



# List of plants used in herbalism

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This is an alphabetical **list of plants used in herbalism**.

Phytochemicals possibly involved in biological functions are the basis of herbalism, and may be grouped as:





- primary metabolites, such as carbohydrates and fats found in all plants
- secondary metabolites serving a more specific function.<sup>[1]</sup>







For example, some secondary metabolites are toxins used to deter predation, and others are pheromones used to attract insects for pollination. Secondary metabolites and pigments may have therapeutic actions in humans, and can be refined to produce drugs; examples are quinine from the cinchona, morphine and codeine from the poppy, and digoxin from the foxglove.<sup>[1]</sup>

In Europe, apothecaries stocked herbal ingredients as traditional medicines. In the Latin names for plants created by Linnaeus, the word officinalis indicates that a plant was used in this way. For example, the marsh mallow has the classification *Althaea officinalis*, as it was traditionally used as an emollient to soothe ulcers.<sup>[2]</sup> Pharmacognosy is the study of plant sources of phytochemicals.







Some modern prescription drugs are based on plant extracts rather than whole plants. The phytochemicals may be synthesized, compounded or otherwise transformed to make pharmaceuticals. Examples of such derivatives include aspirin, which is chemically related to the salicylic acid found in white willow. The opium poppy is a major industrial source of opiates, including morphine. Few traditional remedies, however, have translated into modern drugs, although there is continuing research into the efficacy and possible adaptation of traditional herbal treatments.




# A

Scientific name	Common name	Description	Picture
<u><i>Acacia senegal</i></u>	<u>Gum arabic</u>	A natural gum sourced from hardened sap of various species of acacia tree used in ancient birth control as well as a binder and emulsifier for medicinal compounds. <sup>[3][4]</sup>	
<u><i>Achillea millefolium</i></u>	Common yarrow	Purported to be a <u>diaphoretic</u> , <u>astringent</u> , <sup>[5]</sup> <u>tonic</u> , <u>stimulant</u> and mild <u>aromatic</u> .	
<u><i>Actaea racemosa</i></u>	<u>Black cohosh</u>	Historically used for arthritis and muscle pain, used more recently for conditions related to menopause and <u>menstruation</u> . <sup>[6]</sup>	
<u><i>Aesculus hippocastanum</i></u>	<u>Horse chestnut</u>	Its seeds, leaves, bark, and flowers have been used medicinally for many centuries for treating joint pain, bladder and gastrointestinal problems, fever, leg cramps, and other conditions. It may be useful for treating chronic venous <u>insufficiency</u> . The raw plant materials are toxic unless processed. <sup>[7]</sup>	

<u><i>Ageratina altissima</i></u>	White snakeroot	Root tea has been used to treat diarrhea, kidney stones, and fever. A root poultice can be used on snakebites. The smoke from burning leaves is used to revive unconscious people. <sup>[8]</sup> The plant contains the toxin tremetol which causes milk sickness, a sometimes fatal condition. <sup>[9]</sup>	
<u><i>Alcea rosea</i></u>	Common hollyhock	Believed to be an emollient and laxative. It is used to control inflammation, to stop bedwetting and as a mouthwash in cases of bleeding gums. <sup>[10]</sup>	
<u><i>Alisma plantago-aquatica</i></u>	Water-plantain	Used for the urinary tract. <sup>[11]</sup>	
<u><i>Allium sativum</i></u>	Garlic	Purported use to lower blood cholesterol and high blood pressure. <sup>[12]</sup>	
<u><i>Aloe vera</i></u>	<u>Aloe vera</u>	Leaves are widely used to heal burns, wounds and other skin ailments. <sup>[13]</sup>	
<u><i>Althaea officinalis</i></u>	<u>Marsh-mallow</u>	Used historically as both a food and a medicine. <sup>[2]</sup>	




<u><i>Amorphophallus konjac</i></u>	<u>Konjac</u>	Significant dietary source of glucomannan, <sup>[14]</sup> which is purported for use in treating obesity, constipation, <sup>[15]</sup> and reducing cholesterol. <sup>[16]</sup>	
<u><i>Anemone hepatica</i></u>	Common hepatica	Historically used to treat liver diseases, it is still used in alternative medicine today. Other modern applications by herbalists include treatments for pimples, bronchitis and gout. <sup>[17]</sup>	
<u><i>Angelica archangelica</i></u>	Garden angelica	Roots have been used in the traditional Austrian medicine internally as tea or tincture for treatment of disorders of the gastrointestinal tract, respiratory tract, nervous system, and also against fever, infections, and flu. <sup>[18]</sup>	
<u><i>Angelica sinensis</i></u>	<u>Dong quai</u>	Used for thousands of years in Asia, primarily in women's health. <sup>[19]</sup>	
<u><i>Apium graveolens</i></u>	<u>Celery</u>	Seed is used only occasionally in tradition medicine. Modern usage is primarily as a diuretic. <sup>[20]</sup>	
<u><i>Arctium lappa</i></u>	<u>Burdock</u>	Used traditionally as a diuretic and to lower blood sugar <sup>[21]</sup> and, in traditional Chinese medicine as a treatment for sore throat and symptoms of the common cold. <sup>[22]</sup>	
<u><i>Arnica montana</i></u>	<u>Arnica</u>	Used as an anti-inflammatory <sup>[23]</sup> and for osteoarthritis. <sup>[24]</sup> The US Food and Drug Administration has classified <i>Arnica montana</i> as an unsafe herb because of its toxicity. <sup>[25]</sup> It should not be taken orally or applied to	




		broken skin where absorption can occur. <sup>[25]</sup>	
<u><i>Astragalus propinquus</i></u>	<u>Astragalus</u>	Long used in traditional Chinese medicine. <sup>[26]</sup>	
<u><i>Atropa belladonna</i></u>	Belladonna	Although toxic, was used historically in Italy by women to enlarge their pupils, as well as a sedative, among other uses. The name itself means "beautiful woman" in Italian. <sup>[27]</sup>	
<u><i>Azadirachta indica</i></u>	<u>Neem</u>	Used in India to treat worms, malaria, rheumatism and skin infections among many other things. Its many uses have led to neem being called "the village dispensary" in India. <sup>[28]</sup>	

## B







Scientific name	Name	Description	Picture
<u><i>Bellis perennis</i></u>	Daisy	Flowers have been used in the traditional Austrian medicine internally as tea (or the leaves as a salad) for treatment of disorders of the gastrointestinal and respiratory tract. <sup>[18]</sup>	
<u><i>Berberis vulgaris</i></u>	<u>Barberry</u>	Long history of medicinal use, dating back to the Middle Ages particularly among Native Americans. Uses have included skin ailments, scurvy and gastrointestinal ailments. <sup>[29]</sup>	







<u><i>Borago officinalis</i></u>	<u>Borage</u>	Used in <u>hyperactive gastrointestinal, respiratory and cardiovascular disorders</u> , <sup>[30]</sup> such as <u>gastrointestinal (colic, cramps, diarrhea)</u> , <u>airways (asthma, bronchitis)</u> , <u>cardiovascular, (cardiotonic, antihypertensive and blood purifier)</u> , <u>urinary (diuretic and kidney/bladder disorders)</u> . <sup>[31]</sup>	
<u><i>Broussonetia kurzii</i></u>	<u>Salae</u>	Known as <u>Salae</u> in Thailand where this species is valued as a <u>medicinal plant</u> . <sup>[32]</sup>	

## C





Scientific name	Name	Description	Picture
<u><i>Calendula officinalis</i></u>	<u>Marigold</u>	Also named <u>calendula</u> , has a long history of use in treating wounds and soothing skin. <sup>[33]</sup>	
<u><i>Cannabis</i></u>	Hemp, Cannabis, Marijuana, Indian hemp, Ganja	Used worldwide since ancient times as treatment for various conditions and ailments including pain, inflammation, gastrointestinal issues such as <u>IBS</u> , muscle relaxation, anxiety, <u>Alzheimer's and dementia</u> , <u>ADHD</u> , <u>autism</u> , <u>cancer</u> , <u>cerebral palsy</u> , <u>recurring headaches</u> , <u>Crohn's disease</u> , depression, epilepsy, glaucoma, insomnia, and neuropathy among others. <sup>[34]</sup>	
<u><i>Capsicum annuum</i></u>	<u>Cayenne</u>	Type of chili that has been used as both food and medicine for thousands of years. Uses have included reducing pain and swelling, lowering <u>triglyceride and cholesterol levels</u> and <u>fighting viruses and harmful bacteria</u> , due to high levels of <u>Vitamin C</u> . <sup>[35][36][37]</sup>	




<u><i>Capsicum frutescens</i></u>	<u>Chili</u>	Its active ingredient, <u>capsaicine</u> , is the basic of commercial pain-relief ointments in Western medicine. The low incidence of heart attack in Thais may be related to capsaicine's <u>fibronolytic action</u> (dissolving blood clots). <sup>[38]</sup>	
<u><i>Carica papaya</i></u>	<u>Papaya</u>	Used for treating wounds and stomach troubles. <sup>[39]</sup>	
<u><i>Cassia occidentalis</i></u>	<u>Coffee senna</u>	Used in a wide variety of roles in traditional medicine, including in particular as a broad-spectrum antimicrobial, for liver disorders, for intestinal worms and other parasites and as an immune-system stimulant. <sup>[40][41]</sup>	
<u><i>Catha edulis</i></u>	<u>Khat</u>	Mild stimulant used for thousands of years in Yemen, and is banned today in many countries. Contains the <u>amphetamine-like substance cathinone</u> .	
<u><i>Cayaponia espinosa</i></u>	<u>São Caetano melon</u>	It is a <u>diuretic</u> and aid in the treatment of <u>diarrhea</u> and <u>syphilis</u> . <sup>[42]</sup>	
<u><i>Centaurea cyanus</i></u>	<u>Cornflower</u>	In herbalism, a <u>decoction</u> of cornflower is effective in treating <u>conjunctivitis</u> and as a wash for tired eyes. <sup>[43]</sup>	

<u>Chrysopogon zizanioides</u>	Vetiver	Used for skin care. <sup>[44]</sup>	
<u>Cinchona spec.</u>	Cinchona	Genus of about 38 species of trees whose bark is a source of alkaloids, including quinine. Its use as a febrifuge was first popularized in the 17th century by Peruvian Jesuits. <sup>[45]</sup>	
<u>Citrus × aurantium</u>	Bitter orange	Used in traditional Chinese medicine and by indigenous peoples of the Amazon for nausea, indigestion and constipation. <sup>[46]</sup>	
<u>Citrus limon</u>	Lemon	Along with other citruses, it has a long history of use in Chinese and Indian traditional medicine. <sup>[47]</sup> In contemporary use, honey and lemon is common for treating coughs and sore throat.	
<u>Citrus trifoliata</u>	Trifoliate orange, bitter orange	Fruits of <i>Citrus trifoliata</i> are widely used in Oriental medicine as a treatment for allergic inflammation. <sup>[48]</sup>	
<u>Cissampelos pareira</u>	Velvetleaf	Used for a wide variety of conditions. <sup>[49]</sup>	







<u><i>Cnicus benedictus</i></u>	<u>Blessed thistle</u>	Used during the Middle Ages to treat bubonic plague. In modern times, herbal teas made from blessed thistle are used for loss of appetite, indigestion and other purposes. <sup>[50]</sup>	
<u><i>Crataegus monogyna</i></u> and <u><i>Crataegus laevigata</i></u>	<u>Hawthorn</u>	Fruit has been used for centuries purportedly for heart disease, digestive and kidney related problems. <sup>[51]</sup>	
<u><i>Curcuma longa</i></u>	<u>Turmeric</u>	Spice that lends its distinctive yellow color to Indian curries, has long been used in Ayurvedic and traditional Chinese medicine to aid digestion and liver function, relieve arthritis pain, and regulate menstruation. <sup>[52]</sup>	
<u><i>Cypripedium parviflorum</i></u>	Yellow lady's slipper	The <i>Cypripedium</i> species have been used in native remedies for dermatitis, tooth aches, anxiety, headaches, as an antispasmodic, stimulant and sedative. However, the preferred species for use are <i>Cyp. parviflorum</i> and <i>Cyp. acaule</i> , used as topical applications or tea. <sup>[53]</sup>	


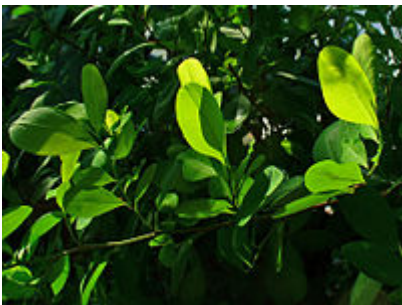


## D

Scientific name	Name	Description	Picture
<u><i>Digitalis lanata</i></u>	Digitalis or foxglove	It came into use in treating cardiac disease in late 18th century England in spite of its high toxicity. <sup>a</sup> Its use has been almost entirely replaced by the pharmaceutical derivative Digoxin, which has a shorter half-life in the body, and whose toxicity is therefore more easily managed. <sup>[54]</sup> Digoxin is used as	



an antiarrhythmic agent and inotrope.<sup>[55]</sup>

## E



Scientific name	Name	Description	Picture
<u><i>Echinacea purpurea</i></u>	<u>Purple coneflower</u>	This plant and other species of <i>Echinacea</i> have been used for at least 400 years by Native Americans to treat infections and wounds, and as a general "cure-all" (panacea). It is currently used for symptoms associated with cold and flu. <sup>[56]</sup>	
<u><i>Echinopsis pachanoi</i></u>	<u>San Pedro cactus</u>	The San Pedro cactus contains the entheogen mescaline and has a long history of being used in Andean traditional medicine. <sup>[57]</sup>	
<u><i>Ephedra sinica</i></u>	<u>Ephedra</u>	It has been used in traditional Chinese medicine for more than 2,000 years. <sup>[58][59]</sup> Native Americans and Mormon pioneers drank a tea brewed from other <i>Ephedra</i> species, called "Mormon tea" and "Indian tea". It contains the alkaloids ephedrine and pseudoephedrine, which are used as breathing aids (bronchodilators and decongestants). <sup>[60]</sup>	
<u><i>Equisetum arvense</i></u>	<u>Horsetail</u>	Dates back to ancient Roman and Greek medicine, when it was used to stop bleeding, heal ulcers and wounds, and treat tuberculosis and kidney problems. <sup>[61]</sup>	

<u><i>Eriodictyon crassifolium</i></u>	Yerba Santa	Used by the <u>Chumash people</u> to keep airways open for proper breathing. <sup>[62]</sup> The US Forest Service profile <sup>[63]</sup> for <i>Eriodictyon crassifolium</i> provides information on species distribution; taxonomic relationships; ecological and evolutionary considerations for restoration; growth form and distinguishing traits; habitat characteristics; projected future suitable habitat; growth, reproduction and dispersal; biological interactions; ecological genetics; seed characteristics, germination requirements and processing; and plant uses including agriculture, restoration, and traditional products, plus an extensive bibliography. It is part of Riverside-Corona Resource Conservation District's resource materials collection on native plant recommendations for southern California ecoregions.	
<u><i>Erythroxylum coca</i></u>	<u>Coca</u>	Used as <u>coca tea</u> or chewed, traditionally as a stimulant to overcome fatigue, hunger, thirst, and altitude sickness. <sup>[64]</sup> Also used as an anesthetic and analgesic. <sup>[65]</sup>	
<u><i>Eschscholzia californica</i></u>	Californian poppy	Used as a herbal remedy: an <u>aqueous extract</u> of the plant has <u>sedative</u> and <u>anxiolytic</u> actions. <sup>[66]</sup>	
<u><i>Eucalyptus globulus</i></u>	<u>Eucalyptus</u>	Leaves were widely used in traditional medicine as a <u>febrifuge</u> . <sup>[67]</sup> Eucalyptus oil is commonly used in <u>over-the-counter</u> cough and cold medications, as well as for an <u>analgesic</u> . <sup>[68]</sup>	
<u><i>Euonymus atropurpureus</i></u>	Wahoo	Plant is a purgative and might affect the heart. <sup>[69]</sup>	







<u><i>Euphorbia hirta</i></u>	<u>Asthma-plant</u>	Used traditionally in Asia to treat bronchitic asthma and laryngeal spasm. <sup>[70][71]</sup> It is used in the Philippines for dengue fever. <sup>[72]</sup>	
<u><i>Euphrasia</i></u>	<u>Eyebright</u>	Used for eye problems, mental depression, oxygenation and radiation poisoning. <sup>[73]</sup>	
<u><i>Euterpe oleracea</i></u>	<u>Açaí</u>	Although açai berries are a longstanding food source for indigenous people of the Amazon, there is no evidence that they have effectiveness for any health-related purpose. <sup>[74]</sup>	

## F







Scientific name	Name	Description	Picture
<u><i>Ferula assa-foetida</i></u>	<u>Asafoetida</u>	Might be useful for IBS, high cholesterol, and breathing problems. <sup>[75]</sup>	
<u><i>Frangula alnus</i></u>	Alder buckthorn	Bark (and to a lesser extent the fruit) has been used as a laxative, due to its 3 – 7% anthraquinone content. Bark for medicinal use is dried and stored for a year before use, as fresh bark is violently purgative; even dried bark can be dangerous if taken in excess. <sup>[76]</sup>	
<u><i>Fumaria officinalis</i></u>	Fumitory	Traditionally thought to be good for the eyes and to remove skin blemishes. In modern times herbalists use it to treat skin diseases and conjunctivitis, as well as to cleanse the kidneys. However, Howard (1987) warns that fumitory is poisonous and should only be used under the direction of a medical herbalist. <sup>[77]</sup>	

## G

Scientific name	Name	Description	Picture
<u><i>Galanthus</i></u>	<u>Snowdrop</u>	It contains an active substance called <u>galantamine</u> , which is an <u>acetylcholinesterase inhibitor</u> . Galantamine (or galanthamine) can be helpful in the treatment of <u>Alzheimer's disease</u> , though it is not a cure. <sup>[78]</sup>	
<u><i>Geranium robertianum</i></u>	Robert geranium	In traditional herbalism, it was used as a remedy for toothache and nosebleeds <sup>[79]</sup> and as a <u>vulnerary</u> (used for or useful in healing wounds). <sup>[80]</sup>	
<u><i>Ginkgo biloba</i></u>	<u>Ginkgo</u>	The leaf extract has been used to treat <u>asthma</u> , <u>bronchitis</u> , <u>fatigue</u> , <u>Alzheimer's</u> and <u>tinnitus</u> . <sup>[81]</sup>	
<u><i>Glechoma hederacea</i></u>	Ground-ivy	It has been used as a "lung herb". <sup>[82]</sup> Other traditional uses include as an expectorant, astringent, and to treat <u>bronchitis</u> . <sup>[83]</sup> The <u>essential oil</u> of the plant has been used for centuries as a <u>general tonic</u> for <u>colds</u> and <u>coughs</u> , and to relieve <u>congestion</u> of the <u>mucous membranes</u> .	
<u><i>Glycyrrhiza glabra</i></u>	<u>Licorice root</u>	Purported uses include <u>stomach ulcers</u> , <u>bronchitis</u> , and <u>sore throat</u> . <sup>[84]</sup>	




## H

Scientific name	Name	Description	Picture
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<u><i>Hamamelis virginiana</i></u>	Common witch-hazel	It produces a specific kind of tannins called <u>hamamelitannins</u> . One of those substances displays a specific cytotoxic activity against <u>colon cancer cells</u> . <sup>[85]</sup>	
<u><i>Hippophae rhamnoides</i></u>	<u>Sea buckthorn</u>	The leaves are used as herbal medicine to alleviate cough and fever, pain, and general gastrointestinal disorders as well as to cure dermatologic disorders. Similarly, the fruit juice and oils can be used in the treatment of liver disease, gastrointestinal disorders, chronic wounds or other dermatological disorders. <sup>[86]</sup>	
<u><i>Hoodia gordonii</i></u>	<u>Hoodia</u>	The plant is traditionally used by Kalahari San (Bushmen) to reduce hunger and thirst. It is marketed as an <u>appetite suppressant</u> . <sup>[87]</sup>	
<u><i>Hydrastis canadensis</i></u>	<u>Goldenseal</u>	Although used traditionally by Native Americans to treat <u>skin diseases</u> and <u>ulcers</u> , there is no scientific evidence to support the use of goldenseal for treating any disease. <sup>[88]</sup>	
<u><i>Hypericum perforatum</i></u>	<u>St. John's wort</u>	Widely used within herbalism for depression. Evaluated for use as an antidepressant, but with ambiguous results. <sup>[89][90]</sup>	
<u><i>Hyssopus officinalis</i></u>	<u>Hyssop</u>	It is purported for digestive and intestinal problems, and for respiratory problems. <sup>[91]</sup>	



# I


Scientific name	Name	Description	Picture
<u><i>Ilex paraguariensis</i></u>	Yerba mate	Mate contains compounds that may improve mood. <sup>[92]</sup>	
<u><i>Illicium verum</i></u>	Star anise	It is the major source of the chemical compound shikimic acid, a primary precursor in the pharmaceutical synthesis of anti-influenza drug <u>oseltamivir</u> (Tamiflu). <sup>[93]</sup>	
<u><i>Inula helenium</i></u>	Elecampane	It is used in herbal medicine as an expectorant and for <u>water retention</u> . <sup>[94]</sup>	

# J





Scientific name	Name	Description	Picture
<u><i>Jasminum officinale</i></u>	Jasmine	It is purported as either an <u>antiseptic</u> or <u>anti-inflammatory agent</u> . <sup>[95]</sup>	



# K

Scientific name	Name	Description	Picture
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<u><i>Knautia arvensis</i></u>	Field scabious	The whole plant is astringent and mildly diuretic. <sup>[96]</sup>	
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## L







Scientific name	Name	Description	Picture
<u><i>Larrea tridentata</i></u>	<u>Chaparral</u>	The leaves and twigs are used by Native Americans to make a herbal tea used for a variety of conditions. Chaparral has also been shown to have high liver toxicity, and has led to kidney failure, and is not recommended for any use by the U.S. Food and Drug Administration or American Cancer Society. <sup>[97][98]</sup>	
<u><i>Laurus nobilis</i></u>	Bay laurel	Aqueous extracts of bay laurel can be used as astringents and even as a reasonable salve for open wounds. <sup>[99]</sup>	
<u><i>Lavandula angustifolia</i></u>	<u>Lavender</u>	It was traditionally used as an antiseptic and for mental health purposes. It was also used in ancient Egypt in mummifying bodies. There is little scientific evidence that use of lavender affects health. <sup>[100]</sup>	
<u><i>Lawsonia inermis</i></u>	<u>Henna</u>		



<u>Leucojum aestivum</u>	Summer snowflake		
<u>Linum usitatissimum</u>	Flaxseed	The plant is most commonly used as a laxative. Flaxseed oil is used for different conditions, including <u>arthritis</u> . <sup>[101]</sup>	

## M




Scientific name	Name	Description	Picture
<u>Magnolia officinalis</u>	Magnolia-bark	The bark contains <u>magnolol</u> and <u>honokiol</u> , two <u>polyphenolic</u> compounds.	
<u>Malva sylvestris</u>	Mallow	The seeds are used internally in a decoction or herbal tea <sup>[102]</sup> as a <u>demulcent</u> and <u>diuretic</u> , and the leaves made into <u>poultices</u> as an <u>emollient</u> for external applications.	
<u>Matricaria recutita</u> and <u>Anthemis nobilis</u>	Chamomile	It has been used over history for a variety of conditions, including sleeplessness and anxiety. <sup>[103]</sup>	



<u><i>Medicago sativa</i></u>	<u>Alfalfa</u>	The leaves are purported to lower cholesterol, and treat kidney and urinary tract ailments, although there is insufficient scientific evidence for its efficacy. <sup>[104]</sup>	
<u><i>Melaleuca alternifolia</i></u>	<u>Tea tree oil</u>	It has been used over history by Australian aboriginal people. Modern usage is primarily as an antibacterial or antifungal agent, but there is insufficient scientific evidence for such effects. <sup>[105]</sup>	
<u><i>Melissa officinalis</i></u>	<u>Lemon balm</u>	It is purported as a sleep aid and digestive aid. <sup>[106]</sup>	
<u><i>Mentha x piperita</i></u>	<u>Peppermint</u>	Its oil, from a cross between <u>water mint</u> and <u>spearmint</u> , has a history of purported use for various conditions, including nausea, indigestion, and symptoms of the <u>common cold</u> . <sup>[107]</sup>	
<u><i>Mitragyna speciosa</i></u>	<u>Kratom</u>	Kratom leaves are chewed to relieve musculoskeletal pain and increase energy, appetite, and sexual desire in ways similar to <u>khat</u> and <u>coca</u> . <sup>[108]</sup>	
<u><i>Momordica charantia</i></u>	<u>Bitter melon</u>		



<u>Morinda citrifolia</u>	<u>Noni</u>	It is purported for joint pain and skin conditions. <sup>[109]</sup>	
<u>Moringa oleifera</u>	Drumstick tree	It is used for food and traditional medicine.	

## N



Scientific name	Name	Description	Picture
<u>Nasturtium officinale</u>	<u>Watercress</u>		
<u>Nelumbo nucifera</u>	<u>Lotus</u>	Insufficient evidence for any biological effect. <sup>[110]</sup>	
<u>Nigella sativa</u>	Nigella, black-caraway, black-cumin, and <i>kalonji</i>	One meta-analysis of clinical trials concluded that <i>N. sativa</i> has a short-term benefit on lowering <u>systolic</u> and <u>diastolic</u> blood pressure. <sup>[111]</sup>	

## O






Scientific name	Name	Description	Picture	
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<u><i>Ocimum tenuiflorum</i></u>	Tulsi or holy basil	It is used for a variety of purposes in traditional medicine; tulsi is taken in many forms: as herbal tea, dried powder, fresh leaf or mixed with ghee. Essential oil extracted from Karpoora tulasi is mostly used for medicinal purposes and in herbal cosmetics. <sup>[112]</sup>	
<u><i>Oenothera</i></u>	Evening primrose	Its oil has been used since the 1930s for <u>eczema</u> , and more recently as an <u>anti-inflammatory</u> , but there is <u>insufficient evidence</u> for it having any effect. <sup>[113]</sup>	
<u><i>Origanum vulgare</i></u>	<u>Oregano</u>		

## P

Scientific name	Name	Description	Picture
<u><i>Panax spec.</i></u>	<u>Ginseng</u>	Asian ginseng may affect glucose metabolism and lower blood sugar levels, but the poor quality of research prevents conclusions about such effects. <sup>[114]</sup>	
<u><i>Papaver somniferum</i></u>	<u>Opium poppy</u>	The plant is the plant source of morphine, used for pain relief. Morphine made from the refined and modified sap is used for pain control in people with severe cancer. <sup>[115]</sup>	




<u><i>Passiflora</i></u>	<u>Passion flower</u>		
<u><i>Peganum harmala</i></u>	<u>Syrian Rue</u> (common name <u>Harmal</u> )		
<u><i>Pelargonium sidoides</i></u>	<u>Umckaloabo, or</u> <u>South African</u> <u>Geranium</u>	Possibly useful for treating respiratory infections. <sup>[116]</sup>	
<u><i>Piper methysticum</i></u>	<u>Kava</u>	The plant has been used for centuries in the <u>South Pacific</u> to make a ceremonial drink with sedative and anesthetic properties, with potential for causing liver injury. <sup>[117]</sup>	
<u><i>Piscidia erythrina</i></u> <u>/ <i>Piscidia piscipula</i></u>	<u>Jamaica</u> <u>dogwood</u>	The plant is used in traditional medicine for the treatment of <u>insomnia and anxiety</u> , despite serious safety concerns. <sup>[118]</sup> A 2006 study suggested medicinal potential. <sup>[119]</sup>	
<u><i>Plantago lanceolata</i></u>	<u>Plantain</u>	It is used frequently in <u>herbal teas</u> and other <u>herbal remedies</u> . <sup>[120]</sup> A tea from the leaves is used as a highly effective cough medicine. In the traditional Austrian medicine <i>Plantago lanceolata</i> leaves have been used internally (as syrup or tea) or externally (fresh leaves) for treatment of disorders of the respiratory tract, skin, insect bites, and infections. <sup>[18]</sup>	





<u><i>Platycodon grandiflorus</i></u>	Platycodon, balloon flower	The extracts and purified platycoside compounds (saponins) from the roots may exhibit neuroprotective, antimicrobial, anti-inflammatory, anti-cancer, anti-allergy, improved insulin resistance, and cholesterol-lowering properties. <sup>[121]</sup>	
<u><i>Polemonium reptans</i></u>	Abscess root	It is used to reduce fever, inflammation, and cough. <sup>[122]</sup>	
<u><i>Psidium guajava</i></u>	Guava	It has a rich history of use in traditional medicine. It is traditionally used to treat diarrhea; however, evidence of its effectiveness is very limited. <sup>[123][124]</sup>	
<u><i>Ptelea trifoliata</i></u>	Wafer Ash	The root bark is used for the digestive system. <sup>[125]</sup> Also known as hoptree.	
<u><i>Pulmonaria officinalis</i></u>	Lungwort	Used since the Middle Ages to treat and/or heal various ailments of the lungs and chest.	

## Q


Scientific name	Name	Description	Picture
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<u>Quassia amara</u>	Amargo, bitter-wood	A 2012 study found a topical gel with 4% <u>Quassia</u> extract to be a safe and effective cure of <u>rosacea</u> . <sup>[126]</sup>	
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## R






Scientific name	Name	Description	Picture
<u>Reichardia tingitana</u>	False sowthistle	Uses in folk medicine have been recorded in the Middle East, its leaves being used to treat ailments such as constipation, colic and inflamed eyes. <sup>[127]</sup>	
<u>Rosa majalis</u>	Cinnamon rose	It yields edible <u>hip fruits</u> rich in <u>vitamin C</u> , which are used in <u>medicine</u> <sup>[128]</sup> and to produce rose hip syrup.	
<u>Rosmarinus officinalis</u>	<u>Rosemary</u>	It has been used medicinally from ancient times.	
<u>Ruellia tuberosa</u>	Minnieroot, fever root, snapdragon root	In folk medicine and Ayurvedic medicine it has been used as a <u>diuretic</u> , <u>anti-diabetic</u> , <u>antipyretic</u> , <u>analgesic</u> , <u>antihypertensive</u> , <u>gastroprotective</u> , and to treat <u>gonorrhea</u> . <sup>[129]</sup>	








<u>Rumex crispus</u>	Curly dock or yellow dock	In Western herbalism the root is often used for treating anemia, due to its high level of iron. <sup>[130]</sup> The plant will help with skin conditions if taken internally or applied externally to things like itching, scrofula, and sores. It is also used for respiratory conditions, specifically those with a tickling cough that is worse when exposed to cold air. It mentions also passing pains, excessive itching, and that it helps enlarged lymphs. <sup>[131]</sup>	
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## S

Scientific name	Name	Description	Picture
<u>Salix alba</u>	<u>White willow</u>	Plant source of salicylic acid, white willow is like the chemical known as aspirin, although more likely to cause stomach upset as a side effect than aspirin itself which can cause the lining of the stomach to be destroyed. Used from ancient times for the same uses as aspirin. <sup>[132]</sup>	
<u>Salvia officinalis</u>	Sage	Shown to improve cognitive function in patients with mild to moderate Alzheimer's disease. <sup>[133][134]</sup>	
<u>Sambucus nigra</u>	<u>Elderberry</u>	The berries and leaves have traditionally been used to treat pain, swelling, infections, coughs, and skin conditions and, more recently, flu, common cold, fevers, constipation, and sinus infections. <sup>[135]</sup>	
<u>Santalum album</u>	<u>Indian sandalwood</u>	Sandalwood oil has been widely used in folk medicine for treatment of common colds, bronchitis, skin disorders, heart ailments, general weakness, fever, infection of the urinary tract, inflammation of the mouth and pharynx, liver and gallbladder	




		complaints and other maladies. <sup>[136]</sup>	
<u><i>Santolina chamaecyparissus</i></u>	Cotton lavender	Most commonly, the flowers and leaves are made into a decoction used to expel intestinal parasites.	
<u><i>Saraca indica</i></u>	Ashoka tree	The plant is used in Ayurvedic traditions to treat gynecological disorders. The bark is also used to combat oedema or swelling. <sup>[137]</sup>	
<u><i>Satureja hortensis</i></u>	Summer savory	Its extracts show antibacterial and antifungal effects on several species including some of the antibiotic resistant strains. <sup>[138][139][140]</sup>	
<u><i>Sceletium tortuosum</i></u>	Kanna	African treatment for depression. Suggested to be an SSRI or have similar effects, but unknown mechanism of activity.	
<u><i>Senna auriculata</i></u>	Avaram senna	The root is used in decoctions against fevers, diabetes, diseases of urinary system and constipation. The leaves have laxative properties. The dried flowers and flower buds are used as a substitute for tea in case of diabetes patients. The powdered seed is also applied to the eye, in case of chronic purulent conjunctivitis.	







<u><i>Sesuvium portulacastrum</i></u>	Shoreline purslane	The plant extract showed antibacterial and anticandidal activities and moderate antifungal activity. <sup>[141]</sup>	
<u><i>Silybum marianum</i></u>	Milk thistle	It has been used for thousands of years for a variety of medicinal purposes, in particular liver problems. <sup>[142]</sup>	
<u><i>Stachytarpheta cayennensis</i></u>	Blue snakeweed	Extracts of the plant are used to ease the symptoms of malaria. The boiled juice or a tea made from the leaves or the whole plant is taken to relieve fever and other symptoms. It is also used for dysentery, pain, and liver disorders. <sup>[143]</sup> A tea of the leaves is taken to help control diabetes in Peru and other areas. <sup>[144]</sup> Laboratory tests indicate that the plant has anti-inflammatory properties. <sup>[145]</sup>	
<u><i>Stellaria media</i></u>	Common chickweed	It has been used as a remedy to treat itchy skin conditions and pulmonary diseases. <sup>[146]</sup> 17th century herbalist John Gerard recommended it as a remedy for mange. Modern herbalists prescribe it for iron-deficiency anemia (for its high iron content), as well as for skin diseases, bronchitis, rheumatic pains, arthritis and period pain. <sup>[147]</sup>	
<u><i>Strobilanthes callosus</i></u>	Karvy	The plant is anti-inflammatory, antimicrobial, <sup>[148]</sup> and anti-rheumatic. <sup>[149]</sup>	





<u><i>Symphytum officinale</i></u>	<u>Comfrey</u>	It has been used as a <u>vulnerary</u> and to reduce <u>inflammation</u> . <sup>[150]</sup> It was also used internally in the past, for stomach and other ailments, but its toxicity has led a number of other countries, including Canada, Brazil, Australia, and the United Kingdom, to severely restrict or ban the use of comfrey. <sup>[151]</sup>	
<u><i>Syzygium aromaticum</i></u>	<u>Clove</u>	The plant is used for upset stomach and as an <u>expectorant</u> , among other purposes. The oil is used topically to treat <u>toothache</u> . <sup>[152]</sup>	


## T

Scientific name	Name	Description	Picture
<u><i>Tanacetum parthenium</i></u>	<u>Feverfew</u>	The plant has been used for centuries for <u>fevers</u> , <u>headaches</u> , <u>stomach aches</u> , <u>toothaches</u> , <u>insect bites</u> and other conditions. <sup>[153]</sup>	
<u><i>Taraxacum officinale</i></u>	<u>Dandelion</u>	It was most commonly used historically to treat <u>liver diseases</u> , <u>kidney diseases</u> , and <u>spleen problems</u> . <sup>[154]</sup>	
<u><i>Teucrium scordium</i></u>	<u>Water germander</u>	It has been used for <u>asthma</u> , <u>diarrhea</u> , <u>fever</u> , <u>intestinal parasites</u> , <u>hemorrhoids</u> , and <u>wounds</u> . <sup>[155]</sup>	


<u><i>Thymus vulgaris</i></u>	<u>Thyme</u>	The plant is used to treat bronchitis and cough. It serves as an antispasmodic and expectorant in this role. It has also been used in many other medicinal roles in Asian and Ayurvedic medicine, although it has not been shown to be effective in non-respiratory medicinal roles. <sup>[156]</sup>	
<u><i>Tilia cordata</i></u>	Small-leaved linden	In the countries of Central, Southern and Western Europe, linden flowers are a traditional herbal remedy made into a herbal tea called <u>tisane</u> . <sup>[157]</sup>	
<u><i>Tradescantia zebrina</i></u>	Inchplant	It is used in southeast Mexico in the region of Tabasco as a cold herbal tea, which is named <u>Matali</u> . <sup>[158]</sup> Skin irritation may result from repeated contact with or prolonged handling of the plant, particularly from the clear, watery sap (a characteristic unique to <i>T. zebrina</i> as compared with other types).	
<u><i>Trema orientalis</i></u>	Charcoal-tree	The leaves and the bark are used to treat coughs, sore throats, asthma, bronchitis, gonorrhea, yellow fever, toothache, and as an antidote to general poisoning. <sup>[159]</sup>	
<u><i>Trifolium pratense</i></u>	<u>Red clover</u>	The plant is an ingredient in some recipes for <u>essiac tea</u> . Research has found no benefit for any human health conditions. <sup>[160]</sup>	
<u><i>Trigonella foenum-graecum</i></u>	<u>Fenugreek</u>	It has long been used to treat symptoms of menopause, and digestive ailments. More recently, it has been used to treat <u>diabetes</u> , <u>loss of appetite</u> and other conditions. <sup>[161]</sup>	

<u>Triticum aestivum</u>	<u>Wheatgrass</u>	It may contain antioxidant and anti-inflammatory compounds. <sup>[162]</sup>	
<u>Turnera subulata</u>	White buttercup	It is used for skin, gastrointestinal, and respiratory ailments.	







## U






Scientific name	Name	Description	Picture
<u>Uncaria tomentosa</u>	<u>Cat's claw</u>	It has a long history of use in South America to prevent and treat disease. <sup>[163]</sup>	
<u>Urtica dioica</u>	Common nettle, stinging nettle	It has been used in the traditional Austrian medicine internally (as tea or fresh leaves) to treat disorders of the kidneys and urinary tract, gastrointestinal tract, locomotor system, skin, cardiovascular system, hemorrhage, influenza, rheumatism, and gout. <sup>[18]</sup>	


## V

Scientific name	Name	Description	Picture
<u>Vaccinium spec.</u>	<u>Blueberries</u>	They are of current medical interest as an antioxidant <sup>[164][165]</sup> and for urinary tract ailments. <sup>[166]</sup>	




<u><i>Vaccinium macrocarpon</i></u>	<u>Cranberry</u>	It was used historically as a vulnerary and for urinary disorders, diarrhea, diabetes, stomach ailments, and liver problems. Modern usage has concentrated on urinary tract related problems. <sup>[167]</sup>	
<u><i>Vaccinium myrtillus</i></u>	<u>Bilberry</u>	It is used to treat diarrhea, scurvy, and other conditions. <sup>[168]</sup>	
<u><i>Valeriana officinalis</i></u>	<u>Valerian</u>	It has been used since at least ancient Greece and Rome for sleep disorders and anxiety. <sup>[169]</sup>	
<u><i>Verbascum thapsus</i></u>	Common mullein	It contains glycyrrhizin compounds with bactericide and potential anti-tumoral action. These compounds are concentrated in the flowers. <sup>[170]</sup>	
<u><i>Verbena officinalis</i></u>	<u>Verbena</u>	It is used for sore throats and respiratory tract diseases. <sup>[171]</sup>	
<u><i>Vernonia amygdalina</i></u>	<u>Bitter leaf</u>	The plant is used by both primates and indigenous peoples in Africa to treat intestinal ailments such as dysentery. <sup>[172][173]</sup>	


<u>Veronica officinalis</u>	Veronica	The plant is used for sinus and ear infections. <sup>[174]</sup>	
<u>Viburnum tinus</u>	Laurustinus	<i>V. tinus</i> has medicinal properties. The active ingredients are <u>viburnin</u> (a substance or more probably a mixture of compounds) and tannins. Tannins can cause stomach upset. The leaves when infused have <u>antipyretic</u> properties. The fruits have been used as purgatives against constipation. The tincture has been used lately in herbal medicine as a remedy for depression. The plant also contains <u>iridoid glucosides</u> . <sup>[175]</sup>	
<u>Viola tricolor</u>	Wild pansy	It is one of many <u>viola</u> plant species containing <u>cyclotides</u> . These small <u>peptides</u> have proven to be useful in drug development due to their size and structure giving rise to high stability. Many cyclotides, found in <i>Viola tricolor</i> are <u>cytotoxic</u> . <sup>[176]</sup> This feature means that it could be used to treat <u>cancers</u> . <sup>[177][176]</sup>	
<u>Viscum album</u>	<u>European mistletoe</u>	It has been used to treat seizures, headaches, and other conditions. <sup>[178]</sup>	
<u>Vitex agnus-castus</u>	<u>Chasteberry</u>	It has been used for over thousands of years for menstrual problems, and to stimulate <u>lactation</u> . <sup>[179]</sup>	

<u>Vitis vinifera</u>	Grape	The leaves and fruit have been used medicinally since the ancient Greeks. <sup>[180]</sup>	
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## W

Scientific name	Name	Description	Picture
<u>Withania somnifera</u>	Ashwagandha	The plant's long, brown, tuberous roots are used in traditional medicine. In <u>Ayurveda</u> , the berries and leaves are applied externally to tumors, tubercular glands, carbuncles, and ulcers. <sup>[181]</sup>	

## X


Scientific name	Name	Description	Picture
<u>Xanthoparmelia scabrosa</u>	Sexy footpath lichen	It is a lichen used for sexual dysfunction. <sup>[182]</sup>	

## Y

Scientific name	Name	Description	Picture
<u>Youngia japonica</u>	Japanese hawkweed	The plant is <u>antitussive</u> and <u>febrifuge</u> . It is also used in the treatment of boils and snakebites. <sup>[183]</sup>	



## Z

Scientific name	Name	Description	Picture
<u><i>Zingiber officinale</i></u>	<u>Ginger</u>	Ginger is effective for the relief of nausea. <sup>[184][185]</sup>	

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## See also

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- [Chinese classic herbal formula](#)
- [History of birth control](#)
- [List of branches of alternative medicine](#)
- [List of culinary herbs and spices](#)
- [List of herbs with known adverse effects](#)
- [Materia Medica](#)
- [Medicinal mushrooms](#)
- [Medicinal plants of the American West](#)
- [Medicinal plants traditionally used by the indigenous peoples of North America](#)
- [Naturopathic medicine](#)
- [Wikispecies](#)

## Notes

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- <sup>^</sup> *Digitalis* use in the United States is controlled by the U.S. Food and Drug Administration and can only be prescribed by a physician. Misuse can cause death.
- This encyclopedia is not a substitute for medical advice nor a complete description of these herbs, their dangers (up to and including death), and their (in)compatibility with [alcohol](#) or other [drugs](#).

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