

# A Antiophthalmic

\*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Plant	# Chemicals	Total PPM
Acacia senegal Gum Arabic Tree; Sudan Gum Arabic; Kher; Senegal Gum; Gum Arabic	2	
Acacia nilotica Babul	1	
Achillea millefolium Milfoil; Yarrow	1	
Actinidia chinensis Kiwi	1	
Aesculus hippocastanum Horse Chestnut	1	
Alisma plantago-aquatica Mud Plantain; Water Plantain; Ze-Xie; Tse-Hsieh	1	
Allium sativum var. sativum Garlic	2	
Allium cepa Shallot; Onion	2	
Allium ampeloprasum Elephant Garlic; Kurrat	1	
Alnus glutinosa Black Alder	1	
Alocasia macrorrhiza Giant Taro	1	
Aloe vera Bitter Aloes; Aloe	1	
Althaea officinalis Marshmallow; White Mallow	1	
Anacardium occidentale Cashew	1	
Anamirta cocculus Levant Berry	1	
Ananas comosus Pineapple	1	300000.0
Anastatica hierochuntica Jericho Rose	1	
Angelica sinensis Dang Gui; Dong Quai; Dang Qui; Dang Quai; Dong Gui; Chinese Angelica	2	
Angelica archangelica Garden Angelica; Angelica; Wild Parsnip	1	
Annona squamosa Sugar-Apple; Sweetsop	1	545000.0
Annona muricata Soursop	1	
Apium graveolens Celery	1	
Areca catechu Pin-Lang; Betel Nut	1	
Arnica montana Mountain Tobacco; Leopard's-Bane	1	20000.0
Artemisia dracunculus Tarragon	1	
Asimina triloba Pawpaw	1	1090000.0
Asparagus officinalis Asparagus	2	512.0
Astragalus membranaceus Huang Qi; Huang-Chi	1	
Avena sativa Oats	1	
Ballota nigra Black Horehound	1	
Berberis vulgaris Barberry	1	
Bertholletia excelsa Brazilnut-Tree; Brazilnut; Paranut; Creamnut	1	
Beta vulgaris Beet; Sugar Beet; Garden Beet; Beetroot	1	540000.0
Camellia sinensis Tea	1	
Capparis spinosa Caperbush; Caper	1	
Capsicum frutescens Tabasco; Chili; Cayenne; Hot Pepper; Spur Pepper; Red Chili	1	48.0
Capsicum annuum Green Pepper; Paprika; Bell Pepper; Cone Pepper; Cherry Pepper; Sweet Pepper	1	48.0
Carica papaya Papaya	1	
Castanea sativa European Chestnut	1	432000.0

Plant	# Chemicals	Total PPM
<i>Ceratonia siliqua</i> Locust Bean; Carob; St.John's-Bread	2	
<i>Cichorium intybus</i> Succory; Chicory; Witloof	1	
<i>Citrullus lanatus</i> Watermelon	1	11956.0
<i>Citrus sinensis</i> Orange	1	94000.0
<i>Citrus paradisi</i> Grapefruit	1	42800.0
<i>Citrus mitis</i> Calamansi; Calamondin	1	
<i>Cnidium officinale</i> Jih-Chiung	1	
<i>Cocos nucifera</i> Coconut Palm; Coconut; Copra; Kokospalme (Ger.); Nariyal; Cocotero (Sp.)	1	268000.0
<i>Coffea arabica</i> Coffee	1	
<i>Coriandrum sativum</i> Cilantro; Chinese Parsley; Coriander	1	
<i>Coriaria myrtifolia</i> Mealy Tree	1	
<i>Corylus avellana</i> Cobnut; English Filbert; European Filbert; Hazel; European Hazel	1	100000.0
<i>Crataegus rhipidophylla</i> Hawthorn	1	
<i>Crataegus laevigata</i> Hawthorn; Woodland Hawthorn; English Hawthorn; Whitethorn	1	
<i>Cucurbita pepo</i> Pumpkin	1	28000.0
<i>Cucurbita foetidissima</i> Buffalo Gourd	2	
<i>Cyphomandra betacea</i> Tamarillo; Tree Tomato	1	
<i>Daphne mezereum</i> Spurge Olive; Spurge Laurel	1	
<i>Daucus carota</i> Carrot	2	678000.0
<i>Dianthus caryophyllus</i> Carnation; Nelke (Ger.); Clove Pink; Clavel (Sp.); Oeillet (Fr.)	1	
<i>Echinacea purpurea</i> Eastern Purple-Coneflower; Purple-Coneflower; Echinacea	1	
<i>Echinacea angustifolia</i> Echinacea; Narrow Leaf Purple-Coneflower; Narrow Leaf Echinacea	1	
<i>Elaeagnus umbellatus</i> Russian Olive	1	
<i>Elaeagnus angustifolia</i> Russian Olive; Silver Berry	1	
<i>Eleocharis dulcis</i> Water chestnut	1	
<i>Eleutherococcus senticosus</i> Wu jia; Eleuthero Ginseng; Siberian Ginseng; Ci wu jia (Pinyin); Spiny Ginseng	2	
<i>Eriobotrya japonica</i> Loquat	1	
<i>Fagopyrum esculentum</i> Buckwheat	1	84.0
<i>Ficus carica</i> Figueira (Port.); Echte Feige (Ger.); Feigenbaum (Ger.); Fig; Higo (Sp.); Figuier Commun (Fr.); Fico (Ital.); Higuera Comun (Sp.)	2	462250.0
<i>Foeniculum vulgare</i> Fennel	1	
<i>Frangula alnus</i> Buckthorn	1	400.0
<i>Gentiana lutea</i> Yellow Gentian; Gentian	1	
<i>Ginkgo biloba</i> Ginkgo; Maidenhair Tree	2	47200.0
<i>Glycine max</i> Soybean	3	156260.0
<i>Glycyrrhiza uralensis</i> Kan-Tsao; Chinese Licorice; Gan-Cao	1	
<i>Glycyrrhiza glabra</i> Licorice-Root; Licorice; Commom Licorice; Smooth Licorice	1	181700.0
<i>Harpagophytum procumbens</i> Devil's Claw; Grapple Plant	1	
<i>Helianthus annuus</i> Sunflower; Girasol	3	100000.0
<i>Hibiscus sabdariffa</i> Acedera de Guinea (Sp.); Indian Sorrel; Kharkadi; Rosa de Jamaica (Sp.); Jamaica Sorrel; Rosella (Ger.); Red Sorrel; Sereni (Sp.); Roselle; Malventee (Ger.); Sorrel	2	4800.0
<i>Hippophae rhamnoides</i> Yellow Spine; Sea Buckthorn; Sallow Thorn	1	
<i>Humulus lupulus</i> Hops	1	

Plant	# Chemicals	Total PPM
<i>Hydrastis canadensis</i> Goldenseal	1	
<i>Hypericum perforatum</i> Common St. Johnswort; Hypericum; St. John's-wort; Goatweed; Klamath Weed	1	
<i>Ipomoea batatas</i> Sweet Potato	1	242.0
<i>Ipomoea aquatica</i> Water Spinach; Swamp Cabbage	1	2360.0
<i>Jatropha curcas</i> Purging Nut; Physic Nut	1	
<i>Kalmia latifolia</i> Calico Bush; Spoonwood; Mountain Laurel	1	
<i>Lactuca virosa</i> Bitter Lettuce	1	
<i>Lawsonia inermis</i> Mignonette; Jamaica-Mignonette; Mignonette Tree; Henna	1	
<i>Lens culinaris</i> Lentil	1	40.0
<i>Linum usitatissimum</i> Flax; Linseed	3	94.0
<i>Lycopersicon esculentum</i> Tomato	1	
<i>Lycopodium clavatum</i> Antler Herb; Clubmoss	1	
<i>Lycoris radiata</i> Spider Lily	1	146400.0
<i>Maclura pomifera</i> Hedge Apple; Osage-Orange	1	
<i>Mahonia repens</i> Oregon Grape; Oregon Barberry; Oregon Grape-Holly; Creeping Barberry	1	
<i>Malus domestica</i> Apple	1	72400.0
<i>Mammea americana</i> Mamey	1	
<i>Mangifera indica</i> Mango	1	251600.0
<i>Manilkara zapota</i> Sapodilla	1	
<i>Medicago sativa</i> Lucerne; Alfalfa	2	
<i>Moringa oleifera</i> Ben Nut; Horseradish Tree; West Indian Ben; Benzolive Tree; Moringa; Drumstick Tree; Jacinto (Sp.)	1	
<i>Musa x paradisiaca</i> Plantain; Banana	2	137422.0
<i>Nelumbo nucifera</i> Water Lotus	1	141730.0
<i>Nicotiana tabacum</i> Tobacco	2	140000.0
<i>Ophiopogon japonicus</i> Mai-Men-Dong; Mai-Men-Tung	1	
<i>Opuntia ficus-indica</i> Prickly Pear; Indian Fig; Nopalito; Nopal	3	11485.0
<i>Oryza sativa</i> Rice	2	9600.0
<i>Paeonia officinalis</i> Double Peony	1	280000.0
<i>Paeonia lactiflora</i> White Peony; Bai Shao (Chinese); Chih-Shao; Peony; Common Garden Peony	1	
<i>Panax quinquefolius</i> Ginseng; American Ginseng	2	85820.0
<i>Panax ginseng</i> Chinese Ginseng; Oriental Ginseng; Ginseng; Korean Ginseng	2	
<i>Panicum maximum</i> Guinea grass	1	
<i>Passiflora incarnata</i> Passionflower; Manzana de Mayo; Mayapple	1	
<i>Phaseolus acutifolius</i> Tepary Bean	2	
<i>Phoenix dactylifera</i> Date Palm	2	878680.0
<i>Phragmites australis</i> Giant Reed; Reed Grass; Ditch Reed; Common Reed	1	
<i>Phyllanthus emblica</i> Emblic; Myrobalan	1	25940.0
<i>Physalis ixocarpa</i> Tomatillo	1	50120.0
<i>Phytelephas aequatorialis</i> EQUATORIAL IVORY PALM	1	
<i>Pinus sylvestris</i> Scotch Pine	1	34000.0
<i>Piper methysticum</i> Kava-Kava	1	
<i>Piper betel</i> Betel Pepper	1	50000.0

Plant	# Chemicals	Total PPM
<i>Pistacia vera</i> Pistachio	1	65200.0
<i>Pisum sativum</i> Pea	2	560044.0
<i>Plantago ovata</i> Indian Plantago; Ispaghula; Spogel Seeds; Psyllium; Blond Psyllium	1	
<i>Polypodium vulgare</i> Sweet Fern; Common Polypody	1	310000.0
<i>Portulaca oleracea</i> Verdolaga; Purslane	2	4618.0
<i>Prunella vulgaris</i> Heal-All; Self-Heal	1	
<i>Prunus persica</i> Peach	1	200000.0
<i>Prunus dulcis</i> Almond	1	
<i>Prunus domestica</i> Plum	1	96000.0
<i>Prunus armeniaca</i> Apricot	1	108000.0
<i>Psidium guajava</i> Guava	1	
<i>Punica granatum</i> Grenadier (Fr.); Mangrano (Sp.); Romanzeiro (Port.); Granatapfelbaum (Ger.); Granatapfelstrauch (Ger.); Granado (Sp.); Pomegranate; Zakuro (Jap.)	1	
<i>Rehmannia glutinosa</i> Chinese Foxglove	1	162000.0
<i>Ribes uva-crispa</i> Gooseberry	2	14312.0
<i>Ribes rubrum</i> Red Currant; White Currant	1	3000.0
<i>Ribes nigrum</i> Black Currant	1	12400.0
<i>Rosa</i> spp Rose Hips	1	
<i>Rosa canina</i> Rose; Dogbrier; Dog Rose	1	64200.0
<i>Rubus idaeus</i> Red Raspberry; Raspberry	2	
<i>Ruscus aculeatus</i> Butcher's Broom; Box-Holly	1	72000.0
<i>Saccharum officinarum</i> Sugarcane	1	
<i>Sambucus nigra</i> European Alder; European Elder; European Elderberry; Black Elder; Elder	1	
<i>Santalum album</i> White Sandalwood	1	
<i>Sarcostemma acidum</i> Soma	1	
<i>Scutellaria baicalensis</i> Chinese Skullcap; Baikal Skullcap; Huang Qin	1	
<i>Senna obtusifolia</i> Sicklepod	2	4880.0
<i>Sesamum indicum</i> Sesame; Beni; Sesamo (Sp.); Ajonjoli (Sp.); Benneseed	1	
<i>Silybum marianum</i> Lady's Thistle; Milk Thistle	1	
<i>Sinapis alba</i> White Mustard	1	
<i>Skimmia arborescens</i> Skimmia	1	
<i>Solanum melongena</i> Aubergine; Eggplant	1	
<i>Sophora pachycarpa</i> Siberian Pachycarpa	1	
<i>Sorbus aucubaria</i> Rowan Berry	1	
<i>Spondias pinnata</i> Yellow Plum; Yellow Mombin	1	58000.0
<i>Spondias dulcis</i> Ambarella	1	400000.0
<i>Stachys officinalis</i> Bishop's-Wort; Betony; Wood Betony; Purple Betony	1	
<i>Stevia rebaudiana</i> Sweet Leaf of Paraguay; Ca-A-E; Stevia	1	
<i>Symphytum officinale</i> Comfrey	1	
<i>Taraxacum officinale</i> Dandelion	1	
<i>Terminalia chebula</i> Myrobalan; Black Myrobalan; Ink Nut; Chebulic Myrobalan	1	20000.0
<i>Terminalia bellirica</i> Myrobalan Belleric; Beleric Myrobalan; Myrobalan; Belleric; Bahera	1	

Plant	# Chemicals	Total PPM
<i>Teucrium polium</i> Golden Germander	1	
<i>Teucrium montanum</i> Mountain Germander	1	
<i>Theobroma cacao</i> Cacao	1	
<i>Tilia</i> sp. Basswood; Lime; Linden	3	
<i>Trigonella foenum-graecum</i> Fenugreek; Alholva (Sp.); Greek Hay; Bockshornklee (Ger.); Greek Clover	1	
<i>Triticum aestivum</i> Wheat	3	23492.0
<i>Tulipa gesneriana</i> Tulip	1	
<i>Urtica dioica</i> Stinging Nettle; European Nettle	1	
<i>Vaccinium vitis-idaea</i> Lingonberry; Lingen; Cowberry	1	10600.0
<i>Vaccinium myrtillus</i> Bilberry; Whortleberry; Dwarf Bilberry	1	
<i>Vanilla planifolia</i> Vanilla; Bourbon Vanilla	1	700000.0
<i>Veratrum album</i> White Hellebore	1	
<i>Verbascum thapsus</i> Mullein; Velvetplant; Flannelplant; Great Mullein; Flannelleaf	1	
<i>Vetiveria zizanioides</i> Cus-Cus; Vetiver; Cuscut Grass	1	
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> Crampbark; Guelder Rose; European Cranberry Bush; Snowballbush	1	
<i>Vigna unguiculata</i> Pea Bean; Asparagus Bean; Yardlong Bean	1	30000.0
<i>Vigna radiata</i> Mungbean; Green Gram	1	36000.0
<i>Vigna mungo</i> Black Gram	1	32000.0
<i>Viola tricolor</i> Pansy; Wild Violet	1	604.0
<i>Withania somnifera</i> Ashwagandha	2	2000.0
<i>Zea mays</i> Corn	1	38000.0
<i>Zingiber officinale</i> Ginger	2	
<i>Zizyphus jujuba</i> Da-Zao; Jujube; Ta-Tsao	1	416000.0