



Medicine at Your Feet:
Healing Plants of the
Hawaiian Kingdom

Hawaiian Medicinals Lists
A PDF file

David Bruce Leonard, L.Ac.

Medicine at your Feet: Healing Plants of the Hawaiian Kingdom

List of Hawaiian Medicinal Plants

By David Bruce Leonard, L.Ac.

"A weed is a plant whose virtues have not been discovered"

Ralph Waldo Emerson

Just what you need... another
Roast Duck Production



*"A peasant must stand a long time on a hillside with his
mouth open before a roast duck flies in."*

- - Chinese proverb

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E kala mai, please do not pirate (copy or give away) this PDF file. It has taken eight years to research and write the book from which this material is taken. Your purchase allows us to continue research on the healing properties of medicinal plants and the restoration of our native Hawaiian ecosystems. Ten percent of the profits from this work are given to Hawaiian cultural and environmental restoration groups.

Thank you for your kind support of this work and our 'Āina. Aloha no kākou.

Mahalo,

David Bruce Leonard

WARNING

Caution: Many plants used as medicine are poisonous! They can kill you. Never attempt to use herbal medicine without the guidance of a traditional elder or a licensed healthcare provider. If you wish to act on some of the information in this book, you must consult with a professional. Do not try to be your own doctor.

Excerpts from
Medicine at your Feet: Healing Plants of the Hawaiian Kingdom, Volume One
by David Bruce Leonard, L.Ac.

Hawaiian Medicinal Plants

PLEASE NOTE: SOME OF THE FOLLOWING PLANTS ARE TOXIC.

USE ONLY UNDER PROFESSIONAL SUPERVISION.

(Some at-risk native medicinal plants have been omitted)

- Adiantum* spp. ('iwa'iwa) herb
Ageratum conyzoides (maile hohono) herb
Aleurites moluccana (kukui) herb ~
Aloe vera (aloi / lu hui) gel, sap
Alternanthera sessilis (han lian cao)
Amaranthus spp. (pakai) ~
Anagallis arvensis (jian feng hong / scarlet pimpernel) herb
Areca catechu (da fu pi)
Argemone glauca (puakala) herb
Argemone mexicana (mexican poppy) herb
Artemisia vulgaris (mugwort / ai ye) herb
Auricularia spp. (pepeiao)
Bacopa monnieri (brahmi) herb
Bidens pilosa (kīnehi / xian feng cao) herb
Boerhavia spp. (alena)
Brassica alba (mākeke / bai jie zi) herb
Broussonetia papyrifera (wauke) fruit
Coffea arabica (kōpe / coffee)
Cannabis sativa (pakalōlō / huo ma ren)
Capparis sandwichiana (maiapilo) flower
Capsella rubella (shepherd's purse) herb
Capsicum frutescens (nīoi) fruit
Carica papaya (mīkana) fruit
Casuarina equisetifolia (ironwood / paina) herb
Centella asiatica (pohe kula / gotu kola) herb
Chamaecrista nictitans (laukī)
Chamaesyce hirta (koko kahiki)
Chenopodium ambrosioides ('aweoweo) herb
Cirsium vulgare (bull thistle) herb
Citrus reticulata (chen pi) skin
Clerodendrum philippinum (pīkake hohono)
Clidemia hirta (koster's curse)
Cocos nucifera (niu / coconut)
Coix lachryma jobi (pū'ohē'ohē / jobs tears) kernals, root
Coix lachryma jobi (pū'ohē'ohē / jobs tears) leaf
Colocasia esculenta (kalo / taro) prepared root
Colocasia esculenta (taro / kalo)
Commelina spp. (honohono / ya zhi cao) herb
Cordyline suffruticosa (la'i) herb
Coronopus didymus (lau kane) herb
Crotalaria spp. (rattlepod)
Curcuma longa ('ōlena / tumeric / jiang huang) rhizome, tuber
Cuscuta sanwichiana (kauna'oa)
Cymbopogon citratus (wāpine) herb
Cyperus rotundus (xiang fu)
Dendrobium nobile (shi hu)
Desmodium spp. (puapilipili) leaves
Dicranopteris spp.
Dioscorea hypoglauca (bei xie) tuber
Dolichos lablab (bai bian dou) seed
Drymaria cordata (pilipili) herb
Eclipta prostrata (han lian cao)
Elephantopus mollis herb
Emilia sonchifolia (red pualele) herb
Erigeron canadensis (fleabane) herb
Eriobotrya japonica (loquat / pi pa ye) leaf, fruit
Eucalyptus spp. (nuhōlani / palepiwa) leaves
Ficus microcarpa (banyan) aerial roots
Foeniculum vulgare (xiao hui xiang) fruit

Fragaria chiloensis (strawberry) herb
Galinsoga parviflora
Geranium cunneatum(hinahina)
Geranium homeanum
Glycine wightii
Gossypium tormentosum (ma'o) root cortex
Hedyotis spp. (bai hua she she cao) herb
Heliotropium anomalum (hinahina) herb
Heteropogon contortus (pili grass)
Hibiscus rosa-sinensis (aloalo)
Hibiscus tiliaceus (hau)
Hypericum perforatum (st johns wort) herb
Impatiens spp. seeds
Indigofera suffruticosa ('inikō)
Ipomoea batatas ('uala)
Ipomoea cairica (koali 'ai)
Ipomoea indica (koali) stems
Ipomoea pes-caprae (pōhuehue) stems
Jaquemontia ovalifolia (pā'ūoh'iaka)
Juncus effusus (deng xin cao) herb
Justicia betonica herb
Kalanchoe spp. (di sheng gen) herb
Kyllinga spp. (kili'o'opu) herb
Lablab purpureus (pāpapa / bai bian dou) seed
Lantana camara (lākana) herb
Leonotis nepetifolia herb
Leonurus sibiricus (yi mu cao / motherwort) herb
Lepidium bidentatum ('anaunau)
Lepidium virginicum (maca) herb
Lespedeza cuneata
Leucana leucocephala (haole koa)
Litchi chinensis seed
Lonicera japonica (jin yin hua / honekakala) flower
Lycium sandwicense ('ōhelo kai) fruit
Lycopodium cernuum (wāwae'iole) herb
Malva parviflora
Malva verticillata (dong gua zi) seed
Malvastrum coromandelianum
Marrubium vulgare (horehound)
Medicago lupulina
Melaleuca quinquenervia (bai ding / paperbark)
flower, bark
Melastoma candidum root
Melia azedarach
Melilotus alba
Metrosideros polymorpha
Microsorium scolopendria
Mimosa pudica (hilahila)
Mirabilis jalapa herb
Momordica charantia (peria / ka'ukama) herb
Monstera deliciosa fruit
Morinda citrifolia (noni) fruit
Morus alba (sang bai pi) root cortex
Morus alba (sang ye) leaf
Morus alba (sang zhi) branch
Musa paradisiaca (mai'a / banana) root, sap, fruit,
flower
Nasturtium officinale (watercress) herb
Nephrolepis spp. (kupukupu)
Nicotiana glauca (tree tobacco)
Nicotiana tabacum (paka / tobacco) herb
Ocimum basilicum (basil)
Oenothera biennis (evening primrose)
Ophiopogon japonicus (mai men dong)
Opuntia spp. (pānini)
Osteomeles anthyllidifolia
Oxalis corniculata ('ihi mākole, 'ihi `ai)
Oxalis martianna ('ihi pehu)
Pandanus tectorius (hala) aerial root, fruit, pollen
Passiflora foetida
Passiflora edulis (passionflower) herb
Peperomia spp. ('ala'alawainui) herb
Perilla frutescens (zi su ye) leaf
Perilla frutescens (zi su zi) seeds
Persea americana (avocado)
Petasites japonicus
Phlebodium spp.
Phylostachys nigra
Phymatosorus scolopendria
Physalis peruviana (poha) fruit
Phytolacca spp. (pōpolo kū mai)
Piper methysticum ('awa / kava kava)
Pipturus spp. (mamaki)
Plantago lanceolata (laukahi / che qian cao) herb

Plantago major (lau kahi / che qian cao) herb
Pluchea indica (plukia) herb
Plumbago zeylanica ('ilie'e) herb
Plumeria spp.
Polygala paniculata
Polygonum multiflorum (he shou wu) root
Portulaca oleracea ('ākulikuli) herb
Portulaca oleracea ('ākulikuli) herb
Prunella vulgaris (xia ku cao) flower spike
Psidium cattleianum (waiwi / strawberry guava)
Psidium guajava (kuava / guava)
Psilotum nudum (moa) herb
Pueraria lobata (ge gen) root
Raphanus sativus
Ricinus communis (koli)
Rubus rubifolius (thimbleberry)
Rumex acetosella (sheep sorrel) herb
Rumex crispus (curley dock) herb
Rumex gigantum (pāwale)
Saccharum officinarum (kō) herb
Sambucus mexicana (elder) flower
Santalum spp. (sandalwood)
Schefflera octophylla
Selaginella doederleinii (shi shang bai) herb
Sesuvium portulacastrum
Sida fallax ('ilima)
Sida rhombifolia
Siegesbeckia orientalis (xi xian cao) herb
Solanum nigrum (pōpolo) leaf, fruit
Sonchus oleraceus (pualele) herb
Sophora chrysophylla (māmane)
Stachytarpheta spp. (ōwīwī)
Stellaria media (chickweed) herb
Syzygium cumini (java plum)
Syzygium jambos ('ōhi'a 'loke)
Syzygium malaccense ('ōhi'a 'ai)
Taraxacum officinale (laulele / dandelion) herb
Terminalia catappa (kamani haole)
Thespesia populnea (milo)
Trametes versicolor (yun zi / turkey tail) herb
Tremella fuciformis
Tribulus terrestris (bai ji li)
Trifolium pratense (red clover) herb
Trifolium repens (white clover)
Triumfetta rhomboidea
Tropaeolum majus (nasturtium)
Usnea spp. ('umi koa) lichen
Vaccinium spp. ('ōhelo)
Verbascum thapsus (mullein) herb
Verbena littoralis (ha'uoi)
Vernonia cinerea (yi chi xiang / little ironweed)
herb
Veronica perigrina
Vitex rotundifolia (pōhinahina / man jing zi) seeds
Waltheria indica ('uhaloa) herb
Wedelia spp.
Wikstroemia spp. ('ākia)
Xanthium sibiricum (cang er zi) herb
Youngia japonica (asia hawksbeard) herb
Zingiber officinale ('awapuhi pākē / ginger) fresh
rhizome
Zingiber zerumbet ('awapuhi kuahiwi)

Hawaiian Plants Listed by Condition

PLEASE NOTE: SOME OF THE FOLLOWING PLANTS ARE TOXIC.

THIS LIST IS FOR INFORMATIONAL PURPOSES ONLY.

(Not all of these plants have been featured in this book. In addition, some at-risk native medicinal plants have been omitted. This list is not exhaustive.)

BITES & STINGS

Ageratum conyzoides (maile hohono) herb
(centipedes)
Carica papaya (mīkana) sap
Hibiscus rosa-sinensis (aloalo) bud
Plantago lanceolata (laukahi / che qian cao) herb
Plantago major (laukahi / che qian cao) herb
Portulaca oleracea ('ākulikuli) herb as food
Scaveola spp. (naupaka) berries
Solanum nigrum (pōpolo) leaf, topical

Broussonetia papyrifera (wauke) leaves
Cannabis sativa (pakalōlō / huo ma ren) seeds
Stellaria media (chickweed) herb
Trifolium pratense (red clover) herb
Sophora chrysophylla (māmāne) root cortex
Xanthium sibiricum (cang er zi) herb

Ringworm (Tinea / "Haole Rot")

Ageratum conyzoides (maile hohono) herb topical
Musa paradisiaca (mai'a / banana) sap topical

COSMETIC

Balding

Adiantum spp. ('iwa'iwa) herb
Polygonum multiflorum (he shou wu) root

Grey Hair

Eclipta prostrata (han lian cao)
Polygonum multiflorum (he shou wu) root

Sagging Breasts

Nicotiana tabacum (paka / tobacco) herb topical

CARDIOVASCULAR

Bleeding

Amaranthus spp. (pakai)
Capsella rubella (shepherd's purse) herb
Erigeron canadensis (fleabane) oil

High Blood Pressure

Cymbopogon citratus (wāpine) herb

Varicose Veins

Capsella rubella (shepherd's purse) herb
Centella asiatica (pohe kula / gotu kola) herb

DERMATOLOGICAL

DIGESTIVE

Constipation

Aleurites moluccana (kukui) roasted nut
Aloe vera (aloi / lu hui) gel, sap
Chamaesyce hirta (koko kahiki)

Diarrhea

Psidium guajava (kuava / guava)

Dysentery

Melastoma candidum root

GI Bleeding

Capsella rubella (shepherd's purse) herb
Erigeron canadensis (fleabane) herb / oil

Poor Digestion

Bidens pilosa (kīnehi / xian feng cao) herb
Capsicum frutescens (nīoi) fruit
Carica papaya (mīkana) green fruit
Coix lachryma jobi (pū'ohe'ohe / jobs tears) leaves
Pandanus tectorius (hala) fruit
Pluchea indica (plukia) herb

ENDOCRINE

Diabetes (NIDDM - Type II)

Momordica charantia (peria / ka'ukama) herb

Opuntia spp. (pānini) leaf pad

Thyroid Imbalances

Seaweed (limu)

HEAD AND THROAT

Headache ('Aki)

Coffea arabica (kōpe / coffee)

Piper methysticum ('awa / kava kava)

Styphelia tameiameia (pūkiawe)

Sore throat

Adiantum spp. ('iwa'iwa) herb

Commelina spp. (honohono / ya zhi cao) herb

Eriobotrya japonica (loquat / pi pa ye) leaf, fruit

Hedyotis corymbosa (shui [?] cao) herb

Musa paradisiaca (mai'a / banana) root, sap

Waltheria indica ('uhaloa) herb

Thrush

Aleurites moluccana (kukui) herb

Pipturus spp. (māmaki)

HEPATIC

Acute hepatitis

Bidens pilosa (kīnehi / xian feng cao) herb

Boerhavia spp. (alena)

Lonicera japonica (jin yin hua / honekakala) flower

Musa paradisiaca (mai'a / banana) root, sap

Prunella vulgaris (xia ku cao) flower spike

Sonchus oleraceus (pualele) herb

Taraxacum officinale (laulele / dandelion) herb

Chronic hepatitis

Adiantum spp. ('iwa'iwa) herb

Bidens pilosa (kīnehi / xian feng cao) herb

Boerhavia spp. (alena)

Curcuma longa ('ōlena / tumeric / jiang huang)
rhizome

Desmodium spp. (puapilipili) leaves

Eclipta prostrata (han lian cao)

Zingiber officinale ('awapuhi pākē / ginger) fresh
rhizome

IMMUNITY

Lowered immunity

Auricularia cornea (pepeiao)

Centella asiatica (pohe kula / gotu kola) herb

Morinda citrifolia (noni) fruit

Trametes versicolor (yun zi / turkey tail) herb

INFECTION

General Bacterial Infections

Bidens pilosa (kīnehi / xian feng cao) herb

Citrus limon (lemon kāne)

Emilia sonchifolia (red pualele) herb

Musa paradisiaca (mai'a / banana) root, sap

Phylostachys nigra (shoot)

Plantago major (laukahi / che qian cao) herb

Portulaca oleracea ('ākulikuli) herb

Prunella vulgaris (xia ku cao) flower spike

Sonchus oleraceus (pualele) herb

Taraxacum officinale (laulele / dandelion) herb

Usnea spp. ('umi koa) lichen

Vernonia cinerea (yi chi xiang / little ironweed)
herb

Youngia japonica (asia hawksbeard) herb

Fever

Commelina spp. (honohono / ya zhi cao) herb

Prunella vulgaris (xia ku cao) flower spike

Rumex acetosella (sheep sorrel) herb

MUSCULOSKELETAL / TRAUMA

Burns

Aloe vera (aloi / lu hui) gel, sap

Cibotium spp. (Hapu'u)

Musa paradisiaca (mai'a / banana) root, sap

Bruises / Contusions

Boerhavia spp. (alena)

Centella asiatica (pohe kula / gotu kola) herb

Ipomoea indica (koali / morning glory) stems

Kalanchoe spp. ('oliwa ka kahakai / di sheng gen)

herb topical

Morinda citrifolia (noni) fruit

Pa'akai (Hawaiian salt)

Ricinus communis (koli)

Verbena littoralis (ha'uoi)

Gout

Bidens pilosa (kīnehi / xian feng cao) herb

Capsella rubella (shepherd's purse) herb

Vaccinium spp. ('ōhelo) fruit

Osteoarthritis / Joint Pain / Low Back Pain

Desmodium spp. (puapilipili) leaves

Morinda citrifolia (noni) fruit

Piper methysticum ('awa / kava kava)

Ricinus communis (koli)

Siegesbeckia orientalis (xi xian cao) herb

Xanthium sibiricum (cang er zi) herb

ONCOLOGY

Cancer

Auricularia cornea (pepeiao)

Carica papaya (mīkana) seeds

Hedyotis corymbosa (shui xxx cao) herb

Musa spp. (Mai'a) flower

PARASITES

Areca catechu (da fu pi)

Carica papaya (mīkana) seeds

PEDIATRIC

Osteomeles anthyllidifolia ('ūlei)

Stachytarpheta spp. (ōwīwī)

Thrush

Aleurites moluccana (kukui) herb

Pipturus spp. (māmaki)

Heart Problems

Drymaria cordata (pilipili) herb

Cholic

Pluchea indica (plukia) herb

PSYCHOSPIRITUAL

Depression

Morinda citrifolia (noni) fruit

Pandanus tectorius (hala) fruit

Sida rhombifolia

Insomnia/ Irritability

Argemone glauca (puakala) herb

Argemone mexicana (mexican poppy) herb

Bidens pilosa (kīnehi / xian feng cao) herb

Melaleuca quinquenervia (bai ding / paperbark) bark

Mimosa pudica (hilahila)

Oxalis corniculata ('ihi mākole, 'ihi `ai)

Oxalis martianna ('ihi pehu)

Pandanus tectorius (hala) fruit

Passiflora edulis (passionflower) herb

Piper methysticum ('awa / kava kava)

Pipturus spp. (māmaki)

Verbena littoralis (ha'uoi)

Stress

Cyperus rotundus (xiang fu)

Morinda citrifolia (noni) fruit

Piper methysticum ('awa / kava kava)

Pipturus spp. (māmaki)

Passiflora edulis (passionflower) herb

Verbena littoralis (ha'uoi)

REPRODUCTIVE

Birth Control (not recommended)

Carica papaya (mīkana) seeds

Hibiscus rosa-sinensis (aloalo) flower

Impotence

Centella asiatica (pohe kula / gotu kola) herb

Pandanus tectorius (hala) pollen

Tribulus terrestris (bai ji li) thorns

Infertility

Broussonetia papyrifera (wauke) fruit

Morus alba (sang shen zi) fruit

Menstrual Pain

Adiantum spp. ('iwa'iwa) herb

Piper methysticum ('awa / kava kava)

Menopause

Oenothera biennis (evening primrose)

Trifolium pratense (red clover) herb

Vitex rotundifolia (pōhinahina / man jing zi) seeds

Labor

Capsella rubella (shepherd's purse) herb

Rubus rubifolius (thimbleberry)

Threatened Miscarriage

Cordyline suffruticosa (la'i) herb

PMS

Cyperus rotundus (xiang fu)

Pipturus spp. (māmaki)

RESPIRATORY

Cold / Flu

Adiantum spp. ('iwa'iwa) herb

Cymbopogon citratus (wāpine) herb

Pandanus tectorius (hala) aerial root

Melaleuca quinquenervia (bai ding / paperbark)
flower

Musa paradisiaca (mai'a / banana) root, sap

Sambucus mexicana (elder) flower

Vernonia cinerea (yi chi xiang / little ironweed)
herb

Waltheria indica ('uhaloa) herb

Youngia japonica (asia hawksbeard) herb

Zingiber officinale ('awapuhi pākē / ginger) fresh
rhizome

Cough ('Ako'ako)

Eriobotrya japonica (loquat / pi pa ye) leaf, fruit

Hibiscus rosa-sinensis (aloalo)

Marrubium vulgare (horehound)

Musa paradisiaca (mai'a / banana) root, sap

Waltheria indica ('uhaloa) herb

Bronchitis

Adiantum spp. ('iwa'iwa) herb

Bidens pilosa (kīnehi / xian feng cao) herb

Capsicum frutescens (nīoi) fruit

Cordyline suffruticosa (la'i) herb

Coronopus didymus (lau kāne) herb

Hedyotis corymbosa (shui xxx cao) herb

Hibiscus rosa-sinensis (aloalo)

Marrubium vulgare (horehound)

Solanum nigrum (pōpolo) leaf, fruit

Sonchus oleraceus (pualele / sow thistle) herb

Taraxacum officinale (laulele / dandelion) herb

Verbascum thapsus (mullein) herb

Zingiber officinale ('awapuhi pākē / ginger) fresh
rhizome

URINARY

Urinary Tract Infections

Bidens pilosa (kīnehi / xian feng cao) herb

Boerhavia spp. (alena)

Capsella rubella (shepherd's purse) herb

Taraxacum officinale (laulele / dandelion) herb

Hedyotis corymbosa (shui xxx cao) herb

Urinary Stones

Mimosa pudica (hilahila)

Rumex acetosella (sheep sorrel) herb

Triumfetta rhomboidea

Stellaria media (chickweed) herb

VETERINARY

Fleas

Indigofera suffruticosa ('inikō)

Injuries

Aloe vera (aloi / lu hui) leaf topical

OTHER MEDICINAL USES

Cold Hands and Feet

Capsicum frutescens (nīoi) fruit

Foeniculum vulgare (xiao hui xiang) fruit

Zingiber officinale ('awapuhi pākē / ginger) fresh rhizome

Fatigue and Low Energy

Auricularia cornea (pepeiao)

Coffea arabica (kōpe / coffee)

Centella asiatica (pohe kula / gotu kola) herb

Coix lachryma jobi (pū'ohe'ohe / jobs tears)

Pandanus tectorius (hala) fruit

Syzygium jambos ('ōhi'a 'loke) skin

Trametes versicolor (yun zi / turkey tail) herb

Hangover

Pandanus tectorius (hala) fruit

Inflammatory Conditions

Bacopa monnieri (brahmi) herb

Bidens pilosa (kīnehi / xian feng cao) herb

Centella asiatica (pohe kula / gotu kola) herb

Curcuma longa ('ōlena / tumeric / jiang huang) rhizome, tuber

Desmodium spp. (puapilipili) leaves

Rumex acetosella (sheep sorrel) herb

Zingiber officinale ('awapuhi pākē / ginger) fresh rhizome

Hawaiian Plants in Traditional Chinese Medicine Categories

PLEASE NOTE: SOME OF THE FOLLOWING PLANTS ARE TOXIC.

USE ONLY UNDER PROFESSIONAL SUPERVISION.

(Some at-risk native medicinal plants have been omitted)

Warm, Acrid Herbs that Release the Exterior

Cymbopogon citratus (wāpine) herb
Melaleuca quinquenervia (bai ding / paperbark) flower ~
Perilla frutescens (zi su ye) leaf
Zingiber officinale ('awapuhi pākē / ginger) fresh rhizome

Cool, Acrid Herbs that Release the Exterior

Ficus microcarpa (banyan) aerial roots
Kyllinga spp. (kili'o'opu) herb
Morus alba (sang ye) leaf
Pandanus tectorius (hala) aerial root
Pueraria lobata (ge gen) root
Sambucus mexicana (elder) flower ~
Vitex rotundifolia (pōhinahina / man jing zi) seeds

Herbs that Drain Fire

Commelina spp. (honohono / ya zhi cao) herb
Prunella vulgaris (xia ku cao) flower spike

Herbs that Cool the Blood

Broussonetia papyrifera (wauke) fruit
Centella asiatica (pohe kula / gotu kola) herb
Cordyline suffruticosa (la'i) herb

Herbs that Clear Damp Heat

Chamaesyce hirta (koko kahiki)
Sida rhombifolia
Sophora chrysophylla (māmane) ~
Waltheria indica ('uhaloa) herb ~

Herbs that Clear Heat and Poison

Ageratum conyzoides (maile hohono) herb
Bidens pilosa (kīnehi / xian feng cao) herb
Crotalaria spp. (rattlepod)

Desmodium spp. (puapilipili) leaves
Emilia sonchifolia (red pualele) herb

Hedyotis spp. (bai hua she she cao) herb
Kalanchoe spp. (di sheng gen) herb
Lonicera japonica (jin yin hua / honekakala) flower
Musa paradisiaca (mai'a / banana) root, sap
Portulaca oleracea ('ākulikuli) herb
Selaginella doederleinii (shi shang bai) herb
Solanum nigrum (pōpolo) leaf, fruit
Sonchus oleraceus (pualele) herb
Taraxacum officinale (laulele / dandelion) herb
Trifolium pratense (red clover) herb
Vernonia cinerea (yi chi xiang / little ironweed) herb
Youngia japonica (asia hawksbeard) herb

Herbs that Clear and Relieve Summer heat

Dolichos lablab (bai bian dou) seed

Purgatives

Aleurites moluccana (kukui) herb ~
Aloe vera (aloi / lu hui) gel, sap

Moist Laxatives

Cannabis sativa (pakalōlō / huo ma ren)

Herbs that Drain Dampness

Coix lachryma jobi (pū'ohē'ohē / jobs tears) kernals, root
Dioscorea hypoglauca (bei xie) tuber
Juncus effusus (deng xin cao) herb
Malva verticillata (dong gua zi) seed
Plantago lanceolata (laukahi / che qian cao) herb
Plantago major (lau kahi / che qian cao) herb

Herbs that Dispel Wind-Dampness

Morus alba (sang zhi) branch
Piper methysticum ('awa / kava kava) ~
Siegesbeckia orientalis (xi xian cao) herb
Xanthium sibiricum (cang er zi) herb

Herbs that Cool and Transform Phlegm-heat

Adiantum spp. ('iwa'iwa) herb

Usnea spp. ('umi koa) lichen ~

Warm Herbs that Transform Phlegm-cold

Brassica alba (mākeke / bai jie zi) herb

Coronopus didymus (lau kane) herb ~

Herbs that Relieve Coughing and Wheezing

Eriobotrya japonica (loquat / pi pa ye) leaf, fruit

Morus alba (sang bai pi) root cortex

Perilla frutescens (zi su zi) seeds

Verbascum thapsus (mullein) herb ~

Aromatic Herbs that Transform Dampness

Pluchea indica (plukia) herb

Herbs that Relieve Food Stagnation

Carica papaya (mīkana) fruit ~

Herbs that Regulate the Qi

Areca catechu (da fu pi)

Citrus reticulata (chen pi)

Cyperus rotundus (xiang fu)

Pipturus spp. (mamaki) ~

Santalum spp. (sandalwood)

Herbs that Stop Bleeding

Amaranthus spp. (pakai) ~

Artemisia vulgaris (mugwort / ai ye) herb

Capsella rubella (shepherd's purse) herb

Cirsium vulgare (thistle) herb

Erigeron canadensis (fleabane) herb ~

Herbs that Invigorate the Blood

Boerhavia spp. (alena)

Curcuma longa ('ōlena / tumeric / jiang huang)
rhizome, tuber

Leonurus sibiricus (yi mu cao / motherwort) herb

Melastoma candidum root

Selaginella doederleinii (shi shang bai) herb

Herbs that Warm the Interior and Expel Cold

Capsicum frutescens (nīoi) fruit

Foeniculum vulgare (xiao hui xiang) fruit

Zingiber officinale ('awapuhi pākē / ginger) dried
rhizome

Herbs that Tonify the Qi

Auricularia spp. (pepeiao)

Coix lachryma jobi (pū'ohe'ohe / jobs tears) leaf

Morinda citrifolia (noni) fruit ~

Trametes versicolor (yun zi / turkey tail) herb

Pandanus tectorius (hala) fruit

Herbs that Tonify the Blood

Polygonum multiflorum (he shou wu) root

Colocasia esculenta (kalo / taro) prepared root ~

Herbs that Tonify the Yang

Pandanus tectorius (hala) pollen ~

Herbs that Tonify the Yin

Alternanthera sessilis (han lian cao)

Dendrobium nobile (shi hu)

Eclipta prostrata (han lian cao)

Ophiopogon japonicus (mai men dong)

Herbs that Stabilize and Bind

Psidium cattleianum (waiwi / strawberry guava) ~

Psidium guajava (kuava / guava) ~

Rubus rubifolius (thimbleberry) ~

Syzygium cumini (java plum) ~

Syzygium jambos ('ōhi'a 'loke) ~

Syzygium malaccense ('ōhi'a 'ai) ~

Herbs that Nourish the Heart and Calm the Spirit

Oxalis corniculata ('ihi mākole, 'ihi `ai)

Oxalis martianna ('ihi pehu)

Melaleuca quinquenervia (bai ding/paperbark) bark
~

Mimosa pudica (hilahila) ~

Aromatic Substances that Open the Orifices

Coffea arabica (kōpe / coffee) ~

Herbs that Extinguish Wind and Stop Tremors

Tribulus terrestris (bai ji li)

Herbs for Parasites

Chenopodium ambrosiodes ('aweoweo) herb

Herbs for External Application

Ricinus communis (koli) ~

Hawaiian Herbs Not Yet Categorized

Anagallis arvensis (jian feng hong / scarlet pimpernel) herb

Argemone glauca (puakala) herb

Argemone mexicana (mexican poppy) herb

Bacopa monnieri (brahmi) herb

Cannabis sativa (pikalōlō)

Capparis sandwchiana (maiapilo) flower

Chamaecrista nictitans (laukī)

Casuarina equisetifolia (ironwood / paina) herb

Chenopodium ambrosiodes ('aweoweo) herb

Cirsium vulgare (bull thistle)

Clerodendrum philippinum (pikake hohono)

Clidemia hirta (koster's curse)

Cocos nucifera (niu / coconut)

Colocasia esculenta (taro / kalo)

Cuscuta sanwchiana (kauna'oa)

Dicranopteris spp.

Drymaria cordata (pilipili) herb

Elephantopus mollis herb

Eucalyptus spp. (nuhōlani / palepiwa) leaves

Fragaria chiloensis (strawberry) herb

Galinsoga parviflora

Geranium cunneatum(hinahina)

Geranium homeanum

Glycine wightii

Gossypium tormentosum (ma'o) root cortex

Heliotropium anomalum (hinahina) herb

Heteropogon contortus (pili grass)

Hibiscus rosa-sinensis (aloalo)

Hibiscus tiliaceus (hau)

Hypericum perforatum (st johns wort) herb

Impatiens spp. seeds

Indigofera suffruticosa ('inikō)

Ipomoea batatas ('uala)

Ipomoea cairica (koali 'ai)

Ipomoea indica (koali) stems

Ipomoea pes-caprae (pōhuehue) stems

Jaquemontia ovalifolia (pā'ūoh'iaka)

Justicia betonica herb

Lablab purpureus (pāpapa / bai bian dou) seed

Lantana camara (lākana) herb

Leonotis nepetifolia herb

Leonurus sibiricus (motherwort / yi mu cao)

Lepidium bidentatum ('anaunau)

Lepidium virginicum (maca) herb

Lespedeza cuneata

Leucana leucocephala (haole koa)

Litchi chinensis seed

Lycium sandwicense ('ōhelo kai) fruit

Lycopodium cernuum (wāwae'iole) herb

Malva parviflora

Malvastrum coromandelianum

Marrubium vulgare (horehound)

Medicago lupulina

Melia azedarach

Melilotus alba

Metrosideros polymorpha

Microsorium scolopendria

Mirabilis jalapa herb

Momordica charantia (peria / ka'ukama) herb

Monstera deliciosa fruit

Nasturtium officinale (watercress) herb

Nephrolepis spp.

Nicotiana glauca (tree tobacco)

Nicotiana tabacum (paka / tobacco) herb

Ocimum basilicum (basil)

Oenothera biennis (evening primrose)

Opuntia spp. (pānini)

Osteomeles anthyllidifolia
Passiflora edulis (passionflower) herb
Passiflora foetida
Peperomia spp. ('ala'alawainui) herb
Persea americana
Petasites japonicus
Phlebodium spp.
Phylostachys nigra
Phymatosorus scolopendria
Physalis peruviana (poha) fruit
Phytolacca spp. (pōpolo kū mai)
Plumbago zeylanica ('ilie'e) herb
Plumeria spp.
Polygala paniculata
Portulaca oleracea ('ākulikuli) herb
Psilotum nudum (moa) herb
Raphanus sativus
Rumex acetosella (sheep sorrel) herb
Rumex crispus (curley dock) herb
Rumex gigantus (pāwale)

Saccharum officinarum (kō) herb
Sambucus mexicana (mexican elder)
Schefflera octophylla
Selaginella doederleinii (shi shang bai) herb
Sesuvium portulacastrum
Sida fallax ('ilima)
Stachytarpheta spp. (ōwīwī)
Stellaria media (chickweed) herb
Terminalia catappa (kamani haole)
Thespesia populnea (milo)
Tremella fuciformis
Trifolium repens (white clover)
Triumfetta rhomboidea
Tropaeolum majus (nasturtium)
Vaccinium spp. ('ōhelo)
Verbena littoralis (ha'uoi)
Veronica perigrina
Wedelia spp.
Wikstroemia spp. ('ākia)
Zingiber zerumbet ('awapuhi kuahiwi)