

PA-generating herbs  
BHMA Herbal Practitioners Suppliers Section  
12<sup>th</sup> August 2016

*Adenostyles alliariae* [alpendost]  
*Alkanna tinctoria* [alkanet]  
*Anchusa officinalis* *A. italica* [alkanet]  
*Arnebia euchromia*, *A. guttata* [ruan zi cao, huang hua ruan zi cao] **Used externally**  
*Borago officinalis* [borage]  
*Chromolaena odorata* [ropani]  
*Cordia dichotoma*, *C. rothii* [shleshmaataka]  
*Crotolaria* spp [shana] (already restricted by Schedule 20 Part 1)  
*Cynoglossum officinale* et spp [eg houndstongue]  
*Echium plantagineum*, *E. vulgare* [eg viper's bugloss]  
*Emilia sonchifolia* [zi bei cao]  
*Eupatorium cannabinum*, *E. fortunei*, *E. japonicum*, *E. triplinerve* [hemp agrimony, pei lan, ayapana]  
*Gynura* spp [jian feng wei]  
*Heliotropum* spp [shash]  
*Ligularia fischeri* [gomchwi]  
*Lithospermum erythrorhizon* et spp [zi cao] **Used externally**  
*Lolium temulentum* [mochani]  
*Mikania cordata* et spp [guaco]  
*Myosotis scorpioides* [forget-me-not]  
*Onosma* spp [gaozabaan]  
*Packera aurea* (syn *Senecio aureus*) [golden groundsel]  
*Petasites hybridus* [butterbur]  
*Pulmonaria officinalis* [lungwort]  
*Senecio* spp [ragworts – quian li guang]  
*Symphytum* spp [comfrey root and leaf] **Used externally**  
*Tussilago farfara* [coltsfoot, kuan dong hua] **Used externally**  
*Trichodesma* spp [adhapuspi]