

TABLE 12.3

Selected Polynesian Botanical Remedies

Scientific Name	Common Name	Parts	Traditional Use
<i>Alphitonia zizyphoides</i>	Toi	Bark	Stomach pain; gastrointestinal disorders; lung conditions; amenorrhea
<i>Bidens pilosa</i>	Ko'oko'olau; fisi'uli; kofe Tonga; Spanish needles; beggar's tick	Leaves; flower buds	Blood toxins; stomach problems; fatigue; cuts, boils; eye ailments
<i>Bischofia jaranica</i>	'O'a; toog; koka; tonga-tonga; Bishopwood	Bark; leaves	Gastrointestinal disorders; eye problems; burns
<i>Cananga odorata</i> ☞	Moso'oi; mohokoi; ylang-ylang; perfume tree	Bark	Indigestion; colic; constipation; puerperal infection
<i>Catharanthus roseus</i> ☹	Fetû; mato 'o le lâ; Madagascar periwinkle	Unspecified	Hypertension
<i>Heliotropium anomalum</i> ☞	Hinahina; heliotrope; turnsole	Leaves	Diabetes; menstrual problems; asthma; malaise; fractures, sprains
<i>Hibiscus tiliaceus</i>	Fau; hau; beach hibiscus; cottonwood	Bark; sap; flowers	Ease childbirth; milk stimulation; constipation; appendicitis; circumcision wounds; boils; fractures; eye problems
<i>Ipomoea indica</i> ☞	Fue 'ae puaka; koali; blue morning glory	Root; bark; stems	Gastrointestinal ailments; constipation; purgative
<i>Jasminum simplicifolium</i> ☞	Tutu'uli; wild jasmine	Bark; leaves	Liver ailments
<i>Jatropha curcas</i> ☞	Fiki; physic nut; purging nut	Seed/nut	Constipation; purgative; <i>mavae ua</i> ; ghost sickness
<i>Lagenaria siceraria</i>	Hue; ipu 'awa'awa; bottle gourd; calabash	Fruit	Emetic
<i>Morinda citrifolia</i>	Noni; nonu; Indian mulberry	Leaves; flowers; fruit	Diabetes; hypertension; anorexia; stomach pain; liver problems; urinary tract infections; sore throat; TB; edema; parasites; elephantiasis; toothache; eye ailments; ghost sickness
<i>Musa nana</i>	Mai'a; dwarf banana	Root; flower sap	Fatigue, weakness; thrush
<i>Neisosperma oppositifolium</i>	Fao	Bark	Diabetes; hypertension; cancer
<i>Oxalis corniculata</i> ☞	'Ti; kihikihi; 'ihi; wood sorrel	Leaves	Asthma; TB; mouth infections; sore throats; <i>tapitopito</i> ; <i>mavae ua</i>
<i>Pandanus tectorius</i>	Fala; fã; hala; screwpine; pandanus	Roots; male flowers	Malaise; TB; urinary tract infections; constipation; dysentery; <i>to 'ala</i> ailments
<i>Peperomia</i> spp.	'Ala 'ala wai nui; kapa; peperomia	Leaves; whole plant	Uterine ailments; tumors; asthma; fatigue
<i>Piper methysticum</i> ☹	'Ava; 'awa; kava; kava; kava-kava; intoxicating long pepper	Root	Urinary tract infections; venereal diseases; headache; backache; rheumatism; bronchitis; asthma; sleep induction; euphoric

TABLE 12.3
Selected Polynesian Botanical Remedies—continued

Scientific Name	Common Name	Parts	Traditional Use
<i>Pipturus albidus</i>	Mamaki	Sap; fruit	Malaise; constipation; dysentery; colitis
<i>Plantago major</i>	Lau kahi; filo; common plantain; great plantain; broad-leaf plantain	Leaves; seeds	Diabetes; urinary tract infections; constipation; skin ailments (including sea urchin spine injury)
<i>Psidium guajava</i> ☹	Ku'ava; kuawa; guava	Leaves; leaf buds	Digestive tract disorders; dysentery; rashes; wounds; skin infections
<i>Rorippa sarmentosa</i>	A 'ataxi; 'akataha; pa'ihī; Polynesian cress	Leaves	Urinary tract infections; gastrointestinal disorders; liver conditions; hemorrhoids; diarrhea; asthma; bronchitis; rheumatism; eye ailments; elephantiasis
<i>Sida</i> spp.	'Ilimi; maufu	Leaves; flowers	Ease childbirth; milk stimulation; constipation; diarrhea; stomach problems; gall bladder conditions; sore throat; thrush; cough; skin ailments
<i>Solanum nigrum</i> ☹	Magalo; polokai; pōpolo; nightshade, black nightshade	Leaves	Coughs; sore throats; colds; wounds
<i>Spondias dulcis</i>	Vi; vi'ava'ava; ambarella; otaheite apple; Polynesian plum	Bark; leaves; fruit	Stomach ailments; diarrhea; mouth/throat infections; liver conditions
<i>Syzygium corynorcarpum</i> ; <i>Eugenia corynorcarpa</i>	Seasea; hehea	Bark; leaves	Urinary tract infections; sore throat; parasites; TB; scrotal edema; fever; tetanus
<i>Syzygium malaccense</i> ; <i>Caryophyllus malaccensis</i> ; <i>Eugenia malaccensis</i>	Nonu fi'afi'a; fekika kai; 'ohi 'a 'ai; wax apple; Malay apple; mountian apple	Bark; leaves	Gastrointestinal ailments; stomach pain; diarrhea; sore throat; coughs; thrush; headache; venereal diseases
<i>Tournefortia argentea</i>	Lau mafiafia; touhuni; tree heliotrope	Leaves	Food poisoning
<i>Vigna marina</i>	Fue sina; lautolu tahi; nanea; beach pea	Leaves	Urinary tract infections; ease childbirth; vomiting blood; puerperal infection; ghost sickness
<i>Vitex trifolia</i> ☹	Namulega; lala tahi	Bark; leaves	Fever; puerperal infection; headache; sunstroke; cancer; lung problems; TB; cough; skin ailments; eye problems
<i>Wollastonia biflora</i>	Ateate; ate	Stems; leaves	Urinary tract infections; liver ailments; diarrhea; ease childbirth; venereal diseases; wounds
<i>Zingiberis zerumbet</i> ☹	Avapui; angoango; 'awapui; wild ginger	Root; leaves	Stomach pain; gastrointestinal disorders; gastric ulcers; diarrhea; sinus infections; asthma; sore throat; cough; puerperal infection; elephantiasis; toothache

Note: Data on some plants are very limited; adverse effects may occur even if not indicated.

Key: ☹, all or some parts reported to be harmful or toxic in large quantities or specific preparations; ☹, may be contraindicated in some medical conditions/with certain prescription drugs.