

# U Insomnia

## Plant

*Abrus precatorius* ( Cain Ghe, Graines Reglisse, Gunchi, Hint Meyankoku, Hung Tou, Jequerit, Liane Reglisse, Ma Liao Tou, Paratella, Paternoster, Peonia, Peonia De St Tomas, Pois Rouge, Rakat, Reglisse, Rosary Pea, To-Azuki, Weesboontje )

*Annona muricata* ( Corossolier, Durian benggala, Guanabana, Guanavana, Nangka blanda, Nangka londa, Toge-Banreisi )

*Blumea balsamifera* ( Capa, Chapa, Kecape, Sembang, Sembing, Sembo, Sembong, Sembung, Telinga kerbau (Buffalo ear) )

*Citrus aurantifolia* ( Citron, Citron Vert, Citronnier, Citronnier Verjus, Lima, Lima Bobo, Limau amkian, Limau asam, Limau masam, Limau nipis )

*Clematis montana* ( )

*Codonopsis pilosula* ( Dang Shen )

*Cordia curassavica* ( )

*Diospyros decandra* ( )

*Hocquartia manshuriensis* ( )

*Hyoscyamus muticus* ( Agyptisches Bilsenkraut, Egyptian Henbane, Egyptisch Bilzenkruid, Jusquiame D'Egypt, Kohibung )

*Illicium verum* ( Bunga lawan, Pa Chio Hui Hsiang, Pa Chio Yu, Po Hui Hsiang, Yildizanasonu )

*Ipomoea reptans* ( Kalayan, Kangkong, Kangkung )

*Jasminum lanceolarium* ( )

*Jasminum sambac* ( Full, Melati, Melor, Mo Li, Rasqi, Sambac )

*Juncus effusus* ( Hu Hsu Ts' Ao, Saz, Teng Hsin Ts' Ao )

*Lactuca sativa* ( Abu, Chicoree Des Jardins, Kahu, Khass, Laitue, Laitue Alimentaire, Laitue Pour Tisane, Lechuga, Lettuce, Marul, Tzu Chu, Wo Chu, Wo Chu Tzu )

## Plant

Ligustrum lucidum ( Nu Chen, Nu Chen P'I Chiu, To-Nezumi-Moti )

Lophatherum gracile ( Rumput kelurut (Chancre grass), Sasa-Kusa, Tan Chu )

Mangifera indica ( An Lo Kuo, Anbah, Mamuang, Manga, Manga Agaci, Mangga, Mango, Mangot, Mangot Fil, Manguier, Merpelam, Pelem )

Mimosa pudica ( Adormidera, Feuilles Honte, Honte, Memalu (Modesty), Mori Vivi, Puteri malu (Modest princess), Qitem Tranquille )

Morus alba ( Besaran, Chi Sang, Chin Sang, Ching Sang, Dut Agaci, Hsun, I Sang, Kitaoe, Lampoeng, Lu Sang, Ma-Guwa, Mora, Morera, Mures, Nu Sang, Pai Sang, Sang, Sang Ken Pai P'I, Sang Pi, Sang Shen Chiu, Sang Shen Kao, Sang Shen Tzu, Shan Sang, Shen, T'An, Ti Sang, Tu, Tukki, Tut, Tuth )

Morus bombycis ( Yama-Guwa )

Nelumbo nucifera ( Ch'Ieh, Chieh Fen, Fo Tso Hsu, Fu Ch'U, Han T'Ao, Hasu, Ho, Ho Lien Hua, Ho Yeh, Hsia, Hung Pai Lien Hua, I, Kaya, Lien, Lien Hua, Lien I, Lien Ou, Lien Shih, Lien Tzu, Lien Tzu Hsin, Lotus Bean, Lotus,Blue, Mi, Ou, Ou Fen, Shih Lien Tzu, Ti )

Nephelium longana ( )

Opuntia sp ( Firavuninciri, Kaynanadili, Tuna, Wild Valerian )

Origanum majorana ( Marjolaine, Marjoram, Mayorana, Mayorana-So, Mercenkosk, Origanium )

Panax quinquefolius ( American Ginseng, Ginseng )

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

Papaver somniferum ( Adormidera, Adormidero, Chandu, Gelinjik, Hashas, Kheshkhash Abu Al Noum, Madat, O Fang, O Fu Jung, O P'Ien, Opium, Opium Poppy, Poppy, Poppy,Opium, Tengkoh, Ya P'Ien, Yu Mi )

Passiflora ciliata ( Pasionaria )

Passiflora edulis ( Maracuja Roxo )

Passiflora incarnata ( Carkifelek, Charkhi Felek, Maypop, Maypop Passionflower, Saa'T Gulu, Ward Assa'Ah, Zahril Aalaam )

Phyllanthus urinaria ( Dukong anak (Child pick-a-back, Memeniran, Meniran, Rami buah, Turi hutan )

Piper longum ( Long Pepper, Pepper,Long, Pi P'O Mu, Pi Po, Uzun Biber )

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**Plant**

*Polygala tenuifolia* ( )

*Polygonum multiflorum* ( Ho Chou Wu, Ho Shou Wu, She Chien Ts'ao, Turu-Dokudami )

*Poria cocos* ( )

*Poria cocos*(fungus) ( )

*Portulaca oleracea* ( Ancharupa, Beldroega, Berbin, Coupe-Pied, Coupier, Gelang pasir, Krokot, Ma Ch'Ih Hsien, Parpinah, Perpine, Porcelana, Pourpier, Pourpier Commun, Purslane, Semizotu, Suberi-Hiyu, Verdolaga )

*Raphanus sativus* ( Daikon, Karaturp, Kirmiziturp, Lai Fu, Lo Po, Mulaka, Rabano, Radis, Radis Marron, Radish )

*Rauwolfia serpentina* ( Akar Tikus, Boboro, Chandra, Chandraka, Chandrika, Chivan Avelpori, Chota Chand, Harkal, Indo-Zyaboku, Java Devil Pepper, Pule Pandak, Rauwolfia, Sarpagandha )

*Salvia miltiorrhiza* ( Dan Sen, Tan Shen, Wu Shen )

*Schisandra chinensis* ( Tyosen-Gomisi, Wu Wei Zi )

*Schisandra sphenanthera* ( )

*Scrophularia marilandica* ( Figwort, Maryland Figroot )

*Siegesbeckia orientalis* ( Chu Kao Mu, Herbe Divine, Holy Herb, Hsi Lien, Hu Kao, Kou Kao, Nien Hu Ts'AI, Nioi-Hiba, Pien Po, Po, Po Hsiang Sui, Po Shih, Po Tzu, Po Tzu Jen, Po Yeh Chiu, Si Tzian Tsao )

*Terminalia catappa* ( Almendra, Almendro, Almendro De Las Indias, Almendro De Playa, Amandier, Amandier Des Indes, Amandier Tropical, Badannier, Indian Almond, Ketapang, L., Lingtak )

*Triticum aestivum* ( Bugday, Cheng Ping, Fou Mai, Frumint, Hsiao Mai, Hui Mien, Ka Shih Tso, Lai, Mai Ch'ao, Mai Fu, Mai Fu Tzu, Man Tou, Mien, Mien Chin, Mien Fen, Mo Mo, Pai Mien, Trigo, Wheat )

*Valeriana ceratophylla* ( Valeriana )

*Valeriana officinalis* ( Kediotu, Seiyo-Kanoko-So, Valerian, Valeriana )

*Valeriana stubendorfi* ( )

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**Plant**

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*Xyris pauciflora* ( )

*Ziziphus jujuba* ( Azufaifo, Bedara china, Dara, Hong Zao, Jujube, Kola, Nabug, Natume, Pomme Malcadi, Sanebuto-Natume, Suan Tsao, Unnab, Unnap Agaci, Widara )

*Ziziphus vulgaris* ( Brecina, Funda, Heather, Kan Tsao, Liang Tsao, Mei Tsao, Nan Tsao, Pei Tsao, Sanebuto-Natume, Ta Tsao, Tsao )