

Simple list of 120

Herbal Anti-microbials

Herbal Immune Stimulants

Herbal Immuno-modulators (Immune Tonics)

June 11, 2021

(Alphabetical List)

1. Abrus precatorium + Abutilon indicum (Family Malvaceae) Jhampi - Kanghi - Indian Hallow.
2. Acerola (Acérola)
3. Agaricus blazei mushroom
4. Albizzia lebbeck
5. Aloe vera (family – Liliaceae)
6. American Ginseng
7. Andrographis paniculata (Family Acanthaceae) Charayata - Kalmegh - Bhunimba.
8. Apple (Pommier
9. Aristolochia indica
10. Ashwagandha Withania somnifera (Solanaceae) Winter Cherry - Indian ginseng
11. Asparagus racemosus (family Asparagaceae, Liliaceae)
12. Astragalus (Astragalus membranaceus)
13. Astragalus - Tragacanth (Astragale)
14. Azadirachta indica (family Meliaceae) Neem – Margosa tree
15. Barberry - Common Barberry - Cortex Berberidis
16. Barley Grass
17. Beans
18. Bearberry or Uva-Ursi
19. Bee Balm or Wild Bergamot
20. Beet Roots + Goose Foot (Bette)
21. Benne
22. Bitter Melon
23. Black Walnut (The outer green husks)
24. Black Pepper
25. Boneset (Eupatorium perfoliatum)
26. Bromelain
27. Bupleurum (Bupleurum chinense)
28. Burdock
29. Calendula
30. Camomile
31. Cashew Nut

32. Cat's Claw (*Uncaria tomentosa*)
33. Catharanthus roseus
34. Catuaba (*Erythroxylum catuaba*)
35. Chaga Mushroom (*Inonotus obliquus*)
36. Chamomile
37. Chaparral
38. Chilies
39. Cinnamon
40. Clitoria ternatea
41. Clove
42. Coltsfoot (Tussilage - Pas-d'Ane)
43. Common Basil (Basilic Commun)
44. Curcuma longa (family Zingibaraceae) Haldi - Turmeric
45. Cymbopogon martini
46. Cynodon dactylon (family Poaceae) Durva - Creeping panic grass - Devil's grass.
47. Dog Rose + Rose Hips (Églantier)
48. Echinacea (*Echinacea* spp.)
49. Elderberry - Elder
50. Embelia ribes (Family – Myrsinaceae) Vayavidanga - Embelia
51. Eucalyptus
52. Eupatoire d'Avienne
53. Flax - Flaxseed - Linseed (Lin)
54. Garlic *Allium sativum* (family Liliaceae)
55. Ginger
56. Ginseng
57. Goldenseal - Golden Seal (*Hydrastis*) (TOXIC)
58. Holy Basil
59. *Hyoscyamus niger*
60. Hyssop
61. Japanese Honeysuckle
62. Jujube Berries (Jujubier)
63. Juniper
64. Lavender
65. Lemon (Citronnier) Juice and rind
66. Lemon Balm
67. Licorice
68. Lion's Mane Mushroom
69. Maca Root
70. Maitake Mushroom
71. *Mangifera indica* (Family – Anacardiaceae) Aam - Mango tree

72. Mint - Peppermint (Menthe Poivrée)
73. Moringa
74. Myrrh
75. Nordostachys jatamansi
76. Nuctanthes arbor-tristis (Family Oleaceae) Harsinghar - Night Jasmine
77. Oak (Chêne Rouvre - Chêne Commun)
78. Ocimum sanctum (Family – Labiatae) Tulsi - Holy basil
79. Oregano
80. Panax ginseng (Family Araliaceae)
81. Parsley (Persil)
82. Phyllanthus emblica (Family – Euphorbiaceae) Amla - Indian Gooseberry
83. Picrorhiza kurroa (Family Scrophulariaceae) Kutaki - Picrorhiza
84. Piper longum (Family Piperaceae) Pippali Indian long pepper
85. Plantain
86. Pomegranate (Pericarpium Granati - Grenadier)
87. Pot Marigold (Calendula - Souci)
88. Potato (Pomme de Terre)
89. Punica granatum (family Punicaceae) Anar - Pomegranate
90. Reishi Mushroom
91. Rhodiola - Rhodiola
92. Camomille noble
93. Camomille Romaine
94. Rosemary (Romarin - Incensier - Encensier)
95. Sage
96. Saussurea costus (Family-Asteraceae) Kuth
97. Savory (Sarriette des montagnes)
98. Schisandra (Omija tea)
99. Sea Buckthorn (Argousier)
100. Shiitake Mushroom
101. Siberian Ginseng - Eleuthero Root (Éleuthérocoque)
102. Sida cordifolia (Family – Malvaceae) Kungyi - Country mallow
103. Southern Five-Leaf Ginseng (Jiao Gulan)
104. Spilanthes
105. Spinach (Épinard)
106. St. John's Wort
107. Sweet Oranges (Orangier)
108. Terminalia belerica
109. Thyme (Thym)
110. Tinospora cordifolia (Family – Menispermaceae)
111. Tinospora sagittata (Family – Menispermaceae)
112. Tinospora malabarica (Family – Menispermaceae)

113. Tomatos (Tomate)
114. Tulsi (holy basil)
115. Turkey Tail Mushroom
116. Turmeric (Curcuma)
117. Usnea lichen
118. Wild indigo (Baptisia tinctoria) (TOXIC)
119. Wild Bergamot
120. Yarrow