



ARBORVITAE

SCHOOL OF TRADITIONAL HERBALISM

ArborVitae Year One Materia Medica

Agrimony	Agrimonia eupatoria, Agrimonia spp.
Angelica	Angelica archangelica
Ashwagandha	Withania somnifera
Astragalus	Astragalus membranaceus
Black cohosh	Actaea racemosa
Blue vervain	Verbena hastata
Boneset	Eupatorium perfoliatum
Borage	Borago officinalis
Burdock	Arctium lappa
Calendula	Calendula officinalis
Catnip	Nepeta cataria
Cayenne	Capsicum annum
Chamomile	Matricaria recutita
Chaga	Inonotus obliquua
Chaste tree	Vitex agnus-castus
Chickweed	Stellaria media
Cinnamon	Cinnamomum verum; C.cassia
Cleavers	Galium aparine
Comfrey	Symphytum officinale
Dandelion	Taraxacum officinale
Echinacea	Echinacea spp.
Elder	Sambucus canadensis; S. nigra
Elecampane	Inula helenium
Eleuthero (“Siberian Ginseng”)	Eleutherococcus senticosus
Feverfew	Tanacetum parthenium
Garlic	Allium sativum
Gentian	Gentiana lutea
Ginger	Zingiber officinale
Ginkgo	Ginkgo biloba
Ginseng (Asian and American Panax spp.)	Panax ginseng, P. quinquefolium
Goldenseal	Hydrastis canadensis

Hawthorn	<i>Crataegus</i> sp.
Hops	<i>Humulus lupulus</i>
Horehound	<i>Marrubium vulgare</i>
Lavender	<i>Lavendula</i> spp.
Lemon balm	<i>Melissa officinalis</i>
Licorice	<i>Glycyrrhiza</i> spp.
Linden	<i>Tilia cordata</i> ; <i>Tilia</i> spp.
Kava	<i>Piper methysticum</i>
Meadowsweet	<i>Filipendula ulmaria</i>
Milk Thistle	<i>Silybum marianum</i>
Marshmallow	<i>Althaea officinalis</i>
Mints	<i>Mentha</i> spp.
Motherwort	<i>Leonurus cardiaca</i>
Mugwort	<i>Artemesia vulgaris</i>
Mullein	<i>Verbascum thapsus</i>
Nettles	<i>Urtica dioica</i>
Oats	<i>Avena sativa</i>
Plantain	<i>Plantago major</i> , <i>P.lanceolata</i>
Red Clover	<i>Trifolium pratense</i>
Reishi	<i>Ganoderma</i> spp.
Rhodiola	<i>Rhodiola rosea</i>
Rose	<i>Rosa</i> spp.
Rosemary	<i>Rosmarinus officinalis</i>
Saw Palmetto	<i>Serenoa repens</i>
Sage	<i>Salvia officinalis</i>
Self Heal	<i>Prunella vulgaris</i>
Skullcap	<i>Scutellaria laterifolia</i>
Solomon's Seal	<i>Polygonatum biflorum</i>
St. John's Wort	<i>Hypericum perforatum</i>
Teasel	<i>Dipsacus</i> spp.
Thyme	<i>Thymus vulgaris</i>
Tulsi / holy basil	<i>Ocimum sanctum</i>
Turmeric	<i>Curcuma longa</i>
Valerian	<i>Valeriana officinalis</i>
Violet	<i>Viola sororia</i> , <i>V.odorata</i>
Yarrow	<i>Achillea millefolium</i>
Yellow Dock	<i>Rumex crispus</i>
Wild Cherry	<i>Prunus serotina</i>
Wild Yam	<i>Dioscorea villosa</i>