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The Herbal Cabinet

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The Herbal Cabinet

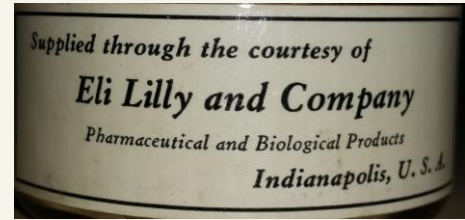
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Eli Lilly Herbal Samples



The following is a compilation of information on a collection of herbs donated to Dr. Mokler by a now closed company in Sebago, Maine. According to the Eli Lilly museum in Indianapolis, Indiana, these samples were used to identify herbs that were sent to Eli Lilly from around the world in the early 1900s. Many of the herbs that were received were either not labeled or mislabeled. These samples were used to try to correctly identify the herbs. The herbs are in the original bottles and have not been opened.

Most of these herbs will be familiar to current day herbalists. We have placed a photograph of the bottle and the information given on the bottle label, then added information from current herbal sources as to the medicinal uses of the herb.



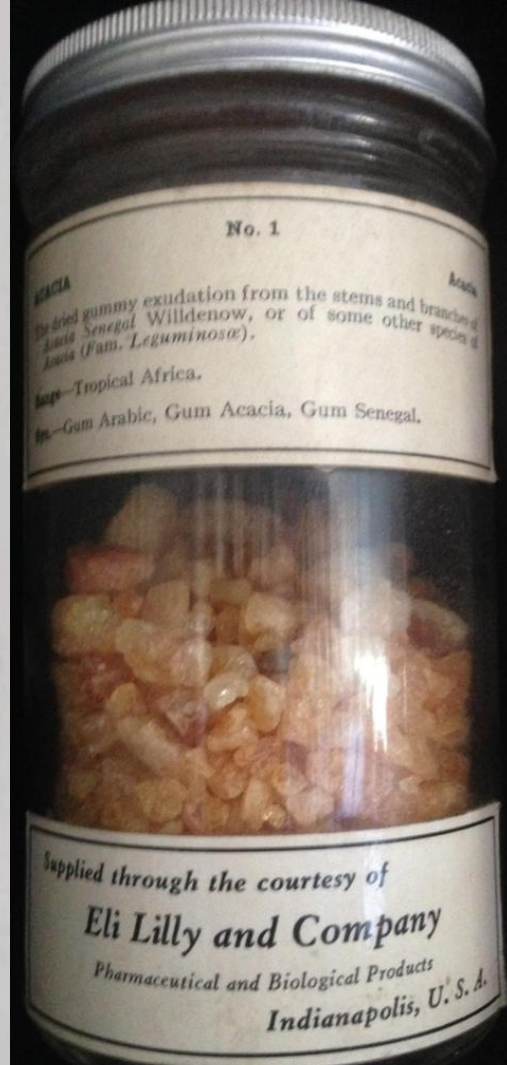
Acacia

Scientific Name: *Acacia senegal* (now *Senegalia senegal*)

Label Information: The dried gummy exudation from the stems and branches of *Acacia Senegal* Willdenow, or of some other species of *Acacia* (Fam. *Leguminosæ*)

Range: Tropical Africa.

Common Names: Gum Arabic, Gum Acacia, Gum Senegal.



Acacia

Additional Information:

Gum Arabic is the hardened sap of the Acacia plant which is used in various ways, including adhesives, pharmaceuticals, inks, confections, cosmetics, flavored drinks, food thickener, emulsifier, stabilizer, encapsulating material, and as a surface-finishing agent.

Egyptians called it “kami” and used it from 2650 BC to secure bandages to mummies. It is also used as an astringent to treat colds, eye diseases, diarrhea, and hemorrhages (101).



The Acacia tree.

From: Nameberry [Internet]. [cited 2016].

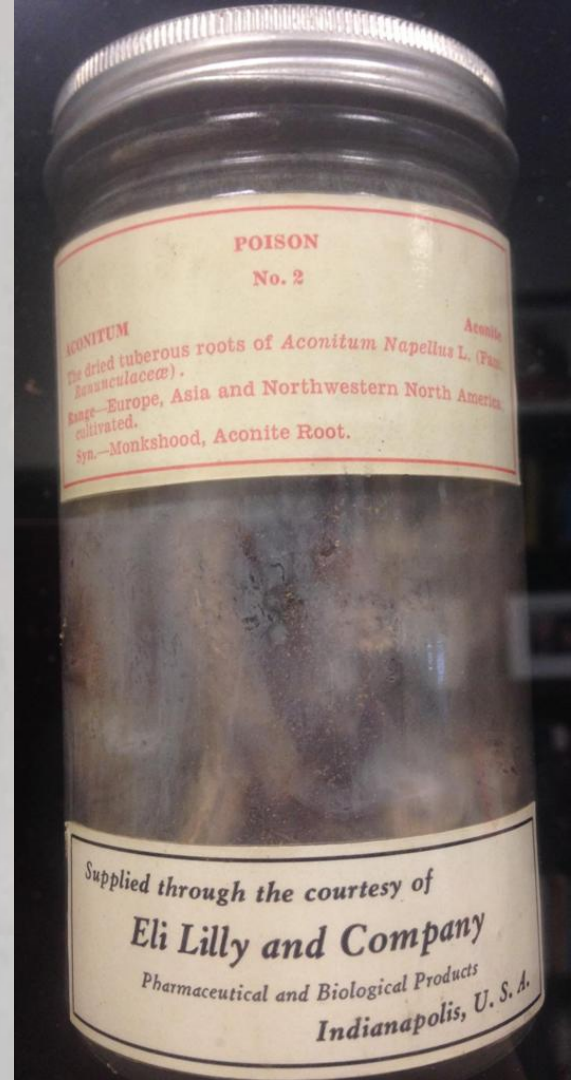
Aconitum

Scientific Name: *Aconitum napellus*

Label Information: The dried tuberous roots of *Aconitum napellus* L. (Fam. *Ranunculaceæ*)

Range: Europe, Asia & Northwestern North America.

Common Names: Tiger's bane, Monkshood, Aconite Root.



Aconitum

Additional Information:

Aconitum contains aconite, a Na⁺ channel blocker that causes tachycardia, heart block, ventricular fibrillation, nausea, vomiting, arrhythmia and shock upon ingestion. It is therefore poisonous.

Aconitum has undergone testing for medicinal purposes, including improving heart and kidney function in patients with heart failure.

Aconitum has a long history for medicinal treatments, including heart diseases, throughout China. It is also used worldwide for arrow poisons, execution, and suicidal and homicidal poison.

More recently, Aconitum has been used for neuralgia, sciatica, and rheumatism, as well as in homeopathic preparations for cold and flu symptoms, anxiety, acute inflammation and peripheral nerve pain (101).



The flower of Aconitum, a poisonous plant found in regions around the world.

From: Wikipedia. [Internet]. [cited 2016].

Agar

Scientific Name: *Gelidium corneum*

Label Information: The dried mucilaginous substance extracted from the polysaccharide agarose, found in the algae *Gelidium corneum*.

Range: Europe, North Africa, Caribbean, Australia and New Zealand.

Common Names: Japanese or Chinese Gelatin.

Note: Known geographic range of *Gelidium corneum* differs from that on Eli Lilly & Co. label- ranges and information is based off of current data of the species.



Agar

Additional Information:

Agar is extracted from red seaweed and is primarily used in food. It also readily makes a gel, and is used as a stabilizer, bulking, thickening, and gelling agent.

It has been tested for use against diabetes and jaundice in infants, and is also commonly used as a laxative.

Agar has a wide range of commercial uses, including cloth, paper, cosmetics and, more recently, growing bacteria in a lab.

Traditionally, Agar has been used as an antioxidant, for constipation, hyperlipidemia, and obesity (17).



***Gelidium corneum*, a red seaweed found in various parts of the world used to make agar.**

From: Asturnatura. [Internet]. [cited 2016].

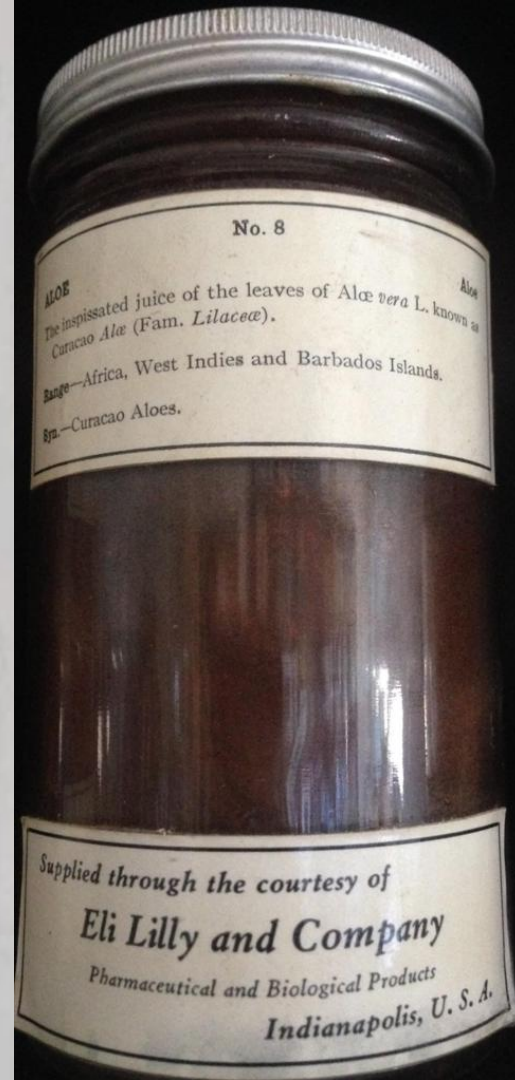
Aloe

Scientific Name: *Aloe vera*

Label Information: The inspissated juice of the leaves of *Aloe vera*.

Range: Africa, West Indies and Barbados Islands.

Common Names: Curacao Aloes.



Aloe

Additional Information:

Aloe has been used for thousands of years to treat wounds, skin infections, burns, and many other dermatological conditions. The latex inner lining has also been used as an oral laxative, and there is positive evidence that it may work as a treatment for constipation, genital herpes, psoriasis vulgaris, and seborrheic dermatitis (dandruff).

Possible side effects of Aloe include hives, dermatitis, and red eyelids (4).



The plant of *Aloe vera*, found in Africa, the West Indies and the Barbados Islands.

From: Raw Edible Plants. [Internet]. [cited 2016].

Althea

Scientific Name: *Althea officinalis*

Label Information: The dried brown, corky layer of small roots of *Althea officinalis*.

Range: Europe, Western and Northern Asia; cultivated in Europe and the United States.

Common Names: Marsh Mallow Root.



Althea

Additional Information:

Althea is a plant whose leaves and root are used for medicinal purposes, such as the reduction pain and swelling of the mucous membranes lining the respiratory tract.

It is also used as a treatment for dry cough, inflammation of the lining of the stomach, diarrhea, stomach ulcers, constipation, urinary tract inflammation, and stones in the urinary tract. Althea can also be applied topically for treatment for skin ulcers, skin inflammation, burns, insect bites, chapped skin, chilblains and other wounds.

In food, the leaves and roots are used as a flavoring agent (90).



The flower of *Althea officinalis*, a plant found in Europe and Asia.

From: Labour of Love Landscaping. [Internet]. [cited 2016].

Anisum

Scientific Name: *Pimpinella anisum*.

Label Information: The ripe fruit of *Pimpinella anisum* L. (Fam. *Umbelliferae*).

Range: Africa, Western Asia; cultivated in Southern Europe, India and South America.

Common Names: Anise Seed.



Anisum

Additional Information:

Anisum was used in Egypt as early as 1500 BC, and in the Roman Empire in spiced cakes to aid digestion.

Currently, Anisum is used medicinally to promote digestion and urine flow, as well as cancer treatments in Europe. Mexico, Turkey and China use Anisum as a carminative (relieves intestinal gas) and galactagogue (stimulates breast milk production). Furthermore, anise oil is used in flavoring artificial licorice candies, cough lozenges and syrups.

Anisum has also been known to be used to induce abortion and to treat respiratory illnesses, such as asthma and bronchitis. Mixed with other herbs, it is used to treat head lice (8).



The flower of *Pimpinella anisum*, a plant found native to the Mediterranean region and Asia.

From: Suburban Seeds. [Internet]. [cited 2016].

Arnica

Scientific Name: *Arnica montana*

Label Information: The dried flower-heads of *Arnica montana* L. (Fam. Compositœ).

Range: Europe, Siberia and Northern United States.

Common Names: Wolf's-bane, Mountain Tobacco, Arnica Flowers.



Arnica

Additional Information:

Arnica is used in herbal ointments for skin as an anti-inflammatory and pain-relieving agent for aches, bruises, and sprains on unbroken skin.

Full doses of arnica may be toxic when taken by mouth, and may also be damaging to the heart, resulting in high blood pressure. The FDA has declared Arnica as an unsafe herb due to the adverse effects reported when taken by mouth (71).



The flower of *Arnica montana*, a plant native to Europe, Siberia and the Northern US.

From: Plant World Seeds. [Internet]. [cited 2016].

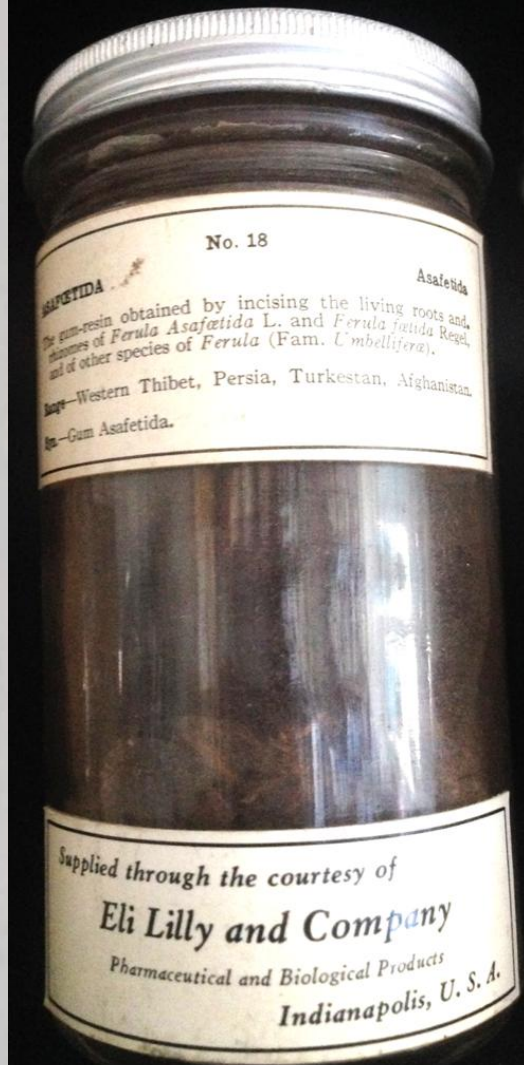
Asfetida

Scientific Name: *Ferula asfoetida* and *Ferula foetida*

Label Information: the gum-resin obtained by incising the living roots and rhizomes of *Ferula Asafœtida* L. and *Ferula foetida* Regel.

Range: Western Thibet, Persia, Turkestan, Afghanistan.

Common Names: Gum Asafetida.



Asfetida

Additional Information:

Asfetida is a plant native to Iran. Its dried and crushed stem and roots are used in Indian and Middle Eastern cuisine.

There is currently little information available on the pharmacological and medicinal uses of asafetida. It has traditionally been used for abortifacient, anti-inflammatory, antispasmodic, cancer, colon inflammation, digestion, food uses, high blood pressure, insecticide, osteoporosis, and radiation protection (25).



The flowers of *Ferula asfoetida*, a plant native to regions in the Middle East.

From: Rugusavay. [Internet]. [cited 2016].

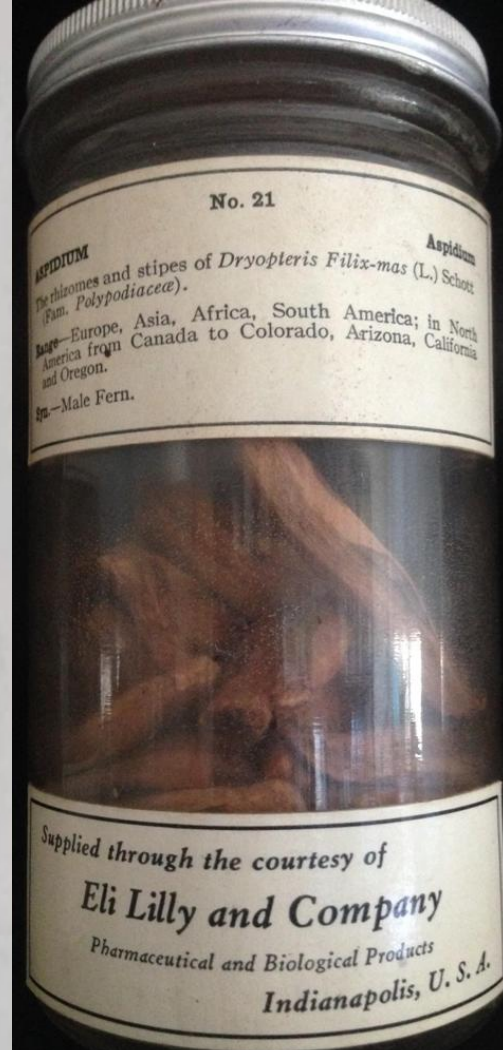
Aspidium

Scientific Name: *Dryopteris filix-mas*

Label Information: The rhizomes and stipes of *Dryopteris filix-mas*.

Range: Europe, Asia, Africa, South America; in North America from Canada to Colorado, Arizona, California and Oregon.

Common Names: Male Fern.



Aspidium

Additional Information:

Aspidium is the dried ferns of the plant *Dryopteris filix-mas*. It was formerly used to treat tapeworm infestations, however, it was found to be highly toxic to the gastrointestinal tract. The parts of the plant used include the leaves, oil, resin, and roots. Aspidium is used in topical preparations for circulatory, respiratory, and skin conditions, joint or muscle pain, internal preparation for tapeworm.

It should be used cautiously as it can be poisonous and contains an oleoresin capable of causing liver damage (13).



The fern, *Dryopteris filix-mas*, found in Europe, Asia, Africa, South and North America.

From: Royalty Free Stock Photos. [Internet]. [cited 2016].

Auranti Amari Cortex

Scientific Name: *Citrus aurantium*

Label Information: The dried rind of the unripe fruit of *Citrus aurantium* L. (Fam. Rutaceæ).

Range: Northern India; cultivated in tropical countries, specifically in the Mediterranean Basin.

Common Names: Bitter Orange



Auranti Amari Cortex

Additional Information:

Auranti comes from a flowering, fruit-bearing evergreen tree native to tropical Asia. However, it is now cultivated in the Mediterranean, among other places.

In China, unripe bitter oranges were used to make zhi shi, an herbal extract used to treat constipation, improve energy and calm the nerves of people with insomnia and shock. In the Amazon rainforest, it was used as a laxative, to relieve nausea, stomach pains, indigestion, gas and constipation.

It was said to help weight loss, however, there is no evidence to show that this is the case. Yet, it has effects of short-term calorie burning, increased heart rate, raised blood pressure and exacerbation of existing heart problems (28).



The fruit of *Citrus aurantium*, a plant native to India.

From: Thomas Schoepke. [Internet]. [cited 2016].

Belladonna E. Folia

Scientific Name: *Atropa belladonna*

Label Information: The dried leaves and tops of *Atropa belladonna* L. (Fam. *Solanaceæ*).

Range: Southern Europe to Central Asia; cultivated to United States.

Common Names: Deadly Nightshade.

Belladonna E. Radix

Scientific Name: *Atropa belladonna*

Label Information: The dried root of *Atropa belladonna* L. (Fam. *Solanaceæ*).

Range: Southern Europe to Central Asia; cultivated to United States.

Common Names: Deadly Nightshade.



Belladonna E. Folia & Belladonna E. Radix

Additional Information:

Belladonna E. Folia is from the leaves of Belladonnae, while Belladonna E. Radix comes from the root of Belladonnae.

It has been used for centuries for a variety of medicinal purposes, including headaches, menstruation, peptic ulcer disease, inflammation, and motion sickness. Research shows that it is possible that it works in management of irritable bowel syndrome, however, there is not yet enough evidence to fully support this possibility.

Common side effects include dry mouth, urinary retention, pupillary dilation, constipation, confusion and delirium. Many of these side effects can occur while taking therapeutic doses.

Historically, the Romans used the plant as a biological weapon against enemies by contaminating their food. Belladonna has also been used by upper class women to dilate their pupils and make themselves more beautiful. In world war II, belladonna was the only antidote to a odorless nerve gas created by the germans. Presently, it is used to dilate pupils for eye exams and surgeries (69).



***Atropa belladonna*, a poisonous plant found throughout Southern Europe and Central Asia.**

From: The Poison Diaries. [Internet]. [cited 2016].

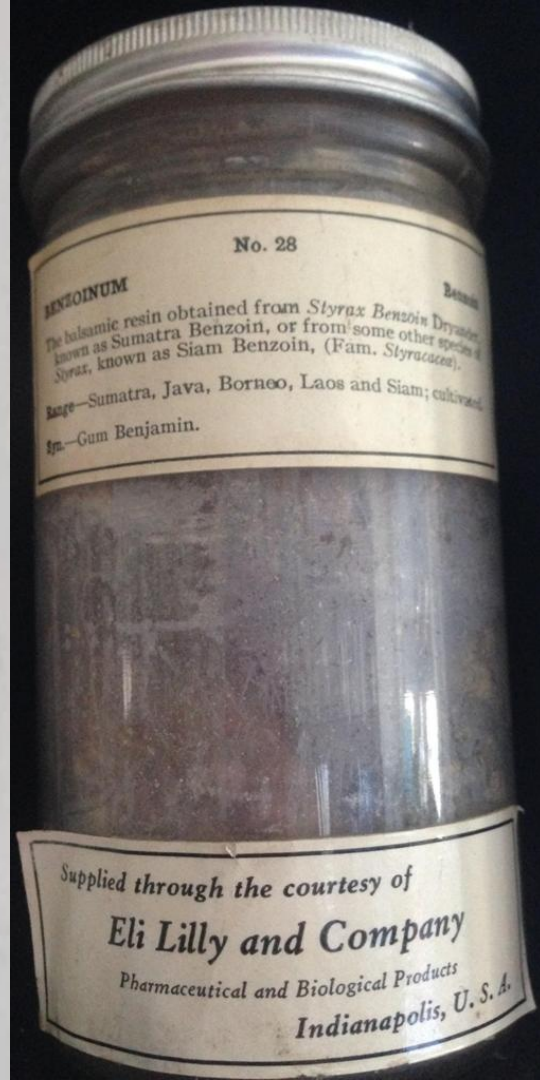
Benzoinum

Scientific Name: *Styrax benzoin*

Label Information: The balsamic resin obtained from *Styrax benzoin*. (Fam. *Styracaceæ*).

Range: Sumatra, Java, Borneo, Laos and Siam; cultivated.

Common Names: Gum Benjamin.



Benzoinum

Additional Information:

Extracted from the tree *Styrax benzoin*, Benzoinum is indigenous to Sumatra, Java and Borneo.

It stimulates mucus tissues and is a component of many balsams, which help in healing wounds. Inhaling the fumes is recommended for chronic pulmonary catarrhs and old laryngeal inflammations.

Benzoinum is primarily used to improve the taste and odor of other medicines as well as in perfumes (13).



The plant of *Styrax benzoin*.

From: Fredrik Carlsson. [Internet]. [cited 2016].

Buchu

Scientific Name: *Barosma betulina*

Label Information: The dried leaves of *Barosma betulina* (Fam. *Rutaceæ*).

Range: Southern Africa.

Common Names: Short Bochu.



Buchu

Additional Information:

The leaves and oil of Buchu have been used by indigenous people of the Cape in South Africa for hundreds of years, yet its original use is unclear. It seems to have been applied to skin possibly as an insect repellent. Buchu is used internally for stomach problems, rheumatism, and bladder problems. It contains both diosmin and hesperidin, meaning that it may have anti-inflammatory, hypolipidemic (lowers blood cholesterol) and vasoprotective applications (42). ■



The plant of *Barosma betulina*, native to southern Africa.

From: Plant Cures. [Internet]. [cited 2016].

Calendula

Scientific Name: *Calendula officinalis*

Label Information: The dried legulate florets of *Calendula officinalis* L. (Fam. *Compositæ*).

Range: Levant and Southern Europe, cultivated.

Common Names: Marigold.



Calendula

Additional Information:

Calendula is used to treat minor wounds, skin infections, burns, bee stings, sunburns, warts, and cancer.

One study in breast cancer patients suggested that calendula ointment may help in preventing skin dermatitis (6).



The flower of *Calendula officinalis*, commonly known as marigold.

From: Sonomo fignits. [Internet]. [cited 2016].

Calumba

Scientific Name: *Jateorhiza palmata*

Label Information: The dried root of *Jateorhiza palmata* (Fam. *Menispermaceæ*).

Range: Eastern Africa; cultivated in parts of the East Indies.

Common Names: Columbo.



Calumba

Additional Information:

The first recorded use of calumba was in 1671 when the Portuguese brought it to England from Africa.

It is used as a very gentle and effective digestive bitter (65).



The root of *Jateorhiza palmata*, native to Eastern Africa.

From: GBaldwin & Co. [Internet]. [cited 2016].

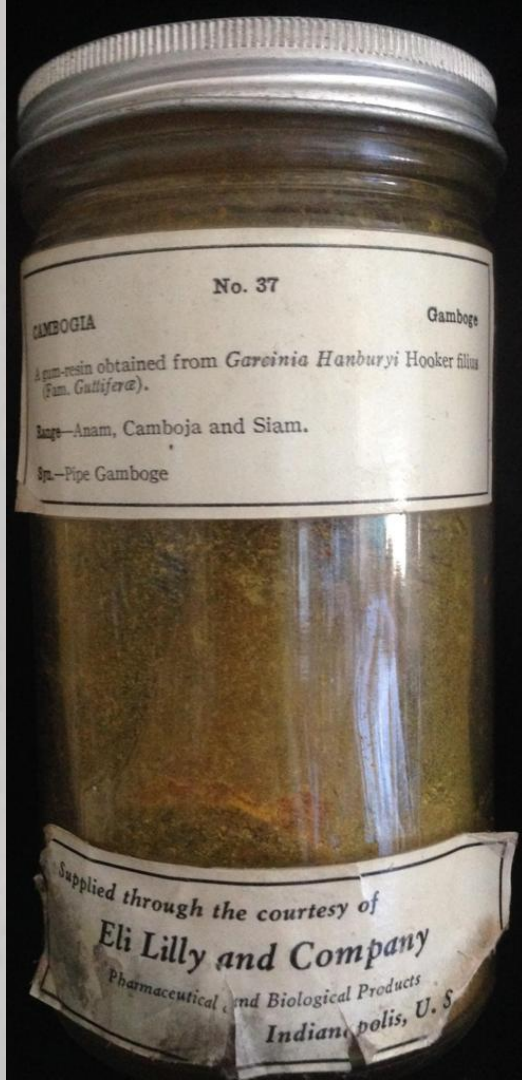
Cambogia

Scientific Name: *Garcinia hanburyi*

Label Information: A gum-resin obtained from *Garcinia hanburyi* (Fam. *Guttiferæ*).

Range: Anam, Cambodia and Siam.

Common Names: Pipe Gamboge



Cambogia

Additional Information:

Cambogia has been used for centuries in southeast Asia as a food preservative, flavoring agent, and carminative. In India, it is used in folk tradition for rheumatism and bowel complaints.

There is some evidence supporting that it can be used in weight loss and exercise performance. However, it is not conclusive (40).



The plant of *Garcinia cambogia*.

From: GHI. [Internet]. [cited 2016].

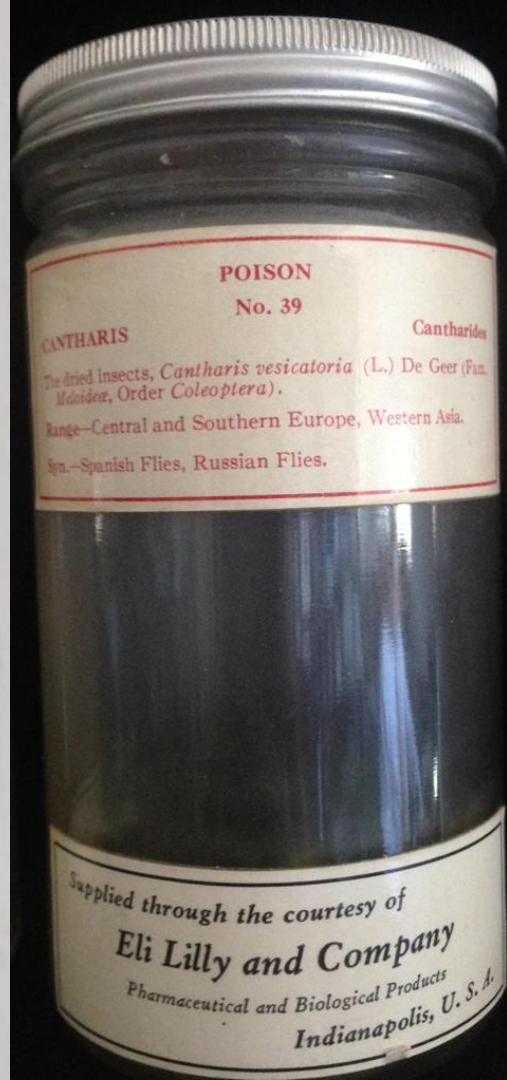
Cantharis

Scientific Name: *Cantharis vesicatoria*

Label Information: The dried insects, *Cantharis vesicatoria* (Fam. *Meloidæ*, Order *Coleoptera*).

Range: Central and Southern Europe, Western Asia.

Common Names: Spanish Flies, Russian Flies.



Cantharis

Additional Information:

Cantharis is a beetle that is dried and crushed before use. The lethal dose for humans is 0.03g.

It is used in homeopathic medicine. Chinese physicians, for example, apply it to the skin to increase circulation for local irritations and to counter infections. It can also be used for kidney stones, absent periods, enlarged spleen and urinary tract infections (29).



The beetle *Cantharis vesicatoria*.

From: Homeopathic Research. [Internet]. [cited 2016].

Capsicum

Scientific Name: *Capsicum frutescens*

Label Information: The dried, ripe fruits of *Capsicum frutescens* L. (Fam. *Solanaceæ*).

Range: Africa; widely cultivated.

Common Names: Cayenne Pepper, African Chillies.



Capsicum

Additional Information:

Capsicum is derived from peppers, whose heat depends on the amount of capsaicin in them. Originally cultivated in the Americas, it is now grown all over the world.

It is used as flavoring in curry powder, tabasco sauce, is present in chilli powder and many other spices.

There is strong evidence that it can be used for relief of postoperative pain, lower back pain, nausea and vomiting. It has also been used for weight loss, sore throats, tonsillitis, diabetes, cardiovascular disorders, however, there is insufficient evidence regarding its effectiveness (39).



The fruits of *Capsicum frutescens*, native to Africa.

From: Hortipedia. [Internet]. [cited 2016].

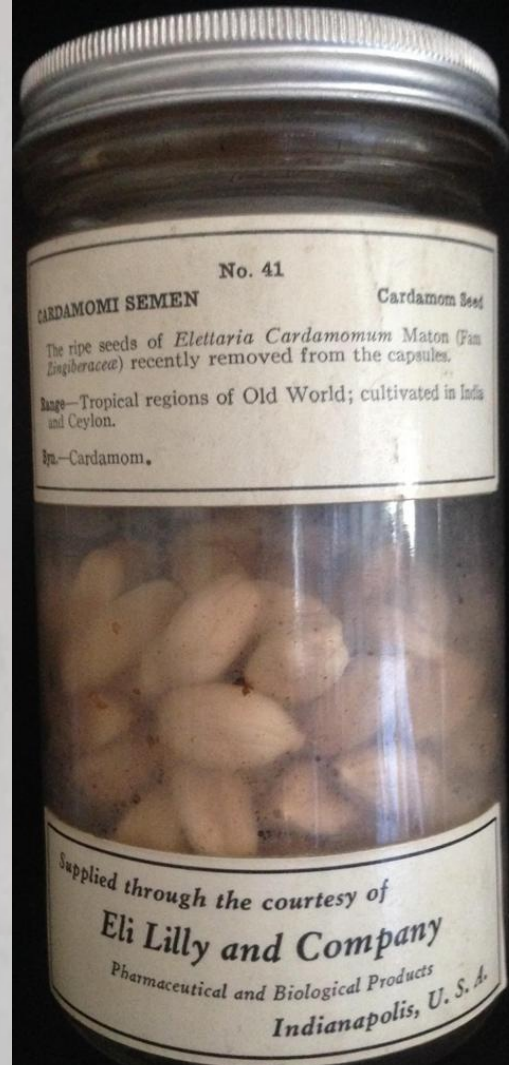
Cardamomi Semen

Scientific Name: *Elettaria cardamomum*

Label Information: The ripe seeds of *Elettaria cardamomum* (Fam. Zingiberaceae).

Range: Tropical regions of Old World; cultivated in India and Ceylon.

Common Names: Cardamom.



Cardamomi Semen

Additional Information:

Cardamomi Semen is used as a spice, a masticatory and is also used in medicine. It acts on the spleen, stomach and lung channels (7).



The seeds of *Elettaria cardamomum*.

From: The Young Expat. [Internet]. [cited 2016].

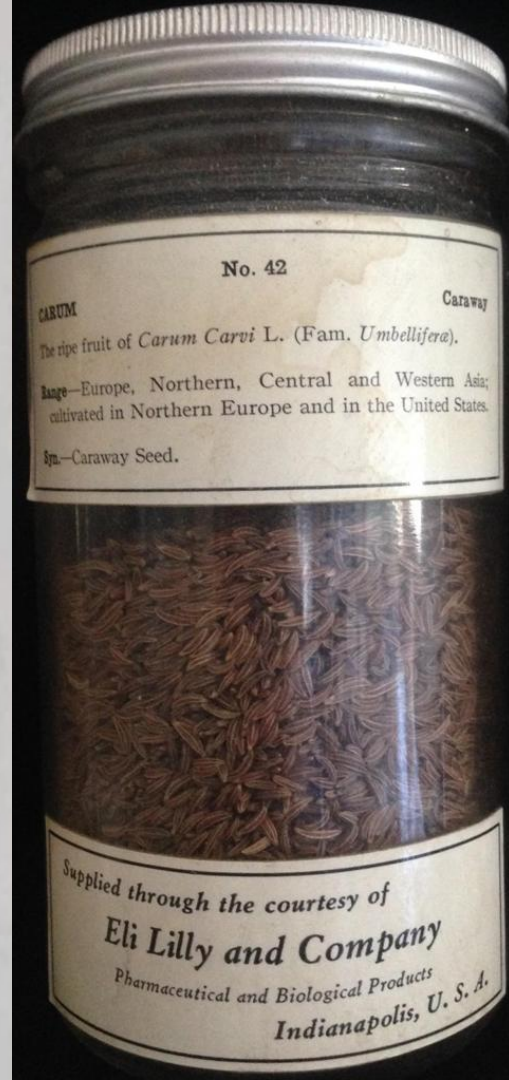
Carum

Scientific Name: *Carum carvi*

Label Information: The ripe fruit of *Carum carvi* (Fam. *Umbelliferae*).

Range: Europe, Northern, Central and Western Asia; cultivated in Northern Europe and in the United States.

Common Names: Caraway Seed.



Carum

Additional Information:

Carum is a genus of about 20 species of flowering plants in the family Apiaceae. It is native to temperate regions of Europe and Asia. The seeds of *Carum carvi* are widely used as a culinary spice (38).



The plant of *Carum carvi*.

From: Earth's Bare Oils. [Internet]. [cited 2016].

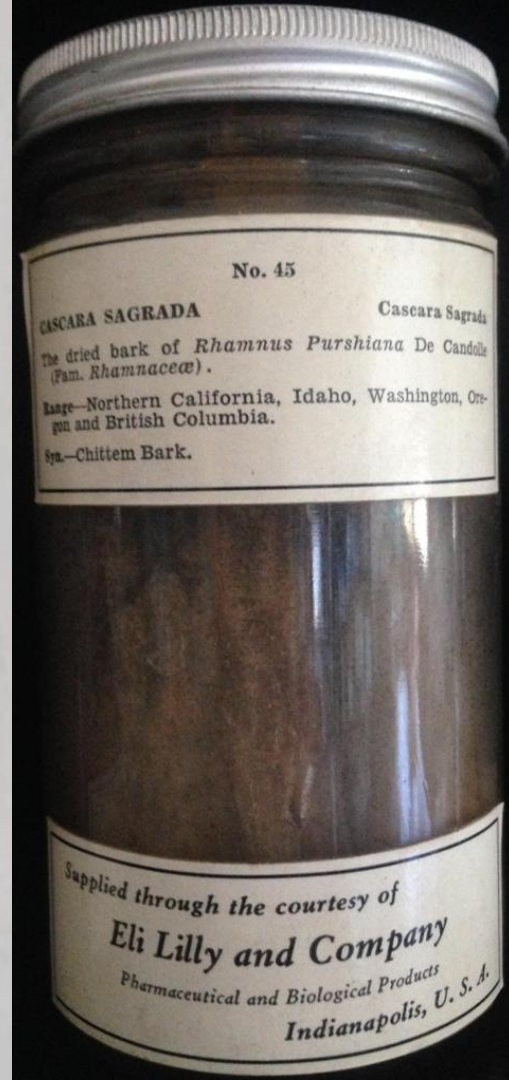
Cascara Sagrada

Scientific Name: *Rhamnus purshiana*

Label Information: The dried bark of *Rhamnus purshiana* (Fam. *Rhamnaceæ*).

Range: Northern California, Idaho, Washington, Oregon and British Columbia.

Common Names: Chittem Bark.



Cascara Sagrada

Additional Information:

Cascara is a shrub whose dried bark is used to make medicine. Cascara used to be approved by the federal Food and Drug Administration (FDA) as an over-the-counter (OTC) drug for constipation. However, given concerns regarding the plant's safety, it can no longer be used in drugs. Cascara can now only be bought as a "dietary supplement," as dietary supplements do not have to meet the standards that the FDA applies to OTC or prescription drugs.

Cascara is used as a laxative for constipation, as well as a treatment for gallstones, liver ailments, and cancer. Some cultures use it as a "bitter tonic." Cascara is used as a food flavoring agent, as well as in the manufacturing of sunscreen (73).



The plant of *Rhamnus purshiana*, native to the Western US and British Columbia.

From: AngelFire. [Internet]. [cited 2016].

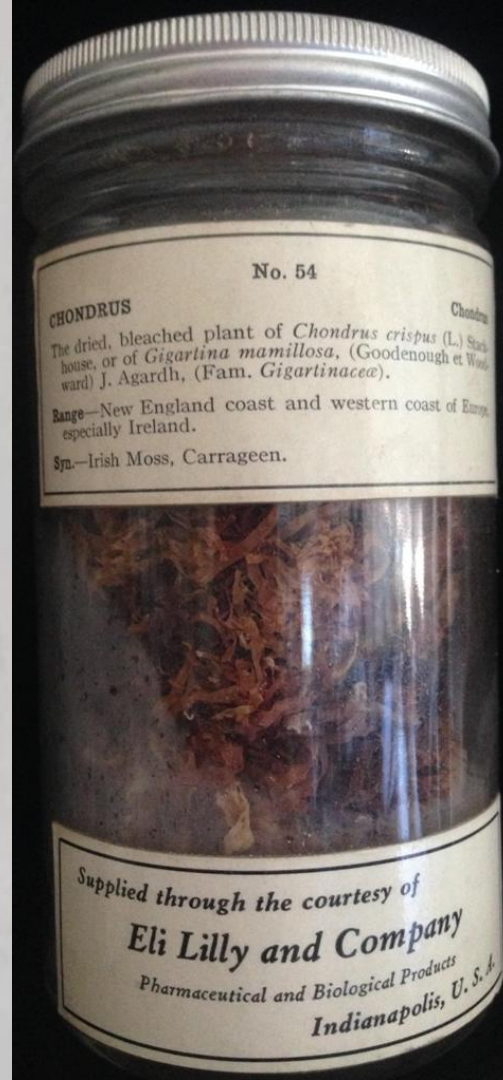
Chondrus

Scientific Name: *Chondrus crispus*

Label Information: The dried, bleached plant of *Chondrus crispus* (Fam. *Gigartinaceæ*).

Range: New England coast and western coast of Europe, especially Ireland.

Common Names: Irish moss, Carregeen.



Chondrus

Additional Information:

Chondrus is a marine lichen, whose dried fronds contain carrageenans, which are polysaccharide complexes. It is demulcent and emollient, and has been used to soothe coughs and gastric ulcers (66).



***Chondrus crispus*, a marine lichen native to New England and Ireland.**

From: The Seaweed Site. [Internet]. [cited 2016].

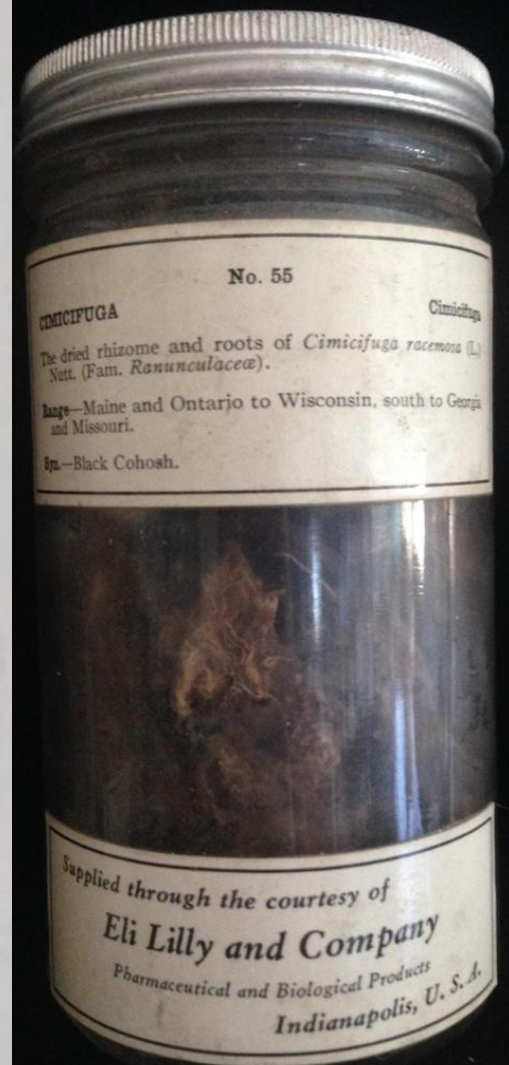
Cimicifuga

Scientific Name: *Cimicifuga racemosa*

Label Information: The dried rhizome and roots of *Cimicifuga racemosa* (Fam. *Ranunculaceæ*).

Range: Maine and Ontario to Wisconsin, south to Georgia and Missouri.

Common Names: Black Cohosh.



Cimicifuga

Additional Information:

Black cohosh was first used for medicinal purposes by Native American Indians, who introduced it to European colonists. Black cohosh became a popular treatment for women's health issues in Europe in the mid-1950s. Since that time, black cohosh has commonly been used to treat symptoms of menopause, premenstrual syndrome (PMS), painful menstruation, acne, weakened bones (osteoporosis), and for starting labor in pregnant women.

Black cohosh has also been explored for treatments in anxiety, rheumatism, fever, sore throat, and cough. Some people also apply black cohosh directly on the skin to improve the skin's appearance. Similarly, people used black cohosh for other skin conditions such as acne, wart removal, and even the removal of moles (72).



The plant of *Cimicifuga racemosa*.

From: Natural Drug. [Internet]. [cited 2016].

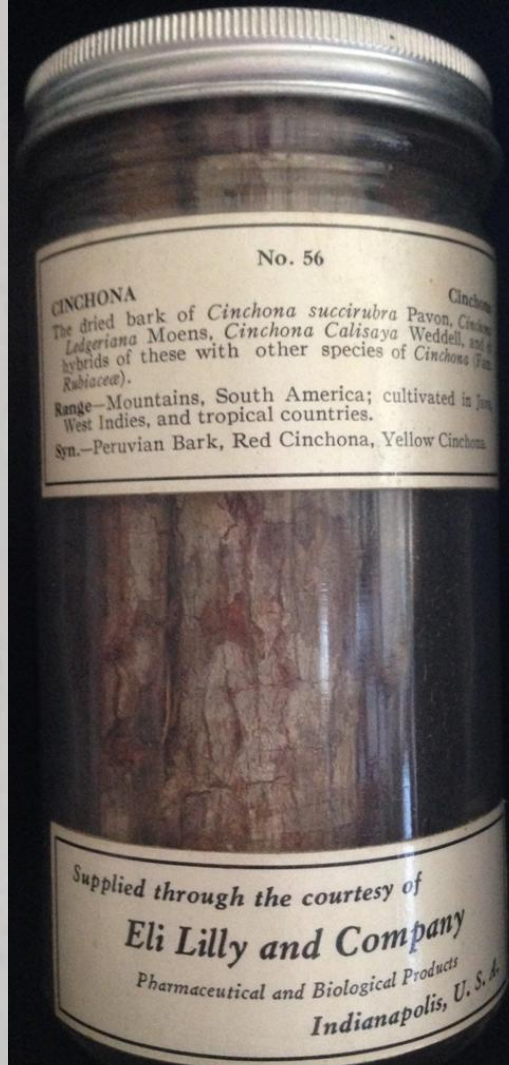
Cinchona

Scientific Name: *Cinchona succiruba*

Label Information: The dried bark of *Cinchona succiruba* (Fam. *Rubiaceæ*).

Range: Mountains of South America; cultivated in Java, West Indies, and tropical countries.

Common Names: Peruvian Bark, Red Cinchona, Yellow Cinchona.



Cinnamomum

Additional Information:

Cassia cinnamon is a plant whose bark and flowers are used for medicinal purposes, such as treatments for gas (flatulence), muscle and stomach spasms, preventing nausea and vomiting, diarrhea, infections, the common cold, and loss of appetite. Some people use it for erectile dysfunction (ED), hernia, bed-wetting, joint conditions, menopausal symptoms, menstrual problems, and to induce abortions.

Cassia cinnamon is also used for chest pain, kidney disorders, high blood pressure, cramps, cancer, and as a “blood purifier.” Cassia cinnamon is used in suntan lotions, nasal sprays, mouthwashes, gargles, toothpaste, and as a “counterirritant” applied to the skin in liniments.

Research shows that it is possibly effective for lowering blood sugar in type 1 or type 2 diabetes. In food and beverages, cassia cinnamon is used as a flavoring agent (74).



The flower of *Cinnamomum*.

From: WikiCommons. [Internet]. [cited 2016].

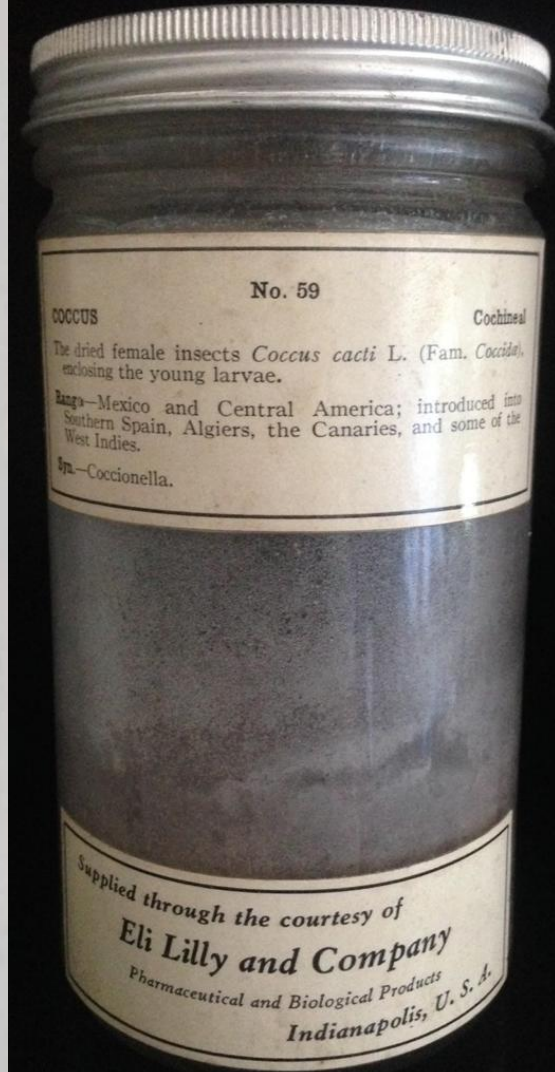
Coccus

Scientific Name: *Coccus cacti*

Label Information: The dried female insects *Coccus cacti* (Fam. *Coccidæ*), enclosing the young larvae.

Range: Mexico and Central America; introduced into Southern Spain, Algiers, the Canaries, and some of the West Indies.

Common Names: Coccionella.



Coccus

Additional Information:

Coccus cacti is a powder made from dried cochineal, an insect native to Mexico. The female cochineal beetles are collected from cacti plants, dried, and then pulverized into a powder to use as a dye or for homeopathic remedies. The beetles are usually harvested by carefully brushing them off of the cactus and into a cloth sack.

It is sometimes used as a medicinal remedy to treat whooping cough, laryngitis, sinusitis, and menstrual issues (102).



The beetle *Coccus cacti*, native to Mexico, Central America and southern Spain.

From: Katatrepsis. [Internet]. [cited 2016].

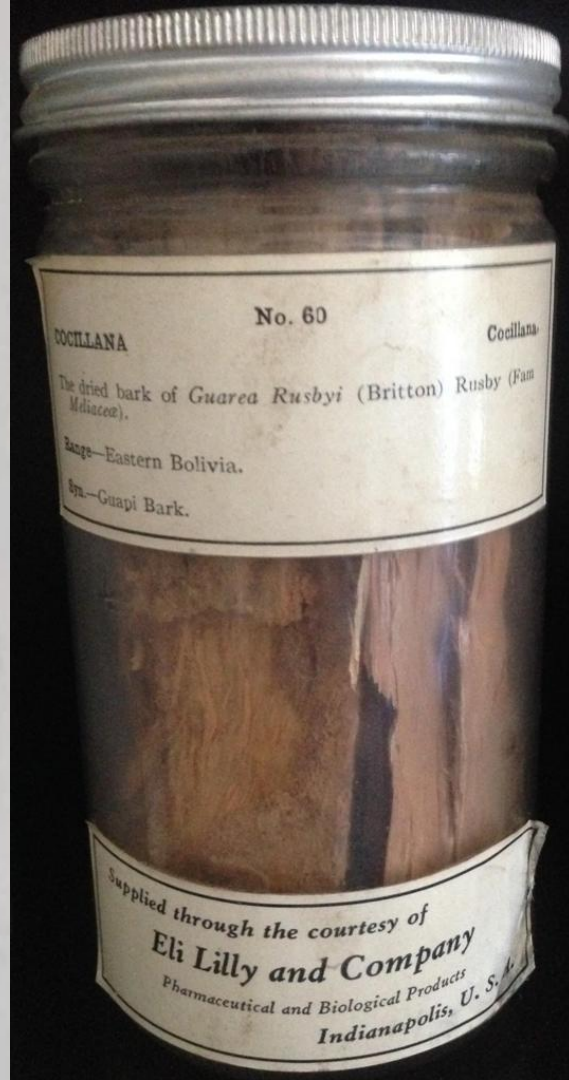
Cocillana

Scientific Name: *Guarea rusbyi*

Label Information: The dried bark of *Guarea rusbyi* (Fam. *Meliaceæ*).

Range: Eastern Bolivia

Common Names: Guapi Bark



Cocillana

Additional Information:

Cocillana is an herb whose bark is used to make medicine, such as cough syrups. Cocillana loosens phlegm so it can be coughed up.

Some people apply cocillana root bark directly to the skin for skin tumors (76).



Cocillana syrup, made from the plant *Guarea rusbyi*.

From: Christo. [Internet]. [cited 2016].

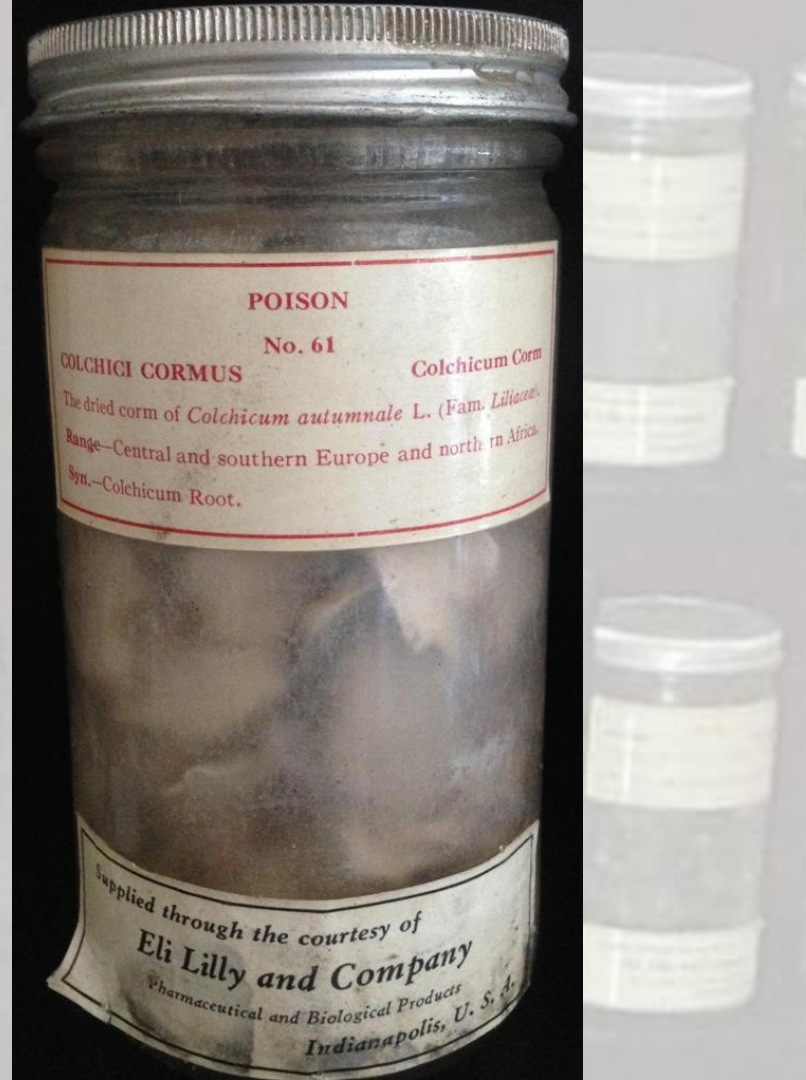
Colchici Cormus

Scientific Name: *Colchicum autumnale*

Label Information: The dried corm of *Colchicum autumnale* (Fam. *Liliaceæ*).

Range: Central and Southern Europe and Northern Africa.

Common Names: Colchicum Root.



Colchici Cormus

Additional Information:

Colchicum is used to relieve pain and inflammation in patients with acute gout. However, Colchicum may cause considerable gastrointestinal irritation with vomiting and purging, and its use for long periods is not recommended due to its paralytic action upon the central nervous system.

The use of henbane or belladonna with colchicum removes the tendency of intestinal irritation. Generally, preparations of colchicum corm are best given with a purge. In cases of poisoning by colchicum, the stomach should be emptied and atropine should be given, as this drug entirely eliminates the effect of colchicum (68).



The plant *Colchicum autumnale*.

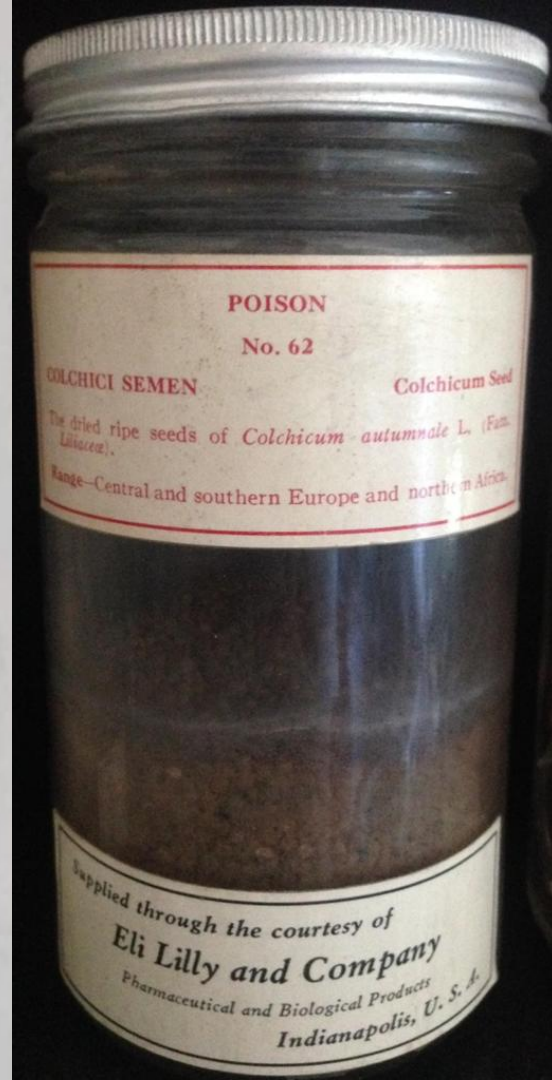
From: Pollice Green. [Internet]. [cited 2016].

Colchici Semen

Scientific Name: *Colchium autumnale*

Label Information: The dried seeds of *Colchicum autumnale* (Fam. *Liliaceæ*).

Range: Central and Southern Europe and Northern Africa.



Colchici Semen

Additional Information:

Colchicum is typically homeopathic, and is commonly used against gout and articular rheumatism.

However, it can also cause poisoning, in which a lesion is formed several hours later once the poison enters the bloodstream. Other symptoms of poisoning include severe vomiting, thirst, nausea, and diarrhea with cramps. The pulse also undergoes a decrease followed by a rapid increase-- 150 beats per minute or more. The victim becomes pale and the tip of the nose turns blue. Skin can also be covered with a sticky mucus. Lastly, there can be signs of paralysis. The victim should seek immediate medical attention (10).



The plant *Colchicum autumnale*.

Colocynthis

Scientific Name: *Citrullus colocynthus*

Label Information: The dried pulp of the unripe but fully-grown fruit of *Citrullus colocynthus* (Fam. *Cucurbitaceæ*).

Range: Asia, Africa and Southern Europe; widely distributed desert plant.

Common Names: Bitter Apple.



Colocynthis

Additional Information:

Colocynthis is derived from the colocynth plant that is native to Asia. It is a controversial herbal treatment for a variety of conditions, most of which are related to intestinal and menstrual issues.

The fruit of the gourd-like plant is used for the treatment of many ailments, such as constipation, liver and gallbladder problems, diarrhea, colic, and painful menstruation. Others use the herb to treat nerve and joint issues, such as sciatica, rheumatism and facial neuralgia.

However, ingestion of the plant has been shown to cause irritation to the stomach and intestines, kidney damage, as well as bloody diarrhea and urine. Overdose of the plant has led to paralysis and death (103).



The fruit of *Citrullus colocynthus*.

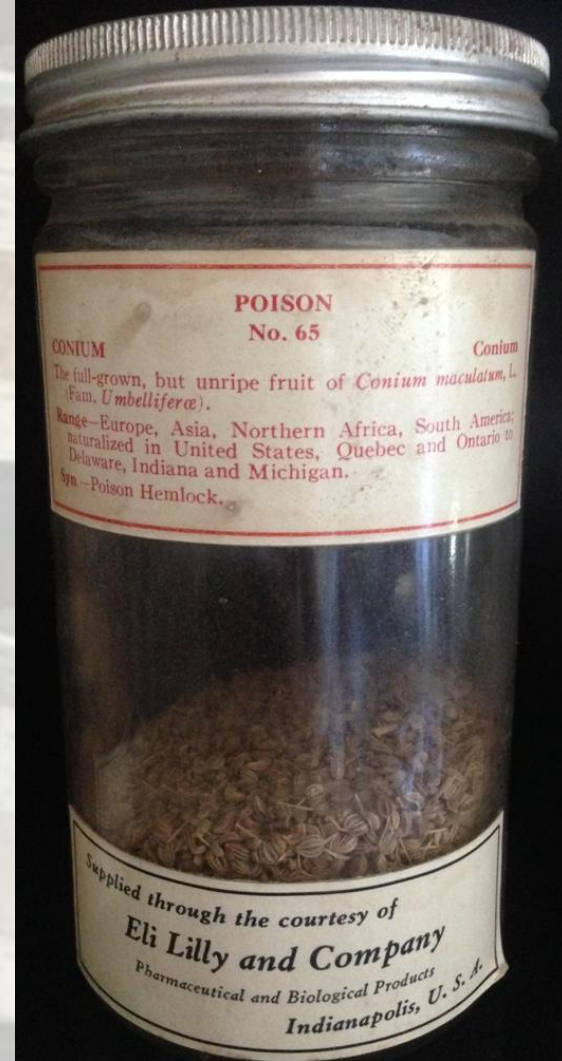
Conium

Scientific Name: *Conium maculatum*

Label Information: The full-grown, but unripe fruit of *Conium maculatum* (Fam. *Umbelliferae*).

Range: Europe, Asia, Northern Africa, South America; naturalized in United States, Quebec and Ontario to Delaware, Indiana and Michigan.

Common Names: Poison Hemlock



Conium

Additional Information:

Also known as hemlock, Conium is one of the most poisonous plants due to the presence of piperidine alkaloids that are found in all parts of the plant.

Conium has been used historically to execute prisoners in Ancient Greece, including the Greek Philosopher Socrates. Poisoning from hemlock affects the central nervous system by stimulation followed by depression. Inhalation of conium can cause toxic effects as well (41).



The flower of *Conium maculatum*, native to Europe, Asia, Africa and South America.

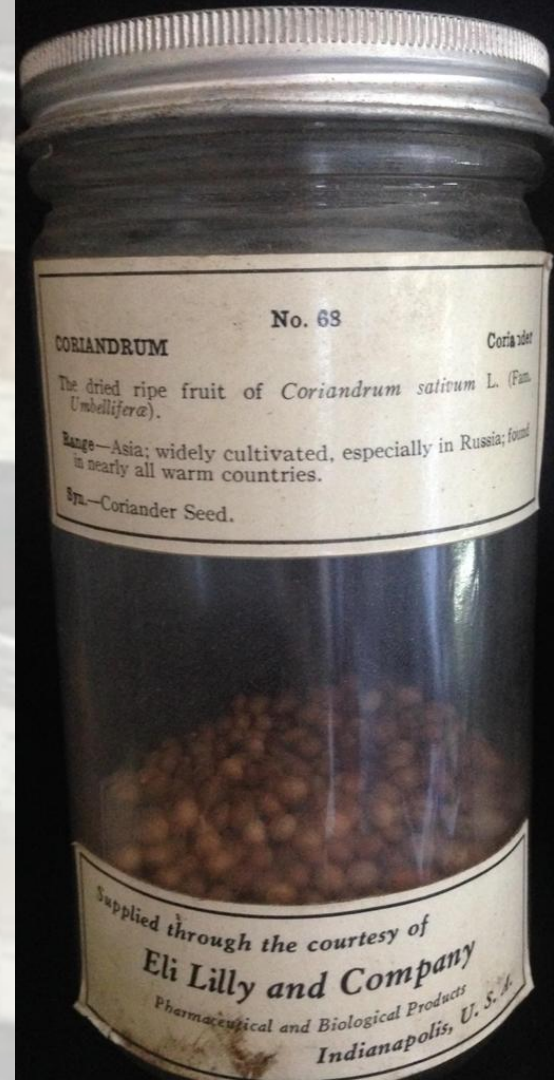
Coriandrum

Scientific Name: *Coriandrum sativum*

Label Information: The dried ripe fruit of *Coriandrum sativum* (Fam. *Umbelliferae*).

Range: Asia; widely cultivated, especially in Russia; found in nearly all warm countries.

Common Names: Coriander Seed.



Coriandrum

Additional Information:

Coriander is a plant whose seed is used for medicinal treatments in digestion problems including upset stomach, loss of appetite, hernia, nausea, diarrhea, bowel spasms, and intestinal gas. It is also used to treat measles, hemorrhoids, toothaches, worms, and joint pain, as well as infections caused by bacteria and fungus.

Some breastfeeding women use coriander to increase milk flow. In foods, coriander is used as a culinary spice and to prevent food poisoning. In manufacturing, coriander is used as a flavoring agent in medicines and tobacco and as a fragrance in cosmetics and soaps (77).



The flower of *Coriandrum sativum*.

From: Kieth Kristen's Plant Info. [Internet]. [cited 2016].

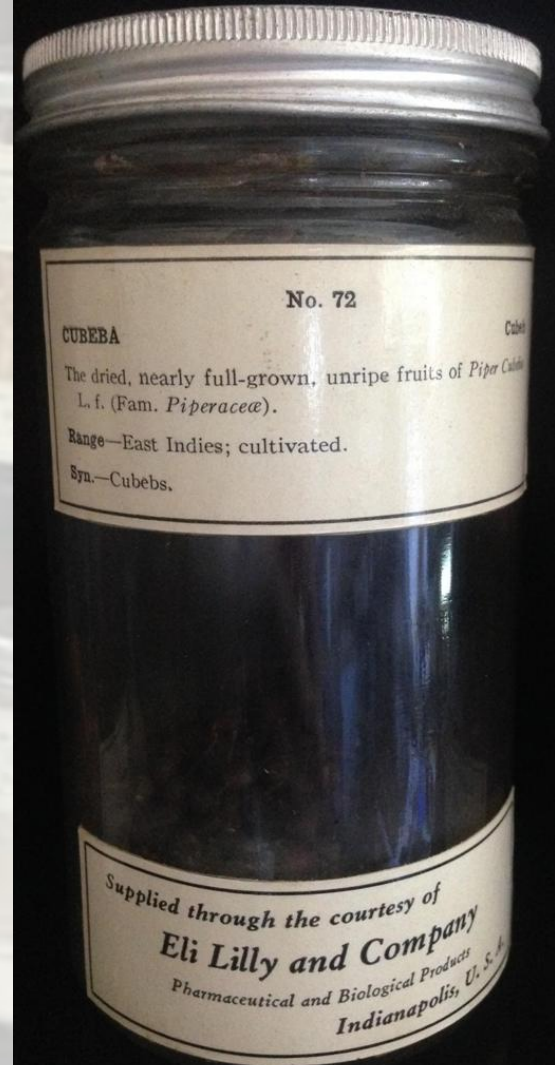
Cubeba

Scientific Name: *Piper cubeba*

Label Information: The dried, nearly full-grown, unripe fruits of *Piper cubeba* (Fam. *Piperaceæ*).

Range: East Indies; cultivated.

Common Names: Cubebes.



Cubeba

Additional Information:

Cubeba, also known as Cubeb, is an herb whose unripe and dried fruit is used to make medicine for increases in urination to relieve water retention (as a diuretic).

Cubeba is also used to treat a certain parasitic infection in the intestines, called amoebic dysentery.

Other uses include treatment of intestinal gas, gonorrhoea, and cancer. In foods, cubeb oil is used as a flavoring ingredient (78).



The unripe, dried fruit of *Piper cubeba*.

From: Drug Information System. [Internet]. [cited 2016].

Digitalis

Scientific Name: *Digitalis purpurea*

Label Information: The dried leaves of *Digitalis purpurea* L. (Fam. *Serophulariaceæ*).

Range: Europe; cultivated in the United States.

Common Names: Foxglove.



Digitalis

Additional Information:

Digitalis is a plant that is typically poisonous and should not be used for self-medication. Chemicals taken from digitalis are used to make a prescription drug called Digoxin which is used to treat heart rhythm issues.

Digitalis can be used for congestive heart failure (CHF), as well as for relieving associated fluid retention (edema). It can also be used for treatment in irregular heartbeat, asthma, epilepsy, tuberculosis, constipation, headache, wounds and burns, and spasms. Digitalis can also be used to cause vomiting (100).



The flower of *Digitalis purpurea*.

From: Flower Info. [Internet]. [cited 2016].

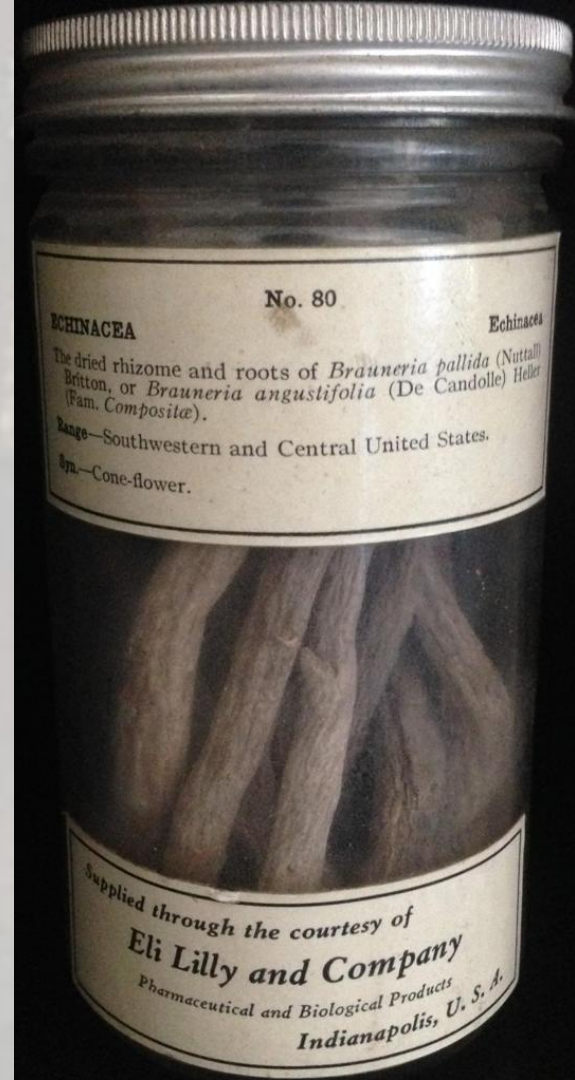
Echinacea

Scientific Name: *Brauneria pallid*

Label Information: The dried rhizome and roots of *Brauneria pallid* (Fam. *Compositæ*).

Range: Southwestern and Central United States.

Common Names: Cone-flower.



Echinacea

Additional Information:

Echinacea is an herb whose leaves, flower and root are used to make medicines for fighting infections, such as the common cold and upper respiratory infections. Research shows that echinacea can modestly reduce cold symptoms, however, it's not clear if it can help prevent colds from developing.

Echinacea is also used to treat many other infections including the flu, urinary tract infections, vaginal yeast infections, genital herpes, bloodstream infections (septicemia), gum disease, tonsillitis, streptococcus infections, syphilis, typhoid, malaria, and diphtheria.

Other uses include treatments for chronic fatigue syndrome (CFS), rheumatism, migraines, acid indigestion, pain, dizziness, rattlesnake bites, and attention deficit-hyperactivity disorder (ADHD) (79).



The flower of *Brauneria pallid*, native to central and southern US.

From: Body Rock. {internet}. [cited 2016].

Ephedra

Scientific Name: *Ephedra sinica*

Label Information: The plant of *Ephedra* species containing Ephedrine.

Range: China and Japan.

Common Names: Mao



Ephedra

Additional Information:

Ephedra is an herb whose branches are used to make medicine for weight loss and increased athletic performance.

It is also used to treat allergies, hay fever, nasal congestion, and respiratory tract conditions such as bronchospasm, asthma, and bronchitis. Further uses include treatments for colds, flu, swine flu, fever, chills, headache, inability to sweat, joint and bone pain, and as a “water pill” to increase urine flow in people who retain fluids.

However, Ephedra is banned in the U.S. due to safety concerns (80).



The plant of *Ephedra sinica*.

From: Wikiwand. [Internet]. [cited 2016].

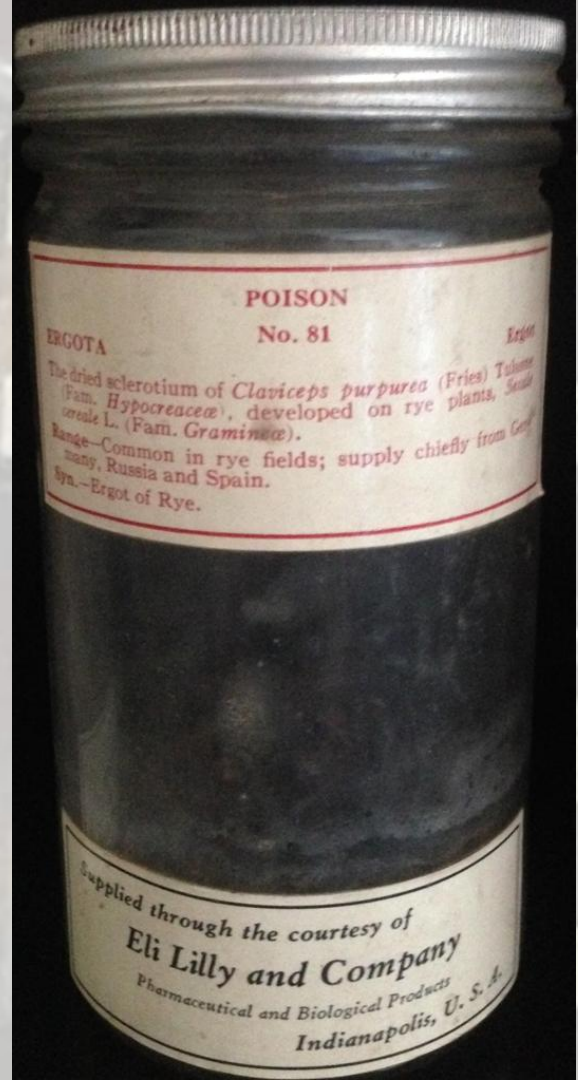
Ergot

Scientific Name: *Claviceps purpurea*

Label Information: The dried sclerotium of *Claviceps purpurea* Fam. *Gramineæ*).

Range: Common in rye fields; supply chiefly from Germany, Russia and Spain.

Common Names: Ergot of Rye.



Ergot

Additional Information:

Ergot is a fungus that grows on plants such as rye, wheat, and grasses. During the Middle Ages ergotism, a severe reaction to ergot-contaminated food (such as rye bread), was common and was known as St. Anthony's fire. This illness was often cured by visiting the shrine of St. Anthony, which happened to be in an ergot-free region of France. Historians also believe that women in Salem circa 1692 developed peculiar behaviors as a result of eating ergot-contaminated foods. As a result, these women were persecuted as witches and burned at the stake.

Despite serious safety concerns, ergot has been used for medicinal purposes. Women use it to treat excessive bleeding during menstrual periods, at the start of menopause, and before and after miscarriage. They also use ergot after childbirth to expel the placenta and contract the uterus. Historically, ergot was used to speed up labor, but its use was abandoned when people made a connection between the use of ergot and an increased number of stillbirths (81).



The plant of *Claviceps purpurea*.

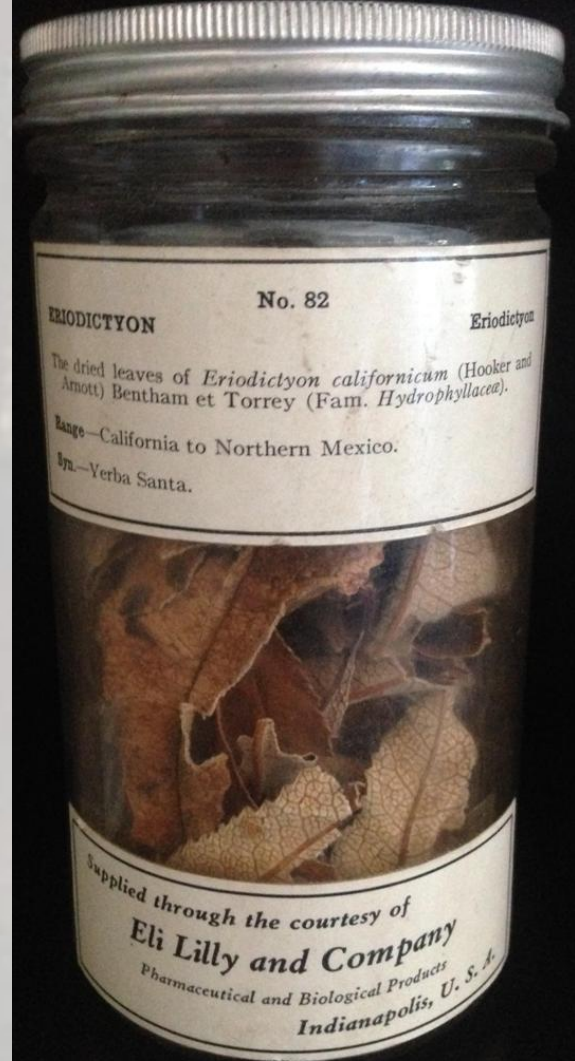
Eriodictyon

Scientific Name: *Eriodictyon californicum*

Label Information: The dried leaves of *Eriodictyon californicum* (Fam. *Hydrophyllaceæ*).

Range: California to Northern Mexico.

Common Names: Yerba Santa.



Eriodictyon

Additional Information:

Also known as Yerba santa, *Eriodictyon* is an herb whose leaves are used to make medicine for treatment in respiratory conditions, including coughs, colds, tuberculosis, asthma, and chronic bronchitis. It is also used for fever and dry mouth.

Some cultures use it to relieve muscle spasms, to loosen phlegm, and as a tonic. Yerba santa is also sometimes applied directly to the skin in a warm dressing (poultice) to treat bruises, sprains, wounds, insect bites, and to relieve joint pain (rheumatism).

In foods and beverages, an extract of Yerba santa is used as a flavoring. In the manufacturing of medications, it is used to mask the bitter taste of certain drugs (99).



The plant of *Eriodictyon californicum*.

From: University of California. [Internet]. [cited 2016].

Eucalyptus

Scientific Name: *Eucalyptus globulus*

Label Information: The dried scythe-shaped leaves of *Eucalyptus globulus* (Fam. *Myrtaceæ*), collected from the older parts of the tree.

Range: Australia and neighboring islands; cultivated in subtropical countries.

Common Names: Blue Gum-tree Leaves.



Eucalyptus

Additional Information:

Eucalyptus is a tree whose dried leaves and oil are used to make medicine for treatments in infections, fever, upset stomach, and to help loosen coughs. The leaf is also used for treating respiratory tract infections, whooping cough, asthma, pulmonary tuberculosis, osteoarthritis, joint pain (rheumatism), acne, wounds, poorly healing ulcers, burns, bacterial dysentery, ringworms, liver and gallbladder problems, loss of appetite, and cancer.

Eucalyptus oil should not be taken by mouth or applied to the skin full-strength. It must be diluted for safety. The diluted oil is taken by mouth for pain and swelling (inflammation) of respiratory tract mucous membranes, coughs, bronchitis, sinus pain and inflammation, asthma, chronic obstructive pulmonary disease (COPD), and respiratory infections. It is also used as an expectorant to loosen coughs, antiseptic, fever reducer, and in vaporizer fluids.

In dentistry, eucalyptus oil is included in products used as sealers and solvents for root canal fillings. In foods, dried eucalyptus leaf is used as a flavoring agent. In manufacturing, eucalyptus oil is used as a fragrance in perfumes and cosmetics. It is also used as a mouthwash, antiseptic, liniment and ointment, and in toothpaste, cough drops, and lozenges (82).



The plant of *Eucalyptus globulus*, native to Australia.

From: Calmer Solutions. [Internet]. [cited 2016].

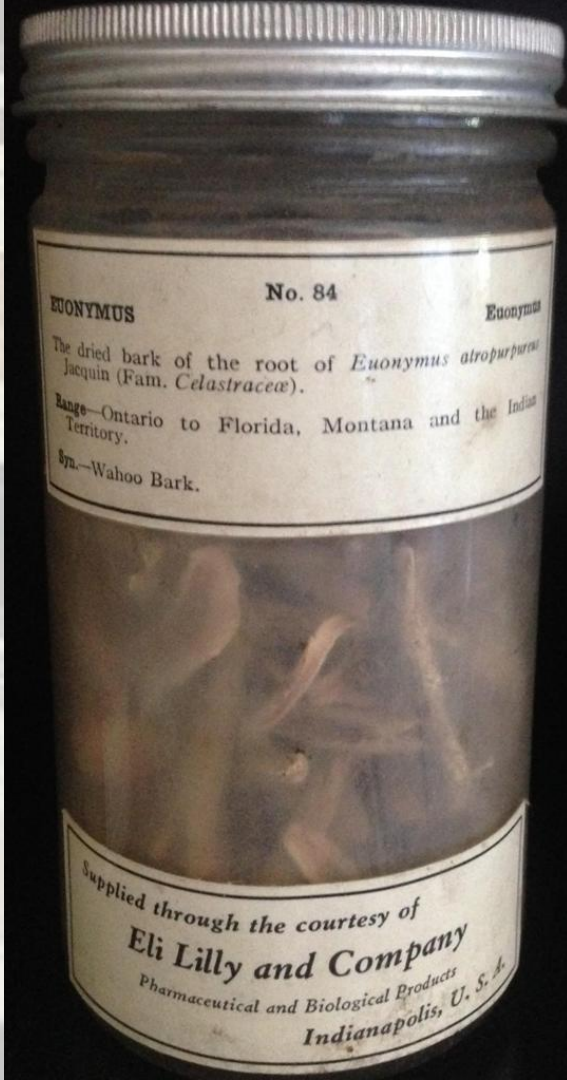
Euonymus

Scientific Name: *Euonymus atropurpureus*

Label Information: The dried bark of the root of *Euonymus atropurpureus* (Fam. *Celastraceæ*)

Range: Ontario to Florida, Montana and the Indian territory.

Common Names: Wahoo Bark.



Euonymus

Additional Information:

Euonymus is a tree whose trunk, root bark, and fruit are used to make medicine.

Despite serious safety concerns, wahoo root bark can be taken for indigestion, constipation, and water retention. It is also used as a tonic and to stimulate bile flow, which is produced in the liver and important for the digestion of fats (98).



The plant of *Euonymus atropurpureus*.

From: Gavin Jones. [Internet]. [cited 2016].

Foeniculum

Scientific Name: *Faniculum vulgare*

Label Information: The dried, ripe fruit of cultivated varieties of *Faniculum vulgare*. (Fam. *Umbelliferœ*).

Range: Southern Europe and Western Asia, to India; widely cultivated. In the United States from New Jersey and Pennsylvania to Virginia and Louisiana.

Common Names: Fennel Seed.



Foeniculum

Additional Information

Foeniculum is a perennial, pleasant-smelling herb with yellow flowers. It is native to the Mediterranean, but has spread throughout the world.

Fennel is used for various digestive problems including heartburn, intestinal gas, bloating, loss of appetite, and colic in infants. It is also used for upper respiratory tract infections, coughs, bronchitis, cholera, backache, bedwetting, and visual problems. Some women use fennel for increasing the flow of breast milk, promoting menstruation, easing the birthing process, and increasing sex drive. Fennel powder is used as a poultice for snakebites (83).



***Faniculum vulgare*, also known as fennel seed, a plant that is native to the Mediterranean.**

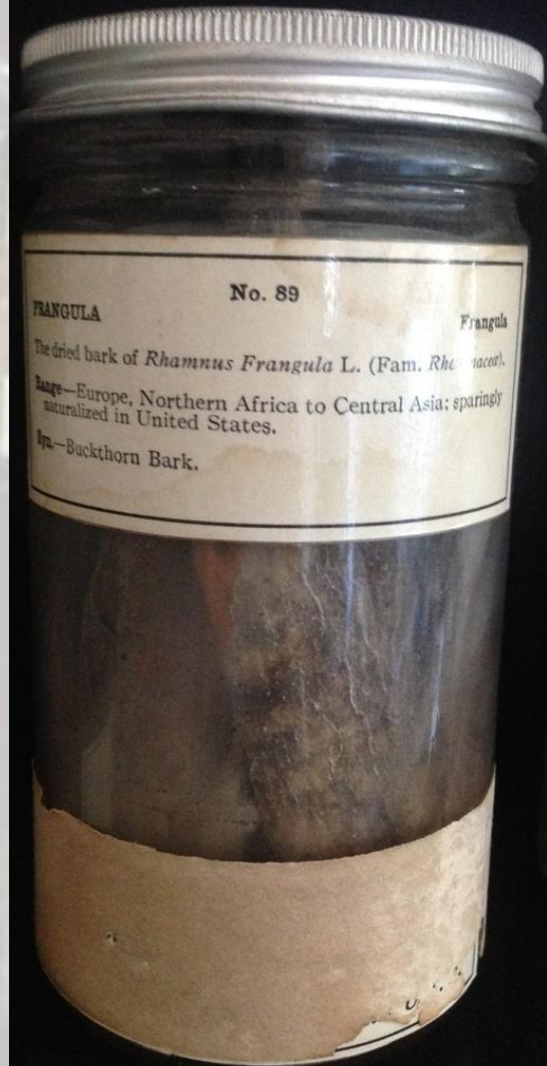
Frangula

Scientific Name: *Rhamnus frangula*

Label Information: The dried bark of *Rhamnus frangula* (Fam. *Rhamnaceæ*).

Range: Europe, Northern Africa to Central Asia; sparingly naturalized in United States.

Common Names: Buckthorn Bark.



Frangula

Additional Information:

The aged or heated bark of the Frangula is used to make medicine, such as laxatives, tonics and cancer drugs (70).



The plant of *Rhamnus frangula*, native Europe, northern Africa and Central Asia.

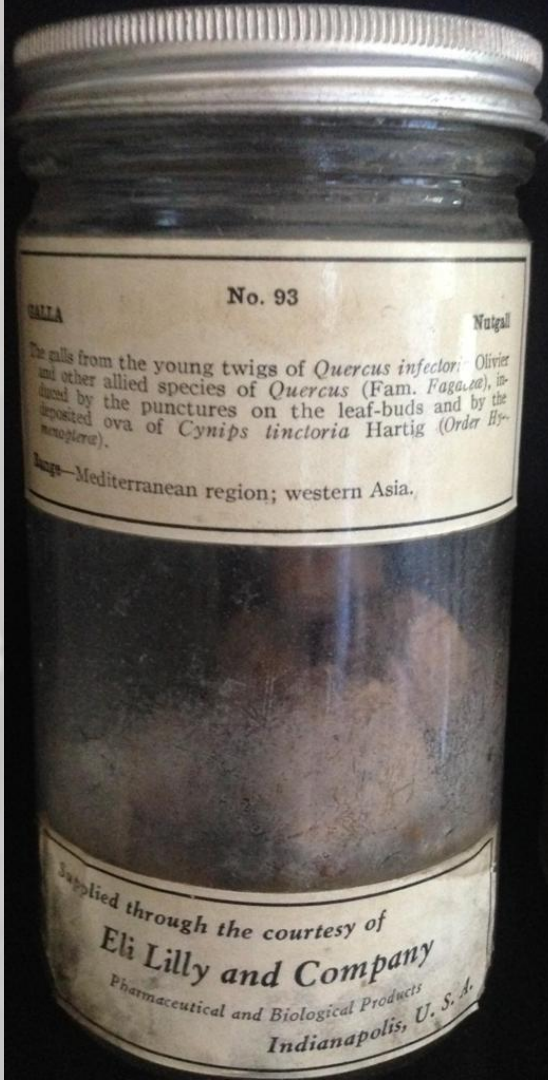
From: Herbal Extract. [Internet]. [cited 2016].

Galla

Scientific Name: *Quercus infectoria*

Label Information: The galls from the young twigs of *Quercus infectoria* Olivier and other allied species of *Quercus* (Fam. *Fagaceæ*), induced by the punctures on the leaf-buds and by the deposited ova of *Cynips tinctoria* Hartig (Order *Hymenoptera*).

Range: Mediterranean region; Western Asia.



GALLA

No. 93

Nutgall

The galls from the young twigs of *Quercus infectoria* Olivier and other allied species of *Quercus* (Fam. *Fagaceæ*), induced by the punctures on the leaf-buds and by the deposited ova of *Cynips tinctoria* Hartig (Order *Hymenoptera*).

Range—Mediterranean region; western Asia.

Supplied through the courtesy of
Eli Lilly and Company
Pharmaceutical and Biological Products
Indianapolis, U. S. A.

Galla

Additional Information:

Galls are an astringent that contain large quantities of tannic acid which is used in internal medicine and largely for external purposes.

Galls are considered especially effective for hemorrhoids, and are commonly associated with opium for the same purpose (12).



The plant of *Quercus infectoria*, used for a variety of medicinal purposes.

From: The Oaks. [Internet]. [cited 2016].

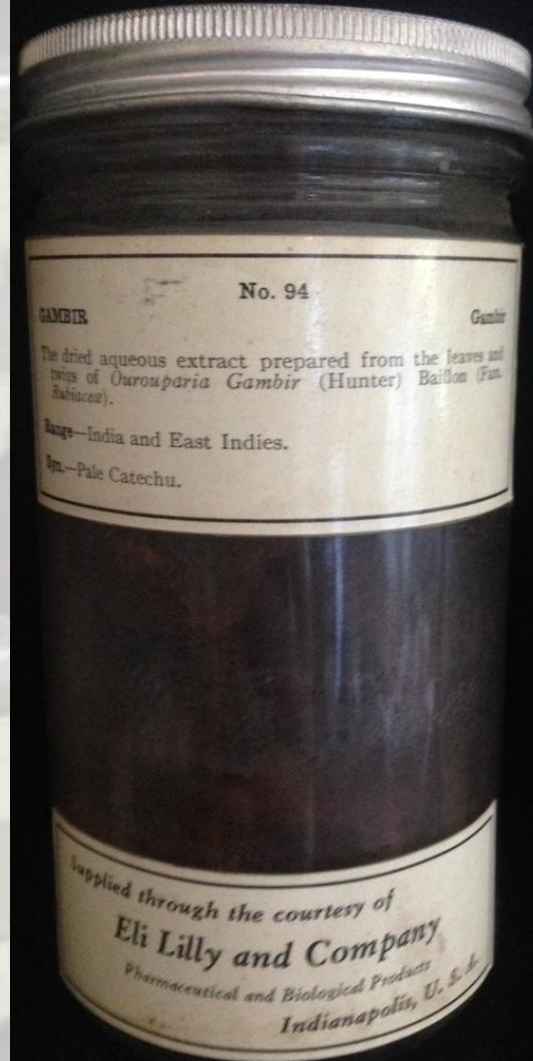
Gambir

Scientific Name: *Ouroouparia gambir*

Label Information: The dried aqueous extract prepared from the leaves and twigs of *Ouroouparia gambir* (Fam. *Rubiaceœ*).

Range: India and East Indies.

Common Names: Pale Catechu.



Gambir

Additional Information:

The medicinal part of gambir is a watery extract, which is taken from the plant's leaves and young shoots. The main ingredients in the extract are tannins and catechins.

Gambir acts mainly as a sedative as it dilates peripheral blood vessels and lowers blood pressure. It is also used to treat hypertension, dizziness and anxiety.

In traditional Chinese medicine, Gambir is used to relieve convulsions, calm the liver; and remove (or clear away) heat (3).



The plant of *Ourouparia gambir*, native to India and the East Indies.

From: Medical Plant. [Internet]. [cited 2016].

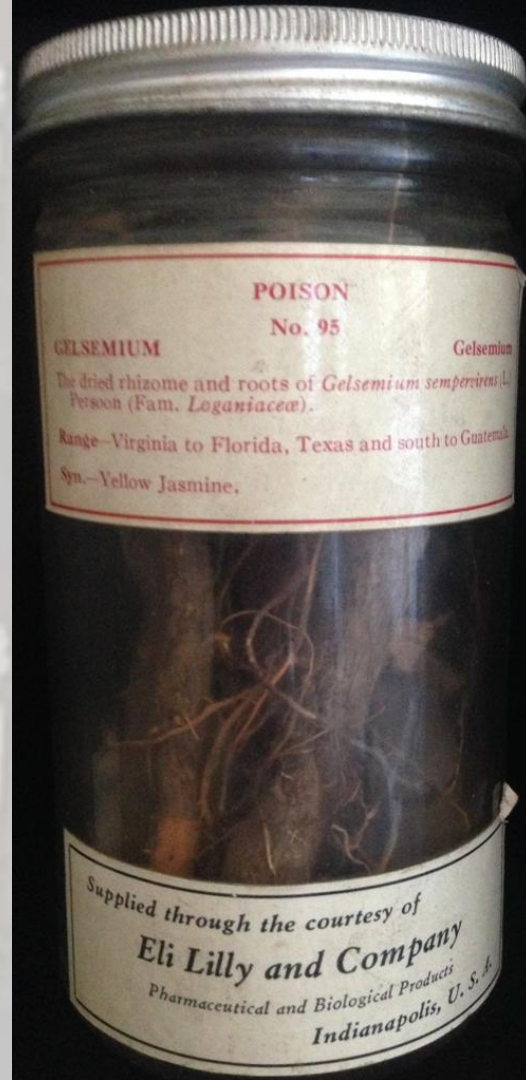
Gelsemium

Scientific Name: *Gelsemium sempervirens*

Label Information: The dried rhizome and roots of *Gelsemium sempervirens* (Fam. *Loganiaceæ*).

Range: Virginia to Florida; Texas and south to Guatemala.

Common Names: Yellow Jasmine.



Gelsemium

Additional Information:

Also known as “woodbine,” Gelsemium is a plant whose root and underground stem (rhizome) are used to make medicine.

Gelsemium is used as a painkiller for migraine headaches and for face pain (trigeminal neuralgia) caused by certain facial nerves. It is also used for asthma and other breathing problems (84).



The flower of *Gelsemium sempervirens*.

From: Bang! Science Magazine. [Internet]. [cited 2016].

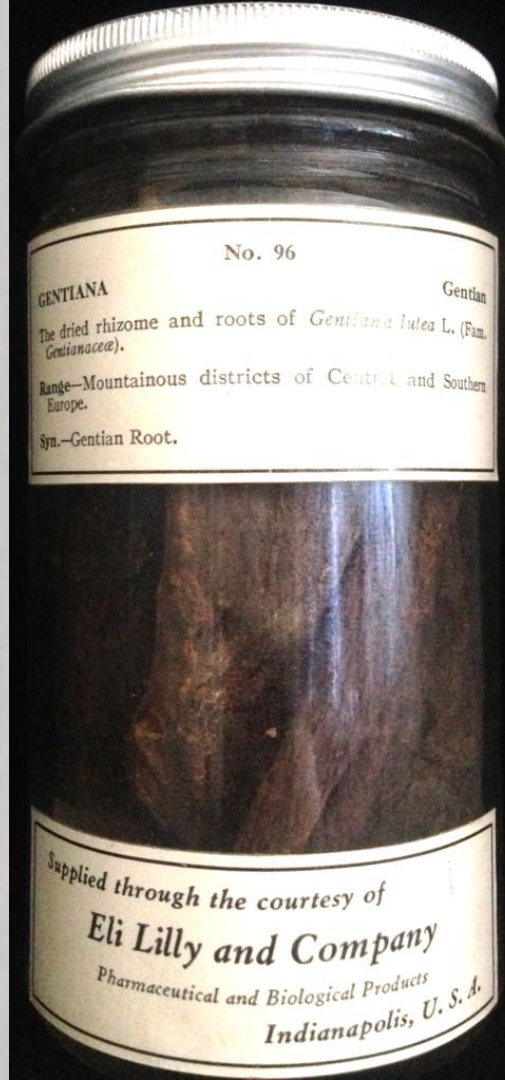
Gentiana

Scientific Name: *Gentiana lutea*

Label Information: The dried rhizome and roots of *Gentiana lutea* (Fam. *Gentianaceæ*).

Range: Mountainous districts of Central and Southern Europe.

Common Names: Gentian Root.



Gentiana

Additional Information:

Gentiana is an herb whose root and, less commonly, bark is used to make medicine. Gentiana is used for digestion problems such as loss of appetite, fullness, intestinal gas, diarrhea, gastritis, heartburn, and vomiting. It is also used for fever, hysteria, and high blood pressure.

Gentiana can be used to prevent muscle spasms, treat parasitic worms, and to start menstrual periods. Gentiana is also applied to the skin for treating wounds and cancer. Gentiana is used in combination with European elderflower, verbena, cowslip flower, and sorrel for treating symptoms of sinus infections (sinusitis) (85).



The flower of *Gentiana lutea*.

From: WikiCommons. [Internet]. [cited 2016].

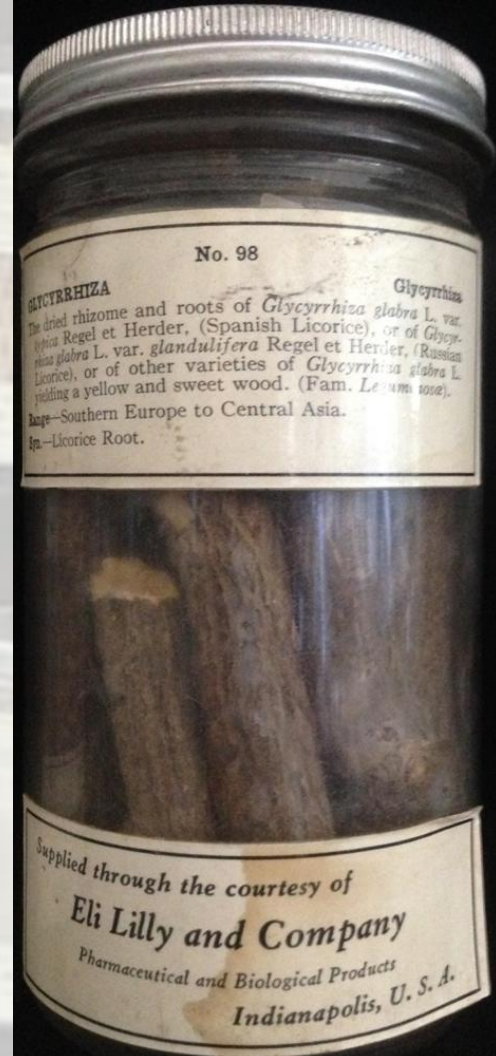
Glycyrrhiza

Scientific Name: *Glycyrrhiza glabra*

Label Information: The dried rhizome and roots of *Glycyrrhiza glabra* or of other varieties of *Glycyrrhiza glabra* yielding a yellow and sweet wood. (Fam. *Leguminosæ*).

Range: Southern Europe to Central Asia.

Common Names: Licorice Root.



Glycyrrhiza

Additional Information:

Glycyrrhiza, also known as Licorice, is a plant that is often used as a flavor agent in foods, beverages, and tobacco, as well as serving several medicinal purposes.

Licorice is used for various digestive system complaints including stomach ulcers, heartburn, colic, and ongoing inflammation of the lining of the stomach (chronic gastritis). Licorice can be used for treatment of sore throat, bronchitis, cough, and infections caused by bacteria or viruses. Licorice is also used for osteoarthritis, systemic lupus erythematosus (SLE), liver disorders, malaria, tuberculosis, food poisoning, and chronic fatigue syndrome (CFS).

Licorice is also used in an herbal form called Shakuyaku-kanzo-to to increase fertility in women with a hormonal disorder called polycystic ovary syndrome. In combination with other herbs, licorice can also be used to treat prostate cancer and a skin disorder known as eczema (88).



The plant of *Glycyrrhiza glabra*.

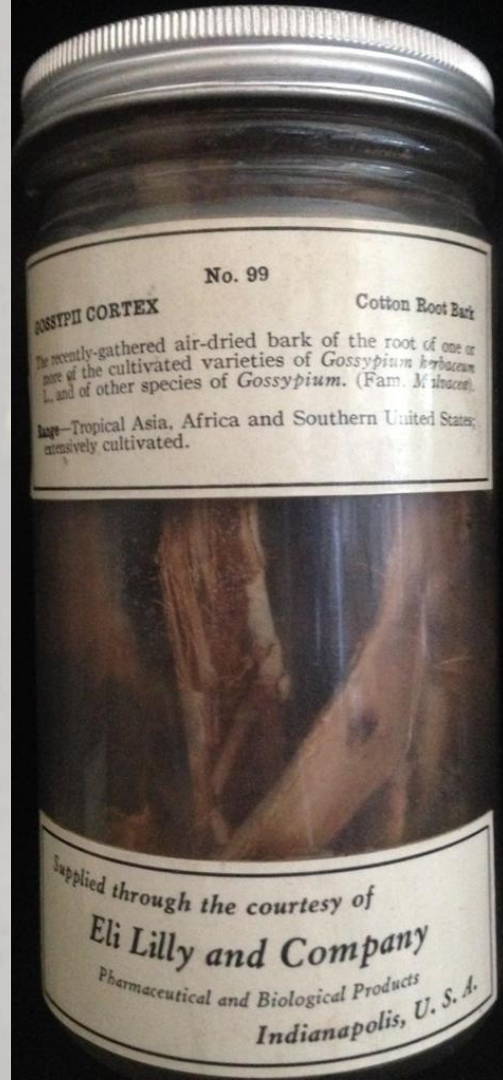
From: Temperate Climate Permaculture. [Internet]. [cited 2016].

Gossypii Cortex

Scientific Name: *Gossypium barbadense*

Label Information: The recently-gathered air-dried bark of the root of one or more of the cultivated varieties of *Gossypium*. (Fam. *Malvaceæ*).

Range: Tropical Asia, Africa and Southern United States; extensively cultivated.



Gossypii Cortex

Additional Information:

Gossypii radicis cortex, or Cotton Root Bark, is used as a stimulant and emmenagogue. It was thought to be capable of producing abortion in the days of American slavery. Thus, it was introduced via African slaves and was first employed by physicians of Southern United States (26).



The root of *Gossypium barbadense*.

Flora of North America. [Internet]. [cited 2016].

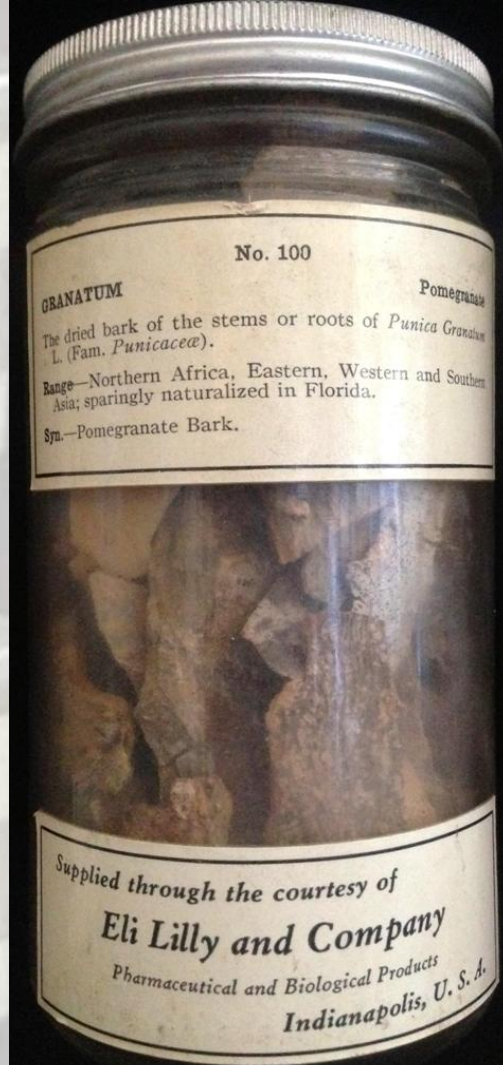
Granatum

Scientific Name: *Punica granatum*

Label Information: The dried bark of the stems or roots of *Punica granatum* (Fam. *Punicaceæ*).

Range: Northern Africa, Eastern, Western and Southern Asia; sparingly naturalized in Florida.

Common Names: Pomegranate Bark.



Granatum

Additional Information:

Also known as Pomegranate, Granatum is a tree whose various parts, including the fruit, are used to make medicine. Pomegranate is used for many conditions, but so far, there isn't enough scientific evidence to rate pomegranate as completely effective.

Pomegranate is used for conditions of the heart and blood vessels, including high blood pressure, congestive heart failure (CHF), heart attack, "hardening of the arteries" (atherosclerosis), and high cholesterol. It is also used for conditions of the digestive tract, including diarrhea, dysentery, tapeworm and other intestinal parasites. Pomegranate can be used for flu, swelling of the lining of the mouth (stomatitis), gum disease, erectile dysfunction (ED), diabetes and a complication called acidosis, bleeding, and HIV. It is also used for preventing prostate cancer, obesity, and weight loss. Pomegranate is used as a gargle for sore throat, and it is applied to the skin to treat hemorrhoids (92).



The fruit of *Punica granatum*.

From: Pitta Ayurveda. [Internet]. [cited 2016].

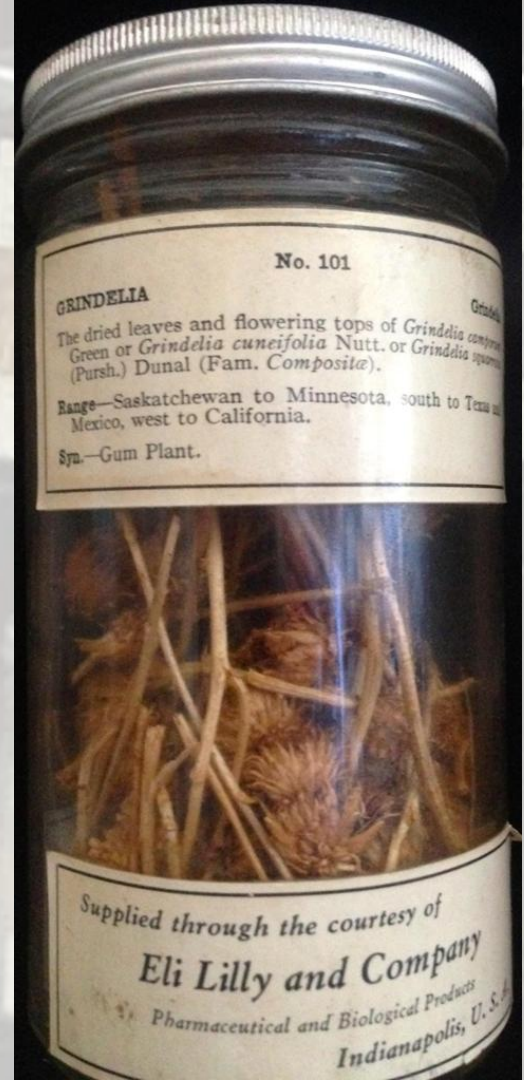
Grindelia

Scientific Name: *Grindelia camporum*

Label Information: The dried leaves and flowering tops of *Grindelia camporum* (Fam. *Compositæ*).

Range: Saskatchewan to Minnesota, south to Texas and Mexico, west to California.

Common Names: Gum Plant.



Grindelia

Additional Information:

Grindelia is a plant that is expectorant and sedative. Its principal use is as a treatment for bronchial catarrh, however, it can also be used for cystitis and catarrh of the bladder.

Grindelia also relieves dyspnoea due to heart disease, and has been successfully employed in whooping cough, and as a local application in rhus poisoning, burns, genito-urinary catarrh, etc. (19).



The flower of *Grindelia camporum*.

From: Washington Native Plant Society. [Internet]. [cited 2016].

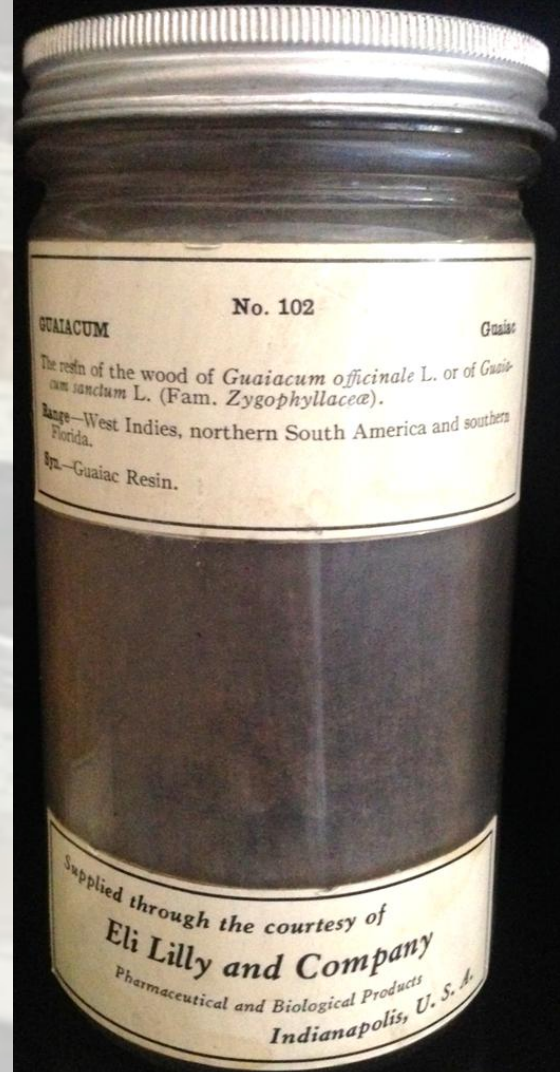
Guaiacum

Scientific Name: *Guaiacum officinale*

Label Information: The resin of the wood of *Guaiacum officinale* (Fam. *Zygophyllaceæ*).

Range: West Indies, northern South America and southern Florida.

Common Names: Guaiac Resin.



Guaiacum

Additional Information:

Guaiacum is a plant whose medicinal use was first acknowledged in the 16th century when it was found it can be used as a cure for syphilis and other diseases.

Typically, the resin of Guaiacum is used rather than its wood. It can be used as a mild laxative and diuretic. For tonsillitis, it is given in powdered form. It is especially useful for rheumatoid arthritis, chronic rheumatism, and gout. It can also act as an acrid stimulant, increasing heat of body and circulation. Guaiacum is largely used for secondary syphilis, skin diseases, and scrofula (20).



The flower of *Guaiacum officinale*.

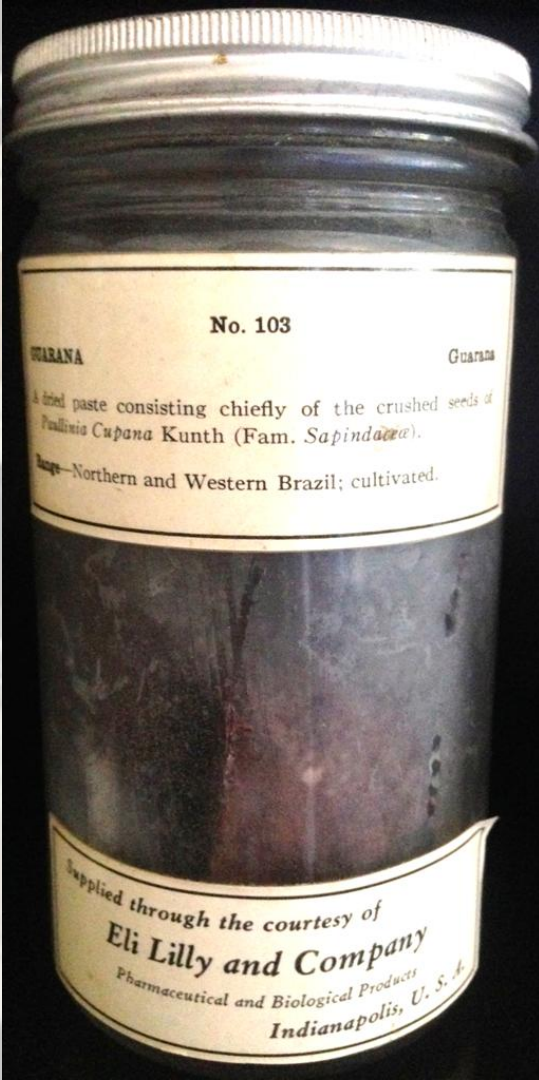
From: WikiCommons. [Internet]. [cited 2016].

Guarana

Scientific Name: *Paullinia cupana*

Label Information: A dried paste consisting chiefly of the crushed seeds of *Paullinia cupana* (Fam. *Sapindaceæ*).

Range: Northern and Western Brazil; cultivated.



Guarana

Additional Information:

Guarana has among the highest concentrations of caffeine in any plant. It may contain up to 3.6% to 5.8% caffeine by weight (note that coffee only has up to 2%).

So far, studies have not found that guarana is helpful for improving cognitive ability or mood. Some people use guarana to boost athletic or sexual performance, but there's no evidence for its effectiveness.

There's some evidence that guarana, when used along with other supplements, may promote weight loss. As a weight loss supplement, caffeine may work best when combined with the polyphenol compounds in green tea. The safety of using guarana for weight loss is unknown. It is believed that the effects of guarana are less intense and longer-lasting than caffeine, however, studies have not established this (86).



The fruit of *Paullinia cupana*.

From: Prover Brasil. [Internet]. [cited 2016].

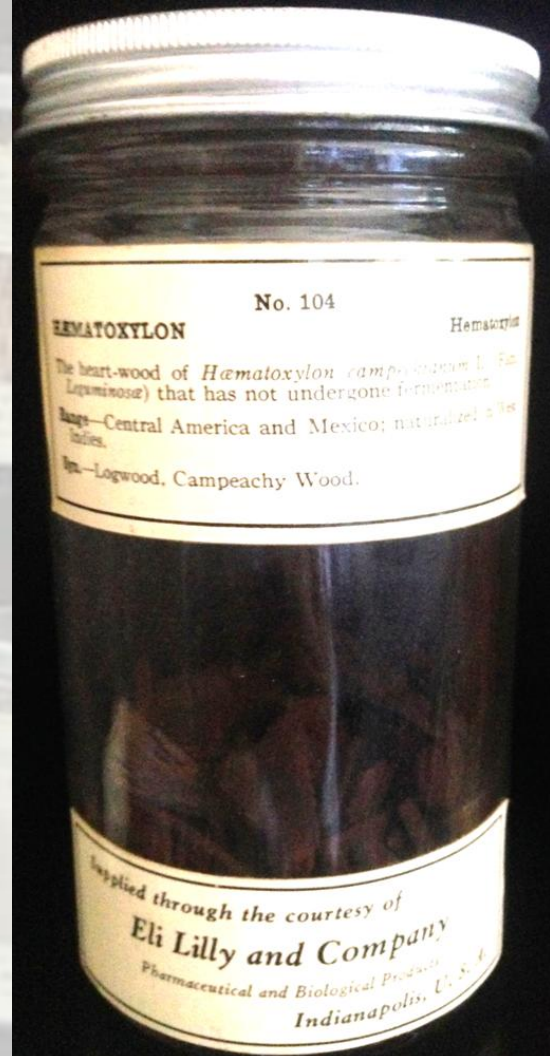
Haematoxylon

Scientific Name: *Haematoxylon campechianum*

Label Information: The heart-wood of *Haematoxylon campechianum* (Fam. *Leguminosæ*) that has not undergone fermentation.

Range: Central America and Mexico; naturalized in West Indies.

Common Names: Logwood, Campeachy Wood.



Haematoxylon

Additional Information:

A mild, non-irritating astringent and tonic formerly used in chronic diarrhoea, passive hemorrhages, and colliquative sweats. It is now seldom employed (14).



The plant of *Hoematoxylon campechianum*, native to Central America.

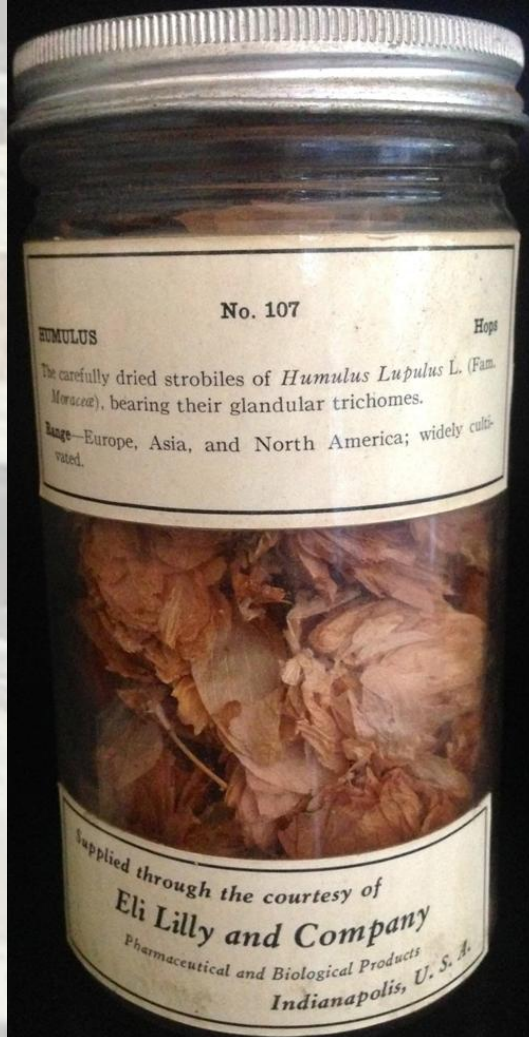
From: WikiCommons. [Internet]. [cited 2016].

Humulus

Scientific Name: *Humulus lupulus*

Label Information: The carefully dried strobiles of *Humulus lupulus* (Fam. *Moraceæ*), bearing their glandular trichomes.

Range: Europe, Asia, and North America; widely cultivated.



HUMULUS No. 107 Hops
The carefully dried strobiles of *Humulus Lupulus* L. (Fam. *Moraceæ*), bearing their glandular trichomes.
Range—Europe, Asia, and North America; widely cultivated.

Supplied through the courtesy of
Eli Lilly and Company
Pharmaceutical and Biological Products
Indianapolis, U. S. A.

Humulus

Additional Information:

Humulus, also known as hops and a component of beer, is a sedative plant whose pharmacological activity is due principally to its bitter resins, especially to the α -acid component 2-methyl-3-buten-2-ol. The mechanism of action of the resin consists of increasing the activity of the neurotransmitter γ -aminobutyric (GABA), inhibiting the central nervous system (CNS) (16).



***Humulus lupulus*, a plant native to Asia, Europe and North America.**

From: WikiCommons. [Internet]. [cited 2016].

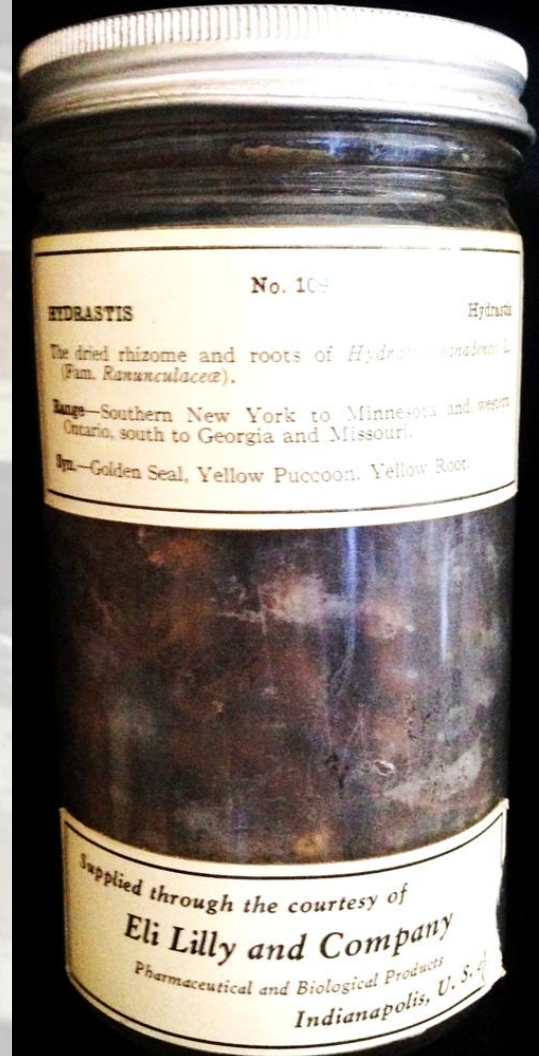
Hydrastis

Scientific Name: *Hydrastis canadensis*

Label Information: The dried rhizome roots of *Hydrastis canadensis* (Fam. *Ranunculaceæ*).

Range: Southern New York to Minnesota and western Ontario, south to Georgia and Missouri.

Common Names: Golden Seal, Yellow Puccoon, Yellow Root.



Hydrastis

Additional Information:

Hydrastis, also known as Goldenseal, has been used for treatment of infections. Some herbal/diet supplement products have been found to contain possibly harmful impurities/additives. The FDA has not reviewed this product for safety or effectiveness (18).



The flower of *Hydrastis canadensis*, a plant native to various parts of Eastern U.S.

From: Growing Hermione's Garden. [Internet]. [cited 2016].

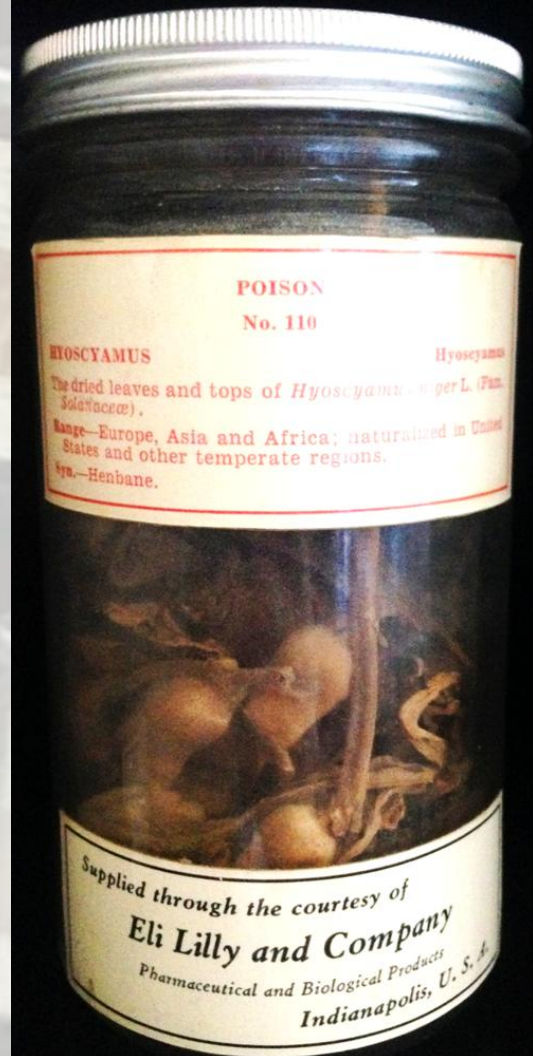
Hyoscyamus

Scientific Name: *Hyoscyamus niger*

Label Information: The dried leaves and tops of *Hyoscyamus niger* (Fam. Solanaceæ).

Range: Europe, Asia and Africa; naturalized in United States and other temperate regions.

Common Names: Henbane.



Hyoscyamus

Additional Information:

Hyoscyamus is the homeopathic medicine prepared from a plant known as henbane, which has been historically used for treatment of various ailments.

This proven homeopathic remedy is often recommended to alleviate over-excitability, restlessness, and general disruptive behavior in hyperactive children. Hyoscyamus can also be of benefit to people who have a tendency of foolish behavior, inappropriate behavior, fidgeting hands, and those who may display facial grimaces, including sudden frenetic outbursts and involuntary twitching or grunting (37).



The flower of *Hyoscyamus niger*.

From: The World Botanical Associates. [Internet]. [cited 2016].

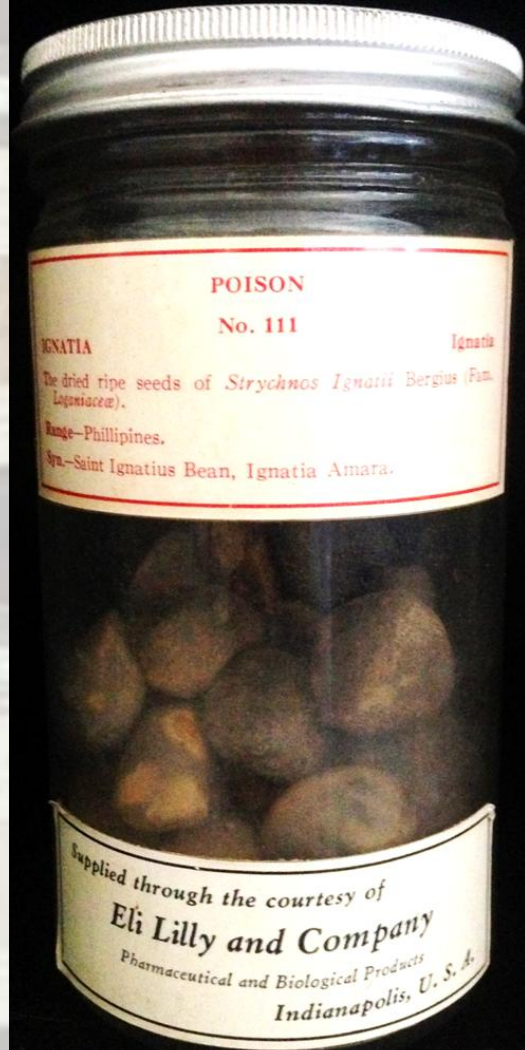
Ignatia

Scientific Name: *Strychnos ignatii*

Label Information: The dried ripe seeds of *Strychnos ignatii* (Fam. *Loganiaceæ*).

Range: Philippines.

Common Names: Saint Ignatius Bean, Ignatia Amara.



Ignatia

Additional Information:

Ignatia is used as a homeopathic remedy for emotional disorders, but it is not largely used throughout the world.

Originally, it was thought it could treat cholera, but it is not widely used because it contains strychnine which can be fatal to humans when taken orally (13).



The fruit of *Strychnos ignatii*, a plant native to the Philippines.

From: Wikipedia. [Internet]. [cited 2016].

Ipecacuanha

Label Information (113): The dried rhizome and roots of *Cephaelis acuminata* (Fam. *Rubiaceæ*), known commercially as Cartagena or Panama Ipecac.

Range: Northern, South America.

Common Names: Cartagena Ipecac, Panama Ipecac.

Label Information (114): The dried rhizome and roots of *Cephaelis ipecacuanha* (Brotero) A. Richard (Fam. *Rubiaceæ*), known commercially as Rio, Brazilian, or Para ipecac.

Range: Brazil.

Common Names: Rio Ipecac.



IPECACUANHA No. 113 Ipecac
The dried rhizome and roots of *Cephaelis acuminata* Karsten (Fam. *Rubiaceæ*), known commercially as Cartagena or Panama Ipecac.
Range—Northern, South America.
Syn.—Cartagena Ipecac, Panama Ipecac.

IPECACUANHA No. 114 Ipecac
The dried rhizome and roots of *Cephaelis Ipecacuanha* (Brotero) A. Richard (Fam. *Rubiaceæ*), known commercially as Rio, Brazilian, or Para ipecac.
Range—Brazil.
Syn.—Rio Ipecac.

Supplied through the courtesy of
Eli Lilly and Company
Pharmaceutical and Biological Products
Indianapolis, U. S. A.

Supplied through the courtesy of
Eli Lilly and Company
Pharmaceutical and Biological Products
Indianapolis, U. S. A.

Ipecacuanha

Additional Information:

Ipecacuanha is a plant that is used to induce vomiting. It is likely safe in doses of 30-50 mL for adults and 30 mL for children six months or older (87).



The plant of *Cephoelis ipecacuanha*.

From: Alkaloids. Homeopathy Plus. [Internet]. [cited 2016].

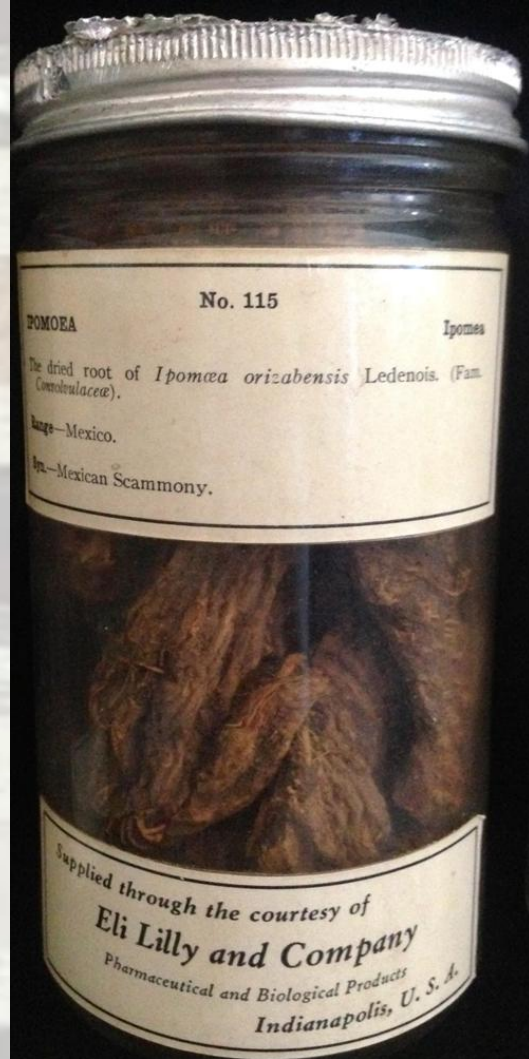
Ipomoea

Scientific Name: *Ipomoea orizabensis*

Label Information: The dried root of *Ipomoea orizabensis* (Fam. *Convolvulaceae*).

Range: Mexico.

Common Names: Mexican Scammony.



Ipomoea

Additional Information:

Alcoholic extracts of the fresh fruits of *Ipomoea* showed antibacterial activity against *Micrococcus pyogenes* var. *aureus* and *E. coli*.

The ethanolic, aqueous and ethereal extracts of the roots showed anti-inflammatory activity against carrageenin induced rat paw edema as well as cotton pellet induced granuloma and formalin-induced arthritis in rats. The aqueous extract was found to be the most potent fraction against all three models of experimental inflammation (24).



The flower of *Ipomoea orizabensis*, a plant native to Mexico.

From: Natural List. [Internet]. [cited 2016].

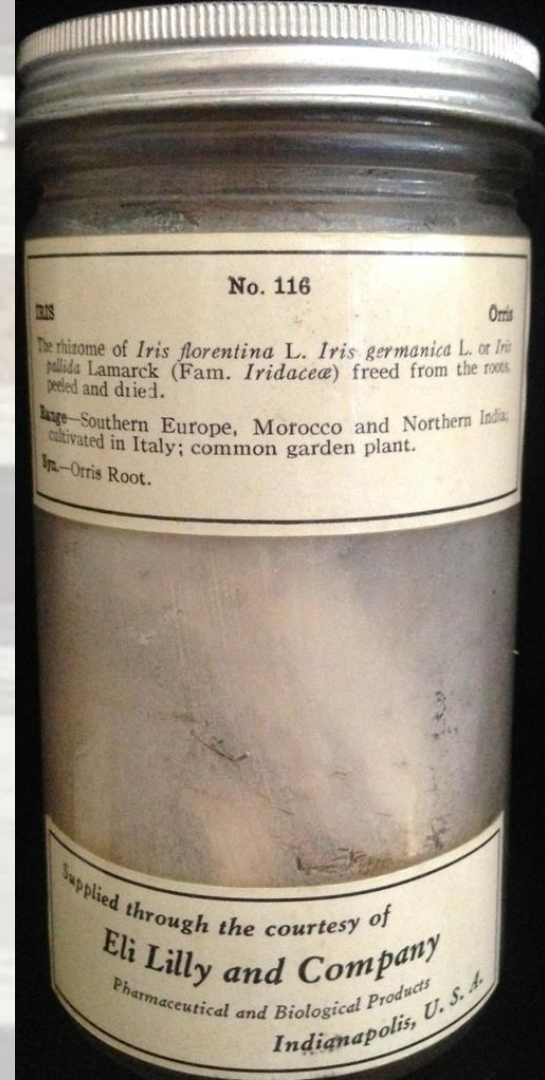
Iris

Scientific Name: *Iris* sp.

Label Information: The rhizome of *Iris florentina* L. *Iris germanica* L. or *Iris pallida* (Fam. *Iridaceæ*) freed from the roots, peeled and dried.

Range: Southern Europe, Morocco and Northern India; cultivated in Italy; common garden plant.

Common Names: Orris Root.



Iris

Additional Information:

While the juice from the flowers of Iris can be used in cosmetics, it is chiefly used in the dry state for complaints of the lungs, for coughs and hoarseness. Fresh roots have an earthy smell, the characteristic violet odour is gradually developed during the drying process and does not attain its maximum for at least two years, and even intensifies after that time. The essential oil may, therefore, be included in the class of so-called 'ferment-oils,' which can be used in perfumes.

The rhizomes of *I. Germanica*, *I. Pallida* and *I. Florentina* closely resemble one another and are not easily distinguishable (32).



The flower of *Iris*, a genus that have several closely related species.

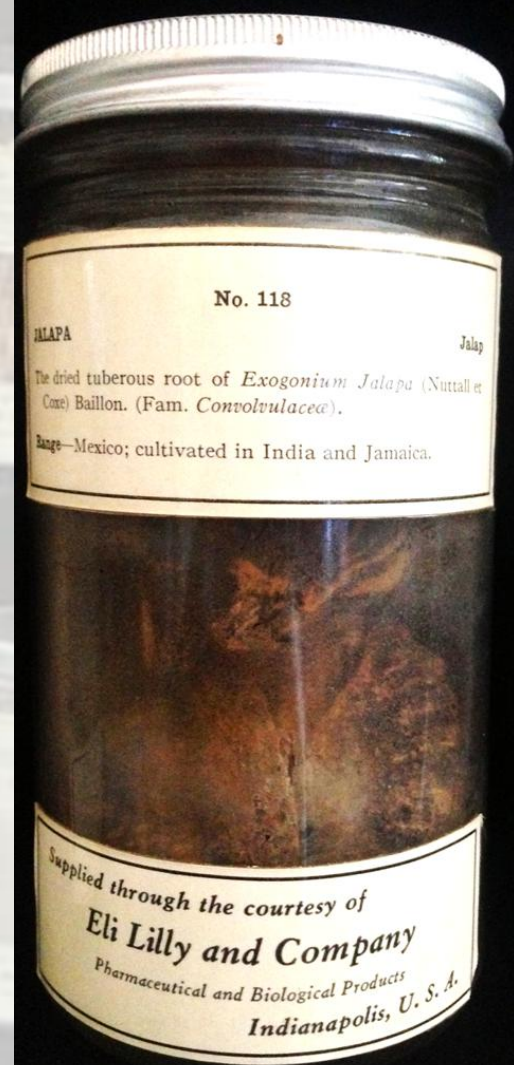
From: Wikipedia Commons. [Internet]. [cited 2016].

Jalapa

Scientific Name: *Exogonium jalapa*

Label Information: The dried tuberous root of *Exogonium jalapa* (Fam. *Convolvulaceæ*).

Range: Mexico; cultivated in India and Jamaica.



Jalap

Additional Information:

The drug Jalap is prepared from a resin which abounds in the roots and has a slight smoky odour and unpleasant taste, followed by pungent acidity. It has strong cathartic and purgative action, and is used in constipation, pain and colic in the bowels and general intestinal torpor, being combined, in compound powder, with other laxatives, and with carminatives such as ginger, cloves, etc.

Jalap forms a safe purge for children, being given in sugar or jam to disguise the taste, and has been used thus with calomel or wormwood as a vermifuge. It proves an excellent purge in rheumatism (30).



The flower of *Exogonium jalapa*.

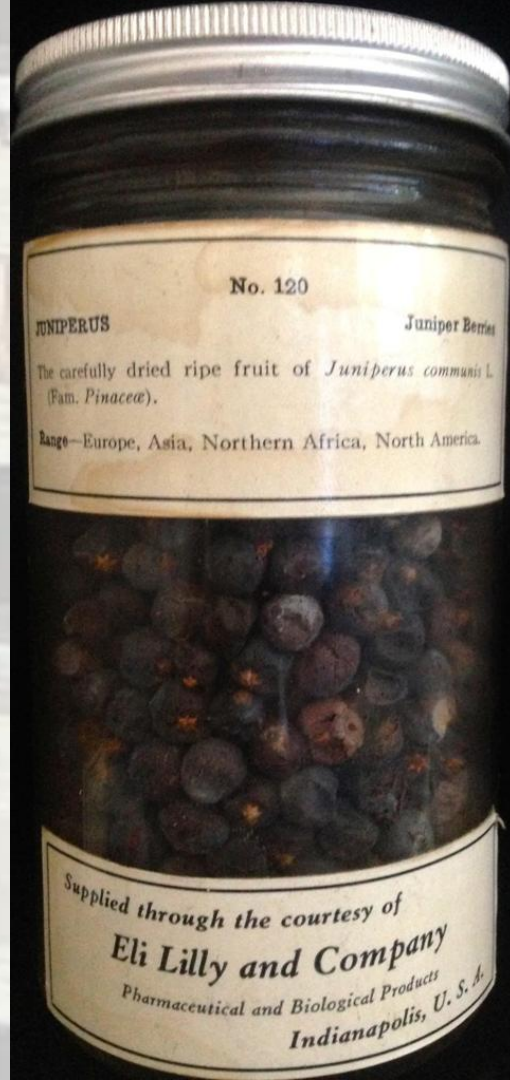
From: Healthy Home Gardening. [Internet]. [cited 2016].

Juniperus

Scientific Name: *Juniperus communis*

Label Information: The carefully dried ripe fruit of *Juniperus communis* (Fam. *Pinaceæ*).

Range: Europe, Asia, Northern Africa, North America.



Juniperus

Additional Information:

The plant of Juniperus displays significant toxicity to the kidneys and skin, which limits its use in medicine, except in small amounts.

Juniper is safely used as a fragrance in soaps, shampoos, cosmetics, sachets and other products.

Juniper has been used in dyspepsia (upset stomach) as a berry tea, in eczema and other skin diseases as cade oil or juniper oil. Juniper is thought to be more effective and less irritating when combined with uva ursi, manzanita or pipsissewa (63).



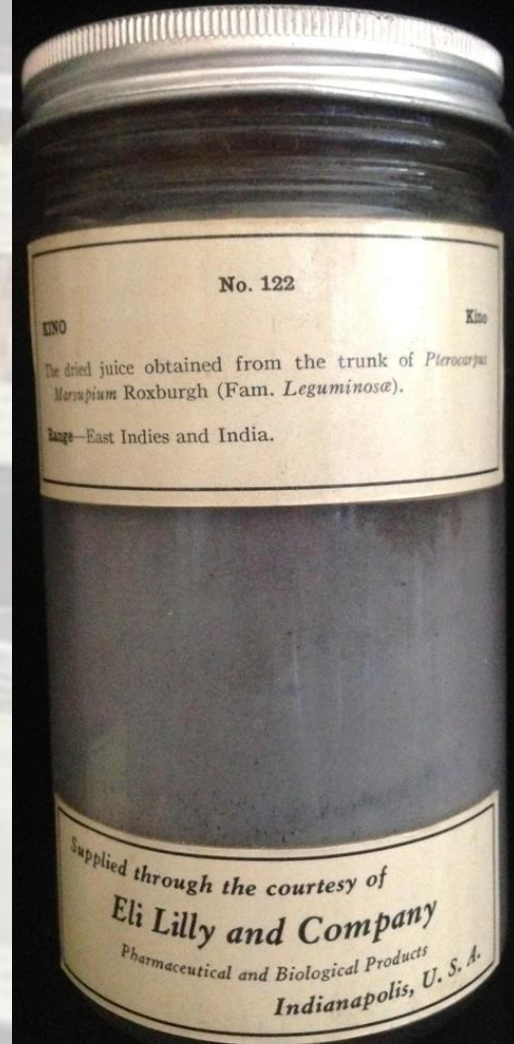
The berries of *Juniperus communis*.

From: Herbal Fire. [Internet]. [cited 2016].

Kino

Scientific Name: *Pterocarpus marsupium*

Label Information: The dried juice obtained from the trunk of *Pterocarpus marsupium* (Fam. *Leguminosæ*).



Kino

Additional Information:

Indian Kino Tree, which is known by different names in different regions of India, has a number of therapeutic uses. A poultice made from the bark and leaves of the tree possesses astringent properties, which is useful in treating skin conditions.

Indian Kino Tree also has potent anti-hyperlipidemic properties and helps in reducing total cholesterol, low-density lipoprotein and serum triglyceride levels in the body. It is effective in lowering blood sugar and total cholesterol levels in the body, and can be used as an antibacterial and an astringent (23).



The flower of *Pterocarpus marsupium*.

From: Ganesh Nursery Garden. [Internet]. [cited 2016].

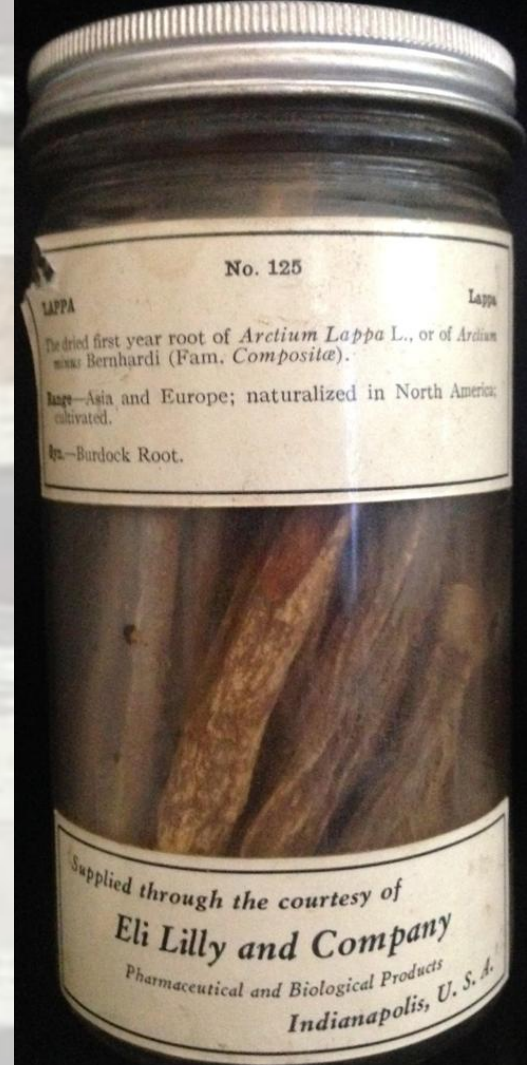
Lappa

Scientific Name: *Arctium sp.*

Label Information: The dried first year root of *Arctium Lappa* or of *Arctium minus* (Fam. *Compositæ*).

Range: Asia and Europe; naturalized in North America; cultivated.

Common Names: Burdock Root.



Lappa

Additional Information:

Lappa has been used as a treatment in many skin ailments, including eczema. The root is principally employed, but the leaves and seeds are equally valuable. Both the root and seeds may be taken as a decoction of 1 OZ. to 1 1/2 pint of water, boiled down to a pint, in doses of a wine glassful, three or four times a day. The anti-scorbutic properties of the root make the decoction very useful for boils, scurvy and rheumatic infections.

When applied externally as a poultice, the leaves are highly resolvent for tumours and gouty swellings, and relieve bruises and inflamed surfaces. The leaves have been applied by the persons in many countries as cataplasms to the feet and as a remedy for hysterical disorders (31).



The flower of a species of *Arctium*.

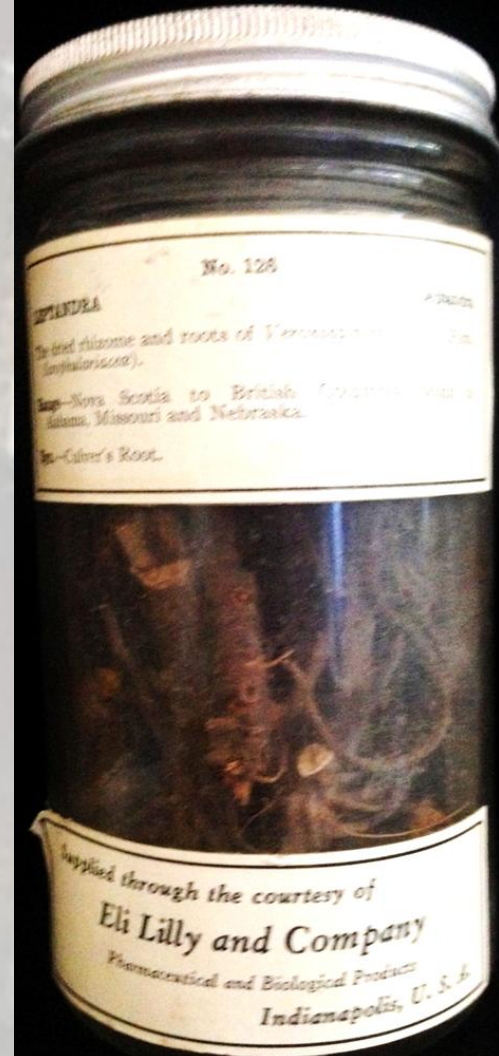
Leptandra

Scientific Name: *Veronica virginica*

Label Information: The dried rhizome and roots of *Veronica virginica* (Fam. *Scrophulariaceæ*).

Range: Nova Scotia to British Columbia, south to Alabama, Missouri and Nebraska.

Common Names: Culver's Root.



Leptandra

Additional Information:

Physiologically, leptandra acts upon the gastric, hepatic, and intestinal apparatus. The fresh root is actively and dangerously cathartic, and has produced violent emesis, bloody purging, and vertigo. It has also been known to produce miscarriage in pregnant females.

Upon drying of the root, Leptandra loses its dramatic qualities, and becomes a safe cholagogue, laxative, and cathartic. In ordinary doses it does not produce copious alvine discharges, but gently stimulates the functions of the liver. It does not debilitate nor lower the tone of the bowels or the general system, but gently stimulates and strengthens the functional activity of the whole intestinal appendages. It favors normal intestinal excretion and improves digestion (13).



The plant of *Veronica virginica*.

From: Homeopathy and More. [Internet]. [cited 2016].

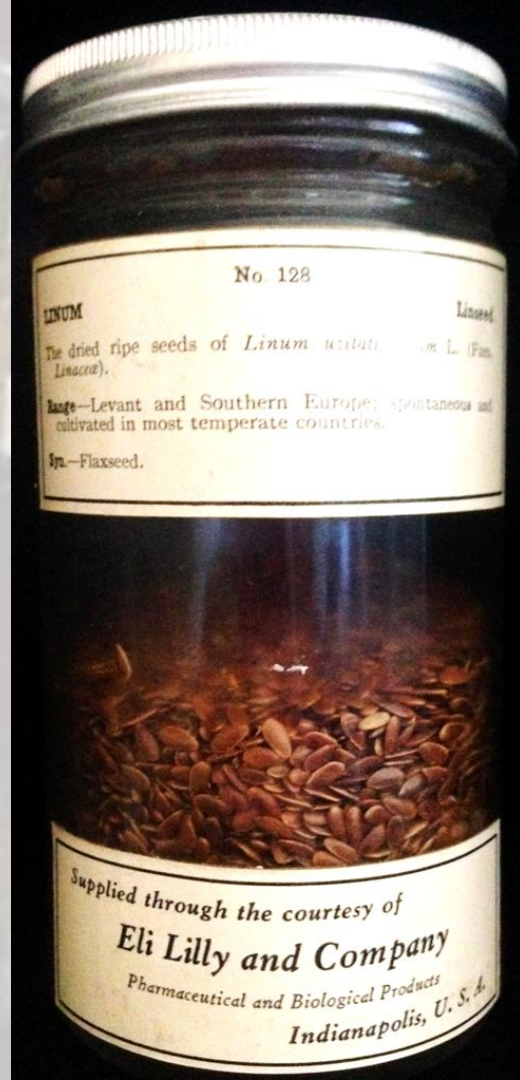
Linum

Scientific Name: *Linum usitatissimum*

Label Information: The dried ripe seeds of *Linum usitatissimum* (Fam. *Linaceœ*).

Range: Levant and Southern Europe; spontaneous and cultivated in most temperate countries.

Common Names: Flaxseed.



Linum

Additional Information:

Linum is a plant that has been used for constipation, as well as for controlling levels of cholesterol and blood sugar in the body. Some herbal and diet supplement products have been found to contain possibly harmful impurities and additives (15).



The flower of *Linum usitatissimum*.

From: Wikiwand. [Internet]. [cited 2016].

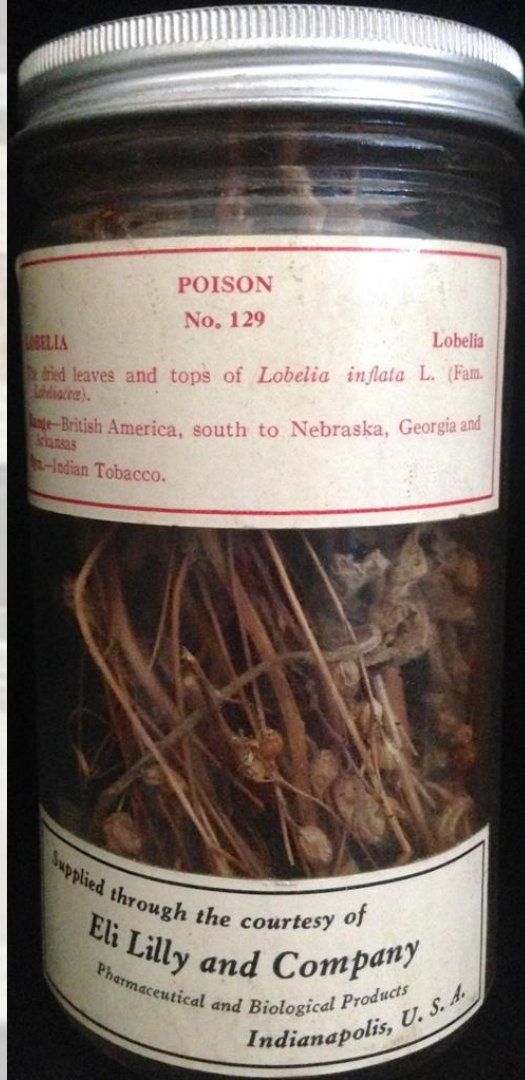
Lobelia

Scientific Name: *Lobelia inflata*

Label Information: The dried leaves and tops of *Lobelia inflata* (Fam. *Lobeliaceæ*).

Range: British America, south to Nebraska, Georgia and Arkansas.

Common Names: Indian Tobacco.



Lobelia

Additional Information:

Lobelia is a plant that has been used to induce vomiting. Lobelia, and products containing lobelia, are not included on the U.S. Food & Drug Administration's (FDA) Generally Recognized as Safe (GRAS) list, as lobelia has been shown to cause adverse reactions in doses as small as 50mg. Lobeline, a constituent of lobelia, can bind to nicotinic receptors and cause adverse effects, including tachycardia, sweating, nausea, vomiting, diarrhea, convulsions, and even death (27).



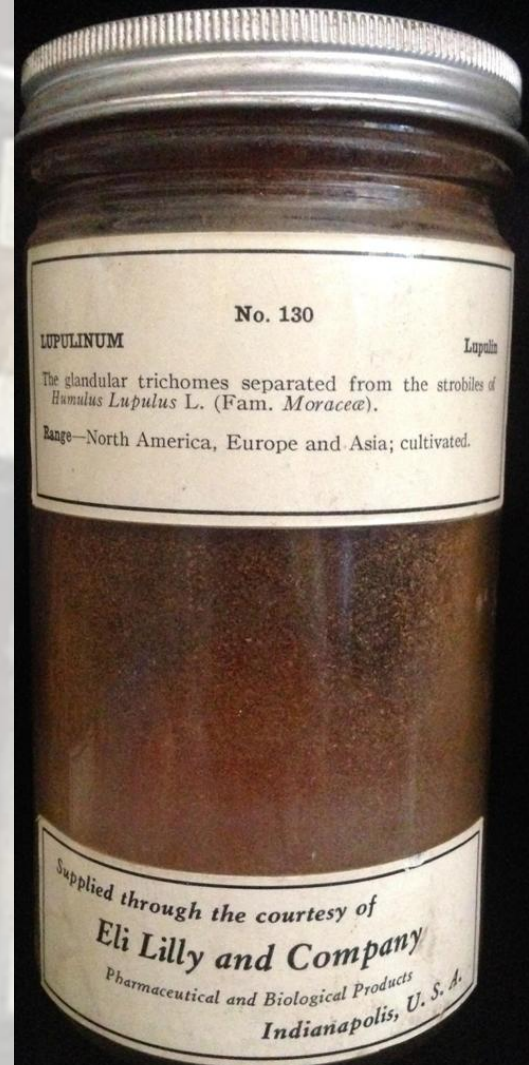
The flower of *Lobelia inflata*.

From: Wikipedia. [Internet]. [cited 2016].

Lupulinum

Label Information: The glandular trichomes separated from the strobiles of *Humulus lupulus* (Fam. *Moraceæ*).

Range: North America, Europe and Asia; cultivated.



Lupulinum

Additional Information:

Lupulinum is used in delirium tremens, and wakefulness in connection with nervous irritation, anxiety, or exhaustion.

Lupulinum has also been found especially useful in cases of genito-urinary irritations, irritation of the bladder, as well as in those irritable conditions of the genital organs. It has also been advised as an efficient remedy in chordee. In these instances it requires to be given in quite large doses, double or triple the ordinary dose.

The ethereal tincture of lupulinum forms what was formerly termed the ethereal oil of lupulinum by allowing the ether to spontaneously evaporate. It produces at first a stimulant influence, followed by a very agreeable, calming sensation, and has been used with advantage in some cases of nervous irritability where opium and other narcotics failed. It does not, however, appear to possess any narcotic properties.

The odor of lupulinum will cause a distressing sick headache in susceptible individuals, accompanied with extreme and prostrating nausea; on the other hand lupulinum has been employed to relieve various forms of headache, chiefly in debilitated subjects, with cerebral hyperemia (13).



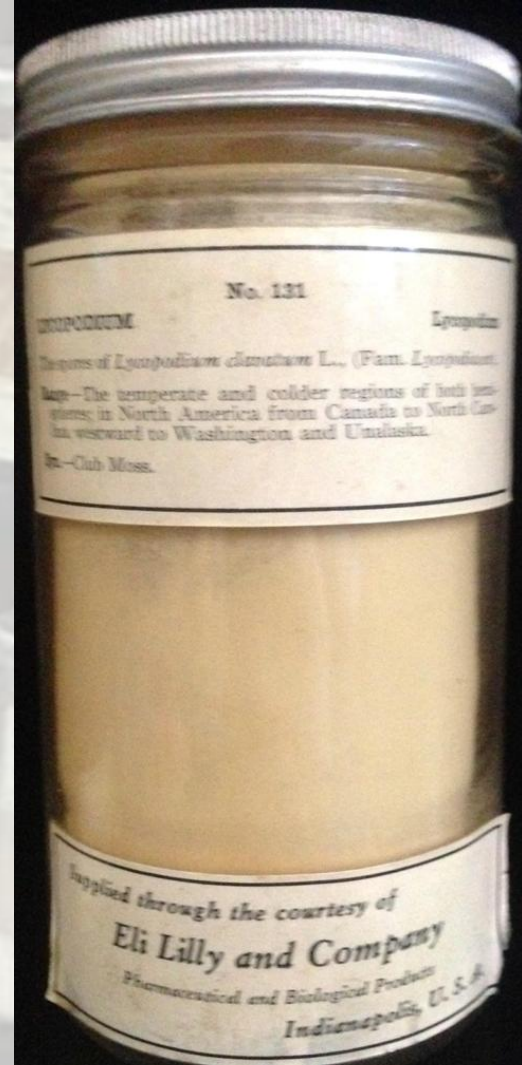
The plant of *Humulus lupulus*.

From: Wikipedia Commons. [Internet]. [cited 2016].

Lycopodium

Label Information: The spores of *Lycopodium clavatum* (Fam. *Lycopodiaceæ*).

Range: The temperate and colder regions of both hemispheres; in North America from Canada to North Carolina, westward to Washington and Unalaska.



Lycopodium

Additional Information:

Lycopodium is a "club moss" and a spore-bearing vascular plant that grows on the ground. It has been used in folk medicine to treat bladder and kidney disorders. Some species, such as selago, can cause cholinergic poisoning. Selago is easily mistaken for other non-toxic species.

It has also been used in condoms in some parts of Europe. The spores of the moss are easily identified and can therefore be used as evidence in sex crimes, determining whether the assailant used a condom or not (1).



The plant of *Lycopodium clavatum*.

From: Viva Healthy Store. [Internet]. [cited 2016].

Manna

Label Information: The dried saccharine exudation of *Franxinus ornus* (Fam. *Oleaceœ*).

Range: Mediterranean region; cultivated.



Manna

Additional Information:

Manna is a plant whose dried sap contains a chemical called mannitol and is used to make laxatives for constipation. It is also used as a stool softener to relieve pain during bowel movements caused by cracks around the anus (anal fissures), hemorrhoids, and rectal surgery (89).



The plant of *Fraxinus ornus*.

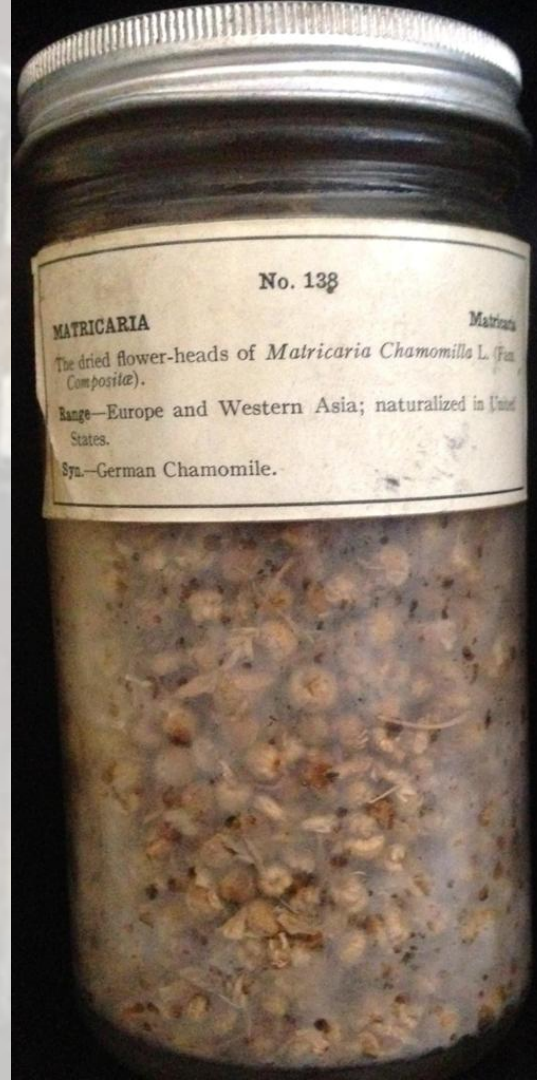
From: University of Connecticut. [Internet]. [cited 2016].

Matricaria

Label Information: The dried flower-heads of *Matricaria chamomilla*. (Fam. *Compositæ*).

Range: Europe and Western Asia; naturalized in United States.

Common Names: German Chamomile.



Matricaria

Additional Information:

Matricaria has been used for more than two thousand years to treat menstrual problems, gall bladder, fevers, inflammations, gastrointestinal disorders, and as an antiseptic.

One of its active constituents, apigenin, is a flavonoid believed to have some influence over the mild sedative effects claimed by this herb. In recent scientific studies, this flavonoid, apigenin was also found to act as an anti-inflammatory agent (21).



The flower of *Matricaria chamomilla*.

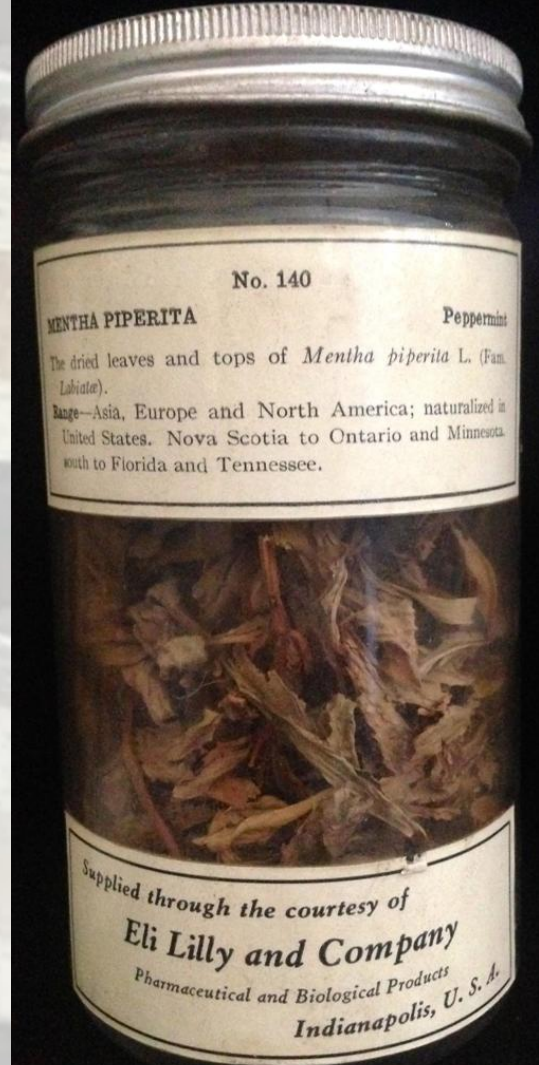
From: Wikipedia Commons. [Internet]. [cited 2016].

Mentha Piperita

Label Information: The dried leaves and tops of *Mentha piperita* (Fam. *Labiatoë*).

Range: Asia, Europe and North America; naturalized in United States. Nova Scotia to Ontario and Minnesota, south to Florida and Tennessee.

Common Names: Peppermint



Mentha Piperita

Additional Information:

Mentha piperita, commonly known as peppermint, is a perennial herb found throughout most of Europe and North America. Peppermint is a hybrid between spearmint and watermint. Peppermint was first documented growing in a field of spearmint in England in 1696.

Its historical uses include, but are not limited to, treatment in cancer, antioxidant, and respiratory disorders. Peppermint is also widely used to treat gastrointestinal disorders, such as IBS. Peppermint also shows antibacterial activity against E.coli, Staph, and Salmonella. It is also used to alleviate stress, anxiety, and daytime sleepiness.

Peppermint is used predominantly in chewing gum, toothpaste, and mouthwashes. It is approved by the FDA (61).



The plant of *Mentha piperita*, also known as peppermint.

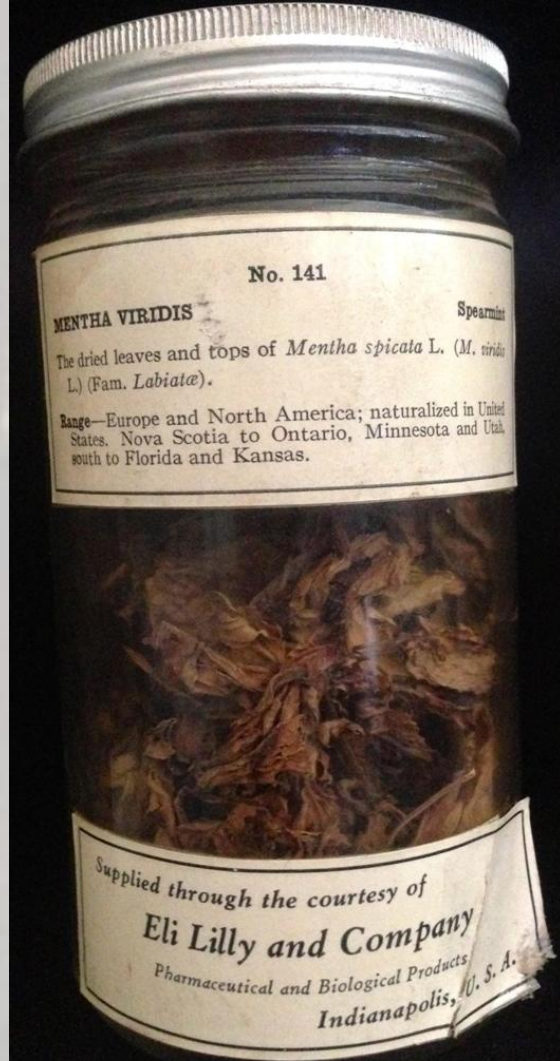
From: NHR Organic Oils. [Internet]. [cited 2016].

Mentha Viridis

Label Information: The dried leaves and tops of *Mentha spicata* (Fam. *Labiatae*).

Range: Europe and North America; naturalized in United States. Nova Scotia to Ontario, Minnesota and Utah, south to Florida and Kansas.

Common Names: Spearmint



Mentha Viridis

Additional Information:

Mentha viridis, or spearmint, is a mint plant native to Europe and Asia that grows well in all temperate climates. It is named spearmint because of its spear-like pointed leaf tips, and is considered an invasive species in the Great Lakes region of the US.

Spearmint was historically used in the Eastern Mediterranean for medicines in treatments for gastrointestinal disorders, respiratory disorders, stomach aches, bad breath, dandruff, bronchitis, and as a sedative.

It is used today in alcoholic beverages, toothpastes, shampoos, soaps, and teas. It is also used for remedies for hair growth, memory, and gastrointestinal disorders. The FDA has approved spearmint, although excess amounts can cause liver and kidney damage (62).



The plant of *Mentha spicata*, or spearmint, which is native to Europe and Asia.

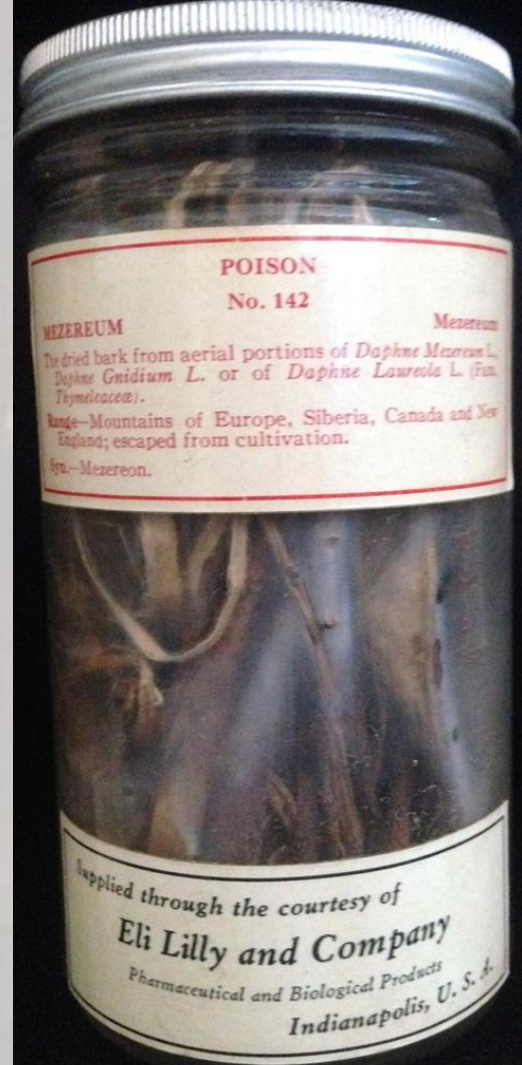
From: Knoji. [Internet]. [cited 2016].

Mezereum

Label Information: the dried bark from aerial portions of *Daphne Mezereum*, *Daphne Gnidium* or of *Daphne Laureola* (Fam. *Thymelaeaceo*).

Range: Mountains of Europe, Siberia, Canada and New England; escaped from cultivation.

Common Names: Mezereon.



Mezereum

Additional Information:

Mezereum has been used in the past for treating rheumatism and indolent ulcers, but because of its toxic nature, it is no longer considered to be safe.

The plant contains various toxic compounds, including daphnetoxin and mezerein, that are currently being investigated for their anti-leukaemia effects.

The root bark is the most active medically, but the stem bark is also used. It has been used in an ointment to induce discharge in indolent ulcers and also has a beneficial effect upon rheumatic joints. The fruits have also sometimes been used as a purgative (11).



The flower of *Daphne*.

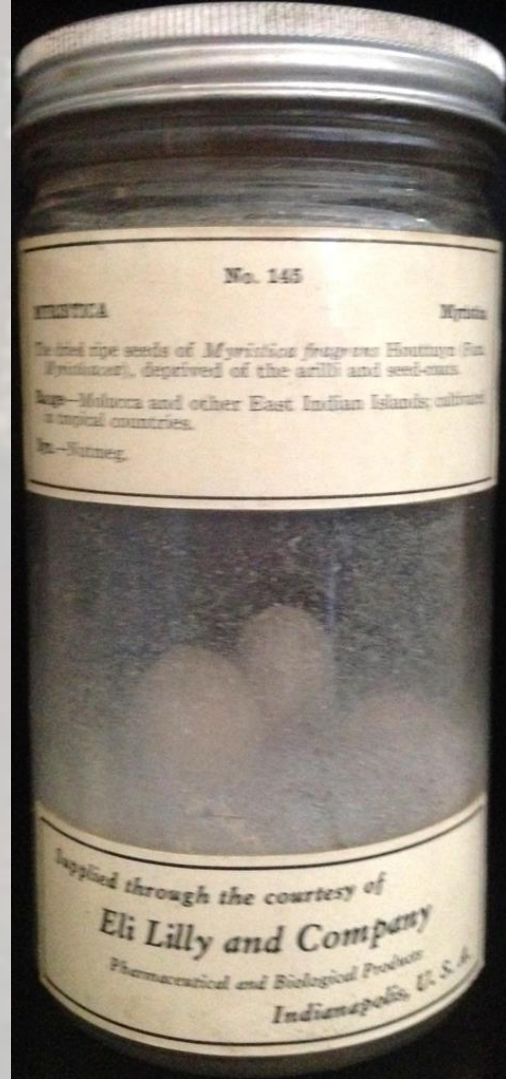
From: Bilka. [Internet]. [cited 2016].

Myristica

Label Information: The dried ripe seeds of *Myristica fragrans* (Fam. *Myristicaceae*), deprived of the arilli and seed-coats.

Range: Moluca and other East Indian Islands; cultivated in tropical countries.

Common Names: Nutmeg.



Myristica

Additional Information:

Myristica, or nutmeg, is a plant native to the East Indian islands whose principle tonic is myristicin. The oil of nutmeg is used to conceal the taste of various drugs and acts as a local stimulant to the gastrointestinal tract (35).



The fruit of *Myristica fragrans*.

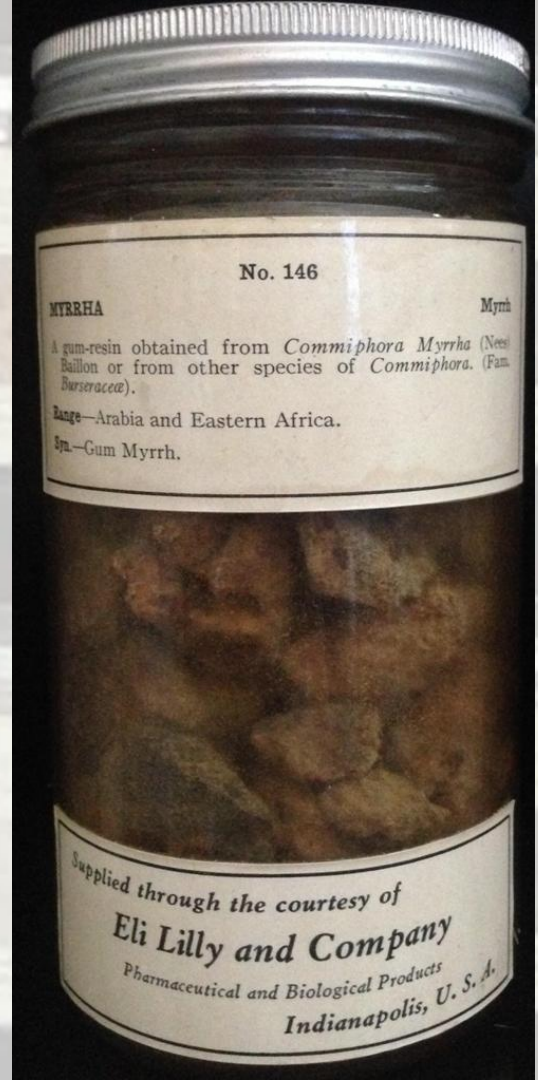
From: Wikipedia Commons. [Internet]. [cited 2016].

Myrrh

Label Information: A gum-resin obtained from *Commiphora myrrha* or from other species of *Commiphora*. (Fam. *Burseraceae*).

Range: Arabia and Eastern Africa.

Common Names: Gum Myrrh.



Myrrh

Additional Information:

Myrrh is a sap-like substance that comes out of cuts in the bark of trees that are members of the *Commiphora* species. Myrrh is used to make medicines for treatment in indigestion, ulcers, colds, cough, asthma, lung congestion, arthritis pain, cancer, leprosy, spasms, and syphilis. It is also used as a stimulant and to increase menstrual flow.

Myrrh is applied directly to the mouth for soreness and swelling, inflamed gums (gingivitis), loose teeth, canker sores, bad breath, and chapped lips. It is also used topically for hemorrhoids, bed sores, wounds, abrasions, and boils.

In foods and beverages, myrrh is used as a flavoring component. In manufacturing, myrrh is used as a fragrance, in incense, and as a fixative in cosmetics (91).



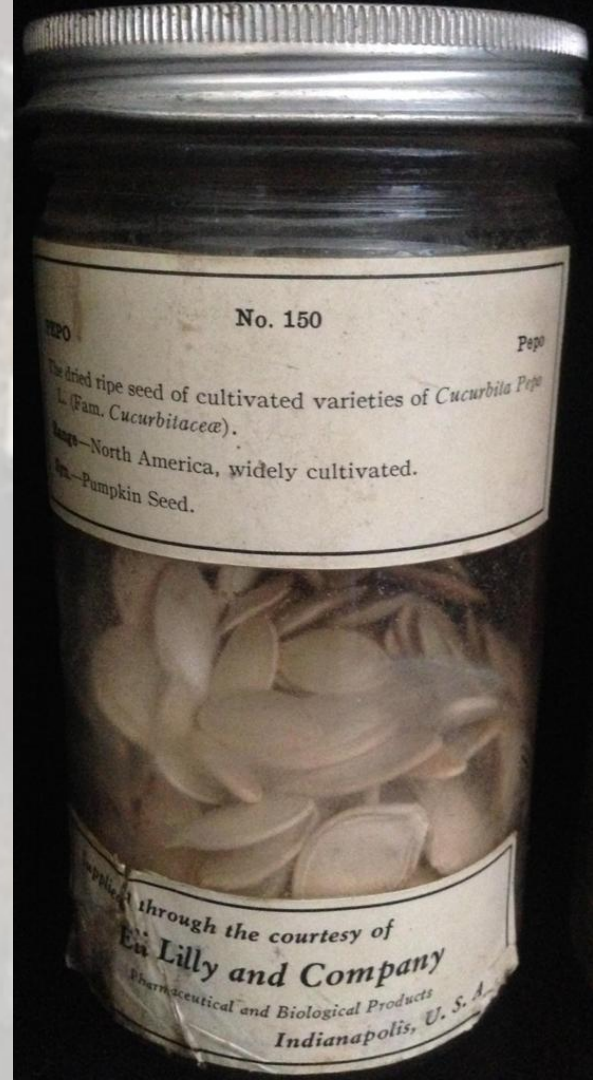
The plant of *Commiphora myrrha*.

Pepo

Label Information: The dried ripe seed of cultivated varieties of *Cucurbita pepo* (Fam. *Cucurbitaceæ*).

Range: North America, widely cultivated.

Common Names: Pumpkin Seed.



Pepo

Additional Information:

The oil of the pumpkin seeds, in doses of 6 to 12 drops several times a day, is an efficient diuretic, giving quick relief in scalding of urine, spasmodic affections of the urinary passages, and gonorrhoea. Half a fluid ounce of oil of pumpkin seeds, taken upon a fasting stomach, repeated in 2 hours, and in another 2 hours followed by a dose of castor oil containing 1/2 fluid ounce of the pumpkin-seed oil, has been effectual in removing tapeworm.

It was formerly believed that the taenifuge properties resided in the external covering of the seeds, but later investigations do not confirm this view (13).



The fruit of *Cucurbita pepo*.

From: Wikipedia Commons. {Internet}. [cited 2016].

Phytolacca

Label Information: The dried root of *Phytolacca americana* (Fam. *Phytolaccaceæ*), collected in autumn.

Range: Maine and Ontario to Minnesota, Florida and Texas; naturalized in Southern Europe and West Indies.

Common Names: Poke Root.



Phytolacca

Additional Information:

Phytolacca, or "Pokeweeds" are perennial plants indigenous to many regions including North and South America, East Asia, and New Zealand. It has been used in traditional Native American medicine to treat rheumatism. The Pennsylvania Dutch and people in Portugal used the juice from the berries for ink and a coloring agent in wine, until it was discovered to be poisonous. It has been used in other folk medicines to treat rheumatism, arthritis, tonsillitis, laryngitis, skin infections, and skin cancer.

Its common uses today are for treating ringworm, gonorrhea, leeches, anthrax and rabies. However, the roots and berries are found to be very poisonous and limited dosages are recommended. An antiviral protein (PAP) in *Phytolacca americana* is a naturally occurring RNA-depurinating enzyme with antiviral activity. This protein is being researched for its potential as an anti-HIV agent. Other aspects of pokeweed are also being investigated for its usefulness for the flu, HSV-1, and polio (44).



The berries of *Phytolacca americana*.

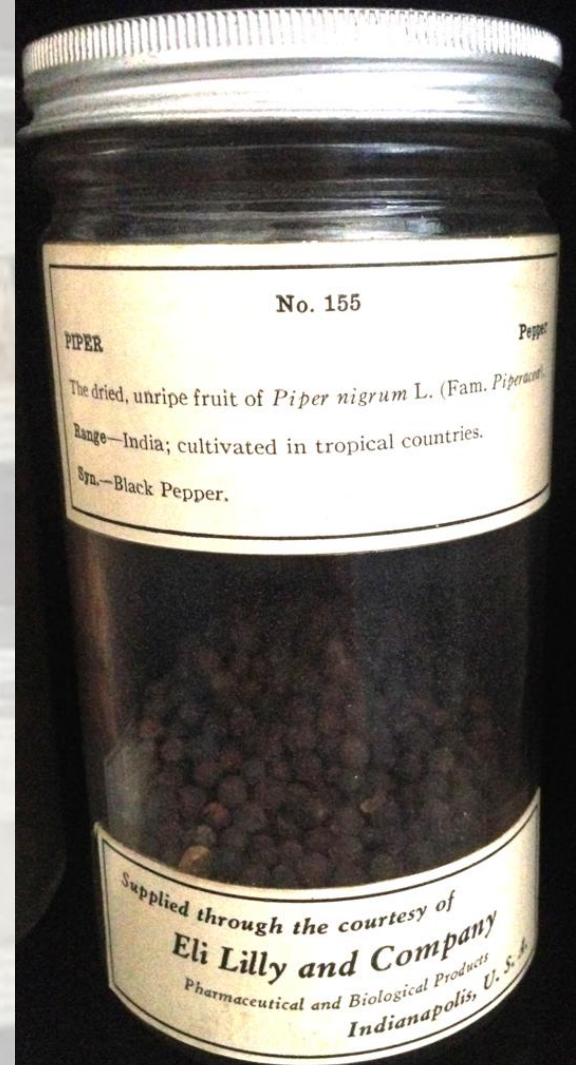
From: Plants for a Future. [Internet]. [cited 2016].

Piper

Label Information: The dried, unripe fruit of *Piper nigrum*. (Fam. *Piperaceæ*).

Range: India; cultivated in tropical countries.

Common Names: Black Pepper.



Piper

Additional Information:

Piper is aromatic, stimulant, carminative and said to possess febrifuge properties. Pepper is especially useful for the stimulation of the mucous membrane of the rectum, constipation and urinary organs. It is used externally as a rubefacient and can also be used to treat gonorrhoea.

Piper also aids in digestion and is especially useful for atonic dyspepsia and torbid condition of the stomach. It has also been used to treat vertigo, paralytic and arthritic disorders. It is advised in diarrhoea, cholera, scarlatina, and in solution for a wash for tinea capitis (36).



The plant of *Piper nigrum*.

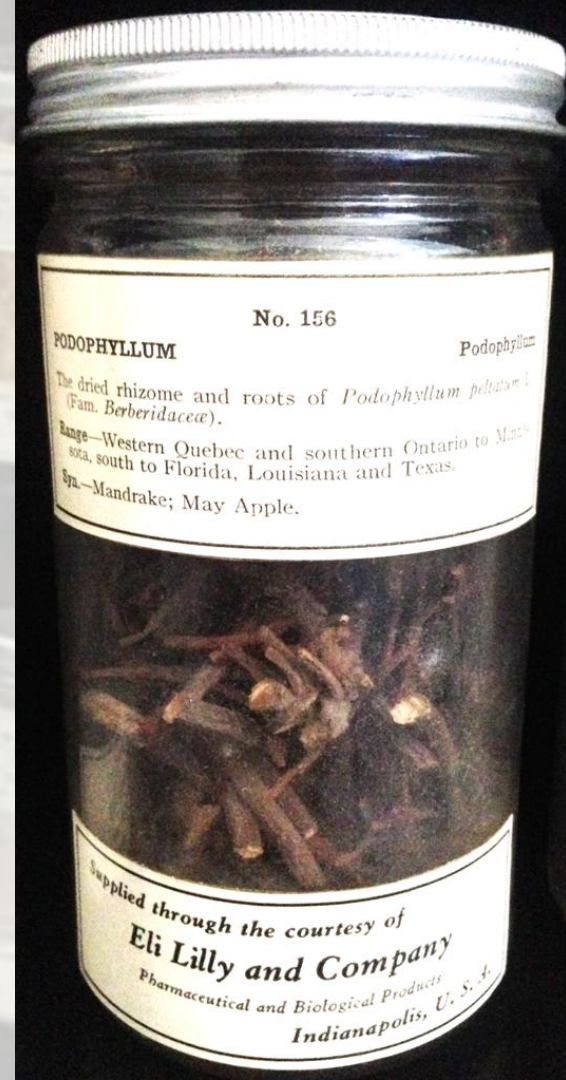
From: Anthropogen. [Internet]. [cited 2016].

Podophyllum

Label Information: The dried rhizome and roots of *Podophyllum peltatum* (Fam. *Berberidaceæ*).

Range: Western Quebec and southern Ontario to Minnesota, south to Florida, Louisiana and Texas.

Common Names: Mandrake; May Apple.



Podophyllum

Additional Information:

Podophyllum is a plant named from the Greek "podod" and "phyllum," meaning "foot-shaped leaves." It has been used by Native American tribes as a laxative, treatment of warts, and treatment of growths on the skin.

Podophyllum was used in traditional Ayurvedic medicine for treatment for genital warts, Hodgkin's disease, lymphoma, and other cancers.

Today, extracts of the plant are used in topical medications for genital warts, HIV-related oral hairy leukoplakia and some skin cancers (43).



The plant of *Podophyllum peltatum*, native to various parts of North America.

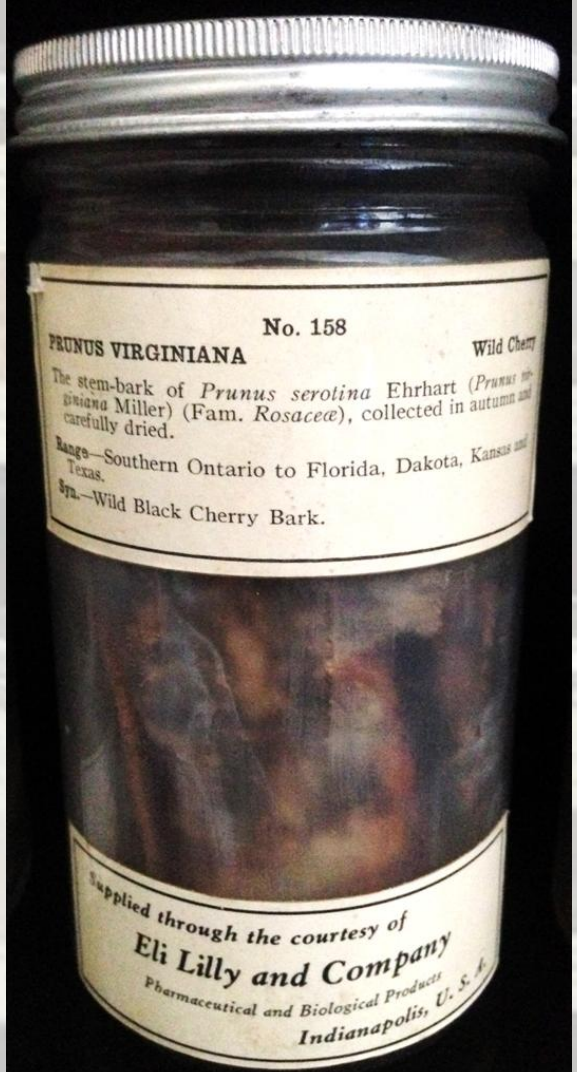
Podophyllum. Carolyn's Shade Gardens. [Internet]. [cited 2013].

Prunus Virginiana

Label Information: The stem-bark of *Prunus serotina* (Fam. *Rosaceæ*), collected in autumn and carefully dried.

Range: Southern Ontario to Florida, Dakota, Kansas and Texas.

Common Names: Wild Black Cherry Bark.



Prunus Virginiana

Additional Information:

The roots and the bark of *Prunus* are a blood tonic, astringent, sedative, and appetite stimulant.

Prunus has been used medicinally by native people for treatment in respiratory ailments. It also helps the flow of gastric juices with digestive problems. It can soothe coughs and bring strength to the system. After being placed in water for a few days, wild cherry can help with pink eye.

When the plant is injured by frost or drought, hydrocyanic acid is formed, which causes difficulty breathing, slow pulse, dilating pupils, staggering, loss of consciousness, and eventually death in humans and cattle (9).



The fruit of *Prunus serotina*, a plant native to the midwestern & southern US and parts of Canada.

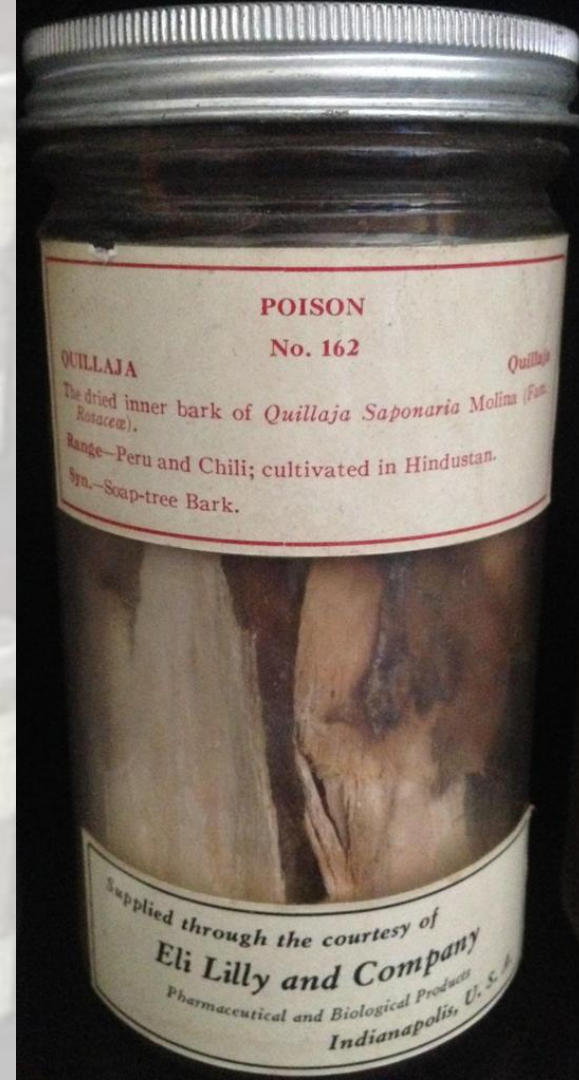
From: Go Botany. [Internet]. [cited 2016].

Quillaja

Label Information: The dried inner bark of *Quillaja saponaria* (Fam. *Rosaceæ*).

Range: Peru and Chile; cultivated in Hindustan.

Common Names: Soap-tree Bark.



Quillaja

Additional Information:

Quillaja can depress cardiac and respiratory activity and can cause irritation and sneezing. It has been traditionally used to treat coughing, bronchitis, scalp itchiness, and dandruff.



The flower of *Quillaja saponaria*, native to Peru and Chile.

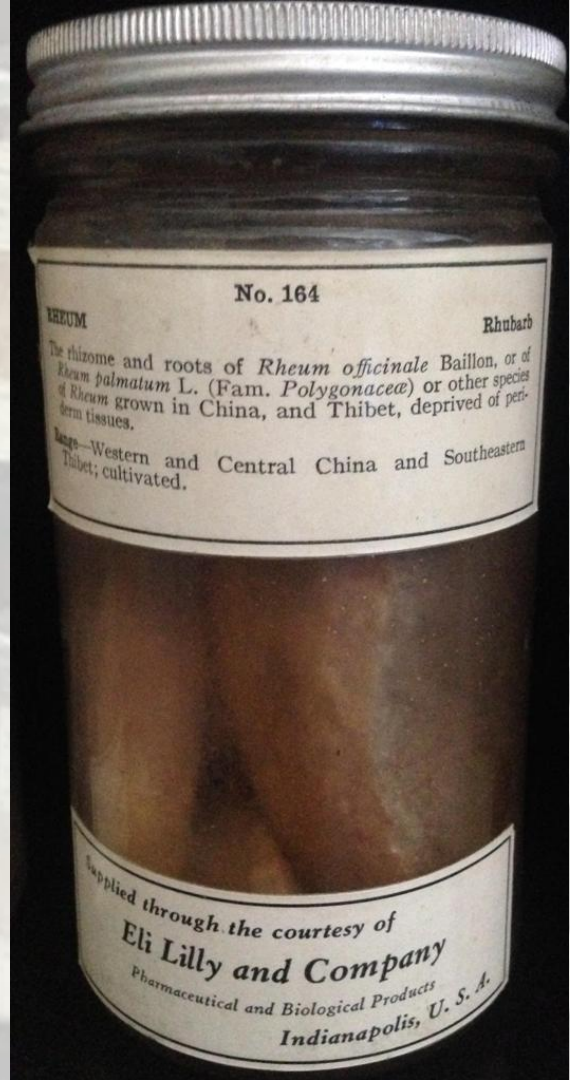
From: Plant Systematics. [Internet]. [cited 2016].

Rheum

Label Information: The rhizome and roots of *Rheum officinale* or of *Rheum palmatum*. (Fam. *Polygonaceæ*) or other species of *Rheum* grown in China, and Thibet, deprived of periderm tissues.

Range: Western and Central China and Southeastern Thibet; cultivated.

Common Names: Rhubarb



Rheum

Additional Information:

Rhubarb is a large, leafy perennial with hollow stocks and can reach up to 10 feet tall. The roots and rhizomes contain powerful anthraquinones and tannins that are used for many medicinal purposes. It has been used by the Chinese and Tibetan for 5,000 years. The Chinese used it as laxatives and astringents. They also used it to treat gastric ulcers, renal failure, pregnancy-induced hypertension, de-worming, cancer and fevers.

Rhubarb spread from China and Tibet to India, Russia and North America. Marco Polo imported rhubarb into Europe in the 13th century. Rhubarb is used today to treat cancer, gingivitis, renal failure, and upper gastrointestinal bleeding.



The plant of *Rheum*.

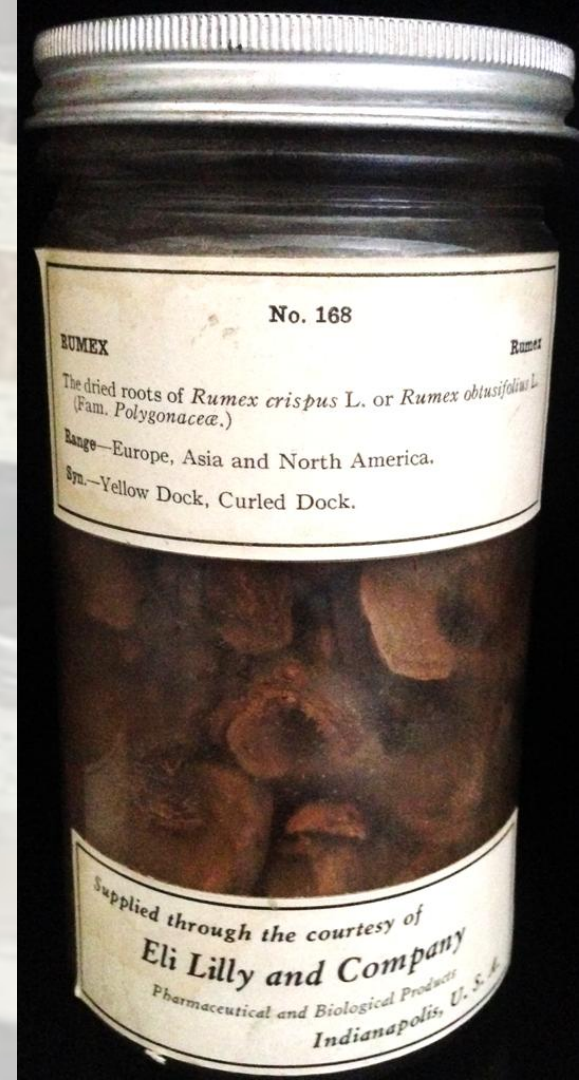
From: Urban Farmer. [Internet]. [cited 2016].

Rumex

Label Information: The dried roots of *Rumex crispus* or *Rumex obtusifolius* (Fam. *Polygonaceae*).

Range: Europe, Asia and North America.

Common Names: Yellow Dock, Curled Dock.



Rumex

Additional Information:

Rumex, or "yellow dock" was first used by Native Americans as an anticancer drug. Today, Rumex is used for a variety of reasons.

Internally, it is used for cancer treatment, building of healthy blood, protecting the liver, and as a laxative. It is used externally for to cure lumps as well as as an antitumor and antifungal remedy.

Rumex is banned in Canada after a case report of a 53 year old man dying of poisoning from consuming excess yellow dock as a salad.



***Rumex*, a plant native to Europe, Asia and North America.**

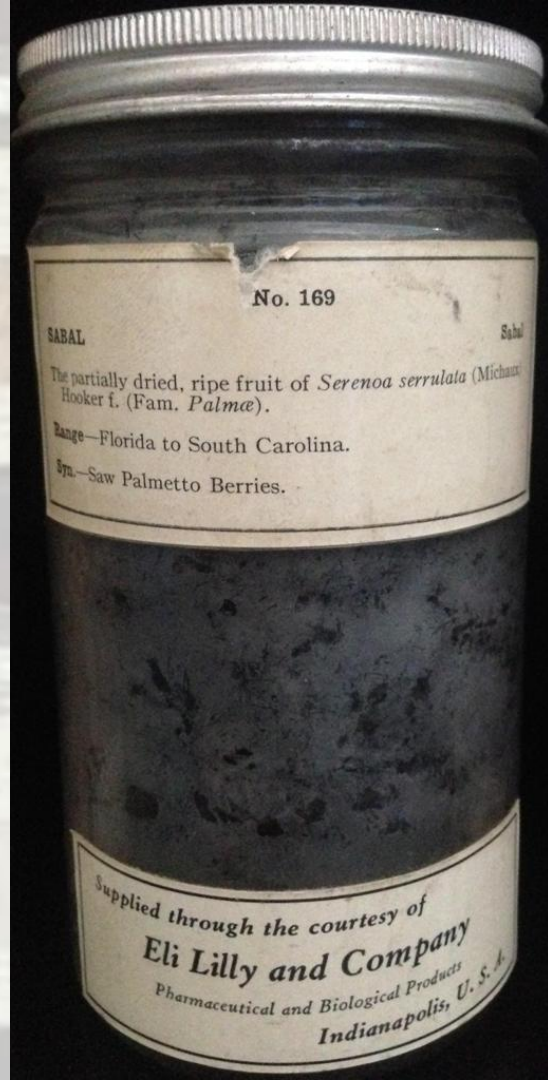
From: Wikipedia Commons. [Internet]. [cited 2016].

Sabal

Label Information: The partially dried, ripe fruit of *Serenoa serrulatta* (Fam. *Palmœ*).

Range: Florida to South Carolina.

Common Names: Saw Palmetto Berries.



Sabal

Additional Information:

Sabal is prepared from the ripened fruits of the saw palmetto tree. It is usually used to treat genitourinary organs. Usual symptoms include repeated urination, which could be caused by cystitis (inflammation of the urinary bladder).

Sabal is beneficial for people with gonorrhoea and prostate enlargement and can treat irritation in the seminal tubes and spiky bladder pain that spreads to the abdominal and thigh regions. Sabal is highly effective in treating men with prostate problems and women with mastitis.



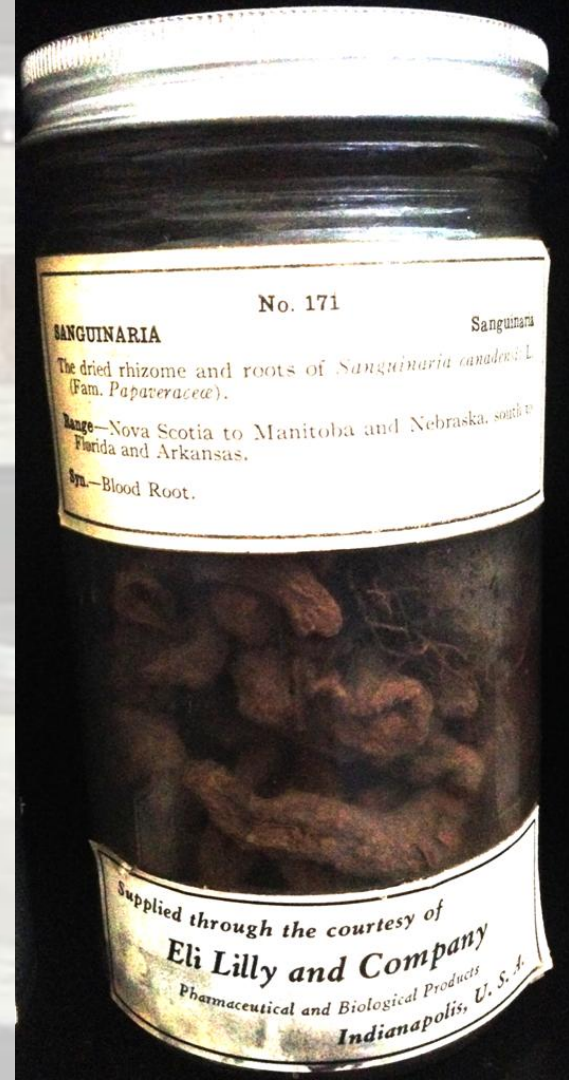
The plant of *Serenoa serrulatta*.

Sanguinaria

Label Information: The dried rhizome and roots of *Sanguinaria canadensis* (Fam. *Papaveraceae*).

Range: Nova Scotia to Manitoba and Nebraska, south to Florida and Arkansas.

Common Names: Blood Root.



Sanguinaria

Additional Information:

Sanguinaria, or "bloodroot," is a plant that has been widely used by Native Americans as a medicinal agent to stimulate the digestive system and to induce vomiting. Blood root's name is said to be derived from the dark red sap in the plant's roots and some Native American tribes used this sap as dye for wood and fabric as well as ritual face and body paint.

Early European settlers also used bloodroot to stimulate menstruation, induce vomiting, and treat gastrointestinal ailments. According to the FDA, bloodroot was introduced into homeopathic medicine in 1837. Blood root is used today in oral care products in low concentrations to reduce plaque and to treat gingivitis. It is not widely used medicinally due to possible serious side effects.

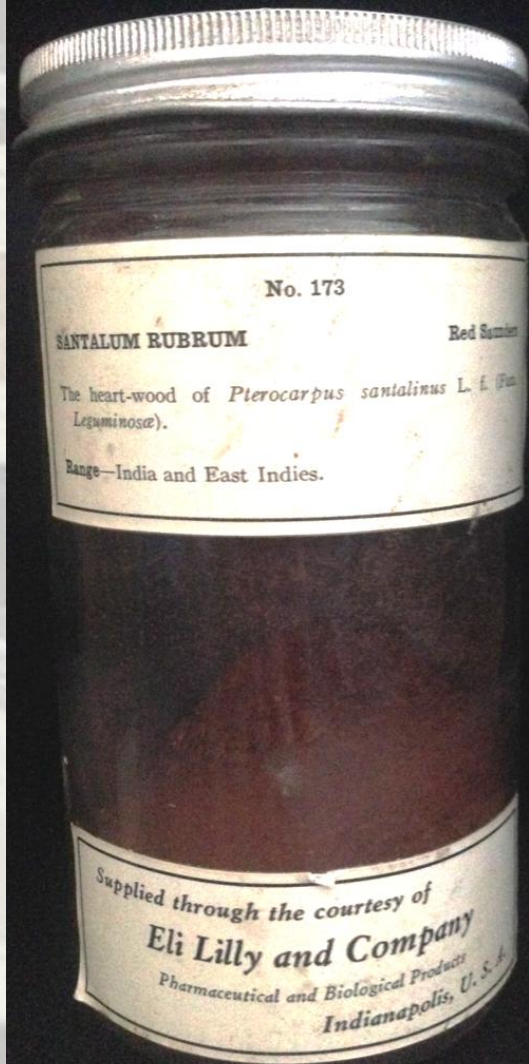


The flower of *Sanguinaria canadensis*.

Santalum Rubrum

Label Information: The heart-wood of *Pterocarpus santalinus* (Fam. Leguminosæ).

Range: India and East Indies.



Santalum Rubrum

Additional Information:

Red sandalwood is a tree whose wood at the center of the trunk (heartwood) is used as medicine. Red sandalwood is used for treating digestive tract problems, fluid retention, coughs, and for “blood purification.”

In manufacturing, red sandalwood is used as a flavoring in alcoholic beverages. Red sandalwood might increase the loss of body water through the urine (diuretic effect). It might also have drying effects that may help reduce diarrhea and break up mucus to make it easier to cough up.



The root of *Pterocarpus santalinus*.

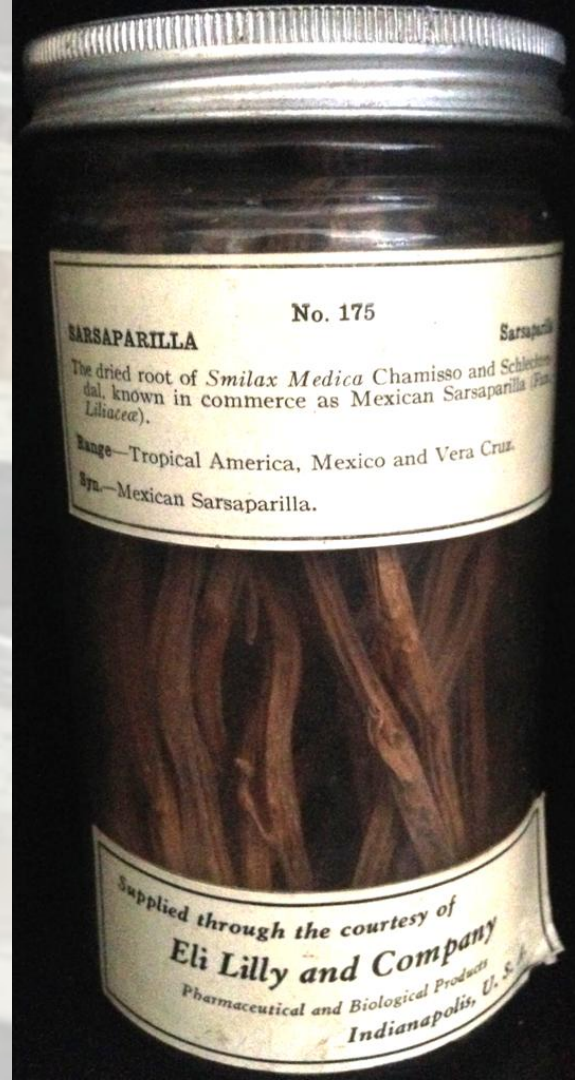
From: Maya Ethnobotanicals. [Internet]. [cited 2016].

Sarsaparilla

Label Information: The dried root of *Smilax medica*, known in commerce as Mexican Sarsaparilla (Fam. *Liliaceæ*).

Range: Tropical America, Mexico and Vera Cruz.

Common Names: Mexican Sarsaparilla.



Sarsaparilla

Additional Information:

Sarsaparilla is a vine plant with prickly stems, shiny leaves, and reddish-brown roots. It grows in South America, Asia, and North America (primarily in Canada).

It was historically used in Chinese medicine for treatment in anti-aging, antibacterial, antifungal, anti-inflammatory, arthritis, hepatitis B, and diabetes.

It is approved by the FDA as a food additive, and it is commonly used to flavor beverages and medicines. Moreover, it has potential treatments in cancer, arthritis and HIV.



The berries of *Smilax medica*.

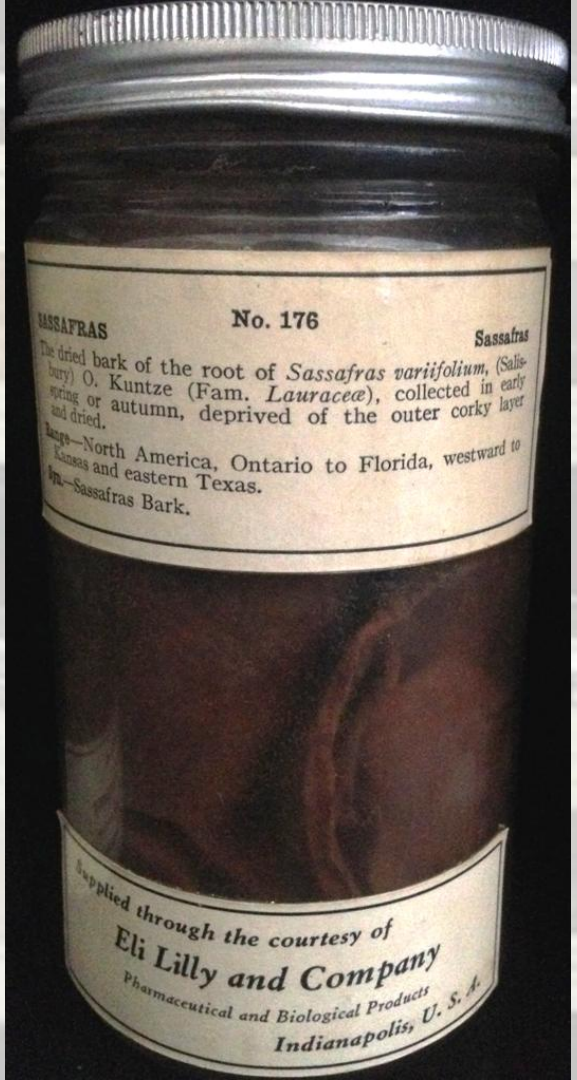
From: Natural Life Energy. [Internet]. [cited 2016].

Sassafras

Label Information: The dried bark of the root of *Sassafras variifolium*, (Fam. *Lauraceae*), collected in early spring or autumn, deprived of the outer corky layer and dried.

Range: North America, Ontario to Florida, westward to Kansas and eastern Texas.

Common Names: Sassafras Bark.



Sassafras

Additional Information:

Sassafras is a plant that has two main species and is primarily found in North America and Asia. It was historically used by Native Americans for medicines as an anticoagulant, antifungal and diaphoretic remedy.

However, sassafras is now believed to be a carcinogen as it contains safrole, a known carcinogen. There is an increased rate of esophageal cancer in areas where sassafras is consumed. In one study, researchers injected rats with sassafras and 50 percent of them developed tumors. It is strongly recommended to avoid digestion.



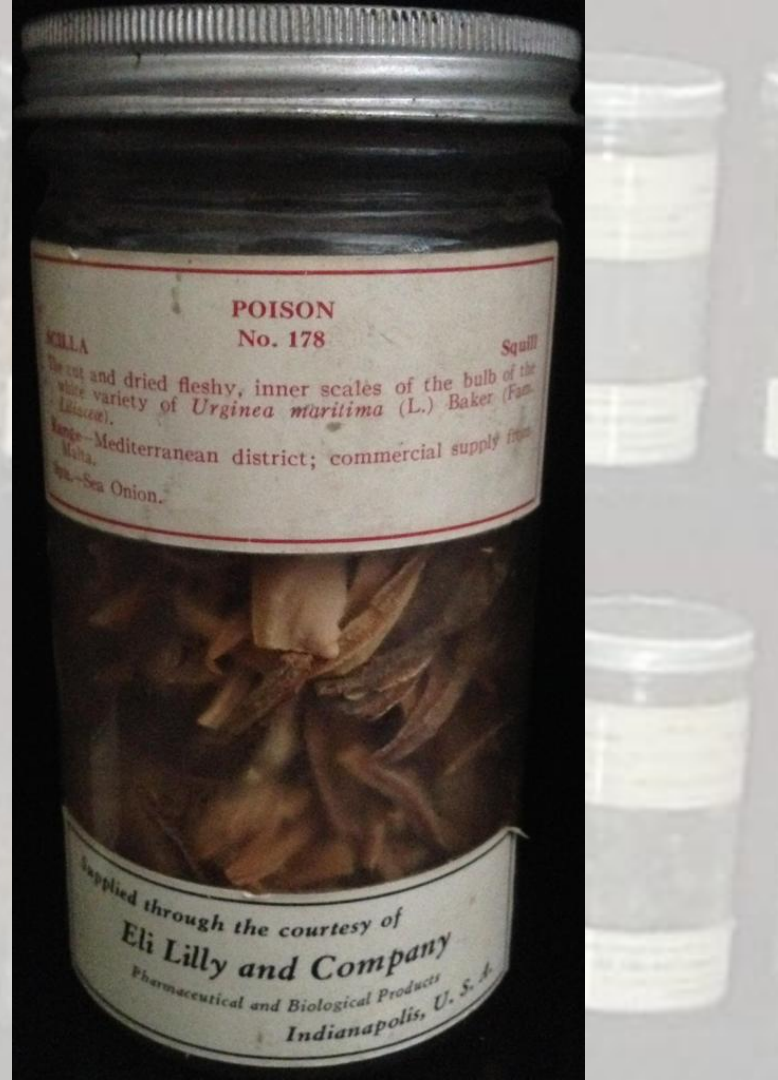
The plant of *Sassafras variifolium*, native to North America.

Scilla

Label Information: The cut and dried fleshy, inner scales of the bulb of the white variety of *Urginea maritima* (Fam. *Liliaceae*).

Range: Mediterranean district; commercial supply from Malta.

Common Names: Sea Onion.



Scilla

Additional Information

Scilla is a plant with 25 different varieties whose bulb is typically used as a stimulant. Its historical uses include, but are not limited to, abortifacient, arrhythmia, asthma, cancer, kidney disease, and dandruff.

There has not been significant research of the effects of scilla on humans, and therefore, there are many unknown health risks. Possible side effects of scilla on humans include vomiting, nausea, seizures, arrhythmia, and atrioventricular blocks. Death has been reported.



The flower of *Uriginea maritima*.

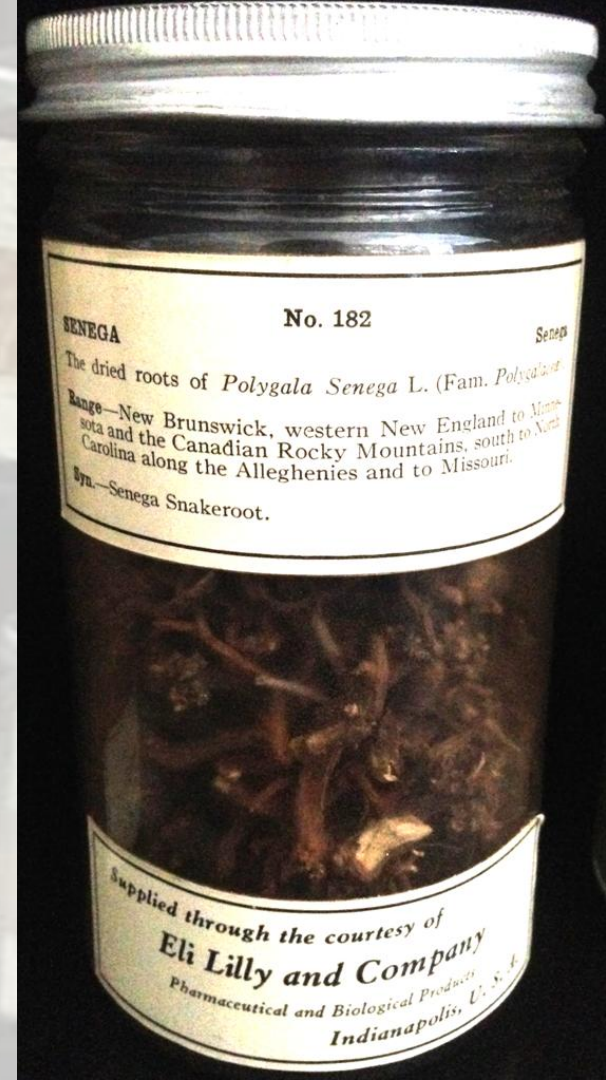
From: Pacific Bulb Society. [Internet]. [cited 2016].

Senega

Label Information: The dried roots of *Polygala senega* (Fam. *Polygalaceæ*).

Range: New Brunswick, western New England to Minnesota and the Canadian Rocky Mountains, south to North Carolina along the Alleghenies and to Missouri.

Common Names: Senega Snakeroot.



Senega

Additional Information

Senega was widely used by Native Americans and was exported to Europe in the 1700s and widely sold by pharmacists through the 1800s, where it was marketed as a treatment for pneumonia.

It is derived from the root of the *Polygala senega* plant and is used to treat asthma, emphysema, bronchitis, and inflammation of the throat, nose, and chest. Some side effects include stomach irritation, diarrhea, dizziness, nausea, and vomiting.



The plant of *Polygala senega*.

From: Missouri Plants. [Internet]. [cited 2016].

Senna

Label Information: The dried leaflets of *Cassia angustifolia* (Fam. *Leguminosæ*).

Range: India, Southern Arabia; cultivated.

Common Names: India Senna, Tinnevelly Senna.



Senna

Additional Information:

The leaves and fruit of the Senna plant are used in medicine to treat constipation, irritable bowel syndrome, and hemorrhoids. It can also be used to clean out the intestines before a bowel examination or surgery. Some side effects are stomach and abdominal pains, nausea, diarrhea or weakness.



The flower of *Cassia angustifolia*, a plant native to India and southern Arabia.

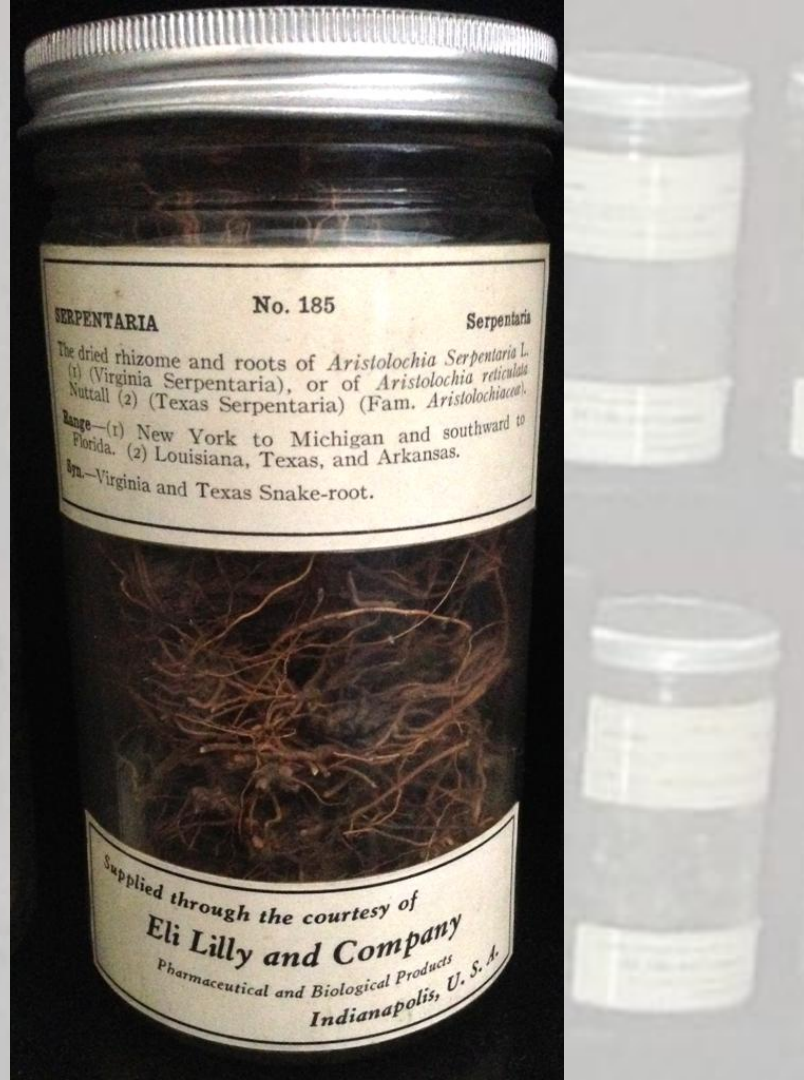
From: Wikipedia. [Internet]. [cited 2016].

Serpentaria

Label Information: The dried rhizome and roots of *Aristolochia serpentaria* or of *Aristolochia reticulata* (Fam. *Aristolochiaceae*).

Range: New York to Michigan and southward to Florida. Louisiana, Texas, and Arkansas.

Common Names: Virginia and Texas Snake-root.



SERPENTARIA

No. 185

Serpentaria

The dried rhizome and roots of *Aristolochia Serpentaria* L. (1) (Virginia Serpentaria), or of *Aristolochia reticulata* Nuttall (2) (Texas Serpentaria) (Fam. *Aristolochiaceae*).

Range—(1) New York to Michigan and southward to Florida. (2) Louisiana, Texas, and Arkansas.

Syn.—Virginia and Texas Snake-root.

Supplied through the courtesy of
Eli Lilly and Company
Pharmaceutical and Biological Products
Indianapolis, U. S. A.

Serpentaria

Additional Information:

The plant was used by many Native Americans as a treatment for rheumatism, pains in the breast, and as a wash for headaches. It could be chewed in minute doses or used in a tea to promote sweating, stimulate the appetite, and promote expectoration. The root of the plant is an anti-inflammatory, bitter tonic, diaphoretic, diuretic and stimulant.

Serpentaria can be applied to healing wounds and snake bites. In large doses, it can cause vomiting, nausea, and stomach pains.



The plant of *Aristolochia serpentaria*.

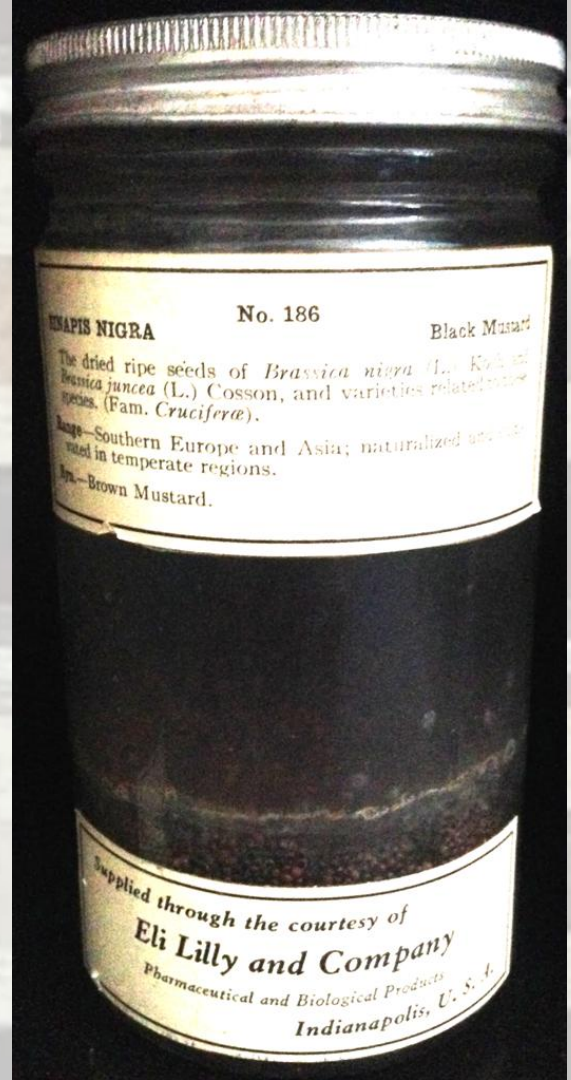
From: Doctor Schar. [Internet]. [cited 2016].

Sinapis Nigra

Label Information: The dried ripe seeds of *Brassica nigra* and *Brassica juncea*, and varieties related to these species. (Fam. *Cruciferae*).

Range: Southern Europe and Asia; naturalized and cultivated in temperate regions.

Common Names: Brown Mustard.



Sinapis Nigra

Additional Information:

Black mustard is a type of mustard plant that has been historically used as a condiment for food. However, Black Mustard fell out of use for commercial mustard products in the 1950s because it is unsuitable for mechanical harvesting.

Mustard oil has been used in Egypt in folk medicine for gastrointestinal disorders. It has been used in India as a massage oil to improve blood circulation and muscular development. Other historical uses include use as an antimicrobial to eliminate foodborne bacteria and pathogens.

It also has antibacterial, antifungal, anticarcinogenic, antioxidant, antiparasitic, antiviral, and gastric properties, among others. High doses of mustard oils have been found to cause inflammatory responses as well as hyperalgesia, burns and irritation to the skin.



The plant of *Brassica nigra*, native to Europe and Asia.

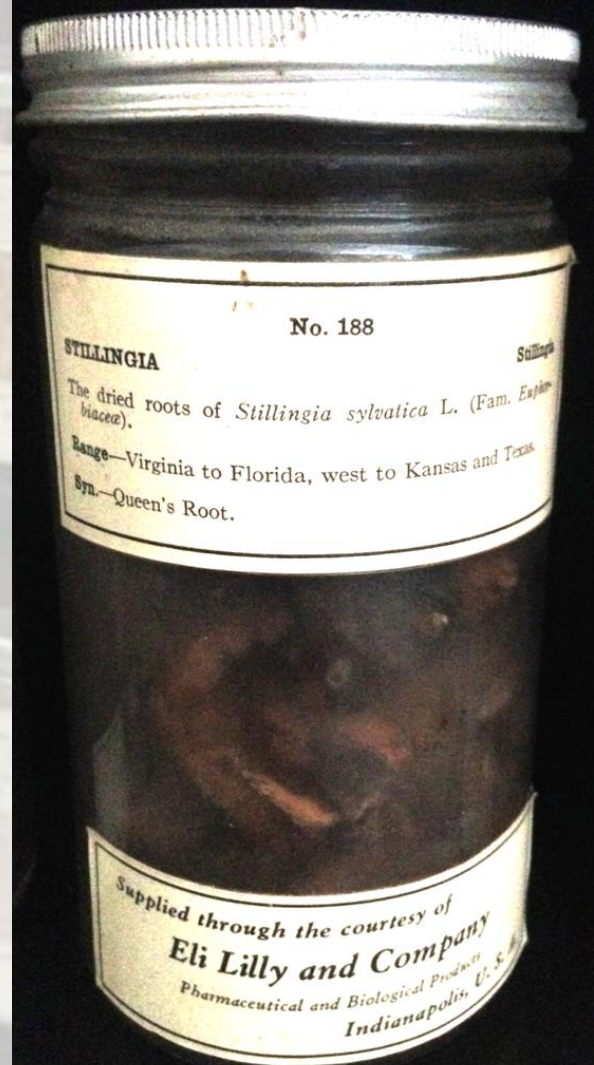
From: Flora Attica. [Internet]. [cited 2016].

Stillingia

Label Information: The dried roots of *Stillingia sylvatica* (Fam. *Euphorbiaceæ*).

Range: Virginia to Florida, west to Kansas and Texas.

Common Names: Queen's Root.



Stillingia

Additional Information:

Stillingia was a popular home medicine used in the early southern U.S. as a laxative, emetic, and blood purifier. It is derived from the root of the plant and is used to treat syphilis, bronchitis, constipation, hemorrhoids, and skin conditions.

It is also an ingredient in Hoxsey herbal tonic, which is used as a cancer treatment. It contains diterpene esters, which can cause mucosal irritation and skin eruptions. Other side effects include vertigo, diarrhea, nausea, vomiting, muscle ache, pruritus, cough, fatigue, and sweating.



The plant of *Stillingia sylvatica*.

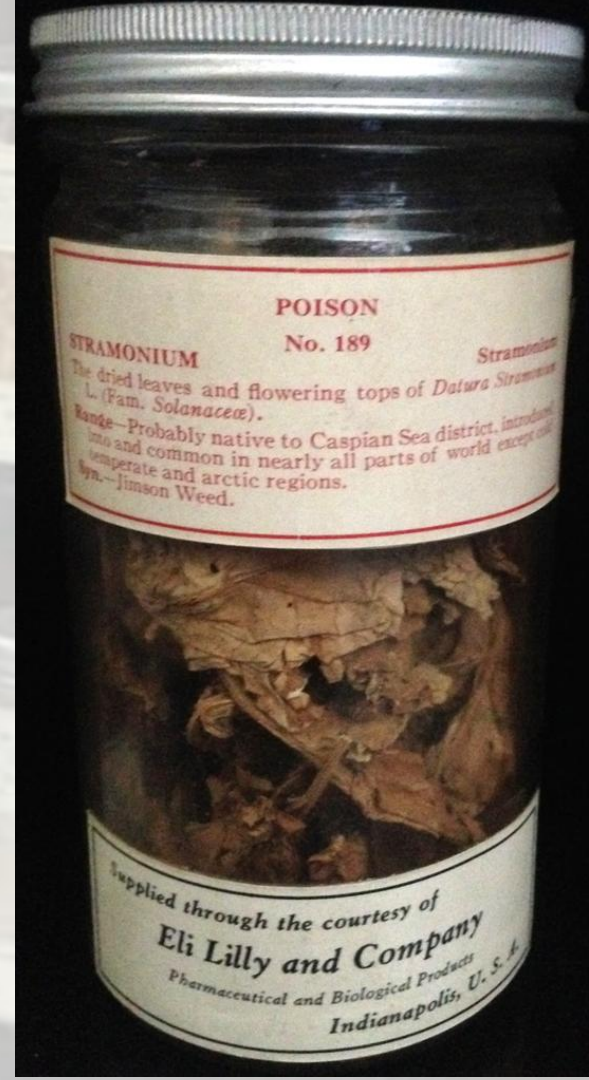
From: Alabama Plants. [Internet]. [cited 2016].

Stramo

Label Information: The dried leaves and flowering tops of *Datura stramonium* (Fam. *Solanaceæ*).

Range: Probably native to Caspian Sea district, introduced into and common in nearly all parts of the world except cold temperate and arctic regions.

Common Names: Jimson Weed.



Stramo

Additional Information:

Stramonium, typically called Jimson weed, is known as a hallucinogenic plant. It is used in India as an asthma remedy, but if ingested it reportedly causes potentially lethal anticholinergic toxicity.



The flower of *Datura stramonium*.

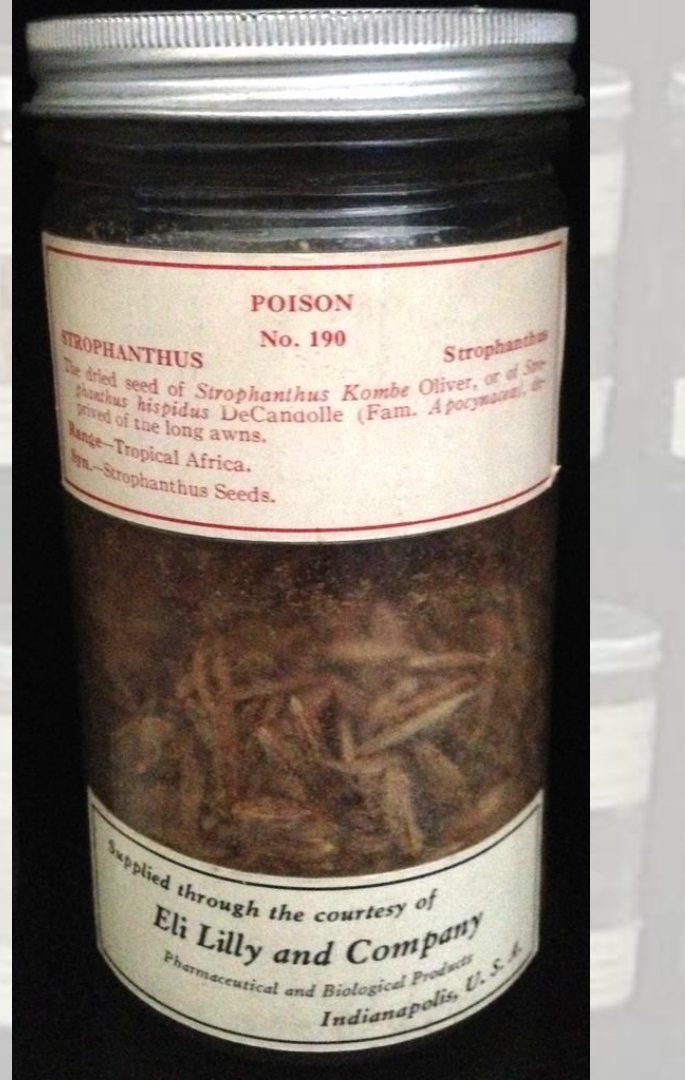
From: Cactus Plaza. [Internet]. [cited 2016].

Strophanthus

Label Information: The dried seed of *Strophanthus kombe* (Fam. Apocynaceae), deprived of the long awns.

Range: Tropical Africa.

Common Names: Strophanthus Seeds.



Strophanthus

Additional Information:

Strophanthus is an herb that has been used as an arrow poison in Africa. Strophanthus seeds are used to make medicine. Despite serious safety concerns, people take strophanthus for “hardening of the arteries” (arteriosclerosis), heart problems, and high blood pressure.



The flower of *Strophanthus kombe*.

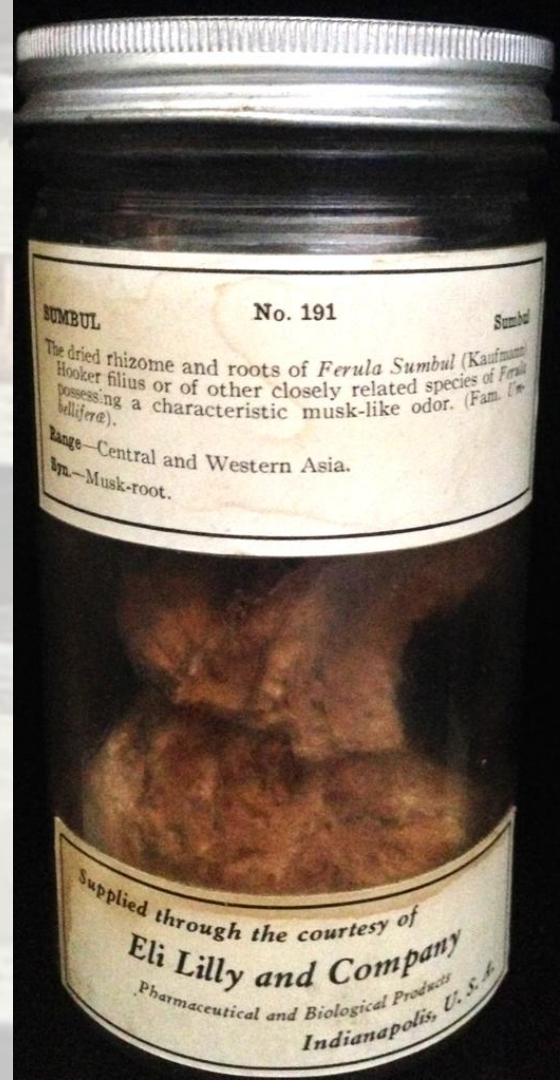
From: Strophanthin Shop. [Internet]. [cited 2016].

Sumbul

Label Information: The dried rhizome and roots of *Ferula sumbul* or of other closely related species of *Ferula* possessing a characteristic musk-like odor. (Fam. *Umbelliferae*).

Range: Central and Western Asia.

Common Names: Musk-root.



Sumbul

Additional Information:

Sumbul is used as a stimulant and antispasmodic, resembling valerian in its action, and used in various hysterical conditions. It is believed to have a specific action on the pelvic organs, and is widely employed in dysmenorrhoea and allied female disorders. It is also a stimulant to mucous membranes, not only in chronic dysenteries and diarrhoeas, but in chronic bronchitis, especially with asthmatic tendency, and even in pneumonia.



The flowers of *Ferula sumbul*.

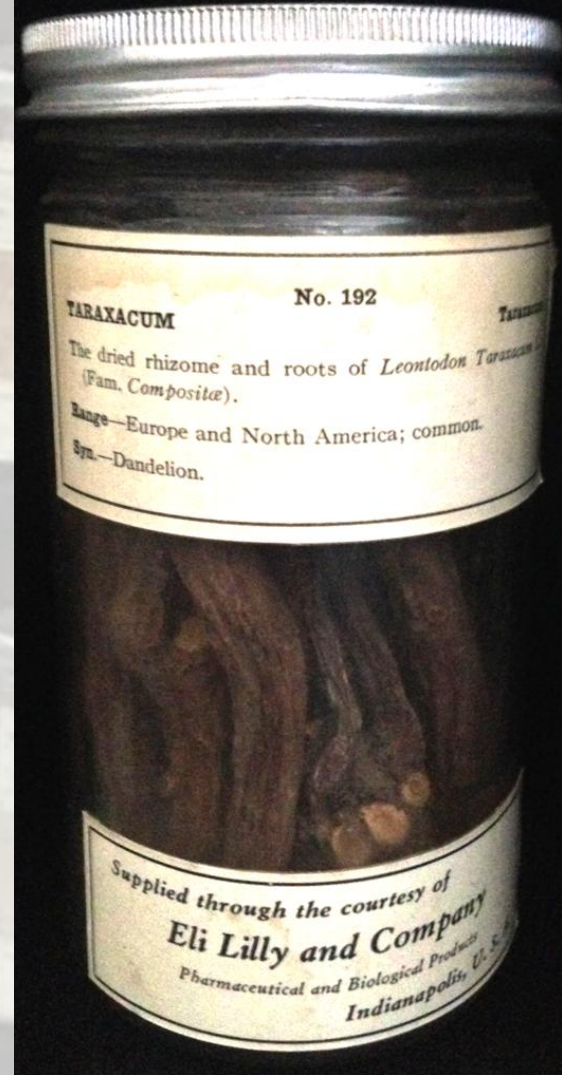
From: Homeopathy World Community. [Internet]. [cited 2016].

Taraxacum

Label Information: The dried rhizome and roots of *Leontodon taraxacum* (Fam. *Compositæ*).

Range: Europe and North America; common.

Common Names: Dandelion.



Taraxacum

Additional Information:

Taraxacum, or dandelion, is a perennial herb found in the Northern Hemisphere. It grows in wild meadows, pastures, and waste grounds in temperate zones. It has been used in traditional Arabian medicine to treat liver and spleen ailments, as well as traditional Chinese medicine to treat hepatitis and to enhance immune responses to upper respiratory tract infections, bronchitis, or pneumonia.

Taraxacum has also been used by Native American tribes to treat kidney disease, dyspepsia, and heartburn. Taraxacum is a good source of vitamin A and is used as a salad ingredient, as well as a coffee substitute. Today, it is widely used in Europe for gastrointestinal ailments. Modern naturopathic physicians also use dandelion to detoxify the liver and gallbladder, reduce side effects of medications metabolized by the liver, and to relieve liver disease symptoms. It can also be used to improve appetite and treat minor digestive disorders.



The herb *Leontodon taraxacum*.

From: Floris Taxonomy. [Internet]. [cited 2016].

Tragacantha

Label Information: The dried gummy exudation from *Astragalus gummifer*, or from other Asiatic species of *Astragalus* (Fam. *Leguminosæ*).

Range: Western Asia and Asia Minor.

Common Names: Gum Tragacanth.



Tragacantha

Additional Information:

Tragacantha is often not used internally due to its incomplete solubility. It is used for the suspension of heavy, insoluble powders to impart consistence to lozenges and is also used in making emulsions, mucilago, etc.

Mucilage of Tragacanth has been used as an application to burns and it is also employed by manufacturers for stiffening calico, crape, etc.



The plant of *Astragalus gummifer*.

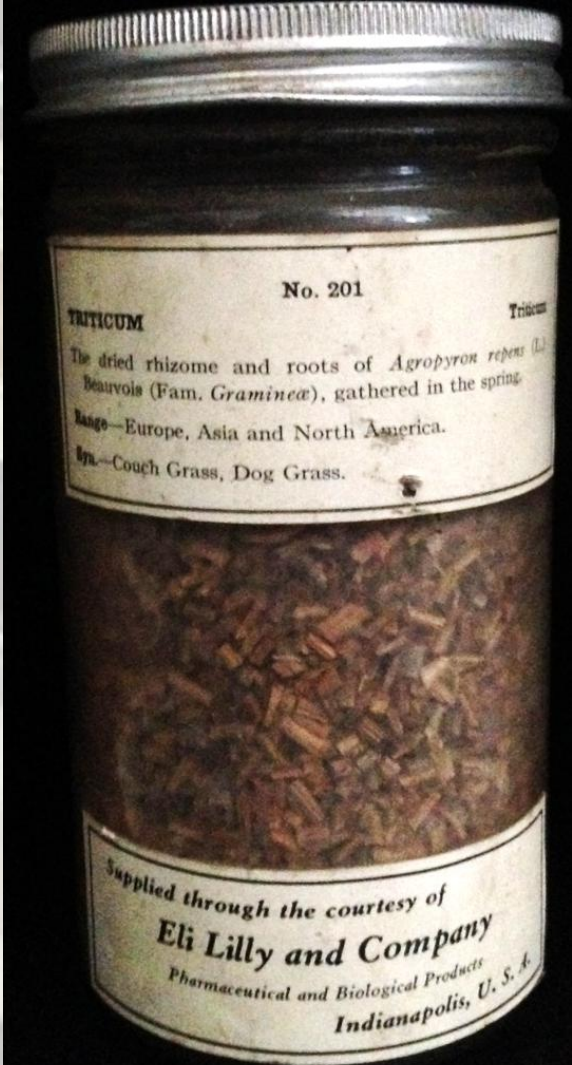
From: Wild Flowers. [Internet]. [cited 2016].

Triticum

Label Information: The dried rhizome and roots of *Agropyron repens* (Fam. *Gramineœ*), gathered in the spring.

Range: Europe, Asia and North America.

Common Names: Couch Grass, Dog Grass.



Triticum

Additional Information:

The oil extracted from triticum can be used in antimicrobial treatments. This oil, or some parts of its rhizome, are medicinally relevant and are used in treatments for kidney infections or urinary tract infections.

The tender stems of the plant *triticum vulgare* are used to treat intoxication. The fruits of bread wheat or *triticum vulgare* are used as a sedative and an antipyretic. The seeds of bread wheat can be cooked as a grain and is often used in flours to make bread as it is gluten-rich, much like wheat. This seed is also used in fertility treatments especially in women. The seeds also can be sprouted and those sprouts can be used to treat sore throats, constipation, cough and even muscle pain.



The plant of *Agropyron repens*.

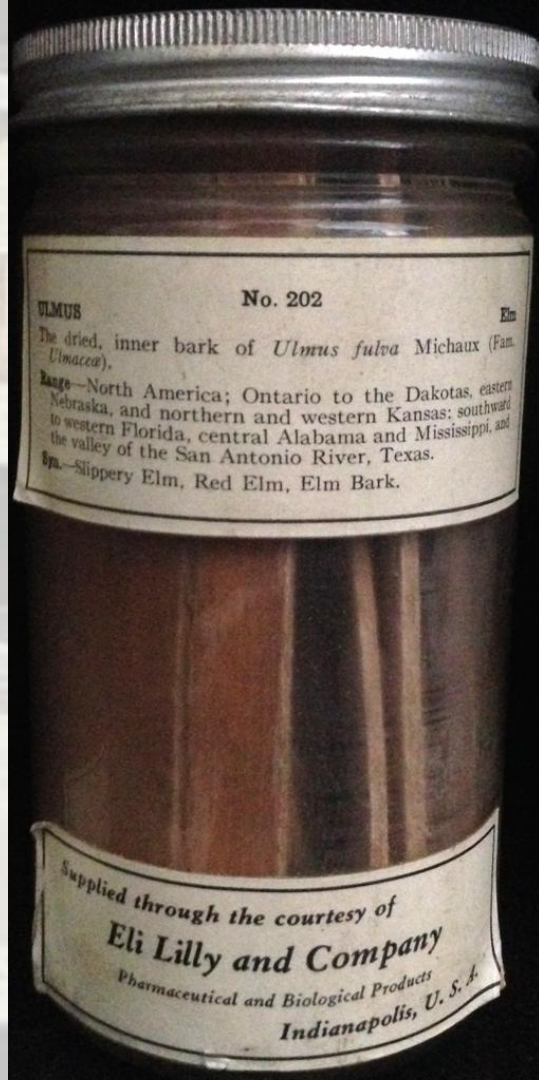
From: Wild Rose. [Internet]. [cited 2016].

Ulmus

Label Information: The dried inner bark of *Ulmus fulva* (Fam. *Ulmaceae*).

Range: North America; Ontario to the Dakotas, eastern Nebraska, and northern and western Kansas: southward to western Florida, central Alabama and Mississippi, and the valley of the San Antonio River, Texas.

Common Names: Slippery Elm, Red Elm, Elm Bark.



Ulmus

Additional Information

Slippery elm is a tree whose inner bark is used as medicine. People take slippery elm for treatments in coughs, sore throat, colic, diarrhea, constipation, hemorrhoids, irritable bowel syndrome (IBS), bladder and urinary tract infections, syphilis, herpes, and for expelling tapeworms. It is also used for protecting against stomach and duodenal ulcers, colitis, diverticulitis, GI inflammation, and too much stomach acid.

Slippery elm is applied to the skin for wounds, burns, gout, rheumatism, cold sores, boils, abscesses, ulcers, toothaches, sore throat, and as a lubricant to ease labor. In manufacturing, slippery elm is used in some baby foods and adult nutritionals, and in some oral lozenges used for soothing throat pain.



The tree species *Ulmus fulva*

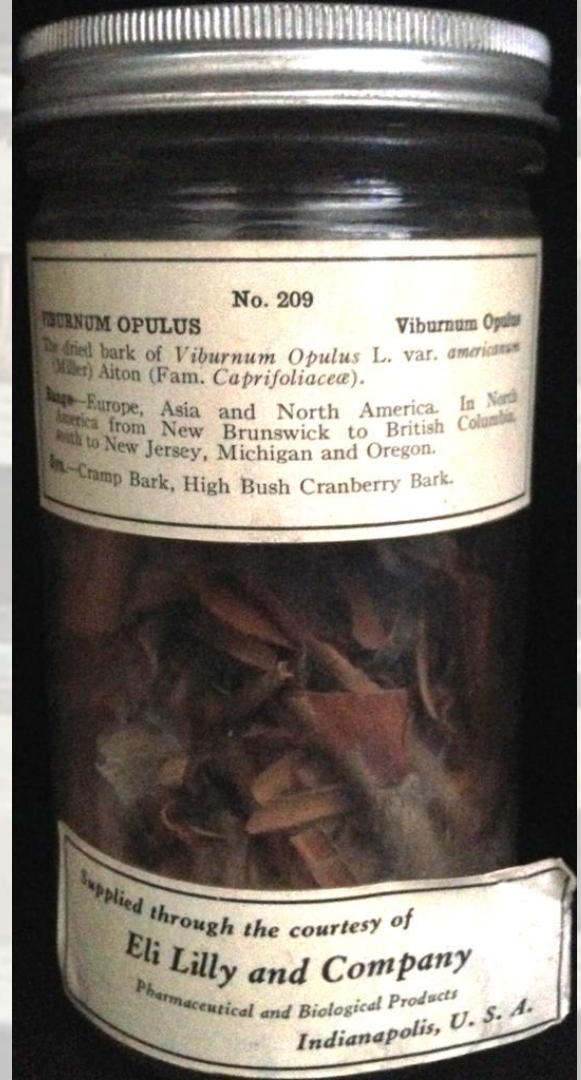
From: Wikipedia Commons. [Internet]. [cited 2016].

Viburnum Opulus

Label Information: The dried bark of *Viburnum opulus* (Fam. *Caprifoliaceæ*).

Range: Europe, Asia and North America. In North America from New Brunswick to British Columbia, south to New Jersey, Michigan and Oregon.

Common Names: Cramp Bark, High Bush Cranberry Bark.



Viburnum Opulus

Additional Information:

Viburnum opulus, or cramp bark, is a plant that is native to Europe, Northern Africa and Northern Asia. It is widely used all over the world as an ornamental plant and in landscaping for its beauty. Its bark has been used traditionally for menstrual and arthritis cramps. It is also used to treat asthma and colic.



The plant *Viburnum opulus*, native to Europe, Africa and Asia.

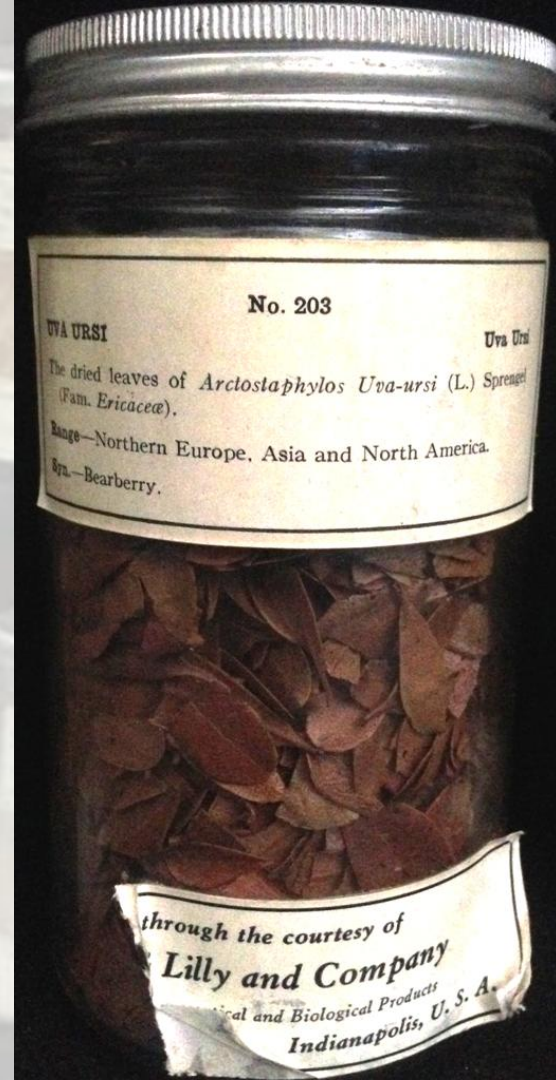
From: Wikipedia. [Internet]. [cited 2016].

Uva Ursi

Label Information: The dried leaves of *Arctostaphylos uva-ursi* (Fam. *Ericaceæ*).

Range: Northern Europe, Asia and North America.

Common Names: Bearberry.



Uva Ursi

Additional Information:

Uva ursi, or "bear's grape" in Latin, is commonly known as bear's berry. It is a small evergreen shrub with clusters of small white or pink bell-shaped leaves and dull orange berries. Although the berries seem to have no medicinal benefits, the leaves of Uva ursi have been used as an herbal remedy for things such as cystitis.

It has been used in Native American and European traditional medicine dating back to the 13th century. Its uses in folk medicine include the treatment of diseases of the bladder and kidneys. Prior to the development of antibiotics, the leaves of Uva ursi were listed in the US Pharmacopoeia as a treatment to urinary tract infections. Today, the leaves are used worldwide as a diuretic, astringent, and treatment for urinary tract infections.



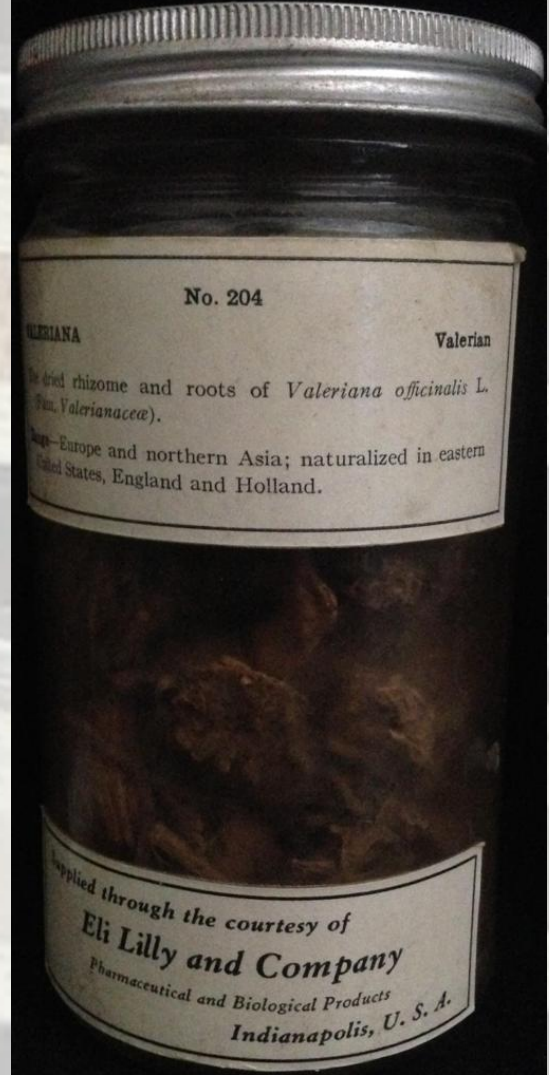
The berries of *Arctostaphylos uva-ursi*.

From: Spices & Medicinal Herbs. [Internet]. [cited 2016].

Valeriana

Label Information: The dried rhizome and roots of *Valeriana officinalis* (Fam. *Valerianaceæ*).

Range: Europe and northern Asia; naturalized in eastern United States, England and Holland.



Valeriana

Additional Information:

Valeriana is widely used to treat insomnia and anxiety because it improves sleep quality and latency. Early studies suggested that it is more effective with ongoing use than with just acute doses.

The Valerian root was used in North America and Europe to treat restlessness and sleep disturbance. It has been referred to as the "valium of the 19th century." Today, Valerian is popular in parts of Europe as a prescription or non-prescription sedative or hypnotic. Germany has approved it to be used as a mild sedative. The American Pharmaceutical Association has given it a high safety rating. In Canada it is approved to be used as a sedative and spasmolytic.

Valerian has been reported to cause headache, excitability, insomnia, uneasiness, ataxia, and hypothermia. However, adverse effects in clinical trials were no greater than in placebo. It may have adverse effects on the heart, and may increase the risk of breast cancer. Mild upset stomach, nausea and vomiting have been reported.



The flowers of *Valeriana officinalis*

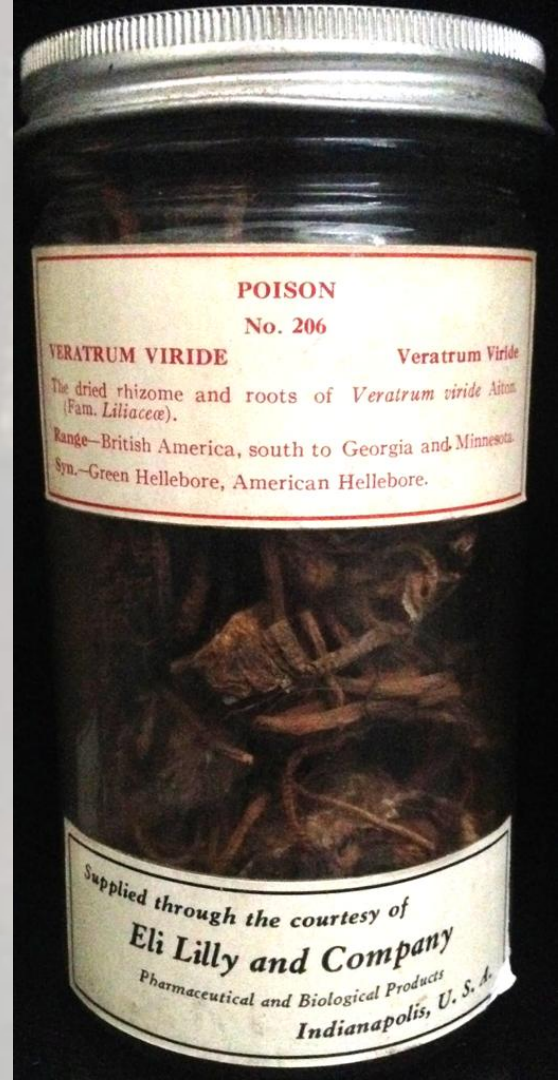
From: Profumo. [Internet]. [cited 2016].

Veratrum Viride

Label Information: The dried rhizome and roots of *Veratrum viride* (Fam. *Liliaceæ*).

Range: British America, south to Georgia and Minnesota.

Common Names: Green Hellebore, American Hellebore.



Veratrum Viride

Additional Information:

Veratrum viride, or American Hellebore, is a perennial plant that is native to swampy areas and moist meadows of eastern and western United States. Its first known use was as a pesticide in ancient Greece and Rome. It was used around the time of 1400 BC as a purgative to "cleanse the mind of all perverse habits."

Native Americans used the roots as a cure for "madness," snakebites, and for endurance. Early settlers used the grated root as a laundry additive. The root and rhizomes have been used historically for fever, pain, and high blood pressure.

It was also listed on the US Pharmacopoeia from 1820 to 1942. However, because of its toxic effects, it is not used today via ingestion.



The plant of *Veratrum viride*.

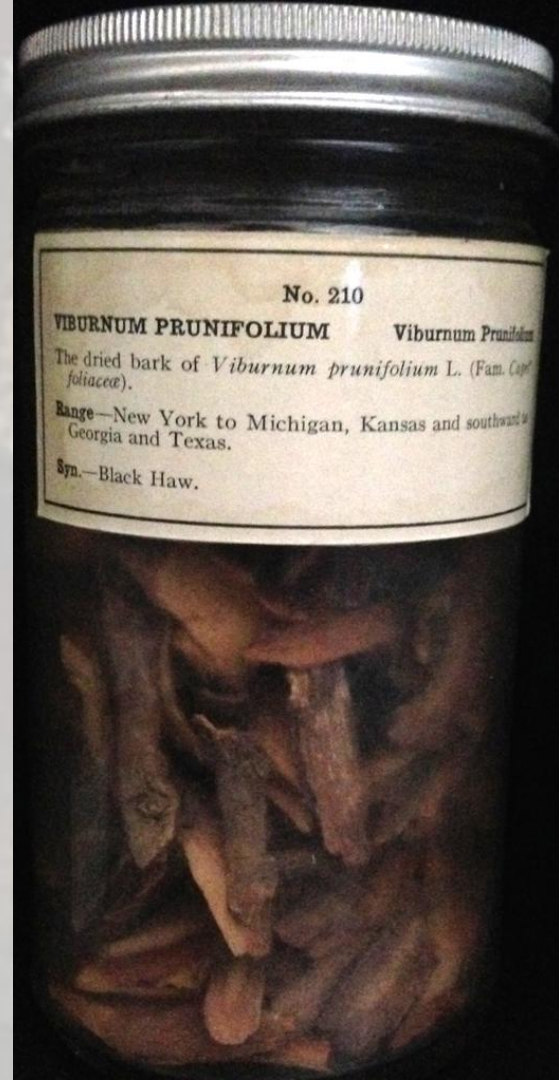
From: Wikipedia. [Internet]. [cited 2016].

Viburnum Prunifolium

Label Information: The dried bark of *Viburnum prunifolium* (Fam. *Caprifoliaceæ*).

Range: New York to Michigan, Kansas and southward to Georgia and Texas.

Common Names: Black Haw.



Viburnum Prunifolium

Additional Information:

Viburnum prunifolium, or black haw, is a small, stout, deciduous tree/shrub with oval serrated leaves, pale flowers, and dark blue-black berries. It is native to southern North America. It has a long history of medicinal use among Native Americans for treatment in menstruation, pregnancy, and childbirth.

In the latter part of the 19th century, it was used as a gargle and wash for ophthalmic disorders. It was also used for treatment in jaundice, colic, uterine inflammation, and cramps. It has also been used to prevent miscarriage.



The flower of *Viburnum prunifolium*.

From: Wikipedia. [Internet]. [cited 2016]

Xanthoxylum

Label Information (212): The dried bark of *Zanthoxylum americanum* (Northern Prickly Ash) (Fam. *Rutaceæ*)

Range: Quebec to Virginia, especially along the mountains, west to Western Ontario, Minnesota, Nebraska and Missouri.

Common Names: Northern Prickly Ash Bark.

Label Information (213): The dried bark of *Zanthoxylum clava-herculis* L. (Fam. *Rutaceæ*)

Range: South Virginia to Florida, west to Texas and Arkansas..

Common Names: Southern Prickly Ash Bark.



Xanthoxylum

Additional Information:

The bark of the prickly ash tree is one of the best tonics. It is quite safe when used in small doses throughout the day for treating problems of deficient circulation, including chilblains (pernio). This effect of circulatory stimulation warms the body, and so can help other "stuck", or "cold" energetic situations in the body, such as rheumatism, arthritis.

Other injuries involving swelling, or wounds, which are slow-healing may also be helped because of improved peripheral circulation. Prickly ash bark helps ease the "full" or uncomfortable feeling associated with prostatitis (benign hypertrophy) and with pelvic congestion (of lymphatic origin) in both males and females.



The plant of *Zanthoxylum*.

From: Helpful Gardener. [Internet]. [cited 2016].

Zingiber

Label Information: The dried rhizomes of *Zingiber officinalis* (Fam. *Zingiberaceæ*), with the outer cortical layers completely removed.

Range: Tropical Asia, now cultivated in all tropical countries.

Common Names: Jamaica Ginger.



Zingiber

Additional Information:

Zingiber is commonly known as ginger. Since the 1500s, the rhizomes and stems of ginger have played an important role in Chinese, Japanese, and Indian medicine. The oleoresin is often contained in digestive, antitussive, antiflatulent, laxative, and antacid compounds. Ginger is used to reduce the severity and duration of nausea or emesis during pregnancy.

Ginger is mainly used orally and is considered safe. The general suggested dosage is 1-4g a day. There are minimal reports of toxicity, when using the prescribed dose.



The stem of *Zingiber officinalis*, native to areas in tropical Asia.

From: Science and Education Publishing. [Internet]. [cited 2016].

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