

Newsletter of the Arizona Native Plant Society

Vol. 2, No. 1
Spring, 1978

DODONAEA MICROZYGA AT DESERT BOTANICAL GARDEN.

A visit to the Desert Botanical Garden during the last week in February was particularly remembered for the beautiful display of winged maroon fruits on *Dodonaea microzyga*. This Australian shrub is a relative of our native *Dodonaea viscosa*. It has small waxy leaves. The plant promises to be a significant introduction into Arizona's nursery trade.

SPECIAL SALES OF DROUGHT RESISTANT PLANTS.

Desert plants for landscaping will be available at special annual sales in April at the Desert Botanical Garden and at the Boyce Thompson Southwestern Arboretum. Included are hard-to-find and newly introduced trees, shrubs, cacti and other succulents. A great deal of work has already gone into preparing for these annual events and they promise to be even better than last year. Quite a number of species will be available for the first time.

PLANT SALE INFORMATION

BOYCE THOMPSON SW ARBORETUM

Location: U.S. Highway 60,
3 miles west of Superior

Dates: Saturday & Sunday
April 8-9

Time: 8:00 AM to 4:30 PM

DESERT BOTANICAL GARDEN

Location: Papago Park,
Phoenix

Dates: Saturday & Sunday
April 15-16

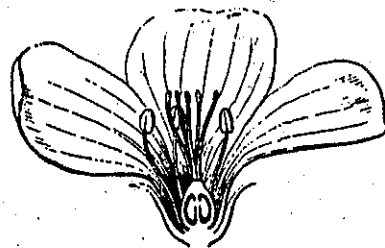
Time: 9:00 AM to 5:00 PM

CLASSIFICATION OF PLANTS BASED ON OVARY POSITION.

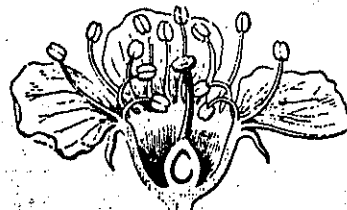
When we turn to *Arizona Flora* by Thomas Kearney and Robert Peebles (University of California Press, ed. 2, 1964, 1085 pp.) to identify native plants of the state, we often have to determine if a flower is hypogynous, perigynous or epigynous. To complicate matters, the hypogynous flowers are often said to have a "superior" ovary, while the epigynous flowers are referred to as having an "inferior" ovary. These latter terms have nothing to do with function, but rather denote the position of the ovary in relation to the other parts of the flower.

A hypogynous flower is one in which the other flower parts arise *hypo* to (under) the gynoecium. The gynoecium is the female part of the flower and consists of the ovary and its accessory parts (style and stigma). Some flowers have more than one ovary in the gynoecium, in which case any one ovary with its accessory parts is referred to as a pistil. A fruit is the matured ovary of a flower's gynoecium, while a seed is the matured ovule that develops in the ovary.

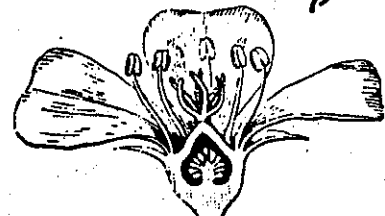
A perigynous flower is one in which the other flower parts seem to arise *peri* to (around) the gynoecium. Likewise, an epigynous flower is one in which the other flower parts seem to arise *epi* to (upon) the gynoecium. These terms dealing with ovary position were clearly defined by the famous botanist Asa Gray in his now classic text-books. The drawings at the right are based on those of Gray in 1879.



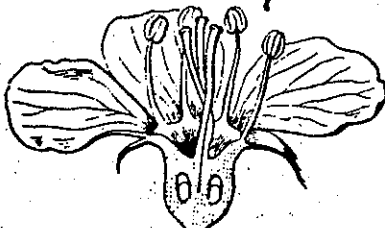
HYPOGYNOUS



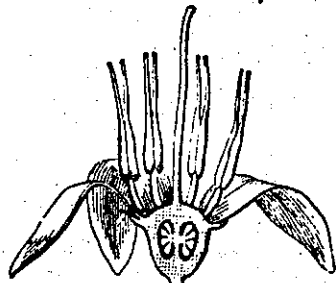
PERIGYNOUS
(not adnate to ovary)



PERIGYNOUS
(adnate to ovary below)



PERIGYNOUS
(adnate to ovary above)



EPIGYNOUS

Flowers classified according to ovary position. (see paragraph at left.)

CACTUS SEEDS FROM TUCSON
GERMINATE AROUND THE WORLD.

Many cactus fanciers around the world have grown cacti that originated from seed sent from Tucson by Hildegard Nase, 2540 E. Ross Place, Tucson, Az 85716. She deals mostly with growers and nurseries on a "wholesale only" basis and stocks seeds of many very rare types. She does not sell in quantities less than 1000 seeds per variety and has an order minimum of \$50.

Hildegard Nase is an active member of the Tucson Chapter of the Arizona Native Plant Society and of the Tucson Cactus and Botanical Society.

PINAL-GILA MEMBERS PETITION
TO FORM A LOCAL CHAPTER.

At the February meeting of members from Pinal and Gila Counties, Don Jackson of Globe presented a talk on medicinal plants of Arizona, showing slides of many. Those present signed a petition for the chapter to be recognized as an official chapter of the Arizona Native Plant Society. The petition will remain at the Boyce Thompson Southwestern Arboretum near Superior until other members in Pinal and Gila Counties have had a chance to sign.

NEWS FROM THE BOYCE
THOMPSON SOUTHWESTERN ARBORETUM.

"The Magnate," a biography of the founder of the Arboretum, has been reprinted by BTSWA and is available at the Visitor Center of that institution for \$4.95. This was originally published in 1935 and soon became a very rare book. The author, Hermann Hagedorn, is well-known for his definitive biography of Theodore Roosevelt.

Blueprints for renovating the Visitor Center have now been finished and a contract is being negotiated with an Arizona building contractor in the amount of \$100,000. The work should be concluded by summer of this year.

SOCIETY COMMITTEES.

The president of the Society has appointed the following persons to be chairmen of the committees noted below for 1978. The chairmen have been asked to select members of the Society to work with them.

MEMBERSHIP -- Bill McGinnies

PUBLICITY -- Dick Lambert

PROGRAM -- Wayne Marx

SALES & SEED EXCHANGE -- Don Ducote

ENVIRONMENTAL PLANT USE -- Warren Jones

GROWING HYDROCARBONS FOR FUEL.

The "Milky sap" so characteristic of plants in the Spurge Family (Euphorbiaceae) or the Milkweed Family (Asclepiadaceae) consists of an emulsion of oil and water. The oil, when separated from the water, is found to consist of hydrocarbons similar to those of crude petroleum. Researchers at the University of California have shown that oil from *Euphorbia lathyris* can be produced at a cost of about \$20 per barrel, compared to about \$13 per barrel for fossil oil from wells.

A total of 47 species of *Euphorbia* grow naturally in Arizona, while others can be grown under cultivation. *Euphorbia anti-syphilitica* (Candelilla), a native of Texas and Mexico, is adapted to desert conditions and grows well in southern Arizona when transplanted. Other species of *Euphorbia* (and the related *Pedilanthus*) from Mexico seem to be adaptable to southern Arizona's climate and are being grown at the Arizona-Sonora Desert Museum near Tucson.

Asclepias (Milkweed) is represented by 27 species in Arizona. Drought-resistant species of the southern part of the state include *Asclepias subulata* (Desert Milkweed) and *A. subverticillata* (Horsetail Milkweed). The latter plant is considered very poisonous to livestock.

Several persons at the University of Arizona have become interested in experimenting with growth of hydrocarbon-producing plants that might someday be grown economically in the state. We will be watching this work with great interest.

DOCENT PROGRAM AT
DESERT BOTANICAL GARDEN.

The Desert Botanical Garden has initiated a "docent" program whereby volunteers are trained to act as guides and teachers. Sherry Krummen, the Garden's educational director, is in charge of this program. The first monthly advanced class for docents was held February 27. The Garden's research botanist, Dr. Howard S. Gentry, was the speaker.

ADDRESSES FOR ANPS.

Payment of dues (\$10) for membership in the native plant society and any general correspondence with the Society should be sent to P.O. Box 18519, Tucson, Az 85731.

Information for the newsletter should be sent to the editor, Frank S. Crosswhite, at P.O. Box AB, Superior, Az 85273.

SPANISH-NAMED MEDICINAL PLANTS OF ARIZONA

by
Frank S. Crosswhite
Boyce Thompson Southwestern Arboretum

Uses of Spanish-named medicinal plants have been passed along from generation to generation in the Southwest by word of mouth, with very little information appearing in printed form. The present list has been compiled from a variety of sources, many of which being oral can not be vouched for with certainty.

Readers of the present list are urged to send suggested additions, corrections or deletions to the compiler at P.O. Box AB, Superior, Arizona 85273. Due to the nature of the material in this compilation, persons who actually use these herbal remedies (and who refer to them by their Spanish names) are considered primary research sources. Such persons would do immense service by making additions or corrections in longhand on this list and returning it to the author to be placed in his research files. A new list will be sent to all such cooperating individuals as well as updated information as available.

This list is offered for historical, botanical and scholarly use only and is not intended for diagnostic or prescription purposes. Several of the plants included below are dangerous or poisonous when taken internally and should be used if at all under guidance from a physician. Not all plants below are in current usage in Arizona, as some have been replaced by more modern medicines. For example, treatments listed for venereal disease have almost entirely been outmoded by use of penicillin and other antibiotics.

ACEITE DE RICINO -- *Ricinus communis* (Family Euphorbiaceae) "Castor oil."
Used widely as a cure for constipation.

ÁLAMO -- *Populus fremontii* (Family Salicaceae) "Cottonwood bark." A tea of the inner bark is used for fever and diarrhea and to prevent or cure scurvy.

ÁLAMO SAÚCO -- *Populus angustifolia* (Family Salicaceae) "Poplar leaves." Used to make a tea taken for fever or as a tonic.

ÁLAMO TEMBLÓN -- *Populus tremuloides* (Family Salicaceae) "Aspen bark." Used like ALAMO.

ALEGRÍA -- see CHILE PUERCO.

ALFALFA -- *Medicago sativa* (Family Leguminosae) "Common alfalfa." The seeds are made into a tea to cure stomach-ache. The plant is also powdered and mixed with equal parts of cider-vinegar and honey, diluted with water and drunk to relieve symptoms of arthritis.

ALFILARIA -- *Erodium cicutarium* (Family Geraniaceae) "Filaree." Used in making a gargle for sore throat.

ALGERITA -- see SANGRE DE CRISTO.

ALTAMISA -- *Artemisia franserioides* (Family Compositae) "Mugwort." Used for colds, flu and indigestion.

- AMOLE -- see PALMILLA.
- AMOLILLO -- see RAÍZ DEL DESIERTO.
- ANIL -- see MIRASOL.
- ANIL DEL MUERTO -- *Verbesina encelioides* (Family Compositae) "Golden crown-beard." Used for boils, skin diseases and hemorrhoids. Used in the bathwater to relieve pain of spider bite. Also used internally for gastrointestinal disorders.
- AZAFRÁN -- *Carthamus tinctorius* (Family Compositae) "Safflower." Used for reducing fever.
- AZAHAR; NARANJO -- *Citrus* sp. (Family Rutaceae). The leaves are used for fever, while the flowers are used for making tea.
- BARBA DE CHIVO -- *Clematis ligusticifolia*; *C. drummondii* (Family Ranunculaceae) "Virgin's bower." The plant has been used for sore throats and colds. Leaves are used for skin problems. The crushed roots are said to have been placed in the nostrils of tired horses to revive them.
- BARBA DE MAÍS -- *Zea mays* (Family Gramineae) "Corn silk." Used for making a diuretic tea.
- BARBASCO -- *Croton corymbulosus*; *C. texensis* (Family Euphorbiaceae) "Dove-weed." Crushed leaves are used as a laxative and in larger doses to cause vomiting. A tincture is used externally as an eye-wash and for treating rheumatism.
- BELLOTA DE SABINA -- *Juniperus* sp. (Family Cupressaceae) "Cedar" or "Juniper." The leaves and berries are used for urinary tract disorders. An extract of the berries (ACEITE DE CADA) has been used extensively in patent medicines and is the chief flavoring of gin.
- BELLOTA DE (MUÉRDAGO DE) SABINA -- *Phoradendron juniperinum* (Family Loranthaceae) "Juniper mistletoe." Used as an abortive or to expel afterbirth, at least in barnyard animals. This is very dangerous when applied to humans and should not be used.
- BRAZIL -- *Caesalpinia pulcherrima* (Family Leguminosae) "Red bird-of-paradise." Not the true "brazil" which is *Haematoxylum*, but used under this name as a cure for various disorders.
- BUENA MUJER; PEGAPEGA -- *Mentzelia pumila* (Family Loasaceae) "Stick-leaf." Used externally for rheumatism.
- CACHANA -- *Liatris punctata* (Family Compositae) "Blazing-star." A tea from the root or flowers is used for sore throat.
- CALABASILLO -- see CHILICOYOTE.
- CANABINA -- *Apocynum cannabinum* (Family Apocynaceae) "Indian hemp." This has been used as a cardiac stimulant.
- CANAIGRE -- *Rumex hymenosepalus* (Family Polygonaceae) "Sour dock." Canaigre is thought to be a contraction of "cana agria" or "sour cane." Very high in tannic acid. Used as a mouthwash for gum problems, for colds and sore throat, as a skin-wash for acne, and as a tea for stomach ulcers.
- CANDELILLA -- *Euphorbia antisyphillitica* (Family Euphorbiaceae). Once widely used in the treatment of venereal disease.

- CANUTILLO (see also POPOTILLO) -- *Ephedra viridis* (Family Ephedraceae) "Mormon tea." Taken as a tonic beverage and for kidney problems. Once popularly believed to be a remedy for venereal disease.
- CANUTILLO DEL LLANO -- *Equisetum arvense* (Family Equisetaceae) "Horsetail." Used much as CANUTILLO, particularly for kidney problems.
- CAPULÍN -- *Prunus virginiana* (Family Rosaceae) "Choke-cherry." The bark is used in remedies for colds, flu and viral diseases. An extract is used in patent cough syrups.
- CAPULÍN SILVESTRE -- see SAUCO.
- CARDO SANTO (see also CHICALOTE) -- *Cirsium undulatum* (Family Compositae) "Thistle." The root is brewed into a tea used for diarrhea, tooth-ache and ear-ache.
- CÁSCARA SAGRADA -- *Rhamnus californica* (Family Rhamnaceae) "Chaparral buckthorn." A widely used laxative and in larger dosage a cathartic.
- CEBADILLA -- *Swertia radiata* (Family Gentianaceae) "Green gentian." Used as a cathartic and purgative although potentially dangerous.
- CEBOLLA -- *Allium cepa* (Family Alliaceae) "Common onion." Used to alleviate colds and respiratory tract problems.
- CERRAJA; PARDO AJONJERO -- *Sonchus oleraceus* (Family Compositae) "Sow-thistle." The evaporated juice has been used as a cure for opium addiction.
- CENIZO; CHAMISO -- *Atriplex canescens* (Family Chenopodiaceae) "Four-wing salt-bush." Used as a tea for fever and stomach-ache.
- CHAMISO -- see CENIZO.
- CHAMISO AMARILLO; CHAMISO BLANCO (see also below); CHAMISO CIMARRON; CHAMISO PARCO -- *Chrysothamnus graveolens* (Family Compositae) "Rabbit-brush." Taken internally for fever and externally for rheumatism.
- CHAMISO BLANCO (see also CHAMISO AMARILLO) -- *Eurotia lanata* (Family Chenopodiaceae) "Winter-fat." The powdered roots have been used for treating burns. A tea of the leaves has been used for treating fever.
- CHAMISO CIMARRON -- see CHAMISO AMARILLO.
- CHAMISO HEDIONDO -- *Artemisia tridentata* (Family Compositae) "Big sagebrush." Used to produce sweating and to break fever.
- CHAMISO PARDO -- see CHAMISO AMARILLO.
- CHAN -- see CHÍA.
- CHÍA; CHAN -- *Salvia columbariae* (Family Labiatae); *Hyptis emoryi* (Family Labiatae). Used as a carminative to allay indigestion. Also eaten for energy and endurance. A seed placed in the eye becomes glutinous and gathers foreign material for removal.
- CHICALOTE; CARDO SANTO -- *Argemone mexicana* (Family Papaveraceae) "Prickly poppy." Used for relieving aches and pains and to treat skin diseases.
- CHICORIA -- see CONSUELDA.
- CHILE PUERCO; ALEGRIA -- *Amaranthus* sp. (Family Amaranthaceae) "Pig-weed." Used as a tea to "strengthen the heart in old age." A restorative.

- CHILICOYOTE; CALABASILLO -- *Cucurbita foetidissima* (Family Cucurbitaceae)
"Buffalo-gourd." Leaves and roots used as a purgative.
- CHILLIPIQUIN -- *Capsicum baccatum* (Family Solanaceae) "Red pepper." Used as a local stimulant, counter-irritant or rubefacient.
- CHUCHUPATE; OSHA -- *Ligusticum porteri* (Family Umbelliferae). Used extensively for colds and respiratory tract problems.
- CILANTRO -- *Coriandrum sativum* (Family Umbelliferae) "Coriander." Used in making a soothing or tranquilizing tea, especially for small children.
- COLLALLE -- see YERBA DE LA VIBORA.
- CONSUELDA; CHICORIA -- *Taraxacum officinale* (Family Compositae) "Dandelion root." Used in making a "spring tonic."
- CONTRAYERBA -- *Kallstroemia grandiflora* (Family Zygophyllaceae) "Summer poppy." Used as an antiseptic, as a mouth-wash, for sore-throat and for diarrhea.
- COPAL -- *Bursera* sp. (Family Burseraceae) "Elephant-tree." The resin is used for treating scorpion stings. In Sonora it was used to alleviate venereal disease.
- CORONILLA -- see YERBA DEL SOL.
- COTA -- see TE SILVESTRE.
- DÁTIL -- see PALMILLA.
- DELFINIO; ESPUELA DE CABALLERO -- *Delphinium scaposum* (Family Ranunculaceae) "Larkspur." This poisonous plant has been used to provoke vomiting.
- DORMILÓN -- *Rudbeckia laciniata* (Family Compositae) "Cut-leaf coneflower." Used to alleviate menstrual pain and dysfunction.
- EMBARRANADA; YERBA DE LA TUSA -- *Ratibida tagetes* (Family Compositae) "Prairie coneflower." Used externally for skin problems.
- ENCINO -- *Quercus gambellii*; *Q. undulata* (Family Fagaceae) "Oak." Used for its antiseptic properties, as a skin-wash for sores, cuts and scratches.
- EPAZOTE; PAZOTE -- *Chenopodium ambrosioides* (Family Chenopodiaceae) "Spanish-tea" or "Mexican-tea." Used for chills, menstrual problems and as a vermifuge.
- ESCOBA DE LA VÍBORA -- see YERBA DE LA VÍBORA.
- ESTAFIATE -- *Artemisia ludoviciana*; *A. frigida* (Family Compositae) "Mugwort." Used for stomach problems, diarrhea and for menstrual dysfunction.
- ESTRAMONIO; TOLGUACHA; TOLOACHE -- *Datura meteloides*; *D. stramonium* (Family Solanaceae) "Jimson-weed" or "Sacred datura." Used externally for arthritis. Smoked with *Verbascum thapsus* as an asthma medicine. Can be very dangerous or fatal if not properly used. Dizziness, hallucinations and death can result from internal use.
- FITOLACA -- *Phytolacca americana* (Family Phytolaccaceae) "Pokeweed." This has been used to provoke vomiting and purging of the bowels, but is considered poisonous. Proper parts of the plant collected during the proper time of year have been used for food under the English name "Poke salet greens."
- FLOR DE SAN JUAN -- see SAN JUAN.

- FLOR DE SANTA RITA -- see SANTA RITA.
- FLOR DE SAÚCO -- see SAÚCO.
- FLOR DE SAUZ -- see SAÚCO.
- FRESNO -- *Fraxinus* sp. (Family Oleaceae) "Ash-tree." A tea made from the leaves is used in bringing down fever and in alleviating arthritis.
- GENCIANA -- *Gentiana* sp. (Family Gentianaceae) "Gentian." Used as a bitter tonic for the stomach.
- COLONDRINA -- *Euphorbia albomarginata* (Family Euphorbiaceae) "Prostrate spurge."
- GOBERNADORA; HEDIONDILLA -- *Larrea tridentata* (Family Zygophyllaceae) "Creosote-bush." The leaves are cooked with lard to produce a salve for insect bites, sore skin and rheumatism. Also, the leaves are brewed into a tea used for gastrointestinal problems. In larger doses the tea can be used to provoke vomiting.
- GORDOLOBO (see also TOBACCO CIMARRON) -- *Gnaphalium* sp. (Family Compositae) "Everlasting weed" or "Cud-weed." Given as a tea to soothe coughs. A similar appearing but poisonous *Senecio*, inadvertently sold in Arizona as GORDOLOBO has caused at least one death, apparently.
- GUACO -- *Cleome serrulata* (Family Capparidaceae) "Rocky Mountain bee-plant." The leaves are cooked with nails to produce an iron-rich liquid taken internally for anemia. The leaves when powdered are used for skin problems and for reducing insect bites.
- HEDIONDILLA -- see GOBERNADORA.
- HELIOTROPO -- *Heliotropium curassavicum* (Family Boraginaceae) "Heliotrope." The powdered root is applied to sores and wounds to promote healing.
- HINOJO -- *Foeniculum vulgare* (Family Umbelliferae) "Fennel." A tea from the seeds is used to alleviate stomach distress.
- HOJA DE PARRA -- *Vitis arizonica* (Family Vitaceae) "Grape-vine." The leaf can be chewed to allay thirst.
- HOJASEN -- *Flourensia cernua* (Family Compositae) "Tar-bush." The leaves and flower heads are brewed into a tea taken to counter indigestion.
- INMORTAL -- *Asclepias capricornu*; *A. tuberosa* (Family Asclepiadaceae) "Milkweed." Used in childbirth and as a restorative for the aged, also for pulmonary problems. *Asclepias subverticillata* is used to increase lactation, while *Asclepias subulata* is reputed to be used as a laxative.
- JARITA -- *Salix* sp. (Family Salicaceae) "Willow." The bark of certain willows is used in reducing fever and has been used in making a gargle for sore throat.
- LANTÉN -- *Plantago insularis*; *P. purshii*; *P. major* (Family Plantaginaceae) "Indian wheat" or "Plantain." The seeds are used as a laxative.
- LECHEROS -- *Asclepias speciosa* (Family Asclepiadaceae) "Milkweed." Used for soothing sore breasts.
- LECHONES -- *Asclepias latifolia* (Family Asclepiadaceae) "Milkweed." The milky sap is used for treating skin problems and warts.
- LECHUGUILLA -- *Abronia fragrans* (Family Nyctaginaceae); *Lygodesmia grandiflora* (Family Compositae); *Stephanomeria pauciflora* (Family Compositae) "Wild lettuce." The plants are made into a tea taken to stimulate lactation.

- LENGUA DE VACA -- *Rumex crispus* (Family Polygonaceae) "Curly-leaf dock." Used as a tonic or "blood-purifier."
- LUPULO -- see ZARSAPARILLA.
- MADRESELVA -- *Lonicera involucrata* (Family Caprifoliaceae) "Chaparral honey-suckle." The fruits have been used for their emetic and cathartic property.
- MALVA -- *Malva* sp. (Family Malvaceae) "Cheese-weed." Used for making a tea taken for sore throat; also used for its antiseptic properties as a douche.
- MANZANILLA -- *Matricaria chamomilla* (Family Compositae) "Chamomile tea." Brewed into a tea of reputed benefit in alleviating colds, fevers and menstrual problems.
- MANZANITA -- *Arctostaphylos* sp. (Family Ericaceae). The leaves are used in making a skin-wash to relieve the rash of poison ivy; also used in bathwater for aches.
- MARAVILLA -- *Mirabilis multiflora* (Family Nyctaginaceae) "Four-o'clock." Used as a remedy for stomach-ache. The root when dried, powdered and mixed with lard produces a salve used for alleviating pains of arthritis and rheumatism. The plant has a numbing narcotic effect and is dangerous if taken internally. It has been used to induce visions.
- MARIOLA -- *Parthenium incanum*; *Artemisia* sp. (Family Compositae). Used for sore throat and in pregnancy and childbirth.
- MARRUBIO -- see MASTRANZO.
- MASTRANZO; MARRUBIO -- *Marrubium vulgare* (Family Labiatae) "Horehound." Used for coughs, sore throat and dyspepsia. In larger doses it expels worms.
- MENTA; POLEO; POLEO CHINO -- *Mentha arvensis* (Family Labiatae) "Mint." Also used occasionally are *Nepeta cataria* "Cat-nip"; *Frunella vulgaris*, "Self-heal" and other members of the Labiatae family. Used for head-ache and stomach problems, also for menstrual dysfunction and after miscarriage.
- MESCAL -- *Agave* sp. (Family Agavaceae) "Century-plant." The juice of certain species has been used as a diuretic, laxative and for menstrual problems.
- MIRASOL; ANIL -- *Helianthus annuus* (Family Compositae) "Sunflower." Used in bathwater for arthritis.
- MORADILLA -- *Verbena ambrosiaefolia* (Family Verbenaceae). Used as a tea for bad colds and flu.
- NARANJO -- see AZAHAR.
- NIEVETAS -- *Cryptantha* sp. (Family Boraginaceae). The plants have been used for treating boils.
- NOGAL -- *Juglans major* (Family Juglandaceae) "Arizona walnut." The inner bark or root bark has been used as a mild cathartic.
- NOPAL -- *Opuntia* sp. (Family Cactaceae) "Prickly-pear cactus." The pulp from old pads has been used as an emergency dressing for cuts and abrasions.
- OCOTILLO -- *Fouquieria splendens* (Family Fouquieriaceae). The roots have been used in bathwater to relieve fatigue and have also been powdered for treating painful swellings.

- OREGANO DEL CAMPO -- *Monarda pectinata* (Family Labiatae) "Bee-balm." A tea made from the flowers is used to produce sweat and to break fevers.
- OREGANO DE LA SIERRA -- *Monarda menthaefolia* (Family Labiatae) "Bee-balm." Used for sore throat and cough.
- OSHA -- see CHUCHUPATE.
- PAGUE -- *Dyssodia papposa* (Family Compositae). Used for stomach trouble and diarrhea.
- PALMILLA; AMOLE; DÁTIL -- *Yucca* sp. (Family Agavaceae) "Spanish-dagger." The root is boiled down to a thick paste used externally as a salve for alleviation of pains of arthritis and rheumatism. The roots are also used like soap. The root is considered dangerous to use as a laxative.
- PALO AMARILLO -- *Berberis fremontii*; *B. haematocarpa* (Family Berberidaceae) "Holly-leaf mahonia" or "Barberry." Used in making a tea for treating anemia. Also brewed into a foot-bath for curing athlete's foot.
- PAZOTE -- see EPAZOTE.
- PEGAPEGA -- see BUENA MUJER.
- PINO MACHO -- see SABINA MACHO.
- PLUMAJILLO -- *Achillea lanulosa* (Family Compositae) "Yarrow." Used for treating chills, fever and stomach problems.
- POLELLITO CHINO -- see POLEO CHINO.
- POLEO -- see MENTA.
- POLEO CHINO; POLELLITO CHINO -- *Hedeoma oblongifolium* (Family Labiatae) "Pennyroyal." Used for alleviating menstrual dysfunction.
- POLEO GRANDE -- see MENTA.
- PONIL -- *Fallugia paradoxa* (Family Rosaceae) "Apache plume." Used internally for fevers and externally for arthritis and rheumatism. Said to be widely used for stimulating hair growth.
- POPOTILLO (see also CANUTILLO) -- *Ephedra torreyana*; *E. nevadensis*; *E. fasciculata* (Family Ephedraceae) "Mormon-tea." Brewed into a tonic beverage with diuretic qualities; said to aid the kidneys. Once used for treating venereal disease.
- PUNCHON -- see TOBACCO CIMARRON.
- QUININA -- *Cowania mexicana* (Family Rosaceae) "Cliff-rose." Used for its anti-septic properties as a wash for wounds. Also taken internally to provoke vomiting.
- RAÍZ DEL ALUMBRE -- *Heuchera* sp. (Family Saxifragaceae) "Alum-root." The roots have been used as an astringent.
- RAÍZ DEL DESIERTO; AMOLILLO -- *Glycyrrhiza lepidota* (Family Leguminosae) "Wild licorice." The roots are made into a tea taken during childbirth.
- RAÍZ DEL INDIO -- *Aristolochia watsonii* (Family Aristolochiaceae) "Dutchman's pipe." The root is used in making a bitter tonic and also is said to be a treatment for snakebite.
- RAÍZ DEL LOBO -- see YERBA DEL LOBO.

- ROMERILLO -- *Artemisia filifolia* (Family Compositae) "Sand sagebrush." Used in bathwater for rheumatism and boiled to produce soothing steam for the sickroom.
- ROMERO -- *Rosmarinus officinalis* (Family Labiatae) "Rosemary." Boiled with lard to make a salve used externally for chapped, cracked and rough hands or other body parts. Also brewed into a tea to alleviate colds.
- ROSA -- *Rosa* sp. (Family Rosaceae) "Rose." The petals are made into a tea used for fever and for its antiseptic properties in treating sore throat and as an eye-wash.
- RUDA -- *Ruta graveolens* (Family Rutaceae) "Rue." Used for menstrual dysfunction but dangerous in large dosages.
- RUDA DE LA SIERRA -- *Thalictrum* sp. (Family Ranunculaceae) "Meadow-rue." Used like RUDA, but generally considered weaker in effect.
- SABINA MACHO; PINO MACHO -- *Juniperus communis* (Family Cupressaceae) "Common juniper." Used as a diuretic and in reducing fever.
- SALVIA -- *Salvia* sp. (Family Labiatae) "Sage." Used for indigestion and for menstrual problems.
- SANGRE DE CRISTO (see also SANGRE DE DRAGO); RAIZ DEL SANGRE; YERBA DEL SANGRE; ALGERITA -- *Berberis repens* (Family Berberidaceae) "Creeping mahonia." Made into a tea used for treating anemia and menstrual problems.
- SANGRE DE DRAGO; SANGRE DE CRISTO -- *Jatropha cardiophylla* (Family Euphorbiaceae) The coagulated sap is used to stanch the flow of blood from inor wounds.
- SAN JUAN; FLOR DE SAN JUAN -- *Oenothera hookeri* (Family Onagraceae) "Evening primrose." Used for urinary tract problems and for menstrual cramps.
- SANTA RITA; FLOR DE SANTA RITA -- *Castilleja* sp. (Family Scrophulariaceae) "Indian paint-brush." Used as a diuretic. Considered dangerous since the plant becomes poisonous when growing on seleniferous soils.
- SAÚCO; FLOR DE SAÚCO; FLOR DE SAUZ; CAPULÍN SILVESTRE -- *Sambucus mexicana* "Elderberry." The flowers are made into a tea used internally for fever and externally for acne.
- SIEMPREVIVA -- *Sedum* sp. (Family Crassulaceae) "Stonecrop." Fresh leaves are made into a liquid placed in the ear for soothing ear-ache.
- SINAPISMO; PINOLE DE LEPIDIO -- *Descurainia pinnata* (Family Cruciferae) "Tansy-mustard." The seeds are made into mustard plasters or poultices. A tea or pinole of the seeds is taken internally for mild illness.
- TÉ SILVESTRE; COTA -- *Thelesperma megapotamicum* (Family Compositae) "Navajo tea." Used as a diuretic and for stomach trouble.
- TOBACCO CIMARRÓN; PUNCHON; GORDOLOBO -- *Verbascum thapsus* (Family Scrophulariaceae) "Mullein." Smoked with *Datura* for athsma. The mixture is poisonous because of the presence of *Datura*.
- TOLGUACHA -- see ESTRAMONIO.
- TOLOACHE -- see ESTRAMONIO.
- TOMATE -- *Physalis* sp. (Family Solanaceae) "Husk-tomato." Used in treatment of tonsillitis.
- TOMATILLO DEL CAMPO -- see TROMPILLO.

- TOMATITO -- see TROMPILLO.
- TREMENTINA DE PIÑÓN -- *Pinus edulis* (Family Pinaceae) "Pinyon pine." The pitch is combined with lysol for use on cuts and burns. Combined with *Larrea tridentata* it is used externally for arthritis and rheumatism.
- TROMPILLO; TOMATITO; TOMATILLO DEL CAMPO -- *Solanum elaeagnifolium* (Family Solanaceae) "Bull-nettle." Used in treating inflammations.
- UÑA DE GATO -- *Acacia greggii* (Family Leguminosae) "Cat-claw." The crushed pod is used in making an infusion applied for muscle pain.
- VERVENA -- *Verbena macdougalii* (Family Verbenaceae). Used for stomach trouble, bad colds and flu.
- YERBA DEL APACHE -- *Erysimum* sp. (Family Cruciferae) "Wallflower." Used in treating respiratory illness.
- YERBA BUENA -- *Mentha spicata* (Family Labiatae) "Spearmint." Used as a tea for general illness and for drinking during childbirth.
- YERBA DEL BUEY -- *Grindelia aphanactis* (Family Compositae) "Gum-weed." Used internally for sore throat and cough. Used externally for poison ivy.
- YERBA DE LA CUCARACHA -- *Haplophyton crooksii* (Family Apocynaceae) "Cockroach plant." An extract of the dried leaves is used as an insecticide, particularly to kill cockroaches.
- YERBA FRÍA -- *Sanvitalia aberti* (Family Compositae). Used as a laxative.
- YERBA DEL LOBO; RAÍZ DEL LOBO -- *Helenium hoopesii* (Family Compositae) "Orange sneeze-weed." Used internally for fever and to bring on labor during childbirth. Used externally for rheumatism and arthritis.
- YERBA MANSA -- *Anemopsis californica* (Family Saururaceae). An infusion of the root has been used in treatment of arthritis, for soothing painful muscles and joints and for other uses.
- YERBA DE LA NEGRITA -- *Sphaeralcea* sp. (Family Malvaceae) "Globe-mallow." Used as a gargle for sore throat and as a skin-wash for dermatitis and insect bites.
- YERBA DEL OSO; RAÍZ DEL OSO -- *Heracleum lanatum* (Family Umbelliferae) "Cow parsnip." Prepared with lard into a salve used externally for rheumatism. Used internally as a stimulant, as a carminative and for epilepsy.
- YERBA DE PASMO -- *Baccharis pteronoides* (Family Compositae). Used for spasms.
- YERBA DEL PECO -- *Actaea arguta* (Family Ranunculaceae) "Bane-berry." Used externally for rheumatism and general aches and pains.
- YERBA DE LA RABIA -- *Aclesianthes longiflora* (Family Nyctaginaceae). An ineffective treatment for rabies.
- YERBA DEL SANGRE -- see SANGRE DE CRISTO.
- YERBA SANTA -- *Eriodictyon angustifolium* (Family Hydrophyllaceae) "Mountain balm." Used for sore throats and coughs, also as a diuretic. An infusion of the leaves is added to bathwater as a treatment for aches, pains, arthritis and rheumatism.
- YERBA DEL SOL; CORONILLA -- *Gaillardia pinnatifida* (Family Compositae) "Blanket-flower." Used in treatment of anemia and sinus-headache. Also used as a diuretic.

YERBA DE LA TIÑA -- *Aplopappus acradeniis* (Family Compositae) "Jimmyweed." A liquid brewed from the plant is used for treating ringworm and athlete's foot.

YERBA DE LA TUSA -- see EMBARRANADA.

YERBA DEL VENADO -- *Porophyllum gracile* (Family Compositae). Usage not clear.

YERBA DE LA VÍBORA; ESCOBA DE LA VÍBORA; COLLALLE -- *Gutierrezia sarothrae* (Family Compositae) "Snakeweed." Used for treating rheumatism, stomachache and as a douche.

ZARSAPARILLA; LÚPULO -- *Humulus americanus* (Family Cannabinaceae) "Wild hop." Used as a soothing or tranquilizing tea and for indigestion.

ADDENDUM. After the present list was completed, Ethic Medicine in the Southwest edited by Edward H. Spicer (Univ. of Ariz. Press, 1977, 291 pp.) arrived from the publishers, including a chapter "Health and Illness in a Mexican American Barrio" by Margarita Artschwager Kay. A total of 61 home remedies are listed. Many of these remedies are already accounted for in the present compilation, although in some cases the Spanish name, precise botanical species or specific use is somewhat different. This very excellent reference should be consulted by all persons interested in Spanish-named medicinal plants of Arizona. Ten herbs which grow naturally or are cultivated in the state were listed in the work by Kay but had not previously been encountered in the present compilation. These are listed below.

AJO -- *Allium sativum* (Family Alliaceae) "Garlic." Used as a suppository to treat locked intestines.

ANÍS -- *Pimpinella anisum* (Family Umbelliferae) "Common anise." Made into a tea for pain in the abdomen.

CHICURA -- *Franseria ambrosioides* (Family Compositae) "Canyon ragweed." Made into a solution used as a vaginal douche.

GRANADA -- *Punica granatum* (Family Punicaceae) "Pomegranate." Made into a tea taken for abdominal pain. Also used as a solution for tonsil problems.

HARINA -- *Triticum aestivum* (Family Gramineae) "Wheat flour." Toasted and used for burns.

HIERBA DEL BURRO -- *Hymenoclea* sp. (Family Compositae) "Burro bush." Made into a solution used for arthritis or infected cuts.

HIERBA DEL INDIO -- *Asclepias* sp. (Family Asclepiadaceae) "Desert milkweed." Made into a tea taken for the kidneys.

HIERBA DEL PASMO -- *Aplopappus laricifolius* (Family Compositae) "Turpentine bush." Made into a tea or solution used in treating infection.

MARIHUANA -- *Cannabis sativa* (Family Cannabinaceae) "Marijuana." Made into a tea taken for nerves.

PAPA -- *Solanum tuberosum* (Family Solanaceae) "Common potato." Used as a poultice for head-ache.