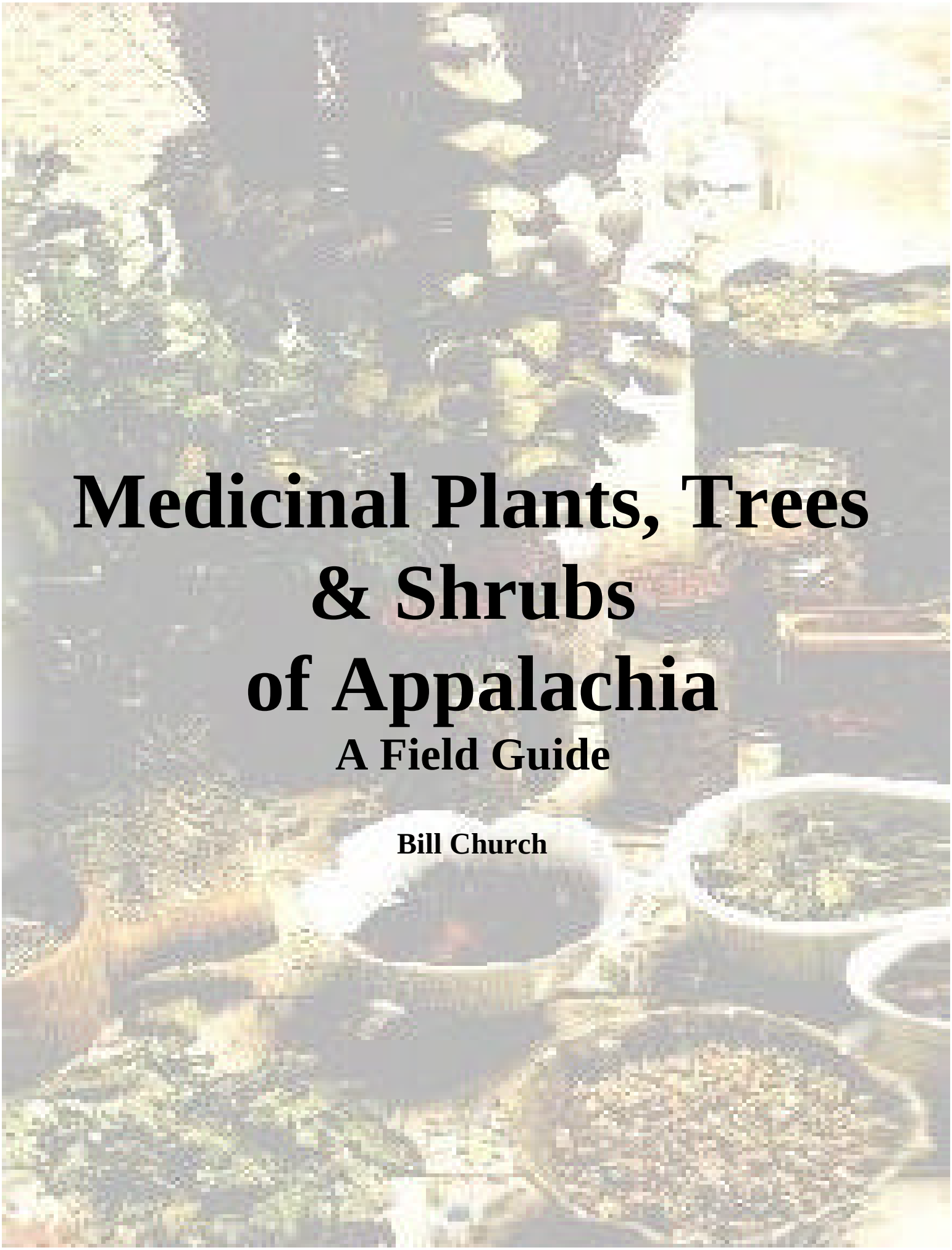


Medicinal Plants, Trees & Shrubs of Appalachia

A Field Guide

Bill Church

Table of Contents

Plants

Trees, Shrubs

Annuals

Biennials

Perennials

Plantain, Wide Leaf (*Plantago major*)
Pokeweed (*Phytolacca americana*)
Pussytoes, Plantain-Leaved (*Antennaria plantaginifolia)*
Ragwort (*Senecio aureus*)
Rattlesnake Weed (*Hieracium venosum*)
Self-Heal (*Prunella vulgaris*)
Senna, Wild (*Cassia marilandica*)
Soapwort (*Saponaria officinalis*)
Solomon's Seal, False (*Simacina racemosa*)
St. John's Wort, Dwarf (*Hypericum mutilum)*
Stonecrop, Ditch (*Penthorum sedoides*)
Tansy (*Tanacetum vulgare*)
Trillium, Red (*Trillium erectum*)
Violet, Common Blue (*Viola papilionacea*)
Yarrow (*Achillea millefolium*)

Trees, Shrubs, Vines

Apple, Crab (*Malus Rosaceae*)
Autumn Olive
Basswood, Common (*Tilia americana*)
Beech, American (*Fagus grandifolia Erh.*)
Birch (*Betula alba*)
Blackberry (*Rubus villosus*)
Black Haw (*Vibiornum prunifolium*)
Chestnut (*Castenea stavia*)
Dogwood, Flowering (*Cornus flordia*)
Elderberry (*Sambucus canadensis*)
Honeysuckle, Yellow (*Lonicera japonicaI*)
Hydrangea, Wild (*Hydrangea arborescens*)
Morning Glory,Ivy-leafed (*Ipomoea hederacea*)
Mulberry (*Morus rubra*)
Oak (*Quercus alba)*
Paw Paw, Common (*Vibronum prunifolium*)
Popular, Tulip (*Liriodendron tulipifera*)
Raspberry, Red (*Rubus idaeus*)
Sassafras (*Laurus sassafras*)
Walnut, Black (*Juglans Nigra*)
Witch Hazel (*Hamamllis virginiana*)
Willow, Black (*Salix nigra*)

Adder's Tongue – Trout-Lily (*Erythronium americanum*) - Perennial

Description: 4-12 in. tall. Early spring flower. The plant is quite smooth, grows from a small, slender, ovoid, fawn-colored corm, 1/3 to 1 inch long, which is quite deeply buried in the soil and is of a solid, firm consistence and white and starchy internally. The stem is slender, a few inches high, and bears near the ground, on footstalks 2 to 3 inches long, a pair of oblong, dark-green, purplish-blotched leaves, the blades are about 2 ½ inches long and 1 inch wide, minutely wrinkled, with parallel, longitudinal veins. The stem terminates in a handsome, large pendulous, lily-like flower, an inch across, bright yellow in color, often tinged with purple and finely dotted within. Reflexed yellow petals (often brown-purple beneath); petals strongly curved back. The leaves are mottled basal, and lance shaped.

Parts used: Leaves and root.

When in Bloom: April – May

When to Harvest: Leaves before flowering and root in the spring and fall.

Where found: Moist woods, often in colonies.

Properties: antibacterial, anti-scrofulous, emetic, emollient, and expectorant..

Uses: American Indians used the root tea for fevers, a leaf poultice for hard to heal ulcers and scrofula. Iroquois women ate the raw leaves to prevent conception. Root poultice was used to draw out splinters, and reduce swelling. Fresh and recently dried leaves and roots were considered emetic and expectorant. Water extracts are active against gram positive and gram-negative bacteria.

Dosages: The fresh leaves are used mostly in the form of a stimulating poultice. The infusion is taken internally in wine-glassful doses. The bulbs are emetic in doses of 25 to 30 grains.

Dye Color: Unknown.

Rue-anemone - Windflower (*Anemonella thalictriodes*) - Perennial

Description: 4-9 in. tall. A delicate plant with 2-3 flowers on slender stalks above a whorl of small blunt 3-lobed leaves. The flowers are white or pinkish, about ¾ " wide, with 5-11 petal like sepals, in a small umbel. The leaves grow in a whorl beneath the flower cluster, and in 3 groups of 3 on the long-stalked basal leaves.

Parts used: Root, whole plant, leaves

When in Bloom: March – May

When to Harvest: Root when plant dies down, leaves and whole plant in season, before flowers bloom.

Where found: Rich woods.

Properties: **A**lterative, antimetic, antispasmodic, diaphoretic, nervine, and rubefacient.

Uses: American Indians used the root tea for diarrhea and vomiting. Tuberous roots considered edible. Root preparation used in the treatment of piles.

Warning: Possibly toxic.

Dosages: **Tincture:** 10-20 drops as needed..

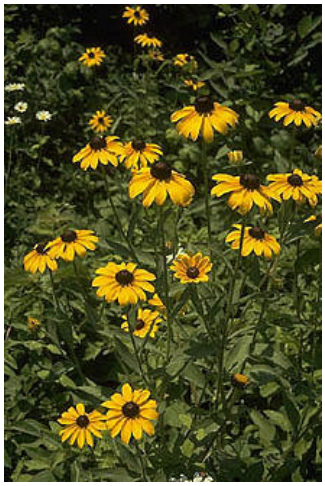
Dye Color: Unknown.

Notes:

Blackeyed Susan – Yellow Daisy (*Rudbeckia hirta*) – Biennial or short-lived Perennial

Description: 1-3 ft. tall. Unlobed leaves, lance-shaped to oblong, bristly-hairy, slightly toothed or entire. Flowers yellow, daisy-like with 8-21 rays around a deep brown center. One to several flower heads. Each head, are 2-3 in. wide with a blackish brown disk 1-3 in. high. Leaves are up to 7" long and rough; upper leaves are often without a stem. Forms a rosette of leaves the first year and flowers the next.

Parts used: Root, leaves



When in Bloom: June – October

When to Harvest: Roots in the fall after the plant dies back or in the early spring, leaves anytime.

Where found: Fields, roadsides, waste places, and along streams or creeks..

Properties: Diuretic, and immune stimulant.

Uses: American Indians used root tea for worms, colds, external wash for sores, snakebites, swelling; root juice for earaches. Repels insects when planted with feverfew, licorice, or hyssop. Also, occasionally to support heart health and for women's health concerns. It is being researched for Aids.

Dosages: None listed.

Dye Color: Unknown.

Bloodroot – (*Sanguinaria Canadensis*) – Perennial

Description: 6-12" tall. Leaves are distinctly round-lobed and grayish-green in color, with orange veins on the underside. Flowers are white and waxy to 2", with 8-10 petals; appearing before or with the leaves. The self-fertile flower last only a few days before giving way to the elongated, pointed, peapod-like, two-chambered seed capsule. The rhizome is dark brownish-red in color and filled with an orange-red juice that exudes form even the slightest injury. The rhizome occurs in jointed sections that branch freely, producing transparent, matted, amber-orange roots from the underside and scaled, tumescent buds from the growing tips. In the very early spring, easy rosy bud gives rise to a single leaf and flowering stalk that emerge in coordination. The leaf is rolled around the flowering stalk, sheathing and protecting it as it pierces through the forest debris, unfolding and expanding as the flower matures.

Parts used: Root

When in Bloom: March - June

When to Harvest: Root in the spring when the flower is in full bloom.

Where found: Rich woods..

Properties: Appetite stimulant, emetic, anti-cough, antiseptic, anesthetic, anti-cancer emmenagogue, diuretic, stimulant, sedative, rubefacient, tonic, febrifuge, and plaque inhibitor.

Uses: The blood-red fresh root was used in minute doses as an appetite stimulant; in larger doses as an arterial sedative. Formerly the root was used as an ingredient in cough medicines. American Indians used the root tea for rheumatism, asthma, bronchitis, lung ailments, laryngitis, and fevers. The root juice was applied to warts, also used as a dye and a decorative skin stain. A bachelor of the Ponca tribe would rub a piece of the root as a love charm on the palm of his hand, then scheme to shake hands with the woman he desired to marry. After shaking hands, the girl would be found willing to marry him in 5-6 days. The root was used commercially as a plaque-inhibiting agent in toothpaste, mouthwashes, and rinses. The roots will retain their potency for at least two years.

Warning: Toxic. Do not ingest. Jim Duke has experienced tunnel vision from nibbling the root.

Dosages: None listed.

Notes:

Dye Color: Red-orange.

Blue-Eyed Grass – Quaker-Ladies (*Sisyrinchium angustifolium*) - Perennial

Description: 4-18 in. tall. Differs from the other 10 or so species in our range in that the leaves are narrow (1/4 in. wide), much flattened, and deep green. Flowers often pale blue with a yellow center, ½ - ¾" wide. Flower stems are two edged and the flowers are at the tip of a long flat stalk. The flowers are in small clusters, more or less enclosed by the spathe-like bracts.

Parts used: Root, leaves

When in Bloom: March – September

When to Harvest: Root in the fall when the plant dies back, leaves during season.

Where found: Meadows, moist sandy soils, especially in open areas.

Properties: Anti-cathartic.

Uses: American Indians used the root tea for diarrhea (in children); plant tea for worms, stomachaches. Several species were used as laxatives.

Dosages: None listed.

Dye Color: Unknown.

Bluets – Quaker-Ladies (*Houstoria caerulea*) - Perennial

Description: 2-8 in. tall. Bluets are small plants with tiny, opposite leaves on short erect stalks. Leaves are narrow and ½" or less long, mostly at the base of the plant, but with several pairs of very small stem leaves. Pale blue or white flowers with a yellow center, 1/3 – ½" wide with 4 petals.

Parts Used: Leaf, flowering plant.

When in bloom: March – July

When to Harvest: When in bloom.

Where found: Fields, yards, grassy slopes, and thickets.

Properties: Anti-diuretic.

Uses: The Cherokees used the leaf tea to stop Bed-wetting and urinary ailments.

Dosages: None listed.

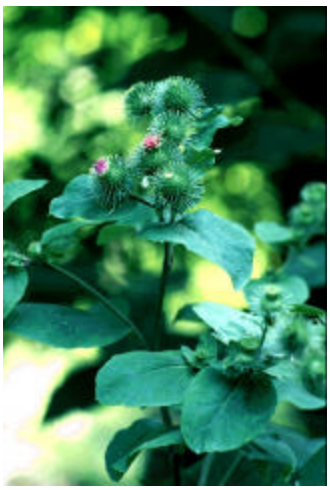
Dye Color: Unknown.

Notes:

Common Burdock – Beggars Button, Cockle Buttons (*Arctium minus*) - Biennial

Description: 2-5 ft. tall. Leaf stems hollow, not furrowed. Flowers to ½ - 1 in. across without stalks or short stalked. They are fleshy, wrinkled, crowned with a tuft of whitish soft, hairy leaf stalks, grey-brown externally, whitish internally with a somewhat, pith-like tissue inside. The roots as a rule are about 12 inches or more in length and about an inch thick; sometimes however, they extend 2-3 ft. Flowers form in the second year. Reddish purple, thistle-like flowers, 1 – 1 ½" across.

Parts used: Leaves, root, seeds, whole plant



When in Bloom: July – October

When to Harvest: Gather the dried root of the plants that are the first year's growth. A plant without a flower stalk is a first year plant. Gather the root from September - October. The second year plant fruits and aids in locating the nearby first year plant. Gather the leaves in July and dry like Coltsfoot leaves. The roots are sometimes long; making it necessary to dig them by hand.

Where found: Waste places, old fields.

Properties: Alterative, antibacterial, antifungal, anti-inflammatory, anti-microbial, antiseptic, anti-tumor, aperient, aphrodisiac, choloretic, diaphoretic, diuretic, demulcent febrifuge, galactagogue, hypoglycemic, laxative, mucilaginous, nutritive, and rejuvenative.

Uses: American Indians used the root tea as a "blood purifier"; diuretic stimulates bile secretion, sweating; also used for gout, liver and kidney ailments, rheumatism, gonorrhea. In China, a tea of leafy branches was used for vertigo, and (in tea mixed with brown sugar) for measles. Externally used as a wash for hives, eczema, and other skin eruptions. Seeds diuretic; thought antiseptic. Seeds used for abscesses, sore throats, insect and snake bites, flu, constipation; once used to treat scarlet fever, smallpox, and scrofula. Crushed seeds poulticed on bruises. Leaves poulticed on burns, ulcers, and sores. Japanese studies suggest root contains compounds that may curb mutations and hence cancer. To cook, wash the roots, chop them in pieces, steam until tender and eat with butter. Lowers blood sugar and is used for chronic skin disease and urinary infections. Greens edible, fresh or in soups. Roots (the second year root) and stems may be eaten if boiled in several batches of water. The Chippewa used the plant in a medicine for coughs. The flowers form in the second year. The juice is drunk to rid the body of scabies and mites. Internal uses include: Abscesses, acne, anger, cancer, candida, chickenpox, colds, cough, cystitis, dandruff, eczema, edema, fasting, fever, flu, gout, hives, hypoglycemia, indigestion, irritability, jaundice, keratosis, lymphatic congestion, congestion, measles, mumps, obesity, pain, pneumonia, psoriasis, rheumatism, scabies, sore throat, sprains, staphylococcus, urinary infection, and uterine prolapse. It is also a mild laxative. It aids in the elimination of uric acid. By improving the function of many organs of elimination (liver, kidney, bowels), many health conditions can be improved.

Warning: The leaf hairs may irritate skin. **Do Not confuse leaves with the toxic leaves of Rhubarb**.
Avoid seeds during the first trimester of pregnancy.

Dosages: **Tea:** 2 ounces dried root in 1 quart of water as a blood purifier. **Decoction:** Both the root and seed can be taken as a decoction of 1 ounce to 1 ½ pints of water, simmered down to 1 pint, in doses of a wineglassful 3–4 times a day. **Bath:** Bath with Burdock for sore joints and gout. **Compress:** Use a compress for glandular swellings, knee swellings, sprains and bruises. **Rinse:** Use as a rinse for dandruff or a facial toner for oily skin. **Tincture:** Fresh root (1:2), dry (1:5) in 60% alcohol. Take 30-90 drops in water, Chamomile tea or regular tea, up to 3 times a day.

Dye Color: Yields a yellow dye from the roots.

Notes:

Appendix A
Weights and Measures

1 pound of solid = 12 ounces.
1 pound of liquid = 4 gills.
1 ounce = 28.4 grams – 8 drachms. = 29.57 ml.
1 drachm liquid = 3 scruples.
1 scruple = 20 grains.
1 gallon = 8 pints.
1 pint = 16 ounces.
1 tablespoon liquid = ½ ounce.
1 teaspoon liquid = 1 drachm.
1 fluid ounce = 8 fluid drachms.
1 dropper holds approximately 20 drops or 1 milliliter.
8 drops = 1/10 tsp. = 1/60 oz. = about 1/8 dram = about ½ ml.
10 drops = 1/8 tsp. = 1/48 oz. = 1/6 dram = about 5/8 ml.
20 drops = ¼ tsp. = 1/24 oz. = 1/3 dram = about 1 ¼ ml.
40 drops = ½ tsp. = 1/12 oz. = 2/3 dram = about 2 ½ ml.
1 tsp. = 1/3 tbsp. = 1/6 oz. = 1 1/3 drams = about 5 ml.
1 ½ tsp. = ½ tbsp. = ¼ oz. = 2 drams = about 7 ½ ml.
3 tsp. = 1 tbsp. = ½ oz. = 4 drams = about 15 ml.
6 tsp. = 2 tbsp. = 1 oz. = 8 drams = about 30 ml.
24 tsp. = 8 tbsp. = 4 oz. = ½ cup = about 120 ml.
48 tsp. = 16 tbsp. = 8 oz. = 1 cup = ½ pt. = about 240 ml.
96 tsp. = 32 tbsp. = 16 oz. = 2 cups = 1 pt. = about 480 ml.
*Some books list gills and drachms as measurements to use.

Essential Oils
20 drops = approximately 1/5 teaspoon of essential oil
40 drops = approximately 2/5 teaspoon of essential oil
60 drops = approximately 3/5 teaspoon of essential oil
1 teaspoon = 5 milliliters
2 teaspoons = 10 milliliter
1 tablespoon = 15 milliliter
* Sometimes when using herbs you will want to use essential oils. Use the following measurements as a guideline when diluting Essential Oils in vegetable oils. Generally one drop of essential oil equals one to two cups of tea. In many cases, ingesting one ounce of an essential oil can be fatal.

Measurements of essential oil to vegetable oil:

Minimum – Maximum Drops of Essential Oil	Into measurement of base (vegetable) oil
0 – 1 drop	1/5 teaspoon
2 – 5 drops	1 teaspoon
4 – 10 drops	2 teaspoons
6 – 15 drops	1 tablespoon
8 – 20 drops	4 teaspoons
10 – 25 drops	5 teaspoons
12 – 30 drops	2 tablespoons

Appendix B
Dosages

The are different ways to configure dosages: One is by age and the other is by weight.

For an adult lets suppose that the dose is 1 drachm. An adult is assumed be someone of at least 21 years of age. Use the following chart:

Under	1 year of age	will require 1/12 drachm or 5 grains.
	2 " " " " "	1/8 drachm or 8 grains.
	3 " " " " "	1/6 drachm or 10 grains.
	4 " " " " "	¼ drachm or 15 grains.
	7 " " " " "	1/3 drachm or 1 scruple.
	14 " " " " "	½ drachm or ½ drachm.
	20 " " " " "	2/3 drachm or 2 scruples.
Above	21 Full dose	1 drachm.
Above	65 the inverse of the gradation of above.	

The following is from "Herbal Remedies" by Kathleen Fisher.

Clark's Rules for Children's Remedies. A standard formula for prescribing pediatric doses. This rule, in which the average adult is assumed to weigh 150 pounds, allows you to convert adult formulas to suit your child's weight.

Weight	Dosage
Up to 5 pounds	1/16 cup or 1 tablespoon
5 to 15 pounds	1/8 cup or 2 tablespoons
16 to 35 pounds	¼ cup or 4 tablespoons
66 to 80 pounds	¾ cup or 16 tablespoons
81 to 110 pounds	1 cup

This means that if the suggested dosage for an adult is 1 cup of herb tea and your child's weight is 50 pounds, you should give him 1/3 of a cup. Likewise, 30 drops of tincture to treat a sick adult would be reduced to 10 drops for the same child. A 15 lb. baby would get 1/10 of a cup of tea or 3 drops of tincture.

"The Herbal Medicine-Maker's Handbook", by James Green gives this information on Dosages:

"It is better to err on the side of insufficient dosage and trust to nature than to overdose to the potential harm of the patient. Giving no medication at all is always better than medicating aimlessly. Many medicines influence conditions of imbalance when given in minute doses, even though no explanation for the action can be given."

"**As a general rule**, large and robust persons require fuller doses than small and frail individuals; women less than men; children less than adults, and in amounts graduated according to age and weight. When giving medicine to children, certain rules of dosage have been followed be experienced health workers. No absolutes can be outlined in administering medicines to children, but one or the other of the following rules is often used:

1) **Clark's Rule:** Divide the weight in pounds by 150 to give the approximate fraction of the adult dose. (For example, for a 50 pound child, divide 50 by 150 = 1/3. Therefore, the dose is one-third that of the adult dose.)
2) **Cowling's Rule:** The age of the child at his/her next birthday is divided by 24. (That is, for a child coming 3 years of age, 3 divided by 24 = 1/8. Therefore, the dose is one-eighth that of the dose of an adult.)
3) **Young's rule:** The dose is computed by dividing the child's age by 12 plus the age. (So, for a child of 4 years, 4 divided by [12+4] = 4/16 = ¼. Therefore, the dose is one-fourth that which would be given to an adult.)

Standard Recipe for Tea: To prepare a cup of tea, use 1 tsp. of dried material or 2 tsp. of fresh. Steep the ingredients in boiling water, but do not boil it, otherwise you will drive off the fragrant oils. Like commercial teas, strong-flavored ingredients need only a few minutes of steeping. Delicately flavored Strawberry leaves, Birch twigs, and the like may require 15 minutes or more.

Appendix C
Gathering and Drying Herbs

Leaves – For maximum value of most species, pick clean, dry undamaged leaves or sprigs at midmorning just before flowering and after the dew is off. Dry in bunches in warm, dust-free, circulating air, out of the sun, until brittle (4-10) days). Store in dark, airtight jars.

Flowers – Spread out small flowers or thick petals of large flowers on paper or gauge, in warm, dust-free, circulating air for 1-3 weeks. Dry roses or other large flower heads upright in mesh. Hang loose bundles of Lavender stems and remove the flowers later.

Seeds – Pick seeds when ripe from healthy plants on a warm, dry day. Shake into a paper bag or cut whole stalks. Lay seeds or stalks on paper or hang above an open box in a warm place for two weeks to ensure no moisture remains. Rub seeds from their stalks or pods; store in airtight jars.

Roots – Shake or rub off the soil, remove fibrous roots, and scrub clean. Chop, then spread to dry in a warm oven (120 – 150 degrees F, 50 – 60 degrees C), for 2-6 hours until brittle. Store in dark, airtight jars and label. Most roots prepared in this way will keep for years without absorbing moisture.

Resin, Gum and Latex Extraction – Resin, gum, and latex are harvested by puncturing or cutting the bark in diagonal groves, avoiding the cambium layer. It is collected later. Pine, copal, dragons blood (from Dracaema species), dammar (from Shorea species), balsams, mastic, and storax are collected in this way. Resin is also collected as naturally exuded "teas" from Frankincense, Myrrh, and Gum trees.

Essential Oils – It's easier to buy essential oils, as it takes a lot of plant material to get an ounce of essential oil. It takes something like a ton of rose petals to get an ounce of rose essential oil. Buy oils that have been tested for purity and extracted from organically grown plants. They should be sold in dark glass bottles with a dropper, and labeled with the botanic name, country of origin, and safety advice. Keep oils in a cool dark place. They may be fatal if ingested, so store securely away from children.

Users of essential oils must be extremely safety conscious. Essential oils should not be taken internally except when prescribed by a qualified person, and training is necessary to learn how to use oils safely. Some should be avoided during pregnancy, for example, or by suffers of epilepsy or high blood pressure, or by people with sensitive skin. Essential oils should not be confused with pressed oils, usually from seeds, used in cooking.

If you decide to purchase herbs instead of gathering them make sure that they say **Standardized**, as this will give you the best quality.

Appendix D
Type of Herbal Preparations

Infusions – Some herbalists use the word tea when talking about either an infusion or a decoction. Using these more specific words helps remind you, first, that you are drinking herbs as medicine, not as thirst-quenchers, and second, how each one is made. You make an infusion with the softer parts of an herb that grow above ground --- stems, leaves, and/or flowers. Because they are soft, you don't need to cook them over heat. Proportions of herb to water vary slightly depending on the herb you are using, but usually 1 to 3 teaspoons per cup of water is recommended. Because of the short storage time of infusions, you will usually make only one to six cups at a time. For most herbs, unless otherwise directed, you can drink one to three cups a day to relieve discomfort. To make an infusion; place the fresh or dried leaf, flower, crushed seed, bark, or root into a teapot; adding boiling water and brew for 5 minutes and strain and serve. Use a teaspoon of dried herb, or a fresh sprig of about 6-9 leaves per cup.

Decoctions – Because decoctions use the tough parts of an herb (bark, roots, or dry berries), you treat them in a slightly different manner from the way you would treat delicate flowers. A decoction is similar to an infusion except that you simmer or boil the herbs instead of simply steeping them. The proportions of the herb to water vary slightly depending on the herb you are using; usually 1 to 2 teaspoons of dried herbs per 2 cups of water. Like infusions, decoctions have a short storage time, so you will usually make only one to six cups at a time. Bruise the root, bark, or seed and put in a pan of cold water; cover, bring to a boil; and simmer until reduced to ¼ of the volume and then strain and use.

Tincture – Tinctures are made with alcohol. Most people use vodka, but you can also use grain alcohol (198 proof, compared to vodka's 40 – 100 proof). 100 proof alcohol is 50% alcohol; 80 proof is 40% alcohol. Some people use rum or brandy when they make tinctures with bitter herbs, to help disguise the taste. If you're preparing a tincture for use by children, recovered alcoholics, or others who should avoid alcohol, you can substitute cider vinegar for the alcohol. Unfortunately, vinegar doesn't extract some herbs as efficiently as alcohol does. Tinctures are more concentrated and keep longer than infusions and decoctions. **Never** use denatured or rubbing alcohol for this purpose. It is highly toxic and should never be taken internally.

Syrups – The bitterness of some herbs serves natural purposes; to keep us from overdosing, as well as to stimulate digestive juices. Unfortunately, the bitterness is no help to us if we turn up our noses at a medicine's taste and refuse to take it. Syrups are a good alternative way to prepare some mixtures, and one that can extend the storage life of the herb. And for colds or the flu, syrups can also soothe a sore throat. **Honey** should never be given to children younger that a year old. Honey sometimes contains botulism spores, and although the count is so low that it doesn't affect older children and adults, the digestive systems of very young children aren't mature enough to handle the spores.

Capsules – If you'd rather not drink your medicines, you can buy capsules. One advantage of capsules is that they are easier than liquids to take along to work or when traveling.

Poultices – If you are hiking in the woods and lose a fight with a briar patch, you can help stop the bleeding by pressing a handful of wild geranium (Geranium maculatum) or yarrow leaves (Achillea millefolium) against the cut. That bunch of leaves is actually a poultice. At home and with more time, you can make a more sophisticated version. You can use fresh, dry, or powdered herbs to make poultices. The goal is to chop them finely and get them damp enough that they release their volatile oils. Fresh herbs will supply some of their own moisture. The amount you make will depend on the size of the injured area. Depending on the type of injury, you might want to make enough so you can change

the poultice several times, with two or three hours between changes. If possible, you can wrap the area with a piece of gauze to hold the poultice in place.

Compresses – The approach is similar to a poultice, but you use a liquid solution instead of whole herbs. Traditionally, a compress is hot, but sometimes, especially for a headache, a cold compress may fell better.

Herbal Oils – To make homemade oils (not essential oils), is a lot like making sun tea, only slower and most are made in the dark, with the exception of St. John's Wort oil which has to be made in the sun for it to work correctly. Herbal oil infusions are useful for massages to relieve pain or tension, and also as a treatment for skin problems. None are for internal use. You need a large, clear glass container and a high quality cooking oil, such as extra virgin olive oil, safflower oil, or grapeseed oil. Fill the jar ¾ full (or ½ full) of the herb and then put enough oil in to cover it to about 1 inch above the herb. Let it sit in a darkened area for around 14 days. Then strain and bottle in darkened bottles.

Ointments – Ointments are used to protect the skin from air and moisture. Non-penetrating, they form a barrier on the surface of the skin, shielding raw, irritated, or wounded areas while providing antibacterial and/or antifungal healing benefits.

Salves – Although you can find a wide array of salves and creams at any health food store, you may enjoy making your own, tailored to you personal need and aromatic preferences. Salves are thicker than ointments. Although recipes vary considerably, most of them call for beeswax which you can find at health food stores in easy-to measure 1 ounce cubes. Some recipes call for lanolin or glycerin, which can also be found in most stores that sell herbal products. You can make salves using either an infusion or a decoction, using fresh or dried herbs.

Precautions

Pregnancy

You should avoid using any strong herbs or herbal derivatives during pregnancy. This includes Goldenseal, Barberry, and Oregon Grape Root; laxatives such as Senna and Sascara Sagrada; and coffee, Kola nut and Guarana, all of which contain caffeine. Also, watch out for herbs that produce hormonal actions; Don Quai, Fengreek, and Red Clover among them, and uterine stimulants such as Aloe, Fengreek, and Rue.

Avoid large quantities of herbs with aspirin-like quantities, such as Willow and Meadowsweet, because aspirin itself has been linked to birth defects.

Heart Problems

Licorice is not recommended in any form if you have high blood pressure or kidney disease or if you are pregnant.

Other herbs that can raise blood pressure when taken in large doses are Ephedra, Angelica, Black Cohosh, (which does cause dizziness and irritates the nerves) and ginseng.

Appendix E
Herbal Property Terms

Abortifacient - Causes an abortion.

Herbs:

Adaptogen – Adaptogens help us adapt to stress by supporting the adrenal glands, the endocrine system, and the whole person. Use in cycles.

Herbs: Ginseng, Gota Kola, Stinging Nettle

Adjuvant - Pain reliever.

Herbs: Sweet Everlasting.

Alterative – Alter a long-standing condition by aiding the elimination of metabolic toxins. Called "blood cleansers" in the past, these herbs improve lymphatic circulation, boost immunity, and help clear chronic conditions of the skin.

Herbs: Rue-anemone, Blackberry, Common Burdock, Butterflyweed, Chickweed, Cleavers, Red Clover, Black Cohosh, Winter Cress, Goldenseal, Yellow Honeysuckle, Ironweed, Lobelia, Stinging Nettle, Partridge berry, Spotted Pipsissewa, Wide Leaf Plantain, Pokeweed, Self Heal, Sassafras, Wild Senna, Shepherd's Purse, Red Trillium.

Analgesic or **Anodyne** – Relieves the pain symptom when administered orally. Some herbs are strong pain relievers, often working best against pains of specific causes. These herbs are usually used externally.

Herbs: Black Birch, Butterflyweed, Coltsfoot, Red Columbine, Sweet Everlasting, Black Haw, Spotted Jewelweed, Mayweed, Common Mullein, Tulip Popular, Purple Thorn Apple, St.. John's Wort, Sassafras, Valerian, Yarrow.

Anaphrodisiac – Lessens sexual functions and desires.

Anesthetic - Produces insensibility to pain. Numbs the feeling in a local or general area of the body.

Herbs: Purple Thorn Apple.

Antacid – Reduces excess stomach acid, helping the stomach lining recuperate to accommodate the healthy gastric acid needed for good digestion.

Herbs: Slippery Elm, Dandelion root and leaf, Psyllium seed, Foamflower.

Antagonist - Opposes action of other medicines.

Anthelmintic – Expels or destroys intestinal worms.

Herbs: Black Birch, Wild Ginger, Lobelia, Pennyroyal, Wild Senna, Tansy.

Antiabortive – Counteracts abortive tendencies.

Antiarthritic – Relieves and heals arthritic conditions.

Antiasthmatic – Relieves asthma.

Herbs: Wild Ginger, Lobelia.

Antibacterial – Herbs that destroys or stops the growth of bacterial infections.

Herbs: Adder's Tongue, Black Birch, Common Burdock, Elderberry, Goldenseal, Self Heal, Yellow Honeysuckle, Indian Pipe, Crested Dwarf Iris, Moneywort, Common Mullein, Stinging Nettle, Spotted Pipsissewa, Wide Leaf Plantain, Tulip Popular, Queen Anne's Lace.

Antibilious – Eliminates a biliary or jaundice condition in the body.

Herbs: Mayapple, Wild Senna.

Antibiotic: Agents that inhibits the growth of and destroys viruses and bacteria. These herbs are used to promote the body's own immune system.

Herbs: Sweet Yellow Clover, Dandelion, Gill-over-the-ground, Wild Ginger, Goldenseal, Self Heal, Dwarf St. John's Wort.

Anticarcenogenic -

Herbs: Dwarf St. John's Wort.

Anticathartic – Helps prevent movement of the bowels and production of liquid feces.

Herbs: Blue-eyed Grass.

Anticatarrhal – Clears excess mucus, usually working in the upper respiratory tract to help relieve congested sinus cavities, ears, nose, and throat. This special group of astringent herbs also clears discharge from other mucous-membrane-lined organs.
Herbs: Coltsfoot, Goldenrod, Goldenseal, Yarrow.

Anticholinergic – An agent that impedes the impulses or actions of the nerves or fibers of the parasympathetic, ganglia, competing with, and blocking the release of acetycholine at what are called muscarinic sites. Cholinergic functions affected are those that induce spasms of the intestinal tracts and allied ducts.
Herbs: Purple Thorn Apple.

Anticoagulant - Removes blood clots.
Herbs: Bedstraw, Red Clover, Sweet Yellow Clover, Evening Primrose.

Anticonvulsent – Prevents convulsions.
Herbs: Goldenseal.

Antidepressant – Lift the mood and soothes the heart and spirit; some also stabilize emotional shifts.
Herb: Black Cohosh, Ginger, Purslane, St. John's Wort, Valerian.

Anti-diarrheal – Helps prevent diarrhea.
Herbs: Dwarf Cinquefoil, Tall Cinquefoil, Red Columbine, Foamflower, Oak.

Anti-diuretic – Restricts the flow of urine.
Herbs: Bluets.

Antidote - Counteracts effect of poison.

Anti-emetic – Reduces nausea or stops vomiting.
Herbs: Sweet Everlasting, Lobelia, Mayweed.

Antifungal – An agent that inhibits or destroys fungi. Used in the treatment of various fungal problems such as candida.
Herbs: Common Burdock, Black Cohosh, Dandelion, Goldenseal, Yellow Honeysuckle, Pokeweed, and Black Walnut.

Anti-galactic - Reduces secretion of milk.

Anti-galactogogue – Decreases the amount of milk produced by nursing mothers.
Herbs: Sassafras.

Antihistamine – Lowers histamine produced by the body.
Herbs: Coltsfoot, Stinging Nettle.

Anti-hydropic - Eliminates excess body fluids or dropsy.

Anti-hypnotic - Prevents sleep.

Anti-inflammatories – Reduces inflammation without completely suppressing symptoms, assisting the body in self-repair from the cause of the inflammation.
Herbs: Bedstraw, Common Burdock, Butterflyweed, Chickweed, Cleavers, Red Clover, Sweet Yellow Clover, Black Cohosh, Coltsfoot, Wild Comfrey, Dandelion, Wild Geranium, Gill-over-the-Ground, Wild Ginger, Goldenrod, Goldenseal, Yellow Honeysuckle, Moneywort, Musk Mallow, Oak, Spotted Pipsissewa, Narrow Leaf Plantain, Wide Leaf Plantain, Pokeweed, Tulip Popular, Shepherd's Purse, Soapwort, False Solomon's Seal, Yarrow.

Anti-irritant – Prevents irritation.
Herbs: Purple Bee Balm.

Antilithics – Prevents the formation of calculi (stones) in the urinary tract.

Anti-malarial – Helps prevent malaria.
Herbs: Flowering Dogwood.

Anti-microbial – Clears infections by strengthening natural defenses. Like antiseptics, these plants may kill off certain microorganisms directly. Some work only in certain parts of the body.
Herbs: Common Burdock, Goldenseal, Spotted Pipsissewa, Wide Leaf Plantain, Yarrow.

Antimutagenic – Prevents the mutation of genes.
Herbs: Gill-over-the-Ground, Self Heal.