

abbreviations:

L – loose tea

T – tincture

O – infused oil

P – powder

Herbs are listed below in alphabetical order by common name. Please check that the latin name given matches the herb you are looking for; common names often vary with region and tradition.

Single herbs:

Herb name	Plant part
latin name	Preparation
Agrimony	leaf
Agrimonia eupatoria	L, T
Alfalfa	leaf
Medicago sativa	L, T
Angelica	root
Angelica archangelica	T
Arnica	flower
Arnica chamissonis	T, O
Artichoke leaf	leaf
Cynara scolymus	L, T
Ashwagandha	root
Ashwagandha somnifera	T, L, P
Baikal skullcap	root
Scutellaria baikalensis	T
Balloon flower	root
Platycodon grandiflorus	L, T
Barberry	root
Berberis thunbergii	T
Bee balm	leaf, flower
Monarda didyma	L
Black cohosh	root
Actaea racemosa	T, L
Burdock	root
Arctium spp.	L, T, P
Calendula	flower
Calendula officinalis	L, T, O
California Poppy	whole plant
Eschscholzia californica	T

Catnip	leaf
Nepeta cataria	L, T
Cayenne	fruit
Capsicum annuum	T, O
Chamomile, German	flower
Matricaria recutita	T, O
Comfrey (external use)	leaf
Symphytum uplandicum	L, O
Cramp bark	bark
Viburnum opulus	T
Dandelion root	root, leaf
Taraxacum officinalis	L, T, P
Echinacea	root
Echinacea purpurea	T
Elder	fruit
Sambucus canadensis	Syrup
Elecampane	root
Inula helenium	T
Fennel	seed
Foeniculum vulgare	L, T
Goldenrod	leaf, flower (oil)
Solidago spp.	L, O
Hawthorn	fruit, flower
Crateagus sp.	L (fruit), T
Holy basil/Tulsi (kapoor)	whole herb
Ocimum tenuiflorum	L, T
Hyssop	leaf and flower
Hyssopus officinalis	L, T
Jiaogulan	leaf
Gynostemma pentaphyllum	L
Lemon balm	leaf
Melissa officinalis	L, T
Marshmallow	root
Althea officinalis	L, P
Meadowsweet	leaf, flower
Filipendula ulmaria	L, T
Milky oats	unripe fruits
Avena sativa	T
Motherwort	leaf, flower
Leonurus cardiaca	L, T

Mugwort	leaf
Artimesia vulgaris	L, T
Mullein	leaf
Verbascum thapsus	L
Nettle (stinging)	leaf
Urtica dioica	L, T
New England Aster	leaf and flower
Aster novae-angliae	T
Passionflower	leaf
Passiflora incarnata	L, T
Pennyroyal	leaf
Mentha pulegium	L
Plantain	leaf
Plantago rugelii	L, T, O
Rose	petals
Rosa rugosa	Glycerite
Self-Heal	leaf
Prunella vulgaris	L
Skullcap	whole herb
Scutellaria lateriflora	L, T
Spilanthes	flower
Spilanthes achmella	T
St. John's Wort	flower
Hypericum perforatum	T, O
Sweet Annie	leaf
Artimesia annua	L, T
Valerian root	root
Valeriana officinalis	T
Vervain, blue	leaf and flower
Verbena hastata	T
Wild Bergamot	leaf
Monarda fistulosa	L, T
Wild cherry	bark
Prunus serotina	Honey
Wood Betony	leaf
Stachys officinalis	L, T
Wormwood	leaf
Artimesia absinthium	L, T
Yarrow	leaf and flower
Achillea millefolium	L, T
Yellow dock	root