



Medicine at Your Feet:
Healing Plants of the
Hawaiian Kingdom

Single Plants: A PDF file

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Healing Plants of the Hawaiian Kingdom
***Sida rhombifolia* (Huang Hua Mu)**

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.



***Sida rhombifolia* (Huang Hua Mu)**

PLANT NAME: *Sida rhombifolia* L.

OTHER NAMES: *Sida hondensis*, *Sida ruderata*.

COMMON NAMES: **Huang hua mu** [China] country mallow [English]; bala, mahabala [India]; chittamadi [Srilanka]; escobilla [Panama]; mautofu [Samoa]; petoria-bossie [Africa].

NOMENCLATURE: The name "*Sida*" was originally from Theophrastus who used it for *Nymphaea alba*. Linneaus applied it to this genus.

FAMILY: Malvaceae (mallow family).

CATEGORY: Clear damp heat.

PROPERTIES: Sweet bland cool.

PLANT PART USED: All of it. Stems are rich in mucilage. Root contains ephedrine

TOXICITY: No toxicity of the water extracted aerial parts in rats, even at doses of 10 g / kg, p.o. The LD50 for the root water extraction was 8.5g / kg p.o [Rao 1997].

CAUTIONS AND CONTRAINDICATIONS: *Sida rhombifolia* has recently been declared illegal by the federal government due to its ephedrine content. Because this plant is now illegal, it should not be used. If you see this plant growing anywhere, please contact the appropriate authorities.

PREPARATION OF MEDICINE: Decocted.

DOSAGE: 15 grams in combination. Up to 30 grams (1 oz.) alone.

STATUS IN HAWAII: Unknown. Possibly indigenous.

WESTERN FUNCTIONS REPORTED: **Antibiotic**; **anti-inflammatory** [China]; **abortive**; **analgesic** [China, India]; **antidiabetic** [India]; **anti-inflammatory** [India]; **aphrodisiac** [India (roots)]; **beautifies** [India]; **demulcent** [India (stems), Panama (seeds)]; **diuretic** [China, India (whole plant), Panama]; **emmenagogue**; **emollient** [India (stems), Panama (seeds)]; **febrifuge** [India (stems)]; **hypoglycaemic** [India]; **lactagogue**; **nutritive** [India]; **sedative** [Panama]; **strengthens the body** [India]; **tonic** [India].

TRADITIONAL CHINESE ENERGETIC FUNCTIONS (~ = extrapolated):

- 1) Clears heat
- 2) Benefits dampness

3) Stop pain

Huang Hua Mu Common Medicinal Uses

- Depression
- Bronchitis, cough, wheezing
- Urinary tract inflammation.

Huang Hua Mu Cross-Cultural Medicinal Uses

BITES & STINGS

- Scorpion sting [India (mucilage)].
- Snake bite.
- Wasp sting.

COSMETIC.

- Alopecia.

DERMATOLOGICAL.

- Skin diseases [India (stems)]; dermatosis; itching; eczema of the scrotum [China]; impetigo.
- Sores; boils [China (poultice or a wash)].
- Burns.
- Herpes.
- Warts.

DIGESTIVE

- Stomach disorders [Panama]; stomach pain [China]; indigestion [Australian Aborigines (root eaten raw)]; flatulence [India].
- Diarrhea [Australian Aborigines (root decocted), India]; dysentery [China, India (roots infused)]; irritable bowel syndrome.
- Gastritis; enteritis [China].
- Hemorrhoids [India (roots and leaves)].
- Constipation.

ENDOCRINE

- Diabetes insipidus, diabetes mellitus.

HEAD AND THROAT

- Facial paralysis.
- Headache and migraine headache [India (fruit)].
- Eye problems [India]; conjunctivitis; ophthalmia; sty.
- Sinusitis [India].
- Tonsillitis [China]; toothache.

HEPATIC

- **Bilious conditions; jaundice** [China].

IMMUNITY

- **Lupus.**

INFECTION

- **Fever, chills with fever.**

LYMPHATIC

- **Cervical tuberculous lymphadenitis** [China].
- **Elephantiasis.**

MUSCULOSKELETAL / TRAUMA

- **Cramps; joint pain** [India]; **rheumatism** [India (roots)].
- **Sciatica.**
- **Fracture; swelling** [India (leaves poulticed)].
- **Cuts** [Asia (leaves)]; **wounds.**

NEUROLOGICAL

- **Parkinson's disease** [India].
- **Hemiplegia.**

ONCOLOGY

- **Abdominal tumors.**

PARASITES

- **Malaria** [China].

PEDIATRIC

- **Colic** [India].
- **Chickenpox.**
- **Whooping cough** [India].
- **Thrush** [Samoa].

PSYCHOSPIRITUAL.

- Phenylethylamine (PEA) is a neuroamine that is sometimes used for depression. It is also associated with people in love. It occurs in chocolate and is secreted by the brains of athletes when they are in "the zone." *Sida rhombifolia* contains both PEA and ephedrine, hence its use as a mood enhancer.
- **Depression.**
- **Mental instability; delirium; insanity.**
- **Irritability.**

REPRODUCTIVE

- In India, Bala root is prepared with oil and boiled milk, and then used room temperature as a douche for sterility. It is also taken internally for the same purpose.
- **Uterine disorders** [India]; **dysmenorrhea**; **vaginal discharge** [India (roots)].
- **Gonorrhoea** [India (roots, seeds, leaves)].
- **Sexual weakness**; **impotence** [India].
- **During delivery** [India (root infusion internally)].

RESPIRATORY

- **Respiratory complaints** [Eclectic]; **respiratory inflammation**.
- **Wheezing**; **shortwindedness**.
- **Common colds** [China].
- **Bronchitis**; **bronchial asthma** [India]; **cough**.
- **Pulmonary tuberculosis** [India]; **tuberculosis** [Europe]; **consumption** [India].

URINARY

- **Bladder ailments**; **urinary tract infections**; **blood in the urine**.
- **Urinary stones** [China].
- **Frequent urination**.

OTHER MEDICINAL USES

- **Burning sensation in the body**.
- **Emaciation** [India].

OTHER USES:

- Stems used as cordage.
- Brooms.
- Used as soap.
- The bark has been used for making rope.
- Brought to the US in the late 1800's for fiber.
- *Sida rhombifolia* leaves are smoked in Mexico.

CONSTITUENTS: Alkaloids (root), ascorbic-acid (leaf), ash (leaf), beta-carotene (leaf), beta-phenethylamine, calcium (leaf), carbohydrates (leaf), choline, cobalt, copper, cryptolepine, ephedrine (root), fat (leaf), fiber (leaf), flavonoids (& their glycosides), gums, hipaphorine, indole alkaloids, iron (leaf), magnesium, mucilage (stem), niacin (leaf), phenolic compounds, phosphorus (leaf), potassium, protein (leaf), pseudoephedrine, riboflavin (leaf), saponin (leaf), sodium, steroids (& their glycosides), tannins, thiamin (leaf), triterpenoids (& their glycosides), vascini, vasicine, zinc.

No cardiac glycosides have been found.

Previous Huang Hua Mu Local Combinations

Depression: Add *Morinda citrifolia* (noni).

Bronchial asthma: Add *Waltheria indica* ('uhaloa).

Urinary tract infections: Add *Bidens pilosa* (kīnehi), *Plantago* spp. (laukahi). With **blood in the urine:** add *Capsella rubella* (shepherds purse).

CROSS-CULTURAL COMBINATIONS:

Dysentery or enteritis: With *Plantago major* (laukahi) or *Polygonum hydropiper* [China].

Jaundice: Decocted with *Desmodium stryacifolium* (jin qian cao) and *Saururus chinensis* [China].

Cervical tuberculous lymphadenitis: With meat as food [China].

RANGE: Temperate, tropical and subtropical areas in over 70 countries. Native to Europe.

HABITAT: From 0 to 3600'.

PROPAGATION & CULTIVATION: By seed. Scarify (acid, heat, or cold storage) and plant at 1 to 2 cm. One *Sida rhombifolia* can produce more than 11,000 seeds.

RESEARCH:

- Water extracts of the whole plant were liver protective in rats [Rao 1997].
- Methanol extracts of the aerial parts suppressed edema in rats [Rao 1997].
- Stops pain and is anti-inflammatory [Venkatesh 1999].
- Weakly antibacterial and cytotoxic to cancer cells [Islam 2003].

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