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Medicinal Herbs of Central Illinois

James E. Hefley

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MEDICINAL HERBS

OF CENTRAL ILLINOIS

(TITLE)

BY

JAMES E. HEFLEY

B. S. in Environmental Biology, Eastern Illinois University

THESIS

SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS
FOR THE DEGREE OF

Master of Science in Botany

IN THE GRADUATE SCHOOL, EASTERN ILLINOIS UNIVERSITY
CHARLESTON, ILLINOIS

1987

YEAR

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MEDICINAL HERBS OF CENTRAL ILLINOIS

By

JAMES E. HEFLEY

B. S. in Environmental Biology, Eastern Illinois University

Abstract of a Thesis

Submitted in partial fulfillment of the requirements
for the degree of Master of Science in Botany at the Graduate School
of Eastern Illinois University

CHARLESTON, ILLINOIS

1987

A survey of the medicinal plants of central Illinois was conducted from fall of 1985 to the summer of 1987. This study concentrated on those herbaceous plants which have a scientific basis for their medicinal value. The study range included the following counties: Coles, Moultrie, Shelby, Fayette, Christian, and Montgomery.

In this paper, 58 species were considered, representing 33 families. A description of external morphology is included for each specimen, as well as folknames and habitat preferences. In addition, the medicinal qualities and active constituents are included for each specimen, as well as comments about their scientific and folknames.

In researching for this study, several of the plants found to have medicinal attributes were also found to be threatened or endangered for the area. They include Cypripedium calceolus L., Panax quinquefolius L., and Hydrastis canadensis L.

As a result of field research, it was found that considerable indiscriminate collecting is done by amateur herbalists or collectors for buyers. This has eliminated species from areas they previously occupied and if continued, could threaten species such as Aristolochia serpentaria L., Geranium maculatum L., Sanguinaria canadensis L., and Caltha palustris L.

Most of the plants treated in this study were mounted on standard herbarium sheets and placed into the ethnobotany herbarium. Those specimens which were rare or endangered for the area, were photographed or left undisturbed.

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I would like to convey my sincerest gratitude to Dr. Charles B. Arzeni for the criticism and guidance he so freely gave throughout this study. But more importantly, for his warmth and friendship.

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In addition, I would like to thank Mr. Charles Owens who shared his knowledge of Illinois medicinals and field experience.

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BRIEF HISTORY AND INTRODUCTION

Since antiquity, man has tried a myriad of plants in his attempt to survive. Some nourished him, some clothed him, some killed him, and some cured his ills or provided him with a sense of well-being.

The means by which man isolated those plants with medicinal qualities is speculative. It might be that the herbs were first selected because of their color, odor, shape, or taste. The application of an herbal remedy to a specific disorder must have then been the result of trial and error experimentation.

It is also believed that primitive man concentrated on those plants with a bitter taste to drive the demons, which cause disease, from the afflicted patient. They were, of course, ignorant of the fact that the bitter taste was due to alkaloids and glycosides, which are often effective medicinal constituents.

The American Indians had a vast knowledge of various plant medicines and their uses. This usually represented the accumulated medical experience of the entire tribe and experience from generations past.

Native plants were the sole source of medicine for the early American pioneers. Knowledge of their use was taught to the settlers by Indian squaws who served in colonial homes and used their native medicine to care for their employers.

As the American housewives became acquainted with the medicinal

properties of herbs, they would teach young girls to recognize many plants and their use in treating sickness.

In the process of modernization, people have gotten used to the convenience of packaged medicine in their corner drug store. We no longer think of plants as medicine but rather turn to the pills and formulated syrups. The natural medicine chest has become obsolete to us and the old remedies have become superstitions.

True, some herbal cures are purely folklore in nature. The fact that a plant or plant part resembling an afflicted organ or body part would provide a suitable remedy may be fictitious. On the other hand, research shows that many remedies are found to have valid therapeutic value. In fact, medicinal plants have been defined as those which produce one or more active constituent capable of preventing or curing an illness. These principles are many, but can be grouped as: alkaloids, glycosides, tannins, essential oils, resins, and mucilages.

Alkaloids are basic organic compounds which contain nitrogen and have a basic or an alkaline reaction. They show pharmacological effects by acting as analgesics, local anesthetics, tranquilizers, antispasmodics, and hallucinatory agents. Glycosides are a little more complex, and a little more abundant than alkaloids. They basically consist of two parts - one of sugar called the glucone component, and a nonsugar or aglucone component. It is this aglucone component which is prized for its ability to selectively affect a particular organ in the body.

Tannins are valued for their astringent and antiseptic properties. These constituents produce a thin layer of coagulation to develop on wounds and mucous. This aids the rapid healing of wounds and inflamed

mucosa.

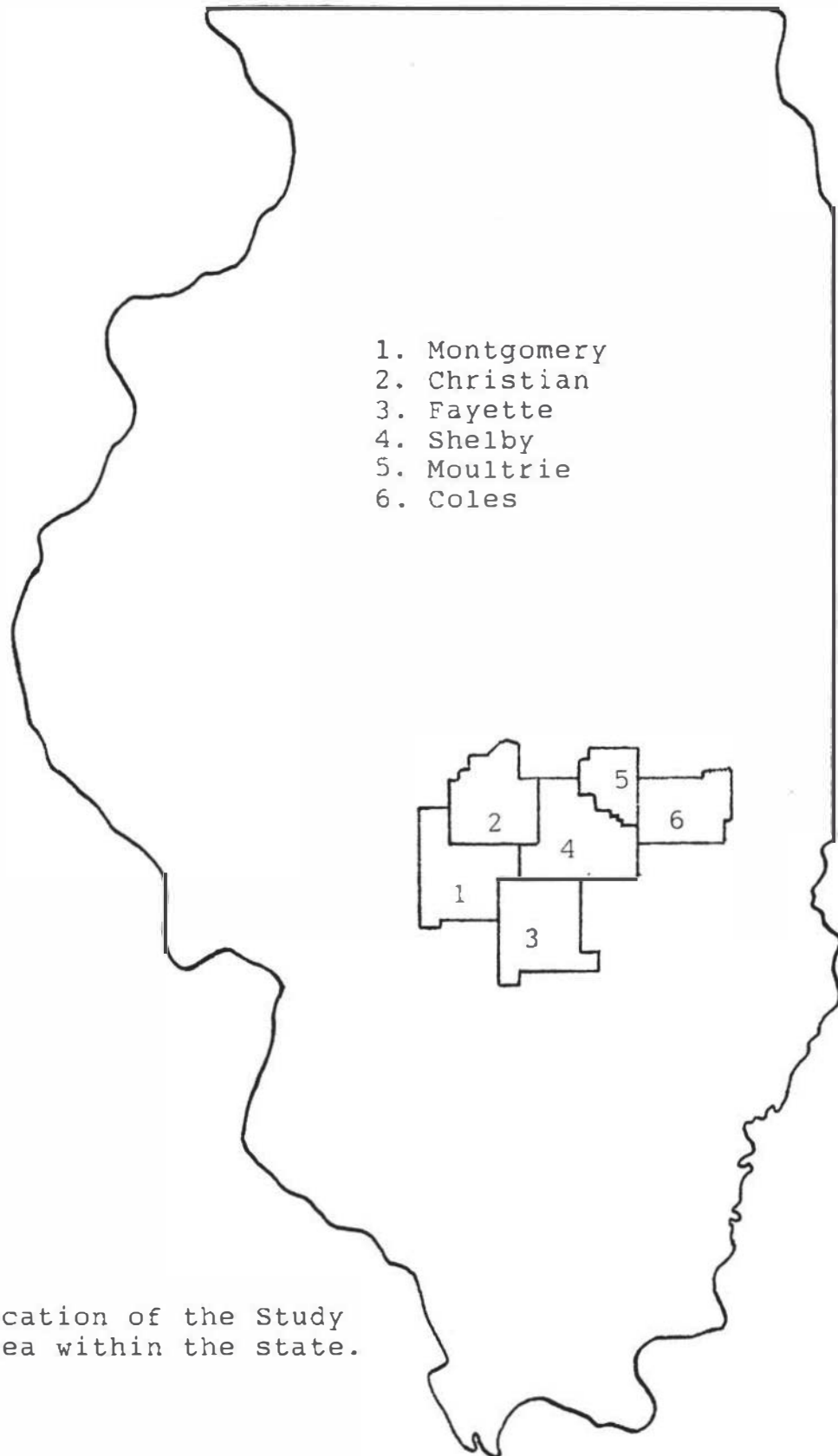
Resins are organic substances exuded from plants, either naturally or as a result of injury to tissue. It is insoluble and renders any surface impervious to moisture.

Essential oils often include a number of aromatic members. These are liquid components of plant cells, usually contained within the plant in globules. Some common uses are as a carminative, diuretic, expectorant, emmenagogic, and antirheumatic.

Mucilages are gelatinous, amorphous mixtures of polysaccharides. These form a protective coat over the mucous membranes and cover the mucosa with a viscous film. They are used to treat infections of the chest, throat, and intestinal tract.

It is the purpose of this paper to provide ethnobotanical information on those plants of Central Illinois which have medicinal qualities attributed to them due to their biochemical constituents.

For many minor ailments, plants are as effective as synthetic or isolated compounds. In fact, a pill containing purified active ingredient may provide harmful side effects that an original herbal tea, containing the necessary healing principles, would not cause. This is not to say people should go out and be their own pharmacist, for plants can be as detrimental as they are curative. Everyone should have a knowledge of what herbs can do.



Map 1. Location of the Study Area within the state.

DISCUSSION OF THE SPECIES

Apocynaceae -- Dogbane family

Apocynum cannabinum L.

Folknames: Amyroot, Dogbane, Indian Hemp, Indian Physic, Rheumatism
Weed (Dobelis 1986) Bitter - Root, Black Indian Hemp, Choctaw Root,
Wild Cotton (Krochmall 1973)

Habitat: Old fields, forest borders, roadsides, open ground, and
thickets. Common throughout Illinois.

Plant Description: This is a bushy perennial of 90-180 cm. Leaves are
ovate and those of the main stem are short petioled. The plant
produces a milky latex, which is characteristic of the family.
Whitish-green, urn-shaped flowers are produced in terminal clusters
(June-August). The fruit is a follicle of 12-20 cm. Tufted seeds
are produced in the pod.

Uses and Comments: This plant is a valid cardiac stimulant. It belongs
to the digitalis group of heart tonics; however, its effects are
more irritating on the mucous membrane than either strophanthus or
digitalis. Its activity is due to symarin, a very bitter principle
of a glucose nature (Grieve 1971).

The roots and rhizomes are collected in the fall, and the
entire plant as needed. The powdered root was used to induce
vomiting. The entire plant steeped in water may cure intestinal
worms, fever, dysentary, asthma, pneumonia, inflamed intestine, and
indigestion. A half ounce of crushed root boiled with a pint of

water and taken a couple of ounces at a time, makes a good laxative (Krochmall 1973). Roots boiled in water or steeped in whiskey were taken as a physic for headache and constipation (Dobelis 1986).

Caution: This plant may be poisonous if misused.

Araceae -- Arum family

Acorus calamus L.

Folknames: Calamus, Flagroot, Sweete Cane, Sweet Rus, Sweetroot

(Dobelis 1986) Beewort, Myrtle Flag, Sweet Sedge (Krochmal 1973)

Gladdon, Myrtle grass, Cinnamon sedge (Grieve 1971)

Habitat: This plant originally from S.E. Asia, is found locally around pond margins, swampy areas, roadside ditches, and stream banks.

Plant Description: This aquatic perennial reaches 60-150 cm in height. It has flattened, sword-like leaves arising from a branched horizontal rhizome. The leaves have a sharp edge and are quite aromatic. A 6-8 cm, cylindrical flower spike is produced about half way up the flattened stems. It is in flower from May through August.

Uses and Comments: Part of the generic name comes from the word "kore", which is Greek for eye. This plant was believed to cure eye trouble. Some of the constituents of Acorus include an essential oil which is extracted and combined with other substances to be used in stomach powders, teas, and different drops (Dobelis 1986).

The plant was named Sweet flag because the leaves resemble those of Yellow flag (Iris pseudocorus), but botanically it is not related to the irises.

The bitter compounds, acorin and acoretin and the tannins are good as a stomachic and carminative. These extracts have also been used in the bath to alleviate exhaustion (Stodola & Volak 1985). The rhizomes are best collected in the early spring or early fall (Krochmal 1973).

Araliaceae -- Ginseng family

Aralia racemosa L.

Folknames: American Spikenard, American Sarsparilla, Indian Root,
Spikenard (Dobelis 1986) Life-of Man, Old-Man's-Root, Petty Morel,
Pigeon Weed, Spignet (Krochmal 1973)

Habitat: Stream or river banks, rich woods, and thickets. Found
occasionally throughout the state.

Plant Description: This is a perennial which may reach a height over 30
cm. It has compound leaves which have serrated leaflets. Tiny,
greenish flowers are produced in numerous umbels (June-August).
Small, dark blue berries are later produced.

Uses and Comments: Although not widely used today, Spikenard has been
used to treat colds, coughs, gout, skin disease, as a stimulant to
increase perspiration, and for asthma relief (Krochmal 1973). It
is pleasant tasting and harmless. A tincture of the root may often
be used in cough syrups (Dobelis 1986).

The roots or rhizomes are best collected in the summer and
fall. The active principles of this plant include a bitter
volatile oil, resin, and tannin. These constituents give the
plant stimulant and diaphoretic properties, as well as being
affective against pulmonary affections (Grieve 1971).

Araliaceae -- Ginseng family

Panax quinquefolius L.

Folknames: American Ginseng, Five-fingers, Tarter Root (Dobelis 1986)

Dwarf Groundnut, Garantogen, Jinshard, Manroot, Man's Health,

Ninsen, Redberry, Sang (Krochmal 1973)

Habitat: This plant is rare in central Illinois, but may be found in undisturbed, rich, and cool woods.

Plant Description: This is a perennial herb of 20-60 cm. It has 2-4 compound leaves atop a straight stem, each leaf with five serrated leaflets. Tiny, whitish-green flowers are produced in umbels (June-July). Bright red fruits are produced in the late summer. The root is fleshy, forked, and vaguely resembles a human body.

Uses and Comments: The generic name of this plant is derived from the Greek word Panacos (a panacea), because of its miraculous virtue ascribed to it by the chinese, who considered it a sovereign remedy in almost all diseases (Stodola and Volak 1985).

This plant is no longer considered a cure-all. Today it is valued as a stimulant, a tonic taken to prevent stress and minor ailments like colds. The dried root can be chewed or powdered and brewed as a tea (Dobelis 1986). For best results the root is collected from 3-5 year old plants in the fall (Krochmal 1973).

The plant contains a glucoside, a saponin, a bitter principle, and a volatile oil, which give the plant stomachic and stimulant properties and use as an aromatic bitter (Tehon 1951).

Aristolochiaceae -- Birthwort family

Aristolochia serpentaria L.

Common Names: Birthwort, Pelican Flower, Sangrel, Snakeweed, Virginia Snakeroot (Dobelis 1986) Serpentaria, Serpentary Root (Krochmal 1973)

Habitat: Rich, dry woodlands in the southern half of the state.

Plant Description: This is an erect perennial herb up to 60 cm. It's alternate leaves are heart shaped and taper to a point. The flowers (May-July) are reddish-brown and are at the base of the plant, usually under litter. They are also noted for emitting a foul smell.

Uses and Comments: The generic name is derived from the Greek words aristos (=best) and locheia (=parturition or childbirth). This refers to the traditional use of the plant by midwives to ease labour, hence also the common name, Birthwort (Stodola and Volak 1985).

The medicinal properties of this plant are due to a volatile oil and the bitter alkaloid aristalochinine. These give the plant stimulant, tonic, and diaphoretic properties. In small doses, it promotes the appetite and tones the digestive organs (Grieve 1971). Aristalochinine is often used with other drugs, such as cinchona, to increase their absorption and activity (Tehon 1951).

The plant is prescribed by modern herbalists to prevent convulsions, promote menstruation, and as an aphrodisiac but these uses have not been validated (Dobelis 1986).

Caution: The plant contains an acid that may cause genetic mutations.

Aristolochiaceae -- Birthwort family

Asarum canadense L.

Folknames: Canada Snakeroot, Colicroot, False Coltsfoot, Indian Ginger,
Vermont Snakeroot, Wild Ginger, (Dobelis 1986) Black Snakeweed,
Broad-leaved Sarabacca, Catfoot (Krochmal 1973)

Habitat: Shaded moist, rich, woodland soils and calcareous ledges

Plant Description: This is a low growing perennial herb arising from a horizontal underground rhizome. Leaves are heart-shaped, hairy, and are supported by a hairy stalk. Reddish-brown flowers (April-May) are found at the plant base in a fork between 2 leaf stalks. The tips of the calyx lobes extend into a point, 5-20 mm long. The fruit is a leathery round capsule.

Uses and Comments: The active principles of this plant include a resin, bitter compound (asarin), mucilage, an alkaloid, and a substance like camphor. The plant is prescribed by herbalists for chronic chest complaints, dropsy with albuminaria, painful spasms of the bowels and stomach, as a diuretic, and as a diaphoretic (Grieve 1971). The fragrant principle arasinol is also found in ginger and is used as an aromatic stimulant (Tehon 1951).

A tea from the roots is used to stimulate the appetite and relieve gas pains (Dobelis 1986).

A fine powder of the root was sometimes inhaled like a snuff to relieve aching head and eyes. Root may be collected at any time of year (Krochmal 1973).

Asclepidaceae -- Milkweed family

Asclepias syriaca L.

Folknames: Common Milkweed, Common Silkweed, Cottonweed, Milkweed, Wild Cotton, Silky Swallowwort (Dobelis 1986)

Habitat: This plant is common throughout Illinois in waste places, roadsides, vacant lots, cultivated fields, and meadows

Plant Description: This is a stout perennial of about 90-180 cm. The leaves are large, leathery, and oppositely arranged with a downy underside. Flowers are in purplish clusters (May-August). Seed pods are 5-13 cm, prickly, and contain silk when ripe. A milky latex oozes from the plant when it is cut or damaged.

Uses and Comments: This plant is valuable for its rhizome and roots, which are best collected in the autumn. Its medicinal properties are due to the presence of 2 resins and the glucoside asclepiadine (Tehon 1951).

The latex of this plant has been used as a remedy for skin problems such as warts and moles (Krochmal 1973). This plant is important for the anodyne properties of its root and rhizome, which have been employed successfully, like those of A. tuberosa, in powder and infusion, in cases of asthma, and typhus fever. It has also been used for scrofula with great success (Grieve 1971).

Caution: This plant may be poisonous if used incorrectly

Berberidaceae -- Barberry family

Caulophyllum thalictroides (L.) Michx.

Folknames: Blue Cohosh, Blue Ginseng, Papoose Root, Yellow Ginseng,
Squawroot (Dobelis 1986) Blueberry root (Grieve 1971)

Habitat: This plant is relatively common in deep, loamy, moist,
woodlands throughout Illinois.

Plant Description: This is a perennial herb of about 90 cm. It has a
bluish stem and unfolded leaf in the spring. The leaves are
ternately compound with 2 or 3 lobed leaflets. A terminal panicle
of greenish-yellow flowers (April-June) develop in the center of
the three compound leaves. Blue, berry-like fruits are produced in
late summer.

Uses and Comments: The generic name is derived from two Greek words
meaning "stem leaf" (Gathercoal and Wirth 1936).

This plant yields the drug caulophyllin; contains 2 resins and
a principle analogous to saponin, as well as glucosides, and the
alkaloid methylcytisine. These constituents give the plant
alterative, diuretic, and emmenagogic properties (Tehon 1951). The
roots are used to treat rheumatism and bronchitis (Dobelis 1986)
Indian women took the powdered root to induce menstrual flow and
hasten child birth. Root tea was used to strengthen the stomach
and treat V.D.

The roots and rhizomes of this plant are best collected in the
fall (Krochmal 1973).

Berberidaceae -- Barberry family

Podophyllum peltatum L.

Folknames: American Mandrake, Devil's Apple, Hog Apple, Indian Apple, Mandrake, Umbrella Plant, Wild Lemon (Dobelis 1986) Duck's Foot, Ground Lemon, Raccoonberry, Vegetable Colomel, Vegetable Mercury, Yellowberry, Wild Jalop (Krochmal 1973)

Habitat: A common plant of open woods, throughout the state.

Plant Description: This is a perennial herb of 15-45 cm. It spreads by rhizomes and is usually found in patches. The plant consists of a single forked stem topped with deeply lobed peltate leaves. A solitary white flower is produced at the stem fork (April-May). A pulpy lemon-yellow berry will later develop.

Uses and Comments: The generic name is derived from the Greek words podos (a foot) and phyllon (a leaf), alluding to a resemblance in the palmate leaf to the foot of some web-footed aquatic bird. Hence one of the popular common names, Duck's Foot (Grieve 1971).

The plant contains several resins, known collectively as podophyllin. One of them is the poisonous principle podophyllotoxin, used as a drastic purgative and hydragogue (Tehon 1951).

Powdered rhizomes have a potent laxative effect and contain potent anticancer substances. A derivative of these is used to treat human cancer (Dobelis 1986). The root has been also been used to treat jaundice, fever, cancer, liver ailments, and syphilis. If used with care, root tea is good for constipation. In addition to cancer, the anti-tumor properties of the plant have been used to treat warts (Krochmal 1973).

Cannabinaceae -- Hemp family

Humulus americanus Nutt.

Folknames: Common hop, Hop, (Dobelis 1986) European hop, Hopvine,
Northern vine (Krochmal 1973)

Habitat: A common vine throughout the state of thickets, roadsides,
abandoned house sites, and other waste places. It is also not
uncommon in damp woodlands or hedgerows.

Plant Description: This is a perennial vine which may be up to 900 cm
long. The leaves are 3-lobed or unlobed, petiols ususally shorter
than the blade. The male flower are produced in long racemes,
while the pistillate catkins are much enlarged and become cone-like
(August-October). These are covered with yellow glands that
contain the hop bitters.

Uses and Comments: The english name hop comes from the Anglo-Saxon word
"hoppan" (to climb) (Grieve 1971).

The active constituents of this plant are derived from the
"cone". Lupoline is a glandular powder which may be separated from
the strobili (Schauenberg 1977). A volitile oil which shows
sedative and soporific affects, and Lupamaric acid, which is a
bitter principle having stomachic and tonic effects, have also been
isolated (Grieve 1971).

Herbalists value the plant for its ability to stimulate the
appetite and promote sleep (Dobelis 1986). Legend has it that King
George III of England used a pillow filled with hops to induce
sleep. It has also been used to treat fever, intestinal worms, and
rheumatism; to increase urine flow; and as a sedative.

The fruit is best collected in the fall (Krochmal 1973).

Cannabinaceae -- Hemp family

Cannabis sativa L.

Folknames: Bhang, Ganja, Grass, Hashish, Hemp, Marijuana, Mary Jane, Pot, Reefer (Dobelis 1986) Cannabis, Gunjok, Hempweed, Ioco, Neckweed (Krochmal 1973)

Habitat: Although a native of Asia, this is a weed throughout most of the U.S. It grows in old fields, cultivated fields, vacant lots, ditches, and streambanks.

Plant Description: This is a vigorous , dioecious annual of about 90-300 cm. The leaves are hairy and palmately compound with 5-7 toothed leaflets. Small greenish are produced in a cyme (June-October). The fruit is an achene.

Uses and Comments: The generic name is derived from the Greek word for hemp, which is Cannabis (Alcock 1971).

The principle use of hemp in medicine is for easing pain, inducing sleep, and for a soothing influence in nervous disorders. The drug deteriorates rapidly due to oxidation of cannabino1, a glucoside found in the toxic resin. The resin found in the apices of female plants is collected at flowering time (Grieve 1971).

Caution: The plant contains narcotic compounds which produce dangerous effects.

Caryophyllaceae -- Pink family

Saponaria officinalis L.

Folknames: Bruisewort, Fuller's-herb, Lady's-washbowl, Latherwort, Old-maid's-pink, Soapwort (Dobelis 1986) Chimney-pink, Crowsoap, Londonpride, Sleepweed, Wild sweet william (Krochmall 1973)

Habitat: Native of Europe. It is adventive in waste ground throughout the state. Usually found in pastures, along railroad tracks, roadsides, and old gardens.

Plant Description: This is a perennial with a single upright stem rising to 60 cm or more. The leaves are ovate-lanceolate, pointed, opposite, and sessile. Whitish pink to rose flowers are produced in a terminal corymb (June-September). The fruit is an oblong, many seeded capsule.

Uses and Comments: The generic name is derived from the Latin word sapo (=soap), in reference to the lather produced from the plant when wet (Alcock 1971).

Soapwort contains mucilage and saponin which gives it alterative, tonic and diaphoretic properties (Tehon 1951).

Although this plant was once widely used medicinally, it is now falling into disuse by most herbalists. The leaves and rhizomes boiled in water make a soapy lather for which it mostly used today (Dobelis 1986).

Caution: The saponin in this plant is very poisonous to some people and should be used with care.

Caryophyllaceae -- Pink family

Stellaria media (L.) Cyrillo.

Folknames: Chickweed, Mouse Ear, Starweed, Starweed, White Bird's-eye, Winterweed (Dobelis 1986) Adder's Mouth, Satin Flower, Stitchwort, Tongue Grass (Krochmall 1973)

Habitat: Yards, Garden, Pastures, Waste Areas, shaded areas, dooryards

Plant Description: This is annual herb of about 30-38 cm. The stems are sprawling, tangled and matted. A pair of leaves occur at each node. The flowers are very small, white, and parted petals which are shorter than the sepals and are parted.

Uses and Comments: The generic name is derived from the Latin word stella (=a star); referring to the star-like form of the flower (Alcock 1971).

The plant contains the saponoside (a heteroside) saponin, which increases and accelerates the bodies ability to absorb active compounds.

In homeopathy, an essence of the fresh plant is taken to relieve rheumatic pains and psoriasis (Schauenberg 1977). Herbalist have and still do prescribe this plant to treat both internal and external inflammations (Debolis 1986). Poultice of this plant has been used to treat skin sores and infections as well as of the eyes and hemorrhoids.

The entire plant is used at full bloom (Krochmall 1973).

Chenopodiaceae -- Goosefoot family

Chenopodium ambrosiodes L.

Folknames: Herba Sancti Maria, Mexican Tea, Jesuit's Tea (Grieve 1971)

American wormseed, Jerusalem Oak, Stinking Weed, Wormseed (Dobelis 1986) Ambrosia, Ambrosia-like chenopodium, Wormseed goosefoot (Krochmal 1973).

Habitat: This is a common weed of Illinois, adventive of waste ground, open fields, waste places, and cultivated land.

Plant Description: This strong-smelling annual may be up to 150 cm tall. Leaves are coarsely toothed and oblong to lanceolate. Dense spikes of tiny greenish flowers are produced in the leaf axils.

Uses and Comments: The origin of this generic name is from the Greek words chen = goose and pod = foot. Thus a common name goosefoot; from the shape of the leaves of some species (Alcock 1971).

The volatile oil extracted from this plant is much used today. The principle effect of this wormseed oil is said to be due to the active principles ascaridole and safrol. It is a very active anthelmintic, frequently used for the expulsion of lumbricoid worms. Because of its efficiency, ease of administration and low toxicity, it is perhaps the most valuable of all the vermifuge remedies. The oil has been recommended in the treatment of malaria, chorea, hysteria, and other nervous diseases. Wormseed oil has also been shown to be of great service against the tapeworm and is used in worm mixtures for dogs in veterinary science (Grieve 1971).

Compositae -- Composite family

Achillea millefolium L.

Folknames: Bloodwort, Milfoil, Sanguinary, Stanchgrass, Thousand-leaf, Yarrow (Dobelis 1986) Bad man's plaything, Bloodwort, Carpenter's weed, Knight's milfoil, Nosebleed, Old man's pepper, Soldier's woundwort, Thousand weed (Grieve 1971)

Habitat: This plant, naturalized from Europe, is now common throughout Illinois in fields, roadsides, open places, and well drained areas.

Plant Description: This is a perennial of 30-60 cm inches. It has dissected fern-like leaves along the stem. The flowers consist of yellow disk and five ray flowers produced in a flat-topped corymb inflorescence (May -August).

Uses and Comments: The plants healing properties were known to the ancient Greeks who named it Achillea after Achilles, the legendary heroic warrior. The specific name, millefolium, refers to the plants many feathery leaves (Stodola and Volak 1985).

This plant produces an essential oil which contains ceniol and proazulene. Ceniol has antiseptic, expectorant, and stomachic properties while proazulene has spasmolytic and astringent properties. This plant also contain the bitter principle achelleine.

An infusion of of the leaves and flower tops is recommended for anorexia and dyspepsia (Schauenberg 1977). Milfoil is also used to reduce fever and as a mild tonic to stimulate an appetite. A poultice of this plant is used as an anti-inflammatory agent and possibly as an astringent (Dobelis 1986).

Compositae -- Composite family

Arctium minus (Hill) Bernh.

Folknames: Burdock, Smaller burdock, Clotbur, Cuckoo button (Dobelis 1986) Common burdock (Mohlenbrock 1975)

Habitat: Statewide in distribution, this plant is a weed of farmyards, pastures, abandoned fields, and open land.

Plant Description: This is a biennial herb of about 150-240 cm. The entire plant is covered with coarse hairs. Leaves are large, cordate, and with ruffled entire to dentate margins. These form a rosette the first year and are alternate on the stem the second year. Flower heads are pink to purple, clustered in the leaf axils, and armed with inwardly hooked spines.

Uses and Comments: The generic name Arctium, from the Greek word arktos (= bear), alludes to the thistle-like fruit heads produced in the fall (Stodola and Volak 1985).

This plant is the source of the drug lappa. It contains inulin and the glucoside lappin, which are used for their diuretic and alterative properties (Dobelis 1986).

A tea of the roots has been used to treat coughs, asthma, lung disease, and to stimulate menstruation. A tincture of the fresh root is also used for rheumatism and stomachache (Krochmal 1973).

Compositae -- Composite family

Erigeron canadensis L.

Folknames: Butterweed, Canadian fleabane, Colt's-tail, Fleabane, Hogweed (Dobelis 1986) Bitterweed, Bloodstaunch, Buttonweed, Canada erigeron, Mare's tail, Pride weed (Krochmal 1973) Horseweed, Muleweed (Mohlenbrock 1975).

Habitat: This is a common weed of waste ground, disturbed areas, cultivated areas, and pastures of every county in the state.

Plant Description: This is an annual weed with an erect, downy stem of about 180 cm and arising from a basal clump of leaves. The leaves have bristles and are sometimes toothed. The inflorescence is of the head type with whitish to lavender ray flowers and yellow central disk flowers (May-Oct.). These are followed by white-tufted achenes.

Uses and Comments: The generic name is derived from the Greek words eri (=early) and geron (=old man or grey head). This is reference to the receptacle which soon becomes like a grey head (Alcock 1971).

The leaves and tops of this plant are collected while the plant is in bloom. They contain a volatile oil, tannin, and a bitter principle. These give the plant diuretic, tonic, and astringent properties (Tehon 1951). The plant is also used for its hemostatic, and in some cases antidiarrhoeic properties (Schauenberg 1977).

Compositae -- Composite family

Eupatorium perfoliatum L.

Folknames: Agueweed, Crosswort, Feverwort, Indian sage, Thoroughwort
(Dobelis 1986) Common boneset Joepye, Sweating plant, Teagel,
Thoroughstem, Thoroughwax, Vegetable antimony, Wild Isaac, Wild
sage (Krochmal 1973)

Habitat: A common central Illinois plant of prairies, wet shores, swamp
edges, and low woods.

Plant Description: This is a hairy perennial herb of 60-150 cm. The
leaves are opposite and grown together around the stem. They are
lance-shaped, wrinkled-looking, and toothed. Whitish flowerheads
are borne in flat-topped clusters at the top of the stem.

Uses and Comments: Eupatorium is from Euptor, king of Pontus. The name
has been given to a number of plants of which he has supposed to
have discovered the uses (Alcock 1971).

The plants common name, boneset, reveals its use, like so many
other American herbs. Herbalists have prescribed an infusion of
the flowering tips and leaves to alleviate the pain caused by
broken bones as well as pains from malaria and influenza (Coon
1960).

The plant contains the bitter glycoside eupatorin, which gives
it cathartic, tonic, diaphoretic, and emetic properties (Dobelis
1986).

According to Krochmal (1973) boneset tea is used as a remedy
for colds and caughs

The entire herb is collected when in flower.

Compositae -- Composite family

Lactuca serriola L.

Folknames: Horse lettuce, Prickly lettuce, Wild Lettuce, Wild opium
(Dobelis 1986)

Habitat: Naturalized from Europe and common throughout Illinois in
waste places (dumps, roadsides).

Plant Description: This may be an annual or biennial and is up to 180
cm. The plant gives off a milky juice when cut. Leaves are
elliptical in outline and clasp the stem. The leaf margins and
midribs are spinulose. Heads of yellow flowers are produced at the
end of the stems in an open panicle (July-Sept.). The fruits bear
tufts of white hairs. The fruit is an achene with a slender beak.

Uses and Comments: The generic name of this plant is derived from the
Latin word lac (=milk); because of the milky juice which flows from
the stems of many of the species (Alcock 1971).

This plant yields a white, milky juice called lactucarium,
which contains hyoscyamine. This drug has a sedative effect (Tehon
1951).

The latex on its own and the flowering stem are collected to
be used medicinally (Stodola and Volak 1985).

Compositae -- Composite family

Taraxacum officinale Weber.

Folknames: Dandelion, Pissabed, Priest's Crown, Teltime, (Dobelis 1986) Blowball, Cankerwort, Chicoria, Doonheadclock, Fortuneteller, Irish Daisy, Lion's Tooth, Puffball, SwineSnoot (Krochmal 1973)

Habitat: A very common and weedy plant of roadside, Lawns, Meadows, and waste areas throughout Illinois.

Plant Description: This may be considered as a biennial or perennial herb. It has a basal rosette of deeply toothed leaves. There are about 150-200 yellow flowers borne in a head type inflorescence (March-Nov.). When mature these flowerheads turn into downy white balls of fruits. The flower stalk is hollow and secretes a milky sap when injured.

Uses and Comments: Dandelion is a corruption through the french terms "dent/de/lion" =(lion's tooth) after the jagged edge of the leaf (Stodola & Volak 1985).

Constituents of the plant include terpenoid bitter compounds taraxacin and taraxacerin, a glycoside, sterols, amino acids, tannins, inulin, mineral substances, rubber, provitamin A, vitamins B & C (in the leaves) These give the plant stomachic, cholagogic, nutritive, strong diuretic, and tonic properties. An infusion of the plant may be used as a digestion aid, appetite stimulant, biliary and liver disorders, dropsy, rheumatism, and arthritis. Pressed juice from stalks and leaves is said to be an effective cure for warts (Stodola & Volak 1985).

The flowers are used during the growing season, roots in late summer, and green leaves as needed (Krochmal 1973).

Convolvulaceae -- Morning-glory family

Convolvulus sepium L.

Folknames: Bindweed (Dobelis 1986) Hedge bindweed, Bellbine (Stodola and Volak 1985)

Habitat: Common throughout the state of Illinois, this plant is a weed of wood margins, hedgerows, and disturbed areas.

Plant Description: This is a perennial weed which may be up to 3 meters in length. It has large arrow-shaped leaves. Flowers are white to pink and trumpet-shaped (June-Aug.). They are open in the sun and close on cloudy days and night.

Uses and Comments: The generic name is derived from the Latin word convolvere (= entwine) (Alcock 1971).

The rhizome of this plant contains a resinous glycoside (convolvuline) and tannin. The leaves are also rich in tannin but have less of the resin. These give the plant purgative properties (Schauenberg 1977).

The dried rhizome, roots, and leaves are used in preparations of laxatives and remedies for gall bladder problems (Dobelis 1986).

Cruciferae -- Mustard family

Brassica nigra (L.) Koch.

Folknames: Black mustard (Mohlenbrock 1975)

Habitat: This is a native of Europe and Asia. It is naturalized in
in waste areas and found occasionally throughout the state.

Plant Description: An annual herb up to 180 cm tall. The leaves are
pinnately divided at the base and toothed. The upper lanceolate
and glabrous leaves are smaller and narrower than the lower deeply
lobed and hairy ones. Yellow flowers are produced (April-Oct.)
followed by pods which are glabrous and erect with a terete beak.

Uses and Comments: This plants generic name, Brassica, means cabbage in
Latin (Stodola and Volak 1985).

Dried, ripe seeds contain sinigrin and myrosin, glucosides
which yield the volatile oil of mustard upon fermentation. This
gives the plant properties to aid in digestion, to act as an
emetic, and as a rubefacient (Tehon 1951).

Mustard seed has also been used as a counterirritant. A
mixture of the powdered seed and water was spread between two
pieces of cloth and applied to the chest for bad chest colds and
bronchial conditions. Skin blistering would occur if left on too
long or if the preparation was too strong.

Research has proven that the black mustard seeds are an
effective external agent for below surface inflammations (Dobelis
1986).

Cruciferae -- Mustard family

Capsella bursa-pastoris (L.) Medic

Folknames: Caseweed, Mother's-heart, Shepherd's-purse, Shovelweed

(Dobelis 1986) Shepherd's-bag (Krochmal 1973)

Habitat: This, native of Europe, occurs on sunny, open waste places (pastures, lawns etc.), usually on shady or loamy soil. Found in every county of the state.

Plant Description: This is a hardy annual of about 45 cm. It has a basal rosette of lobed leaves. Small white flowers are produced all year long. It has distinct flattened, heart-shaped seedpods.

Uses and Comments: The generic name is derived from the Latin word capsa (=a box). Capsella means a little box or capsule, alluding to the seed pods (Alcock 1971).

The plant yields a volatile oil on distillation and has a pungent, bitter taste (Tehon 1951). It also contains the alkaloid bursine, and a flavenoid glycoside (diosmine).

This plant does have hemostatic properties; however, it is chiefly used to stop bleeding from internal organs and control profuse menstruation (Dobelis 1986). As a decoction it has been used to treat hemorrhoids, diarrhea, and bloody urine. The plant and its juices are used as needed (Krochmal 1973).

Dioscoreaceae -- Yam family

Dioscorea villosa L.

Folknames: Colicroot, Devil's-bones, Wid Yam (Dobelis 1986) Dioscorea,
Rheumatism root, Wilde yamwurzel (Grieve 1971)

Habitat: Common in damp woodlands and thickets.

Plant Description: This is a perennial vine up to 50 cm. It has heart-shaped, alternate leaves with hairy ventral side. Greenish-white, minute flowers (May-July) are borne in loose clusters. Triangular winged capsules will be produced in the late summer.

Usus and Comments: Various species of Dioscorea are an important source of diosgenin. This is used in the manufacture of birth control pills and certain other steroid drugs. It is also effective in treating rheumatism and similar inflammatory diseases (Dobelis 1986).

The rootstock of this plant offers perhaps, the best relief and promptest cure for bileous colic. It is especially helpful in the nausea of pregnant women (Grieve 1971).

Geraniaceae -- Geranium family

Geranium maculatum L.

Folknames: Alumroot, Cranesbill, Old-maid,s-night-cap (Dobelis 1986)

Alum Bloom, American Kind, Astrimgent Root, Chocolate Flower,
Crowfoot, Shameface, Storkbill, Termentil (Krochmal 1973)

Habitat: Common in woodlands, clearings, and along roadsides of all
Illinois counties.

Plant Description: This is a perennial herb of about 60 cm. It has a
single hairy stem with 2 palmately veined and lobed stem leaves.
The flowers (April-June) are pink with 5 petals and the fruit looks
like a cranes' bill. It also has a thick rhizome.

Uses: The generic name Geranium is derived from the greek word geranos
(= a crane) refering to the pointed "beak" on the fruit (Stodola &
Volak 1985).

Because of the tanin content of the rhizome, it may act as an
astringent(external) and hemostatic. For the same reason it is
probably effective when taken internally for diarrhea (Dobelis
1986) and sore throat.

Roots and rhizomes are collected in the spring before
flowering or in late summer (Krochmal 1973).

The tannin content is highest just before the flowers bloom.
For best results, plant should be collected from April-June (Tehon
1951).

Gramineae -- Grass family

Agropyron repens (L.) Beauv.

Folknames: Quack Grass, Witch Grass (Dugdale 1978) Dog grass,
Triticum (Tehon 1951) Common couch grass, Scutch, Twitch,
(Schauenberg 1977)

Habitat: A native of Europe and Asia which is a common adventive of
fields and waste ground throughout Illinois.

Plant Description: This is a course perennial grass, of 20-120 cm,
spreading by underground rhizomes and stolons. The inflouescence
varies from dense to lax spikes with compressed spikelets. When in
flower (May-September), the stamens have a purplish cast to them.

Uses and Comments: Agropyron is derived from the Greek words agros
(=field) and pyros (=wheat, grain) (Stodola and Volak 1985).

Agropyron contains the carbohydrate principle, triticin which
give the plant curative properties as a demulcent (Tehon 1951).

An infusion makes a good spring tonic for cystitis,
urethritis, and other infectious disorders of the urinary tracts.
It is also used as an emollient (Schauenberg 1977). Modern
herbalists include it in tea mixtures to treat disorders of the
bladder, urinary tract, and kidney inflammations (Stodola and
Volak 1985).

The stolons and rhizomes are collected as needed and may be
used freely (Dugdale 1978).

Hypericaceae -- St. John's-wort family

Hypericum perforatum L.

Folknames: Amber Touch-and-heal, Goat Weed, Klamath Weed, Rosin Rose,
St. John's Wort (Dobelis 1986) Tipton weed (Tehon 1951)

Habitat: This plant is naturalized from Europe. It is scattered in
meadows, dry pastures, roadsides, open woodlands and waste grounds
in all parts of Illinois.

Plant Description: It is an erect growing perennial. The stem is much
branched with numerous linear or oblong leaves of about 2.5-5 cm.
The flowers are yellow with 5 petals with black dots on the edge
(June-September).

Uses and Comments: This plant contains traces of an essential oil which
is used to treat burns, burns, and ulcers. It also contains the
glycoside, hypericine.

An infusion of the plant is used for disorders of the lungs
and urinary tract (Schauenberg 1977). An ointment made from this
is used as an astringent for bruises, skin irritations, and insect
bites (Dobelis 1986).

St. John's Wort has also been externally applied to dispell
hard tumors in the breasts (Grieve 1971).

Iridaceae -- Iris family

Iris shrevei Small

Folknames: Blue Flag, Liver Lily, Poison Flag, Water Flag (Dobelis 1986)

Habitat: This plant is found in very moist or marshy areas such as wet meadows, banks of lakes and streams, ditches and sloughs.

Plant Description: This is a perennial herb about 60-90 cm high. It has narrow, sword-like leaves which may be somewhat glaucous. Violet blue flowers are produced (May-July) with yellowish markings on outer showy sepals. The perianth tube is shorter than the sepals in this species.

Uses and Comments: Iris is Greek for the rainbow; from the varied color of the flowers (Alcock 1971).

Rhizomes from the 2-4 year old plant are used medicinally. Constituents of this include an essential oil, glycosides, sugars, resin, starch, mucilage, and tanins. This gives it expectorant and diuretic properties. On rare occasions it is used for vomiting and nausea. The fresh root is a strong purgative. Dried, the rhizome and roots are still used in preparations to disguise taste and smell of other medicines. (Stodola and Volak 1985) A potent diuretic, cathartic, and emetic. The rhizome is poisonous internally. Poultice is made from this for skin disorders and rheumatism (Dobelis 1986).

Labiatae -- Mint family

Leonurus cardiaca L.

Folknames: Lion's-ear, Lion's-tail, Lion's-tart, Motherwort,

Throwwort (Dobelis 1986)

Habitat: May be found around pastures, roadsides, vacant lots and other waste places. It is a native of Europe and Asia.

Plant Description: This is a perennial of up to 150 cm tall. The leaves are dark green and shaggy looking with three pointed lobes. It has a whorl of little flowers at the nodes (May-Aug.). These may be pink, white, or purple and rather fuzzy. In this species, the calyx is shorter than the corolla.

Uses: The generic name is derived from the Greek words leon (=lion) and oura (=a tail). This is in reference to the plants appearance (Alcock 1971).

The above ground parts are used at flowering time. They contain an alkaloid (leonurinine) which facilitate menstruation, and a glycoside which has sedative properties and lowers the blood-pressure (Schauenberg 1977).

In Russia it is considered effective for treating rabies. Here it is used as a stimulant, as a tonic, as a diuretic, and as an emmenagogue. It is usually taken as an infusion (Krochmal 1973).

Labiatae -- Mint family

Marrubium vulgare L.

Folknames: Common horehound, Hoarhound, Marrubium, Marvel, White
horehound (Dobelis 1986)

Habitat: A native of Europe and Asia, this plant is occasional to
common throughout the state in dry soils, fields, and waste places.

Plant Description: This is an erect perennial of about 90 cm. The stem
is square with a whitish-gray wool. Leaves are are oval, wrinkled,
downy covered, and oppositely arranged. Lower leaves are stalked.
White flowers are produced in axillary whorls along the stem.

Uses and comments: The generic name, Marrubium, is said to come from
the Hebrew word marrob (=a bitter juice) (Stodola and Volak 1985).

Horehound contains the bitter compound marrubium, an essential
oil, and tannin. The flowering plant is collected to use as an
infusion, which has expectorant properties for various respiratory
disorders (Schauenberg 1977).

Horehound is effective as an appetite stimulant because
bitters usually stimulate the stomach to produce acids that cause a
desire to eat. It may be mildly sedative and laxative if it is
taken in quantity (Dobelis 1986).

Labiatae -- Mint family

Melissa officinalis L.

Folknames: Balm, Lemon balm, Melissa, Sweet balm (Dobelis 1986)

Habitat: A native of Europe and rarely found around sunny fields and along roadsides with rich, sandy, loamy soil in central Illinois.

Plant Description: This is a perennial with upright, hairy branching stems that can reach 90 cm in height. There is an opposite pair of leaves at each node. They are light green, toothed, ovate, and give off a strong lemon scent. The flowers form in small loose bunches at the leaf axils (June-Aug.). They are white or yellowish and 2-lipped.

Uses and Comments: The generic name is Greek for bee, and also for honey. A fitting name because bees are very fond of this plant (Alcock 1971).

This plant contains an essential oil, used as an aromatic flavor, diaphoretic, and febrifuge (Tehon 1951).

Preparations from the leaves are used to treat colds and headaches, to relieve menstrual cramps, and to calm a nervous stomach. Crushed leaves help heal wounds and insect bites (Dobelis 1986).

Labiatae -- Mint family

Mentha piperita L.

Folknames: Peppermint (Dobelis 1986) Balm mint, Brandy mint (Ward 1967)

Habitat: A native of Europe and found in damp shade and moist, rich soils of Illinois.

Plant Description: Perennial herb about 90 cm tall with a square stem. Leaves are dark green, oblong to oval, toothed, and stalked. The plant smells strongly of menthol and spreads by means of runners. Lilac pink flowers are produced in dense club-shaped spikes (June-Oct.).

Use and Comments: The generic name is derived from the Greek name Mintha or Minthe, a fabled nymph who was changed into the herb mint by Proserpine (Alcock 1971).

Peppermint contains a volatile oil, which contains menthol. This is added to many medicines for its therapeutic effects. It is used for upper-respiratory ailments, as a soothing rub for sore muscles, and particularly to ease the discomforts of gas (Dobelis 1986). Menthol is also used in cough drops and nasal inhalers (Grieve 1971).

There are similar species of Mentha such as the spearmint, M. spicata, which do share common characteristics and chemical properties (Dobelis 1986).

Labiatae -- Mint family

Nepta cataria L.

Folknames: Catmint, Catnip, Cat's Play (Dobelis 1986) Catrup, Catwort,
Field Balm (Krochmal 1973)

Habitat: A native of Europe. It is occasional to common throughout
Illinois in waste areas, pastures, roadsides, and open woods.

Plant Description: This is an erect perennial which may get to be 90 cm
in height. The entire plant is covered with downy, gray hairs.
The leaves are opposite, heart-shaped, and coarsely dentate. The
flowers are whitish with purple markings and tubular in shape (June-
Sept.). These are clustered in whorls in upper leaf axils.

Uses and Comments: The generic name Nepeta is derived from Nepi, a town
in Italy; others say from nepa, a scorpion for whose sting this
plant was considered a cure (Alcock 1971).

The constituents of this plant include an essential oil with
caracrol and thymol plus tanins and bitter compounds. These give
it mild sedative, stomachic, carminative, antidiarrhoeal, diuretic,
antipyretic, and emmenagogic properties.

The flowering stem, excluding the woody parts are used. In
tea mixtures it is taken to treat nervous disorders, neurosis, and
migranes. In infusions for G.I. disorders, chills, colds,
amenorrhoea, and other menstrual complaints. Externally it is
used in ointments for hemorrhoids (Stodola & Volak 1985).

Catnip tea has been used to relieve intestinal cramps,
infant's colic, and gas pains. It also acts as an antispasmodic
and as a carminative (Dobelis 1986). A poultice of the plant has
been used to reduce swelling (Krochmal 1973).

Labiatae -- Mint family

Scutellaria lateriflora L.

Folknames: Blue Pimpernel, Helmet Flower, Mad-dog Scullcap, Mad-dog Weed, Mad Weed, Hoodwort, Skullcap (Dobelis 1986) Hooded Willow Herb (Krochmal 1973)

Habitat: Moist woodlands, damp areas, alluvial thickets, meadows, and swampy areas throughout Illinois.

Plant Description: This is an erect growing perennial, reaching 90 cm in height. The leaves are 2.5-10 cm, coarsely toothed, pointed, and oppositely arranged. The flowers are pinkish, lavender, or whitish (June-Oct.). These flowers are 6-7mm long and are found in axillary or terminal racemes.

Uses and Comments: The generic name is derived from the Latin scutella, a little dish or cup, which the calyx, with its appendage, or ear, somewhat resembles (Alcock 1971). The specific name also comes from a Latin word, latus (=side), referring to the lateral arrangement of flowers on the stem (Gathercoal and Wirth 1936).

Scullcap has strong tonic, nervine, and antispasmodic properties due to the glucoside, scutellarin (Tehon 1951).

Used today in modern herbal medicine for prevention of epileptic seizures (Dobelis 1986).

The entire plant is used when in full bloom (Krochmal 1973).

Leguminosae -- Pea family

Cassia marilandica L.

Folknames: American senna, Locust plant, Maryland cassia, Wild senna
(Dobelis 1986) Cassia, Locust plant, Maryland cassia (Greive 1971)
Maryland senna (Mohlenbrock 1975)

Habitat: Occasional around thickets, roadsides or near streams in
extremely dry areas throughout the state.

Plant Description: Perennial herb of about 120 cm. Pinnately compound
leaves not sensitive to the touch. Petiole with ovoid gland near
the base. Bright yellow flowers with brown flowers are produced in
short clusters from the axils of upper leaves (July-August). A
seed pod up to 10 cm long is later formed.

Uses and Comments: A tea made from the leaves has laxative properties
and is used in many pharmaceutical laxative preparations found on
market shelves today (Dobelis 1986).

The plant contains a weak acidic glucoside which gives it the
purgative properties (Greive 1971).

According to Tehon (1951), the leaflets are best collected in
the summer and dried for use as needed. A decoction of this is
recommended as a laxative in homeopathy.

Leguminosae -- Pea family

Melilotus officinalis (L.) Lam.

Folknames: King's clover, Sweet lucerne (Dobelis 1986) Yellow melilot,
Yellow sweet clover (Tehon 1951)

Habitat: This native of Europe is a common plant of roadsides, fields,
and waste places of every county in Illinois.

Plant Description: This many branched biennial may reach a height of
150 cm. Leaves are composed of three leaflets with toothed
margins. Light yellow flowers are produced in towering spikes
(June-September). The plant has a sweet vanilla smell to it.

Uses and Comments: The generic name, Melilotus, comes from the Greek
words meli (=honey) and lotos (=fodder, clover). All the plants in
this genus being very attractive to bees.

Melilots were popular fodder plants and strewing herbs and
have a long history of medicinal use (Stodola and Volak 1985).

The whole plant is collected at flowering time and dried.
This develops the important crystalline substance coumarin, giving
it aromatic, emollient, and carminative properties (Grieve 1971).

This plant has also been used as a poultice for inflammations
and wounds of tender parts of the body (Dobelis 1986).

Leguminosae -- Pea family

Trifolium pratense L.

Folknames: Bee Bread, Cow Clover, Meadow Clover, Purple Clover, Red Clover, Trefoil (Dobelis 1986) Broad-leaved Clover, Cleaver Grass (Krochmal 1973)

Habitat: A native of Europe and naturalized along roadsides, clearings, pastures, fields, meadows, and waste places in every county.

Plant Description: This is a short-lived perennial which may get up to 90 cm. The leaves consist of leaflets of three with lighter V-shaped markings. It produces a rounded inflorescence of redish to pink and sometimes white flowers (May-October).

Uses and Comments: The generic name is derived from a Latin word meaning three leaves. This is in reference to the trefoil leaf of this plant (Alcock 1971).

Its medicinal effects are due to a fragrant volitile oil, salicytic acid, and several glucosides. This gives it alterative and sedative properties (Tehon 1951).

A tea is still used today in folk medicine as a remedy for sore throats, colds, and coughs (Dobelis 1986).

The entire plant is used at full bloom (Krochmal 1973).

Liliaceae -- Lily family

Polygonatum biflorum (Walt.) Ell.

Folknames: Solomon's seal, True solomon's seal (Dobelis 1986) Small
solomon's seal (Mohlenbrock 1975)

Habitat: Moist woods, thickets, roadsides

Plant Description: This is a perennial herb of about 30-90 cm in height. It has an erect angular stem and a fleshy rhizome. The leaves are large, elliptical, and alternately arranged. White to greenish-yellow flowers which are tubular in shape, hang from the leaf axils in pairs (May-June). Berries in pairs, or occasionally single, are a dark blue.

Uses and Comments: Translated, polygonatum means "many jointed". This refers to the knobby appearance of the rhizome (Dobelis 1986).

This plant has astringent, demulcent, and tonic properties attributed to it due to the active principles convallarin and asparigin (Grieve 1971).

Lobeliaceae -- Lobelia family

Lobelia inflata L.

Folknames: Asthma Weed, Bladderpod, Indian Tobacco, Pukeweed,
Vomitroot, Wild Tobacco (Dobelis 1986) Emetic Herb, Eyebright,
Field Lobelia, Gagroot, Obelia, (Krochmal 1973)

Habitat: Collected along roadsides, open fields, woods, and disturbed
areas in every county.

Plant Description: This is an erect annual with a hairy stem and a
fibrous root system. Leaves are 2.5-7.5 cm, alternate, oval, and
hairy. Leaves oblanceolate to elliptical, crenate to entire; pods
inflated and inferior. Dainty lavender to pale blue flowers (June-
October). The flowers are borne in the axis of leaves and the
ovary forms an inflated capsule.

Uses and Comments: This plant was named in honour of L'Obiel, a very
celebrated botanist in the 1500's (Alcock 1971). The specific name
is in reference to the hollow, distended fruit (Gathercoal and
Wirth).

It contains a volatile oil and the alkaloids lobeline and
lobelidine which allow it to be effective as a respiratory aid and
as an expectorant (Tehon 1951). Lobeline is an ingredient in some
cough medicines today and in over the counter preparations used to
break the smoking habit (Dobelis 1986).

According to Grieve (1971), a tincture can be used externally
for sprains, bruises, or skin diseases. An infusion has even been
useful as eye drops.

The entire plant is used at full bloom or when seed capsules
are present (Krochmal 1973).

Onagraceae -- Evening primrose family

Oenothera biennis L.

Folknames: Evening primrose, Evening star, King's-cure-all, Night willow herb, Scabish, Tree primrose (Dobelis 1986)

Habitat: Found in dry soils of meadows, old fields, roadsides and other waste places. It is common in every county.

Plant Description: This is an erect biennial, growing 90-180 cm in height. It grows from a basal rosette of leaves during the first year. It has alternate lance-shaped leaves and a hairy stem. Showy yellow flowers with 4 petals are produced the second year (June-October). Flowers more or less nocturnal. The capsules are terete.

Uses and Comments: The generic name is from two Greek words, Oeno (=wine) and thera (=searching, or aquiring). When dried, the roots have a vinous scent. They were formerly eaten as incentives to wine drinking as olives are now; hence the name was changed from Onagra, the ass food, to Oenothera, the wine trap (Alcock 1971).

One line of investigation reveals that the plant may have an unclotting factor - helpful against thrombosis. Other studies show that the oil of Oenother might help people suffering from atopic eczema and other atopic diseases such as asthma and migraine (Grieve 1971).

In modern herbal medicine, the plant mucilage is used in cough remedies. It is also advocated as an astringent and antispasmodic (Dobelis 1986). Seed oil alleviates inflammations in experimental animal studies (Tehon 1951).

Orchidaceae -- Orchid family

Cypripedium calceolus L.

Folknames: American Valerian, Moccasin Flower, Nerveroot, Yellow Indian Shoe, Yellow Lady's Slipper, Whippoorwill's Shoe (Dobelis 1986)

Habitat: A plant of moist or dry woodlands, bogs, and shady areas. It is scattered throughout the state but is not common.

Plant Description: This is a perennial of about 30-60 cm. It has about 20 cm oval leaves which are alternately arranged. It has solitary yellow flowers in April-June. These are highly aromatic. It has a flowering leafy stem. The sepals are lanceolate, attenuate, twisted, and equalling or exceeding the lip. The lip is yellow and about 2-5 cm in length.

Uses and Comments: The generic name is derived from the Greek cypris, a surname of the goddess Venus, and the word podion, a sock or slipper; Venus' slipper; more common Lady's slipper (Alcock 1971).

Extract of the root is used as a sedative, especially for nervousness, hysteria, and anxiety accompanied by insomnia. It is also used as an antispasmodic (Dobelis 1986). These properties are due to a complex, glucosidal resinoid called cypridenin (Schaunberg 1977).

The roots and rhizomes are collected in the spring or fall (Krochmal 1973).

Papaveraceae — Poppy family

Sanguinaria canadensis L.

Folknames: Bloodroot, Indian Paint, Red Puccoon, Redroot, Tetterwort,
(Dobelis 1986) Coomroot, Pauson, Turmeric (Krochmal 1973)
Snakebite, Sweet slumber (Grieve 1971)

Habitat: A plant of deep, cool, moist, deciduous woods and woodland
slopes. It is common throughout the state.

Plant Description: This is a low growing perennial 15-35 cm. It has a
bright reddish-orange rhizome. This sends up one bloom enveloped
in a single leaf. The leaf is pale green and palmately-lobed. The
flowers are white with 8 petals or tepals.

Uses and Comments: According to Webster's dictionary (1979), the
generic name is derived from the Latin sanguinarius, pertaining to
blood.

The rhizome juice contains a resinous acid and several toxic
alkaloids, such as sanguinarine. This is used as a stimulating
expectorant, sternutatory, and emetic (Tehon 1951). Extracts of
the plant are also used in treating ringworm, eczema, and as an
escharotic (Dobelis 1986).

The roots are collected during growing season till late fall
(Krochmal 1973).

Caution: This plant may be toxic if misused.

Plantaginaceae -- Plantain family

Plantago spp.

Folknames: Rugel's plantain and Buckhorn plantain (Mohlenbrock 1975)

Habitat: This is very common genus throughout this state in fields, waste areas, and old lawns.

Plant Description: These are perennial plants characterized by an erect flowering stem arising from a basal rosette of glabrous leaves. Two common species of Illinois are P. rugelii Dcne. and P. lanceolata L. P. rugelii has oval leaves which are a glossy green and have a purplish tint to the petiole base and an elongate, cylindrical spike (June-September). P. lanceolata is of a similar height with finely toothed and lance-shaped leaves. Flower spikes are short and ellipsoid (May-September).

Uses and Comments: According to Webster's dictionary, Plantago is derived from the Latin planta, sole of the foot, from the shape of the leaves.

Plantains have similar properties due to their high mucilage and tannin content. The seeds offer a soothing effect (Dobelis 1986).

A syrup and an aqueous extract are made from the whole plant to treat bronchial catarrh, bronchitis, asthma, and pulmonary tuberculosis (Schauenberg 1977).

Polygalaceae -- Milkwort family

Polygala senega L.

Folknames: Milkwort, Rattlesnake Root, Seneca Snakeroot, Senega

Snakeroot (Dobelis 1986) Mountain Flax, Senecaroot (Krochmal 1973)

Habitat: A plant of dry, rocky woods, prairies and hillsides at higher elevations. It is occasional in the northern 3/4 of the state.

Plant Description: This is a perennial herb of about 75 cm in height. It has greenish-purple erect stems and lance-shaped leaves with a short petiole. It has white to pinkish pea-like flowers. These are produced in compact terminal racemes (May-September). The wings are orbicular to ovate.

Uses and Comments: The generic name is derived from the Greek words poly (much) and gala (milk); from its reputed property of promoting the secretion of milk (Alcock 1971). The specific name is from the Seneca Indians who used this plant as a remedy for rattlesnake bites (Gathercoal and Wirth 1936).

The plants medicinal properties are attributed to an acrid principle, senegrin, and polygalic acid (Tehon 1951).

Preparation from the roots are still recommended to bring up phlem in cases of asthma and bronchitis. Used in Europe in commercial cough drops, syrups, and herbal teas (Dobelis 1986).

The roots of this plant are collected in the fall and the knotty crown is removed as needed (Krochmal 1973).

Polygonaceae -- Buckwheat family

Polygonum aviculare L.

Folknames: Armstrong, Cowgrass, Knotgrass, Knotweed, Nine joints, Pigweed (Dobelis 1986) Dooryard weed, Mat grass (Tehon 1951)

Habitat: A native of Europe and common in waste ground throughout the state.

Plant Description: This annual herb usually grows prostrate with 15-30 cm stems forming a thick mat. It has small, elliptical to oval leaves which are alternately arranged. Tiny flower clusters are produced in the leaf axils (June-October).

Uses and Comments: The generic name is derived from the Greek word poly (=many) and the word gon (=knee, corner, or joint); from the numerous joints of the stem. This accounts for its common name knot-grass (Alcock 1971).

Due to its high tannin and mucilage content, this plant is used externally as an astringent or internally for diarrhea (Dobelis 1986). A decoction made from the flowering plant has also been recommended for enteritis, dysentary, and to treat bronchitis (Schauenberg 1977).

Polygonaceae -- Buckwheat family

Polygonum hydropiper L.

Folknames: Biting knotweed, Red knees, Water pepper (Dobelis 1986)
Bloodwort, Bity tongue, Arcmart, Arsesmart, Smart grass (Grieve
1971) Smartweed (Mohlenbrock 1975)

Habitat: This native of Europe is adventive in wet ground and common of
damp soil along streambanks and ditches throughout the state.

Plant description: This is an annual of 30-60 cm. It has reddish,
jointed stems and narrow lance-shaped leaves. The flowers are
produced in a long spike and are yellow-green in color. These
often have a reddish cast of them also. The plant parts have a
pronounced pippery taste.

Uses and Comments: The plant's irritant medicinal properties are due to
an active principle not fully understood, called polygonic acid.
It will impart its properties to alcohol or water; however, the
tincture must be made from the fresh plant because heat and age
destroy its qualities (Grieve 1971).

Experiments indicate that the extracts of smartweed have
hemostatic properties and animal studies suggest the plant has
effects as a contraceptive (Dobelis 1986). It is used externally as
a counterirritant and internally as a stimulant and diaphoretic
(Tehon 1951).

Ranunculaceae -- Buttercup family

Caltha palustris L.

Folknames: American cowslip, Cowslip, Kingcup, May blob, Marsh Marigold
(Dobelis 1986) Water blobs, Horse blobs, Bull's eyes, Leopard's
foot, Meadow routs, Verrucaria, Salsequia, Sponsa (Grieve 1971).

Habitat: Found in marshes, swamps, and wet meadows of the northern 2/3
of Illinois.

Plant Descriptions: This is a perenial (25-75 cm) with a fleshy, hollow
stem. The leaves are chordate to reniform with toothed margins.
Flowers are yellow, shiny, and about 2.5-5 cm (April-June). Sepals
are petalloid.

Uses and Comments: The generic name is derived from the greek word
calathos, a cup, which its flower resembles.

All parts of the plant produce an irritating juice which may
irritate warts away. The leaves contain helleborin which causes
violent gastritis and is toxic to the heart (Dobelis 1986).

In homeopathy, a tincture was prepared ans used for skin
eruptions, bronchitis, and dysmenorrhoea. An infusion of the
flowers has also been used to treat fits in children and adults
(Grieve 1971).

Ranunculaceae -- Buttercup family

Hydrastis canadensis L.

Folknames: Eyeroot, Goldenseal, Ground Raspberry, yellow Puccoon,
Yellow root (Dobelis 1986), Eyebalm, Goldenroot, Indian Dye, Indian
Plant, Jaundice Root, Turmeric, Yellow Eyewright, Yellow Paintroot,
Yellowwort (Krochmal 1973) Wild curcumis (Grieve)

Habitat: This is a rare plant, scattered throughout Illinois, in shady,
rich, well drained woodlands.

Plant Description: This is a perennial herb 15-45 cm high. It has one
hairy stem. At blossoming time this bears two alternate leaves.
These are hairy and have 5-7 lobes. The flowers are solitary, tiny
and greenish-whit in color (April-MAY) They have three tiny sepals
and no petals. The fruit looks like a raspberry.

Uses and Comments: The plants medicinal qualities are attributed to the
alkaloids; hydrastine, berberine, and canadine; a fixed oil; and a
black resin (Tehon 1951).

The root is antiseptic and hemostatic (Dobolis 1986). It is
chewed to heal a sore mouth (Krockmal 1973). It is used in
eyewashes and as a tea for stomachaches but is poisonous in large
doses. The tea has also been used as a douche for vaginal
inflammations (Dobolis 1986).

The rootstock is collected in the fall; leaves and tops in late
summer or fall after the seeds ripen (Krochmal 1973).

Rosaceae -- Rose family

Fragaria virginiana Duchesne

Folknames: Alpine strawberry, Indian strawberry, Scarlet strawberry,
Strawberry, Wild strawberry (Krochmal 1973)

Habitat: It is occasional to common in woodlands, prairies and fields
throughout the state.

Plant Description: This is a low-running perennial with three leaflets.
The flowers are white with five petals and many pistils (April-
June). This is followed by a small red aggregate fruit.

Uses and Comments: The name Strawberry is probably derived from the
Anglo-Saxon word strawberegi, and may refer to the tangled
appearance of the runners or to the scattering of achenes on the
fruit. 'Straw' in this context would mean 'strew' (Stodola and
Volak 1985).

The fruits contain salicylic acid and malic acid. These are
said to give the plant astringent and diuretic properties. Modern
herbalists say that a tea brewed from the leaves is also a good
stimulant for the appetite (Dobelis 1986).

The leaves and rhizomes are rich in tannin and flavonoids, and
are also used for their astringent and diuretic properties
(Schauenberg 1977).

A syrup from the fruit is valued as a pleasant vehicle for
medicines (Dobelis 1986).

Rubiaceae -- Madder family

Galium aparine L.

Folknames: Bedstraw, Catchweed, Cleavers, Goose Grass, (Dobelis 1986)

Cheese Rennet Herb, Chicus (Krochmal 1973)

Habitat: A plant of moist, rich, loamy woodland soils, hedgerows and thickets, seashores, waste ground, and shady areas. It is common throughout the state.

Plant Description: This is an annual with a square and weak stem and usually forms a dense mat. It has a whorl of elongate leaves at the nodes. Small white flowers are borne in broad flat clusters (May-July). Later producing little bristled fruits. The plant is also covered in bristles which are retorsely hispidulous.

Uses and Comments: The generic name is derived from the Greek word gal, milk; from the plant having been used to curdle milk (Alcock 1971).

The flowering stems contain the glycoside, asperuloide, traces of an essential oil, silicic acid, and enzymes. These give the plant diuretic, antispasmodic, and antiseptic properties.

The dried plant is used in an infusion for kidney and urinary disorders. Externally it is used on compresses to treat slow healing wounds, skin rashes, and ulcerous conditions (Stodola and Volak 1985). The dried plant can also be used as a tea remedy for vitamin C deficiency (Dobelis 1986). It is also used to increase urine flow, stimulate, appetite, and reduce fever.

The entire plant is collected during flowering in mid-summer. (Krochmal 1973).

Scrophulariaceae -- Figwort family

Verbascum thapsus L.

Folknames: Blanket herb, Rag paper, Candlewick plant, Clown's Lungwort, Feltwort, Hare's beard, Hag's Taper (Grieve 1971) Bunny's ears, Flanelleaf, Jacob's staff (Dobelis 1986) Woolly mullein (Mohlenbrock 1975)

Habitat: This plant is a native of Europe and is found along roadsides, waste ground, especially on gravel or sandy soils. It is common in every county of Illinois.

Plant Description: This biennial may reach a height of 245 cm. The first years growth of this plant consists of a rosette of large leaves covered with dense soft hairs. In the second year of growth, the plant will send up flower stalk upon which, sulphur-yellow flowers are randomly produced. These may be 2-2.5 cm across.

Uses and Comments: This generic name is supposed to be altered from Barbascum, from the Latin barba, a beard. This is in allusion to the shaggy nature of its foliage (Alcock 1971).

Large concentrations of mucilage in mullien give it demulcent and expectorant properties, as well as being effective in the treatment of some respiratory ailments (Dobelis 1986).

The dried leaves of this plant are sometime smoked to relieve irritation of the respiratory mucosa. They can be employed into cigarettes for asthma and spasmodic coughs in general. An infusion of the flowers has also been used for mild inflammations of the nose and throat (Grieve 1971).

Scrophulariaceae -- Figwort family

Veronicastrum virginicum (L.) Farw.

Folknames: Black root, Brinton root, Culver's root, Physic root

(Dobelis 1986) Bowman's root, Tall speedwell (Krochmal 1973)

Habitat: A plant of rich woodland, thickets, meadows, dry or moist uplands, moist meadows and prairies; Veronicastrum is occasional throughout the state.

Plant Description: This is an erect, unbranching perennial which may reach 210 cm in height. A whorl of lance-shaped leaves are produced at the nodes. Pinkish flowers are produced in 7.5-20 cm terminal spikes (June-September).

Uses and Comments: This plant contains tannin, a volatile oil, and an intensely bitter, nauseating substance called leptandrin. These give the plant laxative, cholagogic, and emetic properties (Tehon 1951).

Rhizomes and roots are collected during growing season from plants at least 2 years old (Krochmal 1973).

Solanaceae -- Nightshade family

Solanum dulcamara L.

Folknames: Bitter nightshade, Bittersweet, Bittersweet nightshade, Felonwort, Violet-bloom, Woody nightshade (Debolis 1986) Fever twig, Scarlet berry (Tehon 1951)

Habitat: This native of Europe is naturalized in damp places, streambanks, thickets throughout the state.

Plant Description: A vine-like perennial with trailing or climbing stems up to 300 cm. Its leaves are heart-shaped to oval, usually with two ear-like segments at their bases. Star-shaped flower (June-October) pinkish-purple with bright yellow stamens are followed by scarlet berries.

Uses and Comments: According to some authorities, the generic name is altered from the Latin solamen (=comfort, relief, or solace); from the sedative qualities of some of the species (Alcock 1971).

Despite its toxicity, bittersweet was once employed as an external remedy for skin diseases and treatment for sores and swellings. Pharmacologists have found that extracts of the plant do show antibiotic activity, which explains its effectiveness in external use for sores and inflammations. Recent research also indicates that bittersweet contains a tumor-inhibiting agent, beta-solamarine, which may have some promise in treating cancer.

Herbalists have prescribed extracts from the stems to be taken internally as a sedative, pain reliever, diuretic, and in treatment of asthma (Dobelis 1986).

Caution: The entire plant is poisonous!

Solanaceae -- Nightshade family

Datura stramonium L.

Folknames: Devil's apple, Jamestown weed, Jimson weed, Stinkweed,
Devil's trumpet, Apple of Peru (Grieve 1971) Mad apple, Thorn apple
(Dobelis 1986)

Habitat: This native of Asia, this plant is naturalized in fields,
barnyards, and waste places throughout the state.

Plant Description: This plant is an annual herb up to 120 cm in height.
It emits a foul odor. The leaves are large, ovate, and irregularly
toothed or lobed and alternately arranged. Flowers are showy,
white, and trumpet-shaped (July-October). The fruit is an ovoid,
densely prickled capsule of about 5 cm long.

Uses and Comments: The generic name is derived from dhattura, the
Sanskrit name for the plant. The specific name is a French word
meaning "stinkweed" (Gathercoal and Wirth 1936).

The leaves and seeds are the valued parts of this
plant. Their constituents include tropane alkaloids, principally
hyoscyamine, atropine, and scopolamine, and traces of an essential
oil. These substances give the plant antispasmodic and
hallucinogenic actions. They inhibit glandular secretions and
dilate the airways.

In medicine today, Datura is mostly used in tinctures and
preparations to treat asthma, bronchitis, and Parkinson's disease.
Because of its antiasthmatic properties, asthma sufferers inhaled the
smoke of the burning plant or smoked the dried leaves for relief
(Dobelis 1986).

Caution: This plant is poisonous and may be fatal in large doses.

Umbelliferae -- Parsely family

Daucus carota L.

Folknames: Bee's nest, Bird's nest, Devils plague, Queen Anne's lace,
Wild carrot (Dobelis 1986)

Habitat: This native of Europe is found in fields, roadsides, and other
open places. It is common throughout the state.

Plant Description: This plant may be a perennial or biennial and is
about 90 cm in height. The leaves are finely dissected and
alternately arranged. White flowers are produced in a flat umbel
(May-Oct.). This umbel may be from 5-12 cm. broad with a central
purple flower. After fertilization, the umbel closes up and
becomes cup shaped. The root is white, fleshy, and tap-like.

Uses and Comments: The generic name comes from the Greek for this
plant which is daucus (Alcock 1971).

The medicinal value of this plant is due to a volatile oil,
and pectin, which acts as an antidiarrhoetic (Schauenburg 1977).
The seeds are effective in dispelling flatulence and the root is
rich in vitamin A which is good for night vision (Dobelis 1986).

An infusion of the fruits and seeds used to increase urine
flow; boiled, mashed root applied as a poultice for bruises and
cuts; fruit has been eaten to stimulate menstruation.

The mature fruits are collected in late summer and the roots
after growing season (Krochmal 1973).

Umbelliferae -- Parsely family

Sanicula marilandica L.

Folknames: American Sanicle, Black sanicle, Black snakeroot, Sanicle
(Dobelis 1986)

Habitat: A plant of meadows, thickets, and shady, moist, woodland
soils. It is an occasional plant in the northern 2/3 of the state.

Plant Description: A perennial herb of about 30-120 cm in height.
Flower stalk with few leaves. Basal leaves on long stalk often
with deeply cleft leaflets. Flower clusters (May-July) with
greenish-white flowers, followed by fruits covered with recurved
bristles. Plant has a thick and fleshy rhizome.

Uses and Comments: The generic name is derived from the Latin word sano
(=I heal); because it was used as a remedy for wounds (Alcock
1971).

North American Indians used it to treat fever, sore throat,
skin conditions, a type of chorea that results in temporary loss of
muscular control and erysipela (a painful skin infection produced
by a streptococcus bacteria).

Pharmacological studies reveal that it contains some tannin
that may account for use of preparations of this plant as a gargle
for a sore throat (Dobelis 1986).

GLOSSARY OF ETHNOBOTANICAL - MEDICAL TERMS

- acrid - having a hot, biting taste or causing heat and irritation when applied to the skin. Alterative - an agent which produces gradual beneficial change in the body.
- altertative - substance used to correct the course of an ailment.
- analgesic - a substance that relieves or diminishes pain.
- anodyne - an agent that soothes or relieves pain.
- anthelmintic - an agent that destroys or expels intestinal worms.
- antibiotic - an agent that destroys or arrests the growth of micro-organisms.
- antidiarrhoeal - that which combats and arrests diarrhoea.
- antiphlogistic - an agent which reduces inflammation.
- antipyretic - an agent which prevents or reduces fever.
- antiseptic - an agent for destroying or inhibiting pathogenic or putrefactive bacteria.
- antispasmodic - a treatment or substance that relieves cramps
- aperient - mild stimulant for the bowels; gentle purgative.
- aphrodisiac - a substance that increases sexual appetite and activity.
- aromatic - substance having an agreeable odor and stimulating qualities.
- astringent - a substance that causes contraction and firming of tissue, reducing secretions or discharges.
- bitter - characterized by a bitter principle which acts on the mucous membranes of the mouth and stomach to increase appetite and promote digestion. Carminative - a substance which relieves intestinal gas.
- cathartic - an agent that acts to empty the bowels.
- cholagogue - a substance which stimulates the reease of bile from the ballbladder.

cystitis - inflammation of the bladder.

decoction - an extract obtained by boiling.

demulcent - A substance that soothes irritated tissues, particularly mucous membrane.

diaphoretic - increases perspiration; an aid in eliminating waste products through the skin.

diuretic - an agent that stimulates elimination of water from the body by increasing urine production.

dropsy - abnormal accumulation of serous fluids in the body.

dysmenorrhoea - difficult and painful menstruation.

dyspepsia - difficult or deranged digestion; indigestion.

emetic - a substance that causes vomiting.

emmenagogue - facilitates and regularizes menstrual flow.

emollient - reduces inflammations and irritation.

expectorant - encourages the expulsion of pulmonary secretions.

febrifuge - a substance that counteracts fever.

galactogogic - a substance that increases milk production.

haemostatic - an agent which stops the flow of blood.

homeopathy - method of medical treatment where minimal doses of medicine are administered.

hypnotic - having the ability to induce sleep.

hydragogue - a purgative that produces abundant watery discharge.

laxative - an agent promoting evacuation of the bowels.

masticatory - a substance chewed to increase salivation.

nervine - An agent that has a calming or soothing effect on the nerves.

neuralgia - severe pain along the course of a nerve.

panacea - a remedy for all diseases; a cure-all.

pectoral - an agent used in the treatment of chest complaints.

poultice - a mass of crushed or ground herbs applied externally.

purgative - an agent that produces a vigorous emptying of the bowels.

rubefacient - a gentle local irritant that produces reddening of the skin.

spasmolytic - a substance which relieves and counteracts cramps.

soporific - tending to cause sleep.

stimulant - temporarily stimulates nervous or muscular activity.

stomachic - a gastric stimulant.

sympathomimetic - having the same effect as stimulus by the sympathetic nervous system.

tincture - a solution of medicinal substance in an alcoholic menstruum.

tonic - that which stimulates or restores vigor to the body or to an individual organ.

vermifuge - expells or kills intestinal worms.

vulnerary - an agent that promotes the healing of wounds.

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