

## Dr. Duke's Phytochemical and Ethnobotanical Databases

### List of Plants for Antiinsomnic

Plants with Activity Synergy	Chemical Count	Total PPM
<i>Abelmoschus esculentus</i>	1	200.0
<i>Acacia farnesiana</i>	1	914.0
<i>Achillea millefolium</i>	1	
<i>Actaea racemosa</i>	1	
<i>Actinidia chinensis</i>	1	60.0
<i>Aegle marmelos</i>	1	
<i>Agathosma betulina</i>	1	84.0
<i>Albizia lebeck</i>	1	
<i>Allium schoenoprasum</i>	1	176.0
<i>Allium sativum</i> var. <i>sativum</i>	1	234.0
<i>Allium cepa</i>	1	330.0
<i>Allium ampeloprasum</i>	1	220.0
<i>Alocasia macrorrhiza</i>	1	32.0
<i>Aloe vera</i>	1	128.0
<i>Aloe</i> spp.	1	
<i>Alpinia galanga</i>	1	142.0
<i>Althaea officinalis</i>	1	62.0
<i>Amaranthus spinosus</i>	1	
<i>Amaranthus</i> sp.	1	236.0
<i>Amorphophallus konjac</i>	1	
<i>Amorphophallus campanulatus</i>	1	158.0
<i>Anacardium occidentale</i>	1	136.0
<i>Ananas comosus</i>	2	66.0
<i>Anethum graveolens</i>	1	120.0
<i>Angelica sinensis</i>	2	
<i>Annona squamosa</i>	1	72.0
<i>Annona reticulata</i>	1	76.0

Plants with Activity Synergy	Chemical Count	Total PPM
<i>Annona muricata</i>	1	154.0
<i>Annona glabra</i>	1	
<i>Annona diversifolia</i>	1	
<i>Annona cherimola</i>	1	100.0
<i>Apium graveolens</i>	1	114.0
<i>Arachis hypogaea</i>	2	512.0
<i>Aralia cordata</i>	1	340.0
<i>Arctium lappa</i>	1	28.0
<i>Arctostaphylos uva-ursi</i>	1	24.0
<i>Areca catechu</i>	1	13.6
<i>Armoracia rusticana</i>	1	110.0
<i>Arracacia xanthorrhiza</i>	1	250.0
<i>Artemisia vulgaris</i>	1	470.0
<i>Artemisia dracunculus</i>	2	180.0
<i>Artocarpus heterophyllus</i>	1	30.0
<i>Artocarpus altilis</i>	1	60.0
<i>Asparagus officinalis</i>	1	732.0
<i>Astragalus membranaceus</i>	1	
<i>Avena sativa</i>	1	262.0
<i>Averrhoa carambola</i>	1	
<i>Averrhoa bilimbi</i>	1	
<i>Bactris gasipaes</i>	1	
<i>Barosma betulina</i>	1	
<i>Basella alba</i>	1	140.0
<i>Benincasa hispida</i>	1	204.0
<i>Berberis vulgaris</i>	1	162.0
<i>Bertholletia excelsa</i>	1	34.0

Plants with Activity Synergy	Chemical Count	Total PPM
Beta vulgaris	1	200.0
Bixa orellana	1	38.0
Blighia sapida	1	344.0
Boehmeria nivea	1	242.0
Borago officinalis	1	258.0
Brassica rapa	1	98.0
Brassica oleracea var. viridis l.	1	122.0
Brassica oleracea var. sabellica l.	1	130.0
Brassica oleracea var. italica	1	
Brassica oleracea var. gemmifera	1	128.0
Brassica oleracea var. capitata l.	1	80.0
Brassica oleracea var. botrytis l.	1	170.0
Brassica oleracea	1	88.0
Brassica nigra	1	95.74
Brassica napus var. napobrassica	1	136.0
Brassica chinensis	1	214.0
Bromelia pinguin	1	114.0
Brosimum alicastrum	1	
Bupleurum chinense	1	
Byrsonima crassifolia	1	
Cajanus cajan	1	304.0
Calathea macrosepala	1	
Camellia sinensis	1	152.0
Canavalia ensiformis	1	256.0
Canna indica	1	26.0
Cannabis sativa	1	48.0
Capsella bursa-pastoris	1	68.0

Plants with Activity Synergy	Chemical Count	Total PPM
<i>Capsicum frutescens</i>	1	316.0
<i>Capsicum annuum</i>	1	252.0
<i>Carica pentagona</i>	1	
<i>Carica papaya</i>	1	249.0
<i>Carthamus tinctorius</i>	1	10.6
<i>Carum carvi</i>	1	112.0
<i>Carya illinoensis</i>	1	18.6
<i>Casimiroa edulis</i>	1	
<i>Catha edulis</i>	1	296.0
<i>Caulophyllum thalictroides</i>	1	25.0
<i>Centella asiatica</i>	1	224.0
<i>Chamaemelum nobile</i>	1	
<i>Chenopodium ambrosioides</i>	1	80.0
<i>Chenopodium album</i>	1	222.0
<i>Chondrus crispus</i>	1	166.0
<i>Chrysanthemum parthenium</i>	1	
<i>Chrysanthemum coronarium</i>	1	414.0
<i>Chrysophyllum cainito</i>	1	
<i>Cicer arietinum</i>	1	36.0
<i>Cichorium intybus</i>	1	244.0
<i>Cichorium endivia</i>	1	128.0
<i>Cimicifuga racemosa</i>	1	63.0
<i>Cinnamomum verum</i>	1	16.0
<i>Citrullus lanatus</i>	1	54.0
<i>Citrus sinensis</i>	2	1522.0
<i>Citrus reticulata</i>	2	430.0
<i>Citrus paradisi</i>	1	88.0

Plants with Activity Synergy	Chemical Count	Total PPM
Citrus limon	1	38.0
Citrus aurantium	1	48.0
Citrus aurantiifolia	1	58.0
Cnicus benedictus	1	6.2
Cnidoscopus chayamansa	1	170.0
Cocos nucifera	1	20.0
Coffea arabica	1	140.0
Coix lacryma-jobi	1	96.0
Colocasia esculenta	1	290.0
Corchorus olitorius	1	204.0
Coriandrum sativum	1	318.0
Corylus avellana	1	108.0
Crataegus rhipidophylla	1	
Crataegus laevigata	1	
Crescentia alata	1	18.0
Cucumis sativus	1	152.0
Cucumis melo	1	136.0
Cucurbita spp	1	170.0
Cucurbita pepo	2	405.0
Cuminum cyminum	1	98.0
Curcuma longa	1	124.0
Cyclanthera pedata	1	150.0
Cydonia oblonga	1	44.0
Cynara cardunculus	1	164.0
Cyphomandra betacea	1	170.0
Cyrtosperma chamissonis	1	44.0
Daucus carota	1	

Plants with Activity Synergy	Chemical Count	Total PPM
Dioscorea villosa	1	
Dioscorea sp.	1	
Dioscorea pentaphylla	1	58.0
Dioscorea alata	1	34.0
Diospyros digyna	1	
Dryopteris marginalis	1	
Durio zibethinus	1	
Echinacea spp	1	85.0
Echinacea purpurea	1	
Elaeagnus umbellatus	1	
Elaeagnus commutata	1	
Elaeis guineensis	1	
Eleocharis dulcis	1	
Elettaria cardamomum	1	24.0
Eleutherococcus senticosus	1	
Ephedra sinica	1	180.0
Equisetum arvense	1	931.0
Eriobotrya japonica	1	50.0
Eriodictyon californicum	1	
Eryngium floridanum	1	140.0
Erythrina fusca	1	130.0
Erythrina berteroana	1	150.0
Erythroxyllum coca	1	122.0
Eugenia uniflora	1	
Eugenia floribunda	1	
Eugenia brasiliensis	1	
Eupatorium perfoliatum	1	

Plants with Activity Synergy	Chemical Count	Total PPM
Euphrasia officinalis	1	674.0
Fagopyrum esculentum	1	88.0
Ficus carica	1	64.0
Foeniculum vulgare	1	262.0
Fragaria spp	2	54.0
Frangula purshiana	1	58.0
Fucus vesiculosus	1	94.0
Garcinia mangostana	1	
Genipa americana	1	30.0
Gentiana lutea	1	122.0
Ginkgo biloba	2	268.0
Gliricidia sepium	1	216.0
Glycine max	1	272.0
Glycyrrhiza glabra	1	140.0
Gossypium sp	1	32.0
Gymnema sylvestre	1	
Harpagophytum procumbens	1	
Helianthus tuberosus	1	128.0
Helianthus annuus	1	96.0
Hibiscus sabdariffa	1	347.0
Hibiscus rosa-sinensis	1	
Hordeum vulgare	1	230.0
Humulus lupulus	2	870.0
Hydrangea arborescens	1	
Hydrastis canadensis	1	124.0
Hylocereus undatus	1	
Hylocereus guatemalensis	1	

Plants with Activity Synergy	Chemical Count	Total PPM
Inga edulis	1	
Inula helenium	1	
Ipomoea batatas	1	188.0
Ipomoea aquatica	1	240.0
Juglans regia	1	62.0
Juglans nigra	1	14.0
Juniperus communis	1	24.0
Justicia pectoralis	1	330.0
Lablab purpureus	1	175.74
Lactuca sativa	1	134.0
Lagenaria siceraria	1	144.0
Larrea tridentata	1	
Lens culinaris	1	140.0
Lentinus edodes	1	
Lepidium sativum	1	190.0
Lepidium meyenii	1	
Licania platypus	1	
Linum usitatissimum	1	29.9
Lobelia inflata	1	66.0
Luffa aegyptiaca	1	160.0
Lupinus mutabilis	1	114.0
Lupinus albus	1	48.0
Lycium chinense	1	154.0
Lycopersicon esculentum	1	198.0
Macadamia spp	1	44.0
Malpighia glabra	1	94.0
Malus domestica	1	14.0



Plants with Activity Synergy	Chemical Count	Total PPM
Malva sylvestris	1	120.0
Malva parviflora	1	18.0
Mammea americana	1	
Mangifera indica	1	326.0
Manihot esculenta	1	238.0
Manilkara zapota	1	
Maranta arundinacea	1	32.0
Matricaria recutita	1	
Mauritia flexuosa	1	
Medicago sativa	1	194.0
Melicoccus bijugatas	1	
Mentha x piperita	1	228.0
Mentha spicata	1	89.0
Mimulus glabratus	1	184.0
Momordica charantia	2	306.0
Morinda citrifolia	1	642.0
Moringa oleifera	1	
Morus alba	1	108.0
Mucuna pruriens	1	68.0
Muntingia calabura	1	
Murraya sp	1	40.0
Murraya koenigii	1	
Musa x paradisiaca	1	168.0
Myrciaria dubia	1	
Myrciaria cauliflora	1	
Myrica cerifera	1	56.0
Nasturtium officinale	1	226.0

Plants with Activity Synergy	Chemical Count	Total PPM
Nelumbo nucifera	1	416.0
Nepeta cataria	1	
Ocimum basilicum	1	138.0
Opuntia ficus-indica	1	63.2
Origanum vulgare	1	134.0
Origanum majorana	1	88.0
Oryza sativa	1	130.0
Oxalis tuberosa	1	50.0
Pachira macrocarpa	1	80.0
Pachyrhizus erosus	1	56.0
Panax quinquefolius	1	120.0
Panax ginseng	2	160.0
Papaver somniferum	1	22.0
Parthenium integrifolium	1	
Passiflora quadrangularis	1	1536.0
Passiflora mollissima	1	
Passiflora ligularis	1	
Passiflora incarnata	1	
Passiflora foetida	1	
Passiflora edulis	1	
Pastinaca sativa	1	68.0
Peperomia pereskiaifolia	1	
Peperomia pelucida	1	
Pereskia aculeata	1	
Perilla frutescens	1	198.0
Persea schiedeana	1	
Persea americana	1	202.0

Plants with Activity Synergy	Chemical Count	Total PPM
<i>Petasites japonicus</i>	1	72.0
<i>Petroselinum crispum</i>	1	174.0
<i>Phaseolus vulgaris</i>	2	1050.0
<i>Phaseolus lunatus</i>	1	211.0
<i>Phaseolus coccineus</i>	1	98.0
<i>Phaseolus acutifolius</i>	1	
<i>Phoenix dactylifera</i>	2	270.0
<i>Phyllanthus emblica</i>	1	24.0
<i>Phyllanthus acidus</i>	1	116.0
<i>Physalis peruviana</i>	1	162.0
<i>Physalis ixocarpa</i>	1	506.0
<i>Phytolacca americana</i>	1	286.0
<i>Pimenta dioica</i>	1	3.6
<i>Pinus pinea</i>	1	
<i>Pinus edulis</i>	1	
<i>Pinus cembroides</i>	1	
<i>Piper nigrum</i>	1	29.041
<i>Piper betel</i>	1	96.0
<i>Piper auritum</i>	1	200.0
<i>Pistacia vera</i>	1	30.0
<i>Pisum sativum</i>	1	328.0
<i>Plantago psyllium</i>	1	
<i>Plantago major</i>	1	
<i>Platonia insignis</i>	1	
<i>Platycodon grandiflorum</i>	1	206.0
<i>Plectranthus amboinicus</i>	1	
<i>Polymnia edulis</i>	1	164.0

Plants with Activity Synergy	Chemical Count	Total PPM
Portulaca oleracea	1	158.0
Pourouma cecropiaefolia	1	
Pouteria viridis	1	
Pouteria campechiana	1	
Pouteria caimito	1	
Prunus salicifolia	1	
Prunus persica	1	164.0
Prunus dulcis	1	126.0
Prunus domestica	1	68.0
Prunus cerasus	2	64.0
Prunus armeniaca	1	156.0
Psidium guajava	1	172.0
Psidium cattleianum	1	76.0
Psophocarpus tetragonolobus	1	138.0
Punica granatum	1	100.0
Pyrus communis	1	12.0
Quararibea cordata	1	
Quercus alba	1	
Raphanus sativus	1	950.0
Rheum rhabarbarum	1	180.0
Rhizophora mangle	1	
Rhodymenia palmata	1	
Ribes uva-crispa	1	50.0
Ribes rubrum	1	12.0
Ribes nigrum	1	34.0
Ricinus communis	1	26.0
Rollinia mucosa	1	

Plants with Activity Synergy	Chemical Count	Total PPM
Rosa canina	1	136.0
Rosmarinus officinalis	1	22.0
Rubus idaeus	1	764.0
Rumex crispus	1	216.0
Rumex acetosa	1	100.0
Ruscus aculeatus	1	162.4
Salix alba	1	198.0
Salvia officinalis	1	124.0
Sambucus nigra	1	14.0
Sambucus canadensis	1	50.0
Satureja hortensis	1	90.0
Schisandra chinensis	1	
Sclerocarya caffra	1	62.0
Scutellaria lateriflora	1	70.0
Secale cereale	1	
Sechium edule	1	360.0
Senna alexandrina	1	
Serenoa repens	1	
Sesamum indicum	1	114.0
Sicana odorifera	1	
Sida rhombifolia	1	210.0
Silybum marianum	2	
Sinapis alba	1	168.0
Smilax spp	1	
Smilax officinalis	1	
Solanum tuberosum	2	148.0
Solanum torvum	1	356.0

Plants with Activity Synergy	Chemical Count	Total PPM
Solanum sessiliflorum	1	
Solanum quitoensis	1	
Solanum melongena	1	196.0
Sonchus oleraceus	1	236.0
Spinacia oleracea	1	179.6
Spirulina spp.	1	
Spirulina pratensis	1	320.0
Spondias purpurea	1	84.0
Spondias pinnata	1	62.0
Spondias mombin	1	234.0
Spondias dulcis	1	210.0
Stachys officinalis	1	
Stellaria media	1	94.0
Stevia rebaudiana	1	
Symphytum officinale	1	134.0
Syzygium malaccense	1	
Syzygium jambos	1	
Syzygium cumini	1	
Tabebuia heptaphylla	1	11.4
Tamarindus indica	1	318.0
Tanacetum parthenium	1	
Taraxacum officinale	1	66.1
Terminalia catappa	1	14.0
Tetragonia tetragonioides	1	170.0
Theobroma speciosum	1	
Theobroma cacao	1	68.0
Theobroma bicolor	1	

Plants with Activity Synergy	Chemical Count	Total PPM
Thymus vulgaris	1	108.0
Tragopogon porrifolius	1	44.0
Trichosanthes anguina	1	112.0
Trifolium pratense	1	250.0
Trigonella foenum-graecum	2	36.0
Triticum aestivum	1	380.0
Tropaeolum tuberosum	1	100.0
Tropaeolum majus	1	150.0
Turnera diffusa	1	204.0
Ullucus tuberosus	1	78.0
Ulmus rubra	1	400.0
Urtica dioica	1	104.0
Vaccinium myrtillus	1	130.0
Vaccinium macrocarpon	1	88.3
Vaccinium corymbosum	1	48.0
Valeriana officinalis	2	104.0
Verbascum thapsus	1	190.0
Vicia faba	1	110.0
Vigna unguiculata	1	386.0
Vigna subterranea	1	40.0
Vigna radiata	1	224.0
Vigna mungo	1	52.0
Vigna angularis	1	72.0
Vigna aconitifolia	1	62.0
Vitis vinifera	1	30.8
Xanthosoma sagittifolium	1	40.0
Yucca baccata	1	

<b>Plants with Activity Synergy</b>	<b>Chemical Count</b>	<b>Total PPM</b>
Zea mays	1	224.0
Zingiber officinale	2	270.0
Zizyphus spina-christi	1	82.0
Zizyphus jujuba	1	106.0