

# MEDICINAL PLANT NAMES

## - SAMPLE EXCERPT -

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## Introduction

This book is in two parts. **Part I** of this sample lists 81 of the 700 medicinal plants in the full book. These are followed by their botanical name, family name, foreign names, and other various names. Summaries of each medicinal plant are included for most of these plants.

**Part II** (page 18) will help find the common name of medicinal plants from an alternate name. This sample lists over 1100 of the 7930 names in the full book. Names including foreign, ethnic, alternate, botanical, and family names of medicinal plants are translated to the common name. The names are drawn from hundreds of books and other references from 35 different countries (see references page 41). Once a name has been translated into a common name, the common name can be looked up in **Part I**. In this electronic book, you may use the find feature (an icon like binoculars) to quickly go to any word or phrase.

Medicinal plants are now becoming more widely used by people all over the world. People understand the gentle strength of natural remedies. Doctors and scientists are validating the wisdom of traditional use. Because of the varied history of medicinal plants, the multitude of names has grown confusing. This cross-reference will help you to find the right plants. My hope is that this cross-reference will help people and professionals find medicinal plants that will heal.

In my 21 years of assembling a large database of alternative remedies I have often struggled with these names. It can take hours of research to learn if two different names belong to the same plant. Chinese names are especially difficult because of the different translations. For example, Dong Quai is known as *Tang Kuei*, *Dan Gui*, *Dang Quai*, *Tang Kwei* or *Tang Kuei*. The botanical name can be listed as *Angelica Sinensis*, *Angelica Acutiloba*, *Angelica Polymorpha* or *Aralia Edulis*. Even though some of these names may not use the latest terminology, to understand the texts that the references come from, the names need to be translated.

This name cross-reference is needed by doctors, sellers of medicinal plant products, nurses, librarians, researchers, schools, herbalists, and the public. One of the problems with traditional knowledge about medicinal plants is the lack of standardization of names. For most plants, there are many common names, foreign names, slang names, and alternate names. There is often more than one botanical name. Botanical family names help to differentiate between confusing common names.

This information was assembled from the master database, *Natural Healing Solutions*, available from [www.NaturalHealthWizards.com](http://www.NaturalHealthWizards.com). Although I do give a reference list in the back of this book, I recommend *Natural Healing Solutions* for its 122,000 detailed footnotes. The footnotes would make this volume unreadable and unwieldy if each were included.

# Part I

## Medicinal Plants and their Names

### Paederia Foetida

PAEDERIA FOETIDA is known by the following names: Chinese Flower Plant, Gandha Bhadulia - Bengali, Gandhali - Hindi, Gundali - Hindi, King's Tonic, Paederia Foetida, Prasarani - Sanskrit, Prasarni and Somraji - Sanskrit.

### Palma Rosa Oil

PALMA ROSA OIL is known by the following names: Cymbopogon Martini, Mao Hsiang - China, Palma Rosa Oil and Palmaroza - Turkey.

### Pansy

**Summary:** Pansy- Viola Tricolor- used as a remedy for epilepsy and asthma. Its properties are similar to the violet and it is considered to be beneficial in diseases of the heart and inflammation of the lungs and heart. Use caution as one author refers to it as poisonous. Major constituents: violine, mucilage, resin, sugar, salicylic acid and a bitter principle.

PANSY is known by the following names: Viola Tricolor. Field Pansy, Heartsease, Hercai Menekse - Turkey, Pansy, Pansy - Eurasia, Pansy - United States, Sansiki-sumire, Stiefmutterchen - Germany, Trinitaria - Spain, Viola Tricolor Arvensis, Viola Tricolor Vulgaris, Violaceae Family and Wild Pansy.

### Parsley

**Summary:** Parsley- Petroselinum Sativum- native to the eastern Mediterranean. Part used: root, seeds and leaf. The seeds are most potent and used for promoting milk flow. Used as a natural diuretic, carminative, antiseptic, expectorant, antirheumatic and sedative. Valuable for spasms and as a mild laxative. The flavonoids of parsley are anti-inflammatory. Major constituents: starch, mucilage, sugar, volatile oil and apiin.

PARSLEY is known by the following names: Parsley, Petroselinum Sativum, Apiaceae/umbelliferae, Apium Petroselinum, Carrot Family, Carum Petroselinum, Garden Parsley, Madanos - Iraq, Petroselinum Sativum, Petroselinum Sp., Petroselinum Sativum, Rock Parsley and Umbelliferae Family.

### Parsley Oil

PARSLEY OIL is known by the following names: Parsley Oil, Perejil - Spain, Petroselinum Hortense and Petroselinum Sativum.

### Pashana Bheda

PASHANA BHEDA is known by the following names: Bergenea Ligulata, Pashana Bheda, Pashanbheda and Saxifragaceae Family.

## Passion Flower

**Summary:** Passion Flower- Passiflora Incarnata- best used to help with sleep. If the fresh flowers are available, float them on water next to the bed for a wonderful sleep. A depressant to the motor side of the spinal cord. Slightly reduces arterial pressure while it increases the rate of respiration. Used to treat diarrhea, dysentery, neuralgia, sleeplessness and dysmenorrhea. Major constituents: passiflorine which is similar to morphine.

PASSION FLOWER is known by the following names: Passiflora Incarnata, Passion Flower. Caerulea, Carkifelek - Turkey, Charkhi Felek - Turkey, Maypop, Maypop - United States, Maypop Passionflower - Bermuda, Passiflora Quadrangularis, Passiflora Sp., Passifloraceae Family, Saat Gulu - Turkey, Ward Assaah - Iraq and Zahril Aalaam - Iraq.

## Patchouli

**Summary:** Patchouli- Pogostemon Patchouli- used for diarrhea and nausea. Helpful with colds and fever. It causes loss of appetite, loss of sleep and can cause nervous attacks. Also used as an insect repellent. Major constituents: coerulein, stearoptene and cadinene.

PATCHOULI is known by the following names: Pogostemon Cablin. Agastache Rugosa Seu, Agastache Rugosus, Aromatic Bean Leaf, Herba Agastchis, Huoxiang, Kawa-midori, Korean Mint, Labiatae Family, Patchouli, Patchouly - Malaya, Sion and Sister-in-law's Mint.

## Patchouli Oil

PATCHOULI OIL is known by the following names: Indrannanes - Malaysia, Kattam - India, Labiatae Family, Patchouli Oil, Patyori, Pogostemon Patchouli, Puchaput - India and Sion.

## Pau D'arco

**Summary:** Pau D'arco- Tabebuia Avellinada- a immune system enhancer, especially for fungus. Used to treat parasites, age spots, arthritis, cancer, eczema, fever, immune deficiency, inflammation and toxemia. An antibiotic, alterative, bitter, antifungal, antipyretic for fevers, astringent and digestive. Major constituents: sitosterol, lapachol and chrysophanic acid.

PAU D'ARCO is known by the following names: Pau D'arco, Tabebuia Avellanadae. Bignoniaceae Family, Bigoneaceae Family, Ipe Roxo, Lapacho, N.o. Bignoneaceae, Ochracea, Tabebuia Avellenada, Tabebuia Cassinoides, Tabebuia Ipe and Tahebo.

## Peach Bark

**Summary:** Peach Bark- Prunus Persica- helpful with water retention and other kidney problems. Used as a

sedative, diuretic and expectorant. Major constituents: cyanogenetic glycosides.

PEACH BARK is known by the following names: Peach, Peach Bark, Prunus Persica and Rosaceae Family.

## **Peach Seed**

**Summary:** Peach Seed- Prunus Persica- peach seeds express an oil useful as an emollient. Major constituents: glycerides of oleic acid with some palmitic and stearic glycerides, benzaldehyde and cyanhydrin.

PEACH SEED is known by the following names: Momo - Japan, Khokh - Iraq, Melocotonero - Spain, P Daudi, Peach - Kentucky, Peach - United States, Peach Kernel, Peach Seed, Pecher - France, Persica, Pesco - Italy, Prunus Persica, Prunus Persica ( L.) Batsch., Rosaceae, Rosaceae Family, Seftali Agaci - Turkey, Semen Persicae, Sheftali - Turkey, Tao - China, Tao Pi Chiu - China, Toin - Korean and Tonin - Japanese.

## **Pellitory of The Wall**

**Summary:** Pellitory of The Wall- Parietaria Officinalis- native to Europe, including Britain. A diuretic and demulcent. Used to treat cystitis, pyelitis and dysuria as well as kidney stones. Major constituents: flavonoids, glucosides and rhamnosides of quercetin, kaempferol and isorhamnetin.

PELLITORY of THE WALL is known by the following names: Parrietoria Officinalis, Pellitory of The Wall and Urticaceae Family.

## **Pennyroyal**

**Summary:** Pennyroyal- Mentha Pulegium- common to Britain, France and Germany. A carminative, diaphoretic, stimulant and emmenagogue. Used to treat colds, colic and dyspepsia. The oil is an insect repellent. The oil has been used to cause abortion. This is very dangerous and deaths have resulted. Major constituents: volatile oil, bitters and tannins.

PENNYROYAL is known by the following names: Mentha Pulegium, Pennyroyal. European Pennyroyal - Europe, Hedeoma Pulegiodes, Labiatae Family, Po Ho - China, Poleo - Chile, Poleo - Spain and Yarpuz - Turkey.

## **Peony - White**

PEONY - WHITE is known by the following names: Byakushaku - Japanese, Paekchak - Korean, Paeonia Lactiflora Pall., Peony - White, Radix Paeoniae and White Peony.

## **Peony Root**

**Summary:** Peony Root- Paeonia Officinalis- an antispasmodic, astringent, analgesic and tonic. Used for its smooth muscle relaxant activity. It also acts as a vasodilator and depresses the CNS. It is an anti-inflammatory, an antiviral and an immunostimulant. Major constituents: monoterpenoid glycosides, benzoic acid and pentagalloyl glucose.

PEONY ROOT is known by the following names: *Paeonia Officinalis*. Mu Shao Yao - China, *Paeonia Brownii*, *Paeonia Californica*, Peonia - Europe, Peonia - Spain, Peony Root, Ranunculaceae Family, Sakayik - Turkey and Yoshu-syakuyaku.

## Peony Root - Red

PEONY ROOT - RED is known by the following names: Chokchak - Korean, *P. lactiflora* Pall., *P. obovata* Maxim. - Also Used, *Paeonia veitchii* Lynch, Peony Root - Red, *Radix Paeoniae Rubrae*, Ranunculaceae and Red Peony Root.

## Peppermint

**Summary:** Peppermint- *Mentha piperita*- one of the best things for nausea. A carminative, diaphoretic and antiseptic. Helpful with mild spasms, colic, fever, headache and nervousness. Used to treat coughs and colds; a powerful antiviral. Major constituents: essential oil, flavonoids, rosmarinic acid, azulenes, choline and carotenes.

PEPPERMINT is known by the following names: *Mentha piperita*, Peppermint, Labiatae Family. Adi Nane - Turkey, Ba He, Balm Mint, Brandy Mint, Curled Mint, Horsemint - *Mentha arvensis*, Lamb Mint, Menta - Chile, Menta - Spain, *Mentha aquatica* - Water Mint Variation, *Mentha crispa* - a Curly Variant, *Mentha montana* - Egypt, *Mentha silvestris* - Horse Mint Variant, *Mentha sp.*, *Mentha viridis* - Sister Plant, *Mentha viridis* (Spearmint), Menthe - Haiti, Midori-hakka, Mint, Mintfield - UK - Wales, Minthorse - United Kingdom, Mintroman - Europe, Nane - Turkey, Peppermint - United States, Phudina, Po Ho - China, Spearmint, Spearmint - Sister Plant and Water Mint - a Cheaper Inferior Leaf.

## Peppermint Oil

PEPPERMINT OIL is known by the following names: Labiatae Family, *Mentha piperita* and Peppermint Oil.

## Periwinkle

**Summary:** Periwinkle- *Vinca major*- an astringent and an antihemorrhagic. It is used to treat nose bleeds, mouth ulcers and sore throats. Contraindicated with brain tumors and intracranial pressure. Major constituents: indole alkaloids and tannins.

PERIWINKLE is known by the following names: Apocynaceae Family, Cezayirmeneksesi - Turkey, Common Periwinkle - Eurasia, Lesser Periwinkle, Periwinkle, *Vinca minor* and *Vincapervinca* - Spain.

## Persimmon Calyx

**Summary:** Persimmon Calyx- *Calyx Diospyros*- an astringent and a carminative. Used to treat constipation, diarrhea, dysentery, hiccoughs and hemorrhoids. Major constituents: quercetin, arabinose, lycopene and lanthanum.

PERSIMMON CALYX is known by the following names: Persimmon Calyx. *Calyx Diospyri Kaki*, Calyx

Diospyros Kaki, Diospyros Kalci L., Ebenaceae, Ebinaceae Family, Kaki, Shitei - Japanese and Sije - Korean.

## **Petitgrain Oil**

PETITGRAIN OIL is known by the following names: Citrus Aurantium and Petitgrain Oil.

## **Pimento Oil**

PIMENTO OIL is known by the following names: Pimenta Officinalis and Pimento Oil.

## **Pimpinella**

**Summary:** Pimpinella- Pimpinella Saxifragus- reported to be antiseptic, antispasmodic, aphrodisiac and fungicidal. Used to treat asthma, bronchitis, coughs and insomnia. Major constituents: anethole, coumarins, creosol and acetaldehyde.

PIMPINELLA is known by the following names: Black Caraway - Mediterranean, Burnet Saxifrage, Burnet Saxifrage - Germany, Carrot Family, Kucuk Pimpinella - Turkey, Perzin Dboc - Belgium, Pimpinela Blanca - Spain, Pimpinela Negra - Spain, Pimpinella, Pimpinella Magna - Equally Useful, Pimpinella Saxifraga, Pinpinera and Umbelliferae Family.

## **Pine**

**Summary:** Pine- Pinus Spp.- a diuretic and irritant. Brings blood to the skin. A valuable remedy in bladder, kidney and rheumatic affections. Major constituents: tannic acid, larixinic acid and turpentine.

PINE is known by the following names: Colophonium - Finland, Knotty Pine Wood, Lignum Pini Nodi, Pinaceae, Pinaceae Family, Pine, Pinus Sylvestris, Pinus Tabulaeformis, Scotch Pine - Eurasia, Shosetsu - Japanese and Songhwa - Korean.

## **Pine Needle Oil**

PINE NEEDLE OIL is known by the following names: Abies Sibirica Ledeb, Pinaceae Family, Pine Needle Oil, Pine Oil, Pinus Sylvestris and Scots Pine.

## **Pineapple Mayweed**

**Summary:** Pineapple Mayweed- Matricaria Discoidea- a carminative, vermifuge and antispasmodic. Used to treat roundworms, threadworms and whipworms. Major ingredients: a greenish volatile oil.

PINEAPPLE MAYWEED is known by the following names: Kopf Kamille - German, Matricaria Discoidea, Matricaria Matricariodes, Pineapple Mayweed and Pineapple Weed - English.

## **Pinellia**

PINELLIA is known by the following names: Araceae, Panha - Korean, Pinellia, Pinellia Rhizome, Pinellia Ternata ( Thunb.) Breit. and Rhizoma Pinelliae Ternatae.

## **Pink Root**

**Summary:** Pink Root- *Spigelia Marilandica*- used medicinally for roundworms and tapeworms, taken as an infusion morning and evening with a purgative such as senna. May cause toxic reactions, be cautious and always follow up with a laxative. Major constituents: spigeleine, essential oil and tannin.

PINK ROOT is known by the following names: Loganiaceae Family, Pink Root, Pinkroot - United States, *Spicelia* - Turkey and *Spigelia Marilandica*.

## **Pippli Long Pepper**

**Summary:** Pippli Long Pepper- *Piper Longum*- an aromatic, stimulant and carminative. Used for bronchitis, cough, asthma and dysentery. Aids digestion, corrects flatulence and nausea. Major constituents: piperine and a volatile oil.

PIPPLI LONG PEPPER is known by the following names: *Piper Longum*. Bi Bo, *Chavica Roxburgii*, *Fructus Piperis Longi*, Hihatsu - Japanese, Indian Long Pepper, Long Pepper - Asia, Long Pepper Fruit, P'ilhal - Korean, Pepperlong - India, Pi Po - China, Pi Po Li - China, Pi Po Mu - China, *Piper Longum L.*, Piperaceae, Piperaceae Family, Pipli, Pippali, Pippli, Pippli Long Pepper, Trikana and Uzun Biber - Turkey.

## **Pipsissewa**

**Summary:** Pipsissewa- *Chimaphila Umbellata*- a diuretic, astringent, alterative, hypoglycemic and tonic. Used in kidney disorders and rheumatism. Major constituents: quinones, flavonoids, triterpenes, methyl salicylate and tannins.

PIPSISSEWA is known by the following names: Ericaceae Family, Pipsissewa. *Chimaphila Sp.*, *Chimaphila Umbellata*, *Chimaphilla Umbellata*, In-winter, King Cure, Prince's Pine and Rheumatism Weed.

## **Plantain**

**Summary:** Plantain- *Plantago Major*- an anti-inflammatory, antimicrobial, diuretic and antihemorrhagic. It stimulates the secretion of uric acid by the kidneys. Widely used for diarrhea, bruises and hemorrhoids. Plantain is used widely in chinese medicine to treat urinary diseases, ulcers, hepatitis and other conditions. Major constituents: iridoids, flavonoids, tannin, oleanolic acid, hydroxycinnamic and benzoic acid.

PLANTAIN is known by the following names: *Plantago Major*, Plantain, Plantaginaceae Family, *Plantago Asiatica*, Plantain - Haiti. Adhan as Sakhlah - Iraq, *Arnoglossa* - United Kingdom, Asiatic Plantain, Bazir Dam Bil - Iraq, Buyuk Sinirliot - Turkey, Cart-tract Plant, Che Chien - China, Cheqian, Dar Yaprakli Sinirliot - Turkey, Gechi Qulaghi - Turkey, *Herba Plantaginis*, Lisan Al Hamal - Iraq, Llanten - Canary Isles, Llanten - Chile, Llanten - Dominican Republic, Llanten - Ecuador, Llanten - Panama, Llanten - Peru, Llanten - Venezuela, Llanten Mayor - Spain, Llanten Menor - Spain, P Lanceolate, Plant Before Cart, *Plantago Asiatica L.*, *Plantago Depressa*, *Plantago Lanceolata*, *Plantago Psyllium*, Plantago Seeds, Plantago Species,

Plantain - Europe, Plantain - Iran, Plantain - Poland, Plantain Family, Psillium Seeds, Ribwort, Ribwort - UK - Wales, Ribwort Plantain, Ripplegrass, Sei Ohr Re - Pennsylvania, Semen Plantaginis, Shazenshi - Japanese, Snakeweed, Tarkuz - Kurdistan, Udhainat as Sakhalah - Iraq, Way Bread, Waybread, Wegerlich - Germany, White Manfoot and Zibad - Iraq.

## **Platycodon**

**Summary:** Platycodon- Platycodon Grandiflorum- a “lung” herb. An astringent, expectorant, analgesic and sedative. Used to treat coughs, bronchitis, cancer, fever and flu. Major constituents: inulin, xylose and saponin.

PLATYCODON is known by the following names: Chieh Keng - China, Kikyoo - Japan, Platycodon. Campanulaceae, Campanulaceae Family, Kikyo - Japanese, Kilgyong - Korean, Ku Chieh Keng - China, Lu Tou - China, Platycodon Grandiflorum, Platycodon Grandiflorum ( Jacq.) A. Dc., Radix Platycodi Grandiflori and Root of The Balloon Flower.

## **Pleurisy Root**

**Summary:** Pleurisy Root- Tuberos Swallowwort- a cardiac, tonic, carminative, expectorant and diuretic. Used to treat bronchitis, colds, flu, fever and spasms. Major constituents: asclepiadine, bitter principal, essential oil, resin and sterol.

PLEURISY ROOT is known by the following names: Asclepias Tuberosa, Asclepiadaceae Family, Pleurisy Root. Antelope Horns, Asclepiade Tubereux - French, Asclepias Sp., Asclepideceae Family, Butterfly, Butterfly Weed, Colic Root, Haw, Knollige Schwalbenwurz - German, Knollige Seidenpflanze - German, Knollseidenwurz - German, Knolzijdewortel - Dutch, Milkweed, Orange Milkweed, Pleurisy Root - United States, Pleurisyroot - South Carolina, Swallow-wort, Tuberos Swallowwort - United States and Yanagi-towata.

## **Poison Oak**

**Summary:** Poison Oak- Toxicodendrom Diversilobium- a contact allergen, causes sensitization on initial exposure and dermatitis of varying severity on subsequent exposure. Used homeopathically, see rhus tox. Major constituents: urushiols, pentadecylcatechols and heptadecylcatechols.

POISON OAK is known by the following names: Anacardiaceae Family, Poison Ivy, Poison Oak and Rhus Toxicodendron.

## **Poke Root**

**Summary:** Poke Root- Phytolacca Decandra- a slow emetic and purgative with narcotic properties. As an alterative it is used for cancer, tumors, lymphatic congestion and granular conjunctivitis. Use with caution, it is very strong and irritating. Take occasionally only, fluid loss is possible. Major constituents: phytolaccic acid, tannin, bitter resin and phytolaccin.

POKE ROOT is known by the following names: Poke Root. P. Esculenta, Phytolacca, Phytolacca Acinosa Roxb., Phytolacca Sp., Phytolaccaceae, Phytolaccaceae Family, Phytolaccaceae Species, Pokeroot, Radix

Phytolaccae and Sangyuk - Korean.

## **Polygonatum**

POLYGONATUM is known by the following names: Liliaceae, Okchuk - Korean, Pluriflorum (Miq.), Polygonatum, Polygonatum Odoratum (Mill.) Druce Var., Polygonatum Officinale, Rhizoma Polygonati Odorati and Solomon's Seal Rhizome.

## **Polypody Fern Root**

**Summary:** Polypody Fern Root- Polypodium Vulgare- an expectorant and alterative. Used to treat coughs and chest disorders, as a tonic in dyspepsia and loss of appetite and as an alterative in skin diseases. Major constituents: saponin glycosides, phloroglucin derivatives, essential oil, fixed oil and tannin.

POLYPODY FERN ROOT is known by the following names: Kou Chi - China, Ku Sui Pu - China, Pespaye - Turkey, Polipodio - Spain, Polypodiaceae Family, Polypodium Vulgare, Polypody, Polypody - Europe, Polypody Fern Root and Shih Wei - China.

## **Pomegranate**

**Summary:** Pomegranate- Punica Granatum- an astringent herb used widely for dysentery and diarrhea. Also used for tapeworms. Major constituents: alkaloids and ellagitanins.

POMEGRANATE is known by the following names: Punica Granatum, An Shih Liu - China, Grenadier - Haiti, Pomegranate - Europe. Dadima, Dadima - India, Granada - Dominican Republic, Granada - Peru, Granadillo - Dominican Republic, Granado - Dominican Republic, Granado - Spain, Grenade - Haiti, Hannar - Kurdistan, Lythraceae Family, Nar - Turkey, Naragaci - Turkey, Pericarpium Punicae Granati, Pomegranate, Pomegranate - United States, Pomegranate Husk, Pomme Grenade - Haiti, Pomogranado - Haiti, Punica Granatum L., Punicaceae, Punicaceae Family, Rumman - Iraq, Sekiryuhi - Japanese, Shan Shih Liu - China, Shih Liu - China, Songnyup'i - Korean and Zakuro.

## **Pomegranate Bark**

**Summary:** Pomegranate Bark- Punica Granatum- a potent astringent. Combined with the fruit it stops bleeding. Major constituents: alkaloids and ellagitanins.

POMEGRANATE BARK is known by the following names: Pomegranate Bark, Punica Granatum and Punicaceae Family.

## **Poplar**

**Summary:** Poplar- Populus Alba- the bark and leaves are anti-inflammatory, anodyne, astringent, diuretic and stimulant. It is used to treat urinary complaints such as cystitis, stomach and liver disorder, debility and anorexia. It is widely used for gout. Major constituents: salicin, populin and lignin.

POPLAR is known by the following names: Alamo Negro - Spain, Aspen, Aspen - Europe, Balm of Gilead - Balsam P., Balm of Gilead - United States, Balsam Poplar - Resinous, Balsam Poplar - United States, Black Poplar - Eurasia, Fu I - China, Hai Tung - China, I Yang - China, Kara Kavak - Turkey, Poplar, Poplar Bud, Poplarblack - Europe, Populus Balsamifera, Populus Candicans and Other Sp., Populus Fremintii, Populus Nigra, Populus Species, Populus Termuloides, Populus Tremula, Populus Tremuloides, Quaking Aspen, Salicaceae Family, Seiyo-hako-yanagi, Tacamahaca - Amerindian, Tang Ti - China, Tzu Tung - China and White Poplar.

## Poppy Seeds

POPPY SEEDS is known by the following names: Ahiphena, Papaver Sp., Papaveraceae Family, Poppy Seeds and Ying Su Qiao.

## Poterium

**Summary:** Prickly Ash Bark- *Xanthoxylum Americanum*- a stimulant recommended for chronic rheumatism, typhoid, skin diseases and impurity of the blood. Major constituents: volatile oil, fat, sugar, gum, acrid resin, berberine and xanthoxylin.

POTERIUM is known by the following names: Poterium and Poterium Spinosum.

## Prickly Ash

PRICKLY ASH is known by the following names: Ch'onch'o - Korean, Chinese Prickly-ash, Fruit of Szechuan Pepper, Pericarpium Zanthoxyli, Prickly Ash, Rutaceae, Suterberry, Toothache Tree, *Xanthoxylum Americanum*, *Zanthoxylum* and *Zanthoxylum Bungeanum Maxim.*

## Prickly Ash Bark

PRICKLY ASH BARK is known by the following names: Hua Jiao, Prickly Ash, Prickly Ash Bark, Rutaceae Family, Tumburu, *Xanthoxylum Americanum* and *Xanthoxylum Sp.*

## Primula

**Summary:** Primula- *Primula Veris*- a sedative and an antispasmodic. Used to treat nervousness and giddiness. Major constituents: mannite and saponin.

PRIMULA is known by the following names: Cowslip, Cowslip - Europe, Cuhacicegi - Turkey, Herba Sancti Petri - Europe, Oxlip, Primavera - Spain, Primrose, Primula, *Primula Elatior*, *Primula Officinalis*, *Primula Veris*, *Primula Vulgaris*, Primulaceae Family and Seiyo-sakura-so.

## Prince Ginseng

**Summary:** Prince Ginseng- Prince Ginseng- a tonic, used to treat fatigue, heart, lung and appetite disorders.

PRINCE GINSENG is known by the following names: Caryophyllaceae Family, Prince Ginseng and Pseudostellariae Heterophyllae.

## Privet

**Summary:** Privet- *Ligustrum Vulgare*- an astringent, detergent and laxative. Used externally on wounds. Used to treat tumors of the uvula. Major constituents: ligustrin, ligustrone, syringin and syringopictin.

PRIVET is known by the following names: *Fructus Ligustri Lucidi*, Joteishi - Japanese, *Ligustri Lucidi*, *Ligustrum*, *Ligustrum Lucidum* Ait., Oleaceae, Oleaceae Family, Privet, Privet Fruit and Yojungja - Korean.

## Pseudoginseng Root

PSEUDOGINSENG ROOT is known by the following names: Araliaceae, Notoginseng Root, *P. Pseudogin*, *Panax Notoginseng* (Burk.) F. H. Chen., *Pseudoginseng* Root, *Radix Notoginseng* and Sanshichi - Japanese.

## Psoralea Seeds

**Summary:** Psoralea Seeds- *Psoralea Spp*- a tonic, anthelmintic and emetic. Widely used for impotence and leprosy. Used in chronic diarrhea and skin diseases. Shown to increase natural pigments in the skin. Major constituents: angelicin, coumarin, coumestrol, limonene, linalool, starch, stigmaterol, volatile oil and a bitter principle.

PSORALEA SEEDS is known by the following names: Cot Chu - Vietnam, *Fructus Psoraleae Corylifoliae*, Hokotsushi - Japanese, Indian Bread Root, Ku Tzu - Vietnam, Leguminosae, Leguminosae Family, Pha Cot Chi - Vietnam, Po Ku Chih - China, Pogolchi - Korean, *Psoralea Corylifolia*, *Psoralea Corylifolia* L., *Psoralea Esculenta*, *Psoralea* Fruit, *Psoralea Melitotoidea*, *Psoralea* Seeds and Pu Ku Chih - China.

## Psyllium

**Summary:** Psyllium- *Plantago Ovata*- native to the Mediterranean region. A natural laxative. The seeds swell when moistened into a gelatinous mass, promoting peristalsis and moistening the feces. Also have a beneficial effect in diarrhea. The husks are more irritating, the whole seed is preferable. Major constituents: mucilage, boschniakine, boschniakinic acid, triterpenes, betasitosterol, campesterol and amyirin.

PSYLLIUM is known by the following names: *Plantago Psyllium*, Plantaginaceae Family, *Psyllium*. Asiatic Plantain Seed, Cheqianzi, Eshopgel - Bengali, Flea Seed, Gechi Qulaghi - Turkey, Isabgol, Isabgul - Bengali, Isaphagula, Isbaghol - Hindi, Ishadgola - Sanskrit, Issufgul - Hindi, Karniyarik - Turkey, Plantaginaceae, *Plantago Asiatica*, *Plantago Depressa*, *Plantago Ovata*, *Plantago Ovato*, *Psyllium* - Europe, *Psyllium* - Mediterranean, *Psyllium* Seed, Riblah - Iraq, Seed-before-cart, *Semen Plantaginis*, Slaksnajira - Sanskrit, Snigdhajira - Sanskrit, Snigdhajira, Snigdharija, Zaragatona - Spain and Zibad - Iraq.

## Pulsatilla

**Summary:** Pulsatilla- *Anemone Pulsatilla*- a nervine, antispasmodic, sedative and alterative. Used for nervous

exhaustion and absence of a period in women. Major constituents: lactones, protoanemonin, saponins, anemone camphor, tannins and volatile oil.

PULSATILLA is known by the following names: Pulsatilla. Anemone, Anemone Pulsatilla, Chinese Anemone Root, Kuchenschelle - Europe, P. Cernua (Thunb.) Bercht. Et Opiz, P. Dahurica (Fisch. Ex Dc) Spreng, Paektuong - Korean, Pai Tou Weng - China, Pasque Flower, Pulsatila - Spain, Radix Pulsatillae Chinensis, Ranunculaceae and Ranunculaceae Family.

## **Pumpkin Seeds**

**Summary:** Pumpkin Seeds- Cucurbita Maxima- a diuretic and demulcent, taken for tapeworm. Also used for measles and smallpox. Major constituents: linoleic, oleic, palmitic and stearic acids and cucurbitacins. The cucurbitacins are toxic.

PUMPKIN SEEDS is known by the following names: Cucurbita Pepo, Pumpkin Seeds. Calabacera - Spain, Cucurbita Moschata Duch., Cucurbitaceae, Cucurbitaceae Family, Cucurbitae Family, Kabak - Turkey, Kulakah - Kurdistan, Kurbis - Europe, Lacayote - Peru, Namgwacha - Korean, Nan Kua - China, Nankashi - Japanese, Pimpkin, Pumpkin Seeds and Husks, Qabagh - Turkey, Semen Cucurbitae, Semen Cucurbitae Moschatae, Shijar - Iraq and Squash.

## **Punarnava**

PUNARNAVA is known by the following names: Boerhaavia Diffusa, Nyctagineae Family, Spreading Hogweed. Boerhaavia Erecta, Boerhaavia Procumbens, Boerhaavia Repens, Hog Weed, N.o. Nyctagineae, Punarnava and Shothaghni.

## **Purslane**

**Summary:** Purslane- Portulaca Oleraceae- green purslane- native to many parts of Europe. Used to treat fever and inflammation. A powerful alterative and bactericide. Major constituents: zinc, oleic acid, noradrenalin, norepinephrine and cyanin.

PURSLANE is known by the following names: Purslane. Bashiken - Japanese, Herba Portulacae Oleraceae, Oleracea L., Portulaca, Portulacaceae Family, Portulacaceae and Portulacaceae Oleraceae.

## **Pyrola**

**Summary:** Pyrola- Pyrola Rotundifolia- false wintergreen- an astringent, diuretic, tonic and antispasmodic. Used externally to treat skin diseases and internally to treat nervous conditions. Major constituents: arbutin, essential oil, homoarbutin and isohomoarbutin.

PYROLA is known by the following names: Lu Ti Tsao - China. Holzmangold - German, Pirola - Italian, Pirola - Spain, Pyrola, Pyrola Rotundifolia, Pyrolaceae Family, Pyrolaround-leaved - United States, Pyrole a Grappes - French, Rondbladig Wintergroenkruid - Dutch, Round-leaved Wintergreen - United States and Vintergron - Danish.

## Queen of The Meadow Oil

QUEEN of THE MEADOW OIL is known by the following names: Filipendula Ulmaria, Queen of The Meadow Oil, Rosaceae Family and Spirea Ulmaria.

## Radish

**Summary:** Radish- Raphanus Sativus- radish juice is used to prevent the formation of gall stones. Traditionally used for diarrhea, scurvy and headache. Major constituents: phenyl-ethyl isothiocyanite, volatile oil and amylolytic enzyme.

RADISH is known by the following names: Cruciferae Family, Lai Fu - China, Lo Po - China, Radis - Haiti, Raphanus Sativus. Cabbage Family, Cruciferae, Karaturp - Turkey, Kirmiziturp - Turkey, Mulaka - India, Rabano - Dominican Republic, Rabano - Spain, Radis Marron - Haiti, Radish, Radish - United Kingdom, Radish - United States, Radish Seed, Radish Seeds, Raifukushi - Japanese, Raphani Sativi, Raphanus, Raphanus Sativus Niger - Black Radish, Raphanus Sativus Radiola - Red Variety, Semen Raphani Sativi and White Radish.

## Rasna

RASNA is known by the following names: Indian Groundsel, Pluchea Lanceolata, Rashana - Hindi and Rasna.

## Raspberry Leaves

**Summary:** Raspberry Leaves- Rubus Idaeus- used to facilitate childbirth. Possesses uterine relaxant effects. Affects only the pregnant uterus, with no activity on the non-pregnant uterus. A safe tonic to take as tea through pregnancy to tone the uterus. Major constituents: polypeptides, flavonoids, glycosides of kaempferol and quercetin and tannins.

RASPBERRY LEAVES is known by the following names: Ahududu - Turkey, Fook Phoon Chee - China, Framboises - Haiti, Frambosia - France, Frambueso - Spain, Hindberry, Raspberry Leaves, Raspbis, Red Raspberry, Red Raspberry, Red Raspberry - Europe, Red Raspberry Leaves, Rosa Family, Rosaceae Family, Rubis Strigosus ( Wild), Rubis Idaeus ( Cultivated), Rubus Idaeus, Rubus Idaeus & R. Strigosus, Rubus Idaeus and Rubus Sp..

## Rauwolfia

**Summary:** Rauwolfia- Rauwolfia Serpentina- a hypotensive, sedative, tonic and tranquilizer. Used to treat fever, insomnia, headache and restlessness. Use with caution and in small doses. Nasal congestion is a side effect. Major constituents: alseroxylo, rescinamine and reserpine.

RAUWOLFIA is known by the following names: Apocynaceae Family, Rauwolfia Serpentina. Alstonia Constricta - Similar, Asutralian Quinine - United States, Chandrika, Fieberbaum - German, Indian Snakeroot, Indo-zyaboku - Chinese, Koortsboom - Dutch, Periwinkle Family, Rauwolfia, Sarpa-gandha and Sarpagandha.

## Ravensara Oil

RAVENSARA OIL is known by the following names: Madagascar Nutmeg - Malagasy, Ravensara Aromatica and Ravensara Oil.

## Red Clover

**Summary:** Red Clover- *Trifolium Pratense*- one of the great blood cleansers. Used in many cancer formulas and for many chronic diseases. An alterative, antispasmodic, expectorant and sedative. Used to treat psoriasis and eczema and as an expectorant in coughs and bronchial conditions. Major constituents: isoflavones, flavonoids, volatile oil, coumarins, galactomannan, resin and phytoalexins.

RED CLOVER is known by the following names: *Trifolium Pratense*, Red Clover, Trefoil. Bersim Ahmar - Iraq, Cleaver Grass, Cow Grass, Fabace Family, Kirmizi Yonca - Turkey, Leguminosae, Leguminosae Family, Marl Grass, Murasaki-tume-kusaaka-tume-kus, Nafal - Iraq, Papilionaceae, Purple Clover, Red Clover - Australia, Red Clover - Eurasia, Red Clover - Europe, Red Clover - Russia, Red Clover - Uk, Red Clover - United States, Red Clover Blossoms, Trebol - Spain, Trebol Rojo - Spain, *Trifolium Pratense* & Sp., Vana-methika and Wild Clover.

## Red Sandalwood

RED SANDALWOOD is known by the following names: Red Sandalwood.

## Reed Grass

**Summary:** Reed Grass- *Ceanothus Americanus*- an astringent, expectorant and antispasmodic. Used for fever, nausea and thirst. Major constituents: ceanothic acid, emmolic acid and cyclopeptide alkaloids.

REED GRASS is known by the following names: Carrizo, Gramineae Family, Lugen, Phragmites Communis, Phragmites Communis Et Species, Reed Grass, Reed Rhizome and Rhizoma Phragmitis.

## Rehmannia

**Summary:** Rehmannia- *Rehmannia Glutinosa*- tonifies the blood and the kidneys. Used to treat dizziness, palpitations hypertension and insomnia. Also used for irregular menstruation, uterine bleeding and postpartum bleeding. A favorite Chinese herb. Major constituents: b-sitosterol, mannitol, stigmasterol, campesterol, rehmannin, catalpol, arginine and glucose.

REHMANNIA is known by the following names: Chinese Foxglove, *Rehmannia Glutinosa*, Scrophulariaceae. Berbedaceae, Chinese Foxglove Root, Chinese Foxglove Root Cooked in Wine, Cooked Earth's Yellowness, Di Huang, Fresh Earth's Yellowness, Glutinous Rehmannia, *Glutinus Rehmannia*, Jukujio - Japanese, Libosch. F. Hueuhingensis, New Place, Old Place, R. *Glutinosa*, Radix Rehmannia, Radix Rehmannia Preaparatae, Radix Rehmanniae Glutinosae, Rehmannia, Rehmannia ( Fresh), *Rehmannia Glutinosa* ( Gaertn.) Libosch., *Rehmannia Glutinosa* Libosch, *Rehmannia Glutinosa* Lisbosh, Saengjihwang - Korean, Scophlariaceae, Scrophulariaceae Family, Scrophulariae Family, Sheng Ti Huang - China, Shengdi, Shojio - Japanese, Shu Di

Huang ( Cooked), Shu Ti Huang - China, Shudihuang, Steamed Glutinous Rehmannia, Ti Huang - China and Ti Huang Chiu - China.

## **Reishi**

**Summary:** Reishi- *Ganoderma Lucidum*- used to treat excess cholesterol, hypertension, cancer and many other diseases. It acts as an antioxidant and an overall immune strengthener. Major constituents: polysaccharides and triterpenoids.

REISHI is known by the following names: *Ganoderma Lucidum*, Reishi, Basidiomycetes Family, *G. Applanatum* and Related Species, Ling Chih, Ling Zhi and Reishi Mushroom.

## **Rheumatism Ginseng**

**Summary:** Rheumatism Ginseng- *Acanthopanax Sessiflorus*- a diuretic, analgesic, antirheumatic and antispasmodic. Used to treat arthritis, rheumatism, eczema and itching. Major constituents: zinc, tannin, salicylaldehyde, linoleic and palmitic acids.

RHEUMATISM GINSENG is known by the following names: *Acanthopanax Gracilistylus*, *Acanthopanax Sessiflorus*, Araliaceae Family, Rheumatism Ginseng and Wu Jia Pi.

## **Rhubarb Root**

**Summary:** Rhubarb Root- *Rheum Spp.*- native to the mountains of the western and north-western provinces of China. A powerful purgative. A natural astringent and laxative. Major constituents: rheopurgarin, chrysophanic acid, rheochrysidin, phaoretin, oxalate of calcium and rheo-tannic.

RHUBARB ROOT is known by the following names: Polygonaceae Family, *Rheum Palmatum*, Amlavetasa, Chiang Chun - China, Da Huang, Huang Liang - China, *Rheum Officinale*, *Rheum Species*, Ta Huang - China, Turkey Rhubarb. Buckwheat Family, China Rhubarb - China, Chinese - *R. Officinale*, Chinese Rhubarb, Cin Ravendi - Turkey, Daio - Japanese, Dock Family, East Indian Rhubarb, Himalayan Rhubarb, Indian Rhubarb, Maxim. Et Reg. ( Used in Northern China), Medicinal Rhubarb, Medicinal Rhubarb - China, Polygonaceae, *R. Tanguticum*, *Radix Et Rhizoma Rhei*, Rawend, Rhabarber - German, *Rheum Palmatum L.*, *Rheum Palmatum Var. Tanguticum*, *Rheum Tanguticum*, Rhubarb, Rhubarb De Perse - French, Rhubarb Root, Rhubarb Root and Rhizome, Ta Huang and Taehwang - Korean.

## **Rice Sprouts**

RICE SPROUTS is known by the following names: *Fructus Oryzae Sativae*, Graminaceae Family, Graminae, Kok'ga - Korean, Kokuga - Japanese, *Oryza Sativae*, *Orzya Satida L.*, Rice Sprout and Rice Sprouts.

## **Rockrose Oil**

ROCKROSE OIL is known by the following names: Cistaceae Family, *Cistus Labdaniferus* and Rockrose Oil.

## Rose Apple

**Summary:** Rose Apple- *Syzygium Jambolana*- jambul- an antidiabetic used to treat diabetes. Major constituents: insulin like factors.

ROSE APPLE is known by the following names: Jambul, Rose Apple, Roseapple and *Syzygium Jambolana*.

## Rose Flowers and Fruit

**Summary:** Rose Flowers and Fruit- *Rosa Spp*- cultivated throughout the world. They have a wonderful fragrance. Rarely used medicinally, although the fruits of the dog rose are used as an astringent and source of vitamin C. Major constituents: geraniol, nerol, citronellol, geranic acid, eugenol, myrcene and phenethyl alcohol.

ROSE FLOWERS and FRUIT is known by the following names: *Rheum Sp.*, *Rosa Chinensis Et Species*, *Rosa Sp.*, Rosaceae Family, Rose Flowers and Fruit, Shatapatri, Tea Rose, Yeu Ji Hua and Yueh Chi Hua - China.

## Rose Hips

**Summary:** Rose Hips- *Rosa Canina*- native to Europe, west Africa and Asia. An astringent and nutritive. Given as a source of vitamin C in debility, colds and mild infections. Used in many cough syrups. Major constituents: ascorbic acid, flavonoids, fruit acids and mucilage.

ROSE HIPS is known by the following names: Eglantier - Haiti, *Rosa Canina*, *Rosa Sp.*, Dog Briar, Dog Rose, Dog Rose - Europe, Eglantier Rose Sauvage - Haiti, Escaramujo - Chile, *Fructus Cynosbati*, Gul Mohammed - Kurdistan, Hipberries, Kusburnu - Turkey, *Oleum Roseum* - Europe, Rosaceae Family, Rosal Silvestre - Spain, Rose, Rose Hips and Ward Barry - Iraq.

## Rose Oil

ROSE OIL is known by the following names: Cabbage Rose - English, Damask Rose - Eurasia, Gula Bagh - Kurdistan, Gulab - India, Provence Rose - German, Qunja Gul - Turkey, *Rosa Centifolia* ( Cabbage Rose), *Rosa Centofoglie* - Italian, *Rosa Damascena* ( Damask Rose), Rosaceae Family, Rose - Europe, Rose De Mai ( Centifolia), Rose Oil, Tsiang Wei - China, Ward Juri - Iraq and Ward Juri Berri - Iraq.

## Rose Petals

**Summary:** Rose Petals- *Rosa Canina*- an astringent, mostly used in cosmetics and flavorings. Used to soothe the skin. Major constituents: beta carotene, citronellol, cyanin, eugenol, gallic acid and linalool.

ROSE PETALS is known by the following names: Rosaceae Family, *Rosae Rugosae* and Rose Petals.

## Rosemary

**Summary:** Rosemary- *Rosmarinus Officinalis*- an anti-inflammatory, tonic, astringent, diaphoretic and antiseptic. Used to treat septic shock and capillary fragility. Also used for rheumatism, fainting and overwork.

Major constituents: volatile oil, flavonoids, rosmarinic acid, rosmarinine, ursolic acid and oleanolic acid.

ROSEMARY is known by the following names: Labiatae Family, Rosemary, Rosmarinus Officinalis. Compass Weed, Lamiaceae Family, Poplar Plant and Rosemarinus Offinalis.

## **Rosemary Oil**

ROSEMARY OIL is known by the following names: Mi Tieh Hsiang - China, Romarin - Haiti. Anthos - Greece, Biberiye - Turkey, Incensier, Labiatae Family, Lomarin - Haiti, Mannen-ro, Romarin - Belgium, Romarin Du Pays - Haiti, Romero - Chile, Romero - Dominican Republic, Romero - Peru, Romero - Spain, Romero Comun - Chile, Rosemary - Europe, Rosemary - United Kingdom, Rosemary Oil and Rosmarinus Officinalis.

## **Rosewood Oil**

ROSEWOOD OIL is known by the following names: Aniba Rosaedora and Rosewood Oil.

## **Rue**

**Summary:** Rue- Ruta Graveolens- a strong stimulant and antispasmodic. Used to treat coughs and croup. A powerful emmenagogue, it may cause abortion. The nutrient rutin was named after this plant because of its high rutin content. Major constituents: caprinic, plagonic, rutin, caprylic and oenanthylic acids. In excessive doses it is poisonous.

RUE is known by the following names: Ruta Graveolens, Rue, Yun Hsiang Tsao - China. Bahce Sedefotu - Turkey, Henruda, Herbygrass, Ruda - Spain, Rue - Europe, Rue - Mediterranean, Rue - Ukwales, Rue Fetide - France, Ruta - Norway and Rutaceae Family.

## **Rupturewort**

**Summary:** Rupturewort- Herniaria Glabra- a very active diuretic. Used for treatment of the bladder. Major constituents: herniarine and paronchine.

RUPTUREWORT is known by the following names: Herniaria - Spain, Herniaria Glabra, Kasikotu - Turkey, Nabat Al Sheikh - Iraq, Rupturewort, Showail - Iraq, Smooth Rupturewort and Um Waja Al Kabed - Iraq.

## Part II

# The Names of Medicinal Plants

P'agukch'on - Korean, See - Morinda  
P'allamgun - Korean, See - Isatis  
P'e-Nan - Korean, See - Eupatorium  
P'ilhal - Korean, See - Pippli Long Pepper  
P. Cernua ( Thunb.) Bercht. Et Opiz, See - Pulsatilla  
P. Dahurica ( Fisch. Ex Dc) Spreng, See - Pulsatilla  
P. Esculenta, See - Poke Root  
P. Frutescens ( L.) Britt. Var., See - Shiso  
P. Iactiflora Pall., See - Peony Root - Red  
P. Obovata Maxim. - Also Used, See - Peony Root - Red  
P. Pseudogin, See - Pseudoginseng Root  
P. Urinaria, See - Bhumyamalaki  
Pa Chi T'ien - Chinese, See - Gotu Kola  
Pa Chio Hiu Hsiang - China, See - Star Anise  
Pa Chio Hui Hsiang - China, See - Star Anise  
Pa Chio Yu - China, See - Star Anise  
Pa Tou - China, See - Croton Oil  
Pa Yueh Chu - China, See - Anise Seed  
Paarde KASTANJE - Dutch, See - Horse Chestnut  
Pachak - Bengali, See - Kustha Mula  
Padma, See - Lotus Leaf  
Padma, See - Lotus Root  
Padmaka, See - Wild Cherry Bark  
Padock-Pipes, See - Horsetail  
Padu - Korean, See - Croton Oil  
Paederia Foetida, See - Paederia Foetida  
Paegchi - Korean, See - Angelica  
Paekch'ul - Korean, See - Atractylodes  
Paekchak - Korean, See - Peony - White  
Paekchillyo - Korean, See - Caltrop  
Paekkaecha - Korean, See - Mustard Seed - White  
Paektugu - Korean, See - Cardamon  
Paektuong - Korean, See - Pulsatilla  
Paeonia Brownii, See - Peony Root  
Paeonia Californica, See - Peony Root  
Paeonia Lactiflora Pall., See - Peony - White  
Paeonia Officinalis, See - Peony Root  
Paeonia Suffruticosa, See - Tree Peony  
Paeonia Suffruticosa Andr., See - Tree Peony  
Paeonia Veitchii Lynch, See - Peony Root - Red  
Pai Chai Tan - China, See - Sandalwood

Pai Chi Li - China, See - Caltrop  
Pai Ho - China, See - Tiger Lily  
Pai Ho Kan - China, See - Tiger Lily  
Pai Kuo - China, See - Ginkgo  
Pai Sang - China, See - Mulberry Fruit  
Pai Su - China, See - Shiso  
Pai Sui - China, See - Blackthorn  
Pai Tou Kou - China, See - Cardamon Oil  
Pai Tou Weng - China, See - Pulsatilla  
Pai Ying - China, See - Bittersweet  
Paico - Peru, See - Wormseed  
Pakha - Korean, See - Horsemint  
Palankasa - Sanskrit, See - Guggul  
Palas, See - Butea  
Palm Family, See - Saw Palmetto  
Palma Christi - French, See - Castor Oil  
Palma Rosa Oil, See - Palma Rosa Oil  
Palmaceae Family, See - Saw Palmetto  
Palmae, See - Betelnut  
Palmae Family, See - Betelnut  
Palmae Family, See - Dragon's Blood  
Palmaroza - Turkey, See - Palma Rosa Oil  
Pamu - Kurdistan, See - Cotton Root  
Pamuk - Turkey, See - Cotton Root  
Pan, See - Betel Leaves  
Pan Y Quesillo - Spain, See - Shephard's Purse  
Panax Ginseng, See - Ginseng  
Panax Ginseng, See - Ginseng - Korean  
Panax Ginseng C. A. Mey, See - Ginseng  
Panax Notoginseng ( Burk.) F. H. Chen., See - Pseudoginseng Root  
Panax Pseudoginseng, See - Tienchi Ginseng  
Panax Quinquefolium, See - American Ginseng  
Panax Quinquefolium, See - Ginseng  
Panax Quinquefolium ( American), See - Ginseng  
Panax Quinquefolium L., See - American Ginseng  
Panax Quinquefolius L., See - Ginseng - American  
Pancangula - Sanskrit, See - Castor Oil  
Pandipane - French, See - Karavellaka  
Panha - Korean, See - Pinellia  
Panjangusht - Sanscrit, See - Vitex  
Pano - Chile, See - Mullein  
Pansy, See - Pansy  
Pansy - Eurasia, See - Pansy  
Pansy - United States, See - Pansy  
Panzehirotu - Turkey, See - Condurango Bark  
Papatya - Turkey, See - Chamomile  
Papaveaceae Family, See - Corydalis

Papaver Sp., See - Poppy Seeds  
Papaveraceae, See - Corydalis  
Papaveraceae Family, See - Bloodroot  
Papaveraceae Family, See - California Poppy  
Papaveraceae Family, See - Celandine - Greater  
Papaveraceae Family, See - Fumitory  
Papaveraceae Family, See - Poppy Seeds  
Papilionaceae:Leguminosae Family, See - Red Clover  
Papilionaceae Family, See - Kapikacchu  
Papilionaceae Family, See - Lespedeza  
Papilionaceae Family, See - Licorice  
Papilionaceae Family, See - Melilot  
Papilionaceae Family, See - Scotch Broom  
Papoose Root, See - Blue Cohosh  
Paprika - Variant - Milder, See - Cayenne Pepper  
Parmelia Furfuracea - Similar Properties, See - Usnea  
Parmeliaceae Family, See - Iceland Moss  
Parrietoria Officinalis, See - Pellitory Of The Wall  
Parsley, See - Parsley  
Parsley Oil, See - Parsley Oil  
Partha - Sanskrit, See - Arjun  
Parthenium, See - Feverfew  
Partridge Berry, See - Squaw Vine  
Partridge Berry - English, See - Squaw Vine  
Partridgeberry - United States, See - Squaw Vine  
Pashana Bheda, See - Pashana Bheda  
Pashanbheda, See - Pashana Bheda  
Pasque Flower, See - Pulsatilla  
Passiflora Incarnata, See - Passion Flower  
Passiflora Quadrangularis, See - Passion Flower  
Passiflora Sp., See - Passion Flower  
Passifloraceae Family, See - Passion Flower  
Passion Flower, See - Passion Flower  
Pasta Acaciae Seu Uncariae, See - Gambir  
Pasture Sagewort, See - Wormwood  
Patchouli, See - Patchouli  
Patchouli Oil, See - Patchouli Oil  
Patchouly - Malaya, See - Patchouli  
Pathya - Sanskrit, See - Haritaki  
Patoryi, See - Patchouli Oil  
Pau D'arco, See - Pau D'arco  
Pavitra - Sanskrit, See - Tulasi  
Pazote - Mexico, See - Wormseed  
Pazote - Spain, See - Wormseed  
Pea Family, See - Astragalus  
Pea Family, See - Ononis  
Peach, See - Peach Bark

Peach - Kentucky, See - Peach Seed  
Peach - United States, See - Peach Seed  
Peach Bark, See - Peach Bark  
Peach Kernel, See - Peach Seed  
Peach Seed, See - Peach Seed  
Pearl Ash, See - Moti Bhasma  
Pecher - France, See - Peach Seed  
Pedaliaceae, See - Black Sesame Seeds  
Pedaliaceae Family, See - Black Sesame Seeds  
Pedaliaceae Family, See - Devil's Claw  
Pedaliaceae Family, See - Sesame Oil  
Pedeliaceae Family, See - Devil's Claw  
Pei Mu - China, See - Fritillary  
Pei Wu Wei - China, See - Schizandra Chinensis  
Peilan, See - Boneset  
Pekinensis Rupr., See - Euphorbia  
Peking Spurge Root, See - Euphorbia  
Pelargonium Adorantissimum, See - Geranium Oil  
Pelargonium Graveolens, See - Geranium Oil  
Pelin - Turkey, See - Wormwood  
Pelinagaci - Turkey, See - Wormwood  
Pellitory Of The Wall, See - Pellitory Of The Wall  
Peng Ta Wan - China, See - Gotu Kola  
Pennyroyal, See - Pennyroyal  
Peonia - Europe, See - Peony Root  
Peonia - Spain, See - Peony Root  
Peony - White, See - Peony - White  
Peony Root, See - Peony Root  
Peony Root - Red, See - Peony Root - Red  
Pepper, See - Black Pepper  
Pepper - Asia, See - Black Pepper  
Pepper - India, See - Black Pepper  
Pepper - United Kingdom, See - Black Pepper  
Pepper - United States, See - Black Pepper  
Pepperblack - Uk - Wales, See - Black Pepper  
Pepperlong - India, See - Pippli Long Pepper  
Peppermint, See - Peppermint  
Peppermint - United States, See - Peppermint  
Peppermint Oil, See - Peppermint Oil  
Peppered - India, See - Cayenne Pepper  
Perejil - Spain, See - Parsley Oil  
Pericarpium Arecae Catechu, See - Betelnut  
Pericarpium Citri Reticulatae, See - Tangerine Oil  
Pericarpium Citri Reticulatae, See - Tangerine Peel  
Pericarpium Punicae Granati, See - Pomegranate  
Pericarpium Zanthoxyli, See - Prickly Ash  
Perilla, See - Shiso

Perilla Frutescens, See - Shiso  
Perilla Frutescens (L.) Britt., See - Shiso  
Perilla Leaf, See - Shiso  
Perilla Seed, See - Shiso  
Perillafrutescens (L.) Britt. Var. Cris, See - Shiso  
Perinj - Turkey, See - Glutinous Rice Roots  
Periploca Sepium Bunge, See - Siberian Ginseng  
Periwinkle, See - Periwinkle  
Periwinkle, See - Vinca Rosea  
Periwinkle Family, See - Rauwolfia  
Periwinkle Family, See - Vinca Rosea  
Perla - Dominican Republic, See - Yarrow  
Persian Bark, See - Cascara Bark  
Persian Lilac, See - Neem  
Persica, See - Peach Seed  
Persimmon Calyx, See - Persimmon Calyx  
Peru Balsam Tree, See - Balsam Of Peru  
Peruvian Bark, See - Chinchona  
Peruvian Bark - Italy, See - Cinchona Bark  
Perzin Dboc - Belgium, See - Pimpinella  
Pesco - Italy, See - Peach Seed  
Pespaye - Turkey, See - Polypody Fern Root  
Petasites Albus - Similar Species, See - Butterbur  
Petasites Hybridus, See - Butterbur  
Petasities Officinalis (Formerly), See - Butterbur  
Petha - Hindi, See - Sveta Kusmanda  
Petitgrain Oil, See - Petitgrain Oil  
Petroselinum Hortense, See - Parsley Oil  
Petroselinum Sativm, See - Parsley  
Petroselinum Sativum, See - Parsley  
Petroselinum Sativum, See - Parsley Oil  
Petroselinum Sp., See - Parsley  
Petrosellinum Sativum, See - Parsley  
Pettigree, See - Butcher's Broom  
Peucedanum Palustre, See - Sow Fennel  
Peucedanum Praeruptorum (Chinese), See - Sow Fennel  
Peumus Boldus, See - Boldo  
Pewter Worts, See - Horsetail  
Pewterwort, See - Horsetail  
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Phyllanthus Emblica, See - Amalaki  
Phyllanthus Emblica, See - Amla  
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Purple Coneflower, See - Echinacea  
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