

No-Pain/Have-Pain Plants

List and advice from
Supreme Master Ching Hai (vegan)

Please note: We will update when possible with more No-pain and Have-pain plants. This is not a complete list.

“Warning: These plants are toxic if ingested. Use only externally, do not eat, and keep out of reach of children.”

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(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Soapweed Yuccas

US-grown

type 1
(grown in Colorado)

N



type 2
(grown in Colorado)

N



type 3
(grown in Colorado)

N



type 4
(grown in Colorado)

N



type 5
(grown in Montana)

N



type 6
(grown in Montana)

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**type 7
(grown in New Mexico)**

N



**type 8
(grown in New Mexico)**

N



**type 9
(grown in Kansas)**

N



**type 10
(grown in Oklahoma)**

N



**type 11
(grown in North Dakota)**

N



**type 12
(grown in South Dakota)**

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Czech-grown

type 2

N



type 1

N



Indian-grown

type 2

N



type 1

N



Serbian-grown

type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Austrian-grown

N



British-grown

N



**Canadian-grown
(grown in Alberta)**

N



Dutch-grown

N



Estonian-grown

N



French-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Hungarian-grown

N



Japanese-grown

N



Kyrgyz-grown

N



Latvian-grown

N



Polish-grown

N



Swedish-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Soapworts
US-grown

type 1
(grown in Pennsylvania)

N



type 2
(grown in California)

N



type 3
(grown in Massachusetts)

N



N



type 4
(grown in Oregon)

N



type 5
(grown in Virginia)

N



type 6
(grown in Texas)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Merseyside)

N



British-grown

type 2
(grown in Essex)

N



type 3
(grown in Anglesey)

N



type 4
(grown in Wales)

N



type 1
(grown in Santa Cruz)

N



Argentine-grown

type 2
(grown in La Costa)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Canadian-grown

type 1
(grown in British Columbia)
N



type 2
(grown in Alberta)
N



type 3
(grown in Ontario)
N



type 4
(grown in Ontario)
N



French-grown

type 1
(grown in Nouvelle-Aquitaine)
N



type 2
(grown in Nouvelle-Aquitaine)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 German-grown
(grown in Saxony-Anhalt)

N



type 2
(grown in Niedersachsen)

N



type 1 Polish-grown
(grown in Kuyavian-Pomeranian)

N



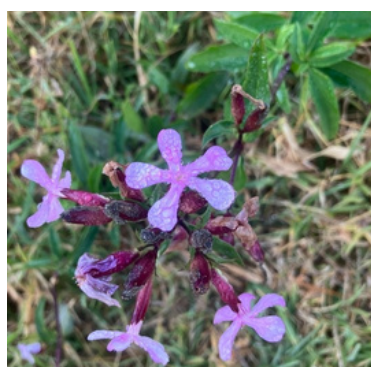
type 2

N



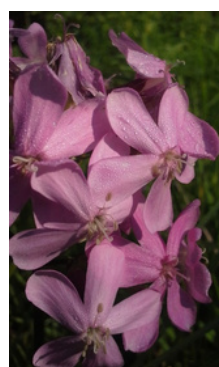
type 1 South African-grown
(grown in Limpopo)

N



type 2
(grown in Mpumalanga)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Russian-grown

type 1
(grown in Nizhny Novgorod)

N



N



type 2
(grown in Primorsky Krai)

N



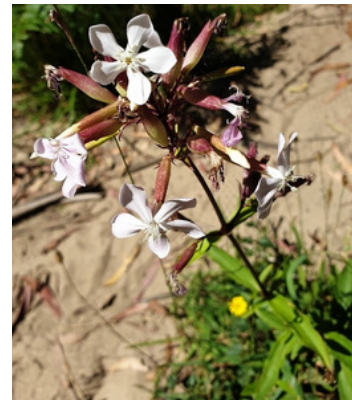
type 3
(grown in Sverdlovsk)

N



Australian-grown
(grown in New South Wales)

N



Austrian-grown
(grown in Styria)

N



Belgian-grown
(grown in Wallonie)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Czech-grown

N



Danish-grown
(grown in Nordjylland)

N



Dutch-grown

N



Finnish-grown
(South Karelia)

N



Greek-grown

N



Israeli-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Italian-grown
(grown in Vicenza)

N



Japanese-grown
(grown in Nagano)

N



Portuguese-grown
(grown in Guarda)

N



Romanian-grown

N



South Korean-grown

N



Spanish-grown
(grown in Asturias)

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**Swedish-grown
(grown in Stockholm)**

N



Taiwanese-grown

N



**Ukrainian-grown
(grown in Cherkasy)**

N



**Horse Chestnuts
Belgian-grown**

type 1

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



British-grown

N



type 2

N



type 3
(grown in Suffolk)

N



type 4
(grown in Oxfordshire)

N



type 1

N



Danish-grown

type 2
(grown in Syddanmark)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Canadian-grown

type 2

(grown in British Columbia)

N

N



type 3

N



type 4

(grown in Québec)

N



type 1

(grown in Nièvre)

N



French-grown

type 2

(grown in Avignon)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Dutch-grown

type 2

(grown in Nederweert-Eind)

N



type 3

(grown in Noord-Brabant)

N



type 4

(grown in Groningen)

N



type 1

(grown in Baranya)

N



Hungarian-grown

type 2

(grown in Borsod-Abaúj-Zemplén)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



German-grown

type 2

(grown in Nordrhein-Westfalen)

N



type 3

(grown in Hessen)

N



type 4

(grown in Bayern)

N



type 1

N



Irish-grown

type 2

(grown in Cashel)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Italian-grown

type 2

N



type 1

N



Polish-grown

(grown in Powiat wejherowski)

type 2

N



type 1

N



Russian-grown

(grown in Leningrad Oblast)

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Spanish-grown
(grown in Soria)
N



type 2
(grown in Huesca)
N



type 1 Swiss-grown
N

type 2
(grown in Thurgau)
N



type 1 Turkish-grown
(grown in Istanbul)
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Prague)
N



type 2
(grown in Prague)
N



type 3
(grown in South Bohemian)
N



Austrian-grown

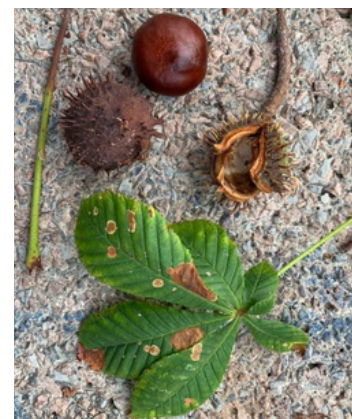
N **N**



Chilean-grown
N



Croatian-grown
N



type 1

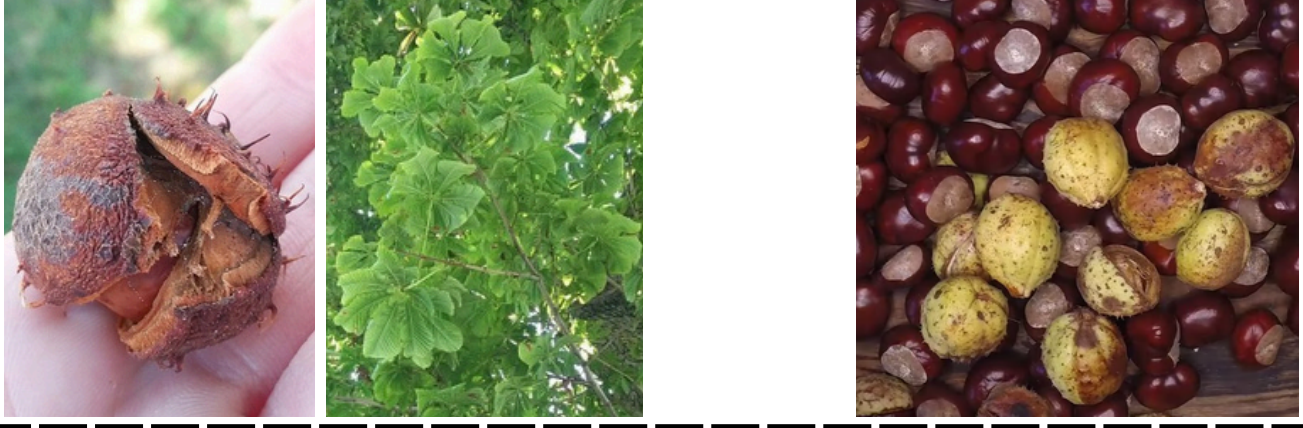
US-grown

type 2

N

N

N



type 3

(grown in Oregon)

Japanese-grown

N

N

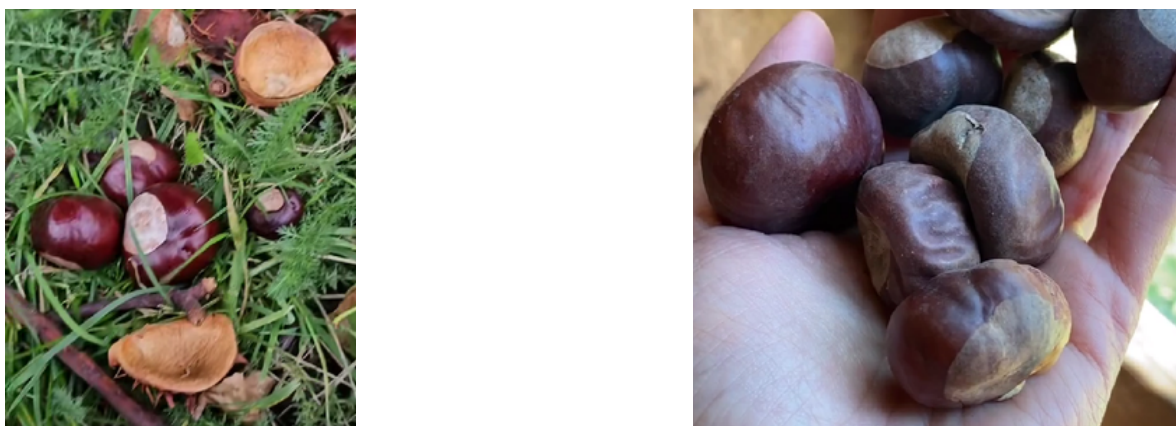


Jordanian-grown

Mexican-grown

N

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**New Zealand-grown
(grown in Christchurch)**

N

N



**Portuguese-grown
(grown in Lisboa)**

N



**Romanian-grown
(grown in Covasna)**

N



Saudi-grown

N



**Swedish-grown
(grown in Stockholm County)**

N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Soapberries
Vietnamese-grown

type 1
N



type 2
(grown in Thanh Hóa)
N



type 3
N



type 4
N



type 5
N



type 6
N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 7

N



type 8

N



Mexican-grown

type 1

N



type 2

N



type 3

N



type 4

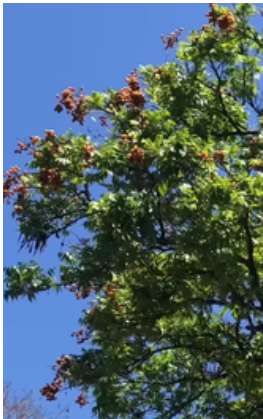
N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Brazilian-grown type 2

N N N



type 3 type 4

N N



type 5 type 6

N N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Chinese-grown

type 1

N



type 2

N



type 3

N



type 4
(grown in Sichuan)

N



type 5

N



type 6
(grown in Guangxi)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Indian-grown

type 2

N



type 3
(grown in Telangana)

N



type 4

N



type 5

N



type 6

N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Indonesian-grown
type 1
(grown in Magelang)
N



type 2
N



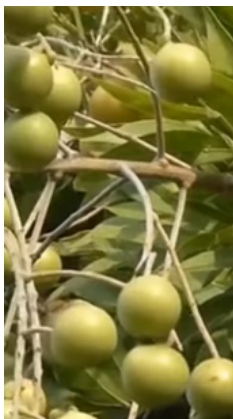
type 3
N



type 4
N



type 5
N



type 6
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Japanese-grown

type 1
N



type 2
N



type 3
N



type 4
N



type 5
N



type 6
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Hualien)

N



type 2
(grown in Miaoli)

N



type 3
(grown in Taipei)

N



type 4
(grown in Tainan)

N



type 5
(grown in Kaohsiung)

N



type 6
(grown in Tainan)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

Thai-grown

type 2

N

N

N

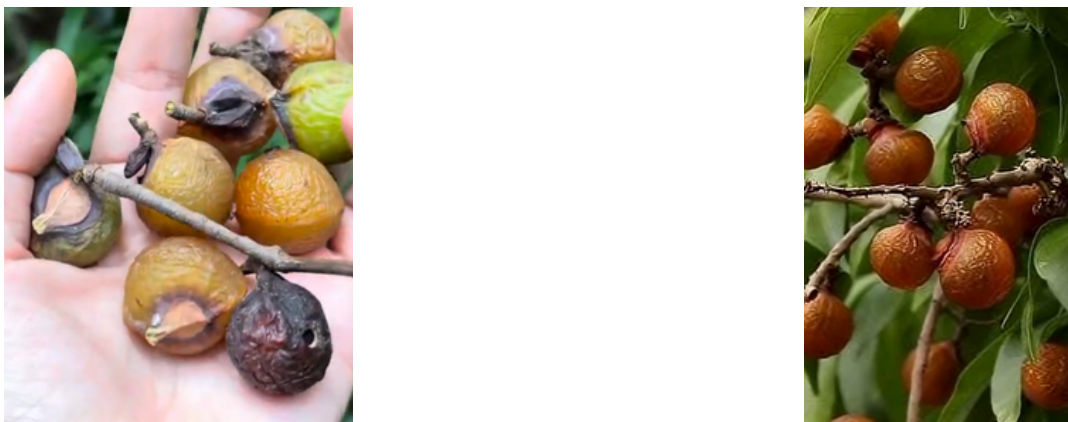


type 3

type 4

N

N



type 5

Belizean-grown

N

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

US-grown

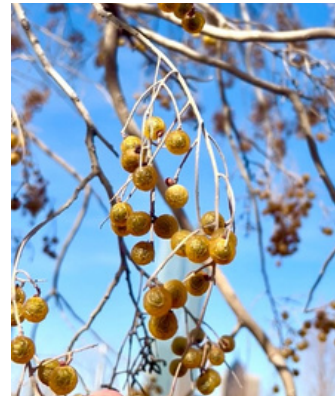
type 1

N



type 2
(grown in Oklahoma)

N



type 3
(grown in Oklahoma)

N



type 4
(grown in Texas)

N



type 5
(grown in Texas)

N



Jamaican-grown

N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Darchula)
N



Nepalese-grown

type 2
N



type 3
(grown in Gorkha)
N



Peruvian-grown

N



type 1
N



South Korean-grown

type 2
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 3

N



(All plants below are No-Pain)

No-Pain plants - simple list

Please note: We will update when possible with more No-pain plants. This is not a complete list.

Soapweed Yuccas

View photos for details

- US-grown
- Czech-grown
- Indian-grown
- Serbian-grown
- Austrian-grown
- British-grown
- Canadian-grown (grown in Alberta)
- Dutch-grown
- Estonian-grown
- French-grown
- Hungarian-grown
- Japanese-grown
- Kyrgyz-grown
- Latvian-grown
- Polish-grown
- Swedish-grown

Soapworts

View photos for details

- US-grown
- British-grown
- Argentine-grown
- Canadian-grown
- French-grown
- German-grown
- Polish-grown
- South African-grown
- Russian-grown
- Australian-grown (grown in New South Wales)
- Austrian-grown (grown in Styria)
- Belgian-grown (grown in Wallonie)
- Czech-grown
- Danish-grown (grown in Nordjylland)
- Dutch-grown
- Finnish-grown (South Karelia)
- Greek-grown
- Israeli-grown
- Italian-grown (grown in Vicenza)
- Japanese-grown (grown in Nagano)
- Portuguese-grown (grown in Guarda)
- Romanian-grown
- South Korean-grown
- Spanish-grown (grown in Asturias)
- Swedish-grown (grown in Stockholm)
- Taiwanese-grown
- Ukrainian-grown (grown in Cherkasy)

Be Vegan, Keep Peace.

(All plants below are No-Pain)

Horse Chestnuts

View photos for details

- Belgian-grown
- British-grown
- Danish-grown
- Canadian-grown
- French-grown
- Dutch-grown
- Hungarian-grown
- German-grown
- Irish-grown
- Italian-grown
- Polish-grown
- Russian-grown
- Spanish-grown
- Swiss-grown
- Turkish-grown
- Czech-grown
- Austrian- grown
- Chilean-grown
- Croatian-grown
- US-grown
- Japanese-grown
- Jordanian-grown
- Mexican-grown
- New Zealand-grown (grown in Christchurch)
- Portuguese-grown (grown in Lisboa)
- Romanian-grown (grown in Covasna)
- Saudi-grown
- Swedish-grown (grown in Stockholm County)

Soapberries

View photos for details

- Vietnamese-grown
- Mexican-grown
- Brazilian-grown
- Chinese-grown
- Indian-grown
- Indonesian-grown
- Japanese-grown
- Taiwanese-grown
- Thai-grown
- Belizean-grown
- US-grown
- Jamaican-grown
- Nepalese-grown
- Peruvian-grown
- South Korean-grown

Be Vegan, Keep Peace.