

# U Convalescence

## Plant

*Canavalia ensiformis* ( Jack Bean, Jackbean, Pois Maldioc, Tao Tou )

*Curcuma zedoaria* ( E Zhu, Kunchur, Seduer, Temu kuning (Yellow temu), Temu puteh, Zhu, Zurumbad )

*Cynanchum stratum* ( )

*Dendrobium nobile* ( Chin Hu, Huang Ts'Ao, Kan Mu Hu, Koki-Sekoku, Mu Hu, Shih Hu )

*Ipomoea batatas* ( Batata, Batata Doce, Batata Hilwah, Camote, Kan Shu, Kan Shu Chiu, Keladi, Patate, Patate Des Jardins, Patate Douce, Sarilici Patates, Satuma-Imo, Shan Yu, Shu Yu )

*Juniperus virginiana* ( Red Cedar, Virjinya Ardici )

*Maranta arundinacea* ( Araru, Arorot, Arrorou, Arrowroot, Sagu )

*Panax quinquefolius* ( American Ginseng, Ginseng )

*Panax repens* ( San Chi, Shen Yeh )

*Panax schinseng* ( Ginseng, Jen Shen, Mandragore Coreenne, Schin Seng, Shin Seng )

*Salix alba* ( Ak Sogut, Safsaf Abyadh, Sauce Blanco, Sugut Aghaji, Vrba, White Willow, Willow )

*Stellaria puberula* ( )

*Tabernanthe iboga* ( Iboga, Radix Tabernanthe )

*Thalictrum foliolosum* ( Mamira, Mamiran, Penjari )