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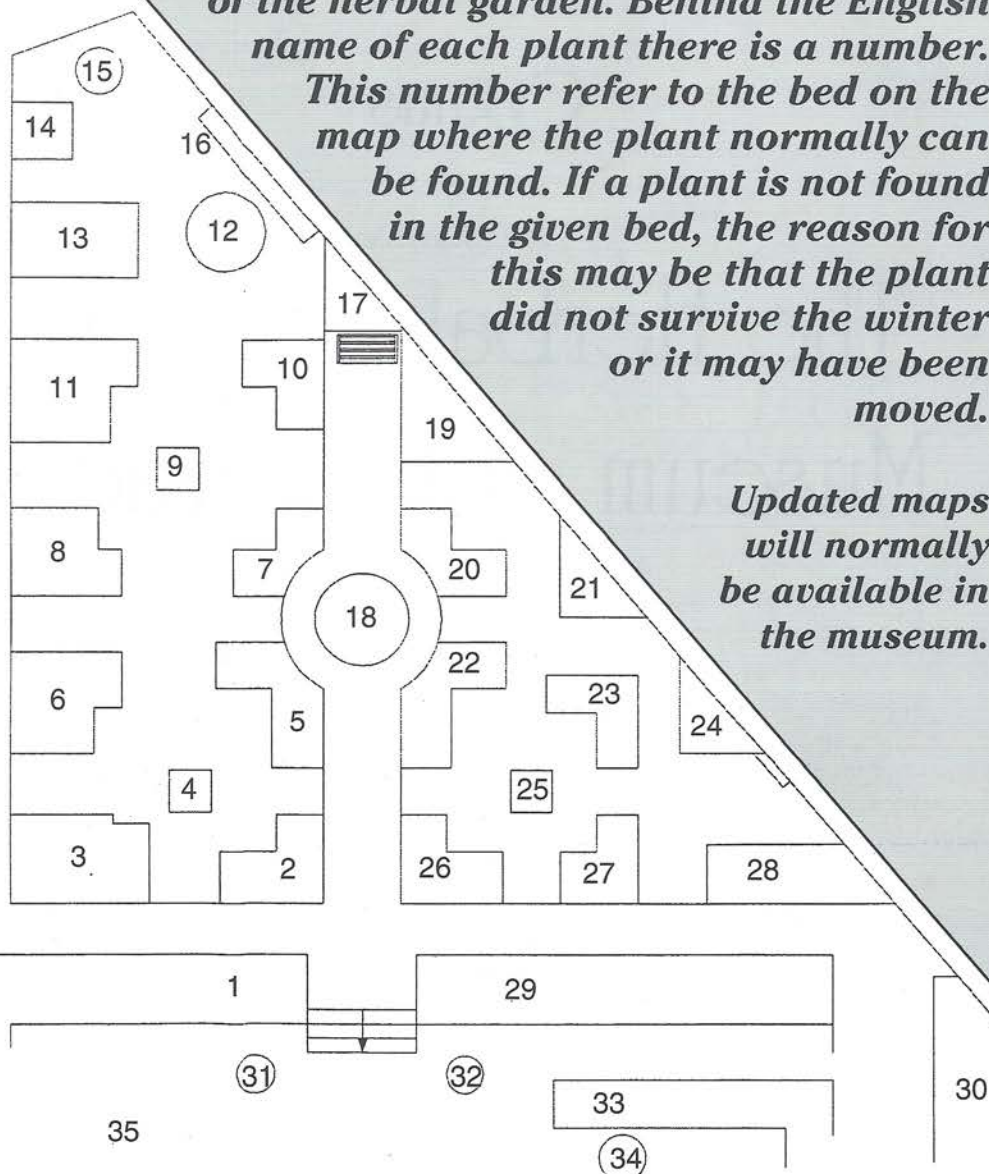
The Herbal Garden  
Museum of Pharmacy

# *The Herbal Garden, Museum of Pharmacy*

*The Norwegian Folkmuseum, Bygdøy*

*This is a map showing the different sections of the herbal garden. Behind the English name of each plant there is a number. This number refer to the bed on the map where the plant normally can be found. If a plant is not found in the given bed, the reason for this may be that the plant did not survive the winter or it may have been moved.*

*Updated maps will normally be available in the museum.*



# The herbal garden at the Museum of Pharmacy, The Norwegian Folk Museum, Bygdøy, Oslo

Since the dawn of time herbs have been used to heal and treat diseases.

The monks and nuns were important members of the society as they were the ones with medical knowledge. They usually cultivated their own medical herbs in special herb gardens near the monasteries. As the medical and pharmaceutical system developed and became more specialised, each pharmacy wanted to have their own herb garden where they could grow herbs for their own business. This turned out to be an important supplement to those herbs they had to buy.

When the planning of a pharmacy museum at Bygdøy Folkemuseum started, it was decided that an herb garden should be present. This garden is constructed as a typical herb garden belonging to a pharmacy. The plants you will find here have all been used either to make medicine, as spice in food or in cosmetics usually as scent.

There are about 160 different herbs, trees and shrubs in the garden. Since our Norwegian climate does not suit every plant, there will be some sort of replacement from one year to the next. However, most of the plants described in this booklet have been present for many years and seem to have become acclimatized.

The plants appear in the booklet in alphabetical order according to their English names. At the back there is an index based on the Latin names of the species, at the beginning there is a map of the garden where each ground is marked with a number. In the description of each plant there is a number after the English name referring to the ground where the plant will be found.

Each herb has a short mentioning of the traditional use of the species and whether it is part of a registered herb remedy in Norway.

In the garden there are a few plants where use in folk medicine cannot be documented. These are only mentioned in the booklet, and were originally placed in the garden as ornamental plants, commonly done in the old herb gardens as well.

Finally it is important to draw attention to the fact that most medical plants are poisonous. Children should be kept under surveillance and care should be taken so they do not eat any of the plants present in the garden.

The toxic plants are all marked with a death's head ☠

Blindern May 2002-05-12

*Brit Fjeldsgaard, Berit Smestad Paulsen and Hanne Hjort Tønnesen*



# The herbal garden at the Museum of Pharmacy, The Norwegian Folk Museum, Bygdøy, Oslo



## ACONITE (2, 10)

### *Aconitum napellus*

A tincture of the root is still an ingredient of many proprietary pharmaceuticals in other parts of the world, used to treat respiratory disorders, particularly to relieve unproductive coughs.

Aconite are among the genera most often used as arrow poisons during at least three millennia, in the Orient as well as in the western hemisphere.

The plant has also been an efficient means of eliminating undesirable individuals, and was probably used to kill the Roman emperor Claudius. The toxicity is linked to *aconitine*, which excites, then paralyses the peripheral nerves as well as the brain stem. This substance can be extracted from the plant, and is sometimes used to treat facial neuralgia.

Aconite is an ornamental plant in Norwegian gardens. It is called "the most poisonous plant of Europe", and its place in any garden should be seriously considered.

## AGRIMONY (10)

### *Agrimonia eupatoria*

Agrimony has been used as a gastro-intestinal tonic, and as a remedy for coughs, skin eruptions and cystitis.

Extracts of the plant have demonstrated antibacterial activity.

## ANGELICA (12)

### *Angelica archangelica*

Chopped stems of angelica have been used as vegetables, in fish soup or in rhubarb pie. Small amounts of chopped leaves give the salad a savoury taste.

The rhizome is used in traditional medicine in the treatment of gastrointestinal disturbances such as bloating, impaired digestion, eructation and flatulence, and as an adjunct in the treatment of spasmodic colitis pain. The petioles are used in confectionery and the fruits are an ingredient in liquor.

Angelica has been cultivated in Norway since the Iron Age. Keeping a piece of the root between your teeth should help against almost everything according to the old tradition.

### ANISEED (33)

#### *Pimpinella anisum*

This plant is cultivated for its culinary properties. Fresh leaves can be used in a salad. The essential oil from the fruits of the plant is used in the pharmaceutical industry as aroma, for instance in cough medicines. The aniseed fruit is traditionally used in the symptomatic treatment of digestive disturbances such as epigastric bloating, impaired digestion, eructation, and flatulence. It is also used traditionally as an adjunctive therapy for the painful component of spasmodic colitis.

### APPLE MINT (5)

#### *Menthae rotundifolia*

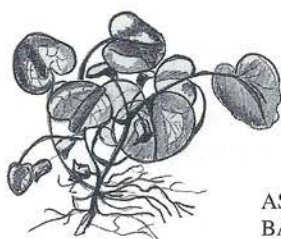
The plant tastes of apple and mint and is used in food and drink.

### ARNICA (5)

#### *Arnica montana*

The active principle of the plant consists of the dried capitulums. It is used for its wound healing properties. Arnica and its preparations are reserved for external use, because when they are taken orally they can cause headaches and abdominal pains, as well as palpitations and breathing difficulties. A common form of utilisation is the tincture, diluted with water or dilute alcohol, and applied in a compress onto bruises, sprains and strains. The drug is also traditionally used for sunburns, limited burns and diaper rashes. Preparations should never be applied on open wounds or near the eyes or mouth. Arnica can induce contact dermatitis, in which case the treatment should be discontinued.

### ASARA BACCA (30)



ASARA  
BACCA

#### *Asarum europaeum*

This plant has been known since antiquity and has previously been used as an emetic, a purgative and a diuretic. In modern times the use is not recommended because the herb can cause internal bleeding, gastroenteritis and miscarriage.



## AUTUMN CROCUS (28)

### *Colchicum autumnale*

The autumn crocus, known to the Greeks for its toxicity, was used in the Byzantine Empire since the 5<sup>th</sup> century to treat gout. Colchicum seeds and corm are used for the extraction of colchicine, which is used in the treatment of gout today.

## BALM (33)

### *Melissa officinalis*

This plant is used as a spice.

The dried leaves have traditionally been used to treat symptoms of neurotonic disorders in adults and children, especially in case of minor sleeplessness.

The plant is also used to treat dyspepsia.

Preparations in combination with other plant products like valerian and hops are sold in pharmacies to treat insomnia, stress and restlessness.

## BARRENWORT (8)

### *Epimedium alpinum*

This plant has traditionally been used as a sudorific and to treat chest ailments.

## BEARBERRY (19)

### *Arctostaphylos uva-ursi*

The plant looks much like mountain cranberries.

Bearberry-based medications have been used for a long time in the treatment of benign urinary infection.

Simultaneous administration of sodium bicarbonate in order to alkalise the urine is recommended, as the urine must be alkaline for the antiseptic activity to occur.

Herbal medicines containing bearberry and dandelion are sold in Norwegian pharmacies as a remedy to treat mild urinary tract inconvenience.

## BETONY (27)

### *Stachys officinalis*

Betony is traditionally used against diarrhoea, bleeding from the uterus and stomach- and kidney-sufferings.

Externally treatment with Betony has been used as a wound healing remedy.

This plant was well known as a medical remedy in the ancient history of Egypt, where it was considered a panacea. The personal physician of the Roman emperor Nero is said to have recommended Middle Ages the plant was used as magic for the protection against the evil.



**BIRD CHERRY (30)***Prunus padus*

Tea made from the rind has been traditionally used as a tonic and a sedative, and as a remedy against stomach-pain and diarrhoea.

**BIRDSFOOT TREFOIL (19)  
= Babies' slippers***Lotus corniculatus*

This plant has not been used in folk medicine.

**BLACKBERRY (1)***Rubus fruticosus*

Blackberries are delicious to eat.

In folk medicine a decoction of the leaves was used for the symptomatic treatment of mild diarrhoea, as a mouthwash or to bathe wounds which were difficult to heal.

Fresh leaves used to be put on boils and wounds.

The use of blackberry leaves is known since antiquity.

**BLACK MUSTARD (9)***Brassica nigra*

Black mustard is a spice. Mustard seeds have been used in poultices for acute local pain. Mustard oil is a powerful skin irritant and has been incorporated into liniments for rheumatic pain.

Taken orally, the oil will give kidney damages if used in high doses.

This plant has been known as a medicine plant for more than 2000 years.

**BLUE ANEMONE (30)***Hepatica nobilis (= Anemone hepatica)*

Traditional use of blue anemone has been for the treatment of mouth and throat inflammation and bronchitis as well as liver diseases.

This plant is a protected species in Norway.

**BOG MYRTLE (29)  
= Sweet gale***Myrica gale*

Leaves and fruits have been used in folk medicine against fleas, lice and moths and for fly catching.

The plant has been used to induce abortion, to expel witchcraft and to treat skin ailments.

**BORAGE (23)  
= Pectoral flowers***Borago officinalis*

The plant has been used to treat the common cough and sore throat. Drugs based on borage flowers may be marketed and claim the following indications: "traditionally used to



BORAGE



### BUCKTHORN (30)

### ♂ BUTTER- CUP (20)



### CARAWAY (33)

### CASTOR (4)

### CATMINT ( 2) = Catnip

treat acute benign bronchial disease" and "traditionally used to enhance the renal elimination of water". The blue flowers look very good in a salad. They, as well as the leaves, taste of cucumber. The plant is also cultivated as a source of oil obtained from the seeds. This oil is used in cosmetic products to keep the skin smooth.

### *Frangula alnus* (= *Rhamnus frangula*)

The active principle consists of the dried bark of the twigs and the branches. It is used as a laxative and is still a component in some registered preparations.

### *Ranunculus acris*

The fresh plant has traditionally been used externally against warts and joint pains. Systemically it has been used to treat bronchitis, rheumatism and gout. Buttercup is a toxic plant for man as well as animals.

### *Carum carvi*

The fruits are used as condiments in food and spirits. The first leaves to appear in spring can be used to make soup.

Powdered caraway seeds have been useful as children's medicine to treat flatulence or stomach upset. A dose of the powdered seeds in hot milk has been taken to prevent a coming cold. Extract from the seeds has been used to stimulate milk production in lactating mothers.

Caraway is one of our oldest spice and medicinal plants.

### *Ricinus communis*

Castor oil is extracted from the seeds of castor and was highly prized as a laxative. It is not recommended today.

Castor seeds contain *ricin*, which is toxic. Intoxication results in nausea, headaches, bloody diarrhoea, dehydration, modifications of heart rhythm, liver necrosis, loss of consciousness, and more. Ricin is however of interest because of its long known anti-tumour properties.

### *Nepeta cataria*

This is a very good present for a cat as all cats just love it.

**CHERVIL (8)**

= Sweet cicely

**CHICORY (7)****CHIVES (33)**

= chive garlic = cives

**CHRISTMAS ROSE (28)**

= Black hellebore

**COLTSFOOT (30)*****Myrrhis odorata***

The roots are antiseptic which explains their use in the time of the plague. Both the root and the herb are used for their anti-flatulent effects. The seeds have a mild laxative effect.

The fresh root and leaves give a sweet taste of anise in salads.

***Cichorium intybus***

The roots have until recently been used as a surrogate for coffee. They have a particularly high inulin content. Inulin derivatives have been used as sucrose substitutes. They can also be used to make creamy products that mimic the texture and palate sensation of fat. Chicory root is traditionally used to facilitate renal and digestive elimination functions, to enhance the renal elimination of water and as adjunct in weight loss diets, and in the treatment of digestive disturbances.

***Allium schoenoprasum***

The plant is regarded as a culinary herb and is not used medicinally.

***Helleborus niger***

This plant is cultivated for its ornamental properties. It has been used in veterinary medicine. The root has also been used traditionally against insanity. It provokes sneezes, and the theory behind the use was that the sneezing should expel the mucus from the brain, thereby lighten the pressure and healing the disease. Christmas Rose has further been used as a diuretic, a heart medicine, an emetic and a purgative.

As a purgative the pupils of Hippocrates recommended it. The toxicity has been known since antiquity. Intoxication is however rare. They manifest themselves by tingling of the mouth and throat, vomiting, diarrhoea and mydriasis. This plant has been listed among the "Fugae demonum" which means it has been used to exorcise the devil.

***Tussilago farfara***

Tea made from flowers and leaves have been traditionally used to treat cough. The presence of hepatotoxic alkaloids has led to discussions about the safety of the drug. In Norway tea from the plant is not recommended.

☠  
**COLUM-  
BINE (23)**



COLUMBINE

***Aquilegia vulgaris***

In former days one used the plant to make an astringent skin tonic. The seeds were traditionally used against hepatitis and skin eruption. Since the plant is toxic, all medical use has been abandoned.

Each of the 5 petals of the flower has a spore looking like an eagle's claw. Aquila is the Latin name for eagle, hence the botanical name of the plant, aquilegia.

☠  
**COMMON COMFREY (28)**



COMMON COMFREY

***Symphytum officinale* = *S. consolida***

The comfrey root is said to have healing properties, and preparations containing the drug are used locally as emollient, itch-relieving and trophic protective remedies against cracks, abrasions and chaps. The skin must be intact, and maximum duration of the treatment should be 6 weeks. The percutaneous absorption studied in animals is small, but rats having received comfrey orally for a long period of time developed hepatic tumours in nearly half the population.

☠  
**COMMON IVY (30)**  
**= Ivy**



COMMON IVY

***Hedera helix***

Common ivy, prized since antiquity for many healing virtues, remains still in use. Phytopharmaceuticals based on ivy wood are traditionally used orally for the symptomatic treatment of cough and to treat acute benign bronchial disease. The leaves are used in cosmetic creams, lotions, shampoos and "anticellulite" preparations. Topically ivy leaves are used in the emollient and itch-relieving treatment of skin disorders. The accidental ingestion of berries could be quite dangerous, but one would hope that the bitter and acrid taste of the ripe berry would normally deter the consumer. Repeated contact with the leaves may cause erythematous or vesiculous reactions of the face, hands and arms, sometimes as long as 48 hours after touching the leaves.

**COMMON OAK (15)**  
**= English oak**

***Quercus robur***

The bark contains tannins, and although usage in the leather industry has become negligible (at least in the so-called developed countries), other uses have surfaced: protective coatings, adhesives, plastics, taste improvement of wines and other alcoholic beverages, dyes and more.

Oak bark is a powerful astringent used to check



diarrhoea. It is still used in veterinary medicine. Preparations have been used as a gargle for a sore throat, as a styptic and to treat sweaty feet. Acorns have been used to make "coffee".

### **COPPER BEECH (34)**

#### *Fagus silvatica pupurea pendula*

This is an ornamental plant, which has never been of specific importance as a medicinal plant. Copper beech is one of the tallest plants of the garden. The nuts are toxic.

### **CORIANDER (33)**

#### *Coriandrum sativum*

Seeds and leaves are used as spices.

The seeds have traditionally been used as a carminative and an antispasmodic, against intestinal worms and hepatitis. Externally the drug has been used against rheumatism and to heal wounds.

### **CORNFLOWER (27)**

= Blue-bottle

#### *Centaurea cyanus*

Traditionally used in case of eye irritation or discomfort, cornflower capitulum are mostly of interest for the coloured touch that they impart to herb teas and salads. The plant has also traditionally been used as a diuretic and to treat loss of appetite.

### **CRISP MINT (33)**

#### *Mentha crispa*

The essential oil of this plant contains much menthol and is used in oral hygiene products and in food, especially confectionery.

The leaves are used in tea.



### **CROCUS (3)**

#### *Crocus vernus*

This plant is not used in pharmacy, but from another species, *Crocus sativus*, the spice saffron is produced. It consists of the stigmas of the plant. Preparations may be used topically to relieve teething pains in children. Saffron is mostly used as a spice and to colour food such as rice or pastries yellow. Saffron is toxic taken in high doses (15–20 g).



### **DAFFODIL (3)**

#### *Narcissus pseudonarcissus*

This is an ornamental plant not used therapeutically. It contains alkaloids mainly in the bulb. Chewing on the stem is according to some authors, enough to cause a chill, shivering and a tendency to faint.





## **DEADLY NIGHTSHADE (7)**

**= Belladonna**

### ***Atropa belladonna***

Belladonna powder, tincture and extract are ingredients of many preparations designed for the treatment of unproductive coughs and asthma, for the symptomatic treatment of constipation and gastralgia, dyspepsia and flatulence. Belladonna can also be included (with codeine, caffeine or paracetamol) in analgesic drugs. In ophthalmology the drug has been used to dilate the pupil. The whole plant is toxic, especially the berries, which attract young children for whom the ingestion of 2–5 berries can be fatal (10–20 for adults).

Belladonna means "beautiful woman". In the late Middle Ages the women at the royal courts used the juice from the berries in their eyes to make them big and dark. This caused eye damage because the pupils were permanently dilated and the retina was not protected against irradiation.

Deadly nightshade contains hyoscyamin, scopolamin and atropine, which are used in ophthalmology and in drugs used against motion sickness.

## **DILL (33)**

### ***Anethum graveolens***

Dill is used as a spice. The dried fruit of dill is traditionally used as a diuretic and as a remedy for people with flatulence or digestive problems.

Dill has been known since antiquity as a spice and a medical plant. In Norway it has been recommended boiled in milk for nursing mothers as a "nursing tea".

## **DOG ROSE (29)**

### ***Rosa canina***

Rose hips contain up to 1 % vitamin C and have been used to prevent scurvy. This has been known since antiquity when rose hips were used to treat bleeding gums, which occurred when vitamin C was scarce.

Drugs based on rose hips have traditionally been used in functional asthenias and to facilitate weight gain.

The leaves have been used as a substitute for tea.



## **DOG 'S MERCURY (27)**

### ***Mercurialis perennis***

This plant is responsible for intoxication. When used fresh it has proved fatal to animals and humans.

## **ECHINACEA (11)**

**= Coneflower**

### ***Echinacea angustifolia***

The subterranean parts of this plant possess immune stimulating properties. Preparations are sold in Norwegian pharmacies as prophylactic and pain relieving treatment against infections such as the common cold. Echinacea was known to the native America Indians who used it as a wound-healing agent for headaches, stomach aches or against coughing.

## **ELECAMPANE (14)**

**= Elfdock**

### ***Inula helenium***

The root and the rhizome of this perennial plant with large yellow capitulums are said to possess diuretic and anthelmintic activity. They have a balsamic odour and an aromatic and bitter taste. For this reason they have been used as a digestive. In Norway elecampane roots and rhizomes have been used against asthma, stitch in the side, chest pains and colic.

Elfdock is traditionally used to treat renal and digestive insufficiency and to treat the symptoms of cough.

The plant is an old medicinal plant from Central Asia, which has been cultivated in the Mediterranean countries since antiquity. The monks during the Middle Ages probably brought it to Norway.

## **EUROPEAN ELDER (6, 8)**

### ***Sambucus nigra***

Flower, fruit and bark are all used as a diuretic. The flowers have been used as a tea to treat the common cold, kidney and urinary tract diseases. Pregnant women have drunk the tea to strengthen the veins in their legs. The fruit is rich in vitamin C. They were used against common colds and as a laxative.

## **EUROPEAN GOLDENROD (19) *Solidago virga-aurea***

Tradition attributes diuretic properties to the flowering tops of this plant. The powder of the dried leaves can be applied to ulcers to stimulate healing.

## **FENNEL (33)**

### ***Foeniculum vulgare***

The seeds are mainly used as a flavouring agent in medicines and against flatulence and digestive problems. They have also been used to stimulate milk production in nursing mothers. The essential oil from the seeds has been used against lice and other vermin. Fennel is an old vegetable and medicinal plant, which was cultivated in old Babylon and Egypt.

**FIELD (5)**  
**FORGET-ME-NOT**

**FIELD HORSETAIL (19)**

FIELD HORSETAIL



**FIGWORT (21)**  
**= Throatwort**

**FLY HONEYSUCKLE (1)**

**FLEUR-DE-LYS (21)**  
**= Garden Iris**  
**= Common Blue Flag**

**FLAX (22)**

*Myosotis arvensis*

This plant has not been used in folk medicine.

*Equisetum arvense*

Preparations containing field horsetail are traditionally used as diuretics.

Field horsetail is a common ingredient in cosmetic preparations with anti-wrinkling and anti-cellulite effect.

Field horsetail has been used for more than 2000 years, and is sold today in the pharmacies in combination with dandelion, as a mild diuretic.

*Scrophularia nodosa*

This plant has been used orally as a diuretic and laxative remedy. Figwort can be used against sunburns, superficial and limited burns, diaper rashes and boils. The old Romans knew the plant.

*Lonicera xylosteum*

The berries act as a purgative, and may act as an emetic.

*Iris germanica*

The rhizome has been used against diseases in the liver and spleen as well as convulsions and cramps. Nowadays it is used mainly as an aromatic compound to improve the taste of other medicines. The violet-like aroma of the dried root intensifies when stored. Not so many years ago one could buy "violet-root" (finely cut pieces of the rhizome) in the pharmacy for infants to gnaw on during their teething period.

*Linum usitatissimum*

The use of flax goes back to the earliest times. Seeds were found in Egyptian tombs. Today seeds are used as a bulk laxative. Fibres from the plant are used in the textile industry. Oil is produced from the seeds. The residue after the oil extraction is used as fodder for cattle.

Flax should, according to old beliefs, keep trolls, goblins and ghosts away from your home.





## FOXGLOVE (6)

### *Digitalis purpurea*

Dr. W. Withering from Birmingham described in the late 1700 the beneficial effects of foxglove in the treatment of dropsy and heart failure. For the past 200 years the dried leaves have been the leading drugs for heart failure. Nowadays foxglove is used for the industrial extraction of the active components, e.g. digitoxin, which is still widely used as a heart medicine. The leaves have been used in folk medicine to heal fresh wounds by being put directly onto them. The juice was used to clean, dry and heal old wounds.

## GARDEN CHERVIL (33)

### *Anthriscus cerefolium*

Garden chervil has been used as a spice and as a diuretic and "blood cleanser". This is an old plant, probably strayed from the gardens of the monks in the Middle age. It has limited use as a medical plant in Norway.

## GARLIC (26)

### *Allium sativum*

Garlic is widely used in cooking. Tradition attributes several properties to garlic, which later have been verified experimentally. This includes the antibacterial and antifungal activities, which have been demonstrated *in vitro*. Animal experiments have demonstrated that garlic extracts are able to lower blood cholesterol and triglycerides, and they have antihypertensive effects. Garlic is traditionally taken to prevent colds.

Garlic originates from India or central Asia. Garlic cloves have been used since antiquity for their antiseptic properties. The use of garlic actually goes back 5000 years and stories are told about the builders of the Egyptian pyramids using garlic as protection against epidemics and scurvy.



## GOLDEN CHAIN TREE (1)

### *Laburnum anagyroides*

The golden chain tree is cultivated for its beauty. Toxic alkaloids occur in all parts of the plant, but are especially concentrated in the seeds.

## GRAPE HYASCINT (3)

### *Muscari botryoides*

This is an ornamental plant, flowering in early spring. It has not been used as a medical plant.





### GREATER CELANDINE (5)

#### *Chelidonium majus*

The plant was used until the end of the 18<sup>th</sup> century as a cholagogue, a laxative and a diuretic.

In folk medicine it has been used against chest pains and as an analgesic. The fresh juice is considered to offer an effective treatment for corns and warts.

This is the only plant growing wild in Norway possessing a yellow sap.



### GREAT SCARLET POPPY (27)

#### *Papaver bracteatum*

The milk from the seed capsules contain alkaloids, mainly thebain.

The seeds are not toxic. They are used in bread and cakes.

This plant probably originated in North Africa.

### HEARTSEASE (2)

=Wild pansy

#### *Viola tricolor*

This herb has been used as a mild laxative, diuretic, diaphoretic and expectorant and is considered to be a good blood purifier. The flowers have been used externally to treat skin disorders and to heal wounds.

In folk medicine heartsease was used to treat epilepsy as well as syphilis.



### HENBANE (3)

#### *Hyoscyamus niger*

Henbane contains scopolamine which is used as a component of preanesthetic medication. Currently, the chief use of scopolamine is for the prevention of motion sickness. The seeds have been used to stop toothache. Henbane has been used to treat stomachache and Parkinson's disease.

The toxicity of the plant has been known for a very long time. Henbane was extensively used in the practice of witchcraft in the Middle Ages, and is supposed to have been used by the Delphi Oracle because of the hallucinogenic effect.

### HIGH MALLOW (7)

#### *Malva sylvestris*

The leaf and flower are used by the oral route as an adjunctive therapy for the painful component of spasmodic colitis and symptomatic treatment of cough. Topically the plant is used as an emollient and itch-relieving treatment of dermatological conditions, and

**HOLLY (30)****= Holm = Hulver-bush**

in the treatment of cracks, chaps and insect bites. High mallow is also traditionally used in cases of eye irritation or discomfort due to e.g. seawater or a smoky atmosphere, and in conditions affecting the buccal cavity, the oropharynx or both.

***Ilex aquifolium***

This plant with its glossy green, prickly leaves and red berries, is often used in Christmas decorations. It has not been of much medical use. The leaves have however, been used as a mild diuretic and antipyretic. The berries are poisonous, being violently emetic and purgative, but have been used to treat dropsy.

**HONEYSUCKLE (11)*****Lonicera caprifolium***

This is an ornamental plant.

**HOPS (3)*****Humulus lupulus***

The plant is traditionally used as an appetite stimulant and to treat minor sleeplessness in adults and children. It is known from Old Norse writings as a useful ingredient to make beer and mead. Hops are part of many preparations sold in Norwegian pharmacies to cure sleeplessness, stress and uneasiness.

**HORSERADISH (20)*****Armoracia rusticana***

The root is large and white with a taste of mustard. The juice of the root has been used to treat scurvy, gout, rheumatism and indigestion.

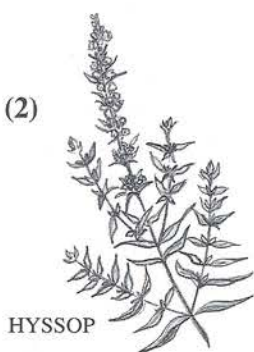
**HOUND'S TONGUE (28)*****Cynoglossum officinale***

This is one of our oldest medical plants. Powdered root has been an ingredient of cough medicines, to relieve cramps and as a sedative. The smell is very bad and it has therefore been applied to keep away lice, mice and rats.

**HOUSELEEK (10)*****Sempervivum tectorum***

Houseleek was used to cover the turfed roof where it was supposed to protect against fire. This property was ascribed to the thick water-containing leaves.

## HYSSOP (2)



The fresh leaves contain an astringent and cooling sap. If the leaves are crushed they can be used as a cold poultice to relieve burns and stings, and applied to the forehead they will ease migraine and feverish headaches.

### *Hyssopus officinalis*

The drug is attributed to have expectorant, antiseptic and stimulant properties due to the essential oil.

Hyssop-based preparations are traditionally administered by the oral route to treat acute benign bronchial disease, and locally to relieve nasal congestion in the common cold.

Hyssop is used as a condiment in food and liqueur.

## JERUSALEM ARTICHOKE (27) *Helianthus tuberosus*

The plant as well as the tubers can be used as fodder. From the tubes one gets fruit sugar.

## JUNIPER (21)



### *Juniperus communis*

The drug consists of the pseudofruit or a "berry" (actually a cone) which is green the first year and blue the second year. By the oral route juniper is traditionally used to stimulate the appetite, to enhance the renal excretion of water and as an adjunctive treatment to increase diuresis in case of benign urinary infections.

This drug should not be used over a long period of time as it can cause hematuria. People suffering from kidney diseases should not at all use it.

The essential oil being a strong irritant to skin has been used to treat rheumatic and muscular pain.

The berry is used as a condiment (in Sauerkraut) and in liquors (gin).

## LADY'S MANTLE (5)

### *Alchemilla vulgaris*

The plant contains tannins. It is styptic and has been used against diarrhoea, as a remedy for excessive menstruation, and to treat wounds and spasms.

## LAVENDER (2)

### *Lavandula angustifolia*

The active principle is in the flowers and the essential oil isolated from the flowers. Administered by the oral route, lavender is traditionally used to treat minor sleeplessness in adults and children.



It may be an ingredient of preparations designed to treat minor wounds, sunburns, and superficial burns, or for oral hygiene.

Lavender oil is shown to have moderate antibacterial activity *in vitro*.

Lavender is presently used in the soap- and cosmetic industry to add a good scent to products.

Little bags of lavender stored among your clothes leave a pleasant smell, which is also supposed to keep the mosquitoes away.

In the ancient Rome they used lavender in their baths. The Latin word lavara means wash.

### LEEK (33)



### LILY OF THE VALLEY (3)

#### *Allium porrum*

This plant is used as a vegetable.

#### *Convallaria majalis*

This plant contains cardiac glycosides, which increase the power of the heart, but slow its pace and in addition act as a diuretic. Preparations have been used in some countries, but not in Norway.

Absorption from the intestine is poor, still ingestion of the plant causes nausea, vomiting and gastrointestinal distress. Serious intoxication seem exceptional

### LOVAGE (13)

#### *Levisticum officinale*

Lovage has been cultivated as a vegetable. The whole plant has a pleasant aromatic smell and all parts can be used, e.g. the seeds in bread, the leaves in bread, soups, sauces, stews and salads.

Traditionally the seeds have been used to expel wind from the stomach. The root has been used to treat oedema and cough as well as to stimulate the appetite.

The plant has also been used as a diuretic and sudorific, but caution should be taken during pregnancy and kidney disease.

Lovage is a native of mountainous districts in the Mediterranean and was probably brought northward by the Romans. The monks are supposed to have brought it all the way to Norway.

### MAIDENHAIR TREE (35) = Ginkgo = Forty-coin tree

#### *Ginkgo biloba*

The maidenhair tree is native to the Orient. It is the only survivor of a species widely represented until the end of the tertiary era. This species is characterised by



specific reproductive organs and by a "fruit" of unpleasant odour. The tree is now cultivated in Korea, France and the U.S. in order to supply the pharmaceutical market with leaves. Extract from the leaves is used in preparations to treat intermittent claudication due to chronic occlusive arterial disease of the lower limbs and to treat Raynaud's disease. It is proposed to treat symptoms of senility, vertigo, tinnitus and hearing loss of ischemic origin.

Preparations containing ginkgo are sold in Norwegian pharmacies to improve the blood stream in patients having cold hands and feet.

### **MALE FERN (24)**

#### ***Dryopteris filis-mas***

The visible parts of the plant have been used in folk medicine against rheumatism. Extract of the rhizome has a long tradition in the treatment of nematode and tapeworm infestations. This application is now obsolete, as it may result in eye disturbances, in the worst case causing blindness.

Male fern extracts have shown effect on the herpes virus.

The plant has been of use in veterinary medicine. As a medicine plant the old Greeks knew it.

### **MARIGOLD (6)**

#### ***Calendula officinalis***

Marigold preparations are made from the flowers and are used locally to treat minor wounds and skin disorders (as an emollient and itch-relieving agent), as a trophic protective agent for cracks, abrasions, chaps and insect bites, for sunburns, other minor burns and diaper rashes. Preparations are also used against diseases of the oral cavity. The plant is widely used in cosmetic preparations like creams, soaps, lotions and after-sun lotions.

Marigold has been cultivated for hundreds of years. It contains components, which may have anti-inflammatory properties.

The flowers can be used as a condiment in salads and soups.

### **MARSH MALLOW (3)**

#### ***Althaea officinalis***

The leaf, root and flower are administered by the oral route for the treatment of spasmodic colitis and cough. Topically the plant is used as emollient and in itch-

relieving treatment of dermatological conditions and also as a protective trophic in the treatment of cracks, chaps and insect bites.

## MASTERWORT (6)

### *Peucedanum* (= *Imperatoria*) *ostruthium*

In folk medicine the root has been crushed, mixed with wine and drunk to cure liver diseases and jaundice.

A decoction of the root has been used for asthma, flatulence and delayed menstruation.

In animals masterwort was used against foot-and-mouth disease.

This plant was used to protect against witchcraft and was among the most important plants in the Roman Empire, hence the name. During the Middle Ages it was cultivated in Norwegian monastery gardens, and has later spread to uncultivated land. Nowadays masterwort is often found near warm sunny walls in old gardens, and should be protected as the important cultural heritage it is.

## MATRICARIA (26) = German chamomile



MATRICARIA

### *Chamomilla recutita* (= *Matricaria chamomilla*)

The flowers are traditionally taken by the oral route to treat the symptoms of digestive ailments, as a sudorific and to stimulate the appetite. Extracts of the plant is frequently a component in preparations designed for treatment of skin disorders, and as a protective agent for cracks, bruises, frostbite and insect bites.

Preparations are also used for diseases in the oral cavity and in the case of eye irritation of various aetiologies, e.g. from a smoky atmosphere.

Matricaria is present in shampoos to lighten hair colour, and in suntan lotions. Creams containing essential oil from matricaria can be used to treat nappy rash, minor burns and piles.

The essential oil, which owes its blue colour to the compound chamazulene, is an antifungal and antibacterial agent.



## MEZEREON (8)

### *Daphne mezereum*

Mezereon flowers with very fragrant, pink

Blossoms at the beginning of the spring. The leaves appear later. The fruits are scarlet drupes with a green seed that eventually turns brown. The bark and seeds contain toxic substances.

Mezereon has been used in folk medicine to treat skin disorders. The bark causes substantial irritation upon contact with the skin or mucous membranes. It is reported that beggars in former times resorted to these plants to induce redness and pustules to invite pity. The ingestion of the fruits gives symptoms like violent digestive spasms, hypersalivation, vomiting, and hoarseness, swallowing difficulties, diarrhoeas, headaches, nausea and convulsions.

#### **MULLEIN (8)**

= Great mullein = Aaron's rod

#### *Verbascum thapsus*

Leaf, flower and root of the plant are administered by the oral route to treat spasmodic colitis, cough and lung complaints, as well as rheumatic and nerve pains. Mullein has been used externally to treat piles, swollen fingers, inflammations and swellings.

#### **NASTURTIIUM (1, 18)**

#### *Tropaeolum majus*

In temperate climates nasturtium is cultivated for its ornamental flowers, which will also look nice in a salad. Nasturtium-based preparations are used for dandruff with itching and peeling, for sunburns, superficial and limited burns, and diaper rashes. By oral administration it is used for acute benign bronchial disease.



#### **NORTHERN (2) MONKSHOOD**

#### *Aconitum septentrionale*

Extracts of this plant have been used to get rid of lice, to kill flies, and when rubbed into the skin as a cure against scabies, a treatment not to be recommended as extracts have also been used as an arrow poison. Grazing animals usually avoid the plant, but when the pastures are poor, animals may be poisoned. See also Aconite.



#### **OPIUM POPPY (22)**

#### *Papaver somniferum*

The poppy yields opium, which is the air-dried milky juice or latex, collected from the unripe capsules. Many alkaloids such as morphine, codeine, noscapin and papaverine are extracted from opium. They are used to treat pain and coughing. Opium tincture is still used to treat diarrhoea in some cases. It is well known that these products can lead to addiction and abuse is a worldwide problem. The illicit production of opiates is a huge problem.



The poppy seeds are tiny, vary in colour from yellowish white to purplish black, and have a wide application in breads and cakes in central Europe and in the U.S.

## **ORANGE MULLEIN (6)**

### ***Verbascum phlomoides***

The flowers and leaves are used in cough-mixtures and as sudorific and diuretics. Externally they have been used for compresses and also in gargles.

## **OREGANO (22)** **= Wild marjoram**

### ***Origanum vulgare***

This perennial herb is a frequently used spice in the Mediterranean region. It is also commonly used in foods elsewhere e.g. in pizzas.

The flowering tops of oregano are traditionally used to treat acute benign bronchial disease, and for the symptomatic treatment of functional dyspepsia. Administered orally the plant has also been used against spasms and loss of appetite. Locally they are used to relieve the symptoms of the common cold, such as nasal congestion, and for oral hygiene. Oregano may also be used locally as an emollient and an itch-relieving agent.

Oregano is an old medical plant, known since antiquity.

## **PARSLEY (33)**

### ***Petroselinum crispum***

This is a well-known culinary herb.

Parsley leaves may be used locally in the treatment of skin disorders. The root has been used for jaundice, dropsy and urinary tract stone, the seeds to promote the menstrual flow and to ease menstrual pain.

Juice from fresh leaves has been used as an insecticide. Parsley has been used against the common cold as well as to stimulate appetite and milk production in nursing mothers.

## **PEONY (2)**

### ***Paeonia officinalis***

Peony root is one of the most important constituents of the traditional Chinese and Japanese medicine.

In our part of the world, peony has been used as an antispasmodic and analgesic agent. The plant has also been a component in preparations used in the treatment of atopic eczema.



## PEPPERMINT (26, 33)

### *Mentha piperita*

The plant yields an essential oil (peppermint oil), which contains menthol.

Peppermint leaves are traditionally used to treat pains in the alimentary tract, and for various applications such as preservation of oral hygiene, and as an itch-relieving agent in skin disorders.

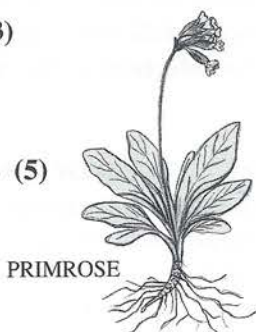
The peppermint oil is used as an aroma in medications, as well as in hygiene and other products. The tobacco and perfume industries are also consumers of the essential oil.

## POTATO (33)

### *Solanum tuberosum*

The potato is a well-known nutrient from which potato starch is produced.

## PRIMROSE (5)



### *Primula veris* = *Primula officinalis*

The flowers and roots are used to treat cough. Locally the plant is used in mouthwashes, in the treatment of skin disorders, and as a trophic protective agent for cracks, abrasions, frostbites, chaps and insect bites.

## PURPLE LOOSESTRIFE (1)

### *Lythrum salicaria*

The flower buds are traditionally administered orally as a decoction to treat diarrhoea. They may also be used to treat the subjective symptoms of venous insufficiency and the symptoms of piles.

## PURSLANE (33)

### *Portulaca oleraceae*

This plant is a vegetable, which is rich in vitamins and minerals and has been used as a blood cleansing remedy.

## QUEEN-OF-THE-MEADOW (6) *Filipendula ulmaria*

= Meadowsweet

Tea made from flowers and young leaves has been used traditionally for the symptomatic treatment of minor pains in the joints, for fever and influenza-like symptoms, and for treating headaches or toothaches. The plant is also used to enhance the renal and digestive elimination functions. Queen-of-the-meadow contains salicylates, which act as a febrifuge and an antirheumatic. The rhizome has been used to treat diarrhoea.

The plant was probably used as a condiment in the beer and mead of the old Norsemen.

## RAMSONS (30)

### *Allium ursinum*

The plant has been used in folk medicine to treat high blood pressure and stiffening of the arteries.

## RHUBARB (28)

### *Rheum palmatum*

This is the rhubarb grown in China and other parts of Central and Eastern Asia. It is widely used for medical purposes. *Rheum rhaponticum* is, the common garden rhubarb, is only cultivated as a vegetable. In small doses the powdered root of the Chinese rhubarb is astringent and prevents diarrhoea, but in larger doses it irritates the colon causing the bowels to evacuate. The plant has been used in folk medicine to stimulate the appetite and to treat infections in the mucous tissue of the oral cavity.

## ROSEMARY (33)

### *Rosmarinus officinalis*

Rosemary is used as a spice. The active component consists of the dried flower buds. It is traditionally used as a cholagogue, to enhance renal clearance as a digestive and to relieve gastrointestinal symptoms. Topically it is applied for oral hygiene and for the common cold.

Rosemary has been a component in products used topically to treat rheumatic disorders.

The plant has been known since antiquity and soon became a symbol of love, vitality or death. It was also well known to give a good memory and to stimulate the brain. Shakespeare lets Ophelia say: "Now there is rosemary, that is for remembrance".

## ROSEROOT (10)

### *Sedum rosea*

Roseroot was used to cover the turfed roof. It was supposed to protect against fire due to the thick water-containing leaves.

## RUE (22)

### *Ruta graveolens*

Rue has been used to promote menstruation, and may even have been used to provoke abortions.

The sap is highly irritating to the skin, and touching the plant could lead to wounds, which are difficult to heal.

## SAGE (33)

### *Salvia officinalis*

Sage leaves are used as a spice. This plant has a reputation for being a panacea. Sage has been known



SAGE

for about 6000 years. The Latin word "salve" means to cure.

Traditionally, sage has been used to treat the symptoms of miscellaneous digestive disturbances. It is used locally for oral hygiene and to treat minor wounds. Sage has also been used to improve appetite, to stimulate menstruation and to produce sweating in feverish colds. The essential oil is nerve toxic and ingestion causes convulsions preceded by hyper salivation and by vomiting.

Sage is said to have effect on sweating and nervousness. Available in Norwegian pharmacies today are preparations containing sage, which are meant to be used against transitory excessive sweating due to the menopause.

## SAINT JOHN'S WORT (6)

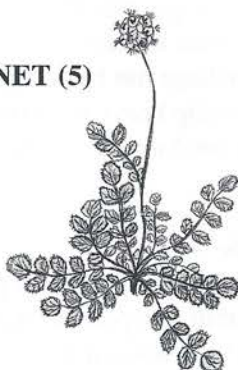
### *Hypericum perforatum*

The flowering buds of the plant are known for their antiseptic and healing properties. The antibacterial properties of extracts have been demonstrated *in vitro*.

Anti depressive effects are also ascribed to the plant. Preparations based on this plant are used for local treatment of sunburns, superficial and limited burns, against itching, insect bites, bruises and frostbites. Several preparations are marketed and for sale in Norwegian pharmacies, intended for oral administration as antidepressants.

Saint John's Wort is a common plant in Norway as far north as the county of Nordland. Dried buds were used to give red colour and aroma to spirits that were widely used against stomachache and cardialgia.

## SALAD BURNET (5) = Burnet



SALAD BURNET

### *Sanguisorba minor* (= *Poterium sanguisorba*)

This plant contains tannins and has been used to stop diarrhoea. It will also staunch inward and outward bleedings. The juice from the fresh, peeled rhizome was supposed to prevent wounds, (e.g. from burns) becoming septic.

Burnet has not had a wide application in Norway. Fresh, young leaves and shoots have a taste like cucumber and are delicious in salads.



## SAVIN (19)

### *Juniperus sabina*

Aroma therapists sometimes make use of the essential oil of the young shoots of savin. They ought to be



**SAXIFRAGE (26)**

= Small Burnet



**SCOTCH BROOM (8)**

**SCURVY GRASS (33)**



**SMALL (11, 30)**

**PERIWINKLE**

**SMALLAGE (33)**

= Wild celery

**SOAPWORT (23)**

SOAPWORT



aware of its toxicity, as it is a powerful irritant and even a vesicant.

The whole plant is toxic. Savin has been used to induce abortions with a tragic result ever so often.

The plant is used as an ornamental plant.

***Pimpinella saxifraga***

An extract of the root and rhizome was traditionally used to treat cough and toothache, and was also supposed to be useful against pharyngitis and hoarseness.

***Cytisus scoparius***

Broom flowers have been used since antiquity to prepare diuretic infusions.

***Cochlearia officinalis***

The plant contains vitamin C, and has been an important remedy against scurvy. It has also been used to treat acute bronchial disease, to promote appetite, as a diuretic and locally as a mouthwash.

The fresh plant has been used on wounds.

***Vinca minor***

This plant is toxic. It has been used to treat hypertension, migraine and other headaches.

Small periwinkle was traditionally used to treat female ailments.

***Apium graveolens***

This plant is used as a vegetable. The root has been used as a diuretic, to treat kidney stones and colic.

Applied topically smallage has been used in a plaster for back pains and to stop heavy menstrual bleeding.

The seeds have been used in folk medicine as a carminative.

***Saponaria officinalis***

The plant contains saponins, which is a group of compounds with foaming properties. When soapwort is bruised and agitated with water it forms a lather that is useful for washing clothes. Soapwort enjoys a reputation for being a diuretic and as a blood cleansing remedy. It has been used in folk medicine as a wash to treat skin disorders, and systemically as an expectorant.

**SOUTHERNWOOD (26)**

**= Abrotanum**

*Artemisia abrotanum*

The leaves can be dried and used to keep moths and other insects away. An extract of the fresh plant is supposed to help against dander and a dry scalp. The plant has a scent like that of fresh lemon.

**SPIGNET (28)**

*Meum athamanticum*

Spiguel has traditionally been used against loss of appetite.

**SUNFLOWER (25)**

*Helianthus annuus*

Sunflower oil is produced from the seeds; the residue is used as a fodder for cattle.

Preparations from the flowers have been used as a febrifuge.

The seeds are popular for feeding birds. The plant was introduced in Europe in the 16<sup>th</sup> century as an ornamental plant from North America, where it was commonly cultivated. The seeds were consumed toasted or after having been milled.



**SWALLOW ROOT (5)**

**= Vincetoxicum**

*Vincetoxicum hirundinaria*

The root contains heart active components and has been used to treat dropsy. Extracts have been used in veterinary medicine.

This plant is now rare in Europe and should be protected.

**SWEET BASIL (33)**

**= Basil**

*Ocimum basilicum*

This plant is essentially known as a spice (Italian *pesto*, French *pistou*) and as a source of essential oil. The plant grows wild in Asia, and is cultivated in the Mediterranean area and in the islands of the Indian Ocean.

An extract is used in traditional medicine as a palatable tea to treat various digestive disorders. The plant has traditionally been used against a light migraine, against loss of appetite and as stimulant for the milk production when breastfeeding babies. The topical application has been in the treatment of rashes and sore skin.

**SWEET CLOVER (10)**

**= Melilot = King's Clover  
= Ribbed Melilot**

*Melilotus officinalis*

Sweet clover extract is used to treat minor oedema, minor gastrointestinal disorders and minor sleep

disturbances. Phytopharmaceuticals based on sweet clover is also used to treat acute attack of piles, and applied orally or topically to treat minor vascular disorders and symptoms of cutaneous capillary fragility.

Sweet clover is commonly growing in roadsides and fields along the coast of Norway as far north as Alta. It has been used to feed the livestock.

## SWEET FLAG (28)

### *Acorus calamus*

The rhizome has traditionally been used to treat gall- and kidney stone, in baths and as compresses, as a stomach- and bowel- juice-stimulant, and against diarrhoea. Local use has been as a mouthwash and a gargle.

In veterinary medicine sweet flag has been used as a tonic and to treat digestive trouble.

Sweet flag is an old medical plant originally from India. To keep a piece of the rhizome in the mouth was supposed to give protection against plague. In Norway the root was chewed as a substitute of tobacco during World War II. This use is not recommended due to possible carcinogenic effects.

## TANSY (11)

### *Tanacetum vulgare*

Tansy has been used for expelling worms in animals as well as in humans. It has also been applied against migraine and nerve pains.

The essential oil from tansy contains thujone, which has nerve toxic properties.

## TARRAGON (11)

### *Artemisia dracunculus*

This herbaceous plant from the Southern part of Europe is used as a seasoning in food. The aerial parts of tarragon are traditionally used to treat the symptoms of various digestive ailments and in the treatment of spasmodic colitis.

☞

## THORN APPLE (2)

= *Stramonium* = Jimson weed



### *Datura stramonium*

Dried leaves used previously to be a component in asthma cigarettes and asthma powders. The leaves were also used to treat whooping cough.

Scopolamin is extracted from the plant and used against motion sickness (the delivery system is a skin patch behind the ear), and to dilate the pupil of the eye.



Thorn apple together with deadly nightshade (belladonna) and henbane are toxic plants containing hyoscyamin and scopolamin.

In India pulverised seeds mixed with butter is eaten to increase the potency. The compound has also been rubbed into the genital area to increase libido.

### THYME (33)

#### *Thymus vulgaris*

Thyme is cultivated for culinary use. Thyme is rich in thymol, which is a strong antiseptic agent. It has been used to relieve throat and bronchial irritation and the spasm of whooping cough. Preparations of thyme have traditionally been used to kill worms in the intestines, as a diuretic, to treat minor wounds, in baths and as a gargle.



### TOBACCO (3)



TOBACCO

#### *Nicotiana tabacum*

In 1492, tobacco was already smoked, snuffed and chewed in America. It was also used as a medical plant, and for magic and religious purposes. In Europe it was originally used as a medication but soon became a stimulant.

Tobacco has been used to treat aphid and other insect infestations. From tobacco, nicotine is extracted and used to make products to relieve nicotine withdrawal symptoms during smoke cessation programs.

The immediate toxicity of tobacco is linked to the presence of nicotine; the responsibility for the induction of cancer is that of the combustion products. In the long run, nicotine is responsible for the genesis of cardiovascular and pulmonary diseases.

### TORMENTIL (7)

#### *Potentilla erecta*

The root contains tannin. Occasional chewing of the root was supposed to harden the gums and keep the mouth healthy. It has also been used to treat simple diarrhoea. Preparations of tormentil have been used as lotions for ulcers and gargle for a sore throat.

The plant is one of the most frequently used in folk medicine.

### TREE ONION (33)

= Egyptian onion

#### *Allium cepa viviparum*

Tree onion is a vegetable and a condiment.

Folk medicine has long used tree onion to treat boils and anthrax in animals and whitlow in humans.

## VALERIAN (23)



VALERIAN

### *Valeriana officinalis*

The active principle consists of the subterranean parts of the plant, carefully dried at a temperature below 40 °C.

Valerian is an important remedy in herbal medicine especially in cases of minor sleeping problems and pains due to stress.

The pungent odour of the drug is very characteristic. Cats love it and seem to be intoxicated by it.

Preparations containing valerian are for sale in Norwegian pharmacies. Combined with hops and/or balms these products are used as soothing remedies, against stress and to enhance sleep.

## VIRGINIA CREEPER (16, 19, 21) *Parthenocissus quinquefolia*

### WHITE ANEMONE (30)

= Wood anemone of Great Britain

### *Anemone nemorosa*

Until recently, the fresh plant was crushed and used as a compress against rheumatism and joint pains, a treatment, which could lead to damage of the skin.



### WHITE HELLEBORE (6)

### *Veratrum album*

White hellebore was formerly used to treat arterial hypertension, the toxæmia of pregnancy, and cardiac insufficiency. It has now been completely abandoned due to its toxicity.

In Norway the plant is only growing in Finnmark, our northernmost county. Here it has been used in folk medicine as a remedy against gout and rheumatism. The Lapps used it as snuff.

### WHITE MUSTARD (9)

### *Sinapis alba*

White mustard is mainly used as a spice, with limited applications for medical purposes.



### WHITE NARCISSUS (3)

### *Narcissus poeticus*

This is an ornamental plant not used therapeutically. It contains alkaloids mainly in the bulb. According to some authors, chewing the stem is enough to cause a chill, shivering, and a tendency to faint.

### WHITE SOAPWORTH (2)

### *Gypsophila paniculata*

Traditionally the subterranean parts are used as a source of commercial saponins, some of which are still used in cosmetics. Saponins have foaming properties.

### WILD CARROT (33)

#### *Daucus carota*

Wild carrot as well as the cultivated form *Daucus carota subsp. sativus*, is rich in vitamins and carotene, from which the body produces vitamin A. Lack of this vitamin could lead to night-blindness. Mashed carrot has been given to infants to stop diarrhoea. The root of wild carrot is unsuitable as food.

### WILD STRAWBERRY (30)

#### *Fragaria vesca*

The leaves and rhizome are astringent and may be used to control simple diarrhoea. The fruits are rich in vitamin C and taste excellent. Dried fruits have been a common ingredient in teas. Wild strawberries have been a part of "blood-cleansing teas".

### WILD THYME (2)



WILD THYME

#### *Thymus serpyllum*

Wild thyme, as well as garden thyme is of culinary use. According to folk medicine, thyme can be administered by the oral route for the symptomatic treatment of gastrointestinal disturbances and cough. Locally it can be used to treat minor wounds, common cold and disorders of the oral cavity and for oral hygiene.

### WINTER SAVORY (20)

#### *Satureja montana*

The active principle consists of the flowering buds of the plant, and is traditionally used to relieve the symptoms of functional dyspepsia. Winter savory is mainly used as a culinary herb.

### WITCH HAZEL (30)

#### *Hamamelis virginiana*

The plant and its preparations are traditionally applied orally as well as locally, to treat the subjective symptoms of venous insufficiency and the symptoms of piles. Local preparations may be used to relieve eye irritation or discomfort, and as a part of the oral hygiene. Witch hazel is used in cosmetics under the name Hamamelis Water or Distilled Witch Hazel Extract, and presented as an astringent. *In vitro* the hamamelis extract is bacteriostatic on Gram-negative bacteria and toxic to molluscs.



### WOODY NIGHTSHADE (11) = Bitter sweet

#### *Solanum dulcamara*

The twigs have been used in folk medicine as a tea against chronic headache, asthma and rheumatism.



Bittersweet has narcotic, diuretic, expectorant and depurative properties. The toxicity seems to be less than assumed previously. Still the digestion of the red berries could lead to vomiting.

## **WORMWOOD (23)**

### ***Artemisia absinthium***

The active principle consists of the leaves and the flowering buds.

Wormwood preparations have been used for centuries. They are thought to have anthelmintic, antibacterial, antipyretic, emmenagogue, and even schizonticide effects. The plant is traditionally used to stimulate the appetite and to relieve "painful periods". The use of excessive doses over long periods of time may lead to digestive and urinary disorder. The nerve toxicity of wormwood liquor caused by thujone was recognised in early 1900, and explains the characteristic symptoms of absinthism (epileptiform seizures). Absinthe was banned in France in 1915. Wormwood is still an ingredient of vermouth.

## **YARROW (6)**

### ***Achillea millefolium***

The flowering buds of yarrow possess according to folk medicine, astringent, antispasmodic, and healing properties. The drug is traditionally used orally to treat gastrointestinal disorders such as epigastric bloating and impaired digestion, and to enhance renal and digestive elimination functions. Topically it is an emollient and itch-relieving adjunct in the treatment of skin disorders.

Yarrow has been used as a substitute of tobacco, as a remedy against moth and as a condiment in meat and beer.

This is an old medical plant. The field doctor of the emperor Nero commanded all Roman legionaries to have a supply of yarrow to be able to treat stabs and cuts. The Indians of North America and the Vikings also knew this use.

## **YELLOW (OR BITING) (2, 26) STONECROP**

### ***Sedum acre***

This plant has been used against loss of appetite. It contains vitamin C, and has also been used as a remedy against scurvy. It tends to produce vomiting which limits the use. Fresh leaves have been used externally to heal wounds, corns and warts.

**YELLOW  
GENTIAN (20)**

YELLOW GENTIAN



**YEW (28, 30)**

***Gentiana lutea***

The active principle consists of the dried fragments of the subterranean parts. They are wrinkled, hard and brittle, when they break they form a reddish-yellow fracture. The taste is very bitter, even when greatly diluted, and it was traditionally used to stimulate the appetite. Now the yellow gentian is chiefly used in the liquor industry.

***Taxus baccata***

This plant is used as an ornamental plant, and can be more than a 1000 years old. It is toxic. Horses having eaten 500g of leaves are known to have died within 45 minutes. The red berries are toxic if chewed. The branches are tough and elastic and were used to make yew bows for whale shooting.

A chemical compound used in the treatment of cancer is extracted from yew.

**1, 29 *Rosa rugosa***

The rose hips are rich in vitamin C and are used to make marmalade and tea.

This ornamental plant originates from China and Japan.

# Planter i urtehagen ved Apotekmuseet

## Latin name

*Achillea millefolium*  
*Aconitum napellus*  
*Aconitum septentrionale*  
*Acorus calamus*  
*Aemoracia rusticana*  
*Agrimonia eupatoria*  
*Alchemilla vulgaris*  
*Allium cepa viviparum*

*Allium porrum*  
*Allium sativum*  
*Allium schoenoprasum*

*Allium ursinum*  
*Althaea officinalis*  
*Anemone nemorosa*

*Anethum graveolens*  
*Angelica archangelica*  
*Anthriscus cerefolium*  
*Apium graveolens*

*Aquilegia vulgaris*  
*Arnica montana*  
*Artemisia absinthium*  
*Arctostaphylos uva-ursi*  
*Artemisia abrotanum*

*Artemisia dracunculus*  
*Asarum europeum*  
*Atropa belladonna*

*Borago officinalis*

*Brassica nigra*  
*Calendula officinalis*  
*Carum carvi*  
*Centaurea cyanus*

## English name

YARROW 6  
ACONITE 2, 10  
NORTHERN MONKSHOOD 2  
SWEET FLAG 28  
HORSERADISH 20  
AGRIMONY 10  
LADY'S MANTLE 5  
TREE ONION 33  
= Egyptian onion  
LEEK 33  
GARLIC 26  
CHIVES 33  
= chive garlic = cives  
RAMSONS 30  
MARSH MALLOW 3  
(WHITE) ANEMONE 30  
= Wood anemone of GB  
DILL 33  
ANGELICA 12  
GARDEN CHERVIL 33  
SMALLAGE 33  
= Wild celery  
COLUMBINE 23  
ARNICA 5  
WORMWOOD 23  
BEARBERRY 19  
SOUTHERNWOOD 26  
= Abrotanum  
TARRAGON 11  
ASARABACCA 30  
DEADLY NIGHTSHADE 7  
= Belladonna  
BORAGE 23  
= Pectoral flowers  
BLACK MUSTARD 9  
MARIGOLD 6  
CARAWAY 33  
CORNFLOWER 27



*Chamomilla recutita*  
 (= *Matricaria chamomilla*)  
*Chelidonium majus*  
*Chrysanthemum coccineum*  
*Chrysanthemum majus*  
*Cichorium intybus*  
*Cochlearia officinalis*  
*Colchicum autumnale*  
*Convallaria majalis*  
*Coriandrum sativum*  
*Crocus vernus*  
*Cynoglossum officinale*  
*Cytisus scoparius*  
*Daphne mezereum*  
*Daucus carota*  
*Datura stramonium*  
  
*Digitalis purpurea*  
*Dryopteris filix-mas*  
*Echinacea angustifolia*  
  
*Epimedium alpinum*  
*Equisetum arvense*  
*Fagus silvatica pupurea pendula*  
*Filipendula ulmaria*  
  
*Foeniculum vulgare*  
*Fragaria vesca*  
*Frangula alnus* (= *Rhamnus frangula*)  
*Gentiana lutea*  
*Ginkgo biloba*  
  
*Gypsophila paniculata*  
*Hamamelis virginiana*  
*Hedera helix*  
  
*Helianthus annuus*  
*Helianthus tuberosus*  
*Helleborus niger*  
  
*Hepatica nobilis*  
  
*Humulus lupulus*  
*Hyoscyamus niger*

**MATRICARIA 26**  
 = German chamomile  
**GREATER CELANDINE 5**  
 No English name 29  
 No English name 20  
**CHICORY 7**  
**SCURVY GRASS 33**  
**AUTUMN CROCUS 28**  
**LILY OF THE VALLEY 3**  
**CORIANDER 33**  
**CROCUS 3**  
**HOUND'S TONGUE 28**  
**SCOTCH BROOM 8**  
**MEZEREON 8**  
**WILD CARROT 33**  
**THORN APPLE 2**  
 =Stramonium  
 = Jimson weed  
**FOXGLOVE 6**  
**MALE FERN 24**  
**ECHINACEA 11**  
 = Coneflower  
**BARRENWORT 8**  
**FIELD HORSETAIL 19**  
**COPPER BEECH 34**  
**QUEEN-OF-THE- MEADOW 6**  
 = Meadowsweet  
**FENNEL 33**  
**WILD STRAWBERRY 30**  
**BUCKTHORN 30**  
**YELLOW GENTIAN 20**  
**MAIDENHAIR TREE 35**  
 = Ginkgo = Forty-coin tree  
**WHITE SOAPWORTH 2**  
**WITCH HAZEL 30**  
**COMMON IVY 30**  
 = Ivy  
**SUNFLOWER 25**  
**JERUSALEM ARTICHOKE 27**  
**CHRISTMAS ROSE 28**  
 = Black hellebore  
**BLUE ANEMONE 30**  
 (= *Anemone hepatica*)  
**HOPS 3**  
**HENBANE 3**

*Hypericum perforatum*  
*Hyssopus officinalis*  
*Ilex aquifolium*

*Inula helenium*

*Iris germanica*

*Juniperus communis*  
*Juniperus sabina*  
*Laburnum anagyroides*  
*Lavandula angustifolia*  
*Levisticum officinale*  
*Linum usitatissimum*  
*Lonicera caprifolium*  
*Lonicera xylosteum*  
*Lotus corniculatus*

*Lythrum salicaria*  
*Malva sylvestris*  
*Melilotus officinalis*

*Melissa officinalis*  
*Mentha piperita*  
*Menthae rotundifolia*  
*Mercurialis perennis*  
*Meum athamanticum*  
*Mentha crispa*  
*Muscari botryoides*  
*Myosotis arvensis*  
*Myrica gale*

*Myrrhis odorata*

*Narcissus poeticus*  
*Narcissus pseudonarcissus*  
*Nepeta cataria*

*Nicotiana tabacum*  
*Ocimum basilicum*

*Origanum vulgare*

SAINT JOHN'S WORT 6  
HYSSOP 2  
HOLLY 30

= Holm = Hulver-bush

ELECAMPANE 14

= Elfdock

FLEUR-DE-LYS 21

= Garden Iris

= Common Blue Flag

JUNIPER 21

SAVIN 19

GOLDEN CHAIN TREE 1

LAVENDER 2

LOVAGE 13

FLAX 22

HONEYSUCKLE 11

FLY HONEYSUCKLE 1

BIRDSFOOT TREFOIL 19

= Babies' slippers

PURPLE LOOSESTRIFE 1

HIGH MALLOW 7

SWEET CLOVER 10

= Melilot = King's Clover

= Ribbed Melilot

BALM 33

PEPPERMINT 26, 33

APPLE MINT 5

DOG'S MERCURY 27

SPIGNET 28

CRISP MINT 33

GRAPE HYASCINT 3

FIELD FORGET-ME-NOT 5

BOG MYRTLE 29

= Sweet gale

CHERVIL 8

= Sweet cicely

WHITE NARCISSUS 3

DAFFODIL 3

CATMINT 2

= Catnip

TOBACCO 3

SWEET BASIL 33

= Basil

OREGANO 22

= Wild majoram

*Paeonia officinalis*  
*Papaver bracteatum*  
*Papaver somniferum*  
*Parthenocissus quinquefolia*  
*Peucedanum*  
 (= *Imperatoria*) *ostruthium*  
*Petroselinum crispum*  
*Pimpinella anisum*  
*Pimpinella saxifraga*  
  
*Portulaca oleraceae*  
*Potentilla erecta*  
*Primula veris*=*Primula officinalis*  
*Prunus padus*  
*Quercus robur*

*Ranunculus acris*  
*Rheum palmatum*  
*Ricinus communis*  
*Rosa canina*  
*Rosa rugosa*  
*Rosmarinus officinalis*  
*Rubus fruticosus*  
*Ruta graveolens*  
*Salvia officinalis*  
*Sambucus nigra*  
*Sanguisorba minor*  
 (= *Poterium sanguisorba*)  
*Saponaria officinalis*  
*Satureja montana*  
*Scrophularia nodosa*

*Sedum acre*  
*Sedum rosea*  
*Sempervivum tectorum*  
*Sinapis alba*  
*Solanum dulcamara*

*Solanum tuberosum*  
*Solidago virga-aurea*  
*Stachys officinalis*  
*Symphytum officinale*  
 = *S. consolida*  
*Tanacetum vulgare*  
*Taxus baccata*

**PEONY 2**  
**GREAT SCARLET POPPY 27**  
**OPIUM POPPY 22**  
**VIRGINIA CREEPER 16, 19, 21**  
**MASTERWORT 6**

**PARSLEY 33**  
**ANISEED 33**  
**SAXIFRAGE 26**  
 = Small Burnet  
**PURSLANE 33**  
**TORMENTIL 7**  
**PRIMROSE 5**  
**BIRD CHERRY 30**  
**COMMON OAK 15**  
 = English oak  
**BUTTERCUP 20**  
**RHUBARB 28**  
**CASTOR 4**  
**DOG ROSE 29**  
 1,29  
**ROSEMARY 33**  
**BLACKBERRY 1**  
**RUE 22**  
**SAGE 33**  
**EUROPEAN ELDER 6, 8**  
**SALAD BURNET 5**  
 = Burnet  
**SOAPWORT 23**  
**WINTER SAVORY 20**  
**FIGWORT 21**  
 = Throatwort  
**YELLOW (OR BITING) STONECROP 2, 26**  
**ROSEROOT 10**  
**HOUSELEEK 10**  
**WHITE MUSTARD 9**  
**WOODY NIGHTSHADE 11**  
 = Bitter sweet  
**POTATO 33**  
**EUROPEAN GOLDENROD 19**  
**BETONY 27**  
**COMMON COMFREY 28**  
  
**TANSY 11**  
**YEW 28, 30**



*Thymus serpyllum*  
*Thymus vulgaris*  
*Tropaeolum majus*  
*Tussilago farfara*  
*Valeriana officinalis*  
*Veratrum album*  
*Verbascum thapsus*

*Verbascum phlomoides*  
*Vinca minor*  
*Vincetoxicum hirundinaria*

*Viola tricolor*

WILD THYME 2  
THYME 33  
NASTURTIUM 1, 18  
COLTSFOOT 30  
VALERIAN 23  
WHITE HELLEBORE 6  
MULLEIN 8  
= Great mullein = Aaron's rod  
ORANGE MULLEIN 6  
SMALL PERIWINKLE 11, 30  
SWALLOW ROOT 5  
= Vincetoxicum  
HEARTSEASE 2  
= Wild pansy

# Cygnus

en norsk farmasihistorisk skriftserie

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Hefte 1	oktober 1997	
Spesialutgave	april 1998	Apoteket Sfinxen Oslo 70 år
Hefte 2	oktober 1998	
Spesialutgave	oktober 1998	Holtung AS – en moderne legemiddelgrossist
Hefte 3	oktober 1999	Norsk Farmaceutisk Selskap gjennom 75 år
Hefte 4	mai 2000	Svaneapoteket Hamar 150 år
Hefte 5	oktober 2000	
Spesialutgave	juni 2001	Urtehagen ved Apotekmuseet
Hefte 6	oktober 2001	
Spesialutgave	juni 2002	The Herbal Garden, Museum of Pharmacy