

THE MEDICAL GARDEN

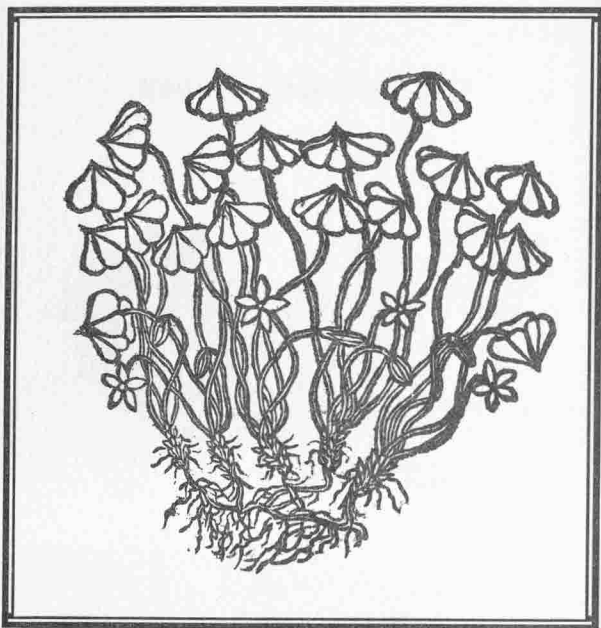


*E. Christine Davis*

*Second edition revised and enlarged*

DUKE UNIVERSITY  
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*Oxalis*  
Oxalidaceae (oxalis family)

1636

## FOREWORD



Twenty-four years ago Susan C. Smith and former curator G. S. T. Cavanagh produced an informal guide to the Duke University Medical Center Library's medicinal garden. Responding to the recent increased interest in herbal remedies and alternative therapies, Christine Davis, a graduate botany student, has researched and written a more formal catalog with expanded entries, scholarly citations, and additional indexes while retaining the original handy format.

Located on the History of Medicine terrace at the west side of the Seeley G. Mudd Building, the garden is presently contained in eight tubs of varying size. At no time will all the plants listed in the catalog be present in the garden; due to space constraints, some will be consistently represented while others will rotate. Each herb in the garden is clearly identified so it will be easy for the visitor to refer to the pamphlet. Woodcuts from the Trent copies of the 1597 and 1636 editions of Gerarde's *Herball* have been selected to serve as illustrations. Davis has given special attention to plants that are native to or naturalized in North Carolina.

Although all plants listed have been used to treat disease at one time or another, they are presented here for historical interest only. The reader is cautioned not to employ their therapeutic properties without consulting a trained herbal professional.

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Suzanne Porter  
Curator  
History of Medicine Collections



*Plantago*  
Plantaginaceae (plantain family)

1597

## INTRODUCTION



This guide to the medicinal garden includes not only text with accompanying references, but also two indexes, one by common name (see inside cover flaps) and the other by medicinal use. The plant descriptions have a five-part format:

### *Names*

For each herb listed, the Latin name is given first followed by the common name in parentheses. If there is more than one Latin name in common usage, both names are given and shown as synonyms by an equal sign. If there is more than one common name, all names are listed within the parentheses, separated by commas.

Next, the family name, also in Latin, is listed followed by the common family name in parentheses. If there is more than one Latin family name in common usage, both names are given and shown as synonyms by an equal sign.

### NATIVE RANGE

Information regarding the plant's native territory is provided when known.

### NC

If the plant can be found growing wild in North Carolina, information about its range and location is given. In many cases, the plant has escaped cultivation or has become naturalized in North Carolina. When the plant is actually a North Carolina native, that is, it occurs naturally in North Carolina independent of human introduction, this is indicated by the symbol <- before the heading.

### Text

Information concerning each herb's traditional uses, as well as any recent research, follows the previous categories.

### ■ Cautions, Warnings, and Conservation Issues

All herbal remedies should be used with caution. Special caution or warning is given following the symbol ■. Conservation issues are also described in this section.

MEDICAL USE INDEX



*Adrenal Glands*  
 Ginseng  
 Rosemary

*Anticoagulant*  
 Lungwort

*Antifungal*  
 Bee balm  
 Parsley  
 Pot marigold  
 Yarrow

*Antioxidant*  
 Aloe  
 Fennel  
 Sage

*Antiviral*  
 Chamomile  
 Scarlet pimpernel

*Anxiety, Depression, and Nervous Disorders*  
 Cowslip  
 Lavender  
 Passion flower  
 Scarlet pimpernel  
 St. John's wort  
 Valerian

*Astringent*  
 Blue flag iris  
 Cinquefoil  
 Columbine  
 Lady's mantle  
 Red trillium  
 Thyme  
 Trailing arbutus  
 Wild geranium  
 Wild strawberry

*Autoimmune*  
 Borage  
 Pot marigold

*Cancer*  
 Aloe  
 Goldenseal  
 Ground ivy  
 Iceland moss

May apple  
 Pot marigold  
 Red clover  
 Saffron crocus  
 Sweet violet

*Diabetes*  
 Yarrow

*Diuretic*  
 Blue flag iris  
 Blue lobelia  
 Borage  
 Chicory  
 Cowslip  
 Dandelion  
 Foxglove  
 Horehound  
 Lady's bedstraw  
 Lily-of-the-valley  
 Parsley  
 Pipsissewa  
 Scarlet pimpernel  
 Trailing arbutus  
 Wild strawberry  
 Wintergreen

*Earache*  
 Chamomile

*Epilepsy*  
 Box

*Fever Reducers*  
 Bloodroot  
 Boneset  
 Pipsissewa  
 Trailing arbutus  
 Wall germander  
 Wood sorrel

*Gastrointestinal System*  
 Blue flag iris  
 Chamomile  
 Chicory  
 Closed gentian  
 English pennyroyal  
 Fennel  
 Flax

Goldenseal  
 Ground ivy  
 Hyssop  
 Lemon verbena  
 Peppermint  
 Plantain  
 Speedwell  
 Star anise  
 Tansy  
 Wild geranium  
 Wild ginger  
 Wintergreen  
 Yellowroot

*Gout*  
 Autumn crocus  
 Buttercup  
 Chicory  
 Wall germander  
 Wild strawberry

*Headache*  
 Morning glory

*Heart and Circulatory System*  
 Fennel  
 Foxglove  
 Garlic  
 Ginseng  
 Lily-of-the-valley  
 Periwinkle  
 Pot marigold  
 Rosemary  
 Wood sorrel

*HIV*  
 Iceland moss  
 Peppermint  
 Pot marigold  
 Self-heal

*Insect Repellent*  
 American pennyroyal  
 Wormwood

*Laxatives or Emetics*  
 Aloe vera  
 Birdfoot violet  
 Blue flag iris

Blue lobelia  
 Boneset  
 Chicory  
 Flax  
 Horehound  
 Hyssop  
 May apple

*Liver*  
 Chicory  
 Closed gentian  
 Hepatica

*Malaria*  
 Box  
 Lemon verbena

*Musculoskeletal System*  
 Bloodroot  
 Comfrey  
 Jack-in-the-pulpit  
 Morning glory  
 Wall germander  
 Wintergreen

*Narcotic/Analgesic*  
 Opium poppy

*Obstetrics and Gynecology*  
 American pennyroyal  
 Bee balm  
 Blue cohosh  
 Chamomile  
 English pennyroyal  
 Goldenseal  
 Lady's mantle  
 Parsley  
 Partridge berry  
 Red clover  
 Red trillium  
 Saffron crocus  
 Sage  
 Wild ginger  
 Yarrow

*Respiratory System*  
 American pennyroyal  
 Blue violet  
 Bloodroot  
 Boneset  
 Borage  
 Butterfly weed  
 Coltsfoot  
 Comfrey  
 Cowslip  
 Great mullein  
 Ground ivy  
 Hepatica  
 Horehound

Hyssop  
 Iceland moss  
 Jack-in-the-pulpit  
 Lavender  
 Lungwort  
 Maidenhair fern  
 Milkweed  
 Plantain  
 Red clover  
 Seneca snakeroot  
 Speedwell  
 Sweet violet  
 Thyme  
 Wall germander  
 Wild ginger

*Sedatives and Painkillers*  
 Chamomile  
 Cowslip  
 Morning glory  
 Opium poppy  
 Passion flower  
 Valerian  
 Yellow lady's slipper

*Skin, Hair, and Scalp*  
 Aloe vera  
 Borage  
 Blue flag iris  
 Blue lobelia  
 Buttercup  
 Chickweed  
 Cinquefoil  
 English pennyroyal  
 Goldenseal  
 Maidenhair fern  
 Peppermint  
 Pot marigold  
 Red clover  
 Rosemary  
 Scarlet pimpernel  
 Speedwell  
 Star of Bethlehem  
 Wild strawberry

*Snakebite*  
 Closed gentian  
 Seneca snakeroot

*Syphilis*  
 Blue flag iris  
 Blue lobelia  
 Box  
 Cardinal flower

*Teeth, Gums, and Mouth*  
 Chamomile  
 Cinquefoil  
 Pellitory

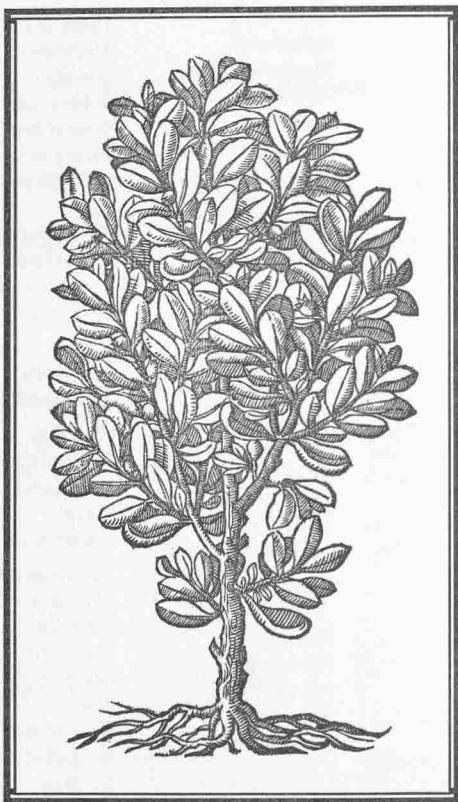
Sage  
 Wild geranium  
 Yellowroot

*Throat and Mucous Membranes*  
 Cowslip  
 Goldenseal  
 Ground ivy  
 Iceland moss  
 Red trillium  
 Sage  
 Scarlet pimpernel  
 Spiderwort  
 Wall germander  
 Wild geranium

*Urinary Tract*  
 Pipsissewa  
 Trailing arbutus

*Vermifuge*  
 Cardinal flower  
 Horehound  
 Tansy  
 Wormwood

*Wounds and Infections*  
 Aloe vera  
 Bee balm  
 Bloodroot  
 Blue flag iris  
 Boneset  
 Chamomile  
 Cinquefoil  
 Comfrey  
 Dandelion  
 English pennyroyal  
 Fennel  
 Garlic  
 Goldenseal  
 Great mullein  
 Lady's bedstraw  
 Lady's mantle  
 Lavender  
 Parsley  
 Peppermint  
 Plantain  
 Pot marigold  
 Rosemary  
 Self-heal  
 St. John's wort  
 Thyme  
 Wintergreen  
 Wood sorrel  
 Yarrow



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ABOVE: *Buxus*, Buxaceae (boxwood family), 1636;  
COVER: *Lavandula*, Lamiaceae = Labiatae (mint family), 1597;  
TITLE PAGE: *Hypericum*, Clusiaceae = Guttiferae (St. John's wort  
family), 1636. All illustrations are from the 1597 or 1636  
edition of Gerarde's *Herball* in the Trent Collection.



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