

**Dr. Duke's Phytochemical and Ethnobotanical Databases**

**List of Plants for Depressant**

| Plants with Activity Synergy | Chemical Count | Total PPM |
|------------------------------|----------------|-----------|
| Achillea millefolium         | 1              | 17.6      |
| Actaea racemosa              | 1              |           |
| Agathosma betulina           | 1              | 140.0     |
| Agrimonia eupatoria          | 1              |           |
| Allium sativum var. sativum  | 1              | 17.6      |
| Allium cepa                  | 2              | 0.006     |
| Aloe vera                    | 1              | 25.3      |
| Aloe spp.                    | 1              |           |
| Althaea officinalis          | 1              | 36.3      |
| Amorphophallus konjac        | 1              |           |
| Anacardium occidentale       | 1              | 0.4       |
| Anemarrhena asphodeloides    | 1              |           |
| Anethum graveolens           | 1              | 0.024     |
| Angelica sinensis            | 2              | 3.9       |
| Annona reticulata            | 1              |           |
| Annona muricata              | 1              |           |
| Annona montana               | 1              |           |
| Apium graveolens             | 1              |           |
| Arachis hypogaea             | 1              | 0.04      |
| Arctium lappa                | 1              | 15.4      |
| Arctostaphylos uva-ursi      | 1              | 17.6      |
| Armoracia rusticana          | 1              |           |
| Asparagus officinalis        | 1              | 0.156     |
| Astragalus membranaceus      | 1              |           |
| Avena sativa                 | 2              | 14.3      |
| Azadirachta indica           | 1              | 8000.0    |
| Barosma betulina             | 1              |           |

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|--|----------------|----------------------|
| <i>Berberis vulgaris</i>                         | 1              | 37.4                 |
| <i>Bertholletia excelsa</i>                      | 1              | 994.0                |
| <i>Beta vulgaris</i>                             | 1              |                      |
| <i>Brassica rapa</i>                             | 1              |                      |
| <i>Brassica pekinensis</i>                       | 1              | 0.004                |
| <i>Brassica oleracea</i> var. <i>italica</i>     | 1              |                      |
| <i>Brassica oleracea</i> var. <i>gemmifera</i>   | 1              | 0.072000000000000001 |
| <i>Brassica oleracea</i> var. <i>capitata</i> l. | 1              | 0.5                  |
| <i>Brassica oleracea</i> var. <i>botrytis</i> l. | 1              | 0.078                |
| <i>Brassica napus</i> var. <i>napobrassica</i>   | 1              | 0.096                |
| <i>Bupleurum chinense</i>                        | 1              |                      |
| <i>Capsicum annuum</i>                           | 1              | 0.004                |
| <i>Carica papaya</i>                             | 1              |                      |
| <i>Carthamus tinctorius</i>                      | 1              | 22.0                 |
| <i>Carya ovata</i>                               | 1              | 0.04                 |
| <i>Carya illinoensis</i>                         | 1              | 0.04                 |
| <i>Caulophyllum thalictroides</i>                | 1              | 38.5                 |
| <i>Centella asiatica</i>                         | 1              | 13.2                 |
| <i>Chamaemelum nobile</i>                        | 1              |                      |
| <i>Chondrus crispus</i>                          | 1              | 36.0                 |
| <i>Chrysanthemum parthenium</i>                  | 1              |                      |
| <i>Cichorium endivia</i>                         | 1              | 0.048                |
| <i>Cimicifuga racemosa</i>                       | 1              | 35.2                 |
| <i>Citrus sinensis</i>                           | 1              | 0.004                |
| <i>Citrus reticulata</i>                         | 1              |                      |
| <i>Citrus paradisi</i>                           | 1              | 0.054                |
| <i>Cnicus benedictus</i>                         | 1              | 37.4                 |

| Plants with Activity Synergy | Chemical Count | Total PPM |
|------------------------------|----------------|-----------|
| Cocos nucifera               | 1              | 0.04      |
| Corylus avellana             | 1              | 0.16      |
| Crataegus rhipidophylla      | 1              |           |
| Crataegus laevigata          | 1              | 22.0      |
| Cucumis sativus              | 1              | 5.6       |
| Cucumis melo                 | 1              | 0.008     |
| Cucurbita pepo               | 1              | 32.4      |
| Curcuma longa                | 1              |           |
| Cymbopogon citratus          | 1              | 124.0     |
| Cypripedium pubescens        | 1              | 98.0      |
| Cytisus scoparius            | 1              |           |
| Daucus carota                | 1              | 0.04      |
| Dioscorea villosa            | 1              |           |
| Dioscorea sp.                | 1              |           |
| Echinacea spp                | 1              | 21.5      |
| Echinacea purpurea           | 1              |           |
| Eleutherococcus senticosus   | 1              |           |
| Elytrigia repens             | 1              | 204.0     |
| Ephedra sinica               | 1              | 13.2      |
| Equisetum arvense            | 1              | 14.3      |
| Eriodictyon californicum     | 1              |           |
| Eupatorium perfoliatum       | 1              |           |
| Euphorbia lathyris           | 1              | 34000.0   |
| Euphrasia officinalis        | 1              | 5.2       |
| Fagopyrum esculentum         | 1              | 0.4       |
| Foeniculum vulgare           | 1              |           |
| Fragaria spp                 | 1              | 0.004     |

| Plants with Activity Synergy | Chemical Count | Total PPM |
|------------------------------|----------------|-----------|
| Frangula purshiana           | 1              | 12.1      |
| Fucus vesiculosus            | 1              | 18.7      |
| Gentiana lutea               | 1              | 19.8      |
| Ginkgo biloba                | 1              |           |
| Glycine max                  | 1              | 3.85      |
| Glycyrrhiza glabra           | 1              | 1.1       |
| Gymnema sylvestre            | 1              |           |
| Harpagophytum procumbens     | 1              | 16.5      |
| Hibiscus sabdariffa          | 1              | 157.3     |
| Hordeum vulgare              | 2              | 48.0      |
| Humulus lupulus              | 1              | 18.7      |
| Hydrangea arborescens        | 1              | 17.6      |
| Hydrastis canadensis         | 1              | 11.0      |
| Inula helenium               | 1              |           |
| Juglans regia                | 1              |           |
| Juglans nigra                | 1              | 0.04      |
| Juglans cinerea              | 1              | 0.2       |
| Juniperus virginiana         | 1              | 0.08      |
| Juniperus communis           | 1              | 2.6       |
| Lactuca sativa               | 1              | 0.116     |
| Larrea tridentata            | 1              | 20.9      |
| Linum usitatissimum          | 1              |           |
| Liquidambar styraciflua      | 1              | 0.8       |
| Lobelia inflata              | 1              | 5.5       |
| Lycopersicon esculentum      | 1              | 0.068     |
| Magnolia fargesii            | 1              |           |
| Malus domestica              | 2              |           |

| Plants with Activity Synergy | Chemical Count | Total PPM            |
|------------------------------|----------------|----------------------|
| Medicago sativa              | 1              | 0.08199999999999999  |
| Mentha x piperita            | 1              | 12.1                 |
| Mentha pulegium              | 1              | 50.0                 |
| Musa x paradisiaca           | 1              | 0.08                 |
| Myrica cerifera              | 1              | 37.4                 |
| Nepeta cataria               | 1              | 135.3                |
| Panax ginseng                | 2              | 27.5                 |
| Parthenium integrifolium     | 1              |                      |
| Passiflora incarnata         | 1              |                      |
| Petasites japonicus          | 1              |                      |
| Petroselinum crispum         | 2              | 0.042                |
| Phaseolus vulgaris           | 1              | 0.036000000000000004 |
| Phyllanthus emblica          | 1              | 24.0                 |
| Pimenta dioica               | 1              | 0.08                 |
| Pinus echinata               | 1              | 0.4                  |
| Pistacia vera                | 1              | 0.2                  |
| Pisum sativum                | 2              | 1.404                |
| Plantago psyllium            | 1              | 15.4                 |
| Plantago major               | 1              |                      |
| Polygonum multiflorum        | 1              | 148.0                |
| Prunus persica               | 1              | 0.006                |
| Prunus dulcis                | 1              | 6.06                 |
| Prunus domestica             | 1              | 0.026                |
| Punica granatum              | 1              |                      |
| Pyrus communis               | 1              | 0.002                |
| Quercus stellata             | 1              | 0.08                 |
| Quercus rubra                | 1              | 0.04                 |

| Plants with Activity Synergy | Chemical Count | Total PPM         |
|------------------------------|----------------|-------------------|
| Quercus phellos              | 1              | 0.6               |
| Quercus alba                 | 1              | 16.58             |
| Raphanus sativus             | 1              |                   |
| Rheum rhabarbarum            | 1              |                   |
| Rhodymenia palmata           | 1              |                   |
| Rhus glabra                  | 1              | 0.5               |
| Ribes uva-crispa             | 1              |                   |
| Ribes rubrum                 | 1              |                   |
| Ribes nigrum                 | 1              |                   |
| Rosa canina                  | 1              | 2.105             |
| Rubus idaeus                 | 1              | 27.5              |
| Rubus chamaemorus            | 1              |                   |
| Rumex crispus                | 1              | 27.5              |
| Ruscus aculeatus             | 1              | 25.4              |
| Salix alba                   | 1              | 12.1              |
| Salvia officinalis           | 1              |                   |
| Schisandra chinensis         | 1              | 8.1               |
| Scutellaria lateriflora      | 2              | 9.100000000000001 |
| Scutellaria baicalensis      | 1              |                   |
| Senna obtusifolia            | 1              |                   |
| Senna alexandrina            | 1              |                   |
| Serenoa repens               | 1              |                   |
| Silybum marianum             | 1              | 178.1             |
| Smilax spp                   | 1              | 34.1              |
| Smilax officinalis           | 1              |                   |
| Solanum tuberosum            | 1              | 0.02              |
| Solanum melongena            | 1              | 0.004             |

| Plants with Activity Synergy | Chemical Count | Total PPM |
|------------------------------|----------------|-----------|
| Sorbus aucubaria             | 1              | 0.022     |
| Spinacia oleracea            | 1              | 0.114     |
| Spirulina spp.               | 1              |           |
| Stachys officinalis          | 1              |           |
| Stellaria media              | 1              | 4.7       |
| Stevia rebaudiana            | 1              | 50.0      |
| Symphoricarpos orbiculatus   | 1              | 0.16      |
| Symphytum officinale         | 1              | 11.4      |
| Tabebuia heptaphylla         | 1              | 2.2       |
| Tanacetum parthenium         | 2              |           |
| Taraxacum officinale         | 1              | 9.5       |
| Theobroma cacao              | 1              | 42.0      |
| Thymus vulgaris              | 1              | 32.0      |
| Trifolium pratense           | 1              | 8.584     |
| Trigonella foenum-graecum    | 2              | 17.6      |
| Turnera diffusa              | 1              | 7.4       |
| Ulmus rubra                  | 1              | 16.5      |
| Urtica dioica                | 1              | 24.2      |
| Vaccinium vitis-idaea        | 1              | 0.026     |
| Vaccinium myrtillus          | 1              |           |
| Vaccinium macrocarpon        | 1              |           |
| Valeriana officinalis        | 1              | 48.4      |
| Verbascum thapsus            | 1              | 5.5       |
| Viburnum opulus              | 1              | 46.0      |
| Vicia faba                   | 1              | 344120.0  |
| Vigna unguiculata            | 1              | 0.28      |
| Viscum album                 | 1              |           |

| Plants with Activity Synergy | Chemical Count | Total PPM |
|------------------------------|----------------|-----------|
| Vitis vinifera               | 1              | 36.024    |
| Yucca baccata                | 1              | 9.9       |
| Zea mays                     | 2              | 12.4      |
| Zingiber officinale          | 2              |           |