

092 Cornflower flowers (*Centaurea cyanus*) [Part used: Flower]

**Description:** An annual flowering plant in the family Asteraceae, native to Europe.  
**Rationale for inclusion:** Traditionally used to treat conjunctivitis.  
**Notes:** Reported to induce apoptosis in a leukaemia cell line (Wegiera *et al.* Acta Pol Pharm 2012;69:263-8).

093 Centaury (*Centaureum erythraea*) [Part used: Aerial parts]

**Description:** A species of flowering plant in the gentian family native to Europe.  
**Rationale for inclusion:** Traditionally used to treat gastric and liver diseases.  
**Notes:** Contains ferulic acid, sinapic acid, brassicasterol and stigmasterol.

094 Hydrocotyle [Gotu Kola] (*Centella asiatica*) [Part used: Aerial parts]

**Description:** A small, herbaceous, annual plant native to wetlands in Asia.  
**Rationale for inclusion:** Traditionally used to treat minor wounds and improve immune function.  
**Notes:** Contains large amounts of pentacyclic triterpenoids including asiaticoside, brahmoside, asiatic acid, and brahmic (madecassic) acid.

095 Iceland Moss (*Cetraria islandica*) [Part used: Lichen]

**Description:** A lichen native to Iceland with the appearance of a moss.  
**Rationale for inclusion:** Traditionally used to treat chest conditions and as a laxative.  
**Notes:** Contains lichenostearic acid, protolichesterinic acid and cetraric acid.

096 Chicory Root (*Cichorium intybus*) [Part used: Root]

**Description:** A woody, perennial herbaceous plant native to Europe now cultivated widely for salad leaves and the edible root.  
**Rationale for inclusion:** Traditionally used to treat intestinal parasites. Ingestion of chicory was also reported to reduce serum hemoglobin A1c levels in human volunteers (Nishimura *et al.* J Tradit Complement Med. 2015;5:161-7).  
**Notes:** Contains lactucin, lactucopicrin, aesculetin, aesculin, cichoriin, umbelliferone, scopoletin and 6,7-dihydrocoumarin. Rich in the prebiotic carbohydrate inulin.

097 Princes Pine, pipsissiwa (*Chimaphila umbellata*) [Part used: Leaf]

**Description:** A small perennial flowering plant found in the temperate Northern Hemisphere.  
**Rationale for inclusion:** Traditionally used to treat rheumatism, kidney and bladder ailments.  
**Notes:** It is used as a flavoring in candy and soft drinks, particularly root beer.

098 Sweet wormwood (*Artemisia annua*) [Part used: Stem]

**Description:** A common type of wormwood native to temperate Asia.  
**Rationale for inclusion:** Traditionally used to treat fever.  
**Notes:** The plant extracts were discovered to have antimalarial activity in primate models in the early 1970s. The active component, artemisinin, has become one of the front-line anti-malarial drugs used today.

099 Chickpea (*Cicer arietinum*) [Part used: Seed]

**Description:** A legume of the family Fabaceae native to the Middle East.  
**Rationale for inclusion:** Traditionally used to provoke menstruation and to treat kidney stones.  
**Notes:** Chickpea consumption may lower blood cholesterol (Pittaway *et al.* J Am Diet Assoc 2008;108:1009-13).