



Materia Medica

Year One

*Herbs with an asterisk = primary herbs to be covered in depth

HERB - ALPHABETICALLY BY COMMON NAME	BOTANICAL NAME
Agrimony *	Agrimonia eupatorium, Agrimonia spp.
Angelica	Angelica archangelica
Ashwagandha *	Withania somnifera
Astragalus *	Astragalus membranaceus
Black Cohosh *	Actaea racemosa
Blue Vervain*	Verbena hastata
Borage *	Borago officinalis
Burdock *	Arctium lappa
Cacao / chocolate	Theobroma cacao
Calendula	Calendula officinalis
Catnip *	Nepeta cataria
Cayenne	Capsicum annum
Chamomile	Matricaria recutita
Chaste tree *	Vitex agnus-castus
Chickweed	Stellaria media
Cinnamon *	Cinnamomum verum; C. cassia
Comfrey *	Symphytum officinale
Dandelion *	Taraxacum officinale
Echinacea *	Echinacea spp.
Elder *	Sambucus canadensis; S. nigra
Elecampane *	Inula helenium
Eleuthero, 'Siberian Ginseng' *	Eleutherococcus senticosus
Fennel *	Foeniculum vulgare
Garlic	Allium sativum
Gentian	Gentiana lutea
Ginger	Zingiber officinale
Ginkgo *	Ginkgo biloba
Ginseng / Asian & American Panax spp. *	Panax ginseng, P. quinquefolium

Goldenseal *	Hydrastis canadensis
Hawthorn *	Crataegus sp.
Lavender	Lavendula spp.
Lemon Balm *	Melissa officinalis
Licorice *	Glycyrrhiza spp.
Linden *	Tilia cordata; Tilia spp.
Kava *	Piper methysticum
Meadowsweet *	Filipendula ulmaria
Milk Thistle *	Silybum marianum
Marshmallow *	Althaea officinalis
Mint *	Mentha spp.
Motherwort *	Leonurus cardiaca
Mugwort *	Artemisia vulgaris
Mullein *	Verbascum thapsus
Nettles *	Urtica dioica
Oats *	Avena sativa
Plantain	Plantago major, P.lanceolata
Red Clover *	Trifolium pratense
Reishi *	Ganoderma spp.
Rose Root, Rhodiola *	Rhodiola rosea
Rose	Rosa spp.
Rosemary	Rosmarinus officinalis
Saw Palmetto *	Serenoa repens
Sage *	Salvia officinalis
Skullcap *	Scutellaria lateriflora
Solomon's Seal *	Polygonatum biflorum
Saint John's Wort *	Hypericum perforatum
Thyme *	Thymus vulgaris
Tulsi / Holy Basil *	Ocimum sanctum
Turmeric *	Curcuma longa
Valerian *	Valeriana officinalis
Yarrow *	Achillea millefolium
Yellow Dock *	Rumex crispus
Wild Yam *	Dioscorea villosa



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Aloe *	Aloe vera
Artichoke Leaf *	Cynara scolymus
Barberry and Oregon Grape *	Berberis spp.
Bee Balm, Sweet Leaf *	Monarda spp.
Blueberry	Vaccinium spp.
Boneset *	Eupatorium perfoliatum
Brahmi*	Bacopa sp.
California Poppy *	Eschscholzia californica
Calamus *	Acorus calamus
Celandine *	Chelidonium majus
Chai hu *	Bupleurum
Chaga Mushroom *	Inonotus obliquua
Cleavers	Galium aparine
Cordyceps, Dong Chong Xia Cao *	Cordyceps sinensis
Cornsilk *	Zea mays
Crampbark and Blackhaw *	Viburnum opulus; V. prunifolium
Dang gui, 'Chinese Angelica' *	Angelica sinensis
Fennel *	Foeniculum vulgare
Fenugreek	Trigonella foenum-graecum
Feverfew	Tanacetum parthenium
Garlic *	Allium sativum
Ghost Pipe, Indian Pipe *	Monotropa uniflora
Goji, Wolfberry, Gou Qi Zi *	Lycium chinensis
Gotu Kola *	Centella asiatica
Ground Ivy *	Glechoma hederacea
Gymnema / Gurmar *	Gymnema silvestre
Honeysuckle *	Lonicera japonica
Hibiscus *	Hibiscus sabdariffa

Horehound	Marrubium vulgare
Horse Chestnut *	Aesculus hippocastanum
Horseradish *	Armoracia rusticana
Horsetail *	Equisetum arvense
Japanese Knotweed *	Polygonum cuspidatum
Juniper *	Juniperus communis
Lady's Mantle *	Alchemilla vulgaris
Lobelia *	Lobelia inflata
Maca *	Lepidium meyenii
Mimosa, Silk Tree *	Albizia julibrissin
Mushrooms: Maitake, Turkey Tail, Shiitake *	Grifola umbellata, Trametes versicolor, Lent edodes
Night Blooming Cactus *	Selenicereus grandiflorus
Oak Bark *	Quercus spp.
Orange Peel and other Citrus	Citrus aurantium, Citrus spp.
Partridge Berry	Mitchella repens
Peony Root *	Paeonia alba
Pipsissewa	Chimaphila umbellata and C.maculata
Poke *	Phytolacca americana
Prickly Ash *	Zanthoxylum spp.
Raspberry *	Rubus idaeus, R.phoenicolaseus
Redroot, New Jersey Tea *	Ceanothus americanus
Sarsaparilla *	Smilax spp.
Sassafras	Sassafras albidum
Schisandra, Wu Wei Zi *	Schisandra chinensis
Slippery Elm *	Ulmus fulva
Sumac, Staghorn *	Rhus hirta (Rhus typhina)
Teasel	Dipsacus spp.
Violet	Viola odorata, V. sororia
Wood Betony *	Stachys officinalis
Wild Cherry *	Prunus serotina
Wild Lettuce *	Lactuca spp.
Willow *	Salix spp.
Witch Hazel *	Hamamelis virginiana



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Year Three

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Anise Hyssop *	Agastache foeniculum
ArborVitae *	Thuja occidentalis
Arnica *	Arnica spp.
Balloon Flower *	Platycodon grandiflorus
Black Walnut *	Juglans nigra
Blue Flag	Iris versicolor
Bugleweed	Lycopus spp.
Cat's Claw	Uncaria tomentosa
Chinese Sage, Dan Shen *	Salvia miltiorrhiza
Chinese Skullcap, Huang Qin *	Scutellaria baicalensis
Chrysanthemum *	Chrysanthemum morifolium (Dendranthema m.)
Codonopsis, Dang Shen *	Codonopsis pilosula
Coltsfoot	Tussilago farfara
Corydalis, Yan Hu Suo *	Corydalis yanhusuo
Damiana *	Turnera diffusa
Devil's Claw *	Harpagophytum procumbens
Devil's Club *	Oplopanax horridus
Dodder *	Cuscuta spp.
Eclipta / han lian cao / bhringraj	Eclipta prostrata
Evening Primrose *	Oenothera biennis
Eyebright	Euphrasia spp.
Figwort	Scrophularia nodosa
Frankincense *	Boswellia sacra
Fringe tree	Chionanthus virginicus
Gravelroot	Eupatorium purpureum
Guggul *	Commiphora wightii
He Shou Wu *	Polygonum multiflorum
Hops *	Humulus lupulus

Hydrangea	Hydrangea arborescens
Hyssop	Hyssopus officinalis
Isatis, Woad	Isatis tinctoria
Jamaica Dogwood *	Piscidia erythrina, P. piscipula
Kudzu *	Pueraria lobata
Lion's Mane, Oyster mushrooms	Hericium spp, Pleurotus spp.
Lovage	Levisticum officinale
Mulberry *	Morus alba
Myrrh *	Commiphora myrrha
Nutmeg *	Myristica spp.
Osha	Ligusticum porterii
Passionflower *	Passiflora incarnata
Pine *	Pinus spp.
Prince Root, Prince Seng *	Pseudostellaria
Pulsatilla, Wind Flower *	Anemone pulsatilla
Rue *	Ruta graveolens
Self Heal *	Prunella vulgaris
Shepherd's Purse	Capsella bursa-pastoris
Sweet Annie	Artemisia annua
Usnea *	Usnea spp.
Uva-ursi *	Arctostaphylos uva-ursi
Seaweeds	Various spp.
Spikenard	Aralia racemosa
Wild Indigo *	Baptisia tinctoria
Wormwood *	Artemisia absinthium