Medicinal Flora of the Alaska Natives

by Ann Garibaldi

A Compilation of Knowledge from Literary Sources of Aleut, Alutiiq, Athabascan, Eyak, Haida, Inupiat, Tlingit, Tsimshian, and Yupik Traditional Healing Methods Using Plants

Alaska Natural Heritage Program
Environment and Natural Resources Institute • University of Alaska Anchorage • 1999
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Historical Settlement Areas of Native Peoples of Alaska
(Adapted from Native Peoples and Languages of Alaska Map, Krauss 1982)

This book is dedicated to the many generations of Alaska Native peoples who have intimately relied upon plant medicines found throughout Alaska. This work is truly theirs.
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**Legend:**
- * = Common Name
- * = Scientific Name
- **Note:** To find flowers by common name, use the Index to Native Flora.
Artemisia unalaskensis var. alenica
Aruncus sylvester
Aster subopacus *
Boschniakia rosacea
Calla palustris
Caltha palustris s. lat.
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Chenopodium album
Chlorynia sibirica
Compositae chinense *
Coptis spp.
Delphinium glaucum
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Galium boreale
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**P.S. (Postscript Information)**

Source: *English Bay and Port Graham Alutiiq Plants* by Priscilla Russell (1991)

Note: Eight additional plants, as well as further information on other plants, were documented in Russell 1991; those new plants are marked (*) in the P.S. chapter, and are included in the Names Index.

**Supporting Information**

181  Glossary of Botanical Terms

183  List of Symptoms

186  Species List With Authors

188  Names Index (including common and scientific names)

192  Index to Alaska Native Peoples and Areas of Alaska

193  Medicinal Plant Bibliography

197  Non-medicinal Bibliography

199  Evaluation Form
Ash: The powdery residue of matter that remains after burning
Bath: An herbal soak used for either specific parts of the body (such as a foot bath) or the entire body
Chew: An herb eaten either raw or cooked
Compress: An herbal fluid wrapped on the body and kept warm
Decoction: An herbal tea prepared from coarse leaves, stems, roots and barks
Infusion: An herbal tea prepared from flowers and soft leaves
Oil: A method of extracting the active principles of herbs into an oil
Plaster: An herbal mash wrapped in a protective cloth or combined in a thick base material then placed on the skin
Poultice: An herbal pack applied directly on the skin
Powder: A matter reduced to fine, loose particles by crushing, grinding, etc.
Salve: A thick herbal oil that can be put on the skin and left there
Smoke: The visible vapor and gases given off by a burning substance which is most commonly inhaled into the lungs
Stuff: A plant (or plant part) ground to a powder and inhaled through the nose
Steam: Prepared by heating an herb to diffuse the active principles into the air which are thereby absorbed into the body through the skin, nose, and mouth
Switch: A flexible plant stalk used to gently “whip” the body most frequently done during steam baths
Vapor: The gaseous part of a plant inhaled for therapeutic purposes
Many people provided support, encouragement, and time towards the completion of this book. Their thoughts, ideas, and concerns about traditional plant use are threaded throughout this publication.

I would like to extend a heart felt thank-you to David Duffy, former Director of the Alaska Natural Heritage Program and Michelle Davis, Program Coordinator of the Native American Fish and Wildlife Society. Their input was instrumental in the success of this project.

I would also like to thank Verna Pratt for generously supplying plant descriptions from her books *Alaskan Wildflowers* and *Wildflowers along the Alaska Highway*. All plant descriptions have come from her unless otherwise noted.

Many cautionary notes were adapted from *Discovering Wild Plants* by Janice Schofield. Her book does a terrific job of detailing the power and uses of plants. She was gracious in her offer to share comments and cautions for the plants in this book.

Special thanks to Rita Blumenstein for sharing her knowledge and good humor on the subject of medicinal plants and healing.

Wanda Seamster (and Harry) provided layout and design of the booklet with unflagging enthusiasm. Thank you, thank you.

Eric Cox provided outstanding skills and ideas for the database, *Healing Plants of the Alaska Natives*.

An exhaustive list of contributors would be a difficult task indeed, however I’d like to offer a special thanks to people who reviewed early drafts of this booklet and provided important feedback:

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  - Rob Lipkin (endless taxonomic support and editing)
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Any work of this nature is built upon the previous efforts of people who have provided a foundation on which to perform a literature compilation. Dr. Robert Fortuine, Priscilla Russell, Alit Wennekers, and many others are owed special thanks for their outstanding publications on cultural plant use in Alaska (see the Medicinal Plant Bibliography for a complete list).

Finally, I wish to show my appreciation to all of the people who have helped shape this book through conversations and stories about cultural plant use.

Ann Garibaldi
This book is a comprehensive collection of traditional medicinal plant knowledge gathered from literature sources. It is not intended to be a guide book or "how-to" for using medicinal plants. It is, however, designed to be a tool for referencing traditional Alaska Native uses of healing with plants and provides baseline data for communities wishing to further enhance their knowledge of cultural plant usage.

Only information found within literature sources was included in this book. No interviews were conducted, nor was Native plant knowledge extracted from oral tape archives. Information is presented as historical (hence, the past tense) and no attempt was made to confirm contemporary medicinal use of the plants.

Plants are presented in chapters according to their growth form: Trees and Shrubs, Herbs, Grasses and Sedges, Ferns and Fern Allies, Mosses and Lichens, Fungi, Seaweeds and Algae, and Miscellaneous References. Plants are then arranged alphabetically by genus. The Miscellaneous References chapter of the book comprises plants which do not clearly fit into one of the other chapters.

In addition, indices are provided. The Names Index includes all common names and scientific names of the plants. The Index to Alaska Native Peoples and Areas of Alaska identifies the Native peoples who use medicinal plants and locations in Alaska. The Species List With Authors is also provided. The Medicinal Plant Bibliography is a compilation of the sources that provided direct documentation of Alaska Native medicinal plant use.

Cautions and toxicity information is included with plants whenever found. However, this information is not comprehensive. Always gather enough information to be sure any plant you ingest is safe to consume.

Information in this book is also available in a database format. A list of places to access the database may be requested from Ann Garibaldi. The address and e-mail of Ms. Garibaldi are available on the back of the title page.

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**DISCLAIMER**

Information contained in this book is NOT intended to be used as a guide for healing or self medication. Historically, medicinal plants were used only by skilled and knowledgeable people, such as traditional healers. Inappropriate medicinal use of plants may result in harm or death.
Thoughts on Traditional Plant Healing

Wisdom, knowledge, and care should be used when gathering medicinal plants. Alaska Native healers and others throughout the state that gather plants for healing often demonstrate this through their careful sharing of plant knowledge.

A culture's ties to plants and healing are woven into its thoughts on philosophy, spirituality, and ecology. Healing with plants encompasses a person's spirituality, language, and values. It is difficult, if not impossible, to separate medicinal plant knowledge as a self-contained knowledge base from a culture's comprehensive view on healing.

When discussing medicinal plant knowledge, it is important to have a broader context in which to place this information. Ideally, knowledge of plant healing would be shared by observation and stories, from an experienced herbal practitioner, within the cultural setting.

Rita Blumenstein is a widely respected Yupik healer. Her knowledge of plants and healing is a rich resource, which she so generously shares. The following are some thoughts shared by Rita during a discussion on healing.

When Harvesting Plants

- It is important to say what your intentions are when gathering plants and to leave something after you disturb them. Talk to the plants, share your plans for their usage.
- People have traditionally learned how to use plants by going out with someone else who uses them. Always take someone with you that knows the plants.
- All plants are not good for everybody. All bodies are different. You should be aware of this before you ingest a plant.
- The time of the year when you harvest the plants is important. Different parts of the plant are strong at different times of the year. Know your intended use of the plant, and when it is most appropriate to harvest that plant.
- The plants show themselves in abundance when they want to be picked. If plants are scarce in an area, it may be best to search somewhere else rather than pick the few plants that were found.

On Healing

- We are all born connected to the umbilical cord. When the cord is cut, you belong to the earth. You begin to learn about the earth by eating plants, animals, and drinking water. Herbs are one part of healing. Much other knowledge is woven into healing.
- As individuals we need to become balanced to heal. "We have to learn to become us!". Sharing and talking in groups helps us to be well.
- The process of mentoring is learning about yourself. And mentoring with a healer is one effective way to learn about traditional healing ways.
- The four directions are our teachers. The creator unites the minerals, plants, animals, and people of the four directions.
- How do our parents feel when we disrespect them? How does the earth feel when we disrespect it?

About Medicinal Plants

- Some things you shouldn’t do too much or it can cause harm to the body. Some plants should be taken only in moderate doses or those same healing plants can become harmful.
- Herbs are sacred beings. Rita’s grandmother, who shared with her much of what she knows about healing, showed her respect every year with prayer and ceremony to welcome new plants.
- Where Rita was growing up dandelion, fireweed, and nettle were the first plants to come up in the spring. Nettle is a strong plant to help cleanse the body, mind, and soul in the spring.
- What village you are in, what part of the state you are in determines which plants will be used the most. Which plants will be most relied upon. Yupik cultures use much wormwood, yarrow, cloverfoot, fireweed, comfrey, raspberry leaves, sumpdock, and sorrel. These are just some of the important plants to the Yupik peoples.
Trees and Shrubs

A tree is a woody perennial plant that usually has a single trunk (Little and Jones 1980).

A shrub is a woody perennial plant that usually has several main stems arising from or near the ground; a bush (Little and Jones 1980).
Alnus spp.  

Alder

The fresh inner bark of Alnus spp. induces vomiting.\(^1\) Luteolin and betulin, isolated from the stem bark of alder, have antitumor activity.\(^2\) Alder also contains low molecular-weight phenol, neurotoxin, and an insecticide.\(^3\)

Betulaceae (Birch Family)

*Alnus crispa* ssp. *crispa*
*Alnus incana* ssp. *tenuifolia*


Physical description: *Alnus crispa* ssp. *crispa* has grayish branches with whitish markings and grows up to 9 feet tall. Leaves are round to oval and pointed with fine, sharp teeth. The underside of the leaves are dark green and glabrous. The underside of the leaves have hairs on the veins. It is a fast-growing shrub that loves sunlight and fixes nitrogen in the soil for other plants. Bud scales overlap each other. Cones are on stems that are longer than the cones (Pratt 1991).

*Alnus incana* ssp. *tenuifolia* also has grayish bark that later turns reddish, especially in exposed sites. Leaves are more oblong than those of *Alnus crispa* ssp. *crispa*. Bud scales do not overlap and cones are on stems that are shorter than the cones (Pratt 1991).

Altiuriq

Names: *Uspuqu* (Prince William Sound and Port Graham); *aspik*, *malek* (for parts used during a steam bath, Kodiak Island)

Symptoms: Arthritis, diarrhea, sore muscles

Plant applications: Chew, infusion/decoction, switch

Prince William Sound and lower Kenai Peninsula area uses

Arthritis, diarrhea, sore muscles: Mountain alder branches, gathered in the spring when they are sticky, were used in steam bath switches and to help alleviate arthritis, soothe muscle pain, and prevent skin sores from breaking out. Female alder cones were boiled and the resulting tea drunk for diarrhea (Wennen 1985).

English Vay and Port Graham area uses (See P.S., page 173.)

Athabascan

Names: *Chik'a akdele'+ (Upper Inlet Dena'ina for *Alnus incana* ssp. *tenuifolia*); *Chik'a, q'ëq* (Inland, Bluma, Outer Inlet, and Upper Inlet Dena'ina); *q'i'm-* (Inland, Bluma, Outer Inlet and Upper Inlet Dena'ina for *Alnus crispa* ssp. *crispa*); *k'eq* (Koyukon for *Alnus crispa* ssp. *crispa*)

Symptoms: Childbirth, cold/flu, fever, stomach troubles, tuberculosis, venereal disease

Plant applications: Boil, infusion/decoction, switch

Dena'ina uses

Fever: The Inland Dena'ina used thinline alder (*Alnus incana* ssp. *tenuifolia*) to break a high fever by administering a decoction prepared from the inner bark. "They boil it and give the tea to the patient to drink. Because of its unpleasant flavor, the patient usually vomits, which is said to clean out the patient's system and help the fever go down" (Kari 1995). According to Kari (1995), the Dena'ina also used thinline alder branches for steam bath switches. Fever, stomach troubles, tuberculosis: Tea made from the boiled inner bark of mountain alder (*Alnus crispa* ssp. *crispa*) was said to help rid a stomach of too much gas, break a high fever, and treat tuberculosis by the Dena'ina (Kari 1995; Townsend 1965).

Dena'ina, Bluma area uses

Tuberculosis: The bark of alder was boiled and the red decoction drunk as a treatment for tuberculosis (Townsend 1965).

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\(^1\) Dry bark before use unless this reaction is desired (Schofield 1989).

\(^2\) (Viereck 1987)

\(^3\) (Bryant in Viereck 1987)
**Alnus spp.**  Alder (continued)

**Fort Yukon area uses**
Cold/flu: A tea prepared from the inner bark of thimble Alder (Alnus incana ssp. virgata) was used as a treatment for colds (Holloway and Alexander 1990).

**Ingalik (Dgr Hit'can) uses**
Childbirth: For excessive bleeding during post-partum menstruation, a woman was instructed to soak in a bath of willow, cottonwood, and Alder bark (Osgood 1938). Species of Alder used in this preparation were not noted by Osgood.

**Kutchin, Chaldfalar area uses**
Venereal disease: A tea prepared from Alder buds (Alnus ssp.) was drunk to treat venereal disease (McKenman 1965).

**Tlingit**
Names: Chilkatjuus
Symptoms: Cuts/scrapes, internal pain
Plant application: Infusion/decoction

**General uses**
Cuts/scrapes, internal pain: Alder bark tea (Alnus spp.) was used in treatment for ulcers. The use of Alder bark tea may have been for symptoms ulcers produce before diagnosis of ulcers was available. This tea was used for cuts and nicks/bleeds, both as a wash and taken internally (McGregor 1981).

**Tsimshian**
Names: No information found
Symptom: Childbirth
Plant application: Infusion/decoction

**General uses**
Childbirth: Few medicinal plants have been reported to be used by the Tsimshian during childbirth. However, a bed of skunk cabbage (Lysichiton americanus) leaves and shredded Alder bark (Alnus ssp.) was placed in a shallow pit into which a woman delivered her baby (McGregor 1981). These plants apparently did not provide any medicinal benefit, but did create a soft, absorbent bed for the newborn. When the new mother returned to the village after delivering the baby she laid in a hole again lined with skunk cabbage and shredded Alder bark. Hot rocks were placed in the hole and she was given clam juice, Labrador tea (Ledum palustre s. lat.), and Alder bark tea to drink.

**Yupik**
Names: Chilk'itiuk, uuluwqap
Symptom: Cuts/scrapes
Plant application: Poultice

**Nelson Island area uses**
Cuts/scrapes: Alder leaves, presumably boiled and softened, were placed on cuts until the leaves adhered to the wound. They were then pulled off, "removing the 'poison' with it" (Ager and Ager 1980).
Arctostaphylos spp. Bearberry

Arctostaphylos spp. contain arbutin, a glycoside that produces diuretic and astrin gent effects. This plant should not be ingested by pregnant women.²

Ericaceae (Heath Family)
Arctostaphylos alpina
Arctostaphylos rubra
Arctostaphylos uva-ursi

Common names: Bearberry (Arctostaphylos spp.); arbutus, chipmunk's apples, kinnikinnik, meal- berry, uva-ursi (Arctostaphylos uva-ursi); meal- berry, red alpine bearberry, red bear's grapes (Arc tostaphylos rubra)

Physical description: Arctostaphylos rubra is a very low (up to 4 inches tall) deciduous, branched shrub that forms large mats with spathulate-shaped leaves. Flowers are creamy-white, urn-shaped and bloom as the leaves are opening, or occasionally, before leaves open (Panti 1991).

Arctostaphylos uva-ursi is a sprawling evergreen shrub, with a main tap root, forming large mats with rounded spatulate leaves that are smooth and leathery above, and rough and lighter colored beneath. Flowers are small, pinkish-white and urn-shaped. Berries are reddish-orange, dry, and mealy (Panti 1991).

Athabascan
Names: Dina'to (Koyukon for Arctostaphylos uva-ursi); Dinuuk, dindiax (Telin); dindiah (Northway); dindidaj (Neskiken- na); neq'i e' (meaning "seedy"), daas (for stem), (Dena'ina for Arctostaphylos uva-ursi)

Symptoms: Coldfever, constipation

Plant application: Chew

Dena'ina uses

Constipation: Arctostaphylos uva-ursi berries were chewed as a laxative (Kut in Fortune 1988).

Fort Yukon area uses

Coldfever: Infrequently, raw berries (Arctostaphylos rubra) were eaten to help fight a cold (Holloway and Alexander 1990).

Inupiat
Names: Tinnik, tinillu, tinniich (for Arctostaphylos uva-ursi)

Symptoms: No information found

Plant application: No information found

Uses: No information found

Tsimsian
Names: No information found

Symptoms: Arthritis, general ill health, stomach troubles

Plant application: Chew

General uses

Arthritis, general ill health: "Bearberries" (Arctostaphylos rub- ra) were chewed to treat arthritis as well as cure general ill health (McGregor 1981). This treatment may also have been employed by the Haids and Tingits.

Stomach troubles: Arctostaphylos rubra berries were used as a treatment for ulcers, presumably eaten (McGregor 1981).

Symptoms produced from ulcers were most likely what was traditionally treated.

¹ (Fortune 1988)
² (Schueller 1989)
³ Of the three species of Arctostaphylos growing in Alaska, Arctostaphylos rubra is the only one abundantly growing in Southeast Alaska.
**Artemisia frigida**

*Species in the genus Artemisia contain the toxic substance santonin, which can cause headaches, dizziness, nausea, and diarrhea.*

**Composite (Composite Falsely)**

Common names: Fringed wormwood, frigid wormwood, prairie sagebrush, prairie sagewort, sage

**Physical description:** *Artemisia frigida* is a low plant (6 to 14 inches) having a woolly base with finely divided, silver, and silky leaves that are 2 to 3 times divided and strongly aromatic (like sage). The flowers which are upright stems, are inconspicuous, nodding, and look like the center of a daisy (Pratt 1989).

**Athabascan**

**Names:** Xunatone (meaning "gruana-squirrel food", Salcha); *tsah shi, tsah shi, xunatone* (Kari 1985), *tshal tsa* (Northway), *tsahl tee* (Nebraska)

**Symptoms:** Cancer, cold/flu, cough/chest congestion, cuts/scrapes, diabetes, eye problems, influenza, skin trouble, sore muscles, tuberculosis

**Plant applications:** Infusion/decoction, powder, salve, steam

**Fort Yukon area uses**

Cold/flu, cough/ chest congestion, cuts/scrapes, skin trouble, sore muscles. A strong infusion of the leaves was drunk as tea for colds, while the steam was inhaled to relieve congestion. A blend of pine pitch (Piconea spp.) and *Artemisia frigida* leaves was placed on cuts and wounds. Sore and aching feet were relieved by use of an *Artemisia frigida* foot bath. High stems and foliage were boiled in water prior to soaking feet. Artemisia spp. steam baths were used to relieve varicose veins (Holloway and Alexander 1990).

**Tellin area uses**

Cancer, cold/flu, cough/congestion, diabetes, eye problems. An infusion of *Artemisia frigida, Artemisia alaskana*, and/or

Arnemisia arctica was drunk by the people of Tellin for coughs, colds, cancer, and diabetes. It is also used as a wash for the eyes (Kari 1985).

**General uses**

Cold/flu, influenza, tuberculosis, skin trouble. To prevent colds, flowers were dried, powdered and mixed with hot water before being drunk. It was also used as a treatment for influenza and to temporarily halt tuberculosis. For skin sores, leaves were dried and powdered before being applied to affected area (Andrews 1975).
Betula nana ssp. exilis

Dwarf birch

The bark of the Betula spp. contains salicin, a bitter compound related to aspirin, and betulin (betula camphor).\(^1\) Leaves contain betulosesinic acid, essential oil, ether, betulside, gaultherin, methyl salicylate (sweet birch oil), and ascorbic acid.\(^2\)

**Betulaceae** (Birch Family)  
Common name: Dwarf birch

**Physical description:** This low shrub grows to 30 inches. Twigs have resin dots that feel like sandpaper. Leaves are small (dime-sized) in clusters of 3 or 4, and toothed. Leaves turn orange in fall (Pratt 1991).

**Aleut**  
**Names:** No information found  
**Symptoms:** General ill health  
**Plant application:** Ash

**Atka area uses**  
**General ill health:** Birch bark (Betula spp.) was burned during the healing of sickness and "when petitioning for luck" by shamans (Black 1984). *Betula nana* ssp. *exilis* grows as far west as Unalaska Island, according to Hultén (1968). No species of birch grow on Atka Island.

**Athabascan**  
**Name:** ...  
**Symptoms:** No information found  
**Plant application:** No information found  
**Uses:** No information found

**Yupik**  
**Name:** Chapua’ya’alk  
**Symptoms:** Stomach troubles  
**Plant application:** Infusion/decoction

**Nunivak Island area uses**  
**Stomach troubles:** The leaves of dwarf birch were boiled and drank to relieve stomach and intestinal pain (Lantis 1958, 1959).

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1. Caution should be taken by individuals allergic to aspirin.
2. (Fortune 1986; Merck Index in Verneke 1987)
3. An Alaskanism name has been recorded, but special characters necessary for spelling are not available in this publication.
The bark of the Betula spp. contains salicin, a bitter compound related to aspirin, and betulin (betula camphor).\(^1\) Leaves contain betuloresin acid, essential oil, ether, betulaside, gautherin, methyl salicylate (sweet birch oil), and ascorbic acid.\(^2\)

**Betulaceae (Birch Family)**

*Betula papyrifera*

**Physical description:** *Betula papyrifera* is a medium sized tree (up to 50 ft.) with whitish, peeling bark and horizontal markings. The leaves are narrowly oval, sharply toothed, pointed, and heart-shaped (Parti 1989).

**Athabascan**

**Names:** *Chág'yea* (Outer Inlet Den'a'ina); *q'ey* (Upper Inlet Den'a'ina); *q'eyes* (Inland and Hianna Den'a'ina); *q'et* (Kuskokwim Ingalik; Deg Hit'an); *h'ereh* (Koyukon); *k'it* (Salcha)

**Symptoms:** Broken bones, cuts/scrapes, general ill health, skin trouble

**Plant applications:** Infusion/diuretics, poultice

**Den'a'ina uses**

Broken bones, cuts/scrapes, general ill health: Den'a'ina Athabascans used birch bark as a cast for broken bones (Kari 1995). The sap from Kenai birch (*Betula kenaiensis*) and perhaps paper birch (*Betula papyrifera*) was used as a poultice on sores and sores and as a spring tonic (Kari in Fortune 1988).

**Ingalik (Deg Hit'an) uses**

Skin trouble: To treat pimples, the Ingalik (Deg Hit'an) prepared a decoction of the inner fibers of birch bark and rubbed it over the afflicted area (Osgood 1958). Although not stated, Osgood was presumably referring to a "birch tree", *Betula kenaiensis* or *Betula papyrifera*. Both species of birch grow in Den'a'ina country.

**Yupik**

**Names:** *Eh',gu, u lingak*

**Symptoms:** No information found

**Plant applications:** No information found

**Uses:** No information found

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1. Caution should be taken by individuals allergic to aspirin.
2. (Fortune 1988; Merck Index in Veerek 1987)

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Chaemaeyparis nootkatensis  

Yellow cedar

Some people have allergic reactions to the wood.1

Cupressaceae (Cypress Family)  
Common names: Yellow cedar; Alaska cedar; Alaska cypress; yellow cypress

Physical description: This medium-sized tree (to 60 feet) with drooping branches is found along the southeast and the southeastern coast of Alaska. Twigs are 4-angled and leaves appear scale-like, are dull green, and appressed (Hultín 1968). Branches hang vertically and appear limp. Leaves are opposite, scale-like, and grow in four rows.

Alutiiq  
Name: Tepuluw (Prince William Sound and Port Graham)  
Symptoms: Burns, skin trouble  
Plant application: Ash

Prince William Sound and lower Kenai Peninsula area uses: Burns, skin trouble: In Port Graham, yellow cedar charcoal was ground and applied to burns to prevent scarring. Yellow cedar ashes were also used to treat infected pimples and boils (Winnekenk 1985).

Tlingit  
Names: No information found  
Symptoms: Cuts/scrapes, venereal disease  
Plant applications: Powder, salve

General uses:  
Cuts/scrapes: The inner bark of Chaemaeyparis nootkatensis was dried and ground into a powder. Wounds were treated with a layer of dogfish oil and then covered with the cedar powder (Emmons 1991).

Venereal disease: Venereal disease was treated with a mixture of Sitka spruce (Picea sitchensis) pitch, Siberian spring beauty (Chloanthus rubric) leaves, and Alaska cypress (Chaemaeyparis nootkatensis) bark. This salve was applied externally (Blaischke in Krause 1956; McGregor 1981).

1(Tumer and Szczawinski 1991)
Although generally considered safe, the red fruits of *Cornus* spp. have caused nausea and vomiting when eaten in large quantities.¹

**Cornaceae (Dogwood Family)**

*Cornus canadensis*

**Cornus sericea**

Common names: Bunchberry, Canadian dwarf cor- nel, crackerberry, creeping dogwood, dwarf dog- wood, Jacob's berry, pigionberry, pudding berry

Physical description: (Cornus canadensis) This low herba- ceous shrub, 4 to 8 inches tall, has one small pair of leaves near the base and a whorl of leaves at the top with prominent arranged veins. The flowers are in a cluster set off by 4 white bracts, each flower having 4 greenish sepals. A bunch of orange or redish berries are seen in August and September (Pratt 1989).

**Alutiiq**

Name: Tunngaarwinaq (Prince William Sound)

Symptom: Cuts/scrapes

Plant application: Poultice

Prince William Sound and lower Kenai Peninsula area uses

Cuts/scrapes: Leaves of dwarf dogwood when placed over a wound was said to help the healing process (Weanekens 1985).

**Athabascan**

Name: Dakejumjgeje (Salcha); sit grega (Koyukon);___² (Kut) (1963)

Symptoms: Eye problems, stomach troubles

Plant applications: Infusion/decoction, poultice

Ingahl (Dog H’tan) uses

Stomach troubles: To sooth a stomach, a decoction was pre- pared from bunch berries and drank while warm (Osgood 1938).

Salcha uses

Eye problems: For swollen red eyes, a plant that was most likely bunchberry was crushed and placed on eyelids (Andrews 1975). Andrews states that plant identity was not verified, but this plant occurred in birch and spruce forests and was not commonly eaten.

¹ (Schofield 1989)
² An Athabascan name has been recorded, but special charac- ters necessary for spelling are not available in this publica- tion.

**Tlingit**

Name: Ki’i kusit’ik

Symptoms: Burns, childbirth, cuts/scrapes, eye problems, in- fections/inflammation

Plant application: Poultice

Yakutat area uses

Burns, eye problems: This plant, described as “deerberry” or “bunchberry” (presumably *Cornus canadensis*) by Frederica de Laguna, was used for multiple purposes by women of the Yakutat Tlingit. They gathered the plants for transplanting near their homes. According to these women, bunchberry was a highly effective treatment for cataracts. By placing heated leaves on the eye overnight, cataracts were able to be removed in the morning; “it draws the poison out” (de La- gina 1972). These heated leaves were also helpful for burns. Childbirth, cuts/scrapes, infections/inflammation: Bunchberry was a treatment for sore "and spoiled" nipples when breastfeeding, as well as boils, infected cuts, and breast milk problems (de Laguna 1972). The application of bunchberry for these purposes was not reported by de Laguna.
Echinopanax horridum

The thorns can cause festering wounds when imbedded in the skin. Devil’s club lowers blood sugar and may endanger individuals with hypoglycemia. Diabetics should use with caution and medical supervision as use of devil’s club may radically change insulin dosage. The berries contain a toxin and are considered inedible. Shamansic uses have been associated with this plant.

Araliaceae (Ginseng Family)
Common names: Devil’s club, Alaskan ginseng

Physical description: This shrub, 4 to 8 feet tall, forms dense thickets that are difficult to penetrate. The very large “maple-shaped” leaves have spines on their stems and stems. The greenish flowers are on a dense woody spike and in August are followed by small reddish berries that also have thorns (Pratt 1989).

Alutiq
Name: Chugach (Prince William Sound and Port Graham, Kodiak Island)

Symptoms: Arthritis, broken bones, burns, colds/flus, coughs, chest congestion, cuts/scrapes, food poisoning, hair problems, infections/inflammation, internal pain, lymph problems, nausea, pneumonia, rheumatism, sore muscles, sore throat, toothaches

Plant applications: Ash, bath, infusion/decoction, poultice

Chugach area uses
Burns: Devil’s club ash was used by the Chugach area Natives as a burn treatment (Bloket-Smith 1953).

Lymph problems: Dropy (lymph trouble) was cured by first burning the bark of devil’s club into a powder ash. “The patient was stood up against a wall, his right foot drawn up against his buttock and lashed there. An incision was then made at the heel, in which the powder was placed. The patient had to stand thus till morning. This was powerful medicine”, Fred Allen asserted, “cure ‘em every time!” (Bloket-Smith 1953).

Cordova area uses
Caldexis, internal pain: Ted Chiminovski of Cordova shared with Alice Wennekenz that strong tea from the outer bark was great for colds and to relieve pain. The tea was boiled and taken in spoonfuls daily. According to Ted, it tasted “bitter, sour, all kinds of terrible tastes” (Wennekenz 1983).

English Bay and Port Graham area uses (See also P.S., page 175.)

Arthritis, toothaches: Nettle (Urtica baulli) roots and devil’s club roots were used for toothaches and arthritis by the people of

1 (Skolfield 1989; Turner and Szczawinski 1991)
2 (Turner and Szczawinski 1991)
3 (Pratt 1991)

Devil’s club

Echinopanax horridum

Devil’s club

From Place of Abode and Neighborhood (Enchilak 1985)

English Bay and Port Graham. Method of use was not documented. A note of caution by village elders warned that the plants should be used cautiously because they could harm the patient if used incorrectly (Skolinek 1985).

Prince William Sound and lower Kenai Peninsula area uses

Arthritis, cuts/scrapes: One way to alleviate arthritis pain involved boiling unpeeled devil’s club stems in a tub. The patient would then soak in the tub until the water was cool. A root poultice, prepared by steeping and crushng the root in hot water and using the mash, was also used to treat arthritis. This poultice was also placed on wounds and boils (Wennekenz 1985).

Arthritis, colds/flus, coughs/congestion, pneumonia, rheumatism. A decoction of the bortt cambium was boiled until it was “strong enough to make your head swim”. It was then drunk to treat colds, arthritis, rheumatism, and pneumonia. Another way to prepare this decoction was to boil the cambium for an entire day and then take one teaspoonful a day for colds and arthritis. Another informant shared with Wennekenz that the “skins” (outer bark?) and cambium of devil’s club was boiled and drunk to loosen chest congestion (Wennekenz 1985).

Cuts/scrapes: The outer bark of devil’s club was burned to ash and sprinkled on cuts before bandaging. The bandage was changed every other day (Wennekenz 1985).

Food poisoning: A root decoction was said to cause vomiting, beneficial in case of food poisoning (Wennekenz 1985).

Infecions/inflammation: A devil’s club root poultice was prepared by cleaning and crushing the root, soaking it in hot water and applying this mash to a wound. This was said to help keep an infection from developing. The outer root bark was placed on boils (Wennekenz 1985).

Athabaskan
Names: Heshkékhia’a (G zostałb and Upper Inlet Dení’ina); heshkékh (Island and lišma Dena’ina)
Symptoms: Broken bones, colds, influenza, cough/chest congestion, cuts/scores, dandruff, fever, infections/inflammation, stomach trouble, tuberculosis

Plant applications: Infusion/decoction, poultice

Devil's club uses
Colds, influenza, cough/bronchitis, fever, stomach trouble, tuberculosis: The stems of devil's club were boiled and the resulting tea drunk by the Outer Inlet Den'a people to help break a fever. A tea prepared from the inner root bark was used by the Upper Inlet people to treat tuberculosis, stomach trouble, coughs, colds, and fevers. It was mentioned that this woodsmoke is very strong and induces sweating.

Cuts/scores, infection/inflammation: A person from Seldovia shared that devil's club root was used to treat infections. Applied as a poultice, the inner root bark was used by the Den'a for swollen glands, boils, sores and other infections according to Kari (1995). To prepare, the inner bark was boiled until dry, rubbed until shredded and soft, placed on the afflicted area, and then covered. The bandage was changed in three to four hours. This application helped draw out infections, but could burn if left on too long (Kari 1995).

Woodsmoke uses
Dundruff: An informant shared with Priscilla Russell Kari that a decoction of devil's club outer bark was a good rinse to condition hair and remove dandruff. This person believed the use may have been of Aleut origin (Kari 1994).

General uses
Broken bones: For broken bones, a bark splash was placed around the wound and subsequently replaced "with a binding of cloth impregnated with pitch." (Fortinure 1984). Healing was complete when the skirn under the bandage began to itch.

Eyak
Names: No information found
Symptoms: Cough/bronchitis
Plant applications: No information found

General uses
Cough/bronchitis: "When people were sick in spring and were coughing, they put devil's club in the corners of the house and behind the pillow. They tied a piece around the children's neck to keep sickness away" (Botten-Smith and de Laguna 1938). Yakutat Tlingit had similar practices.

Haida
Names: No information found
Symptoms: Arthritis, broken bones, colds, influenza, cuts/scores, infections/inflammation, internal pain, stomach troubles, tuberculosis
Plant applications: Chew, infusion/decoction, salve

General uses
Arthritis, colds, influenza, constipation, internal pain, stomach trouble, tuberculosis: Reported by James Justice in 1968 to be used by both the Tlingits and the Haidas, devil's club was a treat- ment for "general strength, colds, chest pains..." (Fortinure 1984). Arthritis, black eyes, gall stones, stomach ulcers, constipation" as well as tuberculosis. A decoction of devil's club was prepared by fusing the three parts of pot with dried roots and/or stems and pouring hot water to fill the pot. The mixture was heated and kept just under boiling for three to four hours. It was then strained, cooled, and stored in airtight glass containers. Plant harvest was done anytime of the year, however plant medicine was strongest in the spring (Justice 1966). Haida people also added mountain clover roots (Trifolium spp.) or Labrador tea (Ledum palustre s. l.) to the mixture, which was then drunk (1/3 to 1/2 glass a day).

Broken bones: Bone injuries benefited from devil's club by laying the bark in steps (inner side down), which reduced both pain and swelling (Justice 1966). Cuts/scores, infections/inflammation: The fresh inner bark was chewed and spit directly onto a wound. This was done primarily as an emergency measure. Dried and mashed inner bark or roots were mixed with spruce pitch (Picea sitchensis) or red cedar "pitch" (Thuja plicata) and smeared over the cut. This would begin to harden and protect the wound from dirt and infections (Justice 1966).

Tlingit
Names: Su'olt, muk' 1 (de Laguna 1972)
Symptoms: Arthritis, broken bones, colds, influenza, constipation, cuts/scores, eye problems, general ill health, infections/inflammation, measles, menstrual problems, pneumonia, skin trouble, stomach troubles, tuberculosis, venereal disease
Plant applications: Bath, chew, infusion/decoction, plasters, powder, salve, steam

Yakutat area uses
Cuts/scores, pneumonia, skin troubles: A large tub-infused with devil's club shaving was prepared in which people with pneumo- nia could soak. Sores were treated with a salve of devil's club shaving mixed with spruce pitch. "The spot is first greased with fresh soap seal. It takes the swelling out and gal- lers the sickness up in one place and takes it out." A case in which it had been effective would appear to have been shingles, for the patient 'got sores all over, just like a belt.' The informant also believed that this poultice would be good for impetigo, of which there were three cases at Yakutat" (de Laguna 1972).

General ill health: The stem bark was scraped off its thorns and chewed as a powerful emetic and purgative (de Laguna 1972).

As a testimony to the strength and efficacy of devil's club, a Yakutat resident shared, "Somebody get sick, he eat devil club, you know—good medicine! I eat myself. That's why I no get sick. Chew raw, just bite it off. Strong that stuff!"

A Tlingit name has been recorded, but special characters necessary for spelling are not available in this publication.

1
Echinopanax horridum  Devil's club

(continued)

Vomit sometimes. Stomach get cleaned, see?... boil it in the water and drink it that way. . . Good for flu, too" (de Laguna 1972).

Malleable: Devil's club was an extremely important plant during epidemics. It was thought to be effective against smallpox, chickenpox, measles, influenza. These were infections that were thought to be caused by spirits, or "things of the world." "Nothing likes devil's club. Everybody is careful when they go among devil's clubs. They think the things in the world is scared of them" (de Laguna 1972). Devil's club was burned on streetcorn during the influenza epidemic of 1918-19. Many additional spiritual powers were associated with this plant.

Menstrual problems: If menstruation stopped because a woman became badly chilled, a teaspoon of devil's club infusion was drunk. An alternative treatment involved putting the bark on hot rocks in the bath house, next "the patient pours water on them to make steam, and squat over the hot rocks" (de Laguna 1972). Yarrow was used the same way (see Achillea millefolium) or yarrow and devil's club are heated together and put on the woman's stomach. "The womb is then open" (de Laguna 1972).

Venerable disease: Venerable disease was contracted from crews at a nearby cannery and treated with a medicine prepared from devil's club bark (Tölffinger in de Laguna 1972).

General uses:

Arthritis, colds/flus, constipation, internal pain, stomach troubles, tuberculosis: Reported by James Justice in 1966 to be used by both the Tingit and the Haida, devil's club was a mainstay for "general strength, colds, chest pains following a cold, arthritis, black eyes, gall stones, stomach ulcers, diarrhea as well as tuberculosis. A decoction of devil's club was prepared by filling a three gallon pot with dried roots and pouring water to fill the pot. The mixture was heated and kept just under boiling for three to four hours. It was then strained, cooled, and stored in antler glass containers. Plant harvest was done anytime of the year. However plant medicine was strongest in the spring (Justice 1966). Haida people also added mountain clover roots (Trollius spp.) or Labrador tea (Ledum palustre s. lat.) to the mixture, which was then drunk (1/2 to 1/2 glass a day). Constipation: Two tablespoons of the bark—which had been scraped, dried over the fire, and reduced to a fine powder—was mixed with water and "drunk before eating in the morning" to treat constipation (Emmons 1991). Broken bones, cuts/scratches, infections/inflammation: Used as a treatment for cuts, sprains, and inflammation, the inner bark of devil's club was cut in long strips and roasted, put in a layer of skin, and pulverized. It was then mixed with the gum of the white pine and a little grease. This was melted, spread on a piece of skin, and put over the parts affected" (Emmons 1991). It is unclear what Emmons was referring to when he mentions "white pine." The only true pine known to grow in Alaska, and in particular in Tingit country, is lodgepole pine (Pinus contorta). Emmons may have been referring to this species or possibly to Sitka spruce (Picea sitchensis).

The ash of devil's club was also applied to cuts (McGregor 1981). Although unclear in the report, it may possibly have been mixed with "shark oil," coltsfoot (Pulsatilla spp.), and brome grass (Bruchiaia spaicilosa).

Also used as an antiseptic, devil's club bark was chewed and applied locally to the wound (Emmons 1991).

For cuts and wounds, the fresh inner bark was chewed and spit directly onto the wound. This was primarily an emergency measure. Dried and mashed inner bark or roots were mixed with spruce pitch (Picea sitchensis) or red cedar "pitch" (Thuja plicata) and smeared over the cut. This would begin to harden and protect the wound from dirt and infections. Broken bones also benefited from devil's club by laying the bark in strips (inner side down), which reduced both pain and swelling (Justice 1966).

Eye problems: Vision was said to be improved by ingesting devil's club (tea?) or mixing it with pitch (spruce?) and applying externally (McGregor 1981). Stomach troubles: When in need of a purgative, to cleanse and evacuate the bowels, and an emetic, to induce vomiting, the inner bark of devil's club was "dissolved in water." (Emmons 1991) and presumably drunk. According to Clarence Roy, reported by Suzanne Andersen, Tingit used devil's club to clear nasal passages, relax the body, and soothe a "bad stom- ach." To prepare, the stems were picked in the fall and the bark was scraped off, dried, and used for making a tea (Andersen 1996).

Tuberculosis: "A tea made by boiling the scraped bark of the devil's club in salt water, and drunk hot" was used to treat consumption (tuberculosis of the lungs) according to Emmons (1991). Jones, in his in 1914 publication, mentions the use of devil's club for scrofula (tuberculosis of the lymphatic glands). Medicinal preparation of the plant was done by drying and grinding the inner bark, mixing it with oil, and then applying this salve to the skin (Jones 1914).

Venerable disease: Two tablespoons of the bark—which had been scraped, dried over the fire, and reduced to a fine powder—was mixed with water and "drunk before eating in the morning" to treat consumption (Emmons 1991).

Ts'msyishan

Names: No information found

Symptoms: Constipation

Plant applications: Chew, infusion/decoction

General uses:

Constipation: An infusion of devil's club was drank or the stem chewed raw for constipation (Garfield and Werrington in Fortune 1988).
Traditional Preparation Methods

Matilda Gimble shared a method of preparing devil’s club for medicinal purposes: “After you scrape the needles off, put it into the oven for a short time and grind it into powder [the powder is then boiled in water to brew tea]. You can use it as a medicine—good cold medicine” (Newton and Moss, no date). Her account was part of series of oral interviews on subsistence life among the Tlingit.

Method used by Tlingit, Tsimshian, and Haida

1. Cut a few sticks 5 to 6 feet long. Cut into 18-inch lengths.
2. Scrape off thorns and outer grey bark. Peel off inner green bark.
3. Put 2 handfuls of green inner bark in pot. Cover with 2 gallons cold water. Boil, then simmer 3 hours.
4. To enrich, add 3 different sprouting trees about 8 inches long: spruce, ced-ow, hemlock. Put in pot, roots and all.
5. Alder bark may be added for color and taste. Dose: 1 cup three times per day.

Note

Devil’s club was an extremely important medicinal and spiritually significant plant to most Native peoples who had access to it. This book does not document the shamanic uses of devil’s club as it was used to treat spiritual disease and stress. Other sources exist documenting information on the subject.
Empetraeae (Crowberry Family)

Common names: Crowberry, blackberry, mossberry

Physical description: This low, mat-forming, evergreen shrub has small, narrow, needle-like leaves. The early blooming (often as the snow melts) flowers are small, maroon colored, 3-petaled, and inconspicuous. They are followed by firm, round, black, juicy (but seedy), edible berries (Pratt 1989).

Alutiiq

Name: Shuktu (Kodiak; possibly Russian origin): pukik

Symptoms: No information found

Plant applications: No information found

Uses: No information found

Athabaskan

Names: Deninich'ik, gigaqacha (Inland and Bluma Dewa’ina); gegauma, gyuma (Upper Inlet Dewa’ina); ghdileng’ek'a (Outer Inlet Dewa’ina); naha’iu (Upper Tanana); ___1 (Kuskokwim Ingalik, Dog He’san) (Nelson 1983)

Symptoms: Cold/hflu, cough/chest congestion, diarrhea, eye problems, internal pain, kidney trouble, stomach troubles

Plant applications: Chew, infusion/douching, poultice

Dewa’ina uses

Dewa’ina, kidney trouble, stomach troubles: Stomach trouble and diarrhea were treated with a tea prepared from the leaves and stems of crowberry by the Dewa’ina. According to Kari (1995), cooked berries were eaten by the Outer Inlet Dewa’ina for the same ailment. Inland Dewa’ina used berry juice to treat kidney trouble.

Eye problems: Sore eyes and growths around the eye were treated with crowberry by the Outer and Upper Inlet Dewa’ina. Tea was prepared from the roots, cooled and used as an eye wash (a little sugar was sometimes added to the wash). The stems were also used to treat eye problems. “An Outer Inlet person stated that her grandmother’s eyewash was saved with this medicine. For two to three weeks her eyes were washed with a tea made from the stem bark. Each time after the washing, the growth was gently dabbed with soft spice pitch. Finally the growth became loose and was removed from her eye. It was said that she saw well until she died” (Kari 1995).

Fort Yukon area uses

Cough/chest congestion, internal pain, stomach troubles: For pain, Empetrum nigrum leaves were traditionally boiled in water and then placed on the painful area. Chest congestion and “sore stomach” were treated with an infusion prepared by boiling the leaves (Holloway and Alexander 1990).

1 An Athabaskan name has been recorded, but special charac-
ters necessary for spelling are not available in this publica-
tion.

Upper Tanana uses

Cold/hflu, kidney trouble: For colds, an infusion of crowberry leaves and stems combined with Labrador tea, Ledum palustre s. lat., and spruce tips was drunk. The Athabaskan of Northway drank tea of crowberry leaves and stems for kidney trouble (Kari 1985).

General uses

Eye problems: An Athabaskan belief for snow blindness was to squeeze blackberry (Empetrum nigrum) juice into the eye (Hall 1979).

Inupiat

Names: Puunq, puunug, puunug

Symptoms: Eye problems

Plant applications: Chew, juice

Kotzebue Sound area uses

Eye problems: Crowberry juice was squeezed into the eye to remove cataracts. Other Native peoples used the stem for the same purpose. It was not stated how the stem was prepared. (Graham 1985; Mauneluk Cultural Heritage Program in Fortune 1988).

General uses

Eye problems: Emily Ivanoff Brown, an Inupiat woman who taught school in Kotzebue, recalls a story in which the use of crowberry could have been an effective treatment against eye problems (Brown 1961): “...They had been picking berries all day without food, and were very hungry toward evening. To satisfy their hunger they ran close meat. Within half an hour both were unable to continue walking. They had to sit...”
Empetrum nigrum  Crowberry (continued)

until help arrived. They didn’t remember to eat crowberries at once. Crowberries can restore normal vision. Emily also recounted berries causing eye trouble, although the type of berry was not reported:
The two well known [food taboos] by the Eskimo people of Alaska are a shell fish and a particular type of berry which grows on the tundra. Conch, when eaten raw, affects the eye muscles and can cause the eyes to cross. The berry causes the pupils of the eyes to dilate, just as the familiar bella donna which eye specialists frequently use (Brown 1961).

Yupik
Names: Tari ‘greyut, tara ‘raput’ (meaning “blackberry”, Nelson Island)

Symptoms: No information found

Plant applications: No information found

Uses: No information found
Juniperus communis ssp. nana

Juniper

When used in moderation by those in overall good health, juniper is generally considered safe. However, juniper contains a volatile oil, oil of sabinal. Renal damage and convulsions may occur if over-ingested.

Juniper should not be ingested by pregnant women.1

Cupressaceae (Cypress Family)

Common names: Juniper, common mountain juniper, low juniper, prickly juniper

Physical description: This low, prostrate shrub has prickly evergreen leaves that are variable in color and form. The oval berry-like cones are green when young and blue to black when the shrub is mature (2 to 3 years) (Pratt 1991). Athabascan

Names: Chint’ana (Inland Dena’ina); chint’ana (Inland and Illiamna Dena’ina); tunti elu (Upper Inlet Dena’ina); tani’anu at’ (Northway); chint’ana (Lime Village, Dena’ina)

Symptoms: Cold/flu, cough/hoarseness congestion, general ill health, internal pain, kidney trouble, sore throat, toothaches, tuberculosis, urinary problems

Plant applications: Chew, infusion/decoction, steam

Chalkyuktok Kutchik uses

Cold/flu, internal pain. An infusion of juniper berries and branches was an effective treatment for colds, aches, and pain (Nelson 1973).

Dena’ina uses

Cold/flu, sore throat, tuberculosis, urinary problems. Inhaling the steam produced from boiling juniper branches was good for the treatments of colds, according to the Dena’ina Athabascan. A tea of boiled juniper branches and cones was used to treat colds, sore throats, and tuberculosis (Kari 1995). According to Eunice Russell Kari, the Outer Inlet Dena’ina helped bring relief to a person who had trouble urinating through the use of juniper. However, methods of harvesting and preparation were not reported.

Tanana area uses

Internal pain, toothaches, tuberculosis. A juniper decoction was used by the Upper Tanana Naives to treat consumption (tuberculosis), toothaches, and sore or raw gums. Chewing raw or cooked juniper berries was said to bring relief to internal pain (McKenna 1999). The Chandalar Kutchik chewed juniper berries for chest pain (McKenna 1965).

Upper Tanana area uses

Cold/flu, cough/hoarseness congestion, kidney trouble. A decoction of juniper branches and berries was drunk or raw berries were chewed for coughs, colds, and kidney trouble by the Upper Tanana Athabascan (Kari 1983).

General ill health, internal pain. This decoction (see above) was also used by Northway Athabascans as a wash for body aches and pain. Athina Athabascans drank a decoction of juniper berries for colds, and burned juniper branches on a wood stove to “keep sickness away” (Kari 1985).

General uses

Cold/flu. Berries and leaves were boiled into a tea and drunk 1/2 cup at a time for colds. Colds were also treated by squashing juniper berries in a bucket, boiling the squashed berries, and drinking one cup of the strained liquid. (Hall 1979).

Inupiat

Names: Nutaaklaum auuing ("Raven’s berries")

Symptoms: Arthritis, cold/flu, cough/hoarseness congestion, general bladder problems, influenza, internal pain, kidney trouble

Plant applications: Chew, infusion/decoction, vapor

Kotzebue Sound area uses:

Arthritis, gall bladder problems, influenza, kidney trouble. Berries and needles were eaten raw or prepared into a tea to treat influenza, arthritis, gall bladder disease, or kidney trouble (Mounds Cultural Heritage Program in Fortuna).  

1 (Schofield 1989)
General uses

Internal pain: Juniper berries were consumed for chest pains (Anderson 1977). Juniper leaves and stems were eaten also, however Anderson does not state whether they were eaten in response to chest pains.

Cold/flu, cough/chest congestion: Berries were picked any time of the year to avoid or cure a cold. They were chewed raw, sacked on, or made into a tea (Jones 1983). Berries were stored by drying or freezing them, but were best when used fresh. The entire twig (leaves, stem, berries) were also made into a tea to relieve coughing or respiratory ailments. The vapors from toasting leaves on a stove were used to prevent family members from contracting the illness. (Jones 1983)
Kalnia spp. contains the toxic substances andromedotoxin, arbutin, and grayanotoxins.\(^1\) Andromedotoxin causes low blood pressure, diarrhea, vomiting, and death.\(^2\) Even honey from the flowers is poisonous.\(^3\) Ingestion of this plant can be fatal. This plant looks similar to Labrador tea (Ledum palustre s. lat.). Positively identify any plant before ingesting it.

**Ericaceae** (Heath Family)
Common names: Bog laurel, American laurel

**Physical description:** This plant is found in bogs and wet meadows. Leaves are opposite, lance-shaped, and very light colored on the underside. The flowers are pink to rose in color and disk-shaped.

**Tlingit**
Names: No information found
Symptom: Skin trouble
Plant application: Infusion/decoction

**General uses**
Skin trouble: Skin eruptions were washed with an infusion of bog laurel (McGregor 1981).

\(^1\) (Fortune 1989)
\(^2\) (Schofield 1989)
\(^3\) (Turner and Szczawinski 1991)
**Ledum palustre s. lat.**

**Labrador tea**

This plant contains the toxic substance ledol. More ledol is released through boiling than steeping. Used in moderation, Labrador tea is generally safe. However, large doses of ledol, a narcotic toxin, causes drowsiness, cramps, heart palpitations, paralysis, or even death. Internal ingestion is not recommended for people with high blood pressure or heart palpitations.

**Eriocaceae (Heath Family)**

*Ledum palustre* ssp. *decumbens*

*Ledum palustre* ssp. *greenlandicum*

Common names: Labrador tea, marsh tea, moor herb, muskeg tea, trapper’s tea. (*Ledum palustre* s. lat.); common Labrador tea, Greenland tea, Hudson’s Bay tea (*Ledum palustre* ssp. *greenlandicum*); Hudson’s Bay tea, narrow-leaf Labrador tea (*Ledum palustre* ssp. *decumbens*).

**Physical description:** *Ledum palustre* ssp. *greenlandicum* is an evergreen shrub, low to medium in height (10 to 30 inches), with long woolly pubescence on young twigs and the underside of leaves that is not colored when mature. Leaves are green, long, and oblong with edges rolled under; they are brownish and leathery in the winter. The small flowers are 5-petalled and usually have 10 stamens (Pratt 1989).

*Ledum palustre* ssp. *decumbens* is similar to *Ledum palustre* ssp. *greenlandicum* except that it is a somewhat smaller plant and has very narrow leaves and sometimes pinkish flowers. It is found in bogs and alpine health through most of the state (Pratt 1989).

**Alutiq**

**Names:** Ca’uq, nunailaq ca’uq

**Symptoms:** Cough/chest congestion, tuberculosis

**Plant application:** Infusion/decoction

**Kodiak Island area uses**

Cough/chest congestion, tuberculosis: An infusion of *Ledum palustre* ssp. *decumbens* was used to treat chest ailments and tuberculosis (Graham 1945).

**Alaskan**

**Names:** Kh’ixvixvix (Salish); Ch’ilak’ay (Upper Tanana); Iddi-niket (Kutchin); la deix muskr (Kutchin for *Ledum palustre* ssp.); qochakax (Upper Inlet and Upper Inlet Dena’ina meaning groundhog); knekahx explains (Upper Inlet Dena’ina for Labrador tea; *Ledum palustre* ssp. *greenlandicum*); knoqahx (Upper Inlet Dena’ina)

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1 (Fontaine 1989)
2 (Schrofield 1989)

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**Inset Dena’ina:** k’ek’ay (inland and liammna Dena’ina for *Ledum palustre* ssp. *decumbens*, meaning forked branches); k’liiald’ yaq’ (Koyukon)

**Symptoms:** Arthritis, colds/influenza, constipation, cough/chest congestion, cuts/wraps, dandruff, general ill health, hangovers, indigestion, injuries, infections, inflammation, internal pain, nervous, rheumatism, skin trouble, sore throat, stomach troubles

**Plant application:** Ash, chew, infusion/decoction, poultice, powder

**Dena’ina:** Stony River Village area and Lime Village area uses

Colds: A tea prepared from *Ledum palustre* s. lat. was drunk as a tonic for colds and “weak blood” (Kari 1983, 1985). Arthritis, constipation, cuts/wraps, hangovers, indigestion/gas, stomach troubles: Treated with narrow-leaf Labrador tea by the Upper Inlet Dena’ina, one informant shared that it helped relieve hangovers. Narrow-leaf Labrador tea is used as a laxative by the Upper Inlet Dena’ina and as a wash for sores by the Inland Dena’ina (Kari 1995). Dizziness, inflammation, arthritis, and stomach troubles were also treated with narrow-leaf Labrador tea. The Dena’ina used *Ledum palustre* ssp. *greenlandicum* the same way they used *Ledum palustre* ssp. *decumbens* (Kari 1995).

Cold/influenza: Pete Kaliforsky described administering Labrador tea as one of a series of steps when treating a cold where the
person has the potential of developing pneumonia (Kaliforsky et al. 1991).

Fort Yukon area uses
Cold/flu, coughs: Occasionally, a decoction/prepared from leaves and stems of Ledum palustre ssp. greenlandicum was used to treat colds and hangovers by the Athabascans of Fort Yukon (Holloway and Alexander 1990).

Han, Eagle area uses
General ill health:
Hudson Bay tea they put on open place, they use it steaked in warm water. Sometime they wash it, just use right water, after that put that warm Hudson Bay tea, drain juice out and put it on. Sometime they drink the tea. They make it, they leave it in birch basket, they drain it. They don't make it strong. They just don't feel like drinking cold water, drink it more, they feel good (Scot 1993).

Ninilchik area uses
Cuts/scrapes, infections/inflammation, sore throat: Labrador tea (Ledum palustre s. lat.) were infused with water and used as a sore throat gargle by Ninilchik villagers at one time. A moist poultice of dried and powdered leaves was used for cuts, sores, and boils that do not heal. It was said to help with infections (Kart 1994).

Upper Tanana uses
Cold/flu, coughs: congestion, dandruff, general ill health, infection/inflammation, internal pain, skin trouble, sore throat: An infusion of Labrador tea leaves was drunk for colds; coughs, sore throats or used as a wash for skin trouble, infections, and dandruff. Labrador tea leaves and stems were also combined with blackberry (Umírmot níwañ?) leaves and the inner bark of spruce and boiled into a tea. The decoction was drunk for general sickness. Chewing the leaves (either dried or fresh) helped rid the body of infections, according to Northway villagers, and was effective against congestion and body aches. Dried leaves were also pounded to a powder or burned to ashes which was then placed on sores (Kart 1985).

General uses
Nervous, depression: According to Brenda Hall, drinking 3/4 cup of Labrador tea prepared from an infusion of leaves calmed nerves, 1 1/2 cups treated constipation, and 1 cup treated rheumatism (Hall 1979). It is not clear if these were traditional practices.

Cold/flu: Flowers were gathered, boiled and used as a treatment for colds (Andrews 1975). Dried leaves were also boiled and drunk as a tea, however it was not stated if this was for medicinal purposes.

Inupiat
Names: Tissasking
Symptoms: Coughs/chest congestion, food poisoning, nausea
Plant application: Infusion/decoction

General uses
Coughs/chest congestion, food poisoning, nausea: Although probably Ledum palustre ssp. greenlandicum (the scientific name was not recorded by Anderson), an infusion of this plant was drunk "when a person's blood does not flow right" (Anderson 1977). The method of preparation was not documented, but presumably the leaves were harvested and boiled. This infusion also was used to treat food poisoning. It was administered after vomiting and apparently supressed additional episodes. A cough was also suppressed by drinking this infusion (Anderson 1977; Mammal Cultural Heritage Program in Fortune 1988).

Tlingit
Names: Sick shalt, sick-shel-teen, skishidden
Symptoms: Cold/flu, stomach troubles, tuberculosis, venereal disease
Plant application: Infusion/decoction

Yukon area uses
Cold/flu, stomach troubles, tuberculosis: Infusions of Ledum palustre ssp. greenlandicum were drunk as treatments for colds and stomach troubles (de Laguna 1972). De Laguna also stated this infusion was a "substitute tea" (possibly to treat tuberculosis?).

General uses
Cold/flu, tuberculosis, venereal disease: An infusion of the dried leaves and stems was used to treat consumption (tuberculosis) and colds, according to Ketchikan residents (Emmons 1941; McGregor 1981). High blood pressure was also alleviated with Labrador tea. The tea was reputed to purify the blood (McGregor 1981). Mixed with devil's club (Epinotia pensa horridum), Pinus contorta, and Western red cedar (Thuja plicata), it was taken internally for venereal disease. It is assumed that the Tlingit, Haida, and Tsimshian used this treatment, although who reported this information to McGregor is not clear.

Tsimshian
Names: No information found
Symptom: Childbirth
Plant application: Decoction/infusion

General uses
Childbirth: Following childbirth a new mother underwent a cleansing period during which she drank only Labrador tea, clam juice, and water (Alaska s. lat. birk tea [McGregor 1981]). Of the two subspecies of Labrador tea, Ledum palustre ssp. greenlandicum grows in Tsimshian country.

Yupik
Names: Ayug, a'it
Symptoms: Bleeding/hemorrhages, constipation, stomach troubles, tuberculosis
Plant application: Infusion/decoction
Napaskiak area uses
Although not a medicinal application, it was reported by
Napaskiak villagers that the Eskimo of Russian Mission
did make a tea from this plant, believing it would make them
weak (Oswalt 1957).

Nunivak Island area uses
Bleeding/hemorrhages, stomach troubles, tuberculosis; An
upset stomach was treated with a tea prepared from the leaves
of oyap (Ledum palustre sp. decumbens). According to Ager
and Ager (1980), "it is also said to be a treatment for those
who spit blood", which may be referring to tuberculosis.
The plant was gathered all year round.

Nunivak Island area uses
Constipation, stomach troubles; To treat stomach and intestinal
pain, Nunivak Islanders would prepare a tea of Ledum palustre
sp. decumbens from the stems and leaves. Constipation was
also relieved with this treatment (Lantis 1958, 1959). The
plant was burned as a fumigant if a person was ill, "...and the
illness was thrown away with the plant remains" (Oswalt in
Lantis 1959).
Linnaea borealis

Caprifoliaceae (Honeysuckle Family)
Common name: Twinflower

Physical description: This trailing shrub has small, rounded, light green, evergreen leaves placed opposite on the stems, with a few teeth near the tip. The flowering stems have 1 to 2 sets of leaves and usually 2 pinkish white, bell-shaped flowers, borne on 3- to 4-inch stems (Pratt 1989).

Athabascan
Names: Nan b’aul (Tetlin); nan’ ith’ eeg’ (Northway)
Symptom: Headache
Plant application: Poultice

Upper Tanana area uses
Headache: To relieve a headache, twinflower was tied around a person’s head. Priscilla Russell Kari also shared that “parents tie it around a child’s head to insure him a long life” (Kari 1985).
Loiseleuria procumbens

Ericaceae (Heath Family)
Common name: Alpine azalea

Physical description: The leaves of this dwarf, mat-forming evergreen shrub are small, oval and opposite on stems. The tiny, light pink, 5-petaled flowers form clusters at the end of the stem. It is frequently found growing with lichen (Pratt 1989).

Tlingit
Name: Thlak kar
Symptom: Tuberculosis
Plant application: Infusion/decoction

General uses
Tuberculosis: “For hemorrhage of the lungs, a tea made from the leaves of a small evergreen shrub that grows high up on the mountain, thlak kar [probably Loiseleuria procumbens (L.) Dewey]” (Enmons 1991).
Myrica gale var. tomentosa

Sweet gale contains a toxic oil that must evaporate during steeping in order for the tea to be safe to drink.1

Myricaceae (Myrtle Family)
Common names: Sweet gale, bog myrtle, gale, meadow fern, wax myrtle

Physical description: Sweet gale is a shrub up to 40 inches tall. The grayish-green leaves are oblong, tapering at the base, and have a few teeth at the tip. Male and female flowers are on separate shrubs (Pratt 1991).

Alutiiq
Name: Enen tepkegeesaut
Symptoms: No information found
Plant applications: No information found
Uses: No information found

Athabascan
Name: Skin a la (Inland and Illania Dena’ina)
Symptoms: Cuts/scraps, skin trouble, tuberculosis
Plant applications: Infusion/decoction, switch

Dena’ina uses
Cuts/scraps, skin trouble: Inland Dena’ina used an infusion of sweet gale leaves as a wash for boils and pimples. A steambath switch prepared from sweet gale is used by both the Inland and Illania Dena’ina (Kari 1995).

Tuberculosis: Inland Dena’ina used sweet gale as medicine for tuberculosis by preparing a tea from the leaves (Kari 1995).

1 Myrica gale contains a toxic oil which can pose a health threat (causing vomiting or abortion) when a decoction of the plant is steeped in a covered pot. The oil cannot evaporate and remains concentrated in the liquid, rendering the decoction harmful to ingest. However, the tea is safe to consume in moderate amounts when left uncovered, allowing the oil to evaporate (Schofield 1989).
Oxyccoccus microcarpus

Bog cranberry

Ericaceae (Heath Family)
Common names: Bog cranberry, moss cranberry, swamp cranberry, true cranberry

Physical description: A trailing, evergreen plant, common in boggy areas, the bog cranberry is recognized by its tiny leaves and light pink, reflexed flowers that look like miniature light-colored shooting stars (Pratt 1989).

Alutiiq
Names: K'ulila (Kodiak Island); leeneng (Kodiak Island)
Symptom: Constipation
Plant application: Powder

Kodiak Island area uses
Constipation: Powdered and cooked, bog cranberry (the leaves?) was used as a laxative and to induce menses (Black 1977).

Athabascan
Name: Nan jige (Tellin, Northway/ Hanrik 1995; Nelson 1983)
Symptom: General ill health
Plant application: Infusion/decoction

Salcha uses
General ill health: Both low bush cranberries (Vaccinium vitis-idaea) and bog cranberries (Oxyccoccus microcarpus) were collected during the spring thaw by the Salcha Athabascans living along the Tanana River. These berries were boiled in water and used in a good internal medicine (Andrews 1975). Although not stated by Andrews, it is possible that the infusion was used as a spring tonic.

Inupiat
Names: Quamna ammarinaq, quamna arniiag
Symptom: Skin trouble
Plant application: Poultice

Kohuk River area uses
Skin trouble: Inupiaq along the Kohuk River used “cranberry”\(^1\) for “red-spotted” rashes along the waist. They did this by rubbing raw or cooked, mashed cranberries on the afflicted area. A bundle of caribou, marmot, or rabbit skin was then placed over the poultice (Giddings 1961).

Yupik
Name: Uving’ e (“out that never marries”); tanaugq (Nelson Island)
Symptom: Pneumonia, stomach troubles
Plant application: Chew

Kuskokwim area uses
Pneumonia, stomach troubles: Maggie Lind of Bethel shared with two Anchorage physicians much about traditional medical practices of the Yupik for their report Kuskokwim Medicine. One final step in a series of procedures to relieve both pneumonia and stomachaches was to give patients cranberry (Oxyccoccus microcarpus) “or anything that makes water in the mouth” to eat, presumably for slow rehydration (Mills and Ketelkamp 1961).

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\(^1\) An Athabascan name has been recorded, but special characters necessary for spelling are not available in this publication.
\(^2\) This cranberry was most likely Oxyccoccus microcarpus (or possibly Vaccinium vitis-idaea). Cranberry is also a common name for Vihturnam edela.
Picea spp.

Traditional uses described in this listing cannot be attributed to a specific species of spruce.

Pinaceae (Pine Family)

Picea mariana

Picea stichensis

Common name: Spruce (Picea spp.); white spruce (Picea glauca); black spruce (Picea mariana); and Siika spruce (Picea stichensis)

Physical description: For plant descriptions of white spruce (Picea glauca), black spruce (Picea mariana), and Siika spruce (Picea stichensis), see individual species listing.

Athabaskan

Name: See individual species listing.

Symptoms: Bleeding/hemorrhages, burns, childbirth, colds/flus, cough/asthma/cold, earaches, eye problems, general illness, heart problems, infectious/inflammation, internal pains, kidney trouble, skin trouble, sore muscles, sore throat, stomach troubles, tuberculosis, urination problems

Plants applications: Bath, chew, infusion/decoction, poultice, salve, steam

Chukchi/Kuskokwich uses

Cut/scrapes, infections/inflammation: Clear spruce pitch was a strong medicine for infections and wounds (Nelson 1973). Dena'ina uses

Cold/flu: Peter Kalifornsky described the use of spruce bark tea as one in a series of steps when treating a serious cold with pneumonia potential (Kalifornsky et al. 1991). Cut/scrapes, tuberculosis: According to Cornelius Oogood, the Dena'ina consider white spruce gum efficacious in cases of consumption and for application to cuts” (Oogood 1937).

Dena'ina, Stony River Village area uses

General illness: Spruce needle tea was a treatment for stomach trouble and spruce pitch was a medicine for unspecified ailments (Kari 1985). Han uses

Childbirth: After the cord dropped off of a newborn baby, a mixture of spruce gum and charcoal was applied to the navel (Oogood 1979). Han, Eagle area uses

Some muscles: Sarah Malcolm of Eagle shared this spruce pitch was a good salve to put on aches and pains anywhere on the body (Scott 1993). Impugak (Dog Hit'em) uses

Childbirth: Although the medicinal benefit was unclear, Cornelius Oogood noted that a new born baby was rubbed with spruce charcoal on its navel, under its arms, and between its legs (Oogood 1958).

Bums: Heated spruce pitch was applied to burns and was said to bring relief (Oogood 1958). Sore throats: The Impugak (Dog Hit'em) prepared a tea from the inner bark of spruce and boiled it “until the resultant liquid is thick like soap” (Oogood 1958). This was either taken internally or applied externally for sore throats (Oogood 1958). Kayugak uses

Kajasty trouble, skin trouble: Spruce was boiled and the resulting tea was used as wash for dry skin and sores and drunk for kidney problems. It was said that this tea promoted “general good health” (Nelson 1983). Nisnalchik village uses

Bleeding/hemorrhages: Nisnalchik villagers used spruce pitch on cuts to stop bleeding (Kari 1984).

Tanana area uses

Cut/scrapes, general ill health: Upper Tanana Natives boiled and drank spruce pitch “as a remedy for all manner of internal troubles” (McKennon 1959). Pitch was also spread on cuts to keep them free from dirt (McKennon 1959) and therefore infection.

Ten'a, Lower Yukon area uses

Bums, cuts/scrapes, stomach troubles, sore throat: Numerous healing applications for spruce were employed by the Ten'a of the Lower Yukon. Cuts and burns were treated with pitch, a bark decoction was drunk for sore throats, and needles were chewed for stomach pains (Carroll 1972).

Upper Inlet and Inland Dena'ina, Nisnalchik village uses

Burns, cuts/scrapes, eye problems, general ill health, tuberculosis: Chewed fresh as a tonic, Upper Inlet Dena’ina use spruce sap for tuberculosis while the Inland Dena’ina treated burns and cuts with the sap. Nisnalchik villagers put pitch on burns to relieve pain (Kari 1994). Outside Inlet Dena’ina placed a small amount in the eye to treat eye growths (Kari 1995). Burns, colds/flus, cuts/scrapes, earaches, heart problems, kidney trouble, sore throat, stomach troubles, tuberculosis. The white inner bark of spruce (d'elawana in Athabaskan) was prepared into a decoction or chewed raw to treat a wide variety of ailments, including earaches, kidney troubles, sore throat, ulcers and stomach disorders, weak blood, colds, sore throats, mouth sores, and tuberculosis. For cuts, sores, and burns, the inner bark of spruce served as both a medicine and bandage. “To use it for these purposes, the Dena’ina first chew on the bark to soften it before placing it on the afflicted area and gluing it on with pitch” (Kari 1995).

Cold/flus, eye problems, intestinal pain, tuberculosis: According to Kari (1995): The Dena’ina said that one of the best medicines for bone aches and for thinning one’s blood in the spring is the very top of a young spruce tree, eaten either boiled or raw. They also use this medicine for tuberculosis and colds. The Upper Inlet people also squeeze the juice from raw spruce tops into sore eyes to heal them. Some Dena’ina say that the new growth at the end of the branches is effective medicine when used in the same way as the top.
Picea spp. Spruce (continued)

Cuts/scrapes, heart problems, tuberculosis: Many parts of the spruce were identified and used by the Dená/ina Athabaskan. Jukut is the Athasuan word for the soft pitch found on outer spruce bark (Kari 1995). It was chewed raw for heart trouble and tuberculosis, as well as serving as a poultice on cuts. Nimlichik villagers also used spruce pitch this way (Kari 1994). It has been noted that many people used it when sustaining injuries far from home (Kari 1995).

Cuts/scrapes, infections/inflammation: Another type of spruce pitch, according to Dená/ina Athabascans, was referred to as jukuyin (Upper Outlet Denía'ina), k'uk'na (Inland Denía'ina), and ak'ike'na (a close spelling for the Upper Inlet Denía'ina word) and was found in pockets in-deer spruce wood.

Cuts, sores, skin infections were all treated by spreading the pitch on as a salve (Kari 1995).

Earaches: According to Kari, the Denía'ina called the spruce cone k'eludgega (Little Village), k'eg'ene (Outlet Inlet Denía'ina), k'elughe (Upper Inlet Denía'ina), and k'etututu (Nendadin). "An Upper Inlet person reports tharald, dried spruce comes close to dry up the infection that causes running ears. A small amount of the cone's dust is shaken into the ear several times. The dust is said to collect the pus into a ball, making it easier to remove from the ear" (Kari 1995).

Eye problems: According to Kari (1995):
The Inland Denía'ina use the juice of the spruce root as eye medicine by cutting or biting the end of the root and letting the juice drip into the ailing eye. The Outer Inlet Denía'ina report that a tea made from the spruce root is medicinal for any ailment that the inner bark is used for. General ill health: The Denía'ina name for spruce needles is eludgega. A tea prepared from eludgega was used as a purgative to clean out a persons system (Kari 1995).

Upper Tanana, Northway area uses
Coldthru, cuts/scrapes, cough/chest congestion, sore muscles, sore throat: Spruce cambium was chewed raw for colds and placed on cuts either raw or cooked (Kari 1985). The top of a young spruce tree, the tip of a young birch (Benzal spp.), and Labrador tea (Ledum palustre s. lat.) were mixed and boiled into a tea which was drunk for colds, chest congestion, and body aches. For sore throats, people of Northway also chewed spruce pitch that formed on the outside of the bark (Kari 1985).

Upper Tanana, Teltin area uses
Cough/chest congestion, cuts/scrapes, infections/inflammation, skin trouble, tuberculosis: Kari recorded many uses of spruce for healing by the people of Teltin. Raw spruce cambium was chewed for coughs and tuberculosis or combined with Labrador tea (Ledum palustre s. lat.), blackberry (Empetrum nigrum) stems, and spruce tips for colds and mouth sores. Although it could be gathered anytime, the cambium was generally harvested in the summer. The cambium was also placed on cuts to facilitate healing. Teltin villagers also prepared a decoction of spruce tips to be used as a wash for skin rashes and sores. Spruce tips were also combined with cotonwood (Populus spp.), boiled into a tea, and drunk for infections. Also to treat sores, the people of Teltin warmed spruce pitch from the top of the tree with moose fat or warmed the pitch in water and spread on the sore (Kari 1985).

Upper Yukon area uses
Cough/chest congestion: According to Schmiter, spruce bark was chewed to stop an illness that resulted in coughs (Schmiter 1940). He stated that "originally many kinds of bark were infused in the same mixture, making a sort of general remedy." "This blending of herbs has not been frequently documented and warrants attention.

Yukon River area uses
Cuts/scrapes: Spruce pitch was used as a poultice for cuts and scratches (Carroll 1972). Not only did it relieve infections, but it also helped to keep dirt out of the wound.

General uses:
Childbirth: For an infection acquired during childbirth, Lois Titt describes a procedure of mixing spruce pitch and hot water and placing it "under her head to draw out the infection" (Titt 1978). Titt did not elaborate, and it is unclear if she meant literally under the bed or if the pan was placed closer to the infected area (for example, the patient soaked the infected area in the hot bath).

Coldthru, cough/chest congestion, skin troubles, urinary problems: Clear sticky white gum helped alleviate chole and head colds when boiled for 5-10 minutes and drunk. Spruce needles were boiled for one hour, the needles removed from the solution, and the skin was washed to clear up hives and rash. To treat a cold, green needles were boiled for 5 to 10 minutes, and 2 to 3 teaspoons of the mixture were drunk 2 to 3 times a day. One cup of this mixture drunk each day purified blood or alleviated urinary problems. Sitting in a diluted solution of boiled spruce needles also helped treat urinary problems. Keeping a pot of spruce needles boiling kept the house "clean" by helping remove germs and infections, according to Brenda Hall (Hall 1979).

Coldthru, cuts/scrapes, infections/inflammation: As a way to cleanse the house of "germs," women from Nulato gathered spruce boughs and burned them in the house over the course of a day. Spruce boughs were also chopped up and boiled for a few hours. The resulting decoction was used to treat colds. For cuts and sores spruce pitch was collected in small basins as it ran off spruce trees then placed on the affected area. It helped draw out the infection (Carlo 1978.). Pitch also prevented wound infection by keeping out dirt and debris. Marta Demientieff of Niniana says that the villagers there also used spruce pitch for cuts (Denakinaaga 1996).

Cough/chest congestion: For coughs, Mary Demientieff described the use of boiled and strained spruce boughs mixed with a little sugar (Denakinaaga 1996), and presumably drank. A story shared by Rose Ambrose of Huslia describes the use of "pine." (Although not verified, "pine" probably refers to spruce, as no species of pine grows in interior Alaska): "...when they talk about it long time ago, I used to just really boil it hard and I look at the water and it's pretty black. I found out that we didn't have to boil it so hard, we just put it in the stove and warm it up like tea. I think that lots of times we go to the doctor, we go to the clinic.
Picea spp. Spruce (continued)

and there's things we can do for our own self (Denukkanaag 1996).

Cuts/scrapes, tendinitis, sore muscles, skin trouble, urinary problems: According to Brenda Halt, many medical treatments were found within the spruce tree. Warm, soft pitch (sometimes mixed with grease) was rubbed on a cut, covered with a bandage, and left on for four days. For back aches, "put pitch on a piece of cloth or canvas, wash off the back, and put canvas/pitch poultice on back. To relieve headaches, rub pitch on a large piece of cloth, put some snow in the cloth, then wrap cloth around head." Drinking boiled pitch helped to relieve urinary problems. To treat blood poisoning, pitch on canvas was wrapped around the infected area and the red streaks resulting from poisoning. Pitch rubbed on wart helped remove them (Hall 1979).

Diarrhea: According to Martha Dementielieff, the inner bark of spruce, "after a long process, makes a powder that stops diarrhea" (Denukkanaag 1996). How this plant was prepared and how the powder was utilized was not reported.

Note
Spruce used by Athabascan people was most likely Picea glauca or Picea mariana.

Inupiat
Names: No information found
Symptoms: Cuts/scrapes
Plant application: Salve

Nunamiat uses
Cuts/scrapes: Wounds were treated with seal oil and spruce gum applied directly to the afflicted area. This treatment hastened healing and helped to prevent infection (Gibson in Fortuinte 1985).

Note
Spruce used by Inupiat people was most likely Picea glauca (or, possibly, Picea mariana).

Tlingit
Names: No information found
Symptoms: Coughs/cHEST congestion, cuts/scrapes, infections/inflammation, stomach troubles
Plant application: Infusion/ decoction, poultice, salve

Yukon area uses
Coughs/cHEST congestion: A decoction of spruce bark was said to be a terrific cough medicine (de Laguna 1972).

General uses
Cuts/scrapes: Cuts could also be treated by covering them with a mixture of deer or goat tallow and spruce pitch. The bow has been noted by the Tlingit to use the medicine of skiff's cab as well. Wounds were treated by the inner bark of spruce (and Picea spp.) pounded "to a fine powder on a hot nick, mixed with oil, and applied as a poultice that was changed every three days" (Emmons 1991).

Infections/inflammation, stomach troubles: "Rotten spruce was rubbed oil on a stone, mixed with a little water, and used as a poultice" for inflammations, swellings, and stomach trouble. An additional treatment for stomach trouble was to put the fine particles produced from rubbing rotten wood in oil or water (that was then boiled) and ingested (Emmons 1991).

Note
Spruce used by Tlingit people was most likely Picea sitchensis.
Pinaceae (Pine Family)
Common names: White spruce, Canadian spruce, cat spruce

Physical description: This medium tree (30 to 75 feet in height) is found in woodlands and into alpine areas throughout much of the state. Needles are 3/8 to 3/4 inches long, are 4-angled with stomata on all sides, and have a skunky smell. The medium sized (1 1/4 to 2-inch) elongated cones, which grow on the outer branches, fall off each spring (Pratt 1988).

Athabaskan
Names: Tsiie (Salcha); ts'ii' or ts'ii'i (Fort Yukon); ch'i'ata (Lime Village, Dena'ina); di'len'ga (Kuskokwim Ingalik, Deg Hit'an); ts'ii'a (Koyukan) Symptoms: Arthritis, cough/cough congestion, cuts/scrapes, eye problems, headache, infectious/inflammation, internal pain, toothaches
Plant applications: Chew, infusion/decoction, poultice, salve

Fort Yukon area uses
Arthritis, cuts/scrapes, headache, infectious/inflammation, internal pain, toothaches: Pitch from white spruce was an important medicinal to the people of Fort Yukon. Gently heated and then poured onto cutous skin, cloth 'n bandages, pitch was placed on cuts to prevent infections, or legs to relieve arthritis, or on the chest to reduce pain. Occasionally, spruce pitch was mixed with Artemisia frigida (frigid wormwood) before being placed on cuts. Pitch was also chewed like gum and was said to prevent both toothaches and headaches (Holloway and Alexander 1990).

Eye problems: For sore eyes, bloodshot eyes, and "white clouds over the eyes" (cataract?), fresh watery sap of Picea glauca was traditionally put into the eye over night according to Holloway and Alexander (1990).

Tanana area uses
Cough/cough congestion: A treatment by Salcha Indians for coughs was prepared by boiling pitch and back from white or black spruce (Andrews 1975). This tea was presumably drunk to relieve symptoms.

Inupiat
Names: No information found
Symptoms: Cold/flu, cuts/scrapes, general ill health, influenza
Plant applications: Chew, infusion/decoction, poulvice, suppo

Kotzebue Sound area
Cold/flu, general ill health, influenza: Spruce gum (white?) was chewed for partial facial paralysis, on the affected side of the face. An infusion of the needles was drunk for chest colds and general ill health. The spread of influenza was thought to be stopped by inhaling the smoke of burning spruce needles (Manuelik Cultural Heritage Program in Fortuna 1988).

Norton Sound area
Cuts/scrapes, general ill health: A tea prepared from white spruce needles was an all-purpose medicine. The resin was placed on wounds and cuts (Anderson 1939).

Yupik
Names: Mqvot'mousi ("like a needle wood"), kvennaviq
Symptoms: Cuts/scrapes, cough/cough congestion
Plant applications: Chew, infusion/decoction, salve

Napaskiak area uses
Cough/cough congestion: For coughs, villagers of Napaskiak boiled green (fresh) white spruce needles and drank the resulting tea or alternatively chewed the raw needles (Laube 1959; Oswalt 1957).

Norton Sound area uses
Cuts/scrapes: People along Norton Sound used white spruce needles for medicine, although he didn't state for what ailment. White spruce gum was spread on wounds (Laube 1959; Oswalt 1957).
**Picea mariana**

**Black spruce**

**Pinaceae** (Pine Family)

Common names: Black spruce, bog spruce, swamp spruce, water spruce

**Physical description:** This small tree (up to 30 feet) is found in bogs or wet areas at low elevations throughout interior Alaska and the Cook Inlet area of Southcentral Alaska. Young branches have rusty-colored hairs. Needles are 4-angled with stomata on all sides, and are short (1/4 to 1/2 inches). The small, 3/4- to 1 1/4-inch, egg-shaped cones, which grow close to the main trunk, remain on the trees for year, usually waiting for the heat of a forest fire to release the seeds. These trees are often found growing in wet, satirized soils, north facing slopes, and with knarled or stunted growth (Pratt 1989).

**Athabaskan**

**Names:** *Teoh* (Salcha); *ch'vala* (Lime Village, Dena'ina); ___

(Nelson 1983); *n'ezo*

Symptoms: Cough/chest congestion

**Plant application:** Infusion/decotion

**Tanana area uses**

Cough/chest congestion: A treatment by Salcha Indians along the Tanana River for coughs was prepared by boiling pitch and bark from white or black spruce (Andrews 1975), then presumably drunk to relieve symptoms.

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1 An Athabaskan name has been recorded, but special characters necessary for spelling are not available in this publication.
**Picea stichensis**

**Pine Family**

Common names: Sitka spruce, coast spruce, side-land spruce

**Physical description:** This tall tree (100 to 200 feet) is found in coastal areas of Southcentral and Southwestern Alaska. Needles are 3½ to 1½ inches long and slightly flattened with stomata only on the underside and slightly keeled at the ends. Branches tend to droop more than white spruce. The large, long (2- to 3-1/2-inch) cones have rippled bases and fall off each spring (Pratt 1989).

**Alutiq**

**Names:** Angaarningul (Prince William Sound); nuraq (Port Graham), napuqtingait; asuddiulana; asuwwiulana

**Symptoms:** Bleeding/hemorrhages, broken bones, colds, flu, cough, chest congestion, cuts/scratches, earaches, frost bite, general ill health, infections/inflammation, pneumonia, sore throat, toothaches, tuberculosis

**Plant applications:** Chew, infusion/decoction, poultice, powder

**Chugach area uses**

Cuts/craves, toothache, general ill health. Sitka spruce root were ground into a fine powder, cooked for three days until the mixture became a thick paste, and used when a person was "rick all over." Warmed pitch was spread on frostbite and cuts (Birkett-Smith 1953).

**English Bay and Port Graham area uses** (See PS, page 173.)

**Prince William Sound and lower Kenai Peninsula area uses**

Cold, flu, cough, chest congestion, sore throat, tuberculosis. A decoction of Sitka spruce branch tips, gathered in spring, was drunk for colds and tuberculosis. (Westinckes 1983, 1985). A bark decoction (bark can be gathered year round) was drunk for coughs and colds. Spruce pitch was chewed for a sore throat or warmed and spread over a wound to prevent a bandage. (Westinckes 1985).

**Earaches:** To stop painful earaches, decayed spruce wood was warmed and poured onto the ear. An informant shared with Alis Wunnucknks that the heat, not the rotten spruce, was the most effective component of the treatment. The crumbled decayed wood was also applied to infected ears/boils, with or without being heated. (Westinckes 1985).

**General uses**

Bleeding/hemorrhages: Cuts, resulting from surgery to remove tumors, were treated with a fine powder of ground-up spruce stumps. (Geddon in Pierce 1978)

**Tlingit**

**Names:** No information found

**Symptoms:** Eye problems, toothaches, tuberculosis, venereal disease

**Plant applications:** Infusion/decoction, poultice, powder, salve

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**Sitka spruce**

**General uses**

Eye problems: According to Emmons wood fern (Dryopteris alaskana) leaves, shield fern (Gymnocarpium dryopteris) bark, Sitka spruce (Picea stichensis), and large leaved arnica (Arnica macraephylla), were "mixed together, pounded in a mortar, mixed with human milk, and applied locally" for eye trouble of any kind (Emmons 1991).

Tuberculosis: "A drink made by boiling spruce and hemlock gum in fresh water" was used to treat consumption (Emmons 1991). Warmed seeds of Sitka spruce were held on a sore tooth (see also Ts'agga maavuntiina, mountain hemlock). Venereal disease: To treat stythils and other venereal diseases, people bathed in hot springs and drank a decoction of spruce needles, spruce gum, and devil's club bark (Echinoconus hovardii) (Emmons 1991). Venereal disease was also treated with a mixture of Sitka spruce pitch, Siberian spring beauty (Claytonia sibirica) leaves, and Alaska cypress (Chamae- cyparis nootkatensis) bark. This salve was applied externally (Blachiske in Krause 1936; McGregor 1981).

**Tsimshian**

**Names:** No information found

**Symptoms:** Constipation, insatiation, nausea

**Plant applications:** Chew, infusion/decoction

**General Tsimshian uses**

Constipation, nausea: Spruce tips were used for nausea and constipation (McGregor 1981). It was not recorded whether the tips were eaten or made into a tea.

Insatiation: An interesting application involved placing skookum root (Vitisida vinea) on the patient's shrunken head and then gently hitting the head with a gutter bough to facilitate medicine being absorbed into the bloodstream (McGregor 1981).
**Pinus contorta**

**Lodgepole pine**

**Pinaceae** (Pine Family)

**Common names:** Lodgepole pine, shore pine

**Physical description:** This tree grows 20 to 33 feet tall and is very common in dry areas. It is found growing in parts of southeast Alaska and in British Columbia and Yukon Territories, Canada. Needles are 2 in a fascicle. Cones are 1-1/2 to 2 inches long, nearly round, and stay on trees for several years (Pratt 1991).

**Athabascan**

**Names:** No information found

**Symptoms:** Colds/flu, coughs/chest congestion

**Plant application:** Infusion/decotion

**General uses**

Colds/flu, coughs/chest congestion: Lodgepole pine sap was drunk by Athabascans as a treatment for coughs and colds (Taylor in Smith 1973). This reference requires further attention, as *Pinus contorta* does not grow in Athabascan country in Alaska.

**Tlingit**

**Names:** No information found

**Symptom:** Venereal disease

**Plant application:** Infusion/decotion

**General uses**

Venereal disease: An infusion of the bark and "sprouts" was drunk to treat syphilis (Blaschke in Krause 1956).
**Populus balsamifera ssp. balsamifera**

This plant contains the glycosides salicin and populin. It is generally considered safe in moderate doses. However, large, extended doses may be hazardous to your health.¹

**Salicaceae (Willow family)**

*Populus balsamifera ssp. balsamifera*

*Populus trichocarpa*

Common names: Balsam poplar, balm of Gilead, cottonwood

**Physical description:** Very large trees (40 to 90 feet tall) have deeply grooved, thick bark; young trees have smooth bark. Leaf shape is variable; young trees often have very large leaves. Most are large pointed, elongated, heart-shaped leaves that turn bright yellow in the fall. It is common near rivers and near stream beds up into the mountains (Pratt 1989).

**Alutiq**

Name: *Cuwak (probably Populus trichocarpa)*

Symptom: Arthritis

Plant applications: Infusion/decoction, switch

**English Bay and Port Graham area uses (See P.S., page 174.)**

**Athabascan**

Names: *T'na, c'nah (Upper Tanana); daq'ark (Salcha); essu, essu, t'egles (Den'sinak); ...*² (Nelson 1983)

Symptoms: Childbirth, colds/flus, cough/chest congestion, cuts/scrapes, hangovers, headache, infection/inflammation, sore muscles, stomach troubles

Plant applications: Bath, infusion/decoction, salad

**Abina uses**

Cold/flus: The Abina medicine for colds was prepared by boiling a tea from the mixed buds of balsam poplar (Kari 1985).

**Gwich'in, Fort Yukon area uses**

Cold/flus, hangovers, headache, stomach troubles: The buds of balsam poplar, whose root gives off a strong pleasant odor, were boiled in water and drunk in small amounts as a treatment for colds and flu, headaches, hangovers, and stomach aches. This treatment is still in use today, according to Holloway and Alexander (1990).

**Con/scrapes, infections/inflammation:** Boiling balsam poplar buds in grease created a salve that was used to prevent infection on sores and cuts. This mixture was cooled before placing it on the skin (Holloway and Alexander 1990).

¹ (Sheffield 1989)

² An Athabascan name has been recorded, but special characters necessary for spelling are not available in this publication.

**Ingilik (Deg H't'an) uses**

Childbirth (post-partum): For excessive bleeding during post-partum menstruation, women were instructed to soak in a bath of willow (Salix spp.), balsam poplar, and elder (Alnus spp.) bark (Osgood 1958).

**Stomach troubles:** The outside bark of cottonwood was prepared as a decoction by the Ingilik Athabascans to treat stomach aches.

**Upper Tanana uses**

Cold/flus, cough/chest congestion: Cold, "internal ailments," and coughs were treated with a decoction of balsam poplar buds (Kari 1985; McKennan 1959).

**General uses**

Cold/flus, sore muscles: One tablespoon of a cottonwood leaf infusion alleviated body aches and helped to cure flus. For colds, 1/2 cup of cottonwood bud tea was drunk (Hall 1979). It is unclear if this is a traditional medicine.

**Tlingit**

Names: No information found

Symptom: Tuberculosis

Plant applications: Infusion/decoction

**Yukon area uses**

Tuberculosis: Balsam poplar pitch was prepared as a decoction and drunk by a person ill from tuberculosis (de Laguna 1972). The poplar referred to by de Laguna was most likely *Populus trichocarpa.*
Populus tremuloides

Quaking aspen

This plant contains the glycosides salicin and populin. It is generally considered safe in moderate doses. However, large, extended doses may be hazardous to your health.¹

Salicaceae (Willow Family)
Common names: Quaking aspen, American aspen, trembling aspen

Physical description: This medium sized (10 to 40 feet), short lived, tree has smooth, grayish-gray bark that becomes grooved near the base on older trees. The broad, sharply-pointed, heart-shaped leaves, which turn bright yellow in the fall, tremble with the slightest breeze, due to the long delicate petioles. It is found throughout most of interior and Southcentral Alaska. It prefers dry, sandy or rocky ground from lowlands up to alpine (Pratt 1989).

Athabascan
Names: Emt ge'wa (Lower Inlet Dena'ina); e'et'au bax'a (Upper Inlet Dena'ina); te'ge'eh (Inland and Illiamna Dena'ina); te'ux Ch'it'aaw (Te'tlin); te'xak te'xau (Nebesna), te'se'he Lule (Village Dena'ina)
Symptoms: Cold/diarrhea, coughs/cold, congestion, sore throat
Plant applications: Chew, infusion/decotion

Dena'ina uses
Sore throat: Chewing the inner bark or eating the sap of quaking aspen were two methods used by the Upper Inlet Dena'ina to treat sore throats (Kari 1993).

Te'tlin area uses
Cold/diarrhea, cough/cold, congestion: Coughs and colds were treated with a decoction prepared from the inner and outer bark of quaking aspen mixed with Labrador tea (Ledum palustre s. lat.) (Kari 1985).

¹ (Schofield 1989)
Potentilla fruticosa

Shrubby cinquefoil

Potentilla spp. contain tannins and are astringent. Use in moderation; tannic acid is a kidney toxin and a gastrointestinal irritant.1

**Rosaceae** (Rose Family)

Common names: Shrubby cinquefoil, bush cinquefoil, tundra rose

**Physical description:** A shrub 1 1/2 to 3 feet tall, its stems are reddish-brown and have shedding bark. The leaves are thick, bluish-gray green above and 5-petaled. The flowers are large (1 to 1-1/2 inches) and the petals rounded. This is a common shrub throughout most of Alaska (Pratt 1989).

**Alutiiq**

**Names:** Qal’al’i, qanu·a·qik’ (Port Graham); qanu·ap·qik’

**Symptoms:** Cold flu, pneumonia, sore throat, stomach troubles, tuberculosis

**Plant application:** Infusion/ decoction

**English Bay and Port Graham areas/uses (See also F.S., page 174.)**

Cold flu, pneumonia: Cut stems of the tundra rose, _Potentilla fruticosa_, were boiled into a tea and drunk to cool and drink for colds and pneumonia (Stannard 1985).

**Prince William Sound and lower Kenai Peninsula area uses**

Stomach troubles: _Potentilla fruticosa_ was boiled for one hour and the resulting tea was cooled and drunk for internal and stomach gas. The entire plant was used (Wenneken 1985).

**Athabascan**

**Names:** Qečwéhala (Inland Dena’an); qečowéla (Hinterland Dena’an); halítit’ak’ naal’ (Neben); né’al’? (Kari 1985)

**Symptoms:** Menstrual problems, tuberculosis

**Plant application:** Infusion/decoction

**Dena’an uses**

**Tuberculosis:** The Dena’an name for shrubby cinquefoil means “true grandmother”, which is the same name the Oiner and Upper Inlet Dena’an call Labrador tea. According to Priscilla Russell Kari (1995), shrubby cinquefoil was used the same way as narrow-leaf Labrador tea. The Chugach Eskimo prepared a tea from the above ground portion of the plant for tuberculosis. Some older Inland Dena’an have rubbed their faces with the leaves before the flowers grew. However, the effect this has on the person is not stated (Kari 1995).

1 (Schofield 1989)
2 An Athabascan name has been recorded, but special characters necessary for spelling are not available in this publication.

**Upper Tanana uses**

**Menstrual problems:** An interesting use of shrubby cinquefoil was reported from Northway. In the past, during the first menstrual cycle of a young girl, she placed branches under her mattress to lessen bleeding and the number of years she menstruated (Kari 1985).

**Tlingit**

**Name:** Sei

**Symptoms:** No information found

**Plant applications:** No information found

**Uses:** No information found
Ribes spp.

Saxifragaceae (Saxifrage Family)

Ribes bracteosum
Ribes hudsonianum
Ribes laxiflorum
Ribes triste

Common names: Currant (Ribes spp.); American red currant, northern red currant (Ribes triste); northern black currant (Ribes hudsonianum); trailing black currant (Ribes laxiflorum); blue currant, stink currant, trailing northern black currant (Ribes bracteosum)

Physical description: (Ribes triste) This shrub with shredding bark is usually upright but is occasionally sprawling (2 to 3 feet). Leaves are toothed and 3 to 5-lobed (maple shaped). They are arranged alternately on the branches and turn red in the Fall. The small, brick red flowers are on weak, drooping stems hanging under the leaves. The tasty berries which ripen in July are red and translucent (Plant 1989).

Alutiiq

Names: Qanisaq (for Ribes laxiflorum, Prince William Sound); aquagaaqeq (for Ribes bracteosum)

Symptoms: Eye problems, weight loss, loss of appetite

Plant applications: Infusion/decocction, ointment

English Bay and Port Graham area uses

Eye problems: According to Ted Chimivitsky, the outer bark of the trailing northern black currant (Ribes laxiflorum) was boiled until the liquid was a dark coffee color. The decoction was stored in a glass container until it settled and became clear. A couple of drops were then placed in eyes to relieve soreness and help remove (?) cataracts (Winnemem 1985).

Athabascan

Names: Nandygana (for Ribes laxiflorum), gagoag giig (for Ribes hudsonianum), yeghalingai'ile (Inland and Situma Dena' mix); mudgei (for Ribes laxiflorum), nanaug'eg' (Outer Inlet Dena' mix); nedyngana (for Ribes laxiflorum), nuwey'eg' (Upper Inlet Dena' mix); nandygana (for Ribes laxiflorum, Inland Dena' mix); namhunul (Tetlin), dunhunul (Nebesena, Northway); donron' gegea (for Ribes hudsonianum, Koyukon); shax bixi (for Ribes hudsonianum, Tetlin, Northway); nee' yaa' (for Ribes hudsonianum, Fort Yukon)...

Symptoms: Cold/flu, eye problems, general ill health, tuberculosis

Plant applications: Chew, infusion/decocction, plaster

Ahtna uses

Cold/flu: Ahtna Athabascans chewed raw northern black currants (Ribes laxiflorum) for colds (Kari 1993).

Dena'ina uses

Cold/flu, tuberculosis: A decoction of the stem and bark was drunk by the Inland Dena'ina for colds, flu, and tuberculosis.

Eye problems: An eye wash for sore eyes was also prepared by cooling the decoction (see above) (Kari 1995). Sore eyes were treated with northern red currants (Ribes roseum) that were collected, skinned and boiled. This mash was then applied, wrapped, and left on over night (Kari 1995; Osgood 1937).

Tetlin area uses

General ill health: An infusion of the leaves and berries of Ribes hudsonianum, northern black currant, was prepared and drunk for “sickness in general” (Kari 1985).

Eyak

Names: No information found

Symptoms: Eye problems

Plant application: Infusion/decocction

1 Athabascan and Inupiat names have been recorded, but special characters necessary for spelling are not available in this publication.
Ribes spp. Currant (continued)

General uses
Eye problems: An infusion of leaves from “a plant like the currant” was used as a wash for sore eyes (Birken-Smith and de Laguna 1938).

Inupiat
Name: ___ (for Ribes titie)
Symptom: No information found
Plant application: No information found
Uses: No information found

Tlingit
Name: Can
Symptom: Eye problems
Plant application: Poultice

Yukon area uses
Eye problems: Swan in de Laguna described the use of blue currant, Ribes bracteosum (?), by the Yukon Tlingit. It was used to remove cataracts by lending pieces of the vine and placing them close to a white spot on the eye. This (white spot) was then supposed to come out (de Laguna 1972). No additional details were provided by de Laguna or Swanon. The Tlingit name for this plant is very similar to the Tlingit name for “syphilis medicine”, possibly suggesting an additional use for this plant (de Laguna 1972).

1 Athabaskan and Inupiat names have been recorded, but special characters necessary for spelling are not available in this publication.
Rosa spp. (Rose Family)

Rosa acicularis
Rosa nutkana

Common names: Rose (Rosa spp.); prickly rose, wild rose (Rosa acicularis); Nootka rose (Rosa nutkana)

Physical description: *Rosa acicularis* is a very prickly shrub, 1-1/2 to 6 feet tall and, generally, with toothed 5-petaled compound leaves with distinct stipules. The large, showy flowers (2 to 3 inches) have 5 mounded, pink, soft, velvety-like petals that are sometimes notched. Twigs are very red in the winter and the leaves turn reddish in the fall (Pratt 1989).

Athabaskan

Names: *Hesh* (Inland and Iliamna Dena'lin); *heshkeg* (Inland, Outer Inlet, and Upper Inlet Dena'lin); *Mtraks* (Lime Village, Dena'tin); *hun dil'na* (*Kotzebue*; *khan ron*; *koh kik akh ch'ar'an* (for *Rosa acicularis*); *Fort Yukon*); ——. (Kari 1985)

Symptoms: Cold/flu, eye problems, fever, menstrual problems, stomach troubles

Plant application: Infusion/decotion

Dena'lin uses

Cold/flu: As part of a treatment for colds, the bark of rose stems was prepared as a tea and drunk. To prepare the tea, the thorns were first burned off the stem, the stem was then scraped, and the inner and outer bark steeped (Kalifirnsey et al. 1991). The use of rose tea was one of series of steps to treat serious colds with pneumonia potential. The taxonomy for "rose bush" is not verified. Both *Rosa acicularis* and *Rosa nutkana* grow on the Kenai Peninsula.

Cold/flu, fever, menstrual problems, stomach troubles: To treat colds, fevers, stomach trouble, "weak blood", and menstrual difficulties, a tea was prepared from the stems and branches of both *Rosa acicularis* and *Rosa nutkana*. To prepare the decocation, the thorns were burned off the stems, the stems broke up and boiled "until the water is dark", and the liquid was then drunk (Kari 1995).

Eye problems: An eye wash prepared by soaking rose petals (from both *Rosa acicularis* and *Rosa nutkana*) in hot water and then cooling the liquid was used by the Upper Inlet Dena'lin people for sore eyes.

Inupiat

Name: ——. 1

Symptoms: No information found

Plant application: No information found

Uses: No information found

1 Athabaskan and Inupiat names have been recorded, but special characters necessary for spelling are not available in this publication.

Tlingit

Name: *K'incheyee*

Symptoms: No information found

Plant application: No information found

Uses: No information found

Yupik

Name: *Hak'axak*

Symptoms: No information found

Plant application: No information found

Uses: No information found
Rubus chamaemorus

Cloudberry

Dried or fresh leaves are used medicinally. The wilted leaves of Rubus spp. are mildly toxic.¹

Rosaceae (Rose Family)

Common names: Cloudberry, baked appleberry, ground mulberry, knotberry, salmonberry

Physical description: This low, herbaceous plant has coarse, woolly, long-stemmed, leaves with 5 lobes and 1-inch flowers with 5 (sometimes 4) rounded white petals, resembling an apple blossom. The tasty, orange, raspberry-like berries, which ripen in mid-July to early August, are not produced in abundance (Pratt 1989).

Alutiiq

Names: Menniukta (Kuskokwim, possibly Russian origin); aquawiy⁴

Symptoms: No information found

Plant applications: No information found

English Bay and Port Graham area uses (See F.S., page 174.)

Athabascan

Names: Napal (Lena Village, Inner and Upper Inlet Enna’tina); donal’om (Kuskokwim Ingikik, Deg Hi’anti); nigal’ (Outer Inlet Enna’tina); ___ ? (Nelson 1983)

Symptoms: No information found

Plant applications: No information found

Uses: No information found

Inupiat

Names: Agvik; agvik agvik

Symptoms: No information found

Plant applications: No information found

Uses: No information found

Tlingit

Names: Né ṣ’w

Symptoms: No information found

Plant applications: No information found

Uses: No information found

Yupik

Names: Atukalugpiq, at’ir (meaning “berries” or “fruit”); akhukvovid (St. Lawrence Island); maiduq (Nelson Island)

Symptoms: Diarrhea, skin trouble

Plant application: Chew

Lower Kuskokwim and Nunivak-Nelson Island area uses

Diarrhea: Rubus spp. berries were eaten for diarrhea (Lantis 1959). The berries were listed as “salmonberry,” Rubus spectabilis, but this plant does not grow in Yukon-Kuskokwim Delta area. The report may have been referring to cloudberry, Rubus chamaemorus.

General uses

Skin trouble: In her book Discovering Wild Plants, Janice Schofield shared that a Yupik informant told of relieving hives by drinking seedless cloudberry juice (Schofield 1992).

¹ (Schofield 1989)
² Alutiiq and Athabascan names have been recorded, but special characters necessary for spelling are not available in this publication.

44
Rubus parviflorus var. grandiflorus  

Dried or fresh leaves are used medicinally. The wilted leaves of Rubus spp. are mildly toxic.¹

Rosaceae (Rose Family)  
Common name: Thimbleberry

Physical description: This shrub has erect branches, no thorns, and is found growing in woods. Leaves are palmate, 3-5 lobes, and twice dentate-serrate. Flowers are white and the edible berries are red (Hulten 1968).

Tlingit  
Name: CA'xc'n  
Symptom: Tuberculosis  
Plant application: Infusion/decoction

 Yukon area uses  
Tuberculosis: An infusion of thimbleberry was used as a treatment for tuberculosis (de Laguna 1972).

¹ (Schofield 1989)
Rubus spectabilis  
Salmonberry

Dried or fresh leaves are used medicinally. The wilted leaves of Rubus spp. are mildly toxic.¹

Rosaceae (Rose Family)
Common names: Salmonberry, muck-a-muck

Physical description: This shrub forms dense thickets in moist woods. Stems are heavily bristled. Leaves are 3-Glotted and serrate (toothed). Flowers are reddish-purple and the fruit is red to yellow (Hultén 1968).

Alutiiq
Names: \[\text{Qvawaag, \text{Qawawag}, \text{Qawawag}, \text{Qwawawag}, \text{Qwawawag}}\] (meaning "young shoots"). Kodiak Island.
Symptoms: Breathing problems, cuts/scrapes, skin troubles
Plant applications: Infusion/decocction, poultice

Chugach area uses
Burns: A poultice (?) of salmonberries was used for burns (Birken-Phillips 1936).

English Bay and Port Graham area uses (See FS, page 174.)
Kodiak Island area uses
Cuts/scrapes: Fresh or dried salmonberry leaves were placed on wounds and infections (Graham 1985).

Athabascan
Names: Chahaul (Seldovia); \[\text{\text{Chawal}}\] (Kari 1995)
Symptoms: No information found
Plant applications: No information found
Uses: No information found

Tlingit
Names: Ch a amix dalkv
Symptoms: No information found
Plant applications: No information found
Uses: No information found

¹ (Schofield 1989)
² An Athabascan name has been recorded, but special characters necessary for spelling are not available in this publication.
**Salix spp.**

*Salicaceae (Willow Family)*

*Salix arbusculoides*
*Salix planifolia spp. pulchra*
*Salix pulchra*
*Salix stenophylla*

Common names: Willow, osier, pussy willow (*Salix* spp.); diamond leaf willow, ptarmigan willow, willow (*Salix pulchra*); littleleaf willow (*Salix arbusculoides*); silky willow, Sitka willow (*Salix sitchensis*).  

**Physical description:** Viereck and Little identified 33 species of willow occurring in Alaska, however, many recognize more than that. They range in height from over 2000 feet to over 20 feet tall.  
*Salix arbusculoides* is a shrub 10-15 feet tall and is found along streams and rivers throughout interior Alaska. Leaves are 1-3 inches long, toothed along the margin, and are elliptic-lanceolate to oblanceolate (Viereck and Little 1972).  
*Salix pulchra* is a shrub generally 3-6 feet tall, but may also become prostrate in height in alpine and exposed areas. Leaves are elliptic to oblanceolate. Twigs are reddish-brown and shiny. It is found in bogs and other wet sites (Viereck and Little 1972).

**Alutiq**

**Names:** Cuax (Prince William Sound), nin'yuq (Port Graham)  
**Symptoms:** Arthritis, internal pain  
**Plant applications:** Chew, switch

**English Bay and Port Graham area uses** *(See *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *†* † *

**Athabascan**

**Names:** K'at, k'utk 'ut (Fort Yukon), zuuk' q'eili (Chater Inlet Dena'ina), q'eily (Upper Inlet Dena'ina), ch'e'il (Koyuk) (Koyukon); k'ut' (Selkirk).

**Symptoms:** Childhood, cuts/scraps, bites, insect bites, skin trouble, sting.

**Plant applications:** Bath, chew, poultice, switch

† An Athabascan name has been recorded, but special characters necessary for spelling are not available in this publication.

**Dena'ina uses**

Skin trouble: *Dena'ina* people relieved mouth soreness by chewing the fresh leaves of willow (Kari 1995).

**Fort Yukon area uses**

Headaches: Willow was used to cut the skin during bleeding. "A small willow branch was cut longitudinally through the center for ca. 3-5 cm. A small piece of skin at the temple was inverted into the slit to pinch it and numb the flesh. The planed skin would then be cut to release blood" (Holloway and Alexander 1990).

Insect bites: To relieve the pain of insect bites, the people of Fort Yukon chewed willow leaves and placed then on the afflicted area (Holloway and Alexander 1990).

**Inupik (Dog Hitch) uses**

Childbirth (post-partum): For excessive bleeding during post-partum menstruation, a woman was instructed to soak in a bath of willow, cottonwood (*Populus balsamifera* ssp. *balsamifera*), and alder (*Alnus* spp.) bark (Ogwood 1958).

**Nisichik area uses**

Skin trouble: Nisichik villagers used willow stems as steambath switches and preferred them over elder because the willow is softer on the skin (Kari 1994).
Salix spp.  Willow (continued)

Upper Tanana uses
Skin trouble: Fresh willow leaves were chewed for mouth sores (Karl 1985).

General uses
Cutiscruebas: Salix exigua/ willow bark has been pounded and applied to wounds (Viereck and Little in Smith 1973). It is not clear what effect this had on the afflicted area.

Skin trouble, stings: To relieve bee stings willow leaves were chewed and the macerated leaves were placed as a poultice over the sting to reduce swelling. Taking a bath in which willow branches were boiled was an effective treatment for skin infections (Hall 1979).

Note
Brenda Hall states that young tender leaves have been eaten as a vitamin supplement (Hall 1979). However, she does not describe this as a traditional use.

Inupiat
Name: Ugroil, agsiñak, usgiñik, agsiñigetal
Symptoms: Burns, childbirth, infections/inflammations, sore muscles, stings
Plant applications: Ash, chew, poultice

Nukaat area uses
Burns: Severe burns were splashed with powdered willow ash from Della Keats’ plaster (1971).
Nananganik uses
Sore muscles: Backaches were relieved by chewing on green willow bark (Lantis 1958, 1959).

Yulon area uses
Stings: Following a bee sting, chewing willow leaves and placing the macerated leaves on the sting provides immediate pain relief according to Poldine Carlo (Carl 1978).

General uses
Childbirth, infections/inflammation: Della Keats’ recalls a story of the day she was born: “She waits for placenta. She put me on her stomach, wiped me with moss. Then wait for second placenta. She cut cord with ulu knife and tie with mouse sinew. She used ash from dead willow tree as powder to heal. It never get infected” (Barry & Roderick 1982).

Stings: Willow leaves were chewed and applied as a poultice for insect stings (Mauneluk Cultural Heritage Program in Fortune 1988; Preston 1961).

Yupik
Names: Na’wi’ lingok (meaning “has no bones”); Innu’ he’di (meaning “sour tree”); olivid (St. Lawrence Island)
Symptoms: Bleeding/hemorrhages, cutiscruebas, eye problems, skin trouble, sore throat
Plant applications: Chew, gargle, infusion/decoction, poultice

Lower Kuskokwim and Nunivak Island area uses
Bleeding/hemorrhages: For lung hemorrhages, a strong “liqueur” was concocted from willow leaves and bark that was drunk in the morning before eating (Lantis 1959).
Skin trouble: For mouth sores many people shared with Lantis that willow was used, however, the method of administering the willow varied. The first treatment was chewing the inner bark, the second was to prepare a decoction of the inner bark and put the tea in the mouth, and the third was to put the inner bark directly on the sore (Lantis 1959). One of the willows identified was Salix pulchra (Lantis 1959).

Napaskiaq area uses
Eye problems: Skin trouble: Sores were treated with an over-the-counter application of a poultice prepared from the inner bark of little leaf willow, Salix arbusculoides. Results were said to be noticed after just one application. For mouth sores willow leaves were chewed, and for watery eyes macerated leaves were placed on the corners of the eyes (Oswalt 1957).

Nelson Island area uses
Eye problems, skin trouble: Chewing the bark and leaves of Salix planifolia asp. pulchra (possibly other willow as well) was a treatment for mouth sores and was said to have “numb- ing effect on the mouth and throat.” Willow cotton, produced from the seed capsules, “is sometimes used to dry ‘moist eyes’” (Ager and Ager 1980).

Nunivak Island area uses
Sore throat: Gurgling a decoction of willow bark (both inner and outer bark) was said to bring relief from a sore throat (Lantis 1958, 1959). Willow contains salicylic acid, as does aspirin, and gargling with tea made from the leaves may have provided some analgesic relief (Lantis 1958). Another interesting note concerning the use of willow addressed by Margaret Lantis in her 1958 paper, “Traditional home doctoring and sanitation, Lower Kuskokwim Valley, Nelson and Nunivak Islands”, is the added medicinal benefit when willow is eaten for food: “... it may be that even the very small doses of the drug that were obtained by frequent eating of the leaves in spring provided a little protection against arthritis and/or respiratory disease.” (Lantis 1958). She mentioned the lack of verification of this statement.
Cutiscruebas: Willow cotton was also said to be placed on a cut (Lantis 1959), presumably to soak up the pus.
Ingesting parts of this plant may result in diarrhea and vomiting due to poisonous cyanogenic glycoside in the roots, stems, bark, and leaves and, to a lesser degree, in flowers and unripe fruit. Tea made from leaves or branches can cause poisoning.\(^1\) Ingesting too much may result in cyanide poisoning.\(^2\)

**Caprifoliaceae** (Honeysuckle Family)

**Common names**: Pacific red elder, European red elder, false elder, red-berry red elder

**Physical description**: This shrub grows in woods and subalpine meadows. Flowers are yellow to white and the fruit is bright red. The twigs are pliable and soft (Hults 1968).

**Alutiq**

**Names**: Amgagwawaxaq, qoruaq, saxun, niq, qinamqnamq

**Symptoms**: Cold/sore, rheumatism, sore muscles

**Plant applications**: Infusion/decoction, switch

**Chugach area uses**

**Rheumatism**: Elder twigs were used as steam bath switches for rheumatism (Berket-Smith 1953).

**English Bay and Port Graham area uses** *(See P.S., page 174.)*

**Kodiak Island area uses**

**Cold/sore**: An infusion prepared from the berries and flowers was an effective treatment for colds. The flowers were dried before preparing the tea, which was drunk twice a day until the cold was gone. This was also said to be helpful for chills as it helped induce sweating (Graham 1985; Preston 1961).

**Athabascan**

**Names**: Ch i'n'a (Inland, Iliamna, Outer Inlet, and Upper Inlet Dena'ina); chel deeni te (Outer Inlet and Upper Inlet Dena'ina)

**Symptoms**: Cold, flu, infections/inflammation, fever, tuberculosis

**Plant application**: Infusion/decoction

**Dena'ina uses**

Cold/flu, fever, tuberculosis: Colds, flus, fevers, and tuberculosis were treated by boiling the inner root (prepared by first peeling it in outer bark) and drinking the decoction by the Upper Inlet Dena’ina. It is noted that it was a good idea “to squeeze the root well to remove the juice from it” (before using medicinally)? (Kari 1995). Infections/inflammation: A decoction prepared from the stems and bark was used as a wash for infections (Kari 1995).

\(^{1}\) (Turner and Szczawinski 1991)

\(^{2}\) Sambucin, a purgative alkaloid, and hydrocyanic acid are both found in elder seeds, stems, roots, and unripe fruits. Ingesting these parts of the plant may result in diarrhea and vomiting. Caution should be applied when using this plant, as ingesting too much of the plant may result in cyanide poisoning. Berries should first be cooked and seeded before consuming (Schefield 1989).
Soapberry contains saponins, bitter substances which can cause gastrointestinal irritation and cellular damage when ingested in excess.1

Elmagnaceae (Olaster Family)

Common names: Soapberry, buffaloberry, russet, soapollie

Physical description: This deciduous shrub grows to 3 feet tall and has distinctive, scurfy, brownish scales (like sandpaper) on young twigs, undersides of leaves, and sepals. This causes the new buds in spring to look copper colored. The leaves, which start appearing with the early blooms, are ovate, green above and whitish beneath, with the brown scales. Flowers are salverform, yellowish, very small, have 4 petals, and are sessile. They produce small, edible, oval, red, bitter, translucent berries in August. Male and female flowers are borne on separate bushes (Patt 1988).

Athabascan

Names: Dil'a ha (Upper Inlet Den'a'na), ch'a:nush t'aaaw'n (Nobenna) 2

Symptoms: Cold/cold, cuts/scratches, general ill health, inflammation, tuberculosis

Plant applications: Chew, infusion/decoction

Den'a'na uses

Cut/scratches, infections/inflammation, tuberculosis: A tea was prepared from the stems (with or without the leaves), and cooled and used as a wash for cuts and inflammation or drunk as a treatment for tuberculosis (Kari 1995).

Telltin area uses

General ill health: Soapberries were boiled and the resulting infusion drunk for general sickness (Kari 1985).

Fort Yukon area uses

Cold/cold: Holloway and Alexander (1990) were told by one informant that eating raw soapberries, although not a choice edible, was an effective aid for fighting a cold.

1 (Hulkin 1968; Schefield 1989)
2 An Athabascan name has been recorded, but special characters necessary for spelling are not available in this publication.
Fronds of Sorbus spp. are high in tannins and should not be consumed in large or frequent quantities; diarrhea may result.\(^1\)
Seeds contain a cyanide-producing glycoside.\(^2\)

**Rosaceae** (Rose Family)
Common names: Sitka mountain ash, western mountain ash

**Physical description:** This shrubby tree, up to 9 feet tall, has reddish bark. Young twigs have hairy colored hairs. The leaves are arranged alternately on the stems and are pinnately divided into 7 to 11 notched leaflets. The small flowers are 5-petaled and in rounded, rather flat clusters at the ends of branches. Sitka mountain ash has large, round, reddish-orange berries with a bluish bloom (Pratt 1980).

**Alutiq**
**Names:** Eqaq
**Symptoms:** Arthritis, childbirth, colds/flu, cough/chest congestion, fever, hair problems, sore throat, pneumonia, stomach trouble, tuberculosis
**Plant application:** Chew, infusion/decoction, switch

**English Bay and Port Graham area uses; See P.S., page 175.**

**Athabaskan**
**Names:** Venk (Tanana), shiigwaa (Iliamna and Upper Kuskokwim)
**Symptoms:** Cold/flu, constipation, cough/chest congestion, sore throat, tuberculosis
**Plant application:** Chew, infusion/decoction, switch

**Den'aina uses**
Colds/flu, sore throat: The inner bark and fresh berries of mountain ash are used by the Upper Kuskokwim Den'aina for sore throats and tonsillitis. Iliamna Den'aina boil leaves of mountain ash and treat the flu with the resulting decoction (Kari 1995). The berries were sometimes soaked before being eaten. Branches of mountain ash were used as steam bath switches (Kari in Fortune 1988).

**Den'aina, Iliamna area uses**
Constipation, cough/chest congestion, tuberculosis: Venk berries, or Sitka mountain ash berries, were eaten for tuberculosis or boiled in water and the resulting juice drunk for coughs (Townsend 1965). For constipation, Iliamna Den'aina would chew the inner bark of mountain ash prior to boiling it, then drink the resulting tea (Townsend 1965).

**Tlingit**
**Names:** No information found
**Symptom:** Tuberculosis
**Plant application:** Infusion/decoction

**Yukon area uses**
Tuberculosis: Roots of Sitka mountain ash were used to make an infusion as a stentiment for tuberculosis (de Lagnitz 1972).

**General uses:**
Tuberculosis(?) Blauchke reports that a tea of a plant was drunk for pleurisy by the Tinglit (Blauchke in Krause 1956). The plant referred to as *Pyrus sambuciifolia* and "crab apple". *Pyrus sambuciifolia* is now referred to as *Sorbus sambuciifolia*. However, *S. sambuciifolia* is restricted to the tip of the Aleutian chain. It is quite possible that Blauchke was referring to *Sorbus stenocarpa* or *Malus fusca* (Oregon crab apple), both of which occur throughout Tlingit country.

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\(^1\) (Sheffield 1980)
\(^2\) (Turner and Szczawinski 1991)
Thuja plicata

Some people have allergic reactions to the wood.¹

Cupressaceae (Cypress Family)

Common name: Western red cedar

Physical description: A large tree, up to 190 feet tall, its branches tend to form a "V-shaped". The grey to reddish-brown bark is fibrous and tears off in strips. Leaves are scale-like (Pojar and McKinnon 1994).

Alutiiq

Name: Qar'arin

Symptoms: Bleeding, hemorrhages, burns

Plant application: Ash

English Bay and Port Graham area uses

Burns, cuts/scrapes: Cedar charcoal and ashes were placed on cuts to stop bleeding and help relieve burns.

Tlingit

Names: No information found

Symptoms: Broken bones, venereal disease

Plant application: Infusion/decoction

General uses

Broken bones: Cedar was used to set broken bones by binding the afflicted area with splints made from the bark (Emmons 1991). The common name "cedar" was the only identification of this plant, however, Alaska cypress (Chamaecyparis nootkatensis) is called "cedar" and may have been the plant used. A person skilled in this practice, akiuwiid, would seek or know the rest ("feeling about eager"), rather than a shaman set the broken bones in Tlingit culture (Emmons 1991).

Venereal disease: A mixture of Thuja plicata (lizas as Thuja esculenta), Ledum palustre ssp. groenlandicum, and Pinus flexilis (taxonomy unclear), was taken internally for venereal disease, including syphilis (Blaschke in Kravitz 1956; McGregor 1981).

¹ (Turner and Szaszewski 1991)
Tsuga spp.

Finncae (Pine Family)

Tsuga heterophylla

Tsuga mertensiana

Common names: Hemlock (Tsuga spp.); alpine hemlock, black hemlock, mountain hemlock (Tsuga mertensiana); Alaska pine, hemlock spruce, Pacific hemlock, west coast hemlock, western hemlock (Tsuga heterophylla)

Physical description: Tsuga heterophylla is a tree that grows to roughly 190 feet in height with a narrow crown. It has down-sweeping branches and delicate feathery foliage. The bark is rough, reddish to brown, scaly, and thick. The needles are short, flat, and blunted, and of unequal length. Two fine, whitish lines of stomata appear on the lower surface of the leaves. It grows in fairly dry to wet sites and is very common from low to middle elevations (Pijar and McKinnon 1994). Tsuga mertensiana grows to 130 feet in height in subalpine areas. However, tree growth is often stunted in higher elevations and muskegs. Bark is dark red to brown, deeply furrowed and ridges. The needles are similar to Tsuga heterophylla except that they are of equal length and have stomata on both the upper and lower surfaces (Polar and McKinnon 1994).

Alutiq

Names: Quattsekdilig (for Tsuga heterophylla); allick (for Tsuga mertensiana)

Symptoms: No information found

Plant applications: No information found

Uses: No information found

Tlingit

Name: No information found

Symptoms: Burns, diarrhea, skin trouble, toothaches, tuberculosis, venereal disease

Plant applications: Chew, infusion/decoction, poultice, salve

Yukon area uses

Tuberculosis: Hemlock bark and pitch, prepared as a decoction and drunk, was used as a treatment for tuberculosis by the people of Yukon (de Laguna 1972).

General uses

Burns, skin trouble: George Davis (whose account was part of series of oral interviews on subsistence life among the Tlingit) shared that boiled hemlock needles were an effective treatment for sores in the mouth. He stated that for burns "...you chew on the needles, then use it for medicine" (Newton and Mose, no date).

Diabetes: the fresh "juice" of Tsuga heterophylla (recorded as Pinus canadensis) was mixed with mountain goat tallow and presumably ingested (Blaschke in Krause 1956).

Toothaches, venereal disease: Warmed seeds of mountain hemlock were applied and held on a sore tooth (see also Sitka spruce (Picea sitchensis). Venereal disease was treated with a mixture of Sitka spruce pitch, Siberian spring beauty (Claytonia sibirica) leaves, and Alaska cypress (Chamaecyparis nootkatensis) bark. This salve was applied externally (McGregor 1981).

Tsimshian

Names: No information found

Symptoms: Skin trouble

Plant application: Salve

General uses

Skin trouble: Mixed with eelgian oil, warmed hemlock pitch was applied to the skin for eczema. This treatment was repeated for one week (McGregor 1981).
**Vaccinium parvifolium**

*Red huckleberry*

Excess of huckleberry tea has been noted to cause "minor symptoms of poisoning", however "normal doses are generally quite harmless".¹

**Ericaceae** (Heath Family)

**Common name:** Red huckleberry

**Physical description:** A shrub which grows to about 3 ft. in height with distinctly angled branches, its leaves are round and mostly entire, although they can be somewhat serrate in young leaves. Flowers are single and greenish to yellow in color. The fruit is bright red. It is found growing in forests (Hulten 1968).

**Tlingit**

**Names:** Kla-kut-rank, Hé'kaktunt

**Symptom:** Tuberculosis

**Plant application:** Infusion/decoction

**General uses**

Tuberculosis: "A tea was made by boiling the leaves of a huckleberry bush, this kut su. [Is this possibly the red huckleberry, elsewhere written as kla-kut-rank, or *Vaccinium parvifolium* Sm. (?)]" (Emmons 1991). Plant identification lacks verification and needs further attention.

¹ (Schofield 1989)
Vaccinium vitis-idaea ssp. minus
Low bush cranberry

Ericaceae (Heath Family)
Common names: Low bush cranberry, lingonberry, mountain cranberry, cowberry, rock cranberry, partridgeberry, foxberry

Physical description: This low evergreen shrub rises from creeping horizontal roots with 3- to 8-inch upright branches with many shiny, oval, hard, evergreen leaves with rolled-over edges. The pink and white (color is variable) small bell-shaped flowers are clustered at the end of the branches (Pratt 1989).

Alutiiq
Name: Bruma'ina (possibly Kodiak, Russian origin): lemchipik
Symptoms: No information found
Plant applications: No information found
Uses: No information found

Athabascan
Names: By' ge'a (Upper Inlet Den'ima), he'y pok'a (Outer Inlet Den'ima), k'ay'ok'ok' (Inland and Bluma Den'ima), su'ka' (Upper Tanash), nomh'li (Kuskokwim Ingalik), Deg Hix'at' (Carlson 1983)
Symptoms: Cold/flu, coughs/colds congestion, general ill health, headache, infections/inflammation, kidney trouble, measles, sore throat, stomach troubles, tuberculosis
Plant applications: Chew, gargle, infusion/ decoction, poultice

Den'ima uses
Headaches, infections/inflammation. Similar to the treatment for measles recorded by Hall, Island Den'ima warmed raw low bush cranberries and used the mash as a “hot pack” for headaches, swelling, and tonsillitis (Kari 1995).

Sore throat: Berries were chewed and the juice was gargled or a “hot pack” was placed on the throat (see above) (Kari 1995).

Tuberculosis: A story shared with Priscilla Rossell Kari depicts treating tuberculosis with high bush cranberries. “Place a bear gut raincoat on the floor of the steam bath and put cooked or raw, crushed cranberries on the coals. Have the ailing person lay on the berries, and place more berries on top of him. Continue this treatment for three months” (Kari 1995).

Ninilchik area uses
Kidney trouble: An Aleut resident living in Ninilchik shared that low bush cranberries chewed raw or cooked were good to prevent and cure kidney trouble. Low bush cranberry juice drunk two to three times a day for about one week helped relieve kidney related backaches (Kwi 1994).

Salcha uses
General ill health: Living along the Tanana River, Salcha Athabascans would collect non-fresh low bush cranberries

1 An Inupiat name has been recorded, but special characters necessary for spelling are not available in this publication.

(Vaccinium vitis-idaea) and bog cranberries (Oxyccoccus microcarpus) during the spring thaw. These berries were boiled in water and used as a good internal medicine (Andrews 1975). Although not stated by Andrews, it is inferred that the infusion was drunk as a spring tonic.

Upper Tanana and Ahina uses
Cold/flu, coughs/colds congestion: Both raw cranberries and their juice were ingested for colds and coughs (Kari 1985).

General uses
Measles: Boiled and mashed cranberries were rubbed on a rash.

The ill person was put to bed, still covered with the cranberry mash, and covered with a warm blanket (Hall, 1970). It is unclear if these are traditional healing practices.

Stomach troubles: Upon stomachs, including morning sickness, were relieved by chewing low bush cranberries.

Inupiat
Inupiat Names: ___(Andrews 1971); ipauwiniuap
Symptoms: Galt bladder problems, headache, sore throat, urinary problems, weight loss/loss of appetite
Plant applications: Chew, poultice

Wakapa Bay area uses
Headache: Loren Potter mentions that elders of the Wakapa Bay area used Vaccinium vitis-idaea as a treatment for headaches (Potter 1972). The berries were presumably eaten off-though method of administering the cranberries was not provided.
Vaccinium vitis-idaea ssp. minus  Low bush cranberry (continued)

General uses
Gall bladder problems: A mix of boiled cranberries and seal oil was given to the patient to eat for gall bladder trouble (Anderson 1977), although symptoms of or methods for detecting this illness were not recorded by Anderson. Sore throat: Mashed berries of Vaccinium vitis-idaea were applied to the neck for sore throats (Maunilik Cultural Heritage Program in Fortuna 1988).

Urinary problems: Drinking cranberry juice or eating raw cranberries was used as a treatment for urinary tract problems by the Inuit (DeLapp and Ward 1981). The treatment of cranberry juice for urinary tract problems may have been introduced from non-Native settlers in Alaska. Weight loss/diabetes: To stimulate a poor appetite (producing both weight loss and a weak body), a mix of boiled cranberries and seal oil was given to the patient to eat. Berries were also mashed and mixed with seal or fish oil and boiled to stimulate a poor appetite (Maunilik Cultural Heritage Program in Fortuna 1988).

Tlingit
Name: Q'u'v
Symptoms: No information found
Plant applications: No information found
Uses: No information found

Yupik
Name: Tanuglip, kaskal nakk (meaning "red ones"); kee'niit (St. Lawrence Island)
Symptoms: Diarrhea, eye troubles
Plant applications: Chew

Yukon-Kuskokwim area uses
Diarrhea: "Cranberry" was used for diarrhea (Lantis 1959). Cranberry probably refers to Vaccinium vitis-idaea, however "cranberry" is also a common name for Viburnum edule, and Oxyccoccus microcarpus. All three of these plants grow in Yupik country.

Eye troubles: The berry juice was applied to the eyes for snow blindness (Lantis 1959).

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2 Since the plant was only recorded as "cranberry" by DeLapp and Ward (1981) and Anderson (1977), it is unclear if the reference is to Vaccinium vitis-idaea, Oxyccoccus microcarpus, or Viburnum edule, all of which have the common name of "cranberry". Vaccinium vitis-idaea, or low bush cranberry is found throughout the North Slope of Alaska, so it may be likely that this plant was used by the Inuit.
Viburnum edule

Viburnum spp. contains the toxic substances viopu-diol and coumarin glycosides. However, this plant is generally considered safe for consumption.  

Caprifoliaceae (Honeysuckle Family)
Common names: Highbush cranberry, crampbark

Physical description: Highbush cranberry is usually an up-right shrub up to 8 feet tall with smooth branches. Leaves are opposite on the stems, varied in shape, and have very coarse veins. Upper leaves are elliptical while the lower leaves are 3-lobed. All leaves are toothed and turn red to maroon in the fall. The small 3-petaled, white to pinkish flowers are tubular, flare out at the end, and are in clusters above the leaves. The soft, translucent, red to orange berries are open in August (Pratt 1989).

Alutiiq
Name: Qaladalaaq (Prince William Sound and Port Graham); Kalmarayug (Kodiak Island)
Symptoms: Qoldu'tlu, constipation, coughs/chest congestion, cuts/scrapes, infections/inflammation, sore throat, urinary problems
Plant applications: Chew, infusion/decoction, poultice

English Bay and Port Graham area uses (See also P.S., page 175.)
Cuts/scrapes, infections/inflammation: Ronald Staniak noted the use of highbush cranberry stems being boiled into an infusion which was used as a soak for sores on the hands and feet. The inner white pulp area of the branches was used as a poultice for infected cuts.” (Staniak 1985).

Prince William Sound and lower Kenai Peninsula area uses
Coldu'tlu: To prevent a cold, a Native resident of Cordova recommended drinking a half cup daily of an outer bark infusion (Wennerken 1983, 1985).

Constipation: An infusion of the outer bark of highbush cranberry was drunk for constipation (Wennerken 1985).

Coughs/chest congestion: The fruits were boiled, mixed with sugar, and taken as a cough syrup (Staniak 1985; Wennerken 1985).

Cuts/scrapes: The outer bark of highbush cranberry stems was mixed with warm water and applied to cuts and boils. The poultice was left on for two or three days and the entire process repeated a couple of more times until the wound was healed (Kari 1995; Wennerken 1985).

Highbush cranberry was a great wash for infected cuts or sore throat gargle (Wennerken 1985). A leaf infusion from high-

bush cranberry was also used as a sore throat gargle by the Chugach area Eskimo (Birket-Smith 1953). Highbush cranberries when eaten raw have helped heal a sore throat (Staniak 1985; Wennerken 1985).

Athabaskan
Names: 1 (Lime Village. Dena'ina), 2 (Salcha), 3 (Dena'ina), 4 (Koyukon), 5 (Yup'ik), 6 (Alutiiq, Fort Yukon)
Symptoms: Coldu'tlu, coughs/chest congestion, cuts/scrapes, sore throat, stomach troubles
Plant applications: Infusion/decoction, switch

Alaska area uses
Coldu'tlu, sore throat: Athna Athabascans ate highbush cranberries for colds and sore throats (Kari 1985).

Dena'ina uses
Coldu'tlu, sore throat, stomach troubles: The stem bark was boiled into a tea and drunk as a cure for stomach troubles.

References:
1 (Torrance 1989)
2 Athabaskan and Inupiat names have been recorded, but special characters necessary for spelling are not available in this publication.
The Upper Inlet Den'î'ë used this tea as a gargle for sore throats, colds, and laryngitis (Kari 1995). Karl also states that the branches of the highbush cranberry made a good steambath switch.

**English Bay area uses**

Cut/scrapes: The treatment of wasting infected cuts with an infusion of the inner bark of highbush cranberry was shared with Janice Schiefelbein by an English Bay resident (Schiefelbein 1992).

**Ninilchik area uses**

Cold/flu, cough/cold chest congestion, sore throat: An Alsat resident living in Ninilchik has drunk and gargled with high bush cranberry juice for colds and sore throats. It was also mixed with yarrow flowers for cough medicine (see *Achillea bora- lors* for more detail) (Kari 1994).

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**Inupiat**

**Name:** ____________  
**Symptoms:** No information found  
**Plant applications:** No information found  
**Uses:** No information found

**Tlingit**

**Name:** Al kun-gwaatz' weez'; *kow'eh'tix*  
**Symptom:** Skin trouble  
**Plant application:** Sâu'vî  
**General uses**

Skin trouble: A lotion made by boiling the bark of highbush cranberry, or al kun-gwaatz' weez; in Tlingit, was used to treat skin diseases by rubbing the lotion on the affected area. (Emmons 1991). Emmons, however, does not state what else was mixed with the highbush cranberry to make this lotion.
An herb is a nonwoody plant that may be an annual, biennial, or perennial. Its aerial portion naturally dies to the ground at the end of the growing season (Little and Jones 1980).
Shamanic uses have been associated with this plant. Achillea millefolium contains a volatile oil.¹

**Compositae (Composite Family)**

**Common names:** Northern yarrow, windrow, devil's playing, field hop, milfoil, nosebleed, poor man's pepper, sneezeweed, soldier's woundwort, stachwort, thousandleaf, yarrow, yarrowway

**Physical description:** A very common weedy and sturdy perennial, this plant grows up to 24 inches tall. It has fine, ferny, 2 to 3 times pinnately dissected leaves that are variable in length and width. The leaves are somewhat reduced in size as they move up to the stem. They have a flat-topped cluster of small white flowers (Pratt 1991).

**Aleut**

**Names:** Amikuyar (Alit Island); cinpandar (Nikolski)

**Symptoms:** Colds/flu, cuts/scrapes, internal pain, nosebleeds, sore throat, stomach troubles

**Plant applications:** Infusion/decoction, poultice

**General uses**

Colds/flu, cuts/scrapes, nosebleeds, sore throat, stomach troubles: Stomach and throat pains, as well as colds, were treated with an infusion of yarrow leaves (Bank 1953, 1971). Before Russian settlement in Alaska, yarrow was used to treat consumptives (tuberculosis) (Bank 1953). Today "leaves are plucked, rolled between the palms, and placed over open cuts as a poultice. Leaves are also crushed and stuffed into the nostrils, for nosebleeds." It is unclear if this is a traditional treatment.


**Alutiiq**

**Names:** Caut (Prince William Sound); qamgumlarq (Kodiak Island)

**Symptoms:** Arthritis, asthma, bladder infections, bleeding/hemorrhages, childbirth, colds/flu, coughs/cold congestion, cuts/scrapes, coughers, infections/inflammation, kidney trouble, measles, menstrual problems, skin trouble, sore throat, stomach troubles

**Plant applications:** Infusion/decoction, plaster, poultice

Chugach area uses

Infections/inflammations: Boils were treated with the pulverized root of Achillea boralis (Birket-Smith 1953).

**English Bay and Port Graham area uses** (See also P.S., page 175.)

Asthma: sore throat: These were two primary afflictions treated with yarrow (presumably Achillea boralis) by the Alutiiq of Port Graham and English Bay. Plants were harvested by the people of English Bay and Port Graham in spring, summer, and fall and dried for winter use.

Childbirth (post-partum): A newborn's umbilical cord was also treated with yarrow when it persisted longer than usual (Stanek 1985). Plant preparation guidelines were not documented by Stanek for this treatment.

**Kodiak Island area uses**

Asthma, bleeding/hemorrhages, hangovers: Yarrow tea was taken to stop bleeding of the lungs, asthma, and hangovers (Graff 1985).

**Prince William Sound and lower Kenai Peninsula area uses**

Arthritis, cuts/scrapes, skin trouble: A hot pack or plaster of the leaves was placed on cuts, sores, boils, and pimples. Leaves were wired and stored in a cloth bag which could then be warmed in hot water and placed on the body for arthritis (Wennekens 1985).

Childbirth: A tea of brewed leaves was given to a new mother to force the uterus to clean itself and enhance the flow of milk (Wennekens 1985).

Colds/flu, coughs/cold congestion, sore throat: Leaves of Achillea boralis were brewed into a tea and drunk for colds and chest congestion, or used as a gargle for sore throats by the Alutiiq people (Wennekens 1985).

¹ The volatile oil contains "cineol, a tantin, achiletene, achiletin, rosin, cinnamic acid, stachydrine, choline, and glycosyl betaine" (Merrick in Vierneek 1982). α-Stossterol and achillin (a lactone) have also been isolated from this species (Vierneek 1982).
Infections/inflammation: This infusion (see above) was said to be extremely helpful for fighting infections (Wennekers 1965).

Athabascan
Name: Bush’ta’i’i wîn’î (Inland, Ilanum, Outer Inlet, and Upper Inlet Den’a’ina)
Symptoms: Bleeding/hemorrhages, burns, childbirth, cough/ chest congestion, cuts/scratches, eye problems, infections/inflammation, internal pain, kidney trouble, measles, skin trouble, sore muscles, sore throat
Plant applications: Ash, infusion/decoction, plaster, poultice, powder, steam

Den’a’ina uses
Burns, cuts/scratches, infections/inflammation: Dried and powdered leaves were placed on sores, cuts, burns, and blisters and help to reduce infections. The leaves were burnt and the remaining ash used the same way as the powder (Kari 1995). Chilkatbread: Mothers and new infants were given this tea to drink for internal cleansing by the Upper inlet people (Kari 1995). Cough/chest congestion, internal pain, sore muscles: The steam released from boiling the plant was good for stuffy sinuses. A hot pack, or plaster, was used to treat sore muscles, aches, and pains (Kari 1995). Eye problems, skin trouble: An infusion of the above ground portion of yarrow was used as a wash for sore eyes and skin trouble by the Den’a’ina (Kari 1995).

Kidney trouble: Yarrow was also an effective treatment for kidney troubles and bed-wetting. How the plant is administered for urinary troubles was not reported (Kari 1995).

Menstrual: A yarrow infusion also was said by the Chilkat Eskimos to help menstruation (Kari 1995).

Gwich’in uses
Bleeding/hemorrhages: Yarrow “flower clusters were rubbed in the hands and inserted into the nose” as a treatment for nosebleeds (Holloway and Alexander 1900). A tea was traditionally prepared from the flowers and leaves, but according to Holloway and Alexander (1900) it appears that in Fort Yukon that remedy is not currently practiced. It was not stated for what ailments, if any, yarrow tea was used.

Ninilichik area uses
Burns, cuts/scratches, infections/inflammation: A small piece of dried or fresh yarrow flowers was placed on cuts, sores, and other skin infections. An Alutiiq resident from Ninilichik shared that dried and powdered flowers used to be placed on burns to help them heal (Kari 1994).

Cough/chest congestion, sore throats: Ninilichik residents still highly value the healing properties of the yarrow plant. An Alutiiq Ninilichik resident said that yarrow flowers were dried, powdered, mixed with high bush cranberry juice, and taken for coughs (Kari 1994). To prepare, two parts high bush cranberries (Viburnum alniphyllum), boiled and strained, were mixed with one part yarrow tea and honey. A Russian-Alutiiq man from Ninilichik remembered people gargling with yarrow tea for sore throats and other sickness (Kari 1994).

Inupiat
Names: No information found
Symptoms: No information found
Plant applications: Infusion/decoction

General uses
According to Anderson, Achillea borealis was dried and used in an infusion for medicinal purposes. Specific illness’ benefitting from this treatment were not stated (Anderson 1939).

Tlingit
Name: Ke-kuk-sleeta
Symptoms: Cuts/scratches, eye problems, infections/inflammation, menstrual problems, rheumatism
Plant applications: Compress, poultice, steam

Yukon area uses
Eye problems, infections/inflammation, menstrual problems, rheumatism: As a treatment for infections, de Laguna stated that a compost of boiled yarrow leaves placed on the affected area “will draw the bad blood to the surface so that it can be lanced” (de Laguna 1972). This compost was also used for other sores, including the eyes. Rheumatism and menstrual cramps are aided by placing leaves on streambed rocks (de Laguna 1972).

General uses
Cuts/scratches: Although not verified as Achillea borealis, ka-kuk-sleeta was “heated on a hot rock, mixed with the milk of a woman of the opposite moiety (from the patient), and applied to the wound” (Emmons 1991). Emmons also noted that “the use of medicinal herbs was generally known, but their gathering and preparation was more confined to older women, who were likewise the midwives, and for their services they were paid accordingly” (Emmons 1991).

Yupik
Name: Panaajoo’lu’ik (meaning “bumblebee food”)
Symptoms: No information found
Plant applications: No information found
Uses: No information found
Allium schoenoprasum var. sibiricum

Wild chive

This herb is safe to ingest. However, many similar looking plants are poisonous; be sure to correctly identify this plant.

Liliaceae (Lily Family)

Common names: Wild chive, garden chive, onion grass, wild onion

Physical description: Wild chive has many rose to lavender-colored flowers on a dense, nearly round, umbel just above the clump of long hollow grass-like leaves (Pratt 1991).

Alutiiq

Name: Lakeina
Symptoms: No information found
Plant application: No information found
Uses: No information found

Athabascan

Name: Cthulic (Northway, Nebena'a) 1 (Kari 1995)
Symptoms: Cold/flu, general ill health
Plant application: Chew

Fort Yukon area uses

Cold/flu: Villagers extracted the juice from wild onions and used it as a cold remedy (Holloway and Alexander 1990). Methods of preparing and administering the plant were not documented.

General uses: General ill health. Wild onions eaten raw or cooked were used to purify blood (Hall 1979). Brenda Hall did not state where this information was collected, so it is unclear if this is a traditional treatment.

Inupiat

Name: Paaatiaq
Symptoms: No information found
Plant applications: No information found
Uses: No information found

Tlingit

Name: _
(Sitka area)
Symptoms: No information found
Plant applications: No information found

Sitka area uses

This plant is listed only as a strong medicine of the Tlingit by Andrew Hope III in his book Raven’s Bones (1982). Referenced only by its common name “wild onion”, this citation most likely refers to Allium schoenoprasum var. sibiricum.

1 Athabascan and Tlingit names have been recorded, but special characters necessary for spelling are not available in this publication.
Species in the genus Anemone contain the poison anemonin, and should therefore not be ingested.

Ranunculaceae (Crowfoot Family)
Anemone narcissiflora spp. villosissima
Anemone parviflora

Common names: Anemone (Anemone spp.); narcissus-flowered anemone (A. narcissiflora spp. villosissima); pepperplant, windflower (A. parviflora)

Physical description: Anemone narcissiflora spp. villosissima is a somewhat hairy, clumping perennial plant (8 to 24 inches tall) having deeply dissected, 3- to 5-lobed, hairy leaves on long stems arising from the base of plants. The showy (1 to 2-inch) flowers are on stems above the leaves and are variable. They have 4 to 10 white, somewhat acute sepals usually with a slight bluish cast on the undersides. The modified leaf on the stem below the flowers completely surrounds the stem (Pratt 1989).

Anemone parviflora is similar to Anemone narcissiflora spp. villosissima except that it has more rounded glabrous leaves, blooms very early and almost always has 5 large (over 1 inch), rounded white sepals that are quite bluish on the underside (Pratt 1989).

Aleut
Name: Cisudagnis (Unlaska)
Symptom: Bleeding/hemorrhages
Plant application: Infusion/décoction

General uses
Bleeding/hemorrhages: The roots of Anemone narcissiflora var. villosissima were gathered and "boiled until all of the juice is extracted, and the juice is then given to patients suffering from hemorrhage" (Bank 1953, 1971).

Athabascan
Names: No information found
Symptoms: Cuts/scrapes, tuberculosis
Plant applications: Infusion/décoction, poultice

Chandalar Kutchin uses
Cuts/scrapes: Wounds were treated by boiling macerated Anemone spp. leaves and then placing them directly on the afflicted area (Fournier 1985, McKenman 1965). McKenman added that "this compress is said to be highly astringent and consequently is applied for only a few minutes at a time" (McKenman 1965).

Fort Yukon area uses
Tuberculosis: Ground leaves of Anemone parviflora placed in boiling water became a 'peppery-tasting tea' and was traditionally given as a treatment for tuberculosis by the people of Fort Yukon (Holloway and Alexander 1990).

1 (Pratt 1991)
**Angelica spp.**

Positive identification is extremely important with this plant as it has many poisonous and deadly look alikes. Angelica root is toxic.¹

**Umbiliferae (Parsley Family)**
- Angelica lucida
- Angelica genuflexa

Common names: Angelica, wild celery, (Angelica spp.); seaside angelica, wild parsnip, wild celery (Angelica lucida)

**Physical description:** Angelica lucida is a rather stout plant, 18 to 36 inches tall. It is very larvæ with serrated leaflets and inflated, almost translucent petioles. Flowers are greenish-white and in an umbel (Pratt 1989).

**Aleut**
- **Name:** Sobolok
- **Symptoms:** Colds, l습, cuts/scrapes, internal pain, sore throats
- **Plant applications:** Infusion/decoction, poultice

**General uses**
Colds, l습, internal pain, sore throats. According to Bank (1953), wild parsnip, Angelica lucida, was used in tonics to treat colds and sore throats. In addition leaves were used as a possible: "...older natives would slice the roots into two parts, heat the halves, and place them over the area of the body that hurt. If the pain was deep within the body, merely placing the heated roots over the skin in the general region was supposed to bring relief (Bank 1953)."

Cuts/scrapes: Wounds were treated from both internal and external applications of Angelica spp. roots (Fortune 1988; Merck 1980). Method of preparation and administration of the plant was not recorded.

**Alutiiq**
- **Names:** Utinnaaq, awaaqawak
- **Symptoms:** Skin trouble
- **Plant applications:** Poultice, switch

**English Bay and Port Graham area uses**
Skin trouble. Ledyd angelica stalks were used as a steambath switch to treat sores and skin rashes. Fresh, crushed stalks were also rubbed on the afflicted area during or after a steambath. Or, angelica leaves were placed on hot rocks in a steambath and placed on the sore area as a poultice (Russell 1991).

**Athabascan**
- **Name:** k'enaq gata'ı́ ae (Inland and Eshared Dema'ina)
- **Symptoms:** Cuts/scrapes, infections/inflammation, internal pain, toothache
- **Plant applications:** Infusion/decoction, poultice

**Dema'ina uses**
- **Cuts/scrapes, infections/inflammation, internal pain, toothache:** Considered a strong medicine by the Dema'ina, the root of Angelica spp. was used to treat aches and pains, cuts, sores, blood poisoning, and infections. To prepare, the root was peeled, cut up, mashed, and then boiled or soaked in hot water. The resulting water was used as a wash or the macerated root was used as a poultice. Some Dema'ina people claimed this treatment "nurms pain and heals affliccioses".

A story shared with Priscilla Russell Kari by an Upper Inlet Dema'ina man depicts the value many Dema'ina placed in the healing properties of angelica. He recounted how his finger was saved from amputation following application of angelica root. "When his finger developed blood poisoning, a medical doctor wanted to amputate it. He refused and went home, where he treated the finger with angelica as described above. He also washed the finger with a decoction of angelica..."
...and wormwood. By treating his finger in this manner over a period of time, he cured it" (Kari 1995).

Toothache: Qun pairs and Upper Inuit Denali'ina placed raw angelica root on a toothache until the tooth broke up and fell out (Kari 1995).

**Inupiat**

*Name:* Iñuutuk, tkukumuk, tkukuksh

*Symptoms:* No information found

*Uses:* No information found

**Yupik**

*Name:* Yipplik (for *Angelica lucida*, St. Lawrence Island)

*Symptom:* General ill health

*Plant application:* Chew

St. Lawrence Island area uses

General ill health. The root of fresh or dried *Angelica lucida* was chewed to treat general feelings of ill-health. The root was also said to act as preventative medicine. If a piece of the root was chewed daily (Young and Hall 1969). Documented Native uses of plants as preventative medicine are rare.
*Arabis hirsuta* s. lat.  

**Cruciferae** (Mustard Family)  
**Common name:** Hairy rock cress  
*Arabis hirsuta* ssp. *escholtziana*  
*Arabis hirsuta* ssp. *pyenocarpa*

**Physical description:** Frequently found on disturbed sites and fields, this annual weed has yellow-green flowers. The stem is hairless and contains both basal and stem leaves. The white flowers are in terminal clusters. The fruits are long, narrow siliques and grow to 3 1/4 inches long. (Pojar and Mckinney 1994).

**Tlingit**  
**Names:** No information found  
**Symptom:** Cuts/scrapes  
**Plant application:** Poultice

**General uses**  
Cuts/scrapes: Hairy rock cress was macerated with a mortar and mixed with water, before being applied to wounds and cuts to facilitate healing (Emmons 1991).
Artemisia spp.

**Wormwood**

Species in the genus Artemisia contain the volatile materials thujone, iso-thujone, cineole, camphor, and artemet ketone. They also contain the toxic substance artemisin, a substance which can cause headaches, dizziness, nausea, and diarrhea. 

**Compositae (Compositae Family)**
Common names: Wormwood, stinkweed

**Physical description:** Artemisia is the only genus of the Compositae family with woody species in Alaska. Only two species in the genus are considered shrubs: Artemisia alaskana and Artemisia frigida (Viereck et al. 1972). By far the most commonly used species is the genus Artemisia silvestrii.

**Alutiq**

**Names:** Cuk

**Symptoms:** Couch / chest congestion, infections / inflammation, pneumonia

**Plant applications:** Infusion / decoction, poultice, switch

**English Bay and Port Graham area uses** (See P.S., page 176)

**Athabascan**

**Name:** Sodjuk

**Symptoms:** Arthritis, colds, cuts / scrapes, earaches, eye problems, general ill health, infections / inflammation, internal pain, toothache

**Plant applications:** Infusion / decoction, plaque, switch

**Denina uses, Kekai area**

Cuts / scrapes, earaches, eye problems, general ill health, infections / inflammation, internal pain, toothache: Peter Kalforsky listed multiple uses for the leaves and stems of wormwood: toothaches, earaches, blood infections, swollen and painful eyes, foot sores, and other internal pain. To treat these ailments the leaves and stems were wrapped in cloth, the cloth was stepped in hot water, and then the patient soaked in the hot water. For eye problems, the eye was washed with the water. Although some of this infusion was drunk, he cautions not if "you swallow too much, you stomach will be upset" (Kalforsky 1977; Kalforsky et al. 1991).

**Cold/fever:** According to Peter Kalforsky, a steam bath switch was fashioned from wormwood to help treat colds.

To cure a cold in the lower chest before it gets into the lungs and becomes pneumonia, they first take the sick man into the steam bath and switch him all over with a switch made of wormwood (most likely Artemisia silvestrii). That switching causes medicine. Whatever medicine is in the wormwood penetrates into his bloodstream (Kalforsky et al. 1991).

The treatment for colds continued with massages and more steam baths for three days. Additional plants were used during this treatment episode including: reedbushes (Rosa spp.), Hudson Bay tea (Ledum palustre s. lat.), and spruce (Picea spp.).

**General use**

Ibuprofen, infections / inflammatory: According to Hall, Atha- nescan people used sudafed for sores, arthritis and diaper rash. Dried leaves were moistened and placed on the sores, or cuts, or placed over the painful area as a result of arthritis. An infusion of wormwood was made by boiling up a pitch of leaves and drinking 1/2 to 3/4 of a cup a day. Hall did not state what the tonic was used for. She also stated that a bael of stink- wood (Artemisia spp.), once boiled, was a good wash for sores and rashes (Hall 1979).

General ill health, rheumatism, sore muscles: According to Martha Domnick of Netna, a poultice of wormwood was used for rheumatic aches and sore muscles. She continued to say, "a tea is also used made from this plant and people drink a little bit every day for good health" (Denakkanaaga 1996).

**Insupiat**

**Names:** No information found

**Symptoms:** Bladder infections, colic, fever, infections / inflammation, internal pain, lung trouble, pneumonia

**Plant applications:** Infusion / decoction, powder

**Kotzebue Sound area uses**

Bladder infections, colds, cuts / scrapes, infections / inflammation, internal pain, lung trouble, pneumonia: The leaves (either fresh or dried) of Artemisia spp. were boiled into a tea which was drunk for colds, "bad lungs," bladder trouble, and itching bones (Mauneau Cultural Heritage Program in Fortuna 1980).

**General uses**

Cold/fever, infections / inflammation: Artemisia spp. was used to treat colds by drying the plant and preparing an infusion. The plant was also powdered and used as a poultice for "injures and swellings" (Anderson 1939).

Colds, fever, lung trouble, pneumonia: To prevent colds and help offset the effect of colds once they have occurred, the Insupiat boiled Artemisia spp. leaves, saved the infusion and periodically took spoonfuls of it (DeLapp and Ward 1981). The ef- fectiveness of stinkweed was further demonstrated by the treatment of pneumonia, "Boil stinkweed for 15-20 minutes, then strain it and have the person drink 1/2 glass of the boiled water three times a day" (DeLapp and Ward 1981). Lung hemorrhages were also relieved with Artemisia spp. leaves (Lucier et al. 1971).

**Note**

Wormwood used by Insupiat people was most likely Artemisia silvestrii.

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1 (Overfell et al. 1980)
2 (Fortune 1980, 1989)
Artemisia spp.  Wormwood (continued)

Yupik
Names:  Jaythak, jieleluk
Symptoms:  Arthritis, colds/flu, cuts/scrapes, dandruff, infections/inflammation, skin trouble, sore muscles, sore throat, stomach troubles
Plant applications:  Infusion/decoction, poultice, switch

Kwethluk area uses
Colds/flu, infections/inflammation, sore muscles. Colds and sore throats were treated by harvesting wormwood leaves after the first fall frost and drinking an infusion. Sore muscles were alleviated with a "mouthwash" switch of stinkwood, and a poultice was placed on "infections and aching joints" (Cofting 1991).

General uses
Arthritis, cuts/scrapes, dandruff, skin trouble, stomach troubles: By drinking wormwood tea, digestive tract disorders were alleviated. A woman shares a story of a man who had intestinal cancer: "He began drinking a cup of 'skeluk' tea every day. When he returned to the medical center (where he was diagnosed) the examining physician found that the cancer was in remission" (Southcentral 1991). A poultice of Artemisia spp. leaves was applied to cuts twice daily to prevent or cure infections. Using the infusion as a pain-relieved skin bath and dandruff. The entire wormwood plant was used in the bathhouse to treat arthritis; it done by 'stroking the afflicted area with the leaf end of the plant' (Southcentral 1991). To harvest, jieleluk plants were picked early in the growing season, when they were most potent, and the leaves were refrigerated in airtight containers. They would last for a long time (Southcentral 1991).

Note
Wormwood used by Yupik people was most likely Artemisia silens.
Species in the genus Artemisia contain the volatile materials-thujone, iso-thujone, cineole, camphor, and artemisia ketone. They also contain the toxic substance artemisinin, a substance which can cause headache, dizziness, nausea, and diarrhea. 

Compositae (Composite Family)
Common names: Stinkweed, caribou leaves, sagebrush, wild sage, wormwood

Physical description: Artemisia tileii is a tall plant (2 to 5 feet) with many branched flower spikes with molding greenish-yellow flowers that look like the center of a daisy. The leafy plant has deeply cut 3-5 lobed leaves that are smooth and green on top and silvery and hairy beneath (Pratt 1989).

Alitiq
Names: Apahp-saqauqiq, culc (for Artemisia tileii)
Symptoms: No information found
Plant applications: No information found

English Bay and Port Graham area uses: (see P.S., page 176)

Alhabscean
Names: Ye'elheen (Inland, Iliamna, Outer Inlet, and Upper Inlet Dena'ina); ___ (Kari 1985); st'1h' tanum (Northway and Nenana); ti élvee (Lime Village, Dena'ina)
Symptoms: Arthritis, burns, childbirth, cold/fever, cough/cough chest congestion, cuts/scrapes, earaches, eye problems, infections/inflammation, insect bites, skin trouble, sore muscles, tooth/ache
Plant application: Chew, infusion/decoction, plaster, poultice, powder, switch

Ahtna uses, Upper Tanana uses
Cough/cough chest congestion, eye problems, sore muscles: An infusion prepared from the above ground portion of Artemisia ssp was drunk for soreness in the mouth by the people of Teltin. Tilti infusion was used in Northway as a wash for body aches and eyes. Many Upper Tanana people used wormwood as a steambath switch. Ahtna Athasbascan have reported chew/ing the leaves for coughs (Kari 1985).

Dena'ina uses
Arthritis, cuts/scrapes, infections/inflammation, skin trouble, sore muscles: Priscilla Russell Kari related many uses of the wormwood plant Artemisia tileii as well as other Artemisia species) by the Dena’ina Athasbascan. A tea (prepared by boiling or soaking the leaves in hot water) or poultice (prepared by rubbing the leaves on the skin) was used for rashes, cuts, blood poisoning, sore eyes, infections, arthritis, and swelling. Leaves were heated and wrapped in a cloth and applied as a plaster to treat these ailments.

Arthritis, cough/cough chest congestion, cuts/scrapes, infections/inflammation, skin trouble, sore muscles: By using Artemisia ssp. (possibly Artemisia tileii) as a steam bath switch, Dena’ina people relieved arthritis, chest congestion, body aches, sore, swelling, and “blood poisoned areas” (Kari 1995). Plants picked before flowering were said to be preferable.

Burns, cuts/scrapes: Dried and powdered leaves were used for cuts and burns by placing grease on the burns, sprinkling on wormwood powder, and covering the wound with a bandage (Kari 1995).

Childbirth: Pregnant women in steam baths used wormwood try first soaking the leaves in hot water and then rubbing the leaves on their bodies (including their stomachs). A midwife who used wormwood shared: “Especially in earlier days, a midwife knew how to change the position of a fetus that was not correctly placed. Before she moved the fetus by reaching inside a woman, she sometimes placed wormwood leaves on the woman’s stomach as a poultice” (Kari 1995).

The strong medicinal herbaceous smell of Artemisia tileii was noted by most everybody who handled it. Peter

1 (Overfield et al. 1980)
2 (Fontaine 1988, 1989)
3 An Athabascan name has been recorded, but special characters necessary for spelling are not available in this publication.
Kifornsky told JawczeSchofield that you can actually "taste wormwood in your mouth" after you switch yourself with the bush. (Schofield 1992).

Cuts/scrapes, infections/inflammation: *Artemisia tiliæ* leaves were wrapped on cuts to heal with infection or "applied as an abdominal bandage for a hot bath in the sweathouse" to help treat colds by the Tannina Athabascans (Ongred 1937).

Ears, eye problems, toothaches: Toothaches, earaches, and some eye problems (resulting from snow blindness) were also treated this way (see above) (Kari 1995).

Skin trouble: According to Kari, "a variant of these pea above" methods used especially to treat cuts and snow blindness is to wash the injured part with both wormwood and aged urine. It is reported from the Inland area that a wash made of wormwood and warm water is effective for treating boils. Frog's urine, which is said to be present in the swamp water, is reported to be a healing agent" (Kari 1995).

Outer Inlet Dena'ina occasionally placed fresh measured leaves in their footwear to relieve athlete's foot. It was said this helped relieve itching.

**Fort Yukon area uses**

Arthritis, cuts/scrapes, insect bites, skin trouble, sore muscles: An infusion of the leaves was used for a variety of purposes. It was drunk as a treatment for arthritis, used as a skin wash for insect bites, wounds and rashes, and as a foot soak for sore and aching feet. Sore feet were also relieved by placing fresh leaves in the bottom of shoes (Holloway and Alexander 1990).

**Inupiat**

**Names:** Sarpig, sarpiqnaaw.

**Symptoms:** Cold feet, cuts/scrapes, infections/inflammation, internal pain, lung trouble, skin trouble, stomach troubles.

**Plant applications:** Compress, infusion/decoction, poultice.

**General uses**

Cuts/scrapes, infections/inflammation, internal pain: A portion of stoneweed was placed on cuts to help prevent infection and reduce scar tissue buildup. Although the species was not verified, stoneweed probably refers to *Artemisia tiliæ*.

Infections/inflammation, internal pain: Dells Keats, originally from Noatak, picked *Artemisia tiliæ* in September and dried it for later use (July 1979). Treatment with stoneweed was given orally (as infusion) or externally (as a compress) to clean the blood, remove infections (Barry and Rodierick 1982), alleviate cold symptoms and treat athlete's foot (July 1979).

DeLapp and Ward (1981) also identified *sarpig* (A. tiliæ) spp., probably *Artemisia tiliæ* leaves as useful for an infected wound. Boiling the leaves and placing them on the infected area helped draw out the infection and drain the pui. To help with indigestion, an infusion of stoneweed possibly mixed with baking soda or Labrador tea (*Ledum palustre*) s. l.) was drunk. Rashes were treated by soaking the afflicted area in an infusion of stoneweed for 20 minutes three times a day (DeLapp and Ward 1981).

**Internal pain:** Internal pain, particularly chest pains, were treated with an infusion of stoneweed (Anderson et al. 1977). Anderson did not state the part of the plant used.

**Tlingit**

**Names:** No information found.

**Symptom:** Coughs/cheek congestion.

**Plant application:** Infusion/decoction.

**General uses**

Coughs/cheek congestion: An infusion of *Artemisia tiliæ* (identified as *Artemisia vulgaris*) was used both internally and externally in steam baths to treat pleurisy (Blanchis in Krause 1956).

**Yupik**

**Names:** Cuugijal (Nelson Island); kauna'uy (meaning "looks like a squirrel").

**Symptoms:** Arthritis, bleeding/hemorrhages, cold feet, constipation, coughs/cheek congestion, cuts/scrapes, general ill health, infections/inflammation, internal pain, skin trouble, sore muscles, stomach troubles.

**Plant application:** Infusion/decoction, poultice, slice, steam, switch.

**Kuskokwim uses**

**Names:** Cut/scrapes, general ill health, infections/inflammation, skin trouble, sore muscles. *Artemisia tiliæ* leaves were dried, pulverized, and mixed with grease to make a salve for skin lesions. The entire plant was used as a switch to flagellate new limbs and aching muscles in the steam bath (Mason 1972). It was noted that older men particularly enjoy using *Artemisia tiliæ* as a steam bath switch. This highly prized plant was also used to treat cuts, infections, and general pain (Mason 1972).

**Lower Kuskokwim and Nunivak Island area uses**

**Internal pain:** Foot pain used to be treated by applying leaves of *Artemisia tiliæ* to the painful area. One method of preparing the leaves was shared by Margaret Lentis by a couple in Kasigluk. Hot rocks were placed in a water filled wooden bowl. *Artemisia tiliæ* leaves (species not verified) were placed on the knees and the bowl with hot water was placed under the knees. The steam would then rise and warm the joints (Lentis 1959).

**Heated leaves** were applied to the skin to relieve joint pain. Gas and stomach pains were treated with *Artemisia tiliæ* in the Unalakleet-Shisholik area (Lentis 1958). However, Margarey Lentis does not state how the plant was prepared.

**Napaskiat area uses**

**Infections/inflammation, internal pain, sore muscles:** A steam-bath switch was fashioned out of *Artemisia tiliæ* stalks and...
used to aid in the healing of sore or sprained limbs. To help battle infections leaves of wormwood were gathered in the summer, dried, shredded and applied as a poultice to the afflicted area (Oswalt 1957).

**Nelson Island area uses**

Arthritis, bleeding/hemorrhages, constipation, cough/cold, congestion, general ill-health, infections/inflammation: “Fresh or dried leaves are cooked to produce a medicinal tea used as a treatment for arthritis-like ailments. Tops of the plants, including seedheads, are brewed to make a laxative tea. Vapors that the plant releases when boiled in water are said to relieve congestion when inhaled. Some individuals take a daily dose of strong tea made from this plant as a general tonic. Stinks are also brewed to make medicine to relieve discomfort of swollen areas. The leaves are sometimes applied to large cuts to stop bleeding” (Ager and Ager 1980).

**General uses**

Cold/Flu, infections/inflammation, skin trouble: An observation of the usefulness of Artemisia tiliacei for treating infections best describes the benefits of this remedy:

> ...fresh leaves of *Artemisia tiliacei* were boiled in water until they became a green pulp. This thick, green pulpy solution was used to soak the severely infected hand of a young child. The investigator inquired about the child’s infection and the treatment being given: ‘The child was soaking her hand in this solution, three or four times a day. The investigator was delighted to see a native remedy being used, but made a mental note to check on the child in a day or two, to see if antibiotics might be needed. Two days later, the infection had cleared up, much faster probably, than with most antibiotics’ (Overfield et al. 1980).

She also observed the plant successfully treating impetigo (skin disease), an infection on the inside of the nose, and a fingernail bed infection. An informant also shared the method of treating a cold with *Artemisia tiliacei*: “boiling the fresh or dried leaves for 30 minutes, straining the mixture and taking a few teaspoonfuls...several times a day” (Overfield et al. 1980).
Artemisia unalaskensis var. aleutica

Species in the genus Artemisia contain the volatile materials thujone, iso-thujone, cineole, camphor, and artemisia ketones.\(^1\) They also contain the toxic substance santonin, a substance which can cause headaches, dizziness, nausea, and diarrhea.\(^2\)

**Compositae** (Composite Family)

**Common name:** Sisikax (Aleut name)

**Physical description:** The stem of Artemisia unalaskensis var. aleutica is simple, up to 3 ft. tall, from a long, creeping rootstock. Leaves are green above, white-tomentose beneath with the lower leaves biseriately cleft into lanceolate, acute. The flower heads are numerous, in a leafy paniicle (Hultén 1968).

**Aleut**

**Name:** Sisikax (Aleha Island)

**Symptoms:** Cuts/scrapes, general ill health, rheumatism, sore muscles

**Plant applications:** Infusion/ decoction, poultice, switch

**General uses**

During steam baths, switches of Artemisia unalaskensis were heated over hot stones then used to beat parts of the body where pain was felt. Rheumatic pain was still treated this way in 1953 according to Bank. The heated plant was also used as a poultice, although Bank does not state what the treatment was for. An infusion of the leaves was used as a tonic and was thought to be particularly beneficial for dying persons (Bank in Bank 1953). Leaves were heated and placed on sore muscles and cuts (Bank in Bank 1953).

\(^1\) (Overfield et al. 1980)

\(^2\) (Fontaine 1988, 1989)

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**Rosaceae** (Rose Family)

**Common name:** Goatsbeard

**Physical description:** This perennial plant, 24 to 48 inches tall, has bi-pinnate toothed leaves. Each leaflet looks like an individual leaf—the combined somewhat resembles rose leaves. The cream colored flowers are tiny and on long branched spikes above the leaves. They are very distinctive in bloom. Male and female flowers are on separate plants. The male (pollen-producing) flowers are larger and more showy (Pratt 1989).

**Tlingit**

**Names:** No information found

**Symptoms:** General ill health, rheumatism, tuberculosis

**Plant application:** Infusion/decoction

**Yakutat area uses**

Rheumatism, tuberculosis: Used to treat tuberculosis and rheumatism, goatsbeard was reported to be “good for everything.” Although initially patients felt worse after drinking a decoction of goatsbeard root, “...in a few hours you feel good.” It was important that the root of goatsbeard were dug in mid-July and boiled fresh. By fall, the medicinal properties of the plant became worthless, according to an informant working with Frederick de Laguna (1972).

**General uses**

**General ill health:** A tea prepared from the roots was drunk as a treatment for blood disease (Blushké in Kruse 1956).
Aster subspicatus

Composite (Composite Family)
Common name: Purple daisy

Physical description: This perennial herb has leafy, hairy stems, and is found growing in moist sites, particularly beaches, meadows, and stream sides. Leaves are usually toothed, stalked, lance-shaped, and hairless. Flowers are blue to purple and may grow many on a stalk (Pojar and McRimmon 1994).

Alutiiq
Name: Ts'ptual'i' ag (Port Graham)
Symptoms: Cold/flu, cough/congestion, fever, measles, pneumonia
Plant application: Chew, infusion/decoction

English Bay and Port Graham area uses (See P.S., page 176.)
Prince William Sound and lower Kenai Peninsula area uses
Cold/flu, fever: The root of Aster subspicatus was cleared and boiled for one hour. The tea was then drunk frequently to treat a cold or fever (Wennekers 1985).
**Boschniakia rossica**

**Orobanchaceae (Broomrape Family)**

**Common names:** Broomrape, ground cone, poque

**Physical description:** This plant is a parasite growing on the roots of mountain alder (*Alnus crispa*). It has tiny reddish-brown flowers that grow on a heavy fleshy spike between glabrous brown bracts. At maturity, the plant is 8-12 inches tall and looks much like a tall, erect, soft, pine cone (Proft 1989).

**Athabascan**

**Names:** Shab m'ag (Tetlin, Northway); gwa' b'n (meaning "that which sticks up"). Inland Denän’maât: ___ (Kari 1985)

**Symptoms:** No information found

**Uses:** No information found

**Tlingit**

**Names:** No information found

**Symptoms:** Citkeesan’s

**Plant applications:** No information found

**General uses**

Citkeesan’s: The root of *Boschniakia rossica* was used as a treatment for sores (McGregor 1981). The method of application is not clear. It was possibly mixed with "shark oil", clofsoot (*Penstemon* spp.), and devil’s club (*Echinopanax horridum*) ash.

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* An Athabascan name has been recorded; but special characters necessary for spelling are not available in this publication.
Calla spp. contain oxalate crystals in high quantities. Intense burning of the mouth and throat can result from eating this plant.¹ Ingestion of this plant is not recommended.

Araucaceae (Arum Family)
Common names: Wild calla, calla, marsh calla, water arum, water dragon

Physical description: Thick stemmed with elongated, thick, shiny, heart-shaped leaves, this plant grows up from a thick creeping rhizome. The tiny greenish flowers surround a short, thick stem arising from a white spadix (modified leaf). They are followed by light red berries (Pratt 1989)

Athabascan

Names: No information found

Symptoms: Arthritis, colds, flu, sore muscles

Plant applications: Infusion/decoction, switch (1)

Dena'ina uses

Arthritis, colds, flu, sore muscles. Howard Lake, an Athabascan elder, shared with Janice Schofield his enthusiasm for wild calla. He collected the leaves in spring before the flowers developed and dried them, before making an infusion. This tea he drank for colds, flu, and arthritis. He also used the leaves externally in a steam bath for aches and pains (Schofield 1989).

¹ (Schofield 1989)
Caltha palustris contains a poison. The volatile toxin may be broken down by boiling the plant. However, this plant resembles Calla palustris whose toxins are not removed through boiling. Be sure of species identity.

Ranunculaceae (Crowfoot Family)
Caltha palustris ssp. arctica
Caltha palustris ssp. asarifolia
Common names: Marsh marigold, cowslip, yellow marsh marigold

Physical description: Caltha palustris ssp. arctica is a water plant with hollow stems. Leaves are large (2 to 4 inches), round to somewhat kidney-shaped or heart-shaped, and finely toothed on the edges. Flowers are large (1 to 1 1/2 inches) and have 5 to 7 bright yellow lightly rounded sepals with a greenish cast to the underside (Piant 1989).

Yupik
Names: Al'lmunat, òqpa'pot (Esk), Al'lmunat (Nelson Island)
Symptoms: Constipation, diarrhea
Plant applications: Chew, infusion/decoction
Lower Kuskokwim and Nunivak-Nelson Island area uses
Constipation, diarrhea: An infusion prepared from the leaves of marsh marigold was used to treat constipation. However, the leaves could also be cooked and given to infants for diarrhea (Lantis 1959). This plant apparently acted as a bowel regulator, treating both constipation and diarrhea.

1 According to Eric Holthin, Caltha palustris contains a poison, pronematin, which is broken down by boiling (Holthin in Ager and Ager 1988). The genus Caltha also contains acres, which can cause numbness, weak pulse, convulsions, and respiratory paralysis and the poison anematin (Fortune 1988).

2 (Scherfield 1989)
Capsella bursa-pastoris

Shepard's purse

This weed, introduced to Alaska, is naturalized from Europe. 1

Brassicaceae (Mustard Family)
Common names: Shepard's purse, lady's purse, mother's heart, pepper and salt, pickpocket, poor man's pharmacy, St. James' weed, toywort

Physical description: This introduced weed has a rosette of toothed (dandelion-type) leaves. Stem leaves vary from toothed to entire. Flowers have 4 petals, are very small, and bloom from the bottom up. The stem is 10 to 16 inches. Fruits are somewhat heart-shaped and on a stem (Pratt 1991).

Athabascan
Names: No information found
Symptoms: Bleeding, hemorrhages
Plant applications: Infusion, poultice

General uses
Bleeding/haemorrhages: A poultice prepared from shepard's purse and placed on a cut helped stop bleeding. Shepard's purse tea also helped stop internal bleeding when drunk (Hall 1979). It is unclear if this was a traditional treatment.

1 (Hall 1968)
This weed, introduced to Alaska, is naturalized from Europe.  

Chenopodium spp. contains oxalic acid, which damages kidneys.  Oxalic acid is broken down by cooking or freezing.  

Chenopodiaceae (Goosefoot Family)  
Common names: Lambsquarters, fat goose, fat hen, hog’s delight, pigweed, white goosefoot, wild spinach  

Physical description: This annual plant grows 8 to 40 inches tall.  Entire plant is green-gray and mealy.  Leaves are diamond shaped, toothed, and alternate.  Flowers grow in dense clusters at leaf axils and the stem tip.  It is commonly found growing in disturbed sites, including roadides and gardens (Pojar and Mclnnon 1994).  

Athabaskan  
Name: Gwi’b’at,  ____ (Kari 1985)  
Symptom: Skin trouble  
Plant application: Poultice  

Fort Yukon area uses  
Skin trouble: The Athabaskan of Fort Yukon used Lambsquarters for medicinal purposes as well as a gold colored dye.  Gwi’b’at is the Athabaskan word for both lambsquarters and weeds in general.  The plant was tested and applied as a poultice for skin sores (Holloway and Alexander 1990).  

__ (Huben 1968)  
__ (Schofield 1989)  

An Athabaskan name has been recorded, but special characters necessary for spelling are not available in this publication.
**Claytonia sibirica**  
**Siberian spring beauty**

*Portulacaceae* (Purslane Family)

**Common names:** Siberian spring beauty, candy flower, Siberian miner’s lettuce

**Physical description:** This annual plant (12 to 20 inches tall) arises from a slender taproot. Leaves are egg-shaped to elliptic and 4 to 3.5 inches long. Stem leaves are opposite and without a stalk. The clustered flowers are white to pink, stalked, and 2.5 to 5 inches long (Pajar and McKinnon 1994). This plant is found growing in moist areas at low elevations in southeastern Alaska, southern coastal areas, and the Aleutian Islands (Pratt 1989).

**Tlingit**

**Names:** No information found  
**Symptom:** Venereal disease  
**Plant application:** Salve

**General uses**  
Venereal disease: A salve was made from a mixture of Sitka spruce (*Picea sitchensis*) pitch, Siberian spring beauty (*Claytonia sibirica*) leaves, and Alaska cypress (*Chamaecyparis nootkatensis*) bark. This salve was applied externally (Risachke in Krause 1956; McGregor 1981).

**Yupik**

**Name:** Ulgiit (Nelson Island)  
**Symptom:** No information found  
**Plant applications:** No information found  
**Uses:** No information found
**Conioselinum chinense**

*Hemlock parsley*

This plant has many deadly poisonous look alikes, be sure of species identity before ingesting.

**Umbelliferae** (Parsley Family)

**Common name:** Hemlock parsley

**Physical description:** This plant arises from a stout taproot, with leaves that are 2 to 3 pinnate. The leaflets are more or less lobed. The petioles have a prominent sheath at the base. The white umbels (flowers) have numerous rays. It is found growing in meadows and sandy slopes (Hultén 1968).

**Aleut**

**Name:** Git'quos (Atka Island)

**Symptoms:** Cold, flu, sore throat

**Plant application:** Infusion/decoction

**General uses**

Cold/flu, sore throat: Hemlock parsley was used in tonics for the treatment of colds and to sooth sore throats (Bansk 1953). Methods of preparation and the part of plant used were not documented by Bansk.

**Alutiiq**

**Name:** C'ing'a'ngnaq, c'ing'a'ngnaq

**Symptoms:** Arthritis, cold/flu, skin trouble, pneumonia

**Plant applications:** Infusion/decoction, sweat

**English Bay and Port Graham area uses** (See P.S., page 176.)
Coptis ssp.

Ranunculaceae (Crowfoot Family)
Coptis asplenifolia
Coptis trifolia
Common name: Goldthread

Physical description: The two members of the genera Coptis growing in Alaska, Coptis asplenifolia and Coptis trifolia, are found in moist places and woods. Both are distributed in southern coastal and southeastern Alaska, with Coptis asplenifolia extending into the Aleutian Islands. Coptis asplenifolia has olive green to white flowers and dissected, fern-like leaves. Coptis trifolia has white to pinkish flowers with less dissected leaves than Coptis asplenifolia.

Tlingit
Names: No information found
Symptom: Coughs/cough congestion
Plant application: Infusion/decoction

General uses
Coughs/cough congestion: Presumably referring to Coptis asplenifolia or Coptis trifolia, Blashke reports that the Tlingit used an infusion of “Coptis macrosepala” (Goldthread) and Cornicularia richardsonii¹ (questionable taxonomy) for inflammation of the lungs (Blashke in Krause 1956).

¹ Cornicularia richardsonii possibly refers to another species in the genus Cornicularia (L. Geiser pers. comm. 1998). However, taxonomy remains unclear.
Delphinium spp. contain deadly alkaloids causing upset stomach, nervous reactions, chest pain, and weakness. Ingestion of this plant is not recommended.

**Ranunculaceae** (Crowfoot Family)

**Common names:** Larkspur, delphinium

**Physical description:** This very tall, 4 to 6 foot, robust plant has many broad, deeply divided, 5-lobe leaves that are again divided into several sections. The main stem, which is frequently purplish, is topped by many purplish-blue, 5-petaled, spurred flowers (Pratt 1989).

**Athabascan**

**Names:** *Eya ghanini* (Upper Inlet Dena’ina); *ya’ vene’* (Ahma)

**Symptoms:** Lice, tuberculosis

**Plant applications:** Infusion/d Decimal, medicine

**Dena’ina and Ahna uses**

**Lice:** A root decoction was used as a wash for lice and fleas by the Upper Inlet Dena’ina as well as the Ahna Athabascans.

**Tuberculosis:** Upper Inlet Dena’ina drank a small amount of the decoction for tuberculosis or placed a small amount of the raw root on an afflicted area (Kari 1995).

**General uses**

**Lice:** According to Brenda Hall, the ground-up larkspur plant when placed on head or body has been known to kill lice (Hall 1979). It is possible if this was a traditional treatment.

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1 The genus *Delphinium* contains Elatine and delphinine. Elatine has a paralytic effect on the body and delphinine causes an upset stomach and nervous reactions. (Fortune 1988; Schufeld 1989).
Onagraceae (Evening Primrose Family)
Common names: Fireweed, blooming sally, tall-fireweed, wild asparagus, willow herb, willow weed

Physical description: Epilobium angustifolium is a tall plant, growing 2 1/2 to 5 feet from deep horizontal roots. Leaves are lanceolate and placed alternately on the stem which is simple or occasionally branched. The bright pink flowers have 2 large, rounded petals at the base and 2 slightly smaller rounded petals above. The 4 sepals are long, narrow, pointed, and purplish. The lower flowers on the long graceful raceme are 1 to 1 1/2 inches across and bloom first (Pratt 1989).

Alutiiq
Names: Chilagiaq (“the plant”, Prince William Sound); collag (“the flower”, Prince William Sound, Port Graham, Kodiak Island)
Symptoms: Childbirth, colds/lth, constipation, cuts/scratches
Plant applications: Infusion/decoction, poultice, switch

Chugach area uses
Childbirth, constipation. An infusion of fireweed tea was drunk by women to stimulate milk secretion or as a treatment for constipation (Birket-Smith 1953).

English Bay and Port Graham area uses (See P.S., page 176.)
Prince William Sound and lower Kenai Peninsula area uses
Cuts/scratches. Boils were treated by fist cutting an “X” on the top of the boil. Crushed fireweed roots were then placed on it and the entire wound was bandaged. This was left on for a few days until the core of the boil came out; the boil could then heal-over (Wennekens 1983, 1985). One informant claims Epilobium glandulosum (willow herb) roots could be substituted for Epilobium angustifolium as a treatment of boils (Wennekens 1985).

Athabascan
Names: Ch’ak-densy’u (Inland Den’a’ina); d’l’k’denyu (Upper Inler Den’a’ina); Dena’ina (Kari 1985, 1995)
Symptoms: Cuts/scratches
Plant application: Poultice

Dena’ina uses
Cuts/scratches: A poultice prepared from the raw stem of fireweed was used to draw out the infection from boils and cuts and prevent “a cut with pus in it from healing over too quickly” (Kari 1995).

Inupiat
Names: Pamiagiaq, pamiagialuk, pamiagiat, pusemaw (meaning “young shoots”); qapqiptuw (meaning “young shoots”)
Symptoms: No information found
Plant application: No information found
Uses: No information found

Tlingit
Name: Lokol (meaning “fireweed leaves in the fall”)
Symptoms: No information found
Plant applications: No information found
Uses: No information found

Yupik
Name: Alinawat
Symptoms: Constipation, stomach troubles
Plant application: Infusion/decoction

Nelson Island area uses
Constipation: Villagers reportedly made a tea from fireweed leaves picked in late summer and early autumn which had a laxative effect when drunk (Ager and Ager 1980).

Nunivak Island area uses
Stomach troubles: Leaves of fireweed were brewed in a tea to treat stomach and intestinal pain (Lantis 1958, 1959).

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1 An Athabascan name has been recorded, but special characters necessary for spelling are not available in this publication.
**Erigeron peregrinus ssp. peregrinus**  
**Coastal fleabane**

**Compositae (Composite Family)**  
Common names: Coastal fleabane, medicine daisy

**Physical Description:** The large daisy-type flower has narrow, light pink to lavender-colored ray flowers. The lanceolate, somewhat hairy leaves are placed alternately on the usually unbranched 6- to 14-inch stem (Peat 1989).

**Alutiiq**

*Name:* Tepukakaneq (Prince William Sound)

*Symptoms:* Cold, flu, cough/cold, congestion, measles, pneumonia

*Plant application:* Chew, infusion/decoction

**English Bay and Port Graham area uses (See P.S., page 177.)**

Prince William Sound and lower Kenai Peninsula area uses  
*Cold/flu, pneumonia:* A decoction of coastal fleabane was prepared by drying and flattening the root before boiling it (Wennekens 1983). One teaspoonful was drunk three times a day for colds or pneumonia (Wennekens 1983, 2985).

![Erigeron peregrinus ssp. peregrinus](image)

**Coastal fleabane**

*From Flora of Alaska and Neighboring Territories (Bullock 1968)*
Although generally considered safe, it has been noted that continued use can cause mouth and tongue irritation. ¹

**Rubiacaeae** (Madder Family)

Common names: Bedstraw, baby’s breath, northern bedstraw

**Physical description:** Bedstraw is an erect, branched perennial (1.2 to 20 inches tall) having square stems with intervals of 4 leaves in whorls around stem. The leaves are short and pointed with 3 linear veins that appear parallel. Flowers are numerous and very small, and have 4 white petals (Prittie 1989).

**Athagascar**

Names: ¹

Symptoms: Coldiclin, internal pain

Plant applications: Infusion decoction, plaster poultice

**Dena’ina uses**

Internal pain: Kari reports that the Denä’ina viewed bedstraw (*Galium boreale*, *Galium triflorum*, *Galium triflorum*) as a relative of wormwood (*Erimosphaera spp.*). They believed the two plants had similar uses. A wet pack, or plaster, of bedstraw was used for aches and pains (Kari 1995).

**Fort Yukon area uses**

Coldiclin: Young shoots were placed in boiling water and drunk to treat colds (Holloway and Alexander 1990).

Internal pain: Although no longer used, according to Holloway and Alexander (1990), aches and pains were treated with a poultice prepared from the young shoots of bedstraw.

¹ (Viereck in Schofield 1989)

² An Athabascan name has been recorded, but special characters necessary for spelling are not available in this publication.
Gentianaceae (Gentian Family)

Gentiana douglasiana
Gentiana platyptelia
Gentiana propinqua

Common names: Gentian (Gentiana spp.); swamp gentian (Gentiana douglasiana); mountain gentian (Gentiana platyptelia); four-parted gentian, gentian (Gentiana propinqua)

Physical description: Gentiana douglasiana grows in bogs and wet meadows. The flowers are white with purple spots or streaks and are tubular or funnel shaped (Pojar and Mclnnes 1994).

Gentiana platyptelia grows on grassy slopes. Flowers are mostly solitary and are purple-blue in color (Hulten 1968).

Gentiana propinqua is a spiny leaf plant, which has violet to pinkish tubular (salverform) 4- to 5-petaled flowers that bloom in mid-summer. It is common in fields and woodlands (Plant 1989).

Athabascan
Names: No information found
Symptoms: Cold/flu, cough/cold congestion
Plant application: Infusion/ decoction

Tlingit
Name: 'Land Otter Medicine'
Symptoms: Constipation, stomach troubles
Plant application: Infusion/ decoction, poultice

General uses
Constipation: Referred to as “land otter medicine” by the Tlingit. Gentiana douglasiana roots “were rubbed off on a rough stone or chewed and spat out, boiled in hot water, and drunk” as a treatment for constipation (Emmons 1991). See Gentiana stenochlora for a similar treatment.

Stomach troubles: The leaves of Gentiana douglasiana were boiled and applied as a poultice possibly for stomach troubles (Emmons 1991). The exact medicinal application of this poultice was unclear.

Emmons mentioned that the root of the mountain gentian (Gentiana platyptelia) was used medicinally (Emmons 1991), however no specifics were provided.
Geocaulon lividum
Northern comandra

Santalaceae (Sandlewood Family)
Common names: Northern comandra, dogberry, pumpkin berry, timberberry

Physical description: This is an upright plant with alternate, oval leaves on a 3- to 6-inch stem rising from a horizontal root. The tiny green flowers with 5 sepals produce orange berries in the fall (Pratt 1989).

Athabascan
Names: Dabta suhte (Salcha), gugga gega (Inland Den’a’ina), deleega gega (Upper Inlet Den’a’ina), __ (Kari 1995)

Symptoms: Cuts/scrapes, sore throat, stomach troubles, tuberculosis

Plant applications: Chew, infusion/decocion, poultice

Den’a’ina uses
Cuts/scrapes: The leaves were macerated and placed on the affected area as a poultice (Kari 1995).

Sore throat, stomach troubles, tuberculosis: The Outer Inlet Den’a’ina prepared a tea from the roots of northern comandra (Geocaulon lividum) or chewed the fresh berries for stomach troubles, sore throat, and tuberculosis (Kari 1995).

Salcha uses
The plant was reported as a “good medicine” for the Salcha Indians living along the Tanana. Unfortunately, no description of this medicine was provided.

1 An Athabascan name has been recorded, but special characters necessary for spelling are not available in this publication.

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Geranium erianthum

Constipation may result from prolonged ingestion of Geranium erianthum due to its high tannic acid content.1

Geraniaceae (Geranium Family)
Common names: Wild geranium, cranesbill, sticky geranium, stork’s bill

Physical description: This perennial plant is 18 to 30 inches tall. The large, deeply toothed and pinnately divided leaves are slightly hairy and appear coarse. The flowers, which are at the top of the stem, have 5 large, rounded lavender-colored petals with dark stripes. The long-beaked, 5-pasted, seed capsules curl backward releasing the seeds rapidly with considerable force (Pratt 1989).

Aleut
Name: Cunwak (Atka Island)
Symptom: Sore throat
Plant application: Gargle

General uses
Sore throat: Leaves of wild geranium were used as a sore throat gargle by the Aleut (Bask 1953), presumably prepared as a tea. However, harvest and preparation methods were not recorded.

Alutiiq
Name: Talilliciq (Port Graham)
Symptoms: Bleeding/hemorrhages, colds/flus, coughs/chest congestion, sore throat, tuberculosis
Plant application: Chew, infusion/decoction

Kodiak Island area uses
Tuberculosis: Geranium roots were chewed for tuberculosis (Preston 1961).

English Bay and Port Graham area uses (See PS, page 177.)
Prince William Sound and lower Kenai Peninsula area uses
Bleeding/hemorrhages: A resident of Port Graham shared with Alto Wenekeekis that Geranium erianthum was once used to stop hemorrhaging. However, a method of preparing and administering the plant was not remembered (Wenekeekis 1985).

Athabascan
Name: ____(Kari 1995)
Symptoms: Childbirth, diarrhea, heart problems, skin trouble, sore eyes, sore throat, stomach troubles, tuberculosis
Plant application: Infusion/decoction

Dena’ina uses
Childbirth, skin troubles: Mothers and newborns were given this tea, in appropriate doses, to cleanse their systems. The root tea was also used as a skin wash (Kari 1995).
Diarrhea, heart problems, sore throat, stomach troubles: A root decoction prepared from wild geranium was drunk or used as a gargle for sore throats, mouth sores, ulcers, diarrhea, and heart problems by the Dena’ina Athabascan.
Sore eyes: ‘The Island people used it as a wash (Kari 1995).
Stomach troubles, tuberculosis: An infusion prepared from the leaves was drunk for stomach trouble and tuberculosis by the Island and Upper Inlet Dena’ina (Kari 1995).

1 (Schofield 1989)
2 An Athabascan word has been recorded, but special characters necessary for spelling are not available in this publication.

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**Rosaeae** (Rose Family)

*Geum calthifolium*
*Geum macrophyllum*

**Common names:** Avens (*Geum spp.*); large-leaved avens (*Geum macrophyllum*); Ross avens (*Geum calthifolium*)

**Physical description:** *Geum calthifolium* has 1- to 1 1/4-inch flowers that have 5 rounded petals, large leafy sepals and are clustered at the ends of the 6- to 8-inch stems. It also has large round, kidney-shaped leaves that are notched along the margin (Pratt 1989).

*Geum macrophyllum* is a tall, erect plant (1 1/2 to 2 1/2 feet) with large pinnately divided leaves. The leaflets are toothed, the terminal one lobed and much larger than the rest. Leaves and stems are covered with stiff hairs. The yellow flowers are small (about 1/2 inch) (Pratt 1989).

**Alcut**

**Names:** Amidko, amidiqu (Atka Island)
**Symptoms:** Cold/flu, cuts/scrapes, sore throat
**Plant applications:** Infusion/decoction, poultice

**General uses**

Cold/flu, sore throat: An infusion prepared by boiling roots of *Geum calthifolium* was used as a tonic for treating colds and sore throats (Bank 1953).

Cuts/scrapes: For slow healing sores, wet or blistered leaves were placed over the wounds and bound to place (Bank 1953, 1971). “It was thought that the plant helped to dry out the sore and aided scab formation” (Bank 1953).

**Tlingit**

**Names:** No information found
**Symptom:** Eye problems
**Plant application:** Plaster

**General uses**

Eye problems: According to Emmons, the wood fern (*Dryopteris dilatata*) leaves, shield fern (*Gymnocarpium dryopteris*) buds, Sitka spruce (*Picea sitchensis*), and large leaved avens (*Geum macrophyllum*), were “mixed together, pounded in a mortar, mixed with human milk, and applied locally” for eye trouble of any kind (Emmons 1991).
**Hedysarum alpinum**

Similar looking species may be poisonous; be sure to positively identify this plant.

**Leguminosae (Pea Family)**  
Common names: Eskimo potato, Alaska carrot, licorice root, wild potato

**Physical description:** This tall plant, up to 2 feet (smaller in alpine areas), is branched and sprawling and grows from a horizontal root. Leaves are pinnately divided with 15-20 oval leaflets about 1/2 to 1 inches long with obvious middle and branching veins on the under side. Flower stalks are long with many small, narrow light pink to purple, pea-shaped flowers which are up to 1/4 inches wide and 5/8 inches long. The flowers are crowded together and appear to flow down one side of the stem (Pratt 1991).

### Athasbascan

**Names:** TsaaT (Salcha); tsé; têh, a7’la (meaning “rope”, Inland, Huna, Upper Inlet, and Upper: Inlet Den’sa’m)

**Plant applications:** No information found

**Uses:** No information found

### Iaupiat

**Names:** Matnop’ayi (meaning “the plant”, Kobuk River area); maru (meaning “the root”, Kobuk River area); maru (North coast area)

**Symptom:** Worms

**Plant application:** Chew

**General uses**

Worms: Eating wild potatoes, *Hedysarum alpinum*, was a treatment for pinworms (Delapp and Ward 1981).
**Heracleum lanatum**

**Cow parsnip**

Handling cow parsnip can cause extreme skin sensitivity to light. Blistering, redness, and skin sores may result.¹

**Umbelliferae** (Parsley Family)

**Common names:** Cow parsnip, cow cabbage, hogweed, Indian celery, Indian rhubarb, masterwort, pushlake (Russian origin), wild celery

**Physical description:** The tall (5 to 8 feet) plant has large hollow stems and very large, somewhat palmate, leaves that are deeply divided into three with deep extra incisions. Leaf stems connect to the main stalk with a clasping sheath. The leaves and stems have conspicuous hairs. The small flowers have 5 petals, are frequently covered with flying insects and are in double umbrels. The seed heads are used for flower arranging. The seeds are flat and are divided into 2 sections (Plant 1989).

**Aleut**

**Name:** Pushlake (Russian origin)

**Symptoms:** Cold/burn, cut/sissors, sore muscles, sore throat

**Plant application:** Poultice

**Atha uses**

Sore muscles: Bill Dirks, Jr. shared with Ted Bank that cow parsnip leaves can be heated and placed on the body to relieve muscle pain (Bank 1971).

**General uses**

Cold/burn, cut/sissors, sore throat: Cow parsnip was used in lotions to treat colds and sore throats. However, preparation and parts of plant used for this treatment were not recorded by Bank. Cow parsnip was used to relieve sores and cuts by placing heated leaves on affected area (Bank 1953).

**Alutiiq**

**Names:** Yumun (meaning "dead stalk"). Prince William Sound and Port Graham. Kodiak Island: ummaq; ummaq’ag

**Symptom:** Arthritis, dandruff, infections/inflammation, rheumatism

**Plant application:** Salve, plaster

**English Bay and Port Graham-area uses** (See P.S. page 177.)

Prince William Sound and lower Kenai Peninsula area uses Dandruff: The outer "skin" of cow parsnip was peeled and placed in seal oil for approximately one week. This oil mixture was then rubbed into the hair to prevent dandruff (Wernedens 1985).

**Athabascan**

**Names:** Ggis (Inland, Biamna, Outer Inlet, and Upper Inlet Dena’ina); Buckpi (Outer Inlet Dena’ina)

**Symptoms:** Arthritis, cold/burn, cut/sissors, infections/inflammation, nerves, sore throat, tuberculosis, toothaches

**Plant applications:** Chew, poultice, tisue, decoction

**Dena’ina uses**

Arthritis, cold/burn, infections/inflammation, sore throat, tuberculosis: Cow parsnip root was chewed raw or boiled into a tea by the Dena’ina for colds and flus, tuberculosis, mouth sores, and sore throats. Karl noted that to make a very strong medicine, the Inland Dena’ina cooked cow parsnip with beaver castor (sometimes agng the mixture (Karl 1995). Arthritis, injuries/inflammation, cut/sissors: The root was highly valued for body aches, including arthritis, inflammation, and cuts (Kart 1995). Cuts/sissors: To help relieve aches and/or draw out the infection on a cut, the afflicted area was either washed with a root decoction or a root poultice was placed on it. Sometimes the root was wrapped in cloth, although this was less effective than placing the root directly on the ailment. Karl also noted that "sometimes the roots are tied together and mashed so that they form a kind of pad, which is placed on the sick area." (Karl 1995).

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¹ A chemical in the outer hairs and sap of cow parsnip, furanocoumarin, causes extreme skin sensitivity to light. Blistering, redness, and skin sores may result if the plant is handled without gloves (Schafkeld 1909).
Heracleum lanatum  Cow parsnip  (continued)

Toothache: Toothaches were relieved by the Outer Inlet Den'ina by heating cow parsnip root until very hot and placing the root on the aching tooth. It was said that this helped by killing the nerves causing the ache. Burning cow parsnip roots on a stove top was said by the Den'ina to "help keep sickness away" from home (Kari 1995).

General uses

Nerves: According to Brendia Hall (1979), cow parsnip eaten 3 to 4 times a week helped to calm nerves. It is unclear whether or not this was a traditional Athabaskan treatment.

Note

Although not for healing human ailments, it is interesting to note that the Upper Inlet Den'ina have placed raw roots in dog food to help rid a dog of worms (Kari 1995).  

Tlingit

Names: Yana' e' xaxli; yana' et

Symptoms: Arthritis

Plant application: Poultice

Yukon area uses

Arthritis: The use of cow parsnip root was used for the treatment of arthritis. To prepare the plant, a woman would "steam the root in water, split it apart, then put it on when it's still steaming. If you don't put grease on first, it will take the skin off. It's pretty strong stuff" (de Laguna 1972). For a continuous application of the root, the boiled root was wrapped in cheesecloth and left on the affected area overnight (de Laguna 1972).
**Heuchera glabra**

Saxifragaceae (Saxifrage Family)

Common names: Alpine heuchera, alum root

Physical description: *Heuchera glabra* is a clumping, perennial plant with 3 to 5 lobed, toothed, long stemmed, coarse, basal leaves that are slightly hairy beneath and around the edges. Old dead stems are often present at the base. The tiny, white, 5 petalod flowers are grouped in threes along the branched 10 to 15" stem (Pruzi 1989).

**Tlingit**

Names: No information found

Symptoms: Infections/inflammation

Plant applications: No information found

General uses

Infections/inflammation: *Heuchera glabra* was used for testicular inflammation by the Tlingit (Blaschke in Krause 1956; McGregor 1981). Method of plant preparation and application was not reported.
Iris setosa is poisonous and extremely allergenic.¹ Shamans have been associated with this plant.

Iridaceae (Iris Family)
Iris setosa ssp. interior
Iris setosa ssp. setosa²

Common names: Iris, wild iris, blue flag, wild flag

Physical description: (Iris setosa s. lat.) This plant is 12 to 24 inches tall with broad, thin, swordlike leaves and a thick, round flower stalk. Flowers have 3 large, purple, blue or violet-coloured (rarely white) falls (petal-like sepals) and 3 narrow, upright petals. The seed pod is large and divided into 3 sections. This is a large, showy flower, from 2 1/2 to 4 inches across (Pratt 1989).

Aleut
Name: Nunacogadax (Unalaska)
Symptom: Constipation
Plant application: Infusion decoction

General uses
Constipation: The boiler root of Iris setosa s. lat. was drunk by Aleutian Islanders as a tea to produce laxative effects according to Ted Bank (Bank 1953, 1971). Iris setosa ssp. setosa is the only iris growing in the Aleutians.

Athabascan
Name: ___ (Inland and Outer Inlet Den'a'ina), wuchinilenai (Salcha)
Symptoms: Breathing problems, colds/flu, cuts/scrapes, heart problems
Plant applications: Chew, poultice

Den'a'ina uses
Cold/flu, cuts/scrapes: Pricilla Russell Kari noted that Den'a'ina people chewed small pieces of the fresh iris root to treat colds and sinus problems. Partially chewed or macerated iris roots were also placed on sores and cuts to aid healing (Kari 1991).

Iris setosa ssp. setosa is the only iris growing in the area.

¹ This plant contains oleoresin (iridigene), which strongly affects the liver and gastrointestinal tract. Ingestion is not recommended (Pratt 1991; Schofield 1989).
² Two subspecies of Iris setosa occur in Alaska, Iris setosa ssp. senata and Iris setosa ssp. interior. Identification of wild irises in the subspecies level was often not feasible or documented in reports.
³ An Athabascan name has been recorded, but special characters necessary for spelling are not available in this publication.

Tlingit
Names: No information found
Symptoms: No information found
Plant applications: No information found

Yukon area use
Vroman de Laguna (1972) mentioned the use of the iris root as "a medicinal charm." However, no details of use were provided. Presumably, the plant is Iris senata ssp. setosa, as it is the only iris growing in Tlingit country.

Cautionary note
Traditionally skilled and knowledgeable people administered the plant, yet even then dosage was difficult to control. Death can result from ingesting this plant and it is not advised for use.
Leptarrhena pyrolifolia

Saxifragaceae (Saxifrage Family)

Common name: Leatherleaf saxifrage

Physical description: This plant has a compressed head of small white flowers arising from a stem that is 6 to 16 inches tall. There are a basal rosette of leathery leaves which are shiny green above and whitish green below. They are obvate with pronounced teeth. The fruits are red.

Aleut

Name: **Alicca** (Atka Island)

Symptoms: Influenza

Plant application: Infusion/decoction

General uses

Influenza: An infusion was prepared from the leaves and drunk as a treatment for influenza (Bank 1955).
Lysichiton americanum

Skunk cabbage contains calcium oxalate crystals. Burning of the mouth can occur unless it has been thoroughly dried.¹

Araucaria (Arum Family)
Common names: Skunk cabbage, meadow cabbage, skunk weed, yellow arum, yellow skunk cabbage

Physical description: Tris nearly sessile plant arises from a stout rhizome. The leaves are large (up to 3 ft long) and elliptic. They are glabrous and form from a basal cluster. The spathe is yellowish, streaked, and appears before the leaves. It is found in swampy, wet woods (Hedlin 1968).

Alutiiq
Name: Quaqqonngay (Prince William Sound area)
Symptoms: No information found
Plant applications: No information found

Prince William Sound area uses
A Cordova man shared with Alix Wennneken that he remembered the root of skunk cabbage used as a medicinal but couldn’t remember for what sickness (Wennneken 1985).

Athabascan
Names: No information found
Symptoms: Cold/flu
Plant applications: Infusion/ decoction

General uses
Cold/flu: Half of a cup of a skunk cabbage infusion was said to be used for the treatment of colds (Hall 1979). The distribution of skunk cabbage is extremely limited in Athabascan country so this was not likely a common practice throughout the region.

Tlingit
Names: Aaqtk³, aqtk³
Symptoms: Headache, infections/inflammation, lung trouble, stomach troubles, tuberculosis
Plant applications: Infusion/decoction, oil, plasters, poultice, salve, vapor

Yakutat area uses
Headache, tuberculosis: Skunk cabbage has been recorded to bring relief of headaches and even tuberculosis by smelling the root once it has been treated and scraped (de Laguna 1972).

Infectious/inflammation: Skunk cabbage roots have been recorded by Frederica de Laguna as being an important treat-

¹ "Even when properly processed, large amounts can trigger nausea and vomiting" (Schroeder 1989).

Lysichiton americanum

Skunk cabbage

From "Flora of Alaska and Neighboring Territories" (Hedlin 1968)
were pulverized and mixed with oil (Emmons 1991) and presumably rubbed into the hair.

Infections/inflammation: It was said that the medicinal properties of skunk cabbage were discovered by the Tlingit through the observation of brown bear (informant in deLaguna 1972):

Big brown bear digs it up. Stick it to a place where it’s wet (bowled). That’s how they [people] learn. Bears just use it raw. No matter what place he is, bear always go to that. He [my father] wounded so many brown bears, he see them do it.

Stomach troubles: *Lysichiton americanum* was also used to treat stomach troubles by drying it, scraping off the inner bark (?), then boiling it in water before drinking it (Emmons 1991). The root was also used as a poultice presumably for the same affliction.

**Tsimshian**

Names: No information found

Symptoms: Childbirth

Plant applications: No information found

General uses:

Childbirth: A bed of skunk cabbage leaves and shredded alder (*Alnus spp.*) bark were placed in a shallow pit into which a woman delivered her baby (McGregor 1983). These plants apparently did not provide any medicinal benefit, but they created a soft, absorbent bed for the newborn. When the new mother returned to the village after delivering the baby, she again laid in a hole lined with skunk cabbage and shredded alder bark. Hot rocks were placed in the hole and she was given clam juice, Labrador tea (*Ledum palustre s. lat.*), and alder bark tea to drink.
Matricaria matricarioides

Although generally considered safe, large and frequent doses have been reported to cause nausea and vomiting. This is an introduced weed, naturalized from the Pacific States.2

Composite (Composite family)
Common names: Pineapple weed, Alaskan chamomile, dog fennel, wild chamomile

Physical description: This small, feathery, annual plant (5 to 8 inches tall) has small yellowish heads that look and smell somewhat like pineapple (Pratt 1989).

Aleut
Name: Ramuskau (Russian origin)
Symptom: Stomach troubles
Plant application: Infusion/decoction

General Aleut uses
Stomach troubles: Regimented as a cure-all by both Aleut and Russians, this plant is still used as a tonic today. Stomach pain, particularly related to stomach gas, was treated with an infusion of the leaves. Laxative effects were felt from this tea (Buck 1953).

Alutiq
Name: Atu‘musskaa (Port Graham area, Chugach); ora'nmusskaa ( Kodiak Island)
Symptom: Childbirth, constipation
Plant applications: Chew, infusion/decoction

English Bay and Port Graham area uses (See P.S., page 177)
Prince William Sound and lower Knehal Peninsula area uses
Constipation: Any part of the plant was chewed or brewed into a tea for use "and small bits of fresh leaves can be given a newborn infant to clean out its intestines" (Wenneken 1985).
Wenneken also states that the leaves were soaked in water for half of an hour and the resulting liquid given to a baby (for the same affliction)? (Wenneken 1985).

Athabaskan
Names: Alaskan (Ireland and Biannu Dena’ina); mshallu’ga (Indrek Dena’ina); ramushsga (Gueze’tla Dena’ina); A-tshsga (Upper Inlet Dena’ina)
Symptoms: Childbirth, composition, eye problems, hangover, menstrual problems, skin trouble, sore throat
Plant application: Infusion/decoction

Dena’ina uses
Childbirth, menstrual problems. Mothers and newborns drank pineapple weed tea to help cleansing and healing following childbirth and to help a mother’s milk come in. Mothers drank a cup at a time while infants took only a few drops. This tea was said to be good for menstruating women (Kir 1995).
Constipation, eye problems, skin trouble: This infusion (see above) was also said to have laxative effects and be an effective wash for skin and sore eyes, particularly from snow blindness (Kir 1995).
Fort Yukon area uses
Hangover: Used as a chamomile substitute, an infusion of the flower heads were occasionally drunk as tea. Hangovers were treated by drinking this tea (Holloway and Alexander 1990), a treatment presumably begun by the Athabaskan post-settlement of Russian and European peoples.
Ninilchik area uses
Sore throats: A tea was prepared from the flowers and/or entire plant (without roots) and either used as a gargle or drunk; bunches of the plant were preserved by drying (Kari 1994).

Yupik
Name: Atnu’lu’kak (meaning: “like fruit”)
Symptoms: Cold/flu, stomach troubles, tuberculosis
Plant applications: Chew, infusion/decoction

Nagaiulalu’kak area uses
Cold/flu, stomach troubles: Villagers cooked seed heads in water and gave this to the ill person for colds and stomach trouble (Oswalt 1957).
Nelson Island area uses
Tuberculosis: Tops of the plant were chewed by those spitting blood (most likely caused from tuberculosis) (Ager and Ager 1980).

1 Schofield 1959
2 Prrelipk 1950
Menyanthes trifoliata

Fresh leaves and large amounts of dry leaves may induce vomiting.¹
Shamanic uses of this plant have been documented.

Gentianaceae (Gentian Family)
Common names: Buckbean, bog bean, bean trefoil, bitterworm, bog hop, marsh clover, marsh trefoil, moon flower, pondweed, water shamrock

Physical description: Buckbean is usually found growing in water with flower spikes above its leaves and the water. Leaves are glabrous, divided into 3 ovate leaflets. Flowers have 5 white to pinkish petals with white hairs along the margins giving it a fringed look (Pratt 1989).

Aleut
Name: Triliske (Russian origin)
Symptoms: Constipation, rheumatism, stomach troubles
Plant applications: No information found

General uses
Constipation, rheumatism, stomach troubles: Roots of Menyanthes trifoliata historically were a powerful tonic ingredient. This tonic was used to treat gas, constipation, and rheumatism (Bank 1953). Methods of preparation and use of this plant were not recorded.

Tlingit
Name: __________ (Lantis 1972)
Symptom: General ill health
Plant application: Infusion/ decoction

Yukon area uses
General ill health: According to Frederica de Laguna yellow pond lily and buckbean (see Nuphar polysepala) "are perhaps not distinctly distinguished by natives, and are on the borderline between ordinary medicine and magical plants" (de Laguna 1972). The following quote from her book, Under Mount Saint Elias, describes gathering protocols for both of these plants:
Thus, the patient will not be cured unless a payment is made to the Guneliansuay (close spelling), specifically a member (or members) of the opposite moiety who is closely related through the paternal line or through affinity. It is such a person who must gather the plant. When you dig it up, talk to it, like you would to Indian doctor, and leave some of your clothes (or money) in its place. Tell them it's for a person we're going to use it for. [Name the patient]. It's medicine. [Say to it] "No Indian doctor could cure, sc we appoint you for a doctor. The person appoint you 'o cure, that Indian doctor give it up. But you, you do your best to cure it. They give present to the doctor to make his spirits stronger, so the spirits can cure you or find things out. That is why, it is implied, the plants must also be paid.
This medicine is "good for hurt of any kind," this woman explained. She said that she had drunk an infusion of the plant when she was sick, and had also given some to a relative of her husband, when he had "poison blood" and sores on his legs which the hospital had been unable to cure. He drank a cupful before meals, and now wants her to supply him with more, for which he offered $5. Angoon people are said to use only the roots, but she boiled all the plant and prefers the buckbean to the yellow pond lily" (de Laguna 1972).
Frederica de Laguna lists this plant as a "medicine with great power". Protocols for plant collecting must be followed to employ full medicinal capabilities of the plant.

Yupik
Name: Puknigai (meaning "grows with thine"), chok-pu gook (meaning "like an iron knife")
Symptoms: No information found
Plant applications: No information found
Uses: No information found

¹ Drying the leaves neutralizes emetic properties (Schofield 1989).
² A Tlingit name has been recorded, but special characters necessary for spelling are not available in this publication.
Mertensia paniculata

Boraginaceae (Borage Family)
Common names: Bluebells, chiming bells, languid lady, lungwort, mountain bluebells

Physical description: This plant has many stems, 18 to 30 inches tall, with hairy, dark green leaves that are broad at the base and tapering to a long point. The flowers are tubular (funnel-shaped), and pink at bud, later turning blue, occasionally the flowers are all pink (Pratt 1989).

Athabascan
Names: No information found
Symptom: Heart problems
Plant application: Chew

General uses
Heart problems: According to Brenda Hall, chewing the roots of bluebells (Mertensia paniculata) and swallowing the juice was good for heart conditions (Hall 1979). It was unclear if this was a traditional cure.

Yupik
Names: Ikatlingkia'ar (meaning “bumblebee food”); chok-pa'goak (meaning “like an iron knife”); neqqu'tuur (for Mertensia maritima, Nelson Island)
Symptoms: No information found
Plant applications: No information found
Uses: No information found
**Mimulus guttatus**  
**Yellow monkey flower**

**Scrophulariaceae (Figwort Family)**  
**Common names:** Yellow monkey flower, common monkey flower

**Physical description:** This is a sprawling plant with upright blooming branches that are 8 to 16 inches tall. The stems leaves are round to oblong, toothed along the edges, dark green, and opposite. The light green calyx is inflated and holds a 5-petalled irregular-shaped tubed flower with flaring petals. The petals are bright yellow with reddish spots in the throat (Pratt 1989).

**Alutiiq**  
**Names:** No information found  
**Symptom:** Constipation  
**Plant application:** Infusion/decoction

**Chugach area uses**  
**Constipation:** An infusion of yellow monkey flower was drunk for constipation (Bicken-Smith 1953).
Moneses uniflora

Pyrolaceae (Wintergreen Family)
Common names: Single delight, Bethlehem star, frog’s reading lamp, one-flowered wintergreen, shy maiden, St. Olaf’s candlestick, wood nymph

Physical description: This small plant has a rosette of small, light green, roundish leaves (about 1/2 inch) with shallow teeth. The flower is on a leafless stem 2 1/2 to 4 inches high and has 5 pointed, waxy petals. It has a protruding ovary and faces downward. The capsule is round with protruding stigmas (Past 1989).

Alutiiq
Name: Rutigoway (Port Graham)
Symptom: Cold/flu, cough/chest congestion, sore throat
Plant application: Infusion/decoction

English Bay and Port Graham area
(See P.S., page 177.)
Prince William Sound and lower Kenai Peninsula area uses
Sore throat: Chugach Eskimos prepared a decoction from the roots and drank the tea (Kari 1995). The entire plant was collected after the cold period matured (mid-August) and was dried. It was then steeped for ten minutes to make a tea and drunk. An infusion too strong could injure the throat and one informant recommended that only a couple of leaves be used for children (Wennergren 1985). Stanek also reported this plant was mixed with cotoneaster (Potentilla spp.), brewed into a tea, and drunk for sore throats (Stanek 1985).

Athabascan
Name: Qawadiqeggi (Outer Inlet Den’ina)
Symptoms: Cuts/wounds, sore throat
Plant application: Infusion/decoction, poultice

Den’ina uses
Cuts/wounds: Macerated leaves were placed on cuts to facilitate healing (Kari 1995)
Sore throat: Outer Inlet Den’a/ina prepared a decoction from the roots and drank the tea for sore throats (Kari 1995).

Tlingit
Names: No information found
Symptoms: Cold/flu, cough/chest congestion
Plant application: No information found

General uses
Cold/flu, cough/chest congestion: Moneses uniflora was used to treat coughs and colds (Altners in Smith 1973).
Nuphar polysepalum

Yellow pond lily

Shamanic uses have been associated with this plant.

Nymphaeaceae (Water Lily Family)
Common names: Yellow pond lily, brandy bottle, cow lily, pond collar, spatterdock, wokas

Physical description: This large plant has small, thin, submerged leaves and large, long-stemmed floating leaves. The large flowers are 3 to 4 inches with 7 to 9 sepals that are green on the underside and are supported by large, fleshy stems. Petals are very narrow and small (Pianta 1989).

Alutiiq
Names: Qullukway (Prince William Sound); qullumauy (Port Graham)
Symptoms: Skin trouble
Plant application: Ash

Prince William Sound and lower Kenai Peninsula area uses
Roots were once used medicinally, but Alutiiq informants speaking with Alisa Wenkehem (1985) were not able to remember specific ailments or methods of plant preparation.

Chugach area use
Skin trouble: The water lily (pond lily) was burnt to a powder and sprinkled on wounds and other skin afflictions. The root, stalk leaves, and flowers were used. It was important to leave a gift when harvesting the plant or the medicine was said to have no effect (Birker-Smith 1953).

Athabaskan
Names: T'ahad dîjîhoodza-a; kek’ut (Teletin, Northway); xâh’-aadu (Nebenaa); qat’a-an’ (Inland,tlâmna, Upper tâle De-na’axa); qa’at’a-s’ (tlâmna, Outer tâle De-na’axa)
Symptoms: No information found
Plant applications: No information found
Uses: No information found

Tlingit
Names: No information found
Symptoms: Bruises/pears, general ill health
Plant applications: Infusion/decoction, poultice

Yukon area uses
General ill health: According to Federica de Laguna, yellow pond lily and buckbean (see Menyanthes trifoliata) were “perhaps not clearly distinguished by natives, and are on the borderline between ordinary medicine and magical plants” (de Laguna 1972). Yellow pond lily was a “medicine with great power” for the Yukon Tlingit (de Laguna 1972). Protocols for plant collecting were followed to employ full medicinal capabilities of the plant:

Thus, the patient will not be cured unless a payment is made to the Gáneqikway [close spelling], specifically a member (or members) of the opposite moiety who is closely related through the paternal line or through affinity. It is such a person who must gather the plant. When you dig it up, talk to it, like you would to an Indian doctor, and leave some of your clothes [or money] in its place. Tell them it’s for a person we’re going to use it for. [Name the patient]. It’s medicine. [Say to it] ‘No Indian doctor could cure, so we appoint you as a doctor. The person appoints you to cure, that Indian doctor give it up. But you, you do your best to cure it.’ They give present to the doctor to make his spirits stronger, so the spirits can cure you or find things out. That is why, it is implied, the plants must also be paid. This medicine is ‘good for hurt of any kind,’ this woman explained. She said that she had drunk an infusion of the plant when she was sick, and had also given some to a relative of her husband, when he had ‘poison blood’ and sores on his legs which the hospital had been unable to cure. He drank a cupful before meals, and now wants her to supply him with more, for which he offered $5. Angoon people are said to use only the roots, but she boiled all the plant and prefers the buckbean to the yellow pond lily” (de Laguna 1972).

General uses
Bruises/pears: A poultice of crushed pond lily roots was placed on bruises and swellings (Alberts in Smith 1973).
Osmorhiza chilensis

Western sweet cicely

Umbelliferae (Parsley Family)
Common name: Western sweet cicely

Physical description: No information found

Tlingit
Names: No information found
Symptoms: Coughs/chest congestion, heart problems
Plant applications: Chew, infusion/decoction

General use
Coughs/chest congestion, heart problems: The root of western sweet cicely was eaten for heart disease (Brannon 1991). Osmorhiza chilensis or Osmorhiza spp. (referred to as Osmorhiza brunieri by Blaschke) was brewed into a tea and drunk for coughs (Blaschke in Krause 1956).
**Oxytropis spp.**

Some Oxytropis spp. are poisonous to livestock and humans, especially if consumed in large quantities.

**Leguminosae (Pea Family)**

**Common name:** Locoweed

**Physical description:** Buhle 1968 lists 19 species of *Oxytropis* found in Alaska. No species name was provided in the medicine plant reference. However, *Oxytropis maydelliana* (yellow *oxytropis*) was eaten in limited quantities by the Inupiat of Sealing Point, Anchorage Pass, and Canada (Uhl and Kaplan in Jones 1983). The most common species in the genus *Oxytropis* are *Oxytropis maydelliana*, *Oxytropis nigrescens*, and *Oxytropis campestris*.

**Inupiat**

**Names:** Aispag or massa aispag (for *Oxytropis maydelliana*)

**Symptoms:** No information found

**Plant applications:** No information found

**Uses:** No information found

**Tlingit**

**Names:** No information found

**Symptom:** Colic

**Plant application:** Infusion/drecoction

**General uses**

**Colic:** A decoction of *Oxytropis* spp. roots (also called locoweed by Blaschke) was a treatment for colic (Blaschke in Krause 1956).
Petasites spp. contains pyrrolizidine alkaloids that can irritate the liver if taken in large and frequent doses. Moderate ingestion of the plant is generally considered safe. It has also been noted to cause abortion if taken in high doses.  

**Compositae (Compositae Family)**

**Petasites frigidus**

**Petasites hyperboreus**

Common names: Coltsfoot, British tobacco, butterbur, coughwort, flower valerian, king's plant, northern coltsfoot, owl's blanket, postelligence-wort, son before father, sarsaparilla, sweet colt's foot, wolverine's foot

**Physical description:** The leaves of Petasites are generally toothed and triangular. The underside of the leaf is white with pubent fuzz. Leaf width ranges from 3 to 12 inches. A central stem bears a single whiteish, yellowish, or purplish flower or a cluster of flowers. Coltsfoot is found growing in fogs, wet meadows, crooksides, and other wet places.

**Alutiiq**

Name: Nausuk (Port Graham)

Symptoms: Colds, flu, cough, chest congestion, measles, pneumonia, sore throat, stomach troubles, tuberculosis

Plant applications: Chew, infusion, decoction

**English Bay and Port Graham area uses** (See also P.S., page 178.)

Sort throat: Bethlehem stars (Moneses uniflora) and "sweet coltsfoot" (Petasiter spp.) were boiled in water and drunk for sore throats (Stanek 1985).

Prince William Sound and lower Kenai Peninsula area uses: Carletta, coughchest congestion: The roots of coltsfoot were cleaned, dried, cut into inch long pieces, and chewed for bad colds or chest congestion (Wenekekim 1985). In addition, "some sort of small gift should be left where coltsfoot roots have been removed, or the medicine won't be strong. This is a way for paying for what you take out of the ground." (Wenekekim 1985).

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1 (Schriedel 1989)
2 (Voreck 1987)
3 Athabascan and Inupiat names have been recorded, but specific characters necessary for spelling are not available in this publication.

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**Athabascan**

Names: *K'iyégh ch'íd'ku (Petasites fridgus)*; _..._ (Kari 1995)

Symptoms: Cough, chest congestion, sore throat, stomach troubles, tuberculosis

Plant applications: Chew, infusion, decoction

**Chugach area uses**

Tuberculosis: Coltsfoot roots were used to treat tuberculosis (Kari 1995).

**Dem'sina uses**

Coughchest congestion, sore throat, stomach troubles, tuberculosis: Both Petasites hyperboreus and Petasites frigidus were used by the Dem'sina for tuberculosis, chest ailments, sore throats, and stomach aches. To administer, the roots were soaked in hot water and the tea drunk (Kari 1995).

Tuberculosis: Coltsfoot root was chewed or boiled into a tea and drunk to make the blood soft when blood in the spu- tum developed as a result of tuberculosis (Osgood 1937). Osgood labeled the plant Petasites pallidus which does not grow in Dem'sina country. The species of Petasites is not verified.

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**Inupiat**

Names: Milidudaluglu; _..._  

Symptoms: No information found

Plant applications: No information found

Use: No information found
Tlingit
Names: No information found
Symptoms: Cuts/scrapes
Plant applications: No information found

General uses
Cuts/scrapes: Sores were treated with Petasites palustris. This plant has a limited range in Alaska (Blaschke in Kroeze 1956). Blaschke may have been referring to a coltsfoot more commonly found in Tlingit country, such as Petasites hyperboreus (northern coltsfoot).

Yukon
Name: Plagwak, gahtsaag (entire plant of Petasites hyperboreus, Nelson Island); qaiisirag (seedhead of Petasites hyperboreus, Nelson Island)
Symptoms: No information found
Plant applications: No information found
Uses: No information found
Plantago major and Plantago macrocarpa are naturalized from Europe.1

Plantaginaceae (Plantago Family)
Plantago major
Plantago macrocarpa

Common names: Plantain (Plantago spp.); car-track plant, common plantain, dooryard plantain, snake-weed, soldier’s herb, waybread, white man’s foot-step (Plantago major), narrowleaf plantain, rib-wort, seashore plantain, sheep’s herb (Plantago macrocarpa)

Physical description: Plantago major is found growing in disturbed areas. Leaves are broadly elliptic to cordate-ovate and pubescent (Hulten 1968). Small white flowers grow on a central spike.

Plantago macrocarpa grows in wet meadows, beaches, bogs, and shorelines. Leaves are basal, not fleshy, hairless, and lance-shaped (Posar and MacKinnon 1994).

Aleut
Names: No information found
Symptoms: General ill health
Plant application: Infusion/decoction

General uses
General ill health: An infusion prepared from the root of Plantago macrocarpa was drunk as a tonic (Bink 1953).

Alutiiq
Names: Umaaq; weeqwag (for Plantain maritima)
Symptoms: Skin trouble
Plant application: Poultice

Kodiak Island uses
Skin trouble: For burns and sore cracked feet, Plantago major leaves were wrapped around the feet and left on over-night (Graham 1985).

Athabascan
Names: Néwaq’i’lla (meaning “goose’s rope”, Upper Inlet Deni’i)
Symptoms: No information found
Plant applications: No information found
Uses: No information found

1 Hultén 1968.
Polygonum alaskanum  

**Wild rhubarb**

Parts of this plant contain oxalic acid and tannic acid. Although considered safe in moderate doses, large and frequent ingestion of this plant may cause digestive trouble and kidney damage.

**Polygonaceae (Buckwheat Family)**

**Common names:** Wild rhubarb, Alaska rhubarb

**Physical description:** This tall (2 to 5 feet) perennial has a thick root and a somewhat woody, branched stem. The oblan-
ceslate leaves are smooth, entire, medium to dark green above and lighter beneath. The tiny flowers are yellowish-white and in a dense branched panicle (Prutt 1989).

**Alutliq**

**Name:** No information found

**Symptoms:** Constipation

**Plant application:** Infusion/decoction

**Chugach area uses**

Constipation: Identified only as “wild rhubarb” an infusion of the plant was prepared and drunk for constipation (Birket-Smith 1953). “Wild rhubarb” may also have been referring to a species of Rhamnus.

**English Bay and Port Graham area uses** (See P.S., page 178.)

**Athabascan**

**Name:** A{l}{l}{l} (Kari 1983, 1985; Nelson 1983); gwaak (Salcha); ts'izgwa (Port Yuken)

**Symptoms:** Cold/flu, constipation, cough/bronch congestion, general ill health, heart problems

**Plant applications:** Chew, infusion/decoction

**Healy area uses**

Heart problems: “Wild rhubarb” was dried and brewed into a tea and drunk as a treatment for heart conditions (Andersen in Smith 1973).

**Ingilik (Dog Hit'an) uses**

Constipation: For constipation, the Ingilik (Dog Hit'an) Athabascans prepared a “standard remedy” of fish eggs cooked with Polygonum alaskanum leaves. They cooked, strained, and drank this mixture warm (Osgood 1958).

**Upper Tanana uses**

Cold/flu, cough/bronch congestion: The root and base of the stem of Polygonum alaskanum were sometimes chewed for coughs and colds by the Upper Tanana Athabascans (Kari 1985).

General uses: Although only referred to as “wild rhubarb”, which is also a common name for Rheum spp., Brenda Hall reports when eaten raw or cooked, wild rhubarb was good to purify the blood (Hall 1979). It is unclear if this is a traditional treatment.

**Inupiat**

**Name:** Quimiiq, quimiiyuk, quirmimmiq, quimmiiq

**Symptoms:** No information found

**Plant applications:** No information found

**Uses:** No information found

**Tlingit**

**Name:** I'ta'g' wii'ch

**Symptoms:** No information found

**Plant applications:** No information found

**Uses:** No information found

**Yupik**

**Name:** Angalakaj

**Symptoms:** No information found

**Plant applications:** No information found

**Uses:** No information found

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1. (Fortune 1989)

2. (Scholfield 1994)

An Athabascan name has been recorded, but special characters necessary for spelling are not available in this publication.
Rumex spp. contains oxalic acid.\(^1\) Large doses of oxalic acid may pose a health hazard. Oxalic acid concentrations increase as the plant ages. Freezing or cooking helps to break down oxalic acid before consumption.\(^2\)

The dried root is a cathartic (a substance which causes purging or cleansing) and an astringent.\(^3\)

**Polygonaceae (Dockweed Family)**

**Rumex acetosella**

**Rumex arcticus**

**Rumex fenestralis**

Common names: Dock (Rumex spp.); arctic dock, sorrel, wild rhubarb, swat dock, (Rumex arcticus); Indian rhubarb (Rumex fenestralis); sorrel, sheep sorrel (Rumex acetosella)

**Physical description:** Hultén recognizes two subspecies of *Rumex acetosella* occurring in Alaska, *R. acetosella* sp. acetosella and *R. acetosella* sp. angiocarpus. *Rumex acetosella* sp. has a long, slender stem and thin rootstock. Leaves are long and narrow. Flowers are red to yellow (Hultén 1968). *Rumex arcticus* is a large (up to 4 foot tall) heavy-stalked plant with large, glabrous lance-shaped leaves. Most leaves are on the flowering stalk and are reduced in size as they grow upwards. The tiny flowers, which have no petals, have large, colorful red or green bracts beneath them on the branched colorful stalk (Pratt 1989).

*Rumex fenestralis* is commonly found in wet places. The leaves of *Rumex fenestralis* are lance-ovate. Lower leaves have a long petiole and are cordate at the base. The stem is erect, stout, and grow from a central taproot (Hultén 1968).

**Aleut**

**Names:** *Novelit* (Russian origin?); *tongs waqs* (for *Rumex acetosella*, Attu)

**Symptoms:** Bruising/spains, cuts/scratches, warts

**Plant application:** Toditice

**Unalaska area uses**

Cut/scratches: Roots and leaves of sorrel *Novelit* were given internally as a treatment for wounds (Merck 1988). The report does not state how the plant was harvested or administered. Species of *Rumex* is not known.

**General uses**

Bruising/spains, warts: For warts or bruised skin, steamed leaves of *Rumex acetosella* were placed on the afflicted area (Bank 1953). Frequency of application and anticipated results of treatment were not stated.

**Alutiiq**

**Name:** *Qumaralig* (for *Rumex fenestralis*, Port Graham); *gumprilik* (for *Rumex arcticus* or *Rumex fenestralis*)

**Symptoms:** Constipation, general ill health, headache

**Plant application:** Chew, infusion/douchette, snuff

**English Bay and Port Graham area uses** (See P.S., page 178.)

**Kodiak Island area uses**

**General ill health:** The leaves of *Rumex spp.* were eaten to "purge the system and clean the blood" (Graham 1985). Anusat in a wood sorrel (scientific name not listed) which, crushed and brewed, was used as an emetic (a substance that causes vomiting) and sometimes as a sedative (to help calm or soothe a person) (Pierce 1978).

**Prince William Sound and Lower Kenai Peninsula area uses**

**General ill health:** Tea resulting from boiling the roots of *Rumex arcticus* was used as a purgative to cleanse the system (Wenkholm 1985).

**Headache:** *Qumaralig* (*Rumex fenestralis*) leaves were picked, dried, ground, and sniffed to sop sneezing and to alleviate a
**Dock (continued)**

headache. The leaves were picked June through August (Wen- nekens 1985).

**Athanaskan**

**Names:** Tahu (Outer inlet Dena'ina); Kuske (Island, Iliamna, Upper inlet Dena'ina); Kushe (Lime Village, Dena'ina for *Rumex arcticus*); 

**Symptoms:** Cold/Sweat, constipation, general ill health, hangovers, stomach troubles, tuberculosis, urinary problems

**Plant applications:** Chew, infusion/decoction

**Dena’ina uses**

Constipation, hangovers, stomach troubles, tuberculosis, urinary problems: The roots of sour dock (*Rumex arcticus, Rumex fenestralis, Rumex tridentatus*) were made into a tea by boiling or soaking in hot water and was drunk by the Upper inlet and Iliamna Dena’ina to treat stomach and bladder problems. Upper inlet Dena’ina claim sour dock was effective against tuberculosis, constipation, and hangovers. The roots were sometimes given to induce vomiting and cleanse the system (Kari 1993).

**Han, Eagle area uses**

General ill health: Sarah Malcolm mentioned the eating of “wild rhubarb” for food and medicine (Scott 1993). Specific ailments and methods of plant preparation were not mentioned.

**Kutchin, Chaudalak area uses**

Cold/Sweat: Colds were treated in part by eating the roots of “arctic dock” (*Rumex arcticus*) (McKenna 1965). The species of *Rumex* is not verified.

**General uses**

General ill health: Although only referred to as “wild rhubarb”, which is a common name for both *Polygonum alaskanum* and *Rumex* spp., Brenda Hall reported that, when eaten raw or cooked, wild rhubarb was good to purify the blood (Hall 1979). It is unclear if this was a traditional treatment.

**Inupiat**

**Names:** Quaguk, quaguk, quagak (for *Rumex arcticus*)

**Symptoms:** Diarrhea, measles

**Plant application:** Chew

**General uses**

Diarrhea: Inupiat of the Walakpa Bay area boiled or submerged the leaves of *Rumex arcticus*, “salad plant”, in seal oil and ate it as a treatment for diarrhea (Potter 1972).

Diarrhea, measles: According to DeLapp and Ward (1981), eating cooked or raw sour dock and wild rhubarb (the species of *Rumex* not noted) in seal oil helped to relieve diarrhea. This same treatment was given by a woman to villagers during an outbreak of measles while at fish camp. The species of *Rumex* is unclear. However, *Rumex arcticus* was a commonly eaten green by the Inupiat and grows in abundance in Inupiat coun-

**Tlingit**

**Names:** No information found

**Symptom:** Cuts/scratches

**Plant application:** Salve

**Yukutat area uses**

Cuts/Scratches: A female informant working with Frederica de Laguna (1972) described the use and preparation of “dock” or “sourd” for cuts: They cook it, they mash it, they use fresh seal oil and mix it. Then they put it on. All that thing, you know—sometimes it’s purty, you know. They clean it out. It heals quick. It eats up the pus. Boil it and chop it up and put it together with fresh seal oil like vaseline….Put it on cuts, like iodine.

The treatment appeared to be extremely effective.

**Yupik**

**Names:** Kangagattu’li (for *Rumex arcticus*); ungak’ok (male plant); kusak’ oot; akhuk’iok (for *Rumex arcticus*, St. Lawrence Island); qagiy (for *Rumex arcticus*, Nelson Island)

**Symptoms:** Diarrhea

**Plant application:** Chew

**Napaskiak area uses**

Diarrhea: In preparation for winter healing needs, the leaves of sour dock were collected and placed in a small barrel in mid-

summer. To relieve severe cases of diarrhea, leaves and stems were cooked and eaten before any other food first thing in the morning and again at night (Osowalt 1957). Osowalt notes the plant is most likely *Rumex arcticus* and *R. pubescens*, but the ver-

ification of species was not completed.

* An Athasaskan name has been recorded, but special charac-
ters necessary for spelling are not available in this publica-
tion.

113
**Sedum rosea ssp. integrifolium**  
**Roseroott**

Over-ingestion of roseroott can cause nausea and headaches.

**Crassulaceae** (Stonecrop Family)
**Common names:** Roseroott, king's corn, orgine, scurvy grass, stonecrop

**Physical description:** This is a fleshy plant with slightly toothed, crowded, glabrous, bluish-green leaves on heavy stems topped by a cluster of small dark reddish (occasionally yellow) 4- or 5-petaled flowers (Pratt 1989).

**Athabaskan**

**Names:** Hikasna (Inland Dená'ina); Aipus naa (Upper Inlet Dená'ina)

**Symptoms:** Childbirth, colds/flu, cuts/scrapes, eye problems, sore throat

**Plant applications:** Chew, infusion/decocation, poultice

**Dená'ina uses**

Childbirth: Expectant mothers were given an infusion of roseroott leaves and roots to facilitate childbirth (Kari 1995).

Colds/flu, sore throat: This poultice (see above) was also drunk by the Inland Dená'ina for colds, sore throats, and mouth sores.

Raw roots were chewed for sore throats (Kari 1995).

Cuts/scrapes, eye problems: A decoction of roseroott leaves and roots was used as a wash for sore eyes and cuts as well as a balm for sore feet. Raw roots were placed on cuts to encourage healing (Kari 1995).

**Ligist Village area uses**

People of Lime Village also made use of osoroott for medicine, although no details were provided (Kari 1983).

**Inupiat**

**Name:** Liksaging.  

**Symptoms:** No information found

**Plant applications:** No information found

**Uses:** No information found

**Yupik**

**Name:** Gpamorovit, nooroovik (St. Lawrence Island)

**Symptoms:** Internal pain, stomach troubles, tuberculosis

**Plant applications:** Chew, infusion/decocation

**Nelson Island area uses**

Internal pain: Leaves were chewed raw and the resulting juice was spit out to relieve sores in the mouth (Ager and Ager 1980).

**Nuani-vak Island area uses**

Stomach troubles, tuberculosis: Flowers of rosoroott were used for stomach pain as well as "intestinal discomfort" (Lantis 1958, 1959). The flowers were also chewed to treat tuberculosis (Lantis 1958).

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1 (Schofield 1988)
2 An Inupiat name has been recorded, but special characters necessary for spelling are not available in this publication.
Senecio pseudo-arnica

Members of the genus Senecio contain the toxic substances plathy-phyllyne acid, tartrate, and sene-
cionine.¹

Compositae (Composite Family)
Common names: Beach fleabane, ragwort

Physical description: This leafy robust plant, 18 to 24 inches tall, has large flowers that are white and woolly in bud. Leaves are large-oblongate, shallowly toothed, fleshy, and green above and woolly white beneath (Pratt 1989).

Alcuat
Name: Ulkosuk (Atka Island)
Symptom: Cuts/scrapes
Plant application: Poultice

General uses
Cuts/scrapes: Leaves were harvested when plants were flower-
ing, then "placed directly over cuts and boils to aid in drain-
age" by the Alcuat (Bank 1953).

Alutiiq
Name: Keguyarapaq (Meaning "mosquito plant")
Symptom: Infections/inflammation, skin trouble
Plant application: Poultice

English Bay and Port Graham area uses (See P.S., page 178.)

¹ (Fontaine 1989)
**Smilacina racemosa**

**Liliaceae** (Lily Family)

Common name: False Solomon’s seal

**Physical description:** This plant arises from a stout, fleshy rootstock. The stem is pubescent (finely hairy) above, and slightly zigzag. The leaves are pubescent beneath. It is found in shaded woods (Hultén 1968).

**Tlingit**

**Names:** No information found

**Symptoms:** No information found

**Plant application:** Infusion/decoction

**General uses**

Harvested in spring, the root of *Smilacina racemosa* was rubbed on a stone, infused in boiling water, and ingested to produce vomiting (Emmons 1991).
This is an introduced weed, naturalized from Europe.¹

**Compositae (Composite Family)**

**Common name:** Dandelion

**Physical description:** Commonly found in disturbed areas and road sides, dandelion is a highly opportunistic plant. It is a perennial herb with milky juice. Leaves are all basal and mostly toothed. Flowers are yellow and solitary.

**Alcut**

**Names:** No information found

**Symptoms:** Arthritis, sore throat, stomach troubles

**Plant application:** Poultice

**General uses**

Arthritis, sore throat, stomach troubles: Dandelion leaves were steamed and wilted before being applied as a poultice for arthritis (Turner in Smith 1973). Sore throats and stomachaches were treated similarly (Alexander in Smith 1973).

**Alutiq**

**Name:** qucum naamanas' a

**Symptoms:** No information found

**Plant application:** No information found

**Uses:** No information found

¹ (Hultén 1968)
**Thalictrum sparsiflorum**  
**Meadow rue**

**Ranunculaceae (Crowfoot Family)**  
Common name: Meadow rue

**Physical description** The small, inconspicuous male and female flowers of meadow rue, *Thalictrum sparsiflorum*, are found on the same plant. It grows in moist meadows, woods, and thickets.

**Alutiiq**  
**Name:** Manilluaaq (Port Graham)  
**Symptoms:** Pneumonia, tuberculosis  
**Plant application:** Infusion/decoration

**English Bay and Port Graham area uses (See P.S., page 179.)**  
Prince William Sound and lower Kaaai Peninsula area uses  
**Pneumonia:** Meadow rue leaves were picked and boiled for one hour. The liquid was then drunk to treat pneumonia (Wennekens 1985).  
**Tuberculosis:** The root was boiled into a tea and drank for tuberculosis (Wennekens 1985).
Old nettle leaves contain cystoliths and can irritate the kidneys. Young plants should be steamed or dried before ingesting.1

Gloves should be used when gathering fresh plants to avoid compounds that sting the skin.

_Urticaceae_ (Nettle Family)

*Urtica gracilis*

*Urtica fyllidi*

Common names: Nettle, burning nettle, common nettle, Indian spinach, seven-minute itch, stinging nettle

**Physical description:** A tall rigid plant up to 40 inches tall with a slender square stem. The toothed, strongly veined, course-looking leaves have short stems and are placed opposite on the stems. They are long and narrow, broader at the base and have stinging hairs. The numerous tiny green flowers are on long drooping chains arising from the junction of the leaves and stems (Prest 1991).

**Alutiiq**

**Names:** Puumaq (Prince William Sound), ququiqumq (Port Graham, Kodiak Island)

**Symptoms:** Arthritis, constipation, general ill health, toothaches, tuberculosis

**Plant applications:** Infusion/decoction, poultice

**Chugach area uses**

Consipation: A nettle infusion was drunk for constipation (Berk-Smit 1953).

**English Bay and Port Graham area uses** *(See also P.S., page 178)*

Arthritis, toothaches: Nettle roots and devil’s club roots were used for arthrits and toothaches by the people of English Bay and Port Graham. The method of use was not documented. A note of caution by village elders warned that the plants should be used carefully because they could harm the patient if used incorrectly (Stanek 1985).

**Kodiak Island uses**

Tuberculosis: Nettle tea was prepared and given to people suffering from tuberculosis (Graham 1985).

**Prince William Sound and lower Kenai Peninsula area uses**

Toothaches: Two techniques involving leaves were used to treat toothaches (Wenneken 1985). The first method: In English Bay, nettle root was dug, cleaned and crushed, then warmed and placed on a hot rock. The patient for whom this medicine was intended would then drape a blanket over himself and inhale the steam which arose when the hot rock he had taken under the blanket with him was sprinkled with water. After a period of this treatment, the patient was given a bit of warm nettle root to put on the tooth and sit up to bed. The next morning, the tooth could be removed very easily in its entirety.

(Another method) Another method for relieving a diseased tooth in Port Graham consisted of warming a piece of nettle root and placing it directly on the offending tooth. Then a small mat woven of fine nettle roots was placed on the cheek outside the sore tooth. After three or four applications of the mat, the tooth would be crumbly and easy to remove completely.

**Athabaskan**

**Name:** Denina

**Symptom:** Rheumatism

**Plant application:** Poultice

Denina uses Rheumatism: Hot water followed by a wrap of nettle leaves on the affected area was used to treat rheumatism (Osgood 1937).
Large and frequent doses of Valeriana spp. may produce symptoms of poisoning; normal doses are generally considered safe.1

Valerianaceae (Valerian Family)
Valeriana capitus
Valeriana stichensis
Common names: Valerian, all-heal, fragrant valerian, heliotrope, pnu, setwell, tobacco root (Valeriana spp.); capitate valerian (Valeriana capitus); Sitka valerian (Valeriana stichensis)

Physical description: Valeriana capitus is a mostly glabrous plant (5 to 12 inches tall) with dark green leaves. Bordered leaves are ovate. The stem leaves are wavy, the lower ones divided into 3 leaflets (the middle one being long and pointed). Upper stem leaves are entire and nearly linear. Reeds in flower heads are glabrous. The tight, round flower head is maroon in bud, turning pink to pinkish-white, and white in full bloom (Prati 1989).

Athabaskan
Names: The'mun (Tetlin); the'mun for Valeriana capitus and Valeriana stichensis, (Nebenku).
Symptoms: No information found
Plant applications: No information found
Uses: No information found

Tlingit
Names: Gwee'nei nakt, kouchua nakt
Symptoms: Childbirth, constipation, cramps, general ill health, sore muscles, stomach troubles
Plant applications: Compress, infusions/decoction, poultice, powder
Yukutat area uses
Childbirth, cramps, sore muscles: The plant (root?) was gathered and ground into a powder to appease in waaning. The strong powder, placed on the mother’s breasts, was reported to discourage nursing by slightly burning the baby’s mouth. This powder was also mixed with hot water and placed on sore shoulders and cramps (de Laguna 1972).

General ill health: When harvesting this plant it was important to address and “pay” the plant before collecting. “Paying” the plant was done by leaving a small token (perhaps clothes or money) at the site. Yukutat Tlingits would make “medicine that sticks” by rubbing valerian on the body for any kind of sickness” (de Laguna 1972).

1 (Schofield 1989)
Valeriana spp.  Valerian (continued)

nichoonsí (or possibly Valeriana capitata). It was "a medicine with great power" for the Yukutat Tingit (1972).

Yupik
Name: Ahutsokpak (St. Lawrence Island)
Symptoms: Stomach troubles
Plant applications: No information found

St. Lawrence Island area uses
Stomach troubles: Valeriana capitata was used for stomach trouble (Young and Hall 1969). Parts of plants used and methods of preparation were not stated. This species was also said to be good luck.
**Veratrum viride ssp. eschscholtzii**

*False hellebore*

Shamans use have been associated with this plant. When this plant is used improperly, death by asphyxia can occur.\(^1\) Ingestion of this plant is not recommended.

**Liliaceae (Lily Family)**

*Common names: False hellebore, corn lily, green hellebore, linden poke, itchweed, skookum root*

*Physical description:* This is a large plant (up to 5 feet tall) with very large broad oval leaves with obvious linear veins that clasp the thick stalk. The tall flowering stalk has branched, drooping stems of numerous green flowers with 6 sepals (3 petals and 3 sepals that look alike) (Prittie 1989).

**Alutiiq**

*Names: No information found*

*Symptom: Eye problems*

*Plant application: Poultice*

**Kodiak Island area use**

*Eye problems: The stem of “skookum root” was burned near the root and mixed with breast milk before being applied to the eye as treatment for cataracts (Prentiss in Fortuin 1988).*

**Athabaskan**

*Names: Ch't's'alna (Island, Illama, Outer Inlet, and Upper Inlet Dene'"; 2)

*Symptoms: Cuts/scrapes, internal pain, skin trouble, sore muscles, toothache*

*Plant applications: Ash, chew, infusion/diuretic, poultice*

**Dena'ina uses**

*Cuts/scrapes, skin trouble, sore muscles:* According to Kari (1995), false hellebore was considered the strongest medicine of the Dena'ina. By mashing, then boiling or soaking the root in hot water, false hellebore was ready to be used as a poultice for aches, blood poisoning, cuts, sores, and rashes. These same conditions were also treated by washing the affected area with a root decoction or sprinkling the wound with ashes from the burned root (Kari 1995).

*Internal pain:* The root was chewed as an emetic. However, correct dosages required extreme skill and caution by the healer (Kari 1995).

\(^1\) *Veratrum* contains many alkaloids: veratridine, veratrine, jervine, ceratine, and veraticrine. Traditionally an important medicinal plant, dosages must be strictly monitored or ingestion of the plant may result in death by asphyxia (Heller 1963). Symptoms of poisoning may be noticed within ten minutes of ingestion (Schofield 1989).

\(^2\) An Athabaskan name has been recorded, but special characters necessary for spelling are not available in this publication.

**Note**

*The root has also been used as a vermifuge (an agent that kills intestinal worms) for dogs, and, again, dosages were crucial to avoid poisoning.*

**Haide**

*Names: No information found*

*Symptoms: Arthritis, colds/flu*

*Plant application: Smell*

**General uses**

*Arthritis: This was relieved through the use of skookum root leaves (McGregor 1981). Methods of use were not reported. Cold/Flu: A small amount, presumably powdered, was stuffed up the nose for colds (McGregor 1981).

"The Hai'da used skookum root for a tranquilizer and painkiller" (McGregor 1981).
Veratrum viride ssp. eschscholtzii

False hellebore (continued)

Tlingit
Names: No information found
Symptoms: Arthritis, colds/flu, dandruff, hair problems, insomnia
Plant applications: Oil, stuff

Yukon area uses
This plant was one of the “medicines of great power” of the Yukon Tlingit people. This plant commanded great respect; it was strong medicine. However, if used in incorrect quantities, it could be fatal (de Laguna, 1972).

General uses
Arthritis: This was relieved through the use of skookum root leaves (McGregor 1981). Methods of use were not reported. Cold/flu: Skookum root tea and fresh seal oil were given to help induce sweating (de Laguna 1972). To treat colds, a small amount, presumably powdered, was sniffed up the nose (de Laguna 1972; McGregor 1981).

Hair problems: False hellebore was employed a number of ways to help hair growth and dandruff by the Tlingit: The roots, ground up and mixed with fresh seal oil, will make the hair grow, hence it is called head-hair medicine. According to one woman, the roots were cut in small pieces and mixed with oil, while for bulls were added to make it smell good. This was rubbed on the head for dandruff. Or, to make: good dandruff medicine, when you get your hair falling out, you take the leaves, put it in a little can, and burn it. Just use the ashes of it: [Oh!] dry the leaves, make a powder out of it. Put seal oil in, rub it in your hair. Be mighty careful you don’t get any on your eyes. It would blind you. It’s strong, that’s why you can’t use it without oil. That’s why you never find any old people baldheaded.

The informant went on to tell how “skookum root” and seal oil quickly restores a man’s head the hair torn out by his jealous wife.

Insomnia: The root of false hellebore was said to produce a “sleep like the effect of an insomiane” (Emmons 1991). P’w’enica de Laguna noted “it is generally regarded by the Indians as a sovereign remedy, though dangerous” (Emmons 1991).

Menstrual problems: An informant noted:
Other people make crank medicine out of it, for when women have their monthly periods. People used to get it and dry it and put it away for winter. It’s good for pneumonia. Boil the leaves of it, or the roots, with seal oil. Take just a little bit.

De Laguna reported that the informant said that “this was effective in her own case” (de Laguna 1972).

Traditional Preparation Methods (see Cautionary Note)
According to McGregor, skookum root was prepared for medicinal purposes by: 1) digging up bulbous root and cutting off up to 3 inches; 2) drying on top of stove; and 3) covering with water and simmering 1 hour. The dose was 1 teaspoon in a glass of water. Effects were felt almost immediately. After drying, the root was also ground into powder to be used for stuffing (McGregor 1981).

Tsimshian
Names: No information found
Symptoms: Arthritis, colds/flu, hair problems, insomnia
Plant application: Staff

General uses
Arthritis: This was relieved through the use of skookum root leaves (McGregor 1981). Methods of use were not reported. Cold/flu: A small amount, presumably powdered, was sniffed up the nose (McGregor 1981).

Hair problems: “Tsimshian today describe use of skookum root for diseases of the scalp such as ringworm and dandruff. It reportedly allows hair to grow back in cases of alopecia” (McGregor 1981).

Insomnia: “Tsimshian describe a case for insomnia. The patient’s head is shaved and skookum root applied. The medicine is introduced into the bloodstream by gently hitting the head with a sprucebough until blood is drawn” (McGregor 1981).

Cautionary Note
Traditionally skilled and knowledgeable people administered the plant, yet even then dosage was difficult to control. Death can result from ingesting this plant and it is not advised for use.
**Viola epipsila ssp. repens**  
Marsh violet

**Violaceae** (Violet Family)  
Common names: Marsh violet, violet

**Physical description:** This loose plant has long stems (up to 8 inches) and heart-shaped leaves with shallow teeth. The 5-petal, irregular, purple flowers are somewhat square and have long stems (Pratt 1989).

**Athabascan**

*Name:* Tsisheux (Upper Inlet Dena’ina); tsi’ a’i (Telin, Northway)  
*Symptom:* General ill health  
*Plant application:* Smoke

**Dena’ina uses**  
General ill health: The long thin roots of the marsh violet (Viola epipsila) were used and burned by the Upper Inlet Dena’ina to help keep sickness away. Procella Russell Kari noted that this was used by shamans as well as the rest of the Dena’ina community (Kari 1995).

**Tlingit**

*Names:* No information found  
*Symptoms:* No information found  
*Plant applications:* No information found

**Genera uses**  
Emmons mentioned that the root of a yellow violet, assumed to be *Viola pediata* by Frederick de Laguna, was used medicinally (Emmons 1941). He did not provide details on plant use.
Grasses and Sedges

Grasses are members of the botanical family Gramineae, and are characterized by hollow stems that are circular in cross section with blade-like leaves arranged on the culm or stem in two ranks. Sedges are grass-like in appearance, but have solid stems that are often triangular in cross-section (Gabriel and Talbot 1984).
Eriophorum spp.  
Cottongrass

Cyperaceae (Sedge Family)
Eriophorum angustifolium
Eriophorum russeolium
Eriophorum scheuchzeri

Common names: Cottongrass, Alaska cotton, moose-nuts, swamp cotton

Physical description: Eriophorum spp. are found in wet areas, particularly bogs, meadows, and wet tundra. These sedges have a white, "cottony" looking inflorescence. This white soft flower head was frequently used as an absorbent material for caps, diapers, and bedding. The more than one dozen species of Eriophorum in Alaska are found in a wide range of elevations.

Alutiq
Names: Cahuça-qīl’-aq, qinaugqinaug (for Eriophorum russelium, Chugach)
Symptoms: No information found
Plant applications: No information found
Uses: No information found

Athabascan
Names: Jī eph lin’-a (meaning "sedge flatly"), liianu and Outer Inlet Den (raw)
Symptoms: No information found
Plant applications: No information found
Uses: No information found

Inupiat
Names: Pinnq, pikiq, pikinich, pinniq, pinik, piniq
Symptoms: No information found
Plant applications: No information found
Uses: No information found

Yupik
Names: E’uk (for plants with flowers); kalakaiju’uk ("little thread"), for plants without flowers); tau ĝyiti, esiluk (meaning "stems"), Nelson Island; esituk (meaning "root"), Nelson Island
Symptoms: Cuts/scrapes, general ill health
Plant applications: Chew, poultice

Lower Kuskokwim and Nunivak-Nelson Island area uses
Cuts/scrapes: An elderly couple shared with Margaret Lantis that Eriophorum russelium at Eriophorum schuchzeri was placed on a boil after it "suppurates naturally" (Lantis 1959). This was done presumably to soak up the pus.

Napaskiak area uses
General ill health: The lower stems of "female" plants of tall cotton grass (Eriophorum angustifolium) were chewed raw by "persons in poor general health" (Oswalt 1957). It is unclear what Oswalt meant when he referred to "female plants". He is possibly referring to plants once they have flowered.
Gramineae (Grass Family)

**Common Name:** Grass

**Physical description:** Many different species of grass have been used for food, clothing, housing material and more by traditional peoples. Grasses can be found growing in a wide variety of climates. Differences in species are often small, making them difficult to identify.

**Alutiiq**

**Names:** No information found

**Symptoms:** Childbirth

**Plant applications:** No information found

**Chugach area uses**

Childbirth: Grass was used to tie the umbilical cord of a newborn, presumably to facilitate cutting the cord (Brakel-Smith in Fortune 1980).

**Athabascan**

**Names:** kecha (Inland, Iliamna, Upper Inlet Dena’ina); Čečch (Outer Inlet Dena’ina); gidîngid’ (Kuskokwim Ingîlîk [Deg Hit’an]); I’soosa (Koyukon); n’ik, n’iš (Ager and Ager 1980)

**Symptoms:** Stings, stomach troubles

**Plant application:** Positive

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**Dena’ina uses**

Stings, stomach troubles: According to Priscilla Russell Kari, the Dena’ina partially chewed a blade of grass and placed it on a sting to reduce the pain. Leaves from birch (Betula spp.) and cottonwood (Populus spp.) trees can be used the same way. For upset stomachs an Upper Inlet Dena’ina person said "to tie five pieces of grass around the throat of a person who has an upset stomach from eating too much greasy food" (Kari 1995).

**Yupik**

**Names:** Čaneč, ħeget (Nelson Island)

**Symptoms:** No information found

**Plant application:** No information found

**Uses:** No information found

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1 An Athabascan name has been recorded, but special characters necessary for spelling are not available in this publication.
Ferns and Fern Allies

Ferns are numerous flowerless and seedless vascular plants having true roots from a rhizome and fronds that uncurl upward. They reproduce by spores. They are usually found in humid soil, sometimes grow epiphytically on trees, and often attain gigantic size in tropical climates (Webster Hypertext Dictionary).

Fern allies are Pteridophytes of other classes than Filicopsida (Webster Hypertext Dictionary).
Fern fronds become toxic with age and only young “fiddleheads” should be eaten.¹

Adiantaceae (Family)
Common name: Maidenhair fern

Physical description: This palmately branched fern grows to 20 inches high. Leaves are few or solitary from stout rhizomes. Siphon is dark red to brown. Leaflets are oblong or fan-shaped. It is found growing in moist rocky forest sites, stream banks, and cliffs.

Tlingit
Names: Sha-ah-thee-tee, Sha-yu-thee-tee
Symptom: Tuberculosis
Plant application: Infusion/decoction

General uses
Tuberculosis: According to Emmons, a tea made from the maidenhair fern (leaves?) was used to relieve tuberculous, or whoseh too nolko in the Tlingit language (Emmons 1991).

¹ (Schofield 1989)
Fern fronds become toxic with age and only young "fiddleheads" should be eaten. 1

Aspleniaceae (Spleenwort Family)
Asplenium trichomanes
Asplenium viride

Common name: Spleenwort

Physical description: The two species of Asplenium in Alaska grow between 4 to 6 inches tall. They prefer crevices and rock ledges in shadowy areas. They have a short, scaly rhizome. The fronds are tufted and 2½ to 4½ inches broad. The stipules of Asplenium viride are brown, while the stipules of Asplenium trichomanes are chestnut to black (Hultén 1968).

Tingit

Names: No information found.
Symptoms: Cold/flu, cough/bronchitis
Plant application: Infusion/decoction

General uses
Cold/flu, cough/bronchitis: For chest inflammation due to "catarrh" (cold), the Tingit would prepare an infusion of Asplenium spp. (Blaschke in Krauss 1956). Of the two species of Asplenium that occur in Alaska, Asplenium trichomanes and Asplenium viride, the latter is more widespread.

Note
This citation requires further investigation. Asplenium viride is a rather small plant and generally not found in large quantities. It may be that this plant was not correctly identified.
Athyrium flix-femina

Lady fern

Fern fronds become toxic with age and only young "fiddleheads" should be eaten.1

Athyriaceae (Lady Fern Family)
Common name: Lady fern

Physical description: *Athyrium flix-femina* grows 2 to 4 feet tall in the southern half of Alaska. Leaves are small near the base of the stipe, longer in the middle, and then taper small again at the end. Spores are produced on the under sides of the leaves (Pratt 1989). This fern resembles *Dryopteris akasana*, wood fern.

Alutiiq
Names: Kan’aqaptaq, karuarmugwanaq
Symptoms: No information found
Plant applications: No information found
Uses: No information found

Athabascan
Names: Oh l’ina (Inland, Ilanuna, Outer Inlet, and Upper Inlet Dena’ina), ab (Inland, Ilanuna, Outer Inlet and Upper Inlet Dena’ina)
Symptoms: Breathing problems, cuts/scrapes, eye problems, kidney trouble, tuberculosis
Plant application: Infusion/decocction
Dena’ina uses
Breathing problems, kidney trouble, tuberculosis: Inland Dena’ina used to drink a wood fern infusion for breathing problems (including asthma), kidney trouble, tuberculosis (Kari 1995).
Cuts/scrapes, eye problems: This infusion (see above) was also used as a wash for cuts and eyes. *Dryopteris akasana* ssp. *americana* was used for the same purposes by the Dena’ina (Kari 1995).

1 (Schofield 1989)
Fern fronds become toxic with age and only young "fiddleheads" should be eaten.  

Blechnaceae (Deer Fern Family)  
Common name: Deer Fern  

Physical description: *Blechnum spicant* is a medium sized fern with two types of fronds (fern leaves)—sterile fronds and fertile fronds. The sterile fronds are often spreading to appressed to the ground and range in size from 7 to 30 inches tall. The fertile fronds are similar in appearance to the sterile leaves, but grow upright rather than spreading. The leaflets are often much narrower on the fertile fronds. *Blechnum spicant* is found on stream banks and in moist forests from lowlands to middle (and occasionally alpine) elevations (Pogat and McKinnon 1994).

Alutliq  
Name: Topupulltango  
Symptom: Skin Trouble  
Plant application: Switch  

Cordova’s area uses  
Skin trouble: Used as a steam bath switch by the Native people of Cordova, deer fern was said to be a medicine for the entire body and helped prevent "vomiting and breaking out" (Wennerken 1983, 1985).

1 (Schofield 1989)
Dryopteris dilatata ssp. americana

Wood fern

Fern fronds become toxic with age and only young “fiddleheads” should be eaten.¹

Aspidiaceae (Shield Fern Family)

Common names: Wood Fern, spreading wood fern

Physical description: This tall fern, up to 2 feet (60 cm), rises from a stolon, coarse rootstock covered with bases of old sori. Stipes are covered with coarse brown scales. Leaves start about halfway up the stipe, starting broad and tapering to a point at the end (Pratt 1991).

Athabaskan

Names: Dena’na (Inland, Illiamna, Outer Inlet, and Upper Inlet Dena’na); ah (Inland, Illiamna, Outer Inlet and Upper Inlet Dena’na)

Symptoms: Breathing problems, cuts/scrapes, eye problems, kidney trouble, tuberculosis

Plant application: Infusion/decotion

Dena’na uses

Breathing problems, kidney trouble, tuberculosis: Inland Dena’na used to drink a wood fern infusion for breathing problems (including asthma), kidney trouble, and tuberculosis (Kari 1995).

Cuts/scrapes, eye problems: This infusion (see above) was also used as a wash for eyes and cuts. Athyrium filix-femina, commonly called lady fern, was used for the same purposes by the Dena’na (Kari 1995).

Tlingit

Names: No information found

Symptoms: Eye problems

Plant application: Infusion

General uses

Eye problems: Wood fern (Dryopteris dilatata) leaves, shield fern (Gymnocarpium dryopteris) buds, Sitka spruce (Picea sitchensis), and large leaved avens (Geum macrophyllum), were "mixed together, pounded in a mortar, mixed with human milk, and applied locally" for eye trouble of any kind (Emmons 1991)

Yupik

Name: Chiegaparvar (Nelson Island)

Symptoms: Stomach troubles

Plant application: Infusion/decotion

Nunivak Island area uses

Stomach troubles: The wood fern was among the plants brewed into a tea and drunk to treat stomach and intestinal pain by Nunivak Islanders (Lantis 1958, 1959).

¹ (Schroeder 1989)
This plant contains thiaminose, which destroys thiamine (vitamin B1) in the body.

**Equisetaceae** (Horsetail Family)

*Equisetum arvense*

**Equisetum silvaticum**

**Common name:** Horsetail

**Physical description:** *Equisetum arvense* has hollow stems with vertical ridges. Very narrow, tufted, stems in whorls at joints on the main stems. This plant spreads rapidly by horizontal roots, frequently forming lacy (somewhat filmy) carpets in moist woodlands. The spoon-shaped spring phase dies down after production, and is replaced by the vegetation or leaf phase. The leaf-like stems generally face upwards (Pratt 1991). *Equisetum arvense* is the more common horsetail, and therefore assumed to be the one most frequently used.

**Aolutiq**

**Name:** Puumaunnaq

**Symptoms:** Childbirth, skin trouble

**Plant applications:** Infusion/decocion, poultice

**Kodiak area uses**

Childbirth: In *Plains lore of an Alaskan Island* Diedre Bailey shares a tea recipe beneficial for nursing mothers to help start milk flow: Combine equal parts horsetail, chamomile, fennel, and comfrey. Add one teaspoon for each cup of water and steep for 15 minutes (Graham 1985). Although this recipe is not traditional (only horsetail is native to Kodiak Island), horsetail use by Aolutiq peoples should be further investigated. It is possible that the use of horsetail in this treatment originated from traditional use.

**Prince William Sound and Lower Kenai Peninsula area uses**

Skin trouble: The green, vegetative phase of *Equisetum arvense* was used to treat pimples according to Alia Wennekers (1985). To prepare, plants were mashed to a paste and placed over the pimple. An eagle feather was then placed on the paste and when the feather was removed a few days later the pimple and paste would cling to it (Wennekers 1985).

**Athabascan**

**Names:** *jiga yelqedi* (Inland and Eslamma Denaa'im), *nadaazh delqeh* (Inland and Eslamma Denaa'im), *Asha* (Salcha), *deden* (Tellt)

**Symptoms:** Cutaneous, toothache

**Plant applications:** Ash, poultice

**Dem’ina uses**

Cutaneous: The stems and leaves of horsetail (*Equisetum spp.*) were burned by the Dem’a’ina people and the resulting ash was placed on wores (Kari 1995).

Toothache: According to Peter Kaliforniaq (1977), joined grass or *Equisetum spp.* roots were burned and placed against the teeth for toothaches.

**Inuiaq**

**Names:** *asitaitaq* (meaning “little berry”), *asitaitiak*, *asitaitaq* gaqqaq, qaqqaq

**Symptoms:** No information found

**Plants applications:** No information found

**Yupik**

**Name:** *qerqaq*

**Symptoms:** Bleeding/cumbersome

**Plant applications:** Infusion, decoction

**Nelson Island area uses**

Internal bleeding was controlled through the use of both *Equisetum silvaticum* and *Equisetum arvense*. The upper stems and branches of fern plants were used for an infusion, although a “stronger medicine can be made from plants collected in autumn” (Ager and Ager 1989). The resulting infusion has been said to be bitter and strong.

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1 An Athabascan name has been recorded, but special characters necessary for spelling are not available in this publication.
Gymnocarpium dryopteris

Fern fronds become toxic with age and only young "fiddleheads" should be eaten.¹

Aspidiaceae
Common name: Oak fern

Physical description: A creeping rhizome sends up individual blades, each having 3 distinct, triangular segments. Each segment is about the same length. Blades, which are light green, frequently open flat about 8 to 12 inches above the forest floor (Pratt 1991).

Tlingit
Names: No information found
Symptoms: Eye problems
Plant application: Plaster

General uses
Eye problems: According to Emmons, wood fern (Dryopteris dilatata) leaves, shield fern (Gymnocarpium dryopteris) buds, Sitka spruce (Picea sitchensis), and large leaved avena (Grammacrophyllum), were "mixed together, pounded in a mortar, mixed with human milk, and applied locally" for eye trouble of any kind (Emmons 1991).

¹(Schofield 1989)
Lycopodium clavatum

Club moss "contains a poisonous alkaloid causing pain in mouth, vomiting and diarrhea".1

Lycopodiaceae (Club Moss Family)
Common name: Club moss

Physical description: A fern ally, club moss is frequently seen in mats in dry open areas, often on sandy soils (Vitt et al. 1988).

Aleut
Names: None
Symptoms: Childbirth
Plant applications: Infusion/decoction

General uses
Childbirth: For post-natal pain, an infusion of club moss is given for the mother to drink (Clanton 1953). Preparation and harvest methods of the plant were not specified.

Athapascan
Names: Dlin' a kajada (Inland and Outer Inlet Den'a'ina); dlin' a kala (Upper Inlet Den'a'ina); na'ntlh'eg (Northway)
Symptoms: Eye problems, headache
Plant applications: Infusion/decoction, poultice

Den'a'ina uses
Eye problems, headache: The Outer Inlet Den'a'ina boil both Lycopodium spp. (club moss) and Selaginella spp. (spike moss) and use the cooled infusion as an eye wash. Both members of these genera have the same name, dlin' a kajada or "mossie's tail bone", by the Den'a'ina according to Priscilla Russell Kari. A poultice of the fresh plants are placed on the head to relieve headaches and wreists on the clothes to prevent sickness (Kari 1995). Northway area uses
Headache: Na'ntlh'eg is the Northway name for Lycopodium clavatum, Lycopodium selago, and Lycopodium annotinum. All three of these club mosses are used as a remedy for headaches by placing the plant on the head until the pain gets away (Kari 1985).

1 (Pratt 1991)
Mosses and Lichens

Mosses are part of a larger grouping of plants called bryophytes. Members of this group have poorly developed water and food conducting systems and have a different type of life cycle than other green plants (they have a dominant gametophytic generation). They are relatively small and are abundant in moist areas. And like the lichens, they are particularly sensitive to pollution.

Lichens are organisms which have both an algal component and a fungal component. The algae contribute nutrients via photosynthesis, while the fungus protects the algae from environmental elements. Lichens are quite sensitive to pollution and are found in habitats ranging from rocky outcrops to old growth forests and alpine areas. Some lichens are so tiny that they are difficult to see with the plain eye while others cover large areas of land.
Bryoria trichodes ssp. americana

Old man's beard

The acid content of lichens may cause an upset stomach if not cooked well.¹

Parmeliaceae

Common names: Old man's beard, black tree lichen, horsehair lichen

Physical description: *Bryoria trichodes* ssp. *americana* is a hair-like lichen found on the bark or wood of conifers (cone-bearing trees or shrubs) in wet coastal forests (McCune and Geiser 1997).

Alutiiq

Name: Aulaxaqturn nuqli, napam angagna'!

Symptoms: Cuts/scrapes

Plant application: Poultice

Prince William Sound and lower Kena Peninsula area uses

Cuts/scrapes: People of Port Graham used to pile *Bryoria trichodes* ssp. *americana* on a sick person and place them in a steam bath to retain heat in the body. Blood flow from a wound was stopped by dabbing the wound with this lichen (Wesen-Kens 1985). Wesen-Kens has a note that the species *Aleuria euchroma* and *Bryoria trichodes* ssp. *americana* may have been collected and used together.

¹ (Shaffer & Kari 1995)
The acid contents of lichens may cause an upset stomach if not cooked well.¹

**Cladoniaceae**

*Cladina rangiferina*  
*Cladina stellaris*

**Common names:** Reindeer lichen, caribou moss, reindeer moss

**Physical description:** Reindeer lichen is found in bogs, forests, and tundra in large quantities. Many species of the genus *Cladina* resemble each other. Many species may be referred to as reindeer lichen.

*Cladina rangiferina* is shrubby and can be whitish, gray, greenish, or yellowish. As its name implies, it is an important food for caribou and reindeer. However, reindeer moss is not a choice edible for many people. To remove the bitter acids, the moss must be boiled with many changes of water. This lichen was formerly called *Cladonia rangiferina*.

**Aleut**

*Native:* Kamchatka (Alaska)  
*Symptoms:* Internal pain  
*Plant application:* Infusion/decocction, chew

**General uses**

Internal pain: Tea prepared from reindeer lichen was drunk for chest pains. In addition, hunters chewed reindeer lichen (Barn 1953). Bank referred to this lichen as "reindeer moss", *Cladonia spp.*

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¹ (Shaffer in Kari 1995)
Cladonia bellidiflora

Cladoniaceae (Family)
Common name: Cup lichen

Physical description: The genus Cladonia is found growing on soils with mosses and on decaying logs. They are quite common at all elevations. Cladonia bellidiflora has bright red fruiting bodies that make the lichen quite noticeable. It is frequently found in acidic soils.

Athabaskan
Names: Buidzih-dona; ch'angqa (Teller, Northway); ch'anakua
(Nebraska) (All Athabaskan names are for the genus Cladonia.)
Symptoms: No information found
Plant applications: No information found
Uses: No information found

Tlingit
Names: No information found
Symptom: Eye trouble
Plant applications: No information found

General uses
Eye trouble: A mixture of mother’s milk and Cladonia bellidiflora was a treatment for eye disease (Blaschke in Krause 1955).
**Hylocomium splendens**

**Splendid feather moss**

**Hylocomiaceae**

**Common name:** Splendid feather moss

**Physical description:** A common moss of the boreal forest, *Hylocomium splendens* is often seen forming a continuous mat in coniferous boreal and montane (mountain) forests (Vit et al. 1988).

**Athabasca**

**Names:** No information found

**Symptom:** Menstrual problems

**Plant applications:** No information found

**General uses**

Menstrual problems: Splendid feather moss was used as an absorbent material for menstrual pads by Athabasca women in the Fort Yukon area (Heiloway and Alexander 1950). Although not a typical medicinal application of a plant, this reference was included because the type of moss used was specifically identified. This may possibly be due to particular healing properties, in addition to absorbancy, associated with this moss.
The acid content of lichens may cause an upset stomach if the lichens are not cooked well.1

Nyphromataceae
Common name: Arctic kidney lichen

Physical description: *Nephroma arcticum* is a foliose (leaf-like in growth form) lichen that is found in moist subalpine coniferous forests and subalpine communities (Vitt et al. 1988).

Yupik
Name: *Kuu’isak*
Symptom: General ill health
Plant applications: Chew, infusion/ decoction

Napaskiak uses
General ill health: For a person in “a weak condition”, Arctic kidney lichen was cooked in water and fed to the patient. This medicine was noted to be very effective (Osvald 1957). Oswalt does not mention if the lichen was eaten or a lichen infusion was drunk.

1 (Shaffer in Kari 1995)
Peligeraster aphthosa

(A lichen)

The acid content of lichens may cause an upset stomach if the lichens are not cooked well.¹

**Peligerasteraceae** (Family)
Common name: Lichen

**Physical description:** *Peligeraster aphthosa* is a foliose (leaf) lichen that is bright green in color when wet. It has dark "warts" on the surface. Lower surface is "cottony" due to the lack of lower cortex and is veined. This lichen is common throughout much of Alaska (Hazzelbach and Neitzich 1998).

**Tlingit**

**Names:** No information found
**Symptom:** Burns
**Plant application:** Powder

**General uses**

Burns: Burns and scalds, ke wall phon ("it burned up") in the Tlingit language, were treated with the dried and powdered form of a lichen, most likely *Peligeraster aphthosa* according to Emmons (Emmons 1991).

¹ (Shaffer in Kari 1995)

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Sphagnum spp.

Sphagnaceae

Common name: Sphagnum, moss, peat moss, red sphagnum

Physical description: Sphagnum mosses (peat mosses) are quite common in wet acidic areas throughout much of Alaska. In bogs they grow, they are almost always turgid (inflated or spongy) and densely packed together. They are found in a variety of colors including yellow, green, orange, and red. Peat moss have granular absorbent spores.

Athabascan

Names: Nets dledehi (Inland and Biaanna Dena’ina); man dledehi (Upper Inlet Dena’ina); gualdi (Salcha)
Symptoms: Broken bones, cuts/scrapes, earaches, eye problems, headaches, infections/inflammation, lung trouble
Plant applications: Poultice, steam

Dena’ina uses

Broken bones, cuts/scrapes, infections/inflammation: Red sphagnum had many medicinal applications used by the Dena’ina. It is used for any injury where swelling may occur: broken bones, dislocations, serious cuts, or blood poisoning. Priscilla Rossell Kari described three methods for using red sphagnum medicinally; two methods were used most frequently. The first method was to boil water and place the affected area over the steam. Red sphagnum was then placed on top of the wound and covered. This was repeated every day until healing was complete. The second method was to heat the moss and place the warm moss directly on the wound and cover it (Kari 1995)

Earaches: Ear troubles were treated with the third method: “Hot rocks surrounded by wet red sphagnum were placed in a birchbark basket and then placed on the patient’s head so that the steam would enter the ears” (Kari 1995).

Yupik

Names: No information found
Symptom: Diarrhea
Plant application: Chew

Lower Kuskokwim area and Nunivak-Nelson Island uses
Diarrhea: One Yupik informant shared with Lantis that eating sphagnum moss was a treatment for diarrhea (Lantis 1959).
Common name: Lichen

Physical description: Lichens are organisms which have both an algal component and a fungal component. The algae contribute nutrients via photosynthesis, while the fungus protects the algae from environmental elements. Lichens are quite sensitive to pollution and are found in habitats ranging from rocky outcrops to old growth forests and alpine areas. Some lichens are so tiny that they are difficult to see with the plain eye while others cover large areas of land.

Yukvatat area uses
Infection/inflammation, sore muscles: According to an informant working with Frederica de Laguna, "Lichens from the ground in the woods are good for sores. Smash it up and beat it on rocks with seal oil and mountain goat tallow" (de Laguna 1972).

Tlingit
Names: No information found
Symptoms: Infection/inflammation, sore muscles
Plant applications: Salve, plaster
Common Name: Moss

Physical description: Mosses are part of a larger grouping of plants called bryophytes. Members of this group have poorly developed water and food conducting systems and have a different type of life cycle than other green plants (they have a dominantly gametophytic generation). They are relatively small and are abundant in moist areas. And like the lichens, they are particularly sensitive to pollution.

Athabascan

Name: Nun (Lime Village, Den'ina)
Symptoms: No information found
Plant applications: No information found

Den'ina uses, Lime Village area
A certain type of moss has been used medicinally by the people of Lime Village (Kant 1983), although no details were provided.

Tlingit

Names: No information found
Symptoms: Eye problems
Plant application: Plant

Yakutat area uses
Eye problems: A good treatment for cataracts was prepared from a light green moss (Parmelia spp.). Once the moss was soaked, mashed, and made into a paste, a Yakutat resident said "took the smash stuff and soaked it in breast milk that just comes out fresh from your own breast. My mother used to do that for grandfather when he was getting blind. It help him" (de Laguna 1972).

This specimen was not identified. Parmelia is a lichen not a moss. It was assumed that this specimen was a moss and the continuity occurs over the taxonomy, not the growth form.

Yupik

Name: Kuma'ko'ot' (meaning "something that makes it tight")
Symptoms: Cuts/scrapes
Plant application: Positive

Kuskokwim area uses
Cuts/scrapes: Wounds were occasionally treated by applying oil-soaked moss "then covering it by a wrapping of skin or intestine" (Fortune 1985). Presumably, the moss provided absorbency for both the oil and blood from the wound. It is unclear whether or not the moss contributed additional healing properties to the wound.
Fungi were placed in the plant kingdom for many years. They are now placed in their own kingdom. The part of the fungus we see is the fruiting body. The living body of the fungus is called the mycelium and is usually hidden in soil, wood, or another food source. Fungi feed by absorbing nutrients from the organic material on which they live. (Fun Facts about Fungi, University of Michigan Herbarium)
Positive identification is extremely important before ingesting any mushroom; many are poisonous.

**Polyporaceae**

Common Names: Chew ash fungus

**Physical description:** This polypore is found on the living trunks of Alaska deciduous trees such as Betula, Populus, and Salix. As with many saprophytic fungi, this species inflicts a destructive heart rot on many of its hosts. These fungi are hard, woody, brown, and generally 1/3 inch thick (Overholts 1953).

**Athabascan**

Names: Only names for *Fomes ignarius* were found: K’vaq’gelet’ii (Inland De-nya’na); K’waq’gelet’ii (Outer Inlet Dena’ina); Baxg’let’ii (Upper Inlet Dena’ina)

**Symptoms:** No information found

**Plant applications:** No information found

**Uses:** No information found

**Yupik**

Names: Kuma’nak, kuma’ak

**Symptoms:** Constipation, stomach troubles

**Plant application:** Infusion/decoction

Lower Kuskokwim and Nunivak-Nelson Island area uses

Constipation, stomach troubles: An infusion of *Fomes ignarius* was made strong, “almost as strong as black coffee”, for constipation, according to a man from Eirk. It acted as a laxative. A man from Kasiugluk shared that this infusion was also drunk for stomach aches (Lantis 1959).

This citation listed the fungus as "...Potia obliqua, formerly called *Fomes ignarius*." A report by Lee Overholts (1955), however, mentions that *Fomes ignarius* was often mislabeled as *Potia obliqua*. The confusion arose because *Potia* spp. grew abundantly on the dead stumps of trees formerly occupied by *Fomes ignarius*. Based on evidence from this report, it is assumed that the fungus referred to by Lantis is *Fomes ignarius* (Phyllis Kempton pers. comm. 1999).
Lycoperdon spp.

Positive identification is extremely important before ingesting any mushroom; many are poisonous.

Lycoperdaceae (Stemch Fungi Family)
Common name: Puffball

Physical description: Puffballs are round fungi white to tan in color. They are found in woods, meadows, and tundra throughout much of Alaska. When young, they are generally white and firm inside. However, as they age they become more fragile as they prepare to release spores. When mature puffballs are disturbed, they release a soft "cloud" of brown spores.

Athasbascan
Names: Gagagay samples (Outer Inlet Denaina), cbatigé samples (inner and outer Denain), chahtam dangadi (Denain Delta's), delga chicuks (Upper Inlet Denain), naasam'n pay (Northway). ^ (Kari 1995). ^ (Nelson 1983). Symptms: Burns, cuts/scraps, eye problems
Plant applications: Poultice, powder

Denain uses
Burns, cuts/scraps: Puffballs were applied directly to burns, cuts, and other wounds by the Outer Inlet and Interior Denain (Kari 1995).

Upper Tanana uses
Cuts/scraps, eye problems: Powder-like spores from puffballs in their later growth stages were mixed with water and placed on cuts and sores. This "powder" was also placed directly into the eyes for eye trouble (Kari 1985).

Cautionary Notes
Many mushrooms are poisonous. Although puffballs are generally considered safe, many mushroom species look alike. Be sure you learn mushroom identification before you begin foraging.

1 An Athasbascan name has been recorded, but special characters necessary for spelling are not available in this publication.
Algae are very simple chlorophyll-containing organisms. They are composed of one cell; grouped together in colonies; or organisms with many cells, sometimes collaborating as simple tissues.

Seaweeds are algae that live in the sea or in brackish water. Seaweeds come in three basic colors: red, brown, and green. Red and brown algae are almost exclusively marine, while green algae are found in marine, freshwater, and terrestrial systems (Gailey 1996).
**Agarum cribrosum**  
(An alga)

**Laminariaceae**
Common Name: No information found

**Physical description:** According to Scagel et al. (1986), two species of Agarum live along the Alaska coasts: *Agarum cribrosum* and *Agarum fimbriramen*. *Agarum* spp. belong to the Phaeophyta, brown algae. The thalli (agal bodies) are not filaments or crustose and are generally not hollow. *Agarum* spp. do not contain air bladders such as in *Nemacystis leptophora* (bull kelp). The blades contain a midrib or midvein and have numerous perforations.

**Alutiiq**
**Name:** Iitak
**Symptom:** Cold/Sflu
**Plant application:** Infusion/decoction

Prince William Sound and lower Kenai Peninsula area uses Cold/Sflu. One way to treat colds was to boil the seaweed *Agarum cribrosum*, and mix the resulting "black juice" with a little seal oil and drink. The mixture was said to taste terrible but worked well (Wenteke 1985).

(M. Boyer)
**Laminariaceae**

Common name: White seaweed, kombu, sugar wrack

Physical description: There are 8 species of the genus *Laminaria* in Alaska. Many *Laminaria* have long blades with no midribs, however specific identification is difficult due to the fact that morphology (growth forms and appressed) changes with the habitat the plant occupies. Some members of this genus can be aged according to their growth rings (much like an aging tree). The genus *Laminaria* was formerly divided into two groups—those with blades that are subdivided and those that are not subdivided (O’Clair et al. 1996).

Altiiq

Names: *Se’alq, chisunxq* (for *Laminaria groenlandica*)
Symptom: Skin trouble
Plant application: Poultice

Prince William Sound and lower Kenai Peninsula area use:
Skin trouble. Burning and itching feet were soothed by wrapping them in a hale of *Laminaria* spp. The alga was harvested when it washed up on the beach and after it bleached from exposure to the sun and other elements (Wennedrum 1985).

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**Nereocystis luetkeana**

**Bull kelp**

**Lessoniaceae**

Common names: Bull kelp, bullwhip kelp, giant kelp, horsetail kelp, orange head kelp, ribbon kelp, ski kelp, sea otter's kelp

**Physical description:** Bull kelp is found in Alaska from Unmak Island in the east Aleutians Islands along the coast through Southcentral Alaska and down through Southeast Alaska. It is primarily in the subtidal zone to depths of 56 feet. The stnalk/stipe is usually about 33 feet long, but has been recorded as long as 118 feet. The hollow stipe enlarges at the end to form a float. Up to 64 long blades grows at the end of bull kelp and are often seen floating on the surface of the water (O'Clair et al. 1996)

**Alutiiq**

**Name:** Mq'iq, qalugsog

**Symptoms:** No information found

**Plant applications:** No information found

**Uses:** No information found

**Tlingit**

**Names:** No information found

**Symptoms:** Earaches, headache

**Plant application:** Steam

**General uses**

Earaches, headache: "Giant kelp" (no scientific name was provided) was used to treat earaches and headaches by placing one end of the hollow stalk on a hot wet rock and the other in the ear. The steam then entered the ear, relieving the pain (McGregor 1981).

**Note**

Two species of kelp are referred to as giant kelp—*Nereocystis laetevirens* and *Macrocystis pyrifera*. Both are common along the southeast Alaskan peninsula coast. However, *Nereocystis laetevirens* (otherwise known as bull kelp) is presumably the kelp used medicinally by the Tlingit. Verification of the genus requires further research.
Porphyra spp.

Bangiacae
Porphyra perforata
Porphyra umbilicalis

Common names: Black seaweed, laver (Porphyra spp.); purple laver, red laver, nori (Porphyra perforata); black seaweed (Porphyra abietina).

Physical description: Porphyra perforata grow on rocks and other algae from the west Aleutian Islands along the coast to Southeast Alaska. It forms a lobed and vary blade general up to 1 foot wide. The thin blade (only one cell layer thick) is purple and occasionally greenish in color (O'Clair et al. 1996).

Note
The taxonomy of Porphyra spp. in many southerns is unclear. Many members of the genus Porphyra are frequently referred to as "black seaweed," even in cases where the common name is all that is provided, it is difficult in many cases to determine the species level. Both Porphyra abietina and Porphyra hollya are harvested for subsistence purposes in Southeast Alaska (Stokall pers. comm.). Alvin Wemeckens is the only known reference to the traditional harvest of Porphyra perforata by the Alutiiq. However, Emmons lists Porphyra perforata as traditionally used by the Tlingit. Evans (in Smith 1973) lists the only known reference to the medicinal harvest of Porphyra umbilicalis by the Tlingit.

Alutiiq
Name: Qaspallipag
Symptom: Gore
Plant application: Chew

Prince William Sound and lower Kenai Peninsula area uses
Gotit: Eating Porphyra perforata (also identified as black seaweed) was said to help prevent gout. It was collected May through September (Weinreck 1985). It is unclear if this practice began before Russian or European settlement, but it is interesting regardless. Rarely has plant use been recorded as a preventative measure for an illness.

Tlingit
Name: Klakh kik. thlakak
Symptom: Stomach troubles
Plant application: Chew, infusion/decoction, powder

General uses
Stomach troubles: Among the treatments for bowel troubles was the use of klakh kik (identified as Porphyra perforata).

Harvested in spring, the seaweed was cut or chewed into small pieces, boiled in water and eaten. It was also prepared by drying it near a fire, pounding it into a powder, cooking the powder, and then eating it (Emmons 1991). Thleedok was dried and compressed into cakes. A tea was then prepared from this dried algae for bowel and stomach troubles (Evans in Smith 1973). Thlakak was identified as Porphyra lacinaia (Porphyra umbilicalis L. var. Ag.) Scagel et al. do not list Porphyra lacinaia in the marine algae checklist that covers Southeast Alaska—only Porphyra umbilicalis (Scagel et al. 1986).

Tsimsian
Name: No information found
Symptoms: Bleeding/hemorrhages, cuts/scrapes, nausea
Plant application: Chew, paste

General uses
Bleeding/hemorrhages, cuts/scrapes: New mothers were given boiled black seaweed (presumably Porphyra perforata) to cleanse the body of blood clots following childbirth. It is said to be a cure for blood clots and was placed on cuts (McGregor 1981). No scientific name was provided, however black seaweed presumably refers to Porphyra spp. Nausea: Dried black seaweed (as well as "yellow seaweed") was a cure for nausea (McGregor 1981).
Rhodoglossum latissimum

Gigartinaceae
Common name: Red seaweed

Physical description: According to Scagel et al. (1986), five species of Rhodoglossum live along the Alaska coast. The thalli (algal body) of Rhodoglossum spp. are often found growing in groups. One or more erect blades arise from a disk-shaped holdfast. The blade margins are usually entire and with a smooth surface.

Alutiiq
Names: Nyaauq, nul’ag
Symptom: Childbirth
Plant application: Chew

Methods:
Prince William Sound and Lower Kenai Peninsula area uses
Childbirth: Dried red seaweed (Rhodoglossum latissimum) was given to mothers to promote milk flow (Birket-Smith in Wennekers 1985).

However, according to Scagel et al. (1986), the range for Rhodoglossum latissimum does not extend to near-Alaska waters. The direct quote from Birket-Smith only refers to this alga as niaqat: “a kind of dried sea-weed, niaput, boiled with salmon roe was believed to give her abundant milk” (Birket-Smith 1953).
Common name: Algae

Physical description: Algae are found in both freshwater and saltwater environments. They are simple organisms composed of one cell, cells grouped together in colonies, or organisms with many cells. They contain chlorophyll and therefore photosynthesize (convert light into energy).

Aleut

Name: Uqasas (Aqua Island)
Symptom: Eye problems
Plant applications: No information found

General uses
Eye problems: According to Bank (1953), a local gathered pond scum and bathed sore and inflamed parts of the eye. Possibly a compress of the algae was placed directly over the eye, however Bank does not state methods of preparation for the algae. Bank points out that the oils from the algae were more often used than the algae itself.

Athabascan

Name: Kallada (Island, Biamna, Outer Inlet, and Upper Inlet, Dena’ina)
Symptom: No information found
Plant applications: No information found
Uses: No information found

Inupiat

Name: No information found
Symptoms: Cuts/scratches, infections/inflammation
Plant applications: Poultice, salve

General Inupiat uses
Cuts/scratches, infections/inflammation: In conjunction with other heating techniques employed at hot springs, algae was gathered from streams near the springs for the treatment of cuts and infections. An algae poultice was applied directly to the affected area then covered with a plastic bag, or the algae was mixed with seal oil, which was rich in vitamin A (Brook et al. 1983). Prior to “poking”, a practice employed by Eskimos in Northwestern Alaska for the act of piercing the skin with a specialized knife, for medical purposes, algae “jelly” is placed directly on the skin (Dixon and Kirchner 1982). Symptoms or conditions that benefited from the algal packs are not stated. Algae was possibly used to prepare area for lancing or alternatively to treat a separate medical condition. However it appears that many episodes of poking were first treated with an algal pack.

An example of using algae in combination with poking was described by Dixon and Kirchner: “The Eskimo medical practitioner treated the patient first with hot baths, then with a jelly made from algae, then with a seal oil and algae jelly combination”. The patient had swollen and inflamed hands, which were subsequently cured by poking (Dixon and Kirchner 1982).
Miscellaneous References includes plants species that cannot be attributed to a specific genus. It includes trees, shrubs, herbs, grasses, sedges, mosses, lichens, fungi, seaweeds, algae, and plants referenced only by Native names.

Miscellaneous References also provides information on the applications and uses of charcoal and plant products introduced through trade with Europeans and Russians, such as tea, tobacco, and black pepper.

These references, which still require further investigation, are taken directly from the original sources, and page numbers are included.
Miscellaneous Trees and Shrubs

**Ahtsiq**
"In the course of such a terrible operation a fit comes in placed in the patient's mouth, so that he does not rise off his tongue with the unbearable pain" (Pierce 1978, p. 126-130). *Author's note: The fit tree (Ahtsiq spp.) does not grow on Kodiak Island. This citation may be referring to spruce (Picea spp.).

**Athabascan**
"Another one is the pitch on trees. They used it for toothache too. You chew it. I remember that" (Deukökamagna 1996, p.12). *Author's note: The type of pitch used was not reported, but was possibly balsam poplar (Populus balsamifera spp. balsamifera) or spruce (Picea spp.)

"I went home and I take off the green tree. I leave it inside the house, syrup come out of that, a white syrup. And I steam it out. I take the bark off and I put pitch first through. White pitch out of the net, I put in there. Then I put that bark on. I tie it back on. I sleep good that night. You know what happens? All that bad stuff in my leg, infection, cover that bark in the morning. My flesh is all clean and white, no pain no more" (Deukökamagna 1996, p.13). *Author's note: White syrup is most likely referring to a type of pitch, possibly from balsam poplar (Populus balsamifera spp. balsamifera) or spruce (Picea spp.)

"In the 1840's Lavreni Sagoksik (1867, p. 256) rounded the people of the middle Keskipassaw taking (blueberry) juice as a remedy for practically any illness" (Zagoskin in Fortune 1988). *Author's note: The common name 'blueberry' refers to many different plants: Vaccinium ovalifolium, Vaccinium alaskensis, Vaccinium caespitosum, or Vaccinium uliginosum spp. alpinum.

"Then she breaks the shoots into pieces, boils them, and gives the infusion to sick children (as a rub or drink) to help cure them" and reference to plant identification: 'I was never able to identify this shrub, which is probably either Greene mountain ash (Sorbus scopulina), or resin birth (Rhus glandulosa)' (Nelson 1983, p. 52).

"The Tlingit people use a plant which is possibly Alaska spruce (Picea glauca var. sitchensis) for tea by making an infusion of the leaves...leaves may be dried for later use" (Kari 1985, p. 8).

**Black Birch Bury**
*Name:* K'atene'na (Inland and Illianwa Dena'ina); k'ulataani (Upper Inlet Dena'ina)
*Plant application:* Poultice *Kari (1995)*

**Upper Inlet Dena'ina uses**
Toothache. A piece of black birch burr is beaten and hit on by a person with a sore tooth to help cure a toothache. *Kari (1995)*

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**Eyak**
"Some women are said to have chewed a certain root to prevent conception" (Birket-Smith and DeLaguna 1938, p. 150).

**Inupiat**
"As a disinfectant for cuts, pitch made from any wood is used" (Lucier et al. 1971, p. 254). *Author's note: The type of pitch used was not reported, but was possibly balsam poplar (Populus balsamifera spp. balsamifera) or spruce (Picea spp.)

"Put crystallized wood sap in the eye to remove cataracts" (DeLapp and Ward 1981, p. 14). *Author's note: The type of pitch used was not reported, but was possibly balsam poplar (Populus balsamifera spp. balsamifera) or spruce (Picea spp.)

"Apply crystallized wood sap as a treatment for cuts" (DeLapp and Ward 1981, p. 29). *Author's note: The type of pitch used was not reported, but was possibly balsam poplar (Populus balsamifera spp. balsamifera) or spruce (Picea spp.)

**Currant**
*Names:* Kwaalak, husliuk (White Mountain area *Brown 1961*)
*Symptoms:* Eye problems
*Plant application:* Ingestion

**General Uses**
*Eye Problems: If eaten it excises the black berries of kwaalak (or husliuk) cause dilation of the pupils. *Brown (1961)*

**Tsimshian**
"Blueberry" was used as a treatment for diarrhea. *McGregor (1981)*

*Author's note: The common name 'blueberry' refers to many different plants: Vaccinium ovulifolium, Vaccinium alaskensis, Vaccinium caespitosum, or Vaccinium uliginosum spp. alpinum.

**Yupik**
"Resin or arnica root taken from a green tree or driftwood was placed on cuts" (Lents 1959, p. 6). *Author's note: The resin may be referred to spruce (Picea spp.) pitch.

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Miscellaneous Herbs

Aleut
"In fever they employed decoctions of bitter herbs and guarded the patient carefully from the external air. Herbs were also used in combination with the first kind, but if the expectoration proved troublesome, the patient was submitted further to the operation of 'pricking' (U.S. Revenue-Cutter Service 1883, p. 19).
"For diarrhoea astringent roots and diet were employed or the root of the 'makurha' (U.S. Revenue-Cutter Service 1883, p. 19). Author's note: Fortune in 1948 (p. 201) mentions that makurha probably refers to *Polygonum bistorta*.

Alutiiq
"She gives them roots to eat and they drink juice brought from the same roots. These roots, according to Baranov, are somewhat similar to *sarsaparilla* for venereal disease (Davydov 1977, p. 177). Author's note: *Sarsaparilla* is a common name for the plant *Peumus boldus* (Lauraceae coltsfoot) (Wennenkens 1985).
"Eph [as informant's initials] was certain that this plant had formerly had a medicinal use, but she did not know the exact nature of the use." (Wennenkens 1985, p. 52). Author's note: This plant may possibly be referring to *Aster subalpinus* or *Aster subapicatus*.

Athabascan
"Camoamile tea. Pick buds from tops of plants and dry them out, boil to your desired strength, drink 1 cup for restlessness due to illness" (Ball 1979, p. 13). Author's note: It is unclear if this report is referring to traditional treatments only. "Chamomile" is a common name for *Matricaria chamomilla*, an introduced weed that is now naturalized in Alaska. It also refers to *Anthemis nobilis* or *Matricaria chamomilla*, both common garden herbs which do not grow wild in Alaska.

Tlingit
"As a final note, Dr. Robert White in 1880 reported that the Tlingit pounded the leaves of a *Tanacetum*, or tansy, peeled it with bear gall, and applied it to joints for the treatment of arthritis (White 1880). According to Halbin, this genus does not occur in Alaska." (White in Fortune 1988, p. 210).

Yupik
"One item not fully explained was the following: to make a pregnant woman bleed, one should use a short plant that has yellow flowers. Unfortunately, specimens could not be obtained for identification" (Laurin 1959, p. 34).
"Wild spinach" was used as a medicinal (Kasak and Andrews 1980). Author's note: Wild spinach may refer to lamb's quarters (*Chenopodium album* or strawberry spinach (*Chenopodium capitatum*).

Peoples Not Identified
"My mother used the peppermint roots when she had upset stom- ach. Dry the roots and when needed boil and drink the liq- uid. She also used the roots as a salve" (Southcentral 1991, p. 37). Author's note: "Peppermint" is a common name for *Monarda piperita*, which does not grow wild in Alaska but is commonly found in gardens. However, other members of the genus Monarda are native to Alaska.

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Miscellaneous Grasses and Sedges

Athabascan
"If they have a cough they chew grass roots or spit in back to stop the illness and sometimes the old women boil buck-rock, and brush to make tea, which is drunk for all forms of illness" (Schnitzer 1910, p.19).

"The Tlingit people report using a kind of sedge as medicine for colds. They dig the underground stems during the summer, boil it, and drink the infusion" (Kari 1985, p. 9).
Athabascan

"Telin people report that they use a certain foliace lichen for coughs and sickness in general by boiling it and drinking the decoction. Some Dens'ina note that a large, foliace lichen that grows in the mountains is a medicine for tuberculosis and bleeding that won't stop" (Kari 1985, p. 21). Author's note: The Telin Athabascan name is ab'lin tshi nito.

Tlingit

Cornicularia richardsonii is used as a treatment for inflammation of the lungs (Blatchke in Krause 1956, p. 283). Author's note: Cornicularia richardsonii is most certainly referring to a lichen, however a current taxonomic treatment for this lichen is not known. Some species of Cornicularia do occur in southeast Alaska (L. Geiser, pers. comm. 1998).

Yupik

"This spuguu moss was sometimes eaten raw to control internal bleeding following childbirth. It was also soaked in seal oil to form an effective bandage over wounds to help control bleeding" (Ager and Ager 1980, p. 33). Author's note: Mosses belong to the division Bryophyta, which also includes the liverworts and hornworts. A voucher specimen of the unidentified moss was collected by the author of the report (has it been identified?). "Put soot yellow moss soaked in seal oil on a wound and wrap it with skin" as a treatment for wounds (Lantis 1959, p.19).

Miscellaneous Fungi

Alutiiq

"Inside drowned, dead and decaying trees, fungal mycelium will frequently be present in sheaths, somewhat resembling cheesecloth in texture. These sheaths were collected and used as bandages (TC, SM[informants initials]). This mycelium is always available" (Wetnekes 1985, p.39).

"The white fungus infested wood of rotten logs was removed and made into a packing which was applied to earaches and infections" (Slanek 1985, p. 194). Author's note: This "white fungus" may be referring to the mycelium, tre string-like "body" of a fungus.

"Bleeding is stopped by means of rotten fir wood pounded into powder" (Black 1977, p.95, 96). Author's note: A footnote in "fur wood" mentions that this was probably referring to grimbarka, a fungus which grows on decaying fir wood. However, fir (Abies spp.) does not grow on Kodiak Island. Is this fungus referring to Lentinus sulphureus, a shelf fungus which grows on spruce?

Athabascan

"The ashes resulting from burning wood punk, when boiled and drunk, are believed to counteract consumption." (McKinnon 1959, p. 109). Author's note: "Wood punk" may be referring to Fomes applanatus, a shelf fungus found growing on hinch trees (Dendro spp.).

"An unidentified bracket fungus which grows on spruce trees is used as medicine by the Upper Tanana. The Telin people cut it into pieces and boil it with Hudson Bay tea [Ledum palustre spp.] and the tip of a young spruce tree. This decoction when taken internally is said to be effective for any kind of ailment. The Northway people cut up the fungus, boil it, and after straining the liquid drink it for colic, flu, tuberculosis, and respiratory problems. The Upper Tanana Athabaskan also use the strained decoction as a wash for some infections, and the eyes" (Kari 1985, p. 20). Author's note: The Northway Athabascan name is tuk diegn.

Yupik

"One man from a tunda village said that for stomach aches he would obtain a certain fungus, yellow on the inside and black on the outside, that grows on a tree trunk" (Lantis 1958, p.136). Author's note: This possibly refers to a type of poly Poe, or shelf fungus.

"For a laxative or just a beverage to make one feel better, a man at Eek, like the aforementioned man originally from Nunachuk, said that he would use a certain brownish-black fungus (or richens) that grows shelf-like on a dying or dead tree" (Lantis 1958, p.136). Author's note: This possibly refers to a type of poly Poe, or shelf fungus.

"One man in the Eek-Kwinthagak area said that he used the "yellow stuff", evidently the spores, from "puff balls that grow under trees for burns, sores, and cuts" " (Lantis 1958, p.136, 1959 p.6). Author's note: Puffball is the common name for fungi in the genus Lycoperdon.

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Tlingit

Kelp
Names: No information found
Symptoms: Swelling
Plant application: Poultice

General uses
According to Frederica de Laguna, a warm poultice of kelp pulp applied to the skin helped to reduce swelling (de Laguna 1972, p. 656).

Aleut

"Swellings and rheumatism they treated with various fomentations and ointments, or by poultices made of roots" (U.S. Revenue-Cutter Service 1883, p. 19).

Aleutiiq

"Fix blood: spitting a decoction of a certain pulverized plant was drunk, and hot stones were used for applications" (Birket-Smith 1953, p. 117).

Athabascan

"The PacRiver Katchin, nevertheless, make a sort of tea which is good for the kidneys, and smash up and boil a certain root to act as a physic" (Osgood 1936, p. 93).

Another plant for which no name was known was used as an eye wash. The leaves were boiled and the water used to wash the eye. It was used for any eye problem including snow blindness. This plant also was dried and stored during winter" (Townsend 1965, p. 346).

For cuts/scrapes, "Just one root, called rabbit roots, envw along beach, low bush" was used (Scott 1993, p. 195).

Inupiaq

"One or two leaves were boiled for medicinal purposes, specifically to relieve an aching back or joint" (Gubser 1965, p. 239-240).

Miscellaneous Unidentified Plants

"Place some special green leaves on the mattress and have the individual lie on them and then cover him up with more leaves and have him stay this way for several days" as a treatment for cancer (DeLapp and Ward 1981, p. 22).

"Put some plants in a bag and soak them in hot water and place the bag on the chest" as a treatment for colds (DeLapp and Ward 1981, p. 24).

"Apply a plant that is available in the Kotzebue area" as a treatment for cuts (DeLapp and Ward 1981, p. 30).

For general ill health, "Wet some plants down and apply them to the skin. Only leave it on a day or less—if it’s on too long, it causes a bad rash" (DeLapp and Ward 1981, p. 52).

Tlingit

"For a cough, drink a tea made from the 'tripidodontium' [unidentified plant]. Lepidodendron is a genus of fossil tree ferns that grow in the Carboniferous, suited for the scaly surface of its bark where the leaf stalks separated"] (Emmons 1991, p. 364). Author's note: Does this refer to the genus Lepidodendron?

Peoples Not Identified

"The steam bath is considered to be a dubious cure for colds but efficacious in curing sprains and recurring body or limb soreness. Local plants may be prepared and used to treat diarrhea, to form a poultice over an infection, to whip a sore limb in the steam bath, or to build up strength. One plant is reputed to cure any type of disorder" (Oswalt 1957).
Alutiq

“On the island of Sàkkun the Kotisqas dig up a root they call ‘shoobuk’. This plant has a very short stem with four to five longish leaves. Shishuk smells quite good; they smoke the leaves, and expectant mothers drink the liquid boiled from it” (Davydov 1977, p. 179).

“Now how do you call ‘amtsiarna’ (a local plant)? I remember we used to put those things together and made them like bread. And you know, in those days, they breast fed their babies. They’d pick those orange plants, and they’d brew it like tea or coffee and it was like a laxative, to clean them out” (Molcleva, 1988, p. 103).

Author’s note: This may be the same plant as ulamamukh, cited in Townsend (1965, p. 215). See first entry under “Athaabasca”.

The chest pains are attributed to internal boils which, they believe, are caused by uncleanliness of women. When such hypothetical boils are believed to have ripened and burst, they resort to another remedy. They make an infusion from the root of the plant chumalalakdepek which they shred and boil well. This they give to the patient to drink mornings and at night. This infusion is very powerful and bitter, and some cannot stand its taste. In this period of illness, patients eat cod and other lean fish” (Black 1977, p. 95) (Pericke 1978, p. 130).

Author’s note: Both Pierce and Black have translated the work of Hermann Gideon [Gideon], the original source of these plant references.

Chumalalakdepek...Culina, the roots of parley, when steamed are used as food in combination with oil; powdered, they are used to make hot poultices to relieve swellings”.

Tingit

“Fever, juk is yee neesak, was treated with the sweat bath, after which the patient was wrapped in blankets. He also chewed the small green leaves of a swamp plant, which were then set in cold water. If the leaves floated, the patient would recover; if they sank, he would die. This medicine was called too-yun-tun-nul [unidentified]” (Emmons 1991, p. 363).

Yupik

“The plant Napachak was used medicinally in many ways. (Kasak and Andrews 1989). Umanak is a Yupik word for a plant which is used as a treatment for cuts and wounds to help with an infection (Dillins and Kemelkamp 1961, p. 75).

One woman instructed that leaves and stems of a plant called ka’aynunaq (not identified because no specimen available) should be boiled and placed on the back at the site of the pain” (Lantis 1959, p. 25-26).
Alutiq
"...for diarrhoea charcoal [was] mixed with water" (Birkett-Smith 1953, p. 117).
"And they used to let us eat some kind of herb, too, you know, after we get baby so that everything come out all right. Then there was some kind of black powder... they said they used to use it. Like charcoal. They sometimes let them drink it. But real old midwives, when it's after birth don't come out, an hour or so, they used to put gloves on, I guess, go after it." (Mulcahy 1988, p. 74).

Athabascan
"Crushed charcoal is even better than ashes" for stomach aches resulting from eating too much (Stapledon 1958, p. 230).
In Nulato, charcoal was used to draw out the pus from an infected area (Carlo 1978, p. 37).

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**Plant Products Introduced by Trade**

**Tea**

Alutiq
"Some eyes were cured with applications of wet tea leaves, or by bleeding at the root of the nose or at the temples, ear-ache by applications of wet leaves of a certain plant" (Birkett-Smith 1953, p. 117).

Athabascan
"Tea leaves: To get rid of diarrhea use leaves that have been used already, pour just enough straight, can [no] milk to moisten leaves so they are easy to swallow, eat leaves and milk. To help snow-blindness, sew leaves in white cloth—enough to cover eyes—moisten cloth and leaves, cover eyes with cloth of leaves. Use as directed for red, sore eyes also. Leave on at night for 1 week." (Hall 1975, p. 9). *Author’s note: It is unclear if this is a traditional treatment.*

Inupiat
"Place some tea leaves in gauze, soak them in water and have the person sleep with them over his eyelids" as a treatment for snow blindness (DeLapp and Ward 1981, p. 17).

**Inupiat**

Not identified
"They used to eat tea leaves or to drink strong tea" as a treatment for diarrhea (DeLapp and Ward 1981, p. 32).

**Tobacco**

Inupiat
"Internal hemorrhaging in the stomach can be cured by chewing and swallowing tobacco" (Lucier et al. 1971, p. 254).
"Stiff tobacco until it makes your eyes water" as a treatment for snow blindness (DeLapp and Ward 1981, p. 16).
"Apply tobacco (either chewed up, soaked in water or soaked in urine) as a treatment for cuts" (DeLapp and Ward 1981, p. 30).

Yupik
"For snow blindness, two types of medicine were mentioned again and again: cranberry juice or alternatively tobacco juice" (Lantis 1998, p. 136).

**Intupiat**

**Black Pepper**

Intupiat
"She treats diarrhea with 1/4 tsp. black pepper hidden in piece of bread and swallowed with water." (Judd 1979, p. 70).
As this publication was going to press, an additional source of information was identified. *English Bay and Port Graham Alutiiq Plantlore* by Priscilla Russell is a booklet written in 1991 detailing uses of various plants by the Alutiiq peoples. It contains information on medicinal uses that were not found in other sources.

In order to prevent substantial changes in publication design and layout, reference to this chapter—noted with the phrase *(See P.S., page ___)*—is indicated in Alutiiq sections for medicinal plants.

Note:
Eight additional plants, as well as further information on other plants, were documented in Russell 1991. These new plants are marked (*) in the P.S. chapter, and are included in the Names Index.
Trees and Shrubs

**Alnus spp.**

*Alnus crispa*

*Alnus incana*

**Most Common Name:** Alder

**Name:** Elipin

**Symptoms:** Arthritis, diarrhea

**Plant applications:** Chew, infusion/decoction

**English Bay and Port Graham area uses**

**Arthritis:** The fresh sticky alder leaves were considered to be helpful in relieving arthritis. The method of using the leaves was not stated.

**Diarrhea:** For diarrhea raw, green alder cones were sucked and the juice swallowed to treat diarrhea. The number of cones recommended to relieve diarrhea varied from one to many. In addition, the cones were boiled and the resulting tea drunk or the fresh inner bark was chewed and the juice swallowed for the same ailment (Russell 1991). "You put three or four little berrins in a pot and boil them for a half hour and then drink 2 or 3 table spoons anytime... For a child, they would give you a teaspoon of liquid 3 or 4 times a day. If it doesn't stop your diarrhea, make it stronger. Take as much as you want until the diarrhea slows down" (English Bay Students in Russell 1991). It was also noted that brown alder cones were boiled into a tea and drunk for the same ailment (Port Graham Students in Russell 1991).

**Echinopanax horridum**

**Most Common Name:** Devil's club

**Name:** Chaklinapak (for "large plant with needles")

**Symptoms:** Arthritis, broken bones, burns, colds/flu, cuts/scrapes, hair problems, heart problems, infections/infiammation, nausea, pneumonia, sore muscles, sore throat, toothaches

**Plant applications:** Infusion/decoction, poultice

**English Bay and Port Graham area uses**

**Devil's club root** was gathered and dried for winter use. The people of English Bay and Port Graham gathered the cam- bium anytime of the year. Arthritis, colds/flu, heart problems, sore throat. The cambium of devil's club, with or without the stem, was boiled for one half to two hours and drunk for colds, sore throats, arthritis, heart trouble, and cancer. Many people shared that they were cured of cancer with devil's club (Russell 1991). One person who could not move his fingers due to arthritis, was soon chewing wood after being treated with a pad of devil's club (see below) (English Bay Students 1980, 1981 in Russell 1991). Arthritis, hair problems, pneumonia. One way people treated pneumonia with devil's club was to boil the root, pour the decoction into a bath (using one part decoction to one part water) and have the patient soak in the tub. Soaking in a decoction which was too strong caused blisters. One elder recommended boiling devil's club in three gallons of water for six hours. This treatment was used for arthritis as well as pneumonia. If this decoction was used as a hair wash it helped the hair grow better. One person with diabetes was able to walk easier and generally felt better after drinking a decoction of devil's club tea and soaking his feet in it (Russell 1991). Burns, broken bones, cuts/scraps. Cambium was chewed until soft and placed as cuts, burns, and broken bones. The root was preferably used. Raw roots were tied together and pounded until soft and flat, forming a pad. This pad was then set on hot rocks and then laid in a damp cloth before being placed on the afflicted area. They were left there until the roots cooled. This process was repeated several times (Russell 1991). A person suffering from a broken leg which was swollen and infected was successfully treated with devil's club (English Bay Students 1980, 1981 in Russell 1991). Nausea: Strong devil's club tea was drunk to induce vomiting (Russell 1991).

**Toothaches:** A person suffering from a rotten tooth bit down on devil's club root which was pounded and placed in hot water until soft. This process was repeated for several hours and the root was reheated several times (Russell 1991).

**Note**

Traditionally a piece of devil's club helped keep evil away when placed over a door. Some people say this was practiced in southeast Alaska while others say that also used to be practiced in English Bay and Port Graham (Russell 1991).

**Picea sitchensis**

**Most Common Name:** Sitka Spruce

**Names:** Napalq (meaning "tree"), napuapiuq (meaning "real tree")

**Symptoms:** Bleeding/hemorrhages, broken bones, colds/flu, cough/cough congestion, infections/infiammation, pneumonia, sore throat, toothaches, tuberculosis

**Plant applications:** Chew, infusion/decoction, poultice

**English Bay and Port Graham area uses**

**Bleeding/hemorrhages, colds/flu, cough/cough congestion, cuts/scrapes, sore throat, tuberculosis.** The people of Port Graham identified three types of spruce pitch: yellow, white, and pink. All three types of pitch were used for sore throats and colds (Port Graham Students in Russell 1991). Hard yellow pitch and hard white pitch were boiled and given to people with colds, coughs, and tuberculosis. For cuts soft yellow pitch was warmed to make the liquid. In an emergency any soft pitch (yellow, white, or pink) was used without warming it. It was noted that the pitch should not be set on fire because wet pitch will not adhere to the skin (Russell 1991).
Broken bones: Spruce roots helped to secure wood used a splint for broken bones (Russell 1991). Cold flu, infections/inflammation, pneumonia, sore throat, toothache: Spruce cambium (boiled for five to fifteen minutes) was drunk for sore throats, colds, and pneumonia (Port Graham Students in Russell 1991). Raw cambium was also chewed for the same ailments or wrapped on cuts to stifle an infection. One person shared that chewing raw cambium cured a tooth infection (Russell 1991).

**Populus balsamifera**

**Most common name:** Balsam poplar  
**Name:** *Cipuq* (this word means both cottonwood tree and plate)  
**Symptom:** Arthritis  
**Plant application:** Infusion decoction, switch

**English Bay and Port Graham area uses**

Arthritis: Arthritic pains were relieved by using leafy cottonwood branches for a steam bath switch or by placing cottonwood branches in a bath of hot water and soaking their feet in the decoction (Russell 1991).

**Potentilla fruticosa**

**Most common name:** Shrubby cinquefoil  
**Names:** *Sosnegoq, jukkanaaq* (Russian origin)  
**Symptom:** Cold flu, pneumonia, sore throat, stomach trouble, tuberculosis  
**Plant application:** Infusion decoction

**English Bay and Port Graham area uses**

Cold flu, pneumonia, sore throat, stomach trouble, tuberculosis: Stems, leaves, and flowers were boiled and the resulting tea drunk to treat these symptoms (Russell 1991).

**Ribes laxiflorum**

**Most common name:** Training black currant  
**Name:** *Gleen* (for all currants)  
**Symptom:** Weight loss/loss of appetite  
**Plant application:** Switch

**English Bay and Port Graham area uses**  
Weight loss/loss of appetite: Training black currant branches were used as a steam bath switch. This was said to be helpful for increasing a person’s appetite (Russell 1991).

**Ribes triste**

**Most common name:** Northern red currant  
**Name:** *Kwivqap qautik* (for red currants)  
**Symptom:** Eye problems  
**Plant application:** Infusion decoction

**English Bay and Port Graham area uses**

Eye problems: The cambium was boiled, cooled, and used as a wash for sore eyes. The water bath was also used if not enough cambium was available. The juice straight from fresh currant roots were also squeezed into sore eyes (Russell 1991).

**Rubus chamaemorus**

**Most common name:** Cloudberry  
**Name:** Agayqviit  
**Symptom:** No information found  
**Plant application:** No information found

**English Bay and Port Graham area uses**

It was noted that eating cloudberries when a person had a stomachache exasperated the symptoms. In addition eating cloudberries was said to cause a cure to become infected (Russell 1991). Rarely has information been documented which discusses plants causing, rather than curing, ailments.

**Rubus spectabilis**

**Most common name:** Salmonberry  
**Name:** Aiqujag  
**Symptom:** Breathing problems, skin trouble  
**Plant application:** Infusion decoction

**English Bay and Port Graham area uses**

Breathing problems, skin trouble: Salmonberries were said to be helpful for breathing problems. However, the method of plant preparation was not reported. A tea prepared from salmonberry leaves was used as a wash for skin trouble (Russell 1991).

**Salix spp.**

**Most common name:** Willow  
**Name:** *Niivnug*  
**Symptom:** Arthritis  
**Plant application:** Chew, switch

**English Bay and Port Graham area uses**

Arthritis: Willow branches were employed as steam bath switches to relieve arthritic pain. Fresh willow cambium was also chewed for the same purpose (Russell 1991).

**Sambucus racemose**

**Most common name:** Pacific red elder  
**Name:** Gweweq  
**Symptom:** Rheumatism, sore muscles  
**Plant application:** Infusion decoction, switch
English Bay and Port Graham area uses
Infusion/decoction, switch: Aches and pains were relieved through the use of a pacific red elder switch. They were also used to relieve rheumatism. For this treatment the switch was soaked in hot water before use and the sore area soaked in the water that the switch was placed in. In addition, fresh or dried elder flowers were prepared into a tea and drunk to relieve rheumatism (Russell 1991).

**Sorbus spp.**
- *Sorbus scopulina*
  
  **Sorbus sticchensis**
  
  Most common name: Green mountain ash (for *Sorbus sticchensis*); Sitka mountain ash (for *Sorbus sticchensis*)
  
  **Name:** Eksqanuq (Denin'in)
  
  **Symptoms:** Arthritis, childbirth, colds/flus, cough/chest congestion, fever, hair problems, sore throat, pneumonia, stomach trouble, tuberculosis
  
  **Plant applications:** Chew, infusion/decoction, switch

**English Bay and Port Graham area uses**

Arthritis, colds/flus, cough/chest congestion, fever, sore throat, pneumonia, stomach trouble, tuberculosis: These ailments were treated with large doses of an infusion of mountain ash leaves and cambrum which was simmered for approximately one hour. The leaves were used primarily in the summer and the cambrum used during the winter. Eating the raw, fresh berries of the mountain ash treated respiratory trouble (Russell 1991).

Arthritis, colds/flus, cough/chest congestion, fever, pneumonia: A mountain ash switch was employed to relieve these ailments (Russell 1991).

Childbirth: A mountain ash switch was quite popular with pregnant women who said it helped remove gas from the body which provided more room for the fetus. Using the switch regularly was said to help facilitate the delivery and produce a healthier child (Russell 1991).

Hair problems: Hair growth was said to be accelerated with a treatment of a mountain ash infusion (Russell 1991).

**Thuja plicata**

Most common name: Western red cedar

**Name:** Qur'ux

**Symptoms:** Bladder infections, childbirth, colds/flus, infections/inflammation, kidney trouble, migraines, neuralgia problems, skin trouble, sore throat, stomach troubles

**Plant applications:** Ash

**English Bay and Port Graham area uses**

Burns, cuts/scrapes: Cedar charcoal and ashes were placed on cuts to stop bleeding and help relieve burns.

**Viburnum edule**

Most common name: Highbush cranberry

**Name:** Qul'ałuq

**Symptoms:** Cold/silu, cough/chest congestion, cuts/scrapes, infections/inflammations, sore throat, urinary problems

**Plant applications:** Chew, infusion/decoction

**English Bay and Port Graham area uses**

Colds/flus, cough/chest congestion, sore throat, urinary problems: Highbush cranberry jelly was eaten by itself or mixed into tea or coffee as a treatment for coughs, colds, and sore throats (Port Graham Students in Russell 1991). Raw berries were also used for the same purposes and to treat urinary infections (Russell 1991).

Cuts/scrapes, infections/inflammations: The outer bark of highbush cranberry was peeled and the cambium shaved. These shavings were then boiled in hot water (for five to ten minutes), placed on a cut, and the entire area wrapped in a bandage. This was helpful in drawing the pus from a cut. Infected wounds were soaked in the water into which the cambium was placed (Port Graham Students in Russell 1991). The cambium was used fresh, dried, or frozen and the berries were used fresh or frozen. The efficacy of these treatments are supported by the story of a woman who cured an infected breast with these treatments and another person who healed a kidney infection with an infusion prepared from the inner bark of highbush cranberry (English Bay Students in Russell 1991).

**Herbs**

**Achillea millefolium**

Most common name: Northern yarrow

**Name:** Qangamaanuq (meaning "one that never dies")

**Symptoms:** Bladder infections, childbirth, colds/flus, infections/inflammation, kidney trouble, migraines, neuralgia problems, skin trouble, sore throat, stomach troubles

**Plant applications:** Infusion/decoction, poultice

**English Bay and Port Graham area uses**

Yarrow was gathered throughout the growing season and dried for use during winter (Russell 1991). Bladder infections, colds/flus, cuts/scrapes, infections/inflammation, kidney trouble, migraines, neuralgia problems, skin trouble, sore throat, stomach troubles: The entire plant (without the roots) was boiled or steeped and was drunk for all of these ailments. Some people avoided using the flowers believing them to be poisonous. Women who were menstruating drank this tea instead of black tea to reduce the blood flow (Russell 1991). One method of preparing yarrow tea said "You put them in boiling water or you boil them for 10-15 minutes. You can put in as much as you want....You will see when it looks strong. You can drink it anytime you want, right or day. Cause

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P. S. (Postscript Information) (continued)

they won't hurt you. It will fix you wherever you are infected" (English Bay Students in Russell 1991).

Children: A mother who drank yarrow tea following childbirth cleansed her system and prevented infection (English Bay Students and Port Graham Students in Russell 1991). A yarrow paste was applied to a newborn's umbilical cord after washing the umbilical cord with yarrow tea. "When the baby is three or four days old a little piece of the umbilical cord is still attached. It usually falls off at that time, but sometimes it gets smelly and stinky. Use qongun wasag (packings if the cord becomes infected). Lay the packings over the cord and wrap something over it" (Port Graham Students in Russell 1991).

Cut/scrapes, skin trouble: For cuts, rashes, itch, boils, and blisters, "They wash the cut with that (the water that the yarrows were boiled in). Then they put them (the yarrows) where they have a big infection. They drink the juice, too, any amount at a time. It don't [sic] matter how many cups you drink a day" (English Bay Students in Russell 1991).

Angelic a genuflexa

Angelic a lucida

Most common name: Angelica
Names: Uninunaa, uninunagwak
Symptom: Skin trouble
Plant applications: Poultice, switch

English Bay and Port Graham area uses
Skin trouble: Leafly angelica stalks were used as a steam bath switch to treat sores and skin rashes. Fresh, crushed stalks were also rubbed on the afflicted area during or after a steam bath. Ox angelica leaves were placed on hot rocks in a steam bath and placed on the sore area as a poultice (Russell 1991).

Artemisia tilesii

Most common name: Stinkweed
Name: Guk
Symptom: Cough, chest congestion, infections/inflammation, pneumonia
Plant applications: Infusion/ decoction, poultice, switch

English Bay and Port Graham area uses

Wormwood stalks were primarily gathered in June and July before the flowers and seeds developed and dried. The flowers and seeds were removed if the plant was harvested after they developed, as they became a nuisance during switching (Russell 1991).

Cough, chest congestion, pneumonia: A highly valued medicine for respiratory troubles, the people of English Bay and Port Graham used stalks of wormwood as a steam bath switch when suffering from pneumonia and whooping cough. Following the steam bath, the patient returned to a warm house and was tucked into bed. Half a pail of hot water or better yet strong wormwood tea. This tea was prepared by boiling the leafly stalks in hot water for one half to one hour. Drinking this strong tea sometimes caused vomiting which was thought to be helpful in curing pneumonia. It removed unwanted mucus from the stomach (Russell 1991).

Infections/inflammation: A wormwood poultice was helpful for fighting infections (Russell 1991).

• Aster sibiricus

Aster subspicatus

Most common name: Purple daisy (for Aster subspicatus); Siberian aster (for Aster sibiricus)
Name: Tappiuk'saq
Symptoms: Cold, flu, cough, chest congestion, measles, pneumonia
Plant applications: Chew, infusion/ decoction

English Bay and Port Graham area uses
Cold, flu, cough, chest congestion, measles, pneumonia: Aster subspicatus, Aster sibiricus, and Erigeron peregrinus are identified by the people of Port Graham and English Bay as tappiuk'saq. They were all used to treat these ailments by drinking a decoction of the roots or chewing the raw roots. The roots were dried or frozen for use during the winter (Russell 1991).

Conioselinum chinense

Most common name: Hemlock parsley
Name: Cingaq
Symptoms: Arthritis, cold, flu, skin trouble, pneumonia
Plant applications: Infusion/ decoction, switch

English Bay and Port Graham area uses
Arthritis, skin trouble: Hemlock parsley stalks were soaked in hot water before being used as a steam bath switch to treat arthritis, rashes and other skin troubles, and "burning" feet. Wet, crushed leaves were also rubbed on the afflicted area (Russell 1991).

Cold, flu, pneumonia: Leafly stems were boiled for several hours and the resulting tea drunk frequently throughout the day to treat pneumonia and bad colds (Russell 1991).

Epilobium angustifolium

Most common name: Fireweed
Name: Cilirig
Symptoms: Cold, flu
Plant applications: Switch

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English Bay and Port Graham area uses
Coldflue: Fireweed stems, before flowering or with the flowers removed, were used to swell the chest (while breathing through the mouth) during a stomachache. This was said to be quite helpful if a person was getting a bad cold. This process was repeated for three days. It was noted that fireweed stalks produced more heat during simmering than many other plants (Russell 1991).

Erigeron peregrinus
Most common name: Coastal fleabane
Name: Tesnak'aq
Symptoms: Coldflue, cough/chest congestion, mucus, pneumonia
Plant applications: Chew, infusions decoction

English Bay and Port Graham area uses
Coldflue, cough/chest congestion, measles, pneumonia: Aztec subspicatus, Aztec albicaulis, and Erigeron peregrinus are identified by the people of Port Graham and English Bay as Tesnak'aq. They were all used to treat these ailments by drinking a decoction of the roots or chewing the raw roots. The roots were dried or frozen for use during the winter (Russell 1991).

Geranium erianthum
Most common name: Wild geranium
Name: Talaq'uk
Symptoms: Bleeding/haemorrhages, coldflue, cough/chest congestion, sore throat
Plant applications: Infusion decoction

English Bay and Port Graham area uses
Wild geranium was gathered fresh and dried for winter use. Bleeding/haemorrhages, coldflue, cough/chest congestion, sore throat: A root decoction or an infusion of the entire plants was drunk for colds, sore throats, coughs, and hemorrhages (Russell 1991).

Heracleum lanatum
Most common name: Cow parsnip
Name: Uugayway (for the entire plant); kangaq (meaning "male, flowers bearing stalks"); ornuquinuq (meaning "female stalks, bearing only leaves and no flowers")
Symptoms: Arthritis, infections/inflammations, rheumatism
Plant application: Plaster

English Bay and Port Graham area uses
Arthritis, infections/inflammations, rheumatism: A cow parsnip positive was used to reduce swelling and pains caused from arthritis, rheumatism, and cramps. To prepare, a pad of roots the size of the ailment was made by tying the secondary roots together and crushing them. This pad was then heated on hot rocks, a hot stove, or in hot water before being wrapped in cloth and placed on the afflicted area. Another way the cow parsnip root was prepared was to crush and heat the large taproot, wrap it in a cloth, and place it over the wound. One person shared that a badly swollen leg that would not heal in the hospital was cured after returning home and treating the leg with cow parsnip root poultines (Russell 1991).

Matricaria matricarioides
Most common name: Pineapple weed
Name: Aliam auluaq (from the Russian romanblia-"carmilo-
Symptoms: Childbirth, constipation
Plant applications: Infusion decoction

English Bay and Port Graham area uses
Childbirth, constipation: Por Graham students demonstrated that an infusion of pineapple weed (without the roots) was given to a newborn in teaspoons. Several teaspoons were said to be helpful if a newborn was constipated. Adults also used this remedy. "The belief among Native mothers is that if the baby didn't pass all of that black stool, the baby will always be colicky and have a welly ache" (Port Graham Students in Russell 1991).

Moneses uniflora
Most common name: Single delicte
Name: Bungunayak (meaning "something that reminds you of kneeling down")
Symptoms: Coldflue, cough/chest congestion, sore throat
Plant applications: Infusion decoction

English Bay and Port Graham area uses
This plant was used both fresh and dried. Coldflue, cough/chest congestion, sore throat: An infusion of either the leaves or the entire plant was drunk or used as a gargle for these ailments (Russell 1991). Some people stated you could drink as much tea as possible while other stated too much tea will "skin your throat. It will start bleeding" (English Bay Students in Russell 1991).

One person described preparing single delicte: "...rinse them in hot water, then pull out 2 or 3 leaves and put them in one quart of water. Let it set for 15 or 20 minutes. If you think it's strong, add more water. You can tell if it's strong, it will look like weak tea. It has to be clear. Then take a mouthful a day or anytime you like. Keep drinking it until your throat feels better. With a baby, they used to use on little leaf in a cup of boiling water. Then they would give them a teaspoonful two or three times a day for little babies" (English Bay Students in Russell 1991).
Pestisites hyperbores
Most common name: Coltsfoot
Name: Naauau
Symptoms: Cold/hot/chest congestion, measles, pneumonia, sore throat, stomach troubles, tuberculosis
Plant applications: Chew, infusion/ decoction

English Bay and Port Graham area uses
Cold/hot/chest congestion, measles, pneumonia, sore throat, stomach troubles, tuberculosis. Prepared as an infusion or chewed raw. Pestisites hyperbores roots were used to cure all of these ailments. The infusion was made by cutting the roots into small pieces, mashing them, then boiling or steeping them in hot water (Russell 1991). These roots were harvested in the summer and frozen or dried for use during the winter. The dried roots were soaked overnight and then boiled, or just boiled for five minutes before use. Roots were also gathered during the winter with an axe (Port Graham Students in Russell 1991).

**Polygonum viviparum**
Most common names: Alpine meadow bistort, knotweed
Name: No information found
Symptom: Weight loss/loss of appetite
Plant application: Chew

English Bay and Port Graham area uses
Weight loss/appetite. The root of Polygonum viviparum was eaten raw by people wishing to lose weight (Russell 1991).

**Prenanthes alata**
Most common name: Rattlesnake root
Name: No information found
Symptom: Breathing problems
Plant application: Chew

English Bay and Port Graham area uses

**Rumex arcticus**
**Rumex fenestrastrus**
Most Common Name: Dock
Name: Qanuarjuaq (meaning "makes you sour")
Symptoms: Constipation, general ill health
Plant application: Infusion/decoction

English Bay and Port Graham area uses
Constipation, general ill health: Constipation and general ill health were treated by boiling one root in one gallon of water and drinking the resulting tea (Russell 1991).

**Senecio pseudo-arnica**
Most common name: Beach fleabane
Name: Felqoqiuqaptaaq (meaning "mosquito plant")
Symptoms: Infections/inflammation, skin trouble
Plant application: Poultice

English Bay and Port Graham area uses
Infections/inflammation, skin trouble: Warmed beach fleabane leaves were placed on boils and other skin infections. The veins on the upper side of the leaves were removed before the upper sides of the leaves were placed against the wound, allowing the sap to run into the infected area (Russell 1991).

**Thalictrum sparsiflorum**
Most Common Name: Meadow rue
Name: Wau' tsa'naaq (probably)
Symptom: Pneumonia
Plant application: Infusion/decoction

English Bay and Port Graham area uses
Pneumonia: A decoction of meadow rue (without the root) was boiled for one hour and drunk warm to treat pneumonia (English Bay Students in Russell 1991). One person reported that correct dosage was important as this plant could be dangerous if not used correctly (Russell 1991). Russell mentioned that wau'tsa'naaq was the most likely referred to meadow rue (Thalictrum sparsiflorum), however two other plants were also identified as wau'tsa'naaq: morkshood (Aquilegia deltoidea) and hemlock parsley (Conioselinum chinesis). "A decoction of hemlock parsley, except for the roots, is said to be medicine for pneumonia. A decoction of morkshood reportedly relieves internal hemorrhaging. Because hemlock parsley is commonly known by a different Alutqiq name, eqpiqaptaaq, and morkshood is considered poisonous by Hulitt (1524, page 89), wau'tsa'naaq seems most likely to be meadow rue. On the other hand, possibly more than one plant has traditionally been known as wau'tsa'naaq." (Russell 1991).

**Urtica gracilis**
**Urtica laillii**
Most common name: Nettle
Name: Uqanarsaag (meaning "something that stings you burn all over")
Symptoms: General ill health, toothaches
Plant application: Poultice

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Ferns and Fern Allies

**Polypodium vulgare**
Most common name: Licorice fern
Name: Tuquayilim (meaning “the one that never dies”)
Symptoms: Arthritis, broken bones
Plant applications: Poultice, switch

English Bay and Port Graham area uses
Arthritis, broken bones: Gathered in both winter and summer, licorice fern was used as a steambath switch and a poultice for arthritic pain and bone injuries. One person recounted a story of a badly injured leg when he was six years old. Licorice fern leaves were placed in hot water and then directly on his leg until the leaves cooled. This was repeated for many days until his leg healed (Russell 1991).

Seaweeds and Algae

**Alaria spp.**
*Alaria marginata*
Most common name: Ribbon kelp
Name: No information found
Symptoms: Arthritis, sore muscles
Plant applications: Infusion/decoction, poultice

English Bay and Port Graham area uses
Arthritis, sore muscles: Arthritis, legs that “burn”, sore feet, and other aches were treated by wrapping warm ribbon kelp around the afflicted area. Feet were also soaked in warm water in which ribbon kelp has steeped. “One person gives the example of her father curing his injured ankle with this medicine. He wrapped the algae around his ankle over which he wore heavy socks that he left on overnight. His ankle eventually healed through the use of this medicine” (Russell 1991).

Grasses and Sedges

**Elymus arenarius**
Most common name: Lyme grass
Name: Wegpak (for Elymus arenarius, meaning “grass big”);
  *weg*’er (grass in general)
Symptoms: Cuts/scrapes, insect bites
Plant application: Poultice

English Bay and Port Graham area uses
Cuts/scrapes, insect bites: For cuts that would not heal (when the skin is “slimy” and “shiny”) the lower portion of fresh lime grass was rubbed on the skin. When mosquito bites would not stop itching, fresh grass leaves were rubbed on them until the skin turned greenish (Russell 1991).
Supporting Information

Glossary of Botanical Terms
List of Symptoms
Species List With Authors
Names Index (common and scientific names)
Index to Alaska Native Peoples and Areas of Alaska
Medicinal Plant Bibliography
Non-medicinal Bibliography
Evaluation Form
Achene: Small, dry, indehiscent, single-seeded fruit.
Annual plant: Plant which completes its life cycle in one growing season.
Anther: Pollen-bearing part of a stamen.
Anthesis: Time of flowering when flowers are fully expanded.
Apex: Tip of the leaf or top of plant.
Axil: Angle between the stem and any leaf that arises from it.
Basal: Located or forming at the base.
Bract: Small (reduced) leaves.
Caspitose: Growing in tufts or clumps.
Calyx (pl. calyces): First (outer) whorl of floral parts, i.e., the sepals.
Capitate: Aggregated into a compact cluster.
Capitula: Spike or spike-like inflorescence of unisexual flowers.
Cauline: Stem, referring here particularly to the basal portions at ground level.
Ciliate: Fringed with long, simple hairs.
Corolla: Short, solid, thickened, vertical underground stem.
Corolla: Second (inner) whorl of floral parts, i.e., the petals.
Cruceiform: Cross-shaped.
Cyme: Flower cluster, often convex or flat-topped, in which the central or terminal flower blooms earliest.
Deciduous: Falling away, not persistent or evergreen.
Decumbent: Lying on the ground, but with the apex ascending, erect.
Entire: Without indentations of any kind, often referring to the margin of a leaf or a petal.
Exotic species: Not native; introduced from another area.
Fascicle: A loose cluster or bundles of flowers, leaves, stems, or roots.
Filament: Any threadlike body; frequently used for that part of the stamen that supports the anther.
Frond: Leaf of a fern.
Glabrous: Without hairs.
Glandular: With secreting organs (glands), which can be stalked (on the summits of hairs) or sessile.
Hyaline: Translucent or transparent.
Indumentum (pl. indumenta): Elaboration of the firm foliaceous surface that covers or contains the sori (sporangia).
Inflorescence: Flower cluster or the specific arrangement of the flowers.
Involute (pl. involucres): One or more whorls of small leaves or bracts close beneath a flower or flower cluster.
Lanceolate: Lance-shaped, long than broad, wide at the base, and tapering to a narrow apex.
Leaf: Leaf-like division of a single compound leaf.
Linear: Long and narrow; the sides parallel or nearly so.
Linear-lanceolate (adj.): Form intermediate between linear and lanceolate.
Naturalized: Nativarive plant that establishes itself after introduction to a new area.
Oblanceolate: Reverse of lanceolate; the structure is broadest at the apex and tapers to the base.
Obovate: Reverse of ovate; broader at the apex than at the base.
Ovary: Part of the pistil containing the ovules.
Ovate: Oval, egg-shaped in outline (term used for plant surfaces).
Petiole (pl. petioles): Minute cone-shaped projection.
Petiole: Stem of a single flower.
Peduncle: Stalk of a cluster of flowers or of a single flower when it alone is the entire inflorescence.
Perennial: Plant lasting for three or more years; a stem not dying back ever winter.
Petal: One of the individual parts of the corolla.
Pistillate: Having a stalk (petiole), referring to the attachment of leaves.
Pinnate: With leaflets or pinnae arranged on either side of a common axis.
Pinnately lobed: With lobes separated by deep indentations and having therefore the appearance of a pinnately compound leaf.
Pistil: Structural unit of stigma, style, and ovary.
Prickle: Small, sharp-pointed outgrowth of plant surface.
Prostrate: Trailling or lying on the ground.
Pubescent: Covered with short, soft hairs.
Raceme: Involucrescence with pedicelled flowers borne along a more or less elongated axis with the younger flowers nearest the apex.
Rhiostome: Underground stem.
Root: Descending axis of a plant, without nodes and internodes and absorbing moisture from the ground.
Rosette: Cluster of leaves from a crown or center.
Sclerophyllous: With hard, dry, evergreen leaves.
Sepal: One of the parts of the outer whorl of the flower, the outermost of which is not usually green in color.
Serrate: With sharp teeth directed forward.
Sessile: Not stalked or pedicellate.
S. lobata: Meaning in the broad sense. In this book, used to denote when plant identification to the subspecific level is not known.
Sorbus (pl. sorbus): Cluster of sporangia in ferns.
Spadix: Large bract sheathing or enclosing an inflorescence.
Sporangium (pl. sporangia): Spore-bearing structure.
Sp. or sp.: The plural abbreviation for species.
Spaw: Hollow, sac-like or tubular extension of a floral organ, usually nectariferous.
Sp.: The abbreviation for subspecies, which is a taxonomic subdivision of a species.
Stamen: One of the pollen-bearing organs or a flower. Made up of the filament and anther.
Stigma: Part of the pistil that receives the pollen, usually at or near the apex of the pistil and mostly hairy, papillate, or sticky.
Stipe: A supporting stalk; stalk of the fern frond.
Stipule: Appendage at the base of the petiole or leaf at each side of its insertion.
Glossary of Botanical Terms (continued)

Stomata (pl. stomata): Small openings on the surface of a leaf through which gas exchange takes place.
Style: Thin, often attenuated portion of the pistil occurring between the stigma and ovary.
Tepals: Perianth parts undifferentiated into distinct sepals and petals.
Tomentum (n.), tomentose (adj.): Mat of soft, wool-like hairs.
Tube: Hollow cylindrical structure.

Umbel (n.) umbellate (adj.): Flat-topped inflorescence in which pedicels and peduncles arise from a common point.
var.: An abbreviation for variety, which is a subdivision of a species.
Whorled: With three or more leaves or other structures arranged in a circle around a stem or some common axis.
Weed: Aggressive plant that frequently colonizes disturbed areas.

Glossary adapted from:

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List of Symptoms

- Arthritis
- Bladder infections
- Bleeding/hemorrhages
- Breathing problems
- Broken bones
- Bruises/sprains
- Burns
- Childbirth (includes postpartum needs of mother and child and breastfeeding problems)
- Cough
- Cold/Flu
- Colic
- Constipation
- Cough/cold congestion
- Cramps
- Cuts/scrapes (infected wounds, including boils)
- Dandruff
- Depression
- Diarrhea
- Earaches
- Eye problems
- Fatigue
- Fever
- Food poisoning
- Freckles
- Gall bladder problems
- General ill health
- GERD
- Hair problems
- Hangovers
- Headache
- Heart problems
- Indigestion/gas
- Infections/inflammation
- Insomnia
- Insanity
- Insect bites
- Internal pain
- Kidney trouble
- Lice
- Lung trouble
- Lymph problems
- Measles
- Menstrual problems
- Nausea
- Nerves
- Nosebleeds
- Pneumonia
- Rheumatism
- Skin trouble
- Sore muscles
- Sore throat
- Stings
- Stomach troubles (includes bowel troubles)
- Swelling
- Tooth decay
- Toothache
- Tuberculosis
- Urinary problems
- Venereal disease
- Warts
- Weight loss/gain of appetite
- Worms
Species List With Authors

_trees and Shrubs_

Abies Mill.
Arctostaphylos Adans.
Artemisia frigida Willd.
Betula L.
Branda nano L. ssp. excisa (Sukachn.) Hult.
Chamaecyparis nootkatensis (Lamb.) Spach
Cornus L.
Echinopsrus heritaid (Sm.) Decne. & Planch.
Emperor vagina L.
Juniperus communis L. ssp. communis (Willd.) Syne
Kalmia polifolia Wang. ssp. polifolia
Ledum palustre L.
Lunaria rediviva L.
Loiseleuria procumbens (L.) Desv.
Myrica gale L. var. sennenca C. DC.
Oxycoccus microcarpus Turcz.
Picea glauca (Moench) Voss
Picea mariana (Mill.) Brit., Stents & Pogg.
Picea Dier.
Pinus aristata (Bong.) Carr.
Picea contorta Dougl. ex Loud.
Populus balsamifera L. ssp. balsamifera
Populus tremuloides Michx.
Potentilla fruticosa L.
Ribes L.
Rhododendron L.
Rhamnus purshiana Nutt. var. grandiflora Faw.
Rhamnus purshiana Pursh
Salix L.
Sambucus racemosa L. ssp. pubens (Michx.) House var. arboricola (Osw.)
Shepherdia canadensis (L.) Nutt.
Sorbus pohotensis Rehms
Thuja plicata D. Don
Thuja Carr.
Vaccinium parvifolium Sm.
Vaccinium vitis-idaea L. ssp. maurus (Lodd.) Hult.
Viburnum edule (Michx.) Raf.

Herbs

Achillea millefolium Bing.
Allium schoenoprasum L. var. schoenoprasum (L.) Hartm.
Anemon L.
Angelica genepfleug Nutt.
Angelica L.
Anthriscus sylvestris (L.) Scop.
Artemisia L.
Artemisia tiliifolia Ledeb.
Artemisia unalaskensis Rybd. var. alaskica Hult.
Artemisia sylvestris Kostel.
Aster subsp. nees
Aster salicarius Nees
Bassia spicata (Cham. & Schlecht.) Fedtsch.
Codiaes palustris L.
Codiaes palustris L.

_Capsella barre-pastoris (L.) Medic.
Cardiopodium alatum L.
Claytonia silvestris L.
Compositae chinensis (L.) B.S.P.
Cupra Salis.
Dolichosium glaucum S. Wats.
Epilobium angustifolium L.
Erigeron peregrinus (Pars) Greene ssp. peregrinus
Gaulium boreale L.
Genista
Goosec概 liveatum (Richards.) Fern.
Gothium erianum DC.
Gram L.
Hedysarum alpinum L.
Heteromeum lanatum Michx.
Hewchera glabri Willd.
Irís setosa Pall.
Lapathum pygmaeum (L.) Don
Lycium americanum Hult. & St. John
Martensia maritimusides (Low.) Porter
Menyanthes trifoliata L.
Mentha paniculata (Asi.) G. Don
Meniscus uniflorus (L.) Gray
Nuphar pellucidum Engelm.
Osmorhiza chilenensis Hook. & Am.
Oxyria L.
Petasites Mill.
Plantago L.
Polygonum alatum (Small) Wright
Polygonum virgatum L.
Prenanthes alata (Hook.) Dietr.
Ranunc L.
Sedum novum (L.) Scop. ssp. integrifolium (Rafl.) Hult.
Seneo pseudo-ericum Less.
Sibbaldia procumbens (L.) Desf.
Sorbus scopulorum Gavan
Taraxacum officinale Webf.
Thalictrum polyanthum Turcz.
Trifolium L.
Uvularia L.
Vaccinium viride Al. ssp. escobcholzii (Gray) Lave & Lave
Viola epipalma Ledeb. ssp. repens (Turcz.) Becker

Grasses and Sedges

Elymus arenarius L.
Eriophorum L.

Ferns and Fern Allies

Adiantum pedatum L. var. cylindricum Ruge.
Asplenium L.
Athyrium filix-femina (L.) Roth
Blechnum spicant (L.) Roth
Dryopteris dilatata (Hoffm.) Gray ssp. americana (Fisch.) Hull.
Equisetum L.
Species List With Authors (continued)

Gymnocarpium dryopteris (L.) Norm.
Lycopodium clavatum L.
Polypodium vulgare L.

Mosses and Lichens
Bryoria trichodes ssp. americana (Mot.) Brodo & D. Hawksw.
Cladonia spp. (L.) Nyland
Cladonia bollidiflorah (Ach.) Schamer
Hylocomium splendens (Hedw.) B.S.G.
Nephroma arcuatum (L.) Tønness.
Peligeria aphthosa (L.) Willd.
Sphagnum L.

Fungi
Fomes ignarius (L. ex Fries) Kickx
Lycoperdon Toun.,Pers.

Seaweeds and Algae
Agarum cribrosum Bory
Alaria marginata Postels et Ruprecht
Laminaria Laminous
Nereocystis luetkeana (Mertens) Postels & Ruprecht
Porphyra C.A. Agardh
Rhodogloea interrimum J.G. Agardh

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Grass and Sedges
Ferns and Fern Allies
Mosses and Lichens
Vitt et al. 1988 (mosses
McCune and Geiser 1997 (lichens)
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Fomes ignarius
Lycoperdon sp.
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