



# ARBORVITAE

## SCHOOL OF TRADITIONAL HERBALISM

*\* Herbs with asterisk = primary herbs to be covered in depth*

### ArborVitae Year One Materia Medica

HERB - ALPHABETICALLY BY COMMON NAME	BOTANICAL NAME
<b>Agrimony *</b>	Agrimonia eupatorium, Agrimonia spp.
<b>Angelica</b>	Angelica archangelica
<b>Ashwagandha *</b>	Withania somnifera
<b>Astragalus *</b>	Astragalus membranaceus
<b>Black Cohosh *</b>	Actaea racemosa
<b>Blue Vervain*</b>	Verbena hastata
<b>Borage *</b>	Borago officinalis
<b>Burdock *</b>	Arctium lappa
<b>Calendula</b>	Calendula officinalis
<b>Catnip *</b>	Nepeta cataria
<b>Cayenne</b>	Capsicum annum
<b>Chamomile *</b>	Matricaria recutita
<b>Chaga Mushroom *</b>	Inonotus obliquua
<b>Chaste tree *</b>	Vitex agnus-castus
<b>Chickweed</b>	Stellaria media
<b>Cinnamon *</b>	Cinnamomum verum; C.cassia
<b>Cleavers</b>	Galium aparine
<b>Comfrey *</b>	Symphytum officinale
<b>Dandelion *</b>	Taraxacum officinale
<b>Echinacea *</b>	Echinacea spp.
<b>Elder *</b>	Sambucus canadensis; S. nigra
<b>Elecampane *</b>	Inula helenium
<b>Eleuthero, 'Siberian Ginseng' *</b>	Eleutherococcus senticosus
<b>Fennel *</b>	Foeniculum vulgare
<b>Feverfew</b>	Tanacetum parthenium
<b>Garlic</b>	Allium sativum
<b>Gentian</b>	Gentiana lutea
<b>Ginger</b>	Zingiber officinale

<b>Ginkgo *</b>	Ginkgo biloba
<b>Ginseng / Asian &amp; American Panax spp. *</b>	Panax ginseng, P. quinquefolium
<b>Goldenseal *</b>	Hydrastis canadensis
<b>Hawthorn *</b>	Crataegus sp.
<b>Lavender</b>	Lavendula spp.
<b>Lemon Balm *</b>	Melissa officinalis
<b>Licorice *</b>	Glycyrrhiza spp.
<b>Linden *</b>	Tilia cordata; Tilia spp.
<b>Kava *</b>	Piper methysticum
<b>Meadowsweet *</b>	Filipendula ulmaria
<b>Milk Thistle *</b>	Silybum marianum
<b>Marshmallow *</b>	Althaea officinalis
<b>Mint *</b>	Mentha spp.
<b>Motherwort *</b>	Leonurus cardiaca
<b>Mugwort *</b>	Artemesia vulgaris
<b>Mullein *</b>	Verbascum thapsus
<b>Nettles *</b>	Urtica dioica
<b>Oats *</b>	Avena sativa
<b>Plantain</b>	Plantago major, P.lanceolata
<b>Red Clover *</b>	Trifolium pratense
<b>Reishi *</b>	Ganoderma spp.
<b>Rose Root, Rhodiola *</b>	Rhodiola rosea
<b>Rose *</b>	Rosa spp.
<b>Rosemary</b>	Rosmarinus officinalis
<b>Saw Palmetto *</b>	Serenoa repens
<b>Sage *</b>	Salvia officinalis
<b>Skullcap *</b>	Scutellaria lateriflora
<b>Solomon's Seal</b>	Polygonatum biflorum
<b>Saint John's Wort</b>	Hypericum perforatum
<b>Thyme *</b>	Thymus vulgaris
<b>Tulsi / Holy Basil *</b>	Ocimum sanctum
<b>Turmeric *</b>	Curcuma longa
<b>Valerian *</b>	Valeriana officinalis
<b>Yarrow</b>	Achillea millefolium
<b>Yellow Dock *</b>	Rumex crispus
<b>Wild Cherry *</b>	Prunus serotina
<b>Wild Yam *</b>	Dioscorea villosa

## ArborVitae Year Two Materia Medica

<b>Aloe *</b>	Aloe vera
<b>Artichoke Leaf *</b>	Cynara scolymus
<b>Barberry and Oregon Grape *</b>	Berberis spp.
<b>Bee Balm, Sweet Leaf *</b>	Monarda spp.
<b>Blueberry *</b>	Vaccinium spp.
<b>Boneset *</b>	Eupatorium perfoliatum
<b>Brahmi</b>	Bacopa sp.
<b>California Poppy *</b>	Eschscholzia californica
<b>Calamus *</b>	Acorus calamus
<b>Calendula *</b>	Calendula officinalis
<b>Catnip *</b>	Nepeta cataria
<b>Celandine *</b>	Chelidonium majus
<b>Chai hu *</b>	Bupleurum
<b>Cordyceps, Dong Chong Xia Cao *</b>	Cordyceps sinensis
<b>Cornsilk *</b>	Zea mays
<b>Crampbark and Blackhaw *</b>	Viburnum opulus; V. prunifolium
<b>Dang gui, 'Chinese Angelica' *</b>	Angelica sinensis
<b>Fennel *</b>	Foeniculum vulgare
<b>Fenugreek</b>	Trigonella foenum-graecum
<b>Feverfew</b>	Tanacetum parthenium
<b>Garlic *</b>	Allium sativum
<b>Ghost Pipe, Indian Pipe *</b>	Monotropa uniflora
<b>Goji, Wolfberry, Gou Qi Zi *</b>	Lycium chinensis
<b>Gotu Kola *</b>	Centella asiatica
<b>Gravelroot</b>	Eupatorium purpureum
<b>Ground Ivy *</b>	Glechoma hederacea
<b>Gymnema / Gurmar</b>	Gymnema silvestre
<b>Honeysuckle *</b>	Lonicera japonica
<b>Horehound</b>	Marrubium vulgare
<b>Horse Chestnut *</b>	Aesculus hippocastanum
<b>Horseradish *</b>	Armoracia rusticana
<b>Horsetail *</b>	Equisetum arvense
<b>Japanese Knotweed *</b>	Polygonum cuspidatum
<b>Juniper *</b>	Juniperus communis
<b>Ladies Mantle *</b>	Alchemilla vulgaris
<b>Lobelia *</b>	Lobelia inflata
<b>Maca *</b>	Lepidium meyenii

<b>Mimosa, Silk Tree *</b>	<i>Albizia julibrissin</i>
<b>Mushrooms: Maitake, Turkey Tail, Shiitake *</b>	<i>Grifola umbellata</i> , <i>Trametes versicolor</i> , <i>Lentinus edodes</i>
<b>Night Blooming Cactus *</b>	<i>Selenicereus grandiflorus</i>
<b>Oak Bark *</b>	<i>Quercus</i> spp.
<b>Orange Peel and other Citrus *</b>	<i>Citrus aurantium</i> , <i>Citrus</i> spp.
<b>Partridge Berry</b>	<i>Mitchella repens</i>
<b>Peony Root *</b>	<i>Paeonia alba</i>
<b>Pipsissewa</b>	<i>Chimaphila umbellata</i> and <i>C. maculata</i>
<b>Poke *</b>	<i>Phytolacca americana</i>
<b>Prickly Ash *</b>	<i>Zanthoxylum</i> spp.
<b>Raspberry *</b>	<i>Rubus idaeus</i> , <i>R. phoenicolaseus</i>
<b>Redroot, New Jersey Tea *</b>	<i>Ceanothus americanus</i>
<b>Sarsaparilla *</b>	<i>Smilax</i> spp.
<b>Sassafras</b>	<i>Sassafras albidum</i>
<b>Schisandra, Wu Wei Zi *</b>	<i>Schisandra chinensis</i>
<b>Slippery Elm *</b>	<i>Ulmus fulva</i>
<b>Sumac, Staghorn *</b>	<i>Rhus hirta</i> ( <i>Rhus typhina</i> )
<b>Teasel</b>	<i>Dipsacus</i> spp.
<b>Violet</b>	<i>Viola odorata</i> , <i>V. sororia</i>
<b>Wild Lettuce *</b>	<i>Lactuca</i> spp.
<b>Willow *</b>	<i>Salix</i> spp.
<b>Witch Hazel *</b>	<i>Hamamelis virginiana</i>

### **ArborVitae Year Three Materia Medica**

<b>Anise Hyssop</b>	<i>Agastache foeniculum</i>
<b>ArborVitae *</b>	<i>Thuja occidentalis</i>
<b>Arnica *</b>	<i>Arnica</i> spp.
<b>Balloon Flower *</b>	<i>Platycodon grandiflorus</i>
<b>Black Walnut *</b>	<i>Juglans nigra</i>
<b>Blue Flag</b>	<i>Iris versicolor</i>
<b>Bugleweed</b>	<i>Lycopus</i> spp.
<b>Cat's Claw</b>	<i>Uncaria tomentosa</i>
<b>Chinese Sage, Dan Shen *</b>	<i>Salvia miltiorrhiza</i>
<b>Chinese Skullcap, Huang Qin *</b>	<i>Scutellaria baicalensis</i>
<b>Chrysanthemum *</b>	<i>Chrysanthemum morifolium</i> ( <i>Dendranthema</i> m.)
<b>Codonopsis, Dang Shen *</b>	<i>Codonopsis pilosula</i>
<b>Coltsfoot</b>	<i>Tussilago farfara</i>
<b>Corydalis, Yan Hu Suo *</b>	<i>Corydalis yanhusuo</i>

<b>Damiana *</b>	Turnera diffusa
<b>Devil's Claw *</b>	Harpagophytum procumbens
<b>Devil's Club *</b>	Oplonanax horridus
<b>Dodder *</b>	Cuscuta spp.
<b>Evening Primrose *</b>	Oenothera biennis
<b>Eyebright</b>	Euphrasia spp.
<b>Figwort</b>	Scrophularia nodosa
<b>Fringe tree</b>	Chionanthus virginicus
<b>Gravelroot</b>	Eupatorium purpureum
<b>Guggul and Myrrh *</b>	Commiphora mukul, C. molmol
<b>Gymnema, Gurmar *</b>	Gymnema silvestre
<b>He Shou Wu *</b>	Polygonum multiflorum
<b>Hibiscus *</b>	Hibiscus sabdariffa
<b>Hops *</b>	Humulus lupulus
<b>Hydrangea</b>	Hydrangea arborescens
<b>Hyssop</b>	Hyssopus officinalis
<b>Isatis, Woad</b>	Isatis tinctoria
<b>Jamaica Dogwood *</b>	Piscidia erythrina, P. piscipula
<b>Kudzu *</b>	Pueraria lobata
<b>Lion's Mane, Oyster mushrooms</b>	Hericium spp, Pleurotus spp.
<b>Mulberry *</b>	Morus alba
<b>Nutmeg *</b>	Myristica spp.
<b>Osha</b>	Ligusticum porterii
<b>Passionflower *</b>	Passiflora incarnata
<b>Pine *</b>	Pinus spp.
<b>Prince Root, Prince Seng *</b>	Pseudostellaria
<b>Pulsatilla, Wind Flower *</b>	Anemone pulsatilla
<b>Rue *</b>	Ruta graveolens
<b>Self Heal *</b>	Prunella vulgaris
<b>Shepherd's Purse</b>	Capsella bursa-pastoris
<b>Sweet Annie</b>	Artemisia annua
<b>Usnea</b>	Usnea spp.
<b>Uva-ursi</b>	Arctostaphylos uva-ursi
<b>Seaweeds *</b>	Various spp.
<b>Spikenard</b>	Aralia racemosa
<b>Wild Indigo *</b>	Baptisia tinctoria
<b>Wood Betony *</b>	Stachys officinalis
<b>Wormwood *</b>	Artemisia absinthium