SONORAN UNIVERSITY OF HEALTH SCIENCES MEDICINARY TINCTURE LIST

Latin Binomial	Common Name	Script Needed
Achillea millefolium	Yarrow	
Acorus calamus	Calamus Root/Sweet Flag	X
Actaea racemosa (shelved as Cimicifuga racemosa)	Black Cohosh	
Aesculus hippocastanum	Horse Chestnut	
Albizzia julibrissin	Silk Tree aka Mimosa	
Alchemilla vulgaris/xan	Lady's Mantle	
Algerita (with compunds)	Algerita	
Allium sativa	Garlic	
Althaea offinalis	Marshmallow Root	
Ammi visnaga	Khella Seed	
Andrographis paniculata	Andrographis/Chuan Xin Lian	
Anemone pulsatilla	Pasque flower/Pulsatilla	X
Anemopsis californica	Yerba Mansa	
Angelica archangelica	Angelica Root	
Angelica sinensis	Dong Quai	
Apium graveolens	Celery	
Arctium lappa	Burdock Root	
Arctostaphylos uva-ursi	Uva Ursi	
Armoracia rusticana	Horseradish	
Artemesia absinthium	Wormwood	X
Artemisia annua	Sweet Annie Wormwood	X
Artemisia vulgaris	Mugwort	X
Asclepias tuberosa	Pleurisy Root	X
Asparagus racemosus	Shatavari	
Aspidosperma quebracho-blanco	Quebracho	
Astragalus membranaceus	Astragalus Root	
Atropa belladonna	Belladonna	X
Avena sativa	Wild Oat Milky Seed	
Azadirachta indica	Neem leaf	X
Bacopa monnieri	Nira-Brahmi	
Baptisia tinctoria	Wild indigo	X
Barosma betulina	Buchu leaves	
Berberis aquifolium (shelved as Mahonia aquifolium)	Oregon Grape Root	
Berberis vulgaris, spp.	Barberry Root	
Boswellia serrata	Boswellia	
Bupleurum falcatum/chinensis	Bupleurum Root	
Cactus grandifolia (shelved as Selenicereus grand)	Night Blooming Cereus/Cactus	X
Calendula officinalis	Calendula flowers	
Calendula officinalis succus	Calendula succus	
Camellia sinensis	Green Tea	
Capsella bursa-pastoris	Shepherd's Purse	
Capsicum annum	Cayenne pepper	
Catharanthus roseus	Madagascar Periwinkle	X
Caulophyllum thalictroides	Blue Cohosh	X
Ceanothus americanus	Red Root	
Centella asiatica	Gotu Kola	
Chamaelirium luteum (also called Helonias dioica)	False Unicorn/Helonias Root	
Chelidonium majus	Celandine	X
Chionanthus virginicus	Fringe Tree Bark	X
Cimicifuga racemosa (shelved as Actea racemosa)	Black Cohosh	
Cinnamomum spp.	Cinnamon	
Citrus aurantium	Bitter Orange	
Cnicus benedictus	Blessed Thistle	
Codonopsis	Dang shen	
Coleus forskohlii	Coleus Root	
Collinsonia canadensis	Stone Root	
Commiphora mukul	Gum Guggul	
Commiphora myrrha	Myrrh	

Convallaria majalis	Lily of the Valley	X
Cordyceps sinensis	Cordyceps	
Corydalis bulbosa / yanhusuo	Corydalis/Fumewort	X
Corynanthe yohimbe (shelved as Pausinystalia johimbe)	Yohimbe	X
Crataegus spp.	Hawthorne	
Curcuma longa	Turmeric	
Cynara scolymus	Artichoke	
Cyperus rotundus	Cyperus	
Dioscorea villosa	Wild Yam	
Echinacea angustifolia and purpurea	Echinacea	
Eleutherococcus senticosus	Siberian Ginseng	
Epimedium spp.	Horny Goat Weed	
Equisetum arvense	Horsetail	
Erigeron canadensis	Canadian Fleabane	
Eriodictyon californicum	Yerba Santa	
Erygium yuccifolium	Rattlesnake Master	
Eschscholzia californica	California Poppy	
Eugenia aromatica	Clove Buds	
Eupatorium perfoliatum	Boneset	X
Eupatorium purpureum	Gravel Rt	
Euphrasia officinalis	Eyebright	
Filipendula ulmaria	Meadowsweet	
Foeniculum vulgare	Fennel Seed	
Fouquieria splendens	Ocotillo	
Fucus vesiculosis	Bladderwrack Fronds	
Fumaria officinalis	Fumitory Aerial	
Galega officinalis	Goat's Rue	
Galium aparine	Cleavers	
Ganoderma lucidum	Reishi	
Gelsemium sempervirens	Yellow Jasmine	X
Gentiana lutea	Gentian	
Geranium maculatum	Cranesbill/Geranium	
Ginkgo biloba	Ginkgo	
Glycyrrhiza glabra	Licorice Root	
Grindelia spp.	Gumweed	
Guaiacum officinale	Lignum vitae	
Gymnema sylvestre	Gymnema	
Hamamelis virginiana	Witch Hazel	
Harpagophytum procumbens	Devil's Claw	
Helonias dioica (shelved as Chamaelirium luteum)	False Unicorn/Helonias Root	
Hericium erinaceus	Lion's Mane Mushroom	
Houttuynia cordata	Houttuynia Aerial	
Humulus lupulus	Hops Strobile	
Hydrangea arborescens	Hydrangea	
Hydrastis canadensis	Goldenseal	
Hyocyamus niger	Henbane	X
Hypericum perforatum	St. John's Wort	
Hyssopus officinalis	Hyssop	
Inonotus obliquus	Chaga Mushroom	
Inula helenium	Elecampane	
Iris versicolor	Blue Flag	X
Juglans nigra	Black Walnut Hulls	X
Juniperus communis	Juniper Berries	
Larrea tridentata	Chaparral/Creosote Bush	X
Lavendula officinalis	Lavendar Flowers	
Leonurus cardiaca	Motherwort	
Lepidium meyenii	Maca	
Lespedeza capitata	Roundhead Lespedeza	
Ligusticum porteri	Osha	
Lithospermum ruderale	Stoneseed	X

Lobaria pulmonaria (shelved as Sticta pulmonaria)	Lungwort	
Lobelia inflata	Lobelia	X
Lomatium dissectum	Lomatium	
Lycopus virginicus	Bugleweed	
Magnolia officinalis	Magnolia Bark	
Mahonia aquifolium	Oregon Grape Root	
Marrubium vulgare	Horehound	
Matricaria recutita	Chamomile	
Medicago sativa	Alfalfa	
Melissa officinalis	Lemon Balm	
Mentha piperita	Peppermint	
Mitchella repens	Partridge Berry	
Momordica charantia	Bitter Melon	
Mucuna pruriens	Velvet Bean	X
Myrica cerifera	Bayberry	
Nepeta cataria	Catnip	
Nigella sativa	Black Seed Oil	
Ocimum sanctum	Holy Basil/Tulsi	
Olea europea	Olive Leaf	
Oplopanax horridum	Devil's Club	
Origanum vulgare	Oregano Leaf	
Paeonia lactiflora	Chinese Peony, White	
Panax ginseng	Red Kirin Ginseng/Asian Ginseng	
Panax quinquefolius	American Ginseng	
Parietaria officinalis	Pellitory of the wall	
Passiflora incarnata	Passionflower	
Pausinystalia johimbe (also called Corynanthe yohimbe)	Yohimbe	X
Pedicularis racemosa	Sickletop Lousewort	
Petasites palmatus	Butterbur	
Petroselinum crispum	Parsley Root	
Phytolacca americana	Poke Root	X
Picrorhiza kurroa	Kutki	
Pimpinella anisum	Anise	
Piper methysticum	Kava Kava	
Piscidia piscipula	Jamaican Dogwood	X
Plantago spp.	Plantain	
Polygonatum biflorum	Solomon's Seal	
Polygonum cuspidatum (also called Fallopia japonica)	Hu Zhang/Japanese Knotwood	
Polygonum multiflorum	He Shou Wu / Fo-Ti	
Prunus spp.	Wild Cherry Bark	
Ptychopetalum olacoides	Muira puama	X
Pueraria thomsonii	Kudzu	
Pulsatilla nigra/spp. (shelved under Anemone puls.)	Pasque flower/Pulsatilla	X
Pygeum africanum	Pygeum bark	
Rauwolfia serpentina	Rauwolfia	X
Rehmannia glutinosa	Rehmannia	
Rhamnus purshiana	Cascara Sagrada	X
Rheum palmatum	Turkey rhubarb	X
Rhodiola rosea	Rhodiola/Hong Jing Han	
Rosmarinus officinalis	Rosemary	
Rubus idaeus	Raspberry	
Rumex crispus	Yellow Dock	
Ruscus aculeatus	Butcher's Broom	
Salix alba	White Willow	
Salvia miltiorrhiza	Dan Shen	
Salvia officinalis	Sage	
Sambucus nigra/spp. Berry	Elder Berry	
Sambucus nigra/spp. Flower	Elder Flower	
Sanguinaria canadensis	Bloodroot	X
Sarracenia purpurea	Fresh Pitcher Plant	
Schisandra chinensis	Schisandra/Wu Wei Zi	

Scrophularia nodosa	Figwort	
Scutellaria baicalensis	Baikal Skullcap	
Scutellaria lateriflora	Skullcap	
Selenicereus grandiflorus (also called Cactus grand.)	Cactus/Night Blooming Cereus	X
Serenoa serrulata	Saw Palmetto	
Silybum marianum	Milk Thistle	
Smilax officinalis	Sarsasparilla	
Solidago canadensis	Goldenrod	
Spilanthes acmella	Paracress	
Stachys betonica	Wood Betony	
Stellaria media	Chickweed	
Sticta pulmonaria (also called Lobaria pulmonaria)	Lungwort	
Stillingia sylvatica	Queen's Delight	
Symphytum offinale	Comfrey leaf	X
Symplocarpus foetidus	Skunk Cabbage	X
Tabebuia impetiginosa	Pau D'Arco	
Tanacetum parthenium	Feverfew	
Tanacetum vulgare	Tansy	X
Taraxacum officinalis Leaf	Dandelion Leaf	
Taraxacum officinalis Root	Dandelion Root	
Taxus brevifolia	Pacific Yew	X
Terminalia arjuna	Arjun Tree	X
Thuja spp.	Red Cedar	X
Thymus vulgaris	Thyme	
Tilia spp.	Linden flower	
Tribulus terrestris	Tribulus	
Trifolium pratense	Red Clover	
Trigonella foenum-graecum	Fenugreek	
Turnera diffusa	Damiana	
Tussilago farfara	Coltsfoot	X
Uncaria tomentosa	Cat's Claw	
Urtica dioica Aerial	Nettles Leaf	
Urtica dioica Root	Nettles Root	
Urtica dioica Seed	Nettles Seed	
Usnea longissima	Old Man's Beard	
Vaccinum myrtillus	Bilberry	
Valeriana officinalis	Valerian	
Verbascum thapsus	Mullein	
Verbena hastata	Blue Vervain	
Verbena officinalis	Vervain	
Viburnum opulus	Cramp Bark	
Viburnum prunifolium	Black Haw	
Vinca minor	Lesser Periwinkle	X
Viscum album	Mistletoe	X
Vitex agnus-castus	Chaste Tree Berry	
Withania somnifera	Ashwagandha	
Yucca Elata	Yucca	
Zan/Xanthoxylum spp.	Prickly Ash Bark	
Zea mays	Corn Silk	
Zingiber officinale	Ginger	

GLYCERITES

Avena sativa	Wild Oat Milky Seed	
Centella asiatica	Gotu Kola	
Echinacea angustifolia and purpurea	Echinacea	
Elettaria cardamomum	Cardamom	
Eleutherococcus senticosus	Siberian Ginseng	
Eriodictyon californicum	Yerba Santa	
Eschscholzia californica	California Poppy	
Foeniculum vulgare	Fennel Seed	

Ginkgo biloba	Ginkgo	
Glycerrhiza glabra	Licorice Root	
Hydrastis canadensis	Goldenseal	
Hypericum perforatum	St. John's Wort	
Lavandula officinalis	Lavender	
Leonurus cardiaca	Motherwort	
Lepidium meyenii	Maca Root	
Matricaria recutita	Chamomile	
Melissa officinalis	Lemon Balm	
Mentha piperita	Peppermint	
Nepeta cataria	Catnip	
Passiflora incarnata	Passionflower	
Piper methysticum	Kava Kava	
Piscidia spp.	Jamaican Dogwood	**X**
Pueraria thomsonii	Kudzu	
Rhodiola rosea	Rhodiola/Hong Jing Han	
Rosa centifolia	Rose	
Sambucus nigra/spp. Berry	Elder Berry	
Schisandra chinensis	Schisandra/Wu Wei Zi	
Scutellaria lateriflora	Skullcap	
Silybum marianum	Milk Thistle	
Vitex agnus-cactus	Chaste Tree Berry	
Verbascum thapsus	Mullein	
Withania somnnifera	Ashwagandha	
Zingiber officinale	Ginger	