“The Osteopath who succeeds best does so because he looks to Nature for Knowledge and obeys her teaching; then he gets good results.”

“Nature has no apology to offer. It does the work if you know how to line up the parts; then food and rest are all that is required.”

“I have not only worked to relieve and cure the sick, but I have had both eyes open all the time to find a defect in Nature’s work, its object, its plan, its specification, its building, and its engineering; so far I have failed to find a variation from perfection.”

— Andrew Taylor Still, DO

Museum of Osteopathic Medicine

Hours

Monday-Friday, 8:00 a.m.–5:00 p.m.
Saturday, 10:00 a.m.–4:00 p.m.
Closed on major holidays
Summer hours may vary on Saturdays

ATSU Tinning Education Center
800 W. Jefferson St.
Kirksville, MO 63501-1497
660.626.2359 | 660.626.2984 fax
museum@atsu.edu | www.atsu.edu/museum
In appreciation and recognition

Our special thanks

This catalog, many of the plantings, several components of the hardscape, lighting, and the two bronze sculptures were provided by generous gifts from the Freeman Foundation.

Bronze sculptures

_Curiosity_ — Dedicated in memory of Lucia Freeman

_A.T. Still Memorial Sculpture_ — Dedicated in memory of Travis Freeman

Artist — Brandon D. Crandall, Crandall Sculpture and Design

www.crandallsculpture.com

(AAlso responsible for the A.T. Still bust in the Missouri State Capitol’s Hall of Famous Missourians, Jefferson City, Mo.)

19th Century Historic Medicinal Plant Garden

Throughout history, medical practitioners around the globe have used plants as remedies for a variety of diseases and disorders. Today, with the same basic goal of restoring and assisting in health and wellness, many medications are comprised of plant products and byproducts.

This garden contains medicinal plants native to or commonly used in Missouri and other parts of the Midwestern United States in the 19th century. Most of these plants were accessible and used by frontier physicians such as Andrew Taylor Still, DO (1828-1917), and his father Reverend Abraham Still, MD (1796-1867). Dr. Andrew Still believed that interaction with nature was important in total wellness, connecting the body, mind, and spirit. The Historic Medicinal Plant Garden provides a place to learn and interact with plants and nature.

Early 19th century medicine

In the typical cottage garden during the nineteenth century, there were often just as many medicinal plants as food plants. Knowledge of medicinal plants was especially important in rural areas that lacked local physicians. Basic medical care in the early to mid-19th century was based on several assumptions:

- Sickness indicated an imbalance in the body’s “humors” (blood, bile, phlegm, and other liquids)
- Removing the symptoms would remove the disease
- For other treatments to be effective, the body needed to be "cleansed" by inducing vomiting, loosening the bowels, or bloodletting.

A majority of diagnoses were addressed through the use of a wide range of produced powders, tonics, teas, poultices*, and washes (primarily extracted from plants). These “remedies” were often found in medical guides or layman’s physician books written by nineteenth century physicians, botanists, and a variety of self-proclaimed specialists. Many of these books dealt extensively on the subject of how to identify and use medicinal plants. Basic medical care often fell to the women of the household, whose garden provided many of the plants needed for home remedies. Often children were even trained to recognize useful medicinal...
Neith the Museum of Osteopathic Medicine nor ATSU endorses the use of plants and their remedies as mentioned in this catalogue. This catalogue reflects 19th century medical beliefs and uses, many of which are not recognized today as acceptable medical practices.

- Antiseptic: prevents infection of wounds
- Antispasmodic: relieves or prevents muscle spasms
- Aromatic: a plant emitting a distinctive smell
- Astringent: stops discharge
- Carminative: relieves or prevents intestinal gas
- Catarrh: inflammation of the mucous membrane
- Cathartic: stimulates bowels
- Colic: severe abdominal pain
- Decoction: prepared by boiling
- Demulcent: soothes irritated skin
- Diaphoretic: increases sweating
- Diuretic: increases production of urine
- Dropsy: abnormal accumulation of fluid
- Dysentery: inflammation of the intestines
- Emetic: causes vomiting
- Emmenagogue: stimulates menstrual flow
- Emollient: softens or soothes skins
- Expectorant: helps expel mucus from respiratory tract
- Infusion: prepared by steeping or soaking
- Jaundice: yellowing of the skin or the eyes
- Laxative: stimulates evacuation of the bowels
- Leukorrhea: mucus discharge
- Neuralgia: sharp pain in nerves without a stimulant
- Poultice: hot, moist mass applied to skin
- Rheumatism: inflammation or pain in joints
- Rubefacient: causes redness of the skin
- Salve: soothing medicinal ointment
- Sedative: calming effect; reduces irritability
- Styptic: stops bleeding by contracting tissues
- Tincture: alcohol solution of medication
- Tonic: restores normal tone
- Vermifuge: expels intestinal worms
- Vulnerary: used in healing or treatment of wounds

* All terms will be noted with an astrix
Plant listing for the garden

This guide lists the plants by section; please refer to the diagram below. Please note that a plant’s common name may often vary from region to region due to cultural, linguistic, or other local traditions. The common names used in the garden were those most often referred to in our 19th century medicinal plant guides.

Historic medicinal plant diagram

The following plant information is compiled from sources in the catalog bibliography.

Section A

Plant 19th century medicinal use(s)

Cup Plant
Silphium perfoliatum
American Indians used a tea made from the root to treat bleeding lungs, back and chest pain, profuse menstruation, and to induce vomiting. They inhaled smoke to treat head colds, pain in the nerves, and rheumatism*. A root tea was also used to treat enlarged spleen, fevers, internal bruises, weakness, liver ailments, and ulcers.
(Foster and Duke, Field Guide, 149-150)

Joe-Pye Weed
Eupatorium purpureum
A root tea was used for fevers, colds, chills, sore womb after childbirth, diarrhea, liver, and kidney ailments. A wash was created to treat rheumatism*. The root was also used to induce sweating in typhus fever. American Indians used a tea made from the whole herb as a diuretic* for dropsy*, painful urination, kidney infections, and rheumatism*.
(Foster and Duke, Field Guide, 184-185)

Wild Geranium
Geranium maculatum
During the 19th century, this plant was used as an astringent*. It was used to treat diarrhea, dysentery*, cholera, hemorrhages, ulcers, and leukorrhea. It was used in infants or people with sensitive stomachs and was also gargled to treat ulcerations of the throat.
(Wythes, Physician’s Dose, 79)
## Section B

<table>
<thead>
<tr>
<th>Plant</th>
<th>19th century medicinal use(s)</th>
</tr>
</thead>
</table>
| **American Elder (Elderberry)**  
*Sambucus canadensis* | American Indians used a tea made from the inner bark as a diuretic,* strong laxative,* and an emetic.* Bark was used as a poultice* to treat cuts, sores, boils, pain, swelling, and headaches. Leaves were used as a poultice to treat bruises and to stop bleeding cuts.  
(Foster and Duke, Field Guide, 269-270) |
| **Bull Thistle**  
*Cirsium vulgare* | This plant likely contains similar properties to those of the Canada Thistle (*Cirsium arvense*). A leaf tea treated dysentery* and diarrhea. When applied externally, it was used to treat skin eruptions, skin ulcers, and poison ivy rash. American Indians made a tea from the root for a bowel tonic and de-wormer.  
(Foster and Duke, Field Guide, 188) |
| **Chickory**  
*Cichorium intybus* | During the 19th century, this plant was considered a tonic* and a laxative*. A decoction was used to treat jaundice* and illness of the lungs or throat.  
(Wythes, Physician’s Dose, 49) |
| **Foxglove Beard-Tongue**  
*Penstemon digitalis* | This plant possibly contains similar, yet weaker properties as that of Foxglove on page 30.  
**Toxic in large doses** |
| **Garden Coreopsis (Tickseed)**  
*Coreopsis tinctoria* | American Indians used a tea made from the root to treat diarrhea and as an emetic*.  
(Foster and Duke, Field Guide, 141) |
| **Indian Hemp**  
*Apocynum cannabinum* | During the 19th century, this plant was considered an emetic*, a cathartic*, a diuretic*, a diaphoretic*, a narcotic, and a sedative*. It was also used to treat dropsy*. The powdered root produced vomiting and purging. A decoction* was made by boiling the dried root in water.  
(Wythes, Physician’s Dose, 34) |
| **Lemon Balm**  
*Melissa officinalis* | During the 19th century, this plant was used as a diaphoretic*. It was recommended to drink a liquid made from the leaves and flowers to reduce digestive complications.  
(Cooper, Indian Physician, 44) |
| **Onion**  
*Allium cepa* | During the 19th century, this plant was considered a stimulant, a diuretic*, and a rubefacient*. The juice was mixed with sugar to treat non inflammatory catarrhs* in children.  
(Wythes, Physician’s Dose, 121) |
| **Queen Ann’s Lace**  
*Daucus carota* | Traditionally, a tea made from the root was used as a diuretic*, to prevent and eliminate urinary stones and worms. The seeds were a folk version of a “morning after” contraceptive. Science has proven its bactericidal, diuretic*, hypotensive, and worm-expelling properties.  
(Foster and Duke, Field Guide, 69) |
Russian Sage  
*Perovskia atriplicifolia*  
Sage was primarily used to as an aromatic* and a wash, but could be used for de-worming, stomach ailments, and other applications which vary among 19th century medical guides. While the uses of sage are described in 19th century medical guides found in Drs. Abram and Andrew Still's possession, the specific type of sage is often not named.  
(Wythes, Physician’s Dose, 48-49)

Salvia (Sage)  
*Salvia nemorosa*  
This plant is an accent plant with no known medicinal value. It is related however to the Salvia lyrata which grows wild and was used during the 19th century as a tonic*, an astringent*, and an aromatic*.  
(Wythes, Physician’s Dose, 140)

Smooth Sumac  
*Rhus glabra*  
During the 19th century, this plant was considered to reduce fevers when consumed as a liquid. The bark, leaves, and berries were thought to be a good astringent*.  
(Cooper, Indian Physician, 60)

Section C  

19th century medicinal use(s)

Bee Balm  
*Monarda didyma*  
American Indians used a tea made from the leaves to treat colic*, gas, colds, fevers, stomachaches, nosebleeds, insomnia, menstrual complications, measles, and to induce sweating. A poultice was used to treat headaches. Nineteenth century American physicians used the leaf to expel worms and gas.  
(Foster and Duke, Field Guide, 183)

Black-eyed Susan  
*Rudbeckia hirta*  
American Indians used a tea made from the root to treat worms and colds. An external wash was used for sores, snakebites, and swelling. A juice made from the root was used to treat earaches.  
(Foster and Duke, Field Guide, 142)

Comfrey  
*Symphytum officinale*  
During the 19th century, this plant was considered a demulcent* and an astringent*.  
(Wythes, Physician’s Dose, 152)

Hyssop  
*Hyssopus officinalis*  
This plant was used for the treatment of swollen throats, cuts, and wounds. When boiled with honey and a rue plant, it was used to treat coughs, shortness of breath, wheezing, and rheumatism*. When taken with figs and niter, it was used to treat dropsy*. Boiled with wine, it was used as a wash for rheumatism* and bruises. A decoction* of vinegar was used as a treatment for toothaches.  
(Burlingmane, Poor Man’s Physician, 31)
Butterfly Milkweed
*Asclepias tuberosa*

Used as a tea, tincture, and root poultice, this plant was used for bruises, swelling, and lameness. This plant was also used to treat lung inflammation, asthma, and bronchitis. (Foster and Duke, Field Guide, 154)

Purple Coneflower
*Echinacea purpurea*

This plant was used as a folk remedy for brown recluse spider bites. Also used by Midwestern American Indians either by chewing the root or making a tea to treat snakebites, spider bites, cancers, toothaches, burns, sores, wounds, colds, and the flu. (Foster and Duke, Field Guide, 226-227)

Spike Speedwell
*Veronica spicata*

This plant is related to the Thyme-Leaved Speedwell (*Veronica Serpyllifolia*) which was more commonly found in the wild and has medicinal properties. Thyme-Leaved Speedwell was used by American Indians who made juice from the leaves to treat earaches. A leaf poultice* was used for boils, while a tea was used for chills and coughs. (Foster and Duke, Field Guide, 196)

Wild Quinine
*Parthenium integrifolium*

During the 19th century, this plant was used as an antiseptic, as a pain killer, and to reduce fevers. When mixed with bisulphate it was used as a nasal injection for hay fever. Quinine Salicylate was used to treat typhoid, rheumatism, lumbago, and muscular pain. Quinine Valerianate was used as a nerve tonic* to treat hysteria. (Merck’s 1899 Manual, 61-62)

Yarrow
*Achillea millefolium*

During the 19th century, this plant was used as an astringent*. (Wythes, Physician’s Dose, 22)

Section D

Blue Wild (False) Indigo
*Baptisia australis*

American Indians used a tea made from the root as an emetic* and purgative*. Other parts of the plant were used to make a cold tea to stop vomiting. Poultice root was used as an anti-inflammatory. The plant was also used to treat toothaches. (Foster and Duke, Field Guide, 219-220)

Clover
*Trifolium pratense*

Taken as a flower tea, this plant has been used as a blood purifier, expectorant, mild sedative, and antispasmodic. It was taken for asthma, bronchitis, sores, burns, and as a folk cancer remedy. (Foster and Duke, Field Guide, 179)

Columbine
*Aquilegia canadensis*

During the 19th century, this plant was used as a diuretic* and to increase sweating. (Wythes, Physician’s Dose, 35)
Goldenmoss Stonecrop  
Sedum acre

This plant was used as an astringent*, a laxative*, a rubefacient*, a vermifuge*, and a vulnerary*. The poultice* of this fresh plant treated wounds and burns. It was also used as an emetic*, a cathartic*, and a vermifuge* for scurvy, ulcers, fevers, dropsy*, and to induce sleep.

(Fern, “Plants for a Future”)

Fall Glade Onion  
Allium stellatum

This plant likely contains similar properties to Wild Onion or to Leek onions (Allium tricoccum) as seen on page 7.

(Foster and Duke, Field Guide, 228-229)

Eastern Redbud Tree  
Cercis canadensis

The inner bark is highly astringent* and used to create a tea. It is a folk remedy for leukemia.

(Foster and Duke, Field Guide, 319-320)

Goldenseal  
Hydrastis canadensis

American Indians used a tea made from the root to treat coughs and colds. It was also used for menstrual irregularities, postpartum pains, and as a cathartic* after childbirth.

(Foster and Duke, Field Guide, 57)

Jack-in-the-Pulpit  
Arisaema triphyllum

American Indians used the dried, aged root to treat colds, dry coughs and to build blood. Poultice* root was applied externally to treat rheumatism*, boils, abscesses, and ringworm. A tea made from the dried root was used as a diaphoretic* and a cathartic*. Historically, Jack-in-the-Pulpit was used to treat asthma, bronchitis, colds, coughs, laryngitis, and headaches.

(Foster and Duke, Field Guide, 228-229)

Jacob’s Ladder  
Polemonium reptans

During the 19th century, this plant was used for the treatment of kidney stones. A strong decoction* was made by steeping the root.

(Burlingmane, Poor Man’s Physician, 107-108)

Fall Glade Onion  
Allium stellatum

This plant likely contains similar properties to Wild Onion or to Leek onions (Allium tricoccum) as seen on page 7.

(Foster and Duke, Field Guide, 228-229)

Eastern Redbud Tree  
Cercis canadensis

The inner bark is highly astringent* and used to create a tea. It is a folk remedy for leukemia.

(Foster and Duke, Field Guide, 319-320)

Goldenseal  
Hydrastis canadensis

American Indians used a tea made from the root to treat coughs and colds. It was also used for menstrual irregularities, postpartum pains, and as a cathartic* after childbirth.

(Foster and Duke, Field Guide, 57)

Jack-in-the-Pulpit  
Arisaema triphyllum

American Indians used the dried, aged root to treat colds, dry coughs and to build blood. Poultice* root was applied externally to treat rheumatism*, boils, abscesses, and ringworm. A tea made from the dried root was used as a diaphoretic* and a cathartic*. Historically, Jack-in-the-Pulpit was used to treat asthma, bronchitis, colds, coughs, laryngitis, and headaches.

(Foster and Duke, Field Guide, 228-229)

Jacob’s Ladder  
Polemonium reptans

During the 19th century, this plant was used for the treatment of kidney stones. A strong decoction* was made by steeping the root.

(Burlingmane, Poor Man’s Physician, 107-108)

Fall Glade Onion  
Allium stellatum

This plant likely contains similar properties to Wild Onion or to Leek onions (Allium tricoccum) as seen on page 7.

(Foster and Duke, Field Guide, 228-229)

Eastern Redbud Tree  
Cercis canadensis

The inner bark is highly astringent* and used to create a tea. It is a folk remedy for leukemia.

(Foster and Duke, Field Guide, 319-320)

Goldenseal  
Hydrastis canadensis

American Indians used a tea made from the root to treat coughs and colds. It was also used for menstrual irregularities, postpartum pains, and as a cathartic* after childbirth.

(Foster and Duke, Field Guide, 57)

Jack-in-the-Pulpit  
Arisaema triphyllum

American Indians used the dried, aged root to treat colds, dry coughs and to build blood. Poultice* root was applied externally to treat rheumatism*, boils, abscesses, and ringworm. A tea made from the dried root was used as a diaphoretic* and a cathartic*. Historically, Jack-in-the-Pulpit was used to treat asthma, bronchitis, colds, coughs, laryngitis, and headaches.

(Foster and Duke, Field Guide, 228-229)

Jacob’s Ladder  
Polemonium reptans

During the 19th century, this plant was used for the treatment of kidney stones. A strong decoction* was made by steeping the root.

(Burlingmane, Poor Man’s Physician, 107-108)

Fall Glade Onion  
Allium stellatum

This plant likely contains similar properties to Wild Onion or to Leek onions (Allium tricoccum) as seen on page 7.

(Foster and Duke, Field Guide, 228-229)
<table>
<thead>
<tr>
<th>Plant</th>
<th>19th century medicinal use(s)</th>
</tr>
</thead>
</table>
| **Pussytoes** Antennaria parlinii  | This plant was a folk remedy for diarrhea and dysentery* when boiled with milk, and was taken as a tea for lung ailments. Leaf poultice* was used on bruises, sprains, boils, and swelling. Pussytoes were also thought to be a remedy for snakebites.  
(Foster and Duke, Field Guide, 93-94) |
| **Salvia** Salvia nemorosa    | This plant is an accent plant with no known medicinal value. It is related however to the Salvia lyrata which grows wild and was used during the 19th century as a tonic*, an astringent*, and an aromatic*.  
(Wythes, Physician’s Dose, 140) |
| **Woodland Spiderwort** Tradescantia ernestiana | This plant contains similar properties to Spiderwort (Tradescantia virginiana), which was used by American Indians who made a root tea to treat kidney and stomach ailments. It was also used as a laxative*. The leaf poultice* was applied to the skin for insect bites, stings, and cancers.  
(Foster and Duke, Field Guide, 190) |
| **Bluebells** Mertensia virginica | The Cherokee Indians used this plant to treat whooping cough, tuberculosis, and other respiratory diseases.  
(Mitchell, Indiana Native Plant & Wildflower Society) |
| **Catnip (Catmint)** Nepeta cataria | During the 19th century, this plant was used as a treatment for the illness of the lungs or throat. A decoction of this herb was used to help women regulate their menses. It was a treatment for headaches, catarrh*, dizziness, colds, coughs, and shortness of breath.  
(Burlingmane, Poor Man’s Physician, 39) |
| **Crested Iris** Iris cristata | American Indians created a root ointment to treat cancerous ulcers. A root tea was used for hepatitis.  
(Foster and Duke, Field Guide, 189) |
| **False Aster** Boltonia asteroides | Accent Plant- no known medicinal value |
Indian Pink
*Spigelia marilandica*
This plant was used by both American Indians and frontier physicians as a worm expellant. (Foster and Duke, Field Guide, 168)

Rough Blazing Star
*Liatris aspera*
During the 19th century, this plant was used as a root tea for kidney, gonorrhea, colic, sore throats, menses, and snake bites. (Foster and Duke, Field Guide, 221)

Ironweed
*Vernonia arkansana*
During the 19th century, this plant was used to treat dropsy*. (Cooper, Indian Physician, 78)

Large-Flowered Coreopsis
*Coreopsis grandiflora*
This plant likely contains similar properties as Garden Coreopsis as seen on page 7.

Prairie Coreopsis
*Coreopsis palmate*
This plant likely contains similar properties as Garden Coreopsis on page 7.

Solomon’s Seal (variegated)
*Polygonatum biflorum*
During the 19th century, this plant was used to cleanse the face of freckles and spots. A salve* made from the pounded root was used to treat “wounds of every description.” A decoction* of the root was used to ease nausea. To ease sore joints and heal broken bones it was recommended to either apply pounded root or bathe in decoction*. A syrup made with nunk root and spirits was used to treat weak stomachs. (Burlingmane, Poor Man’s Physician, 49-50)

Wild Bergamot
*Monarda fistulosa*
American Indians used a tea made from the leaf for colic*, flatulence, colds, fevers, stomachaches, nosebleeds, insomnia, heart problems, and to induce sweating in measles. Poultice leaves were used to treat headaches. Historically, physicians used a leaf tea to expel worms and gas. (Foster and Duke, Field Guide, 209)

Goldenrod
*Solidago canadensis*
During the 19th century, this plant was considered an aromatic*, a stimulant, a carminative*, and a diaphoretic*. It was used to relieve pain from flatulence and relieve nausea. (Wythes, Physician’s Dose, 146)

Indian Pink
*Spigelia marilandica*
This plant was used by both American Indians and frontier physicians as a worm expellant. (Foster and Duke, Field Guide, 168)
Mullein
*Verbascum thapsus*
During the 19th century, this plant was considered a demulcent*, an emollient*, and a pain reliever. An infusion was used to treat mild catarrh*.
(Wythes, Physician’s Dose, 176)

New England Aster
*Aster novae-angliae*
American Indians used a tea made from the root to treat diarrhea and to lower fevers.
(Foster and Duke, Field Guide, 223)

Lead Plant
*Amorpha canescens*
This plant contains astringent* properties. Omaha Indians powdered and dried the leaves to treat cuts and open wounds. It also served as a treatment for rheumatism* and neuralgia*. Pottawatomie Indians made a tea from the leaves to treat pinworms and other intestinal worms and eczema.
(Stevens et al., “Plant Guide”)

Milkweed
*Asclepias syriaca*
American Indians used a tea made from the root as an expectorant*, as a laxative*, to induce sweating, and as a diuretic*. It also treated kidney stones and dropsy*. The milky latex was applied to warts, moles, and ringworm. Early American physicians used this plant for asthma and rheumatism*.
(Foster and Duke, Field Guide, 175)

Ox-eye Sunflower
*Heliopsis helianthoides*
This plant likely contains similar properties as the Sunflower (*Helianthus annuus*). American Indians made a tea from the flower to treat lung ailments and malaria. A tea made from the leaf for high fevers, also used as an astringent*. A leaf poultice* was applied to snakebites and spider bites. The seeds and leaves are considered to be a diuretic* and an expectorant*.
(Foster and Duke, Field Guide, 147)

Mullein
*Verbascum thapsus*
During the 19th century, this plant was considered a demulcent*, an emollient*, and a pain reliever. An infusion was used to treat mild catarrh*.
(Wythes, Physician’s Dose, 176)

Purple Prairie Clover
*Dalea purpurea*
Midwestern American Indians used the whole plant to treat heart problems. The root was used to treat measles, pneumonia, and was also used as a general preventative to disease. This plant is antibacterial.
(Foster and Duke, Field Guide, 218)

Milkweed
*Asclepias syriaca*
American Indians used a tea made from the root as an expectorant*, as a laxative*, to induce sweating, and as a diuretic*. It also treated kidney stones and dropsy*. The milky latex was applied to warts, moles, and ringworm. Early American physicians used this plant for asthma and rheumatism*.
(Foster and Duke, Field Guide, 175)

Rattlesnake Master
*Eryngium yuccifolium*
American Indians used a poultice* made from the root for snakebites, toothaches, bladder troubles, coughs, neuralgia*, and as an emetic*. Traditionally, the root tincture* was used as a diuretic*, for female reproductive disorders, gonorrhea, hemorrhoids, and rheumatism*. Chewing the root was supposed to increase saliva flow.
(Foster and Duke, Field Guide, 21)

Red Raspberry
*Rubus idaeus*
During the 19th century, the leaves of this plant were considered an astringent* and a diuretic*.
(Cooper, Indian Physician, 63-64)

Red Raspberry
*Rubus idaeus*
During the 19th century, the leaves of this plant were considered an astringent* and a diuretic*.
(Cooper, Indian Physician, 63-64)
Tansy
*Tanacetum vulgare*
During the 19th century, this plant was considered a tonic*, removed obstructions in the bowels, and was used to treat worms. It was used to treat hysteria and to suppress menses.
(Wythes, Physician’s Dose, 157)

Tansy
*Tanacetum vulgare*
Toxic in large doses

Whitebud Tree
*Cercis canadensis*
This tree contains similar medicinal properties to the Redbud Tree on page 12.

White Primrose
*Oenothera speciosa*
This plant likely contains similar properties to the Common Evening Primrose (*Oenothera biennis*). The Common Evening Primrose was used by American Indians. A tea made from the root was used to treat bowel pains. A root poultice* was used to treat hemorrhoids and bruises and was rubbed on muscles to give athletes strength.
(Foster and Duke, Field Guide, 106)

Spike Speedwell
*Veronica spicata*
This plant is related to the Thyme-Leaved Speedwell (*Veronica Serpyllifolia*), which was more commonly found in the wild and has medicinal properties. Thyme-Leaved Speedwell was used by American Indians who made juice from the leaves to treat earaches. A leaf poultice* was used for boils. A tea was used for chills and coughs.
(Foster and Duke, Field Guide, 196)

Slender Mountain Mint
*Pycnanthemum tenuifoilum*
During the 19th century, this plant was used to induce sweating.
(Cooper, Indian Physician, 48)

Section G
19th century medicinal use(s)

Cocklebur
*Xanthium strumarium*
American Indians made a tea from the leaf to treat kidney disease, inflammation, tuberculosis, diarrhea and as a blood tonic*. This plant was formerly used for the treatment of rabies, malaria, fevers, as a diuretic*, and as a sedative*.
(Foster and Duke, Field Guide, 240-241)

Daylily
*Hemerocallis*
Traditionally, this plant was used in Chinese Medicine. However, it now grows wildly in the Midwest and was possibly used medicinally by Midwestern settlers. The root of the plant has been used to treat breast cancer, difficult urination, jaundice*, nosebleeds, leukorrhea*, and uterine bleeding. The edible flower buds were also used to treat jaundice*, to relieve chest pains, as a diuretic*, and as an astringent*.
(Foster and Duke, Field Guide, 151-152)
**Knock Out Roses**  
*Rosa ‘radrazz’*  
Although these could be used for medicinal purposes, these roses are accent plants. Wild roses like the Smooth Rose (*rosa blanda*) and the Cattle Rose (*rosa arkansana*), found in fields in the 19th century, would have been used for diarrhea, dysentery*, sore eyes, and as an astringent*.  
(Erichsen-Brown, North American Plants, 171)

**Lady's Thumb**  
*Polygonum persicaria*  
This plant was brought to North America by settlers who brought the plant from Europe. It was used for inflammation, sores, stomach pains, and as an antiseptic, and worm expellant.  
(Erichsen-Brown, North American Plants, 220)

**Missouri Coneflower**  
*Rudbeckia missouriensis*  
This plant likely contains similar properties as Purple Coneflower on page 10.

**Indian Physic**  
*Porteranthus stipulatus*  
Uses are likely similar to Indian Hemp as seen on Page 7. During the 19th century, this plant was considered an emetic*, a laxative*, diuretic*, and cathartic*.  
(Wythes, Physician’s Dose, 34)

**Prairie Blazing Star**  
*Liatris pycnostachya*  
This plant likely contains similar properties to Rough Blazing Star (*Liatris aspera*). Rough Blazing Star (and most Liatris species) were used in folk medicine and considered to be a diuretic* and a tonic*. A tea made from the root was used to treat kidney and bladder ailments, gonorrhea, and painful or delayed menses. Externally, a root poultice was applied to snakebites.  
(Foster and Duke, Field Guide, 221)

**Salvia**  
*Salvia nemorosa*  
This plant is an accent plant with no known medicinal value. It is related however to the Salvia lyrata which grows wild and was used during the 19th century as a tonic*, an astringent*, and an aromatic*.  
(Wythes, Physician’s Dose, 140)

**Sensation Lilac**  
*Syringa vulgaris*  
Originally from Europe, this plant has been naturalized in the Midwest and eastern part of the United States. While in this garden, it is primarily an accent plant, the leaves and bark of the lilac have been used to treat mouth sores.  
(Stevens et al., “Plant Guide”)

**Shasta Daisy**  
*Leucanthemum superbum*  
This plant likely contains similar properties as the Ox-Eyed Daisy (*Leucanthemum vulgare*). Europeans used a tonic made from Ox-Eyed Daisies as a diuretic*, antispasmodic* in whooping cough, to regulate menses, as an astringent*, and to induce vomiting. American Indians adopted the tea for the treatment of fevers and as a spring tonic*. Externally, the tea was a wash for chapped hands and for the eyes.  
(Foster and Duke, Field Guide, 96)
**Solomon’s Seal**  
*Polygonatum biflorum*

During the 19th century, this plant was used to cleanse the face of freckles and spots. A salve* made from the pounded root was used to treat “wounds of every description.” A decoction* of the root was used to ease nausea. To ease sore joints and heal broken bones it was recommended to either apply pounded root or bathe in decoction*. A syrup made with nunk root and spirits was used to treat weak stomachs. 

(Burlingmane, Poor Man’s Physician, 49-50)

**Tarragon**  
*Artemisia dracunculus*

American Indians made a tea from the leaf or the root to treat colds, dysentery*, diarrhea and difficult childbirth. A leaf poultice* treated wounds and bruises. This plant promotes appetite. 

(Foster and Duke, Field Guide, 250-251)

**Wild Garlic**  
*Allium vineale*

Garlic was used to treat earaches, coughs, sinuses, diarrhea, gout, acne, and rheumatism. Many other applications were used with the plant as well depending on location of cultural origin. 

(Foster and Duke, Field Guide, 34)

**White Wild Indigo**  
*Baptisia alba*

Used as a root tea, the plant was thought to help stomach ailments, typhoid, and scarlet fever. A poultice made from the root was applied externally to open wounds. 

(Foster and Duke, Field Guide, 131)

**Black-eyed Susan**  
*Rudbeckia hirta*

American Indians used a tea made from the root to treat worms and colds. An external wash was used for sores, snakebites, and swelling. A juice made from the root was used to treat earaches. 

(Foster and Duke, Field Guide, 142)

**Boneset**  
*Eupatorium perfoliatum*

Used as a tonic*, a diaphoretic*, emetic*, and a laxative*, it was also used to treat catarrh, rheumatism*, inflammatory diseases, indigestion and general debility. 

(Wythes, Physician’s Dose, 68)

**Canadian Anemone (windflower)**  
*Anemone canadensis*

American Indians used a tea made from either the root or leaf to treat wounds, sores, and nosebleeds. The tea was used as either a wash or poultice. An eye wash was made to treat twitching and to cure crossed eyes. The root was chewed to clear the throat. Some of the Midwestern American Indians considered the plant highly valuable as an external medicine for many ailments. This plant is astringent* and styptic*. 

(Foster and Duke, Field Guide, 45)

**German Iris**  
*Iris germanica*

During the 19th century, this plant was considered a cathartic*, an emetic*, and a diuretic*. It was used to treat dropsy and bad breath. 

(Wythes, Physician’s Dose, 96)

**Section H**

<table>
<thead>
<tr>
<th>Plant</th>
<th>19th century medicinal use(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black-eyed Susan</td>
<td>Used a tea made from the root to treat worms and colds. An external wash was used for sores, snakebites, and swelling. A juice made from the root was used to treat earaches.</td>
</tr>
<tr>
<td>Boneset</td>
<td>Used as a tonic*, a diaphoretic*, emetic*, and a laxative*, it was also used to treat catarrh, rheumatism*, inflammatory diseases, indigestion and general debility.</td>
</tr>
<tr>
<td>German Iris</td>
<td>During the 19th century, this plant was considered a cathartic*, an emetic*, and a diuretic*. It was used to treat dropsy and bad breath.</td>
</tr>
</tbody>
</table>

*Indicates a medicinal use.
**Prairie Dropseed**  
*Sporobolus heterolepis*  
Accent plant – no known medicinal uses

American Indians used a tea made from the leaf for diarrhea, hepatitis, stomachaches, and thrush. Poultice* made from wilted leaves were used externally for sore breasts, rheumatism*, headaches, and fevers. When cut in the summer, the vines yield drinkable water.  
(Foster and Duke, Field Guide, 338-339)

**Spicebush**  
*Lindera benzoin*

During the 19th-century, this plant was used for the treatment of fevers as a decoction*. The bark and twigs were steeped in cold water that was used for treatment.  
(Burlingame, Poor Man’s Physician, 98)

**Spike Speedwell**  
*Veronica spicata*

This plant is related to the Thyme-Leaved Speedwell (*Veronica serpyllifolia*), which was more commonly found in the wild and has medicinal properties. Thyme-Leaved Speedwell was used by American Indians who made juice from the leaves to treat earaches. A leaf poultice* was used for boils. A tea was used for chills and coughs.  
(Foster and Duke, Field Guide, 196)

**Grape Vine**  
*Vitis vinifera*

American Indians used a tea made from the leaf for diarrhea, hepatitis, stomachaches, and thrush. Poultice* made from wilted leaves were used externally for sore breasts, rheumatism*, headaches, and fevers. When cut in the summer, the vines yield drinkable water.  
(Foster and Duke, Field Guide, 338-339)

**Strawberry**  
*Fragaria virginiana*  
*Fragaria ananassa*

During the 19th century, this plant was used for the treatment of dysentery* when the leaves and roots were boiled in wine and water. The berries were used to cool the liver, blood and spleen. A decoction* of the root was used to treat ulcers, to fasten loose teeth, and to heal gums. A juice made from distilled berries was used to treat jaundice*, “beating of the heart,” sore or inflamed eyes, sores, redness of the face, and spots on the skin.  
(Burlingame, Poor Man’s Physician, 55)

**White Sage**  
*Artemisia ludoviciana*

This plant was used by a variety of American Indian nations. Dakota Indians made a tea to treat stomach ailments. Cheyenne Indians crushed the leaves to make a snuff to treat sinus attacks, nosebleeds, and headaches. Crow Indians made a salve* to treat sores. Kiowa Indians drank a liquid to reduce phlegm and treat lung and stomach ailments. Kiowa-Apaches Indians used the stem to treat headaches. Meskwaki Indians made a tea from the leaves to treats tonsillitis and sore throats. The Omaha Indians powdered the leaves to treat nosebleeds. Blackfeet Indians used white sage in a steam vapor to treat respiratory problems.  
(Stevens et al., “Plant Guide”)

**26**

**27**
**Section I**

**Plant**

**Alum Root**
*Heuchera richardsonii*

Similar to the more commonly used Alum Root (*Heuchera americana*), the Alum Root is a styptic* and astringent*. A tea made from the leaf was a treatment for diarrhea, dysentery, piles, and sore throats. A root poultice was applied to wounds, sores, and abrasions.

(Erichsen-Brown, North American Plants, 199)

**Aromatic Aster**
*Aster oblongifolius*

This plant likely contains similar properties as the New England Aster as seen on Page 18.

**Bog Rosemary**
*Andromeda polifolia*

The Flambeau Ojibwe Indians made a tea from the leaves. Most viewed this plant as a narcotic with poisonous properties.

(Erichsen-Brown, North American Plants, 199)

**Bottlebrush Blazing Star**
*Liatris mucronata*

This plant likely contains similar properties to Rough Blazing Star, mentioned on page 16.

**Blue Wild (False) Indigo**
*Baptisia australis*

American Indians used a tea made from the root as an emetic* and purgative*. Other parts of the plant were used to make a cold tea to stop vomiting. Poultice root was used as an anti-inflammatory. The plant was also used to treat toothaches.

(Foster and Duke, Field Guide, 219-220)

**Daisy Fleabane**
*Erigeron philadelphicus*

During the 19th century, this plant was used as a diuretic*, a tonic*, and an astringent*. It was also used for the treatment of dropsy*, diarrhea, kidney stones, and nephritic diseases.

(Wythes, Physician’s Dose, 67)

**Dittany**
*Cunila origanoides*

This plant was used in warmed infusions to promote perspiration to relieve the colic* and to ease painful menstruation.

(Wythes, Physician’s Dose, 56)

**Downy Skullcap**
*Scutellaria incana*

This plant likely contains properties similar to that of the Mad-Dog Skullcap (*Scutellaria lateriflora*). Mad-Dog Skullcap received its name because it was once a folk remedy for rabies. Traditionally, a strong tea from this plant acted as a sedative*, a nerve tonic*, and as treatment for epilepsy, insomnia, anxiety.

(Foster and Duke, Field Guide, 211)

**Bush’s Poppy Mallow**
*Callirhoe bushii*

This plant likely contains similar properties to those of Purple Poppy Mallow on Page 13.

**Dittany**
*Cunila origanoides*

This plant was used in warmed infusions to promote perspiration to relieve the colic* and to ease painful menstruation.

(Wythes, Physician’s Dose, 56)
Foxglove  
*Digitalis purpurea*

During the 19th century, this plant was considered a stimulant that then turned to a sedative*, a diuretic*, and a narcotic. It was used to treat inflammatory diseases, tuberculosis of the lungs, active hemorrhages, and dropsy*. Overdose lead to vomiting, purging, vertigo, delirium, convulsions, or death.

(Wythes, Physician’s Dose, 62)

**Warning:** Lethally toxic

False Aloe  
*Manfreda virginica*

American Indians used a tea made from the root as a diuretic* to treat dropsy*. A wash was used for snakebites. Nibbling on the root treated severe diarrhea, worms, and acted as a laxative*.

(Foster and Duke, Field Guide, 117-118)

Grape Vine  
*Vitis vinifera*

American Indians used a tea made from the leaf for diarrhea, hepatitis, stomachaches, and thrush. Poultice* made from wilted leaves were used externally for sore breasts, rheumatism*, headaches, and fevers. When cut in the summer, the vines yield drinkable water.

(Foster and Duke, Field Guide, 338-339)

Golden Alexander  
*(Meadow Ziza)*  
*Zizia aptera*

American Indians used a tea made from the root for fevers. Historically, the plant was used to heal wounds, induce sleep, and treat syphilis.

(Foster and Duke, Field Guide, 126)

Horsemint (Bee Balm)  
*Monarda bradburiana*

Considered to be a stimulant, a rubefacient*, and a carminative*, this plant was used to treat flatulence and upset stomachs.

(Wythes, Physician’s Dose, 113 and 117)

Lavender  
*Lavandula angustifolia*

During the 19th century, this plant was considered a stimulant and used to promote nasal discharge. The oil was extracted and mixed with spirits to make a treatment for fainting, paralysis, and stomach pains.

(Wythes, Physician’s Dose, 98)

Prickly-Pear Cactus  
*Opuntia humifusa*

American Indians used poultice* peeled pads on wounds. A juice made from the fruit was applied to warts. A tea made from the pads was used for lung ailments. In folk medicine, poultice* peeled pads were a treatment for rheumatism* while a juice was used for kidney stones. Baked pads treated chronic ulcers and wounds.

(Foster and Duke, Field Guide, 102)

Spicebush  
*Lindera benzoin*

During the 19th century, this plant was used for the treatment of fevers. A decoction* was used or the bark and twigs were steeped in cold water that was then used for treatment.

(Burlingmane, Poor Man’s Physician, 98)
Salvia
*Salvia nemorosa*
This plant is an accent plant with no known medicinal value. It is related however to the Salvia lyrata which grows wild and was used during the 19th century as a tonic*, an astringent*, and an aromatic*.
(Wythes, Physician’s Dose, 140)

Scaly Blazing Star
*Liatris squarrosa*
This plant likely contains similar properties to Rough Blazing Star, mentioned on page 16.

Strawberry
*Fragaria virginiana*
*Fragaria ananassa*
During the 19th century, this plant was used for the treatment of dysentery* when the leaves and roots were boiled in wine and water. The berries were used to cool the liver, blood, and spleen. A decoction* of the root was used to treat ulcers, to fasten loose teeth, and to heal gums. A juice made from distilled berries was used to treat jaundice*.  
(Burlingmane, Poor Man’s Physician, 55)

Wild Geranium
*Geranium maculatum*
During the 19th century, this plant was used as an astringent*. It was used to treat diarrhea, dysentery*, cholera, hemorrhages, ulcers, and leukorrhea. It was used in infants or people with sensitive stomachs and was also gargled to treat ulcerations of the throat.  
(Wythes, Physician’s Dose, 79)

Yarrow
*Achillea millefolium*
During the 19th century, this plant was used as an astringent*.  
(Wythes, Physician’s Dose, 22)

Yellow Coneflower
*Echinacea paradoxa*
This plant likely contains similar properties as Purple Coneflower as seen on page 10.

Section J

Arrow Arum
*Peltandra Virginica*
19th century medicinal use(s)

Chairmaker's Rush
*Scirpus spp.*
Accent Plant with no known medicinal value
**Great St. John's Wort**  
*Hypericum Pyramidatum*

Related to the Common St. John's Wort which has been traditionally used for external wounds, ulcers, worms, and depression. Common St. John's wort is still used today for mild forms of depression.  
*(Foster and Duke, Field Guide, 128)*

**Thimbleweed**  
*Anemone virginiana*

This plant was used as an emetic and astringent. American Indians used the root for whooping cough, diarrhea, and boils.  
*(Foster and Duke, Field Guide 45)*

**Wild Stonecrop**  
*Sedum ternatum*

Accent plant with no known medicinal value

---

**Section K**

**Plant**

**Buttonbush**  
*Cephalanthus occidentalis*

Used by both frontiersmen and American Indians, the bark was used to treat toothaches, eye inflammation, and to stop bleeding. A leaf tea was also used to treat malaria, fever, coughs, kidney stones, pleurisy, and toothaches.  
*(Foster and Duke, Field Guide, 273)*

**Strawberry Bush**  
*Euonymus americanus*

This plant was used for a variety of purposes including treating stomachaches, painful urination, and swelling. The bark was used to relieve dandruff and as a diuretic, laxative, and expectorant, while a tea was used for malaria, indigestion, liver congestion, and constipation.  
*(Foster and Duke, Field Guide, 275)*

**New Jersey Tea**  
*Ceanothus americanus*

This plant was used to treat colds, fever, snakebites, stomachaches, lung ailments, bronchitis, and spleen inflammation. The root is astringent, expectorant, and a sedative.  
*(Foster and Duke, Field Guide, 277-78)*

**Shrubby St John's Wort**  
*Hypericum prolificum*

Related to the Common St. John's Wort which has been traditionally used for external wounds, ulcers, worms, and depression. Common St. John's wort is still used today for mild forms of depression.  
*(Foster and Duke, Field Guide, 128)*

**Cliff Goldenrod**  
*Solidago drummondii*

This is an accent plant with no known medicinal values, however, it is related to Goldenrod, which was considered an aromatic*, a stimulant, a carminative*, and a diaphoretic*. It was used to relieve pain from flatulence and relieve nausea.  
*(Wythes, Physician’s Dose, 146)*

**Great St. John's Wort**  
*Hypericum Pyramidatum*
Garden design & specifications

The Medicinal Plant Garden was originally designed and installed with fourteen species of plants in the spring and summer of 1999. Two years later, the garden was heavily modified to include brick pathways, two seating areas, ornamental fencing, an arbor, and new plant species. Each subsequent spring, the museum has researched and added additional plants.

The plants in this garden are chosen according to three main criteria. The first and most important condition is their use in 19th century medicine by settlers and American Indians as corroborated from period books in the museum's collections. The second preference is given to perennial plants native to the Midwest, and the third is the overall arrangement based on aesthetics and other horticultural considerations.

About the Museum of Osteopathic Medicine

The Museum of Osteopathic Medicine is located in Kirksville, Mo., where Andrew Taylor Still, DO, founded the first school of osteopathic medicine in 1892. The Museum’s mission is to preserve and promote the history and tenets of osteopathy through collections and research to a global audience. The museum preserves osteopathic history by collecting and preserving artifacts for the profession from the early years of Dr. Still to the present day osteopathic community. Through exhibits and programs, the museum strives to educate the general public about osteopathic history and principles.

The Still family log cabin and the original American School of Osteopathy have been preserved inside Heritage Hall, in the Tinning Education Building north of the Historical Medicinal Plant Garden. Just past the stairs, to the left, are the museum's main galleries.

** Cooper, J.W. The Experienced Botanist or Indian Physician, Being a New System of Practice, Founded on Botany; Lancaster, PA: John Bear, Printer, 1840. [1992.1569.46]


**Denotes books from the Still family library and museum collection.