

Data on Simples from Inventories, Prescriptions, and Pharmacy Texts

Table 1: Simples in Pharmacy Inventories of Mexico

Simple	1725	1732	1757	1771	1784	1800	1802	1817	1818	Total
Agaric		1		1	1		1	1		5
Alabaster								1	1	2
Albayaide (white lead)						1	1			2
Almiscle		1	1						1	3
Almond, bitter and sweet			1	1		1		1	1	5
Aloe		1	1	1	1		1	1	1	7
Alum		1	1			1		1		5
Amber		1	1			1	1	1		6
Ammi fruit		1				1				2
Angelica			1	1	1	1		1	1	6
Anise		1	1			1				3
Antimony		1				1	1			3
Armenian bole	1	1								2
Asafetida			1	1	1	1				4
Barberry		1				1		1		3
Bdellium		1		1	1	1		1	1	6
Beleno		1							1	2
Bezoar	1	1	1	1	1	1		1	1	8
Birthwort			1	1	1	1		1	1	6
Bistort	1	1	1	1	1	1		1	1	8
Bladder cherry				1				1		2
Blessed thistle		1				1				2
Blood, goat		1	1							2
Bol de la tierra		1		1	1		1		1	5
Borage		1	1			1				3
Brusco root	1	1				1				3
Calaguala peruviana				1	1		1	1		4
Calamos/sweet flag		1	1			1	1	1		6
Camel hay/grass		1	1			1	1			4
Camphor		1	1	1	1	1		1	1	7
Canafistula pulp		1	1	1		1		1		5
Cantarides		1	1	1	1	1	1	1	1	8
Caper	1	1	1	1	1			1		6
Caraway					1	1	1		1	4
Cardamom	1	1	1	1	1	1	1			7
Carrot						1			1	2
Cashew		1						1	1	3

Simple	1725	1732	1757	1771	1784	1800	1802	1817	1818	Total
Chestnut			1						1	2
Castor			1			1				2
Celtic nard	1		1	1				1		4
Centauray	1	1						1	1	4
Chasteberry		1	1	1					1	4
Chicory		1		1		1		1		4
China root		1						1	1	3
Chocho			1	1	1	1	1			5
Cinnamon		1		1		1				3
Colocynth (bitter apple)	1			1	1	1			1	5
Conrayerva		1		1	1	1	1			5
Coral, red	1	1	1	1	1	1	1	1	1	9
Coral, white		1			1					2
Coralina			1	1		1		1		4
Costus						1		1	1	3
Crab eyes	1		1	1	1	1			1	6
Cranium, human				1	1					2
Cranium, unspecified				1		1		1		3
Cremor tartaro	1	1		1	1	1				5
Cubeb	1	1	1	1	1	1		1	1	8
Cuckoo-pint					1			1	1	3
Culantro				1	1					2
Cumin		1		1		1			1	4
Curcuma				1				1	1	3
Date, dried				1		1				2
Date pulp		1	1	1	1				1	5
Deer antler	1	1	1	1	1	1	1	1		8
Dittany, crete, white		1	1	1	1	1		1	1	7
Dock/sorrel	1	1	1	1		1				5
Dragon's blood			1	1	1	1	1	1		6
Elder						1			1	2
Emerald	1	1	1	1						4
Espondio	1	1			1	1			1	5
Sponge		1			1	1				3
European snakeroot	1	1	1	1	1	1		1	1	8
Fennel				1		1		1		3
Fenugreek		1	1	1	1	1	1	1		7
Flax				1	1	1	1	1		5
Flower, benjui		1		1					1	3
Flower, borage				1				1	1	3
Flower, chamomile				1				1	1	3
Flower, dodder				1	1				1	3
Flower, elder				1	1			1	1	4
Flower, lemon balm				1					1	2
Flower, mace			1	1						2
Flower, pomegranate			1	1	1	1			1	5
Flower, poppy				1	1			1	1	4
Flower, rose		1	1		1	1		1	1	6
Flower, rosemary			1	1				1		3
Flower, St. John's wort				1	1				1	3
Flower, violet	1	1	1	1	1		1	1	1	8

Simple	1725	1732	1757	1771	1784	1800	1802	1817	1818	Total
Frankincense	1	1								2
French lavender/spike			1	1	1	1			1	5
Frog/toad						1	1			2
Galanga root	1		1	1	1		1	1		6
Garnet	1	1	1	1		1				5
Geminis		1				1				2
Gentian		1	1	1	1	1	1	1	1	8
Germander	1	1	1	1		1				5
Ginger				1	1	1			1	4
Grains of paradise			1			1				2
Grana kermes				1		1	1	1	1	5
Ground pine	1		1		1	1				4
Guayacan		1	1	1	1	1		1	1	7
Gum ammoniac	1		1	1	1	1		1	1	7
Gum arabic		1			1	1		1		4
Gum, archipin				1					1	2
Gum, caranna		1		1	1			1	1	5
Gum, copal			1	1	1		1	1	1	6
Gum, galbanum		1	1	1	1	1	1	1		7
Gum, guayacan			1					1	1	3
Gum, ivy	1	1		1				1	1	5
Gum, juniper				1				1		2
Gum, labdanum		1		1				1		3
Gum, laca			1	1	1	1	1	1		6
Gum, mangle			1	1	1	1		1	1	6
Gum, opopanax				1	1	1		1	1	5
Gum, sagapen	1	1	1	1	1	1				6
Gum of Sonora				1		1	1	1	1	5
Gum, storax/sweetgum			1		1	1	1	1	1	6
Gum, tacamahaca		1		1	1	1		1	1	6
Gum, tragacanth			1		1	1	1	1	1	6
Gutta/guta gamba		1	1	1	1			1	1	6
Hartwort		1	1							2
Havas de la mar		1						1	1	3
Helenium	1	1		1		1	1		1	6
Hellebore, black		1	1	1	1	1		1	1	7
Hellebore, white		1	1	1	1	1		1	1	7
Hermodactyl	1	1	1	1		1		1	1	7
Hyssop		1	1				1	1	1	5
Imperatoria			1					1	1	3
Incense			1	1	1	1	1	1	1	7
Ipecac			1	1	1	1	1	1	1	7
Ivy					1	1	1	1		4
Soap, Castilian				1	1	1		1	1	5
Jacinth	1	1	1	1	1	1				6
Jalap root		1	1	1	1	1		1	1	7
Jojoba		1							1	2
Jujube	1		1	1						3
Juniper berries			1	1	1	1		1		5
Lapis lazuli	1	1	1	1						4
Laurel berries		1	1	1	1			1	1	6

Simple	1725	1732	1757	1771	1784	1800	1802	1817	1818	Total
Lead						1	1			2
Leche de michoacan			1	1		1			1	4
Leche virginal					1	1		1		3
Lily of Florence				1	1		1	1	1	5
Lizard, yendo, estiercol de		1							1	2
Mace					1				1	2
Manna		1		1			1	1		4
Marble	1	1	1	1	1			1		6
Mastic	1	1	1	1	1	1	1	1	1	9
Mechoacan		1			1	1				3
Mercury					1		1	1		3
Mijo del sol		1		1		1				3
Mother of pearl		1	1	1						3
Mummy flesh			1		1	1		1		4
Myrobalan (several types)	1	1	1	1	1	1		1	1	8
Myrrh		1		1	1	1	1	1		6
Myrtle berry								1	1	2
Nutmeg				1		1	1		1	4
Opium		1		1	1			1	1	5
Orozuz	1	1		1	1	1				5
Orpiment			1	1						2
Pata/Una de la gran bestia				1	1					2
Pearl	1	1	1	1		1				5
Pellitory			1	1	1	1	1	1		6
Peony		1	1	1	1		1	1	1	7
Pepper, white, black, long		1		1	1	1	1			5
Piedra Gaspar Anton			1	1						2
Piedra hematite	1	1	1	1		1		1		6
Piedra imán		1		1		1				3
Piedra lipis		1		1	1	1		1		5
Piedra medicamental/osa						1			1	2
Piedra pomes				1				1		2
Pitch				1	1	1		1	1	5
Plantain				1		1				2
Plum				1				1		2
Poligala								1	1	2
Poppy, black/white		1	1			1	1		1	5
Prune	1	1	1	1		1		1		6
Quatecomates							1		1	2
Quina		1	1	1		1			1	5
Quince				1				1		2
Rhubarb		1	1	1	1	1	1	1	1	8
Rubia tinctorum			1	1					1	3
Ruby	1	1	1	1		1				5
Safflower		1		1						2
Saffron		1	1		1	1		1	1	6
Sage				1	1				1	3
Sassafras		1	1	1	1	1		1		6
Sandalwood		1	1	1	1	1		1		6
Santonica				1	1	1				3
Sapphire	1		1	1						3

Simple	1725	1732	1757	1771	1784	1800	1802	1817	1818	Total
Sarcocola		1		1	1	1		1		5
Sarsaparilla		1	1	1	1			1		5
Saxifrage/filipendula/meadowsweet		1		1		1		1	1	5
Scammony			1	1	1				1	4
Sealed earth	1		1	1	1				1	5
Seed, ammi fruit				1				1		2
Seed, anise						1		1	1	3
Seed, asparagus			1	1		1		1		4
Seed, barberry			1	1						2
Seed, beleno			1	1		1		1	1	5
Seed, betony	1	1								2
Seed, blessed thistle			1	1	1			1		4
Seed, cardamom								1	1	2
Seed, carrot			1	1	1	1				4
Seed, celery		1				1	1	1	1	5
Seed, cumin					1			1		2
Seed, dill		1	1	1			1	1	1	6
Seed, endive			1	1				1		3
Seed, fennel		1	1	1			1	1		5
Seed, grains of paradise				1				1	1	3
Seed, lemon		1	1							2
Seed, lettuce		1	1	1		1		1		5
Seed, mallow		1		1	1					3
Seed, marshmallow		1	1	1	1				1	5
Seed, melon			1	1	1			1	1	5
Seed, parsley		1	1	1		1		1		5
Seed, peony			1	1		1	1	1		5
Seed, plantain			1		1					2
Seed, poppy		1		1		1		1		4
Seed, purslane			1	1	1	1				4
Seed, quince			1		1					2
Seed, radish			1	1					1	3
Seed, safflower			1			1		1	1	4
Seed, santonica								1	1	2
Seed, sorrel/dock			1	1	1			1		4
Seed, watercress		1	1					1	1	4
Seed, zaragatona			1						1	2
Senna		1		1				1	1	4
Serpentaria				1	1		1	1	1	5
Shell, various							1	1	1	3
Snakes			1	1		1		1	1	5
Sopilote		1						1		2
Sperm/whale sperm		1		1		1	1		1	5
Spikenard	1	1	1			1			1	5
Spurge		1	1	1	1	1			1	6
Spurge, leafy						1		1		2
St. John's wort		1				1			1	3
Sulfur		1	1	1	1	1	1	1	1	8
Tamarind, pulp		1	1	1	1	1	1	1		7
Tooth of Javali			1	1					1	3
Topaz	1	1	1	1						4

Simple	1725	1732	1757	1771	1784	1800	1802	1817	1818	Total
Tormentil	1	1	1		1	1	1		1	7
Tucilago/coltsfoot						1			1	2
Turpentine		1		1	1			1		4
Turpeth				1		1			1	3
Valerian				1	1	1		1	1	5
Verdigris			1	1						2
Watercress, Castilian		1				1				2
Worms						1	1			2
Zaragatona				1		1				2
Zedoary		1	1	1	1	1		1		6

Table 2: Simples in Archival and Printed Texts: Simples from Mexican Pharmacy Inventories, Mexican Prescriptions and Ancient, Medieval, and Early Modern Pharmacy Texts

Materia medica	Inv	Prescrip	Hipp Corp	Dioscorides	Galen	Celsus	Paul of Aegina	Ibn Wafid	Circa Instans	Sylvaticus	Ascoli	Fragoso	Palacios	Farma Espan	Total
Acacia	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14
Agaric	1	1	1	1	1		1	1	1	1		1	1	1	12
Alabaster	1			1	1					1			1		5
Almond	1	1	1	1	1	1	1	1	1	1	1		1	1	13
Aloe	1	1		1	1	1	1	1	1	1	1		1	1	12
Aloewood	1	1		1		1		1	1	1	1	1	1	1	10
Alum	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14
Amber	1	1					1			1		1	1	1	7
Ambergris	1	1											1	1	4
Ammi fruit tooth	1	1		1			1	1	1	1	1	1	1		10
Angelica	1										1		1	1	4
Anise	1	1	1	1	1		1		1	1	1	1	1	1	12
Antimony	1		1				1	1	1	1	1	1	1	1	10
Armenian bole	1	1			1				1		1	1	1	1	8
Arsenic	1		1			1	1				1	1		1	7
Asphalt	1		1	1	1	1	1	1	1	1	1	1	1	1	13
Asparagus	1	1	1	1	1		1		1	1	1	1	1	1	11
Bastard spurge	1		1	1	1	1	1	1	1	1	1	1	1	1	13
Bdellium	1	1		1	1	1	1	1	1	1		1	1	1	12
Betony	1	1	1		1		1	1	1	1	1	1	1	1	12
Bezoar stone	1							1			1		1		4
Birthwort	1	1	1	1	1		1	1	1	1		1	1	1	12
Bistort	1								1			1	1	1	5
Bladder cherry	1										1	1	1	1	5
Blessed thistle	1	1		1				1		1	1	1	1	1	9
Blood	1	1		1	1	1		1			1	1	1	1	10
Borage	1	1							1	1	1	1	1	1	8
Calamint	1			1	1		1	1	1		1	1	1		9
Camphor	1	1						1	1	1	1	1			7
Canafistula	1										1				2
Caper	1	1			1		1	1	1	1	1	1	1	1	11
Caraway	1			1						1	1		1		5
Cardamom	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14

Materia medica	Inv	Prescrip	Hipp Corp	Dioscorides	Galen	Celsus	Paul of Aegina	Ibn Wafid	Circa Instans	Sylvaticus	Ascoli	Fragoso	Palacios	Farma Espan	Total
Carrot	1	1		1			1	1	1	1		1	1	1	10
Cashew	1							1	1		1	1	1	1	7
Castor	1	1	1	1	1		1	1	1	1	1	1		1	12
Caterpillar	1			1	1		1			1					5
Celery	1	1	1	1	1			1	1	1	1	1	1	1	12
Celtic nard	1	1	1	1	1	1	1					1		1	9
Centauray	1	1	1	1	1		1	1	1	1	1	1	1	1	13
Chamomile	1	1		1	1		1	1		1	1	1	1	1	11
Chaste tree	1		1	1	1		1	1	1	1	1	1	1	1	12
Chestnut	1			1				1					1	1	5
Chia	1			1											2
Cinnamon	1	1	1	1	1	1	1	1	1	1	1		1	1	13
Clove	1	1					1	1	1	1	1	1	1	1	10
Colocynth	1	1	1	1			1	1	1	1	1	1	1	1	12
Coltsfoot	1		1	1	1		1					1	1	1	8
Contrayerva	1												1	1	3
Copal	1												1	1	3
Copper sulfate, capparosa	1			1				1				1			4
Coral	1	1		1			1	1	1	1	1		1	1	10
Costus root	1	1		1			1	1	1	1		1	1	1	10
Crab	1			1	1		1	1		1		1			7
Cranium, human	1				1							1			3
Cubeb	1							1	1	1	1	1	1	1	8
Cuckoo-pint	1	1	1	1	1		1	1		1		1		1	9
Cucumber	1	1	1	1			1	1		1	1	1	1	1	11
Cumin	1	1	1					1	1	1	1	1	1	1	10
Cypress	1		1	1	1		1	1	1	1		1	1	1	11
Daffodil	1		1	1	1	1	1	1							7
Date, date palm	1	1	1	1				1		1	1		1	1	9
Deadly carrot	1			1	1		1					1		1	6
Delphinium	1		1	1								1	1	1	6
Dill	1	1		1	1		1	1	1	1		1	1	1	11
Dittany	1	1	1	1			1	1	1	1	1	1	1	1	12
Dodder of thyme	1	1		1	1		1	1	1	1	1	1	1		11
Dragon's blood	1		1					1	1	1		1			6
Elder	1		1	1				1		1	1	1	1	1	9
European snakeroot	1	1	1		1		1		1		1	1	1		9
Fennel	1	1	1	1	1		1	1	1	1	1		1	1	12
Fenugreek	1	1	1		1		1	1	1	1		1	1	1	11
Fig	1	1	1	1	1	1	1	1		1			1	1	11
Fleawort	1	1		1	1	1	1	1	1	1		1	1	1	12
Frankincense	1	1	1		1	1	1	1	1	1		1	1	1	12
Frog	1			1	1		1	1		1				1	7
Fumitory	1	1	1	1			1					1	1	1	7
Galangal	1	1						1	1	1		1	1	1	8
Galbanum	1	1		1		1	1	1	1	1	1			1	10

Materia medica	Inv	Prescrip	Hipp Corp	Dioscorides	Galen	Celsus	Paul of Aegina	Ibn Wafid	Circa Instans	Sylvaticus	Ascoli	Fragoso	Palacios	Farma Espan	Total
Garbanzo	1		1	1	1	1	1	1		1			1		9
Gentian	1	1		1	1		1		1	1			1	1	9
Germander	1	1		1	1		1	1	1			1	1	1	10
Giant fennel	1		1	1	1		1		1	1				1	8
Ginger	1	1		1	1		1	1	1	1	1	1	1	1	12
Gold	1	1						1	1			1	1	1	6
Grains of paradise	1	1	1	1	1		1	1	1	1	1	1	1	1	13
Graminis	1	1		1		1		1		1	1		1	1	9
Green vitriol	1			1			1			1		1			5
Guayacan	1	1										1	1	1	5
Gum ammoniac	1	1		1	1	1	1	1	1		1	1	1		11
Gum arabic	1	1			1	1		1	1	1	1	1	1	1	11
Hematite, bloodstone	1			1	1	1		1			1	1	1		8
Hartwort	1	1	1	1	1		1					1		1	8
Helenium	1	1		1	1		1	1	1	1		1	1	1	11
Hellebore	1	1	1	1	1	1	1	1	1	1		1	1	1	13
Hemp agrimony	1	1		1	1		1	1	1	1	1	1	1		11
Henbane	1	1	1	1	1		1	1	1	1		1	1	1	12
Herb of mercury	1		1		1		1								4
Hermodactyl	1	1					1	1	1	1		1	1		8
Horehound	1	1	1	1	1	1	1		1	1	1	1	1	1	13
Houseleek, live-forever	1	1	1	1	1			1	1		1	1	1	1	11
Hyssop	1	1		1	1		1	1	1	1	1	1	1	1	12
Imperatoria	1												1		2
Iron	1		1		1	1	1	1	1	1			1	1	10
Ivy	1		1	1	1		1			1	1	1	1	1	10
Jacinth	1	1		1	1		1			1	1		1		8
Jujube	1			1				1			1		1	1	6
Juniper	1		1	1	1		1	1	1		1	1	1	1	11
Lapis lazuli	1	1		1			1	1	1	1	1		1	1	10
Laurel	1	1	1	1			1				1		1		6
Lavender	1	1													2
Lead	1			1	1		1	1	1	1	1	1	1	1	11
Lemon balm	1			1				1	1	1		1	1	1	8
Lemon, citron	1	1		1	1	1				1			1	1	8
Lentil	1		1	1	1	1	1		1				1		8
Lettuce	1	1	1	1	1	1		1	1	1	1	1	1	1	13
Lichen	1			1	1		1					1		1	6
Licorice	1	1	1		1		1	1	1	1		1	1	1	11
Lily	1			1	1	1	1	1	1	1		1	1	1	11
Lime	1			1	1		1	1	1	1		1		1	9
Linseed, flax	1	1	1	1		1	1	1		1	1	1	1	1	12
Lipsis stone	1													1	2
Litharge	1	1	1	1	1	1		1	1	1	1	1			11
Lizard	1			1			1								3
Lung	1			1	1		1	1			1		1	1	8
Mace	1	1		1	1		1	1	1			1	1	1	10

Materia medica	Inv	Prescrip	Hipp Corp	Dioscorides	Galen	Celsus	Paul of Aegina	Ibn Wafid	Circa Instans	Sylvaticus	Ascoli	Fragoso	Palacios	Farma Espan	Total
Madder	1	1	1				1	1		1	1		1		8
Magnet	1			1	1		1	1	1	1	1	1	1		9
Maidenhair	1	1	1	1	1		1	1	1			1	1	1	11
Mallow	1	1		1	1		1	1	1	1		1	1	1	11
Mandrake	1	1		1	1		1	1	1	1	1	1	1	1	12
Manna	1	1	1	1			1	1	1			1		1	9
Marble	1	1									1		1		4
Marjoram	1	1	1	1	1			1	1	1	1	1	1	1	12
Marshmallow	1	1	1		1		1	1					1	1	8
Mastic	1	1	1		1	1	1	1	1	1		1	1	1	12
Mechoacan	1	1											1	1	4
Melon	1	1						1		1	1	1	1		7
Mercury	1	1		1							1				4
Milk	1		1	1	1		1	1		1			1		8
Mint	1	1	1	1	1		1	1	1	1		1	1	1	12
Mummy	1	1		1	1			1	1	1		1	1		9
Myrobalan	1	1						1	1	1	1	1	1		8
Myrrh	1	1	1	1		1	1	1	1	1	1	1	1	1	13
Myrtle	1	1	1	1	1		1			1	1		1	1	10
Nettles	1		1		1					1			1	1	6
Nutmeg	1	1		1				1	1	1	1	1	1	1	10
Opopanax	1	1						1	1	1	1	1	1	1	9
Oregano	1	1		1	1		1		1		1	1	1	1	10
Orpiment	1			1	1	1		1	1		1			1	8
Parsley	1	1			1		1	1	1	1	1	1	1	1	11
Parsnip	1		1	1	1		1					1	1	1	8
Peach	1						1	1		1		1	1	1	7
Pearl	1	1						1	1	1	1	1	1		8
Pellitory of the wall	1	1	1	1	1		1		1		1	1	1	1	11
Peony	1	1	1	1	1		1	1	1	1	1	1	1	1	13
Pepper	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14
Pimpernel	1		1	1	1		1	1	1		1	1	1	1	11
Pitch	1	1			1	1	1	1		1		1	1	1	10
Plantain	1	1		1	1		1		1	1	1	1	1	1	11
Plum	1	1			1	1	1	1	1	1	1	1	1	1	12
Pomegranate	1	1	1	1	1					1	1	1	1	1	10
Poppy	1	1	1	1	1		1	1	1	1		1	1	1	12
Purslane	1	1	1		1		1	1	1	1			1		9
Quina	1													1	2
Radish	1	1	1		1	1	1				1		1	1	8
Raisin	1	1	1			1	1		1		1		1		8
Rhubarb	1	1		1					1	1		1	1	1	8
Rose	1	1	1	1	1	1	1	1		1	1	1	1	1	13
Rosemary	1	1		1			1	1		1	1	1	1	1	8
Rough spleenwort	1			1	1		1			1					5
Ruby	1			1	1			1	1	1		1	1	1	9
Rue	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14
Safflower	1		1	1			1	1			1	1	1	1	9
Saffron	1	1	1	1		1	1	1	1	1		1	1	1	12

Materia medica	Inv	Prescrip	Hipp Corp	Dioscorides	Galen	Celsus	Paul of Aegina	Ibn Wafid	Circa Instans	Sylvaticus	Ascoli	Fragoso	Palacios	Farma Espan	Total
Sagapen	1	1		1	1		1					1	1	1	8
Sage	1	1	1	1	1		1	1	1	1	1			1	11
Sal ammoniac	1	1						1	1	1	1	1	1	1	9
Sandalwood	1	1						1		1	1	1	1	1	8
Sandarach	1			1	1	1	1				1	1			7
Sarcocola	1			1	1		1	1	1		1	1	1		9
Sarsaparilla	1	1											1	1	4
Sassafras	1												1	1	3
Saxifrage	1			1			1		1	1	1	1	1	1	9
Scammony	1	1	1	1		1	1	1		1	1	1		1	11
Senna	1	1				1		1	1			1	1	1	8
Sesame	1		1									1	1		4
Shellac, lake	1							1		1		1	1	1	6
Shrub trefoil	1			1			1	1		1		1	1		7
Silver	1	1		1				1	1	1	1		1	1	9
Sorrel	1	1	1	1	1		1	1		1	1	1	1	1	12
Spanish fly, blister beetle	1		1	1	1		1	1		1		1	1		9
Spikenard	1	1			1		1	1	1	1	1	1	1		10
Sponge	1		1		1		1	1	1	1				1	8
Spurge	1			1	1		1	1	1	1	1	1	1	1	11
Squill	1	1	1	1	1		1	1	1	1		1	1	1	12
St. John's wort	1	1	1	1	1		1	1		1			1	1	10
Stamped earth	1							1	1	1	1	1	1		7
Storax	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14
Sulfur	1		1	1	1	1	1	1	1	1	1	1	1		12
Sweet flag	1		1	1	1		1	1	1	1		1	1	1	11
Tacamahaca	1												1	1	3
Tamarind	1	1						1			1	1	1	1	7
Tansy	1								1			1	1	1	5
Thyme	1	1	1	1	1		1					1	1	1	9
Toad, soap	1				1		1	1	1	1				1	7
Tormentil	1	1								1	1	1	1	1	7
Tragacanth	1	1	1	1	1	1	1				1	1	1	1	10
Turnip	1		1	1	1			1		1	1	1	1		9
Turpentine	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14
Turpeth	1	1							1	1		1	1	1	7
Valerian	1	1					1	1			1	1	1	1	8
Verdigris	1	1		1	1	1	1				1	1	1	1	10
Violet	1	1		1	1	1	1	1	1	1	1		1	1	12
Viper	1				1		1					1	1	1	6
Virginia snakeweed	1								1	1	1	1			5
Walnut	1		1		1		1						1	1	6
Water germander	1			1	1		1	1	1			1	1	1	9
Water lily	1	1		1	1		1	1	1	1	1		1	1	11
White lead	1	1		1	1		1	1	1	1	1	1		1	11
Wormwood	1	1	1	1	1		1	1	1	1	1	1	1	1	13
Yarrow, milfoil	1	1		1			1	1		1	1		1	1	9
Zedoary	1								1	1	1		1	1	6

Materia medica	Inv	Prescrip	Hipp Corp	Dioscorides	Galen	Celsus	Paul of Aegina	Ibn Wafid	Circa Instans	Sylvaticus	Ascoli	Fragoso	Palacios	Farma Espan	Total
Total simples in common	220	138	94	146	131	52	146	147	131	148	122	157	181	168	
Total	220	140	97	150	136	54	151	155	134	156	126	163	190	175	
Percentage	100	63	43	66	60	27	66	67	60	67	55	71	82	76	

Table 3: Plant Simples by Disease in Galenic Pharmacy (mainly from *De materia medica*)

Category of Ailments	Simples to Treat Ailments
Anti-fertility: contraceptive, emmenagogue	Camel grass, opopanax, myrrh, sagapenum, gum ammoniac, galbanum, storax, wild carrot seed, chasteberry seed, peony, lily, pomegranate, caper, juniper, bitter almond, helenium, madder, sorrel, ivy, fennel, parsley, chamomile, absinthe, hartwort, lemon balm, marjoram, oregano, rue, sage, costus, European snakeroot, fennel
Childbirth aid: draws down fetus/afterbirth, prevents hemorrhage, promotes lactation	Birthwort, marshmallow, coltsfoot, gentian, anise, fennel, dill, lettuce, frankincense, bdellium, chasteberry, madder
Ailments of the kidney/bladder	Fennel, parsley, rhubarb, purslane, water lily, asparagus, agaric, licorice, peony, rosemary, chamomile, oregano, rue, madder, sorrel, fennel
Ailments of the liver	Chamomile, agaric, rhubarb
Ailments of the chest/respiratory system: pleurisy, pain in the side, sore throat, cough, asthma, expelling phlegm	Carrot, lavender, agaric, licorice, pellitory, cuckoo-pint, coltsfoot, galbanum, tragacanth, pine (Greek) pitch, centaury, hyssop
Ailments of the digestive tract: colic, nausea, diarrhea, dysentery, constipation	Radish, gentian, dill, aloe, lettuce, plum, fig, water lily, rhubarb, parsley, plantain, parsnip, mallow, endive, myrtle, hartwort, squill, asparagus, pepper, sweet flag, saffron, spikenard, ginger, mace, camel grass, cinnamon, cumin, aloewood, peony, rose, sorrel, ivy, fennel, laurel
Aches, sores, wounds, bites, stings, injuries, inflammations (including hip ailments, eye inflammations, testicular inflammations), antidotes to poison	Pellitory, aloe, birthwort, hyssop, plantain, Saint John's wort, marshmallow, endive, absinthe, cuckoo-pint, lemon balm, marjoram, caper, gentian, asparagus, oregano, rue, turnip, pepper, frankincense, galbanum, sarcocolla, spurge, cumin, lily, centaury, madder, turnip, ivy
Ailments of the nerves: epilepsy, paralysis, uterine suffocation	Gum ammoniac, madder, ivy

Table 4: Geographic Zones of Native Plants as Recategorized from GRIN Database

Zone	Areas
Africa	Sub-Saharan Africa (except South Africa)
Africa-Arabia	East Africa, Arabian Peninsula, Levant
America: Central	Mexico, Central America
America: North	Canada, U.S., northern Mexico
America: South	South America
Asia: East	China, Japan, Korea
Asia: South	India, Pakistan
Asia: Southeast	Thailand, Malaysia, Vietnam, Indonesia
Asia: Southwest	Arabian Peninsula, Levant, Anatolia, Mesopotamia
Eurasia	Europe, Russia, Central Asia
Europe	Eastern and Western Europe
Indo-Mediterranean	Southern Europe, Southwest Asia, South Asia (North Africa optional)
Mediterranean I	North Africa, Southern Europe, Southwest Asia
Mediterranean II	Europe, Southwest Asia
Mediterranean III	North Africa, Europe
Worldwide	Americas, Africa, Europe, Asia, Australia (any combination of Afro-Eurasia with Americas and/or Australia)

Table 5: Plant Simples by Part of Plant

Aromatics (24)			
Simple	Scientific Name	Native Region(s)	Properties
Calamos, sweet flag	<i>Acorus calamus</i> L.	Asia: temperate and tropical, naturalized "elsewhere"	Astringent, carminative, digestive/stomachic, rubefacient
Camel hay/grass	<i>Cymbopogon schoenanthus</i> (L.) Spreng.	Africa: North, Northeast tropical, East tropical, West tropical; Southwest Asia (Arabia)	Warming, digestive, emollient, emmenagogic; root is astringent
Cardamom	<i>Elatteria cardamomum</i>	Asia: India	Warming, antispasmodic
Celtic nard	<i>Valeriana celtica</i> (Beck)	Europe	
Cinnamon	<i>Cinnamomum verum</i>	Asia: Sri Lanka	Warming, diuretic, emollient, digestive
Clove	<i>Syzygium aromaticum</i>	Asia: Indonesia, Moluccas	
Cubeb, Java pepper	<i>Piper cubeba</i>	Asia: Indonesia	
Galanga root	<i>Kaempferia galanga</i>	Asia: India, Sri Lanka, Indonesia (Java), Philippines	
Ginger	<i>Zingiber officinale</i> Roscoe	Asia: tropical (probably)	Warming, digestive, softens bowel, cleanses pupil
Grains of paradise	<i>Aframomum melegueta</i> K. Schum.	Africa: West, West Central (Benin, Cote D'Ivoire, Ghana, Guinea, Liberia, Nigeria, Sierra Leone, Togo, Cameroon)	
Mace	<i>Myristica fragrans</i> Houtt.	Asia: tropical (Moluccas)	Astringent, anti-diarrheal; used for dysentery and coughing blood
Nutmeg	<i>Myristica fragrans</i> Houtt.	Asia: tropical (Moluccas)	
Pepper	<i>Piper nigrum</i> L., <i>Piper officinarum</i> , <i>Piper album</i>	Asia: India	Warming, digestive, diuretic, draws down embryo/fetus, cleanses pupils
Saffron	<i>Crocus sativus</i>	Mediterranean, Southwest Asia	Digestive, emollient, astringent, diuretic (Diosc)
Spikenard	<i>Nardostachys grandiflora</i> DC.	Asia: temperate, tropical	Warming, desiccative, diuretic, antidiarrheal, antinausea
Zedoary	<i>Curcuma picta</i>	Asia: tropical	
Gums and Resins, n = 24			
Simple	Scientific Name	Native Region(s)	Properties
Bdellium	<i>Commiphora wightii</i> (Arn.) Bhandari	Asia: South	Heating, softening, dissolving, draws out fetus
Camphor	<i>Cinnamomum camphora</i> (L.) J. Presl	Asia: East	
Dragon's blood	<i>Daemonorops draco</i> (Willd.) Blume	Asia: India, Indonesia; 2nd: America: South (Bolivia, Colombia, Ecuador, Peru)	
Frankincense	<i>Boswellia sacra</i> Flueck.	Africa-Arabia	Contracting, heating, cleansing, mends wounds, stops hemorrhages
Gum ammoniac	<i>Dorema ammoniacum</i> D. Don	Asia: Iran	Anti-fertility, warms, softens, draws, purges bowel; draws down fetus/embryo; treats epilepsy and diseases of the hips, chest, urine
Gum arabic	<i>Acacia senegal</i> (L.) Willd.	Africa: Northeast, East, West, South tropical; Asia: temperate, Arabia; Asia: tropical, India, Pakistan	
Gum, caranna	<i>Mauritiella aculeata</i> (Kunth) Burret	America: South	
Gum, copal	<i>Schinus terebinthifolia</i> Raddi; <i>Hymenaea courbaril</i> L.	America: South, Central	
Gum, galbanum	<i>Ferula gummosa</i> Boiss.	Asia: Iran, Turkmenistan (possibly)	Antifertility, warming, drawing, dispersive, treats coughs, asthma, ruptures, spasms, toothache; emmenagogic and draws down fetus/embryo, counteracts poison
Gum, mangle	<i>Rhizophora mangle</i> L.	Worldwide—Africa tropical; America: North, Central, South	
Gum mastic	<i>Pistacia lentiscus</i> L.	Mediterranean I	Warming, softening, astringent, cleansing, diuretic; used as dentifrice, eyelash glue, cosmetics
Gum of Sonora	<i>Larrea tridentata</i> (DC.) Coville	America: North (U.S., Mexico)	

Gum, opopanax/sweet myrrh	<i>Commiphora kataf</i> (Forssk.) Engl.	Africa: Northeast and East tropical (Djibouti, Eritrea, Ethiopia, Somalia, Sudan, Kenya, Tanzania); Asia: temperate (Yemen)	Contraceptive/Abortifacient
Gum, sagapeno	<i>Ferula persica</i> Willd.	Asia: Central	Antifertility, treats chest and side pains, cough, epilepsy, spleen ailments, paralysis, fevers, emmenagogic, destroys fetus/embryo, cleanses pupils
Gum, storax/sweet-gum	<i>Liquidambar orientalis</i> Mill., <i>Styrax officinalis</i> L.	Mediterranean II	Heating, emollient, digestive, emmenagogic
Gum, tacamahaca	<i>Populus balsamifera</i> L.	America: North (Canada, U.S.)	
Gum, tragacanth	<i>Astragalus gummifer</i> Labill.	Asia: Southwest	Treats sore throat, cough, sniffles, ailments of the eye
Gum, labdanum	<i>Cistus ladanifer</i> L.	Mediterranean III	Warming, softening, opening, diuretic; is gathered from the beards of goats who graze on the leaves of the rockrose shrub, from which it comes
Manna	<i>Astragalus brachycalyx</i> Fisch., <i>Fraxinus ornus</i> L.	Mediterranean II	
Myrrh	<i>Commiphora myrrha</i> (Nees) Engl., <i>Myrrhis odorata</i> (L.) Scop.	Africa-Arabia, Europe	Heating, agglutinative, soporific, emmenagogic, desiccative, astringent
Pitch		Inconclusive: see turpentine	Antidote for poisons, expectorant, anti-inflammatory
Sarcocola	<i>Astragalus fasciculifolius</i> Boiss.	Asia: Southwest	Closes wounds and stops running eyes
Scammony	<i>Convolvulus scammonia</i> L.	Eurasia	
Spurge	<i>Euphorbia</i>	Inconclusive: too many species	Treats cataracts, bone spurs, snake bites, diseases of the hips
Turpentine/Terebinth	<i>Pistacia terebinthus</i> L.	Mediterranean I	Warming, softening, relaxing, purgative (vomiting), diuretic, cleansing, digestive; the best of the pine resins

Seeds (8)

Simple	Scientific Name	Native Region(s)	Properties
Caraway	<i>Carum carvi</i> L.	Indo-Mediterranean, Asia: East	Diuretic, warming, digestive
Carrot, wild carrot	<i>Daucus carota</i> L.	Mediterranean I	Contraceptive (wild carrot), emmenagogue, treats, pleurisy, animal bites, diuretic, aphrodisiac
Chasteberry	<i>Vitex agnus-castus</i> L.	Mediterranean I	Warming, softening, draws down milk, emmenagogue
Cumin	<i>Cuminum cyminum</i> L.	Inconclusive	Warming, drying, astringent, treats colic, animal bites, testicular inflammations, and checks nosebleeds and menstruation
Flax, linseed	<i>Linum usitatissimum</i> L.	Inconclusive	Softening, anti-inflammatory, similar in effect to fenugreek
Jojoba	<i>Simmondsia chinensis</i> (Link) C. K. Schneid.	America, North	
Melon	<i>Cucumis melo</i> L.	Worldwide	

Wood and Bark (5)

Simple	Scientific Name	Native Region(s)	Properties
Aloewood	<i>Aquilaria malaccensis</i> Lam.	Asia: South, Southeast	Aromatic and astringent, stomachic
Guayacan	<i>Bulnesia sarmientoi</i> Lorentz ex Griseb., <i>Handroanthus billbergii</i> subsp. <i>ampla</i> (A. H. Gentry) S. Grose, <i>Handroanthus chrysanthus</i> subsp.	America: North (Mexico), South	Anti-venereal
Quina	<i>Cinchona calisaya</i> Wedd.	America: Central, South	Febrifuge, antimalarial
Sandalwood	<i>Santalum album</i> L.	Asia: South, Southeast	
Sassafras	<i>Sassafras albidum</i> (Nutt.) Nees	America: North (all over U.S.)	

Flowers (11)			
Simple	Scientific Name	Native Region(s)	Properties
Borage	<i>Borago officinalis</i> L.	Mediterranean I	
Centauray	<i>Centaurium erythraea</i> Rafn	Indo-Mediterranean	Treats ruptures, spasms, pleurisy, persistent cough
Elder, elderberry	<i>Sambucus nigra</i> L.	Mediterranean I	
French lavender/spike	<i>Lavandula dentata</i> var. <i>dentata</i> , <i>Lavandula stoechas</i> L.	Mediterranean I	Treats ailments of the chest
Lily	Inconclusive: too many species		Softens tendons and uterus, treats bites, burns, wounds, erysipelas, leprosies, dandruff, testicular inflammations, emmenagogic
Mallow	<i>Malva sylvestris</i> L.	Indo-Mediterranean	
Opium	See poppy		
Peony	<i>Paeonia mascula</i> (L.) Mill.	Mediterranean I	Emmenagogic, draws down afterbirth, treats stomachache, jaundice, kidney disease, diarrhea
Rose	<i>Rosa gallica</i> L., <i>Rosa ×alba</i> L.	Mediterranean II	Anti-inflammatory, analgesic (stop pain), staunch flow astringent, cooling, digestive; hips control diarrhea and spitting of blood
Rosemary	<i>Rosmarinus officinalis</i> L.	Mediterranean II	Warming, treats jaundice
Violet	<i>Viola odorata</i> L., <i>Viola wiedenmannii</i> Boiss.	Indo-Mediterranean	
Yarrow	<i>Achillea millefolium</i> L.	Worldwide: Mediterranean II, America: Central	

Fruit, Peel, Pulp (20)			
Simple	Scientific Name	Native Region(s)	Properties
Agaric	<i>Polyporus</i> (From Beck)	Inconclusive - not in GRIN	Astringent, diuretic, stomachic, digestive, helps with asthma, liver and kidney disease, and jaundice; provokes micturition
Almond, bitter and sweet	<i>Prunus dulcis</i> (Mill.) D. A. Webb	Asia: Southwest	Anti-inflammatory, analgesic; bitter is also emmenagogic
Ammi fruit	<i>Ammi</i>	Inconclusive: too many species	
Canafistula, pulp	<i>Cassia fistula</i> L.	Inconclusive	
Caper	<i>Capparis spinosa</i> L.	Mediterranean I (plus Australia)	Diuretic, reduces the spleen, emmenagogue, purgative, stops toothache, good for ruptures and spasms
Cashew	<i>Anacardium occidentale</i> L.	America: South	
Chestnut	<i>Castanea sativa</i> Mill.	Mediterranean III	
Colocynth (bitter apple)	<i>Citrullus colocynthis</i> (L.) Schrad.	Inconclusive	
Curcuma, turmeric	<i>Cucumis sativus</i> L.	Asia: Southwest, South, Central	
Date: dried, pulp, date palm	<i>Phoenix dactylifera</i> L.	Inconclusive: probably origin Southwest Asia	Astringent
Fig	<i>Ficus carica</i> L.	Indo-Mediterranean	Warming, softening of the bowel
Jujube	<i>Ziziphus jujuba</i> Mill.	Asia: East	
Juniper, juniper berries	<i>Juniperus communis</i> L.	Worldwide: Indo-Mediterranean; America: North	Contraceptive/abortifacient; heating, attenuent, diuretic; berry is warming and astringent
Lemon, citron	<i>Citrus limon</i> (L.) Burm. f.	Inconclusive	
Myrobalan	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Asia: East, South, Southeast	
Plum	<i>Prunus domestica</i> L.	Inconclusive	Stomachic, antidiarrheal (Damascus kind; otherwise is laxative)
Pomegranate, and flower	<i>Punica granatum</i> L.	Asia: Southwest, Central	Abortifacient/emmenagogue ; astringent, diuretic
Prune (plum)	<i>Prunus domestica</i> L. subsp. <i>domestica</i>	Inconclusive	
Quince	<i>Cydonia oblonga</i> Mill.	Asia: Southwest, Central	Astringent, cooling, anti-inflammatory
Tamarind	<i>Tamarindus indica</i> L.	Africa: tropical	

Roots			
Simple	Scientific Name	Native Region(s)	Properties
Asparagus	<i>Asparagus officinalis</i> L.	Mediterranean I	Softens bowel, provokes micturition, helps with jaundice and hip disease
Bistort	<i>Bistorta officinalis</i> Delarbre	Indo-Mediterranean	
Celery	<i>Apium graveolens</i> L.	Mediterranean I	
China root	<i>Smilax tamnoides</i> L., <i>Dioscorea villosa</i> L., <i>Smilax china</i> L.	Asia: East; America: North	
Costus root	<i>Saussurea costus</i> (Falc.) Lipsch.	Asia: South	Warming, diuretic, emmenagogue
Fenugreek	<i>Trigonella foenum-graecum</i> L.	Eurasia	Emollient, anti-inflammatory
Gentian	<i>Gentiana</i>	Inconclusive: too many species	Warming, astringent, analgesic, good for treating sprains, ulcers, wounds, liver, stomach; expels fetus/embryo
Helenium	<i>Inula helenium</i> L.	Mediterranean II	Emmenagogue, anti-spasmodic
Hellebore	<i>Veratrum nigrum</i> L., <i>Veratrum album</i> L.	Mediterranean II	
Hermodactyl	<i>Colchicum autumnale</i> L.	Europe	
Imperatoria (masterwort)	<i>Imperatoria major</i> Gray, <i>Imperatoria ostruthium</i> L.	Europe	
Ipecac	<i>Carapichea ipecacuanha</i> (Brot.) L. Andersson	America: Central, South	
Jalap	<i>Ipomoea purga</i> (Wender.) Hayne	America: North (Mexico)	
Licorice	<i>Glycyrrhiza glabra</i> L., <i>Glycyrrhiza echinata</i> L.	Indo-Mediterranean	Treats sore throats, heartburn, wounds, and ailments of kidney, liver, chest, bladder, and eye
Madder	<i>Rubia tinctorum</i> L.	Mediterranean II, Eurasia	Diuretic; treats jaundice, hip ailments, paralysis, emmenagogic; draws down fetus/embryo
Mechoacan	<i>Ipomoea purga</i> (Wender.) Hayne	America: Central	
Radish	<i>Raphanus</i> spp.*	Inconclusive	Warming, diuretic, eases the bowel
Rhubarb	<i>Rheum ×hybridum</i> Murray, <i>Rheum rhaponticum</i> auct., <i>Rheum rhubarbarum</i> auct.	Inconclusive	Good for treating flatulence, fever, hiccups, pain, spasms, and diseases of liver, kidney, spleen, bladder, chest, uterus, and stomach
Sarsaparilla	<i>Smilax aristolochiifolia</i> Mill., <i>Smilax febrifuga</i> Kunth; <i>Smilax regelii</i> Killip & C. V. Morton	America: Central, South	
Shrub trefoil/Dorycnion	<i>Ptelea trifoliata</i> L.	America: North, Central	
Snakeroot, Virginia snakeweed, serpentaria	<i>Aristolochia serpentaria</i> L.	America: North	
Spurge, leafy	<i>Euphorbia esula</i> L.	Indo-Mediterranean	
Turnip	<i>Brassica rapa</i> L.	Africa: North	Antidote to poison

Herbs (61)

Simple	Scientific Name	Native Region(s)	Properties
Absinthe/wormwood	<i>Artemisia absinthium</i> L.	Mediterranean I	Astringent, warming, purgative, stomachic, treats jaundice, stimulates the appetite, emmenagogue, treats ailments of the liver, spleen, ears, eyes, and throat; destroys intestinal worms
Aloe	<i>Aloe vera</i> (L.) Burm. f.	Africa: Canary Islands	Astringent, desiccative, soporific, softens bowel, cleanses stomach, closes pores, mends injuries
Asafetida, giant fennel	<i>Ferula communis</i> L.	Mediterranean I	Contraceptive/abortifacient, treats nosebleeds, bowel ailments, spitting blood, snakebites and promotes perspiration
Barberry	<i>Berberis vulgaris</i> L.	Eurasia	

Simple	Scientific Name	Native Region(s)	Properties
Betony, bettany	<i>Stachys officinalis</i> (L.) Trevis.	Mediterranean I	
Birthwort	<i>Aristolochia clematitis</i> L.	Mediterranean II	Aids women in childbirth; efficacious for poisons, sprains, ulcers, spasms, ruptures, removing splinters and thorns; cleanses sores, gums, and teeth
Bladder cherry	<i>Physalis alkekengi</i> L.	Indo-Mediterranean	
Blessed thistle	<i>Centaurea benedicta</i> (L.) L.	Mediterranean I	
Calaguala peruviana	<i>Phlebodium decumanum</i> (Willd.) J. Sm.	America: North, Central, South	
Calamint	<i>Clinopodium menthifolium</i> (Host) Stace	Mediterranean I	
Castor	<i>Ricinus communis</i> L.	Inconclusive	
Chamomile	<i>Matricaria chamomilla</i> L., <i>Chamaemelum nobile</i> (L.) All.	Mediterranean I	Warming, thinning, emmenagogic, draws down fetus/embryo, stones, urine; treats jaundice, liver disease, thrush
Chicory	<i>Cichorium intybus</i> L.	Indo-Mediterranean	
Chocho	<i>Lupinus mutabilis</i> Sweet, <i>Sechium edule</i> (Jacq.) Sw.	America: Central, South	
Coltsfoot	<i>Tussilago farfara</i> L.	Mediterranean I	Treats erysipelas, coughs, inflammations, abscesses in chest; expels dead fetus/embryo
Contrayerva	<i>Dorstenia contrajerva</i> L.	America: Central, South	
Cuckoo-pint	<i>Arum maculatum</i> L.	Mediterranean II	Stops earaches, stems cancers, warming, helpful for respiratory ailments, cleanses pupils, helps with gout
Cypress	<i>Cupressus sempervirens</i> L.	Mediterranean I	
Dill	<i>Anethum graveolens</i> L.	Inconclusive	Draws down milk, antidiarrheal, treats colic, vomiting, hiccups, promotes micturition, aids in uterine ailments
Dittany	<i>Dictamnus albus</i> L.	Indo-Mediterranean	
Dock, sorrel	<i>Rumex</i> spp.*, <i>Rumex acetosa</i> L.	Mediterranean II	Softens bowel, stomachic, anti-inflammatory, emmenagogue, breaks up stones in the bladder
Dodder	<i>Cuscuta</i> spp.*	Worldwide	
Endive	<i>Cichorium endivia</i> L.	Mediterranean I	Astringent, cooling, stomachic, useful for gout and eye inflammations
European snakeroot	<i>Asarum</i>	Inconclusive	Antifertility
Fennel	<i>Foeniculum vulgare</i> Mill.	Indo-Mediterranean	Draws down milk, emmenagogic, treats fever, kidney and bladder ailments, heartburn, nausea, animal bites
Fleawort, psyllium, zaragatona	<i>Plantago afra</i> L.	Indo-Mediterranean	
Fumitory	<i>Fumaria officinalis</i> L.	Mediterranean I	
Germander	<i>Teucrium micropodioides</i>	Inconclusive	
Hartwort	<i>Tordylium maximum</i> L.	Inconclusive	Warming, emmenagogue, draws down the fetus/embryo; digestive, treats coughs, strangury, epilepsy
Hemp agrimony	<i>Eupatorium cannabinum</i> L.	Mediterranean I	
Hyacinth	<i>Hyacinthus orientalis</i> L.	Asia: Southwest	
Hyssop	<i>Hyssopus officinalis</i> L.	Mediterranean I	Warming, anti-inflammatory for the lungs, expels intestinal worms, useful for toothache and earache
Ivy	<i>Hedera helix</i> L.	Mediterranean I	Pungent, astringent, act on the nervous system, good for treating burns, earaches, and dysentery; emmenagogue
Laurel/bay tree/berries	<i>Laurus nobilis</i> L.	Mediterranean I	Warming, softening, astringent, anti-inflammatory, purgative; berries/berry juice break up stones, help ears, are abortifacient
Lemon balm	<i>Melissa officinalis</i> L.	Mediterranean I	Emmenagogic, treats colic, bites, stings, toothache, sores, swellings, arthritis
Lettuce	<i>Lactuca sativa</i> L.	Inconclusive	Cooling, soporific, softens bowel, draws down milk
Maidenhair	<i>Adiantum capillus-veneris</i> L.	Worldwide	

Simple	Scientific Name	Native Region(s)	Properties
Mallow	Inconclusive: too many species, <i>Malva silvestris</i> , L. (Beck)	Inconclusive: too many species	Eases bowel, stomachic, antidote for poisons, bites, and stings, emollient
Marjoram	<i>Origanum majorana</i> L., <i>Origanum viride</i>	Asia: Southwest	Provokes micturition, good for colic, emmenagogue, treats sprains, scorpion stings, and inflammations of the eye
Marshmallow	<i>Althaea officinalis</i> L.; <i>Hibiscus moscheutos</i> L. subsp. <i>palustris</i> (L.) R. T. Clausen	Indo-Mediterranean	Treats injuries, tumors, inflammations, hip ailments, diarrhea, dysentery, toothache, draws down afterbirth
Myrtle	<i>Myrtus communis</i> L.	Mediterranean I	Astringent, diuretic, digestive
Oregano	<i>Origanum vulgare</i> L. subsp. <i>vulgare</i>	Eurasia	Warming; antidote to various poisons; purges the bowel, helps with cough, itching, mange, jaundice, sore throat, earaches; emmenagogue
Parsley	<i>Petroselinum crispum</i> (Mill.) Fuss	Inconclusive	Diuretic, emmenagogue, stomachic, treats pains of side, kidney, and bladder
Parsnip	<i>Pastinaca sativa</i> L. subsp. <i>sativa</i>	Inconclusive	Diuretic, stimulates the appetite
Peach	<i>Prunus persica</i> (L.) Batsch	Inconclusive	
Pellitory	<i>Anacyclus officinarum</i> Hayne, <i>Anacyclus pyrethrum</i> (L.) Link	Mediterranean III	Draws phlegm, helps toothaches and chills
Plantain	<i>Plantago</i> spp.*, <i>Plantago major</i> L.	Worldwide	Astringent, desiccative, controls hemorrhages, cures sores, antidiarrheal
Poppy	<i>Papaver somniferum</i> L.	Mediterranean I	
Purslane	<i>Portulaca oleracea</i> L.	Worldwide	Astringent, analgesic, good for headaches, eye inflammations, heartburn, and bladder and kidney pain
Rue	<i>Ruta graveolens</i> L.	Europe	Abortifacient, warming, diuretic, emmenagogic, antidiarrheal, antidote to poison
Safflower	<i>Carthamus tinctorius</i> L.	Inconclusive	
Sage	<i>Salvia officinalis</i> L.	Europe	Diuretic, emmenagogue, draws down the fetus/embryo, staunches blood, cleanses sores, stops itching around the genitalia
Saxifrage, filipendula, meadowsweet	<i>Filipendula ulmaria</i> (L.) Maxim.	Mediterranean II	
Senna	<i>Senna alexandrina</i> Mill.	Africa, Mediterranean III	
Squill	<i>Drimia maritima</i> (L.) Stearn	Mediterranean I	Sharp and heating, softens the stool, stomachic, promotes micturition
St. John's wort	<i>Hypericum perforatum</i> L.	Indo-Mediterranean	Treats hip ailments and burns; drives out bilious matter and excrement
Thyme	<i>Thymus vulgaris</i> L.	Mediterranean I	
Tormentil	<i>Potentilla erecta</i> (L.) Raeusch.	Mediterranean I	
Turpeth	<i>Operculina turpethum</i> (L.) Silva Manso	Worldwide: Africa; Asia: East, Southeast, Australia	
Valerian	<i>Valeriana officinalis</i> L.	Mediterranean II	
Watercress	<i>Nasturtium officinale</i> W. T. Aiton	Indo-Mediterranean	Warming, diuretic, removes freckles and birthmarks
Water lily	<i>Nymphaea alba</i> L., <i>Nuphar lutea</i> (L.) Sm.	Mediterranean I	Digestive, treats stomach and bladder pain

