

Capsella bursa-pastoris

Shepherd's Purse

9 juice on a ball of cotton was used as a plug to stop nosebleeds clears phlegm from chest increase urine flow & menstrual flow, correct vitamin C shortage decoction to treat hemorrhoids diarrhea & bloody urine 1) Neutral, pleasant taste hemostatic, diuretic for hemoptysis hematemesis hematuria, post-partum uterine bleeding metrorrhagia, 2) Nephritic edema, difficult urination chyluria whole plant 2-4 liang decoction 3) Bitter astringent, antiscorbutic, expectorant, diuretic emmenagogue, deobstruent juice on cotton as above WWI Germany styptic boil 3oz in 2 pints water 2 tsp every 4 hours or use fresh for external bleeding

8 Chippewa herb decoction for diarrhea, dysentery, stomach cramps Menominee decoction for poisoning Mohegan used seed pods for antihelminthic stomachic

Cardamine sp. *C. bulbosa* (Schreb.) BSP - Spring Cress *C. parviflora* L. Small-flowered Water cress Bitter Cress
C. hirsuta L. *C. pennsylvanica* Muhl.

Cardus sp. Bull Thistle

8 *C. altissimus* Cherokee drank leaf tea for neuralgia, root tea for overeating,
poultice boiled, bruised root to sore jaws

C. lanceolatus Delaware root for rheumatism Navaho tea emetic
Ojibwa used root for stomach cramps

Carex carya ↓

8 C. plantaginea Lam Root worn by Menominee to prevent snakebite or chewed and applied to snakebite

HICKORY Sedge

Carya Hickory cordiformis Bitternut Fox used bark decoction as diuretic laxative & panacea

C glabra^{ovalis} Red Hickory Ojibwa bark infusion for flu

C illinoensis Pecan Comanche used leaves for ringworm

C tomentosa Mockernut Cherokees chewed bark for sore mouth tea for bile, colds, dysmenorrhoea, pain of poliomyelitis & ruptured blood vessels,

Chippewa inhaled smoke of small shoots for convulsions Delaware bark for debility tonic

Cherokee diaphoretic, for bile, to invigorate stomach large dose as emetic

for cold & obstructions bark steep drunk by ball players to make limbs supple

for relief of pain of poliomyelitis, chew bark for sore mouth, inner bark astringent and detergent, dressing for cuts, ruptured or cut blood vessels, food, blowgun darts, arrow shafts

handles for tools firewood barrel hoops, corn beaters, inner bark for chair bottoms for finishing baskets

Cassia

a *marilandica* L.
 b *occidentalis* L.
 c *fasciculata* Michx.

d *Tora* L.
 e *nicitans* L.

a Wild Senna
 b Coffee Weed
 c Partridge Pea

d Sicklepod
 e Sensitive Pea

Senna
 Partridge Pea

Part Used Seeds

1 b roasted & ground seeds coffee substitute leaves & undeveloped fruits cooked as vegetable leaf ointment
 for ringworm seeds coffee substitute in India seeds were mordant for blue dyes leaves purgative
 2 Indians used bruised roots as poultice for sores, root decoction for fever & leaves as mild laxative

3 *C. tora* L. bitter but pleasant taste purifies liver & supports kidneys Expels gas clarifies vision for
 Headache, swollen & red eyes dizziness, pterygiums 1.5-3 chien decoction leaves cold, bitter
 taste relieves stoppage distension eliminates constipation for overeating & indigestion, abdominal
 fullness constipation ascites 5 fen to 1.5 chien decoction 3 purgative tsp steeped 1/2 hour half cupful at night
 cathartic by Indians also poultice for sores, root decoction for fevers 3 *C. occidentalis* laxative vermifuge in
 decoction applied to itch irritation & inflammation of the rectum 35 *C. angustifolia* cathartic, dry leaves
 for laxative contain emodin 5 hot root steep for heart

8 *Marilandica* Cherokee bruised moist root to dress sores drank decoction for fever, partial par
 alysis steeped root for heart, mixed with partridge pea for fainting spells
 tea for cramps Fox ate soaked seed for sore throat c *Tora*. Hound root in compound for typhoid
 9 *C. nictitans* Cherokee roots to prevent fatigue for syncope Cherokee tea for blacks (hands & eye sockets
 blacken) cathartic, purgative, in medicine
 F Tea for blood purifier Marion tea for chills Ft. Smith for pneumonia, root tea for childrens fever, tea for cramps

Castanea Ozark
dentata (Marsh.) Benth. Chestnut

Ozark Chinkapin

⁹ *dentata* Indians made leaf tea for whooping cough, sedative & tonic Bark to treat worms, dysentery
⁸ *C. mollissima* Bl. Neutral pleasant taste slightly salty Stops diarrhea, dysentery sustains stomach, yin, stops bleeding
for (V) diarrhea, uncontrollable epistaxis, dysentery 2) regurgitation, profound thirst; burs 5 chion - 1 liang or
root bark 1-2 liang decoction ⁸

⁸ Cherokee leaf decoction for fever with chills cold sweats headaches fever blisters

C. dentata Chestnut Cherokee used leaf decoction for heart, old sores cough syrup w mullein
tea for pneumonia typhoid Mohegan & Seneca leaf infusion for whooping cough

Ch ^{chestnut} tea of year old leaves for heart trouble leaves from young sprouts cure old sores cold bark tea with
suckeye to stop bleeding after birth warm galls make infants navel recede boil leaves with mullein
& brown sugar for cough syrup dip leaves in hot water & put on sores tea for typhoid, stomach
bark makes brown dye parch fruit for coffee substitute
Chinkapin for fever blisters heat brittle leaves & blow on patient for headaches chills & cold sweat

Catalpa bignonioides Walt.

Catalpa

Bark used to expell intestinal worms, leaves applied as poultice to skin wounds & abrasions
seeds induce vomiting & to treat intestinal worms bark decoction mild laxative

Caulophyllum thalictroides (L) Michx

Squawroot

Blue Cohosh

Blue Ginseng Yellow Ginseng

Part Used Rootstalk ¹² dig roots in fall demulcent, antispasmodic, emmenagogue, & diuretic ¹²
humus shade pH 4.57 Easily cultivated requires minimal care Propagate by seed
or fall division of rootstocks Heavy oak or beech wintercover left in place ¹⁴ Harding
U.S. Pharmacopoeia 1890 demulcent antispasmodic, emmenagogue, and diuretic.

9 Powdered root used by Indian women to induce menstrual flow & hasten childbirth root tea to
strengthen stomach & to treat V.D. Root used to induce sweating, relieve spasms & treat sore throat
colic & rheumatism 9 3 infusion 1 oz to pint boiling water take 2 or 3 oz 3-4 times daily stimulates
uterine contractions, hastens childbirth induce menstruation, antispasmodic diaphoretic demulcent, ^{causes} muscle spasms
sudorific, emmenagogue, diuretic; for chronic uterine diseases rheumatism dropsy colic cramps etc. 3 ^{joint} pains

8 childbirth for chronic rheumatism bronchitis, colic, dropsy Cherokee roots for colic, fits, hysteria,
labor, inflammation, nerves rheumatism, rubbed ^{leaves} into poison ivy, root exudates for toothache

Chippewa powdered root for childbirth & menstruation, root decoction emetic, dyspepsia, lungs, stomach cramps Cree used
flowers for rheumatism, sciatica, roots abortant, for metrorrhagia Stomach equal parts blue cohosh & coneflower roots
Fox metrorrhagia ♂ urogenital Mohegan root for kidneys Quilwa root decoction emetic for dysmenorrhea, stomach cramp
Omaha roots febrifuge Potawatomi root decoction birth, metrorrhagia

Ch root decoction or syrup for fits, hysterics, colics, nerves, childbirth, helps inflammation
& prevents mortification of womb, root for rheumatism ooze on toothache rub on poison oak

Ceanothus

americanus L. New Jersey Tea
ovatus Desf. Redroot

New Jersey Tea
Redroot

Parts Used Root or root bark, leaves

1 leaves are tea substitute (dry fruit) root expectorant & astringent root bark causes blood-clotting sandy, dry open woods propagate by root divisions pH 6-7 (deer love it)

2 European research shows potential for reducing blood pressure Leaves were tea substitute decoction of leaves & seeds to cure ulcerated sore throat Indians used root decoction for syphilis & cancer Used to treat gonorrhoea, dysentery & eye disease in children root is stimulant sedative & loosens phlegm 9

3 root bark, dried ground infused tsp to cup boiling water drunk a little at a time up to 2 cups daily Canadian root dye cinnamon, astringent antispasmodic, anti-syphilitic, expectorant sedative for asthma bronchitis whooping cough & dysentery as injection for gonorrhoea, gleet & leucorrhoea Wash for mouth sores from bark, astringent. 3

8 antispasmodic, astringent, expectorant sedative stimulant, respiratory in Europe to reduce high blood pressure for spleen 100% tea Alabama root decoction bath for injured legs or feet Cherokee root to toothache, for cancer


Chippewa root tea for constipation and pulmonosis Lumber root synergist with other herbs for sprains, swellings & tonic Fox and roots for diarrhea fluxes & snakebite Menominee root decoction for consumption, cough, stomach

Cherokee hold root tea on aching tooth hot root tea for bowel complaint

F Red root makes a good laxative Mena

Celastrus scandens L.

Bittersweet

1 horses have been poisoned from leaves but white tails eat. Bark used medicinally from root bark yields extract for salve 1 9 Fall root bark taken internally to induce vomiting, quiet disturbed people, treat venereal diseases & increase urine flow. Mix with grease for ointment for skin cancers tumors burns & swellings Root bark decoction to induce menstrual flow & sweating.  C. articulatus Thunb warming neutral taste relieves inflammation detoxifies, stimulates blood circulation expels flatus strengthens sinews & bones for 1) Paralysis, numbness of 4 extremities 2) headache, toothache 3) spontaneous abscess snakebite Roots, stems & leaves roots & stems 1-2 liang decoction 3 Root bark emetic diaphoretic narcotic stimulant used in venereal diseases 3

8 Cherokee chewed root for coughs scratched rheumatic joints with branches astringent leaves for diarrhea indolent ulcers & childbirth Chippewa root for heart diuretic stalk decoction for eruptions & sores decoction for constipated children for cancer sores Creek urinary or pain in small of back Delaware root for consumption Fox root birthing Mohawk infused root bark for gonorrhea Djibwa berries for stomach

CK Bark tea to settle stomach, chew root for cough, leaves astringent decoction for bowels wash for foul ulcers strong tea with red raspberry leaves for childbirth pain, scratch rheumatism with thorny branch

Celtis laevigata Hackberry Hound bark decoction sore throat & venereal Fox uses inner bark as conditioner for ponies

Cephalanthus occidentalis L.

Buttonbush

Part Used Root, Bark, leaves

- 1 favourite bee plant leaves make bitter tonic root bark tea used to treat diabetes
- 9 Indians used inner bark tea to induce vomiting as laxative & tonic also as tea & chewed for toothache bark tincture for fever, coughs, and venereal disease boil root & make honey syrup for pleurisy
- 3 Tincture of fresh bark for intermittent & remittent fevers Root boiled & mixed with honey to make syrup for lung diseases
- 3 Chippewa boiled stems & leaves & drank 3 cups daily to stop menstrual flow tea for cramps & pain Choctaw chewed bark for toothache decoction for colic rium Fox inner bark as emetic Creek added to mullein for coughs

F dig roots of ball-willow bush & boil in water 2 hours drink tea instead of water for chills or malaria Alix

Cercis canadensis

Redbud

8 Alabama infusion of inner bark and root for pulmonary congestion

Cherokee bark tea for whooping cough children eat blossoms.

Delaware bark infusion antiemetic, febrifuge

Chamaelirium luteum (L.) A. Gray

Unicorn root Devil's Bit
Starwort
Blazing Star Fairy wand

Part Used: Rootstalk

¹² Collect in fall use in derangements of women ¹² Requires little care or leaf winter cover
Propagation by division ¹⁴ 9 Pioneers used powdered roots for uterine disorders Head pains
pain in side & loins poor appetite depression & colic. Rootstalk for intestinal worms, Vitamin C deficiency
induce increased urine & saliva & vomiting Indians chewed root to relieve coughs & check miscarriages.
♂ diuretic diaphoretic, antihelminthic purgative tonic universal panacea for Indians

Chelone sp.

Turtlehead

3 glabra Grievé whole fresh plant chopped, pounded to a pulp for tincture, Decoction 2 oz fresh herb to pint (dose 1-2 oz decoction) antibilious, antihelminthic, tonic, detergent "peculiar" action on liver (for left lobe?) ointment for inflamed tumors, irritating ulcers, inflamed breasts, piles 3

8 glabra Algonquin tea from roots with cedar bark "medicine"

Cherokee for appetite, fever, skin eruptions, sores, worms Malede contraceptive, leaves antihelminthic, tonic

Potawatomi leaves in ointment for tumors

Chenopodium album L. ⁽¹⁾

Lamb's Quarters

9 Young leaves make an excellent vegetable dish high in vitamin C and mildly laxative for Europeans
famine seeds were mixed with wheat Indians made tea for stomach pains?

8 Fox root decoction for genital itching Pot_{anatomy} food to prevent or cure scurvy

Chenopodium (2) ambrosioides L.
botrys

Mexican Tea
Worm Seed

Jerusalem Oak

9 tea to hasten milk flow from nursing mothers & to relieve post-delivery pains In Mexico it is cooked & eaten for intestinal worms slightly narcotic to induce menstrual flow & reduce profuse & painful flow to treat nervous conditions. 3 poisonous seeds as antihelminthic oil 1cc dose; top seeds mixed with honey twice in one day followed by good laxative. or powdered seeds dose 15-60g at bedtime & in morning before food 2 or 3 days followed by cathartic tonic antispasmodic in Mexico for amenorrhoea & painful & profuse menstruation narcotic poison affecting brain, spinal cord & stomach 3 C. Botrys expectorant in catarrh, asthma for coughs emmenagogue solvent & carminative 3 5 Diaphoretic, strengthens eyes & circulation cures hemoptysis (blood coughing) gonorrhoea dysentery & intestinal worms 5
8 intestinal worms Maya Natchez Lumbic Creek analgesic, febrifuge Spring tonic Hoona leaves boiled in milk
poulticed crushed leaves for headache

Cherokee botrys boil any part in sweet milk for worms boil seeds & sugar for worms, warm root tea drunk in winter for fevers, drink and moisten head with cold tea for colds & headaches

Chionanthus virginicus L.

Fringetree

♀ Appalachia decoction of boiled bark is used to treat skin inflammations Indians boiled bark in water & used liquid to bathe wounds & treat malarial fevers Pioneers applied poultice of crushed bark to cuts & bruises leaves & flowers to treat inflammations & sores, mouth & throat ulcers & diarrhea. ♀

♂ overdose of ^{the} bark tincture causes frontal headache, bruised sore sensation of eyeballs, nausea bitter eructations & retching pressure to stool vomiting black stools ^{tincture} slow pulse, cold sweats & weakness. bark is tonic diuretic aperient narcotic alterative febrifuge astringent; if infusion used make 1 oz dry bark to 1 pint water 1 tablespoon at a time; astringent & used as lotion for wounds & ulcers 3

♂ bark tonic diuretic & astringent for fever Choctaw root decoction to dress wounds

1 Roa sati best dried bark, added water and poulticed on cuts & bruises

Chrysanthemum leucanthemum L.

parthenium(L) Bernh. Feverfew

Ox-eye Daisy

9 C. parthenium Children with colic chew leaves tea of dry ground leaves for colds, indigestion & diarrhea suppository for constipation of dry leaves, honey & soap Dried flowers treat indigestion kill intestinal worms induce menstrual flow & induce abortion. 9 C. cinerariifolium Vis. warming, toxic vermifugal

1) Killing maggots: dry flowers pulverize & throw into excreta 2) Mosquitoes dry whole plant crush and prepare into fumigant 10 C. indicum L. neutral, bitter taste clears fever, detoxifies reduces swelling for

1) Swelling from boils & abscesses 2) epidemic encephalomyelitis 3) hypertension whole plant 5 chien - 2 liang decoction 11 C. morifolium Ramat. slightly hot cold bitter pleasant taste carminative

antipyretic detoxifying for 1) headache & dizziness with wind-caused fevers; 2) trachoma conjunctivitis [or trachoma] 3) Boils & abscesses Flowers 2-4 chien decoction 3 to restore color after jaundice

for wounds asthma consumption tinea, salt rheum, cutaneous eruptions irritations, as inseed powder 3

8 Menominee febrifuge emetic in large doses Mohegan Flower tonic flower & root infusion as collyrium Quileute used flowers to wash chapped hands Shinnecock used for tonic tea

C. parthenium Cherokee tea bathing swollen feet Makuna aromatic tea

Cichorium intybus

Chicory

3 roots added to coffee diuretic laxative tonic, jaundice & liver decoction 1 oz dry powdered root to
pint of water (take freely) 3

Ch Cherokee & Houma used root tea as nerve tonic

Cicuta maculata L. Poison

Spotted Cowbane Water Hemlock

Cherokee women chewed & swallowed root 4 consecutive days to insure permanent sterility
8 as above Iroquois used to reduce sprains & inflammations ~~if~~ if you get dizzy chewing roots
you will die soon if not you'll live a lot longer corn is soaked before planting to
repel pests Suicide in large quantities

Cimicifuga racemosa (L.) Nutt.

Black Snakeroot
Bugbane

Black Cohosh

Part Used: Rootstalk (collect in fall after leaves die back & fruit appears)
¹² collect after fruit has ripened (September) alterative, emmenagogue, and sedative
rocky woods pH 5-6 loam Thrives under cultivation no special care ¹⁴ Harding Snakebites, alterative, emmenagogue
and sedative. ⁹ Appalachia root tea for sore throat Indians used root decoction for rheumatism,
kidney trouble & general malaise rhizomes to treat women's ailments promote sweating & treat malaria
colonists used for yellow fever, itching, bronchitis, nervous diseases, uterine disorders & snakebite ⁹
F C. foetida clears fever, detoxifies for rashes, measles, smallpox erysipelas, sore throat, canker sores,
eversion of anus following chronic diarrhea, metrorrhagia, uterine prolapse 5 ten - 2 chien decoction
3 official drug nearly 100 years extract tincture or infusion (2 tsp root to pint boiling water) Antirheumatic for
chorea, dysmenorrhea, neuralgia & tinnitus aurium (buzzing in ears) Spasmodic affections epilepsy & as astringent
diuretic alterative small doses childrens' diarrhea, consumption reduces pulse induces sweating whooping cough
specific in St. Vitus's Dance in children, overdoses produce nausea, vomiting, reputed insecticide for snakebite
& bee sting 3 5 C. foetida Neutralizes poisons, relieves headaches 5
overes

F Boil root to syrup for malaria Cassville, Mo.

S roots for chronic rheumatism astringent, emmenagogue, expectorant bitter tonic Appalachian root tea for sore throat
Cheroot decoction for scirrhus tumors, headache, cold, cough, constipation, consumption, fatigue, hives, insomnia,
rheumatism roots in alcohol as anodyne, astringent, diuretic, emmenagogue tonic for rheumatism
Malecite root infusion for kidneys Dakota Winnebago & Pehobscot snakebite, diarrhea, deep chest

episodic cough, menstrual

Ch roots in alcohol for rheumatism tonic, diuretic, anodyne emmenagogue slightly astringent
tea for colds coughs consumption constipation rheumatism fatigue hives headache to make
baby sleep

Cirsium sp. *C. altissimum* (L.) Spreng - Tall *C. discolor* (Muhl.) Spreng - Field *C. vulgare* - Bull

Thistle

C. japonicum D.C. for (1) boils & carbuncles (2) acute appendicitis (3) uterine bleeding hematuria, nosebleed hemostasis
traumatic bleeding 1 liang dried root decoction *C. arvense* Boil with milk for dysentery emetic
tonic diaphoretic & astringent 3

C. arvense Abenaki root decoction for worms Algouquin for poisoning Mohegan leaf infusion mouthwash ^{children}
consumption oral ulcers Ojibwa bowel tonic for gastrointestinal

C. discolor Cree hemostatic poultice to wounds Fox root decoction for stomachache Walpole Island root tea ^{labor}

C. horridulum Houma leaves & roots with whiskey to clear phlegm from lungs & throat

C. repandum Lumbee for spiderbites

C. vulgare Delaware infused for rheumatism hot herbal foot baths for swelling
Fox roots flavor other medicines /roquois internal & external for hemorrhoids

Circaea alpina Enchanters' nightshade Potawatomi for tumors

Claytonia sp.

Spring Beauty

Clematis sp.

Virgins' Bower Leather Flower

4 C. chinensis Osb. warming, bitter, acrid taste dispels flatus, alleviates pain for 1) Rheumatoid arthritis 2) stomach-ache 3) fishbone stuck in throat 4) tetanus Roots 3-5 ch'ien decoction

5 C. recta alleviates heat in thorax, cleanses urine, for dropsy, deafness, disturbed vision, sore throats, dry palate & dry tongue (but not to take while sweating), for diseases of male genitalia, gonorrhoea, enlarged prostate and even cancer aramonin (camphor also in Anemone pulsatilla)

8 C. virginiana Cherokee root for backache with milkweed, kidneys, nerves, stomach