

## Medicinal Plants in the MMS Hortus Medicus

	Botanical Name	Common Name	Medicinal Use/Properties
	<i>*Pink Rows are Not Currently Growing in the Garden as of 6/1/17</i>		
1	<i>Achillea millefolium</i>	Yarrow	to induce blood clotting internally and externally
2	<i>Agapanthus africanus</i>	Agapanthus	to increase uterine smooth muscle contraction et al.
3	<i>Alcea rosea</i>	Hollyhock	to treat respiratory and inflammatory disorders
4	<i>Alchemilla vulgaris</i>	Lady's Mantle	to control diarrhea and to stop bleeding
5	<i>Allium cepa</i>	Onion	similar to garlic and rich in vitamins B-1, B-2, and C
6	<i>Allium sativum</i>	Garlic	antibiotic, lowers the blood pressure, blood sugar et al.
7	<i>Aloe Vera</i>	True Aloe	leaf gel to treat superficial wounds and skin infections
8	<i>Althea officinalis</i>	True Marshmallow	syrup made from root to treat coughs and throat irritation
9	<i>Anchusa officinalis</i>	Bugloss	root preparations used to raise phlegm
10	<i>Anethum graveolens</i>	Dill	to relieve indigestion in adults and colic in babies
11	<i>Angelica archangelica</i>	Angelica	root preparations to improve peripheral circulation
12	<i>Antirrhinum majus</i>	Snapdragon	to lower fever and reduce inflammation
13	<i>Apium graveolens</i>	Celery	to calm nervous system; anti-spasmodic and a sedative
14	<i>Aquilegia canadensis</i>	Columbine	diuretic, astringent, and analgesic for headache relief
15	<i>Artemisia vulgaris</i>	Mugwort	? medicinal value; natural insect repellent of moths
16	<i>Asarum europaeum</i>	European Ginger	to induce vomiting
17	<i>Asclepias tuberosa</i>	Butterfly Weed	estrogens; cardiac glycosides similar to <i>Digitalis purp.</i>

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18	<i>Asclepias incarnata</i>	Butterfly Weed	similar to <i>A. tuberosa</i> ; used to treat bronchitis
19	<i>Asclepias speciosa</i>	Showy Milk Weed	latex applied to warts to cure them
20	<i>Asperula odorata</i>	Sweet Woodruff	research suggest that it my have anti-arthritis properties
21	<i>Baptisia australis</i>	Blue False Indigo	to induce vomiting; poultices to relieve toothe ache
22	<i>Baptisia tinctoria</i>	Wild Indigo	to reduce inflammation associated with arthritis
23	<i>Borago officinalis</i>	Borage	leaves, diuretic, flowers cause sweating to reduce fever
24	<i>Calamintha ascendens off.</i>	Mountain Balm	to induce sweating thereby lowering fever
25	<i>Calendula officinalis</i>	Pot Marigold	antiseptic: prevents infection in burns and skin wounds
26	<i>Catharanthus roseus</i>	Madagascar Periwinkle	source of 4 chemotherapeutic agents, see <i>Vinca roseus</i>
27	<i>Chamaemelum nobile</i>	Roman Chamomile	to relieve gastric distress from over eating
28	<i>Chamomilla recutita</i>	German chamomile	dry flower tea is anti-fungal, anti-allergenic, anti-inflam.
29	<i>Chelidonium majus</i>	Celandine Poppy	used externally to treat eczema; many other uses
30	<i>Chrysanthemum parthenium</i>	Feverfew	reduces fever; effective treatment for MIGRAINE
31	<i>Colchicum speciosum</i>	Autumn Crocus	source of COLCHICINE for the treatment of gout
32	<i>Convollaria majalis</i>	Lily-of-the-valley	contains cardiac glycosides similar to <i>Digitalis purpurea</i>
33	<i>Dianthus anaticus</i>	Dianthus	preparations made from flowers are markedly diuretic
34	<i>Dictamnus albus</i>	Gas Plant	diuretic, relaxes GI tract, expells intestinal parasites

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35	<i>Digitalis ambigua</i>	Perennial Foxglove	cardiac glycosides similar to those of <i>Digitalis purpurea</i>
36	<i>Digitalis lanata</i>	Grecian Foxglove	to treat chronic congestive heart failure DIGOXIN
37	<i>Digitalis lutea</i>	Straw Foxglove	cardiac glycosides similar to those of <i>Digitalis purpurea</i>
38	<i>Digitalis mertonensis</i>	Strawberry Foxglove	cardiac glycosides similar to those of <i>Digitalis purpurea</i>
39	<i>Digitalis penstemon</i>	Foxglove Beard Tongue	Native Americans used it to treat chills and fever
40	<i>Digitalis purpurea</i>	Common Foxglove	cardiac glycosides were first identified in this plant
41	<i>Echinacea purpurea</i>	Purple Coneflower	? stimulates the immune system to fight viral infections
42	<i>Eschscholzia californica</i>	Golden Poppy	Sedative, analgesic, antispasmodic
43	<i>Foeniculum vulgare</i>	Fennel	diuretic and as an antispasmodic it relieves bloating
44	<i>Fragaria vesca</i>	Wild Strawberry	diuretic and used as a gargle to relieve sore throats
45	<i>Geranium robertianum</i>	Herb Robert	tea used to treat tuberculosis
46	<i>Helianthus annuus</i>	Common Sunflower	leaf poultices used to treat snake and insect bites
47	<i>Helichrysum italicum</i>	Curry	essential oils from flowers are used in aroma therapy
48	<i>Hepatica acutiloba</i>	Sharp Lobed Hepatic	preparations used to treat liver and digestive ailments
49	<i>Hepatica nobilis</i>	Round Lobed Hepatica	same as above but medicinal value not proven
50	<i>Hibiscus sabdariffa</i>	Hibiscus	astringent, diuretic and aphrodisiac
51	<i>Humulus lupulus</i>	Hops	antiseptic, antibacterial and anti-spasmodic
52	<i>Hypericum perforatum</i>	St. John's Wort	anti-viral; ? of value in the treatment of mild depression
53	<i>Hyssopus officinalis</i>	Hyssop	to treat respiratory ailments and aid in digestion

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54	<i>Inula helenium</i>	Elecampane	to treat respiratory infections and to aid in digestion
55	<i>Iris cristata</i>	Crested Dwarf Iris	tea to treat hepatitis and an ointment to treat skin ulcers
56	<i>Iris germanica</i>	German Iris	root preparations used in cough remedies
57	<i>Laurus nobilis</i>	Bay Laurel	to treat upper digestive track disorders
58	<i>Lavendula officinalis</i>	English Lavender	aroma therapy to to treat agitation, anxiety & insomnia
59	<i>Levisticum officinale</i>	Lovage	to treat edema, indigestion & to prevent kidney stones
60	<i>Liatris spicata</i>	Gayfeather	in a cough syrup to treat persistent cough
61	<i>Malva sylvestris</i>	High Mallow	to treat digestive and urinary tract disorders
62	<i>Marrubium vulgare</i>	Horehound	to treat the cough of chronic or acute bronchitis
63	<i>Melissa officinalis</i>	Lemon Balm	research shows that it combats herpes simplex virus
64	<i>Mentha piperita</i>	Peppermint	to relieve mild headache, pain, and bowel spasm
65	<i>Monarda didyma</i>	Bee Balm	contains THYMOL a fungicide used in dentistry
66	<i>Nepeta cataria</i>	Catnip	chewing leaves relieves headaches
67	<i>Nicotiana silvestris</i>	Nicotiana	a very effective biodegradable insecticide
68	<i>Ocimum basilicum</i>	Sweet Basil	to alleviate flatulence and counteract poisonings
69	<i>Oenothera biennis</i>	Evening Primrose	to treat exzema and other allergic skin disorders
70	<i>Paeonia officinalis 'Alba'</i>	White Medicinal Peony	Greeks & Romans made preparations of roots to induce
71	<i>Paeonia officinalis 'Mollis'</i>	Soft Medicinal Peony	menstruation and extrude the placenta following birth.
72	<i>Paeonia officinalis 'Rosea'</i>	Pink Medicinal Peony	Chinese made preparations from roots to treat menstrual

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73	<i>Paeonia officinalis 'Rubra'</i>	Red Medicinal Peony	disorders and to relieve the symptoms of menopause
74	<i>Paeonia suffruticosa 'Renkaku'</i>	White Tree Peony	root skin used to make "Yin" sedative preparations
75	<i>Papaver rhoeas</i>	Flanders Poppy	opiates in 1/10 the concentration in <i>Papaver somniferum</i>
76	<i>Papaver somniferum</i>	Opium Poppy	opiates: Morphine, Codeine, Thebaine et al.
77	<i>Passiflora incarnata</i>	Passion Flower	dried flowers/ fruits used to make sedative preparations
78	<i>Physalis alkekengi</i>	Chinese Lantern	to induce diuresis & treat kidney and bladder stones
79	<i>Podophyllum peltatum</i>	May Apple	ETOPOCIDE to treat testicular and other carcinomas
80	<i>Polemonium caeruleum</i>	Jacob's Ladder	to treat skin conditions and lung conditions e.g. pleurisy
81	<i>Prunella vulgaris</i>	Self Heal	to treat herpes simplex and genital herpes
82	<i>Pulmonaria officinalis</i>	Lungwort	to treat chronic bronchitis and asthma
83	<i>Rheum officinale</i>	English Rhubarb	laxative
84	<i>Ricinus communis 'rubra'</i>	Castor Bean Plant	CASTOR OIL extracted from seeds used as a laxative
85	<i>Rosa gallica officinalis</i>	Apothecary Rose	aroma therapy; Rx sore throats and skin rashes
86	<i>Rosa rugosa</i>	Wrinkled Rose	hips: the most concentrated source of Vit. C in nature
87	<i>Rosmarinus officinalis</i>	Rosemary	leaves have COX-2 inhibitors that inhibit tumor growth
88	<i>Rudbeckia hirta</i>	Black-Eye-Susan	to treat parasitic infestations such as pinworm
89	<i>Ruta graveolens</i>	Rue	to stimulate bleeding and induce abortion
90	<i>Salvia lyrata</i>	Lyre-Leaf Sage	diaphoretic and a mild laxative
91	<i>Salvia officinalis</i>	Sage	estrogen effects are beneficial in Rx of menopause

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92	<i>Salvia sclarea</i>	Clary sage	stimulates estrogen production in Rx of menopause
93	<i>Sanguisorba officinalis</i>	Salad Burnett	taken orally to control bleeding resulting from trauma
94	<i>Scilla siberica</i>	Siberian Squill	to induce vomiting; a diuretic used in Rx of heart failure
95	<i>Sedum purpureum</i>	Sedum Live Forever	used to Rx ulcers, lung disorders, and control diarrhea
96	<i>Sempervivum tectorum</i>	Hen-and-Chicks	used in Rx of burns, skin wounds and skin infections
97	<i>Silphium perfoliatum</i>	Cup Plant	to lower fever by inducing sweating
98	<i>Solidago canadensis</i>	Golden Rod	leaf tea used to relieve the symptoms of G.I. disorders
99	<i>Stachys officinalis</i>	Betony	sedative; anti-microbial & anti-inflammatory properties
100	<i>Stachys byzantina</i>	Lamb's Ears	uses are similar to those of <i>Stachys officinalis</i>
101	<i>Symphytum officinale</i>	Comfrey	used in ointments in the treatment of psoriasis
102	<i>Tagetes petula</i>	French Marigold	leaf used in ointment to treat burns and inflammation
103	<i>Tanacetum vulgare</i>	Tansy	used as insect repellent in hospital linens
104	<i>Taraxacum officinale</i>	Dandelion	diuretic; used externally to treat eczema
105	<i>Teucrium chamaedrys</i>	Germander	contains anti-microbial properties; lowers cholesterol
106	<i>Thymus vulgaris</i>	Thyme	powerful disinfectant used in the practice of dentistry
107	<i>Thymus citriodorus</i>	Lemon Thyme	to flavor oral preparations; used in sleep pillows
108	<i>Tropaeolum majus</i>	Nasturtium	edible flowers and leaves high in Vitamin C content
109	<i>Vaccinium angustifolium</i>	Low Bush Blueberry	fruit contains anthocyanosides, powerful anti-oxidants
110	<i>Valeriana officinalis</i>	Valerian	to relieve stress, anxiety, to induce sleep

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111	<i>Verbascum thapsus</i>	Mullein	flowers, leaves used to treat sore throats & bronchitis
112	<i>Veronica officinalis</i>	Speedwell	a diuretic and an expectorant
113	<i>Vinca roseus</i>	Madagascar Periwinkle	source of Vincristine, Vinblastine, Vindesine, Vinorelbine
114	<i>Viola tricolor</i>	Johnny-jump-up	an expectorant and a diuretic
115	<i>Waldsteinia fragarioides</i>	Barren Strawberry	to induce labor and to regulate menstruation
116	<i>Zingiber officinale</i>	Ginger	to prevent motion sickness and to relieve vertigo
117	<i>Spilanthes acmella</i>	Electric daisy	topical pain reliever such as toothache