Chapter 8

Comanche Ethnobotany

8.1 Introduction

The ethnological and ethnohistorical literature review documented approximately 93 plant resources acknowledged or used by the Comanche. Fifty-four plants were recorded as food resources, including fodder for horses. Seventy-two plants were listed as having medicinal value and eight plants had explicit religious or spiritual value. Fourteen flora resources were used in the manufacture of material items. Of the complete plant inventory, the literature recorded four plants with no cultural use for the resource. Below are the plant resources listed by scientific name, although 28 plants could not be specifically conclusively identified. These plants are listed as unidentified.¹

8.2 Ethnobotanical Resources

Agastache pallidiflora ssp. neomexicana var. neomexicana (Briq.) R.W. Sanders
New Mexico Giant Hyssop; Lamiaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>No translation given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Moist, open sites; prairies, foothills, upland woods to sub-alpine; Colorado, to New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>It is one of the most important foods</td>
</tr>
<tr>
<td>Agave americana L.</td>
<td>American Century Plant; Agavaceae</td>
</tr>
<tr>
<td>-------------------</td>
<td>----------------------------------</td>
</tr>
<tr>
<td>Tribal Nation:</td>
<td>Comanche</td>
</tr>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Grows in very well-drained, slightly acidic, sandy or gravelly soil in full sun to partial shade; found in arid regions of the west</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Used as one of the most important foods</td>
</tr>
<tr>
<td>References:</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Agave parryi Engelm</th>
<th>Parry's Agave; Agavaceae</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tribal Nation:</td>
<td>Comanche</td>
</tr>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>No translation given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Grows in very well-drained, slightly acidic, sandy or gravelly soil in full sun to partial shade; found in arid regions of the west</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Used as one of the most important foods</td>
</tr>
<tr>
<td>References:</td>
<td>4</td>
</tr>
</tbody>
</table>
*Allium canadense*
Wild Onion; Liliaceae

Tribal Nation: Comanche

Indigenous Name: *Pakoik*  
*T?diekoik*

Meaning: “Small Onion”  
“Large Onion”

Habitat/Ecological Zone: Moist sites; prairies, open woods, montane, and sub-alpine zones, sometimes roadsides; Idaho, Montana, into Colorado

Plants Parts Harvested: Bulb

Season Collected: Late fall or early spring

Food Use(s): Roasted bulbs used for food

Additional Commentary: The Comanche recognized two onion types, a large sweet type and another with red flowers, which was considered less desirable as food. The large onion was collected, braided and roasted over a fire.5

References: 6

---

*Ambrosia psilostachya DC*
Western ragweed

Tribal Nation: Comanche

Indigenous Name: *W_anatsu*

Meaning: Not given

Habitat/Ecological Zone: Pastures, stream banks, and disturbed areas such as roadsides

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Additional Commentary: No use known to informant
### Amorpha angustifolia (Pursh.) Boynton
Desert False Indigo; Fabaceae

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td>s3ha’laβi’</td>
</tr>
<tr>
<td>Meaning</td>
<td>Not given</td>
</tr>
</tbody>
</table>

#### Habitat/Ecological Zone

<table>
<thead>
<tr>
<th>Plants Parts Harvested</th>
<th>Not specified in the literature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary</td>
<td>No use known to informant.</td>
</tr>
</tbody>
</table>

#### References

1. 

### Amphiachyris dracunculoides (DC.) Nutt.
Prairie Broomweed; Asteraceae

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td>Sanaweha</td>
</tr>
<tr>
<td>Meaning</td>
<td>Not given</td>
</tr>
</tbody>
</table>

#### Habitat/Ecological Zone

<table>
<thead>
<tr>
<th>Plants Parts Harvested</th>
<th>Flowers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>A poultice of boiled flowers made into a jelly is used for eczema and skin rashes</td>
</tr>
</tbody>
</table>

#### References

2. 

629
**Andropogon gerardii**
**Andropogon scoparius**
Big Bluestem;
Little Bluestem Grass

Tribal Nation: Comanche

Indigenous Name: *Eks_nip*
Meaning: Not given

Habitat/Ecological Zone: Prairies, well-managed native pastures, and roadsides

Plants Parts Harvested: Stems

Season Collected: Not given

Medicinal Use(s): Use the ashes from stems of little bluestem to treat syphilitic sores

References: 10

---

**Andropogon scoparius Michx.**
Little Bluestem Grass

Tribal Nation: Comanche

Indigenous Name: *Eksәnip*
Meaning: Not given

Habitat/Ecological Zone: Prairies, well-managed native pastures, and roadsides

Plants Parts Harvested: Stems

Season Collected: Not given

Medicinal Use(s): Stems used as switches in the sweat lodge

Additional Commentary: The bark was placed in hot water and the fumes were inhaled. The stems of the latter were tied in bundles with which the Comanche switched themselves.

References: 11
Argemone intermedia Sweet.
Crested Prickly Poppy; Papaveraceae

Tribal Nation: Comanche

Indigenous Name: *Pitsitọla*
Meaning: Not Given

Habitat/Ecological Zone: Sandy soils of prairie, flood plains, and along roadsides. Found across the west from Washington south to Texas.

Plants Parts Harvested: Sap

Season Collected: Not given

Medicinal Use(s): Sore eyes treated with sap

References: 12

---

Argemone polyanthemos (Fedde) G.B. Ownbey
Crested Pricklypoppy; Papaveraceae

Tribal Nation: Comanche

Indigenous Name: *Pitsiteya*
Meaning: Not given

Habitat/Ecological Zone: Found across the west from Washington south to Texas. Sandy soils of prairie, flood plains, and along roadsides.

Plants Parts Harvested: Sap

Season Collected: Not given

Medicinal Use(s): Sap is used to treat sore eyes

Additional Commentary: The smoke from it was considered effective in purification

References: 13
*Artemisia filifolia Torr.*
Sand Sagebrush; Asteraceae
Silvery Wormwood

Tribal Nation: Comanche

Indigenous Name: *Pasiwonpchcβi*
Meaning: Not given

Habitat/Ecological Zone: The plant is native to Wyoming, Nebraska, and south into Texas and New Mexico

Plants Parts Harvested: Padding of plants
Season Collected: Not given

Medicinal Use(s): Padding of plants placed over hot coals as a bed after childbirth; as cushions in tipi.

References: 14

---

*Artemisia filifolia Torr.*
Sand Sagebrush; Asteraceae
Silvery Wormwood

Tribal Nation: Comanche

Indigenous Name: *Pasiwonpchcβi*
Meaning: Not given

Habitat/Ecological Zone: The plant is native to Wyoming, Nebraska, and south into Texas and New Mexico

Plants Parts Harvested: Padding of plants
Season Collected: Not given

Artifacts: Used as cushions in tipi

References: 15

---

632
**Artemisia ludoviciana Nutt.**
Louisiana Sagewort; Asteraceae
Lobed Cudweed
White Sage

Tribal Nation: Comanche

Indigenous Name:  \( P \)\(_h\) \( B \)\(^n\)
\( P \)\(_h\) \( Bi \)

Meaning: Not given

Habitat/Ecological Zone: Prairies and semi-disturbed sites

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Leaves are chewed to a pulp and then rubbed over the bite area. It is used for insect and spider bites

Additional Commentary: Jones and Carlson identified this plant as lobed cudweed or gray sage (Artemesia ludoviciana). They did not gather any information about the plant’s use.\(^{16}\)

References: \(^{17}\)

---

**Brayodendron texanum (Scheele)**
Mexican Persimmon

Tribal Nation: Comanche

Indigenous Name: Dunaseika

Meaning: Not given

Habitat/Ecological Zone: Central Texas southwestward into Mexico

Plants Parts Harvested: Fruits

Season Collected: Not given

Food Use(s): Fruits are eaten

References: \(^{18}\)
### Caesalpinia jamesii (Torr. & Gray) Fisher
James' Holdback; Fabaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>No translation given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Native to the Great Plains</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Tubers</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Raw or boiled tubers used for food</td>
</tr>
<tr>
<td>References:</td>
<td>19</td>
</tr>
</tbody>
</table>

### Camassia escuelenta (Ker.) Robinson
Wild Hyacinth; Camass

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Siko:</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Prairies, meadows, and open meadows</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Roots</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Raw roots eaten.</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>Leaves somewhat like those of a wild onion with blue flowers and the bulb had a sweet taste.</td>
</tr>
<tr>
<td>References:</td>
<td>20</td>
</tr>
</tbody>
</table>
Camassia scilloides (Raf.) Cory
Atlantic Camas; Liliaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Siko:</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Prairies, meadows, and open meadows</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Roots</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Raw roots used for food.</td>
</tr>
</tbody>
</table>

References: [21]

---

Carya illinoinsensis (Wangenh.) K. Koch
Pecan; Juglandaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>NakutBai</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Found in river bottoms southern Indiana into Mexico.</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Leaves</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>Pulverized leaves rubbed on affected part for ringworm</td>
</tr>
</tbody>
</table>

References: [22]

---

Carya illinoinsensis (Wangenh.) K. Koch
Pecan; Juglandaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
</table>

Indigenous Name: NakutBai  
Meaning: Not given  
Habitat/Ecological Zone: Found in river bottoms southern Indiana into Mexico.  
Plants Parts Harvested: Nuts  
Season Collected: Not given  
Food Use(s): Nuts stored for winter use  
References: 23

---

*Celtis laevigata* Willd  
Sugarberry; Ulmaceae  
Southern Hackberry  
Tribal Nation: Comanche  
Indigenous Name: *Natsckw3*  
*Mirtscná*  
Meaning: Not given  
No translation given  
Habitat/Ecological Zone:  
Plants Parts Harvested: Fruit  
Season Collected: Not given  
Food Use(s): Fruits beaten to a pulp, mixed with fat, rolled into balls and roasted over fire  
References: 24

---

*Cephalanthus occidentalis* L.  
Common Buttonbush; Rubiaceae  
Tribal Nation: Comanche  
Indigenous Name: *Pesctai*  
Meaning: Not given
<table>
<thead>
<tr>
<th>Habitat/Ecological Zone</th>
<th>Commonly found in swamps and low ground throughout the United States into Mexico</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plants Parts Harvested</td>
<td>Wood branches</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Artifacts</td>
<td>Wood used to make game sticks</td>
</tr>
<tr>
<td>References</td>
<td>25</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cirsium undulatum (Nutt.) Spreng.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wavyleaf Thistle; Asteraceae</td>
</tr>
<tr>
<td>Tribal Nation:</td>
</tr>
<tr>
<td>Indigenous Name:</td>
</tr>
<tr>
<td>Meaning:</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
</tr>
<tr>
<td>Season Collected:</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
</tr>
<tr>
<td>References:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cirsium undulatum (Nutt.) Spreng</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wavyleaf Thistle; Asteraceae</td>
</tr>
<tr>
<td>Tribal Nation:</td>
</tr>
<tr>
<td>Indigenous Name:</td>
</tr>
<tr>
<td>Meaning:</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
</tr>
</tbody>
</table>

637
Season Collected: Spring, summer, late fall
Food Use(s): Raw roots used for food
References: 27

Cornus asperifolia Michx.
Toughleaf Dogwood; Cornaceae
Rough-leaved Dogwood

Tribal Nation: Comanche
Indigenous Name: ParioBi
Meaning: No translation given
Habitat/Ecological Zone: Largely found in the south from Alabama to the Carolinas
Plants Parts Harvested: Stems
Season Collect: Not given
Artifacts: Stems used to make arrow shafts
References: 28

Coryphantha sp.
Cactus; Cactaceae

Tribal Nation: Comanche
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone:
Plants Parts Harvested: Spines
Season Collected: Not given
Artifacts: Spines used to punish unfaithful wives.
References: 29
Crataegus sp.
Thornapple; Rosaceae

Tribal Nation: Comanche

Indigenous Name: Tidiamicwo
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Fruit
Season Collected: Not given
Food Use(s): Fruits eaten

Additional Commentary: Locally called “Red Haw.”

References: 30

Crataegus sp.
Thornapple; Rosaceae

Tribal Nation: Comanche

Indigenous Name: Túpckc wckwékate
Meaning: Fruit tree

Habitat/Ecological Zone:

Plants Parts Harvested: Fruit
Season Collected: Not given
Food Use(s): Fruit used for food

Additional Commentary: Locally called “Black Haw.” One should shout like a wolf before partaking of this haw or he will be sure to get stomachache and constipation.

References: 31
Crataegus sp.
Thornapple; Rosaceae

Tribal Nation: Comanche

Indigenous Name: Túpckc wckwékate
Meaning: Fruit tree

Habitat/Ecological Zone:

Plants Parts Harvested: Bark
Season Collected: Not given

Food Use(s): Inner bark chewed as gum

Additional Commentary: Locally called “Black Haw.” One should shout like a wolf before partaking of this haw or he will be sure to get stomachache and constipation.

References: 32

Croton monanthogynus Michx.
Prairie Tea; Euphorbiaceae
Crotone weed

Tribal Nation: Comanche

Indigenous Name: GuBsimawa
Meaning: Not given

Habitat/Ecological Zone: Habitats include prairies, sandstone, and limestone glades, thinly wooded bluffs, fallow fields, and gravelly areas along railroads. This species occurs in disturbed areas and higher quality habitats that are sunny and dry.

Plants Parts Harvested: Leaves
Season Collected: Not given

Artifacts: Leaves mixed with animal brains and used for tanning

References: 33
**Cymopterus acaulis (Pursh) Raf.**
Plains Springparsley; Apiaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Tun’ha</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Oklahoma</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Rootstocks</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Rootstocks used for food</td>
</tr>
</tbody>
</table>

Additional Commentary: The plant is described as growing along side Mesquite. Eaten fresh or right after it had been peeled, dried in the sun, and pulverized.

References: 34

---

**Dalea purpurea var. purpurea**
Violet Prairie Clover; Fabaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Prairies and rocky open woods</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Roots</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Roots chewed for sweet flavor</td>
</tr>
</tbody>
</table>

References: 35
**Diospyros texana Scheele**  
Texas Persimmon; Ebenaceae  

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Nase’ka</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Found mostly in central to southern Texas</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Fruit</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Fruits eaten immediately for food</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>Quantities of persimmon were dried and stored for winter use</td>
</tr>
<tr>
<td>References:</td>
<td>36</td>
</tr>
</tbody>
</table>

---

**Diospyros virginiana**  
Black Persimmon  

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Dunaseika</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Texas and Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Fruit</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Fruits eaten fresh or dried for food</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>The common method of preparation for storage seems to have been to beat the ripe fruits to a pulp, remove the seeds, and dry the paste. The cakes that were formed, were later softened in water and prepared in various ways for eating. The persimmon has achieved little commercial importance, but is still widely used and esteemed by Indians and whites wherever it is available.</td>
</tr>
</tbody>
</table>
Diospyros virginiana L.
Common Persimmon; Ebenaceae

Tribal Nation: Comanche
Indigenous Name: Nase’ka
Meaning: Not given
Habitat/Ecological Zone: Texas and Mexico
Plants Parts Harvested: Fruit
Season Collected: Not given
Food Use(s): Fruits eaten fresh or dried for food.

References: 38

Echinacea sp.
Purple Cone Flower; Asteraceae

Tribal Nation: Comanche
Indigenous Name: Dukunonatsu
Meaning: Not given
Habitat/Ecological Zone: Dry, upland prairies, valleys, and foothills.
Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): Decoction of root taken for sore throat

References: 39
Purple Cone Flower; Asteraceae

Tribal Nation: Comanche

Indigenous Name: Dukunәnatsu
Meaning: Not given

Habitat/Ecological Zone: Dry, upland prairies, valleys, and foothills.

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Decoction of root taken toothache.

Additional Commentary: Root held against tooth for toothaches.

References: 40

Elymus sp.
Rye Grass; Poaceae

Tribal Nation: Comanche

Indigenous Name: Puits’aseni
Meaning: Not given

Habitat/Ecological Zone: Thrives imperfectly on drained, open sites in plains, foothills, and montane zones; Alberta, Canada to New Mexico

Plants Parts Harvested: Grass blade

Season Collected: Not given

Medicinal Use(s): Single looped blades are used as eye scrapers for removing cataracts.

References: 41

Eriogonum longifolium Nutt
Eriogonum jamesii, Benth.
Longleaf Buckwheat; Polygonaceae
Wild Buckwheat
Eriogonum

Tribal Nation: Comanche

Indigenous Name: *Ekanatsu*

Meaning: Not given

Habitat/Ecological Zone: Found on dry, sandy, and clay soils

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): Infusion of root taken for stomach trouble

References: 42

---

*Gutierrezia sarothrae (Pursh) Britt. & Rusby*
Broom Snakeweed; Asteraceae

Tribal Nation: Comanche

Indigenous Name: *Sanaweha*

Meaning: Not given

Habitat/Ecological Zone: Open plains and upland sites

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): A compound containing the leaves with an unknown substance are used for the treatment of whooping cough

Additional Commentary: This is the term collected by Carlson and Jones, *Sanapia* applies the term to Broomweed (*Gutierrezia dracunculoidea*). 43

References: 44
**Gutierrezia sarothrae (Pursh) Britt. & Rusby**  
Broom Snakeweed; Asteraceae

Tribal Nation: Comanche

Indigenous Name: *Sanaweha Ohoya*

Meaning: Not given

Habitat/Ecological Zone: Open plains and upland sites

Plants Parts Harvested: Stems

Season Collected: Not given

Artifacts: The fiber is used to manufacture brushes and brooms

References: 45

---

**Helenium autumnale L.**  
Common Sneezeweed; Asteraceae

Tribal Nation: Comanche

Indigenous Name: *Tidikwebam*

Meaning: Not given

Habitat/Ecological Zone: Low lying, moist prairies and other open sites

Plants Parts Harvested: Stems

Season Collected: Not given

Medicinal Use(s): Reduce a fever, they soaked stems and bathed the patient’s body

References: 46

---

**Helenium microcephalum DC.**  
Littlehead Tarweed; Asteraceae
<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Natsa-ksi</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Low lying, moist prairies and other open sites</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Flowers</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>Broken up flowers are inhaled to induce sneezing to clear the nasal passages</td>
</tr>
<tr>
<td>References:</td>
<td>47</td>
</tr>
</tbody>
</table>

---

*Helenium microcephalum DC.*
Littlehead Tarweed; Asteraceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Natsa-ksi</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Low lying, moist prairies and other open sites</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Plant parts, flowers</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Late fall</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>After childbirth sneezeweed was inhaled to induce sneezing to aid in the expulsion of childbirth</td>
</tr>
<tr>
<td>References:</td>
<td>48</td>
</tr>
</tbody>
</table>

---

*Helenium microcephalum DC.*
Littlehead Tarweed; Asteraceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Natsa-ksi</em></td>
</tr>
<tr>
<td><strong>Meaning:</strong></td>
<td>Not given</td>
</tr>
<tr>
<td><strong>Habitat/Ecological Zone:</strong></td>
<td>Disturbed areas</td>
</tr>
<tr>
<td><strong>Plants Parts Harvested:</strong></td>
<td>Flowers</td>
</tr>
<tr>
<td><strong>Season Collected:</strong></td>
<td>Late fall</td>
</tr>
<tr>
<td><strong>Medicinal Use(s):</strong></td>
<td>The flowers are harvested and allowed to dry. The dried flowers are then pulverized into a powder. The flowers are dried, crushed, and inhaled for &quot;heart flutter&quot;</td>
</tr>
</tbody>
</table>

References: 49

---

**Helenium microcephalum DC.**  
Littlehead Tarweed; Asteraceae

| **Tribal Nation:** | Comanche |
| **Indigenous Name:** | Natsa-ksi |
| **Meaning:** | Not given |
| **Habitat/Ecological Zone:** | Disturbed areas |
| **Plants Parts Harvested:** | Flowers |
| **Season Collected:** | Late fall |
| **Medicinal Use(s):** | The flowers are harvested and allowed to dry. The dried flowers are then pulverized into a powder. The flowers are dried, crushed, and inhaled for low blood pressure. |

References: 50

---

**Helenium microcephalum DC.**  
Littlehead Tarweed; Asteraceae

| **Tribal Nation:** | Comanche |
| **Indigenous Name:** | Natsa-ksi |
| **Meaning:** | Not given |
Habitat/Ecological Zone: Disturbed areas

Plants Parts Harvested: Flowers

Season Collected: Late fall

Medicinal Use(s): The flowers are harvested and allowed to dry. The dried flowers are then pulverized into a powder. Pulverized flowers inhaled to cause sneezing and clear nasal passages. The flowers are also dried, crushed and inhaled for sinus congestion.

References: 51

____________________________

Helenium microcephalum DC.
Littlehead Tarweed; Asteraceae

Tribal Nation: Comanche

Indigenous Name: Natsa-ksi

Meaning: Not given

Habitat/Ecological Zone: Disturbed areas

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Used to induce sneezing in order to clear nasal passages or to expel afterbirth.

Additional Commentary: It secretes a resin that is poisonous to some people; it causes a skin condition similar to that produced by poison oak (poison ivy). This resin in contact with the nasal membranes would probably induce sneezing.

References: 52

____________________________

Hoffmanseggia jamesii T. & G.
Indian Potato; Fabaceae
Camote de ratón

Tribal Nation: Comanche
Indigenous Name: *Pintsamu*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Tubers
Season Collected: Not given
Food Use(s): Tubers eaten raw or boiled.

References: 53

---

*Ilex sp.*
Holly; Aquifoliaceae
Yaupon

Tribal Nation: Comanche

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Leaves
Season Collected: Not given
Food Use(s): Leaves used to make a beverage

References: 54

---

*Juglans nigra* L.
Black Walnut; Juglandaceae

Tribal Nation: Comanche

Indigenous Name: *MuBitai*
Meaning: Not given

Habitat/Ecological Zone: Found in woodland area from the Atlantic coast west into Texas.
Plants Parts Harvested: Leaves
Season Collected: Not given
Medicinal Use(s): Pulverized leaves rubbed on affected part for ringworm
References: 55

____________________________________________________
Juglans nigra L.
Black Walnut; Juglandaceae

Tribal Nation: Comanche
Indigenous Name: MuBitai
Meaning: Not given
Habitat/Ecological Zone: Found in woodland area from the Atlantic coast west into Texas.
Plants Parts Harvested: Nuts
Season Collected: Not given
Food Use(s): Nuts collected and eaten. Nuts also stored for winter use
References: 56

____________________________________________________
Juniperus pinchotii Sudworth
Pinchot's Juniper; Cupressaceae

Tribal Nation: Comanche
Indigenous Name: Ekapokowa: pi
Meaning: “Red Berry Cedar”
Habitat/Ecological Zone:
Plants Parts Harvested: Leaves
Season Collected: Not given
Medicinal Use(s): Dried leaves sprinkled on live coals made from pecan wood. The aromatic smoke is inhaled for severe headaches.

Additional Commentary: According to Sanapia, cedar medicine smoke is fanned over almost all patients using an eagle fan. It is a prominent aspect of her doctoring.

References: 57

---

*Juniperus pinchotii* Sudworth
Pinchot's Juniper; Cupressaceae

Tribal Nation: Comanche

Indigenous Name: *Ekapokowa: pi*
Meaning: “Red Berry Cedar”

Habitat/Ecological Zone:

Plants Parts Harvested: Leaves

Season Collected: Not given

Spiritual/Religious Use(s): The dried and rubbed leaves are sprinkled on live coals made from pecan wood. The aromatic smoke is inhaled for severe ghost sickness.

Additional Commentary: According to Sanapia, cedar medicine smoke is fanned over almost all patients using an eagle fan. It is a prominent aspect of her doctoring.

References: 58

---

*Juniperus pinchotii* Sudworth
Pinchot's Juniper; Cupressaceae

Tribal Nation: Comanche

Indigenous Name: *Ekapokowa: pi*
Meaning: “Red Berry Cedar”

Habitat/Ecological Zone:

Plants Parts Harvested: Roots
Season Collected: Not given

Medicinal Use(s): The dried and pulverized roots are internally administered for menstrual complaints

Additional Commentary: According to Sanapia, cedar medicine smoke is fanned over almost all patients using an eagle fan. It is a prominent aspect of her doctoring.

References: 59

---

*Juniperus pinchotii* Sudworth
Pinchot's Juniper; Cupressaceae

Tribal Nation: Comanche

Indigenous Name: *Ekapokowa: pi*
Meaning: “Red Berry Cedar”

Habitat/Ecological Zone:

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): The dried leaves sprinkled on live coals made from pecan wood. The aromatic smoke is inhaled for vertigo.

Additional Commentary: According to Sanapia, cedar medicine smoke is fanned over almost all patients using an eagle fan. It is a prominent aspect of her doctoring.

References: 60

---

*Juniperus virginiana* L.
Eastern Red Cedar; Cupressaceae

Tribal Nation: Comanche

Indigenous Name: *Ekawai:p*
Meaning: “Red Cedar”
Habitat/Ecological Zone: Prairie hillsides, fields, pastures, and occasionally woodlands.

Plants Parts Harvested: Leaves

Season Collected: Not given

Medicinal Use(s): Smoke from leaves inhaled for purifying effect

Additional Commentary: Sanapia refers to Eastern Red Cedar; (Juniperus virginiana L.) as “White Man Cedar.” She claims Pinchot's Juniper (Juniperus pinchotii Sudworth) is the variety used by Comanche.

References: 61

Juniperus virginiana L.
Eastern Red Cedar; Cupressaceae

Tribal Nation: Comanche

Indigenous Name: Ekawai:p
Meaning: “Red Cedar”

Habitat/Ecological Zone: Prairie hillsides, fields, pastures, and occasionally woodlands.

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruits eaten for food

Additional Commentary: Sanapia refers to Eastern Red Cedar; (Juniperus virginiana L.) as “White Man Cedar.” She claims Pinchot's Juniper (Juniperus pinchotii Sudworth) is the variety used by Comanche.

References: 62

Lespedeza capitata Michx.
Roundhead Lespedeza; Fabaceae
Bush Clover
<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>PuhohuBi</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Prairies</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Leaves</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Leaves boiled for tea</td>
</tr>
<tr>
<td>References:</td>
<td>63</td>
</tr>
</tbody>
</table>

---

*Liatris punctata Hook.*
Dotted Gayfeather; Asteraceae
Button Snakeroot

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>AtaBitsnoi</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Prairies and native pastures</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Root</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>Root chewed and juice swallowed for swollen testes.</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>Had a rich fatty taste.</td>
</tr>
<tr>
<td>References:</td>
<td>64</td>
</tr>
</tbody>
</table>

---

*Lithospermum inciscum*
Puccoon; Gromwell

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
</table>
Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Dry prairies, open woods, and disturbed sites.

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Medicinal Use(s): Used by women as a form of birth control

Additional Commentary: Puccoon seeds (*L. ruderale*) were among the most abundant plant remains excavated at the Lodaiska site near Denver, Colorado. Galinat believes indigenous peoples used the remains as a contraceptive.65

References: 66

---

*Lophophora williamsii* (*Lem. ex Salm-Dyck*) Coult.
Peyote; Cactaceae

Tribal Nation: Comanche

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Found in dry sandy soils along the Rio Grande watershed in Texas and Mexico and in scattered locations as far south as Hidalgo, Mexico

Plants Parts Harvested: Plant

Season Collected: Not given

Spiritual/Religious Use(s): Plant used in peyote ceremonies as a sacrament

References: 67

---

*Maclura pomifera* (*Raf.*) Schneid.
Osage Orange; Moraceae

*Bois d’Arc*

Tribal Nation: Comanche

Indigenous Name: *Ohahupi*
Meaning: No translation given
Habitat/Ecological Zone: A native species to Arkansas, Oklahoma, and Texas.
Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): Decoction of root used as a wash for sore eyes
References: 68

______________________________________________________

Maclura pomifera (Raf.) Schneid.
Osage Orange; Moraceae
Bois d’Arc

Tribal Nation: Comanche
Indigenous Name: *Ohahupi*
Meaning: No translation given
Habitat/Ecological Zone: A native species to Arkansas, Oklahoma, and Texas.
Plants Parts Harvested: Branches
Season Collected: Not given
Artifacts: Branches used to make bows
References: 69

______________________________________________________

Malvastrum coccineum (Pursh) A. Gray
Red False Mallow

Tribal Nation: Comanche
Indigenous Name: *Yckanatsu*
Meaning: Not given
Habitat/Ecological Zone: 
Plants Parts Harvested: Plant
Matelea biflora (Raf.) Woods.
Star Milkvine; Asclepiadaceae

Tribal Nation: Comanche

Indigenous Name: Bekwinatsu
Meaning: “Swelling Medicine.”

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Spiritual/Religious Use(s): A decoction of thick, white roots is externally administered for ghost sickness.

Additional Commentary: Sanapia considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant’s branch. Afterwards Sanapia digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: 71
Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): A decoction of thick, white roots is externally administered on bruises

Additional Commentary: Sanapia considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant’s branch. Afterwards Sanapia digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: 72

Matelea biflora (Raf.) Woods.
Star Milkvine; Asclepiadaceae

Tribal Nation: Comanche
Indigenous Name: Bekwinatsu
Meaning: “Swelling Medicine.”

Additional Commentary: Sanapia considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant’s branch. Afterwards Sanapia digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: 73
**Matelea biflora (Raf.) Woods.**
Star Milkvine; Asclepiadaceae

**Tribal Nation:** Comanche

**Indigenous Name:** Bekwinatsu

**Meaning:** “Swelling Medicine.”

**Habitat/Ecological Zone:**

**Plants Parts Harvested:** Roots

**Season Collected:** Not given

**Medicinal Use(s):** A decoction of thick, white roots is externally administered for menstrual cramps.

**Additional Commentary:** *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant’s branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

**References:**

---

**Matelea biflora (Raf.) Woods.**
Star Milkvine; Asclepiadaceae

**Tribal Nation:** Comanche

**Indigenous Name:** Bekwinatsu

**Meaning:** “Swelling Medicine.”

**Habitat/Ecological Zone:**

**Plants Parts Harvested:** Root.

**Season Collected:** Not given

**Medicinal Use(s):** The root paste is used for “poking the throat. The paste is placed the fingers on the healer who then rubs the child’s throat for those afflicted with diphtheria and other throat closing ailments in children.
Additional Commentary:  *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant’s branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: 75

---

**Matelea biflora (Raf.) Woods.**
Star Milkvine; Asclepiadaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Bekwinatsu</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>“Swelling Medicine.”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td></td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Root</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>A decoction of thick, white roots applied externally to aid broken bones.</td>
</tr>
</tbody>
</table>

Additional Commentary:  *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant’s branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: 76

---

**Matelea cynanchoides (Engelm.) Woods.**
Prairie Milkvine; Asclepiadaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
</table>

References: 75
<table>
<thead>
<tr>
<th>Indigenous Name:</th>
<th><em>Bekwinatsu</em></th>
</tr>
</thead>
<tbody>
<tr>
<td>Meaning:</td>
<td>“Swelling Medicine.”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Habitat/Ecological Zone:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Plants Parts Harvested:</th>
<th>Root</th>
</tr>
</thead>
<tbody>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Spiritual/Religious Use(s):</th>
</tr>
</thead>
</table>

- A decoction of thick, white roots is externally administered for ghost sickness.

**Additional Commentary:** *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant’s branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

**References:** 77

---

*Matelea cynanchoides (Engelm.) Woods.*

Prairie Milkvine; Asclepiadaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comanche</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Indigenous Name:</th>
<th><em>Bekwinatsu</em></th>
</tr>
</thead>
<tbody>
<tr>
<td>Meaning:</td>
<td>“Swelling Medicine.”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Habitat/Ecological Zone:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Plants Parts Harvested:</th>
<th>Root</th>
</tr>
</thead>
<tbody>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medicinal Use(s):</th>
</tr>
</thead>
</table>

- A decoction of thick, white roots is externally administered on bruises

**Additional Commentary:** *Sanapia* considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant’s branch. Afterwards *Sanapia* digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.
Matelea cynanchoides (Engelm.) Woods.
Prairie Milkvine; Asclepiadaceae

Tribal Nation: Comanche

Indigenous Name: Bekwinatsu
Meaning: “Swelling Medicine.”

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The root paste is used as a liniment for severe stomach pains.

Additional Commentary: Sanapia considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant’s branch. Afterwards Sanapia digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References:

---

Matelea cynanchoides (Engelm.) Woods.
Prairie Milkvine; Asclepiadaceae

Tribal Nation: Comanche

Indigenous Name: Bekwinatsu
Meaning: “Swelling Medicine.”

References:
Medicinal Use(s): A decoction of thick, white roots is externally administered for menstrual cramps.

Additional Commentary: Sanapia considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant’s branch. Afterwards Sanapia digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: 80

 Matelea cynanchoides (Engelm.) Woods. 
Prairie Milkvine; Asclepiadaceae

Tribal Nation: Comanche

Indigenous Name: Bekwinatsu
Meaning: “Swelling Medicine.”

Habitat/Ecological Zone:

Plants Parts Harvested: Root
Season Collected: Not given

Medicinal Use(s): Root paste used for diphtheria and other throat closing ailments in children

Additional Commentary: Sanapia considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant’s branch. Afterwards Sanapia digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: 81

 Matelea cynanchoides (Engelm.) Woods. 
Prairie Milkvine; Asclepiadaceae
Tribal Nation: Comanche

Indigenous Name: Bekwinatsu
Meaning: “Swelling Medicine.”

Habitat/Ecological Zone:

Plants Parts Harvested: Root
Season Collected: Not given

Medicinal Use(s): A decoction of thick, white roots applied externally to aid broken bones.

Additional Commentary: Sanapia considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west of the plant and places a dark green cloth offering on the plant’s branch. Afterwards Sanapia digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: 82

Matelea cynanchoides (Engelm.) Woods.
Prairie Milkvine; Asclepiadaceae

Tribal Nation: Comanche

Indigenous Name: Bekwinatsu
Meaning: “Swelling Medicine.”

Habitat/Ecological Zone:

Plants Parts Harvested: Root
Season Collected: Not given

Medicinal Use(s): The root paste is used for “poking the throat. The paste is placed the fingers on the healer who then rubs the child’s throat for those afflicted with diphtheria and other throat closing ailments in children.

Additional Commentary: Sanapia considers this to be one of her major medicines that have intrinsic supernatural power. Upon approaching the area where the plant is to be harvested, she recites a prayer. When approaching the plant, she situates herself west
of the plant and places a dark green cloth offering on the plant’s branch. Afterwards Sanapia digs the plant from the ground, detaches the long root and places the plant over the hole from which it was dug, leaving the cloth offering attached to the branches.

References: 83

Morus rubra L.
Red Mulberry; Moraceae

Tribal Nation: Comanche

Indigenous Name: Etehup*

SchcBoko

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruits eaten for food.

Additional Commentary: No attempt was made to store them.

References: 84

Nuphar lutea ssp. advena (Ait.) Kartesz & Gandhi
Yellow Pond Lily; Nymphaeaceae

Tribal Nation: Comanche

Indigenous Name: Keliata

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): Boiled roots used for food
### Opuntia sp.
*Prickly Pear Cactus; Cactaceae*

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>W kw si</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
</tbody>
</table>

**Habitat/Ecological Zone:**

**Plants Parts Harvested:** Fruit

**Season Collected:** Not given

**Food Use(s):** Fruits eaten fresh and also dried for food in the winter.

**Additional Commentary:** The spines were rubbed from the fruits designed for storage, the seeds removed, and the pear dried in the sun.

### Pediomelum hypogaeum var. hypogaeum
*Scurfpea; Fabaceae*

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
</tbody>
</table>

**Habitat/Ecological Zone:**

**Plants Parts Harvested:** Root

**Season Collected:** Not given

**Food Use(s):** Raw roots used for food.

References:

---

References: 85

---

References: 86

---

References: 87
Perideridia qaidneri
Wild Caraway

Tribal Nation: Comanche

Indigenous Name: *Do:Ltsa*
Meaning: No translation given

Habitat/Ecological Zone: Dry to moist, open or wooded areas; plains to montane; Alberta, Canada to New Mexico

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The thick root of the plant is used without modification to induce appetite and stimulate weight gain. The patient eats it.

Additional Commentary: *Do:Ltsa* is obtained from the Eastern Shoshone living at the Wind River Reservation. The identification of the plant is uncertain. If it is wild caraway it is called yap’ by the Comanche. Sanapia first acquired this medicine from an Arapaho uncle, who referred he to Shoshone sources for the plant.

References: 88
Medicinal Use(s): The thick root of the plant is used without modification for the treatment of tuberculosis. The patient eats the root.

Additional Commentary: *Do:Ltsa* is obtained from the Eastern Shoshone living at the Wind River Reservation. The identification of the plant is uncertain. If it is wild caraway it is called *yap’* by the Comanche. *Sanapia* first acquired this medicine from an Arapaho uncle, who referred he to Shoshone sources for the plant.

References: 89

---

*Petalostemum purpureum*

Purple Prairie Clover

Tribal Nation: Comanche

Indigenous Name: *Pak3:tsc*

Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Food Use(s): Roots chewed for sweet flavor.

Additional Commentary: The sweet flavored purple prairie clover was relished.

References: 90

---

*Poliomentha ieana*

Not given

Tribal Nation: Comanche

Indigenous Name: *Esip(h)BI*

Meaning: “Sweet Smelling Sage”

Habitat/Ecological Zone: Southeastern New Mexico.

Plants Parts Harvested: Leaves
Season Collected: Not given

Medicinal Use(s): The chewed leaves are retained in the mouth of a sucking doctor with any other medicine that is being employed during the procedure. The plant can be used to sweeten the taste of bitter medicine or act to enhance its potency. “Sweet sage” is added to bekwinatsu to enhance its efficiency.

Additional Commentary: Sanapia refers to it in English as “sweet sage.” The plant comes from southeastern New Mexico. The Fort Sill Apache or Mescalero Apache, the same tribes that supply Itse, usually supplies it.

References: 91

______________________________

Poliomentha ieana
Not given

Tribal Nation: Comanche

Indigenous Name: Esip(h)BI
Meaning: “Sweet Smelling Sage”

Habitat/Ecological Zone: Southeastern New Mexico.

Plants Parts Harvested: Leaves.

Season Collected: Not given

Spiritual/Religious Use(s): During Sanapia’s peyote meetings the bed on which the Chief Peyote is rested is “sweet sage.”

Additional Commentary: Sanapia refers to it in English as “sweet sage.” The plant comes from southeastern New Mexico. The Fort Sill Apache or Mescalero Apache, the same tribes that supply Itse, usually supplies it to the Comanche.

References: 92

______________________________

Poliomintha incana Torr
Frosted Mint; Lamiaceae
Rosemary Mint;
Purple Sage
<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Frosted mint is found on eroded slopes and in sandy soils.</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Leaves</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>Comanche medicine women chewed the leaves of frosted mint to sweeten the taste of other drugs. The Hopi and Tewa used frosted mint to treat rheumatism and ear trouble. They also used the flowers for flavoring in food preparation.</td>
</tr>
<tr>
<td>References:</td>
<td>93</td>
</tr>
</tbody>
</table>

---

*Poliomintha incana (Torr.) Gray*
Hoary Rosemarymint; Lamiaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td></td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Leaves</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>Leaves chewed by medicine woman retaining other drugs in her mouth to sweeten the taste.</td>
</tr>
<tr>
<td>References:</td>
<td>94</td>
</tr>
</tbody>
</table>

---

*Poliomintha incana (Torr.) Gray*
Hoary Rosemarymint; Lamiaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Not given</td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td></td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td></td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td></td>
</tr>
<tr>
<td>References:</td>
<td></td>
</tr>
</tbody>
</table>
Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Unknown
Season Collected: Not given
Medicinal Use(s): Used to increase the efficacy of other medicine plants.
References: 95

Prosopis glandulosa Torr.
Honey Mesquite; Fabaceae

Tribal Nation: Comanche
Indigenous Name: Namofitscni
Natsckwe
Meaning: Not given
Not given
Habitat/Ecological Zone: Found in Mexico north across the greater Southwest United States
Plants Parts Harvested: Leaves
Season Collected: Not given
Medicinal Use(s): Leaves chewed and juice swallowed to neutralize acid stomach.
References: 96

Prosopis glandulosa Torr.
Honey Mesquite; Fabaceae

Tribal Nation: Comanche
Indigenous Name: namofitscni
Natsckwe
Meaning: Not given
Not given

Habitat/Ecological Zone: Found in Mexico north across the greater Southwest United States

Plants Parts Harvested: Pods

Season Collected: Not given

Food Use(s): Pods made into a meal and used for food

Additional Commentary: After the beans were crushed, the seeds were removed and the pods pounded to a fine meal, which was used alone or added to cornmeal as a sweetening. A mush was prepared by mixing mesquite meal with marrow. The Comanche also made a drink by combing mesquite meal and cornmeal in water.

References: 97

Prunus angustifolia Marsh.
Chickasaw Plum; Rosaceae

Tribal Nation: Comanche

Indigenous Name: Yuseke
Parawaskeke
Kuisiseke

Meaning: Early plum;
Late summer plum;
Fall plum;
Also dried plum as it falls to the ground and;
One particular plum

Habitat/Ecological Zone: Thickets in prairies, woodlands, pastures and riverbanks

Plants Parts Harvested: Fruit

Season Collected: Midsummer into fall

Food Use(s): Fresh fruits used for food. Stored fruits used for food.

References: 98
Prunus sp.
Prunus americana
Wild Plum; Rosaceae
Sand Hill Plum;
Sand Cherry

Tribal Nation: Comanche

Indigenous Name:
Yuseke
Parawaskeke
Kuisiseke
Su:kui

Meaning: Early plum;
Late summer plum;
Fall plum;
Also dried plum as it falls to the ground and;
One particular plum

Habitat/Ecological Zone: Thickets in prairies, woodlands, pastures and riverbanks

Plants Parts Harvested: Fruit

Season Collected: Midsummer into fall

Food Use(s): Fruits eaten dried and stored for later use

Additional Commentary: The Comanche differentiate between plums during the season when they were gathered for consumption or use. One of the plum terms, according to Carlson and Jones may refer to wild cherry (Prunus serotina) or chokecherry (Prunus virginiana). After the seeds had been removed and the fruits dried on a hide in the sun, they were stored for winter use. Later they were boiled in water and eaten. In the winter the Indians sometimes obtained plums by tracking pack rats to their nests and taking the hoarded supply.99

References: 100

---

Prunus virginiana
Chokecherry; Rosaceae

Tribal Nation: Comanche
Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Thickets in prairies, woodlands, pastures, hillsides, and riverbanks in rich soils

Plants Parts Harvested: Fruit

Season Collected: Midsummer into fall (June to October)

Food Use(s): Fresh fruits used for food. Stored fruits used for winter use and to make pemmican

References: 101

---

*Psoralea hypogea* Nutt.
Indian Breadroot

Tribal Nation: Comanche

Indigenous Name: *E’kakoni*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Roots

Season Collected: Not given

Food Use(s): Roots eaten raw.

References: 102

---

*Quercus marilandica* Muenchh.
Blackjack Oak; Fagaceae
Barren Oak

Tribal Nation: Comanche

Indigenous Name: *Duhu:p*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Acorn

Season Collected: Not given

Food Use(s): Boiled acorns used for food in times of scarcity

Additional Commentary: They were shelled and boiled and might be stored for future use. The Comanche also ate them whole

References: 103

Quercus marilandica Muenchh.
Blackjack Oak; Fagaceae
Barren Oak

Tribal Nation: Comanche

Indigenous Name: Duhu:p
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Leaves

Season Collected: Not given

Artifacts: Leaves used as cigarette wrappers

References: 104

Quercus sp.
Oak; Fagaceae

Tribal Nation: Comanche

Indigenous Name: Pasapcni
Meaning: Not given
Habitat/Ecological Zone:

Plants Parts Harvested: Acorns
Season Collected: Not given
Food Use(s): Acorns used for food.

References: 105

______________________________

Quercus sp.
Oak; Fagaceae

Tribal Nation: Comanche
Indigenous Name: Pasapci
Meaning: Not given

Habitat/Ecological Zone:
Plants Parts Harvested: Trunks
Season Collected: Not given
Artifacts: Trunks used for fence posts.

References: 106

______________________________

Rhus glabra L.
Smooth Sumac; Anacardiaceae

Tribal Nation: Comanche
Indigenous Name: Dimeyov, kusi:poko
Meaning: Not given

Habitat/Ecological Zone: Upland prairies, pastures, borders, openings of wooded areas, along country roads, and along rail routes.

Plants Parts Harvested: Fruits
Season Collected: Not given
Food Use(s): Fruits eaten by children.

Additional Commentary: Black and round like a grape and said to be eaten fresh. Native people ate the sour acid fruit of the sumac whenever sumac was available.

References: 107

Rhus glabra L.
Smooth Sumac; Anacardiaceae

Tribal Nation: Comanche

Indigenous Name: Dimeyov
Meaning: Not given

Habitat/Ecological Zone: Upland prairies, pastures, borders, openings of wooded areas, along country roads, and along rail routes.

Plants Parts Harvested: Leaves
Season Collected: Not given
Artifacts: Leaves added to tobacco for smoking

References: 108

Rhus glabra L.
Smooth Sumac; Anacardiaceae

Tribal Nation: Comanche

Indigenous Name: Dimeyov
Meaning: Not given

Habitat/Ecological Zone: Upland prairies, pastures, borders, openings of wooded areas, along country roads, and along rail routes.

Plants Parts Harvested: Leaves
Season Collected: Not given
**Medicinal Use(s):** Chew the bark and swallow the juice as a treatment for colds.

References: \(^{109}\)

---

*Rhus trilobata Nutt*
Skunkbush Sumac; Anacardiaceae

**Tribal Nation:** Comanche

**Indigenous Name:** *Datsipv*
**Meaning:** Not given

**Habitat/Ecological Zone:** Upland prairies and openings of woods; dry slopes, plains and foothills; southern British Columbia to New Mexico

**Plants Parts Harvested:** Bark

**Season Collected:** Not given

**Medicinal Use(s):** Bark chewed and juice swallowed for colds.

References: \(^{110}\)

---

*Ribes aureum var. villosum DC.*
Golden Currant; Grossulariaceae

**Tribal Nation:** Comanche

**Indigenous Name:** *HuaBcko:*
**Meaning:** Not given

**Habitat/Ecological Zone:** Well-drained, often along streams; plains to foothills; Alberta, Canada to New Mexico

**Plants Parts Harvested:** Fruit

**Season Collected:** Not given

**Food Use(s):** Eaten for food.

References: \(^{111}\)
Ribes odoratum Wendl.
Wild Currant

Tribal Nation: Comanche

Indigenous Name: HuaBcko:
Meaning: Not given

Habitat/Ecological Zone: Hillsides, limestone cliffs, borders of woods, often is sandy soils. It is found from South Dakota to western Texas

Plants Parts Harvested: Fruit
Season Collected: Not given

Food Use(s): Eaten fresh for food.

Additional Commentary: These were not preserved as they were among many tribes.

References: 112

Salix sp.
Salix humilis
Salix Nigra?
Willow, Salicaceae
Prairie Willow

Tribal Nation: Comanche

Indigenous Name: Ohaszhp
Meaning: Not given

Habitat/Ecological Zone: Upland sites in prairies and sparse woods, especially in sandy soil

Plants Parts Harvested: Stems
Season Collected: Not given

Medicinal Use(s): Stem ashes used for sore eyes.
### Sapindus saponaria var. drummondii (Hook. & Arn.) L. Benson
Western Soapberry; Sapindaceae

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td>_t_mits_na:</td>
</tr>
<tr>
<td>Meaning</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone</td>
<td>Kansas south into Texas and New Mexico</td>
</tr>
<tr>
<td>Plants Parts Harvested</td>
<td>Stems</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Artifacts</td>
<td>Stems used to make arrows for aratsi game</td>
</tr>
</tbody>
</table>

### Schizachyrium scoparium var. scoparium
Little Bluestem; Poaceae

<table>
<thead>
<tr>
<th>Tribal Nation</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name</td>
<td>Eks_nip</td>
</tr>
<tr>
<td>Meaning</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone</td>
<td></td>
</tr>
<tr>
<td>Plants Parts Harvested</td>
<td>Stem</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s)</td>
<td>Stem ashes used for syphilitic sores.</td>
</tr>
</tbody>
</table>

### References

113

114

115

681
**Andropogon scoparius**  
Little Bluestem; Poaceae

Tribal Nation: Comanche

Indigenous Name: *Eks_nip*  
Meaning: Not given

**Habitat/Ecological Zone:**

**Plants Parts Harvested:** Stems

**Season Collected:** Not given

**Spiritual/Religious Use(s):** Bundles of stems used as switches in the sweat lodge.

References: 116

---

**Smilax bona-nox L.**  
Saw Greenbrier; Smilacaceae

Tribal Nation: Comanche

Indigenous Name: *Tamctsoi*  
Meaning: Not given

**Habitat/Ecological Zone:**

**Plants Parts Harvested:** Leaves

**Season Collected:** Not given

**Artifacts:** Leaves used as cigarette wrappers

References: 117

---

**Solanum sp.**  
**Solanum triflorum**  
Nightshade; Solanaceae

Tribal Nation: Comanche
Indigenous Name: *De:petetsi*
Meaning: No translation given

Habitat/Ecological Zone: Rocky prairie hillsides, prairie dog towns, pastures, and fields. It is also found along roadsides and water places.

Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): Decoction of root taken as a general tonic.

References: 118

______________________________

*Solanum sp.*  
*Solanum triflorum*  
Nightshade; Solanaceae

Tribal Nation: Comanche

Indigenous Name: *De:petetsi*
Meaning: No translation given

Habitat/Ecological Zone: Rocky prairie hillsides, prairie dog towns, pastures, and fields. It is also found along roadsides and water places.

Plants Parts Harvested: Root
Season Collected: Not given
Medicinal Use(s): Decoction of root taken for tuberculosis.

References: 119

______________________________

*Solanum fendleri*  
Wild potato

Tribal Nation: Comanche

Indigenous Name: *Totox’d*
Meaning: Not given
Habitat/Ecological Zone: Southwest

Plants Parts Harvested: Tuber

Season Collected: Spring

Food Use(s): Potato is eaten.

Additional Commentary: The plant produces a tuber the size of a walnut and the flesh is light in color. The tubers appear in spring but do not last long.

References: 120

---

*Solanum Jamesii*
Wild potato

Tribal Nation: Comanche

Indigenous Name: *Totox’d*
Meaning: Not given

Habitat/Ecological Zone: Open woods and stream banks; foothills to sub-alpine; Alaska to New Mexico

Plants Parts Harvested: Tuber

Season Collected: Spring

Food Use(s): Potato is eaten.

Additional Commentary: The plant produces a tuber the size of a walnut and the flesh is light in color. The tubers appear in spring but do not last long.

References: 121

---

*Sophora secundiflora (Ortega) Lag. ex DC.*
Mescal Bean; Fabaceae

Tribal Nation: Comanche

Indigenous Name: *Ecapa*
Meaning: Not given
<table>
<thead>
<tr>
<th>Habitat/Ecological Zone:</th>
<th>Found in Mexico north into western Texas and southern New Mexico.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plants Parts Harvested:</td>
<td>Mescal Beans</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Spiritual/Religious Use(s):</td>
<td>Ceremonial plant</td>
</tr>
</tbody>
</table>

Additional Commentary: It seems that at one time to have been the center of a pre-peyote narcotic cult and whose use has been retained in connection with magic and ornamentation. Ethnologist, Morris Opler was told by his Lipan Apache consultants that the Comanche would mix mescal with peyote.\(^{122}\)

References: \(^{123}\)

---

**Sophora secundiflora (Ortega) Lag. ex DC.**  
Mescal Bean; Fabaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Ecapa</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Habitat/Ecological Zone:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plants Parts Harvested:</td>
</tr>
<tr>
<td>Season Collected:</td>
</tr>
</tbody>
</table>

Medicinal Use(s): A decoction of ground beans boiled while in a cloth bag. When the decoction is ready (a brownish color), the liquid is used as eardrops for earaches and applied to sores deep in the ear.

References: \(^{124}\)

---

**Sophora secundiflora** (Ortega) Lag. ex DC.  
Mescal Bean; Fabaceae

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
</table>
Indigenous Name: *Ecapa*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Mescal Beans
Season Collected: Not given

Spiritual/Religious Use(s): Mescal beans are used as protection against possible contamination from menstrual blood.

Additional Commentary: Sanapia’s maternal uncle, a puha’kut (medicine man), sewed mescal beans into his pant cuffs as protection against menstrual blood.

References: 125

__________________________

*Sophora secundiflora (Ortega) Lag. ex DC.*
Mescal Bean; Fabaceae

Tribal Nation: Comanche

Indigenous Name: *Ecapa*
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Mescal Beans
Season Collected: Not given

Artifacts: Mescal beans are used as ornaments possibly for ceremonial purposes

References: 126

__________________________

*Sphaeralcea coccinea ssp. coccinea*
Scarlet Globe Mallow; Malvaceae

Tribal Nation: Comanche

Indigenous Name: *Yckanatsu*
Meaning: Not given
Habitat/Ecological Zone: Dry prairies, plains, and hills
Plants Parts Harvested: Plant
Season Collected: Not given
Medicinal Use(s): Infusion of plant used to make a tea that was drunk for swellings
Additional Commentary: The Comanche used False Red Mallow (*Malvastrum coccineum*).
References: 127

---

*Typha latifolia* L.
Cattail

Tribal Nation: Comanche
Indigenous Name: *Pisbu:ni*
Meaning: Not given
Habitat/Ecological Zone: Still, slow moving waterways; plains to montane; Northwest Territory, Canada to New Mexico
Plants Parts Harvested:
Season Collected: Not given
Additional Commentary: No use known to informant.
References: 128

---

Unidentified
Not given

Tribal Nation: Comanche
Indigenous Name: *Itse*
Meaning: Not given
Habitat/Ecological Zone:

Plants Parts Harvested: Fruiting body of the plant

Season Collected: According to Sanapia, the proper time to harvest the plant is fall.

Medicinal Use(s): The plant is used primarily as a remedy for rattlesnake bites and as a rattlesnake repellant. The fruiting body of the plant is used.

Additional Commentary: Itse is obtained originates from the Mescalero Apache who give Itse to the Fort Sill Apache. Sanapia acquired the medicine from them. Itse is boiled and ribbed on an individual’s legs as a repellent. Comanche elders would also carry it in small sacks that are either worn on their belts or around their ankles. If a person is bitten, Itse is chewed to a pulp and placed on the fang punctures. It also could be retained in the mouth of a person who is attempting to suck the poison from the wound area. Itse also is used in a similar manner for spider and scorpion bites.

References: 129

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: Itse
Meaning: Not given

Habitat/Ecological Zone:

Plants Parts Harvested: Fruiting body of the plant

Season Collected: According to Sanapia, the proper time to harvest the plant is fall.

Medicinal Use(s): Ingested as a thick broth for pneumonia. The fruiting body of the plant is used.

Additional Commentary: Itse is used when it is obtained, but is modified to the point that identification its origin is impossible. Itse is originates from the Mescalero Apache who give Itse to the Fort Sill Apache. Sanapia acquires the medicine from them. Sanapia notes that one of the characteristics of the medicine is causing excessive salivation. She uses the medicine to induce salivation in some patients.
Tribal Nation: Comanche

Indigenous Name: *Kusiw na*
Meaning: “It’s Gray.”

Habitat/Ecological Zone:

Plants Parts Harvested: Root
Season Collected: Not given

Medicinal Use(s): Roots are used as a sedative in the absence of peyote or as an additive to peyote.

Additional Commentary: This is one of *Sanapia’s* five major medicines.

References: 131
This is one of Sanapia’s five major medicines. The root is extremely hard, which is a positive attribute proving its potency.

References: ¹³²

---

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: Kusiw_na
Meaning: “It’s Gray.”

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): A splintered root is boiled to form a tea. The patient is liberally dosed with the tea until the “fits” subside

Additional Commentary: This is one of Sanapia’s five major medicines.

References: ¹³³

---

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: Kusiw_na
Meaning: “It’s Gray.”

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): The root is administered in several different ways. *Kusiw_na* can be made into a thick paste and applied to the small incisions that are made
before sucking doctoring for object intrusion. The root can be drunk by the patient or *Kusiw na* can be spewed on the patient by the person doing the doctoring.

Additional Commentary: This is one of *Sanapia’s* five major medicines.

References.\(^{134}\)

---

<table>
<thead>
<tr>
<th>Unidentified Iris (Unknown species)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tribal Nation:</td>
</tr>
<tr>
<td>Comanche</td>
</tr>
<tr>
<td>Indigenous Name:</td>
</tr>
<tr>
<td><em>Bakuma</em></td>
</tr>
<tr>
<td>Meaning:</td>
</tr>
<tr>
<td>“In the Water”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
</tr>
<tr>
<td>Possibly eastern Oklahoma.</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
</tr>
<tr>
<td>Root</td>
</tr>
<tr>
<td>Season Collected:</td>
</tr>
<tr>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
</tr>
<tr>
<td>A decoction of the root is used for the treatment of colds, upset stomach, and sore throat.</td>
</tr>
</tbody>
</table>

Additional Commentary: *Sanapia’s* mother brought these plants back from eastern Oklahoma (Muscogee Creek country) and planted them near a spring. The Comanche have had a long association with the Creeks. It is possible that *Sanapia’s* mother first obtained this plant from them.

References.\(^{135}\)

---

<table>
<thead>
<tr>
<th>Unidentified Not given</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tribal Nation:</td>
</tr>
<tr>
<td>Comanche</td>
</tr>
<tr>
<td>Indigenous Name:</td>
</tr>
<tr>
<td><em>B_:tasas</em></td>
</tr>
<tr>
<td>Meaning:</td>
</tr>
<tr>
<td>“Looks like a Feather.”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
</tr>
<tr>
<td>Southeastern New Mexico.</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
</tr>
<tr>
<td>Fruit</td>
</tr>
<tr>
<td>Season Collected:</td>
</tr>
<tr>
<td>------------------</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
</tr>
<tr>
<td>Additional Commentary:</td>
</tr>
<tr>
<td>References:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Unidentified</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not given</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>B_:tasas</td>
</tr>
<tr>
<td>Meaning:</td>
<td>“Looks like a Feather.”</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Southeastern New Mexico.</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Fruit.</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>A thick paste is made from the fruit and applied as a liniment to the chest and throat of those suffering from pneumonia.</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>The plant originates in Mescalero Apache country. From the description given by Sanapia, a botanist suggests Agoseria as the possible genus affiliation.</td>
</tr>
<tr>
<td>References:</td>
<td>137</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Unidentified</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not given</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td>Ointasu</td>
</tr>
</tbody>
</table>
Meaning: “Vomit medicine”

Habitat/Ecological Zone:

Plants Parts Harvested: Root

Season Collected: Not given

Medicinal Use(s): A decoction of the root is taken internally by patient’s suffering from asthma or chest congestion.

References: 138

---

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: Tipinatsu
Meaning: “Rock Medicine”

Habitat/Ecological Zone: Not applicable

Plants Parts Harvested: None

Season Collected: Not given

Medicinal Use(s): Tipinatsu is only used with cedar. Both are placed on live coals to produce a white smoke that is inhaled and smudged over the patient. The medicine is used in the treatment of ghost sickness and witchcraft.

Additional Commentary: While not a plant per se, “rock medicine” is the gummy, amber-colored egg depository of the mason bee. The insect attaches these cases to rocks and then proceeds to camouflage them with local plant seeds and gravel, giving the cases a “rock-like” appearance. According to Sanapia, the bees get gum from the cedar; mix it with broomweed flowers and sage. “That is why this medicine works best with cedar.” 139

References: 140

---

Unidentified
“Cactus”
<table>
<thead>
<tr>
<th>Tribal Nation:</th>
<th>Comanche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous Name:</td>
<td><em>Eka mitsa</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Comanche Territory; arid, open locations; widespread across the west</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Probably eaten</td>
</tr>
<tr>
<td>References:</td>
<td>141</td>
</tr>
</tbody>
</table>

---

<table>
<thead>
<tr>
<th>Unidentified</th>
<th>Not given</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tribal Nation:</td>
<td>Comanche</td>
</tr>
<tr>
<td>Indigenous Name:</td>
<td><em>Kusi:poko</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Comanche Territory</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Berries</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s):</td>
<td>Berries eaten.</td>
</tr>
<tr>
<td>References:</td>
<td>142</td>
</tr>
</tbody>
</table>

---

<table>
<thead>
<tr>
<th>Unidentified</th>
<th>Not given</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tribal Nation:</td>
<td>Comanche</td>
</tr>
<tr>
<td>Indigenous Name:</td>
<td><em>Mawitsck</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitats/Ecological Zone:</td>
<td>Comanche Territory</td>
</tr>
<tr>
<td>--------------------------</td>
<td>--------------------</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Not specified in the literature</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Medicinal Use(s):</td>
<td>Decoction used in treatment of constipation and gonorrhea</td>
</tr>
<tr>
<td>References:</td>
<td>143</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Unidentified</th>
<th>Not given</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tribal Nation:</td>
<td>Comanche</td>
</tr>
<tr>
<td>Indigenous Name:</td>
<td><em>Nemelīsas</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Comanche Territory</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Leaves</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Additional Commentary:</td>
<td>Leaves were used as perfume.</td>
</tr>
<tr>
<td>References:</td>
<td>144</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Unidentified</th>
<th>Not given</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tribal Nation:</td>
<td>Comanche</td>
</tr>
<tr>
<td>Indigenous Name:</td>
<td><em>Paiyap</em></td>
</tr>
<tr>
<td>Meaning:</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone:</td>
<td>Comanche Territory</td>
</tr>
<tr>
<td>Plants Parts Harvested:</td>
<td>Roots</td>
</tr>
<tr>
<td>Season Collected:</td>
<td>Not given</td>
</tr>
<tr>
<td>Food Use(s)</td>
<td>Roots roasted or boiled and eaten</td>
</tr>
<tr>
<td>------------</td>
<td>----------------------------------</td>
</tr>
<tr>
<td>Additional Commentary</td>
<td>Blossom like that of a sunflower and edible roots prepared by roasting or boiling</td>
</tr>
<tr>
<td>References</td>
<td>145</td>
</tr>
</tbody>
</table>

---

<table>
<thead>
<tr>
<th>Unidentified</th>
<th>Not given</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tribal Nation</td>
<td>Comanche</td>
</tr>
</tbody>
</table>
| Indigenous Name | *Pehenatsu*  
*Pehel* |
| Meaning | Not given  
Not given |
| Habitat/Ecological Zone | Comanche Territory |
| Plants Parts Harvested | Not specified in the literature |
| Season Collected | Not given |
| Medicinal Use(s) | Used to check menstrual discharge |
| References | 146 |

---

<table>
<thead>
<tr>
<th>Unidentified</th>
<th>Not given</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tribal Nation</td>
<td>Comanche</td>
</tr>
<tr>
<td>Indigenous Name</td>
<td><em>Poiya</em></td>
</tr>
<tr>
<td>Meaning</td>
<td>Not given</td>
</tr>
<tr>
<td>Habitat/Ecological Zone</td>
<td>Comanche Territory</td>
</tr>
<tr>
<td>Plants Parts Harvested</td>
<td>Leaves</td>
</tr>
<tr>
<td>Season Collected</td>
<td>Not given</td>
</tr>
<tr>
<td><strong>Medicinal Use(s):</strong></td>
<td>Decoction of leaves used in treatment of fever.</td>
</tr>
<tr>
<td>-----------------------</td>
<td>------------------------------------------------</td>
</tr>
</tbody>
</table>

**References:** \(^{147}\)

<table>
<thead>
<tr>
<th><strong>Unidentified</strong></th>
<th><strong>Not given</strong></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Tribal Nation:</strong></th>
<th><strong>Comanche</strong></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Indigenous Name:</strong></th>
<th><strong>Q3tanarixka</strong></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Meaning:</strong></th>
<th>Not given</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Habitat/Ecological Zone:</strong></th>
<th>Grows in sandy places; Comanche Territory</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Plants Parts Harvested:</strong></th>
<th><strong>Roots</strong></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Season Collected:</strong></th>
<th>Not given</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Food Use(s):</strong></th>
<th>“Roots” peeled and roasted in fire and eaten</th>
</tr>
</thead>
</table>

**References:** \(^{148}\)

<table>
<thead>
<tr>
<th><strong>Unidentified</strong></th>
<th><strong>Not given</strong></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Tribal Nation:</strong></th>
<th><strong>Comanche</strong></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Indigenous Name:</strong></th>
<th><strong>Sehetsitsina</strong></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Meaning:</strong></th>
<th>Not given</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Habitat/Ecological Zone:</strong></th>
<th>Comanche Territory</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Plants Parts Harvested:</strong></th>
<th><strong>Roots</strong></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Season Collected:</strong></th>
<th>Not given</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Food Use(s):</strong></th>
<th>Roots boiled or roasted and eaten.</th>
</tr>
</thead>
</table>

**References:** \(^{149}\)
Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Tabaxko*
Meaning: Not given

Habitat/Ecological Zone: Comanche Territory

Plants Parts Harvested: Roots

Season Collected: Collected in the spring.

Food Use(s): Roots cooked with fat to make soup.

References: 150

---

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *Totox’d*
Meaning: Not given

Habitat/Ecological Zone: Comanche Territory

Plants Parts Harvested: Tubers

Season Collected: Not given

Food Use(s): Tubers eaten

Additional Commentary: Resembles a small tomato bears a root about the size and shape of a walnut. The root is peeled before eaten; the flesh is light in color.

References: 151

---

Unidentified
Not given
Tribal Nation: Comanche

Indigenous Name: *Tsuns*
Meaning: Not given

Habitat/Ecological Zone: Comanche Territory

Plants Parts Harvested: Roots

Season Collected: Not given

Food Use(s): Roots roasted and eaten.

Additional Commentary: Grayish vine grows deep and produces a root, which is roasted after its think skin has been removed.

References: 152

Unidentified Cactus

Tribal Nation: Comanche

Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Comanche Territory

Plants Parts Harvested: Fruit

Season Collected: Not given

Food Use(s): Fruits eaten.

References: 153

Not given

Wild Onion

Tribal Nation: Comanche
Indigenous Name: *pako:k*
Meaning: Not given

Habitat/Ecological Zone: Oklahoma

Plants Parts Harvested: Plant

Season Collected: Not given

Food Use(s): Prepared by braiding the plants together and roasting them over a fire

References: 154

---

Not given
Wild Onion

Tribal Nation: Comanche

Indigenous Name: *t?dieko:k*
Meaning: Not given

Habitat/Ecological Zone: Oklahoma

Plants Parts Harvested: Not specified in the literature

Season Collected: Not given

Food Use(s): Less desirable, with red flowers and commonly eaten.

References: 155

---

Unidentified
Not given

Tribal Nation: Comanche

Indigenous Name: *E'kakoni*
Meaning: Not given

Habitat/Ecological Zone: Northern Plains
Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Food Use(s): Radish like
Additional Commentary: Described as growing like a radish and having a root like a radish it was peeled, and eaten raw. The root was further described as red and sweet tasting.

References: 156

Unidentified
Edible root – potato

Tribal Nation: Comanche
Indigenous Name: Sehetsitsina
Meaning: No translation given

Habitat/Ecological Zone:

Plants Parts Harvested: Not specified in the literature
Season Collected: Not given
Food Use(s): Potato like
Additional Commentary: It was either boiled or roasted. Grows in hills, flowers like Sweet William and has small white tubers, ripe in spring.

References: 157

Vitis sp.
Wild Grapes; Vitaceae

Tribal Nation: Comanche
Indigenous Name: Not given
Meaning: Not given

Habitat/Ecological Zone: Found in gulches and canyon areas, especially in Colorado
Plants Parts Harvested: Fruit
Season Collected: Not given
Food Use(s): Dried fruits stored for later use. Fresh fruits also used for food.
Additional Commentary: The dried fruits were dampened, worked into cakes, and baked with fat sometimes being added in the process.
References: 158

Yucca louisianensis Trel.
Gulf Coast Yucca; Agavaceae
Soapweed
Tribal Nation: Comanche
Indigenous Name: Mu:mutsi
Meaning: Not given
Habitat/Ecological Zone: Dry, open sites; plains to foothills; southern Alberta, Canada to New Mexico
Plants Parts Harvested: Roots
Season Collected: Not given
Artifacts: Roots used as soap.
References: 159

Zanthoxylum americanum P. Mill.
Common Prickly Ash; Rutaceae
Tribal Nation: Comanche
Indigenous Name: Kun_natsu
Meaning: Not given
Habitat/Ecological Zone: Open, rocky woodlands, thickets, prairie ravines, fencerows, and road sides. Favors limestone soil.

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Roots pulverized and powder used for burns

References: 160

---

*Zanthoxylum americanum* P. Mill.
Common Prickly Ash; Rutaceae

Tribal Nation: Comanche

Indigenous Name: *Kun_natsu*

Meaning: Not given

Habitat/Ecological Zone: Open, rocky woodlands, thickets, prairie ravines, fencerows, and roadsides. Favors limestone soil.

Plants Parts Harvested: Roots

Season Collected: Not given

Medicinal Use(s): Infusion of pulverized roots used for fever.

References: 161

---

*Zanthoxylum americanum* P. Mill.
Common Prickly Ash; Rutaceae

Tribal Nation: Comanche

Indigenous Name: *Kun_natsu*

Meaning: Not given

Habitat/Ecological Zone: Open, rocky woodlands, thickets, prairie ravines, fencerows, and roadsides. Favors limestone soil.

Plants Parts Harvested: Inner bark
Season Collected: Not given
Medicinal Use(s): Inner bark placed in throat for sore throat.
References: ^162

Zanthoxylum americanum P. Mill.
Common Prickly Ash; Rutaceae

Tribal Nation: Comanche
Indigenous Name: Kun_natsu
Meaning: Not given
Habitat/Ecological Zone: Open, rocky woodlands, thickets, prairie ravines, fencerows, and roadsides. Favors limestone soil.
Plants Parts Harvested: Roots
Season Collected: Not given
Medicinal Use(s): Roots pulverized and used for toothache.
Additional Commentary: It was held against the tooth to relieve pain.
References: ^163

Zea mays L.
Corn; Poaceae

Tribal Nation: Comanche
Indigenous Name: Not given
Meaning: Not given
Habitat/Ecological Zone: Cultivar
Plants Parts Harvested: Ears
Season Collected: Not given
Food Use(s): Food crop

Additional Commentary: The Tewa Pueblo formerly bartered with the Comanche for prepared buffalo hides.

References: 164
The indigenous names are spelt phonetically as they appear in the source. It is recommended that the original texts be referenced for spelling accuracy and the taxonomic system that was applied to the plants.

2. Edward F. Castetter, Ethnobiological Studies in the American Southwest I, Uncultivated Native Plants Used as Sources of Food. (University of New Mexico Bulletin 4 (1, 1935):10.

3. Castetter, Ethnobiological Studies in the American Southwest I. Uncultivated Native Plants Used as Sources of Food, 10.

4. Castetter, Ethnobiological Studies in the American Southwest I. Uncultivated Native Plants Used as Sources of Food, 10.


11. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 520, 539; Vogel, American Indian Medicine, 213.

12. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 520; Vogel, American Indian Medicine, 205.


15. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 520.


34. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 521, 528.
39. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 521; Vogel, American Indian Medicine, 357.
40. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 521; Vogel, American Indian Medicine, 357.
46. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 522; Carlson and Jones 1939:532-534; Kindscher, Medicinal Wild Plants of the Prairie: An Ethnobotanical Guide, 252-253; Vogel, American Indian Medicine, 236.
68. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 522; Vogel, American Indian Medicine, 205.
70. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 523.
84. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 523, 526.
86. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 523, 527.
90. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 523, 531.
100. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 523, 526.
103. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 524, 530.
110. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 524; Vogel, American Indian Medicine, 377.
111. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 524.
115. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 520.
120. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 529.
121. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 529.
123. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 537.
130. Jones, “Comanche Plant Medicine,” 2; See also, Jones, Sanapia Comanche Medicine Woman.
131. Jones, “Comanche Plant Medicine,” 5; See also, Jones, Sanapia Comanche Medicine Woman.
132. Jones, “Comanche Plant Medicine,” 5; See also, Jones, Sanapia Comanche Medicine Woman.
133. Jones, “Comanche Plant Medicine,” 5; See also, Jones, Sanapia Comanche Medicine Woman.
134. Jones, “Comanche Plant Medicine,” 6; See also, Jones, Sanapia Comanche Medicine Woman.
135. Jones, “Comanche Plant Medicine,” 7-8; See also, Jones, Sanapia Comanche Medicine Woman.
136. Jones, “Comanche Plant Medicine,” 8; See also, Jones, Sanapia Comanche Medicine Woman.
137. Jones, “Comanche Plant Medicine,” 8; See also, Jones, Sanapia Comanche Medicine Woman.
138. Jones, “Comanche Plant Medicine,” 8; See also, Jones, Sanapia Comanche Medicine Woman.
139. Jones, “Comanche Plant Medicine,” 10; See also, Jones, Sanapia Comanche Medicine Woman.
140. Jones, “Comanche Plant Medicine,” 8; See also, Jones, Sanapia Comanche Medicine Woman.
143. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 525.
144. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 525.
146. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 525.
147. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 525.
149. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 525.
150. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 525, 529.
152. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 525, 529.
156. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 529.
158. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 529.
159. Carlson and Jones, “Some Notes on Uses of Plants by the Comanche Indians,” 524.