

Herbal Database A - C

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A

Alfalfa - *Medicago sativa*

Excellent for bad breathe, has a high chlorophyll content.

Aloe - *Aloe Vera*

Juice of this plant helps reduce pain, gel from plant helps prevent infection and speeds healing of burns, drink helps reduce size of kidney stones.

Angelica - *Angelica archangelica* L

Arthritis remedy - contains anti-inflammatory compounds. Relaxes the windpipe - may be useful for asthma sufferers.

Artichoke - *Cynara scolymus* L.

(The flower or head) enhances sexual desire, never scientifically proven. relieves excess water gain, reduces cholesterol,

improves liver function.

B

Balm -*Melissa officinalis* L.

Tranquilizer, sedative.

Barberry -*Berberis vulgaris* L.

Contains substance called berberine that possesses infection-fighting properties.

Stimulates the immune system, treats pink eye, urinary tract infections.

Basil -*Ocimum bacilicum* L

Good for acne, has anti-bacterial properties.

Bayberry -*Myrica cerifera* L

Treats diarrhea.

Black Haw -*Viburnum prunifolium* L.

Bark of this North American native contains a chemical called salicin which is closely related to salicylic acid (the main ingredient in Aspirin) as a result can be used to relieve arthritis inflammation and pain.

Bladderwrack -*Fucus versiculosus* L.

(Kelp: a common seaweed) helps goiter caused by under active thyroid gland.

Boneset -*Eupatorium perfoliatum* L

Excellent for the flu.

Buchu -*Barosma betulina* L.

Excellent diuretic, relieve bloating in PMS.

(Pregnant or Nursing Women should not use Buchu)

Bugleweed -*Lycopus Virginicus*

Treat overactive thyroid glands especially when symptoms include tight chest and nervous palpitations.

Burdock -*Arctium Lappa*

Purifier, increases flow of urine and promotes sweating which rids the body of toxins.

Butchers Broom -*Cytisus scoparius* L

Plant contains steroid like compounds that can relieve arthritis inflammation and pain.

C

Calendula - *Calendula Officinalis L* (Marigold, Gold-bloom)

Helps relieve diaper rash (ointment), mild germ killing action makes it good for earaches.

Cascara Sagrada - *Rhamnus purshiana* (Sacred Bark)

Helps relieve constipation.

Catmint - *Nepeta cataria*

Reduces fever.

Catnip - *Nepeta cataria*

Contains chemicals called nepetalactone isomers, that are cousins to chemicals found in valerian. sedative, helps with anxiety.

Cayenne - *Capsicum annum*

Stimulate the circulatory system.

Celery Seed - *Apium graveolens*

Increases the elimination of uric acids.

Chamomile - *Anthemis nobilis L.* (Roman) - *Matricaria chamomilla* (German)

Relaxant, great bedtime drink, slows down central nervous system.

Chickweed - *Stellaria media*

Good for itchy skin, soothes a rash (ointment)

Chives - *Allium schoenoprasum L*

Rich in vitamin C and Iron, helpful in treating anemia.

Cleavers - *Galium aparine* (Goosegrass, Catchweed, Cleavers Goosegrass, Zhu Yang Yang)
Reduces inflammation and tones the lymphatic system.

Cloves - *Syzygium aromaticum*

Clove oil is rich in eugenol, dentists use

eugenol as a local anesthetic. Help reduce tooth ache pain.

Coltsfoot - *Tussilago farfara* (Horsehoof)
Soothes a cough, fight bronchial infections.

Cramp Bark (Black Haw) - *Viburnum prunifolium*
L.
Muscle relaxant, reduces menstrual cramps.

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[Dandelion](#) | [Devil's Claw](#) | [Dong Quai](#)
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D

Dandelion - *Taraxacum officinale* L.

Gentle laxative, well recognized liver remedy, rich in minerals and iron, helps to prevent iron deficiency anemia.

Devil's Claw - *Harpagophytum procumbens*

Anti-inflammatory arthritis remedy.

(Do not take Devils Claw during pregnancy)

Dong Quai - *Angelica sinensis*

Gynecological and menstrual problems, regulates menstrual cycle, eases cramping and suppresses PMS. Rich in Vitamins A, B12 and E. May help to prevent anemia.

E

Echinacea - *Echinacea Angustifolia*

Stimulates the immune system, great for bacterial and viral infections. relieves laryngitis.

Elderberry - *Sambucus canadensis*

Great cold remedy.. high in vitamins A B and C

Elecampane - *Inula Helenium*

Relieves arthritis, bronchitis, helps in expelling phlegm. Soothes the larynx and lungs.

Eucalyptus oil - *Eucalyptus globulus L.*

Relieves arthritis pain when rubbed on skin.
(Do not take internally. Do not rub on broken or irritated skin)

Evening Primrose Oil

Useful to alcoholics to help prevent mood swings, anxiety and liver damage. also treats chronic fatigue syndrome.

Eye Bright - *Euphrasia officinalis*

Relieves sore itchy eyes due to allergies (especially hay fever) help to treat minor eye ailments (conjunctivitis).

F

Fennel - *Foeniculum vulgare*

Aids digestion

Fenugreek - *Trigonella foenum-graecum L.*

Coughs and colds, sore throats, helps prevent and treat diabetes.

Feverfew - *Tanacetum parthenium*

Can reduce the frequency and severity of migraine headaches. It works effectively only if taken daily. It wont help if taken once you have a migraine.

Fo-ti - *Polygonum multiflorum*

(Also known as ho-shou-wu) rejuvenating tonic, increases fertility, enhances strength and vitality. Protects against heart disease and prevents heart attacks by reducing blood pressure. Has anti-clotting properties.

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[Garlic](#) | [Ginger](#) | [Ginseng](#) | [Ginkgo](#) | [Goats Rue](#)
[Golden Seal](#) | [Gymnema Sylvestre](#)
[Hawthorn Berries](#)

G

Garlic - *Allium sativum* L.

Lowers blood pressure and cholesterol levels, anti-bacterial properties helps to relieve cold and flu faster.

Ginger - *Zingiber Officinale*

Helps colds and flu, promotes perspiration and soothes the throat.

Ginseng - *Panax quinquefolium* L.

(Siberian) regulates hormones, relieves hot flashes, vaginal dryness, reduces sweats and anxiety in menopausal women, reduces blood sugar levels.

Ginkgo - *Ginkgo Biloba* L.

Improves blood flow to the brain, may help prevent blood clots and mood swings, may also help relieve asthma, phlebitis and vertigo.

Goats Rue - *Galega Officinalis*

Increases milk production in nursing mothers.

Golden Seal - *Hydrastis canadensis* L.

Boosts immune system and fights microbes, useful for the treatment of diarrhea. (Do not give to children under 2 years of age)

Gurmar - *Gymnema Sylvestre*

Native to India, lowers blood sugar levels in Type 1 and 2 diabetes.

H

Hawthorn Berries - *Crataegus oxyacantha*

Tonic for heart and circulatory system.

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[Jasmine](#) | [Lavender](#) | [Lemon Balm](#) | [Licorice](#)

J

Jasmine - *Jasminum grandiflorum*, *Jasminum officinale*

Calms the nerves, settles the stomach.

L

Lavender - *Lavandula angustifolia*

Mild sedative effect, relieve gassy stomach.

Lemon Balm - *Melissa officinalis* L.

Calms nerves, protects from bacterial infections, can use to treat cold sores caused by herpes simplex virus.

Licorice - *Glycyrrhiza glabra* L.

Soothes mucous membranes, helps ulcers.
(Pregnant or nursing women as well as people who have glaucoma, diabetes, high blood pressure, strokes or heart disease should not use licorice)

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[Marigold](#) | [Marshmallow Root](#) | [Meadowsweet](#)
[Milk Thistle](#) | [Myrrh](#) | [Nettle](#) | [Onion](#)

M

Marigold - *Calendula Officinalis* L

Helps relieve diaper rash (ointment), mild germ killing action makes it good for earaches.

Marshmallow Root - *Althaea officinalis*

Soothes inflamed or sore gums.

Meadowsweet - *Filipendula ulmaria*

Reduces stomach acids, soothes the digestive tract, reduces nausea.

Milk Thistle - *Silybum marianum*

The chemical silymarin found in milk thistle not only shields the liver from damage but also aids in the regeneration of liver tissue. commonly used for hepatitis and cirrhosis.

Myrrh - *Commiphora myrrha*

Helps to fight infections in mononucleosis and mouth ulcers.

N

Nettle - *Urtica dioica* L.

Helps to increase milk production in nursing mothers, relieves inflammation and clears up teary eyes, runny nose, scratchy throat and chest congestion in hay fever.

(Do not take if you have high blood pressure)

O

Onion - *Allium cepa* L.

Raises good HDL cholesterol, blood thinner.

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[Parsley](#) | [Passionflower](#) | [Pau d'arco](#)
[Pennyroyal](#) | [Peppermint](#) | [Periwinkle](#)
[Pilewort](#) | [Poke Root](#) | [Psyllium](#) | [Pygeum](#)
[Red Sage](#)

P

Parsley - *Carum petroselinum*

Diuretic (rids body of water), rich source of vitamin C.

(Do not use during pregnancy)

Passionflower - *Passiflora incarnata*

One of nature's best tranquilizers, contains at least 3 tranquilizing or sedating compounds, relieves muscle tension, insomnia, mild headache relief.

(Not recommended for pregnant women or children under 2....Do not drive or operate heavy machinery after using passionflower)

Pau d'arco - *Tabebuia impetiginosa*

Immune stimulating compounds believed capable of fighting certain types of cancer, lowers blood sugar levels.

(Cancer is a very serious condition, we strongly recommend that you seek the advice of your doctor)

Pennyroyal - *Mentha pulegium*

Promotes menstrual process and strengthens

menstrual contractions

(Do not take during pregnancy)

Peppermint - *Mentha piperita* L.

Aids digestion.

Periwinkle - *Vinca minor*

Aids in excessive blood loss during menstration.

Amaranth (common name: **Pilewort**) - *Amaranthus hypochondriacus* L.

Useful for hemorrhoids.

Poke Root - *Phytolacca decandra*

Effective for mumps, detoxifies glands and removes phlegm.

Plantain, Psyllium - *Plantago Psyllium*

Lowers cholesterol

Pygeum - *Pygeum africanum*

Helps reduce inflammation, reduces prostate enlargement.

R

Red Sage - *Salvia officinalis* var. *rubia*

Soothes inflamed or bleeding gums.

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[Sage](#) | [St. John's Wort](#) | [Saw Palmetto](#) | [Senna](#)
[Skullcap](#) | [Slippery Elm](#) | [Stone Root](#) | [Sweet](#)
[Flag](#) | [Tea Tree Oil](#)

S

Sage - *Salvia officinalis*

Lowers blood sugar levels.

St. John's Wort - *Hypericum perforatum* L.

Used as a muscle relaxant to relieve menstrual problems, a mild tranquilizer, also helps treat depression and insomnia, used to treat mild earaches and infections.

(Do not use during pregnancy.)

Saw Palmetto (Sabal) - *Serenoa repens*, *Sabal serrulatum*, *Sabal serulata*, *Sabalis serulata*, *Sabalis serulatae*, *Serenoa serrulata*, *Serenoa serrulatae*

Remedy for reducing inflammation and fighting infections of the prostate.

Senna - *Cassia angustifolia*

Powerful laxative.

Skullcap - *Laterifolia*

Relaxes the body, good for exhaustion and depression, also menstrual cramps.

Slippery Elm - *Ulmus rubra*

Soothes irritated mucous membranes of the

intestines.

Stone Root - *Collinsonia Canadensis*

Treatment and prevention of bladder stones, effective in easing the stones out of the system.

Sweet Flag - *Acorus Calamus*

Helps relieve flatulence.

T

Tea Tree Oil - *Melaleuca Alternifolia*

Natural antiseptic, used for acne and skin irritations.

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[Valerian](#) | [Vervain](#) | [Wild Cherry Bark](#) | [Wild Lettuce](#) | [Willow Bark](#) | [Witch Hazel](#) | [Wormwood](#)

V

Valerian - *Valeriana officinalis* L.

Good safe alternative to prescription sleeping pills and tranquilizers, also relieves tension and anxiety.

Vervain - *Verbena officinalis*

Aids digestion, natural relaxant.

W

Wild Cherry Bark - *Prunus serotina*

Soothes irritating coughs.

Wild Lettuce - *Lactuca virosa*

Effective in calming the throat and chest and reducing coughs.

Willow Bark - *Salix alba*

Relieves headaches.

Witch Hazel - *Hamamelis virginiana*

Good for soothing mosquito bites and helps treat acne.

Wormwood - *Artemisia absinthium*

Effective remedy to treat worms.

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[Yarrow](#)

Y

Yarrow - *Achillea millefolium* L.

Aids in the treatment of cystitis-
inflammation of the bladder, reduces fever.

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Herbal Health ▼

While using herbs to help treat ailments may seem like a modern phenomena, it has been around for over 5000 years. Ancient Egyptians used oils in what was probably an early version of aromatherapy. In the past almost all medicines we took were herbs. Aspirin, for example, its main ingredient (acetylsalicylic acid) comes from the bark of a willow tree. Others include morphine, which is an active element of the opium plant. Atrophine, comes from Belladonna leaves and the heart drug Digitoxin comes from purple foxglove leaves just to name a few.



SAGE

Buying herbal remedies has always been tricky because the federal government does not allow manufacturers of herbal products to put therapeutic information on labels. They consider herbs to be nutritional supplements and not drugs. To help guide you as to what herbs can be helpful to you, we have compiled a list of herbs and ailments they have been known to help..

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