

North America, South America, the Caribbean, Australia, New Zealand, and Africa Native People Medicinal Plants

#	Plant Name	Scientific Name	Region	Country of Origin	Traditional Uses	Popular Product Form	Estimated Market Size	Timeframe	Associated Ceremony	Veterinary Use	Indigenous Tribe or Group
1	Echinacea	Echinacea purpurea	North America	United States, Canada	Immune boosting, treating colds, flu, and infections	Nutraceuticals, liquid tonics	USD 700 million	Annual (2024)	Healing ceremonies, especially for immune system support	Yes - Immune support, respiratory infections in horses and dogs	Plains Tribes (Lakota, Dakota, Omaha)
2	Yarrow	Achillea millefolium	North America	United States, Canada	Anti-inflammatory, pain relief, treating wounds, fevers, digestive issues	Essential oils, herbal teas	USD 100 million	Annual (2024)	Used in sweat lodge ceremonies for purification and healing	Yes - Wound care, anti-inflammatory for various animals	Numerous Tribes (Blackfoot, Cherokee, Iroquois)
3	Sweetgrass	Hierochloe odorata	North America	United States, Canada	Used in purification rituals and to treat colds and sore throats	Essential oils, smudging sticks	USD 20 million	Annual (2024)	Smudging ceremonies for purification and to invite positive energy	No	Plains Tribes (Lakota, Dakota, Blackfoot)
4	White Sage	Salvia apiana	North America	United States (California)	Purification, treating respiratory issues	Smudging sticks, essential oils	USD 100 million	Annual (2024)	Smudging ceremonies for cleansing and protection	No	Chumash, Cahuilla, Kumeyaay
5	Willow Bark	Salix spp.	North America	United States, Canada	Pain reliever, reducing fevers, treating headaches	Nutraceuticals, herbal extracts	USD 500 million	Annual (2024)	Healing ceremonies, often associated with pain relief	Yes - Pain relief in dogs and horses, anti-inflammatory	Numerous Tribes (Cherokee, Ojibwe, Cree)
6	Bearberry	Arctostaphylos uva-ursi	North America	United States, Canada	Urinary tract issues, ceremonial smoking	Herbal teas, supplements	USD 50 million	Annual (2024)	Used in peace pipe ceremonies and traditional smoking mixtures	No	Cree, Anishinaabe, Blackfoot

7	Goldenseal	<i>Hydrastis Canadensis</i>	North America	United States, Canada	Antiseptic, treating infections of the skin and eyes	Herbal extracts, supplements	USD 300 million	Annual (2024)	Healing ceremonies, especially for skin and eye conditions	Yes - Antiseptic for wounds and skin infections in various animals	Cherokee, Iroquois
8	Juniper	<i>Juniperus spp.</i>	North America	United States, Canada	Respiratory and urinary tract issues	Essential oils, supplements	USD 150 million	Annual (2024)	Used in purification rituals and to ward off evil spirits	Yes - Urinary tract health, digestive aid for livestock	Navajo, Ute, Hopi
9	Cedar	<i>Thuja spp.</i>	North America	United States, Canada	Treating fevers, coughs, and ceremonial use	Essential oils, smudging sticks	USD 80 million	Annual (2024)	Smudging and sweat lodge ceremonies for purification	No	Haudenosaunee (Iroquois), Coast Salish, Cree
10	Wild Cherry Bark	<i>Prunus serotina</i>	North America	United States, Canada	Coughs and respiratory issues	Herbal syrups, extracts	USD 200 million	Annual (2024)	Used in healing ceremonies for respiratory health	Yes - Respiratory issues in dogs and horses	Cherokee, Delaware (Lenape), Iroquois
11	Black Cohosh	<i>Actaea racemosa</i>	North America	United States, Canada	Women's health issues	Nutraceuticals, herbal supplements	USD 500 million	Annual (2024)	Used in women's healing ceremonies, especially related to fertility	No	Cherokee, Iroquois, Algonquin
12	American Ginseng	<i>Panax quinquefolius</i>	North America	United States, Canada	Tonic, treating respiratory conditions	Nutraceuticals, herbal extracts	USD 1 billion	Annual (2024)	Used in strength and vitality ceremonies	No	Iroquois, Cherokee, Miami
13	Devil's Club	<i>Oplopanax horridus</i>	North America	United States (Pacific Northwest), Canada	Arthritis, immune support	Herbal extracts, supplements	USD 20 million	Annual (2024)	Used in protective ceremonies and for spiritual strength	Yes - Joint pain relief for dogs	Tlingit, Haida, Tsimshian
14	Mullein	<i>Verbascum thapsus</i>	North America	United States, Canada	Respiratory issues	Herbal teas, supplements	USD 100 million	Annual (2024)	Used in healing ceremonies, particularly for lung conditions	Yes - Respiratory issues in dogs and horses	Cherokee, Mohawk, Anishinaabe

15	Sagebrush	<i>Artemisia tridentata</i>	North America	United States, Canada	Treating colds, fevers, headaches, spiritual practices	Herbal teas, smudging sticks	USD 30 million	Annual (2024)	Smudging ceremonies for cleansing and protection	No	Navajo, Shoshone, Paiute
16	Damiana	<i>Turnera diffusa</i>	North America	United States (Southwest), Mexico	Aphrodisiac, improving mood, treating respiratory ailments	Herbal teas, supplements	USD 50 million	Annual (2024)	Used in love and fertility ceremonies	No	Apache, Seri, Tarahumara
17	Tobacco	<i>Nicotiana spp.</i>	North America	United States, Mexico, Canada	Sacred plants used in ceremonies, prayers, offerings	Herbal smoking blends, ceremonial use	USD 1.2 billion	Annual (2024)	Central to many Indigenous ceremonies, including prayer and offering	No	Numerous Tribes (Lakota, Haudenosaunee, Cherokee)
18	Cattail	<i>Typha spp.</i>	North America	United States, Canada	Wound dressing, food source, medicinal purposes	Herbal teas, topical applications	USD 10 million	Annual (2024)	Used in emergency healing rituals, especially for wounds	No	Numerous Tribes (Cree, Ojibwe, Potawatomi)
19	Wild Rose	<i>Rosa spp.</i>	North America	United States, Canada	Treating colds and flu as a tonic	Rosehip oil, herbal teas	USD 300 million	Annual (2024)	Used in love and protection ceremonies	Yes - Skin and coat health for dogs	Cree, Blackfoot, Haida
20	Sarsaparilla	<i>Smilax spp.</i>	North America	United States, Mexico	Skin conditions, blood purification, inflammatory conditions	Nutraceuticals, herbal teas	USD 50 million	Annual (2024)	Used in purification ceremonies and for physical vitality	Yes - Blood purifier, skin conditions in dogs	Cherokee, Nahua (Aztec), Maya
21	Nettle	<i>Urtica dioica</i>	North America	United States, Canada	Treating allergies, arthritis, general tonic	Nutraceuticals, herbal teas, extracts	USD 200 million	Annual (2024)	Used in cleansing ceremonies for the body and spirit	Yes - Arthritis, allergies, and general tonic for horses and dogs	Numerous Tribes (Cree, Iroquois, Cherokee)
22	Yucca	<i>Yucca spp.</i>	North America	United States (Southwest), Mexico	Anti-inflammatory properties, skin conditions, joint pain	Nutraceuticals, herbal supplements	USD 40 million	Annual (2024)	Used in purification and protection ceremonies	Yes - Joint health and digestive aid for horses	Navajo, Pueblo, Hop

23	Labrador Tea	<i>Rhododendron groenlandicum</i>	North America	Canada, United States (Alaska)	Treating colds, coughs, digestive issues	Herbal teas, extracts	USD 10 million	Annual (2024)	Used in healing ceremonies for digestive and respiratory health	No	Inuit, Cree, Inupiat
24	Ayahuasca	<i>Banisteriopsis caapi</i>	South America	Peru, Brazil, Colombia, Ecuador	Spiritual ceremonies, treating psychological and physical ailments	Liquid tonics (under controlled use)	USD 50 million (ceremonial market)	Annual (2024)	Central to spiritual ceremonies, particularly for vision quests	No	Various Amazonian Tribes (Shipibo, Ashaninka)
25	Coca	<i>Erythroxylum coca</i>	South America	Peru, Bolivia, Colombia	Alleviating altitude sickness, fatigue, hunger	Herbal teas, nutritional supplements	USD 800 million	Annual (2024)	Used in Andean rituals, particularly for offerings and energy	No	Quechua, Aymara, Inca
26	Chanca Piedra	<i>Phyllanthus niruri</i>	South America	Brazil, Peru, Colombia	Treating kidney stones, liver problems, digestive issues	Nutraceuticals, liquid extracts	USD 200 million	Annual (2024)	Used in healing ceremonies focused on liver and kidney health	No	Indigenous groups in the Amazon Basin
27	Cat's Claw	<i>Uncaria tomentosa</i>	South America	Peru, Brazil, Colombia	Inflammatory conditions, immune support	Nutraceuticals, herbal supplements	USD 300 million	Annual (2024)	Used in Amazonian healing rituals for immune support	No	Ashaninka, Shipibo, and other Amazonian Tribes
28	Jergón Sacha	<i>Dracontium moretense</i>	South America	Peru, Ecuador	Antidote for snakebites	Herbal extracts, topical applications	USD 10 million	Annual (2024)	Used in protective rituals, particularly against snake bites	No	Indigenous groups in the Amazon Basin
29	Maca	<i>Lepidium meyenii</i>	South America	Peru, Bolivia	Increasing energy, fertility, stamina	Nutraceuticals, powder form	USD 500 million	Annual (2024)	Used in fertility and vitality ceremonies	No	Quechua, Inca, Aymara
30	Guayusa	<i>Ilex guayusa</i>	South America	Ecuador, Peru	Stimulant, improving mental clarity	Herbal teas, liquid tonics	USD 100 million	Annual (2024)	Used in rituals for mental clarity and endurance	No	Kichwa (Ecuadorian Amazon)

31	Sangre de Drago	<i>Croton lechleri</i>	South America	Peru, Ecuador, Colombia	Wound healing, gastrointestinal problems	Liquid extracts, topical applications	USD 50 million	Annual (2024)	Used in Amazonian healing rituals for wound care	No	Various Amazonian Tribes
32	Guarana	<i>Paullinia cupana</i>	South America	Brazil	Stimulant, enhancing physical endurance	Nutraceuticals, energy drinks	USD 1 billion	Annual (2024)	Used in energy-enhancing rituals	No	Sateré-Mawé (Brazil)
33	Achiote	<i>Bixa Orellana</i>	South America	Peru, Brazil, Colombia	Digestive issues, anti-inflammatory	Nutraceuticals, herbal teas	USD 20 million	Annual (2024)	Used in body painting and protective rituals	No	Numerous Amazonian Tribes
34	Uña de Gato	<i>Uncaria tomentosa</i>	South America	Peru, Brazil, Colombia	Treating arthritis, boosting the immune system	Nutraceuticals, herbal supplements	USD 300 million	Annual (2024)	Used in Amazonian healing ceremonies for immune support	No	Ashaninka, Shipibo, and other Amazonian Tribes
35	Lapacho	<i>Tabebuia impetiginosa</i>	South America	Brazil, Paraguay, Argentina	Treating infections, inflammatory diseases	Herbal teas, supplements	USD 50 million	Annual (2024)	Used in healing ceremonies for infections	No	Guarani (Brazil, Paraguay)
36	Camu Camu	<i>Myrciaria dubia</i>	South America	Peru, Brazil	High in vitamin C, boosting the immune system	Nutraceuticals, powder form	USD 150 million	Annual (2024)	Used in ceremonies for health and vitality	No	Indigenous groups in the Amazon Basin
37	Yohimbe	<i>Pausinystalia Yohimbe</i>	South America	Brazil	Aphrodisiac, enhancing athletic performance	Nutraceuticals, supplements	USD 200 million	Annual (2024)	Used in rituals for strength and masculinity	No	Various Indigenous Tribes in Brazil
38	Guava	<i>Psidium guajava</i>	Caribbean	Jamaica, Cuba, Puerto Rico	Treating digestive problems, an antimicrobial agent	Herbal teas, juices	USD 150 million	Annual (2024)	Used in cleansing and protection ceremonies	No	Taíno, Arawak
39	Soursop	<i>Annona muricata</i>	Caribbean	Jamaica, Haiti, Dominican Republic	Treating infections, fevers, parasitic infections	Herbal teas, juices, supplements	USD 200 million	Annual (2024)	Used in healing ceremonies for fever and infection	No	Taíno, Maroons

40	Cerasee	<i>Momordica charantia</i>	Caribbean	Jamaica, Trinidad, Barbados	Treating digestive issues, diabetes, skin conditions	Herbal teas, supplements	USD 50 million	Annual (2024)	Used in cleansing and purification rituals	No	Taíno, Maroons
41	Ginger	<i>Zingiber officinale</i>	Caribbean	Jamaica	Treating nausea, digestive issues, colds	Nutraceuticals, herbal teas, essential oils	USD 3 billion	Annual (2024)	Used in protection and healing ceremonies	Yes - Digestive aid and anti-nausea for dogs and horses	Maroons (Jamaica, Suriname)
42	Neem	<i>Azadirachta indica</i>	Caribbean	Trinidad, Barbados	Anti-inflammatory, antifungal skin conditions	Essential oils, herbal extracts	USD 200 million	Annual (2024)	Used in cleansing and protective rituals	Yes - Skin treatment for various animals, insect repellent	East Indian Communities (Caribbean)
43	Lemongrass	<i>Cymbopogon citratus</i>	Caribbean	Jamaica, Trinidad, Barbados	Treating digestive problems, fever reducer	Essential oils, herbal teas	USD 150 million	Annual (2024)	Used in purification and cleansing rituals	Yes - Insect repellent for animals, digestive aid	Taíno, Maroons
44	Aloe Vera	<i>Aloe barbadensis miller</i>	Caribbean	Barbados, Jamaica, Dominican Republic	Skin healing, burns, digestive issues	Topical gels, juices	USD 2 billion	Annual (2024)	Used in healing and protection ceremonies	Yes - Skin healing and digestive aid for dogs and horses	Taíno, Garífuna
45	Noní	<i>Morinda citrifolia</i>	Caribbean	Puerto Rico, Jamaica, Dominican Republic	Boosting the immune system, anti-inflammatory	Nutraceuticals, juices, supplements	USD 500 million	Annual (2024)	Used in immune-boosting and healing ceremonies	No	Taíno, Garífuna
46	Sarsaparilla	<i>Smilax regalia</i>	Caribbean	Jamaica, Trinidad, Puerto Rico	Skin conditions, diuretics, blood purification	Nutraceuticals, herbal teas	USD 100 million	Annual (2024)	Used in purification and cleansing ceremonies	Yes - Blood purification and skin conditions in dogs	Taíno, Maroons
47	Bay Leaf	<i>Laurus nobilis</i>	Caribbean	Puerto Rico, Jamaica	Treating respiratory issues, digestive problems, diabetes	Essential oils, culinary uses	USD 50 million	Annual (2024)	Used in protection and purification ceremonies	Yes - Digestive aid and respiratory aid for dogs and horses	Taíno, Garífuna

48	Peppermint	<i>Mentha piperita</i>	Caribbean	Jamaica, Trinidad	Treating digestive issues, respiratory problems	Essential oils, herbal teas	USD 300 million	Annual (2024)	Used in ceremonies for clarity and protection	Yes - Digestive aid, anti-nausea for dogs and horses	Taíno, Maroons
49	Passionflower	<i>Passiflora incarnata</i>	Caribbean	Jamaica, Puerto Rico	Sedative, treating anxiety and insomnia	Herbal teas, liquid extracts	USD 50 million	Annual (2024)	Used in calming and sleep-inducing ceremonies	Yes - Calming and anxiety relief for dogs	Taíno, Garifuna
50	Coconut	<i>Cocos nucifera</i>	Caribbean	Jamaica, Haiti, Dominican Republic	Hydration, skin care, antimicrobial	Coconut oil, water, skincare products	USD 5 billion	Annual (2024)	Used in protection and healing ceremonies	Yes - Skincare, digestive aid for dogs and livestock	Taíno, Garifuna
51	Arrowroot	<i>Maranta arundinacea</i>	Caribbean	Jamaica, St. Vincent, Dominican Republic	Treating digestive issues, baby food	Powder form, nutritional supplements	USD 20 million	Annual (2024)	Used in nourishment and protection rituals	Yes - Digestive aid for pets and livestock	Kalinago (Carib)
52	Vetiver	<i>Chrysopogon zizanioides</i>	Caribbean	Haiti	Calming effects, treating anxiety insomnia, cooling the body	Essential oils, perfumery	USD 100 million	Annual (2024)	Used in calming and grounding ceremonies	Yes - Calming and anxiety relief for dogs	Haitian Vodou Communities
53	Cerasee	<i>Momordica charantia</i>	Caribbean	Haiti	Treating digestive issues, diabetes, skin conditions	Herbal teas, supplements	USD 50 million	Annual (2024)	Used in cleansing and purification rituals	No	Taíno, Maroons
54	Moringa	<i>Moringa oleifera</i>	Caribbean	Haiti, Jamaica	High nutritional value, immune support, treating inflammation and malnutrition	Nutraceuticals, powder form, supplements	USD 7 billion	Projected for 2030	Used in nourishment and health rituals	Yes - Nutritional supplement for pets and livestock	Taíno, Maroons, Haitian Communities
55	Tea Tree	<i>Melaleuca alternifolia</i>	Australia	Australia	Antiseptic, antifungal, treating skin conditions	Essential oils, topical applications	USD 300 million	Annual (2024)	Used in cleansing and protection ceremonies	Yes - Antiseptic and skin treatment for dogs and livestock	Aboriginal Australians (Bundjalung)
56	Eucalyptus	<i>Eucalyptus spp.</i>	Australia	Australia	Respiratory issues, antiseptic, insect repellent	Essential oils, inhalants	USD 1 billion	Annual (2024)	Used in cleansing and respiratory healing rituals	Yes - Respiratory aid, repellent for dogs and horses	Aboriginal Australians (Noongar, Koori)

57	Kakadu Plum	<i>Terminalia ferdinandiana</i>	Australia	Australia	High in vitamin C, antioxidant, immune support	Nutraceuticals, powder form	USD 100 million	Annual (2024)	Used in health and vitality ceremonies	Yes - Nutritional supplement for pets and livestock	Aboriginal Australians (Mirarr, Gagudju)
58	Manuka	<i>Leptospermum scoparium</i>	New Zealand	New Zealand	Antibacterial, wound healing, treating skin conditions	Honey, topical applications	USD 1.2 billion	Annual (2024)	Used in healing and protection ceremonies	Yes - Wound healing and skin care for dogs and horses	Māori (Aotearoa/New Zealand)
59	Kawakawa	<i>Piper excelsum</i>	New Zealand	New Zealand	Digestive issues, pain relief, anti-inflammatory	Herbal teas, topical applications	USD 50 million	Annual (2024)	Used in healing and cleansing ceremonies	Yes - Digestive aid and anti-inflammatory for dogs	Māori (Aotearoa/New Zealand)
60	Rooibos	<i>Aspalathus linearis</i>	Africa	South Africa	Antioxidant, digestive health, skin health	Herbal teas, extracts	USD 500 million	Annual (2024)	Used in cleansing and healing ceremonies	Yes - Antioxidant and digestive health for pets	Khoisan (South Africa)
61	Baobab	<i>Adansonia digitata</i>	Africa	Sub-Saharan Africa	High in vitamin C, antioxidant, immune support	Nutraceuticals, powder form	USD 200 million	Annual (2024)	Used in fertility and vitality ceremonies	Yes - Nutritional supplement for pets and livestock	Various African Tribes (Mali, Sudan, Zimbabwe)
62	Devil's Claw	<i>Harpagophytum procumbens</i>	Africa	Southern Africa	Anti-inflammatory, pain relief, treating arthritis	Nutraceuticals, herbal supplements	USD 300 million	Annual (2024)	Used in healing ceremonies for joint pain	Yes - Joint pain relief and anti-inflammatory for dogs and horses	San (Bushmen), Bantu (Southern Africa)
63	Aloe Ferox	<i>Aloe ferox</i>	Africa	South Africa	Digestive health, skin healing, laxative	Topical gels, extracts	USD 100 million	Annual (2024)	Used in healing and cleansing ceremonies	Yes - Digestive health and skin healing for dogs and horses	Xhosa, Zulu (South Africa)
64	Buchu	<i>Agathosma betulina</i>	Africa	South Africa	Urinary tract health, anti-inflammatory, digestive aid	Herbal teas, extracts	USD 50 million	Annual (2024)	Used in cleansing and healing ceremonies	Yes - Urinary tract health and digestive aid for pets	Khoisan (South Africa)

65	Hoodia	<i>Hoodia Gordonii</i>	Africa	Southern Africa	Appetite-suppressant, weight management	Nutraceuticals, supplements	USD 200 million	Annual (2024)	Used in rituals for appetite control and endurance	No	San (Bushmen), Nama (Southern Africa)
66	Moringa	<i>Moringa oleifera</i>	Africa	Sub-Saharan Africa	High nutritional value, immune support, treating inflammation and malnutrition	Nutraceuticals, powder form, supplements	USD 7 billion	Projected for 2030	Used in nourishment and health rituals	Yes - Nutritional supplement for pets and livestock	Various African Tribes (Kenya, Ghana, Nigeria)
67	Honeybush	<i>Cyclopia spp.</i>	Africa	South Africa	Antioxidant, digestive health, treating respiratory issues	Herbal teas, extracts	USD 100 million	Annual (2024)	Used in healing and cleansing ceremonies	Yes - Antioxidant and digestive health for pets	Khoisan (South Africa)
68	Marula	<i>Sclerocarya birrea</i>	Africa	Southern Africa	Antioxidant, skin care, anti-inflammatory	Oils, extracts	USD 200 million	Annual (2024)	Used in fertility and healing ceremonies	Yes - Skin and coat care for dogs and horses	Zulu, San (Bushmen), Himba (Southern Africa)
69	Pelargonium	<i>Pelargonium sidoides</i>	Africa	South Africa	Respiratory health, immune support, treating colds and flu	Herbal extracts, supplements	USD 150 million	Annual (2024)	Used in healing ceremonies for respiratory health	Yes - Respiratory health and immune support for dogs and horses	Xhosa, Zulu (South Africa)
70	African Ginger	<i>Siphonochilus aethiopicus</i>	Africa	Southern Africa	Anti-inflammatory, digestive health, treating colds	Nutraceuticals, herbal teas, extracts	USD 100 million	Annual (2024)	Used in healing and protection ceremonies	Yes - Digestive aid and anti-inflammatory for dogs and horses	Zulu, Xhosa, Bantu (Southern Africa)
71	Sceletium	<i>Sceletium tortuosum</i>	Africa	South Africa	Mood enhancer, anxiety relief, stress management	Nutraceuticals, herbal supplements	USD 50 million	Annual (2024)	Used in calming and mood-enhancing rituals	Yes - Anxiety and stress relief for dogs	Khoisan (South Africa)