

## 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 ampeloprasum</i>	1	220.0
<i>Allium cepa</i>	1	330.0
<i>Allium sativum</i> var. <i>sativum</i>	1	234.0
<i>Allium schoenoprasum</i>	1	176.0
<i>Alocasia macrorrhiza</i>	1	32.0
<i>Aloe</i> spp.	1	
<i>Aloe vera</i>	1	128.0
<i>Alpinia galanga</i>	1	142.0
<i>Althaea officinalis</i>	1	62.0
<i>Amaranthus</i> sp.	1	236.0
<i>Amaranthus spinosus</i>	1	
<i>Amorphophallus campanulatus</i>	1	158.0
<i>Amorphophallus konjac</i>	1	
<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 cherimola</i>	1	100.0
<i>Annona diversifolia</i>	1	

Plants with Activity Synergy	Chemical Count	Total PPM
Annona glabra	1	
Annona muricata	1	154.0
Annona reticulata	1	76.0
Annona squamosa	1	72.0
Apium graveolens	1	114.0
Arachis hypogaea	2	512.0
Aralia cordata	1	340.0
Arctium lappa	1	28.0
Arctostaphylos uva-ursi	1	24.0
Areca catechu	1	13.6
Armoracia rusticana	1	110.0
Arracacia xanthorrhiza	1	250.0
Artemisia dracunculus	2	180.0
Artemisia vulgaris	1	470.0
Artocarpus altilis	1	60.0
Artocarpus heterophyllus	1	30.0
Asparagus officinalis	1	732.0
Astragalus membranaceus	1	
Avena sativa	1	262.0
Averrhoa bilimbi	1	
Averrhoa carambola	1	
Bactris gasipaes	1	
Barosma betulina	1	
Basella alba	1	140.0
Benincasa hispida	1	204.0
Berberis vulgaris	1	162.0
Bertholletia excelsa	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 chinensis	1	214.0
Brassica napus var. napobrassica	1	136.0
Brassica nigra	1	95.74
Brassica oleracea	1	88.0
Brassica oleracea var. botrytis l.	1	170.0
Brassica oleracea var. capitata l.	1	80.0
Brassica oleracea var. gemmifera	1	128.0
Brassica oleracea var. italica	1	
Brassica oleracea var. sabellica l.	1	130.0
Brassica oleracea var. viridis l.	1	122.0
Brassica rapa	1	98.0
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
Capsicum annuum	1	252.0
Capsicum frutescens	1	316.0
Carica papaya	1	249.0
Carica pentagona	1	
Carthamus tinctorius	1	10.6
Carum carvi	1	112.0
Carya illinoensis	1	18.6
Casimiroa edulis	1	
Catha edulis	1	296.0
Caulophyllum thalictroides	1	25.0
Centella asiatica	1	224.0
Chamaemelum nobile	1	
Chenopodium album	1	222.0
Chenopodium ambrosioides	1	80.0
Chondrus crispus	1	166.0
Chrysanthemum coronarium	1	414.0
Chrysanthemum parthenium	1	
Chrysophyllum cainito	1	
Cicer arietinum	1	36.0
Cichorium endivia	1	128.0
Cichorium intybus	1	244.0
Cimicifuga racemosa	1	63.0
Cinnamomum verum	1	16.0
Citrullus lanatus	1	54.0
Citrus aurantiifolia	1	58.0
Citrus aurantium	1	48.0
Citrus limon	1	38.0

Plants with Activity Synergy	Chemical Count	Total PPM
Citrus paradisi	1	88.0
Citrus reticulata	2	430.0
Citrus sinensis	2	1522.0
Cnicus benedictus	1	6.2
Cnidioscolus 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 laevigata	1	
Crataegus rhipidophylla	1	
Crescentia alata	1	18.0
Cucumis melo	1	136.0
Cucumis sativus	1	152.0
Cucurbita pepo	2	405.0
Cucurbita spp	1	170.0
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 alata	1	34.0
Dioscorea pentaphylla	1	58.0
Dioscorea sp.	1	
Dioscorea villosa	1	
Diospyros digyna	1	
Dryopteris marginalis	1	
Durio zibethinus	1	
Echinacea purpurea	1	
Echinacea spp	1	85.0
Elaeagnus commutata	1	
Elaeagnus umbellatus	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 berteroana	1	150.0
Erythrina fusca	1	130.0
Erythroxyllum coca	1	122.0
Eugenia brasiliensis	1	
Eugenia floribunda	1	
Eugenia uniflora	1	
Eupatorium perfoliatum	1	

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

Plants with Activity Synergy	Chemical Count	Total PPM
Inga edulis	1	
Inula helenium	1	
Ipomoea aquatica	1	240.0
Ipomoea batatas	1	188.0
Juglans nigra	1	14.0
Juglans regia	1	62.0
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 meyenii	1	
Lepidium sativum	1	190.0
Licania platypus	1	
Linum usitatissimum	1	29.9
Lobelia inflata	1	66.0
Luffa aegyptiaca	1	160.0
Lupinus albus	1	48.0
Lupinus mutabilis	1	114.0
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 parviflora	1	18.0
Malva sylvestris	1	120.0
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 spicata	1	89.0
Mentha x piperita	1	228.0
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 koenigii	1	
Murraya sp	1	40.0
Musa x paradisiaca	1	168.0
Myrciaria cauliflora	1	
Myrciaria dubia	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 majorana	1	88.0
Origanum vulgare	1	134.0
Oryza sativa	1	130.0
Oxalis tuberosa	1	50.0
Pachira macrocarpa	1	80.0
Pachyrhizus erosus	1	56.0
Panax ginseng	2	160.0
Panax quinquefolius	1	120.0
Papaver somniferum	1	22.0
Parthenium integrifolium	1	
Passiflora edulis	1	
Passiflora foetida	1	
Passiflora incarnata	1	
Passiflora ligularis	1	
Passiflora mollissima	1	
Passiflora quadrangularis	1	1536.0
Pastinaca sativa	1	68.0
Peperomia pelucida	1	
Peperomia pereskiaifolia	1	
Pereskia aculeata	1	
Perilla frutescens	1	198.0
Persea americana	1	202.0
Persea schiedeana	1	

Plants with Activity Synergy	Chemical Count	Total PPM
<i>Petasites japonicus</i>	1	72.0
<i>Petroselinum crispum</i>	1	174.0
<i>Phaseolus acutifolius</i>	1	
<i>Phaseolus coccineus</i>	1	98.0
<i>Phaseolus lunatus</i>	1	211.0
<i>Phaseolus vulgaris</i>	2	1050.0
<i>Phoenix dactylifera</i>	2	270.0
<i>Phyllanthus acidus</i>	1	116.0
<i>Phyllanthus emblica</i>	1	24.0
<i>Physalis ixocarpa</i>	1	506.0
<i>Physalis peruviana</i>	1	162.0
<i>Phytolacca americana</i>	1	286.0
<i>Pimenta dioica</i>	1	3.6
<i>Pinus cembroides</i>	1	
<i>Pinus edulis</i>	1	
<i>Pinus pinea</i>	1	
<i>Piper auritum</i>	1	200.0
<i>Piper betel</i>	1	96.0
<i>Piper nigrum</i>	1	29.041
<i>Pistacia vera</i>	1	30.0
<i>Pisum sativum</i>	1	328.0
<i>Plantago major</i>	1	
<i>Plantago psyllium</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 caimito	1	
Pouteria campechiana	1	
Pouteria viridis	1	
Prunus armeniaca	1	156.0
Prunus cerasus	2	64.0
Prunus domestica	1	68.0
Prunus dulcis	1	126.0
Prunus persica	1	164.0
Prunus salicifolia	1	
Psidium cattleianum	1	76.0
Psidium guajava	1	172.0
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 nigrum	1	34.0
Ribes rubrum	1	12.0
Ribes uva-crispa	1	50.0
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 acetosa	1	100.0
Rumex crispus	1	216.0
Ruscus aculeatus	1	162.4
Salix alba	1	198.0
Salvia officinalis	1	124.0
Sambucus canadensis	1	50.0
Sambucus nigra	1	14.0
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 officinalis	1	
Smilax spp	1	
Solanum melongena	1	196.0
Solanum quitoensis	1	

Plants with Activity Synergy	Chemical Count	Total PPM
<i>Solanum sessiliflorum</i>	1	
<i>Solanum torvum</i>	1	356.0
<i>Solanum tuberosum</i>	2	148.0
<i>Sonchus oleraceus</i>	1	236.0
<i>Spinacia oleracea</i>	1	179.6
<i>Spirulina pratensis</i>	1	320.0
<i>Spirulina spp.</i>	1	
<i>Spondias dulcis</i>	1	210.0
<i>Spondias mombin</i>	1	234.0
<i>Spondias pinnata</i>	1	62.0
<i>Spondias purpurea</i>	1	84.0
<i>Stachys officinalis</i>	1	
<i>Stellaria media</i>	1	94.0
<i>Stevia rebaudiana</i>	1	
<i>Symphytum officinale</i>	1	134.0
<i>Syzygium cumini</i>	1	
<i>Syzygium jambos</i>	1	
<i>Syzygium malaccense</i>	1	
<i>Tabebuia heptaphylla</i>	1	11.4
<i>Tamarindus indica</i>	1	318.0
<i>Tanacetum parthenium</i>	1	
<i>Taraxacum officinale</i>	1	66.1
<i>Terminalia catappa</i>	1	14.0
<i>Tetragonia tetragonioides</i>	1	170.0
<i>Theobroma bicolor</i>	1	
<i>Theobroma cacao</i>	1	68.0
<i>Theobroma speciosum</i>	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 majus	1	150.0
Tropaeolum tuberosum	1	100.0
Turnera diffusa	1	204.0
Ullucus tuberosus	1	78.0
Ulmus rubra	1	400.0
Urtica dioica	1	104.0
Vaccinium corymbosum	1	48.0
Vaccinium macrocarpon	1	88.3
Vaccinium myrtillus	1	130.0
Valeriana officinalis	2	104.0
Verbascum thapsus	1	190.0
Vicia faba	1	110.0
Vigna aconitifolia	1	62.0
Vigna angularis	1	72.0
Vigna mungo	1	52.0
Vigna radiata	1	224.0
Vigna subterranea	1	40.0
Vigna unguiculata	1	386.0
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 jujuba	1	106.0
Zizyphus spina-christi	1	82.0