

Native Plants Used for Medicinal Purposes During General Marion's Era ~

These are all possible uses of these plants in the Lowcountry during the American Revolution time period. Marion's men and associated women could certainly have used them. Note: The one specifically associated with Marion is Indian Hemp.

1. Black Willow, *Salix nigra* Marshall. The bark contains a bitter agent (astringent) that once made a spring tonic. Native Americans chewed the twigs to relieve headaches.
2. Indian Pink, *Spigelia marilandica* L. Used as a vermifuge to expel worms from the body.
3. American Lotus, Sacred Bean, *Nelumbo lutea* (Wild.) Persoon. A favorite Native American food. Seeds were eaten raw or cooked and ripe seeds ground to make flour.
4. Yaupon or Black Drink, *Ilex vomitoria* Aiton. Dried leaves long used as a tea.
5. Southern Sugar Maple, *Acer barbatum* Michaux. The tree is a source of low-grade sugar.
6. Indian-midden Morning-glory, *Ipomoea macrorhiza* Michaux. Native Americans used the tubers as a source of starch.
7. *Trillium maculatum* Rafinesque, Mottled Trillium. Native Americans used as "birth root" for women's health (menstrual issues, childbirth, hemorrhage control) and for inflammation, tumors, and ulcers, using roots for poultices and teas, though its berries are toxic.
8. Life Everlasting, Rabbit Tobacco, *Gnaphalium Obtusifolium* L. Rabbit Tobacco was once the most popular cold remedy in the Lowcountry, used to relieve fever.
9. Longleaf Pine, *Pinus palustris* Miller. Tea from the needles was used as an anti-septic, diuretic, warming, expectorant, and rich in vitamin C.
10. Sweet Water-lily, *Nymphaea odorata*. Root infusion used for diarrhea.
11. Partridge berry, *Mitchella repens* L. Tea used as an aid in childbirth.

12. Pleurisy-root, *Asclepias tuberosa* L. The root was chewed as a cure for pleurisy and to relieve flatulence.
13. Indian Hemp, General Marion's Weed, *Apocynum cannabinum* L. Used as a favorite remedial agent in Marion's camp. Many uses such as a substitute for guanine and a purgative.
14. Sweet Gum, *Liquidambar styraciflua* L. During pioneer times it was used for sores and skin troubles.
15. Horsemint, *Monarda punctata* L. Horse mint was traditionally taken by several native North American Indian tribes to treat nausea and vomiting, and to encourage perspiration during colds. It was also applied externally as a poultice to treat swellings and rheumatic pains.
16. China-berry Tree, *Melia azedarach* L. Used as a vermifuge (to expel intestinal worms) and also as a fleabane.
17. Persimmon, *Diospyros Virginiana* L. The green fruit is highly astringent and a tea from it is used as a gargle for sore throat.
18. Black Walnut, *Juglans nigra* L. Historically the inner bark used in the Revolution times as a mild laxative.
19. Wormseed, *Chenopodium ambrosioides* L. Used in rural times as a vermifuge to expel intestinal worms.
20. Boneset, *Eupatorium perfoliatum* L. Common home remedy of Native Americans and early settlers. In the belief it could cause rapid union of broken bones. Used as a febrifuge in fevers and substitute for quinine.
21. Woolly Mullien, *Verbascum thapsus*. Native Americans, slaves, and colonists lined their shoes with the leaves as cushions. A tea was made to treat colds.
22. Consumption Weed, *Baccharis halimifolia* L. Used to treat consumption and coughs.
23. Toothache-tree, *Zanthoxylum clava-herculis* L. Oil from dried leaves and bark used as a drug to treat toothache.

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