

CHART: Herbs, Fruit, Vegetables and Uses

Updated January 27, 2013

POP NAME	SCIENTIFIC NAME	PART USE	ETHOMEDICAL USE
Ackee (young, unopened)	<i>Blighia sapida</i>	seeds	Rash (ring worm)
Ackee (young)	<i>Blighia sapida</i>	leaf	High Blood pressure
Ackee (young) with Red Water Grass	<i>Blighia sapida with Commenlina diffusa</i>	Leaves	Headache
Banana	<i>Banana Musa acuminata</i>	Leaf	Diarrhoea
Banana sucker			Nerves
Banana	<i>Banana Musa acuminata</i>	Green fruit	Tea
Breadfruit	<i>Artocarpus altilis</i>	Leaf	High Blood pressure
Callaloo	<i>Amaranthus Viridis</i>	Leaf	Iron source, prevent disease
Carrot	<i>Daucus carota</i>	Swollen Root	Nerves
Cassava	<i>Manihot esculenta</i>	Leaf	Prostrate Problems
Cho Cho	<i>Sechium edule</i>	Fruit	Blood pressure
Coco	<i>Xanthosoma sagittifolium</i>	Leaf	Headache
Coconut oil	<i>Cocos nucifera</i>	Oil	Scrape
Cucumber	<i>Cucumis sativus</i>	Fruit	Nerves, high blood pressure
Guava	<i>Psidium guajava</i>	Buds	Diabetes

CHART: Herbs, Fruit, Vegetables and Uses

Updated January 27, 2013

Guinea Hen weed	<i>Petiveria alliacea</i>	Leafs & roots	Urinary tract, Cancer	
also called garlic weed				
Lime	<i>Citrus aurantifolia</i>	Juice		
Lime	<i>Citrus aurantifolia</i>	Fruit	Upset stomach	
Lime	<i>Citrus aurantifolia</i>	Leaf	Stomach ache, upset stomach, diarrhoea	
Mango (ripe)	<i>Mangifera indica</i>	Fruit (fresh)		
Orange (Sour)	<i>Citrus aurantium</i>	Fruit peel	Colds	
Papaya	<i>Carica papaya</i>	Seeds	Worms	
Pear	<i>Persea americana</i>	Leaf	Tea	
Pumpkin	<i>Cucurbita pepo</i>	Seeds	Worms	
Ramgoat dash	<i>Turnera diffusa</i>	Leaf	Sex drive	
Soursop and honey	<i>Annona muricata</i>	Leaf	Nerves	
Soursop	<i>Annona muricata</i>	Pulp	Cancer	
The list is not exhausted. So do please check periodically for more!				
You may also check other charts on spices, teas and more on this website				
Also recommended: www.purelifeherbs.com				