

SHORT PROFILES OF OTHER COMMONLY USED PLANTS

(alphabetically listed)

Arnica	Belladonna	Bistorte	Blackberry
Black Horehound	Blessed Thistle	Boldo	Bryonia
Buckthorn	Butcher's Broom	Calendula	Canadian Fleabane
Celery	Cherry	Colchicum	Combretum
Cramp Bark	Datura	Digitalis	Drosera
Ephedra	False Hellebore	Gelsemium	Goat Rue
Groundsel	Hellebore	Henbane	Hepatica
Honeysuckle	Hops	Horseradish	Ivy
Kelp	Khella	Lespedeza	Lily, White
Lily-of-the-Valley	Lotus	Lycopus	Maize
Menyanthe	Mulberry	Mullein	Oat, Wild
Olive	Opium	Orthosiphon	Pellitory-of-the-Wall
Poppy, Red	Raspberry	Rauwolfia	Sand Spurry
Scarlet Pimpernel	Senna	Snakeroot	Star anise
Violet	Woundwort		

ARNICA (*Arnica montana*): Earth yang. Vulnerary, anti-inflammatory, spasmolytic, nerve sedative, cholagogue, cerebral stimulant, anticoagulant. Useful for treating peripheral neuropathy and its pain in diabetes. Arnica is a histamine antagonist at the level of the muscles. It is indicated for states of nervous hyperexcitability (central and medullar), and for neurological afflictions such as toxic polyneuritis, neurotoxic side effects of pharmaceuticals, poliomyelitis, syringomyelitis, amyotrophic lateral sclerosis, multiple sclerosis and various types of coma (hyperglycemic, hyperthermic, hypothermic, azotemic). Arnica tincture clears damp phlegm and can be used with maize for gout crises. It is also useful for vomiting and aqueous diarrhea. It disperses blood heat, and has been used popularly as an abortifacient and as an emmenagogue. As an emmenagogue, it is useful for a Spleen yang constitution with obesity

and an excess of dampness, and for hyperluteal amenorrhea. The mother tincture is toxic in a dose greater than 30 drops a day. Arnica is used in a higher dilution and homeopathically in treating nervous system disorders. A good bactericide and fungicide, it will treat dermatological infections. Arnica is contraindicated for pregnancy.

BELLADONNA (*Atropa belladonna*): Earth yin, Metal yin. Vagolytic. It opposes the muscarinic effects of acetylcholine. As it is highly toxic, it must be used allopathically in a low dose and with respect to its contraindications. Containing the alkaloid atropine, it dilates the pupils, increases heart rate, elevates blood pressure and inhibits secretions of salivary, gastric, intestinal and sweat glands. It relaxes the smooth muscles of the stomach, intestines, bladder and gallbladder, and dilates the bronchial tubes. It can be a useful adjunct to botanical treatment of visceral spasms, asthma, pertussis, spastic constipation, hypersudation and urinary incontinence. Effects of overdose are sympathotonic: tachycardia, dryness of the mouth, retention of urine, flaccid constipation, hyperthermia, hallucinations, delirium, then coma with tremor and convulsions. Contraindications are glaucoma, prostate hypertrophy, cardiac or coronary insufficiency, hypertension and paralytic ileus.

BISTORT (*Polygonum bistorte*): Earth yin, Water yin, Metal yin. A powerful tonic, astringent, antihemorrhagic, antimycotic. As an astringent, bistort is used for diarrhea, hemorrhoids, leukorrhea and metrorrhagia. It is a pelvic decongestant, especially with mycoses of the pelvic organs. As an Earth yin herb it is used for stomatitis, aphthous ulcers, splenomegaly and diabetic polydipsia. As a Metal yin and Water yin herb, it is used to treat tuberculosis, bronchitis with abundant secretions, pharyngitis, intermittent fevers, prostate congestion, urethritis and enuresis.

BLACKBERRY (*Rubus fruticosus*): Earth yang. Hypoglycemic, astringent, antithrombotic, hemostatic, anti-inflammatory (buds). Blackberry leaves and stems are used as an extract or mother tincture for throat infections including streptococcus. They have a strong effect on draining the tonsils and are used for pancreatic drainage. As a gemmotherapy extract, it is used for senile osteoporosis and as an anti-inflammatory for arthritis. As a mother tincture or decoction it is used for the treatment of diabetes. Its hypoglycemic effect is because it drains the pancreas. It is effective for leukorrhea due to dampness of the Spleen. As a mouthwash it is good for glossitis, stomatitis and aphthous ulcers.

BLACK HOREHOUND (*Ballota fetida*, *Ballota nigra*): Wood yang, Fire yang. Sympatholytic, parasympathomimetic, antispasmodic, sedative. Treats symptoms of Liver Fire and its subsequent transformation to Heart Fire. Used for tachycardia, neurotonic conditions, irritability, anxiety, phobias, instability, insomnia, hysterical hearing loss, psychological problems of menopause, spasmophilia and paroxysms of pertussis.

BLESSED THISTLE (*Cnicus benedictus*): Earth yin, Metal yin. Vagolytic, febrifuge, anti-inflammatory, antirheumatic, eupeptic, galactagogue, diuretic (volumetric and uricosuric), sudorific. Blessed thistle has antibiotic activity against brucellosis, colibacillosis and klebsiella.

Excellent for migraine headaches and as a mild cardiac stimulant, it is used as well to treat anorexia, arthritis, neuritis, depression, memory loss, nervous obsessions, melancholia and insomnia in an Earth yin or Metal yin type of constitution where there is indication of poor nourishment, splenomegaly or lymphadenitis.

BOLDO (*Peumus boldus*): Wood yang. Choleric, cholagogue, hypnotic. Used for liver drainage. Boldo is used as a digestive aid by Chilean Indians. It possesses a remarkable effect of draining engorged bile ducts. It stimulates digestion and bile secretion, and is used to treat biliary and urinary tract stones. Very effective for insomnia of a Wood yang nature.

BRYONIA (*Bryonia dioica*): Metal yin, Earth yin. Powerful purgative, cholagogue, expectorant, antirheumatismal. Bryonia is highly toxic, and a violent purgative. It has a warming effect on such conditions as bronchorrhea, pulmonary congestion, polyarthritis, ankylosing spondylitis, cold vacuity chronic diarrhea due to malabsorption, chronic infections, rectocolitis, Crohn's disease and the like. Its purgative properties are useful in treating pleurisy, pneumonia, peritonitis, pericarditis or pertussis in the Metal yin and Earth yin constitutions. Overdose of bryonia can result in intestinal hemorrhage, or choleric diarrhea if ingested by a patient with a damp heat condition.

BUCKTHORN (*Rhamnus frangula*): Metal yin, Earth yin. Cholagogue, laxative, purgative. Buckthorn is a gentle laxative that is used for stomach pain, nausea, vomiting and constipation. It is suitable for children or people with weak intestines.

BUTCHER'S BROOM (*Ruscus aculeatus*): Wood Yang, Water yang. Pelvic decongestant, diuretic (volumetric and natriuric), venotonic, vasoconstrictor (arterial and venous), anti-inflammatory, antiedematous. Butcher's broom is used to treat prostate hypertrophy, prostatitis, gynecological infections (especially salpingitis), hemorrhoids, urinary tract infections and arteritis.

CALENDULA (*Calendula officinalis*): Earth yang, Earth yin. Antispasmodic (parasympathomimetic), sudorific, emmenagogue, hypotensive, vulnerary, uterolytic, oxytocic, adrenal cortex stimulant (internal), antiseptic, anti-inflammatory (especially digestive mucosa), epitheliogenic (external or internal), estrogenic (external). Calendula is useful externally in all of the dermatoses: staphylococcus infections, furuncles, anthrax, acne, diabetic skin infections and warts. It is one of the best vulnerary antiseptics. For internal use, its Earth yang functions are hypotensive and vasodilating, for gastric ulcers due to Stomach heat, dysmenorrhea from blood heat or blood vacuity; it is choleric, relieving high estrogen levels in Liver depression. Its Earth yin functions include treatment of gastric ulcers, dysmenorrhea and tumors. Calendula has anticancer properties. It is emmenagogic, oxytocic and uterolytic.

CANADIAN FLEABANE (*Erigeron canadensis*): Water yin, Water yang, Earth yin. Antidiarrheic, diuretic (salidiuretic, volumetric, uricosuric), pelvic decongestant, antirheumatic, anti-inflammatory, astringent. Canadian fleabane