

Pacific Northwest Materia Medica

Eric Yarnell, ND, RH(AHG)

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● = Potentially endangered, use only cultivated or very sparingly. **Red = low-dose herb**

Adaptogen

Aralia californica (California spikenard) root, fruit
Oplopanax horridum (devil's club) root bark, fruit

Adhesion Blockers

Vaccinium deliciosum (Cascade bilberry) fruit
Vaccinium membranaceum (black huckleberry) fruit
Vaccinium myrtillus (bilberry) fruit
Vaccinium ovatum (blueberry) fruit
Vaccinium oxycoccus (little cranberry) fruit
Vaccinium parvifolium (red huckleberry) fruit

Allergy Relieving

Ambrosia chamissonis (silver burweed) leaf
Anaphalis margaritacea (pearly everlasting) aerial parts
Myrica californica (Pacific wax myrtle) leaf, bark
Urtica dioica ssp *gracilis* (nettle) leaf

Analgesic, General

Aconitum columbiana (Columbia aconite) root
Anemone occidentalis (western pasqueflower) aerial parts
Arnica chamissonis (meadow arnica) flower
Arnica cordifolia (heartleaf arnica) flower
Clematis ligusticifolia (virgin's bower) leaf (against headaches)
Dicentra formosa (Pacific bleeding heart) whole plant
Corydalis scouleri (Scouler's corydalis) root
Eschscholzia californica (California poppy) whole plant
Heracleum lanatum (cow parsnip) fruit
Stachys rigida (hedge nettle) aerial parts
Valeriana sitchensis (Sitka valerian) root

Analgesic, Urogenital

Bidens frondosa (beggar ticks) aerial parts
Bidens pilosa (beggar ticks) aerial parts
Pedicularis bracteosa (lousewort) flowering top
Pedicularis densiflora (Indian warrior) flowering top
Pedicularis groenlandica (elephant head) flowering top
Pedicularis racemosa (sickle-top lousewort) flowering top
Stachys rigida (hedge nettle) aerial parts

Antiarrhythmic

Crataegus douglasii (blackthorn) fruit
Lycopus americanus (American bugleweed) aerial parts

Antidiuretic

Rhus glabra (smooth sumac) leaf

Antifungal

Fraxinus latifolia (Oregon ash) bark
Myrica californica (Pacific wax myrtle) leaf, bark
Thuja plicata (red cedar) leaf

Antimicrobial

Gastrointestinal tract:

Artemisia douglasiana (California mugwort) leaf
Artemisia ludoviciana (western mugwort) leaf
Artemisia tridentata (bigleaf sagebrush) leaf
Coptis laciniata (Oregon goldthread) root and leaf ● ?
Coptis occidentalis (western goldthread) root and leaf ● ?
Mahonia aquifolium (Oregon grape) root
Mahonia nervosa (dwarf Oregon grape) root
Romneya coulteri (matilija poppy) leaf

Respiratory tract:

Abies lasiocarpa (subalpine fir) resin
Artemisia tridentata (bigleaf sagebrush) leaf
Ligusticum canbyi (Canby's lovage) root
Ligusticum grayi (Gray's lovage, oshala) root
Lobaria pulmonaria (lungwort lichen) thallus
Lomatium dissectum (desert parsley) root
Osmorhiza occidentalis (sweet cicely) root
Picea sitchensis (Sitka spruce) resin
Pinus monticola (western white pine) resin
Pinus ponderosa (ponderosa pine) leaf
Pseudotsuga menziesii (Douglas fir) resin
Sambucus cerulea (blue elder) fruit
Thuja plicata (red cedar) leaf
Usnea longissima (old man's beard) thallus

Skin:

Abies lasiocarpa (subalpine fir) resin
Artemisia tridentata (bigleaf sagebrush) leaf
Mahonia aquifolium (Oregon grape) root
Mahonia nervosa (dwarf Oregon grape) root
Pseudotsuga menziesii (Douglas fir) resin
Romneya coulteri (matilija poppy) leaf

Urinary tract:

Arbutus menziesii (madrone) leaf
Arctostaphylos uva ursi (uva ursi) leaf
Chimaphila umbellata (pipsissewa) whole plant
Juniperus communis (juniper) cone
Pinus monticola (western white pine) resin
Pinus ponderosa (ponderosa pine) leaf

Antimuscarinic (Anticholinergic)

Garrya fremontii (silk tassel) leaf, root or bark

Antineoplastic

Dicentra formosa (Pacific bleeding heart) whole plant

Mahonia aquifolium (Oregon grape) root
Mahonia nervosa (dwarf Oregon grape) root
Taxus brevifolia (Pacific yew) needle, (bark ●)

Antisecretory

Garrya fremontii (silk tassel) leaf, root or bark

Antitussive

Adiantum pedatum (maidenhair fern) fronds
Goodyera oblongifolia (rattlesnake plantain) whole plant ●
Lysichiton americanus (skunk cabbage) root
Maianthemum racemosum (false Solomon's seal) root

Antiviral, General

Amelanchier alnifolia (saskatoon) fruit
Heuchera glabra (mountain saxifrage) leaf or root
Ligusticum canbyi (Canby's lovage) root
Ligusticum grayi (Gray's lovage, oshala) root
Lomatium dissectum (desert parsley) root
Osmorhiza occidentalis (sweet cicely) root
Prunella vulgaris (heal all) herb
Sambucus cerulea (blue elder) fruit
Thuja plicata (red cedar) leaf

Astringent

Achillea millefolium (yarrow) flower, leaf
Alnus rubra (red alder) leaf or bark
Anaphalis margaritacea (pearly everlasting) aerial parts
Arbutus menziesii (madrone) leaf
Arctostaphylos uva ursi (uva ursi) leaf
Aruncus dioica (goat's beard) leaf, flower
Bidens frondosa (beggar ticks) aerial parts
Bidens pilosa (beggar ticks) aerial parts
Bistorta bistortoides (bistort) root
Fragaria spp (wild strawberry) leaf, root
Fraxinus latifolia (Oregon ash) leaf
Gaultheria shallon (salal) leaf
Geum macrophyllum (large-leaf avens) aerial parts
Holodiscus discolor (ocean spray) leaf, flower
Mimulus guttatus (yellow monkey flower) root
Oemleria cerasiformis (Indian plum) fruit
Potentilla spp (cinquefoil) leaf, root
Rhus glabra (smooth sumac) leaf
Rosa nutkana (Nootka rose) hips, leaf, flower
Rubus spectabilis (salmon berry) root, leaf
Rubus ursinus (wild blackberry) root, leaf
Spiraea douglasii (hardhack) leaf, flower
Trillium ovatum (Pacific trillium) root
Vaccinium spp (huckleberry) leaf

Bitter

Artemisia douglasiana (California mugwort) leaf
Artemisia ludoviciana (western mugwort) leaf
Artemisia tridentata (bigleaf sagebrush) leaf
Coptis laciniata (Oregon goldthread) root and leaf ● ?
Coptis occidentalis (western goldthread) root and leaf ● ?
Fraxinus latifolia (Oregon ash) bark
Grindelia spp (gumweed) flower bud

Humulus lupulus (hops) strobile
Iris missouriensis (blue flag) rhizome
Mahonia aquifolium (Oregon grape) root
Mahonia nervosa (dwarf Oregon grape) root
Menyanthes trifoliata (bogbean) root

Bone Marrow Stimulant

Mahonia aquifolium (Oregon grape) root
Mahonia nervosa (dwarf Oregon grape) root

Cardiovascular Tonic

Crataegus douglasii (blackthorn) fruit

Carminative

Angelica arguta (kneeling angelica) seed
Asarum caudatum (western wild ginger) root
Clinopodium douglasii (yerba buena) leaf
Mentha aquatica var *citrate* (bergamot mint) leaf
Mentha arvensis (field mint) leaf
Monarda didyma (bee balm) leaf, flower
Polypodium glycyrrhiza (licorice fern) root ●

Cathartic Laxative

Euonymus occidentalis (western wahoo) bark, root (also choleric)
Frangula purshiana = *Rhamnus purshiana* (cascara sagrada) aged bark
Lonicera ciliosa (orange honeysuckle) fruit, seed

Cholagogue: see bitter

Connective Tissue Tonic

Adiantum pedatum (maidenhair fern) fronds

Corrigent

Achlys triphylla (vanilla leaf) leaf
Amelanchier alnifolia (saskatoon) fruit
Asarum caudatum (western wild ginger) rhizome
Clinopodium douglasii (yerba buena) leaf
Ledum groenlandicum = *Rhododendron groenlandicum* (Labrador tea) leaf
Mentha aquatica var *citrate* (bergamot mint) leaf
Mentha arvensis (field mint) leaf
Osmorhiza occidentalis (sweet cicely) root
Prunella vulgaris (heal all) herb
Sambucus cerulea (blue elder) fruit

Demulcent

Bryoria fuscescens (speckled horsehair) thallus
Maianthemum racemosum (false Solomon's seal) root

Diaphoretic

Angelica arguta (kneeling angelica) seed
Artemisia douglasiana (California mugwort) leaf
Asarum caudatum (western wild ginger) root
Clinopodium douglasii (yerba buena) leaf
Mentha arvensis (field mint) leaf
Sambucus cerulea (blue elder) flower
Sambucus racemosa (red elder) flower

Diuretic

Daucus carota (wild carrot) root, fruit
Equisetum telmateia (northern giant horsetail) herb
Galium kamschaticum (northern wild bedstraw) herb
Galium triflorum (sweet-scented bedstraw) herb
Juniperus communis (juniper) cone
Pinus monticola (western white pine) resin
Pinus ponderosa (ponderosa pine) leaf
Solidago canadensis (Canada goldenrod) flowering top
Urtica dioica ssp *gracilis* (nettle) leaf

Emetic

Frangula purshiana = *Rhamnus purshiana* (cascara sagrada) fresh bark
Lysichiton americanus (skunk cabbage) root

Emmenagogue

Artemisia douglasiana (California mugwort) leaf
Artemisia ludoviciana (western mugwort) leaf
Artemisia tridentata (bigleaf sagebrush) leaf

Expectorant, Relaxing: see antitussive

Expectorant, Stimulating

Balsamorhiza sagittata (arrowleaf balsamroot) root
Balsamorhiza deltoidea (deltoid balsamroot) root
Populus trichocarpa (black cottonwood) resin, flower bud

Hepatoprotective

Cirsium arvense (Canada thistle) seed, root
Cirsium edule (edible thistle) seed, root

Hormone Modulator

Actaea elata (western bugbane) root, leaf
Adiantum pedatum (maidenhair fern) fronds
Nuphar polysepalum (yellow pond lily) root
Paeonia brownii (western peony) root
Trillium ovatum (Pacific trillium) root

Hypnotic

Anemone occidentalis (western pasqueflower) aerial parts
Epipactis gigantea (stream orchid) root ●
Eschscholzia californica (California poppy) whole plant
Humulus lupulus (hops) strobile
Pedicularis bracteosa (lousewort) flowering top
Pedicularis densiflora (Indian warrior) flowering top
Pedicularis groenlandica (elephant head) flowering top
Pedicularis racemosa (sicketop lousewort) flowering top
Stachys rigida (hedge nettle) aerial parts
Valeriana sitchensis (Sitka valerian) root

Hypoglycemic

Oplopanax horridum (devil's claw) root bark, fruit
Vaccinium myrtillus (bilberry) fruit

Hypotensive (see also diuretics and spasmolytics)

Crataegus douglasii (blackthorn) fruit, leaf, flower

Phoradendron flavescens (American mistletoe) whole plant (may be vasoconstricting)

Veratrum viride (false hellebore) root

Immunomodulator

Aralia californica (California spikenard) root, fruit
Oplopanax horridum (devil's club) root bark, fruit
Trametes versicolor (turkey tail) fruiting body

Immunostimulant

Larix occidentalis (western larch) bark
Ligusticum canbyi (Canby's lovage) root
Ligusticum grayi (Gray's lovage, oshala) root
Lomatium dissectum (lomatium) root
Lonicera ciliosa (orange honeysuckle) flower (maybe)
Osmorhiza occidentalis (sweet cicely) root
Thuja plicata (red cedar) leaf

Inflammation Modulator

Achillea millefolium (yarrow) flower, leaf
Actaea elata (western bugbane) root
Anaphalis margaritacea (pearly everlasting) aerial parts
Betula papyrifera (paper birch) leaf
Bidens frondosa (beggar ticks) aerial parts (urinary tract)
Bidens pilosa (beggar ticks) aerial parts (urinary tract)
Chamaenerion angustifolium (fireweed) flowering tops (pelvic)
Conyza canadensis var *glabrata* (Canadian fleabane) flowering top
Cornus canadensis (bunchberry) herb
Gaultheria shallon (salal) leaf
Glycyrrhiza lepidota (wild licorice) root
Grindelia spp (gumweed) flower bud
Maianthemum racemosum (false Solomon's seal) root
Myrica californica (Pacific wax myrtle) leaf, bark (gums)
Populus tremuloides (aspen) bark
Romneya coulteri (matilija poppy) leaf
Salix spp (willow) bark
Scrophularia californica (California figwort) flowering tops
Vancouveria hexandra (inside-out flower) root and aerial

Insect Repellent

Achlys triphylla (vanilla leaf) leaf

Insulin Sensitizing

Aralia californica (California spikenard) root, fruit
Mahonia aquifolium (Oregon grape) root
Mahonia nervosa (dwarf Oregon grape) root
Oplopanax horridus (devil's club) root bark, fruit

Lung Tonic

Balsamorhiza sagittata (balsamroot) root
Lobaria pulmonaria (lungwort lichen) thallus

Lymphagogue

Ceanothus velutinus (buckbrush) root (and other spp)
Iris missouriensis (blue flag) rhizome
Viola glabella (stream violet) flower (and other spp)

Mood Elevating

Epipactus gigantea (stream orchid) root ●
Optopanax horridus (devil's club) root bark, fruit

Mucolytic

Abies lasiocarpa (subalpine fir) resin
Balsamorhiza sagittata (arrowleaf balsamroot) root
Balsamorhiza deltoidea (deltoid balsamroot) root
Grindelia spp (gumweed) flower bud
Picea sitchensis (Sitka spruce) resin resin
Pinus monticola (western white pine) resin
Pinus ponderosa (ponderosa pine) resin
Populus trichocarpa (black cottonwood) resin
 propolis resin
Pseudotsuga menziesii (Douglas fir) resin

Nephroprotective

Crataegus douglasii (blackthorn) fruit
Urtica dioica ssp gracilis (nettle) seed

Nervine: see hypnotic above

Nootropic

Artemisia ludoviciana (western mugwort) leaf

Pituitary Hormone Modulator

Paeonia brownii (western peony) root

Positive Inotrope

Apocynum androsaemifolium (spreading dogbane) herb
Apocynum cannabinum (dogbane) herb

Prolactin Inhibitor

Paeonia brownii (western peony) root

Prostate Tonic

Urtica dioica ssp gracilis (nettle) root

Resistance Corrective

Mahonia aquifolium (Oregon grape) fruit
Mahonia nervosa (dwarf Oregon grape) fruit

Spasmolytic, skeletal muscle

Epipactus gigantea (stream orchid) root ●
Paeonia brownii (western peony) root
Pedicularis bracteosa (lousewort) flowering top
Pedicularis densiflora (Indian warrior) flowering top
Pedicularis groenlandica (elephant head) flowering top
Pedicularis racemosa (sicketop lousewort) flowering top
Stachys chamisonis var *cooleyae* (great hedge nettle)
 flowering top

Spasmolytic, smooth muscle: see also hypnotic above

Garrya fremontii (silk tassel) leaf, root or bark
Paeonia brownii (western peony) root
Petasites frigidus var *palmatius* (butterbur) root
Romneya coulteri (matilija poppy) leaf
Valeriana sitchensis (Sitka valerian) root

Thyrosuppressive

Lithospermum ruderale (gromwell) root
Lycopus americanus (American bugleweed) aerial parts

Uricosuric

Bidens frondosa (beggar ticks) aerial parts
Bidens pilosa (beggar ticks) aerial parts

Urinary tract tonic

Chimaphila umbellata (pipsissewa) whole plant
Rhus glabra (smooth sumac) leaf

Vulnerary

Achillea millefolium (yarrow) flower, leaf
Anaphalis margaritacea (pearly everlasting) aerial parts
Prunella vulgaris (heal all) herb