

DEDICATION: for the Lord YHWH Yeshua Jesus who loves us, we pray that this research help many who may have Hypertension or Pre-hypertension conditions, July 2, 2021

STATS: 30% of the English, 29% of Americans, and 20% of Canadians have high blood pressure or hypertension. More may have Pre-hypertension.

The CDC reports that 75 million Americans have high blood pressure, i.e., one in three American adults has hypertension.

Only 54% of those cases are believed to be “under control. And, the 46% are not “under control.”

The numbers which the medicine gods claim in medical books are:

$< 120 / < 80 = \text{Normal}$

$120-139 / 80-89 = \text{Pre-hypertension}$

$> 139 / > 89 = \text{Hypertension}$

Current bad medicine considers these above numbers as inspired by the medicine gods, hence absolute. Current good medicine knows that each individual is different and has a different baseline, hence the above numbers are guidelines and are not an absolute fact.

Plants are created by YHWH God for the health and the healing of humans, as well as for enjoyment of life.

The medicinal plants, and medicinal herbs mentioned here are natural and free without any patent from anyone. They are effective and potent.

It is advisable that you do not rely on one or two plants, but on a few because each of these medicinal plants works on one area or another. For example, some of these medicinal plants may act as “diuretic,” or may act directly on the heart as a “beta-blocker,” or may inhibit “angiotensin converting enzyme,” or may inhibit “angiotensin receptors,” or may increase the “calcium channel activity” in the heart muscles, or may act directly on the blood vessels as “alpha blockers,” or may enhance the “alpha 2 receptors” action, or may act on the neurons regulating the blood pressure, or may inhibit the “peripheral adrenergic” effect, or may cause a “vaso-dilatation” and thus reduce and regulate the blood pressure. While medication are toxic though helpful, yet plants are not toxic and have no side effect except for a handful toxic plants.

List of Medicinal Plants, Food and Medicinal Herbs Which May and Can Heal and Reverse High Blood Pressure

While the large majority of these plants are completely safe, yet a handful few can be toxic in large doses. If you are taking any of these plants for a long term, or daily, or in large amount, please read about them to inform yourself if they are among the handful toxic plants or not.

1. *Acacia farnesiana*, *Mimosa farnesiana* (Fabaceae) (Sweet Acacia - Huisache - Needle Bush)
2. *Acalypha wilkesiana* (Euphorbiaceae) (Red acalypha - aworoso)
3. *Achillea millefolium* (Asteraceae - Compositae) (Plumajillo - (Common Yarrow)
4. *Achillea wilhelmsii* (Asteraceae) Yarrow
5. *Achyranthus aspera* (Amaranthaceae) (Charchita)
6. *Aconitum napellus* (Monkshood - Aconite) (Regulates: lowers and raises BP)
7. *Adenopodia spinata* (Fabaceae) (Spiny Splinter Root)
8. *Adiantum capillus-veneris* (Pteridaceae) (Avenca - Southern black maidenhair)
9. *Aesculus hippocastanum* (Horse Chestnut)

10. *Agapanthus africanus* (Amaryllidaceae) (Blue Lily)
11. *Agastache mexicana* (Mexican Giant Hyssop)
12. *Agathosma* 140 spp. (Rutaceae) (Buchu)
13. *Agathosma betulina* (Rutaceae) (Round Leaf Buchu)
14. *Agave americana* (Asparagaceae) (Century Plant)
15. *Ajuga chamaecistus* (Lamiaceae) (Ajuga - Bugleweed - Ground Pine, Bugle)
16. *Akebia quinata* (Lardizabalaceae) (Chocolate Vine - Five-leaf Chocolate vine - Akebia Vine)
17. *Alepidea amatymbica* (Apiaceae) (Larger Tinsel Flower)
18. *Alisma* spp., *A. brevipes*, *A. plantago-aquatica* (Alismataceae) (Water Plantain)
19. *Allium cepa* (Amaryllidaceae) (Onion)
20. *Allium sativum* (Alliaceae - Liliaceae - Amaryllidaceae) (Garlic)
21. *Allium ursinum* (Liliaceae - Amaryllidaceae) (Wild Garlic - Wild Cow Leek - Ramsons - Buckrams - Broad-leaved Garlic - Wood Garlic- Bear Leek - Bear's Garlic)
22. *Aloe vera* (Asphodelaceae) (Aloe)
23. *Alpinia zerumbet* (Zingibaraceae) (Alpinia)
24. *Alstonia Boonei* (Apocynaceae) (Cheese Wood - Pattern Wood - Stool Wood)
25. *Alstonia Congensis*, *A. spp.* (Apocynaceae) (Alstonia)
26. *Amaranthus hybridus* (Amaranthaceae) (Green Amaranth - Slim Amaranth)

27. *Amaranthus dubius* (Amaranthaceae) (Red Spinach - Chinese Spinach - Spleen Amaranth - Yin Choy)
28. *Ammi visnaga* (Apiaceae) (Toothpick Weed - Bisnaga - Khella)
29. *Amygdalus scoparia*, *Prunus scoparia* (Rosaceae) (Wild Almond)
30. *Anacardium occidentale* (Anacardiaceae) (Cashew)
31. *Andrographis paniculata* (Acanthaceae) (Creat - Green Chiretta - King of Bitter)
32. *Anethum graveolens* (Umbelliferae - Apiaceae) (Dill)
33. *Angelica sinensis* (Apiaceae) (Female Ginseng - Dong Quai)
34. *Annona muricata* (Annonaceae) (Soursop - Graviola - Guyabano - Guanabana - Prickly Custard Apple)
35. *Annona cherimolia* (Annonaceae) (Chirimoya)
36. *Anthemis cotula* (Asteraceae) (Stinking Chamomile)
37. *Antrodia camphorata* Mushroom (Order: Polyporales) (Niu Chang Chih - Camphor Fungus)
38. *Apium graveolens* (Apiaceae) (Celery Seed)
39. *Aralia racemosa* (Araliaceae) (American Spikenard - Small Spikenard - Indian Root - Spice Berry - Petty Morel - Indian Spikenard)
40. *Arbutus* 12 spp. (Ericaceae) (Arbutus - Arbousier)
41. *Arctostaphylos uva-ursi* (Ericaceae) (Uva-ursi - Bearberry)

42. *Aristolochia manshuriensis* (Aristolochiaceae) (Guan Mu Tong - Manchurian Pipevine)
43. *Aronia arbutifolia* (Rosaceae) (Red Chokeberry)
44. *Aronia melanocarpa* (Rosaceae) (Black Chokeberry)
45. *Aronia mitchurinii* (Rosaceae) (Chokeberry Viking)
46. *Artemisia drancunculus* (Asteraceae) (Tarragon)
47. *Artemisia herba-alba* (Asteraceae) (White Wormwood - Armoise Blanche)
48. *Artocarpus altilis* (Moraceae) (Breadfruit)
49. *Arundo* 6 spp. (Arundinoideae) (Arundo)
50. *Aspalathus linearis* (Fabaceae) (Rooibos)
51. *Asparagus officinales* (Asparagaceae) (Sparrow Grass - Garden Asparagus)
52. *Asparagus racemosus* (Asparagaceae) (Shativari - Satavar - Shatamull - Shatawari)
53. *Asplenium scolopendrium* (Aspleniaceae) (Hart's-tongue - Hart's-tongue Fern - Hartstongue)
54. *Astragalus complanatus* (Fabaceae) (Astragalus - Gurmar)
55. *Astragalus membranaceus* (Fabaceae) (Astragalus - Chinese Milk Vetch)
56. *Astragalus* 3000 spp. (Fabaceae) (Astragalus)
57. *Asystasia gangetica* (Acanthaceae) (Chinese Violet - Coromandel - Creeping Foxglove)
58. *Avena sativa* (Poaceae - Gramineae) (Oats - Green Oat)
59. *Averrhoa carambola* (Oxalidaceae) (Starfruit - Carambola)

60. *Azadirachta indica* (Meliaceae) (Azadiracht - Neem)
61. *Bacopa monnieri* (Plantaginaceae) (Water Hyssop - Brahmi - Thyme-leaved Gratiola - Herb of Grace - Indian Pennywort)
62. *Baisea axillaris* (Apocynaceae) (BaiSEA Axillaris - Lower Axillaris)
63. *Bellis perennis* (Asteraceae) (Common Daisy - Lawn Daisy - English Daisy - Bruisewort - Woundwort - Pâquerette)
64. *Berberis integrima* (Berberidaceae) (Barberry)
65. *Berberis vulgaris* (Berberidaceae) (Barberry)
66. *Beta vulgaris* (Amaranthaceae) (Swiss Chard - Silver Beet - Perpetual Spinach - Beet Spinach - Seakale Beet - Leaf Beet - Beet)
67. *Betula pendula* (Betulaceae) (Silver Birch - Warty Birch - European White Birch - East Asian White Birch - Bouleau)
68. *Bidens pilosa* (Asteraceae) (Black-jack - Beggar Ticks - Spanish Needle - Cobblers Pegs - Black-Jack)
69. *Blond psyllium* (Plantaginaceae) (Indian Plantago)
70. *Boerhavia diffusa* (Nyctaginaceae) (Punarnava - Red Spiderling - Spreading Hogweed - tarvine - Hog Weed)
71. *Borago officinalis* (Boraginaceae) (Borage - Bourrache)

72. *Boswellia serrata* (Burseraceae) (Indian frankincense)
73. *Brassica juncea* (Brassicaceae) (Brown Mustard - Chinese Mustard - Indian Mustard - Leaf Mustard - Oriental Mustard - Vegetable Mustard - Mustard Greens)
74. *Brassica oleracea* (Brassicaceae) (Kale - Leaf Cabbage - Cabbage - Collard Greens var. *italica* Broccoli)
75. *Brunnichia* spp. (Polygonaceae) (Redvine - Ladies' Eardrops - Buckwheat Vine - Red Vine)
76. *Bryonia dioica*, *Bryonia dioica* (Cucurbitaceae) (Bryonia - Bryone)
77. *Buddleja crispa* (Scrophulariaceae) (Himalayan Butterfly Bush)
78. *Cajanus cajan* (Fabaceae) (Arhar - Red Gram - Gungo Peas - Pigeon Pea)
79. *Calycotome villosa*, *Calicotome villosa* (Fabaceae) (Hairy Thorny Broom - Spiny Broom)
80. *Camellia sinensis* (Theaceae) (Tea - Green Tea)
81. *Cananga odorata* (Annonaceae) (Cananga Tree - Cananga Adorata - Ylang-ylang)
82. *Capparis masaiikai* (Mabinlang) (Sweet proteins)
83. *Capparis cartilaginea* (Capparaceae) (Lasaf)
84. *Capsella rubella* (Brassicaceae) (shepherd's Purse - Bourse à Pasteur)
85. *Capsella bursa-pastoris* (Brassicaceae) (shepherd's Purse - Bourse à Pasteur)
86. *Carum capticum* (Apiaceae - Umbelliferae) (Ajvan - Carom Seed - Bishop's Weed - Ajwain)
87. *Carthamus tinctorius* (Asteraceae) (Safflower)

88. *Carum carvi* (Apiaceae) (Caraway)
89. *Cassia absus* (Fabaceae - Caesalpiniaceae) Chaksu
90. *Cassia occidentalis* (Caesalpiniaceae) (Coffee Weed)
91. *Castanospermum* (Fabaceae) (Black Bean - Moreton Bay Chestnut)
92. *Catha edulis* (Celastraceae) (Bushman's Tea)
93. *Catharanthus roseus*, *Vinca rosea* (Apocynaceae) (Bright Eyes - Cape Periwinkle - Graveyard Plant - Old Maid - Pink Periwinkle - Rose Periwinkle)
94. *Cecropia pachystachya* (Urticaceae) (Ambay Pumpwood - Ambay)
95. *Celosia argentea*, *C. Cristata* (Amaranthaceae) (Cockscomb)
96. *Centaurea depressa* (Compositae - Asteraceae) (Low Cornflower - Knapweed)
97. *Centaurium erythraea* (Gentianaceae) (Common Centaury)
98. *Centella asiatica* (Apiaceae) (Gotu Kola - Kodavan - Indian Pennywort)
99. *Ceriscoides* 11 spp. (Rubiaceae) (Gardenia)
100. *Chamaecrista* 100 spp. (Fabaceae) (Sensitive Pea)
101. *Chamaecrista absus* (Fabaceae) (Chaksu - Absus)
102. *Chamaemelum nobile* (Asteraceae) (Roman / English / Garden Camomile - Manzanilla)
103. *Chelidonium majus* (Papaveraceae) (Greater Celandine - Chélidoine)
104. *Chrysanthemum morifolium* (Asteraceae) (Chrysanthemum - Florist's Daisy - Hardy Garden Mum)

- Juhua)

105. *Chrysanthemum sinensis* (Asteraceae) (Chrysanthemum)
106. *Cichorium intybus* (Asteraceae) (Chicory)
107. *Cinnamomum zeylanicum* (Lauraceae) (Cinnamon)
108. *Cinnamomum cassia* (Lauraceae) (Chinese Cinnamon)
109. *Cinnamomum verum* (Lauraceae) (Ceylon Cinnamon)
110. *Cirsium japonicum* (Asteraceae) (Japanese Thistle - Plume Thistle - Five Flavor Berry)
111. *Cirsium arvense*, *Cirsium vulgare*, C. 100 spp. (Asteraceae) (Thistles)
112. *Cissampelos pareira* (Menispermaceae) (Abuta)
113. *Citrullus lanatus* (Cucurbitaceae) (Watermelon)
114. *Citrus sinensis*, *Citrus* spp. (Rutaceae) (Orange - Orange Peel)
115. *Citrus limetta* (Rutaceae) (Sweet Lemon)
116. *Citrus limon* (Rutaceae) (Lemon)
117. *Citrus maxima* (Rutaceae) (Pummelo)
118. *Clausena anisata* (Rutaceae) (Horsewood)
119. *Clerodendron tricotomum* (Lamiaceae) (Glory Tree - Harlequin Glorybower - Glory Tree - Peanut Butter Tree)
120. *Cocos nucifera* (Arcaceae) (Coconut Palm)

121. *Codonopsis pilosula* (Campanulaceae) (Codonopsis - Dangshen)
122. *Coix lacryma-jobi* (Poaceae) (Job's Tears - Adlay - Adlay Millet - Coix Seed)
123. *Coleus forskohlii* (Lamiaceae) (Karpurvali - Forskolin)
124. *Coleus amboinicus*, *Plectranthus amboinicus* (Lamiaceae) (Indian Borage - Country Borage - French Thyme - Indian Mint - Mexican Mint - Cuban Oregano - Soup Mint - Spanish Thyme - Karpuravalli)
125. *Commelina virginica* (Commelinaceae) (Virginia Dayflower)
126. *Commelina fluviatilis*, *C. purpurea*, *C. welwitschii* (Commelinaceae) (Swamp Dayflower)
127. *Commiphora mukul*, *Commiphora wightii* (Burseraceae) (Gugal - Guggul - Indian Bdellium - Mukul Myrrh Tree)
128. *Commiphora myrrha* (Burseraceae - Myrtaceae) (African Myrrh - Common Myrrh - Herabol Myrrh)
129. *Convolvulus scammonia* (Convolvulaceae) (Scammony - Virgin Scammony (dried incision sap) - Scammonée)
130. *Copaifera officinalis*, *C. langsdorffii*, *C. reticulata* (Fabaceae) (Copaiba Balsam)
131. *Coptis chinensis* (Ranunculaceae) (Chinese Gold Thread)
132. *Coriandrum sativum* (Apiaceae) (Cilantro or dry Coriander)
133. *Corydalis* 470 spp., *Corydalis yanhusuo* (Papaveraceae) (Corydalis)

134. *Corymbia citriodora* (Myrtaceae) (Lemon-scented Gum - Spotted Gum - Lemon Eucaplyptus)
135. *Coscinium fenestratum* (Menispermaceae) (Yellow Vine)
136. *Crataegus laevigata* (Rosaceae) (Hawthorn)
137. *Crataegus pontica* (Rosaceae) (Hawthorn)
138. *Crataegus monogyna* (Rosaceae) (Hawthorn Berry)
139. *Crataegus pinnatifida* (Rosaceae) (Chinese hawthorn)
140. *Crataegus oxycantha* (Rosaceae) Hawthorn
141. *Crataegus aronia* (Rosaceae) (Hawthorn)
142. *Crataegus* 300 spp. (Rosaceae) (Hawthorne - Aubépine - Quick Thorn - Thorn Apple - May Tree - White Thorn - Hawberry)
143. *Crinum macowanii* (Amaryllidaceae) (Cape Coast Lily)
144. *Crinum glaucum* (Amaryllidaceae) (River Lily - Swamp Lily)
145. *Crocus sativus* (Iridaceae) (Saffron Crocus - Autumn Crocus - Saffron)
146. *Crocus* 90 spp., *Crocus haussknechtii* (Iridaceae) (Crocus)
147. *Crocus hassknechtii* (Iridaceae) (Saffron - Zafaran)
148. *Croton bonplandianus* (Euphorbiaceae) (Bonplandianus - Ban Tulsi - Bantulasi - Bonpland's Croton)
149. *Cryptolepis* 42 spp., *Cryptolepis buchananii* (Apocynaceae) (Milk Ropes)

150. *Cucurbita pepo*, *C. maxima*, *C. argyrosperma*, *C. moschata* (Cucurbitaceae) (Pumpkin Seeds)
151. *Cudrania tricuspidata*, *Maclura tricuspidata* (Moraceae) (Cudrang - Mandarin Melon Berry - Silkworm Thorn - Chinese Mulberry)
152. *Cuminum cyminum* (Apiaceae) (Cumin)
153. *Curculigo latifolia* (Hypoxidaceae) (Curculigo) (Sweet proteins)
154. *Curcuma longa* (Zingiberaceae) (Turmeric)
155. *Cuscuta reflexa* (Convolvulaceae - Cuscutaceae) (Giant dodder)
156. *Cuscuta japonica* (Convolvulaceae) (Japanese Dodder)
157. *Cymbopogon citratus* (Poaceae) (Lemongrass - West Indian Lemon Grass)
158. *Cynara scolimus* (Asteraceae) (Globe Artichoke)
159. *Cytisus scoparius*, *Sarothamnus scoparius* (Fabaceae) (Common Broom - Scotch Broom)
160. *Daucus carota* (Umbelliferae - Apiaceae) (Wild Carrot - Queen Anne's Lace - Bird's Nest - Bishop's Lace)
161. *Desmodium styracifolium* (Leguminosae) (Coin-leaf Desmodium - Guang Jinqiancao)
162. *Dietes iridioides* (Iridaceae) (Wood Iris)
163. *Dioscoreophyllum cumminsii* (Menispermaceae) (Serendipity Berry) (Sweet proteins)
164. *Dodonaea Viscosa* (Sapindaceae) (Hop Bush - Aalii)
165. *Dombeya rotundifolia* (Malvaceae) (Wild Pear)

166. *Dracaena reflexa*, *D. marginata* (Asparagaceae) (Song of India - Song of Jamaica - Marginata)
167. *Ecbalium elaterium* (Cucurbitaceae) (Squirting Cucumber - Exploding Cucumber)
168. *Echinodorus grandiflorus* (Alismataceae) (Corazon)
169. *Ekebergia capensis* (Meliaceae) (Dog Plum)
170. *Elaeocarpus ganitrus* (Elaeocarpaceae) (Rudraksha)
171. *Elettaria cardamomum* (Zingiberaceae) (Cardamom)
172. *Eleutherococcus senticosus*, *Panax quinquefolium* (Araliaceae) (American Ginseng - Siberian Ginseng)
173. *Elymus repens* (Poaceae) (Chiendent - Common Couch - Couch Grass - Twitch - Quick Grass - Quitch Grass - Dog Grass - Quackgrass - Scutch Grass - Witchgrass)
174. *Epheda equisetina* (Ephedraceae) (Ma Huang - Herba Ephedra)
175. *Ephedra sinica* (Ephedraceae) (Ma Huang - Herba Ephedra)
176. *Ephedra intermedia* (Ephedraceae) (Ma Huang - Herba Ephedra)
177. Equisetales order, Archaeocalamitaceae, Calamitaceae, Equisetaceae, Pseudoborniales order, Sphenophyllales order (Horsetail - Prêle)
178. *Eruca vesicaria* (Brassicaceae) (Arugula - Garden Rocket)
179. *Erythrina mulungu* (Fabaceae) (Mulungu)
180. *Erythroxylum monogynum* (Erythroxylaceae) (Bastard Sandal - Red Cedar Bastard Sandal)

181. *Eucommia ulmoides* (Eucommiaceae) (Eucommi Bark - Gutta-percha Tree - Chinese Rubber Tree - it is not true gutta-percha tree of SE Asia, nor Rubber Tree to South American)
182. *Eugenia uniflora* (Myrtaceae) (Pinang - Eugenia Uniflora - Pitanga - Suriname Cherry - Brazilian Cherry - Cayenne Cherry - Cerisier Carré - Monkimonki Kersie - Nangapiri)
183. *Euphorbia hirta* (Euphorbiaceae) (Asthma-plant)
184. *Falcaria vulgaris* (Apiaceae) (Sickleweed - Longleaf)
185. *Ficus benghalensis*, *Ficus indica*, *Ficus exasperata* (Moraceae) (Banyan - Banyan Fig - Indian Banyan - Brahma's Banyan)
186. *Foeniculum vulgare* (Apiaceae) (Fennel)
187. *Fragaria ananassa* (Rosaceae) (Strawberry)
188. *Frangula* 35 spp. (Rhamnaceae) (Alder Buckthorn - Bourdaine)
189. *Fraxinus excelsior* (Oleaceae) (European Ash - Ash - Common Ash)
190. *Fritillaria ussuriensis* (Liliaceae) (Spring Wild Flower)
191. *Fuchsia magellanica* (Onagraceae) (Hardy Fuchsia - Chiko - Tilco)
192. *Fucus vesiculosus* (Fucaceae) (Bladder Wrack - Black Tang - Rockweed - Bladder Fucus - Sea Oak - Cut Weed - Dyers Fucus - Red Fucus - Rock Wrack - Bladderwrack)
193. *Fumaria* 60 spp. (Papaveraceae) (Fumitory - Fumeterre) (Regulates BP: lowers and raises BP)
194. *Galega officinalis* (Fabaceae) (French Lilac - Galega - Goat's-rue - Italian Fitch - Professor-weed)

195. *Galinsoga parviflora* (Asteraceae) (Kew Weed)
196. *Galium odoratum* (Rubiaceae) (Sweet Woodruff - Sweet Scented Bedstraw)
197. *Ganoderma lingzhi* (Ganodermataceae) (Reishi Mushroom - Bracket Fungus)
198. *Gardenia* 150 spp. (Rubiaceae) (Gardenia)
199. *Gastrodia elata* (Orchidaceae) (Rhizoma *Gastrodia Elatae*)
200. *Gentiana* 400 spp., *G. dahurica*, *G. Lutea* (Gentianaceae) (Gentian) (Regulates BP: lowers and raises BP)
201. *Geum japonicum*, *G. Macrophyllum* (Rosaceae) (Daikon Sou - Asian Herb Bennet)
202. *Ginkgo biloba* (Ginkgoaceae) (Ginkgo - Maidenhair Tree)
203. *Globimetula* 13 spp., *G. cupulata* (Loranthaceae) (Guinea Bissau Balanta)
204. *Glycine max* (Fabaceae) (Soybean)
205. *Glycyrrhiza glabra* (Fabaceae) (Licorice - Liquorice)
206. *Gossypium barbadense* (Malvaceae) (Pima Cotton)
207. *Gossypium* 13 spp., *Gossypium arboreum* (Malvaceae) (Cottonseed)
208. *Graptopetalum paraguayense* (Crassulaceae) (*Sedum Weinbergii* - Mother of Pearl Plant - Ghost Plant)
209. *Griffonia simplicifolia*, *Bandeiraea simplicifolia* (Fabaceae) (Griffonia Seed)
210. *Grifola frondosa* (Meripilaceae) (Maitake Mushroom - Sheep's Head Mushroom)

211. *Guazuma ulmifolia* (Malvaceae) (Rudrakshi - West Indian Elm - Bay Cedar)
212. *Gymnema* 45 spp. (Apocynaceae) (Gymnema leaves)
213. *Gynostemma pentaphyllum* (Cucurbitaceae) (Jiaogulan)
214. *Gynura procumbens* (Asteraceae) (Akar Sebiak - Sabungai - Sambung Nyawa - Longevity Spinach - Longevity Greens)
215. *Harpephyllum caffrum* (Anacardiaceae) (Wild Plum)
216. *Haworthia turgida* (Asphodelaceae) (Turgida)
217. *Hedera helix* (Araliaceae) (English Ivy - European Ivy - Ivy - Lierre grim pant)
218. *Helianthus tuberosus* (Asteraceae) (Jerusalem Artichoke Roots)
219. *Heterophragma* 9 spp., *H. adenophyllum* (Bignoniaceae) (Katsagon - Marodphali - Petthan - Karen Wood)
220. *Hibiscus sabdariffa* (Malvaceae) (Zobo - Calyces of *Hibiscus sabdariffa* - Hibiscus - Roselle - Jamaica Sorrel)
221. *Holarrhena* 5 spp., *H. Pubescens* (Apocynaceae) (Kadwa Indrajau)
222. *Holarrhena floribunda* (Apocynaceae) (False Rubber Tree - Conessi Bark - Kurchi Bark)
223. *Hypericum perforatum* (Hypericaceae) (Perforate St John's Wort)
224. *Hypoxis hemerocallidea* (Hypoxidaceae) (Star Flower)
225. *Hyptis fruticosa*, *Hyptis brevipes* (Lamiaceae) (Alecrim-de-tabuleiro - Lesser Round Weed)

226. *Hyssopus officinalis* (Lamiaceae) (Hyssop)
227. *Ilex paraguariensis* (Aquifoliaceae) (Yerba Mate)
228. *Ipomoea* 600 spp. (Convolvulaceae) (Morning Glory - Water Convolvulus - Kangkung - Sweet Potato - Bindweed - Moonflower)
229. *Jacaranda mimosaeifolia*, *J. mimosifolia*, *J. acutifolia* (Bignoniaceae) (Jacaranda - Blue Jacaranda - Fern Tree - Jacaranda)
230. *Jatropha gossypifolia* (Bellyache Bush - Black Physic Nut - Cotton-leaf Physic Nut - Red Physic Nut)
231. *Justicia flava* (Acanthaceae) (Yellow Justice)
232. *Kalanchoe pinnata*, *Bryophyllum pinnatum* (Crassulaceae) (Air Plant - Cathedral Bells - Life Plant - Miracle Leaf - Goethe Plan)
233. *Lactuca sativa* (Asteraceae) Lettuce
234. *Laelia anceps* (Orchidaceae) (The Bull)
235. *Laelia* 25 spp., *L. autumnalis* (Orchidaceae) (Autumn flowering Laelia - Laelia)
236. *Laurocerasus officinalis*, *Prunus laurocerasus* (Rosaceae - Lauraceae) (Cherry Laurel - Common Laurel - English Laurel)
237. *Laurus nobilis* (Lauraceae) (Bay Tree - Bay Laurel - Sweet Bay - True Laurel - Grecian Laurel)
238. *Lavandula* spp, *L. angustifolia* (Lamiaceae) (Lavender)

239. *Lavandula stoechas* (Lamiaceae) (French Lavender)
240. *Leonurus sibiricus* (Lamiaceae) (Honeyweed - Siberian Motherwort - Marijuana)
241. *Leonurus cardiaca* (Lamiaceae) (Motherwort - Throw-wort - Lion's Ear - Lion's Tail - Guma)
242. *Lepechinia caulescens* (Lamiaceae) (Pitcher Sage)
243. *Lepidium sativum* (Brassicaceae) (Garden Cress - Mustard - Cress - Garden Pepper Cress - Pepperwort - Pepper Grass - Poor Man's Pepper)
244. *Lepidium latifolium* (Cruciferae - Brassicaceae) (Rompepiedra - Stone Breaker - Broadleaved Pepperweed - Pepperwort - Peppergrass - Dittany - Tall Whitetop)
245. *Limnophila* 14 spp., *L. Rugosa* (Plantaginaceae) (Limnophila - Marshweeds)
246. Linden 30 spp. (Malvaceae) (Linden - Basswood - Lime Trees - Lime Bushes - Tilia - Tilleul)
(Regulates: lowers and raises BP)
247. *Linum usitatissimum* (Linaceae) (Linseed, Flaxseed)
248. *Loranthus micranthus* (Loranthaceae) (African Mistletoe)
249. *Loranthus ferrugineus* (Loranthaceae) (Benalu - Dapong-kahoi - Mistletoe)
250. *Lumnitzera racemosa* (Combretaceae) (White-flowered Black mangrove)
251. *Lycium barbarum* (Solanaceae) (Chinese Wolfberry - Chinese Boxthorn - Himalayan Goji - Mede Berry - Barbary Matrimony Vine - Red Medlar - Matrimony Vine - Murali)
252. *Malus domestica* (Rosaceae) (Apples)

253. *Mammea* 70 spp., *Mammea africana* (Calophyllaceae) (African Apple)
254. *Mangifera indica* (Anacardiaceae) (Mango Leaf)
255. *Marrubium vulgare* (Lamiaceae) (White Horehound)
256. *Marrubium anisodon* (Lamiaceae) (Marrubium - Horehound - Hoarhound)
257. *Matricaria chamomilla* (Asteraceae) (German Chamomile - Water of Youth)
258. *Matricaria recutita* (Asteraceae) (Chamomile - Camomile - Wild Chamomile - Blue Chamomile - Scented Mayweed)
259. *Melissa officinalis* (Lamiaceae) (Lemon Balm)
260. *Melothria maderaspatana*, *Mukia maderaspatana*, *Cucumis maderaspatanus* (Cucurbitaceae) (Melon Gubat)
261. *Mentha longifolia*, *M. spicata* (Lamiaceae) (Horse Mint)
262. *Mentha villosa* (Lamiaceae) (Mint)
263. *Mesembryanthemum* spp. (Aizoaceae) (Ice Plant)
264. *Mesona procumbens*, *Platostoma palustre* (Lamiaceae) (Chinese Mesona - Black Jelly, Black Cincau)
265. *Momordica charantia* (Cucurbitaceae) (Bitter Melon)
266. *Morinda citrifolia* (Rubiaceae) (Great Morinda - Indian Mulberry - Noni - Beach Mulberry - Cheese Fruit)

267. *Moringa oleifera* (Moringaceae) (Moringa - Drumstick Tree - Drumstick Leaf - Horseradish Tree - Ben Oil Tree - Benzolive Tree)
268. *Morus alba* (Moraceae) (White Mulberry Tree)
269. *Musa acuminata*, *Musa balbisiana* (Musaceae) (Banana)
270. *Musa balbisiana* (Musaceae) (Bananas)
271. *Musa acuminata* (Musaceae) (Bananas)
272. *Musanga cecropioides* (Cecropiaceae) (African Corkwood Tree - Umbrella tree - Cork Wood)
273. *Myrrhis odorata* (Apiaceae) (Cicely - Sweet Cicely - Myrrh - Garden Myrrh - Sweet Chervil)
274. *Nardostachys jatamansi* (Caprifoliaceae) (Spikenard - Nard - Nardin - Muskroot)
275. *Nigella sativa* (Ranunculaceae) (Black Cumin; Seed of Blessing - Black Seed)
276. *Nyctanthes arbor-tristis* (Oleaceae) (Night-flowering Jasmine - Parijat - Night Jasmine)
277. *Ocimum basilicum* (Lamiaceae) (Basil)
278. *Ocimum gratissimum* (Lamiaceae) (Clove Basil)
279. *Ocimum sanctum* (Lamiaceae) (Holy Basil)
280. *Oenothera* 145 spp. (Onagraceae) (Evening Primrose - Suncups - Sundrops - it is not the true Primroses of genus *Primula*)
281. *Oenothera glazioviana* (Onagraceae) (Large-flowered Evening-primrose - Red Sepal Evening Primrose - Glazioviana - Garden Evening Primrose)

282. *Olea Africana* (Oleaceae) (Olive leaf - Olive)
283. *Olea europaea* (Oleaceae) (Olive Leaf - Olive)
284. *Opuntia dillenii cladodes* (Sweet Prickly Pear)
285. *Origanum majorana* (Lamiaceae) (Marjoram - Oregano - Sweet Marjoram - Knotted Marjoram - Pot Marjoram)
286. *Oxygonum* 30 spp., *O. sinuatum* (Polygonaceae) (Dammer)
287. *Paeonia Emodi* (Paeoniaceae) (Himalayan Peony)
288. *Paliurus spina-christi* (Rhamnaceae) (Jerusalem Thorn - Garland Thorn - Christ's Thorn - Crown of Thorns)
289. *Panax notoginseng* (Araliaceae) (Chinese ginseng - Pseudoginseng)
290. *Panax quinquefolius* (Araliaceae) (American ginseng)
291. *Panax ginseng* (Araliaceae) (Asian or Korean ginseng - Ninjin)
292. *Panax japonicas* (Araliaceae) (Japanese ginseng)
293. *Passiflora edulis* (Passifloraceae) (Passion Fruit Rind)
294. *Passiflora* 550 spp. *P. nepalensis* (Passifloraceae) (Passion Fruit - Passion Vine)
295. *Paullinia cupana*, *P. crysan*, *P. sorbilis* (Sapindaceae) (Guarana)
296. *Peganum harmala* (Nitrariaceae) (Harmal)

297. *Pentadiplandra brazzeana* (Capparaceae) (Gbegbe) (Sweet proteins)
298. *Periploca laevigata* (Apocynaceae) (Cornicabra - Cornica - Goat Horn)
299. *Persea americana* (Lauraceae) (Avocado)
300. *Petroselinum crispum* (Apiaceae) (Parsley)
301. *Phyllanthus acidus* (Phyllanthaceae) (Tahitian Gooseberry - Country Gooseberry - Star Gooseberry - Starberry - Gooseberry Tree - Rai Awla)
302. *Phyllanthus urinaria* (Phyllanthaceae) (Chamber Bitter - Gripeweed - Shatterstone - Stonebreaker - Leaf Flower - Bhuiaonla)
303. *Phyllanthus emblica* (Phyllanthaceae) (Emblic - Myrobalan - Indian Gooseberry - Malacca Tree - Amla - Amalaki)
304. *Phyllanthus niruri*, *Phyllanthus amarus*, (Euphorbiaceae - Phyllanthaceae) (Gale of the Wind - Stonebreaker - Seed-under-leaf - Nela Nelli - Kilanelli)
305. *Phyllanthus amarus* (Euphorbiaceae) (Keela Nelli - niruri)
306. *Physalis viscosa* (Solanaceae) (Grape Ground Cherry)
307. *Pimpinella anisum* (Apiaceae) (Anise)
308. *Pinus pinaster* (Pinaceae) (Maritime Pine)
309. *Piper nigrum* (Piperaceae) (Black Pepper - Peppercorn)
310. *Plantago ovata* (Plantaginaceae) (Blond Plantain - Desert Indian Wheat - Blond Psyllium -

Isabgol)

311. *Plectranthus barbatus*, *Coleus forskohlii* (Lamiaceae) (Forskolin)
312. *Pleurotus nebrodensis*, *Fungi di basilicu* (Pleurotaceae) (White Ferula Mushroom)
313. *Polyalthia longifolia*, *Polyalthia longifolia* (Annonaceae) (False Ashoka)
314. *Popose pupa* (Euphorbiaceae) (aworoso)
315. *Protorhus longifolia* (Anacardiaceae) (Red Cape)
316. *Prunus armeniaca* (Rosaceae) (Apricots)
317. *Prunus persica* (Rosaceae) (Peach)
318. *Psidium guajava* (Myrtaceae) (Guava)
319. *Pueraria lobata* (Fabaceae) (Kudzu)
320. *Pueraria montana* (Fabaceae) (Kudzu)
321. *Punica granatum* (Punicaceae) (Pomegranate - Lythraceae)
322. *Pyrus 30 spp.* (Rosaceae) (Pear)
323. *Raphanus sativus* (Cruciferae) (Radish)
324. *Rauwolfia caffra* (Apocynaceae) (Quinine Tree)
325. *Rauwolfia serpentine* (Apocynaceae) (Indian Snakeroot - Rauwolfia - Sarpagandha)
326. *Rehmannia glutinosa* (Orobanchaceae) (Rehmannia root - Shēng Dì Huáng)
327. *Retama rietam* (Fabaceae) (White Weeping Broom)

328. *Rhamnus* 110 spp. (Rhamnaceae) (Buckthorn - Nerprun)
329. *Rhaptopetalum coriaceum* (Scyttopetalaceae - Lecythidaceae)
330. *Rhinanthus minor* (Orobanchaceae) (Yellow Rattle)
331. *Rhodiola rosea* (Crassulaceae) (Rose Root - Aaron's Rod - Arctic Root - King's Crown - Lignum Rhodium - Orpin Rose - Golden Root)
332. *Rhus chirindensis* (Anacardiaceae) (Red Currant)
333. *Ribes nigrum* (Grossulariaceae) (Black Currant - Cassis)
334. *Ribes* 200 spp., *orientale* (Grossulariaceae) (Currant Bush - Gooseberry Bush)
335. *Richadella dulcifica*, *Synsepalum dulcificum* (Sapotaceae) (Miracle Fruit - Miracle Berry - Sweet Berry) (Sweet proteins)
336. *Rosmarinus officinalis* (Lamiaceae) (Rosemary)
337. *Rubia cordifolia* (Rubiaceae) (Madder - Indian Madder - Manjistha - Marathi - Kannada - Bengali - Majith - Gujarati - Manditti)
338. *Rubus* 700 spp., *Rubus buergeri* (Rosaceae) (Raspberries - Blackberries - Dewberries - Bramble Fruit -Cane Fruit - Cane Berry - Caneberry - Loganberry - Boysenberry - Marionberry - Tayberry)
339. *Rumex acetosella* (Polygonaceae) (Red Sorrel - Sheep's Sorrel - Field Sorrel - Sour Weed)
340. *Rumex pulcher* (Polygonaceae) (Fiddle Dock)
341. *Rumex crispus* (Polygonaceae) (Curly Dock - Curled Dock - Yellow Dock)

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342. *Ruscus aculeatus* (Asparagaceae) (Butcher's Broom)
 343. *Salvia miltiorrhiza* (Lamiaceae) (Red Sage - Chinese Sage - Danshen)
 344. *Salvia* spp., *Salvia miltiorrhiza* (Lamiaceae) (Dan Shen - Chinese Sage)
 345. *Salvia sclarea* (Lamiaceae) (Clary Sage)
 346. *Salvia officinalis* (Lamiaceae) (Common sage)
 347. *Salviae miltiorrhizae* (Lamiaceae) (Red Sage - Chinese Sage - Tan Shen - Danshen)
 348. *Sambucus nigra* (Adoxaceae) (Elder - Elderberry - Black Elder - European Black Elderberry)
 349. *Sansevieria senegambica* (Agavaceae - Ruscaceae) (Oja Ikoko)
 350. *Santalum album*, *S. ellipticum*, *S. yasi*, *S. spicatum* (Santalaceae) (Sandalwood)
 351. *Saponaria officinalis* (Caryophyllaceae) (Saponaire officinale - Common Soapwort - Bouncing-bet - Crow Soap - Wild Sweet William - Soapweed)
 352. *Saponaria lutea* (Caryophyllaceae) (Saponaire jaune - Yellow Saponaria)
 353. *Saponaria bellidifolia* (Caryophyllaceae) (Saponaire à feuilles de Pâquerette - Saponaria)
 354. *Saponaria caespitosa* (Caryophyllaceae) (Saponaire gazonnante - Gaseous Saponaria)
 355. *Saponaria ocymoides* (Caryophyllaceae) (Saponaire De Montpellier - Rock Soapwort - Tumbling Ted)
 356. *Saponaria orientalis* (Caryophyllaceae) (Saponaire d'Orient - Saponaria)
 357. *Saururus chinensis* (Saururaceae) (San Bai Cao - Asian Lizard's Tail)

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358. *Schisandra chinensis* (Schisandraceae) (Five Flavor Berry - Magnolia-vine - Chinese Magnolia-vine - Schisandra - Magnolia Berry)
 359. *Sclerocarya birrea* (Anacardiaceae) (Marula - Jelly Plum)
 360. *Scutellaria lateriflora* (Lamiaceae) (Blue Skullcap - Mad Dog Skullcap - Side-flowering Skullcap - Skullcap)
 361. *Senecio angulatus* (Asteraceae) (Creeping Groundsel - Cape Ivy - Sénéçon)
 362. *Senna occidentalis* (Fabaceae) (Coffeeweed - Septicweed - Coffee Senna - Mogdad Coffee - Negro-coffee - Senna Coffee - Stephanie Coffee - Stinking weed - Styptic Weed)
 363. *Sesamum indicum* (Pedaliaceae) (Sesame)
 364. *Sida acuta* (Malvaceae) (Common Wireweed)
 365. *Silybum marianum* (Asteraceae) (Milk Thistle)
 366. *Slavia cinnabarina*, *Salvia antennifera* (Lamiaceae) (Galeotti - Cinnabarina)
 367. *Smyrnum* 5 spp., *S. cordifolium*, *Aster cordifolium* (Umbelliferae - Apiaceae) (Andol - Blue Wood Aster - Common Blue Wood Aster - Heart-leaved Aster)
 368. *Smyrnum* 5 spp., *S. cordifolium* (Umbelliferae - Apiaceae) (*Smyrnum* - Horse Parsley)
 369. *Solanum sisymbriifolium* (Solanaceae) (Sticky Nightshade - Wild Tomato)
 370. *Solanum lycopersicum*, *Lycopersicon esculentum* (Solanaceae) (Tomato)
 371. *Solanum torvum* (Susumber)

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372. *Sphagneticola calendulacea* (Asteraceae) (Chinese Wedelia - Creeping Daisy, Creeping Ox-eye, *Solidago Chinensis*)
 373. *Spinacia oleracea* (Amaranthaceae) (Spinach)
 374. *Stangeria eriopus* (Zamiaceae) (Stanger's Cycad)
 375. *Stellaria media* (Caryophyllaceae) (Chickweed)
 376. *Stevia rebaudiana* (Asteraceae) (Sweet Leaf - Candyleaf - Sweetleaf - Sugarleaf - Stevia)
 377. *Suaeda altissima* (Chenopodiaceae - Amaranthaceae) (Seepweed)
 378. *Synsepalum dulcificum* (Sapotaceae) (Miracle Fruit - Miracle Berry - Sweet Berry - Miracle Berry)
 379. *Tanacetum vulgare* (Asteraceae) (Tansy - Common Tansy - Bitter Buttons - Cow Bitter - Golden Buttons)
 380. *Taraxacum officinale* (Compositae - Asteraceae) (Dandelion)
 381. *Taraxacum erythrospermum* (Asteraceae) (Red-seeded Dandelion)
 382. *Taxus baccata* (Taxaceae) (Common Yew - English Yew - European Yew)
 383. *Terminalia arjuna* (Combretaceae) (Arjuna - Arjun Tree)
 384. *Terminalia Bellirica* (Combretaceae) (Bahera - Beleric - Bastard Myrobalan)
 385. *Teucrium polium* (Lamiaceae) (Poleigamander)
 386. *Thaumatococcus danielli* (Marantaceae) (Miraculous Fruit - Miraculous Berry - Yoruba Soft Cane - Moi Moi Leaf Plant) (Sweet proteins)

387. *Theobroma cacao* (Malvaceae) (Chocolate - Cocoa Bean - Cocoa Butter)
388. *Thymus* spp., *Thymus vulgaris* (Lamiaceae) (Thyme)
389. *Trachyspermum ammi* (Apiaceae) (Ajwain - Ajowan Caraway - Thymol Seeds - Bishop's Weed - Carom)
390. *Tragopogon caricifolius* (Compositae - Asteraceae) (Goat's Beard)
391. *Tragopogon aureus* (Compositae - Asteraceae) (Goat's Beard)
392. *Tribulus terrestris* (Zygophyllaceae) (Goat's-head - Bindii - Bullhead - Burra Gokharu - Bhakhdi - Caltrop - Cat's-head - Devil's Eyelashes - Devil's-thorn - Devil's-weed - Puncture Vine - Tackweed - Tribulus)
393. *Trigonella foenum-graecum* (Fabaceae) (Fenugreek)
394. *Triticum aestivum* (Poaceae - Gramineae) (Bran - Wheat Bran)
395. *Tropaeolum majus* (Tropaeolaceae) (Indian Cress - Garden - Nasturtium)
396. *Tulbaghia violacea* (Alliaceae) (Wild Garlic)
397. *Turraea floribunda* (Meliaceae) (Honey Suckle Tree - Honeysuck)
398. *Ulmus macrocarpa* (Ulmaceae) (Large Fruited Elm)
399. *Uncaria rhynchophylla* (Rubiaceae) (Chinese Cat's Claw - Gou-Teng - Chotoko - Cat's Claw Herb)
400. *Undaria pinnatifida* kelp (Alariaceae) (Wakame)
401. *Urtica dioica* (Urticaceae) (Common Nettle - Stinging Nettle - Nettle Leaf - Nettle - Stinger)

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- 402. *Vaccinium myrtillus*, *V. spp.* (Ericaceae) (Bilberry - European Blueberries)
 - 403. *Vachellia farnesiana*, *Mimosa farnesiana* (Fabaceae) (Sweet Acacia - Huisache - Needle Bush)
 - 404. *Valeriana wallichii* (Valerianaceae) (Indian Valerian - Tagar-Ganthoda)
 - 405. *Valeriana officinalis* (Caprifoliaceae) (Valerian - Valériane)
 - 406. *Veratrum album* (Melanthiaceae) (White Hellebore - European White Hellebore - White Veratrum - White False Helleborine) (Toxic)
 - 407. *Veratrum viride* (Melanthiaceae) (Green False Helleborine - Indian Poke - Corn-lily - Indian Hellebore -False Hellebore)
 - 408. *Veratrum nigrum* (Melanthiaceae) (Black False Helleborine)
 - 409. *Veratrum japonicum*, *V. Maackii* (Melanthiaceae) (Japanese False Helleborine)
 - 410. *Verbena officinalis* (Verbenaceae) (Common Vervain - Common Verbena - Verveine Sauvage - Herbe Sacrée, Veine De Vénus, Herbe Aux Sorcières - Herbe À Pigeon)
 - 411. *Viburnum Prunifolium* (Adoxaceae) (Blackhaw - Black Haw - Sweet Haw - Stag Bush)
 - 412. *Viburnum opulus* (Caprifoliaceae - Adoxaceae) (Cramp Bark– High Bush Cranberry - Guelder-rose - Guelder Rose - Guelder Rose Bark - Snowball Tree - Water Elder - Common Snowball - European Cranberry Bush)
 - 413. *Vinca Major* (Apocynaceae) (Bigleaf Periwinkle - Large Periwinkle - Greater Periwinkle - Blue Periwinkle)

- 414. *Viola odorata* (Violaceae) (Sweet Violet)
- 415. *Viscum album* (Santalaceae - Loranthaceae) (European Mistletoe - Common Mistletoe - Mistletoe - Gui)
- 416. *Vitex doniana* (Verbenaceae) (Wild African Black Plum)
- 417. *Vitis venifera* (Vitaceae) (Raisins - Grapes - Grape seed)
- 418. *Withania somnifera* (Solanaceae) (Ashwagandha - Indian Ginseng - Poison Gooseberry - Winter Cherry)
- 419. *Yucca* spp., *Y. guatemalensis*, *Y. glauca*, *Y. filamentosa* (Asparagaceae) (Yucca root)
- 420. *Zea mays* (Poaceae) (Indian Corn Silk)
- 421. *Zingiber officinale* (Zingiberaceae) (Ginger)
- 422. *Ziziphus* 40 spp., *Z. zizyphus*, *Z. Jujuba*, *Z. Rugosa*, *Z. spina-christi* (Rhamnaceae) (Konar - Buckthorns)
- 423. *Ziziphus jujuba* (Rhamnaceae) (Jujube - Red Date - Chinese Date)

