



West Virginia Medicinal Plants, Trees & Shrubs

A Field Guide

By Bill Church

Adder's Tongue – Trout-Lily (*Erythronium americanum*) - Perennial

Description: 4-12 in. tall. Early spring flower. The plant is quite smooth, grows from a small, slender, ovoid, fawn-colored corm, 1/3 to 1 inch long, which is quite deeply buried in the soil and is a solid, firm consistence and white and starchy internally. The stem is slender, a few inches high, and bears near the ground, on footstalks 2 to 3 inches long, a pair of oblong, dark-green, purplish-blotched leaves, the blades are about 2 ½ inches long and 1 inch wide, minutely wrinkled, with parallel, longitudinal veins. The stem terminates in a handsome, large pendulous, lily-like flower, an inch across, bright yellow in color, often tinged with purple and finely dotted within. Reflexed yellow petals (often brown-purple beneath); petals strongly curved back. The leaves are mottled basal, and lance shaped.

Parts used: Leaves and root.



When in Bloom: April – May

When to Harvest: Leaves before flowering and root in the spring and fall.

Where found: Moist woods, often in colonies.

Properties: Emetic, expectorant. antibacterial, emollient, and anti-scrofulous.

Uses: American Indians used the root tea for fevers, leaf poultice for hard to heal ulcers and scrofula. Iroquois women ate the raw leaves to prevent conception. Root poultice was used to draw out splinters, and reduce swelling. Fresh and recently dried leaves and roots were

considered emetic and expectorant. Water extracts are active against gram positive and gram-negative bacteria.

Dosages: The fresh leaves are used mostly in the form of a stimulating poultice. The infusion is taken internally in wine-glassful doses. The bulbs are emetic in doses of 25 to 30 grains.

Dye Color: Unknown.

Rue-anemone - Windflower (*Anemonella thalictroides*) - Perennial

Description: 4-8 in. tall. A delicate plant with 2-3 flowers on slender stalks above a whorl of small 3-lobed leaves. Flowers white (or pink) with 5-11 “petals” are really sepals.

Parts used: Root



When in Bloom: March – May

When to Harvest: Root when plant dies down, leaves in season, before flowers bloom.

Where found: Rich woods.

Properties: Rubefacient, nervine, antispasmodic, alterative and diaphoretic.

Uses: American Indians used the root tea for diarrhea and vomiting. Tuberous roots considered edible. Root preparation used in the treatment of piles.

Warning: Possibly toxic.

Dosages: None listed.

Dye Color: Unknown

Appendix B

Dosages

There are different ways to configure dosages: One is by age and the other is by weight.

For an adult let's suppose that the dose is 1 drachm. An adult is assumed to be someone of at least 21 years of age. Use the following chart:

Under 1	year of age will require	$\frac{1}{12}$ drachm or 5 grains.
2	" " " " "	$\frac{1}{8}$ drachm or 8 grains.
3	" " " " "	$\frac{1}{6}$ drachm or 10 grains.
4	" " " " "	$\frac{1}{4}$ drachm or 15 grains.
7	" " " " "	$\frac{1}{3}$ drachm or 1 scruple.
14	" " " " "	$\frac{1}{2}$ drachm or $\frac{1}{2}$ drachm.
20	" " " " "	$\frac{2}{3}$ drachm or 2 scruples.
Above 21	Full dose	1 drachm.
Above 65	the inverse of the gradation of above.	

The following is from "Herbal Remedies" by Kathleen Fisher.

Clark's Rules for Children's Remedies. A standard formula for prescribing pediatric doses. This rule, in which the average adult is assumed to weigh 150 pounds, allows you to convert adult formulas to suit your child's weight.

<u>Weight</u>	<u>Dosage</u>
Up to 5 pounds	$\frac{1}{16}$ cup or 1 tablespoon
5 to 15 pounds	$\frac{1}{8}$ cup or 2 tablespoons
16 to 35 pounds	$\frac{1}{4}$ cup or 4 tablespoons
66 to 80 pounds	$\frac{3}{4}$ cup or 16 tablespoons
81 to 110 pounds	1 cup

This means that if the suggested dosage for an adult is 1 cup of herb tea and your child's weight is 50 pounds, you should give him $\frac{1}{3}$ of a cup. Likewise, 30 drops of tincture to treat a sick adult would be reduced to 10 drops for the same child. A 15 lb. baby would get $\frac{1}{10}$ of a cup of tea or 3 drops of tincture.

"The Herbal Medicine-Maker's Handbook", by James Green gives this information on Dosages:

"It is better to err on the side of insufficient dosage and trust to nature than to overdose to the potential harm of the patient. Giving no medication at all is always better than medicating aimlessly. Many medicines influence conditions of imbalance when given in minute doses, even though no explanation for the action can be given."

"As a general rule, large and robust persons require fuller doses than small and frail individuals; women less than men; children less than adults, and in amounts graduated according to age and weight. When giving medicine to children, certain rules of dosage have been followed by experienced health workers. No absolutes can be outlined in administering medicines to children, but one or the other of the following rules is often used:

Demulcent – Helps to maintain a healthy mucous membrane lining; soothes and protects inflamed intestinal tracts.

Herb: Comfrey root, Slippery Elm, Chickweed.

Diaphoretic – Increases perspiration by helping the sweat glands open and increasing peripheral blood flow so that the body may sweat out impurities and cool down to a normal temperature. They are usually best given as a hot tea.

Diluent – Dilutes secretions and excretions.

Discussants – Disperses and dissolves tumors and abnormal growths.

Diuretic – Increases the volume of urine passed to help correct bloating and water retention.

Emetic – Induces vomiting and causes an evacuation of stomach contents.

Emmenagogue – A term some use to mean any herb stimulating reproductive function.

Errhines – Increases nasal secretions from the sinuses.

Exanthematous – Healing to skin eruptions or to skin diseases of an eruptive nature.

Expectorant – Promotes and facilitates discharge of mucous secretions from bronchial-pulmonary passages.

Febrifuge – Reduces a fever.

Galactagogue – Increases the quantity of breast milk during lactation.

Galactophyca – Diminishes or arrests the secretion of milk.

Hemetic – Rich in iron and manganese and which augment and enrich the red corpuscles of the blood.

Hemostatic – Generally astringent and arrest hemorrhaging or internal bleeding.

Hepatic – Promotes liver health and gallbladder function by improving fat metabolism via the production of bile and increased flow of bile; other liver functions improved by hepatic herbs.

Herb: Dandelion root, Barberry root, and Yellowdock root.

Herpatic – Healing to skin eruption and scaling diseases (such as ringworm).

Hypnotic – Will put you to sleep but does not cause a hypnotic trance; the name comes from the Greek god of sweet dreams, Hypnos.

Herb:

Mild: Red Clover, Linden, and Motherwort.

Medium: Motherwort, Skullcap, and Vervain.

Strong: Valerian, Passionflower, California Poppy.

Hormonal tonic – Normalizes or balances levels of estrogen and other hormones by affecting the feedback regulation of the endocrine system, assisting natural functioning, and reversing infertility, irregular menstrual cycles, and the effects of the birth-control pill.

Laxative – Promotes bowel movement, provides bulk and Mucilage, stimulates mild peristalsis.

Herb: Senna, Psyllium.

Lithotriptic – Dissolves or discharge urinary and biliary concretions (gravel or stones) when formed in excretory passages.

Maturing – Promotes the maturation or ripening of tumors, boils, ulcers, etc.

Mucilage – Has mucilaginous properties.

Mydriatic – Causes the dilation of the pupil.

Myotic – Causes the contraction of the pupil.

Nauseant – Produces nausea or an inclination to vomit.

Nephritic – Influences the kidneys and are healing in kidney complaints.

Nervine – Affects the nerves. They are a large group of herbs that include relaxants, nutritive tonics, and even stimulants, such as the well-known coffee bean, with both its good and ill effects.

Nerve Demulcent – Soothing and healing to irritated and inflamed nerve endings. High nutritional content.

Herb: Slippery Elm, Comfrey root.

Symptoms & Herbs used

A

Abortion Prevention/Induction

Haw, Black
Tansy

Abrasions

Moneywort
Poplar, Tulip

Abscesses

Burdock, Common
Buttercup
Chickweed
Jack-in-the-pulpit
Queen Anne's Lace
Paw Paw

Aches

Indian Pipe

Acne

Birch, Black
Chicory
Dandelion
 Soapwort
 Violet, Common Blue
 Violet, Sweet White
 Walnut, Black

Ague

Tansy

Black Willow

Appetite

Beech, American
Chicory
Clover, Red
Daisy

Arthritis

Bedstraw
Buttercup
Chickweed
Chicory
Clover, Red

Aids

Blackeyed Susan
Burdock, Common

Alcoholism

Primrose, Evening

Anemia

Sweet Cicily
Nettle, Stinging

Anorexia

Yarrow

Aphrodisiac

Sweet Everlasting

Asthma

Butterfly Weed
Clover, Red
Clover, Sweet Yellow
Cohosh, Black
Coltsfoot
Gill-over-the-Ground
Ginger, Wild
Goldenrod
Jack-in-the-pulpit
Joe-pye-weed
Larkspur
Lobelia
Milkweed, Common
Mullein, Common
Nettle, Stinging
Primrose, Evening
Purple Thorn Apple
Soapwort
Violet, Common Blue
Violet, Sweet White
Cohosh, Black