

sandworm.³ Japanese drink the leaf tea as a vermifuge. Philipinos use the crushed leaves in a back rub for malaria.¹⁶ Interestingly, some South American Indians bathe with the decoction to reduce fever. Venezuelans boil the plant with *Lepidium* for burns and as a stomach tonic. Yucatan natives use it for asthma, catarrh, chorea, and other nervous afflictions. New Mexicans take salted leaves for abortion and puerperal pain. Suppositories for appendicitis are made from the leaves with spearmint and salt. Mexicans chew the root for toothache, and use the root decoction for proctorrhagia. Curacao natives take the plant, sometimes rectally, for fever, measles, and worms. Bolivians drink the tea after meals as a stomachic.⁴² Trinidad natives take the tea for dyspnea, dyspepsia, dysentery, palpitations, and asthma.⁴³ Chinese use the fresh root for articular rheumatism.⁴¹

Per 100 g, the leaves are reported to contain 42 calories, 85.5 g H₂O, 3.8 g protein, 0.7 g fat, 7.6 g total carbohydrate, 1.3 g fiber, 2.4 g ash, 304 mg Ca, 52 mg P, 5.2 mg Fe, 1 mg Na, 4840 µg β-carotene equivalent, 0.06 mg thiamine, 0.28 mg riboflavin, 0.6 mg niacin, and 11 mg ascorbic acid.²¹ The essential oil may contain up to 90% ascaridole an unsaturated terpene peroxide. Austrian material yielded 0.3% oil containing 65 to 73% ascaridole; Russian material 76 to 86% ascaridole. Up to 1% Mg PO₄ is reported in Chilean material. All organs contain saponins, the root *circa* 2.5%. Geraniol, 1-limonene, myrcene, *p*-cymene, and *d*-camphor are also reported, with butyric acid, spinasterol, *terpinene*, triacental alcohol, methyl salicylate, urease.^{29,33}

Toxicity — The oil is quite poisonous, causing fatalities in overdoses, preceded by cardiac disturbance, convulsions, respiratory disturbances, sleepiness, vomiting, and weakness. Severe poisoning is characterized by coma, extreme dizziness, headache, prostration, somnolence, and stupor.³ Lewis and Elvin-Lewis add that the therapeutic dose is close to minimum toxic levels and death may result from such undesirable respiratory abnormalities.¹¹