

Dominican Medicinal Plant Inventory



Algodón morado (Cotton)
Gossypium 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



Apasote (Wormseed)
Chenopodium ambrosioides
 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



Alquitira, Tuna de España (Prickly Pear)
Opuntia ficus-indica
 Medicinal Use: Diabetes, hypertension, infection, inflammation, digestion, sexually transmitted disease, menstrual problems, kidney disorders, burns
 Plant part(s): leaf, gel, stem
 Preparation: juice, grade or strain, peel stems, boil, apply gel topically, eat
 Herb-Drug interactions: Consult practitioner before mixing with blood-sugar medicine



Anamú (Guinea hen weed)
Petiveria 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



Bija
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



Aniseto macho
 Male leaf
Aniseto hembra
 Female leaf



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



Guayuyo (Spanish elder)
Piper amalago
Medicinal Use: diabetes, high blood pressure, circulation, urinary tract disorders
Plant part(s): leaf, fruit
Preparation: tea, orally



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



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



Orozul (Mexican lippia)

Pyla dulcis

Medicinal Use: flu, fever
Plant part(s): leaf
Preparation: decoction



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



Ozúa, Juana la peluda, Berrón, bay run

Pimenta racemosa

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



Limoncillo (Lemongrass)

Cymbopogon citratus

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



Perejil (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



Llantén (Plantain)

Plantago major

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



Romero (Rosemary)

Rosmarinus officinalis

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



Mostaza (Mustard)

Brassica nigra

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



Rompe zaragüey

(Billy goat weed)

Eupatorium odoratum

Medicinal Use: flu, cutaneous ulcers, boils
Plant part(s): flower
Preparation: tea, boil



Nigua, Noni

Morinada citrifolia

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



Sábila (Aloe)

Aloe vera

Medicinal 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 Buena, hierba buena (Spearmint)

Mentha

Medicinal Use: stomach problems, anxiety, stress, menstrual cramps, diabetes, burns, diabetes

Plant part(s): leaf, flower, stems

Preparation: tea infusions or decoction, orally, topically

Contraindications:

gastroesophageal reflux disease



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.



Salvia

Salvia arborescens

Medicinal Use: diarrhea

Plant part(s): leaf

Preparation: chew

Dangers: Narcotic hallucinogen



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.