (f; CEB; DEM); Fever (f; CEB; DEM; FAD; PH2); Flu (f; CEB; DEM); Gastrosis (f; CEB; DEM; FAD); Gingivosis (f; CEB; PNC); Hyperacidity (f; CEB); Induration (f; JLH); Infection (f; DEM); Inflammation (f; PHR; PH2); Itch (f; DEM); Laryngosis (f; PNC); Lethargy (f; DEM); Leukorrhea (f; CEB; PNC); Mastosis (JLH); Myosis (f; DEM); Nephrosis (f; DEM; FAD); Pain (f; DEM); Penis (f; DEM); Pharyngosis (f; PHR; PH2); Prickly Heat (f; DEM); Prolapse (f; CEB); Pyorrhea (f; CEB); Rheumatism (f; CEB; DEM; FAD); Scurvy (f; CEB; DEM; FAD; PH2); Smallpox (f; CEB); Sore (f; CEB; DEM); Stomachache (f; CEB); Stomatosis (f; PHR; PH2); Swelling (f; CEB; DEM); Tuberculosis (f; DEM); Uterosis (f; CEB); VD (f; CEB); Water Retention (f; FEL; PH2; PNC); Wound (f; CEB; DEM; FAD).

Dosages (Hemlock) — 1–5 ml liquid leaf extract (PNC).

Contraindications, Interactions, and Side Effects (Hemlock) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Tannins probably explain most of the folklore, but vitamin C explains the chronic reference to scurvy (JAD).

HEMP AGRIMONY (*Eupatorium cannabinum* L.) X

Activities (Hemp Agrimony) — Alterative (f; EFS); Analgesic (f; EFS); Antipyretic (f; EFS); Aperitif (f; EFS); Bitter (1; PH2); Cholagogue (f; HHB); Cytotoxic (1; PH2); Depurative (f; EFS); Diaphoretic (f; EFS); Diuretic (f; HHB); Emetic (f; HHB); Hemostat (f; EFS); Immunostimulant (1; PH2); Laxative (f; EFS); Nervine (f; EFS); Tonic (f; PH2); Vermifuge (f; EFS); Vulnerary (f; EFS).

Indications (Hemp Agrimony) — Anorexia (f; EFS); Bleeding (f; EFS); Bronchosis (f; HHB); Cancer (f; JLH); Cancer, liver (f; JLH); Cholecystosis (f; HHB; PH2); Constipation (f; EFS); Dermatosis (f; HHB); Eczema (f; HHB); Fever (f; EFS; HHB; PH2); Flu (f; HHB); Gastrosis (f;

HHB); Hepatosis (f; HHB; JLH; PH2); Immunodepression (1; PH2); Induration (f; JLH); Infection (f; HHB); Pain (f; EFS); Respirosis (f; PH2); Rhinosis (f; HHB); Water Retention (f; HHB); Worm (f; EFS); Wound (f; HHB).

Contraindications, Interactions, and Side Effects (Hemp Agrimony) — Eupatorin cytotoxic, immunostimulant, but many PAs hepatotoxic and hepatocarcinogenic (FNF).

HEMP NETTLE (*Galeopsis* sp.) +

Activities (Hemp Nettle) — Antiulcer (f; MAD); Astringent (1; BIS; HHB; PHR); Diuretic (f; HHB; PHR); Expectorant (1; HHB; PHR); Hematogenic (f; EFS).

Indications (Hemp Nettle) — Anemia (f; MAD); Asthma (f; EFS); Boil (f; MAD); Bronchosis (2; KOM; PH2); Cancer (f; MAD); Catarrh (2; KOM; PIP); Congestion (f; MAD); Cough (2; PHR; PH2); Dermatosis (f; MAD); Eczema (f; MAD); Furuncle (f; MAD); Gastrosis (f; MAD); Itch (f; MAD); Pulmonosis (1; PH2); Respirosis (2; KOM; PIP); Splenosis (f; HHB); Stomachache (f; MAD); Tuberculosis (1; HHB); Ulcer (f; MAD); Water Retention (f; HHB; PHR).

Dosages (Hemp Nettle) — 6 g/day herb (KOM; PIP); 2 g herb/cup water 1–3 ×/day (HHB; PHR; PH2); 3 tsp (5.7 g)/cup herb tea (MAD).

Contraindications, Interactions, and Side Effects (Hemp Nettle) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). None reported (KOM; PHR; PIP).

HENBANE (*Hyoscyamus niger* L.) X

Activities (Henbane) — Analgesic (1; CRC; DEP; PNC); Anesthetic (1; CRC); Antiacetylcholine (2; KOM; PH2); Anticholinergic (2; KOM; PHR); Anti-CNS Tremors (2; KOM); Antidiaphoretic (f; HHB); Antidote, lead (f; CRC); Antisialagogue (f; HHB); Antispasmodic (2; CRC; KOM; PNC); Aphrodisiac (f; KAB); Astringent (f; KAB); Carminative (f; CRC); Convulsant (f; CRC); Depilatory (f; KAB); Hemostat (f; KAB); Hypnotic (f; CRC); Intoxicant (f; KAB); Laxative (f; CRC); Mydriatic (2; PNC); Myorelaxant (2; KOM); Narcotic (f; CRC; DEP; PH2); Parasympatholytic (2; KOM; PHR); Piscicide (f; PH2); Poison (1; CRC); Rodentifuge (f; CRC; PH2); Secretolytic (f; HHB); Sedative (2; CRC; PNC); Soporific (f; CRC).

Indications (Henbane) — Adenopathy (f; CRC; HHB); Alcoholism (f; CRC; MAD); Amaurosis (f; CRC); Amenorrhea (f; MAD); Angina (f; CRC); Atherosclerosis (f; MAD); Arthrosis (f; CRC; PH2); Asthma (1; CRC; PH2; PNC); Bleeding (f; KAB; MAD; PH2); Bronchosis (f; CRC; MAD); Cancer (f; CRC; JLH); Cancer, anus (f; JLH); Cancer, bladder (f; JLH); Cancer, breast (f; JLH); Cancer, eye (f; JLH); Cancer, face (f; JLH); Cancer, foot (f; JLH); Cancer, gum (f; JLH); Cancer, knee (f; JLH); Cancer, leg (f; JLH); Cancer, nose (f; JLH); Cancer, parotid (f; JLH); Cancer, scrotum (f; JLH); Cancer, testicle (f; JLH); Cancer, uterus (f; JLH); Cardiopathy (f; MAD); Caries (f; KAB); Catarrh (f; MAD); Chorea (f; CRC); Climacteric (f; MAD); Cold (f; MAD); Colic (f; MAD); Coma (f; CRC); Condyloma (f; JLH); Constipation (f; CRC); Convulsion (f; PH2); Cough (f; CRC); Cramp (2; CRC; KOM; PNC); Cramp (GI) (2; KOM); Croup (f; CRC); Cystosis (f; CRC; JLH; MAD); Delirium (f; CRC; MAD); Dentition (f; CRC); Diabetes (f; CRC); Diarrhea (f; CRC; PH2); Dysentery (f; PH2); Dysmenorrhea (1; CRC; PH2); Dyspepsia (2; PH2); Dysuria (f; MAD); Earache (f; CRC); Eczema (f; HHB); Enterosis (1; KOM); Epilepsy (f; CRC; HHB); Epistaxis (f; CRC); Fever (f; HHB; MAD); Gas (f; CRC); Gastrosis (1; KOM); Gingivosis (f; JLH); Gout (f; CRC; DEP); Headache (f; KAB); Hemorrhoid (f; HHB); Hiccup (f; CRC; MAD); Hydrophobia (f; CRC); Hypochondria (f; CRC; MAD); Hysteria (f; HHB); Induration (f; JLH; MAD); Inflammation (f; KAB); Insomnia (2; CRC; PNC); Laryngosis (f; MAD); Mania (f; CRC); Mastosis (f; JLH; KAB);

Melancholia (f; CRC); Meningosis (f; CRC; PH2); Morphinism (f; CRC); Motion Sickness (1; PNC); Nephrosis (f; MAD); Nervousness (2; CRC; PNC); Neuralgia (1; CRC; PH2); Nyctalopia (f; CRC); Nymphomania (f; CRC); Nystagmus (f; MAD); Ophthalmia (f; KAB); Orchosis (f; JLH; KAB; PH2); Pain (1; CRC; DEP; PH2; PNC); Parotosis (f; CRC; JLH); Pertussis (f; CRC); Photophobia (f; MAD); Pneumonia (f; CRC; MAD); Proctosis (f; HHB); Psychosis (f; CRC; PH2); Rheumatism (f; CRC; PH2); Rhinosis (f; KAB); Scabies (f; KAB); Scar (1; PHR; PH2); Scarlet Fever (f; MAD); Scirrhus (f; JLH); Schizophrenia (f; CRC); Scrofula (f; MAD); Sore (f; PH2); Spasm (2; CRC; KOM); Swelling (f; CRC; MAD); Toothache (1; CRC; PH2); Tremor (1; PHR); Tuberculosis (f; MAD); Tumor (f; JLH; PH2); Urogenitosis (f; MAD); Uterosis (f; JLH); Uvulosis (f; MAD); Worm (f; PH2).

Dosages (Henbane) — Reporting dose levels of 0.05 g, 0.15 g, 0.65 g, 1.0 g, 3 g leaf, HHB recounts daily maximum doses of 1, 1.2, 1.5, 3, and 6 g leaf, smaller doses for powdered leaf; e.g., maximum daily dose of 0.6 g powdered leaf (HHB); 0.5 g powdered herb corresponding to 0.25–0.35 belladonna alkaloids (KOM; PHR); 0.4 g leaf in tea as a calming clyster (MAD).

Contraindications, Interactions, and Side Effects (Henbane) — Not covered (AHP). Commission E reports leaf permitted for oral use. Same contraindications, adverse effects, and interactions as for belladonna alkaloids (AEH).“Health hazards not known with proper therapeutic dosages” (PH2) (but PH2 designates no specific quantified dosage! JAD). Overdoses may cause arrhythmia, deliria, dysuria, erythema, hallucinogens, lethargy, mania, mydriasis, obstipation, tachycardia, visual disturbance, water retention, and xerostoma. Contraindicated in arrhythmia, enlarged colon, GI stenosis, glaucoma, prostadenoma, pulmonary edema, and tachycardia (KOM; PH2). Leaves used as a sedative and a substitute for opium, where this is inadmissible as in children’s complaints (KAB).

HENNA (*Lawsonia inermis* L.) ++

Synonym: *Lawsonia alba* Lam.

Activities (Henna) — Abortifacient (f; AHP; CRC; PH2); Allergenic (1; CRC; MPI; X10632222); Alterative (f; CRC); Antibacterial (1; PHR; PH2; WOI; X2125156); Antiedemic (1; MPI); Antifertility (1; CRC; MPI); Antihyaluronidase (1; MPI); Antiinflammatory (1; MPI); Antileukemic (1; X7524165); Antiperspirant (f; CRC); Antipyretic (f; CRC; KAB; MPI); Antiseptic (1; X2125156); Antispasmodic (1; CRC); Antiviral (1; X7524165); Astringent (1; CRC; DEP; PHR; PH2); Candidicide (1; MPI); Cardiodepressant (1; CRC); Cerebrotonic (f; CRC; WBB); Diuretic (1; PHR; PH2; KAB); Emetic (f; KAB); Emmenagogue (f; CRC); Emollient (f; KAB); Expectorant (f; KAB); Fungicide (1; X620734); Hepatoprotective (1; X1620739); Hypotensive (1; CRC); Nematicide (1;

MPI); Nitrate-Reductase Inhibitor (1; MPI); Peroxidase Inhibitor (1; MPI); Propecic (f; DEP); Protopectinase Inhibitor (1; MPI); RT Inhibitor (IC60 = 125 μg/ml) (1; X7524165); Sedative (f; CRC); Soporific (f; CRC); Sunscreen (f; CRC); Tuberculostatic (1; X2125156); Uterosedative (1; CRC); Vulnerary (f; KAB).

Indications (Henna) — Alopecia (f; DEP; KAB); Ameba (f; PHR; PH2); Amenorrhea (f; KAB; PH2); Anemia (f; PH2); Bacteria (1; CRC; PHR; PH2; WOI; X2125156); Beriberi (f; CRC); Bleeding (f; MPI); Boil (f; WOI); Bronchosis (f; KAB; PH2); Bruise (f; WOI); Burn (f; DEP; KAB; WOI); Calculus (f; KAB); Cancer (f; JLH); Cancer, diaphragm (f; JLH); Cancer, joint (f; JLH); Cancer, liver (f; JLH); Cancer, mouth (f; JLH); Cancer, sinew (f; JLH); Cancer, spleen (f; JLH); Cancer, testicle (f; JLH); Cancer, uterus (f; JLH); Candida (1; MPI); Childbirth (f; CRC); Cholera (1; MPI); Condyloma (f; JLH); Cough (f; PH2); Cramp (1; CRC); Dandruff (f; CRC; PHR; PH2); Delirium (f; DEP); Dermatosis (f; APA; CRC; MPI); Dysentery (f; PHR; PH2); Dysmenorrhea (f; PH2); Dyspepsia (f; CRC); Dysuria (f; PH2); Eczema (f; PHR; PH2); Edema (1; MPI); Enterosis (f; PHR; PH2); Fever (f; CRC; KAB; MPI; PH2); Fibroid (f; JLH); Foot (hot foot) (f; KAB); Fungus (1; PHR; X620734); Gastrosis (f; CRC; PHR; PH2); Gingivosis (f; KAB); Gonorrhea (f; DEP; KAB); Gray Hair (1; APA); Headache (f; KAB; MPI); Hemicrania (f; KAB; PH2); Hepatosis (1; X1620739); Herpes (f; CRC); High Blood Pressure (1; CRC); Induration (f; JLH); Infection (1; CRC; PHR; PH2; X620734); Inflammation (1; JLH; MPI); Insanity (f; KAB); Insomnia (f; CRC); Jaundice (f; CRC; MPI); Leprosy (f; CRC; DEP; PH2; WBB); Leukemia (1; X7524165); Leukoderma (f; KAB); Leukorrhea (f; MPI); Lumbago (f; KAB); Malaria (f; PH2); Myalgia (f; MPI; SKJ); Mycosis (1; PHR; PH2; X620734); Nervousness (f; CRC); Neurosis (f; CRC); Obesity (f; CRC); Orchosis (f; JLH); Pain (f; CRC); Polyp (f; JLH); Psychosis (f; PH2); Rheumatism (f; CRC; DEP; PH2); Sarcoma (1; CRC); Scabies (f; KAB; PHR; PH2); Scald (f; KAB); Scirrhus (f; JLH); Sore (1; APA; KAB; PH2); Sore Throat (1; CRC; WOI); Spermatorrhea (f; DEP; KAB; MPI); Splenomegaly (f; CRC; MPI); Sprain (f; KAB); Stomatosis (1; APA; DEP; KAB); Streptococcus (1; CRC; MPI); Swelling (1; MPI); Tuberculosis (1; X2125156); Typhoid (f; SKJ; MPI); Ulcer (f; PHR); Uterosis (f; JLH); VD (f; CRC; DEP; KAB); Vibrio (1; MPI); Virus (1; X7524165); Water Retention (1; PHR; PH2; KAB); Whitlow (f; JLH); Wound (f; PH2); Yeast (1; MPI).

Dosages (Henna) — 3 g powdered leaf, internally, for ameba and ulcer (HHB; PH2).

Contraindications, Interactions, and Side Effects (Henna) — Class 2a (AHP). Not covered (KOM). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). Tannin may cause stomach problems (PH2). Extracts contain *in vitro Mycobacterium tuberculosis* as 5 mg/ml (X2125156); ethanol-water (1:1) extracts hepatoprotective with no effect on bile flow. MLD = >2000 mg/kg orl mouse (X1620739), LD50(ethanolic extract) = >1000 mg/kg ipr mouse (MPI).

HERB PARIS (*Paris quadrifolia* L.) +

Activities (Herb Paris) — Antidote, arsenic (f; CRC; MAD); Antidote, mercury (f; CRC); Antispasmodic (f; EFS); Aphrodisiac (f; CRC); Cardiotonic (1; HH3); Collyrium (f; CRC); Emetic (f; CRC; EFS; HHB; MAD); Hypnotic (f; HHB); Insecticide (f; HHB); Laxative (f; CRC; EFS; MAD); Narcotic (1; CRC); Paralytic (1; HHB); Piscicide (f; HHB); Poison (1; CRC; PHR).

Indications (Herb Paris) — Boil (f; MAD); Bubonic Plague (f; HH3); Bronchosis (f; CRC); Cancer (f; HHB; JLH); Cancer, genital (f; JLH; MAD); Cancer, scrotum (f; JLH); Cancer, testicle (f; JLH); Carbuncle (f; MAD); Cardiopathy (1; HH3); Catarrh (f; HH3); Colic (f; CRC); Constipation (f; CRC; EFS; MAD); Cough (f; CRC; HH3); Cramp (f; CRC; EFS; MAD); Diphtheria (f; HH3); Dizziness (f; PHR; PH2); Dysuria (f; HH3); Edema (f; HHB); Felon (f; JLH); Gangrene (f; MAD); Glaucoma (f; HH3); Gout (f; CRC; HHB); Headache (f; CRC; HHB;

PH2); Hemorrhoid (f; HH3; MAD); Hoarseness (f; HH3); Inflammation (f; CRC; JLH); Insanity (f; CRC); Migraine (f; PHR; PH2); Neuralgia (f; CRC; HHB; PH2); Orchosis (f; JLH); Palpitation (f; CRC; PHR; PH2); Plague (f; HH3); Rabies (f; CRC); Rheumatism (f; CRC; HHB); Sore (f; CRC; HH3); Spasm (f; CRC); Spinosis (f; MAD); Swelling (f; JLH); Tension (f; PHR); Tumor (f; CRC); Ulcer (f; CRC); Vertigo (f; CRC; HH3); Wart (f; MAD); Whitlow (f; JLH); Wound (f; HH3).

Dosages (Herb Paris) — Almost exclusively homeopathic (HHB; PH2);

Contraindications, Interactions, and Side Effects (Herb Paris) — Not covered (AHP). Although no serious poisoning have been reported in recent times, poisonings can induce diarrhea, headache, miosis, nausea, stomachache, vertigo, and vomiting (PH3; MAD).

HERB ROBERT (*Geranium robertianum* L.) ++

Activities (Herb Robert) — Antibacterial (1; PH2); Antiviral (1; PH2); Astringent (1; CEB; HHB); Diuretic (f; CEB); Hemostat (1; CEB; FNF); Hypotensive (f; PH2); Suppurative (f; HHB); Vulnerary (f; MAD).

Indications (Herb Robert) — Abscess (f; JLH); Adenopathy (f; JLH; MAD); Angina (f; MAD); Aposteme (f; JLH); Bacteria (1; PH2); Bleeding (1; CEB; FNF; HHB; MAD); Bronchosis (f; MAD); Calculus (f; CEB; PH2); Cancer (f; JLH; HHB; MAD); Cancer, breast (1; JLH); Cancer, face (1; FNF; JLH); Cancer, feet (1; JLH); Cancer, lip (1; FNF; JLH); Cancer, lung (1; FNF; JLH); Cancer, prostate (1; FNF; JLH); Cancer, throat (1; FNF; JLH); Cancer, tongue (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Catarrh (f; MAD); Cholecystosis (f; CEB; PH2); Cholera (f; MAD); Cystosis (f; PH2); Dermatosis (f; MAD); Diarrhea (1; HHB; MAD; PH2); Dysentery (f; HHB; MAD); Dysuria (f; MAD); Eczema (f; MAD); Enterosis (f; HHB; MAD); Epistaxis (f; MAD); Erysipelas (f; CEB; MAD); Escherichia (1; PH2); Exanthema (f; MAD); Fever (f; MAD); Fistula (f; HHB; MAD); Gastrosis (f; HHB; MAD); Glossosis (f; JLH); Goiter (f; HHB); Gout (f; MAD); Gravel (f; CEB); Hematuria (f; HHB; MAD); Hematoptysis (f; MAD); Hepatosis (f; PH2); High Blood Pressure (f; PH2); Induration (f; MAD); Infection (f; MAD); Inflammation (f; PH2); Jaundice (f; MAD); Leukemia (f; JLH); Lichen (f; MAD); Malaria (f; MAD); Mucososis (f; PH2); Nephrosis (f; CEB); Pain (f; JLH); Proctosis (f; JLH); Prostatosis (f; JLH); Pulmonosis (f; JLH); Rheumatism (f; MAD); Sore Throat (f; CEB); Staphylococcus (f; PH2); Stomatosis (1; PH2); Stone (f; MAD); Syphilis (f; MAD); Ulcus cruris (1; HHB); Uterosis (f; MAD); Virus (1; PH2); Water Retention (f; CEB); Wound (1; PH2).

Dosages (Herb Robert) — 2 tsp (2.6 g) herb in hot or cold water (MAD); 1.5 g herb/day (PH2); 1 tbsp herb in $^1/_2$ liter water (PH2).

Extracts (Herb Robert) — 80% ethanol fraction "completely stunted" *Microsporum* and *Trichophyton*, and inhibited *Escherichia*, *Pseudomonas*, and *Staphylococcus*.

HERCULES' CLUB (*Aralia spinosa* L.) ++

Activities (Hercules' Club) — Alterative (f; GMH); Carminative (f; DEM); Diaphoretic (f; DEM); Emetic (f; DEM; FAD); Laxative (f; FAD; GMH); Poison (f; DEM); Sialagogue (f; FAD; GMH); Stimulant (f; GMH); Tonic (f; DEM).

Indications (Hercules' Club) — Boil (f; DEM; FAD); Caries (f; DEM); Cholera (f; GMH); Colic (f; DEM; GMH); Constipation (f; FAD; GMH); Dermatosis (f; FAD; FEL); Diabetes (f; FAD); Dyspnea (f; GMH); Fever (f; DEM); Gas (f; DEM); Pain (f; FAD; FEL); Paralysis (f; DEM); Rheumatism (f; DEM; FAD; FEL); Sore (f; DEM); Sore Throat (f; GMH); Swelling (f; DEN; FAD); Toothache (f; DEM; FAD); VD (f; DEM); Xerostoma (f; GMH).

HIERBA SANTA (*Piper auritum* Kunth.) +

Activities (Hierba Santa) — Alpha-2-Adrenergic Agonist (1; TRA); Anesthetic (f; JFM; TRA); Antiinflammatory (f; JFM); Carcinogenic (1; TRA); Diaphoretic (f; JFM); Digestive (f; JFM); Diuretic (f; JFM); Emollient (f; JFM); Hallucinogen (1; TRA); Hypotensive (1; TRA); Mutagenic (f; TRA); Psychotropic (1; TRA); Revulsive (f; JFM); Spasmogenic (f; TRA); Stimulant (f; JFM); Stomachic (f; JFM); Uterotonic (1; TRA); Vasodilator (1; TRA).

Indications (Hierba Santa) — Angina (f; JFM); Colic (f; JFM); Diaphoretic (f; JFM); Erysipelas (f; JFM); Fever (f; JFM); Gonorrhea (f; JFM); Gout (f; JFM); Headache (1; JFM; TRA); High Blood Pressure (1; TRA); Inflammation (f; JFM); Pain (1; JFM; TRA); Toxic (1; TRA); VD (f; JFM); Water Retention (f; JFM); Wound (f; JFM).

Dosages (Hierba Santa) — Infusion of $^1/_2$ leaf taken after a meal as a stomachic (JFM); one leaf in sweetened water (180 cc) (JFM); 15–30 drops tincture (10 g leaf in 150 cc alcohol) every 3 hours (JFM).

Contraindications, Interactions, and Side Effects (Hierba Santa) — Not covered (AHP; EFS; IED; KOM; PH2). Very rich in the carcinogen safrole.

Extracts (Hierba Santa) — At 0.1 ml/kg intravenously in dogs, the aqueous extract is hypotensive (TRA). The 95% ethanolic extract at 0.33 ml/l is spasmogenic and uterotonic *in vitro* (TRA). At 3 ml/l, the aqueous extracts have a vasodilator effect on lab rats (TRA). Safrole and elemicin may exert hallucinogic and/or psychotropic activities (TRA). Myrcene has anti-nociceptive activities. As an alpha-2-adrenergic agonist, myrcene affects arterial blood pressure (TRA).

HIMALAYAN FIR (*Abies spectabilis* (D. Don) Spach) ++

Synonyms: *Abies webbiana* Lindl., *Pinus spectabilis* D. Don, *P. webbiana* Wall. ex Lamb.

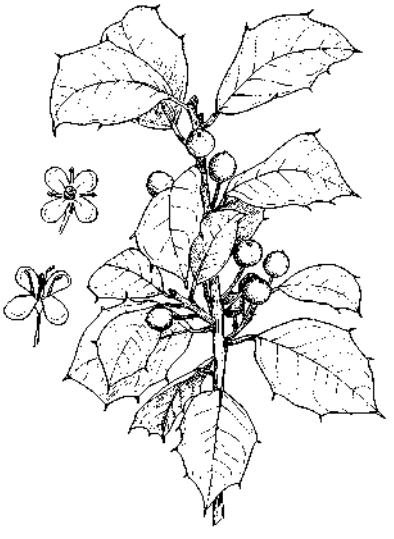
Activities (Himalayan Fir) — Antispasmodic (f; KAP); Aphrodisiac (f; WO2); Astringent (f; KAB); Carminative (f; DEP; KAB; SUW); Contraceptive (f; WO2); Expectorant (f; KAB; SUW); Stomachic (f; KAB; SUW); Tonic (f; KAB).

Indications (Himalayan Fir) — Asthma (f; KAB; SUW); Bronchosis (f; KAB; KAP; SUW); Catarrh (f; KAB); Childbirth (f; DEP; WO2); Cough (f; DEP; KAP); Cramp (f; KAP); Cystosis (f; KAB); Fever (f; DEP; KAB; WO2); Gas (f; DEP; KAB; SUW); Headache (f; KAB); Hemoptysis (f; WO2); Hoarseness (f; DEP; WO2); Malaria (f; DEP; KAB); Neuralgia (f; KAB; WO2); Phthisis (f; KAB); Pulmonosis (f; KAB; WO2); Splenosis (f; KAP); Teething (f; DEP; KAB; WO2).

Dosages (Himalayan Fir) — 5–10 drops fresh leaf juice in water or mother's milk, for malaria in infants (DEP); 0.5–1 drachm dry leaf for gas (DEP); 16–48 ml leaf tea for pulmonosis (KAP); 0.5 to 1 g powdered leaf (KAP); 2–4 ml leaf tincture (f; KAP).

Contraindications, Interactions, and Side Effects (Himalayan Fir) — Not covered (AHP; KOM; PH2). Resin said to intoxicate when taken internally (WO2). Believing that the resins and the turpentines are similar chemically, I should estimate this to be as good as the American and European *Abies*.

HOLLY, AMERICAN HOLLY (*Ilex opaca* Sol. ex Aiton) ++



Activities (Holly) — Antipyretic (f; MAD); Collyrium (f; DEM); Diaphoretic (f; CRC; MAD); Emetic (1; FAD); Laxative (f; CRC; FAD); Poison (f; CRC); Tonic (f; MAD).

Indications (Holly) — Cancer (f; CRC; JLH); Catarrh (f; CRC); Cold (f; CRC; FAD); Colic (f; DEM; FAD); Constipation (f; CRC; FAD); Cough (f; CRC); Cramp (f; DEM); Dermatosis (f; DEM; FAD); Diarrhea (f; FAD); Dropsy (f; CRC); Dyspepsia (f; DEM; FAD); Epilepsy (f; FAD; HHB); Fever (f; CRC; MAD); Flu (f; FAD); Gout (f; CRC); Itch (f; DEM; FAD); Malaria (1; CRC; FAD); Measles (f; DEM; FAD); Myosis (f; DEM); Ophthalmia (f; DEM); Pleurisy (f; CRC); Pneumonia (f; FAD); Rheumatism (1; CRC); Smallpox (f; CRC); Sore (f; DEM); Tuberculosis (f; CRC); Tumor (f; CRC); Water Retention (1; FAD); Worm (f; CRC).

Contraindications, Interactions, and Side Effects (Holly) — Not covered (AHP; KOM; PH2). Fruits considered poisonous, inducing violent vomiting (10–12 berries acts as strong laxative, emetic, and diuretic) (FAD).

HOLLYHOCK (*Alcea rosea* L.) +

Synonyms: *Althaea ficifolia* (L.) Cav., *Althaea rosea* (L.) Cav.

Activities (Hollyhock) — Analgesic (1; BRU); Antipyretic (f; DEP; LMP); Astringent (f; DEP); Circulostimulant (f; DAA); Demulcent (f; DEP); Diuretic (f; DEP); Emollient (1; BRU); Fungistat (f; ABS); Gastroprotective (1; ABS); Hypoglycemic (1; WO3); Stomachic (f; LMP); Vasoprotective (1; ABS).

Indications (Hollyhock) — Abscess (f; BIB; JFM); Bite (f; DAA); Bleeding (f; DAA); Boil (f; WO3); Bruise (f; BIB); Burn (f; DEP); Cancer (f; BIB; JFM); Childbirth (f; LMP); Cold (f; BIB); Colosis (1; BRU); Constipation (f; DAA); Cough (1; BIB; BRU; DEP; JFM; PH2); Cramp (1; BIB; BRU); Cystosis (f; DEP); Dermatosis (1; BRU; JFM; PH2; WO3); Diabetes (1; WO3); Dysentery (f; BIB; DEP); Dysmenorrhea (f; DAA; LMP); Enterosis (f; DEP; PH2); Fever (f; BIB; DEP; LMP; PH2); Gastrosis (f; PH2); Goiter (f; WO3); Gravel (f; BIB); Hematuria (f; DAA); Hemorrhoid (f; DAA); Inflammation (f; JFM; PH2); Itch (1; BRU); Jaundice (f; WO3); Malaria (f; DAA); Miscarriage (f; BIB); Pain (1; BRU); Pharyngosis (1; BRU; PH2); Pulmonosis (f; PH2); Respirosis (f; JFM; PH2); Rheumatism (f; BIB); Snakebite

(f; DEP); Sore (f; DAA; DEP; PH2); Sore Throat (f; BIB; JFM); Stomatosis (1; BRU; PH2); Sweating (f; BIB); Tenesmus (f; DEP); Thirst (f; PH2); Urethrosis (f; PH2); Water Retention (f; DEP).

Dosages (Hollyhock) — 1–2 oz mucilage (DEP); 1–2 g flower/tea cup (PH2); 1.5 g flower/100 ml water as mouthwash (PH2).

Contraindications, Interactions, and Side Effects (Hollyhock) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

HOLY BASIL (*Ocimum tenuiflorum* L.) ++

Synonym: *O. sanctum* L.

Formerly better known as *Ocimum sanctum*. SKJ suggests that all uses they cite for *O. basilicum* might apply also to Holy Basil.

Activities (Holy Basil) — Abortifacient (1; KAP; MPI); Adaptogen (1; TAD); Alexeteric (f; KAB); Analgesic (1; TAD); Antidepressant (1; X10685110); Antibacterial (1; MPI); Antifertility (1; KAP; MPI; TAD); Antihistaminic (1; MPI); Antiinflammatory (1; COX; TAD); Antioxidant (1; X11023610); Antipyretic (1; AKT; TAD); Antisecretory (1; X10350365); Antiseptic (1; MPI); Antispasmodic (1; KAP; MPI); Antispermatogenic (1; MPI); Antistress (1; IJP29:S340; TAD); Antithyroid (1; AKT); Antiulcer (1; MPI; X10350365); Bitter (f; AKT); Candidicide (1; MPI); Carminative (f; DEP); Cholagogue (f; DEP); Contraceptive (1; MPI); COX-2 Inhibitor (1; COX); Cyclooxygenase Inhibitor (1; AKT); Demulcent (f; DEP); Diaphoretic (f; DEP; SUW); Expectorant (f; DEP; SUW); Fungicide (1; KAP; MPI); Hepatoprotective (1; TAD); Hypoglycemic (1; KAB; MPI); Hypotensive (1; MPI); Larvicide (1; KAP; MPI); Lactagogue (f; LMP); Laxative (f; DEP); Lipoxygenase Inhibitor (1; AKT; X10350365); Negative Inotropic (1; MPI); Radioprotective (f; TAD; X11023610); Sedative (f; LMP); Stimulant (f; SUW); Stomachic (f; DEP; SUW); Vermifuge (f; KAB).

Indications (Holy Basil) — Alzheimer's (1; COX; FNF); Arthrosis (1; COX; FNF); Asthma (1; KAB; MPI); Bacteria (1; MPI); Bite (f; KAB; SUW); Bronchosis (1; DEP; KAB; SUW); Cancer (1; AKT; COX; JLH); Cancer, colon (1; COX; FNF; JLH); Cancer, liver (1; COX; JLH); Cancer, spleen (1; COX; JLH); Candida (1; MPI); Cardiopathy (f; KAB); Catarrh (f; DEP); Cholera (f; LMP); Cold (f; AKT; SKJ); Colic (f; DEP); Constipation (f; DEP); Cough (f; SKJ); Cramp (1; KAP; MPI); Depression (1; X10685110); Dermatosis (f; DEP; LMP); Diarrhea (f; LMP; SKJ); Dysmenorrhea (f; LMP); Dyspepsia (f; SKJ); Dyspnea (f; ABS); Dysuria (f; SKJ); Earache (f; DEP); Encephalosis (1; MPI); Enterosis (f; JLH); Epistaxis (f; LMP); Escherichia (1; AKT; MPI); Fever (1; AKT; DEP; SUW; TAD); Flu (f; AKT); Fungus (1; KAP; MPI); Gas (f; DEP); Gastrosis (f; DEP; SUW); Gonorrhea (f; LMP); Gravel (f; SKJ); Headache (f; LMP); Heatstroke (f; LMP); Hemiplegia (f; SKJ); Hepatosis (f; JLH; SUW); Hiccup (f; KAB); High Blood Pressure (1; MPI); Infection (1; KAP; MPI); Inflammation (1; COX; TAD); Insomnia (f; LMP); Leukoderma (f; KAB); Lumbago (f; KAB); Malaria (f; AKT; DEP; SUW); Mycosis (1; AKT; KAP; MPI); Nervousness (f; LMP); Neurosis (f; LMP); Ophthalmia (f; KAB); Otosis (f; SUW); Ozena (f; KAB; SUW); Pain (1; FNF; KAB; TAD); Pulmonosis (f; DEP); Radiation (f; AKT; TAD; X11023610); Respirosis (f; LMP); Rheumatism (f; LMP); Rhinosis (f; DEP); Ringworm (f; DEP; SKJ); Salmonella (1; MPI); Snakebite (f; SUW); Splenosis (f; JLH); Staphylococcus (1; MPI); Stress (1; ABS; AKT); Swelling (f; LMP); Tuberculosis (1; MPI); Typhoid (f; AKT); Ulcer (1; AKT; MPI; X10350365); Urogenitosis (f; DEP; SUW); VD (f; LMP); Virus (1; MPI); Wart (f; JLH); Worm (f; KAB); Yeast (1; MPI).

Dosages (Holy Basil) — 2 g dried powder herb decoction 2–3 ×/day (AKT); 500–1000 mg (4:1) concentrated herb powder extract 2–3 ×/day (AKT). 1–2 tsp herb/cup water 2–3 ×/day; 0.5–1 tsp herb tincture up to 3 ×/day (APA, based on *Ocimum basilicum*).

Contraindications, Interactions, and Side Effects (Holy Basil) — Class 2b, 2c, 2d. Not recommended for infants or over a long period. AHP evaluating *Ocimum basilicum* (1997). As the source of eugenol, perhaps second only to some varieties of clove (up to 20% eugenol), and cinnamon (to 3.8%), and allspice (to 3.6% eugenol), basil and holy basil are spices source of eugenol, which has all sorts of biological activities.

HOMALOMENA (*Homalomena* spp.) +

Activities (Homalomena) — Antiseptic (f; CRC); Expectorant (f; CRC); Hallucinogen (f; CRC); Intoxicant (f; CRC); Narcotic (f; CRC); Stimulant (f; CRC).

Indications (Homalomena) — Childbirth (f; CRC); Colic (f; CRC); Cough (f; CRC); Dermatosis (f; CRC); Diarrhea (f; CRC); Enterosis (f; CRC); Fever (f; CRC); Foot (f; CRC); Gastrosis (f; CRC); Hoarseness (f; CRC); Lumbago (f; CRC); Miscarriage (f; CRC); Numbness (f; CRC); Rheumatism (f; CRC); Sore (f; CRC); Wound (f; CRC).

HONEY HERB (*Phyla scaberrima* (Juss. ex Pers.) Moldenke) ++

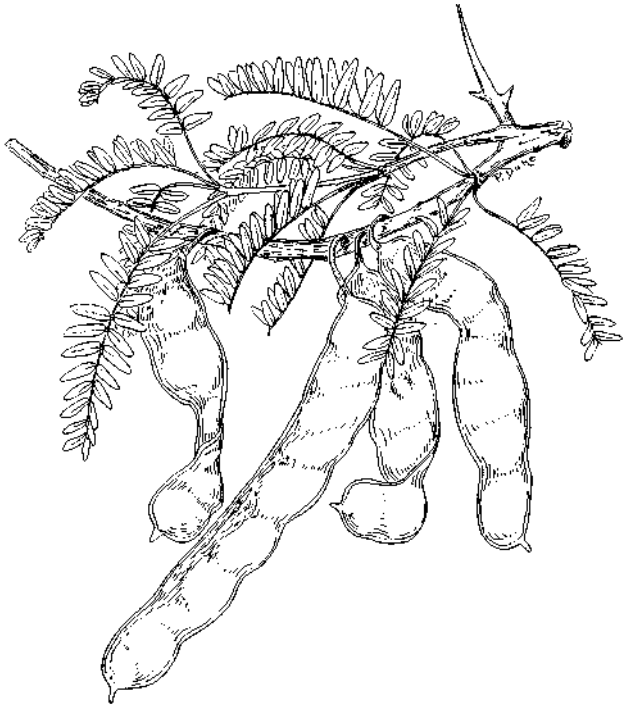
Synonyms: *Lippia dulcis* Trevir., *Zapania scaberrima* Juss. ex Pers.

Activities (Honey Herb) — Antitussive (f; JFM); Demulcent (f; JFM); Diuretic (f; JFM); Expectorant (2; AAB; JFM); Sedative (f; JFM); Stimulant (f; JFM); Stomachic (f; JFM); Tonic (f; JFM).

Indications (Honey Herb) — Asthma (f; JFM); Bronchosis (2; AAB); Catarrh (f; JFM); Cold (f; JFM); Colic (f; JFM); Cough (1; AAB); Enterosis (f; JFM); Gastrosis (f; JFM); Insomnia (f; JFM); Nervousness (f; JFM); Toothache (f; AAB); Water Retention (f; JFM).

Dosages (Honey Herb) — 100 g herb decocted for asthma (JFM); boil a handful fresh herb and 1 cup sugar in 1 quart water for hacking cough (AAB); chew flower for toothache.

HONEY LOCUST (*Gleditsia triacanthos* L.) ++



Activities (Honey Locust) — Analgesic (f; CRC); Antidote (f; DEM); Antitussive (f; CRC); Cytotoxic (1; CRC); Depurative (f; CRC; DEM); Mydriatic (f; CRC); Narcotic (f; CRC); Oxytocic (1; CRC); Poison (1; CRC); Tonic (f; DEM); Vasodilator (1; CRC).

Indications (Honey Locust) — Carcinoma (1; CRC); Catarrh (f; CRC); Cold (f; CRC); Cough (f; CRC); Dyspepsia (f; DEM); Fever (f; CRC; DEM); Measles (f; CRC; DEM); Pain (f; CRC); Pertussis (f; CRC; DEM); Pulmonosis (f; CRC); Sarcoma (1; CRC); Smallpox (f; CRC; DEM).

HONEYSUCKLE (*Lonicera caprifolium* L.) ++

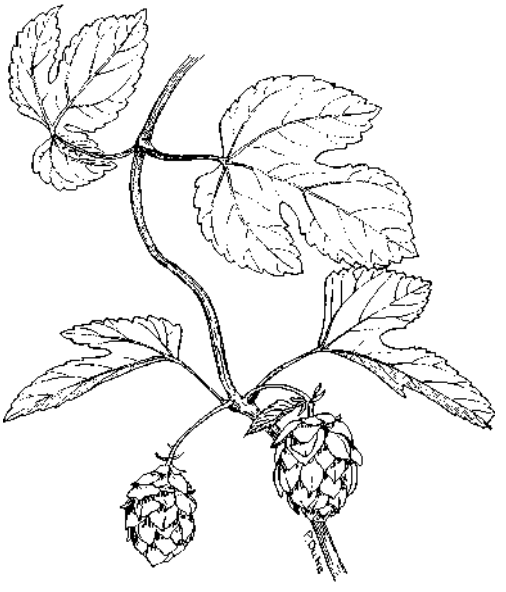
Activities (Honeysuckle) — Antiinflammatory (1; FNF); Antipyretic (f; EFS); Antiseptic (1; FNF); Antispasmodic (f; EFS); Antiviral (1; FNF); Astringent (f; EFS); CNS-Stimulant (1; FNF); Depurative (f; EFS; HHB); Diaphoretic (f; EFS; HHB; PH2); Diuretic (f; EFS; HHB); Expectorant (f; EFS; PNC); Laxative (f; EFS; PH2; PNC).

Indications (Honeysuckle) — Bacteria (1; FNF); Boil (1; FNF); Bronchosis (f; FNF); Cancer (f; HHB; JLH); Catarrh (f; EFS); Cavity (1; FNF); Cold (1; FNF); Conjunctivosis (1; FNF); Constipation (f; EFS; PH2; PNC); Cough (1: FNF); Cramp (f; EFS); Dermatosis (1: FNF); Dyspepsia (f; PH2); Enterosis (1; FAD); Fever (1; EFS; HHB; PH2); Infection (1; FNF); Inflammation (1; FNF); Listlessness (1; FNF); Rheumatism (1; FNF); Sore (1; JLH); Virus (1; FNF); Water Retention (f; EFS; HHB).

Dosages (Honeysuckle) — Drug obsolete (PH2).

Contraindications, Interactions, and Side Effects (Honeysuckle) — Class 1 (AHP). Not covered (KOM).“Hazards and/or side effects not known for proper therapeutic dosages” (PH2) (but PH2 designates no specific quantified dosage! JAD). Overdose (saponin template) may cause bladder, GI, nephritic, and urinary inflammation and irritation (PH2). Ingestion of 10 or more berries may cause cyanosis, exanthema, fever, nausea, tachycardia, and vomiting (PH2).

HOPS (*Humulus lupulus* L.) +++



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Activities (Hops) — Allergenic (f; CRC); Analgesic (1; BGB; CRC; MAD; PNC; WAM); Anaphrodisiac (1; APA; CRC; MAD); Antibacterial (1; APA; CAN; WAM); Antiseptic (1; CRC; FAD); Antispasmodic (1; APA; BGB; WAM); Antitumor (1; APA); Aperitif (1; PH2; SKY); Bitter (1; CRC; PNC); Diaphoretic (f; CRC); Digestive (1; APA; WAM); Diuretic (f; CRC; PNC); Emmenagogue (f; MAD); Emollient (f; APA); Estrogenic (1; APA; FNF; PH2; WAM); Expectorant (f; PED); Fungicide (1; APA; PH2); Hypnotic (1; CAN; CRC); Lactagogue (1; WAM); Laxative (f; MAD); Litholytic (f; MAD); Myorelaxant (1; APA; CAN); Narcotic (1; CAN; CRC); Nervine (f; CRC); Secretagogue (f; PH2); Sedative (2; APA; KOM; WAM); Soporific (1; BGB; CRC); Stomachic (f; CRC; PH2); Tonic (f; CRC; MAD); Tranquilizer (1; KOM; SHT); Uterotonic (f; MAD); Vermifuge (f; CRC).

Indications (Hops) — Adenopathy (f; JLH); Anemia (f; MAD); Angina (f; MAD); Anorexia (1; APA; BGB; SKY); Anxiety (2; APA; BGB; WAF; SHT); Arthrosis (f; MAD); Asbestosis (2; BGB); Asthma (f; MAD); Atony (f; MAD); Bacteria (1; APA; CAN; CRC; WAM); Boil (f; CRC; FAD); Bruise (f; CRC; FAD; MAD); Calculus (f; CRC); Cancer (1; APA; JLH); Cancer, breast (f; JLH); Cancer, face (f; JLH); Cancer, liver (f; JLH); Cancer, lymph (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, uterus (f; CRC); Cardiopathy (f; MAD); Catarrh (f; MAD); Chlorosis (f; MAD); Climacteric (1; HHB); Colitis (f; CAN); Constipation (f; MAD); Cough (f; CRC; FAD); Cramp (1; APA; BGB; FAD; WAM); Crural Ulcer (f; CAN); Cystosis (f; APA; CRC; MAD); Debility (f; CRC); Delirium (f; CRC); Depression (f; CAN); Dermatosis (f; PH2); Diabetes (f; MAD); Diarrhea (1; APA; CRC); Dysentery (2; BGB; CRC); Dysmenorrhea (f; APA); Dyspepsia (1; APA; BGB; WAM); Earache (f; CRC); Edema (f; MAD); Enterosis (f; MAD; PH2); Enuresis (f; MAD); Fever (f; CRC; FAD); Fit (f; CRC); Fungus (1; APA; PH2); Gas (f; MAD); Gastrosis (f; JLH); Gonorrhea (f; MAD); Gravel (f; BGB); Headache (1; BGB; PH2; WAM); Hepatosis (f; JLH; MAD); Hyperactivity (1; WAM); Hypochondria (f; MAD); Hysteria (f; CRC; MAD); Impotence (f; MAD); Induration (f; JLH); Infection (1; APA; CRC; PH2); Inflammation (f; CRC; FAD; PH2); Insomnia (2; APA; CRC; KOM; SHT; WAM); Jaundice (f; CRC; MAD); Leprosy (2; APA; BGB; CRC); Mastosis (f; BGB; JLH); Menopause (f; HHB); Morning Sickness (f; MAD); Mucososis (f; PH2); Mycosis (1; APA; PH2); Nephrosis (f; BGB); Nerve (f; CRC); Nervousness

(2; APA; KOM; PHR; PH2; SHT; WAM); Neuralgia (1; CAN; CRC); Neurasthenia (f; MAD); Neurosis (f; APA); Nymphomania (f; MAD); Oligolactea (1; WAM); Onanism (f; MAD); Pain (1; BGB; CRC; MAD; PNC; WAM); Priapism (f; CAN; PH2); Prostatosis (f; MAD); Pulmonosis (f; CRC); Restlessness (2; KOM; SHT; WAM) (with tension headache and/or dyspepsia) (1; CAN); Rheumatism (f; BGB; CRC; FAD; MAD); Satyriasis (f; MAD); Scirrhus (f; JLH); Scrofula (f; MAD); Silicosis (2; BGB); Sore (f; JLH; PH2); Splenosis (f; JLH; MAD); Spermatorrhea (f; MAD); Stomachache (f; MAD); Stone (f; MAD); Stress (1; APA); Swelling (f; JLH); Toothache (f; CRC); Tuberculosis (1; APA; BGB; CRC); Tumor (1; APA; CRC); Ulcer (f; CRC); Ulcus cruris (f; PH2); Uterosis (f; BGB); VD (f; MAD); Water Retention (f; CRC; MAD; PNC); Worm (f; CRC).

Dosages (Hops) — 500 mg/day (SF); 2–6 tsp fresh flower (PED); 1–3 g dry flower (PED); 2 g dry flower:10 ml alcohol/10 ml water (PED); 1–2 tsp inflorescence/cup water (SKY; WIC); 0.5–1 (–2 as hypnotic) g hops, or in tea (CAN; SKY); 0.5–1 g powdered herb; 0.5–15 g cones (PNC); 1 tsp (0.4 g) cone cup (PH2); 0.5–2.0 ml liquid hops extract (1:1 in 45% ethanol) (CAN); 0.5–4 ml liquid inflorescence extract (PNC); 1–2 ml hops tincture (1:5 in 60% ethanol) 1–3 ×/day (CAN; SKY); 2–4 ml inflorescence tincture (PNC); 2–4 g inflorescence tincture (MAD); 120–300 mg lupulin (PNC). Cones = flowers = dry infloresences.

Contraindications, Interactions, and Side Effects (Hops) — Class 2d (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). None reported (KOM; PHR; PIP). Some caution against use in depression (AHP). Mild allergies or dermatosis may result from contact. Oleo-resin reported to be allergenic, possibly causes dermatosis (CAN). Respiratory allergy caused by handling of hop cones (fresh hops oil, humulone, lupulone, and myrcene produce positive skin patch tests). Pollen can cause contact dermatosis. They suggest that hops be contraindicated in depressive states as the sedative effect of hops may aggravate or accentuate symptoms. "The sedative effect may potentiate the effects of existing sedative therapy and alcohol" (CAN). *In vitro* antispasmodic activity on the uterus has been documented. Because of uterine activity, its use in pregnancy and lactation is to be avoided. "Excessive use should be avoided in view of the limited toxicity data" (CAN). Avoid if pregnant (WAM). Do not use if suffering estrogen-dependent disorders (WAM).

Extracts (Hops) — The LD50 for orally administered hop extract or lupulones in mice is ~500–3500 mg/kg (roughly $^1/_2$ to 20th as toxic as caffeine). Ethanol extract antispasmodic and myorelaxant. Antibacterial activity has been documented for hops, humulone, and lupulone against Gram positive bacteria. The bitter acids exhibit antifungal activity against *Candida, Fusarium, Mucor,* and *Trichophyton*. The flavanones are antistaphylococcic and antifungal (*Mucor and Trichophyton*). Hops sedative and hypnotic, and motility-depressant properties are attributed to 2-methyl-3-buten-2-ol. Isovaleric acid may contribute to the sedativity. Hops reportedly contain several sedative, analgesic, anesthetic, and anodyne compounds as well. Piperidine, quercitrin, and ursolic acid may depress the CNS. Hops improve human sleep performance in combination with valerian and the hops are apparently effective in baths (I'd suggest in combination with dilute lavender and lemonbalm). With uva ursi and alpha-tocopherol acetate, hops gave excellent results for 772 of 915 patients with irritable bladder and urinary incontinence. Combined with the Biblical chicory and peppermint, hops documentably relieves pain in chronic cholecystosis (calculous and noncalculous).

HORNY GOAT WEED, BARRENWORT, YINYANGHUO (*Epimedium* spp.) ++

Most often cited as "yinyanghuo" (Pinyin) is *Epimedium grandiflorum*, but *E. brevicornum, E. koreanum, E. sagittatum* and up to 12 other species used interchangeably as yinyanghuo (AHP).

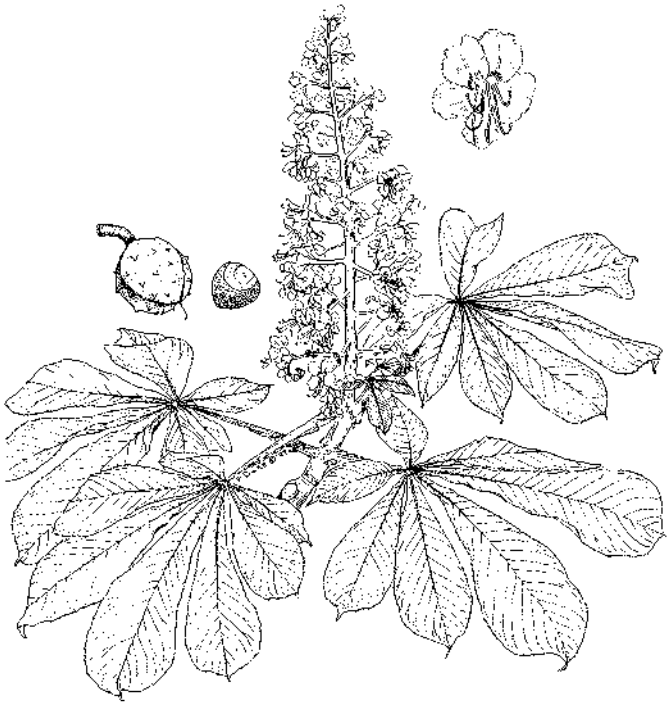
Activities (Horny Goat Weed) — Antiaggregant (1; X3442915); Antiarthritic (f; LAF); Antibacterial (1; LAF); Anticancer (f; JLH); Antiglucocorticoid (1; X9812684); Antiinflammatory (f; LAF); Antiosteoporotic (1; LAF; X11263203); Antirheumatic (f; LAF); Antiseptic (1; LAF); Antitussive (1; LAF); Antiviral (1; LAF); Aphrodisiac (1; AKT; LAF); Cardioprotective (1; LAF); Catecholamine Inhibitor (1; LAF); Expectorant (1; LAF); Fibrinolytic (1; X1303813); Hepatoprotective (1; AKT); Hypotensive (1; LAF); Immunomodulator (1; LAF); Immunostimulant (1; AKT; X9270375); Leukocytogenic (1; X9270375); Memorigenic (1; LAF); Osteogenic (1; AKT); Phagocytotic (1; X2374090); Proaggregant (1; LAF); Spermatogenic (1; AKT; DAA); Tonic (f; LAF); Vasodilator (1; LAF).

Indications (Horny Goat Weed) — Arthrosis (1; LAF); Backache (1; LAF); Bacteria (1; LAF); Bleeding (1; LAF); Bronchosis (1; LAF); Cancer (f; JLH); Cancer, uterus (f; DAA; JLH); Cardiopathy (1; LAF; X3442915); Cold (1; LAF); Cough (1; LAF); Dysuria (f; AKT); Fatigue (f; LAF); Flu (1; LAF); Hepatosis (1; LAF); High Blood Pressure (1; AKT; LAF); Hypothyroidism (f; AKT); Immunodepression (1; AKT; X9270375); Impotence (1; LAF); Infection (1; LAF); Inflammation (f; LAF); Leukopenia (1; LAF); Nephrosis (f; AKT); Neurasthenia (1; LAF); Osteoporosis (1; AKT; LAF; X11263203); Poliomyelosis (1; LAF); Polyuria (f; AKT); Rheumatism (f; LAF); Spermatorrhea (1; LAF); Sterility (1; HAD); Uterosis (f; DAA); Virus (1; LAF); Weak Knees (1; LAF).

Dosages (Horny Goat Weed) — 3–12 g shoots/day, or 1–3 g shoots concentrated 4:1 powder. Food farmacy (according to Tanaka, 1976), "young plants and young leaves are parboiled, steeped, and then eaten in soups, cooked or oil roasted. Plants are also dipped into liquor."

Contraindications, Interactions, and Side Effects (Horny Goat Weed) — Class 2d. Not for long term use; possibly causing dizziness, dry mouth, nosebleed, thirst, and vomiting (AHP; AKT). In very large doses may cause respiratory arrest and hyperreflexia, to the point of mild spasms (AHP). Not covered (KOM; PH2). Contraindicated when there is a tendency toward hypersexuality and wet dreams (Michael Tierra). LD50 total flavonoids 2850–3230 ipr rat (LAF).

HORSE CHESTNUT (*Aesculus hippocastanum* L.) ++



Synonym: *A. hippocastanum f. memmingeri* (K. Koch) Schelle.

Activities (Horse Chestnut) — ACTH-genic (1; PNC); Analgesic (1; CAN; CRC); Anticapillary Fragility (1; SHT); Antiedemic (2; APA; MAB; SHT); Antiexudative (1; CAN; MAB; PHR); Antihyaluronidase (1; MAB); Antiinflammatory (2; APA; MAB; PNC; SHT); Antiirritant (1; MAB); Antitumor (1; PNC); Antiviral (1; CAN); Antiwrinkle (1; FNF); Astringent (1; FAD); Circulotonic (1; MAB); Corticogenic (1; PNC); Cytotoxic (1; MAB); Hypertensive (1; CAN); Hypotensive (1; CAN); Narcotic (f; CRC); Natriuretic (1; FNF); Piscicide (1; CRC); Sternutator (f; CRC); Tonic (f; CRC; FAD); Vasoconstrictor (f; CRC); Venotonic (1; MAB); Vulnerary (f; CRC).

Indications (Horse Chestnut) — Acne (1; MAB); Arthrosis (1; FAD; PHR); Asthma (f; MAB); Backache (f; APA; CRC; PHR); Bruise (1; MAB; PHR); Cancer (1; JLH; PNC); Capillary Fragility (1; SHT); Cellulite (1; HFH/JA/'99); Cold (f; APA); Congestion (f; MAB); Cough (f; PHR); Cramp (1; FAD; PIP); Carpal Tunnel Syndrome (1; MAB); CVI (2; KOM; PHR; PIP); Diarrhea (f; FAD); Discitis (1; MAB); Dysentery (f; FAD); Dysmenorrhea (1; MAB; PHR); Dyspepsia (f; MAB); Eczema (f; PHR); Edema (1; FAD; MAB; SKY); Enterosis (f; FAD); Fever (f; APA; FAD); Flu (1; CAN; PNC); Gastroenterosis (f; FAD); Gastrosis (f; FAD); Headache (1; MAB); Hematoma (1; MAB); Hemorrhoid (2; APA; FAD; SKY); Hepatosis (f; MAB); High Blood Pressure (1; CAN); Induration (f; JLH); Inflammation (2; APA; MAB; PNC; SHT); Itch (1; KOM; PHR; PIP); Low Blood Pressure (1; CAN); Lupus (f; FAD); Malaria (1; CRC; FAD); Mastosis (f; CRC); Neuralgia (f; APA; CRC; MAB); Pain (1; CAN; CRC; PHR); Palsy (1; MAB); Pertussis (f; APA; CRC); Phlebitis (f; APA; CAN; PHR); Proctosis (1; CRC; MAB); Prostatosis (1; CAN; FAD); Rheumatism (1; APA; FAD; MAB); Sore (1; FAD); Sprain (f; PHR; SKY); Sunburn (2; APA; MAB); Swelling (2; APA; KOM; MAB; SHT); Systremma (2; KOM; PHR); Thrombophlebitis (f; PHR); Thrombosis (1; FAD; MAB); Tumor (1; PNC); Ulcer (f; CRC); Varicosis (2; MAB; PHR; SHT); Vertigo (1; MAB); Virus (1; CAN); Wound (1; MAB); Wrinkle (1; AIL; FNF).

Dosages (Horse Chestnut) — 0.2–1.0 g fruit 3 ×/day (CAN); 1–2 g dry seed/day (MAB); $^1/_2$ tsp powdered seed/16 oz water (APA); 2–6 ml fluid seed extract (1:2)/day (MAB); 5–15 ml/day seed tincture (1:5) (MAB); 2–4 ml liquid bark extract (PNC); 0.5–1.2 ml liquid fruit extract (PNC); 30–150 mg aescin/day (PHR); 90–150 mg aescin at first, then 35–70 mg (APA); 300–600 mg StX (= 100 mg aescin) (SHT); StX tablets (200 mg concentrated 5:1 extract) to provide 40 mg escin, 2–3 ×/day (MAB); 2 (480 mg) capsules (StX with 257 certified potency extract with at least 18–22% triterpenoid glycosides (calculated as aescin) synergistically combined with butcher's broom, ginger, and rutin), one with morning meal, one with evening meal (NH).

Contraindications, Interactions, and Side Effects (Horse Chestnut) — Not covered (AHP). Seeds "poisonous" and must be specifically prepared before being used medicinally. Never consume them in any form unless a knowledgeable manufacturer has processed them properly. Children have died after ingesting untreated seed. Formerly an FDA herb of undefined safety. Strangely, APA gives the internal usage their highest rating (1) and external usage less (3) (APA). Aesculin has caused contact dermatosis. The no-toxic-effect dose is ca. 8 times the recommended therapeutic dose. The results of animal studies are corroborated by decades of use in patients with no reports of harmful effects due to overdosing. Tests for chronic toxicity (34 weeks in rats and dogs) showed no cumulative toxic effects or any evidence of embryotoxic or teratogenic effects. Isolated cases of GI distress, itch, and nausea are reported (SHT). Commission E reports rare GI disturbances (AEH). No contraindications or drug-drug interactions reported (PIP). Isolated cases of renal and hepatic toxicity as well as anaphylactic reactions have been reported following intravenous administration, but these appear to be exceptional (VET *Herbs of Choice*). Fleming (Herbal PDR, 1998) cautions that the intake of too many horse chestnut seed (in one case, a child with 5 seed) can cause diarrhea, disorders of consciousness and vision, enlargement of the pupils, flushing of the face, severe thirst, and vomiting. In case of poisoning, Fleming recommends evacuation of the stomach and intestine (gastric lavage, sodium sulphate) and administration of activated charcoal. Then symptom management (PHR). Blumenthal et al. (1998) caution that other prescribed noninvasive treatments; e.g., leg compresses, support stockings, or cold water applications, must be observed under all circumstances (KOM). CAN cautions that aescin is nephrotoxic. Side effects include GI disturbance, impaired liver function, mild nausea, shock, spasm, urticaria, and vomiting. Should be avoided by patients on blood-thinning therapy, with hepatic or renal impairment, or lactating or pregnant. Large doses of saponins can be fatally hemolytic in animals. LD50s range for aescin from 134 to 720 orally in mice, rats, and guinea pigs. On ipr administration, the total saponin fraction (LD50 = 46.5 mg/kg ipr mouse) was less toxic compared to isolated aescin (LD50 = 9.5 mg/kg ipr mouse) (CAN). LD50 of seed extract 990 mg/kg orl mouse, 2150 orl rat, 1530 orl rbt, 130 orl dog.

Extracts (Horse Chestnut) — The whole extract was more antiinflammatory than just aescin. In addition, an extract excluding aescin also exhibited antiinflammatory activity suggesting antiinflammatory agents other than aescin (CAN). Aescin (the 13% mixture of saponins) may affect the initial phase of inflammation by reducing the number and/or diameter of capillary pores effectively sealing the capillaries (CAN). It antagonizes effects of bradykinin but is not a direct bradykinin antagonist (PNC). Barringtogenol-C-21 and hippocaesculin have *in vitro* antitumor activity (PNC). Clinical treatment of 15 varicose patients with 900 mg/day STX for 12 days reduced activity of enzymes that breakdown proteoglycans (CAN). Unknowingly contributing to my argument for the synergistic whole rather than the isolated silver bullet, CAN notes that the total saponin fraction may be less toxic via peritoneal injection in mice than the isolated aescin (itself somewhat a mixture) (LD50s 46.5 and 9.5 mg/kg, respectively).

HORSEMINT (*Monarda punctata* L.) ++

Activities (Horsemint) — Analgesic (f; DEM); Antiemetic (f; CEB; FEL); Antiseptic (1; CEB); Antispasmodic (f; HHB); Carminative (f; PH2; PNC); Deodorant (1; CEB); Diaphoretic (1; FEL); Diuretic (f; FEL); Emmenagogue (f; CEB; PH2; PNC); Rubefacient (f; CEB); Stimulant (f; PH2; PNC); Vermifuge (1; CEB).

Indications (Horsemint) — Alzheimer's (1; FNF); Backache (1; FNF; PH2); Bronchosis (1; FNF); Catarrh (f; DEM); Cholecystosis (f; HHB); Cholera (f; CEB); Cold (1; DEM; FNF); Colic (f; CEB); Constipation (f; DEM); Cough (f; DEM); Cramp (f; DEM; HHB); Deafness (f; CEB); Dermatosis (f; DEM); Dropsy (f; CEB); Dysmenorrhea (f; CEB; PH2); Dyspepsia (f; PH2); Dysuria (f; FEL); Enterosis (f; DEM); Fever (1; CEB; FEL); Gas (f; PH2; PNC); Gastrosis (f; CEB; DEM); Gravel (f; CEB); Halitosis (1; CEB); Headache (f; CEB; DEM); Head Cold (f; DEM); Infection (1; CEB); Inflammation (f; PH2); Malaria (f; CEB); Nephrosis (f; CEB); Pain (1; CEB; DEM; FEL; FNF); Paralysis (f; CEB); Parasite (1; CEB); Rheumatism (f; CEB; PH2); Rhinosis (1; FNF); Sinusosis (1; FNF); Typhus (f; CEB); Vomiting (f; CEB; FEL); Water Retention (f; FEL); Worm (1; CEB); Wound (1; CEB).

Dosages (Horsemint) — EO for external use only and then diluted with something like olive oil, otherwise vesicant (PH2).

Contraindications, Interactions, and Side Effects (Horsemint) — "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Not to be used during pregnancy (PH2).

HORSERADISH (*Armoracia rusticana* P. Gaertn. et al.) ++

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Synonyms: *A. lapathifolia* Gilib. ex Usteri, *Cochlearia armoracia* L., *Nasturtium armoracia* (L.) Fr., *Radicula armoracia* (L.) B. L. Rob., *Rorippa armoracia* (L.) Hitchc.

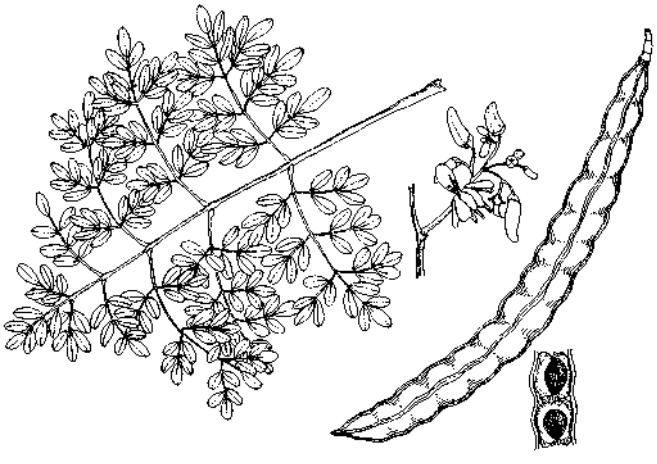
Activities (Horseradish) — Abortifacient (f; DEM; FEL); Allergenic (1; CAN); Antibacterial (1; BGB; FAD); Antiedemic (f; BGB); Antiinflammatory (f; BGB); Antioxidant (1; FNF; PED); Antisarcomic (1; WO2); Antiseptic (2; APA; KOM; SKY); Antispasmodic (1; HHB; PHR; PH2); Antitumor (1; FAD); Aperitif (f; DEM); Bitter (1; PED; WO2); Carcinostatic (1; PHR; PH2); Carminative (f; WO2); Circulostimulant (f; CAN); Counterirritant (1; PED); Decongestant (1; APA); Depurative (f; DEM); Diaphoretic (f; PNC); Digestive (f; APA; CAN; DEM); Diuretic (f; APA; FEL; PNC); Expectorant (1; APA; FAD; PED); Fungicide (1; HHB); Hyperemic (2; KOM; PHR; PH2); Hypotensive (1; CAN); Hypothyroidism (1; CAN); Immunostimulant (f; PED); Rubefacient (2; APA; SKY); Sialagogue (f; FEL; WO2); Stimulant (f; PNC); Vesicant (1; FAD); Vulnerary (f; CAN).

Indications (Horseradish) — Allergy (f; PED); Anorexia (f; APA; DEM); Arthrosis (1; APA; BGB; CAN); Asthma (f; BGB; DEM); Atony (f; FEL); Bacteria (2; BGB; FAD; HHB; KOM); Bronchosis (2; APA; PHR; PH2; SKY); Cancer (1; FAD; FNF; JLH); Cancer, abdomen (1; FNF; JLH); Cancer, breast (1; FNF); Cancer, colon (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, nose (1; FNF; JLH); Cancer, spleen (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cancer, skin (1; FNF; JLH; WO2); Catarrh (2; KOM; PHR); Chilblain (f; GMH); Cholecystosis (f; PHR; PH2); Cold (1; DEM; SKY); Colic (f; APA; PH2); Congestion (1; APA); Cough (2; GMH; PHR; PH2); Cramp (1; HHB; PHR; PH2); Cystosis (1; PHR); Dental Plaque (f; FAD); Diabetes (f; DEM); Dropsy (f; FEL; HHB); Dysmenorrhea (f; DEM); Dyspepsia (f; PHR; PH2; SKY); Dysuria (2; CAN; PED; PHR); Edema (f; BGB; CAN); Enterosis (1; PH2; WO2); Fever (f; PNC); Flu (f; GMH; PHR; PH2); Freckle (f; FEL); Fungus (1; HHB); Gas (f; WO2); Glossosis (f; DEM); Gout (f; BGB; GMH; HHB; PHR; WO2); Gravel (f; DEM); Hepatosis (f; HHB; PHR; PH2); High Blood Pressure (1; CAN); Hoarseness (f; FEL; GMH; WO2); Immunodepression (f; PED); Induration (f; JLH); Infection (2; HHB; PH2); Inflammation (1; BGB; CAN; PH2); Myalgia (2; BGB; KOM; PH2); Mycosis (1; HHB); Neuralgia (f; DEM; GMH); Pain (1; DEM; PH2); Pertussis (f; GMH); Respirosis (2; APA; DEM; KOM; PHR; PH2); Rheumatism (f; DEM; HHB; PHR); Rhinosis (1; JLH; PED); Sciatica (f; APA; BGB; GMH); Sinusosis (1; SKY); Sore Throat (f; SKY); Splenosis (f; GMH; WO2); Stomatosis (f; DEM); Stone (1; CAN); Swelling (f; BGB; JLH); Toothache (f; DEM); Tumor (1; FAD); Typhoid (1; WO2); Urethrosis (2; KOM; PH2); UTI (2; APA; BGB; KOM; PH2); Water Retention (f; APA; FEL; PNC); Worm (f; APA; GMH); Wound (f; APA).

Dosages (Horseradish) — 20 g fresh root (KOM); 1–2 tbsp fresh root (PED); 2–4 g fresh root before meals (CAN); 1–2 drachms grated root (FEL); 1.5–3 g dry root (PED); 2 g dry root:10 ml alcohol/10 ml water (PED); 0.5–1 tsp root 3 ×/day (SKY); 2–3 ml tincture 3 ×/day (SKY).

Contraindications, Interactions, and Side Effects (Horseradish) — Class 2d. Contraindicated with gastrosis, GI mucososis, and nephrosis. Not for children under 4 years old (AHP; AEH; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). CAN cautions that glucosinolates are allergenic and irritant. Because of the irritant oil, excessive ingestion should be avoided during pregnancy and lactation. May depress thyroid function, an action "common to all members of the cabbage and mustard family." "The oil is one of the most hazardous of all EOs and is not recommended for either external or internal use" (CAN). Excessive doses may lead to diarrhea or night sweats. "One case of a heart attack has been recorded—the patient survived" (TAD). Horseradish peroxidase hypotensive (ivn cat), stimulates arachidonic acid metabolites (CAN).

HORSERADISH TREE (*Moringa oleifera* Lam.) +++



Synonyms: *Guilandina moringa* L., *Moringa moringa* (L.) Small, *M. pterygosperma* Gaertn.

Activities (Horseradish Tree) — Abortifacient (1; HHB; KAB; KAP; PH2; SUW); Alexeteric (f; KAB); Analgesic (1; KAB; KAP; MPI; WBB); Antibacterial (1; KAP; WBB); Antidote (f; NUT); Antiedemic (1; MPI); Antiinflammatory (1; KAP; MPI; TRA); Antipyretic (f; JFM); Antiseptic (1; WBB); Antispasmodic (f; HHB; KAP); Antitumor (1; TRA); Antiviral (1; KAP); Aperitif (f; KAB); Aphrodisiac (f; HHB; KAB); Astringent (f; KAB); Cardiodepressant (1; MPI); Cardiotonic (1; HHB; NUT; SKJ; SUW); Carminative (f; KAB; SUW); Cholagogue (f; HHB; NUT); Choleretic (f; KAP); Depurative (f; NUT); Diuretic (1; JFM; KAP; NUT); Ecbolic (f; NUT); Emetic (f; HHB; KAP; NUT); Emmenagogue (f; KAP; PH2); Estrogenic (1; HHB); Expectorant (f; KAB; KAP); Fungistat (1; WBB); Hypertensive (1; HHB; MPI; NUT); Hypotensive (1; HHB; MPI; WBB); Immunostimulant (1; TRA); Immunosuppressant (1; TRA); Laxative (f; HHB; JFM; NUT); Litholytic (f; KAP); Mutagenic (1; TRA); Piscicide (1; TRA); Protisticide (1; TRA); Respirastimulant (1; PH2); Rubefacient (1; FNF; JFM; PH2; SUW); Sedative (1; HHB); Spasmogenic (1; MPI); Stimulant (f; KAB; SUW); Stomachic (f; KAB); Sympathomimetic (1; HHB); Tonic (f; NUT); Uterotonic (f; WBB); Vasoconstrictor (1; HHB); Vermifuge (f; HHB; JFM; KAB); Vesicant (1; KAP); Vibriocide (1; WBB).

Indications (Horseradish Tree) — Abscess (f; KAB; PH2); Adenopathy (f; KAP; NUT); Alopecia (f; NUT; SKJ); Ameba (1; TRA); Arthrosis (1; KAB; KAP; PH2; SUW); Ascites (f; HHB; NUT);

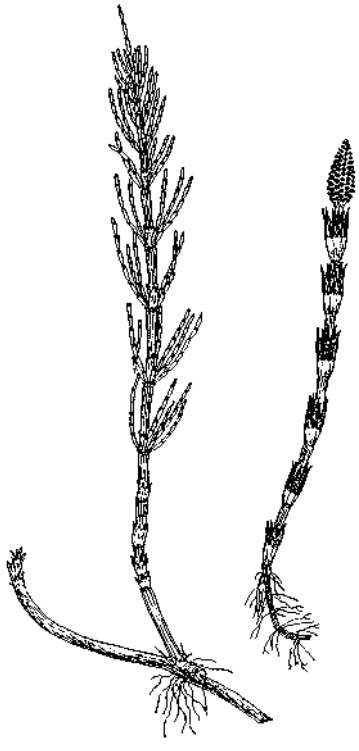
Asthma (f; IED; KAP); Bacteria (1; KAP; MPI; WBB); Biliousness (f; KAB); Boil (f; KAP; NUT); Burn (f; JLH; NUT; TRA); Calculus (f; KAB); Cancer (1; JLH; TRA); Cancer, abdomen (f; PH2); Cancer, colon (f; JLH); Cancer, liver (f; JLH); Cancer, nasopharynx (1; KAP; MPI); Cancer, spleen (f; JLH); Cardiopathy (f; PH2); Caries (f; SKJ; SUW); Catarrh (f; HHB; KAP; NUT); Cholera (1; SKJ; WBB); Circulosis (f; SUW); Cold (f; JFM); Colic (f; PH2); Constipation (f; HHB; JFM; NUT; PH2); Convulsion (f; NUT); Cough (f; JFM; KAP); Cramp (f; HHB; KAP; SUW); Dandruff (f; PH2); Debility (f; SUW); Dermatosis (f; JFM; PH2); Diabetes (f; PH2); Dropsy (f; IED; KAP; NUT); Dysentery (f; NUT); Dysmenorrhea (f; SKJ); Dyspepsia (f; KAP; PH2); Dysuria (f; NUT); Earache (f; IED); Edema (f; JFM; PH2); Enterosis (f; JLH; PH2); Epilepsy (f; IED; PH2; SUW); Erysipelas (f; NUT); Escherichia (1; TRA; WOI); Fever (f; IED; JFM; PH2; SUW); Fracture (f; SKJ); Fungus (1; MPI; WBB); Gas (f; KAB; SUW); Gastrosis (f; PH2); Gingivosis (f; KAB); Gout (f; IED; KAP); Gravel (f; NUT; SKJ); Hallucination (f; KAB); Headache (f; JFM; PH2); Heart (f; KAB); Hematuria (f; NUT; SKJ); Hepatosis (f; HHB; JLH; SUW); Hiccup (f; KAB); High Blood Pressure (1; HHB; MPI; WBB); Hoarseness (f; KAB); Hysteria (f; IED; KAB; SUW); Immunodepression (1; TRA); Induration (f; JLH); Infection (1; KAP; WBB); Infertility (f; NUT); Inflammation (1; KAB; KAP; MPI; PH2; TRA); Insomnia (1; HHB); Leprosy (f; KAB); Leukemia (f; KAP; MPI); Low Blood Pressure (1; HHB; MPI; NUT); Lumbago (f; KAB; PH2); Madness (f; NUT); Maggot (f; NUT); Malaria (f; JFM; KAP; PH2; SUW); Mycosis (1; HHB; MPI; NUT); Myosis (f; KAB); Nephrosis (f; JFM); Nervousness (1; HHB); Neuralgia (f; KAB; NUT); Ophthalmia (f; KAB); Pain (1; JFM; KAB; KAP; MPI; SKJ; SUW; WBB); Palsy (f; KAB; SUW); Pancreatosis (f; WBB); Paralysis (f; KAB; PH2; SUW); Pharyngosis (f; KAB; KAP); Pneumonia (f; NUT; SKJ); Rheumatism (1; IED; JFM; KAP; PH2; SUW); Rhinosis (1; KAP); Salmonella (1; TRA; WOI); Scabies (f; NUT); Scirrhus (f; JLH); Scrofula (f; NUT); Shigella (1; TRA; WOI); Snakebite (f; IED; PH2); Sore (f; KAB; PH2); Sore Throat (f; KAB); Spasm (f; IED); Splenomegaly (f; PH2); Splenosis (f; JLH; HHB; PH2; SUW); Staphylococcus (1; MPI; WBB; WOI); Stomatosis (f; KAB); Stone (f; KAP); Streptococcus (1; WBB); Swelling (1; JFM; KAP; MPI); Syncope (f; KAB; SUW); Syphilis (f; NUT); Tetanus (f; KAB; SUW); Toothache (f; NUT); Tuberculosis (1; KAP); Tumor (1; NUT; TRA); Ulcer (f; IED); VD (f; NUT; SUW); Vertigo (f; NUT; PH2); Virus (1; KAP; MPI); Wart (f; JFM); Water Retention (1; JFM; KAP; NUT); Worm (f; HHB; JFM; KAB; PH2); Wound (f; IED; PH2); Yellow Fever (f; IED; NUT).

Dosages (Horseradish Tree) — 1 tsp root bark tincture in syrup every 3 hours for malaria and nephrosis (JFM).

Contraindications, Interactions, and Side Effects (Horseradish Tree) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). 15 g root bark is an abortive (HHB), hence contraindicated in pregnancy (PH2). 5 g/kg led to gastric hyperkeratosis and liver steatosis orally in rat (PH2). Parenteral dose of 22–50 mg/kg glucosinolate is lethal in mice.

Extracts (Horseradish Tree) — Juice from leaves and stem bark inhibit *Staphylococcus aureus* but not *Escherichia coli* (MPI). Another study showed bark extracts were active against *Bacillus subtilis*, *Dip. pneumoniae*, *Escherichia coli*, *Micrococcus pyogenes*, *Salmonella typhosa*, *Shigella dysenteri*, *Streptococcus pyogenes,* and *Vibrio comma*. Bark extract is fungicidal to *Candida albicans*, *Helminthosporium sativum*, *Microsporum gypseum*, and *Trichophyton mentagrophytes*. The 50% ethanolic extract of root bark (devoid of antibacterial activity) was antiviral to the *vaccinia* virus but not Ranikhet disease virus, but it did inhibit its replication. Ether leaf extracts were bacteriostatic to *Staphylococcus aureus* and *S. typhosa*. Alcohol extracts may contain an adrenergic neuron blocking agent (MPI). Alcoholic root bark extract analgesic, antiedemic, and antiinflammatory at 500–1000 mg/kg orally in albino rats (MPI). Aqueous and ethanolic leaf extracts are bactericidal, hypotensive, sedative, and respirastimulant. LD50 of 50% ethanolic plant extract = 8 mg/kg ipr mouse.

HORSETAIL (*Equisetum arvense* L.) +



Activities (Horsetail) — Antibacterial (1; APA; PED); Antiedemic (1; APA); Antiinflammatory (1; APA; FAD; SHT); Antispasmodic (1; PED; PH2); Aquaretic (1; SHT); Astringent (1; APA; CRC; PNC); Bitter (PED); Carminative (f; PED); Cooling (f; CRC); Diaphoretic (f; PED); Diuretic (2; KOM; PIP; PH2; WAM); Emmenagogue (f; PED); Hemolytic (1; HHB); Hemostat (1; APA; CRC; FAD; PNC); Immunostimulant (1; HHB); Leukocytogenic (1; BGB; HHB); Nephrotonic (f; BGB); Tonic (1; WAM); Vulnerary (2; KOM; WAM).

Indications (Horsetail) — Alopecia (f; APA; PHR; PH2); Arthrosis (f; APA; DEM; SKY); Bacteria (1; APA; HHB; PED); Bladder (f; CRC); Bladder Stone (2; PHR; PH2); Bleeding (1; APA; CRC; FAD; PNC); BPH (f; BGB); Brittle Nails (1; SKY); Burn (2; APA; PHR; PH2); Cancer (f; CRC); Cancer, abdomen (f; CRC); Cancer, bone (f; CRC; JLH); Cancer, breast (f; CRC); Cancer, colon (f; JLH); Cancer, intestine (f; CRC); Cancer, kidney (f; CRC); Cancer, lip (f; CRC); Cancer, liver (f; CRC); Cancer, oral (f; CRC); Cancer, stomach (f; CRC); Cancer, tongue (f; CRC; JLH); Childbirth (f; DEM); Cholecystosis (f; FAD); Conjunctivosis (f; PED); Constipation (f; FAD); Cramp (1; PED; PH2); Cystosis (2; BGB; KOM; PH2; PNC); Dentition (f; DEM); Dermatosis (f; BGB; DEM); Dropsy (f; CRC; DEM); Dyspepsia (f; CRC); Dysuria (f; BGB; CRC; DEM); Edema (2; KOM; PIP); Enuresis (f; BGB; PNC; WAM); Epistaxis (1; PHR; PH2); Fever (f; CRC; PED); Fracture (f; APA; PHR; PH2; WAM); Frostbite (f; PHR; PH2); Gas (f; PED); Gastrosis (f; CRC; FAD; PH2); Gonorrhea (f; BGB; CRC; FAD); Gout (f; CRC; FAD; PH2); Gravel (2; CRC; KOM; PIP); Headache (f; DEM); Hemopoietic Ailment (f; CRC); Hematuria (f; FAD); Hemoptysis (f; CRC); Hemorrhoid (f; PED); Immunodepression (1; HHB); Incontinence (f; BGB; PED); Infection (1; HHB; KOM); Inflammation (2; APA; FAD; KOM; SHT); Kidney Stone (2; APA; PHR; PH2; X7860196); Lumbago (f; DEM); Metrorrhagia (1; PHR); Mycobacteria (1; HHB); Nephrosis (1; FAD; KOM; PH2; PIP); Obesity (f; BGB); Osteoarthrosis (f; SKY); Osteoporosis (f; APA; SKY); Pain (f; DEM); Poison Ivy (f; DEM); Polyp (f; CRC; JLH); Poor Bone Development (f; PHR);

Poor Hair (f; PHR); Prostatosis (1; KOM; PNC); Pulmonosis (f; CRC; PH2); Respirosis (2; KOM); Rheumatism (f; APA; CRC; PH2; SKY); Rhinosis (f; JLH; PH2); Rupture (f; BGB); Sore (f; BGB; PH2); Sprain (f; APA); Staphylococcus (1; HHB); Stone (2; PHR; SHT); Strangury (f; BGB); Streptococcus (1; HHB); Swelling (1; APA; CRC; PHR; PH2); Tuberculosis (f; APA; CRC; FAD; PH2); Ulcer (f; CRC); Urethrosis (2; CRC; KOM; PNC); UTI (2; APA; KOM; PH2; SHT); Water Retention (2; KOM; PIP; PH2; WAM); Wound (2; KOM; PHR; PH2; WAM).

Dosages (Horsetail) — 2–4 tbsp (2–4 g) fresh herb (APA; PED); 1–4 g herb/cup water (SKY; WIC); 3–6 g dry herb (PED); 4.5 g dry herb:22 ml alcohol/23 ml water (PED); 1.5 g/cup tea (HHB); 6 g/day (KOM; PH2; SHT); 2–4 ml liquid extract (PNC); 2–6 ml tincture/day (SKY); 3 (~350 mg) capsules 3 ×/day (APA); 3 (355 mg) capsules 3 ×/day; 1 (505 mg) StX 2 ×/day.

Contraindications, Interactions, and Side Effects (Horsetail) — Class 2d. Contraindicated in cardiopathy or nephrosis. Powdered herb not recommended for children or long-term use. Toxicity is reportedly similar to nicotine poisoning in children who have chewed the stem (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). Despite reported benefits of silicon, it seems prudent that infants, young children, and pregnant women not ingest horsetail for extended periods, unless its thiaminase enzyme has been deactivated (Reichert, 1994). Not for use during pregnancy, or with kidney or heart disease (WAM). Raw use depletes thiamine (vitamin B1). Should not be used more than 7 days (WAM). Said to induce seborrheic dermatosis (Reichert, 1994). There's an inconsistency in an AHP quote, "daily use of the herb should not exceed 2.0 grams ... doses in excess of 5.0 grams of the herb powder should be taken during meals." Commission E lists no known contraindications, drug interactions, or side effects (KOM; PIP) at least for oral dosage (PIP). The Herbal PDR says a physician should be consulted when used as a bath additive in cases of major skin lesions, major feverish and infectious diseases, cardiac insufficiency, and hyperotonia (PHR). Beware of related species with toxic alkaloids (SKY). The hemostatic substance is active orally, but neither hypertensive, nor hypotensive, nor a vasoconstrictor (PNC). Bioflavonoids may cause diuresis (SKY). "Silicon content is said to exert a connective tissue-strengthening and antiarthritic action" (SKY). Surprising to me, it has been approved by Commission E for treatment of posttraumatic and static edema, irrigation therapy for bacterial and inflammatory diseases of the lower urinary tract and renal gravel (KOM), and for burns, kidney and bladder stones, UTIs, and wounds (PHR). Equisetonine is weakly hemolytic (HHB). EO bactericidal against *Mycobacteria*, *Staphylococcus*, *Streptococcus* (HHB). Silica strengthens bones, hair, and nails (WAF).

HORSEWEED, FLEABANE, CANADIAN FLEABANE (*Conyza canadensis* (L.) Cronquist) +

Synonym: *Erigeron canadensis* L.

Activities (Horseweed) — Anticonvulsant (f; DEM); Antiedemic (f; PH2); Antiinflammatory (f; PHR); Astringent (f; FAD); Diaphoretic (f; DEM); Diuretic (f; FAD); Hemostat (f; PHR); Hypotensive (1; PNC); Sternutator (f; DEM); Tonic (f; PNC); Vermifuge (f; PHR).

Indications (Horseweed) — Acne (f; DEM); Arthrosis (f; DEM); Asthma (f; DEM); Backache (f; DEM); Bleeding (f; PHR; PH2); Bronchosis (f; FAD; PH2); Cancer (f; JLH; PH2); Childbirth (f; DEM); Cold (f; DEM); Convulsion (f; DEM); Cough (f; DEM; FAD); Cholecystosis (f; FAD; PH2); Cramp (f; DEM); Cystosis (f; FAD; PH2); Dermatosis (f; DEM); Diarrhea (f; DEM; FAD); Dropsy (f; PH2); Dysentery (f; PHR); Dysmenorrhea (f; PH2); Dysuria (f; FAD); Eczema (f; FAD); Enterosis (f; FAD); Epistaxis (f; HHB); Fever (f; DEM); Gastrosis (f; FAD; PH2); Gout (f; PH2); Granuloma (f; PH2); Gravel (f; FAD); Headache (f; DEM); Hemorrhoid (f; FAD; PH2); Hepatosis (f; PH2); High Blood Pressure (1; PNC); Hysteria (f; DEM); Inflammation (f; PHR); Leukorrhea (f; DEM); Liver Spot (f; DEM); Menorrhagia (f; PH2); Nephrosis (f; FAD); Pain (f; DEM);

Rheumatism (f; PH2); Rhinosis (f; DEM); Ringworm (f; FAD); Snakebite (f; DEM); Sore Throat (f; PHR; PH2); Sprain (f; DEM); Stomachache (f; DEM); Sunburn (f; DEM); Swelling (f; PH2); Tumor (f; FAD); Uterorrhagia (f; PHR); Uterosis (f; PH2); UTI (f; PHR; PH2); VD (f; DEM); Water Retention (f; FAD); Worm (f; PHR); Wound (f; DEM).

Dosages (Horseweed) — 3 cups tea/day or 2 tsp liquid shoot extract (PH2); 0.01–0.25 ml EO (PNC). Food farmacy (tops consumed as food by Miwok Indians) (DEM).

Contraindications, Interactions, and Side Effects (Horseweed) — Class 1 (AHP). None recorded (PHR). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). May cause dermatosis (FAD).

HOTTENTOT FIG (*Carpobrotus edulis* (L.) L. Bolus) +++

Synonym: *Mesembryanthemum edule* L.

Activities (Hottentot Fig) — Antibacterial (1; VVG); Antiseptic (1; ZUL); Antiviral (1; VVG); Astringent (1; VVG); Diuretic (1; VVG); Fungicide (1; VVG); Hemostat (1; VVG); Laxative (1; ZUL); Vasoconstrictor (1; VVG).

Indications (Hottentot Fig) — Allergy (f; ZUL); Bacteria (1; VVG); Bleeding (1; VVG); Burn (f; VVG; ZUL); Candida (1; ZUL); Constipation (1; ZUL); Diabetes (f; ZUL); Diphtheria (f; ZUL); Dysentery (1; VVG); Earache (f; VVG); Eczema (f; ZUL); Fungus (1; VVG); Infection (1; VVG; ZUL); Mycosis (1; VVG); Parturition (f; ZUL); Ringworm (f; ZUL); Sore Throat (1; VVG; ZUL); Sprue (f; ZUL); Stomatosis (1; VVG); Toothache (f; VVG); Vaginosis (1; VVG); Virus (1; VVG); Water Retention (1; VVG); Wound (1; VVG).

HOUND'S TONGUE (*Cynoglossum officinale* L.) XXX

Activities (Hound's Tongue) — Analgesic (f; HHB; PH2; PNC); Antispasmodic (f; EFS); Antitumor (1; DAA); Antitussive (f; PHR); Astringent (f; EFS; PNC); Carcinogenic (1; PH2); Curare (1; HHB); CNS-Paralytic (1; HHB); Demulcent (f; EFS; PNC); Emollient (f; EFS); Expectorant (1; PH2); Hemostat (f; EFS); Hepatotoxic (1; PH2); Poison (1; PH2); Sedative (f; HHB; PHR); Vulnerary (f; PH2).

Indications (Hound's Tongue) — Adenopathy (f; JLH); Bleeding (f; EFS); Bronchosis (f; KOM); Bug Bite (f; HAD); Cancer (1; DAA; FNF; JLH); Cancer, anus (1; FNF; JLH); Cancer, face (1; FNF; JLH); Cancer, gland (1; FNF; JLH); Cancer, lip (1; FNF; JLH); Cancer, skin (1; FNF; JLH); Cancer, spleen (f; JLH); Cold (f; HAD); Condyloma (f; JLH); Cough (f; HAD; HHB; PH2); Cramp (f; EFS); Dermatosis (f; KOM); Diarrhea (f; KOM; PH2); Enterosis (f; KOM); Gastrosis (f; KOM); Hemorrhoid (f; HAD); Induration (f; JLH); Insomnia (f; HHB; PHR); Myalgia (f; KOM); Nervousness (f; HHB; PHR); Neuralgia (f; EFS; KOM); Neurosis (f; KOM); Pain (f; HHB; PH2; PNC); Proctosis (f; JLH); Sore (f; HHB); Splenosis (f; JLH); Trauma (f; KOM); Tumor (1; DAA); Wart (f; JLH); Wen (f; JLH); Wound (f; PHR; PH2).

Contraindications, Interactions, and Side Effects (Hound's Tongue) — Not covered (AHP). Hepatotoxic and hepatocarcinogenic, should under no circumstances be taken internally (PHR). Use not recommended due to toxic PAs (PNC). Though I use the KOM abbreviation, where there is no "2," the indication was unapproved by Commission E, usually with the boiler plate disavowal, "The effectiveness of the herb for the claimed applications is not documented." Commission E has rejected therapeutic use of *Cynoglossum officinale* because PAs are present and because therapeutic usefulness has not been sufficiently documented. PAs are toxic to humans, with liver damage with cirrhosis and ascites, or seneciosis, or veno-occlusive disease (VOD), reported in almost all cases of severe or fatal intoxications, from intakes of 0.5 to 3.3 mg/kg (AEH1). Cynoglossine paralyzes peripheral nerve endings in frogs. Consolicine and consolidine paralyze the CNS, and is three times more potent than cynoglossine (PHR).

HOUSELEEK (*Sempervivum tectorum* L.) +

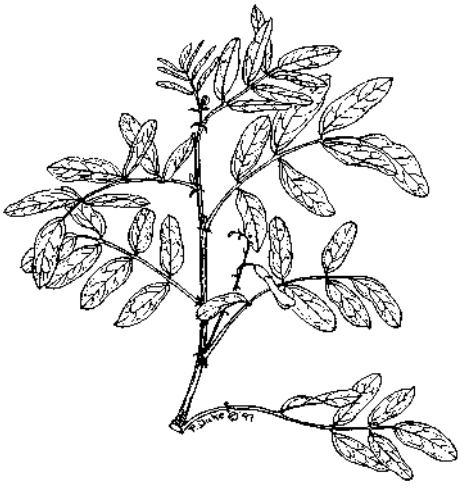
Activities (Houseleek) — Alterative (f; EFS); Antioxidant (1; PH2); Antipyretic (f; EFS); Antiseptic (f; PH2); Antispasmodic (f; EFS); Astringent (f; EFS; PH2); Depurative (f; EFS); Diuretic (f; PH2); Hemostat (f; EFS); Hepatoprotective (1; PH2).

Indications (Houseleek) — Adenopathy (f; JLH); Amenorrhea (f; PH2); Angina (f; HH3); Aphtha (f; MAD); Bite (f; PH2); Bleeding (f; EFS); Burn (f; PH2); Callus (f; JLH); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, epithelioma (f; JLH); Cancer, gland (f; JLH); Cancer, liver (f; JLH); Cancer, nose (f; JLH); Cancer, skin (f; JLH); Cancer, spleen (f; JLH); Cancer, thigh (f; JLH); Cancer, tongue (f; JLH); Cancer, uterus (f; JLH); Carcinoma (f; JLH); Cirrhosis (f; MAD); Condyloma (f; JLH); Conjunctivosis (f; MAD); Corn (f; PH2); Cramp (f; EFS); Cystosis (f; MAD); Deafness (f; PH2); Dermatosis (f; JLH; PH2); Diaphragmosis (f; MAD); Diarrhea (f; PH2); Dysentery (f; MAD; PH2); Dysmenorrhea (f; MAD; PH2); Earache (f; MAD); Enterosis (f; WOI); Epilepsy (f; MAD); Erysipelas (f; MAD); Fever (f; EFS; PH2); Glossosis (f; JLH); Headache (f; HH3; PH2); Hemorrhoid (f; HH3); Hepatosis (f; JLH); Induration (f; JLH); Infection (f; PH2); Inflammation (f; JLH; PH2); Itch (f; PH2); Malaria (f; MAD); Mastosis (f; JLH; PH2); Mucososis (f; PH2); Mycosis (f; HH3; PH2); Neuralgia (f; PH2); Nipple (f; PH2); Ophthalmia (f; HHB); Rhinosis (f; JLH); Sclerosis (f; JLH); Scrofula (f; MAD); Sore (f; PH2); Sore Throat (f; HHB); Splenosis (f; JLH); Sting (f; PNC); Stomatosis (f; PH2); Swelling (f; PH2); Tonsilosis (f; PH2); Toothache (f; HH3); Uterosis (f; JLH; PH2); Wart (f; JLH); Water Retention (f; EFS; PH2); Wound (f; PH2); Worm (f; PH2; WOI).

Dosages (Houseleek) — 1 cup infusion every 3 hours (PH2); steep 15 g in 1 liter water for 10 minutes for topical and gargle (PH2); use expressed juice as eardrop (PH2).

Contraindications, Interactions, and Side Effects (Houseleek) — Not covered (AHP)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

HUANG QI (*Astragalus membranaceus* (Fisch. ex Link) Bunge) ++



Synonym: *Phaca membranacea* Fisch. ex Link.

Regrettably, PH2 hints that tragacanth and an American species, *Astragalus australis*, might be involved in their huang qi concept.

Activities (Huang Qi) — Adaptogen (1; KEB; WAM); Aldose-Reductase Inhibitor (1; MAB); Antiaggregant (1; BO2); Antianginal (2; MAB); Antibacterial (1; DAA; LAF; MAB; WAM); Antidiaphoretic (f; KEB); Antiedemic (1; LAF); Antifatigue (f; MAB); Antihypoglycemic (1; LAF); Antiinflammatory (1; LAF; WAM); Antimetastatic (1; BO2); Antimutagenic (1; KEB); Antinephrotic (1; LAF); Antioxidant (1; AKT; MAB; PH2); Antipyretic (f; MAB); Antiretroviral (1; MAB); Antiseptic (1; MAB; PED); Antispasmodic (f; PED); Antitumor (1; KEB); Antiviral (1; KEB; PH2; WAM); Bitter (f; PED); cAMP-Genic (1; MAB); Cardiotonic (2; AKT; KEB); Carminative (f; PED); Cerebroprotective (1; AKT); CNS-Stimulant (1; AKT); Diuretic (2; FAY; KEB; PH2); Enterotonic (1; AKT); Fungicide (1; LAF); Glutathionigenic (1; AKT); Glycogen-Sparing (1; AKT); Hepatoprotective (1; AKT; KEB; LAF; PH2); Hypoglycemic (1; DAA; LAF); Hypotensive (1; DAA; KEB; FAY; MAB); Immunostimulant (2; FAY; PH2; SKY; WAM); Interferonigenic (1; AKT; FAY; MAB); Interluekingenic (1; BO2); Leukocytogenic (2; KEB); Memorigenic (1; KEB; LAF; PH2); Natriuretic (1; MAB); Pectoral (f; DAA); Peristaltic (1; PH2); Phagocytotic (1; AKT; KEB); Positive Inotropic (1; KEB); Pulmonotonic (f; AKT); Saluretic (1; KEB); SOD-Genic (1; AKT); Tonic (f; FAY); Vasodilator (1; FAY; MAB).

Indications (Huang Qi) — Amenorrhea (f; PH2); Anasarca (f; DAA); Angina (2; AKT; KEB; PH2); Anorexia (f; FAY); Autoimmune Disease (1; MAB); Arthrosis (f; DAA); Bacteria (1; DAA; LAF; MAB; WAM); Bronchosis (1; DAA); Cancer (1; FAY; KEB; SKY); Cancer, lung (f; PH2); Cardiopathy (1; AKT; KEB; PH2); Cervicosis (1; MAB); CFS (1; KEB); Chemotherapy (1; FAY; MAB); Cold (2; KEB; LAF; WAM); Cramp (f; PED); Debility (1; DAA; FAY); Diabetes (1; DAA; LAF; PED); Diarrhea (f; MAB); Dyspnea (1; AKT; PH2); Dysuria (f; DAA); Edema (f; DAA; PED); Encephalosis (1; MAB); Fatigue (1; FAY; MAB); Fever (f; KEB; MAB); Fibrosis (f; PH2); Flu (1; FAY; KEB; WAM); Fungus (1; LAF); Gas (f; PED); Hepatosis (1; AKT); Herpes (1; MAB; SHB); High Blood Pressure (1; DAA; KEB; FAY; MAB); HIV (1; KEB; LAF); Immune Dysfunction (1; LAF; SKY); Immunodepression (2; FAY; PH2; SKY; WAM); Infection (1; PED; LAF; MAB); Infertility (1; KEB); Inflammation (1; LAF; MAB; WAM); Ischemia (1; AKT); Leukopenia (1; MAB); Metastasis (1; BO2); Mycosis (1; LAF); Myocardosis (1; AKT; MAB; PH2); Nephrosis (2; AKT; FAY; KEB; LAF; PH2); Night Sweats (f; DAA); Pain (1; AKT); Palpitation (f; MAB); Paralysis (f; MAB); Proctocele (f; DAA); Prolapse (f; DAA; KEB); Proteinuria (1; AKT); Puerperium (f; MAB); Pulmonosis (f; DAA; PH2); Respirosis (f; DAA); Sore Throat (1; SKY); Splenosis (f; DAA); Swelling (1; LAF); Tumor (1; KEB); Ulcer (1; KEB; PED); Urethrosis (f; PED); Uterorrhagia (f; MAB); Uterosis (f; DAA); Viral Hepatosis (1; KEB); Virus (1; AKT; KEB; MAB; PH2; WAM); Water Retention (2; FAY; KEB; PH2).

Dosages (Huang Qi) — 2–4 tbsp fresh root/day (PED); 1–3 g root/day for long-term use (AKT); 10–30 g root/day (MAB); 9–15 g sliced root (FAY); 3–6 g dry root/day (PED); 4.5 g dry root:22 ml alcohol/23ml water (PED); 2–6 g dry root/day or 4–12 ml fluid extract (1:2) (KEB); 9–30 g/day to 69 g in cancer (BO2); 3–5 ml tincture 3 ×/day (SKY); 6 (500 mg) capsules/day; 2 (400 mg) capsules 3 ×/day; 2–3 tablets or 500 mg capsules/day (SKY).

Contraindications, Interactions, and Side Effects (Huang Qi) — Class 1 (AHP). No side effects reported but "pregnant women should check with their practitioners before using." Do not use with fever or during pregnancy (WAM). High (more than 30 g day) doses may induce high blood pressure, increased heart rate, insomnia, overstimulation, and/or palpitations (BO2). No botanist knows all the species of *Astragalus*, and some very toxic ones look pretty much like the innocuous ones. Some may contain dangerous levels of selenium.

Extracts (Huang Qi) — Bitter extracts are antiseptic, antispasmodic, diuretic, immunostimulant, phagocytotic (PED). Antiviral activity perhaps synergistically due to enhanced immunity and possible enhanced interferon production. Oral doses or nasal sprays protect mice from parainfluenza type 1. Prophylactic against common cold. Also effective against Coxsackie B myocardial infec-

tions. *In vitro* augments interferon response and acts synergistically with administered interferon (KEB) (perhaps making it useful in viral hepatosis). At 200 mg/kg root extract (that would be 20 g in me) increases human urine output by 64% and sodium excretion by 14.5%; this could be useful in cardiac patients, and it is demonstrated effective in angina pectoris (KEB). At levels of 1.25 mg/ml aqueous extracts increases 16% the incidence of aberrant cells *in vitro* (MAB). LD50 astragalus = 39,800 ipr mouse (MAB), LDlo = >100,000 mg/kg orl rat (BO2).

HU-ZHANG, MEXICAN BAMBOO (*Fallopia japonica* (Houtt.) Ronse Decr.) +++

Synonym: *Polygonum cuspidatum* Siebold & Zucc., *Reynoutria japonica* Houtt.

Activities (Hu-Zhang) — Antiaggregant (1; LAF); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Antibacterial (1; LAF); Anticancer (1; COX; FNF); Antihistaminic (1; LAF); Antiinflammatory (1; COX; FNF); Antioxidant (1; COX; LAF); Antitussive (1; LAF); Antiviral (1; LAF); COX-2 Inhibitor (1; COX; FNF); Diuretic (1; DAA; FNF); Emmenagogue (1; DAA; FNF); Gonadotropic (1; DAA); Glutathionigenic (1; COX; FNF); Hepatoprotective (1; LAF); Hypotensive (1; LAF); Hypotriglyceridemic (1; LAF); Lipolytic (1; LAF); PTK-Inhibitor (1; LAF); Stomachic (f; DAA); Vasodilator (1; LAF).

Indications (Hu-Zhang) — Abscess (1; DAA; FNF); Alzheimer's (1; COX; FNF); Amenorrhea (f; DAA; LAF); Appendicitis (1; DAA; LAF); Arthrosis (1; COX; FNF); Athlete's Foot (f; LAF); Bacteria (1; LAF); Boil (1; DAA; FNF); Bronchosis (1; LAF); Bruise (1; DAA; FNF); Burn (f; DAA; LAF); Cancer (1; COX; FNF); Congestion (f; DAA); Cough (f; LAF); Coxsackie (1; LAF); Cramp (f; DAA); Dermatosis (f; LAF); Dysmenorrhea (1; DAA; FNF); Edema (1; COX; DAA); Favus (f; LAF); Fever (1; COX; DAA; FNF); Flu (1; LAF); Gonorrhea (f; LAF); Gout (f; DAA); Hepatosis (1; DAA; LAF); Herpes (1; LAF); High Blood Pressure (1; LAF); Hyperlipemia (f; LAF); Infection (f; LAF); Inflammation (1; COX; FNF); Jaundice (1; DAA; LAF; FNF); Leukocytopenia (f; LAF); Lymphadenosis (1; COX; DAA; FNF); Pain (1; COX; LAF); Pleurisy (1; DAA; FNF); Snakebite (1; DAA; FNF); Sore (f; LAF); Virus (1; LAF); Water Retention (1; DAA; FNF).

Dosages (Hu-Zhang) — Having eaten the young shoots, which I consider food farmacy, and would not hesitate myself to take this at levels suggested for Fo Ti: 4–5(–16) g dry root or 8–16 (–40 ml fluid extract).

Contraindications, Interactions, and Side Effects (Hu-Zhang) — Not covered (AHP; KOM; PH2). As the best source of resveratrol, a COX-2 inhibitor, this herb shares many of the activities of the so-called miracle aspirin. See also Fo-Ti, which shares many chemicals with Hu-Zhang.

HWEMA (*Corynanthe pachycera* K. Schumann) +

Activities (Hwema) — Analgesic (1; PH2); Anesthetic (1; PH2); Antiacetylcholinesterase (1; HDN); Antiadrenergic (1; HDN); Antidote (f; HDN); Antiserotonin (1; HDN); Antispasmodic (1; PH2); Aphrodisiac (1; HDN); Astringent (1; HDN); Bitter (1; HDN); CNS-Active (1; PH2); CNS-Stimulant (1; HDN); Convulsant (1; PH2); Curare (1; HDN); Hypoglycemic (1; HDN); Hypotensive (1; PH2); Piscicide (1; HDN); Sedative (1; HDN); Sympatholytic (1; HDN); Vasodilator (1; HDN).

Indications (Hwema) — Cardiopathy (f; HDN); Cold (f; PH2); Cough (f; HDN); Cramp (1; PH2); Diarrhea (1; HDN); Diabetes (1; HDN); Fever (f; HDN; PH2); High Blood Pressure (1; PH2); Insomnia (1; HDN); Leprosy (f; PH2); Malaria (f; HDN; PH2); Nephrosis (f; HDN); Nervousness (1; HDN); Pain (1; PH2).

Dosages (Hwema) — 200 mg dry extract 1–4 ×/day (PH2).

Contraindications, Interactions, and Side Effects (Hwema) — Not covered (AHP; EFS; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Overdoses potentially toxic, with convulsions and dyspnea. Stem bark is hypotensive and sedative (HDN). Corynanthine has twice the aphrodisiac effect on dogs as yohimbine, yet is 10–17 times less piscicidal as yohimbine (HDN).

HYDRANGEA (*Hydrangea arborescens* L.) ++

Synonyms: *Viburnum alnifolium* Marshall, *V. americanum* Mill.

Activities (Hydrangea) — Alterative (f; CRC); Antiallergic (f; APA); Antibacterial (f; CRC); Antiemetic (f; DEM); Antiinflammatory (f; PED); Antilithic (f; CAN); Bitter (f; PED); Diaphoretic (f; CRC); Diuretic (1; APA; FAD; PHR; PH2); Emetic (f; APA; DEM; FAD); Laxative (f; APA; CRC; FAD; PED); Litholytic (f; MAD); Narcotic (f; CRC); Poison (f; CRC); Sialagogue (f; CRC); Stimulant (f; DEM); Stomachic (f; CRC); Tonic (f; CRC).

Indications (Hydrangea) — Adenopathy (f; CRC; JLH); Allergy (f; APA); Bacteria (f; CRC); Bile (f; DEM); Bladder Stone (f; APA; PHR; PH2); Bronchosis (f; FAD); Burn (f; APA; DEM; FAD); Calculus (f; CAN; CRC; PED); Cancer (f; APA; CRC); Cancer, tongue (f; JLH); Catarrh (f; CRC); Cholecystosis (f; FAD); Constipation (f; APA; CRC; FAD; PED); Cystosis (f; CAN; CRC; MAD); Diabetes (f; CRC; MAD); Dropsy (f; CRC); Dysmenorrhea (f; CRC); Dyspepsia (f; APA; CRC); Fever (f; CRC); Gallstone (f; DEM); Gastrosis (f; DEM); Gleet (f; CRC); Gravel (f; CAN; CRC); High Blood Pressure (f; DEM); Incontinence (f; CRC; MAD); Infection (f; APA); Inflammation (f; PED); Kidney Stone (f; APA; PHR; PH2); Metastasis (f; CRC; JLH); Mucososis (f; CRC); Myalgia (f; APA; FAD); Myosis (f; DEM); Nephrosis (f; CRC; MAD; PNC); Pain (f; CRC; MAD); Prostatosis (f; APA; CAN; CRC; MAD); Rheumatism (f; CRC); Sore (f; DEM); Sprain (f; APA; FAD); Stone (f; CAN; FAD; MAD); Swelling (f; DEM); Thirst (f; MAD); Tumor (1; CRC; DEM; FAD); Ulcer (f; DEM); Urethrosis (f; CAN; MAD; PHR; PH2); Urinary Calculi (f; CAN); Vomiting (f; DEM); Water Retention (1; APA; FAD; PHR; PH2); Wound (f; APA; FAD); X-Ray (f; CRC). Not covered by Commission E (KOM).

Dosages (Hydrangea) — 2 g root (AHP); 2–4 g root, or in tea, 3 ×/day (CAN); 1 tbsp fresh root (PED); 1.5 g dry root (PED); 1.5 g dry root:7 ml alcohol/8 ml water (PED); 2–4 ml liquid root extract (APA; PNC); 2–4 ml liquid root extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2–10 ml root tincture (1:5 in 45% ethanol) 3 ×/day (CAN); 1 tsp liquid extract every 3–4 hours for urinary incontinence (MAD).

Contraindications, Interactions, and Side Effects (Hydrangea) — Class 2d. Not for prolonged use. Do not exceed recommended dose. Cyanogenic properties (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). CAN cautions regarding GI irritation and dermatosis. Overdoses may cause tightness in chest and vertigo. Hydrangin may cause gastrosis and enterosis. And the cop-out clause. In view of the "lack of" data, use during pregnancy and lactation, and excessive use should be avoided (CAN). Extract is nontoxic in animals (PNC). Hydrangenol is allergenic (PHR; PH2). Flavonoids such as quercetin and rutin (widespread in other herbs) are said to be diuretic, to inhibit tumor formation, and to reduce inflammation. Synthesized hydrangeol derivatives are reportedly antiallergic, inhibiting hyaluronidase activity and histamine release (CAN).

HYSSOP (*Hyssopus officinalis* L.) ++

H

Activities (Hyssop) — Abortifacient (f; EFS); Antibacterial (1; FNF; WAM); Anticapillary Fragility (1; FNF); Antidiaphoretic (f; MAD); Antiedemic (1; FNF); Antiherpetic (1; APA); Antiinflammatory (1; PNC); Antiseptic (1; APA; PH2); Antispasmodic (1; PH2; WAM); Antiviral (2; APA; FAD; PH2); Astringent (1; HHB); Carminative (1; PNC); Circulostimulant (f; KOM); Convulsant (1; APA); Decongestant (f; APA); Diaphoretic (1; EFS; WAM); Diuretic (f; EFS); Emmenagogue (f; EFS); Expectorant (1; APA; PNC; WAM); Fungicide (1; FNF; WAM); Insecticide (f; APA); Insectifuge (f; APA); Nervine (1; WAM); Pectoral (1; PNC; WOI); Sedative (f; PNC); Stimulant (f; DEP; PNC); Stomachic (f; EFS); Uterotonic (1; WAM); Vermifuge (1; DEP; JFM; PH2).

Indications (Hyssop) — Asthma (f; APA; DEM; MAD); Athlete's Foot (1; WAM); Bacteria (1; FNF; WAM); Bronchosis (1; FAD; HHB; MAD); Bruise (f; WOI); Cancer (f; JLH); Cancer, feet (f; JLH); Cancer, liver (f; JLH); Cancer, neck (f; JLH); Cancer, spleen (f; JLH); Cancer, throat (f; JLH); Cancer, uterus (f; JLH); Cancer, uvula (f; JLH); Candida (1; WAM); Capillary Fragility (1; FNF); Cardiopathy (f; KOM); Catarrh (f; MAD; PHR; PH2); Cholecystosis (2; EFS; PHR); Circulosis (f; PH2); Cold (2; APA; FAD; PHR); Cold Sore (1; APA); Colic (f; APA); Congestion (f; APA); Cough (1; EFS; FAD; WAM); Cramp (1; PH2; WAM); CVI (1; FNF); Dysmenorrhea (f; KOM; MAD); Dyspepsia (f; APA; KOM); Dysuria (f; WOI); Earache (f; JFM); Edema (1; FNF); Enterosis (f; PHR; PH2); Fever (2; APA; EFS; MAD; PHR); Fibroid (f; JLH); Frostbite (prevention) (f; KOM); Fungus (1; FNF; WAM); Gas (1; APA; FAD; PNC); Gout (f; APA); Hemorrhoid (1; FNF); Hepatosis (2; JLH; PHR); Herpes (2; APA; FAD; PH2); HIV (1; APA); Hoarseness (f; APA; EFS); Infection (1; FNF; WAM); Inflammation (1; FNF; PNC); Insomnia (f; PNC); Jaundice (f; MAD); Lice (f; JFM); Mastosis (f; DEM); Mycosis (1; FNF; WAM); Myosis (f; WOI); Nervousness (f; PNC); Neurosis (f; DEP; WOI); Night Sweats (f; EFS); Obesity (f; APA); Ophthalmia (f; JFM; KOM); Pharyngosis (1; APA; JLH); Pulmonosis (f; DEM; DEP; PHR; PH2); Rheumatism (f; APA; WOI); Roundworm (f; WOI); Sclerosis (f; JLH); Sore Throat (1; APA; FAD; HHB); Splenosis (f;

JLH); Sprain (f; WOI); Stomachache (f; MAD); Swelling (1; FNF); Tonsilosis (f; EFS); Urethrosis (f; WOI); Uterosis (f; WOI); Varicosis (1; FNF); Virus (2; APA; FAD; PH2); Water Retention (f; EFS; MAD); Worm (1; DEP; EFS; JFM; PH2); Wound (f; APA).

Dosages (Hyssop) — 1–2 tsp herb/cup water up to 3 ×/day (APA); 2 tsp (55.8 g) herb in tea (MAD); herb mashed in honey taken several ×/day for worms (JFM); handful of herb boiled in 0.25 liter for toothache, applied topically (JFM); 2–4 ml liquid herb extract (APA; PNC); 445 mg capsules (PH2); 1–2 drop EO as expectorant (WOI).

Contraindications, Interactions, and Side Effects (Hyssop) — Class 2b. Emmenagogue and uterotonic (AHP).“Health hazards not known with proper therapeutic dosages” (PH2). Not to be used by pregnant women (WAM).

Extracts (Hyssop) — Hyssop oil is powerfully neurotoxic, there have been several cases of epileptiform seizures. Hyssop is a convulsant because of its pinocamphone (40%) and iso-pinocamphone (30%) content; this toxicity often refers to injections. At levels of 2.5 mg/kg, injections into dogs produced almost immediate epileptiform seizures. With rats it took more than 130 mg/kg. Intraperitoneal pinocamphone was a convulsant and lethal to rats at levels higher than 0.05 ml/kg. “Even dermal administration of hyssop oil should be avoided in those vulnerable to seizures” (Tisserand, 1995). Some EOs may be hazardous to people with epilepsy, especially those EOs that are rich in artemisia ketone, camphor, pinocamphone, pulegone, and thujone. Some scientists consider ketones in general to be highly stimulant to the CNS, and hence are contraindicated for people with epilepsy (Tisserand, 1995). According to the *Lawrence Review on Natural Products* (September 1996), hyssop, an ingredient in cold and cough preparations, appears to exert its demulcent and expectorant effects via its EO. However, injections of the oil may be convulsant and neurotoxic at 130 mg/kg, and a rodenticide at 1250 mg/kg, probably due to isopinocamphone and pinocamphone. Pinocamphone may be present at quantities as high as 13,000 ppm, isopinocamphone at 6500 ppm. Intraperitoneal injections from 4 ml/kg to 200 ml/kg produce a generalized crisis in rats leading from CNS convulsions to death. Anti-HIV and antiviral activities need to be confirmed (*LRNP,* September 1996). Oral administration of the oil can also be dangerous. Three cases of clonic spasms have been reported, two adults each taking 10–30 drops each pure EO, and a 6-year-old child taking 2–3 drops a day over several days (KOM). Remember, I council in all cases against pure EO. Diosmin and ursolic acid are antiinflammatory, the latter a COX-2 inhibitor. As the best source of diosmin, it could well be a very useful herbal tea for varicose veins. On a dry weight basis, it can attain 6% diosmin. Dry hyssop of that strength would only take 10 grams to provide the 600 mg diosmin considered antiinflammatory and capillary-protective. That’s why I have it in my CapillADE. The activities of diosmin suggest that it might be most useful in several conditions, diabetic retinopathy, edema, hemorrhoid, hyperglycemia, inflammation, and varicosities, especially in concert with OPCs and the related rutin.

I

IBOGA (*Tabernanthe iboga* Baill.) X

Activities (Iboga) — Anesthetic (f; HDN); Antiaddictive (1; X10891627); Anticholinesterase (1; HDN); Antipyretic (f; HDN); Aperitif (f; CRC; HDN); Aphrodisiac (f; CRC; HDN); Cardiosedative (1; HDN); CNS-Stimulant (f; CRC); Hallucinogen (1; CRC; HDN); Hypertensive (1; HDN); Hypotensive (1; HDN); Narcotic (f; CRC; HDN); Negative Inotropic (1; HDN); Prolactinogenic (1; X10891627); Respiradepressant (1; HDN); Stimulant (f; CRC); Tonic (f; CRC; HDN).

Indications (Iboga) — Addiction (1; X10891627); Anorexia (1; CRC; HDN); Convalescence (f; CRC); Cough (f; HDN); Debility (f; CRC); Fever (f; CRC; HDN); High Blood Pressure (1; CRC; HDN); Impotence (f; HDN); Low Blood Pressure (1; HDN); Neurasthenia (f; CRC); Ophthalmia (f; HDN); Pain (f; HDN); Toothache (f; HDN).

Contraindications, Interactions, and Side Effects (Iboga) — Not covered (AHP; KOM; PH2). Toxic doses may produce convulsions, paralysis, and death from respiratory arrest while the heart keeps beating. LD50 (total alkaloids) = 350 mg/kg orl mouse, LD50 (total alkaloids) = 352 mg/kg orl rat. While ibogaine is a potent anticholinesterase agent, a strongly diluted root extract (few mg root powder/50 ml water) was still ca. 100 times stronger than pure ibogaine (comparable to physostigmine, the strongest cholinesterase inhibitor known) probably due to synergistic or additive relations with tabernanthine, ibogamine, and iboluteine (HDN).

ICELAND MOSS (*Cetraria islandica* Achar.) ++

Activities (Iceland Moss) — Antibacterial (1; APA; BIS); Anticancer (1; PH2; WO2); Antiemetic (1; HHB; PNC); Anti-HIV (1; APA; ABS; BGB); Antiinflammatory (1; BGB); Antiproliferative (1; BGB); Antiretroviral (1; ABS); Antisarcomic (1; WO2); Antiseptic (1; BGB; BIS; KOM; PH2); Antiviral (1; APA; WO2); Aperitif (1; WO2); Bitter (1; APA; HHB); Choleretic (1; WO2); Cytotoxic (1; BGB); Demulcent (2; KOM; PH2; PNC); Digestive (f; WO2); Emollient (1; BGB); Expectorant (f; HHB; PNC); Gastrostimulant (1; APA); Immunostimulant (1; APA; BGB; BIS); Lactagogue (f; BIS; HHB); 5-Lipoxygenase Inhibitor (1; BGB); Pancreatonic (1; WO2); Sialagogue (1; APA); RT Inhibitor (1; ABS); Tonic (f; BGB); Tuberculostatic (1; HHB).

Indications (Iceland Moss) — Anemia (f; LUST); Anorexia (2; APA; BIS; HHB; KOM; PH2; WO2); Asthma (f; BGB; HHB); Bacteria (1; APA; BIS); Bronchosis (2; APA; BGB; HHB; PH2); Cancer (1; BGB; JLH; PH2; WO2); Catarrh (f; BGB; HHB); Childbirth (f; PH2); Cholecystosis (f; PHR); Cold (2; APA; BGB; PHR); Congestion (f; APA); Cough (2; APA; KOM; PH2); Cystosis (f; APA; HHB; PH2); Diabetes (f; BGB; HHB); Diarrhea (f; PH2); Dyspepsia (2; APA; PHR; PH2); Enterosis (f; PHR; PH2); Fever (2; PHR); Gastrosis (f; PHR; PH2); Hemoptysis (f; WO2); HIV (1; APA; ABS; BGB); Immunodepression (2; APA; BGB; BIS; PHR); Infection (2; PHR); Inflammation (1; BGB); Laryngosis (1; BGB); Migraine (f; PH2); Mucososis (1; APA; PH2); Nausea (f; PH2); Nephrosis (f; APA; BGB; HHB; PHR; PH2); Pain (f; HHB); Pertussis (f; BGB; HHB; PH2); Pulmonosis (f; APA; PHR); Pharyngosis (2; APA; BGB; KOM; PH2); Respirosis (2; APA; BGB;

KOM); Sore Throat (1; APA); Stomachache (f; APA); Stomatosis (2; APA; BGB; KOM; PH2); Tuberculosis (1; HHB; WO2); Ulcer (1; BGB); Virus (1; APA; WO2); Vomiting (1; HHB; PH2; PNC); Wound (f; APA; HHB; PHR; PH2).

Dosages (Iceland Moss) — 1–2 tsp powdered alga several ×/day (APA); 1.5 g herb/cup tea (HHB); 4–6 g herb (KOM; PH2).

Contraindications, Interactions, and Side Effects (Iceland Moss) — Class 1 (teas), class 2d (extract or powder). Contraindicated in people with gastroduodenal ulcers due to mucososis. GI irritant (AHP). None known (KOM).“Hazards and/or side effects not known for proper therapeutic dosages” (PH2). In rare cases, topical administration has sensitized (PHR). Poorly prepared Iceland moss may contain toxic levels of lead (BGB). Excessive use may cause loose bowels (WO2).

IGNATIUS BEAN (*Strychnos ignatii* P. J. Bergius) X

Synonym: *S. tieute* Lesch.

Activities (Ignatius Bean) — Alexeteric (f; WOI); Aphrodisiac (f; IHB); Bitter (1; PH2); Curare (f; HHB; WOI); Nervine (f; WOI); Psychoanaleptic (1; PH2); Stimulant (f; EFS); Tonic (f; EFS; HHB; WOI); Toxic (1; EFS; HHB; PH2); Vermifuge (f; MAD).

Indications (Ignatius Bean) — Angina (f; MAD); Anorexia (f; MAD); Asthma (f; DEP; WOI); Blepharosis (f; MAD); Cholera (f; WOI); Climacteric (f; MAD); Colic (f; MAD); Cramp (f; HHB; MAD; PH2); Cystosis (f; MAD); Depression (f; MAD; PH2); Dropsy (f; DEP; WOI); Duodenosis (f; HHB); Dysmenorrhea (f; MAD); Dyspepsia (f; MAD); Dystonia (f; HHB); Enterosis (f; HHB); Esophagosis (f; MAD); Gastrosis (f; HHB MAD); Headache (f; MAD); Hemorrhoid (f; DEP; HHB; WOI); Hyperchlorhydria (f; MAD); Hypochondria (f; MAD); Impotence (f; IHB); Malaria (f; MAD); Migraine (f; HHB; MAD); Myosis (f; PH2); Neurasthenia (f; MAD); Neurosis (f; MAD); Prolapse (f; MAD); Rheumatism (f; DEP; WOI); Syncope (f; MAD; PH2); Ulcer (f; HHB; MAD); Worm (f; MAD).

Dosages (Ignatius Bean) — 1–2 grains for asthma (DEP); maximum single dose 100 mg seed; maximum daily dose 300 mg seed (HH2; MAD; PH2).

Contraindications, Interactions, and Side Effects (Ignatius Bean) — Not covered (AHP). One bean can poison (1.5 mg strychnine = 30–50 mg seed) and generate anxiety, backache, enhanced reflexes, equilibrium disorders, heightened sense perception, pain, and stiff neck; then comes convulsions, dyspnea, and twitching. Lethal dose ca. 50 mg strychnine (1–2 g seed) (PH2).

INDIAN ACALYPHA (*Acalypha indica* L.) ++

Activities (Indian Acalypha) — Analgesic (f; MPI; WO2); Antibacterial (1; PH2; WOI); Carminative (f; WOI); Diaphoretic (f; CRC); Diuretic (f; WOI); Emetic (f; CRC; PH2); Expectorant (f; CRC; MPI; PH2); Hemostat (1; PH2); Hypnotic (f; MPI); Larvicide (f; CRC); Laxative (1; CRC; WOI); Parasiticide (f; KAB); Vermifuge (f; CRC; DEP; PH2).

Indications (Indian Acalypha) — Acne (f; CRC); Arthrosis (f; PH2; WOI); Asthma (f; DEP); Bacteria (1; PH2; WOI); Bite (f; KAB); Bleeding (1; PH2; WOI); Bronchosis (f; CRC; PH2); Burn (f; WOI); Cancer (f; JLH; PH2); Congestion (f; DEP); Constipation (f; CRC; PH2; WOI); Cough (f; DEP; WOI); Croup (f; CRC; PH2); Decubitis (f; DEP; WOI); Dermatosis (f; DEP; PH2; WOI); Earache (f; PH2; WOI); Eczema (f; CRC; PH2); Escherichia (1; WOI); Fever (f; CRC); Fungus (f; WOI); Gas (f; WOI); Gastrosis (f; PH2); Headache (f; CRC; DEP); Hemoptysis (f; WOI); Infection (1; WO2); Inflammation (f; PH2); Maggot (f; CRC); Mania (f; DEP); Ophthalmia (f; CRC; WBB); Pain (f; DEP; MPI; WO2); Parasite (f; CRC; KAB); Phthisis (f;

CRC; WOI); Pneumonia (f; CRC; SKJ); Pulmonosis (f; WOI); Rheumatism (f; DEP; WOI); Ringworm (f; CRC; DEP; WOI); Scabies (f; CRC; WOI); Sore (f; WOI); Syphilis (f; DEP); Toothache (f; WOI; WO2); Tuberculosis (f; CRC; DEP); Tumor (f; CRC; JLH); Water Retention (f; WOI); Worm (f; CRC; DEP; KAB; PH2); Wound (f; CRC; PH2).

Dosages (Indian Acalypha) — 15 g decoction laxative (CRC); 1–4 drachms juice as laxative (DEP); 100 g herb/liter water (PH2).

Contraindications, Interactions, and Side Effects (Indian Acalypha) — Not covered (AHP). Aside from possible gastric irritation, no hazards or side effects are known with proper therapeutic dosages (PH2). Possibly allergenic (PH2). Plant contains cyanide, may cause blood poisoning leading to a chocolate-brown blood (WBB). Alcoholic root, shoot, and/or leaf extracts are active against *Escherichia* and *Micrococcus* (WO2).

INDIAN ALMOND (*Terminalia catappa* L.) ++

Synonym: *Phytolacca javanica* Osbeck.

Activities (Indian Almond) — Aphrodisiac (f; KAB); Antipyretic (f; DAV); Antiseptic (1; WBB); Astringent (1; HH2; IED; IHB; JFM); Cardiotonic (f; KAB; WOI); Diaphoretic (f; HH2; IHB; WOI); Diuretic (f; HH2; KAB); Emetic (f; HH2); Emollient (f; KAB); Hypotensive (f; DAV; TRA); Pectoral (f; JFM); Tonic (f; JFM); Vermifuge (f; IED).

Indications (Indian Almond) — Arthrosis (f; HH2); Asthma (f; HH2; JFM); Biliousness (f; DAV; JFM); Bronchosis (f; KAB); Candida (f; IHB); Catarrh (f; WBB); Colic (f; HH2; IHB; KAB); Condyloma (f; JLH); Dermatosis (f; HH2; JFM; WBB; WOI); Diabetes (f; HH2); Diarrhea (1; HH2; JFM; KAB); Dysentery (f; DAV; IHB; JFM; KAB); Fever (f; DAV; HH2; IED; IHB; JFM; WOI); Headache (f; HH2; IED; IHB; KAB); Hemoptysis (f; IED; JFM); High Blood Pressure (f; DAV; TRA); Infection (1; WBB); Jaundice (f; HH2); Leprosy (f; HH2; KAB); Mastosis (f; JFM); Myalgia (f; HH2); Nipple (f; JFM); Pulmonosis (f; IED); Rheumatism (f; HH2; IHB); Scabies (f; HH2; IED; KAB; WBB; WOI); Sore (f; IED); Tapeworm (f; IED); Uterosis (f; JFM); Wart (f; JLH); Water Retention (f; HH2; KAB); Worm (f; IED).

Dosages (Indian Almond) — 2 tbsp decoction (few leaves in 200 cc water) every 2 hours for diarrhea (JFM).

INDIAN BARBERRY, TREE TURMERIC (*Berberis aristata* DC.) +

Activities (Indian Barberry) — Alpha-Adreno Inhibitor (1; WO2); Alterative (f; KAB; KAP; SUW); Anesthetic (1; MPI); Antibacterial (1; WO2); Antipyretic (f; KAP; WO2); Antiseptic (1; MPI; WO2); Astringent (f; KAP); Bitter (1; HHB; SUW); Cardiotonic (1; MPI); Cholagogue (f; WO2); Cicatrizant (f; KAB); COX-2 Inhibitor (1; COX); Deobstruent (f; KAB; KAP; SUW); Diaphoretic (f; KAP; SUW; WO2); Emmenagogue (f; WO2); Hypoglycemic (1; MPI); Hypotensive (1; MPI; WO2); Laxative (f; DEP; MPI; WO2); Stomachic (f; KAP; SUW; WO2); Tonic (f; KAP; WO2).

Indications (Indian Barberry) — Adenopathy (f; KAP); Alzheimer's (1; COX); Arthrosis (1; COX); Bacteria (1; WO2); Cancer (1; COX; KAP; MPI); Cholera (1; KAP; MPI; WO2); Conjunctivosis (1; WO2); Constipation (f; DEP; MPI; WO2); Debility (f; DEP); Dermatosis (f; KAB; SKJ; SUW; WO2); Diarrhea (1; SUW; WO2); Dysentery (1; WO2); Dysmenorrhea (f; KAB); Dysuria (f; KAB); Enterosis (1; MPI); Escherichia (1; WO2); Fever (f; DEP; KAP; SUW; WO2); Gastrosis (1; HH2; MPI); Giardia (1; MPI); Gingivosis (f; WO2); Hemeralopia (f; DEP); Hemorrhoid (f; KAP; SUW; WO2); Hepatosis (f; DEP); High Blood Pressure (1; MPI; WO2); Infection (1; WO2);

Inflammation (1; COX; MPI); Jaundice (f; KAB; SKJ; WO2); Leishmania (1; WO2); Leprosy (f; WO2); Leukorrhea (f; WO2); Malaria (1; HHB; KAP; SUW); Menorrhagia (f; KAB; SKJ; SUW); Ophthalmia (1; KAP; SUW; WO2); Pain (1; MPI); Pharyngosis (1; MPI); Rheumatism (f; DEP); Rhinosis (f; MPI); Snakebite (f; SKJ); Sore (f; KAP; WO2); Splenosis (f; DEP; WO2); Stomachache (f; HH2); Toothache (f; WO2); Vibrio (1; WO2); Wound (f; HH2; KAB).

Dosages (Indian Barberry) — 4–12 g edible fruit (KAP); 2–3 g root (HHB); 12–20 ml root tea (KAP); 0.5–1 g root extract (KAP); 30 drops root tincture 3 ×/day (DEP); 56–112 ml root decoction (KAP); 1–2 oz root bark decoction for malaria (KAB).

INDIAN CASSIA (*Cinnamomum tamala* (Buch.-Ham.) Nees & Eberm.) ++

Synonym: *Laurus tamala* Buch.-Ham.

Activities (Indian Cassia) — Alexeteric (f; KAB); Alterative (f; MBB); Antidote, opium (f; DEP); Antisialagogue (f; KAB); Astringent (f; SUW); Bitter (f; MBB); Carminative (f; DEP; KAB; SUW; WOI); Cerebrotonic (f; KAB); Deobstruent (f; KAB); Diaphoretic (f; DEP; KAB); Diuretic (f; KAB); Hypoglycemic (1; WO2); Immunostimulant (f; MBB); Insulinogenic (1; WO2); Lactagogue (f; KAB); Stimulant (f; DEP; KAB; SUW); Stomachic (f; DEP); Vermifuge (f; KAB).

Indications (Indian Cassia) — Anorexia (f; KAP); Asthma (f; DEP); Bacteria (1; WO2); Bronchosis (f; DEP); Cardiopathy (f; DEP; KAB); Catamenia (f; DEP); Childbirth (f; DEP; KAB); Cold (f; DEP); Colic (f; DEP; KAB; WOI); Coryza (f; KAB); Cough (f; DEP; MBB); Cystosis (f; KAP); Debility (f; DEP); Dermatosis (f; MBB); Diabetes (1; WO2); Diarrhea (f; DEP; KAB; WOI); Dusgeuzia (f; KAB); Dyspepsia (f; DEP); Edema (f; MBB); Enterosis (f; DEP; KAP); Fever (f; DEP; KAB); Gas (f; DEP; KAP; SUW; WOI); Gastrosis (f; DEP); Gonorrhea (f; DEP); Gout (f; MBB); Hemoptysis (f; MBB); Hemorrhoid (f; KAB); Hepatosis (f; KAB); Immunodepression (f; MBB); Infection (1; WO2); Inflammation (f; KAB); Nausea (f; DEP; SUW); Neurosis (f; DEP); Ophthalmia (f; KAB); Ozoena (f; KAB); Pain (1; DEP; WO2); Proctosis (f; KAB); Respirosis (f; MBB); Rheumatism (f; DEP; KAB; WO2); Rhinosis (f; MBB); Salivation (f; KAB); Scabies (f; KAB); Snakebite (f; KAB); Splenosis (f; KAB); Spermatorrhea (f; KAB); Toothache (1; WO2); Toxemia (f; MBB); Vomiting (f; KAB; SUW); Water Retention (f; KAB); Womb (f; DEP); Worm (f; KAB); Xerostoma (f; KAP).

Dosages (Indian Cassia) — 1.5–3 g powdered leaf (KAB).

Contraindications, Interactions, and Side Effects (Indian Cassia) — Not approved.

INDIAN ELECAMPANE (*Inula racemosa* Hook. f.) ++

Activities (Indian Elecampane) — Allergic (1; KEB); Antiallergic (1; KEB); Antianginal (2; KEB); Antihistaminic (1; KEB); Antiserotonin (1; KEB); Antiseptic (1; WOI); Antispasmodic (1; KEB); Aphrodisiac (f; SKJ); Beta-Blocker (f; KEB); Bitter (1; WOI); Diuretic (1; SKJ; WOI); Expectorant (1; KEB; WOI); Hypotensive (2; KEB); Myorelaxant (1; KEB); Uterorelaxant (1; KEB); Vermifuge (1; SKJ; WOI).

Indications (Indian Elecampane) — Allergy (1; KEB); Angina (2; KEB); Asthma (1; KEB); Bronchosis (1; KEB); Cardiopathy (2; KEB); Cough (f; KEB); Cramp (1; KEB); Dyspnea (f; KEB); High Blood Pressure (2; KEB); Ischemia (2; KEB); Water Retention (1; SKJ; WOI); Worm (1; SKJ; WOI).

Dosages (Indian Elecampane) — 2–4 g dry root of 4–8 ml extract (1:2)/day (KEB).

Contraindications, Interactions, and Side Effects (Indian Elecampane) — Not covered (AHP; KOM). Alantolactone is allergenic (KEB; WOI).

INDIAN HELIOTROPE (*Heliotropium indicum* L.) +

Activities (Indian Heliotrope) — Abortifacient (f; DAV); Analgesic (f; DAV; EFS); Antiabortive (f; DAV); Anticancer (f; 60P); Antileukemic (f; 60P); Antimelanomic (f; 60P); Antispasmodic (1; AAB); Astringent (1; DAV; JFM; WOI); Carcinogenic (f; AAB); Collyrium (f; AAB); Diaphoretic (f; JFM); Diuretic (f; DAV; 60P); Emmenagogue (f; JFM; 60P); Emollient (f; DAV); Hepatotoxic (f; AAB); Hypouricemic (f; 60P); Pectoral (f; DAV; 60P); Stomachic (f; DAV; WOI; 60P); Uterotonic (1; AAB); Vulnerary (f; DAV; 60P).

Indications (Indian Heliotrope) — Abscess (f; JFM); Amenorrhea (f; JFM); Aphtha (f; DAV; 60P); Arthrosis (f; DAV); Asthma (f; DAV; JFM; 60P); Bite (f; DAV; IED; 60P); Bleeding (1; IED; JFM); Boil (f; DAV; JFM; 60P); Bronchosis (f; JFM); Calculus (f; DAV); Cancer (f; 60P); Childbirth (f; JFM); Chilblain (f; JFM); Cold (f; JFM); Cough (f; JFM; 60P); Cramp (1; AAB); Dermatosis (f; AAB; IED; 60P); Diarrhea (f; AAB; IED); Dysentery (f; JFM); Dysmenorrhea (f; AAB; IED); Eczema (f; DAV; JFM; 60P); Enterosis (f; JFM); Erysipelas (f; DAV); Fever (f; DAV; JFM; 60V); Furuncle (f; DAV; 60P); Gingivosis (f; WOI); Gravel (f; 60P); Hemorrhoid (f; JFM); Hyperuricemia (f; JFM); Inflammation (f; DAV; JFM; JLH; 60P); Itch (f; DAV; WOI); Kidney Stone (f; JFM); Leprosy (f; DAV); Leukemia (1; 60P); Malaria (1; JFM); Melanoma (1; 60P); Myalgia (f; DAV; JFM); Nausea (f; AAB); Nephrosis (f; DAV; 60P); Ophthalmia (f; JFM); Pain (f; AAB; DAV; EFS); Paroxysm (f; JFM); Pharyngosis (f; DAV); Rash (f; IED); Rheumatism (f; DAV; 60P); Scabies (f; DAV); Sore (f; IED); Sore Throat (f; JFM); Sting (f; IED; 60P); Tumor (1; FNF; JLH); Ulcer (f; WOI); Vomiting (f; AAB); Wart (f; JLH); Water Retention (f; DAV; 60P); Wound (f; WOI; 60P).

Dosages (Indian Heliotrope) — 6 g leaf/100 g water shown antimalarial in Instituo Medico Nacional (JFM); boil three 15-cm stem with leaf 5 minutes in 3 cups water and drink warm (AAB); boil 3 leaves in 1 cup water 10 min and strain for collyrium (AAB).

Contraindications, Interactions, and Side Effects (Indian Heliotrope) — May be toxic if drunk regularly or in large doses (carcinogenic and/or liver toxicity).

INDIAN IPECAC (*Tylophora indica* (Burm. f.) Merr.) X

Synonym: *Asclepias asthmatica* L. f., *Cynanchum indicum* Burm. f., *Tylophora asthmatica* (L. f.) Wight & Arn.

Activities (Indian Ipecac) — Adrenergic (1; SAB); Adrenocorticotropic (1; SAB); Analgesic (f; SKJ); Antiallergic (2; KEB); Antianaphylactic (1; SAB); Antiasthmatic (2; KEB; SAB); Antiedemic (1; SAB); Antihistaminic (1; WOI); Antiinflammatory (1; KEB; SAB); Antileukemic (1; WOI); Antispasmodic (1; SAB); Antitumor (1; KEB); Bacteristat (1; WOI); CNS-Depressant (1; KEB); Diaphoretic (f; SKJ); Emetic (1; KEB); Expectorant (f; SKJ); Immunodepressant (1; KEB; SAB); Laxative (1; SKJ); Myocardiodepressant (1; WOI); Myorelaxant (1; SAB); Protisticide (1; KEB); Vermicide (f; WOI).

Indications (Indian Ipecac) — Allergy (2; KEB); Anaphylaxis (1; SAB); Asthma (2; KEB; SAB); Autoimmune Disease (2; KEB); Bronchosis (2; KEB; SAB); Cancer (1; KEB); Constipation (1; SKJ); Cramp (1; SAB); Diarrhea (f; WOI); Dysentery (2; KEB); Eosinophilia (1; KEB; SAB); Fever (f; SKJ); Gout (f; WOI); Hay Fever (2; KEB); Inflammation (2; KEB; SAB); Leukemia (1; WOI); Pain (f; SKJ); Pertussis (f; WOI); Rheumatism (f; SKJ); Rhinosis (2; KEB; SAB); Swelling (1; SAB); Tumor (1; KEB); Worm (f; WOI).

Dosages (Indian Ipecac) — 200–400 mg dry herb or 1–2 ml/day 1:5 tincture, for no more than 4 weeks; 2 (100 mg) capsules powdered leaf/day/6 day (SAB).

Contraindications, Interactions, and Side Effects (Indian Ipecac) — Not covered (AHP; KOM). Fresh leaves may cause nausea and vomiting (KEB). Alkaloids irritate the skin and are emetic

(KEB). "Dried leaves may cause fatal poisoning" (WOI). Sore mouth, loss of taste, and/or vomiting, etc. occurred in 75% of patients after only 3–6 leaves. LD50 of the crude alcoholic extract of the drug was found to be 2 mg/kg (WOI). If correct this a very dangerous drug. That means less than a gram (200 mg) of the tincture could kill me. Until I have better information, I have given the herb the X for safety.

Extracts (Indian Ipecac) — Extracts stimulate adrenal cortex, antagonize steroid-induced suppression of adrenal activity, and increase plasma steroid levels (KEB). Tylophorine is quite toxic (LD50 = 35 mg/kg orl rat) (KEB). Extracts ipr in mice (400 mg/kg) about as good an antiedemic as phenylbutazone (80 mg/kg). Phenanthroindolizidine alkaloids contribute to antiasthmatic activity. Sabinsa (1998) cites data comparing 10 mg/day of the bronchodilator isoprenaline sublingually with 2 capsules/day (100 mg) dry leaf. The herb was a bit better at improving lung function (SAB).

INDIAN JUJUBE, INDIAN PLUM (*Ziziphus mauritiana* Lam.) ++

Synonyms: *Rhamnus jujuba* L., *Ziziphus jujuba* (L.) Gaertn.

Activities (Indian Jujube) — Analgesic (f; WOI); Antipyretic (f; WOI); Aperitif (f; KAB); Aphrodisiac (f; KAB); Astringent (f; KAP; WOI); Cardiotonic (f; KAB); Cerebrotonic (f; KAB); Collyrium (f; KAB); Contraceptive (f; WOI); Depurative (f; KAB; SUW); Diaphoretic (f; WOI); Digestive (f; KAB; SUW); Expectorant (f; KAP); Hemostat (f; KAB; SUW); Laxative (f; KAB); Pectoral (f; KAB; SUW); Sedative (f; WOI); Stomachic (f; KAP); Tonic (f; KAB); Vermifuge (f; KAP).

Indications (Indian Jujube) — Anorexia (f; KAB); Asthma (f; KAB; KAP); Biliousness (f; KAB); Bleeding (f; KAB; SUW); Boil (f; KAB; KAP); Carbuncle (f; KAP); Colic (f; KAP); Conjunctivosis (f; KAB; KAP); Constipation (f; KAB); Diarrhea (f; KAB; SUW; WOI); Dysentery (f; KAB; WOI); Dyspepsia (f; SUW); Dysuria (f; KAP); Fever (f; KAB; WOI); Gingivosis (f; KAB); Gonorrhea (f; KAP); Headache (f; KAB); Hepatosis (f; KAB; KAP); Insomnia (f; WOI); Leukorrhea (f; KAB); Nervousness (f; WOI); Obesity (f; KAB); Ophthalmia (f; KAB); Pain (f; WOI); Pulmonosis (f; WOI); Rheumatism (f; KAP); Sore (f; KAB; SUW); Sting (f; KAB); Stomatosis (f; KAP); Strangury (f; KAB; SUW); Syphilis (f; KAB; KAP); Thirst (f; KAB); Tuberculosis (f; KAB); Typhoid (f; WOI); VD (f; KAB; KAP); Vomiting (f; KAB); Worm (f; KAP); Wound (f; KAB; SUW).

Dosages (Indian Jujube) — 5–7 fruit (KAP); 56–112 ml bark decoction (KAP).

INDIAN MADDER (*Rubia cordifolia* L.) X

Activities (Indian Madder) — Alexeteric (f; DEP; KAB); Alterative (f; KAB; LMP; SUW); Analgesic (f; DAA; KAB); Antiseptic (f; SKJ; WOI); Aperitif (f; KAB); Astringent (f; KAB; SUW; WOI); Bitter (f; KAB); Deliriant (f; KAB); Deobstruent (f; DEP; SKJ; WOI); Diuretic (f; DAA; KAB); Emmenagogue (f; KAB; LMP); Hypoglycemic (1; WOI); Lactagogue (f; KAB); Laxative (f; KAB); Tonic (f; KAB; SUW; WOI); Vermifuge (f; KAB; WOI); Vulnerary (f; LMP).

Indications (Indian Madder) — Amenorrhea (f; DEP; KAB); Anorexia (f; KAB); Arthrosis (f; DAA; KAB); Bacteria (1; LMP; WOI); Biliousness (f; KAB); Bite (f; KAB; SUW); Bleeding (f; DAA; LMP); Colic (f; KAB); Complexion (f; KAB); Constipation (f; KAB); Cystosis (f; DAA); Dermatosis (f; DEP; KAB; WOI); Diabetes (1; WOI); Dysentery (f; KAB; LMP; WOI); Dysmenorrhea (f; DAA; LMP); Dysuria (f; DEP; KAB; LMP); Edema (f; DAA); Enterosis (f; KAP); Epistaxis (f; DAA); Erysipelas (f; KAB); Fracture (f; DAA; DEP); Freckle (f; DEP; KAP); Hematuria (f; DAA; LMP); Hemoptysis (f; DAA); Hemorrhoid (f; KAB); Hepatosis (f; DEP; KAB); Infection (1; WOI); Inflammation (f; DEP; KAB; WOI); Jaundice (f; DAA; DEP; KAB; LMP); Lethargy (f; KAB); Leukoderma (f; KAB); Leukorrhea (f; KAB); Menorrhagia (f; DAA); Nephrosis

(f; DAA); Ophthalmia (f; KAB); Otosis (f; KAB); Pain (f; DAA; KAB); Paralysis (f; DEP; KAB); Pleurisy (f; KAB); Pulmonosis (f; KAB); Rheumatism (f; DAA; KAB; LMP); Rhinosis (f; WOI); Snakebite (f; KAB; SUW); Sore (f; DEP; KAB; WOI); Sore Throat (f; KAB); Splenosis (f; KAB); Staphylococcus (f; LMP; WOI); Sting (f; KAB; SUW); Stone (f; DAA); Swelling (f; DAA; DEP; KAP); Trauma (f; DAA); Tuberculosis (f; KAP); Ulcer (f; KAP); Uterosis (f; KAB); Vaginosis (f; KAB); Voice (f; KAB); Water Retention (f; DAA; KAB); Worm (f; KAB; SKJ; WOI).

Dosages (Indian Madder) — 56–112 ml root decoction (KAP); 1–3 g powdered root (KAP); greens used as the food lalab in India (WOI).

INDIAN NIGHTSHADE (*Solanum lasiocarpum* Dunal) +

Synonyms: *S. ferox* auct., *S. indicum* L.

Activities (Indian Nightshade) — Antibacterial (1; WOI); Anticancer (1; WOI); Antileukemic (1; WOI); Antipyretic (f; KAB); Aphrodisiac (f; KAP); Astringent (f; KAB; KAP); Bitter (f; KAB); Cardiotonic (f; KAP); Carminative (f; KAP; SUW; WOI); Diaphoretic (f; KAP); Digestive (f; KAB; WOI); Expectorant (f; KAB; SUW; WOI); Hypnotic (f; KAB); Laxative (f; WOI); Poison (1; USD); Stimulant (f; KAP); Stomachic (f; KAB); Vermifuge (1; KAB; WOI).

Indications (Indian Nightshade) — Asthma (f; KAB; KAP; SKJ); Bacteria (1; WOI); Bite (f; KAB); Bronchosis (f; KAB); Cancer (1; WOI); Cardiopathy (f; KAB); Catarrh (f; KAB; SUW; WOI); Childbirth (f; KAB; SUW); Colic (f; KAB; SKJ; SUW; WOI); Constipation (f; WOI); Cough (f; KAB; KAP; SKJ; WOI); Dermatosis (f; WOI); Dropsy (f; KAP); Dusgeusia (f; KAB); Dysuria (f; KAB; SUW); Escherichia (f; WOI); Fever (f; KAB; KAP; SKJ; SUW); Fungus (f; WOI); Gas (f; KAP; SUW; WOI); Halitosis (f; KAB); Inchuria (f; KAB; SUW); Itch (f; KAB; SKJ; SUW; WOI); Leukemia (1; WOI); Leukoderma (f; KAB); Mycosis (f; WOI); Neurasthenia (f; KAB); Ophthalmia (f; KAB); Pain (f; KAB); Proctosis (f; KAB); Rheumatism (f; SKJ); Rhinosis (f; WOI); Ringworm (f; WOI); Snakebite (f; KAB); Sore (f; WOI); Staphylococcus (1; WOI); Sting (f; KAP); Toothache (f; KAB; SUW); Vomiting (f; KAB; SKJ); Worm (1; KAB; SUW; WOI).

Dosages (Indian Nightshade) — 1–2 g powdered plant (KAP); 48–96 ml plant decoction (KAP).

INDIAN PHYSIC, AMERICAN IPECAC (*Gillenia stipulatus* (Muhl. ex Willd.) Baill.) +

Synonyms: *Porteranthus stipulatus* (Muhl. ex Willd.) Britton, *Spiraea stipulata* Muhl. ex Willd.

Called Indian Physic Root or American Ipecac in HHB. Unfortunately, the Herbal PDR (PH2) equates the common name, Indian Physic, used in HHB for this species, with the scientific name, *Gillenia trifoliata*, which Moerman and I treat as Bowman's Root. Thus, the nomenclature in the German-edited PH2 is criss-crossed with the earlier German book (HHB) and with the Amerindian DEM. I think both species might be considered generically from the medicinal point of view.

Activities (Indian Physic) — Bitter (f; PH2); Depurative (f; PH2); Emetic (f; DEM; HHB); Expectorant (f; PH2).

Indications (Indian Physic) — Asthma (f; DEM); Cold (f; DEM); Constipation (f; PH2); Diarrhea (f; DEM; PH2); Dropsy (f; PH2); Dyspepsia (f; PH2); Fever (f; DEM); Flu (f; DEM); Hepatosis (f; DEM); Nephrosis (f; DEM); Rheumatism (f; DEM; PH2); Sting (f; DEM); Swelling (f; DEM).

Contraindications, Interactions, and Side Effects (Indian Physic) — Not covered (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

INDIAN or HIMALAYAN RHUBARB (*Rheum australe* D. Don) +

Synonym: *Rheum emodi* Wall. ex Meisn.

Activities (Indian Rhubarb) — Alexeteric (f; KAB); Aperitif (f; HH2; KAB); Astringent (f; DEP; KAB; SUW); Bitter (f; KAB); Cardiotonic (f; MBB); Diuretic (f; KAB; KAP); Emmenagogue (f; KAB; KAP); Laxative (f; DEP; KAB; KAP; MBB; SUW); Stomachic (f; KAP); Tonic (f; DEP; KAB; SUW).

Indications (Indian Rhubarb) — Alcoholism (f; MBB); Anorexia (f; HH2; KAB); Asthma (f; KAB; KAP; MBB); Atony (f; WOI); Biliousness (f; KAB); Bronchosis (f; KAB; KAP); Bruise (f; KAB); Catarrh (f; KAP); Cirrhosis (f; MBB); Constipation (f; DEP; KAB; KAP; MBB; SUW); Coryza (f; KAB; KAP); Dermatosis (f; KAP); Diarrhea (f; SUW); Duodenosis (f; KAP); Dysentery (f; KAB; KAP); Dyspepsia (f; WOI); Encephalosis (f; KAB); Enterosis (f; HH2; KAP); Fever (f; KAB; KAP); Gas (f; MBB); Gastrosis (f; HH2); Hemorrhoid (f; KAB); Hepatosis (f; MBB); Jaundice (f; KAP); Lumbago (f; KAB; KAP); Neurasthenia (f; MBB); Ophthalmia (f; KAB); Pain (f; KAB); Water Retention (f; KAB; KAP).

Dosages (Indian Rhubarb) — 0.2–1 g (HHB; HH2); 5–20 g (KAP).

Contraindications, Interactions, and Side Effects (Indian Rhubarb) — Not covered (AKP; KOM; PH2). Probably contains oxalates and anthraquinones, and deserves the same cautionary notes as the Chinese and European species. Maybe so, maybe not. Here I read in an Indian book more than 100 years old regarding the Himalayan Rhubarb, "It is less active and has often been pronounced worthless" (DEP). And WOI (1972) warns about things that were not even warned about by conservative AHP, "Its use is prohibited for patients suffering from gout, rheumatism, epilepsy, and uric acid problems" (WOI). Conservatively, here are the warnings for the more dangerous species. *Viz.* Class 2b, 2c, 2d. Beware of anthraquinones, oxalates, and tannins (AHP). Commission E reports for bark, contraindications, adverse effects, and interactions of anthranoid laxatives (AEH). CAN cautions that the anthraquinones are laxative and irritate the GI tract. Because of the anthraquinones, nonstandardized preparations should be avoided during pregnancy and lactation (CAN). "Anthraquinones may be secreted into breast milk." Also contraindicated in arthrosis, hemorrhoids, and nephropathy (CAN), intestinal obstruction, abdominal pain of unknown causes, any enterosis (appendicitis, colitis, Crohn's disease, and irritable bowel syndrome), hemorrhoids, nephropathy, menstruation (AHP), and urethrosis (CAN). Not for use in cases of diarrhea or abdominal pain. Discontinue use if diarrhea or watery stools occur. Consult a health care provider in cases of pregnancy or lactation. Not for long-term use, use more than 8–10 days, or overdosage (AHP, CAN). Rhubarb leaves, high in oxalic acid, should not be eaten (CAN). One case of anaphylaxis following ingestion reported (CAN). Contains 4–11% stilbene derivatives, which pose such risks that the herb "can no longer be recommended" (SHT). While widely used, anthranoid-containing laxatives can be habit-forming; some contain compounds suspected of being cytotoxic, genotoxic, mutagenic, and even tumorigenic. Epidemiological studies in Germany reveal that abusers of anthranoid laxatives have a three times higher rate of colon carcinoma (AEH).

INDIAN SARSAPARILLA (*Hemidesmus indicus* (L.) W. T. Aiton) +

Synonym: *Periploca indica* L.

Activities (Indian Sarsaparilla) — Alterative (f; DEP; SUW; WOI); Antibacterial (1; MPI); Antidote (1; KEB); Antiedemic (1; MPI); Antiinflammatory (1; MPI); Antiseptic (1; KEB); Antiviral (1; MPI); Aperitif (f; DEP; SKJ; SUW); Demulcent (f; DEP; SUW; WOI); Depurative

(f; DEP; KEB); Diaphoretic (1; KEB; SUW); Hypertensive (1; MPI); Immunodepressant (1; KEB); Lactagogue (f; SKJ); Tonic (f; DEP; WOI).

Indications (Indian Sarsaparilla) — Anorexia (f; DEP; SKJ; SUW); Arthrosis (1; KAP; MPI); Bacteria (1; MPI); Biliousness (f; DEP); Bite (f; SUW); Candida (f; DEP); Conjunctivosis (f; DEP); Cough (f; DEP); Debility (f; DEP); Dermatosis (f; DEP; KEB); Diarrhea (f; DEP); Dyspepsia (f; DEP); Dysuria (f; SKJ); Edema (1; MPI); Escherichia (1; MPI); Fever (1; KEB; MPI; SKJ; SUW); Gravel (f; DEP; WOI); Infection (1; MPI); Inflammation (1; MPI); Leprosy (1; KEB); Leukorrhea (f; DEP; SUW); Low Blood Pressure (1; MPI); Rheumatism (f; DEP; SKJ; SUW); Salmonella (1; MPI); Scrofula (f; DEP); Shigella (1; MPI); Snakebite (f; SUW); Staphylococcus (1; MPI); Sting (f; SUW); Stomachache (f; SKJ); Strangury (f; DEP); Swelling (1; DEP; MPI); Syphilis (f; DEP; SKJ; SUW); Ulcer (f; KEB); Urogenitosis (f; DEP); UTI (f; SKJ); VD (f; DEP; SKJ); Virus (1; MPI).

Dosages (Indian Sarsaparilla) — 1–4 g powdered root (KAP); 28–56 ml root decoction (f; KAP); 3–6 ml (1:2) extract/day (KEB).

Contraindications, Interactions, and Side Effects (Indian Sarsaparilla) — Class 4 (AHP). Not covered (KOM). Though mildly immunodepressant, "very safe and non-toxic" (KEB).

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INDIAN STRAWBERRY (*Duchesnea indica* (Andrews) Focke) ++

Synonym: *Fragaria indica* Andrews, *Potentilla indica* (Andrews) Th. Wolf.

Activities (Indian Strawberry) — Circulostimulant (f; DAA; FAD).

Indications (Indian Strawberry) — Abscess (f; FAD); Boil (f; FAD); Bug Bite (f; FAD); Burn (f; FAD); Cachexia (f; DAA); Cancer (f; DAA); Cough (f; FAD); Dermatosis (f; FAA); Eczema (f; FAD); Laryngosis (f; FAD); Pulmonosis (f; FAD); Rheumatism (f; FAD); Ringworm (f; FAD); Snakebite (f; DAA); Sting (f; FAD); Stomatosis (f; DAA); Swelling (f; DAA); Tonsilosis (f; DAA); Trauma (f; FAD); Tuberculosis (f; DAA); Whitlow (f; DAA).

Contraindications, Interactions, and Side Effects (Indian Strawberry) — Not covered by Commission E or AHP, and no medicinal information, even in *The Wealth of India*. Fruits often described as poisonous. I have eaten hundreds, and find the word *insipid* more accurate. Reported to contain emodin (rare in rose family), chrysophanic acid, and phytosterols (DAA).

INDIAN VALERIAN (*Valeriana jatamansi* Jones) ++

Synonyms: *Nardostachys jatamansi* (Jones) DC., *Patrina jatamansi* (Jones) D. Don, *Valeriana wallichii* DC.

Activities (Indian Valerian) — Alexeteric (f; KAB); Amebicide (1; WOI); Analgesic (1; WOI); Antibacterial (1; HH3); Antiperiodic (f; KAB); Antiseptic (1; WOI); Antispasmodic (1; HHB; HH3; KAP); Aphrodisiac (f; KAB); Astringent (f; KAB); Bitter (f; KAB); Carminative (1; HHB; KAP; SKJ; WOI); CNS-Depressant (1; HH3); Depurative (f; KAB); Diuretic (f; KAB); Emmenagogue (f; KAB); Hypnotic (f; KAB); Insectifuge (1; WOI); Sedative (1; KAP; SKJ; WOI); Stimulant (f; KAP; SKJ; WOI); Stomachic (f; KAP); Tonic (f; SKJ; WOI); Tranquilizer (1; WOI).

Indications (Indian Valerian) — Alopecia (f; HH3); Ameba (1; WOI); Arthrosis (f; KAB); Bacteria (1; HH3; WOI); Bite (f; KAB); Cancer (f; JLH); Chorea (f; KAP); Colic (f; HH3); Convulsion (f; KAB; KAP); Cramp (1; HHB; HH3; KAP); Debility (f; KAP); Dysuria (f; SKJ; WOI); Epilepsy (f; HH3; KAB); Escherichia (1; HH3); Gas (1; HHB; KAP; SKJ; WOI); Gleet

(f; KAB); Head (f; KAB); Gastrosis (f; KAP); Hepatosis (f; HH3; KAB); Hypochondria (f; WOI); Hysteria (f; HH3; WOI); Induration (f; JLH); Infection (1; WOI); Insomnia (1; HH3; KAP; SKJ; WOI); Nephrosis (f; HH3; KAB); Nervousness (1; KAP; SKJ; WOI); Neurosis (f; KAP; WOI); Ophthalmia (f; KAB; JLH); Pain (1; KAB; WOI); Senility (f; KAP); Shell Shock (f; KAP); Snakebite (f; KAB); Splenosis (f; HH3; KAB); Staphylococcus (1; HH3); Syncope (f; KAB); Water Retention (f; KAB).

Dosages (Indian Valerian) — 1–3 g (KAP); 150–200 mg mixed valepotriates (HH3).

Contraindications, Interactions, and Side Effects (Indian Valerian) — Class 1 (AHP). Said to be a good substitute for *V. officinalis* (KAB).

INDIGO (*Indigofera tinctoria* L.) ++

Synonym: *I. sumatrana* Gaertn.

Activities (Indigo) — Allergenic (1; CRC); Antibacterial (f; WBB); Antidote, arsenic (f; WBB); Antipyretic (f; CRC; WBB); Antiseptic (f; CRC; WBB); Antispasmodic (f; CRC); Astringent (f; CRC); Deobstruent (f; CRC); Emetic (1; CRC); Larvicide (f; CRC); Laxative (f; CRC; WBB); Nematicide (1; CRC); Nervine (f; CRC); Pediculicide (1; CRC; WBB); Stimulant (f; CRC); Stomachic (f; WBB); Vermifuge (1; CRC; WBB).

Indications (Indigo) — Asthma (f; CRC; WBB); Bacteria (f; WBB); Bite (f; CRC); Blennorrhea (f; CRC); Boil (f; CRC); Bronchosis (f; CRC); Bruise (f; CRC); Cancer (1; CRC); Cancer, colon (f; JLH); Cancer, lung (1; ZUL); Cancer, ovary (f; JLH); Carcinoma (1; ZUL); Constipation (f; CRC; WBB); Cramp (f; CRC); Dysentery (f; CRC); Dysuria (f; CRC); Enterosis (f; JLH); Epilepsy (f; CRC); Fever (f; CRC; WBB); Gonorrhea (f; WBB); Gravel (f; CRC); Headache (f; WBB); Heart (f; WBB); Hemorrhoid (f; CRC); Hepatosis (f; CRC; WBB); Hydrophobia (f; CRC); Ichthyosis (f; CRC); Induration (f; JLH); Inflammation (f; CRC); Lice (1; CRC; WBB); Nephrosis (f; CRC; WBB); Neurosis (f; CRC); Palpitation (f; WBB); Pertussis (f; WBB); Pulmonosis (f; WBB); Scabies (f; CRC); Snakebite (f; WBB); Sore (f; CRC); Splenosis (f; CRC; WBB); Sting (f; CRC); Stone (f; CRC); Syphilis (f; CRC; WBB); Toothache (f; CRC); Tuberculosis (f; WBB); Tumor (1; CRC); Ulcer (f; CRC); VD (f; CRC; WBB); Worm (1; CRC; WBB); Wound (f; JLH; WBB); Yaw (f; CRC).

INTOXICATING MINT (*Lagochilus inebrians* Bunge.) +

Activities (Intoxicating Mint) — Antispasmodic (f; CRC); Hallucinogen (f; CRC); Hemostat (f; CRC); Hypotensive (f; CRC); Intoxicant (f; CRC); Narcotic (1; CRC); Sedative (f; CRC); Tranquilizer (f; CRC).

Indications (Intoxicating Mint) — Allergy (f; CRC); Bleeding (f; CRC); Cramp (f; CRC); Dermatosis (f; CRC); Glaucoma (f; CRC); High Blood Pressure (f; CRC); Insomnia (f; CRC); Nervousness (f; CRC); Neurosis (f; CRC).

IPECAC (*Psychotria ipecacuanha* (Brot.) Stokes) +

Synonyms: *Callicocca ipecacuanha* Brot., *Cephaelis ipecacuanha* (Brot.) Tussac.

Activities (Ipecac) — Amebicide (1; APA; HH2; PHR); Analgesic (f; APA); Antacid (f; WO2); Antiemetic (1; PH2); Antiinflammatory (1; APA); Antinauseant (f; APA); Antispasmodic (1; EFS; PHR; PH2); Aperitif (1; APA; WO2); Cholagogue (f; EFS); Cytotoxic (1; HH2); Diaphoretic (f;

APA; WO2); Digestive (f; APA); Emetic (2; HH2; PHR; PH2; WO2); Expectorant (1; APA; HH2; PHR; PH2; WO2); Hemostat (f; EFS); Insecticide (f; WO2); Rubefacient (1; WO2); Sialagogue (1; WO2); Sternutator (1; WO2); Tachycardic (f; WO2); Toxic (f; EFS).

Indications (Ipecac) — Abscess (f; WO2); Alcoholism (f; WO2); Ameba (1; APA; HH2; PHR; PH2); Anorexia (1; APA; WO2); Asthma (f; PH2); Bilharziasis (f; WO2); Biliousness (f; WO2); Bleeding (f; EFS; PH2); Bronchosis (1; APA; PHR; PH2; WO2); Constipation (f; WO2); Cough (1; PHR); Cramp (1; EFS; PHR; PH2); Croup (2; PHR; PH2); Diarrhea (1; APA); Dysentery (1; PHR; PH2); Enterosis (f; PH2); Fever (f; APA; WO2); Flu (f; APA); Gastrosis (f; PH2); Gonorrhea (f; WO2); Guinea Worm (1; WO2); Hemorrhoid (f; WO2); Hepatosis (f; WO2); Inflammation (1; APA; PH2); Leukoderma (1; WO2); Morning Sickness (f; APA); Mucososis (f; PH2); Pain (f; APA); Pertussis (1; APA; WO2); Poisoning (2; APA); Pulmonosis (f; JFM); Pyorrhea (f; WO2); Sore (f; WO2); Sore Throat (f; WO2); Vomiting (1; PH2); Worm (1; WO2).

Dosages (Ipecac) — Emetic dose = 15 ml; (AHP); 0.4–1.4 ml ipecac syrup (AHP); 0.25–1 ml root tincture (APA); 0.25–1 ml liquid root extract (APA; PNC); 25–100 mg powdered ipecac (PNC).

Contraindications, Interactions, and Side Effects (Ipecac) — Class 2b, 2d. Contraindicated in patients with cardiac problems. Not for long-term use. May cause nausea and vomiting (AHP). "Hazards and/or side effects not known for proper therapeutic dosages when used as an expectorant" (PH2). Allergenic and myopathogenic after prolonged dosing (PHR). Toxic doses may lead to convulsions, corrosion of GI mucous membranes, hypotension, respiratory dysfunction, shock, tachycardia, and maybe even coma (PHR). Cephaeline is more irritant and almost twice as toxic as emetine (WO2). Ironically, while used primarily as a nauseant to induce the vomiting of poisons, in low doses the herb serves as an antinauseant, and folklorically, even in morning sickness (APA).

IRISH MOSS (*Chondrus crispus* Stackhouse) +++

Activities (Irish Moss) — Antiaggregant (1; HHB); Antiinflammatory (1; APA); Antitussive (f; PH2; PNC); Catabolic (f; PED); Demulcent (f; APA; LAF; PH2); Edemagenic (1; LAF); Expectorant (1; PH2; PNC); Gastroprotective (1; APA); Hypotensive (f; APA); Immunosuppressant (1; APA); Laxative (f; APA); Secretory (1; PH2); Secretolytic (1; APA).

Indications (Irish Moss) — Adenopathy (f; PED); Bronchosis (f; APA; LAF; PH2); Catarrh (1; HHB); Cholecystosis (f; PNC); Cold (1; APA); Constipation (1; APA; PH2); Cough (1; APA; LAF; PED; PH2); Cystosis (1; HHB); Debility (f; PED); Diarrhea (1; APA; HHB; PH2); Dysentery (1; APA); Dyspepsia (1; APA); Eczema (f; PED); Enterosis (1; APA; LAF); Epistaxis (f; PED); Fatigue (f; PED); Gastrosis (1; APA; PH2); High Blood Pressure (f; APA); High Cholesterol (1; LAF); Inflammation (1; APA); Mucososis (1; APA); Nephrosis (f; PNC); Phthisis (f; HHB); Psoriasis (f; PED); Respirosis (1; APA; HHB); Tuberculosis (f; APA; HHB; LAF; PH2); Ulcer (1; APA; LAF; PH2).

Dosages (Irish Moss) — Few sources list dosages; 1.5/cup alga tea (HHB; PH2).

Contraindications, Interactions, and Side Effects (Irish Moss) — Not covered (AHP; KOM). No hazards with oral administrations, but injections can trigger problems (PHR; PH2). The mucilage in Irish Moss swells when it contacts liquid, forming a mucilaginous coating that protects the stomach lining, reduces gastric secretions, and promotes healthy, bulky stools. The mucilage also protects mucous membranes in respiratory ailments. Carrageenan is hypocholesterolemic, and proinflammtory if injected.

IVY (*Hedera helix* L.) +

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Activities (Ivy) — Allergenic (1; APA; CRC; PH2); Amebicide (1; BGB; PNC); Analgesic (1; APA; BGB); Antibacterial (1; APA; PH2); Anticancer (1; BGB); Antiexudative (f; PH2); Antileishmanic (1; BGB); Antimelanomic (1; BGB); Antipyretic (f; BGB; PNC); Antiseptic (1; APA; CRC); Antispasmodic (2; APA; KOM; PH2; PIP); Aphrodisiac (f; CRC); Astringent (1; CRC); Contraceptive (f; CRC); Cytotoxic (f; BGB; PH2; PNC); Diaphoretic (f; CRC); Emetic (1; CRC); Emmenagogue (f; CRC); Expectorant (2; APA; KOM; PH2; PIP); Fungicide (1; APA; BGB; PH2; PNC); Hemolytic (1; CRC); Irritant (2; KOM; PH2); Laxative (f; CRC; BGB; PNC); Litholytic (f; MAD); Molluscicide (1; BGB; PH2; PNC); Mucoirritant (2; KOM); Narcotic (f; CRC); Parasiticide (1; BGB); Pediculicide (f; CRC); Protisticide (1; APA); Secretolytic (BIS); Sedative (1; APA; BGB); Stimulant (f; CRC); Trichomonicide (1; BGB); Vasoconstrictor (f; CRC); Vasodilator (f; CRC); Vermifuge (f; BGB; CRC; PH2; PNC).

Indications (Ivy) — Ameba (1; BGB; PNC); Amenorrhea (f; APA); Arthrosis (f; APA); Bacteria (1; APA; PH2); Bronchosis (2; APA; PHR; PIP); Burn (f; APA; MAD; PHR); Cacoethes (f; JLH); Callus (f; JLH; MAD; PHR; PH2); Cancer (1; BGB; CRC; JLH); Cancer, breast (f; JLH); Cancer, lymph (f; JLH); Cancer, nose (f; JLH); Cancer, uterus (f; JLH); Catarrh (2; KOM; MAD; PH2; PIP); Cellulitis (f; PHR; PH2); Cholecystosis (f; PH2); Constipation (f; CRC; BGB; PNC); Corn (f; JLH; MAD); Cough (2; APA; CRC; PHR); Cramp (2; APA; KOM; MAD; PH2; PIP); Dermatosis (1; APA); Dysentery (f; CRC); Dysmenorrhea (f; APA); Favus (1; MAD); Fever (f; BGB; CRC; PNC); Fungus (1; APA; BGB; PH2; PNC); Gout (f; MAD; PHR; PH2); Headache (f; JLH; MAD); Hemoptysis (f; CRC); Hepatosis (f; PHR; PH2; PNC); High Blood Pressure (1; CRC); Hydrocephaly (f; MAD); Induration (f; JLH); Infection (1; APA; BGB; PH2; PNC); Inflammation (2; BGB; KOM; MAD; PH2); Insomnia (1; APA; BGB); Intoxication (f; BGB; CRC); Jaundice (f; CRC; MAD); Leishmaniasis (1; BGB); Leukorrhea (f; MAD); Lice (1; CRC); Liver Fluke (1; PNC); Malaria (1; CRC; MAD); Melanoma (1; BGB); Menorrhagia (f; MAD); Mucososis (f; MAD); Mycosis (1; APA; BGB; PH2; PNC); Nervousness (1; APA; BGB); Neuralgia (f; PHR; PH2); Pain (1; APA; BGB); Parasite (1; APA; BGB; PHR; PH2); Pertussis (1; APA; BIS); Phlebitis (f; PHR;

PH2); Polyp (f; JLH; MAD); Rachosis (f; PH2); Respirosis (2; APA; KOM; PH2; PIP); Rheumatism (f; APA; BGB; PHR; PH2); Rhinosis (f; MAD); Scabies (1; APA; MAD); Sclerosis (f; CRC); Scrofula (f; BGB; CRC; PHR; PH2); Sore (f; PHR); Splenosis (f; MAD; PHR; PH2); Stomachache (f; MAD); Stone (f; MAD); Sunburn (f; CRC); Toothache (f; APA; CRC; MAD); Tuberculosis (f; MAD); Wart (f; JLH; MAD); Wen (f; JLH); Worm (f; BGB; CRC; PH2; PNC); Wound (f; PHR).

Dosages (Ivy) — 0.5 g/cup tea 1–3 ×/day (APA); 0.3 g leaf/day (KOM; PIP); 0.5 tsp (1 g) powdered leaf (MAD); 1 tsp herb/0.25 cup water, steep 10 min, 1–3 ×/day (PHR).

Contraindications, Interactions, and Side Effects (Ivy) — Not covered (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). None known or indicated (KOM; PIP). Can cause contact allergy (BIS).

IVY GOURD (*Coccinia grandis* (L.) J. Voigt) ++

Synonyms: *Cephalandra indica* Naud., *Coccinia codifolia* auct., *Coccinia indica* Wight & Arn.

Activities (Ivy Gourd) — Alexeteric (f; KAB); Amebicide (1; ABS; MPI); Antiemetic (f; SKJ); Antipyretic (f; KAB); Antiseptic (1; MPI); Antispasmodic (f; KAB); Aphrodisiac (f; KAB); Astringent (f; KAB); Bitter (f; KAB); Depurative (f; KAB); Diaphoretic (f; KAB); Emetic (f; KAB); Expectorant (f; KAB; KAP); Hypoglycemic (1; ABS; MPI); Laxative (f; DEP; KAB); Parasiticide (1; ABS); Protisticide (1; ABS; MPI).

Indications (Ivy Gourd) — Adenopathy (f; KAP); Ameba (1; ABS; MPI); Anemia (f; KAB); Asthma (f; KAB); Biliousness (f; KAB); Bronchosis (f; KAB; KAP; WOI); Catarrh (f; KAB; KAP; WOI); Constipation (f; DEP; KAB); Convulsion (f; SKJ); Cramp (f; KAB); Dermatosis (f; DEP; KAB; WOI); Diabetes (1; DEP; WOI); Dysgeusia (f; KAB); Dysuria (f; KAB); Earache (f; KAB); Enterosis (f; KAB); Fever (f; KAB); Fungus (f; KAB); Gas (f; KAB); Glossosis (f; DEP); Glycosuria (1; MPI; WOI); Gonorrhea (f; DEP; KAB; UPW); Gravel (f; SKJ); Halitosis (f; KAB); Inflammation (f; KAB); Itch (f; KAB); Jaundice (f; KAB); Leprosy (f; KAB); Menorrhagia (f; SKJ); Mycosis (f; KAB); Ophthalmia (f; UPW); Parasite (1; ABS); Parturition (f; UPW); Psoriasis (f; KAB); Ringworm (f; KAB); Sinusosis (f; KAB); Smallpox (f; KAP); Snakebite (f; KAB); Sore (f; DEP; SKJ); Sore Throat (f; SKJ); Stomatosis (f; DEP); Syndrome-X (1; SYN); Syphilis (f; SKJ); Tuberculosis (f; KAB); Vomiting (f; SKJ).

Dosages (Ivy Gourd) — 10–20 ml tea (KAP); 3–6 g powdered root (KAP).

Contraindications, Interactions, and Side Effects (Ivy Gourd) — Not covered (AHP; KOM; PHR). Even though various parts are consumed as food, I have trouble giving a clean bill of health to this noxious weed. Ethanol extracts at 200 mg/kg lowered blood sugar 23% and 27%, respectively, in normal and streptozotocin-induced diabetic male rats. Root extracts are antiprotozoal against *Entamoeba histolytica*.

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JABORANDI (*Pilocarpus* spp) +

PHR covered *Pilocarpus microphyllus* Stapf ex Wardleworth.

Activities (Jaborandi) — Allergenic (f; CRC); Anesthetic (f; PH2); Antidote, atropine (1; CRC); Cardiodepressant (1; CRC); Cholimimetic (1; CRC); Diaphoretic (1; CRC; PHR; PH2); Emetic (f; CRC; PH2); Gastrostimulant (1; PHR; PH2); Lacrimatory (1; CRC; PH2); Lactagogue (f; CRC); Mitotic (1; CRC); Myostimulant (1; PH2); Parasympathomimetic (1; CRC; PH2); Peristaltic (1; CRC); Poison (f; CRC); Secretagogue (1; PH2); Sialagogue (1; CRC; PHR; PH2); Teratogenic (f; CRC).

Indications (Jaborandi) — Alopecia (f; CRC); Asthma (f; CRC); Bright's Disease (f; CRC); Catarrh (f; CRC); Convulsion (f; PH2); Deafness (f; CRC); Diabetes (f; CRC); Diarrhea (f; PHR); Dropsy (f; CRC); Enterosis (f; CRC; PH2); Epilepsy (f; PH2); Fever (1; CRC; PHR; PH2); Flu (f; PH2); Gastrosis (f; PH2); Glaucoma (1; PHR; PH2); Gonorrhea (f; PH2); Heart (f; CRC); Hepatosis (f; CRC); Inflammation (f; PH2); Itch (f; CRC); Ischuria (f; PH2); Jaundice (f; CRC); Nausea (f; CRC); Nephrosis (f; CRC; PH2); Neurosis (f; PH2); Pain (f; PH2); Pleurisy (f; CRC); Pneumonia (f; PH2); Psoriasis (f; CRC; PH2); Rheumatism (f; CRC); Syphilis (f; CRC); Thirst (f; CRC); Tonsilosis (f; CRC); VD (f; CRC).

Contraindications, Interactions, and Side Effects (Jaborandi) — Class 2b (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Not for use during pregnancy (PH2). The lethal dose of pilocarpine is ca 60 mg, corresponding to 5–10 g drug (PHR). My database suggests that it is much less toxic; LD50 pilocarpine = 911 mg/kg orl rat. Poisoning possible through eye drops being swallowed through eye or nose. May cause bradycardia, bronchial cramps, colic, convulsion, diaphoresis, dyspnea, emesis, hypotension, and salivation (PH2).

JACKASS BITTERS (*Neurolaena lobata* (L.) R. Br.) ++

Synonyms: *Conyza lobata* L., *C. symphytifolia* Mill., *Pluchea symphytifolia* (Mill.) Gillis.

Activities (Jackass Bitters) — Antiseptic (1; FNF; HAD); Aperitif (f; JFM); Carminative (f; JFM); Culebrifuge (snake repellant) (f; JFM); Depurative (f; AAB); Diuretic (f; IED; JFM); Fungicide (f; AAB); Hypoglycemic (1; AAB); Hypotensive (f; IED); Insecticide (1; JFM); Ixodifuge (f; IED; JFM); Stomachic (f; JFM).

Indications (Jackass Bitters) — Ameba (f; AAB); Anorexia (f; JFM); Biliousness (f; HAD); Chickenpox (f; JFM); Childbirth (f; IED); Cold (f; HAD); Colic (f; JFM); Dermatosis (f; AAB); Diabetes (f; JFM); Dysmenorrhea (f; HAD); Fever (f; IED; JFM); Fungus (f; AAB); Gas (f; JFM); Gastrosis (f; JFM); Giardia (1; HAD); Gonorrhea (f; IED); High Blood Pressure (f; IED); Infection (f; AAB); Itch (f; AAB; IED); Leukorrhea (f; AAB); Lice (1; AAB); Malaria (f; IED; JFM); Mycosis (f; AAB); Parasite (f; AAB); Pediculosis (1; HAD); Rash (f; JFM); Ringworm (f; AAB); Scabies (1; AAB; HAD); Screw Worm (f; AAB); Sore (f; AAB; JFM); Stomachache (f; IED; JFM); Ticks

(f; IED; JFM); Ulcer (f; JFM); Vaginosis (f; AAB); VD (f; IED); Water Retention (f; IED; JFM); Wound (f; AAB; JFM); Yeast (1; HAD; IED; JFM).

Dosages (Jackass Bitters) — One fresh leaf/decocted cup, drink 1–3 cups/day for intestinal parasites (AAB).

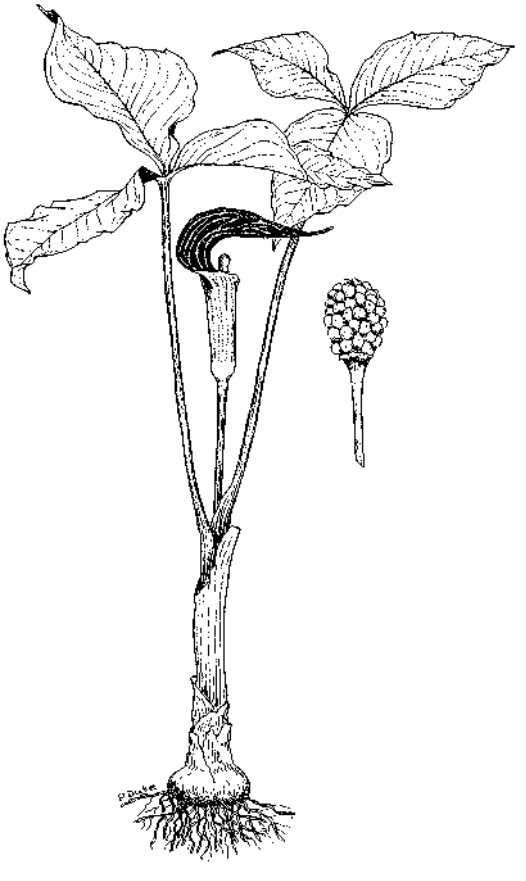
JACK IN THE BUSH
(*Chromolaena odorata* (L.) R. M. King & H. Rob.) +

Synonym: *Eupatorium odoratum* L.

Activities (Jack In the Bush) — Analgesic (f; AAB); Antiallergic (1; TRA); Antibacterial (1; TRA); Antiseptic (1; TRA); Emmenagogue (f; JFM); Piscicide (f; JFM); Stomachic (f; JFM); Tonic (f; JFM).

Indications (Jack In the Bush) — Allergy (1; TRA); Bacteria (1; TRA); Cold (f; AAB; JFM); Cough (f; AAB; JFM); Depression (f; AAB); Dermatosis (f; JFM); Diabetes (f; JFM); Furuncle (f; TRA); Gonorrhea (1; JFM; TRA); Headache (f; AAB); Insomnia (f; AAB); Malaria (f; JFM); Nephrosis (f; JFM); Nervousness (f; AAB); Pain (f; AAB); Rheumatism (1; TRA); Sore (1; TRA); Stomachache (f; JFM); Urethrosis (1; TRA); VD (f; TRA); Wound (f; JFM).

JACK IN THE PULPIT (*Arisaema triphyllum* (L.) Schott) +



Synonyms: *A. atrorubens* (Aiton) Blume, *A. stewardsonii* Britton, *Arum atrorubens* Aiton, *Arum triphyllum* L.

In PH2 as *A. atrorubens.*

Activities (Jack in the Pulpit) — Carminative (f; DEM); Contraceptive (f; CRC; PH2); Diaphoretic (f; CRC; FAD); Expectorant (f; CRC; FAD); Hematonic (f; CRC); Laxative (f; CRC); Sternutator (f; DEM).

Indications (Jack in the Pulpit) — Abscess (f; DEM; PH2); Adenopathy (f; DEM); Aphtha (f; CRC); Arthrosis (f; CRC); Asthma (f; CRC; PH2); Boil (f; CRC; DEM; HH3); Bronchosis (f; CRC; DEM; PH2); Bruise (f; DEM); Cancer (f; CRC); Catarrh (f; DEM); Cold (f; CRC); Colic (f; CRC; PH2); Conjunctivosis (f; CRC; PH2); Constipation (f; CRC); Cough (f; CRC); Cramp (f; DEM); Croup (f; CRC); Dermatosis (f; DEM); Diarrhea (f; DEM); Enterosis (f; CRC; PH2); Felon (f; CRC); Fever (f; CRC; FAD); Gas (f; DEM); Gastrosis (f; PH2); Headache (f; CRC; FAD); Infertility (f; DEM); Inflammation (f; PH2); Insomnia (f; DEM); Laryngosis (f; CRC; FAD); Malaria (f; CRC); Myalgia (f; CRC); Ophthalmia (f; CRC); Pain (f; CRC; HH3); Pertussis (f; CRC); Polyp (f; CRC); Pulmonosis (f; CRC); Rheumatism (f; CRC; PH2); Ringworm (f; CRC); Scald (f; CRC); Scrofula (f; CRC); Snakebite (f; CRC); Sore (f; CRC); Sore Throat (f; CRC); Stomatosis (f; CRC; PH2); Swelling (f; CRC; DEM); Tetterworm (f; DEM); Tuberculosis (f; CRC; DEM); Whitlow (f; CRC); Worm (f; DEM).

Contraindications, Interactions, and Side Effects (Jack in the Pulpit) — Class 1 (AHP). "Health hazards not known with proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Contraindicated in pregnancy (PH2). Fresh material and improperly dried tubers contain dangerous levels of oxalates. "Toxicity is destroyed by proper drying" (AHP), but that is easier said than done (JAD). Ingestion can cause GI problems, even death, though the latter has not been not documented (CRC). Pungent substances irritate skin and mucous membranes (PH2). LD50 (lf lyophilisates) 2857 mg/kg orl mouse (HH3).

JACK PINE (*Pinus banksiana* Lamb.) ++

Activities (Jack Pine) — Decongestant (f; CEB).

Indications (Jack Pine) — Cold (f; CEB); Coma (f; DEM); Congestion (f; CEB); Pulmonosis (f; CEB; DEM); Syncope (f; CEB; DEM); Wound (f; DEM).

JALAP (*Ipomoea purga* (Wender.) Hayne) +

Synonyms: *Convolvulus purga* Wender., *Exogonium purga* (Wender.) Benth.

Gruenwald (2000) warns of the likelihood of confusing *Ipomoea orizabensis* (for which he gives common names of Jalap, Mexican Jalap, and Mexican Scammony) and Jalap (*Ipomoea purga*). Since probably none of the chemical and pharmacological studies were of resins backed up by voucher specimens, I have aggregated the data here.

Activities (Jalap) — Antiinflammatory (f; CRC; JFM); Diuretic (f; CRC); Laxative (1; CRC; MAD; PH2); Stomachic (f; MAD); Vermifuge (1; CRC; PH2).

Indications (Jalap) — Colic (f; CRC; PH2); Colitis (f; CRC; JFM; PH2); Constipation (1; CRC; MAD; PH2); Diarrhea (f; PH2); Dropsy (f; MAD); Dysentery (f; CRC; JFM; PH2); Enterosis (f; CRC; PH2); Gastrosis (f; CRC); Inflammation (f; CRC; JFM); Pain (f; CRC; PH2); Restlessness (f; PH2); Rheumatism (f; CRC; PH2); Sluggishness (f; CRC); Sore (f; CRC); Water Retention (f; CRC); Worm (1; CRC; MAD; PH2).

Dosages (Jalap) — 50–200 mg resin as stomachic, higher doses as laxative (MAD); children 100–300 mg, adults 300–1200 as laxative (MAD); 100–300 mg resin as maximum individual dose, up to 1.5 g day for jalap resin (PH2). Average 1 g for orizabensis resin (PH2).

Contraindications, Interactions, and Side Effects (Jalap) — Not covered (AHP; KOM). Use of *I. purga* is obsolete. Overdoses (purga) may cause cramp, enterosis, gastrosis, nausea, and pain (PH2). But for orizabensis, "Health hazards not known with proper therapeutic dosages" (PH2). Colic may be a side effect (PH2).

JAMAICA DOGWOOD (*Piscidia piscipula* (L.) Sarg.) +

Synonyms: *Erythrina piscipula* L., *Ichthyomethia piscipula* (L.) Hitchc. ex Sarg., *Piscidia erythrina* L.

Activities (Jamaica Dogwood) — Analgesic (f; CRC; EFS; JFM); Anticancer (1; CRC); Antileukemic (1; CRC); Antispasmodic (1; CRC; JFM; PHR; PH2); Antiviral (1; AAB); Anxiolytic (f; PHR); Astringent (1; AAB); Cardiotonic (f; EFS); CNS-Paralytic (1; MAD); Curare (f; CRC); Diaphoretic (f; CRC; JFM; MAD); Diuretic (f; CRC; EFS); Emetic (f; CRC); Fungicide (1; AAB); Hypnotic (f; CRC); Insecticide (1; CRC); Molluscicide (1; AAB); Mydriatic (f; CRC); Narcotic (1; CRC; EFS; IED; MAD); Piscicide (1; EFS; FNF); Sedative (1; IED; JFM; PHR; PH2); Soporific (1; IED); Uterorelaxant (1; AAB).

Indications (Jamaica Dogwood) — Alcoholism (f; CRC; JFM); Anxiety (f; PHR; PH2); Asthma (f; CRC); Backache (f; CRC; JFM); Bleeding (f; AAB); Bronchosis (f; CRC; JFM); Cancer (1; CRC); Cancer, epidermis (1; CRC); Cancer, nose (1; CRC); Cancer, pharynx (1; CRC); Childbirth (f; JFM); Cold (f; CRC; JFM); Colic (f; JFM); Cough (f; CRC; JFM); Cramp (1; CRC; JFM; PHR; PH2); Delirium (f; CRC); Dermatosis (f; AAB; CRC; JFM); Diarrhea (f; AAB); Dysentery (f; AAB); Dysmenorrhea (f; AAB; CRC; JFM); Dysuria (f; MAD); Fear (f; PH2); Fever (f; CRC; JFM; MAD); Flu (1; AAB); Fracture (f; JFM); Fungus (1; AAB); Gingivosis (f; AAB); Headache (f; CRC; JFM); Herpes (1; AAB); Hysteria (f; CRC; JFM); Infection (1; AAB); Insomnia (1; CRC; IED; JFM; PHR; PH2); Leukemia (1; CRC); Mange (f; CRC; JFM); Migraine (1; CRC; MAD); Mycosis (1; AAB); Nervousness (1; IED; JFM; PHR; PH2); Neuralgia (1; CRC; JFM); Pain (1; CRC; EFS; JFM); Pertussis (f; CRC; JFM); Polio (1; AAB); Rash (f; AAB); Rhinosis (f; CRC); Spasm (f; CRC); Sprain (f; JFM); Toothache (f; CRC; JFM; MAD); Tuberculosis (f; CRC); Virus (1; AAB; TRA); Water Retention (f; CRC; EFS); Wound (f; AAB; CRC; JFM).

Dosages (Jamaica Dogwood) — Boil 5 × 5 cm square of bark in 3 cups water as astringent mouthwash (AAB); 1–2 g root bark, or in tea, 3 ×/day (CAN); 1–2 ml liquid root bark extract (1:1 in 30% ethanol) 3 ×/day (CAN); 2–8 ml root bark tincture (BPC; CAN); boil 9 leaves with sugar water to make a cough syrup (JFM); 2–5 g liquid extract (MAD).

Contraindications, Interactions, and Side Effects (Jamaica Dogwood) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). CAN cautions that high doses can cause irritation, numbness, salivation, and tremors. Because of irritant and uterine activity, *in vitro* and *in vivo*, its use in pregnancy and lactation is to be avoided. Said to be toxic parenterally but nontoxic orally (to 90,000 mg/kg in rats and rabbits). May potentiate pharmaceutical sedatives (CAN).

JAPANESE ATRACTYLODES (*Atractylodes japonica* (Koidz.) Kitam) ++

Some data also apply to *Atractylodes ovata* in HH3. Perry treats all three of the species covered here as one from a medicinal point of view for some indications: *A. japonica, A. lancea*, and *A. macrocephala*, I entered those indications for all three. Perhaps they should be aggregated, perhaps not. HH3 treated all three separately, but for reasons that escape me, PH2 left out *A. macrocephala*, perhaps the better known of the trio.

Activities (Japanese Atractylodes) — Analgesic (1; HH3); Antibacterial (1; HH3; LAF); Anticholinergic (1; X11263255); Antidepressant (f; LAF); Antiedemic (1; HH3); Antiinflammatory

(1; HH3; LAF); Antioxidant (1; HH3); Antiseptic (1; HH3; LAF); Antitumor (1; HH3); Antiulcer (1; HH3); Antiviral (1; LAF); Diuretic (f; LMP; PH2); Hepatoprotective (1; HH3); Hypoglycemic (1; HH3; LAF); Immunostimulant (1; HH3); Splenotonic (f; LMP); Stimulant (f; LMP); Uterorelaxant (1; X11263255).

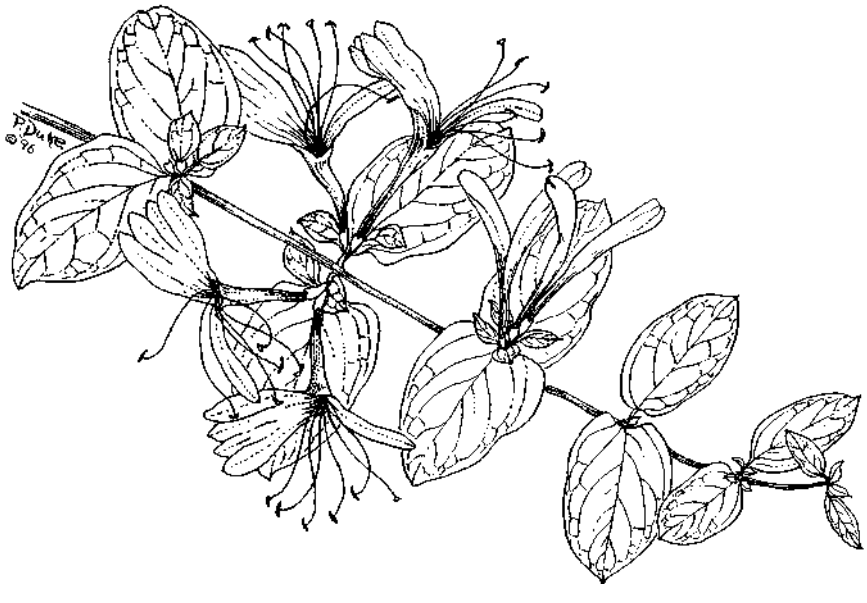
Indications (Japanese Atractylodes) — Anorexia (f; LAF; PH2); Arthrosis (f; LAF); Bacteria (1; HH3; LAF); Cancer (1; HH3); Cold (f; LAF); Depression (f; LAF); Diabetes (1; HH3; LAF); Diarrhea (f; LMP; PH2); Dyspepsia (f; LAF; LMP); Dysuria (f; HH3); Eczema (f; LAF); Edema (1; HH3; LAF); Escherichia (1; HH3); Fatigue (f; PH2); Fungus (1; LAF); Gastrosis (f; LMP; PH2); Hyperglycemia (1; HH3; LAF); Immunodepression (1; HH3); Infection (1; HH3; LAF); Inflammation (1; HH3; LAF; PH2); Mycosis (f; LAF); Nausea (f; PH2); Nyctalopia (f; LAF); Ophthalmia (f; LAF); Pain (1; HH3; LAF); Rheumatism (f; LAF); Shigella (1; HH3); Splenosis (f; LMP); Staphylococcus (1; HH3; LAF); Stomachache (f; HH3); Streptococcus (1; HH3); Sweating (f; PH2); Swelling (1; HH3); Tumor (1; HH3); Ulcer (1; HH3); Virus (1; LAF); Vomiting (f; PH2); Wart (f; LAF); Water Retention (f; LMP; PH2).

Dosages (Japanese Atractylodes) — 0.5–1 g powdered rhizome (HH3; PH2).

Contraindications, Interactions, and Side Effects (Japanese Atractylodes) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

J

JAPANESE HONEYSUCKLE (*Lonicera japonica* Thunb.) ++



Synonyms: *L. aureoreticulata* T. Moore, *L. japonica* var. *aureo-reticulata* (T. Moore) G. Nicholson.

Activities (Japanese Honeysuckle) — Antibacterial (1; APA; FAD); Antidote (f; DAA); Antiinflammatory (1; APA; FNF); Antimutagenic (1; APA); Antipyretic (f; DAA; HHB); Antiseptic (1; DAA; FNF); Antispasmodic (1; FAY); Antituberculic (1; FAD); Antitumor (1; APA; DAA); Antiulcer (1; APA); Antiviral (1; APA; FNF); Astringent (1; APA); Detoxicant (f; FAY); Diuretic (1; FAY; HHB); Fungicide (1; DAA); Hyperglycemic (1; DAA); Hypocholesterolemic (1; APA; DAA; FAD; FAY); Hypoglycemic (1; DAA); Immunostimulant (1; APA; FAY); Insecticide (f; DAA); Phagocytotic (1; APA; FAY); Stomachic (1; DAA; FAY; HHB).

Indications (Japanese Honeysuckle) — Appendicitis (1; FAY; LAF); Arthrosis (f; APA); Bacteria (1; APA; DAA; FAD); Boil (1; DAA; LAF); Cancer (1; APA; DAA; HHB; JLH); Cancer, breast (f; HHB; JLH); Cancer, cervix (1; FAY); Canker (f; LMP); Carbuncle (1; FAY); Cavity (1; FNF); Cervicosis (1; FAY; LAF); Cold (1; DAA; FNF); Conjunctivosis (1; FAY; FNF); Cramp (1; FAY); Dermatosis (f; DAA); Diabetes (f; DAA); Diarrhea (1; DAA); Dysentery (1; DAA; FAD; FAY); Dysuria (f; LMP); Eczema (f; DAA); Enterosis (1; DAA; FAD); Fever (1; DAA; FAD; HHB); Flu (1; APA; DAA; FLU); Fungus (1; DAA); Furuncle (f; FAY); Headache (f; DAA); Hemorrhoid (f; LMP); Hepatosis (2; FAY; LAF); Herpes (1; APA); High Cholesterol (1; APA; DAA; FAD; FAY); HIV (1; APA); Hyperglycemia (1; DAA); Hyperlipidemia (1; FAY); Hypoglycemia (1; DAA); Immunodepression (1; APA; FAY); Infection (1; DAA; FAY; FNF); Inflammation (1; APA; DAA; FNF); Itch (f; FAY); Laryngosis (1; DAA; FAD); Leptospirosis (1; FAY); Longevity (f; DAA); Lymphadenosis (f; DAA); Mastosis (f; FAY; HHB); Measles (f; DAA; LMP); Mycosis (1; DAA); Neuralgia (f; LMP); Osteosis (f; LMP); Parotosis (1; FAY; FNF); Pneumonia (1; FAY); Rheumatism (1; DAA; FAD; LMP); Salmonella (1; FAY; FNF); Scabies (1; DAA; FAD); Sore (1; DAA; FAD; LMP); Sore Throat (1; LAF); Staphylococcus (1; FAY; FNF); Stomatosis (f; LMP); Streptococcus (1; FAY); Swelling (f; DAA; FAD; LMP); Tonsilosis (f; FAY); Tuberculosis (1; APA; DAA); Tumor (1; APA; DAA; FAD); Ulcer (1; APA; LAF; LMP); Virus (1; APA; FNF); Water Retention (1; FAY; HHB).

Dosages (Japanese Honeysuckle) — Dosage in China: 9–15 g dried flowers in decoction, pills, powder, or poultice of the powder (Foster and Yue, 1992); 10 g flower/cup water (APA). I use a handful of stripped leaves (even in winter) and stripped winter buds of Forsythia, with some straggling antiviral blackberry and raspberry leaves in winter. When leaves are unavailable, rare in January in Maryland, I just use the twigs, knowing that they too are loaded with antiviral tannin. I boil them for some 5–10 minutes, then strain and add lemon juice or powdered lemonade and sweetener. In summer I dangerously add one cyanidiferous wild cherry leaf, and less dangerously lemonbalm, both also loaded with antiviral phytochemicals.

Contraindications, Interactions, and Side Effects (Japanese Honeysuckle) — Class 1 (AHP). Though flowers are reported as foods in Asia, I think of it as more medicine than food, but good antibiotic medicine (JAD). Though active against *Mycobacterium, Salmonella, Staphylococcus,* and such viruses as HIV and influenza, the flowers are almost innocuous. Subcutaneous LD50 in mice is 53,000 mg/kg, some 40–400 times less toxic than the oral LD50 of caffeine in mice. See FNF.

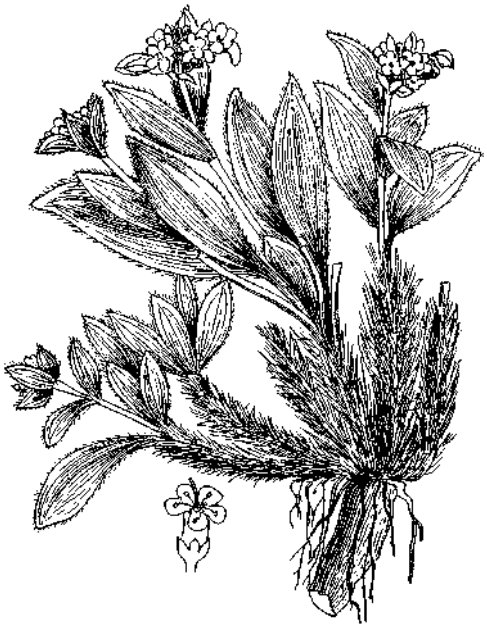
JASMINE, COMMON JASMINE (*Jasminum officinale* L.) +

Activities (Jasmine) — Anesthetic (f; EFS); Antispasmodic (f; HHB); Aphrodisiac (f; HHB); Astringent (f; EFS); Diuretic (f; WOI); Emmenagogue (f; WOI); Narcotic (f; EFS); Pectoral (f; EFS); Sedative (f; EFS); Tonic (f; EFS); Vermifuge (f; WOI).

Indications (Jasmine) — Cancer (f; JLH); Childbirth (f; EFS); Cirrhosis (f; PH2); Corn (f; JLH; SKJ); Cramp (f; HHB); Dermatosis (f; PH2; WOI); Dysentery (f; PH2); Dysmenorrhea (f; PH2); Earache (f; WOI); Enterosis (f; PH2); Gastrosis (f; PH2); Headache (f; PH2; WOI); Hepatosis (f; PH2); Induration (f; JLH); Insomnia (f; EFS); Itch (f; PH2); Leprosy (f; PH2); Mucososis (f; WOI); Mycosis (f; WOI); Nervousness (f; EFS); Ophthalmia (f; PH2); Pain (f; EFS; PH2); Ringworm (f; WOI); Septicemia (f; EFS); Sore (f; SKJ); Stomachache (f; PH2); Stomatosis (f; WOI); Toothache (f; PH2); Uterosis (f; JLH); Water Retention (f; WOI); Whitlow (f; JLH); Worm (f; WOI).

Contraindications, Interactions, and Side Effects (Jasmine) — Not covered (AHP; KOM). "Health hazards not known with proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

JATAMANSI, INDIAN NARD (*Nardostachys grandiflora* DC.) ++



Synonym: *Nardostachys jatamansi* auct.

Activities (Jatamansi) — Alexeteric (f; KAB); Antiarrhythmic (1; MPI); Antibacterial (1; MPI); Anticonvulsant (1; PH2; MPI); Antidote (f; PH2); Antiemetic (1; KAP); Antiestrogenic (1; MPI); Antihistaminic (1; MPI); Antipyretic (f; KAB); Antiseptic (1; MPI; SKJ; SUW); Antiserotonin (1; MPI); Antispasmodic (1; DEP; KAB; MPI); Antiulcer (1; HH2; PH2); Aperitif (f; KAB); Bitter (f; KAB; SUW); Bronchodilator (1; MPI); Candidicide (1; MPI); Carminative (f; KAB; SUW); CNS-Depressant (f; MPI); Deobstruent (f; DEP; MPI); Depurative (f; DEP; KAB); Diuretic (f; DEP; KAB; MPI; SUW); Emmenagogue (1; AHP; KAB; SUW); Fungicide (1; KAP; MPI); Hypotensive (1; KAP; MPI); Laxative (f; KAB; SKJ; SUW); Lipogenic (f; KAB); Pectoral (f; KAB); Propecic (f; DEP; KAB; MPI); Sedative (2; MPI; SKJ); Stimulant (f; KAB; MPI; SUW); Stomachic (f; KAB; SUW); Taenicide (1; MPI); Tonic (f; DEP; KAB; SUW); Tranquilizer (1; KAP; MPI); Uterotonic (1; AHP); Vermifuge (1; MPI).

Indications (Jatamansi) — Attention-Deficit Disorder (2; MPI); Aggressiveness (1; KAP); Alopecia (f; KAB; MPI); Anorexia (f; KAB); Arrhythmia (1; MPI); Asthma (1; MPI); Bacteria (1; MPI); Biliousness (f; KAB); Bite (f; KAB); Bronchosis (1; KAB; MPI; SKJ); Candida (1; MPI); Cardiopathy (1; KAB; MPI); Chorea (f; MPI); Cholera (1; DEP; MPI; SUW); Circulosis (f; MPI); Colic (f; KAB; MPI; SUW); Complexion (f; KAB); Constipation (f; KAB; SKJ; SUW); Convulsion (1; DEP; KAB; MPI; PH2; SKJ; SUW); Cough (f; KAB; MPI); Cramp (1; DEP; KAB; MPI; PH2); Dermatosis (f; KAB); Dysmenorrhea (f; SKJ); Dyspnea (1; MPI); Dysuria (f; SKJ); Enterosis (f; KAB; PH2; SUW); Epilepsy (f; DEP; KAB; PH2; SUW); Erysipelas (f; KAB); Escherichia (1; MPI); Fever (f; KAB); Fungus (1; KAP; MPI); Gas (f; DEP; KAB; KAP; PH2; SUW); Gastrosis (f; KAP; PH2); Gleet (f; KAB); Gray Hair (f; DEP); Headache (f; KAP; PH2); Hepatosis (f; PH2); High Blood Pressure (2; KAP; MPI); Hyperkinesis (2; MPI); Hysteria (f; DEP; KAB; SUW); Infection (1; KAP; MPI); Inflammation (f; KAB; PH2); Insomnia (2; HH2; MPI; PH2; SKJ); Jaundice (f; DEP; PH2); Leprosy (f; KAB; MPI); Lumbago (f; KAB); Madness (f; MPI); Menopause (f; PH2); Mycosis (1; KAP; MPI); Nausea (f; PH2); Nephrosis (f; KAB; PH2); Nervousness (2; KAP; MPI; SKJ); Neurasthenia (1; MPI); Neurosis (f; PH2);

Ophthalmia (f; PH2); Pain (f; KAB; PH2); Palpitation (1; DEP; KAB; MPI; WOI); Respirosis (f; DEP); Rhinosis (f; SKJ); Salmonella (1; MPI); Smallpox (f; MPI; SKJ); Snakebite (f; KAB); Sore (f; KAB; MPI); Sore Throat (f; KAB); Staphylococcus (1; MPI); Sting (f; KAP); Stomachache (f; PH2); Tachycardia (1; MPI; WOI); Tapeworm (1; MPI); Tuberculosis (f; SKJ); Ulcer (1; HH2; PH2); Uterosis (f; PH2); Vomiting (1; KAP); Water Retention (f; DEP; KAB; MPI; SUW); Worm (1; MPI); Yeast (1; MPI).

Dosages (Jatamansi) — 1–1.5 g powdered herb (KAP); 0.6–1.3 drug as single dose (PH2); 5 g root 3 ×/day (PH2); 10–20 grains powdered root (DEP; HH2); 14–56 ml fluid extract (KAP); 28–56 ml infusion (KAP); 28–56 ml decoction (KAP); wineglass full 3 ×/day (1:10 tincture or 1:40 infusion with 2 g maximum per single dose) (PH2).

Contraindications, Interactions, and Side Effects (Jatamansi) — Class 2b. Emmenagogue and uterine stimulant (AHP). Contraindicated during pregnancy (PH2).“Health hazards not known with proper therapeutic dosages” (PH2).

Extracts (Jatamansi) — LD50 of jatamansone (ipr mouse) 350 mg/kg, cf 900 mg/kg for the whole EO (MPI). EO hypotensive in dogs, dosages for hypotensive humans, less than lab animal dosage (MPI). Preliminary clinical trials of jatamansone exhibited reduced aggressiveness, restlessness, stubbornness, as well as less insomnia (MPI). With 28 hyperkinetic children, jatamansone and placebo were compared for 11 months, with D-amphetamine and chlorpromazine. Jatamansone and especially amphetamine significantly improved behavior, amphetamine was better helping aggressiveness and restlessness. Children with mental retardation showed little response to any of the drugs. Jatamansone had fewer side effects than the pharmaceuticals. Amphetamine exacerbated symptoms early on and caused insomnia in one patient (MPI).

JAVA PLUM (*Syzygium cumini* (L.) Skeels) ++

Synonyms: *Eugenia cumini* (L.) Druce, *Eugenia jambolana* Lam., *Syzygium jambolanum* DC.

Activities (Java Plum) — Analgesic (1; HH2); Antibacterial (1; WOI); Antidote, nux-vomica (f; IHB); Antiedemic (1; HH2); Antiinflammatory (2; HH2; KOM; PH2; PIP); Antiseptic (1; WOI); Antispasmodic (f; PHR); Aphrodisiac (f; HH2); Astringent (2; HH2; KOM; MAD; PH2; PIP; WOI); Carminative (f; PHR; WOI); Diuretic (f; HH2; PHR; PH2; WOI); Fungicide (1; WOI); Hypoglycemic (1; HH2; PHR; PNC; WOI); Stomachic (f; WOI).

Indications (Java Plum) — Asthma (f; HH2; PHR; PH2); Atony (f; PH2); Bacteria (1; WOI); Bronchosis (f; HH2; PHR); Constipation (f; PH2); Cramp (f; PHR); Depression (f; HH2; PHR); Dermatosis (2; KOM; PH2; PIP); Diabetes (f; IHB; MAD; PHR; WOI); Diarrhea (2; HHB; KOM; PH2; PIP; WOI); Dysentery (f; HH2; IHB; PHR; WOI); Dysuria (f; PH2); Escherichia (1; WOI); Fatigue (f; PHR); Fever (f; PH2); Fungus (1; WOI); Gas (f; PHR; WOI); Gastrosis (f; PHR; PH2); Glycosuria (1; PNC); Infection (1; WOI); Inflammation (2; HH2; KOM; PH2; PIP); Leukorrhea (f; PH2); Mucososis (2; KOM; PIP); Mycosis (1; WOI); Nervousness (f; PHR PH2); Neurosis (f; PH2); Pain (1; HH2); Pancreatosis (f; PHR; PH2); Pharyngosis (2; KOM; PH2; PIP); Respirosis (2; KOM; PIP); Sore (f; PHR); Stomachache (f; PH2); Stomatosis (2; KOM; PH2; PIP); Swelling (1; HH2); Ulcer (f; HH2; PH2); Water Retention (f; HH2; PHR; PH2; WOI).

Dosages (Java Plum) — 1 g bark (MAD); 3–6 g bark/day (PIP); 0.3 g fruits, several ×/day (MAD); 30 seeds (1.9 g) (PHR; PH2); 0.3–2 g powdered seed (PNC).

Contraindications, Interactions, and Side Effects (Java Plum) — Class 1 (AHP). None reported (PIP). Physician should be consulted if diarrhea lasts more than 3–4 days (PIP). Not recommended in diabetes mellitus (PHR). LD50 95% ethanolic seed extract 4000 mg/kg orl mouse, 400 mg/kg par mouse (HH2).

JAVA TEA (*Orthosiphon aristatus* (Blume) Miq.) ++

Synonyms: *Clerodendranthus spicatus* (Thunb.) C. Y. Wu ex H. W. Li, *Clerodendrum spicatum* Thunb., *Ocimum aristatum* Blume.

Activities (Java Tea) — Antibacterial (2; KOM; PIP); Anticancer (f; PH2); Antiedemic (1; WOI); Antiinflammatory (2; KOM; PH2; SHT); Antiseptic (1; PHR; PH2); Antispasmodic (1; KOM); Aquaretic (SHT); Astringent (1; PHR); Choleretic (f; HHB); Diuretic (1; HHB; PH2; PIP); Glycogenic (f; WOI); Hypertensive (1; WOI); Hypoglycemic (1; WOI); Insulin-Sparing (f; HHB); Saluretic (1; BIS); Sympathicolytic (1; WOI); Uricosuric (f; WOI).

Indications (Java Tea) — Albuminuria (f; PH2); Atherosclerosis (f; MAD); Arthrosis (f; MAD); Bacteria (2; KOM; PIP); Bacteriuria (1; BIS); Bladder Stone (2; PHR; PH2); Cancer (f; PH2); Catarrh (1; BIS); Cholecystosis (f; PHR); Cramp (1; KOM); Cystosis (f; HHB); Diabetes (1; HHB); Dropsy (f; MAD); Dysuria (f; PH2); Edema (1; WOI); Gallstone (f; PHR); Gout (f; PHR; PH2; WOI); Gravel (2; KOM; PIP); Hematuria (f; PH2); Hepatosis (2; PHR); Inflammation (2; KOM; PH2; SHT); Kidney Stone (2; PHR; PH2); Low Blood Pressure (1; WOI); Nephrocirrhosis (1; WOI); Nephrosis (2; HHB; KOM; PHR); Phosphaturia (f; WOI); Rheumatism (f; PHR; PH2); Stone (2; KOM; PH2; SHT); Swelling (1; WOI); UTI (2; KOM; PH2; SHT); Water Retention (1; HHB; PH2; PIP).

Dosages (Java Tea) — 2.5 g/cup leaf tea (HHB); 6–12 g/day leaf in tea with at least 2 liters water (BIS; KOM; PH2; SHT); 2 tsp (3.6 g) leaf in cold infusion (MAD).

Contraindications, Interactions, and Side Effects (Java Tea) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). None reported for oral dosing. Irrigation therapy contraindicated for edema due to reduced cardiac or renal function (KOM; PH2; PIP). No single compound underlies the diuretic effect. It is presumed due to the high content of potassium salts, saponins, and flavonoids. In hot water extracts, like tea, caffeic-acid derivatives may constitute 95% of the phenolics (BIS).

JEQUIRITY (*Abrus precatorius* L.) X

Synonym: *Glycine abrus* L.

Activities (Jequirity) — Abortifacient (1; DEP; MPI; PH2; PNC; UPW); Alexeteric (f; KAB); Analgesic (f; UPW); Antiestrogenic (1; MPI); Antifertility (1; PH2; UPW); Antihistaminic (1; MPI); Antiinflammatory (f; DEP); Antitumor (1; WO2); Aphrodisiac (f; IED; UPW); Cerebrotonic (f; KAB); Cicatrizant (f; UPW); CNS-Depressant (f; UPW); Contraceptive (1; PH2; UPW); Cytotoxic (f; WO2); Depurative (f; KAB; UPW); Diaphoretic (f; DAA); Diuretic (f; IED; UPW); Emetic (f; DEP); Emollient (f; UPW); Expectorant (f; UPW); Hemolytic (1; PNC); Hemostat (f; UPW); Hypotensive (1; MPI); Irritant (f; PH2); Negative Chronotropic (1; MPI); Negative Inotropic (1; MPI); Parasympathomimetic (1; MPI); Poison (f; PH2); Pressor (1; ZUL); Propecic (f; WO2); Schistosomicide (1; ZUL); Teratogenic (1; PNC); Tonic (f; UPW); Uterotonic (f; ZUL); Vermifuge (1; UPW; ZUL).

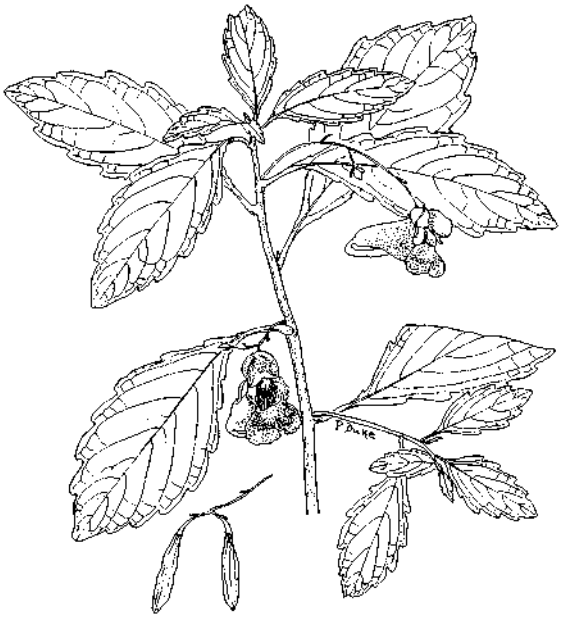
Indications (Jequirity) — Adenopathy (f; KAB); Alopecia (f; KAB); Anemia (f; UPW); Anuria (f; UPW); Aphthosa (f; DAA); Ascites (1; WO2); Asthma (f; KAB); Bite (f; UPW); Bleeding (f; UPW); Blennorrhea (f; UPW); Bronchosis (f; DEP; PH2); Bruise (f; KAB); Cancer (1; JLH; WO2); Cancer, face (1; JLH; WO2); Cancer, hand (1; JLH; WO2); Cancer, skin (1; JLH; UPW; WO2); Cancer, vagina (1; JLH; WO2); Cancer, vulva (1; JLH; WO2); Cardiopathy (f; UPW); Cholera (f; DEP); Cold (f; ZUL); Colic (f; UPW); Conjunctivosis (f; PH2; UPW); Convulsion (f; UPW); Corneosis (f; DEP); Cough (f; PH2; UPW; ZUL); Cystosis (f; UPW); Dermatosis (f; DEP; JLH); Diarrhea (f; UPW); Diphtheria (f; DEP); Dropsy (f; DAA); Dysentery (f; KAB); Dusgeusia (f; KAB); Dysuria (f; SKJ); Enterosis (f; UPW); Epithelioma (f; JLH); Fever (f; DAA; KAB); Freckle (f; UPW); Fungus (1; MPI); Gastrosis (f; UPW); Gingivosis (f; UPW); Gonorrhea (f; UPW); Gravel (f; SKJ); Headache (f; IED); Hemorrhoid (f; DEP); Hepatosis (f; PH2); High Blood Pressure (1;

MPI); Hoarseness (f; KAB); Hookworm (f; UPW); Infertility (f; ZUL); Inflammation (f; DEP; KAB; PH2); Insanity (f; UPW); Jaundice (f; UPW); Leprosy (f; UPW); Leukoderma (f; KAB); Leukorrhea (f; DEP); Lumbago (f; KAB); Lupus (f; UPW); Malaria (f; UPW); Mucososis (f; JLH); Mycosis (1; MPI); Nausea (f; UPW); Nephrosis (f; UPW); Neurosis (f; UPW); Nyctalopia (f; SKJ); Ophthalmia (f; GMH; UPW); Pain (f; UPW); Panus (f; KAB); Paralysis (f; UPW); Pertussis (f; DEP); Pharyngosis (f; UPW); Pulmonosis (f; PH2; UPW); Respirosis (f; PH2); Rheumatism (f; IED; UPW); Schistosomiasis (1; UPW; ZUL); Sciatica (f; KAB); Snakebite (f; UPW); Sore (f; UPW); Sore Throat (f; UPW); Staphylococcus (1; MPI); Stomatosis (f; UPW); Swelling (f; DEP); Syphilis (f; UPW); Trachoma (1; UPW); Tuberculosis (f; UPW); Tumor (1; WO2); Ulcer (f; ZUL); Vaginosis (f; JLH); VD (f; UPW); Vomiting (f; UPW); Vulvosis (f; JLH); Wart (f; ZUL); Water Retention (f; IED; UPW); Worm (1; DAA; UPW; ZUL); Wound (f; UPW).

Dosages (Jequirity) — 5–7 grains for pertussis (DEP); some Africans take a dangerous 200-g powdered seed as a powdered contraceptive, the effect lasting 13 menstrual cycles (UPW).

Contraindications, Interactions, and Side Effects (Jequirity) — Even though the plant contains the very useful glycyrrhizin, I consider it too poisonous for folk medicine. Two seeds have been enough to kill children (PH2), three to kill a horse (UPW). Abrin, the lectin, can cause coma, confusion, convulsions, dehydration, gastroenterosis, and hypotension (BRU). Aqueous seed extract is abortifacient; LD100 2 mg/kg ipr mouse (MPI), LD40 = 25 mg/kg orl mouse (MPI). If the leaves really contain a reported 10% glycyrrhizin, and a bigger if, no toxins, they might share many of the biological activities of licorice. One study (Choi et al., 1989) found no glycyrrhizin, rather four abrusosides and three other sweet glycosides based on the novel cycloartane-type aglycon. Purified abrusosides may prove useful as commercial sweeteners and lack the toxicity known in glycyrrhizin. More extensive toxicity tests need to be conducted (ZUL). Enzymes in abrin inhibit protein synthesis, causing cell death, more so in tumor than in healthy cells (ZUL).

JEWELWEED (*Impatiens capensis* Meerb.) +



Synonyms: *I. biflora* Walter and *I. pallida* Nutt. are considered synonyms by yours truly. Regrettably, PH2 says, not too intelligently, "Impatiens is common in the temperate regions and

in South Africa, but grows mostly in the mountainous regions of Asia and Africa." That makes me think they are talking more of *I. balsamina*, but their monograph is labeled *I. biflora*, and refers to jewelweed, an American species. They cite only two German references, the same two they cite in their first edition PHR. Much of the confusion may hark back to EFS who rather "lump" *I. aurea, I. balsamina, I. biflora*, and *I. nolitangere*. I suspect they all contain lawsone, which makes them rather generic medicinally. For the moment I am reluctant to aggregate the data on the garden ornamental, *I. balsamina*, and my lovely wild flowers here in Maryland, the orange and the yellow jewelweed.

Activities (Jewelweed) — Analgesic (1; FNF); Antibacterial (1; FNF); Antihistaminic (1; CEB; FNF); Antiinflammatory (1; FNF); Antipyretic (1; FNF); Antiseptic (1; FNF); Antisarcomic (1; FNF); Antisickling (1; FNF); Antispasmodic (1; FNF); Antitumor (1; FNF); Aperitif (f; PH2); Digestive (f; PHR; PH2); Diuretic (f; APA; DEM; PHR; PH2); Emetic (f; CEB); Emmenagogue (1; FNF); Fungicide (1; APA; FNF); Laxative (f; CEB); Oxytocic (1; FNF); Uterotonic (1; FNF).

Indications (Jewelweed) — Anorexia (f; PH2); Asthma (f; CEB); Bacteria (1; FNF); Bruise (1; APA; CEB; DEM; FAD; FNF); Bug Bite (1; FAD; FNF); Burn (1; APA; DEM; FAD; FNF); Cancer (1; FNF; JLH); Childbirth (f; DEM); Cold (f; CEB); Constipation (f; APA; CEB); Corn (f; JLH); Cramp (f; DEM; FNF); Cut (1; FAD; FNF); Dermatosis (1; DEM; FNF); Dropsy (f; CEB; DEM); Dyspepsia (f; PHR; PH2); Dysuria (f; DEM); Eczema (1; DEM; FAD; FNF); Eyelid (f; DEM); Fever (1; FNF); Fungus (1; APA; CEB; FNF); Gastrosis (f; DEM); Headache (f; DEM); Hemorrhoid (f; APA; CEB; PH2); Hepatosis (f; APA); Hive (1 DEM; FNF); Infection (1; APA; FNF); Inflammation (1; FNF); Itch (1; APA; FNF); Jaundice (f; CEB; DEM); Liver Spot (f; DEM); Mycosis (1; APA; FNF); Nephrosis (f; DEM); Pain (1; FNF); Poison Ivy (1; FNF); Rash (f; APA); Ringworm (1; APA; CEB; FAD; FNF); Sore (1; APA; DEM; FAD; FNF); Sprain (1; CEB; DEM; FAD; FNF); Swelling (f; APA); Tumor (1; FNF); Urticaria (1; DEM; FNF); Wart (f; APA; CEB; FAD; JLH; PH2); Water Retention (f; APA; DEM; PHR; PH2); Wound (f; DEM).

Contraindications, Interactions, and Side Effects (Jewelweed) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). The reported emmenagogue and oxytocic activities of lawsone dictate caution in pregnancy (JAD). Failing to dye my beard red with jewelweed extracts, I fear it was only my cosmetological ignorance. Much later (2000), I read in EFS (ca. 1957), speaking of impatiens, "The juice of the plants is used in combination with alum by the natives of tropical countries to dye their nails."

JIAOGULAN (*Gynostemma pentaphyllum* (Thunb.) Makino) ++

Synonyms: *G. pedatum* Blume, *Vitis pentaphylla* Thunb.

Activities (Jiaogulan) — Adaptogen (1; X2364471); Antiaggregant (1; ABS); Antiatherosclerotic (1; X7804367); Anticancer (1; X11155680); Antiedemic (1; X8328423); Antifibrotic (1; X10999436); Antiinflammatory (1; ABS; AJC28:87); Antiischemic (1; ABS); Antioxidant (1; ABS; AJC28:87); Antiradicular (1; ABS); Antisenility (1; ABS); Antistroke (1; ABS); Antithrombic (1; ABS; X8219678); Apoptotic (1; X10643643); Cardioprotective (1; ABS); Cardiotonic (1; ABS); Chemopreventive (1; ABS); Hematopoetic (1; ABS); Hepatoprotective (1; ABS; AJC28:87); Hypertensive (1; ABS); Hypocholesterolemic (1; ABS); Hypolipidemic (1; ABS); Hypotensive (1; ABS); Immunomodulator (1; X2364471); Immunostimulant (1; ABS); Leukocytogenic (1; ABS); NO-genic (1; X10534439); Radioprotective (1; X8739185); SOD-genic (1; ABS).

Indications (Jiaogulan) — Altitude Sickness (1; ABS); Atherosclerosis (1; X7804367); Bronchosis (1; ABS); Cancer (1; X11155680); Cancer, esophagus (1; X8732068); Cardiopathy (1; ABS;

X10534439); Diabetes (1; ABS); Dysplasia (1; X9592251); Esophagosis (1; X8732068); Fibrosis (1; X10999436); Flourosis (1; ABS); Hepatosis (1; ABS; X10999436); High Blood Pressure (1; ABS); High Cholesterol (1; ABS); High Triglyceride (1; ABS); Hyperlipidemia (1; ABS; X9387747); Hyperproteinemia (1; ABS); Immunodepression (1; ABS); Impotence (1; ABS); Inflammation (1; ABS; AJC28:87; X8328423); Insomnia (1; ABS); Ischemia (1; ABS); Leukopenia (1; ABS); Leukoplasia (1; X11155680); Low Blood Pressure (1; ABS); Obesity (1; ABS; X9387747); PMS (1; ABS); Senility (1; ABS); Stress (1; ABS); Stroke (1; ABS); Swelling (1; X8328423); Thrombosis (1; ABS; X8219678).

Dosages (Jiaogulan) — In an interesting departure, Blumert and Liu give dosage recommendations, indication by indication, based on StX 20 mg tablets (85% gypenosides); in general, the preventive dose is 20 mg 2–3 ×/day, while the therapeutic dose is 60 mg 2–3 ×/day; other experimental data reported 5–10 mg/kg ivn dog (ABS); 20 mg gypenosides orl man 3 ×/day/1 mo (ABS); 20 mg gypenosides orl man 2 ×/day/3 mos (ABS); water extract with 30 mg gypenosides; and 1 ml/kg body weight (ABS). Standardization may soon produce products with 85% gypenosides.

Contraindications, Interactions, and Side Effects (Jiaogulan) — I don't find this in any of my books. Hence I have no negative information. Gypenosides LD50 = >100 × therapeutic dose.

JIMSONWEED (*Datura stramonium* L.) X

Synonyms: *D. inermis* Juss. ex Jacq., *D. stramonium* var. *chalybea* W. D. J. Koch, *D. stramonium* var. *tatula* (L.) Torr., *D. tatula* L.

Activities (Jimsonweed) — Analgesic (1; CRC; JFM; ZUL); Anesthetic (1; CRC; VAG); Antiasthmatic (f; CRC); Anticholinergic (1; CRC; PH2; ZUL); Anticholinesterase (1; WBB); Antihistaminic (1; ZUL); Antiinflammatory (1; ZUL); Antiparkinsonian (f; CRC); Antiseptic (1; ZUL); Antisialagogue (1; CRC; TRA; VAG); Antispasmodic (1; JFM; TRA; ZUL); Aphrodisiac (f; VAG);

Bronchoconstrictor (1; TRA); CNS-Sedative (1; TRA; VAG); CNS-Stimulant (1; TRA; VAG); Fungicide (1; ZUL); Hallucinogen (1; JFM; PH2; VAG); Hypnotic (f; HHB; ZUL); Lactifuge (f; ZUL); Mydriatic (f; CRC); Narcotic (1; CRC; ZUL); Nervine (f; HHB); Parasympatholytic (1; PH2; TRA); Poison (1; CRC); Sedative (1; ZUL).

Indications (Jimsonweed) — Abscess (1; CRC; WBB); Acidity (f; WBB); Adenopathy (f; WBB); Alopecia (f; CRC; WBB); Anasarca (f; CRC); Aphasia (f; CRC); Apoplexy (f; CRC); Arthrosis (1; HHB; WBB); Asthma (f; CRC; TRA; WBB; ZUL); Ataxia (f; CRC); Boil (f; DEM; WBB; ZUL); Bronchosis (1; CRC; TRA; WBB); Bruise (f; WBB; ZUL); Burn (1; CRC; WBB); Cancer (f; CRC); Cancer, breast (f; CRC; JLH); Carcinoma (f; JLH); Cardiopathy (f; HHB); Catalepsy (f; CRC); Catarrh (f; PH2); Childbirth (1; CRC; JFM); Chorea (f; CRC); Colic (f; WBB; ZIM); Convulsion (f; PHR; PH2; WBB); Cough (f; HHB; PHR; ZIM); Cramp (1; CRC; JFM; TRA; WBB; ZUL); Cystosis (f; CRC; WBB); Dandruff (f; WBB); Delirium (f; CRC; WBB); Dermatosis (f; CRC); Diaphragmosis (f; CRC); Diarrhea (f; WBB); Dyspnea (1; PH2; TRA); Dysuria (f; CRC; ZIM); Earache (f; CRC); Ecstacy (f; CRC); Emphysema (1; HHB); Enuresis (f; CRC); Epilepsy (f; CRC; HHB; PH2; WBB); Erotomania (f; CRC); Esophagosis (f; CRC); Felon (f; JLH); Fever (f; DEM); Fistula (f; CRC); Fits (f; WBB; ZUL); Flu (f; PHR; PH2); Fracture (f; VAG); Fungus (1; ZUL); Gas (f; CRC); Goiter (f; ZIM); Gout (1; WBB); Headache (1; VAG; WBB; ZUL); Heatstroke (f; CRC); Hemorrhoid (f; DEM; JFM; WBB); Hiccup (f; CRC); Hydrophobia (f; CRC); Hyperacidity (f; CRC); Hysteria (f; CRC; VAG; ZUL); Induration (f; CRC; JLH); Infection (1; VAG; ZUL); Inflammation (1; DEM; WBB; ZUL); Influenza (f; CRC); Insomnia (1; VAG; ZUL); Laryngosis (f; HHB); Lochia (f; CRC); Locomotor Ataxia (f; CRC); Lumbago (f; WBB); Madness (f; LEL); Mania (f; CRC; LEL); Melancholy (f; LEL); Meningosis (f; CRC); Motion Sickness (1; VAG); Mycosis (1; ZUL); Nervousness (1; ZUL); Neuralgia (f; CRC; JFM; WBB); Night Sweats (f; CRC); Nymphomania (f; CRC; HHB); Ophthalmia (f; CRC); Otosis (1; ZUL); Pain (1; CRC; JFM; PH2; VAG; WBB; ZUL); Paralysis (f; CRC); Parasite (f; WBB); Parkinson's Disease (1; CRC; HHB; WBB); Pertussis (f; PHR); Phthisis (f; HHB); Pneumonia (f; DEM); Prolapse (f; CRC; JFM); Psychosis (f; CRC); Radiculosis (f; CRC); Respirosis (f; ZUL); Rheumatism (1; CRC; JFM; PH2; WBB); Scarlatina (f; CRC); Sciatica (f; WBB); Scirrhus (f; JLH); Scrofula (f; ZUL); Sore (f; WBB; ZUL); Sore Throat (f; CRC; DEM; JFM); Spasm (f; CRC); Sprain (f; VAG); Stammering (f; CRC); Stenocardia (f; CRC); Strabismus (f; CRC); Swelling (f; CRC; ZUL); Syphilis (f; HHB); Tetanus (f; CRC; HHB); Thirst (f; CRC); Tremor (f; CRC); Trismus (f; CRC); Tuberculosis (f; HHB); Tumor (1; JFM); Typhus (1; CRC; ZUL); Ulcer (1; JFM); Uterosis (f; JFM); VD (f; HHB; ZIM); Wart (f; JLH); Whitlow (f; ZUL); Wound (f; DEM; WBB; ZUL).

Dosages (Jimsonweed) — 50–100 mg powdered leaf 1–3 ×/day (PH2); 50 mg seed (PH2). Indians apply warmed leaves to the breast to reduce lactation and firm the breast (ZUL).

Contraindications, Interactions, and Side Effects (Jimsonweed) — Not covered (AHP). Do not take it (JAD). Commission E reports leaf and seed not permitted for oral use. Contains toxic belladonna alkaloids (AEH). Contraindicated in acute pulmonary edema, glaucoma, paralytic ileus, prostatosis, pyloric stenosis, and tachycardic arrhythmia (PHR). High doses lead to central excitation, compulsive chatter, delirium, hallucination, mania, and restlessness, often followed by exhaustion and lethargy, and/or sleep (CRC; PH2).

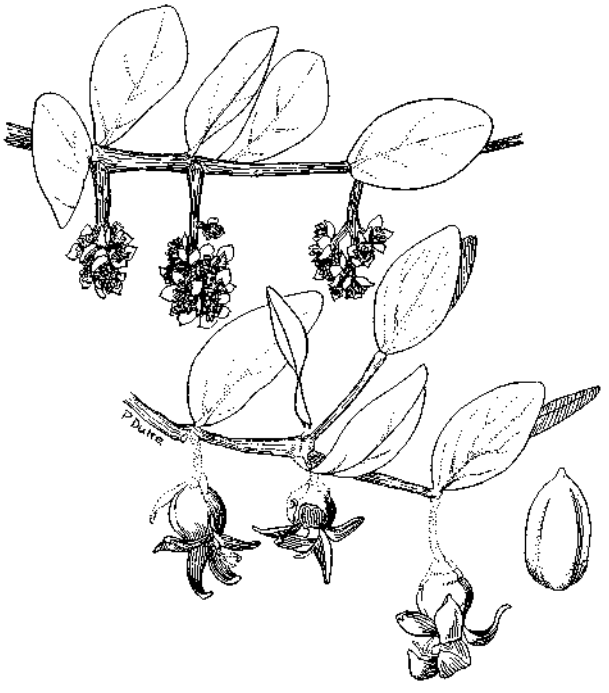
JOHN CHARLES (*Hyptis verticillata* Jacq.) ++

Activities (John Charles) — Antibacterial (1; MPG); Anticancer (1; AAB); Antidote, hippomane (f; AAB); Antifertility (1; X7576456); Antileukemic (1; AAB); Antiprostaglandin (1; X7617764); Antisecretory (1; X7617764); Antiseptic (1; MPG); Aphrodisiac (f; JFM; MPG); Astringent (f; JFM); Candidicide (1; MPG); Cytotoxic (1; AAB); Laxative (f; JFM); Molluscicide (1; AAB); Pediculifuge (1; MPG); Secretagogue (f; JFM).

Indications (John Charles) — Arthrosis (f; MPG); Asthma (f; AAB); Backache (f; MPG); Bacteria (1; MPG); Bleeding (f; MPG); Bone Ache (f; MPG); Bronchosis (f; AAB); Cancer (1; AAB; MPG); Candida (1; MPG); Childbirth (f; AAB); Cold (f; AAB; JFM); Colic (f; JFM; MPG); Constipation (f; JFM); Cough (f; AAB); Dandruff (f; IED); Dermatosis (f; AAB; IED); Dyspepsia (1; JFM; MPG; TRA); Epilepsy (f; IED); Fever (f; AAB; MPG); Fibroid (f; AAB); Fungus (f; IED); Gastrosis (f; AAB; MPG); Headache (f; MPG); Herpes (f; MPG); High Blood Pressure (f; IED); Infection (1; X7617764); Infertility (f; IED); Itch (f; IED; JFM); Leukemia (1; AAB; MPG); Malaise (f; AAB); Mucososis (f; AAB); Mycosis (f; IED); Pain (f; IED; MPG); Pulmonosis (f; IED); Rash (f; IED); Respirosis (f; IED); Rheumatism (f; IED; JFM); Scabies (f; IED); Sore (f; IED); Staphylococcus (1; MPG); Sting (f; JFM); Stomachache (1; JFM; MPG; TRA); Tonsilosis (f; AAB); Toothache (f; MPG); Uterosis (f; AAB); Virus (f; MPG); Wound (f; JFM; MPG); Yeast (1; MPG).

Dosages (John Charles) — Handful of root and/or leaf boiled 10 minutes in 3 cups water, drink 1 cup warm before each meal (AAB).

JOJOBA (*Simmondsia chinensis* (Link.) C. K. Schneid.) ++



Synonyms: *Buxus chinensis* Link., *Simmondsia californica* Nutt.

Activities (Jojoba) — Antifeedant (1; CRC); Antiobesity (1; FNF); Antioxidant (1; PH2); Cosmetic (1; PHR); Emetic (f; CRC); Laxative (f; DEM); Vulnerary (f; HH2).

Indications (Jojoba) — Acne (f; HH2); Alopecia (f; CRC); Cancer (f; CRC); Childbirth (f; CRC); Cold (f; CRC); Constipation (f; DEM); Dermatosis (f; PH2); Dysuria (f; CRC); Nephrosis (f; CRC); Obesity (1; ABS; CRC; FNF); Ophthalmia (f; CRC); Poison Ivy (f; CRC); Psoriasis (f; HH2); Sore (f; CRC; DEM); Sore Throat (f; CRC); Wart (f; CRC); Wound (f; HH2).

Dosages (Jojoba) — Topical.

Contraindications, Interactions, and Side Effects (Jojoba) — Not covered (AHP). None known at proper dose (PHR). Wax is unsuitable for internal use (PH2).“Hazards and/or side effects not

known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

JUJUBE, COMMON JUJUBE, CHINESE DATE (*Ziziphus jujuba* Mill.) +++

Synonyms: *Rhamnus zizyphus* L., *Ziziphus sativa* Gaertn., *Z. spinosa* (Bunge) Hu ex F. H. Chen, *Z. vulgaris* Lam., *Z. vulgaris* var. *spinosa* Bunge, *Z. zizyphus* (L.) Meikle.

Activities (Jujube) — Analgesic (1; APA; DAA; EFS; LAF); Antiaggregant (1; LAF); Antiallergic (1; FAY; PHR; PH2); Antianaphylactic (1; PNC); Antiarrhythmic (1; LAF); Antibacterial (1; APA; LAF); Anticariogenic (1; APA; LAF); Anticonvulsant (f; KEB); Antiedemic (1; APA; LAF); Antihydrotic (f; KEB); Antiinflammatory (1; APA; LAF); Antiperspirant (f; LAF); Antipyretic (1; FAY; LAF); Antispasmodic (1; LAF); Antitumor (1; PNC); Antitussive (f; PNC); Antiulcer (1; FAY; PH2); Antiwrinkle (f; LAF); Anxiolytic (1; X10996283); Astringent (f; EFS); cAMP-Genic (1; PNC); Collyrium (f; DAA); Deodorant (1; LAF); Depurative (f; APA; EFS; LAF); Diuretic (f; FAY); Emmenagogue (1; KEB; LAF); Emollient (f; EFS; PH2; PNC); Expectorant (f; HHB); Gastrotonic (f; FAY); Hemostat (f; HHB); Hepatoprotective (1; LAF; PH2); Hypnotic (1; DAA; LAF); Hypoglycemic (1; APA); Hypotensive (1; APA; DAA; KEB; PHR; PNC); Immunostimulant (1; LAF); Laxative (f; EFS; FAY); Lipolytic (1; LAF); Myocardioprotective (1; LAF); Narcotic (f; DAA); Pectoral (f; EFS; FAY); Propecic (f; DAA); Radioprotective (1; LAF); Secretagogue (f; LAF); Sedative (1; ABS; APA; DAA; FAY; KEB; LAF; PH2; PNC); Sialagogue (f; LAF); Splenotonic (f; FAY); Stomachic (f; DAA; EFS); Tonic (f; DAA; FAY; LAF; PH2); Tranquilizer (f; DAA; LAF); Ulcer (1; FAY; PH2); Uterotonic (1; DAA; LAF).

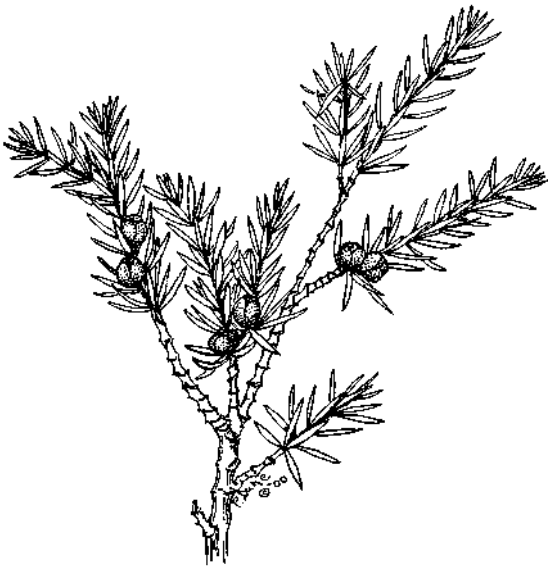
Indications (Jujube) — Acne (f; LAF); Allergy (1; FAY; PHR; PH2); Alopecia (f; DAA); Altitude Sickness (1; KEB); Amnesia (f; DAA); Anaphylaxis (1; PNC); Anemia (f; APA; LAF); Anorexia (f; APA; LAF); Anxiety (1; FAY; KEB; X10996283); Apoplexy (f; FAY); Apprehension (f; DAA); Arrhythmia (1; LAF); Arthrosis (f; DAA); Asthma (f; APA; LAF); Bacteria (1; APA; LAF); Bleeding (f; HHB); Burn (f; DAA; KEB); Cancer (1; DAA; PNC); Caries (1; APA; LAF); Childbirth (f; WOI); Colic (f; WOI); Conjunctivosis (f; APA; LAF); Constipation (f; EFS; FAY); Convulsion (f; KEB); Cramp (1; LAF); Debility (f; DAA; FAY); Dermatosis (1; APA); Diabetes (1; APA); Diarrhea (f; APA; LAF); Dyspepsia (f; DAA); Edema (1; LAF); Emaciation (f; HHB); Epihydrosis (f; DAA); Fatigue (f; APA; LAF); Fever (1; APA; FAY; LAF); Food Poisoning (1; APA); Forgetfulness (f; LAF); Hepatosis (f; PHR; PH2); High Blood Pressure (1; APA; DAA; KEB; LAF; PHR; PNC); Hives (f; FAY); Hysteria (f; LAF); Immunodepression (1; LAF); Infection (1; APA); Inflammation (1; APA; LAF); Insomnia (1; ABS; APA; DAA; FAY; HHB; KEB; LAF; PH2; PNC; WOI); Irritability (f; KEB); Itch (f; APA); Nausea (f; WOI); Nephrosis (f; DAA); Nervousness (1; ABS; APA; DAA; FAY; KEB; LAF; PH2; PNC); Neurasthenia (1; APA; DAA; LAF); Neurosis (f; DAA); Night Sweats (f; FAY); Ophthalmia (f; DAA); Pain (1; APA; DAA; EFS; LAF; WOI); Palpitation (f; DAA; FAY; KEB); Purpura (f; FAY; LAF); Respirosis (f; HHB); Rheumatism (f; DAA); Scabies (f; WOI); Sore (f; APA; FAY); Splenosis (f; DAA; LAF); Stress (f; FAY; PH2); Sunburn (f; APA); Swelling (1; APA; LAF); Tumor (1; PNC); Ulcer (f; FAY; PHR; PH2); Vertigo (f; DAA); Vomiting (f; WOI); Water Retention (f; FAY); Wound (f; APA; LAF); Wrinkle (f; APA; LAF).

Dosages (Jujube) — Food farmacy. 5–10 g fruit (APA); 6–15 g fruit (FAY); 2–8 g dry seed/day or 4–16 ml fluid extract (1:2) (KEB).

Contraindications, Interactions, and Side Effects (Jujube) — Class 1, 2b. Emmenagogue and uterotonic (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2)

(but PH2 designates no specific quantified dosage! JAD). No significant toxic effects (LAF). Not covered (KOM).

JUNIPER (*Juniperus communis* L.) +



Activities (Juniper) — Alexeteric (f; KAB); Allergenic (f; APA); Analgesic (1; APA; DEM; JBU); Antibacterial (f; PED); Antiedemic (1; BGB; CAN); Antiexudative (1; PH2); Antiherpetic (1; BGB; CAN; FNF); Antiinflammatory (1; APA; BGB; PNC); Antimalarial (1; FNF); Antipyretic (f; KAB); Antirheumatic (1; BGB; PED); Antiseptic (1; APA; FAD; KAP; MAD; PNC); Antispasmodic (f; APA); Antiviral (1; BGB; FNF); Aperitif (1; BGB; KAB); Aphrodisiac (1; KAB; MAD); Aquaretic (1; BGB); Bitter (1; APA); Candidicide (1; FNF; PED); Carminative (1; FAD; KAB; LAF; PNC; SUW); Collyrium (f; DEM); Decongestant (f; APA); Deobstruent (f; CRC); Depurative (f; CRC; MAD; PED); Diaphoretic (f; CEB; CRC); Digestive (1; CRC; KAP; LAF; SKY); Diuretic (1; APA; FAD; FEL; KAB; PH2; SUW); Emmenagogue (f; CRC; KAB; SUW); Expectorant (f; MAD); Fungicide (1; BGB; CAN; KAP); Hemostat (f; KAB); Hypertensive (1; CAN); Hypoglycemic (1; APA; CAN); Hypotensive (1; CAN; PH2); Laxative (f; CEB; DEM; FAD); Myocontractant (1; KOM); Nephrotoxic (f; APA); Priapistic (f; MAD); Sedative (f; CEB; DEM); Sialagogue (1; APA); Stimulant (f; CEB; CRC; KAB; SUW); Stomachic (1; APA; BGB; SUW); Tonic (f; APA; KAB; MIC); Urinary Antiseptic (1; FAD); Uterotonic (f; RIN).

Indications (Juniper) — Ache (f; FAD); Amenorrhea (f; MAD); Anasarca (f; DEP); Anorexia (2; BGB; KAB; PH2); Atherosclerosis (f; CRC; PH2); Arthrosis (1; APA; CAN; CRC); Ascites (1; FEL); Asthma (f; DEM); Backache (f; DEM); Bacteria (f; PED); Bite (f; CRC; MAD); Bleeding (f; KAB); Blennorrhea (f; CRC); BPH (1; PED); Bright's Disease (f; DEP); Bronchosis (f; APA; CRC; FAD; KAB); Burn (f; MIC); Calculus (f; CRC); Cancer (1; CRC; FAD); Cancer, kidney (1; FNF; JLH); Cancer, leg (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, spleen (1; FNF; JLH); Candida (1; FNF; PED); Cardiopathy (1; APA); Catarrh (f; MAD); Chest (f; DEM); Childbirth (f; CEB; DEM); Chlorosis (f; MAD); Cholecystosis (f; CRC); Cold (f; APA; FAD); Colic (f; CAN; CRC); Condyloma (1; FNF); Congestion (f; APA); Constipation (f; CEB; DEM; FAD; KAB); Cough (f; DEM; FAD; MAD); Cramp (f; APA); Cystosis (1; APA; CAN; CEB; FAD; FEL); Dermatosis (f; CRC; FEL; SUW); Diabetes (1; APA; MAD; PHR); Diarrhea (f; DEM); Dropsy (f; CEB; CRC; FEL; KAB; MAD); Dysentery (f; CRC); Dysmenorrhea (f;

APA; MAD; PH2); Dyspepsia (1; APA; BGB; KAB; KOM; PH2); Dyspnea (f; CRC; DEM); Dysuria (f; CEB; MIC); Edema (1; FNF); Encephalosis (f; KAB); Enterosis (f; CEB; CRC; FAD; KAB); Enuresis (f; MAD); Epilepsy (f; CEB); Eructation (f; PHR); Fever (f; CEB; CRC; DEM; KAB; MAD); Fistula (f; MAD); Flu (f; DEM; MIC); Fungus (1; BGB; CAN; KAP; MPI); Gallstone (f; MAD); Gas (1; APA; BGB; CAN; CEB; FAD; KAB; LAF; MAD; PNC; SUW); Gastrosis (f; CRC; MIC); Gleet (f; CRC; FEL; KAP); Gonorrhea (f; CRC; FEL; KAP); Gout (1; APA; PH2); Gravel (f; CRC; MAD); Halitosis (1; PH2); Heart (f; DEM); Heartburn (1; APA; DEM; PHR); Hemicrania (f; KAB); Hepatosis (f; CEB; JLH; KAB); Herpes (1; BGB; CAN; FNF; MAD); High Blood Pressure (1; CAN; DEM; PHR; PH2); Hydrocele (f; KAB); Hysteria (f; CRC); Induration (f; CRC; JLH); Infection (1; APA; BGB; CAN; KAP); Inflammation (1; APA; BGB; PH2; PNC); Insomnia (f; CEB; DEM); Jaundice (f; MAD); Kidney Stone (f; MAD); Leukorrhea (f; CRC; DEP; FEL; KAP); Low Blood Presssure (1; CAN); Lumbago (f; CRC); Malaria (1; ABS; FNF; MAD); Mange (1; MPI); Myalgia (f; CAN; DEM); Mycosis (1; BGB; CAN; KAP; MPI); Nephrosis (f; BGB; CRC; FEL; MIC); Nervousness (f; CEB; DEM); Neuralgia (f; APA); Neurasthenia (f; APA); Neurosis (f; APA); Odontosis (f; CEB); Ophthalmia (f; DEM); Otosis (f; KAB); Pain (1; APA; DEM; JBU; KAB; PH2); Palsy (f; CEB); Polyp (f; CRC; JLH); Psoriasis (f; PED); Pulmonosis (f; CRC; MAD); Pyelosis (f; CRC; FEL); Rheumatism (1; BGB; FAD; CAN; CRC; KAP; MAD; PED; PH2); Rhinosis (f; CRC); Scabies (f; MAD); Scrofula (f; CRC); Snakebite (f; CRC; FAD); Sore (f; CEB; FAD; MIC); Sore Throat (f; CEB; DEM); Splenosis (f; CEB; JLH; KAB); Sprain (f; MIC); Stomachache (f; APA; DEM; FAD); Stone (2; PHR); Strangury (f; KAB); Swelling (1; BGB; CAN; CRC; KAP; MAD); Tenesmus (f; CRC); Tonsilosis (f; DEM); Toothache (f; CEB; KAB); Tuberculosis (f; CEB; CRC); Tumor (1; CRC; FNF); Urogenitosis (f; CRC); Ulcer (f; CEB; DEM); Urethrosis (f; CEB); UTI (2; FAD; PHR; SKY); Uterosis (f; CEB; MAD); Vaginosis (f; KAB); VD (f; CRC); Virus (1; BGB; FNF; PH2); Wart (1; CRC; FNF); Water Retention (1; APA; FAD; FEL; KAB; MAD; PH2; SUW); Worm (f; APA); Wound (f; DEM; MIC); Yeast (1; FNF; PED).

Dosages (Juniper) — 56–74 ml tea (KAP); 10–15 berries/cup tea (MAD); 1 tsp (2–3 g) berries/150 ml water 3–4 ×/day, for up to 4 weeks (SKY); 1–2 g fruit several ×/day (MAD); 1–2 g fruit or equivalent 3 ×/day (CAN; SKY); 2 tsp (9.8 g) fruit in cold infusion (MAD); 1 tsp fresh fruit (PED); 0.5–1 g dry fr (PED); 1 g dry fruit:5 ml alcohol/5 ml water (PED); 100 ml dried fruit infusion (1–20 in boiling water) 3 ×/day (CAN); 2–10 g dry fruit (corresponding to 20–100 mg EO) (KOM); 1–3 g powdered fruit (KAP); 2–4 ml liquid fruit extract (1:1 in 25% ethanol) 3 ×/day (CAN); 1–2 ml fruit tincture (1:5 in 45% ethanol) 3 ×/day (CAN; SKY); 1–2 (-6) minims juniper oil (KAP); 0.03–0.2 ml juniper EO (CAN; PNC); 0.3–1.2 ml spirit of juniper (PNC); 1 tbsp juniper syrup morning or night (APA).

Contraindications, Interactions, and Side Effects (Juniper) — Class 2b, 2d. Contraindicated in nephrosis and pregnancy (CAN). Not for continuous use beyond 4–6 weeks (AHP). Berry permitted for oral use. Commission E reports contraindications: pregnancy, nephrosis; adverse effects: prolonged use or overdosing may lead to renal damage. Other sources report contraindication: pyelitis (AEH). CAN caution that the volatile oil can be abortifacient and irritant. Because it is reputed to be abortifacient and to affect the menstrual cycle, and because there is confusion of whether the oil is toxic, its use in pregnancy and lactation is to be avoided. "Excessive doses of terpinen-4-ol may irritate the kidneys. External application of EO can cause burning, edema, erythema, and inflammation with blisters" (CAN). Long-term use can cause hypocalemia. May also potentiate diuretics and hypglycemics (CAN). Overdose can cause hematuria, priapism, strangury, and uremic convulsions (MAD). "Canadian regulations do not allow juniper as a non-medicinal ingredient for oral use products" (Michols, 1995). "Herbs with diuretic properties, such as juniper and dandelion, can cause elevations in blood levels of lithium" (D'epiro, 1997). As an occasional gin imbiber, I found the following of interest, "Normally avoided during pregnancy, mainly because of the notorious reputation of gin, of which juniper is the main flavor ingredient" (PNC). Tisserand (1995),

after reviewing the literature, claims to debunk the many authors (including Duke, 1985), cautioning about abortifacient activity of juniper oil. He speculates that they are clouded by the sabine juniper, which apparently does have abortifacient activities. He found few references indicating abortifacient activity for juniper oil, and the references suggested that ethanolic and acetone extracts of juniper berries have antifertility activity in rats. "It seems inconceivable that the juniper oil could be responsible for the reproductive toxicity noted above. There is no reason to regard juniper oil as being hazardous in any way" (Tisserand, R., 1995). New perspectives on EO safety. (pp. 16–35 in IJA, 1995. Aroma'95 - One body - one mind. July 14th-16th, 1995 Conference Proceedings. Aromatherapy Publications, P.O. Box 746. Hove, E. Sussex, BN3 3XA England. 157 pages.)

Extracts (Juniper) — EO antiseptic, diuretic, irritant, uterotonic (CAN). Aqueous extract hypoglycemic. Extracts at first hypertensive, then hypotensive in rats (25 mg/kg ivn). Extracts abortifacient, antifertility, antiimplantation. Extracts and lignans potent antiherpetics. Berry extracts antiinflammatory (>indomethacin). The oil inhibited rat paw edema 60%, while indomethacin inhibited 45%. LD50 = 3000 mg/kg ipr mouse, LD50 = >3000 mg/kg orl rat (CAN). Phillipson et al. (1995) studied antimalarial activity of the important antitumor compound, podophyllotoxin, which occurs in junipers, mayapples, chervils, and perennial flaxes in the temperate zone, in *Hernandia* and *Hyptis* in the tropics. Podophyllotoxin is active against *Plasmodium falciparum* (IC50 = 10.3 μg/ml), slightly more active than the synthetic derivative etoposide (14.8 μg/ml) and much more active than teniposide (inactive at >500 μg/ml) (Phillipson et al., 1995). This lends even more credence to my favorite antimalarial tonic, gin and tonic with sweet annie, (which see) with juniper's antimalarial podophyllotoxins, tonic's quinine alkaloids, and sweet annie's artemisinin, and six other antiplamodial compounds, artemin, casticin, chrysosphlenetin, chrysosplenol-D, cirsilineol, and eupatorin, all proven synergisitc with artemisinin.

JUREMA (*Mimosa hostilis* Benth.) +

Activities (Jurema) — Astringent (1; CRC); Hallucinogen (1; CRC); Narcotic (1; CRC); Uterotonic (f; CRC).

JUTE (leaves only) (*Corchorus olitorius* L.) +++

Activities (Jute) — Analgesic (f; KAB); Antioxidant (ABS; FNF); Antipyretic (f; KAB); Aperitif (f; KAB); Astringent (f; KAB); Cardiotonic (1; WBB; WOI; ZUL); Demulcent (f; KAB); Diuretic (f; KAB; SKJ); Hypocholesterolemic (1; ABS); Hypoglycemic (1; ZUL; WBB); Lactagogue (f; HHB; WBB); Laxative (f; HHB; WBB); Tonic (f; KAB; SKJ; WBB).

Indications (Jute) — Anorexia (f; KAB); Ascites (f; KAB); Cancer (f; JLH); Chest Ache (f; HHB); Constipation (f; HHB; WBB); Cystosis (f; KAB; SKJ); Dysuria (f; SKJ); Enterosis (f; WBB); Fever (f; KAB); Gonorrhea (f; KAB; SKJ); Hemorrhoid (f; KAB); Hepatosis (f; HHB); High Cholesterol (1; ABS); Kernel (f; JLH); Pain (f; HHB; KAB); Pulmonosis (f; WBB); Swelling (f; JLH); Tumor (f; KAB); Water Retention (f; KAB; SKJ); Wen (f; JLH).

Contraindications, Interactions, and Side Effects (Jute) — Not covered (AHP; KOM; PH2). Leaves edible. Large doses (drenches) of 100–500 mg/kg powdered seeds killed pigs, following symptoms of anorexia, dysentery, and vomiting. So keep seed out of your mallow greens (*Austral. Vet. J.* 58(6):264–5).

Extracts (Jute) — Ethanolic extracts of seeds, roots, stems, and leaves were colorimetrically estimated to contain 4120, 110, 230, and 20 ppm cardiac glycosides, respectively. Chlorogenic acid, 3,5-dicaffeoylquinic acid, quercetin 3-galactoside, quercetin 3-glucoside, quercetin-3-(6-malonylglucoside), and quercetin 3-(6-malonylgalactoside) reported from the edible foliage (ABS).

Herb used for softening and "drawing the breast." If my database is correct, this is one of the best edible sources of folacin and vitamin B6.

K

KALE (*Brassica oleracea* var. *viridis* L. etc.) +++

The USDA lists more than 20 varieties of kale, many of them, especially the darker ones, are contenders for major health givers.

Activities (Kale) — Antiatherosclerotic (1; SN159:391); Antimaculitic (1; JNU); Antinitrosaminic (1; JNU); Antinyctalopic (1; JNU); Antiproliferant (1; JNU); Antioxidant (JN126:2098); Antiradicular (JN126:2098); Antiretinitic (1; JNU); Antitumor, breast (1; PS131:95; JNU); Antitumor, colon (1; ACN71:575; JNU); Antitumor, lung (1; JNU); Antitumor, skin (JNU); Antiviral (1; JNU); Detoxicant (1; JNU); Estrogenic (1; JNU); Glucuronidase Inhibitor (1; M11); Goitrogenic (1; WO2); Hypocholesterolemic (1; JNU); Prooxidant (1; JAF44:2096); Quinone-Reductase Inducer (1; PS131:95).

Indications (Kale) — Atherosclerosis (1; SN159:391); Cancer, bladder (1; JNU); Cancer, breast (1; JNU); Cancer, cervix (1; JNU); Cancer, colon (1; ACN71:575; JNU); Cancer, liver (1; JNU); Cancer, lung (1; JNU); Cancer, skin (1; JNU); Cardiopathy (1; SN159:391); High Cholesterol (1; JNU); Maculosis (1; JNU); Nyctalopia (1; JNU); Papilloma (1; JNU); Pellagra (f; WO2); Stroke (1; JNU); Tumor, breast (1; PS131:95; JNU); Tumor, colon (1; ACN71:575; JNU); Tumor, lung (1; JNU); Tumor, skin (JNU); Virus (1; JNU).

Dosages (Kale) — Food farmacy; eat some almost every day but don't overdo it.

Contraindications, Interactions, and Side Effects (Kale) — Not covered (AHP; KOM; PH2). In huge quantities, glucosinolate/isothiocyanate-containing crucifers might upset the thyroid. And in huge doses, hard to get dietarily, indole-3-carbinol might stimulate breast cancer rather than prevent it because it does so at levels reasonably attainable through dietary consumption of crucifers (Brassicaceae). If broccoli is the master antioxidant, kale is a master contender, excelling in many ways. According to JNU, kale has seven times more beta carotene than broccoli, ~11 times more lutein, more vitamin K (one-half cup cooked kale providing 600% of the daily value), and the highest ORAC score of any veggie.

KAMALA (*Mallotus philippensis* (Lam.) Muell. Arg.) +

Activities (Kamala) — Antibacterial (1; KAP; WOI); Anticancer (1; KAP; MPI); Antifertility (1; KAP; MPI; WOI); Antioxidant (f; WOI); Antisarcomic (1; KAP); Antiseptic (1; MPI); Antispasmodic (1; KAP); Aperitif (f; KAB); Aphrodisiac (f; DAA; KAP); Astringent (1; KAP); Bitter (f; SUW); Carminative (f; KAB); Contraceptive (f; PH2); Hemostat (f; SUW; WOI); Hypoglycemic (1; KAP; MPI); Laxative (1; KAB; KAP; PH2; SUW); Litholytic (f; WOI); Parasiticide (f; DAA); Piscicide (f; WOI); Taenicide (1; KAP); Vermifuge (1; DEP; HHB; PH2; SUW); Vulnerary (f; KAB).

Indications (Kamala) — Anorexia (f; DEP; KAB); Bacteria (1; KAP; WOI); Bladder Stone (f; KAB; PH2); Bleeding (f; SUW; WOI); Blister (f; MPI); Bronchosis (f; KAB); Cancer (1; HHB; KAP; MPI); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Constipation (1; KAB; KAP; PH2; SUW); Cramp (1; KAP); Dermatosis (f; DEP; PH2; SUW); Diabetes (1; KAP); Dysmenorrhea (f;

MPI); Dysuria (f; MPI); Ectoparasite (f; PH2); Enterosis (f; KAB); Fever (f; DEP); Gas (f; KAB); Hemiplegia (f; DEP); Hepatosis (f; PH2); Herpes (f; KAP; MAD); Infection (1; PH2; WOI); Kidney Stone (f; PH2); Leprosy (f; DEP; KAP; PH2); Nephrosis (f; PH2); Otosis (f; MPI; PH2); Pain (f; KAB); Parasite (f; SUW; WOI); Rheumatism (f; KAB); Rhinosis (1; MPI); Ringworm (f; MAD; SUW); Roundworm (f; PH2); Sarcoma (1; MPI); Scabies (f; MAD; SUW); Sore (f; KAP); Splenosis (f; KAB); Staphylococcus (1; MPI); Stone (f; WOI); Syphilis (f; KAP); Tapeworm (1; KAP; PH2; SUW); Worm (1; DEP; HHB; PH2; SUW); Wound (f; KAB; PH2).

Dosages (Kamala) — 2–15 g (HHB); 10 g powder/day (1.5–3 g child) (MAD).

Contraindications, Interactions, and Side Effects (Kamala) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Large doses may cause colic, cramping, diarrhea, GI distress, and nausea (DEP; HHB; MAD).

KAMYUYE (*Hoslundia opposita* Vahl) X

Activities (Kamyuye) — Cholagogue (f; CRC); Diuretic (f; CRC); Laxative (f; CRC).

Indications (Kamyuye) — Blennorrhea (f; CRC); Chest (f; CRC); Cold (f; CRC); Conjunctivosis (f; CRC); Constipation (f; CRC); Cough (f; CRC); Cystosis (f; CRC); Enterosis (f; CRC); Epilepsy (f; CRC); Fever (f; CRC); Gastrosis (f; CRC); Gonorrhea (f; CRC); Hepatosis (f; CRC); Herpes (f; CRC); Hookworm (f; CRC); Jaundice (f; CRC); Neurosis (f; CRC); Pain (f; CRC); Poison (f; CRC); Shingles (f; CRC); Snakebite (f; CRC); Sore (f; CRC); Sore Throat (f; CRC); Swelling (f; CRC); Vertigo (f; CRC); VD (f; CRC); Water Retention (f; CRC); Wound (f; CRC); Yellow Fever (f; CRC).

KAPOK (*Ceiba pentandra* (L.) Gaertn.) ++

Synonyms: *Bombax pentandrum* L., *Ceiba caribaea* (DC.) A. Chev., *C. casearia* Medik., *Eriodendron anfractuosum* DC.

Activities (Kapok) — Alterative (f; UPW); Antiprostaglandin (1; ABS; COX); Antipyretic (f; DAV); Antispasmodic (f; UPW); Astringent (f; IED); COX-1 Inhibitor (1; ABS; COX); COX-2 Inhibitor (1; ABS; COX); Curare (f; UPW); Demulcent (f; WO2); Diuretic (f; DAV; WO2); Emetic (f; DAV; UPW; WO2); Emollient (f; ABS; UPW); Hypoglycemic (f; WO2); Laxative (f; UPW; WO2); Propecic (f; IED); Sedative (f; UPW); Tonic (f; WO2).

Indications (Kapok) — Alzheimer's (1; COX; FNF); Arthrosis (1; COX; FNF); Asthma (1; ABS; COX); Blennorrhea (f; UPW); Cancer (1; COX; FNF; JLH); Cardiopathy (f; UPW); Childbirth (f; JFM); Colic (f; UP); Conjunctivosis (f; UPW); Constipation (f; UPW); Cough (1; ABS; COX); Cramp (f; UPW); Debility (f; IED); Dermatosis (f; UPW); Diabetes (f; UPW; WO2); Diarrhea (f; ABS); Dysmenorrhea (1; COX; IED); Dysuria (f; WO2); Edema (f; UPW); Enterosis (f; WO2); Erysipelas (f; JFM); Fatigue (f; UPW); Fever (f; DAV); Furuncle (f; UPW); Gastrosis (f; UPW); Gingivosis (f; UPW); Gonorrhea (f; ABS; UPW); Hemorrhoid (f; JFM); Hernia (f; UPW); Infection (f; ABS); Infertility (f; UPW); Inflammation (1; COX; IED); Insanity (f; UPW); Insomnia (f; UPW); Leprosy (f; UPW); Lochiorrhea (f; WO2); Lumbago (f; UPW); Migraine (f; WO2); Nervousness (f; UPW); Pain (1; COX; IED); Polyp (f; JLH); Rheumatism (f; UPW); Rhinosis (f; JLH); Rickets (f; UPW); Sprain (f; JFM); Swelling (f; UPW); VD (f; ABS); Vertigo (f; IED; WO2); Water Retention (f; DAV; WO2); Whitlow (f; UPW); Wound (f; ABS; JFM).

Dosages (Kapok) — 4 g bark/liter water, boil 15 min; apply topically to leg ulcers and hemorrhoids.

Contraindications, Interactions, and Side Effects (Kapok) — Not covered (AHP; KOM; PH2). Kapok can irritate the skin and most mucosae, especially eye, ear, and throat (UPW).

KARAYA (*Sterculia urens* Roxb.) ++

Activities (Karaya) — Demulcent (f; SHT); Laxative (f; SHT).

Indications (Karaya) — Colitis (f; SHT); Constipation (f; SHT); Diverticulosis (f; SHT).

Contraindications, Interactions, and Side Effects (Karaya) — Bulking agents should not be taken by those with stenotic lesions of the GI tract. May lead to bowel obstruction if fluid intake is inadequate. Do not take bulking agents when laying down or at bedtime. Do not use with antiperistaltics (such as, for example, loperamide) (SHT).

KAVA (*Piper methysticum* G. Forster) ++

Activities (Kava) — Allergenic (1; CRC); Analgesic (1; APA; FNF; WAM); Anaphrodisiac (f; MAD); Anesthetic (1; BGB; CRC; MAB; MAD; PH2); Antiaggregant (1; MAB); Antibacterial (1; MAB; MAD); Anticonvulsant (1; FNF; KOM; PH2; SHT); Antidepressant (1; APA); Antidopamine (1; MAB); Antiepileptic (1; BGB); Antifatigue (f; PNC); Antiischemic (1; MAB); Antipyretic (1; MAB); Antirheumatic (1; FNF); Antiseptic (1; FNF; MAD); Antispasmodic (1; APA; BGB; CRC; PH2; WAM); Antithrombic (1; PH2); Anxiolytic (1; KOM; MAB; PHR; PH2; WAM); Aperitif (1; MAD); Aphrodisiac (f; APA; CRC); Climacteric (f; BGB); CNS-Depressant (1; APA); Contraceptive (f; MAB); Cyclooxygenase Inhibitor (1; PH2); Diaphoretic (f; CRC; MAD); Diuretic (1; APA; MAB; MAD; PNC); Dopaminergic (1; PH2); Expectorant (f; CRC); Fungicide (1; CRC; MAB); Hypnotic (1; MAB; PH2); Hyporeflexic (1; BGB); Lactagogue (f; CRC); Memorigenic (1; MAB); Myorelaxant (1; APA; FNF; KOM; PH2; SKY); Narcotic (1; CRC); Neuroprotective (1; HH2); Psychotropic (f; PH2); Sedative (2; FNF; KOM; PH2; WAM); Serotoninergic (1; PH2); Sobering (1; MAB); Stimulant (f; CRC; PNC); Tonic (f; CRC; MAD; PNC); Tranquilizer (1; APA).

Indications (Kava) — Anorexia (1; MAB; MAD); Anxiety (2; APA; KOM; MAB; PHR; PH2; WAM); Arthrosis (f; MAD); Asthma (f; BGB; PH2); Backache (f; CRC); Bacteria (1; MAB; MAD); Blennorrhea (f; MAD); Bronchosis (f; PNC); Catarrh (f; MAB); Chill (f; CRC); Cholecystosis (f; MAB); Cold (f; CRC; MAB); Colic (f; MAB); Congestion (f; MAD); Convulsion (1; FNF; KOM; PH2; SHT); Cough (f; CRC; MAB); Cramp (1; APA; BGB; CRC; MAB; PH2; WAM); Cystosis (f; MAD; PH2); Debility (f; CRC; MAB); Depression (1; APA; BGB); Dermatosis (f; CRC; MAB; MAD); Despondency (f; MAB); Dizziness (1; APA; MAB; MAD); Dysmenorrhea (1; FNF; SHT; WAM); Dyspepsia (1; APA; PH2); Dysuria (1; WAM); Earache (1; MAB; MAD); Eczema (f; MAD); Elephantiasis (f; CRC); Encephalosis (f; MAD); Enterosis (1; WAM); Enuresis (f; MAB); Epilepsy (1; BGB; MAB); Fatigue (1; MAB); Fever (1; CRC; MAD; MAB); Filariasis (f; MAB); Fungus (1; CRC; MAB); Gastrosis (f; PH2); Gonorrhea (f; CRC,

MAB; MAD; PH2); Gout (f; APA; PNC); Headache (1; APA; CRC; FNF; MAD); Heart (f; CRC); Hemorrhoid (f; MAB); Herpes (f; MAD); Hot Flash (f; BGB); Hyperactivity (1; APA; WAM); Ichthyosis (f; MAD); Incontinence (f; MAB); Infection (1; CRC; MAB); Insomnia (2; APA; FNF; KOM; MAB; PHR; PH2; WAM); Leprosy (f; MAB); Leukorrhea (f; CRC; MAB); Menopause (1; APA; BGB; MAB); Menstrual Cramp (1; FNF); Migraine (1; APA); Myalgia (1; MAB); Mycosis (1; CRC; MAB); Nephrosis (f; CRC; MAB); Nervousness (2; APA; FNF; KOM; PHR; PH2; WAM); Neuralgia (f; MAB); Neurasthenia (f; CRC; MAD); Obesity (f; PH2); OCD (1; WAF); Ophthalmia (f; MAB); Pain (1; APA; BGB; CRC; FNF; MAB; MAD; PH2; WAM); Palpitation (1; APA); Prolapse (f; MAB); Prostatosis (f; MAD); Psoriasis (f; MAD); Pulmonosis (f; CRC); Restlessness (2; APA; KOM); Rheumatism (1; CRC; FNF; PH2; PNC); Sore Throat (f; MAB); Stomachache (1; APA); Stress (2; APA; KOM; PH2; SHT); Syphilis (f; PH2); Thrombosis (1; PH2); Toothache (1; MAB; MAD); Tuberculosis (f; CRC); Urethrosis (f; CRC; MAD; PH2); UTI (f; BGB; MAB); Vaginosis (f; CRC; MAB); VD (f; APA; CRC; MAD; PH2); Vertigo (f; MAB); Water Retention (1; APA; MAB; MAD; PNC); Wet Dream (f; CRC).

Dosages (Kava) — 1 tsp cup/night (JAD); 1.5–3 g dry root/day (MAB); 100–300 mg root several ×/day (MAD); 2–4 g powdered root 1–3 ×/day (AHP; PNC); 2–4 ml liquid root extract (PNC); 3–6 ml fluid extract (1:2)/day (MAB); 1–3 ml tincture/day (SKY); 60–600 mg kavalactones/day (AHP); ca 250 ml kavalactones/day (24–70 mg 3 ×/day) (APA); 180–210 kavalactones 1 hour before bedtime (APA); 1 (525 mg) capsule (StX with 250 mg certified potency kava-kava root extract with at least 75 mg kavalactone) 3 ×/day (NH).

Contraindications, Interactions, and Side Effects (Kava) — Class 2b, 2c, 2d. Contraindicated for endogenous depression (AHP). Maximum tolerated doses for dogs was 60 mg/kg, for rats 320 mg/kg StX (70% kavapyrones). Perversely, if the authors didn't misspeak, the dogs tolerated 24 mg/kg/day. Of >4000 patients taking 105 mg/day StX (70% kavapyrones), 1.5% had objectionable side effects (allergy, dizziness, GI distress, and headache). At levels 100 times the therapeutic dose (roughly 13 liters kava beverage a day or 300–400 mg rhizome per week) caused anorexia, ataxia, dyspnea, hair loss, red eyes, skin rash, visual problems, and yellow skin. "There is no potential for physical or psychological dependency. Use should not exceed 3 months." (AHP) Germans limit use to 1–3 months (AHP). Commission E reports contraindications: esophageal and gastrointestinal stenoses; adverse effects: allergic reactions (rarely). Other sources report intestinal obstruction (AEH). Many reports suggest a yellowing of the skin in chronic users. "Chronic ingestion may lead to 'kawism' characterized by dry, flaking, discolored skin, and reddened eyes" (*LRNP,* May 1987). Persistent rumors suggest that overdoses can cause intoxication. Commission E warns against the concomitant use of kava with barbituates, antidepressant medications, and CNS agents. Lactating or pregnant women should not use kava (WAM). "Not permitted as a non-medicinal ingredient in oral use products in Canada" (Michols, 1995). Abuse by Australian Aborigines suggest links to hematuria, infectious disease, neurological abnormalities, pulmonary hypotension, nephrosis, visual disturbances, ischemic heart disease, thrombosis, and sudden heart attacks (MAB). The following quote might scare abusers, as it should, "Full consciousness is maintained with even fatal doses" (APA, quoting Weiss, 1988).

Extracts (Kava) — Increase GABA in the synaptic cleft by increasing GABA secretion and inhibiting its reuptake (SHT). LD50 dihydrokavain = 920 mg/kg orl mouse (MAB), LD50 dihydromethysticin = 1050 mg/kg orl mouse (MAB), LD50 StX (70% kavalactones) = 16,000 mg/kg orl rat, 1800 mg/kg orl mouse, 370 mg/kg ipr rat, 380 mg/kg ipr mouse (MAB). This indicates that the mix is safer than the individual lactone, at least orally in rats and mice (MAB). Kava slows hyperactivity in mice, but not as much as antipsychotic drugs. When chewed, the root produces numbness in the mouth similar to what one would experience with

cocaine and longer-lasting than what one would experience with benzocaines (APA). In a traditional Hawaiian remedy, leaves were chewed and given to anxious or restless children for its calming effect, and to induce sleep. And for the old reprobates "kava tends to lower one's interest in sexual activities." (=) lactones are 10 times more anticonvulsant than mephenesin against strychnine; the mixture of lactones was synergistic; the potency of the mix was equal to that of pure dihydromethysticin; synergy more pronounced with oral than ivn administration; lactones better absorbed in mix than as isolated silver bullets (MAB). Lactones = cocaine and procaine as analgesic and anesthetic; dihydromethysticin better than aspirin but inferior to morphine as analgesic (MAB).

KELP (*Nereocystis luetkeana* (Mert.) Postels & Rupr.) ++

Dosages (Kelp) — 4–6 (400-mg) tablets (APA); 2–3 tsp powdered alga to 3 ×/day (APA).

Contraindications, Interactions, and Side Effects (Kelp) — Class 2d. Not recommended in hyperthyroidism. Long-term use discouraged (AHP).

KHAKI BUSH, WILD MARIGOLD (*Tagetes minuta* L.) +

Activities (Khaki Bush) — Antiinflammatory (1; WOI); Antispasmodic (1; WOI); Antiviral (1; WOI); Aperient (f; WOI); Bronchodilator (1; WOI); Carminative (f; FNF); Diaphoretic (f; WBB; WOI); Diuretic (f; WBB; WOI); Emmenagogue (f; FNF; WBB); Fungicide (1; FNF; VAG); Hemostat (f; ZIM); Hypotensive (1; WOI); Insectifuge (1; WBB); Irritant (f; WBB); Ixodifuge (f; FNF); Juvabional (1; WOI); Larvicide (1; WBB; WOI); Laxative (f; WBB); Nematicide (1; WOI); Parasiticide (f; WBB); Stimulant (f; WBB); Stomachic (f; WBB); Tranquilizer (1; FNF; WOI); Vermifuge (f; WBB).

Indications (Khaki Bush) — Bleeding (f; ZIM); Constipation (f; WBB; ZIM); Cramp (1; FNF; WOI); Dyspepsia (f; FNF); Epistaxis (f; ZIM); Fever (f; WBB; WOI); Fungus (1; FNF; VAG); Gas (f; FNF); Gastrosis (f; FNF); Hemorrhoid (f; FNF; WBB); High Blood Pressure (1; FNF; WOI); Hysteria (f; FNF; WBB); Infection (1; FNF; VAG); Inflammation (1; FNF; WOI); Maggot (1; WBB); Mycosis (1; FNF; VAG); Nervousness (1; FNF; WOI); Parasite (f; WBB); Rhinosis (f; ZIM); Virus (1; WOI); Water Retention (f; WBB; WOI); Worm (f; FNF; WBB); Wound (f; ZIM).

Contraindications, Interactions, and Side Effects (Khaki Bush) — Synergistic with pyrethrum as insecticide (WOI).

KHAT (*Catha edulis* (Vahl) Forrsk. ex Endl.) +

Synonym: *Celastrus edulis* Vahl.

Activities (Khat) — Anorectic (1; ZUL); Antiulcer (1; PH2); Aperitif (f; ZUL); Aphrodisiac (f; PH2); Astringent (1; PH2; VAG); Cardiotonic (f; ZUL); Cardiotoxic (f; WBB); Carminative (f; ZUL); CNS-Stimulant (1; PH2; ZUL); Euphoriant (f; WBB); Hypertensive (f; ZUL); Inebriant (1; WBB); Insecticide (1; PH2); Mutagenic (f; ZUL); Mydriatic (f; ZUL); Myodepressant (1; WBB); Narcotic (f; WBB); Neurotonic (1; ZUL); Stimulant (1; WBB; ZUL); Sympathomimetic (1; PH2); Tonic (f; ZUL).

Indications (Khat) — Anorexia (f; ZUL); Asthma (f; PH2; WBB; VAG; ZUL); Boil (f; VAG; ZIM); Cold (f; VAG); Cough (f; PH2; VAG; WBB; ZUL); Cramp (f; VAG); Depression (f; PH2);

Diarrhea (1; PH2; VAG); Dysentery (f; VAG); Dysmenorrhea (f; VAG); Fatigue (1; WBB; WO2); Fever (1; PH2); Flu (f; VAG; WBB; ZUL); Gas (f; ZUL); Gastrosis (f; PH2; WBB; ZUL); Glaucoma (f; ZUL); Gonorrhea (f; PH2); Headache (f; PH2); Hunger (1; PH2; WBB); Impotence (f; PH2); Infertility (f; VAG; ZIM); Low Blood Pressure (f; ZUL); Plague (f; WBB; ZUL); Pulmonosis (f; WBB); Respirosis (f; ZUL); Ulcer (1; PH2).

Contraindications, Interactions, and Side Effects (Khat) — Chewing leaves can cause constipation, periodontal disease, mucosal lesions, and increased risk of esophageal cancer. Mutagenic effects reported (ZUL). Although I do not believe it, I quote WBB, "Fifty milligrams of khat has a sedative effect but 300 to 400 mg produces hyperexcitability, mydriasis, spinal convulsions, and death from respiratory paralysis" (WBB). I chewed several grams in Kenya.

KIDNEY VETCH (*Anthyllis vulneraria* L.) +

Synonym: *Anthyllis rubicunda* Wender. ex Steud.

Activities (Kidney Vetch) — Antibacterial (1; HH2); Antiviral (1; PH2); Astringent (f; EFS); Depurative (1; EFS; PH2); Diuretic (f; EFS); Laxative (f; EFS); Mutagenic (1; PH2); Vulnerary (f; EFS).

Indications (Kidney Vetch) — Bacteria (1; HH2); Constipation (f; EFS); Cough (1; PH2); Herpes (1; HH2); Infection (1; PH2); Pharyngosis (f; PH2); Polio (1; HH2); Sore (f; HH2); Stomatosis (f; PH2); Ulcer (1; PH2); Virus (1; PH2); Vomiting (f; PH2); Water Retention (f; EFS); Wound (1; HH2; PH2).

Dosages (Kidney Vetch) — 1 dessert-spoon flower/250 ml water (PH2).

Contraindications, Interactions, and Side Effects (Kidney Vetch) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

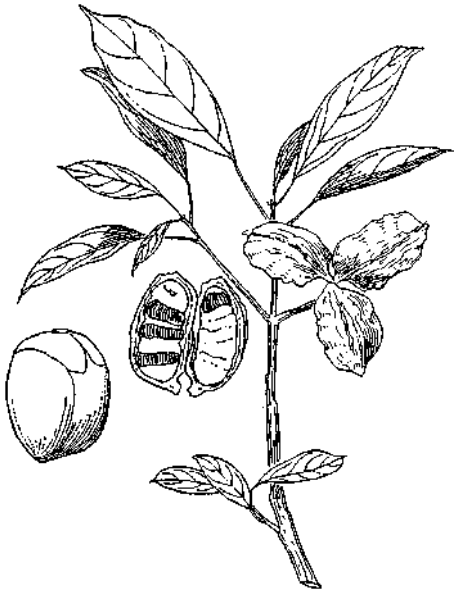
KIWI (*Actinidia deliciosa* (A. Chev.) C. F. Liang & A. R. Ferguson) ++

Synonyms: *A. chinensis* var. *deliciosa* A. Chev., *A. chinensis* var. *hispida* C. F. Liang, *A. latifolia* var. *deliciosa* A. Chev.

Activities (Kiwi) — Antibacterial (1; WO2); Antidote, cinnabar (f; DAD); Antimutagenic (1; X3278214); Astringent (1; DAD); Immunostimulant (1; WO3); Insecticide (f; DAD); Pectinesterase Inhibitor (1; WO3); Proteolytic (1; DAD).

Indications (Kiwi) — Allergy (f; DAD); Arthrosis (f; DAD); Bacteria (1; WO2); Cancer (1; DAD; X3278214); Cancer, breast (f; DAD); Cancer, esophagus (f; DAD); Cancer, liver (f; DAD); Cancer, stomach (f; DAD); Cardiopathy (f; DAD); Cold (f; DAD); Dysuria (f; DAD); Fever (f; DAD); Gastrosis (f; DAD); Gravel (f; DAD); Immunodepression (1; WO3); Infection (1; WO2); Mange (f; DAD); Mastosis (f; DAD); Pain (f; DAD); Purpura (f; DAD); Rheumatism (f; DAD); Scurvy (f; DAD); Stone (f; DAD); Stress (f; DAD); Thirst (f; DAD).

KOLA (*Cola acuminata* (P. Beauv.) Schott & Endl.) ++



Synonym: *Sterculia acuminata* P. Beauv.

Activities (Kola Nuts) — Anorectic (1; CRC); Antiviral (1; CRC); Aphrodisiac (f; CRC); Cardiotonic (1; CRC); CNS-Stimulant (1; CRC); Digestive (f; CRC); Diuretic (1; CRC); Masticatory (f; CRC); Nervine (1; CRC); Stimulant (1; CRC); Tonic (1; CRC).

Indications (Kola Nuts) — Cancer (f; CRC); Cut (f; CRC); Diarrhea (f; CRC); Digestion (f; CRC); Neuralgia (f; CRC); Virus (1; CRC); Water Retention (1; CRC); Wound (f; CRC).

Contraindications, Interactions, and Side Effects (Kola Nuts) — "Caffeine in large doses is reported to be carcinogenic, mutagenic, and teratogenic. Caffeine is also viricidal, suppressing the growth of polio, influenza, herpes simplex, and vaccinia viruses, but not Japanese encephalitis virus, Newcastle disease, virus, and type 2 adenovirus. In 1978, an FDA advisory panel concluded that caffeine, as it is added to cola soft drinks, should be subject to a more restrictive regulatory approach. Removal of caffeine from the GRAS list 'was urged'" (CRC).

KOMBE (*Strophanthus kombe* Oliv.) X

Used like *S. gratus*, but reportedly milder.

Activities (Kombe) — Anxiolytic (f; PH2); Cardiotonic (1; PH2); Curare (1; FNF); Digitalic (1; PH2); Diuretic (f; EFS); Negative Chronotropic (1; HDN); Negative Dromotropic (1; HDN); Pediculicide (f; HDN); Positive Bathmotropic (1; HDN); Positive Inotropic (1; HDN).

Indications (Kombe) — Anxiety (f; PH2); Atherosclerosis (f; PH2); Bradycardia (f; HHB); Cardiopathy (f; PH2); Gastrosis (f; PH2); High Blood Pressure (f; PH2); Neurodystonia (f; PH2); Stenocardia (f; HHB); Water Retention (f; EFS).

Dosages (Kombe) — Don't take except with physician guidance! (JAD); Cymarin 0.6–0.9 mg ivn human/day, 2.3–2.5 mg orl human (HDN); ouabain 0.25–0.65 mg ivn human/day, 12–48 mg/day orl human (HDN); toxic dose 143 mg/human; k-strophanthoside 0.2–1.2 mg ivn human/day, to 7.5 mg/day orl human; toxic dose 143 mg/human (HDN).

Contraindications, Interactions, and Side Effects (Kombe) — Not covered (AHP)."Health hazards not known with proper therapeutic dosages" (PH2). Side effects may include cardiac arrhythmia, headache, ophthalmia (disturbance of color vision), queasiness, stupor, and vomiting. May enhance effects and side effects with calcium salts, glucocorticoids, laxatives, quinidine, and saluretics (PH2). Powdered seeds LDlo 25 mg/kg ivn dog (HH2); g-strophanthidin LDlo 0.33–0.44 mg/kg ivn dog (HH2).

KONJAC (*Amorphophallus konjac* K. Koch) ++

Synonyms: *A. rivieri* Durieu, *A. rivieri* var. *konjac* (K. Koch) Engl.

Activities (Konjac) — Antitumor (1; APA); Hypocholesterolemic (1; APA); Hypoglycemic (1; APA).

Indications (Konjac) — Cancer, lung (1; APA); Constipation (1; APA); Diabetes (1; APA); Enterosis (1; APA); Gas (1; APA); High Cholesterol (1; APA); Obesity (1; APA); Tumor (1; APA).

Dosages (Konjac) — 2 (500 mg) tablets glucomannan 1 hour before meals (APA).

Contraindications, Interactions, and Side Effects (Konjac) — Not covered (AHP; KOM; PHR). May cause diarrhea. Severe esophageal obstructions reported for glucomannan tablets (always take with plenty of water) (APA). "Australian health authorities have banned tablets containing glucomannan" (APA). May alter insulin requirements (APA). Glucomannan, the polysaccharide extracted from the tubers of *Amorphophallus konjac*, is indigestible in the human GI tract, lacking enzymes to break it down. Hence, it passes through the body, mostly undigested. In addition, the glucomannan swells in the gut, or wherever it contacts water, sometimes absorbing 60 times its weight in water. Hence, it is often recommended, perhaps too enthusiastically, for constipation, high cholesterol, and obesity. According to APA, in one study of 20 obese patients, those who took 2 capsules of 500 mg of purified glucomannan, 60 minutes before meals, lost an average 5.5 pounds after 8 weeks, cf. 1.5 pounds for placebo patients. In another study, total cholesterol fell some 10% in 63 men taking 3900 mg glucomannan for 4 weeks, in a double-blind crossover trial.

KOREAN MINT (*Agastache rugosa* (Fisch. & C. A. Mey.) Kuntze) ++

Synonym: *Lophanthus rugosus* Fisch. & C. A. Mey.

Activities (Korean Mint) — Analgesic (f; DAA); Antiemetic (1; AKT); Antiatherogenic (1; X11334881); Antibacterial (1; AKT); Antiintegrase (1; X10549582); Antipyretic (f; DAA); Antiviral (1; ABS; X10071964; X10549582); Carminative (f; DAA); Decongestant (f; DAA); Fungicide (1; AKT); Mucolytic (1; AKT); Protease-Inhibitor (1; X10071964); Stomachic (f; DAA).

Indications (Korean Mint) — Angina (f; DAA); Atherosclerosis (1; X11334881); Bacteria (1; AKT); Chemotherapy (f; AKT); Cold (f; DAA); Congestion (f; DAA); Diarrhea (f; DAA); Dyspepsia (f; DAA; AKT) Enterosis (f; DAA); Fever (f; DAA); Fungus (1; AKT); Gas (f; DAA); Gastrosis (f; DAA); Headache (f; DAA); HIV (1; ABS; X10071964); Hyperemesis (1; AKT); Infection (1; AKT); Mycosis (1; AKT); Nausea (1; AKT; DAA); Pain (f; DAA); Splenosis (f; DAA); Thirst (f; DAA); Virus (1; ABS; X10071964; X10549582); Vomiting (1; AKT).

Dosages (Korean Mint) — 4.5–9 g herb or 1–3 g herb concentrate (AKT).

Contraindications, Interactions, and Side Effects (Korean Mint) — Class 1 (AHP).

KOUSSO (*Hagenia abyssinica* (Bruce) J. F. Gmel.) X

Synonym: *Banksia abyssinica* Bruce.

Activities (Kousso) — Abortifacient (f; EFS; PH2); Antisarcomic (1; WOI); Antitumor (1; PH2); Emetic (1; WOI); Irritant (1; WOI); Laxative (1; EFS); Sialagogue (1; PH2); Taenifuge (1; PH2); Vermifuge (1; PH2; WOI).

Indications (Kousso) — Cancer (1; PH2; WOI); Constipation (1; EFS); Hookworm (1; WOI); Roundworm (1; WOI); Tapeworm (1; PH2); Tumor (1; PH2); Whipworm (1; WOI); Worm (1; PH2; WOI).

Dosages (Kousso) — Too dangerous to take (JAD). Yet in *Hager's Handbuch der Pharmazeutischen Praxis*, one finds for children, 10–15 g powdered drug, with citrus juice or red wine (20–30 g for adults) (HHB) (not me, please, JAD).

Contraindications, Interactions, and Side Effects (Kousso) — Not covered (AHP). Very toxic (PH2). Irritant to mucous membranes, large doses inducing colic, nausea, and vomiting (WOI). Overdosage may cause abortion, collapse, debility, headache, nausea, salivation, and visual disorders (PH2).

KRATUM (*Mitragyna speciosa* Korth.) +

Activities (Kratum) — Analgesic (1; CRC); Anesthetic (1; ABS; FNF); Antitussive (1; CRC; FNF); CNS-Stimulant (1; CRC; FNF); Fumitory (1; CRC); Hallucinogen (1; CRC); Masticatory (1; CRC); Narcotic (1; CRC).

Indications (Kratum) — Addiction (1; CRC); Morphinism (1; CRC); Pain (1; ABS; CRC; FNF).

KUDZU (*Pueraria montana* (Lour.) Merr. var. *lobata* (Willd.) Maesen & S. M. Almeida) ++

Activities (Kudzu) — Abortifacient (1; AKT); Alcohol-Dehydrogenase Inhibitor (1; APA); Antiaggregant (1; FNF); Antiangiogenic (1; FNF); Antiarrhythmic (1; AKT; APA); Antidipsomanic (1;

APA; SKY); Antiedemic (f; HHB); Antiemetic (f; LMP); Antiimplantation (1; AKT); Antileukemic (1; FNF); Antileukotriene (1; FNF); Antimelanomic (1; FNF); Antimetastatic (1; FNF); Antiosteoporotic (1; FNF); Antipyretic (1; DAA); Antispasmodic (1; AKT; DAA); Antitumor (1; FNF); Apoptotic (1; FNF); Cerebrotonic (1; AKT); Choleretic (1; HHB); Cholinergic (1; HHB); Circulostimulant (f; SKY); Contraceptive (f; FAY); Diaphoretic (f; FAD; FAY; LMP); Estrogenic (1; FNF); Fungicide (1; FNF); Gastrostimulant (1; HHB); Hemostat (f; DAA); Hepatoprotective (f; AKT); Hypoglycemic (1; AKT; APA; DAA; FAD); Hypotensive (1; AKT; APA; DAA; FAD); Lactagogue (f; AKT; WOI); Neurosedative (f; AKT); Secretagogue (f; FAY); Sedative (f; AKT); Tonic (f; AKT; LMP); Topoisomerase Inhibitor (1; FNF); Tyrosine-Kinase Inhibitor (1; FNF).

Indications (Kudzu) — Alactea (f; AKT); Alcoholism (1; SKY); Allergy (f; APA); Angina Pectoris (1; AKT; DAA; FAY; SKY); Anorexia (f; FAY); Arrhythmia (1; AKT; APA; X2512952); Bite (f; DAA); Bleeding (f; DAA); Boil (f; DAA); Bruise (f; HHB); Cancer (1; FNF); Cancer, breast (1; FNF); Cardiopathy (1; DAA); Chickenpox (f; LMP); Cirrhosis (1; FNF); Cold (f; APA); Cough (f; DAA; LMP); Cramp (1; AKT; DAA; FAY); Deafness (1; APA; DAA; FAD; FAY); Debility (f; LMP); Dermatosis (f; DAA; FAY); Diabetes (f; APA; LMP); Diarrhea (1; APA; FAD); Dysentery (f; FAD; HHB); Enterosis (f; DAA; LMP); Fever (f; DAA); Gas (f; LMP); Gastrosis (f; FAD); Enterosis (f; FAD); Fever (1; DAA; FAD; FAY; KAB; LMP); Flu (f; APA; LMP); Fungus (1; FNF); Hangover (f; APA; DAA); Headache (f; APA; FAD; FAY); Hepatosis (1; AKT; FNF); High Blood Pressure (1; AKT; APA; DAA; FAD; FAY; SKY); Hives (f; APA); Hyperacidity (f; FAY); Infection (1; FNF); Insomnia (f; AKT); Leukemia (1; FNF); Mastosis (f; FAD); Measles (f; DAA; FAD); Melanoma (1; FNF); Migraine (2; DAA); Mycosis (1; FNF); Nausea (f; HAD); Nervousness (f; AKT); Neurosis (f; AKT); Osteoporosis (1; FNF); Pain (f; AKT); Psoriasis (f; APA); Rash (f; DAA); Snakebite (f; DAA); Sore (f; FAD); Sore Throat (f; FAD); Stiffness (f; DAA); Stomatosis (f; DAA); Sweating (f; DAA); Swelling (f; FAD; HHB); Thirst (f; DAA; FAY); Tinnitus (f; FAY); Tumor (1; FNF); Typhoid (1; FAY; LMP); Vertigo (f; FAY); Vomiting (f; LMP).

Dosages (Kudzu) — 5–15 g day (AKT); 4.5–9 g root (FAY); 9–15 g root/day (SKY); 12 shot glasses fresh root juice for unconscious drunk (FAY); 3 (100 mg) capsules root extract StX (1 mg daidzin) daily (APA); 1 (550 mg) capsule root extract (100 mg) StX (1 mg Daidzin) 3 ×/day (NH).

Contraindications, Interactions, and Side Effects (Kudzu) — Class 1 (AHP). Not covered (KOM; PHR). Long food use in Asia suggests relative safety. No adverse effects in humans taking 50–100 g root/day (APA).

Extracts (Kudzu) — Roots reportedly richer in estrogenic isoflavones, daidzein, and genistein than soybeans. Antiangiogenic, genistein is supposed to prevent incipient tumors from developing by preventing the formation of new blood vessels to nourish the tumor. Daidzein and daidzin inhibit desire for alcohol. Hirano et al. (1994), showed that genistein was one of the most potent antileukemic compounds among dozens they studied, >100 times more potent than daidzein. Kudzu's soyasaponin I and kudzusaponin SA-3, were more effective liver protectors than glycyrrhizin (500 μg/ml for, kudzusaponin SA-3). Flavonoid-like substances associated with improved microcirculation and blood flow through the coronary arteries.

KWASHI (*Pancratium* spp.) X

Activities (Kwashi) — Analgesic (f; CRC); Cardiotoxic (1; CRC); Emetic (f; CRC); Hallucinogen (1; CRC); Laxative (f; CRC); Pectoral (f; CRC); Poison (1; CRC).

Indications (Kwashi) — Asthma (f; CRC); Constipation (f; CRC); Fever (f; CRC); Inflammation (f; CRC); Orchosis (f; CRC); Pain (f; CRC); Splenosis (f; CRC).

Dosages (Kwashi) — None found.

Contraindications, Interactions, and Side Effects (Kwashi) — Not covered (AHP; KOM; PH2). None found.

L

LABRADOR TEA (*Ledum groenlandicum* Oeder) +

Synonyms: *Ledum latifolium* Jacq., *Ledum palustre* susp. *groenlandicum* (Oeder) Hultén, *Rhododendron groenlandicum* (Oeder) Kron & Judd.

Activities (Labrador Tea) — Abortifacient (f; PHR; PIP); Analgesic (f; DEM); Antiinflammatory (f; KOM; PH2); Antitussive (f; KOM); Aperitif (f; DEM); Astringent (1; APA); Deliriant (1; APA); Depurative (f; DEM); Diaphoretic (f; KOM; PIP); Diuretic (f; DEM; KOM; PIP); Emetic (f; DEM; KOM; PIP); Expectorant (f; PH2; PNC); Hemostat (1; APA); Narcotic (1; APA); Pectoral (f; PNC); Vulnerary (1; APA).

Indications (Labrador Tea) — Acne (f; APA); Anorexia (f; DEM); Asthma (f; APA; FAD); Bleeding (1; APA); Blindness (f; DEM); Bronchosis (f; APA; HHB); Bug Bite (f; APA); Burn (f; DEM; FAD); Cancer (f; APA); Catarrh (f; HHB); Chafing (f; DEM); Childbirth (f; DEM); Chill (f; DEM); Cold (1; APA); Conjunctivosis (f; DEM); Cough (f; APA; FAD; HHB); Dermatosis (1; APA; DEM; PH2); Diarrhea (1; APA); Dysentery (f; FAD); Dyspepsia (f; FAD); Fever (f; FAD; KOM; PIP); Headache (f; APA; DEM); Head Cold (f; DEM); Inflammation (f; DEM; KOM; PH2); Itch (1; APA; DEM; FAD); Jaundice (f; DEM); Leprosy (f; FAD); Nephrosis (f; APA; FAD); Ophthalmia (f; DEM); Pain (f; DEM); Pediculosis (f; FAD); Pertussis (f; KOM); Pneumonia (f; DEM); Poison Ivy (f; DEM; FAD); Pulmonosis (f; FAD); Respirosis (1; APA; PH2); Rheumatism (f; APA; FAD); Rhinosis (f; DEM); Scurvy (f; FAD); Sore (f; DEM; FAD); Sore Throat (f; DEM); Sting (f; DEM; FAD); Stomachache (f; FAD); Tuberculosis (f; DEM); Ulcer (f; DEM); Water Retention (f; DEM; KOM; PIP); Whitlow (f; DEM); Wound (1; APA; DEM).

Dosages (Labrador Tea) — 1 tsp dry leaf/cup water (APA).

Contraindications, Interactions, and Side Effects (Labrador Tea) — Not treated by AHP. "As efficacy has not been substantiated and there are risks, medicinal use is not recommended" (PIP). Contraindicated in pregnancy (PIP). Several reports of poisoning. EO, taken orally, violently irritates the GI tract with diarrhea and vomiting, and irritates the kidney and lower urinary tract, often with arthralgia, myalgia, perspiration, and central excitation with states of intoxication followed by paralysis (PIP). The plant is said to have narcotic properties that may cause delirium, paralytic poisoning, and even death (APA). Irritates skin and mucous membranes (KOM). Grayanotoxin can slow the pulse, lower blood pressure, and cause convulsions and even paralysis (APA).

LADY FERN (*Athyrium filix-femina* (L.) Roth ex Mert.) ++

Synonym: *Polypodium filix-femina* L.

Activities (Lady Fern) — Analgesic (f; DEM); Choleretic (f; PH2); Diuretic (f; DEM); Expectorant (1; PH2); Lactagogue (f; DEM); Taenifuge (f; WO2); Vermifuge (f; GMH; WOI).

Indications (Lady Fern) — Caked Breast (f; DEM); Cancer (f; DEM); Cancer, womb (f; DEM); Childbirth (f; DEM); Conjunctivosis (f; DEM); Enterosis (f; PH2); Fever (f; DEM); Gastrosis (f;

PH2); Hematemesis (f; DEM); Mastosis (f; DEM); Ophthalmia (f; DEM); Pain (f; DEM); Respirosis (f; PH2); Rickets (f; GMH); Sore (f; DEM); Tapeworm (f; WO2); Uterosis (f; DEM); VD (f; DEM); Water Retention (f; DEM); Worm (f; GMH; WOI); Wound (f; GMH).

Dosages (Lady Fern) — 1–2 tablets or 10–20 drops 3 ×/day (PH2).

Contraindications, Interactions, and Side Effects (Lady Fern) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Used as male fern but less powerful (GMH).

LADY'S BEDSTRAW (*Galium verum* L.) ++

Activities (Lady's Bedstraw) — Alterative (f; WOI); Antispasmodic (f; HHB); Aphrodisiac (f; HHB); Astringent (1; WOI); Bitter (f; WOI); Diuretic (f; PH2; WOI); Hypotensive (1; HHB).

Indications (Lady's Bedstraw) — Bleeding (f; GMH); Burn (f; HHB); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, ganglion (f; JLH); Cancer, skin (f; JLH); Catarrh (f; HHB); Cramp (f; HHB); Cystosis (f; PH2); Dermatosis (f; GMH; HHB); Dropsy (f; HHB); Dysuria (f; GMH; WOI); Edema (f; PH2); Enterosis (f; HHB); Epilepsy (f; GMH; WOI); Gravel (f; GMH; WOI); High Blood Pressure (1; HHB); Hysteria (f; GMH; WOI); Infection (f; PH2); Mastosis (f; JLH); Nephrosis (f; PH2); Pleurosis (f; HHB); Sore (f; JLH); Stone (f; GMH; WOI); Swelling (f; PH2); Water Retention (f; PH2; WOI); Wound (f; GMH; HHB; PH2).

Dosages (Lady's Bedstraw) — 2 heaping tsp in 250 ml water, 2–3 cups/day (PH2).

Contraindications, Interactions, and Side Effects (Lady's Bedstraw) — Class I (AHP)."Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). Asperuloside hypotensive in canines (HHB).

LADY'S MANTLE (*Alchemilla vulgaris* L. or *A. xanthochlora* Rothm.) ++

Activities (Lady's Mantle) — Angioprotective (1; X3635653); Antiinflammatory (f; APA); Antioxidant (1; APA); Antitumor (1; APA; PHR); Aperitif (f; APA); Astringent (2; APA; KOM); Chymotrypsin Inhibitor (1; PHR; PH2); Diuretic (f; APA); Elastase Inhibitor (1; PHR; PH2); Fungicide (1; APA); Hemostat (2; APA; KOM); Mutagenic (1; APA); Myorelaxant (f; APA); Trypsin Inhibitor (1; PHR; PH2).

Indications (Lady's Mantle) — Anorexia (f; APA); Bleeding (2; APA; KOM); Bruise (f; APA); Cancer (1; APA; PHR); Cramp (f; APA); Dermatosis (f; PHR; PH2); Diarrhea (2; APA; KOM; PH2); Dysmenorrhea (1; APA; PHR; PH2); Eczema (f; PHR; PH2); Enterosis (1; APA; PHR; PH2); Fungus (1; APA); Gastrosis (f; PHR; PH2); Hepatosis (f; PH2); Infection (1; APA); Inflammation (1; APA); Leukorrhea (f; PH2; PNC); Menopause (f; PH2); Menorrhagia (f; APA; BIS; PNC); Mycosis (1; APA); Pharyngosis (1; PHR; PH2); Rash (f; PH2); Sore (1; PH2); Sore Throat (1; PH2); Stomatosis (1; PHR; PH2); Tumor (1; APA; PHR); Vaginosis (f; APA; PNC); Vulvosis (f; PNC); Water Retention (f; APA).

Dosages (Lady's Mantle) — 1–2 tsp (1–2 g) herb/cup water (APA; WIC); 2–4 g/herb/cup tea (PHR; PH2); 1–2 g herb (1 tsp = 0.9 g) (BIS); 3–6 g herb/day (KOM); 5–10 g herb (KOM); 5–10 g herb tincture (APA); 2–4 ml liquid herb extract (PNC).

Contraindications, Interactions, and Side Effects (Lady's Mantle) — Class 1 (AHP). Tannin warnings. None reported (BIS). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

LADY'S SLIPPER (*Cypripedium* spp.) XX (endangered)

PH2 data apply only to "nerve root" *Cypripedium calceolus* L.; DEM data apply to the "greater yellow lady's slipper" *C. pubescens* Willd.

Activities (Lady's Slipper) — Allergenic (1; APA); Analgesic (f; CRC; DEM); Antispasmodic (f; APA; CRC; EFS); Aphrodisiac (f; CRC; EFS); Astringent (f; PH2); Calmative (f; CRC); Dermatitigenic (1; APA; FAD); Hemostat (1; PH2); Hypnotic (f; APA); Nervine (f; CRC; EFS); Sedative (f; APA; CRC; FAD); Stimulant (f; CRC); Soporific (f; CRC; EFS); Stimulant (f; EFS); Tonic (f; CRC; EFS); Tranquilizer (f; CRC).

Indications (Lady's Slipper) — Anxiety (f; APA); Backache (f; DEM); Bleeding (1; PH2); Brain (f; CRC); Childbirth (f; APA); Chorea (f; CRC); Convulsion (f; CRC); Cramp (f; APA; CRC; EFS); Debility (f; CRC); Delirium tremens (f; CRC); Depression (f; APA; FAD); Despondency (f; CRC; FAD); Diarrhea (f; PH2); Dysmenorrhea (f; APA; FAD); Ecstasy (f; CRC); Epilepsy (f; APA; CRC); Erethism (f; HHB); Erythema (f; CRC); Fever (f; CRC); Gastrosis (f; CRC); Headache (f; APA; CRC; FAD); Hemicrania (f; CRC); Hypochondria (f; CRC); Hysteria (f; APA; CRC; DEM; PH2); Inflammation (f; DEM); Insomnia (f; APA; CRC; FAD; PH2); Itch (f; PH2); Menorrhagia (1; PH2); Nerve (f; CRC); Nervousness (f; APA; CRC; FAD); Neuralgia (f; APA; CRC); Neurosis (f; CRC; PH2); Odontosis (f; CRC); Pain (f; APA; CRC; DEM); PMS (f; FAD); Pulmonosis (f; DEM); Spermatorrhea (f; CRC); Stress (f; APA); Stye (f; CRC); Toothache (f; DEM; HHB); Tremor (f; CRC); Tuberculosis (f; DEM); Vulvosis (f; JLH); Worm (f; DEM).

Dosages (Lady's Slipper) — 2–4 g root, or in tea, 3 ×/day (CAN; PH2; PNC); 2–4 ml liquid root extract (1:1 in 45% ethanol) 3 ×/day (CAN; PH2; PNC).

Contraindications, Interactions, and Side Effects (Lady's Slipper) — Reported to be allergenic; may cause dermatosis, giddiness, hallucinations, headache, mental excitement, and restlessness (CAN). I'm sure APA had good intentions, but their quote, which follows, may put further pressure on an already rare species, "Lady's slipper can cause psychedelic reactions" (APA). Foster and Duke may stir up some other unusual lady slipper diggers looking for relief from "mental depression from sexual abuse." "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

LAMBKILL (*Kalmia angustifolia* L.) X

Synonym: *K. intermedia* Lange.

Activities (Lambkill) — Analgesic (f; DEM); Panacea (f; DEM); Poison (f; DEM); Tonic (f; DEM).

Indications (Lambkill) — Backache (f; DEM; FAD); Cold (f; DEM); Enterosis (f; DEM); Gastrosis (f; DEM); Headache (f; DEM); Head Cold (f; DEM); Inflammation (f; DEM); Pain (f; DEM); Rheumatism (f; MIC); Rhinosis (f; DEM); Sore (f; MIC); Sprain (f; DEM; FAD); Swelling (f; DEM; FAD; MIC).

Dosages (Lambkill) — Do not take it (JAD).

Contraindications, Interactions, and Side Effects (Lambkill) — Not covered (AHP; KOM; PH2).

LAMINARIA, BROWN KELP (*Laminaria hyperborea* (Gunn.) Fosl.) ++

Indications (Laminaria) — Goiter (f; EFS); Thyroid (f; PH2).

Contraindications, Interactions, and Side Effects (Laminaria) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). With doses over 150 μg/day iodide, one may induce or worsen hyperthyroid (PH2). May be allergenic (PH2).

LANGSAT, DUKU (*Lansium domesticum* Correa) ++ (for fruit pulp)

Activities (Langsat) — Analgesic (f; LMP); Antipyretic (f; WOI); Antispasmodic (f; WOI); Astringent (f; WOI); Diuretic (f; LMP); Stomachic (f; LMP);Vermifuge (f; WOI).

Indications (Langsat) — Conjunctivosis (f; IHB); Cramp (f; WOI); Diarrhea (f; WOI); Dysentery (f; WOI); Enterosis (f; LMP; WOI); Fever (f; IHB; LMP; WOI); Gastrosis (f; LMP); Malaria (f; IHB); Ophthalmia (f; IHB); Pain (f; LMP); Sting (f; IHB; LMP); Tuberculosis (f; LMP); Water Retention (f; LMP); Worm (f; IHB; LMP; WOI).

Contraindications, Interactions, and Side Effects (Langsat) — Diabetics are warned against using the seed decoction (LMP). Children are forbidden from eating the fruits because exocarp (peel) causes pain in the larynx and small lumps on the mucous membrane (LMP). Peel of fruit is burned as a mosquito repellent in Java (LMP; WOI). Lansium acid, injected into a frog, caused heart failure in 3–4 hours (LMP).

LARKSPUR, FORKING LARKSPUR (*Consolida regalis* S. F. Gray) X

Synonym: *Delphinium consolida* L.

I hope the nonbotanists who wrote Commission E and the Herbal PDR have figured out the larkspurs better than I have. Otherwise, they know not of which larkspur they speak. There are more than a dozen *Consolidas* and *Delphiniums*, many called larkspurs. And don't forget the pediculicide stavesacre, *D. staphisagria* (the USDA did). After wasting a day with the nomenclatorial nuances, I feel I should treat three species or lump them all into one, larkspur, *Consolida regalis* (formerly *Delphinium consolida*), the slightly different rocket larkspur, *Consolida ajacis*, and finally the stavesacre, *Delphinium staphasiagria*, not covered by the USDA. All are poisonous and dangerous, and probably not reliably distinguished by nonbotanists. So it is, methinks, a bit presumptuous to believe the data in the literature were based on better speculations than mine.

Activities (Forking Larkspur) — Aperitif (f; KOM); Bradycardic (f; KOM); Cardiodepressant (f; KOM); CNS-Depressant (f; KOM); Curare (f; KOM); Diuretic (f; HHB; KOM; PH2); Hypotensive (f; KOM); Laxative (f; HHB); Respiradepressant (f; KOM); Sedative (f; KOM; PH2); Vermifuge (f; HHB; KOM; PH2).

Indications (Forking Larkspur) — Anorexia (f; KOM); Constipation (f; HHB); High Blood Pressure (f; KOM); Insomnia (f; KOM; PH2); Nervousness (f; KOM; PH2); Water Retention (f; HHB; KOM; PH2); Worm (f; HHB; KOM; PH2).

Contraindications, Interactions, and Side Effects (Forking Larkspur) — Not covered (AHP). No health risks or side effects reported from proper administration of designated therapeutic dosages (PH2). But the LD50 in rabbits, intravenously, is only 1.5–3 mg/kg (PH2). Commission E reports flower is not permitted for therapeutic use (KOM), while citing unapproved folk usage as diuretic, orexigenic, sedative, and vermifuge. The plant contains toxic alkaloids, but there are no reliable data on the alkaloid level in the flowers (AEH). Alkaloids are bradycardic, cardiodepressant, CNS-depressant, hypotensive, and respiradepressant. Seed and leaf of some species are dermatitigenic. Ajacine and delphinine occur in seed and young plants of many *Delphinium* spp. Ingestion of such species may upset nerves and stomach, death may occur if the plant is eaten

in large quantities, especially by children. In Asia, where seeds reportedly poison cattle, seeds are still dangerously used as cathartics and emetics (CRC). The Herbal PDR, and I, often get too broad-brushed and talk generically, in the process condemning innocent species and occasionally praising undeserving species.

LATUA (*Latua pubiflora* (Gris.) Phil.) X

Activities (Latua) — Aphrodisiac (f; CRC); Deliriant (1; CRC); Hallucinogen (1; CRC); Narcotic (1; CRC); Piscicide (1; CRC); Poison (1; CRC); Psychedelic (1; CRC).

Indications (Latua) — Impotence (f; CRC).

LAVENDER (*Lavandula* spp.) ++

The KOM and PH2 references specify *Lavandula angustifolia* Mill., but I doubt there is any way they can prove the research was done on *Lavandula angustifolia*. Further, they blur the lines, as

does my entry here, sometimes talking about the herb (flowering shoots), sometimes talking about the EO, or spirits. The DEP and MAD entries are more generic.

Activities (Lavender) — Allergenic (1; CRC); Analgesic (1; JBU); Anesthetic (1; JBU); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Antibacterial (1; BGB; HH2); Anticancer (1; COX; FNF); Anticonvulsant (1; APA; SHT); Antiinflammatory (1; COX; FNF; WAM); Antirheumatic (f; BGB); Antiseptic (1; APA; HH2; PH2; PNC); Antispasmodic (1; APA; BGB; CRC; HH2; PNC); Antiviral (1; JBU); Anxiolytic (1; HH2); Aperitif (1; PH2); Carminative (2; BGB; DEP; KOM; PIP); Cholagogue (1; APA; BGB; PHR; PH2); Choleretic (1; APA; BGB; PHR; PH2); CNS-Depressant (1; APA; BGB; HH2; PNC; PH2); Convulsant (1; CRC); COX-2 Inhibitor (1; COX; FNF); Digestive (f; APA); Diuretic (f; APA; CRC; HHB); Emmenagogue (f; MAD); Fungicide (1; JBU); Hypoglycemic (1; APA); Insectifuge (f; APA; CRC); Motor Depressant (f; SHT); Narcotic (1; CRC); Nervine (1; MAD; WAM); Neurodepressant (1; PH2); Rubefacient (1; BGB; PHR); Sedative (2; APA; HHB; HH2; KOM; PH2; SHT); Stimulant (f; CRC); Stomachic (f; CRC; HHB); Tonic (f; APA; CRC); Tranquilizer (1; SHT); Vulnerary (f; PH2).

Indications (Lavender) — Acne (f; CRC); Alzheimer's (1; COX; FNF); Anorexia (2; BGB; CRC; PHR; PH2); Anxiety (1; HH2; SHT); Arthrosis (1; COX; FNF); Asthma (f; PH2); Bacteria (1; BGB; HH2); Bronchosis (f; HH2; PH2); Burn (1; WAM); Cancer (1; APA; COX; FNF); Cancer, breast (1; CRC; JLH); Cancer, liver (1; CRC; JLH); Cancer, sinew (1; CRC; JLH); Cancer, spleen (1; CRC; JLH); Candida (1; HH2); Cholecystosis (1; APA); Circulosis (2; PH2); Cold (f; APA); Colic (f; CRC; HHB; MAD); Convulsion (1; APA; SHT); Cramp (1; APA; BGB; CRC; HH2; PH2; PNC; WAM); Dementia (f; APA); Depression (f; APA; BGB); Dermatosis (f; APA); Diabetes (1; APA); Dysmenorrhea (f; APA; HH2); Dyspepsia (2; APA; PH2); Eczema (f; HH2); Enterosis (2; APA; KOM; PH2; SHT); Escherichia (1; HH2); Faintness (f; CRC); Fatigue (f; CRC; PH2); Flu (f; HH2); Fungus (1; JBU); Gas (2; APA; BGB; CRC; DEP; KOM; PH2; PIP); Gastrosis (2; BGB; KOM; PH2); Giddiness (f; CRC); Gout (f; MAD); Headache (1; APA; CRC; MAD; WAM); Hepatosis (f; MAD); Hyperglycemia (1; APA); Hysteria (f; DEP); Infection (1; HH2; JBU; PH2); Inflammation (1; COX; FNF; WAM); Insanity (f; BGB); Insomnia (2; APA; HHB; HH2; KOM; PHR; PH2; SHT); Migraine (f; HHB; HH2; PH2); Mycosis (1; JBU); Nervousness (2; APA; BGB; HHB; HH2; KOM; MAD; PH2; SHT); Neuralgia (f; CRC); Neurasthenia (f; HHB); Pain (1; CRC; JBU); Palpitation (f; CRC); Parturition (1; APA); Proctosis (f; HH2); Psoriasis (f; APA); Psychosis (f; BGB); Restlessness (2; APA; KOM); Rheumatism (f; BGB; CRC; HH2; MAD; PH2); Roemheld Syndrome (2; KOM; PH2); Sore (f; CRC); Spasm (f; CRC); Splenosis (f; MAD); Sprain (f; CRC); Staphylococcus (1; HH2); Stomachache (2; KOM); Stomatosis (f; MAD); Stress (f; APA); Swelling (f; MAD); Syncope (f; DEP); Toothache (f; CRC; MAD); Vertigo (f; MAD); Virus (1; JBU); Water Retention (f; APA; CRC; HHB); Worm (f; CRC); Wound (1; APA; HH2; PH2; WAM).

Dosages (Lavender) — 1–2 tsp flower/cup water several ×/day, especially bedtime (APA); 1–2 tsp flowers/day (KOM; PIP); 20–100 g flower/20 liters bath water (KOM; PIP); 5–10 ml "drug" per 150 ml water, strain, 1 cup 3 ×/day (PH2); 2–3 tsp (3–4.5 g) in tea/day (MAD); more dangerously 8 drops oil (MAD); 1–4 drops (20–80 mg) oil/sugar cube (APA; SHT; PIP); 0.3–1.2 ml lavender spirit (PNC); 2–4 ml lavender tincture (PNC).

Contraindications, Interactions, and Side Effects (Lavender) — Class 1 (AHP). None known (KOM)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Uncut EOs not for internal use with children (WAM). Quoting Grieve's *A Modern Herbal* (1931), I note that large dose of lavender oil constitute a narcotic poison that can cause death by convulsion. But I think one could say that about any EO. Good source of COX-2-inhibiting oleanolic acid at 0.5% and ursolic acid (0.7%) (COX; FNF; HHB). Linalool is more active than linalyl acetate

at inhibiting *Bacillus, Candida, Escherichia, and Staphylococcus* (HH2). LD50 (EO) = >5000 mg/kg orl rat (HH2).

LAVENDER-COTTON (*Santolina chamaecyparissus* L.) +

Activities (Lavender-Cotton) — Analgesic (f; CRC; WOI); Antibacterial (1; CRC); Antiinflammatory (1; PHR; PH2; PNC); Antispasmodic (f; CRC; HHB); Candidicide (1; ABS); Collyrium (f; CRC); Digestive (f; CRC; PHR; PH2); Emmenagogue (1; CRC; PHR; PH2; WOI); Fungicide (f; CRC); Insectifuge (1; CRC); Stimulant (f; CRC; WOI); Stomachic (f; CRC; WOI); Vermifuge (f; CRC; EFS; HHB; PHR; PH2); Vulnerary (f; CRC).

Indications (Lavender-Cotton) — Bacteria (1; CRC; WOI); Candida (1; ABS); Cramp (f; CRC; HHB); Dysmenorrhea (f; PH2); Dyspepsia (f; PHR; PH2); Fungus (1; CRC); Gastrosis (f; PHR; PH2); Infection (f; CRC); Inflammation (1; PHR; PH2; PNC); Jaundice (f; PHR; PH2); Mycosis (1; ABS; CRC); Ophthalmia (f; CRC); Pain (1; CRC; FNF; WOI); PMS (f; PHR; PH2); Snakebite (f; CRC); Spasm (f; PHR); Worm (f; CRC; EFS; HHB; PHR; PH2); Yeast (1; ABS).

Contraindications, Interactions, and Side Effects (Lavender-Cotton) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Medicinal use "has generally ceased" (PH2).

LEMON (*Citrus limon* (L.) Burm. f.) +++

Synonyms: *C. limonum* Risso, *C. medica* var. *limon* L.

Activities (Lemon) — Anticapillary Fragility (f; PH2); Antidote, opium (f; PH2); Antidote, poison (f; PH2); Antiinflammatory (1; PH2); Antipyretic (f; PH2); Antiscorbutic (1; PH2); Diuretic (1; PH2).

Indications (Lemon) — Capillary Fragility (f; PH2); Cold (f; PH2); Fever (f; PH2); Inflammation (1; PH2); Malaria (f; PH2); Rheumatism (f; PH2); Scurvy (f; PH2); Sunburn (f; PH2); Tremor (f; PH2); Typhus (f; PH2); Water Retention (1; PH2).

Contraindications, Interactions, and Side Effects (Lemon) — Class 1 (AHP)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Slight potential for phototoxicity (PH2).

LEMONBALM (*Melissa officinalis* L.) +++

Activities (Lemonbalm) — Analgesic (1; JAR10:7); Antibacterial (1; APA; BGB; PH2; WAM); Anticholinesterase (1; JAD); Antiherpetic (1; APA; PNC); Antihistaminic (1; FAD); Antihormonal (1; PH2); Antiinflammatory (1; JAR10:7); Antimutagenic (1; TAD); Antioxidant (1; FAD; PH2); Antipyretic (f; PNC); Antiseptic (f; APA); Antispasmodic (1; APA; BGB; FEL; PHR; PH2; WAM); Antithyroid (1; AKT; PNC); Antiviral (1; APA; PHR; PH2; SHT; WAM); Aperitif (1; BGB); Calmative (f; APA); Cardiotonic (f; MAD); Carminative (2; KOM; PH2; PNC; WAM); Cerebrotonic (f; MAD); Cholinergic (1; BGB); CNS Depressant (f; APA); Diaphoretic (f; BGB; FEL; PNC; WAM); Fungicide (1; JBU); Gastrotonic (f; MAD); Hypnotic (f; BGB); Memorigenic (1; BGB); Myorelaxant (1; APA); Nervine (1; WAM); Sedative (2; HHB; KOM; PNC); Stimulant (f; FEL); Stomachic (f; BGB); Tranquilizer (1; APA); Uterotonic (f; MAD).

Indications (Lemonbalm) — Allergy (1; JAR10:7); Alopecia (f; MAD); Alzheimer's (1; FNF; JAD; MAD); Angina (f; MAD); Anorexia (1; BGB); Anxiety (1; APA; BGB; WAM); Asthma (f; MAD); Atherosclerosis (f; MAD); Bacteria (1; APA; BGB; PH2; WAM); Bite (f; MAD); Bronchosis (f; PHR; PH2); Bruise (f; MAD); Bug Bite (f; FAD; MAD); Cancer (1; JLH; MAD; TAD); Cancer, gum (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, throat (f; JLH); Cardiopathy (f; APA); Catarrh (f; PHR; PH2); CFS (f; WAF); Chlorosis (f; MAD); Cold (1; FAD); Cold Sore (2; APA; WAF); Colic (f; MAD); Cramp (1; APA; BGB; FEL; MAD; PHR; PH2; WAM); Cystosis (f; JAR10:7); Debility (f; PH2); Depression (f; BGB; MAD); Dermatosis (1; JAR10:7); Dysmenorrhea (f; APA; FAD; FEL; PH2); Dyspepsia (2; APA; BGB; SKY); Dystonia (1; PNC); Earache (f; MAD); Eczema (1; JAR10:7); Enterosis (2; KOM; MAD; PH2); Fever (1; BGB; FEL; PNC; WAM); Flu (1; WAF); Fungus (1; JBU); Gas (2; APA; KOM; MAD; PHR; PH2; WAM); Gastrosis (2; KOM; MAD; PH2); Gastrospasm (2; SHT); Gingivosis (f; MAD); Graves' Disease (1; PNC; SKY); Gray Hair (f; MAD); Headache (1; APA; MAD; PH2; PNC); Hepatosis (f; MAD); Herpes (1; APA; BGB; PNC; WAM); High Blood Pressure (f; PHR; PH2); Hyperthyroid (1; FNF; PNC); Hyperventilation (f; JAR10:7); Hypochondria (f; MAD); Hysteria (f; MAD; PHR; PH2); Infection (1; JBU); Inflammation (1; JAR10:7); Insomnia (2; APA; HHB; KOM; PH2; PNC; SHT); Melancholy (f; PHR; PH2); Migraine (f; MAD; PHR; PH2); Mumps (1; FAD); Mycosis (1; JBU); Nausea (f; PHR; WAF); Nervousness (2; APA; HHB; KOM; PHR; PH2; PNC; WAM); Neuralgia (1; PH2; SKY); Neurasthenia (f; MAD); Ophthalmia (f; MAD); Otosis (1; WAF); Pain (1; JAR10:7; MAD; PH2); Palpitation (1; APA; PHR; PH2; PNC); Respirosis (1; JAR10:7; WAM); Restlessness (1; PNC); Rheumatism (f; MAD;

PH2); Sclerosis (f; JLH); Shingles (1; WAF); Shock (1; JAR10:7); Snakebite (f; MAD); Sore (1; WAM); Sore Throat (1; WAF); Splenosis (f; MAD); Sting (f; BGB; MAD); Stress (1; WAF); Swelling (f; MAD); Syncope (f; MAD); Toothache (f; MAD); Tumor (1; PNC); Vertigo (f; PH2); Virus (1; APA; JAR10:7 PHR; PH2; SHT; WAM); Vomiting (f; PH2); Wound (f; APA; BGB).

Dosages (Lemonbalm) — 1–3 tsp herb/cup water (APA); 1.5–2 g/cup tea (HHB); 1.5–4.5 g/cup water (KOM); 2–3 tsp (3.2–4.8 g) hot tea/day (MAD); 8–10 g herb (PHR); 2–6 ml liquid herb extract (PNC); 0.5–1.5 tsp tincture 3 ×/day (APA); 2–3 ml tincture 3 ×/day (PNC).

Contraindications, Interactions, and Side Effects (Lemonbalm) — Class 1 (AHP). None known (KOM; PHR; WAM). Safer than coffee in my book and in AHP's book as well. People with glaucoma should avoid the EO, citral may raise ocular eye pressure (JAR10:7; SKY). At high doses (185 mg/kg/day/3 months, citral may produce benign prostatic hyperplasia (JAR10:7). APA advises patients with Graves disease to avoid the herb, while PHR indicates some potential for utility. Most of my readings suggest its use in Graves disease.

Extracts (Lemonbalm) — Hot water extracts have antiviral properties. Creams containing extracts proven effective for cutaneous lesions of the *Herpes simplex* virus (antiviral activity confirmed *in vitro* and via clinical trials). Aqueous extracts inhibit cell division of tumor cells; tannin-free extracts inhibit protein synthesis in cell-free systems of rat liver (PNC). "Spirits of Melissa" demonstrated effective in psychiatric disorders (dystonia, headache, hyperexcitability, palpitation, restlessness) (PNC). Recent British studies indicate that extracts inhibit breakdown of acetylcholine in human brain cell cultures (Perry et al.). Constituents block attachment to thyroid cells of the antibodies that cause Graves disease; the brain's signal to the thyroid (TSH) is blocked from further overstimulating the thyroid (SKY). Whole EO is more spasmolytic than isolated ingredients; neral and geranial is more spasmolytic than beta-caryophyllene or citronellal. EO is sedative in mice at 1 mg/kg, more so than at 3 mg/kg. Sedative effects kick in after 30–60 minutes and endure about an hour (JAR10:7). Citronellol, beta-caryophyllene, and citronellal are active against *Candida, Staphylococcus,* and *Streptococcus* (JAR10:7).

LEMON BUSH (*Lippia javanica* (Burm. f.) Spreng.) ++

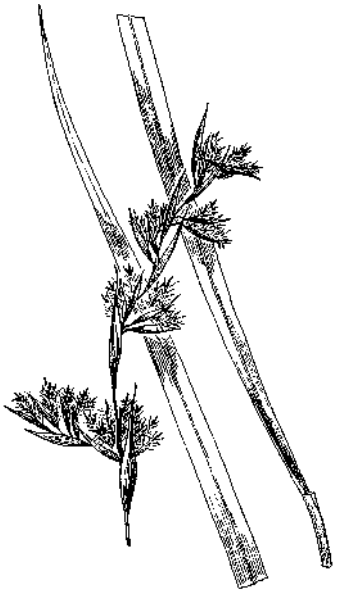
Synonym: *Verbena javanica* Burm. f.

Activities (Lemon Bush) — Analgesic (f; VVG); Antiaggregant (1; ZUL); Antihistaminic (f; ZUL); Antiseptic (f; WBB; ZUL); Crocodile Repellent (f; ZUL); Decongestant (f; VVG); Hemostat (f; WBB); Icterogenic (f; ZUL); Insectifuge (1; VAG); Phototoxic (f; ZUL); Vermifuge (f; ZUL).

Indications (Lemon Bush) — Anthrax (f; WBB; ZUL); Arthrosis (f; ZIM; ZUL); Asthma (f; ZIM; ZUL); Backache (f; ZIM; ZUL); Bleeding (f; WBB); Bronchosis (f; VVG; WBB; ZUL); Cataract (f; ZIM; ZUL); Cold (f; VVG; WBB; ZUL); Congestion (f; VVG); Convulsion (f; ZIM; ZUL); Cough (f; VVG; WBB; ZUL); Dermatosis (f; WBB; ZUL); Dysentery (f; WBB); Dyspnea (f; ZIM); Interalgia (f; ZIM); Epistaxis (f; ZIM); Fever (f; VVG; WBB; ZUL); Flu (f; VVG; WBB); Gangrene (f; WBB); Gastrosis (f; VVG); Headache (f; VVG; ZIM; ZUL); Insanity (f; ZIM); Itch (f; WBB); Lice (f; VVG); Malaria (f; VVG; WBB); Marasmus (f; ZIM; ZUL); Measles (f; VVG; WBB; ZIM); Night Blindness (f; ZIM); Ophthalmia (f; ZUL); Pain (f; VVG); Proctosis (f; WBB; ZUL); Pneumonia (f; ZIM); Pulmonosis (f; WBB; ZUL); Rash (f; WBB; ZUL); Respirosis (f; WBB; ZUL); Rhinosis (f; WBB); Scabies (f; ZIM; ZUL); Sprain (f; ZUL); Stomachache (f; ZIM); Worm (f; ZUL).

Contraindications, Interactions, and Side Effects (Lemon Bush) — One report of gangrene caused by a poultice of the leaves (ZUL). Ingestion may cause photodermatosis in cattle. No confirmation of the plant's toxicity (WBB). EO contains caryophyllene, p-cymene, ipsdienone, linalool, and myrcene.

LEMONGRASS (*Cymbopogon citratus* (DC.) Stapf.) ++



Synonym: *Andropogon citratus* DC.

Activities (Lemongrass) — Abortifacient (f; JFM); Analgesic (1; APA; JBU; PH2; TRA); Antibacterial (1; JBU; MPG); Antifilaric (1; TRA); Antimutagenic (1; MPG); Antioxidant (1; TRA); Antipyretic (1; AAB; PH2; TRA); Antiseptic (1; APA; DAA; MPG; TRA); Antispasmodic (1; AAB; MPI; TRA); Anxiolytic (1; MPG); Ascaricide (1; MPG); Astringent (1; PH2); Candidicide (1; AAB); Carminative (f; MPG; MPI); CNS Depressant (1; TRA); Contraceptive (f; DAV); Decongestant (2; TRA); Dentifrice (f; MPG); Depurative (f; MPG); Diaphoretic (f; AAB; JFM; MPG; MPI); Digestive (f; DAV); Diuretic (1; PH2; WBB); Emmenagogue (1; AHP; IHB); Expectorant (2; AAB; MPG; TRA); Fungicide (1; AAB); Glutathionigenic (1; TRA); Hypotensive (1; APA; PH2; TRA); Insecticide (1; TRA); Insectifuge (f; MPG); Insulinomimetic (1; HHB); Sedative (1; CRC; MPG; PH2; TRA); Stimulant (f; MPI; SKJ); Stomachic (f; JFM); Tonic (f; MPG); Uterotonic (1; AHP); Vermifuge (1; MPG).

Indications (Lemongrass) — Acid Indigestion (f; DAV); Anxiety (1; MPG); Ascaris (1; MPG); Backache (f; AAB); Bacteria (1; AAB; JBU; MPG; PH2); Bronchosis (1; PH2; TRA); Bruise (f; MPG); Cancer (1; MPG; JNU); Candida (1; AAB); Catarrh (f; MPG); Cholera (f; MPI; SKJ); Cold (1; AAB; TRA); Colic (f; JFM); Congestion (2; TRA); Cough (f; APA; MPG; TRA); Cramp (1; AAB; APA; MPG; MPI; TRA); Dermatosis (f; APA); Diabetes (f; HHB); Diarrhea (f; APA); Dysmenorrhea (f; DAV); Dyspepsia (f; APA; IED; MPG); Dysuria (f; JFM); Enterosis (f; APA; DAV; MPG; PH2); Fatigue (f; KOM); Fever (1; AAB; APA; DAV; IED; JFM; MPG; MPI; PH2; TRA); Flu (f; APA; MPG; TRA); Fungus (1; AAB); Gas (f; APA; MPG; MIP; PH2; TRA); Gastrosis (f; AAB; APA; DAV; MPG; PH2); Gingivosis (f; JFM); Headache (f; AAB; SKJ; WBB); High Cholesterol (2; MPG); High Blood Pressure (1; APA; MPG; PH2; TRA); Infection (1; AAB; DAA; JBU); Insomnia (1; APA; CRC; MPG; PH2; TRA); Leprosy (1; PH2; WBB); Lumbago (f; PH2); Malaria (f; JFM; SKJ); Myalgia (1; AAB; KOM); Mycosis (1; AAB); Nervousness (1; CRC; MPG; PH2; TRA); Neuralgia (f; KOM; MPG; PH2); Pain (1; AAB; APA; JBU; PH2; TRA); Parasite (f; PH2); Pneumonia (f; JFM); Pulmonosis (f; MPG); Pyorrhea (f; JFM); Rheumatism (f; APA; PH2); Ringworm (f; APA); Stomachache (f; DAA; DAV; MPG; TRA); Toothache (f; WBB); Tuberculosis (f; JFM); UTI (f; MPG); Water Retention (1; PH2; WBB); Worm (1; MPG); Wound (f; MPG); Yeast (1; AAB).

Dosages (Lemongrass) — 1–4 g dry leaf/cup water (JAD); 1 mashed root and 10 leaves in 3 cups water for 10 min., drink hot before retiring for fever (AAB); 15 leaves in decoction for fever (JFM).

Contraindications, Interactions, and Side Effects (Lemongrass) — Class 2b. Very safe (AHP; JAD). Emmenagogue and uterotonic (AHP). TRAMIL suggest that grass teas be strained to remove fibers that may damage the stomach (TRA). Commission E reports herb and EO not permitted for therapeutic use. Allergic contact dermatosis occurs rarely (AEH). Citronella oil indicated in accidental poisoning of 21-month-old child. Volunteer testing revealed no toxic effects from lemongrass tea prepared from 4 g of plant, administered in a single dose or 2 weeks of daily oral doses. Higher amounts caused upset stomach (10 g) and diarrhea (4 g for 14 days) in volunteers. Polyuria was also reported by some volunteers (AEH). JNU mentions that the geraniol in basil and lemongrass appears to fight cancer. But if I score these two herbs 1 for cancer, then I should score those herbs richer in geraniol.

LEMON VERBENA (*Aloysia citrodora* Palau) ++

Synonyms: *Aloysia triphylla* (L'Her.) Britton, *Lippia citrodora* Kunth, *L. triphylla* (L'Her.) Kuntze, *Verbena triphylla* L'Her., *Zappania citrodora* Lam.

Activities (Lemon Verbena) — Acaricide (1; CRC); Analgesic (1; JBU); Antibacterial (1; CRC); Antipyretic (f; PHR; PH2); Antiseptic (1; CRC); Antispasmodic (f; CRC; JFM; PHR; PH2); Aphicide (1; CRC); Carminative (f; SKJ; WO2); Diaphoretic (f; JFM); Digestive (f; CRC; EFS; HHB); Expectorant (f; CRC); Laxative (f; WO2; WBB); Nervine (f; CRC; EFS; SKJ); Pectoral (f; CRC; EFS; JFM); Sedative (f; CRC; PH2); Stimulant (f; CRC); Stomachic (f; CRC; EFS; WBB); Tranquilizer (f; CRC).

Indications (Lemon Verbena) — Agitation (f; PHR; PH2); Asthma (f; JFM); Bacteria (1; CRC; WBB); Bite (f; JFM); Chill (f; PHR; PH2); Cold (f; JFM); Colic (f; JFM); Constipation (f; PHR; PH2; WO2; WBB); Cramp (f; CRC; JFM; PHR; PH2); Dermatosis (f; PHR; PH2); Diarrhea (f; CRC); Dyspepsia (f; CRC; PHR; PH2); Dyspnea (f; WO2); Fever (f; CRC; JFM; PHR; PH2); Gas (f; JFM; SKJ; WO2); Hemorrhoid (f; PHR; PH2); Insomnia (f; CRC; PHR; PH2); Nervousness (f; CRC; PH2); Pain (1; JBU); Rabies (f; CRC); Sore Throat (f; JFM); Spasm (f; CRC); Staphylococcus (1; WBB); Ticks (1; CRC); Tuberculosis (1; CRC); Varicosis (f; PHR; PH2).

Dosages (Lemon Verbena) — 45 ml decoction, several ×/day (CAN); 2–5 cups decoction (5–29 g leaf/liter water)/day (PH2).

Contraindications, Interactions, and Side Effects (Lemon Verbena) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). "Terpene-rich volatile oils are generally regarded as irritant and may cause kidney irritation during excretion." (CAN) Hence, patients with renal problems should avoid it. Excessive doses are best avoided during pregnancy and lactation (CAN). Contains glycosides of the relaxant sedative COX-2 inhibitor apigenin (FNF; TRA).

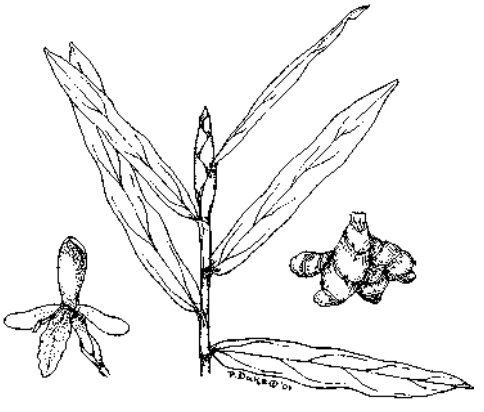
LEMON WOOD
(*Schisandra sphenanthera* Rehder & E. H. Wilson) ++

Synonym: *S. chinensis* var. *rubriflora* Franch.

Indications (Lemon Wood) — Amnesia (f; PH2); Anxiety (f; PH2); Cough (f; PH2); Dyspnea (f; PH2); Enuresis (f; PH2); Insomnia (f; PH2); Night Sweats (f; PH2); Pulmonosis (f; PH2); Thirst (f; PH2); Xerostoma (f; PH2).

Contraindications, Interactions, and Side Effects (Lemon Wood) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

LESSER GALANGAL (*Alpinia officinarum* Hance) ++



Synonym: *Languas officinarum* (Hance) Farw.

Activities (Lesser Galangal) — Antibacterial (1; KOM; PH2); Antidiuretic (f; DEP); Antiinflammatory (2; KOM; PH2); Antiperiodic (f; EFS); Antiprostaglandin (2; KOM); Antispasmodic (2; KOM; PH2); Antitumor (1; PNC); Antiulcer (1; PNC); Aperitif (f; PH2); Aphrodisiac (f; DEP); Carminative (f; EFS; PNC); Emmenagogue (f; MAD); Nervine (f; DEP); Sialagogue (f; EFS); Stimulant (1; EFS; MAD; MPI; PNC); Stomachic (f; EFS; MAD; MPI); Tonic (f; DEP; EFS).

Indications (Lesser Galangal) — Adenopathy (f; HHB; MAD); Ague (f; DAA); Amenorrhea (f; MAD); Anemia (f; MAD); Anorexia (2; DAA; KOM; MAD; PH2); Bacteria (1; KOM; PH2); Bronchosis (2; PHR; PH2); Cancer (1; JLH; PNC); Cancer, bladder (f; JLH); Cancer, penis (f; JLH); Catarrh (f; GMH); Cholecystosis (2; MAD; PHR; PH2); Cholera (f; DAA); Cold (2; PHR; PH2); Colic (f; PHR); Cramp (2; KOM; PH2); Diarrhea (f; DAA; MAD); Dysmenorrhea (f; DAA; HHB; MAD); Dyspepsia (2; DAA; GMH; KOM; PH2); Enterosis (f; DAA; PH2); Fever (2; DAA; GMH; PHR; PH2); Freckle (f; DEP); Gas (f; EFS; MAD; PNC); Gastrosis (f; GMH); Halitosis (f; DEP); Hepatosis (2; DAA; PHR; PH2); Hypochondria (f; DAA); Infection (f; PH2); Inflammation (2; KOM; PHR; PH2); Malaria (f; EFS); Pain (f; PH2); Pharyngosis (2; PHR; PH2); Polyuria (f; DEP); Pulmonosis (f; MAD); Rheumatism (f; MAD); Roemheld Syndrome (f; PH2); Seasickness (f; DAA; GMH; MAD); Sore Throat (f; DEP); Stomachache (f; DAA; MAD; PH2); Stomatosis (2; PHR; PH2); Stone (f; MAD); Swelling (f; HHB); Syncope (f; DAA; HHB); Toothache (f; DAA); Tumor (1; PNC); Ulcer (1; PNC); Vertigo (f; HHB); Vomiting (f; GMH).

Dosages (Lesser Galangal) — 0.5–1 g herb/cup 1–4 ×/day (PHR; PH2) 0.5–1.5 g powdered herb or 1.5–2 g tincture (HHB); 2–4 g rhizome/day (KOM); 0.62–1.25 g powdered rhizome (MAD); 2–4 g rhizome tincture/day (KOM); 1.5–2 g rhizome tincture several ×/day (MAD).

Contraindications, Interactions, and Side Effects (Lesser Galangal) — Class 1 (AHP). None reported (KOM). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2).

LESSER PERIWINKLE (*Vinca minor* L.) +

Activities (Lesser Periwinkle) — Anesthetic (1; HH2; WBB); Antialzheimeran (1; FNF); Antibacterial (f; CRC); Anticholinesterase (1; HH2); Antidementic (1; FNF); Antilactagogue (f; BRU; CRC); Antiscorbutic (f; WBB); Antispasmodic (1; CRC; PH2; WOI); Astringent (f; APA; BRU; CRC; WBB); Bitter (f; KOM; PH2); Bradycardic (1; WBB); Carminative (f; CRC; WBB); Cerebroprotective (f; APA); CNS Depressant (1; WBB); Collyrium (f; CRC); Cytotoxic (1; HH2); Depurative (f; CRC; KOM; WBB; WOI); Diuretic (f; CRC; KOM; WOI); Emetic (f; WOI); Emmenagogue (f; CRC); Hemostat (f; APA; KOM; WOI); Hypoglycemic (1; HH2; PH2); Hypotensive (1; APA; CRC; PH2); Immunodepressant (1; APA); Immunostimulant (1; APA; HH2); Lactagogue (f; CRC); Laxative (f; CRC; GMH); Leukocytopenogenic (1; KOM); Memorigenic (1; APA; BRU; FNF; PH2); Negative Chronotropic (1; PH2); Parasympatholytic (1; HH2); Peristaltic (1; WBB); Phagocytotic (1; HH2); Philtre (f; CRC); Sedative (1; CRC; KOM); Sympatholytic (1; PH2); Tonic (f; CRC; WOI); Vermifuge (f; CRC; WOI); Vulnerary (f; BRU; KOM).

Indications (Lesser Periwinkle) — Abscess (f; PH2); ADHD (1; BRU); Alzheimer's (1; BRU; FNF); Angina (f; KOM); Bacteria (f; CRC); Bleeding (f; APA; CRC; HH2; KOM; PH2; WOI); Brain (f; PHR); Bruise (f; PH2); Cancer (1; CRC); Cancer, uvula (f; CRC; JLH); Catarrh (f; CRC; HH2; KOM; MAD); Chlorosis (f; MAD); Circulosis (f; PH2); Congestion (f; GMH); Constipation (f; CRC; GMH); Cramp (1; CRC; GMH; PH2; WOI); Cystosis (f; PH2); Debility (f; KOM); Dementia (1; BRU; FNF); Dermatosis (f; BRU; CRC; MAD); Diabetes (1; PH2); Diarrhea (f; CRC; HH2; KOM; MAD; PH2; WBB); Dizziness (f; APA); Dropsy (f; KOM); Dysentery (f; CRC; WBB); Dysmenorrhea (f; APA; MAD); Eczema (f; CRC; HH2; PH2); Encephalosis (f; PHR); Enterosis (f; APA; HH2; MAD; PH2); Epistaxis (f; CRC; GMH; HH2; PH2); Fever (f; MAD); Fit (f; CRC); Gas (f; MAD); Gastrosis (f; HH2; PH2); Headache (f; APA; CRC); Hemorrhoid (f; CRC; GMH); Hepatosis (f; MAD); High Blood Pressure (2; APA; CRC; PH2; WOI); Hyperglycemia (1; HH2; PH2); Hysteria (f; CRC; GMH); Immunodepression (1; APA; HH2); Inflammation (f; APA; GMH; KOM); Insomnia (1; CRC; KOM); Menorrhagia (f; CRC); Migraine (f; CRC); Mucososis (f; PH2); Nephrosis (f; MAD); Nervousness (1; CRC; KOM); Neurosis (f; APA; CRC); Nightmare (f; . GMH); Ophthalmia (f; WOI); Pain (1; HH2; WBB); Pharyngosis (f; KOM); Phthisis (f; WBB; WOI); Seborrhea (f; WOI); Senility (1; APA;

PH2); Sore (f; MAD); Sore Throat (f; APA; MAD; PH2); Stroke (1; APA); Tinnitus (1; BRU); Tonsilosis (f; KOM); Toothache (f; KOM; MAD); Trichomoniasis (f; CRC); Tuberculosis (f; MAD); Uvulosis (f; JLH); Vaginosis (f; CRC; KOM); Vertigo (1; BRU); Water Retention (1; MAD); Weakness (f; KOM); Worm (f; CRC; WOI); Wound (f; APA).

Dosages (Lesser Periwinkle) — 2–4 g powdered herb (PNC); 200 ml boiling water over 1 tsp herb, 2–3 cups/day (PH2); 15 g herb/250 ml water for infusion (PH2); macerate 100 g herbs in a liter of wine, steep 10 days (PH2); 2.5–5 ml liquid herb extract (PNC); 2–5 g fluid extract (MAD).

Contraindications, Interactions, and Side Effects (Lesser Periwinkle) — Class 2d. Contraindicated in constipation and hypotension (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Commission E reports hematological changes (e.g., leucocytopenia, lymphocytopenia, reduced globulin levels) have been observed in animals (AEH). Little cited as allergic or toxic (CRC). PH2 reports skin flushing and GI disturbances. Overdose may seriously lower blood pressure (PH2). LD50 "drug" 1400 mg/kg ipr mouse (HH2), LD50 "mixed alkaloids" 76 mg/kg ipr mouse (HH2), LD50 "mixed alkaloids" 24 mg/kg ivn mouse (HH2), LD50 "mixed alkaloids" 500 mg/kg orl mouse (HH2).

LEVANT COTTON (*Gossypium herbaceum* L.) +

Synonym: *Gossypium transvaalense* G. Watt.

Species not necessarily distinguishable, activities and indications often lumped; see, e.g., JFM and CRC entries related to *G. hirsutum*, MAD entries assigned to *G. herbaceum*, many JLH entries assigned to the species.

Activities (Levant Cotton) — Abortifacient (1; CRC; FNF; PH2); Aphrodisiac (f; PH2); Astringent (f; CRC); Contraceptive (1; CRC; PH2); Cytostat (1; PH2); Diuretic (f; CRC); Emmenagogue (1; AHP; CRC; PH2); Emollient (f; CRC); Hemostat (f; CRC; MAD); Hypercholesterolemic (1; PH2); Hypertriglyceridemic (f; PH2); Hypocholesterolemic (f; PH2); Lactagogue (f; CRC); Oxytocic (f; CRC; PH2); Uterotonic (1; AHP); Vasoconstrictor (f; CRC).

Indications (Levant Cotton) — Adenopathy (f; JLH); Amenorrhea (1; MAD; PH2); Anemia (f; MAD); Asthma (f; CRC; MAD); Bite (f; PH2); Bleeding (f; CRC; MAD; PH2); Bronchosis (f; CRC); Burn (f; JLH); Cancer (1; CRC; FNF); Cancer, abdomen (f; JLH); Cancer, breast (f; JLH); Cancer, colon (f; JLH); Cancer, nose (f; JLH); Cancer, uterus (f; JLH); Childbirth (f; HHB; PH2); Climacteric (f; PH2); Cold (f; JFM); Constipation (f; PH2); Corn (f; JLH); Cough (f; MAD; PH2); Cramp (f; JFM); Cystosis (f; PH2); Debility (f; MAD); Diarrhea (f; CRC; PH2); Dysentery (f; CRC; JFM; PH2); Dyslactea (f; JFM; PH2); Dysmenorrhea (1; MAD; PH2); Dysuria (f; JFM); Earache (f; JFM); Enterosis (f; JFM); Epilepsy (f; PH2); Fever (f; HHB; JFM; MAD); Fibroid (1; CRC; JLH); Gonorrhea (f; PH2); Headache (f; CRC; PH2); Hemorrhoid (f; CRC; JFM); High Blood Pressure (f; JFM); High Cholesterol (f; PH2); Hypochondria (f; CRC); Infertility (f; MAD); Inflammation (f; JFM; PH2); Laryngosis (f; JFM); Menorrhagia (f; PH2); Metrorrhagia (f; PH2); Morning Sickness (f; MAD; PH2); Nausea (f; PH2); Neurosis (f; PH2); Pain (f; JFM; PH2); Polyp (f; CRC; FNF); Pulmonosis (f; JFM; MAD); Rheumatism (f; JFM); Rhinosis (f; JLH); Snakebite (f; PH2); Tumor (1; CRC; FNF); Urethrosis (f; PH2); Uterosis (f; CRC; FNF); UTI (f; JFM); Wart (f; JLH); Water Retention (f; CRC).

Dosages (Levant Cotton) — 100 g root in 1 liter water, reduced by boiling to 0.5 liter, take 50 g liquid every half hour (dangerous formula for abortion; CRC); 1–2 tbsp fluid extract during childbirth (HHB); 3 leaves in 1 liter water for hypertension (JFM); 6–8 g seed/150 g water or milk, 3 ×/day as lactagogue (f; JFM); 1.8–3.75 g root bark, 20–40 drops liquid extract (PH2); 2–4 ml liquid extract (PH2).

Contraindications, Interactions, and Side Effects (Levant Cotton) — Class 2b (AHP). Contraindicated in urogenital irritation or tendency to inflammation; may sterilize men (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). Drug toxic

due to gossypol. Animals fed seed press cakes 3–4 weeks showed enterosis, gastrosis, hematuria, jaundice, nephritis, and ophthalmic disorders (PH2).

LEVANT WORMSEED (*Artemisia cina* O. Berg) X

Synonym: *Seriphidium cinum* (O. Berg) Poljakov

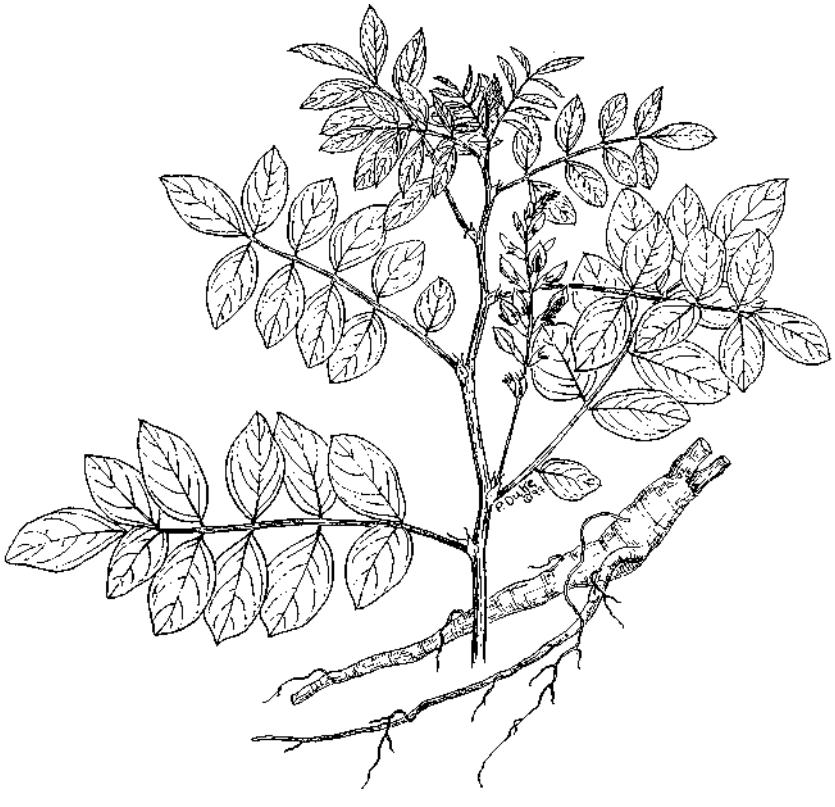
Activities (Levant Wormseed) — Antipyretic (1; PH2); Ascaricide (1; PH2); Oxyuricide (1; PH2); Parasiticide (1; PH2); Vermifuge (1; PH2).

Indications (Levant Wormseed) — Ascaris (1; PH2); Cancer (f; JLH); Cancer, spleen (f; JLH); Convulsion (f; PH2); Fever (1; PH2); Induration (f; JLH); Parasite (1; PH2); Splenosis (f; JLH); Worm (1; PH2).

Dosages (Levant Wormseed) — 25 mg for adults, follow with laxative (PH2); for children, 2 mg for each year of age. (Yet, the Austrian pharmacopoeia says 1–2 g as daily dosage, according to PH2.) Avoid allopathic dosage (PH2).

Contraindications, Interactions, and Side Effects (Levant Wormseed) — Not covered (AHP; KOM). 10 g can cause deadly poisoning. Intoxication can occur even with therapeutic dose, with epileptic convulsions, gastroenterosis, kidney irritation, muscle twitch, stupor, visual disorders (e.g., xanthopsia as with thujone).

LICORICE (*Glycyrrhiza glabra* L.) ++



I suspect the Chinese licorice (*Glycyrrhiza uralensis*) has all the same activities and indications, and I will probably offend some purists by aggregating them. Like ginseng, the Chinese are

growing and using both species of licorice. Those who want to be sure of Chinese licorice indications and activities, seek out DAA (Duke and Ayensu, 1985) or FAY (Foster and Yue, 1992) below.

Activities (Licorice) — Adrenal Stimulant (1; CAN); Aldose-Reductase Inhibitor (1; CAN; MAB; PH2); Alexeteric (f; CRC; DAA; KAB; WBB); Alterative (f; CRC; DAA; KAB); Amebicide (1; FAY); Analgesic (1; KAB; KAP; MBB); Antacid (1; FAD); Antiaggregant (1; CAN; FAY; MAB; PH2); Antiallergic (1; FAD; WHO); Antiangiogenic (1; PH2); Antiasthmatic (1; SKY; WHO); Antibacterial (1; CAN; DAA; FAD; VVG); Anticariogenic (1; MAB); Anticomplementary (1; MAB); Anticonvulsant (1; FAD); Antidepressant (1; MAB); Antidiuretic (1; MPI); Antidote (1; MAB); Antierythemic (1; CAN); Antiencephalitic (1; MAB); Antiestrogenic (1; CAN); Antiexudative (1; MPI); Antihepatosis (1; PH2); Antiinflammatory (1; DAA; PH2; SHT; WAM; VVG); Antiherpetic (1; APA; MAB); Antihistaminic (1; MAB); Antimelanogenic (1; TAD); Antimutagenic (1; AKT; MAB; TAD); Antioxidant (1; FNF; SKY); Antipyretic (f; CRC); Antiseptic (1; MAB); Antispasmodic (1; CAN; KOM; VVG); Antithrombic (f; PH2); Antitumor (1; MAB); Antitussive (2; BGB; DAA; FAD; SKY); Antiulcer (2; PED; PH2; WHO); Antiviral (1; PHR; PH2; WAM; VVG); Aphrodisiac (f; KAB; PED); Bitter (f; KAB); Candidicide (1; APA; PH2); Chemopreventive (1; MAB); Choleretic (1; MAB; PH2); Collyrium (f; WBB); Contraceptive (f; WHO); COX-2 Inhibitor (COX; FNF); Cyclo-oxygenase Inhibitor (1; PH2); Decongestant (1; APA); Demulcent (1; APA; DAA; KAB; SUW; WAM; WHO); Deodorant (f; CRC); Depurative (f; CRC; DAA; KAB); Desmutagenic (1; AKT); Detoxicant (1; AKT; FAY); Diaphoretic (f; CRC; WBB); Diuretic (f; CRC; FAY; KAB; WBB); Emmenagogue (1; FAY; HHB; KAB; PED; WHO); Emollient (f; DAA; KAB; SUW); Estrogenic (1; DAA; FAD; FAY; PED; WBB); Expectorant (1; APA; DAA; KOM; MBB; PIP; WHO); Fungicide (1; PED); Hepatoprotective (1; CAN; MAB; VVG); Hypertensive (1; MBB; PED; PH2); Immunostimulant (1; MAB; PED; PH2; VVG); Interferonigenic (1; AKT; PH2); Lactagogue (1; KAB; PED; PH2; WHO); Laxative (1; APA; DAA; HHB; PED; SUW; WHO); Lipoxygenase Inhibitor (1; PH2); MAOI (1; MAB); Mineralcorticoid (1; PED); Mucogenic (f; WHO); Mutagenic (1; MAB); Pectoral (f; CRC; KAB); Peroxidase Inhibitor (1; PH2); Phospholipase-A2 Inhibitor (1; MAB); PKC Inhibitor (1; MAB); Protisticide (1; MAB); Secretolytic (1; BGB; KOM; PIP); Sedative (f; DEP); Sialagogue (f; DEP); Tonic (f; MAB; MBB; SUW); Tyrosinase Inhibitor (1; PH2); Vulnerary (1; VVG).

Indications (Licorice) — Abscess (f; DAA); Addison's Disease (1; DAA; FAY; PED; WHO); Adenopathy (f; JLH); Adrenal Insufficiency (1; CAN; PNC; WHO); Allergy (1; FAD; WHO); Alzheimer's (1; COX; FNF); Ameba (1; FAD; FAY); Anemia (f; DAA); Anorexia (f; DAA; WHO); Anxiety (1; BGB); Appendicitis (f; PH2; VVG; WBB; WHO); Arthrosis (1; COX; MAB; WHO); Asthenia (f; DAA); Asthma (1; BGB; DEP; FAD; FAY; KAB; SKY; WHO); Atherosclerosis (1; AKT); Bacteria (1; CAN; DAA; FAD; VVG); Biliousness (f; KAB); BO (f; KAB); Boil (f; DAA; MAB); BPH (1; FNF); Bronchosis (2; DEP; FAD; FAY; KAB; PHR; PH2; SKY; WHO); Bug Bite (f; VVG); Burn (f; DAA); Cancer (1; AKT; COX; DAA; FNF; HOX; MAB; TAD); Cancer, abdomen (1; FNF; JLH); Cancer, bladder (1; FNF; JLH); Cancer, breast (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, gland (1; FNF; JLH); Cancer, kidney (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, neck (1; FNF; JLH); Cancer, spleen (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cancer, throat (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Cancer, uvula (1; FNF; JLH); Candida (1; APA; PH2); Canker Sore (SKY); Carbuncle (f; FAY; PH2); Caries (1; WHO); Cardiopathy (f; WHO); Cataract (1; CAN); Catarrh (2; DEP; KOM; PH2; PIP; WHO); CFS (1; MAB; SKY); Chickenpox (1; TAD); Cholecystosis (1; FAD); Cirrhosis (f; AKT); Cold (1; APA; CRC); Colic (f; CAN; KAB); Condyloma (f; JLH); Congestion (1; APA); Conjunctivosis (1; MAB; MPI; PH2); Constipation (1; APA; DAA; HHB; MAB; PED; PH2; SUW; WAM; WHO); Convulsion (1; FAD); Cough (2; APA; DAA; DEP; FAD; FAY; KAB; PHR; PH2; PED; SUW; VVG); Cramp (1; CAN; FAY; KOM; MAB; VVG); Cystosis (f; CRC; MAD); Cytomegalovirus (1; PH2); Depression (1; MAB); Dermatosis (f; PH2); Diabetes (1; MAB);

Diarrhea (f; DAA); Diphtheria (f; WHO); Duodenosis (f; PH2); Dysmenorrhea (f; APA); Dyspepsia (1; CRC; SKY; WHO); Dyspnea (f; DAA); Dysuria (f; MAD); Earache (f; APA); Eczema (1; SKY; WAM); Encephalosis (1; MAB); Enterosis (f; KAB; MPI); Epigastrosis (1; BGB; VVG); Epilepsy (f; KAB; WHO; PH2); Fatigue (f; KAB); Fever (f; CRC; WBB); Fibromyalgia (f; SKY); Flu (1; MAB; PH2; TAD); Fungus (1; PED); Gastrosis (2; CAN; DAA; FAD; FAY; PHR; PH2); Hay Fever (1; WAM); Headache (f; PH2); Heartburn (SKY); Hemicrania (f; KAB); Hemophilia (1; BGB); Hemoptysis (f; KAB); Hemorrhoid (f; DAA; WHO; VVG); Hepatitis C (1; MAB); Hepatosis (2; APA; FAY; PHR; PH2; PNC); Herpes (1; AKT; APA; MAB; WAM); Hiccup (f; KAB); HIV (1; MAB; TAD); Hoarseness (f; DEM; DEP; FAY; HHB); Hot Flash (1; AKT); Hyperphagia (1; MAB); Hyperthyroid (f; DAA); Hysteria (f; FAY); IBD (1; WAM); Immunodepression (1; MAB; PED; PH2; VVG); Induration (f; JLH); Infection (1; FNF; PED); Inflammation (1; DAA; DEP; MPI; PH2; SHT; WAM; WBB; VVG); Insomnia (f; DEP); Itch (f; VVG); Kidney Stone (f; WHO); Laryngosis (f; DAA); Lichen planus (1; MAB); Low Blood Pressure (1; MBB; PED; PH2); Lupus (SLE) (1; APA); Malaria (1; DAA; MAB); Malaise (f; FAY); Melanoma (f; TAD); Mucososis (1; FAD; MAB); Mycosis (1; PED); Nausea (f; DAA; KAB); Nephrosis (1; CAN; MAD); Nervousness (f; DEP); Neuropathy (1; CAN); Ophthalmia (f; KAB); Otosis (f; KAB); Pain (1; DAA; KAB; KAP; MBB); Pemphigus (1; MPI); Pharyngosis (1; BGB; DAA); PMS (1; WAM); Pneumonia (f; MAD); Polycystic Ovary Syndrome (1; BGB; MAB); Polyp (f; JLH); Psoriasis (1; WAM); Pterygium (f; JLH); Respirosis (2; APA; DEP; KOM; PIP); Retinosis (1; CAN); Rheumatism (1; FAY; WHO); Rhinosis (f; JLH); Senility (f; DAA); Shingles (1; MAB); Snakebite (f; KAB; WHO); Sore (f; DAA; KAB); Sore Throat (1; APA; DAA; KAB; PH2; SUW; WAM; WHO); Splenosis (1; DAA; FAY; MAD; PH2); Staphylococcus (1; FAY); Sting (f; SUW); Stomatosis (f; MAB); Strangury (f; MAD); Sunburn (f; VVG); Swelling (f; DAA); Tetanus (f; WHO); Thirst (f; CRC; DAA; DEP); Thrombosis (f; PH2); Trichomonas (1; FAY); Tuberculosis (1; DAA; FAY; KAB; MAB; MAD; VVG; WBB; WHO); Tumor (1; MAB); Ulcer (2; AKT; DAA; FAY; KOM; PED; PHR; PH2; PIP; WAM; WHO); Urethrosis (f; WBB); Urogenitosis (f; DEP; HHB; SUW); UTI (1; MAB); Vaginosis (1; APA); Vertigo (f; BGB; WHO); Viral Hepatitis (f; PHR); Virus (1; PHR; PH2; WAM; VVG); Voice (f; KAB); Water Retention (f; CRC; FAY; KAB; WBB); Wound (f; KAB; PH2); Yeast (1; APA; PH2). Interpretation of Commission E by Blumenthal et al. indicates the root for catarrh of the upper respiratory and gastric/duodenal ulcers while interpretation by Gruenwald et al. indicates the root for bronchosis, cough, and gastrosis.

Dosages (Licorice) — 2–4 tbsp fresh root (PED); 3–6 g dry root (PED); 4.5 g dry root:22 ml alcohol/23 ml water (PED); 1–2 g root (but 5–15 g chopped root for ulcers) (APA); 1–4 g root, or in tea, 3 ×/day (CAN); 1.5–9 g root (FAY); 2–4 g root (KAP); 1.5 (–5) g root/cup (HHB); 5–10 g root/day (PNC; SKY); 5–15 g root/day = 200–600 mg glycyrrhizin (PH2); 0.6–2 g powdered root extract (PNC); 2–5 ml liquid root extract (PNC); 0.6–2 ml liquid root extract (BPC; CAN); 2–5 ml root tincture 3 ×/day (SKY); 2–6 ml/day fluid extract (1:1) (MAB); 1.2–2.4 g/day deglycyrrhizinated licorice (DGL) extract (MAB); 200–300 mg DGL 3 ×/day (SKY); 200–600 mg glycyrrhizin/day (JAD); 1–3 (315 mg) capsules (StX with 200 mg certified potency root extract with at least 50 mg glycyrrhizinic acid, synergistically combined in a base of licorice root powder) 1–3 ×/day (NH); 5–15 g root/day corresponding to 200–800 mg glycyrrhizin (WHO).

Contraindications, Interactions, and Side Effects (Licorice) — Class 2b, 2c, 2d. "Contraindicated in heart disease, diabetics, hypertensives, hepatoses, and nephroses" (O'Brien, 1998). Commission E reports contraindications: cholestatic liver diseases, liver cirrhosis, hypertension, hypokalemia, severe renal insufficiency, and pregnancy. May potentiate thiazide diuretics, stimulant laxatives, cardiac glycosides, and cortisol (AHP; WAM). Too much (>50 g/day) can raise the blood pressure, cause sodium and water retention, and lower potassium levels too far. May result in pseudoaldosterianism. Adverse effects reported in M30: amenorrhea, cardiac arrest, congestive

heart failure, headache, hyperprolactinemia, high blood pressure, hypokalemia, muscle weakness, myoglobinuria, myopathy, and paralysis (Martindale's 30th). As prolonged use/higher doses may give mineralcorticoid adverse effects/interactions, the root should not be used for more than 4–6 weeks without consulting a physician (PH2; WAM). Use as flavoring in doses providing no more than 100 mg of glycyrrhizin per day is also allowed (AEH; KOM). Cantelli-Forti et al. (1994) note that "serious side effects related to glycyrrhizin ingestion, including headaches, edema, body weight increase, and disturbances in body-electrolyte balance were observed either after daily high LE personal consumption or in clinical use." "Continuous consumption of licorice root extract in daily use as food or for therapeutic purposes is safer than the use of glycyrrhizin alone (or when the latter is added to man-made products (chewing gums, drinks, drugs, sweets etc.))." I would extend that into a generality for whole herbal extracts rather than silver bullets: "Continuous consumption of whole plants or plant extracts is safer than the use of their major active ingredient alone (or purified and added to drugs)." CAN cautions that excessive ingestion can cause hyperaldosteronism. Because of estrogenic activity and reputed abortifacient activity, its use in pregnancy and lactation is to be avoided (CAN; WAM). "In India, licorice has been used as a sweetener, aphrodisiac, emmenagogue, and galactagogue" (PED).

Extracts (Licorice) — Glycyrrhetinic acid inhibits EBV activation by tumor promoters (CAN). Isoflavonoids are antiseptic against bacteria, *Candida, Mycobacterium,* and *Staphylococcus* (CAN); antiviral activity against Epstein-Barr, herpes, Newcastle, vaccinia, and vesicular stomatosis virus with no activity toward polio (CAN). Isoliquiritigenin inhibits aldose reductase, the first enzyme in the polyol pathway wherein glucose is reduced to sorbitol. It inhibits sorbitol accumulation in human red blood cells *in vitro*, and in red blood cells, the sciatic nerve, and the lens of diabetic rats. Many diabetic complications (cataracts, nephropathy, peripheral neuropathy, retinopathy) are associated with the polyol pathway and have shown improvement with aldose reductase inhibitors (CAN). Glycyrrhizin reduces morbidity and mortality of mice infected with lethal doses of flu virus (TAD). Glycyrrhizin inhibits inflammation and prostaglandin synthesis. Glycyrrhizin blocks estrogen effects binding to estrogen receptors, hence the antiestrogenic activities reported; estrogenic activity has also been attributed to the isoflavones, but these too may bind to estrogen receptors (CAN; JAD). Maybe this is one of those amphoteric herbs. "Liquorice exhibits an alternative action on estrogen metabolism, causing inhibition if oestrogen concentrations are high and potentiation when concentrations are low" (CAN). I've heard the same things about clover phytoestrogenic isoflavones, some of which are shared with licorice. (=) Oral DGGL (380 mg, 3 ×/day) equaled antacids or cimetidine in 169 patients with chronic duodenal ulcers. (=) Oral dose of glycyrrhetinic acid (GA) as antitussive orally as codeine (MAB). Glycyrrhizin not only has its own antiarthritic, antiedemic, and antiinflammatory activities, it potentiates the antiarthritic activities of hydrocortisone, at least in rats (MPI). Licorice seems also to potentiate prednisolone in five patients with pemphigus and kept free of bullae with prednisolone. Licorice seems to potentiate by inhibiting metabolic degradations of prednisolone (MPI). In a clinical study of allergic conjunctivosis, drops of glycyrrhetinic acid were helpful (MPI). (=) GA was comparable to sodium salicylate as an antipyretic (MPI). (=) Oral dose of GA as antitussive orally as codeine (LEG). GA inhibits growth of the ulcer bacteria, *Helicobacter pylori* (TAD). Glycyrrhizin was orally antidiuretic in rabbits and rats, but crude licorice, even at 20 g per human volunteer, showed no significant antidiuretic effect (MPI).

LIFE-ROOT, SQUAW WEED (*Senecio aureus* L.) XXX

Golden Ragwort in PH2.

Activities (Life-Root) — Abortifacient (f; CRC); Analgesic (f; CRC); Antipyretic (f; CRC); Astringent (f; CRC; PHR; PH2); Bitter (1; PH2); Carcinogenic (1; PH2); Contraceptive (f;

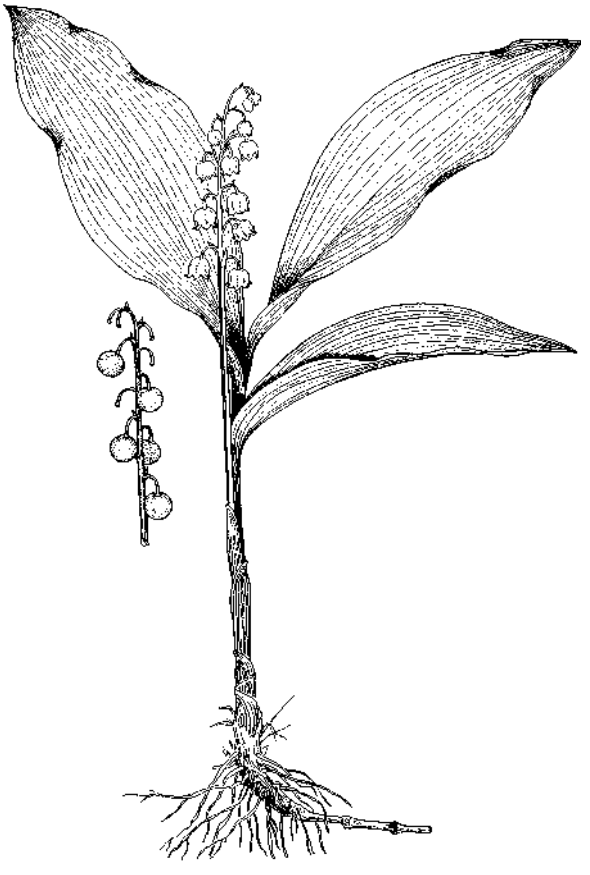
DEM); Depurative (f; DEM); Diaphoretic (f; CRC; DEM; FEL); Diuretic (1; CRC; FAD; PHR; PH2); Emmenagogue (1; APA; CRC; EFS; FEL; PHR; PH2); Expectorant (f; CRC); Hemostat (f; APA); Hepatotoxic (1; APA; PH2); Litholytic (f; CRC); Pectoral (f; CRC; EFS; FEL; PNC); Stimulant (f; CRC); Tonic (f; CRC; EFS); Uterotonic (f; CRC; PNC); Vulnerary (f; APA; CRC; EFS).

Indications (Life-Root) — Albuminuria (f; FEL); Amenorrhea (f; FEL; PNC); Anemia (f; PHR); Atony (f; FEL); Bleeding (f; APA; CRC; PHR; PH2); Bronchosis (f; FAD); Childbirth (f; APA; CRC); Chlorosis (f; FEL); Circulation (f; CRC); Colic (f; APA); Constipation (f; CRC); Diarrhea (f; CRC); Dysentery (f; FAD; FEL); Dysmenorrhea (f; APA; CRC; FAD; FEL); Dyspepsia (f; FEL); Dysuria (f; CRC; FAD; FEL); Fever (f; CRC; DEM; FEL); Fracture (f; DEM); Gravel (f; CRC); Heart (f; DEM); Hematuria (f; FEL); Hemoptysis (f; FEL); Hepatosis (f; FEL); Hysteria (f; FEL); Infertility (f; FEL); Leukorrhea (f; CRC; FAD; FEL); Menopause (f; PH2; PNC); Menorrhagia (f; FEL); Nephrosis (f; CRC; DEM); Neurosis (f; CRC; HH2); Orchosis (f; FEL); Pain (f; CRC); Parturition (f; FAD); Pulmonosis (f; FEL); Sterility (f; FEL); Stone (f; CRC); Tenesmus (f; FEL); Uterosis (f; CRC; FEL); Vaginosis (f; FEL); Water Retention (1; CRC; FAD; PHR; PH2); Worm (f; APA).

Dosages (Life-Root) — Do not take it (APA); 1–4 g herb 3 ×/day (HH2); 2–4 g dry herb or root (APA; PNC); 2–4 ml herb and/or root liquid extract (APA; PNC); 4 g herb and/or root liquid extract 3–4 ×/day (HHB; PHR); 4 fluid oz herb and/or root decoction 3–4 ×/day (FEL); 14 g (sic, may be a typo) herb, or in tea, 3 ×/day (CAN); 14 ml liquid herb extract (1:1 in 25% ethanol) 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (Life-Root) — Not covered (AHP). Contains toxic PAs (FAD). Should not be taken internally (PHR; PH2). Contains PAs in considerable amounts and varieties, which can be genotoxic, carcinogenic, hepatotoxic (CAN), and mutagenic. Animal studies document placental transfer and secretion into breast milk of unsaturated PAs (CAN). Due to PAs, its use in pregnancy and lactation is to be avoided. “Liferoot should not be ingested” (CAN). Use of *Senecio* species can result in potentially fatal hepatic veno-occlusive disease in man, with symptoms of abdominal pain and vomiting with ascites. PAs are toxic to man, with liver damage with cirrhosis and ascites, or seneciosis, or VOD reported in almost all cases of severe or fatal intoxications, from intakes of 0.5–3.3 mg/kg (AEH).

LILY OF THE VALLEY (*Convallaria majalis* L.) X



Activities (Lily of the Valley) — Antiseptic (1; PNC); Cardiotonic (1; CRC; KOM; PNC); Diuretic (1; CRC; FAD; PH2); Emetic (f; CRC; EFS; FAD); Fungicide (1; PNC); Hypotensive (2; KOM); Kaliuretic (2; KOM); Natriuretic (2; KOM; PH2); Negative Chronotropic (2; PH2); Negative Dromotropic (2; PH2); Nervine (f; CRC; EFS); Positive Bathmotropic (2; PH2); Positive Inotropic (2; KOM; PH2); Toxic (2; PHR); Vasoconstrictor (1; PHR; PH2); Venotonic (2; KOM).

Indications (Lily of the Valley) — Angina pectoris (f; CRC); Apoplexy (f; CRC); Arrhythmia (2; CRC; KOM; PH2); Bladder Stone (2; PHR); Burn (f; FAD); Cardiac Deficiency (due to old age) (2; KOM); Cardiac Insufficiency (f; CRC; PH2); Childbirth (f; PH2); Conjunctivosis (f; PHR; PH2); Convulsion (f; CRC); Cor pulmonale (f; KOM; PH2); Dropsy (f; CRC; PHR; PH2); Epilepsy (f; CRC; PHR; PH2); Fever (f; CRC; FAD); Fungus (1; PNC); Heart (f; CRC); High Blood Pressure (2; KOM); Infection (1; PNC); Kidney Stone (2; PHR); Leprosy (f; PHR; PH2); Mild Cardiac Insufficiency (2; KOM; PHR); Mycosis (1; PNC); Nervousness (2; PHR; PH2); Palsy (f; CRC); Paralysis (f; PHR; PH2); Rheumatism (f; CRC); Sprain (f; CRC); Stroke (f; PHR; PH2); UTI (2; CRC; PHR); Venosis (2; PHR); Vertigo (f; CRC); Water Retention (1; CRC; FAD; PH2).

Dosages (Lily of the Valley) — 0.6 g standardized herb powder (KOM); 0.3–0.6 ml liquid herb extract (PNC); 0.3–1.2 ml herb tincture (PNC); effective dose of convallotoxin (sic) = 0.4–0.6 mg, the prepared dose 0.2–0.3 mg, iv (PH2).

Contraindications, Interactions, and Side Effects (Lily of the Valley) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Commission E reports

contraindications: digitalis glycosides, potassium deficiency; side effects: cardiac arrhythmias, nausea, and vomiting; interactions: increased effectiveness (and side effects) of coadministered calcium, extended glucocorticoids therapy, laxatives, quinidine, saluretics. Not cumulative like digitalis (EFS). Convaltoxin: Cardiopathy ED 0.2–0.6 mg PH2.

LIMA BEAN (*Phaseolus lunatus* L. var. *lunatus*) ++

Activities (Lima Bean) — Astringent (f; CRC); Cyanogenic (1; CRC); Emetic (f; CRC; JFM); Poison (1; CRC; WBB).

Indications (Lima Bean) — Bright's Disease (f; CRC; WBB); Cancer (f; JLH); Diabetes (f; CRC; WBB); Dropsy (f; CRC; WBB); Eclampsia (f; CRC; WBB); Enterosis (f; CRC); Fever (f; CRC); Mastosis (f; CRC); Nephrosis (f; CRC; WBB); Pain (f; CRC); Poison (1; CRC); Stomachache (f; CRC); Tumor (f; JLH); Wart (f; JLH).

LIME (*Citrus aurantiifolia* (Christm.) Swingle) +++

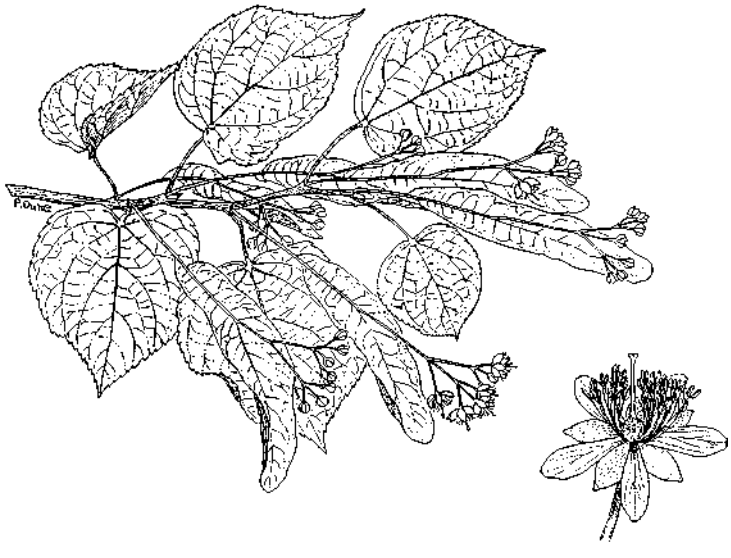
Synonyms: *C. acida* Roxb., *C. hystrix* subsp. *acida* (Roxb.) Engl., *C. lima* Lunan, *C. limetta* var. *aromatica* Wester, *C. medica* var. *acida* (Roxb.) Hook. f., *Limonia aurantiifolia* Christm.

Activities (Lime) — Antipyretic (f; PH2; WO2); Antiseptic (f; WO2); Antiscorbutic (1; PH2); Aperient (f; WO2); Diaphoretic (f; WO2); Hemostat (f; WO2); Sedative (f; WO2).

Indications (Lime) — Bleeding (f; WO2); Fever (f; PH2; WO2); Infection (f; WO2); Insomnia (f; WO2); Nervousness (f; WO2); Scurvy (1; PH2).

Contraindications, Interactions, and Side Effects (Lime) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Possibility of phototoxicity with furanocoumarins.

LINDEN (*Tilia* spp.) ++



Activities (Linden) — Analgesic (f; PH2); Antibacterial (1; HH3); Antiedemic (1; PH2); Antiseptic (1; PH2); Antispasmodic (1; BGB; CAN; CRC; PHR; PH2); Antistress (f; PH2);

Antitussive (f; PH2); Anxiolytic (f; PH2); Astringent (1; CAN; PH2); Candidicide (1; HH3); Cardiotoxic (1; BGB; CAN); Choleretic (1; PH2); Demulcent (f; EFS); Diaphoretic (2; APA; KOM; PH2; PIP); Diuretic (1; CAN; CRC; PHR; PH2); Emollient (1; BGB); Expectorant (f; PHR; PH2); Fungicide (1; CAN; HH3); Hemostat (f; CRC); Hypotensive (1; BGB; PH2; PNC); Immunostimulant (f; APA; HH3); Intoxicant (f; CRC); Narcotic (f; APA; CRC); Nervine (f; CRC; EFS; PNC); Sedative (1; APA; CAN; PHR; PH2); Spasmogenic (1; CAN); Stomachic (f; CRC; PHR; PH2); Tonic (f; EFS; PNC); Toxic (1; PH2); Tranquilizer (f; APA; CRC); Vasodilator (1; BGB).

Indications (Linden) — Anxiety (1; APA; BGB; PH2); Atherosclerosis (f; CAN; HH3); Arthrosis (f; HH3); Bacteria (1; HH3); Bleeding (f; CRC); Bronchosis (2; PHR; PH2); Burn (f; CRC); Cancer (f; JLH); Cancer, colon (f; JLH); Cancer, foot (f; JLH); Cancer, intestine (f; JLH); Cancer, stomach (f; JLH); Candida (1; HH3); Catarrh (f; BGB; CRC; PH2; PNC); Cellulitis (f; PHR; PH2); Chill (1; APA); Cholecystosis (f; CRC; PHR; PH2); Cold (2; APA; KOM; PH2; PIP); Convulsion (f; APA); Cough (2; APA; KOM; PH2; PIP); Cramp (1; BGB; CAN; CRC; GMH; PHR; PH2); Diarrhea (f; APA); Dyskinesia (f; CRC; HH2); Dysmenorrhea (f; CRC); Dyspepsia (f; APA; BGB; GMH; PNC); Earache (1; APA); Enterosis (f; JLH; PHR); Enuresis (f; CRC); Epilepsy (f; CRC); Escherichia (1; HH3); Fever (2; APA; BGB; KOM; PHR; PH2; PIP); Flu (1; APA; BGB); Fungus (1; CAN; HH3); Gallstone (f; CRC; HH2); Gastrosis (f; CRC; JLH); Gout (f; HH3); Granuloma (1; HH2); Headache (f; APA; CRC; PNC); Heart (f; CRC); Hepatosis (f; CRC; PH2); High Blood Pressure (1; BGB; CAN; PH2; PNC); Hypochondria (f; HH3); Hysteria (f; APA; CAN; CRC; GMH); Immunodepression (f; APA; HH3); Incontinence (f; CRC); Infection (1; APA; CAN; HH3; PH2); Insomnia (1; APA; CAN; HH3; PHR; PH2); Ischiosis (f; HH3); Itch (f; CRC); Leukorrhea (f; CRC); Migraine (f; CAN; HH3); Mycosis (1; CAN; HH3); Nausea (f; BGB; CRC); Nephrosis (f; CRC; HH3); Nervousness (1; APA; CAN; CRC; GMH; PHR; PH2); Neuralgia (f; CRC); Ophthalmia (f; CRC); Pain (f; PH2); Palpitation (1; BGB; CRC; GMH); PMS (f; APA); Prolapse (f; CRC); Respirosis (f; BGB; PH2); Rheumatism (f; CRC; HH3); Salmonella (f; HH3); Sciatica (f; CRC); Sore (f; CRC); Sore Throat (1; APA); Spasm (f; CRC); Staphylococcus (1; HH3); Stomachache (f; HH3); Stomatosis (1; APA); Swelling (1; PH2); Uterosis (f; CRC); Vibrio (1; HH3); Vomiting (f; GMH); Water Retention (1; CAN; CRC; HH3; PHR; PH2); Wound (f; CRC); Yeast (1; HH3).

Dosages (Linden) — 1–2 tsp (2–4 g) flowers, or in tea, 1–2 ×/day (APA; CAN; KOM; PHR; PH2; WIC); 2–4 ml liquid flower extract (1:1 in 25% ethanol) (APA; CAN); 2–4 ml liquid flower extract (PNC); 1–2 ml flower tincture (1:5 in 45% ethanol) (CAN).

Contraindications, Interactions, and Side Effects (Linden) — Class 1 (AHP). None reported (KOM; PIP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Excessive use may result in cardiac toxicity (CAN). In view of the lack of toxicological data, excessive use, especially during lactation and pregnancy, should be avoided (CAN). Cardiac patients might avoid (CRC). Ethanolic bark extracts septistatic; *Candida* MIC 70 mg/ml, *Escherichia* MIC 150 mg/ml, *Staphylococcus* MIC 150 mg/ml.

LOBELIA (*Lobelia inflata* L.) +

Activities (Lobelia) — Analeptic (1; PH2); Antiasthmatic (1; CAN; CRC); Anticholinesterase (1; JAD); Antispasmodic (1; APA; CRC; HHB; PED); Antiviral (f; APA); CNS Stimulant (1; CAN); Convulsant (f; CRC); Diaphoretic (f; CRC; PNC); Diuretic (1; FNF; MAD; PED); Emetic (1; APA; CAN; WAM); Euphoric (f; CRC); Expectorant (1; APA; CAN; HHB; WAM); Laxative (f; PED); Myorelaxant (1; APA; FEL); Nervine (f; CRC; PED); Respirastimulant (1; CAN; PHR; PH2); Sedative (1; CRC; PED; WAM); Sialagogue (f; CRC; FEL); Stimulant (f; CRC); Tranquilizer (1; CRC).

Indications (Lobelia) — Abscess (f; DEM); Acne (f; JLH); Addiction (1; CRC; PHR); Alcoholism (f; CRC; DEM); Alopecia (f; CRC); Alzheimer's (1; JAD); Amenorrhea (f; CRC); Angina (f; CRC; FEL); Apoplexy (f; FEL); Asphyxia, neonatal (f; MAD); Asthma (1; APA; CAN; CRC; PHR; PH2); Atony (f; FEL); Bite (f; DEM); Boil (f; PNC); Bronchiectasis (f; MAD); Bronchosis (1; APA; CAN; CRC; HHB); Bruise (f; APA); Bug Bite (f; APA; PED); Cancer (f; CRC; JLH); Cancer, breast (f; CRC; JLH); Cardiopathy (f; APA; FEL); Catarrh (f; CEB; MAD); Chancre (f; DEM); Childbirth (f; CRC); Chorea (f; CRC; FEL); Cold (f; APA); Colic (f; DEM); Constipation (f; PED); Convulsion (f; CRC); Cough (1; CRC; FAD; WAM); Cramp (1; APA; CRC; FEL; HHB; MAD; PED); Croup (f; CRC); Deafness (f; CRC); Debility (f; CRC); Dermatosis (f; HHB); Diarrhea (f; CRC); Diphtheria (f; CRC); Divination (f; DEM); Dysentery (f; CRC); Dysmenorrhea (f; CRC; MAD); Dyspepsia (f; CRC; FEL; MAD); Dyspnea (f; MAD); Dysuria (f; CRC); Earache (f; CRC); Eczema (f; FEL); Emphysema (f; CRC); Encephalosis (f; MAD); Epilepsy (f; CRC; DEM; MAD); Erysipelas (f; CRC; FEL); Esophagosis (f; MAD); Faintness (f; CRC); Felon (f; JLH); Fever (f; CRC; FAD; PNC); Flu (f; APA); Gallstone (f; CRC); Gastrosis (f; CRC; MAD); Hangover (f; CRC); Hay Fever (f; CRC; HHB); Headache (f; CRC; MAD); Heart (f; CRC); Hemorrhoid (f; CRC); Hepatosis (f; CRC; MAD); Hernia (f; CEB; CRC); Hydrophobia (f; CRC); Hyperemesis (f; MAD); Hypertony (f; MAD); Hysteria (f; CRC); Infection (f; MAD); Inflammation (f; FEL);

Insomnia (1; CRC; PED; WAM); Jaundice (f; CEB; MAD); Laryngosis (1; FEL; PED); Measles (f; CEB); Meningosis (f; CRC); Morning Sickness (f; CRC); Morphinism (f; CRC); Mucososis (1; WAM); Myososis (f; PED); Narcosis (f; CRC); Nausea (f; CRC); Nephrosis (f; CRC); Nervousness (1; CRC; MAD; PED; WAM); Neuralgia (f; CRC; FEL; MAD); Neurasthenia (f; MAD); Nicotinism (1; CAN; CRC; PHR); Ophthalmia (f; CRC); Pain (1; CRC; DEM); Palpitation (f; CRC); Periostosis (f; CRC); Peritonosis (f; CRC); Pertussis (1; APA; CRC; HHB; PED); Phrenosis (f; CRC); Phthisis (f; DEM); Pleurisy (f; CRC); Pneumonia (f; CRC; FEL; MAD); Poison Ivy (f; APA; CRC; PED); Psoriasis (f; CRC); Pulmonosis (f; MAD); Respirosis (1; CRC; WAM); Rheumatism (f; FEL; PED); Ringworm (f; APA); Seborrhea (f; CRC); Shock (f; HHB); Shoulder (f; CRC); Smoking (1; PH2; PNC); Sore (f; DEM; PNC); Sore Throat (1; FAD; FEL); Spasm (f; CRC; FEL); Sprain (f; APA); Sting (f; DEM; FEL); Stomatosis (f; HHB); Tetanus (f; CEB; CRC; FEL); Tonsilosis (f; CRC); Tuberculosis (f; CEB); Typhoid (f; DEM); Urethrosis (f; CRC); Vaginosis (f; CRC); VD (f; DEM); Vertigo (f; MAD); Virus (f; APA); Wart (f; HHB; JLH); Water Retention (1; FNF; MAD; PED); Wen (f; CRC). Not covered by Commission E (KOM).

Dosages (Lobelia) — 100 mg leaf as expectorant (AHP); 2–6 tsp fresh leaf (PED); 1–3 g dry leaf (PED); 2 g dry leaf:10 ml alcohol/10 ml water (PED); 0.2–0.6 g herb, or in tea, 3 ×/day (CAN); 50–600 mg herb/day (HHB); maximum dose 100 mg dry herb up to 3 ×/day (MAD); 4–10 drops herb 3 ×/day with water or juice (NH); 0.2–0.6 ml liquid herb extract (1:1 in 50% ethanol) 3 ×/day (CAN); 0.6–2.0 ml herb tincture (BPC) (CAN); 1–4 ml lobelia tincture (1:10 in dilute acetic acid) (CAN); 10–20 drops (0.5–1 g) leaf tincture, up to several ×/day (MAD).

Contraindications, Interactions, and Side Effects (Lobelia) — Class 2b, 2d. May cause nausea and vomiting. Cardioactive (AHP; WAM). APA gives it their negative 5 rating, "definite health hazard to using this substance internally, even in recommended amounts." I'd consider the risks of smoking versus the risk of lobeline and might opt for the lobeline, perhaps first trying transdermal lobelia plants taped to my arm. I'm not even keen on transdermal nicotine, but I find it perhaps healthier than smoking, and it doesn't affect my neighbors with second-hand smoke. The alkaloid lobeline can cause cough, diarrhea, dizziness, nausea, tremors, and vomiting (CAN). Overdose may cause coma, convulsions, diaphoresis, hypotension, hypothermia, tachycardia, and even fatality. Because of lobeline and its toxicity, its use in pregnancy and lactation is to be avoided (CAN; WAM). 0.6–1 g leaf is toxic, 4 g fatal (PHR; PH2)."Health hazards not known with proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

LOGWOOD (*Haematoxylum campechianum* L.) ++

Activities (Logwood) — Antibacterial (1; WOI); Antiinflammatory (f; PH2); Antimelanic (f; PH2); Antiseptic (1; PH2; WOI); Astringent (1; EFS; PH2; WOI); Depurative (f; JFM); Hemostat (1; EFS); Tonic (f; JFM; WOI).

Indications (Logwood) — Atony (f; WOI); Bacteria (1; WOI); Bleeding (1; EFS; JFM; PH2); Cancer (f; WOI); Diarrhea (f; JFM; PH2); Dysentery (f; JFM); Gangrene (f; WOI); Infection (1; PH2; WOI); Inflammation (f; PH2); Leukorrhea (f; WOI); Mycobacteria (1; WOI).

Dosages (Logwood) — Doses equivalent to 1 g drug (HHB; PH2).

Contraindications, Interactions, and Side Effects (Logwood) — Not covered (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). Internal hematoxylin in animals may induce anuria, coma, hyperthermia, vomiting, and possibly death (PH2).

LONGLEAF PINE (*Pinus palustris* Miller) ++

Synonyms: *P. australis* F. Michx., *P. longifolia* Salisb.

KOM entries apply to turpentine of this species. This species was treated as aetheroleum, rather intermixed under scotch pine (see below), by the Herbal PDR (PHR).

Activities (Longleaf Pine) — Antiseptic (2; KOM); Hemostat (f; FAD); Rubefacient (f; FAD).

Indications (Longleaf Pine) — Bleeding (f; FAD); Boil (f; PNC; resin); Bronchosis (2; KOM; turpentine) (f; PNC; resin); Cold (2; PHR); Colic (f; FAD); Cough (2; PHR); Diarrhea (f; FAD); Fever (2; PHR); Infection (2; PHR); Muscle Stiffness (f; PNC; terpentine); Neuralgia (2; KOM; turpentine); Odontorrhagia (f; FAD); Pharyngosis (2; PHR); Rheumatism (2; FAD; KOM; PNC; turpentine) (f; PNC; resin); Ringworm (f; PNC; resin); Sore (f; PNC); Stomatosis (2; PHR); Tumor (f; FAD); Ulcer (f; PNC; resin).

Dosages (Longleaf Pine) — Commission E suggests several drops turpentine in hot water for inhalation therapy (KOM). Otherwise for topical application only.

Contraindications, Interactions, and Side Effects (Longleaf Pine) — Commission E reports contraindications for EO: whooping cough; adverse effects: local irritation, exacerbation of bronchospasms (AEH). Though approving pure turpentine for "Chronic disease of the bronchii with heavy secretion" (which I translate to bronchosis), Commission E contraindicates for acute inflammation of the respiratory tract. Inhaled turpentine may reduce bronchial secretion (KOM). Even topical application to too much surface area may damage the CNS and kidneys (KOM). Turpentine is a counterirritant and rubefacient. Though also taken internally, turpentine might best be relegated to topical uses, if any.

LONG PEPPER (*Piper longum* L.) +++

Activities (Long Pepper) — Abortifacient (f; KAB; MPI; SKJ); Alterative (f; KAP; MPI); Analgesic (1; WOI); Anesthetic (1; WOI); Antiallergic (1; MPI); Antianaphylactic (f; MPI); Antibacterial (1; MPI; WOI); Anticonvulsant (f; PR13:561); Antifertility (1; MPI); Antigiardial (1; PR13:561); Antiinflammatory (f; WOI); Antiseptic (1; KAP); Antitubercular (1; WOI); Aphrodisiac (f; DEP; KAB; KAP); Cardiotonic (f; KAP); Carminative (f; DEP; KAB; SUW; WOI); Cholagogue (f; MPI; WOI); Collyrium (f; KAB); Counterirritant (f; WOI); Diaphoretic (f; SUW); Emmenagogue (f; DEP; KAB; MPI); Energetic (f; SUW); Errhine (f; KAB); Expectorant (f; DEP); Fungicide (f; KAP); Hematinic (f; WOI); Hepatoprotective (1; PR13:561); Immunostimulant (1; PR13:561); Insecticide (1; MPI); Insectifuge (1; MPI); Larvicide (f; WOI); Laxative (f; DEP; HHB; KAB); Protisticide (1; PR13:561); Rubefacient (f; KAP); Sedative (f; MPI; WOI); Sialagogue (1; WOI); Stimulant (f; SUW); Stomachic (f; HHB; SKJ); Tonic (f; MPI; WOI); Vermifuge (1; HHB; KAB; MPI).

Indications (Long Pepper) — Allergy (1; MPI); Anaphylaxis (1; MPI); Anorexia (f; MPI); Apoplexy (f; DEP); Arthrosis (f; KAB); Ascites (f; SKJ); Asthma (f; MPI; WOI); Bacteria (1; MPI; WOI); Bite (f; DEP); Bleeding (f; DEP; KAP; MPI); Bronchosis (f; KAB; MPI; WOI); Callus (f; JLH); Cancer (f; JLH; KAB); Cancer, abdomen (f; JLH); Cancer, breast (f; JLH); Cancer, colon (f; JLH); Cancer, feet (f; JLH); Cancer, liver (f; JLH); Cancer, mouth (f; JLH); Cancer, nose (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, throat (f; JLH); Cancer, uvula (f; JLH); Cancer, womb (f; JLH); Catarrh (f; DEP); Childbirth (f; KAB; KAP; MPI); Cholecystosis (f; MPI); Cholera (f; MPI); Cold (f; MPI; SKJ); Colic (f; DEM; KAP); Coma (f; MPI; WOI); Condyloma (f; JLH); Constipation (f; DEP; HHB; KAB); Convulsion (f; PR13:561); Cough (1; KAB; MPI; WOI); Cystosis (f; JLH); Diabetes (1; MPI); Diarrhea (f; MPI; SKJ); Dropsy (f; HHB); Drowsiness (f; MPI; WOI); Dysentery (f; WOI); Dysmenorrhea (f; DEP); Dyspepsia (f; MPI); Edema (1; MPI); Enterosis (f; DEP; JLH); Epilepsy (f; MPI; WOI); Fever (f; DEM; SKJ; SUW); Fungus (1; KAP); Gas (f; DEP; KAB;

SUW; WOI); Gastrosis (f; JLH); Giardia (1; PR13:561); Gingivosis (f; JLH); Gout (f; DEP; MPI); Hemorrhoid (f; MPI); Hepatosis (f; DEP; JLH); Hoarseness (f; DEP); Immunodepression (1; PR13:561); Induration (f; JLH); Infection (1; KAP); Inflammation (1; MPI; WOI); Insomnia (f; MPI; WOI); Ischiosis (f; HHB); Leprosy (f; WOI); Leukoderma (f; MPI); Lumbago (f; DEP; KAB; MPI); Mastosis (f; JLH); Myalgia (f; WOI); Mycosis (f; KAP); Nervousness (f; MPI; WOI); Nyctalopia (f; DEP); Ophthalmia (f; KAB); Pain (1; SKJ; WOI); Palsy (f; DEP; KAP; MPI); Paralysis (f; HHB; KAB; SKJ); Paraplegia (f; DEP; KAB); Puerperium (f; SKJ); Pulmonosis (f; DEP); Rheumatism (f; HHB; MPI); Salmonella (1; MPI); Sciatica (f; DEP; KAB); Sclerosis (f; JLH); Snakebite (f; DEP); Sore Throat (f; JLH); Splenosis (f; KAB; MPI; SKJ); Staphylococcus (1; MPI); Stomatosis (f; JLH); Swelling (f; DEP); Tetanus (f; DEP); Thirst (f; SKJ); Tuberculosis (1; KAP; MPI); Uvulosis (f; JLH); Wart (f; JLH); Worm (1; HHB; KAB; KAP; MPI).

Dosages (Long Pepper) — No modern dosages uncovered. 1–2 g ground fruit could provide biologically active levels of piperine. Old peppers are believed to be more medicinally active than fresh peppers (DEP).

Extracts (Long Pepper) — Alcoholic extracts of fruits and aqueous leaf extract active against *Escherichia coli* and *Micrococcus pyogenes*. In human volunteers, 20 mg piperine increases bioavailability of curcumin 20-fold (MAB). Long pepper may contain 2% piperine suggesting that 1 gram of long pepper could increase availability of curcumin 20-fold. Milk extract effectively reduced passive cutaneous anaphylaxis in rats. Ether extracts and fruits are decoction antiedemic and antiinflammatory. Root powder at 100 mg/kg completely reduced fertility in rats on days 6 to 9 of pregnancy. 50% ethanolic extract is antispasmodic and hypoglycemic. N-isobutyl-deca-trans2,trans4-dienamide active against *Mycobacterium tuberculosis in vitro* and *in vivo* (= 20% as potent as streptomycin). EO active against *Bacillus cereus, B. subtilis, Escherichia coli, Mycobacterium tuberculosis, Salmonella thypi, Sar. lutea Shigella boydi, S. dysenteriae, Staphylococcus albus, S. aureus*, and *Vibrio cholera*. EO fungicidal against *Aspergillus flavus, Curvularia lunata, Penicillium javanicum, P. striatum*, and *Trichoderma viridi*. Oil anthelmintic to *Ascaris lumbricoides*. Crude extracts (and piplartine) suppressed ciliary movements in frog esophagus suggesting that it might suppress the cough reflex in humans (MPI). Piperine may be used as an analeptic in morphine poisoning, in lieu of nalorphine, especially if analgesia is desired (MPI).

LOOSESTRIFE (*Lysimachia vulgaris* L.) +

Activities (Loosestrife) — Antipyretic (f; EFS); Astringent (f; EFS; PNC); Expectorant (f; EFS; PNC); Hemostat (f; EFS); Vulnerary (f; EFS).

Indications (Loosestrife) — Bleeding (f; EFS; PH2); Diarrhea (f; EFS; HHB; PH2); Dysentery (f; HHB; PH2); Epistaxis (f; PH2; PNC); Fever (f; EFS); Menorrhagia (f; PH2; PNC); Metrorrhagia (f; PH2); Scurvy (f; PH2); Sore (f; EFS); Wound (f; PH2; PNC).

Contraindications, Interactions, and Side Effects (Loosestrife) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

LOTUS (*Nelumbo nucifera* Gaertn.) ++

Synonyms: *N. caspica* Eichw., *N. komarovii* Grossh., *N. nelumbo* (L.) Druce, *N. speciosum* Willd., *Nymphaea nelumbo* L.

Activities (Lotus) — Alexeteric (f; SUW); Antibacterial (1; WOI); Anticancer (1; DAA); Antidote (f; DEP; SUW); Antidote, alcohol (f; DAA); Antidote, mushroom (f; DAA); Antipyretic (f; SUW); Antispasmodic (1; DAA); Aphrodisiac (f; KAB); Astringent (1; KAP; PH2; SUW); Cardiotonic (f; KAB; SUW); Cerebrotonic (f; KAB); CNS Depressant (1; MPI); Cytotoxic (1; DAA); Demulcent (f; KAB; KAP; SUW); Depurative (f; KAB); Diaphoretic (f; DEP); Diuretic (1; DEP; MPI; SUW); Hemostat (f; KAB); Nervine (f; DEP); Sedative (f; KAB; KAP); Tonic (f; DEP); Uterotonic (f; KAB); Vermifuge (f; WOI).

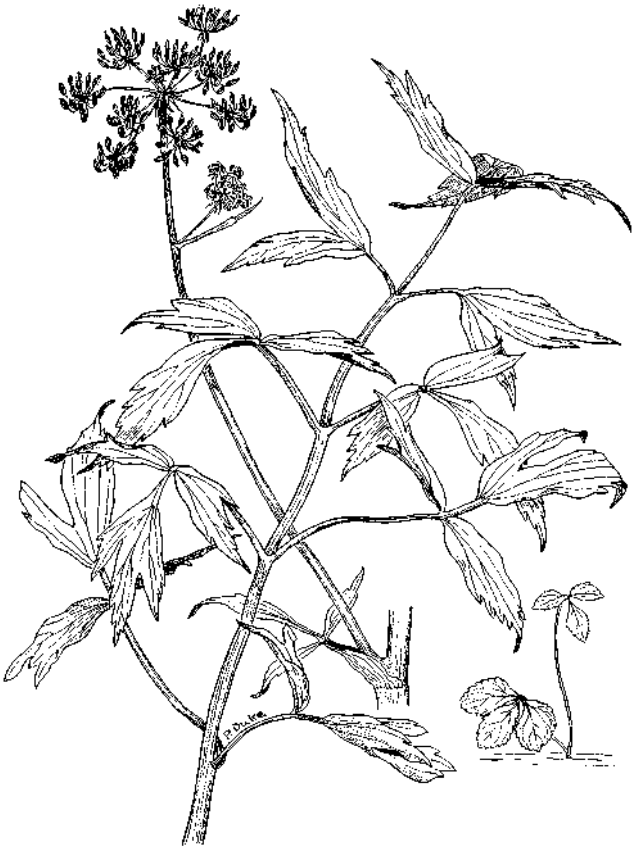
Indications (Lotus) — Agitation (f; DAA); Bacteria (1; WOI); Biliousness (f; KAB); Bleeding (f; KAB; PH2); Bronchosis (f; KAB); Callus (f; JLH); Cancer (1; DAA; HHB; JLH); Cancer, cervix (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, ear (1; FNF; JLH); Cancer, kidney (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, spleen (1; FNF; JLH); Carcinoma (1; HHB); Cervicosis (f; JLH); Childbirth (f; DAA); Cholera (f; DAA; PH2; SUW); Circulosis (f; DAA); Corn (f; JLH); Cough (f; KAB; KAP); Cramp (1; DAA); Dermatosis (f; KAP; SUW; WOI); Diarrhea (f; PH2; SUW); Dysentery (f; SUW; WOI); Dyspepsia (f; PH2; SUW); Enterosis (f; DAA; KAP); Epistaxis (f; DAA); Fatigue (f; PH2); Fever (f; DEP; KAB; PH2; SUW); Fungus (f; SUW); Gonorrhea (f; DAA); Gray Hair (f; DAA); Halitosis (f; KAB); Heatstroke (f; DAA); Hematuria (f; DAA); Hemoptysis (f; DAA); Hemorrhoid (f; DEP; KAP; SUW); Hepatosis (f; SUW); Impotence (f; DAA); Induration (f; JLH); Inflammation (f; KAP); Insomnia (f; DAA; KAB; KAP); Leprosy (f; KAB; KAP; SUW); Leukoderma (f; KAB); Leukorrhea (f; DAA); Malaria (f; PH2); Menorrhagia (f; DEP; KAP; SUW); Mucososis (f; KAP); Mycosis (f; SUW; WOI); Nephrosis (f; JLH); Nervousness (f; KAB; KAP); Neurasthenia (f; DAA); Nightmare (f; DAA); Ophthalmia (f; DEP); Pulmonosis (f; KAB); Rhinosis (1; HHB); Ringworm (f; SUW; WOI); Smallpox (f; WOI); Snake-

bite (f; DEP); Sore Throat (f; KAB); Spermatorrhea (f; DAA); Splenosis (f; DAA; JLH); Strangury (f; KAB; KAP); Syphilis (f; KAP); Thirst (f; KAB; KAP); Uterosis (f; KAB; KAP); VD (f; KAP); Vertigo (f; DAA); Vomiting (f; PH2); Water Retention (1; DEP; MPI; SUW); Worm (f; PH2; WOI).

Dosages (Lotus) — Mostly food farmacy. Mary Jo gave me some seed for Christmas 1999. Seeds are tough on the teeth. 4–6 g powdered seed (KAP); 1–2 g pollen (KAP); 3–5 drams root tea (KAP).

Contraindications, Interactions, and Side Effects (Lotus) — Class 2d. Seed is contraindicated in constipation and stomach distention. Other cited parts are Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Oxoushinsunine is cytotoxic against carcinoma of the nasopharynx (MPI).

LOVAGE (*Levisticum officinale* W. D. J. Koch) ++



Activities (Lovage) — Antiinflammatory (1; SHT); Antilithic (2; PHR); Antiseptic (1; PH2; PNC); Antispasmodic (2; APA; HHB; KOM; PH2; PNC); Aphrodisiac (f; APA); Aquaretic (1; SHT); Bitter (1; PHR); Carminative (1; HHB; PNC); Cholinergic (f; PHR; PH2); Diaphoretic (1; HHB; PNC); Diuretic (1; APA; HHB; PH2; PNC); Emmenagogue (f; HHB); Expectorant (f; PNC); Gastrogogue (1; PH2); Mucolytic (f; HHB); Myorelaxant (1; PH2); Photodermatitic (1; HHB); Secretagogue (1; PHR; PH2); Sedative (1; PH2; PNC); Sialagogue (1; APA; PHR; PH2); Stomachic (f; HHB); Uterotonic (AHP; KOM).

Indications (Lovage) — Aphtha (f; PNC); Bladder Stone (2; PHR; PH2); Boil (f; APA); Catarrh (1; PHR; PH2); Colic (1; PNC); Congestion (f; APA); Cramp (2; APA; HHB; KOM; PH2; PNC);

Cystosis (2; APA; HHB; PNC); Dysmenorrhea (f; PH2; PNC); Dyspepsia (f; APA; PHR; PH2; PNC); Edema (f; HHB); Enterosis (1; APA); Fever (1; HHB; PNC); Gas (1; APA; HHB; PHR; PH2; PNC); Gastrosis (f; PHR); Gravel (2; KOM; PH2); Headache (f; APA); Heartburn (1; APA; PHR; PH2); Inflammation (2; KOM; PH2; SHT); Insomnia (1; PH2; PNC); Kidney Stone (2; APA; PHR; PH2); Malaria (f; APA); Migraine (f; APA); Nephrosis (1; APA; HHB; KOM; PH2); Nervousness (1; PH2; PNC); Pyelosis (f; HHB); Respirosis (f; PH2); Rheumatism (f; APA); Stomatosis (PNC); Stomachache (1; APA); Stone (1; APA; SHT); Swelling (1; APA; HHB); Tonsilosis (f; PNC); Ulcer (f; PNC); UTI (2; KOM; PH2; SHT); Water Retention (1; APA; HHB; PH2; PNC).

Dosages (Lovage) — 4–8 g root/day (APA; KOM; PH2; SHT); 1–2 tsp (2–4 g) root/cup water, between meals, 2–3 ×/day (APA; PH2; WIC); 0.3–2 ml liquid root extract (APA; PNC).

Contraindications, Interactions, and Side Effects (Lovage) — Class 2b, 2d. Commission E reports contraindications: acute nephrosis, renal insufficiency; look out for photosensitivity when the root is used for a prolonged period (AEH; KOM). Not for use during pregnancy (PH2). Strongly diuretic in mice and rabbits; phthalides are anticonvulsant and sedative in animals (PNC).

LUCKY NUT, YELLOW OLEANDER (*Thevetia peruviana* (Pers.) K. Schum.) X

Synonyms: *Cascabela thevetia* (L.) Lippold, *Cerbera thevetia* L., *Thevetia neriifolia* Juss. ex Steud.

Activities (Lucky Nut) — Abortifacient (f; CRC; WBB); Analgesic (1; TRA); Anesthetic (f; IED); Antiaggregant (1; TRA); Antibacterial (1; CRC; WBB); Antidote (f; CRC); Antipyretic (f; CRC); Antispasmodic (1; TRA); Cardiotonic (1; CRC; TRA); Curare (f; CRC); Emetic (f; CRC); Hepatoprotective (1; TRA); Insecticide (1; CRC); Laxative (f; CRC); Narcotic (f; IED; KAB); Parasiticide (1; CRC); Piscicide (1; CRC); Poison (1; CRC); Sedative (f; JFM); Uterotonic (1; TRA; WBB).

Indications (Lucky Nut) — Bacteria (1; CRC; WBB); Bladder Stone (f; JFM); Bronchosis (f; KAB); Cancer (1; CRC); Constipation (f; CRC); Cramp (1; TRA); Cystosis (f; JFM); Dermatosis (f; CRC; WBB); Dropsy (f; CRC; WOI); Dysmenorrhea (1; TRA); Edema (f; JFM); Fever (f; CRC); Heart (f; CRC); Hemorrhoid (f; CRC; KAB); Hepatosis (1; TRA); Insomnia (f; JFM); Itch (f; KAB); Leukoderma (f; KAB); Malaria (f; CRC; WBB); Mange (f; CRC); Nerve (f; TRA); Nervousness (f; JFM); Ophthalmia (f; KAB); Pain (1; IED; TRA); Parasite (1; CRC); Rheumatism (f; CRC; KAB); Snakebite (f; JFM); Sore (f; CRC); Swelling (f; JFM); Tachycardia (f; CRC); Toothache (f; CRC); Tumor (f; CRC; WOI); Ulcer (f; CRC); Urethrosis (f; KAB); Worm (f; KAB); Wound (f; KAB).

Dosages (Lucky Nut) — 2 grains are said to be as effective as quinine (WBB).

Contraindications, Interactions, and Side Effects (Lucky Nut) — Not covered (AHP; KOM; PHR). Many fatalities reported from self medication, 1–2 seeds may kill a child (CRC). One South African child died 6 hours after eating a kernel (WBB).

LUNGMOSS, LUNGWORT LICHEN (*Lobaria pulmonaria* (L.) Hoffm.) +

Synonym: *Sticta pulmonaria* L.

Activities (Lungmoss) — Antiinflammatory (1; PH2); Antiseptic (1; PH2); Diaphoretic (1; PH2); Expectorant (1; PH2).

Indications (Lungmoss) — Arthrosis (f; FEL); Asthma (f; FEL; HHB); Atony (f; FEL); Backache (f; FEL); Bronchosis (1; PH2); Catarrh (f; FEL); Chill (f; FEL); Cold (f; HHB); Conjunctivosis (f; FEL); Coryza (f; FEL); Cough (1; FEL; PH2); Diarrhea (f; MAD); Dysmenorrhea (f; MAD); Dyspnea (f; MAD); Fever (1; FEL; PH2); Flu (f; FEL; HHB; MAD); Hay Fever (f; FEL); Headache

(f; FEL; MAD); Hysteria (f; MAD); Infection (1; PH2); Inflammation (1; PH2); Laryngosis (f; FEL; MAD); Myalgia (f; FEL); Nausea (f; MAD); Night Sweats (f; FEL); Pain (f; FEL; MAD); Pertussis (f; FEL); Phthisis (f; FEL); Pulmonosis (f; HHB); Respirosis (f; FEL); Rheumatism (f; FEL); Rhinosis (f; HHB); Scarlet Fever (f; FEL); Scrofula (f; MAD); Sore (f; MAD); Tracheosis (f; FEL; MAD); Tuberculosis (f; FEL).

Dosages (Lungmoss) — 1–2 g in hot herb tea/day (HHB); 2 tsp lichen (1.6 g) in hot tea (MAD).

LUNGWORT (*Pulmonaria officinalis* L.) +

Activities (Lungwort) — Antibacterial (1; HHB); Antitussive (f; BIS); Astringent (f; HHB; PNC); Bitter (f; PH2); Diaphoretic (f; MAD); Diuretic (1; BIS; HHB); Emollient (f; PNC); Expectorant (f; HHB; PNC); Hemostat (f; PNC); Vulnerary (f; PNC).

Indications (Lungwort) — Bacteria (1; HHB); Bleeding (f; MAD; PNC); Blennorrhea (f; MAD); Bronchosis (f; MAD; PNC); Cancer (f; JLH; HHB; PH2); Catarrh (f; MAD; PH2; PNC); Corn (f; JLH); Cough (f; BIS; MAD); Cystosis (f; HH2; PH2); Diarrhea (f; PH2); Dysentery (f; HHB); Enterosis (f; PH2); Fever (f; MAD); Gastrosis (f; PH2); Hematuria (f; MAD); Hemoptysis (f; MAD); Hemorrhoid (f; HHB; PNC); Hepatosis (f; MAD); Incontinence (f; MAD); Laryngosis (f; PNC); Nephrosis (f; HH2; PH2); Pulmonosis (f; HHB; MAD); Respirosis (f; HH2; MAD; PH2); Sore Throat (f; BIS); Tuberculosis (f; MAD); Urethrosis (f; PH2); Water Retention (1; BIS; HHB); Wound (f; HH2; PH2).

Dosages (Lungwort) — 1.5 g (ca. 2 tsp) leaf/cup tea (HHB; HH2; PH2); 4.4–6.6 g (ca. 4–6 tsp) leaf (HHB; MAD); 2–4 ml liquid leaf extract (PNC).

Contraindications, Interactions, and Side Effects (Lungwort) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Plant is said to accumulate Cu, Fe, Mn, and P (HHB).

M

MACA, PERUVIAN GINSENG (*Lepidium meyenii* Walp.) ++

Synonym: *Lepidium peruvianum* Chacon.

Activities (Maca) — Antiseptic (f; DAZ); Aphrodisiac (1; X11561196; X11297856); Cicatrizant (f; DAZ); Emmenagogue (f; DAZ); Lipogenic (1; X11048583); Memorigenic (f; EB55:255); Spermatogenic (1; X11561196); Tonic (f; X11297856); Vulnerary (f; DAZ).

Indications (Maca) — Anemia (f; EB55:255); Cancer (1; EB55:255); Cancer, breast (1; EB55:255); Cancer, liver (1; EB55:255); Cancer, stomach (1; EB55:255); Debility (f; X11297856); Depression (f; EB55:255); Gastrosis (1; EB55:255); Hepatosis (1; EB55:255); Impotence (1; X11561196; X11297856); High Blood Pressure (f; DAZ); HIV (f; EB55:255); Infertility (1; X11561196); Leukemia (f; EB55:255); Mastosis (1; EB55:255); Pulmonosis (f; DAZ); Stress (1; EB55:255); Wound (f; DAZ).

Dosages (Maca) — Maca is traditionally eaten as food in the high Andes. For the herb market, Maca is dried and encapsulated. 300 mg root extract, standardized for 0.6% macamides and macaenes, in a 145 mg base of Maca root, 3 ×/day (NH); 500 mg root 3–6 ×/day (NH). Experimental animal doses: 75 mg root extract/kg (X11297856); 66.7 mg root extract/ml (X11561196); in fairly large quantities.

Contraindications, Interactions, and Side Effects (Maca) — Not covered (AHP; KOM; PH2). Some importers recommend a periodic break from Maca consumption.

MADDER, DYER'S MADDER (*Rubia tinctorum* L.) X

Activities (Madder) — Astringent (f; WOI); Carcinogenic (1; FNF); Digestive (f; WOI); Diuretic (f; EFS; HHB; WOI); Emmenagogue (f; EFS); Genotoxic (1; FNF); Litholytic (f; PH2; WOI); Mutagenic (1; PH2); Poison (1; PH2); Tonic (f; EFS; HHB).

Indications (Madder) — Amenorrhea (f; HHB; MAD); Anemia (f; HHB; MAD); Arthrosis (f; HHB; WOI); Bladder Stone (f; HHB); Bruise (f; MAD); Calculosis (f; WOI); Cancer (f; JLH); Cancer, bladder (f; JLH); Cancer, kidney (f; JLH); Cancer, liver (f; JLH); Cancer, skin (f; JLH); Cancer, stomach (f; JLH); Cancer, uterus (f; JLH); Chlorosis (f; MAD); Cholecystosis (f; WOI); Cystosis (f; HHB); Decubitis (f; WOI); Dermatosis (f; JLH); Diarrhea (f; HHB); Dropsy (f; JLH); Dysentery (f; MAD); Dysmenorrhea (f; MAD; PNC); Dysuria (f; PNC); Enterosis (f; MAD); Enuresis (f; MAD); Gastrosis (f; JLH; MAD); Gout (f; MAD); Hepatosis (f; HHB; MAD; PNC); Induration (f; JLH); Jaundice (f; MAD); Kidney Stone (f; PH2); Lichen (f; MAD); Malaria (f; MAD); Nephrosis (f; HHB); Pyelonephrosis (f; MAD); Scab (f; MAD); Scrofula (f; MAD); Sore (f; HHB); Splenosis (f; HHB; JLH; KAB; MAD); Stone (f; HHB; PH2; WOI); Synovia (f; MAD); Tuberculosis (f; HHB; MAD); Uterosis (f; JLH); Water Retention (f; EFS; HHB; WOI); Wound (f; HHB).

Dosages (Madder) — Do not take it (JAD; PH2); 30 grains root 3–4 ×/day (FEL); 1 g powdered root 3 ×/day (MAD).

Contraindications, Interactions, and Side Effects (Madder) — The court is still out on whether or not alizarin, lucidin, and purpurin from *Rubia tinctorum* exert a disintegrating effect on the surface of bladder and kidney stones containing calcium. Since extracts of the root are mutagenic and contain genotoxic and tumorigenic compounds, it is not to be recommended (De Smet, 1993). "Drug should not be administered" (PH2).

MAGNOLIA VINE (*Schisandra chinensis* (Turcz.) Baill.) +

Synonym: *Kadsura chinensis* Turcz.

Activities (Magnolia Vine) — Adaptogen (1; AKT; APA; FAY; LAF; SKY); Anorectic (1; APA); Antacid (1; FAY); Antiaging (f; AKT); Antibacterial (1; FAY; LAF); Anticonvulsant (1; APA; LAF; PH2); Antidepressant (1; AKT; APA; KEB; LAF); Antifatigue (1; LAF); Antiinflammatory (1; AKT; KEB; PH2); Antineurotic (f; DAA); Antimutagenic (1; LAF); Antinecrotic (1; KEB); Antioxidant (1; APA; KEB; LAF; PH2); Antiradicular (1; X10616967); Antiseptic (1; APA); Antisialagogue (f; LAF); Antitumor (1; KEB; PH2); Antitussive (1; APA; DAA; FAY; LAF; PED); Aphrodisiac (f; DAA); Astringent (1; AKT; APA); Bitter (PED); Cardiotonic (1; AKT; LAF); Cerebrotonic (f; FAY); Choleretic (f; FAY); CNS Depressant (1; APA; DAA; FAY; KEB; LMP; PED); CNS Stimulant (1; DAA; FAY; KEB; LAF; LMP); Digestive (f; PED); Expectorant (1; FAY; KEB; LAF; PED); Gonadotropic (1; KEB); Hepatoprotective (2; APA; KEB; LAF; PED; PH2; SKY); Immunodepressant (1; LAF); Immunostimulant (1; FAY; LAF); Memorigenic (1; AKT; KEB); Myorelaxant (1; APA); Nephrotonic (f; FAY); Neuroleptic (1; PH2); Nervine (f; KEB); Pectoral (f; LMP); Respirastimulant (1; APA; KEB; LAF); Sedative (f; AKT; KEB; PH2); Sialagogue Potentiator (1; X8787787); Spermagenic (f; SHB); Tonic (f; AKT; APA); Tranquilizer (1; APA; LAF); Uterotonic (1; APA; FAY; LAF); Vasodilator (1; LAF); Vermifuge (1; PH2).

Indications (Magnolia Vine) — Allergy (f; DAA; LMP); Amnesia (f; DAA; SHB; X11207061); Anxiety (f; PH2); Asthma (f; APA; LAF; LMP); Ataxia (1; KEB); Bacteria (1; FAY; LAF); Cancer (1; HH2; KEB; LAF; PH2; SKY); Cancer, skin (1; HH2); Chemotherapy Support (1; SKY); Circulosis (f; LMP); Cold (1; SKY); Convulsion (1; APA; LAF; PH2); Cough (1; AKT; APA; FAY; LAF; PED; PH2); Debility (f; LMP); Dementia (f; LMP); Depression (1; AKT; APA; KEB; LAF; SHB); Dermatosis (f; DAA; LMP); Diabetes (f; DAA); Diarrhea (f; APA; FAY; LAF; PH2); Dysentery (f; DAA; LMP); Dyspnea (f; PH2); Dystrophy (1; KEB). Enterosis (f; FAY; PH2); Enuresis (f; PH2); Fatigue (1; APA; SKY); Gonorrhea (f; DAA); Hepatosis (2; AKT; APA; DAA; KEB; LAF; PH2; SKY); Immunodepression (1; FAY; LAF); Impotence (f; APA; LAF); Infection (1; FAY); Inflammation (1; AKT; KEB; PH2); Insomnia (f; AKT; APA; DAA; KEB; LAF; PH2); Ischemia (f; AKT); Itch (f; DAA; LMP); Meniere's Syndrome (1; KEB); Necrosis (1; KEB); Nephrosis (f; APA; FAY); Nervousness (1; AKT; APA; KEB; LAF; PH2); Neurasthenia (f; AKT; APA; FAY; LAF; PH2); Neuropathy (f; DAA); Night Sweats (f; DAA; FAY); Palpitation (f; AKT); Paralysis (2; KEB); Parkinson's Disease (2; KEB); Parturition (1; KEB); Pollakiuria (f; PH2); Polyuria (f; DAA; LAF); Psychosis (2; KEB); Pulmonosis (f; AKT); Senile Dementia (1; KEB); Senility (f; LMP); Shock (f; FAY); Spermatorrhea (f; DAA; PH2); Stress (1; APA; SKY); Stroke (2; KEB); Thirst (1; APA); Tuberculosis (f; DAA); Tumor (1; KEB; PH2); Virus (f; DAA); Worm (1; PH2). Not covered by Commission E (KOM).

Dosages (Magnolia Vine) — 3–9 g powdered herb (AKT); 250–500 mg fruit 1–2 ×/day (APA); 1.5–6 g fruit (LAF); 1.5–15 g fruit (FAY); 5 g crushed fruit/100 ml water, divided into 3

doses/day (APA); 1 tsp fresh fruit (PED); 0.5 g dry fruit (PED); 0.5 g dry fruit:3 ml alcohol/2 ml water (PED); 1.5–6 g dry fruit/day or 3–12 ml fluid extract (1:2) (KEB); 2–4 ml fruit tincture 3 ×/day (SKY).

Contraindications, Interactions, and Side Effects (Magnolia Vine) — Class 1. Rarely, appetite suppression, dyspepsia, and itch are attendant (AHP; LAF). Leaves and fruits are considered food in the Orient (FAC). Contraindicated in pregnancy except to facilitate childbirth (KEB).

Extracts (Magnolia Vine) — "Lignans regenerate liver tissue damaged by harmful influences such as viral hepatosis and alcohol. Lignans lower blood levels of serum glutamic pyruvic transaminase (SGPT), a marker for infective hepatosis and other liver disorders" (SKY). Lignans improve activities requiring concentration and fine coordination in humans (KEB). Several contained lignans are antilipoperoxidants, and stimulate superoxide dismutase and catalase (BRU). Gomisin A protects against hepatocarcinogenesis and liver damage in various animal models via induction of hepatic enzyme systems and proliferation of the endoplasmic reticulum of liver cells. It is being studied as a human hepatoprotectant. Schisanhenol protects rat heart mitochondria from adriamycin toxicity without antagonizing its antitumor activity (KEB). Schisanhenol and, less so, schisandrin B, protect rat brain from oxidative stress (KEB). Foster and Yue (1992) note that the drug has been clinically tried in more than 5000 hepatitis cases, successfully lowering SGPT levels 84–97.9% (FAY). Schisandra is hepatoprotective against acetaminophen, aflatoxin, CCl4, chloroform, galactosamine, gossypol acetic acid, and thioacetamide. Schisandra in 189 patients with hepatitis C returned alanine-transferase to normal, and increased liver protein and glycogen synthesis. Alcohol extracts help regenerate liver tissues (SHB).

MAIDENHAIR FERN (*Adiantum capillus-veneris* L.) ++

Activities (Maidenhair Fern) — Antipyretic (f; DAA; DEP); Astringent (1; HHB); Demulcent (f; PH2); Depurative (f; DAA); Diaphoretic (f; DAA); Diuretic (f; DAA); Emetic (f; DAA); Emmenagogue (f; HHB); Emollient (f; DAA); Expectorant (f; DAA; PH2); Hypoglycemic (1; HH2); Laxative (f; DAA); Pectoral (f; DAA; DEP; PH2); Propecic (f; DAA; PH2); Stimulant (f; DAA); Tonic (f; DAA).

Indications (Maidenhair Fern) — Alopecia (f; DAA); Asthma (f; DAA); Bronchosis (f; HH2; PH2); Catarrh (f; DAA; DEP); Cephalosis (f; DAA); Childbirth (f; DAA); Chill (f; DAA); Cold (f; DAA; WO3); Constipation (f; DAA); Cough (f; HH2; PH2); Cystosis (f; DAA); Diabetes (f; HH2); Dropsy (f; DAA); Dysmenorrhea (f; DAA; HH2; PH2); Fever (f; DAA; DEP); Gravel (f; DAA; GMH); Gray Hair (f; PH2); Headache (f; WO3); Head Cold (f; DAA); Hepatosis (f; DAA); Hyperglycemia (1; HH2); Insanity (f; DEM); Jaundice (f; GMH); Nephrosis (f; GMH); Pain (f; PH2); Pertussis (f; HH2; PH2); Pleurisy (f; GMH); Pulmonosis (f; DAA); Respirosis (f; DAA; HHB; PH2); Rheumatism (f; DEM); Rhinosis (f; DAA; HH2); Sclerosis (f; DAA); Snakebite (f; DAA); Sting (f; DEM); Stone (f; DAA); Swelling (f; GMH); Water Retention (f; DAA).

Dosages (Maidenhair Fern) — 1 oz herb/pint boiling water, sweetened (GMH); 1.5 g herb/cup tea (HH2; PH2).

Contraindications, Interactions, and Side Effects (Maidenhair Fern) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Not for use during pregnancy (PH2).

MAITAKE (*Grifola frondosa* (Fr.) S.F.G.) ++

Activities (Maitake) — Antiaggregant (f; SKY); Hypotensive (f; SKY); Hypotriglyceridemic (f; SKY); Immunomodulator (f; SKY).

Indications (Maitake) — Chemotherapy (f; SKY); High Blood Pressure (f; SKY); High Cholesterol (f; SKY); High Triglycerides (f; SKY); HIV (f; SKY); Immune Dysfunction (f; SKY); Obesity (f; SKY).

Dosages (Maitake) — 3–7 g/day (SKY).

Contraindications, Interactions, and Side Effects (Maitake) — Class 1 (AHP). None reported (SKY).

MALABAR NUT (*Justicia adhatoda* L.) +

Synonym: *Adhatoda vasica* Nees

Activities (Malabar Nut) — Abortifacient (1; KEB); Alterative (f; KAP; MAD); Anesthetic (1; PNC); Antiallergic (1; KEB; SAB); Antianaphylactic (1; WO2); Antiasthmatic (1; KEB; SAB); Antibacterial (1; CRC; WO2); Antibronchitic (2; KEB); Antifeedant (1; CRC); Antigingivitic (1; SAB); Antihemorrhagic (1; SAB); Antihistaminic (1; KEB); Antiinflammatory (2; KEB; SAB); Antiperiodic (f; KAB); Antipyretic (f; PNC); Antiseptic (1; CRC; KAB; SAB); Antisialagogue (1; PNC); Antispasmodic (1; CRC; DEP; KAB; KAP; PHR; PH2; SKJ; SUW); Antitubercular (1; PNC); Antitussive (1; CRC); Antiviral (1; WO2); Astringent (2; KEB); Bronchoconstrictor (1; KEB); Bronchodilator (1; KAB; KEB; PHR; PH2; SAB); Cardiodepressant (1; SAB; WO2); Cardiotonic (1; WO2); Depurative (f; CRC; KAB); Diuretic (f; DEP; KAP; SKJ); Emetic (f; SUW); Emmenagogue (1; CRC; KAB; WO2); Expectorant (2; CRC; DEP; KAB; KAP; KEB; PHR; PH2; SUW; WO2); Fungicide (1; CRC; WO2); Herbicide (1; CRC; WO2); Hypoglycemic (1; WO2); Hypotensive (1; CRC; WO2); Insecticide (1; CRC; MAD; SUW; WO2); Laxative (f; SUW); Mucolytic (1; PHR); Myorelaxant (1; SAB); Oxytocic (1; KEB); Piscicide (f; MAD); Respirastimulant (1; KEB; WO2); Rubefacient (1; WO2); Sedative (f; WO2); Thrombopoietic (1; SAB); Uterotonic (1; WO2); Vermifuge (f; KAB).

Indications (Malabar Nut) — Adenopathy (f; JLH; WO2); Allergy (1; KEB; SAB); Amnesia (f; CRC); Anaphylaxis (1; WO2); Anemia (f; DEP); Arthrosis (f; WO2); Asthma (2; CRC; DEP; KAB; KEB; MAD; MBB; SAB; SUW; WO2); Bacteria (1; CRC; WO2); Biliousness (f; CRC); Bleeding (2; CRC; DEP; KEB; SAB); Blennorrhea (f; MBB); Bronchosis (2; CRC; DEP; KAB; KEB; PH2); Cancer (f; JLH); Cancer, colon (f; MBB); Cardiopathy (f; KAB); Catarrh (f; DEP; MAD; PH2); Cold (f; KAB; WO2); Colic (f; KAB); Conjunctivosis (f; CRC); Constipation (f; SUW); Coryza (f; MAD); Cough (1; CRC; DEP; KAB; PH2; SUW; WO2); Cramp (1; CRC; DEP; KAB; KAP; MAD; PHR; PH2; SKJ; SUW); Dermatosis (f; WO2); Diabetes (1; WO2); Diarrhea (f; DEP; KAB; SKJ); Diphtheria (f; KAB); Dropsy (f; DEP); Dysentery (f; DEP; KAB; SKJ); Dysuria (f; CRC); Enterosis (f; MBB); Epistaxis (f; MAD); Escherichia (1; WO2); Ethmoidosis (f; MAD); Fever (f; CRC; MAD; PNC; SKJ); Flu (f; MAD); Fungus (1; CRC; WO2); Gastrosis (f; MAD); Gingirrhagia (2; KEB); Gingivosis (2; KEB); Gonorrhea (f; CRC; KAB); Gout (f; MAD); Hay Fever (f; PH2); Headache (f; KAB; MAD); Heart (f; CRC); Hematuria (f; CRC); Hemoptysis (f; DEP; KAB); Hemorrhoid (f; MBB); Hepatosis (f; MBB); High Blood Pressure (1; CRC; WO2); Hyperglycemia (1; WO2); Infection (1; CRC; WO2); Inflammation (2; KEB; PH2; SAB; WO2); Insomnia (f; WO2); Itch (f; WO2); Jaundice (f; CRC; KAP; SKJ); Laryngosis (1; MAD); Leukoderma (f; KAB); Leukorrhea (f; CRC; KAB); Malaria (f; KAB; SKJ); Menorrhagia (f; CRC); Mycosis (1; CRC; WO2); Nausea (f; CRC); Nervousness (f; WO2); Neuralgia (f; DEP; WO2); Ophthalmia (f;

CRC; DEP; KAB); Osteosis (f; SKJ); Pain (1; DEP; PNC); Parasite (f; KAB); Pertussis (f; MAD); Phthisis (f; DEP; KAB; MAD; SKJ; SUW); Pulmonosis (1; MAD); Respirosis (1; KEB; PH2); Rheumatism (f; DEP; KAB; MAD; SKJ; SUW); Snakebite (f; KAB); Spasm (1; CRC); Stomachache (f; MAD); Stomatosis (f; CRC); Stone (f; MAD); Strangury (f; CRC; KAB); Swelling (f; DEP; KAB; WO2); Thirst (f; CRC; KAB); Tuberculosis (1; CRC; DEP; KAB; KAP; PH2; SKJ); Tumor (f; JLH); VD (f; KAB); Virus (1; WO2); Water Retention (f; DEP; KAP; SKJ); Worm (f; KAB); Wound (f; KAB).

Dosages (Malabar Nut) — 1–20 grains for asthma and bronchosis (DEP); 1–2 g powdered leaf; 2 g powdered leaf (KAP); 8–16 ml leaf juice (KAP); 10–30 g powdered root bark (KAP); 28–56 ml bark decoction (KAP); 0.5–1.5 g dry herb/day or 1–3 ml day fluid extract (1:2) (KEB); 2–4 ml tincture; 1–2 ml liquid 1:1 extract (PH2; PNC).

Contraindications, Interactions, and Side Effects (Malabar Nut) — Not covered (AHP)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Contraindicated in pregnancy except in assisting delivery (KEB). Potency of vasicine may be accentuated with piperine.

Extracts (Malabar Nut) — Leaves contain the quinazoline alkaloids deoxyvasicine, vasicine, and vasicinone; the latter two are respiratory stimulants. At high doses vasicine protects against histamine-induced bronchospasm in guinea pigs. Its autooxidation product, vasicinone, had bronchodilatory activity *in vitro* and *in vivo*, and relaxes the tracheal muscle *in vitro*. Vasicinone is more potent than vasicine with antiasthmatic properties comparable to (NOTE: hype literature often uses the word *comparable* to mean can be compared to, not necessarily meaning equal to) disodium cromoglycate. Vasicinone is reportedly synergetic with vasicine on bronchodilation and ciliary movements. Their 1:1 mix is more bronchodilatory and antagonized histamine-induced bronchoconstriction than vasicine alone or theophylline. The cardiodepressant effect activity of vasicine was normalized by vasicinone. Flowers contain the antiasthmatic quercetin.

MALABAR TAMARIND
(*Garcinia cambogia* (Gaertn.) Desr.) ++

Synonym: *Mangostana cambogia* Gaertn.

Activities (Malabar Tamarind) — Anorectic (1; FNF); Antilipolytic (1; FNF); Antiobesity (1; FNF); Antiseptic (f; WOI); ATP-Citrate-Lyase Inhibitor (1; FNF); Hypocholesterolemic (1; FNF); Hypotriglyceridemic (1; FNF); Laxative (f; WOI).

Indications (Malabar Tamarind) — Constipation (f; WOI); Dyspepsia (f; WOI); High Cholesterol (1; FNF); High Triglycerides (1; FNF); Obesity (1; FNF); Rheumatism (f; WOI); Stomatosis (f; WOI).

Dosages (Malabar Tamarind) — 1500 mg HCA/day (JAMA); 1320 mg HCA in 3 doses/day (JAMA); 500 mg plant extract 3 ×/day (JAMA); 500 mg plant extract + 100 μg nickel chromium 3 ×/day (JAMA); 800 mg plant extract + 50 mg caffeine + 40 μg chromium picolinate 3 ×/day (JAMA); 1500 mg plant extract +1200 mg l-carnitine + 600 μg chromium picolinate/day (JAMA).

Extracts (Malabar Tamarind) — It's a special type of hydroxycitric acid (HCA) that leads some promoters (and optimistic scientists they might have hired) to believe, and JAMA to disbelieve, that this is a good slimming agent. HCAs occur in several fruits; e.g., the mangosteen and tamarind.

MALE FERN (*Dryopteris filix-mas* (L.) Schott) X (downgraded from CRC Edition 1)

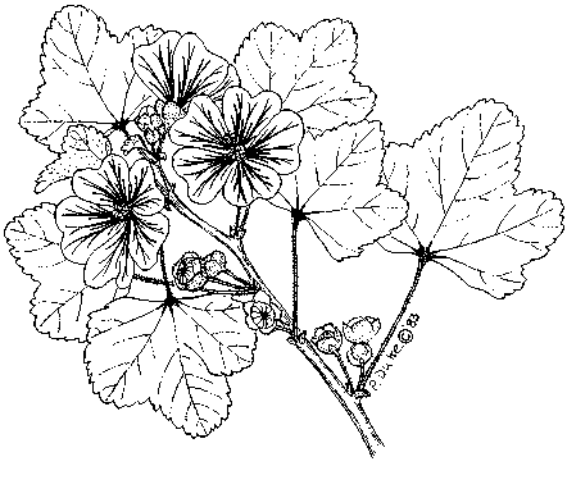
Activities (Male Fern) — Abortifacient (f; MPG); Antibacterial (1; MPG); Antiseptic (1; MPG); Antiviral (1; PHR; PH2); Aperient (f; CRC); Astringent (f; CRC); Contraceptive (f; MPG); Cyanogenic (f; CRC); Cytotoxic (1; PHR; PH2); Insecticide (f; CRC); Laxative (f; CRC); Pectoral (f; CRC; EFS); Poison (f; CRC); Taenifuge (f; CRC; PNC); Vermifuge (1; CRC; GMH; PHR; PNC).

Indications (Male Fern) — Bacteria (1; MPG); Cancer (f; CRC); Constipation (f; CRC); Dentition (f; PHR); Earache (f; PHR; PH2); Epistaxis (f; CRC); Flu (1; MPG); Fluke (f; PHR); Hepatosis (f; PHR); Herpes (1; MPG); Induration (f; JLH); Infection (1; MPG; PH2); Menorrhagia (f; CRC); Myalgia (f; PHR; PH2); Neuralgia (f; PHR; PH2); Ophthalmia (f; PH2); Pain (f; PHR; PH2); Puerperium (f; CRC); Rheumatism (f; PHR; PH2); Rickets (f; GMH); Sciatica (f; HHB; PHR; PH2); Stomatosis (1; MPG); Tapeworm (1; CRC; PHR; PNC); Toothache (f; PHR; PH2); Virus (1; MPG; PHR; PH2); Worm (1; CRC; GMH; PHR; PNC); Wound (f; CRC; GMH; PH2).

Dosages (Male Fern) — 1–10 g (PNC); 6–8 g for adults, 4–6 g for children but may be toxic (PHR); 3–6 ml plant extract (PNC).

Contraindications, Interactions, and Side Effects (Male Fern) — Class 2a, 2b, 2c, 3. Canadians do not allow its use as a nonmedicinal ingredient for oral use products (AHP). In too-large doses, an irritant poison, causing muscular weakness and coma, particularly injurious to eyesight, even causing blindness. Other symptoms include nausea, diarrhea, vertigo, delirium, tremors, convulsion, and cardiac or respiratory failure. Allergenic in some and can be fatally poisonous if misused. It should be used only by prescription from a doctor, and I doubt many doctors will prescribe it (CRC). Contraindicated in anemia, cardiopathy, diabetes, hepatosis, and nephrosis (PH2).

MALLOW, HIGH MALLOW (*Malva sylvestris* L.) +++



Synonyms: *M. mauritiana* L., *M. sylvestris* var. *incanescens* Griseb.

Activities (Mallow) — Analgesic (1; BRU); Antiinflammatory (1; FAD; WAM); Antiseptic (f; WOI); Astringent (1; FAD; HHB); Demulcent (2; DEP; KOM; PIP; WAM); Diuretic (f; DEP;

FAD); Emollient (f; DEP; WOI); Enterotonic (f; WOI); Expectorant (f; MAD); Pectoral (f; PNC); Uterotonic (f; WOI).

Indications (Mallow) — Anemia (f; MAD); Angina (1; HHB); Bronchosis (2; FAD; PHR; PH2); Bug Bite (f; PNC); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, neck (f; JLH); Cancer, penis (f; JLH); Cancer, stomach (f; JLH); Cancer, uterus (f; JLH); Catarrh (f; HHB; PH2); Childbirth (f; MAD); Cholecystosis (f; DEP; MAD; PHR; PH2); Cold (f; PNC); Colosis (1; BRU); Corn (f; JLH); Cough (2; BRU; DEP; KOM; MAD; PHR; PH2; PIP); Cramp (1; BRU); Dandruff (f; MAD); Dermatosis (1; BRU; DEP; WAM); Diarrhea (1; WAM); Dysuria (1; WAM; WOI); Earache (f; MAD); Emphysema (f; MAD); Enterosis (1; HHB; PH2); Epilepsy (f; MAD); Favus (f; MAD); Fever (f; DEP; MAD); Gastrosis (1; HHB; PHR; PH2; TOM; WAM); Gonorrhea (f; DEP); Induration (f; JLH); Inflammation (1; FAD; WAM); Itch (1; BRU); Laryngosis (f; MAD); Mastosis (f; JLH); Mucososis (2; KOM; MAD); Nephrosis (f; MAD); Oligolactea (f; MAD); Ophthalmia (f; MAD); Pain (1; BRU); Pertussis (f; WOI); Pharyngosis (2; BRU; PH2; PIP); Pulmonosis (f; HHB; WOI); Sore Throat (2; KOM; MAD; PIP); Splenosis (f; FAD); Stomachache (f; FAD); Stomatosis (2; BRU; KOM; PH2; PIP); Strangury (f; DEP); Swelling (f; JLH); Toothache (f; MAD); Tuberculosis (f; MAD); Uterosis (f; JLH); VD (f; DEP); Water Retention (f; DEP; FAD); Wound (f; PHR; PH2).

Dosages (Mallow) — 1.5 g flower/cup water (HHB); up to 5 g flower/day (HHB); 5 g flower or leaf/day (PIP); 2–3 tsp (3.2–4.8 g) leaf in cold tea (MAD); 3–5 g/cup 2–3 ×/day (PH2); 2–8 ml liquid extract (PNC).

Contraindications, Interactions, and Side Effects (Mallow) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). None reported (PIP). None known (WAM). Demulcent and mucilaginous, the plant (5 g leaf/day) has been approved by Germany's Commission E for irritations of the mucosa of the mouth and throat and associated dry cough (KOM).

MANACÁ (*Brunfelsia uniflora* (Pohl) D. Don) X

Synonyms: *Brunfelsia hopeana* (Hook.) Benth., *Franciscea hopeana* Hook., *F. uniflora* Pohl.

Activities (Manacá) — Abortifacient (f; CRC); Alterative (f; CRC; WO2); Anesthetic (f; CRC); Antiedemic (1; WO2); Antiinflammatory (f; CRC; WO2); Antipyretic (f; CRC); Antirheumatic (f; PH2; WO2); Antisyphilitic (f; WO2); Diaphoretic (f; CRC); Diuretic (f; CRC; PH2; WO2); Emetic (1; WO2); Emmenagogue (f; CRC); Hypertensive (f; CRC); Laxative (f; CRC; HHB); Lymphotonic (f; CRC); Narcotic (f; CRC; WO2); Poison (f; CRC).

Indications (Manacá) — Arthrosis (f; CRC; HHB; PH2); Constipation (f; CRC; HHB); Dermatosis (f; CRC); Eczema (f; CRC); Edema (f; WOI); Fever (f; CRC); Inflammation (f; CRC; WO2); Low Blood Pressure (f; CRC); Lymph (f; CRC); Pain (f; CRC); Rheumatism (f; CRC; PH2; WO2); Scrofula (f; CRC; PH2); Swelling (1; WO2); Syphilis (f; CRC; HHB; PH2; WO2); VD (f; PH2; WO2); Water Retention (f; CRC; PH2; WO2).

Contraindications, Interactions, and Side Effects (Manacá) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Overdoses may cause death, with anxiety, convulsions, increased cardiac and pulmonary activity, muscle tremors, salivation, spasms, and vomiting (PH2). Excessive doses are poisonous, causing salivation, vertigo, general anesthesia, partial facial paralysis, swollen tongue, and turbid vision. Even in small doses manacine induces strong muscular tremors and epileptiform cramps, hypothermia, and death from respiratory paralysis in experimental animals (CRC).

MANCHINEEL (*Hippomane mancinella* L.) X

Activities (Manchineel) — Allergenic (1; CRC); Curare (1; CRC); Diaphoretic (f; CRC); Diuretic (f; CRC; IED); Emetic (f; CRC); Laxative (1; CRC); Piscicide (1; CRC); Poison (1; CRC); Vermifuge (f; CRC); Vesicant (1; CRC; JAD).

Indications (Manchineel) — Cancer (f; CRC; JLH); Constipation (1; CRC); Corn (f; JLH); Dermatosis (f; CRC); Dropsy (f; CRC); Fever (f; CRC); Infection (f; CRC); Paralysis (f; CRC); Rash (f; CRC); Scabies (f; CRC); Sore (f; CRC); Syphilis (f; CRC); Tetanus (f; CRC); Ulcer (f; JLH); VD (f; CRC); Wart (f; CRC); Water Retention (f; CRC; IED); Worm (f; CRC).

MANDRAKE (*Mandragora officinarum* L.) X

Synonym: *M. vernalis* Bertol.

Activities (Mandrake) — Anesthetic (1; CRC; WOI); Anticholinergic (1; CRC; PH2); Antipyretic (f; CRC); Antisialagogue (1; CRC); Aphrodisiac (1; BIB; CRC; MAD); Cardiotonic (1; CRC); Cholagogue (f; CRC; EFS); Emetic (f; CRC); Emmenagogue (f; MAD); Hepatotonic (f; EFS); Hypnotic (f; CRC); Laxative (f; CRC); Mydriatic (1; CRC; WOI); Narcotic (1; CRC; EFS; MAD); Nervine (f; CRC); Poison (1; CRC); Radioprotective (f; MAD); Sedative (1; CRC; HHB; MAD); Stimulant (f; CRC; EFS).

Indications (Mandrake) — Adenopathy (f; JLH); Arthrosis (f; CRC; MAD); Asthma (f; CRC; HHB; PH2); Bronchosis (f; HHB); Cancer, uterus (f; JLH); Colic (f; CRC; PH2); Condyloma (f; JLH); Constipation (f; CRC); Convulsion (f; CRC); Cough (f; CRC); Depression (f; HHB); Duodenosis (f; HHB); Dysmenorrhea (f; HHB); Dystony (f; HHB); Fever (f; CRC); Gas (f; HHB); Gastrosis (f; PH2); Gout (f; MAD); Hay Fever (f; CRC; PH2); Headache (f; HHB);

Hemorrhoid (f; HHB); Hepatosis (f; CRC; HHB); Induration (f; JLH); Infertility (f; BIB); Inflammation (f; JLH); Insomnia (1; CRC; HHB; MAD); Kernel (f; JLH); Nervousness (1; CRC; HHB; MAD); Pain (1; CRC; WOI); Pertussis (f; HHB; PH2); Rheumatism (f; CRC; HHB); Scrofula (f; CRC); Sciatica (f; HHB); Schizophrenia (f; CRC); Scirrhus (f; JLH); Sclerosis (f; CRC); Seborrhea (f; MAD); Sore (f; CRC); Tenesmus (f; HHB); Tumor (f; CRC); Ulcer (f; CRC; HHB; PH2); Uterosis (f; JLH); Wound (f; MAD).

Dosages (Mandrake) — 15–30 drops root tincture (HHB); homeopathic only these days (PH2).

Contraindications, Interactions, and Side Effects (Mandrake) — Class 3 (AHP). Canada does not allow its use in food products (AHP).

MANGO (*Mangifera indica* L.) ++

Activities (Mango) — Analgesic (f; DAD); Antibacterial (f; DAD); Antifibrotic (1; MPI); Antioxidant (f; JNU); Antipyretic (f; DAD); Antiseptic (f; DAD); Antitumor (1; JNU); Antitussive (f; DAD); Aperitif (f; DAD); Ascaricide (f; DAD); Astringent (f; DAD; DEP); Cardiotonic (1; MPI); Choleretic (1; MPI); CNS Stimulant (1; MPI); Dentifrice (f; DAD); Diaphoretic (f; DAD); Diuretic (f; DAD; DEP); Hepatoprotective (1; MPI); Stomachic (f; DAD; DEP); Tonic (f; DEP); Unguent (f; DAD); Vermifuge (f; DAD).

Indications (Mango) — Anascara (f; DAD); Anemia (f; DAD); Anorexia (f; DAD); Apoplexy (f; MPI); Ascaris (f; DAD); Asthma (f; DAD); Bacteria (1; DAD; MPI); Bleeding (f; DEP); Bronchosis (f; DAD); Burn (f; DAD); Cancer (1; JNU); Caries (1; MPI); Catarrh (f; DAD); Cholera (1; DAD; DEP; MPI); Circulosis (f; DAD); Cough (f; DAD); Cracked Feet (f; DAD); Cystosis (f; DAD); Debility (f; MPI); Dermatosis (f; DAD; DEP); Diabetes (f; DAD); Diarrhea (f; DAD); Diphtheria (f; DAD); Dropsy (f; DAD); Dysentery (f; DAD); Dysmenorrhea (f; DAD); Enterosis (f; DAD); Epistaxis (f; DEP); Fever (f; DAD); Gastrosis (f; DAD); Gingivosis (f; DAD); Glossosis (f; DAD); Gonorrhea (f; DAD); Heatstroke (f; DAD); Hemorrhoid (f; DAD); Hepatosis (1; MPI); High Blood Pressure (f; DAD); Menorrhagia (f; DEP); Ophthalmia (f; DAD; MPI); Pain (f; DAD); Plague (f; DEP); Pulmonosis (f; DAD); Rheumatism (f; DAD); Rickets (f; DAD); Rinderpest (f; DAD); Ringworm (f; DAD); Scabies (f; DAD; DEP); Scald (f; DAD); Scurvy (f; DAD); Sore Throat (f; DAD); Staphylococcus (1; MPI); Sting (f; DAD); Stomatosis (f; DAD); Syphilis (f; DAD; MPI); Throat (f; DAD); Toothache (f; DAD); Tumor (1; JNU); Urethrosis (f; DAD); Uterosis (f; DAD); VD (f; DAD); Vibrio (1; MPI); Wart (f; DAD); Water Retention (f; DAD; DEP); Worm (f; DAD; DEP).

Dosages (Mango) — 20–30 grains powdered seed for worms (DEP).

Extracts (Mango) — Water-soluble fraction is ten times more anticancer than carotenoid fraction (JNU) LD50 (50% ethanolic extract) = >1000 mg/kg ipr mouse.

MANNA (*Fraxinus ornus* L.) ++

Activities (Manna) — Aperient (f; DAW); Astringent (f; MAD); Demulcent (f; BIB); Expectorant (f; BIB); Laxative (1; KOM; MAD; PH2); Tonic (f; DAW); Vermifuge (f; MAD).

Indications (Manna) — Constipation (1; KOM; MAD; PH2); Debility (f; DAW); Hemorrhoid (1; KOM); Proctosis (1; KOM); Scrofula (f; MAD); Worm (f; MAD).

Dosages (Manna) — 10–50 g manna in milk (HHB); 20–30 g manna (adult) (KOM; PH2); 2–16 g manna (child) (KOM; PH2).

Contraindications, Interactions, and Side Effects (Manna) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Can cause flatulence in sensitive patients (KOM). Contraindicated in cases of bowel obstruction (KOM). Do not take laxatives long term without consulting a physician (KOM).

MARIJUANA (*Cannabis sativa* L.) ++

Synonym: *Cannabis indica* L.

Activities (Marijuana) — Abortifacient (f; KAB); Aldose-Reductase Inhibitor (1; FNF; JAD; PNC; ZUL); Alterative (f; CRC; KAB); AMP Inhibitor (ABS); Analgesic (1; APA; CRC; PH2; PNC; SUW; VAG); Anaphrodisiac (f; WBB); Anesthetic (1; ABS; CRC); Antiasthmatic (1; PHR; PH2); Antibacterial (1; CRC; FAD; WO2; ZUL); Anticonvulsant (1; PHR; PH2; WBB; ZUL); Antidote (f; CRC); Antidote, strychnine (f; PHR); Antiemetic (2; ABS; PH2; PNC; ZUL); Antiglaucomic (1; VVG); Antiinflammatory (1; APA; PNC; ZUL); Anti-MS (1; ABS); Antipyretic (1; PHR; PH2; WO2); Antiseptic (1; CRC); Antiserotonin (ABS); Antispasmodic (1; ABS; KAP; SUW; WO2); Antitumor (1; PHR; WBB); Antitussive (f; HHB); Antiviral (1; CRC; WBB); Anxiogenic (f; WBB); Aperitif (1; ABS; CRC; PHR; PH2; WO2); Aphrodisiac (f; CRC; KAB; WBB); Astringent (f; KAB); Bronchodilator (1; PHR; PH2; VAG; VVG); Cardiotonic

(1; APA); Cataleptic (1; PNC; WO2; ZUL); Cholagogue (f; CRC); CNS Stimulant (f; CRC); Convulsant (1; ZUL); Demulcent (f; CRC); Diuretic (1; CRC; WO2); Emmenagogue (f; CRC; KAB); Emollient (f; CRC); Estrogenic (1; WO2); Euphoriant (1; APA; WBB; WO2); Exhilarent (f; CRC); Hallucinogen (1; CRC; PNC); Hypertensive (1; PHR; PH2); Hyperthermic (1; PHR); Hypnotic (f; CRC; PNC; ZUL); Hypotensive (1; KAP; PNC; PH2; VAG; VVG; ZUL); Immunodepressant (1; PHR; PH2); Inebriant (f; WBB); Intoxicant (f; CRC); Laxative (f; CRC); Myorelaxant (1; KAP); Narcotic (f; CRC; SUW); Poison (f; CRC); Psychotropic (1; APA; CRC; PHR); Respiradepressant (1; KAP); Sedative (1; APA; PH2; SUW; WBB; ZUL); Soporific (f; PHR; PH2); Stimulant (f; CRC; WBB); Stomachic (f; SUW); Sympathomimetic (1; WO2); Teratogenic (1; APA); Tonic (f; CRC; SUW); Vasodilator (1; PHR; PH2); Vermifuge (f; CRC; KAB).

Indications (Marijuana) — Abortion (f; PHR; PH2); Alopecia (f; CRC); Angina pectoris (f; PHR; PH2); Anorexia (1; ABS; APA; CRC; PHR; PH2; VAG; VVG; WO2); Anorexia nervosa (1; VAG); Anthrax (f; CRC; ZUL); Anxiety (f; PHR; PH2; ZUL); Arthrosis (f; PHR; PH2); Asthma (1; ABS; APA; PHR; PH2); Ataxia (ABS); Bacteria (1; CRC; FAD; WO2; ZUL); Beriberi (f; PH2); Blackwater Fever (f; CRC); Bleeding (f; CRC); Blood Poison (f; CRC; ZUL); Bot Fly (f; CRC; ZUL); Bronchosis (1; KAB; PHR; PH2; WBB); Cachexia (1; ABS; APA); Cancer (1; APA; CRC; PHR; WBB; WO2); Cancer, alimentary (f; PH2); Cancer, lung (1; PH2); Chemotherapy (1; JAD; VAG); Childbirth (f; WBB; ZUL); Choking (f; PH2); Cholera (f; PHR; PH2); Cold (f; CRC; WBB); Colic (f; CRC; ZUL); Congestion (f; APA); Constipation (f; CRC; PHR; PH2); Convulsion (1; KAB; PHR; PH2; WBB; WO2; ZUL); Corn (f; CRC; JLH); Cough (f; CRC; KAP; PH2; ZUL); Cramp (1; ABS; KAP; SUW; VAG; WO2; ZUL); Dandruff (f; APA); Delirium (f; KAP); Depression (f; CRC; PH2; VVG); Dermatosis (f; KAP); Diabetes (f; VAG; ZUL); Diarrhea (f; WO2); Dysentery (f; CRC); Dysmenorrhea (f; KAP; ZUL); Dyspepsia (f; CRC; WO2); Dystonia (1; ABS); Dysuria (f; KAP; PHR); Earache (f; KAB); Emphysema (f; PHR; PH2); Enterosis (f; KAB; PHR; PH2); Epilepsy (1; APA; PHR; PH2; ZUL); Eruption (f; CRC); Fatigue (f; ABS); Favus (f; CRC); Fever (1; PHR; PH2; WO2; ZUL); Flu (f; WBB); Flux (f; CRC); Gastrosis (f; PHR; PH2); Glaucoma (2; ABS; APA; PH2; VVG); Glossosis (f; CRC); Gonorrhea (f; CRC; PHR); Gout (f; PHR; PH2); Gravel (f; CRC); Headache (f; VAG); Hemorrhoid (f; APA; KAB); Hiccup (f; KAB); High Blood Pressure (1; KAP; PNC; PH2; VAG; VVG; WBB; ZUL); HIV (f; WBB); Huntington's Disease (1; ABS); Hydrocele (f; KAB); Hysteria (f; PHR; PH2); Infection (1; WO2); Inflammation (1; APA; CRC; KAB; PNC; ZUL); Insanity (f; KAP); Insomnia (1; APA; PH2; SUW; WBB; ZUL); Itch (f; KAP); Leprosy (f; APA; KAB); Low Blood Pressure (1; PHR; PH2); Malaria (f; PHR; PH2; VVG; ZUL); Mania (f; KAP); Migraine (1; ABS; PHR; PH2; ZUL); MS (1; APA); Myospasm (1; VAG); Nausea (2; APA; CRC; FAD); Nervousness (1; APA; PH2; SUW; WBB; ZUL); Neuralgia (1; ABS; CRC; PHR; PH2); Neurasthenia (f; KAP; PHR; PH2); Neurosis (1; APA); Obesity (f; APA); Pain (1; ABS; APA; CRC; PH2; PNC; SUW; VAG; WBB; ZUL); Paralysis (f; CRC); Parturition (f; CRC); Pertussis (1; KAP; PHR; PH2); Phthisis (f; KAP); Polyuria (f; CRC); Prolapsus (f; CRC); Puerperium (f; CRC); Pulmonosis (1; PH2); Rabies (f; ZUL); Respirosis (1; PH2); Rheumatism (f; ABS; CRC; PHR; PH2); Senility (f; CRC); Snakebite (f; CRC; VVG; ZUL); Sore (f; CRC); Spasticity (1; APA; CRC); Staphylococcus (1; PH2); Streptococcus (1; PH2); Stroke (f; APA); Tetanus (f; ABS; PHR; PH2; ZUL); Toothache (1; HHB); Tourette Syndrome (1; ABS); Trigeminal Neuralgia (f; ABS); Tumor (1; CRC; PHR; WBB); Ulcer (f; PHR); Uterosis (f; CRC); UTI (1; WO2); Virus (1; CRC; WBB); Vomiting (2; ABS; PH2; PNC; ZUL); Water Retention (1; CRC; WO2); Weaning (f; CRC); Worm (f; CRC; KAB); Wound (f; CRC).

Dosages (Marijuana) — 1–2 g ganja (KAP); 2–4 g (pediatric) 1–5–20 g (adult) powdered herb (KAP); 0.5 g resin (KAP); 0.1 g (PHR); 1 joint contains 0.5–1 g drug with at least 5–10 mg THC; 2.5, 5 or 10 mg dronabinol, 1–2 ×/day, as aperitif as antiemetic in chemotherapuetic (PH2).

Contraindications, Interactions, and Side Effects (Marijuana) — "Smoking cannabis causes bronchosis and can induce squamous metaplasia and bronchial tumors." A cannabis cigarette generates ca. five times more carboxyhemoglobin than a tobacco cigarette. Cannabis is fetotoxic. Exposure to cannabis in utero may cause a 10-fold increase in childhood leukemia risk. It can trigger acute psychotic reactions in schizophrenia, and increases risk of new schizophrenia 6-fold. Cannabis smoking impairs learning and short-term memory, persisting for perhaps several weeks. Cannabis has been implicated in many road accidents and some air and rail accidents (Doyle and Spencer, 1995). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Smoking quickly leads to euphoria with exaggerated sensuality, with alterations in space and time perception, and acoustical, sensory, and visual hallucinations, lasting 2–3 hours in higher doses. Although rarely reported, there are occasional acute poisonings with symptoms including cardiopathy, hacking cough, lacrimation, nausea, numbness, and vomiting. Chronic abuse may lead to apathy, bronchosis, impotence, laryngitis, and psychic decline. Instances of death "are very rare" (PHR). Smoking suppresses the luteinizing hormone in women.

Extracts (Marijuana) — The new Herbal PDR (Gruenwald, 1998) adduces animal or clinical evidence for analgesic ("feeling no pain"), anticonvulsant, antiemetic, antiglaucomic, antistaphylococcic, antistreptococcic, antitumor, bactericidal, bronchodilation, hypertensive and hypotensive, orexigenic, and vasodilating activities (PHR). PNC relates the antiinflammatory activity to inhibitions with cyclo-oxygenase, lipoxygenase, and phospholipase A2. THC is not as effective an inflammatory as cannabidiol and cannabigerol, olivetol, and some of the flavonoids (PNC). Analgesic, cataleptic, and hypotensive activities confirmed in animals (PNC). 3,5,4'-trihydroxybibenzylmethyl-ether is estrogenic (WO2). Caryophyllene on exposure rapidly converts to the epoxide, which is responsible for recognition by police dogs. Maybe that's why those dogs were after my bag in Peru when I came in from Belize. (=) THC seems as affective as prochlorperazine in reducing chemotherapy-related nausea and vomiting (APA).

MARITIME PINE (*Pinus pinaster* Aiton) ++

Synonym: *Pinus maritima* Lam.

Activities (Maritime Pine) — Analgesic (1; FNF); Antiaging (f; X9817994); Antiaggregant (1; X10882879); Antiallergic (1; FNF; IJO16:204); Antiamyloid (1; X10864026); Antianaphylactic (1; FNF); Antianemic (1; X10793299); Antiasthmatic (1; FNF; PJB1(2):279); Antiatherogenic (1; FNF; PJB1(2):279); Antibacterial (1; FNF; PM56(6):577); Anticancer (1; X10953304); Antidermatotic (1; X11180529); Antiedemic (1; FNF; APP16:50); Antiexudative (1; FNF; APP16:50); Antihistaminic (1; FNF); Anti-HIV (1; FNF); Antiinflammatory (1; FNF; PR13:619); Antioxidant (1; X11087530); Antiplaque (1; X10864026); Antiradicular (1; FNF); Antiseptic (1; FNF); Antisickling (1; X10793299); Antithromboxane (1; X10882879); Antiviral (1; FNF); Apoptotic (1; X10953304); Cancer Preventive (1; FNF; HG22:30); Capillaritonic (1; APP16:50); Hemopoietic (1; X9817994); Hyaluronidase Inhibitor (1; FNF; IJO16:204); Immunomodulator (1; FNF; PR13:619); Lipolytic (1; FNF; PR13:619); Lipoxygenase Inhibitor (1; X11087530); NO-Genic (1; X10631311); Peroxidase Inhibitor (1; X11087530); Retinoprotective (1; X11351356); Sunscreen (1; FNF); Xanthine-Oxidase Inhibitor (1; X11087530);

Indications (Maritime Pine) — ADD (1; X10517050); Allergy (1; FNF; IJO16:204); Alzheimer's (1; X10864026); Anaphylaxis (1; FNF); Anemia (1; X10793299); Asthma (1; FNF; PJB1(2):279); Atherosclerosis (1; FNF; PJB1(2):279); Bacteria (1; FNF; PM56(6):577); Cancer (1; FNF; HG22:30; X10953304); Capillary Fragility (1; APP16:50); Cardiopathy (1; FNF); CVI (1; X11351356); Dementia (f; X9817994); Dermatosis (1; X11180529); Dysmenorrhea (1; FNF); Edema (1; X11351356); Endometriosis (1; FNF); Enterosis (1; FNF); Gastrosis (1; FNF); HIV (1; FNF); Hyperactivity (1; FNF; X105170500); Immunodepression (1; FNF; PR13:619); Infection

(1; FNF); Inflammation (1; FNF; PR13:619); Mastosis (1; X10953304); Obesity (1; FNF; PR13:619); Pain (1; FNF); Retinosis (1; X11351356); Senility (f; X9817994); Sickle Cell (1; X10793299) Swelling (1; FNF; APP16:50); Virus (1; FNF).

Dosages (Maritime Pine) — Pinebark is eaten in survival situations, hence I call it Food Farmacy (JAD); 60–100 mg bark extract/day, standardized for 95% pycnogenol (including proanthocyanidins, phenolics and flavonoids) (NH); 50 mg pycnogenol 3 ×/day for 2 months (X11351356).

Contraindications, Interactions, and Side Effects (Maritime Pine) — Not covered (AHP; KOM; PH2). Although I have scored maritime pine based mainly on its pycnogenol, and reported activities of pycnogenol, all plants containing similar levels of related OPCs might deserve the same scores. I strongly suspect that all woody plants contain OPCs and possibly even pycnogenol sensu latu if not sensu stricto. "Pycnogenol is a registered trademark of Horphag Research for their patented proprietary extract of French maritime pine bk" (JAD) I have no strong reason to believe that french maritime pine bark is better or worse than other tree barks as sources of OPCs. I prefer peanuts as food.

MARSH BLAZING STAR (*Liatris spicata* (L.) Willd.) ++

Synonyms: *Larciniaria spicata* (L.) Kuntze, *Liatris callilepis* hort., *Serratula spicata* L.

Activities (Marsh Blazing Star) — Allergenic (1; X3161716); Analgesic (f; DEM); Bitter (f; PNC); Cardiotonic (f; DEM); Carminative (f; DEM); Diaphoretic (f; DEM); Diuretic (f; HHB; PH2); Expectorant (f; DEM); Stimulant (f; DEM).

Indications (Marsh Blazing Star) — Backache (f; MAD); Bright's Disease (f; GMH); Cardiopathy (f; DEM); Colic (f; DEM); Diarrhea (f; MAD); Dropsy (f; DEM); Dysmenorrhea (f; PH2; PNC); Fever (f; DEM); Gas (f; DEM); Gastrosis (f; DEM); Gonorrhea (f; HHB; PH2); Nephrosis (f; GMH; PNC; PH2); Pain (f; DEM); Sore (f; MAD); Sore Throat (f; GMH); Tenesmus (f; MAD); VD (f; HHB; PH2); Water Retention (f; HHB; MAD; PH2); Wound (f; MAD).

Dosages (Marsh Blazing Star) — 2 oz decoction 3–4 ×/day (GMH); homeopathic only (MAD).

Contraindications, Interactions, and Side Effects (Marsh Blazing Star) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

MARSHMALLOW (*Althaea officinalis* L.) +++

Synonym: *A. taurinensis* DC.

Activities (Marshmallow) — Analgesic (f; BRU); Antibacterial (1; APA); Anticomplementary (1; PHR; PH2); Antidote (f; APA); Antiinflammatory (2; BGB; PHR; PH2); Antiirritant (2; KOM); Antilithic (f; CAN); Antiseptic (2; CAN); Antitussive (2; BGB; BIS; LAF); Chelator (1; PED); Collyrium (f; DEP); Decongestant (f; APA); Demulcent (1; APA; PIP; WAM); Deobstruent (f; TOM); Diuretic (1; APA; CAN; PED); Emollient (1; BGB; BRU; PIP); Expectorant (f; APA; CAN; KAP; PED; WO2); Hypoglycemic (1; APA; CAN; LAF; PH2); Immunostimulant (1; PHR; PH2; PIP; WAM); Laxative (1; DEP; PED); Litholytic (f; PED); Mucogenic (1; PED); Nephrotonic (f; WO2); Parasiticide (f; DEP); Pectoral (f; JFM); Phagocytotic (2; BGB; BIS; KOM; PH2); Suppurative (f; DEP); Tonic (f; PED); Vermifuge (1; PED); Vulnerary (f; BGB; PED).

Indications (Marshmallow) — Abscess (f; PHR; PH2); Arthrosis (f; PED); Asthma (f; JFM, SKY); Bacteria (1; APA); Bite (f; DEP; PH2); Bronchosis (2; APA; PHR; PH2; WO2); Bruise (1; APA; DEP; WOI); Burn (1; APA; DEP; PHR; PH2; WO2); Cancer (f; TOM); Catarrh (1; BGB; CAN; PH2); Chafing (1; APA; SKY); Cholecystosis (1; PED); Chilblain (1; SKY); Cold (1; SKY); Colic

(f; DEP; TOM); Colosis (1; BIS; BRU); Congestion (f; APA); Constipation (1; BRU; DEP; PED; PHR; PH2); Cough (2; APA; BRU; DEP; KOM; PIP; PH2); Cramp (1; BRU); Crohn's Disease (1; SKY); Cystosis (1; APA; CAN; DEP; TOM); Dermatophyte (f; DEP); Dermatosis (1; BGB; BRU; DEP; SKY); Diabetes (1; APA; PHR); Diarrhea (1; APA; LMP; PHR; PH2; WAM); Dysentery (f; TOM); Dyspepsia (1; WAM); Dysuria (1; KAP; WAM); Eczema (1; BGB); Enterosis (2; CAN; DEP; JFM; KOM; PH2); Erysipelas (f; TOM); Furunculosis (1; BGB); Gastrosis (2; BIS; DEP; KOM; PH2; WAM); Gravel (1; DEP); Hemorrhoid (f; TOM); Hoarseness (f; WO2); Hyperglycemia (1; APA; CAN; LAF; PH2); IBD (1; BIS); IBS (1; BIS); Immunodepression (1; PHR; PH2; PIP; WAM); Inflammation (2; APA; BGB; PHR; PH2; TOM); Itch (1; BRU; DEP); Mucososis (1; APA; PH2); Nephrosis (1; APA; PED); Ophthalmia (f; DEP); Pain (1; BRU; DEP); Parasite (f; DEP); Pertussis (f; WO2); Pharyngosis (2; BRU; CAN; KOM; PH2); Proctosis (f; BIS; TOM); Respirosis (1; APA; BGB; TOM; WAM); Snakebite (f; KAP); Sore (1; CAN; PH2); Sore Throat (2; APA; PH2; SKY; WAM); Sprain (f; DEP; WO2); Stomatosis (2; APA; BRU; KOM; PH2; PIP); Stone (f; CAN; PED; TOM); Sunburn (1; APA); Tonsilosis (f; JFM); Toothache (f; APA; DEP); Ulcer (1; BGB; CAN); Urethrosis (f; CAN; PH2); UTI (f; WO2); Vaginosis (f; TOM); Varicosis (f; CAN); Water Retention (1; APA; CAN; PED); Worm (1; PED); Wound (1; APA).

Dosages (Marshmallow) — 1 tsp leaf/cup water (APA); 5 g leaf/day (KOM; PH2); 2–5 g leaf (1 tsp = 1.4 g) or in tea (BIS); 2–5 ml liquid leaf extract (PNC); 2–5 ml liquid leaf extract (1:1 in 25% ethanol) 3 ×/day (CAN); 5–6 g root 3 ×/day (SKY); 6 g root/day (KOM; PH2); 3–10 g root (1 tsp = 3 g) (BIS); 1–2 tsp root/cup water (APA); 2–5 g root, or in cold tea, 3 ×/day (CAN); 10–15 g root/150 ml water/90 minutes, warm to drink (PH2); 2–5 g dry root/day (PED); $^1/_8$–$^1/_3$ cup fresh root (PED); 10 g root syrup (APA); 2–8 ml root syrup (PNC); 2–5 ml liquid root extract (PNC); 2–5 ml liquid root extract (1:1 in 25% ethanol) 3 ×/day (CAN); 5–15 ml root tincture 3 ×/day (SKY); 2–10 ml althea syrup 3 ×/day (CAN); 6–8 g/200 cc sweet plant water (2 tbsp every 2 hours) (JFM); 20 g plant decoction in 1 liter water for tonsilitis (JFM).

Contraindications, Interactions, and Side Effects (Marshmallow) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Commission E reports absorption of other drugs taken simultaneously may be delayed (AEH; PH2). High pectin/mucilage content may interfere with uptake of other pharmaceuticals, especially hypoglycemics (CAN; KOM). May interfere with existing hypoglycemic therapy (CAN). Safer than coffee in my book. Remote chance of gossypol. Volatile acids, oils, and tannins may irritate the urinary tract (PED). Antimicrobial activity against *Proteus vulgaris, Pseudomonas aeruginosa,* and *Staphylococcus aureus*. Mucilage can protect irritated mucous membranes and digestive, respiratory, and urinary tract as well as skin (SKY). Did not show antiedemic or antiinflammatory activity in carrageenan tests (CAN).

MARSH-MARIGOLD (*Caltha palustris* L.) +

Synonym: *C. polypetala* Hochst. ex Lorent.

Activities (Marsh-Marigold) — Analgesic (f; EFS); Antiedemic (f; PH2); Antiinflammatory (f; PH2); Antipyretic (1; HH2); Antirheumatic (f; DAA); Antisarcomic (1; DAA); Antispasmodic (f; EFS); Antitumor (1; DAA; FAD); Diaphoretic (f; DEM; FAD); Diuretic (f; DEM; EFS; FAD; HH2); Emetic (f; DEM); Expectorant (f; DEM; FAD); Hyperglycemic (1; PH2); Hypocholesterolemic (1; PH2); Hypotensive (1; HH2); Laxative (f; FAD; PH2); Pectoral (f; WO2); Poison (1; DEM; EFS; PH2); Spermicide (1; WO2).

Indications (Marsh-Marigold) — Biliousness (f; PH2); Bite (f; FAD); Bronchosis (f; HHB); Cancer (1; DAA; FAD; HHB; JLH); Cold (f; DEM); Constipation (f; DEM; FAD; PH2); Cough (f; WO2); Cramp (f; EFS); Dermatosis (f; HHB; PH2); Dysmenorrhea (f; HHB); Dysuria (f; WO2); Fever (1; DEM; FAD; HH2); Hepatosis (f; HH2); Herpes (f; HHB); High Blood Pressure (1; HH2);

High Cholesterol (1; PH2); Hypoglycemia (1; PH2); Inflammation (1; PH2); Jaundice (f; EFS; HH2); Pain (f; EFS); Pemphigus (f; EFS); Pertussis (f; HHB); Rash (f; PH2); Rheumatism (f; DAA); Sarcoma (1; DAA); Scrofula (f; DEM); Snakebite (f; FAD); Sore (f; DEM; HH2); Swelling (1; PH2); Tuberculosis (f; DEM); Tumor (1; DAA; FAD); Uterosis (f; HHB); Wart (f; JLH; WO2); Water Retention (f; DEM; EFS; FAD; HHB; HH2); Wound (f; HH2).

Contraindications, Interactions, and Side Effects (Marsh-Marigold) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage, strange, it is toxic! JAD). **Warning:** Any plant part may irritate and/or blister skin or mucous membranes. Sniffing bruised stems induces sneezing. Poisonings have resulted from using raw leaves in salads or raw flower buds as caper substitutes. Do not confuse with toxic hellebores (FA2). I once doubted the EFS reports of helleborein, jervine, and veratrine but did enter them in FNF. These are sometimes found in monocots such as *Veratrum*, which often grow in the same swamp or bog environment (EFS). But toxic hellebores are from the same buttercup family. Treat all these with extreme caution.

MARSH TEA (*Ledum palustre* L.) +

Synonym: *Rhododendron palustre* (L.) Kron & Judd, *R. tomentosum* (Stokes) Harmaja.

Activities (Marsh Tea) — Abortifacient (f; CRC); Diaphoretic (f; CRC); Diuretic (f; CRC); Emetic (f; CRC); Expectorant (f; CRC); Intoxicant (1; CRC); Lactagogue (f; CRC); Narcotic (1; CRC); Pectoral (f; CRC); Pediculicide (1; CRC); Vulnerary (f; CRC).

Indications (Marsh Tea) — Acne (f; CRC); Arthrosis (f; CRC; DEM); Bite (f; CRC); Bronchosis (f; CRC); Cancer (f; JLH); Cold (f; CRC; DEM); Congestion (f; DEM); Cough (f; CRC; DEM); Dandruff (f; DEM); Dermatosis (f; CRC); Dysentery (f; CRC); Dyspepsia (f; CRC); Fever (f; CRC); Flu (f; DEM); Gout (f; CRC); Heartburn (f; DEM); Infection (f; DEM); Inflammation (f; CRC); Itch (f; CRC); Leprosy (f; CRC); Neuralgia (f; CRC); Pain (f; DEM); Pulmonosis (f; CRC); Rheumatism (f; CRC); Sore (f; DEM); Sore Throat (f; CRC; DEM); Syphilis (f; DEM); VD (f; DEM); Vertigo (f; DEM); Water Retention (f; CRC); Whitlow (f; CRC; JLH).

Contraindications, Interactions, and Side Effects (Marsh Tea) — Not covered (AHP). Commission E reports herb contains an EO which is a potent irritant of the GI tract, kidneys and urinary tract; other toxic effects include abortion. Contraindicated in pregnancy (AEH). Ledol causes cramps, diarrhea, and paralysis (DEM).

MARTAGON (*Lilium martagon* L.) ++

PH2s covers *Lilium candidum* L. and *L. martagon* L. but excludes *Lilium tigrinum* Ker Gawl, now better known as *Lilium lancifolium* Thunberg. The USDA views all three as different, so I too, will include all three in my Herbal Desk Reference. EFS and HHB aggregated data for tiger lily and martagon. I treat them as separate.

Activities (Martagon) — Carminative (f; EFS); Diuretic (f; EFS; PH2); Emmenagogue (f; EFS); Emollient (f; EFS); Expectorant (f; EFS); Tonic (f; EFS).

Indications (Martagon) — Cancer (f; JLH); Dysmenorrhea (f; PH2); Gas (f; EFS); Scleroma (f; JLH); Sore (f; PH2); Water Retention (f; EFS; PH2).

Contraindications, Interactions, and Side Effects (Martagon) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

MARULA (*Sclerocarya birrea* (A. Rich.) Hochst. subsp. *caffra* (Sond.) Kokwaro) ++

Synonym: *Sclerocarya caffra* Sond.

Activities (Marula) — Acaricide (1; CRC); Antibacterial (1; ZUL); Antidote (f; ZUL); Antiemetic (f; ZIM); Antiperistaltic (1; ZUL); Antiscorbutic (1; ZUL); Antiseptic (f; ZUL); Aphrodisiac (f; CRC); Astringent (1; CRC); Contraceptive (f; CRC); Depurative (f; ZUL); Emetic (f; ZUL); Hallucinogen (1; CRC); Hypoglycemic (1; ZUL); Insecticide (1; CRC); Intoxicant (1; CRC); Narcotic (1; CRC).

Indications (Marula) — Backache (f; ZUL); Bacteria (1; ZUL); Bilharzia (f; ZIM); Bite (f; ZUL); Bleeding (1; FNF; ZUL); Cardiopathy (f; ZIM); Conjunctivosis (1; FNF; ZUL); Constipation (f; ZUL); Cough (f; ZIM); Debility (f; ZIM); Diabetes (1; ZUL); Diarrhea (1; CRC); Dysentery (1; CRC); Dysmenorrhea (f; ZIM; ZUL); Enterosis (f; ZUL); Fever (f; ZUL); Gangrene (f; CRC); Gastrosis (f; ZUL); Gonorrhea (f; CRC); Headache (f; ZUL); Heart (f; ZUL); Hyperglycemia (1; ZUL); Infection (f; ZUL); Infertility (f; ZUL); Malaria (f; CRC); Ophthalmia (1; ZIM; ZUL); Pain (f; ZUL); Proctosis (f; CRC); Salmonella (1; ZUL); Schistosomiasis (f; ZUL); Snakebite (f; ZUL); Streptococcus (1; ZUL); Ticks (1; CRC); Toothache (f; ZUL); Ulcer (f; ZUL); VD (f; CRC); Vomiting (f; ZIM).

MARUPA, BITTER WOOD (*Simarouba amara* Aubl.) +

Synonym: *Quassia simarouba* L. f.

Activities (Marupa) — Abortifacient (f; HHB; PHR; PH2); Amebicide (1; PNC); Antipyretic (1; DAV; EFS; PHR; PH2); Astringent (f; EFS); Bitter (1; PHR; PH2); Digestive (f; EFS); Diuretic (f; EFS); Emetic (1; DAV; PHR; PH2); Laxative (f; DAV); Sedative (1; PH2); Tonic (1; DAV; PHR; PH2; PNC); Vasoconstrictor (1; PH2); Vermifuge (1; HHB).

Indications (Marupa) — Amebiasis (1; PNC); Cancer (f; JLH); Catarrh (f; HHB); Chill (f; HHB); Constipation (f; DAV); Diarrhea (f; EFS; HHB; PH2); Dysentery (f; DAV; PHR; PH2; PNC); Enterosis (f; DAV; PH2); Fever (1; DAV; EFS; PHR; PH2; PNC); Insomnia (1; PH2); Malaria (1; DAV; PHR; PH2; PNC); Nervousness (1; PH2); Water Retention (f; EFS); Worm (1; HHB).

Dosages (Marupa) — 2–4 ml liquid bark extract (PNC) = 1 g bark/day (PHR; PH2).

Contraindications, Interactions, and Side Effects (Marupa) — "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Drug is emetic in high doses (PHR). Quassinoids are amebicidal and antimalarial *in vivo* in animals and *in vitro* (PNC).

MASTERWORT (*Peucedanum ostruthium* (L.) W. D. J. Koch.) +

Synonym: *Imperatoria major* Gray, *I. ostruthium* L.

Activities (Masterwort) — Antidote, spider (f; MAD); Antispasmodic (f; PNC); Aphrodisiac (f; MAD); Carminative (f; PNC); Depurative (f; MAD); Diaphoretic (f; MAD); Diuretic (f; MAD; PH2); Emmenagogue (f; MAD); Expectorant (f; MAD); Sedative (f; HHB; PH2); Stimulant (f; PH2); Stomachic (f; PH2).

Indications (Masterwort) — Apoplexy (f; MAD); Arthrosis (f; MAD); Asthma (f; PNC); Atherosclerosis (f; MAD); Bite (f; MAD); Bloat (f; PH2); Bronchosis (f; MAD); Cancer (f; JLH); Cancer, face (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH; MAD); Catarrh (f; PH2); Colic (f; MAD); Cramp (f; PNC); Diabetes (f; MAD); Diarrhea (f; MAD); Dysmenorrhea (f; PH2); Dyspepsia

(f; PH2); Enterosis (f; PH2); Epilepsy (f; MAD); Fever (f; MAD); Gallstone (f; MAD); Gas (f; MAD; PH2; PNC); Gastrosis (f; PH2); Gout (f; MAD); Hepatosis (f; JLH); Induration (f; JLH); Infection (f; MAD); Insomnia (f; HHB; MAD; PH2); Ischiosis (f; MAD); Kidney Stone (f; MAD); Malaria (f; MAD); Nervousness (f; HHB; PH2); Rheumatism (f; MAD); Roemheld Syndrome (f; PH2); Splenosis (f; JLH; MAD); Stomachache (f; MAD); Stone (f; MAD); Tuberculosis (f; MAD); Uterosis (f; MAD); Water Retention (f; MAD; PH2); Worm (f; MAD).

Dosages (Masterwort) — 1 tsp (ca 4.5 g) root in cold infusion (MAD); 500–2000 mg powdered root 2–3 ×/day (MAD; PH2); 4–8 ml liquid rhizome extract (PNC).

Contraindications, Interactions, and Side Effects (Masterwort) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Furanocoumarins may be phototoxic (PH2; PNC).

MASTIC (*Pistacia lentiscus* L.) +

Activities (Mastic) — Allergenic (f; CRC); Analgesic (f; BIB; CRC); Antibacterial (1; HH3); Antisarcomic (1; HH3); Antiseptic (1; HH3); Antitumor (1; HH3); Antitussive (f; BIB; CRC); Antiulcer (1; HH3; PH2); Aperitif (f; CRC); Aphrodisiac (f; CRC; DEP; EFS); Astringent (1; EFS; PHR; PH2); Candidicide (1; HH3); Carminative (f; CRC); Depilatory (f; BIB); Diaphoretic (f; CRC; EFS); Diuretic (f; CRC; DEP; EFS; HH3); Expectorant (f; CRC; EFS); Fungicide (f; HH3); Hemostat (f; CRC; EFS); Hypotensive (f; HH3); Laxative (f; CRC; FDA); Masticatory (1; CRC); Stimulant (f; DEP; EFS; HH3); Stomachic (f; CRC; EFS).

Indications (Mastic) — Adenopathy (f; JLH); Anorexia (f; CRC); Aposteme (f; CRC; JLH); Bacteria (1; HH3); Bleeding (f; CRC; EFS); Blennorrhea (f; CRC); Boil (f; BIB; CRC); Bronchosis (f; FEL); Cancer (1; CRC; HH3; JLH); Cancer, anus (f; CRC; JLH); Cancer, breast (f; CRC; JLH); Cancer, liver (f; CRC; JLH); Cancer, parotid (f; CRC; JLH); Cancer, spleen (f; CRC; JLH); Cancer, stomach (f; CRC; JLH); Cancer, testicle (f; CRC; JLH); Cancer, throat (f; CRC; JLH); Cancer, uterus (f; CRC; JLH); Candida (1; HH3); Canker (f; BIB; CRC); Carbuncle (f; CRC); Caries (f; CRC; FEL); Catarrh (f; CRC; FEL; HH3); Cholecystosis (f; BIB; CRC); Cirrhosis (f; CRC; HH3); Condyloma (f; CRC; JLH); Constipation (f; CRC; FDA); Cough (f; BIB); Debility (f; CRC); Diarrhea (f; CRC; HH3); Dysentery (f; CRC; HH3); Escherichia (1; HH3); Fever (f; CRC; EFS); Fungus (f; HH3); Gas (f; CRC); Gastrosis (f; BIB; CRC); Gingivosis (1; FEL; PHR; PH2); Gonorrhea (f; CRC; HH3); Gout (f; HH3); Halitosis (f; BIB; CRC; DEP; FEL; PHR); Heart (f; CRC); Hepatosis (f; BIB; CRC; HH3); High Blood Pressure (f; HH3); Induration (f; CRC; JLH); Infection (f; HH3); Inflammation (f; JLH); Itch (f; BIB); Leukorrhea (f; CRC; HH3); Mastosis (f; CRC); Mucososis (f; CRC); Mycosis (f; HH3); Nephrosis (f; FEL); Pain (f; BIB; CRC); Phymata (f; CRC); Rheumatism (f; BIB; HH3); Sclerosis (f; CRC); Scirrhus (f; CRC; JLH); Sore (f; HH3); Staphylococcus (1; HH3); Toothache (f; CRC); Tumor (1; CRC; HH3); Ulcer (1; HH3; PH2); VD (f; CRC; HH3); Water Retention (f; CRC; DEP; EFS; HH3); Yeast (1; HH3).

Dosages (Mastic) — 150 ml 10% aqueous resin decoction/day (HH3).

Contraindications, Interactions, and Side Effects (Mastic) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

Extracts (Mastic) — Ethanolic extracts are antiseptic and bactericidal at 1 g/l, candidicidal at >1 g/l. Decoction kills *Candida parapsilopsis, Escherichia, Sarcina*, and *Staphylococcus* at 312 mg/L, *Candida albicans* and *Cryptococcus* at 625 mg/L (HH3). Lyophilized aqueous extracts hypotensive in normotensive rats as 25 mg/kg orally. Tannins, especially ellagitannins, arrested tumor growth (5–10 mg/kg ipr mouse) (HH3). LD50 of the lyophilized aqueous extract 680–1120 mg/kg ipr mouse (HH3).

MATÉ (*Ilex paraguariensis* St.-Hil.) ++

Activities (Maté) — Analeptic (2; PIP); Analgesic (1; BGB; CAN); Anorectic (2; APA; CAN); Antihyaluronidase (1; MPG); Antirheumatic (f; BGB; CAN); Aperient (f; CRC); Astringent (f; CRC); Bitter (f; CRC; HHB); Carcinogenic (f; APA); CNS Stimulant (2; BGB; CAN; PH2); Depurative (1; APA); Diaphoretic (f; CRC; HHB); Digestive (f; APA); Diuretic (2; APA; KOM; PIP; PH2); Eupeptic (f; MPG); Glycogenolytic (2; KOM; PH2; PIP); Hepatotoxic (1; MPG); Laxative (f; BGB; CRC); Lipolytic (2; APA; KOM; PH2; PIP); Narcotic (f; CRC); Poison (1; CRC); Positive Chronotropic (2; KOM; PH2; PIP); Positive Inotropic (2 KOM; PH2; PIP); Stimulant (1; APA; BGB; CRC); Thermogenic (1; APA); Thymoleptic (f; BGB; CAN); Tonic (1; BGB; MPG; PH2); Vasodilator (1; ABS).

Indications (Maté) — Anemia (f; PH2); Arrhythmia (2; PHR); Asthenia (f; BGB); Asthma (1; APA); Bladder Stone (2; PHR); Cardiac Insufficiency (2; PHR); Cold (1; APA); Constipation (f; BGB; CRC); Debility (1; CRC; PH2); Depression (1; BGB; CAN); Diabetes (f; CRC); Dyspepsia (f; PH2); Dysuria (2; APA; KOM; PIP; PH2); Fatigue (2; APA; PHR; PH2; PIP); Fever (f; CRC; HHB; PH2); Flu (1; APA); Gastrosis (f; CRC); Headache (1; BGB; CAN); Heart (f; CRC); Infection (f; PH2); Inflammation (f; PH2); Kidney Stone (2; PHR); Nerve (f; CRC); Neuralgia (1; CAN); Neurasthenia (1; CRC; FNF; PH2); Obesity (1; APA; MPG; PH2); Pain (1; BGB; CAN); Rheumatism (f; BGB; CAN; CRC; PH2); Scurvy (1; CRC); Sore (f; PH2); Ulcer (f; PH2); UTI (2; PHR); Water Retention (2; APA; KOM; PIP; PH2).

Dosages (Maté) — 1 tsp leaf/cup water (APA; WIC); 2–4 g leaf, or in tea, 3 ×/day (CAN); 1 g leaf/cup tea (HHB); 3 g leaf/day (PH2; PIP); 2–4 ml liquid leaf extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2.5–5 ml liquid leaf extract (APA; PNC).

Contraindications, Interactions, and Side Effects (Maté) — Class 2d. CNS-stimulant. Not recommended for excess or prolonged use (they seem to say this about most caffeine-containing plants) (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). CAN cautions that xanthine-containing beverages may cause anxiety, insomnia, palpitations, tremors, and withdrawal headaches. Because of the caffeine, consumption should be restricted in pregnancy and lactation, and in patients with hypertension and cardiac problems. "As with all xanthine-containing beverages, excessive consumption ... by lactating mothers should be avoided. Caffeine is excreted in breast milk, but at concentrations too low to represent a hazard to breast-feeding mothers ... The fatal dose of caffeine in man is stated to be 10 g." (CAN) Veno-occlusive disease has been attributed to overconsumption of maté for years. In Uruguay, where esophageal cancer is major, heavy consumption of maté seemed to elevate relative risks of cancer by "6.5 and 34.6 in men and women, respectively" (CAN).

Extracts (Maté) — Extracts vasodilatory in rat endothelium (ABS). Maté alone can reduce the appetite (CAN). Caffeine reduces appetite too. Caffeine has dozens of reported activities, suggesting its potential in asthma, dermatosis, flu, herpes, nausea, obesity, even viruses. It is a phosphodiesterase inhibitor, like theophylline and theobromine. So is Viagra. Theophylline is used in anti-asthma aspirators. Many caffeine activities are shared, perhaps synergistically with theophylline and theobromine.

MATICO (*Piper aduncum* L.) ++

Synonyms: *Piper angustifolium* Ruiz & Pav., *P. celtidifolium* Kunth, *P. elongatum* Vahl.

Activities (Matico) — Antiseptic (f; DAV); Aphrodisiac (f; HHB); Astringent (1; MAD); Diuretic (f; HHB; JFM); Hemostat (1; MAD; PH2); Insecticide (f; JFM); Laxative (f; JFM); Sedative (f; JFM); Stimulant (f; JFM; MAD); Tonic (f; MAD); Vulnerary (f; MAD).

Indications (Matico) — Bacteria (f; HHB; PH2); Bite (f; PH2); Bleeding (1; HHB; MAD; PH2); Bronchosis (f; DAV); Catarrh (f; MAD); Constipation (f; JFM); Cystosis (f; JFM; MAD); Diarrhea (f; JFM; PH2); Dysentery (f; JFM; PH2); Dysmenorrhea (f; DAV); Dyspepsia (f; DAV); Dysuria (f; MAD); Enterosis (f; DAV); Epistaxis (f; MAD); Gastrosis (f; DAV; HHB); Gonorrhea (f; JFM; MAD); Hematuria (f; MAD); Hemoptysis (f; JFM; HHB); Hemorrhoid (f; JFM; MAD); Infection (f; HHB; JFM; PH2); Inflammation (f; DAV; JFM); Insomnia (f; JFM); Leukorrhea (f; JFM; MAD); Malaria (f; DAV); Menorrhagia (f; JFM; MAD); Nervousness (f; JFM); Odontosis (f; PH2); Prolapse (f; JFM); Pulmonosis (f; MAD); Rheumatism (f; DAV); Sore (f; PH2); Urogenitosis (f; PH2); Uterosis (f; JFM; MAD); UTI (f; HHB); Vaginosis (f; DAV); VD (f; JFM; MAD); Water Retention (f; HHB; JFM); Wound (f; HHB; PH2).

Dosages (Matico) — 1 g leaf/cup tea (HHB; HH2); 1 g leaf/cup tea 3–4 ×/day (PH2); 0.5–2 g leaf 3–4 ×/day (PH2; MAD); 2–8 g powdered leaf (MAD).

Contraindications, Interactions, and Side Effects (Matico) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2).

MATRIMONY VINE (*Lycium barbarum* L.) ++

Synonyms: *L. halimifolium* Mill., *L. vulgare* Dunal.

FAY treat *L. barbarum* L. and *L. chinensis* Mill. as equal in TCM (FAY). So I include *L. chinense* (DAA) here, too.

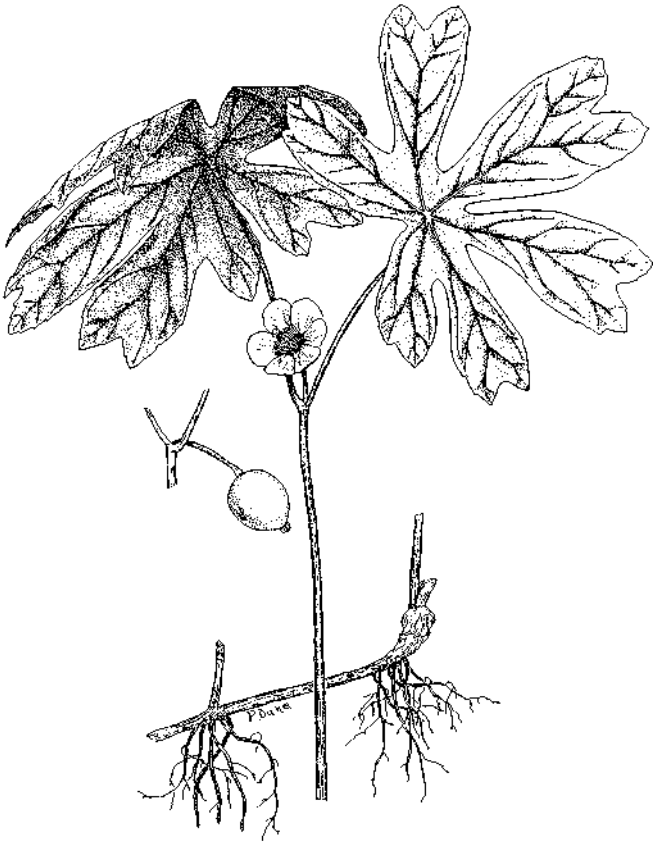
Activities (Matrimony Vine) — Analgesic (1; FAY); Antiaggregant (1; FAY); Antibacterial (1; FAY); Antioxidant (1; X10682619); Antipyretic (1; FAY); Aphrodisiac (f; SKJ); Diuretic (f; HHB; PH2; WOI); Hemostat (f; DAA; FAY); Hepatoregenerative (1; FAY); Hypoglycemic (1; FAY; PH2); Hypotensive (1; FAY); Immunostimulant (f; FAY; HH2; PH2); Laxative (f; HHB; PH2); Mydriatic (1; PH2);Tonic (f; FAY; PH2); Vasodilator (1; FAY).

Indications (Matrimony Vine) — Anemia (f; PH2); Arthrosis (f; PH2); Ascites (f; PH2); Asthma (f; FAY); Bacteria (1; FAY); Backache (f; FAY); Bleeding (f; DAA; FAY; PH2); Boil (f; FAY); Cachexia (f; DAA); Constipation (f; HHB; PH2); Cough (f; FAY; PH2); Debility (f; PH2); Diabetes (1; DAA; HH2; PH2); Dizziness (f; FAY; PH2); Dysmenorrhea (f; PH2); Fever (1; FAY); Headache (f; FAY); Hematemesis (f; FAY); Hematuria (f; FAY); Hepatosis (1; DAA; FAY; PH2); High Blood Pressure (1; FAY); Hyperglycemia (1; FAY; PH2); Immundepression (f; FAY; HH2; PH2); Impotence (f; FAY; HH2); Infection (1; FAY); Infertility (f; HH2); Lacrimation (f; PH2); Malaria (f; FAY); Nephrosis (f; DAA; PH2); Ophthalmia (f; FAY; PH2); Otosis (f; PH2); Pain (1; FAY); Periodontosis (1; X1292903); Pulmonosis (f; DAA); Scabies (f; PH2); Spermatorrhea (f; DAA); Tinnitus (f; FAY; PH2); Toothache (1; FAY; PH2); Tuberculosis (f; DAA); Vertigo (f; DAA; PH2); Water Retention (f; HHB; PH2; WOI).

Dosages (Matrimony Vine) — 6–12 g fruit (FAY); 6–15 g fruit (PH2).

Contraindications, Interactions, and Side Effects (Matrimony Vine) — Class 2b (AHP). "Health hazards not known with proper therapeutic dosages" (PH2).

MAYAPPLE, AMERICAN MANDRAKE (*Podophyllum peltatum* L.) X



Activities (Mayapple) — Acaricide (1; CRC); Allergenic (1; FAD); Alterative (1; CRC); Anticancer (1; CRC; FNF); Antiherpetic (1; FNF); Antimitotic (1; PHR; PH2); Antiseptic (1; FNF); Antitumor (1; CRC; FNF); Antiviral (1; FNF); Aperitif (f; FEL); Bitter (1; CRC); Cholagogue (1; CRC; FEL; HHB); Choleretic (f; APA); Emetic (1; CRC; FAD); Hepatotonic (f; CRC); Hydragogue (1; CRC); Laxative (1; APA; CRC; DEM; FAD; FEL); Myelosuppressant (1; CRC); Narcotic (f; CEB); Poison (1; CRC); Sialagogue (f; FEL); Tonic (1; CRC); Vermifuge (1; CRC; DEM; HHB).

Indications (Mayapple) — Allergy (1; CRC); Amenorrhea (f; CRC; FEL); Anorexia (f; FEL); Arthrosis (f; APA); Atony (f; FEL); Atrophy (f; DEM); Biliousness (f; CRC); Bladder Stone (f; MAD); Boil (f; DEM); Bronchosis (f; MAD); Cancer (1; APA; CRC; FAD; FNF); Cancer, brain (1; CRC); Cancer, testicle (1; CRC); Cholera (f; MAD); Colitis (f; MAD); Condylomata (2; CRC; KOM; PH2); Congestion (f; MAD); Constipation (1; APA; CRC; DEM; FAD; FEL); Cough (f; CEB); Cystosis (f; FEL; MAD); Deafness (f; CEB; DEM); Dermatosis (1; CRC; MAD); Diarrhea (f; MAD); Dropsy (f; CRC; FEL; MAD); Dysentery (f; CRC; MAD); Dysmenorrhea (f; FEL); Dyspepsia (f; FEL); Enterosis (f; FEL; MAD); Enuresis (f; MAD); Fever (1; FAD; FEL); Gastrosis (f; FEL; MAD); Hepatosis (f; APA; CRC; FAD; FEL; MAD); Herpes (1; FNF); Hodgkin's Disease (1; CRC); Incontinence (f; FEL); Infection (1; FNF); Inflammation (1; CEB; CRC); Jaundice (f; APA; CRC; FAD); Keratosis (1; CRC); Leukemia (1; APA; FNF); Lymphoma (1; APA; FNF); Malaria (1; FEL; FNF); Migraine (f; MAD); Myosis (f; DEM); Neuralgia (f; MAD); Pleurisy (f; CEB); Prostatosis (f; CRC); Psoriasis (1; APA); Pulmonosis (f; MAD); Rheumatism (f; APA; CRC; FEL; MAD); Scrofula (f; CRC; FEL; MAD); Sore (f; DEM); Stomatosis (1; FNF); Syphilis (f; APA; FAD; FEL); Ticks (1; CRC); Tumor (1; CRC; FNF);

Ulcer (f; DEM); VD (1; CRC); Virus (1; FNF); Wart (2; APA; CRC; PHR; PH2); Worm (1; APA; CRC; DEM; HHB).

Dosages (Mayapple) — Do not take it (JAD); exclusively for external application, 1.5–3 g root (KOM; PH2); 0.5–2.5 g rhizome (MAD); 1.5–3 g rhizome fluid extract (KOM); 2.5–7.5 g rhizome tincture (KOM); 1–1.5 g rhizome tincture (MAD).

Contraindications, Interactions, and Side Effects (Mayapple) — Class 2b, 3 (AHP). Commission E reports contraindications for rhizome and resin external use in pregnancy. To be used 1–2 times weekly on skin surfaces not exceeding 15 cm^2 (AEH). The resin is potentially lethal if ingested, and three deaths have been attributed to oral ingestion or topical application. An intrauterine death has been reported in a woman treated for vulvar warts (*LRNP,* January 1992). Etoposide is a semisynthetic derivative.

MEADOWSWEET (*Filipendula ulmaria* (L.) Maxim.) ++

Synonym: *Spiraea ulmaria* L.

Activities (Meadowsweet) — Analgesic (1; APA; CRC; WAM); Antacid (1; MAB; PNC); Antiaggregant (1; APA; MAB); Antibacterial (1; APA; MAB; PNC); Anticapillary Fragility (1; CAN); Anticarcinogenic (1; MAB); Anticomplement (1; MAB); Antiinflammatory (1; APA; MAB; PHR; PH2); Antipyretic (1; BGB; CAN; CRC; PH2); Antirheumatic (1; CAN; CRC; PNC); Antiseptic (1; CAN; CRC; PH2); Antispasmodic (f; CRC); Antithrombic (1; MAB); Antitumor (1; APA); Antiulcer (1; MAB; PNC); Astringent (1; APA; MAB; PHR; PH2); Bronchospastic (1; CAN); CNS Depressant (1; MAB); Deodorant (1; APA); Depurative (f; CRC); Diaphoretic (1; APA; CRC; MAB); Diuretic (1; APA; MAB; PHR; PH2); Elastase Inhibitor (1; MAB; X2131766); Enterotonic (1; PNC); Fibrinolytic (1; APA); Hemostat (f; CRC); Immunomodulator (1; MAB); Mucoprotective (1; MAB); Myorelaxant (1; CAN; MAB); Sedative (f; CRC); Stomachic (f; BGB; CRC; PNC); Tonic (f; CRC); Urinary Antiseptic (1; CAN); Uricosuric (1; CAN); Uterotonic (1; PNC); Vulnerary (1; MAB).

Indications (Meadowsweet) — Acne (1; CRC; MAB); Ague (f; CRC); Arthrosis (1; APA; CAN; MAB; PH2); Ascites (f; CRC; HHB); Bacteria (1; APA; MAB; PNC; X10857921); Bladder Stone (f; CRC); Bleeding (f; CRC); Blennorrhea (f; CRC); Bronchosis (2; KOM; PH2); Bruise (f; PIP); Cancer (1; APA; JLH); Capillary Fragility (1; CAN); Cardiopathy (1; MAB); Catarrh (f; CAN; MAB); Cellulitis (1; MAB); Cervical Dysplasia (1; MAB); Cholecystosis (1; BGB; CRC); Cold (2; APA; KOM; PH2); Congestion (f; CRC; MAB); Contusion (f; PIP); Cough (2; PHR; PH2); Cramp (f; APA; CRC); Cystosis (f; CAN; CRC; MAB; PH2); Debility (1; MAB); Dermatosis (f; CRC); Diarrhea (f; APA; CAN; MAB; PH2); Dropsy (f; CRC; HHB); Dysmenorrhea (1; APA); Dyspepsia (f; APA; BGB); Dyspnea (f; CRC); Eczema (f; CRC); Edema (1; CRC; MAB); Enterosis (1; MAB); Epilepsy (f; CRC); Fever (1; APA; BGB; CAN; CRC; MAB; PH2); Flu (1; BGB); Gastrosis (1; BGB; CRC; MAB; PH2); Gastroesophageal Reflux Disease (f; MAB); Gout (1; CAN; CRC; MAB; PHR; PH2); Gravel (f; MAB); Halitosis (f; MAB); Headache (1; CRC; MAB; PH2; WAM); Heart (f; CRC); Heartburn (f; CAN); Hematoma (f; PIP); Hepatosis (f; MAB); Hoarseness (f; CRC); Hyperacidity (f; CAN; MAB; PH2); Infection (1; WAF; X10857921); Inflammation (1; APA; MAB; PHR; PH2); Insomnia (f; CRC); Kidney Stone (f; CRC); Leukorrhea (1; MAB); Melancholy (f; CRC); Menorrhagia (f; MAB); Mucososis (f; PH2); Myalgia (1; BGB; CRC; PH2; PIP; WAM); Nephrosis (f; CRC; MAB; PH2); Nervousness (f; CRC); Neuralgia (1; CRC); Old Age (f; CAN); Pain (1; APA; BGB; CRC; WAM); Phlegm (f; CRC); Puerperium (f; MAB); Pulmonosis (f; CRC); Pyelosis (f; CRC; HHB); Respirosis (f; CRC); Rheumatism (1; CAN; CRC; MAB; PHR; PH2; PIP; PNC); Sinusosis (f; WAF); Sore Throat (f; CRC); Sprain (f; PIP); Stomachache (f; MAB); Stone (1; MAB); Strain (f; PIP);

Strangury (f; CRC); Swelling (1; CRC; MAB); Tapeworm (f; CRC); Thrombosis (1; MAB); Toothache (1; APA); Tumor (1; APA); Ulcer, peptic (prevent and treat) (1; APA; MAB; PH2; PNC; WAF); UTI (1; APA); Vaginosis (1; MAB); Vertigo (f; CRC; MAB); Water Retention (1; APA; MAB; PHR; PH2); Worm (f; CRC).

Dosages (Meadowsweet) — 1–2 tsp flowers in tea several ×/day (APA); 1 tbsp flowers/cup, 1–2 cups in morning (HHB); 2.5–3.5 g flowers (KOM; MAB; PH2; PIP); 2–4 ml liquid flower extract (APA); 4–5 g herb (KOM; MAB; PH2; PIP); 4–6 g herb, or in tea, 3 ×/day (CAN); 1.5–6 ml liquid herb extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2–4 ml herb tincture (1:5 in 45% ethanol) 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (Meadowsweet) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). For the flower, Commission E reports hypersensitivity to salicylates (AEH). Overdosage might cause gastric distress and queasiness (PHR). In view of the lack of toxicological data, excessive use, especially during lactation and pregnancy, should be avoided. Contraindicated with aspirin or salicylate allergy due to potential for cross-reactivity (O'Brien, 1998). Individuals with aspirin hypersensitivity, asthma, diabetes, gout, hemophilia, hepatosis, hypothrombinemia, nephrosis, and peptic ulcers should be cautious with salicylates. Alcohol, barbiturates, and oral sedatives may potentiate salicylate toxicity. Beware of salicylate interaction with oral anticoagulants, methotrexate, metoclopramide, phenytoin, pronebecid, spironolactone, and valproate. Salicylates excreted in breast milk reportedly can cause macular rashes in breast-fed babies (CAN). Avoid use during viral infections (WAM). Flower extracts are bacteriostatic, prolong life expectancy of mice, lower vascular permeability, promote excretion of urine acid, and prevent gastric ulcers (but can potentiate ulcerogenic activity of histamine). Salicin does not irritate the stomach (CAN).

MELATONIN (+)-N.A.

Activities (Melatonin) — Antiaging; Antidepressant; Antioxidant; Synchronizer.

Indications (Melatonin) — Depression; Insomnia; Jet Lag; Seasonal Affective Disorder.

Dosages (Melatonin) — 0.5–3 mg melatonin at bedtime.

Contraindications, Interactions, and Side Effects (Melatonin) — Doses <8 mg have reportedly induced heavy head, headache, and transient depression. May aggravate depression in patients with psychiatric illness. *JAMA* cautions that "some studies suggest melatonin may deepen depression in those who have it or induce it in those susceptible to it." Melatonin in physiological doses causes vasoconstriction and also constricts cerebral arteries" (in rats). (JAMA) Melatonin has no LD50. Additional possible adverse effects mentioned in the NIH workshop included inhibition of fertility, suppression of male sexual drive, hypothermia, and retinal damage. (Possibilities of gynecomastia and low sperm count disappeared in one man when he discontinued melatonin.) Some people taking as little as 3 mg tell me it's too much and gets them wired, reporting better insomnia protection with smaller doses.

MELON, CANTALOUPE (*Cucumis melo* L.) +++

Activities (Melon) — Antiacne (1; PAM); Antiaging (1; FNF); Antialcoholic (f; BIB); Antiasthmatic (1; PAM); Anticancer (1; FNF; JNU; PAM); Antiemetic (f; BIB; LMP); Antimastitic (1; PAM); Antimutagenic (1; FNF); Antioxidant (1; PAM); Antiozenic (1; FNF); Antiphotophobic (f; M29); Antipityriasic (f; PAM); Anti-PMS (f; JAF34:409); Antiporphyric (f; M28); Antiproliferant (f; JNU); Antipsoriac (f; PAM); Antipyretic (f; BIB; DEP); Antistress (f; DAS); Antiulcer (1; PAM); Aphrodisiac (f; BIB); Cardioprotective (1; FNF); Demulcent (f; BIB); Digestive (f;

BIB; LMP); Diuretic (f; BIB; WOI); Emetic (f; BIB; WBB); Emmenagogue (f; BIB); Emollient (f; WBB); Expectorant (f; BIB); Fungicide (1; UPW; WBB); Immunostimulant (1; FNF; PAM); Interferon-Synergist (1; FNF); Lacrimatory (f; BIB); Mucogenic (1; PAM); Phagocytotic (1; PAM); Stomachic (f; BIB; LMP); Taenifuge (f; BIB); Thymoprotective (1; PAM); Tonic (f; BIB); Vermifuge (f; BIB).

Indications (Melon) — Acne (1; FNF; M28); Anasarca (f; BIB); Apoplexy (f; BIB); Ascites (f; BIB); Asthma (1; PAM); Biliousness (f; BIB); Bronchosis (f; BIB); Bruise (f; BIB); Burn (f; BIB); Cancer (1; BIB; FNF; JNU; PAM); Cancer, bladder (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, stomach (1; BIB; JNU); Cancer, uterus (1; BIB; JNU); Cardiopathy (1; FNF; JNU); Cold (f; BIB); Coryza (f; BIB); Cough (f; BIB); Cystosis (f; FNF; JLH); Dermatosis (f; BIB); Diabetes (f; BIB); Dyspepsia (f; BIB); Dysuria (f; BIB; DEP); Eczema (f; BIB; UPW; WOI); Extravasation (f; BIB); Fatigue (f; BIB); Fever (f; BIB; DEP); Freckle (f; BIB); Fungus (1; UPW; WBB); Gas (f; DEP); Gastrosis (f; JLH); Gonorrhea (f; BIB); Heatstroke (f; BIB); Hepatosis (f; BIB; JLH); Hyperkeratosis (1; FNF; PAM; DAS); Ichthyosis (1; FNF); Immunodepression (1; FNF; PAM); Infection (1; UPW; WBB); Insanity (f; KAB); Jaundice (f; BIB; LMP); Leukoplakia (1; FNF; PAM); Lupus (1; FNF; M28); Mastosis (1; FNF); Menorrhagia (f; BIB); Mycosis (1; UPW; WBB); Nephrosis (f; BIB); Oliguria (f; BIB); Ophthalmia (f; BIB); Pityriasis (1; FNF); Photophobia (1; FNF); PMS (1; FNF); Polyp (f; BIB); Porphyria (1; FNF); Psoriasis (1; FNF); Rhinosis (f; BIB); Sore (f; BIB); Stomatosis (f; BIB); Stress (1; FNF); Sunburn (f; BIB); Tapeworm (f; BIB); Tumor (f; BIB); Ulcer (1; FNF; PAM); Uterosis (f; JLH); VD (f; BIB); Vomiting (f; BIB; LMP); Water Retention (f; BIB; WOI); Worm (f; BIB); Xerophthalmia (1; FNF).

Dosages (Melon) — Biblical food farmacy. All things in moderation (JAD).

MESCAL (*Agave sisalana* Perrine) ++

Activities (Mescal) — Abortifacient (1; WO2); Allergenic (1; CRC); Cicatrizant (f; CRC); Depurative (f; CRC); Detergent (1; CRC); Ecbolic (1; WO2); Hemolytic (1; WBB); Hypotensive (1; WO2); Molluscicide (1; CRC); Soporific (f; CRC); Uterotonic (1; WO2).

Indications (Mescal) — Dysentery (f; CRC); High Blood Pressure (1; WO2); Jaundice (f; CRC; JFM); Leprosy (f; CRC); Sore (f; CRC); Sprain (f; CRC); Syphilis (f; CRC); Wound (f; CRC).

MESCAL BEAN (*Sophora secundiflora* (Ortega) Lag. ex DC.) +

Synonym: *Broussonetia secundiflora* Ortega.

Activities (Mescal Bean) — Hallucinogen (f; CRC); Insecticide (f; CRC); Intoxicant (f; CRC); Narcotic (f; CRC); Poison (f; CRC); Stimulant (f; CRC).

Indications (Mescal Bean) — Earache (f; CRC; DEM); Ophthalmia (f; CRC); Otosis (f; CRC); Sore (f; DEM).

Contraindications, Interactions, and Side Effects (Mescal Bean) — Not covered (AHP). Seed and flower poisonous, possibly causing convulsions and nausea, death due to respiratory failure (asphyxia). One chewed seed can kill a child (CRC).

MESQUITE (*Prosopis juliflora* (Sw.) DC.) +++

Activities (Mesquite) — Allergenic (f; CRC); Antibacterial (f; CRC); Cyanogenic (f; CRC); Discutient (f; CRC); Emetic (f; CRC); Laxative (f; CRC); Poison (f; CRC); Stomachic (f; CRC); Vulnerary (f; CRC).

Indications (Mesquite) — Abscess (f; CRC); Bacteria (1; CRC); Bronchosis (f; CRC); Cancer (f; CRC); Catarrh (f; CRC); Cold (f; CRC); Conjunctivosis (f; CRC); Constipation (f; CRC); Dermatosis (f; CRC); Diarrhea (f; CRC); Dysentery (f; CRC); Flu (f; CRC); Head Cold (f; CRC); Hoarseness (f; CRC); Infection (1; CRC); Inflammation (f; CRC); Itch (f; CRC); Laryngosis (f; CRC); Mastosis (f; CRC); Ophthalmia (f; CRC); Pharyngosis (f; CRC); Sore Throat (f; CRC); Stomachache (f; CRC); Toothache (f; CRC); Wound (f; CRC).

METEL, HINDU DATURA (*Datura metel* L.) X

Synonyms: *D. alba* Nees, *D. chlorantha* Hook., *D. fastuosa* L., *D. metel* var. *fastuosa* (L.) Staff.

Activities (Metel) — Analgesic (f; CRC; SUW; WBB); Anesthetic (f; CRC; KAB); Antispasmodic (f; SUW); Bronchodilator (f; CRC); Demulcent (f; CRC); Expectorant (f; CRC); Hypnotic (f; CRC); Insecticide (f; WBB); Intoxicant (1; CRC; WBB); Lactifuge (f; SUW); Mydriatic (1; WBB); Narcotic (1; CRC; SUW); Pediculicide (1; KAB); Piscicide (1; WBB); Poison (1; CRC; WBB); Sedative (1; CRC); Stimulant (f; WBB); Vermifuge (f; KAP).

Indications (Metel) — Acne (f; CRC); Adenopathy (f; KAP); Anasarca (f; CRC); Arthrosis (f; KAP); Asthma (f; CRC; SUW; WBB); Blister (f; SKJ); Boil (f; CRC); Bronchosis (f; SUW); Cancer (1; KAP); Caries (f; SKJ); Catarrh (f; SUW); Congestion (f; CRC); Convulsion (f; CRC; SKJ); Cough (f; CRC); Cramp (f; CRC; SUW); Dandruff (f; CRC); Delirium (f; CRC); Dermatophyte (f; CRC); Dermatosis (f; KAB; SKJ; SUW); Diarrhea (f; SUW); Dropsy (f; CRC; SKJ); Dysmenorrhea (f; KAP); Earache (f; CRC); Encephalosis (f; SUW); Epididymosis (f; CRC); Epilepsy (f; CRC; SKJ); Fever (f; JFM); Galactorrhea (f; SUW); Headache (f; CRC; JFM); Hemiplegia (f; CRC; SKJ); Hemorrhoid (f; CRC); Hydrocele (f; CRC; SKJ); Inflammation (f; SUW); Insomnia (1; CRC); Leprosy (f; SKJ); Lice (1; KAB); Lumbago (f; KAP); Madness (f; CRC; SUW); Mastosis (f; SUW); Myalgia (f; CRC; SKJ); Myosis (f; CRC); Nervousness (1; CRC); Neuralgia (f; KAP); Numbness (f; CRC); Ophthalmia (f; KAB); Orchosis (f; CRC); Otosis (f; CRC); Pain (1; CRC; KAB; KAP; SUW; WBB); Parkinsonianism (f; CRC); Parotosis (f; CRC; SKJ); Pertussis (f; KAP); Phthisis (f; CRC); Proctosis (f; CRC); Prolapse (f; CRC); Rabies (f; CRC); Rheumatism (f; CRC; KAB; KAP); Ringworm (f; CRC); Sciatica (f; KAP); Smallpox (f; SKJ); Snakebite (f; CRC); Sore (f; CRC); Spasm (f; CRC); Stomachache (f; JFM); Stomatosis (f; SKJ); Swelling (f; KAB); Syphilis (f; CRC); Tuberculosis (f; CRC); Tumor (f; CRC; KAB); Uterosis (f; KAP); VD (f; CRC); Wheeze (f; CRC); Worm (f; KAP).

Contraindications, Interactions, and Side Effects (Metel) — Not covered (AHP). "See *D. stramonium*" (CRC). Linnaeus is suggested to have said that this might be preferable to stramonium (DEP).

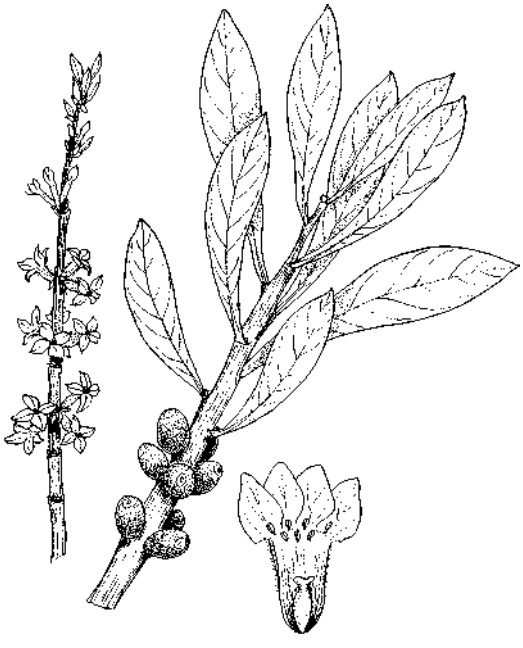
MEXICAN CALEA, DOG'S GRASS, BITTER GRASS (*Calea zacatechichi* Schlecht) +

Activities (Mexican Calea) — Antiatherogenic (f; CRC; JFM); Antipyretic (f; CRC); Aperitif (f; CRC); Astringent (f; CRC); Bitter (1; JFM); CNS Depressant (1; JFM); Emetic (f; CRC); Hallucinogen (f; CRC); Laxative (1; CRC; JFM); Stomachic (f; CRC; JFM); Tranquilizer (f; JFM).

Indications (Mexican Calea) — Anorexia (f; CRC; JFM); Atherosclerosis (1; JFM); Biliousness (f; JFM); Cholecystosis (f; CRC); Cholera (f; CRC; JFM); Colic (f; CRC; JFM); Constipation (1; CRC; JFM); CNS Depression (f; CRC); Dermatosis (f; JFM); Diarrhea (f; CRC); Eruption (f; CRC); Fever (f; CRC; JFM); Malaria (f; CRC); Nervousness (f; JFM).

Contraindications, Interactions, and Side Effects (Mexican Calea) — "Listed as a narcotic hallucinogen (mostly visual)" (CRC).

MEZEREON (*Daphne mezereum* L.) X



Activities (Mezereon) — Abortifacient (1; EFS; HHB; PH2); Alterative (f; EFS); Antiaggregant (1; PH2); Antitumor (1; PH2); Diaphoretic (f; EFS); Diuretic (f; EFS); Hallucinogen (1; PH2); Immunostimulant (1; PH2); Laxative (f; EFS); Rubefacient (1; PH2); Stimulant (f; EFS; PNC); Toxic (f; EFS).

Indications (Mezereon) — Amenorrhea (f; HHB); Cancer (1; JLH; PH2); Cancer, bone (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, uterus (f; JLH); Constipation (f; EFS); Dermatosis (f; HHB); Fever (f; EFS); Gout (f; HHB); Immunodepression (1; PH2); Induration (f; JLH); Leukemia (1; PNC); Osteosis (f; JLH); Rheumatism (f; HHB; PNC); Splenosis (f; JLH); Syphilis (f; HHB); Tumor (1; PH2); Uterosis (f; JLH); VD (f; JLH); Water Retention (f; EFS).

Contraindications, Interactions, and Side Effects (Mezereon) — Not covered (AHP). Too toxic for modern recommendation (PH2). Mezerein is antileukemic (PNC).

MILK THISTLE (*Silybum marianum* (L.) Gaertn.) +++

M

Synonym: *Carduus marianus* L.

Activities (Milk Thistle) — Adrenergic (1; WOI); Alterative (f; BIB; EFS); Antiallergic (1; MAB); Antibilious (f; APA); Anticarcinogenic (1; MAB); Antidepressant (f; PNC); Antidote (2; SHT); Antidote, mushroom (1; PH2); Antiedemic (1; MAB); Antiinflammatory (1; BGB; MAB; WAM); Antileukotriene (1; MAB); Antioxidant (2; MAB; SHT); Antiprostaglandin (1; MAB); Antitoxic (2; SHT); Antitumor (1; MAB); Antiviral (1; PNC); Aperient (f; BIB; WOI); Bitter (1; PED); cAMP-Phosphodiesterase Inhibitor (1; MAB); Cholagogue (2; BIB; EFS; PHR); Choleretic (1; HHB; MAB); Demulcent (f; PNC; WOI); Depurative (f; EFS); Diaphoretic (f; BIB; EFS; WOI); Digestive (1; WAM); Emmenagogue (f; BIB; EFS; PHR; PH2); Expectorant (f; BIB); Glutathionigenic (1; MAB); Hemostat (f; BIB); Hepatoprotective (2; KOM; SHT; WAM); Hepatoregenerative (2; KOM; MAB); Hypolipidemic (1; PNC); Hypocholesterolemic (1; MAB); Lactagogue (1; APA; BIB; HMM; WOI); Laxative (1; BIB; WOI); Lipolytic (1; PNC); 5-Lipoxygenase Inhibitor (1; MAB); Litholytic (f; WOI); Peristaltic (1; WOI); Stimulant (f; EFS; PHR); Sunscreen (1; MAB); Sympathicolytic (f; HHB); Tonic (1; BIB; EFS; PHR; WAM).

Indications (Milk Thistle) — Allergy (1; MAB); Anorexia (2; FAD; PHR); Anthrax (f; BIB); Asthma (f; BIB); Bleeding (f; BIB; HHB); Bronchosis (f; BIB); Calculus (f; BIB; WOI); Cancer (1; JLH; MAB; WOI); Cancer, breast (1; HHB; JLH; MAB); Cancer, nose (f; HHB; JLH); Cancer, ovarian (1; MAB); Catarrh (f; BIB); Childbirth (f; HHB); Cholecystosis (2; APA; BIB; PHR; PH2); Cirrhosis (2; BGB; KOM; PH2; SHT); Colic (f; HH3; PH2); Constipation (1; BIB; WOI); Cough (f; BIB); Cramp (f; BIB); Cystosis (f; HH3); Depression (f; BIB; PNC); Dermatosis (1; BIB; PED); Diabetes (1; MAB; WOI); Diabetic Neuropathy (1; MAB); Dropsy (f; BIB; HHB; WOI); Dysmenorrhea (f; APA); Dyspepsia (2; FAD; KOM; PH2; SHT); Enterosis (f; APA; WOI); Fever (1; BIB; EFS; HHB; WOI); Food Allergy (1;

WAM); Gallstone (1; HHB; MAB; SKY); Gastrosis (f; APA); Hemoptysis (f; BIB); Hemorrhoid (f; BIB; HHB; MAB; WOI); Hepatosis (2; KOM; PH2; SHT; WAM); Hepatitis A (1; BGB); High Cholesterol (1; MAB); Hydrophobia (f; BIB); Hypotonia (f; HH3); Infection (f; HHB); Inflammation (1; APA; BGB; MAB; WAM); Intoxication (1; FAD); Insulin Resistance (1; SYN); Itch (1; MAB); Jaundice (2; BIB; HH3 MAB; PH2; PNC; WAM); Leukorrhea (f; BIB); Malaria (f; BIB; HHB; PHR; PH2); Menopause (f; HHB); Metrorrhagia (f; HHB); Migraine (f; HH3); Mushroom Poisoning (2; FAD; SHT); Nausea (1; MAB); Nephrosis (f; BGB); Obesity (1; PNC); Oligolactea (f; APA); Peritonosis (f; BIB); Phlebitis (f; APA); Plague (f; BIB); Pleurisy (f; BIB); Psoriasis (f; SKY); Pulmonosis (f; BIB); Sore (f; HHB); Splenosis (f; BGB; BIB; HH3; PHR; PH2); Stone (f; WOI); Swelling (1; MAB); Syndrome-X (1; SYN); Tumor (1; MAB); Ulcus cruris (f; HHB; HH3); Uterosis (f; BIB; PHR; PH2; WOI); Varicosis (f; HHB; HH3); Virus (1; PNC).

Dosages (Milk Thistle) — 2–3 tsp fresh leaf (sic) (PED); 1–3 g dry leaf (sic) (PED); 1 g seed (HHB); 3.5–15 g seed/day (HH3); 4–9 g seed/day (MAB); 1 tsp (3–5 g) mashed seed/cup water 3–4 ×/day, one-half hour before meals (APA; HH3); 12–15 g whole or powdered seed, an equivalent to 200–400 mg silymarin, the collective name for silybinin, silydianin, and silychristin (KOM; SHT); 4–9 ml fluid extract (1:1)/day (KOM); 1–2 (540 mg) capsules (StX with 175 mg certified potency seed extract with at least 80% silymarin, synergistically combined in a base of turmeric and artichoke) 3 ×/day with water (NH); 175 mg 80% silymarin StX (PED); 420 mg silymarin/day (PNC); 200–400 mg silymarin (SHT); 200–600 mg silymarin/day for Syndrome X (SYN).

Contraindications, Interactions, and Side Effects (Milk Thistle) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). None known (WAM). Commission E reports no contraindications or drug interactions for the fruit. Occasional mild laxative effects are reported (AEH). One observational study (n = >2000) reported ca. 1% side effects, mostly transient GI distress (SHT). One Australian report, attributed to something other than silybin in the milk thistle product, suggested abdominal cramping, diaphoresis, diarrhea, nausea, vomiting, and weakness (PH2). Antagonizes phentolamine and yohimbine (PH2). "The long term safety and the advisability of the use of these extracts in pregnant or women of potential childbearing remain to be established" (LRNP, March 1988). "May be used by ... pregnant and lactating women" (SKY).

Extracts (Milk Thistle) — Milk thistle regenerates injured liver cells (SKY). Silymarin at 100 mg/kg in rabbit diets is reported to induce P-450. Such data weakly suggest that milk thistle might detoxify (or inactivate) drugs detoxified by P-450. Silymarin, the antihepatotoxic lignan, is hypolipidemic, lowering fatty deposits in the livers of experimental animals, and has been used successfully for Hepatitis B virus (PNC). Pretreatment with silymarin and silybin gives 100% protection against mushroom poisoning in experimental animals. Post treatment? When silybin was given ivn to humans within 48 hours of ingesting death cap mushroom, it effectively prevented fatalities (PNC). LD50 silybinin 1065 mg/kg ivn mouse (HH3), LDlo silymarin = >20,000 mg/kg orl mouse (MAB), LDlo silymarin = >1000 mg/kg orl dog (MAB), LDlo extracts >16,000 mg/kg orl mouse (HH3).

MILKWEED (*Asclepias syriaca* L.) +

Activities (Milkweed) — Alterative (f; CRC); Analgesic (f; CRC); Antiedemic (f; CRC); Antitumor (1; CRC; JLH); Cicatrizant (f; CRC); Contraceptive (f; CRC); Diaphoretic (f; CRC); Diuretic (f; CRC); Emetic (f; CRC); Emmenagogue (f; CRC); Expectorant (f; CRC); Lactagogue (f; DEM); Laxative (f; CRC; DEM); Nervine (f; CRC); Sterilant (f; CRC).

Indications (Milkweed) — Asthma (f; CRC); Backache (f; CRC; DEM); Bronchosis (f; CRC); Cancer (1; CRC; JLH); Catarrh (f; CRC); Chest Ache (f; DEM); Constipation (f; CRC; DEM); Cough (f; CRC); Dropsy (f; CRC; DEM); Dysentery (f; CRC); Dysmenorrhea (f; CRC); Dyspepsia (f; CRC); Edema (f; CRC); Fever (f; CRC); Gallstone (f; CRC); Gastrosis (f; DEM); Gonorrhea (f; CRC); Gravel (f; CRC; DEM); Mastosis (f; CRC; DEM); Mole (f; CRC); Pain (f; CRC; DEM); Pleurisy (f; CRC); Pneumonia (f; CRC); Poison Ivy (f; MIC); Pulmonosis (f; DEM); Rheumatism (f; CRC; DEM); Ringworm (f; CRC; DEM); Scrofula (f; CRC); Sore (f; CRC); Sting (f; DEM); Swelling (f; CRC); Tumor (1; CRC; JLH); Ulcer (f; CRC); VD (f; CRC); Wart (f; CRC; DEM; JLH); Water Retention (f; CRC); Wound (f; CRC; DEM).

MIMOSA (*Albizia julibrissin* Durazz.) ++

Synonym: *Mimosa arborea* Forssk.

Activities (Mimosa) — Analgesic (f; DAA; FAY); Antianaphylactic (1; X3932203); Aperitif (f; FAY); Arrhythmigenic (1; X1611699); Calcium Blocker (1; WO3); Digestive (f; DAA); Discutient (f; FAY); Diuretic (f; FAY); Insecticide (f; FAY); Memorigenic (f; FAY); Proteinase Inhibitor (1; X528539); Sedative (f; DAA; X10904180); Stimulant (f; DAA); Tonic (f; DAA); Tranquilizer (f; DAA); Uterocontractant (f; FAY); Vermifuge (f; DAA); Vulnerary (f; DAA).

Indications (Mimosa) — Abscess (f; DAA); Anaphylaxis (1; X3932203); Anorexia (f; FAY); Anxiety (f; FAY); Boil (f; DAA); Cancer (1; DAA); Cancer, lung (1; DAA); Carbuncle (f; DAA); Cardiopathy (1; WO3); Depression (f; FAY); Fracture (f; DAA); Furuncle (f; FAY); Hemorrhoid (f; DAA); Insomnia (f; DAA; X10904180); Nervousness (f; DAA; X10904180); Pain (f; DAA; FAY); Pulmonosis (f; FAY); Sarcoma (f; DAA); Sore (f; DAA); Sprain (f; DAA); Stress (f; FAY); Swelling (f; FAY); Water Retention (f; FAY); Worm (f; DAA); Wound (f; FAY).

Dosages (Mimosa) — 9–30 g bark; 3–9 g flowers (FAY).

Contraindications, Interactions, and Side Effects (Mimosa) — According to the WOI, this plant shares all the medicinal indications of *Albizia lebbek*.

MISSOURI SNAKEROOT, WILD QUININE (*Parthenium integrifolium* L.) +++

Blumenthal, Foster, and Pedersen all make the case that early on, some, many, or most of the earlier studies leading to the new fame for echinacea were really performed on *Parthenium*. Pedersen (1998) says, "During the past fifty years most of the echinacea of commerce was probably parthenium."

Activities (Missouri Snakeroot) — Antibacterial (f; JAD); Antiseptic (f; PED); Immunostimulant (f; PED).

Indications (Missouri Snakeroot) — Bacteria (f; JAD); Bronchosis (f; PED); Colitis (f; PED); Cold (f; PED); Cough (f; PED); Debility (f; PED); Enterosis (f; PED); Fatigue (f; PED); Immunodepression (f; PED); Infection (f; PED); VD (f; PED).

Dosages (Missouri Snakeroot) — 1 tbsp fresh root (PED); 1.5 g dry root (PED); 1.5 g dry root:8 ml alcohol/7 ml water.

Contraindications, Interactions, and Side Effects (Missouri Snakeroot) — Class 1 (AHP).

MISTLETOE (*Viscum album* L.) X

Activities (Mistletoe) — Antifertility (f; SKJ); Antileukemic (1; PNC); Antineoplastic (1; APA; PNC); Antiseptic (f; CRC); Antispasmodic (f; APA; CRC; MAD; PNC); Antitumor (1; APA; CRC); Aphrodisiac (f; KAB); Astringent (f; CRC); cAMP-Phosphodiesterase Inhibitor (1; PNC); Cardiodepressant (1; APA; CAN); Cardiotonic (1; CRC; PNC); Cardiotoxic (1; WOI); Carminative (f; CRC); Cytostat (1; KOM; PH2); Digestive (f; CRC); Diuretic (f; CRC; WOI); Emetic (f; CRC); Endophinogenic (1; BRU); Expectorant (f; PH2); Hypertensive (1; APA); Hypotensive (1; APA; CAN; KOM; PH2; WOI); Hypotonic (f; KOM); Immunostimulant (1; APA; CRC; KOM; PH2); Lactagogue (f; CRC; MAD); Laxative (f; CRC; WOI); Narcotic (1; CRC; JFM); Nephrotonic (f; CRC); Nervine (1; CRC; PNC); Poison (1; CRC); Sedative (f; APA; PH2; PNC); Stimulant (f; CRC); Sympathomimetic (f; CRC); Thymostimulant (f; CRC); Tonic (f; PH2); Tranquilizer (f; PH2); Uterocontractant (1; APA); Vasodilator (f; CRC); Vermifuge (f; MAD).

Indications (Mistletoe) — Abscess (f; APA); Alactea (f; MAD); Alopecia (f; CRC); Amenorrhea (f; CRC; PHR; PH2); Anxiety (f; PHR; PH2); Apoplexy (f; CRC; MAD); Arrhythmia (f; PH2); Arthrosis (2; CRC; KOM; PH2); Asthma (f; CRC; MAD; PHR; PH2); Atherosclerosis (f; CRC; HH2; MAD; PHR; PH2); Backache (f; PH2); Biliousness (f; KAB); Bleeding (f; CRC; PHR; PH2); Cancer (1; APA; CRC; PH2); Cancer, breast (1; CRC); Cancer, colon (1; CRC); Cancer, lung (1; CRC); Cancer, stomach (1; CRC); Cardiopathy (f; PH2); Childbirth (f; MAD); Chorea (f; HH2; PHR; PH2); Circulosis (f; PH2); Constipation (f; CRC; WOI); Convulsion (f; MAD); Cough (f; PH2); Cramp (f; APA; CRC; MAD; PNC); Diarrhea (f; PHR; PH2); Dysentery (f; MAD); Dysmenorrhea (f; CRC; MAD); Earache (f; CRC); Endometriosis (f; MAD); Enuresis (f; MAD); Epilepsy (f; HH2; PHR; PH2); Epistaxis (f; MAD); Fatigue (f; PHR; PH2); Fever (f; MAD); Gas (f; CRC); Gastrosis (f; MAD); Gout (f; MAD; PHR); Headache (f; CAN); Hemorrhoid (f; CRC); Hepatosis (f; CRC; PH2; WOI); High Blood Pressure (1; APA; CAN; CRC; KOM; PHR; PH2; WOI); Hypertony (f; CRC; HH2; MAD); Hysteria (f; CRC; HH2; PHR; PH2); Immunodepression (1; APA; CRC; KOM; PH2); Infection (f; CRC); Inflammation (1; APA; KAB; PHR; PH2); Insomnia (f; APA; PH2; PNC); Ischiosis (f; MAD); Leukemia (1; CRC; PNC); Leukorrhea (f; MAD); Low Blood Pressure (1; APA; PH2); Lumbago (f; CRC; KAB; WOI); Malaria (f; CRC);

Menorrhagia (f; MAD); Metrorrhagia (f; CRC; MAD); Migraine (f; MAD); Myoma (f; MAD); Myosis (f; CRC); Nephrosis (f; CRC); Nervousness (f; APA; CRC; HH2; PHR; PH2; PNC); Neuralgia (f; CRC); Neurosis (1; APA; PH2); Osteoporosis (f; CRC); Otosis (f; CRC; WOI); Pain (1; BRU; MAD; PH2); Pertussis (f; PH2); Rheumatism (2; PHR; PH2); Sore (1; APA; CRC); Spasm (f; CRC); Splenomegaly (f; CRC; WOI); Spondylosis (f; CRC); Sterility (f; CRC); Tachycardia (f; PHR; PH2); Tumor (2; APA; CRC; KOM; PHR; PH2); Typhoid (f; CRC); Ulcer (f; CRC); Ulcus cruris (f; MAD); Uterosis (f; CRC; MAD); Varicosis (f; CRC; MAD); Vertigo (f; CRC; HH2; MAD; PHR; PH2); Water Retention (f; CRC; WOI); Womb (f; CRC); Worm (f; MAD).

Dosages (Mistletoe) — Don't take it! (JAD); 1 tsp chopped leaf/cup water 1–2 ×/day (APA); 2–6 g dry leaf, or in tea, 3 ×/day (CAN); 1–3 ml liquid extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2–6 g powdered shoot (PNC); 1–3 ml liquid shoot extract (PNC); 10.5 ml leaf tincture (PNC); 0.5 ml tincture (1:5 in 45% ethanol) 3 ×/day (CAN); 40–120 ml 1:20 cold water infusion (CAN); 1 tsp (2.5 g) in cold infusion up to 4 ×/day (PH2); steep 40 g in a liter of wine for 3 days (PH2).

Contraindications, Interactions, and Side Effects (Mistletoe) — Class 2d. Contraindicated in protein hypersensitivity and chronic progressive infections such as AIDS and tuberculosis. Do not exceed recommended dose (2.5 g infused in cold water 10–12 hours, up to 2 ×/day) (AHP)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2). "The drug is non-toxic with peroral administration" (PH2), and perhaps orally inefficacious too (BRU). Fatalities questionably reported from children ingesting berries (CRC). Commission E reports herb permitted only for parenteral injection. Contraindications: hypersensitivity to proteins, chronic progressive infections (e.g., tuberculosis); adverse effects: allergic and other reactions. Also reported the viscotoxins are not absorbed orally and may have necrotizing effects in higher doses (AEH). CAN cautions that mixed herbal preparations, containing mistletoe, are poisonous and can cause hepatosis and hypotension. Because of toxic constituents and uterine stimulant activity, its use in pregnancy and lactation is to be avoided. Mistletoe may interfere with anticoagulant/coagulant, antidepressant, and cardiac therapies (CAN). Side effects of injections include allergic reactions, angina, chills, circulatory problems, fever, and headache (AHP).

Extracts (Mistletoe) — Extracts are cytotoxic, immunostimulant; exhibit significant antitumor activity against colon, lung, and mammary tumors. The lectin fraction is quite toxic LD50 = 80 μg/kg cf 3 μg for ricin; viscotoxin has an estimated LD50 = 0.7 mg/kg ipr mouse. Juice of plant LD50 = 32 mg (dry weight)/kg ipr mouse (CRC).

MOHODU-WA-PELA (*Cineraria aspera* Thunb.) +

Activities (Mohodu-Wa-Pela) — Fumitory (f; CRC); Hallucinogen (1; CRC); Narcotic (1; CRC); Intoxicant (f; CRC); Vasodilator (f; CRC).

Indications (Mohodu-Wa-Pela) — Asthma (f; CRC); Tuberculosis (f; CRC).

Contraindications, Interactions, and Side Effects (Mohodu-Wa-Pela) — "Emboden lists it as a narcotic hallucinogen of questionable status" (CRC).

MOLE PLANT (*Euphorbia lathyris* L.) X

Synonym: *E. lathyrus* L.

Activities (Mole Plant) — Antiseptic (f; CRC); Antitumor (1; CRC); Carcinogenic (1; CRC); Depilatory (f; CRC); Diuretic (f; CRC); Emetic (f; CRC); Laxative (1; CRC); Poison (1; CRC); Priapistic (1; CRC); Vesicant (f; CRC).

Indications (Mole Plant) — Cancer (1; CRC); Condyloma (f; JLH); Constipation (1; CRC); Corn (f; CRC; JLH); Dermatosis (f; CRC); Diarrhea (f; CRC); Erysipelas (f; CRC); Gangrene (f; CRC); Impotence (1; CRC); Melanoma (f; CRC); Paralysis (f; CRC); Parkinson's Disease (1; CRC); Rheumatism (f; CRC); Sore (f; CRC); Sore Throat (f; CRC); Tumor (1; CRC); Wart (f; CRC); Water Retention (f; CRC).

Contraindications, Interactions, and Side Effects (Mole Plant) — Not covered (AHP; KOM; PHR).

MONEYWORT (*Lysimachia nummularia* L.) +

Activities (Moneywort) — Antacid (f; EFS); Antibacterial (f; PH2); Antipyretic (f; EFS); Antiseptic (1; HHB); Antisialagogue (f; PH2); Astringent (f; EFS; PH2); Expectorant (f; PH2); Hemolytic (1; MAD); Vulnerary (f; EFS; PH2).

Indications (Moneywort) — Arthrosis (f; HHB); Asthma (f; MAD); Bacteria (f; PH2); Bleeding (f; MAD); Cough (f; MAD; PH2); Dermatosis (f; PH2); Diarrhea (f; HHB; PH2); Dysentery (f; HHB; MAD); Eczema (f; PH2); Fever (f; EFS); Gout (f; HHB; MAD); Halitosis (f; MAD); Hemoptysis (f; MAD); Infection (1; HHB; PH2); Myalgia (f; MAD); Pain (f; HHB); Pulmonosis (f; MAD); Rheumatism (f; HHB); Scrofula (f; MAD); Sore (f; HHB; MAD); Tuberculosis (f; MAD); Ulcer (f; MAD); Varicosis (f; MAD); Wound (f; HHB).

Dosages (Moneywort) — 2 tsp herb/250 ml water, take 1 cup 2–3 ×/day (PH2).

Contraindications, Interactions, and Side Effects (Moneywort) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

MONKSHOOD (*Aconitum napellus* L.) X

There are 300 species in the poisonous monkshood genus, many containing the alkaloid aconitine, which imparts its activities to the herb. Aconite was long used in TAM, e.g., *A. ferox*; and TCM, e.g., *A. carmichaelii*, appearing later as a medicine in the Western world. Moerman mentions six species in North America, all used as poisons. Only Chinese *A. carmichaelii* was covered by AHP (1997).

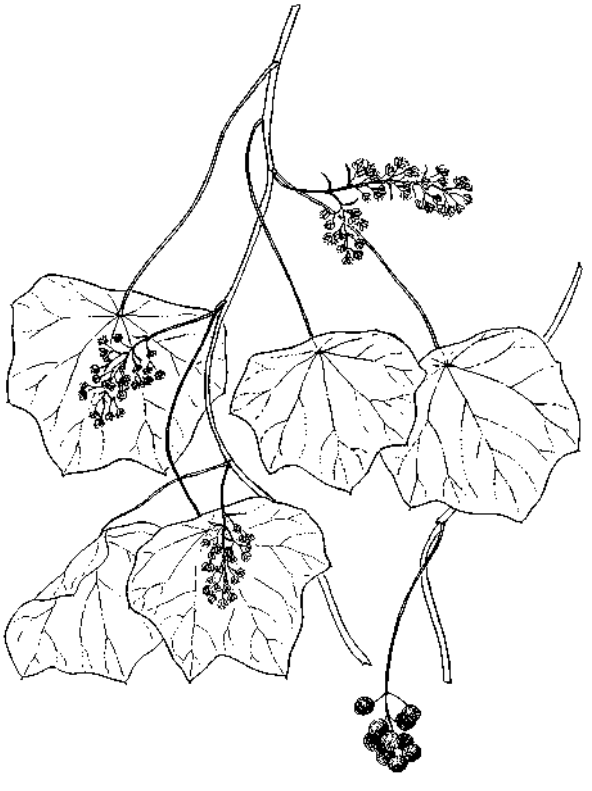
Activities (Monkshood) — Analgesic (1; FNF; PH2); Anesthetic (1; FNF; PH2); Antiinflammatory (1; FNF; PH2); Antineuralgic (1; BRU); Antipyretic (1; EFS; FNF); Antiseptic (f; PH2); Arrhythmigenic (1; FNF; PH2); Bradycardic (1; FNF; PH2); Cardiotonic (1; FNF; PH2); Cardiotoxic (1; FNF); Diaphoretic (1; EFS; FNF); Diuretic (f; EFS); Emetic (1; FNF); Hypotensive (1; FNF; PH2); Immunomodulator (f; FNF); Insecticide (1; FNF); Mydriatic (1; FNF); Narcotic (f; EFS); Paralytic (1; PH2); Pediculicide (f; FNF); Poison (1; PH2); Positive Inotropic (1; FNF; PH2); Sialagogue (f; FNF); Toxic (1; EFS).

Indications (Monkshood) — Adenopathy (f; JLH); Anxiety (f; PH2); Arthrosis (f; PH2); Cancer (f; JLH); Cough (f; BRU); Dermatosis (f; PH2); Fever (1; EFS; FNF); Gastrosis (1; FNF); Gout (f; PH2); Headache (1; FNF; PH2); High Blood Pressure (1; FNF; PH2); Inflammation (1; FNF; PH2); Migraine (f; PH2); Mucososis (f; PH2); Myalgia (f; PH2); Neuralgia (1; FNF; PH2); Neurosis (f; PH2); Pain (1; FNF; PH2); Paralysis (f; PH2); Pericardosis (f; PH2); Respirosis (f; BRU); Rheumatism (f; PH2); Water Retention (f; EFS); Wound (f; PH2).

Dosages (Monkshood) — 0.1 g = average daily dose; 0.6 g = maximum daily dose (PH2).

Contraindications, Interactions, and Side Effects (Monkshood) — Not covered (AHP; KOM). Commission E reports the herb and tuber are not permitted for therapeutic use. Usefulness is not documented adequately for most advocated uses (AEH). Use of the drug is risky and not recommended (PH2). Extremely toxic; can cause irregular heart beats, heart attack, and even death. Dangerous, even topically. To be avoided, especially by pregnant or nursing women. On Commission E list of unapproved herbs. "This means that it is not recommended for use because it has not been proven to be safe or effective" (ACS). Contains the toxic alkaloid aconitine (AEH). Aconitine first excites, then paralyzes peripheral nerve endings and the brain stem. It slows respiration and extinguishes atrial impulses within the A-V node. It parallels other neurotoxins (batrachotoxin, grayanotoxin), which act on the sodium channels and hinder repolarization. Between 1980 and 1984, there were 25 reported aconite murders in Sichuan China alone.

MOONSEED (*Menispermum canadense* L.) +



Activities (Moonseed) — Alterative (f; CRC); Cyanogenic (f; CRC); Diaphoretic (f; CRC); Diuretic (f; CRC); Laxative (f; CRC; DEM); Nervine (f; CRC; EFS); Poison (f; CRC); Stomachic (f; CRC); Tonic (f; CRC; EFS).

Indications (Moonseed) — Cancer (f; CRC); Constipation (f; CRC; DEM); Debility (f; CRC); Dermatosis (f; CRC; DEM); Enterosis (f; DEM); Fever (f; CRC); Gastrosis (f; DEM); Gout (f; CRC); Scrofula (f; CRC); Sore (f; DEM); Syphilis (f; CRC); VD (f; CRC; DEM); Water Retention (f; CRC).

Dosages (Moonseed) — Not covered (AHP; KOM; PHR).

MORMON TEA (*Ephedra nevadensis* S. Watson) ++

Activities (Mormon Tea) — Astringent (1; APA; CRC); Depurative (f; APA; CRC; DEM); Diuretic (1; APA; CRC; DEM); Fumitory (f; CRC); Tonic (f; APA).

Indications (Mormon Tea) — Burn (f; APA; DEM); Cold (f; APA; CRC); Diarrhea (1; APA); Dysuria (f; DEM); Enterorrhagia (f; CRC); Headache (f; APA; CRC); Gonorrhea (f; APA; CRC); Nephrosis (f; APA; CRC; DEM); Sore (f; APA; DEM); Syphilis (1; APA; CRC); VD (f; CRC; DEM); Water Retention (1; APA; CRC; DEM).

Dosages (Mormon Tea) — (Based on recommendations for the alkaloid rich ma huang) 1–4 g powdered stem (PNC).

Contraindications, Interactions, and Side Effects (Mormon Tea) — Class 1 (AHP).

MORNING GLORY (*Ipomoea hederacea* Jacq.) +

Synonyms: *I. barbigera* Sweet, *Pharbitis hederacea* (Jacq.) Choisy

I fear PH2 may have gone generic without telling us so. I do not find this species in my Chinese book, although many species are cosmopolitan. So many of the PH2 entries may not necessarily apply to this species.

Activities (Morning Glory) — Ascarifuge (1; PH2); Diuretic (f; DEP); Laxative (1; DEP; PH2); Taenifuge (1; PH2); Teratogenic (f; PH2); Vermifuge (1; DEP; PH2).

Indications (Morning Glory) — Ascaris (1; PH2); Biliousness (f; DEP); Constipation (1; DEP; PH2); Dyspepsia (f; PH2); Edema (f; PH2); Gas (f; PH2); Parasite (1; PH2); Satiety (f; PH2); Scabies (1; PH2); Tapeworm (1; PH2); Water Retention (f; DEP); Worm (1; DEP; PH2).

Dosages (Morning Glory) — 0.5–3 g seed (HHB); 30–40 grains (DEP); Chinese Dosage 1.5–15 g drug (PH2); 24–30 g in tea (not for me).

Contraindications, Interactions, and Side Effects (Morning Glory) — Not covered (AHP). Laxative action may be accompanied by cramping. Possibly teratogenic, not for use during pregnancy (PH2). "Inadmissable in inflammatory states of the alimentary canal" (DEP).

MOTHER OF THYME (*Thymus serpyllum* L.) +++

Foster and Duke (1985) treat mother of thyme as *T. pulegioides* (FAD), Tucker and Debaggio (TAD) add that most so-called wild thyme or mother of thyme on sale or escaped in the U.S. is *T. pulegioides* or *T. praecox* var. *arcticus* ("distinguishing characteristics are tiny" (TAD)). USDA recognizes both *T. pulegioides* and *T. serpyllum* as wild thyme. It is highly likely that most chemical and medicinal studies are unvouchered so we'll never really know which species was intended. I suspect that Americans had best consult data on *T. pulegioides* and Europeans this entry, *T. serpyllum*. There are few major differences in the chemical and medical, as with the morphological characteristics.

Activities (Mother of Thyme) — Analgesic (1; FAD; PH2); Antihormonal (1; HH2; PH2); Antiseptic (2; KOM; PIP; TAD); Antispasmodic (1; FAD; PIP); Antithyroid (1; AKT); Antitussive (1; PH2); Cardiotonic (1; FAD); Carminative (f; MAD; PHR); Depurative (f; FAD); Diuretic (f; MAD); Emmenagogue (f; FEL; MAD); Expectorant (1; FAD; MAD; PH2); Fungicide (1; TAD); Hemostat (f; MAD); Hypotensive (1; FAD); Respiratonic (1; FAD); Secretomotor (1; PHR); Stomachic (f; MAD; PHR); Thyrotropic (1; HH2; PH2); Tonic (f; MAD); Vulnerary (f; MAD).

Indications (Mother of Thyme) — Abscess (f; HH2); Adenopathy (f; JLH; MAD); Angina (f; FAD); Arthrosis (f; MAD); Asthma (f; MAD); Bleeding (f; MAD); Bronchosis (2; MAD; PHR; PH2); Cancer (1; COX; JLH); Cancer, colon (1; COX; JLH); Cancer, pituitary (1; COX; JLH); Cancer, spleen (1; COX; JLH); Cancer, stomach (1; COX; JLH); Cancer, uterus (1; COX; JLH); Catarrh (2; HH2; KOM; MAD; PIP); Chill (f; MAD); Chlorosis (f; MAD); Cholecystosis (f; PHR); Cholera (f; MAD); Cold (f; MAD); Colic (f; MAD; PH2); Cough (2; FAD; HH2; MAD; PHR); Cramp (1; FAD; HAD; HH2; PIP); Dermatosis (f; PH2); Diarrhea (f; PH2); Dislocation (f; MAD); Dysmenorrhea (f; PH2); Dyspepsia (f; FEL; MAD); Enterosis (f; JLH; MAD); Epigastrosis (f; MAD); Epilepsy (f; MAD); Flu (f; FAD); Fracture (f; MAD); Fungus (1; TAD); Gas (f; MAD; PHR; PH2); Gastrosis (f; MAD); Hangover (f; MAD); Headache (f; MAD); Hemicrania (f; MAD); High Blood Pressure (1; FAD); Hysteria (f; MAD); Infection (1; HH2; TAD); Ischiosis (f; HH2); Itch (f; PH2); Leukorrhea (f; MAD); Mycosis (1; TAD); Nephrosis (f; PHR); Neurosis (f; FAD; MAD); Pain (1; FAD; HH2; PH2); Pertussis (f; MAD; PH2); Phrenosis (f; MAD); Respirosis (2; KOM; HH2; MAD; PH2; PIP); Rheumatism (f; HH2; PHR; PH2); Scrofula (f; MAD); Sore (f; HH2); Sore Throat (f; FEL); Splenosis (f; JLH; MAD); Sprain (f; PHR; PH2); Stomachache (f; FAD; MAD); Swelling (f; MAD); Toothache (1; FAD; PH2; WOI); Ulcer (f; MAD); Uterosis (f; JLH; MAD); Vertigo (f; MAD); Vomiting (f; PH2); Water Retention (f; MAD); Wound (f; HH2)

Dosages (Mother of Thyme) — 4–6 g/day herb (KOM; PH2; PIP); 2 tsp (~3.8 g) herb in hot tea (MAD); 1.5–2 g drug/cup water (PHR); 1 g herb/liter filtered water, or 4 mg EO to bath (PH2); 5–15 g liquid extract (PH2).

Contraindications, Interactions, and Side Effects (Mother of Thyme) — None reported (PIP). Oil is toxic and very irritant to the skin (FAD).

M

MOTHERWORT (*Leonurus cardiaca* L.) ++

Activities (Motherwort) — Allergenic (1; CRC); Analgesic (f; CRC; EFS); Antiaggregant (1; PNC); Antiepileptic (f; HHB); Antiischemic (1; BGB); Antileukemic (1; BGB); Antipyretic (f; CRC); Antispasmodic (1; APA; CRC; FAD; HHB); Antitumor (1; BGB); Antiviral (1; BGB); Astringent (f; CRC); Cardiotonic (1; PNC); CNS Depressant (1; APA; BGB); Cytotoxic (1; BGB); Diaphoretic (f; CRC); Diuretic (f; CRC); Emmenagogue (f; CRC; EFS; FAD; HHB); Expectorant (f; EFS; MAD); Hypotensive (1; APA; BGB; FAD; HHB); Hypotonic (1; PHR; PH2); Laxative (1; BGB; CRC); Lipolytic (1; PNC); Negative Chronotropic (1; PHR; PH2); Nervine (1; CRC; EFS; PNC); Oxytocic (1; APA; BGB); Sedative (1; APA; CRC; FAD; PH2); Stimulant (f; DEM); Tonic (f; CRC; EFS); Uterotonic (1; APA; BGB; FAD; HHB).

Indications (Motherwort) — Amenorrhea (f; BGB; CRC; FAD; HHB; PH2); Anemia (f; CRC; HHB; MAD); Angina (f; HHB); Anxiety (f; APA; BGB); Arrhythmia (2, PHR); Asthma (f; CRC; HAD); Bleeding (f; CRC); BPH (f; MAD); Bronchosis (f; PH2); Cancer (1; BGB); Cardiopathy (2; APA; KOM; MAD; PH2); Cardiosclerosis (f; CRC); Catarrh (f; MAD); Childbirth (f; MAD); Cholecystosis (f; CRC); Climacteric (f; HHB; MAD; PH2); Cold (f; BGB); Constipation (1; BGB; CRC); Convulsion (f; CRC); Cramp (1; APA; CRC; FAD; HHB; MAD); Debility (f; CRC); Delirium (f; BGB; CRC; MAD); Depression (f; BGB); Dysentery (f; CRC); Dysmenorrhea (f; BGB; CRC; FAD); Dyspepsia (f; DEM); Dyspnea (f; MAD); Dysuria (f; CRC); Epilepsy (f; BGB; CRC; HHB; MAD); Fatigue (f; APA); Fever (f; BGB; CRC; FAD); Gas (f; CRC; HHB; PHR; PH2); Gastrosis (f; DEM); Goiter (f; BGB; CRC); Heart (f; CRC); Hematuria (f; MAD); High Blood Pressure (1; APA; BGB; CRC; FAD; HHB); Hyperthyroid (2; APA; KOM; PHR; PH2); Hysteria (f; CRC; MAD); Infertility (f; MAD); Insomnia (1; APA; CRC; FAD; PH2); Leukemia (1; BGB); Menopause (f; CRC); Nervous Heart Condition (2; BGB; PHR; PH2); Nervousness (1; APA; CRC; FAD; PH2); Neuralgia (f; FAD); Neurasthenia (f; CRC); Neurosis

(1; APA; BGB; CRC); Pain (f; BGB; CRC; EFS); Palpitation (f; APA; BGB; CRC; MAD); Paralysis (f; MAD); Parturition (f; FAD); Prolapse (f; MAD); Rabies (f; CRC); Restlessness (f; MAD); Rheumatism (1; BGB; CRC); Roemheld Syndrome (f; MAD); Sciatica (f; CRC; HAD); Spasm (f; CRC); Spine (f; CRC); Sterility (f; MAD); Stomachache (f; CRC; FAD); Stroke (1; APA); Syncope (f; BGB); Tachycardia (1; FAD); Tuberculosis (f; CRC); Tumor (1; BGB); Typhoid (1; BGB); Uterosis (f; MAD); Vaginosis (f; MAD); Virus (1; BGB); Water Retention (f; CRC); Worm (f; BGB); Wound (f; MAD).

Dosages (Motherwort) — 1.5–6 g/day (HHB); 4.5 g (KOM; PHR); 2–4 g/day (MAD); 2 tsp (~1 g) in cold infusion (MAD); 2–4 g in tea 3 ×/day (PH2); 2–4 g herb, or in tea, 3 ×/day (CAN); 1–2 tsp dry herb/cup water 1–2 ×/day (APA); 2–4 g powdered herb (PNC); 2–4 mg liquid herb extract (PNC); 2–4 ml liquid herb extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2–6 ml herb tincture (1:5 in 45% ethanol) 3 ×/day (CAN); 10–15 drops tincture up to 3 ×/day (APA); 2–6 ml tincture/day (PH2); 2–4 ml liquid extract (APA); 2–4 ml liquid extract 3 ×/day (PH2).

Contraindications, Interactions, and Side Effects (Motherwort) — Class 2b. Emmenagogue and uterotonic (AHP). None known (KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). CAN cautions that the volatile oil may cause phototoxic dermatitis. Leaves may cause contact dermatitis. Because it is reputed to affect the menstrual cycle, and of reputed uterine activity *in vitro*, its use in pregnancy and lactation is to be avoided (CAN; PH2). May interfere with cardiac therapy (CAN). One reference notes that doses exceeding 3 g may cause diarrhea, dyspepsia, and uterine bleeding (AHP). Inhibits pulsations of myocardial cells *in vitro* (PNC).

MOUNTAIN ASH (*Sorbus americana* Marshall) ++

So similar to *S. aucuparia* that few people know with which they are dealing. PH2 ignored the American species but gave accounts for two much more trivial species, again showing that the so called PDR for American physicians had a largely European bias.

Activities (Mountain Ash) — Analgesic (f; DEM); Antiscorbutic (1; FAD); Antiseptic (f; HHB); Aperitif (f; DEM; FAD); Astringent (f; HHB); Bitter (f; HHB); Depurative (f; CEB; DEM; FAD); Digestive (f; DEM); Diuretic (f; CEB); Tonic (f; FAD; HHB); Vermifuge (f; FAD).

Indications (Mountain Ash) — Anorexia (f; DEM; FAD); Boil (f; FAD); Childbirth (f; DEM); Cold (f; CEB; DEM; FAD); Debility (f; DEM; FAD); Depression (f; DEM); Diarrhea (f; FAD); Dyspepsia (f; DEM); Fever (f; CEB); Gonorrhea (f; DEM); Inflammation (f; CEB); Malaria (f; CEB; HHB); Pain (f; DEM); Pleurisy (f; DEM); Stomachache (f; MIC); Tonsilosis (f; FAD); VD (f; DEM); Water Retention (f; CEB); Witchcraft (f; MIC); Worm (f; FAD).

Contraindications, Interactions, and Side Effects (Mountain Ash) — Not covered (AHP; PH2).

MOUNTAIN-AVENS (*Dryas octopetala* L.) ++

Activities (Mountain-Avens) — Astringent (f; HHB; PH2).

Indications (Mountain-Avens) — Callus (f; JLH); Cancer (f; JLH); Diarrhea (f; HHB); Gastrosis (f; PH2); Pain (f; PH2); Sore (f; JLH); Stomachache (f; PH2).

Contraindications, Interactions, and Side Effects (Mountain-Avens) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2).

MOUNTAIN LAUREL (*Kalmia latifolia* L.) X

Synonym: *K. latifolia* var. *myrtifolia* Bosse.

Activities (Mountain Laurel) — Alterative (f; CRC; EFS); Analgesic (f; DEM); Antiinflammatory (f; PHR; PH2); Antiseptic (f; DEM); Astringent (f; CRC; EFS); Cardiac (f; CRC; EFS); Deodorant (f; DEM); Diuretic (f; PHR; PH2); Narcotic (1; CRC; EFS); Poison (1; CRC); Sedative (f; CRC; EFS).

Indications (Mountain Laurel) — Angina (f; MAD); Arthrosis (f; MAD); Bleeding (f; CRC); Cardiopathy (f; MAD; PH2); Dermatosis (f; CRC; EFS); Diarrhea (f; CRC; DEM; MAD); Dysentery (f; CRC); Edema (f; MAD); Endocardosis (f; MAD); Exanthema (f; MAD); Fever (f; CRC; FAD); Gastrosis (f; MAD); Heart (f; CRC; FAD); Herpes (f; PHR; PH2); Infection (f; CRC); Inflammation (f; FAD; PHR; PH2); Insomnia (f; CRC; EFS); Jaundice (f; CRC; FAD); Myocardosis (f; MAD); Nephrosis (f; MAD); Nervousness (f; CRC; EFS); Neuralgia (f; CRC; FAD; MAD; PH2); Ophthalmia (f; CRC); Pain (f; DEM; PH2); Psoriasis (f; MAD; PHR; PH2); Rheumatism (f; CRC; DEM; FAD; MAD; PH2); Shingle (f; PH2); Stone (f; MAD); Syphilis (f; CRC; FAD; MAD; PHR; PH2); Tinea (f; PHR; PH2); VD (f; CRC; PH2); Vermin (f; FAD); Wart (f; CRC); Water Retention (f; PHR; PH2); Wound (f; DEM).

Dosages (Mountain Laurel) — Homeopathic only (PH2).

Contraindications, Interactions, and Side Effects (Mountain Laurel) — Not covered (AHP). Fatally poisonous. May cause arrhythmia, bradycardia, cold sweats, diarrhea, dizziness, fever, headache, hypotension, parathesia, visual disturbances, perhaps death due to cardiac arrest and respiratory failure (PHR; PH2).

MOUSE EAR HAWKWEED (*Hieracium pilosella* L.) ++

Synonym: *Pilosella officinarum* F. W. Schultz & Sch. Bip.

Activities (Mouse Ear Hawkweed) — Antispasmodic (1; PH2); Diaphoretic (1; PH2); Diuretic (1; PH2).

Indications (Mouse Ear Hawkweed) — Asthma (f; PH2); Bladder Stone (f; MAD); Bronchosis (f; PH2); Cancer (f; HHB; JLH); Cancer, oral (f; JLH); Cancer, genital (f; JLH); Catarrh (f; HHB; MAD); Childbirth (f; MAD); Cough (f; PH2); Cramp (1; PH2); Diarrhea (f; HHB); Dropsy (f; MAD); Dysentery (f; MAD); Dysmenorrhea (f; MAD); Epilepsy (f; MAD); Fever (1; HHB; PH2); Flu (f; HHB); Hepatosis (f; MAD); Hemoptysis (f; MAD); Jaundice (f; MAD); Malaria (f; HHB); Neurasthenia (f; MAD); Pertussis (f; PH2); Proctosis (f; MAD); Pulmonosis (f; MAD); Sore (f; MAD); Spermatorrhea (f; MAD); Stomatosis (f; JLH); Toothache (f; MAD); Ulcer (f; MAD); Water Retention (1; HHB; PH2) Wart (f; JLH); Worm (f; HHB); Wound (f; PH2).

Contraindications, Interactions, and Side Effects (Mouse Ear Hawkweed) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

MUGWORT (*Artemisia vulgaris* L.) +

Synonym: *A. vulgaris* var. *coarctata* Forselles ex Besser.

Activities (Mugwort) — Abortifacient (1; CRC; FNF); Allergenic (1; APA); Analgesic (f; APA); Antibacterial (1; APA); Antidote, opium (f; CRC); Antiepileptic (f; CRC); Antiseptic (1; CRC; PNC); Antispasmodic (f; CRC); Aperitif (1; APA; BIS); Bitter (1; APA; CRC); Carminative (1; BIS; CRC); Choleretic (f; CRC; FAD); Diaphoretic (f; CRC; FAD); Diuretic (f; FAD); Emmenagogue (1; APA; CRC; PNC); Expectorant (f; CRC); Fungicide (1; APA); Gastrostimulant (1; CAN); Hemostat (f; APA); Hypoglycemic (1; CRC; FAD); Immunostimulant (f; APA); Insecticide (1; APA); Insectifuge (1; CRC); Larvicide (1; APA); Nervine (f; CRC); Sedative (f; KOM); Stimulant (f; CRC); Stomachic (f; CRC); Tonic (f; CRC); Uterotonic (1; AHP); Vermifuge (1; CRC; PNC).

Indications (Mugwort) — Amenorrhea (1; CRC; PNC); Anorexia (1; APA; BIS; PNC); Anxiety (f; KOM); Asthenia (f; KOM); Asthma (f; CRC); Bacteria (1; APA; CRC; FNF); Breech Birth (3; JAMA); Bleeding (f; APA); Bronchosis (f; CRC); Cancer (f; CRC; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; CRC; JLH); Cancer, uterus (f; CRC; JLH); Catalepsy (1; CRC); Childbirth (1; CRC); Chorea (1; CRC); Cold (f; CRC); Colic (f; CRC; KOM); Constipation (f; KOM); Cramp (1; CRC; FNF; KOM); Cystosis (f; CRC); Depression (f; KOM); Dermatosis (f; CRC); Dysmenorrhea (1; CRC; FAD; KOM); Dyspepsia (1; APA; KOM); Encephalosis (f; CRC); Epilepsy (f; APA; CRC; KOM); Fear (1; CRC); Fever (f; CRC; FAD); Fungus (1; APA); Gallstone (1; CRC); Gas (1; APA; BIS; CRC); Gastrosis (1; BIS; CRC); Gout (f; CRC); Headache (1; CRC); Hepatosis (f; KOM); Hydrocephalus (1; CRC); Hyperglycemia (1; CRC; FAD); Hypochondria (f; KOM); Hysteria (f; CRC; KOM); Immunodepression (f; APA); Induration (f; CRC); Infection (1; APA; CRC); Inflammation (1; CRC; FNF); Insomnia (f; APA; KOM); Itch (f; CRC); Kidney Stone (f; CRC); Mycosis (1; APA); Nephrosis (f; CRC); Nervousness (f; APA; CRC; KOM); Neurasthenia (f; CRC; KOM); Neurosis (f; KOM); Obesity (f; KOM); Pain (f; APA); Poison Ivy (f; CRC); Psychoneurosis (f; KOM); Rheumatism (f; CRC; FAD); Rickets (1; CRC); Sciatica (f; CRC); Scirrhus (f; CRC; JLH); Scurvy (f; CRC); Somnambulism (1; CRC); Sore (f; CRC); Splenosis (f; CRC); Swelling (f; JLH); Tuberculosis (1; CRC); Uterosis (f; JLH); Vomiting (f; KOM); Water Retention (f; FAD); Wen (f; CRC; JLH); Whitlow (f; CRC; JLH); Worm (1; APA; CRC; FNF; KOM; PNC); Wound (f; CRC).

Dosages (Mugwort) — 0.5–2 g in infusion 2–3 ×/day (PH2); 1 tsp (1.2 g) herb/cup 2–3 ×/day before meals (APA; BIS); 2–4 ml liquid herb extract (PNC); 0.5–5 ml liquid root extract (APA).

Contraindications, Interactions, and Side Effects (Mugwort) — Class 2b. Emmenagogue and uterotonic (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). May cause abortions or allergies (BIS). Commission E reports an abortive effect and allergic reactions have been described (AEH). Oil allergenic, may cause dermatosis (FAD; PHR). Therapeutic administration is not recommended (PH2). EO is bactericidal and fungicidal. Moxibustion lowers incidence of breech birth presentation (*JAMA,* Nov. 11, 1998).

MUIRA PUAMA (*Ptychopetalum olacoides* Benth.) ++

Activities (Muira Puama) — Aperitif (f; CRC; MAD); Aphrodisiac (1; ABS; APA; CRC; MAD; PNC); Astringent (1; PNC); CNS Stimulant (1; ABS; APA; CRC; MAD); Dopaminergic (1; ABS); Nervine (f; APA; CRC); Neurotonic (f; EFS); Noradrenergic (1; ABS); Panacea (f; CRC); Stimulant (1; ABS; APA); Tonic (f; APA; CRC; MAD).

Indications (Muira Puama) — Anorexia (f; APA; CRC; MAD; PH2); Arthrosis (f; APA); Colic (f; MAD); Debility (1; ABS); Diarrhea (f; APA; PH2; PNC); Dysentery (f; MAD); Dysmenorrhea (f; APA; CRC; MAD); Dyspepsia (f; APA; CRC); Frigidity (f; APA); Hookworm (f; APA); Impotence (1; ABS; APA; CRC; PH2; PNC); Lassitude (1; ABS); Neuralgia (f; CRC; MAD); Nerve (f; ABS); Pain (f; APA); Paralysis (f; CRC; MAD); Poliomyelosis (f; APA); Rheumatism (f; APA; CRC; MAD); Tremor (1; ABS).

Dosages (Muira Puama) — 2–4 ml liquid root extract (APA); 0.5–5 ml liquid root extract (PNC); 1 dropper prior to sex (APA); 15–25 drops fluid extract 2–3 days for aphrodisia (MAD); 5–8 drops tincture for dysentery (MAD); 0.5–2 ml decoction or liquid extract 3 ×/day (10 parts dry herb, 2 parts grape brandy, 1 part glycerine) (PH2).

Contraindications, Interactions, and Side Effects (Muira Puama) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Brazilian scientists, Siquera et al. (1998), mention that Amazon caboclos take the roots in alcohol for "nervous weakness," a syndrome with several symptoms: depression, lassitude, sexual impotence, and tremors. A hydroalcoholic extract at 200 mg/kg potentiates yohimbine-induced lethality, reverses reserpine-induced ptosis, and prevents apomorphine-induced stereotypy. The data suggest that muira puama is a CNS active, interacting with the dopaminergic or noradrenergic systems. The authors speculate that, since some of the symptoms resemble Parkinsonian symptoms, roots could have antiparkinsonian effects. Their extracts did affect pharmacological models for depressions, impotence, and tremors.

MULLEIN (*Verbascum* spp.) ++

Primarily *Verbascum densiflorum* Bertol (**Synonym:** *V. thapsiforme* Schrad.) and common mullein, *V. thapsus* L. As so often, the Herbal PDR stresses the European rather than the common American weed, *V. thapsus*. American entries apply mostly to *V. thapsus*, European to *V. densiflorum*.

Activities (Mullein) — Analgesic (1; FEL; WAM); Antiherpetic (1; BGB); Antiinflammatory (1; APA; FAD; PNC); Antiperiodic (f; FEL); Antispasmodic (1; FAD; FEL; PED; WAM); Antiviral (1; BGB); Astringent (1; APA; PED); Decongestant (1; APA); Demulcent (1; BGB; FEL; PNC; WAM); Diuretic (f; APA; FEL; PHR; PNC); Emollient (f; BGB; PIP; PNC); Expectorant (2; KOM; MAD; PH2; PIP; WAM); Mucilaginous (1; PED); Narcotic (f; FEL); Nervine (f; FEL); Pectoral (1; BGB; MAD); Sedative (f; FEL); Vulnerary (1; PNC).

Indications (Mullein) — Abscess (f; DEM); Adenopathy (f; DEM; JLH); Alopecia (f; MAD); Amenorrhea (f; MAD); Arthrosis (f; DEM); Asthma (1; APA; DEM; FAD; FEL; MIC; PH2; WAM); Athlete's Foot (f; DEM); Bite (f; PH2); Bronchosis (2; APA; MAD; PHR; PH2; SKY); Bruise (f; DEM); Burn (f; MAD; PH2); Calculus (f; FEL); Cancer (f; FEL; JLH); Cancer, cervix (f; JLH); Cancer, gland (f; JLH); Cancer, stomach (f; JLH); Catarrh (2; DEM; FEL; KOM; PH2; PIP); Cervicosis (f; JLH); Cholera (f; MAD); Coccyx (f; DEM); Cold (f; DEM; FEL; SKY); Colic (f; PH2); Congestion (1; APA); Convulsion (f; FEL); Corn (f; JLH); Cough (2; APA; DEM; PHR; PH2; WAM); Cramp (1; FAD; FEL; MAD; PED; WAM); Croup (f; DEM); Cystosis (f; FEL; PH2); Deafness (f; FEL; MAD); Dentition (f; DEM); Dermatosis (1; APA; BGB; DEM; PH2); Diarrhea (1; APA; DEM; FEL; MAD; PH2); Diphtheria (f; DEM); Dropsy (f; DEM); Dysentery (f; FEL); Dysuria (1; FEL; WAM); Earache (1; BGB; DEM; FAD; PH2; WAM); Eczema (1; BGB; PH2); Enterosis (1; APA; DEM; FEL; PH2); Enuresis (f; FEL; WAM); Erysipelas (f; DEM); Fever (f; DEM; FAD); Fit (f; DEM); Flu (1; BGB; PH2); Furuncle (f; PH2); Gastrosis (f; JLH); Hemoptysis (f; FEL); Hepatosis (f; MAD); Hemorrhoid (1; APA; DEM; FAD; FEL; MAD; PH2); Herpes (1; BGB); Hiccup (f; DEM); Hysteria (f; DEM); Induration (f; JLH); Infection (f; PH2); Inflammation (1; APA; FAD; PH2; PNC); Insomnia (f; FEL); Itch (f; PH2); Lacrimation (f; MAD); Laryngosis (f; FEL); Lunacy (f; DEM); Malaria (f; FEL); Mange (f; MAD); Migraine (f; FAD); Mucososis (1; APA; FAD); Nephrosis (f; DEM; FAD; PH2); Nervousness (f; FEL); Neuralgia (1; MAD); Ophthalmia (f; MAD); Otosis (f; MAD; PH2; SKY); Pain (1; APA; DEM; FEL; PH2; WAM); Parotosis (f; DEM); Pharyngosis (f; MAD); Prickly Heat (f; DEM); Proctosis (f; PH2); Pulmonosis (1; BGB; DEM; MAD); Rash (f; DEM); Respirosis (1; APA; PHR; PH2; PIP); Rheumatism (f; DEM; PHR); Scabies (f; MAD); Sore (f; DEM; FAD; FEL); Sore Throat (1; APA; DEM; FEL; SKY; WAM); Splenosis (f; MAD); Sprain (f; DEM); Swelling (f; DEM; FEL; JLH); Syncope (f; DEM); Tinnitus (f; MAD); Toothache (f; DEM); Trachosis (f; FEL); Tuberculosis (1; APA; BGB; DEM; MAD); Tumor (f; FAD; FEL); Urogenitosis (f; PH2); UTI (1; BGB); Virus (1; BGB); Wart (f; DEM; JLH); Water Retention (f; APA; FEL; PHR; PNC); Worm (f; DEM); Wound (1; APA; DEM; MAD; PHR).

Dosages (Mullein) — 3–4 tsp (1.5–2 g) flowers/cup water 1–2 ×/day (APA); 3–4 g flowers/day (KOM; PIP); 1 tsp (~1.1 g) flowers/cold tea (MAD); 1–2 tbsp fresh leaf (PED); 2–3 g dry leaf (PED); 2 g dry leaf/cup boiling water (PED); 1–2 tsp leaf or flower 3–4 ×/day (SKY); 1–2 g leaf or flower 3 ×/day (SKY); 1–4 ml leaf or flower tincture 3–4 ×/day (SKY); 3–4 g drug/day (PH2); 20–30 drops tincture (20 g drug:80 g 70% ethanol) several ×/day (PH2); 2–5 ml liquid herb extract (PNC).

Contraindications, Interactions, and Side Effects (Mullein) — Class 1 (AHP). None known or reported (KOM; PHR; PH2; PIP; WAM). Mucilage underlies soothing effects on mucous membranes (SKY). Saponins may explain expectorant activity (SKY).

MUSK-MALLOW, MUSK OKRA (*Abelmoschus moschatus* Medik.) ++

Synonym: *Hibiscus abelmoschus* L.

Activities (Musk-Mallow) — Antihysteric (f; CRC); Antipyretic (f; KAP); Antiseptic (f; WO2); Antispasmodic (f; CRC; DEP; KAP); Aphrodisiac (f; CRC; KAB; WO2); Carminative (f; KAB; KAP; PHR; WO2); Demulcent (1; CRC; KAP; WO2); Diuretic (f; CRC; KAP; WO2); Emollient (1; CRC); Insectifuge (f; WO2); Insecticide (1; CRC); Litholytic (f; CRC); Stimulant (f; CRC; KAP; PHR); Stomachic (f; CRC; DEP; KAP; WO2); Tonic (f; CRC; DEP; KAP).

Indications (Musk-Mallow) — Anorexia (f; PHR; PH2); Asthma (f; CRC); Bite (f; PH2); Blennorrhea (f; LMP); Boil (f; CRC; LMP); Calculus (f; KAB); Cancer (f; CRC); Cardiopathy (f; KAB); Catarrh (f; KAP); Cold (f; CRC); Congestion (f; CRC); Cramp (f; CRC; DEP; KAP; PHR; PH2); Cystosis (f; CRC; KAP); Debility (f; DEP; KAP); Dermatosis (f; KAP); Dyspepsia (f; DEP; KAP);

Dysuria (f; KAB); Enterosis (f; PHR; PH2); Fever (f; CRC; DEP; KAP; LMP); Flu (f; CRC); Gas (f; KAB; KAP; PHR; WO2); Gastrosis (f; CRC; PHR; PH2); Gonorrhea (f; CRC; DEP; KAP); Halitosis (1; CRC); Headache (f; PHR; PH2); Hoarseness (f; DEP); Hysteria (f; CRC; DEP; KAP; LMP); Itch (f; CRC; KAP); Leukoderma (f; KAB); Leukorrhea (f; LMP); Nausea (f; KAB); Neurosis (f; CRC; DEP; KAP); Prickly Heat (f; CRC); Respirosis (f; KAP); Rheumatism (f; CRC; LMP); Scabies (f; LMP); Snakebite (f; PHR; PH2); Sore Throat (f; CRC; DEP); Spermatorrhea (f; CRC; LMP); Stone (f; CRC; KAB); Swelling (f; LMP); Varicosis (f; LMP); VD (f; DEP; KAP); Water Retention (f; CRC; KAP; WO2); Worm (f; CRC).

Dosages (Musk-Mallow) — Tincture 2.5 oz powdered seed/pint ethanol; dose 1–2 drachms (DEP); PH2 gives only homeopathic doses.

Contraindications, Interactions, and Side Effects (Musk-Mallow) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). None reported in PHR. DEP reports that doses exceeding 3 drachms may cause giddiness and/or headache (DEP). GRAS (CRC).

MUSTARD (*Brassica juncea* (L.) Czern., *B. nigra* (L.) W. D. J. Koch, and *Sinapis alba* L.) ++

Many writers do not distinguish between black, brown (Indian), and white mustard (*Brassica nigra, Brassica juncea,* and *Sinapis alba*, respectively), but the spice and medicine trade seems to favor the white. And the canola and rapeseed varieties have been hopelessly manipulated, even in the GMO field. Few, if any, taxonomists and agronomists can distinguish all *Brassica* varieties and species, and probably fewer chemists, herbalists, pharmacists, and physicians can be sure of the variety or species. My entries can be no more reliable than their sources. Seems as though the group might better be treated generically than specifically or varietally.

Activities (Mustard) — Abortifacient (f; BIB); Allergenic (1; APA); Analgesic (f; BIB); Antibacterial (1; APA; PH2); Antidote, narcotic (f; CEB); Antidysenteric (f; WO2); Antiedemic (f; JFM); Antiinflammatory (f; DAA); Antipyretic (f; CEB); Antiseptic (f; BIB); Antitumor (1; BIB); Aperitif (f; BIB); Canifuge (dog repellant) (1; APA); Carminative (f; BIB; DAA); Counterirritant (1; APA; PNC); Decongestant (1; APA); Diaphoretic (f; WO2); Digestive (f; APA); Diuretic (f; PNC); Emetic (f; CEB; PNC); Expectorant (f; DAA); Felifuge (cat repellant) (1; APA); Fungicide (1; APA); Gastrostimulant (f; CEB); Goitrogenic (1; APA); Hemostat (f; DAA); Hyperemic (1; PH2); Laxative (f; BIB; CEB; DAA); Pancreatonic (f; CEB); Parasiticide (f; BIB); Rubefacient (1; APA; PH2; PNC); Secretagogue (f; CEB); Stimulant (f; PNC); Vermifuge (f; WO2); Vesicant (1; APA; SKJ).

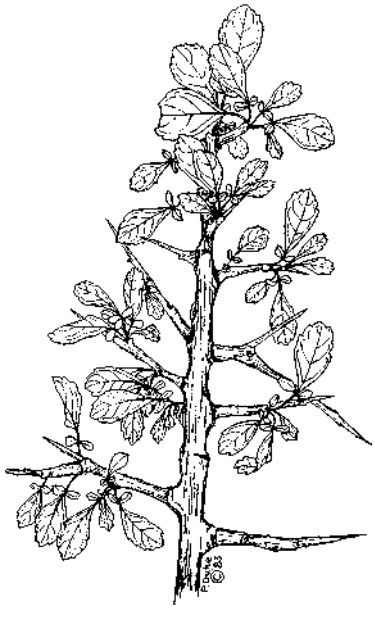
Indications (Mustard) — Abscess (f; DAA); Acid Indigestion (1; APA); Alopecia (f; BIB); Ameba (f; BIB); Anorexia (1; BIB); Arthrosis (2; APA; KOM [XO]; PH2); Backache (1; APA); Bacteria (1; APA; PH2); Bleeding (f; DAA); Boil (f; BIB); Bronchosis (1; PHR [XO]; PH2; PNC); Cancer (1; BIB; FNF; JLH); Cancer, skin (1; FNF; JLH); Cancer, spleen (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cancer, throat (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Cancer, wrist (1; FNF; JLH); Carcinoma (1; FNF; JLH); Catarrh (2; KOM [XO]); Chest Ache (f; PH2); Chlorosis (f; CEB); Cold (1; BIB; PH2); Congestion (1; APA; PH2); Constipation (1; APA; BIB; CEB; DAA); Cough (1; PH2; WO2); Cystosis (f; DAA); Dermatosis (f; JFM; JLH; SKJ); Dysentery (f; WO2); Dyspepsia (1; APA; CEB; WO2); Earache (f; TOM); Edema (f; JFM); Endothelioma (1; FNF; JLH); Enterosis (f; PH2); Epilepsy (f; BIB); Epithelioma (1; FNF; JLH); Eruption (f; SKJ); Fever (f; BIB; CEB; WO2); Foot Ache (1; APA); Fungus (1; APA); Gas (f; BIB; DAA); Gastrosis (f; PH2); Headache (f; BIB; DAA); Hepatosis (f; BIB); Hiccup (f; BIB); Hoarseness (f; JFM); Induration (f; BIB; JLH); Infection (1; APA); Inflammation (f; BIB; DAA; PH2); Itch (f; BIB); Lumbago (1; APA; WO2); Mycosis (1; APA); Nephrosis (f; JFM); Neuralgia (f; SKJ); Osteosis (f;

PH2); Otosis (f; BIB); Pain (f; BIB; PH2); Paralysis (f; PHR [XO]; PH2); Parasite (f; BIB); Pleurisy (1; JFM; PHR [XO]); Pneumonia (1; BIB; PHR [XO]); Respirosis (1; APA; PH2); Rheumatism (2; KOM; PHR [XO]); Rhinosis (f; BIB); Sclerosis (f; BIB); Snakebite (f; BIB; SKJ); Sore (f; PH2; SKJ); Spasm (f; JFM; SKJ); Splenomegaly (f; BIB); Splenosis (f; BIB; JFM; JLH); Stomachache (f; BIB); Swelling (f; JFM; PH2); Toothache (f; BIB; DAA); Tumor (1; BIB); Vomiting (f; PH2); Water Retention (f; PNC); Worm (f; BIB; DAA; WO2).

Dosages (Mustard) — 4 tbsp flour in water for compress or poultice (KOM); 20–30 g powdered seed (flour)/liter water for foot bath; 150 g flour in a pouch with bath water for mustard bath (PHR).

Contraindications, Interactions, and Side Effects (Mustard) — Class 2d (AHP (XO)). Ingestion of large quantities can cause irritant poisoning. Commission E reports seed permitted for external use only. Contraindications: children younger than 6 years, and renal disease (mustard oil is absorbed through the skin). Even external poultice should be limited to 5–10 minutes pediatrically, 10–15 minutes for adults, less for sensitive patients. (KOM). Plaster for 15–30 minutes can cause severe burns (AHP). Contraindicated in GI ulcers and nephrosis (PHR). Adverse effects: skin and nervous damage (prolonged use). Should not be used for more than 2 weeks (AEH). Millspaugh has said "unground seeds ... proved dangerous, as they are liable to become impacted in the bowel and set up a fatal inflammation" (CEB). Overdoses internally cause GI distress (PHR). Avoid taking with ammonia-containing products as ammonia with mustard oil yields inactive thiosinamine (PH2). Don't overdo it. In huge quantities, glucosinolate/isothiocyanate-containing crucifers might upset the thyroid. Hyperthyroidism with goiter traced to the use of the isothiocyanates in mustard (APA). Delaneyite nitpickologists will doubtless clamber to put the same goitrogenic warning on all members of the mustard family as well as papaya, caper, and nasturtium (JAD). In large doses, hard to get dietarily, indole-3-carbinol might stimulate breast cancer rather than prevent it because it does so at levels reasonably attainable through dietary consumption of crucifers (Brassicaceae).

MYRRH (*Commiphora myrrha* (Nees) Engl. and other spp.) ++



Synonyms: *Balsamodendrum myrrha* Nees, *Commiphora molmol* Engl., *C. myrrha* var. *molmol* Engl.

I doubt that the Herbal PDR editors and Commission E writers are any wiser than the wise men or me, or Madaus in 1938, or Felter in 1898, at knowing which species of *Commiphora* is myrrh. They call it *C. molmol*, but also resin, and Myrrh Commiphora. All PH2 entries below were derived from Gruenwald's entry for *C. molmol*. The USDA equates *C. molmol* with *C. myrrha*.

Activities (Myrrh) — Analgesic (1; APA; BGB); Antiedemic (1; CAN); Antiinflammatory (1; APA; BGB; PNC); Antipyretic (1; APA; CAN); Antirheumatic (1; BGB); Antiseptic (1; APA; BGB; FEL; PH2; PNC; SKY); Antispasmodic (1; APA; PNC); Aperitif (f; PH2); Astringent (2; APA; KOM; PH2; SKY); Carminative (f; BGB; PHR; PNC); Decongestant (1; APA); Deodorant (1; BGB; HHB); Digestive (f; PH2); Emmenagogue (f; APA; FEL); Expectorant (f; FEL; PHR; PH2; PNC); Hypocholesterolemic (1; CAN); Hypoglycemic (1; APA; CAN); Hypotriglyceridemic (1; CAN); Immunostimulant (1; APA; PNC); Lipolytic (1; CAN); Stimulant (f; APA; FEL); Vulnerary (f; PNC).

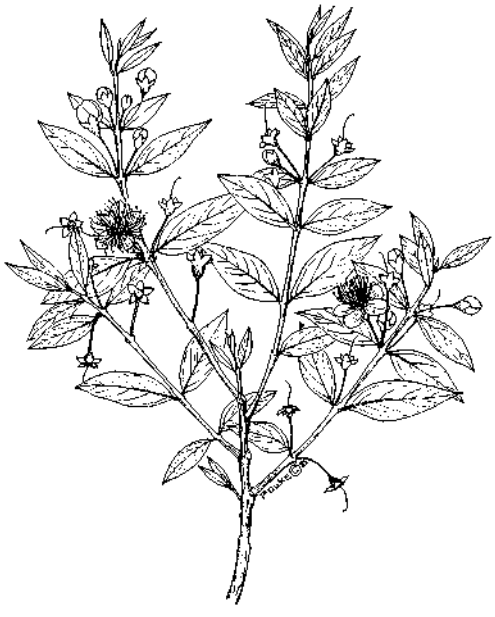
Indications (Myrrh) — Abrasion (1; CAN); Adnexosis (f; MAD); Alopecia (f; MAD); Amenorrhea (f; BGB; FEL; MAD; PH2); Anorexia (f; PH2); Aphtha (1; CAN); Asthma (1; APA; FEL); Atherosclerosis (f; MAD); Athlete's Foot (1; SKY); Bedsore (f; APA); Bladder Stone (f; BIB); Boil (f; PNC); Bronchosis (1; APA; BGB; FEL); Cancer (f; APA; PH2); Cancer, abdomen (f; PH2); Cancer, colon (f; PH2); Candida (1; BGB); Canker Sore (1; APA; SKY); Carbuncle (f; PH2); Caries (f; FEL); Catarrh (f; BGB; CAN; FEL); Chilblain (f; BIB); Chlorosis (f; BIB); Cold (1; BGB; CAN; SKY); Congestion (1; APA; BGB); Cough (f; PH2); Cramp (1; APA; PNC); Decubitis (f; BGB); Dermatosis (1; APA; MAD; PH2); Diarrhea (f; MAD); Dropsy (f; BIB); Dysentery (f; MAD); Dysmenorrhea (1; BGB; PH2); Dyspepsia (f; APA; FEL); Dysuria (f; MAD); Earache (f; BIB); Enterosis (f; PH2); Erysipelas (f; MAD); Fever (1; APA; BIB; CAN; MAD); Freckle (f; MAD); Furunculosis (1; CAN; PH2); Gangrene (f; FEL); Gas (f; APA; BGB; MAD; PHR; PNC); Gastrosis (f; FEL; PH2; PNC); Gingivosis (1; APA; FEL; PNC; SKY); Gleet (f; FEL); Gonorrhea (f; FEL); Halitosis (f; FEL); Hemorrhoid (f; APA; BGB; BIB); Hepatosis (f; MAD); High Cholesterol (1; CAN); Hoarseness (f; APA); Hyperglycemia (1; APA; CAN); Immunodepression (1; APA; PNC); Infection (f; PH2); Infertility (f; MAD); Inflammation (1; APA; BGB; PH2; PNC); Laryngosis (f; FEL); Leprosy (f; APA); Leukorrhea (f; FEL; MAD); Menopause (1; BGB); Menorrhagia (f; MAD); Mucososis (1; APA; FEL; PH2); Odontosis (f; MAD); Ophthalmia (f; BIB); Osteosis (f; BGB); Pain (1; APA; BGB); Pharyngosis (2; APA; FEL; KOM; MAD; PH2; PNC); Pulmonosis (f; MAD); Respirosis (f; BGB); Rheumatism (1; BGB); Rhinosis (f; APA; BIB); Salpingosis (f; MAD); Side Ache (f; MAD); Sinusosis (1; APA); Sore (1; APA; FEL; PNC); Sore Throat (2; BGB; FEL; KOM; MAD; SKY); Stomatosis (2; APA; KOM; MAD; PH2; PIP); Swelling (1; APA; CAN); Tonsilosis (1; APA; BGB; FEL; PNC); Tuberculosis (f; MAD); Ulcer (f; APA; PH2; X11113992); Uterosis (f; MAD); Uvulosis (f; FEL); VD (f; FEL); Water Retention (f; MAD); Worm (f; FEL; MAD); Wound (f; APA; BGB); Wrinkle (f; MAD); Yeast (1; BGB).

Dosages (Myrrh) — 1 tsp powdered myrrh/cup water 1–2 ×/day (APA); 5–10 drops tincture/glass water for mouthwash or gargle (APA); 6–10 drops tincture several ×/day (MAD); 1–2 ml tincture 3 ×/day (SKY); 2.5–5.0 ml myrrh tincture (CAN; PNC); 8–10 drops myrrh extract to 4 ×/day (APA); 0.3–1.2 g resin/day (HHB); 1 g resin 3 ×/day (SKY); 0.3–1.5 g (MAD).

Contraindications, Interactions, and Side Effects (Myrrh) — Class 2b. None known (KOM; PHR). "No adverse effects from myrrh have been reported" (SKY). Emmenagogue and uterotonic. Contraindicated in uterorrhagia. Doses >2–4 g may cause diarrhea and nephrosis. French permit only external application (AHP). Undiluted tincture may produce burning and local irritation (AEH). CAN cautions that because it is reputed to affect the menstrual cycle, its use in pregnancy and lactation is to be avoided. May interfere with diabetic therapies. In view of the lack of toxicological data, excessive use should be avoided (CAN). Apprehension, diarrhea, hiccups, and restlessness have been reported as side effects of gugulipid administration (CAN).

Extracts (Myrrh) — The resin kills germs and stimulates macrophages (SKY). Extracts of *C. abyssinica* stimulate phagocytosis in mice inoculated with *Escherichia coli*. Other species of *Commiphora* have demonstrated antiaggregant, antioxidant, cardioprotective, hypocholesterolemic, and hypotriglyceridemic activities suggesting the utility of these gums, like many other gums, in preventing and moderating heart disease. And I kinda like the idea of a gum for a gum disease.

MYRTLE (*Myrtus communis* L.) ++



Activities (Myrtle) — Analgesic (f; FEL); Antibacterial (1; BIB; PH2); Antiedemic (1; MPI; PH2); Antiseptic (1; BIB; FEL; PH2); Antispasmodic (f; BIB); Astringent (f; BIB); Bronchosecretolytic (1; PH2); Carminative (f; BIB); CNS Depressant (1; PH2); Collyrium (f; BIB); Deodorant (1; FEL; PH2); Fungicide (1; PH2); Hypoglycemic (1; PH2); Parasiticide (1; ABS; BIB; FT68:276); Pectoral (f; BIB); Rubefacient (f; BIB); Sedative (f; BIB); Stimulant (f; BIB); Stomachic (f; BIB; HHB); Tonic (f; BIB); Vermifuge (f; BIB).

Indications (Myrtle) — Adenopathy (f; JLH); Alopecia (f; DEP); Aphtha (f; BIB; DEP); Aposteme (f; JLH); Arthrosis (1; MPI); Bacteria (1; BIB; PH2; WOI); Bleeding (f; BIB); BPH (f; PH2); Bronchosis (1; BIB; FEL; HHB; PH2); Cacoethes (f; BIB); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, colon (f; JLH); Cancer, gum (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cancer, throat (f; JLH); Cancer, uterus (f; JLH); Catarrh (f; FEL); Cold (1; PH2); Condylomata (f; BIB); Conjunctivosis (f; FEL); Cough (f; MAD); Cramp (f; BIB); Cystosis (1; BIB; FEL; PH2); Dermatosis (f; FEL); Diarrhea (1; BIB; MAD; PH2); Dropsy (f; MAD); Dysentery (f; BIB); Dyspepsia (f; BIB); Eczema (f; BIB); Edema (1; MPI); Encephalosis (f; BIB; DEP); Enterosis (f; JLH); Epilepsy (f; BIB; WOI); Fatigue (f; PH2); Fever (f; BIB); Fibroid (f; JLH); Fungus (1; PH2); Gangrene (f; FEL); Gas (f; BIB); Gastrosis (f; BIB; MAD); Gingivosis (f; JLH); Gonorrhea (f; MAD); Gray Hair (f; BIB); Headache (f; BIB); Hemorrhoid (f; FEL; PH2); Hepatosis (f; BIB; JLH; WOI); Hyperglycemia (1; PH2); Induration (f; JLH); Infection (1; PH2); Inflammation (1; MPI); Insomnia (f; BIB); Leishmania (1; ABS FT68:276); Leukorrhea (f; BIB; FEL; PH2); Mastosis (f; JLH); Menorrhagia (f; FEL); Mycosis (1; PH2); Nephrosis (f; FEL); Nervousness (f; BIB); Night Sweats (f; BIB); Otosis (f; PH2); Pain (f; FEL; MAD); Parasite (1; ABS; BIB; FT68:276); Parotosis (f; JLH); Pertussis (1; PH2); Pharyngosis (f; FEL); Phthisis (f; BIB); Pleurodynia (f;

MAD); Polyp (f; BIB; JLH); Proctosis (f; JLH); Prolapse (f; BIB); Pulmonosis (1; BIB; MAD); Pyelosis (f; BIB); Rheumatism (f; BIB); Sinususosis (f; PH2); Smallpox (1; BIB); Sore (f; BIB); Splenosis (f; JLH); Swelling (1; MPI; PH2); Tonsilosis (f; JLH); Tuberculosis (1; MAD; PH2; WOI); Urogenitosis (f; BIB); Uterosis (f; BIB; JLH); Wart (f; JLH); Whitlow (f; BIB); Worm (f; BIB; PH2); Wound (1; BIB).

Dosages (Myrtle) — 15–40 grains powdered myrtle for catarrh, nephrosis, and phthisis (FEL); 1–2 drops several ×/day (MAD); 15–30 g leaf/liter water for tea, but take only 0.2 g leaf per day (PH2).

Contraindications, Interactions, and Side Effects (Myrtle) — Not covered (AHP).“Hazards and/or side effects not known for proper therapeutic dosages” (PH2). Large doses may cause diarrhea, nausea, and vomiting. More than 10 g myrtle oil can threaten life due to high cineole content (myrtle contains 135–2250 ppm cineole according to my calculations, meaning 10 g myrtle would contain a maximum 22.5 mg cineole). Several herbs may attain higher levels of cineole: bay, beebalm, betel pepper, biblical mint, boldo, cajeput, cardamom, eucalyptus, ginger, greater galangal, horse balm, hyssop, lavender, nutmeg, rosemary, sage, spearmint, star anise, sweet annie, thyme, and turmeric. So, by reduction, assuming no synergies or antagonisms or additivities, a ridiculous assumption, one would assume that any goods (and evils) accruing to the cineole in myrtle, should apply even more so to those listed above, which theoretically at least, may attain higher levels of cineole, some, e.g., cardamom, attaining levels more than 20-fold higher. Symptoms of this alleged cineole intoxication may include circulatory disorders, collapse, lowered blood pressure, and respiratory failure. Do not apply oil to face of children as it may trigger asthma-like attacks, bronchial spasm, glottal spasms, even respiratory failure (PH2).

Extracts (Myrtle) — Aqueous and ethanolic extracts of leaves, roots, and stems are active against Gram negative and Gram positive bacteria. The plant contains antibacterial phenols. One thermolabile principle was highly active against *Micrococcus pyogenes* var. *aureus*. The principle resembled streptomycin in its action on *Mycobacterium tuberculosis* (WOI). Aqueous berry extract active against carrageenan-induced edema in the rats paw ((=) comparable to oxyphenylbutazone); monoquiterpenes and sesquiterpenes are antibacterial, antifungal, and antiseptic (PH2).

N

NASTURTIUM (*Tropaeolum majus* L.) +

Activities (Nasturtium) — Allergenic (1; HH2); Antibacterial (1; PH2); Antipyretic (1; WOI); Antiscorbutic (1; MAD); Antiseptic (1; JFM; PH2); Depurative (f; DAA; EFS); Diuretic (f; EFS); Emmenagogue (f; EFS); Expectorant (f; EFS); Fungicide (1; PH2); Laxative (f; MAD); Rodenticide (1; WOI); Rubefacient (2; PH2); Stimulant (f; DAA); Vulnerary (f; PH2).

Indications (Nasturtium) — Alopecia (f; MAD; PH2); Bacteria (1; PH2; WOI); Bronchosis (2; BRU; JFM; MAD; PH2); Burn (f; BRU); Cancer (f; DAA); Candida (1; HH2); Catarrh (f; MAD; PH2); Conjunctivosis (f; WOI); Constipation (f; MAD); Cough (2; JFM; PH2); Cystosis (f; DAA; WOI); Dandruff (f; BRU); Dermatosis (f; WOI); Diaper Rash (f; BRU); Dysmenorrhea (2; HH2; PH2); Emphysema (f; MAD); Escherichia (f; HH2); Fever (1; WOI); Flu (f; WOI); Fungus (1; PH2; WOI); Gas (f; DAA; MAD); Infection (1; JFM; PH2; WOI); Inflammation (f; WOI); Itch (f; DAA); Mycosis (1; PH2; WOI); Nephrosis (f; WOI); Ophthalmia (f; WOI); Pulmonosis (f; DAA); Respirosis (f; PH2); Ringworm (f; DAA); Salmonella (1; HH2); Scurvy (f; DAA); Shigella (1; HH2); Sore (f; WOI); Staphylococcus (f; HH2); Streptococcus (f; HH2); Sunburn (f; BRU); Tuberculosis (1; HH2; PH2); Urogenitosis (f; DAA); UTI (2; PH2; WOI); Wound (f; HH2; PH2); Yeast (1; HH2).

Dosages (Nasturtium) — 30 g juice (MAD; PH2); 30 g leaf/liter water (PH2); 14.4 mg benzyl-isothiocyanate 3 ×/day (PH2).

Contraindications, Interactions, and Side Effects (Nasturtium) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Overdoses can irritate mucous membranes and skin.

NEEM (*Azadirachta indica* A. Juss.) +

Synonyms: *Antelaea azadirachta* (L.) Adelb., *Melia azadirachta* L.

The Herbal PDR uses *Antelaea*. The USDA continues to use *Azadirachta*. Many authors, including KAP, have confused neem and chinaberry.

Activities (Neem) — Alterative (f; DAD; SUW); Amebicide (1; WO2); Analgesic (1; APA); Anorectic (f; KAB); Antiaggregant (1; WO2); Antiarrhythmic (1; WO2); Antibacterial (1; WO2); Antidiabetic (f; WO2); Antifeedant (f; WO2); Antiinflammatory (1; APA; PH2; WO2); Antiperiodic (1; DAD); Antiplaque (1; APA); Antipyretic (1; APA; DAD; PH2); Antiseptic (1; APA; DAD; SUW); Antiviral (1; WO2); Aphrodisiac (f; KAB); Astringent (1; APA; DAD; SUW); Bitter (1; APA; SUW); Carminative (f; KAB); Contraceptive (1; APA; SKJ); Demulcent (f; SKJ; SUW); Deobstruent (f; DAD); Depurative (f; KAB); Detersive (f; DAD); Discutient (f; DAD); Diuretic (1; DAD; WO2); Emmenagogue (f; SKJ); Emollient (f; DAD); Errhine (f; KAB); Expectorant (f; KAB); Fungicide (f; WO2); Insectifuge (1; APA; DAD); Larvicide (1; APA); Laxative (f; DAD); Narcotic (1; PH2); Nematicide (1; DAD; WO2); Parasiticide (1; DAD); Pectoral (f; KAB); Pediculicide (1; PH2); Pesticide (1; APA); Pulicide (1; DAD); Sedative (f; DAD); Spermicide (1; APA; DAD); Stimulant (f; DAD); Stomachic (f; DAD; SUW); Tonic (f; DAD; SUW); Uterocontractant (1; WO2); Vermifuge (f; DAD); Vulnerary (1; APA).

Indications (Neem) — Adenopathy (f; JLH; WO2); Allergy (f; MBB); Alopecia (f; WO2); Ameba (1; WO2); Amenorrhea (f; KAB); Arrhythmia (1; WO2); Asthma (f; DAD); Bacteria (1; WO2); Biliousness (f; KAB); Bite (f; DAD); Boil (f; DAD; MBB; SUW); Bruise (f; WO2); Burn (f; DAD); Cancer (f; DAD; JLH); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Cancer, gland (f; JLH); Cancer, parotid (f; JLH); Cancer, skin (f; JLH); Carbuncle (f; DAD); Cardiopathy (1; APA; SKJ); Catarrh (f; KAB; SUW); Childbirth (f; DAD; KAB); Cholera (1; DAD; WO2); Constipation (f; DAD); Cowpox (f; KAB); Debility (f; KAB); Dermatosis (1; APA; DAD; JLH; MBB; SUW); Diabetes (1; APA; WO2); Diarrhea (f; DAD; SKJ); Dusgeusia (f; KAB); Dysentery (f; SKJ); Dyspepsia (f; KAB; PH2); Dysuria (f; SKJ; WO2); Earache (f; WO2); Eczema (f; DAD; SUW); Enterosis (f; SKJ); Fatigue (f; KAB); Fever (1; APA; DAD; MBB; PH2); Fungus (f; MBB; WO2); Furunculosis (f; DAD); Gingivosis (1; APA; DAD; SUW); Gray Hair (f; WO2); Heat Rash (f; DAD); Hemorrhoid (f; APA; WO2); Hepatosis (f; SKJ); Hernia (f; DAD); Herpes (f; DAD); Infection (f; MBB; WO2); Inflammation (1; APA; PH2; WO2); Insomnia (f; DAD); Itch (f; MBB); Jaundice (f; SKJ); Leprosy (f; DAD; MBB; PH2); Leukoderma (f; WO2); Malaria (1; APA; DAD; MBB; PH2; SUW); Measles (f; DAD); Metrosis (1; WO2); Mycosis (f; WO2); Nausea (f; DAD); Nervousness (f; DAD); Pain (1; APA); Parasite (1; DAD; KAB); Parotosis (f; JLH); Pediculosis (f; PH2); Plaque (1; APA); Protozoa (1; KAB); Pyorrhea (f; DAD); Rheumatism (f; DAD; SUW); Rhinosis (f; KAB); Ringworm (1; DAD); Salmonella (1; WO2); Scabies (1; APA; DAD); Scald (f; DAD); Scrofula (f; DAD); Seborrhea (f; DAD); Smallpox (f; DAD); Snakebite (f; DAD; SUW); Sore (f; DAD; SUW); Splenosis (f; DAD); Sprain (f; WO2); Sting (f; KAB; SUW); Stomatosis (f; DAD); Syphilis (1; DAD; KAB); Toothache (f; DAD); Toxemia (f; MBB); Tuberculosis (f; SKJ); Ulcer (1; APA); VD (1; KAB); Virus (1; WO2); Worm (1; APA; DAD; PH2); Wound (1; APA; KAB; MBB).

Dosages (Neem) — 2–4 (500 mg) leaf-powder capsules with meals (trade recommendation); 100 g bark soaked in 1 liter water daily for one month as male contraceptive (SKJ).

Contraindications, Interactions, and Side Effects (Neem) — Not covered (AHP). No health hazards known at proper dosage levels (PHR). Excessive doses can cause convulsions, dyspnea, stupor, even death (APA). The oil seems to be more toxic to children because of an as yet undefined toxin that is particularly significant to younger people. Intoxication suggests Reye's

Syndrome. Characteristic reactions reported among 13 infants include coma, drowsiness, loss of consciousness, metabolic acidosis, and in two, death due to encephalopathy (APA). Nimbidin LD50 250 mg/kg in frogs.

NEPALESE CARDAMOM (*Amomum aromaticum* Roxb.) ++

According to WOI, *A. aromaticum* and *A. subulatum* are pretty much used interchangeably, as medicine and as spice. WOI entries below actually derived from *A. subulatum* Roxb., but probably applicable to both, which have been called Nepal cardamom.

Activities (Nepalese Cardamom) — Alexeteric (f; WOI); Aphrodisiac (f; KAB); Astringent (f; WOI); Cardiotonic (f; KAB); Carminative (f; DEP); Diuretic (f; WOI); Hepatotonic (f; KAB); Hypnotic (f; KAB); Orexigenic (f; HH2); Stimulant (f; WOI); Stomachic (f; WOI).

Indications (Nepalese Cardamom) — Anorexia (f; HH2); Biliousness (f; WOI); Chill (f; HH2); Cholera (f; KAB); Cold (f; HH2); Conjunctivosis (f; WOI); Diarrhea (f; PH2); Dyspepsia (f; PH2; WOI); Enterosis (f; WOI); Fever (f; PH2); Gastrosis (f; KAB); Gingivosis (f; WOI); Gonorrhea (f; KAB); Gravel (f; WOI); Headache (f; WOI); Hepatosis (f; WOI); Impotence (f; KAB); Malaria (f; PH2); Nephrosis (f; WOI); Neuralgia (f; KAB; WOI); Odontosis (f; WOI); Pain (f; WOI); Proctosis (f; WOI); Snakebite (f; HH2); Sting (f; HH2); Stomatosis (f; WOI); VD (f; WOI); Vomiting (f; PH2).

Dosages (Nepalese Cardamom) — 30 grains with quinine for neuralgia (DEP); 10–30 seeds (HH2); 1–2 ml tincture (HH2); 3–6 g drug in decoction (HH2; PH2).

Contraindications, Interactions, and Side Effects (Nepalese Cardamom) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Overdoses may lead to poisoning. Over-rationalizing, the Herbal PDR hints that the efficacy, if any, of the drug, may hark back to its cineole content, yet speaks of the potential for life-threatening poisonings due to overdoses of cineole. (Methinks empirical wisdom will have evolved away from any such intoxications, and that PH2 is dabbling in nitpickology.) Skillfully, PH2 says, "although scientific data regarding this are not available." These are what I call hypothetical activities, positive and negative, often contemplated, the yea-sayers touting the goods of cineole, the nay-sayers touting the hazards of cineole. Certainly many species may be richer in cineole, including the well-known true cardamom, one of the more expensive of spices. Even if the EO were pure cineole, this species would contain only 10,000 ppm cineole.

NETTLE (*Urtica dioica* L.) +++

MAD entries may apply as well to *Urtica urens*, the smaller dog nettle.

Activities (Nettle) — Analgesic (1; CAN; DEM; PH2); Anesthetic (1; PH2); Antiadrenaline (1; FAD); Antiallergic (1; MAB); Antiaromatase (1; SHT); Antiarthritic (1; PH2); Antiasthmatic (f; DAW); Antibacterial (1; FAD; MAB; WOI); Anticancer (1; MAB); Anticomplementary (1; HH3); Anticonvulsant (1; CAN); Antiedemic (1; FIT68:387; MAB); Antiexudative (1; HH3); Antihemorrhagic (f; CAN); Antihistaminic (1; WAM); Anti-HIV (1; PH2); Antihidrotic (f; MAD); Antiinflammatory (1; FIT68:387; MAB; PH2); Antileukotriene (1; PH2); Antiprostatitic (2; KOM; MAB); Antipyretic (1; CAN); Antirheumatic (1; MAB; PH2); Antiseptic (1; CRC; PED); Antispasmodic (f; PED); Antitumor (f; PED); Antiviral (1; MAB; FIT68:387); Aphrodisiac (f; MAD); Aquaretic (1; SHT); Aromatase Inhibitor (1; HH3); Astringent (1; CRC; MAB; PNC; SUW); Bitter (f; PED); Bleeding (f; CAN); Bradycardic (1; CAN); CNS Depressant (1; FAD); CVI (f; APA); Cyclooxygenase Inhibitor (1; MAB; PH2); Cytotoxic (1; MAB); Depurative (f; BIB; FAD; MAB; PED); Diuretic (2; CRC; PHR; PH2; PNC; SUW); Elastase Inhibitor (1; MAB); Emmenagogue (f; APA; CRC; KAB; PED; SUW); Expectorant (f; MAD; PED); Fungicide (1; HH3; MAB); Hematogenic (1; FAD; PH2; WAM); Hemostat (1; CAN; MAB; MAD; PED); Histaminic (1; FNF); Hyperglycemic (1; APA; CAN); Hypoglycemic (1; CAN; PNC); Hypotensive (1; CAN); Inteferonigenic (1; CAN); Lactagogue (f; APA; CRC; MAD); Laxative (f; BGB); 5-Lipoxygenase Inhibitor (1; MAB; PH2); Litholytic (f; MAD); Mitogenic (f; FAD); Myorelaxant (f; BGB); Pancreatonic (1; ABS); Rubefacient (f; CRC); Tonic (f; MAB; PNC); Uterotonic (1; APA; CAN); Vasoconstrictor (f; BIB; CRC); Vermifuge (f; BGB; CRC; KAB; PED; SUW); Vulnerary (f; MAD).

Indications (Nettle) — Acne (f; BGB; FEL); Adenoma (1; BGB; SHT); Adenopathy (f; BIB; JLH); Ague (f; DEM; MAB); Alactea (f; CRC; MAD); Allergy (1; BGB; HH3; MAB; WAM); Alopecia (f; APA; WOI); Amenorrhea (f; KAB); Anemia (1; CRC; FAD; WAM); Arthrosis (1; DEM; FAD; MAB; PH2); Asthma (1; DAW; MAB; CRC); Ataxia (f; DEM); BPH (2; BGB; MAB); Bacteria (1; FAD; MAB; WOI); Bladder Stone (2; PHR; PH2); Bleeding (1; CAN; CRC; DEM; FEL; MAB; MAD; PED; PNC); BPH (root) (2; KOM; PH2); Bronchosis (1; CRC; MAB; PED); Bug Bite (1; MAB); Burn (1; BGB; CRC; MAB); Cachexia (f; KAB); Calculus (f; CRC); Cancer (1; CRC; FAD; MAB; PED); Cancer, breast (1; CRC; JLH); Cancer, ear (1; CRC; JLH); Cancer, lung (1; CRC; JLH); Cancer, mouth (1; CRC; JLH); Cancer, spleen (1; CRC; JLH); Cancer, stomach (1; CRC; JLH); Cancer, womb (1; CRC; JLH); Carcinoma (f; BIB); Catarrh (f; WOI); Childbirth (f; DEM); Cholangosis (f; CRC); Cholecystosis (f; CRC; FAD; MAB; WOI); Cholera (f; FEL); Colic (f; CRC); Colitis (f; FEL; MAB); Congestion (f; APA); Constipation (f; BGB; CRC; WOI); Convulsion (1; CAN); Cramp (f; MAD; PED); CVI (1; BGB); Cystosis (f; FEL); Dandruff (f; PH2; WOI); Dermatosis (1; BGB; CAN; MAB); Diabetes (f; CRC; MAD; PH2); Diarrhea (1; BGB; FAD; FEL; MAB); Dropsy (f; BGB; CRC); Dysentery (1; CRC; FAD; MAB); Dysmenorrhea (f; BGB; APA; MAD; PED); Dyspepsia (f; DEM; MAD); Dyspnea (f; CRC; KAB); Dysuria (2; KOM; PHR; PH2; SHT); Eczema (f; BGB; CAN; MAB; MAD); Edema (f; CRC; PH2); Endothelioma (f; BIB; JLH); Enterosis (f; FEL); Epistaxis (1; BGB; CAN; KAB; MAB); Epithelioma (f; BIB; JLH); Erysipelas (f; CRC); Erythema (f; CRC); Escherichia (1; WOI); Exanthema (f; MAD); Fever (1; CAN; CEB); Flu (f; PH2); Fungus (1; HH3; MAB); Gastrosis (f; CRC); Goiter (1; MAB); Gonorrhea (f; BIB; CRC); Gout (1; FAD; MAB; PH2); Gravel (2; BGB; KOM; MAD; PHR); Hay Fever (2; APA; MAB); Headache (f; CRC); Hematuria (f; SUW); Hemoptysis (f; CRC); Hemorrhoid (f; BGB; DEM; PED); Hepatosis (f; HH3); Herpes (f; BGB); High Blood Pressure (1; CAN); HIV (1; PH2); Hives (f; DEM); Hyperglycemia (1; CAN; PNC); Hypoglycemia (1; APA; CAN); Infection (1; HH3; MAB); Inflammation (1; BGB; CRC; FIT68:387; MAB; PH2); Itch (f; DEM); Jaundice (f; CRC; KAB; PED; SUW); Kidney Stone (2; APA; PHR; PH2); Lethargy (f; KAB); Leukorrhea (f; CRC; MAD); Malaria (f; BIB; CEB; CRC); Melaena (f; CAN); Menorrhagia (f; SUW); Mycosis (1; HH3; MAB); Myocardiopathy (1; BGB); Myosis (f; MAB); Nephrosis (f; CRC; FEL; HH3; PED; SUW); Neuralgia (f; APA; BIB; CRC); Nocturia (1; MAB); Osteoarthrosis (1; MAB); Osteoporosis (1; JAD); Otosis (f; MAD); Pain (1; CAN; DEM; PH2); Palsy (f; CEB; CRC; KAB); Paralysis (f; CRC); Parotosis (f; BIB; JLH); Parturition (f; APA; BGB); Pertussis (f; BIB; CRC); Pharyngosis (f; MAB); Pleurisy (f; BGB); Pollakisuria (1; BGB); Polyp (f; BIB; JLH); Pregnancy (f; SKY); Prostatosis (2; PH2; SHT); Rheumatism (2; FAD; KOM; MAB; PHR; PH2); Rhinosis (1; BGB; HH3; MAB); Sarcoma (f; BIB; JLH); Sciatica (1; CRC; KAB; MAB); Shigella (1; WOI); Side Ache (f; MAD); Sore Throat (f; CRC); Splenosis (f; CRC; FAD); Sprain (f; APA; SKJ); Sting (f; CRC); Stomachache (f; DEM); Stomatosis (f; MAB); Stone (2; KOM; MAD; PHR; PH2; SHT); Swelling (1; BIB; FIT68:387; DEM; MAB); Tendinitis (f; APA); Tuberculosis (1; CRC; KAB; MAB; SUW); Tumor (f; CRC; JLH; PED); Uremia (f; BIB); Urticaria (1; MAB); Uterosis (f; BGB; APA; CAN; KAB); UTI (2; PHR; KOM; PH2; SHT); Vaginosis (f; APA); VD (f; BIB; CRC); Vertigo (f; BIB; CRC); Virus (1; FIT68:387; MAB; PH2); Worm (f; BGB; CRC; KAB; PED; SUW); Wound (f; MAB).

Dosages (Nettle) — 3–4 tsp (~4 g) shoot/cup water several ×/day (APA); 3–4 tsp (4–6 g) shoot or leaf in 150 ml boiling water cooled, 3–4 ×/day (APA; MAD); 9 g leaf/day for arthrosis (MAB); 3–6 g dry leaf (PED); 4.5 g dry leaf:22 ml alcohol/23 ml water (PED); 4–6 g root/day (APA; KOM); 4–6 g powdered root/cup water (WIC); 4–6 g dry root/day (MAB); 3–6 g root/day or 600–1200 mg/day 5:1 extract for BPH (MAB); 4–9 ml fluid root extract (1:2)/day (MAB); 2–6 ml root tincture (1:5 in 45% ethanol) 3 ×/day (CAN); 3–4 tsp (~4.8 g) herb in hot tea (MAD); 2–4 g dry herb, or in tea, 3 ×/day (CAN); 8–12 g dry herb/day (MAB; SHT); 3–4 ml liquid herb extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2.5–5 ml liquid herb extract (PNC); 3–6 ml fluid herb extract (1:2)/day (MAB); 7–14 ml herb tincture (1:2)/day (MAB); 125 g juice (MAD); 1–2 (475 mg) capsules 2–3 ×/day; 1 (450 mg) StX capsule 2 ×/day (NH).

Contraindications, Interactions, and Side Effects (Nettle) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). None known for herb, rare GI upsets for roots (KOM). Herbage contraindicated in fluid retention due to reduced cardiac or renal activity, rarely causing allergic reactions (PHR). Adverse effects of root: mild GI complaints (occasionally) (AEH). The urtication can be painful and long-lasting, in some inducing a black-and-blue reaction. No fatalities are reported in the U.S. CAN cautions that amines are irritant. Because it is reputed to be abortifacient and to affect the menstrual cycle, its use in pregnancy and lactation is to be avoided. May interfere with blood pressure, CNS, and diabetes medication (CAN). Being a nettle fan, I had never heard of it before and was reluctant to try it when my friend Vic said that the root tea almost did him in. It's almost as though he read the book, "Consumption of nettle tea has caused gastric irritation, a burning sensation of the skin, oedema, and oliguria" (CAN). Not for use in severely allergic patients, especially those with tendency toward anaphylaxis (WAM). Schulz et al. (1998) report on >4000 patients taking 600–1200 mg extract/day for 6 months. Only 35 showed side effects, 0.65% GI complaints, 9 (0.19%) dermatosis, and 2 (>0.05%) reporting hyperhydrosis (SHT). No contraindications are stated (SHT). Varro Tyler cautions against self-medication with BPH. Whenever treating BPH, a practitioner should be involved. Base-line levels of PSA should be established before considering an herbal treatment (JAD). Even *JAMA* admits that there is no hard proof for any intervention in BPH. Since hospitals kill 200,000 Americans a year, and prostate cancer fewer than 50,000, I'll opt for nettle tea and sitosterol-rich nuts as the drug of choice for prostate protection.

Extracts (Nettle) — Infusion LD50 = 1929 mg/kg ivn rat. HOH extract LD50 = 1721 mg/kg ivn rat. The tea was well tolerated at levels of 1310 mg/kg orally (Bombardelli and Morazzoni, 1997). LD50 infusion 1310 orl rat (MAB). (9Z-11E)-13-Hydroxy,9,11-octadecadienoic-acid, 14 octacosanol, oleanolic acid, secoisolariciresinol, and ursolic acid are listed as weak to moderate aromatase-inhibitors found in the methanolic root extract. Suggesting synergy, HH3 gives IC50's for aromatase inhibition; extract: 338 μg/ml; aqueous extract = >200 μg/ml; butanolic fractions: 109 μg/ml; ethanolic-fraction 41 μg/ml; 9-hydroxy,10,12- octadecadienoic-acid = 11 μg/ml, and GLA, the compound is so well represented in another edible weed, evening primrose, at 10 μg/ml (HH3). Aromatase is a key enzyme in steroid hormone metabolism, and its inhibition may partially explain the activity of the roots in BPH. The polysaccharide fraction of the aqueous root extract show prolonged antiedemic and antiinflammatory activity (40 mg/kg orl rat). Ethanolic extract also inhibits elastase, a destructive enzyme in the inflammatory process (IC50=68 μg/ml). The isolectin (UDA), abundant in the roots, may contribute to the antiinflammatory and antiprostatic activity of the extracts. Aqueous extracts interfere with, dose-dependently (0.6–10 mg/ml), the binding of dihydrotestosterone to SHBG (with specific receptors on human prostatic membranes). The alcoholic extract, UDA, and stigmast-4-en-3-one were inactive. At concentrations of 0.1 mg/ml, some root extracts inhibited Na+, K+-ATPases 27.6–81.5%. Stigmast-4-en-3-one, stigmasterol, and campesterol inhibited Na+, K+-ATPases 23–67% at concentrations of 1-1000 μ*M*. Such inhibition may influence prostate cell metabolism and growth (Bombardelli and Morazzoni, 1997). Root polysaccharide extracts anticomplementary (IC50=<50 μg/ml (HH3)). Strange that an herb should inject so many neuroactive compounds, acetylcholine, choline, formic acid, histamine, leukotrienes, and serotonin (PH2) into unsuspecting grazers.

NEW JERSEY TEA (*Ceanothus americanus* L.) ++

Synonyms: *C. americanus* var. *intermedius* (Pursh) Torr. & A. Gray, *C. intermedius* Pursh.

Activities (New Jersey Tea) — Abortifacient (f; DEM); Antiinflammatory (f; SHB); Antiseptic (f; SHB); Antispasmodic (f; PH2; PNC; SHB); Astringent (1; DEM; FAD; HHB; PH2); Depurative (f; DEM); Expectorant (1; FAD; PH2; SHB); Hemostat (1; PHR; PH2; SHB); Hepatotonic

(f; SHB); Hypotensive (1; FAD; HHB; SHB); Laxative (f; FAD); Sedative (1; FAD); Splenotonic (f; SHB); Tonic (f; SHB).

Indications (New Jersey Tea) — Adenopathy (f; SHB); Amenorrhea (f; DEM); Appendicitis (f; SHB); Asthma (f; FAD); Bite (f; DEM); Bleeding (1; DEM; PHR; PH2; SHB); Blood (f; DEM); Bronchosis (1; FAD); Cancer (f; JLH); Cancer, spleen (f; JLH); Chill (f; PHR; PH2); Cold (1; DEM; FAD; PH2); Constipation (f; DEM; FAD); Cough (f; DEM); Cramp (f; PH2; PNC; SHB); Dermatosis (f; DEM); Diabetes (f; DEM); Dysentery (1; FAD); Dyspnea (f; DEM); Dysuria (f; DEM); Enterosis (f; DEM); Fever (1; FAD; HHB; PH2); Gastrosis (f; DEM); Gonorrhea (f; PHR; PH2); Hepatosis (f; SHB); High Blood Pressure (1; FAD; HHB; SHB); HIV (f; SHB); Inflammation (f; SHB); Insomnia (1; FAD); Malaria (f; HHB); Metrorrhagia (f; SHB); Mucososis (f; SHB); Nervousness (1; FAD); Pertussis (f; FAD); Pulmonosis (f; FAD; DEM); Respirosis (f; PH2); Snakebite (1; FAD); Sore (f; DEM); Sore Throat (1; FAD); Splenosis (f; FAD; HHB; SHB); Stomachache (f; FAD); Stomatosis (f; DEM); Swelling (f; JLH); Syphilis (f; PHR; PH2); Tonsilosis (f; SHB); Toothache (f; DEM); Tuberculosis (f; DEM); VD (f; DEM); Wound (f; DEM).

Dosages (New Jersey Tea) — 0.05–1.5 ml liquid extract (PNC).

Contraindications, Interactions, and Side Effects (New Jersey Tea) — Class 1 (AHP). None known (PHR). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). The 8% tannin could explain about half of the indications.

NIANDO, IPORURU (*Alchornea floribunda* Muell. Arg.) X

Regrettably, PH2 cites the Duke and Vasquez *Amazonian Ethnobotanical Dictionary* for some Amazonian data on a different species or two, called Iporuru, mixing the Amazonian with the African folklore. We did not find *Alchornea floribunda* in the Amazon. Still, regrettably, PH2 has adopted our Amazonian name in the Herbal PDR for an African plant, better and correctly known as Niando (e.g., in my CRC book, *Handbook of Medicinal Herbs*, 1985). I have not accepted the PDR adoption of my Amazonian name for a useful Amazonian medicine erroneously for a poisonous African plant. It's hard for me to see how they made this mistake!

Activities (Niando) — Anesthetic (1; PH2); Anticholinergic (1; PH2); Antidote (f; UPW); Antiperistaltic (1; PH2); Antispasmodic (1; JBH); Aphrodisiac (f; CRC; PH2; UPW); Astringent (1; HH2); CNS Depressant (f; CRC); CNS Stimulant (f; CRC); Ganglioplegic (1; JBH); Hallucinogen (1; CRC; PH2); Hypertensive (1; UPW); Hypotensive (1; UPW); Intoxicant (f; CRC); Narcotic (f; CRC); Parasympathomimetic (1; JBH); Spasmogenic (1; PH2); Stimulant (1; PH2); Toxic (fatal) (f; UPW); Vagolytic (1; JBH; PH2).

Indications (Niando) — Arthrosis (f; PH2); Cold (f; PH2); Cramp (1; JBH); Dermatosis (f; UPW); Enterosis (f; PH2); Gastrosis (f; PH2); High Blood Pressure (1; CRC; UPW); Low Blood Pressure (1; UPW); Myalgia (f; PH2); Ophthalmia (f; UPW); Pain (1; PH2); Respirosis (f; PH2); UTI (f; PH2); Wound (f; UPW).

Contraindications, Interactions, and Side Effects (Niando) — Not covered (AHP; KOM). Drug considered highly toxic, high doses causing excitation and cramps. In Africa "deaths through exhaustion have been observed among humans following over-stimulation and hallucination" (PH2).

NIAULI (*Melaleuca viridiflora* Sol. ex Gaertn.) +

Activities (Niauli) — Antibacterial (1; JAD; PHR); Antiseptic (1; JAD; PHR; PH2); Circulostimulant (2; PHR; PH2); Fungicide (1; JAD); Rubefacient (2; KOM; PHR); Vulnerary (f; HHB).

Indications (Niauli) — Bacteria (1; JAD; PHR); Bronchosis (2; PHR; PH2); Catarrh (2; KOM; PHR; PH2); Cough (2; PHR; PH2); Cystosis (f; PH2); Fungus (1; JAD); Infection (1; JAD); Mycosis (1; JAD); Neuralgia (f; PH2); Pain (f; PH2); Respirosis (f; PH2); Rheumatism (f; PH2).

Dosages (Niauli) — Internal: single dose 0.2 g oil, daily dose 0.2–2 g (KOM); nose drops (2–5% in vegetable oil) (KOM); external: 10–30% in oil (KOM).

Contraindications, Interactions, and Side Effects (Niauli) — Blumenthal et al. (1998) and Fleming et al. (1998) are rougher on this one than the cajuput (and of course they did not even index or cover tea tree). For that reason, I score it only + for safety. Fleming et al. (1998) after issuing their usual template, which suggests that no health hazards or side effects have been noted with proper administration (no internal dosage defined) (PHR). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Contraindicated internally in gallduct or GI or biliary inflammations, or severe liver ailments. Internal administration of niauli oil may lead to diarrhea, nausea, and vomiting. Do not apply near nostrils of pediatrics, may cause asthma-like attacks, bronchial spasm, glottal spasms, and even respiratory failure (KOM; PHR). Confusingly calling it caje rather than niauli oil, and noting that it contains 35–60% cineole, Fleming et al. say that cineole causes induction of enzymes involved in liver detoxification, thereby possibly shortening or lessening the effects of other drugs that might have been coadministered. (I suppose we can say that about all aromatic plants that contain significant quantities of cineole, and many do; what level of cineole is significant?) As with most EOs, this one may induce dermatosis in sensitive individuals. Fleming et al. even warn that overdosages (more than 10 g), can lead to life threatening poisonings, due to the cineole. Ten grams of niauli oil could contain 6 g cineole. Symptoms include circulatory disorders, collapse, fall in blood pressure, and respiratory failure. Do not induce vomiting, say Fleming et al., rather give activated charcoal (PHR).

NIGHT-BLOOMING CEREUS
(*Selenicereus grandiflorus* (L.) Britt. & Rose) +

Synonym: *Cactus grandiflorus* L.

Activities (Night-Blooming Cereus) — Antiinflammatory (f; PHR; PH2); Antirheumatic (f; CRC); Cardiotonic (1; CRC; PHR; PH2); Positive Inotropic (1; HH2); Spinostimulant (1; PHR; PH2); Vasodilator (1; PHR; PH2); Vermifuge (f; CRC; JFM); Vesicant (f; CRC).

Indications (Night-Blooming Cereus) — Angina (f; CRC; PH2); Bleeding (f; PHR; PH2); Cardiopathy (f; PH2); Congestion (f; JFM); Cystosis (f; CRC; PHR; PH2); Dermatosis (f; JLH; PHR); Dropsy (f; CRC; PHR; PH2); Dysmenorrhea (f; PHR); Dyspnea (f; CRC; PH2); Dysuria (f; PHR; PH2); Endocardosis (f; CRC); Fungus (f; JLH); Headache (f; CRC; JFM); Heart (f; CRC); Hemoptysis (f; CRC; PH2); Inflammation (f; PHR; PH2); Menorrhagia (f; HH2); Myocardosis (f; CRC); Nephrosis (f; CRC); Nervousness (f; JFM); Neuralgia (f; CRC; JFM); Neurosis (f; PH2); Palpitation (f; CRC); Prostate (f; CRC); Respirosis (f; HH2); Rheumatism (f; CRC; PHR; PH2); Stenocardia (f; CRC; PH2); Worm (f; CRC; JFM).

Dosages (Night-Blooming Cereus) — 0.6 ml fluid extract to 10 ×/day; 0.12 to 2 ml 2–3 ×/day (HH2; PHR; PH2); 10 drops tincture (1:10) in sweet water 3–5 ×/day (HH2; PHR).

Contraindications, Interactions, and Side Effects (Night-Blooming Cereus) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). The fresh juice can irritate the GI tract (CAN). Cactine may possibly have cardiotonic effects (PNC).

NONI, INDIAN MULBERRY (*Morinda citrifolia* L.) +++

Activities (Noni) — Analgesic (1; HAD); Antiarthritic (1; TRA); Antipyretic (f; DEP; WOI); Antirheumatic (1; TRA); Antitumor (1; ABS); Antipyretic (f; HHB); Antispasmodic (1; HAD); Ascaricide (1; TRA); Deobstruent (f; DEP; KAB); Depurative (f; PH2); Diuretic (f; HHB); Emetic (f; KAB); Emmenagogue (f; DEP; KAB); Emollient (f; KAB); Fungicide (1; ABS; FNF); Hypotensive (1; HAD); Laxative (1; FNF; KAB; SKJ; WOI); Litholytic (f; HHB); Sedative (f; KAB); Stomachic (f; KAB); Tonic (f; DEP; HHB; WOI).

Indications (Noni) — Arthrosis (1; JFM; TRA); Ascaris (1; TRA); Asthma (f; HAD; HHB; KAB); Cancer (1; ABS; HAD); Cold (f; IED); Colic (f; HHB); Constipation (1; FNF; KAB; SKJ; WOI); Cramp (1; HAD); Diabetes (f; PH2); Diarrhea (f; HHB; KAB); Dysentery (f; HHB; SKJ; WOI); Dysmenorrhea (f; HHB; WOI); Dysuria (f; HAD); Enterosis (f; JFM); Fever (f; DEP; HHB; PH2; WOI); Fungus (1; ABS; FNF); Gallstone (f; HHB); Gastrosis (f; JFM; PH2); Gingivosis (f; DEP; WOI); Gout (f; HHB; SKJ; WOI); Headache (f; IED; JFM); Heart (f; JFM); Hepatosis (f; JFM); High Blood Pressure (1; HAD); Infection (1; ABS; FNF); Insomnia (f; KAB); Leukorrhea (f; SKJ; WOI); Mycosis (1; ABS; FNF); Nervousness (f; KAB); Neuralgia (f; IED); Pain (1; HAD; IED; JFM); Pharyngosis (f; WOI); Rheumatism (1; JFM; TRA); Sapremia (f; WOI); Sore (f; DEP; HHB); Sore Throat (f; SKJ); Stomachache (f; PH2); Stone (f; HHB); Tumor (1; ABS); Ulcer (f; WOI); Wound (f; DEP; HHB).

Dosages (Noni) — 2–4 tbsp (COM = Commercial); PH2 says the fruits are inedible; ripe fruits, which smell of Roquefort cheese, are said to be a great favorite with Burmese (DEP); I side with the latter, the stinking fruits are widely considered edible among rural peoples.

Contraindications, Interactions, and Side Effects (Noni) — Not covered (AHP; KOM; PHR). "Health hazards not known with proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). I could do it the lazy way and just say, "None reported." And since it is a food species, I could live with this. TRAMIL notes that fruits and leaves are edible. Tests for uterotonicity were negative. Leaf EO (of *Morinda lucida*) kills aflatoxin fungi at 1000 ppm.

NORTHERN MAIDENHAIR, POINTER WEED (*Adiantum pedatum* L.) ++

PH2 entries apply to European maidenhair. Grieve's *A Modern Herbal* says *A. pedatum* is used like *A. capillus-veneris* "in similar ways and more highly valued by many" (GMH).

Activities (Northern Maidenhair) — Antirheumatic (f; HHB); Demulcent (f; PH2); Diuretic (f; DEM; WO3); Emetic (f; DEM); Expectorant (f; HHB; PH2); Pectoral (f; DEP; PH2); Propecic (f; PH2).

Indications (Northern Maidenhair) — Abortion (f; DEM); Ague (f; DEM); Asthma (f; DEM; GMH); Backache (f; DEM); Bronchosis (f; PH2); Cardiopathy (f; DEM); Catarrh (f; DEP); Childbirth (f; DEM); Cold (f; WO3); Cough (f; GMH; PH2); Cramp (f; DEM); Debility (f; DEM); Dysentery (f; DEM); Dysmenorrhea (f; PH2); Dyspnea (f; DEM); Fever (f; DEM); Gastrosis (f; DEM); Gonorrhea (f; DEM); Gravel (f; GMH); Gray Hair (f; PH2); Headache (f; WO3); Hysteria (f; DEM); Insanity (f; DEM); Jaundice (f; GMH); Mastosis (f; DEM); Metrorrhagia (f; DEM); Nephrosis (f; GMH); Pain (f; PH2); Paralysis (f; DEM); Pertussis (f; PH2); Pleurisy (f; GMH); Pneumonia (f; DEM); Respirosis (f; PH2); Rheumatism (f; DEM; HHB); Snakebite (f; DEM); Sore (f; DEM); Sting (f; DEM); Water Retention (f; DEM; WO3).

Dosages (Northern Maidenhair) — 1.5 g herb/cup tea (PH2).

Contraindications, Interactions, and Side Effects (Northern Maidenhair) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Not for use during pregnancy (PH2).

NUTMEG (*Myristica fragrans* Houtt.) ++

Synonym: *M. officinalis* L. f.

Activities (Nutmeg) — Abortifacient (f; EFS; HHB); Allergenic (1; PH2); Analgesic (f; AHP; APA; EFS); Antibacterial (1; APA); Anticancer (1; APA); Antiedemic (1; APA); Antiinflammatory (1; APA); Antioxidant (1; APA); Antiperistaltic (1; PH2); Antiseptic (1; PH2); Antitumor (1; APA); Aphrodisiac (f; APA; CRC; HHB); Astringent (f; CRC; EFS); Carminative (f; AHP; CRC; EFS); Digestive (f; CRC); Emmenagogue (f; APA); Euphoric (1; APA); Expectorant (f; HHB); Fungicide (1; APA); Hallucinogen (1; APA; CRC); Hepatotoxic (1; APA); Herbicide (1; CRC); Hypocholesterolemic (1; APA); Larvicide (1; APA); Narcotic (1; CRC); Poison (1; CRC); Psychotropic (1; CRC); Sedative (f; APA); Soporific (f; CRC; EFS); Stimulant (f; CRC; PHR); Stomachic (f; AHP; PHR).

Indications (Nutmeg) — Agoraphobia (f; HHB); Anorexia (f; CRC); Arthrosis (f; JLH); Asthma (f; CRC); Bacteria (1; APA); Cancer (1; APA; CRC); Cancer, gum (f; CRC; JLH); Cancer, joint (f; CRC; JLH); Cancer, liver (f; CRC; JLH); Cancer, mouth (f; CRC; JLH); Cancer, spleen (f; CRC; JLH); Childbirth (f; CRC); Cholera (f; FEL; PH2); Cold (f; CRC; FEL); Colic (f; AHP; CRC; HHB); Cramp (f; CRC; PH2); Cystosis (f; CRC; MPI); Debility (f; PH2); Diarrhea (1; AHP; APA; PH2); Dysentery (1; CRC; PH2); Dysmenorrhea (f; HHB); Dyspepsia (f; AHP; APA; CRC; PH2); Fever (f; CRC; FEL; PH2); Fungus (1; APA); Gas (f; AHP; APA; CRC; PH2); Gastrosis (f; CRC; PHR; PH2); Headache (f; CRC; PH2); Heart (f; CRC); Heartburn (f; HHB); Hemorrhoid (f; CRC; FEL); Hepatosis (f; CRC); High Cholesterol (1; APA); Hypercalcemia (1; CRC); Hypochondria (f; HHB); Hysteria (f; HHB); Impotence (f; PH2); Induration (f; CRC; JLH); Infection (1; APA); Inflammation (1; APA; CRC; PH2); Insanity (f; CRC); Insomnia (f; APA; PH2); Lacrimosis (f; HHB); Leprosy (f; CRC); Leukorrhea (f; CRC; FEL); Lymphosis (f; CRC); Malaria (f; CRC; FEL; PH2); Mycosis (1; APA); Nausea (f; CRC); Nephrosis (f; APA; CRC); Nervousness (f; APA); Neuralgia (f; PH2); Neurasthenia (f; HHB); Neurosis (f; PH2); Ophthalmia (f; PH2); Pain (f; APA; AHP; APA; EFS); Paralysis (f; MPI); Pneumonia (f; FEL); Respirosis (f; CRC; PH2); Rheumatism (1; APA; CRC; MPI; PH2); Sciatica (f; CRC; MPI; PH2); Splenosis (f; CRC); Sprain (f; MPI); Stomachache (f; CRC; FEL; MPI); Stomatosis (f; APA); Swelling (1; APA); Toothache (f; APA); Tuberculosis (f; CRC); Tumor (1; APA; CRC; JLH); Urethrosis (f; MPI); UTI (f; CRC); Vomiting (f; PH2); Xerostomia (f; HHB).

Dosages (Nutmeg) — 0.3–1 g powdered nutmeg (APA; PNC); 0.05–0.2 ml EO (APA; PNC); 5–20 grains nutmeg (FEL); 300–600 mg 5–10 ×/day (HHB); 1–3 drops EO, 2–3 ×/day (PH2); 2–10 ml tincture/day (PH2); 0.3–1 g powdered nutmeg (PH2).

Contraindications, Interactions, and Side Effects (Nutmeg) — Class 2b. Contains safrole. May interact with MAO. CNS-active (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Not to be used during pregnancy. Can trigger allergic dermatitis (PH2). More than 5 g powdered nutmeg or mace can cause acute panic, anxiety, coma, dizziness, double vision, drowsiness, excessive thirst, hallucinations, headache, liver pain, nausea, stomach pain, even death (AHP). "... as little as 2 whole nutmegs have been known to cause death in a little boy" (APA; FEL). Commission E reports contraindications for seed and aril: psychic disturbances by 5 g of seed, atropine-like action by 9 teaspoons of seed powder, abortion by higher doses. The EO contains the mutagenic and animal carcinogenic compound safrole. However, the use to correct smell or taste is permitted (AEH). On overdose, there may be hallucination and emesis; there may be frightening visions, a sensation of loss of limbs and a terrifying fear of impending death. Indeed, death has been reported from overdose (*LRNP,* September 1987).

NUX VOMICA (*Strychnos nux-vomica* L.) X

Activities (Nux Vomica) — Abortifacient (f; CRC); Alexeteric (f; KAB); Analgesic (1; APA); Antipyretic (f; KAB); Antitumor (f; APA); Aphrodisiac (1; CRC; DEP; FEL; KAP; WOI); Bitter (f; APA); Cholinolytic (1; PH2); CNS Stimulant (f; APA; CRC; WOI); Convulsant (1; KAP; WOI); Diuretic (f; KAB); Emmenagogue (f; KAB); Insecticide (1; WOI); Laxative (f; CRC); Nervine (f; APA; CRC); Neurotonic (f; CRC); Orexigenic (f; KAB; PHR; PH2); Parasiticide (1; CRC); Peristaltic (f; DEP); Poison (f; CRC); Priapistic (f; FEL); Psychoanaleptic (1; PH2); Respirastimulant (1; WOI); Secretagogue (1; PH2); Spinostimulant (f; CRC; KAP); Stimulant (f; APA; CRC); Stomachic (f; CRC; MAD; WOI); Tetanic (1; KAP); Tonic (f; APA; CRC; FEL; PH2); Vasoconstrictor (f; CRC; EFS).

Indications (Nux Vomica) — Ague (f; CRC); Alcoholism (f; CRC; HHB); Amaurosis (f; FEL; MAD); Amblyopia (f; CRC; FEL; WOI); Amenorrhea (f; FEL; KAB); Anemia (f; CRC; KAB; KOM; PHR; PH2); Anorexia (f; APA; KAB; PH2); Arthrosis (f; CRC); Asthma (f; CRC; FEL; PH2); Atony (f; FEL; KAB); Bell's Palsy (f; APA); Bite (f; DEP); Borborygmus (f; FEL); Bronchosis (f; DEP; PH2); Cancer (f; APA; CRC; JLH; PH2); Cancer, abdomen (f; PH2); Cancer, colon (f; JAD); Cardiopathy (f; PHR; PH2); Catarrh (f; FEL); Cholera (f; CRC; DEP; FEL; KAP; SUW); Chorea (f; CRC; FEL; WOI); Circulosis (f; PH2); Climacteric (f; PH2); Colic (f; CRC; FEL; KAP; SUW); Conjunctivosis (f; FEL); Constipation (f; CRC; FEL; PH2); Cynanche (f; CRC); Cystosis (f; FEL; MAD); Debility (f; DEP; KAB); Depression (f; APA; PHR; PH2); Dermatosis (f; CRC; PH2); Diabetes (f; MAD; PH2); Diarrhea (f; FEL); Dipsomania (f; FEL); Diphtheria (f; CRC); Dizziness (f; PH2); Dysentery (f; CRC; FEL; SUW); Dysmenorrhea (f; FEL); Dyspepsia (f; CRC; KAP; MAD; SUW); Dysuria (f; KAB); Emphysema (f; DEP); Enterosis (f; APA; FEL; PHR; PH2); Epilepsy (f; CRC; KAB; WOI); Fatigue (f; WOI); Fever (f; CRC; FEL; KAB; PH2; SUW); Frigidity (f; FEL); Fungus (f; KAB); Gastrosis (f; APA; CRC; PHR; PH2; SUW); Headache (f; PH2); Heartburn (f; FEL); Hemiplegia (f; MAD); Hemorrhoid (f; KAB; PH2); Hepatosis (f; FEL); Hyperemesis (f; FEL); Hysteria (f; FEL); Impotence (1; FEL; FNF; KAP); Incontinence (1; FEL; KAP); Infection (f; DEP); Inflammation (f; FEL; PH2); Insomnia (f; PH2); Itch (f; CRC); Jaundice (f; CRC; KAB); Keratosis (f; FEL); Laryngosis (f; CRC); Leprosy (f; KAB); Leukoderma (f; KAB); Lumbago (f; CRC; KAB; MAD; PH2); Malaria (f; CRC; DEP; PH2); Migraine (f; APA; PHR; PH2); Mycosis (f; KAB); Myocardosis (f; CRC; WOI); Myosis (f; PH2); Neuralgia (f; CRC; PH2); Neurasthenia (f; APA; CRC); Neurosis (f; KAP; PHR; PH2); Ophthalmia (f; CRC; PHR; PH2); Pain (1; APA; KAB; PH2); Paralysis (f; APA; CRC; KAB; PH2); Parasite (1; CRC); Paresis (f;

MAD); Phthisis (f; DEP); Pneumonia (f; FEL); Polio (f; CRC); Proctosis (f; FEL; KAP); Prolapse (f; FEL; KAP); Raynaud's Syndrome (f; APA; KOM); Respirosis (f; PHR; PH2); Rheumatism (f; CRC; MAD); Ringworm (f; KAB); Senility (f; PH2); Snakebite (f; CRC); Sore (f; CRC; DEP; JLH; SUW); Sore Throat (f; CRC; PH2); Spermatorrhea (f; FEL; KAP); Swelling (f; CRC); Tumor (f; APA; CRC; PH2); Typhoid (f; CRC; FEL); Ulcer (f; CRC); Urethrosis (f; PH2); UTI (f; PH2); Vertigo (f; PH2); Worm (f; FEL); Wound (f; FEL; SUW).

Dosages (Nux Vomica) — APA recommends only homeopathic dilutions (APA); 0.5–3 g powdered seed (KAP); 0.5–2 ml seed tincture (PNC); 0.5–1 g extract (KAP); 0.5–1 ml tincture (KAP); 5 ml nux vomica elixir (PNC); 0.05–0.2 ml nux vomica liquid extract (PNC).

Contraindications, Interactions, and Side Effects (Nux Vomica) — Not covered (AHP); Commission E reports the seed contains the toxic alkaloid strychnine (AEH). Poisoning can generate anxiety, backache, enhanced reflexes, equilibrium disorders, heightened sense perception, pain, and stiff neck, then convulsions, dyspnea, and twitching. Lethal dose ca. 50 mg strychnine (1–2 g seed) (PH2).

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OAK (*Quercus* spp.) ++

MAD and PH2 = *Quercus robur* L. ("Stieleiche" (German) in this entry). I think our white oak would serve just as well. For oak galls see *Quercus infectoria* Olivier entry.

Activities (Oak) — Antibacterial (1; BGB); Antiinflammatory (2; KOM; SHT); Antiperspirant (1; APA; MAD); Antiseptic (1; APA; PNC); Antitumor (1; FAD); Antiviral (1; SHT); Astringent (1; APA; MAD; SHT); Carcinogenic (1; FAD); Emetic (f; PED); Expectorant (1; BGB); Hemostat (1; APA; PNC); Immunostimulant (1; PHR); Litholytic (1; BGB); Vermifuge (1; PH2); Vulnerary (1; APA).

Indications (Oak) — Acute Diarrhea (1; SHT); Albuminuria (f; MAD); Anemia (f; MAD); Angina (f; MAD); Apoplexy (f; MAD); Asthma (f; MAD); Bacteria (1; BGB); Bleeding (1; APA; BGB; MAD; PH2; PNC); Blennorrhagia (f; MAD); Bronchosis (2; MAD; PHR; PH2); Bruise (1; APA); Burn (f; FAD); Cancer (1; FAD; JLH); Cancer, breast (f; JLH); Cancer, colon (f; JLH); Cancer, intestine (f; JLH); Cancer, lip (f; JLH); Cancer, liver (f; JLH); Cancer, neck (f; JLH); Cancer, stomach (f; JLH); Cancer, uterus (f; JLH); Chilblain (1; APA); Carbuncle (f; MAD); Chlorosis (f; MAD); Cirrhosis (f; MAD); Cold (2; PHR); Conjunctivosis (1; APA; PH2); Cough (2; PHR; PH2); Debility (f; MAD); Dermatosis (2; BGB; KOM; MAD; PH2; SHT); Diarrhea (2; APA; KOM; MAD; PED; PH2); Dysentery (1; BGB; BIS; FAD); Eczema (1; APA; MAD; PH2); Enterocolitis (1; APA; BIS); Enterosis (1; APA; MAD); Enuresis (f; MAD); Fever (2; PHR); Fibroma (f; MAD); Gastroenterosis (1; BIS); Gastrosis (f; MAD); Genitalosis (2; APA; KOM); Gingivosis (1; APA); Gout (f; MAD); Hematuria (1; MAD); Hemoptysis (1; MAD); Hemorrhoid (1; APA; PED; PH2; PNC); Hepatosis (f; MAD); Hyperhydrosis (f; PH2); Immunodepression (1; PHR); Infection (2; APA; PHR); Inflammation (2; BGB; KOM; SHT); Itch (1; APA); Kidney Stone (f; BGB); Leukorrhea (1; BGB; MAD); Malaria (f; BGB); Marasmus (f; MAD); Mucososis (1; APA); Nephrosis (f; MAD); Pain (f; BGB); Pharyngosis (2; KOM; PH2); Phthisis (f; MAD); Poison Ivy (f; FAD); Prolapse (f; MAD); Proctosis (2; APA; KOM; MAD; PH2); Psoriasis (f; MAD); Rheumatism (f; MAD); Scrofula (f; MAD); Sore (1; APA); Sore Throat (1; APA; BGB; PNC); Splenosis (f; MAD); Stomatosis (2; APA; KOM; MAD; PH2); Stone (1; BGB); Tonsilosis (f; MAD); Tumor (1; FAD); Ulcer (f; MAD); Uterorrhagia (1; PH2); Uterosis (f; MAD; PH2); Vaginosis (1; BGB); Varicosis (1; APA; PH2); Virus (1; PH2; SHT); Wart (f; JLH); Worm (1; PH2).

Dosages (Oak) — 1 tsp (~3 g) bark cup/water/day (APA); gargle with 2 tsp bark/pint water (APA); 3 g dry bark (KOM); 3–6 g dry bark (PED); 4.5 g dry bark:22 ml alcohol/23 ml water (PED); 1–1.5 tsp (~4–6 g) bark/day in hot or cold tea (MAD); 5 g bark/liter water for baths; 20 g bark/liter water for compresses; 2–4 tbsp fresh bark (PED); 0.5–5 ml liquid bark extract (PNC).

Contraindications, Interactions, and Side Effects (Oak) — Class 2d (AHP). Contraindicated even for external use when skin is extensively damaged, especially with weeping eczema, febrile and infectious disorders, and cardiac insufficiency states III and IV, hypertonia stage IV (AHP). Commission E reports interactions for bark: reduced absorption of alkaloids and other basic substances (AEH). Should not be taken for more than 3–4 days (SHT).

OAKGALL (*Quercus infectoria* Olivier.) ++

Galls follow deposition of wasp eggs on leaf buds, resulting in round bitter galls. Some JLH entries refer to oak galls but from other species of oaks.

Activities (Oakgall) — Analgesic (1; HH2; PH2); Antidote, alkaloid (f; DEP); Astringent (1; HH2; PH2); Hypnotic (1; HH2; PH2); Hypoglycemic (1; HH2; PH2); Sedative (1; HH2; PH2); Tonic (f; DEP).

Indications (Oakgall) — Bleeding (1; PH2); Bronchosis (f; PH2); Cacoethes (f; JLH); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, ear (f; JLH); Cancer, gum (f; JLH); Cancer, mouth (f; JLH); Cancer, neck (f; JLH); Cancer, nose (f; JLH); Cancer, tonsil (f; JLH); Cancer, uterus (f; JLH); Cancer, uvula (f; JLH); Cancer, vagina (f; JLH); Carcinoma (f; JLH); Chafing (f; DEP); Chilblain (f; PH2); Cough (f; PH2); Condyloma (f; JLH); Dermatosis (f; PH2); Diabetes (1; PH2); Diarrhea (f; PH2); Dysentery (f; PH2); Eczema (f; PH2); Enterorrhagia (1; PH2); Enterosis (f; PH2); Fever (f; DEP; PH2); Gastrosis (f; JLH); Gingivosis (1; JLH; PH2); Gonorrhea (f; DEP; PH2); Hemoptysis (f; PH2); Hemorrhoid (1; DEP; JLH; PH2); Hyperglycemia (1; HH2; PH2); Hyperhydrosis (f; PH2); Impetigo (f; PH2); Induration (f; JLH); Infection (1; PH2); Inflammation (f; PH2); Insomnia (1; HH2; PH2); Leukorrhea (f; DEP; PH2); Malaria (f; DEP); Mastosis (f; JLH); Menorrhagia (f; PH2); Nervousness (1; HH2; PH2); Nipple (f; DEP); Pain (1; HH2; JLH; PH2); Pharyngosis (f; PH2); Polyp (f; JLH); Proctosis (f; PH2); Prolapse (f; PH2); Rhinosis (f; JLH); Stomatosis (f; PH2); Tonsilosis (f; PH2); VD (f; DEP); Wart (f; JLH); Whitlow (f; JLH); Wound (f; PH2).

Dosages (Oakgall) — 1 part gall:5 parts wine (PH2).

Contraindications, Interactions, and Side Effects (Oakgall) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2).

OATS (*Avena sativa* L.) +++

Activities (Oats) — Antidepressant (1; PNC); Antiinflammatory (2; BGB; KOM); Antiprostaglandin (1; PHR; PH2); Antiviral (f; BGB); Cardiotonic (f; PNC); Digestive (1; WAM); Diuretic (f; PED); Emollient (1; APA; PNC; WAM); Fungicide (1; BGB); Hepatoprotective (1; PH2); Hypocholesterolemic (1; APA; PH2; SHT); Hypouricemic (1; PH2); Immunostimulant (1; BGB); Nervine (1; APA; WAM); Osteoprotectant (1; PED); Sedative (f; APA; SKY); Thymoleptic (f; PNC); Tonic (f; PH2).

Indications (Oats) — Addiction (f; APA); Anxiety (f; APA; PHR; PH2; WAM); Arthrosis (f; APA); Atherosclerosis (f; SHT); Atonia (f; PH2); Cardiopathy (f; PH2); Cholecystosis (f; PHR; PH2); Colitis (f; PHR); Constipation (1; PHR; PH2); Cough (f; PHR; PH2); Cystosis (f; APA; PH2); Debility (f; PNC); Depression (1; APA; PNC); Dermatosis (2; APA; KOM; PH2; WAM); Diabetes (f; APA; PHR; PH2); Diarrhea (f; PHR; PH2); Dysmenorrhea (f; PED); Dyspepsia (1; WAM); Eczema (f; PNC; SKY); Enterosis (f; APA; PHR; PH2); Fatigue (f; PHR; PH2); Flu (f; PHR; PH2); Frostbite (f; PHR; PH2); Fungus (1; BGB); Gastrosis (f; PHR; PH2); Gout (f; PHR; PH2); Hepatosis (f; APA; PHR); Herpes (f; BGB); High Cholesterol (2; APA; PH2; SHT); High Triglycerides (f; SKY); Hyperactivity (1; WAM); Hypertonia (f; APA); Immunodepression (1; BGB); Impetigo (f; PHR; PH2); Impotence (f; TGP); Infection (1; BGB); Inflammation (2; BGB; KOM); Insomnia (f; APA; PHR; PH2; SKY); Itch (2; APA; KOM); Morphinism (f; APA); Multiple Sclerosis (f; BGB); Mycosis (1; BGB); Nephrosis (f; APA; PHR; PH2); Nervousness (f; APA; SKY); Neurasthenia (f; APA; BGB; PHR; PH2); Nicotinism (f; APA; SKY); Old Age (f; PHR); Ophthalmia (f; PHR); Poison Ivy (f; APA); Pulmonosis (f; PH2); Rheumatism (f; APA; PHR; PH2); Seborrhea (2; BGB; KOM; PH2); Senility (f; PH2); Shingles (f; BGB); Sore Throat (f; PHR; PH2); Stress (f; PHR; PH2); UTI (PED); Virus (f; BGB); Wart (2; PHR; PH2).

Dosages (Oats) — 3 g oat bran soluble fiber/day (APA); 100 g oat bran/day for 3 weeks (sic) (SHT); 1 tbsp oats/cup water several ×/day (SKY); 3 g grass/0.25 liter, several ×/day or before retiring (BIS); 3 g herb/250 ml water (PH2); 100 g herb in bath (KOM; PH2); 1–2 tbsp fresh herb (PED); 2–3 g dry herb (PED); 2.5 g dry herb/cup boiling water (PED); 6–2 ml liquid seed extract (PNC); 0.5–1 dropper tincture or concentrated extract 2–3 ×/day (APA); 3–5 ml oat tincture 3 ×/day (SKY).

Contraindications, Interactions, and Side Effects (Oats) — Class 1 (AHP). None known (KOM; concerning straw only). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Like most cereals (rice excluded), oats might be avoided by celiacs (gluten sensitivity) (SKY). Recent new data suggest that oats maybe are okay for celiacs. Oat grass tea is said to balance menstrual cycle and relieve dysmenorrhea, and is touted for osteoporosis and UTIs.

OKRA (*Abelmoschus esculentus* (L.) Moench.) ++

Synonym: *Hibiscus esculentus* L.

Activities (Okra) — Abortifacient (f; JFM); Antibacterial (f; TRA); Anticancer (f; WO2); Antispasmodic (f; WO2); Demulcent (1; FNF; JFM); Diaphoretic (f; JFM; WO2); Diuretic (f; JFM); Emollient (1; WO2); Immunostimulant (1; TRA); Stimulant (f; WO2).

Indications (Okra) — Abscess (f; JFM); Bacteria (1; TRA); Bronchosis (f; JFM); Boil (f; JFM); Cancer (1; WO2); Catarrh (1; WO2); Cough (1; WO2); Cramp (f; WO2); Cystosis (f; JFM); Dysentery (f; JFM; WO2); Dysuria (f; JFM; WO2); Enterosis (f; JFM); Fever (f; JFM; WO2); Furuncle (f; TRA); Gastrosis (f; JFM); Gonorrhea (1; JFM; TRA; ZIM); Hepatosis (f; JFM); Immunodepression (1; TRA); Infection (1; TRA); Ophthalmia (f; TRA); Phthisis (1; WO2); Pneumonia (f; JFM); Pulmonosis (1; IED); Sore Throat (1; WO2); Syphilis (f; WO2); Tumor (f; JFM); Vertigo (f; JFM); Whitlow (f; JFM); Urethrosis (f; JFM); UTI (f; JFM); VD (f; JFM).

Extracts (Okra) — Powdered extract of pods advocated as blood plasma substitute (WOI).

OLIVE LEAF (*Olea europaea* L.) ++

Activities (Olive Leaf) — ACE Inhibitor (1; VVG); Antiarrhythmic (1; PHR; PH2); Antibacterial (f; BIB); Antioxidant (1; APA); Antipyretic (f; VVG); Antisclerotic (f; ZUL); Antispasmodic (1; PHR; PH2; ZUL); Astringent (1; ZUL); Cholagogue (f; BIB); Collyrium (f; ZUL); Depurative (f; ZUL); Diuretic (1; APA; PHR; VVG); Hypocholesterolemic (1; HH2); Hypoglycemic (1; APA; BIB; HH2; VVG); Hypotensive (1; APA; BIB; PH2; SKJ; VVG; ZUL); Hypouricemic (1; ZUL); Molluscicide (1; HH2); Myorelaxant (1; ZUL); Nephrotonic (f; VVG); Pectoral (f; BIB); Tonic (f; VVG); Vasodilator (1; ZUL).

Indications (Olive Leaf) — Arrhythmia (1; PHR; PH2); Atherosclerosis (1; HH2); Bacteria (f; BIB); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, gum (f; JLH); Cardiopathy (1; APA; PH2); Colic (f; VVG; ZUL); Condyloma (f; BIB; JLH); Corn (f; ZUL); Cramp (1; PHR; PH2; ZUL); Cystosis (f; ZUL); Diabetes (1; APA; BIB; HH2); Diarrhea (f; UPW; VVG); Diphtheria (f; ZUL); Fever (f; APA; HH2; UPW; VVG); Gingivosis (f; JLH); Gout (f; HH2); Headache (f; ZUL); Hepatosis (f; BIB); High Blood Pressure (1; APA; BIB; PH2; SKJ; VVG; ZUL); High Cholesterol (1; HH2); Hyperglycemia (1; APA; BIB; HH2; VVG); Hypertonia (1; PHR); Malaria (f; FEL; ZUL); Mastosis (f; JLH); Ophthalmia (f; UPW; VVG; ZUL); Rheumatism (f; HH2; ZUL); Schistosomiasis (1; HH2); Scrofula (f; ZUL); Sore Throat (f; UPW; VVG; ZUL); UTI (f; ZUL); VD (f; JLH); Wart (f; BIB; JLH); Wound (f; APA).

Dosages (Olive Leaf) — 7–8 g dry leaf in 150 ml water, 3–4 ×/day (that totals up to an oz of leaf) (APA); wineglass-full strong leaf decoction every 3 hours for malaria (FEL); 2 tsp leaf in hot water, steep 30 min (PHR).

Contraindications, Interactions, and Side Effects (Olive Leaf) — Not covered (AHP). None known at proper dosage (PHR). LD50 = 1300 mg/lg ipr mouse; >3000 mg/kg orl mouse.

OLIVE OIL (*Olea europaea* L.) +++

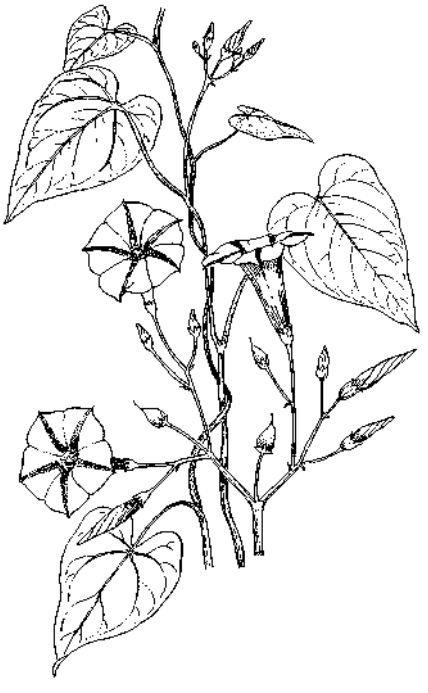
Activities (Olive Oil) — Antiaggregant (1; APA); Antidote, lead (f; FEL); Cardioprotective (1; APA); Demulcent (f; WOI); Emollient (1; APA; WOI); Enteroprotective (1; APA); Gastroprotective (1; APA); Hypocholesterolemic (1; APA); Hypoglycemic (1; APA); Laxative (1; APA; WOI).

Indications (Olive Oil) — Bite (f; FEL); Bruise (f; FEL); Burn (f; FEL); Callus (f; JLH); Cancer (f; JLH); Cancer, beast (f; JLH); Cancer, liver (f; JLH); Cancer, neck (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cardiopathy (1; APA); Cholecystosis (1; PHR); Constipation (1; APA; WOI); Corn (f; ZUL); Diabetes (1; APA); Earache (f; FEL); Earwax (1; APA); Enterosis (1; APA); Exanthema (f; FEL); Gastrosis (1; APA; JLH); Hepatosis (f; JLH); High Cholesterol (1; APA); Hyperglycemia (1; APA); Induration (f; JLH); Mastosis (f; FEL); Ophthalmia (f; JLH); Phthisis (f; FEL); Plague (f; FEL); Proctosis (f; FEL); Scarlatina (f; FEL); Splenosis (f; JLH); Stone (f; FEL); Worm (f; FEL); Wound (f; FEL).

Dosages (Olive Oil) — 1–2 oz olive oil as a laxative (APA); 1 tbsp olive oil in the morning to protect the GI tract linings (APA); 1 oz as purge (FEL); 15–60 ml olive oil (PNC).

Contraindications, Interactions, and Side Effects (Olive Oil) — Class 1 (JAD). Not covered (AHP). Commission E reports the oil should not be used in patients with gallstones or bile stones because of the risk that a biliary colic is induced. Topical application rarely results in allergic skin reactions (AEH).

OLOLIUQUI, MOONFLOWER (*Ipomoea violacea* L.) +

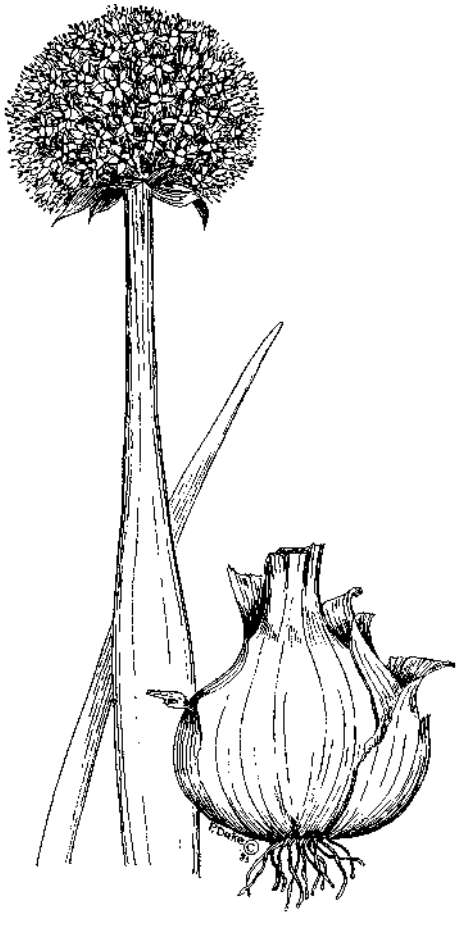


Synonyms: *Convolvulus tuba* Schltdl., *Ipomoea macrantha* Roem. & Schult., *I. tuba* (Schltdl.) G. Don.

Activities (Ololiuqui) — Hallucinogen (1; CRC); Narcotic (1; CRC); Psychedelic (f; CRC); Psychomimetic (f; CRC).

Indications (Ololiuqui) — Divination (f; CRC).

ONION (*Allium cepa* L.) +++



Activities (Onion) — Allergenic (1; APA); Amebicide (1; X10594976); Antiaggregant (2; BGB; KOM; MPI; SHT; WHO); Antiallergic (1; PHR; WHO); Antianaphylactic (1; X3932203); Antiasthmatic (1; PHR; PNC); Antiatherosclerotic (2; APA; WO2); Antibacterial (2; KOM; PH2; SHT; WHO); Antiedemic (1; APA; WHO); Antihistaminic (1; WHO); Antiinflammatory (2; PHR); Antimitotic (1; WHO); Antioxidant (1; WO2); Antiseptic (1; APA; BGB; JFM; PH2; PNC); Antispasmodic (f; PNC); Antithromboxane (1; WHO); Antitoxigenic (1; X7600010); Antitumor (1; APA; BGB); Aphrodisiac (f; DAD; SKY; WHO); Candidicide (1; WHO); Cardiotonic (f; DAD; JFM); Carminative (f; APA; PNC; WHO); Choleretic (f; JFM); Collyrium (f; GHA); Copper Chelator (1; WO2); Cyclooxygenase Inhibitor (1; WHO); Decongestant (1; APA); Deobstruent (f; KAP); Diaphoretic (f; JFM); Diuretic (1; BGB; PNC; SKJ; WHO); Emmenagogue (f; DAD; DEM; WHO); Expectorant (1; APA; PNC; SKJ; WHO); Fibrinolytic (2; APA; SHT; WHO); Fungicide (1; APA; WHO); Hypocholesterolemic (1; BGB; JNU; MPI; WHO); Hypoglycemic (2; APA; MPI; PNC; WHO); Hypolipidemic (1; BGB; WHO); Hypotensive (2; DAD; KOM; SHT); Lipolytic (2; BGB; KOM; SHT); Lipoxygenase (1; WHO); Mast Cell Stabilizer (1;

X3932203); Orexigenic (2; BGB; PH2; WHO); Parasiticide (1; X10594976); Pectoral (f; KAB); Phospholipase Inhibitor (1; WHO); Protein-Kinase Inhibitor (1; WHO); Protisticide (1; X10594976); Rubefacient (f; JFM); Sedative (f; KAB); Stimulant (f; JFM); Stomachic (f; KAB); Tonic (f; WHO); Vermifuge (f; WHO).

Indications (Onion) — Acne (f; JFM; WHO); Adenopathy (f; JLH); Allergy (1; BRU; PHR; WHO); Ameba (1; X10594976); Anaphylaxis (1; X3932203); Angina (f; BGB; PHR); Anorexia (2; BGB; KOM; PH2; WHO); Apoplexy (f; DEP); Asthma (1; APA; JFM; PHR; PH2; PNC); Atherosclerosis (2; APA; JFM; KOM; PH2; SHT; WO2); Bacillus (1; X4064797); Bacteria (2; JFM; KOM; PH2; SHT; WHO); Biliousness (f; KAB); Bleeding (f; KAB); Blister (1; SKJ); Boil (1; SKJ); Bronchosis (2; BGB; PHR; PH2; WHO); Bruise (f; PHR; WHO); Bug Bite (f; PHR); Burn (f; JLH; PHR); Cancer (1; APA; BGB); Cancer, breast (1; FNF; JLH; JNU); Cancer, colon (1; JNU); Cancer, esophagus (1; JNU); Cancer, gland (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, lung (1; JNU); Cancer, rectum (1; FNF; JLH); Cancer, stomach (1; APA; FNF; JLH); Cancer, uterus (1; FNF; JLH); Candida (1; WHO; X10594976); Carbuncle (f; KAB); Cardiopathy (1; APA; JNU); Caries (1; X9354029); Catarrh (f; KAB); Chest Cold (f; JFM); Chilblain (f; KAP); Cholecystosis (f; JFM; PHR); Cholera (f; DEP; WHO); Cold (2; DEM; PHR; PH2); Colic (f; PHR; PH2; WHO); Colosis (f; KAP); Congestion (1; APA; BGB; JFM); Convulsion (f; KAB); Corn (f; JLH); Cough (2; BGB; JFM; PHR; PH2); Cramp (f; PNC; GHA); Deafness (f; JFM); Dermatosis (1; SKJ; X7600010); Diabetes (2; APA; WHO); Dropsy (f; BGB; DAD; GMH); Dusgeuzia (f; KAB); Dysentery (f; BGB; DAD; JNU); Dysmenorrhea (f; PHR); Dyspepsia (2; JFM; PHR; PH2); Dyspnea (f; BGB); Dysuria (f; KAB); Earache (1; APA; DEM); Edema (f; JFM); Enterosis (f; KAP); Epilepsy (f; JFM); Epistaxis (f; KAB); Escherichia (1; PH2); Felon (f; JLH); Fever (2; DEM; JFM; PHR; PH2; WHO); Flu (f; DEM); Fungus (1; APA; WHO; X10594976); Furuncle (f; PHR); Gas (f; DAD; JFM; SKJ); Gastrosis (f; GHA); Gingivosis (1; X9354029); Gravel (f; BGB; DAD; GMH); Heatstroke (f; DEP); Hepatosis (f; KAB); High Blood Pressure (2; DAD; KOM; PHR; PH2; SHT; WHO); High Cholesterol (2; APA; BGB; JNU; MPI; SHT; WHO); High Triglycerides (1; WHO); Hyperglycemia (2; APA; MPI; PNC; WHO); Hyperlipidemia (f; SKJ); Hysteria (f; DEP; KAB); Immunodepression (2; PHR); Induration (f; JLH); Infection (2; APA; JNU; PHR; PH2; WHO); Inflammation (2; PHR); Insomnia (f; KAB); Jaundice (f; WHO); Lymphangites (f; KAB); Malaria (f; JFM); Mange (f; JFM); Migraine (f; KAB); Mycosis (1; APA; WHO); Nephrosis (f; BGB); Nervousness (f; KAB); Neuralgia (f; JFM); Noninsulin-Dependent Diabetes Mellitus (2; WHO); Nyctalopia (f; KAB); Obesity (1; BGB; SKJ; WHO); Odontosis (f; KAB); Ophthalmia (f; SKJ); Osteoporosis (1; ACT5:330; JNU); Otosis (f; SKJ; WHO); Pain (f; JFM); Parasite (1; JFM; X10594976); Periodontosis (1; X9354029); Pertussis (f; PHR); Pharyngosis (2; PHR); Proctosis (f; KAB); Prolapse (f; KAB); Protozoa (1; X10594976); Rabies (f; KAB); Rheumatism (f; JFM); Salmonella (1; PH2); Scabies (f; JFM); Sore (1; JNU; WHO); Sore Throat (f; DEP); Splenosis (f; DEP); Sting (f; JFM); Stomachache (f; PHR); Stomatosis (2; PHR); Strangury (f; KAP); Streptococcus (1; X9354029; X4064797); Swelling (1; APA; JFM; WHO); Syncope (f; DEP; KAB); Tenesmus (f; BGB); Thrombosis (f; JFM); Tinnitus (f; JFM); Tonsilosis (f; JFM); Toothache (f; JNU); Tuberculosis (f; JFM); Tumor (1; APA; BGB); Vertigo (f; KAB); Virus (1; X10594976); Wart (f; PHR); Whitlow (f; JLH); Worm (f; APA; JFM; WHO) Wound (f; PHR); Yeast (1; WHO; X10594976).

Dosages (Onion) — 0.25–1 onion (2–5 oz) (APA); 1 onion/day (JAD); 50 g fresh onion or 20 g dry onion (KOM; SHT; WHO); 10–20 ml bulb or leaf infusion (KAP); 1 tsp onion juice 3–4 ×/day (APA); 4–5 tsp tincture/day (PHR); 4–5 tbsp onion syrup (PHR); 1–3 g powdered seed (KAP).

Contraindications, Interactions, and Side Effects (Onion) — Class 1. Some idiopathic allergies (JAD). Allergic rhinoconjunctivitis and contact dermatosis reported (WHO). Feeding rats 1 g

powdered onion/day/month boosted bone mineral content 17%, bone thickness more than 15%, performing better than calcitonin(+) (JNU).

OPIUM ANTIDOTE (*Combretum micranthum* G. Don) +

Activities (Opium Antidote) — Antibacterial (1; HHB); Antidote, opium (f; HHB); Antiemetic (f; HHB); Astringent (1; PH2); Choleretic (1; PH2); Diuretic (f; HHB).

Indications (Opium Antidote) — Addiction (f; HHB); Bacteria (1; HHB); Blackwater Fever (f; HHB); Cholecystosis (f; HHB; PH2); Dyspepsia (f; PH2); Fever (f; HHB); Hepatosis (f; HHB; PH2); Nausea (f; HHB); Vomiting (f; HHB).

OPIUM POPPY (*Papaver somniferum* L.) (+++ seeds) (XXX opium)

Activities (Opium Poppy) — Abortifacient (f; SKJ); Analgesic (1; APA; CRC; KAP; PHR); Anaphrodisiac (1; FEL); Antibacterial (1; BIB); Antidiarrheal (f; PNC); Antidote, atropine (f; FEL); Antidote, physostigmine (f; FEL); Antidote, strychnine (f; FEL); Antiinflammatory (f; DEP); Antipyretic (1; FEL; KAB); Antispasmodic (1; APA; DEM; DEP; FEL; PNC); Antitussive (1; APA; PHR; PNC); Aphrodisiac (f; CRC; KAB); Astringent (1; CRC; DAA; KAB); Calmative (1; CRC); Carminative (f; BIB; CRC); Cerebrostimulant (1; KAP; FEL); Decongestant (1; CRC); Deliriant (f; KAB); Demulcent (f; BIB; CRC); Diaphoretic (f; CRC; FEL; PNC); Diuretic (f; KAB); Emollient (f; CRC); Euphoric (1; APA); Expectorant (f; CRC); Hemostat (f; CRC); Hypotensive (f; BIB; CRC); Hypnotic (1; APA); Intoxicant (1; CRC); Lipogenic (f; KAB); Myorelaxant (1; APA; FEL); Narcotic (1; APA; CRC; SUW); Nervine (f; BIB; CRC); Sedative (1; APA; CRC; KAP); Spinostimulant (f; FEL); Stimulant (1; APA); Tonic (f; BIB; CRC); Tranquilizer (f; DEM); Vasodilator (1; CRC).

Indications (Opium Poppy) — Anemia (f; KAB); Angina (1; DAA); Anxiety (1; APA); Asthma (1; APA; CRC; FEL); Bacteria (1; BIB); Bleeding (f; CRC); Boil (f; BIB; CRC); Bronchosis (f; KAP; PHR); Bruise (f; CRC); Calculus (1; FEL); Cancer (1; CRC; FNF); Cancer, bladder

(1; JLH); Cancer, breast (1; JLH); Cancer, colon (1; JLH); Cancer, ear (1; JLH); Cancer, eye (1; JLH); Cancer, liver (1; JLH); Cancer, nose (1; JLH); Cancer, skin (1; JLH); Cancer, spleen (1; JLH); Cancer, stomach (1; JLH); Cancer, throat (1; JLH); Cancer, tongue (1; JLH); Cancer, uterus (1; JLH); Cancer, uvula (1; JLH); Cancer, vagina (1; JLH); Cardiopathy (f; WOI); Catarrh (f; CRC; FEL); Childbirth (1; FEL); Cholecystosis (f; PHR); Cholera (f; DEP; FEL); Cold (f; CRC); Colic (f; DEP; PHR; PH2); Condyloma (f; JLH); Congestion (1; CRC); Conjunctivosis (f; CRC; FEL; PH2); Convulsion (f; KAP); Cough (1; APA; FEL; PHR; PNC); Cramp (1; APA; DEM; DEP; FEL; PH2; PNC); Cystosis (1; BIB; CRC; DEP; PH2); Delirium (f; DEP; FEL); Depression (f; PH2); Dermatosis (f; FEL; JLH); Diarrhea (1; APA; CRC; FEL; PH2); Duodenosis (f; WOI); Dysentery (1; CRC; DEP; FEL; PH2); Dysmenorrhea (f; CRC; DEP); Dyspepsia (f; FEL); Eclampsia (1; FEL); Embolism (1; WOI); Enterosis (1; APA; CRC; FEL; PH2); Epistaxis (f; BIB); Erysipelas (f; FEL); Fever (1; CRC; DEP; FEL; KAB; PH2; PNC); Flu (f; WOI); Flux (f; CRC); Gallstone (f; PH2); Gangrene (f; DEP); Gastrosis (1; APA; DEP); Gonorrhea (f; FEL); Gout (1; FEL); Headache (f; CRC; DAA); Hemicrania (f; BIB; CRC); Hemorrhoid (f; FEL); Hepatosis (f; DEP; JLH); High Blood Pressure (f; BIB; CRC); Hyperacidity (f; WOI); Hypochondria (f; CRC); Hysteria (f; CRC; FEL); Induration (f; JLH); Inflammation (f; CRC; DEP; PH2); Inhibition (1; APA); Insomnia (1; APA; CRC; KAP); Itch (f; BIB); Kidney Stone (f; PH2); Leukorrhea (f; CRC; DAA); Malaria (f; CRC); Mania (f; BIB; CRC); Mastosis (f; JLH); Melancholy (f; CRC); Menorrhagia (f; DEP); Mucososis (f; FEL); Myocardosis (f; WOI); Nausea (f; CRC; FEL); Nephrosis (f; DEP; FEL); Nervousness (1; APA; CRC; DEM; KAP); Neuralgia (f; CRC; FEL); Neurosis (f; DEP); Ophthalmia (f; DEP; PH2); Otosis (f; CRC); Pain (1; APA; CRC; FEL; KAP; PHR); Peritonosis (f; DEP; FEL); Pertussis (f; CRC; WOI); Phthisis (f; DEP; FEL); Polyp (f; JLH); Proctosis (f; CRC; FEL; PH2); Prolapse (f; CRC; PH2); Pulmonosis (f; FEL); Raynaud's Syndrome (1; WOI); Respirosis (1; APA; FEL); Rheumatism (f; CRC; DEP); Scirrhus (f; JLH); Snakebite (f; CRC); Sore Throat (f; JLH); Spasm (1; PHR); Spermatorrhea (f; CRC; DAA); Splenosis (f; JLH); Sprain (f; BIB; CRC); Stomachache (f; BIB; CRC); Swelling (f; CRC); Tenesmus (f; FEL); Tetanus (f; DEP; FEL); Toothache (f; CRC; DAA); Tuberculosis (f; PH2; WOI); Tumor (f; CRC); Typhoid (f; FEL); Typhus (f; PH2); Ulcer (f; CRC; PH2; WOI); Urogenitosis (1; PHR); Uterosis (f; DEP; FEL; JLH); Uvulosis (f; JLH); Vaginosis (f; JLH); Vomiting (f; DAA); Wart (f; CRC; JLH); Wound (1; PHR).

Dosages (Opium Poppy) — Prescription only (for opiates). I do not believe I'd recommend the dosage in KAP, 30–125 mg.

Contraindications, Interactions, and Side Effects (Opium Poppy) — Seeds Class 1 (AHP). Not indexed in Commission E. Opium overdoses can cause cold clammy skin, fast weak pulse, fluid in the lungs, cyanosis, pupil constriction, and possible death from circulatory and respiratory failure. Opium addicts can reportedly tolerate 2000 mg over 4 hours, but 300 mg will kill many naive subjects. Opiates have been detected in urine of poppy-seed eaters as much as 48 hours after ingestion. Like ginkgo, it "increases blood flow to the brain" (APA).

ORANGE (*Citrus sinensis* (L.) Osbeck) ++

Synonyms: *C. aurantium* var. *sinensis* L., *C. macracantha* Hassk.

Activities (Orange) — Antibilious (1; EFS; FNF); Anticancer (1; FNF; JAD); Antigastric (1; TRA); Antihistaminic (1; TRA); Antihomocysteine (1; JNU); Antiinflammatory (1; JNU; TRA); Antioxidant (1; JNU); Antiseptic (1; EFS; FNF); Antispasmodic (1; EFS; TRA); Antitussive (1; TRA); Antiulcer (1; TRA); Antiviral (1; JNU); Cardioprotective (1; JNU); Carminative (1; TRA); Depurative (f; WO2); Diaphoretic (f; JFM); Digestive (f; PHR); Gastrostimulant

(1; PHR); Hepatoprotective (1; TRA); Hypocholesterolemic (1; TRA); Hypoglycemic (1; TRA); Hypolipemic (1; TRA); Hypotensive (1; JNU; TRA); Hypouricemic (1; TRA); Immunostimulant (1; JNU); Laxative (f; WBB; WO2); Myorelaxant (1; TRA); Orexigenic (2; BIS; JFM; KOM; PH2); Respiradepressant (f; WBB); Secretolytic (1; PH2; TRA); Sedative (f; EFS); Stomachic (f; WO2); Tonic (f; WO2).

Indications (Orange) — Acne (f; WO2); Anorexia (2; JFM; KOM; PH2); Asthma (1; TRA); Biliousness (1; EFS; FNF; WO2); Bronchosis (f; JFM); Cancer (1; FNF; JAD; JLH); Cancer, breast (1; JNU); Cancer, cervix (1; JNU); Cancer, esophagus (1; JNU); Cancer, mouth (1; JNU); Cancer, skin (1; JNU); Cancer, stomach (1; JNU); Candida (f; JFM); Cardiopathy (1; JNU); Catarrh (f; WO2); Cervicosis (1; JNU); Childbirth (f; JFM); Conjunctivosis (f; TRA); Constipation (f; WBB; WO2); Convulsion (f; JFM); Cough (f; TRA); Cramp (1; EFS; TRA); Dermatosis (f; WBB); Diabetes (1; TRA); Diarrhea (f; TRA; WO2); Dysentery (f; JFM); Dyspepsia (2; PHR; PH2); Earache (1; TRA; WO2); Epilepsy (f; JFM); Esophagosis (1; JNU); Fever (f; JFM; TRA; WO2); Flu (1; JNU; TRA); Gas (f; JFM); Gastrosis (1; JFM; JNU); Gout (1; TRA); Headache (f; TRA); Hepatosis (1; TRA); Herpes (1; JNU); High Blood Pressure (1; JNU; TRA); High Cholesterol (1; JNU; TRA); Hyperglycemia (1; TRA); Hysteria (f; JFM); Immunodepression (1; JNU); Infection (1; JNU); Inflammation (1; JNU; TRA); Insomnia (f; EFS); Malaria (f; WBB); Nervousness (f; EFS); Obesity (1; TRA); Palpitation (f; JFM); Pneumonia (f; JFM); Polio (1; JNU); Psoriasis (f; WBB); Sore (f; JLH); Splenomegaly (1; WBB); Stroke (1; JNU); Toothache (f; WO2); Ulcer (1; TRA); Virus (1; JNU); Worm (f; JFM).

Dosages (Orange) — Juice is a food pharmaceutical; 1 tsp chopped rind/cup water; 20 drops tincture 3 ×/day for *Citrus aurantium* (APA); 10–15 g pericarp (KOM).

Contraindications, Interactions, and Side Effects (Orange) — Other species are Class 1; this species is a food, and is not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Commission E reports possible photosensitivity (PHR). None known (KOM). Coumarins may photosensitize and may interact with other anticoagulants. Convulsions, enteric colic, and even death are reported in children following ingestion of large amounts of orange peel (AHP, speaking of *C. aurantium*, not this species, but the same chemicals, hence warning should prevail). Extract LD50 = 7000 mg/kg mouse; safe dose 5000, surely fatal dose 10,000 (WBB).

ORANGE PEEL (*Citrus sinensis* (L.) Osbeck) ++

Synonyms: *C. aurantium* var. sinensis L., *C. macracantha* Hassk.

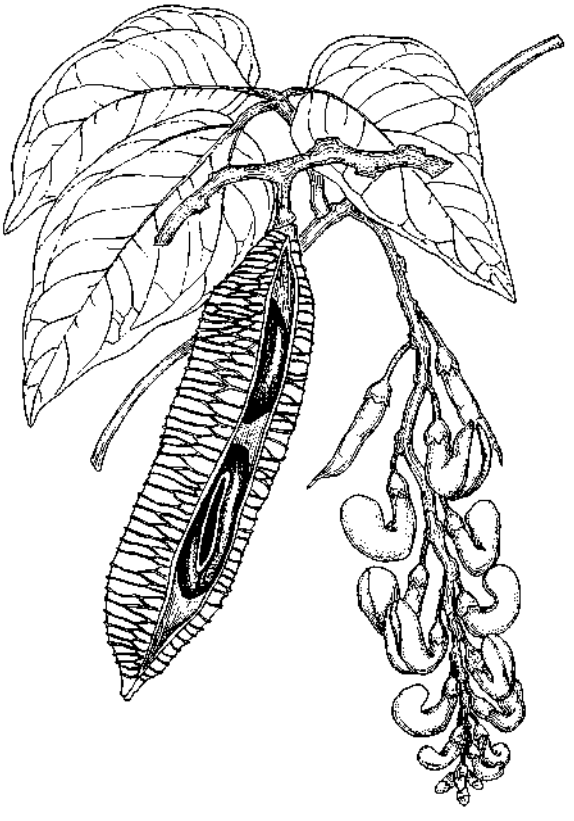
Activities (Orange Peel) — Antigastric (1; TRA); Antihistaminic (1; TRA); Antispasmodic (1; TRA); Digestive (PHR); Gastrostimulant (1; PHR); Orexigenic (2; BIS; KOM); Secretolytic (1; TRA).

Indications (Orange Peel) — Anorexia (2; KOM); Cramp (1; TRA); Dyspepsia (2; PHR).

Dosages (Orange Peel) — 1 tsp chopped rind/cup water; 20 drops tincture 3 ×/day for *Citrus aurantium* (APA); 10–15 g pericarp (KOM).

Contraindications, Interactions, and Side Effects (Orange Peel) — Other species are Class 1; this species, a food, is not covered. (AHP). Commission E reports possibility photosensitivity (PHR). None known (KOM). Coumarins may photosensitize and may interact with other anticoagulants. Convulsions, enteric colic, and even death are reported in children following ingestion of large amounts of orange peel (AHP, speaking of *C. aurantium*, not this species, but the same chemicals, hence warning should prevail).

ORDEAL BEAN, CALABAR BEAN
(*Physostigma venenosum* Balf.) X



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Activities (Ordeal Bean) — Anticholinesterase (1; HH3); Anticuraroid (1; PH2); Antidote (f; CRC); Antidote, curare (1; PHR); Cardiodepressant (1; PHR; PH2); Insecticide (1; UPW); Mitotic (1; PH2); Myotic (1; CRC; UPW); Negative Chronotropic (1; PH2); Paralytic (1; CRC; UPW); Parasiticide (1; CRC); Parasympathomimetic (1; HH3); Pediculicide (1; CRC); Peristaltic (1; PH2; UPW); Poison (1; CRC); Rodenticide (1; CRC; UPW); Sedative (f; CRC); Spasmogenic (1; PH2).

Indications (Ordeal Bean) — Alzheimer's (1; CRC; PHR; PH2); Arthrosis (f; CRC; HH3); Bursitis (f; CRC); Cholera (f; HH3); Colic (f; CRC; HH3); Diabetes (f; CRC; HH3); Edema (f; CRC; HH3); Epilepsy (f; HH3); Erysipelas (f; HH3); Fibrososis (f; CRC; HH3); Gastrosis (f; HH3); Glaucoma (1; CRC; PHR; PH2); Insomnia (f; CRC); Lice (2; CRC); Mucososis (f; HH3); Myasthenia (1; CRC; UPW); Nervousness (f; CRC); Ophthalmia (1; CRC; HH3); Parasite (1; CRC); Psoriasis (f; CRC; HH3); Rheumatism (f; CRC; HH3); Spasm (f; CRC); Tetanus (f; CRC; HH3).

Dosages (Ordeal Bean) — Too dangerous for internal use (JAD); 1–2 eye drops 3 ×/day (PH2).

Contraindications, Interactions, and Side Effects (Ordeal Bean) — Not covered (AHP). Lethal dose for adult man = 6–10 drops physostigmine (ca. 2–3 beans). Symptoms of intoxication: cyanosis diarrhea, dizziness, nausea, salivation, spasms, stupor, sweating, tachycardia, twitching, vomiting, and finally death through asphyxiation (PH2). Lithium chloride may increase toxicity (HH3).

OREGANO (*Origanum vulgare* L.) +++

Activities (Oregano) — Analgesic (1; APA); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Antibacterial (1; TAD); Anticancer (1; COX; FNF); Antiinflammatory (1; COX; FNF; PH2); Antimutagenic (f; TAD); Antioxidant (1; JAD; TAD); Antipyretic (1; APA); Antiseptic (f; PH2); Antispasmodic (1; APA; MAD; PIP); Carminative (f; EFS); Choleretic (1; APA; MAD; RIN); COX-2 Inhibitor (1; COX; FNF); Decongestant (f; APA); Diaphoretic (1; APA; EFS; MAD; PH2; PIP); Digestive (1; APA); Diuretic (1; MAD; PIP); Emmenagogue (f; APA; MAD); Expectorant (1; APA; PHR; PH2; PIP); Fungicide (1; APA; TAD); Laxative (f; EFS); Narcotic (f; MAD); Nervine (f; EFS); Orexigenic (1; APA); Pectoral (f; EFS); Propecic (f; MAD); Sedative (1; APA; PHR; PIP); Stimulant (f; FEL); Stomachic (f; EFS); Tonic (f; EFS; MAD); Vermicide (1; APA).

Indications (Oregano) — Alzheimer's (1; COX; FNF); Amenorrhea (f; MAD); Anorexia (f; KOM; MAD); Arthrosis (1; APA; COX; FNF; PHR; PH2); Asthma (f; MAD); Bacteria (1; FNF; TAD); Bronchosis (1; PHR; PH2); Bruise (f; MAD); Cancer (1; COX; FNF; TAD); Cancer, breast (1; COX; JLH); Cancer, gum (1; COX; JLH); Cancer, liver (1; COX; JLH); Cancer, mouth (1; COX; JLH); Cancer, nose (1; COX; JLH); Cancer, penis (1; COX; JLH); Cancer, throat (1; COX; JLH); Cancer, uterus (1; COX; JLH); Cancer, vulva (1; COX; JLH); Caries (f; MAD); Catarrh (1; MAD; PHR); Childbirth (f; MAD); Cold (f; MAD; PH2); Congestion (f; APA); Constipation (f; EFS); Cough (1; MAD; PHR; PH2); Cramp (1; APA; MAD; PIP); Diarrhea (f; APA); Diphtheria (f; MAD); Dysentery (f; PH2); Dysmenorrhea (f; MAD; PHR; PH2); Dyspepsia (1; APA; MAD; PHR; PH2); Dyspnea (f; MAD); Enterosis (f; KOM); Epilepsy (f; MAD); Erotomania (f; MAD); Fever (1; APA; EFS; MAD; PH2; PIP); Fibroid (f; JLH); Fungus (1; APA; TAD); Gas (f; KOM); Gastrosis (f; KOM; MAD); Gingivosis (f; JLH); Headache (f; APA; MAD); Hemorrhoid (f; MAD); Hepatosis (f; MAD); Hysteria (f; MAD); Impotence (f; PH2); Incontinence (f; MAD); Induration (f; JLH); Infection (1; APA; TAD); Inflammation (1; COX; FNF; PH2); Insomnia (1; APA; PHR; PIP); Itch (f; APA); Jaundice (f; APA; MAD; PH2); Mastosis (f; JLH); Mycosis (1; APA; FNF; TAD); Nausea (f; PH2); Nervousness (1; APA; PHR; PIP); Neuralgia (f; APA); Neurosis (f; MAD); Nymphomania (f; MAD); Onany (f; MAD); Pain (1; APA); Phthisis (f; MAD); Polyp (f; JLH); Respirosis (1; APA; MAD; PH2); Rheumatism (f; MAD; PHR; PH2); Rhinosis (f; JLH); Scrofula (f; MAD; PHR; PH2); Stomachache (1; APA; MAD); Stomatosis (1; APA); Tinnitus (f; MAD); Toothache (f; APA); Tuberculosis (f; MAD); Uterosis (f; JLH); UTI (f; PHR; PH2); Vomiting (f; PH2); Worm (1; APA; MAD).

Dosages (Oregano) — 1–2 tsp dry leaf/cup water to 3 ×/day (APA); 2–3 tsp (4–6 g) leaf in tea/day (MAD); 1 tsp herb/250 ml water (PHR); foot bath for amenorrhea (MAD).

Contraindications, Interactions, and Side Effects (Oregano) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Good source of COX-2 inhibiting oleanolic acid at ~0.5% (COX). Rich source of antioxidant activity and rosmarinic acid.

OREGON GRAPE (*Mahonia aquifolium* (Pursh) Nutt.) +

Synonyms: *Berberis aquifolium* Pursh, *B. diversifolia* (Sweet) Steud., *Mahonia diversifolia* Sweet.

Activities (Oregon Grape) — Alterative (f; CRC; FEL; HHB; MAD); Amebicide (1; CRC); Anaphrodisiac (f; CRC); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Antibacterial (1; DEM; FNF; WAM); Antibilious (f; CRC); Anticancer (1; COX; FNF); Anticonvulsant (1; CRC); Antihelicobacter (1; X9781854); Antiinflammatory (1; COX; FNF); Antioxidant (1; APA); Antiperistaltic (1; FNF); Antiprolific (1; PHR); Antipsoriatic (1; PHR; PH2); Antipyretic (f; CRC); Antiseptic (1; DEM; CRC; FNF); Antitrypanosomic (1; CRC); Antiulcer (1; X9781854); Aquaretic (f; SHT); Bitter (1; PH2); Carminative (f; CRC); Cholagogue (f; CRC); Choleretic (1; CRC); Collyrium (1; DEM; FNF); COX-2 Inhibitor (1; COX; FNF); Depurative (f; APA; CRC; DEM); Digestive (1; WAM); Diuretic (f; APA; CRC); Expectorant (f; CRC); Fungicide (1; APA); Hepatotonic (1; WAM); Hypotensive (1; CRC); Laxative (f; CRC); MDR Inhibitor (1; FNF; JAD); Mutagenic (1; PH2); Orexigenic (f; CRC; PH2); Parasiticide (1; WAM); Sedative (1; CRC); Tonic (f; APA; CRC; DEM; FEL; PH2); Uterotonic (1; CRC).

Indications (Oregon Grape) — Acne (f; APA; MAD); Alzheimer's (1; COX; FNF); Ameba (1; CRC); Anemia (f; FEL); Anorexia (1; CRC); Arthrosis (1; COX; DEM; FNF); Bacteria (1; CRC; DEM; FNF; WAM); Bleeding (1; DEM; FNF); Bronchosis (f; CRC; FEL; PH2); Bronchorrhea (f; FEL); Bruise (f; APA); Burn (f; HHB); Cachexia (f; FEL); Cancer (1; COX; FNF); Catarrh (f; FEL); Cholecystosis (f; CRC; MAD; PH2); Cirrhosis (f; FEL); Cold (1; WAM); Congestion (f; CRC); Constipation (f; APA; CRC; FEL); Convulsion (1; CRC); Cough (1; APA; WAM); Dandruff (1; PHR); Dermatosis (1; APA; FEL; MAD; PHR; PH2); Diarrhea (f; CRC; HHB; MAD); Dyscrasia (f; FEL); Dysentery (f; MAD); Dyspepsia (1; CRC; DEM; FNF; HHB; PH2); Dysuria (f; CRC; MAD); Eczema (1; APA; CRC; FEL; PH2; WAM); Enterosis (1; FEL; MAD; WAM); Erysipelas (f; FEL); Fever (f; CRC; MAD); Fungus (1; APA); Gallstone (f; CRC; HHB); Gastrosis (f; FEL; PH2); Gout (f; CRC; MAD); Gravel (f; CRC); Helicobacter (1; X9781854); Hepatosis (1; APA; CRC; PH2); Herpes (f; CRC; FEL; MAD); High Blood Pressure (1; CRC); Infection (1; APA; CRC; WAM); Inflammation (1; COX; FNF); Insomnia (1; CRC); Jaundice (f; APA); Kidney Stone (f; MAD); Leukorrhea (f; CRC); Leishmaniasis (1; CRC; FNF); Malaria (1; CRC); Myalgia (f; FEL); Mycosis (1; APA); Nephrosis (f; APA; DEM); Nervousness (1; CRC); Neuralgia (f; MAD); Ophthalmia (1; DEM; FNF); Pain (f; FEL; MAD); Parasite (1; WAM); Periosteosis (f; FEL); Phthisis (f; FEL); Pityriasis (f; FEL); Psoriasis (1; APA; CRC; FEL; HHB; MAD; PHR; PH2); Pulmonosis (1; WAM); Rash (f; PH2); Rheumatism (1; CRC; COX; MAD); Rhinosis (1; WAM); Scrofula (f; FEL); Sinusosis (1; WAM); Sore (f; FEL; HHB); Sore Throat (1; DEM; FNF); Stomatosis (f; FEL); Stone (f; SHT); Syphilis (1; CRC; DEM; FEL; FNF; MAD); Trachoma (f; CRC); Tuberculosis (1; DEM; FEL; FNF); Typhoid (f; MAD); Ulcer (1; APA; X9781854); Uterosis (f; CRC); UTI (SHT); Vaginosis (1; CRC); VD (1; CRC; FEL; MAD); Yellow Fever (1; DEM; FNF); Wound (f; APA).

Dosages (Oregon Grape) — 0.5 tsp root bark/cup water 1 ×/day (APA); 2 g root bark (HHB); 1–2 ml liquid root extract (APA; PNC); 10–20 drops fluid extract/3–4 hours (FEL); 0.3–1.5 g fluid extract (MAD); 0.6–3.75 g tincture (MAD).

Contraindications, Interactions, and Side Effects (Oregon Grape) — Class 2b. Canada requires bilingual warning against use during pregnancy (AHP). "Not allowed as a non-medicinal ingredient in oral use products in Canada" (Michols, 1995). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). If Barney is right in saying that "goldenseal should not be taken for long periods of time," I suspect that the same would be true for those herbs containing similar compounds, such as barberry, goldthread, oregon grape, and yellow root (Barney, 1996). Therefore, I have lowered their safety ratings to one +. "Large doses of berberine can cause fatal poisoning" (CRC). White and Mavor preclude use in children under 1 year old, or during pregnancy (WAM). An alternative source of the COX-2 inhibitor, berberine (COX; FNF). Recently shown to contain a pump-efflux inhibitor, 5'-methoxyhydnocarpin (5'-MHC) synergistic with antiseptic alkaloids.

ORIENTAL ARBORVITAE (*Platycladus orientalis* (L.) Franco) +

Synonyms: *Biota orientalis, Retinispora juniperoides* Carriere, *Thuja orientalis* L., *Thuja orientalis f. juniperoides* (Carriere) Asch. & Graebn., *T. orientalis* var. *aurea* (Carriere) Rehder.

Activities (Oriental Arborvitae) — Allergenic (1; WOI); Antipyretic (f; LMP; WOI); Aphrodisiac (f; LMP); Astringent (f; LMP); Cicatrizant (f; DAA); Diuretic (f; WOI); Emmenagogue (f; LMP); Hemostat (f; LMP; PH2); Orexigenic (f; LMP); Propecic (f; PH2); Stomachic (f; LMP); Tonic (f; LMP; WOI); Toxic (1; PH2).

Indications (Oriental Arborvitae) — Alopecia (f; PH2); Amnesia (f; DAA); Anorexia (f; LMP); Apprehension (f; DAA); Asthma (f; DAA); Bleeding (f; LMP; PH2); Bronchosis (f; DAA); Burn (f; DAA); Cancer (f; JLH; LMP); Carcinoma (f; JLH); Cardiopathy (f; LMP); Cold (f; LMP); Constipation (f; DAA); Convulsion (f; DAA); Cough (f; LMP; PH2); Dermatosis (f; LMP); Duodenosis (f; LMP); Dysentery (f; LMP; PH2); Dysmenorrhea (f; DAA); Epistaxis (f; PH2); Fever (f; LMP; WOI); Gastrosis (f; LMP); Gonorrhea (f; LMP); Gray Hair (f; HH2); Headache (f; HH2); Hematuria (f; PH2); Hemoptysis (f; PH2); Hepatosis (f; LMP); Hysteria (f; LMP); Insomnia (f; HH2); Metrorrhagia (f; HH2); Nausea (f; LMP); Neurasthenia (f; DAA); Neurosis (f; HH2); Pain (f; LMP); Palpitation (f; LMP); Parasite (f; LMP); Respirosis (f; LMP); Rheumatism (f; LMP); Spermatorrhea (f; DAA); Ulcer (f; LMP); Uterosis (f; HH2); VD (f; LMP); Vomiting (f; HH2); Wound (f; DAA).

Dosages (Oriental Arborvitae) — 3–9 g leaf (HH2); 3–18 g leaf (PH2).

Contraindications, Interactions, and Side Effects (Oriental Arborvitae) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). But PH2 suggests the dose of 3–18 g, rather high for an herb they describe as "severely toxic." If they are correct in their calculations, the herb would contain only 240 ppm thujone, much less than sage, for example.

ORIENTAL BITTERSWEET (*Celastrus paniculatus* Willd.) X

Synonym: *C. dependens* Wall.

Activities (Oriental Bittersweet) — Abortifacient (f; KAP; WOI); Analgesic (1; JE42:193); Antiaging (f; PM8:125); Antibacterial (1; WO2); Anticonvulsant (1; KAP); Antidote, opium (f; LMP); Antiemetic (1; WO2); Antifertility (1; JE28:293); Antiinflammatory (1; WO2; JE42:193); Antioxidant (1; PM8:125); Antipyretic (1; WO2); Antispasmodic (1; KAP); Antispermatogenic (1; JE28:293); Antistress (1; WO2); Antiulcer (1; WO2); Antiviral (1; KAP); Aphrodisiac (f; DEP); Cardiodepressant (1; MPI; WO2); Cerebrotonic (f; KAB; PM8:125); Depurative (f; KAB); Diaphoretic (f; DEP; KAB; WO2); Diuretic (f; DEP); Emetic (f; WO2); Emmenagogue (f; KAB; WO2); Expectorant (f; KAB); Hypokinetic (1; MPI); Hypotensive (1; MPI; WO2); Immunomodulator (f; PM8:125); Insectifuge (1; WO2); Memorigenic (f; KAB; WO2); Nervine (f; DEP; WO2);

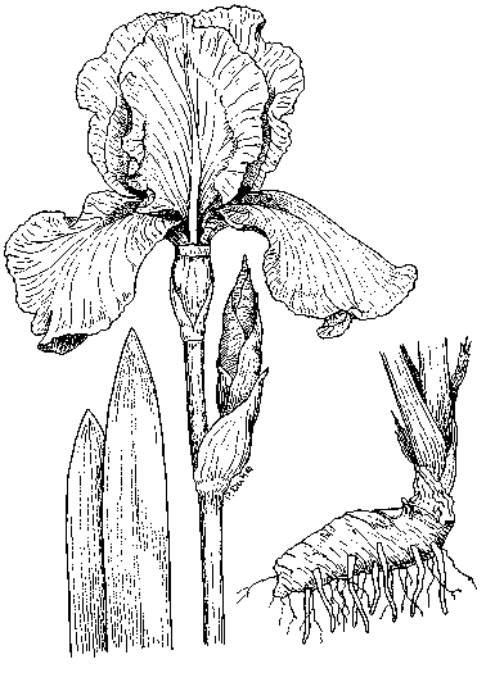
Neurotonic (f; LMP); Rubefacient (f; KAP); Sedative (1; MPI; WO2); Sialagogue (f; MPI); Stimulant (f; DEP; LMP); Stomachic (f; KAB); Tonic (f; KAB; WO2); Tranquilizer (1; MPI; WO2); Tremorigenic (1; MPI).

Indications (Oriental Bittersweet) — Amenorrhea (f; WO2); Anemia (f; DEP); Arthrosis (f; KAB); Asthma (f; KAB); Bacteria (1; WO2); Beriberi (f; LMP; KAP); Convulsion (1; KAP); Cramp (1; KAP); Debility (f; KAB); Depression (f; WO2); Dermatosis (1; WO2); Dropsy (f; DEP); Dysentery (f; DAA; LMP; WO2); Eczema (f; WO2); Encephalosis (f; DEP; KAB); Enterosis (f; KAB); Fever (1; DEP; KAB; WO2); Fistula (f; DEP); Gastrosis (f; KAB; WO2); Gout (f; DEP; KAB; WOI); Headache (f; KAB); Hepatosis (f; KAB); High Blood Pressure (1; MPI; WO2); Impotence (f; DEP); Inflammation (1; DEP; JE42:193; WO2); Insomnia (1; MPI; WO2); Itch (1; WO2); Leprosy (f; DEP; KAP); Leukoderma (f; KAB); Malaria (f; DEP; KAB); Nervousness (1; MPI; WO2); Pain (1; DEP; KAB; WO2; JE42:193); Paralysis (f; DAA; DEP; LMP; WO2); Pneumonia (f; WO2); Rheumatism (f; DAA; KAB; LMP); Scabies (f; WO2); Senility (f; WO2); Sinusosis (f; DEP); Sore (f; KAB; WO2); Spermatorrhea (1; WO2); Stress (1; WO2); Swelling (f; WO2); Venosis (f; WO2); Ulcer (1; WO2); Virus (1; KAP); Vomiting (1; WO2); Wound (f; WO2).

Dosages (Oriental Bittersweet) — 10–30 minims as diuretic (DEP); 5–15 minims as diaphoretic and neurotonic (DEP); 1–3 g powdered seed (KAP); 1–2 ml seed oil (KAP); 28–56 ml seed decoction (= 1–2 oz) (KAP).

Contraindications, Interactions, and Side Effects (Oriental Bittersweet) — Not covered (AHP; KOM; PH2).

ORRIS (*Iris* spp) +



Are the irises, or the taxonomists, or me screwed up? In a rare show of bravery, Steinmetz (EFS) covers six species of *Iris*, but then templates very repetitive entries for all six, especially the two I treat as orris, almost identical in EFS. More modern writers tend to aggregate some of these that are also called, colloquially, "orris." The USDA accepts *I. pallida* Lam. as orris, but also has listed

I. x germanica L. as orris-root. I have added only credible entries for *I. florentina* and *I. pallida* below, including JLH. Unlike the Herbal PDR, I maintain that *Iris versicolor* L., the blue flag, is a distinct species (which see).

Activities (Orris) — Antibacterial (1; HHB); Antiserotonin (1; PH2); Antispasmodic (1; PH2); Antiulcer (1; PH2); cAMP-Phosphodiesterase Inhibitor (1; PH2); Cholagogue (f; EFS); Diuretic (1; EFS; HHB); Expectorant (1; HHB; PH2); Laxative (f; EFS).

Indications (Orris) — Adenopathy (f; JLH); Bacteria (1; HHB); Callus (f; JLH); Cancer (f; JLH); Cancer, abdomen (f; JLH); Cancer, breast (f; JLH); Cancer, colon (f; JLH); Cancer, gum (f; JLH); Cancer, spleen (f; JLH); Cancer, uterus (f; JLH); Colic (f; HHB); Condylomata (f; JLH); Constipation (f; EFS); Cramp (1; PH2); Dentition (f; EFS); Dyspepsia (1; PH2); Enterosis (f; JLH); Fibroid (f; JLH); Gastrosis (f; JLH); Gingivosis (f; JLH); Halitosis (f; EFS); Headache (f; PH2); Hepatosis (f; JLH); Induration (f; JLH); Infection (1; HHB); Mastosis (f; JLH); Migraine (f; HHB); Parotosis (f; JLH); Polyp (f; JLH); Respirosis (1; PH2); Rhinosis (f; JLH); Splenosis (f; JLH); Swelling (f; JLH); Thyrosis (f; PH2); Ulcer (1; PH2); Uterosis (f; JLH); Water Retention (f; HHB).

Contraindications, Interactions, and Side Effects (Orris) — Class 1. May irritate mucosa (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

OXEYE DAISY (*Leucanthemum vulgare* Lam.) ++

Synonym: *Chrysanthemum leucanthemum* L.

Activities (Oxeye Daisy) — Allergenic (1; PH2); Antiinflammatory (1; FAD); Antipyretic (f; DEM); Antisecretory (1; WO2); Antispasmodic (1; FAD; PH2; WO2); Collyrium (f; DEM; FAD); Dermatitigenic (1; WO2); Diuretic (f; PH2; WO2); Emetic (1; WO2); Tonic (f; DEM; FAD; PH2; WO2).

Indications (Oxeye Daisy) — Anxiety (f; PH2); Asthma (f; PH2; WO2); Bleeding (f; PH2; WO2); Cancer (f; JLH; WO2); Catarrh (f; WO2); Chafing (1; FAD); Cramp (1; FAD; PH2; WO2); Debility (f; WO2); Dermatosis (f; PH2; WO2); Dysmenorrhea (f; FAD); Epistaxis (f; PH2); Fever (f; DEM; FAD); Inflammation (1; FAD); Jaundice (f; WO2); Leukorrhea (f; WO2); Metrorrhagia (f; HHB; WO2); Migraine (1; FNF); Neurosis (f; PH2); Night Sweats (f; FAD); Ophthalmia (f; DEM); Pertussis (f; PH2; WO2); Pulmonosis (f; WO2); Rheumatism (f; WO2); Sore (f; PH2); Swelling (f; JLH); Tinea (f; WO2); Tuberculosis (f; WO2); Uterosis (f; WO2); VD (f; WO2); Wound (f; PH2; WO2).

Dosages (Oxeye Daisy) — 1 cup 3 ×/day (PH2).

Contraindications, Interactions, and Side Effects (Oxeye Daisy) — Not covered (AHP). Leaves eaten as pot herb or salad (WO2). Large doses emetic (WO2). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Highly dermatitigenic (PH2). **Warning:** May cause contact dermatosis or cross–allergic reactions with other members of the daisy family (FAD). Bigger flowered than chamomile and feverfew, this contains many of the active ingredients of both and might be considered as a poor man's emergency substitute. Containing parthenolide and four related compounds, artecanin, canin, 3-beta-hydroxyparthenolide, and secotanoparthenolide, this could conceivably be useful in migraine.

P

PACIFIC YEW (*Taxus brevifolia* Nutt.) X

PHR treats the European yew, *Taxus baccata*; APA treats the Western Yew, *Taxus brevifolia*; DEM treats both; all apparently contain the antitumor compound, Monroe Wall, named taxol (Paclitaxel).

Activities (Pacific Yew) — Anticancer (1; APA); Antimelanomic (1; APA); Antimitotic (1; APA); Antitumor (1; APA); Depurative (f; DEM); Diaphoretic (f; DEM); Poison (1; DEM).

Indications (Pacific Yew) — Cancer (1; APA; DEM); Cancer, breast (1; APA); Cancer, cervix (1; APA); Cancer, ovary (1; APA); Cancer, skin (1; APA); Debility (f; DEM); Dysuria (f; APA); Enterosis (f; DEM); Fever (f; DEM); Gastrosis (f; DEM); Hematuria (f; DEM); Hepatosis (f; APA); Melanoma (1; APA); Metastasis (1; APA); Pain (f; DEM); Pulmonosis (f; DEM); Rheumatism (f; APA); Stomachache (f; DEM); Sunburn (f; DEM); Tumor (1; APA); Wound (f; DEM).

Dosages (Pacific Yew) — Not appropriate for home use (APA).

Contraindications, Interactions, and Side Effects (Pacific Yew) — Not covered (AHP; KOM). Very poisonous plant, causing colic, dry mouth, dyspnea, hypotension, mydriasis, paleness, queasiness, rash, reddening or blueness of the lips, unconsciousness, vertigo, and vomiting. Death may result from asphyxiation and diastolic cardiac arrest. 50–100 g fresh needles can kill an adult (APA; PHR). Fatalities reported from drinking yew tea (APA). Still, Indians ate the berries as food.

PAGODA TREE (*Styphnolobium japonicum* (L.) Schott) +

Synonym: *Sophora japonica* L., *S. japonica f. pendula* Zabel.

Activities (Pagoda Tree) — Abortifacient (f; DAA); Analgesic (f; LMP); Antibacterial (1; DAA); Anticancer (f; DAA); Antifertility (f; DAA); Antiseptic (1; DAA); Astringent (f; WOI); Emetic (1; DAA; LMP); Estrogenic (1; WBB; WOI); Hemostat (f; DAA); Laxative (f; DAA); Toxic (f; DAA; HHB).

Indications (Pagoda Tree) — Apprehension (f; DAA); Bacteria (1; DAA); Bleeding (f; DAA); Burn (f; DAA); Cancer (f; DAA); Cardiopathy (1; FNF); Caries (f; LMP); Childbirth (f; DAA); Circulosis (f; PH2); Conjunctivosis (f; DAA); Constipation (f; DAA); Convulsion (f; DAA); Dermatosis (f; DAA); Dysentery (f; DAA; PH2); Dysmenorrhea (f; LMP); Enterosis (f; LMP); Epilepsy (f; DAA); Epistaxis (f; DAA); Escherichia (1; DAA); Fever (f; DAA); Gingivosis (f; LMP); Glaucoma (1; FNF); Gonorrhea (f; DAA); Hematemesis (f; DAA); Hemorrhoid (1; DAA; FNF; HHB); High Blood Pressure (1; DAA; FNF); Infection (1; DAA); Inflammation (f; PH2); Itch (f; DAA); Leukorrhea (f; DAA); Metrorrhagia (f; DAA); Neurosis (f; DAA; PH2); Ophthalmia (f; DAA); Orchosis (f; DAA); Pain (f; LMP); Scabies (f; LMP); Sore (f; DAA); Staphylococcus (1; DAA); Toothache (f; LMP); Ulcer (f; LMP); VD (f; DAA); Vertigo (f; DAA).

Dosages (Pagoda Tree) — 8 g flower decoction/day (HHB); 1–3 g powdered flower (HHB).

Contraindications, Interactions, and Side Effects (Pagoda Tree) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Old reports suggest that chronic ingestion can lead to edema, possibly even death (HHB; PH2). Flowers (with 13 up to 30% rutin) extracted in hot water can yield 80–85% of their rutin (WOI). If true, a gram of dry flower containing 250 mg rutin could yield a tea containing 200 mg rutin, a pharmacologically significant dose, if early Merck indices were correct in suggesting only a daily oral dose of 20 mg/day. Werbach suggests 60 mg/day might help stave off glaucoma.

PAKISTANI EPHEDRA (*Ephedra gerardiana* Wall. ex Stapf) +

Activities (Pakistani Ephedra) — Alterative (f; CRC); Analeptic (1; WOI); Anesthetic (1; WOI); Antipyretic (f; KAB); Astringent (f; CRC; KAB); Bronchodilator (1; WOI); Cardiodepressant (f; CRC); Cardiotonic (f; KAB); CNS Stimulant (1; CRC; WOI); Decongestant (1; WOI); Diaphoretic (f; CRC; KAB); Diuretic (f; CRC); Mydriatic (f; CRC); Myodepressant (f; CRC); Respirastimulant (1; WOI); Stomachic (f; CRC); Tonic (f; CRC); Uterocontractant (1; WOI); Vasoconstrictor (1; WOI).

Indications (Pakistani Ephedra) — Allergy (f; CRC); Asthma (1; CRC; KAB; SKJ); Bronchosis (f; SKJ); Cold (f; CRC); Congestion (1; WOI); Coryza (f; WOI); Cough (f; CRC); Depression (1; WOI); Dermatosis (f; CRC); Diarrhea (f; CRC); Diphtheria (f; KAB); Edema (f; CRC); Emphysema (1; CRC); Enuresis (f; CRC; SKJ); Epilepsy (f; CRC); Eruption (f; CRC); Exophthalmia (f; CRC); Fever (f; CRC; KAB); Goiter (f; CRC); Hay Fever (1; CRC; SKJ; WOI); Headache (f; CRC); Heart (f; KAB); Hyperemia (1; CRC); Hypotension (f; CRC); Itch (f; CRC); Malaria (f; CRC); Mucososis (f; WOI); Myasthenia gravis (f; CRC); Narcolepsy (1; WOI); Pain (1; WOI); Pertussis (f; CRC); Pneumonia (f; KAB); Rash (f; SKJ); Respirosis (f; KAB); Rheumatism (f; CRC); Rhinosis (1; CRC; WOI); Sinusosis (f; SKJ; WOI); Syphilis (f; KAB); Urticaria (f; CRC); VD (f; CRC).

Contraindications, Interactions, and Side Effects (Pakistani Ephedra) — "Classified by the FDA as an Herb of Undefined Safety." "Used as an antisyphilitic. Also used as an astringent. A Chinese species, *Ephedra sinica*, called 'ma-huang' in China, contains the alkaloid ephedrine, a powerful decongestant." In large doses, ephedrine causes headache, indigestion, nervousness, flushing, numbing of the extremities, nausea, tingling, palpitations, and vertigo. Contact dermatosis may occur at onset of application or as much as 2 years later. (CRC).

PANSY (*Viola tricolor* L.) ++

Synonym: *V. tricolor* var. *hortensis* DC.

Can be substituted for *V. odorata* L.(FEL).

Activities (Pansy) — Analgesic (1; CEB; WAM); Antiinflammatory (1; PHR; PNC); Antioxidant (1; PHR); Antiseptic (1; CEB); Demulcent (1; WAM); Depurative (f; FAD; FEL; KAB); Diaphoretic (1; HH2); Diuretic (1; FAD; HH2; PNC); Emetic (f; WOI); Expectorant (f; FAD; PNC); Hemolytic (1; HH2; PH2); Laxative (f; FAD; PHR; PH2; WOI); Metabolic Stimulant (f; PHR); Natriuretic (1; HH2; PH2); Sedative (f; FAD); Stimulant (f; KAB); Tineacide (f; KAB); Vulnerary (1; APA).

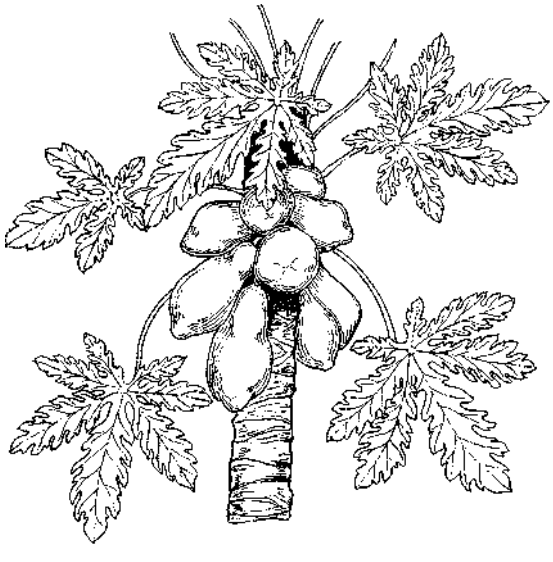
Indications (Pansy) — Acne (1; APA; HH2; PHR; PH2); Arrhythmia (f; FAD); Asthma (f; FAD); Atherosclerosis (f; HH2); Boil (f; DEM); Bronchosis (f; PNC); Cancer (f; JLH); Carcinoma (f; JLH); Cardiopathy (f; FAD); Catarrh (1; FEL; HH2; PHR; PH2); Childbirth (f; HH2); Cold (f; HH2; PHR; PH2); Conjunctivosis (f; MIC); Constipation (f; FAD; PHR; PH2; WOI); Cough (f; DEM); Cradle Cap (1; PH2; WAM); Dandruff (1; APA); Dermatosis (2; APA; KAB; PH2; PHR; WAM); Dysentery (f; KAB; WOI); Eczema (1; FAD; HH2; PHR); Endothelioma (f; JLH); Enterosis

(f; FEL); Epithelioma (f; JLH); Exanthema (f; HH2; PHR; PH2); Fever (1; FAD; HH2; PHR; PH2); Gout (f; HH2); Headache (f; DEM); Impetigo (f; HH2; PHR; PH2); Induration (f; JLH); Inflammation (1; PH2; PNC); Insomnia (f; FAD); Itch (f; HH2; PHR); Milk Crust (2; HH2; KOM; PHR; PH2; PIP); Nervousness (f; FAD); Pain (1; CEB; WAM); Palpitation (f; FAD); Pertussis (f; PHR; PH2); Pharyngosis (f; PHR; PH2); Psoriasis (1; PH2); Pulmonosis (f; HH2); Respirosis (1; APA; PHR; PH2); Rheumatism (f; KAB; PNC); Sarcoma (f; JLH); Sclerosis (f; JLH); Scrofula (f; HH2); Seborrhea (2; FEL; KOM; PHR; PH2; PIP); Sore Throat (1; FAD; HH2; PH2; WAM); Stomachache (1; WAM); Tinea (f; KAB); Tonsilosis (f; JLH); UTI (f; PH2); Vulvosis (f; HH2; PHR; PH2); Wart (2; CEB; PHR).

Dosages (Pansy) — 1–2 tsp flowers/cup water (APA; WIC); 1 tbsp infusion 3 ×/day (5–10 g herb/liter hot tea) (HH2); 1.5 g/cup water up to 3 ×/day (KOM; PIP); 1 tbsp/cup tea (PH2); 5–10 g/liter (PH2); one white or yellow flower could provide 20 mg rutin.

Contraindications, Interactions, and Side Effects (Pansy) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). None known (KOM; WAM). May need the salicylate warning (0.3% salicylic acid) (APA). "Contains saponins, may be toxic in large dose" (FAD). As one of my best sources of rutin (up to 20 mg rutin per edible pansy flower, needs to be verified), this may share some of the many activities of rutin. HH2 still maintains that the flowers contain 23% "Rutoside (Rutin, Viola-Quercitrin)," commenting that the highest levels occur in the white and yellow flowers, with less in blue and violet flowers.

PAPAYA (*Carica papaya* L.) +++



Synonyms: *C. peltata* Hook. & Arn., *C. posoposa* L., *Papaya carica* Gaertn.

Activities (Papaya) — Abortifacient (1; VAG; WBB; 60P); Allergenic (1; PHR; PNC); Amebicide (1; TRA); Analgesic (1; PH2; TRA); Antibacterial (1; AAB; APA; TRA); Anticonvulsant (1; TRA; 60P); Antidiptheric (1; TRA); Antiedemic (1; KOM; PH2); Antifertility (1; 60P); Antiimplantation (1; TRA); Antiinflammatory (1; APA; PH2; TRA); Antioxidant (1; APA); Antipyretic (f; HHB; JFM; WBB); Antiseptic (1; APA; PH2; TRA; WBB; 60P); Antispasmodic (1; TRA); Antitetanic (1; TRA); Antitumor (1; TRA; 60P); Antiulcer (1; APA; PH2); Ascaricide (1; AAB; WBB); Bronchodilator (1; TRA); Candidicide (1; AAB; APA; TRA); Cardiac (f; WBB); Cardiodepressant (1; AAB); Cardiotonic (1; HHB); Carminative (f; WBB); Chronotropic (1; TRA); Cicatrizant (1;

TRA); Contraceptive (1; TRA); Digestive (1; APA; PNC; WAM); Diuretic (1; KOM; TRA; WBB); Embryotoxic (1; PH2); Emmenagogue (f; JFM; PH2; WBB); Fibrinolytic (1; PH2); Fungicide (1; AAB; APA; HHB; TRA); Hypotensive (1; TRA); Immunostimulant (f; APA); Laxative (f; AAB; HHB; JFM; WBB); Myorelaxant (f; 60P); Pectoral (f; JFM); Proteolytic (1; 60P; APA; TRA WBB); Sedative (f; KOM); Taenicide (f; WBB); Teratogenic (1; PH2); Tranquilizer (1; TRA); Uterorelaxant (1; TRA); Vermifuge (1; APA; KOM; PH2; TRA; VAG; WBB; 60P); Vulnerary (1; AAB; PNC).

Indications (Papaya) — Abscess (f; KOM); Adenopathy (f; JLH; KOM); Adnexosis (f; KOM); Aging (f; KOM); Ameba (1; TRA); Anorexia (f; KOM); Anthrax (f; WBB); Ascaris (1; AAB; WBB); Asthma (f; HHB; JFM; WBB); Atherosclerosis (f; KOM); Bacteria (1; AAB; APA; TRA); Boil (f; WBB); Bronchosis (f; JFM; KOM; PH2); Burn (f; KOM; WBB); Callus (f; JFM); Cancer (1; JLH; TRA; 60P); Cancer, uterus (f; CRC); Candida (1; AAB; APA; TRA); Cardiopathy (f; KOM); Cholecystosis (f; KOM); Circulosis (f; KOM); Cold (f; JFM); Conjunctivosis (f; PNC); Constipation (f; AAB; HHB; JFM; KOM; WBB); Convulsion (1; TRA; 60P); Corn (f; AAB; JLH); Cough (f; JFM; PH2); Cramp (1; TRA); Cystosis (f; WBB); Dehydration (f; VAG); Depression (f; KOM); Dermatosis (f; JFM; WBB); Diarrhea (f; JFM); Discosis (1; JAD); Duodenosis (f; PH2); Dyscrasia (f; KOM); Dysentery (f; WBB); Dyspepsia (1; KOM; PH2; PNC; WAM); Dysuria (f; JFM); Earache (f; WBB); Edema (1; KOM; PH2); Enterosis (f; JFM; PHR; PH2; WBB); Fever (f; HHB; JFM; WBB); Fistula (f; KOM); Flu (f; KOM); Fontanelle (f; ZIM); Freckle (f; APA; JFM); Fungus (1; AAB; APA; HHB; TRA); Furuncle (f; TRA); Gas (f; KOM); Gastrosis (f; PHR; PH2); Gonorrhea (1; TRA; VAG; WBB); Heartburn (1; FNF; TGF); Hematoma (f; KOM); Hemorrhoid (f; KOM; PH2; WBB); Hepatosis (f; AAB; JFM; KOM); High Blood Pressure (1; JFM; TRA; WBB); Hodgkin's Disease (f; KOM); Immunodepression (f; APA); Infection (1; AAB APA; HHB; KOM; PHR; TRA); Infertility (1; APA); Inflammation (1; APA; JFM; KOM; PHR; PH2; TRA); Insomnia (f; KOM); Jaundice (f; WBB); Leukemia (f; KOM); Lymphoma (f; KOM); Malaria (f; JFM); Metastasis (f; KOM); Mycosis (1; AAB; APA; HHB; TRA); Nausea (1; WAM); Nephrosis (f; HHB; WBB); Nervousness (1; KOM; TRA); Neurasthenia (f; KOM); Neurosis (f; KOM); Pain (1; CRC; PH2; TRA); Pancreatosis (f; PHR; PH2); Parasite (1; 60P; PHR; PH2; WAM); Pharyngosis (f; KOM); Phlebitis (f; KOM); Proctosis (f; KOM); Psoriasis (f; APA); Respirosis (f; KOM; WBB); Rheumatism (f; KOM; WBB); Ringworm (1; APA; JFM); Roemeld Syndrome (f; KOM); Sclerosis (f; JLH); Shigella (1; AAB); Sore Throat (f; JFM; KOM); Splenomegaly (f; JFM; WBB); Splenosis (f; JFM); Staphylococcus (1; AAB); Stomatosis (f; KOM); Stone (f; PH2); Swelling (1; KOM; PH2); Syphilis (f; HHB; WBB); Tapeworm (f; WBB); Thirst (f; CRC); Thrombosis (f; KOM); Tuberculosis (1; TRA); Tumor (1; JLH; KOM; TRA; 60P); Ulcer (1; APA; PHR; PH2); Urethrosis (f; KOM; TRA); UTI (f; PH2); Vaginosis (f; APA); Varicosis (f; KOM); VD (f; AAB; JFM; WBB); Wart (f; AAB; JFM; WBB); Water Retention (f; JFM); Worm (1; APA; KOM; PH2; PNC; TRA; VAG; WBB; 60P); Wound (1; KOM; TRA; WBB); Yaws (f; WBB); Yeast (1; AAB; APA; TRA). Commission E, listing more than a dozen folkloric indications, on p. 361, does not even recommend papain, because of insufficient proof of efficacy (KOM).

Dosages (Papaya) — 1–2 tsp dry leaf/cup water (APA); 1–3 tsp fruit juice (APA); 1–2 tbsp fresh fruit (PED); 1.5–3 g dry fruit (PED); 2.5–5 ml elixir of papaya (PNC); 2.5–5 ml glycerin of papain (PNC); 10–50 mg papain (APA); "Papain may be effective in high doses (daily dose = 1500 mg") (KOM).

Contraindications, Interactions, and Side Effects (Papaya) — Class 1 (AHP). None known (WAM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Admitting no risks for the leaf, Commission E disallows for lack of proof of efficacy (KOM). May interact with warfarin (PH2). There are reports of perforated esophagus following over ingestion of fruits (APA). Papain can cause severe stomach inflammation if taken internally, dermatosis externally. Allergic reactions including asthma possible (PH2). Not to be used during pregnancy (PH2). See accounts for papain in FNF and KOM. Papaya seeds can reverse sterility without affecting libido

or causing other reactions (several studies in rats). Cyanide-papain (like pepsin) renders some virus pustules noninfectious; papain inactivates lethal doses of ricin, strychnine, and tetanus (HHB).

PAPER MULBERRY (*Broussonetia papyrifera* (L.) Vent.) ++

Synonyms: *Morus papyrifera* L., *Papyrius papyrifera* (L.) Kuntze.

Activities (Paper Mulberry) — Aldose-Reductase Inhibitor (1; X11678652); Antiaggregant (1; X11678652); Anticancer (1; X11678652); Antioxidant (1; X11678652); Antiproliferant (1; X9358644); Antiseptic (1; WO2); Aromatase Inhibitor (1; X11678652); Diaphoretic (f; DAA); Diuretic (f; DAA); Estrogenic (1; X11678652); Fungicide (1; X11678652); Hemostat (f; DAA); Hepatoprotective (1; X11678652); Lactagogue (f; DAA); Laxative (f; DAA); Protein-Kinase-C Inhibitor (1; X9059855); Stimulant (f; DAA); Stomachic (f; DAA); Tonic (f; DAA).

Indications (Paper Mulberry) — Ascites (f; LMP); Bite (f; DAA); Bleeding (f; DAA); Cancer (1; X11678652); Cancer, breast (1; X11678652); Cancer, prostate (1; X11678652); Constipation (f; DAA); Dropsy (f; LMP); Dysentery (f; DAA); Dyslactea (f; DAA); Eczema (f; DAA); Epistaxis (f; DAA); Fungus (1; X11678652); Gonorrhea (f; DAA); Hepatosis (1; X11678652); Impotence (f; DAA; X11678652); Infection (1; X11678652); Menorrhagia (f; LMP); Mycosis (1; X11678652); Nephrosis (f; DAA); Ophthalmia (f; X11678652); Snakebite (f; DAA); VD (f; DAA); Wound (f; DAA).

Contraindications, Interactions, and Side Effects (Paper Mulberry) — Not covered (AHP; KOM; PH2).

PAREIRA, CURARE (*Chondrodendron tomentosum* Ruiz & Pav.) +

Activities (Pareira) — Anesthetic (1; PH2); Anticonvulsant (1; FNF); Antipyretic (f; DAV; HHB); Antiseptic (f; EFS); Aperient (f; EFS); Bitter (1; PH2); Curare (1; DAV); Diuretic (f; DAV; PH2); Emmenagogue (f; DAV; HHB; PH2); Hypotensive (1; FNF); Litholytic (f; HHB); Myoparalytic (1; PH2); Myorelaxant (1; PH2); Toxic (1; EFS).

Indications (Pareira) — Bite (f; PH2); Bladder Stone (f; HHB); BPH (f; PH2); Bruise (f; DAV); Convulsion (1; FNF); Cramp (1; FNF); Dropsy (f; DAV); Cystosis (f; HHB); Dropsy (f; HAD); Edema (f; DAV); Fever (f; DAV; HHB); Gonorrhea (f; HAD); High Blood Pressure (1; FNF); Inflammation (f; PH2); Jaundice (f; HAD); Kidney Stone (f; DAV; HHB); Leukorrhea (f; HAD); Madness (f; DAV); Nephrosis (f; DAV); Orchosis (f; DAV); Pain (1; PH2); Rheumatism (f; HAD); Snakebite (f; PH2); Stone (f; HHB); Swelling (f; CTD); Tetanus (1; FNF); Tonic (f; HAD); Urethrosis (f; HHB); UTI (f; PH2); VD (f; HAD).

Contraindications, Interactions, and Side Effects (Pareira) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (not given) (PH2). Overdoses of tubocurarine (and other curare alkaloids) can cause respiratory paralysis and hypotension. LD50's are less than 1 mg/kg, 0.56 subcutaneously in mice, 0.5 intraperitoneally, and 0.18 intravenously in mice, and 0.2 mg/kg ivn in rabbits. An injection of neostigmine methylsulfate is suggested as an antidote (HAD).

PARICA (*Virola calophylla* (Spruce) Warb.) +

Activities (Parica) — Hallucinogen (1; CRC); Narcotic (f; CRC); Toxic (f; CRC).

Indications (Parica) — Dermatosis (f; DAV); Divination (f; CRC); Dyspepsia (f; DAV); Fungus (f; DAV); Gastrosis (f; DAV); Malaria (f; DAV); Mycosis (f; DAV); Scabies (f; DAV).

Contraindications, Interactions, and Side Effects (Parica) — Not covered (AHP; KOM; PHR). The intoxicating snuff has led occasionally to death of a shaman (CRC).

PARSLEY (*Petroselinum crispum* (Mill.) Nyman ex A. W. Hill) ++

Synonyms: *Apium crispum* Mill., *A. petroselinum* L., *Carum petroselinum* (L.) Benth. & Hook. f., *Petroselinum hortense* auct., *P. sativum* Hoffm., *P. vulgare* Lag.

Activities (Parsley) — Abortifacient (1; CRC; FNF; JFM; PH2); Allergenic (1; HH2); Analgesic (f; MAD); Antibacterial (1; APA); Antihalitosic (1; APA; PED); Antihistaminic (1; PNC); Antiinflammatory (1; PNC; SHT); Antilactagogue (f; FEL); Antioxidant (1; PNC); Antipyretic (1; CRC; PED; PNC); Antirheumatic (f; CAN); Antiseptic (1; APA; CAN; CRC); Antispasmodic (f; BGB; CAN; PNC); Aperient (f; PNC); Aphrodisiac (f; JFM; MAD); Aquaretic (1; SHT); Carminative (1; BGB; PED; PNC); COX-2-Inhibitor (1; CRC; FNF); Digestive (f; PHR; PH2); Diuretic (1; APA; CAN; FEL; PHR; PH2); Emmenagogue (1; APA; CAN; PHR; PH2); Expectorant (f; BGB; CAN); Fungicide (1; APA); Hallucinogen (1; CAN); Hepatotonic (1; CAN; PED); Hypotensive (1; CAN; CRC; PED); Hypouricemic (f; JFM); Lactagogue (1; APA); Laxative (f; CRC; PED); Litholytic (1; CRC; MAD; PED); MAOI (1; CAN); Parasiticide (f; APA); Pediculicide (f; APA; MAD); Propecic (f; MAD); Sedative (1; PNC); Tonic (1; CAN; CRC); Urinary Tonic (1; PED); Uterocontractant (1; PH2); Uterotonic (1; APA; CAN; PH2).

Indications (Parsley) — Adenopathy (f; FEL; JLH); Alopecia (f; APA); Alzheimer's (1; COX; FNF); Amenorrhea (1; APA; CAN; HH2); Anuria (f; MAD); Arthrosis (1; APA; COX; FNF); Asthma (f; PED); Backache (f; MAD); Bacteria (1; APA); Bite (f; CRC; HH2); Bladder Stone (2; PHR; PH2); Bleeding (f; JFM); Bronchosis (f; CAN); Bruise (f; APA; FEL); Cancer (1; FNF; JLH); Cancer, bladder (1; FNF; JLH); Cancer, breast (1; FNF; JLH); Cancer, eye (1; FNF; JLH); Cancer, gland (f; FNF; JLH); Cancer, kidney (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, sinew (1; FNF; JLH); Cancer, spleen (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cancer, throat (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Cancer, uvula (1; FNF; JLH); Cardiopathy (f; APA); Catarrh (f; MAD); Childbirth (1; APA; FNF; JFM; MAD); Cold (f; APA); Colic (1; APA; CAN); Condyloma (f; CRC; JLH); Congestion (f; APA); Constipation (f; CRC; PED); Cough (f; CAN; MAD); Cramp (f; BGB; CAN; PNC); Cystosis (f; CAN; MAD; PH2); Dermatosis (f; APA); Dropsy (f; CRC; FEL; PED); Dysentery (f; CRC); Dyslactea (1; APA; MAD); Dysmenorrhea (1; HH2; PED; PH2); Dyspepsia (1; APA; BGB; CAN); Dysuria (2; BGB; CAN; KOM); Earache (f; MAD); Edema (f; HH2; JFM); Enterosis

(f; CAN; PH2); Exanthema (f; FEL); Fever (1; CRC; FEL; PED; PNC); Fungus (1; APA); Gallstone (1; CRC; PED); Gastrosis (f; PH2); Gonorrhea (f; FEL; MAD); Gravel (2; BGB; CRC; KOM; PH2); Halitosis (1; APA; PED); Hepatosis (f; APA; MAD); High Blood Pressure (1; APA; CAN; CRC; PED); Hyperuricemia (f; JFM); Impotence (f; MAD); Induration (f; JLH); Infection (1; APA); Inflammation (1; PH2; PNC; SHT); Insomnia (1; PNC); Jaundice (f; CRC; HH2; PHR; PH2); Kidney Stone (2; APA; KOM; PH2); Lice (1; CRC; MAD); Malaria (f; FEL); Mastosis (f; FEL); Myalgia (f; CAN); Mycosis (1; APA); Nephrosis (f; CRC; JFM; PHR; PH2); Nervousness (1; PNC); Pain (f; MAD); Parasite (1; APA; CRC); Pediculosis (1; APA; CRC); Rheumatism (f; BGB; CAN; MAD); Scarlatina (f; FEL); Scrofula (f; CRC); Splenosis (f; APA; MAD); Stomachache (f; APA); Stone (1; CRC; MAD; PED; PH2); Strangury (f; FEL); Swelling (f; CRC; JFM; MAD); Toothache (f; MAD); Tumor (f; APA; CRC); Urethrosis (f; MAD); Uterosis (f; CRC); UTI (2; APA; PHR; PH2); VD (f; FEL); Wart (f; CRC; JLH); Whitlow (f; CRC); Wound (f; JLH).

Dosages (Parsley) — 100–150 g fresh juice (MAD); 6 g leaf (HH2; KOM; SHT); 1–2 tsp dry leaf/cup water (APA); 1–2 tsp dry root/cup water (APA); 2–4 g root, or in tea (CAN); 2 g root in tea 2–3 ×/day (HH2); 2.5–5 ml liquid root extract (PNC); 1–2 g seed (CAN); 500–1500 mg seed (MAD); 1 tsp (~1.4 g) bruised seed/cup water (APA); 2.5–5 ml liquid seed extract (PNC); 2–4 g herb, or in tea (CAN); 6 g herb (KOM); 2–4 tbsp fresh herb (PED); 3–6 g dry herb (PED); 4.5 g dry herb:22 ml alcohol/23 ml water (PED); 6 g herb or root/day (PH2); 2–4 ml herb or root liquid extract (1:1 in 25% ethanol) 3 ×/day (CAN); 3–4 drops parley oil as diuretic, or 2–4 fl oz infusion 3–4 ×/day (FEL). "The leaves, bruised, are a good application to contusions, swelled breasts, and enlarged glands — reputed to 'dry up the milk' (FEL)."

Contraindications, Interactions, and Side Effects (Parsley) — Class 2b. Contraindicated in nephrosis (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Commission E approves the herb and root, not the seed (fruit) (KOM). CAN cautions that the apiole in the volatile oil and excessive ingestion can be abortifacient, irritant, phototoxic, and cause hepatosis. In pregnancy and lactation, parsley should not be ingested excessively (CAN). Myristicin can cause deafness, decrease in pulse rate, giddiness, hypotension, and paralysis, followed by fatty degeneration of the kidney and liver. Myristicin may cross the placenta, leading to fetal tachycardia. Ingestion of 10 g apiole (200 g parsley) may cause acute hemolytic anemia, hepatic dysfunction, nephrosis, and thrombocytopenia pupura (CAN). Parsley may potentiate MAOI activity (CAN). Because of its toxicity, EO should not be used in isolation (KOM). Commission E is rather tough on parsley seed oil, but the indictment, overblown or not, might conceivably be extended to other herbs containing apiole and myristicin. Of apiole, "Large doses of parsley-seed EO and of ... apiol bring about vascular congestion and increased contractility of the smooth muscle of the bladder, intestines, and especially the uterus. Parsley seed and oil are therefore often used to bring about abortion." (BIS) The renal epithelium can be damaged or irritated and cardiac arrhythmias can occur after using parsley seed preparations (BIS). "Large doses of apiol can lead to fatty liver, emaciation, extensive mucosal bleeding, and inflammatory haemorrhagic infiltration of the gastrointestinal tract, haemoglobinuria, methaeglobinuria, and anuria. Therapeutic use cannot be endorsed" (Commission E, as interpreted by Bisset, 1994). Commission E reports contraindications: pregnancy and nephrosis; adverse effects: allergic reactions of skin/mucosae (rarely) and phototoxicity. The pure oil is toxic and should not be used. Fruit not permitted for therapeutic use. The EO and its constituent apiole are toxic (AEH). When parsley is decocted it is emmenagogue and abortive. A young woman, in 1992, reportedly died while trying to abort. "Even the common parsley mentioned earlier can cause serious injuries; oedema of the legs, vomiting, haematuria, liver and renal damage have all been observed. However, poisoning by this plant is never accidental, but always voluntary, so the plant can be used safely in preparing food" (FIT67(6):513. 1996).

Extracts (Parsley) — Water extracts are antihistaminic (CAN). EO = antiseptic, carminative, diuretic, emmenagogue, hepatoregenerative; hypotensive, increases plasma calcium (CAN; PED; PNC). Phthalides are sedative in mice (PNC). Apiole LD50 = 50 mg/kg ivn mouse (CAN); Mmyristicin LD50 = 200 mg/kg ivn mouse (CAN). Seed EO LD50 = 3300 mg/kg orl mouse/rat (HH2). Speaking of apiole or parsley seed EO, MAD says with male guinea pigs, "erzeugt es Kongestion am Penis, anhaltened Erektion and lebhafte geschlechtliche Erregung." Does that mean it causes or cures priapism? I've not heard of this before that I remember. No wonder they call it Petersilie. If this leaks out, 95% of American parsley will not be thrown away as it has been in the past.

PARSLEY PIERT (*Aphanes arvensis* L.) ++

Synonyms: *Alchemilla arvensis* (L.) Scop., *A. occidentalis* Nutt.

Activities (Parsley Piert) — Antipyretic (f; EFS); Demulcent (f; EFS; GMH); Diuretic (f; EFS; GMH; HHB; PH2); Litholytic (f; GMH); Psychostimulant (f; PH2); Vulnerary (f; EFS).

Indications (Parsley Piert) — Calculus (f; CAN; GMH); Cystosis (f; GMH; PH2); Dropsy (f; GMH); Dysuria (f; HHB; PH2); Fever (f; EFS); Graves Disease; (f; GMH); Jaundice (f; GMH); Nephrosis (f; GMH; PH2); Stone (f; GMH; PH2); Strangury (f; GMH); Urethrosis. (f; CAN; PH2).

Dosages (Parsley Piert) — 2–4 g herb, or in tea, 3 ×/day (CAN); 2–4 ml liquid herbal extract (1:1 in 25% ethanol) 3 ×/day (CAN); 1 drachm fluid herb extract (GMH); 2–10 ml herbal tincture (1:5 in 45% ethanol) 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (Parsley Piert) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). In view of the lack of toxicological data, excessive use, especially during lactation and pregnancy, should be avoided (CAN).

PARSNIP (*Pastinaca sativa* L.) +

Activities (Parsnip) — Abortifacient (f; MAD); Antispasmodic (1; WOI); Aphrodisiac (f; MAD); Carminative (f; HHB; SKJ); Depurative (f; MAD); Diuretic (f; HHB; MAD; SKJ); Emmenagogue (f; MAD); Litholytic (f; HHB).

Indications (Parsnip) — Bladder Stone (f; SKJ); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, liver (f; JLH); Cancer, neck (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, testes (f; JLH); Cramp (1; WOI); Cystosis (f; HHB); Delirium (f; PH2); Dyspepsia (f; PH2); Enterosis (f; PH2); Fever (f; MAD; PH2); Gastrosis (f; HHB; JLH; PH2; SKJ); Hepatosis (f; MAD); Induration (f; JLH); Kidney Stone (f; PH2); Leukoderma (1; WOI); Malaria (f; MAD); Mastosis (f; JLH); Nephrosis (f; PH2); Orchosis (f; JLH); Phthisis (f; HHB); Respirosis (f; MAD); Splenosis (f; MAD); Sprain (f; PH2); Stone (f; HHB; PH2); Tuberculosis (f; MAD); Water Retention (f; MAD).

Dosages (Parsnip) — Root food farmacy (JAD); 1 tsp fresh herb 3 ×/day (MAD); handful herb boiled 10 minutes in 1 liter water, drink one wine glassful to 3 ×/day, or up to 2 liters/day, for 4–6 weeks (MAD; PH2).

Contraindications, Interactions, and Side Effects (Parsnip) — Not covered (PH2). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Fair complexions may suffer photodermatosis (PH2).

PASSIONFLOWER (*Passiflora incarnata* L.) ++

Activities (Passionflower) — Analgesic (1; APA; PNC); Antibacterial (1; APA; CAN); Antiinflammatory (f; FAD); Antiseptic (1; APA); Antispasmodic (1; BGB; HHB; PED; WAM); Anxiolytic (1; BGB; WAM); Candidicide (1; APA; PED); Cardiotonic (f; BGB); CNS-Depressant (2; APA; PED); CNS-Stimulant (1; APA; BGB); Cyanogenic (f; CRC); Digestive (1; APA); Emetic (f; FEL); Fungicide (1; APA; PED); Hematinic (f; DEM); Hypnotic (2; CAN); Hypotensive (1; APA; FAD; PED; PH2); MAOI (2; JAD); Myorelaxant (1; APA; PED); Narcotic (1; CRC); Respirastimulant (1; APA; PH2); Sedative (2; APA; HHB; SHT; WAM); Soporific (f; CRC); Tranquilizer (2; APA; SHT); Uterorelaxant (1; APA); Uterotonic (1; CAN).

Indications (Passionflower) — Addiction (f; CRC); Anxiety (1; APA; BGB; WAM); Asthma (1; CAN; HH2; WAM); Atony (f; FEL); Bacteria (1; APA; CAN); Boil (f; DEM; FAD); Bronchosis (1; WAM); Bruise (f; APA); Burn (f; FEL); Cancer (f; FEL); Candida (1; APA; CAN; PED); Cardiopathy (f; APA; BGB; FEL); Chancre (f; FEL); Chorea (f; FEL); Colic (f; CRC; HHB; PED); Convulsion (f; FEL); Cramp (1; APA; BGB; FEL; HHB; PED; WAM); Cut (f; APA); Depression (1; FNF; PH2); Dermatosis (f; CRC; FEL); Diarrhea (f; CRC; FEL; PED); Dysentery (f; CRC; FEL); Dysmenorrhea (2; APA; FEL; PED; WAM); Dyspnea (f; FEL); Earache (1; DEM; FAD); Eclampsia (f; FEL); Enterosis (f; BGB; PHR); Epilepsy (1; CRC; FEL; PED); Erysipelas (f; FEL); Fever (f; FEL); Flu (f; FEL); Fungus (1; APA; PED); Gastrosis (f; BGB; PHR); Headache (1; APA; FAD); Hemorrhoid (1; CRC; PED; PH2); High Blood Pressure (1; APA; FAD; PED; PH2); Hyperactivity (1; PHR); Hysteria (1; CAN); Infection (1; APA; PED); Inflammation (f; DEM; FAD); Insomnia (2; APA; FEL; HHB; PHR; PH2; SHT; WAM); Morphinism (f; CRC); Myalgia (f; APA); Mycosis (1; APA; PED); Nervousness (2; APA; BGB; HHB; PHR; PH2; SHT; WAM); Nervous Restlessness (2; KOM); Neuralgia (1; BGB; CAN; CRC; FEL; HHB); Neurasthenia (f; CRC; HHB); Neurosis (f; CRC); Nicotinism (f; CRC); Ophthalmia (f; CRC); Pain (1; APA; PNC); Palpitation (f; APA); PMS (1; WAM); Proctosis (f; FEL); Restlessness (f; BGB); Shock (f; FEL); Sore (f; FEL); Spasm (f; CRC); Stress (1; APA); Tachycardia (1; BGB; CAN; HH2); Tetanus (f; FEL); Toothache (f; FEL); Typhoid (f; FEL); Uterosis (f; FEL); Weaning (f; DEM); Yeast (1; APA; PED).

Dosages (Passionflower) — 1–2 tbsp flower/day (PED); 1 tsp dry flower/cup water up to 3 ×/day (APA); 0.5–1 tsp flower tincture to 3 ×/day (APA); 2–4 ml flower tincture/day (SKY); 150–300 mg solid leaf extract (APA); 0.5–1 ml liquid leaf extract (PNC); 0.5–2 ml shoot tincture (1:8 in 45% ethanol) (HH2); 4–8 g dry herb (HH2; KOM; SHT); 1–3 g dry herb/day (PED); 0.25–2.5 g herb, or in tea, 2–3 ×/day (CAN; SKY); 1 tsp herb/cup tea 2–3 ×/day (PH2); 20 g herb/200 ml water for hemorrhoid wash (PH2); 0.5–1.0 ml liquid herbal extract (1:1 in 25% ethanol) 3 ×/day (CAN); 0.5–2.0 ml herbal tincture (1:8 in 45% ethanol) 3 ×/day (CAN); StX = 0.8% total flavonoids (SKY).

Contraindications, Interactions, and Side Effects (Passionflower) — Class 1 (AHP). None known or reported (KOM; PIP; PH2; WAM). Large doses may result in CNS depression (*LRNP,* May 1989). The same precautions suggested for MAOIs might be indicated here. Excessive doses may potentiate MAOI therapy (CAN). Because of harman and harmaline (uterine stimulants), its use in pregnancy and lactation is to be avoided (CAN). One report on humans detailed hypnotic sedative effects, but there were hints of hepatotoxicity and pancreatoxicity. "Content of harman alkaloids ... must not exceed 0.01 percent" (KOM). Animal studies suggest motility inhibition (PHR). LD50 unspecified extracts = 3000–15,000 mg/kg; toxic dose ipr 500–900 mg/kg alcoholic and dry extracts (HH2). LD50 maltol 820 mg/kg scu mouse (HH2).

Extracts (Passionflower) — TD = >900 mg/kg ipr mouse (CAN). Extracts, oral or peritoneal, reduce spontaneous locomotor activity in mice and prolong their sleep (SHT). Flavonoids, more than alkaloids, may contribute to antianxiety and relaxing effects (PED). Harmala alkaloids produce drowsiness, inhibit the enzyme MAO, and relieve smooth muscle cramps. Apigenin is well known as an antiinflammatory and antispasmodic sedative (PNC). Hamane alkaloids are CNS- stimulant at doses of 3–6 mg/human, but hallucinogenic and toxic at 500–600 mg (HH2). But the presence of harmine-type alkaloids is questionable (HH2; PH2). Passicol inhibits many bacteria, molds and yeast, group A hemolytic streptococci more so than *Staphylococcus aureus*, with *Candida albicans* intermediate (CAN).

Synergy Quote (Passionflower) — The alkaloids are relatively inactive by themselves, but show the narcotic and sedative effects when the crude extract with both alkaloids and flavonoids is used (PED).

PATCHOULI (*Pogostemon cablin* (Blanco) Benth.) +

Synonym: *Mentha cablin* Blanco.

IHB data apply to closely related *P. heyneanus*, which like *P. patchouli*, is treated as synonymous in PNC. I have listed the activities for all three below, while maintaining the chemical (perfume) reports individualized.

Activities (Patchouli) — Antibacterial (1; WOI); Antiseptic (1; EFS; WOI); Carminative (f; WOI); Cytotoxic (1; PM64:464); Diuretic (f; WOI); Fungicide (f; ABS); Hirudifuge (f; WOI); Insectifuge (1; WOI); Irritant (1; WOI); Sternutator (f; IHB).

Indications (Patchouli) — Asthma (f; IHB; SKJ; WOI); Bacteria (1; WOI); Biliousness (f; IHB); Boil (f; IHB); Cold (f; DAA); Colic (f; DAA); Cough (f; IHB); Diarrhea (f; DAA); Dropsy (f; IHB; WOI); Dysmenorrhea (f; WOI); Escherichia (1; WOI); Fever (f; IHB); Fungus (1; ABS); Halitosis (f; DAA); Headache (f; DAA; IHB); Infection (f; ABS; EFS; WOI); Jaundice (f; IHB); Mycosis (f; ABS); Pain (f; DAA); Rheumatism (f; IHB; WOI); Smallpox (f; IHB); Staphylococcus (1; WOI); Streptococcus (1; WOI); Tuberculosis (1; WOI).

Contraindications, Interactions, and Side Effects (Patchouli) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

PAU D'ARCO (*Tabebuia* spp.) +

Activities (Pau d'Arco) — Abortifacient (1; MAB); Alexeteric (f; CRC); Analgesic (1; CRC; MAB); Antiaggregant (1; MAB); Antibacterial (1; APA; MAB); Antidote (f; CRC); Antiedemic (1; MAB); Antiestrogenic (1; MAB); Antiinflammatory (1; MAB); Antilymphosarcomic (1; MAB); Antimelanomic (1; MAB); Antimetastatic (1; MAB); Antipyretic (f; PED); Antiretroviral (1; MAB); Antirheumatic (f; MAB); Antiseptic (1; MAB); Antitrypanosomic (1; MAB); Antitumor (1; MAB; PED); Antiulcerogenic (1; MAB); Antiviral (1; MAB); Aphrodisiac (f; CRC); Astringent (f; PED); Candidicide (1; MAB); Cytotoxic (1; MAB); Depurative (f; MAB); Digestive (f; APA); Diuretic (f; CRC; PED); Estrogenic (1; MAB); Fungicide (1; APA; CRC; MAB; PED); Hypoglycemic (f; APA); Immunodepressant (1; MAB); Immunostimulant (1; MAB); Parasiticide (1; APA; MAB); Protisticide (1; MAB); Termitifuge (1; CRC).

Indications (Pau d'Arco) — Adenopathy (f; CRC; JLH); Anemia (f; MAB); Athlete's Foot (1; APA); Bacteria (1; APA; MAB); Boil (f; CRC); Cancer (1; APA; MAB; PED); Cancer, breast (1; CRC; FNF; JLH); Cancer, colon (1; CRC; FNF; JLH); Cancer, esophagus (1; CRC; FNF; JLH); Cancer, intestine (1; CRC; FNF; JLH); Cancer, liver (1; CRC; FNF; JLH); Cancer, lung (1; CRC; FNF; JLH); Cancer, pancreas (1; CRC; FNF; JLH); Cancer, prostate (1; CRC; FNF; JLH); Cancer, skin (1; MAB; PED); Cancer, throat (1; CRC; FNF; JLH); Cancer, tongue (1; CRC; FNF; JLH); Candida (1; MAB); Carcinoma (1; MAB); Chlorosis (f; CRC); Cold (f; CRC); Dermatosis (1; MAB; PED); Diarrhea (f; CRC); Dysentery (f; CRC; MAB); EBV (1; MAB); Dysuria (f; CRC); Eczema (1; MAB; PED); Enterosis (f; JLH); Enuresis (f; CRC); Fever (f; CRC; PED); Fungus (1; APA; CRC; MAB; PED; SKY); Gonorrhea (f; CRC); Headache (f; CRC); Hemorrhoid (f; PED); Hodgkin's Disease (f; APA; CRC); Hyperglycemia (f; APA); Immune Dysfunction (f; SKY); Immunodepression (1; MAB); Incontinence (f; CRC); Infection (1; APA; CRC; MAB; PED); Inflammation (1; MAB); Leukemia (1; APA; MAB; PED); Lupus (f; CRC); Malaria (1; MAB); Melanoma (1; MAB); Metastasis (f; JLH); Mycosis (1; APA; CRC; MAB; PED); Pain (1; CRC; MAB); Parasite (1; APA; MAB); Pharyngosis (f; CRC); Polyp (f; JLH); Psoriasis (f; PED); Rabies (f; CRC); Rheumatism (f; PED; MAB); Scabies (f; MAB); Schistosomiasis (1; MAB); Snakebite (f; CRC); Sore Throat (f; MAB); Swelling (1; MAB); Syphilis (f; CRC); Toothache (f; CRC); Tumor (1; MAB; PED); Ulcer (1; MAB; PED); Vaginosis (1; MAB); VD (f; CRC); Virus (1; MAB); Wound (1; MAB); Yeast (1; CRC; MAB; SKY).

Dosages (Pau d'Arco) — 15–20 g bark/pint water/day (APA); 1.5–3.5 g dry bark/day (MAB); 15–20 g inner bark/pint/day; 0.25–0.5 cup fresh inner bark (PED); 6–12 g dry inner bark (PED); 9 g dry inner bark:45 ml alcohol/45 ml water (PED); 300 mg bark capsules 3 ×/day (SKY); 3 (505 mg) capsules 3 ×/day (NH); 3–7 ml extract in 45% ethanol (1:2)/day (MAB).

Contraindications, Interactions, and Side Effects (Pau d'Arco) — Class 1 (AHP). Side effects may include GI distress and nausea. "Whole bark has no known serious side effects" (SKY). Pregnant and lactating women should avoid (SKY). Guiraud et al. (1994) note that lapachol and beta-lapachone, though active against *Candida*, could be harmful. Multiple doses of oral lapachol at 500 mg/kg caused death with severe histopathological changes. In clinical trials, oral lapachol induced anticoagulant effects, nausea, and vomiting. After 6 doses at 9 mg/kg, beta-lapachone caused death, following anorexia, diarrhea, and weight loss (*LRNP,* July 1990). Napthaquinones (lapachol and beta-lapachone) have antifungal properties comparable to ketoconazole (SKY). Beta-lapachone is a better antifungal than ketoconazole (MAB). Since anticancer levels of naphthoquinones are toxic, pau d'arco cannot currently be recommended as a treatment for cancer (SKY). In large doses, lapachol and other

naphthaquinones can be cyctotoxic or immunodepressant while small doses can be immounostimulant (MAB). "The cytotoxic effects of the extracts may arise by induction of cellular and immune factors, LD50 values for lapachol in white mice at 1600 mg/kg, for xyloidone 600 mg/kg, and beta-lapachone 80 mg/kg. Lapachol has a relatively high therapeutic index of nearly 20" (MAB).

PAWPAW (*Asimina triloba* (L.) Dunal) +

Synonym: *Annona triloba* L.

Activities (Pawpaw) — Allergenic (1; PH2); Bitter (f; FAD); Diuretic (f; FAD); Emetic (1; PH2); Insecticide (1; FNF; HAD); Laxative (f; FAD); Pediculicide (f; HAD); Tonic (f; FAD).

Indications (Pawpaw) — Abscess (f; HAD); Boil (f; HAD); Constipation (f; FAD); Fever (f; PH2); Inflammation (f; PH2); Lice (f; HAD); Pharyngosis (f; PH2); Scarlet Fever (f; PH2); Sore (f; HAD); Stomatosis (f; PH2); Vomiting (f; PH2).

Contraindications, Interactions, and Side Effects (Pawpaw) — Not covered (AHP; KOM). May be nauseant and allergenic (PH2). Retinosis or eye problems may possibly develop in those working with acetogenins or crushed seeds of the Annonaceae (JAD, personal communication from Dr. D. Warthen, USDA).

PEANUT (*Arachis hypogaea* L.) +++

Activities (Peanut) — Antiaggregant (f; DAA); Antioxidant (1; WO3); Aperient (f; DAA); Aphrodisiac (f; DAA); Astringent (f; KAB); Cyanogenic (f; DAA); Demulcent (f; DAA; LMP); Emollient (f; DAA); Fungicide (1; WO3); Lactagogue (f; DAA; KAB; SKJ); Pectoral (f; DAA; LMP); Peptic (f; LMP); Radioprotective (f; WO2).

Indications (Peanut) — Arthrosis (f; PH2); Cholecystosis (f; DAA); Colic (f; KAB; WO2); Cystosis (f; DAA); Dandruff (f; PHR; PH2); Dermatosis (f; PHR; PH2); Diabetes (f; WO2); Dislocation (f; KAB; PH2); Dyslactea (f; KAB); Eczema (f; PHR; PH2); Fungus (1; WO3); Gonorrhea (f; DAA; IHB); Ichthyosis (f; PHR; PH2); Infection (1; WO3); Inflammation (f; DAA); Mycosis (1; WO3); Nephrosis (f; DAA); Neuralgia (f; PH2); Plantar Wart (f; JLH); Rheumatism (f; DAA; IHB); Wart (f; DAA; JLH); Xeroderma (f; PH2).

Dosages (Peanut) — A handful is nice. 130 ml peanut oil at body temperature as an enema (PHR; PH2); 4 ml oil/10 liters water for skin bath (PHR).

Contraindications, Interactions, and Side Effects (Peanut) — Not covered (AHP; KOM)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Many people are violently allergic to peanut.

PEAR (*Pyrus communis* L.) +++

Synonyms: *P. asiae-mediae* Popov, *P. balansae* Decne., *P. bourgaeana* Decne., *P. domestica* Medik., *P. elata* Rubtzov, *P. medvedevii* Rubtzov.

Activities (Pear) — Antibacterial (1; WOI); Antipyretic (f; PH2); Antiseptic (1; WOI); Aphrodisiac (f; KAB); Astringent (f; PH2); Diuretic (f; PH2); Laxative (f; PH2).

Indications (Pear) — Bacteria (1; WOI); Constipation (f; PH2); Diabetes (f; WOI); Dyspepsia (f; PH2); Escherichia (1; WOI); Fever (f; PH2); Impotence (f; KAB); Infection (1; WOI).

Dosages (Pear) — Fruit is food farmacy (JAD; PH2).

Contraindications, Interactions, and Side Effects (Pear) — Not covered (AHP)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

PEARLY EVERLASTING (*Anaphalis margaritacea* (L.) Benth. & Hook. f.) ++

Activities (Pearly Everlasting) — Analgesic (f; CEB; CRC; FAD); Astringent (f; CRC; FAD); Emetic (f; DEM); Expectorant (f; CRC; FAD); Laxative (f; DEM); Pectoral (f; CRC); Sedative (f; CRC; FAD); Tonic (f; DEM); Vermifuge (f; CEB).

Indications (Pearly Everlasting) — Asthma (f; CEB; DEM); Boil (f; CRC); Bronchosis (f; CRC; DEM); Bruise (f; CEB; CRC; DEM); Burn (f; CEB; DEM); Catarrh (f; CRC; DEM); Cold (f; CEB; DEM); Constipation (f; DEM); Cough (f; CEB; DEM); Cut (f; CRC); Dermatosis (f; CEB; DEM); Diarrhea (f; CRC; DEM; FAD); Dysentery (f; CRC; DEM; FAD); Dyspnea (f; DEM); Edema (f; CRC); Fever (f; DEM); Gastrosis (f; DEM); Infection (f; DEM); Insomnia (f; CRC; FAD); Nervousness (f; CRC; FAD); Ophthalmia (f; DEM); Pain (f; CEB; CRC; FAD); Paralysis (f; CEB; DEM); Pulmonosis (f; CRC; FAD); Rheumatism (f; DEM; FAD); Sore (f; DEM; FAD); Sore Throat (f; DEM); Sprain (f; CRC); Stroke (f; DEM); Sun Blindness (f; DEM); Swelling (f; DEM); Tuberculosis (f; DEM); Tumor (f; CRC; JLH); Worm (f; CEB).

PEEGEE (*Hydrangea paniculata* Seibold) ++

Synonyms: *H. paniculata* var. *intermedia* Bois ex Nakai, *H. paniculata* var. *praecox* Rehder.

Activities (Peegee) — Diuretic (f; CRC); Inebriant (f; CRC); Poison (f; CRC).

Indications (Peegee) — Cough (f; CRC); Malaria (f; CRC).

PELLITORY-OF-THE-WALL (*Parietaria officinalis* L.) +

Activities (Pellitory-of-the-Wall) — Antiinflammatory (f; EFS); Demulcent (f; PNC); Diuretic (f; MAD; PH2; PNC); Laxative (f; EFS).

Indications (Pellitory-of-the-Wall) — Adenopathy (f; JLH); Cancer (f; JLH); Cancer, ear (f; JLH); Cancer, feet (f; JLH); Cancer, liver (f; JLH); Cancer, parotid (f; JLH); Cancer, spleen (f; JLH); Condyloma (f; JLH); Constipation (f; EFS); Cough (f; HHB); Cystosis (f; PNC); Dysuria (f; PNC); Erysipelas (f; MAD); Hemorrhoid (f; EFS); Hepatosis (f; JLH); Inflammation (f; EFS); Kidney Stone (f; PNC); Pain (f; JLH); Otosis (f; JLH); Parotosis (f; JLH); Pyelosis (f; PNC); Rheumatism (f; HHB; MAD); Sclerosis (f; JLH); Sore (f; EFS); Splenosis (f; JLH); Stone (f; PNC); UTI (f; PH2); Wound (f; MAD).

Contraindications, Interactions, and Side Effects (Pellitory-of-the-Wall) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

PEPPER BARK, FEVER TREE (*Warburgia salutaris* (Bertol. f.) Chiov.) +

Activities (Pepper Bark) — Analgesic (1; FNF; ZUL); Antifeedant (1; ZUL); Antiseptic (1; ZUL); Aphrodisiac (f; ZUL); Cytotoxic (1; ZUL); Emetic (f; ZUL); Expectorant (f; ZUL); Hemolytic (1; ZUL); Laxative (f; ZUL); Molluscicide (1; ZUL).

Indications (Pepper Bark) — Backache (f; ZUL); Cold (f; ZUL); Constipation (f; ZUL); Cough (f; ZUL); Dermatosis (f; ZUL); Enterosis (f; ZUL); Gastrosis (f; ZUL); Malaria (f; ZUL); Mycosis (1; ZUL); Neuralgia (f; ZUL); Pain (1; FNF; ZUL); Rheumatism (f; ZUL); Rib Ache (f; ZUL); Sore (f; ZUL); Toothache (f; ZUL); Ulcer (f; ZUL); Urethrosis (f; ZUL); VD (f; ZUL); Yeast (1; ZUL).

Contraindications, Interactions, and Side Effects (Pepper Bark) — Extracts from inner bark may have dangerous toxic effects (ZUL).

PEPPERMINT (*Mentha* x *piperita* L.) +++

Activities (Peppermint) — Allergenic (1; FAD); Analgesic (1; APA; BGB; FEL; SHT); Anaphrodisiac (f; CEB); Anesthetic (1; APA; MAB; PED; SHT); Antibacterial (1; PH2; PIP); Antiemetic (1; PNC); Antiherpetic (1; FAD; PED); Antiinflammatory (1; FAD; PED); Antilactagogue (f; MAB); Antiitch (1; BGB; JAD; MAB); Antioxidant (1; JNU); Antipyretic (1; BGB; PHR; PIP); Antiseptic (1; BGB; PED; PH2; PNC); Antispasmodic (2; DEP; FEL; KOM; MAB; PH2; PNC; WAM); Antitussive (1; MAB; WAM); Antiulcer (1; FAD; PED); Antiviral (1; FAD; PH2; PNC; WAM); Aphrodisiac (f; MAD); Apoptotic (1; JNU); Astringent (1; PED); Bronchodilator (1; WAM); Calcium-Blocker (1; BGB; MAB); Cardiotonic (f; MAD); Carminative (2; KOM; MAB; PH2; PNC); Cholagogue (1; APA; PHR; PH2; SHT); Choleretic (2; APA; KOM; MAB; RIN); CNS-Sedative (1; MAB); Counterirritant (1; APA); Decongestant (1; APA; BGB); Detoxicant (1; JNU); Diaphoretic (f; CEB; MAB; PED); Digestive (1; APA; PED; WAM); Diuretic (1; CEB; MAB; PH2); Emmenagogue (f; MAD); Expectorant (1; PED); Insecticide (1; PH2); Myorelaxant (1; APA; MAB; SHT); Orexigenic (f; CEB); Secretolytic (1; APA; PHR; PH2; PIP); Sedative (1; MAB; PH2); Stimulant (1; PED); Stomachic (1; CEB; PED); Tonic (f; DEM; FEL); Tranquilizer (f; CEB); Vasodilator (1; PED); Vermifuge (f; DEM); Vulnerary (1; APA).

Indications (Peppermint) — Anorexia (2; CEB; MAD; PHR); Arthrosis (1; APA); Asthma (1; MAB; MAD); Bacteria (1; PH2; PIP); Biliary Dysfunction (1; KOM; PIP); Bite (1; APA); Bronchosis

(1; MAB; PHR; PH2); Bug Bite (1; APA); Burn (1; CEB; FNF); Cancer (f; JLH); Cancer, breast (1; JNU); Cancer, pancreas (1; JNU); Cancer, stomach (f; JLH); Catarrh (2; KOM; PH2; PIP); Cholecystosis (2; APA; KOM; PH2; PIP); Cholera (f; CEB; FEL); Cold (1; FAD; JNU; PHR; PH2; PNC); Cold Sore (1; APA); Colic (1; BGB; FEL; MAB; PNC); Colitis (2; BGB; KOM; PH2; SHT); Congestion (1; APA; BGB); Coryza (f; CEB); Cough (1; APA; PHR; PH2; WAM); Cramp (2; DEP; FEL; KOM; MAB; PH2; PIP; PNC; WAM); Croup (f; CEB); Dermatosis (1; BGB); Diarrhea (1; BGB); Diphtheria (f; DEP); Diverticulosis (f; PIP); Dysmenorrhea (f; PED; PHR); Dyspepsia (2; BGB; FAD; MAB; PH2); Dysuria (f; DEM); Earache (f; MAD); Enterosis (2; KOM; PHR; PIP); Epilepsy (f; MAD); Epistaxis (f; MAD); Fever (1; BGB; CEB; FAD; MAB; MAD; PED; PHR; PH2; PIP); Flu (1; MAB; PED); Freckle (f; MAD); Gallstone (f; MAD); Gas (1; BGB; MAD; MAB; WAM); Gastrosis (2; BGB; KOM; PH2; PIP); Gingivosis (f; SKY); Gout (1; CEB; FNF); Gravel (f; DEM); Headache (1; FAD; FEL; MAB; MAD; SHT); Heartburn (f; APA; JAD); Hemorrhoid (1; APA; DEM); Hepatosis (2; PHR; PH2); Herpes (1; APA; FAD; PED); Hiccup (f; MAD); Hypochondria (f; MAD); Hysteria (1; CEB; DEM; FEL; MAB; MAD); IBS (2; BGB; FAD; SHT; SKY); Impotence (f; MAD); Infection (2; JBU; PHR; PH2); Inflammation (1; FAD; PED); Insomnia (1; CEB; FAD; MAB; PH2); Itch (1; BGB; CEB; JAD; MAB); Jaundice (f; MAD); Languor (f; CEB); Mastosis (f; MAD); Measles (f; CEB); Menstrual Cramp (f; PED); Migraine (f; MAD); Morning Sickness (f; MAB; PHR); Motion Sickness (f; APA); Mucososis (1; BGB; PH2); Myalgia (2; BGB; KOM; PH2; PIP); Nausea (1; MAB; MAD; PHR; WAM); Nephrosis (f; BGB); Nervousness (1; CEB; MAB; PH2); Neuralgia (2; BGB; DEM; DEP; KOM; PH2; PIP); Neurosis (1; MAB); Pain (1; APA; BGB; CEB; DEM; FEL; MAB; PED; SHT); Pharyngosis (2; KOM; PH2); Phthisis (f; DEP); Pneumonia (f; CEB; DEM; FEL; MAB); Respirosis (2; KOM; PIP; PH2); Rheumatism (1; BGB; PED); Rhinosis (1; WAM); Ringworm (f; DEP); Satyrism (f; CEB); Sciatica (1; CEB; DEP; FNF); Sinusosis (1; APA; CEB; JNU); Sore Throat (1; BGB; MAD); Spermatorrhea (f; MAD); Splenosis (f; MAD); Stomachache (1; BGB; CEB; FAD; FEL); Stomatosis (2; BGB; KOM; PH2; PIP); Stone (f; MAD); Stress (f; APA); Syncope (f; MAD); Tendinitis (1; APA); Tonsilosis (f; MAD); Toothache (1; APA; DEP); Typhoid (f; CEB); Ulcer (1; FAD; PED); Urticaria (1; BGB); Uterosis (f; MAD); Vertigo (f; MAD); Virus (1; FAD; PH2; PNC; WAM); Vomiting (1; PNC); Water Retention (f; DEM); Worm (f; CEB; DEM).

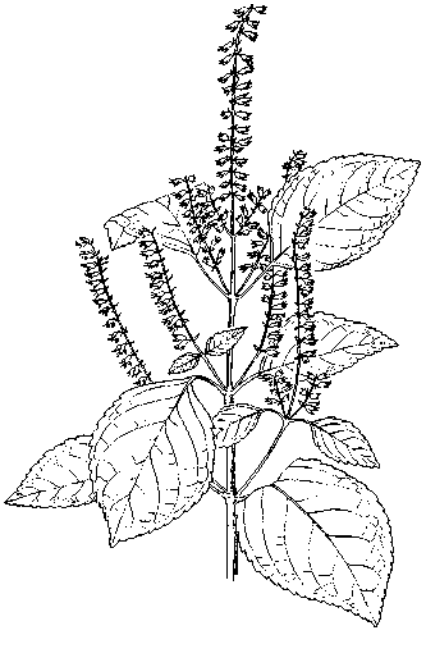
Dosages (Peppermint) — 1 tbsp (1.5 g) leaf/cup water 3–4 ×/day (APA); 1–2 g leaf/cup 3 ×/day; 0.25–0.5 cup fresh leaf (PED); 6–12 g dry leaf (PED); 6–9 g dry leaf/day (MAB); 1–2 tsp dry leaf/cup water up to 3 ×/day (APA; SKY); 9 g dry leaf/45 ml alcohol/45 ml water (PED); 2 tsp (4.4 g) herb in hot tea (MAD); 2–4 g powdered herb (PNC); 1.5–4 ml fluid herb extract (1:2)/day (MAB); 1 dropper concentrated herb extract or tincture (APA); 1 wineglass gin/herb tincture 3–4 ×/day as diuretic (CEB); 5–15 g herb tincture/day (APA); 3.5–11 ml herb tincture (1:5)/day (MAB); 0.05–0.15 g herb oil (MAD); 0.15–0.6 ml (~ 3–12 drops) herb EO (MAB); 0.05–0.2 ml EO (PNC); 1–2 enteric -coated peppermint oil pills 3 ×/day; 6–12 drops peppermint oil (SHT); 10% peppermint oil in ethanol (transdermal) (SHT); 0.3–2 ml peppermint spirit (PNC); 0.25–1 ml concentrated peppermint water (PNC); 0.2 ml 3 ×/day for irritable colon (SHT); 1–2 capsules for IBS StX (0.2 ml EO) 2–3 ×/day (SKY).

Contraindications, Interactions, and Side Effects (Peppermint) — Class 1 (AHP).“Health hazards not known with proper therapeutic dosages” (PH2). Not to be used in patients with achlorhydria, biliary or gallbladder obstruction, or gallstones. Concentrated oil may induce dermatosis, flushing and headache, if rubbed on profusely or inhaled. Leaf contains much astringent tannin that can damage the liver and intestine with prolonged use (PED). Commission E reports contraindications for EO: biliary obstruction or inflammation, and severe liver damage. Since the more widely used tea (*Camellia sinensis*) often contains twice as much tannin as peppermint, this recommendation should be doubly pertinent under tea, or maybe we should name these tannins the more glamorous “OPCs, polyphenols, and pycnogenols” and declare them antioxidant good guys instead of hepatotoxic bad guys (JAD). Rats receiving 100 mg/day peppermint oil develop dose-related brain lesions. Because of its ability

to relax GI smooth muscles, peppermint oil may sometimes worsen symptoms of hiatal hernia. Coated pills opening too soon (in stomach) may cause gastralgia and heartburn. Excessive ingestion of the oil is associated with acute renal failure and interstitial nephrosis. Menthol reactions include reported cases of urticaria, allergic cheilitis, stomatosis, and rarely, shaking chills from use of topical menthol products. GI complaints due to use of peppermint preparations include stomatosis, severe esophagitis, gastrosis, unexplained diarrhea, and pancreatitis. Menthol in nasal preparations may cause spasm of the glottis in young children (AEH). Should not be inhaled by small children (AEH). Menthol-containing ointments applied to an infant's nostrils have produced immediate collapse. "Peppermint tea should not be given to infants or very young children because the pungent fragrance can cause gagging" (Castleman, 1996). Estimated LD for menthol in humans may be as low as 2 g. Survival after doses of 8 to 9 g have been reported. I fear APA erred in saying that it took 1 g/kg body weight menthol to be lethal in humans (APA). Estimated LD50 for peppermint oil in humans = 2000–9000 mg (2–9 g). Peppermint oil has an antispasmodic action on isolated segments of ileum (cats and rabbits) at 50 ppm (dilutions no greater than 1:20,000).

Extracts (Peppermint) — Peppermint oil antagonizes the spasmogenic action of barium chloride, pilocarpine, and physostigmine. Antispasmodic action of peppermint oil is based on properties that are characteristic of calcium antagonists. Peppermint oil acts competitively with nifedepine and blocks Ca^{2+}-exciting stimuli. It relaxes ileal longitudinal muscles, but less so than papaverine (SHT). Antiviral and carminative effects demonstrated *in vivo* and *in vitro* (PNC).

PERILLA (*Perilla frutescens* (L.) Britton) ++



Synonyms: *Dentidia nankinensis* Lour., *Ocimum frutescens* L., *Perilla arguta* Benth., *P. frutescens* var. *japonica* (Hassk.) H. Hara, *P. nankinensis* (Lour.) Decne., *P. ocimoides* L.

Activities (Perilla) — Aldose-Reductase-Inhibitor (1; HH3); Allergenic (f; PH2); Analgesic (f; CRC); Antibacterial (1; PH2); Anticancer (1; PH2); Antidote (f; CRC); Antidote, crab (f; PH2); Antidote, fish (f; PH2); Antimelanomic (1; HH3); Antinephrotic (1; X11270716); Antioxidant (1; CRC); Antiproliferant (1; X11270716); Antipyretic (f; CRC); Antiseptic (1; CRC; PH2; WOI); Antispasmodic (f; CRC; FAY; HHB); Antitussive (f; CRC; DAA); Antiulcer (1; HH3); Carminative

(f; CRC); Cyanogenic (1; TAD); Cytotoxic (1; PH2); Diaphoretic (f; CRC; DAA); Diuretic (f; FAY); Emollient (f; DAA); Expectorant (f; CRC); Fungicide (1; WOI); Hypocholesterolemic (1; PH2); Hypotensive (1; HH3); Hypotriglyceridemic (1; PH2); Immunostimulant (f; HH3); Lipolytic (1; PH2); Pectoral (f; CRC; DAA); Peristaltic (1; PH2); Piscicide (f; CRC; HHB); Poison (1; CRC); Sedative (1; CRC; FAY; HH3; PH2); Stomachic (f; CRC; DAA); Tonic (f; CRC; DAA).

Indications (Perilla) — Alzheimer's (1; COX; FNF); Arthrosis (1; COX; FNF); Asthma (f; CRC; DAA; FAY); Bacteria (1; PH2); Bite (f; FAY); Bronchosis (f; CRC; DAA; FAY); Cancer (1; COX; FNF; PH2); Cancer, breast (1; HH3); Cancer, skin (1; HH3); Cataract (1; HH3); Chest (f; CRC); Childbirth (f; CRC; DAA); Chill (f; HH3; PH2); Cholera (f; CRC; DAA); Cold (f; CRC; DAA; PH2); Constipation (f; FAY); Cough (f; CRC; FAY; PH2); Cramp (1; CRC; FAY; HHB); Dyspepsia (f; CRC; FAY); Dyspnea (f; DAA; PH2); Edema (1; FAY); Enterosis (f; DAA); Escherichia (1; HH3); Fever (1; CRC; DAA; FAY; PH2); Flu (f; CRC; DAA); Fungus (1; WOI); Glomerulonephrosis (1; X11270716); Gout (1; FNF); Headache (f; CRC; DAA; FAY; PH2); Heatstroke (f; CRC); Hiccup (f; FAY); High Blood Pressure (1; HH3); High Cholesterol (1; PH2); High Triglycerides (1; PH2); Immunodepression (f; HH3); Infection (1; CRC; FAY; PH2; WOI); Insomnia (1; CRC; FAY; HH3; PH2); Malaria (f; CRC); Mastosis (1; FAY; HH3); Melanoma (1; HH3); Morning Sickness (f; FAY; LMP); Mucososis (f; PH2); Mycosis (1; WOI); Nausea (f; CRC; DAA; HH3); Nephrosis (1; TAD; X11270716); Nervousness (1; CRC; FAY; HH3; PH2); Obesity (f; PH2); Pain (f; CRC); Pregnancy (f; CRC); Pulmonosis (f; CRC; FAY); Respirosis (f; DAA); Rheumatism (1; COX; CRC); Rhinosis (f; PH2); Salmonella (1; HH3); Sclerosis (f; TAD); Snakebite (f; FAY); Spasm (f; CRC); Spermatorrhea (f; DAA); Splenosis (f; HH3); Staphylococcus (1; FAY); Stomatosis (f; PH2); Streptococcus (1; HH3); Swelling (1; FAY; PH2); Ulcer (1; HH3); Uterosis (f; CRC; FAY); Vibrio (1; HH3); Wart (1; FAY); Wound (f; FAY).

Dosages (Perilla) — 3–10 g seed (FAY); 4.5–9 g seed (FAY); 3–9 g leaf (FAY); 3–10 g aqueous extract (HH3; PH2).

Contraindications, Interactions, and Side Effects (Perilla) — Not covered (AHP; KOM; PHR). "Health hazards not known with proper therapeutic dosages" (PH2). Isolated furan can cause lung lesions in animals, grazing cattle may develop emphysema (FAY). Perillaldehyde may be mutagenic, perilla ketone may be edemagenic. Methanol extracts are sedative perhaps due to the combined effect of perillaldehyde and stigmasterol (HH3). The ethanolic leaf extract with the dihydroxyphenylethenyl esters of caffeic acid at IC50's 0.021–0.124 μg/ml, cf. allopurinol at 0.021.

PETROLEUM PLANT (*Euphorbia tirucalli* L.) X

Synonym: *E. laro* Drake.

Activities (Petroleum Plant) — Allergenic (1; CRC); Antiseptic (1; CRC); Antitumor (1; CRC); Avicide (f; CRC); Carcinogen (1; JFM); Emetic (f; CRC; WBB); Insecticide (f; WBB); Insectifuge (f; CRC); Laxative (f; CRC); Piscicide (f; WBB); Poison (1; CRC); Rubefacient (f; WBB).

Indications (Petroleum Plant) — Abscess (f; CRC); Asthma (f; CRC); Bite (f; WBB); Cancer (1; CRC); Carcinoma (f; CRC); Chancre (f; CRC); Childbirth (f; CRC); Colic (f; CRC); Constipation (f; CRC); Cough (f; CRC); Dandruff (f; CRC); Dermatosis (f; CRC); Earache (f; CRC); Epithelioma (f; CRC); Fracture (f; CRC); Gastrosis (f; CRC); Impotence (f; CRC; WBB); Infection (1; CRC); Infertility (f; CRC); Leprosy (f; CRC); Neuralgia (f; CRC); Osteosis (f; CRC); Pain (f; CRC); Paralysis (f; CRC); Rheumatism (f; CRC); Sarcoma (f; CRC); Snakebite (f; WBB); Staphylococcus (1; CRC); Swelling (f; CRC); Syphilis (f; CRC); Toothache (f; CRC); Tumor (1; CRC); VD (f; CRC); Wart (f; CRC).

PEYOTE (*Lophophora williamsii* (Lem. ex Salm-Dyck) J. M. Coult.) +

Synonym: *Echinocactus williamsii* Lem. ex Salm-Dyck.

Activities (Peyote) — Analgesic (f; CRC; DEM); Antiseptic (f; CRC); Antispasmodic (1; HHB); Asthmatic (1; HHB); Bradycardic (1; HHB); Cardiotonic (f; CRC; EFS); CNS Depressant (1; HHB); Emetic (1; PHR; PH2); Hallucinogen (1; CRC; DEM; PHR; PH2); Hypoglycemic (1; CRC); Hypotensive (f; HHB); Intoxicant (1; CRC); Lactagogue (f; CRC); Narcotic (1; CRC); Panacea (f; DEM); Poison (f; CRC); Psychedelic (f; CRC); Respiradepressant (1; HHB); Sedative (f; CRC); Stimulant (f; EFS); Sympathomimetic (1; HHB); Tonic (f; CRC); Vasodilator (1; HHB).

Indications (Peyote) — Alcoholism (f; CRC); Angina (f; CRC; HHB); Arthrosis (f; CRC); Backache (f; CRC); Bruise (f; DEM); Burn (f; CRC); Cancer (f; JLH); Cold (f; DEM); Corn (f; CRC; JLH); Cough (f; HHB); Cramp (1; HHB); Enterosis (f; DEM); Fever (f; CRC; DEM); Headache (f; CRC); Heatstroke (f; CRC); High Blood Pressure (f; HHB); Hunger (f; CRC); Hyperglycemia (1; CRC); Insomnia (f; CRC); Nervousness (f; CRC); Pain (f; CRC; DEM); Rheumatism (f; CRC; DEM; HHB); Scarlet Fever (f; DEM); Snakebite (f; CRC; HHB); Stomachache (1; HHB); Thirst (f; CRC); Throat (f; CRC); Tuberculosis (f; DEM); VD (f; DEM); Wound (f; DEM; HHB).

Dosages (Peyote) — 400–700 mg mescaline (to cause hallucinations).

Contraindications, Interactions, and Side Effects (Peyote) — Not covered (AHP). May cause aural, kinesthetic, synesthetic, and visual hallucinations (PH2).

PHEASANT'S EYE (*Adonis vernalis* L.) +

Activities (Pheasant's Eye) — Analgesic (f; CRC); Anticardiotonic (f; PNC); Diuretic (f; PNC); Positive Inotropic (2; KOM; PH2); Venotonic (1; KOM).

Indications (Pheasant's Eye) — Arrhythmia (2; PHR; PH2); Cardiopathy (2; KOM; PHR; PH2); Cramp (f; PHR; PH2); Dehydration (f; PHR; PH2); Dysmenorrhea (f; PHR; PH2); Fever (f; PHR; PH2); Nervousness (1; KOM; PH2); Neuropathy (1; PHR); Pain (f; CRC).

Dosages (Pheasant's Eye) — Average daily dose 0.5–0.6 g standardized adonis herb; maximum single dose 1 g; maximum daily dose 3 g (KOM; PH2).

Contraindications, Interactions, and Side Effects (Pheasant's Eye) — Not covered (AHP). Contraindicated with digitalis glycosides and potassium deficiency (KOM; PH2). Heart disorders, nausea, and vomiting in overdoses (KOM; PH2). Can potentiate calcium saluretics, glucocorticoids (extended therapy), laxatives, and quinidine (KOM). "Should be used only under medical supervision" (PNC).

PHYLLANTHUS (*Phyllanthus niruri* L.) +

P. amarus, P. debilis, P. fraternus and *P. niruri* are confused in the field and in the literature, and in this account too (true confession). The PH2 entries were under "black catnip" as *P. amarus*, with the warning "may be confused with *Phyllanthus urinaria, P. niruri, P. debilis*, and *P. fraternus"* (PH2). MPI data were applied to *P. fraternus*, KAB data to *P. niruri* L. HH3 recognized *P. amarus* and *P. niruri* among the similar species.

Activities (Phyllanthus) — Aldose-Reductase-Inhibitor (1; 60P); Amebicide (1; ZUL); Analgesic (f; DAV); Antialcoholic (1; KEB); Antibacterial (1; HH2; TRA; WOI; ZUL); Anticancer (1; KAB); Antihepatomic (1; KEB); Antileukemic (1; KAB); Antipyretic (1; DAV; KAB; MPI; SKJ; TRA); Antiseptic (1; MPI; PH2; WOI); Antispasmodic (1; DAV; KAB; MPI; TRA); Antiviral (1; KEB; PH2; SKY; TRA); Aperitif (f; DAV); Astringent (f; KAB; SKJ); Bitter (1; KAB; MPI; PH2);

Carminative (f; DAV); Deobstruent (f; SKJ); Depurative (f; JFM); Digestive (f; DAV); Diuretic (1; HHB; JFM; KAB; SKJ; WOI); DNA-Polymerase-Inhibitor (f; SKY); Emmenagogue (f; DAV); Fungicide (1; ZUL); Hepatoprotective (1; DAV; KAB; KEB; TRA); HIV-RT- Inhibitor (1; KEB); Hypoglycemic (1; DAV; KAB; KEB; MPI; TRA); Lactagogue (f; KAP; WOI); Laxative (f; DAV; KAB); Piscicide (1; WOI); Protein-Kinase-Inhibitor (1; HH2); Protisticide (1; ZUL); Sedative (f; 60P); Snakebite (f; HH2); Stomachic (f; SKJ); Tonic (f; DAV; KAB); Vermifuge (1; DAV; ZUL).

Indications (Phyllanthus) — Acne (f; JFM); Alcoholism (1; KEB); Ameba (1; ZUL); Amenorrhea (f; 60P); Anorexia (f; DAV); Ascites (f; PH2); Bacteria (1; HH2; TRA; WOI; ZUL); Biliousness (f; JFM); Blackhead (f; JFM); Blennorrhagia (f; DAV); Calculus (f; JFM); Cancer (1; JLH; KAB; MPI); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Colic (f; DAV; JFM; PH2; WOI); Conjunctivosis (f; HH3); Constipation (f; DAV; KAB; KAP; PH2); Cramp (1; DAV; KAB; MPI; PH2; TRA); Debility (f; HH3); Dermatosis (f; JFM; KAP); Diabetes (f; DAV; JFM; KAB; KEB; MPI; PH2); Diarrhea (f; PH2; WOI); Dropsy (f; DAV; MPI; SKJ); Dysentery (f; DAV; MPI; PH2; SKJ); Dyspepsia (f; MPI; WOI); Dysuria (f; JFM; KAP); Edema (f; JFM; KAP; MPI; SKJ); Enterosis (f; JFM; JLH); Escherichia (1; HH3); Fever (1; DAV; HHB; KAB; MPI; PH2; SKJ; TRA); Flu (f; DAV); Fungus (1; MPI; ZUL); Gallstone (f; HH3); Gastrosis (f; HHB; JFM; PH2); Gonorrhea (f; HH3; MPI; SKJ); Gout (f; JFM); Gravel (f; JFM; 60P); Hepatosis (2; KEB; MPI; SKY); Herpes (1; HH3); High Cholesterol (1; 60P); HIV (1; ABS); Hyperglycemia (1; DAV; KAB; KEB; MPI; TRA); Hyperuricemia (f; JFM); Infection (1; MPI; PH2; ZUL); Infertility (f; PH2); Insomnia (f; 60P); Itch (f; DAV; KAP); Jaundice (2; DEP; HHB; HH3; KEB; MPI; SKY); Leukemia (1; KAB; MPI); Malaria (f; DAV; DEP; KAB; HH3; PH2); Menorrhagia (f; KAP; MPI); Mycosis (1; MPI; ZUL); Nephrosis (f; DAV; JFM); Nervousness (f; 60P); Ophthalmia (f; KAP; MPI; PH2; WOI); Ovary (f; JFM); Pain (f; DAV); Parasite (1; ZUL); Prostatosis (f; DAV); Prolapse (f; JFM); Pulmonosis (f; 60P); Ringworm (1; ZUL); Scabies (1; DEP; KAB; PH2; ZUL); Snakebite (f; HH3); Sore (f; DEP; MPI; PH2; WOI); Staphylococcus (1; HH3; 60P); Stomachache (f; DAV); Stone (f; HH3); Swelling (f; KAB; MPI; SKJ); Tachycardia (f; PH2); Tenesmus (f; DAV); Tumor (f; JLH); Ulcer (f; JFM; SKJ; 60P); Urogenitosis (f; DEP; KAB; MPI; PH2); UTI (f; SKJ); Vaginosis (f; DAV); VD (f; KAB; HH3); Virus (1; HH3; KAB; KEB; PH2; SKY; TRA); Womb (f; JFM); Worm (1; DAV; ZUL); Wound (f; PH2).

Dosages (Phyllanthus) — 900–2700 mg plant powder/day/3 months (SKY); 10 plants/liter water (PH2); 3–6 g powdered herb (KAP); 14–28 ml tea (KAP); 2–6 ml extract (1:2) (KEB).

Contraindications, Interactions, and Side Effects (Phyllanthus) — Not covered (AHP; KOM; PNC). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). None reported (SKY).

Extracts (Phyllanthus) — Alcoholic extracts bactericidal to *Escherichia coli* and *Micrococcus pyogenes* (WOI). Lignans are hepatoprotective *in vitro* (KEB). Aqueous extracts (with repandusinic acid A) inhibit HIV-RT *in vitro*. Aqueous extracts are comparable to tolbutamide as oral hypoglycemic (ZUL). LD50 dry aqueous whole plant extract 3300 mg/kg ipr mouse (HH3).

PICRORHIZA (*Picrorhiza kurrooa* Royle ex Benth.) +

Activities (Picrorhiza) — Analgesic (1; KEB); Antiaging (f; PM8:125); Antiaggregant (1; APA; KEB); Antiallergic (1; KEB); Antiasthmatic (1; APA; HH3; PH2); Antibacterial (f; PH2); Antihistaminic (1; HH3); Antiinflammatory (1; APA; KEB; PH2; PM8:125); Antileishmanic (1; KEB); Antioxidant (1; KEB; PM8:125); Antiperiodic (f; WOI); Antipyretic (f; KAB); Antiradicular (1; KEB); Antiseptic (f; PH2); Antistress (f; PM8:125); Antithromboxane (1; KEB); Antitumor (1; APA); Antiviral (2; APA; HH3); Bitter (1; DEP; KEB; SUW); Bronchospasmolytic (1; PH2); Cardiotonic (f; KAB); Cerebrotonic (f; KAB; PM8:125); Cholagogue (f; KAP; WOI); Choleretic (1; APA; HH3; KEB; PH2); Emetic (f; PH2); Emmenagogue (f; KAB); Expectorant (f; KAB);

Gastrostimulant (f; SKJ); Hepatoprotective (1; APA; KEB; PH2); Hepatotoxic (1; KEB); Hypocholesterolemic (1; KAP); Immunomodulator (f; PM8:125); Immunostimulant (1; HH3; KEB; PH2); Insecticide (1; PH2); Laxative (f; DEP; KAP; SUW; WOI); Lipolytic (f; APA); Mast Cell Stabilizer (1; KEB); Orexigenic (f; KAB); Pectoral (f; KAB); Phagocytotic (1; KEB); Stomachic (f; DEP; KAB; KAP; SUW; WOI); Tonic (1; DEP; KAB; KAP; KEB); Vermifuge (f; KAB).

Indications (Picrorhiza) — Ague (f; DEP); Allergy (1; KEB); Anemia (f; KAP); Anorexia (1; HH3; SKJ); Arthrosis (f; KAB; PH2; SKJ); Asthma (2; APA; HH3; KAP; KEB; PH2); Autoimmune Disease (1; KEB); Bacteria (1; PH2); Biliousness (f; DEP; KAB; KAP); Bite (f; KAB); Bronchosis (1; KAP; PH2); Cancer (1; APA); Carbuncle (f; PH2); Cholecystosis (f; PH2); Constipation (f; APA; DEP; KAP; PH2; SUW; WOI); Cough (f; HH3; PH2); Diarrhea (f; APA; SKJ); Dropsy (f; DEP; KAP; WOI); Dysentery (f; HH3; PH2); Dysmenorrhea (f; HH3; KAB; PH2); Dyspepsia (f; APA; DEP; KAP; SUW); Dysuria (f; KAB); Elephantiasis (f; KAP); Enterosis (f; PH2); Epilepsy (f; KAB; PH2); Fever (f; DEP; KAB; KAP; PH2; SUW); Flu (f; SKJ); Gastrosis (f; HH3; PH2); Gingivosis (f; KAB); Hemorrhoid (f; KAB; PH2); Hepatosis (1; APA; HH3; KAB; KAP; KEB; PH2); Hiccup (f; KAB); High Cholesterol (1; KAP); Hyperemia (f; PH2); Immunodepression (1; HH3; KEB; PH2); Infection (2; APA; HH3; KEB; PH2); Inflammation (1; APA; KAB; KEB; PH2; PM8:125); Jaundice (f; KAB; KAP; PH2; SKJ); Leishmaniasis (1; APA; KEB); Leukoderma (1; HH3; KAB; PH2); Malaria (f; DEP; KAP; WOI); Mushroom Poisoning (1; APA); Odontosis (f; KAB); Osteoarthrosis (2; KEB); Pain (1; KAB; KAP; KEB); Psoriasis (2; KEB); Pulmonosis (f; APA); Rheumatism (1; KEB); Scabies (f; KAB; PH2); Senility (f; PM8:125); Snakebite (f; APA; KAP; PH2); Splenosis (f; DEP; KAP); Spondylosis (2; KEB); Sting (f; SUW); Strain (f; PH2); Stress (f; PM8:125); Tumor (1; APA); Virus (2; APA; FNF; HH3); Vitiligo (2; KEB; PH2); Worm (f; KAB).

Dosages (Picrorhiza) — 3–3.5 g root as antiperiodic (KAP); 0.5–2 g dry root/day or 1–4 ml root extract (1:2)/day (KEB); 1–1.5 g powdered rhizome (KAP); 2–4 ml rhizome tincture (HH3; PH2); 0.6–1.2 g to 4 g drug/day for malaria (HH3; PH2).

Contraindications, Interactions, and Side Effects (Picrorhiza) — Not covered (AHP; KOM). "Health hazards not known with proper therapeutic dosages" (PH2). Bitterness is intolerable to some. May cause skin rash. Cucurbitacins may induce diarrhea, gas, and griping (KEB).

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Extracts (Picrorhiza) — Picroliv, an extract of Picrorhiza, is hailed as a powerful liver protector, is in Phase II human clinical trials in India, and it does protect the liver. StX or the herb itself controls asthma, fights viruses, protects rats from chemical liver damage, reduces inflammation, and importantly, stimulates the immune system and stimulates liver growth in rats that have had portions of their liver removed (APA). Some studies find Picroliv more potent than silymarin as a liver protectant. Kutkin is comparable, if not superior, to silybinin for Amanita poisoning. "The activity of Picroliv (a standardized extract containing a total of 60% picroside I and kutkoside) was found in many of the tests to be comparable or superior to silymarin from *Silybum marianum*" (KEB). LD 10,000 mg/kg (HH3). LD50 cucurbitacin-B 10.9 mg/kg orl mouse (HH3).

PIGEONPEA (*Cajanus cajan* (L.). Millsp.) +++

Synonyms: *C. bicolor* DC., *C. flavus* DC., *C. indicus* Spreng., *Cytisus cajan* L.

Activities (Pigeonpea) — Alexeteric (f; KAB); Antiamylase (1; WO2); Antichymotryptic (f; WO2); Antidote, fish poison (f; JFM); Antilactagogue (f; KAB); Antisubtilisin (1; WO2); Antiviral (1; WO2); Astringent (f; KAB); Diuretic (f; JFM; KAB); Flatugenic (f; KAB); Fungicide (f; WO2); Hyperglycemic (1; WO2); Hypocholesterolemic (1; WO2); Hypoglycemic (1; WO2); Hypolipidemic (1; WO2); Hypotriglyceridemic (1; WO2); Laxative (f; KAB); Litholytic (f; JFM); Pectoral (f; KAB); Soporific (f; JFM); Ureolytic (1; WO2); Vermifuge (f; KAB); Vulnerary (f; KAB).

Indications (Pigeonpea) — Biliousness (f; KAB); Bite (f; JFM); Bladder Stone (f; JFM); Bleeding (f; KAB); Bronchosis (f; JFM; KAB); Cancer (1; FNF; JLH); Cancer, abdomen (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, intestine (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Childbirth (f; JFM); Constipation (f; KAB); Cough (f; JFM); Cramp (f; JFM); Dermatosis (f; JFM); Diabetes (1; WO2); Dysgeusia (f; KAB); Dysentery (f; KAB); Dysmenorrhea (f; JFM); Enterosis (f; JLH); Fungus (f; WO2); Gastrosis (f; JLH); Headache (f; JFM); Hemorrhoid (f; KAB); Hepatosis (f; JLH); High Cholesterol (1; WO2); High Triglycerides (1; WO2); High Urea (1; WO2); Hyperglycemia (1; WO2); Hypoglycemia (1; WO2); Infection (f; WO2); Infertility (f; JFM); Inflammation (f; JFM); Jaundice (f; WO2); Leprosy (f; KAB); Leukorrhea (f; JFM); Measles (f; WO2); Mycosis (f; WO2); Obesity (1; WO2); Ophthalmia (f; JFM); Respirosis (f; JFM); Snakebite (f; KAB); Sore (f; JFM); Stomatosis (f; WO2); Stone (f; JFM); Swelling (f; JFM; KAB); Toothache (f; JFM); Vertigo (f; JFM); Virus (1; WO2); Worm (f; KAB); Wound (f; JFM).

Dosages (Pigeonpea) — Pods and pulses are food farmacy, some of the best! (JAD); 20–40 g leaf boiled in water for dermatosis, sore, swelling, and wound (JFM).

PILEWORT (*Ranunculus ficaria* L.) +

Synonym: *Ficaria ranunculoides* Moench.

Activities (Pilewort) — Astringent (f; EFS; PNC); Antiseptic (f; PNC); Demulcent (f; EFS); Diuretic (f; EFS); Fungicide (f; PNC).

Indications (Pilewort) — Arthrosis (f; PH2); Bleeding (f; PH2); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, mouth (f; JLH); Fungus (f; PNC); Gingivosis (f; PH2); Hemorrhoid (f; HAD; MAD; PNC); Infection (f; PNC); Mastosis (f; JLH); Mycosis (f; PNC); Scurvy (f; PH2); Sore (f; JLH); Stomatosis (f; JLH); Swelling (f; PH2); Wen (f; JLH); Wound (f; PH2).

Dosages (Pilewort) — 2–5 g herb, or in tea, 3 ×/day (CAN); 2–5 ml liquid herb extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2.5–5 ml liquid extract (PNC); 3% topical root ointment (CAN); 30% fresh pilewort in benzoinated lard (CAN).

Contraindications, Interactions, and Side Effects (Pilewort) — In view of the data, excessive use, especially during lactation and pregnancy, should be avoided. Not recommended for internal consumption (CAN). I am not ready to accept the Herbal PDR statement, "Active agents are tannin, the alkaloids chelidonin and cholerytrin, the saponin fikarin" (PH2). I fear their choice of common names, lesser celandine, may have mal-influenced their listing of active ingredients. So far, I find no reports of chelidonine or chelerythrine in any *Ranunculus*, although I expect them in true celandine (*Chelidonium*), of a different plant family.

PIMPINELLA (*Pimpinella saxifraga* L.) ++

KOM treats *P. saxifraga* L. and *P. major* (L.) Huds. as one. PHR and PH2 call it just *P. major,* not covering *P. saxifraga*. HHB treats both, admitting that there is a *H. saxifraga* var. *maior*, giving uses as though they were interchangeable. HH2 treats them as two distinct species. I treat them as an aggregate, although still maintaining the HDR entries as separate.

Activities (Pimpinella) — Antispasmodic (f; MAD); Diuretic (f; MAD); Emmenagogue (f; HHB); Expectorant (f; HHB; PH2); Lactagogue (f; MAD); Secretolytic (2; PHR); Secretomotor (2; PHR); Vermifuge (f; HHB); Vulnerary (f; MAD).

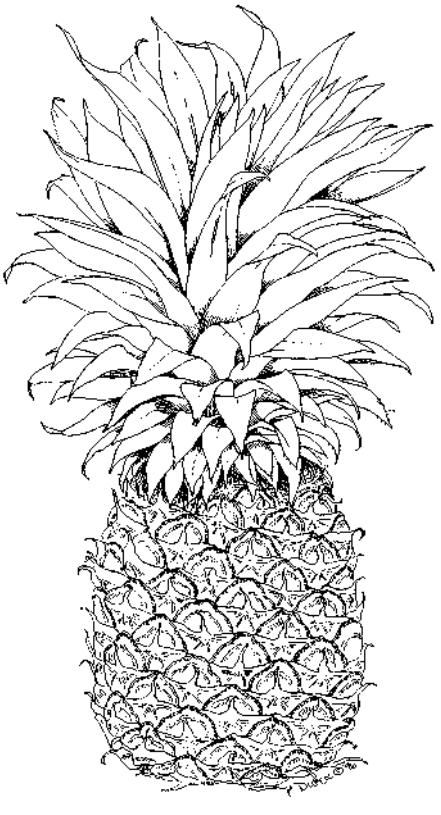
Indications (Pimpinella) — Angina (f; HHB; MAD); Asthma (f; HHB); Backache (f; PH2); Bacteria (f; PH2); Bladder Stone (f; MAD; PHR); Bronchosis (2; HHB; PHR); Cardiopathy (f;

MAD); Catarrh (2; KOM; PH2); Chill (f; PHR; PH2); Cholecystosis (f; PHR); Cold (f; PHR; PH2); Colic (f; MAD); Cough (2; PHR; PH2); Cramp (f; MAD); Croup (f; HHB); Cystosis (f; MAD; PH2); Diphtheria (f; MAD); Dyslactea (f; MAD); Dysuria (f; PHR); Eczema (f; MAD); Edema (f; PHR; PH2); Enterosis (f; PH2); Epistaxis (f; HHB); Frostbite (f; HHB); Gastrosis (f; MAD; PH2); Gout (f; HHB; MAD); Headache (f; HHB); Hepatosis (f; MAD); Infection (f; PH2); Inflammation (f; PH2); Kidney Stone (f; MAD; PHR; PH2); Laryngosis (f; HHB); Mucososis (2; PHR); Nephrosis (f; MAD; PHR; PH2); Nervousness (f; MAD); Ophthalmia (f; MAD); Otosis (f; MAD); Pain (f; PH2); Palpitation (f; HHB); Pharyngosis (f; HHB; PHR; PH2); Phthisis (f; MAD); Plethora (f; MAD); Pulmonosis (f; PH2); Respirosis (2; KOM; MAD); Rhinosis (f; HHB); Sore Throat (f; HHB); Splenosis (f; MAD); Stomatosis (f; PHR; PH2); Stone (f; PH2); Uterosis (f; MAD); Varicosis (f; PHR; PH2); Worm (f; HHB); Wound (f; PHR).

Dosages (Pimpinella) — 0.5–10 g root (HHB); 6–12 g dry root (KOM); 6–12 (–15) g root tincture (1:5) (KOM; PH2); 10–15 drops root tincture (MAD); 1 tsp (4.6 g) herb in wine (MAD).

Contraindications, Interactions, and Side Effects (Pimpinella) — Not covered (AHP). None known (KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Furanocoumarins may generate phototoxicity in fair-skinned people (PH2).

PINEAPPLE (*Ananas comosus* (L.) Merr.) +++



Synonyms: *A. ananas* (L.) Voss, *A. duckei* hort., *A. sativus* Schult. & Schult. f., *A. sativus* var. *duckei* Camargo, *Bromelia ananas* L., *B. comosa* L.

Activities (Pineapple) — Abortifacient (1; DAV; WO2); Analgesic (1; APA); Anorectic (1; APA; CRC); Antiaggregant (1; APA; KOM; PH2); Antibacterial (1; BGB); Antiedemic (1;

KOM); Antifertility (1; WO2); Antiinflammatory (1; APA; PH2; WO2); Antinitrosaminic (1; JNU); Antioxidant (1; WO2); Antipyretic (f; CRC; IED); Antiscorbutic (1; IED); Antitumor (1; BGB; PH2); Antiulcer (1; APA); Astringent (1; DAV); Cholagogue (f; IED); Decongestant (f; JFM); Depurative (f; CRC); Diaphoretic (f; IED); Digestive (1; APA; CRC); Discutient (1; CRC); Diuretic (1; APA; WO2); Emmenagogue (1; APA; IED); Estrogenic (f; CRC); Fibrinolytic (1; APA; BGB; PH2); Hydragogue (f; CRC); Intoxicant (f; CRC); Laxative (1; IED; WO2); Lipolytic (1; CRC; FNF); Myocontractant (1; CRC); Myorelaxant (1; APA; CRC); Necrolytic (1; WO2); Parasiticide (1; CRC; FNF); Proteolytic (1; APA; BGB; PH2); Taenicide (1; WO2); Tonic (f; APA); Uterocontractant (1; CRC); Uterotonic (f; APA); Vermifuge (1; CRC; DAV); Vulnerary (1; APA).

Indications (Pineapple) — Abscess (f; CRC); Amenorrhea (f; PH2); Antidote (f; JFM); Asthma (f; PH2); Bacteria (1; BGB); Bite (f; IED); Bleeding (1; CRC; DAV); Blennorrhagia (f; DAV); Bronchosis (f; JFM); Bruise (1; CRC); Burn (2; BGB; PH2); Cancer (1; APA; BGB; PH2); Childbirth (f; APA; CRC); Congestion (f; JFM); Constipation (1; APA; CRC; IED; PH2; WO2); Corn (f; CRC); Cystosis (f; APA; CRC); Diarrhea (1; APA); Dysmenorrhea (f; APA; PH2); Dyspepsia (f; APA; DAV; PH2); Dysuria (f; JFM); Edema (1; CRC; KOM); Exocrine Hepatic Insufficiency (f; BGB); Fever (f; CRC; IED; PH2); Gas (f; APA; DAV); Hematoma (f; CRC; WO3); Hemorrhoid (f; JFM); Hepatosis (f; JFM); Hiccup (f; CRC); Hypochondria (f; CRC); Infection (1; IED); Inflammation (1; APA; PH2; WO2); Jaundice (f; IED); Kidney Stone (f; APA; DAV); Nasal Parasinusosis (1; KOM); Neurasthenia (f; APA); Obesity (1; CRC; PH2); Pain (1; APA); Pancreatosis (f; PH2); Parasite (1; CRC; FNF); Phlebitis (f; APA); Pulmonosis (f; JFM); Respirosis (f; APA; CRC); Rheumatism (1; DAV); Scarlet Fever (f; CRC); Sea Sickness Seasickness (f; JFM); Sinusosis (f; APA; CRC); Sore (1; CRC; WO3); Sore Throat (f; JFM); Sprain (1; CRC); Sting (f; IED); Swelling (1; APA; KOM; PH2); Tapeworm (1; WO2); Thrombophlebitis (f; APA); Tumor (1; BGB; CRC; PH2); Ulcer (1; APA; CRC); UTI (1; APA); Varicosis (f; APA); VD (f; APA; CRC); Wart (f; CRC); Worm (1; APA; CRC; DAV; PH2); Wound (2; APA; PH2).

Dosages (Pineapple) — 250–500 mg bromelain 3 ×/day (APA); 80–320 raw mg bromelain/day (KOM; PH2). Fruit food farmacy.

Contraindications, Interactions, and Side Effects (Pineapple) — Class 1 (JAD). Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Some people may be allergic to bromelain. Side effects include allergy, diarrhea, GI problems, metrorrhagia, nausea, and vomiting (APA; KOM). May augment antiaggregant or anticoagulant activity of other blood thinners (KOM). Bromelain may increase blood and urinary levels of tetracyclines or other antibiotics (KOM; PH2). Large doses of ripe (I would have said unripe) fruit juice are reported to cause uterocontractions, so it might be contraindicated in pregnancy (APA). This is the only case I remember of Fleming et al., missing a Blumenthal et al. Commission E approved drug, the American food plant, pineapple, with its proteolytic bromelain, a very active compound indeed.

PINKROOT (*Spigelia marilandica* (L.) L.) X

Synonym: *Lonicera marilandica* L.

The Herbal PDR mentions wormwood grass as a selected common name; bad selection. Earlier names in Europe and America were American Wormgrass or Wormroot, not Wormwood. European floras have tended to mix the North American *S. marilandica* L. with the more tropical American *S. anthelmia* L. I doubt the Herbal PDR people know which they are talking about.

Activities (Pinkroot) — Antipyretic (f; GMH; HH2; PH2); Cardiac (f; EFS); Cardiotonic (f; EFS); Digestive (f; CRC); Paralytic (f; PH2); Poison (1; DEM; PH2); Narcotic (f; EFS); Sedative (f;

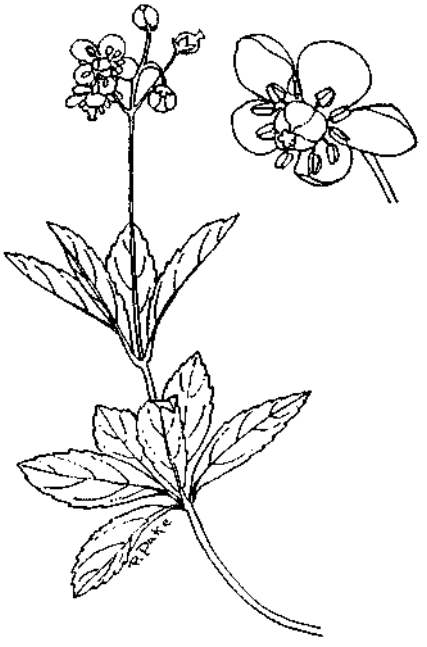
EFS); Soporific (f; EFS); Tonic (f; EFS); Toxic (1; EFS; PH2); Tranquilizer (f; PH2); Vermifuge (1; CRC; DEM; FEL; PH2).

Indications (Pinkroot) — Convulsion (f; CRC); Cough (f; HAD; TOM); Endocardosis (f; FEL); Fever (f; CRC; GMH; HH2; PH2); Fit (f; CRC); Hydrocephaly (f; FEL; GMH); Insomnia (f; EFS); Malaria (f; CRC; HH2; PH2); Mania (f; CRC); Nervousness (f; EFS; PH2); Strabismus (f; CRC); Stress (f; PH2); Worm (1; CRC; DEM; FAD; FEL; HAD; PH2; TOM).

Dosages (Pinkroot) — Don't take it (JAD). Adults 2–5 g (children over 4 years old, 0.5–4 g), morning and evening, with strong purgative like senna (AHP); 1–2 drachms dry root (GMH).

Contraindications, Interactions, and Side Effects (Pinkroot) — Class 2d. Not for long-term use. Do not exceed recommended dose (AHP). Has been used for poisoning humans, the toxic effects similar to those of strychnine. Effects of spigeline are rather like those of coniine, lobeline, and nicotine. "Even proper doses may lead to disturbed vision (dimness), dizziness, muscular spasms, twitching eyelids, dilated pupils, facial spasms, and increased heart activity. In large doses, circulation and respiration are depressed and muscular power diminished; there have been fatalities in children" (CRC; HH2). Side effects include increased heart action, vertigo, convulsions, and possibly death (FAD). Toxic, may paralyze the spinal marrow causing death by asphyxiation (PH2).

PIPSISSEWA (*Chimaphila* spp.) ++



Activities (Pipsissewa) — Alterative (f; PNC); Analgesic (f; DEM); Antiaggregant (1; FAD); Antibacterial (1; FAD); Antiseptic (1; FAD; PH2); Astringent (f; CEB; FAD); Candidicide (1; FAD); Collyrium (f; DEM); Depurative (f; DEM); Diaphoretic (f; CEB; DEM); Diuretic (1; CEB; FAD); Expectorant (f; DEM); Orexigenic (f; DEM); Rubefacient (f; CEB); Stimulant (f; CEB); Tonic (1; FAD); Urinary Antiseptic (1; FAD; PH2; PNC).

Indications (Pipsissewa) — Adenopathy (f; PH2); Ague (f; CEB; DEM); Alzheimer's (1; COX; FAD); Angina (f; DEM); Anorexia (f; DEM); Arthrosis (1; COX; FAD; PNC); Backache (f;

DEM; FAD); Bacteria (1; FAD); Bleeding (f; DEM); Blister (f; DEM); Bot (f; DEM); BPH (1; HHB); Cancer (1; COX; FAD; PH2); Candida (1; FAD); Cardiopathy (f; HHB); Catarrh (f; HHB); Childbirth (f; DEM; PH2); Cold (f; CEB; DEM); Conjunctivosis (f; DEM); Cough (f; FAD); Cystosis (f; CEB; DEM; HHB; PH2; PNC); Depression (f; DEM); Dermatosis (f; DEM; PH2); Diabetes (f; PNC); Dropsy (f; CEB; PH2); Dysmenorrhea (f; PH2); Edema (f; HHB; PH2); Fever (f; CEB; DEM); Gastrosis (f; DEM); Gonorrhea (f; CEB; DEM); Gravel (f; CEB); Head Cold (f; DEM); Heart (f; DEM); Hemoptysis (f; DEM); Hepatosis (f; CEB); Infection (1; PH2); Inflammation (f; DEM; PH2); Mastosis (f; PH2); Mucososis (f; DEM); Myalgia (f; DEM); Nephrosis (f; CEB; DEM; HHB; PH2); Ophthalmia (f; DEM); Pain (f; CEB; DEM); Prostatosis (f; PH2); Pulmonosis (f; CEB); Rheumatism (f; CEB; DEM; PH2; PNC); Rhinosis (f; DEM); Scrofula (f; CEB; DEM); Smallpox (f; DEM; PH2); Sore (f; CEB); Stomachache (f; FAD); Swelling (f; CEB; DEM); Tuberculosis (f; CEB; DEM; MIC); Typhus (f; CEB); Urethrosis (f; PNC); VD (f; CEB; DEM); Water Retention (1; CEB); Worm (f; DEM); Wound (f; HHB); Yeast (1; FAD).

Dosages (Pipsissewa) — 1–3 g/tea (PH2); 1–4 ml liquid extract (PH2); 2.5–5 ml (PNC).

Contraindications, Interactions, and Side Effects (Pipsissewa) — Class 1. Salicylates and tannins (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Unsuitable for long-term use because of hydroquinone glycoside content (PH2). Hypoglycemic. I question the accuracy of the report of quinine, but believe the reports of hydroquinone in several members of the Ericaceae, including this one. For snakebite, one chews the pulp, swallows the juice, and poultice the cud onto the bite after it has bled. It is also considered abortive. Native Americans poke crushed stems in their nose to alleviate snoring (GMJ). "Secoyas" mixed ground rhizome with water for fever, flu, and fright (SAR). In Piura, the chopped shoots are considered hemostatic and vulnerary.

PIRIPIRI (*Cyperus articulatus* L.) ++

Synonym: *C. corymbosus* Rottb.

Thank goodness for scientific names. Of all the common names offered by JFM, PH2 picked Adrue, not selecting Enea, Hadsrow, Junco, Bravo, Piripiri, Sontul. I picked Piripiri (Del Vibora) because that's the name used in my Amazon haunts. In India, it is called Guinea Rush.

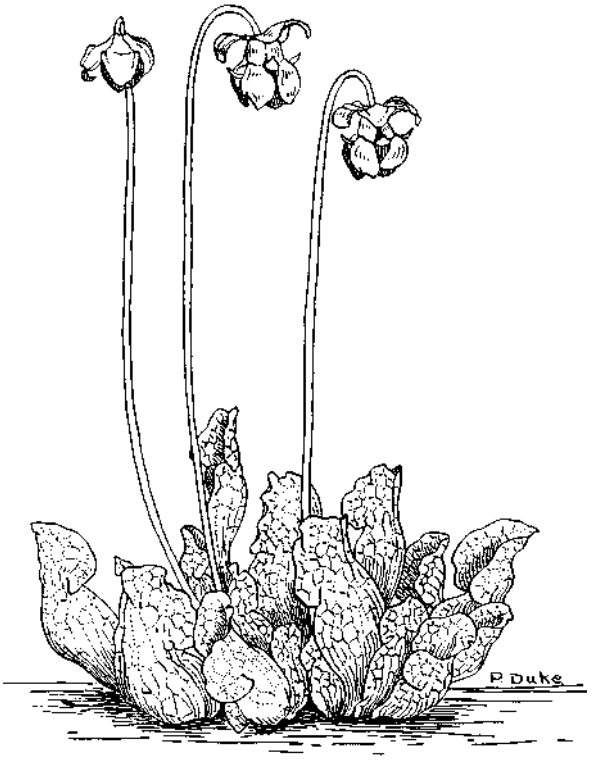
Activities (Piripiri) — Abortifacient (f; DAV); Antiemetic (1; PH2); Aphrodisiac (f; UPW); Carminative (1; PH2); Hemostat (f; DAV); Insectifuge (1; UPW); Sedative (1; PH2); Stimulant (f; SKJ); Tonic (f; SKJ); Vermifuge (f; UPW; WBB); Vulnerary (f; DAV).

Indications (Piripiri) — Amenorrhea (f; PH2); Bite (f; DAV); Bleeding (f; DAV); Colic (f; WBB); Cough (f; JFM; UPW); Diarrhea (f; JFM); Dysmenorrhea (f; PH2); Dyspepsia (1; WOI; PH2); Edema (f; UPW); Enterosis (f; JFM); Epigastrosis (f; PH2); Fever (f; DAV; JFM); Flu (f; DAV); Fright (f; DAV); Gas (1; PH2); Headache (f; PH2); Hematemesis (f; PH2); Hematuria (f; PH2); Insomnia (1; PH2); Leukorrhea (f; PH2); Malaria (f; UPW); Mastosis (f; PH2); Migraine (f; UPW); Morning Sickness (f; JFM); Nausea (1; PH2); Nervousness (1; PH2); Pain (f; JFM; PH2); PMS (f; PH2); Respirosis (f; UPW); Rheumatism (f; UPW); Snakebite (f; DAV); Snoring (f; DAV); Swelling (f; UPW); Toothache (f; WBB); Vomiting (1; PH2); Worm (f; UPW; WBB); Wound (f; DAV); Yellow Fever (f; JFM).

Dosages (Piripiri) — 6–9 g root (PH2).

Contraindications, Interactions, and Side Effects (Piripiri) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

PITCHER PLANT (*Sarracenia purpurea* L.) +



Activities (Pitcher Plant) — Astringent (1; FEL); Diaphoretic (f; HHB); Diuretic (f; DEM; FAD; FEL; HHB; PH2); Laxative (1; FAD; FEL); Stimulant (f; FEL; HHB); Stomachic (f; PH2; PNC); Tonic (f; FAD; FEL; HHB).

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Indications (Pitcher Plant) — Amenorrhea (f; FEL); Childbirth (f; CEB); Chill (f; CEB; DEM; FAD); Chlorosis (f; FEL); Constipation (1; FAD; FEL; PHR; PH2); Cough (f; DEM); Dysentery (f; FEL); Dysmenorrhea (f; FEL); Dyspepsia (f; FEL; PHR; PH2); Dysuria (f; CEB; PH2); Enterosis (f; FEL); Fever (f; DEM; FAD; HHB); Gastrosis (f; FEL); Headache (f; FEL); Hematemesis (f; CEB; DEM); Hepatosis (f; FAD); Nephrosis (f; CEB; DEM; FEL); Parturition (f; FAD); Pertussis (f; DEM); Pneumonia (f; DEM); Pulmonosis (f; CEB); Rheumatism (f; CEB); Shakiness (f; DEM); Smallpox (f; CEB; FAD; PH2); Sore Throat (f; DEM); Tuberculosis (f; DEM); UTI (f; DEM; PHR).

Dosages (Pitcher Plant) — 0.5–2 g powdered root (PNC); 2.5–5 ml liquid extract (PNC).

Contraindications, Interactions, and Side Effects (Pitcher Plant) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). If it really contains coniine as stated by the *Physician's Desk Reference* (PHR; PH2), it should be avoided. PNC specifies that coniine occurs in *Sarracenia flava*, not *S. purpurea*.

PLANTAIN (*Plantago major* L.) ++

Commission E does not index this species (KOM), but Blumenthal (2000) extended much ribwort data to this species, entries marked KOM. Pedersen mixes seed analyses and leaf folklore and properties.

Activities (Plantain) — Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Antiatherosclerotic (1; BGB; CAN); Antibacterial (1; BGB; CAN); Anticancer (1; COX; FNF; HH2); Anticapillary Fragility (1; CAN); Antidiarrheic (f; PED); Antiedemic (1; CAN); Antiinflammatory (1; CAN; HH2; PNC; ZUL); Antioxidant (1; FNF); Antipyretic (f; CRC; DEP); Antirheumatic (1; FNF; PED); Antiseptic (1; CAN); Antitumor (1; COX; FNF; PED); Antitussive (1; BGB); Antiulcer (1; ZUL); Aperient (1; FNF; PNC); Astringent (1; BGB; DEP; JFM; KOM); Bronchodilator (1; FNF; TGP); Candidicide (1; FNF; PED); Cicatrizant (f; JFM); Collyrium (f; JFM); COX-2- Inhibitor (1; FNF; TGP); Demulcent (1; BGB; CRC); Deobstruent (f; CRC); Depurative (f; DEM); Diaphoretic (f; DEM); Digestive (1; WAM); Diuretic (1; BGB; CAN; FNF); Emollient (1; BGB; WAM); Expectorant (1; BGB; FNF; PED); Fungicide (1; CAN); Hepatoprotective (1; BGB; CAN; FNF); Hypocholesterolemic (1; BGB; CAN); Hypotriglyceridemic (1; BGB; CAN); Hypouricemic (f; ZUL); Immunostimulant (1; FNF; TGP); Lactagogue (1; FNF); Laxative (1; BGB; CAN); Lipolytic (1; BGB; CAN); Orexigenic (f; ZUL); Panacea (f; DEM); Pectoral (f; CRC); Stimulant (f; DEP); Tonic (f; DEP; ZUL); Uricosuric (1; PNC); Uterotonic (1; BGB; CAN); Vermifuge (f; ZUL); Vulnerary (1; FNF; JFM).

Indications (Plantain) — Abortion (f; JFM); Abscess (f; CRC); Adenopathy (f; CRC); Alzheimer's (1; COX; FNF); Arthrosis (1; COX; FNF; TGP); Asthma (f; CRC; MAD); Atherosclerosis (1; BGB; CAN); Bacteria (1; BGB; CAN); Bite (f; CRC; DEM); Bleeding (f; CAN; JFM; MAD; ZUL); Boil (f; DEM); Bronchosis (1; BGB; CAN; FNF; MAD); Bruise (f; CRC); Bug Bite (1; WAM); Cancer (1; COX; FNF; HH2; PED); Cancer, anus (f; CRC; JLH); Cancer, breast (1; CRC; FNF; JLH; PED); Cancer, colon (1; FNF; JLH; PED); Cancer, eye (f; CRC; JLH); Cancer, feet (f; CRC; JLH);

Cancer, gum (f; CRC; JLH); Cancer, lip (f; CRC; JLH); Cancer, liver (f; CRC; JLH); Cancer, mouth (f; CRC; JLH); Cancer, nose (f; CRC; JLH); Cancer, parotid (f; CRC; JLH); Cancer, rectum (f; CRC; JLH); Cancer, stomach (f; CRC; JLH); Cancer, testicle (f; CRC; JLH); Cancer, throat (f; CRC; JLH); Cancer, uterus (f; CRC; JLH); Candida (1; FNF; PED); Capillary Fragility (1; CAN); Carbuncle (f; DEM); Carcinoma (f; JLH); Chest Ache (f; DEM); Childbirth (f; JFM); Cholecystosis (f; CRC); Cholera (f; MAD); Cold (1; BGB; CAN; CRC); Colic (f; CRC); Colitis (f; DEM); Conjunctivosis (f; DEM); Constipation (1; BGB; CAN; DEM); Convulsion (f; CRC); Cough (f; CRC; ZUL); Cystosis (1; CAN; FNF; MAD); Dandruff (1; FNF; TGP); Dermatosis (2; BGB; KOM; ZUL); Diarrhea (f; CRC; MAD; PED; ZUL); Dropsy (f; CRC); Dysentery (f; CRC; MAD; PED); Dysmenorrhea (f; DEM; MAD); Dyspnea (f; DEM); Dysuria (f; ZUL); Earache (f; CRC; MAD; ZUL); Enterosis (f; DEM; MAD); Enuresis (f; CRC; MAD; ZUL); Epilepsy (f; CRC); Epistaxis (f; CRC); Fever (f; CRC; DEM; DEP; MAD); Fungus (1; CAN; CRC); Gas (1; FNF; MAD); Gastrosis (1; DEM; MAD; MIC; WAM); Gingivosis (f; CRC); Gonorrhea (f; CRC); Gout (1; CRC; PNC; ZUL); Headache (f; CRC); Hematuria (1; CAN; DEM; FNF); Hemorrhoid (1; CAN; CRC; FNF; MAD); Hemoptysis (f; CRC); Hepatosis (f; CRC; MAD; ZUL); Herpes (f; CRC); High Blood Pressure (1; CAN); High Cholesterol (1; BGB; CAN); Hypertriglyceridemia (1; BGB; CAN); IBD (1; FNF; PED); Immunodepression (1; FNF; TGP); Infection (1; CAN; DEM; JFM; MIC); Inflammation (2; BGB; CAN; DEM; HH2; KOM; PNC; ZUL); Jaundice (f; CRC; MAD); Kidney Stone (f; CRC; JFM); Lacrimosis (f; CRC); Lichen (f; MAD); Lunacy (f; CRC); Malaria (f; CRC); Mucososis (2; BGB; KOM); Mycosis (1; CAN; CRC); Nephrosis (f; CRC); Neuralgia (f; MAD); Neuroblastoma (f; CRC); Ophthalmia (f; CRC; DEM; DEP; ZUL); Otosis (f; CRC; ZUL); Pain (f; DEM); Parasite (f; JFM); Parotosis (f; JLH); Parturition (f; ZUL); Pertussis (f; ZUL); Pharyngosis (2; BGB; KOM); Pneumonia (f; DEM); Polyp (f; CRC); Psoriasis (1; FNF; MAD; TGP); Pulmonosis (f; DEM; MAD); Rash (f; CRC); Respirosis (1; BGB; MAD); Rheumatism (1; CRC; FNF; PED; ZUL); Rhinosis (f; CRC); Ringworm (f; CRC); Scald (f; DEM); Shingle (f; CRC); Snakebite (f; DEM); Sore (f; CRC; MIC; ZUL); Sore Throat (f; CRC; JFM); Splenosis (f; CRC); Sprain (f; DEM); Sting (1; CRC; WAM); Stomachache (1; MAD; WAM); Stomatosis (2; BGB; KOM; MAD; ZUL); Strangury (f; CRC); Swelling (1; CAN; DEM); Syphilis (f; CRC); Tachycardia (f; ZUL); Toothache (f; CRC; MAD; ZUL); Tuberculosis (f; CRC; MAD; ZUL); Tumor (1; COX; FNF; JLH; PED); Ulcer (1; CRC; MAD; MIC; ZUL); Uterosis (f; ZUL); VD (f; CRC); Wen (f; JLH); Whitlow (f; CRC); Worm (f; ZUL); Wound (f; DEM; JFM; MAD; MIC); Yeast (1; CRC; FNF; PED).

Dosages (Plantain) — 2 tsp (7.5 g) seed or 1 tsp husk/glass water (APA); 2–4 tsp fresh seed (PED); 5–15 g dry seed (PED); 1–2 tsp dry seed/glass water (PED); 2–4 g leaf in tea 3 ×/day (CAN); 2.5–5 ml liquid leaf extract (PNC); 2–4 ml liquid leaf extract (1:1 in 25% alcohol) 3 ×/day (CAN); 2–4 ml leaf tincture (1:5 in 45% alcohol) 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (Plantain) — Class 1 (AHP). Not covered (PH2). CAN cautions that a mustard-like oil is allergenic, irritant, and can cause dermatosis. Because of laxative and uterine activity, *in vitro*, its use in pregnancy and lactation is to be avoided (CAN). Excessive doses may be hypotensive and laxative. Some plantain leaves were dangerously adulterated with digitalis in 1997.

PLEURISY ROOT (*Asclepias tuberosa* L.) +

Activities (Pleurisy Root) — Abortifacient (f; TOM); Analgesic (f; FAD; PH2); Antiinflammatory (f; PH2); Antispasmodic (1; PH2; WAM); Cardiotonic (f; PHR; PH2); Diaphoretic (f; APA; PH2; TOM); Digestive (f; APA); Diuretic (f; FAD); Emetic (1; PHR; PH2; WAM); Estrogenic (1; APA; CEB); Expectorant (1; FAD; PH2; TOM; WAM); Laxative (f; CEB; DEM; FAD); Oxytocic (f; TOM); Tonic (f; PH2); Uterocontractant (1; APA); Uterotonic (1; HHB).

Indications (Pleurisy Root) — Asthma (f; CEB; FAD); Bite (f; DEM); Bleeding (f; CEB); Bronchosis (1; FAD; WAM); Bruise (f; APA; CEB; FAD); Cancer (f; JLH); Cardiopathy (f; CEB); Catarrh (f; TOM); Chancre (f; CEB); Childbirth (f; CEB; DEM); Cold (f; APA); Congestion (f; APA); Constipation (f; CEB; DEM; FAD); Cough (f; PH2; WAM); Cramp (1; PH2; WAM); Diarrhea (f; PH2); Dropsy (f; CEB); Dysentery (f; PH2); Dyspepsia (f; APA); Dyspnea (f; PH2); Enterosis (f; DEM); Fever (f; APA; PH2; TOM); Flu (1; APA; DEM; WAM); Gastrosis (f; DEM); Hoarseness (f; TOM); Infection (f; CEB); Inflammation (f; PH2); Lameness (f; FAD); Mastosis (f; DEM); Mucososis (f; PH2); Pain (f; APA; DEM; FAD; PH2); Pleurisy (f; FAD; PH2); Pulmonosis (f; FAD; TOM); Pneumonia (f; APA; PH2); Respirosis (f; PHR); Rheumatism (f; APA; FAD; PH2; TOM); Rhinosis (f; APA); Snakebite (f; DEM); Sore (f; CEB); Stomachache (f; APA; PH2); Swelling (f; FAD); Syphilis (f; CEB); Typhus (f; CEB); Uterosis (f; PH2); VD (f; CEB); Worm (f; CEB); Wound (f; CEB).

Dosages (Pleurisy Root) — 1–4 g root, or in tea, 3 ×/day (CAN); 1 tbsp powdered root/8 oz warm liquid 1 ×/day (APA); 2.5–5 ml liquid root extract (APA; PNC); 1–4 ml liquid root extract (1:1 in 45% ethanol) 3 ×/day (CAN); 1–5 ml root tincture (1:10 in 45% ethanol) 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (Pleurisy Root) — Class 2b, 2d. May cause nausea and vomiting (AHP; WAM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). CAN reports cardenolides can be irritant and cause cardiac activity and dermatosis. Because of cardioactive constituents and uterine activity *in vivo*, its use in pregnancy, lactation, and cardiac patients is to be avoided. May interfere with cardiac, depression, and hormone therapy (CAN; PH2; WAM). "Not allowed as a non-medicinal ingredient in oral use products in Canada" (Michols, 1995). Toxic in large quantities (FAD).

Extracts (Pleurisy Root) — Indian studies report a positive inotropic activity for asclepin (from *Asclepias curassavica*), which was reported more potent, longer acting, and safer than other cardiac glycosides (including digoxin). In sheep and guinea-pigs the plant, extracts, purified cardenolide, and digoxin exhibited similar toxicity and gross pathology. In a 3 month toxicity study in rats, asclepin was found safe in doses of 0.8, 8, and 20 mg/kg. Cat studies were less cumulative compared to digoxin. Asclepin reportedly was stronger toward weak cardiac muscle. Extracts of *A. curassavica, A. engelmanniana,* and *A. glaucescens* stimulate mammalian CNS, increasing noradrenaline and serotonin. Cardenolide LD50 = <50 mg/kg ipr mouse CAN.

PLUM, EUROPEAN PLUM (*Prunus domestica* L.) +

Activities (Plum) — Antiaging (1; JNU); Antioxidant (1; JNU); Antipyretic (f; WOI); Antiviral (1; MPI); Aperient (f; DEP); Astringent (f; DEP); Cholagogue (f; EFS); Demulcent (f; WOI); Digestive (f; DEP); Emollient (f; TOM); Estrogenic (1; FNF; HAD); Laxative (1; WOI).

Indications (Plum) — Asthma (f; TOM); Biliousness (f; DEP); Cancer (1; JLH); Cancer, throat (1; JLH); Constipation (1; WOI); Corn (f; JLH); Debility (f; SKJ); Dysmenorrhea (f; SKJ); Fever (f; DEP; WOI); Leukorrhea (f; SKJ); Miscarriage (f; SKJ); Osteoporosis (f; HAD); Throat (f; JLH); Virus (1; MPI).

Dosages (Plum) — Plums and prunes are great antioxidants, hence antiaging. Food farmacy in my book.

PLUMBAGO (*Plumbago Zeylanica* L.) +

Activities (Plumbago) — Abortifacient (1; DEP; HHB; KAB; MPI); Alexeteric (f; KAB); Alterative (f; KAB); Antibacterial (1; KAB; WOI); Antifertility (1; MPI); Antiimplantation (1; MPI); Antipyretic (1; MPI); Antiseptic (1; FNF; KAB; WOI); Aphrodisiac (f; KAB); Astringent (f; KAB); Bitter (f; KAB); Carminative (f; KAB); Choleretic (1; KAB); Diaphoretic (1; DEP; IHB; KAB; MPI; SUW); Digestive

(1; DEP; KAB; WOI); Diuretic (1; KAB; MPI; WOI); Expectorant (f; KAB; MPI); Fungicide (1; FNF; WOI); Hypokinetic (1; MPI); Laxative (f; KAB); Orexigenic (f; DEP; HHB; KAB; MPI; SUW); Parasiticide (f; PH2); Rubefacient (1; KAB); Scabicide (f; PH2); Sialagogue (f; DEP); Stimulant (f; DEP); Tonic (f; DEP); Vermifuge (f; KAB; UPW); Vesicant (1; UPW; WOI); Vulnerary (f; KAB).

Indications (Plumbago) — Abscess (f; DEP); Adenopathy (f; JLH); Alopecia (1; FNF); Amenorrhea (f; IHB); Anasarca (f; DEP; MPI; SUW; WOI); Anemia (f; KAB; PH2); Anorexia (f; HHB; SUW); Arthrosis (f; PH2; UPW); Ascites (f; KAB); Bacteria (1; FNF; KAB; WOI); Boil (f; UPW); Bronchosis (f; KAB); Cancer (f; JLH); Cancer, colon (f; JLH); Childbirth (f; IHB); Constipation (f; KAB); Dermatosis (f; DEP; KAB; PH2; MPI; SUW; WOI); Diarrhea (f; DEP; MPI; SUW); Dysentery (f; KAB); Dyspepsia (f; HHB; SUW); Enterosis (f; JLH; KAB; PH2); Fever (1; DEP; IHB; KAB; MPI; SUW; WOI); Flu (f; WOI); Framboesia (f; UPW); Fungus (1; FNF; WOI); Gastrosis (f; HHB); Headache (f; IHB); Hemorrhoid (f; DEP; KAB; SUW; UPW); Hepatosis (f; KAB); Infection (1; FNF; WOI); Itch (f; IHB); Leprosy (f; DEP; HHB; MPI; SUW; UPW; WOI); Leukoderma (1; FNF); Malaria (f; DEP; MPI; SUW); Mycosis (1; FNF; WOI); Pain (f; DEP; PH2; UPW); Parasite (f; PH2); Rheumatism (f; DEP; MPI; PH2); Ringworm (1; KAB; UPW); Salmonella (1; WOI); Scabies (f; DEP; KAB; MPI; PH2); Sore (f; DEP; MPI; SUW; UPW); Splenosis (f; DEP; KAB); Staphylococcus (1; MPI); Stomachache (f; UPW); Tuberculosis (1; FNF; KAB; UPW); Wart (1; JLH; MPI); Worm (f; KAB; UPW).

Dosages (Plumbago) — 9–15 g leaf or root (PH2).

Contraindications, Interactions, and Side Effects (Plumbago) — Not covered (AHP).“Health hazards not known with proper therapeutic dosages” (PH2). Plumbagin stimulates the muscles at low doses, but paralyses at high dose (KAB).

POINSETTIA (*Euphorbia pulcherrima* Willd. ex Klotzsch) X

Synonyms: *E. pulcherrima* var. *plenissima* hort., *Poinsettia pulcherrima* (Willd. ex Klotzsch) Graham.

Activities (Poinsettia) — Analgesic (f; CRC); Antibacterial (f; CRC); Depilatory (f; CRC); Emetic (f; CRC); Lactagogue (f; CRC); Piscicide (f; CRC); Poison (f; CRC).

Indications (Poinsettia) — Bacteria (f; CRC); Dermatosis (f; CRC); Erysipelas (f; CRC); Pain (f; CRC); Toothache (f; CRC); Wart (f; CRC; JLH).

POISON HEMLOCK (*Conium maculatum* L.) X

Activities (Poison Hemlock) — Alterative (f; CRC); Analgesic (f; CRC); Anaphrodisiac (f; CRC); Antinicotinic (1; PH2); Antispasmodic (f; CRC); Aphrodisiac (f; CRC); Hypertensive (1; PH2); Hypotensive (1; PH2); Negative Inotropic (1; PH2); Nervine (f; CRC); Nicotinic (1; PH2); Paralytic (1; PH2); Poison (2; DEM; PH2); Respiradepressant (1; PH2); Respirastimulant (1; PH2); Sedative (f; CRC); Teratogenic (1; PHR; PH2).

Indications (Poison Hemlock) — Adenopathy (f; CRC; JLH; PH2); Amenorrhea (f; CRC); Arthrosis (f; PHR; PH2); Asthma (f; CRC; PHR; PH2); Backache (f; PHR; PH2); Bronchosis (f; CRC; PHR; PH2); Cachexia (f; CRC); Cacoethes (f; CRC); Cancer (f; CRC); Cancer, breast (f; CRC); Cancer, colon (f; JLH); Cancer, face (f; JLH); Cancer, ganglia (f; JLH); Cancer, gland (f; JLH); Cancer, intestine (f; CRC); Cancer, liver (f; JLH); Cancer, mesentery (f; JLH); Cancer, neck (f; JLH); Cancer, nose (f; CRC); Cancer, pancreas (f; CRC); Cancer, parotid (f; CRC); Cancer, penis (f; JLH); Cancer, scrotum (f; JLH); Cancer, skin (f; CRC; JLH); Cancer, spleen (f; JLH); Cancer, sternum (f; CRC); Cancer, stomach (f; JLH); Cancer, testicle (f; JLH); Cancer, uterus (f; CRC; JLH); Cancer, viscera (f; CRC); Carcinoma (f; CRC); Cardosis (f; CRC); Chorea (f; CRC); Colic (f; CRC); Cough (f; CRC; PHR); Cramp (f; CRC; PHR; PH2); Delirium (f; CRC); Depression (f; PH2); Dermatosis (f; CRC); Dyslactea (f; CRC);

Dysmenorrhea (f; CRC); Eczema (f; CRC); Edema (f; JLH); Encephalosis (f; PH2); Enterosis (f; JLH); Epilepsy (f; CRC; PHR; PH2); Erysipelas (f; CRC); Heart (f; CRC); Hepatosis (f; CRC; JLH); High Blood Pressure (1; PH2); Hyperlactation (f; CRC); Icterus (f; CRC); Impotence (f; CRC); Induration (f; JLH); Insomnia (f; CRC); Jaundice (f; CRC); Laryngosis (f; CRC); Leprosy (f; CRC); Low Blood Pressure (1; PH2); Mania (f; CRC); Myosis (f; PHR; PH2); Neck (f; PHR); Nervousness (f; CRC); Neuralgia (f; CRC; PHR; PH2); Orchosis (f; JLH); Pain (f; CRC; JLH); Palpitation (f; CRC); Pancreatosis (f; CRC; JLH); Paralysis (f; CRC); Parotosis (f; JLH); Pertussis (f; CRC); Pylorosis (f; PH2); Rheumatism (f; CRC; PHR); Sciatica (f; PHR; PH2); Scirrhus (f; JLH); Sclerosis (f; CRC); Scrofula (f; CRC); Sore (f; CRC); Spasm (f; CRC); Splenosis (f; JLH); Stye (f; CRC); Swelling (f; CRC); Syphilis (f; CRC); Tetanus (f; CRC; PHR); Tumor (f; CRC); Ulcer (f; CRC); Vertigo (f; CRC); Wen (f; JLH).

Dosages (Poison Hemlock) — Do not use it (JAD). Many of the indications are homeopathic. Maximum dose 300 mg; standard dose 100 mg; not to exceed 1500 mg/day (HHB; PHR; PH2).

Contraindications, Interactions, and Side Effects (Poison Hemlock) — Not covered (AHP). Classed by the FDA as unsafe containing the poisonous alkaloid coniine and other closely related alkaloids. Can cause contact dermatosis. Ingestion may cause debility, drowsiness, nausea, labored respiration, paralysis, asphyxia, and death. "Following lethal doses, animals rapidly begin to show symptoms; among them: paralysis of the tongue, mydriasis, head pressure, giddiness, nausea, vomiting, diarrhea, and collapse into central paralysis, first the feet and legs, then the buttocks, arms, then paralysis of swallowing and speech. With increasing dyspnea and cyanosis, death ensues through central respiratory paralysis. LD is about 500–1000 mg coniine for man." (CRC; HHB) (Note that in CRC (1985) I misquoted HHB and said 500 to 100).

POISON IVY (*Toxicodendron pubescens* Mill.) X

Synonyms: *Rhus toxicodendron* L., *R. toxicodendron* var. *quercifolium* Michx., *Toxicodendron quercifolium* (Michx.) Greene, *T. toxicarium* (Salisb.) Gillis.

I do not recommend using this herb. Most of the indications were originally homeopathic but have leaked out into the general folklore. But note the quote from the PDR on the dangers of the homeopathic preparations in overdose. Still, I have heard many unsolicited testimonials to the virtues of homeopathic "Rhus tox" to alleviate or diminish Rhus sensitivities.

Activities (Poison Ivy) — Allergenic (1; CRC); Antiprostaglandin (1; HH2; PH2); Diaphoretic (f; CEB); Diuretic (f; CEB); Emetic (f; CRC; DEM); Immunostimulant (1; PHR); Laxative (f; CEB); Narcotic (f; CEB; CRC; PHR); Neurosedative (f; EFS); Neurostimulant (f; CEB; MAD); Poison (1; CRC; DEM); Rejuvenative (f; CRC); Sedative (f; EFS); Stimulant (f; CRC; EFS); Tonic (f; CRC); Vulnerary (f; CRC).

Indications (Poison Ivy) — Adenopathy (f; CRC; FEL); Ague (f; CEB); Amaurosis (f; CEB); Anasarca (f; CEB); Anxiety (f; PH2); Arthrosis (f; MAD; PHR; PH2); Asthma (f; CEB); Boil (f; DEM); Bronchosis (f; FEL); Cancer (f; CRC; JLH); Carbuncle (f; FEL); Carcinoma (f; CRC); Cataract (f; FEL); Catarrh (f; FEL); Chickenpox (f; CEB); Cholera (f; FEL); Conjunctivosis (f; FEL; PH2); Constipation (f; CEB); Corneosis (f; MAD); Cough (f; FEL); Cystosis (f; FEL); Depression (f; PH2); Dermatosis (f; CEB; DEM); Diarrhea (f; FEL); Dropsy (f; CEB); Dysentery (f; FEL); Dyslactea (f; MAD); Dysmenorrhea (f; PH2); Eczema (f; CEB; CRC); Edema (f; FEL); Enterosis (f; PH2); Epistaxis (f; CRC; PHR); Eruption (f; DEM); Erysipelas (f; CEB); Exanthema (f; MAD); Fever (f; CEB; PH2); Flu (f; FEL); Furuncle (f; FEL); Gastrosis (f; PH2); Giddiness (f; PH2); Gout (f; MAD); Headache (f; CRC); Heart (f; CRC); Hemiplegia (f; CEB); Herpes (f; CEB; MAD); Immunodepression (1; PHR); Infection (f; CRC; PHR); Inflammation (f; FEL; PH2); Insomnia (f; EFS); Itch (f; PH2); Ischiosis (f; MAD); Lumbago (f; CEB; MAD); Malaria (f; CRC); Milk Crust (f; MAD); Myalgia (f; PH2); Nervousness (f; EFS); Neuralgia (f; FEL); Ophthalmia (f; FEL; PH2); Pain (f; CRC; FEL); Palsy (f; CEB); Paralysis (f; CEB); Paraplegia (f; FEL); Parotosis (f; FEL); Pemphigus (f; FEL); Phthisis (f; CEB; FEL); Pleurisy (f; FEL); Poison Ivy (f; DEM); Proctosis (f; FEL); Purpura (f; FEL); Respirosis (f; PH2); Rheumatism (f; CRC; PHR; PH2); Ringworm (f; CEB); Sciatica (f; CEB; FEL); Scrofula (f; CRC; MAD); Sore (f; CRC); Stress (f; PHR; PH2); Strain (f; PHR; PH2); Swelling (f; CEB; CRC); Toothache (f; FEL); Typhoid (f; FEL); Typhus (f; CRC); Ulcer (f; JLH); Vaginosis (f; CRC; MAD); Vulvosis (f; MAD); Wart (f; CEB; CRC; JLH); Wound (f; CEB).

Dosages (Poison Ivy) — Do not take it (JAD). Largest single dose 50 mg; largest daily dose 150 mg; standard single dose 30 mg (PHR).

Contraindications, Interactions, and Side Effects (Poison Ivy) — Not covered (AHP; KOM). "Overdoses of homeopathic preparations lead to severe mucous membrane irritation" with colic, diarrhea, hematuria, nephrosis, queasiness, stupor, vertigo, and vomiting, according to the Herbal PDR (PH2).

POKE ROOT (*Phytolacca americana* L.) X

Synonym: P. Decandra L.

Activities (Poke Root) — Abortifacient (f; WBB); Alterative (f; CRC); Analgesic (f; DEM; ZUL); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Anticancer (1; COX; FNF); Anticatarrhal (f; HH3); Antiedemic (1; HH3; MAB; PH2); Antiexudative (1; ZUL); Antigranuloma (f; ZUL); Anti-HIV (1; APA; MAB); Antiinflammatory (1; APA; MAB; PHR); Antileukemic (f; APA); Antimelanomic (f; ZUL); Antirheumatic (1; MAB; PHR); Antiviral (1; APA; HH3; MAB; PH2); Depurative (f; DEM; MAB); Digestive (1; PHR); Emetic (1; APA; FEL; PHR; PH2); Expectorant (1; DEM; MAB); Fungicide (1; FNF); Hematinic (f; DEM); Hepatoprotective (1; HH3; PH2; ZUL); Immunostimulant (1; HH3; MAB; PH2); Laxative (1; APA; CAN; FAD; FEL; ZUL); Lymphatic (1; APA; MAB); Mitogenic (1; APA; CRC; MAB); Molluscicide (1; ZUL); Narcotic (f; CRC); Nervine (f; CRC); Parasiticide (f; ZUL); Poison (1; CRC); Sedative (f; ZUL); Sternutator (f; ZUL); Stimulant (f; CRC; DEM); Taenifuge (f; MAD); Thymolytic (f; ZUL).

Indications (Poke Root) — Acne (f; DEM; FAD; MAB); Adenopathy (1; DEM; JLH; MAB; MAD); Alzheimer's (1; COX; FNF); Angina (f; MAD); Aphtha (f; FEL); Arthrosis (1; APA; COX; FAD; FNF; MAD); Blackhead (f; DEM; FAD); Bleeding (f; DEM; MAB); Boil (f; FEL); Bruise (f; FAD); Bunion (f; DEM); Burn (f; FEL); Cancer (1; APA; COX; CRC; FNF); Cancer, breast (1; MAB; f; JLH); Cancer, face (f; JLH); Cancer, lip (f; JLH); Cancer, nose (f; JLH); Cancer, skin (f; JLH); Cancer, uterus (1; MAB); Carbuncle (f; FEL); Cardiopathy (f; FEL); Catarrh (f; CRC; FEL; PH2); Conjunctivosis (f; CRC; HH3; PH2); Constipation (1; APA; CAN; FAD; FEL; ZUL); Dermatosis (f; APA; DEM; FEL; MAB; PH2); Diphtheria (f; MAD); Dyscrasia (f; FEL); Dysentery (f; DEM; FAD); Dyslactea (f; MAD); Dysmenorrhea (f; APA; CRC; PH2); Dyspepsia (f; APA; CRC; PH2); Eczema (f; DEM; FEL); Edema (1; MAB; PH2); Fever (f; PH2); Fibroid (f; ZUL); Flu (1; FEL; MAD; PHR; ZUL); Fungus (1; FNF); Headache (f; CRC); Hemorrhoid (f; APA; CRC; DEM; FEL; MAD); Hepatosis (1; DEM; FEL; HH3); Herpes (f; PHR); HIV (1; APA; MAB); Immunodepression (1; HH3; MAB; PH2); Infection (1; FNF; MAB; PH2); Inflammation (1; APA; MAB; PHR; PH2; ZUL); Insomnia (f; ZUL); Ischiosis (f; MAD); Itch (f; HH3); Laryngosis (f; CRC; MAB; MAD); Leukemia (f; APA); Lumbago (f; MAD); Lymphadenosis (f; MAB); Marasmus (f; MAD); Mastosis (f; DEM; FEL; MAB; PH2); Melanoma (f; ZUL); Metastasis (f; FEL); Mucososis (f; PH2); Mumps (f; CRC; MAB); Mycosis (1; FNF; HH3); Nephrosis (f; DEM); Nervousness (f; ZUL); Neuralgia (f; DEM; FAD; MAD); Obesity (f; FEL); Oliguria (f; MAB); Ophthalmia (f; FEL); Orchosis (f; FEL); Otosis (f; MAD); Ovarosis (f; MAB); Ozoena (f; FEL); Pain (f; DEM; ZUL); Parasite (f; ZUL); Parotosis (f; MAD; PH2); Pharyngosis (f; FEL; MAB; MAD; PH2); Poison Ivy (f; DEM); Polio (f; PHR); Psoriasis (f; FEL); Pulmonosis (f; ZUL); Respirosis (f; PH2); Rheumatism (1; APA; COX; FAD; MAB; MAD; PHR; PH2); Rhinosis (f; FEL); Ringworm (f; CRC; HH3; PH2); Scabies (f; CRC; FEL; MAB; PH2); Scrofula (f; FEL); Snakebite (f; ZUL); Sore (f; APA; CRC; FAD; PH2); Sore Throat (f; FEL); Splenosis (f; FEL); Sprain (f; DEM; FAD); Stomatosis (f; FEL; MAB); Swelling (1; DEM; HH3; FAD; MAB; PH2; ZUL); Sycosis (f; FEL); Syphilis (f; CRC; FEL; MAD; PH2); Tapeworm (f; MAD); Tinea (f; FEL; MAB); Tonsilosis (f; CAN; FEL; MAB; PH2); Tracheosis (f; FEL); Tuberculosis (f; FEL); Tumor (f; APA); Ulcer (f; CRC; PH2); Uterosis (f; ZUL); VD (f; CRC; MAD; PH2); Virus (1; APA; HH3; MAB; PH2); Wart (f; DEM); Worm (1; MAD); Wound (f; ZUL).

Dosages (Poke Root) — Do not use (APA); 0.2–1 g dry root/day (MAB); 60–300 mg root (MAD); 0.06–0.3 g powdered root (CAN; PNC); 0.1–0.5 ml liquid root extract (PNC); 0.1–0.5 ml liquid root extract (1:1 in 45% ethanol) 3 ×/day (CAN); 0.2–0.6 ml root tincture (CAN; PNC); saturated gin berry tincture for arthrosis (FEL); 2–4 dry berries/day for arthrosis (JAD); 0.15–0.7 ml tincture (1:5)/day (MAB); 60–100 mg (PH2).

Contraindications, Interactions, and Side Effects (Poke Root) — Class 3 (AHP). CAN reports lectins to be mitogenic and toxic, and to cause cramps, nausea, and vomiting. Because of toxic

constituents, uterine stimulation, and reputed affect on the menstrual cycle, its use in pregnancy and lactation is to be avoided. Ingestion or application of mitogenic berries (roots agglutinating but not mitogenic) to broken skin may induce hematologic changes and eosinophilia. Overdose of tea may cause abdominal cramps, diplopia, drowsiness, hematachezia, hematemesis, hypotension, tachycardia, vertigo, watery diarrhea, and weakness. Poke root may also induce convulsions, dyspnea, spasms, and death (CAN; FEL).

POLEY (*Teucrium polium* L.) +

Activities (Poley) — Antibacterial (1; PH2); Antiedemic (1; PH2; X2634627); Antiexudative (f; PH2); Antiinflammatory (f; X2634627); Antipyretic (1; HH2; PH2); Antiseptic (1; HHB); Antispasmodic (1; HH2); Diaphoretic (f; HHB); Diuretic (f; HHB); Fungicide (1; HHB); Hypoglycemic (1; PH2; X3199839); Hypotensive (1; HHB; HH2); Tonic (f; HHB); Vulnerary (f; PH2).

Indications (Poley) — Bacteria (1; HH2; PH2); Cramp (1; HH2); Diabetes (1; PH2; X2634627; X3199839); Edema (1; X2634627; X6667308); Escherichia (f; HH2); Fever (1; HHB; HH2; PH2); Fungus (1; HHB); Gastrosis (f; PH2; X3747566); Granuloma (1; X2634627); Hemorrhoid (f; HHB); High Blood Pressure (1; HHB; HH2); Hyperglycemia (1; PH2; X3199839); Infection (1; HHB); Inflammation (f; X2634627); Mycosis (1; HHB); Rheumatism (f; X2634627); Salmonella (1; HH2); Staphylococcus (1; HH2); Swelling (1; PH2; X2634627); Ulcer (f; PH2; X2634627).

Dosages (Poley) — 1.5 g herb/cup tea (HH2).

Contraindications, Interactions, and Side Effects (Poley) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2).

POMEGRANATE (*Punica granatum* L.) +++

Activities (Pomegranate) — Abortifacient (f; PH2; WBB); Amebicide (1; HH2; PH2); Alpha-Amylase Inhibitor (1; X11223231); Analgesic (f; BIB); Antiatherogenic (1; X10799367); Antibacterial (1; BIB;

VVG; WBB); Antifertility (1; MPI); Antiherpetic (1; X8679095); Antioxidant (1; X10799367); Antipyretic (1; BIB; HH2; SUW; VVG); Antiseptic (1; VVG; WBB); Antitubercular (1; WOI); Antiviral (1; VVG; WOI); Aphrodisiac (f; BIB); Astringent (2; BIB; PH2; SUW; WBB); Cardiotonic (f; BIB; SUW; WOI); CNS-Stimulant (1; PHR); Collyrium (f; GHA); Cytotoxic (1; HH2); Diuretic (1; VVG); Emmenagogue (f; WBB); Fungicide (1; MPI; WOI); Hemolytic (1; WOI); Hemostat (1; BIB; GHA); Hypocholesterolemic (2; JNU); Hypoglycemic (1; HH2; VVG; X10837992); Lipogenic (f; KAB); Molluscicide (1; X11050667); Nematicide (f; PH2); Orexigenic (f; KAB); Parasiticide (f; BIB); Stimulant (f; BIB); Stomachic (1; DEP; MPI; SUW; WOI); Taenicide (1; BIB; HH2; KAP; PH2; SUW); Uterotonic (1; HH2; MPI); Vermifuge (1; BIB; HH2; KAP; PH2; SUW; VVG; WBB).

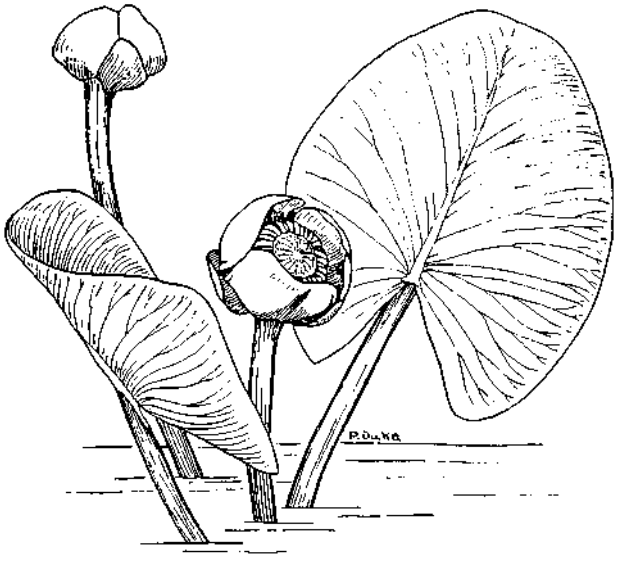
Indications (Pomegranate) — Acne (f; BIB); Ameba (1; HH2; PH2; X2131771); Amygdalosis (f; BIB); Anorexia (f; KAB); Asthma (f; BIB); Atherosclerosis (1; JNU; X10799367); Bacteria (1; BIB; VVG; WBB); Biliousness (f; BIB; KAB); Bleeding (1; BIB; DEP; FNF; GHA); Bronchosis (1; BIB; KAB; KAP; MPI; WOI); Burn (f; GHA); Cancer (1; FNF; JLH); Cancer, abdomen (1; FNF; JLH); Cancer, anus (1; FNF; JLH); Cancer, ear (1; FNF; JLH); Cancer, genital (1; FNF; JLH); Cancer, gum (1; FNF; JLH); Cancer, mouth (1; FNF; JLH); Cancer, neck (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cancer, throat (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Cancer, uvula (1; FNF; JLH); Cardiopathy (1; BIB; KAB; WOI); Childbirth (f; JFM); Cholera (1; MPI; X8018898); Colic (f; BIB; KAB); Colitis (1; KAB; WBB); Condyloma (f; JLH); Conjunctivosis (f; BIB; KAP; MPI); Corn (f; JLH); Cough (f; BIB); Dermatosis (f; GHA); Diabetes (1; VVG; X10837992); Diarrhea (1; BIB; HH2; KAP; PHR; PH2; SUW; VVG); Dysentery (1; BIB; DEP; HH2; KAP; PHR; PH2; SUW; VVG); Dysmenorrhea (f; BIB); Dyspepsia (1; DEP; KAB; MPI; WOI); Earache (f; BIB); Encephalosis (f; BIB; KAB); Endometriosis (f; MAD); Enterosis (f; KAB; PH2); Epistaxis (1; BIB; DEP); Fever (1; BIB; HH2; SUW; VVG); Fungus (1; KAP; MPI; WOI); Gall (f; JLH); Gastrosis (f; JLH; MPI; PH2); Gingivosis (f; JLH; KAB); Gonorrhea (f; WBB); Heartburn (f; MPI); Hemophilia (f; DEP); Hematuria (f; KAP; MPI); Hemoptysis (f; MPI); Hemorrhoid (1; BIB; JLH; KAP; PHR); Hepatosis (f; GHA; KAB); Herpes (1; X8679095); High Cholesterol (2; JNU); Hyperglycemia (1; HH2; VVG; X10837992); Infection (1; MPI; WOI); Infertility (f; JNU); Inflammation (f; BIB; WBB); Jaundice (f; GHA); Keratosis (f; BIB); Leukorrhea (f; BIB; KAB; KAP; WBB); Malaria (f; BIB); Mastosis (f; BIB); Melanoma (1; HH2); Menorrhagia (1; BIB); Metrorrhagia (1; BIB); Mycosis (1; MPI; WOI); Nausea (1; BIB); Nephrosis (f; KAB); Neurosis (f; MAD); Night Sweats (f; BIB); Ophthalmia (f; BIB; KAB); Oxyuriasis (f; BIB); Pain (f; BIB; JFM); Paralysis (f; BIB); Parasite (f; BIB); Pneumonia (1; MPI); Proctosis (f; JLH; KAP); Prolapse (f; BIB; KAP); Pterygia (f; JLH); Pulmonosis (f; JFM; KAB); Rhinosis (f; JLH); Ringworm (1; PH2); Salmonella (1; MPI); Scabies (f; BIB; KAB); Shigella (1; MPI); Snakebite (f; BIB); Sore (f; GHA; JFM; WBB); Sore Throat (1; BIB; DEP; PHR; PH2); Splenosis (f; BIB; KAB); Stomachache (1; KAB; WBB; VVG); Stomatosis (1; BIB; JFM; KAB); Tapeworm (1; BIB; HH2; KAP; PHR; PH2; SUW; VVG); Urogenitosis (f; BIB); Uterosis (f; DEP; JLH; KAP); Uvulosis (f; JLH); Virus (1; VVG; WOI); Vomiting (f; KAB; PH2); Wart (f; JLH); Water Retention (1; VVG); Whitlow (f; JLH); Worm (1; BIB; HH2; KAP; PH2; SUW; VVG; WBB).

Dosages (Pomegranate) — Fruits are food farmacy (JAD); 4–8 g powdered fruit (KAP); 5–20 g bark as taenifuge (MAD); 1–2 g bark daily (HHB); 5–12 g bark (root bark or stem bark) in 240 cc water boiled until $^1/_3$ gone, take in 3 hourly doses on empty stomach 2 hours after taking 40 cc castor oil (JFM); 250 parts powdered bark in 1500 parts water and boiled for 30 minutes (PH2); 4–5 g powdered flower (KAP); 7 g flower/300 cc water for inflamed mouth and throat (JFM); 1–3 g powdered root (KAP); 1–3 g powdered seed bark (KAP); 1 part pericarp, root, or stembark:5 parts water (PHR).

Contraindications, Interactions, and Side Effects (Pomegranate) — Bark class 3. Pericarp class 2d. Contraindicated with diarrhea; not to be taken with fats or oils when taken to kill parasites (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Strong doses emetic, nauseant, and vertigogenic (JFM). Stronger doses (>80 g) may cause chills, collapse, dizziness, hematemesis, and visual disturbances, possibly even amaurosis and death (MAD; PH2). Even Mauritians believe the bark should be contraindicated in geriatrics, pediatrics, and pregnancy.

Extracts (Pomegranate) — Bark extract (with casuarinin, ellagitannin, and punicortein C, cytotoxic to melanoma (ED50=2-4 μg/ml cf <0.01 μg/ml for Actinomycin) (HH2). Extracts of abortive male flowers are hypoglycemic in diabetic rats (X10837992). Pomegranate juice has antiatherogenic effects that may be attributable to its antioxidative properties (X10799367).

PONDLILY, VARIEGATED YELLOW PONDLILY (*Nuphar variegata* Durand) ++



Synonyms: *Nuphar advena* subsp. *variegata* (Dur.) R. T. Clausen, *N. fraterna* (G.S. Mill. & Standl.) Standl., *N. lutea* ssp. *variegata* (Dur.) E.O. Beal, *Nymphaea advena* var. *variegata* (Dur.) Fernald, *N. americana* G.S. Mill. & Standl., *N. fraterna* G.S. Mill. & Standl., *N. variegata* (Dur.) G.S. Mill., *Nymphozanthus variegatus* (Dur.) Fernald.

P

Activities (Pondlily) — Antiseptic (f; DEM); Hemostat (f; DEM); Panacea (f; DEM).

Indications (Pondlily) — Arthrosis (f; DEM); Bleeding (f; DEM); Boil (f; JLH); Bruise (f; DEM); Cancer (f; JLH); Cancer, testes (f; JLH); Cancer, uterus (f; JLH); Circulation (f; DEM); Dermatosis (f; DEM); Headache (f; DEM); Infection (f; DEM); Orchosis (f; JLH); Pain (f; DEM); Rheumatism (f; DEM); Sore (f; DEM); Swelling (f; DEM; MIC); Tumor (f; JLH); Uterosis (f; JLH); VD (f; DEM); Worm (f; DEM); Wound (f; DEM).

PONTIAN RHODODENDRON (*Rhododendron ponticum* L.) X

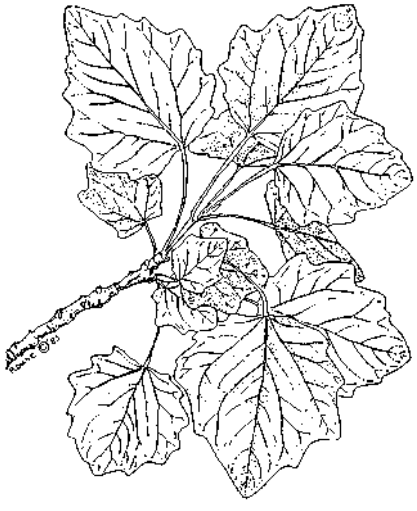
Activities (Pontian Rhododendron) — Bradycardic (f; HHB; PH2); Depurative (f; EFS); Diaphoretic (f; PH2); Diuretic (f; PH2); Hypotensive (1; HHB; PH2); Insecticide (1; HHB); Narcotic (f; EFS; HHB; PH2); Stimulant (f; PH2).

Indications (Pontian Rhododendron) — Arthrosis (f; PH2); Fever (f; PH2); Gout (f; PH2); High Blood Pressure (1; HHB; PH2); Hydrocele (f; EFS); Hypertony (f; HH2); Rheumatism (f; EFS; PH2); Stone (f; PH2).

Dosages (Pontian Rhododendron) — Don't take it (JAD); 0.2 mg grayanotoxins up to 2 mg/day (HH2).

Contraindications, Interactions, and Side Effects (Pontian Rhododendron) — Not covered (AHP). Taken over a long period it may cause intoxication with hydroquinone because of arbutin (HH2). Signs of intoxication include arrhythmia, bradycardia, cold sweats, cramps, diarrhea, dyspnea, hypotension, paresthesia, poor coordination, salivation, stupor, and possible death through apnea or cardiac failure (PH2). Grayanotoxins may prevent closure of sodium channels thus inhibiting conduction (HH2).

POPLAR (*Populus* sp.) ++



(Aggregating *P. balsamifera* L., *P. deltoides* W. Bartram ex Marshall, *P. tremula* L. (MAD), *P. tremuloides* Michx. (FAD; FEL).

Activities (Poplar) — Analgesic (1; BGB; FAD; PH2; PNC); Antibacterial (1; BGB; KOM; PH2); Antiinflammatory (1; BGB; FAD); Antipyretic (1; FAD); Antirheumatic (f; FAD); Antiseptic (1; BGB); Antispasmodic (1; PH2); Astringent (f; BGB; PNC); Cholagogue (f; CAN); Collyrium (f; FAD); Depurative (f; DEP); Diuretic (f; PNC); Expectorant (1; BGB; CAN; FAD); Fungicide (1; BGB); Hypouricemic (1; MAD); Stimulant (f; PNC); Stomachic (f; CEB); Tonic (f; FAD; FEL); Uricosuric (1; MAD); Vermifuge (f; FAD; FEL); Vulnerary (2; BGB; FAD; KOM; PH2).

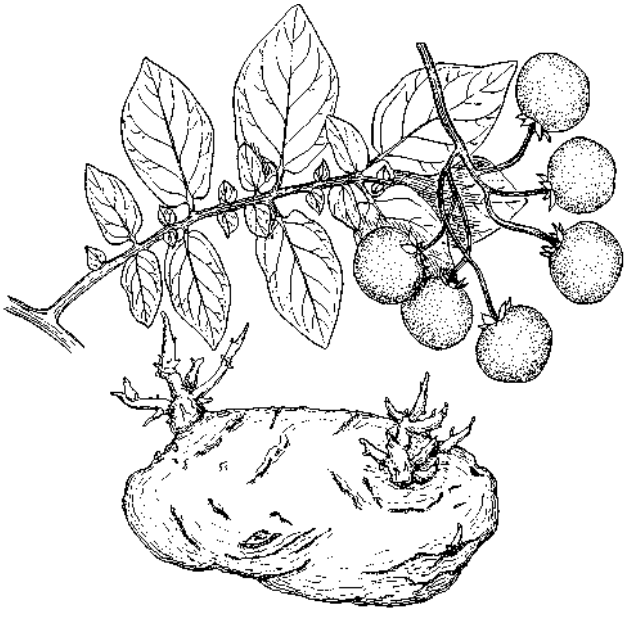
Indications (Poplar) — Acne (1; BGB); Anorexia (f; CAN; FAD); Arthrosis (f; CEB; FAD); Bacteria (1; BGB; KOM; PH2); BO (f; CEB); BPH (1; FEL; MAD; PHR; PH2); Bruise (1; BGB); Burn (2; CEB; PHR; PH2); Cancer (f; CEB; JLH); Childbirth (f; MAD); Cold (1; CEB; FAD; MIC); Colic (f; DEM); Congestion (f; FEL); Cough (f; FAD); Cramp (1; PH2); Cut (f; FAD); Cystosis (f; CAN; MAD); Debility (f; CEB; FEL); Dermatosis (f; PH2); Diarrhea (f; FAD; FEL); Dysmenorrhea (f; FAD); Dyspepsia (f; FEL; MAD); Dysuria (1; FEL; MAD; PHR; PH2); Earache (f; CEB; MAD); Eczema (f; CEB); Enterosis (f; DEM); Enuresis (f; MAD); Fever (1; FAD); Flu (f; MIC); Frostbite (2; BGB; FAD; KOM; PH2); Fungus (1; BGB); Gleet (f; FEL); Gonorrhea (f; FEL); Gout (1; FNF; MAD); Headache (1; BGB; FAD); Hemorrhoid (2; BGB; KOM; MAD; PH2); Hepatosis (f; CEB); Hysteria (f; MAD); Incontinence (f; MAD); Infection (1; BGB; PH2); Inflammation (1; BGB; FAD; PH2); Irritated Nostril (f; FAD); Laryngosis (1; BGB); Malaria (f; CEB; FEL); Menorrhagia (f; CEB; FAD); Mycosis (1; BGB); Myosis (f; FAD); Nephrosis (f; CEB); Neuralgia (1; MAD); Pain (1; BGB; FAD; MAD; PH2; PNC); Respirosis (1; BGB; FAD); Rheumatism (1; CAN; CEB; FAD; PH2); Rhinosis (f; FAD); Sciatica (1; CEB; FNF); Scurvy (f; FAD);

Sprain (f; FAD); Sore (f; FAD); Stomach Pain (f; FAD); Strangury (f CEB); Sunburn (2; BGB; KOM; PH2); Swelling (f; JLH); Syncope (f; CEB); Tenesmus (f; FEL; MAD); Toothache (f; FAD); Uterosis (f; FEL); UTI (f; FAD); VD (f; FAD; FEL; MAD); Worm (f; FAD; FEL; MIC); Wound (2; BGB; FAD; KOM; PH2).

Dosages (Poplar) — 5 g bud externally (PH2); 10 g bark and leaf (PH2); 1–4 g bark, or in tea, 3 ×/day (CAN); 1–4 ml liquid bark extract (1:1 in 25% ethanol) 3 ×/day (CAN); 5 g drug (PHR).

Contraindications, Interactions, and Side Effects (Poplar) — Class 1 (AHP). Subject to usual salicylates and tannin warnings (1997). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). In view of the lack of toxicological data, excessive use, especially during lactation and pregnancy, should be avoided. Individuals with aspirin or salicylate hypersensitivity, asthma, diabetes, gout, hemophilia, hepatosis, hypothrombinemia, nephrosis, and peptic ulcers should be cautious with salicylates. Alcohol, barbiturates, and oral sedatives may potentiate salicylate toxicity. Beware of salicylate interaction with oral anticoagulants, methotrexate, metoclopramide, phenytoin, pronebecid, spironolactone, and valproate. Salicylates excreted in breast milk reportedly can cause macular rashes in breast-fed babies (CAN). Salicylates and derivatives and flavonoids explain analgesic, antibacterial, antiinflammatory, and antispasmodic activities. Zinc lignans may improve micturition in BPH (PH2). According to MAD (if we can trust my translation, salicin raises uric acid excretion 25–41%, populin 11–29%; but the mix is a better uricosuric, raising excretion levels 38–71% (another good example of synergy). Salipopulin, the mix, is a better analgesic in arthrosis and neuralgia than the isolated glycosides (MAD).

POTATO (*Solanum tuberosum* L.) +



Activities (Potato) — Alterative (f; CRC); Analgesic (1; TRA); Antibacterial (1; CRC); Antiseptic (1; CRC); Antispasmodic (1; CRC; TRA); Cardiotonic (1; CRC; TRA); Diuretic (f; CRC); Emetic (f; CRC); Fungicide (1; TRA); Hypoglycemic (1; TRA); Hypotensive (1; CRC; TRA); Lactagogue (f; CRC); Myotropic (1; CRC); Narcotic (f; CRC); Orexigenic (f; CRC); Pectoral (f; JFM).

Indications (Potato) — Anorexia (f; CRC); Arthrosis (f; JFM); Bacteria (1; CRC); Bronchosis (f; JFM); Burn (f; CRC; JFM); Callus (f; CRC); Conjunctivosis (f; DEM; JFM); Corn (f; CRC); Cough (f; CRC); Cramp (1; CRC; TRA); Cystosis (f; CRC; JFM); Delirium (f; CRC); Dermatosis (f; JFM); Diabetes (1; TRA); Dysuria (f; JFM); Fistula (f; CRC); Frostbite (f; CRC); Fungus (1; TRA); Headache (f; TRA); Hemorrhoid (f; JFM); High Blood Pressure (1; CRC; TRA); Hyperglycemia (1; TRA); Infection (1; CRC; TRA); Itch (1; TRA); Mastosis (f; JFM); Mycosis (1; TRA); Neuralgia (1; TRA); Ophthalmia (f; DEM; JFM); Pain (1; TRA); Prostate (f; CRC; JFM); Pulmonosis (f; JFM); Rheumatism (f; JFM); Spasm (1; CRC; JFM); Staphylococcus (1; X10857921); Tumor (f; CRC); Wart (f; CRC; DEM).

Contraindications, Interactions, and Side Effects (Potato) — Not covered (AHP). "Fruits" and green skinned potatoes can be toxic, sometimes fatally so (CRC). Solanine is analgesic and antineuralgic; controls itch at oral doses of 50–200 mg (TRA).

PREMORSE, DEVIL'S BIT (*Succisa pratensis* Moench) +

Synonym: *Scabiosa succisa* L.

Activities (Premorse) — Antipyretic (f; PH2); Astringent (f; EFS); Demulcent (f; EFS); Depurative (f; EFS); Diaphoretic (f; PH2); Diuretic (f; EFS); Expectorant (f; HHB; PH2); Parasiticide (f; HHB); Vermifuge (f; HHB); Vulnerary (f; MAD).

Indications (Premorse) — Bite (f; MAD); Bruise (f; MAD); Cancer (f; JLH); Cancer, neck (f; JLH); Cancer, throat (f; JLH); Catarrh (f; MAD); Cold (f; PH2); Cough (f; PH2); Dizziness (f; MAD); Eczema (f; MAD); Erysipelas (f; MAD); Fever (f; PH2); Gastrosis (f; MAD); Hepatosis (f; MAD); Hysteria (f; MAD); Leukorrhea (f; MAD); Mucososis (f; HHB); Parasite (f; HHB); Pulmonosis (f; MAD); Scabies (f; MAD); Sore (f; MAD); Sore Throat (f; JLH); Stomatosis (f; MAD); Swelling (f; MAD); Toothache (f; MAD); Uterosis (f; MAD); Vertigo (f; MAD); Worm (f; HHB); Wound (f; MAD).

Dosages (Premorse) — Food farmacy; tea substitute (HHB); young leaves eaten as depurative (MAD); 1 tsp tincture several ×/day (MAD).

Contraindications, Interactions, and Side Effects (Premorse) — Not covered (AHP)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

PRICKLY ASH (*Zanthoxylum* spp.) +

Synonyms: *Zanthoxylum americanum* Mill. in FEL, *Z. fraxineum* in MAD.

Activities (Prickly Ash) — Abortifacient (f; DEM); Alterative (f; FEL); Analgesic (1; APA); Anesthetic (1; APA); Antihelicobacter (1; X9781854); Antiinflammatory (1; APA; PHR); Antiperistaltic (1; FNF); Antirheumatic (f; APA; CAN; PHR); Antispasmodic (f; HHB; PH2); Antiulcer (1; X9781854); Candidicide (1; FNF); Carminative (f; CAN; FEL; HHB); Choleretic (f; FAD); Circulostimulant (f; CAN); Cytotoxic (f; HH3); Diaphoretic (f; CAN; FEL; MAD; PHR); Diuretic (f; DEM; FAD; FEL; MAD); Emmenagogue (f; FEL; MAD); Expectorant (f; DEM); Hypotensive (1; APA); Nephrotonic (f; FEL); Nervine (f; HH3); Pancreatonic (f; FAD; FEL); Secretagogue (1; FEL); Sialagogue (1; APA; CAN; FAD; FEL; HH3); Stimulant (1; APA); Stomachic (f; HHB); Tonic (f; HHB); Vulnerary (f; HH3).

Indications (Prickly Ash) — Amenorrhea (f; MAD); Anemia (1; JAD; FNF); Arthrosis (f; DEM); Asthma (f; PH2); Ataxia (f; FEL); Atherosclerosis (f; MAD); Backache (f; DEM); Bleeding (f; DEM); Bronchosis (f; DEM); Burn (f; DEM); Cancer (1; FAD; HH3; HOX; JAD); Candida (1; FNF);

Cardiopathy (f; DEM; FAD); Catarrh (f; FEL); Cholera (f; FEL); Coccus (f; MAD); Cold (f; DEM; FAD; HH3); Colic (f; FEL; HH3; PH2); Constipation (f; FEL); Convulsion (f; DEM); Cough (f; DEM; FAD; PH2); Cramp (f; CAN; HHB; MAD; PH2); Diarrhea (f; PH2); Dropsy (f; FEL); Dysentery (f; FAD); Dysmenorrhea (f; FEL; MAD); Dyspepsia (f; FAD; FEL; PH2); Earache (F; HH3); Enterosis (f; FEL); Fever (f; CAN; DEM; FEL; MAD; PHR; PH2); Gas (f; FEL; PH2); Gastrosis (f; FEL); Gonorrhea (f; DEM; HH3); Headache (f; PH2); Helicobacter (1; X9781854); Hemiplegia (f; FEL; MAD); High Blood Pressure (1; APA); Hip Ache (f; MAD); Hypotension (f; PHR; PH2); Hysteria (f; HH3; MAD); Impaired Peripheral Circulation (f; CAN); Inflammation (1; APA; PHR; PH2); Intermittent Claudication (f; CAN); Ischiosis (f; HH3; MAD); Itch (f; DEM); Leprosy (f; PH2); Leukorrhea (f; MAD); Lumbago (f; FEL; MAD); Malaria (f; FEL); Mucososis (f; FEL); Myalgia (f; FEL); Nephrosis (f; DEM; FAD); Neuralgia (f; FEL; MAD); Neurosis (f; FAD; HH3; MAD); Ophthalmia (f; PH2); Otosis (f; HH3; PH2); Ovariosis (f; MAD); Pain (1; APA; DEM); Pancreatosis (f; FAD); Paralysis (f; FEL; PH2); Pharyngosis (f; FEL); Pulmonosis (f; DEM; FAD); Raynaud's Syndrome (f; CAN); Rheumatism (f; APA; CAN; DEM; FAD; FEL; MAD; PHR; PH2); Scrofula (f; FEL); Sickle Cell (1; JAD; FNF); Sore (f; FEL); Sore Throat (f; DEM; FAD; FEL; HH3); Stomatosis (f; FEL); Syphilis (f; FEL; HH3; MAD); Tonsilosis (f; DEM; FAD); Toothache (1; DEM; FAD; FEL; FNF; JAD; MAD; PH2); Torticollis (f; FEL); Tuberculosis (f; DEM); Typhoid (f; FEL); Ulcer (1; X9781854); VD (f; DEM; FEL); Vomiting (f; DEM); Worm (f; DEM; PH2); Yeast (1; FNF).

Dosages (Prickly Ash) — 1–3 g dry bark, or in tea, 3 ×/day (APA; CAN); 0.6–1.8 g powdered bark (MAD); 1–3 ml liquid bark extract (PNC); 1–3 ml liquid bark extract (1:1 in 45% ethanol) 3 ×/day (APA; CAN); 2–5 ml bark tincture (1:5 in 45% ethanol) 3 ×/day (CAN); 0.5–1.5 g dry berries (CAN); 0.5–1.5 ml liquid berry extract (1:1 in 45% ethanol) (APA; CAN); 0.5–1.5 ml liquid fruit extract (PNC).

Contraindications, Interactions, and Side Effects (Prickly Ash) — Class 2b (AHP). None reported (PHR). Reported to be toxic to animals (CAN). Because of pharmacologically active alkaloids and coumarins, its use in pregnancy and lactation is to be avoided. May interfere with anticoagulant therapy. Excessive use should be avoided (CAN).

Extracts (Prickly Ash) — Bark extracts act as a reversible neuromuscular blocking agent. A single hypotensive dose of nitidine chloride (2 mg/kg) lowered blood pressure 20% in mice within 90 minutes, persisting for 6 hours. Nitidine also antagonizes the hypertensive effects of angiotensin. Chelerythrine, at 10 mg/kg (orl rat), was comparable in antiinflammatory activity to indomethacin at 5 mg/kg. Chelerythrine also works against *Candida* and Gram-positive, if not Gram-negative, bacteria. Chelerythrine potentiates the analgesia of morphine, prolongs barbiturate sleep, and is hypotensive following an immediate hypertensive thrust (in cats, mice, and rats). Asirinin has antitubercular activity; neoherculin is insecticidal and sialagogue.

PRICKLY PEAR (*Opuntia ficus-indica* (L.) Mill.) ++

Synonyms: *Cactus ficus-indica* L., *Opuntia ficus-indica* var. *gymnocarpa* (F.A.C. Weber). Speg.

Activities (Prickly Pear) — Analgesic (f; DAV); Astringent (f; EFS); Diuretic (f; WOI); Emollient (f; WOI); Sedative (f; DAV).

Indications (Prickly Pear) — Acne (f; JFM); Alopecia (f; AAB); Arthrosis (f; AAB); Callus (f; JLH); Childbirth (f; AAB); Conjunctivosis (f; JFM); Corn (f; JLH); Cystosis (f; AAB); Dermatosis (f; JFM); Diabetes (f; DAV); Diarrhea (f; EFS; JFM); Dysentery (f; EFS; JFM); Enterosis (f; JFM); Epistaxis (f; DAV); Fever (f; AAB; JFM); Gonorrhea (f; JFM); Hepatosis (f; JFM); High Blood Pressure (f; AAB); Insomnia (f; DAV); Malaise (f; AAB); Nervousness (f; DAV); Pain (f; DAV; JFM); Prostatosis (f; DAV); Pulmonosis (f; JFM); Rabies (f; JFM); Radiation Burn (f; JFM); Rheumatism (f; DAV); Stomachache (f; JFM); Tumor (f; JFM); Wart (f; JLH).

PRICKLY POPPY (*Argemone mexicana* L.) +

Activities (Prickly Poppy) — Analgesic (1; DEP; WBB); Antibacterial (1; WO2); Anti-HIV (1; FNF; HAD); Antiinflammatory (1; TRA); Antiseptic (1; WO2); Antitrypanosomic (1; WO2); Antivagal (1; WBB); Antiviral (1; WO2); Carcinogenic (1; WO2); Cardiodepressant (1; WO2); Carminative (f; CRC); Contraceptive (f; CRC); Demulcent (f; CRC; DEP; IED); Depurative (f; CRC; JFM); Diaphoretic (f; CRC; JFM; WBB); Diuretic (f; CRC; DEP; JFM; WBB); Edemagenic (1; JFM); Emetic (f; CRC; IED; JFM; WBB); Embryotoxic (1; TRA); Emmenagogue (f; CRC; JFM); Expectorant (f; CRC; DEP; IED; WBB); Fungicide (1; TRA; WBB); Glaucomagenic (f; JFM); Hallucinogen (f; CRC); Hemostat (f; CRC); Hepatotoxic (1; TRA); Hypertensive (1; TRA); Hypoglycemic (1; TRA); Hypotensive (1; TRA); Insecticide (1; TRA; WBB); Laxative (f; CRC; IED; JFM; WBB); Narcotic (1; CRC; DEP; WBB; WO2); Orexigenic (f; CRC); Pectoral (f; JFM); Poison (f; CRC); Respiradepressant (1; WBB); Respirastimulant (1; WBB); RT-Inhibitor (1; FNF; HAD); Sedative (f; CRC; JFM; WBB); Spasmogenic (1; TRA); Stimulant (f; CRC); Tachycardic (1; WBB); Termitifuge (f; WBB); Tonic (f; JFM); Uterotonic (1; TRA; WBB); Vasodilator (1; TRA); Vulnerary (f; CRC; JFM).

Indications (Prickly Poppy) — Asthma (f; CRC; JFM); Bacteria (1; WO2); Bleeding (f; CRC); Blennorrhagia (f; WBB); Cancer (f; IED; JFM; JLH); Cardiopathy (f; JFM); Catarrh (f; CRC); Chancre (f; CRC; JLH); Childbirth (f; CRC); Cholecystosis (f; CRC); Cholera (f; WBB); Cold (f; CRC; JFM); Colic (f; CRC; DEP; JFM; WBB); Conjunctivosis (f; CRC; JFM); Constipation (f; CRC; IED; JFM; WBB); Corneal Opacity (f; DEP; JFM); Cough (f; JFM); Dentition (f; JFM); Dermatosis (f; CRC; DEP; IED; WBB; WO2); Diarrhea (f; WBB); Dropsy (f; CRC; DEP); Dysentery (f; DEP; WBB); Dysuria (f; CRC; JFM); Eczema (f; WBB); Enterosis (f; DEP); Epilepsy (f; JFM); Eruption (f; CRC); Fever (f; CRC; JFM; WBB); Fungus (1; TRA; WBB); Gastrosis (f; TRA); Gonorrhea (f; DEP; WBB); Guinea Worm (1; WO2); Headache (f; CRC; DEP); Heart (f; CRC); Hepatosis (f; CRC; JFM); Herpes (f; CRC; DEP); High Blood Pressure (1; JFM; TRA); HIV (1; FNF; HAD); Hyperglycemia (1; TRA); Infection (1; TRA; WBB); Inflammation (1; CRC; TRA); Insomnia (f; CRC; JFM; WBB); Intoxication (f; CRC); Itch (f; CRC; DEP; IED; WBB); Jaundice (f; DEP; JFM); Leishmaniasis (1; WO2); Low Blood Pressure (1; TRA); Malaria (1; JFM); Mycosis (1; TRA; WBB); Nervousness (f; CRC; JFM; WBB); Ophthalmia (f; CRC; DEP; JFM; WBB); Pain (1; DEP; WBB); Parasite (f; JFM); Pertussis (f; CRC; JFM); Pneumonia (f; JFM); Rheumatism (f; CRC); Ringworm (f; JFM); Scabies (f; CRC; DEP; IED); Snakebite (f; WBB); Sore (1; DEP; JFM; WO2); Splenomegaly (1; WO2); Splenosis (f; JFM); Strangury (f; DEP); Syphilis (f; WO2); Tapeworm (f; DEP); Toothache (f; CRC); Trachoma (1; WO2); Tuberculosis (1; FNF; WBB); Virus (1; WO2); Wart (f; JFM; WBB); Water Retention (f; JFM); Wound (1; JFM; WBB).

Dosages (Prickly Poppy) — 30 mimims oil (DEP); thimble full of seeds as emetic (DEP).

Contraindications, Interactions, and Side Effects (Prickly Poppy) — Ingestion of the seed oil can cause anemia, diarrhea, dysentery, high-tension glaucoma, and vomiting due to the 'carcinogenic' alkaloid, sanguinarine. Toxicity is due to interaction of sanguinarine and 11-oxo-triacontanoic acid. Milk of cows fed prickly poppy can cause glaucoma (WO2). LD50 of argemone oil = 9 ml/kg ipr mouse; sanguinarine 18 mg/kg (WBB). Seeds contain berberine, which may be helpful in MDR-resistant tuberculosis (JAD).

PRINCE'S FEATHER, AMARANTH (*Amaranthus hypochondriacus* L.) ++

Synonyms: *A. hybridus* var. *erythrostachyus* Moq., *A. hybridus* var. *hypochondriacus* (L.) B. L. Rob.

Activities (Prince's Feather) — Astringent (f; DEP; PH2).

Indications (Prince's Feather) — Diarrhea (f; PH2); Inflammation (f; PH2); Pharyngosis (f; PH2); Sore (f; PH2); Stomatosis (f; PH2).

Contraindications, Interactions, and Side Effects (Prince's Feather) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

PRIVET (*Ligustrum vulgare* L.) +

Synonyms: *L. insulare* Decne., *L. insulense* Decne.

Activities (Privet) — Antibacterial (1; WBB); Anticomplementary (1; X10930718); Antiinflammatory (1; X10930718); Antiseptic (1; WBB); Astringent (f; CRC); Candidicide (1; X10594942); Detergent (f; CRC); Immunomodulator (1; X10594942); Fungicide (1; X10594942); Laxative (f; CRC); Paralytic (1; WBB); Poison (1; CRC); Vulnerary (f; CRC).

Indications (Privet) — Bacteria (1; WBB); Candida (1; X10594942); Constipation (f; CRC); Escherichia (1; WBB); Fungus (1; X10594942); Infection (1; CRC; WBB; X10594942); Inflammation (1; X10930718); Mycosis (1; X10594942); Pharyngosis (f; CRC); Staphylococcus (1; WBB); Stomatosis (f; CRC); Tumor (f; CRC; JLH); Uvulosis (f; JLH); Yeast (1; X10594942).

Contraindications, Interactions, and Side Effects (Privet) — Children reportedly have died from eating fruit (WBB).

PROSTRATE KNOTWEED (*Polygonum aviculare* L.) +

Synonym: *P. heterophyllum* Lindm.

Activities (Prostrate Knotweed) — AChE-Inhibitor (2; KOM; PHR); Allergenic (1; CRC); Analgesic (f; CRC; DEP); Antiabortive (f; DEM); Antiacetylcholinesterase (2; KOM; PHR); Antiaggregant (1; MPI; PH2); Antibacterial (1; CRC); Antidiaphoretic (1; PHR; PH2); Antiinflammatory (2; KOM; PHR); Antiperiodic (f; CRC); Antipyretic (f; WOI); Antiseptic (f; CRC; WOI); Antitussive (1; PHR); Astringent (f; CRC; DEM; KOM; PH2); Cholagogue (f; CRC); Cicatrizant (1; DAA); Demulcent (f; CRC); Diuretic (1; CRC; LMP; PHR; PH2); Emetic (f; CRC); Emollient (f; CRC; DAA); Expectorant (f; CRC); Hemostat (1; CRC; PHR; PH2); Hypotensive (1; MPI); Hypotonic (f; HH2); Laxative (f; CRC); Pectoral (1; PHR); Piscicide (f; DEM); Tonic (f; CRC); Vasoconstrictor (f; CRC); Vermifuge (f; CRC; DAA; WOI); Vulnerary (f; CRC; DEP; GMH).

Indications (Prostrate Knotweed) — Arthrosis (f; GMH); Ascaris (f; LMP); Asthma (1; CRC); Bacteria (1; CRC); Bleeding (1; CRC; PHR; PH2); Bronchosis (2; CRC; PHR; PH2); Calculus (f; DEP); Cancer (f; CEB; JLH); Cancer, breast (f; CRC; JLH); Cancer, kidney (f; CRC; JLH); Cancer, stomach (f; CRC; JLH); Cancer, uterus (f; CRC; JLH); Catarrh (1; KOM; PHR; PH2); Chancre (f; CRC; DAA); Cholera (f; CRC); Coccyx (f; DEM); Colic (f; GMH); Constipation (f; CRC); Cough (2; PHR; PH2); Dermatosis (f; LMP; PH2); Diabetes (f; CRC; WOI); Diarrhea (1; CRC; DEM; PNC); Dysentery (f; CRC; PH2); Dysmenorrhea (f; CRC); Dysuria (f; CRC; DEM); Eczema (f; CRC; LMP); Enterosis (f; LMP); Epistaxis (f; GMH); Fever (f; CRC; WOI); Fracture (f; DEM); Gonorrhea (f; CRC; PH2); Gout (f; CRC; DAA; HH2); Gravel (f; DEM); Heatstroke (f; CRC); Hematuria (f; DEM); Hemorrhoid (f; CRC; DAA); High Blood Pressure (1; CRC; MPI; WOI); Hysteria (f; LMP); Infection (f; CRC; WOI); Inflammation (2; CRC; DEM; KOM; PHR); Itch (f; CRC; DAA; PH2); Jaundice (f; LMP; PH2); Malaria (f; CRC); Menorrhagia (f; CRC); Mucososis (1; KOM; PHR; PH2); Nephrosis (f; CRC; GMH); Pain (f; CRC; DEM; DEP); Pharyngosis (2; KOM; PHR; PH2); Pulmonosis (1; PHR; PH2); Respirosis (2; KOM; PH2); Rheumatism (f; CRC; HH2; PH2; WOI); Scald (f; DEM); Sore (f; WOI); Stomachache

(f; CRC; DEM); Stomatosis (2; KOM; PHR; PH2); Stone (f; CRC); Swelling (f; DEM); Tapeworm (f; PH2); Tonsilosis (f; CRC); Tuberculosis (f; CRC; PHR; PH2); Tumor (f; JLH); Ulcer (f; JLH; WOI); Vaginosis (f; CRC); Water Retention (1; CRC; LMP; PHR; PH2); Worm (f; CRC; DAA; LMP; WOI); Wound (1; DAA; DEM).

Dosages (Prostrate Knotweed) — 2–3 tsp herb (4.8–7.2 g) in hot teas/day (HHB); 5 g herb (HH2); 2 g herb/cup tea (HH2); 4–6 g/day or cup of tea (1.5 g herb) 3–5 ×/day (PHR); food farmacy in India where eaten as a veggie (WOI).

Contraindications, Interactions, and Side Effects (Prostrate Knotweed) — Not covered (AHP). None at proper dosage (PHR). 1% soluble silicic acid, partially water soluble (PHR). Shoot tincture LD50 = 500 mg/kg ipr rat (HH2). Flavonoids are an antiaggregant (PH2).

PSYLLIUM, BLONDE ISPAGHULA (*Plantago ovata* Forsk.) +++

Synonym: *P. ispaghula* Roxb. ex Fleming.

WHO defines Semen Plantaginis as dried ripe seed of *Plantago afra* L., *P. asiatica* L., *P. indica* L., and/or *P. ovata* Forsk. It is interesting to see how Blumenthal et al. (1998) and Fleming et al. (1998) separate two species of psyllium, one of which Blumenthal et al. call blonde, *P. ovata,* and the other black, *P. psyllium* (*P. afra*). I doubt that many botanists can tell all the plantain species apart, even in the field with flowers, fruits, and leaves present. I maintain that unvouchered studies on these closely related species are almost meaningless and the medical literature built on a mountain of toothpicks. I have read that our local weed, the plantain, *Plantago major*, was at one time substituted, successfully for psyllium, but I doubt if the vouchers are there to back up that story either. I think that the husks and seeds of several species have been confused and share many similar activities.

Activities (Psyllium) — Allergenic (1; APA); Antibacterial (f; WOI); Anticancer (1; HH2); Anticholinergic (1; PNC); Antipyretic (f; KAB); Astringent (f; DEP; KAB); Cardiodepressant (1; PNC); Demulcent (1; CAN; DEP; KAB; PED); Digestive (1; KAB); Diuretic (f; KAB; PED; WHO); Emollient (f; DEP); Flatugenic (1; CAN); Hepatoprotective (1; PNC); Hypertensive (1; KAP); Hypocholesterolemic (1; BGB; HH2; KAB; KOM; LAF); Hypoglycemic (1; BGB; HH2; PNC); Hypotensive (1; KAP; PNC); Hypouricemic (1; HH2); Laxative (2; BGB; DEP; KAP; PNC); Pectiniferous (2; JAD); Peristaltic (2; PIP; PNC; WHO).

Indications (Psyllium) — Adenopathy (f; JLH; KAP; WHO); Atherosclerosis (f; SKY); Bacteria (f; WOI); Bleeding (1; KAP); Blennorrhea (f; KAP); Cacoethes (f; JLH); Cancer (1; HH2; JLH); Cancer, breast (f; JLH); Cancer, colon (f; JLH); Cancer, ear (f; JLH); Cancer, intestine, (f; JLH); Cancer, liver (f; JLH); Cancer, mouth (f; JLH); Cancer, neck (f; JLH); Cancer, parotid (f; JLH); Cancer, throat (f; JLH); Cancer, uterus (f; JLH); Candida (1; PED); Cardiopathy (2; BGB); Catarrh (f; DEP; KAP); Chelation, cyclamate (1; PNC); Cold (f; DEP); Colitis (2; BGB; KOM; PH2; SHT); Constipation (2; BGB; DEP; KAP; KOM; PH2; PNC; SHT; WHO); Cough (1; DEP; PED; PH2); Cramp (1; APA); Cystosis (f; CAN; DEP; KAP); Dermatosis (f; CAN); Diabetes (1; APA; HH2; PH2); Diarrhea (2; DEP; KOM; PH2; SKY; WHO); Diverticulosis (1; CAN; SHT); Duodenosis (f; PH2); Dysentery (1; CAN; DEP; KAB; PH2); Dyspepsia (f; DEP); Dysuria (f; DEP; KAP; PH2); Enterosis (1; APA; PH2); Fever (f; DEP; KAB); Furunculosis (f; CAN; PH2); Gallstone (preventive) (1; BGB; PH2); Gas (f; PH2); Gastrosis (f; PH2); Gonorrhea (f; DEP; KAP; PH2); Gout (1; HH2; KAP; PH2; WHO); Hemorrhoid (2; DEP; KAP; KOM; PH2; SKY); Hepatosis (f; JLH; PNC); High Blood Pressure (1; APA; KAP; PED; PNC); High Blood Sugar (1; PH2); High Cholesterol (2; BGB; HH2; KAB; KOM; LAF; PHR; PH2; SKY); High Triglycerides (1; PH2; SKY); Hyperglycemia (1; BGB; HH2; PNC); IBS (1; APA; KOM; PH2; SKY); Inflammation (f; DEP; KAP); Low Blood Pressure (1; KAP); Mastosis (f; JLH); Mucososis (2; DEP; KOM; PH2;

PIP); Nephrosis (f; DEP; KAP; PH2); Obesity (1; PH2; SKY); Pain (1; PH2); Parotosis (f; JLH); Pharyngosis (2; KOM; PIP); Pregnancy (1; APA); Proctosis (1; APA); Psoriasis (f; SKY); Respirosis (2; BGB; KOM; PIP); Rheumatism (f; KAP; PH2); Sore (f; DEP); Stomatosis (f; JLH); Ulcer (f; PH2); Ulcerative Colitis (1; PH2); Urethrosis (f; KAP). Urogenitosis (f; PH2); Ulcer (1; PH2); UTI (f; APA); VD (f; KAP; PH2); Whitlow (f; JLH); Wound (f; DEP).

Dosages (Psyllium) — 2.5–10 g seed 2–3 ×/day (AHP); 5–10 g (3 g in children) seed 3 ×/day (CAN); 10–30 g seed (black psyllium) (KOM); 12–40 g seed (blonde psyllium) (KOM); 6–12 g powdered seed (KAP); 56–112 ml bruised seed decoction (KAP); 2–4 ml liquid seed extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2 tsp (7.5 g) seed or 1 tsp husk/glass water (APA); 0.5 cup fresh seed or hull (PED); 1–2 tbsp dry seed or hull (PED); 1 tbsp dry seed or hull/cup of water (PED); 7.5 g seed or 5 g husks 1–2 ×/day (SKY); 3–5 g husks (CAN); 3–4 (565 mg) capsules 3 ×/day (JAD).

Contraindications, Interactions, and Side Effects (Psyllium) — Class 2d. Take with at least 8 oz liquid. Take 1 hour after taking other drugs, which it might chelate. Contraindicated in bowel, esophageal, or GI obstruction (AHP; PIP). Bulking agents should not be taken by those with stenotic lesions of the GI tract. May lead to bowel obstruction if fluid intake is inadequate. (Take 150 ml water/5 g psyllium (KOM)). Do not take bulking agents when laying down or at bedtime. Do not use with antiperistaltics (e.g., such as loperamide, for example) (SHT). Physicians and other health care professionals are developing increasingly allergic reactions to psyllium powder. There are reports of a fatal bronchospasm after oral ingestion of ispaghula, identical with, or closely related to psyllium. Commission E reports contraindications for seed and seed-shell: GI obstruction (ileus), and diabetes, which is hard to control (as insulin need may be reduced); adverse effects: allergic reactions; interactions: absorption of other drugs taken simultaneously. Other contraindications: intestinal obstruction (AEH). Based on early drafts, AHP repeats that psyllium is contraindicated in "diabetes mellitus which is difficult to regulate ..." There may be a need to reduce insulin dosage in insulin-dependent diabetes (KOM). If swallowed dry, psyllium can cause esophageal obstruction and flatulence (CAN). "Ispaghula husk depressed the growth of chickens by 15% when added to their diet at 2%." By speeding transit time, bulk laxatives can lower absorption of some drugs. Wow! "Ispaghula may be used during pregnancy and lactation" (CAN). Alcoholic extract is hypotensive in small doses, hypertensive in large doses (KAP). Mucilage is hypoglycemic. Seeds of related species in China are used clinically to treat high blood pressure with ~50% success. "The FDA has proposed a rule that would amend the regulation permitting food labeling bearing a health claim on soluble fiber for a lower risk of coronary heart disease (CHD) to include soluble fiber from psyllium husks (*Plantago asiatica* L.)." The maker of one popular cereal petitioned, citing data from 57 clinical studies (1965–1996, including 21 human studies) on psyllium's ability to lower cholesterol and CHD risk. FASEB has determined that psyllium is safe at levels up to 25 g/day. FDA counters that high levels of psyllium husk "may enhance epithelial cell proliferation in the GI tract or cause allergies in some people" (Johnston, B.J.; 1997). FDA proposes health claim for psyllium. *HerbalGram* 41:28.). HH2 reports 8-week clinical trials on hyperuremia with 7 g psyllium husks a day for 8 weeks. Blood levels of urea were 19% lower after the 8 weeks (Based on Rampton and Barton, 1984. *Clin. Nephrol.* 121: 159.) (HH2).

PUFFBALL (*Lycoperdon* spp.) ++

Activities (Puffball) — Hemostat (1; EFS).

Indications (Puffball) — Anemia (f; HHB; PH2); Bleeding (1; EFS; HHB); Catarrh (f; HHB PH2); Dermatosis (f; HHB; PH2); Dysmenorrhea (f; HHB; PH2); Epistaxis (f; PH2); Menorrhagia (1; HHB); Pulmonosis (f; EFS); Sore Throat (f; EFS).

Dosages (Puffball) — Food farmacy (JAD).

Contraindications, Interactions, and Side Effects (Puffball) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

PULSATILLA, PASQUEFLOWER (*Anemone pulsatilla* L.) X

Synonyms: *A. serotina* (Schur) Coste, *Pulsatilla vulgaris* Mill., *P. vulgaris* var. *serotina* Schur.

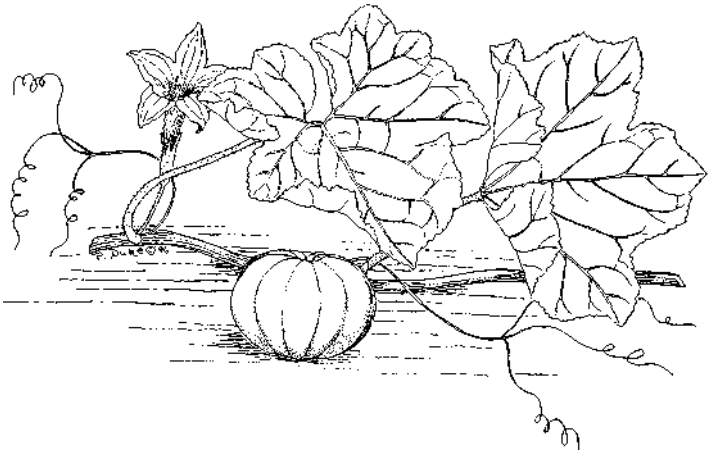
Activities (Pulsatilla) — Abortifacient (1; APA); Allergenic (1; APA); Alterative (f; CRC; PNC); Analgesic (f; CAN); Antibacterial (1; APA); Antidote (f; CRC); Antimotility (1; PH2); Antipyretic (1; APA); Antiseptic (1; PH2); Antispasmodic (f; APA; PNC); Candidicide (1; HH2); Carcinogenic (1; HH2); Diuretic (f; CRC); Emmenagogue (f; CRC); Expectorant (f; CRC); Fungicide (1; HH2); Nervine (f; PNC); Poison (1; PH2); Sedative (1; APA; CAN); Teratogenic (1; APA); Uterotonic (1; APA; CAN).

Indications (Pulsatilla) — Amaurosis (f; MAD); Amblyopia (f; MAD); Amenorrhea (f; CRC; MAD; PNC); Anemia (f; MAD); Arthrosis (f; MAD); Asthma (f; APA; CRC); Bacteria (1; APA; CRC); Biliousness (f; CRC); BPH (f; MAD); Bronchosis (f; CRC); Cancer (f; JLH); Candida (1; HH2); Caries (f; MAD); Cataract (f; APA; PH2); Catarrh (f; CRC; PNC); Childbirth (f; PH2); Chlorosis (f; MAD); Cholecystosis (f; MAD); Convulsion (f; MAD); Cornea (f; MAD); Cough (f; APA; HH2); Cramp (f; APA; PNC); Cystosis (f; PH2); Depression (f; APA; PH2); Dermatosis (f; APA; MAD; PHR; PH2); Diarrhea (f; CRC); Dysmenorrhea (f; APA; CRC; MAD; PH2); Dyspepsia (f; APA; CRC; MAD); Earache (f; APA; CRC); Endometriosis (f; MAD); Enterosis (f; APA; PHR; PH2); Epididymosis (f; CAN); Erysipelas (f; MAD); Escherichia (1; HH2); Exanthema (f; MAD); Fever (1; APA; MAD); Fungus (1; HH2); Gastrosis (f; APA; CRC; PHR; PH2); Glaucoma (f; APA; PH2); Gout (f; CRC; MAD); Headache (f; APA; CRC; MAD); Hemicrania (f; CRC); Hemorrhoid (f; MAD); Hyperactivity (f; APA); Hyperemesis (f; MAD); Hysteria (f; MAD); Infection (1; APA; HH2; PHR; PH2); Inflammation (f; APA; PHR; PH2); Insomnia (1; APA; CAN; PH2); Irosis (f; PH2); Itch (f; CRC); Leukorrhea (f; MAD); Measles (f; CRC; PH2); Migraine (f; APA; CRC; HH2; PH2); Mucososis (f; PHR; PH2); Mycosis (1; HH2; PH2); Nausea (f; HH2); Nervousness (1; APA; CAN); Neuralgia (f; APA; CRC; HH2; PHR; PH2); Nyctalopia (f; MAD); Ophthalmia (f; CRC; PH2); Orchosis (f; CAN; MAD); Otosis (f; PH2); Ovariosis (f; CAN); Pain (f; CAN; HH2); Paralysis (f; MAD); Parotosis (f; PH2); Pertussis (f; CRC); Pharyngosis (f; MAD); Pterygium (f; JLH); Pulmonosis (f; APA); Restlessness (f; APA; PHR; PH2); Rheumatism (f; CRC; PH2); Rhinosis (f; APA; CRC; MAD); Salmonella (1; HH2); Sclerite (f; PH2); Scrofula (f; MAD); Shigella (1; HH2); Sore (f; MAD); Sore Throat (f; HH2); Staphylococcus (1; HH2); Stomachache (f; MAD); Toothache (f; APA; CRC); Tuberculosis (1; HH2); Ulcus cruris (f; MAD); Uterosis (f; APA); Urogenosis (f; CAN; PH2); Urticaria (f; APA); Uterosis (f; MAD); Wart (f; APA; CRC; JLH; MAD); Yeast (1; HH2).

Dosages (Pulsatilla) — Don't take it! (APA); 0.12–0.3 g herb, or in tea, 3 ×/day (CAN); 0.1–0.4 g powdered herb (MAD); 0.12–0.3 ml liquid herb extract (PNC); 0.12–0.3 ml liquid herbal extract (1:1 in 25% ethanol) 3 ×/day (CAN); 0.3–1.0 ml herb tincture (1:10 in 40% ethanol) 3 ×/day (CAN); 0.3–2 ml herb tincture (PNC).

Contraindications, Interactions, and Side Effects (Pulsatilla) — Not covered (AHP). Hazards and/or side effects not known for proper therapeutic dosages of the dehydrated herbs" (PH2). Commission E reports higher doses of herb may irritate the kidneys and urinary tract, and pregnancy is an absolute contraindication (AEH). CAN does not recommend it for internal use and caution protanemonin is allergenic and irritant. Pulsatilla contact has caused hyperpigmentative vesicles. Because it is an irritant (fresh plant), and reputed to affect the menstrual cycle and cause uterine activity, *in vitro* and *in vivo,* its use in pregnancy and lactation is to be avoided. Inhalation of EO can irritate conjunctiva and nasal mucosa (CAN).

PUMPKIN (*Cucurbita pepo* L.) +++



Synonyms: *Cucumis pepo* (L.) Dumort., *Cucurbita mammeata* Molina.

TRAMIL data based on *C. moschata* Duchesne.

Activities (Pumpkin) — 5-Alpha-Reductase-Inhibitor (1; BGB); Antiaggregant (1; TRA); Antiandrogenic (1; BGB); Antidiabetic (f; JFM); Antiedemic (1; SHT); Antiinflammatory (1; PHR; PH2; SHT); Antioxidant (1; PHR; PH2); Antiproliferant (1; JNU); Antiprostatitic (1; APA; FNF); Antipyretic (f; JFM); Cicatrizant (1; TRA); Demulcent (f; WBB); Diuretic (1; BGB; FNF; JFM; WBB); Herbicide (f; WAM); Neurotonic (f; EFS); Pectoral (f; JFM); Taenicide (1; BGB; WBB); Vermifuge (1; APA; BGB; PH2; WBB); Vulnerary (f; PHR).

Indications (Pumpkin) — Adenoma (1; SHT); Asthenia (f; TRA); Bladder Stone (2; BGB); BPH (1; APA; BIS; FNF; SHT); Burn (f; TRA); Cancer (1; FNF; JLH); Cancer, eye (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, lung (1; JNU); Cancer, mouth (1; FNF; JLH); Corn (f; JLH); Coryza (f; JFM); Cystosis (2; APA; BGB; PHR; PH2); Debility (f; TRA); Dermatosis (f; TRA); Diabetes (f; JFM); Diarrhea (f; JFM); Dropsy (f; DEM); Dyspepsia (f; DEM); Dysuria (1; BGB; PH2; SHT); Edema (f; DEM); Enuresis (1; BGB); Fever (f; JFM); Inflammation (1; PHR; PH2; SHT); Jaundice (f; JFM); Measles (f; JFM); Nephrosis (f; PHR; PH2); Ophthalmia (f; JLH); Oxalcrystalluria (2; BGB); Parasite (1; PH2); Prostatosis (1; APA; PHR; PH2); Psoriasis (1; TRA); Rheumatism (f; DEM); Roundworm (1; APA); Smallpox (f; JFM); Sore (f; JFM); Sprain (f; JFM); Stomatosis (f; JLH); Swelling (1; SHT); Syphilis (f; JFM); Tapeworm (1; APA; BGB; JFM; PH2; WBB); Tumor (f; JLH); Wart (f; JLH); Worm (1; APA; BGB; PH2; WBB); Wound (1; DEM; TRA).

Dosages (Pumpkin) — Seeds are food farmacy! 60–500 g seed (APA); average single dose 50 g; 100–200 shelled seed kernels = 30–60 g (HHB); 10 g crushed seed (PHR; PH2; SHT).

Contraindications, Interactions, and Side Effects (Pumpkin) — Class 1 (AHP; JAD).“Hazards and/or side effects not known for proper therapeutic dosages” (PH2). There are no known side effects or drug-drug interactions (PIP). Varro Tyler cautioned against self medication with BPH. Whenever treating BPH, a practitioner should be involved. Base-line levels of PSA should be established before considering an herbal treatment (JAD).

Extracts (Pumpkin) — Pumpkin seeds have delta-7-sterols and selenium, which have antiinflammatory activity. Similar in conformation to dihydrotestosterone (PH2); these sterols can displace the product of 5-*a*-reductase from androgen receptors dose-dependently. Some argue that cucurbitacins may prevent conversion of testosterone to dihydrotestosterone, but Bisset notes that at least some seeds contain no cucurbitacins. One study in Thailand study showed that the seed lowered

oxalcrystalluria (formation of bladder stones due to accumulated oxalate crystals in 2- to 7-year-old boys), while increasing glycosaminoglycans, potassium, and pyrophosphate (BGB).

PUMPKIN SEED (*Cucurbita pepo* L.) +++

Synonyms: *Cucumis pepo* (L.) Dumort., *Cucurbita mammeata* Molina.

Activities (Pumpkin Seed) — 5-Alpha-Reductase-Inhibitor (1; BGB); Antiandrogenic (1; BGB); Antidiabetic (f; JFM); Antiedemic (1; SHT); Antiinflammatory (1; PHR; SHT); Antioxidant (1; PHR); Antiprostatitic (1; APA; FNF); Antipyretic (f; JFM); Demulcent (f; WAM); Diuretic (1; BGB; FNF; JFM); Herbicide (f; WAM); Pectoral (f; JFM); Taenicide (1; BGB); Vermifuge (1; APA; BGB); Vulnerary (f; PHR).

Indications (Pumpkin Seed) — Adenoma (1; SHT); Bladder Stone (2; BGB); BPH (1; APA; BIS; FNF; SHT); Cancer (f; JLH); Corn (f; JLH); Coryza (f; JFM); Cystosis (1; APA; PIP); Cystosis (2; APA; BGB; PHR); Diabetes (f; JFM); Diarrhea (f; JFM); Dropsy (f; DEM); Dyspepsia (f; DEM); Dysuria (1; BGB; SHT); Edema (f; DEM); Enuresis (1; BGB); Fever (f; JFM); Inflammation (1; PHR; SHT); Jaundice (f; JFM); Measles (f; JFM); Nephrosis (f; PHR); Oxalcrystalluria (2; BGB); Prostatosis (1; APA; PHR); Rheumatism (f; DEM); Roundworm (1; APA); Smallpox (f; JFM); Sore (f; JFM); Sprain (f; JFM); Swelling (1; SHT); Syphilis (f; JFM); Tapeworm (1; APA; BGB; JFM); Tumor (f; JLH); Wart (f; JLH); Worm (1; APA; BGB); Wound (f; DEM).

Dosages (Pumpkin Seed) — Seeds are food farmacy! 60–500 g seed (APA); average single dose 50 g; 100–200 shelled seed kernels = 30–60 g (HHB); 10 g crushed seed (PHR; PH2; SHT).

Contraindications, Interactions, and Side Effects (Pumpkin Seed) — Class 1 (AHP; JAD). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). There are no known side effects or drug-drug interactions (PIP). Varro Tyler cautioned against self medication with BPH. Whenever treating BPH, a practitioner should be involved. Base-line levels of PSA should be established before considering an herbal treatment (JAD).

PUNCTURE VINE (*Tribulus terrestris* L.) +++

Activities (Puncture Vine) — Antiinflammatory (f; KAB); Antipyretic (f; SUW); Aphrodisiac (f; KAB; SUW); Astringent (f; WBB); Carminative (f; KAB); Catecholaminogenic (1; JFM); Collyrium (f; WBB); CNS Stimulant (1; JFM); Depurative (f; KAB); Diuretic (1; KAP; SUW; WBB; WOI); Emmenagogue (f; KAB); Hemostat (f; KAB); Hypotensive (1; JFM); Lactagogue (f; WBB); Litholytic (f; SKJ); Orexigenic (f; WOI); Stomachic (f; SKJ; WOI); Tonic (f; JFM; SUW; WOI); Vasodilator (f; JFM); Vermifuge (f; JFM).

Indications (Puncture Vine) — Abscess (f; JFM); Acne (f; JFM); Anemia (f; KAB); Angina (f; KAB); Aphtha (f; KAB); Ascites (1; WOI); Asthma (f; SKJ); Bladder Stone (f; WOI); Bleeding (1; JFM; KAB); Bright's Disease (f; WOI); Calculus (f; KAB; SUW; WOI); Cardiopathy (f; KAB; KAP); Catarrh (f; KAB); Childbirth (f; KAP); Cold (f; JFM); Congestion (f; JFM); Conjunctivosis (f; WBB); Cough (f; KAP; SKJ); Cystosis (f; JFM; KAP; WOI); Debility (f; KAB); Dermatosis (f; KAB); Diarrhea (1; JFM; WBB); Dysentery (f; KAB); Dysuria (f; SKJ; SUW; WOI); Edema (1; JFM; WOI); Enterorrhagia (1; JFM); Epistaxis (1; JFM); Fever (f; SUW); Gingivosis (1; JFM); Gleet (f; KAP); Gonorrhea (f; KAP; WBB); Gout (f; SKJ; SUW); Gravel (f; KAB; SUW); Hepatosis (f; JFM); High Blood Pressure (1; JFM); Impotence (f; KAB; SKJ; SUW); Inflammation (f; JFM; KAB); Leukorrhea (f; SKJ); Lumbago (f; KAB); Malaria (f; JFM); Nephrosis (f; JFM; SUW; WOI); Ophthalmia (f; KAB; WBB); Pain (f; JFM; SUW); Pharyngosis (1; JFM; WBB); Phosphaturia (f; KAP); Polyp (f; JLH); Pulmonosis (f; JFM); Rheumatism (f; JFM); Rhinosis (f; JLH);

Scabies (f; KAB); Sore (f; JFM); Sore Throat (1; JFM); Spermatorrhea (f; KAP); Stomatosis (1; JFM); Stone (f; SKJ; WOI); Strangury (f; KAB; KAP); Swelling (f; JFM); Teething (f; JFM); Tumor (f; JLH); Urogenitosis (f; KAP); VD (f; JFM); Uterosis (f; KAP); Water Retention (1; WOI); Whitlow (f; KAB); Worm (f; JFM).

Contraindications, Interactions, and Side Effects (Puncture Vine) — Plant may contain a hepatotoxin, and photosensitivity from phylloerythrin, a chlorophyll derivative (WOI).

PURGING CROTON (*Croton tiglium* L.) X

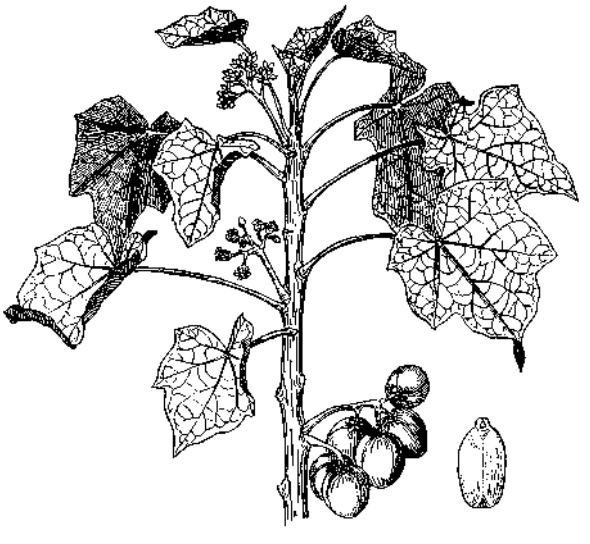
Activities (Purging Croton) — Abortifacient (f; KAB); Carminative (f; KAB); Cocarcinogen (1; PH2); Diaphoretic (f; SKJ); Emetic (1; SKJ); Emmenagogue (f; HHB); Irritant (1; PH2); Insecticide (1; HHB; KAB); Laxative (1; KAB; PH2); Nephrotoxic (1; PH2); Piscicide (f; KAB); Rubefacient (f; KAB); Tonic (f; KAB).

Indications (Purging Croton) — Bite (f; SKJ); Bronchosis (f; KAB); Cancer (f; JLH); Cancer, brain (f; JLH); Cholecystosis (f; PH2); Colic (f; PH2); Conjunctivosis (f; HHB); Constipation (1; KAB; PH2); Convulsion (f; KAB; PH2); Dermatosis (f; HHB); Eczema (f; HHB); Edema (f; PH2); Encephalosis (f; JLH; KAB); Enterosis (f; PH2); Fever (f; KAB; SKJ); Gastrosis (f; PH2); Inflammation (f; KAB); Insanity (f; KAB); Malaria (f; PH2); Mastosis (f; HHB); Pain (f; PH2); Pulmonosis (f; PH2); Snakebite (f; SKJ); Sore (f; JLH); Sore Throat (f; PH2); Stomachache (f; PH2); Vertigo (f; PH2); Worm (f; PH2).

Dosages (Purging Croton) — Historically only, 100 mg oil, individual dose; to 300 mg/day; or 4–8 seed (HHB).

Contraindications, Interactions, and Side Effects (Purging Croton) — Not covered (AHP). To be strictly avoided (PH2). 1–2 drops are acutely toxic, causing burning mouth, dizziness, painful bowel movement, stupor, vomiting, and ultimately collapse. 20 drops of croton oil are lethal.

PURGING NUT, BUBBLE BUSH (*Jatropha curcas* L.) X



Activities (Purging Nut) — Abortifacient (f; CRC; MPG; WBB); Analgesic (f; CRC); Antibacterial (1; MPG; TRA); Anticancer (1; FNF; ZUL); Anticonvulsant (1; MPG; 60P); Antiherpetic

(1; TRA); Antiinflammatory (f; MPG); Antileukemic (1; ZUL; 60P); Antiscorbutic (f; RYM); Antiseptic (1; CRC; VVG; 60P); Antispasmodic (f; 60P); Antitumor (1; TRA; VVG); Antiviral (1; CRC; TRA); Astringent (f; ZUL); Candidicide (1; TRA); Carcinogenic (1; VVG); Cicatrizant (f; CRC); Contraceptive (f; CRC); Curare (f; ZUL); Cyanogenic (1; CRC; MPG); Depurative (f; CRC; VVG); Diuretic (1; CRC; WBB); Emetic (1; CRC; RYM); Hemostat (f; CRC; DEP; WBB); Insectifuge (f; CRC; WBB); Insecticide (1; ZUL); Lactagogue (f; CRC; JFM; MPG); Laxative (1; AAB; VVG; WBB); Molluscicide (1; CRC; ZUL); Narcotic (f; CRC); Parasiticide (f; 60P); Piscicide (1; CRC; WBB; ZUL); Proteolytic (f; ZUL; 60P); Rodenticide (1; CRC); Rubefacient (f; CRC; MPG; ZUL); Vermifuge (1; CRC; JFM; WBB); Vulnerary (1; CRC; 60P).

Indications (Purging Nut) — Abscess (f; 60P); Alopecia (f; CRC; ZUL); Anasarca (f; CRC); Aneurism (f; DEP); Angina (f; WBB); Anorexia (f; MPG); Arthrosis (f; MAD; WBB); Ascites (f; CRC; WBB); Backache (f; AAB); Bacteria (1; MPG; TRA); Bleeding (f; CRC; DEP; MPG; WBB); Boil (f; VVG; ZUL); Burn (f; CRC; JFM; MPG); Cancer (1; FNF; HAD; JLH; TRA; VVG; ZUL); Candida (1; AAB; CRC; JFM; TRA); Carbuncle (f; CRC); Catarrh (f; MPG); Childbirth (f; CRC); Chill (f; MAD); Cholera (f; MAD); Cold (f; JFM); Colic (f; MPG); Constipation (1; AAB; JFM; VVG; WBB; ZUL); Convulsion (1; CRC; MPG; ZUL; 60P); Cough (f; CRC); Cramp (f; MAD; 60P); Cyanosis (f; MAD); Dermatosis (f; CRC; WBB; ZUL); Diarrhea (1; CRC; JFM; MPG); Dropsy (f; CRC; RYM; WBB); Dysentery (f; CRC; JFM; MPG); Dyspepsia (f; CRC); Eczema (f; DEP; 60P); Erysipelas (f; CRC; JFM; MPG); Fever (f; CRC; JFM; 60P); Fit (f; ZUL); Fracture (f; MPG); Gastrosis (f; VAG); Gingivosis (f; AAB; MPG; 60P); Glossosis (f; MPG; ZUL); Gonorrhea (f; CRC; 60P); Gout (f; MPG; WBB; 60P); Headache (f; 60P); Heartburn (f; JFM); Hemorrhoid (f; JFM; MPG; 60P); Hernia (f; CRC; 60P); Herpes (1; DEP; MPG; TRA; ZUL); Incontinence (f; CRC); Infection (1; CRC; MPG; VVG); Inflammation (f; AAB; CRC; MPG); Jaundice (f; CRC; JFM; ZUL); Leishmaniasis (1; 60P); Leukemia (1; MPG; ZUL; 60P); Malaria (f; ZUL; 60P); Marasmus (f; JFM); Mycosis (1; 60P); Nephrosis (f; MPG); Neuralgia (f; CRC); Ovary (f; AAB); Pain (f; CRC); Paralysis (f; CRC; DAV; WBB); Parasite (1; MPG; 60P); Pharyngosis (f; AAB); Pleurisy (f; CRC); Pneumonia (f; CRC); Rash (f; CRC); Rheumatism (f; WBB); Ringworm (f; JFM); Scabies (f; CRC); Sciatica (f; CRC; WBB); Sinusosis (f; 60P); Sore (f; CRC; MPG; ZUL); Splenosis (f; JFM); Staphylococcus (1; MPG); Stomachache (f; CRC; MPG); Stomatosis (f; AAB); Streptococcus (1; DAV; MPG); Sunburn (f; 60P); Syncope (Kollaps) (f; MAD); Syphilis (f; CRC); Tetanus (f; CRC); Toothache (f; MAD; MPG); Tumor (1; FNF; HAD; JLH; TRA; VVG); Ulcer (f; CRC); Uterosis (f; CRC); VD (f; CRC; JFM; ZUL); Virus (1; CRC; TRA); Wart (2; MPG; 60P); Water Retention (f; AAB); Whitlow (f; CRC); Worm (1; CRC; JFM; MAD; WBB); Wound (f; CRC; JFM; VVG; WBB); Yaws (f; CRC); Yeast (1; CRC; TRA); Yellow Fever (f; CRC).

Dosages (Purging Nut) — 2 seeds purge but 4–5 may cause death (WBB).

Contraindications, Interactions, and Side Effects (Purging Nut) — Too poisonous to toy around with. Poisoning may cause amnesia, convulsions, delirium, diarrhea, nausea, vertigo, and visual disturbances (MAD).

PURPLE BEEBALM (*Monarda fistulosa* L.) ++

Activities (Purple Beebalm) — Carminative (1; FAD); Diaphoretic (f; FAD); Vermifuge (f; FAD).

Indications (Purple Beebalm) — Cancer (1; FNF); Cardiopathy (f; FAD); Cold (1; FAD); Colic (1; FAD); Epistaxis (f; FAD); Fever (1; FAD); Gas (1; FAD); Headache (f; FAD); Insomnia (f; FAD); Melanoma (1; FNF); Worm (f; FAD).

PURPLE GROMWELL, RED GROMWELL (*Lithospermum erythrorhizon* Siebold & Zucc.) X

Activities (Purple Gromwell) — Analgesic (1; PH2); Antiangiogenic (1; X9615720); Antibacterial (1; DAA); Anticancer (1; DAA); Anti-HIV (1; X8277430); Antigonadotropic (1; X3899201); Antihyperthyroid (1; X6724503); Antiinflammatory (1; PH2; X11092541); Antimutagenic (1; X3278214); Antioxidant (1; X11092541); Antipyretic (1; DAA; HH3; PH2); Antisarcomic (1; DAA); Antiseptic (1; PH2; X1240939); Antithyroid (1; AKT); Antitumor (1; PH2; X2559188); Antiviral (1; X8277430); Apoptotic (1; X10483373); Candidicide (1; X10860491); Circulostimulant (f; DAA); Depurative (f; DAA); Detoxicant (f; LMP); Diuretic (f; LMP); Fungicide (1; X10860491); Granulant (1; DAA); Hypoglycemic (1; PH2); Immunomodulator (1; PH2); Lactobacillacide (1; HH3); Laxative (f; LMP).

Indications (Purple Gromwell) — Abscess (f; DAA); Bacteria (1; DAA; HH3); Bleeding (f; DAA); Blister (f; LMP); Boil (f; DAA); Burn (f; DAA); Cancer (1; DAA; HHB; JLH; PH2; X2559188; X3278214); Candida (1; X10860491); Chickenpox (f; LMP); Chilblain (f; DAA); Circulosis (f; LMP); Constipation (f; DAA; LMP; PH2); Dermatosis (1; DAA; HH3; PH2); Diabetes (1; PH2); Dysuria (f; DAA; PH2); Eczema (f; DAA; HH3; PH2); Ectoparasite (f; LMP); Escherichia (1; HH3); Fever (1; DAA; HH3; PH2); Fungus (1; X10860491); Gastrosis (f; LMP); Hemorrhoid (f; DAA); Hepatosis (f; HH3); HIV (1; X8277430); Hyperglycemia (1; PH2); Hyperthyroid (1; AKT); Infection (1; PH2; X10860491); Inflammation (1; PH2; X11092541); Measles (1; DAA; LMP); Mycosis (1; X10860491); Pain (1; PH2); Parasite (f; LMP); Pemphigus (f; DAA); Purpura (f; HH3); Scarlet Fever (f; DAA; LMP); Shigella (1; HH3); Smallpox (f; DAA; PH2); Sore (f; DAA); Sting (f; LMP); Strangury (f; PH2); Staphylococcus (f; PH2); Tumor (1; PH2; X2559188); Virus (1; X8277430); Water Retention (f; LMP); Wound (f; DAA; LMP); Virus (1; X8277430); Yeast (1; X10860491).

Dosages (Purple Gromwell) — Do not take it (JAD); 3–10 g (HH3); 5–8 g root for smallpox (PH2).

Contraindications, Interactions, and Side Effects (Purple Gromwell) — Not covered (AHP). Too toxic for internal use due to pyrollizidine alkaloids with 1,2-unsaturated necic parent substances (PH2). High oral doses cause diarrhea in mice (HH3). LD50 (ether root extract) = 40 mg/kg ipr mouse (HH3), LD50 (ether root extract) = >5000 mg/kg orl mouse (HH3), LD50 (water root extract) = >5000 mg/kg ipr mouse (HH3), LD50 (water root extract) = >10,000 mg/kg orl mouse (HH3). Contains at least four antisarcomic phytochemicals,; alkannan, cycloshikonin, dihydroshikonin, and shikonin (DAA).

PURPLE LOOSESTRIFE (*Lythrum salicaria* L.) ++

Activities (Purple Loosestrife) — Antibacterial (1; PH2); Antiinflammatory (1; PH2); Antiseptic (1; PH2); Astringent (1; EFS; FEL; MAD; PH2); Candidicide (1; X10857921); Demulcent (f; FEL); Hemostat (f; MAD); Tonic (f; EFS).

Indications (Purple Loosestrife) — Bacteria (1; MAD; PH2); Bleeding (1; MAD; PH2); Candida (1; X10857921); Catarrh (f; PH2); Colitis (f; FEL); Colorectosis (f; FEL); Dermatosis (1; FEL; MAD; PH2); Diarrhea (f; EFS; HHB; MAD; PH2); Dysentery (f; EFS; HHB; MAD); Dysmenorrhea (f; PH2); Eczema (f; MAD; PH2); Enterosis (f; MAD; PH2); Fever (1; DEM; MAD); Fungus (1; X10857921); Gastrosis (f; MAD); Gingivosis (1; PH2); Gleet (f; FEL); Gonorrhea (f; FEL); Hemoptysis (f; MAD); Hemorrhoid (1; EFS; PH2); Infection (1; PH2); Inflammation (1; PH2); Itch (f; MAD); Leukorrhea (f; FEL; MAD); Mycosis (1; X10857921); Ophthalmia (f; FEL); Sore (f; MAD); Stomachache (f; MAD); Typhus (f; HHB; MAD); Varicosis (f; MAD); Yeast (1; X10857921).

Dosages (Purple Loosestrife) — 30–60 grains powder (FEL); 2–4 g in tea (HHB); 3 g herb/100 ml tea 2–3 ×/day (PH2); 20 g herb to 100 ml 20% ethanol, steep 5 days, take 2–3 tsp/day (PH2); 0.5 g liquid extract (children), 3–5 g (adult) (MAD); 1–3 oz decoction (FEL).

Contraindications, Interactions, and Side Effects (Purple Loosestrife) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

PURPLE TEPHROSIA (*Tephrosia purpurea* (L.) Pers.) +

Activities (Purple Tephrosia) — Alexeteric (f; KAB); Alterative (f; KAB; KAP); Antipyretic (f; KAB; KAP); Bitter (f; KAB; KAP); Cholagogue (f; KAP); Deobstruent (f; KAP); Depurative (f; KAB); Diaphoretic (f; KAP); Diuretic (f; KAB; KAP); Insecticide (f; WOI); Laxative (f; KAB); Piscicide (f; KAB); Tonic (f; KAB); Vermifuge (f; KAB; WOI).

Indications (Purple Tephrosia) — Acne (f; KAB; SKJ); Ascites (f; WOI); Asthma (f; KAB; WOI); Biliousness (f; WOI); Bleeding (f; WOI); Boil (f; KAB); Bright's Disease (f; WOI); Bronchosis (f; KAB); Cancer (f; KAB); Cardiopathy (f; KAB); Caries (f; KAB); Colic (f; KAB); Constipation (f; KAB); Cough (f; KAB; WOI); Dermatosis (f; KAP); Diarrhea (f; KAB; WOI); Dropsy (f; WOI); Dyspepsia (f; KAB; WOI); Dysuria (f; WOI); Eczema (f; KAP; WOI); Elephantiasis (f; WOI); Enterosis (f; KAB); Fever (f; KAB; KAP); Gas (f; KAB); Gonorrhea (f; KAB); Hemorrhoid (f; KAB); Hepatosis (1; KAB; WOI); Impotence (f; SKJ); Inflammation (f; KAB; WOI); Itch (f; WOI); Jaundice (f; WOI); Leprosy (f; KAB; WOI); Nephrosis (f; KAB); Pain (f; WOI); Pulmonosis (f; KAB); Rheumatism (f; WOI); Scabies (f; WOI); Snakebite (f; KAB; SKJ); Sore (f; KAB); Splenosis (f; KAB); Syphilis (f; KAB); Thirst (f; KAB); Urogenitosis (f; WOI); VD (f; KAB); Worm (f; KAB; WOI); Wound (f; KAB).

Dosages (Purple Tephrosia) — 3–6 g powdered herb (KAP); 12–20 ml infusion (KAP).

PURSLANE (*Portulaca oleracea* L.) +++

Activities (Purslane) — Alterative (f; DAV); Antipyretic (f; AAB); Aperient (f; DAV); Antibacterial (1; AAB; WOI); Antioxidant (1; AAB); Antiscorbutic (1; DAV JFM); Antiseptic (1; AAB; FAD; 60P); Antiviral (f; DAV); Astringent (1; DAV); Cardiotonic (f; JFM); Demulcent (f; DAV); Depurative (f; AAB); Diuretic (1; AAB; DAV; FAD); Emmenagogue (f; JFM); Emollient (f; DAV); Fungicide (f; DAV); Hemostat (1; FAD); Hepatoprotective (f; 60P); Hyperglycemic (1; 60P); Hypoglycemic (1; AAB; WOI); Hypotensive (1; FAD); Laxative (f; JFM); Myorelaxant (1; AAB; 60P); Sedative (f; DAV); Tonic (f; WBB); Uterocontractant (1; 60P); Uterotonic (1; AAB); Vermifuge (f; DAV).

Indications (Purslane) — Abscess (f; FAD); Anaphylaxis (1; FNF; HAD); Anthrax (f; DAV); Bacteria (1; AAB; WOI); Bite (f; DAV); Bleeding (1; AAB; FAD); Blennorrhagia (f; DAV); Boil (f; DAV); Bruise (f; JFM); Burn (f; FAD; WOI); Cancer, eye (1; JLH); Cancer, testicle (1; JLH); Cancer, uterus (1; JLH); Cardiopathy (1; AAB; FNF; HAD); Cold (f; DAV); Colic (f; DAV); Conjunctivosis (f; JFM); Constipation (f; JFM); Corn (f; JLH); Cough (f; AAB); Cystosis (f; JFM); Dermatosis (f; DAV); Diabetes (1; AAB; WOI); Diarrhea (f; DAV); Dysentery (f; DAV; WOI; 60P); Dysuria (f; FAD; WOI); Earache (f; FAD; WOI); Eczema (f; DAV; FAD); Edema (f; DAV; JFM); Erysipelas (f; DAV; WOI); Fever (f; AAB; 60P); Fungus (f; DAV); Gastrosis (f; 60P); Headache (f; AAB; FAD); Hematuria (f; WOI); Hemoptysis (f; WBB); Hemorrhoid (f; DAV); Hepatosis (f; JFM; WOI); Herpes (f; DAV); High Blood Pressure (1; FAD); Infection (1; AAB; DAV); Insomnia (f; DAV); Hyperglycemia (1; AAB; DAV; WOI); Hypoglycemia (1; 60P); Hypotension (f; DAV); Inflammation (f; FAD; JLH); Itch (f; FAD); Leukorrhea (f; DAV); Low Blood Pressure (1; 60P); Mastosis (f; WOI); Mycosis (f; DAV); Nausea (f; DAV); Nephrosis (f;

JFM; 60P); Nervousness (f; DAV); Ophthalmia (f; JFM); Palpitation (f; JFM); Pleurosis (f; DAV); Pulmonosis (f; WBB); Shigella (1; AAB); Snakebite (f; WBB); Sore (1; AAB; FAD); Splenosis (f; WOI); Staphylococcus (1; AAB); Sting (1; FAD; FNF; JAD); Stomachache (f; FAD); Stomatosis (f; WOI); Strangury (f; FAD); Swelling (f; JFM; WOI); Toothache (f; WOI); Tumor (f; DAV); Ulcer (f; AAB); Urethrosis (f; JLH); Virus (f; DAV); Wart (f; JLH); Whitlow (f; JFM); Worm (f; DAV; JFM); Wound (f; AAB).

Dosages (Purslane) — Food farmacy; treat it like spinach, I like it much better myself.

Contraindications, Interactions, and Side Effects (Purslane) — Can cause oxalic acid damage, fatal to animals grazing heavily on it (WOI). Rich source of pre-vitamin A, and vitamins C and E, as well as omega-3-fatty acids.

PUSSYTOES, CAT'S FOOT (*Antennaria dioica* (L.) Gaertn.) ++

Synonym: *Gnaphalium dioicum* L.

Activities (Pussytoes) — Antibacterial (f; HH3); Antispasmodic (1; PH2); Cholagogue (1; HH3); Choleretic (1; PH2); Discutient (f; GMH); Diuretic (f; PH2); Immunostimulant (1; PH2); Phagocytotic (1; PH2).

Indications (Pussytoes) — Bacteria (f; HH3); Bite (f; GMH); Bronchosis (f; HH3); Cancer (f; JLH); Cancer, breast (f; JLH); Cough (f; HH3); Cramp (1; PH2); Diarrhea (f; PH2); Enterosis (f; PH2); Gastrosis (f; HH3); Immunodepression (1; PH2); Infection (f; HH3); Ischiosis (f; HH3); Lumbago (f; HH3); Mastosis (f; JLH); Neuralgia (f; HH3); Ophthalmia (f; DEM); Parotosis (f; GMH); Quinsy (f; GMH); Respirosis (f; PH2); Rheumatism (f; HH3); Snakebite (f; GMH); Snow-Blindness (f; DEM).

Dosages (Pussytoes) — 0.5–1 drachm fluid extract (GMH); wineglass full (1 oz herb/pint boiling water) (GMH); 1 g/cup hot tea (PH2).

Contraindications, Interactions, and Side Effects (Pussytoes) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

PUSSY WILLOW (*Salix discolor* Muhl.) ++

Activities (Pussy Willow) — Analgesic (1; DEM; FNF); Antiaggregant (1; FNF); Anticancer (f; MIC); Antipyretic (1; DEM; FNF); Astringent (f; DEM); Hemostat (f; DEM); Lactagogue (f; DEM).

Indications (Pussy Willow) — Alactea (f; DEM); Bleeding (f; DEM); Bruise (f; MIC); Cancer (f; MIC); Cold (f; MIC); Diarrhea (f; DEM); Fever (1; DEM; FNF); Gastrosis (f; DEM); Hemorrhoid (f; DEM); Loneliness (f; DEM); Nephrosis (f; MIC); Pain (1; DEM; FNF); Pharyngosis (f; DEM); Sore Throat (f; DEM); Stomachache (f; DEM); Syncope (f; DEM); Tremor (f; DEM); Tuberculosis (f; DEM).

Contraindications, Interactions, and Side Effects (Pussy Willow) — See *Salix alba* (White Willow). Probably enough salicylic acid in the plant to impart the activities and indications of salicylates.

PYGEUM (*Prunus africana* (Hook. f.) Kalkman) +++

Synonym: *Pygeum africanum* Hook. f.

Activities (Pygeum) — Antialzheimeran (1; COX; FNF); Antiandrogenic (1; SHT); Antiarthritic (1; COX; FNF); Anticancer (1; COX; FNF); Antiinflammatory (1; COX; FNF; SHT); Antiprostaglandin (1; SHT); COX-2 Inhibitor (1; COX; FNF); Decongestant (1; SKY); Hypocholesterolemic (1; SHT).

Indications (Pygeum) — Alzheimer's (1; COX; FNF); Arthrosis (1; COX; FNF); BPH (1; SHT; VVG); Cancer (1; COX; FNF); Chest Pain (f; VVG); Congestion (1; SKY); Dysuria (1; SHT); High Cholesterol (1; SHT); Inflammation (1; COX; FNF; SHT); Nocturia (1; SHT); Pain (f; VVG; ZUL); Pollakisuria (1; SHT); Rib Ache (f; ZUL).

Dosages (Pygeum) — 100–200 mg/day StX (lipophilic); 50–100 mg StX (13% sterols calculated as beta-sitosterol) 2 ×/day (SKY).

Contraindications, Interactions, and Side Effects (Pygeum) — "Devoid of severe side effects ... mutagenesis and teratogenesis" (SHT). Rare reports of GI irritation in clinical studies of lipophilic extract (SKY). Varro Tyler cautioned against self medication with BPH. Whenever treating BPH a practitioner should be involved. Base-line levels of PSA should be established before considering an herbal treatment (JAD). Phytosterols, both free and conjugated, compete with androgen receptors and inhibit prostaglandin synthesis. Pentacyclic terpenes, and crataegolic, oleanolic, and ursolic acids inhibit inflammation by inhibiting the glucosyl transferase and beta-glucuronidase enzyme, which are involved in depolymerizing connective proteoglycans. Ferulic acid esters of fatty alcohols reduce prostate cholesterol, hindering androgen synthesis and reducing levels of the hormone prolactin. Prolactin increases uptake of testosterone in the prostate, and cholesterol increases binding sites for testosterone and its more active form, dihydrotestosterone (SHT; SKY). An important source of the COX-2-Inhibitor, ursolic-acid (COX).

PYRETHRUM (*Tanacetum cinerariifolium* (Trevir.) Sch. Bip.) ++

Synonyms: *Chrysanthemum cinerariifolium* (Trevir.) Vis., *Pyrethrum cinerariifolium* Trevir.

Activities (Pyrethrum) — Antiseptic (1; WO2); Ascaricide (1; CRC; HHB); Insecticide (1; CRC); Myorelaxant (1; HHB); Neurotoxic (insect) (1; PHR); Parasiticide (1; CRC); Pediculicide (1; PHR; PH2); Scabicide (1; PHR; PH2); Vermifuge (1; CRC; EFS; HHB).

Indications (Pyrethrum) — Ascaris (1; CRC; HHB); Bacteria (f; CRC); Dysentery (f; HHB); Malaria (f; HHB); Parasite (1; CRC); Pediculosis (f; CRC; PHR; PH2); Scabies (f; CRC; PHR; PH2); Tuberculosis (f; CRC); Worm (1; CRC; EFS; HHB).

Contraindications, Interactions, and Side Effects (Pyrethrum) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (not given) (PH2). "Urticaria, asthma, and rhinosis have been reportedly induced by pyrethrin and by working with pyrethrin preparations. In humans, overdoses cause headache, tinnitus, facial pallor, epigastralgia, nausea, syncope, and asphyxia. Overdoses of the powder will cause unconsciousness, albuminuria, pallor, collapse, slow and heavy heartbeat, respiratory difficulties, and nausea" (CRC).

Q

QUASSIA (*Picrasma excelsa* (Sw.) Planch.) +

Synonym: *Quassia excelsa* Sw.

Authors have wisely aggregated *Picrasma* and *Quassia*, two different genera in the Simaroubaceae, which few taxonomists and fewer temperate herbalists can distinguish as wood shavings, even as botanical shrubs with flowers and fruits.

Activities (Quassia) — Amebicide (1; APA; HH3); Antibacterial (1; APA); Anticancer (1; PH2); Antileukemic (1; APA); Antilymphomic (1; APA); Antiplasmodial (1; HH3); Antiseptic (1; PH2); Antitumor (1; APA); Antiviral (1; PH2); Aperitif (1; JFM; PHR; PH2); Bitter (2; APA; JAD; PH2; SHT); Choleretic (1; APA; PHR); Cytotoxic (1; HH3); Digestive (1; CRC; JFM; PHR; PH2); Fungicide (1; APA); Gastrostimulant (2; APA; JAD); Hepatotonic (f; APA); Insectifuge (f; APA); Insecticide (1; CRC; JFM; PH2); Laxative (f; PHR); Narcotic (1; CRC); Negative Chronotropic (1; PH2); Pesticide (f; APA); Piscicide (1; CRC); Positive Inotropic (1; HH3; PH2); Sialagogue (2; APA; CAN; HH3); Stomachic (f; CRC; JFM); Tonic (f; CRC; JFM; PHR); Vermifuge (1; CRC; JFM; PHR; PH2).

Indications (Quassia) — Amebiasis (1; APA; HH3); Anorexia (2; APA; HH3; JFM; PHR; PH2); Bacteria (1; APA); Cancer (1; APA; PH2); Cholecystosis (f; APA); Constipation (f; PHR); Dysentery (f; JFM); Dyspepsia (f; HH3; JFM; PH2); Epithelioma (f; CRC); Fever (f; CRC; HH3; JFM); Fungus (1; APA); Hepatosis (f; APA); Infection (1; APA; HH3; PH2); Leukemia (1; APA); Malaria (1; HH3; JFM); Mycosis (1; APA); Nematode (f; APA); Nephrosis (f; APA); Parasite (1; APA); Pediculosis (1; APA; CAN); Pinworm (1; JFM); Tumor (1; APA); Virus (1; PH2); Worm (1; APA; CRC; JFM; PHR; PH2); Wound (f; HH3).

Dosages (Quassia) — 1–2 g wood decoction/day (AHP); 1–4 ml concentrated BPC wood infusion (CAN); 0.25 tsp (0.5 g) powdered wood/cup water, half-hour before meals (APA); 0.3–0.6 g powdered wood (PNC); 0.3–0.6 g dry wood, or in cold tea, 3 ×/day (CAN); 2.5–5 ml concentrated wood tea (PNC); 2.5–5 ml wood tincture or tea (APA); 2–4 ml quassia tincture (CAN); 2.5–5 ml quassia tincture (PNC).

Contraindications, Interactions, and Side Effects (Quassia) — Class 2b (AHP). Excessive amount can irritate the gastric mucosa and cause vomiting. Use during pregnancy and lactation is discouraged. Excessive doses may interfere with cardiac and coagulant therapy (CAN). Folklore has it that chronic use can lead to poor vision, even total blindness, shades of another bitter, absinth. No side effects noted in 454 patients who used quassia tincture as a scalp lotion for head lice.

QUEBRACHO (*Aspidosperma quebracho-blanco* Schltdl.) ++

Activities (Quebracho) — Adrenolytic (1; X7841224); Anesthetic (1; LAF); Antiasthmatic (f; EFS); Antiperiodic (f; EFS); Antipyretic (1; LAF); Antispasmodic (1; LAF; PH2); Aperitif (f; PH2); Aphrodisiac (1; LAF; PHR); Bitter (f; PHR); Diaphoretic (1; PH2); Diuretic (1; LAF); Expectorant

(f; PHR); Hypertensive (1; ABS); Hypotensive (1; LAF); Respirastimulant (f; LAF; PHR; PH2); Sedative (1; PH2); Sialagogue (1; PHR; PH2); Stimulant (f; EFS); Tonic (f; EFS); Uterosedative (1; LAF); Vasoconstrictor (1; LAF).

Indications (Quebracho) — Anorexia (f; PH2); Asthma (f; EFS; PHR; PH2); Bronchosis (f; PHR; PH2); Cold (f; HH2); Cramp (1; LAF; PH2); Dyspnea (f; PH2); Emphysema (1; HAD); Fever (1; LAF; PH2); High Blood Pressure (1; LAF); Impotence (1; FNF; LAF); Insomnia (1; PH2); Low Blood Pressure (1; ABS); Malaria (f; HH2); Nervousness (1; PH2); Pain (1; LAF); Respirosis (f; PHR); Water Retention (1; LAF; PH2).

Dosages (Quebracho) — Approved for food use (maximum use level is ca. 0.003%) e.g., ca. 35 ppm bark in baked goods, 30 ppm bark in candy (LAF)); 1–2 g bark per dose (HH2; PH2); 2.5–5 g bark tincture (HH2).

Contraindications, Interactions, and Side Effects (Quebracho) — Not covered (AHP; KOM). "Health hazards not known with proper therapeutic dosages" (PH2). Large doses may cause cramps, diaphoresis, dyspnea, nausea, paralysis, vomiting, even death. Side effects include headache, lethargy, salivation, stupor, and vertigo (HH2; PH2).

QUEEN ANNE'S LACE (*Daucus carota* L. subsp. *carota*) +

Activities (Queen Anne's Lace) — Antilithic (f; APA); Aphrodisiac (1; APA); Cardioactive (1; APA); Carminative (f; APA); Chemopreventive (1; APA); Contraceptive (1; APA); Diuretic (f; APA; CAN); Emmenagogue (f; APA); Hepatoprotective (1; APA); Hypotensive (1; APA); Myorelaxant (1; APA); Vasdodilator (1; APA).

Indications (Queen Anne's Lace) — Bladder Stone (f; APA); Calculus (f; CAN); Cancer (1; APA); Cystosis (f; CAN); Diabetes (f; APA); Dyspepsia (f; APA); Gas (f; APA); Gout (f; JAD); Gravel (f; JAD); Hepatosis (1; APA); High Blood Pressure (1; APA); Lithuria (f; CAN); Nephrosis (f; APA); Ophthalmia (1; APA); Pinworm (1; APA); Water Retention (f; APA; CAN); Worm (1; APA).

Dosages (Queen Anne's Lace) — 1–2 raw carrots (APA); 1–2 cups carrot juice (APA); 2–4 g dry herb, or in tea, 3 ×/day (CAN); 2–4 ml liquid extract (1:1 in 25% ethanol) 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (Queen Anne's Lace) — Class 2b (AHP). CAN cautions that furanocoumarins are phototoxic and may cause dermatosis. 60% antifertility effects in rats are reported. Conversely, 20%, 40%, and 10% activities were exhibited by aqueous, alcoholic, and petrol extracts, respectively. Weak estrogenic and antiimplantation activity reported for seed extracts. Coumarin is a weak estrogen. Excessive doses may interfere with blood pressure, cardiac, and hormone medications. "In view of the documented estrogenic activity and potentially toxic irritant volatile oil, excessive doses of wild carrot during pregnancy and lactation should be avoided" (CAN). Seeds contain psychoactive myristicin (APA). The faces of my granddaughter and Judi's daughter, especially their noses, turned orange after eating a full bottle of carrot baby food. Seed oil LD50 = >5000 mg/kg orl mus, LD50 = >5000 mg/kg der gpg, antispasmodic ($^{1}/_{10}$th papaverine). Cholinergic activity reported for choline, no real surprise there. A 1995 study of carrot extracts showed that it protected the liver from carbon-tetrachloride damage (APA).

QUEEN'S DELIGHT (*Stillingia sylvatica* Garden ex L.) X

Synonyms: *S. sylvatica* subsp. *tenuis* (Small) D. J. Rogers, *S. tenuis* Small.

Activities (Queen's Delight) — Alterative (f; CRC; FEL; PNC); Anticancer (f; HOX); Antiscrofulic (f; EFS); Antispasmodic (f; CAN); Antisyphilitic (f; EFS); Astringent (f; CAN); Carcinogenic (1; CAN; PHR); Depurative (f; CRC; PHR; PH2); Digestive (f; PHR; PH2); Diuretic (1; CRC; PHR;

PH2); Edemagenic (1; PH2); Emetic (f; CRC; FEL; PHR); Expectorant (f; EFS); Inflammatory (1; PHR; PH2); Irritant (1; PHR; PH2); Laxative (1; CAN; CRC; FEL; PHR; PH2); Sialagogue (f; CAN; CRC); Tonic (1; CRC; PHR); Toxic (f; EFS).

Indications (Queen's Delight) — Adenopathy (f; HH2); Bile (f; PH2); Bronchosis (f; CAN; CRC; HH2); Cancer (f; CRC; HOX); Cancer, breast (f; JLH); Childbirth (f; CRC); Cholecystosis (f; PHR); Cold (f; HH2); Constipation (1; CAN; CRC; FEL; PHR; PH2); Cough (f; FEL); Cramp (f; CAN); Croup (f; CRC; HH2); Dermatosis (f; CRC; HH2; PHR; PH2); Dysmenorrhea (f; CRC); Elephantiasis (f; HH2); Fever (f; HH2); Gonorrhea (f; DEM; HH2); Hemorrhoid (f; CAN; HH2); Hepatosis (f; HH2; PHR; PH2); Laryngismus stridulus (f; CAN); Laryngosis (f; CAN; CRC; HH2); Leukorrhea (f; CRC; FEL); Mastosis (f; JLH); Mucososis (f; FEL); Osteosis (f; FEL); Pharyngosis (f; FEL); Rheumatism (f; FEL); Scrofula (f; CRC; EFS; HHB); Syphilis (f; CRC; EFS; HH2; PH2); VD (f; CRC; DEM; PH2); Water Retention (1; CRC; PHR; PH2).

Dosages (Queen's Delight) — 1–2 g dry root, or in tea, 3 ×/day (CAN; HH2); 0.5–2 ml liquid root extract (1:1 in 25% ethanol) 3 ×/day (CAN; HH2); 1–4 ml bark tincture (1:5 in 45% ethanol) 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (Queen's Delight) — Class 2c. Caustic latex may irritate mucosa (AHP). CAN cautions diterpenes can irritate the GI tract. Not recommended for internal use. Due to irritant diterpenes, its use in pregnancy and lactation is to be avoided. Diterpene esters cause swelling and irritation of the skin and mucous membranes. Some are cocarcinogenic. Overdoses may cause aches, burning of the mouth and throat, cough, depression, dermatosis, diarrhea, dysuria, fatigue, perspiration, nausea, and vomiting (CAN).

QUINCE (*Cydonia oblonga* Mill.) ++

Synonyms: *C. vulgaris* Pers., *Pyrus cydonia* L.

Activities (Quince) — Antialcoholic (f; DAA); Astringent (1; DAA; EFS); Cardiac (f; EFS); Carminative (f; DAA); Demulcent (f; EFS; PH2); Diuretic (f; EFS); Emmenagogue (f; HHB); Expectorant (f; DAA); Hemostat (1; HHB); Pectoral (f; EFS); Tonic (f; EFS).

Indications (Quince) — Alcoholism (f; DAA); Amenorrhea (f; HHB); Arthrosis (f; PH2); Bleeding (1; HHB); Burn (f; HHB); Catarrh (f; PH2); Cancer (1; FNF; JLH); Cancer, breast (1; FNF; JLH); Cancer, cervix (1; FNF; JLH); Cancer, eye (1; FNF; JLH); Cancer, liver (1; FNF; JLH); Cancer, spleen (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Cervicosis (f; JLH); Chafing (f; HHB); Condyloma (f; JLH); Dermatosis (f; HHB); Diarrhea (1; PNC); Dysentery (f; DAA; EFS); Dysmenorrhea (f; DAA); Enterosis (f; PH2); Gas (f; DAA); Gastrosis (f; HHB; PH2); Headache (f; DAA); Hemoptysis (f; HHB); Hepatosis (f; JLH); Induration (f; JLH); Inflammation (f; PH2); Leukorrhea (f; HHB); Mastosis (f; HHB); Nipple (f; HHB); Ophthalmia (f; HHB; PH2); Pulmonosis (f; HHB); Scald (f; DAA); Sclerosis (f; DAA); Sore (f; DAA); Splenosis (f; JLH); Uterosis (f; JLH); Wart (f; JLH); Water Retention (f; EFS); Wound (f; PH2).

Dosages (Quince) — Fruit food farmacy. 1 tsp seed/cup water (PH2).

Contraindications, Interactions, and Side Effects (Quince) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

R

RABBIT TOBACCO (*Gnaphalium obtusifolium* L.) ++

Synonym: *Pseudognaphalium obtusifolium* (L.) Hilliard & Burtt.

Activities (Rabbit Tobacco) — Analgesic (f; CEB; DEM); Antiemetic (f; DEM); Aperitif (f; TOM); Diaphoretic (f; CEB); Diuretic (f; HHB); Expectorant (f; TOM); Pectoral (f; CEB); Vermifuge (f; CEB); Vulnerary (f; CEB).

Indications (Rabbit Tobacco) — Anorexia (f; TOM); Asthma (f; DEM; TOM); Bite (f; TOM); Bleeding (f; TOM); Bruise (f; CEB); Cancer (f; HHB; JLH); Catarrh (f; TOM); Chill (f; DEM); Cold (f; DEM); Coma (f; DEM); Cough (f; DEM); Cramp (f; DEM); Diarrhea (f; CEB); Diphtheria (f; DEM); Dysentery (f; CEB); Fever (f; CEB; DEM); Gastrosis (f; CEB); Hay Fever (f; TOM); Headache (f; DEM; TOM); Insanity (f; DEM); Insomnia (f; DEM); Migraine (f; TOM); Myalgia (f; DEM); Nervousness (f; DEM); Pain (f; CEB; DEM); Parotosis (f; DEM); Pulmonosis (f; DEM; TOM); Quinsy (f; CEB); Rheumatism (f; DEM); Sinusosis (f; TOM); Sore (f; TOM); Sore Throat (f; DEM); Sprain (f; DEM); Sting (f; TOM); Syncope (f; DEM); Tuberculosis (f; DEM); Vomiting (f; DEM); Water Retention (f; HHB); Worm (f; CEB).

Dosages (Rabbit Tobacco) — Handful of tops (flowers and leaves) to boil in 1 pint water, strain and boil to 0.5 pint, add 0.5 pint milk and heat until milk is at scalding, adults take 0.5 cupful.

Contraindications, Interactions, and Side Effects (Rabbit Tobacco) — Not covered (AHP; KOM; PH2).

RABDOSIA (*Rabdosia* spp. L.) +

This is truly a generic entry aggregating data on several species of *Rabdosia* from 43 abstracts provided me by Alan Tillotson. Such aggregation unfairly makes the *Rabdosia* genus look more powerful than the individual species. So do aggregations of many studies, on an individual species, make the better studied species appear better than an unstudied species in the same genus. It is, however, interesting to see what I had to say a decade and a half ago when I published my *Medicinal Plants of China* (DAA), "to treat carcinoma of esophagus and stomach ... oridonin being the main active principle.

Activities (Rabdosia) — Antiaggregant (1; X8249632); Antibacterial (1; X9241802); Anticarciogenic (1; X8020128); Antiherpetic (1; X10678355); Antileukemic (1; X2776235); Antilymphocytic (1; X2776235); Antisarcomic (1; X8010060); Antitumor (1; DAA); Antiulcer (1; X9241802); Antiviral (1; X10678355); Cytotoxic (1; DAA).

Indications (Rabdosia) — Bacteria (1; X9241802); Cancer, esophagus (1; DAA; X8174469); Cancer, stomach (1; DAA); Caries (1; X8020128); Embolism (1; X8249632); Esophagosis (1; DAA; X8174469); Gastrosis (1; DAA; X9241802); Helicobacter (1; X9241802); Hepatoma (1; DAA); Herpes (1; X10678355); Infection (1; X10678355); Leukemia (1; X2776235); Periodontosis (1; X8020128); Sarcoma (1; X8010060); Thrombus (1; X8249632); Tumor (1; DAA); Ulcer (1; X9241802); Virus (1; X10678355).

Extracts (Rabdosia) — Ponicidin (at low concentration without antiviral activities (0.2 μg/ml)) when combined with ACV or GCV, enhanced the cytotoxic levels in HSV-TK-expressing cells by 3 to 87-fold and 5 to 52-fold, respectively, compared with the nucleoside alone.

RADISH (*Raphanus sativus* L.) +++

Activities (Radish) — Antibacterial (1; WOI); Antioxidant (1; WOI); Antiseptic (2; KOM; PIP; PH2); Antiviral (1; HH2; PH2); Aperient (f; EFS); Aperitif (1; DEP; EFS; PHR); Carminative (f; DAA; KAB; WOI); Cholagogue (1; KAB; PHR); Choleretic (1; IHB; PH2); Depurative (f; EFS; WOI); Diaphoretic (f; LMP); Digestive (1; IHB; LMP); Diuretic (f; IHB; WOI); Emmenagogue (f; DEP; KAB); Expectorant (f; DAA; IHB); Gastrostimulant (2; KOM; PIP); Laxative (f; DEP; IHB); Litholytic (f; DEP); Secretagogue (2; KOM; PIP); Secretolytic (1; PH2); Stimulant (f; EFS); Stomachic (f; DAA; DEP; KAB); Vermifuge (f; KAB).

Indications (Radish) — Amenorrhea (f; KAB); Anorexia (2; DEP; EFS; PHR); Apoplexy (f; LMP); Asthma (f; DAA); Bacteria (1; DAA; WOI); Biliary Dyskinesia (2; KOM; PIP); Bladder Stone (f; DEP); Bronchosis (2; PHR; PH2); Bruise (f; DAA; LMP); Burn (f; LMP); Calculus (f; DEP); Cancer (f; JLH); Cancer, abdomen (f; JLH); Cancer, breast (f; LMP); Cancer, colon (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH; LMP); Cardiopathy (f; KAB); Catarrh (2; KOM; PIP; PH2); Cholecystosis (f; EFS; PH2; WOI); Cholera (f; KAB); Cold (2; PHR); Constipation (f; DEP; IHB); Corn (f; JLH); Cough (2; HH2; LMP; PHR; PH2); Diarrhea (f; LMP; PH2); Dropsy (f; DAA; LMP); Dysentery (f; LMP); Dyspepsia (2; KOM; LMP; PH2); Dysuria (f; DEP; KAB; PH2); Edema (f; DAA); Enterosis (f; JLH; PH2); Escherichia (1; WOI); Fever (2; LMP; PHR); Flu (1; IHB); Gallstone (f; HH2; PH2); Gas (1; DAA; KAB; PH2; WOI); Gastrosis (f; DEP); Gonorrhea (f; DEP); Headache (f; DAA; PH2); Hemorrhoid (f; KAB; WOI); Hepatosis (f; JLH; WOI); Hiccup (f; KAB); Induration (f; DEP); Infection (2; PHR); Inflammation (2; KAB; PHR); Ischuria (f; DEP); Leprosy (f; KAB); Lumbago (f; DAA; LMP); Mastosis (f; LMP); Nausea (f; PH2); Neuralgia (f; PH2); Oliguria (f; DAA); Ophthalmia (f; DAA); Pain (f; DEP; KAB; PH2); Paralysis (f; KAB); Pertussis (f; EFS; PH2); Pharyngosis (2; PHR); Polyp (f; JLH); Rash (f; SKJ); Respirosis (2; KOM; PIP; PH2); Rheumatism (f; DAA); Rhinosis (f; JLH); Ringworm (f; SKJ); Splenosis (f; KAB; JLH); Staphylococcus (f; DAA); Stomatosis (2; PHR); Stone (f; DEP; PH2); Strangury (f; DEP); Streptococcus (1; DAA; WOI); Syphilis (f; DEP; KAB); VD (f; DEP; KAB); Virus (1; HH2; PH2); Wart (f; JLH); Water Retention (f; IHB; WOI); Wen (f; JLH); Worm (f; KAB).

Dosages (Radish) — Food farmacy in my book. 50–100 ml expressed juice (HH2; KOM; PIP); 1.3 kg radish yield 1 liter radish juice (PH2).

Contraindications, Interactions, and Side Effects (Radish) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Due to the cholagogic effect of the drug, biliary colic could be triggered among patients with gallstones (PHR). Contraindicated in cholelithiasis (KOM; PIP). No drug-drug interactions or side effects reported (KOM; PIP).

Extracts (Radish) — Perhaps anticipating the work on sulforaphane at Johns Hopkins, WOI (1969) comments that radish seeds contain glycosidally bound oils containing allyl-, isopropyl-, and methyl-isothiocyanates and sulphoraphene [sic] and 4-methylsulfinyl-3-butenyl-cyanide, the corresponding nitrile of sulphoraphene and cleavage product of its glucoside. Sulphoraphene is antibacterial to *Escherichia, Pneumococcus, Pyrococcus*, and *Streptococcus*. It is blastokolic (inhibits germination of seeds). Raphanin, from the aqueous seed extract, may possibly be identical to sulphoraphene. Seeds contain broad spectrum machrolysin which is active against *Mycobacterium tuberculosis.* On a few occasions, PH2 has described plants as secretolytic, which other Commission E interpretations consider secretagogue. I suspect the PH2 is more likely the wrong party.

RAMSON, BEAR GARLIC (*Allium ursinum* L.) +++

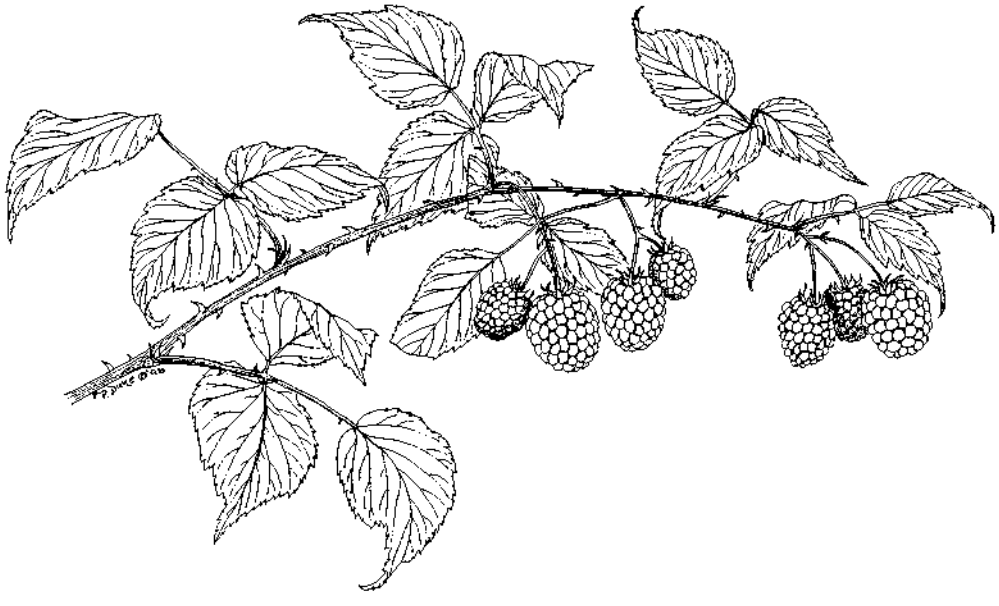
Activities (Ramson) — ACE Inhibitor (1; FNF; PH2); Antiaggregant (1; FNF; PH2); Antibacterial (1; HHB); Antioxidant (1; FNF); Antiseptic (1; FNF); Antispasmodic (1; FNF); Cardioprotective (1; X8455576); Cyclo-oxygenase Inhibitor (1; X1620734); Diaphoretic (1; FNF); Expectorant (1; FNF); Hypocholesterolemic (1; FNF); Hypotensive (1; FNF); Lipolytic (f; PH2); 5-Lipoxygenase Inhibitor (1; X1620734); Tonic (f; HHB).

Indications (Ramson) — Asthma (1; FNF); Atherosclerosis (1; BIS; FNF; PH2); Bacteria (1; HHB); Bronchosis (1; FNF); Cardiopathy (1; X8455576); Catarrh (1; FNF); Cold (1; FNF); Cramp (1; FNF); Dermatosis (f; PH2); Dyspepsia (1; BIS; FNF; PH2); Enterosis (f; PH2); Fever (1; FNF); Flu (1; FNF); Gas (f; PH2); Gastrosis (f; BIS; PH2); High Blood Pressure (1; FNF; PH2); High Cholesterol (1; FNF); Hypertony (f; HHB); Infection (1; FNF); Pertussis (1; FNF); Obesity (f; PH2); Yeast (1; FNF).

Dosages (Ramson) — Food farmacy; 2–4 g root or shoot 3 ×/day (JAD).

Contraindications, Interactions, and Side Effects (Ramson) — While not covered by AHP, I think it merits their AHP Class 2c (JAD). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Some thiol-bearing compounds in garlic, onion, and their relatives can cause acantholysis *in vitro* and possibly pemphigus *in vivo*. Too much may induce flatulence, heartburn, and "thin blood" (people taking blood thinners may overthin their blood thereby). Some people are allergic to garlic relatives. Commission E reports foul breath, rare GI disturbances, and allergic reactions. CAN cautions that the sulphides may irritate the GI tract or cause dermatosis (CAN). Probably functions as a dilute garlic, sharing its activities and indications (JAD).

RASPBERRY (*Rubus idaeus* L.) ++



Synonyms: *R. buschii* (Rozanova) Grossh., *R. idaeus* var. *vulgatus* Arrh., *R. vulgatus* var. *buschii* Rozanova.

Activities (Raspberry) — Anticancer (1; JNU); Anticholinesterase (1; CAN); Antiinflammatory (1; FAD); Antipyretic (f; EFS); Antiseptic (f; PED); Antispasmodic (1; APA; CAN; PED); Antiviral (1; CAN); Astringent (1; CAN; CEB; FAD; PH2); Choleretic (f; KOM); Depurative (f; APA; KOM; PH2); Diaphoretic (f; KOM); Diuretic (f; KOM); Hemostat (1; APA); Laxative (f; PH2); Myostimulant (1; CAN); Postparturient (f; CAN); Stimulant (f; PED); Tonic (f; APA); Uterorelaxant (1; APA; FAD; PNC); Uterotonic (1; APA; FAD).

Indications (Raspberry) — Biliousness (f; DEM); Bleeding (1; APA); Boil (f; DEM); Cancer (1; JLH; JNU); Cancer, colon (1; JLH); Cancer, mouth (1; JLH); Cancer, stomach (1; JLH); Cancer, throat (1; JLH); Canker (f; APA; MIC); Cardiopathy (f; PHR; PH2); Cataract (f; DEM); Childbirth (f; CEB; DEM; PH2); Cholera (f; CEB); Cold (1; SKY); Condyloma (f; JLH); Conjunctivosis (f; APA; CAN); Constipation (f; DEM; PH2); Cough (f; APA); Cramp (1; APA; CAN; FAD; PED); Dementia (1; JNU); Dentition (f; DEM); Dermatosis (f; APA; KOM); Diabetes (f; KOM); Diarrhea (1; APA; FAD; MIC; SKY); Dysentery (1; FAD); Dysmenorrhea (1; APA; CEB; FAD); Dysuria (f; DEM); Enterosis (1; APA; JLH; KOM; PH2); Fever (f; CEB; EFS; KOM); Fever Blister (f; APA); Flu (1; KOM; PED); Gastrosis (f; JLH; KOM; PH2); Gonorrhea (f; CEB; DEM); Gravel (f; CEB); Heartburn (f; DEM); Hematuria (f; DEM); Hemoptysis (f; CEB); Hemorrhoid (1; APA); High Blood Pressure (f; DEM); Inflammation (1; APA; FAD); Lethargy (f; DEM); Low Blood Pressure (f; DEM); Measles (f; DEM); Metrorrhagia (1; APA); Morning Sickness (f; APA); Nausea (PED); Nephrosis (f; DEM); Ophthalmia (f; DEM); Parturition (1; FAD; PED); Pharyngosis (f; APA; PHR); Phthisis (f; CEB); Pregnancy (f; APA; SKY); Prostatosis (f; APA); Pulmonosis (f; KOM); Respirosis (f; PHR; PH2); Rheumatism (f; DEM); Sore (f; DEM); Sore Throat (1; APA; CEB; KOM; MIC; PH2; SKY); Stomach (f; MIC); Stomachache (f; DEM); Stomatosis (1; APA; JLH; PHR; PH2 KOM; MIC); Tonsilosis (1; FAD); Toothache (f; DEM); Ulcer (f; APA); Uterosis (f; CEB); VD (f; CEB; DEM); Virus (1; CAN); Wart (f; JLH); Water Retention (f; KOM); Wound (1; APA).

Dosages (Raspberry) — 1–2 tsp crushed leaf/cup water to 6 ×/day (APA; SKY; WIC); 1.5 g finely cut leaf (PHR); 0.25–0.5 cup fresh leaf (PED); 6–12 g dry leaf (PED); 4–8 g dry leaf, or in tea, 3 ×/day (CAN); 9 g dry leaf:45 ml alcohol/45 ml water (PED); 2–10 ml liquid leaf extract (PNC); 4–8 ml liquid leaf extract (1:1 in 25% ethanol) 3 ×/day (CAN; SKY); 1–3 (384 mg) leaf capsules 3 ×/day (APA).

Contraindications, Interactions, and Side Effects (Raspberry) — Class 1 (AHP). Should not be used during pregnancy, and, if taken during labor, should only be done under medical supervision. Still, raspberry leaf is widely recommended to be taken during pregnancy to help facilitate easier parturition. Unsuitable to use as an herbal remedy to treat eye infections such as conjunctivitis (CAN). While I thought of raspberry as astringent and maybe even binding, Lininger et al. (1998) say it may cause mild loosening of stools and nausea (SKY).

Extracts (Raspberry) — Extract appears to relax uterus only in pregnant rats and humans; inactive on nonpregnant uterus (PNC). Contrasts with CAN, who says that uteroactivity has been documented for a leaf infusion in both pregnant and nonpregnant rat and human uteri (CAN). Anthocyanins and polyphenols in berries of several *Ribes, Rubus,* and *Vaccinium* spp. have *in vitro* antiradical activity on chemically generated superoxide radicals. The extracts also inhibitor xanthine oxidase. All crude extracts were highly active toward chemically generated superoxide radicals. *Ribes nigrum* extracts exhibited most activity, being the richest in both anthocyanins and polyphenols. But *Ribes rubrum* extracts seem to contain more active substances (X1332092). The 10–12% tannins in the leaves make this tea competitive with the better publicized green tea for cancer and cardiopathy. And I suspect that the wild strains would be even better endowed, with the anticancer and cardioprotective polyphenols, than the cultivated raspberries.

RAUWOLFIA, SNAKEWOOD
(*Rauvolfia serpentina* (L.) Benth. ex Kurz) +

Activities (Rauwolfia) — Antiandrogenic (1; CRC); Antiarrhythmic (1; CRC; PHR; PH2); Antibacterial (1; CRC); Antidote, opiate (1; CRC); Antifertility (1; CRC); Antipyretic (1; KAP; WHO); Bitter (f; DEP; KAP); Carcinogenic (1; CRC; WHO); Cardiodepressant (1; KAP); Cardiotonic (f; WHO); CNS Depressant (1; CRC; KAP); Expectorant (1; HHB); Hypnotic (1; KAP; SUW); Hypotensive (2; KAP; KOM; PH2; SUW; WHO); Hypothyroid (1; HH2); Lactagogue (1; FNF); MDR Inhibitor (1; ABS; FNF; PR14:139); Narcotic (1; CRC); Peristaltic (1; WOI); Respiradepressant (1; KAP); Sedative (2; CRC; KOM; PH2; SUW; WHO); Sympathicolytic (1; PHR; PH2); Teratogenic (1; CRC); Tonic (f; KAP); Tranquilizer (1; KAP; WHO); Uterocontractant (1; HH2; KAB; PH2; SUW); Vermifuge (f; CRC; KAB).

Indications (Rauwolfia) — Addiction (f; CRC); Anxiety (2; HH2; KOM; PH2); Arrhythmia (1; CRC; PHR; PH2); Asthenia (f; WHO); Bacteria (1; CRC); Bite (f; PH2; WHO); Childbirth (f; DEP; KAP; PH2; SKJ; SUW); Cholera (f; CRC; DEP; KAB); Colic (f; HHB; KAB; PH2); Constipation (f; PHR; WHO); Corneal Opacity (f; DEP; KAB; SKJ; SUW); Cramp (f; HH2); Debility (f; PHR); Dermatosis (f; HHB); Diarrhea (f; DEP; PHR); Dropsy (f; PHR); Dysentery (f; DEP; KAP); Dyslactea (1; TGF); Dysuria (f; PH2); Eclampsia (f; HH2; PH2); Enterosis (f; CRC; KAB; KAP; PHR; SUW); Epilepsy (f; HH2; SKJ); Fever (1; DEP; KAP; PHR; PH2; WHO); Gas (f; PH2; WHO); Gastrosis (f; CRC; SKJ); Headache (1; CRC); Hepatosis (f; PHR; PH2; WHO); High Blood Pressure (2; CRC; KAP; KOM; PH2; SUW; WHO); Hyperthyroid (1; HH2); Hypertony (1; PHR; PH2); Hypochondria (1; CRC); Hysteria (f; HH2); Insanity (1; CRC; HH2; KAP; SKJ; SUW); Insomnia (2; CRC; KAP; KOM; PHR; PH2; SUW; WHO; WOI); Mental Problem (1; CRC; PHR); Migraine (f; CRC); Nausea (f; PH2); Nervousness (2; CRC; KAP; KOM; PHR; PH2; SUW; WHO); Ophthalmia (f; DEP; SKJ; SUW); Pain (f; DEP; KAB; SUW); Parasite (1; HH2); Parturition (f; SKJ); Rheumatism (f; HH2; PHR; WHO); Satyrism (1; CRC); Schizophrenia (1; CRC); Sinus Tachycardia (2; KOM); Snakebite (f; CRC; HHB; PHR; WOI); Somnambulism (f; HH2); Sore (f; KAB); Staphylococcus (1; ABS); Sting (f; CRC); Swelling (f; HHB); Tension (1; PH2); Ulcer (f; CRC); Vomiting (f; PH2; SKJ); Worm (f; CRC; HH2; KAB; SKJ); Wound (f; PH2).

Dosages (Rauwolfia) — 1–3 g powdered root for insanity (KAP); 20–30 g powdered root for high blood pressure (KAP); 200 mg root/day for 1–3 weeks (WHO); 600 mg drug or 6 mg alkaloids (KOM; HH2; PH2).

Contraindications, Interactions, and Side Effects (Rauwolfia) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Commission E reports for root, contraindications, adverse effects, and interactions of the toxic alkaloid reserpine (AEH). Contraindications: depression, lactation, pheochromocytoma, pregnancy, and ulcer (KOM; PH2). Side effects, often with minimum therapeutic dose (WOI), include depression, dizziness, drowsiness, dyspnea, erectile dysfunction, lethargy, rash, and reactive changes (dangerous while driving), reduced sexual potency, and stuffy nose (KOM; PH2; WOI). Drug interactions: appetite suppressants, barbiturates, digitalis glycosides, levodopa, neuroleptics, and sympathomimetics (KOM).

Extracts (Rauwolfia) — With normotensive cats, the alkaloid mix (as hydrochloride) at 2 mg/kg ivn lowered pressure 20 mm Hg, 1 mg/kg serpentine lowered it 30 mm, 2 mg/kg ajmaline lowered 16 mm, 2 mg/kg serpentinine 10 mm Hg. With experimentally hypertensive cats (155–165 mm Hg), the alkaloid mix (as hydrochloride) lowered pressure 70–76 mm Hg; ajmaline 40, serpentine 80, serpentinine 26–35 mm Hg (HH2). Reserpine, by its dopamine-depleting effect, may raise prolactin levels. Galactorrhea is one side effect of reserpine. Reserpine given orally to rabbits increased mammary gland secretions. Hypothalmic dopamine inhibits prolactin. Conversely estrogens promote prolactin production (in males and females). Galactorrhea is a side effect of

estrogenic contraceptives. Sulman (1970) developed a mammotropic index on which reserpine scored highest (5; 1 = normal mammary gland), when administered subcutaneously at 1 mg/kg for 5 days to estrogen-primed female rats. Other *Rauvolfia* alkaloids showed mastogenic activity as well, ajmalicine, ajmaline, and yohimbine are about half as potent as deserpidine, rescinnamine, and reserpine. Deserpidine modifies secondary sex characteristics. In female rats it suppresses vaginal keratization, induces permanent estrus, stimulates the mammaries; in males, it dissociates the endocrine and germinal functions of the testicles (KAP). Reserpine is considered useful in schizophrenia. It acts synergistically with chlorpromazine, leading to lower and minimizing adverse side effects. Serpentine is twice as hypotensive as ajmaline and synergistic with reserpine (KAP). Rescinnamine has the same activities, but weaker (and it is less toxic), raunescine, epsilon-reserpine, residine (WOI) are also active but less so than reserpine. Efflux pumps can be inhibited by reserpine, which, at 20 mg/L, reduced sparfloxacin, moxifloxacin, and ciprofloxacin IC(50)s and MICs by up to four-fold (*Journal of Antimicrobial Chemotherapy,* 42, no. 6, Dec 1998 p. 807–810).

RED BRYONY (*Bryonia dioica* Jacq.) X

Hager's Handbuch der Pharmazeutischen Praxis (HHB), from which PH2 wisely draws on occasion, treats red bryony as *B. dioica*, while PH2 treats it as *B. cretica* L. Further, HHB, on which I frequently draw, says that the chemistry of the red and white bryonies are fairly similar. Hence I am aggregating the *B. cretica* with *B. dioica* indications. Jonathan Hartwell calls both *B. alba* L. and *B. dioica* white bryony. EFS also treated *B. alba* and *B. dioica* in the same heading. KOM clarifies by uniting them as *B. cretica* and *B. dioica* as *B. cretica* var. *dioica,* while retaining *B. alba* discrete species but equating their activities and nonacceptance. For now I'll stick with the USDA nomenclature.

Activities (Red Bryony) — Antitumor (f; HHB); Cytotoxic (f; KOM); Diuretic (f; HHB; KOM); Emetic (1; KOM); Laxative (1; KOM); Toxic (1; PH2).

Indications (Red Bryony) — Adenopathy (f; JLH); Aposteme (f; JLH); Arthrosis (f; JLH; KOM); Cacoethes (f; JLH); Cancer (1; FNF; HHB; JLH); Cancer, abdomen (1; FNF; JLH); Cancer, breast (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, face (1; FNF; JLH); Cancer, gland (1; FNF; JLH); Cancer, joint (1; FNF; JLH); Cancer, spleen (1; FNF; JLH); Catarrh (f; HHB); Constipation (1; KOM); Enterosis (f; KOM); Fever (f; HHB); Gastrosis (f; KOM); Hepatosis (f; KOM); Induration (f; JLH); Infection (f; KOM); Mastosis (f; JLH); Peritonosis (f; PH2); Pleurosis (f; PH2); Polyp (f; JLH); Pulmonosis (f; HHB); Respirosis (f; PH2); Rheumatism (f; HHB); Splenosis (f; JLH); Tumor (f; HHB); Wart (f; JLH); Water Retention (f; HHB; KOM); Whitlow (f; JLH).

Contraindications, Interactions, and Side Effects (Red Bryony) — Not covered (AHP). Not approved (KOM). Commission E reports the root is a drastic laxative and emetic, while other therapeutic uses are not adequately documented. Contains toxic cucurbitacins (AEH). May cause abortion, anuria, blisters, colic, collapse, convulsions, cramps, death, dermatosis, diarrhea, dizziness, emesis, hematochezia, nephrosis, neurosis, paralysis, rash, and/or vomiting (KOM; PH2); 40 berries could kill an adult (PH2). One death attributed to 30 g (ca. 1 oz) root (PH2).

RED BUSH TEA (*Aspalathus* sp.) +++

Activities (Red Bush Tea) — Antianemic (f; APA); Antiaging (f; APA); Antiallergic (f; APA); Anti-HIV (1; X9209319); Antioxidant (1; FNF); Antispasmodic (1; VVG); Antiviral (1;

X9209319); Astringent (1; APA); Cardioprotective (1; VVG); Carminative (1; VVG); Radioprotective (1; APA).

Indications (Red Bush Tea) — Aging (1; APA; VVG); Allergy (f; APA); Anemia (f; APA); Cardiopathy (1; VVG); Colic (1; VVG); Cramp (1; VVG); Diarrhea (1; APA); Eczema (f; VVG); Gas (1; VVG); HIV (1; X9209319); Stomachache (1; APA); Virus (1; X9209319).

Dosages (Red Bush Tea) — 1–4 tsp dry leaf/cup water up to 3 ×/day (APA).

Contraindications, Interactions, and Side Effects (Red Bush Tea) — Class 1 (AHP; JAD). Not indexed (KOM; PHR; ZUL).

Extracts (Red Bush Tea) — Flavonoids isolated from rooibos include aspalathin, (+)-catechin, chrysoeriol, iso-orientin, isoquercitrin, isovitexin, luteolin, nothofagin, orientin, quercetin, rutin, and vitexin. Phenolic acids include caffeic acid, *p*-coumaric acid, *p*-hydroxybenzoic acid, ferulic acid, protocatechuic acid, syringic acid, and vanillic acid. Most of these compounds, widely distributed in nature, are antioxidants, but aspalathin, present at 15,000 ppm, is unique to *Aspalathus*. Relative antioxidant activity under this method of analysis was vanillic>ferulic>syringic>*p*-hydroxybenzoic>*p*-coumaric>caffeic acid, compared to caffeic>ferulic>*p*-coumaric in another study. Antioxidant activities of the flavonoids by this method was luteolin>quercetin>aspalathin> vitexin> isoquercitrin>rutin> (+)-catechin. Aggregating everything, BHT, luteolin>BHA>alpha-tocpherol>quercetin>aspalathin>vanillic acid> vanillic acid>ferulic acid>vitexin>isoquercitrin>syringic acid>*p*-hydroxybenzoic acid>*p*-coumaric acid>rutin> (+)-catechin>protocatechuic acid>caffeic acid. My biggest impression after reading this study is that, depending on the test you use, you can show almost any antioxidant to be better than another. Hence, all ads saying, "my antioxidant is better than yours," should be viewed as reversible, depending on the assay. APA, under *Aspalathus*, inserts their Delaneyite antioxidant template, hinting correctly that antioxidants can slow the aging process. All plants contain antioxidants. Therefore, Delaneyites say that all plants help prevent aging. Conversely, all plants contain oxidants, which increase aging. Therefore, Delaneyites say all plants cause aging.

RED CEDAR (*Juniperus virginiana* L.) ++

Activities (Red Cedar) — Abortifacient (1; CEB; DEM); Antiaggregant (f; CEB); Antiseptic (f; DEM); Antitumor (1; FAD); Cicatrizant (f; CEB); Deobstruent (f; DEM); Diaphoretic (f; DEM); Diuretic (f; DEM); Emmenagogue (f; CEB); Escharotic (1; CEB; FNF); Secretagogue (f; CEB); Sedative (f; DEM); Uterotonic (f; CEB); Vermifuge (f; CEB).

Indications (Red Cedar) — Arthrosis (f; CEB); Asthma (f; DEM); Bronchosis (f; FAD); Cancer (1; FAD; FNF; JLH); Canker (f; DEM); Caries (f; CEB); Catarrh (f; CEB); Cholera (f; DEM); Cold (f; CEB; DEM; FAD); Condyloma (1; FNF; JLH); Cough (f; CEB; DEM); Debility (f; CEB; DEM); Dermatosis (f; CEB; DEM); Dropsy (f; CEB); Dysmenorrhea (f; CEB); Dyspnea (f; DEM); Fever (f; DEM); Gangrene (f; CEB); Gout (f; CEB); Headache (f; CEB; DEM); Head Cold (f; CEB; DEM); Infection (f; CEB); Insomnia (f; DEM); Itch (f; DEM); Measles (f; DEM); Nervousness (f; CEB; DEM); Osteosis (f; CEB); Psoriasis (f; CEB); Rheumatism (f; CEB; DEM; FAD); Sore (f; CEB; DEM; FAD); Stomatosis (f; DEM); Swelling (f; DEM); Tumor (1; FAD; FNF); VD (1; CEB); Wart (1; CEB; FNF; JLH); Water Retention (f; DEM); Worm (f; CEB; DEM; FAD); Wound (f; CEB).

Dosages (Red Cedar) — "Oil of Savin is much used for the purpose of producing abortion, in doses of 10 to 15 drops 2 or 3 ×/day, and is probably the most certain article for that purpose known; continued use is apt to occasion inflammation of the stomach and bowels" (CEB).

RED CLOVER (*Trifolium pratense* L.) +++

Activities (Red Clover) — Alterative (f; CRC; GMH; PNC); Antiangiogenic (1; FNF; JAD); Anticancer (1; APA; JAD; SKY); Anticarcinogenic (1; APA; CAN); Antiinflammatory (1; APA); Antiosteoporotic (1; ABS; FNF; JAD); Antirheumatic (f; PED); Antiseptic (1; APA); Antispasmodic (1; APA; CAN; GMH; PHR; PH2); Aperitif (f; CRC; MAD); Astringent (f; CAN); Bitter (f; PED); Cholagogue (f; PED); Decongestant (1; APA); Depurative (f; DEM; FAD; PED); Diuretic (f; CRC; PED; WBB); Emmenagogue (f; PED); Estrogenic (2; APA; JAD; SKY); Expectorant (1; APA; FAD; PHR; PH2); Mastogenic (1; APA); Progesterogenic (1; AKT); Sedative (f; FAD; PED; WBB); Tonic (f; CRC); Vulnerary (f; PHR; PH2).

Indications (Red Clover) — Anorexia (f; CRC; MAD); Asthma (f; CRC; FAD); Athlete's Foot (f; CRC); Bright's Disease (f; DEM); Bronchosis (1; APA; FAD; MAD; PED); Burn (f; CRC; WBB); Caked Breast (f; MAD); Cancer (1; APA; JAD; MAD; SKY; WBB); Cancer, breast (1; APA; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, pancreas (1; FNF; JLH); Cancer, stomach (1; DEM; FNF; JLH); Cancer, tonsil (1; FNF; JLH); Carcinoma (f; FEL); Cardiopathy (1; AKT); Catarrh (f; MAD); Cholecystosis (f; CRC; MAD); Cold (1; APA); Congestion (1; APA); Conjunctivosis (f; MAD); Constipation (f; CRC); Corn (f; CRC); Cough (1; APA; FAD; MAD; PH2; SKY); Cramp (1; APA; CAN; GMH; PHR; PH2); Dermatosis (f; APA; CAN; CRC; PH2); Dysmenorrhea (f; MAD; PED); Eczema (f; AKT; APA; CAN; PHR; PH2); Dyspepsia (f; MAD); Dyspnea (f; MAD); Gout (f; CRC; MAD; WBB); Epithelioma (f; JLH); Hepatosis (f; CRC; MAD); Hot Flash (f; AKT); Inflammation (1; APA); Insomnia (f; FAD; PED; WBB); Jaundice (f; PED); Laryngosis (f; FEL); Leprosy (f; CRC); Leukorrhea (f; DEM; MAD); Mastosis (f; MAD); Measles (f; FEL); Menopause (2; APA; DEM; JAD); Nephrosis (f; MAD); Nervousness (f; FAD; PED; WBB); Ophthalmia (f; WBB); Osteoporosis (1; ABS; AKT; FNF; JAD); Pertussis (f; AKT; CAN; CRC; DEM; GMH; PHR; PH2; WBB); Phthisis (f; FEL); Psoriasis (f; AKT; APA; CAN; PHR; PH2); Pulmonosis (1; APA; PH2); Respirosis (f; PH2); Rheumatism (f; MAD; PED); Scrofula (f; CRC); Sore (f; CRC; FEL; MAD; WBB); Spasm (f; CRC); Splenosis (f; MAD); Swelling (f; JLH); Syphilis (f; APA; CRC); Tuberculosis (f; APA); Tumor (1; APA); VD (f; APA; CRC); Water Retention (f; CRC; PED; WBB); Wound (f; MAD).

Dosages (Red Clover) — 10–30 drops flower tincture (dried 1:5) 2–6 ×/day (AKT); 1–3 tsp dry flowers/cup water/up to 3 ×/day (APA; SKY); 4 g dry flowers, or in tea, 3 ×/day (CAN; PH2); 1.5–3 ml liquid flower extract (1:1 in 25% ethanol) 3 ×/day (CAN); 1–2 ml flower tincture (1:10 in 45% ethanol) 3 ×/day (CAN); 3 (350 mg) capsules 3 ×/day (JAD, NH); 1–2 tbsp fresh flower (PED); 2–3 g dry flower (PED); 3 g dry flower:15 ml alcohol/15 ml water (PED); 2.5–10 ml liquid flower extract (PNC); 2–4 ml flower tincture 3 ×/day (SKY); 2–6 g dry flowers 3 ×/day (SKY).

Contraindications, Interactions, and Side Effects (Red Clover) — Class 2b (AHP). Not covered by Commission E (KOM). CAN cautions that the isoflavonoids are estrogenic. Because of estrogenic activity, its use in pregnancy and lactation is to be avoided. Safe at levels normally consumed by humans, clovers have so much estrogenic activity that pregnant animals grazing heavily on them may suffer miscarriage. Estrogenic compounds, especially formononetin, may cause growth disorders, infertility, and urticaria (CAN). Apparently, healthy clovers may be fungally infected with much higher levels of estrogens, rarely even slaframine, a toxic fungal metabolite (JAD). Avoid fermented clover (SKY). Coumarins and isoflavonoids may interfere with coagulant and hormonal therapy (CAN). Biochanin is chemoprotective, inhibiting carcinogenic activity in cell cultures (CAN). A small 1994 study found increases in teat size and certain measurements of the uterus, along with other suggestive estrogen-like reactions, in three heifers fed large amounts of red clover silage for fourteen days (APA).

RED CURRANT (*Ribes rubrum* L.) +++

Synonyms: *R. rubrum* var. *sativum* Rchb., *R. sativum* (Rchb.) Syme, *R. sylvestre* (Lam.) Mert. & W. D. J. Koch, *R. vulgare* Lam., *R. vulgare* var. *macrocarpum* Jancz., *R. vulgare* var. *sylvestre* Lam.

Activities (Red Currant) — Antialcoholic (1; FNF; X11170598); Antieczemic (1; FNF; X11170598); Antiinflammatory (1; FNF; X11170598); Antioxidant (1; HH2; PH2; X1332092); Anti-PMS (1; FNF; X11170598); Antipyretic (1; PH2); Antiseptic (1; PH2); Antitumor (1; FNF; X11170598); Cardioprotective (1; FNF; X11170598); Emmenagogue (1; PH2); Xanthine-Oxidase Inhibitor (1; HH2; X1332092).

Indications (Red Currant) — Alcoholism (1; FNF; X11170598); Burn (f; PH2); Blister (f; PH2); Cancer (1; FNF; X11170598); Cardiopathy (1; FNF; X11170598); Eczema (1; FNF; X11170598); Fever (1; PH2); Gout (1; X1332092); Inflammation (1; FNF; X11170598); PMS (1; FNF; X11170598); Tumor (1; FNF; X11170598).

Contraindications, Interactions, and Side Effects (Red Currant) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

Extracts (Red Currant) — Anthocyanins and polyphenols in berries of several *Ribes*, *Rubus*, and *Vaccinium* spp. have *in vitro* antiradical activity on chemically generated superoxide radicals. All crude extracts were highly active toward chemically generated superoxide radicals. *Ribes nigrum* extracts exhibited most activity, being the richest in both anthocyanins and polyphenols, but *Ribes rubrum* extracts seem to contain more active substances (X1332092).

REDHEAD (*Hamelia patens* Jacq.) ++

Synonym: *H. erecta* Jacq.

Activities (Redhead) — Analgesic (1; AAB; TRA); Antibacterial (1; AAB; TRA); Antiinflammatory (1; DAV; MPG; TRA); Antioxidant (1; TRA); Antipyretic (1; DAV; TRA); Antiseptic (1; TRA); Astringent (f; JFM); Cicatrizant (2; MPG; TRA); CNS Depressant (1; TRA); Diuretic (1; TRA); Cytostat (1; TRA); Fungicide (1; AAB); Laxative (f; DAV; JFM); Mydriatic (1; TRA).

Indications (Redhead) — Bacteria (1; AAB; TRA); Bleeding (1; DAV); Blister (f; JFM); Bruise (f; JFM); Bug Bite (f; AAB); Burn (f; AAB); Cancer (f; DAV); Cholera (f; DAV); Constipation (f; DAV; JFM); Cramp (f; AAB); Dermatosis (f; JFM); Dysentery (f; DAV; JFM; RYM); Dysmenorrhea (f; AAB; JFM); Eczema (f; JFM); Erysipelas (f; DAV; RYM); Fever (1; DAV; TRA); Fungus (1; AAB); Headache (2; JFM; TRA); Heatstroke (f; DAV); Hematochezia (1; DAV); Infection (1; AAB); Inflammation (1; DAV; MPG; TRA); Itch (f; AAB; RYM); Jaundice (f; DAV); Malaria (f; DAV); Migraine (f; MPG); Mycosis (1; AAB); Pain (1; AAB; TRA); Pharyngosis (f; DAV); Rash (f; AAB); Rheumatism (1; JFM; TRA); Salmonella (1; TRA); Scurvy (1; DAV); Shigella (1; TRA); Sore (f; JFM); Stomachache (f; JFM); Uterosis (f; JFM); Vaginosis (f; JFM); Water Retention (1; TRA); Wound (2; MPG; TRA).

RED MAPLE (*Acer rubrum* L.) +

Activities (Red Maple) — Analgesic (f; DEM); Anemiagenic (1; ABS); Astringent (f; PH2); Collyrium (f; DEM); Depurative (f; DEM).

Indications (Red Maple) — Backache (f; DEM); Cataract (f; DEM); Conjunctivosis (f; DEM); Cramp (f; DEM); Dysentery (f; DEM); Hemorrhoid (f; DEM); Hive (f; DEM); Hysteria (f; DEM); Measles (f; DEM); Ophthalmia (f; PH2); Pain (f; DEM); Sore (f; DEM); Wound (f; DEM).

Dosages (Red Maple) — Sweet sap okay as food farmacy! Saponins apparently, are not healthy.

Contraindications, Interactions, and Side Effects (Red Maple) — "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Horse and zebras grazing the leaves may develop hemolytic anemia. Product should not be used otherwise, except for eye conditions (PH2).

RED MULBERRY (*Morus rubra* L.) +++

I suspect that most birds and few foresters, herbalists, and taxonomists know which species—red, white, or black, *rubra, alba,* or *nigra*—they last ingested for edible or medicinal reasons. Further, I doubt that most chemical and overseas clinical trials have been vouchered. Still, I keep them separate, knowing that I have white and black fruits volunteering, almost weeds on my property. I would, myself, use them generically for food and medicine, though as a botanist, I cannot prescribe such. See other species for other indications. I'll bet that in 10 years someone bolder than I will treat them all generically as mulberry, *Morus* spp. Some FAD, and all PNC and PHR entries below, probably apply more to *M. alba*.

Activities (Red Mulberry) — Antibacterial (1; FAD); Antioxidant (1; ABS); Antipyretic (f; PNC); Antispasmodic (1; PNC); Antitumor (1; ABS); Diuretic (f; PNC); Expectorant (f; PNC); Hypoglycemic (1; PNC); Hypotensive (1; PNC); Laxative (f; PNC).

Indications (Red Mulberry) — Arthrosis (f; FAD); Asthma (f; FAD); Bacteria (1; FAD); Bronchosis (f; FAD); Cancer (1; ABS); Catarrh (f; PHR); Constipation (f; PNC) Cough (f; FAD); Cramp (1; PNC); Debility (f; FAD); Diabetes (f; FAD); Dysentery (f; FAD); Dysuria (f; FAD); Edema (f; FAD); Fever (f; FAD; PNC); Headache (f; FAD); Hepatosis (f; FAD); High Blood Pressure (1; PNC); Hyperemia (f; FAD); Hyperglycemia (1; PNC); Mycosis (f; FAD); Pain (f; FAD); Pulmonosis (f; FAD); Ringworm (f; FAD); Tapeworm (f; FAD); Tumor (1; ABS); Vertigo (f; FAY); Water Retention (f; PNC).

Dosages (Red Mulberry) — 2–4 ml fruit syrup (PHR).

Contraindications, Interactions, and Side Effects (Red Mulberry) — Class 1 (AHP). Not covered (KOM; PHR).

REDROOT (*Lachnanthes tinctoria* (J. F. Gmel.) Elliott) +

I here include *L. caroliniana* (DEM).

Activities (Redroot) — Astringent (f; DEM); Cardiotonic (f; CRC; EFS); Cerebrotonic (f; CRC; EFS); Exhilarant (f; CRC); Hallucinogen (1; CRC); Hypnotic (f; CRC; EFS); Intoxicant (f; CRC); Narcotic (1; CRC); Poison (f; CRC); Stimulant (f; EFS); Tonic (f; DEM).

Indications (Redroot) — Bleeding (f; DEM); Cancer (f; DEM); Cerebrosis (f; CRC); Cough (f; CRC); Enterosis (f; DEM); Fever (f; CRC); Hemoptysis (f; DEM); Hemorrhoid (f; DEM); Laryngosis (f; CRC); Neck (f; CRC); Pneumonia (f; CRC); Rheumatism (f; CRC); Sore (f; DEM); Stomatosis (f; DEM); Typhoid (f; CRC); Typhus (f; CRC); VD (f; DEM).

Dosages (Redroot) — Not covered (AHP; KOM; PHR).

RED ROOT SAGE (*Salvia miltiorrhiza* Bunge) +++

Activities (Red Root Sage) — Alterative (f; FAY); Antiaging (f; AKT); Antiaggregant (1; APA; LAF); Antiandrogenic (1; LAF); Antiallergic (1; ABS; FNF); Antianginal (1; APA); Antiarthritic (f; FAY); Antibacterial (1; HH2; LAF); Anticarcinomic (1; KEB); Antihypoxic (1; KEB); Antiinflammatory (1; AKT; LAF); Antimutagenic (1; LAF); Antioxidant (1; LAF); Antipyretic (1; HH2); Antiseptic (1; HH2); Antispasmodic (f; FAY; LMP); Antithrombic (2; KEB); Astringent (1; FAY); Bitter (f; AKT; LMP); Calcium Antagonist (1; KEB); Cardioprotective (1; ABS; FNF); Cardiotonic (1; LAF); Circulotonic (f; AKT; FAY); Fibrinolytic (2; KEB); Fungicide (1; FAY); Hepatoregenerative (1; APA); Hepatoprotective (1; HH2); Hypocholesterolemic (1; LAF); Hypotensive (2; APA; KEB); Lipolytic (f; KEB); Negative Inotropic (1; HH2); Nephroprotective (1; KEB); Sedative (1; APA; FAY; LMP); Swelling (f; HH2); Tonic (f; FAY); Tranquilizer (f; FAY); Vasodilator (2; FAY; HH2; KEB); Vulnerary (f; FAY; LMP).

Indications (Red Root Sage) — Acne (2; KEB; LAF); Alcoholism (1; AKT); Allergy (1; ABS; FNF); Alopecia (f; AKT; LAF); Altitude Sickness (1; DAA; KEB); Amenorrhea (f; DAA; LAF; HH2); Anemia (f; FAY); Angina (2; APA; FAY; HH2; LAF); Arthrosis (f; FAY); Bacteria (1; FAY; FAY; HH2; LAF); Backache (f; FAY); Bleeding (f; DAA); Buerger's Disease (2; KEB); Cancer (1; DAA; JLH; LAF); Carbuncle (f; HH2); Carcinoma (1; KEB); Cardiopathy (2; ABS; AKT; APA; FAY; FNF; HH2); Childbirth (f; LMP); Cough (f; HH2); Cramp (1; APA; FAY; LMP); Cystosis (f; DAA; LMP); Dementia (1; AKT); Dermatosis (1; LAF); Diabetes (f; HH2); Dysmenorrhea (f; APA; DAA; LAF); Eczema (1; LAF); Embolism (f; DAA); Enterosis (1; APA; DAA; LAF; LMP); Fever (1; HH2); Fibrosis (2; AKT; KEB); Fracture (1; KEB); Fungus (1; FAY); Furuncle (f; DAA; HH2); Gas (1; APA); Gastrosis (f; LMP); Glaucoma (1; AKT); Gray Hair (f; AKT; LAF); High Cholesterol (1; LAF); Heart Attack (2; KEB); Hepatosis (2; APA; DAA; FAY; HH2; KEB; MAB); High Blood Pressure (2; AKT; APA; DAA; KEB); High Cholesterol (1; LAF); Hives (f; DAA); Hyperviscosity (2; KEB); Infection (1; DAA; FAY; HH2); Inflammation (1; AKT; LAF; LMP); Insomnia (1; APA; FAY; HH2; LAF; LMP); Ischemia (2; AKT; KEB); Leukemia (f; DAA; JLH); Leukorrhea (f; LAF); Lupus (1; APA); Lymphoma (1; KEB); Mastosis (f; DAA); Metrorrhagia (f; DAA; LAF); Mycosis (1; FAY); Myocardiopathy (1; FAY; HH2); Nephrosis (f; DAA; LMP); Nervousness (1; APA; FAY; HH2; LMP); Neurasthenia (f; DAA); Neuropathy (1; KEB); Osteosis (f; LMP); Pain (f; DAA; LMP); Palpitation (f; DAA; KEB); Parturition (f; FAY); Psoriasis (1; LAF); Restenosis (f; AKT); Scleroderma (2; KEB); Splenosis (f; HH2); Staphylococcus (1; DAA; FAY; HH2); Stenosis (1; APA); Stroke (2; APA; KEB); Thrombosis (2; DAA; HH2; KEB); Tonsilosis (f; FAY); Tuberculosis (1; DAA; HH2); Ulcer (f; LMP); Uterrhagia (f; APA).

Dosages (Red Root Sage) — 3–5 g crude herb (AKT); 3–15 g root in tea (HH2); 6–15 g dry root/day (APA); 5–15(-30) g root/day (FAY); extract of 60 g crude root/day 2–4 weeks to 9 months (FAY); 2–6 g dry root/day or 4–12 ml fluid extract (1:2) (KEB).

Contraindications, Interactions, and Side Effects (Red Root Sage) — Class 1 (AHP). Not covered (KOM). Tinctures may cause pruritus, reduced appetite, or stomachache (AHP). Dan Shen increases prothrombin time after warfarin; dangerous to take with coumadin (*J. Emerg. Med.* 18(1):22). Scarcely toxic (LAF).

Extracts (Red Root Sage) — Aqueous extract LD50 = 80,500 mg/kg ipr mus (HH2). (Kyeong-Man; 1999). Inhibition of mast cell degranulation by tanshinones from the roots of *Salvia miltiorrhiza*. (*Planta Medica* 65: 654–5; 1999). The author found that four diterpene tanshinones were involved in inhibiting beta-hexosaminidase (an enzyme released with histamine when mast cells are immunologically activated). He also confirmed the inhibition of mast cell degranulation of an allergen IgE response-evoked cell sample. Cells were treated with the tanshinones for only 10 minutes. 15,16-dihydrotanshinone had the greatest antiallergic activity, more so even than quercetin, but less so than clinically used pharmaceuticals such as azelastine and ketotifen. (Kyeong-Man, 1999).

RED SANDALWOOD (*Pterocarpus santalinus* L. f.) ++

JLH and IHB combined medicinal activities *P. indicus* Willd. and *P. santalinus* L. f.

Activities (Red Sandalwood) — Alexeteric (f; KAB); Analgesic (f; HHB); Anticonvulsant (1; HH3); Antidiabetic (1; PH2); Antiexudative (1; PH2); Antipyretic (f; KAB; SUW); Antispasmodic (1; PH2); Aphrodisiac (f; KAB); Astringent (f; SUW; WOI); CNS Depressant (1; HH3; PH2); Depurative (f; EFS; KAB); Diaphoretic (f; SUW; WOI); Expectorant (f; KAB); Fungicide (1; WOI); Hypoglycemic (1; HHB); Insecticide (1; PH2); Nematicide (1; HH3); Tonic (f; SUW; WOI); Tranquilizer (1; HH3).

Indications (Red Sandalwood) — Biliousness (f; SUW; WOI); Bleeding (f; KAB); Boil (f; DEP; IHB; SUW); Cancer (f; JLH); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Cancer, mouth (f; JLH); Candida (1; IHB); Cholecystosis (f; HH3; PH2); Convulsion (1; HH3); Cramp (1; PH2); Debility (f; HH3); Dermatosis (f; SUW; WOI); Diabetes (1; PH2; PNC); Diarrhea (f; PH2); Dysentery (f; DEP; KAB; SKJ; WOI); Enterosis (f; JLH); Fever (f; DEP; HH3; KAB; PH2; SUW; WOI); Fungus (1; WOI); Gastrosis (f; PH2); Headache (f; DEP; HHB; PH2; SUW; WOI); Hemicrania (f; KAB); Hyperglycemia (1; HHB); Infection (1; WOI); Inflammation (f; SKJ; SUW; WOI); Metrorrhagia (f; KAB); Mycosis (1; WOI); Nervousness (1; HH3); Ophthalmia (f; DEP; PH2; SUW); Pain (f; HHB); Prickly Heat (f; IHB); Snakebite (f; PH2); Sore (f; IHB); Stomatosis (f; IHB JLH); Swelling (f; JLH; SUW); Syphilis (f; IHB); Toothache (f; PH2); Ulcer (f; PH2); VD (f; IHB); Vomiting (f; PH2).

Dosages (Red Sandalwood) — 5 g tincture (200 parts powdered wood/1000 parts ethanol) (PH2).

Contraindications, Interactions, and Side Effects (Red Sandalwood) — Class 1. In the United States, it is allowable as flavor in alcoholic beverages only (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

RED VALERIAN (*Centranthus ruber* (L.) DC.) ++

Synonym: *Valeriana rubra* L.

Activities (Red Valerian) — Equilibratory (1; PH2); Sedative (1; HHB; PH2).

Indications (Red Valerian) — Insomnia (1; HHB; PH2); Nervousness (1; HHB; PH2).

Contraindications, Interactions, and Side Effects (Red Valerian) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (not given) (PH2).

REHMANNIA, CHINESE FOXGLOVE
(*Rehmannia glutinosa* (Gaertn.) Steud.) +

Synonym: *Digitalis glutinosa* Gaertn.

Activities (Rehmannia) — Adrenal Stimulant (1; MAB); Aldose-Reductase Inhibitor (1; KEB); Antiaging (f; LAF); Antiallergic (1; KEB); Antiarthritic (2; KEB); Antiasthmatic (2; KEB); Antibacterial (1; HH2; PH2); Antidiabetic (1; APA); Antihemorrhagic (1; MAB); Antihepatomic (1; LAF); Antiinflammatory (1; AKT; KEB); Antipyretic (1; KEB); Antisarcomic (1; LAF); Antiseptic (1; HH2; LAF); Antithrombic (2; KEB); Antithromboxane (1; PH2); Antitumor (1; LAF); Bitter (f; KEB); Cardiodepressant (1; FAY); Cardiotonic (1; DAA; FAY); Cyclooxygenase Inhibitor (1; HH2); Diuretic (2; APA; DAA; LAF; PH2); Fungicide (1; LAF); Hemopoietic (2; APA; FAY; KEB; LAF); Hemostat (f; DAA; KEB); Hepatoprotective (1; APA; FAY; MAB; PH2); Hypertensive (1; LAF); Hypoglycemic (1; APA; DAA; FAY); Hypotensive (2; LAF); Immunodepressant (2; HH2 KEB; LAF; PH2); Immunomodulator (1; APA; KEB); Immunostimulant (1; APA; LAF); Laxative (1; DAA); Lipoxygenase Inhibitor (1; HH2); Mutagenic (1; KEB); Nephroprotective (f; MAB); Phagocytotic (1; MAB); Sialagogue (f; FAY); Tranquilizer (2; APA; LAF); Vasoconstrictor (1; DAA; LAF); Vasodilator (1; DAA; LAF).

Indications (Rehmannia) — Allergy (1; KEB; PH2); Amenorrhea (f; KEB); Anemia (1; AKT; APA; DAA; FAY; HH2; KEB); Anorexia (1; AKT); Arthrosis (2; APA; FAY; KEB); Asthma (2; KEB); Autoimmune Disease (1; AKT; KEB); Backache (f; FAY); Bacteria (1; HH2; PH2); Bleeding (f; DAA; FAY; HH2; KEB; MAB; PH2); Cancer (1; DAA; LAF); Cardiopathy (1; FAY); Cataract (f; KEB); Chemotherapy (f; AKT); Constipation (1; DAA; MAB; PH2); Cough (f; DAA; FAY); Deafness (f; AKT); Debility (f; HH2); Dermatosis (1; APA; FAY; KEB); Diabetes (1; APA; DAA; FAY; HH2; KEB; PH2); Diphtheria (f; DAA); Dizziness (f; DAA; HH2); Dysmenorrhea (f; DAA; FAY; HH2; KEB; PH2); Dysuria (f; DAA); Eczema (2; DAA; LAF; PH2); Enterorrhagia (f; PH2); Epistaxis (f; APA; DAA; HH2; FAY; PH2); Fever (1; AKT; DAA; FAY; HH2; KEB; LAF); Fracture (f; DAA); Fungus (1; FAY; FNF; HH2; LAF); Glossosis (f; MAB); Gray Hair (f; APA; LAF); Gynecopathy (f; DAA); Hematemesis (f; DAA); Hematuria (1; AKT; FAY; KEB); Hemoptysis (f; DAA; HH2); Hepatosis (2; APA; DAA; FAY; HH2; MAB; PH2); High Blood Pressure (2; FAY; LAF); Hot Flash (f; AKT); Hyperglycemia (1; APA; DAA; FAY); Hyperhydrosis (f; PH2); Hyperthyroidism (1; APA; LAF); Hypertonia (f; DAA); Immunodepression (1; APA; LAF); Impotence (f; DAA); Incontinence (f; FAY); Infection (1; LAF; PH2); Infertility (f; DAA); Inflammation (1; AKT; FNF; KEB); Insomnia (f; HH2; MAB); Low Blood Pressure (1; LAF); Lumbago (f; DAA; FAY); Measles (f; FAY); Menopause (f; AKT); Metrorrhagia (f; APA; HH2; KEB; PH2); Mycosis (1; FAY; HH2; LAF); Nephrosis (2; AKT; DAA; HH2; MAB); Nervousness (2; APA; LAF); Neurodermatosis (1; LAF); Neurosis (f; DAA); Otosis (f; HH2); Palpitation (f; LAF); Paralysis (f; PH2); Pemphigus (f; DAA); Periphlebitis (f; DAA); Pollakiuria (f; HH2); Proteinuria (f; AKT); Psoriasis (f; DAA); Rash (f; KEB); Restlessness (f; APA); Retinosis (f; DAA); Rheumatism (2; FAY; HH2; MAB; PH2); Sore (f; DAA); Sore Throat (f; FAY); Spermatorrhea (f; DAA; LAF); Stomatosis (f; DAA); Tabes dorsalis (1; DAA); Thirst (f; AKT); Thrombosis (2; APA; KEB; MAB); Tinnitus (f; DAA; FAY; KEB); Tonsillosis (f; DAA); Tuberculosis (f; DAA); Tumor (1; LAF); Urticaria (2; KEB); Uterosis (f; FAY); Vertigo (f; APA; FAY); Xerostoma (f; HH2; PH2); Water Retention (2; APA; DAA; LAF; PH2); Weakness (f; KEB); Wound (f; FAY); Yeast (1; FNF; HH2).

Dosages (Rehmannia) — 9–30 g powdered root/day (AKT); 2–6 g dry root/day (KEB); 10–30 g dry root/day (MAB); 5 g root chewed 1–3 ×/day (APA); 5 g root/cup water 1–3 ×/day (APA); 9–15 (-60) g root (FAY); 9–15 g root/day (PH2); 9–30 g root (HH2); 15 g root/500 ml red wine (APA); 4–12 ml fluid root extract (1:2) (KEB; MAB).

Contraindications, Interactions, and Side Effects (Rehmannia) — Class 2d. Raw root contraindicated with diarrhea and inappetence; cooked root contraindicated in diarrhea and dyspepsia. Side effects include diarrhea, dizziness, colic, lack of energy, and palpitations (AHP; AKT). "Health hazards not known with proper therapeutic dosages" (PH2).

REISHI (*Ganoderma lucidum*) +

Activities (Reishi) — Adaptogen (f; WAM); Analgesic (1; APA); Antiaging (f; APA); Antiaggregant (1; APA; SKY); Antiallergic (1; APA); Antibacterial (1; WAM); Anticonvulsant (1; APA); Antihistaminic (1; APA; JNP64:1121); Antiinflammatory (1; APA; WAM); Antioxidant (1; APA); Antitumor (1; APA; JNP64:1121); Antiviral (1; WAM); Cytotoxic (1; JNP64:1121); Expectorant (1; WAM); Hepatoprotective (1; APA; JNP64:1121); Hypertensive (1; APA); Hypoglycemic (1; APA; JNP64:1121); Hypotensive (1; APA; JNP64:1121; SKY); Hypotriglyceridemic (f; SKY); Immunostimulant (1; APA; WAM); Myorelaxant (1; JNP64:1121); Radioprotective (1; APA); Sedative (1; APA).

Indications (Reishi) — Allergy (1; APA; WAM); Altitude Sickness (1; SKY; WAM); Anorexia (1; APA); Asthma (f; JNP64:1121); Atherosclerosis (1; APA); Bacteria (1; WAM); Bronchosis (1; WAM; JNP64:1121); Cachexia (f; APA); Cancer (1; APA; WAM; JNP64:1121); Chemotherapy (1; APA; SKY); Convulsion (1; APA); Cough (f; APA); Debility (f; JNP64:1121); Dyspepsia (f; APA); Fatigue (1; APA; SKY; JNP64:1121); Hemorrhoid (f; JNP64:1121); Hepatosis (1; APA; SKY; JNP64:1121); High Blood Pressure (1; APA; JNP64:1121; SKY); High Cholesterol (1; APA; WAM); High Triglycerides (f; SKY); HIV (1; WAM); Hyperglycemia (1; APA; JNP64:1121); Immunodepression (1; APA; WAM); Inflammation (1; APA; WAM); Insomnia (1; APA; JNP64:1121); Low Blood Pressure (1; APA); Nervousness (1; APA); Neurasthenia (f; JNP64:1121); Pain (1; APA); Respirosis (1; WAM); Stress (f; APA); Tumor (1; APA; JNP64:1121); Vertigo (f; JNP64:1121); Virus (1; WAM).

Dosages (Reishi) — 3–6 (606 mg) capsules/day (APA); 1.5–9 dry mushroom/day(SKY); 1–1.5 g powdered mushroom (SKY); 1 ml tincture (SKY).

Contraindications, Interactions, and Side Effects (Reishi) — Class 1. After 3–6 months consumption, rare individuals report bloody stools. Dizziness, dryness of mouth, throat and nasal area, epistaxis, itchiness, stomach upset (after using for 3–6 months) (AHP; SKY). Do not mix with other antiaggregants (SKY). Pregnant and lactating women should take only on advice of health practitioner (SKY). Rarely used with children, yet of low toxicity (WAM). May cause allergy (APA).

RESTHARROW (*Ononis spinosa* L.) +

Activities (Restharrow) — Antiedemic (1; HH2; PH2); Antiscorbutic (1; HHB); Antiseptic (1; HHB); Aperient (f; EFS); Cardiotonic (f; MAD); Depurative (f; MAD); Diuretic (2; HHB; HH2; PIP; PH2); Estrogenic (1; HH2; PH2); Hemolytic (f; MAD); Litholytic (2; PH2).

Indications (Restharrow) — Adenopathy (f; FEL); Adiposis (f; MAD); Anasarca (f; MAD); Arthrosis (f; MAD); Ascites (f; MAD); Bladder Stone (2; PHR; PH2); Bleeding (f; MAD); Cancer (f; JLH); Catarrh (f; MAD); Cystosis (f; MAD); Dermatosis (f; MAD); Dropsy (f; FEL; MAD); Dysuria (f; MAD); Eczema (f; HHB); Edema (1; HH2; MAD; PH2); Epistaxis (f; MAD); Exanthema (f; MAD); Gonorrhea (f; MAD); Gout (f; HH2; PHR; PH2); Gravel (2; KOM; PIP; PH2); Halitosis (f; MAD); Hepatosis (f; PH2); Hydrocele (f; FEL); Inflammation (f; PH2); Itch (f; MAD); Jaundice (f; HH2); Kidney Stone (2; HHB; MAD; PHR; PH2); Leukorrhea (f; MAD); Nephrosis (2; HHB; KOM; MAD; PIP); Rheumatism (f; HHB; MAD; PHR; PH2); Scrofula (f; MAD); Seborrhea (f; MAD); Sore (f; JLH); Stone (2; MAD; PH2) Swelling (1; HH2; PH2); Toothache (f; FEL); UTI (2; KOM; PIP; PH2); VD (f; MAD); Water Retention (2; HHB; HH2; PIP; PH2); Wound (f; HHB).

Dosages (Restharrow) — 2 tsp (3–4 g)/150 ml hot water (HH2); 1.5 g root/cup tea (HHB); 6–12 g root/day (KOM; PIP; PH2); 1–2 g powdered root (MAD); 1 wineglass decoction (1–2 oz root/pint water) several ×/day (FEL); 2–2.5 g drug/cup (PHR).

Contraindications, Interactions, and Side Effects (Restharrow) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Irrigation therapy contraindicated with edema due to reduced cardiac or renal function (KOM; PIP; PH2).

RHATANY
(*Krameria lappacea* (Dombey) Burdet & B.B. Simpson) ++

Synonym: *K. iluca* Phil., *K. triandra* Ruiz and Pav.

Activities (Rhatany) — Allergenic (1; APA); Antihemorrhagic (1; PNC); Antiinflammatory (2; KOM); Antiseptic (1; APA; PH2); Astringent (2; APA; KOM; PH2); Expectorant (f; EFS); Fungicide (1; PH2); Hemostat (1; PNC); Vulnerary (1; PNC).

Indications (Rhatany) — Angina (f; HHB); Bleeding (1; MAD; PH2; PNC); Bronchosis (f; MAD); Canker Sore (1; APA); Chilblain (1; PNC); Convulsion (f; MAD); Cramp (f; MAD); Diarrhea (1; APA; MAD; PHR); Dysentery (1; APA); Dyspepsia (f; MAD); Enterosis (1; APA; PHR; PH2); Epistaxis (1; MAD); Fungus (1; PH2); Gastrosis (1; APA; HHB); Gingivosis (1; APA; PHR; PH2); Glossosis (1; APA; HHB); Hematuria (1; HHB); Hemorrhoid (1; APA; HHB; PNC); Infection (1; APA; PH2); Inflammation (2; KOM; PH2); Leukorrhea (1; DEP; MAD); Menorrhagia (1; PNC); Mucososis (2; KOM; PH2); Mycosis (1; PH2); Nephrosis (f; HHB); Neuralgia (f; MAD); Ophthalmia (f; DEP); Paradentosis (f; HHB); Pharyngosis (2; APA; KOM; PH2); Proctosis (1; PH2); Sore (1; APA); Sore Throat (1; APA); Stomatosis (2; APA; KOM; PH2); Toothache (f; HHB; MAD); Urethrosis (1; HHB; PH2); Uterosis (1; PH2); VD (f; MAD); Wound (1; APA; PNC).

Dosages (Rhatany) — 0.5–1.5 g powdered bark (HHB); 1.5–3 g (1 tsp = ~3 g) root (PH2); 1 tsp chopped root/glass water, gargle 2–3 ×/day (APA); 30 drops root tincture with a glass of water as a gargle (HHB); 1–2 tsp root tincture/glass of water (APA); 5–10 drops root tincture in glass of water, 2–3 ×/day (KOM); 2–4 ml root tincture (PNC); 0.3–1 g dry root extract (APA; PNC); 10 drops opium tincture and 20 drops rhatany tincture 3–5 ×/day for gastrosis (HHB).

Contraindications, Interactions, and Side Effects (Rhatany) — Class 1. Commission E discourages use beyond 2 weeks unless so advised by physician. "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Internal application may induce digestive complaints due to antisecretagogue activity (PHR; PH2). Commission E reports root permitted for local use in the mouth only. No contraindications, adverse effects, or interactions except for rare allergic mucosal reactions. Other sources report undiluted tincture may produce burning and local irritation (AEH; AHP; KOM).

RHUBARB, DA HUANG (*Rheum palmatum* L.) +

Apparently used interchangeably with *R. officinale* Baill. (e.g., under EFS and MAD), but DAA and FEL entries accrued to *R. officinale* Baill.

Activities (Rhubarb) — Analgesic (1; APA; KEB); Antiaggregant (f; SKJ); Antialzheimeran (1; COX; FNF); Antiangiogenic (1; BGB; FNF); Antibacterial (1; FAY; KEB); Anticancer (1; BGB; FNF); Antiarthritic (1; COX; FNF); Antidiarrheal (1; CAN); Aperient (f; PNC); Antiinflammatory (1; AKT; APA; KEB; PNC); Antileukemic (1; KEB); Antimutagenic (1; KEB);

Antiprostaglandin (1; KEB); Antipyretic (1; KEB); Antisarcomic (1; KEB); Antiseptic (1; CRC; PNC); Antispasmodic (1; PNC); Antithromboxane (1; KEB); Antitoxic (1; KEB); Antitumor (1; KEB); Antiuremic (f; KEB); Antiviral (1; KEB); Aperient (1; CRC; WHO); Aperitif (f; PH2); Astringent (1; CRC; EFS; FAY; PNC; WHO); Bitter (1; KEB); Cholagogue (1; APA; PHR; MAD); Choleretic (1; FAY; PNC); Cholinergic (1; PNC); Cytotoxic (1; BGB; FNF); Depurative (f; APA; EFS; PHR); Estrogenic (f; SHT); Fungicide (1; KEB); Hemostat (1; APA; KEB); Hydragogue (1; PH2); Hypocholesterolemic (1; KEB); Hypotensive (1; CRC); Laxative (1; APA; CAN; CRC; FAY; PH2; PNC; SKY); Mutagenic (1; KEB); Parasiticide (1; KEB); Peristaltic (1; PH2; PNC); Stomachic (f; CRC; EFS; FAY; MAD; PNC); Tonic (f; FEL; PNC); Trichomonicide (1; KEB); Vulnerary (1; APA).

Indications (Rhubarb) — Aggressiveness (1; KEB); Alcoholism (f; AKT); Alzheimer's (1; COX; FNF); Amenorrhea (f; FAY; PH2; PNC); Anorexia (f; PH2); Appendicitis (f; FAY); Arthrosis (1; COX; FNF); Asthma (f; AKT); Bacteria (1; AKT; EFS; FAY; KEB); Bleeding (1; AKT; APA; KEB; MAD); Burn (f; CRC; DAA; FAY; PH2; PNC); Cancer (1; APA; BGB; COX; DAA; FNF; KEB); Cancer, bladder (f; JLH); Cancer, breast (1; CRC; HHB); Cancer, cervix (f; JLH); Cancer, kidney (f; JLH); Cancer, larynx (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, uterus (f; JLH); Carbuncle (f; FAY; PNC); Catarrh (f; PH2); Cholecystosis (1; KEB; MAD); Cholera (f; FEL; MAD); Cirrhosis (f; AKT); Cold (f; MAD); Colic (f; CRC); Conjunctivosis (f; FAY); Constipation (2; APA; CAN; CRC; FAY; KOM; PH2; PNC; SHT; SKY; WHO); Cough (f; MAD); Cramp (1; MAD; PNC); Delirium (f; FAY; FEL; PH2); Dermatosis (f; FAY; PH2); Diarrhea (1; CAN; CRC; PH2; SHT); Dropsy (f; CRC; MAD); Dysentery (2; AKT; EFS; FAY; KEB; MAD); Dysmenorrhea (f; DAA; MAD); Dyspepsia (f; DAA; SHT); Dysuria (f; DAA); Eclampsia (1; APA); Edema (f; FAY; PH2); Endometriosis (2; APA; KEB); Enterosis (2; FAY; KEB; PH2; PNC); Epistaxis (f; FAY); Fever (1; APA; CRC; DAA; KEB; MAD); Flu (1; KEB); Fungus (1; KEB); Gallstone (f; AKT); Gas (1; FAY); Gastrosis (1; KEB; MAD; PHR; PH2; SHT); Gastrorrhagia (f; APA); Gingivosis (1; FAY; KEB); Glossosis (f; FAY); Gout (f; MAD); Headache (f; APA; CRC; FAY); Hematemesis (f; FAY); Hemophilia (1; KEB); Hemorrhoid (1; APA; FEL); Hepatosis (2; AKT; FAY; KEB; MAD); Herpes (1; FAY; KEB); High Blood Pressure (2; CRC; APA; KEB); High Cholesterol (2; KEB); High Triglycerides (2; KEB); Hyperlipidemia (1; KEB); Hypotension (f; WHO); Infection (1; CRC; FAY; KEB); Inflammation (1; AKT; APA; COX; FNF; KEB; PNC); Irritability (1; KEB); Jaundice (1; DAA; FAY; KEB; MAD; PNC); Leukemia (1; CRC; KEB); Malaria (f; CRC; DAA); Mycosis (1; KEB); Nephrosis (1; AKT; APA; KEB); Neurasthenia (f; AKT); Obesity (1; AKT; APA; PHR); Odontosis (f; PH2); Pain (1; APA; FAY; KEB; PH2); Pancreatosis (1; KEB); Parasite (1; KEB); Pregnancy (f; APA); Rheumatism (f; MAD); Shingles (f; FAY); Sore (1; APA; CRC; DAA; FAY); Splenosis (f; MAD); Staphylococcus (f; FAY); Stomachache (f; APA); Stomatosis (1; FAY; FEL; KEB); Stone (f; AKT); Streptococcus (f; FAY); Swelling (f; FAY); Tenesmus (f; PH2); Toothache (f; APA; CRC; FAY); Trichomonas (1; AKT); Tumor (1; KEB); Ulcer (1; KEB); Uremia (1; AKT); Vaginosis (1; AKT; KEB); Virus (1; KEB); Water Retention (f; MAD); Worm (f; MAD); Wound (f; APA).

Dosages (Rhubarb) — 0.5–1.5 g dry plant (WHO); 0.2–1.0 g root (CAN); 0.1–4 g root (SHT); 0.12–4.8 g root (APA); 1–5 g root (AHP); 3–12 g root (FAY); 3–12 g root/day (APA; FAY); 0.1–0.3 g root as stomachic, 1–2 g as laxative (MAD); 1–2 g root as laxative, 0.1–0.2 g as astringent and stomachic (PHR; PH2); 1–6 g powdered root (AKT); 0.1–0.2 g powdered root/cup 1–2 ×/day (APA); 0.1–1 tsp (0.25–2.5 g) powdered root/cup water 1–2 ×/day (APA); 1–6 g dry root/day or 2–12 ml fluid extract (1:2) (KEB); 120–500 mg dry root extract (PNC); up to 15 ml root tincture (PNC); up to 15 ml tincture/day (APA); 20–30 mg hydroxyanthracene derivatives/day calculated as rhein (KOM); 10–30 mg hydroxyanthracene derivatives at bedtime (WHO).

Contraindications, Interactions, and Side Effects (Rhubarb) — Class 2b, 2c, 2d. Beware of anthraquinones, oxalates, and tannins (AHP). Commission E reports for bark, contraindications,

adverse effects, and interactions of anthranoid laxatives (AEH). CAN cautions that the anthraquinones are purgative and irritate the GI tract. Because of the anthraquinones, nonstandardized preparations should be avoided during pregnancy and lactation (CAN). Anthraquinones may be secreted into breast milk. Also contraindicated in arthrosis, hemorrhoids, and nephropathy (CAN), intestinal obstruction, abdominal pain of unknown causes, any enterosis (appendicitis, colitis, Crohn's disease, IBS), hemorrhoids, nephropathy, menstruation (AHP), and urethrosis (CAN). Do not use more than 8–10 days (AHP). Not for use in cases of diarrhea or abdominal pain. Discontinue use if diarrhea or watery stools occur. Consult a health care provider in cases of pregnancy or lactation. Not for long-term use or overdosage (PHP; CAN). Rhubarb leaves, high in oxalic acid, should not be eaten (CAN). One case of anaphylaxis following ingestion reported (CAN). Contains 4–11% stilbene derivatives, which pose such risks that the herb "can no longer be recommended" (SHT). While widely used, anthranoid-containing laxatives can be habit-forming; some contain compounds suspected of being cytotoxic, genotoxic, mutagenic, and even tumorigenic. Epidemiological studies in Germany reveal that abusers of anthranoid laxatives have a three times higher rate of colon carcinoma (AEH). At low doses, the tannins in rhubarb act as antidiarrheal; at high doses, the laxative anthraquinones kick in (CAN). As the major source of the major COX-2 inhibitor ([+]-catechin), this might be viewed by enthusiasts as another herbal miracle aspirin (COX).

RIBWORT (*Plantago lanceolata* L.) ++

Madaus (1939) treats ribwort and plantain in the same entry.

Activities (Ribwort) — Analgesic (f; PH2); Antiatherosclerotic (1; BGB); Antibacterial (1; BGB; HH2; KOM; PIP); Anticancer (1; HH2); Antiedemic (1; BGB); Antiinflammatory (1; HH2); Antitussive (f; BGB); Astringent (2; DEP; KOM; PIP); Decongestant (1; BGB); Demulcent (1; BGB); Diuretic (1; BGB; PH2); Emollient (1; BGB; PIP); Expectorant (f; BGB); Hemostat (1; PHR; PH2); Hepatoprotective (1; BGB; CAN; FNF; HH2); Hypocholesterolemic (1; BGB; CAN; PH2); Hypoglycemic (1; PH2); Hypotriglyceridemic (1; BGB; CAN); Laxative (1; BGB; DEP; PH2); Lipolytic (1; BGB); Litholytic (f; PH2); Vulnerary (1; HH2).

Indications (Ribwort) — Adenopathy (f; JLH); Aposteme (f; JLH); Asthma (f; MAD); Atherosclerosis (1; BGB); Bacteria (1; BGB; HH2; KOM; PIP); Bleeding (1; PHR; PH2); Blister (1; FAD); Bronchosis (2; BGB; PHR; PH2); Bug Bite (f; FAD); Cancer (1; HH2; JLH); Cancer, eye (1; JLH); Cancer, lip (1; JLH); Cancer, parotid (f; JLH); Catarrh (2; BGB; KOM; MAD; PIP); Cold (2; PHR; PH2); Colitis (1; PH2); Congestion (1; BGB); Conjunctivosis (f; FAD; PH2); Constipation (2; BGB; DEP; PH2); Cough (2; PHR; PH2); Cramp (f; PH2); Cystosis (f; PH2); Dermatosis (2; BGB; KOM; PH2; PIP); Diabetes (1; PH2); Diarrhea (2; DEP; FAD; PH2); Dysentery (1; FAD; PH2); Earache (f; FAD); Enterosis (1; PH2); Enuresis (f; PH2); Escherichia (1; HHB); Fever (2; PHR; PH2); Furuncle (f; PH2); Gallstone (1; PH2); Gas (f; PH2); Gastrosis (f; PH2); Gonorrhea (f; PH2); Gout (f; PH2); Hematuria (1; FAD); Hepatosis (1; BGB; CAN; FNF; HH2; PH2); High Blood Pressure (1; CAN); High Cholesterol (1; BGB; CAN; PH2); Hypercholesterolemia (2; BGB; CAN; PH2); Hyperglycemia (1; PH2); Hypertriglyceridemia (2; BGB; CAN; PH2); IBS (2; PH2); Infection (2; PHR); Inflammation (1; BGB; HH2); Mucososis (2; KOM; PH2; PIP); Nephrosis (f; PH2); Ophthalmia (f; JLH); Pain (1; PH2); Parotosis (f; JLH); Pertussis (f; MAD); Pharyngosis (2; KOM; PH2; PIP); Pulmonosis (1; MAD); Respirosis (2; BGB; KOM; MAD; PIP); Rheumatism (f; PH2); Sore (2; DEP; FAD); Staphylococcus (f; HH2); Stomatosis (2; KOM; PH2; PIP); Swelling (1; BGB); Tuberculosis (f; MAD); Ulcer (f; PH2); Ulcerative Colitis (1; PH2); Urogenitosis (f; PH2); VD (f; PH2); Water Retention (1; BGB; PH2); Wound (1; DEP; HH2; PH2).

Dosages (Ribwort) — 2–6 g shoot/dose up to 12–40 g/day (KOM; PH2; PIP); 2–4 g shoot/cup water (PHR).

Contraindications, Interactions, and Side Effects (Ribwort) — Class 1 (AHP). None known or reported (KOM; PIP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Some plantains may cause dermatosis (FAD). Contraindicated in GI stenosis, obstructed bowel (ileus), or poorly managed diabetes (PH2). Often causes allergy in hospital professionals. Like all high-fiber products, this may hinder absorption and/or uptake of more dangerous drugs. Mucilage from any plantain seed may lower cholesterol (FAD).

RICE (*Oryza sativa* L.) +++

Synonyms: *O. glutinosa* Lour., *O. sativa* cv. *italica* Alef., *O. sativa* subsp. *indica* Kato, *O. sativa* var. *affinis* Körn., *O. sativa* var. *erythroceros* Körn., *O. sativa* var. *flavoacies* Kara-Murza ex Zhuk., *O. sativa* var. *melanacra* Körn., *O. sativa* var. *suberythroceros* Kanevsk, *O. sativa* var. *vulgaris* Körn., *O. sativa* var. *zeravschanica* Brches ex Katzaroff.

Activities (Rice) — Abortifacient (f; LMP); Analgesic (1; PH2); Antidote (f; LMP); Antiinflammatory (f; KAB); Antiperspirant (f; PH2); Antipyretic (f; LMP); Aphrodisiac (f; KAB); Astringent (f; DEP); Carminative (f; KAB); Demulcent (f; PNC); Digestive (f; PNC); Diuretic (f; UPW); Emollient (f; LMP); Pectoral (f; KAB); Sedative (1; PH2); Stomachic (f; LMP); Tonic (f; KAB).

Indications (Rice) — Anorexia (f; DAA); Biliousness (f; KAB); Bleeding (f; DAA); Bruise (f; LMP); Cancer (f; DAA; JLH; UPW); Cancer, breast (f; JLH); Catarrh (f; DEP); Cholera (f; DEP); Colitis (f; PH2); Debility (f; PH2); Dermatosis (f; KAB; UPW); Diabetes (f; PH2); Diarrhea (1; DEP; PH2); Dysentery (f; DAA; DEP; KAB); Dyspepsia (f; DEP; KAB); Dysuria (f; DEP; UPW); Enterosis (1; DEP; KAB; PH2); Epistaxis (f; LMP); Fever (f; DEP; LMP); Gas (f; KAB); Gastrosis (1; PH2; PNC); Gout (f; DAA; LMP); Hemoptysis (f; KAB); Hematemesis (f; LMP); Hemorrhoid (f; DAA); Induration (f; JLH); Inflammation (f; DEP; KAB);

Insomnia (1; PH2); Itch (f; UPW); Jaundice (f; DAA); Leprosy (f; KAB); Mastosis (f; JLH); Nervousness (1; PH2); Obesity (f; JAD); Pain (1; PH2); Pneumonia (f; PH2); Pulmonosis (f; KAB); Rash (f; UPW); Rheumatism (f; DAA; LMP); Sore (f; KAB); Splenosis (f; DAA); Thirst (f; LMP); Tuberculosis (f; KAB); Ulcer (f; DAA); Urethrosis (f; DEP); Uterosis (f; JLH); Wart (f; JLH); Water Retention (f; DAA; UPW); Wound (f; DAA).

Dosages (Rice) — Food farmacy (JAD). Here's the "dosage" from PH2, "Rice seeds are boiled in water before ingestion."

Contraindications, Interactions, and Side Effects (Rice) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

ROCKET LARKSPUR
(*Consolida ajacis* (L.) Schur) X

Synonyms: *Consolida ambigua* auct., *Delphinium ajacis* L., *D. ambiguum* auct.

I hope the nonbotanists who wrote Commission E and the Herbal PDR have figured out the larkspurs better than I have. Otherwise, they know not of which larkspur they speak. There are more than a dozen *Consolidas* and *Delphiniums*, many called larkspurs. And don't forget the pediculicide stavesacre, *D. staphisagria* L. After wasting a day with the nomenclatorial nuances, I feel I should treat three species or lump them all into one, larkspur, *Consolida regalis* Gray (formerly *Delphinium consolida* L.); this the slightly different rocket larkspur, *Consolida ajacis*; and finally the stavesacre, *Delphinium staphisagria*, not covered by the USDA. All are poisonous and dangerous, and probably not reliably distinguished by nonbotanists. So it is, methinks, a bit optimistic to assume the data in the literature have been based on positive identification (i.e., better speculations than mine).

Activities (Rocket Larkspur) — Emetic (f; CRC); Insecticide (f; CRC); Laxative (f; CRC); Parasiticide (f; CRC); Pediculicide (f; CRC); Poison (f; CRC); Tonic (f; CRC).

Indications (Rocket Larkspur) — Constipation (f; CRC); Debility (f; CRC); Hemorrhoid (f; CRC); Parasite (f; CRC); Scorpion Sting (f; CRC); Toothache (f; CRC).

Contraindications, Interactions, and Side Effects (Rocket Larkspur) — Not covered (AHP; KOM; PHR). "Seed and leaf can induce dermatosis. Alkaloids ajacine and delphinine, occurring in seed and young plants of most *Delphinium* spp. Ingestion may cause stomach upset and nervous symptoms; death may occur if the plant is eaten in large quantities, especially by children. In Asia the seeds are reported to poison cattle; still they are used as cathartic and emetic" (CRC).

ROMAN CHAMOMILE (*Chamaemelum nobile* (L.) All.) +++

Synonyms: *Anthemis nobilis* L., *Ormenis nobilis* (L.) J. Gay ex Coss. & Germ.

Activities (Roman Chamomile) — Abortifacient (1; AHP; CAN; DEM; HHB); Analgesic (1; CRC; EFS; JBU; PED); Antiallergic (1; FNF); Antianaphylactic (1; PED); Antibacterial (1; PED; PH2); Antiemetic (f; CAN); Antihistaminic (1; FNF); Antiinflammatory (1; JBU; PED); Antipyretic (1; PED); Antiseptic (1; CRC; PED); Antispasmodic (1; CAN; CRC; JBU; PED; PH2); Carminative (1; CAN; CRC; EFS; PH2); Cordial (f; CRC); Cytostat (1; PH2); Diaphoretic (f; CRC; EFS; HHB); Digestive (f; CRC; EFS); Diuretic (f; CRC); Emetic (f; AHP); Emmenagogue (1; AHP; HHB); Fungicide (1; PED); Nervine (f; CRC); Neurotonic (f; JFM); Sedative (1; CAN; JBU; PH2); Stimulant (f; CRC); Stomachic (f; CRC; EFS); Tonic (f; CRC; EFS); Tranquilizer (1; PH2); Uterotonic (1; AHP); Vermifuge (f; HHB; JFM).

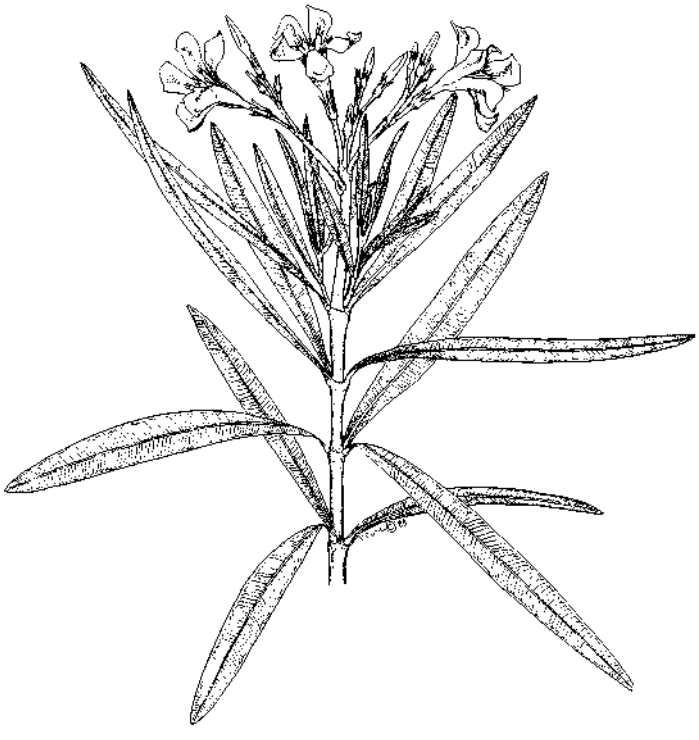
Indications (Roman Chamomile) — Adenopathy (f; JLH); Aegilops (f; JLH); Allergy (1; FNF); Amenorrhea (1; CAN; HHB); Anaphylaxis (1; PED); Anemia (f; JFM); Anorexia (CAN); Bacteria (1; PED; PH2); Bloating (f; PHR); Callus (f; JLH); Cancer (f; CRC; JLH); Cancer, breast (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, testicle (f; JLH); Cancer, uterus (f; JLH); Colic (f; CRC; DEM); Conjunctivosis (f; JFM); Cramp (1; CAN; CRC; JBU; PED; PH2); Debility (f; CRC; JFM; PHR; PH2); Dermatosis (f; CRC); Diarrhea (f; JFM); Dysmenorrhea (f; CAN; CRC; HHB; PHR; PH2); Dyspepsia (f; CAN; CRC; JFM; PH2); Enterosis (1; CRC; DEM; PHR; PH2); Fever (1; CRC; EFS; HHB; JFM; PED); Flu (f; PHR; PH2); Fungus (1; PED; PH2); Gas (1; CAN; CRC; EFS; PH2); Gastrosis (1 CRC; DEM; PH2); Gout (f; CRC); Halitosis (f; JFM); Headache (f; CRC; HHB; PHR; PH2); Hysteria (f; CRC; DEM; PH2); Indigestion (f; CRC); Indolent Ulcer (f; CRC); Induration (f; CRC); Infection (1; PED); Inflammation (1; CRC; JBU; PED; PH2); Insomnia (1; CAN; JBU; PH2); Lacrimosis (f; JLH); Lumbago (f; CRC); Morning Sickness (f; CAN); Mycosis (1; PED); Nausea (f; CAN; DEM); Nervousness (1; CAN; CRC; JBU; PHR; PH2); Neuralgia (f; CRC); Ophthalmia (f; JFM); Otosis (f; CRC; PHR; PH2); Pain (1; CRC; EFS; JBU; JFM; PED; PH2); Pertussis (f; CRC); Pharyngosis (f; PHR; PH2); Plethora (f; PHR); Rheumatism (f; JFM); Rhinosis (f; PHR; PH2); Sclerosis (f; JLH); Sore (f; JLH); Spasm (f; CRC; PHR); Stomatosis (f; PHR; PH2); Swelling (f; DEM; JLH); Teething (f; JFM); Toothache

(f; CRC; PHR; PH2); Ulcer (f; DEM); Uterosis (f; JFM); Vomiting (f; CAN); Wart (f; JLH); Water Retention (f; CRC); Worm (f; HHB; JFM).

Dosages (Roman Chamomile) — 1 g flower as tea 3 ×/day (CAN); 1–4 ml (1:1 in 70% ethanol) 3 ×/day (CAN); 2–4 ml liquid floral extract (PNC); 0.1–0.5 g floral extract (PNC); 0.03–2 ml EO (PNC).

Contraindications, Interactions, and Side Effects (Roman Chamomile) — Class 2b (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). CAN cautions that the sesquiterpene lactones may cause allergic reactions. Because it is reputed to be an abortifacient and to affect the menstrual cycle with excessive use, its use in pregnancy and lactation is to be avoided. Because of coumarin content, may interfere with anticoagulant therapy (CAN). Azulenes, documented as antiinflammatory and hypoallergenic, may prevent allergic seizures in guinea pigs, perhaps through antihistaminic activity.

ROSE BAY, ROSE LAUREL (*Nerium oleander* L.) X



Synonyms: *N. indicum* Mill., *N. odorum* Aiton.

Treated separately in HH2; aggregated here.

Activities (Rose Bay) — Abortifacient (1; HH2; WBB); Adaptogen (1; KAP); Analgesic (1; KAP; MPI); Antibacterial (1; WBB; WOI); Anticancer (1; CRC; MPI); Antiedemic (f; MPI); Antiinflammatory (1; KAP; MPI); Antipyretic (1; KAP; MPI); Antiseptic (1; JFM; WBB); Antistress (1; MPI); Antiulcer (1; MPI); Aphrodisiac (1; KAB); Bradycardic (1; MPI); Cardiac (1; BIB; CRC); Cardiotonic (1; BIB; CRC; KAP; WOI); CNS Depressant (1; KAP); Cyanogenic (1; BIB; CRC); Diuretic (1; BIB; CRC; EFS; KAP; WOI); Emetic (1; CRC; MPI); Emmenagogue (1; BIB; CRC; HH2; MAD); Fungicide (1; MPI); Insecticide (f; CRC); Insectifuge (f; BIB;

CRC); Lacrimator (f; KAP; WOI); Larvicide (f; BIB; WOI); Laxative (f; BIB; CRC; JFM); Negative Chronotropic (1; PH2); Parasiticide (f; BIB; CRC); Pediculicide (f; FEL); Piscicide (f; WBB); Poison (1; CRC; DEP; SUW); Positive Inotropic (1; PH2); Rodenticide (1; CRC); Spasmogenic (f; KAP; MPI); Sternutator (f; BIB; CRC; JFM); Stimulant (f; CRC); Tonic (f; CRC; EFS); Vermifuge (f; JFM).

Indications (Rose Bay) — Angina (f; MAD); Apoplexy (f; MAD); Aposteme (f; CRC); Arrhythmia (f; MAD); Arthrosis (f; KAB; MAD); Asthma (f; CRC); Atherosclerosis (f; CRC); Bacteria (1; WBB; WOI); Cancer (1; CRC; MPI); Carcinoma (f; CRC); Cardiopathy (1; BIB; PH2); Chancre (f; KAB; MPI; SUW; WOI); Conjunctivosis (f; CRC); Constipation (f; BIB; CRC; JFM); Corn (f; CRC; JLH); Dermatosis (f; CRC; DEP; PH2; SUW; WOI); Dysmenorrhea (f; CRC; WBB); Dyspnea (f; FEL); Eczema (f; CRC; MAD); Edema (f; FEL; MPI); Epilepsy (f; CRC; FEL; WBB); Epithelioma (f; CRC; JLH); Fever (1; KAP; MPI); Fungus (1; MPI); Furuncle (f; HH2); Gingivosis (f; BIB); Headache (f; KAP; MAD); Hemorrhoid (f; KAP; MPI; PH2); Herpes (f; CRC); High Blood Pressure (f; BIB); Impetigo (f; BIB); Induration (f; JLH); Infection (1; JFM; MPI; WBB); Inflammation (1; KAB; KAP; MPI); Insomnia (f; MAD); Leprosy (f; BIB; DEP; SUW); Lice (f; FEL); Lumbago (f; KAB); Maggot (f; CRC); Malaria (f; CRC; MAD; WBB); Myalgia (f; KAB); Mycosis (1; MPI); Myocardosis (f; MAD); Odontosis (f; BIB); Ophthalmia (f; CRC; KAP; PH2); Pain (1; KAB; KAP; MPI); Paralysis (f; MAD); Parasite (f; BIB; CRC; JFM); Psoriasis (f; CRC; SUW); Rhinosis (f; BIB); Ringworm (f; BIB; CRC); Scabies (f; CRC; MAD; PH2; WBB); Sinusosis (f; CRC); Snakebite (f; CRC; HH2; WBB); Sore (f; CRC; SUW; WOI); Staphylococcus (1; WBB); Stomatosis (f; BIB); Stress (1; KAP); Swelling (f; DEP; JFM; KAP; MPI; SUW); Tachycardia (f; MAD); Tumor (f; CRC; JLH); Ulcer (1; MPI); VD (f; BIB; JFM); Vertigo (f; MAD); Wart (f; CRC); Water Retention (1; BIB; CRC; EFS; KAP; WOI); Worm (f; JFM).

Dosages (Rose Bay) — Equivalent to 1–3 grains fresh bark or dried fruit (FEL); 50 mg leaf (MAD).

Contraindications, Interactions, and Side Effects (Rose Bay) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Commission E reports accidental and therapeutic use of leaf has resulted in partially fatal poisonings (AEH). Overdoses may cause arrhythmia, bradycardia, cardiodepression, confusion, cyanosis, diarrhea, headache, hyperkalemia, nausea, neurodepression, stupor, and vomiting (BRU; DEP; MAD; PH2). More than 100 years ago we read, "Several cases are on record of fatal results from the internal administration" (DEP). 142 bovines died in California over 6 years, 1989–1995 (BRU). During the Persian campaign, Alexander's army lost horses that had fed on the shrub, and some soldiers died who had grilled their meat on skewers made from the wood (WBB). 15–20 g fresh leaf can kill a horse, 10–20 a cow, 1–5 a sheep. Children have died after ingesting a handful of flowers (JFM).

ROSE HIPS, DOGROSE (*Rosa canina* L.) +++

Synonym: *R. lutetiana* Léman.

Much of the German literature refers to cynosbati, referring to the fruits and seeds of this species, or a fungus thereon (see EFS).

Activities (Rose Hips) — Analgesic (1; JBU); Antidiarrheic (f; PNC); Antioxidant (1; HH3); Antiradicular (1; HH3); Antiseptic (f; PED); Antispasmodic (f; PED); Astringent (2; APA; KOM; WAM); Demulcent (1; WAM); Diuretic (1; APA; HH3; PED; PHR; PH2); Hypoglycemic (1; HH3); Laxative (1; APA; PHR; PH2); Lipoxygenase Inhibitor (1; HH3); Nervine (1; WAM); Vermifuge (f; HH3; MAD).

Indications (Rose Hips) — Albuminuria (f; MAD); Arthrosis (f; PHR); Bleeding (f; HH3; PH2); Burn (f; MAD); Cancer (1; FNF; JLH); Cancer, genital (1; FNF; JLH); Cancer, kidney (1; FNF; JLH); Cancer, mouth (1; FNF; JLH); Cancer, throat (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Capillary Fragility (1; PED); Catarrh (f; MAD); Chill (f; PHR); Cold (f; APA; PHR; PH2); Constipation (1; APA; PHR; PH2); Cough (1; WAM); Cramp (f; PED); Diarrhea (1; PED; WAM); Dropsy (f; PHR); Dyspepsia (f; PH2); Dysuria (f; MAD; PHR); Edema (f; PH2); Enterosis (f; MAD; PH2); Exanthema (f; MAD); Flu (f; APA; PHR; PH2); Gallstone (f; MAD; PH2); Gastrosis (f; PED); Gonorrhea (f; MAD); Gout (f; PHR; PH2); Headache (f; APA; MAD); Hepatosis (f; JLH); Hyperacidity (f; PH2); Hyperglycemia (1; HH3); Induration (f; JLH); Infection (f; PED; PHR; PH2); Inflammation (f; JLH); Kidney Stone (f; MAD; PH2); Leukorrhea (f; PH2); Nausea (1; WAM); Nephrosis (f; JLH; PH2); Nervousness (1; WAM); Ophthalmia (f; JLH); Pain (1; JBU); Rheumatism (f; PHR; PH2); Sciatica (f; PHR); Sore (f; APA); Sore Throat (1; APA; WAM); Splenosis (f; JLH); Stomatosis (f; APA; JLH); Stone (1; PH2); Stress (f; PED); Thirst (f; APA); Urethrosis (f; PH2); Uterosis (f; JLH); Wart (f; JLH); Water Retention (1; APA; HH3; PED; PHR; PH2); Worm (1; HH3; MAD).

Dosages (Rose Hips) — 0.75–3 tsp chopped fruit/cup water 1–3 ×/day (APA; JAD; WIC); 2 g fruit (PH2); 0.25–0.5 cup fresh fruit (PED); 1–2 g dry fruit/cup water (PHR); 6–12 g dry fruit (PED); 9 g dry fruit/cup boiling water (PED); 2–5 g in infusion (HH3).

Contraindications, Interactions, and Side Effects (Rose Hips) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). None known for the fruits (PHR; WAM). 15% tannins.

ROSELLE (*Hibiscus sabdariffa* L.) +++

Activities (Roselle) — Abortifacient (f; EFS); Antiaggregant (1; DAD); Antibacterial (1; APA); Antipyretic (f; CRC; EFS); Antiscorbutic (1; WBB); Antiseptic (1; CRC; PED); Antispasmodic (1; HHB; PED); Aperitif (f; CRC); Aphrodisiac (f; CRC; WBB); Astringent (f; CRC); Cholagogue (f; CRC); Choleretic (1; CRC; DAD); Demulcent (f; CRC; EFS); Digestive (f; PED); Diuretic (1; APA; DAD; PH2; WBB); Emollient (1; APA; WBB); Emmenagogue (f; EFS); Expectorant (f; EFS; KOM; PHR; PH2); Hypotensive (1; APA; DAD; PHR; PH2); Laxative (1; APA; CRC; PED; PH2; WBB); Myorelaxant (f; APA; PHR); Pectoral (f; EFS); Peristaltic (1; DAD); Resolvent (f; CRC); Saluretic (1; APA); Sedative (f; CRC); Stomachic (f; CRC); Tonic (f; CRC); Uterorelaxant (1; PHR; PH2); Vermifuge (1; APA).

Indications (Roselle) — Abscess (1; CRC; WBB); Anorexia (f; APA; CRC; KOM; PH2); Atherosclerosis (1; CRC); Bacteria (1; APA; HHB); Biliousness (f; CRC); Cancer (f; JLH); Carbuncle (f; PH2); Cardiopathy (f; APA); Catarrh (f; KOM); Conjunctivosis (f; PH2); Constipation (f; APA; KOM); Chill (f; APA; PED); Circulosis (f; PH2); Cold (f; PHR; PH2); Constipation (1; APA; CRC; PED; PH2; WBB); Cough (1; CRC; WBB); Cramp (1; APA; HHB; PED); Debility (f; CRC); Dyspepsia (f; CRC; PHR); Dysuria (f; CRC); Enterosis (1; CRC); Fever (f; CRC; EFS; HHB); Gastrosis (f; PH2); Hangover (f; CRC); Heart (f; CRC); Herpes zoster (f; PH2); High Blood Pressure (1; APA; CRC; DAD; PHR; PH2); Infection (1; APA; CRC); Inflammation (f; PH2); Insomnia (f; CRC); Intoxication (f; CRC; WBB); Kidney Stone (1; APA); Nervousness (f; CRC); Neuropathy (1; APA); Neurosis (f; CRC); Ophthalmia (f; PH2); Respirosis (f; APA; PED; PH2); Scurvy (f; CRC); Strangury (f; CRC); Swelling (f; PH2); Tuberculosis (1; HHB); Virus (f; PH2); Water Retention (1; APA; DAD; PH2; WBB); Worm (1; APA).

Dosages (Roselle) — 1.5 g ($^3/_4$ tsp) dry herb/cup (APA); 1–2 tsp fresh flowers (PED); 0.5–1 g dry flowers (PED); 1 g dry flower/cup water (PED); 1.5 g/cup (PH2).

Contraindications, Interactions, and Side Effects (Roselle) — Class 1 (AHP). No risks known (KOM). Commission E list it as unapproved (KOM). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2). May reduce the efficacy of chloroquine as a malaria preventive (APA). If HHB is correct, this plant may be the best source of hydroxycitric acids. Translation (JAD) —In the flowers D (+)-malic acid, 12.5% to 16.8% citric, ascorbic, utalonic, protocatechuic, maleic, glycolic, tartaric, oxalic, and 23% hibiscus acids [(+)-allo-oxycitronic-acid-lactone $C_6H_6O_7$]. The Herbal PDR (PH2) labels the plant as containing 15–30% "fruit acids," in particular hibiscus (+)-allohydroxycitric-acid-lactone and poorly translating "lemons, malic acid, and tartaric acid".

ROSEMARY (*Rosmarinus officinalis* L.) +++

R

Synonym: *R. officinalis* var. *prostratus* hort.

Activities (Rosemary) — Abortifacient (f; MAD); Analgesic (1; CAN; PNC); Antiaging (1; APA); Antialzheimeran (1; COX; FNF); Antianaphylactic (1; CAN); Antiarthritic (1; COX; FNF); Antiatherosclerotic (1; X11229363); Antibacterial (1; APA; BGB; CAN); Anticancer (1; COX; FNF; HH2; PH2); Anticapillary Fragility (1; CAN); Anticholinesterase (f; JAD); Anticomplementary (1; CAN); Anticonvulsant (1; PH2); Antiedemic (1; CAN); Antigonadotropic (1; CAN); Antiimplantation (f; CRC); Antiinflammatory (1; CAN; JNU; PNC; TAD); Antimutagenic (1; HH2; PH2; TAD); Antioxidant (1; APA; CAN; CRC; TAD; WOI); Antiprostaglandin (1; CAN); Antipyretic (f; CRC); Antiseptic (1; APA; BGB; CAN; HH2; PH2); Antispasmodic (2; APA; BGB; CAN; KOM; PH2); Antiviral (1; JBU; HH2; PH2; TAD); Aperitif (1; APA; CRC); Astringent (1; CRC; PNC); Candidicide (1; HH2); Capillary Fragility (1; CAN); Carminative (1; APA; BGB; CAN; MAD); Cerebrotonic (f; CRC); Cholagogue (1; BGB; HH2); Choleretic (1; BGB; PH2; TAD); CNS Stimulant (1; APA; JAD); Contraceptive (f; CRC); COX-2 Inhibitor (1; COX; FNF; HH2); Detoxicant (f; JNU); Diaphoretic (f; CRC; PNC); Digestive (f; APA); Diuretic (f; CAN; CRC; MAD); Emmenagogue (f; APA; BGB; CAN; HH2; MAD); Epileptigenic (1; CAN);

Fungicide (1; APA; CAN; HH2; JBU); Hepatoprotective (1; HH2; PH2); Hyperemic (1; BGB); Insecticide (1; CRC; HH2; MAD); Insectifuge (1; APA); Memorigenic (1; APA; CRC; PH2); Myorelaxant (1; CRC); Myostimulant (1; CAN); Negative Chronotropic (1; HH2); Negative Inotropic (1; HH2); Nervine (1; CRC; DEP; MAD; PNC); Parasiticide (1; CAN; WOI); Photosensitive (1; CAN); Positive Inotropic (2; BGB; KOM); Protisticide (1; CRC; WOI); Rubefacient (1; BGB; CAN); Sedative (f; CAN); Spasmogenic (1; CAN); Sterilant (f; WOI); Stimulant (1; BGB; CRC); Stomachic (f; BGB; CRC; PNC); Thymoleptic (f; CAN); Tonic (f; BGB; CRC; PNC); Vulnerary (1; BGB).

Indications (Rosemary) — Alopecia (f; APA; CRC; DEP; WOI)); Alzheimer's (1; COX; FNF); Amenorrhea (f; PH2); Anaphylaxis (1; CAN); Anorexia (2; APA; CRC; MAD; PHR; PH2); Arthrosis (1; APA; COX; FNF; MAD); Asthma (f; CRC; WOI); Atherosclerosis (1; APA; X11229363); Bacteria (1; APA; BGB; CAN; CRC; TAD); Bronchosis (f; CRC); Bruise (1; APA; JFM); Cancer (1; APA; COX; CRC; FNF; HH2; PH2; TAD); Cancer, breast (1; APA); Cancer, liver (1; APA; COX; CRC); Cancer, mouth (1; CRC; FNF; JLH); Cancer, skin (1; JNU); Cancer, spleen (1; APA; COX; CRC); Candida (1; HH2); Capillary Fragility (1; CAN); Cardiopathy (1; APA); Cataract (1; FNF; BGB); Catarrh (f; WOI); Cholecystosis (2; PHR); Circulosis (2; KOM; PH2); Climacteric (f; HH2); Condyloma (f; JLH); Convulsion (1; PH2); Cough (f; CRC); Cramp (2; APA; BGB; CAN; FNF; KOM; MAD; PH2); Dandruff (f; CRC); Diabetes (1; APA); Diarrhea (f; CRC); Dizziness (f; PH2); Dropsy (f; MAD); Drowsiness (1; JAD); Dysmenorrhea (f; CRC; HH2; PH2); Dyspepsia (2; APA; CAN; KOM; PH2); Eczema (f; APA; PHR; PH2); Edema (1; CAN; CRC); Enterosis (1; APA; BGB; PH2); Epilepsy (f; MAD); Escherichia (1; MAD); Fatigue (f; PH2); Fever (f; CRC; PNC); Fungus (1; APA; CAN; HH2; JBU; TAD); Gas (1; APA; BGB; CAN; MAD); Gastrosis (1; APA; BGB; PH2); Gout (f; CRC; MAD); Headache (f; BGB; CAN; CRC; PH2); Head Cold (f; MAD); Heart (f; CRC); Hemorrhoid (f; CRC); Hepatosis (2; HH2; JLH; MAD; PHR; PH2); Hoarseness (f; CRC; JFM); Hypotonia (f; PH2); Hysteria (f; CRC; MAD); Induration (f; CRC; JLH); Infection (1; APA; CAN; HH2; JBU); Infertility (f; MAD); Inflammation (1; CAN; COX; FNF; JNU; PNC; TAD); Insomnia (f; CAN; CRC; MAD); Ischiosis (f; HH2); Lethargy (1; JAD); Leukorrhea (f; CRC; MAD); Low Blood Pressure (1; APA); Migraine (1; APA; BGB; PH2); Myalgia (1; CAN; HH2; PH2); Mycosis (1; APA; CAN; HH2; JBU); Nausea (f; CRC); Nephrosis (f; CRC; MAD); Nervousness (f; CAN); Neuralgia (1; APA; CAN; CRC; PH2); Neurosis (f; BGB; LAF); Pain (1; APA; CAN; PH2; PNC); Palsy (f; MAD); Paralysis (1; APA; MAD); Parasite (1; CAN; WOI); Pleurodynia (1; APA); Polyuria (f; CRC); Pulmonosis (f; CRC); Rheumatism (2; APA; KOM; PHR; PH2); Sciatica (2; CAN; PH2); Senile Dementia (f; PH2); Septic Shock (1; CAN; PNC); Sore (f; PH2); Sore Throat (f; PH2); Splenosis (f; JLH; MAD); Sprain (1; APA; JFM); Stomachache (1; APA); Stomatosis (1; CRC; FNF; PH2); Swelling (1; CAN); Syncope (f; MAD); Tension (f; BGB); Toothache (f; CRC); Varicosis (1; APA); Vertigo (f; CRC); Virus (1; JBU; HH2; PH2; TAD); Wart (f; JLH); Water Retention (f; CAN; CRC; MAD); Wound (f; APA; PHR; PH2); Yeast (1; HH2).

Dosages (Rosemary) — 1 tsp (2 g) chopped leaf/cup water (APA; PH2); 4–6 g herb (APA; KOM); 2 tsp (4.2 g) herb in cold or hot tea (MAD); 2–4 ml herb (1:1 in 45% alcohol) 3 ×/day (CAN); let 20 g rosemary steep 5 days in 1 liter wine (PH2); 0.3–1.2 ml rosemary spirit (APA; PNC); 2–4 g shoot in tea 3 ×/day (CAN); 2–4 ml liquid shoot extract (1:1 in 45% ethanol) 3 ×/day (CAN); 3–6 drops internally (FEL); 10–20 drops EO (KOM suggests 1 ml (2 drops) would be more reasonable) (KOM).

Contraindications, Interactions, and Side Effects (Rosemary) — Class 2b. Abortifacient, emmenagogue, and uterotonic (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). For the leaves, Commission E reports none known. Commission E reports for the root, contraindications: pregnancy, lactation; adverse effects: harmless red discoloration of the urine (AEH). Like any EO, that of rosemary can be toxic in large quantities, causing

irritations to the intestines, kidneys, skin, and stomach. Epileptics should be careful with rosemary and other herbs heavy with camphor (CAN). CAN cautions that camphor in the volatile oil may cause convulsions. Michael Castleman is apparently talking about the herb, not the more dangerous EO, when he says, "Like most other herbs, rosemary should be used in large amounts only in consultation with your health care provider. If you are pregnant, you should avoid such amounts because they can cause uterine contractions" (Castleman, 1996). The Herbal PDR scares the pants off us by saying large doses of rosemary leaves (more likely the oil), inadvisedly have been used to attempt abortion, may lead to coma, gastroenterosis, nephrosis, pulmonary edema, spasm, uterine bleeding, vomiting, and even to death. But this seems to be speculation! The PDR concludes "No documented cases have come to light." Just another dead-end on another bibliographic echo (PHR; PH2).

Extracts (Rosemary) — LD50 = 5 ml/kg orl rat, >10 ml/kg der rbt, EO antispasmodic at 25 mg/kg (CAN). Major source of the COX-2 inhibitor, oleanolic acid, at 1% (COX). EO antiseptic against Gram-positive and Gram-negative bacteria, molds, *Corynebacteria, Escherichia, Staphylococcus*, and *Vibrio*. Carnosol and ursolic acid inhibit many food spoilage microbes *Escherichia, Kluyveromyces, Lactobacillus, Pseudomonas, Rhodotorula* = BHA, BHT; carnosol > ursolic acid as antioxidant. Rosemary oil is effective against opportunistic infections like *Cryptococcus neoformans* (JBU). Rosemary oil as well as its bornyl acetate and cineole are antispasmodic, on smooth muscle (guinea pig ileum) and cardiac muscle (guinea pig atria). In smooth muscle, borneol is considered the most active, by antagonizing acetyl choline. The antispasmodic action of rosemary as preceded by contractile action, due to pinenes, which are spasmogenic on smooth muscle, inactive on cardiac muscle. Rosemary oil relaxes the Oddi's sphincter contracted by morphine. Activity increases with incremental oil doses reaching an optimum at 25 mg/kg, at which the unblocking effect was immediate. Beyond that dosage, the response was again delayed. Smooth muscle stimulant and analgesic actions have been documented for a rosmaricine derivative (CAN).

ROSE-OF-SHARON (*Hibiscus syriacus* L.) ++

Activities (Rose-of-Sharon) — Analgesic (f; FAY); Antibacterial (1; FAY); Antiedemic (f; FAY); Antiinflammatory (f; DAA); Antipyretic (f; FAY); Astringent (f; FAY); Bitter (f; FAY); Carminative (f; DAA); Demulcent (f; FAY; LMP); Detoxicant (f; FAY); Diuretic (f; DAA; FAY; HHB); Emollient (f; LMP); Expectorant (f; FAY; HHB); Fungicide (1; FAY; X739389); Hemostat (f; DAA); Stomachic (f; DAA; HHB); Vermifuge (1; FAY).

Indications (Rose-of-Sharon) — Abscess (f; FAY); Ameba (f; DAA); Appendicitis (f; FAY); Ascariasis (f; DAA; LMP); Asthma (f; FAY); Athlete's Foot (f; FAY); Bacteria (1; FAY); Bleeding (f; DAA; FAY; LMP); Boil (f; FAY); Bronchosis (f; FAY); Burn (f; FAY); Cancer (f; ABS; FAY); Carbuncle (f; FAY); Cold (f; DAA); Colitis (f; DAA); Cough (f; FAY); Dermatosis (f; DAA; FAY); Diabetes (f; FAY); Diarrhea (f; FAY; MPI); Dysentery (f; FAY; MPI); Dysmenorrhea (f; DAA; MPI); Dyspepsia (f; LMP); Eczema (f; FAY); Enterosis (f; DAA; LMP); Fever (f; FAY); Fungus (1; FAY; X739389); Gas (f; DAA); Gastrosis (f; DAA); Headache (f; FAY); Hemorrhoid (f; FAY); Impetigo (f; FAY); Infection (1; FAY; X739389); Inflammation (f; DAA); Itch (f; DAA; FAY); Leukorrhea (f; DAA; LMP); Migraine (f; FAY); Mycosis (1; FAY; X739389); Nausea (f; DAA; LMP); Neurodermatosis (f; FAY); Pain (f; FAY); Proctosis (f; FAY); Prolapse (f; FAY); Pulmonosis (f; FAY); Ringworm (f; FAY); Sore (f; FAY); Swelling (f; FAY); Vaginosis (f; FAY); Water Retention (f; DAA; FAY; HHB); Worm (1; DAA; FAY).

Dosages (Rose-of-Sharon) — 3–9 g dry flowers, 30–60 g fresh flowers (FAY). 3–9 g dry bark; 30–60 g fresh root (FAY).

ROSE PETALS (*Rosa centifolia* L.) +++

Both Commission E (KOM) and the Herbal PDR (PH2) aggregate *Rosa centifolia* L. and *R. gallica* L. for their account of the rose flower. PNC aggregates *R. damascena* Mill. as well. MAD aggregates *R. centifolia* and *R. damascena*. EFS disaggregates. I've aggregated their indications trying to keep their chemistries separate. Difficult task. Who knows which rose they chose to nose?

Activities (Rose Petals) — Antidiarrheic (PNC); Antiinflammatory (1; KAB); Aperient (f; EFS); Aperitif (f; EFS); Aphrodisiac (f; KAB); Ascaricide (1; MAD); Astringent (2; DEP; KOM; PH2; PNC); Cardiotonic (f; EFS; MAD); Carminative (f; EFS); Depurative (f; KAB; MAD); Emollient (f; KAB); Expectorant (1; MAD); Laxative (f; DEP); Nervine (f; EFS; MAD); Stomachic (f; EFS); Tonic (f; KAB); Vermifuge (1; MAD); Vulnerary (f; KAB).

Indications (Rose Petals) — Anorexia (f; EFS); Ascaris (1; MAD); Asthma (f; KAB; PH2); Biliousness (f; KAB); Bleeding (1; MAD; PH2); Bronchosis (f; PH2); Burn (f; MAD); Cancer (1; FNF; JLH); Cancer, mouth (1; FNF; JLH); Cancer, sinew (1; FNF; JLH); Cancer, uterus (1; FNF; JLH); Catarrh (f; MAD; PH2); Constipation (f; DEP); Cough (f; PH2); Debility (f; PH2); Diarrhea (f; MAD; PH2); Fever (f; MAD; PH2); Gas (f; EFS); Gastrosis (f; MAD); Gonorrhea (f; MAD); Headache (f; MAD); Hemoptysis (f; MAD); Hemorrhoid (f; KAB); Hepatosis (f; KAB); Hyperhydrosis (f; PH2); Inflammation (2; KAB; KOM; PHR; PH2); Jaundice (f; MAD); Leprosy (f; KAB); Leukorrhea (f; PH2); Mucososis (2; KOM; PHR; PH2); Ophthalmia (f; KAB); Pharyngosis (2; KOM; PHR; PH2); Pulmonosis (f; PH2); Scirrhus (f; JLH); Stomatosis (2; JLH; KOM; MAD; PHR; PH2); Syncope (f; JLH); Toothache (f; MAD); Tuberculosis (f; PH2); Tumor (f; MAD); Uterosis (f; JLH); Worm (1; MAD); Wound (f; KAB; PH2).

Dosages (Rose Petals) — 1–2 g dry flowers/cup water to 3 ×/day (KOM; PHR; PH2).

Contraindications, Interactions, and Side Effects (Rose Petals) — Class 1 (AHP). None known for the flower (KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). 15% tannins; OPCs (PHR).

ROSINWEED (*Silphium laciniatum* L.) ++

Activities (Rosinweed) — Alterative (f; EFS); Antibacterial (1; WOI); Antipyretic (f; EFS; WOI); Antispasmodic (f; EFS; PNC); Bitter (1; PH2); Diaphoretic (f; EFS; PH2); Diuretic (f; EFS; FAD; PNC); Emetic (f; DEM; EFS; FEL; PNC); Expectorant (f; EFS; PNC); Tonic (f; DEM; EFS; FAD); Vermifuge (f; DEM; FAD).

Indications (Rosinweed) — Asthma (f; FAD; FEL; MAD; WOI); Bacteria (1; WOI); Bronchosis (f; MAD); Catarrh (f; FEL); Cough (f; FEL; MAD; PNC; WOI); Cramp (f; EFS; PNC); Cystosis (f; MAD); Debility (f; DEM; FAD); Dysentery (f; MAD); Dyspepsia (f; PH2); Fever (f; EFS; PH2; WOI); Flu (f; MAD); Gleet (f; FEL); Gonorrhea (f; FAD; FEL); Malaria (f; FEL); Mucososis (f; MAD); Pulmonosis (f; FAD; FEL); Respirosis (f; MAD); VD (f; FEL); Sore Throat (f; FEL); Water Retention (f; EFS; FAD; PNC); Worm (f; DEM; FAD).

Dosages (Rosinweed) — 1–10 drops strong herb tincture (FEL); 2–4 ml liquid herb extract (PNC); homeopathic dosages and "Teep" (MAD).

Contraindications, Interactions, and Side Effects (Rosinweed) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

ROSY PERIWINKLE (*Catharanthus roseus* (L.) G. Don) +

Synonyms: *Ammocallis rosea* (L.) Small, *Lochnera rosea* (L.) Rchb., *Vinca rosea* L.

Activities (Rosy Periwinkle) — Analgesic (1; ZUL); Antibacterial (1; ZUL); Anticancer (1; AAB; ZUL); Antidiabetic (1; JFM; VVG; ZUL); Antileukemic (1; AAB); Antimitotic (1; ZUL); Antipyretic (1; WBB; ZUL); Antiseptic (1; WBB; ZUL); CNS Depressant (1; WBB); Collyrium (f; JFM); Depurative (f; ZUL); Digitalic (f; WBB); Diuretic (f; JFM); Emetic (f; ZUL); Fungicide (1; ZUL); Hemostat (f; JFM; ZUL); Hypoglycemic (1; VVG); Hypotensive (1; WBB; ZUL); Laxative (f; JFM; WBB); Leukopenic (1; ZUL); Myorelaxant (1; ZUL); Sedative (1; WBB); Teratogenic (1; ZUL); Tranquilizer (1; WBB); Vermifuge (f; JFM; ZUL).

Indications (Rosy Periwinkle) — Asthma (f; JFM); Bacteria (1; ZUL); Bleeding (f; JFM; ZUL); Bug Bite (f; ZUL); Cancer (1; AAB; VAG; ZUL); Cardiopathy (f; JFM); Catarrh (f; RYM); Chest Cold (f; JFM); Cold (f; AAB); Constipation (f; JFM; WBB); Dermatosis (f; ZUL); Diabetes (1; JFM; VAG; VVG; WBB; ZUL); Fever (1; WBB; ZUL); Fungus (1; ZUL); Gas (f; JFM); Gonorrhea (f; ZUL); High Blood Pressure (1; AAB; JFM; WBB; ZUL); Hodgkin's Disease (1; AAB; ZUL); Hyperglycemia (1; VVG); Infection (1; ZUL); Insomnia (1; WBB); Laryngosis (f; JFM); Leukemia (1; AAB; ZUL); Lymphoma (1; VAG; VVG); Malaria (1; WBB); Menopause (f; AAB); Menorrhagia (f; WBB; ZUL); Mycosis (1; ZUL); Nervousness (1; WBB); Ophthalmia (f; RYM); Pain (1; ZUL); Rheumatism (f; VVG; WBB; ZUL); Scurvy (f; ZUL); Sore Throat (f; AAB; JFM); Toothache (f; ZUL); Tuberculosis (f; JFM); VD (f; ZUL); Wart (f; ZUL); Water Retention (f; JFM); Worm (f; JFM; ZUL).

Dosages (Rosy Periwinkle) — 10 leaves + 10 flowers boiled into tea (JFM); make solar tea of 9 pink flowers in 1 pint water 3 hours, sip all day for cold and sore throat (AAB).

ROUND CARDAMOM (*Amomum compactum* Sol. ex Maton) ++

Synonym: *A. kepulaga* Sprague & Burkill.

Activities (Round Cardamom) — Antitoxic (f; DAD); Antiemetic (f; DAD); Carminative (f; DAD); Stomachic (f; DAD).

Indications (Round Cardamom) — Ague (f; DAD); Cachexia (f; DAD); Cancer (f; DAD; JLH); Cancer, liver (f; DAD; JLH); Cancer, uterus (f; DAD; JLH); Catarrh (f; DAD); Childbirth (f; DAD); Cold (f; DAD); Cough (f; DAD); Cramp (f; DAD); Dyspepsia (f; DAD); Gas (f; DAD); Gout (f;

DAD); Heartburn (f; DAD); Hepatosis (f; DAD; JLH); Induration (f; JLH); Madness (f; DAD); Nausea (f; DAD); Ophthalmia (f; DAD); Rheumatism (f; DAD); Uterosis (f; JLH); Vomiting (f; DAD).

ROUND-LEAFED WINTERGREEN (*Pyrola rotundifolia*) ++

I think the Herbal PDR is dead wrong when it says, "The plant originated in the South Sea islands but is now naturalized in other climates" (PH2).

Activities (Round-Leafed Wintergreen) — Antispasmodic (f; FEL); Astringent (f; FEL); Diuretic (f; FEL; MAD); Litholytic (f; FEL); Tonic (f; FEL); Vulnerary (f; MAD).

Indications (Round-Leafed Wintergreen) — Boil (f; FEL); BPH (f; MAD; PH2); Cancer (f; FEL; JLH); Carbuncle (f; FEL); Carcinoma (f; FEL); Convulsion (f; FEL); Cramp (f; FEL); Cystosis (f; FEL; MAD; PH2); Dermatosis (f; FEL); Diabetes (f; MAD); Dropsy (f; MAD); Dysuria (f; FEL; MAD); Epilepsy (f; FEL); Felon (f; JLH); Gravel (f; FEL); Hematuria (f; FEL); Inflammation (f; PH2); Leukorrhea (f; FEL); Nephrosis (f; MAD; PH2); Neurosis (f; FEL); Ophthalmia (f; FEL); Prostatosis (f; MAD; PH2); Scrofula (f; FEL); Sore (f; FEL; JLH); Stone (f; FEL); Sore Throat (f; FEL); Stomatosis (f; FEL); Swelling (f; FEL); Uterosis (f; FEL); UTI (f; FEL; PH2); Water Retention (f; FEL; MAD); Wound (f; MAD).

Dosages (Round-Leafed Wintergreen) — 1–2 fluid oz decoction 3–4 ×/day (FEL); 1–30 drops strong tincture (FEL).

Contraindications, Interactions, and Side Effects (Round-Leafed Wintergreen) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Chimaphilin may be irritant. Hydroquinones not for long-term consumption (PH2).

ROWAN BERRY (*Sorbus aucuparia* L.) ++

Synonyms: *Pyrus aucuparia* (L.) Gaertn., *P. aucuparia* var. *dulcis* (Kraetzl) Asch. & Graebn., *Sorbus aucuparia f. fastigiata* (Loudon) Rehder, *S. aucuparia* var. *dulcis* Kraetzl, *S. aucuparia* var. *edulis* Dieck, *S. aucuparia* var. *moravica* Dippel, *S. aucuparia* var. *pendula* G. Kirchn., *S. aucuparia* var. *rossica* Späth ex Koehne, *S. aucuparia* var. *xanthocarpa* Hartwig & Rümpler.

Activities (Rowan Berry) — Antiinflammatory (f; PHR); Astringent (1; FEL; WOI); Catabolic (f; PHR); Depurative (f; WOI); Diuretic (f; MAD; WOI); Emetic (f; DEM); Emmenagogue (1; EFS; WOI); Irritant (1; PHR); Laxative (1; HHB; MAD; WOI); Litholytic (f; MAD); Pectoral (f; EFS; WOI); Sialagogue (1; HHB); Uricosuric (f; PHR).

Indications (Rowan Berry) — Angina (1; FAD; FNF); Anorexia (f; DEM); Arthrosis (f; KOM); Boil (f; DEM); Bronchosis (f; WOI); Cancer (f; JLH); Cancer, rectum (f; JLH); Cardiopathy (f; FAD; FNF); Catarrh (f; MAD); Childbirth (f; DEM); Cholecystosis (f; WOI); Cold (f; DEM); Colic (f; DEM); Constipation (1; HHB; MAD; WOI); Cough (f; WOI); Croup (f; DEM); Debility (f; DEM); Depression (f; DEM); Diabetes (f; KOM; PHR; PH2); Diarrhea (1; FEL); Diphtheria (f; DEM); Dropsy (f; MAD); Dysmenorrhea (f; PHR); Dyspepsia (1; KOM; WOI); Dysuria (f; FAD); Enterosis (f; MAD); Fever (f; CEB; MAD; PHR; PH2); Fracture (f; MAD); Gastrosis (f; MAD); Gonorrhea (f; DEM); Gout (f; KOM; PHR; PH2); Hemorrhoid (f; WOI); Hepatosis (f; MAD); Hoarseness (f; MAD); Inflammation (f; KOM; PHR); Leukorrhea (f; WOI); Nephrosis (f; HH2; MAD); Pain (f; DEM); Pharyngosis (f; FEL); Pleurosis (f; DEM; MAD; PHR; PH2); Pneumonia (f; DEM); Proctosis (f; FEL; JLH); Pulmonosis (f; DEM; MAD; PHR); Rheumatism (f; HH2; KOM; PHR; PH2); Scurvy (f; FEL); Stomachache (f; MAD); Stone (f; MAD); Strangury (1; WOI); Tonsilosis (f; FEL); Tuberculosis (f; MAD); Vaginosis (f; FEL); VD (f; DEM); Water Retention (f; MAD; WOI); Wound (f; MAD).

Dosages (Rowan Berry) — Rarely given for food farmaceuticals like this.

Contraindications, Interactions, and Side Effects (Rowan Berry) — Not covered (AHP). "No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages of the dehydrated drug or with the consumption of fruit sauces, juices, jellies, jams, etc., produced through cooking" (PH2) (but PH2 designates no specific quantified dosage! JAD). Because of the irritant parasorbic acid (mostly or totally destroyed by cooking or drying) in untreated or unprocessed fruits, excessive intake of fresh fruits can lead to albuminuria, diarrhea, gastralgia, gastroenterosis, glycosuria, kidney damage, polymorphic exanthemas, queasiness, and vomiting (HHB; PHR). Amygdalin (342–617 ppm) and hydrocyanic acid (20–37 ppm) are reported from the frozen fruits (WOI).

RUBBER VINE (*Cryptostegia grandiflora* Roxb. ex R. Br.) X

Activities (Rubber Vine) — Analgesic (f; CRC); Fungicide (f; CRC); Vermifuge (f; CRC).

Indications (Rubber Vine) — Athlete's Foot (f; CRC); Callus (f; CRC); Eczema (f; CRC); Fungus (f; CRC); Headache (f; CRC); Infection (f; CRC); Mycosis (f; CRC); Pain (f; CRC); Stomachache (f; CRC); Worm (f; CRC).

Contraindications, Interactions, and Side Effects (Rubber Vine) — "All parts may cause severe stomach and intestinal upset. Cases of death have been reported from India. The leaf is toxic. Dry vine emits an eye-irritating dust which may induce coughing and swelling" (CRC).

RUE (*Ruta graveolens* L.) +

Used interchangeably with *R. chalapensis* L.

Activities (Rue) — Abortifacient (1; AAB; APA; DEP; PHR; PH2); Acaricide (f; IHB); Allergenic (1; PH2); Analgesic (f; FEL; HH2; VVG); Anaphrodisiac (f; DEP; MAD); Antiatherogenic (1; CRC); Antibacterial (1; AAB; APA; WBB); Anticapillary Fragility (1; CRC; VVG; WBB); Antiexudative (1; PH2); Antifertility (1; PH2; TAD); Antihistaminic (1; CRC; WBB); Antiinflammatory

(1; CRC); Antioxidant (f; WBB); Antiseptic (1; PH2); Antispasmodic (1; AAB; APA; JFM; PH2); Antithrombic (1; CRC); Antitussive (1; APA); Aperitif (f; EFS); Aphrodisiac (f; CRC; MAD); Astringent (1; APA); Bitter (1; APA); Carminative (f; MAD); Chemopreventive (1; CRC); Choleretic (f; CRC; MAD); CNS Stimulant (f; JFM); Collyrium (f; WBB); Contraceptive (1; PHR; PH2); Decongestant (f; JFM); Diaphoretic (f; JFM); Ecbolic (f; WBB); Emetic (1; JFM); Emmenagogue (1; AAB; APA; JFM); Fungicide (1; APA); Hemostat (f; CRC; EFS); Hirudicide (1; CRC; HH2); Hypotensive (1; CRC; WBB); Insectifuge (1; AAB; APA); Insecticide (1; CRC); Memorigenic (f; DEP; IHB); Myorelaxant (1; APA); Nematicide (1; CRC); Nervine (f; EFS; MAD); Phototoxic (1; CRC; PH2); Radioprotective (f; CRC; WBB); Rubefacient (1; JFM); Sedative (1; APA); Stimulant (f; CRC); Stomachic (f; JFM; WBB); Uterotonic (1; AHP; CRC; PH2); Vermicide (1; AAB; APA; CRC); Vermifuge (1; EFS; HH2; JFM; WBB).

Indications (Rue) — Adenopathy (f; JLH); Ague (f; CRC); Amenorrhea (f; CRC); Anorexia (f; EFS); Asthenia (f; MAD); Asthma (f; WBB); Atherosclerosis (1; CRC); Backache (f; AAB; PH2); Bacteria (1; AAB; APA; WBB); Bleeding (f; CRC; EFS); Blepharosis (f; MAD); Bruise (f; PH2); Cancer (1; CRC; JLH); Cancer, breast (1; CRC; JLH); Cancer, colon (1; CRC; JLH); Cancer, liver (1; CRC; JLH); Cancer, mouth (1; CRC; JLH); Cancer, rectum (1; CRC; JLH); Cancer, spleen (1; CRC; JLH); Cancer, stomach (1; CRC; JLH); Cancer, testicle (1; CRC; JLH); Cancer, uterus (1; CRC; JLH); Capillary Fragility (1; CRC; VVG; WBB); Cardiopathy (f; JFM; MAD; WBB); Childbirth (f; AAB; CRC; WBB); Colic (f; DEP; WBB); Congestion (f; JFM; MAD); Conjunctivosis (f; MAD); Convulsion (f; VVG; WBB); Corn (f; JLH); Cough (1; APA; CRC; DEM); Cramp (1; AAB; APA; JFM; PHR; PH2); Croup (f; CRC; WOI); CVI (1; VVG); Dermatosis (f; PHR; PH2); Diarrhea (f; PHR; PH2; WBB); Dysmenorrhea (1; APA; PH2; WBB); Dyspepsia (1; APA; PHR; PH2); Earache (f; DEM; PHR; PH2; VVG; WBB); Edema (1; CRC); Encephalosis (f; HH2); Enterosis (1; APA; CRC; PH2); Epilepsy (f; AAB; DEP; EL; HH2; VVG; WBB); Epistaxis (f; MAD); Escherichia (f; HH2); Fever (f; AAB; IHB; JFM; PHR; PH2; VVG); Fibroid (f; JLH); Fit (f; VVG; WBB); Fungus (1; APA; JLH); Gangrene (f; DEM); Gas (f; MAD); Gingivosis (f; JFM); Gout (f; MAD; VVG); Headache (f; AAB; JFM); Head Cold (f; MAD); Heart (f; CRC); Hemorrhoid (f; MAD); Hepatosis (f; CRC; PHR; PH2); High Blood Pressure (1; CRC; VVG; WBB); Hysteria (f; DEM; DEP; HH2; VVG; WBB); Induration (f; CRC); Infection (1; APA; DEM; PHR; PH2); Inflammation (1; CRC; PH2); Insomnia (1; APA; HH2); Ischiosis (f; MAD); Jaundice (f; WBB); Lumbago (f; MAD); Measles (f; CRC; JFM); Multiple Sclerosis (f; HH2); Myalgia (f; AAB); Mycosis (1; APA); Nausea (f; AAB); Nerves (f; AAB); Nervousness (1; APA); Neuralgia (f; MAD); Neurasthenia (f; MAD); Nightmare (f; CRC); Ophthalmia (f; JFM); Ozena (f; MAD); Pain (1; DEM; FEL; HH2; VVG); Palsy (f; DEM); Paralysis (f; DEM); Pharyngosis (f; PHR; PH2); Psoriasis (1; CRC); Respirosis (f; WBB); Rheumatism (f; PH2; VVG); Rhinosis (f; JFM); Scabies (f; IHB); Scarlet Fever (f; CRC; JFM; WBB); Sciatica (f; CRC); Scirrhus (f; CRC); Scleroma (f; CRC); Shock (1; JFM; WBB); Spine (f; PH2); Sprain (f; PH2); Staphylococcus (1; HH2); Stomachache (f; DEM; MAD); Stomatosis (f; PHR); Stroke (f; CRC); Syncope (f; AAB); Thrombosis (1; CRC); Ticks (f; IHB); Toothache (f; PHR; PH2; VVG; WBB); Tuberculosis (1; AAB); Typhoid (f; WBB); Uterosis (f; CRC; PHR); Varicosis (1; MAD; PH2); Vertigo (f; CRC; DEP; MAD); Wart (f; CRC; JLH); Whitlow (f; JLH); Worm (1; AAB; APA; CRC; PH2).

Dosages (Rue) — Should not be used (APA); 0–1.5 g herb as emmenagogue (MAD); 0.5–1 g herb, several ×/day (PH2); 1–2 tsp herb/cup water 1–3 ×/day (RFW); 1–2 g dried herb (PNC); herb juice applied directly in earache and toothache (PH2), not me; 2–4 ml liquid herb extract (PNC); 2–6 drops EO (HH2).

Contraindications, Interactions, and Side Effects (Rue) — Class 1 (AHP), U.S. regulations prohibit food use at levels of 2 ppm. Class 2b, 2d. Contraindicated in poor kidney function; avoid excess sunlight (AHP). Commission E reports leaf and herb EO is toxic and can produce contact dermatosis. Phototoxic reactions are possible (furocoumarins) (AEH). Though loaded with antis-

pasmodic compounds, rue is also a poisonous plant, both internally and externally. "The plant should not be ingested, especially by pregnant women" (*LRNP*-July 1989). Having seen it applied cosmetically, and consumed internally in Peru, where I have visited regularly for a decade, I find the APA entry even more alarming. The volatile oil "can cause severe stomach pain, vomiting, convulsive twitching, life-threatening miscarriage, and other serious complications, including fatal ones, if taken in large doses" (APA, citing LAF). Solvent extracts of rue have antifertility effects in rats when added to diet, even up to 10 days after coitus (TAD). With more than 40 alkaloids and 40 coumarins, this chemistry set might defy standardization concepts. LD50 EO = 2540 orl mus (HH2), LD50 EO = >5000 orl rat (HH2).

RUPTUREWORT (*Herniaria glabra* L.) ++

EFS and HHB lump *H. glabra* L. with *H. hirsuta* L. WOI entries were reported for *H. glabra* or *H. hirsuta*. I think the two can logically be treated generically.

Activities (Rupturewort) — Antidiuretic (f; HHB); Antiseptic (f; HHB); Antispasmodic (f; EFS; PH2); Astringent (f; EFS; WOI); Depurative (f; PH2); Diuretic (1; HHB; PH2; X10709449); Expectorant (f; EFS); Hemolytic (f; WOI); Hypotensive (1; X11427823); Kaliuretic (1; X10709449); Litholytic (f; EFS); Saluretic (1; X10709449).

Indications (Rupturewort) — Albuminuria (f; MAD); Anuria (f; MAD); Bladder Stone (f; EFS); Bright's Disease (f; MAD); Bronchosis (f; MAD); Catarrh (f; GMH; MAD); Cramp (f; EFS; PH2); Cystosis (f; EFS; GMH; PH2); Dropsy (f; MAD); Dysuria (f; PH2); Fracture (f; MAD); Gallstone (f; MAD); Gonorrhea (f; MAD); Gout (f; PH2); High Blood Pressure (1; X11427823); Jaundice (f; MAD); Kidney Stone (f; MAD); Metrosis (f; MAD); Nephrosis (f; MAD; PH2); Neurosis (f; PH2); Respirosis (f; PH2); Rheumatism (f; PH2); Stone (f; EFS; MAD; PH2); Syphilis (f; MAD); Tenesmus (f; MAD); Tuberculosis (f; PH2); Urethrosis (f; MAD; PH2); VD (f; MAD); Water Retention (f; HHB; PH2).

Dosages (Rupturewort) — 3 tsp (ca 5.8 g) shoot in cold or hot infusion (MAD); 1 tsp (1.4–1.5 g) shoot in tea 2–3 ×/day (PH2).

Contraindications, Interactions, and Side Effects (Rupturewort) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). The coumarin reported from *H. hirsuta* by WOI is said to be powerfully narcotic and gastroirritant, in large doses causing cardiodepression, coldness of the extremities, nausea, vertigo, and vomiting (WOI).

RYE (*Secale cereale* L.) +

Activities (Rye) — Antiinflammatory (f; SHT).

Indications (Rye) — Adenoma (f; SHT); BPH (f; SHT); Dysuria (f; SHT); Inflammation (f; SHT).

Dosages (Rye) — 80–120 mg pollen StX/day (SHT).

Contraindications, Interactions, and Side Effects (Rye) — No contraindications were reported. Rare GI and dermatitic side effects were reported. Varro Tyler cautioned against self-medication of BPH. Whenever treating BPH a practitioner should be involved. Base-line levels of PSA should be established before considering an herbal treatment (JAD).

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SABADILLA
(*Schoenocaulon officinale* (Schltdl. & Cham.) A. Gray ex Benth.) +

Synonym: *Veratrum officinale* Schltdl. & Cham.

Activities (Sabadilla) — Anesthetic (1; CRC); Emetic (f; CRC); Hypotensive (1; CRC); Insecticide (1; CRC); Laxative (f; CRC); Neurotonic (f; CRC); Pediculicide (1; CRC); Poison (1; CRC); Sternutator (f; CRC); Vermifuge (f; CRC).

Indications (Sabadilla) — Angina (f; CRC); Arthrosis (f; CRC); Cancer (f; CRC); Constipation (f; CRC); Gout (f; CRC); Flu (f; CRC); Headache (f; CRC); High Blood Pressure (1; CRC); Hysteria (f; CRC); Inflammation (f; CRC); Lice (1; CRC); Migraine (f; CRC); Neuralgia (f; CRC); Neurasthenia (f; CRC); Pain (1; CRC); Pediculosis (1; CRC); Rheumatism (f; CRC); Worm (f; CRC).

SACRED VIROLA (*Virola elongata* Warb.) +

Synonym: *Virola theiodora* Warb.

Activities (Sacred Virola) — Candidicide (f; PH2); Hallucinogen (1; DAV; PH2); Narcotic (1; PH2); Psychomimetic (f; PH2); Psychotropic (1; PH2); Tranquilizer (f; DAV); Vulnerary (f; PH2).

Indications (Sacred Virola) — Aggressiveness (f; DAV); Arthrosis (f; DAV); Candida (f; PH2); Dermatosis (f; PH2); Infection (f; PH2); Fungus (f; DAV; PH2); Mycosis (f; DAV; PH2); Nervousness (f; DAV); Sore (f; PH2); Swelling (f; DAV); Wound (f; PH2); Yeast (f; PH2).

Contraindications, Interactions, and Side Effects (Sacred Virola) — Not covered (AHP; KOM).

SAFFLOWER (*Carthamus tinctorius* L.) +++

Activities (Safflower) — Abortifacient (f; AHP; HHB; PH2); Analgesic (1; WO3); Antiaggregant (1; AHP; PNC); Antibacterial (1; WO2); Antiedemic (1; WO3); Antifertility (f; DAA); Antihydrotic (f; HHB; PH2); Antiinflammatory (1; PNC; WO3; X8987908); Antiischemic (1; X8425843); Antipyretic (f; DAA; PED); Antitumor (1; PH2; X8604239); Bitter (f; PED); Calcium Antagonist (1; WO3; X8281577); Cardiotonic (1; WO3); Cytotoxic (1; X11090999); Decongestant (f; DAA); Diaphoretic (f; DAA; PED); Diuretic (f; PNC); Emmenagogue (1; AHP; HHB; PH2; WO2); Expectorant (f; HHB; PH2); Fungicide (1; DAA); Hypocholesterolemic (1; HHB); Laxative (1; HHB; PH2; PNC; WO2); Nematicide (1; WO2); Neuroprotective (1; X8425843); Phototoxic (f; DAA); Sedative (1; WO2); Stimulant (1; HHB; PH2; WO2); Teratogenic (1; X11090999); Uterotonic (1; AHP; X7646782); Vermifuge (f; DAA).

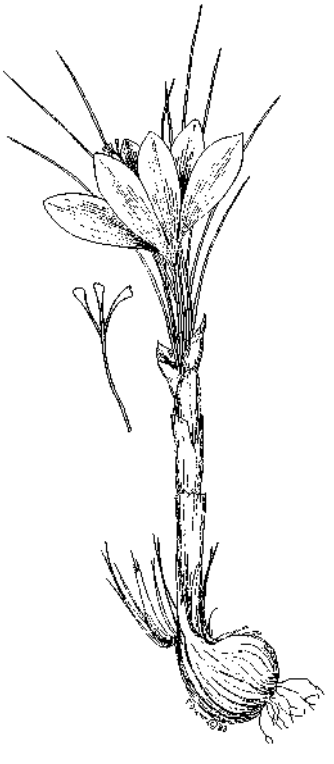
Indications (Safflower) — Amenorrhea (1; AHP; DAA; PH2); Arthrosis (f; PH2); Bacteria (1; DAA; WO2); Boil (f; DAA); Bronchosis (f; PH2); Bruise (f; PNC); Cancer (1; JLH; PH2;

X8604239); Cancer, liver (f; JLH); Cancer, skin (1; PH2; X8604239); Cancer, stomach (f; PH2); Cancer, uterus (f; JLH); Candida (1; DAA); Cardiopathy (f; PNC); Chickenpox (f; PED); Childbirth (f; DAA); Congestion (f; DAA); Constipation (1; HHB; PH2; PNC; WO2); Cough (f; PH2); Dermatosis (f; PNC); Dysmenorrhea (f; DAA; PNC); Dystocia (f; DAA); Edema (1; WO3); Escherichia (1; DAA); Fever (f; DAA; PED; PNC); Fungus (1; DAA); Hepatosis (f; JLH; PED); High Cholesterol (1; HHB); Induration (f; JLH); Infection (1; DAA); Inflammation (1; JLH; PNC; WO3; X8987908); Insomnia (1; WO2; WO3); Ischemia (1; X8425843); Measles (f; PNC); Metrorrhagia (f; HHB); Mycosis (1; DAA); Nervousness (1; WO2); Neurosis (1; X8425843); Pain (1; PH2; WO3); Paralysis (f; HHB); Pemphigus (f; DAA); Pneumonia (f; DAA; HHB; PH2); Rheumatism (f; HHB); Scabies (f; PH2); Swelling (1; WO3); Thrombosis (1; X11243195); Tumor (1; PH2; X8604239); Uterosis (f; DAA); Water Retention (f; PNC); Worm (f; DAA); Wound (f; DAA; PH2; PNC); Yeast (1; DAA).

Dosages (Safflower) — 1 g flower in tea to 3 ×/day (HHB); 1–2 tsp fresh flower (PED); 2–3 g dry flower (PED); 3 g dry flower:15 ml alcohol/15 ml water (PED).

Contraindications, Interactions, and Side Effects (Safflower) — Class 2b, 2d. Contraindicated in patients with hemorrhagic disease or peptic ulcers. Notice: abortifacient, emmenagogue, and uterostimulant. May prolong blood coagulation time (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Not covered by Commission E.

SAFFRON (*Crocus sativus* L.) ++



Activities (Saffron) — Abortifacient (2; PHR; PH2); Analgesic (f; APA; CRC; MAD); Antidepressant (f; PNC); Antidote (f; MAD); Antiedemic (1; APA); Antihysteric (f; CRC); Antioxidant (1; PR14:149); Antiradicular (1; PR14:149); Antiseptic (f; CRC); Antispasmodic (f; APA;

CRC; HHB); Antitumor (1; PR14:149); Aphrodisiac (f; APA; CRC; MAD); Balsamic (f; CRC); Cardiotonic (f; CRC; EFS; MAD); Carminative (f; CRC; PNC); Diaphoretic (f; APA; CRC); Digestive (f; APA); Ecbolic (f; CRC); Emmenagogue (f; CRC; HHB; PNC); Emollient (f; APA); Expectorant (f; APA; CRC); Gastrogogue (f; PHR; PH2); Hemostat (f; MAD); Hypocholesterolemic (1; APA); Hypolipemic (1; PR14:149); Hypotensive (1; APA); Myorelaxant (f; APA); Narcotic (f; CRC; SKJ); Nervine (f; CRC); Neuroprotective (1; PR14:149); Sedative (f; APA; CRC; HHB); Stimulant (f; CRC; HHB); Stomachic (f; CRC; HHB); Toxic (f; CRC); Uterotonic (1; PHR; PH2).

Indications (Saffron) — Adenopathy (f; JLH); Aegilops (f; JLH); Amenorrhea (1; CRC; MAD; PH2); Asthma (f; MAD); Bladder (f; CRC); Bleeding (f; DAA; MAD); Bronchosis (f; PH2); Burn (f; JLH); Cacoethes (f; JLH); Cancer (1; APA; PR14:149); Cancer, abdomen (1; APA; CRC); Cancer, bladder (1; APA; CRC); Cancer, breast (1; APA; CRC; JLH); Cancer, colon (1; APA; JLH); Cancer, diaphragm (1; APA; JLH); Cancer, ear (1; APA; CRC); Cancer, eye (1; APA; JLH); Cancer, kidney (1; APA; CRC); Cancer, larynx (1; APA; JLH); Cancer, liver (1; APA; CRC); Cancer, mouth (1; APA; CRC); Cancer, neck (1; APA; CRC); Cancer, spleen (1; APA; CRC); Cancer, stomach (1; APA; CRC; JLH); Cancer, testicle (1 APA; JLH); Cancer, throat (1; APA; JLH); Cancer, tonsil (1; APA; CRC); Cancer, uterus (1; APA; CRC; JLH); Cardiopathy (f; APA); Catarrh (f; CRC; SKJ); Cerebrosis (1; APA); Childbirth (f; DAA; PH2); Cholera (f; CRC); Chorea (f; HHB; MAD); Cold (f; CRC); Condyloma (f; DAA); Conjunctivosis (f; MAD); Cough (f; DAA; MAD); Cramp (f; APA; CRC; DAA; HHB); Cystosis (f; JLH); Depression (f; CRC; DAA; PNC); Dermatosis (f; CRC); Diabetes (f; CRC); Dysmenorrhea (f; DAA; HHB; MAD; PNC); Edema (1; APA); Enterosis (f; JLH); Epistaxis (f; MAD); Fear (f; CRC; DAA); Fever (f; APA; CRC; PH2); Fibroid (f; JLH); Gas (f; CRC; MAD; PNC); Gastrosis (f; JLH); Gout (f; MAD); Hangover (f; LIL); Headache (f; PH2); Hematosis (f; CRC); Hemoptysis (f; DAA; MAD); Hepatosis (f; CRC; JLH; SKJ); High Blood Pressure (1; APA); High Cholesterol (1; APA); Hysteria (f; CRC; DAA; MAD); Induration (f; JLH); Inflammation (f; JLH); Insomnia (f; APA; CRC; HHB); Lacrimosis (f; JLH); Laryngosis (f; JLH); Leukemia (f; JLH); Lochiostasis (f; PH2); Lymphoma (1; APA; JLH); Measles (f; CRC; DAA; MAD); Melancholy (f; CRC; HHB); Menorrhagia (f; HHB; PH2); Menoxenia (f; CRC); Nephrosis (f; JLH); Nervousness (f; APA; CRC; HHB); Neurosis (f; CRC); Obesity (1; PR14:149); Ophthalmia (f; JLH); Orchosis (f; JLH); Pain (f; APA; CRC; DAA; MAD); Parotosis (f; JLH); Pertussis (f; BIB; DAA; MAD); Phymata (f; JLH); Plague (f; MAD); Puerperium (f; CRC); Sclerosis (f; CRC); Shock (f; CRC; DAA); Snakebite (f; SKJ); Sore Throat (f; PH2); Spasm (f; CRC); Splenosis (f; CRC; JLH); Swelling (1; APA); Tonsilosis (f; JLH); Tumor (1; PR14:149); Twitching (f; MAD); Uterosis (f; CRC; DAA; JLH); VD (f; CRC; DAA); Vertigo (f; MAD); Vomiting (f; PH2); Wart (f; CRC).

Dosages (Saffron) — 10–15 stigmata/cup water (APA); 0.5–1.5 g day (APA; HHB); 0.5–2.5 g saffron (PNC); 0.1–1 g powdered saffron (MAD); 15–16 drops tincture (MAD).

Contraindications, Interactions, and Side Effects (Saffron) — Class 2b. Abortifacient, emmenagogue, and uterotonic. Severe side effects may result from ingesting 5 g saffron (LD = 20 g) (AHP)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Controversial. The 200 mg/kg dose of saffron alleged to extend the life of cancerous mice translates to 22,000 mg or 22 grams saffron with this 100-kg rat named Jim Duke. Commission E reports no risks for doses up to 1.5 g; however, 5 g is toxic, 10 g is abortive, and 20 g is lethal (AEH; PHR). Conversely, Tucker and DeBaggio report that "ingesting 0.05 oz (1.5 g) of saffron has resulted in death" (TAD). Paradoxically, the life-saving dose is lethal! It's good that saffron is so expensive, we won't have too many fools overdosing on it. Preferring to err on the safe side, let's think of saffron only as an expensive spice to be used judiciously. Paella anyone?

SAGE (*Salvia officinalis* L.) +++

Activities (Sage) — Anaphrodisiac (f; FEL); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Antibacterial (1; KOM; PH2; PIP; WAM); Anticancer (1; COX; FNF); Anticholinesterase (1; JAD); Antidiabetic (f; PH2); Antidiaphoretic (1; BGB; MAD); Antihydrotic (1; KOM; PHR); Antiinflammatory (1; COX; PNC); Antilactagogue (1; FNF; MAB); Antioxidant (1; APA; PED; WOI); Antiperspirant (2; APA; KOM; PH2; PNC); Antiproteolytic (1; HH2); Antiseptic (1; APA; PNC); Antisialagogue (2; BGB; FNF; PIP); Antispasmodic (1; CAN; PH2); Antiviral (1; KOM; PH2); Aperitif (1; PH2); Astringent (2; APA; KOM; PH2; WAM); Carminative (1; APA; PED; WOI); Choleretic (1; APA; HH2; PH2); Collyrium (f; JFM); Convulsant (1; APA; CAN); CNS Depressant (1; CAN); Convulsant (f; CRC); COX-2 Inhibitor (1; COX; FNF); Demulcent (1; WAM); Dentifrice (f; CRC); Deodorant (f; CRC; WOI); Diaphoretic (f; DEM; PHR; PH2); Diuretic (f; MAD); Emmenagogue (f; APA; MAD); Estrogenic (f; APA; BGB; CRC; WOI); Expectorant (f; FEL; MAD); Fungicide (1; HH2; KOM; PH2); Hypotensive (1; APA; CAN; PH2); Immunostimulant (f; PED); Intoxicant (f; CRC); Irritant (1; CAN); Laxative (f; DEM); Memorigenic (1; BGB); Myorelaxant (1; APA); Panacea (f; DEM); Secretagogue (2; KOM); Secretolytic (2; BGB; PH2; PIP); Sedative (1; CAN; DEM); Stomachic (f; MAD); Tonic (f; DEM; MAD); Vermifuge (f; DEM; FEL; JFM); Viristat (1; KOM; PIP); Vulnerary (f; APA).

Indications (Sage) — Acne (f; CAN); Alzheimer's (1; COX; FNF); Alopecia (f; CRC); Amenorrhea (f; JFM); Angina (f; MAD); Anorexia (2; PHR; PH2); Aphtha (f; MAD); Arthrosis (1; COX; FNF); Asthma (1; CRC; PH2; WAM); Bacteria (1; CAN; KOM; PH2; PIP; WAM); Bleeding (f; MAD); Body Odor (f; WOI); Bronchosis (1; PH2); Bug Bite (f; APA); Cancer (1; APA; COX; FNF); Cancer, gum (f; CRC; JLH); Cancer, mouth (f; CRC; JLH); Candida (1; CAN; FNF; WOI); Canker Sore (f; APA); Catarrh (f; BGB; MAD); Cold (1; DEM; WAM); Colic (f; MAD); Constipation (f; DEM); Cough (1; APA; BGB; MAD; WAM); Cramp (1; APA; CAN; PH2); Cystosis (f; MAD); Debility (f; DEM); Depression (f; APA); Dermatosis (f; PHR; PH2); Diabetes (1; PH2); Diarrhea (f; APA; DEM; PHR; PH2); Dysentery (f; JFM); Dysmenorrhea (f; APA); Dyspepsia (2; APA; CAN; KOM; PH2); Dysphagia (f; APA); Dyspnea (f; MAD); Dysuria (f; MAD); Enterosis (1; APA;

PHR; PH2); Escherichia (1; CAN; HH2); Fatigue (f; PH2); Fever (1; APA; DEM; JFM; MAD; PHR; PH2; WOI); Flu (f; JFM); Fungus (1; HH2; KOM; PH2); Gas (1; APA; PED; PH2; WOI); Gastrosis (1; APA; FEL; PH2); Gingirrhagia (1; PHR); Gingivosis (1; APA; CAN; PH2; PNC); Glossosis (1; CAN; PNC); Halitosis (f; PH2); Headache (f; MAD); Hepatosis (f; CRC); High Blood Pressure (1; APA; CAN; PH2); Hoarseness (1; BGB); Hot Flash (f; BGB); Hyperhydrosis (1; BGB; CAN; CRC); Hyperlactation (f; AHP); Hysteria (f; CRC); Immunodepression (f; PED); Infection (1; HH2; KOM; PH2); Infertility (f; BGB); Inflammation (1; COX; FNF; PH2; PNC); Insomnia (1; CAN; DEM); Laryngosis (f; PHR; PH2); Lethargy (f; CRC); Leukorrhea (f; MAD); Malaria (f; JFM); Measles (f; CRC); Mucososis (2; PH2; PIP); Mycosis (1; HH2; KOM; PH2); Nephrosis (f; CRC; MAD); Nervousness (1; CAN; DEM); Neurosis (f; CRC; PH2); Night Sweats (f; BGB; MAD); Odontosis (f; MAD); Ophthalmia (f; JFM); Pain (f; CRC); Perspiration (2; KOM; PH2; PIP); Pharyngosis (2; APA; CAN; KOM; PH2); Phthisis (f; CRC; MAD); Pulmonosis (1; CRC; MAD); Rheumatism (f; APA; CRC; FEL); Rhinosis (2; KOM; PH2); Salmonella (1; CAN; HH2); Shigella (1; CAN; HH2); Sore (1; BGB; MAD); Sore Throat (2; APA; PH2; PIP; PNC); Spermatorrhea (f; FEL); Splenosis (f; MAD); Sprain (f; APA); Stomatosis (2; APA; CAN; MAD; PHR; PH2); Tonsilosis (1; CRC; PNC); Toothache (f; CRC); Tuberculosis (f; APA); Tumor (f; CRC); Uterosis (f; MAD); Uvulosis (f; BGB; CAN; FEL); Virus (1; KOM; PH2; PIP); Water Retention (f; MAD); Worm (f; DEM; FEL; JFM); Wound (f; PHR; PH2).

Dosages (Sage) — 4–6 g/day (AHP); 4–6 g herb (KOM; PH2); 2 tsp (3 g) cut herb/cup water (APA); 1–4 ml liquid herb extract (PNC); 1–4 g leaf, or in tea, 3 ×/day (CAN); 2–3 tsp (3.4–5.1 g) leaf in hot tea (MAD); boil 100 g leaf/liter wine 2 minutes (f; PH2); 2–4 tbsp fresh leaf (PED); 3–6 g dry leaf (PED); 4.5 g dry leaf/2 ml alcohol/23 ml water (PED); 1–4 ml liquid leaf extract (1:1 in 45% ethanol) 3 ×/day (CAN); 0.1–0.3 g EO (KOM; PH2).

Contraindications, Interactions, and Side Effects (Sage) — Class 2b, 2d. Not for long-term use. Do not exceed recommended dose. Alcoholic extracts contraindicated in pregnancy (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Commission E reports for oral use of leaf, contraindications: pregnancy (EO/alcoholic extracts); adverse effects: prolonged use of EO/alcoholic extracts may produce epileptiform cramps. Other sources report leaf, as herbal tea, should not be used for prolonged period (AEH). "Contraindicated in pregnancy. May interfere with anticonvulsant and hypoglycemic therapies; may potentiate or synergize other sedatives. Human poisoning has followed ingestion of the convulsant EO for acne. In rats, sage oil is subclinically, clinically, and lethally convulsant at 300, 500, and 3200 mg/kg, respectively (CAN). CAN cautions that thujone and camphor in the volatile oil can be convulsant and toxic (CAN). LD50 (EO) = 2600 orl rat, LD50 (EO) = 5000 ind rbt (CAN). Taking more than 15 g or prolonged overuse can lead to thujone-induced convulsions, dizziness, hot flashes, and tachycardia (BIS). No more than 1 cup tea/day during pregnancy, max, for no more than 1 week (WAM).

Extracts (Sage) — Fair source of COX-2 inhibiting oleanolic acid at ~0. 1% (COX). The whole sage extract has more activity than the flavonoid extract at inhibiting acetylcholine, histamine, and serotonin-induced muscle contractions. EO active against *Bacillus* (Gram-positive), *Escherichia, Klebsiella* (Gram-negative), *Salmonella*, and *Shigella*; and among fungi, *Candida, Cryptococcus*, and *Torulopsis* (CAN).

SAGO CYCAS (*Cycas revoluta* Thunb.) X

Activities (Sago Cycas) — Antirheumatic (f; CRC); Astringent (f; CRC); Diuretic (f; CRC); Emmenagogue (f; CRC); Expectorant (f; CRC); Tonic (f; CRC); Tumorigenic (f; CRC).

Indications (Sago Cycas) — Cancer (f; CRC); Cancer, Lung (f; CRC); Hepatoma (f; CRC); Rheumatism (f; CRC); Water Retention (f; CRC).

Contraindications, Interactions, and Side Effects (Sago Cycas) — "Cycasin is carcinogenic if orally administered to rats and pigs. With cattle neurotoxic effects are obvious. Other toxic symptoms include anemia, depression, diarrhea, jaundice, gastroenterosis, hemorrhage, nausea, coma, partial paralysis, and possibly death. Apparently it is mutagenic to onion root tip cells. Frequent use of the starch is suspected to cause cancer and hepatosis" (CRC).

SALAD BURNET, GREAT BURNET (*Sanguisorba officinalis* L.) ++

Synonyms: *Poterium officinale* (L.) A. Gray, *S. carnea* Fisch. ex Link, *S. polygama* F. Nyl.

Activities (Salad Burnet) — Analgesic (f; EFS); Antibacterial (1; FAD); Antiedemic (1; FAD); Antiemetic (f; FAD); Antipyretic (f; FAD); Antiseptic (1; FAD; HH2); Antistress (1; HH2); Aperitif (f; PH2); Astringent (1; FAD; MAD; PH2); Climacteric (f; MAD); Decongestant (f; PH2); Diaphoretic (f; EFS); Diuretic (f; PH2); Hemostat (1; FAD; PH2); Hypoglycemic (1; HH2); Protease Inhibitor (1; HH2); Stomachic (f; EFS); Tineacide (2; PNC); Tonic (f; EFS); Vermifuge (f; MAD); Vulnerary (f; EFS).

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Indications (Salad Burnet) — Ameba (1; MAD); Anorexia (f; PH2); Bacteria (1; FAD); Bite (f; PH2); Blackhead (f; MAD); Bleeding (1; CAN; FAD; PH2); Boil (f; PHR); Burn (1; FAD; PNC); Cancer (f; JLH; MAD); Cancer, abdomen (f; JLH); Cancer, anus (f; JLH); Cancer, colon (f; JLH); Cancer, gum (f; JLH); Cancer, uterus (f; JLH); Catarrh (f; HHB); Congestion (f; PH2); Cough (f; PH2); Cystosis (f; PH2); Dermatosis (2; MAD; PNC); Diarrhea (f; CAN; PH2); Dysentery (2; FAD; MAD; PH2; PNC); Dysmenorrhea (f; HHB); Eczema (2; PNC); Enterosis (f; PHR; PH2); Enterorrhagia (1; PNC); Epistaxis (f; PH2); Exanthema (f; MAD); Fever (f; EFS; FAD); Fistula (f; MAD); Gingivosis (1; JLH; PNC); Hematoptysis (f; PH2); Hemorrhoid (1; FAD; HHB; PH2); Hot Flash (f; PHR); Hyperglycemia (1; HH2); Hysteria (f; MAD; PH2); Impostume (f; PH2); Infection (1; HH2); Menopause (f; PH2); Metrorrhagia (1; FAD; MAD; PH2); Pain (f; EFS); Phlebitis (f; MAD; PHR; PH2); Proctosis (f; JLH); Pulmonosis (f; HHB; MAD); Sore (f; HH2; WO2); Swelling (1; FAD); Tuberculosis (f; MAD; PH2); Ulcerative Colitis (1; CAN); Uterrhagia (1; PNC); Uterosis (f; JLH; MAD; PH2); Varicosis (f; MAD; PHR; PH2); Vomiting (f; FAD); Water Retention (f; PH2); Worm (f; MAD); Wound (f; HH2; PHR; PH2).

Dosages (Salad Burnet) — 2–6 g dry tops as tea, 3 ×/day (CAN); 2–6 ml liquid top extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2–8 ml top tincture (1:5 in 45% ethanol) 3 ×/day (CAN); 2–3 tsp (2.8–4.2 g) herb in cold tea (MAD); 30–50 drops tincture (MAD).

Contraindications, Interactions, and Side Effects (Salad Burnet) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Here's the broken record (template) played by CAN: In view of the lack of phytochemical, pharmacological, and toxicity data, use during pregnancy and lactation should be avoided. Excessive use should be avoided (CAN). We could say that about any herb that has not been studied extensively. Few pharmaceuticals have been proven for pregnant and lactating women, and for pediatric dosages. Should we ask more of the long-used herbs?

SALEP (*Orchis* spp.) ++ (but X)

Including *O. mascula* L., *O. morio*, *O. ustula*. Probably any orchid with paired bulbs suggests testicles = orchis.

Activities (Salep) — Analgesic (f; PH2); Aphrodisiac (f; EFS); Astringent (f; EFS); Cholagogue (f; PH2); Demulcent (1; PH2); Hypocholesterolemic (1; PH2); Hypoglycemic (f; PH2); Nervine (f; EFS); Tonic (f; EFS).

Indications (Salep) — Debility (f; PH2); Diabetes (f; PH2); Diarrhea (f; FEL; PH2); Dyspepsia (f; PH2); Gas (f; PH2); Hemiplegia (f; PH2); High Cholesterol (1; PH2); Hyperglycemia (f; PH2); Mucososis (1; PH2); Neurasthenia (f; PH2); Pain (f; PH2); Tuberculosis (f; PH2).

Dosages (Salep) — 1 g/cup tea (HHB);1 tsp powdered root/glass warm water, before meals (PH2).

Contraindications, Interactions, and Side Effects (Salep) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

SALPANI (*Desmodium gangeticum* (L.) DC.) ++

Synonyms: *Hedysarum gangeticum* L., *Meibomia gangetica* (L.) Kuntze.

Activities (Salpani) — Alexeteric (f; KAB); Alterative (f; KAB; MBB; WOI); Antibacterial (1; MPI); Anticholinesterase (1; MPI); Antiinflammatory (1; MPI); Antipyretic (f; DEP; KAB); Aphrodisiac (f; KAB; MBB; MPI); Astringent (f; KAB; SUW); Bitter (f; KAB; WOI); Cardiodepressant (1; MPI); Curare (1; MPI); Diuretic (1; MPI; SUW; WOI); Enterorelaxant (1; MPI); Estrogenic (1; FNF); Expectorant (f; WOI); Fungicide (1; MPI); Immunostimulant (f; MBB); Lipogenic (f; KAB); Myorelaxant (1; MPI); Sedative (f; MBB); Tonic (f; KAB; MBB; WOI); Tranquilizer (f; MBB); Uterorelaxant (1; MPI); Vermifuge (f; KAB).

Indications (Salpani) — Asthma (f; KAB; SKJ; SUW); Atherosis (f; MBB); Bacteria (1; MPI); Biliousness (f; KAB; SUW); Bite (f; KAB; SUW); Bronchosis (f; KAB); Cancer (f; JLH); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Cancer, nose (f; JLH); Catarrh (f; DEP; MPI); Childbirth (f; KAB); Cough (f; SKJ; SUW); CVI (f; MBB); Diarrhea (f; KAB; SUW); Dysentery (f; KAB; SKJ); Dysuria (f; KAB); Enterosis (f; JLH); Fever (f; DEP; KAB); Fungus (1; MPI); Hemicrania (f; KAB); Hemorrhoid (f; KAB); Immunodepression (f; MBB); Infection (1; MPI); Inflammation (1; KAB; MPI); Insomnia (f; MBB); Mycosis (1; MPI); Nausea (f; KAB); Nervousness (f; MBB); Neurosis (f; KAB; MBB); Polyp (f; JLH); Pulmonosis (f; KAB); Rhinosis (f; JLH); Snakebite (f; KAB; SUW); Sting (f; KAB); Stress (f; MBB); Thirst (f; KAB; SUW); Tuberculosis (f; MBB); Typhoid (f; KAB; MBB; MPI); Vomiting (f; KAB); Water Retention (1; MPI; SUW; WOI); Worm (f; KAB).

Contraindications, Interactions, and Side Effects (Salpani) — Not covered (AHP; KOM; PH2). Nontoxic in acute toxicity studies (MPI). Alkaloids curaroid (MPI). Quarternary beta-carboline alkaloids anticholinesterase, $^{1}/_{6}$th as potent as physostigmine, more potent than tertiary beta-carbolines (MPI). Perhaps their synergies may make up for low quantitation of genistein itself.

SAMPHIRE (*Crithmum maritimum* L.) ++

Activities (Samphire) — Aperitif (f; EFS); Depurative (f; EFS); Digestive (f; EFS); Diuretic (f; EFS); Stimulant (f; EFS).

Indications (Samphire) — Anorexia (f; EFS); Scurvy (1; PH2); Water Retention (f; EFS).

Dosages (Samphire) — Food farmacy (FAC; TAN).

Contraindications, Interactions, and Side Effects (Samphire) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (dosage not given) (PH2).

SANDALWOOD (*Santalum album* L.) +

Activities (Sandalwood) — Abortifacient (f; SKJ); Alexeteric (f; MBB); Allergenic (1; CRC); Analgesic (1; CRC; JBU); Anaphrodisiac (f; DEP; HH2; PHR; PH2); Antibacterial (1; CRC; KOM; SKY); Antiherpetic (1; JBU); Antiinflammatory (1; PHR); Antipyretic (f; CRC); Antiseptic (1; CRC; KAP; PNC); Antispasmodic (2; KOM); Antiviral (1; JBU); Aphrodisiac (f; KAB; KAP); Astringent (f; CRC; KAP); Depurative (f; MAD); Diaphoretic (f; CRC; DEP; KAP; SUW); Diuretic (f; CRC; MAD; PNC); Expectorant (f; CRC); Hepatoprotective (f; MAD); Laxative (f; KAB); Nephrotoxic (1; PH2); Sedative (f; SKY); Stimulant (f; CRC); Stomachic (f; CRC); Urinary Antiseptic (1; CRC; PHR; PH2).

Indications (Sandalwood) — Acne (f; CRC); Asthma (f; CRC; MAD); Bacteria (1; CRC; KOM; SKY); Biliousness (f; DEP; KAB); Bleeding (f; KAB); Bone Ache (f; CRC); Bronchosis (2; CRC; MAD; PHR); Burn (f; SKJ); Callus (f; JLH); Cancer (f; JLH); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Cancer, mouth (f; JLH); Cardiopathy (f; DAA; MAD); Cholecystosis (2; PHR); Cholera (f; CRC); Cold (2; PHR); Constipation (f; KAB); Cough (2; PHR); Cramp (2; KOM); Cystosis (1; CRC; KAP; MAD); Dermatosis (1; ABS; CRC; DEP; SUW); Diarrhea (f; CRC); Dysentery (f; CRC; KAP); Dyspepsia (f; CRC; MAD); Dysuria (f; MAD); Elephantiasis (f; CRC); Enterosis (f; CRC; MAD); Epigastrosis (f; PH2); Erysipelas (f; DEP; KAP); Fever (2; CRC; DEP; KAP; PHR; PH2; SUW); Gastrosis (f; CRC; DAA; KAP; MAD); Gleet (f; CRC; KAP); Gonorrhea (f; CRC; DEP; MAD; PHR; PH2); Headache (f; CRC; DEP; SKJ; SUW); Heatstroke (f; PHR; PH2); Hematuria (f; MAD); Hemoptysis (f; DEP; KAB); Hepatosis (2; MAD; PHR); Herpes (1; JBU); Hiccup (f; CRC; DAA); Infection (1; CRC; PNC); Inflammation (f; JLH; MAD; PHR; PH2; SKJ; SUW); Insomnia (f; SKY); Itch (f; DEP; KAB; KAP; SUW); Malaria (f; SKJ); Menopause (f; MBB); Migraine (f; MAD); Mucososis (f; MAD); Myocardosis (f; DAA); Nausea (f; CRC); Nephrosis (f; MAD); Nervousness (f; SKY); Pain (1; CRC; JBU); Pharyngosis (2; PHR); Prickly Heat (f; DEP; KAP; SUW); Prostatosis (f; MAD); Prurigo (f; DEP); Pyelosis (f; MAD); Splenosis (f; CRC; SKJ); Staphylococcus (1; ABS; MAD); Stomachache (f; CRC; DAA); Stomatosis (2; JLH; PHR); Streptococcus (f; MAD); Swelling (f; MAD); Syphilis (f; MAD); Thirst (f; DEP; KAB; KAP); Tuberculosis (f; SKJ); Tumor (f; CRC); Urethrosis (f; CRC; KAP; MAD); Urogenitosis (f; CRC); Uterosis (f; MAD); UTI (2; KOM); VD (f; PH2); Vertigo (f; MBB); Virus (2; JBU; KOM; SKY); Vomiting (f; DEP); Water Retention (f; CRC; MAD; PNC); Wound (f; KAB).

Dosages (Sandalwood) — 3–6 g powdered wood (KAP); 10–20 g wood (KOM; PH2); 2–4 ml liquid extract (PNC); 1–1.5 g EO (KOM; PH2); 5–25 minims wood oil (KAP); 6–12 drops (300–600 mg) wood oil several ×/day (MAD); 0.3–1 ml wood oil (PNC); dilute oil applied topically (SKY).

Contraindications, Interactions, and Side Effects (Sandalwood) — Class 2d (AHP)."Health hazards not known with proper therapeutic dosages" (PH2). Can be allergenic topically (SKY). Commission E reports herb contains irritating triterpene saponins (AEH). EO should be used in an enteric coated form (KOM). Contraindicated in diseases of the parenchyma of the kidney (as probably would be all EOs). Side effects include dermatosis, GI distress, hematuria, nausea, and skin itch (KOM; PHR). No drug interactions known (KOM). Do not use more than 6 weeks without consulting a physician (KOM).

SANDARAC (*Tetraclinis articulata* (Vahl) Mast.) +

Synonyms: *Callitris articulata* (Vahl) Murb., *C. quadrivalvis* Vent., *Thuja articulata* Vahl.

Activities (Sandarac) — Abortifacient (f; BIB); Antibacterial (f; PH2).

Indications (Sandarac) — Bacteria (f; PH2); Cancer (f; JLH); Carcinoma (f; JLH); Dermatosis (f; BIB); Diarrhea (f; HH3; PH2); Edema (f; PH2); Fever (f; HH3; PH2); Gout (f; PH2); Migraine (f; BIB); Neck (f; BIB); Pain (f; BIB); Rheumatism (f; PH2); Sunburn (f; BIB); Swelling (f; PH2).

Contraindications, Interactions, and Side Effects (Sandarac) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

SANDBOX TREE (*Hura crepitans* L.) X

Activities (Sandbox Tree) — Analgesic (f; CRC); Antidote (f; CRC); Aperient (f; CRC); Candidicide (f; CRC); Carcinogen (f; CRC); Curare (f; CRC); Dentifuge (f; CRC); Emetic (f; CRC); Immunostimulant (1; CRC); Insecticide (f; CRC); Insectifuge (1; IED); Laxative (f; CRC); Mitogenic (1; CRC); Piscicide (1; CRC); Poison (1; CRC); Vermifuge (f; JFM).

Indications (Sandbox Tree) — Boil (f; CRC); Candida (f; CRC); Constipation (f; CRC); Dermatosis (f; CRC); Elephantiasis (f; CRC); Immunodepression (1; CRC); Leprosy (f; CRC); Myalgia (f; CRC); Neuralgia (f; CRC); Pain (f; CRC); Rheumatism (f; CRC); Sore (f; CRC); Worm (f; JFM); Yeast (f; CRC).

Dosages (Sandbox Tree) — 2–3 seed/purge (JFM).

Contraindications, Interactions, and Side Effects (Sandbox Tree) — Not covered (AHP; KOM; PHR).

SAND SPURREY (*Spergularia rubra* (L.) J. Presl & C. Presl) ++

Synonym: *Arenaria rubra* L.

PH2 strangely adopts the old scientific name, *Arenaria rubra*, as the common name.

Activities (Sand Spurrey) — Diuretic (1; PH2); Litholytic (f; FEL).

Indications (Sand Spurrey) — Bladder Stone (f; HHB); Calculus (f; PH2); Colic (f; WOI); Cystosis (f; PH2; WOI); Dysuria (f; PH2); Gravel (f; FEL); Stone (f; FEL; HHB); Urethrosis (f; WOI); Water Retention (1; PH2).

Dosages (Sand Spurrey) — 5 drachms/pint water (FEL).

Contraindications, Interactions, and Side Effects (Sand Spurrey) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

SANDY EVERLASTING (*Helichrysum arenarium* (L.) Moench) ++

Activities (Sandy Everlasting) — Antibacterial (1; PHR); Antispasmodic (1; PHR); Choleretic (2; KOM); Diuretic (f; PHR).

Indications (Sandy Everlasting) — Anorexia (2; PHR); Bacteria (1; PHR); Cholecystosis (2; PHR); Cramp (1; PHR); Dyspepsia (2; KOM); Hepatosis (2; PHR); Water Retention (f; PHR).

Dosages (Sandy Everlasting) — 3 g flower/day (KOM).

Contraindications, Interactions, and Side Effects (Sandy Everlasting) — Not covered by AHP. Commission E reports flower permitted for oral use. Contraindications of biliary obstruction (AEH). Use only after consultation with physician if gallstones are present (KOM). Presence of gallstones can lead to colic (PHR). No known drug interactions and side effects (KOM).

SANICLE (*Sanicula europaea* L.) ++

Activities (Sanicle) — Alterative (f; PNC); Antiedemic (1; HH2; PHR; PH2); Antiinflammatory (f; PH2); Antiseptic (1; HH2; PH2); Astringent (1; PH2; PNC); Diuretic (f; MAD); Expectorant (1; PHR; PH2); Fungicide (1; PH2); Vulnerary (f; PNC).

Indications (Sanicle) — Bacteria (1; PH2); Bleeding (f; PH2); Bronchosis (2; PHR; PH2); Bruise (f; PH2); Catarrh (2; KOM; MAD); Cough (2; PHR; PH2); Cramp (f; MAD); Diarrhea (f; MAD; PH2); Dysmenorrhea (f; MAD); Eczema (f; MAD); Edema (1; HH2; PHR; PH2); Epistaxis (f; MAD); Fungus (1; PH2); Furuncle (f; MAD); Gastrosis (f; PH2); Gonorrhea (f; MAD); Hematuria (f; MAD); Hemoptysis (f; MAD); Infection (1; PH2); Inflammation (f; PH2); Mucososis (f; PH2); Mycosis (1; PH2); Nephrosis (f; MAD); Polyp (f; MAD); Pulmonosis (1; MAD; PH2); Pyelosis (f; MAD); Respirosis (2; KOM); Sore Throat (f; MAD); Swelling (1; HH2; PHR; PH2); Syphilis (f; MAD); VD (f; MAD); Water Retention (f; MAD); Wound (f; MAD; PH2).

Dosages (Sanicle) — 4–6 g dry shoot/day (HH2; KOM; PH2); 2–4 ml liquid shoot extract (PNC).

Contraindications, Interactions, and Side Effects (Sanicle) — Class 1 (AHP). None known (KOM)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

SAN PEDRO
(*Echinopsis pachanoi* (Britton & Rose) Friedrich & G. D. Rowley) ++

Synonym: *Trichocereus pachanoi* Britton & Rose.

Activities (San Pedro) — CNS Depressant (1; FNF); Emetic (f; CRC); Hallucinogen (f; CRC); Intoxicant (f; CRC); Narcotic (f; CRC); Psychedelic (f; CRC); Psychomimetic (1; FNF); Sympathomimetic (1; FNF).

Indications (San Pedro) — Alopecia (f; DAV); Divination (f; CRC); Enterosis (f; CRC); Gastrosis (f; CRC); Infertility (f; CRC); Pneumonia (f; CRC).

SARSAPARILLA (*Smilax aristolochiifolia* Mill.) +++

Synonym: *S. medica* Schltdl & Cham.

APA lists *Smilax officinalis* Kunth and related species, including *S. aristolochiifolia* Mill., *S. febrifuga* Kunth, and *S. regelii* Killip & C. V. Morton. The same were mentioned by PH2. FEL and MAD entries refer to *S. officinalis*; FEL and MAD entries below might be assigned to that species by those who think they are smart enough to straighten out this taxonomic quagmire.

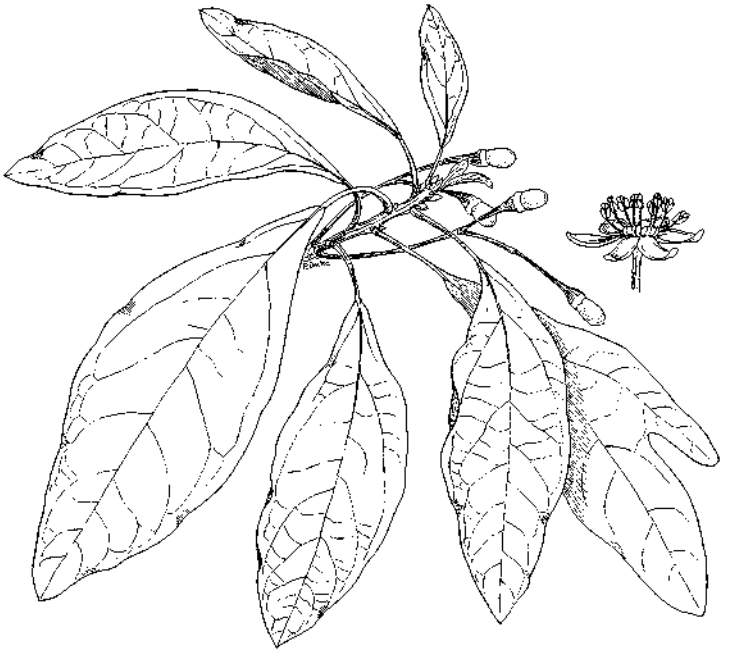
Activities (Sarsaparilla) — Alterative (f; FEL; PNC; PED); Anabolic (1; APA); Antibacterial (1; APA); Antiinflammatory (1; APA; SKY); Anti-itch (f; CAN; PNC); Antipyretic (f; PED); Antirheumatic (f; PED; PNC); Antiseptic (f; CAN; PNC); Aphrodisiac (f; APA; CRC); Bitter (f; PED); Cardiosedative (f; MAD); Depurative (f; APA; CRC; PED); Diaphoretic (1; APA; CRC; KOM; PH2); Digestive (f; PED); Diuretic (1; APA; HH2; KOM; MAD; PH2); Emetic (f; FEL); Expectorant (1; APA); Fungicide (1; APA); Hepatoprotective (1; SKY); Laxative (1; APA); Tonic (f; CRC). Steroid-precursor starter material for progesterone, testosterone, and other steroids.

Indications (Sarsaparilla) — Anorexia (f; MAD); Arthrosis (1; APA; CRC; SKY); Asthma (f; MAD); Bacteria (1; APA); Cancer (1; APA; CRC; JLH); Caked Breast (f; MAD); Cardiopathy (f; MAD); Colic (f; MAD); Coma (f; MAD); Constipation (1; APA); Cramp (f; MAD); Cystosis (f; MAD); Dermatosis (1; APA; CRC; KOM; PH2); Dyscrasia (f; MAD); Dysentery (f; PNC); Dyspepsia (f; APA; CRC); Eczema (f; CRC; MAD; SKY); Enterosis (1; APA); Exanthema (f; MAD); Fever (1; APA; CRC; KOM; PED; PH2); Fungus (1; APA); Furuncle (1; HH2); Gas (f; MAD); Gastrosis (1; APA); Gonorrhea (1; APA; CRC; FEL); Gout (f; MAD); Headache (f; MAD); Hematuria (f; MAD); Hepatosis (1; FEL; MAD; SKY); Herpes (f; MAD); IBS (1; PED); Impotence (f; APA); Infection (1; APA); Inflammation (1; APA; PH2; SKY); Itch (f; CAN; PH2; PNC); Leprosy (f; CAN; CRC); Leukorrhea (f; MAD); Lupus (f; MAD); Mycosis (1; APA); Nephrosis (f; CRC; KOM; MAD; PH2); Psoriasis (1; APA; KOM; PH2; PNC; SKY); Pyelosis (f; MAD); Rheumatism (1; APA; CRC; MAD; PED; PH2; PNC; SKY); Roseola (f; MAD); Scabies (f; MAD); Scrofula (f; CRC; MAD); Sore (f; MAD); Sore Throat (f; FEL); Splenosis (f; MAD); Syphilis (f; APA; HH2; PNC; MAD); Tuberculosis (f; MAD); Ulcer (f; MAD); Urethrosis (f; PH2); UTI (1; APA); VD (f; CRC; MAD); Water Retention (1; APA; HH2; KOM; MAD; PH2); Wound (f; CRC).

Dosages (Sarsaparilla) — 1–4 g dry rhizome, or in tea, 3 ×/day (CAN); 1–4 g powdered root (PNC); 1–2 tsp powdered root/cup water up to 3 ×/day (APA); 0.3–1.5 g root (HH2; PH2); 3 ml root 3 ×/day (SKY); 6 tsp (20 g) root in cold tea (MAD); 3 cups root tea/day (PH2); 2–4 tbsp fresh root (PED); 3–6 g dry root (PED); 4.5 g dry root:22 ml alcohol/23 ml water (PED); 0.25–0.5 tsp root tincture up to 3 ×/day (APA); 8–30 ml concentrated root decoction (PNC); 8–15 ml liquid root extract (PNC); 8–15 ml liquid rhizome extract (1:1 in 10% glycerol, 20% alcohol) (CAN); 2 (450 mg) capsules 2–3 ×/day (NH). I'd feel safe with 10–30 g dry root in 3 cups tea or sarsaparilla/day (JAD).

Contraindications, Interactions, and Side Effects (Sarsaparilla) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Can cause nausea and kidney damage (SKY). Avoid large doses for long periods (SKY). Unapproved by Commission E (KOM). Steroids used for arthrosis, dysmenorrhea, menopause, and PMS. Commission E reports for the root that gastric and renal toxicity, as well as drug interactions, are possible (with bismuth, digitalis, glycosides, and hypnotics) (AHP). Overdosage could lead to European cholera, shock, and worsened diuresis, among other things (PHR). Blumenthal editorially questions the Commission E claim for gastric irritation due to saponin content (KOM). Commission E reminds us of another problem, saponins can increase the availability of simultaneously administered drugs, while hastening the elimination of other drugs (e.g., hypnotics). In view of the lack of toxicological data, excessive use should be avoided. There are no known problems with the use of sarsaparilla during pregnancy and lactation. Sarsaparilla saponins have been used in the partial synthesis of cortisone and other steroids (CAN).

SASSAFRAS (*Sassafras albidum* (Nutt.) Nees) + (or X, CAN)



Synonyms: *Laurus albida* Nutt., *Sassafras officinale* Nees & C. H. Eberm., *S. variifolium* (Salisb.) Kuntze.

Activities (Sassafras) — Alterative (f; CRC); Analgesic (f; CRC); Antialcoholic (f; CRC); Antidermatitic (f; DAW); Antipyretic (1; CAN); Antirheumatic (f; PNC); Antiseptic (1; APA;

CRC; PNC); Ataxigenic (1; CAN); Carcinogenic (1; CRC; FAD); Carminative (f; CRC; PNC); CNS Depressant (1; CAN); Demulcent (1; CRC); Depurative (f; CRC; FAD; PH2; TAD); Diaphoretic (f; AHP; APA; CRC; PNC); Diuretic (1; CAN; PHR; PH2; PNC); Emetic (f; DEM); Emmenagogue (f; CRC); Hepatotoxic (1; CRC); Nephrotoxic (1; PH2); Pediculicide (1; APA; CAN; CRC); Stimulant (f; CRC); Tonic (f; DEM); Tumorigenic (1; APA); Vermicide (f; CRC).

Indications (Sassafras) — Acne (f; APA; CRC); Ague (f; DEM); Alcoholism (f; CRC); Anorexia (f; DEM); Arthrosis (f; FAD; SPI); Bronchosis (f; APA; CRC; FAD); Bruise (f; CRC; DEM; FEL); Burn (f; DEM); Cancer (f; CRC); Cancer, bone (f; JLH); Cataract (f; DEM); Catarrh (f; CRC; PHR); Childbirth (f; DEM; FEL); Cold (f; DEM; FAD); Conjunctivosis (f; CRC); Constipation (f; DEM; SPI); Cough (f; DEM); Cystosis (f; DEM; FEL); Dermatosis (f; APA; CRC; DAW; FAD; PH2); Diarrhea (f; DEM); Dropsy (f; CRC); Dysentery (f; CRC); Dysmenorrhea (f; CRC; FEL); Dyspepsia (f; DEM); Dysuria (f; DEM); Enterosis (f; FAD; FEL); Fever (1; AHP; APA; CAN; CRC; DEM; FAD; PNC); Flu (f; APA); Gallstone (f; DEM); Gangrene (f; FEL); Gas (f; CRC; PNC); Gastrosis (f; CRC; SPI); Gleet (f; CRC; FEL); Gonorrhea (f; CRC; FEL); Gout (f; APA; FAD; HH2); Gravel (f; SPI); Heart (f; DEM); Hepatosis (f; FAD; SPI); High Blood Pressure (f; APA; CRC; FAD); Impotence (f; DEM); Infertility (f; SPI); Inflammation (f; CRC; PH2); Mastosis (f; APA); Measles (f; APA; CRC; DEM); Mucososis (f; PH2); Nausea (f; DEM); Nephrosis (f; CRC; FAD; FEL); Obesity (f; DEM); Ophthalmia (f; CRC; DEM; FAD; FEL); Osteosarcoma (f; JLH); Pain (f; APA; CAN; CRC; DEM); Parotosis (f; CRC); Pneumonia (f; CRC); Poison Ivy (f; APA; FEL); Puerperium (f; APA); Pulmonosis (f; FAD); Rash (f; DEM); Respirosis (f; CRC; HH2); Rheumatism (f; APA; CAN; FAD; FEL; HH2; PH2; PNC); Scarlet Fever (f; DEM); Scrofula (f; FEL); Sore (f; DEM); Sore Throat (f; DEM); Sprain (f; CRC; FEL); Stomachache (f; DEM; FAD); Stone (f; SPI); Swelling (f; CRC; DEM; FEL); Syphilis (f; APA; CRC; FEL; PHR; PH2); Tapeworm (f; DEM); Typhus (f; CRC); UTI (f; PHR; PH2); VD (f; CRC; PH2); Water Retention (1; CAN; PHR; PH2; PNC); Worm (f; CRC; DEM); Wound (f; DEM).

Dosages (Sassafras) — Should not be used (APA; CAN; PH2); 2–4 g root bark, or in tea, 3 ×/day (CAN); 1 tsp (3 g) root bark/cup water (PH2); 2–4 ml liquid root bark extract (PNC); 2–4 ml liquid root bark extract (1:1 in 25% ethanol) 3 ×/day (CAN); 5 g tincture (PH2).

Contraindications, Interactions, and Side Effects (Sassafras) — Class 2d. Not for long-term use. Do not exceed recommended dose (10 g root bark; 2–4 ml liquid extract thereof) (AHP). Sassafras wood contains 1–2% EO, consisting of about 80% of the toxic and hepatocarcinogenic compound safrole; prolonged use is generally discouraged. CAN reports that safrole in the volatile oil is carcinogenic and genotoxic. Because of abortifacient activity of the oil and hepatotoxicity of safrole, its use in pregnancy and lactation is to be avoided. Even safrole-free extracts have reportedly caused tumors. Major symptoms of toxicity include ataxia, depression, and diarrhea, followed by death within 4 hours to 7 days. Rats with safrole in their diet at levels of 0.25% to 1% exhibit biliary proliferation, growth retardation, liver necrosis, primary hepatomas, stomach atrophy, and testicular atrophy. "Sassafras should not be used, internally or externally" (CAN).

Extracts (Sassafras) — LD50 of safrole 1950 mg/kg orl rat, 2350 mg/kg orl mus. HOH and ETOH extracts elicit ataxia, CNS depression, hypersensitivity to touch, and hypothermia in mice. Oil used as an antiseptic, carminative, and pediculicide. Reportedly hallucinogenic. High doses may cause spasm followed by paralysis. Safrole reportedly induces both cytochrome P-488 and P-450 activity, and both induces and inhibits hepatic microsomal enzymes, with activity falling after the onset of hepatic toxicity. Putting the risks into perspective, CAN notes that levels of 0.66 mg/kg may prove hazardous to humans, and a cup of tea may provide nearly five times that much. I prefer my perspective based on Bruce Ames's *Herp Index,* in which one learns that sassafras tea for its safrole is $^{1}/_{13}$th as carcinogenic as beer for its ethanol.

SASSY BARK, ORDEAL TREE (*Erythrophleum suaveolens* (Guill. & Perr.) Brenan) X

Synonyms: *Erythrophleum guineense* G. Don, *Fillaea suaveolens* Guill. & Perr.

Activities (Sassy Bark) — Allergenic (1; WBB); Analgesic (1; WBB); Anesthetic (1; CRC; WBB); Antidote (f; WBB); Antipyretic (f; EFS); Antiseptic (1; WBB); Astringent (f; CRC; EFS); Cardiotonic (f; CRC; EFS; WBB); Chronotropic (1; ZUL); Convulsant (1; CRC); Diuretic (f; EFS); Emetic (f; CRC; WBB); Hemolytic (1; WBB); Hydragogue (f; EFS); Hypotensive (1; ZUL); Inotropic (1; ZUL); Laxative (f; CRC; EFS; WBB); Molluscicide (1; ZUL); Narcotic (f; EFS); Piscicide (1; WBB); Poison (1; CRC; EFS); Rodenticide (1; WBB); Sedative (f; EFS); Sialagogue (1; WBB); Spasmogenic (1; ZUL); Sternutator (f; CRC; WBB); Stimulant (f; EFS); Uterotonic (1; WBB); Vermifuge (f; CRC).

Indications (Sassy Bark) — Bite (f; WBB); Cold (f; WBB); Colic (f; CRC); Constipation (f; CRC; EFS; WBB); Dermatosis (f; CRC; WBB); Diarrhea (f; CRC); Dysentery (f; CRC); Dyspnea (f; CRC); Fever (f; EFS); Headache (f; CRC; WBB); High Blood Pressure (1; ZUL); Infection (1; WBB); Insomnia (f; EFS); Nervousness (f; EFS); Ophthalmia (f; CRC); Pain (1; CRC; WBB); Rheumatism (f; CRC; WBB); Snakebite (f; CRC); Water Retention (f; EFS); Worm (f; CRC).

Contraindications, Interactions, and Side Effects (Sassy Bark) — "Highly toxic; in humans leading to a primary slowing of the heart followed by acceleration, dyspnea with labored respiration, and death due to respiratory arrest. Workers may develop a dermatosis from handling the wood, tall, fair men being more susceptible than short, dark ones. The erythrophleum alkaloids are said to be powerfully analgesic to the mucosa and generally more potent than cocaine. With a marked stimulant effect on isolated rabbit uterus, erythrophleine has been suggested as a devitalizing agent in dentistry. Cassaidine has convulsant activity. Erythrophleine and homophleine have some degree of hemolytic activity. All the alkaloids are said to be strongly antiseptic, especially cassaidine" (CRC).

SAUSAGE TREE (*Kigelia africana* (Lam.) Benth.) +

Synonyms: *Crescentia pinnata* Jacq., *Kigelia pinnata* (Jacq.) DC.

Activities (Sausage Tree) — Antibacterial (1; ZUL); Anticonvulsant (1; ZUL); Antiseptic (1; ZUL); Candidicide (1; ZUL); Laxative (1; ZUL); Vesicant (1; ZUL).

Indications (Sausage Tree) — Acne (f; ZUL); Bacteria (1; ZUL); Cancer (1; FNF; ZUL); Candida (1; ZUL); Constipation (1; ZUL); Convulsion (1; ZUL); Dysentery (f; VVG); Gastrosis (f; ZUL); Hyperkeratosis (f; ZUL); Infection (1; ZUL); Micromastia (f; ZUL); Micropenility (f; ZUL); Rheumatism (f; VVG; ZUL); Sore (f; VVG; ZUL); Syphilis (f; ZUL); Ulcer (f; VVG); Wart (f; ZUL); Yeast (1; ZUL).

SAVIN (*Juniperus sabina* L.) +

Activities (Savin) — Abortifacient (f; CRC; HHB); Anticancer (1; PH2); Antineoplastic (1; PHR; PH2); Antiviral (1; PHR; PH2); Diuretic (1; CEB; CRC; PH2); Emmenagogue (f; CRC; HHB; PH2); Hemostat (f; CRC); Irritant (1; PH2); Poison (1; CRC); Rubefacient (1; PHR; PH2); Uterotonic (f; CRC); Vermifuge (f; CEB; CRC).

Indications (Savin) — Alopecia (f; CRC); Amenorrhea (f; CEB); Arthrosis (f; CRC; HHB); Bleeding (f; CRC); Cancer (1; CRC; FNF; JLH; PH2); Cancer, breast (1; JLH); Cancer, face (1; JLH); Cancer, genital (1; JLH); Cancer, liver (1; JLH); Cancer, neck (1; JLH); Cancer, nose (1; JLH); Cancer, spleen (1; JLH); Cancer, uterus (1; JLH); Childbirth (f; CRC); Cold (f; CEB); Colic (f; CRC; HHB);

Condyloma (1; CRC; FNF); Corn (f; JLH); Dysmenorrhea (f; CRC; HHB); Dysuria (f; CRC); Felon (f; JLH); Fibroid (f; JLH); Freckle (f; CEB); Gonorrhea (f; CRC; HHB); Gout (f; CRC; HHB; PH2); Headache (f; CEB); Hepatosis (f; JLH); Induration (f; JLH); Infection (f; CEB); Inflammation (f; PH2); Leukorrhea (f; CRC); Metrorrhagia (f; PH2); Metrosis (f; JLH); Miscarriage (f; CEB); Neuralgia (f; CRC); Paralysis (f; CRC); Pediculosis (f; CRC); Periosteosis (f; CRC); Polyp (f; CRC; JLH); Rheumatism (f; CRC; HHB); Rhinosis (f; JLH); Sclerosis (f; JLH); Sore (f; CEB; JLH); Splenosis (f; JLH); Strangury (f; CRC); Swelling (f; JLH); Tumor (f; JLH); Ulcer (f; JLH); VD (1; CRC; FNF); Urogenitosis (f; PH2); Uterosis (f; JLH); Virus (1; PHR; PH2); Wart (1; CRC; JLH; PH2); Water Retention (1; CEB; CRC; HHB; PH2); Worm (f; CEB; CRC); Wound (f; CEB).

Dosages (Savin) — "Oil of Savin is much used for the purpose of producing abortion, in doses of 10–15 drops 2 or 3 ×/day, and is probably the most certain article for that purpose known; but if continued long is apt to occasion inflammation of the stomach and bowels." (CEB). Maximum 1 g externally (PH2).

Contraindications, Interactions, and Side Effects (Savin) — Not covered (AHP). Oil irritant, in large doses a powerful poison; six drachms will kill a dog if retained in the stomach. Believed by the vulgar to possess the power of inducing miscarriage, and is sometimes taken by them for perpetrating this crime, bringing life into extreme danger (CEB). Even external application is dangerous, causing blisters, irritation, necrosis, and dermal poisoning (PH2). Attempts at abortion are often fatal, with arrhythmia, cramping, hematuria, kidney problems, paralysis, queasiness, and unconsciousness (PH2).

SAVORY (*Satureja* sp.) +++

The PH2 entries are for *Satureja hortensis* L.

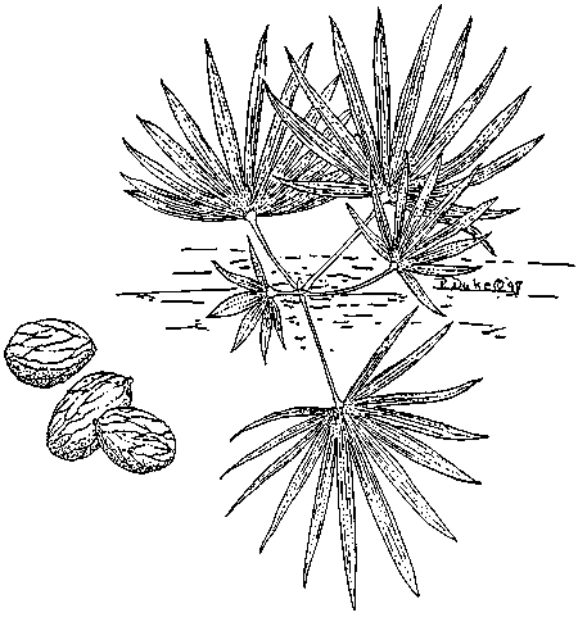
Activities (Savory) — Analgesic (f; HH3); Anaphrodisiac (f; APA); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Antibacterial (1; APA; CRC; HH3); Anticancer (1; COX; FNF); Antidiuretic (f; CRC); Antiherpetic (1; HH3); Antiinflammatory (1; APA; COX; FNF); Antioxidant (1; CRC; FNF; HH3); Antiseptic (1; HH3; PHR; PH2; PNC); Antispasmodic (1; APA; HH3; PNC); Antiviral (1; HH3; PH2); Aphrodisiac (f; APA); Astringent (1; APA; CRC; PHR; PH2); Carminative (f; CRC; PNC); COX-2 Inhibitor (1; COX; FNF); Decongestant (1; APA); Diaphoretic (f; CRC); Digestive (f; CRC); Diuretic (1; APA); Expectorant (1; APA; PNC); Fungicide (f; APA); Laxative (f; CRC); Sedative (1; CRC; HH3); Stimulant (f; CRC); Stomachic (f; CRC); Tonic (f; APA; LAF); Vermifuge (f; CRC).

Indications (Savory) — Alzheimer's (1; COX; FNF); Anorexia (f; APA); Arthrosis (1; COX; FNF); Bacteria (1; APA; CRC; HH3); Bite (f; LAF); Cancer (1; COX; FNF); Cancer, mouth (1; COX; JLH); Cancer, throat (1; COX; JLH); Catarrh (f; CRC); Cholecystosis (f; HH3); Cold (1; APA; HH3); Colic (f; CRC); Congestion (1; APA); Constipation (f; CRC); Cough (1; APA); Cramp (1; APA; CRC; HH3; PNC); Diarrhea (1; APA; HH3); Dysmenorrhea (f; HH3); Dyspepsia (1; APA); Enterosis (1; APA; PHR); Fever (f; CRC); Frigidity (f; CRC); Fungus (f; APA); Gas (1; APA; CRC; HH3; PNC); Gastrosis (1; APA; PHR); Hepatosis (f; HH3); Herpes (1; HH3); Infection (1; APA; HH3; PNC); Inflammation (1; APA; COX; FNF); Insomnia (1; CRC; HH3); Mucososis (f; HH3); Mycosis (f; APA); Nausea (f; LAF); Nephrosis (f; HH3); Nervousness (1; CRC; HH3); Otosis (f; CRC); Pain (f; HH3); Salmonella (1; HH3); Sclerosis (f; CRC; JLH); Staphylococcus (1; HH3); Streptococcus (f; HH3); Throat (1; APA); Virus (1; HH3; PH2); Water Retention (1; APA); Worm (f; CRC; HH3).

Dosages (Savory) — 1.5 g in tea (HH3); 3 tsp dry herb/day (PHR); (1–2 pediatric)-4 tsp herb/cup water 1–3 ×/day (APA); 0.5–1 tsp tincture 1–3 ×/day (APA).

Contraindications, Interactions, and Side Effects (Savory) — Class 1 (AHP). Applied undiluted to backs of hairless mice, summer savory oil was lethal to half the animals in 48 hours (LAF). LD50 = 1370 orl rat (HH3). An important source of the COX-2 inhibitor, ursolic acid (COX).

SAW PALMETTO (*Serenoa repens* (W. Bartram) Small) +++



Synonyms: *Chamaerops serrulata* Michx., *Corypha repens* W. Bartram, *Sabal dealbata* hort. ex L. H. Bailey, *Sabal serrulata* (Michx.) Nutt. ex Schult. & Schult. f., *Serenoa serrulata* (Michx.) G. Nicholson.

For Native American ethnobotany, see EB52:381. Moerman reported no Native American uses. Eclectics (FEL) used it for many of its modern usages, more than 100 years ago.

Activities (Saw Palmetto) — Alpha-Reductase Inhibitor (2; MAB; PH2; SHT); Anabolic (1; BGB; CAN); Antiallergic (1; APA); Antiandrogenic (2; APA; BGB; CAN; MAB; KOM; PHR; PH2); Anticancer (1; CRC; FNF; EB52:381); Anticatarrhal (f; EB52:381); Anticholinergic (1; PH2); Antiedemic (1; MAB; SHT); Antiestrogenic (1; PH2); Antiexudative (1; BGB; KOM; PHR; PH2); Antihistaminic (1; CRC; FNF; PED); Antiinflammatory (2; CRC; HHB; MAB; PH2; SHT); Antioxidant (f; SHT); Antiseptic (f; EB52:381); Antispasmodic (1; MAB; PH2); Aperitif (f; EB52:381); Aphrodisiac (1; APA; MAB; PED; EB52:381); Aromatase Inhibitor (1; BGB); Bitter (PED); Cancer (f; JLH); Cyclooxygenase Inhibitor (1; PH2); Decongestant (f; MAD; EB52:381); Digestive (f; EB52:381); Diuretic (f; APA; BGB; PNC); Expectorant (f; FAD; MAD); Estrogenic (1; APA; CAN; PH2); Immunostimulant (1; APA; CAN; CRC); 3-Ketosteroid-Reductase Inhibitor (1; PH2); 5-Lipoxygenase Inhibitor (1; PH2); Mastogenic (1; APA; CRC; HAD; EB52:381); Narcotic (f; EB52:381); Nervine (f; EB52:381); Secretolytic (f; EB52:381); Sedative (f; CRC; FAD; EB52:381); Stimulant (f; CRC); Testicular Atrophy (f; CAN); Tonic (f; CRC); Urinary Antiseptic (1; CAN); Uterotonic (f; FAD); Vasoconstrictor (f; EB52:381).

Indications (Saw Palmetto) — Adenopathy (f; CRC); Allergy (1; APA); Alopecia (2; JAD; MAB); Anorexia (f; EB52:381); Asthma (f; CRC; FAD; FEL); Bite (f; CRC); BPH (3; FAD; PHR; SKY); Bronchosis (f; FAD; MAD; EB52:381); Cachexia (f; CRC); Cancer (1; CRC; FNF; EB52:381); Catarrh (f; BGB;. CAN; FEL); Cholecystosis (2; PHR; PH2); Cold (f; FAD); Congestion (f; MAD; EB52:381); Cough (f; FAD; PH2); Cramp (1; MAB; PH2); Cystosis (1; APA; CAN; MAB; MAD; PH2); Debility (f; PNC); Diarrhea (f; EB52:381); Dysentery (f; BGB; CRC); Dyspepsia (f; CRC); Dysuria (1; MAD; SHT; EB52:381); Eczema (f; PH2); Edema (1; CRC; FNF; HH2; MAB; SHT); Enuresis (f; PH2); Epididymosis (f; CRC; EB52:381); Frigidity

(f; APA; FEL); Gastrosis (f; BGB); Gonorrhea (f; FEL; MAD); Head Cold (f; CRC; FAD); Immunodepression (1; APA; CAN; CRC); Impotence (f; APA; EB52:381); Infertility (f; EB52:381); Inflammation (2; APA; CRC; FAD; HHB; MAB; PH2; SHT); Insomnia (f; CRC; FAD; EB52:381); Laryngosis (f; FEL); Leukorrhea (f; MAD); Mastosis (f; PH2); Micromastia (1; CRC; HAD; JAD; EB52:381); Migraine (f; FAD); Mucososis (f; CRC; FAD; EB52:381); Nephrosis (f; EB52:381); Nervousness (f; CRC; FAD; EB52:381); Orchosis (f; CAN; MAB; PH2); Pain (f; FEL; MAD); Pertussis (f; FEL); Phthisis (f; FEL; MAD); Polyuria (f; SHT); Prostatosis (2; APA; FAD; PHR; SHT); Pulmonosis (f; FEL); Respirosis (f; CRC); Snakebite (f; CRC); Sore Throat (f; CRC); Sterility (f; APA); Stomachache (f; BGB; CRC); Swelling (1; HH2; MAB; SHT); Tenesmus (f; FEL); Testicular Atrophy (f; BGB); Tuberculosis (f; FEL); Tumor (f; CRC; JLH); Ovariosis (f; FEL); Urethrosis (2; CAN); Uterosis (f; MAB); UTI (1; PH2); Vaginosis (f; FAD); VD (f; FEL); Water Retention (f; APA; BGB; PNC).

Dosages (Saw Palmetto) — 2–3 tsp fresh fruit (PED); 0.5–1 (2) g powdered dry fruit (PNC; SKY); 1–1.5 g dry fruit (PED); 1–2 g dry fruit (APA; PH2); 0.5–2.0 g dry fruit, or in tea, 3 ×/day (CAN; SKY); 1.5 g dry fruit:8 ml alcohol/7 ml water (PED); 1–60 drops fluid fruit extract (FEL); 0.6–1.5 ml liquid BPC fruit extract (CAN; PNC); 2–4 ml/day liquid fruit extract (1:2) (45–90%) (MAB); 5–6 ml liquid whole herb extract (SKY); 320 mg/day lipophilic extract (PH2); 160 mg liposterolic extract 2 ×/day (ca. = 2–4 g/day dry fruit) (MAB); 320 mg alcohol or hexane extract StX at 90% fatty acids/sterols (APA); 1 (320 mg) capsule (StX with 160 mg certified potency fruit extract with at least 85–95% fatty acids and biologically active sterols in a base of pumpkin seed oil) 2 ×/day (NH); 1 (320 mg) soft gel StX/day; 2–3 (600 mg) capsules 3 ×/day (JAD; NH).

Contraindications, Interactions, and Side Effects (Saw Palmetto) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Commission E reports no contraindications or interactions for the fruit. Adverse effects: gastric complaints (rarely). As improvement is symptomatic without eliminating prostatic hypertrophy, a physician should be consulted regularly (AEH). May interact with the contraceptive pill, other hormonal therapies, and HRT. "Use during pregnancy and lactation should be avoided" (CAN). 34 of 435 patients completing a 3-year study reported 46 adverse effects, and a dropout rate of 1.8% due to adverse effects. "There are no known contraindications to saw palmetto preparations" (SHT). May interfere with PSA readings after 6 months' treatment (JAD). If prevention of the conversion of testosterone to dihydrotestosterone (DHT) is responsible for impotence as a side effect of finasteride, then this could be a concern with equivalent doses of saw palmetto.

Extracts (Saw Palmetto) — Alcoholic extract is estrogenic, probably due to the known estrogenic compound, beta-sitosterol. Hexane extracts competitively inhibits the binding of DHT to cytosolic and nuclear androgen receptor sites. It also inhibits 5-alpha-reductase converting testosterone to DHT and 3-ketosteroid-reductase from converting testosterone to an androgen derivative. It also inhibits edema by inhibiting histamine-induced increase in capillary permeability. Even small doses of aqueous extracts inhibited edema. Antiinflammatory activity accrues to a high molecular weight polysaccharide. An immunostimulating polysaccharide is rich in glucuronic acid (CAN). LD50 StX = >10,000 mg/kg orl gpg mus & rat (MAB).

SCARLET ELDER
(*Sambucus racemosa* L. subsp. *pubens* (Michx.) House) +

Synonyms: *S. pubens* Michx., *S. pubens f. xanthocarpa* (Cockerell) Fernald, *S. pubescens* Pers., *S. racemosa f. xanthocarpa* Cockerell.

Activities (Scarlet Elder) — Diaphoretic (f; HHB); Diuretic (1; HHB); Emetic (f; HHB); Laxative (f; HHB); Poison (1; HHB).

Indications (Scarlet Elder) — Abscess (f; DEM); Alactea (f; DEM); Arthrosis (f; DEM); Boil (f; DEM); Bruise (f; DEM); Childbirth (f; DEM); Cold (f; DEM; HHB); Constipation (f; DEM; HHB); Cough (f; DEM); Cramp (f; HHB); Cystosis (f; HHB); Dermatosis (f; DEM); Diarrhea (f; DEM); Dysentery (f; DEM); Dyspnea (f; DEM); Erysipelas (f; DEM); Fever (f; HHB); Foot Ache (f; DEM); Gastrosis (f; DEM); Infection (f; DEM); Leg Ache (f; DEM); Myalgia (f; DEM); Nephrosis (f; DEM); Neurosis (f; DEM); Pain (f; DEM); Rheumatism (f; DEM); Sore (f; DEM); Stomachache (f; DEM); Swelling (f; DEM); Toothache (f; DEM); Tuberculosis (f; DEM); Water Retention (1; HHB); Wound (f; DEM).

Dosages (Scarlet Elder) — Dosage not seen. Probably comparable to other species, except fruit often considered poisonous.

Contraindications, Interactions, and Side Effects (Scarlet Elder) — Not covered (AHP; KOM; PH2). Probably has same symptoms as reported from overdoses of *S. ebulus.* Symptoms with *S. ebulus* include bloody diarrhea, coma, cyanosis, dizziness, headache, hematochezia, mydriasis, nausea, oral pain, and vomiting (HHB; MAD; PH2).

SCARLET PIMPERNEL (*Anagallis arvensis* L.) +

Activities (Scarlet Pimpernel) — Antidote, fish (f; PH2); Antiseptic (1; PH2); Antiviral (1; PH2); Diaphoretic (f; GMH; WO2); Diuretic (f; GMH; PH2); Estrogenic (1; PH2); Expectorant (f; WO2); Fungicide (1; PH2; X10680445); Hemolytic (1; PH2); Herbicide (1; WO3); Hirudifuge (1; WO2); Hypotensive (1; WO2); Laxative (1; PH2); Narcotic (f; PH2); Nematicide (1; WO2); Oxytocic (1; PH2); Piscicide (1; WO2); Spermicide (1; PH2); Taenicide (1; PH2); Uterocontractant (1; PH2); Vulnerary (f; WO2).

Indications (Scarlet Pimpernel) — Arthrosis (f; PH2); Bleeding (1; PH2); Bite (f; GMH; PH2); Cancer (f; PH2); Cerebrosis (f; WO2); Constipation (1; PH2); Depression (f; GMH; PH2); Dermatosis (f; PH2); Diphtheria (1; WO3); Dropsy (f; PH2; WO2); Dysmenorrhea (f; PH2); Edema (f; PH2); Epilepsy (f; GMH); Fever (f; GMH; WO2); Fungus (1; PH2; X10680445); Gonorrhea (f; DEM); Gout (f; WO2); Hemorrhoid (f; PH2); Herpes (1; PH2; X2825589); Hepatosis (f; PH2); High Blood Pressure (1; WO2); Infection (1; PH2; X10680445); Itch (f; PH2); Keratosis (1; WO3); Leprosy (f; WO2); Mania (f; GMH; WO2); Mucososis (f; PH2); Mycosis (1; PH2; X10680445); Nephrosis (f; PH2); Ophthalmia (1; GMH; WO3); Pain (f; PH2); Polio (1; PH2; X2825589); Rabies (f; WO2); Rheumatism (f; GMH); Splenosis (f; GMH); Sting (f; GMH); Swelling (f; PH2); Tapeworm (1; PH2); Tuberculosis (f; GMH); UTI (f; PH2); VD (f; DEM); Virus (1; PH2; X2825589); Wart (f; PH2); Water Retention (f; GMH; PH2); Worm (1; PH2; WO2).

Dosages (Scarlet Pimpernel) — 20 grains flower 4 ×/day for epilepsy (GMH); 15–60 grains powdered leaf (GMH); 1.8 g powdered herb 4 ×/day (HH2; PH2); for dropsy, hepatosis, and nephrosis, steep 1 tsp powdered herb/glass water 10 minutes and sip throughout the day (HH2; PH2).

Contraindications, Interactions, and Side Effects (Scarlet Pimpernel) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Cucurbitacins could eventually generate GI problems or nephrosis (PH2). The aromatic oil, if taken internally, can cause headache and nausea (WO2). Of 22 plant extracts tested against *Microsporium canis*, pimpernel was most potent (IC90, 100–15 μg/ml) (X10680445).

SCARLET POPPY (*Papaver bracteatum* Lindl.) +

Activities (Scarlet Poppy) — Analgesic (1; CRC); Antinarcotic (1; CRC); Antitussive (f; CRC); Aphrodisiac (1; CRC); Sedative (f; CRC); Tranquilizer (f; CRC).

Indications (Scarlet Poppy) — Addiction (1; CRC); Insomnia (f; CRC); Nervousness (f; CRC); Pain (1; CRC); Schizophrenia (1; CRC); Withdrawal (1; CRC).

SCOPOLIA (*Scopolia carniolica* Jacq.) XXX

Activities (Scopolia) — Anticholinergic (2; KOM; PHR; PH2); Antispasmodic (1; KOM; PH2); Bitter (f; PH2); Cerebrosedative (f; EFS); Diuretic (f; EFS); Intoxicant (f; CRC); Mydriatic (1; EFS; FNF); Myorelaxant (2; KOM; PH2); Narcotic (f; CRC; PH2); Parasympatholytic (2; KOM; PHR; PH2); Positive Chronotropic (2; KOM); Positive Dromotropic (2; KOM); Sedative (1; CRC; EFS); Toxic (f; EFS).

Indications (Scopolia) — Addiction (f; CRC); Cholecystosis (2; PHR; PH2); Colic (f; CRC; PH2); Cramp (1; KOM; PH2); Cramp, bile duct (2; KOM; PH2); Cramp, GI (2; KOM; PH2); Cramp, urinary tract (2; KOM; PH2); Enterosis (1; PHR; PH2); Epilepsy (f; CRC); Gastrosis (1; PHR; PH2); Gout (f; CRC); Hepatosis (2; PHR; PH2); Hysteria (f; CRC); Insomnia (1; CRC; EFS); Myosis (1; PHR); Nervousness (1; CRC; EFS); Nymphomania (f; CRC); Pain (1; PH2); Paralysis (f; CRC); Rheumatism (f; CRC); Tremor (1; PHR; PH2); Urethrosis (2; KOM); Water Retention (f; EFS).

Dosages (Scopolia) — 6–120 mg root (HHB); equivalent to 0.25 (average) 3 (maximum) mg total alkaloids, calculated as hyoscyamine/day (KOM).

Contraindications, Interactions, and Side Effects (Scopolia) — Class 3 (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Commission E reports contraindications, adverse effects, and interactions of belladonna alkaloids (AEH). Contraindications: megacolon, narrow-angle glaucoma, prostate adenoma with residual urine, stenosis of the GI tract, and tachycardia (KOM); interactions: may increase activity of amantadine, quinidine, and tricyclic antidepressants (KOM); side effects: arrhythmia, difficult urination, disturbance of ocular accommodation, dry mouth, hyperthermia, mydriasis, obstipation, reduced perspiration, and tachycardia (KOM; PHR; PH2). High doses can cause compulsive speech, delirium, excitation, hallucinations, manic episodes, followed by exhaustion and sleep. "Lethal dosages include the danger of asphyxiation (for adults starting at 100 mg atropine, depending upon alkaloid content, between 20 to 50 gm of the drug, considerably less for children)" (PHR).

SCOTCH BROOM (*Cytisus scoparius* (L.) Link) XXX

Synonyms: *C. scoparius* var. *andreanus* (Puiss.) Dippel, *C. scoparius* var. *prostratus* (C. Bailey) F. Hanb. ex. A. K. Jacks., *C. scoparius* var. *sulphureus* Goldring, *Genista andreana* Puiss., *Sarothamnus scoparius* (L.) Wimm. ex W. D. J. Koch, *S. scoparius* var. *prostratus* C. Bailey, *Spartium scoparium* L.

Activities (Scotch Broom) — Abortifacient (1; PH2); Anaesthetic (1; MAD); Antiarrhythmic (1; APA); Antihemorrhagic (f; CAN); Anuria (f; MAD); Bradycardic (1; CAN; MAB); Cardiodepressant (1; CAN; CRC); Cardiotonic (1; APA; CRC; MAD); Depurative (f; HHB; PHR; PH2); Diuretic (1; APA; CAN; CRC; MAD); Emetic (f; CAN; MAD); Euphoric (1; APA); Hypertensive (1; APA; CAN; KOM; MAD; PH2); Hypotensive (1; PH2); Laxative (f; CAN; CRC; MAD); Negative Chronotropic (1; KOM; PH2); Negative Inotropic (1; KOM; PH2); Oxytocic (1; CAN); Poison (f; CRC); Sympathomimetic (1; KOM; PH2); Tachycardic (1; CAN); Tonic (f; APA); Uterotonic (1; APA; CAN; CRC); Vasoconstrictor (peripheral) (1; CAN; CRC; KOM; PH2).

Indications (Scotch Broom) — Abscess (f; APA; CRC); Ague (f; CRC); Albuminuria (f; HHB); Anasarca (f; MAD); Angina (f; MAD); Arrhythmia (1; APA; CAN; PH2); Arthrosis (f; MAD); Ascites (f; MAD); Bite (f; PH2); Bleeding (f; CAN); Bright's Disease (f; MAD); Bronchosis (f;

PHR; PH2); Cancer (f; CRC; JLH); Cancer, spleen (f; CRC; JLH); Cardiopathy (2; CAN; KOM; MAD; PH2); Childbirth (f; APA; CRC; HHB); Circulosis (2; KOM); Climacteric (f; MAD); Congestion (f; CRC; MAD); Cystosis (f; MAD); Diphtheria (f; CRC); Dropsy (f; CRC; MAD); Dysmenorrhea (f; MAD); Eczema (f; MAD); Edema (f; PHR; PH2); Gallstone (f; PHR); Gingirrhagia (f; PHR); Gout (f; CRC; MAD; PHR; PH2); Gravel (f; CRC); Headache (f; HHB); Heart (f; CRC); Hemophilia (f; PHR; PH2); Hepatosis (f; CRC; PHR; PH2); Herpes (f; MAD); High Blood Pressure (1; PH2); Hypotension (1; CAN; KOM; PH2); Hypertony (f; CRC; HHB); Jaundice (f; CRC; PHR; PH2); Kidney Stone (f; PHR; PH2); Low Blood Pressure (1; APA; CAN; KOM; MAD; PH2); Metrorrhagia (f; CAN); Myalgia (f; APA; CRC); Nephrosis (f; CRC; MAD); Neurosis (f; PH2); Pain (f; HHB); Palpitation (f; CAN); Psoriasis (f; MAD); Rheumatism (f; CRC; MAD; PHR; PH2); Sciatica (f; CRC; PHR); Scrofula (f; MAD); Snakebite (f; PHR); Splenomegaly (f; CRC; PHR); Splenosis (f; MAD; PH2); Sterility (f; MAD); Swelling (f; APA; CRC); Tachycardia (f; CAN); Toothache (f; CRC); Tumor (f; CAN); Water Retention (1; APA; CAN; CRC; MAD).

Dosages (Scotch Broom) — Level tsp chopped flower shoot/cup water 3–4 ×/day (APA); 1–2 g dry tops as tea (CAN); 1–2 ml liquid top extract (1:1 in 25% ethanol) (CAN); 0.5–2 ml top tincture (1:5 in 45% ethanol) (CAN); 1–1.5 g dry herb (no more than 1 mg/ml sparteine); 2–4 ml liquid shoot extract (PNC); 4–8 ml concentrated shoot infusion (PNC); 8–15 ml concentrated shoot decoction (PNC).

Contraindications, Interactions, and Side Effects (Scotch Broom) — Class 2b (JAD), 3. Abortifacient (AHP). Bravely, Commission E says no known side effects or contraindications (KOM). A rather heroic herb I do not recommend, like CAN which says, "broom is not suitable for self medication." Containing tyramine, it should not be used with MAOIs (KOM). Commission E reports flower contains only low level of alkaloids (major alkaloid sparteine), so that toxic alkaloidal effects should not be expected. Contraindications: hypertension; Interactions: MAOIs (the flower may contain more than 2% of tyramine). And as early as 1938, it was contraindicated in acute nephropathy (MAD). Sparteine was reported as a cardiac depressant (CAN). Also contraindicated in cardiopathy and high blood pressure. Contraindicated during pregnancy (AEH). Because sparteine is oxytocic, its use in pregnancy and lactation is to be avoided (CAN). Here I see the oft-repeated anomaly, a low dose may have the opposite effect (tachycardic) of high doses (bradycardic). Sparteine is more quinidine-like than digitalic, a powerful oxytocic once used to stimulate uterine constrictions (CAN). Sparteine sulphate can produce respiratory arrest (CAN). Sparteine is a negative chronotropic and a negative inotropic. Doses corresponding to >300 mg sparteine (ca. 30 g herb). May induce dizziness, headache, ocular palsy, palpitations, prickly sensations in the extremities, profuse sweating, sleepiness, and weakness of the legs. Flowers may contain 2% tyramine, a hypotensive, sympathomimetic, and vasoconstrictor. German experts consider broom on par with quinidine for arrhythmia (But quinidine is an herbal derivative, too). Madaus mentioned, as early as 1938, that genistein and sarothamnine's activities were little know at that time (MAD). Ironically, Commission E approves this poisonous herb (*Cytisus*) for functional heart and circulatory disorders, whereas the PDR (PHR; PH2) indicates Commission E approval of the herb for hypertension (I refuse to add that to indications above, because it is more liable to cause than cure hypertension; I think they intended hypotension as an indication), while contraindicating the herb and flower in high blood pressure. So, it even contradicts itself.

SCOTCH PINE (*Pinus sylvestris* L.) +

Synonyms: *P. nigra f. pygmaea* (Carrière) Rehder, *P. sylvestris f. nana* (Carrière) Lipa.

Eclectic FEL and German MAD treat scotch pine (*P. sylvestris* L.) colloquially as "fir-leaf." I suspect that the EOs and turpentines of the pines, firs, spruces, etc., are as confused as the frankincense and myrrhs.

Activities (Scotch Pine) — Analgesic (f; BGB); Antiarthritic (f; BGB); Antibacterial (1; BGB; HH2; JBU); Antieczemic (1; BGB); Antirheumatic (f; EFS); Antiseptic (1; BGB; HH2; KOM; PIP); Antispasmodic (1; HH2); Antiviral (1; BGB); Bitter (1; EFS); Bronchospasmolytic (1; HH2); Candidicide (1; HH2); Circulostimulant (1; KOM; PH2); Decongestant (1; BGB; PNC); Diuretic (f; EFS; MAD); Expectorant (1; EFS; HH2; PNC); Fungicide (1; HHB); Pectoral (f; EFS); Rubefacient (2; BGB; HH2; KOM; PIP); Secretolytic (2; BGB; HH2; KOM; PIP); Vasoconstrictor (1; BGB); Vulnerary (f; EFS).

Indications (Scotch Pine) — Acne (f; MAD); Adenopathy (f; MAD); Arthrosis (f; BGB; MAD); Asthma (f; MAD); Bacteria (1; BGB; HH2; JBU); Blood Pressure (2; PH2); Bronchosis (2; MAD; PH2); Burn (f; PH2); Cancer, anus (f; JLH); Cancer, feet (f; JLH); Cancer, nose (f; JLH); Cancer, spleen (f; JLH); Cancer, uterus (f; JLH); Candida (1; HH2); Carbuncle (f; MAD); Catarrh (2; BGB; KOM; PIP); Cold (2; PH2; PNC); Colic (f; MAD); Condyloma (f; JLH); Congestion (1; BGB; PH2; PNC); Coryza (f; BGB); Cough (2; PH2; PNC); Cramp (1; HH2); Cystosis (f; PH2); Dermatosis (f; MAD; PH2); Eczema (1; BGB; MAD; PH2); Emaciation (f; MAD); Empyema (f; MAD); Epididymosis (f; MAD); Escherichia (1; HH2); Fever (2; PH2); Fungus (1; HHB; HH2); Furuncle (f; MAD); Gallstone (f; MAD; PH2); Gastrosis (f; MAD); Gonorrhea (f; MAD); Gout (f; MAD); Hematuria (f; MAD); Hemoptysis (f; MAD); High Blood Pressure (1; FNF); Hoarseness (f; PH2); Hypochondria (f; MAD); Hysteria (f; MAD); Immunodepression (2; PH2); Induration (f; JLH); Infection (1; HHB; JBU; MAD; PH2); Inflammation (f; PH2); Insomnia (f; MAD); Ischiosis (f; MAD); Itch (f; PH2); Laryngosis (1; BGB); Lumbago (f; MAD); Mucososis (f; MAD); Mycosis (1; HHB; HH2); Myosis (2; PIP; PH2); Nephrosis (f; MAD); Neuralgia (2; KOM; MAD; PIP; PH2); Pain (2; BGB; MAD; PH2); Pharyngosis (2; PH2); Polyp (f; JLH); Proctosis (f; JLH; MAD); Pulmonosis (f; MAD); Respirosis (2; BGB; KOM; PIP); Rheumatism (2; BGB; EFS; FEL; KOM; PH2); Rhinosis (f; PH2); Rickets (f; MAD); Salmonella (1; HH2); Scabies (f; PH2); Scrofula (f; MAD); Sore (f; MAD); Sore Throat (f; FEL); Splenosis (f; JLH); Staphylococcus (1; HH2; X10857921); Stomatosis (2; PH2); Swelling (f; MAD); Sycosis (f; MAD); Toothache (f; MAD); Tuberculosis (1; HH2; MAD); Urethrosis (f; MAD); Urticaria (f; PH2); Uterosis (f; JLH); Virus (1; BGB); VD (f; MAD); Water Retention (f; EFS; MAD); Wound (f; MAD; PH2); Yeast (1; HH2).

Dosages (Scotch Pine) — 2–3 g shoots, or add several drops EO to hot water and inhale (KOM; PIP); 5–15 drops turpentine (MAD); massage with 10–50% EO in medium (PIP).

Contraindications, Interactions, and Side Effects (Scotch Pine) — None for whole herb. EO contraindicated in bronchial asthma and pertussis (BGB); may irritate mucous membrane and skin, and may increase bronchospasm. No drug-drug interactions reported (KOM; PIP). Only *P. strobus* covered by AHP. EOs of *P. mugo, P. nigra, P. pinaster, P. pumilio,* and *P. sylvestris* are conveniently amalgamated in the literature, convenient because few botanists can tell the pines apart, much less isolated parts or components of the pine, like EOs and turiones. The PDR suggests that Commission E approves pine shoots (turiones), the oils, and the turpentines for blood pressure problems (turiones only), bronchosis, the common cold, cough, fever, neuralgia pharyngosis, stomatosis, and a tendency to infection (= weak immune system?) (PHR). Pollen is said to contain testosterone (FNF). Only *P. strobus* is covered by AHP.

SCOTCH THISTLE (*Onopordum acanthium* L.) +++

Activities (Scotch Thistle) — Antipyretic (f; EFS); Antitussive (f; HHB); Aperitif (f; EFS); Cardiotonic (f; PH2); Diuretic (f; EFS; MAD); Emmenagogue (f; EFS); Expectorant (f; HHB); Laxative (f; MAD); Stimulant (f; PH2); Stomachic (f; EFS).

Indications (Scotch Thistle) — Amenorrhea (f; EFS); Anorexia (f; EFS); Cancer (f; JLH; MAD); Cancer, face (f; JLH); Cancer, skin (f; MAD); Cardiopathy (f; PH2); Constipation (f; MAD); Convulsion (f; HHB); Cough (f; HHB); Dermatosis (f; HHB); Diarrhea (f; HHB); Dyscrasia (f; MAD); Fever (f; EFS); Lupus (f; MAD); Nausea (f; HHB); Rash (f; HHB); Scab (f; HHB); Scabies

(f; HHB); Sclerosis (f; JLH); Scrofula (f; MAD); Sore (f; HHB; JLH; MAD); Water Retention (f; EFS; MAD); Wound (f; HHB).

Dosages (Scotch Thistle) — 1 tsp herb 3 ×/day (MAD).

Contraindications, Interactions, and Side Effects (Scotch Thistle) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

SCURVY-GRASS, SPOONWORT (*Cochlearia officinalis* L.) +++

Activities (Scurvy-Grass) — Antibacterial (1; HHB); Antiscorbutic (1; EFS; FNF; PH2); Antiseptic (1; EFS; HHB); Depurative (f; EFS; PH2); Discutient (f; EFS); Diuretic (f; EFS; PH2); Irritant (1; PH2); Rubefacient (f; HHB); Stimulant (f; EFS); Stomachic (f; HHB).

Indications (Scurvy-Grass) — Bacteria (1; HHB); Cancer (f; JLH); Cancer, spleen (f; JLH); Conjunctivosis (f; PH2); Dermatosis (f; PNC); Dyspepsia (f; PH2); Epistaxis (f; PH2); Gastrosis (f; PH2); Gingivosis (f; PH2); Gonorrhea (f; PH2); Gout (f; HHB; PH2); Infection (f; HHB); Pain (f; HHB); Rheumatism (f; HHB; PH2); Scrofula (f; PH2); Scurvy (f; PH2); Sore (f; PH2); Splenosis (f; JLH); Stomachache (f; PH2); Stomatosis (f; PNC); Toothache (f; HHB); VD (f; PH2); Water Retention (f; EFS; PH2).

Contraindications, Interactions, and Side Effects (Scurvy-Grass) — Not covered (AHP). "Hazards and/or side effects not recorded for proper therapeutic dosages" (PH2).

SEA BUCKTHORN (*Hippophae rhamnoides* L.) +++

Activities (Sea Buckthorn) — Antiaggregant (f; PH2); Antiaging (f; PH2); Antioxidant (1; PH2); Antitumor (1; PH2); Antiulcer (1; PH2); Astringent (1; EFS); Cardiotonic (f; PH2); Hepatoprotective (1; PH2); Ophthalmic (f; PH2); Radioprotective (f; HHB; PH2); Vulnerary (f; PH2).

Indications (Sea Buckthorn) — Cancer (1; JLH; PH2); Cardiopathy (f; PH2); Dermatosis (f; DAA; WOI); Diarrhea (1; EFS); Hepatosis (1; PH2); Infection (f; PH2); Ophthalmia (f; PH2); Pulmonosis (f; DAA; KAB); Sclerosis (f; PH2); Sunburn (f; PH2); Tumor (1; PH2); Ulcer (1; PH2); Wound (f; PH2).

Dosages (Sea Buckthorn) — Food farmacy. Take as one of your Struggle for Seven Fruits (JAD). 5–10 g (PH2).

Contraindications, Interactions, and Side Effects (Sea Buckthorn) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

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SEA ISLAND COTTON, UPLAND COTTON (*Gossypium barbadense* L.) +

Synonyms: *G. evertum* O. F. Cook & J. Hubb., *G. peruvianum* Cav., *G. vitifolium* Lam.

Species are not necessarily distinguishable, activities and indications are often lumped; see, e.g., JFM.

Activities (Sea Island Cotton) — Abortifacient (1; CRC; FNF); Astringent (f; CRC); Contraceptive (1; CRC); Diuretic (f; CRC); Emmenagogue (1; AHP; CRC); Emollient (f; CRC); Hemostat (f; CRC); Lactagogue (f; CRC); Oxytocic (f; CRC); Pectoral (f; CRC); Uterotonic (1; AHP); Vasoconstrictor (f; CRC).

Indications (Sea Island Cotton) — Ague (f; CRC); Amenorrhea (1; CRC); Asthma (f; CRC); Bleeding (f; CRC); Bronchosis (f; CRC); Cancer (1; CRC; FNF); Cancer, abdomen (f; JLH); Cancer,

breast (f; JLH); Cancer, colon (f; JLH); Cancer, nose (f; JLH); Cancer, uterus (f; JLH); Childbirth (f; CRC; HHB; PH2); Climacteric (f; PH2); Cold (f; CRC; JFM); Colic (f; CRC); Cramp (f; JFM); Diarrhea (f; CRC); Dysentery (f; CRC; JFM); Dyslactea (f; JFM); Dysmenorrhea (f; CRC); Dysuria (f; JFM); Earache (f; JFM); Enterosis (f; JFM); Fever (f; CRC; JFM); Fibroid (1; CRC; FNF); Headache (f; CRC); Hemorrhoid (f; CRC; JFM); High Blood Pressure (f; CRC; JFM); Hypochondria (f; CRC); Inflammation (f; CRC; JFM); Laryngosis (f; JFM); Leukemia (1; FNF; JLH); Lymph (1; CRC); Ovary (f; CRC); Pain (f; JFM); Polyp (f; CRC; FNF; JLH); Pulmonosis (f; JLH; JFM); Rheumatism (f; CRC; JFM); Rhinosis (f; JLH); Sterility (f; CRC); Stomachache (f; CRC); Strangury (f; CRC); Tumor (1; CRC; FNF); Uterosis (f; CRC; FNF); UTI (f; JFM); Water Retention (f; CRC).

Dosages (Sea Island Cotton) — 100 g root in 1 liter water, reduced by boiling to 0.5 liter, take 50 g liquid every half hour (dangerous formula for abortion; CRC); 3 leaves in 1 liter water for hypertension (JFM); 6–8 g seed/150 g water or milk, 3 ×/day as lactagogue (f; JFM).

Contraindications, Interactions, and Side Effects (Sea Island Cotton) — Class 2b. Contraindicated in urogenital irritation or tendency to inflammation; may sterilize men (AHP). LD50 gossypol 10–20 mg/kg ipr rat.

SELF-HEAL, HEAL ALL (*Prunella vulgaris* L.) +++

Activities (Self-Heal) — Alterative (f; SKJ); Analgesic (f; DEM); Antiinflammatory (1; FNF; JAD); Antimutagenic (1; FAD; X3278214); Antioxidant (2; FNF; JAD); Antipyretic (f; EFS); Antirheumatic (f; SKJ); Antiseptic (1; DAA; FAD; EFS; FNF); Antispasmodic (f; DEP; SKJ); Antitumor (1; FAD); Antiviral (1; FNF; JAD); Astringent (f; FEL; PNC); Bitter (f; FEL); Carminative (f; DAA); Collyrium (f; DEM); COX-2 Inhibitor (1; FNF; JAD); Depurative (f; DEM); Diuretic (1; FAD; KAB); Emetic (f; DEM); Expectorant (f; DEP; SKJ); Hemostat (f; EFS; PNC); Hepatopro-

tective (1; FNF; JAD); Hypotensive (1; FAD); RT Inhibitor (1; FNF; HAD; JAD); Stomachic (f; EFS); Tonic (f; SKJ); Vulnerary (f; EFS; PNC).

Indications (Self-Heal) — Abscess (f; DAA); Acne (f; DEM); Alzheimer's (1; FNF; JAD); Anxiety (f; DAA); Aposteme (f; JLH); Aphtha (f; TOM); Arthrosis (1; FNF; JAD); Backache (f; DEM); Biliousness (f; DEM); Bite (f; TOM); Bleeding (f; EFS; FEL; PHR; PH2; PNC); Boil (1; DAA; DEM; FAD); Bronchosis (f; KAB); Bruise (1; DEM; FAD); Burn (f; DEM); Cancer (1; FAD; FNF; JAD; X3278214); Cancer, breast (1; FNF; JLH); Cardiopathy (f; DEM; KAB); Catarrh (f; PH2); Cold (f; DEM); Colic (f; DAA); Conjunctivosis (1; DAA; FAD); Cornea (f; KAB); Cough (f; DEM; SKJ); Cramp (f; DEP; SKJ); Dermatosis (f; DEM); Diarrhea (1; DEM; FAD; FEL); Dusgeusia (f; DAA); Dysentery (f; DEM); Dysmenorrhea (f; PHR; PH2); Dyspnea (f; DEM; KAB); Enterosis (f; PHR; PH2); Fever (f; DEM; EFS; FAD); Gas (f; DAA); Gastrosis (f; DEM; PHR; PH2); Gout (f; DAA); Graves Disease (1; FNF; JAD); Headache (f; DAA); Hemorrhoid (f; DEM; DEP; SKJ); Hepatosis (1; FAD; FNF; JAD); High Blood Pressure (1; DAA; FAD); HIV (1; FNF; JAD); Hypothyroidism (1; FNF; JAD); Inflammation (1; FNF; JAD; PH2); Insanity (f; KAB); Leukorrhea (f; DAA); Mastosis (f; JLH); Myalgia (f; KAB); Nausea (f; DEM); Nephrosis (1; FAD); Neurosis (f; TOM); Ophthalmia (f; HHB; KAB); Pain (f; DEM); Parasite (f; KAB); Pharyngosis (f; PH2); Proctosis (f; SKJ); Pulmonosis (f; HHB; KAB); Rheumatism (f; EFS; SKJ); Ophthalmia (f; KAB); Scrofula (1; DAA; FAD); Senility (f; KAB); Sore (1; DEM; FAD; JLH); Sore Throat (1; FAD; FEL; PH2); Splenosis (f; KAB); Stomatosis (1; FAD; PH2); Tinnitus (f; DAA); Tuberculosis (f; DEM); Tumor (1; FAD); VD (f; DEM); Vertigo (f; DAA); Virus (1; FNF; JAD); Water Retention (1; FAD; KAB); Wound (f; DAA; PNC).

Dosages (Self-Heal) — One tbsp dry herb/cup water; or do as they do in West Virginia, eat a half cup of "eel-oil" greens (JAD).

Contraindications, Interactions, and Side Effects (Self-Heal) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Loaded with natural antioxidants, this edible weed contains more rosmarinic acid than rosemary itself.

SENBURI (*Swertia japonica* Makino) ++

Activities (Senburi) — Aperitif (1; PH2); Bitter (1; PH2); Cardiotonic (1; HHB); Tonic (1; PH2).

Indications (Senburi) — Anorexia (1; PH2); Dyspepsia (f; PH2); Insomnia (f; PH2).

Dosages (Senburi) — 30–50 mg powdered shoot (HHB; HH3; PH2).

Contraindications, Interactions, and Side Effects (Senburi) — Not covered (AHP)."Health hazards not known with proper therapeutic dosages" (PH2).

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SENEGA ROOT (*Polygala senega* L.) ++

Activities (Senega Root) — Antiinflammatory (1; APA); Antispasmodic (f; FAD); Depurative (f; DEM; TOM); Diaphoretic (f; APA; FAD; FEL; TOM); Diuretic (f; FAD; FEL); Emetic (1; APA; FAD; FEL); Emmenagogue (f; FEL; TOM); Expectorant (2; APA; FAD; KOM; PH2; PIP); Laxative (f; FAD; FEL; TOM); Secretagogue (f; FEL); Secretolytic (1; HHB; KOM; PH2); Sialagogue (1; CAN; FEL); Stimulant (f; TOM); Tonic (f; DEM).

Indications (Senega Root) — Amenorrhea (f; FAD; MAD); Asthma (f; APA; CEB; FAD; MAD); Bleeding (f; DEM); Blepharosis (f; MAD); Bronchosis (2; APA; FAD; MAD; PH2; PHR); Cardiopathy (f; DEM; FAD); Cataract (f; MAD); Catarrh (2; FEL; KOM; MAD; PHR; PIP); Cold (f; APA; DEM; FAD; TOM); Congestion (f; PH2; TOM); Conjunctivosis (f; MAD); Constipation (f; FAD; FEL; TOM); Convulsion (f; DEM; FAD); Cough (2; PHR; PH2; TOM); Cramp (f; FAD); Croup (f; FAD; FEL; MAD; TOM); Cystosis (f; MAD); Dermatosis (f; FEL); Dropsy (f; MAD; TOM); Dysmenorrhea (f;

MAD); Eczema (f; CEB); Emphysema (f; MAD); Enuresis (f; MAD); Fever (f; APA; FAD; FEL; TOM); Hemorrhoid (f; CEB); Hoarseness (f; FEL); Inflammation (1; APA; DEM); Laryngosis (f; MAD); Mucososis (f; TOM); Ophthalmia (f; MAD); Pain (1; FAD); Pertussis (f; MAD; TOM); Pharyngosis (1; CAN); Photophobia (f; MAD); Phthisis (f; MAD); Pleurisy (f; APA; FAD; MAD); Pneumonia (f; FAD; FEL; MAD; TOM); Pulmonosis (f; MAD); Respirosis (2; DEM; FAD; KOM; PH2; PIP); Rheumatism (1; DEM; FAD; MAD; TOM); Smallpox (f; TOM); Snakebite (f; APA; CEB; TOM); Sore Throat (f; FEL); Swelling (f; FAD); Syphilis (f; CEB); Toothache (f; DEM); Tracheosis (1; PHR; PH2); Tuberculosis (f; MAD); Typhoid (f; FEL); Water Retention (f; FAD; FEL); Wound (f; FEL).

Dosages (Senega Root) — Root 3 ×/day (AHP; KOM); 0.5–2 g root, several ×/day (MAD); 1.5–3 g root (PIP); 0.5 g (ca. 1/5 tsp) root/cup tea/day, not to exceed 3 g/day (APA); 0.5 g root/cup (HHB); 0.5–1.0 g dry root, or in tea, 3 ×/day (CAN); 0.5–1 g powdered root (PNC); 2.5–5 ml concentrated root tea (PNC); 0.3–1 ml liquid root extract (CAN; PNC); 1.5–3 g fluid root extract (KOM; PIP); 2.5–7.5 g root tincture (KOM; PIP); 2.5–5 ml root tincture (CAN; PNC).

Contraindications, Interactions, and Side Effects (Senega Root) — Class 2b. Emmenagogue and uterotonic. Contraindicated in gastric ulcers and gastrosis; not for long-term use (AHP). Commission E reports root permitted for oral use. No contraindications, adverse effects, or interactions, except for GI irritation from continued or prolonged use (AEH; KOM). The Herbal HDR cautions that overdosage leads to diarrhea, gastric complaints, nausea, and queasiness (PHR). CAN cautions that saponins can irritate GI tract. Polygalic acid and senegin irritate the GI mucosa and may cause a reflex secretion of mucus in the bronchioles. Large doses may cause purging and vomiting (CAN).

Extracts (Senega Root) — One antiinflammatory triterpenic acid is useful for eczema, graft rejection, multiple sclerosis, and psoriasis, according to a French patent mentioned by CAN. Looking at that suggests, to me, that the acid has immunosuppressant activity, which would be contraindicated in most diseases. Saponins can be hemolytic and a GI irritant (CAN). Hemolytic saponins are toxic when injected iv, but have low toxicity when given orally since they don't cross GI mucosa (CAN). Free saponins in GI tract may react with mucosa, causing an increased permeability of small intestine to intraluminal solutes and inhibiting active nutrient absorption. This activity may facilitate entry of antigens and active food peptides into the blood circulation with adverse (and I also suppose good) side effects (CAN).

SENSITIVE PLANT (*Mimosa pudica* L.) ++

Activities (Sensitive Plant) — Abortifacient (f; JFM); Analgesic (f; AAB); Antibacterial (1; AAB); Antiinflammatory (1; AAB); Antipyretic (f; JFM); Antispasmodic (1; AAB); Antiviral (1; AAB); Depurative (f; KAB); Diaphoretic (f; KAB); Diuretic (f; AAB; JFM); Emetic (f; JFM); Myorelaxant (f; AAB); Sedative (f; AAB); Tonic (f; KAB); Vermifuge (f; ZUL).

Indications (Sensitive Plant) — Adenopathy (f; JLH); Asthma (f; KAB); Backache (f; AAB); Bacteria (1; AAB); Biliousness (f; KAB); Calculus (f; KAB); Cancer (f; KAB); Conjunctivosis (f; KAB); Convulsion (f; KAB; ZUL); Cramp (1; AAB); Dysmenorrhea (f; ZUL); Dysuria (f; JFM; WOI); Eczema (f; JFM); Edema (f; KAB); Fatigue (f; KAB); Fever (f; JFM; KAB); Fistula (f; KAB); Gravel (f; WOI); Guinea Worm (f; KAB); Hemorrhoid (f; KAB; WOI); Hydrocele (f; KAB); Infection (1; AAB); Inflammation (1; AAB; KAB); Insomnia (f; AAB; ZUL); Jaundice (f; KAB); Leprosy (f; KAB); Leukoderma (f; KAB); Lumbago (f; JFM); Myalgia (f; KAB); Nephrosis (f; JFM); Nervousness (f; AAB; ZUL); Pain (f; AAB; KAB); Palpitation (f; ZUL); Rheumatism (f; KAB); Scrofula (f; KAB); Sinusosis (f; WOI); Smallpox (f; KAB); Snakebite (f; KAB); Sore (f; WOI); Staphylococcus (1; AAB); Sting (f; KAB); Teething (f; ZUL); Tumor (f; JLH); Ulcer (f; KAB); Uterosis (f; KAB); Vaginosis (f; KAB); Virus (1; AAB); Water Retention (f; AAB; JFM); Worm (f; ZUL).

Extracts (Sensitive Plant) — Contains "epinephrine adrenalin" (AAB) and mimosine (WBB; ZUL).

SERVICETREE (*Sorbus domestica* L.) ++

Synonym: *Pyrus domestica* (L.) Sm., *P. sorbus* Gaertn.

"Sorb Apple" in PH2.

Activities (Servicetree) — Analgesic (1; PH2); Antiinflammatory (1; PH2); Astringent (1; EFS; PH2); Dermabrasive (f; PH2).

Indications (Servicetree) — Inflammation (1; PH2); Pain (1; PH2).

SESAME (*Sesamum indicum* L.) +++

Synonyms: *S. mulayanum* N. C. Nair, *S. orientale* L.

Activities (Sesame) — Abortifacient (f; EFS; FEL; KAB); Antiabortive (f; JFM); Antiedemic (f; JFM); Anticonvulsant (f; DAA); Antiinflammatory (f; JFM); Antioxidant (f; WOI); Aphrodisiac (f; KAB; WOI); Astringent (f; KAB); Demulcent (f; EFS; FEL; KAB); Dentifrice (f; DAA); Diuretic (f; KAB; SKJ; WOI); Emmenagogue (f; EFS; FEL; KAB; SKJ; WOI); Emollient (f; KAB; SKJ; WOI); Immunosuppressant (1; HH2; PH2); Lactagogue (f; JFM; KAB; SKJ; WOI); Laxative (f; JFM; PH2); Neurotonic (f; JFM); Propecic (f; DAA; KAB); Tonic (f; KAB; SKJ; WOI).

Indications (Sesame) — Alopecia (f; DAA; JFM); Amenorrhea (f; FEL; KAP; WOI); Arthrosis (f; JFM; KAB); Asthma (f; KAB); Bleeding (f; KAB); Bronchosis (f; JFM); Burn (f; KAB; WOI); Cachexia (f; DAA); Cacoethes (f; JLH); Cancer (f; JLH); Cancer, abdomen (f; JLH); Cancer, breast (f; JLH); Cancer, colon (f; JLH); Cancer, eye (f; JLH); Cancer, stomach (f; JLH); Catarrh (f; FEL; JFM; KAP); Cholera (f; KAP); Cold (f; DAA; JFM); Condylomata (f; DAA); Conjunctivosis (f; JFM); Constipation (f; DAA; JFM; KAB; PH2); Convulsion (f; DAA); Cough (f; KAB; WOI); Cystosis (f; FEL; KAP); Dermatosis (f; FEL; JFM; PH2); Diarrhea (f; FEL; JFM); Dyschezia (f; PH2); Dysentery (f; FEL; KAB; SKJ); Dysmenorrhea (f; DAA; KAP; WOI); Dysuria (f; KAB; SKJ); Edema (f; JFM); Enterosis (f; JLH; KAP); Gastrosis (f; JLH); Gout (f; KAB); Gray Hair (f; DAA; KAB); Hemorrhoid (f; DAA; KAB; SKJ; WOI); High Blood Pressure (f; DAA); Impotence (f; DAA); Induration (f; JLH); Inflammation (f; JFM; KAB); Malaria (f; KAB); Mastosis (f; JLH); Menorrhagia (f; KAB); Migraine (f; KAB); Nephrosis (f; FEL);

Neurosis (f; DAA); Neuroparalysis (f; DAA); Ophthalmia (f; FEL; JLH); Otorrhea (f; DAA); Proctorrhagia (f; WOI); Pulmonosis (f; KAB); Respirosis (f; KAB); Rheumatism (f; JFM; PH2); Scab (f; PH2); Scabies (f; KAB); Smallpox (f; KAB); Snakebite (f; KAB); Sore (f; DAA; SKJ; WOI); Sore Throat (f; KAB); Splenosis (f; KAB); Strangury (f; KAB; KAP); Swelling (f; JFM; PH2); Syphilis (f; KAB); Urethrosis (f; FEL); Uterosis (f; DAA); Uterorrhagia (f; JFM); VD (f; KAB); Vertigo (f; DAA; KAB); Wart (f; DAA; JLH); Water Retention (f; KAB; SKJ; WOI).

Dosages (Sesame) — 30–60 g (HH2); 20 g seed/0.5 liter water (JFM).

Contraindications, Interactions, and Side Effects (Sesame) — Class 1 (Food) (AHP). Not covered (KOM; PHR). "Health hazards not known with proper therapeutic dosages" (PH2). Some people are anaphylactically sensitive to sesame (AHP). While the seeds are rich in oil, they do not contain 97% to 98% fatty oil, as reported in PH2. *In vitro*, sesamin is immunosuppressant, IC50 = 0.33 μg/ml, cf prednisolone 0.06 μg/ml (HH2).

SHANSHI
(*Coriaria ruscifolia* L. subsp. *microphylla* (Poir.) L. E. Skog) X

Synonyms: *C. microphylla* Poir., *C. thymifolia* Humb & Bonpl. ex Willd.

Activities (Shanshi) — Astringent (f; CRC); Candidicide (f; CRC); Hallucinogen (f; CRC); Poison (f; CRC); Rodenticide (f; CRC).

Indications (Shanshi) — Candida (f; CRC); Collapse (f; CRC); Diarrhea (f; CRC); Yeast (f; CRC).

Dosages (Shanshi) — 1 mg as a stimulant in case of collapse (CRC).

Contraindications, Interactions, and Side Effects (Shanshi) — "Classified as a narcotic hallucinogen (giving flight sensations). The LD50 for the leaves is 3.75 mg/kg, mature fruits 1.55, and green fruits 0.45 mg/kg. Frequent symptoms of intoxication include stupor, vertigo, convulsion. Death may result from asphyxia, respiratory paralysis, and heart failure." (CRC).

SHATAVARI, SHATAMULI (*Asparagus racemosus* Willd.) ++

Synonyms: *A. rigidulus* Nakai, *A. schoberioides* Kunth, *Protasparagus racemosus* (Willd.) Oberm.

Activities (Shatavari) — Alterative (f; DEP; SUW); Amebicide (1; KAP; MPI); Antiaggregant (1; MPI); Antibacterial (1; ABS; WO2); Anticancer (1; KAP; MPI); Antiinflammatory (f; KAB); Antioxytocic (1; MPI); Antipyretic (f; DEP; SUW); Antispasmodic (f; DEP; KAP; SUW); Antitussive (1; FT71:686); Aperitif (f; KAB); Aphrodisiac (f; DEP; HHB; KAP; SUW); Astringent (f; KAB); Bitter (f; KAB); Bradycardic (f; MPI); Carcinogenic (1; WO2); Demulcent (f; DEP; SUW); Depurative (f; KAB); Diuretic (f; DEP; HHB; MPI; SUW); Expectorant (f; KAB); Fungicide (1; WO2); Hypotensive (1; MPI); Lactagogue (1; MPI; SUW; WO2); Laxative (f; KAB); Mastogenic (f; MPI); Respiradepressant (1; MPI); Stimulant (f; DEP); Stomachic (f; KAB); Tonic (f; MPI); Tuberculosis (f; KAB); Uterorelaxant (1; WO2).

Indications (Shatavari) — Ameba (1; KAP; MPI); Anorexia (f; KAB); Bacteria (1; ABS; WO2); Biliousness (f; KAB; KAP); Cancer (1; JLH; KAB; KAP; MPI); Cancer, abdomen (1; JLH; MPI); Cancer, colon (1; JLH; MPI); Cancer, skin (1; KAP); Cardiopathy (f; MBB); Cerebrosis (f; SUW); Constipation (f; KAB); Cough (1; FT71:686); Cramp (f; DEP; KAP; KAB; SUW); Dermatosis (f; ABS); Dehydration (f; HH2); Diabetes (f; SUW); Diarrhea (f; DEP; KAB; SUW); Dysentery (f; DEP; KAB; SUW); Dyspepsia (f; HH2); Dysuria (f; KAB); Enterosis (f; JLH); Epilepsy (f; KAB; MBB); Epistaxis (f; SKJ); Escherichia (1; WO2); Fever (f; DEP; SKJ; SUW); Fungus (1; WO2); Gastrosis (f; MBB); Gleet (f; KAB; KAP); Gonorrhea (f; KAB; KAP); Gout

(f; MBB); Heatstroke (f; SKJ); Hematuria (f; MBB); Hemorrhoid (f; MBB); Hepatosis (f; KAB; KAP; MBB); High Blood Pressure (1; MBB; MPI); Impotence (f; DEP); Infection (1; WO2); Infertility, female (f; HHB); Inflammation (f; KAB; MBB); Leprosy (f; KAB); Mycosis (1; WO2); Nephrosis (f; KAB; KAP); Nyctalopia (f; KAB); Ophthalmia (f; KAB); Pain (f; SKJ); Pulmonosis (f; MBB); Rheumatism (f; HH2; SUW); Salmonella (1; WO2); Schistosomiasis (f; HH2); Shigella (1; WO2); Smallpox (f; DEP); Spermatorrhea (f; SKJ); Staphylococcus (1; WO2); Thirst (f; SKJ); Tuberculosis (1; PR14:118); Uterosis (f; MBB); VD (f; KAP; PR14:118); Water Retention (f; DEP; HHB; MPI; SUW).

Dosages (Shatavari) — 12–20 ml infusion (KAP); 56–112 ml decoction (KAP); 20–30 g powdered herb (KAP).

Extracts (Shatavari) — Methanol extracts antitussive, IC40 = 200 mg/kg orl mus, IC58.5 = 400 mg/kg orl mus. Contains 4 saponins, shatavarin I to IV. Shatavarin IV is a glucoside of sarsapogenin (two molecules of rhamnose and one of glucose). At doses 20–500 μg/ml, it specifically blocks ocytocin.

SHAVEGRASS, GREAT SCOURING RUSH (*Equisetum hyemale* L.) +

Activities (Shavegrass) — Abortifacient (f; DEM); Astringent (f; CRC); Depurative (f; CRC); Diaphoretic (f; CRC); Diuretic (f; CRC; DEM); Hemostat (f; CRC).

Indications (Shavegrass) — Adenopathy (f; DEM); Backache (f; DEM); Bleeding (f; CRC); Cancer (f; CRC); Carcinoma (f; JLH); Cataract (f; DEM); Cholecystosis (f; CRC); Cold (f; DEM); Conjunctivosis (f; DEM); Constipation (f; DEM); Cystosis (f; CRC); Dermatosis (f; DEM); Diarrhea (f; DEM); Dysentery (f; CRC); Dysmenorrhea (f; CRC; DEM); Dysuria (f; CRC; DEM); Embolism (f; CRC); Enuresis (f; CRC); Fever (f; CRC); Fistula (f; CRC); Gonorrhea (f; DEM); Hemorrhoid (f; CRC); Incontinence (f; CRC); Lumbago (f; DEM); Nephrosis (f; DEM); Ophthalmia (f; CRC; DEM); Pain (f; DEM); Prostatosis (f; DEM); Pulmonosis (f; CRC); Sore (f; CRC); Stone (f; CRC); Syphilis (f; DEM); Tuberculosis (f; CRC); Urethrosis (f; CRC); VD (f; DEM); Water Retention (f; CRC; DEM).

Contraindications, Interactions, and Side Effects (Shavegrass) — "Classified by the FDA as an Herb of Undefined Safety: Infusion of whole plants used sometimes in dropsical and renal diseases but the diuretic action is very feeble. Cattle overdosed for diuresis have voided blood. Said to have caused poisoning in California. Horsetails are said to develop a powerful nerve poison, aconitic acid. Sheep and cattle are poisoned by grazing the fresh plant; horses, usually by eating the dried plant in hay. It produces, especially when dried, sudden symptoms of weakness and loss of appetite followed, after a few weeks, by loss of muscular control, excitement, and falling, and in acute cases, labored respiration, rapid, weak pulse, diarrhea, convulsions, coma, and death" (CRC).

SHEEP SORREL (*Rumex acetosella* L.) ++

Used interchangeably with *R. acetosa* (HHB).

Activities (Sheep Sorrel) — Allergenic (1; WOI); Antipyretic (f; EFS; FAD; KAB); Antitumor (1; FNF); Depurative (f; EFS); Diaphoretic (f; EFS; KAB; WOI); Diuretic (f; FAD; PNC; WOI); Hemostat (f; EFS); Laxative (1; APA; EFS); Peristaltic (f; APA).

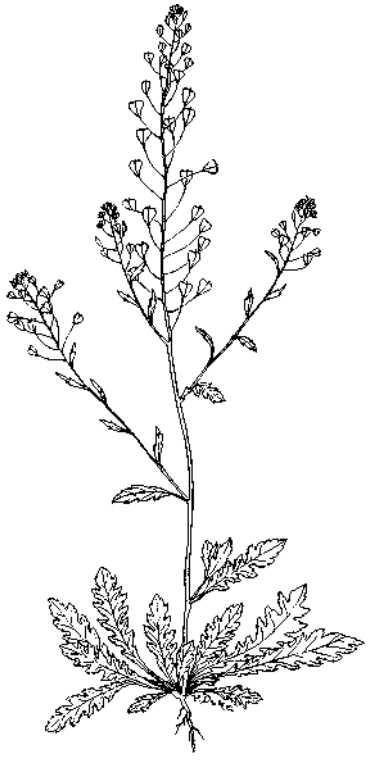
Indications (Sheep Sorrel) — Bleeding (f; EFS); Bruise (f; DEM); Cancer (1; FAD; FNF; WOI); Cancer, colon (1; FNF; JLH); Cancer, eye (1; FNF; JLH); Cancer, face (1; FNF; JLH); Cancer, skin (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cancer, throat (1; FNF; JLH); Constipation

(1; APA; EFS); Dermatosis (f; EFS; JLH); Diarrhea (f; FAD); Dysmenorrhea (f; FAD); Dysuria (f; PNC); Epithelioma (1; FNF; JLH); Fever (f; EFS; FAD; KAB; WOI); Gastrosis (f; DEM); Inflammation (f; FAD); Metrorrhagia (f; FAD); Nephrosis (f; KAB); Scrofula (f; FEL); Sore (f; DEM); Syphilis (f; FEL); Tuberculosis (f; DEM); Tumor (1; FNF; FAD); Wart (f; DEM; JLH); Water Retention (f; FAD; PNC; WOI).

Dosages (Sheep Sorrel) — As a food pharmaceutical, a USDA 100-g serving of fresh sorrel equates to about 10 g of dry sorrel (HOW).

Contraindications, Interactions, and Side Effects (Sheep Sorrel) — Class 2d (AHP). Those with kidney stones should avoid this plant. Oxalates should be avoided by patients with endometriosis and nephrosis. Oxalic acid levels may attain 10–35% of dry matter in some species. The LDlo reported for humans is 700 mg/kg body weight. Weighing 110 kg, my LDlo would be 77,000 mg, or 77 g (more than 2 ounces of oxalic acid) (HOW). Polysaccharides show antitumor activity (ZUL).

SHEPHERD'S PURSE (*Capsella bursa-pastoris* (L.) Medik.) ++



Synonym: *Thlaspi bursa-pastoris* L.

Activities (Shepherd's Purse) — Analgesic (f; CEB); Antibacterial (f; APA); Anticapillary Fragility (1; CAN); Antihemorrhagic (f; BGB; FAD; SHT); Antiinflammatory (1; APA; BGB; PNC); Antineoplastic (1; BGB); Antipyretic (f; PNC); Antitumor (1; PNC); Antiulcer (1; BGB; PNC); Cardioactive (1; PH2); CNS Depressant (1; BGB; CAN); Diuretic (1; APA; FAD; PNC); Emmenagogue (1; AHP; CEB); Hemostat (1; APA; PNC); Hypertensive (2; KOM); Hypotensive (2; APA; BGB; KOM); Larvicide (f; CEB); Laxative (f; APA); Muscarinic (2; KOM; PIP); Myostimulant (f; BGB); Negative Chronotropic (2; BGB; KOM; PH2); Positive Inotropic (2; BGB; KOM; PH2; PIP); Oxytocic (1; APA; PNC); Rubefacient (1; CAN); Urinary Antiseptic (f; CAN); Uterocontractant (2; FAD; KOM; PH2; PIP); Vasodilator (f; BGB); Vermifuge (f; DEM).

Indications (Shepherd's Purse) — Arrhythmia (2; PHR); Bacteria (f; APA); Bleeding (1; APA; BGB; FAD; PH2; PNC; SHT); Bruise (1; BGB; FAD); Burn (2; PHR; PH2); Calculus (f; PH2); Cancer (1; JLH; PNC); Cancer, stomach (f; JLH); Cancer, uterus (f; JLH); Capillary Fragility (1; CAN); Cardiopathy (2; PHR); Childbirth (1; FAD); Chyluria (f; BGB); Colic (f; CEB); Colorrhagia (f; BGB); Constipation (f; APA); Cramp (f; DEM); Cystosis (f; APA; BGB; PH2); Dermatosis (f; DEM); Diarrhea (f; APA; BGB; FAD); Dysentery (f; DEM; FAD); Dysmenorrhea (f; CAN; FAD; PH2; SHT); Epistaxis (2; BGB; KOM; PH2; PIP); Fever (f; CEB; PNC); Fibroma (f; JLH); Gastrosis (f; JLH); Headache (f; DEM; PHR; PH2); Hematemesis (f; APA); Hematuria (f; APA; BGB); Hemorrhoid (f; APA; CEB); High Blood Pressure (2; APA; BGB; KOM); Inflammation (1; APA; BGB; PH2; PNC); Leukorrhea (f; BGB); Low Blood Pressure (2; KOM); Menorrhagia (2; BGB; CAN; KOM; FAD); Metrorrhagia (2; APA; KOM; PIP); Nervousness (1; PHR); Pain (f; CEB; DEM); PMS (2; PHR; PH2); Poison Ivy (f; DEM); Pulmonorrhagia (f; BGB); Sore (f; CEB); Stomachache (f; DEM); Tumor (1; PNC); Ulcer (1; APA; BGB; JLH; PNC); Uterosis (f; PH2); UTI (f; APA; BGB); Water Retention (1; APA; FAD; PNC); Worm (f; DEM); Wound (2; BGB; PHR; PH2).

Dosages (Shepherd's Purse) — 1 tsp herb/cup water 2–4 ×/day (APA); 10–15 g herb/day (KOM; PH2); 3–5 g herb:0.75 cup water for topical tea (KOM); 1–4 g dry herb, or in tea, 3 ×/day (CAN); 1–4 ml liquid herb extract (1:1 in 25% ethanol) 3 ×/day (CAN; PNC); 5–8 g fluid herb extract (KOM; PIP); 1 tbsp herb extract 2–3 ×/day (APA); 20–30 drops herb tincture 2–3 ×/day (APA); 3–5 g/150 ml water (PIP); 10–15 g crude drug (SHT).

Contraindications, Interactions, and Side Effects (Shepherd's Purse) — Class 2b. Emmenagogue and uterotonic. Because of oxalates, patients with kidney stones and perhaps those with endometriosis should avoid; large doses of extract may cause heart palpitations (AHP). Commission E reports none known (KOM; PHR). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). CAN reports isothiocyanates cause irritation. Reported to be abortifacient and to affect menstrual cycle, its use in pregnancy and lactation is to be avoided. May interfere with blood pressure, cardiac, sedative, and thyroid medications. Toxic doses induce difficult respirations (dyspnea), enlargement of pupils, paralysis of hind limbs, sedation, and death by respiratory paralysis. Isothiocyanates may induce goiter (CAN). Seeds may blister skin (FAD). Parenteral application only (KOM). LD50 = 1500 mg/kg ipr mus (CAN). Antitumor activity due to ubiquitous fumaric acid (PNC).

SHITAKE (*Lentinus edodes*) +++

Activities (Shitake) — Antibacterial (1; X11137653); Antihepatosis (f; SKY); Antiseptic (1; APA); Antiviral (1; WAM); Hypocholesterolemic (1; APA); Hypotensive (f; APA); Immunostimulant (1; APA; SKY; WAM); Tonic (f; APA).

Indications (Shitake) — Anemia (f; APA); Bacteria (1; X11137653); Cancer (1; APA; SKY); Cancer, breast (1; APA); Cancer, cervix (1; APA); Cancer, stomach (1; APA); Chemotherapy (f; SKY); Cold (1; WAM); Diabetes (f; APA); Flu (1; WAM); Hepatosis (f; SKY); High Blood Pressure (f; APA); High Cholesterol (1; APA); HIV (1; APA; SKY); Immunodepression (1; APA; SKY; WAM); Virus (1; WAM).

Dosages (Shitake) — 1–3 (606 mg) capsules up to 3 ×/day (APA); 6–16 g mushroom/day (SKY); extract 2–3 ×/day (SKY); 2–4 ml tincture (SKY).

Contraindications, Interactions, and Side Effects (Shitake) — Class 1 (AHP). No contraindications known (WAM). Safety during pregnancy not established (SKY). High dosages may induce bloating and diarrhea (SKY). LEM used for recurrent stomach cancer in Japan, increasing survival rate, especially in combination with chemotherapy.

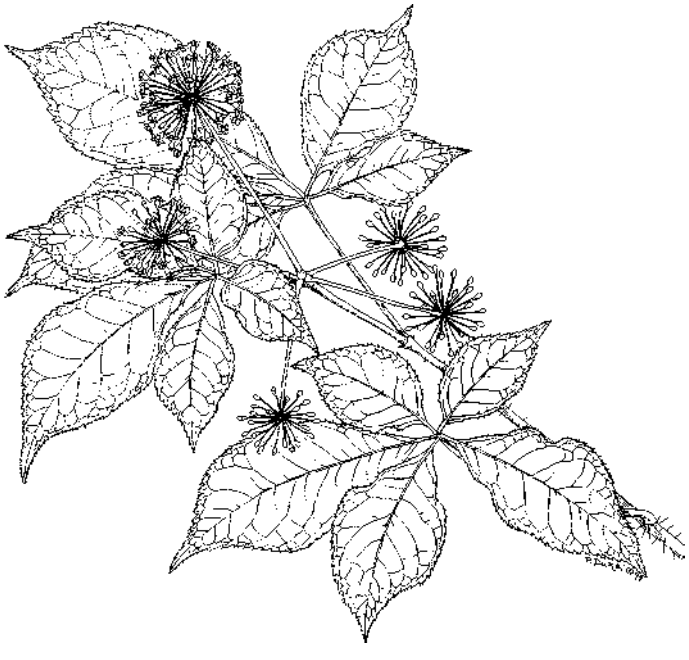
SIAM BENZOIN (*Styrax tonkinensis* (Pierre) Craib ex Hartwich) ++

Activities (Siam Benzoin) — Allergenic (1; HH2); Antiinflammatory (f; HHB); Expectorant (f; PH2).

Indications (Siam Benzoin) — Catarrh (f; HH2; PH2); Chest Ache (f; PH2); Childbirth (f; PH2); Debility (f; PH2); Gastrosis (f; PH2); Inflammation (f; HHB); Respirosis (f; HH2; PH2); Sore (f; PH2); Stomachache (f; PH2); Stroke (f; PH2); Syncope (f; PH2); Wound (f; PH2).

Dosages (Siam Benzoin) — "Daily dosage 0.5 gm, single dose 0.05 gm" (PH2, translation of HHB; HH2).

SIBERIAN GINSENG (*Eleutherococcus senticosus* (Rupr. & Maxim.) Maxim.) +++



Synonyms: *Acanthopanax senticosus* (Rupr. & Maxim.) Harms, *Hedera senticosa* Rupr. & Maxim.

Activities (Siberian Ginseng) — Adaptogen (1; FAY; MAB; SKY; WAM); Adrenal Stimulant (1; AKT; MAB); Anabolic (1; MAB); Antiaging (f; APA; CRC; DAA); Antiaggregant (1; BGB; MAB; PH2); Antidiabetic (1; MAB); Antidote (1; MAB); Antiischemic (1; MAB); Antileukemic (1; BGB); Antistress (2; MAB; SKY); Antitumor (1; APA; MAB); Antiviral (1; PH2; WAM); Aperitif (f; FAY; PH2); Bitter (f; PED); Cardioprotective (1; MAB); Cerebrotonic (f; FAY); Circulostimulant (f; PED); Diuretic (f; APA; PH2); Estrogenic (f; PED); Gonadotropic (1; MAB); Hyperglycemic (1; MAB); Hypoglycemic (1; MAB; PED; PH2); Immunostimulant (1; AKT; FAY; KOM; PH2; SHT; WAM); Insulinogenic (1; MAB); Leukocytotic (1; MAB); Leukopenic (1; MAB); Lymphocytogenic (1; KOM; PH2); Memorigenic (1; APA; BGB; CRC; DAA); Nephrotonic (f; FAY; MAB); Neurotonic (f; FAY); Radioprotective (1; BGB; DAA; MAB); Serotoninergic (1; MAB); Splenotonic (f; FAY; MAB); Stimulant (f; APA); Tonic (2; DAA; KOM; SHT; WAM); Tranquilizer (f; MAB); Vasodilator (f; FAY).

Indications (Siberian Ginseng) — ADD (f; SKY); Adrenopathy (1; MAB); Altitude Sickness (f; CRC); Alzheimer's (f; SKY); Anorexia (f; APA; BGB; CRC; FAY; MAB; PH2); Arrhythmia (1;

APA); Arthrosis (f; APA; CRC; MAB; PH2); Atherosclerosis (f; APA); Backache (f; APA; MAB); Bronchosis (1; BGB; CRC; DAA); Cachexia (1; SHT); Cancer (1; APA; MAB); Cancer, stomach (f; CRC; DAA); Cardiopathy (1; APA; BGB; DAA; MAB); CFS (1; APA; MAB; SKY); Cold (f; SKY); Convalescence (2; KOM; SHT); Cramp (f; MAB); Debility (2; APA; KOM; PH2; SHT); Depression (1; APA; MAB); Diabetes (1; APA; MAB; PH2; SKY); Dysuria (f; MAB); Edema (1; MAB); Fatigue (2; AKT; KOM; SHT; PH2; WAM); Fibromyalgia (1; SKY); Flu (f; SKY); Gastrosis (f; DAA); Glaucoma (1; BGB); Heart (f; CRC); Hemiplegia (f; CRC); High Blood Pressure (f; APA; CRC); Hip (f; PH2); HIV (f; APA); Hypercholesterolemia (f; CRC); Hyperglycemia (1; MAB; PED; PH2); Hypoglycemia (1; MAB); Hypotension (f; APA); Impotence (f; CRC; PH2; SHT); Immunodepression (1; AKT; FAY; KOM; PH2; SHT; WAM); Infection (1; PHR; PH2); Inflammation (f; APA); Insomnia (1; APA; CRC; MAB; PH2); Leukemia (1; BGB); Leukocytosis (1; MAB); Leukopenia (1; MAB); Longevity (f; DAA); Lupus (f; SKY); Mental and Physical Dysfunction (1; SHT); Myopia (1; BGB); Nephrosis (f; APA; PH2); Nervousness (f; MAB); Neurasthenia (f; CRC); Pain (f; PH2); Plumosus (f; CRC); Radiation (f; APA); Rheumatism (f; APA; CRC; DAA); Sore Throat (f; SKY); Stress (1; AKT; FAY; KOM; MAB; WAM); Swelling (f; MAB); Thyroid (1; MAB); Trauma (f; MAB); Tumor (1; APA; MAB); Virus (1; PH2; WAM); Water Retention (f; APA; PH2).

Dosages (Siberian Ginseng) — 250–500 mg herb 1–2 ×/day (APA); 0.6–3 g root/day for 1 month (CAN); 4.5–27 g root (FAY); 2–3 g root (KOM; PHR); 1–4 g root/day (MAB); 1–2 tsp fresh root (PED); 0.5–1 g dry root (PED); 1 g dry root:5 ml alcohol/5 ml water (PED); 2–8 ml root extract (1:2) (MAB); 2–16 ml alcoholic root extract 1–3 ×/day up to 60 days (CAN); 0.5–6 ml alcoholic root extract 1–3 ×/day up to 35 days (CAN); 1–2 droppers herb tincture 2–3 ×/day (APA).

Contraindications, Interactions, and Side Effects (Siberian Ginseng) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Commission E reports contraindications for high blood pressure (AEH). "No known side effects or drug-drug interactions" (SHT). Though generally regarded as safe by non-FDA types, use is not recommended "for patients in febrile states, hypertonic crisis, or myocardial infarction" (*LRNP,* May 1988). CAN cautions against use in patients with mastalgia, vaginal bleeding, and insomnia, and suggests it be avoided by patients with hyperkinesis, hysteria, mania, schizophrenia, and by those who are nervous or tense. Should not be taken with stimulants, including coffee, antipsychotic drugs, or during treatment with hormones (CAN). May elevate serum levels of digoxin (PH2). May enhance effects of antiaggregant and antidiabetic drugs (PH2). Russians suggest that users abstain from alcohol, bitter and spicy foods, and sex. In Russia, it is even suggested that healthy people under 40 years should not take ginseng, but that middle-aged people can take small doses on a regular basis (CAN). Because of hormonal activity, its use in pregnancy and lactation is to be avoided (CAN). Versus, "It can be used during pregnancy and lactation" (SKY). And the moms, White and Mavor say, "Many herbalists err on the side of caution and say to avoid it during pregnancy. Limit children's use to two weeks, then take a one week break" (WAM). Commission E suggests limiting use to only 1–3 months (AHP). Use should be restricted to 3 months. (SHT). Lininger et al. (1998) report rare transient diarrhea and insomnia when taken too close to bedtime.

Extracts (Siberian Ginseng) — 33% ethanolic extract LD50 = >20 ml/kg orl dog, LD50 = 23 ml/kg orl mus, LD50 = 14,500 mg/kg orl mus. Powdered root LD50 = 31,000 mg/kg orl mus, aqueous extract LD50 = 3000 mg/kg orl mus (CAN). According to Pedersen's unreferenced book, Siberian ginseng, with aerobic exercise, mobilizes and activates natural killer cells for up to 24 hours, while with exercise alone, they are mobilized for only 2 hours and never activate (PED). Russian studies report amphoteric activity, impeding both hypertrophy and atrophy of the adrenals and thyroid glands; hypoglycemic activity in people with hyperglycemia, and hyperglycemic

activity in those with hypoglycemia; it also has a normalizing action in both leukocytosis and leukopenia. Eleutheranes A-G immunostimulant. Liquid extracts increase lymphocyte count, especially T lymphocytes.

SIBERIAN TEA (*Bergenia crassifolia* (L.) Fritsch) +

Synonyms: *Bergenia cordifolia* (Haw.) Sternb., *Saxifraga cordifolia* Haw., S. crassifolia L.

Activities (Siberian Tea) — Aggregant (1; PH2); Antiinflammatory (1; PH2); Antiseptic (1; PH2); Astringent (1; HHB; PH2); Bacteristat (1; PH2); Hemostat (1; PH2); Urinary Antiseptic (1; PH2).

Indications (Siberian Tea) — Bacteria (1; PH2); Bleeding (1; PH2); Dermatosis (f; PH2); Diarrhea (1; HHB; FNF; PH2); Enterosis (f; PH2); Fever (f; PH2); Infection (1; PH2); Inflammation (1; PH2); Leishmaniasis (f; PH2); Rheumatism (f; PH2); Tuberculosis (f; PH2).

Contraindications, Interactions, and Side Effects (Siberian Tea) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (dosage not given) (PH2). Contraindicated in lactating and pregnant women, and children under 12 years. High tannin content could cause adverse effects in large doses (PH2).

SICKLEPOD (*Senna tora* (L.) Roxb.) +

Synonym: *Cassia tora* L.

Activities (Sicklepod) — Acarifuge (f; DAV); Abortifacient (f; KAP); Alterative (f; KAP); Alexeteric (f; KAP); Antibacterial (1; WO2; X10478467); Antigenotoxic (1; X11368639); Antioxidant (1; X10898619; WO3); Antiperoxidant (1; X10319159); Antiplasmodial (1; X10479756); Antiseptic (1; WO2 X10478467); Antistaphylococcic (1; X10478467); Antiviral (1; MPI); Aperient (f; DEP; KAB; KAP); Astringent (f; DEP); Bitter (1; FAY); Bradycardic (1; DAA); Depurative (f; WO2); Diuretic (1; FAY); Fungicide (1; FAY; WO2; X1143018); Hepatoprotective (1; WO3); Hypocholesterolemic (2; FAY); Hypotensive (1; DAA; FAY); Insecticide (1; WO2); Laxative (f; DEP; KAP; SUW; WO2); Lipolytic (1; FAY); Mutagenic (1; WO3); Oxytocic (1; KAP; WO2); Piscicide (1; WO2); Toxic (f; WO2); Uterocontractant (1; WO2); Vermifuge (f; KAB; KAP; WO2).

Indications (Sicklepod) — Arthrosis (f; DAA); Bacteria (1; FAY; WO2; X10478467); Boil (f; DAA; KAB); Cancer (f; DEP; SUW); Cardiopathy (1; WO3); Cataract (f; DAA; FAY); Cheloid (f; DEP); Conjunctivosis (f; FAY; WO3); Constipation (1; DEP; FAY; KAP; SUW; WO2); Cornea (f; FAY); Cough (f; WO2); Dentition (f; KAP); Dermatosis (f; DEP; KAP; SUW); Dysentery (f; DAA; KAB; WO2); Eczema (f; KAP; WO2); Enterosis (f; KAB; KAP); Escherichia (1; WO2); Fatigue (f; FAY); Fever (f; IED; KAP); Fracture (f; WO2); Fungus (1; FAY; SUW; WO2; X1143018); Furuncle (f; DAA); Glaucoma (f; DAA; FAY); Gout (f; KAP); Headache (1; DAA; FAY); Hepatosis (1; DAA; FAY; KAB; WO3); Herpes (f; DAA); High Blood Pressure (1; DAA; FAY); High Cholesterol (2; FAY); Impetigo (f; WO2); Induration (f; DEP); Infection (1; FAY; WO2; X10478467; X1143018); Inflammation (1; FAY; WO2); Itch (f; DEP; SUW); Leprosy (f; DEP; IED; SUW); Lethargy (f; FAY); Malaria (1; KAP; X10479756); Mycosis (1; FAY; SUW; WO2; X1143018); Obesity (f; FAY); Ophthalmia (f; DAA; FAY; KAB; WO2); Pain (f; FAY); Plague (f; DEP; IED); Proctosis (f; WO3); Psoriasis (f; DEP; IED); Ringworm (1; DEP; IED; KAP; SUW; WO3); Salmonella (1; WO2); Scabies (f; KAP); Sciatica (f; KAP); Snakebite (f; KAP; SUW); Sore (1; DAA; DEP; WO2); Spermatorrhea (f; WO3); Stomachache (f; FAY); Swelling (f; FAY); Ticks (f; DAV); Vertigo (1; FAY); Virus (1; MPI); Water Retention (1; FAY); Worm (f; KAB; KAP; WO2); Wound (1; WO2).

Dosages (Sicklepod) — 1–3 g powdered seed (KAP); 5–15 ml seed tea (KAP).

Contraindications, Interactions, and Side Effects (Sicklepod) — Class 2b, 2c, 2d (AHP). Commission E and other sources report interaction of anthranoid laxatives (AEH). Anthranoid-containing laxatives can be habit-forming. Some contain compounds suspected of being cytotoxic, genotoxic, mutagenic, and even tumorigenic. Epidemiological studies in Germany reveal that abusers of anthranoid laxatives have a three times higher rate of colon carcinoma.

Extracts (Sicklepod) — Torachrysone, toralactone, aloe-emodin, rhein, and emodin were antibacterial against methicillin-resistant *Staphylococcus*. Antibacterial MIC = 2–64 μg/ml (X10478467); antistaphylococcic MIC = 2–64 μg/ml (X10478467). Alaternin and two naphthopyrone glycosides, nor-rubrofusarin-6-beta-D-glucoside (cassiaside) and rubrofusarin-6-D-gentiobioside were radical scavengers. Chrysophanol, chryso-obtusin, aurantio-obtusin, cassiaside, and rubro-fusarin-gentiobioside demonstrated significant antimutagenic activity (X9063089). Seed extracts contain at least five hepatoprotective compounds.

SILVER VINE (*Actinidia polygama* (Siebold & Zucc.) Maxim.) +

Synonym: *Trochostigma polygama* Siebold & Zucc.

Activities (Silver Vine) — Cardiotonic (f; CRC); Diuretic (f; CRC); Euphoriant (f; CRC); Hallucinogen (f; CRC); Narcotic (f; CRC); Sedative (1; CRC); Tranquilizer (1; CRC).

Indications (Silver Vine) — Colic (f; CRC); Insomnia (1; CRC); Nervousness (1; CRC); Rheumatism (f; CRC); Water Retention (f; CRC).

SINICUICHI (*Heimia salicifolia* (Kunth) Link) +

Activities (Sinicuichi) — Anticholinergic (1; CRC); Antidote (1; CRC); Antispasmodic (1; CRC); Anxiolytic (1; CRC); Astringent (1; CRC); Depurative (f; CRC); Diaphoretic (f; CRC); Diuretic (f; CRC); Emetic (f; CRC); Hallucinogen (1; CRC); Hemostat (f; CRC); Intoxicant (1; CRC); Laxative (f; CRC); Myorelaxant (1; CRC); Narcotic (1; CRC); Poison (1; CRC); Psychomimetic (1; CRC); Sedative (f; CRC); Tonic (f; CRC); Tranquilizer (1; CRC); Vasodilator (1; CRC); Vulnerary (f; CRC).

Indications (Sinicuichi) — Anxiety (1; CRC); Bleeding (f; CRC); Bronchosis (f; CRC); Constipation (f; CRC); Cramp (1; CRC); Dysentery (f; CRC); Dyspepsia (f; CRC); Fever (f; CRC); Insomnia (f; CRC); Nervousness (1; CRC); Sore (f; CRC); Syphilis (f; CRC); VD (f; CRC); Water Retention (f; CRC).

SKIRRET (*Sium sisarum* L.) ++

Activities (Skirret) — Aperitif (f; PH2).

Indications (Skirret) — Anorexia (f; PH2); Dyspepsia (f; PH2); Salivation (f; HHB).

Contraindications, Interactions, and Side Effects (Skirret) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (not given) (PH2). The danger comes from confusing this with poisonous umbellifers (JAD).

SKULLCAP (*Scutellaria lateriflora* L.) ++

Activities (Skullcap) — Anaphrodisiac (f; CRC); Antibacterial (f; PED); Anticonvulsant (f; APA); Antioxidant (1; PH2); Antiinflammatory (1; PH2); Antipyretic (f; CRC; PH2); Antispasmodic (f; APA; CRC; PH2; SKY); Antiviral (1; WAM); Astringent (f; CRC); Bitter (1; PH2); Diaphoretic (f; CEB; CRC); Diuretic (f; CEB); Emetic (f; DEM); Emmenagogue (f; CRC); Hypotensive (f; DAW); Nephrotonic (f; CRC); Nervine (1; CRC; PNC; WAM); Sedative (f; APA; PH2; SKY; WAM); Tonic (f; APA; CRC; PED; PH2); Tranquilizer (f; APA).

Indications (Skullcap) — Addiction (f; APA; CRC); Alcoholism (f; APA; CRC); Anxiety (f; APA; HHB; SKY); Bacteria (f; PED); Bite (f; CEB); Cancer (f; JLH); Childbirth (f; CRC; DEM); Chorea (f; CRC; CAN; PH2); Cold (f; PED); Convulsion (f; APA; CEB; CRC); Cramp (f; APA; CEB; CRC; PH2; SKY); Delirium (f; CEB; CRC); Diarrhea (f; DEM); Dysmenorrhea (f; APA; CRC; DEM); Dysuria (f; CRC); Embolism (1; CAN); Epilepsy (f; APA; CAN; CRC; PH2); Fatigue (f; HHB); Fever (f; CEB; CRC; PH2); Headache (f; CRC); Hepatosis (f; TOM); Hiccup (f; CRC); High Blood Pressure (f; CRC; DAW); Hydrophobia (f; CRC); Hyperactivity (1; WAM); Hysteria (f; APA; CAN; CRC; PH2); Inflammation (1; PH2); Insomnia (f; APA; CRC; PH2; SKY; WAM); Malaria (f; CEB); Mastosis (f; DEM); Nephrosis (f; CRC; TOM); Nerve (f; CRC); Nervousness (f; APA; CAN; PH2; SKY; WAM); Neuralgia (f; CRC); Neurosis (f; CEB); Pain (f; DEM); Palsy (f; CRC); Rabies (f; APA; CEB); Rheumatism (f; TOM); Rickets (f; CRC); Smallpox (f; DEM); Snakebite (f; CRC); Stress (f; CAN; PH2); Stroke (1; CAN); Tetanus (f; CEB); Throat (f; DEM); Thrombosis (1; CAN); Trevor (f; CEB); Tumor (f; JLH); Virus (1; WAM); Water Retention (f; CEB).

Dosages (Skullcap) — 1–2 g herb (PNC); 0.5 oz herb/pint water (CEB); 2–4 tbsp fresh herb (PED); 1–2 tsp dry herb/cup to 3 ×/day (APA; SKY); 1–2 g dry herb, or in tea, 3 ×/day (CAN; SKY); 3–6 g dry herb (PED); 4.5 g dry herb/22 ml alcohol/22 ml water (PED); 2–4 ml liquid herb extract (PNC); 2–4 ml liquid herb extract (1:1 in 25% ethanol) 3 ×/day (CAN); 1–2 ml herb tincture (1:5 in 45% ethanol) 3 ×/day (CAN); 2–4 ml herb tincture 3 ×/day (SKY); 1–2 droppers herb tincture (APA); 2–3 (429 mg) capsules 3 ×/day (APA).

Contraindications, Interactions, and Side Effects (Skullcap) — Class 1 (AHP). APA rating = 4 (APA). No contraindications known (WAM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Reports of hepatotoxicity may be due to adulteration with germander, a black eye in itself (AHP). "There is no evidence to indicate that *Scutellaria* is toxic when ingested at normal doses" (AHP). The FDA has suggested that overdose of the tincture causes confusion, convulsions, giddiness, pulsar irregularities, and twitching (*LRNP,* January 1993). The USP, in its proposed monograph of valerian, note that preparations containing skullcap "caused hepatosis" (the preparation, not necessarily the valerian). Reported fatality in Norway possibly *Scutellaria*, or possibly *Teucrium*, a frequent adulterant. CAN cautions that a mixed product (adulteration with *Teucrium* spp.) caused hepatotoxicity. Because of traditional use to eliminate afterbirth and promote menstruation, and potential hepatotoxicity, its use in pregnancy and lactation is to be avoided (CAN). Clinical trials with scutellarin in 634 cases of cerebral embolism, cerebral thrombosis, and stroke paralysis showed an overall effective rate of more than 88%, following intramuscular, intravenous, or oral administration (CAN).

SKUNK CABBAGE
(*Symplocarpus foetidus* (L.) Salisb. ex W. P. C. Barton) +

Synonym: *Dracontium foetidus* L.

Activities (Skunk Cabbage) — Analgesic (f; CRC; DEM; GMH); Antispasmodic (f; CRC; PHR; PH2; PNC); Cicatrizant (f; GMH); Diaphoretic (f; CRC; PHR; PH2; PNC); Diuretic (f; FAD); Emetic (f; CRC; FAD); Emmenagogue (f; CRC); Expectorant (f; CEB; CRC; PHR; PH2; PNC); Hemolytic (1; CAN); Hemostat (f; CRC); Narcotic (1; CEB; CRC; GMH); Poison (1; CRC); Sedative (f; CAN; CRC; PHR; PH2); Sialagogue (f; CRC); Stimulant (f; CRC); Suppurative (f; CEB).

Indications (Skunk Cabbage) — Adenopathy (f; CEB); Asthma (f; CRC; PHR; PH2; PNC); Bleeding (1; CAN; CEB; CRC; DEM); Blister (f; CEB); Bronchosis (f; PHR; PH2; PNC); Bruise (f; CEB); Cancer (f; CEB; CRC); Catarrh (f; CEB; CRC); Childbirth (f; CRC; DEM); Chorea (f; CRC; GMH); Convulsion (f; CRC; DEM; FAD); Cold (f; CEB); Cough (f; CEB; FAD); Cramp (f; CRC; DEM; FAD; PHR; PH2; PNC); Dermatosis (f; CEB; CRC); Dropsy (f; CRC; GMH); Epilepsy (f; CRC; DEM; FAD; GMH); Fever (f; CRC; PHR; PH2; PNC); Fit (f; DEM); Headache (f; CEB; CRC); Heart (f; DEM); Herpes (f; CEB); Hysteria (f; CRC; GMH); Insomnia (f; CAN; CRC; PHR; PH2); Itch (f; CEB; CRC; FAD); Mastosis (f; CEB); Migraine (f; FAD; JAD); Nervousness (f; CAN; CRC; PHR; PH2); Pain (f; CRC; DEM; GMH); Pertussis (f; CAN; DEM); Prolapse (f; DEM); Rheumatism (f; CRC; FAD); Ringworm (f; CRC); Snakebite (f; CRC); Sore (f; CRC); Spasm (f; CRC); Swelling (f; CEB; CRC; DEM); Toothache (f; CEB; DEM; FAD); Ulcer (f; CEB); Uterosis (f; DEM); Water Retention (f; FAD); Womb (f; DEM); Worm (f; CRC); Wound (f; CEB; FAD; GMH).

Dosages (Skunk Cabbage) — 0.5–1.0 g powdered root, in honey or in tea, 3 ×/day (CAN); 10–20 grains powdered root (GMH); 0.5–1.0 ml liquid root extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2–4 ml root tincture (1:10 in 45% ethanol) 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (Skunk Cabbage) — Class 2d. Oxalates may irritate GI and oral tract. Fresh roots irritate mucosa. Kidney stone sufferers should use with caution, if at all (AHP)."Hazards and/or side effects not known for proper therapeutic dosages" (PHR; PH2). Overdose may cause queasiness and vomiting (PHR; PH2). CAN cautions against itch and inflammation. Because it is reputed to affect the menstrual cycle, its use in pregnancy and lactation is to be avoided (CAN). Eating leaves can cause burning and inflammation. Roots are believed to be toxic (FAD). Leaf extract is hemolytic. Several Micmac Indians confided to me that they sniffed the root to relieve migraine. One of the first flowers of spring, often melting the snow through the thermogensis of salicylic acid.

SLASH PINE (*Pinus elliotii* Engelm.) +

Activities (Slash Pine) — Analgesic (f; DEM); Antiseptic (1; CRC); Expectorant (1; CRC); Insectifuge (f; CRC).

Indications (Slash Pine) — Ache (f; DEM); Backache (f; DEM); Bronchosis (1; CRC); Catarrh (f; CRC); Cold (f; CRC); Dysuria (f; CRC); Enterosis (f; CRC); Gonorrhea (f; CRC); Hemorrhoid (f; CRC); Leukorrhea (f; CRC); Pain (f; DEM); Parasite (f; CRC); Psoriasis (f; CRC); Rheumatism (f; CRC; DEM); Sore (f; CRC; DEM); Ulcer (f; CRC); VD (f; CRC); Wound (f; CRC; DEM).

SLIPPERY ELM (*Ulmus rubra* Muhl.) +++

Synonym: *Ulmus fulva* Michx.

Activities (Slippery Elm) — Antioxidant (1; CRC); Antiseptic (f; CRC); Antitussive (1; CAN); Astringent (1; APA; PED; WAM); Demulcent (2; APA; PH2; PNC; WAM); Depurative (f; DEM); Diuretic (f; CRC; GMH); Emollient (1; CRC; PH2; PNC); Expectorant (f; CRC; GMH; PED); Laxative (f; CRC; DEM); Vermifuge (f; CRC); Vulnerary (f; CRC; GMH; PED).

Indications (Slippery Elm) — Abscess (f; CAN; FAD); Adenopathy (f; CRC; DEM; PH2); Bleeding (f; CEB; DEM); Boil (1; APA; CRC; GMH; PNC); Bronchosis (f; CRC); Burn (1; APA; FAD; GMH; PH2; WAM); Cancer (f; CRC; FEL; JLH); Carcinoma (f; CRC); Cardiopathy (f; GMH); Caries (f; CRC); Catarrh (f; CRC; DEM; GMH); Chilblain (f; CEB); Childbirth (f; CRC; DEM); Cholera (f; CEB); Cold (f; SKY); Cold Sore (1; APA); Colitis (1; APA; CAN; CRC; GMH); Conjunctivosis (f; CRC; DEM); Constipation (f; CRC; DEM); Cough (2; APA; FAD; HHB; WAM); Cramp (f; CEB; CRC); Crohn's Disease (1; SKY); Cut (f; FAD); Cystosis (1; GMH; WAM); Dermatosis (1; APA; PH2; PNC; WAM); Diarrhea (1; APA; CAN; FAD); Duodenosis (f; PH2); Dysentery (f; CRC; FAD); Dyspepsia (1; FAD); Dysuria (f; CRC); Eczema (f; CRC); Enterosis (2; APA; CEB; GMH); Erysipelas (f; FEL); Esophagosis (2; APA); Felon (f; CRC; JLH); Fever (f; CRC); Fistula (f; FEL); Fracture (f; CRC; DEM); Gangrene (f; CRC); Gastrosis (2; APA; GMH; PHR; PH2; SKY); Gonorrhea (f; DEM); Gout (f; CRC; HH2; PH2); Heartburn (f; DEM); Hemoptysis (f; CEB; GMH); Hemorrhoid (f; CEB); Herpes (f; CRC; FEL); Infection (f; CEB); Inflammation (2; APA; CEB; WAM); Mastosis (f; DEM); Mucososis (f; CRC); Nephrosis (f; DEM; FEL); Ophthalmia (f; DEM); Pharyngosis (2; APA); Pleurisy (f; CRC; FAD; GMH); Pulmonosis (f; CRC; DEM); Quinsy (f; DEM); Rheumatism (f; CRC; HH2; PH2); Sore (1; APA; FEL); Sore Throat (2; APA; FAD; FEL; WAM); Stomach Distress (1; FAD; PNC); Stomatosis (2; APA); Strangury (f; FEL); Swelling (f; CEB; HHB); Synovosis (f; GMH); Syphilis (f; CRC; FEL); Tapeworm (f; CRC); Toothache (f; CRC; GMH); Tuberculosis (f; CRC; DEM; GMH); Tumor (f; CRC); Typhoid (f; CRC; GMH); Ulcer (1; APA; CAN; FAD); UTI (f; CRC; GMH); VD (f; CEB; CRC; DEM; FEL); Water Retention (f; CRC; GMH); Whitlow (f; CRC; JLH); Worm (f; CRC); Wound (1; APA; PHR; PH2; WAM).

Dosages (Slippery Elm) — 1–3 tsp powdered herb/cup water 1–3 ×/day (APA); 1–2 g bark in tea 3–4 ×/day (SKY); 0.25–0.5 cup fresh bark (PED); 2–4 tsp dry bark (PED); 3 tsp dry bark/4 cups boiling water (PED); 0.5–2 g powdered bark/cup 2–3 ×/day; 4 g powdered bark in 500 ml decoction 3 ×/day (CAN); 4–16 ml (1:8) powdered bark decoction 3 ×/day (CAN; HHB); 5 ml liquid bark extract (1:1 in 60% ethanol) 3 ×/day (CAN); 5 ml bark tincture 3 ×/day (SKY); 2 (340–500 mg) capsules as needed (JAD); 2 (340 mg) capsules as needed (APA).

Contraindications, Interactions, and Side Effects (Slippery Elm) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). None known (CAN; WAM). While I consider slippery elm safer than coffee, *LRNP* (March 1991) says, "preparations of slippery elm had been used as abortifacients." Perhaps they refer to Foster and Duke, who note slivers of bark being used mechanically to induce an abortion, sort of the herbal coat hanger. Oleoresins from several elm species can cause dermatosis. Pollen is allergenic (CRC; *LRNP,* March 1991). But even conservative CAN says, "it would appear to be non-toxic." The copious mucilage of the inner bark justifies its use as antitussive, demulcent, and emollient (CAN).

SLOE, BLACKTHORN (*Prunus spinosa* L.) ++

Activities (Sloe) — Antipyretic (f; EFS); Astringent (1; EFS; PHR; PH2); Cardiotonic (f; MAD); Depurative (f; EFS; MAD); Diaphoretic (f; HHB); Diuretic (f; MAD; HHB; PHR; PH2); Emmenagogue (f; EFS); Hemostat (f; EFS); Laxative (f; EFS; HHB; PHR; PH2); Vermifuge (f; EFS; HHB; MAD).

Indications (Sloe) — Ascites (f; HHB); Asthma (f; HHB); Bleeding (f; EFS; HHB; MAD); BPH (f; MAD); Cardiopathy (f; MAD; PH2); Childbirth (f; HHB); Cold (1; PHR; PH2); Colic (f; HHB); Constipation (f; EFS; HHB; PHR; PH2); Cramp (f; PH2); Cystosis (f; HHB; MAD); Diarrhea (1; HHB; PHR; PH2); Dysentery (f; MAD); Dysmenorrhea (f; HHB); Dyspepsia (1; PHR); Dysuria (f; HHB); Edema (1; MAD); Enterosis (f; PHR; PH2); Epistaxis (f; HHB); Fever (f; EFS; HHB); Gas (f; PH2); Gastrospasm (1; PHR); Gingivosis (1; PHR; PH2); Gout (f; MAD); Headache (f; PH2); Heart (f; PH2); Hemorrhoid (f; MAD); Inflammation (2; KOM; PH2); Leukorrhea (f; HHB); Menorrhagia (f; MAD); Mucososis (f; PH2); Nausea (f; MAD); Nephrosis (f; EFS; MAD); Neurosis (f; MAD; PH2); Pharyngosis (2; KOM; PH2); Plethora (f; MAD); Prolapse (f; MAD); Proctosis (f; MAD); Pulmonosis (f; MAD); Respirosis (1; MAD; PHR; PH2); Rheumatism (f; MAD); Side Ache (f; MAD); Sore Throat (1; PHR; PH2); Stomachache (f; HHB); Stomatosis (2; KOM; PH2); Stone (f; MAD); Uterosis (f; MAD); Water Retention (f; MAD; HHB; PHR; PH2); Worm (f; EFS; HHB; MAD).

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Dosages (Sloe) — 2–4 g fruit (KOM; PH2); 1–2 g flower or fruit, or 1–2 tsp as a tea, to 2 ×/day (AHP); 2 tsp flower (= 2 g) in cold or hot tea (MAD).

Contraindications, Interactions, and Side Effects (Sloe) — Class 2d. Not for long-term use. Do not exceed recommended dose. Cyanogenic glycosides present, as in many Rosaceae, in flowers and seeds, at least (AHP). None known (KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

SMARTWEED (*Polygonum hydropiper* L.) ++

Synonym: *Persicaria hydropiper* (L.) Spach.

Activities (Smartweed) — Allergenic (1; FAD; HH2); Analgesic (1; DEM; PHR); Antibacterial (f; WOI); Anticapillary Fragility (1; FAD); Antifertility (1; HH2); Anti-implantation (1; MPI); Antimutagenic (1; HH2); Antirheumatic (f; PHR); Antiseptic (f; EFS); Carminative (f; DEP; EFS); Contraceptive (f; WOI); Diaphoretic (f; EFS); Diuretic (f; EFS; FAD; HH2); Emmenagogue (f;

PNC); Hemostat (1; PHR); Hypotensive (1; WOI); Insectifuge (f; WOI); Irritant (f; PH2); Larvicide (1; WOI); Litholytic (f; WOI); Myorelaxant (1; WOI); Piscicide (1; DEM; HH2; WOI); FNF); Rubefacient (f; EFS); Sedative (f; WOI); Stimulant (f; DEP; EFS; PNC); Tonic (f; DEP); Uterotonic (f; EFS); Vasoconstrictor (f; EFS); Vermifuge (f; DEP).

Indications (Smartweed) — Amenorrhea (f; MAD; PNC); Angina (f; MAD); Arthrosis (f; DAA); Asthma (f; MAD); Bacteria (1; WOI); Bleeding (1; EFS; HH2; PHR; PH2); Bruise (f; HH2; PH2); Cancer (1; HH2; JLH; MAD); Cancer, leg (f; JLH); Cancer, mesentery (f; JLH); Cancer, uterus (f; JLH); Capillary Fragility (1; FAD); Chill (f; DEM; FAD); Cholera (f; MAD); Colic (f; DAA); Cough (f; MAD); Cystosis (f; HH2; MAD; PH2); Dermatosis (f; DEP; MAD; WOI); Diarrhea (f; DEM; PHR; PH2); Dropsy (f; DEM); Dysentery (f; MAD; PH2); Dysmenorrhea (f; FAD; MAD; PH2); Dyspepsia (f; DEM; PH2); Dysuria (f; DEM; FAD; MAD); Edema (f; JLH; MAD); Enterosis (f; MAD); Fever (f; DEM; EFS; FAD); Fibroma (f; JLH; MAD); Fistula (f; CEB); Gangrene (f; MAD); Gas (f; DEP; EFS); Gastrosis (f; DEM; HH2; MAD); Gonorrhea (f; MAD); Gout (f; HH2; PH2); Gravel (f; DEM); Headache (f; CEB; MAD); Hematuria (f; DEM; FAD); Hemoptysis (f; MAD); Hemorrhoid (f; FAD; HH2; MAD; PH2); High Blood Pressure (1; WOI); Induration (f; JLH); Inflammation (f; DEM); Insomnia (f; WOI); Itch (f; DEP); Jaundice (f; DAA; MAD); Leukorrhea (f; MAD); Metrorrhagia (f; MAD); Mucososis (f; HH2); Nephrosis (f; DEM; HH2; PH2); Nervousness (f; WOI); Pain (1; DEM; FAD; FNF; PHR; PH2); Rheumatism (1; FNF; PHR; PH2); Scabies (f; PH2); Scald (f; DEM); Sore (f; CEB; MAD); Sprain (f; PH2); Stomatosis (f; CEB); Stone (f; MAD; WOI); Strangury (f; DAA); Stroke (f; DAA); Swelling (f; DEM; JLH); Toothache (f; MAD); Uterosis (f; FAD); Uterrhagia (f; MAD; PH2); Varicosis (f; PH2); VD (f; PH2); Vomiting (f; PH2); Water Retention (f; EFS; FAD; HH2); Whitlow (f; JLH); Worm (f; DEP; PNC); Wound (f; MAD; PH2).

Dosages (Smartweed) — 600–3750 mg herb fluid extract (MAD); 1 tsp herb/cup 3 ×/day (PHR; PH2).

Contraindications, Interactions, and Side Effects (Smartweed) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). "Consumption of larger quantities of the fresh kraut (= herb) can cause gastroenterosis" (PH2). Plant is potentially allergenic (FAD).

Extracts (Smartweed) — Extract LD50 = 464 mg/kg ipr mus (MPI). Contains 2000–3000 ppm silicic acid, 2000 ppm readily soluble (HH2). Alcoholic extract anti-implantation, IC60 = 200 mg/kg rat. The Herbal PDR lists polygodial, an antihyperalgesic, which I translate as a pain reducing compound. I myself have chewed it for toothache. Like so many other anesthetic toothache compounds (e.g., spilanthin), this one, too, is a fish intoxicant. Noting all the pesticidal activities, I'm not yet ready to give it a ++. Polygodial reportedly has activities also shared with the closely related phytochemical warburganal. These are both hot pungent compounds, and probably explain the name *smartweed*.

SMOOTH LOOFAH, LUFFA (*Luffa aegyptiaca* Mill.) ++

Synonyms: *Cucurbita luffa* hort., *Luffa cylindrica* M. Roem., *L. pentandra* Roxb., *Momordica cylindrica* L., *M. luffa* L.

Activities (Smooth Loofah) — Anticancer (1; KAP); Antileukemic (1; KAP); Antimelanomic (1; ABS); Antiribosomal (1; ABS); Antiseptic (1; DAA); Aperitif (f; KAP); Bitter (1; HHB); Carminative (f; DAA); Choleretic (f; KAP); Cytotoxic (1; ABS); Demulcent (f; KAP); Diuretic (f; HHB; KAP); Emetic (f; DEP; HHB; KAP; UPW); Emmenagogue (f; DAA); Expectorant (f; KAB; KAP); Hemolytic (1; JFM); Lactagogue (f; DAA; KAB; KAP); Laxative (f; DEP;

HHB; JFM; KAP); Pectoral (f; DEM); Piscicide (1; UPW); Tonic (f; KAB); Vermifuge (1; DAA; JFM; UPW).

Indications (Smooth Loofah) — Anorexia (f; KAP); Apoplexy (f; UPW); Asthma (f; JLH); Biliousness (f; KAB); Bleeding (1; DAA; JFM); Boil (f; DAA); Bronchosis (f; KAB; PH2); Cancer (1; HHB; JLH; KAP); Cancer, nose (f; JLH); Carbuncle (f; DAA); Caries (f; DAA); Catarrh (f; PH2); Cold (f; PH2); Constipation (f; DEP; HHB; JFM; KAP); Cough (f; PH2); Dermatosis (f; DAA; KAP); Dysentery (f; DAA); Dysmenorrhea (f; DAA); Dysuria (f; PH2); Enterosis (f; DAA); Fever (f; DAA; KAB); Filaria (f; UPW); Gas (f; DAA); Gonorrhea (f; JFM); Headache (f; JFM); Hematuria (f; KAB); Hemorrhoid (f; DAA; KAB); Hernia (f; DAA); Infection (1; DAA; PH2); Jaundice (f; DAA); Leprosy (f; KAB; PH2); Leukemia (1; KAP); Melanoma (1; ABS); Menorrhagia (f; DAA); Orchosis (f; DAA); Ozena (f; DAA); Paralysis (f; PH2); Parasite (f; DAA); Respirosis (f; UPW); Rhinosis (f; PH2); Scarlet Fever (f; DAA); Sinusosis (f; PH2); Smallpox (f; DAA); Sore (f; UPW); Splenosis (f; PH2); Swelling (f; DAA; UPW); Syphilis (f; JFM; KAB; PH2); VD (f; JFM; KAB; PH2); Water Retention (f; HHB; KAP); Worm (1; DAA; JFM; UPW); Wound (f; UPW).

Contraindications, Interactions, and Side Effects (Smooth Loofah) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Extracts are antimelanomic, and inactivate ribosomes (IJP35:212). Aqueous seed extract is active against leukemia at 4–8 mg/kg (KAP).

SMOOTH SUMAC (*Rhus glabra* L.) ++

Synonyms: *R. cismontana* Greene, *R. glabra* var. *cismontana* (Greene) Cockerell.

Activities (Smooth Sumac) — Antibacterial (1; ABS); Antidiabetic (f; PNC); Antipyretic (f; PNC); Antiseptic (1; ABS; FAD); Astringent (1; FAD; PNC); Diuretic (f; PNC); Emetic (f; FAD); Hemostat (f; FAD); Tonic (f; FAD; PNC).

Indications (Smooth Sumac) — Asthma (f; FAD); Bacteria (1; ABS; JE42:95); Bleeding (f; FAD); Debility (f; FAD); Diarrhea (f; FAD); Diabetes (f; PNC); Dysentery (f; FAD); Enuresis (f; FAD); Fever (f; FAD; PNC); Gangrene (f; ABS); Gonorrhea (f; JE42:95); Incontinence (PNC); Laryngosis (f; FAD); Leukorrhea (f; FAD); Prolapse (f; FAD); Scrofula (f; FAD); Sore Throat (f; FAD); Stomatosis (f; FAD); Syphilis (f; JE42:95); Toothache (f; FAD); Urethrosis (f; FAD); Water Retention (f; PNC).

Dosages (Smooth Sumac) — 1 tsp fruit in tea 1–2 ×/day (AHP); 0.6–2 g powdered fruit (PNC); 4–8 ml liquid fruit extract (PNC); 4–8 ml liquid root bark extract (PNC).

Contraindications, Interactions, and Side Effects (Smooth Sumac) — Class 1 (AHP). May cause dermatosis (FAD). Too much bark is a laxative (AHP). Tannins (24.3–35% in bark) may explain many activities.

Extracts (Smooth Sumac) — The most active of 100 medicinal species screened for antibiotic activity, and active against *Escherichia, Pseudomonas, and Staphylococcus*, due largely to gallic acid, 4-methoxygallic acid, and methyl gallate. Methanolic extracts of *Rhus glabra* exhibited both the widest zone of inhibition in a disc assay, and the broadest spectrum of activity (against all 11 bacteria tested) (JE42:95).

SNAKE PLANT (*Turbina corymbosa* (L.) Raf.) +

Synonyms: *Convolvulus corymbosum* L., *Ipomoea burmannii* Choisy, *Rivea corymbosa* (L.) Hallier f.

Activities (Snake Plant) — Analgesic (f; CRC); Antiseptic (1; CRC); Aphrodisiac (f; CRC); Carminative (f; CRC); CNS Stimulant (1; CRC); Contraceptive (f; CRC); Diuretic (f; CRC); Hallucinogen (1; CRC); Narcotic (f; CRC); Poison (1; CRC); Psychomimetic (f; CRC).

Indications (Snake Plant) — Calculus (f; CRC); Childbirth (f; CRC; JFM); Chill (f; CRC); Cramp (f; JFM); Dislocation (f; CRC); Dysuria (f; CRC); Fracture (f; CRC); Gas (f; CRC); Gout (f; CRC); Ophthalmia (f; CRC); Pain (f; CRC); Paralysis (f; CRC); Rheumatism (f; CRC; JFM); Sore (f; CRC); Swelling (f; CRC); Syphilis (f; CRC); Tumor (f; CRC); Water Retention (f; CRC).

Dosages (Snake Plant) — 5, 13, 26, 33, or 50 seeds in infusion (JFM); 2 g seed in 190 cc water for cramp (JFM).

Contraindications, Interactions, and Side Effects (Snake Plant) — Not covered (AHP; KOM; PHR). Excessive indulgence causes loss of one's faculties (JFM).

SNAKEROOT (*Aristolochia serpentaria* L.) X

Activities (Snakeroot) — Alterative (f; CRC); Anaphrodisiac (f; EFS); Analgesic (f; DEM); Anticonvulsant (f; DEM); Antiseptic (f; DEM); Aperitif (f; CRC; FAD); Cardiotonic (f; CRC); Diaphoretic (f; CRC; FAD); Digestive (f; CRC); Diuretic (f; CRC; DEM); Emmenagogue (f; CRC); Expectorant (f; CRC; FAD); Gastrotonic (f; CRC); Stimulant (f; CRC); Stomachic (f; CRC); Tonic (f; CRC; DEM); Vermifuge (f; CRC).

Indications (Snakeroot) — Ague (f; DEM); Amenorrhea (f; CRC; FAD); Anorexia (f; CRC; FAD); Biliousness (f; CRC); Bite (f; DEM); Breast Ache (f; DEM); Cancer (f; CRC); Cancer, skin (f; JLH); Chill (f; DEM); Cold (f; DEM); Convulsion (f; DEM); Cough (f; DEM); Dermatosis (f; JLH); Dizziness (f; DEM); Dyspepsia (f; CRC; DEM; FAD); Enterosis (f; DEM); Erysipelas (f; CRC); Fever (f; CRC; FAD); Fit (f; DEM); Gastrosis (f; CRC); Headache (f; DEM); Leukemia (f; CRC; JLH); Malaria (f; CRC); Pain (f; CRC; DEM); Pneumonia (f; CRC); Rheumatism (f; DEM); Rhinosis (f; DEM); Smallpox (f; CRC); Snakebite (f; CRC; DEM; FAD); Sore Throat (f; CRC; FAD); Stomachache (f; CRC; FAD); Toothache (f; DEM); Tumor (f; JLH); Typhoid (f; CRC); Typhus (f; CRC); Water Retention (f; CRC; DEM); Worm (f; CRC).

Contraindications, Interactions, and Side Effects (Snakeroot) — 2b, 3 (AHP). Aristolochine can cause coma and death (CRC). FDA in 2000 banned import of plants containing the carcinogen, aristolochic acid (ca. 460 ppm in root (AHP)). Potentially carcinogenic, hepatotoxic, and nephrotoxic. "Related species are potentially lethal to animals" (AHP). Alcohol extract of fruit may cause nausea, gastric discomfort, or mild diarrhea. Aristolochic acid (AA) in high doses can cause kidney damage and has shown carcinogenic and mutagenic effects in some animal studies (AEH).

SNEEZEWORT (*Achillea ptarmica* L.) ++

Synonym: *A. speciosa* Henckel.

Activities (Sneezewort) — Analgesic (f; EFS); Aperitif (f; PH2); Astringent (1; EFS); Hemostat (f; EFS); Sialagogue (f; CEB; EFS); Sternutator (f; CEB; EFS).

Indications (Sneezewort) — Anorexia (f; PH2); Bleeding (f; EFS); Diarrhea (f; PH2); Dysuria (f; PH2); Fatigue (f; PH2); Gas (f; PH2); Nausea (f; PH2); Pain (f; EFS; PH2); Rheumatism (f; PH2); Toothache (f; PH2); UTI (f; PH2); Vomiting (f; PH2).

Contraindications, Interactions, and Side Effects (Sneezewort) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PHR; PH2).

SNOWDROP (*Galanthus nivalis* L.) X

Activities (Snowdrop) — Analeptic (1; PH2); Anticholinesterase (1; HH2; PH2); Anticurare (1; PH2); Antiglaucomic (1; HH2); Antiherpetic (1; HH2); Antileukemic (1; HH2); Antitumor (1; PH2); Antiviral (1; HH2; PH2); Bradycardic (1; BRU); Cardiotonic (f; EFS); Cholinergic (1; BRU); Digestive (f; EFS); Emetic (1; BRU; HHB); Emmenagogue (f; EFS); Insecticide (1; X1249943); Memorigenic (1; BRU); Negative Chronotropic (1; HH2; PH2); Positive Inotropic (1; HH2; PH2); Sialagogue (1; BRU); Toxic (1; HH2; PH2).

Indications (Snowdrop) — Alzheimer's (1; HH2; PH2); Atonia (1; HH2; PH2); Cancer (1; PH2); Chlamydia (1; X8534430); Cystosis (1; HH2; PH2); Embolism (f; HH2; PH2); Enterosis (1; PH2); Gastrosis (1; PH2); Glaucoma (1; HH2; PH2); Herpes (1; HH2); HIV (1; X1645507); Infection (1; X8534430); Leukemia (1; HH2); Myasthenia (1; HH2; PH2); Myelosis (f; PH2); Myosis (f; HH2; PH2); Neurosis (f; PH2); Polyneuropathy (f; HH2; PH2); Polio (1; HH2); Salmonella (1; X10792532); Spine (f; PH2); Thrombosis (f; HH2; PH2); Tumor (1; PH2); Virus (1; HH2; PH2; X1645507).

Dosages (Snowdrop) — Do not take it! (JAD). Galanthamine hydrobromide 150–350 μg/kg body weight (PH2).

Contraindications, Interactions, and Side Effects (Snowdrop) — Not covered (AHP). Oral intoxication may lead to colic, diarrhea, and vomiting. Fatal poisonings have not been recorded (PH2). Austria approves galanthamine hydrobromide for modest Alzheimer's disease; Italy approves it as an antidote for anticholinergia (BRU).

SOAPTREE (*Quillaja saponaria* Molina) +

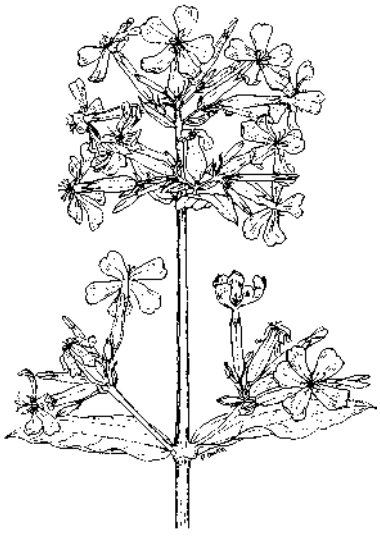
Activities (Soaptree) — Antiexudative (f; PH2); Antiinflammatory (f; PHR); Cardiodepressant (1; CRC); Depurative (f; PHR); Detergent (1; CRC); Expectorant (1; CRC; HH3; PH2); Hemolytic (f; CRC); Hepatotoxic (1; AHP); Hypocholesterolemic (1; ABS); Immunostimulant (1; PH2); Laxative (1; PH2); Lipolytic (f; PH2); Respiradepressant (1; CRC); Shampoo (1; CRC); Spermicide (1; HH3); Sternutator (f; CRC).

Indications (Soaptree) — Alopecia (f; HH3); Athlete's Foot (f; CRC); Bleeding (f; CRC); Bronchosis (f; CRC; PHR; PH2); Constipation (1; PH2); Cough (f; CRC; PHR; PH2); Dandruff (f; CRC; HH3; PH2); Dermatosis (f; CRC); Heart (f; CRC); High Cholesterol (1; ABS); Immunodepression (1; PH2); Inflammation (f; CRC; PHR); Respirosis (f; PHR; PH2); Seborrhea (f; HH3); Sore (f; CRC); Vaginosis (f; CRC).

Dosages (Soaptree) — 200 mg bark as tea (AHP; HH3); 1.5–5 g bark decoction in 150 g water 2–3 ×/day (MAD).

Contraindications, Interactions, and Side Effects (Soaptree) — Class 2d. Irritant; powder irritates mucosa (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Overdose may trigger diarrhea, enterosis, gastrosis with stomachache, and vertigo (PHR; PH2).

SOAPWORT (*Saponaria officinalis* L.) +



Synonym: *S. officinalis* var. *glaberrima* Ser.

Activities (Soapwort) — Alterative (f; PNC); Analgesic (1; APA; DEM); Antiinflammatory (1; APA; PH2); Antiseptic (1; PH2); Aphrodisiac (f; MAD); Cholagogue (f; MAD); Cytotoxic (2; KOM; PH2); Depurative (f; HHB); Detergent (f; PNC); Diaphoretic (f; KOM; MAD); Diuretic (f; FAD); Emetic (1; PH2; WOI); Emmenagogue (f; FEL; PH2); Expectorant (2; APA; FAD; HHB; KOM); Hypocholesterolemic (1; PH2); Irritant (1; PH2); Laxative (f; FAD; KOM; WOI); Mucolytic (1; APA); Spermicide (1; PH2).

Indications (Soapwort) — Acne (f; APA; FAD); Angina (f; MAD); Arthrosis (f; APA; PH2); Asthma (f; FAD; MAD); Bacteria (1; WOI); Boil (f; APA; DEM; FAD); Bronchosis (2; HHB; PHR; PH2); Cancer, cervix (f; JLH); Cancer, spleen (f; JLH); Catarrh (2; KOM; MAD); Cervicosis (f; JLH); Cholecystosis (f; HHB; MAD; PH2); Cold (2; APA; MAD); Congestion (f; APA); Constipation (f; APA; FAD; KOM; PH2; WOI); Cough (2; PHR; PH2); Depression (f; HHB); Dermatosis (f; APA; HHB; MAD; PNC); Diarrhea (f; MAD); Dropsy (f; MAD); Dysmenorrhea (f; MAD); Eczema (f; APA; FAD; MAD; PH2); Enterosis (f; PH2); Escherichia (1; WOI); Exanthema (f; MAD); Fever (f; KOM; MAD); Gastrosis (f; PH2); Glossosis (f; PH2); Gout (f; MAD; PH2); Hepatosis (f; PH2); High Cholesterol (1; PH2); Hypochondria (f; MAD); Induration (f; JLH); Infection (1; PH2; WOI); Inflammation (1; APA; PH2); Jaundice (f; FAD; FEL); Laryngosis (f; HHB); Lichen (f; KOM; MAD); Mucososis (1; PH2); Mycosis (f; PH2); Nephrosis (f; PH2); Neurasthenia (f; PH2); Oxyuriasis (f; PH2); Pain (1; APA; DEM; FAD; PH2); Pertussis (f; MAD); Pharyngosis (f; HHB); Poison Ivy (f; FAD); Psoriasis (f; APA; FAD; KOM); Pulmonosis (f; FAD); Rash (f; KOM); Respirosis (2; APA; KOM; PH2); Rheumatism (f; APA; PHR; PH2); Rhinosis (f; MAD); Scabies (f; MAD); Scrofula (f; HHB; MAD); Sore (f; MAD); Splenosis (f; DEM; FAD; MAD); Staphylococcus (1; WOI); Syphilis (f; HHB); Tonsilosis (f; PH2); VD (f; HHB); Water Retention (f; FAD); Wound (f; MAD).

Dosages (Soapwort) — 1.5 g root/day (KOM); 1 tsp root in cold tea (MAD); 0.4–1.5 g ($^1/_8$ to $^1/_3$ tsp) bark/day (APA); 0.4 g/cup bark tea (PHR); 2–4 fl oz bark extract (FEL); 1–2 g bark extract (MAD).

Contraindications, Interactions, and Side Effects (Soapwort) — Not covered (AHP). Rare stomach irritation (KOM). Large doses may be poisonous (FAD). Saponins are hemolytic (FAD; FNF). May irritate mucus membranes and skin (PHR). May induce emesis and diarrhea (APA).

Patients with GI problems and ulcers should possibly avoid (APA). A ribosome-activating protein (RIP), called saporin 6, inhibits the growth of breast cancer cells *in vitro* (Wagner et al., 1995). Quillaiac acid contributes to diuretic activity (FNF).

SODOM'S MILKWEED (*Calotropis procera* (Aiton) W. T. Aiton) X

Synonym: *Asclepias procera* Aiton.

C. gigantea (L.) W. T. Aiton with similar activities and indications (WO2). Both are called giant milkweed by USDA, but that name is preferred for the namesake *C. gigantea*. Here I yield to the Herbal PDR (PH2), which treats them separately. I have aggregated their chemicals in FNF, but reluctantly maintain them separately in HDR as does PH2.

Activities (Sodom's Milkweed) — Abortifacient (1; CRC; WO2); Alterative (f; EFS); Antiaggregant (1; MPI; WO2); Antibacterial (1; WO2); Anticancer (1; MPI); Antifeedant (1; WO2); Antifertility (1; WO2); Antiimplantation (1; WO2); Antiinflammatory (f; EFS; WO2); Antiodontalgic (f; CRC); Antisialagogue (f; KAB); Antispasmodic (f; EFS); Antisyphilitic (f; CRC); Antitumor (1; CRC; PH2); Aperitif (f; KAB); Aphrodisiac (f; CRC); Candidicide (1; WO2); Cardiodepressant (1; MPI); Cardiotonic (1; MPI; WO2); Carminative (f; CRC); Contraceptive (1; WO2); Dentifrice (f; WO2); Depilatory (f; WO2); Dermatitigenic (f; CRC); Diaphoretic (f; CRC; EFS; JFM); Digestive (f; WO2); Diuretic (1; MPI; PHR; PH2); Emetic (f; CRC; HHB; JFM); Expectorant (1; CRC; KAB; PHR; PH2; WO2); Fibrinolytic (1; MPI); Fungicide (1; WO2); Hypertensive (1; MPI; WO2); Inebriant (f; WBB); Infanticide (f; DEP; WO2); Insecticide (1; WO2); Lactagogue (f; CRC); Larvicide (1; WO2); Laxative (f; CRC); Ovicide (1; WO2); Pediculicide (1; WO2); Piscicide (1; WO2); Poison (f; CRC; EFS); Proteolytic (1; KAP; MPI; WO2); Respirastimulant (1; MPI); Rubefacient (f; CRC); Stimulant (1; WO2); Stomachic (f; CRC; KAB); Tonic (f; EFS); Vermifuge (1; CRC; MPI; WO2).

Indications (Sodom's Milkweed) — Anorexia (f; KAB); Asthma (f; CRC; KAP; WO2); Bacteria (1; WO2); Bite (f; PH2; WO2); Boil (f; PHR; PH2); Cancer (1; CRC; MPI; PHR; PH2); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Cancer, epidermis (1; PH2); Cancer, nose (1; PH2); Cancer, pharynx (1; PHR; PH2); Candida (1; WO2); Caries (f; CRC); Catarrh (f; CRC; KAB; WBB; WO2); Childbirth (f; CRC); Cholera (f; DEP); Cold (f; CRC; JFM; KAP; WO2); Conjunctivosis (f; CRC); Constipation (f; CRC); Convulsion (f; WO2); Cough (f; CRC; KAP); Cramp (f; EFS; PHR; PH2); Dermatosis (f; MPI; WO2); Diarrhea (f; PH2); Dysentery (f; CRC; KAP; PHR); Dyspepsia (f; KAB; PHR; PH2); Earache (f; WO2); Elephantiasis (f; CRC; KAP; PHR; PH2; WO2); Enterosis (f; JLH; KAB); Epilepsy (f; PHR; PH2); Fever (f; CRC; EFS; JFM; PH2; WO2); Fit (f; WO2); Fungus (1; WO2); Gas (f; CRC); Gonorrhea (f; CRC); Gout (f; PHR; PH2); Guinea Worm (1; KAB; WO2); Headache (f; CRC; JFM; KAB); Hemorrhoid (f; KAB); Hysteria (f; PHR; PH2); Impotence (f; CRC; WBB); Indigestion (f; CRC); Infection (1; WO2); Inflammation (f; EFS; WO2); Leprosy (f; CRC; JFM; PH2; WBB); Lice (1; WO2); Low Blood Pressure (1; MPI; WO2); Lupus (f; WO2); Malaria (1; KAP; WO2); Migraine (f; WO2); Mycosis (1; WO2); Ophthalmia (f; CRC; KAB); Pain (f; JFM; KAB); Pharyngosis (1; MPI); Rheumatism (f; CRC; JFM; PH2); Rhinosis (1; MPI); Salmonella (1; WO2); Shigella (1; WO2); Snakebite (f; PHR); Sore (1; PH2; WO2); Sprain (f; KAB); Stomachache (f; KAB); Swelling (f; CRC; JFM; KAB; PH2); Syphilis (f; CRC; JFM; PH2); Thrombosis (1; WO2); Toothache (f; CRC; DEP; PH2; WO2); Tumor (1; CRC; PH2); Ulcerous Tumor (f; CRC); VD (1; WBB); Wart (f; CRC; JLH; PH2); Water Retention (1; MPI; PHR; PH2); Worm (1; CRC; MPI; PHR; WO2); Wound (f; CRC; KAB; WO2); Yaw (f; CRC); Yeast (1; WO2).

Dosages (Sodom's Milkweed) — 200–600 mg bark as a diaphoretic and expectorant, 2–4 g as emetic (HHB; PHR).

Contraindications, Interactions, and Side Effects (Sodom's Milkweed) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Dangerous

plant. Very high doses may cause death (PH2), following bradycardia, convulsion, diarrhea, and vomiting (PH2). Can cause convulsion, diarrhea, vomiting, slowed but stronger heartbeat, labored respiration, increased blood pressure, and possible death (CRC). Traditional use in India may cause severe bullous dermatosis, leading occasionally to hypertropic scars. Contains cardioactive cardenolides. *In vitro* calotropin inhibits human epidermoid carcinoma (nasopharynx) (PH2). Most references say this has the same activities as *C. gigantea*.

SOLOMON'S-SEAL (*Polygonatum multiflorum* (L.) All.) +

Activities (Solomon's-Seal) — Antidiabetic (f; HHB); Antiinflammatory (1; PH2); Astringent (f; KAB; WOI); Demulcent (f; KAB; WOI); Diuretic (f; HHB; WOI); Hypoglycemic (1; HHB; PH2; WOI); Tonic (f; PH2; WOI).

Indications (Solomon's-Seal) — Abscess (f; WOI); Bleeding (f; WOI); Boil (f; PH2); Bruise (f; HH2; KAB; PH2); Cancer (f; JLH; WOI); Carbuncle (f; WOI); Debility (f; KAB); Dermatosis (f; PH2); Diabetes (1; HHB; WOI); Dyspepsia (f; PH2); Edema (f; PH2); Enterosis (f; PH2); Furuncle (f; PH2); Gastrosis (f; PH2); Hematoma (f; PH2); Hemoptysis (f; WOI); Hemorrhoid (f; KAB; HH2; PH2); Hyperglycemia (1; HHB; PH2; WOI); Inflammation (1; KAB; PH2; WOI); Leukorrhea (f; KAB; HH2); Mastosis (f; WOI); Pulmonosis (f; PH2; WOI); Respirosis (f; PH2); Swelling (f; PH2); Tuberculosis (f; WOI); Tumor (f; WOI); Ulcer (f; PH2); Water Retention (f; HHB; WOI); Wound (f; PH2).

Contraindications, Interactions, and Side Effects (Solomon's-Seal) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PHR; PH2). Overdoses may lead to diarrhea, gastrosis, nausea, and queasiness.

SOMA (*Sarcostemma acidum* (Roxb.) Voigt) +

Activities (Soma) — Antidote (f; CRC); Depurative (f; CRC); Emetic (f; CRC; SKJ); Hallucinogen (f; CRC); Insecticide (f; CRC); Intoxicant (f; CRC); Narcotic (f; CRC); Poison (f; CRC); Termitifuge (f; CRC).

Indications (Soma) — Bite (f; SKJ); Leprosy (f; SKJ); Rabies (f; SKJ); Thirst (f; CRC).

SORREL (*Rumex acetosa* L.) ++

Aggregated with *R. crispus* L. by MAD. Frankly, I think most species seem to share the same chemistries and indications.

Activities (Sorrel) — Allergenic (1; WOI); Antibacterial (1; PH2); Antipyretic (f; EFS; KAB; MAD); Antiscorbutic (f; HHB); Antiseptic (1; PH2); Ascaricide (f; HHB); Depurative (f; EFS; HHB; PH2); Diaphoretic (f; EFS); Diuretic (1; HHB; PH2; WOI); Hemostat (f; EFS); Hypoglycemic (1; WOI); Laxative (f; EFS); Litholytic (f; MAD); Secretagogue (1; PH2); Stomachic (f; HHB); Vermifuge (f; HHB).

Indications (Sorrel) — Abscess (f; KAB); Anemia (f; MAD); Arthrosis (f; MAD); Ascaris (f; HHB); Bacteria (1; PH2); Bile (f; PH2); Bleeding (1; EFS; HHB; MAD; WOI); Boil (f; FEL); Bronchosis (f; WOI); Cancer (1; JLH; WOI); Cancer, liver (1; JLH; WOI); Cancer, skin (1; FEL; FNF); Cancer, spleen (1; JLH; WOI); Chlorosis (f; MAD); Cholecystosis (f; MAD); Constipation (f; EFS); Convulsion (f; WOI); Cramp (f; HHB); Cystosis (f; MAD); Dermatosis (f; EFS; HHB; MAD; WOI); Diabetes (f; MAD); Diarrhea (1; DEM; HHB; WOI); Earache (f; MAD); Epithelioma (1; JLH); Esophagosis (f; HHB); Fever (f; EFS; KAB; MAD); Gallstone (f; MAD); Gastrosis (f; PH2); Hepatosis (f; JLH; MAD; PH2); Hyperglycemia (1; WOI); Impostume (f; JLH); Induration (f; JLH); Infection (1; PH2); Inflammation (f; FEL; PH2); Itch (f; MAD); Ophthalmia (f; MAD); Pharyngosis (f; HHB); Respirosis

(f; PH2); Rhinosis (f; PH2); Sore Throat (f; HHB); Splenosis (f; JLH); Stone (f; MAD); Water Retention (1; HHB; PH2; WOI); Wen (f; JLH); Worm (f; HHB); Wound (f; JLH).

Dosages (Sorrel) — Food farmacy, but don't overdo it (oxalates).

Contraindications, Interactions, and Side Effects (Sorrel) — Class 2d. Caution for people prone to kidney stone."Hazards and/or side effects not known for proper therapeutic dosages" (PHR; PH2).

SOUL VINE, AYAHUASCA (*Banisteriopsis caapi* (Spruce ex Griseb.) C. V. Morton) +

Synonyms: *Banisteria caapi* Spruce ex Griseb., *Banisteria quitensis* Nied., *Banisteriopsis inebrians* C. V. Morton, *Banisteriopsis quitensis* (Nied.) C. V. Morton

Activities (Soul Vine) — Antibacterial (1; CRC; FNF); Antifeedant (1; FNF); Antileishmanic (1; CRC; FNF); Antimalarial (1; CRC; FNF); Antiparkinsonian (1; CRC; FNF); Antitrypanosomic (1; CRC; FNF); Aphrodisiac (1; CRC; FNF); Bradycardic (1; CRC; FNF); Bronchospasmogenic (1; FNF); Cardiovascular (1; CRC; FNF); Convulsant (1; CRC; FNF); CNS Stimulant (1; CRC; FNF); Cytotoxic (1; CRC; FNF); Desmutagenic (1; CRC; FNF); Emetic (1; DAV); Euphoric (1; PH2); Hallucinogen (1; CRC; FNF; PH2); Hyperkinetic (1; FNF); Laxative (1; DAV); MAOI (1; CRC; FNF; PH2); Phototoxic (1; CRC; FNF); Protisticide (1; CRC; FNF); Psychotropic (1; CRC; FNF; PH2); Respiradepressant (1; FNF); Spinodepressant (1; CRC; FNF); Telepathic (1; DAV); Tremorigenic (1; CRC; FNF); Uteroactive (1; CRC; FNF); Vermifuge (1; CRC; FNF).

Indications (Soul Vine) — Ameba (1; CRC); Bacteria (1; CRC; FNF); Bronchosis (1; CRC); Constipation (1; CRC; DAV); Encephalosis (1; HHB); Hypokinesis (1; HHB); Impotence (1; CRC); Leishmaniasis (1; FNF); Lethargy (1; CRC; HHB); Malaria (1; CRC; FNF); Myosis (1; HHB); Obesity (1; FNF); Paralysis (1; HHB); Parkinson's Disease (1; CRC; FNF); Spasm (1; CRC); Trypanosomiasis (1; CRC); Worm (1; CRC; FNF).

Dosages (Soul Vine) — 10 mg individual, 30 mg daily (parenteral) (HHB).

Contraindications, Interactions, and Side Effects (Soul Vine) — Not covered (AHP; KOM). 300 mg alkaloids may lead to collapse, nausea, ringing of the ears, and vomiting (PH2).

SOUR CHERRY (*Prunus cerasus* L.) ++

S

Synonyms: *Cerasus vulgaris* Mill., *Prunus vulgaris* Schur.

Activities (Sour Cherry) — Analgesic (1; JNU); Anticancer (1; JNU); Antiinflammatory (f; JNU); Antioxidant (1; JNU); Antipyretic (f; DEM); Apoptotic (1; JNU); Astringent (f; DEM; EFS); Diuretic (f; EFS); Hematonic (f; DEM); Pectoral (f; EFS); Sedative (f; EFS); Tonic (f; EFS).

Indications (Sour Cherry) — Arthrosis (f; JNU); Biliousness (f; DEM); Cancer (1; JNU); Cancer, colon (1; JNU); Cardiopathy (1; JNU); Childbirth (f; DEM); Chill (f; DEM); Cold (f; DEM; MIC); Cough (f; DEM; MIC); Diarrhea (f; EFS); Dyspepsia (f; DEM); Enterosis (f; DEM); Fever (f; DEM); Gastrosis (f; DEM); Gout (f; JNU); High Blood Pressure (f; MIC); High Cholesterol (1; JNU); Inflammation (f; JNU); Insomnia (f; EFS); Jaundice (f; DEM); Laryngosis (f; DEM); Measles (f; DEM); Nervousness (f; EFS); Pain (1; DEM; JNU); Sore (f; DEM); Thrush (f; DEM); Ulcer (f; DEM); Water Retention (f; EFS).

Contraindications, Interactions, and Side Effects (Sour Cherry) — Sour cherries is a 10 times better analgesic than aspirin (JNU). Perillyl alcohol may protect against cancer (JNU).

SOUTHERN PRICKLY ASH (*Zanthoxylum clava-herculis* L.) +

Activities (Southern Prickly Ash) — Analgesic (f; CAN; PNC); Antihelicobacter (1; X9781854); Antiinflammatory (f; CAN; PNC); Antirheumatic (f; CAN; PNC); Antiseptic (1; PNC); Antispasmodic (f; HHB); Antiulcer (1; X9781854); Carminative (f; CAN; HHB; PNC); Circulostimulant (f; CAN; PNC); Diaphoretic (f; CAN; HHB; HH3; PNC); Diuretic (f; HHB); Hypotensive (f; CAN); Larvicide (f; HH3); Sedative (f; CAN); Sialagogue (f; CAN); Stomachic (f; HHB); Tonic (f; HHB).

Indications (Southern Prickly Ash) — Cramp (f; HHB); Diarrhea (f; PNC); Fever (f; CAN; HHB; HH3; PNC); Helicobacter (1; X9781854); High Blood Pressure (f; CAN); Infection (f; PNC); Inflammation (f; CAN; PNC); Insomnia (f; CAN); Intermittent Claudication (f; HH3); Nervousness (f; CAN); Pain (f; PNC; CAN); Raynaud's Syndrome (f; HH3); Rheumatism (f; CAN; HH3; PNC); Swelling (f; DEM); Toothache (f; DEM; HHB; PNC); Ulcer (1; X9781854).

Dosages (Southern Prickly Ash) — 5 g bark/750 ml water up to 3 ×/day (APA); 1–3 g dry bark, or in tea, 3 ×/day (CAN; HH3); 1–3 ml liquid bark extract (PNC); 1–3 ml liquid bark extract (1:1 in 45% ethanol) 3 ×/day (CAN); 2–5 ml bark tincture (1:5 in 45% ethanol) 3 ×/day (CAN); 0.5–1.5 g dry berries (CAN); 0.5–1.5 ml liquid berry extract (1:1 in 45% ethanol) (CAN); 0.5–1.5 ml liquid fruit extract (PNC).

Contraindications, Interactions, and Side Effects (Southern Prickly Ash) — Class 2b (AHP). Reported to be toxic to animals (lethal to cattle, chicken, and fish). Because of pharmacologically active alkaloids and coumarins, its use in pregnancy and lactation is to be avoided. May interfere with anticoagulant therapy. Excessive use should be avoided (CAN).

Extracts (Southern Prickly Ash) — Bark extracts act as a reversible neuromuscular blocking agent. A single hypotensive dose of nitidine chloride (2 mg/kg) lowered blood pressure 20% in mice within 90 minutes, persisting for 6 hours. Nitidine also antagonizes the hypertensive effects of angiotensin. Nitidine is antileukemic. Chelerythrine, at 10 mg/kg (orl rat), was comparable in antiinflammatory activity to indomethacin at 5 mg/kg. Chelerythrine also works against *Candida* and Gram-positive if not Gram-negative bacteria. Chelerythrine potentiates the analgesia of morphine, prolongs barbiturate sleep, and is hypotensive following an immediate hypertensive thrust (cats, mice, rats). Asirinin has antitubercular activity; neoherculin is insecticidal, piscicidal, and sialagogue.

SOUTHERN TSANGSHU, CANG ZHU (*Atractylodes lancea* (Thunb.) DC.) ++

Synonyms: *Atractylis lancea* Thunb., *Atractylis ovata* Thunb.

Perry treats all three of the species covered here as one from a medicinal point of view for some indications: *A. japonica, A. lancea* (Thunb.) DC., and *A. macrocephala* Koidz. I entered those indications for all three. Perhaps they should be aggregated, perhaps not. HH3 treated all three separately, but for reasons that escape me, PH2 left out *A. macrocephala*, perhaps the better known of the trio.

Activities (Southern Tsangshu) — Antianoxic (1; X2268908); Antibacterial (1; DAA; LAF); Anticomplementary (1; HH3); Antidepressant (f; LAF); Antigastric (1; PH2); Antiinflammatory (1; LAF; X9544564); Antioxidant (1; X8870957); Antipeptic (1; HH3); Antiseptic (1; DAA; LAF; PH2); Antiulcer (1; HH3); Antiviral (1; HH3; LAF); Candidicide (1; DAA); Cyclo-oxygenase Inhibitor (1; X9544564); Diuretic (f; LMP); Fungicide (1; DAA; LAF); Hepatoprotective (1; HH3; PH2); Immunostimulant (1; HH3; PH2); Lipoxygenase Inhibitor (1; X9544564); Secretolytic (1; PH2); Sedative (1; PH2); Splenotonic (f; LMP); Stimulant (f; LMP).

Indications (Southern Tsangshu) — Acne (f; LAF); Anorexia (f; LAF); Arthrosis (f; LAF); Atrophy (f; PH2); Bacteria (1; DAA; LAF); Candida (1; DAA); Cold (f; LAF; PH2); Debility

(f; HH3; PH2); Depression (f; LAF); Diarrhea (f; LAF; LMP; PH2); Dropsy (f; LMP); Dyspepsia (f; DAA; LAF; LMP); Eczema (f; DAA; LAF); Edema (f; DAA; LAF; PH2); Enterosis (f; LAF; PH2); Escherichia (1; DAA); Fungus (1; DAA; LAF); Gastrosis (f; LMP; PH2); Hepatosis (1; HH3; PH2); Immunodepression (1; HH3; PH2); Infection (1; DAA; HH3; LAF); Inflammation (1; LAF; X9544564); Insomnia (1; PH2); Mycosis (1; DAA; LAF); Nephrosis (f; PH2); Nervousness (1; PH2); Nyctalopia (f; DAA; LAF; PH2); Ophthalmia (f; LAF); Pain (f; PH2); Rheumatism (f; PH2); Splenosis (f; LMP); Staphylococcus (1; LAF); Swelling (f; PH2); Ulcer (1; HH3); Virus (1; HH3; LAF); Wart (f; LAF); Water Retention (f; LMP); Yeast (1; DAA).

Dosages (Southern Tsangshu) — 3–9 g/drug (PH2).

Contraindications, Interactions, and Side Effects (Southern Tsangshu) — Class 1 (AHP). "Health hazards not known with proper therapeutic dosages" (PH2).

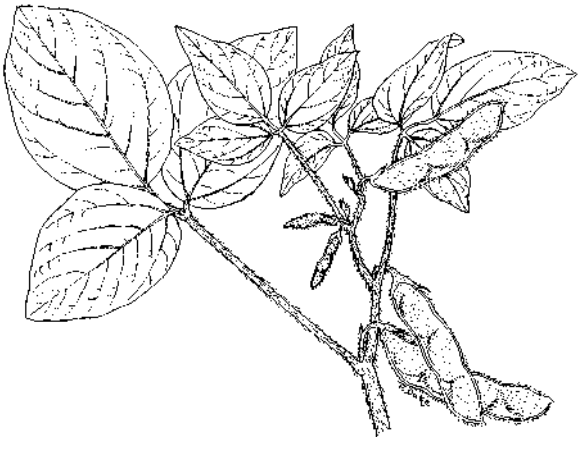
SOUTHERNWOOD (*Artemisia abrotanum* L.) +

Synonym: *A. procera* Willd.

Activities (Southernwood) — Antipyretic (f; CRC); Antiseptic (f; CRC); Bitter (f; CRC); Choleretic (f; CRC); Cordial (f; CRC); Deobstruent (f; CRC); Detergent (f; CRC); Emmenagogue (f; AHP); Expectorant (f; CRC); Nervine (f; CRC); Pilogenic (f; CRC); Stimulant (f; CRC); Tonic (f; CRC); Uterotonic (f; AHP); Vermifuge (f; CRC); Vulnerary (f; CRC).

Indications (Southernwood) — Acne (f; CRC); Alopecia (f; CRC); Anemia (f; CRC); Cancer (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, uterus (f; JLH); Cancer, uvula (f; JLH); Chilblain (f; CRC); Drowsiness (f; CRC); Fever (f; CRC); Frostbite (f; CRC); Gastrosis (f; CRC; JLH); Gout (f; CRC); Hemorrhoid (f; CRC); Induration (f; CRC; JLH); Infection (f; CRC); Marasmus (f; CRC); Pleurosis (f; CRC); Polyp (f; JLH); Scirrhus (f; CRC; JLH); Scrofula (f; CRC); Splenosis (f; CRC; JLH); Tuberculosis (f; CRC); Tumor (f; CRC; JLH); Uterosis (f; CRC, JLH); Whitlow (f; CRC; JLH); Worm (f; CRC).

SOYBEAN (*Glycine max* (L.) Merr.) +++



Synonyms: *Dolichos soja* L., *Glycine gracilis* Skvortzov, *G. hispida* (Moench) Maxim., *G. hispida* var. *brunnea* Skvortzov, *G. hispida* var. *lutea* Skvortzov, *G. soja* (L.) Merr., *Phaseolus max* L., *Soja hispida* Moench, *Soja max* (L.) Piper.

Activities (Soybean) — Antiangiogenic (1; BGB); Anticancer (1; BGB); Antidiabetic (f; EFS); Antiprostatitic (1; BGB); Cardioprotective (1; BGB); Chemopreventive (1; BGB); Estrogenic (f; JAD); Hepatoprotective (1; BGB; SHT); Hypocholesterolemic (2; PHR; PH2; SHT); Hypotensive (1; BGB); Lipolytic (1; BGB; PH2); Lipotropic (f; BGB).

Indications (Soybean) — Aging (f; BGB); Alcoholism (1; BGB; FNF); Anemia (1; BGB; PH2); Anorexia (1; PHR; SHT); Arthrosis (f; PH2); BPH (1; BGB); Cancer (1; BGB; FNF); Cardiopathy (1; BGB); Cerebrosis (f; PH2); Cholecystosis (f; PH2); Colic (1; BGB); Confusion (f; PH2); Debility (f; PH2); Dermatosis (f; BGB); Diabetes (1; BGB; EFS); Edema (f; BGB); Endometriosis (1; TGP); Enterosis (f; PHR; SHT); Fibrosis (f; BGB); Gastrosis (f; BGB); Hepatosis (1; BGB; PHR; PH2; SHT); High Blood Pressure (1; BGB); High Cholesterol (2; PHR; PH2; SHT); Hyperhydrosis (f; PH2); Hyperlipoproteinemia (1; PHR; SHT); Melanoma (1; FNF); Menopause (1; BGB; FNF; JAD); Nephrosis (f; BGB); Neurosis (f; BGB; PH2); Osteoporosis (1; FNF; JAD); Pain (f; PH2); Retinosis (1; FNF); Rickets (f; BGB); Sore (f; BGB); Steatosis (f; BGB); Syndrome-X (1; SYN); Toxemia (f; BGB); Tuberculosis (f; BGB).

Dosages (Soybean) — 1–3 g phospholipids/day (SHT).

Contraindications, Interactions, and Side Effects (Soybean) — Not covered (AHP). No hazards or major side effects known when administered properly. Occasional GI problems, diarrhea, gastralgia, and loose stool (PHR). Enriched phosphatidylcholine (73–79%) is hepatoprotective, hepatoregenerative, and hypocholesterolemic (lowering LDL cholesterol). NOTE: Commission E does not list soybean as an approved herb. It approves soy lecithin for hypercholesterolemia, and soy phospholipid for hepatosis and hypercholesterolemia. I am scoring the whole soy as a container of daidzein, genistein (not covered by Commission E), lecithin, and phospholipids (composed primarily of linoleic acid, to me not too exciting). Most food grade legumes contain these.

SPANISH CHESTNUT (*Castanea sativa* Mill.) ++

Synonyms: *Castanea vesca* Gaertn., *C. vulgaris* Lam., *Fagus castanea* L., *F. procera* Salisb.

Activities (Spanish Chestnut) — Antipyretic (f; EFS); Astringent (1; FNF); Sedative (f; EFS); Tonic (f; EFS).

Indications (Spanish Chestnut) — Bronchosis (f; FNF; PH2); Circulation (f; FNF; PH2); Diarrhea (f; FNF; PH2); Fever (f; EFS); Insomnia (f; EFS); Nervousness (f; EFS); Pain (f; FNF; PH2); Pertussis (f; FNF; PH2); Respirosis (f; FNF; PH2); Sore Throat (f; FNF; PH2).

Dosages (Spanish Chestnut) — 5 g leaf/cup tea, strained (PH2); 5 g liquid leaf extract (PH2).

Contraindications, Interactions, and Side Effects (Spanish Chestnut) — Class 1 (AHP). None recorded at proper dosage. Usual tannin caveats (JAD).

SPANISH NEEDLES (*Bidens pilosa* L.) ++

Activities (Spanish Needles) — Antibacterial (1; ZUL); Antidiabetic (1; ZUL); Antiseptic (1; WOI; ZUL); Antispasmodic (f; WOI); Astringent (1; ZUL); Emmenagogue (f; WOI); Expectorant (f; WOI); Fungicide (1; ZUL); Hemostat (f; ZUL); Hypoglycemic (1; ZUL); Parasiticide (1; WOI); Phototoxic (1; ZUL); Protisticide (1; ZUL); Stimulant (f; ZUL); Tonic (f; ZUL); Vermifuge (1; ZUL).

Indications (Spanish Needles) — Adenopathy (f; ZUL); Angina (f; DAV); Aphtha (f; DAV); Arthrosis (f; ZUL); Asthma (f; WOI); Bacteria (1; ZUL); Bleeding (f; ZUL); Bronchosis (f; ZUL);

Cancer (f; WOI); Chill (f; DAV); Colic (f; ZUL); Conjunctivosis (f; ZUL); Constipation (f; ZUL); Cough (f; WOI; ZUL); Cramp (f; WOI); Dermatosis (1; ZUL); Diabetes (1; DAV; ZUL); Diarrhea (f; ZUL); Dropsy (f; DAV); Dysentery (f; DAV; ZUL); Dysmenorrhea (f; ZUL); Enterosis (f; ZUL); Fistula (f; WOI); Fungus (1; ZUL); Gastrosis (f; ZUL); Hepatosis (f; DAV); Hyperglycemia (1; ZUL); Infection (1; ZUL); Infertility (f; ZUL); Inflammation (f; ZUL); Itch (f; ZUL); Jaundice (f; ZUL); Laryngosis (f; DAV); Leprosy (f; WOI); Malaria (f; ZUL); Mycosis (1; ZUL); Ophthalmia (f; ZUL); Otosis (f; ZUL); Parasite (1; WOI); Prostatosis (f; ZUL); Rheumatism (f; ZUL); Side Ache (f; ZUL); Snakebite (f; ZUL); Sore (1; ZUL); Sore Throat (f; DAV); Stomachache (f; ZUL); Syphilis (f; ZUL); Tuberculosis (1; ZUL); Water Retention (f; DAV); Wound (1; ZUL); Worm (1; ZUL); Yeast (1; ZUL).

SPANISH PELLITORY (*Anacyclus pyrethrum* (L.) Link) +

Synonyms: *Anacyclus officinarum* Hayne, *Anthemis pyrethrum* L.

Activities (Spanish Pellitory) — Abortifacient (1; WO3); Anesthetic (1; WO3); Antiinflammatory (1; WO3); Antimutagenic (1; WO3); Cyclooxygenase Inhibitor (1; PH2); Hypoglycemic (1; WO3); Insecticide (1; PH2); Insulin-Sparing (1; WO3); Lacrimator (f; GMH); 5-Lipoxygenase Inhibitor (1; WO3); Molluscicide (1; PH2); Neurotonic (f; KAP); Rubefacient (1; WO2); Sialagogue (1; WO2); Stimulant (1; WO2); Tonic (f; KAP).

Indications (Spanish Pellitory) — Ague (f; GMH); Apoplexy (f; HHB); Bruise (f; GMH); Cancer (1; JLH; WO3); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Caries (f; KAP); Catarrh (f; GMH); Cerebrosis (f; GMH); Congestion (f; GMH); Dermatosis (f; WO2); Diabetes (1; WO3); Epilepsy (f; GMH; PH2); Fever (f; WO2); Gastrosis (f; JLH); Glossosis (f; GMH); Gout (f; GMH); Headache (f; HHB); Hemorrhoid (1; WO3); Hyperglycemia (1; WO3); Inflammation (1; WO3); Ischiosis (f; HHB); Lethargy (f; GMH); Lumbago (f; HHB); Mange (f; WO2); Neuralgia (f; HHB); Pain (1; WO3); Palsy (f; GMH); Paralysis (f; HHB); Rheumatism (f; PH2); Rhinosis (f; GMH); Sciatica (f; GMH); Sore Throat (f; KAP); Splenosis (f; JLH); Stomatosis (f; HHB); Tonsilosis (f; KAP); Toothache (1; WO2); Typhus (f; WO2); Uvulosis (f; GMH); Xerostoma (1; HHB; WO2).

Dosages (Spanish Pellitory) — 20 grains (GMH); 20–30 drops tincture (GMH); 0.5–1 g root powder (KAP).

Contraindications, Interactions, and Side Effects (Spanish Pellitory) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). In large doses, may irritate stomach mucus, causing bloody stools, tetanic cramps, and stupor (WO2). Seeds may cause abortion in some 15% of albino rats (WO3). The 2% alcoholic root extract is as anesthetic but lasting longer than 2% xylocaine-hydrochloride (WO3).

SPEARMINT (*Mentha spicata* L.) +++

Synonyms: *M. aquatica* var. *crispa* (L.) Benth., *M. cordifolia* Opiz ex Fresen., *M. crispa* L., *M. spicata* var. *ciliata* Druce, *M. spicata* var. *crispa* (Benth.) Danert, *M. spicata* var. *viridis* L., *Mentha viridis* (L.) L.

Activities (Spearmint) — Allergenic (1; APA); Analgesic (1; DEM; EFS); Antipyretic (f; DEM; FEL); Antiseptic (1; FAD; PH2); Antispasmodic (1; FAD; JFM; PHR; PH2); Carminative (1; APA; FAD; JFM; PHR; PH2); Decongestant (1; APA); Deodorant (f; JFM); Dermatitigenic (1; FAD); Diaphoretic (f; JFM); Digestive (1; APA; PH2); Diuretic (f; CEB; FEL); Emetic (f; DEM); Expectorant (f; DEP); Insecticide (f; PH2); Neurodepressant (1; PH2); Sedative (1; DEM; PH2); Stimulant (1; PHR; PH2); Stomachic (1; FAD); Vermifuge (f; DEM; JFM).

Indications (Spearmint) — Aphtha (f; DEP); Bronchosis (f; DEP); Cancer (f; FAD; JLH); Cancer, breast (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cold (1; FAD); Colic (f; DEM); Congestion (1; APA); Cough (f; APA); Cramp (1; DEM; FAD; JFM; PHR; PH2); Depression (f; APA); Diarrhea (f; DEM; FAD; JFM); Dyspepsia (1; APA); Dysuria (f; CEB; FEL); Enterosis (1; APA; DEM; JFM); Fever (f; DEM; DEP; FAD; FEL; JFM); Gas (1; APA; DEM; FAD; JFM; PHR; PH2); Gastrosis (1; APA; JLH; JFM); Gonorrhea (f; FEL); Gravel (f; DEM; FEL); Hay Fever (f; DEM); Headache (1; DEM; FAD; JFM); Hemorrhoid (f; DEM; FEL); Hepatosis (f; JLH); Hysteria (f; DEM); Induration (f; JLH); Insomnia (1; DEM; PH2); Mastosis (f; JLH); Nausea (f; APA; JFM); Nephrosis (f; CEB); Nervousness (1; DEM; PH2); Pain (1; DEM; EFS); Palpitation (f; JFM); Rheumatism (f; FEL; JFM); Sore (f; JFM); Splenosis (f; JLH); Stomachache (1; DEM; FAD; JFM); Water Retention (f; CEB; DEM; FEL); Worm (f; CEB; DEM; JFM); Wound (f; DEM).

Dosages (Spearmint) — 1–2 tbsp herb (0.7–1.5 g)/cup water several ×/day(APA); 0.3–1 ml concentrated spearmint water (PNC); 1 wineglass gin tincture 3–4 ×/day as diuretic (CEB); 0.5–2 ml EO (PNC).

Contraindications, Interactions, and Side Effects (Spearmint) — Class 1 (AHP). None reported at proper dosing (PH2). Estimated lethal dose for menthol in humans may be as low as 2 g. Survival after doses of 8–9 g have been reported. Menthol reactions include reported cases of urticaria, allergic cheilitis, stomatosis, and rarely, shaking chills from use of topical menthol products. GI complaints due to use of peppermint preparations include stomatosis, severe esophagitis, gastrosis, unexplained

diarrhea, and pancreatitis. Menthol in nasal preparations may cause spasm of the glottis in young children (AEH1). APA kindly says it does not contain menthol, but I'll bet that many spearmint clones do contain menthol. PH2 says that spearmint oil possesses a weak potential for sensitization, due to its menthol and l-carvone (PH2). I suppose the many species with more of these ingredients would have stronger potential for sensitization. See my database for menthol- and l-carvone-containing plants. Nitpickologists will no doubt say that children should avoid all plants, not just EOs, containing menthol.

SPEEDWELL (*Veronica officinalis* L.) ++

Activities (Speedwell) — Alterative (f; FEL; PNC); Antidiaphoretic (f; PH2); Antiscorbutic (f; EFS); Antiulcer (1; HH2; PH2); Aperitif (f; EFS); Astringent (1; FAD; PH2); Depurative (f; EFS; FAD); Diaphoretic (f; EFS; FAD); Digestive (f; EFS); Diuretic (f; EFS; FAD; FEL); Emetic (f; DEM); Emmenagogue (f; EFS; FAD); Expectorant (f; EFS; FAD; FEL; HH2; PH2); Stomachic (f; EFS); Tonic (f; FAD; FEL); Tranquilizer (f; EFS); Vulnerary (f; EFS).

Indications (Speedwell) — Adiposity (f; MAD); Alactea (f; DEM); Anorexia (f; EFS); Arthrosis (f; BRU; PHR; PH2); Asthma (f; FAD; HHB; HH2; MAD); Boil (f; DEM; MAD); Bronchosis (f; FAD; HHB; HH2; MAD); Burn (f; MAD); Catarrh (f; FEL; HHB; MAD); Childbirth (f; DEM); Chill (f; DEM); Cholecystosis (f; MAD); Cough (f; DEM; FAD; FEL); Cramp (f; MAD); Dermatosis (f; DEM; FAD; FEL; PH2); Diarrhea (f; HHB); Earache (f; DEM); Eczema (f; MAD); Enterosis (f; MAD; PHR; PH2); Fever (f; EFS; FAD); Gastrosis (f; MAD; PHR; PH2); Gout (f; FAD; MAD; PH2); Hemoptysis (f; MAD); Hepatosis (f; PH2); Infection (f; HHB; MAD); Inflammation (1; PH2); Itch (f; PH2); Jaundice (f; FAD; FEL; MAD); Nephrosis (f; FAD; FEL; MAD; PH2); Nervousness (f; EFS; PH2); Odontosis (f; MAD); Pharyngosis (f; HH2; PHR; PH2); Pulmonosis (f; FAD; MAD); Respirosis (f; PH2); Rheumatism (f; BRU; FAD; PH2); Scrofula (f; DEM; FEL); Sore Throat (1; PH2); Splenosis (f; MAD); Stomatosis (f; PHR; PH2); Sweat (f; PH2); Tuberculosis (f; MAD); Ulcer (1; HH2; PHR; PH2); Urethrosis (f; PH2); UTI (f; PHR); Vertigo (f; MAD); Water Retention (f; EFS; FAD; FEL); Wound (f; MAD; PHR; PH2).

Dosages (Speedwell) — 1.5 g herb/cup 2–3 ×/day (HH2; PHR).

Contraindications, Interactions, and Side Effects (Speedwell) — Class 1. Regulated in the U.S. as an allowable flavoring agent in alcoholic beverages only (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Speedwell prevented and speeded healing of ulcers in experimental animals (PHR).

SPICEBUSH (*Lindera benzoin* (L.) Blume) +

Synonyms: *Benzoin aestivale* (L.) Nees, *Laurus aestivalis* L., *Laurus benzoin* L.

Activities (Spicebush) — Abortifacient (f; EB48:333); Analgesic (f; DEM; HAD); Candidicide (1; ABS); Carminative (f; FAD; FEL); Depurative (f; DEM; FAD); Diaphoretic (f; DEM; FAD; FEL); Emetic (f; DEM; HAD); Emmenagogue (f; DEM); Panacea (f; DEM); Stimulant (f; EB48:333); Tonic (f; DEM); Vermifuge (f; FAD; FEL).

Indications (Spicebush) — Ague (f; FEL); Amenorrhea (f; FAD); Anemia (f; FAD); Arthrosis (f; FAD); Bruise (f; FAD; FEL); Candida (1; ABS); Cold (f; DEM; FAD); Colic (f; FAD; FEL); Cough (f; FAD); Cramp (f; FAD); Croup (f; FAD); Dermatosis (f; FEL); Dysmenorrhea (f; FAD); Fatigue (EB48:333); Fever (f; DEM; FAD; FEL); Gas (f; FAD; FEL); Gonorrhea (f; DEM); Hives (f; HAD); Itch (f; FEL); Malaria (f; EB48:333); Measles (f; HAD); Myalgia (f; FAD); Nervousness (f; FEL); Neuralgia (f; EB48:333); Pain (f; DEM; HAD); Phthisis (f; HAD); Pulmonosis (f; EB48:333); Respirosis (f; EB48:333); Rheumatism (f; FAD; FEL); Swelling (f; HAD); Syphilis (f; DEM); Tuberculosis (f; HAD); Typhoid (f; FAD; FEL); VD (f; DEM); Worm (f; DEM; FAD; FEL); Yeast (1; ABS).

Dosages (Spicebush) — "The decoction may be drunk freely" (FEL).

Contraindications, Interactions, and Side Effects (Spicebush) — Not covered (AHP; KOM; PH2). Stems contain laurotetanine, a potentially cytotoxic alkaloid. Heisey and Gorham (*Lett. Appl. Microbiol.* 14:136–9; 1992) found that extract of stem bark of *Lindera benzoin* ("spicebush") strongly inhibited yeast (*Candida albicans*), much better than any of the other 53 species they studied.

SPIKENARD (*Aralia racemosa* L.) ++

Activities (Spikenard) — Alterative (f; CEB); Antipyretic (f; DEM); Antiseptic (f; CEB); Carminative (f; CEB); Depurative (f; CEB); Diaphoretic (1; FAD; PH2); Diuretic (f; FAD; HHB); Emetic (f; DEM); Expectorant (f; HHB; PH2); Pectoral (f; CEB); Stomachic (f; CEB); Tonic (f; DEM; FAD); Toxic (f; DEM).

Indications (Spikenard) — Amenorrhea (f; CEB); Asthma (f; PH2); Backache (f; PH2); Boil (f; CEB; DEM; FAD); Bruise (f; PH2); Burn (f; FAD); Carbuncle (f; FAD); Caries (f; DEM); Childbirth (f; CEB); Cold (f; CEB; PH2); Colic (f; DEM); Cough (f; CEB; FAD); Debility (f; FAD); Dermatosis (1; HHB; PH2); Dropsy (f; CEB); Dysentery (f; CEB); Fever (1; DEM; FAD; PH2); Gas (f; CEB); Gout (f; CEB; HHB); Hay Fever (f; PH2); Infection (f; FAD); Inflammation (f; CEB; PH2); Itch (f; FAD); Lassitude (f; FAD); Mastosis (f; CEB); Myalgia (f; CEB); Myosis (f; CEB); Ophthalmia (f; DEM); Pain (f; CEB; DEM); Paralysis (f; DEM); Pertussis (f; CEB); Rheumatism (f; CEB; DEM; FAD; HHB; PH2); Sore (f; CEB; DEM; FAD); Sprain (f; CEB); Stomachache (f; CEB; FAD); Swelling (f; DEM; FAD; PH2); Syphilis (f; HHB); Toothache (f; DEM); Tuberculosis (f; CEB); Ulcer (f; FAD); VD (f; DEM; HHB); Water Retention (f; FAD; HHB); Wound (f; FAD; PH2).

Dosages (Spikenard) — 2 g rhizome (HHB); 1.5 g rhizome/500 ml (PH2).

Contraindications, Interactions, and Side Effects (Spikenard) — Class 2b (AHP). None known for proper dosage (PH2). Not for use during pregnancy (PH2). Photodermatosis is possible (PH2).

SPINACH (*Spinacia oleracea* L.) +++

Synonyms: *S. inermis* Moench, *S. oleracea* var. *inermis* (Moench) Peterm., *S. spinosa* Moench.

Activities (Spinach) — Alexeteric (f; KAB); Antianemic (f; PHR); Antimaculitic (1; JNU); Antinyctalopic (1; JNU); Antioxidant (1; FNF; JAD; JNU); Antipyretic (f; EFS); Antiretinitic (1; JNU); Antiribosomal (1; X10850653); Antiviral (1; X10850653); Aperitif (f; PHR; PH2); Astringent (f; EFS); Carminative (f; DAA); Demulcent (f; EFS); Diuretic (f; EFS); Emollient (f; KAB); Hematigenic (f; PHR; PH2); Hypoglycemic (1; DAA); Immunostimulant (1; JNU); Laxative (f; EFS); Litholytic (f; KAB); Vermifuge (f; KAB).

Indications (Spinach) — Anemia (f; HHB; PHR); Anorexia (f; PHR; PH2); Arthrosis (f; KAB); Asthma (f; KAB); Biliousness (f; KAB); Cancer (1; FNF; JLH); Cardiopathy (1; KAB; JNU); Cataract (1; JNU); Cerebrosis (1; KAB; JNU); Cholecystosis (f; HHB); Colitis (f; WOI); Constipation (f; EFS); Dementia (1; JNU); Dyspnea (f; KAB); Enterosis (f; PHR; PH2); Fatigue (f; PHR; PH2); Fever (f; EFS; WOI); Gas (f; DAA); Gastrosis (f; HHB; PHR; PH2); Hepatosis (f; KAB); HIV (1; X10850653); Hyperglycemia (1; DAA); Immunodepression (1; JNU); Infection (1; JNU); Inflammation (f; WOI); Jaundice (f; KAB); Leukoderma (f; KAB); Leukorrhea (f; KAB); Lumbago (f; KAB); Maculosis (1; JNU); Nyctalopia (1; JNU); Osteoporosis (1; JNU); Pulmonosis (f; KAB); Retinosis (1; JNU); Scabies (f; KAB); Sore Throat (f; KAB); Spina Bifida (1; JNU); Stone (f; KAB); Stroke (1; JNU); Virus (1; X10850653); Water Retention (f; EFS); Worm (f; KAB).

Dosages (Spinach) — Food farmacy.

Contraindications, Interactions, and Side Effects (Spinach) — Not covered (AHP). Not approved as a medicine (KOM; PHR). Infants should not receive spinach until after their fourth month (danger of methemoglobin formation through nitrites) (PHR). If the levels of oxalic acid reported in DAA and PHR are correct (6–8% in younger leaves, 16% in older leaves, 23–27% in the cotyledons), then those sensitive to oxalic acid might not want to overindulge in spinach. PHR advises not letting the leaves stand, as the nitrates may be converted to nitrites.

SPREADING DOGBANE (*Apocynum androsaemifolium* L.) X

Activities (Spreading Dogbane) — Analgesic (f; DEM); Anticonvulsant (f; DEM); Antidote (f; CRC); Aphrodisiac (f; DEM); Cardiotonic (f; CRC); Contraceptive (f; DEM); Diaphoretic (f; CRC); Diuretic (f; DEM); Emetic (f; CRC); Expectorant (f; CRC); Hydragogue (f; CRC); Lactagogue (f; DEM); Laxative (f; CRC; DEM); Narcotic (f; CRC); Poison (f; CRC); Tonic (f; DEM).

Indications (Spreading Dogbane) — Arthrosis (f; CRC); Ascites (f; CRC); Bleeding (f; DEM); Childbirth (f; DEM); Cirrhosis (f; CRC); Cold (f; DEM); Constipation (f; CRC; DEM); Convulsion (f; CRC; DEM); Cramp (f; DEM); Diabetes (f; CRC); Dizziness (f; CRC; DEM); Dropsy (f; CRC; DEM); Dysuria (f; DEM); Ear (f; DEM); Earache (f; CRC); Enterosis (f; CRC); Epistaxis (f; DEM); Fever (f; CRC); Fit (f; DEM); Gallstone (f; CRC); Gastrosis (f; DEM); Glossosis (f; DEM); Headache (f; DEM); Heart (f; DEM); Hepatosis (f; CRC; DEM); Insanity (f; CRC; DEM); Malaria (f; CRC); Mange (f; DEM); Mucososis (f; CRC); Nephrosis (f; DEM); Nervousness (f; CRC); Neuralgia (f; CRC); Ophthalmia (f; DEM); Pain (f; DEM); Palpitation (f; CRC; DEM); Pharyngosis (f; DEM); Rheumatism (f; CRC); Scrofula (f; CRC); Snakebite (f; CRC); Sore (f; DEM); Sore Throat (f; CRC); Syphilis (f; CRC); Throat (f; DEM); Typhoid (f; CRC); VD (f; CRC); Vertigo (f; DEM); Wart (f; DEM); Water Retention (f; DEM); Womb (f; DEM); Worm (f; DEM).

Contraindications, Interactions, and Side Effects (Spreading Dogbane) — Class 3 (AHP). Cardiac glycosides. Canadian regulations preclude its use in food (AHP). Too toxic for experimentation (JAD).

SPRING SNOWFLAKE (*Leucojum vernum* L.) X

Activities (Spring Snowflake) — Analeptic (1; FNF); Analgesic (1; FNF); Antiacetylcholinesterase (1; FNF); Antialzheimeran (1; FNF); Antibutylcholinesterase (1; FNF); Anticholinesterase (1; FNF); Anticurare (1; FNF); Antimyasthenic (1; FNF); Antineurotic (1; FNF); Bradycardic (1; FNF); Cholinergic (1; FNF); CNS Inhibitor (1; FNF); Emetic (1; FNF); Emollient (f; HHB); Hypnotic (1; FNF); Insecticide (1; FNF); Memorigenic (1; FNF); Myocontractant (1; FNF); Myoneurostimulant (1; FNF); Peristaltic (1; FNF); Poison (1; HHB); Secretagogue (1; FNF); Sedative (1; FNF); Sialagogue (1; FNF).

Indications (Spring Snowflake) — Alzheimer's (1; FNF); Cardiopathy (1; FNF); Insomnia (1; FNF); Myasthenia (1; FNF); Nervousness (1; FNF); Neurosis (1; FNF); Pain (1; FNF); Senile Dementia (1; FNF); Xerophthalmia (1; FNF).

Contraindications, Interactions, and Side Effects (Spring Snowflake) — Not covered (AHP; KOM; PH2). Emetic and poisonous; possibly edible after processing (HHB). Bulb is emetic but said to be edible cooked (HHB).

SPURGE (*Chamaesyce hypericifolia* (L.) Millsp.) X

Synonym: *Euphorbia hypericifolia* L.

Activities (Spurge) — Antipyretic (f; CRC); Astringent (f; CRC); Diaphoretic (f; CRC); Diuretic (f; CRC; JFM); Emmenagogue (f; CRC); Hemostat (f; CRC); Laxative (f; CRC); Narcotic (f; CRC).

Indications (Spurge) — Abrasion (f; CRC); Bleeding (f; CRC); Buccal Ulcer (f; CRC); Callus (f; CRC); Cancer (f; CRC); Colic (f; CRC); Coma (f; CRC); Constipation (f; CRC); Diarrhea (f; CRC); Dysentery (f; CRC); Dysuria (f; DEM); Fever (f; CRC); Gynecopathy (f; CRC); Intestinal Ailment (f; CRC); Leukorrhea (f; CRC; JFM); Marasmus (f; CRC); Menorrhagia (f; CRC); Ophthalmia (f; CRC); Respirosis (f; CRC); Ringworm (f; CRC); Sclerosis (f; CRC); Stomatosis (f; CRC); Toothache (f; CRC); Tumor (f; CRC); Uterosis (f; CRC); Wart (f; CRC); Water Retention (f; CRC; JFM).

Contraindications, Interactions, and Side Effects (Spurge) — "Narcotic. Juice may cause temporary blindness if introduced into the eyes" (CRC).

SQUAW VINE (*Mitchella repens* L.) ++

Activities (Squaw Vine) — Antiinflammatory (1; APA); Astringent (1; CRC; FAD); Collyrium (f; CRC); Depurative (f; DEM); Diuretic (f; APA; FAD); Parturient (f; APA; PNC); Uterotonic (f; APA; CRC).

Indications (Squaw Vine) — Alactea (f; APA); Amenorrhea (f; CRC; FAD; PNC); Arthrosis (f; DEM; FAD); Backache (f; DEM); Bleeding (f; DEM); Childbirth (f; CRC; DEM); Chill (f; DEM); Convulsion (f; DEM); Cramp (f; DEM); Cystosis (f; DEM); Dermatosis (f; DEM); Diarrhea (1; APA; CRC); Dropsy (f; CRC); Dysentery (f; CRC; DEM; FAD); Dyslactea (f; DEM); Dysmenorrhea (f; CRC; FAD; PNC); Dysuria (f; CRC; DEM); Enterosis (f; DEM); Fever (f; DEM); Gastrosis (f; DEM); Gonorrhea (f; CRC); Gravel (f; CRC); Hemorrhoid (f; FAD); Hive (f; DEM; FAD); Hysteria (f; CRC); Inflammation (1; APA); Insanity (f; DEM); Insomnia (1; APA; DEM); Leukorrhea (f; CRC); Mastosis (f; DEM); Menorrhagia (f; CRC); Myalgia (f; DEM); Nephrosis (f; DEM); Ophthalmia (f; CRC); Orchosis (f; DEM); Pain (f; DEM; FAD); Parturition (f; FAD); Polyuria (f; CRC); Rash (f; DEM); Rheumatism (f; APA; DEM; FAD); Rickets (f; DEM); Rupture (f; DEM); Side Ache (f; DEM); Sore Nipple (f; FAD); Stomachache (f; DEM); Swelling (f; DEM; FAD); Typhoid (f; DEM); Uterosis (f; CRC); Vaginosis (f; CRC); VD (f; CRC; DEM); Water Retention (f; APA; FAD); Wound (f; DEM).

Dosages (Squaw Vine) — 2–4 ml liquid herb extract (PNC).

Contraindications, Interactions, and Side Effects (Squaw Vine) — Class 1 (AHP). Not covered (KOM; PHR).

SQUILL, SEA ONION (*Urginea maritima* (L.) Baker) X

Synonyms: *Drimia maritima* (L.) Stearn, *Scilla maritima* L., *Urginea scilla* Steinh.

Gruenwald cites this under *Drimia maritima* in edition 1, under this name in edition 2. HH2 maintains separate entries for *U. indica* (Roxb.) Kunth and *U. maritima*, a practice I follow, so far resisting the temptation to aggregate.

Activities (Squill) — Anticancer (1; CRC); Cardiotonic (f; CRC); Diuretic (f; CRC); Emetic (f; CRC); Expectorant (f; CRC); Hypotensive (2; KOM); Negative Chronotropic (2; KOM); Poison (f; CRC); Positive Inotropic (2; KOM); Rodenticide (1; CRC).

Indications (Squill) — Adenopathy (f; CRC; JLH); Arrhythmia (2; CRC; PHR); Asthma (f; CRC); Bronchosis (f; CRC); Bruise (f; CRC); Burn (f; CRC); Callus (f; CRC); Cancer (1; CRC); Cancer, eye (f; CRC; JLH); Cancer, liver (f; CRC; JLH); Cancer, parotid (f; CRC; JLH); Cancer, spleen (f; CRC; JLH); Cardiac Insufficiency (2; KOM); Catarrh (f; CRC); Congestion (f; CRC); Corn (f; CRC); Cough (f; CRC); Croup (f; CRC); Dandruff (f; CRC); Edema (f; CRC); Felon (f; CRC); Gas (f; CRC); Heart (f; CRC); High Blood Pressure (2; KOM); Induration (f; CRC); Kidney Insufficiency (2; KOM); Nephrosis (f; CRC); Nervous Cardiopathy (2; PHR); Pertussis (f; CRC); Seborrhea (f; CRC); Sore (f; CRC); Stomachache (f; CRC); Tumor (f; CRC); Varicosis (2; PHR); Wart (f; CRC); Water Retention (f; CRC); Wound (f; CRC).

Dosages (Squill) — 0.1–0.5 g StX sea onion powder (2; KOM).

Contraindications, Interactions, and Side Effects (Squill) — Commission E reports contraindications: potassium deficiency, and therapy with digitalis glycosides; adverse effects: diarrhea, gastrosis, irregular pulse, nausea, and vomiting; and interactions with other drugs: potentiation of calcium, cardiac glycosides, extended glucocorticoid therapy, laxatives, quinidine, and saluretics (AEH; KOM). I thought that was a pretty big dose of Commission E, but here's what Gruenwald has to say: Should not be used in 2nd or 3rd degree atrioventricular blocks, carotid sinus syndrome, hypercalcemia, hypokalemia, hypertropic cardiomyopathy, thoracic aortic aneurysm, ventricular tachycardia, and WPW Syndrome (PHR).

SQUIRREL-CORN (*Dicentra canadensis* (Goldie) Walp.) +

Synonym: *Corydalis canadensis* Goldie.

Some Europeans (e.g., EFS) aggregate *D. canadensis* and *D. cucullaria* (L.) Bernh. Their chemicals and activities seem thus to be rather interchangeable. I'll not recommend either, though I don't feel they are a serious hazard.

Activities (Squirrel-Corn) — Alterative (f; EFS); Antispasmodic (f; HHB); Bitter (1; PH2); CNS Depressant (1; FAD); Diaphoretic (f; FAD); Diuretic (1; EFS; FAD; HHB; PH2); GABA Antagonist (1; PH2); Spasmogenic (1; PH2); Tonic (1; EFS; HHB; PH2); Toxic (1; FAD; PH2).

Indications (Squirrel-Corn) — Cancer (f; JLH); Cramp (f; HHB); Dermatosis (f; FAD; PH2); Dysmenorrhea (f; PH2); Dyspepsia (f; PH2); Fever (f; FAD); Paralysis (f; FAD); Rash (f; PH2); Syphilis (f; EFS; HHB; PH2); Tremor (f; FAD); Urethrosis (f; PH2); UTI (f; PH2); VD (f; PH2); Water Retention (1; EFS; FAD; HHB; PH2).

Contraindications, Interactions, and Side Effects (Squirrel-Corn) — Not covered (AHP; KOM). None recorded at proper dosage (not given) (PH2). Bicuculline could cause poisoning in high doses (PH2).

STAR ANISE (*Illicium verum* Hook. f.) ++ (raised from CRC)

Activities (Star Anise) — Allergenic (1; LAF); Analgesic (f; CRC; EFS); Antibacterial (1; APA); Antiseptic (f; CRC); Antispasmodic (2; DEP; KOM; LAF; PH2); Bronchosecretolytic (2; KOM);

Carminative (1; APA; CRC; DEP; PNC); Digestive (f; CRC); Diuretic (f; CRC; EFS); Estrogenic (1; APA; LAF); Expectorant (2; APA; CRC; HHB; PH2); Fungicide (1; LAF); Insecticide (1; APA; LAF); Lactagogue (1; APA; CRC); Mutagenic (1; LAF); Pediculicide (1; APA; CRC); Piscicide (f; CRC); Stimulant (f; CRC; PNC); Stomachic (f; DEP; EFS; CRC).

Indications (Star Anise) — Anemia (1; APA); Anorexia (2; PHR; PH2); Arthrosis (f; PH2); Bacteria (1; APA); Bronchosis (2; APA; PHR; PH2); Catarrh (2; KOM; PHR; PH2); Cholecystosis (f; CRC); Colic (1; APA; CRC); Congestion (1; APA); Constipation (f; CRC); Cough (2; APA; CRC; PHR; PH2); Cramp (2; APA; DEP; KOM; LAF; PH2); Dysentery (f; CRC; DEP; PH2); Dyspepsia (2; APA; CRC; KOM; PH2); Enterosis (1; PH2); Extrophy (f; CRC); Favus (f; CRC); Frigidity (f; APA); Fungus (1; LAF); Gas (1; APA; CRC; DEP; PH2; PNC); Gastrosis (1; APA; PHR; PH2); Halitosis (f; APA; CRC); Hemopareisis (f; PH2); Hernia (f; CRC); Infection (1; CRC; LAF); Insomnia (f; CRC); Lumbago (f; CRC); Morning Sickness (f; APA); Mycosis (1; LAF); Nausea (f; APA); Otosis (f; CRC); Pain (f; CRC; EFS; PH2); Paralysis (f; PH2); Parturition (f; APA); Respirosis (2; KOM; LAF; PHR; PH2); Rheumatism (f; CRC; PH2); Scabies (1; APA; CRC); Spasm (2; CRC; LAF); Stomach Distress (1; APA); Toothache (f; CRC); Water Retention (f; CRC; EFS).

Dosages (Star Anise) — 0.5–1 g powdered fruit (1 teaspoon = ~3.2 g) (BIS); 0.5–1 g seed/cup tea (HHB); 3 g herb or equivalent of 0.3 g EO (KOM; PHR; PH2).

Contraindications, Interactions, and Side Effects (Star Anise) — Class 1 (AHP). None known at proper dosage (KOM; PH2). While I consider star anise, properly identified, as safe as coffee, there are papers dealing with anethole intoxication in infants, relating the following symptoms to excess anethole ingestion: continuous crying, irritability, hypertonia, atypical ocular movements, twitching, cyanosis, and occasionally vomiting and refusal to take nourishment. They "conclude that the infusion of *Illicium verum* incorrectly administered, or in high doses, produces a neurological toxic picture," which must be considered in diagnosis. They advise against its use in infants (USDA abstract). One group has really analyzed star anise, in reporting three new toxins, that's three strikes against star anise. Possibly they were analyzing *Illicium anisatum*, namesake of the toxin anisatin. Dentifrices containing anise and/or star anise oil may cause cheilitis (dry bleeding, cracking, and peeling lips) (RIN).

STAR GRASS (*Hypoxis* sp.) ++

Synonyms: *H. hemerocallidea* Fisch. ex C. A. Mey. & Ave-Lall. and *H. rooperi* T. Moore "African Potato" and "Bantu Tulip" in PH2.

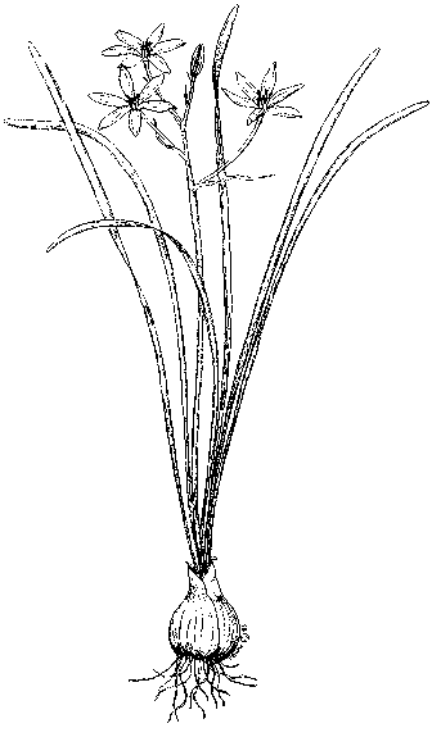
Activities (Star Grass) — Antiadenomic (1; SHT); Anticancer (1; VAG; VVG; ZUL); Antiedemic (1; SHT); Antiexudative (f; PH2); Anti-HIV (1; VVG); Antiinflammatory (1; SHT; VVG; ZUL); Antimutagenic (1; VVG); 5-Alpha-Reductase Inhibitor (1; VVG); Cytotoxic (1; VVG); Emetic (1; ZUL); Hypocholesterolemic (1; SHT); Immunomodulator (f; VAG); Laxative (1; VAG; WBB; ZUL); Prostaglandin-Synthase Inhibitor (1; PH2); Tonic (f; VAG; ZUL); Vermifuge (f; VAG); Vulnerary (f; PH2).

Indications (Star Grass) — Adenoma (1; SHT); Anxiety (f; VAG); Arthrosis (f; VAG); BPH (1; PH2; SHT; ZUL); Burn (f; VVG; WBB; ZUL); Cachexia (f; VAG); Cancer (1; VAG; VVG; ZUL); Constipation (1; VAG; WBB; ZUL); Cystosis (f; PH2; VVG); Depression (f; VAG); Dysuria (1; PH2; SHT; VVG); Headache (f; WBB; ZUL); High Cholesterol (1; SHT); HIV (1; VVG); Infection (f; VVG); Inflammation (1; SHT; VVG; ZUL); Mental Problem (f; ZUL); Orchosis (f; VAG); Palpitation (f; VAG); Pulmonosis (f; PH2); UTI (f; VAG; VVG); Rheumatism (f; VAG); Swelling (1; SHT); Vertigo (f; VVG; ZUL); Worm (f; CEB; CRC; DEP; EFS).

Dosages (Star Grass) — 60 mg beta-sitosterol/day (SHT).

Contraindications, Interactions, and Side Effects (Star Grass) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). No significant side effects were noted after 6 months (SHT). Varro Tyler cautioned against self-medication with BPH. Whenever treating BPH, a practitioner should be involved. Base-line levels of PSA should be established before considering an herbal treatment (JAD).

STAR OF BETHLEHEM (*Ornithogalum umbellatum* L.) +



Activities (Star of Bethlehem) — Poison (f; CRC).

Indications (Star of Bethlehem) — Adenopathy (f; CRC); Debility (f; CRC); Lymphosis (f; CRC).

S

STAVESACRE (*Delphinium staphisagria* L.) X

As so often in plants that I describe as too dangerous to take, many of the folk indications come from homeopathy (especially those labeled (f; HHB; PH2) below), which stresses poisonous plants in extremely high doses. Unfortunately, the naive don't always understand the homeopathic dosages. I hope the nonbotanists who wrote Commission E and the Herbal PDR have figured out the larkspurs better than I have. Otherwise, they know not of which larkspur they speak. There are more than a dozen *Consolidas* and *Delphiniums*, many called larkspurs. And don't forget the pediculicide stavesacre, *D. staphisagria* L. After wasting a day with the nomenclatorial nuances, I feel I should treat three species or lump them all into one, larkspur (*Consolida regalis* Gray (formerly *Delphinium consolida*); the slightly different rocket larkspur, *Consolida ajacis* L. Schur; and finally the stavesacre, *Delphinium staphasiagria* L., which is not covered by the USDA. All are poisonous and dangerous, and probably not reliably distinguished by nonbotanists. So it is, methinks, a bit optimistic to assume the data in the literature have been based on positive identification (i.e., better speculations than mine).

Activities (Stavesacre) — Antispasmodic (f; EFS); Arrhythmogenic (1; PH2); Emetic (f; EFS); Laxative (f; EFS); Narcotic (f; EFS); Nervine (f; EFS); Pediculicide (f; EFS); Toxic (f; EFS); Vermifuge (f; EFS).

Indications (Stavesacre) — Adenopathy (f; HHB; PH2); Alopecia (f; HHB; PH2); Anxiety (f; PH2); Body Odor (f; PH2); Blepharosis (f; HHB; PH2); Callus (f; JLH); Cancer (f; JLH); Cancer, pituitary (f; JLH); Cancer, uterus (f; JLH); Cervicosis (f; JLH); Chalazion (f; PH2); Constipation (f; EFS; PH2); Cramp (f; EFS); Cystosis (f; PH2); Debility (f; HHB; PH2); Dermatosis (f; PH2); Diabetes (f; PH2); Diarrhea (f; HHB); Dysuria (f; PH2); Edema (f; PH2); Gastrosis (f; PH2); Gonorrhea (f; HHB; PH2); Headache (f; HHB; PH2); Hypochondria (f; HHB; PH2); Hysteria (f; HHB; PH2); Impotence (f; HHB); Induration (f; JLH); Leukorrhea (f; HHB); Melancholy (f; PH2); Neuralgia (f; HHB; PH2); Neurasthenia (f; HHB; PH2); Neurosis (f; PH2); Pediculosis (1; EFS; PH2); Phymata (f; JLH); Polyp (f; JLH); Rheumatism (f; HHB; PH2); Rhinosis (f; JLH); Scrofula (f; PH2); Seborrhea (f; PH2); Senility (f; PH2); Stye (f; PH2); Swelling (f; PH2); Ulcer (f; HHB; PH2); Uterosis (f; JLH); VD (f; HHB); Worm (f; EFS).

Dosages (Stavesacre) — Use only homeopathic dilutions.

Contraindications, Interactions, and Side Effects (Stavesacre) — Not covered (AHP). 2 tsp seed leads to collapse with labored breathing, stomach pain, and weakened pulse.

STEVIA (*Stevia rebaudiana* (Bertoni) Bertoni) ++

Synonym: *Eupatorium rebaudianum* Bertoni

Activities (Stevia) — Antibacterial (f; APA); Anticariogenic (f; APA); Antidiabetic (1; APA); Antiedemic (1; HH2); Antifertility (1; APA); Antigluconeogenic (1; AMA); Antiinflammatory (1; HH2); Antiseptic (f; APA); Calcium Antagonist (1; AMA); Contraceptive (f; APA; HHB; PH2); Diuretic (1; AMA; APA; PH2); Hypoglycemic (1; APA; PH2; SYN); Hypotensive (1; AMA; APA;

HH2; PH2); Mutagenic (1; AMA; APA); Natriuretic (f; PH2); Nephrotoxic (1; AMA); Sweetener (f; APA); Vasodilator (1; AMA; APA).

Indications (Stevia) — Bacteria (f; APA); Diabetes (1; APA; HHB); Hyperglycemia (1; AMA); Hypertony (f; HH2); High Blood Pressure (1; AMA; APA; HH2; PH2); Hyperglycemia (1; APA; PH2; SYN); Inflammation (1; HH2); Swelling (1; HH2); Syndrome X (1; SYN); Water Retention (1; AMA; APA; PH2).

Dosages (Stevia) — 1–2 capsules StX (57 mg extract 85% steviosides) with beverage (NH).

Contraindications, Interactions, and Side Effects (Stevia) — Class 1 (AHP). No health hazards known with proper use as a sweetener (PH2). AMA (Alternative Medicine Alert) suggests that one byproduct of stevia metabolism may be mutagenic (APA); steviol, a metabolite of stevioside "has been found to be highly mutagenic in several *in vitro* studies" (AMA 3:13). Insufficient human data exist regarding safety in pregnancy and lactation. Hence, "pregnant and lactating patients should avoid stevia" (AMA 3:13). Limited data suggest it may be a contraceptive (APA). Stevioside is "about one hundred times sweeter than sucrose at a 10% concentration" (APA). Liquid leaf extracts significantly decrease plasma glucose levels after overnight fasting in 16 healthy adults (APA).

ST. JOHN'S-WORT
(*Hypericum perforatum* L.) ++ (Raised from CRC)

Activities (St. John's-Wort) — Analgesic (1; CAN; CRC; EFS); Anticancer (1; MAB); Antibacterial (1; FAD; MAB; PH2; VVG); Antidepressant (2; APA; BGB; CRC; PH2; SHT; WAM); Antidote (1; FNF; MAD); Antiedemic (1; CAN); Antiherpetic (1; MAB); Antiinflammatory (1; APA; FAD; PIP; PH2); Antineuralgic (f; BGB); Antiretroviral (1; APA; FAD); Antiseptic (1; HHB; PH2); Antispasmodic (f; HHB); Antiulcerogenic (1; CAN); Antiviral (2; APA; PH2; SKY; VVG); Anxiolytic (2; PH2; PNC); Aperitif (1; CAN); Astringent (f; CRC; EFS; PNC); COMT Inhibitor (f; MAB); Cholagogue (f; CRC; EFS); Digestive (f; CRC; EFS); Diuretic (f; BGB; DEP; EFS; VVG); Dopaminergic (1; MAB; PH2); Emmenagogue (f; DEM;

MAD); Expectorant (f; CRC; EFS); GABA-Reuptake Inhibitor (1; MAB); Hemostat (f; DEM; MAD); Hypotensive (1; CAN); Immunostimulant (1; CAN); MAOI (1; KOM; PHR; PH2); Melatoninergic (1; PH2); Nervine (1; EFS; MAB; WAM); Psychotropic (1; CAN); Resolvent (f; CRC); Sedative (1; CAN; FAD; MAD; PH2); Serotoninergic (1; MAB; PH2); SSRI (1; MAB; PHR; PH2); Stimulant (f; CRC); Tonic (1; CAN; CRC; WAM); Tranquilizer (1; CAN; CRC; PNC); Uterotonic (f; EFS); Vasoconstrictor (1; CAN); Vermifuge (f; CEB; CRC; DEP; EFS); Vulnerary (1; APA; MAB; WAM).

Indications (St. John's-Wort) — Adenopathy (f; CRC; JLH); Alcoholism (1; MAB); Alopecia (f; CRC); Anorexia (1; CAN); Anuria (f; CRC); Anxiety (2; APA; KOM; PH2; PNC); Apoplexy (f; MAD); Asthma (f; CRC; PH2); Bacteria (1; CRC; FAD; MAB; PH2; VVG); Bite (f; CRC); Bladder Stone (f; CEB); Bleeding (f; CRC; DEM; MAD); Bronchosis (f; CRC; PH2); Bruise (2; APA; BGB; FAD; MAB); Bunion (f; CRC); Burn (2; APA; KOM; MAD; PH2; SHT); Calcification (f; PH2); Cancer (1; CRC; MAB); Cancer, breast (f; JLH); Cancer, lymph (f; JLH); Cancer, ovary (f; JLH); Cancer, stomach (f; JLH); Cancer, uterus (f; JLH); Cardiopathy (f; MAD); Catarrh (f; CRC); Cerebrosis (f; CRC; PH2); Chickenpox (1; MAB); Childbirth (f; CRC); Cholecystosis (f; APA; FAD; PH2); Climacteric (f; MAD); Cold (f; APA; PNC); Cold Sore (1; MAB); Concussion (f; CRC); Congestion (1; APA); Crohn's Disease (f; CRC); Cough (f; APA; DEM; PNC); Coxalgia (f; CRC; MAD); Cramp (f; APA; HHB; MAD); Cut (f; FAD); Cyanosis (f; MAD); Cystosis (f; CRC); Cytomegalovirus (1; MAB); Depression (2; APA; BGB; CRC; FAD; KOM; PH2; SHT; WAM); Dermatosis (2; APA; PHR; PH2); Diarrhea (f; APA; FAD; MAB; PH2); Duodenosis (f; MAD); Dysentery (f; CRC; FAD; MAB); Dysmenorrhea (f; APA CRC; MAD; PNC); Dyspepsia (2; APA; KOM; PHR; PH2); Dysuria (f; CEB; CRC); Eczema (1; PH2); Endometriosis (f; MAD); Enterosis (f; DEM); Enuresis (f; CRC; MAB; PH2); Epilepsy (f; MAD); Epistaxis (f; DEM); Fever (f; DEM); Fibrososis (f; CAN); Flu (1; CAN); Gas (f; MAD); Gastroduodenosis (1; CAN); Gastrosis (1; CAN; CRC; PH2); Gout (f; MAD; PH2; VVG); Headache (f; CRC; MAD); Hematuria (f; CEB); Hemoptysis (f; CRC; MAD); Hemorrhagia (1; CRC; MAB); Hemorrhoid (1; APA; CRC; HHB; MAD); Hepatosis (1; CAN; MAB; MAD; MAN); Herpes (1; MAB); High Blood Pressure (1; CAN); HIV (1; CAN; JAD); Hydrophobia (f; CRC); Hysteria (f; BGB; CRC; MAB); Immunodepression (1; CAN); Impotence (f; CRC); Induration (f; CRC; JLH); Infection (1; APA; CAN; MAB); Inflammation (1; APA; CRC; FAD; PIP; PH2); Insomnia (1; CAN; CRC; FAD; FNF; MAD; PH2); Jaundice (f; CRC; MAB; MAD); Lumbago (f; MAD); Lymphosis (f; JLH); Mania (1; FNF; MAD); Mastosis (f; CRC; JLH; MAD); Melancholy (1; FNF; MAD); Menopause (1; CAN; MAB); Menorrhagia (f; MAB); Migraine (f; MAD); Myalgia (2; KOM; PHR; PH2; SHT); Neck (f; CRC); Nephrosis (f; APA); Nerve (f; CRC); Nervousness (1; APA; CAN; CRC; FAD; MAD; PH2; PNC); Neuralgia (1; BGB; CAN; MAB); Neurasthenia (f; CRC); Neurofibromatosis (f; MAD); Neurosis (1; BGB; CAN; PH2); Noctambulism (f; MAD); OCD (1; WAF); Oliguria (f; CRC); Otosis (1; SKY); Oxyurid (f; HHB); Pain (1; CAN; CRC; EFS); Paralysis (f; CRC); Parasite (f; MAB); Pertussis (f; CRC); Phthisis (f; CRC); Pulmonosis (f; APA; CEB); Rabies (f; CRC); Radiation (f; AIL); Rheumatism (1; MAB; PH2; PNC); SAD (2; MAB); Sciatica (1; CAN; CRC; MAB); Shingles (1; MAB); Snakebite (f; DEM); Sore (f; CRC; DEM; FAD); Sore Throat (f; CEB); Spine (f; CRC); Sprain (1; BGB; WAM); Staphylococcus (1; PH2); Sterility (f; DEM); Stimulant (f; EFS); Stomatosis (f; CEB); Strain (1; WAM); Streptococcus (1; PH2); Stress (1; CAN); Sunburn (1; AIL); Swelling (1; CAN; CEB; MAB; MAD); Tetanus (f; CRC); Tonsilosis (f; PH2); Tuberculosis (f; CRC); Ulcer (1; CAN; CRC; MAB; MAD); Ulcus cruris (f; MAD); Uterosis (f; JLH; MAD); VD (f; DEM); Viral Hepatitis (1; MAB); Virus (2; APA; PH2; SKY; VVG); Vitiligo (1; CRC; SKY); Water Retention (f; BGB; DEP; EFS; MAD; VVG); Worm (f; CEB; CRC; DEP; EFS; FAD); Wound (2; APA; KOM; PH2; WAM).

Dosages (St. John's-Wort) — 2–4 g dry herb (0.2–1 mg hypericin)/day (JAD); 2–5 g dry herb/day (MAB); 2–4 ml liquid herb extract (PNC); 2–4 g dry shoot, or in tea, 3 ×/day (CAN); 1–2 tsp (2–4

g flowers)/cup water 1–2 ×/day for 4–6 wk (APA); 2–4 ml liquid flowering tops extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2–4 ml flowering tops tincture (1:10 in 45% ethanol) 3 ×/day (CAN); 1–2 ml flowering tops tincture 3 ×/day (SKY); 1–2.7 mg/day hypericum (MAB); 0.2–1.0 mg total hypericin (PIP); 500 mg StX (0.2% hypericin) (SKY); 1 (430 mg) capsule (StX with 300 mg certified potency extract with at least 0.3% hypericin in a synergistic base of St. John's-Wort powder) 3 ×/day with a large glass of water (NH).

Contraindications, Interactions, and Side Effects (St. John's-Wort) — Class 2d. May potentiate MAOIs (AHP). Active ingredients may be photoactive, especially in fair-skinned people. Reichert takes it even more seriously: Although hypericum is not as strong as synthetic MAOIs, patients should still avoid the things usually avoided: high tyramine foods (smoked or pickled), alcoholic beverages, amphetamines, cold and hay fever remedies, narcotics, tryptophan, and tyrosine (I no longer believe this caveat is desirable). Do not take during pregnancy or intense sun exposure (Reichert, 1994; WAM). Commission E reports adverse effect of photosensitivity. Other sources report flowering top permitted for external use only; not to be used before exposure to sunlight (AEH). Foster (1996) is moderate, suggesting that St. John's-Wort should not be mixed with synthetic antidepressants. Because it may inhibit MAO, taking it with SSRIs, such as Prozac, could cause serious health damage. Although side effects have not been reported in clinical studies, range animals eating the plant and then standing in bright sunlight have experienced sunburn or blindness from photosensitization. This treatment option should be discussed with your health care provider (Foster, 1996). The Herbal PDR state that photodermatosis in animals usually kicks in after high doses, such as 3000 mg per kg body weight (PHR). CAN cautions that hypericin is phototoxic. "Mice given 0.2–0.5 mg of the herb were found to develop severe photodynamic effects. Delayed hypersensitivity or photodermatosis has been documented for St. John's-wort, following the ingestion of a herbal tea made from the leaves" (CAN). ESCOP recommends a limited daily intake of 1 mg total hypericin (*QRNM,* 1997:292). Because of slight uterine activity *in vitro*, its use in pregnancy and lactation is to be avoided (CAN). No contraindications or drug-drug interactions reported (PIP). A recent Internet message cautions about the potential for serotonin syndrome. Symptoms include chills, confusion, fever, myoclonus, hyperactive reflexes, myoclonus, speech difficulties, and sweating. Cannot be mixed with an SSRI. That is likely to produce serotonin syndrome—severe headache, tachycardia, and diaphoresis—which resembles neuroleptic malignant syndrome (O'Brien, 1998). Recently found to detoxify all the same drugs that grapefruit potentiates. It induces cytochrome P3A4 450, which speeds up metabolism of several drugs. Nierenberg et al., 1999 kindly remind us that, like synthetic antidepressants, this herbal antidepressant may rarely induce hypomania in manic patients. Poorly designed Loma Linda studies (Ondrizek) suggest that hypericum may interfere with fertility. But this was based on soaking "skinned human sperm" for 24 hours in hypericum tea as I recall.

Extracts (St. John's-Wort) — A StX (600 mg wit, 0.24–0.32% hypericin 3 ×/day) produced erythema in light-sensitive patients (AHP). Leaf extracts enhance mouse immune system against *Bordetella pertussis* and *Staphylococcus aureus*. Novoimanine is most effective against *S. aureus*, with water soluble imanine being more effective than imamine or sulphanilamide. Herb extracts are reportedly more active against *Escherichia, Shigella*, and *Staphylococcus* than decoctions. Catechin and flavonoid containing fractions inhibit the flu virus 83–100% (CAN). Amentoflavone is antiinflammatory and antiulcerogenic (CAN). Total flavonoid fraction is analgesic in mice (CAN). Small amounts of hypericin are tonic and tranquilizing in humans (CAN). Extracts inhibit catechol-o-methyl-transferase at 100 μ*M*, modulate interleukin-6, block corticotropin-releasing hormone, reduce the availability of serotonin receptors (IC50 = 6.2 μg/ml) and the associated inhibition of resorption of serotonin into the cell, and block MAO-A and B *in vitro* and *ex vivo*, and hypericin raises levels of melatonin, all factors that may contribute to antidepressant activity. No statistical evidence was shown in the antiinflammatory activity of the extract and hydrocortisone (*QRNM,* 1997:292). With rats the IC50 was only 6.2

µg/ml for inhibiting synaptosomal serotonin uptake (consistent with doses of 900 mg extract in humans). LD50 = >5000 mg/kg. Phototoxic reactions occur in some patients with AIDS given ivn injections of 30–40 mg hypericin. "Not suitable for use as daily sedatives of sleep aids. Preparations are no more effective than synthetic antidepressants," but they are extremely well tolerated by the patients. In observational studies or >3000 cases, there is ca. a 3% incidence of minor side effects, cf 10–25% with modern nontricyclic antidepressants (SHT). In Germany, the costs are about equal (tricyclics = 0.75 a day, hypericum 0.80 a day, cf $2.25 for nontricyclic antidepressants (SHT).

STONECROP (*Sedum acre* L.) ++

Activities (Stonecrop) — Abortifacient (f; HHB); Diuretic (f; MAD); Emetic (f; HHB); Emmenagogue (f; MAD); Hypotensive (1; HHB); Laxative (f; HHB).

Indications (Stonecrop) — Adenopathy (f; JLH); Atherosclerosis (f; HHB; MAD); Bleeding (f; HHB); Bright's Disease (f; MAD); Bronchosis (f; MAD); Burn (f; HHB; PH2); Cancer (f; MAD); Cancer, breast (f; JLH); Cancer, lymph (f; JLH); Cancer, nose (f; JLH); Cancer, skin (f; MAD); Carcinoma (f; JLH); Cardiopathy (f; MAD); Catarrh (f; MAD); Condyloma (f; JLH); Constipation (f; HHB) Corn (f; JLH); Cough (f; PH2); Dermatosis (f; FEL; MAD); Diphtheria (f; HHB; MAD); Dropsy (f; MAD); Dysentery (f; HHB; MAD); Eczema (f; PH2); Edema (f; MAD; PH2); Epilepsy (f; FEL; HHB; MAD); Fever (f; FEL; HH2); Hemorrhoid (f; HHB; MAD); High Blood Pressure (1; HHB; MAD); Hypertony (f; HHB; MAD); Jaundice (f; MAD); Lymphoma (f; JLH); Malaria (f; FEL; HHB); Mastosis (f; JLH); Nephrosis (f; MAD); Pain (f; MAD); Pharyngosis (f; MAD); Proctosis (f; MAD); Prolapse (f; MAD); Rhinosis (f; JLH); Scrofula (f; FEL); Sore (f; HHB; MAD); Sore Throat (f; HHB); Stomatosis (f; HH2; PH2); Swelling (f; MAD); Wart (f; MAD; PH2); Water Retention (f; MAD); Whitlow (f; JLH); Wound (1; MAD; PH2).

Dosages (Stonecrop) — 1 g powdered herb/day (MAD); 3 g/day (PH2); 1 tsp/cup water (PH2).

Contraindications, Interactions, and Side Effects (Stonecrop) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Not to be used in cases of GI or urinary inflammation (PH2). LD50 of alkaloid mix 50 mg/kg ipr mus (HH2).

STONEROOT (*Collinsonia canadensis* L.) ++

Activities (Stoneroot) — Antilithic (f; PH2); Antioxidant (f; FAD); Antispasmodic (f; APA; HHB); Astringent (1; APA; HHB); Carminative (1; HHB); Deodorant (f; DEM); Depurative (f; DEM); Diaphoretic (f; APA; CAN); Diuretic (1; FAD; PHR; PH2); Emetic (1; APA; DEM; FAD); Litholytic (f; CAN); Panacea (f; DEM); Sedative (f; APA); Stimulant (f; DEM); Stomachic (1; PHR; PH2); Tonic (1; APA; PHR; PH2).

Indications (Stoneroot) — Backache (f; DEM); Bladder Stone (f; APA); Bleeding (f; DEM); Boil (f; DEM); BPH (f; AKT); Bruise (f; FAD; HHB); Burn (f; FAD); Calculus (f; PHR; PH2); Cancer (f; JLH); Cancer, tongue (f; JLH); Cardiopathy (f; DEM); Colic (f; DEM); Colitis (f; AKT); Constipation (f; PH2); Cramp (f; APA; HHB); CVI (f; AKT); Cystosis (1; FAD; HHB; PH2); Debility (f; DEM); Diarrhea (f; FAD; PH2); Dropsy (f; FAD; PHR); Dysentery (f; FAD); Dyspepsia (f; FAD); Enterosis (1; PHR; PH2); Fever (f; APA; CAN); Gas (1; HHB); Gastrosis (1; AKT; PHR; PH2); Glossosis (f; JLH); Headache (f; DEM); Hematochezia (f; DEM); Hemorrhoid (f; AKT; APA; FAD; PH2); Inflammation (f; AKT; PH2); Insomnia (f; APA); Kidney Stone (f; APA); Laryngosis (f; AKT; FAD); Leg Ache (f; DEM); Listlessness (f; DEM); Lithuria (f; PH2); Mastosis (f; DEM); Nephrosis (f; CAN; FAD); Nervousness (f; APA); Pulmonosis (f; AKT); Rheumatism

(f; DEM); Sore (f; APA; FAD); Sore Throat (f; AKT); Sprain (f; FAD); Stomatosis (f; AKT); Stone (f; CAN); Swelling (f; DEM); Telangiectasia (f; AKT); Varicosis (f; AKT); Water Retention (1; FAD; HHB; PHR; PH2); Wound (f; APA; FAD; HHB).

Dosages (Stoneroot) — 1–4 g dry root, or in tea, 3 ×/day (CAN); 1–4 ml liquid root extract (PNC); 1–4 ml liquid root extract (1:1 in 25% ethanol) 3 ×/day (CAN); 30–40 drops 1:2 tincture (fresh whole root) 3–5 ×/day (AKT); 2–8 ml root tincture (1:5 in 40% ethanol) 3 ×/day (CAN); 2–8 ml root tincture (PNC).

Contraindications, Interactions, and Side Effects (Stoneroot) — Class 1 (AHP). None listed (PH2). In view of the lack of pharmacological and toxicological data, excessive use, especially during lactation and pregnancy, should be avoided (CAN). Overdose can cause colic, nausea, and pain, irritating the mucus lining of the GI tract, sometimes dizziness and strangury (APA).

STORAX (*Liquidambar orientalis* Mill.) ++

Many responsible authors (e.g., HHB & LAF), when covering species of *Liquidambar*, e.g., aggregate American Storax and Oriental Storax. Distinguishing liquidambar and storax resins seems rather difficult too. Hence, I believe that reporting separately would be rather artificial. Few people alive can guarantee the taxonomic source of the resin itself. And I suspect there are few, if any, chemical analyses based on vouchered specimens, and many more based on aggregates of miscellaneous resins.

Activities (Storax) — Antidote (f; DAA); Antiinflammatory (1; PH2); Antiseptic (1; DEP; LAF; SKJ); Astringent (f; DEP); Diaphoretic (1; PH2); Expectorant (1; DEP; EFS; FEL; LAF; SKJ); Parasiticide (f; DAA); Pectoral (f; DEP); Scabicide (f; EFS); Stimulant (f; EFS; PH2; SKJ); Suppurative (f; DEP); Tonic (f; DEP); Vulnerary (f; EFS).

Indications (Storax) — Asthma (f; FEL); Bronchosis (f; FEL; PH2); Burn (f; JLH); Cancer (f; DAA; JLH; LAF); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cancer, uterus (f; JLH); Catarrh (f; FEL); Cold (f; DAA); Convulsion (f; DAA); Cough (f; FEL; PH2); Dermatosis (f; DEP; HHB; PH2); Epilepsy (f; DAA; PH2); Fever (1; PH2); Frostbite (f; DAA); Gastrosis (; JLH); Gleet (f; FEL); Gonorrhea (f; FEL); Hepatosis (f; JLH); Induration (f; JLH); Inflammation (1; PH2); Itch (f; PH2); Lactose Intolerance (f; PH2); Leprosy (f; PH2); Leukorrhea (f; FEL); Malaria (f; DAA); Mycosis (f; FEL); Orchosis (f; DEP); Parasite (f; DAA); Phthiriasis (f; DEP); Phymata (f; JLH); Polyp (f; JLH); Pulmonosis (f; FEL); Ringworm (f; FEL); Scabies (f; DEP; EFS; FEL; HHB); Sclerosis (f; JLH); Sore (f; FEL; PH2); Sore Throat (f; DEP); Splenosis (f; JLH); Swelling (f; DEP); Syncope (f; PH2); Tinea (f; FEL); Uterosis (f; JLH); VD (f; FEL); Wound (f; DAA; PH2).

Dosages (Storax) — 10–20 grains resin (FEL).

Contraindications, Interactions, and Side Effects (Storax) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Ingestion may lead to diarrhea. Possibly allergenic (PH2). Broad topical application may lead to transdermal absorption followed by kidney damage (albuminuria or hemorrhagic nephritis) (PH2).

STRAWBERRY (*Fragaria vesca* L.) +++

Synonym: *Fragaria insularis* Rydb.

Activities (Strawberry) — Alterative (f; DAD; EFS); Antinitrosaminic (1; JNU); Antioxidant (1; JNU); Antipyretic (f; DAD); Antiseptic (f; DEM); Antitumor (f; JNU); Aphrodisiac (f; JNU); Astringent (1; CEB; EFS; PH2); Catabolic (f; KOM); Depurative (f; CEB; DAD; EFS); Discutient (f; DAD; EFS); Diuretic (f; CEB; EFS; PH2); Laxative (f; EFS); Nervine (f; EFS); Tonic (f; KOM).

Indications (Strawberry) — Anemia (f; KOM); Arthrosis (f; PH2); Blennorrhagia (f; DAD); Bronchosis (f; JFM); Calculus (f; DAD); Cancer (1; DAD; FNF; JLH; JNU); Cancer, larynx (1; FNF; JLH); Carcinoma (f; JLH); Catarrh (f; JFM; PH2); Cerebrosis (1; JNU); Chilblain (f; HHB); Constipation (f; EFS); Cystosis (f; DAD; JFM); Dementia (1; JNU); Dermatosis (f; PH2); Diabetes (f; DAD); Diarrhea (f; PH2); Dysentery (f; DAD; JFM); Dysuria (f; DAD); Enterosis (f; DAD; PH2); Fever (f; DAD; DAV; KOM); Gastrosis (f; DAD; JNU; PH2); Gingivosis (f; DAD); Gout (f; CEB; PH2); Gravel (f; PH2); Hepatosis (f; JNU; PH2); High Blood Pressure (f; DAD); Hyperuricemia (f; JFM); Impotence (f; JNU); Inflammation (f; JFM; PH2); Jaundice (f; DAV; HHB; PH2); Nephrosis (f; JFM; PH2); Neurosis (f; PH2); Night Sweats (f; KOM); Obesity (f; KOM); Odontosis (f; DAD); Rash (f; PH2); Respirosis (f; PH2); Rheumatism (f; PH2); Sore (f; DEM); Sore Throat (f; DAD; PH2); Stomatosis (f; DEM; PH2); Stone (f; PH2); Tartar (f; DAD); Tuberculosis (f; DAD); Tumor (f; JNU); Urogenitosis (f; DAD); Water Retention (f; CEB; EFS; HHB; PH2).

Dosages (Strawberry) — Fruits food farmacy (JAD); 1 g leaf/cup tea (HHB).

Contraindications, Interactions, and Side Effects (Strawberry) — Class 1 (AHP). The *Herbal Desk Reference* (PH2) is astute and kind enough to tell us not to take strawberry if one is allergic to strawberry. Shall we make that a universal template and advise allergic people not to take their allergens? Shall we take the McDonald McCopout and remind people not to drink boiling or overhot beverages, telling our readers to let their hot teas and boiling decoctions cool to a safe temperature before drinking? Ah, this litigious society of ours! Commission E reports leaf not approved for therapeutic use. "A therapeutic application cannot be recommended" (KOM). This is the same Commission E that approves dangerous bittersweet and not-so-dangerous cola and guarana. (JAD). Hypersensitivity reactions are possible, but there is no objection to the use as an admixture to herbal teas (AEH). Has many of the same tannins in the leaf as does tea; is tea (*Camellia sinensis*) really healthier than blackberry, raspberry, and strawberry leaf tea, or just better promoted and hyped?

STRAWBERRY TREE (*Arbutus unedo* L.) +

Activities (Strawberry Tree) — Antirheumatic (f; EFS); Antiseptic (f; CRC; EFS); Astringent (f; CRC); Intoxicant (f; CRC); Narcotic (f; CRC); Tonic (f; CRC).

Indications (Strawberry Tree) — Rheumatism (f; EFS); Uterosis (f; JLH); UTI (f; CRC).

STRONGBACK (*Desmodium adscendens* (Sw.) DC.) ++

Synonyms: *D. ovalifolium* Guill. & Perr., *Hedysarum adscendens* Sw., *Melibomia adscendens* (Sw.) Kuntze.

Activities (Strongback) — Antiaggregant (f; IED); Antispasmodic (1; AAB); Contraceptive (f; DAV); Lactagogue (f; DAV); Laxative (f; JFM).

Indications (Strongback) — Adenopathy (f; IED); Arthrosis (f; AAB); Asthma (1; AAB); Backache (f; AAB); Cachexia (f; JFM); Constipation (f; JFM); Convulsion (1; AAB; IED; JFM); Cramp (1; AAB); Dermatosis (f; IED); Dyspepsia (f; IED); Dysuria (f; JFM); Headache (f; AAB); Impotence (f; AAB); Infection (f; DAV); Inflammation (f; IED); Malnutrition (f; JFM); Myalgia (f; AAB); Nephrosis (f; AAB); Pain (f; AAB); Rash (f; IED); Sore (f; JFM); Tuberculosis (f; IED); Vaginosis (f; DAV); VD (f; JFM); Wound (f; JFM).

Dosages (Strongback) — 1–2 tsp dry leaf in 3 divided doses to prevent asthma (AAB); steep whole plant in rum for backache; take 0.25 glass 3 ×/day (AAB).

STROPHANTHUS, CLIMBING OLEANDER (*Strophanthus gratus* (Wall. & Hook.) Baill.) X

Synonym: *Roupellia grata* Wall. & Hook.

See also kombe, *Strophanthus hispidus* DC.

Activities (Strophanthus) — Anxiolytic (f; PH2); Cardiotonic (1; PH2); Curare (1; HDN; FNF); Digitalic (1; PH2); Diuretic (f; EFS); Negative Chronotropic (1; HDN); Negative Dromotropic (1; HDN); Pediculicide (f; HDN); Positive Bathmotropic (1; HDN); Positive Inotropic (1; HDN).

Indications (Strophanthus) — Anxiety (f; PH2); Asthma (f; MAD); Atherosclerosis (f; PH2); Bradycardia (f; HHB); Cancer (f; HDN); Cardiopathy (f; PH2); Debility (f; HDN); Gastrosis (f; PH2); Gonorrhea (f; HDN); High Blood Pressure (f; PH2); Neurodystonia (f; PH2); Stenocardia (f; HHB); Syphilis (f; HDN); VD (f; HDN); Water Retention (f; EFS).

Dosages (Strophanthus) — Don't take it except with physician guidance! (JAD); 0.5–1.5 g tincture/day (PH2); Cymarin 0.6–0.9 mg ivn man/day, 2.3–2.5 mg orl human (HDN); ouabain 0.25–0.65 mg ivn human/day, 12–48 mg/day orl human (HDN); toxic dose 143 mg/man; k-strophanthoside 0.2–1.2 mg ivn human/day, to 7.5 mg/day orl human; toxic dose 143 mg/man (HDN).

Contraindications, Interactions, and Side Effects (Strophanthus) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Side effects may include cardiac arrhythmia, headache, ophthalmia (disturbance of color vision), queasiness, stupor, and vomiting. May enhance effects and side effects with calcium salts, glucocorticoids, laxatives, quinidine, and saluretics (PH2). Powdered seeds LDlo 23–24 mg/kg ivn dog (HH2); g-strophanthidin LDlo 0.33–0.44 mg/kg ivn dog (HH2).

SUMA (*Hebanthe eriantha* (Poir.) Pedersen) ++

Synonyms: *Gomphrena paniculata* (Mart.) Moq., *Hebanthe paniculata* Mart., *Pfaffia paniculata* (Mart.) Kuntze.

Activities (Suma) — Adaptogen (f; APA); Antiascites (1; APA); Anticancer (1; APA); Antimelanomic (f; APA); Antitumor (1; APA); Antiviral (f; APA); Chemopreventive (f; APA); Immunostimulant (f; APA).

Indications (Suma) — Anemia (1; BJH111:359); Cancer (1; APA); Diabetes (f; APA); EBV (f; APA); Fatigue (f; APA); Immunodepression (f; APA); Melanoma (f; APA); Menopause (f; APA); Sickle Cell Anemia (1; BJH111:359); Stress (f; APA); Tumor (1; APA); Virus (f; APA).

Dosages (Suma) — 500–1000 mg dry herb 2–3 ×/day (APA); 1–2 (520 mg) capsules 2 ×/day (APA).

Contraindications, Interactions, and Side Effects (Suma) — Class 1 (AHP). Not covered (KOM; PHR; PH2). Once a well-known published author offered me a generous consulting fee to go through the Spanish and Portuguese literature and summarize the folk literature and information on suma for him. I had written on the plant long ago for the *Flora of Panama*, where *Pfaffia* also occurs. He came from one of the four main entry disciplines to ethnobotany and herbal medicine and medical botany, (1) anthropology, (2) botany, (3) chemistry, and (4) pharmacy/pharmacology but I'll not divulge. I gave him 4 days worth of work and found nothing. He reneged because my report was negative. Today, that scientist continues to publish, often copying without citing other ethnobotanical writers' data. And he is, what I call, one of the paid hypsters who will write a positive opinion page on a worthless herb, for a fee. Then an

unscrupulous pusher will sell that product based on Doctor Hypster's glittering report, often handed out as (pseudo) scientific literature based on Dr. Hypster's world renown. Both hypster and huckster make money while damaging the images of honest herbs and herbalists. And sometimes they threaten those who would expose the lack of credibility of some of those studies. More recently, I see that an edible plant book describes suma as "Brazilian ginseng" a promotional misnomer. "The roots have reportedly been used as a ginseng-like tonic by the Xingu tribe of Matto Grosso, Brazil for at least three hundred years" (FAC).

SUMATRA BENZOIN (*Styrax parallelonerum* Perkins) ++

Few taxonomists know the species of *Styrax* (as with *Boswellia, Commiphora, Picea, and Pinus*) even with leaves, fruits, and flowers in hand. Fewer taxonomists, if any, could positively identify isolated resin. Small wonder that many herbalists aggregate the species. AHP and HHB treat *S. benzoin* Dryand., *S. parallelonerum* Perkins, and *S. tonkinensis* (Pierre) Craib ex Hartwich in the same account. PH2 treats them separately.

Activities (Sumatra Benzoin) — Expectorant (1; PH2).

Indications (Sumatra Benzoin) — Bleeding (f; PH2); Catarrh (f; PH2); Chest Ache (f; PH2); Childbirth (f; PH2); Gastrosis (f; PH2); Pulmonosis (f; PH2); Respirosis (f; PH2); Stomachache (f; PH2); Stroke (f; PH2); Syncope (f; PH2).

Contraindications, Interactions, and Side Effects (Sumatra Benzoin) — Class 1 (AHP). None noted at normal dosage (not given) (PH2).

SUMBUL (*Ferula sumbul* (Kauffm.) Hook. f.) ++

Activities (Sumbul) — Antispasmodic (f; CRC; PHR; PNC); Aperitif (f; CRC); Emmenagogue (f; PNC); Mucostimulant (f; CRC); Narcotic (f; CRC); Nervine (f; CRC); Panacea (f; CRC); Sedative (f; CRC; PHR; PH2); Stimulant (f; CRC); Tonic (f; CRC; HHB; PNC); Tranquilizer (f; CRC); Uterotonic (f; CRC); Vermifuge (f; CRC).

Indications (Sumbul) — Amenorrhea (f; PNC); Anorexia (f; CRC); Asthma (f; CRC; PHR; PH2); Bronchosis (f; CRC; PHR; PH2); Cramp (f; CRC; PHR; PNC); Debility (f; PH2); Diarrhea (f; CRC; HHB; PH2); Dysentery (f; CRC); Dysmenorrhea (f; CRC; HHB; PH2); Heart (f; PH2); High Blood Pressure (f; PH2); Hypertony (f; CRC; HHB); Hysteria (f; CRC); Insomnia (f; CRC; PHR; PH2); Nausea (f; CRC); Nervousness (f; CRC; PHR; PH2); Neurosis (f; CRC); Pneumonia (f; CRC; PH2); Uterosis (f; CRC); Worm (f; CRC).

Dosages (Sumbul) — 0.5–4 ml liquid root extract (PNC); 2–4 ml root tincture (PNC).

Contraindications, Interactions, and Side Effects (Sumbul) — Not covered (AHP). None reported at proper dosage (not indicated) (PH2).

SUMMER CYPRESS (*Bassia scoparia* (L.) A. J. Scott) ++

Synonyms: *Chenopodium scoparia* L., *Kochia childsii* hort., *K. scoparia* (L.) Schrad., *K. scoparia f. trichophylla* (hort. ex Voss) Schinz & Thell., *K. trichophylla* hort. ex Voss.

Activities (Summer Cypress) — Anesthetic (1; X9353570); Antialcoholic (1; X9301029); Antiallergic (1; X9401725); Antiinflammatory (1; DAA; X9353570); Anti-itch (1; X9853421); Antiulcer (1; X10416830); Astringent (f; DAA); Bitter (f; FAY); Cardiotonic (f; DAA; FAY); Detoxicant (f; FAY); Diaphoretic (f; FAY); Diuretic (1; DAA; FAY); Fungicide (1; FAY); Gastroprotective (1; X10416830).

Indications (Summer Cypress) — Abscess (f; FAY); Alcoholism (1; X9301029); Allergy (1; X9401725); Carbuncle (f; FAY); Cardiopathy (f; DAA); Cold (f; DAA); Conjunctivosis (f; FAY); Dermatosis (1; DAA; FAY; X9853421); Diarrhea (f; DAA); Dysentery (f; DAA); Dyspepsia (f; DAA); Dysuria (f; DAA; FAY); Eczema (f; FAY); Fever (f; DAA; FAY); Fungus (1; FAY); Gonorrhea (f; DAA); Hernia (f; DAA; FAY); Impotence (f; DAA; FAY); Incontinence (f; DAA); Infection (1; FAY); Inflammation (1; DAA; X9353570); Itch (1; FAY; X9853421); Mycosis (1; FAY); Nephrosis (f; DAA); Neuralgia (f; DAA); Ophthalmia (f; FAY); Pain (1; FAY; X9353570); Scabies (f; FAY); Sore (f; FAY); Swelling (f; FAY); Ulcer (1; X10416830); Urethrosis (f; DAA); UTI (f; DAA); Vaginosis (f; FAY); Wart (f; FAY); Water Retention (1; DAA; FAY).

Dosages (Summer Cypress) — 3–15 g dry fruit (FAY); 30–60 g leaf for dyspepsia (FAY).

Contraindications, Interactions, and Side Effects (Summer Cypress) — Not covered (AHP; KOM; PH2). While promoted as a health food, the oxalate content could pose a threat. Various abstracts refer to toxicosis in grazing animals.

SUMMER SNOWFLAKE (*Leucojum aestivum* L.) X

Activities (Summer Snowflake) — Analeptic (1; FNF); Analgesic (1; FNF); Antiacetylcholinesterase (1; FNF); Antialzheimeran (1; FNF); Antibutylcholinesterase (1; FNF); Anticholinesterase (1; FNF); Anticurare (1; FNF); Antimyasthenic (1; FNF); Antineurotic (1; FNF); Bradycardic (1; FNF); Cholinergic (1; FNF); CNS Inhibitor (1; FNF); Emetic (1; FNF); Emollient (f; HHB); Hypnotic (1; FNF); Insecticide (1; FNF); Memorigenic (1; FNF); Myocontractant (1; FNF); Myoneurostimulant (1; FNF); Peristaltic (1; FNF); Poison (1; HHB); Secretagogue (1; FNF); Sedative (1; FNF); Sialagogue (1; FNF).

Indications (Summer Snowflake) — Alzheimer's (1; FNF); Cardiopathy (1; FNF); Insomnia (1; FNF); Myasthenia (1; FNF); Nervousness (1; FNF); Neurosis (1; FNF); Pain (1; FNF); Senile Dementia (1; FNF); Xerophthalmia (1; FNF).

Contraindications, Interactions, and Side Effects (Summer Snowflake) — Not covered (AHP; KOM; PH2). Emetic and poisonous, possibly edible after processing.

SUNDEW (*Drosera ramentacea*) ++

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One cannot tell whether the PDR entry refers only to *D. ramentacea*, or also to *D. peltata, D. madagascarensis*, and/or the Euro-American *D. rotundifolia* L. (which see, as American sundew).

Activities (Sundew) — Antiinflammatory (1; PH2); Antiprostaglandin (1; PH2); Antiseptic (1; PH2); Antispasmodic (1; PH2); Antitussive (2; KOM; PH2); Bronchospasmolytic (1; PH2); Cytostat (1; PH2); Immunostimulant (f; PH2); Secretolytic (f; PH2).

Indications (Sundew) — Asthma (f; PH2); Bronchosis (2; PH2); Corn (f; JLH); Cough (2; PH2); Cramp (1; PH2); Immunodepression (f; PH2); Inflammation (1; PH2); Respirosis (2; PH2); Wart (f; JLH; PH2).

Dosages (Sundew) — Steep 1–2 drug 10 minutes in 1 cup boiled water 3–4 ×/day (PH2).

Contraindications, Interactions, and Side Effects (Sundew) — Not covered (AHP). None (KOM; PH2). Some species are endangered.

SUNFLOWER (*Helianthus annuus* L.) +++

Synonyms: *H. annuus* subsp. *lenticularis* (Cockerell) Cockerell, *H. annuus* var. *lenticularis* Cockerell, *H. annuus* var. *macrocarpus* (DC.) Cockerell, *H. lenticularis* Douglas.

Activities (Sunflower) — Antiinflammatory (f; X8987908); Antipyretic (f; FAD; HHB); Aperitif (f; DEM); Astringent (f; FAD); Deobstruent (f; EFS); Diuretic (f; FAD; HHB; MAD); Emollient (f; EFS); Expectorant (f; EFS; FAD; MAD); Stimulant (f; HHB); Vermifuge (f; DEM); Vulnerary (f; MAD).

Indications (Sunflower) — Anorexia (f; DEM); Bite (f; FAD); Bladder Stone (f; JFM); Bronchiectasis (f; MAD); Bronchosis (f; HHB); Cancer (f; JFM; JLH); Catarrh (f; DEM); Chest Ache (f; DEM); Chill (f; MAD); Cold (f; JFM); Constipation (f; PH2; MAD); Cystosis (f; JFM); Dermatosis (f; JFM; PH2); Edema (f; JFM); Fatigue (f; DEM); Fever (f; DEM; FAD; HHB; JFM); Gangrene (f; MAD); Gastrosis (f; JFM); Heart (f; JFM); Infection (f; PH2); Inflammation (f; X8987908); Kidney Stone (f; JFM); Malaria (f; FAD; HHB; JLH); Nephrosis (f; JFM); Pain (f; DEM; JFM); Palsy (f; JFM); Psoriasis (f; PH2); Pulmonosis (f; HHB PH2); Rash (f; MAD); Respirosis (f; MAD); Rheumatism (f; PH2); Screw Worm (f; DEM); Snakebite (f; FAD); Sore (f; DEM); Sore Throat (f; MAD); Splenosis (f; MAD); Swelling (f; DEM; MAD); Thirst (f; DEM); Wart (f; DEM); Water Retention (f; FAD; HHB; MAD); Worm (f; DEM); Wound (f; PH2).

Dosages (Sunflower) — 1 tsp seed oil caused 4 day diuresis (JFM); 2 tbsp/2 hours of infusion (20 g young shoots in 200 cc sweetened water) (JFM); 20–25 drops herb tincture 2–3 ×/day (MAD).

Contraindications, Interactions, and Side Effects (Sunflower) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Pollen or plant extracts may cause allergic reactions (FAD).

SURINAM-CHERRY (*Eugenia uniflora* L.) +++

Synonyms: *E. brasiliana* (L.) Aubl., *E. michelii* Lam.

Activities (Surinam-Cherry) — Antimycotic (1; PH2); Antiseptic (1; PH2); Astringent (1; PH2); Hypolipidemic (f; PH2); Insectifuge (1; IED); Xanthine-Oxidase Inhibitor (1; PH2).

Indications (Surinam-Cherry) — Diarrhea (1; PH2); Edema (f; PH2); Enterosis (f; PH2); Fever (f; PH2); Fungus (1; PH2); Gastrosis (f; PH2); Gout (1; PH2); High Blood Pressure (f; PH2); Hyperlipidemic (f; PH2); Infection (1; PH2); Inflammation (f; PH2); Mucososis (f; PH2); Obesity (f; PH2); Ophthalmia (f; PH2); Respirosis (f; PH2); Rheumatism (f; HHB); Rhinosis (f; PH2); Stomachache (f; HHB).

Dosages (Surinam-Cherry) — Fruit is a food farmacy?

Contraindications, Interactions, and Side Effects (Surinam-Cherry) — Not covered (AHP). "Health hazards not known with proper therapeutic dosages" (PH2).

SWAMP MILKWEED (*Asclepias incarnata* L.) +

Activities (Swamp Milkweed) — Alterative (f; CEB); Cardiotonic (f; FAD; PH2); Carminative (f; CEB); Digestive (f; PH2); Diuretic (f; DEM); Emetic (f; CEB; PH2); Laxative (f; CEB; DEM); Positive Inotropic (1; PH2); Taenifuge (f; CEB); Tonic (f; FAD); Toxic (f; FAD); Vermifuge (f; CEB).

Indications (Swamp Milkweed) — Asthma (f; CEB; FAD); Back (f; DEM); Bite (f; CEB); Childbirth (f; DEM); Constipation (f; CEB; DEM); Debility (f; DEM); Dropsy (f; CEB); Dysentery (f; CEB); Dyspepsia (f; PH2); Gas (f; CEB); Heart (1; DEM; PH2); Lameness (f; DEM); Navel (f; DEM); Rheumatism (f; FAD); Snakebite (f; CEB); Syphilis (f; FAD); Tapeworm (f; CEB); Toothache (f; DEM); VD (f; FAD); Water Retention (f; DEM); Worm (f; CEB).

Contraindications, Interactions, and Side Effects (Swamp Milkweed) — Not covered (AHP). None known at proper dosage (not stated) (PH2). Potentially toxic (FAD).

SWEET ANNIE, ANNUAL WORMWOOD (*Artemisia annua* L.) ++

Activities (Sweet Annie) — Antibacterial (1; DAA; FAY); Antimalarial (2; FNF; WO3); Antiplasmodial (2; DAA; FNF); Antipyretic (1; DAA; KEB); Antitumor (1; FNF; KEB; WO3); Antiviral (2; FNF); Bitter (1; KEB); Cytotoxic (1; DAA; KEB; WO3); Herbicide (1; DAA; FNF); Immunodepressant (1; KEB); Immunostimulant (1; DAA; KEB); Parasiticide (2; DAA; KEB); Phagocytotic (1; KEB); Protisticide (1; DAA); Schistosomicide (1; X10729713); Schizonticide (1; DAA; KEB); Teratogenic (1; DAA; KEB); Viricide (1; FNF).

Indications (Sweet Annie) — Abscess (f; DAA; FAD); Bacteria (1; DAA; FAY); Boil (f; FAD); Cancer (1; FNF; KEB; WO3); Cerebrosis (f; DAA); Clonorchis (1; KEB); Cold (2; FAD); Diarrhea (f; FAD); Dysentery (f; DAA; FAD); Dyspepsia (2; FAD); Escherichia (1; FAY); Fever (1; DAA; FAY; KEB); Flu (2; FAD); Gas (1; DAA; FAD); Hemorrhoid (f; FAY); Immunodepression (1; DAA; KEB); Infection (f; FAY); Itch (f; WO3); Leishmaniasis (1; KEB); Lupus (f; KEB); Malaria (2; DAA; FAD; FNF; WO3); Malaria Prevention (2; FAD); Night Sweats (f; DAA; FAD); Ophthalmia (f; DAA); Parasite (2; DAA; KEB); Parasitemia (1; DAA); Pneumonocystis (1; KEB); Salmonella (1; FAY); Scabies (f; DAA; WO3); Schistosomiasis (1; X10729713); SLE (2; KEB); Sore (f; WO3); Staphylococcus (1; FAY); Thrombosis (f; DAA); Tuberculosis (f; DAA; FAY); Tumor (1; FNF; KEB; WO3); Virus (2; ABS; FNF); Xerostoma (f; FAY).

Dosages (Sweet Annie) — General; 4.5–9 g plant in decoction (FAY); 3 g plant juice/day for malaria (FAY); 30 g plant (dry leaf) or decoction (FAY); 10–20 g/day dry herb or 20–40 ml fluid extract (1:2) (for all KEB's Chinese posologies, these ratios apply) (KEB); higher doses suggested for malaria and lupus (KEB); 50 mg/kg artemisinin for 3 days (KEB); 300 mg/day artemisinin for 50 days for SLE or 30–54 g herb/day.

Contraindications, Interactions, and Side Effects (Sweet Annie) — My secretary, Judi, is allergic to the nonflowering material, even in a sealed envelope (JAD). May cause allergy or dermatosis (FAD).

Extracts (Sweet Annie) — Contains half a dozen or more antiviral compounds, some proven synergic. One naturopathic physician, Dr. S. Morris, on ecotour in Ngorongoro Crater, where all mosquitoes are malarial, took a tincture of *Artemisia annua* instead of chloroquine or Lariam, like the rest of us were taking for malaria prevention. None of us got malaria. Subsequently, that's what I have taken as preventive in Amazonian Peru, where even my shaman caught malaria. Whole herb is more active than artemisinin; gelatin capsules of herb is 3.5 times more effective than artemisinin for clearing parasitemia in mice. Capsules are better than chloroquine for fever and malarial symptoms (KEB). Artemisinin is slightly active against *Escherichia coli, Enterobacter* spp., *Klebsiella, Proteus* spp., *Serratia marcescens, Staphylococcus aureus, and Streptococcus faecalis* (MIC >32 μg/ml) (KEB). Perhaps doubting empirical wisdom, Klayman questions how the ancient Chinese could have recognized the antimalarial activity when it takes such a large batch of plants to produce a small amount of qinghaosu (the substance artemisinin). Perhaps the answer will be found by testing (whole-herb cold-water) extracts in human beings (DAA).

SWEET BAY (*Magnolia virginiana* L.) ++

Synonyms: *M. glauca* (L.) L., *M. virginiana* var. *australis* Sarg.

Activities (Sweet Bay) — Antiinflammatory (f; PH2; PNC); Cardioactive (f; HHB); Diaphoretic (f; PH2; PNC); Stimulant (f; PH2; PNC); Tonic (f; PH2; PNC).

Indications (Sweet Bay) — Chill (f; DEM); Cold (f; DEM; FAD); Dyspepsia (f; FEL; PHR; PH2); Epilepsy (f; FAD; HHB); Fever (f; PH2; PNC); Gastrosis (f; FEL); Inflammation (f; PH2; PNC); Malaria (f; FAD; FEL; HHB); Rheumatism (f; FAD; FEL; HHB); Typhoid (f; FEL).

Dosages (Sweet Bay) — 0.5–1 drachm bark 5–6 ×/day (FEL); 2–4 g powdered bark (PNC); 2–4 ml liquid bark extract (PNC); 1–4 fluid drachms tincture (2 oz cones/pint brandy) 3–4 ×/day (FEL).

Contraindications, Interactions, and Side Effects (Sweet Bay) — Class 1 (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

SWEET BIRCH (*Betula lenta* L.) ++

Activities (Sweet Birch) — Alterative (f; CEB); Analgesic (1; FAD); Antiinflammatory (1; FAD; SHT); Antioxidant (1; FNF); Antipyretic (1; FNF); Antiseptic (1; FNF); Aquaretic (SHT); Carminative (1; FNF); Counterirritant (1; FAD); Depurative (f; DEM); Diaphoretic (f; CEB); Diuretic (f; PIP); Pectoral (f; CEB); Tonic (f; DEM).

Indications (Sweet Birch) — Blood (f; DEM); Breast (f; CEB); Bronchosis (1; FAD); Cancer (1; FNF); Childbirth (f; DEM); Cholecystosis (1; FAD); Cold (f; CEB; DEM); Cough (f; CEB); Diarrhea (f; DEM); Dysentery (f; DEM); Dysmenorrhea (f; DEM); Dysuria (f; DEM); Enterosis (f; CEB); Fever (1; CEB; FAD; FNF); Gas (1; FNF); Gastrosis (f; DEM); Gonorrhea (f; DEM); Gout (1; FAD); Gravel (f; PIP); Infection (1; FNF); Inflammation (1; FAD; FNF; SHT); Myosis (1; FAD); Neuralgia (1; FAD); Pain (1; CEB; FAD); Pneumonia (f; DEM); Pulmonosis (1; DEM; FAD); Rheumatism (1; FAD; PIP); Scrofula (f; CEB; FAD); Sore (f; CEB); Stomachache (f; FAD); Stone (f; SHT); UTI (f; SHT); Water Retention (f; PIP).

Dosages (Sweet Birch) — 1–2 tbsp chopped leaf/cup water several ×/day (APA); 2–3 g herb several ×/day (PIP); 12 g herb/day (SHT).

Contraindications, Interactions, and Side Effects (Sweet Birch) — Class 1 (AHP). Contraindications reported as edema due to cardiac or renal insufficiency (AEH). None reported (PIP). Warning: EO is toxic and easily absorbed through the skin (FAD). Methyl salicylate, the chemical behind the aroma, with antiinflammatory and pain-killing activities, has recently been shown to enable plants to communicate with each other.

SWEET BROOM, ESCOBILLO (*Scoparia dulcis* L.) ++

Activities (Sweet Broom) — Abortifacient (f; DAV); Analgesic (1; X1841990); Antiherpetic (1; FNF; X11678658); Antiplaque (1; EMP5:209); Antipyretic (f; DAV); Antiseptic (f; DAV); Antitumor (1; FNF; X11678658); Antiulcer (1; X11678658); Antiviral (1; FNF; X11678658); Aphrodisiac (f; UPW); Astringent (f; DAV); Beta-Glucuronidase Inhibitor (1; X1294695); Contraceptive (f; DAV); Cytotoxic (1; FNF; X11678658); Depurative (f; DAV); Diaphoretic (f; JFM); Emetic (f; DAV); Emollient (f; KAB); Gastroprotective (1; X11678658); Mutagenic (1; X10052564); Orexigenic (f; UPW); Pediculicide (f; JFM); Pulicide (f; JFM); Sympathomimetic (1; X8832498); Tonic (f; JFM); Vulnerary (1; WOI).

Indications (Sweet Broom) — Ague (f; KAB); Albuminuria (1; WOI); Anemia (1; WOI); Blennorrhagia (f; KAB); Bronchosis (f; DAV); Bruise (f; JFM); Cachexia (f; UPW); Cancer (1; FNF; X11678658); Candida (f; UPW); Conjunctivosis (f; DAV); Corneosis (1; X11678658); Cough (f; DAV); Dermatosis (f; UPW); Diabetes (1; WOI); Diarrhea (f; DAV; JFM); Dysmenorrhea (1; JFM; X1841990); Dysuria (f; JFM); Earache (f; JFM); Eczema (f; JFM); Edema (f; JFM); Erysipelas (f; DAV); Fatigue (f; UPW); Fever (f; DAV; JFM); Gastrosis (f; KAB); Glycosuria (1; WOI); Gonorrhea (f; JFM); Gravel (f; WOI); Headache (f; DAV; JFM); Hemorrhoid (f; DAV); Hepatosis (f; JFM); Herpes (1; FNF; X11678658); Hyperglycemia (1; WOI); Impotence (f; UPW); Infection (1; DAV; X11678658); Infertility (f; UPW); Itch (f; UPW); Jaundice (f; JFM); Ketonuria (1; WOI); Leprosy (f; UPW); Leukorrhea (f; JFM); Lice (f; JFM); Mange (f; JFM); Marsamus (f; JFM); Metrorrhagia (f; JFM); Migraine (f; DAV); Nephrosis (f; DAV); Ophthalmia (1; DAV; WOI); Pain (1; JFM; X1841990); Pulmonosis (f; JFM); Rash (f; JFM); Retinosis (1; WOI); Sore (f; JFM); Sore Throat (f; KAB); Stomatosis (f; JFM); Tumor (1; FNF; X11678658); Ulcer (1; X11678658); VD (f; JFM); Virus (1; FNF; X11678658); Wound (1; DAV; WOI); Yellow Fever (f; JFM).

Dosages (Sweet Broom) — Handful of plant boiled in 1 liter of water for 15 minutes for refreshment; 2–4 handfuls for bathing deformed babies.

Contraindications, Interactions, and Side Effects (Sweet Broom) — Not covered (AHP; KOM; PH2). According to old sources, amellin apparently does not cause blood sugar to drop below normal; reduction of both blood sugar and urine sugar occurs gradually. Amellin reportedly raises lowered alkali reserves in diabetics and reduces iron content of serum and of blood acetone bodies. Amellin prevents tissue wastage and promotes better utilization of dietary protein. Fat in adipose tissue is reduced by amellin administration. Amellin promotes healing (WOI). I do not find amellin on PubMed. Dry plants do not exhibit the antidiabetic properties (JFM; WOI) of the fresh plant juice. Eli Lily tests showed no antidiabetic properties (JFM). Perhaps the fresh juice should be analyzed anew.

SWEET CICELY (*Myrrhis odorata* L. Scop.) +++

Activities (Sweet Cicely) — Analgesic (f; PH2); Carminative (1; EFS; FNF; PHR; PH2); Depurative (f; PHR; PH2); Digestive (1; PH2); Diuretic (1; EFS; FNF); Emmenagogue (1; EFS; FNF); Expectorant (f; HHB; PHR; PH2; PNC); Stomachic (f; PNC); Tonic (f; EFS; PHR; PNC).

Indications (Sweet Cicely) — Amenorrhea (1; FNF); Anemia (f; PNC); Asthma (f; HHB; PHR); Bite (f; PH2); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, uterus (f; JLH); Chest Ache (f; PH2); Cough (f; PNC); Dyspnea (f; HHB; PHR); Dysuria (f; HHB; PHR); Gas (1; EFS; FNF; PHR; PH2; PNC); Gout (f; HHB; PHR); Induration (f; PH2); Infection (f; PNC); Mastosis (f; JLH); Pain (f; PH2); Pharyngosis (f; PH2); Plague (f; PNC); Pulmonosis (f; PHR; PH2); Sclerosis (f; JLH); Snakebite (f; PH2); Sore (f; JLH; PH2); Sore Throat (f; PH2); Swelling (f; PHR; PH2); Uterosis (f; JLH); Water Retention (1; EFS; FNF); Wound (f; PH2).

Dosages (Sweet Cicely) — None given (PHR).

Contraindications, Interactions, and Side Effects (Sweet Cicely) — None known with proper administration (not given) (PHR).

SWEET FERN (*Comptonia peregrina* (L.) J. M. Coult.) +

Synonyms: *C. asplenifolia* (L.) L'Hér. ex Aiton, *Liquidambar peregrina* L., *Myrica asplenifolia* L.

Activities (Sweet Fern) — Astringent (1; FAD); Depurative (f; DEM); Expectorant (f; DEM); Tonic (f; DEM).

Indications (Sweet Fern) — Bleeding (f; FAD); Blister (f; DEM); Catarrh (f; DEM); Childbirth (f; DEM); Cramp (f; DEM); Cystosis (f; DEM); Dermatosis (f; FAD); Diarrhea (f; FAD); Dysentery (f; FAD); Fever (f; DEM); Flux (f; DEM); Gastrosis (f; DEM); Headache (f; DEM); Inflammation

(f; DEM); Itch (f; DEM); Leukorrhea (f; FAD); Mucososis (f; DEM); Poison Ivy (f; FAD); Pulmonosis (f; DEM); Rash (f; FAD); Rheumatism (f; FAD); Roundworm (f; DEM); Scrofula (f; DEM); Sprain (f; DEM); Stomachache (f; DEM); Swelling (f; DEM); Tuberculosis (f; DEM); Worm (f; DEM).

SWEET GALE (*Myrica gale* L.) ++

Synonyms: *M. gale* var. *tomentosa* C. DC., *M. tomentosa* (C. DC.) Asch. & Graebn.

Taxonomists sometimes have trouble distinguishing *M. cerifera* L., *M. gale* L., and *M. pensylvanica* Mirb., so I suspect the herbalists and collectors may mix them on occasion. Rafinesque, an eccentric MD, circa 1839, said that all species were equivalent from the medicinal point of view (CEB).

Activities (Sweet Gale) — Antioxidant (1; ABS); Antiviral (1; ABS); Astringent (f; PNC; PH2); Bacteristat (1; FAD; PNC); Diuretic (f; CEB; DEM; FAD); Emetic (f; CEB); Errhine (f; CEB); Expectorant (f; CEB); Fungistat (1; FAD; PNC); Hepatoprotective (f; ABS); Insecticide (f; CEB); Insectifuge (1; ABS; CEB); Narcotic (f; CEB); Sedative (1; ABS); Sialagogue (f; CEB); Stimulant (f; CEB); Stomachic (f; CEB; EFS); Toxic (1; PH2); Vermifuge (f; CEB; PHR; PH2).

Indications (Sweet Gale) — Alopecia (f; CEB); Bacteria (1; FAD; PNC); Bite (f; CEB); Bleeding (f; CEB); Boil (f; CEB); Cancer (f; JLH); Cancer, anus (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cholera (f; CEB); Colic (f; CEB); Condyloma (f; JLH); Diarrhea (f; CEB); Dermatosis (f; PH2); Dysentery (f; CEB); Dyspepsia (f; PHR; PH2); Epistaxis (f; CEB); Fever (f; CEB); Flu (1; ABS); Fungus (1; FAD; PNC); Gonorrhea (f; DEM; FAD); Headache (f; CEB); Hepatosis (f; ABS); Herpes (1; ABS); Hysteria (f; CEB); Insomnia (1; ABS); Itch (f; CEB; PHR); Metrorrhagia (f; CEB); Nervousness (1; ABS); Palsy (f; CEB); Parasite (f; EFS); Sclerosis (f; JLH); Scrofula (f; JLH); Sore (f; CEB); Sore Throat (f; CEB); Splenosis (f; JLH); Swelling (f; CEB); Toothache (f; CEB); Typhoid (f; CEB); Uterosis (f; CEB); VD (f; DEM; FAD); Virus (1; ABS); Wart (f; JLH); Water Retention (f; CEB; DEM; FAD); Worm (f; CEB; PHR; PH2).

Contraindications, Interactions, and Side Effects (Sweet Gale) — Not covered (AHP). EO is toxic (PNC). "The mixing of the plant with beer, as practiced in the Middle Ages, is said to have led to manic episodes" (PHR).

Extracts (Sweet Gale) — Methylated dihydrochalcones are bacteristat and fungistat (PNC). Myrigalone-B, from the fruits, is a potent antioxidant that inhibits lipid peroxidation. It may therefore help protect liver tissue from hepatotoxins (maybe even the alcohol in sweet-gale-beverages). Simpson et al. (1996) report antiviral activity for extracts. Influenza A virus and a bacteriophage of *Pseudomonas procyanea* were suppressed by direct contact with the extract, probably due to tannins.

SWEET GOLDENROD (*Solidago odora* Aiton) ++

With good reason, many authors have taken a generic approach to *Solidago*. EFS aggregates *S. odora* and *S. virgaurea* L. PH2 confesses that *S. canadensis* L., *C. gigantea* Aiton, and *S. virgaurea* L. have been interchangeably mixed in the market. Few of the compilers, including yours truly, could positively identify which species is in the apothecary jar, and probably none of the chemical studies are vouchered. While I have maintained citations for several species, I think the identities are all suspect.

Activities (Sweet Goldenrod) — Antispasmodic (f; EFS); Aperient (f; FEL); Astringent (f; EFS; FEL); Carminative (f; EFS; FEL); Diaphoretic (f; EFS; HHB); Digestive (f; EFS); Diuretic (f; EFS; FEL; HHB); Expectorant (f; EFS); Hemostat (f; EFS); Stimulant (f; EFS); Tonic (f; FEL); Vulnerary (f; EFS).

Indications (Sweet Goldenrod) — Amenorrhea (f; FEL); Bleeding (1; EFS); Cholera (f; FEL); Cold (f; FAD); Colic (f; FEL; HHB); Cough (f; FAD); Cramp (f; EFS; FEL; HHB); Cystosis (f; FEL); Diarrhea (f; FAD; FEL; HHB); Dropsy (f; EFS; FEL); Dysentery (f; FAD; FEL; HHB); Dysuria (f; FEL); Fever (f; EFS; FAD; HHB); Gas (f; EFS; FEL); Gastrosis (f; FEL); Gravel (f; FEL); Headache (f; FAD; FEL); Measles (f; FAD); Nephrosis (f; EFS); Neuralgia (f; FAD); Rheumatism (f; FAD); Stomachache (f; FEL); Ulcer (f; HHB); Vomiting (f; FEL); Water Retention (f; EFS; FEL; HHB).

Dosages (Sweet Goldenrod) — 1–3 drops EO (FEL); 1–2 fluid oz infusion (FEL).

Contraindications, Interactions, and Side Effects (Sweet Goldenrod) — Not covered (AHP; PH2). Might share the same contraindications as the other *Solidagos*. To be avoided by those with chronic nephrosis. May cause allergic reactions (FAD).

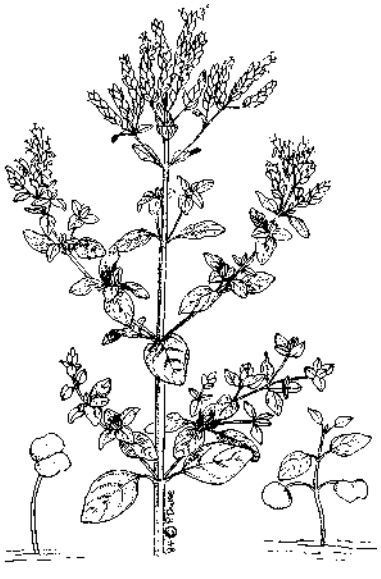
SWEET GRASS, VANILLA GRASS (*Hierochloe odorata* (L.) P. Beauv.) +++

Synonyms: *H. borealis* Roem. & Schult., *Holcus odoratus* L., *Torresia odorata* (L.) Hitchc.

Activities (Sweet Grass) — Analgesic (f; DEM); Anorectic (f; DEM); Collyrium (f; DEM); Fumitory (f; DEM); Hemostat (f; FAD).

Indications (Sweet Grass) — Bleeding (f; FAD); Cardiopathy, spiritual (1; JAD); Chafing (f; DEM; FAD); Cold (f; DEM; FAD); Congestion (f; DEM); Cough (f; DEM; FAD); Fever (f; DEM); Metrorrhagia (f; FAD); Pain (f; DEM); Parturition (f; FAD); Rhinosis (f; DEM); Sore Throat (f; DEM); VD (f; DEM); Windburn (f; DEM).

SWEET MARJORAM (*Origanum majorana* L.) +++



Synonyms: *M. hortensis* Moench, *M. majorana* (L.) H. Karst.

Activities (Sweet Marjoram) — Allergenic (f; APA); Analgesic (1; JBU); Antibacterial (1; FNF; HH2); Anticancer (1; APA); Anticonvulsant (1; FNF); Antiherpetic (1; APA); Antioxidant (1; APA); Antiseptic (1; PHR; PH2); Antispasmodic (1; APA); Antiviral (1; APA; FNF; HH2; PH2); Aphrodisiac

(f; PH2); Carminative (f; APA); COX-2 Inhibitor (1; FNF); Dermatitigenic (f; APA); Diaphoretic (f; APA); Digestive (1; APA); Diuretic (1; PHR; PH2); Expectorant (f; APA); Fungicide (f; HH2); Insecticide (1; PHR; PH2); Sedative (1; FNF); Tranquilizer (f; APA).

Indications (Sweet Marjoram) — Adenopathy (f; JLH); Alzheimer's (1; COX; FNF); Arthrosis (1; COX; FNF); Bacteria (1; FNF; HH2); Cancer (1; APA; COX; JLH); Cancer, breast (1; COX; JLH); Cancer, liver (1; COX; JLH); Cancer, pituitary (1; COX; JLH); Cancer, spleen (1; COX; JLH); Cancer, uterus (1; COX; JLH); Cholecystosis (f; PHR); Cold (1; FNF; PHR; PH2); Cold Sore (1; APA); Convulsion (1; FNF); Cough (f; PHR; PH2); Cramp (1; APA; HH2; PHR; PH2); Depression (f; PHR; PH2); Dizziness (f; PHR); Dysmenorrhea (f; APA); Enterosis (f; PHR; PH2); Escherichia (f; HH2); Fever (f; APA); Fibroid (f; COX; JLH); Fungus (f; HH2); Gas (f; APA); Gastrosis (f; PHR; PH2); Headache (f; APA; PH2); Hepatosis (f; JLH); Herpes (1; APA); Impotence (f; PH2); Induration (f; JLH); Infection (f; HH2); Influenza (1; FNF); Insomnia (1; FNF); Migraine (f; PHR; PH2); Motion Sickness (f; APA); Mycosis (1; HH2); Nervousness (1; APA; FNF); Neuralgia (f; PHR; PH2); Neurasthenia (f; PHR; PH2); Pain (1; JBU); Paralysis (f; PHR; PH2); Paroxysm (f; PHR; PH2); Polyp (1; COX; JLH); Rhinosis (1; PHR; PH2); Sclerosis (f; JLH); Sore (f; JLH); Splenosis (f; JLH); Staphylococcus (1; HH2); Stress (1; FNF); Virus (1; APA; FNF; HH2; PH2); Water Retention (1; PHR; PH2).

Dosages (Sweet Marjoram) — 0.5–1 tsp tincture up to 3 ×/day (APA); 1–2 tsp shoot/cup water 2–3 ×/day (APA; PHR).

Contraindications, Interactions, and Side Effects (Sweet Marjoram) — Class 1 (AHP). The Herbal PDR suggests use of the herb, but not the salve, is okay for infants.

SWEET POTATO (*Ipomoea batatas* (L.) Lam.) +++

Activities (Sweet Potato) — Alterative (f; DAD); Antibacterial (f; DAD); Antidiabetic (1; UPW); Antimelanomic (1; ABS); Antioxidant (f; DAD; JNU); Antitumor (1; JNU); Aphrodisiac (f; JNU); Artemicide (f; JLH); Astringent (f; DAD); Demulcent (f; DAD); Fungicide (f; DAD; UPW); Hypoglycemic (1; ZUL); Immunostimulant (1; JNU); Lactagogue (f; DAA); Laxative (f; DAA; DAD); Tonic (f; DAD; LMP).

Indications (Sweet Potato) — Asthma (f; DAD; LMP); Atherosclerosis (1; MPI); Bacteria (1; DAD; UPW); Bite (f; DAD; MPI); Bleeding (f; IED); Burn (f; DAD); Cancer (1; JNU); Cancer, lung (1; DAD); Cancer, mouth (f; JLH; JNU); Cancer, throat (f; JLH; JNU); Cardiopathy (1; MPI); Catarrh (f; DAD); Ciguatera (f; DAD); Constipation (f; DAA; DAD); Convalescence (f; DAD); Diabetes (1; LMP; UPW); Diarrhea (f; DAD); Dyslactea (f; DAD); Fever (f; DAD); Fungus (1; DAD; UPW); Gastrosis (f; DAD); High Cholesterol (1; MPI); High Triglycerides (1; MPI); Hyperglycemia (1; ZUL); Immunodepression (1; JNU); Infection (1; DAD; UPW); Melanoma (1; ABS); Miscarriage (f; UPW); Mycosis (1; DAD; UPW); Nausea (f; DAD); Nephrosis (f; DAD; LMP); Pain (f; UPW); Seasickness (f; LMP); Splenosis (f; DAD); Thirst (f; LMP); Toothache (f; UPW); Tumor (1; DAD; JNU); Whitlow (f; DAD); Wound (f; IED).

Contraindications, Interactions, and Side Effects (Sweet Potato) — Of the leaf, "Toxic substances have been reported and excessive ingestion is known to cause diarrhea, even death" (UPW). LD50 (50% ethanol extract) = >1000 mg/kg ipr mus (MPI).

SWEET-SCENTED MARIGOLD (*Tagetes lucida* Cav.) ++

Activities (Sweet-Scented Marigold) — Analgesic (1; TRA); Anesthetic (1; TRA); Antibacterial (1; TRA); Antidote, scorpion (f; JFM); Antispasmodic (1; TRA); Candidicide (1; TRA); Fungicide (1; TRA); Myorelaxant (1; TRA); Nematicide (1; TRA); Pediculicide (f; JFM).

Indications (Sweet-Scented Marigold) — Bacteria (1; TRA); Candida (1; TRA); Cholera (1; TRA); Colic (f; JFM); Cramp (1; TRA); Diarrhea (f; JFM); Dyspepsia (f; JFM); Fever (f; JFM); Fungus (1; TRA); Gastrosis (1; TRA); Gonorrhea (1; TRA); Infection (1; TRA); Lice (f; JFM); Malaria (f; JFM); Mycosis (1; TRA); Nausea (f; JFM); Pain (1; TRA); Salmonella (1; TRA); Shigella (1; TRA); Sting (f; JFM); Stomachache (1; TRA); Streptococcus (1; TRA); VD (1; TRA); Yeast (1; TRA).

Contraindications, Interactions, and Side Effects (Sweet-Scented Marigold) — LD50 = >50,000 mg/kg (TRA). Don't take it for more than 3 days (TRA).

SWEET VERNAL GRASS (*Anthoxanthum odoratum* L.) +++

Activities (Sweet Vernal Grass) — Carminative (f; HHB); Emollient (f; EFS).

Indications (Sweet Vernal Grass) — Cancer (f; JLH); Dysuria (f; PH2); Gas (f; HHB); Headache (f; PH2); Insomnia (f; PH2); Nausea (f; PH2).

Contraindications, Interactions, and Side Effects (Sweet Vernal Grass) — Not covered (AHP). None known at proper dosage. Overdose may cause dizziness and headache. Liver problems, reversible after long-term overdosage (PH2).

SWEET VIOLET (*Viola odorata* L.) ++

Activities (Sweet Violet) — Acarifuge (1; HH2); Antibacterial (1; WOI); Antiinflammatory (f; KAB); Antimycotic (1; WOI); Antipyretic (1; HH2; KAB); Antiseptic (1; EFS; HH2; PH2); Antispasmodic (f; HH2); Antitussive (f; HH2; PH2); Aperient (f; EFS); Cerebrosedative (f; KAB); CNS Depressant (f; KAB); Demulcent (f; KAB; WOI); Depurative (f; WOI); Diaphoretic (f; EFS; PH2; WOI); Diuretic (f; WOI); Emetic (1; HH2; PH2); Emollient (f; EFS; HH2; KAB; WOI); Expectorant (1; GMH; HH2; KAB; PH2; WOI); Fungicide (1; WOI); Hemolytic (1; HH2); Hypnotic (f; KAB); Hypotensive (1; WOI); Laxative (f; GMH; WOI); Myorelaxant (f; HH2); Nervine (f; EFS); Secretolytic (f; PH2); Sedative (f; EFS).

Indications (Sweet Violet) — Adenopathy (f; GMH); Ague (f; GMH; KAB); Anemia (f; MAD); Aposteme (f; JLH); Arthrosis (f; HH2; JLH; PH2); Asthma (f; HH2; KAB; PH2); Bacteria (1; WOI); Bile (f; WOI); Bleeding (1; HH2); Bronchosis (1; CEB; HH2; KAB; MAD; PH2); Bruise (f; GMH); Calculus (f; WOI); Cancer (1; HH2; JLH); Cancer, anus (f; JLH); Cancer, breast (f;

JLH); Cancer, colon (f; GMH; JLH); Cancer, intestine (f; JLH); Cancer, joint (f; JLH); Cancer, mouth (f; WOI); Cancer, sinew (f; JLH); Cancer, stomach (f; JLH); Cancer, throat (f; GMH; JLH; WOI); Cancer, tongue (f; GMH; JLH); Cancer, uterus (f; JLH); Cardiopathy (f; GMH); Catarrh (f; HH2; MAD; PH2; WOI); Chlorosis (f; MAD); Cholecystosis (f; MAD); Conjunctivosis (f; GMH); Constipation (1; FEL; GMH; WOI); Cough (f; HH2; KAB; MAD; PH2; WOI); Cramp (f; HH2; MAD); Dermatosis (f; FEL; HH2; PH2; WOI); Dyspnea (f; MAD); Dysuria (f; GMH; MAD); Eczema (1; MAD; WOI); Enterosis (f; KAB); Epilepsy (f; GMH; MAD); Exanthema (f; MAD); Fever (1; EFS; HH2; KAB; PH2; WOI); Fungus (1; CEB; WOI); Glossosis (f; JLH); Gout (f; FEL); Gravel (f; FEL; GMH); Headache (f; HH2; MAD; PH2); Hemorrhoid (f; GMH); High Blood Pressure (1; WOI); Hoarseness (f; KAB; WOI); Hypochondria (f; MAD); Hysteria (f; PH2); Induration (f; JLH); Infection (1; CEB; PH2; WOI); Inflammation (1; JLH; KAB; PH2; WOI); Insomnia (f; EFS; HH2; GMH; PH2); Jaundice (f; GMH); Leukemia (1; HH2); Lupus (f; MAD); Malaria (f; KAB; MAD); Migraine (f; HH2; PH2); Milk Crust (f; FEL); Mucososis (f; HH2; PH2); Mycosis (1; CEB; WOI); Nephrosis (f; FEL); Nervousness (f; EFS); Neurosis (f; MAD; PH2); Ophthalmia (f; MAD; WOI); Pain (f; JLH; KAB; WOI); Pertussis (f; MAD; PH2); Pharyngosis (f; PH2); Pleurisy (f; GMH); Pneumonia (f; PH2); Proctosis (f; JLH); Pulmonosis (f; GMH; WOI); Quinsy (f; GMH); Respirosis (f; HH2; PH2); Rheumatism (f; GMH; HH2; PH2); Sarcoma (1; HH2); Sclerosis (f; JLH); Scrofula (f; MAD); Sore Throat (f; GMH; KAB; PH2; WOI); Stomatosis (f; HH2; MAD; PH2); Stone (f; FEL); Syphilis (f; MAD); Ticks (1; HH2); Typhoid (f; KAB); Typhus (f; MAD); Tuberculosis (f; MAD); Uterosis (f; JLH); VD (f; MAD); Water Retention (f; WOI).

Dosages (Sweet Violet) — 1 heaping tsp flower/cup tea 1–2 ×/day (HH2); 2 tsp flower in cold or hot tea (MAD); 1 g rhizome (HH2); 4–5 g root (MAD).

Contraindications, Interactions, and Side Effects (Sweet Violet) — Class 1 (AHP). Regulated in the U.S. as an allowable flavor only in beverages (AHP). Large overdoses may impair circulation, causing dyspnea, gastrosis, and nervousness (CEB).

Extracts (Sweet Violet) — TD (extract) = >1600 mg/kg orl dog (HH2). Rutin, alone, or in combination (with aesculetin, citroflavonoids, or ascorbic acid) is "promoted for the symptoms of venous and lymphatic vessel insufficiency, for the symptomatic treatment of the functional signs of capillary fragility, to treat the functional symptoms of the acute attack of piles, and for loss of visual acuity and alterations of the field of vision presumably of vascular origin" (BRU). Rutin is not very soluble, so more soluble semisynthetic derivatives may be used identically to rutin. Rutin and its derivatives are sometimes combined with alkaloids like vincamine in proprietaries for senile cerebral insufficiency.

S

SWORD BEAN (*Canavalia ensiformis* (L.) DC.) +

Synonyms: *C. ensiformis* var. *truncata* Ricker, *Dolichos ensiformis* L.

Activities (Sword Bean) — Amyolytic (1; WO2); Antiaggregant (1; TRA); Antiallergic (1; TRA); Anticapillary Fragility (1; TRA); Antiherpetic (1; TRA); Antihistaminic (1; TRA); Antiinflammatory (2; TRA); Antimetabolic (1; WO2); Antioxidant (1; TRA); Antiviral (1; TRA); Fungicide (1; WO2); Hemolytic (1; WO2); Hypocholesterolemic (1; TRA); Mitogenic (1; WO2); Hypotensive (1; TRA).

Indications (Sword Bean) — Allergy (1; TRA); Burn (2; TRA); Capillary Fragility (1; TRA); Fungus (1; WO2); Gynecopathy (f; WBB); Herpes (1; TRA); High Blood Pressure (1; TRA) High Cholesterol (1; TRA); Infection (1; WO2); Inflammation (2; TRA); Mycosis (1; WO2); Virus (1; TRA).

Dosages (Sword Bean) — 5–10 g leaf poulticed onto burn (TRA).

SYRIAN CHRIST-THORN (*Ziziphus spina-christi* (L.) Desf.) ++

Synonym: *Rhamnus spina-christi* L.

Activities (Syrian Christ-Thorn) — Analgesic (f; CRC); Antipyretic (f; CRC); Antitumor (f; CRC); Astringent (f; CRC); Collyrium (f; CRC); Demulcent (f; CRC); Depurative (f; CRC); Emollient (f; BIB; CRC); Laxative (f; BIB; CRC); Pectoral (f; CRC); Stomachic (f; CRC); Tonic (f; CRC).

Indications (Syrian Christ-Thorn) — Abscess (f; BIB); Arthrosis (f; CRC); Bronchosis (f; CRC); Cancer (1; CRC; JLH); Cold (f; CRC); Constipation (f; BIB; CRC); Cough (f; CRC); Dermatosis (f; BIB); Fever (f; BIB; CRC); Furuncle (f; BIB); Hepatosis (f; CRC); High Blood Pressure (f; CRC); Measles (f; BIB); Ophthalmia (f; BIB; CRC); Pain (f; CRC); Rheumatism (f; CRC); Snakebite (f; BIB); Sore (f; BIB); Toothache (f; CRC); Tuberculosis (f; CRC); Tumor (1; CRC); VD (f; CRC).

SYRIAN RUE (*Peganum harmala* L.) +

Activities (Syrian Rue) — Abortifacient (f; CRC; MAD; SKJ); Algicide (1; KAP); Alterative (f; CRC; DEP; MAD); Amebicide (f; CRC); Analgesic (f; CRC; MAD); Antibacterial (1; CRC); Antiseptic (1; DEP); Antispasmodic (f; HHB); Aphrodisiac (f; CRC; DEP; MAD; SKJ); CNS Depressant (1; CRC); CNS Stimulant (1; CRC); Diaphoretic (f; CRC); Diuretic (f; CRC; MAD); Emetic (f; CRC; DEP; HHB); Emmenagogue (f; CRC; DEP; KAB; SKJ); Fungicide (1; CRC; KAB); Hallucinogen (1; CRC); Insectifuge (f; CRC); Intoxicant (f; CRC); Lactagogue (f; CRC; KAB; SKJ); Narcotic (1; CRC; SKJ); Paralytic (1; EFS); Parasiticide (1; KAP); Pediculicide (1; CRC; KAP; SKJ); Protisticide (1; CRC); Sedative (f; CRC; MAD); Sialagogue (1; CRC); Soporific (f; CRC); Stimulant (f; CRC); Uterocontractant (1; MAD); Vermifuge (1; CRC; EFS; KAB).

Indications (Syrian Rue) — Ameba (f; CRC); Amenorrhea (1; DEP; KAP); Asthma (f; CRC; MAD); Bacteria (1; CRC; KAP); Calculus (f; CRC; DEP); Cancer (f; CRC); Cholera (f; DEP); Colic (f; CRC; SKJ); Cramp (f; HHB); Dropsy (f; MAD); Dysmenorrhea (f; CRC); Fever (f; CRC; DEP; SKJ); Fungus (1; CRC; KAB; KAP); Gallstone (f; CRC; DEP); Hiccup (f; CRC; DEP; MAD); Hysteria (f; CRC; DEP); Infection (1; CRC; DEP; KAB); Insomnia (f; CRC; MAD); Jaundice (f; CRC; KAB); Laryngosis (f; CRC; KAP); Lice (f; CRC; MAD; SKJ); Lumbago (f; DEP; MAD); Malaria (1; CRC; EFS; KAB; KAP); Mycosis (1; CRC; KAB; KAP); Nervousness (f; CRC; MAD); Neuralgia (f; CRC; KAB); Ophthalmia (f; CRC; MAD); Pain (f; CRC; KAB; MAD); Palsy (f; DEP); Paralysis (f; MAD); Parasite (1; KAP); Parkinson's Disease (1; CRC; EFS); Prolapse (f; CRC); Rheumatism (f; CRC; DEP); Sore (f; DEP); Syphilis (f; CRC); Tapeworm (f; KAB; KAP; SKJ); Urethrosis (f; DEP); Urogenitosis (f; CRC); VD (f; CRC; DEP); Water Retention (f; CRC; MAD); Womb (f; CRC); Worm (1; CRC; EFS; KAB).

Dosages (Syrian Rue) — 30 grains to 2 drachms herb for analgesic (DEP); 15–30 ml herb 1:20 infusion, 2–4 ml herb 1:10 tincture (HHB).

Contraindications, Interactions, and Side Effects (Syrian Rue) — Not covered (AHP; KOM; PH2). Large doses may cause abortion, depression, emesis, and hallucination (DEP). Toxic drug (HHB).

T

TALL BUTTERCUP (*Ranunculus acris* L.) +

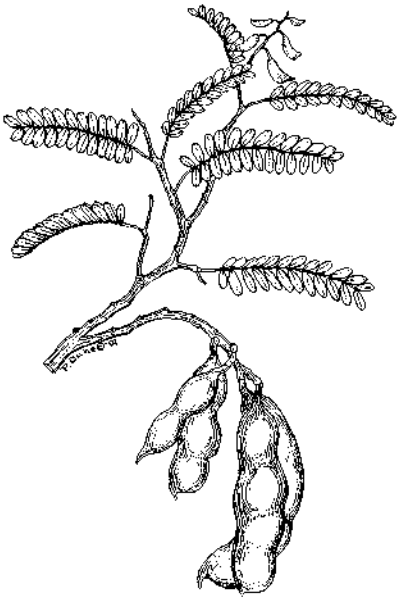
Felter (1898) says, and I agree after spending the day compiling on buttercups (not daffodils), that "*R. acris* L., *R. repens* L., *R. sceleratus* L. and *R. flammula* L., may be indifferently substituted, the one for the other."

Activities (Tall Buttercup) — Allergenic (1; FNF); Antibacterial (1; WOI); Antiseptic (1; WOI); Antiviral (1; WOI); Irritant (1; FNF); Lacrimatory (1; WOI); Vermifuge (1; WOI); Vesicant (1; WOI).

Indications (Tall Buttercup) — Abscess (f; DEM); Arthrosis (f; FAD); Blood (f; DEM); Bacteria (1; WOI); Blister (f; PH2); Boil (f; DEM; FAD); Bronchosis (f; HHB; PH2); Cancer (f; JLH; MIC); Candida (1; DEM; WOI); Cold (f; DEM); Conjunctivosis (f; HHB); Corn (f; JLH); Dermatosis (f; PH2); Diphtheria (1; WOI); Escherichia (1; WOI); Gonorrhea (f; HHB); Gout (f; HHB); Halitosis (f; WOI); Headache (f; MIC); Infection (1; WOI); Mucososis (f; HHB); Neuralgia (f; FAD; HHB; PH2); Phobia (f; MIC); Pleurosis (f; HHB); Rheumatism (f; FAD; HHB; PH2); Staphylococcus (1; WOI); VD (f; HHB); Virus (1; WOI); Wart (f; JLH); Wen (f; JLH); Worm (1; WOI); Yeast (1; WOI).

Contraindications, Interactions, and Side Effects (Tall Buttercup) — Not covered (AHP). Avoid (FAD). Very acrid, causing burning of mouth and mucous membranes; blistering skin. Protoanemonin antibacterial (against Gram-positive and Gram-negative, *Candida*, diphtheria toxin, *Escherichia, and Staphylococcus*) antiviral, cytopathogenic, vesicant, and vermicide (WOI). Closely related *R. sceleratus* contains the vasoconstrictor serotonin, with six other tryptamine derivatives and "two unidentified anti-5-hydroxytryptamine derivatives".

TAMARIND (*Tamarindus indica* L.) +++



Activities (Tamarind) — Analgesic (1; DEP); Antibacterial (1; AAB; APA; TRA); Antioxidant (1; TRA); Antipyretic (1; APA; EFS; SUW); Antiseptic (1; APA; DAD); Antispasmodic (1; TRA); Antiviral (1; AAB); Aperient (1; PHR); Aperitif (f; MAD); Astringent (1; IHB; JFM; WBB); Candidicide (1; APA); Carminative (f; DEP; SKJ; SUW); Cicatrizant (f; WBB); Diaphoretic (f; DAD); Digestive (f; SUW); Emetic (f; DAD); Fungicide (1; AAB; APA); Hepatotropic (1; TRA); Lactagogue (f; DEP); Laxative (1; APA; DAD; IHB; JFM; PH2; RYM; SUW); Schistosomicide (1; AAB; APA); Tonic (f; JFM); Vasodilator (1; TRA); Vermifuge (1; APA; DEP; KAB; SKJ).

Indications (Tamarind) — Abscess (f; WBB); Adenopathy (f; JLH); Alcoholism (f; PH2); Amenorrhea (f; KAB; WBB); Anorexia (f; KAP; MAD); Apoplexy (f; DEP); Arthrosis (f; DAD); Asthma (f; DAD; KAB; WBB); Bacteria (1; AAB; APA; TRA); Biliousness (f; DEP; KAB; SUW; WOI); Bite (f; AAB); Bleeding (f; JFM; KAP; MAD; RYM); Body Odor (f; KAB); Boil (f; AAB; DAD; DEP; IHB; WOI); Cancer (f; JLH; KAB); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Cancer, gland (f; JLH); Cancer, spleen (f; JLH); Cancer, uterus (f; JLH); Cancer, vagina (f; JLH); Candida (1; APA); Chill (f; DAD; JFM); Cholecystosis (1; HH2; PHR; PH2); Cholera (1; AAB); Cold (f; JFM); Colic (f; AAB); Conjunctivosis (f; DAD; IHB; JFM; KAB); Constipation (1; APA; DAD; IHB; JFM; PH2; RYM; SUW); Cough (f; JFM; SKJ); Cramp (1; TRA); Dermatosis (f; AAB; IHB); Diabetes (f; JFM); Diarrhea (1; APA); Dizziness (f; HH2); Dysentery (f; DAD; DEP; JFM; WBB); Dysmenorrhea (f; MAD); Dyspepsia (f; KAB; SKJ); Dysuria (f; GMH; KAB); Earache (f; KAB); Eczema (f; MAD); Edema (f; WOI); Enterosis (f; WBB); Erysipelas (f; DAD); Escherichia (1; APA); Fever (1; APA; DAD; EFS; HH2; JFM; PHR; PH2; SUW); Fungus (1; AAB; APA); Furuncle (f; WBB); Gas (f; DEP; SKJ; SUW); Gastrosis (f; KAB); Gingivosis (f; DAD; WBB); Gonorrhea (f; WBB); Hangover (f; DEP; PH2, TGP); Headache (f; MAD); Heartburn (f; MAD); Heatstroke (f; DEP; SKJ); Hemorrhoid (f; DAD; DEP; PH2; WBB); Hepatosis (f; HH2; KAB; PHR; PH2); Infection (1; AAB; APA; DAD); Inflammation (f; DAD; DEP); Intoxication (f; DAD; DEP; KAB; PH2); Itch (f; MAD); Jaundice (1; DAD; JFM; MAD; TRA; WBB); Leprosy (f; DAD; WBB); Leukorrhea (f; MAD); Malaria (f; DAD; WBB); Measles (f; JFM); Morning Sickness (f; AAB; APA); Mucososis (f;

IHB); Myalgia (f; SKJ); Mycosis (1; AAB; APA); Nausea (1; APA); Ophthalmia (f; DAD); Pain (1; DEP; JFM); Paralysis (f; DAD; KAB); Pharyngosis (f; PH2); Pulmonosis (f; DAD); Rash (f; AAB); Respirosis (f; DAD); Rheumatism (f; DAD; IHB; WBB); Ringworm (1; APA; KAB); Salmonella (1; AAB); Scabies (f; KAB); Schistosomiasis (1; AAB; APA); Smallpox (f; KAB); Snakebite (f; KAB; WBB); Sore (f; AAB; IHB); Sore Throat (f; AAB; DEP; JFM); Splenosis (f; JLH); Staphylococcus (1; AAB; APA); Sting (f; SKJ); Stomachache (f; PH2; SKJ); Stomatosis (f; IHB; KAB; PH2); Swelling (f; HH2; KAB; WOI); Syphilis (f; SKJ); Ulcer (f; DAD); UTI (f; DAD; TRA); Uvulosis (f; KAB); VD (f; WBB); Vertigo (f; HH2; KAB); Virus (1; AAB); Vomiting (f; PH2); Worm (1; APA; DAD; DEP; KAB; SKJ); Wound (f; AAB; IHB; WBB); Yeast (1; APA).

Dosages (Tamarind) — 1–3 g fruit pulp (KAP); 4–8 g fruit pulp/day (APA; PNC); 4–30 g fruit pulp (HHB); 10–50 g tamarind paste (HH2; PHR; PH2); 1–2 g powdered seed (KAP).

Contraindications, Interactions, and Side Effects (Tamarind) — Class 1 (AHP; JAD, 1997). None reported (PHR). Generally regarded as safe (APA). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Reportedly kills *Aspergillus niger, Bacillus subtilis, Candida albicans, Escherichia coli, Schistosoma mansoni*, and *Staphylococcus mansonii* (APA).

TANGERINE (*Citrus reticulata* Blanco) +++

Synonym: *C. nobilis* Andrews.

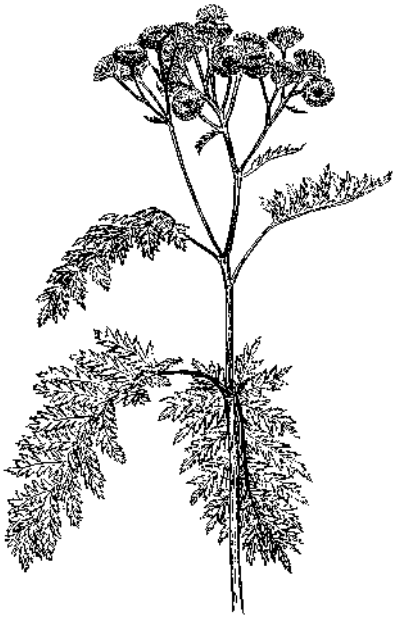
Activities (Tangerine) — Antibacterial (1; FNF); Anticancer (1; FNF); Antiemetic (f; SKJ); Antimetastatic (1; AKT); Antiseptic (f; SKJ); Antispasmodic (1; FNF); Antiviral (1; FNF); Aphrodisiac (f; SKJ); Aromatic (1; JFM); Astringent (f; SKJ); Candidicide (1; FNF); Decongestant (1; JFM); Digestive (AKT; JFM; PHR); Expectorant (1; AKT; FNF); Fungicide (1; JFM; WOI); Gastrogogue (1; AKT); Laxative (f; SKJ); Mucolytic (f; AKT); Myorelaxant (1; AKT); Secretagogue (1; AKT); Sedative (1; FNF); Stimulant (f; SKJ); Thermogenic (1; FNF); Tonic (f; SKJ; WO2).

Indications (Tangerine) — Alzheimer's (1; FNF); Bacteria (1; FNF); Cancer (1; AKT; FNF); Candida (1; FNF); Cold (1; FNF); Cramp (1; FNF); Congestion (1; JFM); Constipation (f; AKT; SKJ); Cough (f; AKT); Diabetes (f; JFM); Diarrhea (f; AKT); Dysentery (f; AKT); Flu (1; FNF); Fungus (1; JFM; WOI); Hiccup (f; AKT); Infection (1; JFM; WOI); Insomnia (1; FNF); Jaundice (f; WO2); Mastosis (1; AKT); Mycosis (1; JFM; WOI); Nausea (f; AKT); Nervousness (1; FNF); Obesity (1; FNF); Pulmonosis (f; AKT); Sore Throat (f; WO2); Thrush (f; WO2); Virus (1; FNF); Vomiting (f; AKT; SKJ); Yeast (1; FNF).

Dosages (Tangerine) — Fruit is food farmacy; 3–9 g powdered peel/day (AKT); peel of 3 tangerines boiled 10 minutes in 1 liter water; 1 tsp chopped rind/cup water; 20 drops tincture 3 ×/day has been suggested for orange peel *Citrus aurantium* (APA).

Contraindications, Interactions, and Side Effects (Tangerine) — Class 1 (AHP). Not covered (KOM; PHR). Coumarins may photosensitize and may interact with other antiaggregants. Convulsions, enteric colic, and even death are reported in children following ingestion of large amounts of orange peel (AHP, speaking of *C. aurantium*, not this species, but the same chemicals, hence warning should prevail. 1997). Tangeretin may interfere with tamoxifen. Peel oil has proven antifungal activity. Peel contains the decongestant synephrine, probably synergistic with caffeine as a thermogenic. Peel is rich in limonene, with much promise in anticancer activity.

TANSY (*Tanacetum vulgare* L.) ++



Synonyms: *Chrysanthemum vulgare* (L.) Bernh., *Tanacetum boreale* Fisch. ex DC.

Activities (Tansy) — Abortifacient (1; CRC; PHR; PH2); Analgesic (1; APA; CAN); Antibacterial (1; APA; TAD); Antiedemic (f; PH2); Antiencephalitic (1; APA); Antifeedant (1; HH3); Antiseptic (1; DEM; FNF; HH3; PH2); Antispasmodic (1; APA; CAN; MAD); Antitumor (1; APA; CAN; CRC); Antiulcer (1; PH2); Antiviral (1; APA); Aperitif (1; APA; CAN; MAD); Ascaricide (1; CRC; WOI); Bitter (1; PNC); Carminative (f; CAN); Choleretic (1; APA; CAN); Contraceptive (f; DEM); Dermatitigenic (1; APA); Diaphoretic (f; CRC; DEM); Digestive (1; CAN); Emmenagogue (1; APA; PNC); Enterotonic (1; CAN); Fungicide (1; APA; TAD); Hypocholesterolemic (1; CAN); Immunostimulant (1; APA); Insecticide (1; CRC); Insectifuge (1; APA; PH2; TAD); Lipolytic (f; APA); Narcotic (f; CRC); Nephrotonic (f; GMH); Nervine (f; CRC); Pain (1; APA; CAN); Phototoxic (1; PH2); Pulicide (f; CRC); Sedative (f; CRC); Stimulant (f; CRC); Stomachic (f; CRC; MAD); Swelling (f; PH2); Tonic (1; DEM; PNC); Uterotonic (1; AHP); Vermifuge (1; APA; CRC; PHR; PH2); Vulnerary (f; CRC).

Indications (Tansy) — Ague (f; CRC; GMH); Amenorrhea (f; CRC; FEL; PNC); Anorexia (1; APA; CAN; DEM; MAD; PH2); Arthrosis (f; HH3; PH2); Ascaris (1; CRC; WOI); Backache (f; DEM); Bacteria (1; APA; TAD); Bone (f; DEM); Bruise (f; CRC; DEM; PH2); Burn (f; CRC); Cancer (1; APA; CAN; CRC; JLH); Candida (1; HH3); Catarrh (f; FEL); Childbirth (f; FEL); Cholecystosis (1; CRC; APA); Chorea (f; CRC); Cold (f; CRC); Colic (f; DEM); Cramp (1; APA; CAN; MAD); Debility (f; DEM; FEL); Dermatosis (f; MAD); Diarrhea (f; DEM); Diphtheria (f; FEL); Dizziness (f; DEM); Dropsy (f; CRC; WOI); Dysmenorrhea (f; CRC; FEL; MAD); Dysuria (f; FEL); Encephalosis (1; APA); Enterosis (f; MAD; PH2); Epilepsy (f; CRC); Escherichia (1; HH3); Fever (f; CRC; DEM; PH2); Freckle (f; CRC); Fungus (1; APA; TAD); Gas (f; CAN; MAD; PHR; PH2); Gastrosis (f; CRC; DEM; PH2); Gout (f; CRC; HH3; MAD; PH2); Headache (f; APA; CRC); Hematachezia (f; DEM); Hepatosis (f; APA; CRC; WOI); High Cholesterol (1; CAN); Hydrophobia (f; CRC); Hysteria (f; CRC; MAD); Immunodepression (1; APA); Infection (1; APA; DEM; FNF; PH2; TAD); Inflammation (f; CRC; FEL); Insomnia (f; CRC); Itch (f; APA); Jaundice (f; MAD); Leukorrhea (f; CRC); Malaria (f; HH3; MAD; PH2);

Migraine (f; APA; PHR; PH2); Miscarriage (f; DEM); Mycosis (1; APA; TAD); Nausea (1; PNC); Nematode (1; APA); Nephrosis (f; CRC; DEM; GMH); Nervousness (f; CRC); Neuralgia (f; APA; PHR; PH2); Neurosis (f; APA; CRC); Nephrotonic (f; GMH); Ophthalmia (f; CRC); Osteoporosis (f; DEM); Otosis (f; DEM); Pain (f; HH3; PH2); Palpitation (f; CRC); Paralysis (f; CRC); Pinworm (1; APA); Proctosis (f; APA); Rheumatism (f; APA; CRC; HH3; PHR; PH2); Roundworm (1; APA); Scabies (f; APA; PNC); Sciatica (f; CRC); Shigella (1; HH3); Sore (f; CRC); Sore Throat (f; DEM; FEL); Spasm (f; CRC); Sprain (f; GMH; PH2); Staphylococcus (1; HH3); Stomachache (f; CRC); Strabismus (f; CRC); Strangury (f; FEL); Streptococcus (1; HH3); Sunburn (f; CRC); Swelling (f; CRC; MAD; PH2); Tendinitis (f; CRC; JLH); Toothache (f; CRC; MAD); Tuberculosis (f; CRC); Tumor (1; APA; CAN; CRC); Ulcer (1; PH2); Uterosis (f; MAD); Vertigo (f; DEM; HH3; MAD; PH2); Virus (1; APA); Worm (1; APA; CAN; CRC; HH3; PHR; PH2); Wound (f; DEM; MAD; PH2); Yeast (1; HH3).

Dosages (Tansy) — Should not be used (APA); 2–4 g powdered seed (MAD); 1–2.5 g flower several ×/day (MAD); 2 tsp (~4 g) flower in hot tea (MAD); 1–2 g dry herb, or in tea, 3 ×/day (CAN); 1–2 ml liquid herb extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2–8 ml liquid herb extract (PNC).

Contraindications, Interactions, and Side Effects (Tansy) — Class 2b, 3. Commission E reports flower and herb are not permitted for therapeutic use. Contains EO with neurotoxic thujone in such amounts that normal doses may already be toxic (AEH). CAN cautions that thujone in the volatile oil can cause severe gastrosis and convulsions. Documented fatalities have been mainly associated with ingestion of the oil (LD50 = 1150 mg/kg orl), but fatalities are reported with infusions and powders. Oil should not be used internally or externally (10 drops of oil is potentially fatal (CRC)), even the tea has been fatal (thujone may likely be responsible). Because of abortifacient and uterine activity caused by the thujone in the oil, its use in pregnancy and lactation is to be avoided. Contact dermatosis has been documented. May interfere with hypoglycemic and liver therapy. Therapeutic window only 2:5 (cf digitalis 1:2) (CAN). "The potential toxicity of this plant outweighs its benefits." The lethal dosage is approximately 15–30 g oil (HH3; PH2).

Extracts (Tansy) — Camphor, sabinene (especially), thujone and sabinene chemotype ethanolic extracts are strongly antibacterial against Gram-positive *Bacillus* and *Staphylococcus* (100–200 mg/ml). Thujone type EO is effective against *Bacillus, Escherichia*, and *Staphylococcus* at 100 μg/ml), umbellulone type at 100–150 μg/ml (HH3). Teas and ethanolic extracts clinically stimulate bile in patients with gallbladder and liver problems, increasing appetite and digestion while alleviating pain. I frequently include tansy in my after dinner herbal liqueur, but don't recommend it to anyone else.

TANSY RAGWORT (*Senecio jacobaea* L.) X

Madaus rightly or wrongly says that *S. jacobaea* L. and *S. vulgaris* L. have the same effects. So most of the MAD entries below have also been transcribed to *S. vulgaris,* and may really belong only there.

Activities (Tansy Ragwort) — Antiperistaltic (1; HHB); Antispasmodic (f; EFS); Carcinogenic (1; AEH; PH2); Depurative (f; EFS); Detergent (f; EFS); Diaphoretic (f; EFS); Emmenagogue (f; EFS); Hemostat (f; EFS; MAD); Hepatotoxic (1; AEH; PH2); Laxative (f; EFS); Pectoral (f; EFS); Poison (1; PH2).

Indications (Tansy Ragwort) — Amenorrhea (f; MAD); Anemia (f; HHB; MAD; PH2); Arthrosis (f; PH2); Bleeding (f; EFS; MAD); Catarrh (f; MAD); Cerebrosis (f; MAD); Chlorosis

(f; MAD); Colic (f; EFS); Constipation (f; EFS); Cramp (f; EFS); Cystosis (f; HHB; MAD); Depression (f; MAD); Diabetes (f; MAD); Diarrhea (f; HHB; MAD); Dysmenorrhea (f; HHB; MAD; PH2); Dysuria (f; PH2); Fever (f; EFS); Gastrosis (f; HHB); Gout (f; MAD); Headache (f; HHB; MAD; PH2); Hemorrhoid (f; MAD); High Blood Pressure (1; HHB); Inflammation (f; PH2); Jaundice (f; MAD); Mastosis (f; MAD); Neurosis (f; MAD); Pain (f; HHB; MAD; PH2); Phthisis (f; MAD); Plethora (f; MAD); Pregnancy (f; HHB); Rheumatism (f; PH2); Scab (f; MAD); Sore (f; MAD); Spine (f; MAD); Tuberculosis (f; PH2); Urogenitosis (f; MAD); Uterosis (f; MAD); UTI (f; PH2).

Dosages (Tansy Ragwort) — Do not take it (JAD); 1 part herb:5 ethanol (10%) fruit topical application (HH2; PH2); 2 g herb tincture several ×/day up to 15 g (MAD); 1–3 g fluid herb extract (MAD); 40–60 g herb juice (MAD).

Contraindications, Interactions, and Side Effects (Tansy Ragwort) — Not covered (AHP). Use of *Senecio* species can result in potentially fatal hepatic veno-occlusive disease (VOD) in humans, with symptoms of abdominal pain and vomiting with ascites. Contains pyrrolizidine alkaloids (PAs) in considerable amounts and varieties, which can be carcinogenic, hepatotoxic, and mutagenic. PAs are toxic to humans, with liver damage with cirrhosis and ascites, or seneciosis, or VOD reported in almost all cases of severe or fatal intoxications, from intakes of 0.5 mg/kg to 3.3 mg/kg (AEH1). LD50 (mixed alkaloids) = 140 mg/kg orl rat (HH2).

TAPIOCA (*Manihot esculenta* Crantz) +

Synonyms: *Jatropha dulcis* J. F. Gmel., *J. manihot* L., *Manihot aipi* Pohl, *M. dulcis* (J. F. Gmel.) Pax, *M. flabellifolia* Pohl, *M. manihot* (L.) Cockerell, *M. melanobasis* Müll. Arg., *M. utilissima* Pohl.

Activities (Tapioca) — Antiseptic (f; CRC); Aperient (f; CRC); Cyanogenic (1; CRC); Demulcent (f; CRC); Diuretic (f; CRC); Hemostat (f; DAV); Piscicide (1; CRC); Poison (1; CRC); Sedative (f; JFM).

Indications (Tapioca) — Abscess (f; CRC); Angina (f; CRC; JFM); Arthrosis (f; IED); Ascariasis (f; CRC); Ascites (f; CRC); Bite (f; CRC); Bleeding (f; DAV); Boil (f; CRC); Chill (f; DAV); Condyloma (f; CRC); Conjunctivosis (f; CRC; IED); Dermatosis (f; DAV); Diarrhea (f; CRC; DAV); Dysentery (f; CRC); Eczema (f; CRC); Erysipelas (f; CRC); Fever (f; DAV; IED); Flu (f; CRC; JFM); Hernia (f; CRC); Hepatosis (f; CRC; JFM); Infertility (f; DAV); Inflammation (f; CRC); Insomnia (f; JFM); Marasmus (f; CRC); Mastosis (f; JFM); Myosis (f; DAV); Nervousness (f; JFM); Neuralgia (f; CRC); Ophthalmia (f; CRC); Orchosis (f; CRC); Pain (f; CRC; IED); Prostatosis (f; CRC); Rheumatism (f; CRC); Scabies (f; CRC; DAV); Sore (f; CRC); Snakebite (f; CRC; JFM); Spasm (f; CRC); Sycosis (f; CRC); Toothache (f; CRC); Tumor (f; CRC; JLH); Water Retention (f; CRC); Whitlow (f; CRC).

Contraindications, Interactions, and Side Effects (Tapioca) — Not covered (AHP; KOM; PHR). 36 drops of bitter cassava juice killed a man in 6 convulsive minutes (IED).

TARRAGON (*Artemisia dracunculus* L.) +++

Synonym: *A. glauca* Pall. ex Willd.

Tendencies are to lump *A. dranunculoides* (Russian tarragon), the "inferior one," according to those more connoisseur than I, with the more elegant French tarragon, *A. dracunculus*. HH2 speaks of German tarragon with 0.25–3.1% EO and Russian tarragon with 0.1–2.1%.

Activities (Tarragon) — Allergenic (1; FAD); Analgesic (1; APA); Antibacterial (1; APA; WO3); Anticapillary Fragility (1; CRC; FNF); Antiinflammatory (1; CRC); Antipyretic (f; CRC); Antispasmodic (1; CRC); Aperitif (1; CRC; FAD; PHR; PH2); Carminative (f; CRC); Diuretic (f; APA); Emmenagogue (f; APA; CRC); Fungicide (1; WO3); Genotoxic (f; WO3); Hypnotic (f; CRC); Stomachic (f; CRC); Tumorigenic (1; APA); Vermifuge (f; CRC).

Indications (Tarragon) — Anorexia (1; APA; CRC; FAD; PHR; PH2); Arthrosis (f; APA); Atherosclerosis (1; CRC); Bacteria (1; APA; WO3); Biliousness (f; WO3); Bite (f; CRC; GMH); Bruise (f; FAD); Cancer (f; JLH); Cancer, sinew (f; JLH); Capillary Fragility (1; CRC; FNF); Cold (f; FAD); Cramp (1; CRC); Diabetes (1; CRC); Diarrhea (f; FAD); Dysmenorrhea (f; APA); Edema (1; CRC); Fever (f; CRC); Fungus (1; WO3); Gas (f; CRC); Headache (f; FAD); Heart (1; CRC); High Blood Pressure (1; CRC); Infection (1; WO3); Inflammation (1; CRC); Insomnia (f; APA); Mycosis (1; WO3); Pain (1; APA); Parturition (f; FAD); Rheumatism (f; APA); Sting (f; CRC); Stroke (1; CRC); Swelling (f; CRC); Toothache (1; APA; CRC; GMH); Tumor (f; CRC); Water Retention (f; APA); Worm (f; CRC); Wound (f; FAD).

Dosages (Tarragon) — 1–2 tsp leaf/cup to 3 ×/day (APA).

Contraindications, Interactions, and Side Effects (Tarragon) — Class 1. 81% of EO may be estragole (AHP). Contains one compound that is carcinogenic in mice (APA). Pregnant women might avoid (APA)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). LD50 (ill-defined extract) = 215 mg/kg ipr mus (HH2).

TEATREE (*Melaleuca alternifolia* (Maiden & Betche) Cheel) ++

Australians rarely agree with our taxonomy for teatree. And they should know.

Activities (Teatree) — Antibacterial (1; APA; JAD; PH2; SKY); Antiseptic (2; APA; JAD; PH2; WAM); Antispasmodic (f; PNC); Antiviral (1; JBU; PH2); Candidicide (1; APA); Diaphoretic (f; PNC); Expectorant (f; PED); Fungicide (1; APA; PH2; SKY; WAM); Pediculicide (f; APA); Rubefacient (1; PED); Trichomonicide (1; APA).

Indications (Teatree) — Acne (1; APA; JAD; PH2; SKY); Arthrosis (f; APA); Athlete's Foot (1; APA; JAD; SKY); Bacteria (1; APA; JAD; PH2; SKY); Bite (f; PH2); Boil (1; APA); Bruise (f; APA); Bug Bite (f; APA; PH2); Bunion (1; APA); Burn (f; APA; PH2); Callus (1; APA); Candida (1; APA; JAD; SKY); Cold (1; PED); Colitis (f; PH2); Corn (1; APA); Cramp (f; PNC); Cystosis (1; APA); Dandruff (f; APA); Dermatosis (1; APA; PH2; WAM); Fever (f; PNC); Fungus (1; APA; JAD; PH2; SKY; WAM); Gingivosis (f; PH2); Headache (f; PED); Infection (1; APA; JAD; PH2; SKY; WAM); Mucososis (f; PH2); Myalgia (f; APA); Mycosis (1; APA; PH2; SKY; WAM); Odontosis (f; PH2); Onychosis (1; JAD; WAM); Pediculosis (f; APA); Pharyngosis (f; PH2); Respirosis (f; PH2); Sinusosis (f; PH2); Sore (1; APA); Stomatosis (1; APA; PH2); Sunburn (f; APA); Tonsilosis (f; PH2); Toothache (f; PED); Vaginosis (1; APA; JAD; SKY); Varicosis (f; APA); Virus (1; JBU; PH2); Wart (f; APA); Wound (1; APA); Yeast (1; APA).

Dosages (Teatree) — Topical as directed StX (>30% terpinen-4-ol <15% cineole); 0.05–0.2 ml cajuput oil (PNC); 0.3–2 ml cajuput spirit (PNC).

Contraindications, Interactions, and Side Effects (Teatree) — Not covered (AHP). None at designated doses (PH2). Topical and vaginal irritation have been reported, but the "topical use of the oil has not generally been associated with toxicity." Still, "the topical use ... cannot be recommended at this time" (*LRNP,* January 1991). As with most EOs, this one may induce dermatosis in sensitive individuals. Naturopaths Yarnell and Meserole (1996) caution that tea tree oil "must not be applied to allergic dermatosis (eczema) because it will make this condition worse." For external use only with small children, diluted 1 to 2 drops tea tree oil to 1 tsp of another oil (almond, olive, etc.) (WAM). Not for internal use (WAM). Overdosage (10 ml in child) led to confusion and discoordination, 70 ml led to coma (PH2).

TEAWEED (*Sida rhombifolia* L.) ++

Activities (Teaweed) — Analgesic (f; DAV); Antibacterial (1; AAB; TRA); Antiinflammatory (f; TRA); Antipyretic (f; JFM); Antiseptic (1; DAV; TRA); Aphrodisiac (f; DAV); Demulcent (f; IED); Diuretic (f; IED; JFM); Emmenagogue (f; DAV); Emollient (f; IED; WBB); Expectorant (f; AAB); Fungicide (f; AAB); Lactagogue (f; DAV; JFM); Sedative (f; IED); Stomachic (f; IED); Tonic (f; JFM).

Indications (Teaweed) — Adenopathy (f; IED); Alcoholism (f; JFM); Alopecia (f; DAV); Bacteria (1; AAB; TRA); Biliousness (f; DAV); Boil (f; DAV); Bronchosis (f; JFM); Bug Bite (f; JFM); Burn (f; DAV); Catarrh (f; JFM); Childbirth (f; IED); Conjunctivosis (f; DAV); Cough (f; AAB); Dermatosis (f; DAV; JFM); Diarrhea (f; IED); Dysmenorrhea (f; JFM); Dyspepsia (f; DAV; IED; JFM); Dyspnea (f; DAV); Dysuria (f; AAB); Enterosis (f; JLH; JFM); Epilepsy (f; IED); Fever (f; IED; JFM); Fungus (1; AAB; IED); Gastrosis (f; DAV); Gonorrhea (f; AAB; DAV); Headache (f; IED); Hemorrhoid (f; DAV; JFM); Hepatosis (f; JFM); Impetigo (f; DAV); Infection (f; AAB; IED); Inflammation (f; TRA); Insomnia (f; IED); Leukorrhea (f; DAV); Lupus (f; DAV; JFM); Malaise (f; IED); Mycosis (1; AAB); Nausea (f; IED); Nephrosis (f; DAV); Nervousness (f; IED); Pain (f; DAV; JFM); Phthisis (1; JFM); Pregnancy (f; IED);

Prolapse (f; IED); Pulmonosis (f; IED); Rheumatism (f; DAV; WBB); Snakebite (f; DAV; WBB); Sore (f; DAV); Sprain (f; AAB); Staphylococcus (1; AAB); Thrush (f; DAV); Tuberculosis (1; DAV; JFM); Tumor (f; DAV; JLH); Ulcer (f; DAV); Urethrosis (f; DAV; JFM); Uterosis (f; IED); UTI (f; DAV); VD (f; IED); Water Retention (f; DAV; IED; JFM); Wound (f; DAV).

Dosages (Teaweed) — 1 cup fresh leaf/3 cups water, boil 5 minutes; 1 cup before each meal (AAB).

TEMU LAWAK (*Curcuma xanthorrhiza* Roxb.) ++

Very closely related to zedoary. Important in Indonesian Jamu.

Activities (Temu Lawak) — Antiinflammatory (1; COX; FNF); Antitumor (1; PHR; PH2); Aperitif (2; PHR); Carminative (f; HHB); Cholagogue (1; BRU); Choleretic (2; BRU; HHB; KOM; PH2); Cox-2 Inhibitor (1; FNF; JAD); Emmenagogue (f; IHB); Litholytic (f; PH2); Stomachic (f; HHB); Tonic (f; IHB).

Indications (Temu Lawak) — Alzheimer's (1; COX; FNF; JAD); Amenorrhea (f; IHB); Anorexia (2; PHR; PH2); Arthrosis (1; COX; FNF; JAD); Cancer (1; COX; FNF; PHR; PH2); Childbirth (f; IHB); Cholecystosis (2; PHR; PH2); Dyspepsia (2; KOM; PH2); Enterosis (f; BRU); Fullness (f; PH2); Gallstone (f; IHB); Gas (1; HHB; PH2); Gastrosis (1; BRU); Hepatosis (2; HHB; IHB; PHR; PH2); Inflammation (1; COX; FNF); Jaundice (f; HHB); Pain (1; COX; FNF); Rheumatism (1; COX; IHB); Stone (f; IHB; HHB; PH2); Tumor (1; PHR; PH2).

Dosages (Temu Lawak) — 2 g rhizome (KOM; PHR); rhizome tea (0.5 tsp/cup water) 2–3 ×/day (PHR).

Contraindications, Interactions, and Side Effects (Temu Lawak) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Commission E reports contraindications: biliary obstruction; adverse effects: GI irritation from continued use (AEH; KOM; PH2).

THORN APPLE (*Datura inoxia* Mill.) X

Activities (Thorn Apple) — Amnesiagenic (f; CRC; WOI); Analgesic (f; CRC; WOI); Anesthetic (f; CRC); Antispasmodic (f; CRC); Demulcent (f; CRC); Expectorant (f; CRC); Intoxicant (f; WBB); Narcotic (f; CRC); Sedative (f; CRC).

Indications (Thorn Apple) — Asthma (f; CRC; SKJ); Boil (f; CRC); Bronchosis (f; CRC); Cough (f; CRC); Cramp (f; CRC); Dandruff (f; CRC); Earache (f; CRC); Hemorrhoid (f; CRC); Hydrophobia (f; SKJ); Insomnia (f; CRC); Motion Sickness (f; CRC; SKJ); Nervousness (f; CRC); Ophthalmia (f; CRC; SKJ); Pain (f; CRC; WOI); Parkinsonianism (f; CRC; SKJ); Phthisis (f; CRC); Pyorrhea (f; CRC); Seasickness (f; CRC); Sore (f; CRC); Spasm (f; CRC); Tumor (f; CRC).

Contraindications, Interactions, and Side Effects (Thorn Apple) — Not covered (AHP). Narcotic hallucinogen and hypnotic. See *D. stramonium* (CRC). Used by shamans, sometimes with fatal results; children have become intoxicated after sucking the nectar (WBB).

THREE-LEAVED CAPER (*Crataeva nurvala* Buch.-Ham.) +

Activities (Three-Leaved Caper) — Antiinflammatory (1; KEB); Aperitif (1; WOI); Astringent (f; WOI); Bitter (1; WOI); Cholagogue (f; WOI); Contraceptive (f; SKJ); Demulcent (f; WOI); Hepatotonic (f; WOI); Laxative (f; WOI); Litholytic (2; KEB); Natriuretic (1; KEB); Rubefacient (f; WOI); Tonic (f; SKJ).

Indications (Three-Leaved Caper) — Alopecia (f; SKJ); Anorexia (1; WOI); Bladder Problem (2; KEB); Bladder Stone (2; KEB); BPH (2; KEB); Calculi (2; KEB); Constipation (f; WOI); Dysuria (f; SKJ); Enuresis (1; KEB); Hydrocele (f; SKJ); Incontinence (1; KEB); Inflammation (1; KEB); Kidney Stone (2; KEB); Nephrosis (2; KEB); Orchosis (f; SKJ); Puerperium (f; SKJ); Sore (f; SKJ); Stone (2; KEB); UTI (2; KEB).

Dosages (Three-Leaved Caper) — 15–25 g dry bark or root bark (KEB); 5–10 ml 1:2 extract (KEB).

Contraindications, Interactions, and Side Effects (Three-Leaved Caper) — Not covered (AHP; KOM).

THUJA, WHITE CEDAR (*Thuja occidentalis* L.) +

Synonyms: *T. occidentalis* var. *fastigiata* H. Jaeger, *T. occidentalis* var. *nigra* L. H. Bailey, *T. occidentalis* var. *pyramidalis* Zederb.

Activities (Thuja) — Abortifacient (f; PH2); Analgesic (f; LAF); Anaphrodisiac (f; CEB); Antibacterial (1; EFS; FNF; PH2); Antiseptic (f; CEB); Antiviral (1; LAF; PH2); Convulsant (1; LAF; PH2); Counterirritant (1; LAF); Cytotoxic (1; HH2); Depurative (f; CEB; EFS); Diaphoretic (f; CEB; EFS); Diuretic (f; LAF); Emmenagogue (1; EFS; LAF); Expectorant (1; LAF); Fungicide (f; LAF); Hypotensive (1; LAF); Immunostimulant (1; LAF; PH2; PNC); Insectifuge (f; CEB); Lactagogue (f; CEB); Phagocytotic (1; LAF); Secretagogue (f; CEB); Spasmogenic (1; PH2); Stimulant (f; EFS; PNC); Tonic (f; CEB); Toxic (1; HH2); Uterotonic (1; LAF); Vermifuge (1; CEB; EFS; LAF).

Indications (Thuja) — Amenorrhea (1; CEB; HH2; PH2; PNC); Angina (f; HH2); Arthrosis (f; FAD; PHR; PH2); Bacteria (1; EFS; FNF; PH2); Bleeding (f; CEB); Blepharosis (f; HH2; PH2); Blood (f; DEM); Body Odor (f; DEM); Bronchosis (1; FAD; HH2; PHR); Bruise (f; DEM); Bug Bite (f; LAF); Burn (f; CEB; DEM; PH2); Cancer, anus (f; JLH); Cancer, bladder (f; JLH); Cancer, breast (f; JLH); Cancer, hand (f; JLH); Cancer, mucus (f; JLH); Cancer, penis (f; JLH); Cancer, skin (f; JLH); Cancer, vulva (f; JLH); Cardiopathy (f; HH2; PH2); Caries (f; DEM); Catarrh (f; HH2); Childbirth (f; DEM); Coccyx (f; DEM); Cold (f; DEM; FAD); Colic (f; DEM); Condylomata (1; CEB; JLH; PHR); Conjunctivosis (f; HH2; PH2); Cough (f; DEM; FAD; LAF); Cystosis (f; HH2; JLH; PH2; PNC); Depression (f; PH2); Dermatosis (f; DEM; LAF; PH2); Dysentery (f; CEB); Dysmenorrhea (f; CEB; DEM); Dyspepsia (f; PH2); Enuresis (f; HH2; PH2); Epithelioma (f; JLH); Fever (f; CEB; EFS; LAF); Fracture (f; DEM); Fungus (f; LAF); Gout (f; HH2; LAF; PH2); Headache (f; CEB; DEM; FAD); Hematochezia (f; CEB); Hemorrhoid (f; FAD); Herpes (1; PHR; PH2); High Blood Pressure (1; LAF); Immunodepression (1; LAF; PH2; PNC); Incontinence (f; FAD); Infection (f; DEM; FAD; LAF; PH2); Malaria (f; CEB); Mucososis (f; PH2); Myalgia (1; PHR; PH2); Mycosis (1; FAD; LAF); Nephrosis (f; HH2; PH2); Neuralgia (f; CEB; HH2; PHR; PH2); Otitis media (f; PH2); Pain (f; CEB; DEM; LAF); Paralysis (f; CEB; DEM); Pertussis (f; HH2; PH2); Pharyngosis (f; HH2); Polyp (f; JLH); Pneumonia (f; DEM); Prostatosis (f; FAD); Psoriasis (f; HH2; PH2); Pulmonosis (f; CEB); Rash (f; DEM); Rheumatism (f; CEB; HH2; LAF; PH2); Sciatica (f; CEB); Smallpox (f; DEM); Sore (f; DEM; FAD); Sore Throat (1; PHR; PH2); Sprain (f; DEM); Streptococcus (f; PH2); Swelling (f; CEB; DEM; MIC); Syncope (f; CEB; DEM); Toothache (f; CEB; DEM); Tracheosis (f; PH2); Tuberculosis (f; CEB; DEM); VD (f; CEB; JLH); Virus (1; LAF; PH2); Wart (f; JLH; LAF); Water Retention (f; LAF); Worm (1; CEB; EFS; LAF); Wound (f; DEM).

Dosages (Thuja) — 1–2 g 3 ×/day (HH2); 2–4 ml liquid extract (PNC); taken only occasionally (AHP); for rheumatic pain, Native Americans mix dry powder of 4 parts polypody with 1 part ground cedar cones, with warm water, as a poultice, separated from the body with a cloth to prevent the attendant burning (CEB).

Contraindications, Interactions, and Side Effects (Thuja) — Class 2b. Abortifacient, emmenagogue/uterostimulant (AHP). Approved for food use in the U.S. only if it is thujone free (may contain 6500 ppm thujone (AHP). Not approved by Commission E (KOM; PHR). Cedar leaf oil is suspected to have emmenagogue and uterotonic activity, should be avoided in pregnancy. Following attempted abortion, patient may experience diarrhea, hemorrhage of the mucous membranes, queasiness, vomiting, even fatality (PHR).

THYME (*Thymus vulgaris* L.) +++

Activities (Thyme) — Abortifacient (f; CRC); Allergic (1; APA); Analgesic (1; APA; CAN; CRC); Antiallergic (1; MAB); Antialzheimeran (1; COX; FNF); Antianaphylactic (1; BGB; MAB); Antiarthritic (1; COX; FNF); Antibacterial (2; KOM; PIP; PH2; WAM); Anticancer (1; COX; FNF); Anticellulitis (1; TRA); Anticariogenic (1; MAB); Anticomplementary (1; BGB; MAB); Antiedemic (f; BGB); Antienuretic (1; CAN); Antiinflammatory (1; APA; BGB; COX; FNF; WAM); Antimutagenic (1; MAB; TAD); Antioxidant (1; MAB; PED); Antipyretic (1; CAN; WHO); Antiseptic (1; PIP; WAM; WHO); Antispasmodic (2; BGB; TRA; PH2; WAM; WHO); Antithyroid (1; APA); Antitussive (1; CAN; PNC; TRA; WHO); Antiulcer (1; MAB); Aperitif (f; CRC); Ascaricide (1; HH2); Astringent (PED); Bronchospasmolytic (2; BGB; KOM; PIP); Calcium Antagonist (1; TRA; WHO); Carminative (1; APA; BGB; MAD; PNC); Choleretic (1; TRA); Cicatrizant (1; TRA); CNS Depressant (1; TRA); COX-2 Inhibitor (1; COX; FNF); Decongestant (1; APA); Deodorant (1; CRC; MAB; PHR); Dermatitigenic (1; APA); Diaphoretic (f; APA; JFM); Digestive (1; APA; CRC); Diuretic (f; APA; CRC); Emmenagogue (1; FEL; MAD; WHO); Expectorant (2; KOM; MAB; PH2; TRA; WAM); Eupeptic (1; TRA); Fungicide (1; CAN; MAB; WHO); Hyperemic (1; APA); Hypolipidemic (1; MAB); Hypotensive (1; CAN); Immunostimulant (1; TRA); Insecticide (1; HH2); Mucogenic (1; CRC; WHO); Myorelaxant (1; MAB; TRA; WAF); Nervine (f; CRC); Pectoral (f; CRC); Phagocytotic (1; TRA); Respirosis (1; APA; CAN); Rubefacient (1; APA; CRC; MAB); Secretolytic (f; CRC; MAD); Secretomotor (1; CAN; CRC; MAD; WHO); Sedative (f; JFM; WHO); Stimulant (f; CRC); Tonic (f; CRC); Tracheorelaxant (1; CRC; MAB); Urinary Antiseptic (f; PHR); Vermifuge (1; APA; BGB; CAN; CRC; HH2; PED; TRA).

Indications (Thyme) — Abscess (f; BGB); Allergy (1; MAB); Alopecia (1; MAB); Alzheimer's (1; COX; FNF); Anaphylaxis (1; BGB; MAB); Anemia (f; CRC); Anorexia (f; APA; CRC); Arthrosis (1; COX; FNF; MAB); Ascaris (1; HH2); Asthma (f; CAN; CRC; MAD); Athlete's

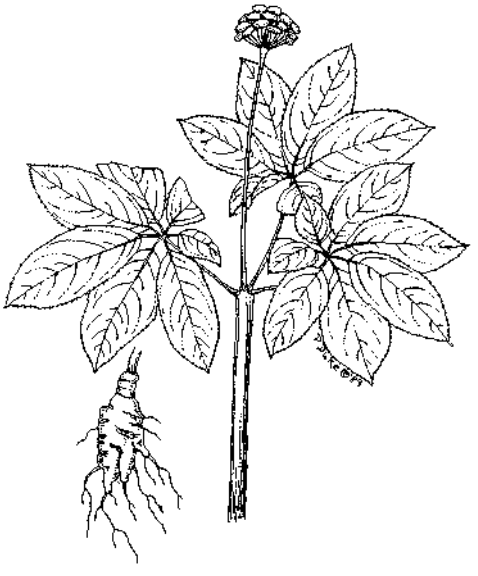
Foot (1; APA); Bacteria (2; CAN; HH2; JFM; KOM; PIP; PH2; WAM); Bronchosis (2; KOM; PH2; PIP; WHO); Bruise (f; APA; CRC); Callus (f; CRC); Cancer (1; COX; CRC; FNF; JNU; MAB; TAD); Cancer, colon (1; COX; CRC); Cancer, liver (1; COX; CRC); Cancer, spleen (1; COX; CRC; JLH); Cancer, stomach (1; COX; CRC; JLH); Caries (1; MAB); Catarrh (2; APA; KOM; PH2; PIP); Childbirth (f; MAD); Chlorosis (f; MAD); Cold (1; CRC; WHO); Colic (1; CRC; FEL; MAB); Colitis (1; MAB); Congestion (1; APA); Cough (2; FEL; MAB; PHR; PH2; WAM); Cramp (2; BGB; CRC; MAB; TRA; PH2; WAM; WHO); Croup (f; MAD); Debility (f; CRC); Depression (f; APA); Dermatosis (1; MAB; PH2; WHO); Dermatomyososis (1; MAB); Diabetes (f; CRC); Diarrhea (f; CAN; CRC; MAB); Dislocation (f; HH2); Dysmenorrhea (1; FEL; MAB; WHO); Dyspepsia (1; CAN; CRC; PH2; WHO); Dyspnea (f; BGB); Enterosis (1; CRC; JLH; MAB); Enuresis (1; CAN); Escherichia (1; HH2); Fatigue (f; APA); Fever (1; APA; CAN; CRC; JFM; TRA; WHO); Fungus (1; CAN; JFM; MAB; WHO); Gas (1; APA; BGB; CRC; FEL; MAD; PNC); Gastrosis (1; APA; BGB; CAN; CRC; MAB; PH2); Gingivosis (1; CRC; WHO); Gout (f; BGB; CRC); Halitosis (1; BGB; CRC; MAB); Headache (f; CRC; FEL); Heart (f; CRC); Hepatosis (f; JLH); High Blood Pressure (1; CAN); Hysteria (f; FEL); Hookworm (1; JFM); Immundepression (1; TRA); Induration (f; JLH); Infection (1; CAN; HH2; JFM; MAB; WHO); Inflammation (1; COX; FNF; PH2; WAM); Insomnia (f; JFM; WHO); Itch (f; PH2); Kaposi's Sarcoma (1; MAB); Laryngosis (1; CAN; CRC; PH2; WHO); Leprosy (f; CRC; MAD); Leukorrhea (f; CRC); Lichen sclerosis, vulval (1; MAB); Melancholy (f; CRC); Mucososis (1; MAB); Myalgia (1; MAB); Mycosis (1; APA; CAN; HH2; MAB; WHO); Nerve (f; TRA); Nervousness (f; JFM; WHO); Neuralgia (1; MAB); Neurosis (f; CRC); Obesity (1; MAB; TRA); Onychosis (1; MAB); Pain (1; APA; CAN; CRC); Paronychia (1; MAB); Pediculosis (1; APA); Pertussis (2; KOM; PH2; PIP; WHO); PMS (f; APA); Pulmonosis (f; CRC); Respirosis (2; KOM; PH2; PIP; WHO); Rheumatism (1; APA; CRC; FEL; MAB); Scarlet Fever (f; CRC); Sciatica (f; CRC); Scleroderma (1; MAB); Sclerosis (f; CRC); Scrofula (f; MAD); Snakebite (f; CRC); Sore (f; CRC; JLH); Sore Throat (1; APA; CRC; MAB; PH2); Spasm (f; CRC); Splenosis (f; CRC; JLH); Sprain (f; APA; CRC); Staphylococcus (1; HH2); Stomatosis (1; BGB; PH2; WHO); Streptococcus (1; HH2); Stress (f; APA); Swelling (f; BGB); Tonsilosis (1; CAN; MAB; PH2; WHO); Trichinosis (1; MAD); Tumor (1; CRC; FNF); Ulcer (1; MAB; MAD); Uterosis (f; CRC); Vulvosis (1; MAB); Wart (f; BGB; CRC; JLH); Water Retention (f; APA; CRC); Worm (1; APA; BGB; CAN; CRC; HH2; PED; TRA) Wound (1; PH2; TRA).

Dosages (Thyme) — 2–4 tbsp fresh leaf (PED); 3–6 g dry leaf (PED); 4.5 g dry leaf:22 ml alcohol/23 ml water (PED); 1 tsp herb/cup water 1–3 ×/day (APA); 1–2 g herb/cup several ×/day (KOM; PIP); 3 tsp (~7.2 g) herb in hot tea (MAD); 1–4 g dry herb, or in tea, 3 ×/day (CAN); 1–2 g herb in tea 1-several ×/day (children 1 year old to adults) (WHO); 0.5–1 g herb in tea (children up to 1 year old) (WHO); 1 tsp herb syrup several ×/day (APA); 0.6–4.0 ml liquid herb extract (CAN; PNC); 2–6 ml fluid herb extract (1:2)/day (MAB); 1–2 g fluid herb extract (PIP); 4–8 ml thyme elixir (CAN; PNC); 2–6 ml thyme tincture (1:5 in 45% ethanol) 3 ×/day (CAN); 5–15 ml herb tincture (1:5)/day (MAB); 0.05–0.3 ml herb EO (PNC).

Contraindications, Interactions, and Side Effects (Thyme) — Class 1 (AHP). None known (KOM; WAM). CAN cautions that thymol in the volatile oil can irritate the GI tract and mucous membranes (CAN). Others caution that thyme is an emmenagogue and suggest that the EO be avoided in pregnancy. Toxic symptoms reported for thymol include cardiac arrest, cheilitis coma, convulsions, dizziness, gastralgia, glossosis, headache, hyperemia, inflammation, nausea, respiratory arrest, and vomiting. Thyme oil should not be taken straight, and not applied straight topically. There are no known problems with the use of thyme during pregnancy and lactation, provided the doses do not greatly exceed the amounts used in foods (AHP; CAN). Like any EO, that of thyme, like that of rosemary, can be toxic in large quantities, causing irritations to the

intestines, kidneys, skin, and stomach. Michael Castleman raises a cautionary flag I don't remember seeing elsewhere, "Children under age two should not be given medicinal preparations of thyme, and people with thyroid problems should seek their health-care provider's advice before taking medicinal doses" (Castleman, 1996). Of course, some people say children under 2 should not be given any medicine. PHR gives us an EO warning template, "Where large skin injuries or acute skin illnesses, severe feverish or infectious diseases, cardiac insufficiency or hypertonia are present, entire-body baths should be carried out only following consultation with a doctor, no matter what the active agent is" (PHR). Thyme toothpastes can cause cracks in the corners of the mouth and a swollen tongue (APA).

TIENCHI (*Panax pseudoginseng* Wall. var. *notoginseng* (Burkill) G. Hoo & C.J. Tseng) ++



Synonyms: *Aralia quinquefolia* var. *notoginseng* Burkill, *Panax notoginseng* (Burkill) F. H. Chen ex C. Y. Wu & K. M. Feng.

Activities (Tienchi) — Adaptogen (f; CRC; SHB); Anabolic (1; KEB); Analgesic (1; APA; CRC; KEB); Androgenic (1; KEB); Antiaggregant (1; AKT; SHB); Antiarrhythmic (1; APA; KEB); Antibacterial (1; DAA); Anticancer (1; CRC); Anticomplement (f; SHB); Antiedemic (1; APA; KEB); Antihepatosis (1; SHB); Antiinflammatory (1; APA; CRC; KEB); Antiischemic (1; KEB); Antiitch (1; SHB); Antioxidant (1; SHB); Antitumor (1; DAA); Antiulcer (1; SHB); Antiviral (1; SHB); Astringent (1; CRC; DAA); Bitter (1; AKT; KEB); Calcium Antagonist (1; AKT; KEB); Cardioprotective (1; APA; KEB); Cardiotonic (1; APA; KEB); Circulostimulant (f; APA; SHB); Cytotoxic (1; SHB); Detoxicant (f; AKT); Discutient (f; CRC); Hemostat (1; APA; CRC; KEB); Hepatoprotective (f; SHB); Hyperglycemic (1; KEB); Hypocholesterolemic (1; KEB); Hypoglycemic (1; AKT; SHB); Hypotensive (1; APA; KEB); Hypotriglyceridemic (1; SHB); Immunomodulator (1; APA; KEB); Immunotonic (f; SHB); Interferonigenic (1; SHB); Lipolytic (f; AKT); Myocardiorelaxant (1; AKT); Myorelaxant (1; AKT); Propecic (1; SHB); Sedative (1; CRC; DAA); Tonic (f; AKT; DAA); Vasodilator (1; APA; KEB); Vulnerary (f; AKT; CRC; DAA).

Indications (Tienchi) — Alopecia (1; SHB); Altitude Sickness (f; AKT); Angina (2; KEB); Arrhythmia (1; AKT; APA; KEB); Atrial Fibrillation (1; KEB); Bacteria (1; DAA); Bleeding (1; AKT; APA; CRC; KEB); Bruise (1; CRC; KEB); Cancer (1; AKT; CRC; DAA); Cancer, skin (1; AKT); Cardiopathy (1; AKT; APA; KEB; SHB); Colic (f; APA; KEB); Diabetes (1; AKT); Dysmenorrhea (f; CRC); Edema (1; APA; KEB; SHB); Embolism (f; AKT); Epistaxis (1; CRC; DAA); Epstein-Barr Virus (1; SHB); Escherichia (1; FNF); Fatigue (f; APA; CRC); Fracture (f; AKT); Hematochezia (f; CRC); Hematuria (1; CRC; KEB); Hematemesis (1; KEB); Hepatosis (1; SHB); High Blood Pressure (1; AKT; APA; KEB); High Cholesterol (1; KEB); High Triglycerides (1; KEB); Hyperglycemia (1; AKT; SHB); Hypoglycemia (1; KEB); Inflammation (1; APA; CRC; KEB); Insomnia (1; CRC; DAA); Ischemia (1; KEB); Itch (1; SHB); Liver Spot (1; APA); Malaena (1; KEB); Metrorrhagia (1; CRC; KEB); Myocardosis (1; KEB); Nervousness (1; CRC; DAA); Neuropathy (f; AKT); Obesity (1; KEB); Ophthalmia (f; AKT); Pain (1; AKT; APA; CRC; KEB); Retinosis (f; AKT); Sprain (f; AKT); Staphylococcus (1; FNF); Stress (f; APA; CRC); Swelling (1; AKT; APA; KEB); Tumor (1; DAA); Ulcer (1; SHB); Virus (1; SHB); Wound (f; AKT; CRC).

Dosages (Tienchi) — 1–3 g powdered root/day (APA); 2–9 g dry root/day or 4–18 ml fluid extract (1:2); higher doses for severe bleeding and trauma (KEB).

Contraindications, Interactions, and Side Effects (Tienchi) — Class 2b (No reason given) (AHP). Contraindicated in pregnancy (KEB).

TIGER LILY (*Lilium lancifolium* Thunb.) ++

Synonym: *L. tigrinum* Ker Gawl.

MAD features tiger lily, while PH2 covers *Lilium candidum* L. and *L. martagon* L., but excludes *L. tigrinum* Ker Gawl., now better known as *L. lancifolium* Thunb. The USDA and WOI view all three as different, so I too, will include all three in my *Herbal Desk Reference.* EFS and HHB aggregated data for tiger lily and martagon. I treat them as separate.

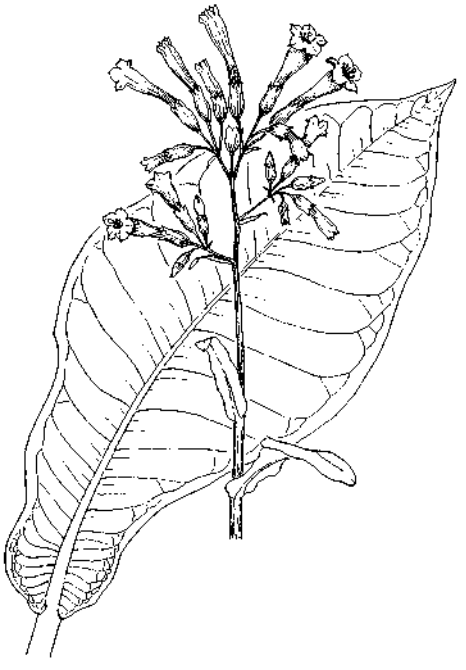
Activities (Tiger Lily) — Antiestrogenic (1; MAD); Carminative (f; EFS); Diuretic (f; EFS; PH2); Emmenagogue (f; EFS); Emollient (f; EFS); Expectorant (f; EFS); Tonic (f; EFS).

Indications (Tiger Lily) — Angina (f; WOI); Asthma (f; MAD); Astigmatism (f; WOI); Backache (f; MAD); Bleeding (f; MAD); Cardiopathy (f; MAD; WOI); Childbirth (f; FEL); Congestion (f; FEL; MAD); Cough (f; HHB; MAD); Diarrhea (f; MAD); Dysmenorrhea (f; HHB; MAD); Dysuria (f; MAD); Endometriosis (f; MAD); Gas (f; EFS); Genitaliosis (f; HHB); Gout (f; MAD); Headache (f; MAD); Hemorrhoid (f; MAD); Leukorrhea (f; HHB); Menorrhagia (f; MAD); Migraine (f; MAD); Myopia (f; WOI); Hot Flash (f; MAD); Morning Sickness (f; FEL); Neuralgia (f; WOI); Ophthalmia (f; MAD); Ovariosis (f; HHB; WOI); Palpitation (f; MAD); Prolapse (f; MAD); Pulmonosis (f; MAD); Respirosis (f; MAD); Uterosis (f; MAD); Water Retention (f; EFS; PH2).

Dosages (Tiger Lily) — 1/8 to 5 drops strong plant tincture (MAD).

Contraindications, Interactions, and Side Effects (Tiger Lily) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Pollen poisoning in children may cause drowsiness, emesis, and purging (FEL).

TOBACCO (*Nicotiana tabacum* L.) X



Synonyms: *N. chinensis* Fisch. ex Lehm., *N. tabacum* var. *macrophylla* (Lehm.) Shrank.

Activities (Tobacco) — Acaricide (f; JFM); Analgesic (f; CRC); Anorectic (f; CRC); Anticonvulsant (f; DEM); Antidote (f; CRC); Antidote, lead (f; FEL); Antipyretic (f; JFM); Antiseptic (1; FEL); Antispasmodic (f; CRC; FEL); CNS Stimulant (1; CRC; PH2); Convulsant (f; CRC); Depressant (f; CRC); Discutient (f; EFS; FEL); Diuretic (f; DEM); Emetic (f; CRC; DEM; EFS); Expectorant (f; DEM; FEL); Fumitory (1; CRC); Hemostat (f; DEM); Hypertensive (1; PHR; PH2); Hypotensive (1; PHR; PH2); Intoxicant (f; CRC); Larvicide (f; JFM); Laxative (f; CRC; DEM; EFS); Molluscicide (1; CRC); Narcotic (1; CRC; EFS); Parasiticide (1; CRC); Piscicide (f; CRC); Poison (1; PH2); Psychedelic (f; CRC); Respirastimulant (1; PH2); Sedative (f; CRC; EFS); Sialagogue (f; EFS; FEL); Vermifuge (1; CRC).

Indications (Tobacco) — Adenopathy (f; FEL); Ague (f; DEM); Angina (f; PH2); Asthma (f; CRC; FEL; ZIM); Backache (f; CRC; JFM); Bile (f; PH2); Bite (f; DEM; JFM; PH2); Bleeding (f; DEM); Boil (f; CRC; DEM; FEL); Bruise (f; JFM); Bubo (f; FEL); Cancer (f; CRC); Cancer, colon (f; JLH); Cancer, nose (f; JLH); Carcinoma (f; CRC); Caries (f; PH2); Catarrh (f; CRC); Cerebrosis (f; FEL); Childbirth (f; CRC; FEL); Cholecystosis (f; CRC); Cholera (f; FEL); Cirrhosis (f; CRC; JLH); Cold (f; CRC); Colic (f; JFM); Constipation (f; CRC; DEM; EFS; FEL); Convulsion (f; DEM); Cough (f; CRC; FEL); Cramp (f; CRC; DEM; FEL); Croup (f; FEL); Debility (f; CRC); Dermatosis (f; CRC; FEL; PH2); Diarrhea (f; PH2); Dropsy (f; DEM); Dysentery (f; CRC; FEL); Earache (f; CRC; DEM; PH2); Epididymosis (f; FEL); Epistaxis (f; CRC); Erysipelas (f; FEL); Fever (f; JFM); Flu (f; CRC); Gastrosis (f; CRC); Gout (f; FEL); Headache (f; CRC; JFM); Head Cold (f; CRC); Hemorrhoid (f; FEL); Hernia (f; PH2); Hiccup (f; FEL); High Blood Pressure (1; PHR; PH2); Hysteria (f; FEL); Inflammation (f; FEL); Insomnia (f; CRC; EFS); Itch (f; FEL); Laryngosis (f; FEL); Lethargy (f; CRC); Lice (f; JFM); Low Blood Pressure (1; PHR; PH2); Lumbago (f; CRC); Malaria (f; CRC); Mange (f; JFM); Menorrhagia (f; CRC); Nausea (f; PH2); Nervousness (f; CRC; EFS); Neuropathy (f; FEL; JFM); Ophthalmia (f; ZIM); Orchosis (f; FEL); Pain (f; CRC; JFM; PH2); Paralysis (f; CRC); Parasite (1; CRC; FNF; PH2); Pediculosis (f; CRC); Polyp (f; JLH); Respirosis (f; FEL); Rheumatism (f; CRC; DEM; FEL; JFM); Rhinosis (f; JLH;

PH2); Scabies (f; CRC; FEL); Scirrhus (f; CRC; JLH); Scrofula (f; DEM; FEL); Snakebite (f; CRC; JFM); Sore (f; CRC; JFM); Spasm (f; CRC); Sting (f; CRC; PH2); Stomachache (f; CRC); Swelling (f; CRC; PH2); Syncope (f; DEM); Tetanus (f; CRC; DEM; FEL); Ticks (f; JFM); Toothache (f; CRC; PH2); Tuberculosis (f; DEM); Tumor (f; CRC); Ulcer (f; CRC); Vertigo (f; DEM); Wart (f; ZIM); Water Retention (f; DEM); Worm (1; CRC; PH2); Wound (f; CRC; JFM).

Extracts (Tobacco) — Interesting to see that tincture is recommended for wandering and fixed acute rheumatism (sounds like my Lyme arthrosis) (FEL).

TOMATO (*Lycopersicon esculentum* Mill.) +++

Activities (Tomato) — Allergenic (f; JFM); Analgesic (f; UPW); Antiatherosclerotic (1; X11229363); Antibacterial (1; PH2); Antiblister (f; JFM); Anticancer (1; FNF); Antinitrosaminic (1; JNU); Antioxidant (1; FNF; JNU); Antiprostatitic (1; FNF); Antiseptic (1; CRC; UPW); Aperient (f; CRC); Aperitif (f; EFS); Chemopreventive (1; FNF); Depurative (f; CRC; EFS); Digestive (f; CRC; EFS); Diuretic (f; JFM; UPW); Fungicide (1; CRC; JFM; UPW); Herbicide (1; CRC); Hypocholesterolemic (1; FNF); Hypotensive (1; PH2); Larvicide (1; CRC); Pectoral (f; CRC); Poison (1; CRC); Vermifuge (1; JFM).

Indications (Tomato) — Anorexia (f; EFS; PH2); Asthma (1; FNF; JFM; JNU; TGP); Athlete's Foot (1; FNF; TGP); Atherosclerosis (1; X11229363); Bacteria (1; PH2); BPH (1; FNF; JNU); Boil (f; CRC; JFM); Burn (f; JFM); Cancer (1; FNF); Cancer, cervix (1; JNU); Cancer, colon (1; JNU); Cancer, esophagus (1; JNU); Cancer, liver (f; FNF); Cancer, lung (1; JNU); Cancer, mouth (1; CRC; FNF; JLH; JNU); Cancer, pancreas (1; JNU); Cancer, prostate (1; CRC; FNF; JNU); Cancer, rectum (1; JNU); Cancer, stomach (1; JNU); Cardiopathy (1; JFM; JNU); Cataract (1; ABS; FNF); Cervicosis (1; JNU); Chilblain (f; CRC; DAA); Chill (f; PHR; PH2); Cold (f; PHR; PH2); Conjunctivosis (f; JFM); Corn (f; CRC; JLH); Cough (f; CRC); Dementia (1; JNU); Diabetes (1; ABS; FNF); Diarrhea (f; UPW); Dyspepsia (f; PHR; PH2); Dysuria (f; JFM; UPW); Earache (f; UPW); Enterosis (1; JNU); Esophagosis (1; JNU); Fever (f; CRC); Flu (f; CRC; JFM; PH2); Fungus (1; CRC; JFM; UPW); Gas (f; PH2); Gastrosis (1; JNU); Glaucoma (f; JNU); Gonorrhea (f; CRC; UPW); Gravel (f; CRC); Hangover (f; JAD); Hemorrhoid (f; CRC; JFM); High Blood Pressure (1; FNF; PH2; TGP); High Cholesterol (1; FNF; JNU); Induration (f; JLH); Infection (1; CRC; JFM; PH2; UPW); Inflammation (f; JFM); Mastosis (1; JNU); Mycosis (1; CRC; JFM; UPW); Ophthalmia (f; CRC; PH2); Otosis (f; CRC); Pain (f; UPW); Palpitation (f; CRC; JFM); Pancreatosis (1; JNU); Pharyngosis (f; JFM; PH2); Phthisis (f; CRC); Presbyopia (f; JNU); Proctosis (1; JNU); Pulmonosis (1; JNU); Rheumatism (f; PHR; PH2); Ringworm (f; CRC; JFM); Sore

Throat (f; JFM); Stomatosis (1; JFM; JNU; PH2); Sunburn (f; CRC); Toothache (f; DAA); Tumor (f; CRC); Typhoid (f; CRC); Ulcer (f; CRC); VD (f; CRC); Vitiligo (f; CRC; UPW); Wart (f; JLH; UPW); Water Retention (f; JFM; UPW); Worm (1; JFM); Yellow Fever (f; JFM).

Dosages (Tomato) — Let this be one of your five fruits or five veggies per day (JAD).

Contraindications, Interactions, and Side Effects (Tomato) — Not covered (AHP; KOM). None reported at normal doses (PH2). Leaves are poisonous and green tomatoes may not be salubrious; toxicity not noted with less than 100 g. Symptoms include arrhythmia, bradycardia, colic, cramps, diarrhea, dizziness, dyspnea, headache, mucososis, vomiting, and in huge overdoses, respiratory collapse (PH2).

TONKA BEAN (*Dipteryx odorata* (Aubl.) Willd.) +

Synonym: *Coumarouna odorata* Aubl.

Activities (Tonka Bean) — Antiaggregant (1; APA; DAW); Antioxidant (1; APA); Antipyretic (f; DAV; DAW); Antiseptic (1; APA); Antispasmodic (f; APA; CRC; HHB); Antitussive (f; DAW); Aphrodisiac (f; CRC); Cardiotonic (f; DAW; FEL); Cardiotoxic (1; PNC); Diaphoretic (f; DAW); Fumitory (f; CRC); Hepatotoxic (1; APA); Narcotic (f; CRC; DAD; FEL); Stimulant (f; DAW); Stomachic (f; DAW); Tonic (f; APA; CRC; PHR; PH2).

Indications (Tonka Bean) — Bruise (f; DAV); Cachexia (f; APA; CRC); Canker (f; CRC); Cough (f; DAV); Cramp (f; APA; CRC; HHB); Dyspepsia (f; DAW); Earache (f; CRC); Fever (f; DAV; DAW); Nausea (f; APA; CRC; DAD); Pertussis (f; APA; CRC; FEL; PHR; PH2); Rheumatism (f; DAV); Schistosomiasis (f; CRC; DAD); Snakebite (f; DAV); Sore (f; CRC); Sore Throat (f; CRC); Spasm (f; CRC); Stomatosis (f; CRC); Tuberculosis (1; APA); Ulcer (f; CRC).

Dosages (Tonka Bean) — Should not be used medicinally (APA).

Contraindications, Interactions, and Side Effects (Tonka Bean) — Class 3 (AHP). Not covered (CAN; KOM). None at proper dosage (PH2). 150 g tonka beans, cf ~4 g coumarin, might induce headache, nausea, stupor, and vomiting (PH2). Rats and dogs fed coumarin develop liver damage, retarded growth, and testicular atrophy. In large doses, fluid extracts of tonka beans are reportedly cardioparalytic (APA). The reddish sawdust once caused a workman's hair, when wetted, to turn bright green (CRC). Coumarin can cause severe liver damage "which is why the FDA banned the use of the beans as a flavoring agent" (APA). Narcotic, the fluid extract can paralyze the heart if infused in large doses. Respectable scientists question that coumarin, in reasonable doses, can harm humans with normal liver function. Coumarin may possibly cause bleeding incidents, but not like coumadin. Not being exactly exact, APA leads us to a half-coumadinized conclusion: "You may recognize the name coumarin in relation to the common anticoagulant warfarin, sold as Coumadin" (APA). My understanding is that coumadin is dicumarol, much more serious than coumarin itself. Coumarin itself (1,2-benzopyrone) has long-established efficacy in slow-onset, long-term reduction of lymphedema in humans, as confirmed in recent double-blind trials against elephantiasis and postmastectomy swelling of the arm. The mechanism of action is uncertain, but may involve macrophage-induced proteolysis of edema protein. However, coumarin has low absolute bioavailability in humans (<5%), due to extensive first-pass hepatic conversion to 7-hydroxycoumarin followed by glucuronidation. It may, therefore, be a prodrug (Hoult and Paya *Gen Pharmacol* 1996; Jun; 27(4):713–22).

TORMENTIL, CINQUEFOIL (*Potentilla erecta* (L.) Raeusch.) ++

Activities (Tormentil) — Antiallergic (1; PH2; PNC); Antibacterial (1; HH2); Antiinflammatory (1; HH2); Antiseptic (1; PH2); Antiviral (1; BIS; HH2; PH2); Astringent (1; HH2; PH2; PIP; PNC);

Immunostimulant (1; HH2; PH2; PNC); Hypotensive (1; BIS; HH2; PH2); Interferonigenic (1; BIS; HH2; PH2; PNC); Molluscicide (1; PH2); Tonic (f; PNC); Uterotonic (f; SHT).

Indications (Tormentil) — Allergy (1; PH2; PNC); Bacteria (1; HH2); Burn (f; HH2; PH2); Cancer (1; JLH); Cancer, breast (1; JLH); Cancer, lip (1; JLH); Cancer, stomach (1; JLH); Cancer, tongue (1; JLH); Colitis (1; ABS; FNF); Condyloma (f; JLH); Diarrhea (2; PH2; PNC; SHT); Dysmenorrhea (f; SHT); Enterosis (f; PHR; PH2); Escherichia (f; HH2); Frostbite (f; PH2); Gastrosis (f; JLH; PHR; PH2); Gingivosis (1; PH2); Gonorrhea (f; HH2); Hemorrhoid (f; HH2; PH2); Hepatosis (f; HH2); High Blood Pressure (1; BIS; HH2; PH2); IBS (1; ABS; FNF); Immunodepression (1; HH2; PH2; PNC); Inflammation (1; JLH; HH2); Jaundice (f; HH2); Mastosis (f; JLH); Mucososis (2; KOM; PIP); Pharyngosis (2; KOM; PH2; PIP); Pulmonosis (f; HH2); Salmonella (1; HH2); Shigella (1; HH2); Sore (f; PNC); Sore Throat (2; SHT); Staphylococcus (1; HH2); Stomatosis (2; BIS; JLH; KOM; PH2); Streptococcus (1; HH2); Virus (1; BIS; HH2; PH2); Wart (f; JLH); Wound (f; PH2).

Dosages (Tormentil) — 2–6 g herb (BIS); 2–3 g herb/cup (150 ml) (SHT); 10–20 drops herb tincture/glass water for mouthwash (KOM; PH2); 4–6 g crude drug (KOM; PH2; SHT); 2–4 ml liquid root extract (PNC).

Contraindications, Interactions, and Side Effects (Tormentil) — Class 1 (AHP).“Hazards and/or side effects not known for proper therapeutic dosages” (PH2). Sensitive individuals may experience stomach upset and vomiting (BIS; KOM; SHT). The warning, with which CAN lambasts uva-ursi, should as well apply to other herbs with as much tannin, “In view of the high tannin content, prolonged use may cause chronic liver impairment.” No contraindications known (BIS). Consult physician if diarrhea persists for more than 3 days (PIP).

TRAGACANTH (*Astragalus gummifer* Labill.) +++

Synonym: *Astracantha gummifera* (Labill.) Podlech.

Activities (Tragacanth) — Anticancer (1; BIB); Aphrodisiac (f; BIB); Demulcent (f; BIB; EFS); Diuretic (f; BIB); Emollient (f; BIB; EFS); Laxative (1; BIB; EFS; PH2); Peristaltic (1; PH2).

Indications (Tragacanth) — Burn (f; BIB); Cancer (1; BIB; JLH); Cancer, eye (1; BIB; JLH); Cancer, liver (1; BIB; JLH); Cancer, throat (1; BIB; JLH); Cirrhosis (f; JLH); Constipation (1; BIB; EFS; PH2); Cough (f; BIB); Diarrhea (f; BIB); Hepatosis (f; JLH); Induration (f; JLH); Ophthalmia (f; JLH); Polyp (f; BIB; JLH); Rhinosis (f; BIB; JLH); Water Retention (f; BIB); Wound (f; BIB).

Dosages (Tragacanth) — 1 tsp (ca 3 g) granulated drug added to 250–300 ml liquid (PH2).

Contraindications, Interactions, and Side Effects (Tragacanth) — Not covered (AHP; KOM). None at therapeutic dosages except for rare allergy. Needs to be taken with plenty of water as do all bulking agents (PH2).

TRAILING-ARBUTUS (*Epigaea repens* L.) +

Activities (Trailing-Arbutus) — Analgesic (f; DEM); Astringent (f; EFS; PH2); Depurative (f; CEB; FAD); Diaphoretic (f; WOI); Diuretic (f; EFS; PH2; WOI); Emetic (f; DEM); Urinary Antiseptic (1; FNF; HHB).

Indications (Trailing-Arbutus) — Arthrosis (f; DEM); Catarrh (f; CEB); Childbirth (f; DEM); Colic (f; DEM); Cystosis (1; FAD; FNF); Diarrhea (1; DEM; FNF); Dyspepsia (f; DEM); Fever (f; WOI); Gastrosis (f; FAD); Gravel (f; CEB; FAD); Malaria (f; CEB); Nephrosis (f; CEB; DEM); Pain (f; DEM); Pulmonosis (f; DEM); Rheumatism (f; DEM); Stomachache (f; FAD); Urethrosis (1; FNF; FAD); UTI (1; CEB; FNF; PH2; PNC); Water Retention (f; EFS; PH2; WOI).

Contraindications, Interactions, and Side Effects (Trailing-Arbutus) — Class 1 (AHP). None recorded for proper doses (not given) (PH2). Nausea and vomiting may occur in sensitive children. Cachexia, hair depigmentation, hemolytic anemia, and liver damage are possible with long-term use (PH2). Overdosage could cause urethral and bladder inflammation, strangury, and hematuria (PH2).

TRAVELER'S JOY (*Clematis vitalba* L.) +

Activities (Traveler's Joy) — Depurative (f; EFS); Diaphoretic (f; CRC; EFS); Diuretic (f; CRC; HHB); Laxative (f; CRC); Poison (f; CRC); Rubefacient (f; CRC; EFS); Vesicant (1; CRC; PHR).

Indications (Traveler's Joy) — Adenopathy (f; CRC; JLH); Cancer (f; CRC; JLH); Cancer, gland (f; JLH); Constipation (f; CRC); Fever (f; CRC; EFS); Hematosis (f; CRC); Indolent Ulcer (f; CRC); Induration (f; CRC; JLH); Infection (f; PH2); Itch (f; CRC); Migraine (f; PHR; PH2); Nephrosis (f; CRC; EFS); Penis (f; CRC; PH2); Scrofula (f; CRC; EFS); Sore (f; PHR); Swelling (f; JLH); Tumor (f; CRC); Ulcer (f; CRC); Ulcus cruris (f; HHB); Water Retention (f; CRC; HHB); Wound (f; PHR; PH2).

Contraindications, Interactions, and Side Effects (Traveler's Joy) — Not covered (AHP; KOM). None known at proper dosage (PH2). "*Clematis* species have substances resembling protoanemonin, and may be fatal (the juice taken internally acts as a violent laxative). As noted above, this species does contain protoanemonin" (CRC).

TREE-OF-HEAVEN, STINKTREE (*Ailanthus altissima* (Mill.) Swingle) +

Synonyms: *A. cacodendron* (Ehrh.) L'Hér., *A. giraldii* Dode, *A. glandulosa* Desf., *A. vilmoriniana* Dode, *Rhus cacodendron* Ehrh., *Toxicodendron altissimum* Mill.

Activities (Tree-of-Heaven) — Amebicide (1; PNC); Antimalarial (f; PH2; PNC); Antineoplastic (1; PNC); Antipyretic (1; PH2; PNC); Antiseptic (1; EFS); Antispasmodic (1; EFS; PH2; PNC); Astringent (f; EFS; PNC; PH2); Cardiodepressant (f; EFS; PNC); Deobstruent (f; EFS); Emetic (f; EFS); Laxative (f; EFS); Vermifuge (f; EFS).

Indications (Tree-of-Heaven) — Ameba (1; PNC); Asthma (f; PNC); Cardiopathy (f; PH2); Constipation (f; EFS); Cramp (1; EFS; PHR; PH2; PNC); Diarrhea (f; FAD; PH2); Dysentery (f; FAD; PH2); Dysmenorrhea (f; PH2); Epilepsy (f; PHR; PH2); Fever (1; PH2; PNC); Gonorrhea (f; PHR; PH2); Leukorrhea (f; FAD; PH2); Malaria (1; FAD; PH2; PNC); Tapeworm (f; FAD; PH2); VD (f; PH2); Worm (f; EFS; PH2).

Dosages (Tree-of-Heaven) — 6–9 g dry bark (PHR).

Contraindications, Interactions, and Side Effects (Tree-of-Heaven) — Not covered (AHP). Large doses are potentially poisonous (FAD). Large doses may cause diarrhea, dizziness, headache, queasiness, and tingling in the limbs (PH2). The late Matthew Suffness, of the NCI, reported several antimalarial compounds, five more potent than chloroquin (IC50 = 0.21 ppm); glaucarubinone (IC50 = 0.004 ppm), ailanthinone (0.009 ppm), ailanthone (0.015 ppm), glaucarubin (0.055 ppm), and chaparrin (0.180 ppm).

TREE PEONY (*Paeonia suffruticosa* Andrews) +

Synonyms: *P. arborea* Donn, *P. moutan* Sims.

Activities (Tree Peony) — Analgesic (1; HHB; LAF); Antiaggregant (1; HH2; LAF); Antiallergic (f; LAF); Antiatherosclerotic (1; LAF); Antibacterial (1; HHB); Antiedemic (1; HHB); Antiinflammatory (1; LAF); Antipyretic (1; HHB; LAF); Antiseptic (1; LAF); Antispasmodic (1; HHB; PNC);

Antiviral (1; LAF); Cardiodepressant (1; HHB); CNS Depressant (1; HHB; LAF); Diuretic (1; HH2); Fungicide (1; LAF); Hemostat (f; HHB); Hypoglycemic (1; HH2); Hypokinetic (1; HH2); Hypotensive (2; HH2); Myorelaxant (f; PNC); Respiradepressant (1; HHB); Sedative (1; HHB); Tonic (f; HHB; PNC); Vasodilator (f; PNC).

Indications (Tree Peony) — ADD (1; HH2); Allergy (1; LAF); Amenorrhea (1; LAF); Appendicitis (1; HHB; LAF); Atherosclerosis (1; LAF); Bacteria (1; HHB); Bleeding (f; HHB); Bruise (1; LAF); Carbuncle (1; LAF); Colic (1; LAF); Contusion (1; LAF); Cramp (1; HHB; LAF; PNC); Diabetes (1; HHB); Dysmenorrhea (1; LAF); Edema (1; HH2); Fever (1; HHB; LAF); Flu (1; LAF); Fungus (1; LAF); Gingivosis (1; LAF); High Blood Pressure (2; HH2; LAF); Hyperglycemia (1; HH2); Hysteria (f; HHB); Infection (1; LAF); Inflammation (1; LAF); Insomnia (1; HHB); Measles (1; LAF); Mycosis (1; LAF); Nervousness (1; HHB); Neurodermatosis (1; LAF); Pain (1; HHB; LAF); Sinusosis (1; LAF); Swelling (1; HHB); Urticaria (1; LAF); Virus (1; LAF).

Dosages (Tree Peony) — 1 tsp flower/cup water (WIC); Chinese report 3–12 g peony root (FAY); 6 g decoction (HHB).

Contraindications, Interactions, and Side Effects (Tree Peony) — Class 1 (*lactiflora* and *officinalis*) or 2b (*suffruticosa*) (AHP). No peonies were approved by Commission E but they did say, "No risks known" (KOM). The *Physicians' Desk Reference* was a bit more explicit, "Health hazards not known with proper therapeutic dosages" (PH2) "Side effects that may occur, particularly in cases of over dosages, include gastroenterosis with vomiting, colic, and diarrhea" (PHR). Much of the indicated uses and biological activity is attributed to paeonol. Aqueous and hydroalcoholic uses in dental, hair, and skin-care products, for their antiinflammatory, antibacterial, and skin-protectant and soothing properties (LAF).

TROUT LILY (*Erythronium americanum* Ker Gawl) +

Activities (Trout Lily) — Bacteristat (1; HHB); Contraceptive (f; FAD); Emetic (f; PH2); Emollient (f; PH2); Expectorant (f; HHB).

Indications (Trout Lily) — Bacteria (1; FAD; HHB); Edema (f; FAD); Fever (f; DEM); Infection (1; DEM; FAD; HHB); Scrofula (f; PH2); Sore (f; PH2); Splinter (f; FAD); Swelling (f; FAD); Syncope (f; DEM).

Contraindications, Interactions, and Side Effects (Trout Lily) — Not covered (AHP). Strongly sensitizing, reciprocal reactions with alstroemeria, bomarea, fritillaria, lily, trout lily, tulip (PH2).

TULIPTREE (*Liriodendron tulipifera* L.) +

Synonyms: *L. tulipfera f. aureo-marginatum* (Dippel) Schelle, *L. tulipfera f. integrifolium* (G. Kirchn.) Schelle.

Activities (Tuliptree) — Analgesic (f; DEM); Antibacterial (1; X807704); Antiinflammatory (f; FAD); Antipyretic (f; CEB; PH2); Antiseptic (1; CEB; PH2); Aphrodisiac (f; FAD); Bitter (f; PH2); Candidicide (1; X807704); Cardiotonic (f; CEB; HHB); Depurative (f; CEB); Diaphoretic (1; CEB; FEL); Digitalic (f; HHB); Diuretic (f; FEL); Fungicide (1; X807704); Positive Inotropic (1; PH2); Stimulant (f; FAD; PH2); Tonic (f; CEB; PH2); Vermifuge (f; CEB; FAD).

Indications (Tuliptree) — Ague (f; CEB); Bacteria (1; X807704); Bite (f; CEB FAD); Boil (f; FAD); Bot (f; CEB); Burn (f; FAD); Cancer (f; HHB); Candida (1; X807704); Cardiopathy (f; CEB); Chill (f; CEB); Cholera (f; CEB; DEM); Cough (f; DEM; FAD); Debility (f; DEM); Diarrhea (f; FEL); Dysentery (f; CEB; DEM; FAD); Dysmenorrhea (f; PH2); Dyspepsia (f; CEB; DEM; FAD); Enterosis (f; CEB; DEM; FEL); Fever (1; CEB; DEM; FEL; HHB; PH2); Fracture (f; FAD); Fungus (1; X807704); Gastrosis (f; DEM; FEL); Gout (f; DEM); Headache (f; CEB; FAD); Hysteria (f; CEB; DEM; FEL; HHB); Impotence (f; FAD); Infection (1; X807704); Inflammation (f; CEB; FAD); Insomnia (f; PH2); Malaria (f; CEB; FAD; FEL; PH2); Mycosis (1; X807704); Neuralgia (f; DEM); Night Sweats (f; FEL); Pain (f; DEM); Parasite (1; FNF); Phthisis (f; CEB; FEL); Pinworm (f; DEM; FAD); Rheumatism (f; DEM; FAD; FEL); Schistosomiasis (1; FNF); Snakebite (f; CEB; FAD); Sore (f; CEB); Syphilis (f; DEM); Toothache (f; FAD); Water Retention (f; FEL); Worm (f; CEB; FAD; FEL); Wound (f; FAD); Yeast (1; X807704).

Dosages (Tuliptree) — 0.5 oz powdered root bark/pint water and fortified in alcohol, adults take half or whole wineglass full 3 ×/day before meals (CEB); 4–8 g bark (PH2); 20 grains to 2 drachm powdered bark (FEL); 1–2 fluid oz bark infusion (FEL); 60 g bark decoction (30:500)/day (PH2); 5–10 g liriodenine (FEL).

Contraindications, Interactions, and Side Effects (Tuliptree) — Not covered (AHP; KOM).

TUPA (*Lobelia tupa* L.) +

Activities (Tupa) — Hallucinogen (1; CRC); Narcotic (1; CRC).

Indications (Tupa) — Toothache (f; CRC).

TURMERIC (*Curcuma longa* L.) +++

Synonym: *C. domestica* Valeton.

Activities (Turmeric) — Alterative (f; DAD; SUW); Amebicide (1; MPI); Analgesic (1; BIB; COX); Antacid (f; BIB; DAD); Antiaggregant (1; AKT; MAB; SKY); Antiangiogenic (1; MAB); Antiarthritic (1; APA; PED; WHO); Antibacterial (1; APA; MAB; MPI); Anticholeretic (1; DAD); Antidote, arsenic (f; DAD); Antiedemic (1; WHO); Antifertility (1; PH2; PNC); Antihistaminic (1; MAB; MPI; SKY); Anti-HIV (1; MAB); Antiinflammatory (2; APA; KOM; PH2; TRA; WAM); Antiintegrase (1; MAB; WHO); Antileukemic (1; AKT); Antileukotriene (1; BGB); Antilymphomic (1; APA; JAD; MAB); Antimutagenic (1; BGB; MAB); Antioxidant (1; PHR; PH2; WAM; WHO); Antiprostaglandin (1; PH2); Antipsoriatic (1; FNF); Antipyretic (1; BIB; COX); Antiseptic (1; MAB; PH2; PNC); Antispasmodic (1; BIB; SHT); Antithromboxane (1; MAB); Antitumor (1; APA; MAB; PH2; TRA); Antiulcer (1; TRA; WHO); Aperitif (2; BIB; PHR); Astringent (f; BIB); Bitter (1; AKT); Cardioprotective (1; MAB); Carminative (1; APA; MAB; SUW; WHO); Chemopreventive (1; MAB); Cholagogue (1; BGB; SHT; TRA); Choleretic (2; KOM; SHT; TRA; WHO); Cholecystokinetic (2; KOM; SHT; WHO); Cyclooxygenase Inhibitor (1; MAB; PNC); Cytotoxic (1; MAB); Decongestant (f; BIB); Depurative (f; MAB; SUW); Digestive (1; MAB); Diuretic (f; APA; BIB); Dusgeusia (f; KAB); Emmenagogue (1; AHP; DAD); Expectorant (f; BIB); Fibrinolytic (1; MAB); Fungicide (1; MAB); Gastroprotective (1; WHO); Hemostat (f; DAD); Hepatoprotective (2; AKT; APA; DAD; PH2; PNC; TRA); Hepatotoxic (1; MAB); Hypocholesterolemic (1; APA; MAB; TRA; WAM); Hypolipidemic (2; MAB; PHR); Hypotriglyceridemic (1; TRA); Immunostimulant (1; BGB; TRA); Insectifuge (1; PHR); Laxative (f; BIB); Lice (f; HAD); Lipolytic (f; PH2); Litholytic (1; HHB; MAB); Mucogenic (1; WHO); Mucolytic (f; AKT); Myorelaxant (1; WHO); Nematicide (1; MAB); NO Scavenger (1; MAB); ODC Inhibitor (1; MAB); Parasiticide (f; DAD; SUW); Phagocytotic (1; BGB; WHO); Protisticide (1; APA; MPI; PNC); Secretagogue (1; TRA); Secretolytic (1; TRA); Stimulant (f; BIB; SUW); Stomachic (f; BIB); TNF Inhibitor (1; MAB); Tonic (1; SUW); Ulcerogenic (1; APA; MAB; WHO); Uterotonic (1; AHP); Vermifuge (f; KAB; SUW); Vulnerary (1; AKT; KAB).

Indications (Turmeric) — Abscess (1; FNF; TRA); Adenopathy (f; DAD; JLH); Allergy (1; WAM); Alzheimer's (1; COX; FNF); Ameba (1; MPI); Amenorrhea (1; BGB; PH2; WHO); Anorexia (2; BGB; BIB; BRU; PHR; PH2); Arthrosis (1; APA; KAP; MAB; PED; WAM; WHO); Asthma (1; MAB; WHO); Atherosclerosis (1; MAB; SKY); Athlete's Foot (1; FNF); Bacteria (1; APA; MAB; MPI); Bite (f; BIB; PH2); Bleeding (f; DAD; PED; PH2); Boil (1; DAD; WHO); Bronchosis (f; BIB; PH2); Bruise (f; DAV; PED; PH2; WHO); Bursitis (1; SKY); Cancer (1; APA; BGB; MAB; PH2; TRA); Cancer, abdomen (1; COX; FNF; JLH); Cancer, breast (1; COX; FNF; MAB); Cancer, colon (1; COX; FNF; JLH; JNU); Cancer, joint (1; JLH; MAB); Cancer, mouth (1; COX; FNF; JLH); Cancer, nose (1; COX; FNF; JLH); Cancer, sinew (1; COX; FNF; JLH); Cardiopathy (1; AKT; MAB); Cataract (1; MAB); Catarrh (f; UPW); Chest Ache (f; PH2); Childbirth (f; DAD); Cholecystosis (2; APA; PHR); Cold (f; KAP; PH2); Colic (f; APA; PED; PH2); Coma (f; DAD); Congestion (f; APA; BIB); Conjunctivosis (f; KAB; MAB; PH2; SUW); Constipation (f; BIB; PH2); Coryza (f; KAB); Cramp (1; AKT; BIB; DAD; SHT); Cystosis (f; PH2); Dermatosis (1; AKT; MAB; PH2; SUW; WHO; WOI); Diarrhea (1; APA; WHO); Dropsy (f; DAD); Dusgeusia (f; KAB); Dysmenorrhea (1; AKT; APA; PED; WHO); Dyspepsia (2; KOM; MAB; PH2; WHO); Dysuria (f; DAD); Eczema (1; BGB; KAP; MAB); Edema (1; KAP; PH2; WHO); Elephantiasis (f; DAD); Enterosis (1; AKT; DAD; PH2; WHO); Epilepsy (f; WHO); Epistaxis (f; DAD; PH2); Fever (1; APA; BIB; COX); Fibrosis (1; BGB; MAB); Fungus (1; BIB; MAB; PH2); Gallstone (1; APA; MAB); Gas (1; APA; MAB; PH2; SUW; WHO); Gastrosis (f; PH2); Gonorrhea (f; BIB; KAB); Gray Hair (f; HAD); Headache (f; PH2); Hematemesis (f; DAD; PH2); Hematuria (f; DAD); Hemorrhoid (f; MAB); Hepatosis (2; AKT; APA; DAD; MAB; PED; PHR; PH2; PNC; TRA); High Blood Pressure (1; KAP); High Cholesterol (1; AKT; APA; MAB; TRA; WAM); High Triglycerides (1; MAB; TRA); HIV (1; MAB); Hyperlipidemia (1; MAB); Hysteria (f; DAD); IBS (1; PED); Immunodepression (1; BGB; TRA); Infection (2; MAB; MPI; PH2); Inflammation (2; APA; KOM; PHR; PH2; TRA; WAM; WHO); Itch (f; APA; KAP; PH2); Jaundice (1; MAB; TRA); Laryngosis

(1; BIB; COX); Leprosy (f; PH2); Leukemia (1; AKT); Leukoderma (f; DAD); Lymphoma (1; BIB; COX; FNF); Malaria (f; KAP; PH2); Mania (f; DAD); Morning Sickness (1; MAB); Mucososis (f; PH2); Mycosis (1; MAB; PH2); Nephrosis (1; AKT; PH2); Obesity (2; MAB; PHR); Ophthalmia (1; AKT; DAD; PH2); Osteoarthrosis (1; MAB); Ozena (f; KAB); Pain (1; BIB; COX; WHO); Parasite (f; BIB; DAD; KAP; SUW); Polyp (1; COX; JLH; JNU); Psoriasis (1; FNF; MAB); Puerperium (f; MAB); Radiation (1; AKT); Restenosis (1; MAB); Rheumatism (1; BIB; COX; SKY); Rhinosis (1; COX; JLH); Ringworm (f; APA; BIB; KAP; PH2); Scabies (2; BGB); Smallpox (f; DAD); Sore (f; PH2); Sore Throat (f; PH2); Sprain (1; MAB; SUW); Staphylococcus (1; MPI; UPW); Stone (1; HHB; MAB); Stroke (f; PH2); Swelling (1; AKT; COX; PH2; WHO); Syphilis (f; DAD); Trauma (f; AKT); Tumor (1; APA; MAB; PH2; TRA); Ulcer (1; BIB; COX; PED; TRA; WHO); Uveosis (2; AKT); VD (f; BIB; DAD); Vertigo (f; BIB; DAD); Vomiting (f; PH2); Wart (f; JLH); Water Retention (f; APA; BIB); Whitlow (f; JLH); Worm (f; KAB; SUW); Wound (1; APA; BGB; PH2; SUW; WAM); Yeast (1; PED).

Dosages (Turmeric) — 4 g turmeric powder in water 1–2 ×/day (MAB); 3–9 g crude turmeric/day (WHO); 4.5–9 g rhizome/day as tea (AHP); 0.1 g rhizome up to 20 g/day (HHB); 1.5–3 g rhizome (KOM); 0.5–1 g rhizome several ×/day between meals, or 1.5–3 g day, often with warm milk (APA); 1 tsp rhizome/cup warm milk (APA); 0.5–1 g oral rhizome infusion 3 ×/day (WHO); 5–14 ml fluid rhizome extract (1:1) divided in 4–5 doses (MAB); 3–5 g fresh herb (PED); 0.3–0.5 g dry herb (PED); 0.4 g dry herb:2 ml alcohol/2 ml water (PED); 1.5–3 g crude drug/day (SHT); 400 mg curcumin 3 ×/day (SKY); 1200 mg curcumin (APA); 1 (445 mg) StX capsule 2–3 ×/day (JAD); 300 mg capsules to 3 ×/day (APA).

Contraindications, Interactions, and Side Effects (Turmeric) — Class 2b. Emmenagogue and uterotonic. Contraindicated in patients with bile duct obstruction, gallstones, hyperacidity, and stomach ulcers (AHP; AEH). While in moderate doses, turmeric is said to inhibit cancers, lymphomas and ulcers, overdoses of curcuminoids may possibly be cytotoxic and ulcerogenic, and may lead to diminution of red and white corpuscles. Still, Commission E approves 1.5–3 g/day, not nearly enough to provide 1200 mg curcumin. Commission E also reports contraindications: biliary obstruction; adverse effects: GI irritation from continued use; consult physicians before using if a patient has gallstones (BIS; KOM). At 10% of diet, turmeric caused some loss of hair in rats (MAB). Care should be taken in women who wish to conceive or patients complaining of alopecia (MAB). Rather frightening what one reads in UPW (2000): Laboratory animals treated with it are reported to have been rendered entirely infertile. Women who are pregnant, or children (not yet widely in children) with gallbladder or liver disease or ulcers, should avoid turmeric (WAM). Limit internal use to 10 days (WAM).

Extracts (Turmeric) — Fond as I am of synergy and food farmacy, I like the following comments: Curcumin and genistein can inhibit estrogen-positive human breast cells induced by estradiol or pesticides individually or mixed. Curcumin and genistein were synergistic, totally inhibiting induction *in vitro*. Curcuminoids inhibit cancer at initiation, promotion and progression *in vitro* and *in vivo* (MAB). Viva curried bean soup, like I am having for lunch. Reportedly as effective as hydrocortisone acetate or indomethacin in experimental inflammation (WHO). Both natural anti-inflammatory curcumin (1200 mg/day) and unnatural phenylbutazone (30 mg/day) improved joint swelling, morning stiffness, and walking time in people with rheumatoid arthritis, both better than placebo (WHO). Bruneton notes that the antiinflammatory ED50 of curcumin orally in rats is 48 mg/kg (= 4.8 g in me) and is apparently devoid of side effects (BRU), while the ipr ED50 is only 2.1 mg/kg, suggesting that the ipr route is 20 times more effective. But I am not into injecting herbs. Enjoy your curried beans, counting on those synergies. Duke suggests curcumin needs to be compared with Celebrex and Vioxx as a COX-2 inhibitor. EO showed significant antihistaminic and antiinflammatory activity, the latter at 0.1 ml/kg, which translates to 10 ml for me, a rather dangerous dose. At a dose of 1.5 g/day/30 days, turmeric reduced urinary excretion of mutagens

in an uncontrolled trial of 16 chronic smokers. In six nonsmoking controls there was no change in urinary secretion. Turmeric had no effect on serum alanine aminotransferase, aspartate amino transferase, blood glucose, creatinine, and lipid profile (MAB). Turmeric extract (~20 mg curcumin/day) for 45 days dramatically decreased blood lipid peroxide levels in 18 male subjects (MAB). Curcumin is poorly absorbed (some 15–35% max in rats) orally but if administered with piperine (from black and long pepper), absorption is improved more than 150% in rats. But in human volunteers, 20 mg piperine increases bioavailability of curcumin 20-fold (MAB). One study indicated curcumin and sodium curcuminate were more potent than phenylbutazone in acute and chronic arthritic models, while another found it only $^{1}/_{10}$th as effective as ibuprofen. While ulcerogenic in large doses, curcumin is only about one-third as ulcerogenic as the phenylbutazone. In low doses, curcumin had antiulcer activity, protecting against the ulcerogenic activity of phenylbutazone (MAB). 1-Phenylhydroxy-N-pentane stimulates the secretion of secretin, gastrin and bicarbonate, helping maintain the gastric pH in dogs and humans (TRA). LD50 ether extracts 12,200 mg/kg orl rat (MAB), LDlo curcumin >2000 mg/kg orl mus (MAB), LDlo curcumin >5000 mg/kg orl rat (MAB).

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UNICORN ROOT (*Aletris farinosa* L.) +

Activities (Unicorn Root) — Antiinflammatory (1; FAD); Carminative (f; CRC); Diuretic (f; CRC); Emetic (f; CRC; GMH); Emmenagogue (f; DEM); Estrogenic (1; CRC; HH2; PHR; PNC); Laxative (f; CRC; GMH); Narcotic (f; CRC; GMH); Sedative (f; CRC); Stomachic (f; CRC; PNC); Tonic (f; PH2; PNC); Vermifuge (f; CRC).

Indications (Unicorn Root) — Abortion (f; CRC); Ague (f; CRC); Amenorrhea (f; PHR; PH2); Anasarca (f; CRC); Anorexia (f; PH2; PNC); Backache (f; CRC); Bronchosis (f; PH2); Chlorosis (f; CRC); Colic (f; CRC); Constipation (f; CRC; GMH); Cough (f; CRC); Debility (f; PNC); Diarrhea (f; FAD); Dysentery (f; CRC); Dysmenorrhea (f; CRC; PHR; PH2); Dyspepsia (f; CRC; PH2; PNC); Dysuria (f; CRC); Enterosis (f; PH2); Fever (f; CRC; DEM); Gas (f; CRC; PH2); Gastrosis (f; CRC; PH2); Hysteria (f; CRC; DEM; PH2); Inflammation (1; FAD); Insomnia (f; CRC); Jaundice (f; CRC; FAD); Miscarriage (f; CRC); Nervousness (f; CRC); Neurosis (f; PH2); Prolapse (f; PHR; PH2); Pulmonosis (f; CRC); Rheumatism (f; CRC; FAD); Sore (f; CRC); Stomachache (f; CRC); Strangury (f; CRC); Tuberculosis (f; DEM); Uterosis (f; CRC); Vaginosis (f; PHR; PH2); Water Retention (f; CRC); Womb (f; CRC); Worm (f; CRC).

Dosages (Unicorn Root) — 1.5 g herb/100 ml water (PH2); 0.3–0.6 g powdered root (PNC); 0.3–1 ml liquid extract (PNC); 2–4 ml herb elixir (PNC).

Contraindications, Interactions, and Side Effects (Unicorn Root) — Class 2d (AHP). Antagonizes some oxytocins (AHP). In Canada, it is not allowed as a nonmedicinal ingredient in oral-use products (AHP). None reported (PHR). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Though used for colic, "colicroot" may cause hypogastric colic (FAD).

UPLAND COTTON (*Gossypium hirsutum* L.) +

Synonyms: *G. hirsutum* subsp. *latifolium* (Murray) Roberty, *G. hirsutum* var. *punctatum* (Schumach. & Thonn.) Roberty, *G. jamaicense* Macfad., *G. lanceolatum* Tod., *G. mexicanum* Tod., *G. morrillii* O. F. Cook & J. Hubb., *G. palmeri* G. Watt, *G. punctatum* Schumach. & Thonn., *G. purpurascens* Poir., *G. religiosum* L., *G. schottii* G. Watt, *G. taitense* Parl., *G. tridens* O. F. Cook & J. Hubb.

Species are not necessarily distinguishable, activities and indications are often lumped; see, e.g., JFM.

Activities (Upland Cotton) — Abortifacient (1; CRC; FNF; PH2); Aphrodisiac (f; PH2); Astringent (f; CRC); Contraceptive (1; CRC; PH2); Cytostat (1; PH2); Diuretic (f; CRC); Emmenagogue (1; AHP; CRC); Emollient (f; CRC); Hemostat (f; CRC); Hypercholesterolemic (1; PH2); Hypertriglyceridemic (f; PH2); Hypocholesterolemic (f; PH2); Lactagogue (f; CRC); Oxytocic (f; CRC); Uterotonic (1; AHP); Vasoconstrictor (f; CRC).

Indications (Upland Cotton) — Asthma (f; CRC); Bite (f; PH2); Bleeding (f; CRC); Bronchosis (f; CRC); Cancer (1; CRC; FNF); Cancer, abdomen (f; JLH); Cancer, breast (f; JLH); Cancer, colon (f; JLH); Cancer, nose (f; JLH); Cancer, uterus (f; JLH); Childbirth (f; HHB; PH2); Climacteric (f; PH2); Cold (f; JFM); Constipation (f; PH2); Cough (f; PH2); Cramp (f; JFM); Cystosis (f; PH2); Diarrhea (f; CRC); Dysentery (f; CRC; JFM); Dyslactea (f; JFM; PH2); Dysuria (f; JFM); Earache (f; JFM); Enterosis (f; JFM); Epilepsy (f; PH2); Fever (f; HHB; JFM); Fibroid (1; CRC; FNF); Gonorrhea (f; PH2); Headache (f; CRC; PH2); Hemorrhoid (f; CRC; JFM); High Blood Pressure (f; JFM); High Cholesterol (f; PH2); Hypochondria (f; CRC); Inflammation (f; JFM); Laryngosis (f; JFM); Pain (f; JFM); Polyp (f; CRC; FNF); Pulmonosis (f; JFM); Rheumatism (f; JFM); Snakebite (f; PH2); Tumor (1; CRC; FNF); Uterosis (f; CRC; FNF); UTI (f; JFM); Water Retention (f; CRC).

Dosages (Upland Cotton) — 100 g root/1 liter water, reduced by boiling to 0.5 liter, take 50 g liquid every half hour (dangerous formula for abortion, CRC); 3 leaves in 1 liter water for hypertension (JFM); 6–8 g seed/150 g water or milk, 3 ×/day as lactagogue (f; JFM); 1–2 tbsp fluid extract during childbirth (HHB).

Contraindications, Interactions, and Side Effects (Upland Cotton) — Class 2b (AHP). Contraindicated in urogenital irritation or tendency to inflammation; may sterilize men (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Drug is toxic due to gossypol. Animals fed seed press cakes for 3–4 weeks showed enterosis, gastrosis, hematuria, jaundice, nephritis, and ophthalmic disorders (PH2).

USNEA (*Usnea* spp.) ++

Activities (Usnea) — Analgesic (1; BGB); Antibacterial (1; FNF; WAM); Antiinflammatory (1; FNF); Antisarcomic (1; BGB); Antiseptic (2; BGB; KOM; PH2); Antitumor (1; BGB); Candidicide (1; BGB); Deodorant (1; BGB); Expectorant (f; BGB); Fungicide (1; BGB; WAM); Parasiticide (1; WAM).

Indications (Usnea) — Bacteria (1; FNF; WAM); Boil (f; BGB); Bronchosis (f; BGB); Cancer (1; BGB; JLH); Candida (1; BGB); Cough (1; WAM); Cystosis (f; BGB); Fungus (1; BGB; WAM); Headache (f; BGB); Heatstroke (f; BGB); Infection (1; BGB; WAM); Inflammation (1; FNF; PH2); Lymphadenosis (f; BGB); Mucososis (2; HHB; KOM; PH2); Mycosis (1; BGB; WAM); Nephrosis (f; BGB); Pain (1; BGB); Parasite (1; WAM); Pharyngosis (2; KOM; PH2); Pleurosis (f; BGB); Scrofula (f; BGB); Sore (f; BGB); Sore Throat (f; BGB; PH2); Stomatosis (2; KOM; PH2); Strep Throat (f; BGB); Swelling (f; BGB; JLH); Tuberculosis (f; BGB; HHB); Tumor (1; BGB); UTI (f; BGB); Wart (f; JLH); Wound (f; BGB); Yeast (1; BGB).

Dosages (Usnea) — 1 lozenge (equivalent to 100 mg herb) 3–6 ×/day (KOM; PHR); 60 mg drug/day (PH2).

Contraindications, Interactions, and Side Effects (Usnea) — None known (KOM; WAM). How's this for a template, "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). "Following overdosage, signs of poisoning could appear. These signs have yet to be described" (PHR; PH2).

UZARA (*Xysmalobium undulatum* (L.) R. Brown) +

Synonym: *Asclepias undulata* L.

Activities (Uzara) — Cardioactive (2; KOM; PIP); Digitalic (1; PH2); Motility Inhibitor (2; KOM; PIP).

Indications (Uzara) — Diarrhea (2; KOM; PIP; PH2); Dysentery (f; PHR; PH2).

Dosages (Uzara) — 1 g drug (or equivalent of 75 mg total glycosides (KOM; PIP); 45–90 mg total glycosides (PH2); 45–90 mg uzarin/day (KOM; PIP).

Contraindications, Interactions, and Side Effects (Uzara) — Not covered (AHP). Commission E reports for the root, no known side effects or interactions with other drugs; contraindicated with cardioactive glycosides. Consult a physician when diarrhea lasts for more than 3–4 days. Also reported to contain cardiac glycosides; has digitalis-like cardiac activity in higher doses (AEH). There have been fatalities following parenteral application of Uzara drugs (PHR).

V

VALERIAN (*Valeriana officinalis* L.) +++

Activities (Valerian) — Analgesic (f; CAN; CRC; MAD; PED; WHO); Antibacterial (1; APA; FAD; PED; WOI); Anticomplementary (1; CAN); Anticonvulsant (1; APA; BGB; MAB); Antidandruff (f; CRC); Antidiuretic (1; CRC; FAD; PED); Antiperspirant (f; WHO); Antiseptic (1; WOI); Antispasmodic (2; PH2; WAM; WHO); Antitumor (1; PNC); Antiulcer (1; PH2); Anxiolytic (1; MAB; PH2); Aperitif (1; BGB; CAN); Calmative (f; HAD); Carminative (f; CRC; MAB; PED); Cerebrostimulant (f; MAB); CNS Depressant (1; FAD; PED; PH2; WHO); CNS Stimulant (1; FAD); Cytotoxic (1; CAN); Digestive (f; WHO); Diuretic (f; MAD; WHO); Emmenagogue (f; MAD; WHO); Digestive (f; WHO); GABA-Genic (1; PH2; WHO); GABA-Sparing (1; PH2; PNC); Hepatoprotective (1; APA; CRC; FAD); Hypnotic (3; BGB; CAN; MAB); Hypotensive (1; APA; CAN; CRC); Mutagenic (1; CAN; MAB); Myorelaxant (2; MAB; PHR; PH2; WHO); Narcotic (f; CRC; WOI); Nervine (1; FAD; MAD; PNC); Peristaltic (f; PED); Sedative (3; KOM; PH2; WAM; WHO); Stimulant (f; CRC); Thymoleptic (1; MAB); Tranquilizer (2; APA; BRU; FAD); Vermifuge (f; MAD); Vulnerary (f; MAD).

Indications (Valerian) — Abscess (f; JLH); Acne (1; APA); Anorexia (1; BGB; CAN); Anthrax (f; MAD); Anxiety (2; KOM; MAB; PH2; WAM; WHO); Aposteme (f; JLH); Ascarides (f; MAD); Asthma (f; MAD); Atherosclerosis (f; MAD); Bacteria (1; APA; FAD; PED; WOI); Cancer (1; JLH; PNC); Candida (f; WHO); Cardiopathy (f; PH2); Catarrh (f; CRC); Cerebrosis (f; FEL); Cholera (f; CRC; MAB); Chorea (f; FEL; MAB; MAD); Cold (f; CRC); Colic (f; CAN; MAD; PH2); Colitis (f; WHO); Condyloma (f; JLH); Conjunctivosis (f; MAD); Convulsion (1; APA; BGB; CRC; MAB; WOI); Cough (f; MAD); Cramp (2; APA; CAN; FAD; MAD; PH2; WAM; WHO); Dandruff (f; CRC); Depression (1; FAD; FEL; MAB; PED); Dermatosis (f; APA); Despondency (f; FAD; FEL); Diphtheria (f; MAD); Dysmenorrhea (f; APA; CAN; CRC; PH2); Dyspepsia (f; CRC; MAB); Eczema (f; PNC); Enterosis (f; APA; CAN; MAD); Enuresis (f;

MAD); Epilepsy (1; APA; FEL; PED; PH2; WHO); Fatigue (1; CRC; FAD; PNC); Fever (f; FEL; MAB); Flu (f; CRC); Gas (f; CRC; MAB; PED); Gastrosis (f; MAD); Gingivosis (f; WHO); Headache (f; FAD; PED; PH2; WHO); Hemicrania (f; FEL); Hepatosis (1; APA; CRC; FAD); High Blood Pressure (1; APA; CAN; CRC); Hyperactivity (1; WAM); Hypochondria (f; CAN; CRC; FEL; FAD); Hysteria (f; CAN; CRC; FEL; MAB; MAD; PH2); Infection (1; WOI); Inflammation (f; CRC; WHO); Insomnia (3; CAN; KOM; PH2; WAM; WHO); Lumbago (f; MAD); Menopause (f; MAD; PH2); Menstrual Cramp (f; APA; CAN); Migraine (f; CAN); Myalgia (f; MAD); Nausea (f; WHO); Nervousness (3; APA; BRU; FAD; KOM; PH2; WAM; WHO); Nervous Tension (3; APA; BRU; FAD; KOM; PH2; WAM; WHO); Neurasthenia (f; CRC; PH2); Neuropathy (f; CRC; MAB; PH2); Neurosis (f; MAB); Numbness (f; CRC); OCD (1; WAF); Ophthalmia (f; CRC); Pain (f; CAN; CRC; MAB; MAD; PED; WHO); Palpitation (f; CRC); Panic (f; APA); Plague (f; APA); Polyp (f; CRC; JLH); Restlessness (2; APA; KOM); Rheumatism (f; CAN; CRC; MAD); Rhinosis (f; JLH); Shell Shock (f; MAB); Sore (f; APA; CRC); Sore Throat (f; WHO); Spasm (f; CRC); Stress (2; MAB; PED); Syncope (f; MAD; PH2); Toothache (f; CRC); Trauma (f; CRC); Tumor (1; JLH; PNC); Typhus (f; MAD); Ulcer (1; PH2); Uterosis (f; PH2); Vaginosis (f; WHO); Vertigo (f; MAD); Water Retention (f; MAD; WHO); Worm (f; CRC; MAD); Wound (f; CRC).

Dosages (Valerian) — 1 tsp (2–3 g) root/cup water (APA); 2–3 g root 1–3 ×/day (APA); 2–3 g root/cup tea, 1 to several ×/day (KOM); 2–3 g root/150 ml water 1 ×/day (PIP); 0.3–1 g dry root, or in tea, 3 ×/day (CAN); 3–9 g dried root/day (MAB); 0.5–4 g powdered root (MAD); 2–4 ml concentrated root infusion (PNC); 0.3–1 ml liquid root extract (CAN; PNC); 3–5 ml (0.5–1 tsp) root extract or tincture (APA); 2–6 ml fluid root extract (1:2)/day (MAB); 5–15 ml root tincture (1:5)/day (MAB); 4–8 ml root tincture (PNC; SKY); 4–8 ml simple valerian root tincture, or 2–4 ml concentrated valerian root infusion (CAN); 0.5–1 tsp (1–3 ml) root tincture, 1 to several ×/day (KOM); 100 g for one full bath (KOM); 300–500 mg StX at bedtime (SKY); 300–400 mg StX (0.5% EO) day; 3 (475 mg) root capsules 3 ×/day or before bed (APA); 3–6 (475 mg) capsules one-half hour before bed (JAD).

Contraindications, Interactions, and Side Effects (Valerian) — Class 1 (AHP). None reported (PIP). None known (KOM). But Gruenwald (PHR) mentions rare GI complaints, and even rarer contact allergies. He adds that long-term administration may occasionally cause cardiac disorders, headache, mydriasis, restless states, and sleeplessness, the latter two the main indications, now side effects of prolonged use. Full-body valerian baths should be monitored in cases of dermatosis, major skin injuries, cardiac insufficiency, or hypertonia (PHR). No contraindications, adverse effects, or interactions except for the effect of the tincture on driving ability (AEH). Ironically, "There is some concern about continual use, which may cause minor side effects, including headaches, excitability, and insomnia" (Morazzoni & Bombardelli, 1995). AHP minimizes published concern about toxicity of valepotriates, due to poor absorption and quick degradation into less toxic metabolites. If we accept this, we have to minimize medicinal potential of the valepotriates as well. CAN says, "There have been no reported side effects to valerian. The oil is unlikely to present any hazard in aromatherapy" (CAN). After all those kind words CAN says, "The safety of valerian during pregnancy and lactation has not been established and should, therefore, be avoided." CNS depressant activity may potentiate pharmaceutical sedatives (CAN). For some 5% of people (maybe even hyperactives? JAD), valerian may be slightly stimulating (WAM).

Extracts (Valerian) — Valerenic acid causes ataxia at 50 mg/kg ipr mus, CNS depressant 100 mg/kg ipr mus, but 400 mg kg was antispasmodic, convulsant, and fatal (CAN). Valepotriate fractions exhibit antiarrhythmic, anticomplement, anticonvulsant, coronadilating, cytotoxic, mutagenic, myorelaxant, and vasodilating activities. Valerian, in combo with *Hypericum*, in a double blind 2-week trial of 100 patients, was more effective than diazepam in treating symptoms of

anxiety (CAN). Baldrinal is mutagenic to *Salmonella* (CAN). Alkaloids are antibacterial, antidiuretic, and may help prevent liver necrosis (PED). Valerian, valerenic acid, and the eugenyl and isoeugenyl esters are antispasmodic. Valerenic acid and derivatives inhibit GABA. (PNC). LDlo for acevaltrate, didrovaltrate, and valtrate = >4600 mg/kg orl mus (MAB)

VANILLA (*Vanilla planifolia* Jacks.) +++

Synonyms: *Myrobroma fragrans* Salisb., *Vanilla fragrans* auct.

Activities (Vanilla) — Allergenic (1; LAF); Anticancer (1; FNF); Antioxidant (f; JAD); Antipyretic (f; DAD; JFM); Antisickling (1; FNF); Antispasmodic (f; DAD; JFM); Aphrodisiac (f; CRC; DAD; HHB; JFM); Carminative (f; DAD; EFS); Choleretic (1; CRC; DAD; HHB; RIN); Emmenagogue (f; DAD; JFM); Stimulant (1; DAD; JFM); Vulnerary (1; DAD).

Indications (Vanilla) — Cancer (1; FNF); Caries (1; CRC; DAD); Cramp (1; DAD; FNF; JFM); Dysmenorrhea (f; CRC; DAD; HHB); Fever (f; CRC; DAD; JFM); Gas (f; DAD; EFS); Hysteria (f; CRC; DAD; HHB); Polyp (f; JLH); Rhinosis (f; JLH); Sickle-Cell Anemia (1; FNF).

Dosages (Vanilla) — Few located. Cover 4–6 pods with alcohol and steep 21 days, take 24 drops/day with sweetened water as stimulant (JFM); steep 8 g 8 days in alcohol, take 5–20 drops/day as aphrodisiac (JFM). Mom used to give me a half teaspoon of vanilla extract for upset stomach when she was out of Castoria, which also smelled, to me, of vanilla. I thoroughly enjoyed both, perhaps contributing to my latent love for herbal tinctures (hence my book, *Living Liqueurs*) (JAD).

Contraindications, Interactions, and Side Effects (Vanilla) — Class 1 (AHP). Not treated (KOM; PHR). The folk emmenagogue activity will no doubt trigger nitpickologists to warn pregnant women against using this spice. And the plant does contain allergenic compounds, as do most plants.

V

VELVETLEAF (*Cissampelos pareira* L.) +

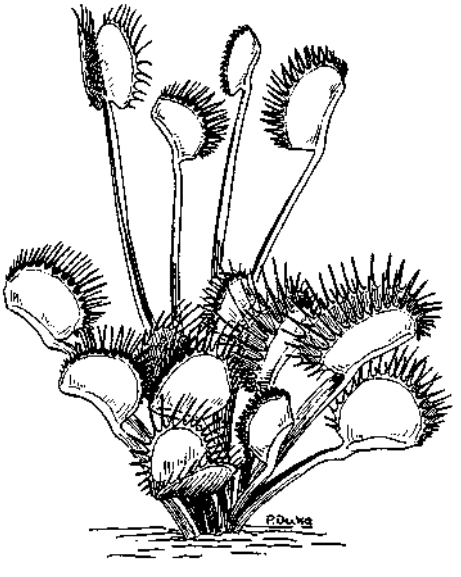
Activities (Velvetleaf) — Alexeteric (f; DEP; KAB); Analgesic (1; DAV; GMJ; KAB); Antiabortive (f; IED); Antiinflammatory (1; DAV); Antipyretic (1; DAV; IED; KAB); Astringent (f; DEP); Bitter

(f; DEP); Curare (1; KAP); Depurative (f; KAP); Diaphoretic (f; IED); Diuretic (f; DAV; DEP); Emmenagogue (f; IED; KAB); Expectorant (f; DAV; IED; KAB); Hemostat (f; IED); Litholytic (f; DEP; IED); Myorelaxant (1; KAP); Piscicide (f; DAV); Poison (f; DAV); Sedative (f; DEP); Stomachic (f; DEP; KAB); Tonic (f; DEP); Vulnerary (f; DEP).

Indications (Velvetleaf) — Acne (f; KAB); Amenorrhea (f; KAB); Asthma (f; DEP; IED); Bleeding (f; IED); Calculus (f; KAB); Catarrh (f; DEP); Childbirth (f; KAB); Cough (f; KAB); Cystosis (f; DEP; KAB); Dermatosis (f; IED; KAP); Diarrhea (f; DEP; KAB); Dropsy (f; DEP; KAB); Dysentery (f; DEP); Dyspepsia (f; DEP; KAB); Dysuria (f; KAB); Enterosis (f; DEP; KAB); Fever (1; DAV; IED; KAB); Gastrosis (f; DEP); Gravel (f; KAB); Hemicrania (f; KAB); Hemorrhoid (f; KAB); Inflammation (1; DAV; KAP); Insomnia (f; DEP); Jaundice (f; DEP); Nephrosis (f; DEP; KAB); Nervousness (f; DEP); Pain (1; DAV; DEP; GMJ; KAB); Prolapse (f; DEP); Rash (f; IED); Sinusosis (f; DEP); Snakebite (f; DAV; KAB); Sore (f; DEP); Sting (f; DEP; KAB); Stomachache (f; DEP); Stone (f; DEP; IED); Tuberculosis (f; DEP); Ulcer (f; DEP); Urethrosis (f; KAB); Urogenitosis (f; KAB); Uterosis (f; DEP); VD (f; DAV; IED); Water Retention (f; DAV; DEP); Worm (f; KAB); Wound (f; DEP).

Dosages (Velvetleaf) — 0.5–1.5 g powdered root (KAP); 28–56 ml root decoction (KAP); 2–8 ml liquid root extract (KAP).

VENUS FLYTRAP (*Dionaea muscipula* J. Ellis) ++



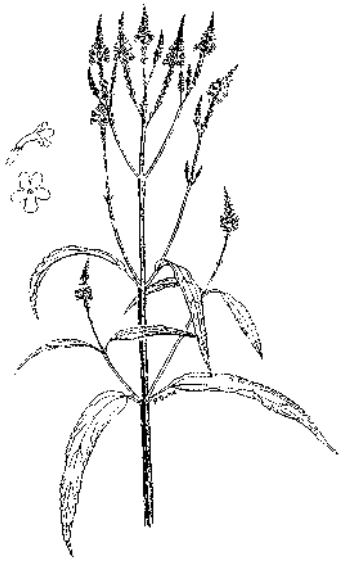
Activities (Venus Flytrap) — Antilymphomic (f; PH2); Antineoplastic (1; PH2); Immunostimulant (1; PH2); Spasmogenic (1; PH2).

Indications (Venus Flytrap) — Cancer, bladder (f; PH2); Cancer, bone (f; PH2); Cancer, breast (f; PH2); Cancer, prostate (f; PH2); Cystosis (f; PH2); Hodgkin's Disease (f; PH2); Immunodepression (1; PH2); Lymphoma (f; PH2); Mastosis (f; PH2); Osteosis (f; PH2); Prostatosis (f; PH2).

Dosages (Venus Flytrap) — 50–60 drops fresh plant juice, use 5 ×/day (PH2).

Contraindications, Interactions, and Side Effects (Venus Flytrap) — Not covered (AHP; KOM).

VERVAIN (*Verbena officinalis* L.) ++



Activities (Vervain) — Adaptogen (f; FAD); Analgesic (1; APA; CRC; PH2; WAM); Antibacterial (1; HH2); Antidepressant (f; APA; PNC); Antiedemic (1; APA; PH2); Antiinflammatory (1; APA; FAD; HHB; PHR); Antileukemic (1; HH2); Antipyretic (f; CRC; WOI); Antiseptic (1; FAD; FNF; HH2; PHR); Antispasmodic (f; CRC; MAD; PNC); Antitumor (1; PH2); Antitussive (1; APA; PHR; PH2); Antiviral (1; FNF; PHR); Aphrodisiac (f; CRC; HDR); Astringent (1; CRC; HDR; PH2); Bitter (1; WAM); CNS Depressant (1; FNF); Cytotoxic (1; PH2); Decongestant (1; APA); Depurative (f; MAD); Diaphoretic (1; CRC; FEL; MAD; PNC; WAM); Digestive (f; APA; PNC); Diuretic (1; APA; FAD; HHB; HH2; MAD; WAM); Emetic (f; CRC; FEL; PNC); Emmenagogue (f; APA; CRC; HHB); Expectorant (1; APA; CRC; FEL; HHB; MAD); Hypotensive (1; APA); Lactagogue (1; APA; CRC; FAD; HHB; MAB; PH2); Laxative (f; CRC); Litholytic (f; CRC); Nervine (1; CRC; MAD; PNC; WAM); Parasympathomimetic (1; APA; PNC); Rubefacient (f; CRC); Secretolytic (1; APA; PHR; PH2); Sedative (1; WAM); Sialagogue (1; PHR); Thymoleptic (1; CAN); Tonic (f; CRC; FEL; MAD; PNC); Uterocontractant (1; APA); Uterotonic (1; CAN; CRC; FNF); Vermifuge (f; CRC; WOI); Vulnerary (f; CRC; WOI).

Indications (Vervain) — Acne (f; APA); Adenopathy (f; JLH); Alactea (1; PHR); Amenorrhea (f; HH2; MAD); Anemia (f; CRC; MAD); Angina (f; HH2); Anorexia (f; FEL); Arthrosis (f; HH2; PHR; PH2); Asthma (f; HH2; MAD; PHR; PH2); Bacteria (1; HH2); Bladder Stone (f; MAD); Bleeding (f; MAD); Bronchosis (f; CRC); Bruise (f; FEL; PHR; PH2); Burn (f; PH2); Calculus (f; CRC); Cancer (1; CRC; JLH; PH2); Cancer, colon (1; FNF; JLH); Cancer, neck (1; FNF; JLH); Cancer, parotid (1; FNF; JLH); Cancer, scrotum (1; CRC; JLH); Cancer, spleen (1; CRC; JLH); Cancer, testicle (1; CRC; JLH); Cancer, throat (1; CRC; JLH); Cancer, viscera (1; CRC; JLH); Carbuncle (f; PH2); Cerebrosis (f; PH2); Chlorosis (f; MAD; PHR); Cholecystosis (f; HH2; PH2); Cold (f; FEL; HH2; PH2; PNC); Congestion (1; APA); Constipation (f; CRC); Convulsion (f; PH2); Cough (1; HH2; MAD; PHR; PH2; PNC); Cramp (f; APA; CRC; MAD; PHR; PH2; PNC); Cystosis (f; MAD); Debility (f; APA; FEL); Depression (f; APA; HH2; MAD; PNC); Dermatosis (f; PHR; PH2); Dislocation (f; PHR); Dropsy (f; CRC; MAD; PHR); Dysmenorrhea (f; APA; CRC; FEL; MAD; PHR; PH2; WOI); Dyspepsia (f; PHR; PH2); Dysuria (f; CRC); Eczema (f; CRC; HH2; MAD); Edema (1; APA; CRC; MAD; PH2); Enterosis (f; FEL); Exanthema (f; MAD); Fatigue (f; PHR; PH2); Fever (1; APA; CRC; FEL; MAD; PNC; WAM; WOI); Flu (1; FNF; PHR); Gas (f; CRC); Gastrosis (f; FEL; PH2); Glossosis (f; MAD); Gout (f; HH2; MAD; PHR; PH2); Gravel (f;

FEL; MAD); Headache (f; APA; CEB; CRC; MAD); Hematuria (f; MAD); Hemorrhoid (f; CRC); Hemostasis (f; MAD); Hepatosis (f; DEM; FAD; HH2; MAD; PH2); High Blood Pressure (1; APA); Hyperactivity (1; WAM); Hypophosis (f; MAD); Induration (f; JLH); Inflammation (1; APA; FAD; HHB; PHR); Infection (1; WAM); Infertility (f; MAD); Insomnia (1; CRC; HHB; WAM); Itch (f; PHR; PH2); Jaundice (f; APA; MAD; PNC); Kidney Stone (1; X7860196); Leukemia (1; HH2); Lichen (f; MAD); Lochia (f; MAD); Malaria (f; CRC; FAD; MAD; PH2); Melancholia (CAN); Menopause (f; PHR); Migraine (f; APA; HH2); Mucososis (f; PH2); Nephrosis (f; DEM; MAD; PHR; PH2); Nervousness (1; WAM); Neuropathy (f; CRC; HH2; MAD); Neurasthenia (f; APA; MAD); Neurosis (f; APA; PHR; PH2); Ophthalmia (f; CRC); Otosis (1; WAM); Pain (1; APA; CRC; MAD; PH2; WAM); Parotosis (f; JLH); Pertussis (f; PHR; PH2); Pharyngosis (f; PH2); Pleurisy (f; CRC); Polyp (f; JLH); Psoriasis (f; MAD); Respirosis (f; MAD; PH2); Rheumatism (f; HH2; MAD; PHR; PH2); Salmonella (1; HH2); Shigella (1; HH2); Sore (1; APA; MAD); Sore Throat (f; HH2; MAD; PH2); Splenosis (f; FAD; JLH; MAD); Stomatosis (f; PH2); Stone (f; CEB; CRC); Swelling (1; APA; PH2; WOI); Toothache (f; MAD); Trigeminosis (f; MAD); Tumor (1; PH2); Ulcer (f; CRC; MAD); Uterosis (f; CRC; MAD); UTI (f; PHR; PH2); Virus (1; FNF; PHR); Water Retention (1; APA; FAD; HHB; HH2; MAD; WAM); Worm (f; CRC; FEL; WOI); Wound (f; APA; MAD).

Dosages (Vervain) — 1.5–4 g to 3 ×/day (HH2); 4.5–9 g, as often happens, is the Chinese dose (PH2); 1 tsp herb/cup water 1–4 ×/day (APA); 2–4 g dry herb, or in tea, 3 ×/day (CAN); infusion of 5–20 g herb/liter water, take 2–4 g up to 3 ×/day (PH2); 1–2 tsp liquid herb extract (MAD); 2–4 ml liquid herb extract (APA; PH2; PNC); 2–4 ml liquid herb extract (1:1 in 25% ethanol) 3 ×/day (CAN); 5–10 ml herb tincture (1:1 in 40% ethanol) 3 ×/day (CAN).

Contraindications, Interactions, and Side Effects (Vervain) — Class 2b (AHP), without stating the reason, perhaps rosmarinic acid refers to gonadotropic and lactagogue activity. CAN notes no toxicity or side effects for vervain itself, but adds that high doses of verbenalin can cause CNS paralysis, convulsions, and stupor. Excessive doses may interfere with blood pressure and hormone therapy. Reportedly abortifacient and oxytocic, it should not be taken in pregnancy. Excessive use should be avoided (CAN).

Extracts (Vervain) — Animal or *in vitro* models demonstrate antiinflammatory, antitussive, lactagogue, secretolytic, and sialagogue activities (PHR). Fruits extracts used for dysmenorrhea and oligolactea. The lactagogue properties of vervain are often attributed to aucubin. A luteinizing action is attributed to inhibition of gonadotropic action on the posterior lobe of the pituitary. Verbenalin is uterotonic. LD50 extract 9000 mg/kg orl mus (HH2), LD50 ethanol extract 250 mg/kg ipr mus (HH2).

VETIVER, KHUS KHUS (*Vetiveria zizanioides* (L.) Nash) +++

Synonyms: *Anatherum zizanioides* (L.) Hitchc. & Chase, *Andropogon muricatus* Retz., *Andropogon odoratus* Steud., *Andropogon squarrosus* auct., *Andropogon zizanioides* (L.) Urb., *Phalaris zizanioides* L.

V

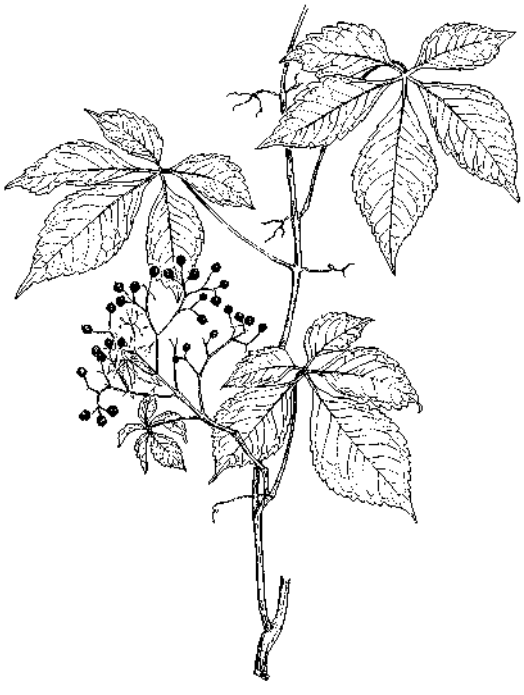
Activities (Vetiver) — Abortifacient (f; ZUL); Alexeritic (f; KAB); Analgesic (f; JFM); Antipyretic (f; EFS; SUW; WOI); Antispasmodic (f; EFS); Astringent (f; KAB); Carminative (f; WOI); Diaphoretic (f; EFS; JFM; SUW; WOI); Diuretic (f; EFS); Emmenagogue (f; EFS; KAB; SUW); Fungicide (1; ZUL); Insectifuge (1; JFM; ZUL); Litholytic (f; IHB); Sedative (f; KAB); Stomachic (f; EFS; KAB; SUW); Stimulant (f; SKJ; SUW); Tonic (f; EFS; KAB; SUW); Vermifuge (1; ZUL).

Indications (Vetiver) — Asthma (f; ZUL); Biliousness (f; KAB); Bladder Stone (f; IHB); Boil (f; SKJ); Burn (f; SKJ); Cerebrosis (f; KAB); Colic (f; WOI); Cramp (f; EFS); Epilepsy (f; SKJ);

Fever (f; EFS; JFM; KAB; SUW; WOI); Flu (f; JFM; ZUL); Fungus (1; ZUL); Gas (f; WOI); Gastrosis (f; IHB); Halitosis (f; KAB); Hangover (1; JAD); Headache (f; JFM; KAB); Hematosis (f; KAB); Infection (1; ZUL); Insomnia (f; KAB); Lumbago (f; WOI); Malaria (f; SKJ; ZUL); Mycosis (1; ZUL); Nervousness (f; KAB); Neuropathy (f; JFM); Pain (f; JFM); Pleurisy (f; JFM; ZUL); Puerperium (f; IHB); Rheumatism (f; JFM; WOI); Snakebite (f; SKJ); Spermatorrhea (f; KAB); Sprain (f; WOI); Sting (f; SKJ); Stomatosis (f; SKJ); Stone (f; IHB); Vomiting (f; WOI); Water Retention (f; EFS); Worm (1; ZUL).

Contraindications, Interactions, and Side Effects (Vetiver) — Class 2b. Abortifacient, emmenagogue, and uterotonic (AHP).

VIRGINIA-CREEPER, AMERICAN IVY
(*Parthenocissus quinquefolia* (L.) Planch.) +



Activities (Virginia-Creeper) — Allergenic (f; FAD); Astringent (f; PH2); Diaphoretic (f; PH2); Diuretic (f; CEB; FAD; HHB); Poison (f; HHB); Tonic (f; PH2).

Indications (Virginia-Creeper) — Alcoholism (f; CEB); Bronchosis (f; CEB); Bunion (f; JLH); Cancer (f; JLH); Corn (f; JLH); Dermatosis (f; CEB; DEM; FAD); Diarrhea (f; CEB; FAD); Dropsy (f; CEB); Drunkenness (f; CEB); Dysmenorrhea (f; DEM); Dyspepsia (f; PH2); Dysuria (f; DEM); Fever (f; PH2); Gonorrhea (f; FAD); Jaundice (f; DEM; FAD); Poison Ivy (f; DEM; FAD); Swelling (f; FAD); VD (f; FAD); Wart (f; JLH); Water Retention (f; CEB; FAD; HHB); Wound (f; FAD).

Dosages (Virginia-Creeper) — 15–30 drops fluid shoot extract (CEB).

Contraindications, Interactions, and Side Effects (Virginia-Creeper) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). There has been one report of a child fatality following ingestion of the berries (which can contain up to 20,000 ppm oxalic acid) (PH2).

VIRILITY VINE (*Rhynchosia pyramidalis* (Lam.) Urb.) +

Synonym: *Dolichos pyramidalis* Lam.

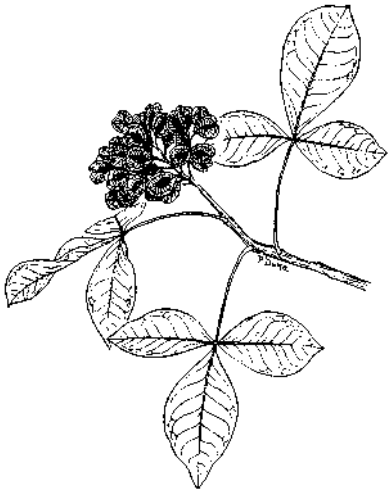
Activities (Virility Vine) — Aphrodisiac (1; CRC); Hallucinogen (1; CRC); Narcotic (1; CRC); Poison (1; CRC).

Indications (Virility Vine) — Cough (f; CRC); Impotence (1; CRC).

Contraindications, Interactions, and Side Effects (Virility Vine) — Narcotic hallucinogen (CRC).

W

WAFER ASH (*Ptelea trifoliata* L.) +



Activities (Wafer Ash) — Antibacterial (1; HHB; PH2); Antiperiodic (f; EFS); Antipyretic (f; EFS); Antiseptic (1; PH2); Aperitif (f; FEL); Astringent (f; EFS); Candidicide (f; HHB; PH2); Curare (f; DEM); Detersive (f; EFS); Fungicide (f; HHB; PH2); Litholytic (f; PH2); Tonic (f; EFS; FEL; PH2); Vermifuge (f; EFS; HHB).

Indications (Wafer Ash) — Anorexia (f; FEL); Asthma (f; FEL); Bacteria (1; HHB; PH2); Candida (1; HHB; PH2); Debility (f; FEL); Dermatosis (f; FEL); Dyspepsia (f; PH2); Dyspnea (f; FEL); Erysipelas (f; FEL); Fever (f; EFS; FEL); Fungus (1; HHB; PH2); Gallstone (f; PH2); Gastrosis (f; DEM; PH2); Infection (1; HHB; PH2); Inflammation (f; FEL); Malaria (f; EFS; FEL); Mucososis (f; FEL); Mycosis (1; HHB; PH2); Pulmonosis (f; DEM; FEL); Rheumatism (f; PH2); Stomachache (f; DEM); Stone (f; PH2); Tuberculosis (1; HHB); Worm (f; EFS; HHB); Yeast (1; HHB; PH2).

Dosages (Wafer Ash) — 0.5 fluid oz cold bark infusion every 2–4 hours (FEL).

Contraindications, Interactions, and Side Effects (Wafer Ash) — Not covered (AHP; KOM). None at standard dosages (PH2). Phototoxicity is possible with the citrus family.

WAHOO
(*Euonymus atropurpureus* Jacq.) X (downgraded from CRC)

Rightly or wrongly, European authors (EFS and PH2) tend to aggregate *E. atropurpureus* and *E. europaeus* L. Some of the data below probably accrue only to one or the other.

Activities (Wahoo) — Alterative (f; CRC; EFS); Analgesic (f; CRC); Antiperiodic (f; EFS); Cardioactive (1; HHB; PHR; PH2); Cholagogue (f; CRC; PNC; PH2); Choleretic (f; HHB; PHR); Circulostimulant (f; PNC); Collyrium (f; DEM); Diuretic (f; CRC; FAD; HHB; PH2); Emetic (f; CRC; EFS; FAD); Expectorant (f; CRC; FAD); Gastrogogue (f; CRC); Hemostat (f; DEM); Hepatotonic (f; EFS); Laxative (f; CRC; FAD; HHB; PH2); Parasiticide (f; EFS); Pediculicide (f; CRC); Poison (1; CRC); Scabicide (1; HHB); Sialagogue (f; CRC); Tonic (f; EFS; FAD; PH2).

Indications (Wahoo) — Albuminuria (f; CRC); Biliousness (f; CRC); Bleeding (f; DEM); Cardiopathy (f; FAD); Cholecystosis (f; PNC); Cholera (f; CRC); Constipation (f; CRC; DEM; FAD; HHB; PH2); Dermatosis (f; PNC); Dropsy (f; CRC; FAD); Dyspepsia (f; CRC; FAD; PH2); Dysuria (f; CRC); Fever (f; CRC; FAD); Gallstone (f; CRC); Hematuria (f; DEM); Hepatosis (f; CRC; FAD; HHB); Malaria (f; CRC; EFS); Ophthalmia (f; DEM); Pain (f; CRC; HHB); Parasite (f; CRC; EFS); Pulmonosis (f; FAD); Sore (f; DEM); Syphilis (f; CRC); Uterosis (f; CRC; DEM); VD (f; CRC); Vertigo (f; CRC); Water Retention (f; CRC; FAD; HHB; PH2); Worm (f; DEM).

Dosages (Wahoo) — 0.6–2.6 ml bark tincture (PNC); 4–16 ml bark elixir (with pulsatilla) (PNC).

Contraindications, Interactions, and Side Effects (Wahoo) — Class 3 (AHP). Fruit, seeds, and bark are considered poisonous (FAD). 36 berries of *E. europaeus* reportedly are enough to kill a person (PH2). To treat poisonings, see PH2. Reports of caffeine and theobromine (PH2) in European wahoo need confirmation.

WALLFLOWER (*Erysimum cheiri* (L.) Crantz) X

Synonym: *Cheiranthus cheiri* L.

Activities (Wallflower) — Analgesic (f; HHB); Antibacterial (1; WO2); Antiseptic (1; WO2); Antispasmodic (f; HHB; WO2); Antitumor (1; WO2); Cardiotonic (f; EFS; HHB); Cardiotoxic (1; EFS; HHB); Deobstruent (f; EFS); Depurative (f; EFS); Digitalic (1; PH2); Emmenagogue (f; EFS; PH2); Expectorant (f; WO2); Laxative (1; PH2; WO2); Myotonic (1; PH2); Peristaltic (f; PH2); Stimulant (f; WO2); Stomachic (f; WO2); Tonic (f; EFS); Toxic (f; EFS).

Indications (Wallflower) — Arthrosis (f; JLH); Asthma (f; WO2); Bacteria (1; WO2); Bronchosis (f; WO2); Cancer (1; JLH; WO2); Cancer, joint (1; JLH); Cancer, sinew (1; JLH); Cancer, uterus (1; JLH); Cardiopathy (f; HHB); Constipation (1; PH2; WO2); Cramp (f; HHB; WO2); Dysmenorrhea (f; HHB); Gout (f; HHB); Hepatosis (f; HHB; WO2); Induration (f; JLH); Inflammation (f; JLH); Pain (f; HHB; PH2); Sclerosis (f; JLH); Toothache (f; PH2); Tumor (1; WO2); Uterosis (f; HHB).

Dosages (Wallflower) — 2–3 g flower/100 ml water for tea, take 3–4 cups a day (PH2).

Contraindications, Interactions, and Side Effects (Wallflower) — Not covered (AHP; KOM). None at proper dosage (PH2). Digitalic poisoning in serious overdoses. Cheiroside-A and cheirotoxin are cardioactive and digitalic (HHB).

WALL GERMANDER (*Teucrium chamaedrys* L.) XXX

Activities (Wall Germander) — Antirheumatic (f; PNC); Antiseptic (1; PNC; WOI); Antispasmodic (f; PHR; PH2); Cholagogue (f; PHR; PH2); Choleretic (f; HHB); Diaphoretic (f; GMH; PNC; WOI); Digestive (f; PHR; PH2); Diuretic (f; GMH; PNC; WOI); Emmenagogue (f; FAD); Expectorant (f; HHB); Gastrostimulant (f; PNC); Hepatotoxic (1; HH2; PH2); Stimulant (f; GMH); Tonic (f; GMH; HHB); Vulnerary (f; HHB; PNC).

Indications (Wall Germander) — Ague (f; GMH); Arthrosis (f; FEL); Bronchosis (f; FEL; HH2); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, feet (f; JLH); Cancer, liver (f; JLH); Cancer, sinew (f; JLH); Cancer, spleen (f; JLH); Cerebrosis (f; GMH); Cholecystosis (f; PHR); Cramp (f; GMH; PHR; PH2); Cystosis (f; HH2); Dermatosis (f; FEL); Enterosis (f; GMH); Fever (f; GMH; HH2; PHR; PH2; PNC; WOI); Fibroma (f; JLH); Gallbladder (f; PHR; PH2); Gastrosis (f; HH2); Gout (f; HHB; PHR; PH2); Hepatosis (f; JLH); Induration (f; JLH); Infection (1; WOI); Jaundice (f; GMH); Malaria (f; FEL; HHB); Mastosis (f; JLH); Parasite (f; HH2); Polyp (f; JLH); Rheumatism (f; FEL; PNC); Side Ache (f; GMH); Splenosis (f; JLH; WOI); Uterosis (f; FEL); Water Retention (f; GMH; PNC; WOI); Worm (f; GMH); Wound (f; HHB).

Dosages (Wall Germander) — Don't take it (JAD); 2–4 ml liquid herb extract (PNC).

Contraindications, Interactions, and Side Effects (Wall Germander) — Class 3; allowable only in alcoholic beverages. Canadian regulations disallow germander as a nonmedicinal ingredient in oral-use products (AHP). *T. chamaedrys* is hepatotoxic in humans (*T. stocksianum* is hepatoprotective (AHP)). Fatalities reported with liver necrosis, jaundice, and elevated blood aminotransferase levels. Hepatosis has been associated with germander (*T. chamaedrys*) in the U.K. (CAN). One death has been recorded. Drug is highly toxic, "should not be used." (PH2).

WASABI, JAPANESE HORSERADISH (*Wasabia japonica* (Miq.) Matsum.) +++

Synonyms: *Cochlearia wasabi* Siebold, *Eutrema japonica* (Miq.) Koidz., *E. wasabi* Maxim., *Lunaria japonica* Miq., *Wasabia pungens* Matsum., *W. wasabi* (Maxim.) Makino.

Activities (Wasabi) — Antiaggregant (1; TAD); Anticancer (1; TAD); Decongestant (1; ABS); Diaphoretic (f; TAD).

Indications (Wasabi) — Cancer (1; TAD); Congestion (1; ABS); Fever (f; TAD); Sinusosis (1; ABS); Thrombosis (1; TAD).

Contraindications, Interactions, and Side Effects (Wasabi) — Not covered (AHP; FAD; KOM; PH2). Overdoses may cause sweating, confusion, and collapse (TAD).

WATER AVENS (*Geum rivale* L.) ++

Some data derived from the more commonly used *G. urbanum* L., both were treated together in Madaus (1938). Most uses in Madaus specified *G. urbanum*, which see!

Activities (Water Avens) — Antidiarrheal (f; CAN); Antiemetic (f; HHB); Antihemorrhagic (1; CAN; FNF); Antipyretic (f; CAN; DEM; PNC); Antiseptic (1; EFS; FNF); Astringent (1; CAN; PHR; PNC); Digestive (f; EFS); Elastase Inhibitor (1; X2131766); Expectorant (f; HHB); Hemostat (1; DEM; PNC); Hypotensive (1; CAN); Stomachic (f; EFS; HHB; PNC); Tonic (f; EFS; PNC).

Indications (Water Avens) — Ague (f; CEB; WOI); Asthma (f; CEB); Bleeding (1; CAN; DEM; FNF; PNC); Callus (f; JLH); Cancer (f; JLH); Catarrh (f; CAN; WOI); Chill (f; WOI); Cold (f; DEM); Colic (f; CEB); Colitis (f; CAN); Cough (f; DEM); Diarrhea (f; DEM); Dysentery (f; DEM); Dyspepsia (f; PHR); Fever (f; CAN; CEB; DEM; HHB; PNC); High Blood Pressure (1; CAN); Indigestion (f; PHR); Infection (1; EFS; FNF); Leukorrhea (f; CEB; PNC; WOI); Malaria (f; CAN); Metrorrhagia (1; CAN); Nausea (f; HHB); Phthisis (f; CEB); Sore (f; JLH); Sore Throat (1; CEB; PNC; WOI); Tuberculosis (f; CEB); Ulcerative Colitis (1; CAN); Uterosis (1; CAN; CEB); VD (f; CEB); Vomiting (f; HHB).

Dosages (Water Avens) — From *Geum urbanum*: 1 g herb in tea 3 ×/day (CAN); 1–4 ml liquid herb extract (1:1 in 25% alcohol) (CAN); 10–15 drops herb tincture 2–3 ×/day (MAD); 0.5–1 tsp herb in hot water several ×/day (PH2); 1–4 ml liquid root extract (PNC).

Contraindications, Interactions, and Side Effects (Water Avens) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD).

WATERCRESS (*Nasturtium officinale* R. Brown) ++

Synonyms: *N. nasturtium-aquaticum* (L.) H. Karst., *Radicula nasturtium* Cav., *R. nasturtium-aquaticum* (L.) Rendle & Britten, *Rorippa nasturtium* Beck, *Rorippa nasturtium-aquaticum* (L.) Hayek, *Sisymbrium nasturtium* Thunb., *S. nasturtium-aquaticum* L.

Activities (Watercress) — Antibacterial (1; BGB; WOI); Anticancer (1; BGB; JAD); Antidote, nicotine (f; BIB); Antiimplantation (f; BIB); Antimitotic (1; HH2); Antisarcomic (1; HH2); Antiseptic (1; HH2; PHR; PH2); Antitumor (1; BGB; PH2); Aperitif (1; APA; DEP; EFS; PHR; PH2); Bitter (1; PHR); Cholagogue (1; APA; BGB); Contraceptive (f; BIB); Decongestant (1; APA); Depurative (f; APA; BGB; FAD; JFM; MAD); Detoxicant (1; JNU); Digestive (1; APA; PH2); Diuretic (1; APA; FAD; MAD; PH2); Emmenagogue (f; MAD); Expectorant (f; BGB; EFS; MAD); Goitrogenic (1; WO2); Stimulant (f; EFS); Tonic (1; APA); Vermifuge (f; EFS; MAD); Vulnerary (f; MAD).

Indications (Watercress) — Acne (f; BIB; MAD); Adenopathy (f; JLH); Alopecia (f; JNU); Anemia (f; JFM); Anorexia (1; APA; DEP; EFS; PHR; PH2); Anthrax (f; BIB); Arthrosis (f; HH2; PHR; PH2); Ascites (f; MAD); Asthenia (f; BGB); Asthma (f; BIB; WOI); Bacteria (1; BGB; WOI); Blemish (f; BGB); Boil (f; JLH); Bronchosis (2; FAD; PHR); Cancer (1; APA; BGB; JAD; JLH; PH2); Cancer, breast (1; APA; JLH); Cancer, esophagus (1; JNU); Cancer, face (1; APA; JLH); Cancer, gland (1; APA; JLH); Cancer, lung (1; APA; JNU); Cancer, nose (1; APA; JLH); Cardiopathy (f; FAD); Catarrh (2; BGB; KOM; PH2); Cold (1; BIB; FNF); Congestion (2; APA; KOM); Cough (2; APA; MAD; PHR); Cystosis (f; MAD); Dermatosis (f; BIB; JFM; JNU); Diabetes (f; MAD); Dropsy (f; MAD); Dyscrasia (f; MAD); Dysmenorrhea (f; BIB); Dyspepsia (f; APA; MAD); Earache (f; MAD); Eczema (f; MAD); Exanthema (f; MAD); Fever (f; MAD); Freckle (f; BIB); Gingivosis (f; MAD); Glossosis (f; MAD); Goiter (f; BIB; FAD; WOI); Gout (f; MAD); Gravel (f; MAD); Head Cold (f; MAD); Hepatosis (f; JFM; MAD); Herpes (f; MAD); Infection (f; MAD); Inflammation (2; APA); Insomnia (f; BIB; MAD); Ischiosis (f; MAD); Jaundice (f; MAD); Kidney Stone (f; MAD); Lethargy (f; FAD); Liver Fluke (f; BGB); Liver Spot (f; BIB); Mucososis (KOM); Nephrosis (f; BIB); Nervousness (f; APA); Polyp (f; BIB; JLH; WOI); Pulmonosis (f; BIB; MAD); Respirosis (2; APA; BGB; KOM; PH2); Rheumatism (f; FAD; MAD; PHR); Rhinosis (f; BIB; JLH; WOI); Scrofula (f; MAD); Scurvy (3; FAD); Sore (f; MAD); Sore Throat (f; WOI); Splenosis (f; MAD); Staphylococcus (1; HH2); Stomatosis (f; MAD); Stone (f; MAD); Strangury (f; WOI); Swelling (f; HH2); Toothache (f; JNU; MAD); Tuberculosis (f; BIB; JFM; MAD); Tumor (1; BGB; PH2); UTI (1; BGB; BIB; PH2); Wart (f; JLH); Water Retention (1; APA; FAD; MAD; PH2); Wen (f; JLH); Worm (f; EFS; MAD).

Dosages (Watercress) — Food farmacy, eat some almost every day but don't overdo it. 4–6 g dry herb/day (KOM); 2 g fresh herb/cup tea (APA); 20–30 g fresh herb/day (APA; KOM); 20–30 g fresh herb up to 3 ×/day (HH2); 60–150 g freshly pressed plant juice (APA; KOM); 4 tbsp fresh plant juice with cold Guazuma bark tea (like slippery elm bark) with 4 tbsp red wine 2–3 ×/day (JFM); 2–3 cups preprandial herb tea, 2 g (1–2 tsp) steeped 10–15 minutes in 150 ml boiled water (PH2).

Contraindications, Interactions, and Side Effects (Watercress) — Class 2b, 2d (AHP)."Hazards and/or side effects not known for proper therapeutic dosages" (PH2). KOM and PH2 report contraindications: peptic ulcer, and nephrosis; not to be used by children younger than 4 years; adverse effects: GI complaints (rarely). Since it is viewed as an emmenagogue and uterocontractant, it is contraindicated in pregnancy. Irritation of gastric mucosa may develop following chronic ingestion of large quantities (AEH). I suspect that much of what is said here could be said about horseradish, wasabi, and even the milder crucifers, such as the wholesome broccoli, etc. (JAD). Plants become bitter in flowering, better for medicine, worse for food (JFM). Watercress is the richest source of phenethylisothiocyanate (PEITC), which also occurs in bok choy, turnips, and turnip greens (JNU).

WATER DOCK (*Rumex aquaticus* L.) ++

Activities (Water Dock) — Alterative (f; EFS; PNC); Analgesic (f; DEM); Antiaggregant (f; EFS); Antiscrofulous (f; EFS); Antiscorbutic (f; EFS); Astringent (f; CEB); Decongestant (f; EFS); Dentifrice (f; PH2); Deobstruent (f; EFS; PNC); Depurative (f; PH2); Detergent (f; EFS); Diaphoretic (f; CEB); Digestive (f; EFS; PH2); Laxative (f; DEM); Tonic (f; CEB).

Indications (Water Dock) — Arteriocongestion (f; EFS); Boil (f; DEM); Cancer (f; CEB; JLH); Congestion (f; EFS); Constipation (f; DEM; PH2); Dysentery (f; CEB); Fever (f; CEB); Gastrosis (f; DEM); Pain (f; DEM); Rheumatism (f; DEM); Scirrhus (f; JLH); Scrofula (f; EFS); Scurvy (1; EFS; PH2); Sore (f; CEB; EFS; PH2); Stomachache (f; DEM); Stomatosis (f; CEB; PH2); Swelling (f; DEM); Syphilis (f; CEB); Ulcer (f; PH2); Wound (f; DEM).

Dosages (Water Dock) — 4–8 ml liquid root extract (PNC).

Contraindications, Interactions, and Side Effects (Water Dock) — Not covered (AHP; KOM). Food, but oxalate poisoning is a remote possibility (PH2). Eaten as a vegetable.

WATER DROPWORT (*Oenanthe crocata* L.) X

Activities (Water Dropwort) — Cardiotoxic (f; PH2); Emmenagogue (f; MAD); Litholytic (f; MAD); Narcotic (f; JLH); Poison (1; USA); Toxic (1; EFS).

Indications (Water Dropwort) — Apoplexy (f; MAD); Asthma (f; MAD); Bronchosis (f; MAD); Cancer (f; JLH); Catarrh (f; MAD); Cerebrosis (f; PH2); Convulsion (f; MAD; PH2); Cramp (f; MAD); Delirium (f; MAD); Dermatosis (f; DEM); Enuresis (f; MAD); Epilepsy (f; EFS; FEL); Leprosy (f; MAD); Meningosis (f; MAD); Paralysis (f; MAD); Pertussis (f; MAD); Psoriasis (f; MAD); Stone (f; MAD); Tic (f; MAD); Uremia (f; MAD); Whitlow (f; JLH).

Dosages (Water Dropwort) — Don't take it (JAD).

Contraindications, Interactions, and Side Effects (Water Dropwort) — Not covered (AHP; KOM). Responsible for many poisonings (PNC). Early symptoms include burning sensations, chills, debility, dizziness, dysphonia, twitching, colonic spasms, unconsciousness, and death (PH2). As little as five drops in a tincture can cause serious headache (FEL). 650 g root can kill a cow and horse, 2 g a guinea pig (HH2).

WATER FENNEL (*Oenanthe aquatica* (L.) Poir.) X

Synonym: *Oenanthe phellandrium* Lam.

Activities (Water Fennel) — Alterative (f; CRC; FEL; PNC); Antitussive (1; PH2); Carminative (f; CRC; EFS; PH2); Diaphoretic (f; CRC); Digestive (f; CRC); Diuretic (f; CRC; FEL; PH2);

Emmenagogue (f; CRC); Expectorant (1; CRC; PHR; PH2); Intoxicant (f; CRC); Narcotic (f; CRC; FEL); Poison (f; CRC); Stimulant (f; FEL).

Indications (Water Fennel) — Asthma (f; CRC; FEL; HH2; PHR; PH2); Bronchosis (f; CRC; PH2); Cancer (f; CRC); Cancer, breast (f; JLH); Catarrh (f; CRC; FEL; PHR); Cough (1; PHR; PH2); Cramp (f; HHB); Cystosis (f; CRC); Dyspepsia (f; CRC; FEL); Fever (f; CRC; FEL); Gas (f; CRC; EFS; PH2); Hemoptysis (f; FEL); Hemorrhoid (f; CRC); Inflammation (f; PHR; PH2); Laryngosis (f; CRC; FEL); Malaria (f; CRC); Mastosis (f; PH2); Mucososis (f; PH2); Pulmonosis (f; PHR; PH2); Scirrhus (f; JLH); Sore (f; CRC; FEL); Tuberculosis (f; CRC; EFS; FEL); Ulcer (f; CRC); Water Retention (f; CRC; FEL; PH2).

Dosages (Water Fennel) — 4–5 grains seeds every hour or two to a cautious 8–10 grains (FEL); 4–5 g powdered fruit (HH2); tincture 1:5 seed/70% ethanol (PH2).

Contraindications, Interactions, and Side Effects (Water Fennel) — Not covered (AHP). None with proper dosage (PHR; PH2).

WATER GERMANDER (*Teucrium scordium* L.) +

Activities (Water Germander) — Alterative (f; EFS); Antidote (f; GMH); Antiinflammatory (f; EFS); Antipyretic (f; EFS); Antiseptic (f; EFS; WOI); Astringent (f; EFS); Diaphoretic (f; EFS; GMH; PNC); Diuretic (f; EFS; MAD); Emmenagogue (f; MAD); Laxative (f; EFS; WOI); Stimulant (f; EFS; WOI); Tonic (f; EFS; GMH); Vermifuge (f; EFS; GMH); Vulnerary (f; EFS).

Indications (Water Germander) — Actinomycosis (f; MAD; WOI); Adenopathy (f; MAD); Asthma (f; MAD); Bleeding (f; MAD); Bronchosis (f; MAD; PH2); Burn (f; MAD); Cachexia (f; MAD); Cancer (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cancer, uterus (f; JLH); Cardiopathy (f; SKJ); Catarrh (f; MAD); Cholecystosis (f; MAD); Constipation (f; EFS; WOI); Cough (f; MAD; WOI); Dermatosis (f; MAD); Diarrhea (f; MAD; PH2); Dropsy (f; MAD); Empyema (f; MAD); Enterosis (f; PH2); Erysipelas (f; MAD); Fever (f; EFS; GMH; PH2; PNC; SKJ); Fibroid (f; JLH); Fungus (f; MAD; WOI); Gangrene (f; GMH; MAD); Heart (f; SKJ); Hemorrhoid (f; HH2; PH2; WOI); Hepatosis (f; JLH); Induration (f; JLH); Infection (f; MAD; PH2); Inflammation (f; EFS; GMH; PH2); Insomnia (f; MAD); Jaundice (f; MAD); Lupus (f; MAD; WOI); Malaria (f; GMH); Mycosis (f; WOI); Orchosis (f; MAD); Ozena (f; MAD); Pain (f; SKJ); Parasite (f; PH2); Phthisis (f; WOI); Plague (f; MAD); Polyp (f; JLH); Pulmonosis (f; MAD); Respirosis (f; MAD); Rhinosis (f; JLH); Scrofula (f; GMH); Sore (f; MAD); Splenosis (f; JLH); Swelling (f; HH2; MAD); Tuberculosis (f; MAD); Typhus (f; MAD); Wart (f; JLH); Water Retention (f; EFS; MAD); Wen (f; JLH); Worm (f; EFS; GMH); Wound (f; MAD; PH2).

Dosages (Water Germander) — 4 tsp (~7.2 g) herb/cup (PH2); 2–4 ml liquid herb extract (PNC).

Contraindications, Interactions, and Side Effects (Water Germander) — Not covered (AHP; KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

W

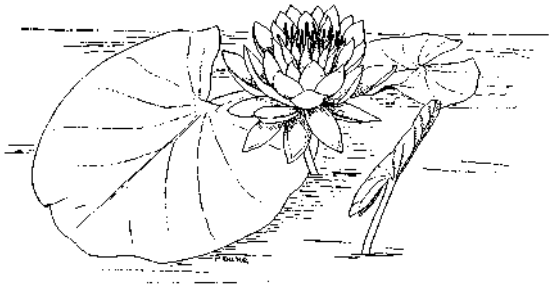
WATER HEMLOCK (*Cicuta maculata* L.) X

Activities (Water Hemlock) — Cardiotoxic (1; CRC); Contraceptive (f; CRC); Convulsant (f; DEM); Curare (f; DEM); Emetic (f; CEB); Narcotic (f; CEB); Poison (1; CRC; DEM); Sterilant (f; DEM).

Indications (Water Hemlock) — Adenopathy (f; JLH); Arthrosis (f; DEM); Bruise (f; DEM); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, gland (f; JLH); Fracture (f; DEM); Headache (f; CRC); Induration (f; JLH); Inflammation (f; CRC); Lameness (f; DEM); Neuropathy (f; CRC; CEB); Paralysis (f; CEB); Rheumatism (f; DEM); Scrofula (f; CEB); Sore (f; CEB; DEM); Sore Throat (f; CEB); Sprain (f; CEB; CRC; DEM); Swelling (f; JLH); Tumor (f; CRC); Uterosis (f; CEB).

Contraindications, Interactions, and Side Effects (Water Hemlock) — "Children have been fatally poisoned by eating the roots. Symptoms include frothing at the mouth, diarrhea, nausea, abdominal pain, dilated pupils, delirium, tremors, and periodic violent convulsions alternating with brief relaxations. Convulsions may be so violent that vomiting is prevented, and the tongue may be chewed up. Death is due to cardiac or respiratory failure" (CRC). Too lethal to use, with poisonous compounds like in Poison Hemlock, it is highly toxic. Do not confuse with edible members of the celery family (FAD).

WATERLILY (*Nymphaea odorata* Aiton) ++



Synonyms: *N. maximiliani* Lehm., *N. rosea* Raf.

Activities (Waterlily) — Analgesic (f; EFS); Antiseptic (1; EFS; PHR; PH2); Astringent (1; EFS; HH2; PHR; PH2); Demulcent (f; EFS); Hemostat (1; FAD); Poison (f; DEM); Suppurative (f; DEM).

Indications (Waterlily) — Acne (f; FAD); Adenopathy (f; DEM); Bleeding (1; FAD); Boil (f; PH2); Burn (f; PHR); Cancer (f; JLH; PH2); Cancer, uterine (f; JLH); Cold (f; DEM); Cough (f; DEM; FAD); Cystosis (f; HHB); Dermatosis (1; PH2); Diarrhea (f; PHR; PH2); Dysentery (1; PH2); Enterosis (f; FAD); Flu (f; DEM); Freckle (f; FAD); Furuncle (f; HH2; PHR); Gonorrhea (f; PH2); Infection (1; PHR; PH2); Inflammation (1; PH2); Leukorrhea (f; HH2; PH2); Nephrosis (f; HHB); Pain (f; EFS; JLH); Pharyngosis (f; HH2; PHR); Pulmonosis (f; FAD); Scrofula (f; PH2); Sore (1; DEM; PH2); Sore Throat (1; PNC); Spermatorrhea (f; HHB); Stomatosis (f; FAD; PH2); Swelling (f; DEM); Toothache (f; DEM); Tuberculosis (f; DEM; FAD); Tumor (f; PH2); Uterosis (f; JLH); Vaginosis (f; HH2; PHR; PH2); VD (f; PH2); Whitlow (f; JLH).

Dosages (Waterlily) — 1–2 g in herb tea/day (HH2; PH2); 1–4 ml liquid herb extract (HH2; PHR).

Contraindications, Interactions, and Side Effects (Waterlily) — Not covered (AHP). None reported at proper dosages (PHR). High doses have led to animal fatalities (PHR). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2).

WATERMELON (*Citrullus lanatus* (Thunb.) Matsum. & Nakai) +++

Activities (Watermelon) — Anticancer (1; FNF); Antioxidant (1; FNF); Antiprostatitic (1; FNF); Antipyretic (f; WO2); Antiseptic (f; BIB); Cerebrotonic (f; BIB); Chemopreventive (1; FNF); Demulcent (f; EFS; WO2); Diuretic (1; JFM; WO2); Hypocholesterolemic (1; FNF); Hypotensive (1; BIB; WO2); Laxative (f; WO2); Litholytic (1; WO2); Vermifuge (1; JFM; WO2).

Indications (Watermelon) — BPH (1; FNF); Cancer (1; FNF; WO2); Catarrh (f; BIB); Constipation (f; WO2); Cystosis (1; BIB; JFM); Depression (1; BIB; FNF); Diarrhea (f; BIB; WO2); Dyspepsia (f; BIB); Dysuria (f; BIB; JLH; WO2); Fever (f; BIB; WO2); Gonorrhea (f; BIB); High Blood Pressure (1; BIB; JFM; WO2); High Cholesterol (1; FNF); Infection (f; WO2); Inflammation (f; BIB); Kidney Stone (1; WO2); Nephrosis (f; BIB; WO2); Sinusosis (f; BIB); Sore (f; BIB; WO2); Sore Throat (f; BIB); Stomatosis (f; BIB); Stone (1; WO2); Strangury (f; WO2); Roundworm (1; WO2); Tapeworm (1; WO2); Typhus (f; BIB); Vaginosis (f; BIB); VD (f; BIB); Water Retention (1; JFM; WO2); Worm (1; JFM; WO2).

Dosages (Watermelon) — 5–8 g of the juice expressed from fresh seeds in 1 cup water for worms.

Contraindications, Interactions, and Side Effects (Watermelon) — Not covered by AHP or KOM. "Eating unripe watermelons causes serious illness, even death" (JFM). Citrin (cucurbocitrin) is hypotensive.

WATER MINT (*Mentha aquatica* L.) +++

Synonym: *M. palustris* Mill.

Called Wild Mint in PH2.

Activities (Water Mint) — Anesthetic (1; FEL); Antiitch (1; FEL); Antivaginitic (1; FEL); Antitussive (1; FEL); Astringent (1; PH2; WOI); Carminative (f; EFS); Digestive (f; WOI); Emetic (f; EFS); Emmenagogue (f; EFS); Stimulant (1; EFS; PH2).

Indications (Water Mint) — Adenopathy (f; JLH); Asthma (1; FEL); Bite (1; FEL); Boil (1; FEL); Bronchosis (1; FEL); Burn (1; FEL); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, gum (f; JLH); Cancer, liver (f; JLH); Cancer, parotid (f; JLH); Cancer, spleen (f; JLH); Carbuncle (1; FEL);

Catarrh (1; FEL); Condyloma (f; JLH); Coryza (1; FEL); Cough (1; FEL); Diarrhea (f; PH2); Dysmenorrhea (f; PH2); Earache (1; FEL); Eczema (1; FEL); Gall (f; WOI); Gas (f; EFS); Gastrosis (f; WOI); Gingivosis (f; JLH); Hay Fever (1; FEL); Hepatosis (f; JLH); Inflammation (1; FEL); Itch (1; FEL); Laryngosis (1; FEL); Mastosis (f; JLH); Mycosis (1; FEL); Neuralgia (1; FEL); Ozena (1; FEL); Pain (1; FEL); Parotosis (f; JLH); Pharyngosis (1; FEL); Phthisis (1; FEL); Pulmonosis (1; FEL); Ringworm (f; FEL); Sciatica (1; FEL); Sore Throat (1; FEL); Splenosis (f; JLH); Sting (1; FEL); Toothache (1; FEL); VD (f; JLH); Vaginosis (1; FEL); Wart (f; JLH).

Dosages (Water Mint) — 30 g leaf/500 ml water (PH2). As a daily dose, drink a wine glassful during the course of the day (PH2).

Contraindications, Interactions, and Side Effects (Water Mint) — Not covered (AHP). None reported at proper dosing (PH2).

WAXTREE, JAPANESE WAXTREE (*Toxicodendron succedaneum* (L.) Kuntze) X

Synonym: *Rhus succedanea* L.

Activities (Waxtree) — Anticancer (1; WOI); Antiviral (1; WOI); Aperitif (f; KAP); Astringent (f; KAB; SUW; WOI); Cardiotonic (1; WOI); Caustic (1; KAB; SUW); Cholagogue (f; KAP); Expectorant (f; KAP; WOI); Poison (1; WOI); Stimulant (f; KAP); Sympathomimetic (1; WOI); Tonic (f; KAP); Vesicant (1; DEP).

Indications (Waxtree) — Anorexia (f; KAP); Asthma (f; KAP); Bleeding (1; KAP); Cancer (1; WOI); Cough (f; KAP); Diarrhea (f; KAB; SUW); Dysentery (f; KAB; SUW); Enterosis (f; KAP); Epistaxis (f; KAP); Fever (f; KAP); Gastrosis (f; KAP); Gingivosis (f; KAP); Gleet (f; KAP); Leukorrhea (f; KAP); Mucososis (f; KAP); Phthisis (f; DEP; KAB; SKJ; SUW); Psoriasis (f; KAP); Respirosis (f; KAP); Snakebite (f; KAP); Sting (f; KAP); Teething (f; KAP); Virus (1; WOI).

Dosages (Waxtree) — 0.5–1.5 g powdered gall (KAP).

WESTERN GROMWELL (*Lithospermum ruderale* Douglas ex Lehm.) X

Activities (Western Gromwell) — Analgesic (f; DEM); Antigonadotropic (1; HHB); Antiseptic (f; DEM); Contraceptive (f; DEM); Diuretic (f; DEM).

Indications (Western Gromwell) — Bleeding (f; DEM); Diarrhea (f; DEM); Enterorrhagia (f; DEM); Nephrosis (f; DEM); Pain (f; DEM); Rheumatism (f; DEM); Sore (f; DEM); Water Retention (f; DEM).

Dosages (Western Gromwell) — 1 oz dry root/pint water, 1 tsp every 3 hours (FEL); 0.5 tsp powdered seed every 4–5 hours (FEL).

Contraindications, Interactions, and Side Effects (Western Gromwell) — Not covered (AHP; PH2). If it contains the same shikonins and pyrrolizidine alkaloids, or nearly so, as the Chinese *Lithospermum*, it should probably be avoided.

WHEAT (*Triticum aestivum* L.) +++

Activities (Wheat) — Antialcoholic (f; BIB); Antibilious (f; BIB); Antiseptic (f; BIB); Aperitif (f; KAB); Aphrodisiac (f; KAB); Bulking (1; SHT); Demulcent (f; BIB); Discutient (f; BIB); Emollient (f; BIB); Laxative (2; BGB; KAB; PH2; SHT); Lipolytic (1; PH2); Peristaltic (1; PH2); Sedative (f; BIB); Vulnerary (f; BIB).

Indications (Wheat) — Adenopathy (f; JLH); Aegilops (f; PH2); Alcoholism (f; BIB); Anorexia (f; KAB); Aposteme (f; JLH); Arthrosis (f; JLH); Biliousness (f; KAB); Bleeding (f; BIB); Bruise (f; BIB); Burn (f; BIB); Callus (f; JLH); Cancer (1; BIB; JLH); Cancer, abdomen (1; JLH); Cancer, breast (1; JLH); Cancer, colon (1; JLH); Cancer, foot (1; JLH); Cancer, joint (1; JLH); Cancer, parotid (1; JLH); Cancer, sinus (1; JLH); Cancer, skin (1; JLH); Cancer, spleen (1; JLH); Cancer, testicle (1; JLH); Cancer, tonsil (1; JLH); Cancer, uterus (1; JLH); Cancer, whitlow (f; JLH); Cardiopathy (f; BIB); Colitis (2; BGB; SHT); Condyloma (f; PH2); Constipation (2; BGB; BIB; KAB; PH2; SHT); Corn (f; JLH); Dermatosis (1; PH2); Diarrhea (f; BIB); Diverticulosis (2; BIB; SHT); Dysentery (f; BIB); IBS (2; BGB); Epistaxis (f; BIB); Fever (f; BIB); Flux (f; BIB); Fracture (f; BIB); Gravel (f; BIB); Heatstroke (f; BIB); Hematuria (f; BIB); Hemoptysis (f; BIB); Incontinence (f; BIB); Induration (f; JLH); Inflammation (1; PH2); Insomnia (f; BIB); Itch (f; PH2); Leprosy (f; BIB); Leukorrhea (f; BIB); Mastosis (f; JLH); Metrorrhagia (f; BIB); Nervousness (f; BIB); Neurasthenia (f; BIB); Night Sweats (f; BIB); Orchosis (f; JLH); Osteosis (f; BIB); Pain (f; JLH); Scald (f; BIB); Smallpox (f; BIB); Sore (f; JLH); Sting (f; BIB); Swelling (f; BIB); Syphilis (f; BIB); Tonsilosis (f; JLH); Tuberculosis (f; BIB; KAB); Ulcer (f; JLH); VD (f; BIB); Wart (f; JLH); Wound (f; BIB).

Dosages (Wheat) — 15 g bran 2 ×/day (SHT); 15–40 g bran 1–2 ×/day (PH2).

Contraindications, Interactions, and Side Effects (Wheat) — Not covered (AHP). None at proper dosage (PH2). Bulking agents should not be taken by those with stenotic lesions of the GI tract. May lead to bowel obstruction if fluid intake is inadequate. Do not take bulking agents when laying down or at bedtime. Do not use with antiperistaltics (such as, for example, loperamide) (SHT).

WHITE BIRCH (*Betula papyrifera* Marshall) ++

Synonyms: *B. excelsa* Aiton, *B. lyalliana* Koehne, *B. papyrifera* var. *commutata* (Regel) Fernald.

Activities (White Birch) — Analgesic (f; DEM); Astringent (f; CEB); Carminative (f; CEB); Contraceptive (f; DEM); Depurative (f; CEB); Diaphoretic (f; DEM); Diuretic (f; CEB); Emetic (f; CEB); Lactagogue (f; DEM); Laxative (f; DEM); Tonic (f; DEM).

Indications (White Birch) — Backache (f; DEM); Blood (f; CEB); Burn (f; DEM); Cataract (f; CEB); Chafing (f; CEB); Cold (f; CEB; DEM); Constipation (f; DEM); Cough (f; DEM); Cramp (f; DEM); Dermatosis (f; DEM); Diarrhea (f; DEM); Dropsy (f; CEB); Dysentery (f; DEM); Fever (f; DEM); Fracture (f; DEM); Gas (f; CEB); Gastrosis (f; DEM); Gonorrhea (f; DEM); Headache (f; CEB); Ophthalmia (f; CEB); Pain (f; DEM); Rash (f; DEM); Rheumatism (f; CEB); Scab (f; DEM); Sciatica (f; CEB); Scurvy (f; CEB); Stomachache (f; DEM); Teething (f; DEM); Toothache (f; DEM); Tuberculosis (f; CEB); VD (f; DEM); Water Retention (f; CEB); Womb (f; DEM).

WHITE BRYONY (*Bryonia alba* L.) X

Activities (White Bryony) — Abortifacient (f; HAD); Antitumor (1; PH2); Cytotoxic (1; KOM; PH2); Diuretic (1; EFS; KOM); Emetic (1; EFS; KOM; PH2); Emmenagogue (f; EFS); Expectorant (f; EFS); Hydragogue (f; EFS); Hypoglycemic (1; PH2); Irritant (1; PH2); Lactagogue (f; HAD); Laxative (1; HAD; KOM; PH2); Toxic (f; EFS); Vermifuge (1; EFS; HAD).

Indications (White Bryony) — Abscess (f; HAD); Acne (f; HAD); Adenopathy (f; JLH); Allergy (f; HAD); Alopecia (f; HAD); Aposteme (f; JLH); Arthrosis (f; JLH; KOM); Asthma (f; HAD); Blackhead (f; HAD); Bronchosis (f; HAD); Cacoethes (f; JLH); Cancer (1; FNF; JLH; PH2); Cancer, breast (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, face (1; FNF; JLH); Cancer, gland (1; FNF; JLH); Cancer, joint (1; FNF; JLH); Cancer, knee (1; FNF); Cancer, spleen (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Cardiopathy (f; HAD); Constipation (1; HAD; KOM; PH2); Cough (f; EFS); Edema (f; JLH); Enterosis (f; KOM; PH2); Epilepsy (f; HAD); Fatigue (f; HAD); Fever (f; HAD); Flu (f; HAD);

Gastrosis (f; KOM; PH2); Gout (f; HAD); Headache (f; HAD); Hepatosis (f; KOM; PH2); High Blood Pressure (f; HAD); Hyperglycemia (1; PH2); Hysteria (f; HAD); Induration (f; JLH); Infection (f; KOM; PH2); Inflammation (f; HAD); Insanity (f; HAD); Insomnia (f; HAD); Leprosy (f; HAD); Lockjaw (f; HAD); Lumbago (f; HAD); Madness (f; HAD); Myalgia (f; HAD); Neuralgia (f; HAD); Neuromyososis (f; HAD); Pain (f; EFS); Paralysis (f; HAD); Pertussis (f; HAD); Pleurisy (f; EFS); Polyp (f; JLH); Psoriasis (f; HAD); Pulmonosis (f; HAD); Radiculomyososis (f; HAD); Sciatica (f; HAD); Respirosis (f; KOM; PH2); Rheumatism (f; PH2); Sclerosis (f; JLH); Splenosis (f; JLH); Tonsilosis (f; HAD); Tuberculosis (f; HAD); Tumor (1; PH2); Ulcer (f; HAD); Virus (f; HAD); Wart (f; HAD); Water Retention (1; EFS; KOM); Whitlow (f; JLH); Worm (1; EFS; HAD; JAD); Wound (f; JLH).

Dosages (White Bryony) — Do not take (JAD); 0.5–1 g drug/cup water (PH2); 300–500 mg powdered herb as emetic and laxative (PH2).

Contraindications, Interactions, and Side Effects (White Bryony) — Not covered (AHP). Not approved (KOM). Commission E reports the root is a drastic laxative and emetic, while other therapeutic uses are not adequately documented. Contains toxic cucurbitacins (AEH). May cause abortion, anuria, blisters, colic, collapse, convulsions, cramps, death, dermatosis, diarrhea, dizziness, emesis, hematochezia, nephrosis, neurosis, paralysis, rash, and/or vomiting (KOM; PH2).

Extracts (White Bryony) — Powder has low toxicity. Rats, guinea pigs, and dogs chronically treated show no cancerogenic, teratogenic, or other toxic effects. LD = >10,000 mg/kg ipr rat, LD50 = >4000 mg/kg ipr mus, chronic (9-month) and subchronic (3-month) doses (30 mg/kg orl mus) did not induce mortality. Alcoholic extracts (20% ethanolic) and dry powdered roots recognized in U.S. Dispensatory and Martindale for asthma, bronchosis, pertussis, pleurisy, and other inflammatory disorders. Various preparations are used for myalgia and epilepsy.

WHITE COHOSH, BANEBERRY (*Actaea pachypoda* Elliott) +

Synonym: *Actaea alba* auct.

APA confusingly aggregates *Actaea pachypoda*, the White Baneberry, and *Actaea rubra* (Aiton) Willd., the Red Baneberry, as White Cohosh. I have joined them, but may treat them separately later. PHR treats *Actaea spicata* L. as an emetic, purgative poisonous plant.

Activities (White Cohosh) — Allergenic (1; FAD); Alterative (f; CRC); Anticonvulsant (f; DEM); Aperitif (f; DEM); Circulostimulant (f; FAD); Deliriant (f; FAD); Emetic (1; PHR); Insectifuge (f; CRC); Lactagogue (f; CRC); Laxative (f; CRC; FAD; PHR); Nervine (f; CRC); Spasmogenic (1; APA); Vesicant (f; FAD).

Indications (White Cohosh) — Anorexia (f; DEM); Arthrosis (f; CRC); Childbirth (f; APA; CRC; DEM); Cold (f; FAD); Congestion (f; CRC); Constipation (f; CRC; FAD; PHR); Convulsion (f; DEM); Cough (f; DEM; FAD); Debility (f; CRC); Dermatosis (f; CRC; DEM); Diarrhea (f; CRC); Dysmenorrhea (f; APA); Gastrosis (f; CRC); Headache (f; FAD); Hematuria (f; DEM); Itch (f; CRC; DEM); Metrorrhagia (f; CRC); Pain (f; DEM); Parturition (f; APA); Rheumatism (f; CRC); Sore (f; DEM); Urogenitosis (f; DEM).

Dosages (White Cohosh) — Do not use it (APA).

Contraindications, Interactions, and Side Effects (White Cohosh) — Not covered (AHP; KOM). Poisonous and vesicant, may cause blistering, delirium, gastroenterosis, inflammation, irregular breathing, and vomiting. European cases of fatal child poisoning have been reported from eating berries of *A. spicata*.

WHITE DEADNETTLE (*Lamium album* L.) +++

Activities (White Deadnettle) — Astringent (1; EFS; HHB; PH2; PNC); Cholagogue (f; EFS); Depurative (f; EFS; MAD; WOI); Diuretic (f; EFS; MAD); Expectorant (f; PHR; PH2); Hemostat (1; PNC; WOI); Hypnotic (f; WOI); Pectoral (f; EFS); Resolvent (f; WOI); Sedative (f; EFS); Tonic (f; EFS); Uterotonic (f; MAD); Vulnerary (f; WOI).

Indications (White Deadnettle) — Adenopathy (1; HHB); Adnexosis (f; MAD); Albuminuria (f; MAD); Amenorrhea (f; MAD); Anemia (f; MAD); Arthrosis (f; MAD); Bleeding (1; EFS; MAD; PNC; WOI); Boil (f; HHB); Bronchosis (2; PHR; PH2); Burn (f; MAD); Cancer (f; JLH; MAD); Cancer, breast (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Carbuncle (f; PH2); Catarrh (2; HHB; KOM; PH2); Chlorosis (f; MAD; WOI); Climacteric (f; PH2); Cough (2; PHR; PH2); Cramp (f; HHB); Cystosis (f; HHB); Debility (f; WOI); Dermatosis (2; KOM; PH2); Dysentery (f; MAD); Dysmenorrhea (f; MAD; PH2); Earache (f; HHB); Enterosis (f; PH2); Epistaxis (1; WOI); Fever (f; MAD); Fracture (f; PH2); Gas (f; PHR; PH2); Gastrosis (2; PHR; PH2); Goiter (f; MAD); Gonorrhea (f; HHB); Hemorrhoid (f; EFS; MAD); Hysteria (f; HHB); Induration (f; JLH); Inflammation (f; PH2); Insomnia (f; EFS; HHB); Itch (f; MAD); Kidney Stone (f; MAD); Leukorrhea (2; KOM; PH2); Lumbago (f; PH2); Menorrhagia (1; PNC; WOI); Mucososis (2; KOM; PH2); Nephrosis (f; HHB); Nervousness (f; EFS); Pharyngosis (2; KOM; PH2); Pyelosis (f; MAD); Respirosis (2; HHB; PH2); Rhinosis (1; WOI); Sclerosis (f; JLH); Scrofula (f; MAD); Sore (f; HHB; MAD); Sore Throat (2; PH2); Splenosis (f; JLH; MAD); Stomatosis (2; KOM; PH2); Swelling (f; JLH); Syphilis (f; MAD); Urethrosis (f; HHB); Urogenitosis (f; PH2); Uterosis (f; MAD; WOI); VD (f; HHB); Water Retention (f; EFS; MAD); Wen (f; JLH); Whitlow (f; JLH); Wound (f; MAD; PH2).

Dosages (White Deadnettle) — 3 g flower (KOM); 4–6 tsp (2.4–3.6 g) flower in tea/day (MAD); 1 g flower/cup water 3 ×/day (PHR); 5 g flower for one sitz bath (KOM); 5–10 drops tincture several ×/day (MAD); for poultice, scald 50 g flowers with 500 ml water (PH2); add 5 g to bath (PH2).

Contraindications, Interactions, and Side Effects (White Deadnettle) — Class 1 (AHP). None known (KOM; PH2). Leaves are edible (WOI).

WHITE HELLEBORE (*Veratrum album* L.) X

Synonym: *V. lobelianum* Bernh.

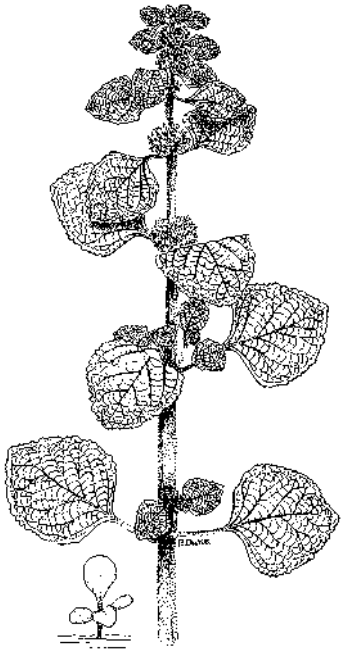
Activities (White Hellebore) — Analeptic (f; MAD); Analgesic (f; HH3); Diaphoretic (f; EFS); Diuretic (f; MAD); Emetic (f; EFS; HH3); Errhine (f; EFS); Expectorant (f; EFS); Hypotensive (1; PH2); Irritant (1; PH2); Laxative (f; EFS; MAD); Nervine (f; EFS); Respiradepressant (1; PH2); Scabicide (f; EFS); Sedative (f; EFS); Sternutator (1; FEL); Tonic (f; MAD); Toxic (f; EFS); Vermifuge (f; EFS).

Indications (White Hellebore) — Angina (f; MAD); Arrhythmia (f; HH3); Arthrosis (f; HH3; PH2); Bradycardia (f; PH2); Callus (f; JLH); Cancer (f; JLH); Cancer, face (f; JLH); Cancer, spleen (f; JLH); Cardiopathy (f; MAD); Cholera (f; FEL; HH3; MAD; PH2); Cold (f; MAD); Colic (f; MAD); Constipation (f; EFS; MAD); Cramp (f; MAD; PH2); Cystosis (f; MAD); Dermatosis (f; FEL; MAD); Diarrhea (f; MAD; PH2); Duodenosis (f; MAD); Dysmenorrhea (f; MAD); Enterosis (f; MAD); Epilepsy (f; MAD); Felon (f; JLH); Fever (f; EFS; MAD; HH3); Gout (f; FEL; MAD; HH3; PH2); Graves Disease (f; PH2); Headache (f; MAD); High Blood Pressure (1; PH2); Induration (f; JLH); Insanity (f; FEL); Insomnia (f; EFS); Itch (f; FEL); Myalgia (f; MAD); Myasthenia gravis (f; HH3); Nervousness (f; EFS); Neuropathy (f; HH3; PH2); Ophthalmia (f; MAD); Pain (f; HH3; MAD; PH2); Phymata (f; JLH); Pityriasis (f; MAD); Pneumonia (f; MAD); Polyp (f; JLH); Rheumatism (f; HH3; PH2); Scabies (f; EFS; MAD); Sore (f; MAD); Splenosis (f; JLH); Typhus (f; MAD); Ulcer (f; MAD); Vertigo (f; MAD); Vomiting (f; PH2); Wart (f; JLH); Water Retention (f; MAD); Whitlow (f; JLH); Worm (f; EFS).

Dosages (White Hellebore) — Do not take it (JAD); initial internal dose 20–100 mg powdered herb, or 20–60 drops tincture (HH3; PH2); externally, 5 g drug in 10 g lanolin and 20 g fat as topical (HH3; PH2); 5 drops herb tincture 3 ×/day (MAD).

Contraindications, Interactions, and Side Effects (White Hellebore) — Not covered (AHP; KOM). Severely toxic, lethal dose 10–20 mg alkaloids = 1–2 g herb. Alkaloids are transdermally absorbed (PH2).

WHITE HOREHOUND (*Marrubium vulgare* L.) ++



Activities (White Horehound) — Alterative (f; EFS); Anti-5-Hydroxytryptophan (1; CAN); Antiarrhythmic (1; APA; BGB; CAN); Antiedemic (1; PNC); Antiinflammatory (1; PNC); Antipyretic

(f; EFS); Antischistosomal (1; CAN); Antiseptic (f; EFS; MAD); Antiserotonin (1; PNC); Antispasmodic (f; CAN); Antitussive (1; APA; BGB); Aperitif (1; APA; BGB; PH2); Arrhythmogenic (1; APA; BGB; CAN); Bitter (1; APA; CAN); Cardioactive (1; BGB; CAN); Carminative (f; EFS); Cholagogue (f; EFS); Choleretic (1; APA; BGB; HHB; KOM; PH2); Dermatitigenic (1; CAN); Diaphoretic (1; WAM); Digestive (1; APA); Diuretic (1; EFS; WAM); Emmenagogue (f; APA; HHB; MAD); Expectorant (1; APA; BGB; FEL; MAD; WAM); Gastrogogue (1; PH2); Hepatotonic (f; MAD); Hypoglycemic (1; APA); Hypotensive (1; APA; PNC); Laxative (1; APA; CAN; HHB; PHR; PH2); Nephrotonic (f; MAD); Secretagogue (1; CAN); Sialagogue (1; APA); Stimulant (f; EFS); Stomachic (f; EFS); Tonic (f; BGB; HHB; PNC); Vasodilator (1; APA); Vermifuge (f; HHB).

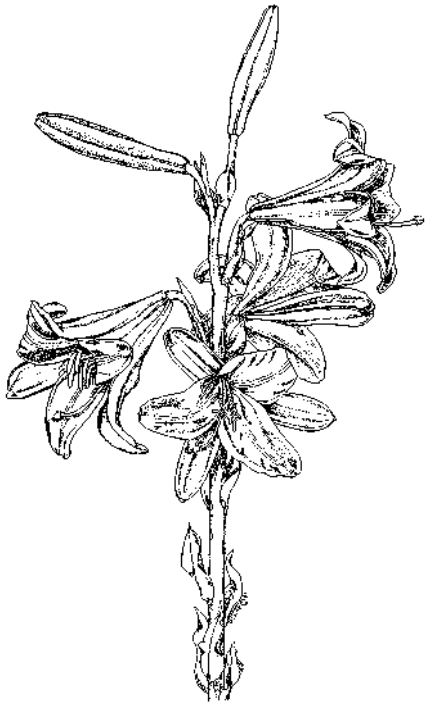
Indications (White Horehound) — Adenopathy (f; JLH); Amenorrhea (f; FEL); Anorexia (2; APA; BGB; KOM; PH2); Arrhythmia (1; APA; BGB; CAN); Atherosclerosis (f; MAD); Asthma (f; APA; MAD; PHR; PH2); Bloating (2; KOM; PH2); Bronchiectasis (f; MAD); Bronchosis (2; MAD; BGB; PHR; PH2); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, gum (f; JLH); Cancer, liver (f; JLH); Cancer, spleen (f; JLH); Cancer, uterus (f; JLH); Cardiopathy (1; APA); Catarrh (f; BGB; MAD; PHR; PH2); Chlorosis (f; MAD); Childbirth (f; DEM); Cholecystosis (2; MAD; PHR); Circulosis (f; DEM); Cold (1; APA; DEM; FEL); Constipation (1; APA; CAN; HHB; PHR; PH2); Corn (f; JLH); Cough (2; BGB; FEL; PHR; WAM); Cramp (f; CAN; MAD); Debility (f; PH2); Dermatosis (f; MAD; PHR); Diabetes (1; APA); Diarrhea (f; PHR; PH2); Dog Bite (f; BGB); Duodenosis (f; MAD); Dysmenorrhea (f; APA; MAD; PHR); Dyspepsia (2; APA; KOM; PHR; PH2); Earache (f; MAD); Enterosis (f; APA); Fever (1; EFS; WAM); Fibroid (f; JLH); Flu (f; DEM; KOM); Gas (2; APA; BGB; EFS; KOM; PH2); Gastrosis (f; FAD); Gingivosis (f; JLH); Gout (f; MAD); Hepatosis (2; MAD; PHR); High Blood Pressure (1; APA; PNC); Hysteria (f; FEL); Induration (f; JLH); Infection (f; EFS; PH2); Inflammation (f; JLH; PH2; PNC); Jaundice (1; MAD; PHR; PH2); Laryngosis (f; MAD); Malaria (f; MAD); Mastosis (f; JLH); Nephrosis (f; DEM); Pertussis (1; BGB; MAD; PHR; PH2); Pharyngosis (f; PH2); Placenta (f; MAD); Polyp (f; JLH); Ptyalism (f; FEL); Respirosis (1; APA; BGB; PHR; PH2); Rheumatism (f; MAD); Schistosomiasis (1; CAN); Sore (f; PHR); Sore Throat (1; APA; BGB; FAD); Splenosis (f; JLH; MAD); Stomachache (f; DEM); Stomatosis (f; PH2); Stone (f; MAD); Swelling (1; PNC); Tuberculosis (f; APA; BGB; MAD; PHR; PH2); Ulcer (f; MAD); Uterosis (f; JLH); Water Retention (1; EFS; WAM); Worm (f; APA; FEL; HHB); Wound (f; PHR; PH2).

Dosages (White Horehound) — 1.5 g/cup (HHB); 4–5 g herb (KOM); 2–3 tsp (3.4–5.1 g) herb; 1–2 g herb in tea 3 ×/day (APA; CAN); 1.5 g chopped herb/cup water several ×/day (WIC); 1–2 g powdered herb (PNC); 4 g powdered herb (MAD); 1 drachm herb (FEL); 2–4 oz herb tea or syrup (FEL); 2–4 ml herbal syrup (APA; PNC); 2–4 ml concentrated herb infusion (PNC); 2–6 tbsp fresh juice (KOM); 30–60 ml expressed herb juice (PHR); 2–4 ml liquid herbal extract (1:1 in 20% ethanol) 3 ×/day (CAN); 2–4 ml liquid herb extract (PNC).

Contraindications, Interactions, and Side Effects (White Horehound) — Class 2b. Emmenagogue and uterotonic (AHP). Five cups may cause arrhythmia (APA). None known (KOM; PHR). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). APA notes that, to my confusion and consternation, the FDA "banned horehound" from OTC remedies in 1989, finding no convincing support for efficacy. Their German counterparts approved the herb a year later for colds, coughs, and dyspepsia with its accompanying gas and anorexia (APA). The plant juice from white horehound is an irritant and may cause dermatosis (CAN). Because it is reputed to be abortifacient, and reputed to affect the menstrual cycle, its use in pregnancy and lactation is to be avoided (CAN). Lack of toxicity data and suggested cardioactive properties suggest it should not be taken in excessive doses. Larger doses are laxative (CAN). Contraindicated in cardiopathy, hypertension, and pregnancy (WAM). Large doses are possibly arrhythmigenic or laxative (AHP; WAM).

Extracts (White Horehound) — HOH extracts are antihydroxytryptamine; EO is an expectorant, schistosomicidal, and vasodilator. Marrubiin is an antiarrhythmic, but in higher doses may reverse, becoming arrhythmogenic (CAN).

WHITE LILY, MADONNA LILY (*Lilium candidum* L.) +



MAD does not cover *L. candidum*, instead featuring tiger lily and under that, the *martagon*. PH2 covers *L. candidum* and *L. martagon* L. but excludes *L. tigrinum* Ker Gawl, now better known as *L. lancifolium* Thunberg. The USDA and WOI view all three as different, so I too will include all three in my HDR. EFS and HHB aggregated data for tiger lily and *martagon*. I treat them as separate.

Activities (White Lily) — Analgesic (1; PH2); Antiinflammatory (1; PH2); Antispasmodic (f; EFS; WOI); Astringent (1; BIB; FEL; PH2; WOI); Demulcent (f; BIB; FEL; WOI); Diaphoretic (f; BIB); Diuretic (1; BIB; PH2); Emollient (f; BIB); Expectorant (1; BIB; PH2); Fungicide (1; HHB); Phagocytotic (1; PNC); Stimulant (f; BIB); Tonic (f; FEL).

Indications (White Lily) — Bite (f; HHB); Burn (f; HHB; PH2); Callus (f; BIB); Cancer (f; BIB; FEL; JLH); Cancer, breast (f; BIB; JLH); Cancer, colon (f; JLH); Cancer, ear (f; BIB; JLH); Cancer, intestine (f; JLH); Cancer, liver (f; BIB; JLH); Cancer, lung (f; BIB; JLH); Cancer, neck (f; BIB; JLH); Cancer, rib (f; BIB; JLH); Cancer, spleen (f; BIB; JLH); Cancer, stomach (f; JLH); Cancer, testicle (f; BIB; JLH); Cancer, throat (f; BIB; JLH); Cancer, uterus (f; BIB; JLH); Corn (f; BIB); Cramp (f; EFS; WOI); Dermatosis (f; BIB; WOI); Dropsy (f; BIB; PNC; WOI); Dysmenorrhea (f; PNC); Epilepsy (f; BIB; WOI); Fever (f; BIB); Fibroid (f; JLH); Fungus (1; HHB); Furuncle (f; PH2); Gynecosis (f; PH2); Hepatosis (f; JLH); Induration (f; JLH); Infection (1; HHB); Inflammation (1; BIB; FEL; PH2; PNC); Leukorrhea (f; FEL); Lumbago (f; HHB); Mycosis (1; HHB); Nausea (f; BIB); Orchosis (f; JLH); Otosis (f; FEL); Pain (1; FEL; PH2); Polyp (f; JLH); Prolapse (f; FEL); Skin (f; BIB); Sore (f; BIB; FEL; HHB; PH2; PNC); Spasm (f; BIB); Splenosis (f; JLH); Swelling (f; HHB); Toothache (f; HHB); Tumor (f; BIB); Uterosis (f; FEL; JLH); Wart (f; JLH); Water Retention (1; BIB; HHB; PH2); Wound (f; PH2).

Dosages (White Lily) — PH2 says apply a thick paste, made from fresh or cooked "onions" = lily bulbs, I presume.

Contraindications, Interactions, and Side Effects (White Lily) — Not covered (AHP; KOM). None reported at proper dosage, but no specific dosage indicated (PH2). Antimycotic activity possibly due to gamma-methylenebutyrolactone (HHB).

WHITE MULBERRY (*Morus alba* L.) +++

Synonyms: *M. alba f. tatarica* Ser., *M. alba* var. *constantinopolitana* Loudon, *M. alba* var. *multicaulis* (Perr.) Loudon, *M. indica* L., *M. multicaulis* Perr.

I suspect that most birds and few foresters, herbalists, and taxonomists know which species (red, white, or black; rubra, alba, or nigra) they last ingested for edible or medicinal reasons. Further, I doubt that most chemical and overseas clinical trials have been vouchered. Still, I keep them separate, knowing that I have white and black fruits volunteering, almost weeds on my property. I would, myself, use them generically for food and medicine, though as a botanist I cannot prescribe such. See other species for other indications. I'll bet that in 10 years, someone bolder than I will treat them all generically as mulberry, *Morus* spp.

Activities (White Mulberry) — Analgesic (1; FAY); Antiaging (1; X10616967); Antibacterial (1; FAD; FAY); Antiinflammatory (1; WOI); Antileukemic (1; X10784426); Antioxidant (1; X10616967); Antipyretic (f; DEP; FAY; PNC); Antiradicular (1; X10616967); Antispasmodic (1; MPI; PNC); Antitumor (1; ABS); Astringent (f; WOI); Diaphoretic (f; WOI); Diuretic (1; FAY; PNC); Emollient (f; WOI); Expectorant (f; PNC); Fungicide (1; DAA); Glucosidase Inhibitor (1; X8050098); Hypoglycemic (1; PNC; X8787787; X7666358); Hypotensive (1; FAY; PNC); Immunomodulator (1; X10896055); Lactagogue (1; DEP; WOI); Laxative (f; DEP; FAY; PNC); Lymphocytogenic (1; X10896055); Nematicide (1; MPI); Pectoral (f; DAA); Propecic (f; DAA); Sedative (1; FAY); Tranquilizer (1; FAY); Vermifuge (f; DEP; WOI).

Indications (White Mulberry) — Alopecia (f; DAA); Anasarca (f; DAA); Aphtha (f; DAA); Arthrosis (f; FAD); Asthma (f; FAD; FAY); Bacteria (1; FAD; FAY; WOI); Bite (f; DAA; FAY); Boil (1; FAY); Bronchosis (f; FAD); Cachexia (f; DAA); Cancer (1; ABS; FAY); Cancer, esophagus (1; FAY); Cancer, stomach (1; FAY); Candida (1; WOI); Catarrh (f; PHR); Cold (1; FAY); Conjunctivosis (f; FAY); Constipation (f; DEP; FAY; PNC); Convulsion (1; FAY); Cough (f; FAD; FAY); Cramp (1; FAY; MPI; PNC); Deafness (f; FAY); Debility (f; DAA); Depression (f; DEP); Diabetes (1; FAD; FAY; X8787787); Diarrhea (f; DEM); Dropsy (f; DAA); Dyspepsia (f; DAA; DEP); Eczema (f; FAY); Edema (1; FAD; FAY); Elephantiasis (1; FAY); Enterosis (f; FAY); Epilepsy (f; DAA); Esophagosis (1; FAY); Fever (1; DEP; FAY; PNC; WOI); Flu (f; DAA); Fungus (1; DAA); Gastrosis (1; FAY); Gray Hair (f; FAD); Headache (1; DAA; FAD; FAY); Hemoptysis (f; DAA); Hepatosis (f; FAD); High Blood Pressure (1; FAY; PNC); Hyperemia (f; FAD); Hyperglycemia (1; PNC; X8787787; X7666358); Infection (1; DAA; FAY; WOI); Inflammation (1; WOI); Insomnia (1; FAY); Itch (f; FAY); Leukemia (1; X10784426); Menorrhagia (f; DAA); Mycosis (1; DAA; FAA; WOI); Nervousness (1; FAY); Neurasthenia (f; FAY); Oliguria (f; DAA); Ophthalmia (f; FAY); Pain (1; FAD; FAY); Palpitation (f; FAY); Pertussis (1; FAD); Pulmonosis (f; FAD); Respirosis (1; FAY); Rheumatism (1; FAY); Salivation (f; DAA); Scrofula (1; FAY); Senility (f; DAA); Snakebite (f; DAA); Sore (1; FAY); Sore Throat (f; DEP; FAY); Staphylococcus (1; FAY); Stomatosis (f; DAA); Streptococcus (1; FAY); Swelling (1; FAY); Thirst (f; FAY); Tinnitus (f; FAY); Toothache (1; FAY); Tumor (1; ABS); Vertigo (1; FAY); Water Retention (1; FAY; PNC); Worm (f; DEM; DEP; WOI); Yeast (1; WOI).

Dosages (White Mulberry) — 6–12 g root bark (FAY); 3–12 g leaf (FAY); 30–60 g branches (FAY); 9–15 g fruit (FAY); 2–4 ml fruit syrup (PHR).

Contraindications, Interactions, and Side Effects (White Mulberry) — Class 1 (AHP). Not covered (KOM; PHR). FAY reports side effects only from injected leaf preparations, but no problems with oral

leaf decoctions. LD50 (50% ethanolic extract pl) = >1000 mg/kg ipr mus (MPI). I like FAY's term here for "migrating arthralgia," that's what I called my Lyme Disease arthrosis, in the spring of 2000. Here today, there tomorrow, but always unbearable pain in unsuspecting places, unusually placed for me. Doxicylin or serendipity took it away. This spring, it was the bad apple syndrome.

WHITE MUSTARD (*Sinapis alba* L. ssp. *alba*) ++

Synonyms: *Brassica alba* (L.) Rabenh., *B. hirta* Moench, *Sinapis alba* cv. *melanosperma* Alef.

Activities (White Mustard) — Allergenic (1; APA); Antibacterial (1; APA; PH2); Antidote, narcotic (f; FEL); Aperitif (f; DEM); Canifuge (1; APA); Counterirritant (1; APA; PNC); Decongestant (1; APA); Backache (1; APA); Digestive (f; APA); Diuretic (f; FEL; PNC); Emetic (f; PNC); Emmenagogue (f; CEB); Felifuge (1; APA); Fungicide (1; APA); Gastrotonic (f; CEB); Goitrogenic (1; APA); Pancreatonic (f; CEB); Rubefacient (1; APA; PNC); Stimulant (f; PNC); Stomachic (f; WOI); Tonic (f; DEM); Vesicant (1; APA).

Indications (White Mustard) — Acid Indigestion (1; APA); Ague (f; DEM); Amenorrhea (f; CEB; FEL); Angina (f; FEL); Anorexia (f; DEM); Apoplexy (f; FEL); Arthrosis (2; APA; KOM; PH2); Asthma (f; DEM); Backache (1; APA); Bacteria (1; APA; HH2; PH2); Bronchosis (f; DEP; PH2; PNC); Cancer (f; JLH); Cancer, abdomen (f; JLH); Cancer, colon (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, throat (f; JLH); Cancer, uterus (f; JLH); Carcinoma (f; JLH); Cardiopathy (f; FEL); Catarrh (2; KOM); Chlorosis (f; CEB); Cholera (f; FEL); Cold (2 PH2); Colic (f; FEL); Coma (f; FEL); Congestion (1; APA; FEL; PH2); Constipation (1; APA; FEL); Cough (f; PH2); Cramp (f; FEL); Croup (f; DEM); Debility (f; CEB); Dropsy (f; DEM); Dyspepsia (1; APA; DEP; FEL); Endothelioma (f; JLH); Enterosis (f; PH2); Epigastrosis (f; FEL); Epithelioma (f; JLH); Escherichia (1; HH2); Fever (f; CEB); Flu (f; DEP); Foot Ache (1; APA); Fungus (1; APA); Gastrosis (f; FEL; PH2); Head Cold (f; DEP); Infection (1; APA); Inflammation (f; PH2); Lumbago (1; APA); Meningosis (f; FEL); Myalgia (f; DEP); Mycosis (1; APA); Nephrosis (f; DEM); Neuropathy (f; DEP; WOI); Neurosis (f; WOI); Pain (f; FEL; PH2); Palsy (f; DEM); Paralysis (f; PHR; PH2); Phthisis (f; DEM); Pleurisy (f; FEL; WOI); Pneumonia (f; WOI); Pulmonosis (f; HH2); Respirosis (1; APA; PH2); Rheumatism (2; DEP; KOM; PH2); Rhinosis (f; DEP); Sarcoma (f; JLH); Sinusosis (1; ABS); Sore (f; PH2); Sore Throat (f; JLH); Splenosis (f; JLH); Staphylococcus (1; HH2); Streptococcus (1; HH2); Swelling (f; PH2); Tuberculosis (f; HH2); Typhoid (f; CEB); Typhus (f; FEL); Uterosis (f; JLH); Voice (f; PH2); Vomiting (f; PH2); Water Retention (f; FEL; PNC).

Dosages (White Mustard) — 4 tbsp seed flour in water for compress or poultice (KOM); 20–30 g powdered seed flour/liter water for foot bath; 150 g seed flour in a pouch with bath water for mustard bath (PHR); 60 to 240 g powdered seed "to brighten and clear the voice" (PH2).

Contraindications, Interactions, and Side Effects (White Mustard) — Class 2d (AHP). Ingestion of large quantities can cause irritant poisoning. Commission E reports seed permitted for external use only. Contraindications: children younger than 6 years and those with renal disease (mustard oil is absorbed through the skin). Even an external poultice should be limited to 5–10 minutes pediatrically, 10–15 minutes for adults, less for sensitive patients (KOM). Plaster for 15–30 minutes can cause severe burns (AHP). Adverse effects: skin and nervous damage (prolonged use). Should not be used for more than 2 weeks (AEH). Contraindicated in GI ulcers and nephrosis (PHR). Overdoses cause GI distress (PHR). Long-term dosing may cause nerve damage (PH2). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (and PH2 suggests as much as 240 g dry seed to clear the voice (PH2). Hyperthyroidism with goiter traced "to the use of the isothiocyanates in mustard" (APA). Delaneyite nitpickologists will doubtless clamber to put the same goitrogenic warning on all members of the mustard family, as well as papaya, caper, and nasturtium.

WHITE PINE (*Pinus strobus* L.) +

Synonym: *P. strobus f. prostrata* (Rehder ex Beissner) Fernald & Weath.

Activities (White Pine) — Analgesic (f; DEM); Aperitif (f; DEM); Balsamic (f; EFS); Demulcent (f; EFS); Diaphoretic (f; CEB); Diuretic (f; EFS); Emetic (f; DEM); Expectorant (f; CEB; DEM); Hematonic (f; DEM); Panacea (f; DEM); Pectoral (f; EFS); Stimulant (f; DEM); Tonic (f; CEB; DEM); Vermicide (f; CEB).

Indications (White Pine) — Abscess (f; DEM); Acne (f; CEB); Anorexia (f; DEM); Arthrosis (f; DEM); Asthma (f; CEB); Backache (f; DEM); Bleeding (f; CEB; DEM); Boil (f; DEM); Bruise (f; DEM; FAD); Burn (f; CEB); Cancer (f; CEB); Chafing (f; DEM); Childbirth (f; DEM); Cold (f; CEB; DEM); Cough (f; CEB; DEM); Cramp (f; CEB; DEM); Dandruff (f; CEB); Dermatosis (f; CEB; DEM); Dyspepsia (f; CEB); Dyspnea (f; CEB; DEM); Eruption (f; DEM); Felon (f; DEM; FAD); Fever (f; CEB); Fistula (f; CEB); Flu (f; CEB; DEM); Fracture (f; DEM); Frostbite (f; CEB); Gall (f; DEM); Gastrosis (f; DEM); Headache (f; CEB; DEM); Head Cold (f; DEM); Hemorrhoid (f; CEB); Infection (f; DEM); Inflammation (f; DEM); Itch (f; CEB); Nephrosis (f; CEB; DEM); Pain (f; CEB; DEM); Penis (f; DEM); Poison Ivy (f; DEM); Pulmonosis (f; CEB; DEM); Rheumatism (f; DEM); Scab (f; DEM); Scurvy (1; CEB; DEM); Smallpox (f; CEB); Sore (f; CEB; DEM); Sore Throat (f; CEB; DEM); Swelling (f; CEB; DEM); Tetter (f; CEB); Toothache (f; CEB); Tuberculosis (f; CEB; DEM); Typhoid (f; DEM); Ulcer (f; CEB); VD (f; DEM); Water Retention (f; EFS); Wen (f; CEB); Worm (f; CEB); Wound (f; CEB; DEM).

Contraindications, Interactions, and Side Effects (White Pine) — Class 1 (AHP). Strangely, AHP says, "Regulated in the U.S. as an allowable flavoring agent in alcoholic beverages only" (AHP). Not covered (KOM; PH2).

WHITE SPRUCE, FIR (*Picea abies* (L.) H. Karsten) ++

The data, like the species, are terribly confused: *Abies alba* Mill., *A. pectinata, A. sachalinensis* (F. Schmidt) Mast., *A. sibirica* Ledeb., *Picea abies, P. excelsa* (Lam.) Link (synonym of *P. abies*), and *P. mariana* (Mill.) Britton et al., according to KOM and PHR, neither of whom could probably tell you on the spot which species they were talking about. Their editorial assistants might not know, if questioned, whether *Picea* is an angiosperm or a gymnosperm. Some botanists, and fewer salespersons, chemist, pharmacists, and physicians can tell these species of spruces and firs, or the needles, or the EOs apart. So, buyer beware. PH2 speaks of the timber as the medicinal part, yet gives dosage only for the EO. Studying the USDA nomenclature database, suggests that this may be the European White Spruce, *P. glauca* (Moench) Voss, or the American White Spruce.

Activities (White Spruce) — Antibacterial (1; HH2); Antiseptic (1; HH2; KOM; PIP); Antispasmodic (1; HH2); Diuretic (f; EFS); Bronchospasmolytic (1; HH2); Expectorant (1; EFS; HH2; PH2); Irritant (f; EFS); Pulmonary (f; EFS); Rubefacient (2; EFS; HH2; KOM; PIP); Secretolytic (2; HH2; KOM; PIP; PH2).

Indications (White Spruce) — Abscess (f; DEM); Adenopathy (f; JLH); Arthrosis (f; HH2); Bacteria (1; HH2); Boil (f; DEM); Bronchosis (2; HH2; KOM; PHR; PH2); Bruise (f; PH2); Cancer (f; JLH); Cancer, gland (f; JLH); Cancer, parotid (f; JLH); Candida (1; HH2); Catarrh (2; PHR; PH2; PIP); Cold (2; PHR; PH2); Condyloma (f; JLH); Cough (2; PHR; PH2); Cramp (1; HH2); Decubitis (f; HH2; PH2); Escherichia (1; HH2); Fever (2; PHR; PH2); Fungus (1; HH2); Infection (2; HH2; PHR; PH2); Mental Ailments (2; PHR); Mucososis (1; PH2); Myalgia (2; PHR; PH2; PIP); Mycosis (1; HH2); Neuralgia (2; HH2; PHR; PH2; PIP); Neurosis (f; HH2); Pain (f; DEM; PHR; PH2); Parotosis (f; JLH); Pharyngosis (2; PHR; PH2); Respirosis (2; PHR; PH2; PIP); Rheumatism (2; HH2; KOM; PH2); Sprain (f; HH2; PH2); Staphylococcus (1; HH2); Stomatosis

(2; PHR; PH2); Strain (f; PH2); Streptococcus (1; HH2); Swelling (f; HH2); Tension (f; PH2); Tuberculosis (f; HH2; PHR; PH2); Tumor (f; JLH); Water Retention (f; EFS); Yeast (1; HH2).

Dosages (White Spruce) — 5–6 g shoots/day (KOM; PIP); 200–300 g shoots/bathtub (KOM; PIP); 4 drops oil 3 ×/day (PH2); add a few drops oil to hot water and inhale (PH2).

Contraindications, Interactions, and Side Effects (White Spruce) — Not covered (AHP). None indicated for the shoots (KOM; PIP). Commission E reports contraindications for EO: bronchial asthma, whooping cough; adverse effects: local irritation, exacerbation of bronchospasms (AEH; KOM). Patients with extensive skin breaks, acute dermatosis, cardiac insufficiency, fevers, hypertonia, or infectious diseases should not use these as bath additives (PHR).

WHITE WILLOW (*Salix alba* L.) ++

Synonyms: *S. alba f. chermesina* (Hartig) Rehder, *S. alba* var. *britzensis* Späth.

Activities (White Willow) — Analgesic (2; KOM; PIP; PH2; WAM); Anaphrodisiac (f; MAD); Antihydrotic (f; CAN); Antiinflammatory (2; KOM; PH2; PIP; WAM); Antiprostaglandin (1; BGB); Antipyretic (2; FNF; KOM; PIP; PH2; WAM); Antirheumatic (1; CAN; FAD); Antiseptic (CAN); Astringent (1; APA; FAD; PED; PH2); Bitter (1; FAD; PED); Contraceptive (f; MAD); Keratolytic (1; FNF); Sedative (f; MAD); Tonic (f; BIB).

Indications (White Willow) — Ankylosing Spondylitis (1; CAN); Arthrosis (1; APA; FAD; MAD; SKY); Bursitis (f; SKY); Callus (f; BIB; JLH); Cancer (f; BIB; FAD; JLH); Candida (f; BIB); Cardiopathy (1; FAD); Catarrh (1; CAN); Cataract (1; FAD); Cold (1; APA); Colic (f; MAD); Corn (1; BIB; FAD; MAD); Debility (f; BIB); Dermatosis (1; FAD; MAD); Diabetes (f; MAD); Diarrhea (1; APA; BIB; FAD; MAD); Dysentery (f; BIB); Dysmenorrhea (f; BIB; MAD); Dyspepsia (f; BIB; FEL; MAD); Earache (1; MAD; PED); Encephalosis (f; MAD); Enterosis (f; DEM); Fever (2; APA; FAD; FNF; KOM; MAD; PH2; PIP; WAM); Flu (1; BIB; FNF); Fungus (1; CEB); Gout (1; APA; MAD; PNC); Headache (1; BGB; PH2; PIP; WAM); Hemoptysis (f; BIB; MAD; WOI); Hoarseness (f; DEM); Infection (1; APA); Inflammation (2; APA; KOM; PH2; PIP; WAM); Influenza (1; CAN); Insomnia (f; MAD); Malaria (f; BIB; DEP; FEL); Myosis (1; APA; CAN); Nervousness (f; MAD); Neurasthenia (f; MAD); Neuropathy (f; MAD); Obesity (f; APA); Osteoarthrosis (1; SKY); Pain (2; KOM; PHR; PH2; PIP; PNC; WAM); Pertussis (f; MAD); Poison Ivy

(1; FAD); Rheumatism (2; CAN; FAD; PHR; PH2; PIP); Scrofula (f; MAD); Sore (f; BIB; FAD; FEL; MAD); Sprain (1; APA); Tendinitis (1; BGB); Thrush (f; BIB); Toothache (1; BGB; JAD); Ulcus cruris (f; MAD); Vaginosis (f; BIB); Wart (1; FNF; JLH); Worm (f; MAD).

Dosages (White Willow) — 2–3 g bark in cold water, bring to boil, steep 5 minutes (PH2); 1–2 g bark (20–40 mg salicin); 2–4 tbsp fresh bark (PED); 1–2 tsp powdered bark 1–3 ×/day (APA); 3–6 g dry bark (PED); 1–3 g dry bark, or in tea, 3 ×/day (CAN); 4.5 g dry bark:22 ml alcohol/23 ml water (PED); 1–2 ml bark tincture (25% alcohol) 3 ×/day (APA; SKY); 1–3 ml liquid extract (1:1 in 25% ethanol) 3 ×/day (CAN); 20–40 mg salicin (APA); 60–120 mg salicin/day (KOM; PIP); 2–3 (380 mg) capsules every 3 hours (JAD); 2–3 (379 mg) capsules as needed, or every 3 hours, up to 18 capsules (APA).

Contraindications, Interactions, and Side Effects (White Willow) — Class 1 (AHP). Salicylates and tannins (AHP). For oral use of bark Commission E reports contraindications, adverse effects, and interactions: on theoretical grounds, similar to those of the salicylates (AEH) (all plants contain salicylates). In view of the lack of toxicological data, excessive use, especially during lactation and pregnancy, should be avoided. Individuals with aspirin hypersensitivity, asthma, diabetes, gastrosis, gout, hemophilia, hepatosis, hypothrombinemia, nephrosis, and peptic ulcers should be cautious with salicylates. Alcohol, barbiturates, and oral sedatives may potentiate salicylate toxicity. Beware of salicylate interaction with oral anticoagulants, methotrexate, metoclopramide, phenytoin, pronebecid, spironolactone, and valproate. Salicylates excreted in breast milk reportedly can cause macular rashes in breast-fed babies. Salicylate toxicity may cause dermatosis, gastrosis, hematochezia, nausea, nephrosis, tinnitus, and vomiting (CAN). Excessive use of the tannin-rich bark may cause diarrhea and nausea (SKY). Still, "willow is much safer than aspirin" (SKY). Not for use during viral infections, because of [remote theoretical, JAD] possibility of Reye's Syndrome (WAM). The prodrug, salicin, which does not irritate the stomach, is metabolized to saligenin in the GI tract and salicylic acid after absorption. "Products containing willow should preferably be standardized on their salicin content..." (CAN). "The analgesic actions of willow are typically slow-acting, but last longer than standard aspirin products" (SKY).

WILD CHERRY (*Prunus serotina* Ehrh.) ++

CEB and FEL treat it with the closely related *P. virginiana* L.

Activities (Wild Cherry) — Analgesic (1; APA); Antidiarrheal (1; WAM); Antiinflammatory (1; APA); Antiseptic (f; CEB); Antispasmodic (f; SKY); Antitussive (1; APA; PH2; SKY; WAM);

Astringent (1; APA; EFS; PH2; PNC); Cyanogenic (1; PH2); Decongestant (1; APA); Depurative (f; DEM); Digestive (f; FEL); Expectorant (1; APA; FAD); Gastrostimulant (f; FEL); Hematonic (f; DEM); Narcotic (f; CEB); Pectoral (f; EFS); Poison (f; EFS); Sedative (1; APA; PH2; PNC; WAM); Tonic (f; EFS; FEL); Tranquilizer (1; APA); Vermifuge (f; CEB).

Indications (Wild Cherry) — Ague (f; CEB; DEM); Anemia (f; FEL); Anorexia (f; FAD; FEL); Anxiety (f; APA); Asthma (f; CEB); Biliousness (f; DEM); Bronchosis (1; APA; CEB; FAD; PH2; WAM); Burn (f; CEB; DEM); Cancer (1; APA; JLH); Cardiopathy (f; CEB; FEL); Childbirth (f; APA; DEM); Chill (f; DEM); Chlorosis (f; FEL); Cholera (f; CEB; DEM); Cold (f; APA; FAD; MIC); Congestion (1; APA); Cough (1; APA; FAD; MIC; PH2; WAM); Cramp (f; DEM SKY); Debility (f; FAD; FEL); Dermatosis (f; DEM); Diarrhea (1; APA; FAD; FEL; WAM); Dysentery (f; CEB; DEM); Dyspepsia (f; FAD; FEL; PH2); Dysuria (f; FEL); Enterosis (1; APA); Fever (f; FAD; FEL); Flu (f; MIC); Gangrene (f; CEB); Gastrosis (f; CRC; FEL); Headache (f; DEM); Hematochezia (f; DEM); Hepatosis (f; FEL); Hysteria (f; CEB; DEM); Inflammation (1; APA; FAD; FEL); Insomnia (1; APA; PH2; PNC; WAM); Itch (f; DEM); Jaundice (f; DEM); Laryngosis (f; DEM); Lethargy (f; DEM); Lumbago (f; CEB); Measles (f; DEM); Nervousness (1; APA; PH2; PNC; WAM); Neurosis (f; FEL; PH2); Ophthalmia (f; FEL); Pain (1; APA; CEB); Palpitation (f; FEL); Pertussis (f; APA; FEL; PH2; PNC); Phthisis (f; FEL); Pleurisy (f; FEL); Pneumonia (f; APA; FAD; FEL); Pulmonosis (f; APA; FAD; FEL); Scrofula (f; DEM; FEL); Sore (f; DEM); Sore Throat (f; DEM); Stress (f; APA); Syphilis (f; DEM); Tuberculosis (f; DEM; FEL); Ulcer (f; DEM); VD (f; DEM); Worm (f; CEB; DEM); Wound (f; CEB; DEM).

Dosages (Wild Cherry) — 2–4 g bark (AHP); 1 oz bark/pint water (FEL); 1 tsp powdered bark/cup water 1–3 ×/day (APA); 0.25–0.5 tsp bark tincture 1–3 ×/day (APA); 2–4 ml bark tincture (PNC); 2–4 ml bark tincture 3–4 ×/day (SKY); 2.5–10 ml bark syrup (PNC).

Contraindications, Interactions, and Side Effects (Wild Cherry) — Class 2d. Cyanogenic glycosides (prunasin yielding up to 1500 ppm (HCN)). In pediatrics, do not use high doses or for more than 1 week (WAM). Not for long-term use. Do not exceed recommended dose (2–4 g bark) (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). "Not allowed as a non-medicinal ingredient in oral use products in Canada" (Michols, 1995).

WILD DAGGA (*Leonotis leonurus* (L.) R. Br.) ++

Synonym: *Phlomis leonurus* L.

Activities (Wild Dagga) — Analgesic (f; ZUL); Diuretic (f; ZUL); Emetic (f; ZUL); Emmenagogue (f; CRC; WBB); Euphoriant (1; CRC); Hallucinogen (1; CRC); Intoxicant (1; CRC); Laxative (f; WBB; ZUL); Narcotic (1; CRC; VVG); Tonic (f; ZUL); Vermifuge (1; CRC).

Indications (Wild Dagga) — Asthma (f; CRC; VVG; WBB); Biliousness (1; CRC); Boil (f; VVG); Bronchosis (1; CRC; VVG; WBB); Bug Bite (f; VVG); Cardiopathy (f; ZUL); Cold (f; VVG; WBB; ZUL); Constipation (f; WBB; ZUL); Cough (1; CRC; VVG; WBB); Cramp (f; CRC; VVG); Dermatosis (f; CRC; VVG; WBB); Dysentery (f; ZUL); Dyspepsia (f; CRC; WBB); Eczema (f; VVG); Epilepsy (f; VVG; WBB; ZUL); Fever (f; VVG, ZUL); Flu (f; VVG; WBB; ZUL); Headache (f; VVG; WBB; ZUL); Hemorrhoid (f; CRC; WBB; ZUL); Hepatosis (f; CRC; VVG); Herpes (f; CRC; WBB); High Blood Pressure (f; VAG; VVG); Itch (f; CRC; VVG; WBB); Jaundice (f; CRC; WBB; ZUL); Leprosy (f; CRC; WBB); Myosis (f; CRC); Myospasm (f; VVG); Obesity (f; ZUL); Ophthalmia (1; CRC); Pain (f; ZUL); Paralysis (f; CRC; ZUL); Pulmonosis (f; CRC; WBB); Scabies (1; CRC); Snakebite (f; VVG; WBB; ZUL); Sore (f; CRC; WBB; ZUL); Sting (f; ZUL); Syphilis (1; CRC); Tapeworm (f; ZUL); Tuberculosis (f; CRC; WBB; ZUL); VD (f; CRC); Virus (f; VVG); Water Retention (f; ZUL); Worm (1; CRC; ZUL).

WILD GERMANDER (*Teucrium canadense* L.) +

Activities (Wild Germander) — Antiseptic (f; FAD); Diaphoretic (f; FAD); Diuretic (f; FAD); Emmenagogue (f; FAD).

Indications (Wild Germander) — Bronchosis (f; FAD); Dysmenorrhea (f; FAD); Dysuria (f; FAD); Fever (f; FAD); Hemorrhoid (f; FAD); Water Retention (f; FAD); Worm (f; FAD).

Dosages (Wild Germander) — 2 g herb/cup water in tea (JAD).

Contraindications, Interactions, and Side Effects (Wild Germander) — Probably best avoided because of close relationship to *T. chamaedrys*. Some species of *Teucrium* can be fatally hepatotoxic, others hepatoprotective. We don't yet know about this one.

WILD INDIGO (*Baptisia tinctoria* (L.) R. Br) +

Synonym: *Sophora tinctoria* L.

Activities (Wild Indigo) — Antidipsomanic (1; FNF); Antiinflammatory (f; FAD); Antileukemic (1; FNF); Antimelanomic (1; FNF); Antipyretic (f; PH2; PNC); Antiseptic (f; MAD; PNC); Antitumor (1; FNF); Apoptotic (1; FNF); Choleretic (f; FAD); Depurative (f; PH2); Emetic (f; DEM; FAD); Emmenagogue (f; PH2); Estrogenic (1; FAD; FNF; PH2; PNC); Expectorant (f; PH2); Hepatotonic (f; MAD); Immunostimulant (1; FAD; PH2; PNC); Laxative (f; EFS; FAD; HHB); Leukoctyogenic (1; PHR); Phagocytotic (1; HAD; PH2; PNC); Tonic (f; DEM).

Indications (Wild Indigo) — Adenopathy (f; PH2); Alcoholism (1; FNF); Amenorrhea (f; MAD); Angina (f; MAD; PHR); Bleeding (f; DEM); Boil (f; PNC); Bruise (f; DEM; FAD); Cancer (1; FNF; JLH); Cancer, breast (1; FNF; JLH); Cancer, colon (1; FNF; JLH); Cancer, ovary (1; FNF; JLH); Cancer, stomach (1; FNF; JLH); Catarrh (f; PH2); Cholera (f; MAD); Cold (f; PHR); Colic (1; MAD); Confusion (f; PH2); Constipation (f; EFS; FAD; HHB); Cramp (f; DEM); Diarrhea (f; MAD); Diphtheria (f; MAD; PHR); Dysentery (f; MAD); Enterosis (f; MAD); Felon (f; JLH); Fever (f; HHB; PHR; PH2; PNC); Flu (f; MAD; PH2); Gastrosis (f; MAD); Gingivosis (f; PNC); Gonorrhea (f; DEM; PH2); Head Cold (f; PH2; PHR); Hemoptysis (f; DEM); Hepatosis (f; HHB); Immunodepression (1; FAD; PH2; PNC); Infection (f; PH2; PNC); Inflammation (f; DEM; FAD; JLH; PH2); Influenza (f; PHR); Leukorrhea (f; PHR); Leukemia (1; FNF); Lymphadenosis (f; PHR); Lymphoma (1; FNF); Malaria (f; MAD; PHR); Mastosis (f; PH2); Melanoma (1; FNF); Mucososis (f; PH2); Nephrosis (f; DEM); Neuroblastoma (1; FNF); Pharyngosis (f; PH2; PNC); Proctosis (f; MAD); Prolapse (f; MAD); Respirosis (f; PH2); Rheumatism (f; DEM); Scarlet Fever (f; MAD; PHR); Sore (f; DEM; FAD; PH2); Sore Throat (f; FAD; PH2); Sprain (f; DEM); Stomatosis (f; PHR); Swelling (f; JLH); Tonsilosis (f; PH2; PNC); Toothache (f; DEM; FAD); Tumor (1; FNF); Typhoid (f; PHR); Typhus (f; MAD; PHR); Vaginosis (f; PNC); VD (f; DEM); Vomiting (f; DEM); Whitlow (f; JLH); Wound (f; DEM; PHR).

Dosages (Wild Indigo) — 2–5 ml root tincture (PNC); 0.5–1 g root 3 ×/day (PHR).

Contraindications, Interactions, and Side Effects (Wild Indigo) — Class 2b, 2d (AHP). Not for long-term use except under supervision of a qualified practitioner (AHP). Contraindicated in pregnancy (PH2). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Large doses (e.g., 30 g) are potentially harmful and may induce cramps; mild intoxication with diarrhea, GI symptoms, nausea, and vomiting (FAD; PHR; PH2).

Extracts (Wild Indigo) — Isoflavones are estrogenic (PNC). Ethanol extracts stimulate phagocytosis, raising leukocyte counts (PHR). Polysaccharides stimulate antibody production (PNC). *Baptisia tinctoria,* like red clover, may contain biochanin-A, daidzein, and genistein. Genistein induces apoptosis and inhibits mitosis in rat ovarian granulosa *in vitro,* and has inhibited all sorts of tumors *in vitro,* breast, carcinoma, gastric, gastrointestinal, leukemia, lymphocytic leukemia, medullablastoma, melanoma, neuroblastoma, and ovarian cancer types. Reportedly, daidzein inhibited differentiation in human leukemia HL-60 cells, B16 melanoma cells, and HL-60 cells.

WILD LETTUCE (*Lactuca virosa* L.) ++

Activities (Wild Lettuce) — Allergenic (1; CAN); Analgesic (1; APA; CRC; FAD; PHR; PH2); Anaphrodisiac (f; MAD); Antispasmodic (1; CAN; PHR; PH2); Antitussive (f; CRC); Candidicide (1; APA); CNS Depressant (f; APA); Collyrium (f; CRC); Dermatitigenic (f; FAD); Diaphoretic (f; CRC); Diuretic (f; CRC; FAD; MAD); Emmenagogue (f; MAD); Expectorant (f; CRC); Fungicide (1; APA); Hallucinogen (f; APA); Hypnotic (f; CAN; CRC); Hypotensive (1; APA); Lactagogue (f; CRC; FAD); Laxative (f; CRC); Narcotic (f; PHR; PH2); Nervine (f; FAD); Poison (f; CRC); Sedative (1; APA; CAN; FAD; MAD); Soporific (f; APA; CRC); Tonic (f; FAD); Tranquilizer (f; PHR).

Indications (Wild Lettuce) — Acne (f; FAD); Arthrosis (f; CAN); Asthma (f; CRC; PHR; PH2); Atherosclerosis (f; CRC; HHB; PHR; PH2); Blennorrhea (f; MAD); Bronchosis (f; PHR; PH2); Cancer (f; CRC); Candida (1; APA); Catarrh (f; PH2); Colic (f; CRC); Constipation (f; CRC); Cough (f; APA; CAN; PHR; PH2); Cramp (1; CAN; MAD; PHR; PH2); Cystosis (f; MAD); Dermatosis (f; FAD); Dropsy (f; CRC; MAD); Dysmenorrhea (f; CAN); Dyspnea (f; MAD); Dysuria (f; CRC; PH2); Fever (f; CRC); Fungus (1; APA); Gout (f; CRC); Hepatosis (f; CRC; HHB; PH2); High Blood Pressure (1; APA); Hyperkinesis (f; CAN); Infection (1; APA); Insomnia (1; APA; CAN; FAD; MAD); Jaundice (f; CRC); Laryngosis (f; CRC; MAD; PH2); Mycosis (1; APA); Myosis (f; CAN); Nervousness (1; APA; CAN; FAD; MAD; PHR); Nymphomania (f; CAN); Ophthalmia (f; MAD); Pain (1; APA; CAN; CRC; FAD; MAD; PHR; PH2); Pertussis (f; CAN; CRC; PHR; PH2); Poison Ivy (f; FAD); Priapism (f; CAN; MAD); Rheumatism (f; APA); Scrofula (f; MAD); Spermatorrhea (f; MAD); Strangury (f; CRC); Swelling (f; HHB; PH2); Tracheosis (f; CRC; HHB; PH2); UTI (f; PHR); Wart (f; FAD); Water Retention (f; CRC; FAD; MAD); Yeast (1; APA).

Dosages (Wild Lettuce) — 0.5–3 g dry leaf, or in tea, 3 ×/day (CAN); 0.3–1 g soft leaf extract (CAN); 0.5–3 ml liquid leaf extract (1:1 in 25% ethanol) 3 ×/day (CAN); 0.3–1 g lactucarium (dried latex) 3 ×/day (CAN; HHB; MAD).

Contraindications, Interactions, and Side Effects (Wild Lettuce) — Class 1 (AHP) but class 2b. Australians council against exceeding dosage. Contraindicated in BPH and glaucoma (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). I do not believe the CAN listing of hyoscyamine (usually in Solanaceae), nor morphine (only in poppy) in wild or tame lettuce. Lettuce may contain allergenic sesquiterpenes. Overgrazing on immature wild lettuce has caused dyspnea, pulmonary emphysema, and weakness in cattle. In view of the lack of toxicological data, and the possible allergic activity, excessive use, especially during lactation and pregnancy, should be avoided. Overdoses may cause coma, depressed respiration, dizziness, mydriasis, stupor, tachycardia, tinnitus, and even death (CAN; PH2). Lactucarium is mydriatic; Lactucin and lactupicrin are sedatives, but do not readily cross the blood-brain barrier.

WILD MINT, BIBLICAL MINT (*Mentha longifolia* (L.) Huds.) +++

PH2 uses English Horsemint as the common name for this one.

Activities (Wild Mint) — Analgesic (1; BIB; FNF); Anesthetic (1; FNF); Antiaggregant (1; FNF); Antibacterial (1; FNF; TIB); Anticancer (1; FNF); Antiedemic (1; FNF); Antiinflammatory (1; FNF; TIB); Antimutagenic (1; FNF); Antioxidant (1; FNF; TIB); Antirheumatic (1; FNF); Antiseptic (1; EFS; FNF; VAG; VVG); Antispasmodic (1; FNF; VAG; VVG); Antitumor (1; FNF); Antiviral (1; FNF; TIB); Astringent (1; BIB; TIB); Candidicide (1; FNF); Carminative (1; BIB; EFS; FNF; PH2); CNS Depressant (1; TIB); CNS Stimulant (1; TIB); Counterirritant (1; FNF); Cyclo-oxygenase Inhibitor (1; FNF); Decongestant (1; VAG; VVG); Diaphoretic (f; VVG); Diuretic (f; WBB; ZUL); Emmenagogue (f; ZUL); Fungicide (1; FNF; TIB); Myorelaxant (1; FNF); Sedative (1; FNF; TIB); Stimulant (1; EFS; PH2); Spasmogenic (1; TIB); Stomachic (f; BIB).

Indications (Wild Mint) — Adenopathy (f; VVG); Alzheimer's (1; FNF); Apoplexy (f; BIB; SKJ); Arthrosis (1; FNF); Asthma (f; ZUL); Backache (1; FNF; WBB); Bacteria (1; FNF; TIB); Bronchosis (f; WBB; ZUL); Cancer (1; FNF); Candida (1; FNF); Chest Cold (f; BIB); Childbirth (f; ZUL); Chill (f; GHA); Cold (1; BIB; FNF; WBB; ZUL); Congestion (1; VAG; VVG); Cough (f; GHA; WBB; ZUL); Cramp (1; FNF; VAG; VVG); CVI (1; VVG); Dermatosis (f; BIB); Dysmenorrhea (1; FNF; ZUL); Dyspepsia (f; PH2; SKJ; ZUL); Dyspnea (1; GHA; VVG); Dysuria (f; VAG); Epilepsy (f; VAG); Fever (f; BIB; HHB; VVG); Fungus (1; FNF; TIB); Gas (1; BIB; EFS; FNF; PH2; ZUL); Gastrosis (f; GHA); Headache (f; BIB; PH2; UPW; VAG; WBB; ZUL); Hysteria (f; VVG; ZUL); Induration (f; JLH); Infection (1; FNF; TIB); Inflammation (1; FNF; TIB); Insomnia (1; FNF; TIB; VAG); Mycosis (1; FNF; PH2; TIB); Nervousness (1; FNF; TIB); Pain (1; BIB; FNF); Pharyngosis (f; TIB); Respirosis (1; VAG; ZUL); Rheumatism (1; BIB; FNF; HHB; TIB); Sclerosis (f; JLH); Sinusosis (f; WBB); Sore Throat (f; TIB); Stomachache (1; BIB; ZUL); Swelling (1; FNF; ZUL); Tumor (1; FNF); UTI (f; VAG; VVG); Virus (1; FNF; TIB); Water Retention (f; WBB; ZUL); Wound (1; FNF; TIB; UPW; WBB; ZUL); Yeast (1; FNF).

Contraindications, Interactions, and Side Effects (Wild Mint) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Direct application of the mint is said to be an irritant (WBB). Fractions containing phenolics may exhibit CNS-stimulant and spasmogenic activities. But

extracts or populations rich in EOs may be a CNS depressant and somnifacient (TIB). EOs are antibacterial and antifungal.

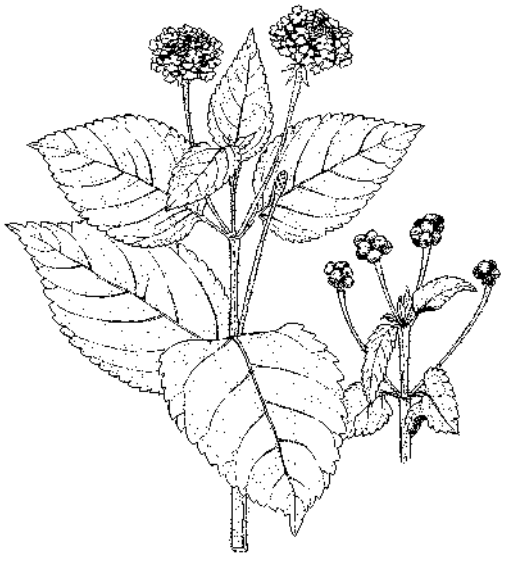
WILD RADISH (*Raphanus raphanistrum* L.) ++

Activities (Wild Radish) — Antiseptic (1; HHB); Poison (f; HHB).

Indications (Wild Radish) — Dermatosis (f; PH2); Gastrosis (f; PH2); Malaria (f; HHB).

Contraindications, Interactions, and Side Effects (Wild Radish) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). Overdoses can irritate mucous membranes (PH2).

WILD SAGE (*Lantana camara* L.) +



Synonyms: *L. aculeata* L., *L. camara* var. *nivea* (Vent.) L. H. Bailey, *L. hybrida* hort., *L. nivea* Vent.

Activities (Wild Sage) — Alexeteric (f; CRC); Antibacterial (1; AAB; WBB); Antihemorrhagic (1; AAB); Antipyretic (1; CRC; TRA); Antiseptic (1; CRC; TRA; WBB); Antispasmodic (1; LMP; TRA); Carminative (f; CRC; WOI); Circulodepressant (1; CRC); CNS Depressant (1; ZUL); Depurative (f; CRC; DAV); Diaphoretic (f; CRC; JFM; WBB); Digestive (f; CRC); Diuretic (f; JFM); Emmenagogue (f; CRC; DAV; JFM); Expectorant (f; CRC; DAV); Fungicide (1; AAB; ZUL); Hemostat (1; AAB; CRC); Hepatotoxic (1; AAB); Hypotensive (1; TRA); Insecticide (1; ZUL); Myocontractant (1; TRA); Nephrotoxic (1; AAB); Nervine (f; CRC); Pectoral (1; CRC; TRA); Phototoxic (1; AAB); Piscicide (f; CRC); Sedative (f; CRC); Stimulant (f; CRC; JFM); Stomachic (f; CRC; JFM); Tonic (f; CRC; JFM); Vermifuge (1; CRC; ZUL); Vulnerary (f; CRC; WOI).

Indications (Wild Sage) — Anemia (f; CRC; DAV); Asthma (f; CRC); Bacteria (1; AAB; WBB); Biliousness (f; WOI); Bite (f; CRC); Bleeding (1; AAB; CRC); Bronchosis (f; DAV); Cancer (f; CRC); Catarrh (f; CRC; WOI); Chickenpox (f; CRC; JFM); Childbirth (f; CRC); Cold (f; DAV; JFM; WBB); Cough (f; DAV; WBB); Cramp (1; LMP; TRA); Dermatosis (f; CRC; TRA; WOI); Diarrhea (f; CRC; JFM); Dysentery (f; CRC); Dysmenorrhea (f; CRC; JFM); Dyspepsia (f; CRC; DAV); Dyspnea (f; CRC); Dysuria (f; JFM); Eczema (f; CRC; WOI); Enterosis (f; WOI); Eruption (f; WOI); Fever (1; CRC; JFM; TRA; WBB); Fistula (f; CRC; WOI); Flu (f; CRC; TRA); Fungus

(1; AAB; ZUL); Gas (f; CRC; WOI); Headache (f; ZIM; ZUL); Hepatosis (f; DAV); High Blood Pressure (1; CRC; JFM; TRA); Infection (1; AAB; CRC; TRA; ZUL); Inflammation (f; CRC); Insomnia (f; CRC); Itch (f; AAB; CRC); Jaundice (f; CRC; WBB); Leprosy (f; CRC; IED); Malaria (f; CRC; WOI); Measles (f; CRC; JFM); Mycosis (1; AAB; DAV; ZUL); Nervousness (f; CRC); Neurodermatosis (f; CRC); Pain (f; WOI); Parotosis (f; CRC); Pulmonosis (f; TRA); Respirosis (f; DAV); Rheumatism (f; JFM); Scabies (f; CRC); Snakebite (f; CRC; JFM); Sore (f; CRC); Spasm (f; CRC; LMP); Staphylococcus (1; AAB); Stomachache (f; CRC); Stomatosis (f; CRC); Swelling (f; WOI); Tetanus (f; CRC; WOI); Toothache (f; CRC; WOI); Tuberculosis (f; CRC); Tumor (f; CRC; JLH; WOI); Ulcer (f; LMP); VD (f; CRC; JFM); Water Retention (f; JFM); Worm (1; CRC; ZUL); Wound (f; JFM; WOI); Yellow Fever (f; CRC).

Contraindications, Interactions, and Side Effects (Wild Sage) — Not covered (AHP; KOM; PHR). This toxic plant should not be taken internally (TRA). Human fatalities have been attributed to ingestion of green berries.

WILD SARSAPARILLA (*Aralia nudicaulis* L.) ++

Activities (Wild Sarsparilla) — Aphrodisiac (f; DEM); Depurative (f; DEM); Diaphoretic (f; FAD); Diuretic (f; FAD); Emmenagogue (f; DEM); Lactagogue (f; DEM); Stimulant (f; DEM); Tonic (f; DEM).

Indications (Wild Sarsparilla) — Acne (f; DEM); Boil (f; DEM); Burn (f; FAD); Cancer (f; DEM; JLH); Carbuncle (f; DEM); Cold (f; DEM; MIC); Cough (f; DEM; FAD; MIC); Debility (f; DEM); Dentition (f; DEM); Dermatosis (f; FAD); Dyspepsia (f; DEM); Epistaxis (f; DEM); Fever (f; DEM; FAD); Flu (f; MIC); Gastrosis (f; DEM); Gingivosis (f; DEM); Hemoptysis (f; DEM); Infection (f; DEM; FAD); Itch (f; FAD); Nephrosis (f; DEM); Otosis (f; DEM); Pain (f; DEM); Pneumonia (f; DEM); Rheumatism (APA); Sore (f; DEM; FAD); Sore Throat (f; DEM); Stomachache (f; DEM; FAD); Swelling (f; DEM; FAD); Syncope (f; DEM); Toothache (f; DEM); Tuberculosis (f; DEM); Ulcer (f; FAD); VD (f; DEM); Water Retention (f; FAD); Wound (f; DEM; MIC).

WILD SERVICETREE (*Sorbus torminalis* (L.) Crantz) ++

Synonyms: *Crataegus torminalis* L., *Pyrus torminalis* (L.) Ehrh.

Activities (Wild Servicetree) — None reported (PH2).

Indications (Wild Servicetree) — None reported (PH2).

Dosages (Wild Servicetree) — None reported (PH2).

Contraindications, Interactions, and Side Effects (Wild Servicetree) — None reported (PH2).

Extracts (Wild Servicetree) — Fruits do not contain parasorboside. They do contain sorbitol.

WILD STRAWBERRY (*Fragaria virginiana* Mill.) +++

Activities (Wild Strawberry) — Abortifacient (f; DEM); Analgesic (f; DEM); Antiinflammatory (1; APA); Antiseptic (f; DEM); Antiulcer (1; APA); Astringent (1; APA; FAD); Deodorant (f; DEM); Deobstruent (f; DEM); Depurative (f; FAD; MIC); Diuretic (f; FAD); Digestive (f; APA); Hemostat (1; APA; FAD); Neurotonic (f; FAD); Tonic (f; FAD; MIC); Urinary Antiseptic (f; MIC).

Indications (Wild Strawberry) — Anorexia (f; APA); Arthrosis (f; APA); Bleeding (1; APA; FAD); Burn (f; APA); Congestion (f; APA); Cholera (f; DEM); Cholecystosis (f; FAD); Cramp (f; MIC); Dermatosis (f; APA); Diarrhea (1; APA; DEM); Dysentery (1; DEM; MIC); Dysmenorrhea (f; DEM; FAD); Dyspepsia (f; APA; FAD); Freckle (f; APA); Gastrosis (f; FAD; MIC); Gingivosis (1; MIC); Gonorrhea (f; FAD); Gout (1; FAD; FNF); Gravel (f; FAD); Inflammation (1; APA);

Jaundice (f; DEM; FAD); Kidney Stone (f; FAD); Metrorrhagia (1; FAD); Nephrosis (f; DEM; FAD); Pain (f; DEM); Pulmonosis (f; FAD); Rash (f; APA); Scurvy (f; DEM; FAD); Sore (f; DEM); Sore Throat (1; APA; FAD); Stomachache (f; DEM; FAD); Sunburn (1; APA; FAD); Tartar (f; APA; DEM); Ulcer (1; APA); Water Retention (f; FAD).

Dosages (Wild Strawberry) — 1 tsp chopped leaf/cup water several ×/day (APA).

Contraindications, Interactions, and Side Effects (Wild Strawberry) — Class 1 (AHP).

WILD SUNFLOWER (*Grindelia camporum* Greene) +

Synonym: *Grindelia robusta* Nutt.

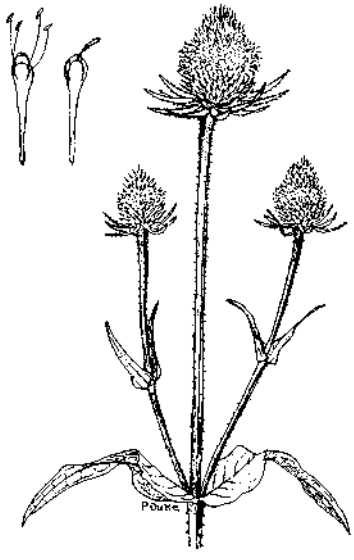
Activities (Wild Sunflower) — Antiasthmatic (f; PNC); Antibacterial (1; KOM); Antiedemic (f; PNC); Antiinflammatory (f; PNC); Antispasmodic (f; PNC); Expectorant (f; PNC).

Indications (Wild Sunflower) — Asthma (f; PNC); Bacteria (1; KOM); Bronchosis (2; PHR); Catarrh (2; KOM); Cough (2; PHR); Cramp (f; PNC); Cystosis (f; PNC); Dermatosis (f; PNC); Inflammation (f; PNC); Respirosis (2; KOM); Swelling (f; PNC).

Dosages (Wild Sunflower) — 4–6 g herb (KOM); 3–6 g liquid herb extract (KOM); 0.05–1.2 ml liquid herb extract (PNC).

Contraindications, Interactions, and Side Effects (Wild Sunflower) — Commission E reports no contraindications, adverse effects, or interactions except for gastric irritation (AEH; KOM). Large doses are said to be poisonous (PHR).

WILD TEASEL (*Dipsacus fullonum* L.) ++



Synonym: *Dipsacus sylvestris* Huds.

Activities (Wild Teasel) — Diaphoretic (f; WOI); Diuretic (f; WOI).

Indications (Wild Teasel) — Cancer (f; JLH); Cancer, penis (f; JLH); Dermatosis (f; PH2); Eczema (f; PH2); Felon (f; JLH); Fever (f; WOI); Fistula (f; PH2); Inflammation (f; JLH); Rhagades (f;

HHB); Rheumatism (f; PH2); Wart (f; HHB; JLH); Water Retention (f; WOI); Wen (f; JLH); Whitlow (f; JLH); Wound (f; PH2).

Contraindications, Interactions, and Side Effects (Wild Teasel) — Not covered (AHP; KOM). None reported at designated dosages (not given) (PH2).

WILD TURNIP (*Brassica rapa* L. ssp. *campestris* (L.) A. R. Clapham) ++

Many writers do not distinguish between black, brown (Indian), and white mustard (*Brassica nigra* (L.) W. D. J. Koch, *Brassica juncea* (L.) Czern., and *Brassica alba* (synonym of *Sinapis alba* L. subsp. *alba),* respectively) but the spice and medicine trade seems to favor the white. And the canola and rapeseed varieties have been hopelessly manipulated, even in the GMO field. Few, if any, taxonomists and agronomists can distinguish all *Brassica* varieties and species, and probably fewer chemists, herbalists, pharmacists, and physicians can be sure of the variety or species. My entries can be no more reliable than their sources. Seems as though the group might better be treated generically than specifically or varietally.

Activities (Wild Turnip) — Antibacterial (1; HHB); Antiscorbutic (f; EFS); Antiseptic (1; HHB); Cardiotoxic (1; PH2); Fungicide (1; HHB); Laxative (f; EFS); Parasiticide (1; HHB).

Indications (Wild Turnip) — Bacteria (1; HHB); Cancer (1; JLH); Cancer, breast (1; JLH); Cancer, spleen (1; JLH); Constipation (f; EFS); Corn (f; JLH); Escherichia (f; JLH); Fungus (1; HHB); Infection (1; HHB); Mycosis (1; HHB); Parasite (1; HHB); Splenosis (f; JLH); Wart (f; JLH); Yeast (1; HHB).

Dosages (Wild Turnip) — Food farmacy as far as I am concerned.

Contraindications, Interactions, and Side Effects (Wild Turnip) — Not covered (AHP; KOM). None at proper doses (PH2). Rapeseed oil ingested in overdose can be cardiotoxic. And in huge doses, hard to get dietarily, indole-3-carbinol might stimulate breast cancer rather than prevent it because it does so at levels reasonably attainable through dietary consumption of crucifers (Brassicaceae). Don't overdo it. In huge quantities, glucosinolate/isothiocyanate-containing crucifers might upset the thyroid. Hyperthyroidism with goiter traced "to the use of the isothiocyanates in mustard" (APA). Delaneyite nitpickological gene jocks will doubtless clamor to put the same goitrogenic warning on all members of the mustard family as well as papaya, caper, and nasturtium, and all genistein-containing legumes. Our genes coevolved with the genistein and glucosinolates for millions of years!

WILD YAM (*Dioscorea villosa* L.) ++

Synonyms: *D. hirticaulis* Bartlett, *D. villosa* var. *hirticaulis* (Bartlett) H. E. Ahles.

Activities (Wild Yam) — Analeptic (1; HHB); Analgesic (f; APA; FAD); Antiinflammatory (1; APA; PNC; WAM); Antioxidant (f; SKY); Antirheumatic (1; APA; PED); Antispasmodic (1; APA; PH2; SKY; WAM); Antiulcer (1; PH2); Bitter (f; PED); Cholagogue (f; PNC); Diaphoretic (f; APA; FEL; PH2; PNC); Diuretic (f; HHB); Emetic (f; TOM); Estrogenic (f; PH2); Expectorant (f; APA; FEL; HHB); Hepatoprotective (1; PH2); Hypocholesterolemic (1; PH2); Hypoglycemic (f; SKY); Mastogenic (1; PH2); Myorelaxant (f; APA).

Indications (Wild Yam) — Angina (f; MAD); Appendicitis (f; MAD); Arthrosis (f; APA; PED); Asthma (f; FEL); Atherosclerosis (f; MAD); Biliousness (f; FEL; TOM); Childbirth (f; DEM; FAD); Cholecystosis (f; PHR); Cholera (1; MAD); Colic (1; APA; PH2; PNC; SKY; TOM; WAM); Conjunctivosis (f; FEL); Cramp (f; APA; MAD; PH2; SKY; WAM); Dysentery (f; MAD); Dysmenorrhea (f; APA; MAD; PH2; PNC); Enterosis (1; HHB; MAD; PH2); Fever (f; APA; FEL; PH2; PNC); Frigidity (f; HHB); Gallstone (f; APA; MAD); Gas (1; MAD; WAM); Gastrosis (f; FAD; FEL); Headache (1; WAM); Hemorrhoid (f; MAD); Hepatosis (1; FEL; PH2); Hiccup (f; FAD; MAD); High Cholesterol (1; PH2; SKY); High Triglycerides (1; APA; SKY); Hyperglycemia (f; SKY); Hysteria (f; MAD); IBS (f; PED); Impotence (f; HHB; MAD); Inflammation (1; APA; FNF; PNC; TOM: WAM); Ischiosis (f; MAD); Jaundice (f; FEL); Low HDL (1; APA); Menopause (f; SKY); Morning Sickness (f; APA; FAD; FEL; TOM); Myosis (f; SKY); Nausea (f; FEL; TOM); Nephrosis (f; MAD); Neuropathy (f; HHB; MAD); Neurasthenia (f; HHB; MAD); Pain (f; APA; DEM; FAD; MAD); Parturition (f; APA); Rheumatism (1; APA; HHB; MAD; PED; PNC; TOM); Spermatorrhea (f; MAD); Stomachache (f; MAD); Syphilis (f; MAD); Tenesmus (f; MAD); Tension (1; WAM); Ulcer (1; PH2); VD (f; MAD); Vomiting (f; FEL; TOM); Water Retention (f; HHB).

Dosages (Wild Yam) — 250–500 mg root/day (APA); 2–4 g powdered root (HHB); 40–400 mg powdered root (MAD); 1–2 tsp fresh root (PED); 2–4 g dry root (PED); 3 g dry root:15 ml alcohol/15 ml water (PED); 2–3 ml root tincture 3–4 ×/day (SKY); 0.5 tsp root tincture 2 ×/day (APA); 20–60 drops root tincture (FEL); 2–4 ml liquid root extract/day (APA); 2 (505 mg) capsules/day; 1 (505 mg) StX capsule/day (JAD); 2–4 fluid oz decoction.

Contraindications, Interactions, and Side Effects (Wild Yam) — Class 1. Large doses of tincture are emetic (AHP). While the medicinal yams may be so rich in saponins as to be distasteful, overconsumption is not to be recommended. Reichert (1996) reports GI distress in volunteers taking high doses of wild yam, after saying that the investigators (Araghiniknam et al, 1996) he was reviewing "noted no adverse effects." Gruenwald warns that overdoses could lead to picrotoxin-like poisonings due to dioscorin (PHR). Diosgenin may reduce antiinflammatory effects of indomethacin (PH2). May be additively estrogenic with true estrogen (PH2). Use may be inappropriate in hormonal disorders (WAM). Use during pregnancy not advised (WAM). Limit children's use to 1 week (WAM). Starter material for progesterone, testosterone, and other steroids and corticosteroids. Steroids used for arthrosis, dysmenorrhea, menopause (PMS). Not covered in Commission E (KOM).

WINGED BEAN, ASPARAGUS PEA (*Psophocarpus tetragonolobus* (L.) DC.) ++

Synonyms: *Botor tetragonolobus* (L.) Kuntze, *Dolichos tetragonolobus* L.

Activities (Winged Bean) — Anthelminthic (1; X11315752); Antibacterial (1; X10630117); Anticancer (1; FNF; JBH); Antiedemic (1; X7701004); Anti-HIV (1; FNF); Antiinflammatory (1; FNF; X11684183); Antileukemic (1; X9353895); Antimalarial (1; FNF); Antimelanomic (1; FNF; X7489361); Antinociceptive (1; X103991940); Antiplasmodial (1; FNF); Antiseptic (f; DAD); Antitumor (1; FNF; JBH); Antiviral (1; FNF); Aphrodisiac (f; DAD); Apoptotic (1; X11107130; X7489361); Cytotoxic (1; FNF); Depurative (f; DAD); Phospholipase-A2 Inhibitor (1; X11684183).

Indications (Winged Bean) — Anemia (f; DAD); Bacteria (1; X10630117); Boil (f; DAD); Cancer (1; FNF; JBH; X11107130); Cancer, brain (1; X10399962); Candida (f; DAD); Diabetes (f; DAD); Dyspepsia (f; DAD); Edema (1; X7701004); Fungus (f; DAD); Glioblastoma (1; X10399962); HIV (1; FNF); Infection (1; DAD; FNF); Leukemia (1; X9353895); Malaria (1; FNF); Medulloblastoma (1; X10399962); Melanoma (1; FNF; X7489361); Neuroblastoma (1; X11107130); Obesity (f; DAD); Ophthalmia (f; DAD); Otosis (f; DAD); Pain (1; X103991940); Smallpox (f; DAD); Swelling (1; X7701004); Toothache (f; DAD); VD (f; DAD); Vertigo (f; DAD); Virus (1; FNF); Worm (1; X11315752).

Dosages (Winged Bean) — Flowers, pods, seeds and roots are food farmacy (JAD).

Contraindications, Interactions, and Side Effects (Winged Bean) — Not covered (AHP; KOM; PH2). Roots are one of the best sources of betulinic acid (to 5.3%) in my database. The tuberous roots were reportedly edible.

W

WINGED PRICKLY-ASH (*Zanthoxylum armatum* DC) ++

Synonyms: *Zanthoxylum alatum* Roxb., *Zanthoxylum planispinum* Siebold & Zucc.

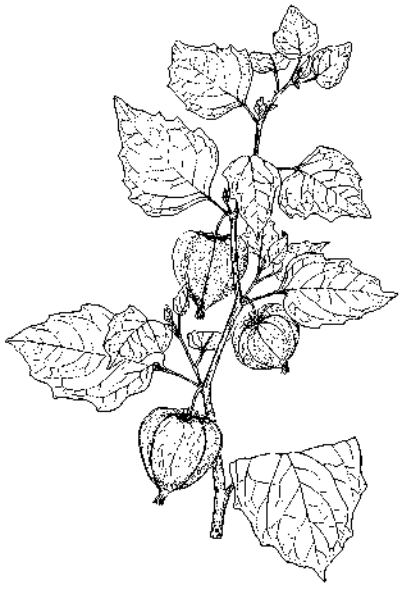
Activities (Winged Prickly-Ash) — Antibacterial (1; WOI); Antiseptic (1; WOI); Aperitif (f; KAB); Astringent (f; KAB); Bitter (f; KAB); Carminative (f; KAB; KAP; SUW; WOI); Dentifrice (1; WOI); Deodorant (1; WOI); Depurative (f; KAB); Diaphoretic (f; KAB); Fungicide (1; WOI); Hepatotonic (f; KAB); Hypoglycemic (1; WOI); Insectifuge (1; WOI); Pectoral (f; KAB); Piscicide

(f; KAB; SUW); Stimulant (f; KAB); Stomachic (f; KAB; KAP; SUW; WOI); Tonic (f; KAB; KAP); Vermifuge (1; KAB; WOI).

Indications (Winged Prickly-Ash) — Anorexia (f; KAB); Asthma (f; KAB); Bacteria (1; WOI); Cancer (f; KAB); Cerebrosis (f; KAB); Cholera (1; KAB; KAP; SUW; WOI); Colic (f; KAB); Diabetes (1; WOI); Diarrhea (f; KAB); Dyspepsia (f; KAB; KAP; SUW; WOI); Dysuria (f; KAB); Enterosis (f; KAB); Escherichia (1; WOI); Fever (f; KAB; KAP; SUW; WOI); Fungus (1; WOI); Gas (f; KAB; KAP; SUW; WOI); Halitosis (f; KAB); Headache (f; KAB); Hepatosis (f; KAB); Hyperglycemia (1; WOI); Infection (1; WOI); Insanity (f; KAB); Leukoderma (f; KAB); Mycosis (1; WOI); Ophthalmia (f; KAB); Otosis (f; KAB); Pain (f; KAB); Salmonella (1; WOI); Scabies (f; WOI); Shigella (1; WOI); Snakebite (f; KAB); Splenosis (f; KAB); Stomatosis (f; KAB); Toothache (f; KAB; KAP); Worm (1; KAB; WOI).

Dosages (Winged Prickly-Ash) — 0.6–1.2 g powdered fruit (KAP); 1–3 g powdered bark (KAP); 28–56 ml bark tea (KAP).

WINTER CHERRY, CHINESE LANTERN (*Physalis alkekengi* L.) +



PH2 muddies the issue by listing Cape Gooseberry as another common name. I'm reserving that name for *Physalis peruviana* L.

Synonym: *Physalis edulis* Sims.

Activities (Winter Cherry) — Abortifacient (f; DAA); Alterative (f; EFS; SKJ); Antiinflammatory (f; DAA); Antipyretic (f; DAA; EFS); Antitussive (f; DAA); Aperient (f; EFS); Depurative (f; MAD); Diuretic (f; DAA; PH2); Expectorant (f; DAA); Hepatic (f; EFS); Hydragogue (f; WOI); Litholytic (f; MAD); Nephrotonic (f; MAD); Tonic (f; EFS); Uricosuric (f; MAD); Uterocontractant (f; DAA); Vermifuge (f; SKJ; WOI).

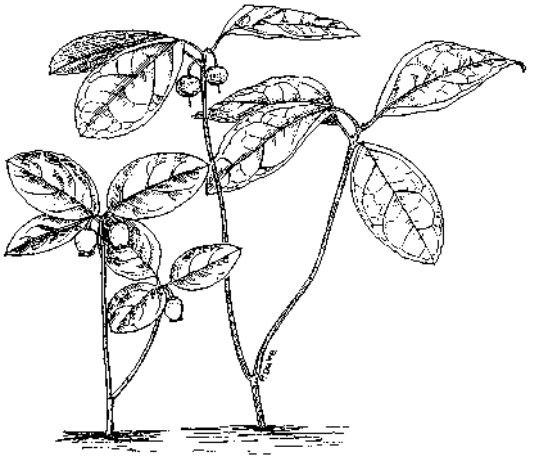
Indications (Winter Cherry) — Arthrosis (f; MAD); Bleeding (f; HHB); Boil (f; DAA); Bronchosis (f; DAA); Cancer (f; JLH); Cancer, anus (f; JLH); Childbirth (f; DAA); Cough (f; DAA); Cystosis (f; HHB; MAD; PH2); Dermatosis (f; SKJ); Diabetes (f; DAA); Dropsy (f; MAD); Dysentery (f; DAA); Dysmenorrhea (f; MAD); Dysuria (f; SKJ); Fever (f; DAA; EFS); Gas (f;

DAA); Gout (f; DAA; HHB; MAD; PH2); Hematuria (f; MAD); Hepatosis (f; MAD); Inflammation (f; DAA); Jaundice (f; DAA; HHB; MAD); Nephrosis (f; MAD; PH2); Ophthalmia (f; MAD); Pain (f; DAA); Pemphigus (f; DAA); Pertussis (f; DAA); Pharyngosis (f; DAA); Proctosis (f; JLH); Rheumatism (f; DAA; HHB; PH2); Sore (f; DAA; JLH); Sore Throat (f; DAA); Stone (f; MAD); Tonsilosis (f; DAA); Tracheosis (f; DAA); Water Retention (f; DAA; PH2); Worm (f; SKJ; WOI); Wound (f; MAD).

Dosages (Winter Cherry) — 15–60 g edible fruit in decoction (HHB); 30 g fruit juice (HHB; MAD); 10–20 berries/day (MAD); 15–30 g shoot in decoction (MAD).

Contraindications, Interactions, and Side Effects (Winter Cherry) — Not covered (AHP). Green fruits can cause poisoning (PH2).

WINTERGREEN (*Gaultheria procumbens* L.) ++



Activities (Wintergreen) — Allergenic (1; PH2); Analgesic (1; CRC; FAD); Antiaggregant (1; FNF); Antiinflammatory (1; FAD); Antirheumatic (1; CRC; PNC); Antiseptic (1; CRC; FAD; PH2); Antitumor (1; FAD); Astringent (1; APA; CEB); Cardioprotective (f; MIC); Carminative (1; APA; CRC; FAD; MAD); Collyrium (f; CRC); Counterirritant (1; APA; CRC); Depurative (f; CEB; DEM); Diuretic (1; APA; CRC; PNC); Emetic (f; CRC); Emmenagogue (f; CEB; CRC); Lactagogue (f; CEB; CRC); Lectinic (1; LEL); Mitogenic (1; CRC; LEL); Nervine (f; CRC); Rubefacient (1; CRC; PHR; PH2); Stimulant (1; APA; CEB; CRC); Tonic (f; DEM); Urinary Antiseptic (1; FNF).

Indications (Wintergreen) — Amenorrhea (f; CEB); Arthrosis (1; DEM; PHR; PH2); Asthma (f; CEB; PHR; PH2); Cancer (1; CEB; FAD; LEL); Cardiopathy (f; MIC); Caries (f; CEB; CRC); Catarrh (f; CRC); Cold (1; DEM; FAD); Colic (1; APA; MAD); Congestion (f; MAD); Conjunctivosis (f; CRC); Cystosis (1; FNF); Debility (f; CEB); Dermatosis (f; CRC); Diabetes (f; CRC); Diaphragmosis (1; MAD; PHR); Diarrhea (f; CEB; CRC); Dropsy (f; CRC); Dysentery (f; DEM); Dysmenorrhea (1; CRC; MAD; PHR); Dyspepsia (1; APA; DEM); Dyspnea (f; CEB; CRC); Edema (1; APA); Epididymosis (1; CRC; MAD; PHR); Fever (1; APA; CRC; FAD; MAD); Flu (f; DEM); Gas (1; APA; CRC; FAD; MAD); Gastrosis (f; CRC; MAD); Gingivosis (f; DEM); Gonorrhea (f; CRC); Gout (1; CRC; MAD); Headache (1; APA; DEM; FAD); Heart (f; MIC); Infection (1; FNF; MAD); Inflammation (1; APA; FAD); Ischiosis (f; MAD); Leukorrhea (f; CRC); Lumbago (1; CRC; DEM; FAD); Myosis (1; APA; FAD); Nephrosis (f; DEM; FAD); Neuralgia (1; FAD; PH2); Ophthalmia (f; CEB); Orchosis (1; CRC; MAD; PHR); Ovariosis (1;

PHR); Pain (1; APA; CRC; FAD; MAD); Pertussis (f; MAD); Pleurisy (1; PHR); Pleurosis (f; MAD); Pleurodynia (1; CRC; PHR); Rheumatism (1; APA; CRC; FAD; PNC); Sciatica (1; CRC; FAD; PH2); Scrofula (f; CRC); Sniffle (f; MAD); Sore Throat (1; APA; CRC); Sprain (1; FAD); Stomachache (1; DEM; FAD); Stomatosis (f; CRC); Stroke (f; MIC); Tapeworm (f; DEM); Toothache (1; CRC); Tumor (1; FAD); Typhus (f; MAD); VD (f; CRC; DEM); Uterosis (f; MAD); Water Retention (1; APA; CEB; CRC; PNC); Worm (f; DEM).

Dosages (Wintergreen) — Never take wintergreen oil internally (APA); 1 tsp leaf/cup water, steeped 5–20 minutes, up to 1 cup/day, one mouthful at a time (APA); 10–20 drops wintergreen oil in capsules or milk (MAD).

Contraindications, Interactions, and Side Effects (Wintergreen) — Class 1. Salicylates and tannins (AHP). AHP gives wintergreen its top score for efficacy (APA). "Not allowed as a non-medicinal ingredient in oral products in Canada" (Michols, 1995). As little as 4 ml wintergreen oil can be lethal to an infant. In the U.S., liquid preparations containing more than 5 ml methyl salicylate must be in child-resistant packaging. Mothers are advised that salicylates do enter breast milk. Some people, especially asthmatics, may be supersensitive to salicylates. Caution is always indicated when ingesting any new substance, natural or synthetic (AEH). Wintergreen oil, classified as "very toxic," contains methyl salicylate as the chief constituent. Poisoning from wintergreen oil can cause acid-base imbalance, altered glucose metabolism, and central nervous system toxicity. Between 5 ml and 30 ml of wintergreen oil is considered the lethal dose for a 70 kg human. CNS symptoms of mild chronic salicylate toxicity include headache, dizziness, tinnitus, difficulty in hearing, dimness of vision, mental confusion, lassitude, and drowsiness. More severe symptoms include seizures and coma. Fever is usually prominent. Severe acute salicylism includes disorientation, irritability, hallucinations, lethargy, stupor, coma, and seizures. GI irritation may produce nausea and vomiting, hyperventilation, increased GI losses leading to mild dehydration, which is enhanced by decreased intake of fluid. Hypokalemia may result from increased GI and renal losses and systemic alkalosis (AEH1). The prodrug, salicin, which does not irritate the stomach, is metabolized to saligenin in the GI tract and salicylic acid after absorption. "Products containing willow should preferably be standardized on their salicin content..." (CAN). Methyl salicylate, the chemical behind the aroma, with antiinflammatory and pain-killing activities, has recently been shown to enable plants to communicate with each other.

WINTER'S-BARK (*Drimys winteri* J.R. & G. Forst.) +

Synonyms: *D. chilensis* DC., *D. winteri* var. *chilensis* (DC.) A. Gray.

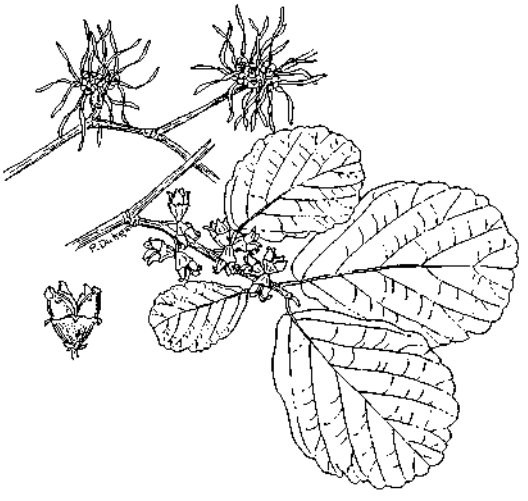
Activities (Winter's-Bark) — Analgesic (1; FNF); Antibacterial (1; MPG); Antiseptic (1; MPG); Antiinflammatory (1; MPG); Antileukemic (1; MPG); Antiscorbutic (f; EFS); Astringent (f; EFS); Bitter (1; PH2); Carminative (1; EFS; PH2); Diaphoretic (f; MPG); Stimulant (f; EFS); Stomachic (1; EFS; HHB; PH2); Tonic (1; MPG; PH2).

Indications (Winter's-Bark) — Adenopathy (1; MPG); Anemia (f; MPG); Bacteria (1; MPG); Cancer (1; JFM; JLH; MPG); Candida (1; MPG); Circulosis (f; MPG); Colic (f; PH2); Constipation (f; JFM); Debility (f; MPG); Dermatosis (f; PH2); Diarrhea (f; MPG); Dysentery (f; MPG); Dyspepsia (f; PH2); Enterosis (f; MPG); Fever (f; MPG); Gas (1; EFS; PH2); Gastrosis (f; JFM; MPG); Infection (1; MPG); Inflammation (1; MPG); Leukemia (1; FNF; JFM; MPG); Pain (1; FNF); Respirosis (f; MPG); Rheumatism (f; MPG); Scurvy (1; JFM); Staphylococcus (1; MPG); Toothache (1; FNF; PH2); Yeast (1; MPG).

Dosages (Winter's-Bark) — Steep 1 leaf in a cup boiling water 5 minutes, sweeten to taste (MPG).

Contraindications, Interactions, and Side Effects (Winter's-Bark) — Not covered (AHP; KOM). None reported (PH2).

WITCH HAZEL (*Hamamelis virginiana* L.) ++



Activities (Witch Hazel) — Alterative (f; CRC); Analgesic (1; DEM; MAB); Antiaging (1; MAB); Antiaggregant (1; MAB); Antiedemic (1; MAB); Antierythemic (1; MAB; SHT); Antihemorrhagic (3; CAN; KOM); Antiherpetic (1; MAB); Antiinflammatory (2; CAN; KOM; PH2); Antileukotriene (1; MAB); Antimutagenic (1; MAB); Antioxidant (1; MAB); Antiphlebitic (1; BGB); Antipyretic (1; APA; CRC); Antiseptic (f; CRC); Anti-UV (1; MAB); Antiviral (1; MAB); Antiwrinkle (1; MAB); Aperitif (f; DEM); Aphrodisiac (f; MIC); Astringent (1; APA; CRC; FAD; PH2; SHT); Carcinogen (1; CRC); Collyrium (f; CRC); Depurative (f; DEM); Hemostat (2; FAD; KOM; PH2; SHT); Panacea (f; DEM); Sedative (f; CRC); Sunscreen (1; MAB); Tonic (1; CRC; MAB); Vasoconstrictor (1; APA; MAB; SHT).

Indications (Witch Hazel) — Abortion, impending (f; MAD); Abrasion (1; MAB); Anorexia (f; DEM); Arthrosis (1; DEM; MAB); Asthma (1; DEM; FAD; MAB); Backache (f; CRC); Bite (f; CRC; DEM); Bleeding (3; BGB; CAN; CRC; FAD; KOM; PH2; SHT); Boil (f; MAD); Bruise (1; BGB; FAD; MAD); Bug Bite (1; APA); Burn (2; CRC; PHR; PH2; WAF); Cancer (1; CRC; MAB); Cancer, eye (f; JLH); Chest Cold (f; DEM); Childbirth (f; DEM); Cholera (1; DEM; FAD); Cold (1; CRC; DEM; FAD); Colitis (f; CAN; PH2); Congestion (f; CRC); Conjunctivosis (f; CRC); Cough (f; DEM; FAD); Crohn's Disease (1; MAB); CVI (2; PHR; PH2); Cystosis (f; MAD); Dermatosis (2; KOM; PIP; PHR; PH2); Diarrhea (1; APA; CRC; HHB; PH2; SHT); Dysentery (f; CRC; HHB); Dysmenorrhea (1; APA; CRC; PH2); Eczema (1; BGB; MAB; SKY); Edema (1; MAB); Enterosis (1; APA; PH2); Enterorrhagia (1; APA); Epistaxis (1; MAD); Erythema (1; BGB; SHT); Fever (1; APA; CRC); Gingivosis (1; APA; BGB; FNF); Gleet (f; CRC); Goiter (f; MAD); Gonorrhea (f; MAD); Headache (f; MAD; MIC); Hematemesis (1; CAN; PH2); Hemoptysis (1; CAN; PHR; PH2); Hemorrhoid (2; CRC; FAD; KOM; PH2; PIP); Herpes (1; MAB); Inflammation (2; BGB; CAN; KOM; MAB; PH2); Insomnia (f; CRC); Itch (1; FAD; MAD); Lameness (f; FAD); Leukorrhea (f; MAD); Lumbago (f; MAD); Menorrhagia (1; HHB); Metrorrhagia (1; FAD); Mucososis (2; APA; KOM; PH2; PIP); Myosis (f; APA; CRC; FAD); Nervousness (f; CRC); Neuralgia (f; MAD); Neurodermatosis (1; BGB; MAB); Ophthalmia (f; APA; CRC; FAD; WAF); Orchosis (f; MAD); Pain (1; DEM; MAB); Pharyngosis (2; KOM; PHR; PH2); Phlebitis (f; BGB; CRC; HHB); Phthisis (f; CRC); Poison Ivy (f; WAF); Pulmonosis (f; DEM; FAD); Rash (f; MIC); Rheumatism (f; CRC); Sore (1; HHB; SKY); Sore Throat (1; APA; CRC; FAD); Sprain (f; BGB; CRC); Stomatosis (2; APA; BGB; KOM; PHR; PH2); Sunburn (f; BGB; WAF); Swelling (1; CAN; CRC; MAB; MAD); Tuberculosis (f; CRC;

DEM); Tumor (f; BGB; CRC); Ulcer (f; CRC; HHB); Varicocele (f; MAD); Varicosis (2; KOM; PNC; PHR; PH2; SHT); VD (f; DEM; MAD); Virus (1; MAB); Wound (2; KOM; PHR; PH2; SKY); Wrinkle (1; MAB).

Dosages (Witch Hazel) — 2 g dry leaf, or in tea, 3 ×/day (CAN); 2 g leaf or bark 3 ×/day (MAB); 7–14 ml/day fluid leaf extract (1:2) (MAB); 2–4 tsp (1–2 g) leaf decoction 1–3 ×/day (APA); 1 tsp (2–3 g) bark decoction 1–3 ×/day (APA); 2–4 ml liquid bark extract (1:1 in 45% ethanol) 3 ×/day (CAN); 10–15 drops liquid bark extract 3 ×/day (MAD); 2–4 ml bark tincture (APA; PNC). Few sources seem to stress topical use only. Even the Herbal PDR (PH2) says that witch hazel bark is available as a comminuted drug or as an extract for internal and external uses (PH2).

Contraindications, Interactions, and Side Effects (Witch Hazel) — Class 1. Tannins (AHP). None known (KOM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). "It is not recommended that these extracts be taken internally because the toxicity of the tannins has not been well defined... Doses of 1 g of witch hazel will cause nausea, vomiting, or constipation" (*LRNP,* Sep, 1990). In susceptible patients, irritation of the stomach may occur occasionally. In rare cases, witch hazel tannins may cause liver damage (BIS). In view of the tannin content, excessive use, especially during lactation and pregnancy, should be avoided. "There are no known problems with the use of witch hazel during pregnancy..." (CAN). No contraindications, drug-drug interactions, or side effects are known (SHT). "May cause minor skin irritation in some people when applied topically" (SKY). Witch hazel water is not intended for internal use. Teas can be brewed from leaves and twigs, but their safety is not defined (*LRNP,* September 1990). APA lists the carcinogen safrole, but in minimal quantities (APA). Tannins, many of the same ones promoted for tea today, explain nearly half of the indications.

WOLFBERRY (*Lycium chinense* Mill.) ++

Chinese Wolfberry (Note: according to Foster and Yue, the Chinese use *L. barbarum* L. and *L. chinensis* interchangeably, so where they were not specific, I have entered indications, etc., in both accounts). A union of both entries might be in order. HH2 maintains them as distinct.

Activities (Wolfberry) — ACE Inhibitor (1; PH2); Analgesic (1; FAY); Antiaging (1; JAF49:3106); Antibacterial (1; FAY); Antipyretic (1; FAY; HH2); Bitter (f; LMP); Depurative (f; LMP); Hemostat (f; FAY); Hepatoprotective (1; X10960900); Hepatotonic (f; FAY; PH2); Hypoglycemic (1; FAY); Hypotensive (1; FAY; PH2); Immunosuppressive (1; PH2); Mydriatic (f; FAY); Nephrotonic (f; LMP; PH2); Radioprotective (1; X10197745); Tonic (f; PH2).

Indications (Wolfberry) — Asthma (f; FAY); Atherosclerosis (1; JAF49:3106); Backache (f; FAY); Bacteria (1; FAY); Bleeding (f; FAY; HH2); Cachexia (f; DAA); Cancer (f; JLH); Cardiopathy (1; PH2); Circulosis (f; LMP); Cough (f; HH2; LMP; PH2); Diabetes (f; FAY; PH2); Dizziness (f; FAY); Eczema (f; HH2; PH2); Epistaxis (f; FAY; HH2; PH2); Fever (1; FAY; HH2; LMP; PH2); Hepatosis (1; LMP; PH2; X10960900); High Blood Pressure (1; FAY; PH2; JAF49:3106); Hyperglycemia (1; FAY); Hyperhydrosis (f; PH2); Infection (1; FAY); Inflammation (f; PH2); Malaria (1; FAY; PH2); Nephrosis (f; PH2); Neurosis (f; LMP); Night Sweats (f; LMP); Nyctalopia (1; JAF49:3101); Odontosis (f; HH2; LMP); Ophthalmia (f; LMP); Osteosis (f; LMP); Pain (1; FAY; HH2; PH2); Pertussis (f; PH2); Pneumonia (f; LMP); Pulmonosis (f; LMP); Pulposis (f; HH2; PH2); Rheumatism (f; HH2; LMP; PH2); Spermatorrhea (f; DAA); Stroke (1; JAF49:3106); Thirst (f; LMP; PH2); Tinnitus (f; FAY); Toothache (1; FAY; LMP; PH2); Tuberculosis (f; LMP); Vertigo (f; FAY); Vomiting (f; PH2).

Dosages (Wolfberry) — 9–15 g fruit/day in tea (FAY); sip tea through the day for pertussis (PH2).

Contraindications, Interactions, and Side Effects (Wolfberry) — Class 2b (AHP). "Health hazards not known with proper therapeutic dosages" (PH2). Avoid in cold, diarrhea, and pregnancy (PH2).

WOOD ANEMONE (*Anemone nemorosa* L.) +

Activities (Wood Anemone) — Antiseptic (1; HHB); Neurotonic (f; EFS); Vesicant (1; PH2); Toxic (f; EFS).

Indications (Wood Anemone) — Amenorrhea (f; HHB); Arthrosis (f; HHB); Asthma (f; PH2); Bronchosis (f; HHB); Cancer (f; JLH); Cancer, foot (f; JLH); Corn (f; JLH); Cough (f; PH2); Dermatosis (f; JLH); Dysmenorrhea (f; PH2); Induration (f; JLH); Pain (f; PH2); Pertussis (f; PH2); Pleurosis (f; HHB); Stomachache (f; PH2).

Contraindications, Interactions, and Side Effects (Wood Anemone) — Not covered (AHP; KOM). Internally may cause colic and diarrhea, irritating GI tract and urethra; externally a vesicant, irritating skin and mucus membrane (PH2). Ingestion of 30 freshly harvested plants is considered the lethal dose for humans (PH2).

WOOD BETONY (*Stachys officinalis* (L.) Trevis.) ++

Synonyms: *Betonica officinalis* L., *Stachys betonica* Benth.

Activities (Wood Betony) — Antidepressant (f; CRC; PED); Antidiarrheic (1; APA; PED); Antiinflammatory (1; APA); Antiseptic (1; PHR; PH2); Astringent (1; APA; CRC; PNC); Bitter (1; APA; PNC); Carminative (f; PHR; PH2); Cerebrotonic (f; CRC); Cholagogue (1; APA); Depurative (f; GMH); Digestive (1; APA); Expectorant (1; PHR); Hepatotonic (1; APA); Hypotensive (1; APA; CRC; PED); Nervine (f; GMH); Sedative (f; APA; PNC); Tonic (1; APA; GMH); Tranquilizer (f; PHR).

Indications (Wood Betony) — Ague (f; CRC); Anxiety (1; APA; PNC); Arthrosis (f; MAD); Asthma (f; CRC; PHR); Bladder Stone (f; CRC; PHR); Bleeding (f; GMH); Bronchosis (f; PHR); Bruise (f; GMH); Cancer (f; CRC); Cancer, genital (f; CRC; JLH); Cancer, liver (f; CRC; JLH); Cancer, spleen (f; CRC; JLH); Catarrh (f; CRC; PHR); Cholecystosis (1; APA; PHR); Cold (f; CRC; GMH); Convulsion (f; CRC); Cough (f; CRC; GMH; PHR); Cramp (f; MAD); Cystosis (f; CRC; PH2); Debility (f; CRC; PH2); Depression (f; CRC; PED); Dermatosis (1; APA); Diarrhea (1; APA; PED; PH2); Dropsy (f; CRC); Dyspepsia (1; APA; CRC; GMH); Dyspnea (f; GMH); Edema (f; PHR); Enterosis (1; APA); Epilepsy (f; CRC; GMH); Epistaxis (f; CRC); Fracture (f; MAD); Gas (f; PHR; PH2); Gingivosis (1; APA); Gout (f; CRC; GMH; PHR); Headache (1; APA; CRC; GMH; PNC); Heartburn (f; PHR); Hemoptysis (f; GMH); Hepatosis (f; JLH); Hernia (f; GMH); High Blood Pressure (1; APA; CRC; PED); Hysteria (f; GMH); Inflammation (1; APA); Insomnia (f; APA; PNC); Jaundice (f; GMH); Kidney Stone (f; CRC; PHR); Mucososis (1; APA); Nephrosis (f; CRC); Nervousness (f; APA; PHR; PNC); Neuralgia (1; CRC; GMH; PHR; PNC); Neurosis (1; APA; CRC; GMH); Palpitation (f; CRC; GMH); Palsy (f; CRC; GMH); Paresis (f; MAD); Phthisis (f; MAD); PMS (1; APA); Pulmonosis (f; PHR); Rheumatism (f; GMH); Rhinosis (f; JLH); Sclerosis (f; JLH); Sore Throat (1; APA; PED); Scrofula (f; GMH); Splenosis (f; JLH); Stomatosis (1; APA; PED); Stress (f; APA); Swelling (f; PH2); Tension (f; APA); Throat (f; CRC); Toothache (f; MAD); Vertigo (f; MAD); Wen (f; CRC); Wound (f; PHR).

Dosages (Wood Betony) — 1 oz herb/pint boiling water (GMH); 1–2 g herb/day in 3 doses (PHR); 1–2 tsp fresh herb (PED); 0.5–1 g dry herb (PED); 0.75 g dry herb:4 ml alcohol/4 ml water (PED); 2–4 ml liquid herb extract (APA; PNC).

Contraindications, Interactions, and Side Effects (Wood Betony) — Class 1 (AHP). None reported (PHR). Overdose may irritate stomach (CRC). Russians report finding principals in wood betony with antiinflammatory and cholagogue properties, and significantly hypotensive, but with no reference to human studies (APA).

WOOD EAR, MU EHR (*Auricularia* spp.) ++

Activities (Wood Ear) — Allergenic (1; HOB); Analgesic (f; HOB); Antiaging (1; HOB); Antiaggregant (1; HOB); Antifertility (1; HOB); Antiinflammatory (1; HOB); Antileukocytopenic (1; HOB); Antimutagenic (1; HOB); Antioxidant (1; HOB); Antiradicular (1; HOB); Antisarcomic (1; HOB); Antiseptic (1; HOB); Antispasmodic (f; HOB); Antitumor (1; HOB); Antiulcer (1; HOB); Dermatitigenic (1; HOB); Energizer (f; HOB); Expectorant (f; HOB); Hypocholesterolemic (1; HOB); Hypotriglyceridemic (1; HOB); Immunostimulant (1; HOB); Lipolytic (1; HOB); MAOI (1; HOB); Myorelaxant (f; HOB); Vulnerary (f; HOB).

Indications (Wood Ear) — Aging (1; HOB); Bleeding (1; HOB); Cancer (1; HOB); Cardiopathy (1; HOB); Childbirth (f; HOB); Circulosis (f; HOB); Constipation (f; HOB); Cramp (f; HOB); Debility (f; HOB); Diabetes (f; HOB); Dysentery (f; HOB); Enterosis (f; HOB); Hematochezia (f; HOB); Hemorrhoid (1; HOB); High Blood Pressure (f; HOB); High Cholesterol (1; HOB); High Triglycerides (1; HOB); Immunodepression (1; HOB); Inflammation (1; HOB); Leukorrhea (f; HOB); Mucososis (f; HOB); Nausea (f; HOB); Obesity (f; HOB); Ophthalmia (f; HOB); Pain (f; HOB); Pulmonosis (f; HOB); Sarcoma (1; HOB); Sclerosis (f; HOB); Toothache (f; HOB); Tumor (1; HOB); Ulcer (1; HOB); Uterosis (1; HOB).

Dosages (Wood Ear) — 15 g herb in tea 2 ×/day (HOB).

Contraindications, Interactions, and Side Effects (Wood Ear) — Not recommended for pregnant or lactating women.

WOOD ROSE
(*Argyreia nervosa* (Burm. f.) Bojer) +

Synonyms: *A. speciosa* (L. f.) Sweet, *Convolvulus nervosus* Burm. f., *C. speciosus* L. f., *Lettsomia nervosa* (Burm. f.) Roxb.

Activities (Wood Rose) — Anabolic (f; WO2); Analgesic (f; CRC); Antispasmodic (f; WO2); Aphrodisiac (f; WO2); Diuretic (f; WO2); Emollient (f; WO2); Euphoriant (f; CRC); Hallucinogen (f; CRC); Hyperemic (f; CRC); Hypotensive (1; WO2); Stimulant (f; WO2); Tonic (f; WO2).

Indications (Wood Rose) — Boil (f; WO2); Cold (f; WO2); Cough (f; WO2); Cramp (f; WO2); Dermatosis (f; WO2); Eczema (f; WO2); Fever (f; WO2); Gleet (f; WO2); Gonorrhea (f; WO2); High Blood Pressure (1; WO2); Impotence (f; WO2); Itch (f; WO2); Neurosis (f; WO2); Pain (f; CRC); Rheumatism (f; WO2); Ringworm (f; WO2); Strangury (f; WO2); Swelling (f; WO2); Ulcer (f; WO2); Water Retention (f; WO2).

Contraindications, Interactions, and Side Effects (Wood Rose) — A narcotic hallucinogen, packing a miserable hangover, with blurred vision, constipation, inertia, nausea, and vertigo (CRC). LD50 seeds 500 mg/kg.

WOODRUFF (*Galium odoratum* (L.) Scop.) +

Synonym: *Asperula odorata* L.

Activities (Woodruff) — Antiaggregant (1; APA); Antibacterial (1; APA; CRC; HHB); Antiedemic (1; APA; PHR; PH2); Antiinflammatory (1; APA; CRC; PHR; PH2); Antiseptic (1; APA); Antispasmodic (1; APA; CRC; PHR; PH2); Anxiolytic (f; CRC); Aperient (f; CRC); Aphrodisiac (f; CRC); Astringent (1; APA); Bitter (1; APA; CRC); Deobstruent (f; CRC); Depurative (f; CRC); Diaphoretic (f; APA; CRC); Digestive (1; APA); Diuretic (f; APA; CRC); Expectorant (f; APA); Hepatotonic (f; APA); Hepatotoxic (1; CRC); Hypnotic (f; CRC); Insectifuge (1; CRC); Lymphokinetic (1; PHR; PH2); Sedative (f; APA; CRC; HHB); Sialagogue (1; APA); Stomachic (f; CRC).

Indications (Woodruff) — Anxiety (f; CRC); Arrhythmia (f; PHR); Arthrosis (1; APA); Bacteria (1; APA; CRC; HHB); Bladder Stone (f; CRC); Cancer (f; JLH); Cardiopathy (f; PHR); Cholecystosis (f; LAF); Circulosis (f; LAF; PH2); Colitis (f; CRC; HHB); Constipation (f; APA); Cramp (1; APA; CRC; HHB; PHR; PH2); Dysmenorrhea (f; PHR; PH2); Edema (1; APA; PHR; PH2); Fever (f; APA; CRC); Hemorrhoid (f; LAF; PH2); Hepatosis (f; CRC; HHB; PH2); Hysteria (f; PHR); Infection (1; HHB); Inflammation (1; APA; CRC; JLH; PHR; PH2); Insomnia (f; APA; CRC; HHB; PHR; PH2); Jaundice (f; PH2); Metrosis (f; CRC); Migraine (f; CRC); Nephrosis (f; LAF); Nervousness (f; APA; CRC; HHB; PHR; PH2); Neuralgia (f; CRC); Phlebitis (1; APA); Respirosis (f; LAF); Stomachache (f; CRC); Swelling (1; APA; PHR; PH2); Thrombophlebitis (1; APA); Thrombosis (1; APA); Varicosis (f; APA; PH2); Venosis (f; PH2); Water Retention (f; APA; CRC); Wound (1; APA; CRC).

Dosages (Woodruff) — 2 tsp (1.8 g) shoots/glass water (PHR); 1 g drug/day (PHR).

Contraindications, Interactions, and Side Effects (Woodruff) — Class 1. Rarely may cause headache (AHP). None known for proper dosages (PHR). High dosages may cause dizziness,

headache, nausea, and stupor (APA; PHR). Long-term consumption may damage idiosyncratic livers (PHR). Not allowed in German products (PHR). Animals fed large doses of coumarin may experience blood clotting problems, growth inhibition, liver damage, and testicular atrophy.

WOOD SAGE (*Teucrium scorodonia* L.) +

Activities (Wood Sage) — Alterative (f; EFS); Antipyretic (f; EFS); Antiscorbutic (f; EFS); Antiseptic (1; FNF; PNC); Astringent (f; PNC); Carminative (f; PNC); Diaphoretic (f; EFS; MAD; PNC); Diuretic (f; MAD; PNC); Emmenagogue (f; EFS; MAD); Expectorant (1; HH2; MAD; PH2); Tonic (f; EFS); Vulnerary (f; PNC).

Indications (Wood Sage) — Abscess (f; PNC); Adenopathy (f; MAD); Adiposity (f; MAD); Arthrosis (f; MAD); Asthma (f; MAD); Atony (f; MAD); Boil (f; PNC); Bronchosis (f; HH2; PH2); Cancer (f; JLH); Cancer, stomach (f; JLH); Catarrh (f; MAD); Cholecystosis (f; MAD); Cold (f; PNC); Cough (f; MAD); Cramp (f; HH2); Diarrhea (f; MAD); Dyspepsia (f; PNC); Fever (f; EFS; MAD; PNC); Fibroma (f; JLH); Flu (f; MAD); Gas (f; PNC); Gastrosis (f; JLH); Hemoptysis (f; MAD); Hemorrhoid (f; MAD); Hepatosis (f; HH2; MAD; PH2); High Blood Pressure (f; HH2; PH2); Inflammation (f; PH2); Mucososis (f; PH2); Orchosis (f; MAD); Pharyngosis (f; PH2); Polyp (f; JLH); Respirosis (f; PH2); Rheumatism (f; PNC); Rhinosis (f; JLH; HH2; PH2); Sore Throat (f; PH2); Spasm (f; PH2); Splenosis (f; MAD); Swelling (f; MAD); Tuberculosis (f; HH2; MAD; PH2); Water Retention (f; MAD; PNC); Wound (f; MAD; PH2).

Dosages (Wood Sage) — 2 tsp (~2.6 g) herb/cup (HH2; PH2; MAD); 2–4 ml liquid herb extract (PNC); herb poulticed topically (PNC).

Contraindications, Interactions, and Side Effects (Wood Sage) — Class 4 (AHP). Not covered (KOM). None known when properly dosed (PH2).

WOOD SORREL (*Oxalis acetosella* L.) ++

Activities (Wood Sorrel) — Antidote, arsenic (f; HHB); Antidote, quicksilver (f; HHB); Antipyretic (f; EFS); Antiscorbutic (1; EFS); Antiseptic (f; CEB); Aphrodisiac (f; CEB); Astringent (f; EFS); Cardiac (f; MAD); Depurative (f; MAD); Diuretic (1; CEB; MAD; PH2); Emmenagogue (f; HHB; MAD); Expectorant (f; HHB); Hemostat (f; HHB; MAD); Toxic (f; EFS); Vermifuge (f; HHB).

Indications (Wood Sorrel) — Atherosclerosis (f; HHB); Bleeding (f; FEL; HHB; MAD); Cacoethes (f; JLH); Cancer (f; JLH; MAD; WOI); Cancer, breast (f; CEB); Cancer, lip (f; WOI); Cancer, liver (f; JLH); Cancer, mouth (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Catarrh (f; FEL; WOI); Cystosis (f; MAD); Dyspepsia (f; PH2); Dysuria (f; FEL; PNC); Fever (f; EFS; MAD); Fistula (f; MAD); Gastrosis (f; CEB); Gingivosis (f; PH2); Gonorrhea (f; FEL; WOI); Heartburn (f; MAD); Hemorrhoid (f; CEB); Hepatosis (f; JLH; MAD; PH2); Induration (f; JLH); Inflammation (f; PH2); Jaundice (f; HHB; MAD); Nephrosis (f; HHB; MAD); Orchosis (f; MAD); Quinsy (f; WOI); Sclerosis (f; JLH); Scrofula (f; FEL); Scurvy (1; PH2); Sore (f; MAD); Sore Throat (f; WOI); Spermatorrhea (f; LEL); Splenosis (f; JLH); Stomatosis (f; MAD); Swelling (f; CEB); Thirst (f; MAD); Urethrosis (f; CEB); VD (f; WOI); Water Retention (1; CEB; MAD; PH2); Worm (f; HHB; MAD); Wound (f; MAD; PH2).

Dosages (Wood Sorrel) — Evaporate the sorrel juice in sun, adding juice of red clover leaves and flowers, thickening with white oak ashes, applying topically to cancers, especially breast cancer (CEB). Others suggest sheep sorrel (*Rumex acetosella*), which is in the Essiac formula.

Contraindications, Interactions, and Side Effects (Wood Sorrel) — Not covered (AHP). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2) (but PH2 designates no specific quantified dosage! JAD). 100 lb leaf yields 30 lb juice, yields 10 oz "Salt of Lemons" (potassium superoxalate = ?potassium binoxalate = poisonous ink remover).

WOOLY DIGITALIS, WOOLY FOXGLOVE (*Digitalis lanata* Ehrh.) X

Activities (Wooly Digitalis) — Antidote (f; CRC); Cardiotonic (f; PH2; WOI); Diuretic (1; PH2); Myocardiocontractant (f; PH2); Negative Chronotropic (f; PH2); Poison (1; FNF); Positive Inotropic (f; PH2).

Indications (Wooly Digitalis) — Abscess (f; PHR; PH2); Adenopathy (f; JLH); Asthma (f; CRC); Boil (f; PHR; PH2); Burn (f; WOI); Cancer, abdomen (f; JLH); Cancer, breast (f; JLH); Cancer, colon (f; JLH); Cancer, knee (f; JLH); Cancer, lymph (f; JLH); Cardiopathy (2; PH2); Dropsy (f; CRC; WOI); Edema (f; CRC); Enterosis (f; PH2); Epilepsy (f; CRC); Fever (f; CRC); Gastrosis (f; CRC); Headache (f; PHR; PH2); Heart (f; CRC); High Blood Pressure (f; PHR; PH2); Hydropsy (f; CRC); Icterus (f; CRC); Induration (f; CRC); Insanity (f; CRC); Migraine (f; PH2); Nephrosis (f; CRC; WOI); Neuralgia (f; CRC); Palpitation (f; CRC); Paralysis (f; PHR; PH2); Scrofula (f; CRC); Sore Throat (f; CRC); Swelling (f; JLH); Tumor (f; CRC); Ulcer (f; PHR; PH2); Water Retention (1; PH2); Wound (f; PHR; PH2; WOI).

Dosages (Wooly Digitalis) — Prescription only (JAD). Rapid digitalization dose 0.75 mg digoxin; maintenance dose 0.25–0.75 mg/day orl human (WOI).

Contraindications, Interactions, and Side Effects (Wooly Digitalis) — Not covered (AHP). Should be classified as a drug only, requiring registration and prescription (AEH; JAD). Why repeat; use with arrhythmogenic drugs (methylxanthines, phosphodiesterase inhibitors (including, I suppose, Viagra), quinidine, sympathomimetics) increases risk of arrhythmia (PH2). Long-term dosage is potentially gynecomastic. Overdoses may cause anorexia, confusion, depression, diarrhea, gastric hypertonia, hallucination, headache, psychosis, stupor, tachycardia, and vomiting. Lethal doses (2–3 g leaf in humans) induce asphyxiation or heart failure (PH2). Both the leaf and pure glycosides are contraindicated in carotid sinus syndrome, first and second degree AV-block, hypercalcemia, hypertrophic cardiomyopathy, hypokalemia, thoracic aortic aneurism, ventricular tachycardia, or WPW Syndrome (PH2). Wooly foxglove packs three times the biological punch of purple foxglove. *The Wealth of India* states that this species is the only source of digoxin, which is ~300 times more potent than prepared purple digitalis leaf.

WORMGRASS (*Spigelia anthelmia* L.) X

The Herbal PDR mentions wormwood grass as a selected common name; bad selection; earlier names in Europe and America were American Wormgrass or Wormroot, not Wormwood. European Floras and EFS, e.g., have tended to mix the North American *S. marilandica* (L.) L. with the more tropical American *S. anthelmia* L.

Activities (Wormgrass) — Antifeedant (1; X10552828); Cardiac (f; EFS); Cardiotonic (1; EFS; HH2; X11382246); Hypertensive (1; HH2; PH2); Positive Inotropic (f; HH2; PH2); Poison (f; PH2; X11382246); Narcotic (f; EFS; FEL); Sedative (f; EFS); Soporific (f; EFS); Tonic (f; EFS); Toxic (f; EFS); Vermifuge (1; HH2; MAD; PH2).

Indications (Wormgrass) — Angina (f; PH2); Ascaride (f; MAD); Cardiopathy (f; FEL; MAD; PH2); Cough (f; MAD); Endocardosis (f; FEL; MAD); Gout (f; MAD); Headache (f; MAD; PH2); Inflammation (f; PH2); Insomnia (f; EFS); Low Blood Pressure (1; HH2; PH2); Migraine (f; MAD); Myocardosis (f; MAD); Nervousness (f; EFS); Neuralgia (f; FEL; MAD; PH2); Neurosis (f; MAD);

Pain (f; MAD; PH2); Palpitation (f; FEL); Pericardosis (f; MAD); Photophobia (f; MAD); Pinworm (1; MAD); Rheumatism (f; MAD); Roundworm (1; GMH); Scrofula (f; MAD); Tachycardia (f; MAD); Tapeworm (f; GMH); Tophus (f; MAD); Worm (1; HH2; MAD; PH2).

Dosages (Wormgrass) — Don't take it (JAD).

Contraindications, Interactions, and Side Effects (Wormgrass) — Not covered (AHP; APA; KOM). Large quantities of the drug may induce dyspnea, myositis, spasms, and vomiting (PH2). Wormgrass has been used for poisoning humans; the toxic effects are similar to those of strychnine (CRC). Side effects of *S. marilandica* include increased heart action, vertigo, convulsions, and possibly death (FAD).

WORMSEED (*Chenopodium ambrosioides* L.) +

Synonyms: *C. ambrosioides* var. *anthelminticum* (L.) A. Gray, *C. anthelminticum* L.

Activities (Wormseed) — Abortifacient (f; CRC; PH2; WBB; ZUL); Amebicide (1; CRC; MPG); Analgesic (1; CRC; TRA); Antiasthmatic (f; PH2); Antibacterial (1; TRA); Antifeedant (f; ZUL); Antimalarial (1; TRA); Antipyretic (f; DEM); Antiseptic (1; ZUL; 60P); Antispasmodic (f; CRC; WBB; ZUL; 60P); Antitussive (f; CRC); Antiulcer (1; MPG; TRA; 60P); Apifuge (1; ZUL); Ascaricide (1; AAB; CRC); Carcinogenic (1; AAB; TRA); Cardiodepressant (1; MPG; TRA); Cardiotonic (f; ZUL); Carminative (1; CRC; DAV; FAD); Contraceptive (f; DAV); Decongestant (f; DAV); Diaphoretic (f; CRC; WBB; ZUL); Diuretic (f; CRC); Emmenagogue (f; CRC; DEM; JFM); Fungicide (1; AAB; TRA; 60P); Hypotensive (1; TRA; 60P); Insecticide (1; CRC; TRA); Lactagogue (f; CRC); Laxative (f; DAV); Myorelaxant (1; MPG; TRA; 60P); Narcotic (f; CRC); Nervine (f; CRC); Panacea (f; DEM); Paralytic (1; PHR); Poison (1; CRC; JFM); Protisticide (1; TRA); Respirastimulant (1; MPG; TRA); Sedative (f; AAB); Snake Repellent (f; ZIM; ZUL); Spasmogenic (1; PHR); Stimulant (f; CRC; PH2); Stomachic (f; CRC; HHB; JFM; ZIM); Tonic (f; CRC; DEM; HHB); Vermifuge (2; FAD; PHR; PNC; TRA; ZUL; 60P).

Indications (Wormseed) — Ameba (2; CRC; FAD; IED; MPG); Amenorrhea (f; CRC); Anemia (f; CRC; ZUL); Appendicitis (f; CRC; JFM); Arthrosis (f; CRC; DAV); Ascaris (1; AAB; CRC); Asthma (f; IED; MPG; PH2; 60P); Bacteria (1; TRA); Bite (f; CRC; JFM; MPG); Bleeding (f; PH2); Bruise (f; JFM); Burn (f; JFM); Cancer (f; JLH); Cancer, eye (f; JLH); Cancer, uterus (f; JLH); Chest Ache (f; DEM; ZIM); Childbirth (f; CRC; JFM); Chorea (f; JFM); Cholera (f; DAV); Cold (f; ZUL); Colic (f; CRC; MPG; ZUL); Congestion (f; DAV); Constipation (f; DAV); Convulsion (f; VAG; ZIM; ZUL); Cough (f; MPG; ZUL); Cramp (f; CRC; DAV; PH2; WBB; ZUL; 60P); Delirium (f; ZIM); Depurative (f; DAV); Dermatophyte (f; CRC); Dermatosis (f; CRC; DAV; MPG; 60P); Diarrhea (f; TRA); Dislocation (f; JFM); Dysentery (f; CRC); Dysmenorrhea (f; CRC; MPG); Dyspepsia (1; CRC; DAV; JFM); Dyspnea (f; CRC; JFM); Dysuria (f; JFM); Eczema (f; PH2; ZUL); Enterosis (f; CRC); Erysipelas (f; HHB; ZUL); Fatigue (f; CRC); Fever (f; CRC; DEM; VAG; WBB; ZIM; ZUL); Flu (f; DAV); Fracture (f; JFM); Fungus (1; AAB; CRC; TRA; 60P); Gas (1; CRC; DAV; FAD; FNF; JFM); Gastrosis (1; DEM; TRA); Gonorrhea (f; DEM); Gout (f; DAV); Hangover (f; AAB); Headache (f; DEM); Hemorrhoid (f; DAV; MPG; 60P); Hepatosis (f; TRA); High Blood Pressure (1; MPG; TRA; 60P); Hookworm (2; CRC; FAD); Hysteria (f; DAV); Induration (f; JLH); Infection (1; AAB; TRA; ZUL; 60P); Inflammation (f; MPG; 60P); Insanity (f; VAG); Insomnia (f; AAB; ZUL); Laryngosis (f; DAV); Laziness (f; DEM); Leprosy (f; ZUL); Madness (f; ZIM; ZUL); Malaria (1; MPG; TRA; 60P); Measles (f; CRC; JFM; ZUL); Metrorrhagia (f; PH2); Mycosis (1; AAB; CRC; TRA; 60P); Nephrosis (f; 60P); Nervousness (f; AAB; DEM); Neurosis (f; CRC; MPG; ZUL); Ophthalmia (f; JLH); Pain (1; CRC; TRA; VAG; ZUL); Palpitation (f; CRC; JFM); Paralysis (f; PH2); Parasite (1; AAB; HHB; JFM; TRA); Proctorrhagia (f; CRC; JFM); Puerperium (f; CRC); Rheumatism (f; CRC; DEM; PH2); Roundworm (2; CRC; FAD; PHR); Smallpox (f; ZUL); Sore (f; CRC; TRA); Splenomegaly (f; ZUL); Sting (f; MPG); Stomachache

(f; DAV; TRA; ZUL; 60P); Swelling (f; DEM); Tapeworm (2; FAD; PHR); Toothache (f; CRC; DEM; JFM); Tuberculosis (f; DAV); Tumor (f; CRC; DAV); Ulcer (1; MPG; TRA; ZUL; 60P); Uterosis (1; VAG; ZIM; ZUL); VD (f; DEM); Water Retention (f; CRC); Worm (2; CRC; DEM; FAD; PHR; PNC; TRA; ZUL; 60P).

Dosages (Wormseed) — 1 g seed (HHB); 1–4 g powdered seed (PNC); 2–4 ml liquid seed extract (PNC); adult dosage: 20 drops wormseed oil in the morning, on empty stomach, followed by purgative in 2 hours (PH2); pediatric dose: 1 drop wormseed oil for each year of age, repeat in 1 hour, 2 doses/day (PH2); 0.03–0.1 g fresh shoots/kg/day, no more than 3 days, no more often than once every 6 months (TRA).

Contraindications, Interactions, and Side Effects (Wormseed) — Not covered in AHP or KOM. Overdose can cause convulsions, dizziness, headache, vomiting, even death (PNC). PHR cites "cases of death... following intake of 10 mg of the oil (much less for children)" (PHR). Even therapeutic dosages can cause CNS disturbances (e.g., pachymeningitis hemorrhagica, signs of paralysis, and spasms). Damaged nervus cochlearis may lead to tinnitus and hearing impairment (lasting for years) (PHR). Contact allergen (FAD). Foster suffered vertigo after harvest (FAD). Though alleged to prevent gas, wormseed oil is said to be explosive (PHR). Reading the warnings tempted me to score this XXX for safety, but I have used it many times as a precarminative in bean soup.

WORMWOOD (*Artemisia absinthium* L.) +

Activities (Wormwood) — Abortifacient (f; CRC); Analgesic (f; PNC); Antibacterial (1; APA; WO2); Antiinflammatory (1; PNC); Antipyretic (1; CRC; PH2); Antiseptic (1; APA; CRC; PNC);

Antispasmodic (1; APA; PNC); Aperitif (2; BIS; FAD; KOM); Bitter (2; APA; KOM; SHT); Cardiotonic (f; PNC); Carminative (1; PNC); Cholagogue (1; PH2); Choleretic (1; PNC); CNS Depressant (1; APA); Deobstruent (f; CRC); Depurative (f; CRC); Diaphoretic (1; APA; CRC); Digestive (1; APA; SKY; WO2); Discutient (f; CRC); Emmenagogue (1; APA; PNC); Filaricide (1; CRC); Fungicide (1; WO2); Gastrogogue (KOM; SKJ); Hepatoprotective (1; APA); Insecticide (1; APA); Insectifuge (1; CRC); Lactagogue (f; CRC); Narcotic (1; WO2); Plasmodistat (1; PH2); Poison (f; WO2); Pulicide (1; CRC); Secretagogue (1; PH2); Sedative (f; APA); Sialagogue (2; SHT); Stimulant (f; WO2); Stomachic (f; APA); Tonic (f; APA; PNC); Vermifuge (1; CRC; PNC); Vulnerary (1; PH2).

Indications (Wormwood) — Amenorrhea (f; APA; FAD); Anemia (f; PHR); Anorexia (2; APA; BIS; FAD; KOM; SKY); Arthrosis (f; CRC); Atonia (f; PHR); Bacteria (1; APA; WO2); Biliary Dyskinesia (2; APA; KOM); Bruise (f; CRC); Bug Bite (f; PHR); Callus (f; JLH); Cancer (f; CRC); Cancer, breast (f; JLH); Cancer, face (f; JLH); Cancer, foot (f; JLH); Cancer, groin (f; JLH); Cancer, larynx (f; JLH); Cancer, liver (f; JLH); Cancer, limb (f; JLH); Cancer, sinus (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, testes (f; JLH); Cancer, tongue (f; JLH); Cancer, uterus (f; JLH); Chest Cold (f; DEM); Childbirth (f; DEM); Cholecystosis (2; FAD; PHR; SKY); Cold (f; PNC); Colic (1; APA); Corn (f; JLH); Cramp (1; APA; PNC); Dermatosis (f; PHR); Diarrhea (f; CRC); Dropsy (f; CRC); Dysmenorrhea (f; APA; FAD; PH2); Dyspepsia (2; CRC; KOM; SKY); Edema (f; JLH); Enterosis (f; JLH); Fever (1; APA; CRC; FAD; PHR; PH2); Flu (f; DEM); Fracture (f; DEM); Fungus (1; WO2); Gas (1; APA; PNC); Gastrosis (f; BIS; DEM); Gout (f; CRC); Gravel (f; CRC); Head Cold (f; DEM); Hepatosis (2; APA; FAD; PHR; PNC); IBS (SKY); Induration (f; CRC; JLH); Infection (1; WO2); Inflammation (1; PNC); Insomnia (f; APA); Itch (f; CRC); Jaundice (f; CRC); Leukemia (f; JLH); Malaria (1; APA; PHR); Mycosis (1; WO2); Myosis (f; DEM); Nervousness (f; APA); Neuralgia (f; CRC); Orchosis (f; CRC); Pain (1; CRC; PNC; WO2); Parasite (1; APA); Pinworm (1; APA); Rheumatism (f; PNC; WO2); Roundworm (1; APA); Scleroma (f; JLH); Splenosis (f; CRC; JLH); Sprain (f; CRC); Stomachache (f; PHR); Tuberculosis (f; DEM); Ulcer (f; PH2); VD (f; DEM); Worm (1; APA; CRC; FAD; PNC); Wound (f; PHR).

Dosages (Wormwood) — Up to 1.5 g dry herb in tea (1 tsp = 1.5 g) 2–3 ×/day (AHP); 1–2 g dry herb (PNC); 1 tsp herb/cup water 1–3 ×/day, before or after meals (APA; SKY); 2–3 g herb/day (KOM); 3–5 g herb (PHR); 1–2 ml liquid herb extract (APA; PNC); 4–16 ml herb tincture (APA; PNC); 10–20 drops herb tincture in water 3 ×/day, before meals (SKY).

Contraindications, Interactions, and Side Effects (Wormwood) — Class 2b, 2d (AHP). Emmenagogue and uterotonic. Not for prolonged use. Do not exceed recommended dose (AHP). Do not use more than 4 consecutive weeks (SKY). None known (KOM). Contraindications of GI ulcer. Beware of the toxicity of high doses (AEH). Side effects due to thujone overdose include brain damage, convulsions, even death; insomnia, intestinal cramps, nausea, renal damage (rare), restlessness, seizures, stomach cramps, tremors, urine retention, vertigo, and vomiting (BIS; SKY). CAN cautions that thujone in the various volatile oils can cause severe gastrosis and convulsions. Documented fatalities have been mainly associated with ingestion of some such oils (but fatalities are reported with infusions and powders). Such oils should not be used internally or externally. Because of abortifacient and uterine activity caused by the thujone in such oils, their use in pregnancy and lactation is to be avoided (CAN).

Extracts (Wormwood) — Aqueous extracts contain little thujone (BIS). All phytochemicals have their good and bad sides, safe and toxic doses; thujone is pretty negative. Some edible sages contain more thujone than some artemisias. Absinthin and anabsinthin stimulate digestion (SKY). EO may kill worms but also damage the nerves (SKY).

WOUNDWORT (*Stachys palustris* L.) +

Activities (Woundwort) — Antiseptic (f; EFS; WOI); Antispasmodic (f; WOI); Emetic (f; WOI); Emmenagogue (f; EFS; WOI); Expectorant (f; WOI); Hemostat (f; WOI); Sedative (f; EFS; WOI); Vulnerary (f; EFS).

Indications (Woundwort) — Amenorrhea (f; EFS); Arthrosis (f; WOI); Bleeding (f; WOI); Colic (f; DEM); Cramp (f; WOI); Dysentery (f; WOI); Dysmenorrhea (f; HHB); Epilepsy (f; WOI); Fever (f; HHB); Gout (f; WOI); Insomnia (f; EFS; WOI); Nervousness (f; EFS; WOI); Pain (f; PH2; WOI); Uterosis (f; HHB); VD (f; DEM); Vertigo (f; WOI); Wound (f; WOI).

Contraindications, Interactions, and Side Effects (Woundwort) — Not covered (AHP; KOM). None reported (PH2). Root edible (HHB).

Y

YARROW, MILFOIL (*Achillea millefolium* L.) ++

Synonyms: *A. borealis* Bong., *A. lanulosa* Nutt., *A. magna* auct., *A. millefolium* subsp. *borealis* (Bong.) Breitung, *A. millefolium* subsp. *lanulosa* (Nutt.) Piper, *A. millefolium* var. *occidentale* DC.

Activities (Yarrow) — Abortifacient (f; CRC); Analgesic (1; APA; CRC); Antibacterial (2; APA; KOM; PIP); Antiedemic (1; APA; CAN; PH2); Antiinflammatory (1; APA; PH2; PNC; WAM); Antiperspirant (f; PHR); Antipyretic (1; BGB; CRC; PNC); Antiseptic (2; APA; BGB; KOM); Antispasmodic (2; BGB; KOM; SHT); Antiviral (f; CRC); Aperitif (2; APA; KOM); Astringent (2; KOM; SHT); Carminative (f; PED); Cholagogue (1; BGB; PH2); Choleretic (2; APA; KOM; PIP); CNS Depressant (1; APA; CAN); Culicide (1; CRC); Diaphoretic (1; APA; BGB; WAM); Diuretic (1; APA; CAN; PNC); Emmenagogue (f; CRC); Expectorant (1; FAD; PED); Hemostat (2; APA; CAN; WAM); Hypoglycemic (f; PED); Hypotensive (1; BGB; CRC; PNC); Insecticide (1; CRC); Laxative (f; CRC); Sedative (1; APA; CRC); Stimulant (f; CRC; PED); Swelling (1; APA; CAN; PH2); Urinary Antiseptic (1; CAN); Vermifuge (f; CRC).

Indications (Yarrow) — Alopecia (f; CRC); Amenorrhea (PNC); Anorexia (2; APA; KOM; PIP; PH2); Arthrosis (1; APA); Backache (1; APA); Bacteria (2; APA; CRC; KOM; PIP); Bleeding (2; APA; CAN; FAD; FNF; PHR; WAM); Burn (1; APA); Cancer (f; CRC; JLH); Cancer, breast (f; JLH); Cancer, foot (f; JLH); Cancer, liver (f; JLH); Cancer, penis (f; JLH); Cancer, spleen (f; JLH);

Cancer, uterus (f; JLH); Catarrh (1; BGB; PNC); Chickenpox (f; WAM); Cholecystosis (2; APA; PH2; PNC); Cold (1; BGB; FAD; WAM); Colic (PIP); Condylomata (f; CRC); Congestion (1; APA); Constipation (f; CRC); Convulsion (f; PH2); Cough (1; APA); Cramp (2; APA; BGB; KOM; SHT); Dermatosis (1; BGB; WAM); Diarrhea (1; CRC; JAD); Dysmenorrhea (2; APA; KOM; SHT); Dyspepsia (2; APA; KOM; PH2; PIP); Dysuria (f; CRC); Earache (f; CRC); Enterorrhagia (2; FAD); Enterosis (2; APA; BGB; FAD; KOM; PHR); Epilepsy (f; CRC); Epistaxis (1; APA); Fever (1; APA; BGB; CRC; PNC; WAM); Fistula (f; CRC); Flu (1; BGB; CRC; WAM); Gas (f; PED); Gastrosis (2; APA; BGB; FAD; KOM; PHR); Grippe (f; BGB); Headache (f; BGB; CRC); Hematoma (f; CRC); Hemorrhoid (1; CRC; FNF; PHR); Hepatosis (2; JLH; PHR; PH2); High Blood Pressure (f; APA; BGB; CRC; PNC); Hyperglycemia (f; PED); Hysteria (f; CRC); Incontinence (f; CRC); Induration (1; CRC; JLH); Infection (1; APA); Inflammation (1; APA; PHR; PH2; PNC; WAM); Insomnia (1; APA; CRC); Leukorrhea (f; CRC); Measles (f; CRC); Melancholy (f; CRC); Menorrhagia (f; CRC); Mucososis (1; APA); Nerve (f; CRC); Nervousness (1; APA; CRC); Pain (1; APA; CRC; PHR); Pleurisy (f; CRC); Poison Ivy (f; WAM); Pneumonia (f; CRC); Rash (f; APA; CRC; WAM); Respirosis (f; BGB); Rheumatism (f; CRC); Sclerosis (f; JLH); Smallpox (f; CRC); Sore Throat (f; CRC); Splenosis (f; JLH); Swelling (1; APA; CAN; PH2); Thrombosis (1; CAN); Toothache (f; CRC); Tuberculosis (f; CRC); Tumor (f; JLH); Ulcer (f; CRC); UTI (1; APA); Varicosis (f; PH2); Virus (f; CRC); Wart (f; CRC); Water Retention (1; APA; CAN; PNC); Wen (f; CRC); Worm (f; CRC); Wound (1; APA; BGB; PHR). And I wouldn't touch this one with a ten foot tub: Painful, cramp-like conditions of psychosomatic origin in the lower part of the female pelvis, as a sitz bath (KOM; PH2).

Dosages (Yarrow) — 1–2 tsp herb/cup water 3–4 ×/day (APA); 4.5 g herb (KOM); 2–4 tbsp fresh herb (PED); 3–6 g dry herb (PED); 2–4 ml liquid herb extract (PNC); 2–4 ml liquid herb extract (1:1 in 25% ethanol) 3 ×/day (CAN); 2–4 ml herb tincture (1:5 in 45% ethanol) 3 ×/day (CAN); 0.5–1 tsp herb tincture (APA); 3 tsp herb juice (APA, KOM); 2–4 g flower head, or in tea, 3 ×/day (CAN); 1 g flower (KOM); 4.5 g dry flower:22 ml alcohol/23 ml water (PED).

Contraindications, Interactions, and Side Effects (Yarrow) — Class 2b. Emmenagogue and uterotonic (AHP), hence contraindicated in pregnancy (PH2; WAM). "Hazards and/or side effects not known for proper therapeutic dosages" (PH2). Commission E reports hypersensitivity to milfoil and other Asteraceae (KOM). Other sources report hypersensitivity to sesquiterpene lactones. Rare contact allergy (AEH). CAN reports that the sesquiterpene lactones are allergenic and can cause dermatosis. Because the thujone in the oil is reputed to be abortifacient and to affect the menstrual cycle, its use in pregnancy and lactation is to be avoided (CAN). Contraindicated in allergies dermatosis, and epilepsy. Excessive doses may interfere with or augment anticoagulant, blood pressure, diuretic, and sedative medications (CAN).

YAUPON (*Ilex vomitoria* Sol. ex Aiton) +

Activities (Yaupon) — Depurative (f; FAD); Diuretic (f; HHB); Emetic (1; DEM; HHB); Hallucinogen (f; DEM); Laxative (f; MAD).

Indications (Yaupon) — Constipation (f; MAD); Water Retention (f; HHB).

Contraindications, Interactions, and Side Effects (Yaupon) — Not covered (AHP; KOM; PH2). Warning: Many hollies are considered potentially toxic (FAD). MATÉ: Class 2d. CNS stimulant. Not recommended for excess or prolonged use (they seem to say this about most caffeine-containing plants) (AHP, speaking of maté, however, and not yaupon). CAN cautions that xanthine-containing beverages may cause anxiety, insomnia, palpitations, tremors, and withdrawal headaches. Because of the caffeine, consumption should be restricted in pregnancy and lactation, and in patients with hypertension and cardiac problems. "As with all xanthine-containing beverages, excessive consumption... by lactating mothers should be avoided." "Caffeine is excreted in breast milk, but at

concentrations too low to represent a hazard to breast-feeding mothers.... The fatal dose of caffeine in man is stated to be 10 g." Caffeine-containing plants can reduce the appetite (CAN). Caffeine has dozens of reported activities, suggesting its potential in asthma, dermatosis, flu, herpes, nausea, obesity, even viruses. Many caffeine activities are shared, perhaps synergistically with theophylline and theobromine.

YELLOW DOCK (*Rumex crispus* L.) ++

HHB mixes, appropriately methinks, *R. crispus* L. and *R. obtusifolius* L.

Activities (Yellow Dock) — Allergenic (1; WOI); Alterative (f; EFS; PNC; PH2); Analgesic (f; DEM); Antiangiogenic (1; BGB; FNF); Antibacterial (1; ABS; APA); Anticancer (1; BGB; FNF); Antipyretic (f; CRC); Antiscorbutic (f; CRC); Antiseptic (1; APA; PED); Antispasmodic (f; HHB); Astringent (1; APA; CRC; EFS; PED; WOI); Cholagogue (f; PNC); Cytotoxic (1; BGB; FNF); Depurative (f; APA; CRC; EFS; FAD); Dermatitigenic (1; CRC); Discutient (1; CRC); Emetic (f; DEM); Fungicide (1; FAD); Hepatonic (f; PED); Hypotensive (1; ZUL); Laxative (1; APA; CAN; CRC; HHB; PNC; WOI); Parasiticide (1; CRC); Peristaltic (1; APA); Rubefacient (1; APA; CRC); Sedative (f; EFS); Tonic (f; CRC; EFS; PH2; PNC; WOI).

Indications (Yellow Dock) — Acne (f; APA); Adenopathy (f; CRC; FAD; FEL; JFM); Anemia (f; APA; CRC; HHB; MAD); Anthrax (1; CRC); Asthma (f; MAD; PH2); Athlete's Foot (1; DEM); Bacteria (1; ABS; APA); Bleeding (f; DEM; PH2); Boil (f; DEM); Bronchosis (f; PHR); Bruise (f; APA; CRC); Burn (1; APA; CRC); Cancer (1; BGB; CRC; FNF; JFM); Cancer, breast (f; JLH); Cancer, cervix (f; JLH); Cancer, parotid (f; JLH); Cancer, spleen (f; JLH); Cancer, throat (f; JLH); Catarrh (f; FEL; MAD); Chafing (f; DEM); Chlorosis (f; MAD); Cholecystosis (f; MAD); Cold (f; DEM); Constipation (1; APA; CAN; CRC; DEM; FAD; HHB; PNC; WOI); Cough (f; FEL; MAD; PH2); Cramp (f; DEM; HHB); Cystosis (f; CEB; DEM; MAD); Dermatosis (1; APA; CRC; PH2; PNC); Diarrhea (1; APA; CRC; FAD; MAD; PH2; WOI); Dysentery (1; CEB; DEM; MAD); Dyspnea (f; FEL); Dyspepsia (f; FEL); Earache (f; MAD); Eczema (f; APA; CRC; MAD; PED); Elephantiasis (f; FEL); Enterosis (1; APA); Escherichia (1; CRC); Fever (f;

CRC; DEM; HHB); Flu (f; MAD); Fungus (1; CRC; FAD); Gastrosis (f; DEM; PH2); Gingivosis (1; APA; CRC; FEL); Gout (f; CEB); Hematochezia (f; DEM); Hemoptysis (f; CEB; DEM); Hemorrhoid (f; DEM; PH2); Hepatosis (f; CEB; FAD; MAD; PED); Herpes (1; CRC); High Blood Pressure (1; ZUL); Hives (f; APA); Induration (f; JLH); Infection (1; APA; CRC; FAD); Inflammation (f; PH2); Insomnia (f; EFS); Itch (f; CRC; FEL; MAD); Jaundice (f; DEM; PNC; PH2); Laryngosis (1; CRC; FEL; HHB; MAD); Leprosy (f; CRC; FEL); Lymph (f; JFM); Malaria (f; CRC); Mucososis (1; APA; PH2); Mycosis (1; APA; CRC; FAD); Nausea (1; CRC); Nephrosis (f; DEM); Nervousness (f; EFS); Ophthalmia (f; FEL); Pain (f; DEM); Parasite (1; CEB; CRC); Parotosis (f; JLH); Pharyngosis (f; FEL; MAD); Prurigo (f; FEL); Psoriasis (1; APA; CAN; CRC); Pulmonosis (f; DEM; MAD; PHR; PH2); Rash (f; DEM); Respirosis (f; PH2); Rheumatism (f; CRC; DEM; FAD); Rhinosis (f; PHR); Ringworm (1; CRC; FAD); Salmonella (1; CRC); Scirrhus (f; JLH); Scrofula (f; CRC; DEM; FEL); Sore (f; APA; CRC; FAD; FEL); Sore Throat (f; DEM; FAD); Splenosis (f; JLH); Staphylococcus (1; CRC); Stomatosis (1; APA; CRC); Swelling (f; CRC; DEM; FEL); Syphilis (f; APA; CRC; FEL; JFM); Toothache (1; CRC; DEM); Tracheosis (f; FEL; MAD; PH2); Tuberculosis (f; APA; CRC; JFM; MAD); Ulcer (f; DEM); Urticaria (1; PED); VD (f; APA; CRC; FEL); Wart (f; JLH); Wound (f; CEB; DEM); Yellow Fever (f; DEM).

Dosages (Yellow Dock) — 2–4 tbsp fresh root (PED); 3–6 g dry root (PED); 4.5 g dry root:22 ml alcohol/23 ml water (PED); 2–4 g dry root, or in tea, 3 ×/day (CAN); 1–2 g powdered root (MAD); 2–4 ml liquid root extract (1:1 in 25% ethanol) 3 ×/day (CAN); 1–2 ml root tincture (1:5 in 45% ethanol) 3 ×/day (CAN); 2–3 (505 mg) root capsules 3 ×/day (APA); 500–505 mg capsules (PH2); 2–4 ml liquid herb extract (PNC).

Contraindications, Interactions, and Side Effects (Yellow Dock) — Class 2d oxalates. Patients with kidney stone should beware. Tannins (AHP). CAN cautions that anthraquinones can be laxative and irritate the GI tract. Because of the anthraquinones, nonstandardized preparations should be avoided during pregnancy and lactation (CAN). Anthraquinones can be secreted into breast milk. Also contraindicated in endometriosis, hemorrhoids, and nephropathy (CAN; JAD), intestinal obstruction, abdominal pain of unknown causes, any enteritis (appendicitis, colitis, Crohn's disease, irritable bowel syndrome), menstruation (AHP). Do not use more than 8–10 days (AHP). Do not use this product if you have abdominal pain or diarrhea. Consult a health care provider prior to use if pregnant or nursing. Discontinue use in the event of diarrhea or watery stools. Do not exceed recommended dose. Not for long-term use. These are the recommendations normally given for anthraquinone-containing plants, but not given for this anthraquinone-containing plant (AHP). Overuse may cause abdominal cramps and diarrhea, and prolonged use may cause intestinal atrophy and hypokalemia (CAN). Methinks you can say that about any laxative, adding electrolyte imbalance to the consequences. Large doses should be avoided due to the oxalate content (PNC). One fatality reported from too much yellow dock soup, perhaps due to oxalate poisoning (PHR). Herbal extract is mildly antibacterial toward Gram-positive (*Mycobacterium, Staphylococcus*) and Gram-negative (*Escherichia, Shigella*). Anthraquinones can arrest growth of ringworm and other fungi (FAD). Can work either way, the anthraquinones are a laxative, the tannins are an astringent (FAD).

YELLOW JESSAMINE (*Gelsemium sempervirens* (L.) J. St.-Hil.) X

Synonym: *Bignonia sempervirens* L.

Activities (Yellow Jessamine) — Analgesic (f; CRC; PH2); Anticholinesterase (1; PH2); Antipyretic (f; CRC); Antispasmodic (f; CRC); Bronchodilator (1; PHR); CNS Depressant (f; CRC); Diaphoretic (f; CRC); Hypotensive (1; PHR); Mydriatic (f; CRC); Nervine (f; CRC); Poison (1; CRC); Respirasedative (1; PH2); Sedative (f; CRC); Tonic (f; CRC); Vasodilator (1; PHR).

Indications (Yellow Jessamine) — Asthma (f; CRC; HHB); Biliousness (f; CRC); Cancer (f; JLH); Childbirth (f; CRC); Chorea (f; CRC); Convulsion (f; CRC); Cough (f; CRC); Cramp (f; CRC); Croup (f; CRC); Cystosis (f; MAD); Dysmenorrhea (f; CRC; MAD); Dyspnea (f; CRC); Dysuria (f; CRC); Enterosis (f; MAD); Epilepsy (f; CRC); Fever (f; CRC; MAD); Flu (f; CRC); Gastrosis (f; PHR); Gonorrhea (f; CRC); Hangover (f; CRC; MAD); Headache (f; CRC; PHR); Heart (f; CRC); Heartburn (f; PHR); High Blood Pressure (1; CRC; PHR); Hyperemia (f; CRC); Hysteria (f; CRC); Induration (f; CRC; JLH); Insomnia (f; CRC; MAD); Itch (f; MAD); Malaria (f; CRC); Migraine (f; CRC); Myocardosis (f; CRC; HHB); Nervousness (f; CRC); Neuralgia (f; CRC; HHB; PH2); Neurodermatosis (f; MAD); Neurodystrophy (f; MAD); Neurosis (f; PHR); Oliguria (f; CRC); Pain (f; CRC; PH2); Pertussis (f; CRC); Pleurisy (f; CRC); Pneumonia (f; CRC); Polio (f; CRC); Rheumatism (f; CRC; MAD); Sarcoma (f; CRC); Sniffle (f; MAD); Spasm (f; CRC); Stomachache (f; CRC); Toothache (f; MAD); Trigeminosis (f; MAD); Typhoid (f; CRC); VD (f; CRC); Wen (f; CRC).

Dosages (Yellow Jessamine) — Now mostly homeopathic (PHR).

Contraindications, Interactions, and Side Effects (Yellow Jessamine) — Not covered (AHP; KOM). Not for use in cardiac weakness. Side effects may include coma, cyanosis, difficulty in swallowing, dizziness, double vision, dyspnea, headache, heavy eyelids, hypocyclosis, loss of speech, muscle stiffness, mydriasis, vomiting, and xerostoma. Extracts corresponding to 0.5 g can kill a child, 2–3 g an adult (PH2).

YELLOW LUPINE (*Lupinus luteus* L.) + (X for non-cultivars)

Activities (Yellow Lupine) — Anesthetic (1; HHB); Arrhythmogenic (1; PH2); Cardiotoxic (1; PH2); Cyanogenic (1; WOI); Emetic (1; PH2); Sialagogue (1; PH2); Vermifuge (1; PH2).

Indications (Yellow Lupine) — Dysuria (f; PH2); Pain (1; HHB); Sore (f; PH2); Ulcer (f; PH2); Worm (1; PH2).

Contraindications, Interactions, and Side Effects (Yellow Lupine) — Not covered (AHP). Toxic to animals (WOI). A single seed may intoxicate a child; symptoms of intoxication include cardiopathy (arrhythmia), diarrhea, difficulty in swallowing, double vision, headache, hypocyclosis, prickling sensations in extremities, and salivation (PH2). One pod or 10 seeds can be an emetic in adults and should be followed by activated charcoal (PH2).

YELLOWROOT (*Xanthorhiza simplicissima* Marshall) +

Activities (Yellowroot) — Analgesic (f; DEM); Antialzheimeran (1; COX; FNF); Antiarthritic (1; COX; FNF); Anticancer (1; COX; FNF); Anticonvulsant (1; FAD); Antihelicobacter (1; X9781854); Antiinflammatory (1; COX; FNF); Antiseptic (1; FAD); Antiulcer (1; X9781854); Astringent (1; FAD); Candidicide (1; X8207690); Depurative (f; DEM); Fungicide (1; X8207690); Hemostat (1; FAD); Hypotensive (1; FAD); Immunostimulant (1; FAD); Sedative (f; DEM); Tonic (f; FEL); Trypanocide (1; X9121161); Uterotonic (1; FAD).

Indications (Yellowroot) — Alzheimer's (1; COX; FNF); Arthrosis (1; COX; FNF); Bleeding (1; FAD); Cancer (1; COX; DEM; FAD; FNF); Candida (1; X8207690); Cold (f; DEM; FAD); Conjunctivosis (f; DEM); Convulsion (1; FAD); Cramp (1; FAD); Diabetes (f; FAD); Dysmenorrhea (1; FAD); Fungus (1; X8207690); Gastrosis (1; DEM; FAD); Helicobacter (1; X9781854); Hemorrhoid (f; DEM; FAD); High Blood Pressure (1; FAD); Immunodepression (1; FAD); Infection (1; FAD; X8207690); Inflammation (1; COX; FNF); Insomnia (f; DEM); Jaundice (1; DEM; FAD; FNF); Mycosis (1; X8207690); Nervousness (f; DEM); Nicotinism (f; FAD); Ophthalmia (f; DEM);

Pain (f; DEM); Pharyngosis (1; FAD); Sore Throat (f; DEM); Stomatosis (1; DEM; FAD); Ulcer (1; COX; DEM; FAD; X9781854); Yeast (1; X8207690).

Dosages (Yellowroot) — Based on dosages for barberry and oregon grape, I'd suggest 0.5–1 tsp powdered root bark/cup 1–3 ×/day (or 1–2 tsp fresh bark); 1.5–3 tsp tincture 3 ×/day or 1–2 ml liquid root extract (JAD).

Contraindications, Interactions, and Side Effects (Yellowroot) — If Barney is right in saying that "goldenseal should not be taken for long periods of time," I suspect that the same would be true for those herbs containing similar compounds, such as barberry, goldthread, oregon grape, and yellowroot. Therefore, I lowered their safety ratings to 1+ (Barney, 1996). A good source of the COX-2 inhibitor, berberine. (COX; FNF).

YELLOW SWEET CLOVER (*Melilotus officinalis* Lam.) ++

Synonyms: *M. arvensis* Wallr., *M. officinalis* var. *micranthus* O. E. Schulz, *M. vulgaris* Hill, *Trifolium officinale* L.

Activities (Yellow Sweet Clover) — Alterative (f; CRC); Analgesic (1; CRC; PNC); Antiaggregant (1; CRC; MAB; PNC); Antiedemic (2; BRU; KOM; MAB; PH2); Antiexudative (1; PH2); Anti-inflammatory (2; FAD; KOM; MAB; PH2); Antiprostaglandin (1; MAB); Antispasmodic (f; CRC; HHB; MAD; PNC); Antitumor (1; MAB); Astringent (f; CRC); Carcinogenic (1; MAB); Carminative (f; CRC; HHB; PNC); Collyrium (f; CRC); Decongestant (f; PH2); Digestive (f; CRC; MAB); Diuretic (f; CRC; PHR; PH2); Emollient (f; CRC; MAB); Expectorant (f; CRC); Fumitory (f; CRC); Hemostat (f; CRC); Hepatotoxic (1; MAB); Hypotensive (1; PNC); Immunostimulant (1; MAB); Insectifuge (f; CRC; DEM); Lactagogue (f; MAD); Laxative (f; CRC); Lymphotonic (1; PH2); Myorelaxant (1; PNC); Nervine (f; CRC); Neuralgia (f; MAB); Poison (f; CRC); Proteolytic (1; MAB); Sedative (1; PNC); Stimulant (f; CRC); Tonic (f; CRC); Vasodilator (1; PNC); Vulnerary (1; PH2).

Indications (Yellow Sweet Clover) — Acne (f; DEM); Adenopathy (1; CRC; KOM); Aposteme (f; JLH); Arthrosis (f; CRC); Asthma (f; CRC; FAD); Bleeding (f; CRC); Boil (f; CRC); Brachiosis (f; CRC); Bronchosis (f; CRC); Brucellosis (1; MAB); Bruise (2; BRU; DEP; KOM; PH2); Burn (1; MAB); Cancer (1; JLH; MAB); Cancer, anus (f; JLH); Cancer, breast (f; JLH); Cancer, eye (f; JLH); Cancer, joint (f; JLH); Cancer, kidney (1; MAB); Cancer, liver (f; JLH); Cancer, nose (f; JLH); Cancer, prostate (1; MAB); Cancer, scrotum (f; JLH); Cancer, sinew (f; JLH); Cancer, spleen (f; JLH); Cancer, stomach (f; JLH); Cancer, uterus (f; JLH); Carcinoma (f; JLH); Cardiopathy (1; MAB); Cellulite (f; MAB); Chill (f; DEM); Cold (f; CRC; DEM); Colic (f; CRC; FAD; FEL); Condyloma (f; JLH); Congestion (1; PH2); Conjunctivosis (f; BRU); Constipation (f; CRC); Cramp (2; CRC; HHB; KOM; MAD; PH2; PNC); CVI (2; KOM; MAB; PH2); Dermatosis (f; MAD); Diarrhea (f; FAD; FEL); Dysmenorrhea (f; FAD; FEL); Dysuria (f; FAD; FEL); Earache (f; MAD); Edema (2; HHB; KOM; MAB; PH2); Elephantiasis (1; MAB); Encephalosis (1; HHB); Endothelioma (1; JLH; MAB); Enterosis (f; BRU; FEL; MAB); Epigastrosis (f; BRU); Epithelioma (f; JLH); Eructation (f; BRU); Erysipelas (f; MAD); Fever (f; DEM); Filariasis (1; MAB); Gas (f; BRU; CRC; FAD; FEL; HHB; PNC); Gastrosis (f; BRU; FEL); Headache (f; CRC; FAD; FEL; HHB; MAD); Hemorrhoid (2; BRU; CRC; KOM; MAB; PH2); High Blood Pressure (1; PNC); Immunodepression (1; MAB); Induration (f; JLH; MAD); Infection (f; MAD); Inflammation (2; FAD; KOM; MAB; PH2); Insomnia (1; BRU; PNC); Ischemia (1; MAB); Insomnia (f; MAD); Itch (1; PH2); Lymphedema (1; MAB; PH2); Lymphatic Congestion (2; KOM; MAB; PH2); Melanoma (1; MAB); Migraine (f; HHB); Mononucleosis (1; MAB); Myalgia (f; FAD); Mycoplasmosis (1; MAB); Nervousness (1; FAD; PNC); Neuralgia (f; FEL; MAB); Ophthalmia (f; BRU; MAD); Otosis (f; MAD); Pain (1; CRC; FEL; MAB; PNC); Pancreatosis (1; MAB); Phlebitis (f; BIS; CRC); Poison (f; CRC); Proctosis (f; JLH); Psittacosis (1; MAB); Rheumatism (f; CRC; FAD;

MAD); Sarcoma (f; JLH); Scirrhus (f; JLH); Sore (f; FAD; FEL; MAD); Sprain (1; BRU; PH2); Stomachache (f; MAD); Swelling (2; BRU; CRC; KOM; MAB; PH2; MAD); Sunburn (f; DEM); Swelling (f; HHB; JLH); Thrombophlebitis (2; HHB; KOM; MAB; PH2); Thrombosis (1; CRC; HHB; PH2); Toxoplasmosis (1; MAB); Tumor (1; CRC; MAB); Ulcer (f; MAB); Ulcus cruris (f; HHB); Uterosis (f; MAD); Varicosis (2; CRC; HHB; MAB; PHR; PH2); Water Retention (f; CRC; PHR; PH2); Wen (f; JLH); Wound (2; CRC; FAD; PHR; PH2).

Dosages (Yellow Sweet Clover) — Pour 150 ML boiling water over 1–2 tsp finely chopped herb, strain, let cool, and drink 2–3 cups/day for phlebitis (BIS); 2 tsp (4.2 g) herb cold tea/day (MAD); 1–2 tsp powdered herb/cup, steep 5–10 minutes, 2–3 cups/day for varicose veins (PH2); herb in amounts equivalent to 3–30 mg coumarin (KOM); parenterally 1–7.5 mg coumarin (KOM); 1 mg/kg coumarin, equivalent to ca. 10 ml/day liquid extract (1:2) (MAB).

Contraindications, Interactions, and Side Effects (Yellow Sweet Clover) — Not covered (AHP). Commission E reports no contraindications, adverse effects, or interactions, except for headache (rarely) (AEH; KOM; PH2). Coumarins in moldy hay cause uncontrolled bleeding in cattle (FAD). High doses can cause headache, stupor, and elevated liver enzymes (clears up on discontinuance) (PHR). Nephrotoxic in rats (0.8–1.71 m*M*/kg) (MAB). Carcinogenic (200 mg/kg orl mouse) (MAB). Low doses of coumarin, like aspirin, reduce chemically induced endothelioma, rendering them useful in ischemic heart disease (MAB). "Coumarin has been used to treat brucellosis in humans, and other chronic infections, including mononucleosis, mycoplasmosis, toxoplasmosis, Q fever, and psittacosis" (MAB). Dicoumarol is >1000 times better than coumarin as an antiaggregant (MAB). Grapefruit juice slows body conversion of coumarin to umbelliferone. (MAB).

YELLOW TOADFLAX, BUTTER AND EGGS (*Linaria vulgaris* Mill.) +

Activities (Yellow Toadflax) — Antiinflammatory (1; PH2); Antiscorbutic (f; EFS); Astringent (f; PNC); Depurative (f; FEL); Detergent (f; EFS); Diaphoretic (1; PH2); Diuretic (1; PH2); Emollient (f; EFS); Hepatic (f; PNC); Laxative (f; EFS; MAD; PH2); Vulnerary (f; EFS).

Indications (Yellow Toadflax) — BPH (f; MAD); Bronchosis (f; MAD); Cancer (f; JLH); Cancer, breast (f; JLH); Cancer, lip (f; JLH); Catarrh (f; MAD); Cholangosis (f; MAD); Conjunctivosis (f; MAD); Constipation (f; EFS; MAD; PH2); Cystosis (f; MAD); Dermatosis (f; MAD; PH2); Diarrhea (f; MAD); Dropsy (f; MAD); Dyspepsia (1; PH2); Dysuria (1; MAD; PH2); Enuresis (f; HHB; MAD); Epigastrosis (F; MAD); Erysipelas (f; MAD); Fever (1; PH2); Fistula (f; MAD); Furunculosis (f; MAD); Headache (f; MAD); Hemorrhoid (f; MAD; PH2); Hepatosis (f; FEL); Incontinence (f; MAD); Infection (f; PH2); Inflammation (1; PH2); Jaundice (f; FEL; MAD); Mastosis (f; JLH); Nausea (f; MAD); Ophthalmia (f; MAD); Rash (f; PH2); Scrofula (f; MAD); Sore (f; MAD; PH2); Splenosis (f; FEL; MAD); Stomatosis (f; JLH); Ulcer (f; PH2); Ulcus cruris (f; PH2); Water Retention (1; MAD; PH2).

Dosages (Yellow Toadflax) — 1.5 g herb/cup (HHB); 1–2 tsp (1.3–2.6 g) in herb infusion (MAD); 1–2 tsp drug/2–4 cups water, steep 18 minutes, drink throughout the day (PH2); externally as poultice (PH2).

YERBA MANSA (*Anemopsis californica* (Nutt.) Hook. & Arn.) +

Synonym: *Anemia californica* Nutt.

Activities (Yerba Mansa) — Analgesic (f; DEM); Antiarthritic (f; HAD); Anticancer (1; HAD); Anticonvulsant (f; DEM); Antiinflammatory (f; HAD); Antipyretic (1; HAD); Antiseptic (f; DEM; FAY); CNS Depressant (1; HAD); Depurative (f; FAY); Diaphoretic (f; DEM); Diuretic (f; HAD);

DNA Binding (1; HAD); Emetic (f; DEM); Immunostimulant (f; HAD); Laxative (f; DEM); Myorelaxant (1; HAD); Sedative (f; FNF; HAD).

Indications (Yerba Mansa) — Abscess (f; HAD); Anorexia (f; HAD); Arthrosis (f; HAD); Asthma (f; FAY); Bronchosis (f; HAD); Cancer (1; HAD); Catarrh (f; HAD); Cold (f; DEM; FAY; HAD); Colic (f; HAD); Congestion (f; DEM); Constipation (f; DEM); Convulsion (f; DEM); Cough (f; DEM); Cramp (1; DEM; FAY; FNF); Cystosis (f; HAD); Diabetes (f; DEM); Dysmenorrhea (f; DEM; FAY; HAD); Dyspepsia (f; FAY; HAD); Edema (f; HAD); Fever (1; DEM; HAD); Fit (f; DEM); Flu (f; HAD); Gingivosis (f; HAD); Gonorrhea (f; DEM); Head Cold (f; HAD); Herpes (f; HAD); Immunodepression (f; HAD); Infection (f; FAY; HAD); Inflammation (f; HAD); Insomnia (f; FNF; HAD); Laryngosis (f; HAD); Myosis (1; DEM; FNF); Nervousness (f; FNF; HAD); Pain (f; DEM); Pharyngosis (f; HAD); Pleurisy (f; DEM); Proctosis (f; HAD); Pulmonosis (f; FAY); Rheumatism (f; FAY; HAD); Rhinosis (f; HAD); Sinusosis (f; HAD); Sore (f; DEM; FAY; HAD); Sore Throat (f; DEM); Stomachache (f; DEM); Stomatosis (f; HAD); Swelling (f; DEM); Syphilis (f; DEM); Tuberculosis (f; DEM); Ulcer (f; DEM); Urethrosis (f; HAD); Vaginosis (f; HAD); Vulvosis (f; HAD); Water Retention (f; HAD).

Dosages (Yerba Mansa) — 4–8 grams root/day; 1–2 drops fluid tincture 2–3 ×/day (Hobbs); 20 to 60 drops fresh root tincture (fresh 1:2, dry 1:5, 60% alcohol) to 5 ×/day; 2–4 oz cold root infusion to 5 ×/day (Moore1).

Contraindications, Interactions, and Side Effects (Yerba Mansa) — Avoid during pregnancy (Hobbs). In animal studies, the sedative effect of roots and the compound methyleugenol potentiates the hypnotic action of thiopental, pentobarbital, and hexobarbital. Also enhances the central depressant effect of chlorpromazine. Urinary irritant (HAD).

YERBA SANTA (*Eriodictyon californicum* (Hook. & Arn.) Torr.) ++

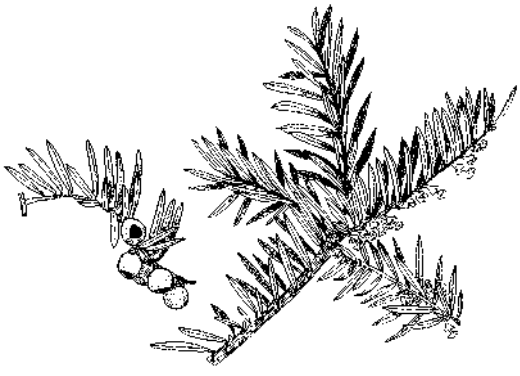
Activities (Yerba Santa) — Antiasthmatic (f; PH2); Anticancer (1; APA); Antiinflammatory (1; PED); Antiseptic (1; PED); Antirheumatic (1; PED); Antispasmodic (1; PED); Astringent (1; APA); Bitter (1; PED); Chemopreventive (1; APA); Collyrium (f; DEM); Decongestant (1; APA); Depurative (f; DEM); Diuretic (1; PHR; PH2); Expectorant (1; APA; PED; PNC); Tonic (f; PNC).

Indications (Yerba Santa) — Abrasion (f; DEM); Asthma (f; APA; PH2; PNC); Blood (f; DEM); Bronchosis (f; APA; DEM; PNC); Bruise (f; APA; PED); Cancer (1; APA); Catarrh (f; DEM); Cold (f; APA; DEM; PED); Congestion (1; APA); Cough (f; APA); Cramp (1; PED); Dermatosis (f; APA); Fatigue (f; DEM); Fever (f; APA; PED); Flu (f; DEM); Fracture (f; DEM); Gastrosis (f; DEM); Gonorrhea (f; DEM); Hay Fever (f; APA); Headache (f; DEM); Infection (f; DEM); Inflammation (1; DEM; PED); Ophthalmia (f; DEM); Pain (f; APA; DEM); Pertussis (f; DEM); Pleurisy (f; DEM); Pneumonia (f; DEM); Poison Ivy (f; APA); Respirosis (1; APA); Rheumatism (1; APA; DEM; PED); Sore (f; DEM); Swelling (f; DEM); Tuberculosis (f; APA; DEM; PED); UTI (f; APA); VD (f; DEM); Water Retention (1; PHR; PH2); Wound (f; APA; DEM).

Dosages (Yerba Santa) — 1–2 tsp fresh leaf (PED); 1–2 g dry leaf (PED); 1 g dry leaf:5 ml alcohol/5 ml water (PED); 10–20 drops leaf extract/day (APA); 1 tbsp herb/glass warm water 1 ×/day (APA); 2–4 ml liquid herb extract (PNC).

Contraindications, Interactions, and Side Effects (Yerba Santa) — Class 1 (AHP). "No reports of toxicity either topically or internally have been reported in the scientific literature" (PED). None reported (PHR; PH2). EO is responsible for therapeutic actions (PED).

YEW (*Taxus* sp.) X



PHR treats the European yew, *Taxus baccata* L.; APA treats the Western Yew, *Taxus brevifolia* Nutt.; DEM treats Canada, European, and Pacific yews independently, all apparently contain the antitumor compound Monroe Wall named taxol (Paclitaxel).

Activities (Yew) — Abortifacient (f; PHR); Anticancer (1; APA); Antimelanomic (1; APA); Antimitotic (1; APA); Antitumor (1; APA); Arrhythmogenic (1; PH2); Cardioactive (f; PHR); Cardiotoxic (1; PH2); Depurative (f; DEM); Diaphoretic (f; DEM); Emmenagogue (f; PHR); Poison (1; PH2); Tachycardic (1; PH2).

Indications (Yew) — Amenorrhea (f; PH2); Cancer (1; APA; FAD; JLH); Cancer, breast (1; APA; FNF); Cancer, cervix (1; APA; FNF); Cancer, ovary (1; APA; FNF); Cancer, skin (1; APA; FNF); Chest Cold (f; DEM); Cold (f; DEM); Cough (f; DEM); Debility (f; DEM); Diphtheria (f; PHR); Dysmenorrhea (f; DEM; PH2); Dysuria (f; APA); Enterosis (f; DEM); Epilepsy (f; PHR); Fever (f; DEM); Gastrosis (f; DEM); Hepatosis (f; APA); Melanoma (1; APA); Metastasis (1; APA); Numbness (f; DEM); Pain (f; DEM); Pulmonosis (f; DEM); Respirosis (f; DEM); Rheumatism (f; APA; DEM); Stomachache (f; DEM); Sunburn (f; DEM); Tapeworm (f; PHR); Tonsilosis (f; PHR); Tuberculosis (f; DEM); Tumor (1; APA); Worm (f; PH2); Wound (f; DEM).

Dosages (Yew) — Not appropriate for home use (APA).

Contraindications, Interactions, and Side Effects (Yew) — Not covered (AHP; KOM). Very poisonous plant; causing colic, dry mouth, dyspnea, hypotension, mydriasis, paleness, queasiness, rash, reddening or blueness of the lips, unconsciousness, vertigo, and vomiting. Death may result from asphyxiation and diastolic cardiac arrest. 50–100 g fresh needles can kill an adult (APA; PHR). Fatalities have been reported from drinking yew tea (APA).

YOHIMBE (*Pausinystalia johimbe* (K. Schum.) Pierre ex Beille) +

Synonym: *Corynanthe johimbe* K. Schum.

Activities (Yohimbe) — Alpha-2-Adrenergic Inhibitor (1; APA); Anabolic (f; BGB; HH3); Analgesic (1; PH2); Anesthetic (1; CRC; HHB); Antiadrenergic (1; CRC); Antidepressant (1; HH3); Anxiogenic (f; APA); Aphrodisiac (1; APA; CRC; HHB; MAD); Calcium Antagonist (1; HH3); Cardiodepressant (1; CRC); CNS Stimulant (1; APA); Epinephrinergic (1; PH2); Hallucinogenic (1; APA; CRC); Hypertensive (f; BGB); Hypnotic (f; CRC); Hypotensive (1; APA; CRC; PH2); Lactagogue (1; MAD); MAOI (1; APA; CRC; HH3; SKY); Mydriatic (1; BGB; CRC; PH2); Poison (1; CRC); SSRI (1; HH3); Sialagogue (1; PH2); Stimulant (f; CRC); Sympatholytic (1; PH2); Vasodilator (1; APA; SKY).

Indications (Yohimbe) — Amenorrhea (f; HH3; MAD); Angina (1 APA; CRC); Atherosclerosis (1; CRC); BPH (f; HHB); Cystosis (f; CRC; HHB); Debility (f; PH2); Depression (1; HH3; SKY);

Diabetes (1; CRC); Dermatosis (f; BGB); Dysmenorrhea (f; CRC; HHB; HH3; MAD); Fatigue (f; BGB; KOM; PHR); Feebleness (f; BGB; KOM; PHR); Frigidity (f; APA; HH3; MAD); High Blood Pressure (1; APA; CRC; PH2); Impotence (2; APA; CRC; MAD; SKY); Infection (f; BGB); Infertility (1; SKY); Itch (f; BGB; CRC); Low Blood Pressure (f; BGB); Numbness (1; CRC); Pain (1; CRC; HHB; PH2); Prostatosis (f; CRC; HHB); Spermatorrhea (f; MAD); Xerostomia (1; PH2); Yaw (f; BGB).

Dosages (Yohimbe) — Do not take it except under a doctor's advice (APA); 0.5 g individual, up to 3–10 g bark/day (HHB); 1 oz bark/2 cups water, average dose = 500 mg bark (JAD); 2–4 ml liquid bark extract (PNC); 5–10 drops bark tincture 3 ×/day (SKY); 5–6 mg yohimbine 3–4 ×/day (AHP); 5 mg yohimbine 3 ×/day (MAD); 15–30 mg yohimbine/day (SKY); 10 mg 3 ×/daily/8 weeks for erectile dysfunction (PH2); 6 mg 3 ×/day for xerostomia (PH2); 1–2 (400 mg) StX capsules with 8 mg yohimbine (NH).

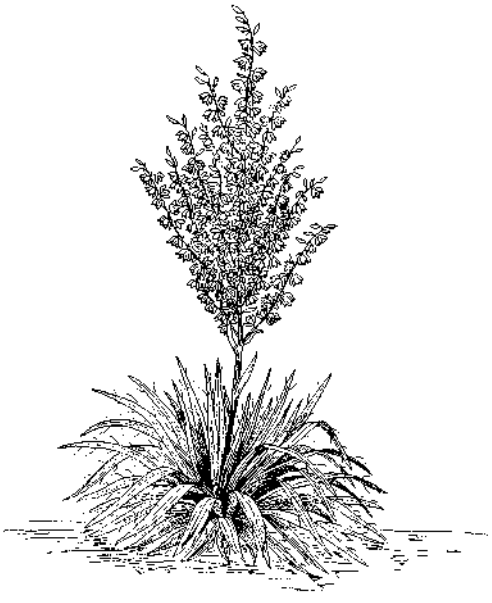
Contraindications, Interactions, and Side Effects (Yohimbe) — Class 2d. CNS-stimulant. Not for prolonged use. Contraindicated in hepatosis, nephrosis, prostatosis, or chronic inflammation of the sex organs. May potentiate MAOIs and hypotensive drugs. High doses can lower blood pressure dangerously, with unpleasant digestive and CNS reactions (AHP). Commission E reports the bark contains the toxic alkaloid yohimbine (AEH). Standard doses (15–30 mg/day) may cause anxiety, dizziness, insomnia, and nausea; 40 mg can be dangerous: chills, hallucinations, muscular dysfunction, and vertigo (SKY). Do not mix with other antidepressants except under advice of a practitioner (SKY). "Therapeutic administration of yohimbine can cause nervous excitation, tremor, sleeplessness, anxiety, flushing, hallucinations, headache, increased blood pressure, and tachycardia, as well as nausea and vomiting. In case of existing liver and kidney disease, yohimbe preparations should not be used" (KOM). The normal dose of 5 mg yohimbine can create problems in patients with bipolar disorders; 10 mg can induce manic symptoms. Side effects and dosage peculiarities make it difficult to handle.

YOKO (*Paullinia yoko* R. E. Schult. & Killip) ++

Activities (Yoko) — Anorectic (f; CRC); Antipyretic (f; CRC); Antiseptic (f; CRC); Laxative (f; CRC); Stimulant (f; CRC); Tonic (f; CRC).

Indications (Yoko) — Constipation (f; CRC); Dysentery (f; CRC); Enterosis (f; CRC); Fever (f; CRC); Gastrosis (f; CRC); Hunger (f; CRC); Lethargy (f; CRC); Malaria (f; CRC); Stomachache (f; CRC).

YUCCA (*Yucca* spp) ++



Synonym: *Yucca elata* Engelm.

Activities (Yucca) — Antibacterial (1; PED); Antiinflammatory (1; CAN); Antimelanomic (1; CAN; SKY); Antitumor (1; CAN; PED); Astringent (1; PED); Bitter (1; PED); Depurative (f; PED); Fungicide (1; PED); Hemolytic (1; CAN); starter material for steroids.

Indications (Yucca) — Arthrosis (1; CAN; SKY); Bacteria (1; PED); Cancer (1; CAN; PED); Cancer, skin (f; PED); Cholecystosis (f; PHR); Diabetes (f; CAN); Dysmenorrhea (1; FNF); Enterosis (1; CAN); Fungus (1; PED); Gastrosis (1; CAN); Headache (1; CAN); Hepatosis (f; PHR); High Blood Pressure (1; CAN); High Cholesterol (1; CAN); High Triglycerides (1; CAN); Infection (1; PED); Inflammation (1; CAN); Melanoma (1; CAN; SKY); Menopause (1; FNF); Mycosis (1; PED); Osteoarthrosis (f; SKY); Pain (1; CAN); PMS (1; FNF); Rheumatism (1; PED; SKY); Swelling (1; CAN); Tumor (1; CAN; PED).

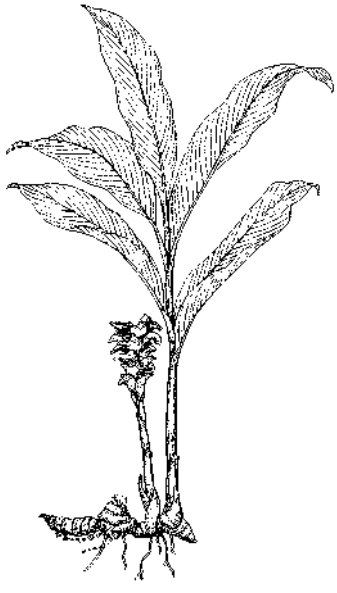
Dosages (Yucca) — 0.25–0.5 cup fresh root (PED); 6–12 g dry root (PED); 9 g dry root:45 ml alcohol/45 ml water (PED); 0.25 oz root/pint water 3–5 ×/day (SKY); 3 (490 mg) capsules 3 ×/day (JAD).

Contraindications, Interactions, and Side Effects (Yucca) — Class 1 (for 4 spp. of *Yucca*) (AHP). Though large doses of saponins can be hemolytic and problematic, "little is known about the toxicity of yucca saponins" (*LRNP,* March 1994). Overdoses may cause loose stools (SKY).

Extracts (Yucca) — "Concentrated plant juice has been used topically to soothe painful joints" (CAN). Saponin-containing extracts are antiedemic, antiinflammatory, and hemolytic; clinically, reported to help reduce symptoms of pain, stiffness, and swelling in 50% of 150 patients with arthritis. Onset of relief took days to months. Saponin-containing extracts clinically reduced blood pressure, abnormal triglycerides, and high cholesterol (as always, best with diet and exercise). Extracts also reported to improve circulation and GI function, and to relieve headache. "Yucca saponins are regarded to be a safe supplement since they are not thought to be absorbed from the gastrointestinal tract, thereby reducing the dangers of systemic hemolytic activity... No known problems with the use of yucca during pregnancy and lactation" (CAN). Polysaccharide-containing extract of *Y. glauca* has antimelanomic activity.

Z

ZEDOARY (*Curcuma zedoaria* (Christm.) Roscoe) +++



Synonym: *Amomum zedoaria* Christm.

Activities (Zedoary) — Antacid (1; PH2); Antiinflammatory (1; COX; FNF); Antimutagenic (1; X3278214); Antipyretic (f; KAB; SUW); Antispasmodic (1; PH2); Antitumor (1; DAA; FNF); Aperitif (f; KAB); Aphrodisiac (f; KAB); Carminative (1; DEP; HDR; SUW; WOI); Cholagogue (f; HDR); Choleretic (1; DAA; FNF; HHB; JAD); Cox-2 Inhibitor (1; FNF; JAD); Demulcent (f; EFS; KAP; WOI); Depurative (f; KAB; KAP); Diuretic (f; EFS; KAP; SUW); Emmenagogue (f; KAB); Expectorant (1; EFS; FNF; KAP); Fungicide (1; PH2); Rubefacient (f; KAP); Stimulant (f; DEP; EFS; SUW); Stomachic (1; DEP; HHB; PH2; SUW; WOI); Vermifuge (f; KAB); Vulnerary (f; KAB).

Indications (Zedoary) — Adenopathy (f; DAA; KAB); Alzheimer's (1; COX; FNF; JAD); Anorexia (f; KAB; PH2); Arthrosis (1; COX; FNF; JAD); Asthma (f; KAB; PH2); Bronchosis (f; DEP; KAB; KAP; PH2); Bruise (f; DEP; KAB; KAP; SUW); Cancer (1; DAA; FNF; X3278214); Cancer, cervix (1; FNF; JAD; PH2); Cancer, colon (1; COX; FNF; JLH; PH2); Cancer, liver (1; COX; FNF; JLH; PH2); Cancer, uterus (1; DAA; FNF); Childbirth (f; DEP; KAB); Cold (1; DEP; FNF; SUW; WOI); Colic (f; HDR); Convulsion (f; KAB); Cough (f; KAP); Cramp (1; PH2); Debility (f; PH2); Dermatosis (f; DEP); Dropsy (f; KAB; UPW); Dyspepsia (f; PH2); Enterosis (f; PH2); Epilepsy (f; KAB); Fever (f; DEP; KAB; SUW); Fungus (1; PH2); Furuncle (f; KAB); Gas (1; DEP; HDR; FNF; KAP; SUW; WOI); Gastrosis (f; PH2); Gonorrhea (f; KAB; KAP); Halitosis (f; KAB);

Hematoma (f; DAA); Hemorrhoid (f; KAB); Hepatosis (f; JLH); Infection (1; PH2); Inflammation (1; COX; FNF; KAB); Jaundice (f; SKJ); Leukoderma (f; PH2); Leukorrhea (f; KAB; KAP); Lymphadenosis (f; KAB); Lymphangosis (f; KAP); Lymphosarcoma (1; DAA; FNF); Malaise (f; KAB); Mycosis (1; PH2); Neurosis (f; PH2); Pain (1; COX; DEP; FNF; SUW); Rheumatism (1; COX; FNF); Sore Throat (f; DEP; KAP); Splenosis (f; KAB); Sprain (f; DEP; KAB; KAP); Toothache (f; KAB); Tuberculosis (f; PH2); Tumor (1; DAA; FNF); Vertigo (f; KAB); Water Retention (f; EFS; KAP; SUW); Worm (f; KAB); Wound (f; KAB; PH2).

Dosages (Zedoary) — 1–3 g/day (HHB); 1–2 g powdered root (KAP); 14–28 ml root tea (KAP); 1–1.5 g root/cup water (PHR); 1:4 rhizome:liquid extract (PH2); 300 and 450 mg capsules (PH2).

Contraindications, Interactions, and Side Effects (Zedoary) — Class 2b (AHP), cautions about excessive use during excessive menstruation. Unapproved by KOM. "Since the effectiveness for the claimed applications is not documented, a therapeutic use of this herb cannot be recommended" (KOM). I feel that it can serve in lieu of cardamom, ginger, and/or turmeric because it shares many of the same chemicals with them. In India, it is even recommended for infants and convalescents. Not for use during pregnancy (PH2). Containing up to 0.1% curcumin, this, like turmeric and ginger, may be viewed as a COX-2 inhibitor, of potential use in Alzheimer's disease, arthritis, and cancer. Curcumol and curdione are regarded in the Orient as effective anticancer compounds, especially for cervical cancer and lymphosarcoma.

Reference Abbreviations

(Book and journal abbreviations)

60P Desmarchelier and Witting Schaus (2000)
AAB Arvigo and Balick (1993)
AAR Arndt (1999)
ABS Siquera et al. (1998)
ACN *American Journal of Clinical Nutrition* (vol. 71, 2000)
ACT *Alternative and Complementary Therapies* (e.g., ACT5:330; *Alt. Compl. Therap.* 5(6):330-331)
AEH DeSmet et al. (1993, 1997)
AEL Leung's (Chinese) Herb News, followed by number and page (e.g., AEL31:3)
AHP McGuffin et al. (1997)
AJC *American Journal of Chinese Medicine* (vol. 25, 1996)
AKT Tillotson et al. (2001)
AMA *Alternative Medicine Alert* (vol. 2(3), March 1999)
APA Peirce (1999)
APP *Acta Physiologica et Pharmacologica Bulgica* (vol. 16, 1990)
ARC Aloe Research Council
ATM *ATOMS Journal* publication
AYL Leung (1980), or Leung's newsletter when followed by numbers
BIB Duke (1983)
BGB Blumenthal et al. (2000)
BIS Bisset (1994)
BJA *British Jouirnal Anesthesiology*
BJH *British Journal of Haematology* (e.g., BJH111:359; 2000, vol. 111, p. 359)
BO2 Boik (2001)
BPCC *Biosyn. Prod. Cancer Chemotherapy*
BRI Brinker (1998)
BRU Bruneton (1999)
CAN Newall, Anderson, and Phillipson (1996)
CEB Erichsen-Brown (1989)
COX Newmark and Schulick (2000)
CRC Duke (1985)
CTD Castner, Timme, and Duke (1998)
DAA Duke and Ayensu (1985)
DAD Duke and duCellier (1993)
DAS Davies and Stewart (1990)
DAV Duke and Vasquez Martinez (1994)
DAW Duke and Wain (1991)
DAZ De Lucca and Zalles (1992)
DEM Moerman (1998)
DEP Watt (1889–1892, reprint 1972)
DON Brown (2000)
EB *Economic Botany*

Econ. Bot. *Economic Botany*
EFS Steinmetz (1957)
EJH Hoffman (1999)
EMP *Economic & Medicinal Plant Research* (vol. 6, 1994)
FAC Facciola (1998)
FAD Foster and Duke (1990)
FA2 Foster and Duke (2000)
FAY Foster and Yue (1992)
FEL Felter and Lloyd (1898)
FFJ *Flavour and Fragrance Journal* (vol. 6, 1991)
FIT *Fitoterapia* (e.g., vol. 64, 1993)
FLP *Flora of Pakistan* (USDA PL480 Project)
FNF *Father's Nature's Farmacy* (online database available at, http://www.ars-grin.gov/duke/)
FT *Fitoterapia* (early abbreviation; later abbreviated FIT)
GEO Guenther (1948–1952)
GHA Ghazanfar (1994)
GMH Grieve (1931)
GMJ Grenand, Moretti, and Jacquemin (1987)
HAD An Herb a Day; by Jim Duke, published in *Business of Herbs*, and/or *Wild Food Forum*
HDN Neuwinger (1996)
HDR *Herbal Desk Reference*; online version under my Medical Botany Syllabus (MBS)
HD1 Duke (2000)
HEG Hegnauer (*Chemotaxonomie der Pflanzen*), Birkhauser Verlag, multiple volumes
HFH *Herbs for Health* followed by JA July Aug. '99 (1999)
HG *HerbalGram* (followed by number without space; e.g., HG17 *HerbalGram* no. 17)
HHB List and Hohammer (1969–1979)
HH2 *Hager's Handbuch*, 2nd ed., Hansel et al
HH3 *Hager's Handbuch,* 3rd ed., Blaschek et al.
HIL Hildegard, translated by Throop, P. (1998)
HOB Hobbs (1996)
HOC Tyler (1994)
HOP Duke and Atchley (1986)
HOW Duke (1992)
HOX Ausubel (2000)
IED Duke (1986)
IHB Burkill (1966)
IWU IWU (1993)
IJA *Indian Journal of Animal Sciences* (59, 1989)
IJC *International Journal of Cancer Research*
IJE *Indian Journal of Experimental Biology* (29, 1991)
IJI *International Journal of Integrative Medicine* (vol. 1, no. 3, 1999)
IJO *International Journal Oriental Medicine*
IJP *Indian Journal of Pharmaceutical Sciences* (52, 1990)
JAC *Journal of Alternative and Complementary Medicine* (vol. 2, 1996)
JAD James A. Duke, personal commentary
JAF *Journal of Agricultural and Food Chemistry*
JAM *Journal of the American Medical Association* (vol. 272, 1994)
JAMA *Journal of the American Medical Association*
JAR *International Journal of Aromatherapy*
JBH Harborne and Baxter (1983)
JBU Aromatherapy: A Place in Herbal Medicine, *HerbalGram*, Buckle, J. (Ed.)

JE *Journal of Ethnopharmacology* (vol. 29, 1990)
JFM Morton (1977, 1981)
JLH Hartwell (1982)
JLR *Journal of Longevity Research* (vol. 1, no. 2, 1994)
JN *Journal of Nutrition* (vol. 126, 1996)
JNE *Journal of Nutritional and Environmental Medicine* (vol. 7, 1997)
JNP *Journal of Natural Products* (vol. 53, 1990)
JNS *Journal of Nutrition Science,* Vitaminol
JNU Joseph, Nadeau, and Underwood (2001)
KAB Kirtikar and Basu (reprint, 1975)
KAP Kapoor (1990)
KCH Huang (1993)
KEB Bone (1996)
KOM Blumenthal et al. (1998) (Commission E.)
LAB Lawson and Bauer (1998)
LAF Leung and Foster (1995)
LAW Koch and Lawson (1996)
LEG Duke (1981)
LEL Lewis and Elvin-Lewis (1977)
LIL *Living Liqueurs,* Duke (1987)
LMP Perry (1980)
LRN *Lawrence Review of Natural Products*, looseleaf; periodically updated
LRNP *Lawrence Review of Natural Products*, looseleaf; periodically updated
M&I *Microbiology & Immunology* (vol. 44, no. 1, 2000)
M11 *Merck Manual,* 11th ed.
M12 *Merck Manual,* 12th ed.
M28 Martindales, 28th ed.
M29 Martindales, 29th ed.
M30 Martindales, 30th ed.
MAB Mills and Bone (1999)
MAD Madaus (1976)
MAM Miller and Murray (1998)
MAP Murray and Pizzorno (1991)
MB Blumenthal, personal communicatrion
MBB Bajracharya (see AKT; Tillotson's Nepalese Mentor)
MBC Martinez, Bernal, and Caceres (2000)
MIC Micmac Module of Duke's online Medical Botany Syllabus
MLM McCaleb, Leigh, and Morien (2000)
MPB Mors, Rizzini, and Pereira (2000)
MPG Gupta (1995)
MPI Indian Council of Medical Research (ICMR) (1976, 1987)
NAD Nadkarni (1976)
NH Nature's Herbs, personal communication, Grant or Rich
NR *Nutrition Reviews* (vol. 11, 1996)
NUT Duke (1989)
OMM *Oriental Materia Medica* (three volumes by Dr. Hsu and collaborators)
PAM Pizzorno and Murray (1985)
PC *Phytochemistry* (29, 1990)
PCF Huang, Ho, and Lee (1992)
PDR *Physicians' Desk Reference* (Ed. 45, 1991)
PED Pedersen (1998)

PEP *Pakistan Encyclopedia Planta Medica* (1986)
PH2 Gruenwald et al. (2000)
PHM *Phytomedicine* (vol. 3, 1996)
PHR *PDR for Herbal Medicine,* 1st ed., Fleming, et al. (1998)
PIP Schilcher (1997)
PJB *Protocol Journal of Botanical Medicine,* (vol. 1, no. 1, 1995; since terminated)
PM *Planta Medica* (56, 1990)
PNC Williamson and Evans (1989)
PR *Phytotherapy Research* (vol. 4, 1990)
PS *Plant Science* (Ireland) (vol. 75, 1991)
QRNM *Quarterly Review of Natural Medicine*
RAT Robbers and Tyler (1999)
RFW Weiss (1988)
RIN Rinzler (1990)
RYM Roig y Mesa (1928)
SAB Sabinsa (1998)
SAR Schultes and Raffauf (1990)
SHB Buhner (2000)
SF Foster (1996)
SF2 Foster (1998)
SHT Schulz, Hansel, and Tyler (1998)
SKJ Jain (1991)
SKY Lininger et al. (1998)
SN *Science News* (followed by number and page)
SPI Charalambous (1994)
SUW Suwal (1976)
SYN Challem, Berkson, and Smith (2000)
TAD Tucker and Debaggio (2000)
TAN Tanaka (1976)
TGP Duke (1997)
TIB Kletter and Kriechbaum (2001)
TMA Time-Life (1996)
TOM Crellin and Philpott (1990)
TOX Keeler and Tu (1991)
TRA Germosén-Robineau (1997)
UPW Burkill (1985–2000)
USA USDA's Ag Handbook 8 and sequelae
USD USDA's nomenclature database
VAG Van Wyk and Gericke (2000)
VVG Van Wyk, Van Oudtshoorn, and Gerike (1997)
WAF White et al. (2000)
WAG Wright and Gaby (1999)
WAM White and Mavor (1998)
WBB Watt and Breyer-Brandwijk (1962)
WER Werbach (1993)
WHO World Health Organization (1999)
WIC Wichtl (1984)
WOI Council of Scientific and Industrial Research (CSIR) (1948–1976)
WO2 *The Wealth of India,* revised; three new volumes published (1985–1992)
WO3 *The Wealth of India,* first supplement series (2000)
X As a prefix followed by a big number, a PubMed reference citation (e.g., X123456)

YAN Yanovsky (1936)
ZIM Gelfand et al. (1985)
ZUL Hutchings et al. (1996)

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Aloe
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Coriander
Cumin
Endive
Faba Bean
Fig
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Garlic
Henna
Ivy
Mallow
Mandrake
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Myrtle
Onion
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Rue
Star of Bethlehem
Watermelon
White Lily

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American Hellebore
Autumn Crocus
Bittersweet
Black Locust
Bloodroot
Blue Cohosh
Boxwood
Bulbous Buttercup
Castor
Celandine
Christmas Rose
Common Buckthorn
Common Daffodil
Cypress Spurge
Digitalis
Dumbcane
Dutchman's Breeches
Elderberry
Glossy Privet
Horse Chestnut
Jack in the Pulpit
Jimsonweed
Lesser Periwinkle
Lily-of-the-valley
Mezereon
Mistletoe
Moonseed
Mountain Laurel
Ololiuqui
Orris
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Poke Root
Potato
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Poison Ivy (Eastern Poison Oak); *Toxicodendron pubescens* Mill. (Synonyms: *Rhus toxicodendron* L., *R. toxicodendron* var. *quercifolium* Michx., *Toxicodendron quercifolium* (Michx.) Greene, *T. toxicarium* (Salisb.) Gillis), 579
Poke Root (Pigeonberry, Pokeweed, Virginia Poke); *Phytolacca americana* L. (Synonym: *P. decandra* L.), 580
Poley; *Teucrium polium* L., 582
Pomegranate; *Punica granatum* L., 582
Pondlily, Variegated Yellow Pondlily; *Nuphar variegata* Durand (Synonyms: *Nuphar advena* subsp. *variegata* (Dur.) R. T. Clausen, *N. fraterna* (G.S. Mill. & Standl.) Standl., *N. lutea* ssp. *variegata* (Dur.) E.O. Beal, *Nymphaea advena* var. *variegata* (Dur.) Fernald, *N. americana* G.S. Mill. & Standl., *N. fraterna* G.S. Mill. & Standl., *N. variegata* (Dur.) G.S. Mill., *Nymphozanthus variegatus* (Dur.) Fernald), 584
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Prince's Feather, Amaranth; *Amaranthus hypochondriacus* L. (Synonyms: *A. hybridus* var. *erythrostachyus* Moq., *A. hybridus* var. *hypochondriacus* (L.) B. L. Rob.), 589
Privet (Common Privet, European Privet); *Ligustrum vulgare* L. (Synonyms: *L. insulare* Decne., *L. insulense* Decne.), 590
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Pulsatilla, Pasqueflower (European Pasqueflower); *Anemone pulsatilla* L. (Synonyms: *A. serotina* (Schur) Coste, *Pulsatilla vulgaris* Mill., *P. vulgaris* var. *serotina* Schur), 593
Pumpkin (Marrow, Squash); *Cucurbita pepo* L. (Synonyms: *Cucumis pepo* (L.) Dumort., *Cucurbita mammeata* Molina), 594
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Rowan Berry (European Mountain-Ash, Quickbeam, Rowan); *Sorbus aucuparia* L. (Synonyms: *Pyrus aucuparia* (L.) Gaertn., *P. aucuparia* var. *dulcis* (Kraetzl) Asch. & Graebn., *Sorbus aucuparia f. fastigiata* (Loudon) Rehder, *S. aucuparia* var. *dulcis* Kraetzl, *S. aucuparia* var. *edulis* Dieck, *S. aucuparia* var. *moravica* Dippel, *S. aucuparia* var. *pendula* G. Kirchn., *S. aucuparia* var. *rossica* Späth ex Koehne, *S. aucuparia* var. *xanthocarpa* Hartwig & Rümpler), 635
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Sandarac (Arartree, Meditteranean Sandarac-Cypress); *Tetraclinis articulata* (Vahl) Mast. (Synonyms: *Callitris articulata* (Vahl) Murb., *C. quadrivalvis* Vent., *Thuja articulata* Vahl), 647
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Sand Spurrey (Purple Sandwort); *Spergularia rubra* (L.) J. Presl & C. Presl (Synonym: *Arenaria rubra* L.), 647
Sandy Everlasting; *Helichrysum arenarium* (L.) Moench, 648
Sanicle (European Sanicle); *Sanicula europaea* L., 648
San Pedro; *Echinopsis pachanoi* (Britton & Rose) Friedrich & G. D. Rowley (Synonym: *Trichocereus pachanoi* Britton & Rose), 648
Sarsaparilla (Gray Sarsaparilla, Mexican Sarsaparilla, Veracruz Sarsaparilla); *Smilax aristolochiifolia* Mill. (Synonym: *S. medica* Schltdl & Cham.), 649
Sassafras; *Sassafras albidum* (Nutt.) Nees (Synonyms: *Laurus albida* Nutt., *Sassafras officinale* Nees & C. H. Eberm., *S. variifolium* (Salisb.) Kuntze), 650
Sassy Bark, Ordeal Tree (Erun, Red-Water Tree, Sasswoodtree); *Erythrophleum suaveolens* (Guill. & Perr.) Brenan (Synonyms: *Erythrophleum guineense* G. Don, *Fillaea suaveolens* Guill. & Perr.), 652
Sausage Tree; *Kigelia africana* (Lam.) Benth. (Synonym: *Crescentia pinnata* Jacq., *Kigelia pinnata* (Jacq.) DC.), 652
Savin (Savin Juniper); *Juniperus sabina* L., 652
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Saw Palmetto (Scrub Palmetto); *Serenoa repens* (W. Bartram) Small (Synonyms: *Chamaerops serrulata* Michx., *Corypha repens* W. Bartram, *Sabal dealbata* hort. ex L. H. Bailey, *Sabal serrulata* (Michx.) Nutt. ex Schult. & Schult. f., *Serenoa serrulata* (Michx.) G. Nicholson), 654
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Scotch Broom (Broomtops, Common Broom, European Broom, Irish Broom); *Cytisus scoparius* (L.) Link (Synonyms: *C. scoparius* var. *andreanus* (Puiss.) Dippel, *C. scoparius* var. *prostratus* (C. Bailey) F. Hanb. ex. A. K. Jacks., *C. scoparius* var. *sulphureus* Goldring, *Genista andreana* Puiss., *Sarothamnus scoparius* (L.) Wimm. ex W. D. J. Koch, *S. scoparius* var. *prostratus* C. Bailey, *Spartium scoparium* L.), 657
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Rehder, *P. sylvestris f. nana* (Carrière) Lipa), 658
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Sea Island Cotton, Upland Cotton (American Pima Cotton, American Egyptian Cotton, Brazilian Cotton, Egyptian Cotton, Gallini Cotton, Kidney Cotton, Long-Staple Cotton, Peruvian Cotton); *Gossypium barbadense* L. (Synonyms: *G. evertum* O. F. Cook & J. Hubb., *G. peruvianum* Cav., *G. vitifolium* Lam.), 660
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Senburi; *Swertia japonica* Makino, 662
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Shanshi (Chanchi); *Coriaria ruscifolia* L. subsp. *microphylla* (Poir.) L. E. Skog (Synonyms: *C. microphylla* Poir., *C. thymifolia* Humb & Bonpl. ex Willd.), 665
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Sheep Sorrel (Sorrel); *Rumex acetosella* L., 666
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Shitake; *Lentinus edodes,* 668
Siam Benzoin; *Styrax tonkinensis* (Pierre) Craib ex Hartwich, 669
Siberian Ginseng; *Eleutherococcus senticosus* (Rupr. & Maxim.) Maxim. (Synonyms: *Acanthopanax senticosus* (Rupr. & Maxim.) Harms, *Hedera senticosa* Rupr. & Maxim.), 669
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Sinicuichi; *Heimia salicifolia* (Kunth) Link, 672
Skirret; *Sium sisarum* L., 672
Skullcap (Mad-Dog Skullcap); *Scutellaria lateriflora* L., 673
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Sloe, Blackthorn; *Prunus spinosa* L., 676
Smartweed (Redleaf, Water Pepper); *Polygonum hydropiper* L. (Synonym: *Persicaria hydropiper* (L.) Spach), 676
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Smooth Sumac (Red Sumac, Scarlet Sumac, Vinegar Tree); *Rhus glabra* L. (Synonyms: *R. cismontana* Greene, *R. glabra* var. *cismontana* (Greene) Cockerell), 678
Snake Plant (Christmaspops, Christmasvine, Ololiuqui); *Turbina corymbosa* (L.) Raf. (Synonyms: *Convolvulus corymbosum* L., *Ipomoea burmannii* Choisy, *Rivea corymbosa* (L.) Hallier f.), 678
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Snowdrop; *Galanthus nivalis* L., 680
Soaptree (Murillo's Bark, Quillaja, Soapbark Tree, Soapbush); *Quillaja saponaria* Molina, 680
Soapwort (Bouncing Bet); *Saponaria officinalis* L. (Synonym: *S. officinalis* var. *glaberrima* Ser.), 681
Sodom's Milkweed (Akund, Apple-of-Sodom, Aricula Tree, Giant Milkweed, Madar, Mudar, Rubberbush, Small Crownflower, Sodom Apple, Swallowwort); *Calotropis procera* (Aiton) W. T. Aiton (Synonym: *Asclepias procera* Aiton), 682
Solomon's-Seal; *Polygonatum multiflorum* (L.) All., 683

Soma; *Sarcostemma acidum* (Roxb.) Voigt (Not in GRIN), 683
Sorrel (Garden Sorrel, Sorrel Dock, Sour Dock); *Rumex acetosa* L., 683
Soul Vine, Ayahuasca; *Banisteriopsis caapi* (Spruce ex Griseb.) C. V. Morton (Synonyms: *Banisteria caapi* Spruce ex Griseb., *Banisteria quitensis* Nied., *Banisteriopsis inebrians* C. V. Morton, *Banisteriopsis quitensis* (Nied.) C. V. Morton), 684
Sour Cherry (Morello Cherry, Pie Cherry, Tart Cherry); *Prunus cerasus* L. (Synonyms: *Cerasus vulgaris* Mill., *Prunus vulgaris* Schur.), 684
Southern Prickly Ash (Hercules' Club, Pepperbark, West Indian Yellowwood); *Zanthoxylum clava-herculis* L., 685
Southern Tsangshu, Cang Zhu; *Atractylodes lancea* (Thunb.) DC.; (Synonyms: *Atractylis lancea* Thunb., *Atractylis ovata* Thunb.), 685
Southernwood (Old-Man, Slovenwood, Southern Wormwood); *Artemisia abrotanum* L. (Synonym: *A. procera* Willd.), 686
Soybean (Soya); *Glycine max* (L.) Merr. (Synonyms: *Dolichos soja* L., *Glycine gracilis* Skvortzov, *G. hispida* (Moench) Maxim., *G. hispida* var. *brunnea* Skvortzov, *G. hispida* var. *lutea* Skvortzov, *G. soja* (L.) Merr., *Phaseolus max* L., *Soja hispida* Moench, *Soja max* (L.) Piper), 686
Spanish Chestnut (European Chestnut, Sweet Chestnut); *Castanea sativa* Mill. (Synonyms: *Castanea vesca* Gaertn., *C. vulgaris* Lam., *Fagus castanea* L., *F. procera* Salisb.), 687
Spanish Needles (Hairy Beggar-Ticks); *Bidens pilosa* L., 687
Spanish Pellitory; *Anacyclus pyrethrum* (L.) Link (Synonyms: *Anacyclus officinarum* Hayne, *Anthemis pyrethrum* L.), 688
Spearmint; *Mentha spicata* L. (Synonyms: *M. aquatica* var. *crispa* (L.) Benth., *M. cordifolia* Opiz ex Fresen., *M. crispa* L., *M. spicata* var. *ciliata* Druce, *M. spicata* var. *crispa* (Benth.) Danert, *M. spicata* var. *viridis* L., *Mentha viridis* (L.) L.), 689
Speedwell (Common Speedwell, Gypsyweed, Upland Speedwell); *Veronica officinalis* L., 690
Spicebush (Benjamin Bush, Wild Allspice); *Lindera benzoin* (L.) Blume (Synonyms: *Benzoin aestivale* (L.) Nees, *Laurus aestivalis* L., *Laurus benzoin* L.), 690
Spikenard (American Spikenard, Life-of-Man, Petty Morel, Small Spikenard); *Aralia racemosa* L., 691
Spinach; *Spinacia oleracea* L. (Synonyms: *S. inermis* Moench, *S. oleracea* var. *inermis* (Moench) Peterm., *S. spinosa* Moench), 691
Spreading Dogbane (Bitter Root, Common Dogbane); *Apocynum androsaemifolium* L., 692
Spring Snowflake; *Leucojum vernum* L., 692
Spurge; *Chamaesyce hypericifolia* (L.) Millsp. (Synonym: *Euphorbia hypericifolia* L.), 693
Squaw Vine (Partridge Berry); *Mitchella repens* L., 693
Squill, Sea Onion (Red Squill); *Urginea maritima* (L.) Baker (Synonyms: *Drimia maritima* (L.) Stearn, *Scilla maritima* L., *Urginea scilla* Steinh.), 693
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Star Anise (Chinese Star Anise); *Illicium verum* Hook. f., 694
Star Grass; *Hypoxis* sp., 695
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Y

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