

THE AMERICAN EXTRA PHARMACOPOEIA

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In China, the traditional Pharmacopoeia of plant, mineral and animal drugs is vast, containing over a thousand remedies; the same is true of India's Ayurvedic system of medicine. Other ancient and equally successful indigenous systems such as the Ani Yvwiya (Cherokee) Nvwoti, Japan's Kanpo, the Tibetan gSo-wa Rig-pa and the Unani Tibb system also utilize a large number of botanical drugs. Conversely, in the USA and Great Britain there is a trend toward relying on an ever-dwindling materia medica. Possible reasons for this situation are many:

- The number of herbs available in the commercial marketplace dwindled as botanicals were dropped from official Pharmacopoeias. In recent years the popularity of certain herbs has grown, but most herbal medicines are still little known and obscure. The lack of sales means suppliers have little incentive to stock "marginal" herbs.
- In the USA, we have no strong traditional culture with an ancient time-tested system of medicine and its accompanying herbal remedies. The one herbal system that was practiced, the "Eclectic System of Medicine" (1825-1939), was almost entirely forgotten until recently.
- The scientific paradigm still reigns supreme! There is a strong tendency to rely on those few herbs that have been tested in the lab or petri dish. Purported active constituents indicate usefulness rather than hundreds or thousands of years of successful empirical usage. Many western practitioners are uncomfortable using herbs that have little or no research data to confirm traditional usage.
- Herb users (layman and professionals alike) often find it much easier to give an "astringent" or a "diuretic" assuming that herbs with the same generalized properties will have the same action. In truth, there are subtle differences between such herbs that often make one much more appropriate for a patient and his/her symptom picture.

Our reliance on so small a Pharmacopoeia can and has caused a number of problems to develop. Many once common herbs are now threatened or endangered species. Such plants become increasingly scarce and costly. Examples include Ginseng (*Panax quinquefolium*), Lady's Slipper (*Cypripedium* spp.), Slippery Elm (*Ulmus fulva*), Goldenseal (*Hydrastis canadensis*), Gentian (*Gentiana* spp.), False Unicorn root (*Chamaelirium luteum*), and Beth Root (*Trillium erectum*). With the demand for these popular botanicals increasing and the supply shrinking, the chances of adulteration and/or spurious substitution increases.

Commonly Adulterated Herbs	Adulterant Herbs
Black Cohosh (<i>Cimicifuga racemosa</i>)	Baneberry (<i>Actea</i> spp.)
Black Haw (<i>Viburnum prunifolium</i>)	Striped Maple (<i>Acer pennsylvanica</i>)
Echinacea (<i>Echinacea angustifolia</i>)	Prairie Dock (<i>Parthenium integrifolium</i>)
Goldenseal (<i>Hydrastis canadensis</i>)	Oregon Grape Root (<i>Mahonia aquafolium</i>)
Prickly Ash (<i>Zanthoxylum clava-herculis</i>)	Bristly Sarsaparilla (<i>Aralia spinosa</i>)
Sheep Sorrel (<i>Rumex acetosella</i>)	Yellow Dock Leaf (<i>Rumex crispus</i>)
Siberian Ginseng (<i>Eleutherococcus senticosus</i>)	Periploca or <i>Acanthopanax</i> spp.
Skullcap (<i>Scutellaria lateriflora</i>)	Germander (<i>Teucrium canadense</i>)
Slippery Elm (<i>Ulmus fulva</i>)	Rice Flour

As our materia medica shrinks, so do our options for treatment. The tendency of self-limitation creates practitioners that rely on the "10 or 20 most valuable herbs". The assumption being that this small number of botanicals is sufficient to cope with any disease or complaint.

This is all the more ironic when you realize that in the past, the average Cherokee layman knew and used 100-200 medicinal herbs, while a medicine person would be knowledgeable in over 600 medicines. How many of us can honestly say we are intimately familiar (taste, energy, usage, taxonomy, chemical constituents, etc.) with even one hundred herbs?

One way of correcting this problem is the expansion of our pharmacopoeias by the inclusion of unused but effective indigenous and introduced species. There are hundreds of such herbs available that have long histories of usage by peoples who depended on these plants for their health and well being. With a few exceptions, the plants contained within this list are little known and rarely used in this country, but are (or once were) commonly used throughout other parts of the world. Most species discussed are classified as adventurous, hardy weeds that are common throughout much of the USA and are abundant and easily procured while fresh and still potent.¹ Many of these plants are considered noxious weeds. Millions of dollars are spent and thousands of pounds of toxic chemicals are applied yearly by farmers and lawn care providers in order to eradicate these useful plants. The utilization of such herbs helps curb their relentless spread, reduces the need to use polluting herbicides, and helps maintain sensitive eco-systems threatened by these aggressive foreign weeds. Creating and educating the public and practitioners about the American Extra Pharmacopoeia (AEP), will broaden our knowledge, enhance our clinical practices, and help to create a system of planetary herbal medicine that is effective and ecologically sound.

The American Extra Pharmacopoeia

GROUND IVY

Latin Name: *Glechoma hederacea*
Chinese Name: Lian Qian Cao (*Glechoma longitubae*)
Common names: Gill-over-the Ground, Alehoof
Part Used: fresh or dry herb
Taste: bitter
Energy: cold and dry
Constituents: L-pinocamphone, L-menthone, L-pulegone, α & β pinene, Limonene, Ursolic acid
Action: antiviral, cholagogue, expectorant
Dosage: tea: 1 tsp. dried herb, 8 oz. hot water. Steep covered 1/2 hour
Take 4-oz. 3 times per day.
tincture: 1:2 fresh extract, 20-40 drops, (1-2 ml), 3 times per day

An aggressive garden and lawn weed, Ground Ivy has a long history of use throughout Europe and China. The Chinese use a closely related species (*G. longitubae*) to clear toxic heat for conditions such as jaundice, cystitis and to help expel urinary and biliary stones. Recent research shows the herb stimulates an increase in bile secretion and movement of the gall bladder sphincter. Ground Ivy is also used topically to dispel blood stasis and for traumatic swellings – i.e., sprains, bruises, and infections. European use parallels TCM usage as a liver/gall bladder and digestive herb, with additional activity based on the herb's antiviral and expectorant properties. It is effective for bronchitis, pneumonia, hot damp coughs and chest colds. This herb is mentioned by Maude Grieve in her classic *Modern Herbal* for treating Painter's Colic (lead poisoning). Recent clinical use has shown that regular use of *Glechoma* tincture can increase lead excretion in the urine.

JAPANESE KNOTWEED

Latin Name: *Polygonum cuspidatum*
Chinese Name: Hu Zhang
Part Used: dried root and leaf
Taste: bitter
Energy: cold and dry
Constituents: anthraquinones and anthraglycosides primarily emodin, rhein, chrysophenol, tannins, resveratrol
Action: antioxidant astringent, anti-tumor, antibacterial, laxative, emmenagogue, expectorant
Dosage: tea: 1 tsp of the dried root, 8 oz. water. Decoct 10 minutes or

¹ Compare this with the herbs available on the American market, which if not adulterated or the wrong plant entirely, are often heavily fumigated, sprayed with herbicides/pesticides, poorly dried, ancient, and to add insult to injury, now liable to be irradiated.

longer if you want to decrease the laxative effect. Steep 1/2 hour
Take 4-oz. twice per day.
tincture: 1:5, 40% alcohol, 20-30 drops (1-2 ml), twice per day.

The roots and leaves of this highly invasive weed are used in TCM to eliminate damp heat, i.e. dysentery, jaundice, appendicitis, hepatitis, and enteritis. It also promotes circulation of blood (xue), relieves pain, it is used orally and topically for snakebite, Rheumatoid Arthritis, burns, trauma injuries, abscesses and boils. It has antibacterial and expectorant qualities making it useful for bronchitis, pleurisy and other damp heat lung infections. Three constituents in Hu Zhang, Rhein, Emodin, and Resveratrol have shown strong anti-tumor activity both in-vitro and in-vivo, making this herb a potential choice for cancer protocols. Excess amounts of the root can cause diarrhea and/or rebound constipation.

KUDZU

Latin Name: Pueraria lobata
Chinese Name: Ge Gen
Part Used: dried root, root starch and flower.
Taste: sweet, pungent
Energy: cold and moist
Constituents: Isoflavones including Puerarin, Diadzein, and Diadzin.
Actions: antihistamine, anti-inflammatory, antispasmodic & demulcent
Dosage: tea: 2 tsp of the dried root, 8 oz. water. Decoct 30 minutes.
Steep 30 minutes. Take 4 oz. three times per day.
tincture: 1:5, 30% alcohol, 40-60 drops (2-3 ml), three times per day (not appropriate for reducing alcohol cravings)
capsule: 2 capsules twice per day

Kudzu was introduced into the U.S. in the 1880's as an important and versatile economic plant. Later, in the 1930's, it was promoted as a way to control erosion. As a means of controlling and preventing erosion, the plant is an incredible success. It is also successful in destroying native herbs, shrubs, and trees and creating environmental havoc throughout the Southeastern U.S.

The means to controlling this highly aggressive plant is to use it, a lot of it. Multiple parts of the plant can be used for medicine, food, animal fodder and for fiber. The root as a tea is used in Chinese Medicine for colds and flu with fever, dry mouth, headaches, and muscle stiffness of the head and back. It is also useful for head colds, sinus congestion, and sinus headaches. Its antispasmodic actions make it effective for torticollis (wry neck), Irritable Bowel Syndrome (IBS) with diarrhea and for Ischaemic Heart Disease, especially Angina. Recent research on Kudzu found that the decoction of the root reduces alcohol cravings in Syrian Golden Hamsters and it has a similar but mild effect in humans. In China, the flowers were traditionally used for a related purpose, i.e. alcohol poisoning (hangovers).

Other parts of the plant have uses as well. The leaves can be eaten as fodder, especially by goats, and they are used as poultices for wounds. The root starch is used as a thickening agent for foods in Japan, as well as a medicine in the macrobiotic diet. Finally, the stems can be used to make fiber and can be woven into beautiful and durable baskets.

PURPLE LOOSESTRIFE

Latin Name: Lythrum salicaria
Common Name: Purple Loosestrife
Part used: dried flowering herb
Taste: sour
Energy: cool, dry and moist
Constituents: a glucoside-vitexin, salicarin, tannins, pectin
Action: antibacterial, antiamebic, astringent, demulcent, anti-inflammatory, antihemorrhagic, antihistamine, antispasmodic

Dosage: tea: 1-2 tsp of the dried herb, 8 oz hot water. Steep 1 hour
 Take 1 to 3 cups of tea per day
 tincture: 1:5 dry extract, 30% alcohol, 40-60 drops (2-3 ml) three to four
 times per day

Originally planted as a perennial ornamental for its lovely purple, magenta flower spikes, Purple Loosestrife has quickly worn out its welcome. It likes wetlands and now covers hundreds of thousands of acres, choking out native plants and the species of animals and insects that depended on them for food and habitat. Once commonly used in European Herbal Medicine we need to utilize this weed again for its valuable medicinal qualities and to reduce the spread of a very invasive herb.

Upon first taking Lythrum one notices a pronounced astringency, later followed by a soothing demulcent quality. This combination of actions, along with its other actions, makes this plant appropriate for diarrhea, bacterial or amoebic dysentery, enteritis, Irritable Bowel Syndrome (IBS), leaky gut syndrome and as a gargle for sore throats. Maude Greive, in her book A Modern Herbal, says "that as an eyewash Purple Loosestrife is superior to Eyebright for preserving the sight and curing sore eyes." Current European uses of this herb include the treatment of ophthalmic ulcers. The herb can also be used as vaginal douche for Leucorrhea and Bacterial Vaginosis, and as a nasal douche for nose bleeds. Topically the ointment is used for ulcers and sores and a poultice is soothing to bruises, abrasions and irritated skin. The stems can be used as chewing sticks to prevent bleeding gums caused by gingivitis.

SELF HEAL

Latin Name: Prunella vulgaris
 Chinese Name: Xia Ku Cao
 Common Name: Allheal, Heal All
 Taste: bitter, slightly pungent
 Energy: cold, slightly moistening
 Part Used: dried flower spike and leaf
 Constituents: a triterpenoid saponin, rutin, hyperoside, caffeic acid, d-camphor and d-fenchone
 Action: antibacterial, antimutagenic, diuretic, hypotensive agent, vulnerary
 Dosage: tea: 1-2 tsp of the dried herb, 8 oz hot water. Steep 1 hour
 Take two to three cups per day.
 tincture: 1:2 fresh extract, 30% alcohol, 40-60 drops, (2-3 ml), 3 times
 per day

Self Heal is a small member of the Lamiaceae (mint) family, commonly found in lawns and waste areas. It has attractive spikes of purple flowers but is considered a nuisance weed. Once known as Allheal, it is now little used in Europe and the USA, but still maintains a place in the Chinese Materia Medica. In TCM Xia Ku Cao (Self Heal) is used to soften hardness (lumps, enlarged lymph nodes). It is used for goiters, lipomas, mumps, mastitis, lymphosarcoma and scrofula. In addition, it is used for pathological heat in the liver (Liver Fire rising). These conditions include Liver Fire headaches, acute conjunctivitis, hypertension, vertigo, painful or light sensitive eyes. Topically Self Heal is used for inflamed wounds that are red, painful to the touch and hot (fire poison) - boils, carbuncles, styes, and staph infections. The late Keewaydinoquay, an Anishnabe elder and herbalist, said that Self Heal is exceptionally effective as a compress for removing splinters of wood, metal, or glass. Having used it, I can only agree as to its effectiveness.

SPICEBUSH

Latin Name: Lindera benzoin
 Cherokee Name: Nodatsi
 Common Name: Spicewood
 Part Used: dried bark, leaf, fruit
 Taste: pungent and sweet
 Energy: warm and dry
 Constituents: Linderol, Linderone, Linderolactone

Action: antiseptic, carminative, diaphoretic, emmenagogue, expectorant.

Dosage: tea (bark/leaf): 1 tsp of the dried bark or leaf, 8 oz hot water. Steep (covered) for 1 hour. Take 2 to 3 cups per day.

Tincture: 1:5 extract, 40% alcohol, 30-40 drops (1-2 ml), 3 times per day

Spicebush is one of the most common understory shrubs throughout second or third growth Eastern forests. Early in the spring it is covered with small yellow flowers which perfume the air. Every part of Spicebush is medicinal; the tea of this herb is used extensively for colds, flu, coughs, nausea, indigestion, croup, flatulence and amenorrhea. The inhaled steam is used to clear clogged sinuses and the decoction of the twigs makes a soothing bath for arthritic pain (some of the tea is also taken internally). A related species of Spicebush (*L. strychnifolia*) is used in TCM for dysuria, fungal infections, asthma, dysmenorrhea, hernia pain and diarrhea. Spicebush is also commonly used as a beverage tea and the dried fruits can be used as a spice in baking. The twigs can be used as antibacterial chewing sticks to inhibit the bacteria that cause plague formation and gum disease.

SUMACH

Latin Name: *Rhus glabra*, *R. copallina*, *R. typhina*, *R. aromatica*

Cherokee Name: Qualagu

Common Name: Staghorn Sumach

Part Used: dried berry, bark

Taste: sour

Energy: cool, dry

Constituents: bark - Gallic Acid, berries - Citric Acid

Action: alterative (bark), antiseptic, astringent, diuretic.

Dosage: tea (berry): 1 tsp of the dried fruit, 8 oz hot water. Steep 30 minutes. Take 2-4 cups per day

tea (bark): 1/2 tsp of the dried bark, 8 oz water. Decoct 15 minutes. Steep for 1 hour. Take 4 oz twice per day.

tincture (bark): 1:5 dry extract, 30% alcohol, 10% vegetable glycerin, 20-30 drops (1-2 ml) 3 times per day

tincture (berry): 1:5 dry extract, 30% alcohol, 10% vegetable glycerin, 40-60 (2-3 ml) 3 times per day

Sumachs are small shrubby trees that have highly visible clusters of bright red berries each autumn. Its toxic relative, Poison Sumach (*R. vernix*), has white fruit and prefers swampy areas instead of the dry open environment where other sumachs are found. Sumach berry tea is effective for urinary tract infections (it acidifies the urine), thrush, aphthous stomatata, ulcerated mucous membranes, gingivitis and some cases of bed wetting (irritated bladder). The fruit tea can be taken hot or chilled as a refreshing beverage similar in taste to Hibiscus or Rose Hips. The bark is a strong astringent (used for diarrhea, menorrhagia) and it has an effect on the female hormonal system. The Cherokee used the bark for alleviating menopausal discomfort (hot flashes, sweating) and as a galactagogue. Externally the berry or bark tea has been used as a wash for blisters, burns and oozing sores.

The Eclectics used the bark of Fragrant Sumach (*R. aromatica*) for urinary incontinence, interstitial cystitis, profuse clear urination associated with diabetes and some physicians felt it helped to control diabetes as well.

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SYM	COMMON NAME	LATIN NAME	LOCAL NAME	PART USED	TASTE/ENERGY	SUMMARY OF USES
# Δ	Abutilon	Abutilon avicennae A. chyanthes A. bidentata	Dong Kui Zi	Seed	Sweet/Cold/Moist	Demulcent, bulk laxative, antiinflammatory
# Δ	Aster	Aster tataricus	Zi Wan	Root/Rhizome	Sweet/Bitter/Warm	Expectorant, antibacterial for TB and bronchitis
Δ φ ¥	Red Aster	Aster puniceus	Purple Stem Aster	Root/Rhizome	Acrid/Bitter/ Warm	Nervine, antispasmodic
Δ φ ¥	Heart Leaf Aster	Aster cordifolius		Root/Rhizome	Acrid/Bitter/ Warm	Diaphoretic
Σ +	Barberry	Berberis vulgaris		Root/Bark	Bitter/Cold/Dry	Topical, antibacterial, cholagogue
Δ #	Beggersticks	Bidens pilosula	Xian Feng Cao	Herb	Sweet, Neutral	Febrifuge, lowers BP, dysentery, enteritis, BPH
Δ *	Bermuda Grass	Cynodon dactylon	Dhub	Herb	Sour/Neural	Diuretic
Σ	Birch	Betula spp.		Bark/Twigs	Neutral / Dry	Betulinic Acid, (anti-tumor activity), prostatic inflammation
∞φ ¥ +	Bluebells	Polemonium reptans	Jacobs Ladder	Root	Acrid/Warm/Dry	Astringent, diaphoretic, pleurisy, pneumonia
# φ ¥	Bugleweed	Lycopus virginicus	Ze Lan	Herb	Acrid/Bitter/Warm	Sedative, styptic, heart tonic, enteritis, anodyne, hemoptysis, hypothyroid,
Δ # φ	Bur Marigold	Bidens bipinnata	Nian Shen Cao	Root/Seed/Leaf	Bitter/Warm	Emmenagogue, anti-inflammatory, expectorant, BPH
+ #	Burnet	Sanguisorba officinalis	Di Yu	Root	Bitter/Sour/Cool	Astringent, hemostatic, for ulcers and menorrhagia
Δ #	Burreed	Scirpus maritimus	San Leng	Rhizome	Acrid/Bitter/Cold	Moves stagnant Qi, relieves pain, uterine or abdominal cramps
Δ φ Σ	Canadian Fleabane	Conyza canadensis	Horseweed	Herb	Pungent/Bitter/Warm Dry	Antihemorrhagic, diuretic carminative, hematuria, osteo-arthritis, diarrhea, dysentery

Symbols: Δ Common Adventurous Weeds + Easily Cultivated ∞ Locally Abundant - use occasionally
 # China φ Japan ¥ Cherokee * India φ Eclectic Σ European x Toxic

SYM	COMMON NAME	LATIN NAME	LOCAL NAME	PART USED	TASTE/ENERGY	SUMMARY OF USES
# *	Cassia	Cassia tora	Jue Ming Zi Chakunda	Seed	Sweet/Bitter/Cool	Lowers cholesterol, laxative, emollient, antihypertensive
# ϕ ϑ	Catalpa	Catalpa ovata	Kisasage Xin Ba Pi	Fruit	Sweet/Neutral	Diuretic, chronic bronchitis, nephritis
Δ #	Cat Tail	Typha latifolia	Pu Huang	Pollen	Sweet/Neutral	Hemostatic, diuretic, uterine bleeding, post- partum pain
Σ	Chaga	Inonotus obliquus	Clinker Polypore	Fungus	Sweet/Sl. Bitter/Warm	Immune potentiator, strong anticancer activity
ϕ Δ	Chicory	Cichorium intybus	Blue Sailers	Root	Bitter, Sl Sweet, moist	Liver & digestive tonic. Source of fructo- oligosaccharides (FOS) which stimulates growth of healthy intestinal flora.
# ϕ x	Club Moss	Lycopodium clavatum	Shen Jin Cao	Spores/Herb	Bitter/Acid/Warm	Relaxes muscles, clears meridians - rheumatic arthritis, urinary pain
Δ * ¥	Cocklebur	Xanthium strumarium	Banokra	Herb/Fruit	Acrid/Bitter/Warm	Rhinitis, rheumatic arthritis, diaphoretic, sedative, lumbago
+ #	Cockscomb	Celosia cristata	Ji Guan Hua	Flower/Seed	Sweet/Cool	Astringent, trichomonas, uterine & rectal bleeding, hemorrhoids
Δ ϕ ¥	Cow Parsnip	Heracleum lanatum	Kanali	Root/Seed	Acrid/Warm	Antispasmodic carmin- ative used for Petite mal epilepsy, and bowel spasms.
Δ # ϑ	Day flower	Commelina communis	Ya Zhi Cao Tsuyu-kusa	Herb	Sweet/Cool/Moist	Soothing diuretic, ulcers, sore throats, gastritis
Δ # ¥	Dodder	Cuscuta spp.	Tu Si Zi Nu Watuyanuhi	Seed Herb	Acrid/Sweet/ Neutral Bitter/Cool	Kidney Yang tonic, liver & bowel tonic, impotence, sciatica pain
¥ ∞	Dogwood	Cornus florida	Wousita	Bark	Bitter/Cool/Dry	Malaria, muscle cramps, intermittent fevers
# +	Dogwood	Cornus officinalis	Shan Zhu Yu	Berries	Sour/Warm	Diuretic, impotence, uterine bleeding, HBP

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China ϑ Japan ¥ Cherokee * India ϕ Eclectic Σ European x Toxic

SYM	COMMON NAME	LATIN NAME	LOCAL NAME	PART USED	TASTE/ENERGY	SUMMARY OF USES
Δ #	Duckweed	Spirodela polyrrhiza Lemna minor	Fu Ping	Herb	Acrid/Cold	Cardiac tonic, diuretic, diaphoretic, edema
# *	Eclipta	Eclipta alba	Han Lian Cao Bhringaraja	Herb	Sweet/Sour/Cold	Liver/Spleen congestion, balding, insomnia, alopecia, cirrhosis,
# +	Euonymus	Euonymus alatus	Gui Jian Yu	Twigs	Bitter/Cold	Anodyne, emmenagogue, anthelmintic, lowers blood sugar levels
Δ #	Fox Tail Grass	Alopecurus aequalis	Gan Mai Niang	Herb	Sweet/Neutral	Diuretic, antiinflammatory, chickenpox
# ¥	Ganoderma	Ganoderma tsugae	Ling Zhi	Fungus	Sweet/Warm	Immune stimulant, nervine, insomnia, asthma, debility, poor memory
+ ¥ φ	Sweet Goldenrod	Solidago odora Solidago spp.	Unestala	Herb	Sweet/Acid/Warm	Diaphoretic, diuretic, sedative, HBP, cystitis
Σ Δ	Grape Leaf	Vitis vinifera		Leaf	Sour/Cool/Dry	Source of Anthocyanin Flavonoids used for varicose veins, hemorrhoids, liver tonic
# +	Ground Cherry	Physalis alkekengi	Suan Jiang	Root	Bitter/Cold	Sedative, febrifuge
φ Δ	Ground Cherry	Physalis viscosa		Fruit	Sour/Cool	Diuretic, cardiac tonic
Δ φ ¥	Hawkweed	Hieracium venosum	Ahwi Gali Gigagei	Root/Leaf	Bitter/Dry/Cool	Long history use for snakebites, diarrhea, expectorant, vulnerary
¥ φ	Hercules Club	Aralia spinosa	Ultsagitu Prickly Elder	Berry/Bark	Acrid/Bitter/Warm	Anodyne-toothache, moves Qi, arthritic pain, paralysis, diaphoretic
Δ #	Honeysuckle	Lonicera japonica	Jin Yin Hua	Flower	Bitter/Sweet/Cold Dry	Antibacterial, enteritis, anti-inflammatory, antipyretic, pneumonia, acute mastitis
Δ #	Honeysuckle	Lonicera japonica	Ren Dong Teng	Stem / Leaf	Sl. Sweet /Bitter Cold/Dry	Appendicitis, infectious hepatitis, flu, rheumatic pain
∞ φ ¥	Indian Pipe	Monotropa uniflora		Root	Bitter/Cold	Anodyne, antispasmodic, sedative, diaphoretic, fevers with pain, convulsions

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China φ Japan ¥ Cherokee * India φ Eclectic Σ European x Toxic

SYM	COMMON NAME	LATIN NAME	LOCAL NAME	PART USED	TASTE/ENERGY	SUMMARY OF USES
# Δ	Indian Strawberry	Duchesnea indica	She Mei	Herb	Bitter/Sweet/Cold	Antipyretic, laryngitis, acute tonsillitis, coughs
Δ #	Knot Grass	Polygonum aviculare	Bian Xu	Herb	Bitter/Cool/Dry	Diuretic, cholagogue, jaundice, urethritis, trichomonas, hemostatic
Δ #	Lespedeza	Lespediza cuneata	Ye Guan Men	Herb	Bitter/Sweet/Cool	Expectorant, enuresis, anthelmintic, traumatic injuries
Δ φ ¥	Lionsfoot	Prenanthes alba	White Lettuce	Root / Leaf	Bitter/Cool	Long history of use for rattlesnake bites, sedative, dysentery
Δ φ ¥	Lionsfoot	Prenanthes serpentaria	Gall of the Earth	Root / Leaf	Bitter/Cool	Long history of use for rattlesnake bites, sedative, dysentery
# ¥	Lizards Tail	Saururus cernuus	San Bai Cao	Herb	Acrid/Sweet/Cold	Irritation & inflammation of GI tract & urinary tract
# ∞	Lopseed	Phryma leptostachya	Tou Gu Cao	Herb	Acrid/Cool/Dry	Externally for ringworm, insect bites, scabies
Δ + ¥	Lyre Leaf Sage	Salvia lyrata		Herb	Bitter/ Pungent/ Cool	Carminative, ulcers, colds, coughs, nervous exhaustion
# +	Mulberry	Morus alba	Sang Bai Pi	Root/Bark	Sweet/Cold/Dry	Expectorant, diuretic, hypertension, antiasthmatic
# +	Mulberry	Morus alba	Sang Shen	Fruit	Sweet/Cool/Moist	Anemia, tinnitus, vertigo
# +	Mulberry	Morus alba	Sang Ye	Leaf	Sweet/Bitter/Cold	Diaphoretic, antibacterial, colds, sore throat
# +	Mulberry	Morus alba	Sang Shi	Branch	Bitter/Neutral/Dry	Antispasmodic, diuretic, Joint pain, high blood pressure
Σ Δ +	Nettle	Urtica dioica		Seed	Mineral Salt Neutral/Moist	Trophorestorative to the kidney: glomerulonephritis
Δ # *	Nutgrass	Cyperus rotundus	Xiang Fu Musta	Tuber	Acrid/Bitter/Neutral	Carminative, antispasmodic, dysmenorrhea, anodyne

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SYM	COMMON NAME	LATIN NAME	LOCAL NAME	PART USED	TASTE/ENERGY	SUMMARY OF USES
+ Σ	Olive Leaf	Olea europea		Leaf	Bitter/Cold	Hypertension, antiviral, diuretic
φ Δ Σ	Yellow Oxalis	Oxalis acetosella	Sour Grass	Herb	Sour/Cool/Dry	Diuretic, UTI, externally for indolent ulcers, tumors
Δ φ Σ	Ox-Eye Daisy	Chrysanthemum leucanthemum		Herb	Sweet/Pungent/Dry Neutral	Stops excessive sweating, excessive mucous discharge
# Δ ∞	Pennycress	Thlaspi arvensis	Bai Jiang Cao	Herb	Bitter/Acid/Cold	Antibacterial, used for abscesses, erysipelas
# Δ	Pepper Grass	Lepidium spp.		Seed	Acrid/Bitter/Cold	Expectorant, cardiotonic, diuretic, asthma
# Δ φ	Perilla	Perilla frutescens	Zi Su Ye	Herb	Acrid/Warm/Dry	Diaphoretic, carminative, seafood poisoning, nausea
# +	Persimmon	Diospyros spp.	Shi Di	Calyx	Bitter/Neutral	Hiccough, hiatus hernia
# +	Persimmon	Diospyros spp.	Shi Di	Unripe Juice	Sour/Dry	Hypertension
# * Δ	Puncture Vine	Tribulus terrestris	Ci Ji Li Gokshura	Fruit	Acrid/Bitter/Neutral	Diuretic, high blood pressure, dizziness, cystitis, builds kidney yang
Δ # *	Purslane	Portulaca oleracea	Ma Chi Xian Bada Lunia	Herb	Sour/Cool/Moist	Mild diuretic, liver tonic, mucous diarrhea with bleeding, seeds contain omega fatty acids
Δ ¥ φ	Ragweed	Ambrosia trifida	Uquaste Luyetu	Herb	Bitter/Acid/Warm	Astringent, antiseptic, styptic, vulnerary, bitter tonic
Δ ¥ φ	Ragweed	Ambrosia artemisiifolia	Uquaste Luyetu	Herb	Dry	Astringent, antiseptic, styptic, vulnerary, bitter tonic
Δ #	Reed	Phragmites communis	Lu Gen	Rhizome	Sweet/Cold/Moist	Diuretic, cystitis, dissolves gallstones, seafood poisoning, vomiting

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∞ # +	Rose of Sharon	Hibiscus syriacus	Mu Jin Hua	Flower	Sweet/Cool/Moist	Soothing demulcent to bladder, stomach, lg. intestine
Δ #	Rush	Juncus effusus	Deng Xin Cao	Pith	Sweet/Cold/Moist	Febrifuge, diuretic, sore throat, urinary tract infections
# +	Sandwort	Arenaria serpyllifora	Ling Ling Cao	Herb	Bitter/Cool	Diuretic, febrifuge, coughs
# φ Δ x Σ	Scarlet Pimpernel	Anagallis arvensis	Jian Feng Hong	Herb	Bitter/Cool	Used for poisonous bites, enlarged liver & spleen, edema
# Δ φ	Smartweed	Polygonum hydropiper	Shui Liao	Herb	Acrid/Warm/Dry	Hemostatic, menorrhagia vomiting, bruises, dysentery
¥ φ	Sourwood	Oxydendron arboreum	Udoqueya	Leaf	Sour/Cool/Dry	Diuretic, antiseptic, Benign Prostatic Hypertrophy, cystitis
¥ #	Sweetgum	Liquidambar styraciflua	Swamp Maple	Fruit	Acrid/Warm/Dry	Clears meridians, diuretic, rheumatic pain
¥ #	Sweetgum	Liquidambar styraciflua	Swamp Maple	Bark	Bitter/Neutral/Dry	Astringent-diarrhea, dysentery, nervous stomach, menorrhagia
¥ #	Sweetgum	Liquidambar styraciflua	Swamp Maple	Gum Resin	Acrid/Warm/Dry	Angina, bedsores, expectorant, anti-inflammatory, topical-herpes
Δ φ Σ	Sweet Melilot	Melilotus officinalis	Yellow Clover	Herb	Sweet/Bitter/Cold	Painful neuralgia, sciatica, colic, dysmenorrhea, ovarian pain
# +	Sweet Wormwood	Artemisia annua	Qing Hao	Herb	Bitter/Acid/Cold	Anti-malarial, febrifuge, anti-fungal, bitter tonic

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Δ # Σ	Teasel	Dipsacus spp.	Xu Duan	Root	Bitter/Warm/Dry	Anti-rheumatic, hemostatic, lower back & joint pain, threatened abortion
Δ φ Σ	Toadflax	Linaria vulgaris	Butter & Eggs	Herb	Bitter/Acid/Salty	Reduces elevated bilirubin levels, jaundice, splenic & hepatic hypertrophies
Δ # φ x	Tree of Heaven	Ailanthus altissima	Chun Pi	Bark	Bitter/Cold/Dry	Febrifuge, astringent, anti-spasmodic, dysentery, cardiac palpitations
φ	Tulip Tree	Liriodendron tulipifera	Yellow Poplar Tsiyu	bark	Acrid/Bitter/Warm	Diaphoretic, rheumatic pain, bitter tonic, fever with agitation
# ¥	Turkey Tails	Trametes versicolor	Coriolus	Fungus	Neutral/Moist	Immune stimulant, tumor inhibiting activity
Δ *	Velvet Leaf	Malva verticillata	Velvet Leaf	Seed	Sweet/Cold/Moist	Diuretic, bulk laxative
# *	Water Hyssop	Bacopa monnieri	Ba Ji Tian Brahmi	Herb	Mild Acrid/Warm	Builds kidney yang, low sperm count, impotence, ADHD, ADD, anxiety, backache, rheumatic pain, irregular menses
#	Water Pennywort	Hydrocotyle sibthorpioides	Man Tian Xiang	Herb	Sweet/Cool	Febrifuge, sore throat, coughs, cirrhosis of liver, jaundice
# ¥	Water Plantain	Alisma plantago - aquatica	Ze Xie	Tuber	Sweet/Cold	Diuretic, lowers blood sugar & cholesterol levels, fatty liver
¥ φ	White Ash	Fraxinus americana	Tsukanana	Bark	Bitter/Acid	Pelvic congestion, uterine fibroids
∞	White Sage	Salvia apiana		Leaf	Pungent/Cold/Dry	Benign prostatic hypertrophy, gargle-strep throat
# Δ	Whitlow Grass	Draba nemorosa	Ting Li Zi	Seed	Acrid/Bitter/Cold	Expectorant, cardiotoxic, diuretic, asthma

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SYM	COMMON NAME	LATIN NAME	LOCAL NAME	PART USED	TASTE/ENERGY	SUMMARY OF USES
# Δ	Wild Radish	Raphanus sativus	Lai Fu Zi	Seed	Acrid/Sweet Neutral	Expectorant, carminative, asthma, antifungal, increases HCL production
+ ¥	Yellow Root	Xanthorrhiza simplicissima	Dalani Anai Yulti	Root	Bitter/Cold/Dry	Antifungal, candidiasis, thrush, liver & digestive tonic

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