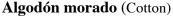
Dominican Medicinal Plant Inventory







Gossypiom hirsutum Medicinal Use: Infertility, infections, wound dressing, excessive vaginal discharge. Plant part(s): Leaf, flower, root Preparation: purple leaves foiled for tea, flower as dressing, mix with Yerba mora for infections



España (Prickly Pear) Opuntia ficus-indica Medicinal Use: Diabetes, hypertension, infection. inflammation, digestion, sexually transmitted disease, menstrual problems, kidney

Alquitira, Tuna de

Plant part(s): leaf, gel, stem Preparation: juice, grade or strain, peel stems, boil, apply gel topically, eat

disorders, burns

Herb-Drug interactions: Consult practitioner before mixing with blood-sugar medicine



Anamú (Guinea hen weed) Petriveria alliacea

Medicinal Use: flu, cold, rheumatism, arthritis, digestion, nausea, toothache, menstrual symptoms, ovarian cysts, labor pains, skin infections, fungus Plant part(s): Leaf, root, stem, fresh/dried

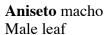
Preparation: tincture in alcohol, orally, topically, aromatic, bebedizos/botellas

Herb-Drug interactions: Consult practitioner before mixing with blood-sugar medicine



Aniseto (cake bush) Piper marginatu Medicinal Use: indigestion,

flatulence, stomach pain Plant part(s): leaf, roots Preparation: boil, orally, wrap with menthol Neutral leaf



Aniseto hembra Female leaf







Chenopodium ambrodioides

Medicinal Use: diarrhea, intestinal parasites/worms, stomach pain flatulence, skin infections, skin ulcers Plant part(s): leaf Preparation: tea, juice combined with coco, orally, crushed, heated and topically applied Safety and Precautions: essential oil is toxic and explosive. Small amounts can cause adverse side effects. Fatalities have been reported due to over ingestion (>10mg). Should not be administered to those with the following conditions: pregnancy, heart disease, liver disease, kidney disease

Berenjena de tera

Solanum mammosum Medicinal Use: mouth infection, skin wounds, obesity, to lose weight, diabetes, high blood pressure, high cholesterol Plant part(s): leaf, fruit Preparation: orally, bath, fruit soaked in water



Bixa Orellana Medicinal Use: anemia, labor pains, infertility, platelets, burns Plant part(s): leaf, seeds, powdered seed covering Preparation: mixture as juice, topically, seed powder heated in oil and added to herbal mixtures Safety and Precautions: allergic reactions can occur

Fruta de Bija

Bixa seeds

Broquelejo macho Pothomorphe peltata Male leaf

Medicinal Use: relieve headaches, kidney function, menstrual problems Plant part(s): leaf, root Preparation: place on head, boil







Broquelejo hembra Female leaf



Guanábana

Annona muricata Medicinal Use: common cold, flu, menopausal symptoms, anxiety, stress, diuretic Plant part(s): leaf, fruit Preparation: tea, orally, bath



Cabra

Bunchosia glandulosa Medicinal Use: Stomachache, common cold, bronchitis Plant part(s): leaf Preparation: press for juice, tea, strong odor



Guayaba (Guava) Psidium guajava Medicinal Use: diarrhea, nervousness, vertigo, vomiting Plant part(s): leaf, husk, fruit Preparation: raw



Cacao (chocolate) Theobroma cacao

Medicinal Use: lowers blood sugar, fatigue, kidney function, anti-ulcer and tumor Plant part(s): leaf, seeds, cocoa butter

Preparation: tea, orally, butter



Piper amalago Medicinal Use: diabetes, high blood pressure, circulation, urinary tract disorders Plant part(s): leaf, fruit

Guayuyo (Spanish elder)



Campana

Ipomoea carnea Medicinal Use: wounds, constipation Plant part(s): leaf, flower Preparation: juice



Preparation: tea, orally

Hinojo (name for 2 plants) Anethum graveolens or Foeniculum vulgare Medicinal Use: digestion, stomach pain, sinusitis, allergies Plant part(s): seeds, essential oil Preparation: tea, decoction, orally Contraindications: for epileptics and young children



Cancharagua

(Sweet broom) Scoparia dulcis Medicinal Use: intestinal infections, diarrhea, gastric pain Plant part(s): leaf Preparation: tea



Hoja de pata de vaca

Baubinia forficata Medicinal Use: diabetes, swelling, high blood pressure Plant part(s): flower, leaf Preparation: tea, bath



Chinola

Medicinal Use: high blood pressure, diabetes, common cold, menstrual problems, Plant part(s): fruit, pulp Preparation: juice, tea



Hoja de saúco

Sambucus nigra Medicinal Use: common cold, flu, fever, swelling Plant part(s): leaf Preparation: boil, cover area



Clavel del muerto

(carnations for the dead) Tagets erecta Medicinal Use: flu, fever Plant part(s): flower Preparation: tea



Insulina, Azuquita

Medicinal Use: diabetes, high blood sugar Plant part(s): leaf Preparation: can mix with "pata de vaca" as tea













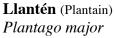
Jagua

Genipa americana Medicinal Use: high blood pressure, intestinal parasites, muscular pain, headaches, prevention of cysts, tumors Plant part(s): fruit Preparation: drink prepared in water, eat

Juana la Blanca

Spermacoce assorgens Medicinal Use: cure all, vaginal infections, STD, kidney problems, asthma, chest congestion, flu, fever, menstrual problems, labor, infertility Plant part(s): flower, stem Preparation: tea

Limoncillo (Lemongrass) Cymbopagon citratos Medicinal Use: asthma, common cold, flu, fever. digestion, diarrhea, flatulence, menopausal symptoms, contusions, arthritis Plant part(s): leaf, stalk Preparation: remedy, orally, tea made with cinchona bark Contraindications: not for use during pregnancy



Medicinal Use: conjunctivitis, nervousness, liver problems, menstrual problems, high cholesterol, stomach ache, migraine, blindness, abortifacient Plant part(s): leaf Preparation: juice, tea, ointment

Mostaza (Mustard)

Brassica nigra Medicinal Use: headaches, sinusitis Plant part(s): leaf Preparation: tea, grind, place on

Nigua, Noni

forehead

Morinada citrifolia Medicinal Use: kidney problems Plant part(s): roots Preparation: tea



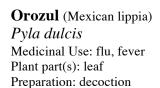












Ozúa, Juana la peluda, Berrón, bay run

Pimenta racemosa Medicinal Use: high blood pressure, diabetes, toothache Plant part(s): leaf Preparation: decoction

Perejíl (Parsley) Petroselinum crispum Medicinal Use: diabetes, high blood pressure Plant part(s): leaf Preparation: tea, cook

Piñón de hoja ancha

Jatropha curcas Medicinal Use: wounds, mouth candidiasis, stomach problems, circulation, asthma, rash, laxative Plant part(s): leaf, fruit

Preparation: tea, milk

Romero (Rosemary) Rosmarius officinalis Medicinal Use: flu, fever, stomach problems, tightness of chest, sore throat Plant part(s): leaf Preparation: tea, eat as powder

Rompe zaragüey

(Billy goat weed) Eupatorium odoratum Medicinal Use: flu, cutaneous ulcers, boils Plant part(s): flower

Preparation: tea, boil



Sábila (Aloe)

Aloe vera

Medicnial Use: laxative, burns, cuts, fungal infections, diabetes, digestion flu, common cold, HIV/AIDS, uterine fibroids Plant part(s): leaf, gel Preparation: eat, juice, topically Safety and Precautions: gastrointestinal disorders, abdominal pain, nausea, skin irritations: rare cases include edema and bone deterioration Contraindications: not for use by pregnant women, young children, those with Crohn's disease, appendicitis, Herb-Drug interactions: Cardiac glycosides, antiarrhythmic drugs, thiazide diuretics, loop diuretics, licorice, corticosteroid, and antidiabetic agents



Yerba mora, hierba mora (Black nightshade)

Solanum nigrascens
Medicinal Use: allergies,
menstrual problems, cancer,
childbirth, postpartum, cysts,
fibroids
Plant part(s): leaf, whole herb
Preparation: decoction, orally
Safety and Precautions: taken in
excess can cause overdoses due
to high alkaloid content of
leaves, causing dizziness,
vomiting, and headaches.

Yerba Buena, hierba

Medicinal Use: stomach

problems, anxiety, stress,

menstrual cramps, diabetes,

Preparation: tea infusions or

decoction, orally, topically

Plant part(s): leaf, flower, stems

gastroesophageal reflux disease

buena (Spearmint)

Mentha

burns, diabetes

Contraindications:



Salvia

Salvia arborescens
Medicinal Use: diarrhea
Plant part(s): leaf
Preparation: chew

Dangers: Narcotic hallocinogen



Uva de playa

Coccoloba uvifera
Medicinal Use: menopausal
symptoms, diarrhea, tumors,
anemia, skin irritations, asthma,
circulation
Plant part(s): leaf veins
Preparation: decoction, bath



Verbena (Porterweed)

Stachytarpheta
jamaicensis

Medicinal Use: indigestion,
diarrhea, flatulence, anxiety,
stress, menopausal symptoms
Plant part(s): leaf, flower, stem
Preparation: tea sweetened with
molasses, orally

"Dominican Medicinal Plant Inventory" is a work of reference and is not intended to medically prescribe or promote any product or substance, nor is it intended to replace medical care. Readers should consult with a qualified physician or health care provider before administering or undertaking any course of medical treatment. No endorsement of any product or substance is implied by its inclusion in this list. Even plants that are commonly consumed as food and reported to be generally recognized as safe may have adverse effects, including drug interactions and allergic reactions in some individuals. Partners for Rural Health in the Dominican Republic disclaims any suggestion that the contents of the list are in every respect accurate and complete, and they are not responsible for errors, omissions or any consequences from the application of "Dominican Medicinal Plant Inventory's" contents. The list is being provided to assist us in identifying and understanding the uses of substances which our clients may be or may have used.