Dominican Medicinal Plant Inventory

**Algodón morado** (Cotton)  
*Cotylurus 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

**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 marginatum*  
**Medicinal Use:** Indigestion, flatulence, stomach pain  
Plant part(s): leaf, roots  
Preparation: boil, orally, wrap with menthol  
Neutral leaf  
**Aniseto macho**  
Male leaf  
**Aniseto hembra**  
Female leaf

**Apasote** (Wormseed)  
*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

**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*

**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

Guanábanana
*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

**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 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

**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

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

**Nigua, Noni (Morinada citrifolia)**
Medicinal Use: kidney problems
Plant part(s): roots
Preparation: tea

**Orozul (Mexican lippia)**
*Pyla dulcis*
Medicinal Use: flu, fever
Plant part(s): leaf
Preparation: decoction

**Ozúa, Juana la peluda, Berrón, bay run (Pimenta racemosa)**
Medicinal Use: high blood pressure, diabetes, toothache
Plant part(s): leaf
Preparation: decoction

**Perejil (Parsley)**
*Petroselinum crispum*
Medicinal Use: diabetes, high blood pressure
Plant part(s): leaf
Preparation: tea, milk

**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)**
*Rosmarinus 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: cutaneous ulcers, boils
Plant part(s): flower
Preparation: tea, boil
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

Salvia
*Salvia arborescens*
Medicinal Use: diarrhea
Plant part(s): leaf
Preparation: chew
Dangers: Narcotic hallucinogen

Sálbica (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

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

Yerba Buena, hierba buena (Spearmint)
*Mená*
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.

“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.