

TEACHING HERB GARDEN: MEDICINAL PLANT LIST

Introduction: For thousands of years plants have been used to treat human ailments. Many of our prescription drugs have been developed from plant sources. Scientists continue to do research on other plants for possible use in treating diseases. The New England Unit presents, for purely educational purposes, examples and general information on medicinal plants. We do not advise or endorse the use of medicinal plants. Please note that the information in this chart is by no means complete or comprehensive. Because a plant has been labeled as an herb does not mean that it is safe to consume. Many herbs are highly toxic and some interact adversely with prescribed medications. We strongly recommend that anyone who might consider using medicinal plants first consult with their physicians.

Common Name	Botanical Name	Uses
Aloe	<i>Aloe vera</i>	Leaves used externally for burns, dermatitis. Used internally for gastro intestinal problems. Not given in pregnancy.
Arnica	<i>Arnica Chamissonis</i>	Had been used for heart ailments but ruled unsafe in USA.
Autumn Crocus	<i>Colchicum autumnale</i>	Can relieve pain and reduce inflammation but also is highly toxic.
Balloon Flower	<i>Platycodon grandiflorus</i>	Used for upper respiratory ailments.
Black Cohosh	<i>Cimicifuga racemosa (syn. Actaea racemosa)</i>	Used for whooping cough, asthma, female complaints, head aches, depression. Not safe for pregnant women.
Black Horehound	<i>Ballota nigra</i>	Used for motion sickness, female problems, respiratory ailments.
Blackberry Lily	<i>Belamcanda chinensis</i>	Used for sore throats, coughs. Not used in pregnancy.
Blue Lobelia	<i>Lobelia siphilitica</i>	Native Americans used to treat syphilis.
Catnip	<i>Nepeta cataria</i>	Used for colds and fevers, digestive upsets, as a rub for arthritis.
Chaste Tree	<i>Vitex agnus-castus</i>	Used for female disorders.
Clary Sage	<i>Salvia sclarea</i>	Used for vomiting, poor appetite, removing foreign bodies in the eye.
Coltsfoot	<i>Tussilago farfara</i>	Used for coughs, asthma, whooping cough. Externally for skin disorders, insect bites. Not used during pregnancy.
Creeping Thyme	<i>Thymus serpyllum</i>	Used for upper respiratory ailments. Gaseous indigestion, colic and hangovers. Not used during pregnancy.
Feverfew	<i>Tanacetum parthenium</i>	Used for headaches, reduce fevers, arthritis. Externally for insect bites, bruising. Not used during pregnancy. Leaves may cause dermatitis and mouth ulcers.
Foxglove, Grecian	<i>Digitalis lanata</i>	Used for heart ailments but highly toxic if eaten. For use by professional practitioners only. Leaves can be confused with comfrey.

Foxglove	<i>Digitalis purpurea</i>	Used for heart ailments but highly toxic if eaten. For use by professional practitioners only. Leaves can be confused with comfrey.
Foxglove	<i>Digitalis x mertonensis</i>	Used for heart ailments but highly toxic if eaten. For use by professional practitioners only. Leaves can be confused with comfrey. This is the perennial form.
Garden Thyme	<i>Thymus vulgaris</i>	Used for upper respiratory ailments, gastritis, diarrhea. Not used in pregnancy.
German Chamomile	<i>Matricaria recutita</i>	Used to calm upset stomach. Used externally for wounds and burns.
Ginseng	<i>Panax quinquefolius</i>	Used in Asian medicine to treat "yin" deficiency
Herb Robert	<i>Geranium robertianum</i>	Used to treat gastro intestinal ailments.
Lady's Mantle	<i>Alchemilla vulgaris</i>	Used for female ailments. Externally used for sores and minor injuries.
Lemon Balm	<i>Melissa officinalis</i>	Used internally for nervous complaints; externally for cold sores, insect bites, as insect repellent.
Marsh Mallow	<i>Althea officinalis</i>	Leaves and roots used for inflammation of the digestive tract, excess mucous. Externally used for boils, abscesses, skin irritations.
Motherwort	<i>Leonurus cardiaca</i>	Used for heart palpitations, female problems. Not given to pregnant women.
Pennyroyal	<i>Mentha pulegium</i>	Used to ease indigestion, feverish colds, skin irritations. Not for pregnant women.
Peony	<i>Paeonia 'Rosea plena'</i>	Used in the past for epilepsy, convulsions, whooping cough. For use by qualified professional only.
Peppermint	<i>Mentha x piperita</i>	Used as a decongestant for upper respiratory ailments, indigestion, ringworm.
Pineapple Mint	<i>Mentha suaveolens</i>	Used as a mild tea for indigestion.
Poppy	<i>Papaver orientale (not somniferum)</i>	Example of the shape and form of somniferum poppy -source of narcotic medicine. Somniferum is illegal to grow.
Purple Coneflower	<i>Echinacea angustifolia</i>	Used by Native Americans to treat wounds.
Purple Coneflower	<i>Echinacea purpurea</i>	Used to stimulate the immune system to treat chronic infections, slow healing wounds, beginnings of common cold.
Queen of the Meadow	<i>Filipendula ulmaria</i>	Used to treat heartburn, gastritis, peptic ulcers, dysentery, flu. Source of salicylic acid (aspirin).
Sage	<i>Salvia officinalis</i>	Used for indigestion, gas, profuse perspiration. Toxic in excess or if used too long.

Sage, Berggarten	<i>Salvia officinalis 'Berggarten'</i>	Used for indigestion, gas, profuse perspiration. Toxic in excess or if used too long.
Selfheal	<i>Prunella vulgaris</i>	Used internally for excessive bleeding; externally for sores, burns, bruises.
Southernwood	<i>Artemisia abrotanum</i>	Used for female problems, de-worming, digestive problems, hair loss..
St. John's Wort	<i>Hypericum perforatum</i>	Used internally for mental ailments such as depression; externally for burns, bruises, injuries. Incompatible with some prescribed medications.
Strawberry, Alpine	<i>Fragaria vesca</i>	Used for digestive problems, gout, sunburns.
Valerian	<i>Valeriana officinalis</i>	Used for insomnia, anxiety, muscle cramps. Externally for skin disorders. Contraindicated when using other sedative drugs or antidepressants.
White Horehound	<i>Marrubium vulgare</i>	Used for respiratory ailments.
Wild Senna	<i>Cassia marilandica</i>	Used for constipation.
Witch Hazel	<i>Hamamelis virginiana</i>	Used to treat gastro intestinal ailments and women's problems
Plant list compiled by Jane O'Sullivan for the New England Unit of the Herb Society of America. 9/06		
Reference: Brown, Deni. <i>The Herb Society of America New Encyclopedia of Herbs & Their Uses</i> . New York: Dorling Kindersley Ltd., 2001.		