

Herb Name	Antiseptic	Asthma	Burns	Colds	Constipation	Coughs	Cuts & Wounds	Diarrhea	Eczema	Headaches	Indigestion	Inflammation	Insect Bites	Insomnia	Nausea	Sedative	Sore Joints	Sore Throats	Vomiting
<i>Achillea millefolium</i> Yarrow				X		X		X		X							X	X	
<i>Agave americana</i> Agave			X		X						X								
<i>Agrimonia eupatoria</i> Agrimony								X	X								X	X	
<i>Allium sativum</i> Garlic	X			X		X			X										
<i>Aloe vera</i> syn. <i>A. barbadensis</i> Aloe			X		X				X										
<i>Aloysia triphylla</i> Lemon verbena				X							X								
<i>Alpinia galanga</i> Galangal									X		X				X		X		
<i>Althaea officinalis</i> Marsh mallow		X				X						X	X		X			X	
<i>Anethum graveolens</i> Dill											X								
<i>Angelica archangelica</i> Angelica						X					X						X		
<i>Anthriscus cerefolium</i> Chervil									X								X		
<i>Arctium lappa</i> Burdock			X	X					X								X		
<i>Artemisia absinthium</i> Wormwood											X		X						X
<i>Artemisia dracuncululus</i> Tarragon, French											X						X		
<i>Avena sativa</i> Oats									X			X				X			
<i>Azadirachta indica</i> Neem									X								X		
<i>Betula</i> spp. Birch									X								X		
<i>Baraga officinalis</i> Borage				X	X				X	X								X	
<i>Brassica</i> spp. Mustard				X		X				X							X		

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<i>Calendula officinalis</i> Calendula	x						x		x			x							
<i>Camellia sinensis</i> Tea							x	x				x							
<i>Cannabis sativa</i> Hemp					x									x	x				x
<i>Capparis spinosa</i> Caper						x		x									x		
<i>Capsicum annum</i> Pepper		x		x						x									
<i>Carum carvi</i> Caraway								x		x				x					
<i>Ceanothus americanus</i> New Jersey tea				x		x												x	
<i>Centaurea cyanus</i> Cornflower							x												
<i>Centella asiatica</i> Gotu kola							x										x		
<i>Chaenomeles speciosa</i> Flowering quince										x							x		x
<i>Chamaemelum nobile</i> Chamomile, Roman		x							x	x	x			x					x
<i>Chrysanthemum parthenium</i> (<i>Tanacetum parthenium</i>) Feverfew										x	x		x				x		
<i>Citrus aurantiifolia</i> Lime				x		x		x		x						x		x	
<i>Citrus limon</i> Lemon				x		x			x	x							x		
<i>Coffea arabica</i> Coffee			x												x				x
<i>Coriandrum sativum</i> Cilantro (coriander)											x						x		
<i>Cuminum cyminum</i> Cumin										x	x								
<i>Curcuma longa</i> Turmeric							x				x								

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<i>Cymbopogon citratus</i> Lemongrass				X			X			X									
<i>Dendranthema x grandiflorum</i> Chrysanthemum				X		X				X									
<i>Echinacea purpurea</i> Echinacea	X			X		X	X		X										
<i>Elettaria cardamomum</i> Cardamom										X				X					X
<i>Eucalyptus</i> spp. Eucalyptus	X			X		X	X	X									X		
<i>Eupatorium perfoliatum</i> Boneset				X		X			X									X	
<i>Ferula assa-foetida</i> Asafetida		X				X				X							X		
<i>Filipendula ulmaria</i> Meadowsweet				X				X									X		
<i>Foeniculum vulgare</i> Fennel					X					X								X	X
<i>Fragaria vesca</i> Wild strawberry			X					X	X	X									
<i>Galium odoratum</i> Sweet woodruff											X		X						
<i>Gardenia augusta</i> Gardenia							X				X								
<i>Gentiana lutea</i> Great Yellow Gentian										X				X					
<i>Geranium Robertianum</i> Herb Robert							X	X	X		X							X	
<i>Ginkgo biloba</i> Ginkgo		X				X													
<i>Glycyrrhiza glabra</i> Licorice		X		X	X	X			X								X		
<i>Hamamelis virginiana</i> Witch hazel			X					X			X	X						X	
<i>Humulus lupulus</i> Hop									X	X			X		X				
<i>Hypericum perforatum</i> St John's wort			X				X						X						

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<i>Hyssopus officinalis</i> Hyssop			X	X		X	X								X				
<i>Iris</i> 'Florentina' Orris				X			X	X											
<i>Juglans regia</i> Walnut		X			X	X			X										
<i>Laurus nobilis</i> Bay, sweet	X									X						X			
<i>Leptospermum scoparium</i> New Zealand tea tree	X					X	X	X	X			X							
<i>Levisticum officinale</i> Lovage										X							X		
<i>Magnolia officinalis</i> Magnolia		X				X		X											X
<i>Marrubium vulgare</i> Horehound		X		X		X								X					X
<i>Melissa officinalis</i> Lemon balm				X						X	X	X	X	X	X	X	X		X
<i>Mentha spp.</i> Mint			X	X		X			X	X	X			X			X	X	X
<i>Monarda didyma</i> Bee balm (bergamot)				X					X	X	X						X		
<i>Murraya koenigii</i> Curry leaf					X			X											
<i>Myristica fragrans</i> Nutmeg								X		X			X						X
<i>Nasturtium officinale</i> Watercress						X		X									X		
<i>Nepeta cataria</i> Catnip				X		X		X		X			X						
<i>Ocimum basilicum</i> Basil, sweet				X				X	X			X	X	X	X	X	X		
<i>Oenothera biennis</i> Evening primrose		X						X									X		
<i>Origanum majorana</i> Marjoram, sweet										X	X		X				X		
<i>Origanum vulgare</i> Oregano		X		X		X											X		

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<i>Paeonia lactiflora</i> Peony									X										
<i>Panax ginseng</i> Ginseng														X					
<i>Passiflora incarnata</i> Passionflower		X								X				X					
<i>Piper longum</i> Long pepper		X				X				X	X						X		X
<i>Portulaca oleracea</i> Purslane			X						X				X						
<i>Rosmarinus officinalis</i> Rosemary	X			X			X			X	X						X		
<i>Ruta graveolens</i> Rue	X								X								X		
<i>Sanguinaria canadensis</i> Bloodroot						X				X								X	
<i>Santolina chamaecyparissus</i> Santolina							X		X		X		X						
<i>Symphytum officinale</i> Comfrey			X			X	X		X								X		
<i>Thymus vulgaris</i> Thyme	X	X				X		X									X	X	
<i>Trigonella foenum-graecum</i> Fenugreek						X			X		X						X		
<i>Urtica dioica</i> Stinging nettle			X						X				X				X		
<i>Zingiber officinale</i> Ginger				X		X		X			X				X		X		X