

THE INDIGENOUS DRUG PLANTS OF FULTON COUNTY, ILLINOIS

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ABSTRACT.—Discussion on the utilization of prehistoric man's natural environment has recently centered around problems relative to the subsistence base. For a variety of reasons involving, among others, the paucity of published archaeological evidence and the current emphasis on subsistence patterns, studies of non-food plants have been largely ignored. While it is conceded that food production was probably of primary importance to prehistoric man and that the relationship of man to food sources had a more dynamic effect on his culture, it is noted that many popular food plants also served a secondary role as medicine. Early botanical reports and recent research concerning the floristic environment in Fulton County, Illinois, reveal a wide variety of indigenous drug plants which have been used historically by both Indian and white populations. A cross-referenced alphabetical index of the common and binomial plant names is presented along with the part of the plant used, its preparation and supposed pharmacological action.

During a period from 1963-1965 the senior author implemented a study of the floral distribution of the Dickson Mounds area in the Central Illinois River Valley. This was done as part of a larger study concerning the burial population of Dickson Mounds (Harn 1971). The area considered was an approximate 5- by 5-mile transect along the western margin of the Illinois River beginning at a point opposite Havana, Illinois and continuing upstream. Spoon River borders its southern edge; Sister Creek the north. The eastern border is formed by the Illinois River, while the western border parallels the Illinois. This region was selected because it offered the greatest variability in terms of natural environment. Examples of nearly all recognized types of vegetation zones in the central Illinois Valley occur in this 25-square-mile area.

The climate of the central Illinois Valley is temperate, with an average growing season of 177 days. Annual precipitation averages 34 inches, the average unmelted snowfall 20.9 inches. Hot summers and cold winters are common: mean monthly temperatures at Havana range from 26.6°F in January to 77.5°F in July. Concentrated spring rains frequently result in disastrous flooding and frequent late-summer droughts occur. Physiographically the Dickson Mounds area lies within the Galesburg Plain of the Till Plains Section of the Central Lowland Province; most of it in late youth in erosional cycle (Wanless 1957: 15).

The study area is located on the eastern edge of a region of gently rolling plains. These relatively flat uplands are deeply furrowed by numerous small upland stream valleys and washes. The bluffs bordering the Illinois and Spoon rivers on the west and north are 90- to 130-feet high and are mantled with a thick deposit of yellow-brown loess, while the east edge of the valley is defined by sand terraces, dunes and flat sand country. Alluvial fans sweep outward from the bluffs into the low valley, which is about four miles wide in this region. Terraces are situated between the bluffs and the floodplain. The broad, monotonous floodplain was originally a maze of large lakes and meandering channels, but much of the valley was leveed and drained during the land reclamation projects of the early 1900s. Only sloughs and pondlike areas remain.

The research area is situated near the boundary between the Prairie Peninsula section and the Mississippi Valley section of the Oak-Hickory Forest region (Braun 1950). Land surveys carried out in the early- to mid-1800s suggest that the dominant vegetational aspect of the area was treeless. Prairie prevailed on the uplands, broken only occasionally by open stands of forest, and was even found covering talus slopes and sizable portions of bottomland. Hardwood forests were limited to hillside talus-slope and bottom-land environments with limited forestation of upland stream valleys. Today the floodplain forest is usually confined to a belt bordering lakes, sloughs and river channels and their entering tributaries. A wide variety of trees, shrubs, herbaceous plants and grasses is represented in these zones (see Harn 1971: 5-7). Thus the region is characterized by a complex pattern of floristic communities composed of forest, woodland, savanna and grassland which--when combined with local land-forms, water sources and the abundant fauna--provide the essentials required for optimum residential stability by prehistoric groups.

The original objective of the vegetational analysis was to attempt to isolate those plant species pertaining specifically to natural food, medicine, or technological resources and make a quantitative and spatial assessment of potentially desirable or usable floristic elements. It was hoped that this would provide the necessary framework for demonstrating the food and general habitation potential of the immediate Dickson Mounds area. However, research was severely hampered by a time factor imposed by the press of other duties and by the senior author's inability to rapidly identify the wide variety of flora in the field. Ultimately the more important aim of the entire work--the preparation of the manuscript dealing with the burial population--could not be ignored and the comprehensive floral analysis was abandoned. Only a summary of the data was presented (Harn 1971: 4-9).

The following is a listing of indigenous drug plants from the Dickson Mounds area, most of which were probably available to prehistoric people. This was in part compiled using information obtained from History of Fulton County, Charles Chapman & Co., Peoria, Illinois, 1879, History of Fulton County, (Bateman), Munnell Publishing Co., Chicago, Illinois, (Heylin), 1908, and The Drug Plants of Illinois (Tehon 1951). No attempt has been made to assign these plants to separate medicinal categories or to identify them with the floristic habitat in which they are most dominant. The plants are listed alphabetically under both their scientific and common names; but the part of the plant used, its preparation and supposed pharmacological action are recorded under the scientific name only. Plants listed include official drug plants, formerly official drug plants, plants used by home or eclectic practitioners, plus plants whose use in remedies has been ethnographically documented within the eastern woodlands (see Tehon 1951 and Smith 1923, 1928, 1932 and 1933).

Coding of sources used:

1. Smith 1923
2. Smith 1928
3. Smith 1932
4. Smith 1933
5. Tehon 1951

Acer negundo L. Inner bark: emetic (2,3).

Acer saccharum Marsh. Inner bark: internal medicine (2). Wood: in a medicine mixture for woman with injured womb (2).

Achillea millefolium L. [incl. *A. lanulosa* Nutt.] Leaves: tea for fevers (1); poultice for rash of children (1); poultice for spider bites (3). Fresh tops: rub on eczema sores (1). Leaves and flowers: tea for fever and ague (2). Flowers: smudge to break fever (3), and as a reviver (4). Entire herb: astringent, diaphoretic, stimulant, and tonic (5).

Acorus calamus L. Root (rhizome?): cramps in the stomach (1); physic (1,2,3); chewed to relieve dyspepsia (1,2); powdered and snuffed up nose for catarrh (4); with other herbs to stop hemorrhage (4). Rootstock: aromatic bitter to aid digestion, and carminative (5).

Actaea alba (L.) Mill. Root: genito-urinary remedy for both sexes (2); tea for pain of childbirth (2).

Adiantum pedatum L. Leaves, stems, and roots: treatment of female maladies (1). Root (rhizome?): for the menses (2); stomach trouble (2); flux (2); tea for caked breast in nursing mother (4). Leaves: demulcent, pectoral (5).

Agastache scrophulariaefolia (Willd.) Kuntze Root: tea as diuretic (2).

Alternate-leaved dogwood: Cornus alternifolia L.f.

Alumroot: Heuchera richardsonii R.Br.

Amaranthus retroflexus L. Pollen: antigen (5). Herb, root: astringent, detergent (5).

Ambrosia artemisifolia L. Pollen extract: prophylactic and cure for hayfever (5).
Leaves and tops: topical astringent (5).

Ambrosia trifida L. Root: chewed to drive away fear at night (2). Pollen extract:
prophylactic and cure for hayfever (5). Leaves and tops: topical astringent (5).

American elm: Ulmus americana L.

Amorpha canescens Pursh Leaves: pinworms or any other intestinal worm (2).

Anemone, Meadow: Anemone canadensis L.

Anemone, Tall: Anemone virginiana L.

Anemone canadensis L. Root: cure for cross eyes (2); tea as eye wash when they
twitch (2); throat lozenge (3).

Anemone virginiana L. Root: poultice for boil (1).

Antennaria plantaginifolia (L.) Hook. Leaves: tea to prevent sickness after childbirth (2).

Apocynum cannabinum L. Root: universal remedy for many things (2); dropsy and
ague (2). Roots and rootstock: cardiac stimulant, cathartic, diaphoretic, diuretic,
and emetic (5).

Aquilegia canadensis L. Root: for stomach and bowel troubles (2,3); used with
Zanthoxylum bark when bladder contents are thick (2). Roots and leaves: tea for
diarrhoea (2).

Aralia racemosa L. Root: for blood poisoning (1); poultice for sores (1); tea for
stomach ache (1); alterative, aromatic stimulant, and diaphoretic (5). Root pulp:
hot poultice on inflammations (4).

Arisaema dracontium (L.) Schott Plant: treatment of female disorders (1).

Arisaema triphyllum (L.) Schott Root (corm?): pounded, as a poultice for sore
eyes (1); reduce swelling from rattlesnake bite (2). Corm: diaphoretic, expectorant,
irritant, and stimulant (5).

Aristolochia serpentaria L. Rhizome and root: aromatic bitter stimulant, and used
with other drugs to increase their absorption and activity (5).

Arrow-head, Broad-leaved: sagittaria latifolia Willd.

Artichoke, Jerusalem: Helianthus tuberosus L.

Asarum canadense L. (sens. lat.) Root (rhizome?): mild stomachic (1,4); sore throat (2); internal medicine (2); mixed with other things for stomach cramp (2); cooked and put in ear for earache or sore ears (2); chewed by sick person so that he can eat anything (3). Root and rhizomes: aromatic stimulant, carminative, tonic (5).

Asclepias incarnata L. Root: tea as taenifuge (2).

Asclepias syriaca L. Root: female remedy (3). Rootstocks and roots: diaphoretic especially in pulmonary and bronchial affections, diuretic, emetic, expectorant, purgative, and rheumatism (5).

Ash, Prickly: Zanthoxylum americanaum Mill.

Ash, White: Fraxinus americana L.

Aster, New England: Aster novae-angliae L.

Aster novae-angliae L. Entire plant: smudge as a reviver (2); fumigating agent (4).

Balsam-apple, Wild: Echinocystis lobata (Michx.) T. & G.

Baneberry, White: Actaea alba (L.) Mill.

Baptisia leucantha T. & G. Root: emetic (2); for eczema, sores (2); poultice for snake bite (2); tea for dropsy (2); internal medicine (2); boiled for catarrh (2); with sycamore bark on wounds made by axe or knife.

Basswood: Tilia americana L.

Bedstraw: Galium concinnum T. & G.

Bedstraw, Sweet-scented: Galium triflorum Michx.

Bellflower: Campanula americana L.

Bellwort: Uvularia grandiflora Sm.

Bergamot, Wild: Monarda fistulosa L.

Birdfoot-violet: Viola pedata L.

Bitternut Hickory: Carya cordiformis (Wang.) K. Koch

Bittersweet: Celastrus scandens L.

Black Cherry: Prunus serotina Ehrh.

Black-eyed Susan: Rudbeckia hirta L.

Black-haw: Viburnum prunifolium L.

Black Oak: Quercus velutina Lam.

Black Walnut: Juglans nigra L.

Black Willow: Salix nigra Marsh.

Blackberry: Rubus allegheniensis Porter

Blazing-star: Liatris aspera Michx.

Bloodroot: Sanguinaria canadensis L.

Blue Cohosh: Caulophyllum thalictroides (L.) Michx.

Blue Vervain: Verbena hastata L.

Bluebells: Mertensia virginica (L.) Pers. ex Link

Boneset: Eupatorium perfoliatum L.

Botrychium virginianum (L.) Sw. Plant: lung trouble and consumption (3).

Boxelder: Acer negundo L.

Bracken: Pteridium latiusculum (Desv.) Heiron. ex R. E. Fries

Broad-leaved Arrow-head: Sagittaria latifolia Willd.

Broad-leaved Goldenrod: Solidago latifolia L.

Bugleweed: Lycopus virginicus L.

Bur Oak: Quercus macrocarpa Michx.

Bush-clover: Lespedeza capitata Michx.

Buttercup: Ranunculus pennsylvanicus L.f.

Buttercup, Small-flowered: Ranunculus abortivus L.

Butternut: Juglans cinerea L.

Buttonbush: Cephalanthus occidentalis L.

Campanula americana L. Leaves: lung remedy (2); coughs and consumption (2).

Carya cordiformis (Wang.) K. Koch Bark: tea as laxative and makes the urine free (2).

Carya laciniosa (Michx. F.) Bark: cathartic (5).

Carya ovata (Mill.) K. Koch Bark: cathartic (5).

Cassia marilandica L. Seeds: soaked and eaten for sore throat (2). Leaflets: cathartic (5).

Cat-tail: Typha latifolia L.

Catchfly, Starry: Silene stellata (L.) Ait.f.

Caulophyllum thalictroides (L.) Michx. Roots (rhizome?): tea to suppress profuse menstruation (1,2); genitourinary remedy for men (2); cramp during painful menstruation (3); tea for emetic (3); aids in childbirth (4). Rhizome and roots: alterative, diuretic, emmenagogue (5).

Cedar, Red: Juniperus virginiana L.

Celastrus scandens L. Inner bark: emetic (2); eczema sores (2). Berries: stomach trouble (3). Bark of root and stem: alterative, diaphoretic, diuretic, mild narcotic (5).

Cephalanthus occidentalis L. Inner bark: emetic (2). Bark: treatment of fevers (5).

Cherry, Black: Prunus serotina Ehrh.

Cherry, Choke: Prunus virginiana L.

Choke-cherry: Prunus virginiana L.

Cicely, Sweet: Osmorhiza longistylis (Torr.) DC.

Cicuta maculata L. Roots, rootstocks and seeds: in cases of barbital poisoning (5).

Cirsium discolor (Muhl.) Spreng. Root: tea for stomach ache (2).

Coffee-tree, Kentucky: Gymnocladus dioica (L.) K. Koch

Cohosh, Blue: Caulophyllum thalictroides (L.) Michx.

Columbine: Aquilegia canadensis L.

Comandra umbellata (L.) Nutt. Leaves: tea for internal pains in the lungs (2).

Compass-plant: Silphium laciniatum L.

Coneflower, Drooping: Ratibida pinnata (Vent.) Barnh.

Coneflower, Pale: Echinacea pallida Nutt.

Coreopsis tripteris L. Stems: tea for internal pains and bleeding (2).

Cornus alternifolia L.f. Bark: pile and diarrhoea remedy (1). Inner bark: emetic (3).

Cornus racemosa Lam. [= C. paniculata L'Her.] Bark: tea (injected as an enema) to cure the flux (2, 3).

Corylus americana Walt. Bark: boiled for poultice for cuts (3).

Cow-parsnip: Heracleum lanatum Michx.

Cranesbill: Geranium maculatum L.

Culver's-root: Veronicastrum virginicum (L.) Farw.

Cup-plant: Silphium perfoliatum L.

Daisy-fleabane: Erigeron philadelphicus L.

Dicentra canadensis (Goldie) Walp. Tubers: alterative, diuretic, tonic (5).

Dioscorea villosa L. Root: relieve pain at childbirth (2). Rootstock: hemostatic and uterine sedative (5).

Diospyros virginiana L. Bark, unripe fruit: astringent in internal hemorrhage (5).

Ditch Stone-crop: Penthorum sedoides L.

Dogwood, Alternate-leaved: Cornus alternifolia L.f.

Dogwood, Gray: Cornus racemosa Lam.

Downy Phlox: Phlox pilosa L.

Drooping Coneflower: Ratibida pinnata (Vent.) Barnh.

Echinacea pallida Nutt. [= Brauneria angustifolia (DC.) Heller] Roots: cramps in stomach (2); alterative, diaphoretic, sialogogue, stimulant (5).

Elderberry, Common: Sambucus canadensis L.

Elm, American: Ulmus americana L.

Elm, Slippery: Ulmus rubra Muhl.

Elm-leaved Goldenrod: Solidago ulmifolia Muhl. ex Willd.

Equisetum arvense L. Whole plant: tea for dropsy (3); tea for kidney and bladder trouble and lumbago (4).

Equisetum hyemale L. Stems: tea for kidney trouble and to clear up the system after childbirth (1); tea for gonorrhea in men or women (2).

Erigeron annuus (L.) Pers. Herb: astringent, diuretic, tonic (5).

Erigeron canadensis L. Herb: astringent, diuretic, tonic (5).

Erigeron philadelphicus L. Disk florets: powdered and used as snuff to make one sneeze and thus break up a cold in the head or catarrh (2, 3). Flowers: tea to break fevers (3); dried flowers smudged to cure head cold (3).

Eryngium yuccifolium Michx. Root: for bladder trouble and poisons other than that of rattlesnake (2). Rootstock: diaphoretic, diuretic, expectorant, emetic (5).

Euonymus atropurpureus Jacq. Trunk bark: powdered for poultice on old facial sores (2). Inner bark: tea for bathing weak or sore eyes (2). Root bark: tea for bathing weak or sore eyes (2). Dried bark of stem and root: purgative (5).

Eupatorium perfoliatum L. Plant: tea for fevers (1). Foliage and flowers: tea to expel worms (2). Roots: snakebite (2). Herb: cathartic, diaphoretic, emetic, tonic (5).

Eupatorium purpureum L. Plant: diseases of the genito-urinary canal (1). Leaves: poultice for healing burns (4). Root: clear up after-birth (4); diuretic (5).

Eupatorium rugosum Houtt. [= E. urticaefolium Reichard] Plant: smudge as a reviver and steaming agent in sweat bath (2).

Euphorbia corollata L. Root: tea as physic (3). Rootstock: cathartic, diaphoretic, emetic (5).

Evening-primrose: Oenothera biennis L.

Everlasting, Sweet: Gnaphalium obtusifolium L.

False Solomon's Seal: Smilacina racemosa (L.) Desf.

False Toadflax: Comandra umbellata (L.) Nutt.

Fern, Maidenhair: Adiantum pedatum L.

Fern, Ostrich: Matteuccia struthiopteris (L.) Todaro

Fern, Sensitive: Onoclea sensibilis L.

Feverwort: Triosteum perfoliatum L.

Field Horsetail: Equisetum arvense L.

Field Mint: Mentha arvensis L.

Field Thistle: Cirsium discolor (Muhl.) Spreng.

Fleabane: Erigeron annuus (L.) Pers.

Fleabane, Daisy-: Erigeron philadelphicus L.

Flowering Spurge: Euphorbia corollata L.

Fragaria virginiana Duch. Root (rhizome?): tea for stomach ache, especially babies (3). Fruit: astringent, refrigerant, tonic (5).

Fragrant Sumac: Rhus aromatica Ait.

Fragrant Water-lily: Nymphaea odorata L.

Fraxinus americana L. Bark: infusion for sores and the itch (2). Inner bark of trunk and root: cathartic, diuretic, tonic (5).

Frost Grape: Vitis vulpina L.

Galium aparine L. Plant: tea as emetic (2); kidney trouble, gravel, stoppage of urine and allied ailments (3); diuretic (3). Herb: diuretic (5).

Galium concinnum T. & G. Plant: tea for bladder and kidney trouble (2); ague (2).

Galium triflorum Michx. Plant: infusion to clear up kidney trouble (1). Herb: nerve disorders (5).

Gentian, Yellowish: Gentiana alba Muhl.

Gentiana alba Muhl. [= G. flavida Gray] Root: tea as alterative (4).

Geranium maculatum L. Root (rhizome?): treatment of flux and like disorders (1); infusion for sore gums, pyorrhea and tooth ache (2); cure for neuralgia (2); poultice for piles and hemorrhoids (2); mixed with other things as a cure for diarrhea (2); for sore mouth (3). Rhizome: astringent (5).

Germander: Teucrium canadense L.

Giant Hyssop: Agastache scrophulariaefolia (Willd.) Kuntze

Giant Ragweed: Ambrosia trifida L.

Ginger, Wild: Asarum canadense L.

Ginseng: Panax quinquefolius L.

Glade Mallow: Napaea dioica L.

Gleditsia triacanthos L. Bark: tea in measles, fevers, smallpox, keeps bowels and kidneys free, hastens convalescence and prevents pitting (2). Bark of twigs: tea to cure bad colds (2).

Gnaphalium obtusifolium L. [= G. polycephalum Michx.] Plant: smudge to bring back loss of mind or to revive consciousness (2). Leaves and top: tonic (5).

Golden-seal: Hydrastis canadensis L.

Goldenrod: Solidago media (Greene) Bush ex Friesner

Goldenrod, Broad-leaved: Solidago latifolia L.

Goldenrod, Elm-leaved: Solidago ulmifolia Muhl. ex Willd.

Goldenrod, Rigid: Solidago rigida L.

Goldenrod, Showy: Solidago speciosa Nutt.

Goldenrod, Swamp: Solidago uliginosa L.

Goldenrod, Tall: Solidago altissima L.

Goosegrass: Galium aparine L.

Grape-fern: Rattlesnake: Botrychium virginianum (L.) Sw.

Grape, Frost: Vitis vulpina L.

Gray Dogwood: Cornus racemosa Lam.

Green Dragon: Arisaema dracontium (L.) Schott

Gymnocladus dioicus (L.) K. Koch Pod wax: cures insanity (2).

Hazelnut: Corylus americana Walt.

Hedeoma pulegioides (L.) Pers. Leaves and tops: aromatic, emmenagogue, stimulant (5).

Hedge-nettle: Stachys aspera Michx.

Helenium autumnale L. Flower heads: nearly mature, dried, pulverized and snuffed up nostrils to sneeze violently to loosen a cold in the head (1).

Helianthus strumosus L. Root (rhizome?): tea for lung trouble (2).

Heliopsis helianthoides (L.) Sweet [= H. scabra Dunal] Root (rhizome?): treatment of lung trouble (2).

Hemlock, Water-: Cicuta maculata L.

Hemp, Indian: Apocynum cannabinum L.

Hepatica acutiloba DC. Roots (rhizomes?): with Maidenhair-fern for various female maladies (1); tea to wash face to overcome some physical deformity (2). Leaves: tea to cure some physical deformity such as crosseyes (2).

Heracleum lanatum Michx. Root: colic and stomach cramps (2); pounded as a poultice for sores (3). Stem: poultice to heal wounds (2). Seeds (mericarps?): severe head pain (2).

Heuchera richardsonii R.Br. [= H. americana L.] Foliage: astringent in healing sores (2). Rootstock: topical astringent (5).

Hickory, Bitternut: Carya cordiformis (Wang.) K. Koch

Hickory, Shagbark: Carya ovata (Mill.) K. Koch

Hickory, Shellbark: Carya laciniosa (Michx. f.) Loud.

Honey-locust: Gleditsia triacanthos L.

Hop: Humulus americanus Nutt.

Hop-hornbeam: Ostrya virginiana (Mill.) K. Koch

Horehound, Water: Lycopus americanus Muhl. ex Bart.

Hornbeam, Hop-: Ostrya virginiana (Mill.) K. Koch

Horse-nettle: Solanum carolinense L.

Horsemint, Spotted: Monarda punctata L.

Horsetail, Field: Equisetum arvense L.

Horseweed: Erigeron canadensis L.

Humulus americanus Nutt. [= H. lupulus L.] Root: cure insomnia (2). Plant: tea acts like saleratus on the system (3).

Hydrangea, Wild: Hydrangea arborescens L.

Hydrangea arborescens L. Roots: diaphoretic, diuretic (5).

Hydrastis canadensis L. Root: for eczema (2); inhalant for catarrh (2). Leaves and rootstock: tonic to mucous membrane, principally in catarrhal affections (5).

Hydrophyllum virginianum L. Root: keep flux in check (3).

Hyssop, Giant: Agastache scrophulariaefolia (Willd.) Kuntze

Impatiens biflora Walt. Plant (fresh): poultice for sores (2). Fresh juice: neutralize sting of nettles (2, 4); alleviate itching of poison ivy (4); rubbed on head to cure headache (3). Whole plant: infusion cures colds in the chest or cramps in the stomach (4); boiled down to give linament for sprains, bruises, and soreness (4).

Indian Hemp: Apocynum cannabinum L.

Indian-tobacco: Lobelia inflata L.

Indian-turnip: Arisaema triphyllum (L.) Schott

Indigo, White: Baptisia leucantha T. & G.

Iodanthus pinnatifidus (Michx.) Steud. Whole plant: poultice for the head, brings warmth to body of old cold man (2).

Ipomoea pandurata (L.) Meyer Root: purgative (5).

Ivy, Poison: Rhus radicans L.

Jacob's-ladder: Polemonium reptans L.

Joe-Pye-weed: Eupatorium purpureum L.

Juglans cinerea L. Sap: syrup and sugar a physic (1). Twig bark: tea as cathartic (2). Wood: tea as cathartic (2). Bark: physic (4); cathartic (4). Inner bark: infusion for tonic effects (4). Leaves and root bark: mild cathartic (5).

Juglans nigra L. Inner bark: strong physic (2). Twig bark and old bark : coiled, charred, and applied for a snake bite (2). Hulls of fruits: pile medicine (2). Inner bark of root, leaves: mild cathartic (5).

Juniperus virginiana L. Inner wood: inhalant for catarrh (2). Leaves: tea for weakness and as convalescent medicine (2). Berries: remedy for interior troubles, for lungs and for fevers (2). Wood: oil from wood a rubefacient (5).

Kentucky Coffee-tree: Gymnocladus dioica (L.) K. Koch

Lactuca canadensis L. Plant: fresh juice rubbed on poison ivy eruptions (1).

Laportea canadensis (L.) Gaud. Root: diuretic (3).

Lead-plant: Amorpha canescens Pursh.

Lepidium virginicum L. Whole plant: tea as a wash for poison ivy (1).

Lespedeza capitata Michx. Root: antidote for poison (2).

Lettuce, Wild: Lactuca canadensis L.

Liatris aspera Michx. [= L. scariosa Willd.] Plant: bladder and kidney trouble (2).

Liverleaf: Hepatica acutiloba DC.

Lobelia inflata L. Leaves and tops - dried: antispasmodic in laryngitis and spasmodic asthma, emetic, expectorant (5).

Locust, Honey-: Gleditsia triacanthos L.

Lycopus americanus Muhl. ex Bart. Whole plant: mixed with other things for cramps in stomach (2).

Lycopus virginicus L. Herb: astringent, narcotic, sedative, tonic (5).

Maidenhair-fern: Adiantum pedatum L.

Mallow, Glade: Napaea dioica L.

Maple, Sugar: Acer saccharum Marsh.

Matteuccia struthioeris (L.) Todaro [= Onoclea struthioeris (L.) Hoffman]

Leaves: poultice (1). Root (rhizome?): tea for whitish urine (1).

May-apple: Podophyllum peltatum L.

Meadow anemone: Anemone canadensis L.

Menispermum canadense L. Rhizome and roots: alterative, diuretic, tonic (5).

Mentha arvensis L. (sens. lat.) Plant: poultice on the chest (1); with other species in tea for pneumonia (1); blood remedy (3); tea to break fevers (3). Leaves: treating fevers (4); tea for curing pleurisy (4).

Mertensia virginica (L.) Pers. ex Link Plant: tonic (5).

Milkweed, Common: Asclepias syriaca L.

Milkweed, Swamp: Asclepias incarnata L.

Mint, Field: Mentha arvensis L.

Mirabilis nyctaginea (Michx.) MacM. [= Oxybaphus nyctaginea (Michx.) Sweet]

Whole plant or root: for bladder troubles (2); poultice for burns (2). Root: reduce sprains and swellings (3).

Monarda fistulosa L. Leaves and flowers: tea for catarrh (1). Plant: combined with other species for cold cure (2); boil, then inhale steam to cure catarrh and bronchial affections (3).

Monarda punctata L. Leaves: used in mixtures for its aromatic principles (2). Leaves and flowers: aromatic, diaphoretic and stimulant (5).

Moonseed: Menispermum canadense L.

Morus rubra L. Root bark: any sickness (2).

Mulberry, Red: Morus rubra L.

Nannyberry: Viburnum lentago L.

Napaea dioica L. Roots: for piles (2); remedy for female troubles (2).

Nettle: Urtica gracilis Ait.

Nettle, Hedge-: Stachys aspera Michx.

Nettle, Horse-: Solanum carolinense L.

Nettle, Wood: Laportea canadensis (L.) Gaud.

New England Aster: Aster novae-angliae L.

Nuphar advena (Ait.) Ait.f. [= Nymphaea advena Ait.] Rhizome: powdered and used for poultices to heal cuts and swellings (1); powdered to heal cuts and swellings (3). Root (rhizome?): grated to make poultice for sores (3); for inflammatory diseases (4).

Nymphaea odorata Ait. [= Castalia odorata (Ait.) Woodv. & Wood] Root (rhizome?): remedy for eczema (2); cough medicine for those who have TB (3). Rhizome: astringent (5).

Oak, Black: Quercus velutina Lam.

Oak, Bur: Quercus macrocarpa Michx.

Oak, Red: Quercus rubra L.

Oak, White: Quercus alba L.

Oenothera biennis L. Whole plant: soaked in warm water to make poultice for bruises (3).

Onoclea sensibilis L. Root (rhizome?): powdered - tea to stimulate flow of milk (3).

Osmorhiza longistylis (Torr.) DC. Plant: eye remedy (2); with bark of honey locust for tea to regain strength and flesh (2). Root: tea aids parturition (3); good for sore throat (3); eye lotion (4); tea as stomachic (4).

Ostrich Fern: Matteuccia struthiopteris (L.) Todaro

Ostrya virginiana (Mill.) K. Koch Bark: infusion for flux (4). Bark and inner wood: alterative, antiperiodic, tonic (5).

Ox-eye: Heliopsis helianthoides (L.) Sweet

Pale Coneflower: Echinacea pallida Nutt.

Pale Smartweed: Polygonum lapathifolium L.

Panax quinquefolius L. Root: sore gums (2); pyorrhoea (2); stomach troubles (2); remedy for the menses (2); the best medicine for flux (2); pounded into poultice for earache (4); soak pounded root to make wash for sore eyes (4). Root (whole, dried): aromatic bitter, mild stimulant, stomachic (5).

Parietaria pennsylvanica Muhl. Herb: deobstruent, diuretic, emmenagogue (5).

Parthenocissus quinquefolia (L.) Planch. [= Pseodera quinquefolia (L.) Greene] Root: tea for diarrhea (2).

Pasture Rose: Rosa carolina L.

Pellitory: Parietaria pennsylvanica Muhl.

Pennyroyal: Hedeoma pulegioides (L.) Pers.

Penthorum sedoides L. Seeds: cough syrup (2).

Peppercress, Common: Lepidium virginicum L.

Persimmon: Diospyros virginiana L.

Phlox, Downy: Phlox pilosa L.

Phlox, pilosa L. Leaves: tea as wash for eczema (2); tea to cure and purify blood (2).

Phytolacca americana L. Leaves, roots and ripe berries: alterative, emetic, purgative (5).

Pigweed: Amaranthus retroflexus L.

Pimpernel, Yellow: Taenidia integerrima (L.) Drude

Plantago rugelii Dcne. in DC. Leaves: fresh-applied to reduce swellings (1).

Plantain, Common: Plantago rugelii Dcne. in DC.

Plantanus occidentalis L. Bark: tea for colds and as a blood purifier (2); washing pustules of smallpox dries them up (2); tea for lung troubles and hemorrhage (2); eat bark to dispel internal pains (2).

Plum, Wild: Prunus americana Marsh.

Podophyllum peltatum L. Root (rhizome?): cathartic (2); poultice for snake bite (2); tea for dropsy (2). Rootstock: drastic purgative and hydragogue (5).

Poison Ivy: Rhus radicans L.

Pokeweed: Phytolacca americana L.

Polemonium reptans L. Plant: with mayapple root used as a urinary or physic (2).

Polygonatum commutatum (Schultes) Dietr. [= P. biflorum (Walt.) Ell.] Root (rhizome?): burned as smudge to revive consciousness (1, 2); physic (3); tea to treat cough (3). Rhizome and roots: allay irritation of the mucous membranes (5).

Polygonum lapathifolium L. Whole plant: tea for fevers (4).

Pond-lily, Yellow: Nuphar advena (Ait.) Ait.f.

Potato-vine, Wild: Ipomoea pandurata (L.) Meyer

Prickly-ash: Zanthoxylum americanum Mill.

Prunus americana Marsh. Root bark: astringent for mouth canker (2).

Prunus serotina Ehrh. Bark: tea for coughs and colds (3).

Prunus virginiana L. Inner bark: poultice to heal wounds (1); tea for diarrhea (1). Root bark: tea a sedative and for stomach troubles (2); tea a rectal douche for curing the piles (2). Dried berries: tea for diarrhea (1).

Ptelea trifoliata L. White root bark: seasoner and makes other remedies potent (1, 2). Root: poultice for snake bite (2); tea for dropsy (2); lung troubles (2).

Pteridium latiusculum (Desv.) Hieron. ex R. E. Fries [= Pteris aquilina L.] Root (rhizome?): tea for caked breast (1).

Purple rocket: Iodanthus pinnatifidus (Michx.) Steud.

Pussytoes: Antennaria plantaginifolia (L.) Hook.

Quercus alba L. Inner bark: mixed with other species (1); emetic (2); for eczema, sores (2); universal remedy for all sicknesses (2); tonic, astringent (5).

Quercus macrocarpa Michx. Bark and wood: with other species to expel pinworms (2). Bark: astringent (3). Acorns: internal medicine (2).

Quercus rubra L. Bark: heart troubles and bronchial affections (3). Inner bark: astringent to cure flux (4).

Quercus velutina Lam. Bark: crushed and boiled to give watery infusion for sore eyes (1). Inner bark: mixed with other species for treating lung troubles (2).

Ragweed: Ambrosia artemisifolia L.

Ragweed, Giant: Ambrosia trifida L.

Ranunculus abortivus L. Roots: styptic to stop nose bleed (2).

Ranunculus pennsylvanicus L.f. Whole plant: astringent (4).

Ratibida pinnata (Vent.) Barnh. [= Lepachys pinnata (Vent.) T. & G.] Root: toothache (2).

Rattlesnake Grape-fern: Botrychium virginianum (L.) Sw.

Rattlesnake-master: Eryngium yuccifolium Michx.

Red Cedar: Juniperus virginiana L.

Red Mulberry: Morus rubra L.

Red Oak: Quercus rubra L.

Rhus aromatica Ait. Bark: aromatic (5).

Rhus glabra L. Root bark: rubefacient (2); tea as hemostatic (3). Trunk and twig inner bark: in combination with other species as an astringent (3). Leaves: poultices (3). Flowers: steeped for sore eyes (3). Fruits: throat cleanser (3). Leaves, fruits, bark of stem and roots: astringent, gargle, refrigerant (5).

Rhus radicans L. [= R. toxicodendron L.] Root: pounded into poultice to put on swelling to make it open (2).

Rigid Goldenrod: Solidago rigida L.

Rocket, Purple: Iodanthus pinnatifidus (Michx.) Steud.

Rosa carolina L. [= R. humilis Marsh.] Fruit: skins eaten to cure stomach trouble (1).

Rose, Pasture: Rosa carolina L.

Rosinweed: Silphium integrifolium Michx.

Rubus allegheniensis Porter Root: infusion to cure sore eyes (1, 2, 4); poultice; tea for stomach trouble (2); extract for arresting flux (3); astringent (5). Canes: diuretic (3). Bark: astringent (5). Fruit: syrup used as a vehicle for other drugs (5).

Rudbeckia hirta L. Root: tea for colds (4).

Sage, Wood-: Teucrium canadense L.

Sagittaria latifolia Willd. Corms: pulped as a poultice for wounds and sores (4).

Salix nigra Marsh. Bark and buds: antiperiodic, tonic (5).

Sambucus canadensis L. Flowers: dried - tea used as febrifuge (1). Bark of root: tea used in extremely difficult cases of parturition (2). Flowers: mild astringent in eye lotion (5). Inner bark of stem and bark of root: cathartic (5).

Sanguinaria canadensis L. Root (rhizome?): added to other medicines to strengthen their effect (1); fresh juice on maple sugar to cure sore throat (1, 3, 4); tea to bathe burns (2); chewed and the spittle put on burns to relieve pain (2); remedy for the menses (2); stomach trouble (2); good for flux (2). Rootstock: emetic, expectorant, sternutatory (5).

Sanicula gregaria Bickn. Whole plant: burned on hot stones - inhale fumes to stop nose bleed (2).

Sassafras: Sassafras albidum (Nutt.) Nees

Sassafras albidum (Nutt.) Nees Bark of root: remedy for fits (2); interior troubles (2); for the lungs and for fever (2). Bark of root and trunk: aromatic stimulant, flavoring agent (5). Pith of young branches: mucilage as a demulcent (5).

Scouring-rush, Tall: Equisetum hyemale L.

Scutellaria lateriflora L. Leaves and tops: antispasmodic, nervine, tonic (5).

Scutellaria parvula Michx. Plant: treatment of flux (2).

Senna, Wild: Cassia marilandica L.

Sensitive Fern: Onoclea sensibilis L.

Shagbark Hickory: Carya ovata (Mill.) K. Koch

Shellbark Hickory: Carya laciniosa (Michx f.) Loud.

Showy Goldenrod: Solidago speciosa Nutt.

Silene stellata (L.) Ait.f. Root: used to dry up swellings that discharge pus (2).

Silphium integrifolium Michx. Leaves: tea for bladder troubles (2).

Silphium laciniatum L. Root: internal medicine (2); alleviate vomiting of pregnancy (2); reduce profuse menstruation (2); lumbago and other rheumatic back pains (3); stomach trouble and hemorrhage (3).

Skullcap: Scutellaria lateriflora L.

Skullcap: Scutellaria parvula Michx.

Slippery Elm: Ulmus rubra Muhl.

Small-flowered Buttercup: Ranunculus abortivus L.

Smartweed, Pale: Polygonum lapathifolium L.

Smilacina racemosa (L.) Desf. Root (rhizome?): fumes inhaled, from ground up, boiled "root," by person suffering from catarrh (1); smudge for fits or insanity (2); smudge as a reviver (4).

Smooth Sumac: Rhus glabra L.

Snakeroot, Common: Sanicula gregaria Bickn.

Snakeroot, Virginia: Aristolochia serpentaria L.

Snakeroot, White: Eupatorium rugosum Houtt.

Sneezeweed: Helenium autumnale L.

Solanum carolinense L. Ripe berries, rootstock: antispasmodic and sedative (5).

Solidago altissima L. [= S. canadensis L.] Flowers: tea for fevers (4).

Solidago latifolia L. Whole plant: tea for certain fevers (4).

Solidago media (Greene) Bush ex. Friesner [as S. graminifolia (L.) Salisb.] Flowers: infusion for pain in chest (3); infusion to cure fevers (4).

Solidago rigida L. Flowers: lotion to reduce bee sting swelling (2).

Solidago speciosa Nutt. Root: tea heals burns or scalding from steam (2).

Solidago uliginosa Nutt. Root: poultice to bring boil to head (4).

Solidago ulmifolia Muhl. ex. Willd. Plant: reviver of consciousness (2).

Solomon's-seal: Polygonatum commutatum (Schultes) Dietr.

Solomon's-seal, False: Smilacina racemosa (L.) Desf.

Specularia perfoliata (L.) A.DC. Plant: emetic (2).

Spikenard: Aralia racemosa L.

Spotted Horsemint: Monarda punctata L.

Spotted Touch-me-not: Impatiens biflora Walt.

Spurge, Flowering: Euphorbia corollata L.

Squirrel-corn: Dicentra canadensis (Goldie) Walp.

Stachys aspera Michx. [= S. tenuifolia var. aspera (Michx.) Fern.] Leaves: tea for bad cold (2); makes patient vomit (2).

Starry Catchfly: Silene stellata (L.) Ait.f.

Stone-crop, Ditch: Penthorum sedoides L.

Strawberry, Wild: Fragaria virginiana Duch.

Sugar Maple: Acer saccharum Marsh.

Sumac, Fragrant: Rhus aromatica Ait.

Sumac, Smooth: Rhus glabra L.

Sunflower: Helianthus strumosus L.

Swamp Goldenrod: Solidago uliginosa L.

Swamp Milkweed: Asclepias incarnata L.

Sweet Cicely: Osmorhiza longistylis (Torr.) DC.

Sweet Everlasting: Gnaphalium obtusifolium L.

Sweet-scented Bedstraw: Galium triflorum Michx.

Sweetflag: Acorus calamus L.

Sycamore: Platanus occidentalis L.

Taenidia integerrima (L.) Drude in Eng. & Pr. Root: steeped, then chewed for bronchial affections (1).

Tall Anemone: Anemone virginiana L.

Tall Scouring-rush: Equisetum hyemale L.

Tall Tickseed: Coreopsis tripteris L.

Teucrium canadense L. Herb: aromatic, diaphoretic, diuretic, emmenagogue, stimulant (5).

Thistle, Field: Cirsium discolor (Muhl.) Spreng.

Tickseed, Tall: Coreopsis tripteris L.

Tilia americana L. Inner bark: poultice to cause boils to open (2). Twigs: tea for lung trouble. Flowers, flowers with leaves: stimulant or sedative (5). Bark: emollient (5).

Toadflax, False: Comandra umbellata (L.) Nutt.

Touch-me-not, Spotted: Impatiens biflora Walt.

Triosteum perfoliatum L. Root: snake bite (2); healing old raw sores (2); used on new-born infant with sore head (2); tea for cleaning the system (2); cathartic, emetic (5).

Typha latifolia L. Fruit fuzz: used as padding on old sores (2). Root (rhizome?): poultice for various inflammations (4).

Ulmus americana L. Root bark: eye lotion for sore eyes (2). Bark: cramps and diarrhea (4).

Ulmus rubra Muhl. [= U. fulva Michx.] Inner bark: tea as physic (1); draw pus from a wound (1, 4); internal medicine (2); poultice for old sores (2); sore throat (3); chewed and applied to inflamed eye (4). Root: tea for women so they may deliver easily (2).

Umbrella-wort: Mirabilis nyctaginea (Michx.) MacM.

Urtica gracilis Ait. Leaves, tops and seeds: antihemorrhagic, catharrhal affections, counter-irritant, diuretic (5).

Uvularia grandiflora Sm. Plant: reduce swellings (1). Root: infusion for backache (4); boiled down with lard to make a salve to massage sore muscle and tendons (4).

Venus' Looking-glass: Specularia perfoliata (L.) A.DC.

Verbena hastata L. Root: tea to clear up cloudy urine (1); remedy for fits (2); remedy for eczema (2). Herb: emetic, expectorant, tonic (5).

Verbena urticifolia L. Root: tea to cure profuse menstruation (2).

Veronicastrum virginicum (L.) Farw. [= Veronica virginica L.] Root: physic (1); fits (2); constipation (2); dissolve gravel in kidneys (2); tea for ague of long standing (2). Rhizome and roots: cholagogue, emetic, laxative (5).

Vervain, Blue: Verbena hastata L.

Vervain, White: Verbena urticifolia L.

Viburnum lentago L. Inner bark: tea as diuretic (3).

Viburnum prunifolium L. Bark of root and stem: antispasmodic, astringent, nervine, tonic, uterine sedative (5).

Viola pedata L. Leaves and rhizome: cathartic, emetic, expectorant (5).

Violet, Birdfoot-: Viola pedata L.

Virginia-creeper: Parthenocissus quinquefolia (L.) Planch.

Virginia Snakeroot: Aristolochia serpentaria L.

Virginia Waterleaf: Hydrophyllum virginianum L.

Vitis vulpina L. Twigs: tea to clear up afterbirth and enable it to pass easily (3).

Wafer-ash: Ptelea trifoliata L.

Wahoo: Euonymus atropurpureus Jacq.

Walnut, Black: Juglans nigra L.

Water-Hemlock: Cicuta maculata L.

Water-Horehound: Lycopus americanus Muhl. ex Bart.

Water-Lily, Fragrant: Nymphaea odorata L.

Waterleaf, Virginia: Hydrophyllum virginianum L.

White Ash: Fraxinus americana L.

White Baneberry: Actea alba (L.) Mill.

White Indigo: Baptisia leucantha T. & G.

White Oak: Quercus alba L.

White Snakeroot: Eupatorium rugosum Houtt.

White Vervain: Verbena urticifolia L.

Whitetop: Erigeron annuus (L.) Pers.

Willow, Black: Salix nigra Marsh.

Wood Nettle: Laportea canadensis (L.) Gaud.

Wood-sage: Teucrium canadense L.

Yam: Dioscorea villosa L.

Yarrow: Achillea millefolium L.

Yellow Pimpernel: Taenidia integerrima (L.) Drude

Yellow Pond-lily: Nuphar advena (Ait.) Ait.f.

Yellowish Gentian: Gentiana alba Muhl.

Zanthoxylum americanum Mill. Root bark: poultices (1). Bark: expectorant (2); used with other species when bladder contents are thick (2). Inner bark: powdered for toothache (2). Fruit: expectorant (2); pile medicine (2); interior troubles for lungs and fevers (2); tea to spray on chest or throat for bronchial diseases (1, 3). Ripe fruits and bark of stems: diaphoretic, simple bitter, stimulant (5).

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