



# ARBORVITAE

## SCHOOL OF TRADITIONAL HERBALISM

### ArborVitae Year Three Materia Medica

Asterisked in red \*\* = held over from last year

Herb - <i>alphabetically by Common name</i>	Botanical name
Aloe **	Aloe vera
Anise Hyssop	Agastache foeniculum
ArborVitae **	Thuja occidentalis
Arnica **	Arnica spp.
Artichoke leaf **	Cynara scolymus
Balloon Flower	Platycodon grandiflorus
Bee Balm / Sweet Leaf **	Monarda spp.
Black Walnut	Juglans nigra
Blue Flag	Iris versicolor
Blueberry **	Vaccinium spp.
Brahmi	Bacopa sp.
Cat's Claw	Uncaria tomentosa
Chinese Sage / Dan Shen	Salvia miltiorrhiza
Chinese Skullcap / Duang Qin	Scutellaria baicalensis
Chrysanthemum	Chrysanthemum morifolium (Dendranthema morifolium)
Codonopsis / Dang shen	Codonopsis pilosula
Coltsfoot **	Tussilago farfara
Damiana	Turnera diffusa
Devil's Club	Oplopanax horridus
Dodder	Cuscuta spp.
Evening Primrose	Oenothera biennis
Eyebright	Euphrasia spp.
Fennel **	Foeniculum vulgare
Gravelroot	Eupatorium purpureum
Guggul and Myrrh	Commiphora mukul, C. molmol
Gymnema / Gurmar **	Gymnema silvestre
He Shou Wu	Polygonum multiflorum

<b>Hibiscus</b>	Hibiscus sabdariffa
<b>Hyssop</b>	Hyssopus officinalis
<b>Isatis, Woad</b>	Isatis tinctoria
<b>Jamaica Dogwood</b>	Piscidia erythrina, P. piscipula
<b>Ladies Mantle **</b>	Alchemilla vulgaris
<b>Maca **</b>	Lepidium meyenii
<b>Mulberry</b>	Morus alba
<b>Nutmeg</b>	Myristica spp.
<b>Orange peel and other citrus **</b>	Citrus aurantium, Citrus spp.
<b>Passionflower **</b>	Passiflora incarnata
<b>Pine</b>	Pinus spp.
<b>Prince Seng</b>	Pseudostellaria
<b>Raspberry leaf</b>	Rubus idaeus, R.phoenicolaseus
<b>Redroot / New Jersey tea **</b>	Ceanothus americanus
<b>Rue</b>	Ruta graveolens
<b>Sassafras **</b>	Sassafras albidum
<b>Shepherd's Purse **</b>	Capsella bursa-pastoris
<b>Sweet Annie</b>	Artemisia annua
<b>Sumac, Staghorn</b>	Rhus hirta (Rhus typhina)
<b>Usnea</b>	Usnea spp.
<b>Uva-ursi</b>	Arctostaphylos uva-ursi
<b>Seaweeds</b>	Various spp.
<b>Spikenard</b>	Aralia racemosa
<b>Wood Betony</b>	Stachys officinalis
<b>Wormwood</b>	Artemisia absinthium

**Additional herbs to cover if there is time:**

<b>Devil's Claw</b>	<b>Harpagophytum procumbens</b>
<b>Fringe tree</b>	Chionanthus virginicus
<b>Hydrangea</b>	Hydrangea arborescens
<b>Lion's Mane</b>	Hericium spp.
<b>Oyster mushroom</b>	Pleurotus spp.
<b>Osha</b>	Ligusticum porterii