

• • — Chapter 6 — Description of Seventy Important Plants • •

Seventy important plants with thorough descriptions with the following structure:

- Synonyms and Local Names
- Remarks, History, Legends
- Habitats, Description, Cultivation
- Used Parts, Solvents, Preparation, Dosage
- Contents and Effects
- Indications as to Diseases
- Toxicology, Side Effects, Contraindications

• **Synonyms and Local Names:**

- *Latin* names are important to find plants in all good references along with the plant family they belong to.
- Common *English* names are used worldwide where English is spoken.
- Local names are very confusing and often vary even in close neighborhoods.
- I have added some common names in different languages, some in *German*, for better information.

• **Remarks, History, Legends:**

- Humans learned to use plants over thousands of years and generations, and often there are legends between superstition and historic truth told around the use of certain plants.
- Some remarks explain a bit more about the origin of names or try to give hints for identification.

• **Habitats, Description, Cultivation:**

- Habitats are the (mostly) original, natural places where a plant lives. A garden is an artificial habitat which may need certain requirements to help the plant stay healthy.
- I try to describe the plants in a structured, botanical, and still easily understandable way.
- Plants live best in their natural habitats. Botanical gardens help to preserve plants and make it easier to learn about them for a broad public. Cultivation in gardens helps protect plants from being harvested out too much from their natural habitats, though it sometimes is not easy!

• **Used Parts, Solvents, Preparation, Dosage:**

- Leaves, twigs, branches, rind and bark, flowers, fruits, and the roots contain different or different amounts of certain phytochemicals. For a preparation, this is very important, as is which solvent should be used and which dosage is to be applied. A single plant may have toxic chemicals in one part and healthy substances in the other part (most likely the nightshades, *Solanaceae*!).
- Some plants are easy to prepare because there is no toxicity at all, but certain plants need to be selected and prepared very carefully, and even a small overdosage can be harmful!

• **Contents and Effects:**

- A short explanation about the most important active principles is given along with the basic effects.

• **Indications as to Diseases:**

- From the effects of phytochemicals, solved in certain preparations of various plant parts, different medicinal applications are possible. Sometimes the uses are more general, like “generally strengthening”; sometimes they are very precise, especially against a certain disease. This varies with plant, preparation, and application.
- Many ailments can and should be treated and healed with Bush Medicine alone or along with “school medicine.”

• **Toxicology, Side effects, Contra indications:**

- Make sure that you select the correct plants, that you know how to prepare them, and that you know for which ailment you want to use them in the proper dosage !
- Some plants mentioned here seem only to be toxic or irritating. **GOOD to KNOW !**

## AAAAAAAAAA

Name	Details
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<p>⊗ <i>Allium Cepa</i> • <i>Allii cepae bulb</i></p>	<p><b>Synonyms and Local Names:</b>            • <i>Allium Cepa</i>, L., <i>Allii cepae bulb</i> (Lat)., (Plant Family: <b>Alliaceae</b> = Lauchgewächse (Ger.), formerly: <b>Lily Family</b>) • Common and Local Names: Onion • Common onion • Cooling onion • Zwiebel, especially: Rote Küchenzwiebel = Red onion (Ger.).</p>
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**Remarks, History, Legends:**

• The onion has long been mentioned in Egyptian herbarology. As one of the earliest cultivated plants, it has been introduced to The Bahamas. Nowadays the onion is part of many international dishes. The medicinal properties of most onions have been used by the Egyptians and as well

in many European countries and in The Bahamas.



B-037-Red-Onion-Allium-Cepae-13-Sep-10.JPG



B-039--Red-Onion-Allium-Cepae-13-Sep-10.JPG

**Habitats, Description, Cultivation:**

• Originally coming from Asia, the biannual onion now is planted or seeded nearly worldwide wherever it can grow. Depending on species and area, the green leaves or the subterranean parts (bulb) or both are used. The bulb is the lower underground part of the leaves with little roots below. Small black seeds follow the flowers in late summer.

**Used Parts, Solvents, Preparation, Dosage:**

• Bulb and leaves are edible. The bulb is used medicinally and can be applied directly onto the skin after the onion is sliced or after bruising or even mashing it. The latter one may be put into a thin cloth for application. • For internal use it can be boiled in water to make a strong decoction, tea, or soup. • For a syrup, it is mixed with honey or directly boiled with sugar to soothe throat and bronchi. Syrup also can be boiled along with 2 limes, some butter, and a bit of salt. • A clear bouillon with much onion may help to reduce symptoms of cough and bronchitis. Similar preparations are possible with garlic, ginger root (hot, look for mild dosage). • Seeds within mixtures against worms.

**Contents and Effects:**

• Many species of the onion family (including garlic), are healthy foods and house remedies. They contain etheric oils, antibiotic and anti-inflammatory substances and other healthy, valuable phytochemicals. These are responsible for stimulating, expectorant (loosening coughs), healing and antiinfective, antifungal properties of the onion.

**Indications as to Diseases:** • Worldwide uses and influences:

• Asthma: • The clear soup or syrup as needed.  
 • Colds, cough, bronchitis: • The cough syrup is very effective. • Slices of onion placed on the chest can relieve lung congestion. • A slice worn in the shoe next to the heel was believed to cure a cold. • In Russian folk medicine, people wore a piece of garlic or onion on a string around the neck or chest as protection from colds and infections.

• Cholesterol: • Mild reduction of blood lipids like cholesterol when eaten regularly.  
 • Dropsy: • Macerated onion made into a tincture against minor dropsical affections.  
 • Ear pain and ringing (with a cold): • Both of the preparations above may reduce pain and ringing in the ears, when applied onto the area in a thin cloth while lying on one's side.  
 • Immune system: • The antibacterial sulfuric substances in onions support the immune system. Crushed, juiced, tea, syrup or soup (even within a chicken and beef broth) relieves bronchitis and cough and soreness and helps heal colds and flus quicker. • Against catarrh in general, pneumonia, abscess, suppurating tumors, etc.

• • — 6 — Description of Seventy Important Plants • •

~~~~~→ *Allium cepa* (onion) - to be continued →

| Name                                     | Details                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| ☼ → to be continued → <i>Allium cepa</i> | <ul style="list-style-type: none"> <li>• <b>Nervous system, historical:</b> • Convulsions of children and adults: In Long Island people burnt a mix of cut onion and chicken feathers, until it stank to get people out of an epileptic coma. It had to be inhaled. Now modern remedies are available.</li> <li>• <b>Prostate:</b> • Men, who eat lots of onions (and vegetables of that family, such as garlic) have a lesser tendency to develop hyperplasia and cancer of the prostate gland.</li> <li>• <b>Skin: Burns, sores and insect bites (not open), external use:</b> • Onion, grated or bruised or the juice with a little salt on fresh burns or scalds can draw out the burning sensation and prevent them from blistering. • Onion with regular vinegar also can diminish skin blemishes. • Also crushed onion applied to sores shall help.</li> <li>• <b>Sore throat:</b> • An “onion stew” for hoarsness: Boil cut onions at very low heat for a longer time along with some butter and two limes until soft. Eat by the tablespoon.</li> <li>• <b>Urinary tract, gravel, and bladder:</b> • Killing bacteria and relaxing the smooth muscles, it mildly acts against dysuric problems. Macerated onion in a tincture may reduce gravel along with drinking enough fluid during the day.</li> <li>• <b>Worm expellant (help for):</b> • Juice, sprinkled with sugar for children for curing worms.</li> <li>• <b>Homeopathic use of red onion in Europe:</b> • Tinctures and combinations available in many pharmacies: • Allergies (pollinosis, hay fever, running nose, asthma) • Coryza (running nose) • Cough (whooping, tingling, soreness) • Cold • Catarrh, rhinitis • Conjunctivitis (allergic) • Diarrhea.</li> </ul> <p><b>Indications as to Diseases:</b></p> <ul style="list-style-type: none"> <li>• Facial paralysis • Fever • Fissures (anus) • Easily galled feet • Hernia • Influenza, Laryngitis, Pneumonia • Panaritium • Trauma • Whitlow • Yellow fever •</li> </ul> <p><b>Toxicology, Side Effects, Contraindications:</b></p> <ul style="list-style-type: none"> <li>• Running nose and tears when cutting fresh onion –well known and harmless.</li> </ul> |

| Name                                         | Details                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| ☼ <i>Aloe vera</i> = <i>Aloe barbadensis</i> | <p><b>Synonyms and Local Names:</b></p> <ul style="list-style-type: none"> <li>• <i>Aloe vera</i>, (Linn.), Burm. F. • <b>Scientific name:</b> • <i>Aloe barbadensis</i> Mill • (Plant family: <i>Liliaceae</i> = Lilies = (<i>German</i>) Liliengewächse) • • Aloe vera plant • Bitter aloe • „Shoot of paradise” (<i>Bahamas legend</i>) • • sometimes called Indian Aloe • Sink-am-Bible (<i>Creole name, Belize</i>) • • Aloe Vera (common <i>English and German</i>).</li> </ul> <p><b>Synonyms in countries using Ayurvedic medicine:</b> • Kumari, Grithakumari, Grihakanya, (<i>Sanskrit</i>) • Gheekaumar, Ghikumari, Malayalam, Kattarvazha, Kattuvazha (<i>Hindi</i>).</p> <p><b>Remarks, History, Legends:</b></p> <ul style="list-style-type: none"> <li>• <i>Aloe vera</i> means “true” aloe. “Aloe” comes from the Egyptian language.</li> <li>• Famous legend: When Adam and Eve had to leave paradise and were passing the angel Gabriel at the entrance, he felt sorry for them. So he let them run back to choose something from paradise to keep. Their choice was the aloe plant, which since then has been called “shoot of paradise.”</li> <li>• Another legend in the Bible tells that aloe gel was used to cleanse the body of Christ after the Crucifixion. • In the Bible it was mentioned as a generally cleansing medicine.</li> </ul> |



B-048-Aloe-Vera-5-2-08.JPG

**Habitats, Description, Cultivation:**

- **Habitat:** • Originally from Africa and the “Old World tropics” like the Mediterranean area. It has been introduced into many tropical countries of the world, and also is naturalized (as a horticulture plant) in the Caribbean. • It likes to grow in groups near houses, in gardens, in half shade. Also on rocks, in thickets, plains and even in dunes and coastal areas.
- **Leaves:** • The long-living, slow-growing, succulent plant gathers fluid in the leaves, which are thick during wet periods. Usually green in color, sometimes spotted. In dry seasons they get thin and somewhat curly with a reddish-brown color. They are up to 60 cm (2 feet) long with slightly spiny margins, growing in a rosette partially upright, or on larger plants laying a bit to the side. The gel inside is greenish-clear, later reddish-brown with a bitter taste. The powder is bright yellow.
- **Inflorescence:** • The yellow, tubular, bell-shaped flowers grow on the terminal portion of a long spike up to a meter (3 feet) high in simple, sometimes a bit branched clusters (racemes). About 2.5 cm (an inch) long.
- **Fruits and propagation:** • New plants grow from small offsets from the underground stem (stem part) or seeds. • The fruit is a capsule, with numerous black seeds.



## • • • -- Chapter 6 -- Description of 70 important Plants: • • •

~~~~~→ Aloes to be continued →

☼ → to be continued → **Aloe vera****Care and Cultivation of the Plant:**

• In The Bahamas aloes are easy to cultivate: All they need is a sandy mixed soil, a sunny to half shady place, some water (drought resistant, but for harvesting the succulent leaves should be juicy), and perhaps some fertilizer once in a while. • In pots they need more care! • Healthy plants look greenish, under drought a bit brownish-reddish with smaller leaves



B-227-Aloes-VA-18-Feb-09.jpg

(less water stored) but always showing new leaf growths. They are sturdy, stiff, free of any insects or other diseases. Avoid plants with yellow margins which look wilted or soft. • Luckily there are no freezing temperatures in The Bahamas that would kill the plants. • Propagate just by taking off the offsets and planting them somewhere else (best after drawing roots in a glass of water), or by using the little black seeds. • Don't plant them below coconut palms!

**Used Parts, Solvents, Preparation, Dosage:**

• Fresh leafgel after cutting off the "teeth" from the margins and slicing them into halves. Application on wounds, skin, even eyes and mucous membranes. For internal use, it can also be chewed, about a mouthful a day. • The gel also can be pressed and drunk or a tea can be boiled. Not more than two small cups a day (two mouthfuls) to avoid "loose bowel" (diarrhea). • For lifestyle or stronger for purging, the gel can be mixed with orange juice or be salted. • For aloe pills flour can be used or the ash of certain trees like darling plum and ash tree, mixed with the nearly dried gel. The pills are about as big as the nail of a small finger. About 1 – 3 pills are taken in the morning. • A lengthwise leaf sliced and warmed in a pan and put on the sores (body warm) can heal sores, etc. • 0.1-0.2 g of dried aloe vera is already a reliable laxative, but only for short use • Suggested use of aloe juice: Usually 1-6 ounces (30-180 ml) in divided amounts throughout the day.

**Contents and Effects:**

There are many healthy active ingredients in aloe, like the bitter-tasting alkaloids and Emodin. Some antifungal, antibacterial, and anti-inflammatory substances like Carrisyn. Varying amounts of protein and complex carbohydrates, such as

polysaccharides, glucose, galactose, and xylose. Vitamins B1, B2, B3, B6, B12, pantothenic acid, folic acid, biotin, choline, inositol, etc. Minerals like calcium, magnesium, iron, zinc, manganese, and potassium. Glycolic acid that can penetrate into deeper skin layers with positive effects. All these are generally healing, cleansing (detoxifying), strengthening, and healthy for the body. Supports the immune system also.

• Aloin (an anthracenderivate, which oxidates to form Tetrahydroxymethyl-Anthra-chinon. Hydroxyanthracenderivates are not so wanted. • Toxic to mice in drinking water. • Chomon-derivates and other soluble ingredients. Mucopolysaccharides.

**Indications as to Diseases:**

Aloe seems to be a basic medication externally and internally for many maladies alone and also as a mix with other plants, and it is well known for its purging and also healing properties in careful internal and broad external use.

- **Appetite:** • Bitter, but soothing and promoting appetite.
- **Constipation, Indigestion:** • Gel and pills purge the intestines and cleanse the system, the kidneys, bladder, and the blood and helps to rid them of morbid substances.
- **Tonic:** • For liver, pancreatic gland, stomach, and kidneys (smaller dosages). Healing ulcers and inflammatory intestinal processes besides other necessary medication. Best after meals then. In case of intestinal fungi it may be best to take it in the morning before meals on an empty stomach.
- Aloe vera may put the blood into equilibrium (harmonize things) also in diabetics.
- Also used as a "bitter" for the stomach sometimes; compare with jackmadar and catnip.
- **Hypertension and high blood pressure:** • Along with diet and sports (long term) in small amounts, a small cup every evening from a piece of leaf, steeped in water over night.
- **Worms:** • A few drops of the juice in water helps kill worms in kids without purging effect.



B-006-Aloe-Vera-Febr-06.jpg



B-008-R-Coo-Aloe-flour-pills-Sep-06.JPG



B-065-Aloe-pills-Feb-06.JPG

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~~~~~→ Aloes to be continued →

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| <p>☼ → to be continued → <i>Aloe vera</i></p> | <ul style="list-style-type: none"> <li>• <u>Colds, infections</u>: • A tea, tasting bitter, soothes and helps to overcome these quicker.</li> <li>• <u>Hair wash</u>: • Used by some rasta men for cleaning and against dandruff. Also good for a cosmetic to strengthen hair and skin.</li> <li>• <u>Eye drops</u>: • The yellowish juice from the aloe as eye drops can improve circulation and eye sight, also drawing out infection.</li> <li>• <u>Skin, open wounds, cuts, burns, irritations, allergies, infections, puss</u>: • Aloe is one of the most important external skin remedies. The gel or the sliced leaves (without spines) can be applied directly. They act as antallergic, antiinfective, pain killing, cooling, and healing. Also on insect bites, rashes, ulcers, diaper rash, fungi, boils, against itching coming from many skin ailments. • Along with some lemon as a poultice against skin ulcers.</li> <li>• <u>Drawing prickles, splitters out of the skin</u>: • Apply a piece of leaf onto the area and fixing it with a plaster for about two hours. After this it should be easy to pull it out. In stubborn cases this can be done for days and then the splitter be pulled.</li> <li>• <u>Nipples</u>: • Nursing mothers with inflamed, irritated nipples can use aloe gel.</li> <li>• <u>Cancer</u>: • According to some authors, this has been helpful as an application on skin cancers (for hours) and internally even against breast cancers. Worth a try besides others.</li> <li>• <u>Ayurvedic properties</u>: • Rasa: Tikta, Madhura • Guna: Guru, Snigdha • Virya: Seeta • The air-dried leaf juice is called “elio.” • <u>Medicinally</u>: • The plant pacifies vitiated vata, pitta. It is helpful against amenorrhea, wounds, ulcers, burns, colic, skin diseases. Also against hepatitis, constipation, tumor, malignancy, low back pain, edema, arthritis and general debility.</li> <li>• In homeopathy aloe mainly is used for many diseases of the colon especially.</li> </ul> <p><b>Toxicology, Side Effects, Contraindications:</b></p> <ul style="list-style-type: none"> <li>• High, toxic internal dosages lead to: cramps, hemorrhoidal veins, diuretic problems, hematuria, uterus bleeding, and loss of electrolytes. Even follicular atresia, hypertrophy of the interstitial tissue, may occur. Up to 8 – 10 g of the dried juice from aloe can cause a deadly gastroenteritis and renal inflammation! • Gels have a limited lasting time. • Brown spots on material, clothing • Allergies are very seldom. • Diarrhea, of course. • Not in pregnant women as high dosages can lead to abortion.</li> <li>• Long-term high dosages can damage the kidneys due to lack of fluid.</li> </ul> |
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| Name | Details |
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| <p>☼ <i>Ambrosia hispida</i></p> | <p><b>Synonyms and Local Names:</b></p> <ul style="list-style-type: none"> <li>• <i>Ambrosia hispida</i> (Lat.), Pursh • (Plant Family: <b>Asteraceae</b> = formerly: Composite Family = (Ger.): Korbblütler) • Sweet Bay • Bay Geranium (Bayjareena, Baygerina) • Vernacular English name: Coastal Ragweed. • Further local names: • Wormwood, Common Wormweed • Bay Tansy, Bay Thyme • Sept Villes • Tapis Vert •</li> </ul> <p><b>Remarks, History, Legends:</b></p> <ul style="list-style-type: none"> <li>• <i>Artemisia absinthium</i> (Asteraceae) and <i>Ambrosia hispida</i> (Asteraceae) sometimes are called “common wormwood.” They are different plants and should not be confused. • Also the spelling can be pretty different, as you can see from the names.</li> </ul> |
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B-339-Ambrosia-hispida-Bay-Ger-19-Feb-09.JPG

**Habitats, Description, Cultivation:**

- Habitats: • It grows at coastal elevations in sandy and poor soils, dunes, even rocky areas and is very salt resistant. • Native to Florida, Bahamas, Mexico, Central and northern South America, and the West Indies.
- Habits: • The perennial plant, with its clumpy, fernlike, green leaves, may climb or creep on the ground like a vine. The leafy stem may get about 80 cm (2.5 feet) long and may be a good ground cover in dry conditions.
- Leaves: • About 7 cm (3 inches) long. When crushed, they yield a strong, sagelike aroma.
- Inflorescence: • Small, pale green, buttonlike flowers come on spikes sporadically throughout the year.
- Fruits: • The fruits come in clusters and are just up to 4 mm long.

**Care and Cultivation of the Plant:**

- The plant withstands heat, drought, and direct salt spray, and protects the ground as a creeper.