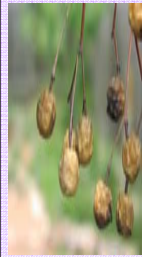


The Impact of Herbal Remedies on the Timely Delivery of Health Care for Rural African-American Children



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Common Name: Chinaberry
Latin Name: *Melia azedarach*
Medicinal Use: Worms
Part Used: Leaves & Fruits
How Used: Take leaves or fruit, wash, boil, & strain to make tea
Location: A member of the *Meliaceae* (mahogany) family; indigenous to North India, China, and Himalayas, Naturalized to the Southern US
Therapeutic Properties: Antiseptic; Insecticide; Laxative; Parasiticide; Pediculicide; Vermifuge



Common Name: Mullein
Latin Name: *Verbascum thapsus*
Medicinal Use: Cough, Chest Colds, Swelling
Part Used: Leaves
How Used: Take leaves, wash, boil, & strain to make tea; may mix with washed pine straw
Location: A member of the *Scrophulariaceae* (figwort) family, indigenous to Europe and Asia, introduced with the colonization of America
Therapeutic Properties: Anti-inflammatory; Antiseptic; Antiviral; Bactericide; Demulcent; Diuretic; Expectorant

Other Plant Remedies

<u>Latin Name</u>	<u>Common Name</u>
<i>Nolina microcarpa</i>	Bear Grass
<i>Cinnamomum camphora</i>	Camphor
<i>Ricinus communis</i>	Palma Christi
<i>Taraxacum officinale</i>	Dandelion
<i>Allium sativum</i>	Garlic
<i>Vitis rotundifolia</i>	Grapevine
<i>Pinus species</i>	Pine
<i>Ambrosia artemisiifolia</i>	Ragweed
<i>Liquidambar styraciflua</i>	Sweet Gum

Nurse Practitioner rural Texas:

Well here is the thing that I say to them sometimes. I only see the people that don't get well taking it, the ones that get well, I don't see. So this may be working fine for some people. However, maybe it wasn't strong enough or this was a germ it didn't touch, or whatever. I think by the time I see some of them, they are sicker sometimes. They are not dangerously so. I have not had a patient that I thought died because of a home remedy or anything like that. But sometimes they may be sicker by the time I see them. Or it may have turned into something else, like I was saying. The cold may have turned into an ear infection by the time I see them which probably would have happened anyway if they had not been...a lot of times they will say to me, "I went to the pediatrician in town and he said it was just a cold."

38-year-old informant:

Good mothers know what to do for their children and don't have to go running to the doctor every time the child is sick. They have that mother wit. Mother wit is when you know what to do right away. You have got to know. I have got a girl friend and she don't have it. If anything happens, she will panic and take her kids to the doctor. She is my age and her kids are seven and eight. You have got to have a mother's instinct. When we first had the baby you run them to the doctor, and then you kind of get wise, you know. And my mother-in-law said, "you take them to the doctor too much. All of that medicine you are giving them, if she is not sick, she will be sick."

87-year-old informant:

What I would do, I just did my children like my mother used to do for us, you know... you would have to get very sick to go to the doctor. Because if you had to take them to the doctor you had to go a long ways, it's not like it is now. Back when I was bringing my children up, we didn't just run to the doctor with everything. We would go to the doctor with very few things; it had to be something that was very, very serious before we went to the doctor with it. I taught my children the same things...



Common Name: Tobacco
Latin Name: *Nicotiana tabacum*
Medicinal Use: Swelling from insect bites
Part Used: Leaves
How Used: Crush leaves, moisten, apply to bite
Location: A member of the *Solanaceae* (Nightshade) family, indigenous to tropical America, cultivated worldwide
Therapeutic Properties: Anodyne; Anticatarrrh; Anti-inflammatory; Insecticide; Parasiticide; Vermifuge



Common Name: Catnip
Latin Name: *Nepeta cataria*
Medicinal Use: Infant Colic
Part Used: Leaves
How Used: Take leaves, wash, boil, & strain to make tea; give few drops every few hours
Location: A member of the *Labiatae* family, indigenous to Europe and naturalized in the US
Therapeutic Properties: Antibacterial; Antidiarrheal; Antispasmodic; Aromatic; Carminative; Sedative



Common Name: Asfisy
Latin Name: *Ferula Asafoetida* or *Ferula Assa-foetida*
Medicinal Use: Infant Colic
Part Used: Gum Resin
How Used: Mix with alcohol, give few drops every 3-4 hours or roll into small ball and use as suppository
Location: A member of the *Umbelliferae* plant family, originally a native of Persia, Afghanistan, India; carried along the Spice trade routes
Therapeutic Properties: Anticoagulant; Antiseptic; Sedative; Antispasmodic; Carminative; Expectorant



Common Name: Horsemint
Latin Name: *Monarda punctata*
Medicinal Use: Headache & Fever
Part Used: Leaves
How Used: Take leaves, wash, boil, & strain to make tea for fever; apply moist leaves to forehead
Location: A member of the *Lamiaceae* family, indigenous to the eastern US
Therapeutic Properties: Carminative; Diaphoretic; Digestive; Diuretic



African-Americans have a rich history of herb use dating back to Africa. The practice and knowledge of using herbal remedies has been passed down from early slavery to today through the use of oral tradition. Slaves incorporated medicinal herbs into their pharmacopoeia from the Native American and European cultures.