



ARBORVITAE

SCHOOL OF TRADITIONAL HERBALISM

ArborVitae Year Two Materia Medica

Agrimony	<i>Agrimonia eupatorium</i>
Aloe	<i>Aloe vera</i>
Arborvitae	<i>Thuja occidentalis</i>
Arnica	<i>Arnica</i> spp.
Artichoke leaf	<i>Cynara scolymus</i>
Barberry, Oregon Grape	<i>Berberis</i> spp.
Bee balm	<i>Monarda</i> spp.
Blueberry	<i>Vaccinium</i> spp.
Brahmi	<i>Bacopa</i> sp.
Bugleweed	<i>Lycopus</i> spp.
California poppy	<i>Eschscholzia californica</i>
Calamus	<i>Acorus calamus</i>
Cat's claw	<i>Uncaria tomentosa</i>
Celendine	<i>Chelidonium majus</i>
Chai hu	<i>Bupleurum</i>
Coltsfoot	<i>Tussilago farfara</i>
Cordyceps, Dong Chong Xia Cao	<i>Cordyceps sinensis</i>
Cornsilk	<i>Zea mays</i>
Corydalis, yan hu suo	<i>Corydalis yanhusuo</i>
Crampbark and blackhaw	<i>Viburnum opulus</i> ; <i>V. prunifolium</i>
Dang gui	<i>Angelica sinensis</i>
Eyebright	<i>Euphrasia</i> spp.
Fennel	<i>Foeniculum vulgare</i>
Fenugreek	<i>Trigonella foenum-graecum</i>
Figwort	<i>Scrophularia nodosa</i>
Kudzu	<i>Pueraria lobata</i>
Goji, gou qi zi	<i>Lycium chinensis</i>
Gotu kola	<i>Centella asiatica</i>
Gravelroot	<i>Eupatorium purpureum</i>

Ground ivy	<i>Glechoma hederacea</i>
Guggul	<i>Commiphora mukul</i>
Gymnema / gurmar	<i>Gymnema silvestre</i>
Honeysuckle	<i>Lonicera japonica</i>
Horse chestnut	<i>Aesculus hippocastanum</i>
Horseradish	<i>Armoracia rusticana</i>
Horsetail	<i>Equisetum arvense</i>
Indian pipe	<i>Monotropa uniflora</i>
Japanese knotweed	<i>Polygonum cuspidatum</i>
Juniper berry	<i>Juniperus communis</i>
Ladies mantle	<i>Alchemilla vulgaris</i>
Lobelia	<i>Lobelia inflata</i>
Maca	<i>Lepidium meyenii</i>
Maitake, hen of the woods	<i>Grifola umbellata</i>
Mimosa, silk tree	<i>Albizia julibrissin</i>
Myrrh	<i>Commiphora molmol</i>
Night blooming cactus	<i>Selenicereus grandiflorus</i>
Oak bark	<i>Quercus</i> spp.
Orange peel and other citrus	<i>Citrus aurantium</i> , <i>Citrus</i> spp.
Osha	<i>Ligusticum porterii</i>
Partidge berry	<i>Mitchella repens</i>
Passionflower	<i>Passiflora incarnata</i>
Peony root	<i>Paeonia alba</i>
Pipsissewa	<i>Chimaphila umbellata</i> and <i>C.maculata</i>
Poke	<i>Phytolacca americana</i>
Prickly ash	<i>Zanthoxylum</i> spp.
Pulsatilla	<i>Anemone pulsatilla</i>
Raspberry leaf	<i>Rubus idaeus</i> , <i>R.phoenicolaseus</i>
Redroot, NJ tea	<i>Ceanothus americanus</i>
Sarsaparilla	<i>Smilax</i> spp.
Sassafras	<i>Sassafras albidum</i>
Schisandra, wu wei zi	<i>Schisandra chinensis</i>
Shepherd's purse	<i>Capsella bursa-pastoris</i>
Shiitake	<i>Lentinula edodes</i>
Slippery elm	<i>Ulmus fulva</i>
Sumac, Staghorn	<i>Rhus hirta</i> (<i>Rhus typhina</i>)

Turkeytail	Trametes versicolor
Uva-ursi	Arctostaphylos uva-ursi
Wild indigo	Baptisia tinctoria
Wild lettuce	Lactuca spp.
Willow	Salix spp.
Witch hazel	Hamamelis virginiana