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
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
Rosmary
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 bed straw
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
Blue lobelia
Boneset
Chicory
Flax
Horehound
Hyssop
May apple
Liver
Chicory
Closed gentian
Heptica
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
Heptica
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 ladyslipper
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 bed straw
Lady's mantle
Lavender
Parsley
Peppermint
Plantain
Pot marigold
Rosemary
Self-heal
St. John's wort
Thyme
Wintergreen
Wood sorrel
Yarrow