

COWBRIDGE PHYSIC GARDEN

MEDICINAL BEDS

Compiled by Gillian Griffiths

WARNING

Many of the medicinal plants in the Garden are mildly poisonous or can cause allergic reactions

No plants should be used for medicinal purposes other than by qualified homeopaths and herbalists

WELCOME TO COWBRIDGE PHYSIC GARDEN

The Physic Garden is located within the Old Hall grounds in the centre of Cowbridge and is bounded on its south side by the medieval town wall.

In the mid eighteenth century the Edmondes family acquired Old Hall, a house fronting the High Street, improved the house and developed the gardens. Records show that in the nineteenth century the walled enclosure in the south-east corner of the gardens was formally laid out with beds and paths, a layout which suggests an earlier origin. This is where the Physic Garden has been created, its formal design echoing the pattern of earlier centuries.

After the departure of the Edmondes family from Old Hall in the 1920s the Physic Garden site became, successfully, a kitchen garden for Cowbridge Grammar School and a tree nursery for the Local Authority. Neglected for many years thereafter, by the end of the twentieth century it was an overgrown wilderness. Its transformation into the Physic Garden has been the work of the Cowbridge Physic Garden Trust, a charitable body set up to carry forward a project initiated by the South and Mid Glamorgan Branch of the Welsh Historic Gardens Trust. Clearance of the site began early in 2005. Landscaping and construction work started in August 2005 and was completed in August 2006. Planting began in September 2006 and will continue for some time to come. This is a garden in progress which needs time to develop and mature.

The layout and content of the garden are typical of the eighteenth century, incorporating the formal, the functional (not only medicinal, but also culinary, perfumery, cosmetics and dyestuffs) and the aesthetic. Only plants found in Britain before 1800 are included in the garden.

Twelve central beds are devoted to plants which, over many centuries, have had medicinal properties attributed to them, and some of which have a recognized medicinal value today. Each of these beds contains plants specific to a part of the body or a particular illness and each bed is appropriately labeled (e.g. Kidneys, Eyes, Nerves, Lungs etc.).

In the areas around the perimeter of the garden the emphasis is on colour and fragrance, but here again the medicinal and 'soothing' value of the plants is recognised. Fruit trees include apple, pear, walnut, quince and mulberry. The vines trained against the walls were a gift from Cowbridge's twin town of Clisson.

The tranquil atmosphere of the Physic Garden is enhanced by the central fountain. Seats in the pavilions and alongside the paths enable visitors to enjoy the Garden at leisure.

The Physic Garden opened on 1st October 2006. It is open every day except Christmas day and for special events. Admission is free.

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BONES

ESGYRN

ANGELICA Angelica archangelica Talfedel

Other names: THE HOLY GHOST HERB.

The plant was named after St. Michael the Archangel who appeared to a monk to announce the herb as a cure for the plague. Culpeper claimed it was used for rotten teeth, rabid dog bites and resisted poisons by defending and comforting the heart, blood and spirits. Used as a flavouring for chartreuse and its glassy green stems candied and used for cake decorations. Used medicinally for rheumatism and as a bath for rheumatic pain.

BORAGE Cichorium intybus Ysgellog

Other names: STARFLOWER: BEE BREAD

Used traditionally for rheumatism and rheumatoid arthritis.

CHICORY Borago officinalis Tafod y Fuwch

Relieves rheumatism.

COMFREY Symphytum officinalis Llysiâu'r Cwlwm

Other names: KNIT-BONE: BRUISEWORT: ALL HEAL: JOINT TOGETHER.

Culpeper stated that if bones 'be boiled with dissevered pieces of flesh in a pot, it will join them together again' - why one should do this is not known. Mends bones, fractures, ruptures and bruises.

COWSLIP Primula veris Briallu Mair

Other names: KEY FLOWER: HERB PETER: ST. PETER'S KEYS: OUR LADY'S BUNCH OF KEYS; GALLIGASKINS: PAIGLE: PALSYWORT

Relieves arthritis

DANDELION Taraxacum officinalis Dant y Llew

Other names: BLOWBALL: PRIESTS CROWN: PISS-A-BED.

The name comes from 'dens leonis' - a lion's tooth - which refers to the shapes of the leaves. The earliest medicinal mention in Europe was made by the Physicians of Myddfai in the 13th century. Chronic joint complaints and rheumatoid arthritis

DYER'S GREENWOOD Genista tinctoria Melynog y Waun

Other names: WOOD WAXEN

A yellow dye has been made from the plant since Roman times and used to dye fabrics. Mixed with *Isatis tinctoria* (woad) it produced Lincoln Green as worn by Robin Hood. Used medicinally for rheumatism and externally for fractured bones.

ELECAMPANE Inula helenium Marchalan

Relieves pains in the joints.

ECHINACEA Echinacea purpurea Echinacea

Other names: CONEFLOWER: PURPLE CONEFLOWER.

Used to relieve arthritis.

RED CLOVER **Trifolium pretense** **Meillionen Goch**

Other names: BEE BREAD.

A four leaf clover will bring good luck but a five leaf clover will bring riches for life! It maintains bone density and aids calcium storage in bones.

ROSEMARY **Rosmarinus officinalis** **Rhosmari**

Relieves rheumatism and arthritis.

SAGE **Salvia officinalis** **Saets**

Relieves arthritis.

SOAPWORT **Saponaria officinalis** **Sebonllys**

Other names: BOUNCING BET: TUMBLING TED: BRUISEWORT: FULLER'S HERB.

Used as early as the 8th C BC to make soap for washing and for washing cloth. Medicinally used to relieve arthritis.

SOLOMON'S SEAL**Polygonatum multiflorum** **Dagron Job**

Other names: see list in CHILDBIRTH.

Said to heal broken bones.

STRAWBERRY (WILD) **Fragaria vesca** **Mefusen y Goedwig**

Used for rheumatism.

VERVAIN (WILD) **Verbena officinalis** **Briw'r March**

Other names: PIGEON'S GRASS: SIMPLERS JOY: DIVINE WEED.

It made people 'very pleasant, and made merry more jocularly.' Small cuts could be healed by using a vervain leaf as a plaster . Helped relieve rheumatism.

YARROW **Achillea millefolium** **Milddail**

Other names: NOSE BLEED: MILFOIL: THOUSAND LEAF: STAUNCH GRASS: CARPENTER'S PLANT: OLD MAN'S PEPPER: SOLDIER'S WOUNDWORT.

Cured rheumatism and arthritis.

COMFREY

Symphytum officinalis



CHILDBIRTH

GENEDIGAETH

ALE COST **Tanacetum balsamita** **Mintys Mair**

Eases the pain of childbirth.

AQUILEGIA **Aquilegia vulgaris** **Blodau'r Sipsi**

Other names: COLUMBINE: GRANNY'S BONNETS

Helps 'delivery in childbirth'. (Culpepper)

BORAGE **Borago officinalis** **Tafod y Fuwch**

Other names: STARFLOWER: BEE BREAD.

'floures in sallads to exhilarate and make the minde glad' (Gerard) The flowers are still used in drinks and the leaves have a slight taste of cucumber. Stimulates mother's milk.

CHAMOMILE **Chamaemelum nobile** **Camri**

Other names: ROMAN CHAMOMILE

Morning sickness and painful menstruation. Used as an uterine stimulant.

CLARY SAGE **Salvia sclarea**

Menstrual problems and during pregnancy. Helps to expel the afterbirth.

COMFREY **Symphytum officinalis** **Llyisiau'r Cwlwm**

Other names: See list in BONES.

It was claimed that leaves of comfrey in bathwater would restore virginity. Cured sore breasts during lactation.

CORIANDER **Coriandrum sativum** **Brwysgedlys**

Other names: CHINESE PARSLEY: CILANTRO.

One of the world's oldest herbs, its seeds were found in ancient Egyptian tombs Part of the ingredients in gripe water for babies.

DILL **Anethum graveolens** **Llys y Gwewyr**

Promotes milk in nursing mothers.

ECHINACEA **Echinacea purpurea** **Echinacea**

Other names: CONEFLOWER: PURPLE CONEFLOWER.

Native Americans used this plant as a 'cure-all'. It's Greek name means hedgehog or sea urchin. Taken for pelvic inflammatory disease and VD.

ELECAMPANE **Inula helenium** **Marchalan**

Other names: HORSEHEAL SCABWORT

Cured diseases of the breast.

FENNEL **Foeniculum vulgare** **Ffenigl**

Increases milk flow in nursing mothers.

FEVERFEW **Tanacetum parthenium** **Wermodwen**

Helps expel the placenta after childbirth.

GERANIUM **Geranium maculatum** **Pig yr Aran**

Other names: AMERICAN CRANESBILL: WILD GERANIUM ALUMROOT:
SPOTTED GERANIUM

Native American tribes used it as a First Aid herb. Medicinally used for excessive menstruation, vaginal infections and VD

GOAT'S RUE **Galega officinalis** **Llys Llaeth**

Other names: FRENCH LILAC

Increases milk flow in both women and animals!

LADY'S MANTLE **Alchemilla vulgaris** **Mantell Fair**

'Women with large breasts, causing them to grow less.' (Culpeper) A drink was made which helped conception and to retain a birth. Medicinally used to relieve symptoms of the menopause and excessive menstruation, also for vaginal infections. Was an aphrodisiac.

LAVENDER (ENGLISH) **Lavandula angustifolia** **Lafant**

Stimulates the peripheral circulation and uterus.

LEMON BALM **Melissa officinalis** **Gwenyddail**

Other names: HONEY LEAF: BEE LEAF: BEE HERB: MELISSA: BALM.

'It causeth the mind and heart to become merry and driveth away all troublesome cares and thoughts' (Culpeper) Tonic for post childbirth and depression.

POT MARIGOLD **Calendula officinalis** **Melyn Mair**

Other names: MARY'S GOLD.

Menstrual problems. Balances the female reproductive system and has oestrogen action which regulates hormones in the male and female body.

MARJORAM **Origanum vulgare** **Penrhudd**

Other names: WILD MARJORAM: JOY OF THE MOUNTAINS: OREGANO: WIND MARJORAM: EASTWARD MARJORAM: GROVE MARJORAM.

Effective against 'venomous beasts' and fleas and accidental poisoning! Stimulates the uterus and relieves painful menstruation.

MILK THISTLE **Silybum marianum** **Ysgall Mair**

Other names: OUR LADY'S MILK THISTLE: BLESSED MILK THISTLE: HOLY THISTLE.

The variegated leaves were supposed to represent the Virgin Mary's milk. Increases the milk flow in nursing mothers.

PARSLEY **Petroselinum hortense** **Persli**

Parsley wine is an aphrodisiac. It also stimulates the uterus and increases milk in nursing mothers.

PURPLE LOOSESTRIFE **Lythrum salicaria** **Llysiâu'r Milwr Coch**

Other names: GRASS-POLY

Excessive menstruation.

SAGE Salvia officinalis Saets

Relieves hot flushes during menopause and reduces oestrogen loss. Cures vaginal infections and suppresses lactation.

SOLOMON'S SEAL Polygonatum multiflorum Dagrau Job

Other names: JACOB'S LADDER: DAVID'S HARP: VAGABOND'S FRIEND.

A classical medicinal herb used in China in 1st century AD Used for fertility and to increase milk flow.

SOUTHERNWOOD Artemesia abrotanum Chwerwlys

Other names: BOY'S LOVE: LAD'S LOVE: OLD MAN: MAIDEN'S RUIN: APPLE RINGIE: KISS IN MY CORNER.

Has aphrodisiac qualities. Uterine stimulant and helps menstrual flow and relieves menstrual pain.

SPEARMINT Mentha spicata Mintys Ysbigog

Other names: GARDEN MINT: LAMB MINT.

'Stirs up venery and bodily lust.' (Culpeper). Represses the milk in womens' breasts. Relieves menstrual problems.

ST. JOHN'S WORT Hypericum perforatum Eurinllys Trydwl

Other names: BALM OF THE WARRIOR'S WOUND: ROSE OF SHARON: AARON'S BEARD

If a childless wife walked naked to pick St. Johns Wort, she would conceive within a year. Used for irregular menstruation, menopausal disturbances, and PMT.

TANSY Tanacetum vulgare Tanclys

'Let those women that desire children love this herb, it is their best companion, their husbands excepted (Culpeper) The plant was said to grow profusely where rabbits abound! Medicinally used to stimulate the uterus, to cure failure to menstruate and could also be used for abortions.

WILD THYME Thymus serpyllum Gruw Breckland

Other names: MOTHER OF THYME: CREEPING THYME.

'Comforts and strengthens the head, stomach and womb.' (Culpeper) Relieves painful menstruation, mastitis and causes uterine contractions.

VERVAIN Verbena officinalis Briw'r March

Other names: PIGEON'S GRASS: SIMPLERS JOY: DIVINE WEED.

Increases lactation and stimulates the uterus.

DIGESTION

ORGANAU TREULIADOL

ALEECOST Tanacetum balsamita Mintys Mair

Other names: COSTMARY BIBLELEAF.

The aromatic herb was once used as a fragrant bookmaker. A tea was made to ease stomach cramps and the pain of childbirth.

BERGAMOT Monarda didyma

Other names: OSWEGO TEA : BEE BALM.

This herb was used by the Oswego Indians from Lake Ontario to make a herbal tea. Medicinally it benefits digestion, cures minor digestive complaints and colic.

CHAMOMILE Chamaemelum nobile Camri

Other names: ROMAN CHAMOMILE: CAMOMILE.

It was used as a strewing herb in medieval days. Beatrix Potter's Peter Rabbit took chamomile tea after over indulging on Mr McGregor's radishes.

The herb is mainly used for digestive disorders.

CHICORY Cichorium intybus Ysgellog

Other names: SUCCORY

It was grown as a vegetable in Roman times and is still grown as a winter vegetable in Europe. It was also used to make coffee. Aids digestion and cleans the blood.

COMFREY Symphytum officinalis Llysiau'r Cwlwm

Other names: See list in BONES.

It was and is grown for fodder and as composting material. Used for gastric ulcers and irritable bowel syndrome.

ECHINACEA Echinacea purpurea Echinacea

Clears digestive upsets.

FENNEL Foeniculum vulgare Ffenigl

Probably brought into Britain by the Romans as a medicine for indigestion and to flavour food. Relieves digestive problems and helps lose weight.

FEVERFEW Tanacetum parthenium Wermodwen

Brought into Britain by medieval herbalists. It was used as a remedy for headaches but its properties were forgotten until the 1970s when a doctor's wife from Cardiff found it cured her migraines and reported it.

Used for indigestion, stomach upsets and colic.

HEARTSEASE **Viola tricolor** **Trilliw**

Other names: HERB OF TRINITY: THREE FACES IN A HOOD: LOVE IN IDLENESS: FULL ME TO YOU: PANCIES: BIDDY'S EYES: LADY'S DELIGHT: CUPID'S DELIGHT: JOHNNY JUMP-UP: TITTLE MY FANCY: LOVE INVAIN: KISS BEHIND THE GARDEN DOOR: JUMP UP AND KISS LOVE: WILD PANSY.

All such romantic names, but this flower was also used as a cure for the French pox! Also said to mend a broken heart. Eases vomiting and indigestion (a lot less romantic).

HORSERADISH **Armoracia rusticana** **Rhuddygl Poeth**

Horseradish was originally used as a medicinal plant and it was not until the 16th century that it was used for flavouring. Improves digestion and helps prevent food poisoning.

HYSSOP **Hyssopus officinalis** **Isop**

A tonic on the digestive system.

LAVENDER (ENGLISH) **Lavandula angustifolia** **Lafant**

The name comes from the Latin 'lavare' to wash. It was used in the few soaps available in medieval days but as people rarely washed, they used it instead as a perfume and to strew amongst linen. Used medicinally to relieve colic, flatulence and indigestion.

LEMON BALM **Melissa officinalis** **Gwenyddail**

Other names: see list in CHILDBIRTH.

Lemon balm tea has a calming effect and 'chase away melancholy.' Also said to 'revive patients from death.' used to improve digestion, lack of appetite and relieve digestive disorders.

LILY OF THE VALLEY **Convallaria majalis** **Clych Enid**

Other names: CONVAL LILY: MALE LILY: LILY CONFANCY: LIRICON FANCY: OUR LADY'S TEARS.

The name derives from its natural habitat. Lily of the Valley water was so valued that it was stored in vessels of gold or silver. Relieved vomiting.

LOVAGE **Levisticum officinalis** **Llwfach**

In medieval days, Lovage was associated with love potions and aphrodisiacs. Benefits digestion, relieves indigestion, colic, flatulence and poor appetite.

POT MARIGOLD **Calendula officinalis** **Melyn Mair**

It was used as a hair dye in the mid 16th century and as a poor man's saffron to colour and flavour food, dye fabrics and for cosmetics. Medicinally it relieved inflamed digestive tract and stomach ulcers.

MARSHMALLOW **Althaea officinalis** **Hocys y Morfa**

Originally used to make soft pastilles for throat infections, eventually used to make marshmallows. It was also recommended that teething babies chew on the root (scrubbed!) to find relief. It also drew out splinters. Used for digestive disorders and weight loss.

MILK THISTLE **Silybum marianum** **Ysgall Mair**

Other names: See list in CHILDBIRTH.

'The best remedy that grows against all melancholy diseases.' (Gerard) Stimulates appetite and aids digestion.

EYES

LLYGAID

BERGAMOT **Monarda didyma**

Other names: OSWEGO TEA: BEE BALM.

Relieves sore eyes.

BISTORT **Persicaria bistorta** **Llys y Neidr**

syn. Polygonum bistorta

Other names: ENGLISH SERPENTARIA: SNAKEWEED: EASTER LEDGES.

The English names come from the snake-like rhizomes. Removes inflammation of the eyes.

BORAGE **Borago officinalis** **Tafod y Fuwch**

Other names: STARFLOWER: BEE BREAD.

Relief for sore eyes.

BROAD BEAN **Vicia faber** **Ffaen**

Relieves swollen eyes.

CARAWAY **Carum carvi** **Carwas**

'Helps to sharpen the eyesight' (Culpeper)

CARROT (WILD) **Daucus carota** **Moronen y Maes**

Important vegetable since classical times for medicines, fodder and food.

Contains large amounts of vitamin A and if eaten regularly would improve vision, especially at night.

CHAMOMILE **Chamaemelum nobile** **Camri**

Used as an eye wash.

CLARY SAGE **Salvia sclarea** **Llygad Crist**

Other names: CLEAR EYE: EYE SEED: CHRIST'S EYE: CLARY

Seed soaked in water forms a thick mucilage used to remove grit and dust from the eye.

CORNFLOWER **Centaurea cyanus** **Penlas yr Ŷd**

Other names: RAGGED SAILOR: CORN BLUEBOTTLE: SULTAN'S FLOWER: HURTSICKLE: BACHELOR'S BUTTONS.

Stems said to be so hard they blunted harvest sickles. Used for treating corneal ulcers, conjunctivitis and as an eyewash.

ELECAMPANE **Inula helenium** **Marchalan**

'Roots beaten and put into ale and drunk daily clears, strengthens and quickens the sight of the eyes wonderfully.' (Culpeper).

FENNEL **Foeniculum vulgare** **Ffenigl**

Used as an eye wash.

FLAX **Linum usitatissimum** **Llin Amaeth**

Other names: FLAXSEED: LINSEED

Clears eye problems.

GREATER CELANDINE Chelidonium majus Dilwydd

Other names: KILL WART: WART FLOWER: SWALLOW WORT.

It was claimed that swallows used the juice of the celandine to feed their young and improve their eyesight. 'One of the best cures for the eye.' (Culpeper).

HOREHOUND Marrubium vulgare Llwyd y Cŵn

Other names: WHITE HOREHOUND: COMMON HOREHOUND.

One of the five bitter herbs traditionally eaten at Passover. 'The juice thereof with wine and honey, helps to clear the eyesight.' (Culpeper)

IRIS (YELLOW FLAG) Iris pseudacorus Iris Felen

'Distilled water of the whole herb , flowers and roots , is a sovereign good remedy for watering eyes .' (Culpeper)

LAVENDER (ENGLISH) Lavandula angustifolia Lafant

Dimness of sight.

LILY OF THE VALLEY Convallaria majalis Clych Enid

Other names: see list in DIGESTION.

'The distilled water dropped into the eyes, helps inflammations there.'(Culpeper) The fragrance was said to help the nightingale to choose a mate.

LOVAGE Levisticum officinalis Llwfach

Aids the eyes.

POT MARIGOLD Calendula officinalis Melyn Mair

Used for inflamed and sore eyes.

MARJORAM Origanum vulgare Penrhudd

Other names: see list in CHILDBIRTH.

Used for inflammation and watering eyes.

PARSLEY Petroselinum hortense Persli

'The leaves of parsley laid to the eyes that are inflamed with heat and swollen.'(Culpeper)

Used for eye complaints and conjunctivitis.

PASQUE FLOWER Pulsatilla vulgaris Blodyn y Pasg

Other names: EASTER FLOWER

A green dye from the plant was used to paint Easter eggs. Used to treat eye conditions including diseases of the retina and glaucoma. POISONOUS WHEN FRESH.

PURPLE LOOSESTRIFE Lythrum salicaria Llyisiau'r Milwr Coch

Other names: GRASS-POLLY

'No better cure for sore eyes' (Culpeper). He also claimed it would cure blindness.

RIBWORT PLANTAIN Plantago lanceolata Llwyn Lidydd

Other names: SOLDIERS: FIGHTING COCKS: RIBWORT

Has similar properties to Greater Plantain (Plantago major) – used to treat eye inflammations and conjunctivitis.

ROSEMARY Rosmarinus officinalis Rhosmari

Other names: HERBY GRASS: HERB OF GRACE.

'The decoction thereof in wine, helps the cold distillations of rheum into the eyes' and to 'clear dim sight.' (Culpeper)

HEART AND BLOOD

CALON A GWAED

BORAGE **Borago officinalis** **Tafod y Fuwch**

Other names: STARFLOWER BEE BREAD.

Used for bruises, swellings and to lower blood pressure.

BUGLE **Ajuga reptans** **Glesyn y Coed**

Other names: MIDDLE CONFOUND: MIDDLE COMFREY: BROWN BUGLE:SICKLEWORT: HERB CARPENTER

'Wounds, bruises and taken after injury stops bleeding. Also for hangover.' (Culpeper)
Used as a heart tonic.

CATMINT **Nepeta cataria** **Mintys y Gath**

Other names: CATNIP.

If the root is chewed, it will make the meekest person fierce and quarrelsome. Stimulates blood circulation.

COMFREY **Symphytum officinalis** **Llysiâu'r Cwlwm**

Other names: See list in BONES.

Controls bleeding and bruises.

ECHINACEA **Echinacea purpurea** **Echinacea**

Lymphatic system and dilates peripheral blood vessels.

FLAX **Linum usitatissimum** **Llin Amaeth**

Seeds are very high in Omega 3. Reduces cholesterol, blood pressure and thrombosis and used to treat a variety of heart problems

FOXGLOVE **Digitalis purpurea** **Bysedd y Cŵn**

Other names: GOBLINS: WITCHES THIMBLES: SNOXUMS: OUR LADY'S GLOVES: DEAD MENS FINGERS: FOX FINGERS: ELF GLOVES: FAIRY FLOWERS.

All heart complaints and wounds.

FOXGLOVE (STRAW) **Digitalis lutea**

Digitalis lutea has similar properties to Digitalis purpurea and Digitalis lanata which are both grown commercially for the pharmaceutical industry. Digitalis lutea is rarely used. Useful in treating all heart complaints.

FOXGLOVE (WOOLLY) **Digitalis lanata**

Other names: GRECIAN FOXGLOVE.

Same properties as the ordinary foxglove, but stronger.

ENGLISH LAVENDER **Lavandula angustifolia** **Lafant**

'Helpe the panting and passion of the heart.' (Gerard) Lowers blood pressure, relieves palpitations and giddiness. Also used as a sedative.

GERANIUM **Geranium maculatum** **Pig yr Aran**

Other names: AMERICAN CRANESBILL: WILD GERANIUM: ALUMROOT: SPOTTED GERANIUM.

Stops bleeding and haemorrhage and bleeding piles.

GREATER CELANDINE Chelidonium majus Dilwydd

Other names: KILL WART: WART FLOWER: SWALLOW WORT.
For all blood disorders.

HEARTSEASE Viola tricolor Trilliw

Other names: See BONES

Traditionally used to mend a broken heart. For the treatment of blood complaints, blood purification and to reduce blood pressure.

HOREHOUND Marrubium vulgare Llwyd y Cŵn

Normalizes irregular heartbeat, dilates arteries and stops palpitations.

LEMON BALM Melissa officinalis Gwenyddail

'Revives patients from death.' 'Revives the heart, faintings and swoonings.' (Culpeper)

LILY OF THE VALLEY Convallaria majalis Clych Enid

Other names: See list in DIGESTION

Cardiac tonic, angina and all heart problems.

NASTURTIUM Tropaeolum majus Meri a Mari

Improves circulation of the blood.

PAEONY Paeonia officinalis

Relieves haemorrhoids and treatment for varicose veins. Constricts blood vessels.

PARSLEY Petroselinum hortense Persli

Stimulates circulation of the blood and cures anaemia.

PERIWINKLE Vinca Minor Perfagl

Other names: LESSER PERIWINKLE: SORCERER'S VIOLET: DICKY DILVER: CUT FINGER.

A condemned man wore garlands of periwinkle on his way to the gallows. Used medicinally for haemorrhage, heavy menstruation, nosebleeds, stops any bleeding.

POPPY (OPIUM) Papaver somniferum Cwsglys

Used medicinally to treat angina.

POPPY (FIELD) Papaver rhoeas Pabi Coch

Other names: CORN ROSE.

The poppy denoted fertility. It was used as a mild sedative.

POT MARIGOLD Calendula officinalis Melyn Mair

Improves blood circulation, relieves varicose veins and bruises.

PURPLE LOOSESTRIFE Lythrum salicaria Llysiâu'r Milwr Coch

Stops haemorrhage.

ROSEMARY **Rosmarinus officinalis** **Rhosmari**

'The flowers and conserve made of them are singularly good to comfort the heart.'
(Culpeper). Improves circulation, particularly to the head.

SAGE **Salvia officinalis** **Saets**

Stops bleeding.

SKULLCAP **Scutellaria lateriflora**

Other names: MAD DOG SKULLCAP VIRGINIAN SKULLCAP.

Used by native American tribes to cure rabies. Relieves palpitations.

WILD STRAWBERRY **Fragaria vesca** **Mefusenyn Goedwig**

'To cool the blood.' 'The water of the Berries carefully distilled is a sovereign remedy ...
in the panting and beating of the heart.' (Culpeper) 'Exceedingly good to cool the blood.'
(Culpeper)

TANSY **Tanacetum vulgare** **Tanclys**

'All fluxes of blood in men and women if the green herb is worn in the shoes. Stays also
the spitting and vomitting of blood.' (Culpeper)

THYME (COMMON)) **Thymus vulgaris** **Teim**

'All fluxes of blood in men and women if the green herb is worn in the shoes. Stays also
the spitting and vomitting of blood. (Culpeper)

VALERIAN **Valeriana officinalis** **Triaglog**

Other names: COMMON VALERIAN: GARDEN HELIOTROPE.

It was used to cure epilepsy in the middle ages and also as an aphrodisiac.
Lowers blood pressure and relieves palpitations.

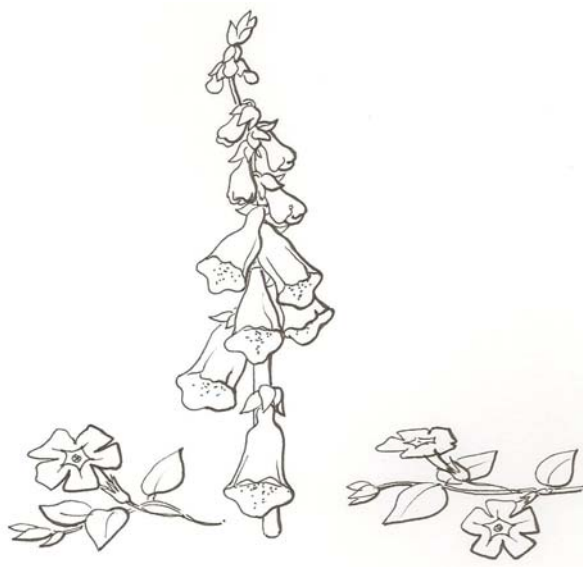
VERVAIN **Verbena officinalis** **Briw'r March**

Other names: PIGEON'S GRASS: SIMPLER'S JOY: DIVINE WEED

Treatment of heart diseases.Used as a diuretic

FOXGLOVE *Digitalis purpurea*

PERIWINKLE *Vinca minor*



INFECTIONS

CLEFYDAU HEINTUS

AQUILEGIA Aquilegia vulgares Blodau'r Sipsi

Other names: COLUMBINE: GRANNY'S BONNETS

'Opens obstructions of the liver, jaundice and delivery in childbirth.' (Culpeper). Drives out measles and smallpox.

CATMINT Nepeta cataria Mintys y Gath

Coughs, colds and influenza.

CHAMOMILE Chamaemelum nobile Camri

Chamomile is an anti inflammatory herb for feverish illnesses, fever and the ague.

CHICORY Cichorium intybus Ysgellog

Cures infections and syphilis.

CHIVES Allium schoenoprasum Cennin Syfi

Other names: RUSH LEAVES: CIVES: CIVET: SWETH

To treat infections.

ECHINACEA Echinacea purpurea Echinacea

Other names: PURPLE CONEFLOWER.

Clears the lymphatic system; resists infections of all kinds including meningitis, influenza, herpes, diphtheria, cholera, glandula fever and allergies.

ELECAMPANE Inula helenium Marchalan

Acts on bacterial and fungal infections, stimulates the immune system, clears coughs and whooping cough.

ERYNGO Eryngium planus

Whooping cough, fevers, fits and chills. Infections of the urinary tract.

FLAX Linum usitatissimum Llin Amaeth

Coughs, colds, gastritis, enteritis, colitis, kidney infections and bolsters the entire immune system.

JACOB'S LADDER Polemonium caeruleum

Anti syphilitic, and for treatment of rabies, dysentery and fevers.

LADIES MANTLE Alchemilla mollis Mantell Fair

For treatment of gastroenteritis and to heal inflamed wounds.

LAVENDER (COTTON) Santolina chamaecyparissus Llwyn Cotymog

Other names: HOLY FLAX

Grown since classical times and a popular plant in 16th century knot gardens. Effective anti inflammatory. Taken for poisons putrefaction and bites from venomous beasts.

LAVENDER (ENGLISH) Lavandula angustifolia Lafant

For the treatment of chest infections, diphtheria and typhoid.

LEMON BALM Melissa officinalis Gwenyddail

Used to treat colds, flu, mumps, herpes and fever.

PAEONY Paeonia officinalis

Whooping cough convulsions.

PARSLEY Petroselinum hortense Persli

Plague and fever, liver and kidney infections bladder skin and eye infections.

PLANTAIN (GREATER) Plantago major Llwynhidydd Mawr

Other names: COMMON PLANTAIN: GREATER PLANTAIN: RAT TAIL PLANTAIN: WHITE MAN'S FOOT.

This plant is said to appear in every country where Englishmen have settled. Reduces acute infections of lung and urinary tract and clears ear infections.

SAGE Salvia officinalis Saets

Used against hepatitis and chest infections.

ST. JOHN'S WORT Hypericum perforatum Eurinllys Trydwl

Other names: See list in childbirth Antiseptic and anti viral it was used for preventing infection in wounds lung infections stomach and urinary infections and is being researched as potentially useful for treating HIV and viral hepatitis.

SWEET CICELY Myrrhis odorata Cegiden Bêr

Other names: GARDEN MYRRH: SWEET CHERVIL.

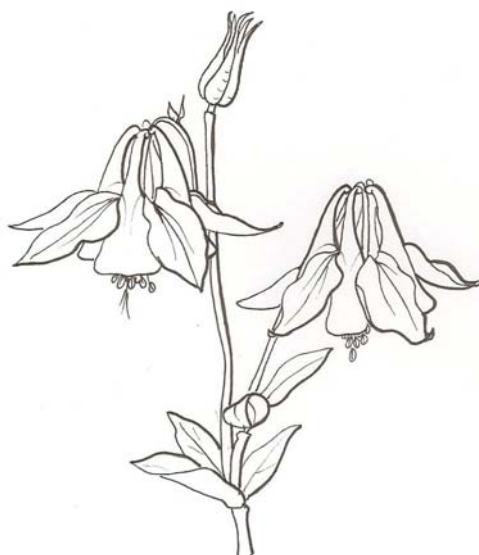
'Preservation from the plague.' (Culpeper) Is an antiseptic used for soothing and healing wounds.

WALLFLOWERS Erysimum cheiri Blodyn y Fagwr

Other names: WINTER GILLIFLOWERS: BLOODY WARRIORS

Cures fits of ague.

AQUILEGIA *Aquilegia vulgaris*



KIDNEYS

ARENNAU

BETONY Stachys officinalis **Cribau San Ffraid**

Other names: BISHOPSWORT: WOOD BETONY

'Preserved the bodies of men from epidermical diseases and from witchcraft also.'
(Culpeper). Was used for a cure for 47 different complaints.
Recommended for kidney and liver complaints.

BORAGE Borago officinalis **Tafod y Fuwch**

Used to relieve urinary problems.

BUGLE Ajuga reptans **Glesyn y Coed**

Other names: see list in HEART AND BLOOD.

Slight laxative and diuretic.

WILD CARROT Daucus carota **Moronen y Maes**

Is a diuretic and cures kidney conditions and bladder problems.

CHAMOMILE Chamaemelum nobile **Camri**

Cures bladder, liver and kidney problems, and irritable bowel syndrome.

CHICORY Cichorium intybus **Ysgellog**

Other names: SUCCORY

Used as a diuretic and to stop fluid retention.

CORN COCKLE Angrostemma githago **Bulwg yr Yd**

Used as a diuretic and cured dropsy (water retention).

CORNFLOWER Centaurea cyanus **Penlas yr Yd**

Other names: RAGGED SAILOR: CORN BLUEBOTTLE: SULTAN'S FLOWER:
HURTSICKLE: BACHELOR'S BUTTONS.

Cornflowers were found in Tutankhamun's tomb in Luxor dated 1550 BC.
It was used medicinally as a diuretic.

COWSLIP Primula veris **Briallu Mair**

Other names: KEY FLOWER: HERB PETER: ST. PETER'S KEYS: OUR LADY'S
BUNCH OF KEYS; GALLIGASKINS: PAIGLE: PALSYWORT

'Opens the passages of urine.' (Culpeper)

DANDELION Taraxacum officinalis **Dant y Llew**

Other names: BLOWBALL PRIEST'S CROWN: PISS-A-BED.

A diuretic and mild laxative.

DYER'S GREENWEED Genista tinctoria

Other names: WOOD WAXEN Used as a diuretic and purgative.

ELECAMPANE Inula helenium **Marchalan**

Other names: HORSEHEAL SCABWORT.

Used as a diuretic and to cure kidney stones.

FLAX **Linum usitatissimum** **Llin Amaeth**

Kidney infections and cystitis

HEARTSEASE **Viola tricolor** **Trilliw**

Other names: See list in DIGESTION

Relieves urinary complaints, removes toxins from the system and for general healing .

HOLLYHOCK **Alcea rosea** **Hocysen Fendigaid**

Other names: OUTLANDISH ROSE: ROSE ULTRAMARINA

Diuretic and treatment of Cystitis

HOUSELEEK **Sempervivum tectorum** **Llyisiau Pen Tai**

Other names: HENS & CHICKS: SUNGREEN: THOR'S BEARD: JUPITER'S BEARD:

THUNDER FLOWER

A diuretic and purgative

LADY'S BEDSTRAW **Galium verum** **Briwydden Felen**

Other names: CHEESE RENNET: YELLOW BEDSTRAW.

Once used to stuff mattresses and to colour and flavour cheese. A diuretic and used to treat kidney disease and bladder and urinary complaints.

LOVAGE **Levisticum officinalis** **Llwfach**

Taken to reduce kidney stones for kidney complaints and as a diuretic.

MARJORAM **Origanum vulgare** **Penrhudd**

Other names: See list in CHILDBIRTH

'Good for those who cannot make water.' (Culpeper)

MULLEIN **Verbascum thapsis** **Pannog Melyn**

Other names: See list in LUNGS.

A mild diuretic taken to cure kidney and urinary problems.

NASTURTIUM **Tropaeolum majus** **Meri a Mari**

Used medicinally for urinary complaints and as a diuretic.

PARSLEY **Petroselinum hortense** **Persli**

Kidney and bladder infections and is a strong diuretic.

PURPLE LOOSESTRIFE **Lythrum salicaria** **Llyisiau'r Milwr Coch**

Dysentery and sever cystitis

ROSEMARY **Rosmarinus officinalis** **Rhosmari**

Used as a diuretic.

SAGE **Salvia officinalis** **Saets**

'Provokes urine' (Culpepper) and relieves fluid retention.

SCABIUS Knautia arvensis **Clafrllys**

Other names: FIELD SCABIUS: LADY'S PINCUSHION: BLUE BONNETS: MOURNFUL WIDOW: POOR WIDOW: BLACKAMOR'S BEAUTY: EGYPTIAN ROSE: BLUE BUTTONS.

Traditionally believed that to pick the flower would cause the Devil to appear at the picker's bedside. Mildly diuretic.

SKULLCAP Scutellaria lateriflora

Stimulates the kidneys.

SOAPWORT Saponaria officinalis **Sebonllys**

Other names: See list in BONES.

A diuretic and laxative.

SPEARMINT Mentha spicata **Mintys Ysbigog**

Other names: GARDEN MINT; LAMB MINT

Used as a diuretic

WILD STRAWBERRY Fragaria vesca **Mefusen y Goedwig**

A diuretic and for diarrhoea

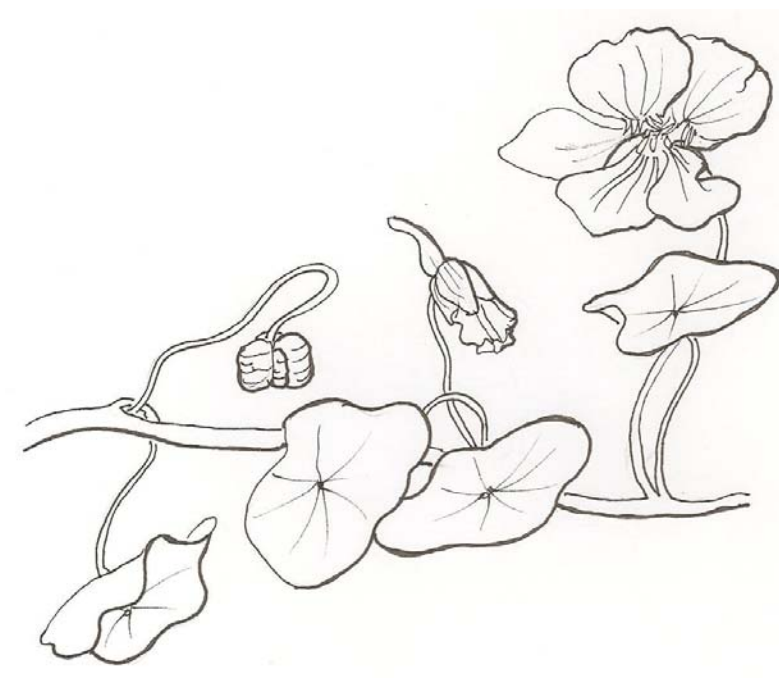
VERVAIN Verbena officinalis **Briw'r March**

Used as a diuretic

VIPER'S BUGLOSS Echium vulgare **Glas y Graean**

'Against the biting of the viper and all other venomous beasts and serpents.' 'Eases the pain in the loins, back and kidneys.' (Culpeper). A diuretic and helps expel toxins

NASTURTIUM *Tropaeolum majus*



LIVER

AFU

ALKANET Anchusa officinalis

Used to treat yellow jaundice and conditions of the spleen.

BETONY Stachys officinalis Cribau San Ffraid

Other names: BISHOPSWORT: WOOD BETONY.

Helps cure liver and gall bladder complaints.

CALAMINT Calamintha ascendens Erbin Cyffredin

Other names: MOUNTAIN MINT COMMON CALAMINT

'Opens obstructions of the liver and spleen (Culpeper)'

CARDOON Cynara cardunculus

The name is derived from the flower head bracts which are supposed to resemble dogs teeth. 'They provoke lust.' (Culpeper). Used medicinally for chronic liver and gall bladder diseases, jaundice and hepatitis.

CHAMOMILE Chamaemelum nobile Camri

Used for liver and kidney problems.

CHICORY Cichorium intybus Ysgellog

Other names: SUCCORY

To cure liver complaints and to clean the blood of toxins.

CORNFLOWER Centaurea cyanus Penlas yr Ŷd

Other names: RAGGED SAILOR: CORN BLUEBOTTLE: SULTAN'S FLOWER: HURTSICKLE: BACHELOR'S BUTTONS.

Cornflowers were found in Tutankhamun's tomb in Luxor dated 1550 BC.

Treatment for liver conditions, jaundice and gall bladder.

DANDELION Taraxacum officinalis Dant y Llew

Other names: BLOWBALL: PRIESTS CROWN: PISS-A-BED.

Used in the treatment of jaundice, hepatitis and liver disorders.

GREATER CELANDINE Chelidonium majus Dilwydd

'Opens obstructions of the liver.' (Culpeper). It was thought that the juice of the Greater Celandine being bright yellow would cure the yellow jaundice. An anti inflammatory herb that improves bile flow and cures hepatitis.

HEMP AGRINOMY Eupatoria cannabinum Byddon Chwerw

Other names: PURPLE BONESET: TRUMPET SEED: PURPLE THOROUGHWORT

Cure for jaundice.

LIVERLEAF Hepatica nobilis

Other names: KIDNEYWORT: LIVERWORT.

Hepatica comes from the Greek word for liver and refers to the shape and colour of the leaves. 'It fortifies the liver exceedingly and makes it impregnable.' (Culpeper) Also a mild liver tonic.

LUNGS

YSGYFAINT

BERGAMOT **Monarda didyma**

Other names: OSWEGO TEA: BEE BALM.

Used for bronchial catarrh, to lower fever and lung infections.

BETONY (WOOD) **Stachys officinalis.** **Cribau SanFfraid**

'For all sorts of coughs or colds, wheezing or shortness of breath, distillations of thin rheum upon the lungs, which causes consumptions.' (Culpeper). Upper respiratory tract complaints and catarrh.

BORAGE **Borago officinalis** **Tafod y Fuwch**

Relieves lung infections, and respiratory infections.

CUCKOO FLOWER **Cardamine pratensis** **Blodyn y Gog**

Other names: LADY'S SMOCK: MILKMAIDS: MEADOW CRESS.

Arrests spasms and encourages productive coughing, relieves asthma.

DAISY **Bellis perennis** **Llygad y Dydd**

Other names: COMMON DAISY: MEASURE OF LOVE: POET'S DARLING.

Coughs and excess mucus.

ECHINACEA **Echinacea purpurea** **Echinacea**

Other names: CONEFLOWER: PURPLE CONEFLOWER.

Colds, influenza, coughs, asthma and respiratory infections.

ELECAMPANE **Inula helenium** **Marchalan**

Medicinally used for TB, coughs bronchitis pneumonia, whooping cough, pleurisy and all respiratory diseases.

FLAX **Linum usitatissimum** **Llin Amaeth**

Other names: FLAXSEED: LINSEED.

Controls coughing, colds, chronic bronchial complaints, pleurisy.

FOXGLOVE **Digitalis purpurea** **Bysedd y Cŵn**

Other names: See list in HEART AND BLOOD.

'Clenses and purges the body of tough phlegm.' (Culpeper) also for coughs.

HEARTSEASE **Viola tricolor** **Trilliw**

Other names: See list in DIGESTION.

'A gallant remedy for inflammation of the lungs and pleurisy.' (Culpeper) Used also for asthma, bronchitis and whooping cough.

HOLLYHOCK **Alcea rosea** **Hocysen Fendigaid**

Made into a cough syrup and also to treat diseases of the respiratory tract and coughs.

HYSSOP **Hyssopus officinalis** **Isop**

Has a tonic effect on bronchial systems, coughs, colds, bronchitis, Upper tract infections and congestion and coughs in children.

LAVENDER (ENGLISH) **Lavandula angustifolia** **Lafant**

Chest infections, bronchial complaints and tuberculosis.

LEMON BALM Melissa officinalis Gwenyddail

Other names: HONEY LEAF: BEE LEAF: BEE HERB: MELISSA: BALM

Used to relieve catarrhal congestion.

LIQUORICE Glycyrrhiza glabra Llaethwyg

Other names: SWEET ROOT:

Coughs, respiratory infections, asthma and congestion of the lungs,

LOVAGE Levisticum officinalis Llwfach

'Helps the pleurisy (Culpeper). Also used for bronchial catarrh.

LUNGWORT Pulmonaria officinalis Llys yr Ysgyfaint

Other names: JERUSALEM COWSLIP: SOLDIERS & SAILORS: JOSEPH AND MARY.

Classical example of doctrine of signatures of the 16th and 17th centuries - the mottled leaves suggested diseased lungs and could be used to treat that complaint. 'Helps the diseases of the lungs and for coughs, wheezings and shortness of breath, which cures both man and beast.' (Culpeper).

Used for bronchitis, asthma, catarrh, coughs in tuberculosis and for obstructed airways.

MULLEIN Verbascum thapsis Pannog Melyn

Other names: CANDLEWICK HERB: BLANKET HERB: TORCHES: ADAM'S FLANNEL: AARON'S ROD JACOB'S STAFF: JUPITER'S STAFF PETER'S STAFF: VIRGIN MARY'S CANDLE: HAG'S TAPER.

Soothes and lubricates tissues. Bronchial problems, coughs, whooping cough, asthma, influenza and respiratory catarrh.

PLEURISY ROOT Asclepias tuberosa

Other names: BUTTERFLY WEED: MILK WEED: SILK WEED.

Mainly used for treating pleurisy, bronchitis and pneumonia.

PRIMROSE Primula vulgaris Briallu Cyffredin

Respiratory tract infections and bronchitis.

SOAPWORT Saponaria officinalis Sebonllys

Other names: See list in BONES.

Taken to ease bronchial congestion.

SOLOMON'S SEAL Polygonatum multiflorum Dagrau Job

Other names: See list in CHILDBIRTH.

Tuberculosis, dry coughs and bleeding lungs.

SORREL Rumex acetosa (crispus) Suran y Cŵn

Other names: CURLED DOCK: YELLOW DOCK

Dry cough, sore throat and laryngitis.

SWEET VIOLETS Viola odorata Fioled Ber

Other names: GARDEN VIOLETS

This flower is sacred to Aphrodite, the goddess of love. Used for respiratory disorders, bronchitis, asthma, whooping cough, catarrh and throat infections.

THROATWORT Campanula trachelium Clychlys danadl

Other names: NETTLE-LEAVED BELLFLOWER

Treatment for sore throats and tonsillitis.

THYME(COMMON) Thymus vgaris Teim

‘Purges the body of phlegm and excellent remedy for shortness of breath, neither is there a scarcer better remedy for that disease of children commonly called the chin-cough‘ (Culpeper). Controls dry coughing, whooping cough, bronchitis, bronchial catarrh and asthma.

LUNGWORT *Pulmonaria officinalis*



NERVES

NERVAU

BETONY (WOOD) **Stachys officinalis** **Cribau San Ffraid**

Used medicinally for all nervous afflictions, including headaches, neuralgia, debility and nervous tension and anxiety.

BORAGE **Borago officinalis** **Tafod y Fuwch**

Other names: STAR FLOWER: BEE BREAD

Mild sedative and anti depressant. Romans called it '*the plant that cheers*'.

Other names: BLACK HELLEBORE

BROAD BEAN **Vicia faber** **Ffaen**

Used for sciatica and Parkinsons.

CATMINT **Nepeta cataria** **Mintys y Gath**

Calming and sedative effect, treats excitability, nervous indigestion and stress related problems (even in cats!)

CHRISTMAS ROSE **Helleborus niger** **Pelydr Du**

Other names: BLACK HELLEBORE: SETTERWORT :BEAR'S FOOT

'Black' refers to the colour of the roots and was used to cure madness in classical times. Its use for nervous disorders is said to have arisen when a Greek shepherd noticed its effect on his goats. 'Effective against all melancholy diseases,' (Culpeper). Nervous and mental disorders, insanity and falling sickness (epilepsy).

CORIANDER **Coriandrum sativum** **Llysiau'r Cwlwm**

Other names: CHINESE PARSLEY: CILANTRO.

Nervous disorders.

COWSLIP **Primula veris** **Briallu Mair**

Other names: See list in MUSCLES & GLANDS.

Neuralgia and as a sedative.

ECHINACEA **Echinacea purpurea** **Echinacea**

Anti inflammatory, meningitis.

FENNEL **Foeniculum vulgare** **Ffenigle**

Anti depressant.

FEVERFEW **Tanacetum parthenium** **Wermodwen**

To treat headaches, migraines and sciatica.

GARLIC **Allium sativum** **Garlleg**

Other names: DEVIL'S POSY

A cure-all herb, an aphrodisiac and can even draw moles out of the ground! Tonic for nervous debility.

HEARTSEASE **Viola tricolor** **Trilliw**

Other names: See list in DIGESTION.

Convulsions in children and epilepsy.

LADY'S MANTLE **Alchemilla mollis** **Mantell Fair**

In the middle ages dew was collected from the leaves and it was believed it could turn base metal into gold. Mild sedative.

LAVENDER (ENGLISH) **Lavandula angustifolia** **Lafant**

Neuralgia, sedative, anxiety, stress and depression.

LEMON BALM **Melissa officinalis** **Gwenyddail**

Said to be able to revive patients from death. Also helps with headaches, restlessness, relieves stress and anxiety, nervous disorders and depression, alzheimers and dementia.

MEADOWSWEET **Filipendula ulmaria** **Erwain**

Other names: QUEEN OF THE MEADOW: DROPWORT: BRIDEWORT.

Meadowsweet was the original source of aspirin and not willow as is commonly thought. 'It makes the heart merrie and joyful and delighteth the senses'. (Gerard) An effective painkiller and used for headaches.

PAEONY **Paeonia officinalis**

Taken to relieve epilepsy and convulsions.

PASQUE FLOWER **Pulsatilla vulgaris** **Blodyn y Pasg**

Other names: EASTER FLOWER

Used as a sedative and to relieve neuralgia, irritability and depression and for nervous exhaustion.

POPPY (OPIUM) **Papaver somniferum** **Cwsglys**

Contains morphine and codeine and made into opium. Culpeper advocated taking feverfew to counteract too much opium! used as a sedative, to relieve pain, for shock and headaches.

ROSEMARY **Rosmarinus officinalis** **Rhosmari**

Aids memory and concentration, relieves tension, depression and fatigue and used as a nerve tonic.

RUE **Ruta graveolens** **Rhuw**

Alleviates hysteria, neuralgia, epilepsy and vertigo.

SAGE **Salvia officinalis** **Saets**

Is a calmative herb which fortifies a debilitated nervous system, relieves stress and fatigue and helps improve memory.

SCARLET PIMPERNEL **Anagallis arvensis** **Llys y Cryman**

Other names: POOR MAN'S WEATHERGLASS: SHEPHERD'S SUNDIAL: JOHN-GO-TO- BED-AT-NOON: WINK A PEEP.

'It purges the head.' (Culpeper). used to treat depression, epilepsy and to cure madness.

SWEET VIOLET **Viola odorata** **Fioled Ber**

Other names: GARDEN VIOLETS

It is a slight sedative and relieves anxiety and insomnia.

WILD THYME **Thymus serpyllum** **Grew Breckland**

Sciatica, headaches and nervous afflictions.

VALERIAN **Valeriana officinalis** **Triaglog**

Used for the relief of nervous tension, stress, epilepsy, anxiety, hysteria and migraine. Taken as a sedative and antidepressant.

SKIN, NAILS AND HAIR

CROEN EWINEDD A GWALLT

BERGAMOT **Monarda didyma**

To bring out measles pustules and for skin eruptions and skin problems.

BORAGE **Borago officinalis** **Tafod y Fuwch**

Dry skin and bruises. Soothes irritated and damaged tissues, and can be used instead of Evening Primrose oil for skin conditions.

CATMINT **Nepeta cataria** **Mintys y Gath**

Applied to rashes from measles and chicken pox; cuts, scalds, bruises and scalp irritations.

COMFREY **Symphytum officinalis** **Llysiau'r Cwlwm**

Other names: See list in BONES.

Psoriasis eczema and sores.

COWSLIP **Primula veris** **Briallu Mair**

Other names: See list in MUSCLES and GLANDS.

Used externally for sunburn, skin blemishes and to hinder wrinkles.

ECHINACEA **Echinacea purpurea** **Echinacea**

Prevents sun damage to skin, heals wounds and applied to acne and boils.

ELECAMPANE **Inula helenium** **Marchalan**

'Root boiled well in vinegar, beaten afterwards, and made into an ointment with hog's suet is an excellent remedy for scabs and itch in young and old.' (Culpeper) Skin infections, a wash for skin inflammation and varicose ulcers.

EVENING PRIMROSE **Oenothera biennis** **Melyn yr Hwyr**

Used medicinally for skin ulcers, dermatitis, acne, eczema, brittle nails, dry skin and itchy skin disorders.

FEVERFEW **Tanacetum parthenium** **Wermodwen**

Used externally for insect bites and bruising.

FLAX **Linum usitatissimum** **Llin Amaeth**

Medicinally used for swellings, burns, abscesses, boils, ulcers, eczema and skin problems in general.

FOXGLOVE **Digitalis purpurea** **Bysedd y Cŵn**

Other names: See list in HEART AND BLOOD

Sores, skin ulcers and wounds.

HEARTSEASE **Viola tricolor** **Trilliw**

Other names: see DIGESTION

Reduces itching and relieves eczema, psoriasis, acne, bruising and broken capillaries.

HERB ROBERT **Geranium robertianum** **Llys y Llwynog**

Other names: BIRD'S EYE: POOR ROBIN: ROBIN HOOD.

Named after Robin Goodfellow, another name for Puck. 'Heals all green wounds and old ulcers in the privy parts.' (Culpeper) Externally used for skin eruptions and wounds.

HOUSELEEK **Sempervivum tectorum** **Llysiau Pen Tai**

Other names: HENS AND CHICKS: SUNGREEN: THOR'S BEARD: JUPITER'S BEARD: THUNDER FLOWER.

Soothes shingles stings, bites, burns and cuts and other skin complaints.

LAVENDER (ENGLISH) **Lavandula angustifolia** **Lafant**

Lavender is an antiseptic herb and is used for cuts, bites, stings, sunburn, burns, cold sores, head lice and all skin complaints.

LADIES MANTLE **Alchemilla mollis** **Mantell Fair**

Eases acne, sores and skin rashes.

LILY OF THE VALLEY **Convallaria majalis** **Clych Enid**

Other names: CONVAL LILY: MALE LILY: LILY CONFANCY: LIRICON FANCY: OUR LADY'S TEARS: MAY LILY.

Ointment good for ulcers, burns and scalds. Melyn Mair

LUNGWORT **Pulmonaria officinalis** **Llys yr Ysgyfaint**

Other names: JERUSALEM COWSLIP: SOLDIERS & SAILORS: JOSEPH AND MARY.

Used to treat sores and ulcers.

POT MARIGOLD **Calendula officinalis** **Melyn Mair**

Used for skin complaints, superficial wounds, sores, burns, eczema, bed sores and as a hair rinse.

MULLEIN **Verbascum thapsis** **Pannog Melyn**

Other names: See list in LUNGS.

Soothes and lubricates tissues. Used for rashes, slow healing wounds, ulcers, tumours, sores and burns.

NASTURTIUM **Tropaeolum majus** **Meri a Mari**

Used for scurvy, poor skin and hair, skin eruptions and baldness.

PLEURISY ROOT Asclepias tuberosa

Other names: BUTTERFLY WEED: MILK WEED: SILK WEED.

Used by native Americans for over 1000 years for respiratory disorders.

Externally for bruises, wounds and ulcers.

ROSEMARY Rosmarinus officinalis Rhosmari

'To take away spots, marks and scars of the skin.' (Culpeper) Dandruff and balding.

SAGE Salvia officinalis Saets

Antiseptic, anti bacterial and anti fungal, it is used for sores, ulcers, insect bites and skin infections.

SELF HEAL Prunella vulgaris Craith Unnos

'There is not a better wounde herbe in the world.' (Gerard) Self heal is a cure-all. It is anti bacterial and used externally for sores, burns and bruises.

SOAPWORT Saponaria officinalis Sebonllys

Other names: See list in BONES.

Taken internally and externally for skin diseases.

SOLOMON'S SEAL Polygonatum multiflorum Dagron Job

Other names: See list in CHILDBIRTH.

'Distilled water used on face to cleanse freckles, spots and Darks, leaving the place fresh, fair and lovely.' (Culpeper) Used for bruises, sores and soothes damaged tissues and wounds.

SORREL Rumex crispus Suran y Cŵn

Taken internally for chronic skin diseases, skin eruptions and dermatitis.

SWEET CICELY Myrrhis odorata Cegiden Bêr

Other names: GARDEN MYRRH: SWEET CHERVIL.

'The juice is good to heal the ulcers of the head and face.' (Culpeper) An antiseptic used for wound healing.

TEASEL (COMMON) Dipsacus fullonum Crib-y-Pannwr

Skin Diseases

THYME (COMMON) Thymus vulgaris Teim

Sores, bruises, skin and scalp complaints.

TOADFLAX Linaria vulgaris Llin y Llyffant

Ointment for sores, wounds and skin diseases.

VIPER'S BUGLOSS Echium vulgare Glas y Graean

A poultice for boils and an emollient for sensitive skins.

YARROW Achillea millefolium Milddail

Other names: NOSE BLEED: MILFOIL: THOUSAND LEAF: STAUNCH GRASS: CARPENTER'S PLANT: OLD MAN'S PEPPER: SOLDIER'S WOUNDWORT.

Ointment for eczema, chilblains and ulcers and to repair the skin.
