

# 'High Street Herbals: The Top 300 Over-The-Counter Herbal Medicinals Available In The UK The Conservation Concerns'.

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This research has been done by Sue Minter who is open to adding more information (or correcting it) from knowledgeable herbalists/producers/growers and conservationists in the interest of sustainable trade. It is believed to be the only information available to the consumer on this subject.



Trade name	Botanical name	Principally Used for.	Part used	Wild or cultivated	Conservation and livelihood concern?
<b>Calamus</b>	<i>Acorus calamus</i>	Colic and dyspepsia	Root	Wild /some cultivated	<b>Conservation concern:</b> this plant is rare because of loss of its wetland habitat and is one of the species now being grown to support its use in Ayurvedic medicine
<b>Agnus castus</b>	<i>Vitex agnus castus</i>	Menopausal symptoms; infertility; disturbed menstrual cycle	Berries	Wild and cultivated	<b>Conservation concern:</b> this plant is rare in parts of the Mediterranean and it has been subject to spikes in demand-see pp 00
<b>Agrimony</b>	<i>Agrimonia eupatoria</i>	To stop bleeding; for cystitis	Whole plant	Wild/cultivated	Probably not
<b>Alder Buckthorn</b>	<i>Frangula alnus</i>	Severe constipation	Bark	Wild and cultivated	
<b>Alfalfa</b>	<i>Medicago sativa</i>	To stimulate appetite	Whole plant	Cultivated	No
<b>Allspice</b>	<i>Pimenta dioica</i>	Flatulence, diarrhoea, indigestion	Fruit	Wild/cultivated	Probably not
<b>Aloe vera</b>	<i>Aloe barbadensis</i>	Burns, wounds, skin conditions	Leaf	Cultivated	No since it is cultivated. All Aloe species are on CITES Appendix 11
<b>Alkanet</b>	<i>Pentaglottis sempervirens</i>	Wound healing	Root	Wild	No
<b>American Ginseng</b>	<i>Panax quinquefolius</i>	Tonic and stimulant and as substitute for Panax ginseng	Root	Now extensively cultivated both in America and China including from micropropagation	<b>Conservation concern:</b> now quite rare in the Appalachian Mountains and <b>listed on CITES Appendix 11 since 1975.</b> A cultivation success story,however. For its history as a substitute for Panax ginseng see pp 00.