

SOME MEDICINAL  
PLANTS  
USED  
BY  
THE  
STL'ATL'IX

Xaxaxalus

## INDIAN HERBAL REMEDIES AND FOODS

<u>Common Name</u>	<u>Latin Name</u>	<u>Indian Name</u>
<u>Conifers</u>		
Dwarf Juniper	Juniperus communis	Tsiktsektaz
Ponderosa Pine	Pinus ponderosa	S7aplhkwaz
Rocky Mountain Juniper	Juniperus scopulorum	Punlhep
Douglas Fir	Pseudotsuga menziesii	Segapul
Alpine Fir	Abies lasiocarpa	Melanlhp
<u>Deciduous</u>		
Trembling Aspen	Populus tremuloides	Wawaltskeza7
Black Hawthorn	Crataegus douglasii	K'anaz
Western Choke Cherry	Prunus virginiana	Kemusaz
Pacific Willow	Salix lasiandra	Txalhpaz
<u>Shrubs</u>		
Snowbrush	Ceanothus velutinus	
Kinnikinnick	Arctostaphylos uva-ursi	Kemusaz
Oregon Grape	Mahonia aquifolium	Ts'olts'el
Soopolallie	Shepherdia canadensis	Xwusemaz
Sumac	Rhus glabra	Nekw'tsamumlh
Devil's Club	Oplopanax horridus	Katlaz
Rabbitbush	Chrysothamnus nauseosus	P'u7tnalhp
<u>Flowers</u>		
Indian Hellebore	Veratrum viride	Kwenalhp
Great Mullein	Verbascum thapsus	
Cow Parsnip	Heracleum lanatum	Hakwa7
Rattlesnake Plantain	Goodyera oblongifolia	Napalwastskeza7
Yarrow	Achillea millefolium	K'ets'yu7a7lhep
Indian Consumption	Lomatium nudicaule	S7ank
Spring sunflowers	Balsamorhiza sagittata	Suxwem
Burdock	Arctium minus	Ts'k'alhtumx
Scouring Rush	Equisetum hyemale	
Wild Lettuce	Lactuca virosa	
Dandelion	Taraxacum officinale	
Prickly Pear Cactus	Opuntia fragilis	Skez

## Indian Herbal Remedies and Foods

Before you all begin to think that I am the expert on Indian remedies let me tell you that I am not an expert. I'm not sure if there really is an all around expert. I am still learning about some different remedies every time I speak with the elders of our communities and elders from other communities and even elders from different countries.

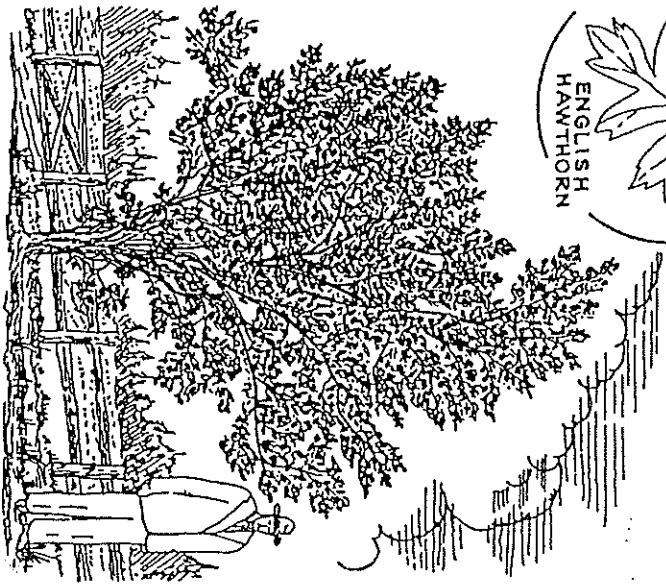
If you have some type of illness or injury ask the elders in your neighbourhood what they can remember about the remedy for that particular ailment. They will have an answer for you most of the time. People have not been giving our elders enough credit for the knowledge that they do have. If you do not ask they will obviously tell you nothing - mind readers they are not.

There are any number of plants out there that can cure the same ailment. The remedies go hand in hand with what type of vegetation that grows in your area. If you do not have one type of plant then you will have another type of plant that will do exactly the same as the one further up the valley or down the river.

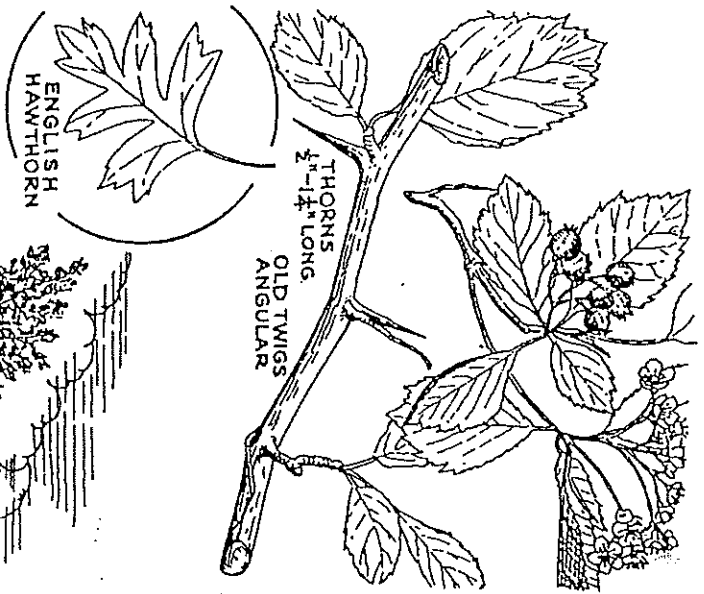
The plants that are listed in the hand out are the most recognizable and probably the most used. There are probably about another sixty to eighty plants that can be used for some type of cure or another. To give a complete list and the necessary information to identify the plants would be very difficult. It has taken many years of studying - as a young guy following my great grandmother picking various remedies, as a young guy following my grandmother picking various plants, as a young man taking forestry in college, as a young man visiting elders and trading stories, as an older young man visiting elders and trading stories, as a man visiting elders discussing various ailments and possible remedies today. The field of medicine without chemically produced pills is awesome.

It is never to late to learn about things that are of interest to you. If you have an interest in medicine then approach those that are informed and ask if they will share with you. Do not expect to learn in a few minutes what has taken most people a lifetime to learn. As I said, I am not an expert, just a learner like all of you.

Good Health to you all.



HAWTHORN



ENGLISH HAWTHORN

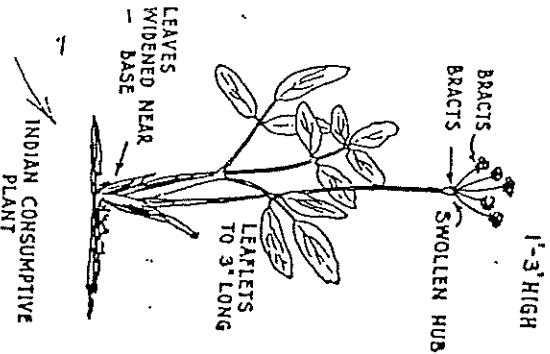
THORNS  
1<sup>st</sup>-1<sup>1</sup>/<sub>2</sub>" LONG  
OLD TWIGS  
ANGULAR



SPRING SULFLOWER

YELLOW FLOWERS  
3-4" ACROSS

THICK LEAVES  
TO 10" LONG



INDIAN CONSUMPTIVE  
PLANT

1-3" HIGH

BRACTS  
BRACTS  
SWOLLEN HUB

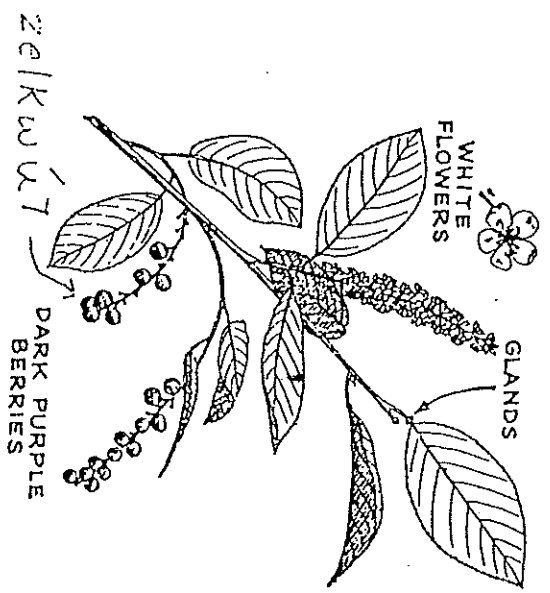
LEAFLETS  
TO 3" LONG

LEAVES  
WIDENED NEAR  
BASE

INDIAN CONSUMPTIVE  
PLANT



CHOKECHERRY



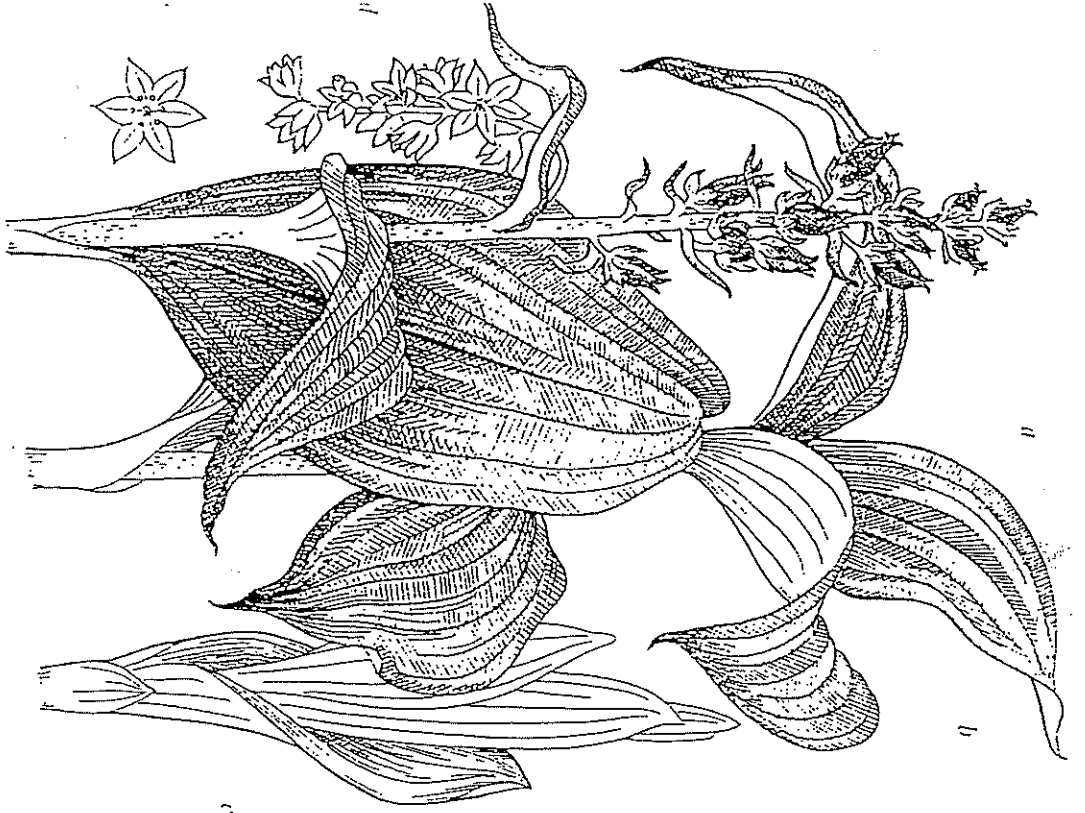
Zelkú

WHITE  
FLOWERS

GLANDS

DARK PURPLE  
BERRIES

INDIAN HELEBORE



PRICKLY PEAR CACTUS

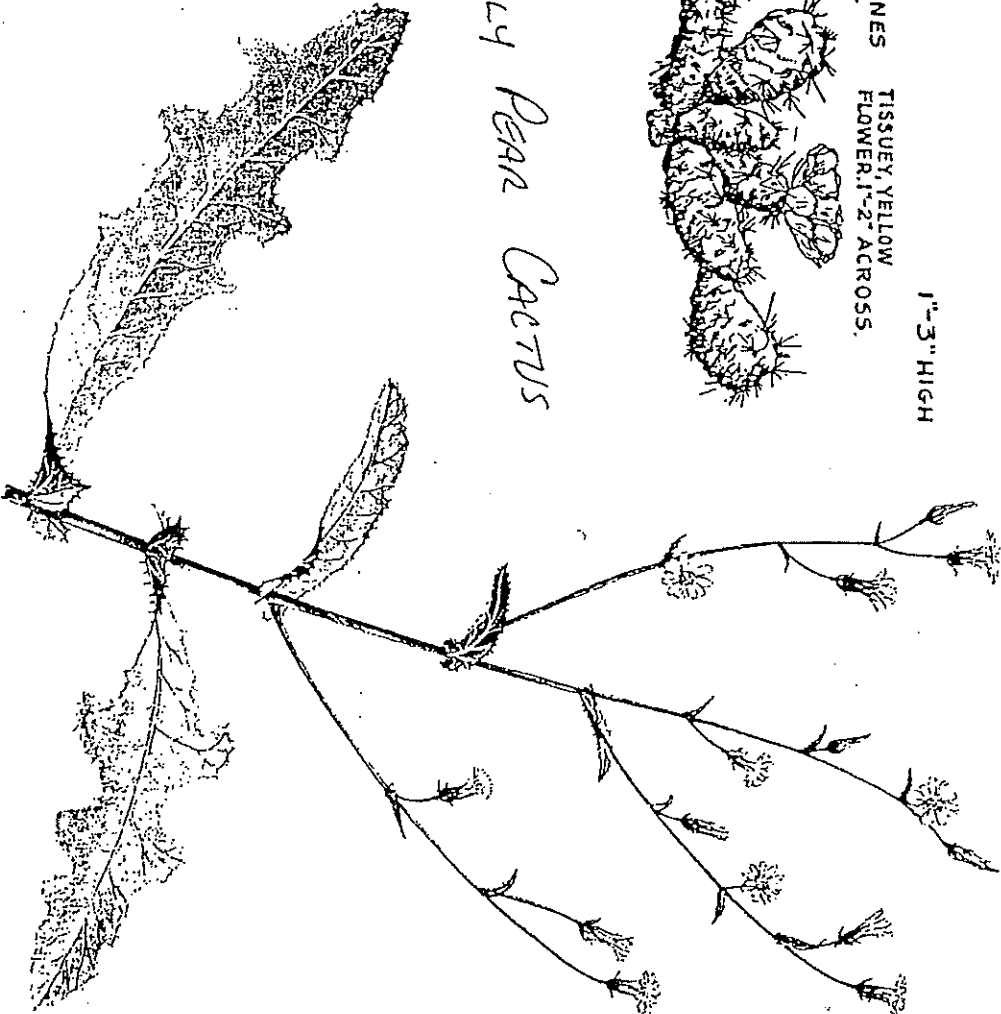


SHARP SPINES  
TO 1" LONG

TISSUE, YELLOW  
FLOWER, 1"-2" ACROSS.

1"-3" HIGH

WILD PRICKLY LETTUCE





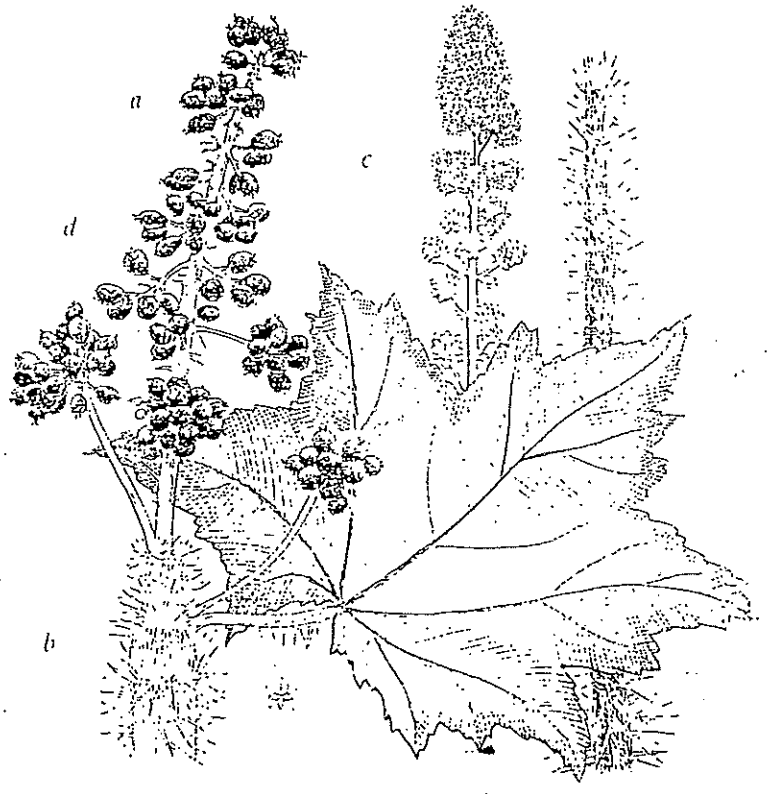
YARROW



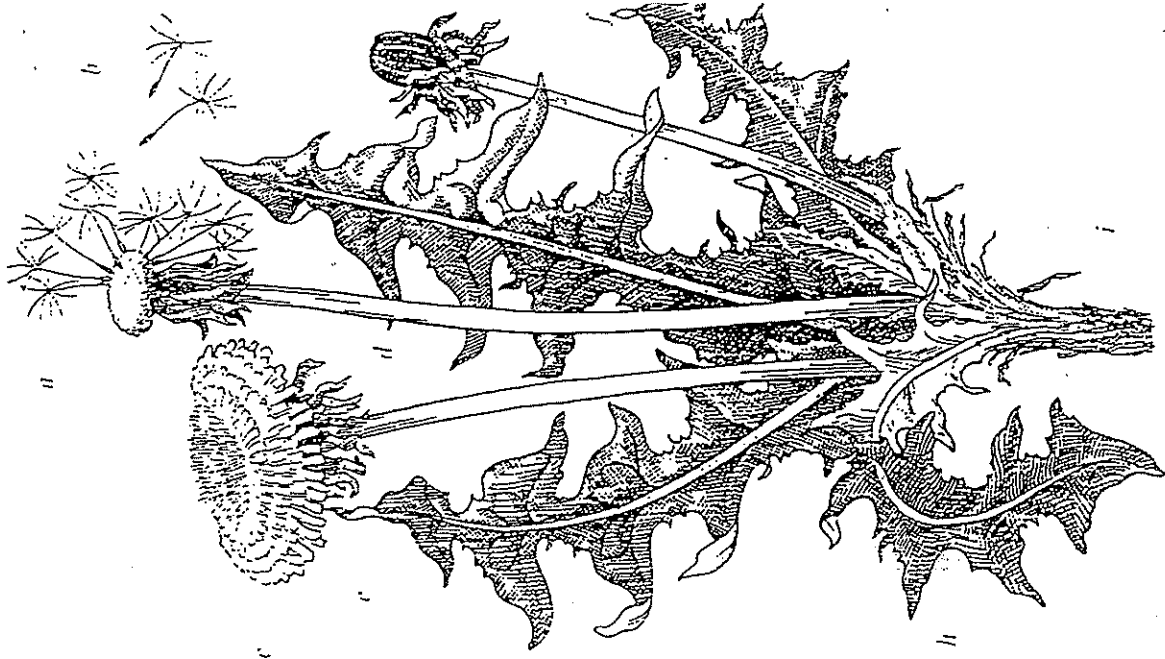
SUMAC



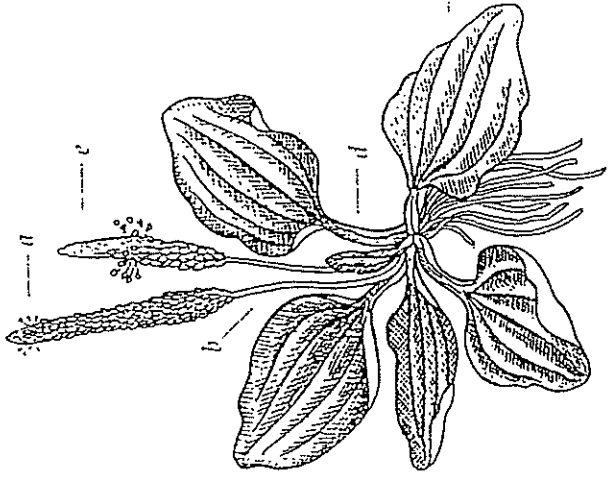
TREMBLING ASPEN



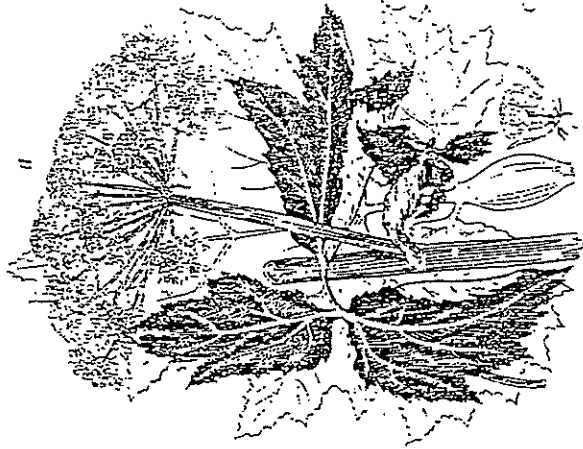
DEVIL'S CLUB



DANDELION



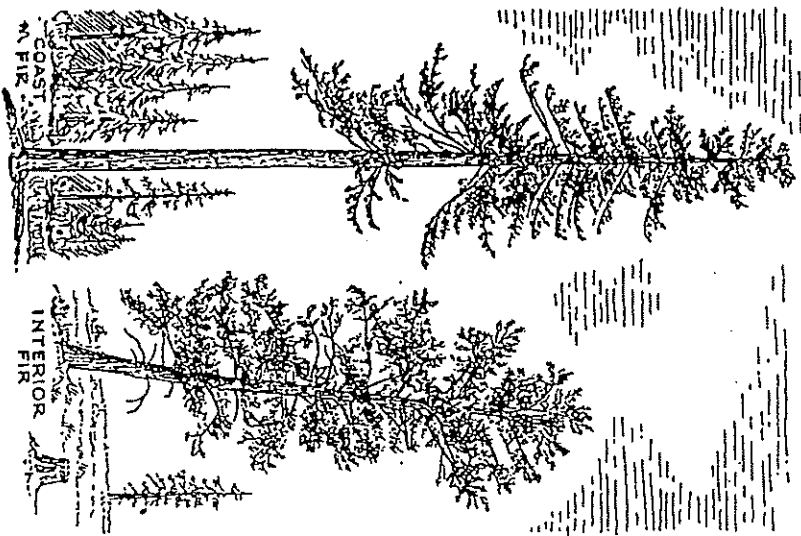
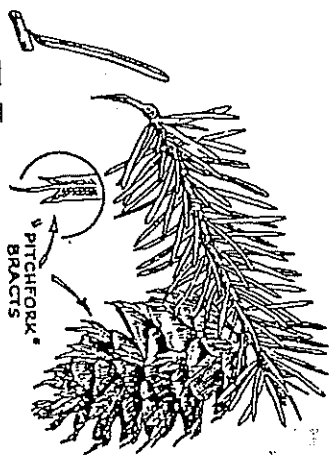
PLANTAIN



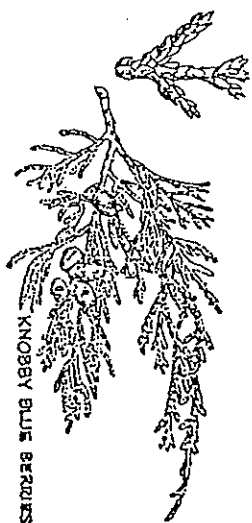
COW PARSNIP



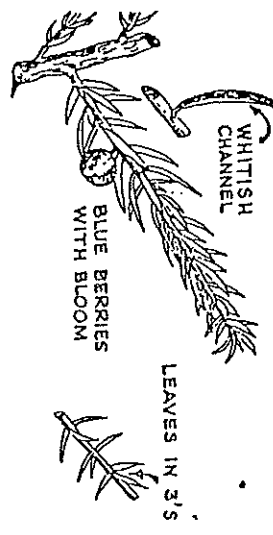
GREAT MULLEIN



DOUGLAS FIE



Rocky Mountain JUNIPER



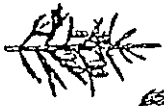
DWARF JUNIPER



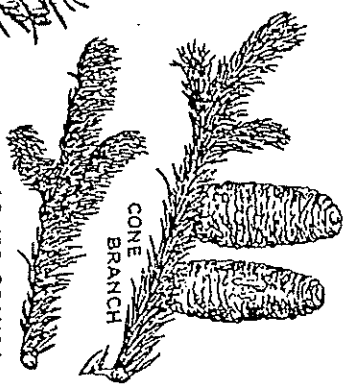
KIAMIKINIICK



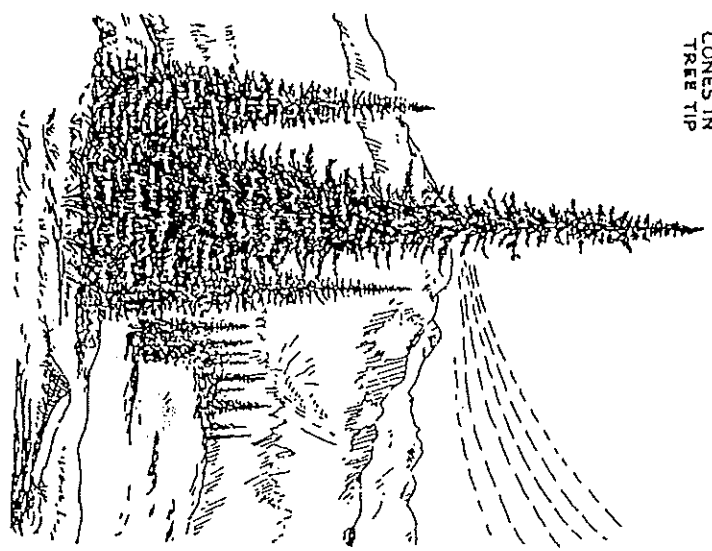
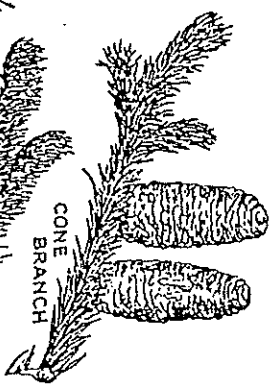
CONES IN TREE TIP



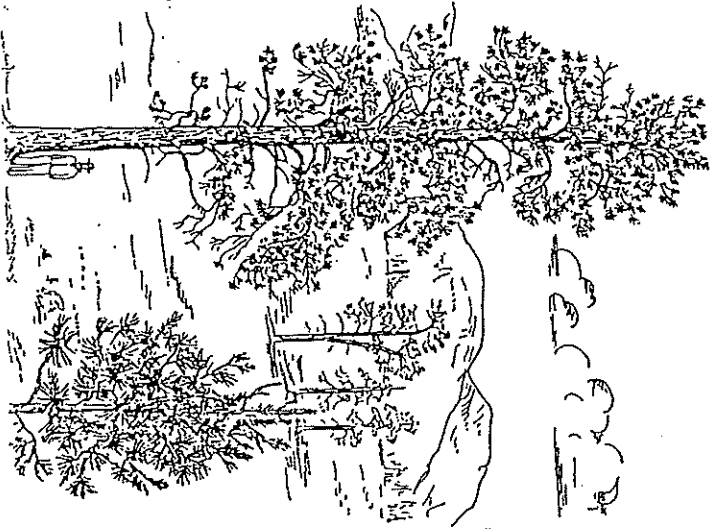
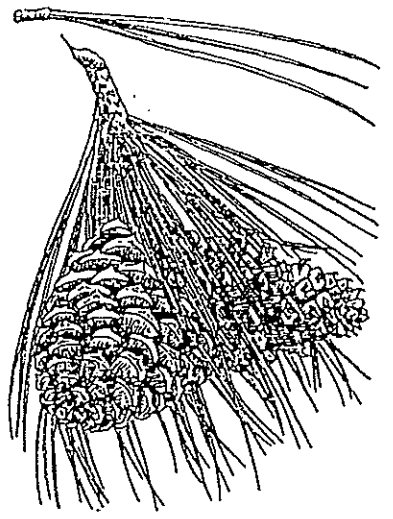
LOWER BRANCH



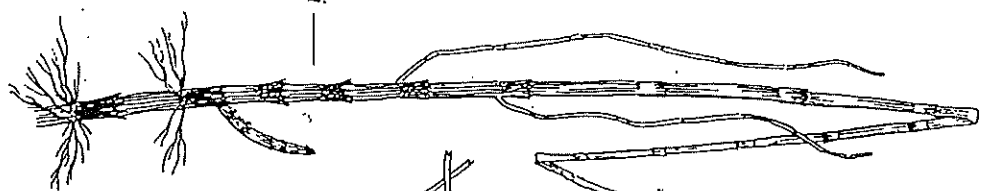
CONE BRANCH



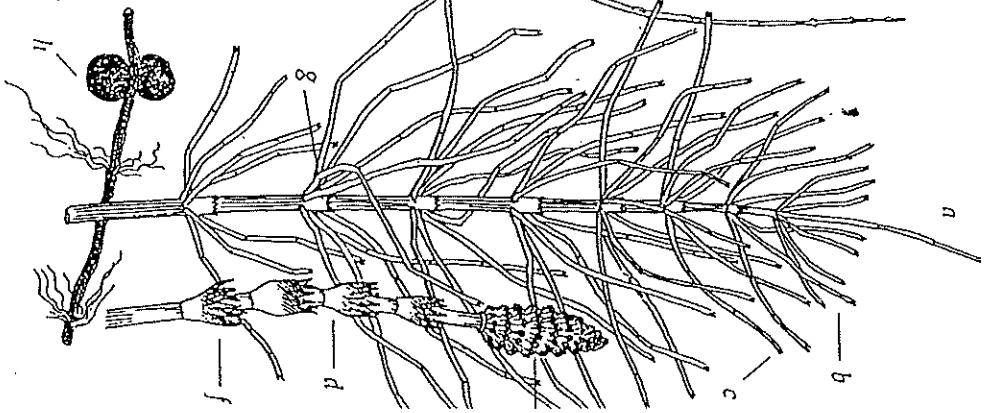
BALSAM FIR



PONDEROSA PINE



SCOURING RUSH



HORSETAIL

INDIAN HERBAL REMEDIES AND FOODS

Franklin Ledoux (Kaxa7alus)

Dwarf Juniper  
Juniperus communis  
Tsiktsektaz

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- leaf tea as general cure
- root tea for kidney problems
- dry and powder leaves for application to cuts and sores
- bough tip tea for coughs and heart
- mix leaf tea with two week steeped devil's club for diabetes
- needle tea for arthritis
- a wash for stings and bites can be made from decoction of berries
- leaf tea good for gas problems
- decoction from berries good for fevers, head colds and in hot packs for rheumatism, urinary disorders and stomach ailments
- quick steam boughs, wrap in cloth while hot and apply to arthritic joints
- contains terpinen which is an oil in the boughs, roots and fruit - especially high in the ripe berries
- not for pregnant women
- dry burned berries give off a disinfectant gas - good to cleanse the air with
- berries can be roasted and used as a coffee substitute

Ponderosa Pine  
Pinus ponderosa  
S7aplhkwaz

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- seeds are edible
- chew buds to relieve sore throats
- clear sap used as poultice with lard or vaseline for infections (boils)
- needles contain vitamins A and about five times as much vitamin C as lemons
- inner bark can be used as a poultice or as bandages, especially in burns and scalds
- hardened sap can be dissolved and used as an eye bath
- decoction of bark is good for stomach disorders and tuberculosis
- decoction from new shoots is good for rheumatism, kidney problems, coughs and boils

Rocky Mountain Juniper  
Juniperus scopulorum  
Punlhep

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- excellent body deodorant to conceal your smell from animals when hunting
- people working with the dead use this to eliminate the odours and to cleanse themselves
- makes good insense mixture

Douglas Fir  
Pseudotsuga menziesii  
Segapul  
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- good wood for making fishing poles and hoops for fishing nets
- bark decoction is a good laxative
- clear sap used as a poultice with lard or vaseline to heal cuts and wounds - very good in this type of application on a cut or other type wound
- fir sap poultice follows the pine sap poultice for best results
- needles rich in vitamin C and best absorbed as a tea

Alpine Fir  
Abies lasiocarpa  
Melanlhp  
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- sap is good for sore eyes - cataracts
- sap poultice to heal cuts and wounds
- bark tea for many ailments - many people use different types of mixes for various different sicknesses
- needles are rich in vitamin C
- decoction of twigs are good for colds
- almost as revered as Devil's Club

Trembling Aspen  
Populus tremuloides  
Wawaltskeza7  
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- mulched bark is good horse dewormer
- bark tea for cough medicine
- white dust from outer bark makes a good anti perspirant
- inner bark is edible along with the syrup in the spring - energy tonic
- bark tonic good for colds, fever, arthritis and rheumatism
- bark and buds have aspirin like qualities
- no taste to this type of wood

Black Hawthorn  
Crataegus douglasii  
K'anaz

- leaf and fruit tea is good for high blood pressure and also as a cardiac depressant - flowers can be used in place of fruit - two to three cups per day for best results
- very hard wood - good for walking canes and digging implements
- berries edible but very seedy but it still produces a different taste

Western Choke Cherry  
Prunus virginiana  
Kemusaz

- root bark tea is a good sedative
- leaf and bark tea as a cough suppressant
- bark tea for purifying the blood and also good for tuberculosis
- bark contains hydrocyanic acid which is a weak poisonous acid
- makes good syrup, jelly etc

Pacific Willow  
Salix lasiandra  
Txalhpaz

- very rich in salicin which is the main ingredient in today's aspirin
- bark surface tea is good as aspirin
- bark tea also good for arthritis, rheumatism, fevers etc
- leaves can also be used as effectively
- externally the inner bark and leaves are astringent and disinfectant
- charcoaled pieces can be used for art

Snowbrush  
Ceanothus velutinus

- leaves can be used as tobacco
- leaf tea mixed with juniper for arthritis
- leaf tea good for sore throats
- flowers good to wash with in warm water as a soapy lather is produced
- infusion of root and root bark is good for internal bleeding, serve as an astringent and relieve nervous tension

Kinnikinnick  
Arctostaphylos uva-ursi  
Kemusaz  
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- berries rich in vitamin C
- leaf poultice good for poison ivy
- leaf and berry tea good for kidneys, bladder and other urinary problems (contains arbutin - a powerful astringent) clears kidney path of gravel and stones. Also good for enuresis (bed wetting)
- tobacco substitute
- high tannin content in leaves
- not good for pregnant women
- contains arbutin, methylarbutin, a bitter principle, tannic acid, gallic acid, some essential oil and resin.

Oregon Grape  
Mahonia aquifolium  
Ts'olts'el

- berries are edible either in jams or right off the bush
- inner bark tea from roots is good to purify the blood and check high blood pressure
- berries are best after the first frost
- cold root tea is a good bitter tonic
- decoction of bark is a good mouth wash for sore gums and also is good on outside sores
- contains berberine which promotes good liver functioning
- tincture wash is good for eczema, acne, herpes, psoriasis etc

Soopolallie  
Shepherdia canadensis  
Xwusemaz

- juice nectar is produced from berries
- good for acne and general cure all
- very high content vitamin C
- berry concentrate as a poultice is good for arthritis
- a glass of juice per day keeps the doctor away

Sumac  
Rhus glabra  
Nekw'tsamumlh  
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- sap is good for warts and moles
- berries used for astringent effect
- red leaves make good table tea in fall
- boil root tea for urinary and kidney disorders
- red leaves in fall are a good tobacco substitute
- bark tea is good for colds

Devil's Club  
Oplopanax horridus  
Katlaz  
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- stem inner and outer bark is a good standard tonic and blood cleanser
- root wood steeped for two weeks is good for sugar diabetes as it lowers the blood sugar level
- juniper leaves mixed with root bark as a tea is good for arthritis
- chewed root is good for toothaches
- "revered" plant of people
- carry piece of root to keep evil spirits away

Rabbitbush  
Chrysothamnus nauseosus  
P'u7tnalhp

- flower top (yellow portion) tea is good for bladder and kidney ailments - especially good on young children that have a problem wetting their bed

Indian Hellebore  
Veratrum viride  
Kwenalhp  
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- contains alkaloids like veratrin
- a tea steeped for two weeks from a very small piece of root is a good "physic" as it makes you sweat out all the poison - after taking, one must stay indoors or preferably in bed
- root tea will slow heart rate and lower blood pressure
- gum produced from boiling roots can be used to poultice sprains, strains and rashes
- toxicity decreases as the plant matures
- mix and steep roots in vodka for relief from rheumatism and sciatica
- contains toxic alkaloids including cevadine, germidine, germitrine, jervine, pseudojervine, rubijervine, vertralbine and veratroidine

Great mullein.  
Verbascum thapsus

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- oil from flowers is good for earaches
- green leaves are good to use as anti inflammatories - pulverize the leaves and apply to the affected area
- leaves make a good tobacco substitute
- leaf tea good for colds and asthma
- the leaves burned as insence is good for lung congestion
- leaves are useful as lamp wicks, blotters, toilet paper, extra clothing etc
- contains up to 11 % sugar, fat, a bitter principle, saponin, traces of essential oil, a great deal of mucilage, gum, dye substance, malic and phosphoric acid salts
- may also be smoked to curb the coughs but this method may be harmful but you do stop coughing

Cow Parsnip  
Heracleum lanatum  
Hakwa7

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- root poultice is good for wounds and sores
- total plant is edible through the year
- seeds can be used as a tobacco mix
- mix roots with hellibore roots for a general cure - steep for two weeks for best results
- chew seeds for headache remedy
- raw roots placed in cavities is good for toothaches
- root poultice is good for boils and other skin problems
- fry the seeds and inhale the smoke for asthma and arthritis
- boil roots and soak cloth and wrap arthritic joints
- root tea is good for diabetes and heart problems
- can be distilled to produce an alcohol beverage
- burned leaves produce a salt substitute
- dried roots make good insence

Rattlesnake Plantain  
Goodyera oblongifolia  
Napalwastskeza7

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- dried root tea is good for ulcers
- good astringent - blood clotter
- leaf poultice for bites, stings, itches and other skin ailments
- crushed leaves relieves poison ivy itch
- leaf poultice boiled in milk is good for bruises, spasmodic muscles, sprains, strains etc
- leaf tea is good for catarrh of the lungs

Yarrow  
Achillea millefolium  
K'ets'yu7a7lhep  
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- leaf poultice to congeal the blood
- as a tonic - a sweat producer
- steep leaves in boiling water for tea for the heart and as a blood cleanser
- chew leaves for a toothache
- leaf and flower top tea is good to reduce fevers (contains salicylic acid which is aspirin)
- good tea for three or four days after childbirth (contains thujone which when taken in great quantities will cause an abortion)
- produces a yellow dye from the flower
- good local anesthetic and disinfectant
- leaf infusion makes a good hair tonic
- good for cramps, kidney disorders, measles, bleeding piles and excessive menstruation
- chew leaves and apply to bee stings
- whatever you may use an aspirin on today will be quite satisfied to have a cup of yarrow tea

Indian Consumption Plant  
Lomatium nudicaule  
S7ank

- leaf poultice is good for arthritis
- leaves are edible in spring time
- seeds are good to add to tobacco mixture as you get a menthol flavour
- seeds are good to chew on if one has a headache
- roots are edible and best picked after flowering - these are good raw, cooked, dried or ground into flour
- leaf tea is good for colds and sore throats
- place seeds in pan and burn on stove for purifying the air
- crushed seed poultice is good on skin sores
- seeds are good for singers

Spring Sunflowers  
Balsamorhiza sagittata  
Suxwem

- stems are edible when peeled
- decoction of the root causes profuse sweating
- peeled and ground up root used as tea for headache and rheumatism
- roots are edible - best in spring - is also used as a coffee substitute - pick roots, remove outer shell and roast until brown then grind up for coffee
- the large leaves can be used as insoles in shoes if necessary
- the roots are very sweet and could be used as a sugar substitute

Burdock  
Arctium minus  
Ts'k'alhtumx

- one year old roots are the best
- externally good for making salves and washes for burns, wounds and skin irritation
- young stems and roots are edible but need to be boiled twice
- poultice of crushed leaves is good for irritating skin problems
- root tea is good for cleaning blood
- contains inulin, lappin, tannic acid, vitamin C, iron and niacin
- boiled root is good for gout, lung problems and rheumatism
- for bad pain roll up burdock leaf, place in hot vinegar then place on skin and cover with hot wollen cloth
- dried, roasted, ground roots make a good coffee substitute
- boil leaves and roots in urine with bran until thick then apply poultice to gout affected area
- roots can be stored as winter food
- can be grown commercially - big market in Japan as they are sold along with carrots, cabbage etc

Scouring Rush  
Equisetum hyemale  
Muxwan

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- abrasive plant makes good pot cleaner
- juice from stems is good for cleaning the eyes
- poultice of crushed stems will stop bleeding in cuts and wounds
- boiled stems are good for reducing bleeding inside the body and also to promote urination
- contains silicone, saponin and glycosides
- extract fluid from stems for diarrhea, bladder ailments, water retention and tuberculosis

Wild Prickly Lettuce  
Lactuca virosa

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- good to eat as young greens
- sap is a good sedative and a narcotic in cases of pain
- leaf tea promotes milk production in mothers
- sap is a good remedy for poison ivy irritation
- sap is good on stings and bites