

200 **Betonica sylvestris altera.**  
**Wild Negelin.**



*Betonica sylvestris altera*  
from FUCHS — 1545

**Polygonum mas.**  
**Weggras.**



*Polygonum mas*  
from FUCHS — 1545

## BOOK FOUR: OTHER HERBS & ROOTS

In the three books before this, best beloved Areius, I have spoken of aromatic matters, oils, ointments, trees, living creatures, cereals, vegetables, roots, juices, herbs and seeds. In this the fourth book we will discuss herbs and roots not previously mentioned.

### 4-1. KESTRON

SUGGESTED: *Betonica* [Fuchs], *Betonica purpurea* [Bauhin],  
*Betonica officinalis* [Linnaeus], *Stachys officinalis* [in Sprague],  
*Stachys betonica* — Betony, Woundwort, Bishop's Wort,  
Hedge Nettle, Windflower  
[other usage] *Cestrum nocturnum* — Night Jasmine

**C**estron is a herb with a thin four-cornered stalk the height of a foot or more, the leaves long, soft, similar to the oak, jagged all around, smelling well. They are bigger towards the root, and on the top of the stalks lies the seed encased in an ear like *thymbra* [3-45]. They ought to dry the leaves after gathering, as there is the most use of these. The roots underneath are thin like hellebore. A drink of a decoction of these (with honey water) encourages vomit, throwing up phlegmy stuff. A decoction of a teaspoonful of the leaves is taken as a drink with honey water for convulsions, hernia, disorders of the womb, and womb constriction. Three teaspoonfuls are given with a pint of wine to those bitten by venomous creatures. The herb (applied) helps those bitten by venomous creatures, and a teaspoonful of a decoction (taken as a drink with wine) helps against deadly poisons [antidote]. If anyone drinks it (beforehand) he shall not be hurt, although he takes a deadly medicine. It is also urinary, and draws out the menstrual flow. Four teaspoonfuls of a decoction (taken as a drink with ten cups of honey water) purge. It is good with honey for tuberculosis of the lungs, and for spitting up pus, but the leaves must be dried, pounded into small pieces, and stored in a ceramic jar. It is called *psychotrophon* because it is found in the coldest places. The Romans call it *vetonica*, or *rosmarinus*.



Betony - *Betonica officinalis*,  
*Stachys officinalis*

after FAGUET — 1888

## 4-2. BETTONIKE

SUGGESTED: *Betonica sylvestris una* [Fuchs],  
*Caryophyllus sylvestris vulgaris latifolius* [Bauhin],  
*Dianthus carthusianorum* [Linnaeus] — Carthusian Pink  
*Betonica coronaria*, *Dianthus caryophyllus*,  
*Caryophyllus domesticus* — Carnation, Picotee, Clove Pink

**B***etonica*, *britannica*, or *vettonica* is an herb with leaves similar to *lapathum sylvestre* [2-140] but darker, with more filaments, and astringent to the taste. It sends out a stalk that is not great, and a short thin root. The leaves are juiced and thickened by stirring in the sun or over a fire. It is astringent — suitable for gangrenous ulceration in the mouth and tonsils. It is available for everything else that needs an astringent. Betony grows in meadows and hilly, clean, mild places around shrubs. It preserves both the souls and bodies of men. It is effective against night-walking, harmful places, and difficult sleep; and it is recommended for all types of cures. It has a root all red, and with a good scent. The leaves are like leek, the middle of the leaves is a reddish colour, and they are three-cornered into an upright stalk. On them are purple flowers. The strength of it is as follows. Bruised when it is new and applied to the wound of a broken head it makes it painless. It heals wounds and extracts broken bones. It does this if changed every day until it is healed. Boiled with water and applied with hot cloths, or rubbed around the temples with bitumen it heals headaches. The smoke of the root is also inhaled for them.

## 4-3. LUSIMACHION

SUGGESTED: *Lysimachia purpurea* [Fuchs], *Epilobium hirsutum*  
[Linnaeus] — Apple Pie, Codlins and Cream  
*Lysimachia lutea* [Fuchs], *Lysimachia vulgaris* [Linnaeus]  
— Common Yellow Loosestrife

see 4-118

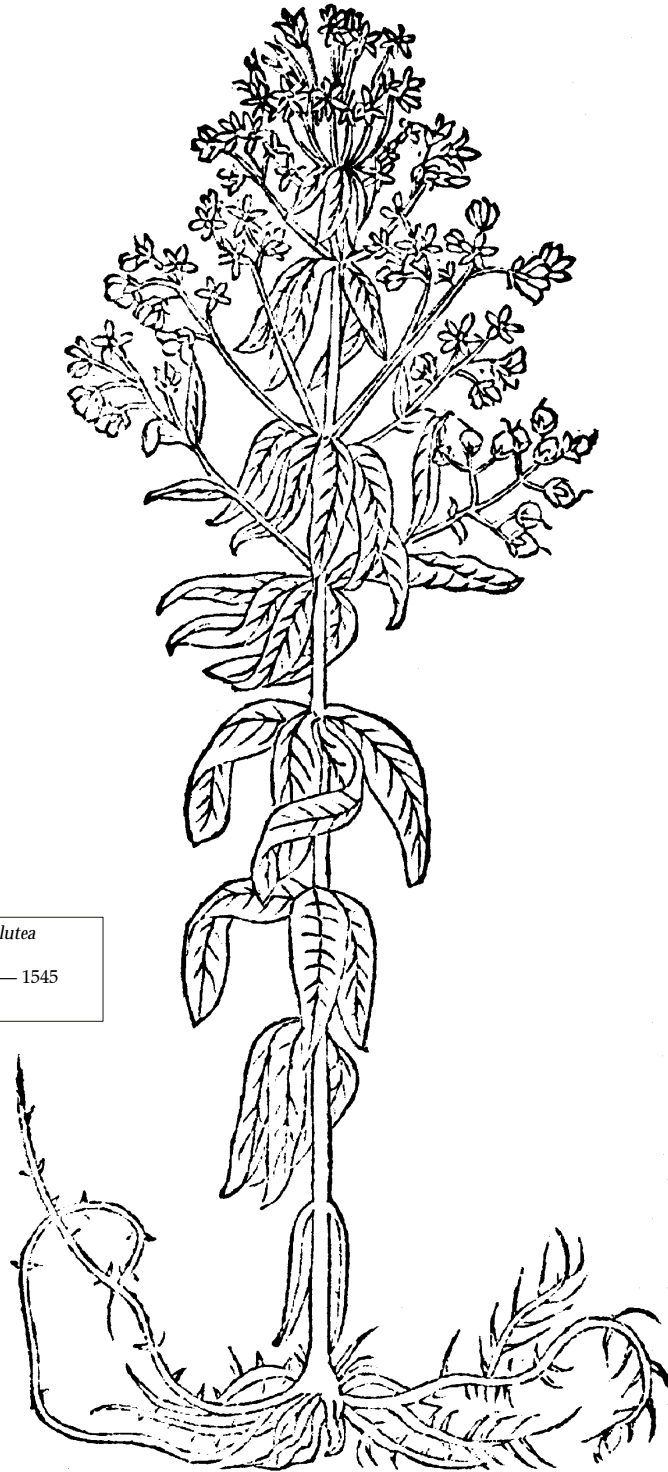
**L***ysimachia* sends out thin stalks a foot high (or even higher) at the joints of which thin leaves emerge, similar to those of the willow, astringent to the taste. The flowers are red or a golden colour. It grows in marshy places and near water. The juice of the leaves is



*Polygonum bistorta*  
after FAGUET — 1892

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**Lysimachia lutea,**  
**Geel Weiderich.**



*Lysimachia lutea*

from FUCHS — 1545

astrigent, and a liquid medicine of it, enema, or suppository, is good for throwing-up blood and dysentery. In a pessary it stops women's excessive menstrual discharges. The herb is effective stuffed in the nostrils for flows of blood. It is also a wound herb and staunches blood. The smoke (inhaled) has very sharp fumes so that it both drives away snakes, and kills flies. It is also called *lytron*.

#### 4-4. POLUGONON ARREN

SUGGESTED: *Polygonum-mas* [Fuchs], *Polygonum latifolium* [Bauhin], *Polygonum aviculare* [Linnaeus] — Knotgrass, Centinode, Knotweed, Armstrong

medicinal, food

The male *polygonon* is a tender herb with many slender branches surrounded with joints, creeping along the earth like grass, the leaves similar to those of rue [3-52, 3-53, 4-98] but somewhat longer and softer. It has seed by every leaf, which is why it is called the male. The flower is white or purple.

The juice (taken as a drink) is astringent and cooling. It is effective for bloodspitters, discharges from the intestines, biliousness, and slow painful urination. It also evidently causes an urge to urinate, and taken as a drink with wine it helps those bitten by venomous creatures. Taken one hour before the fit it helps the circuits of acute fevers. It stops women's excessive menstrual discharges used as a pessary, and dropped in the ears it is good for ear sores and their pus. Boiled with wine (and also adding honey) it is excellent for ulcers on the genitals. The leaves are applied for burning of the stomach, throwing-up blood, for *herpes* [viral skin infection], *erysipela* [streptococcal skin infection], inflammation, and fresh wounds. It is also called *polygonaton*, *cynochalem*, *herculea*, *asphalton*, *chliophullon*, *clema*, *polycarpon*, *carcinethron*, *peuthalida*, *myrtopetalon*, *cnopodion*, *zarithea*, or *pedalion*. The Egyptians call it *thepin*, some, *stemphin*, the Magi, *genitura herois*, some, *unguis muris*, the Romans, *seminalis*, some, *stopinaca*, and the Africans, *chulum*.

## 4-5. POLUGONON THELU

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SUGGESTED: *Polygonum amphibium* — Amphibious Persicaria  
*Polygonum hydropiper* — Persicaria, Water Pepper

The female *polygonon* is a little shrub with one stalk, tender, similar to a reed, with continuous joints lying on one another like a trumpet, and all around the joints there are small leaves similar to those of the pine. The root is of no use. It grows in watery places. It is astringent and cooling, doing the same things as that above because it is not weaker. The Romans call it *seminalis*.

## 4-6. POLUGONATON

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SUGGESTED: *Polygonatum latifolium* [Fuchs],  
*Polygonatum multiflorum* [in Sprague] — Solomon's Seal  
*Polygonatum angustifolium* [Fuchs], *Convallaria verticillata*  
[Linnaeus], *Polygonatum verticillatum* [in Sprague],  
*Polygonatum officinale*, *Polygonatum vulgare*, *Polygonatum*,  
*Convallaria polygonatum*, *Sigillium salomonis*  
— Solomon's Seal, Sealwort

*Polygonatum* grows on hills, a shrub higher than a foot, with leaves similar to laurel but broader and smoother, somewhat similar in taste to a quince or pomegranate, for it tastes astringent. At every emerging of the leaves are white flowers in a larger quantity than the leaves, the number to be reckoned from the root. It has a white root — soft, long, with many thick joints, strongly scented, the thickness of a finger — good applied on wounds, and to take away spots on the face.

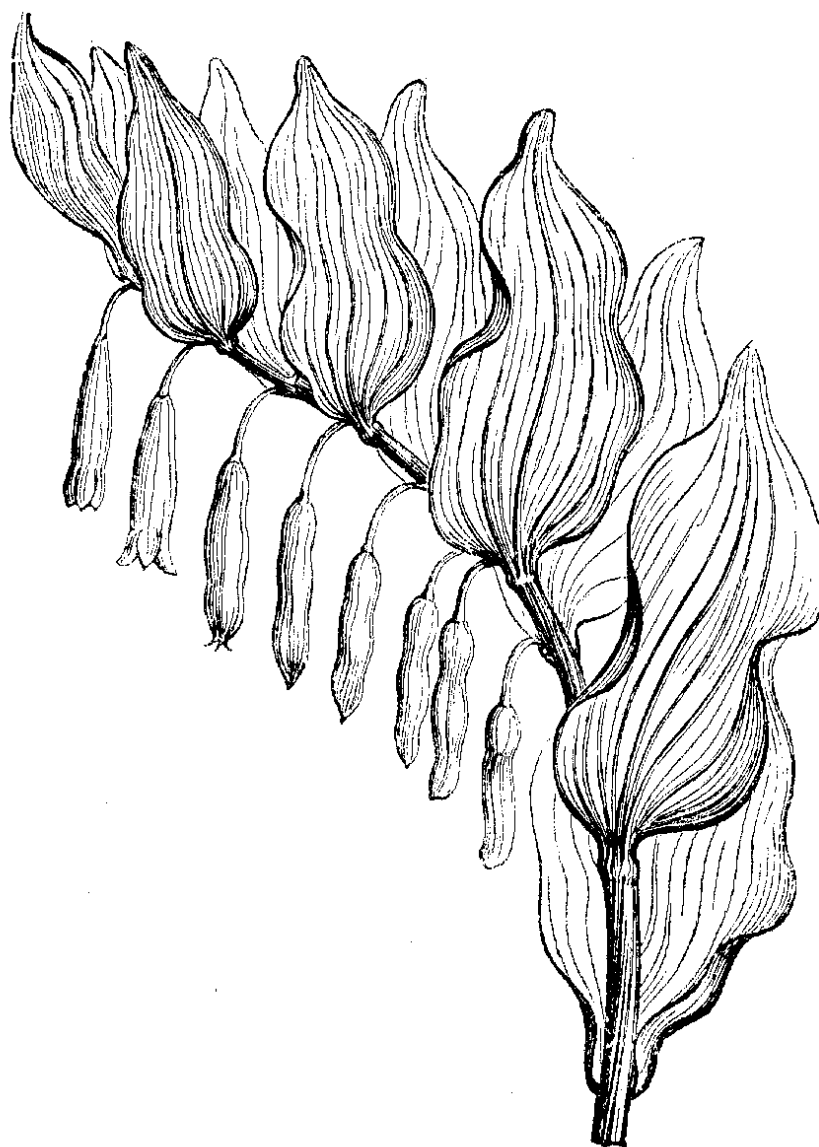
## 4-7a. KLEMATIS

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SUGGESTED: *Clematis daphnoides* [Fuchs, Bauhin],  
*Vinca minor* [Linnaeus] — Running Myrtle, Periwinkle

*Clematis* grows in good soil. It has small vinelike branches, as much as the thickness of *juncus* [4-52, 1-16], and a little leaf similar to laurel both in shape and colour, but much smaller. A decoction of the leaves and the stalks of this (taken as a drink with wine) lessen excessive discharges of the bowels and dysentery.





*Polygonatum vulgare*  
after HEYNS — 1888

# Clematis daphnoides. Singrün.

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*Clematis daphnoides*

from FUCHS — 1545



Applied in a pessary with milk and *rosaceum* [1-53] (or *cyprinum* [1-65]) it cures pains of the womb. Chewed, it eases toothache; applied, it helps those bitten by venomous creatures. It is said that a decoction (taken as a drink with vinegar) helps those bitten by snakes. It grows in untilled ground. It is also called *daphnoides*, *myrsinoides*, *polygonoides*, or *philetaerium*.

#### 4-7b. KLEMATIS ETERA

SUGGESTED: *Clematis cirrhosa* — Evergreen Clematis  
*Clematis angustifolia* — Virgin's Bower  
*Clematis alpina* — Alpine Clematis

POISONOUS

There is another *clematis* which sends out a vinelike branch, reddish, flexible; the leaf extremely sharp to the taste and ulcerating. It winds around trees like *smilax* [4-144, 4-145]. The seed of this (pounded into small pieces and taken as a drink with water or honey water) drives phlegm and bile downward. The leaves (applied as a poultice) drive away leprosy. They are preserved with *lepidium* [2-205] to eat with meat [vegetable]. It is also called *epigetis*, the Egyptians call it *phylacuum*, and the Romans, *ambuxus*.

#### 4-8. POLEMONION

SUGGESTED: *Polemonium caeruleum* — Charity,  
 Jacob's Ladder, Greek Valerian

*Polemonia* has thin little winged branches, with leaves a little bigger than rue [3-52, 3-53, 4-98], but longer like those of *polygonum* [4-4, 4-5] or calamint. On the top of them is what looks like clusters of berries, in which are black seeds. The root is a foot long, whitish, similar to *struthium* [2-193]. It grows in hilly, rough places. The root of this is taken as a drink in wine against venomous creatures, and with water for dysentery, painful urination, and sciatica. A teaspoonful with vinegar is given for the spleen. The root of this is carried around one to prevent scorpions striking. They say that those who have this shall not be bitten, and though they are touched

yet nothing will happen. Chewed, it eases toothaches. It is also called *philetaeria*, while the Cappadocians call it *chiliodynamis*.

#### 4-9. SUMPHUTON PETRAION

SUGGESTED: *Coris monspeliensis*, *Symphytum petraeum*  
— Montpellier Coris

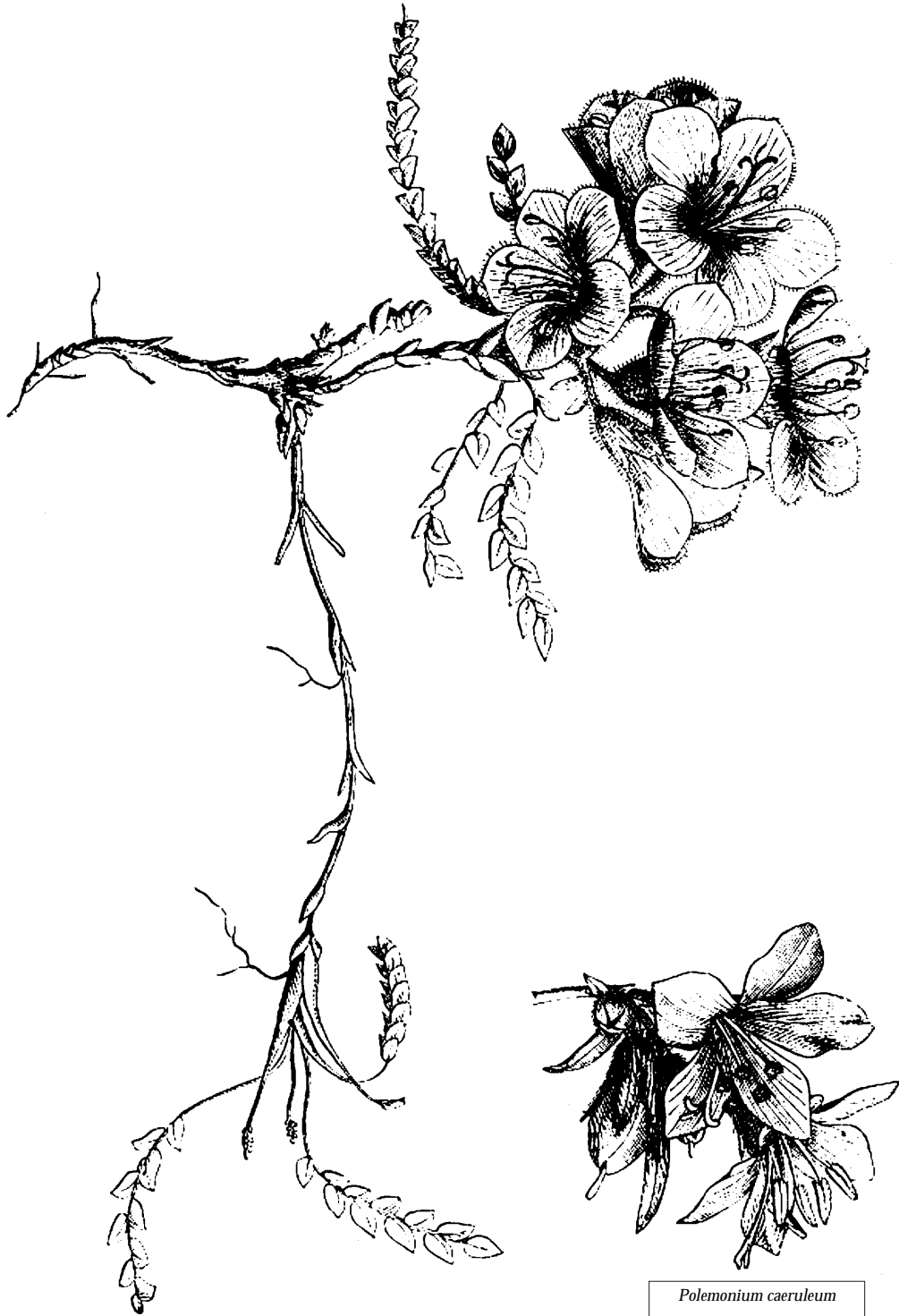
see 3-174

**S***ymphytum Petraeum* grows on rocks. It has little branches similar to origanum, thin leaves, and little heads like thyme. The whole plant is woody and has a sweet smell, is sweet to the taste, and causes spittle. It has a long, faint purple root almost the thickness of a finger. This (boiled with honey and water and taken as a drink) gets up vile stuff from the lungs. It is given with water to those who spit up blood, and for inflammation in the kidneys. Boiled with wine it is taken (as a drink) for dysentery, and women's excessive bloody menstrual discharges. It is boiled with vinegar and honey for convulsions and hernias; and chewed it quenches thirst. Used as a poultice it is good for the roughness of a sore throat, heals new wounds, and represses vaginal hernias. It also joins together broken flesh.

#### 4-10. SUMPHUTON ALLO

SUGGESTED: *Symphytum-magnum*, *Consolida maior* [Fuchs],  
*Symphytum consolida major* [Bauhin],  
*Symphytum officinale* [Linnaeus] — Comfrey, Knitbone

**S***ymphyton alterum* sends out a stalk two feet high or more — light, thick, angular, empty, similar to that of *sonchus* [2-159] — around which comes (from not great distances) rough narrow leaves, somewhat long, similar to those of bugloss [4-128, 4-23 to 4-27]. The stalk has some extensions of slender leaves adhering to it, stretching along at the corners. From every wing are yellowish flowers standing up, and the seed is around the stalk like *verbascum* [4-104]. The whole stalk and leaves have a somewhat prickly down that causes itching if touched. The roots are underneath — to the outward appearance black, but within white and slimy — of which



*Polemonium caeruleum*  
after FAGUET — 1888



Comfrey or Knitbone -  
*Symphytum officinale*  
after HEYNS — 1888

use is made. Pounded into small pieces (and taken in a drink) they are good for bloodspitters and hernias. Applied, they close up new wounds. Boiled, they join pieces of flesh together. They are smeared on for inflammations — most usefully for those in the perineum — with the leaves of *senecio* [4-123]. It is also called *pecton*, while the Romans call it *solidago*.

#### 4-11. OLESTION

SUGGESTED: *Holosteum umbellatum* — Holosteum, Chickweed, Jagged Chickweed, Umbellate Stitchwort

**H***olostium* is a little herb about three or four fingers above the ground. It has astringent leaves, and tendrils like those of *coronopus* [2-158] or grass; a very thin root, similar to filaments, white to see, the thickness of four fingers. It grows on hills. Boiled, this can also join pieces of flesh together, and it is given (as a drink with wine) for hernias.

#### 4-12. STOIBE

SUGGESTED: *Stobaea pinnata* [Loudon]  
— Carthmus-like Stobaea  
*Stipa pennata*, *Stipa barbata* — Feather Grass, Stipa  
*Stipa tenacissima*, *Macrochloa tenacissima* — Alfa, Esparto

**S***toebe* is well known. The seed and the leaves are astringent, so a decoction of them is given as a suppository for dysentery, and it is dropped into purulent ears. The leaves are applied to help bloodshot eyes caused by a stroke, and they stop excessive bloody discharges. It is also called *tobion*, while the Romans call it *stupa*.

#### 4-13. KLUMENON

UNKNOWN

**C***lymenon* sends out a foursquare stalk similar to that of the bean, and leaves similar to those of plantain. It has little pods on the stalk (nodding together) similar to iris and the curled tufts of the *polypus*. That on the hills is

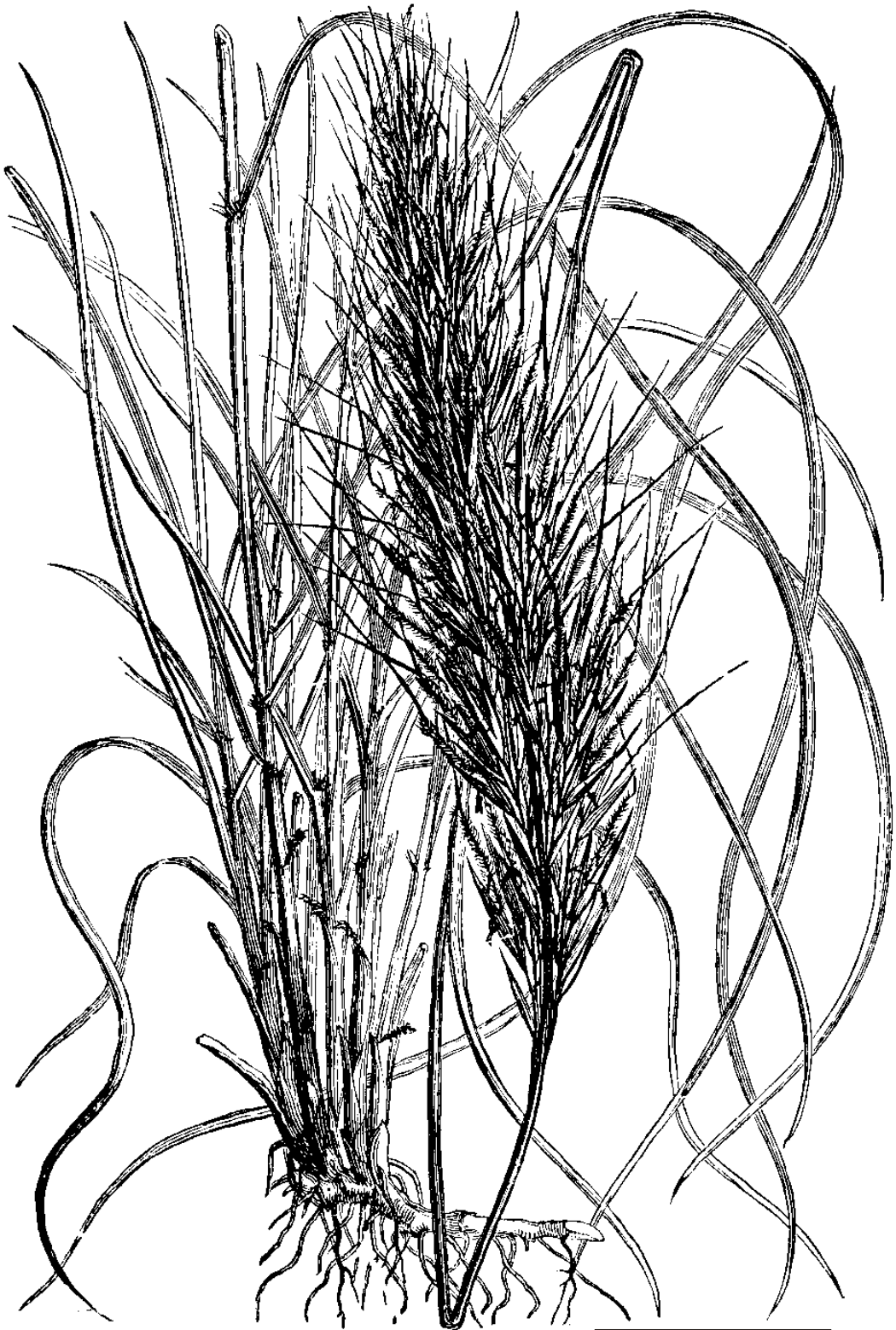
the best. It is all juiced together with the root. The juice (taken as a drink) is good for throwing-up blood, for abdominal cavities, and for excessive bloody discharges. It is astringent and cooling, and it stops flows of blood that come out of the nostrils. The leaves or the pods, pounded into small pieces and applied to new wounds, bring them effectively to a scar. It is also called *calycanthemom*, *periclymenon*, *helyophthes*, *hepatitis*, *smilax*, *anatolicon*, *dyticon*, or *merginem*; the Romans call it *volucrum*, or *volucrum maius*; the Egyptians call it *oxiui*, *clymenon*, or *clumenion*, and they also call it *agonon*.

#### 4-14. PERIKLUMENON

SUGGESTED: *Periclymenus*, *Caprifolium* [Fuchs], *Periclymenum*, *Lonicera periclymenum* [Linnaeus], *Mater silvana*, *Lonicera caprifolium* — Common Honeysuckle, Woodbine, Perfoliate Honeysuckle, Caprifoly

**P***ericlymenon* is a single little shrub with small whitish leaves circling it at distances similar to *cissus* [2-210], and by the leaves' emergence are seeds similar to *cissus*. On top is a white flower similar to the bean, a somewhat round hard seed (in a way) lying on the leaf and hard to pluck out; the root is thick and round. It grows in fields and hedges and winds itself around the neighbouring shrubs. The seed of this is gathered when it is ripe and dried in the shade. A teaspoonful (taken in a drink for forty days) reduces the spleen, dissolves weariness, and is good for difficult breathing and the hiccups. After the sixth day it makes one urinate blood. It is also birth hastening, and the leaves have the same strength. A decoction (taken as a drink for thirty seven days) is said to make men unfit for generation [birth control]. Rubbed (with oil) on those who have fever fits that recur, it drives away the shivering. It is also called *aegine*, *clymenon*, *carpathum*, *splenium*, *hepatitis*, *helxine major*, *clematitis*, *myrsine*, or *calycanthemon*; the Magi call it *poliom veneris*, the Egyptians, *turcum*, the Romans, *volucrum majus*, and the Africans, *lanath*.





*Stipa tenacissima*  
after FAGUET — 1894

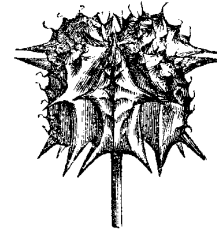
424 *Saxifragum, seu Empetrum.*  
Mawz rauten.



*Saxifragum, Empetrum*  
from FUCHS — 1545

## 4-15a. TRIBOLOS ENUDROS

SUGGESTED: *Tribulus terrestris* — Caltrops, Land Caltrops  
*Trapa natans* — Water Caltrops



*Tribulus terrestris*  
 after FAGUET — 1874

**T***ribulus* has two types: the land kind has similar leaves to *portulaca* [4-168] yet they are thin. The vinelike branches are long, with stiff hard prickles on them, and scattered on the ground. It grows near rivers and in courtyards of houses. There is another kind found in the water — which is also called *bucephalus*, or *tauroceros*, or by the Romans, *tribulus aquaticus* — growing in rivers, with the hair standing above but hiding the prickle. The leaves are broad with a long stem, but the stalk is thick at the top rather than in the bottom. On it there are also certain hairy abnormal growths similar to ears; the fruit is hard like that of the other. They are both astringent and cooling, and are poultices for all inflammation. With honey they heal thrush [candidiasis], the tonsils, and rotten ulcers of the mouth and gums. They are juiced for eye medicines. The seed (taken in a drink when it is new) helps stones [urinary, kidney]. A teaspoonful of the land kind (taken in a drink and applied as well) recovers those bitten by vipers. It is good against poisons (taken in a drink with wine) and a decoction of it (sprinkled) kills fleas. The Thracians living by the river Strymon fatten horses with the green herb, but the seed, sweet and nourishing, they take for food, using it instead of bread.

## 4-15b. SAXIPHAGON

SUGGESTED: *Saxifraga*, *Ruta-muraria* [Fuchs], *Saxifragum*,  
*Empetrum* [Brunfels], *Ruta muraria* [Bauhin],  
*Asplenium Ruta-muraria* [Linnaeus] — Wall Rue

[other usage] *Saxifraga cymbalaria* — Saxifrage, Rockfoil

**S***axifragum* is a shrub (similar to *epithymon*) growing on rocks and in rough places. The herb (boiled with wine) is helpful in cases of slow painful urination when there is no fever, but it is given with warm water while the fever lasts. It also cures stones in the bladder and



*Statice thouini*  
after FAGUET — 1892

encourages the urine. It is also called *saxifrangum*, *empetrum*, *scolopendrium*, or *bruchum*, while the Romans call it *saxifraga*, or *sanaria*.

#### 4-16. LEIMONION

SUGGESTED: *Limonium*, *Pyrola* [Fuchs],  
*Pyrola rotundifolia major* [Bauhin],  
*Pyrola rotundifolia* [Linnaeus] — Wintergreen

[other usage] *Statice limonium*, *Limonium vulgare*,  
*Statice maritima* — Sea Lavender, Wild Marsh Beet

**L***imonium* has ten or more leaves similar to beet yet thinner and smaller, and a thin upright stalk equal (as it were) to the lily, full of red seed, astringent to the taste. An *acetabulum* [vinegar cruet] of the seed (pounded into small pieces and taken in a drink with wine) is able to help dysentery and abdominal cavities, and stop women's excessive bloody menstrual discharges. It grows in fields. It is also called *neuroides*, *potamogeton*, *lonchitis*, or *rapronium*; the Mysians call it *mendruta*, the Syrians, *meuda*, also, *lycosemphyllon*, *helleborosemata*, or *scyllion*; the Magi call it *cor lupi*, the Romans, *veratrum nigrum*, some, *tintinabulum terrae*, the Gauls, *iubarum*, and the Dacians, *dacina*.

#### 4-17. LAGOPOUS

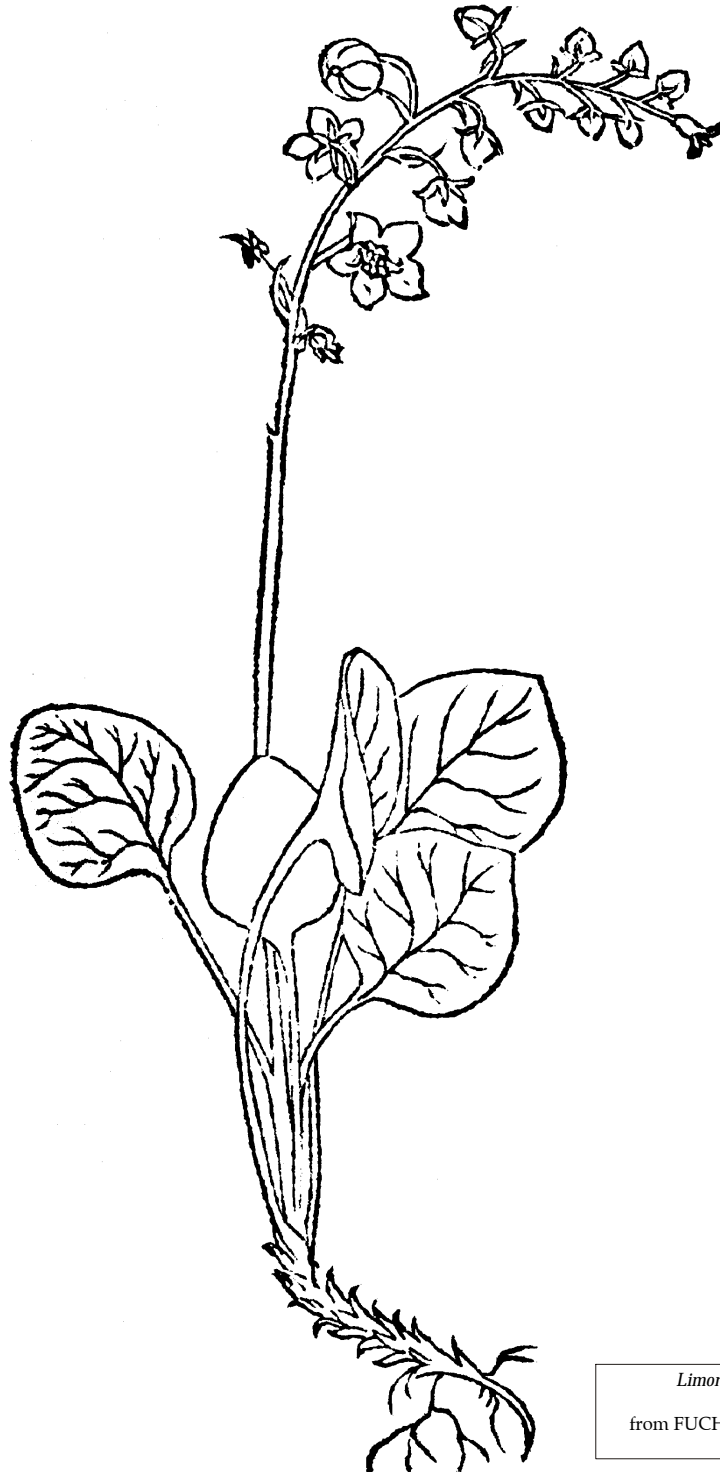
SUGGESTED: *Lagopus*, *Leporinus pes*, *Trifolium humile* [Fuchs],  
*Trifolium arvense* [Linnaeus] — Field Clover, Hare's Foot

[other usage] *Filago lagopus* — Cotton Rose, Hare's Foot

**L***agopus* is restrictive to the intestines if a decoction is taken as a drink with wine (but for those with a fever with water). It is also hanged about one for inflammation of the groin. It grows in the ranks of corn. It is also called *cuminum leporis*.

**Limonium.**  
**Wintergrün.**

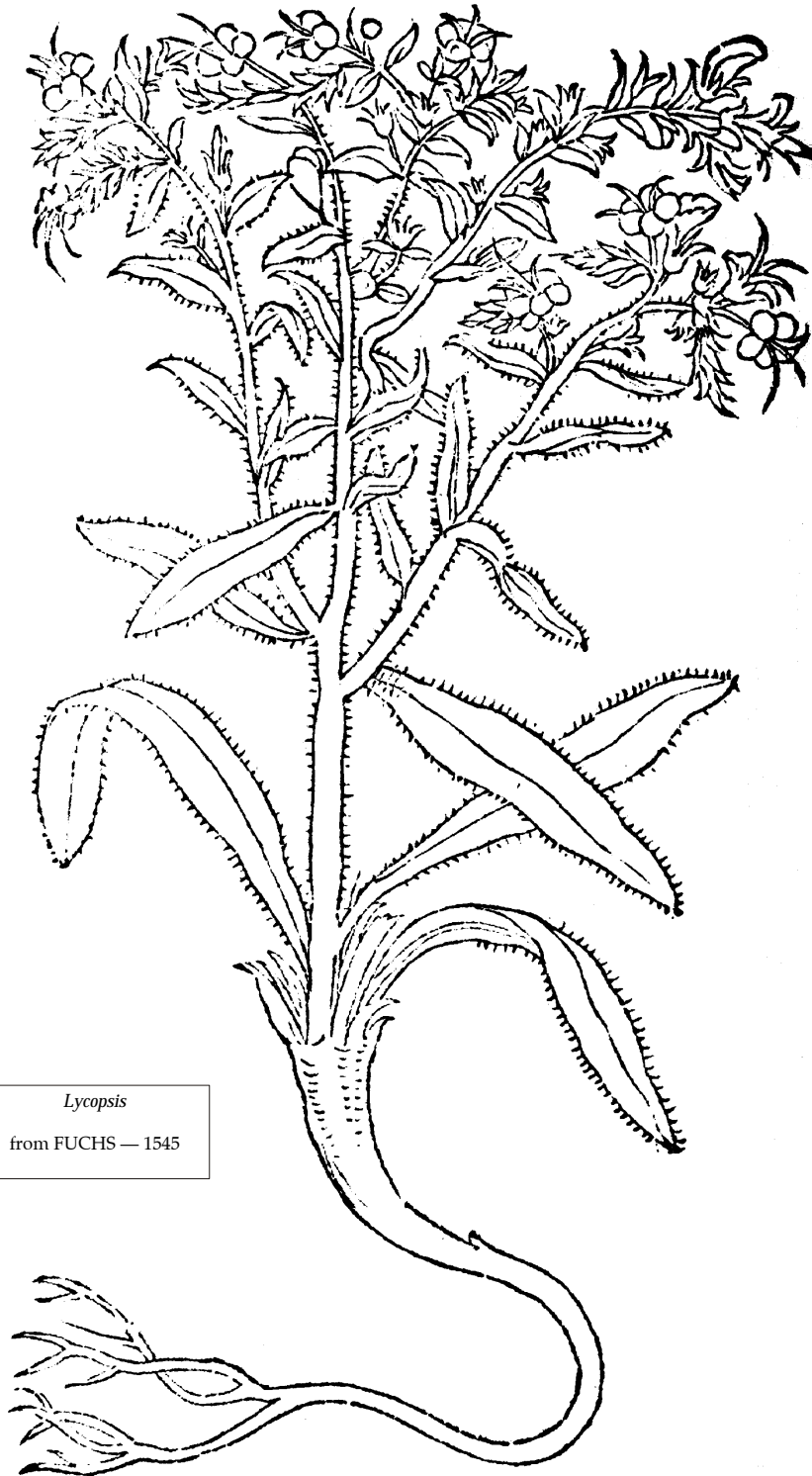
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*Limonium*  
from FUCHS — 1545

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Lycopsis.  
Falsche Hundszung.



*Lycopsis*  
from FUCHS — 1545

## 4-18. MEDION

SUGGESTED: *Campanula medium* — Canterbury Bells,  
Mercury's Violet  
*Campanula cichoracea* — Headed Bell Flower  
*Medium alpinum*, *Campanula laciniata* — Bell Flower, Harebell

**M***edium* grows in shady rocky places. It has leaves similar to *seris* [2-160], a great stalk of three feet, round purple-coloured flowers, and small seed similar to *cnicus* [4-119, 4-190]. The root is twenty centimetres long, the thickness of a staff, bitter to the taste. Pounded into small pieces when it is dry and licked in with honey that has been boiled for several days, it stops excessive bloody discharges. A decoction of the seed (taken as a drink with wine) draws out the menstrual flow. It is also called *medica*, *trifolium*, *clemation*, *osmos*, *trigonos*, *cybellium*, or *polyphyllon*; the Romans call it *trifolium odoratum*, and the Egyptians, *epaphou*.

## 4-19. EPIMEDION

SUGGESTED: *Epimedium alpinum* — Barrenwort, Bishop's Hat

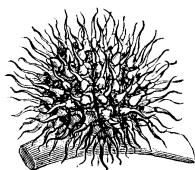
**E***pimedium* has a stalk that is not great, with about ten or twelve leaves similar to *cissus*, (but it bears neither seed nor flowers); the roots are thin, black, strongly-scented and unsavoury to the taste. It grows in watery places. The leaves (pounded into small pieces with oil) make a poultice for the breasts so that they do not swell. The root causes barrenness. Three teaspoonfuls of the leaves pounded into small pieces, and taken as a drink in wine for three days after the menstrual flow purgation, keeps women from conception [birth control]. It is also called *erineos*, *thrias*, or *polyrrhizon*, while the Romans call it *vindicta*.

## 4-20. XIPHION

SUGGESTED: *Gladiolus illyricus* — Gladiole, Sword Lily  
*Gladiolus communis*, *Gladiolus byzantinus* — Sword Lily

**X***iphion* is called *phasganon* because the shape of the leaf is similar to that of iris, yet smaller, narrower,

pointed like a little sword, and fibrous. It sends forth a stalk a foot long, on which are purple flowers distant from one another by steps, round seed, and two roots — one of them resting on the other — similar to little scallions. That which lies underneath is slender but that above, fuller. It grows (especially) in fields. The root that is on top (applied with wine and frankincense) is able to draw out prickles and splinters, and (with meal of *lolium* [2-116, 4-140] and honey water) to dissolve the *pannus* [opaque thickening of cornea with veins]. It is mixed with similar plasters, and used for a pessary it draws out the menstrual flow. They say that a decoction of the upper root (taken as a drink with wine) encourages sexual intercourse [aphrodisiac]; but that the lowest make them without lust [anaphrodisiac], and that the upper root is effective given to children that are broken [? foreskin or hymen] in a liquid medicine with water. It is also called *machaeronion*, *anactorion*, or *arion*; the Romans call it *gladiolus*, and some, *genitalis*.



*Sparganium ramosum*  
(female inflorescence)  
after FAGUET — 1894

#### 4-21. SPARGANION

SUGGESTED: *Sparganium simplex* — Reed Grass, Bur Reed  
*Sparganium erectum*, *Sparganium ramosum*  
— Branched Bur Reed

**S***parganium* has leaves similar to a little sword but narrower and bending downward more, and on the top of the stalk are little balls in which is the seed. The root and seed are given with wine to those bitten by venomous creatures. It is also called *xiphidion*, or *bolon*.

#### 4-22. XURIS

SUGGESTED: *Xyris indica*, *Xyris congensis*, *Xyris capensis*  
— Xyris

**X***yris* has leaves similar to iris but broader and sharp at the top, with a stalk breaking out of the middle of the leaves — thick enough, one-foot long — on which are triangular pods. On them is a purple flower, and in the middle it is a Phoenician colour [red]. The seed (in little cases) is similar to beans — round, red and sharp. The long red root has many joints, and is good for wounds in





*Campanula media*  
after FAGUET — 1888



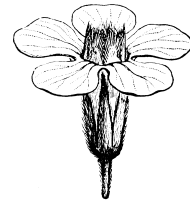
*Gladiolus communis*  
from ENGLER-PRANTL — 1897

the head and fractures; and mixed with one third part flour of brass [zinc oxide], a fifth part of the root of centaury and sufficient honey, it extracts prickles and all sorts of weapons without pain. Applied with vinegar it cures oedema and inflammation. The root (bruised with *passum* [raisin wine]) is taken as a drink for convulsion, hernia, sciatica, slow painful urination, and intestinal discharges. Thirty grains of a decoction of the seed (taken as a drink in wine) is most uretical. If a decoction is taken as a drink with vinegar, it also reduces the spleen. It is also called *iris agria*, or *cactos*, the Romans call it *gladiolus*, some call it *iris agrestis*, while the Dacians call it *aprus*.

### 4-23. ANCHOUSA

SUGGESTED: *Anchusa aggregata* — Cluster-flowered Bugloss  
*Anchusa azurea*, *Anchusa italica*, *Anchusa paniculata*,  
*Buglossum officinale* — Italian Alkanet, Sea Bugloss  
*Alkanna tinctoria*, *Anchusa tinctoria*, *Lithospermum tinctorium*  
— Alkanet, Dyer's Bugloss or Spanish Bugloss

see 4-24, 4-119, 4-128



Alkanet [Bugloss] -  
*Anchusa italica*

after FAGUET — 1888

**A***nchusa* has many prickly leaves (similar to the sharp-leaved lettuce) — rough, sharp and black — on every side of the root joining to the earth. The root is the thickness of a finger, and the colour almost of blood. In the summer it becomes astringent, dyeing the hands. It grows in good grounds. The root has an astringent nature: good (boiled in wax and oil) for burns and old ulcers. Applied with polenta it cures *erysipela* [streptococcal skin infection], *vitiligines* [form of leprosy]; and smeared on with vinegar it cures leprosy. Given as a pessary it is an abortifacient. A decoction of it is given for jaundice and inflamed kidneys, and it is given to the splenetic (if they have a fever) with honey and water. A decoction of the leaves (taken as a drink with wine) stops discharges of the bowels. The ointment makers use the root for thickening ointments. It is also called *calyx*, *onoclea*, *catanchusa*, *lybica*, *archibellion*, *onophyllon*, *porphyrus*, *mydusa*, *salyx*, or *nonea*, while the Africans call it *buinesath*.

#### 4-24. ANCHOUSA ETERA

SUGGESTED: see 4-23, 4-128

**A***nchusa altera* differs from the above in having smaller leaves yet equally sharp. There are thin little branches, with flowers of a purple colour drawing towards a Phoenician [red]. The roots are red and very long. Around harvest time they have something similar to blood in them. It grows in sandy places. The root and leaves are able to help those bitten by venomous creatures — especially the viper-bitten — eaten, taken as a drink, or hanged about one. Chewed and spat out into the mouth of a venomous beast, it will kill him. It is also called *alcibiadian*, or *onocheiles*.

#### 4-25. ANCHOUSA ETERA

SUGGESTED: see 4-128

**T**here is also another similar to the above, but with a smaller seed of a Phoenician [red] colour. Chewed and spat out into the mouth of a snake, it will kill him. An *acetabulum* [vinegar cruet] of a decoction the root (taken as a drink with hyssop [3-30] and *nasturtium* [2-185]) draws out broadworms.

#### 4-26. LUKOPSIS

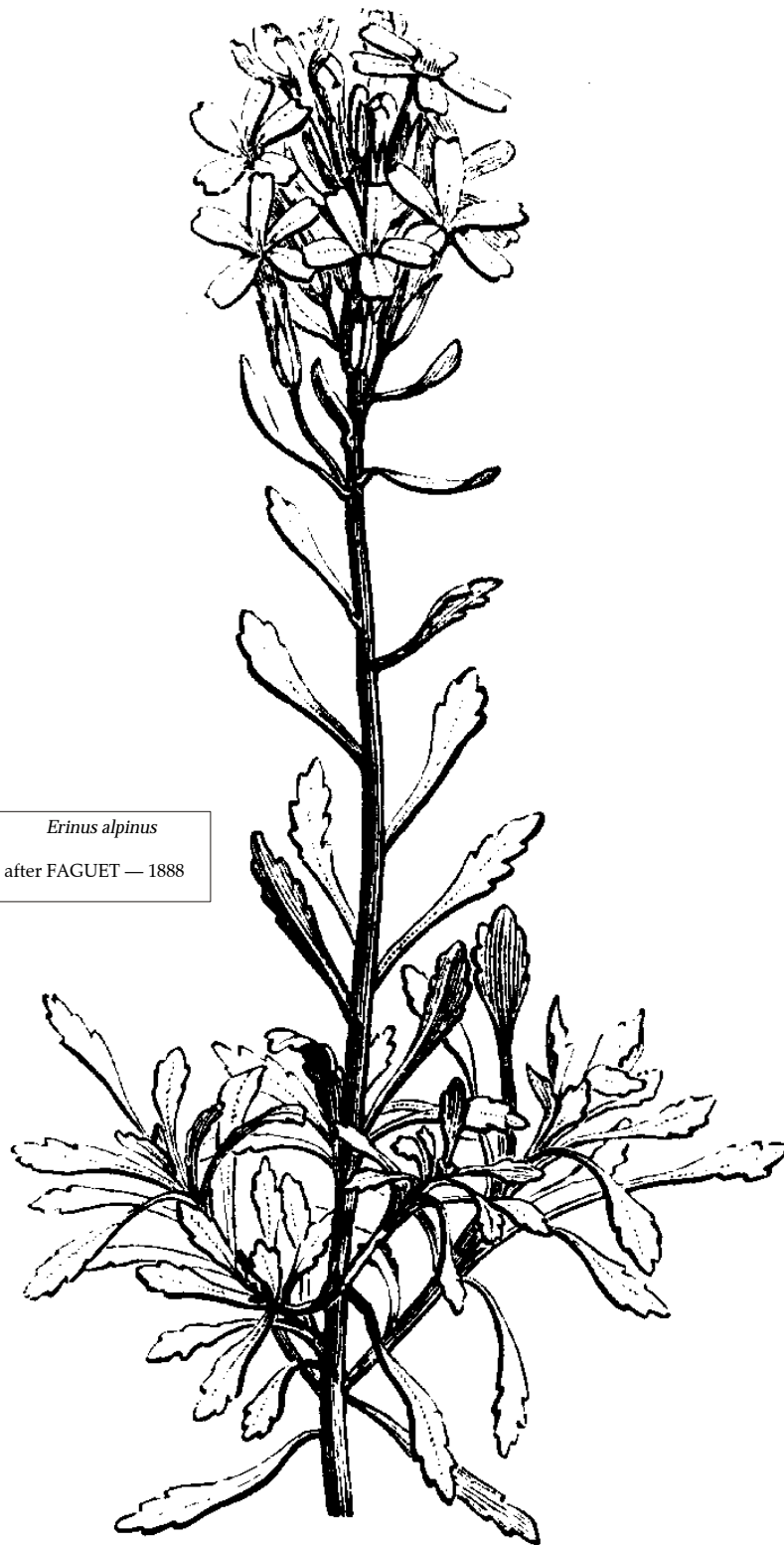
SUGGESTED: *Lycopsis arvensis*, *Anchusa arvensis*  
— Field Bugloss see 4-27

**L***ycopsis* has leaves similar to lettuce — but longer, thicker, sharp and broader — lying down around the head of the root. It sends out a long, straight, rough stalk with many prickly shoots a foot long, and on them little flowers, almost a purple. The root is red and astringent. It grows in level fields. The root (applied with oil) heals wounds, and with polenta it heals *erysipela* [streptococcal skin infection]. Pounded into small pieces and rubbed on with oil it reduces sweating. This is also called *anchusa*.

150 *Echium Italicū spinosum.*  
Welsch Ochsenzung.



*Echium*  
after FUCHS — 1545



*Erinus alpinus*  
after FAGUET — 1888

## 4-27. ECHION

SUGGESTED: *Echion*, *Buglossum sylvestre*,  
*Echium germanicum spinosum* [Fuchs],  
*Buglossum sylvestre minus* [Bauhin], *Lycopsis arvensis*  
 [Linnaeus] — *Anchusa*, Bugloss

[other usage] *Echium plantagineum* — Purple Viper's Bugloss

**E***chion* has long, sharp, somewhat thin leaves similar to those of *anchusa* [4-23 to 4-26], but smaller and fat, with thin little prickles lying on them, similar to those which make leaves rough. There are many thin little stalks, and on either side thin little black leaves spread abroad (similar to wings), smaller as they grow nearer to the top of the stalk. The flowers by the leaves are a purple colour, in which is the seed, similar to the head of a viper. The root is thinner than a finger, somewhat black, a decoction of which (taken as a drink with wine) not only helps those already bitten by snakes, but also makes those who drink it beforehand unbitten. Both the leaves and the seed are of similar use. Taken with wine or some other sipping it lessens the pain of the loins [digestive or procreative]. It is also called *aridan*, or *alcibiadion*, while the Romans call it *alcibiacum* [*halicacabum* — a bad poison].

## 4-28. OKIMOEIDES

SUGGESTED: *Ocimastrum*, *Acinos*, *Ocimum sylvestre* [Fuchs],  
*Clinopodium arvense Ocimi facie* [Bauhin], *Thymos acinos*  
 [Linnaeus], *Satureja acinos* [in Sprague], *Ocimum pilosum*,  
*Acinos vulgaris* — *Acinos*

see 3-50, 3-109, 4-28, 4-176

**O***cimoides* has leaves similar to basil, and rough branches twenty centimetres long, with pods similar to *hyoscyamus* [4-69] full of black seed similar to *melanthium* [3-93]. A decoction of the seed (taken as a drink in wine) is able to cure the viper-bitten and the bites of other snakes. It is also given with myrrh [1-77, 1-73, 4-116] and pepper for sciatica. The root that lies underneath is thin and useless. It is also called *philetaerium*, *echion*, *scorpiuron*, *sparganon*, *althaea*,

*amaranthis, probataea, elaphion, antimimon, porphyris, augion, nemesion, hyaenopsolon, thersites, thermutis, or misopathos*, while the Romans call it *ocimastrum*.

#### 4-29. ERINOS

SUGGESTED: *Erinus hispanicus, Erinus alpinus* [Bedevian]  
— Erinus, Liver Balsam

**E***rinus* grows by rivers and fountains and has leaves similar to those of basil yet smaller and jagged at the upper parts; with five or six little branches twenty centimeters long, white flowers, and a little black seed with an unpleasant taste. The stalk is full of liquid and so are the leaves. Two teaspoonfuls of the seed (mixed with four of honey and smeared on) stop discharges of the eyes; and the juice soothes earache (dropped in the ears with sulphur that never felt the fire and saltpetre [potassium nitrate]). It is also called *ocimoides*, or *hydrero*, while the Romans call it *basil*.



*Agrostis interrupta*  
after FAGUET — 1894

#### 4-30. AGROSTIS

SUGGESTED: *Gramen* [Fuchs], *Stellaria holostea* [Linnaeus],  
*Caryophyllus arvensis glaber flore majore* [Bauhin],  
— Greater Stitchwort [Mabberley]

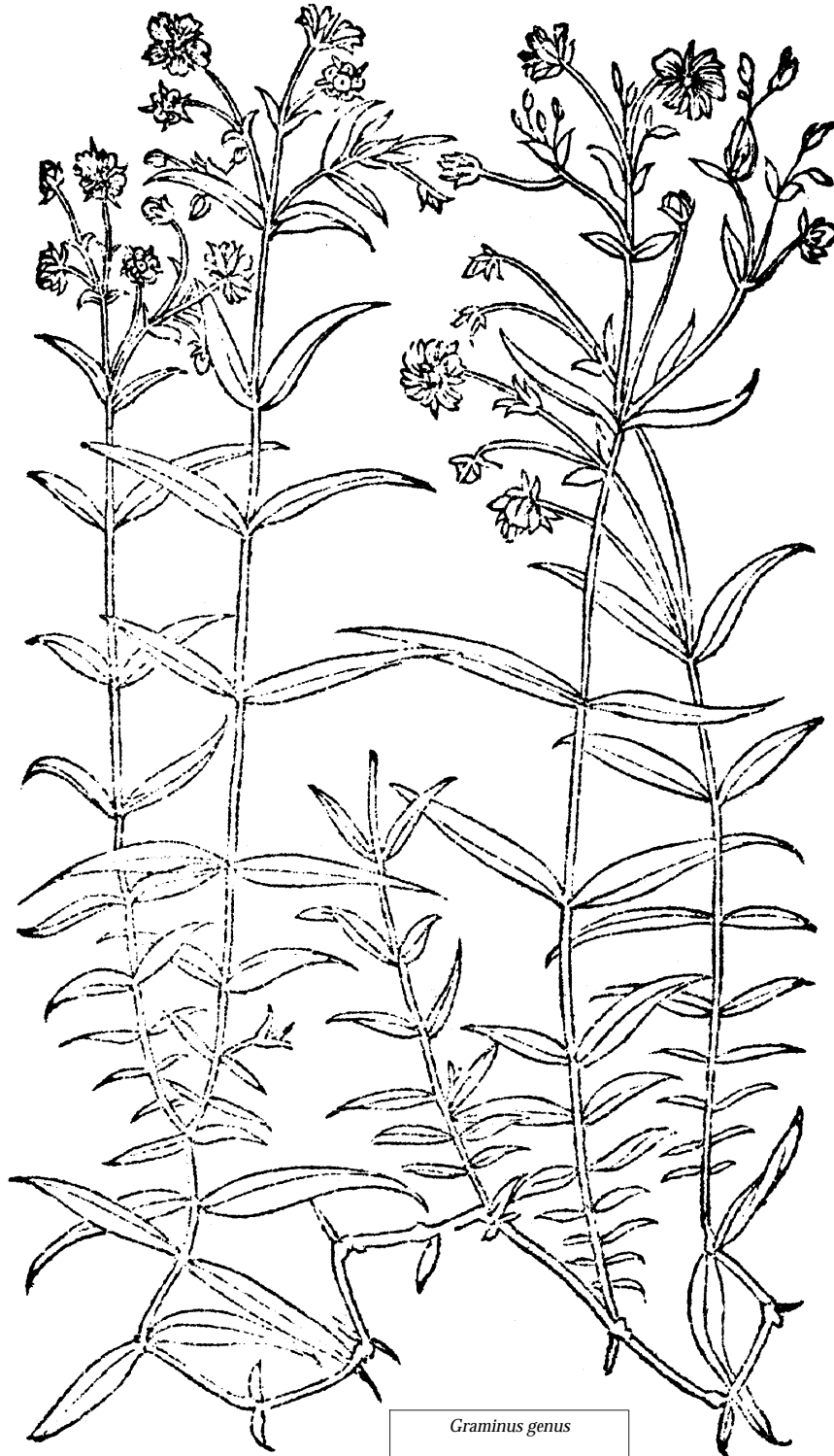
[other usage] *Agrostis alba, Agrostis palustris*  
— White Bent Grass, Fiorin Grass

**A***grostis* has little branches full of joints creeping on the earth and growing out from the stalks; sweet, knotty roots, the sharp leaves hard and broad like a little reed, nourishing for cows and labouring cattle. The root of this (pounded into small pieces) is applied to heal wounds. A decoction of it (taken as a drink) is good for griping, painful urination, and ulcers around the bladder, and it breaks urinary stones. It is also called *aegicon*, or *amaxitist*; the Egyptians say *anuphi*, the Romans, *gramen*, some say *assefolium, sanguinalis*, or *uniola*, the Spaniards, *aparia*, the Dacians, *cotiata*, and the Africans, *jebal*.



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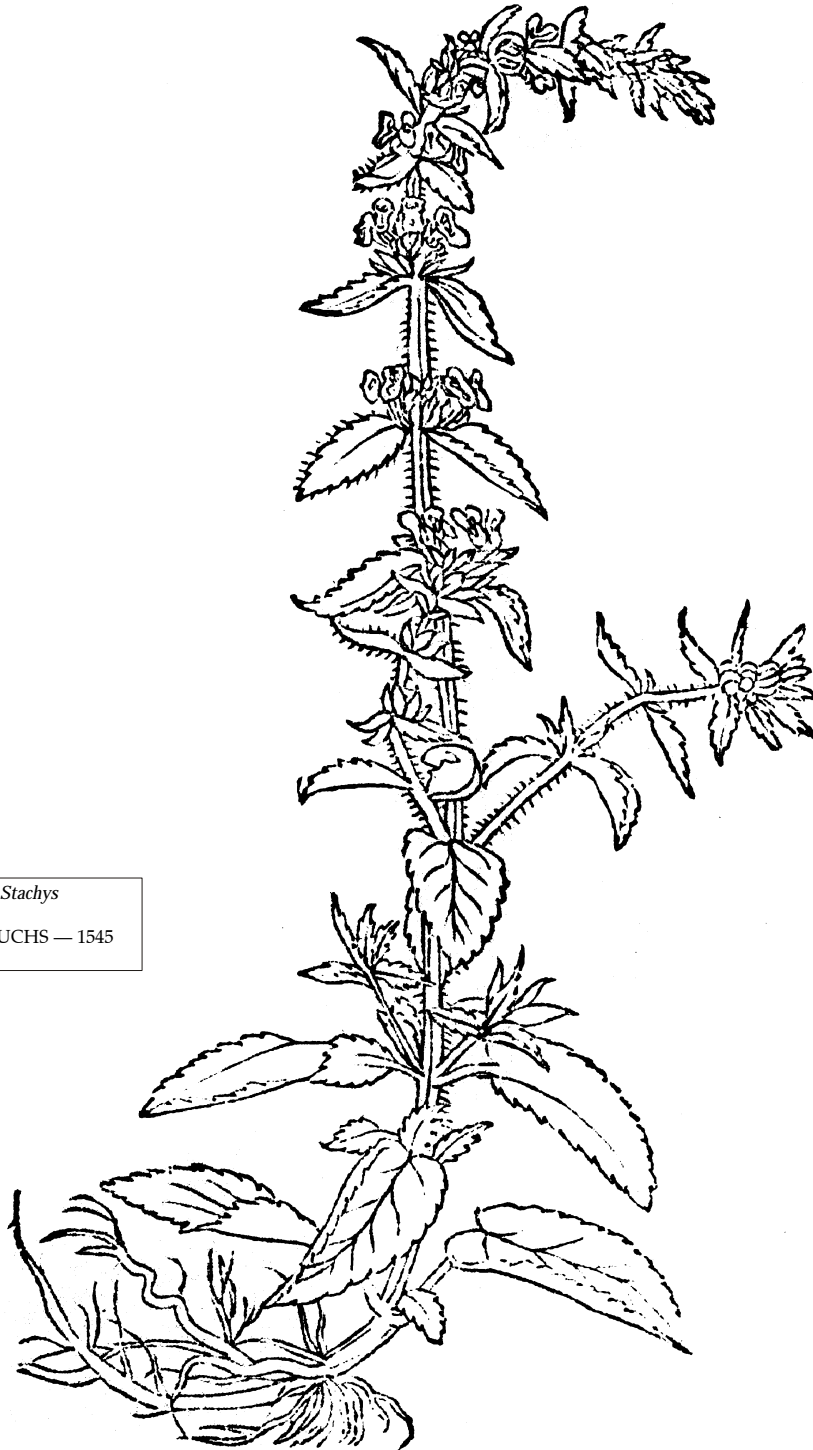
Graminis genus,  
Weiß Gras.



*Graminis genus*  
after FUCHS — 1545

444

**Stachys.**  
**Riechender Andorn.**



*Stachys*  
after FUCHS — 1545

### 4-31. KALAMAGROSTIS

SUGGESTED: *Calamagrostis arenaria* — Sea Sand Reed  
*Phragmites australis*, *Phragmites communis* — Common Reed

Reed grass is bigger in every respect than gramen, but Reaten, it is a killer of labouring beasts (especially that which grows in Babylon by the wayside).

### 4-32. AGROSTIS EN PARNASSO

SUGGESTED: *Parnassia palustris* — Grass of Parnassus

The grass that grows on Parnassus is more full of stems. It bears leaves similar to *cissus* [2-210], a white flower, and has a sweet scent, a small seed, and five or six effective roots of a finger's thickness — white, soft, strong. The juice of this (boiled with wine, as much honey, an half part of myrrh [1-77, 1-73, 4-116], pepper, and a third part of frankincense) is an excellent medicine for the eyes. It is stored in a brass box. A decoction of the roots is good for the same disorders. The seed is strongly diuretic, and stops vomits and flowing bowels. That which grows in Cilicia (which the inhabitants call *cinna*) inflames rude beasts if often fed on when it is moist.

### 4-33. SIDERITIS

SUGGESTED: *Sideritis-prima* [Fuchs],  
*Sideritis vulgaris hirsuta erecta* [Bauhin],  
*Betonica annua var hirsuta*, *Stachys recta* [Linnaeus],  
*Stachys procumbens*, *Stachys sideritis* — Mountain Woundwort

*Sideritis* is a herb with leaves similar to *marrubium* [3-38] but longer, similar to those of sage or oak, yet smaller and sharp. It sends out foursquare stalks twenty centimetres long or rather more — not unpleasant to the taste, and somewhat gently astringent — on which are round whorls at distances apart (similar to *marrubium*), and in them is black seed. It grows in places under rocks. The leaves (applied) are able to close open cuts and sore wounds, and reduce inflammation. It is also called *Heraclea*, the Magi call it *genitura*, some say the blood of Titan, or the tail of a scorpion; Pythagoras says *parmiron*,

Acreas, *xanthophanes*; Ostheneas says *bupthalmum*, the Egyptians, *sendionor*, the Romans, *vertumnus*, some, *solaster*, and the Africans, *asterchillos*.

#### 4-34. SIDERITIS ETERA

SUGGESTED: *Stachys arvensis* [Mabberley] — Stagger-weed

The other *sideritis* has slender branches of two feet, and leaves on long stems (similar to those of fern) with many in-cuts towards the top on either side, and from the upper wings long thin shoots with a rough head on the top, round like a sphere, in which is the seed — similar to beet but rounder and harder. This (with the leaves) is good for wounds.

#### 4-35. SIDERITIS TRITE

SUGGESTED: *Stachys sylvatica* — Hedge Woundwort

There is said to be yet another *sideritis* (which Crateuas calls *heraclea*) growing in walls and vineyards, with many leaves from one root, similar to coriander, smooth tender little stalks about twenty centimetres long, somewhat white and ruddy; the little flowers of a Phoenician [red] colour, bitter to the taste, clammy — and the strength of this (applied) is that it congeals bleeding and new wounds.

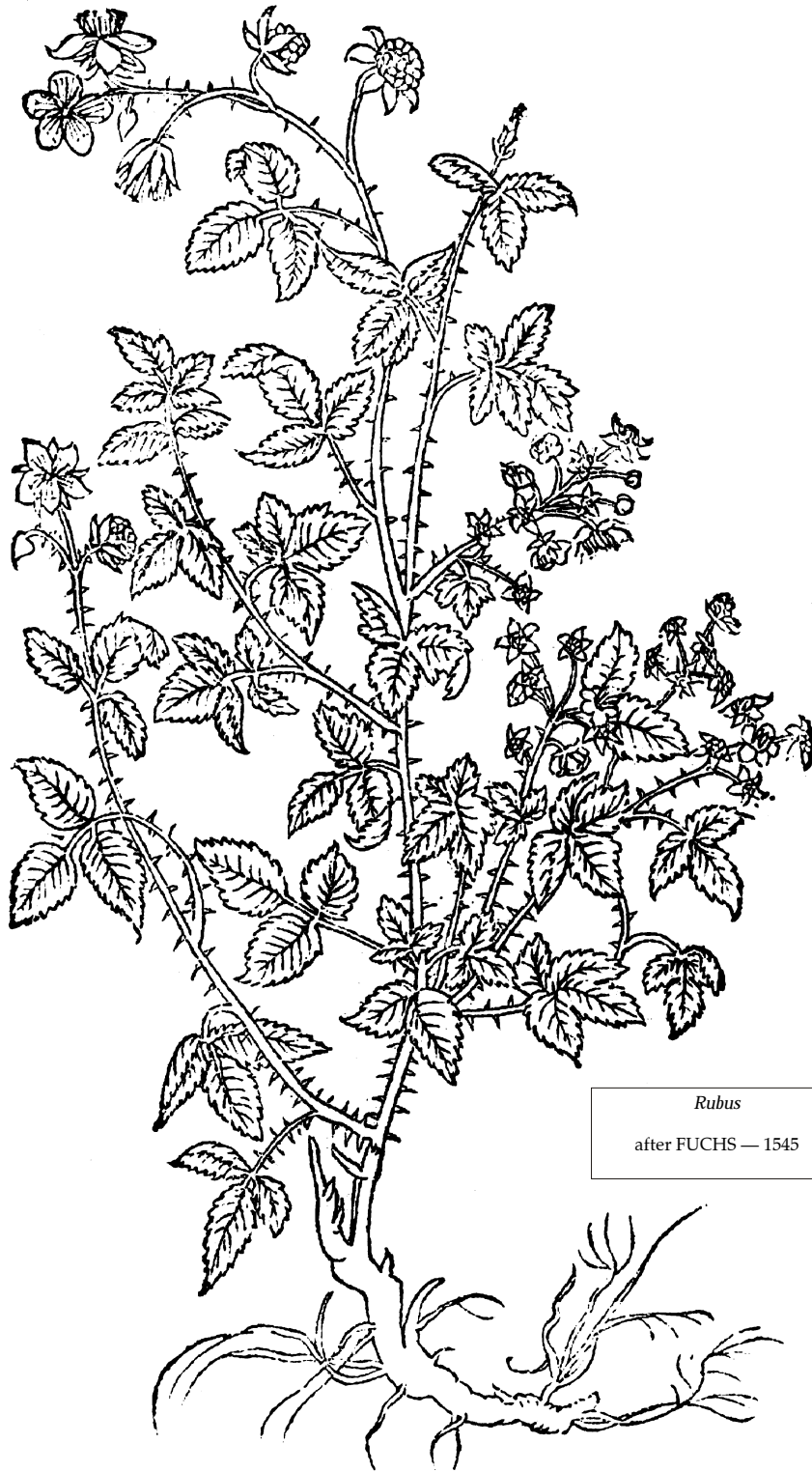
#### 4-36. ACHILLEIOS

SUGGESTED: *Achillea ageratum* — Milfoil, Sweet Maudlin  
*Achillea atrata* — Black Milfoil  
*Achillea fragrantissima*, *Santolina fragrantissima*  
 — Lavender Cotton

*Achillea* is also called *achillea sideritis*. It bears small rods a hand's width long (or rather more) in the shape of spindles, and about them thin little leaves having frequent in-cuts across like coriander — somewhat red, clammy, smelling considerably, not unpleasant but having a medicinal smell. There is a round tuft on the top; the flowers white, resembling gold. It grows in fertile places. The fibres of this (pounded)

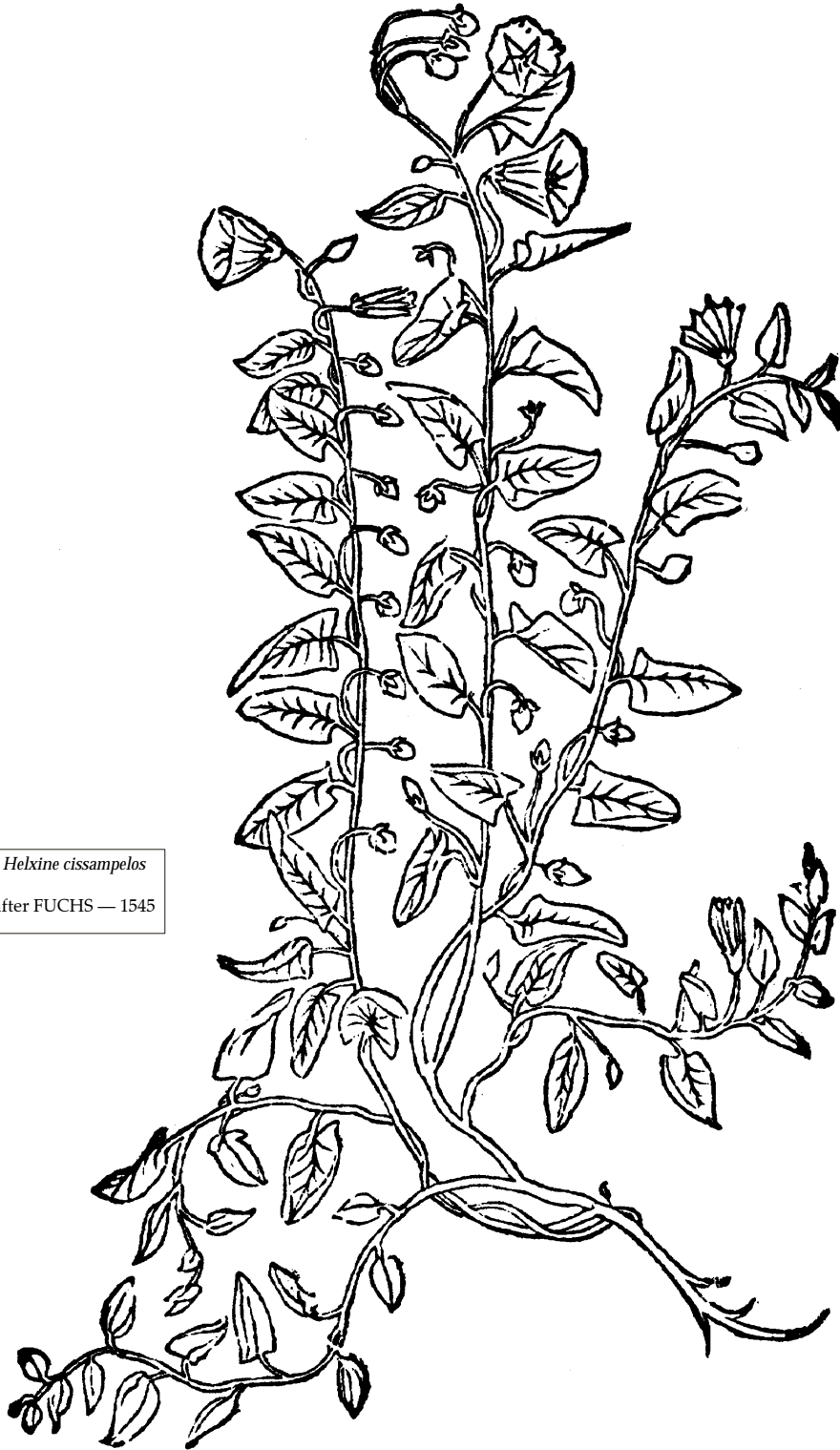
Rubus.  
Brombeer.

83



*Rubus*  
after FUCHS — 1545

144 **Helxine Cissampelos.**  
**Mittelwind.**



*Helxine cissampelos*  
after FUCHS — 1545

congeals bloody wounds, reduces inflammation, and stops bleeding, as also of that of the womb (in a pessary); and a decoction of this is a douche for the excessive menstrual flows of women. It is also drunk for dysentery. Some call it *myriomorphon*, *chiliophyllon*, *stratiticon*, or *Heracleon*, the Romans, *supercilium veneris*; some call it *acorus sylvaticus*, *militaris*, or *millefolium*, and the Africans call it *asterchillos*.

#### 4-37. BATOS

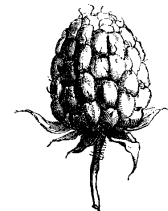
SUGGESTED: *Rubus* [Fuchs], *Rubus vulgaris*,  
*Rubus fructu nigro* [Bauhin], *Rubus fruticosus* [Linnaeus],  
*Rubus plicatus* — Blackberry, Common Bramble

**B**atus (with which we are familiar) binds and dries, and it dyes the hair. A decoction of the tops of it (as a drink) stops the flows of the intestines, restrains the excessive menstrual flows of women, and is convenient for the bites of the *prester* [mythological snake]. The leaves are chewed to strengthen the gums and heal *apthae* [aptylia — absence of saliva]. The leaves (applied) restrain *herpes* [viral skin infection], heal running ulcers on the head, drooping eyes, venereal warts, and haemorrhoids. Pounded into small pieces and applied, they are available for gastritis and heart conditions. The juice from the bruised stalks and leaves stirred in the sun does better for all the purposes previously mentioned. The juice of the thoroughly ripe fruit is good put into oral medicines. Eaten when it is half-ripe, it also stops discharges of the intestines. The flowers of it (as a drink with wine) also stop the bowels. It is also called *cynosbatos*, *selinorition*, or *asyntrophon*. The Magi say *sanguis Titani*, some, *sanguis ibis*, the Romans, *sentis*, some, *rubus*, or *mora vaticana*, the Dacians, *mantia*, the Egyptians, *haemceos*, and some, *ametros*.

#### 4-38. BATOS IDAIA

SUGGESTED: *Rubus idaeus* — Red Raspberry

**I**t is called *rubus idaeus* because it grows abundantly in Ida — but it is much more tender than that above, with little prickles, and it is also found without prickles. It does



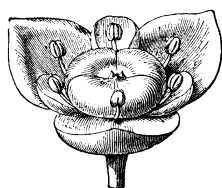
*Rubus idaeus*  
 after FAGUET — 1888

the same things as that mentioned above, and furthermore the flower (pounded into small pieces with honey and rubbed on) helps eye inflammation, and extinguishes *erysipela* [streptococcal skin infection]. It is given in a drink with water for gastritis.

#### 4-39. ELXINE KUSSAMPELOS

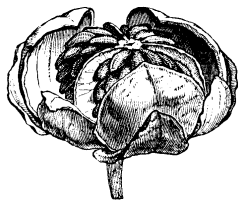
SUGGESTED: *Helxine-cissampelos*, *Convolvulus*,  
*Volubilis media* [Fuchs], *Convolvulus minor arvensis* [Bauhin],  
*Convolvulus arvensis* [Linnaeus] — Common Bindweed

**H***elxine* has leaves similar to *cissus* but smaller, with long little branches clasping around wherever it occurs. It grows in hedges, vineyards and corn. The juice of the leaves (taken as a drink) has a laxative effect on the bowels. It is also called *elitis*, *canochersaea*, *amelxine*, *eusine*, *amorgine*, *sucotachos*, *psychuacos*, *melampelon*, *cissampelon*, *cissamethon*, or *analetamenon*, the Romans call it *volutum laparou*, and the Egyptians, *hapap*.



#### 4-40. ELATINE

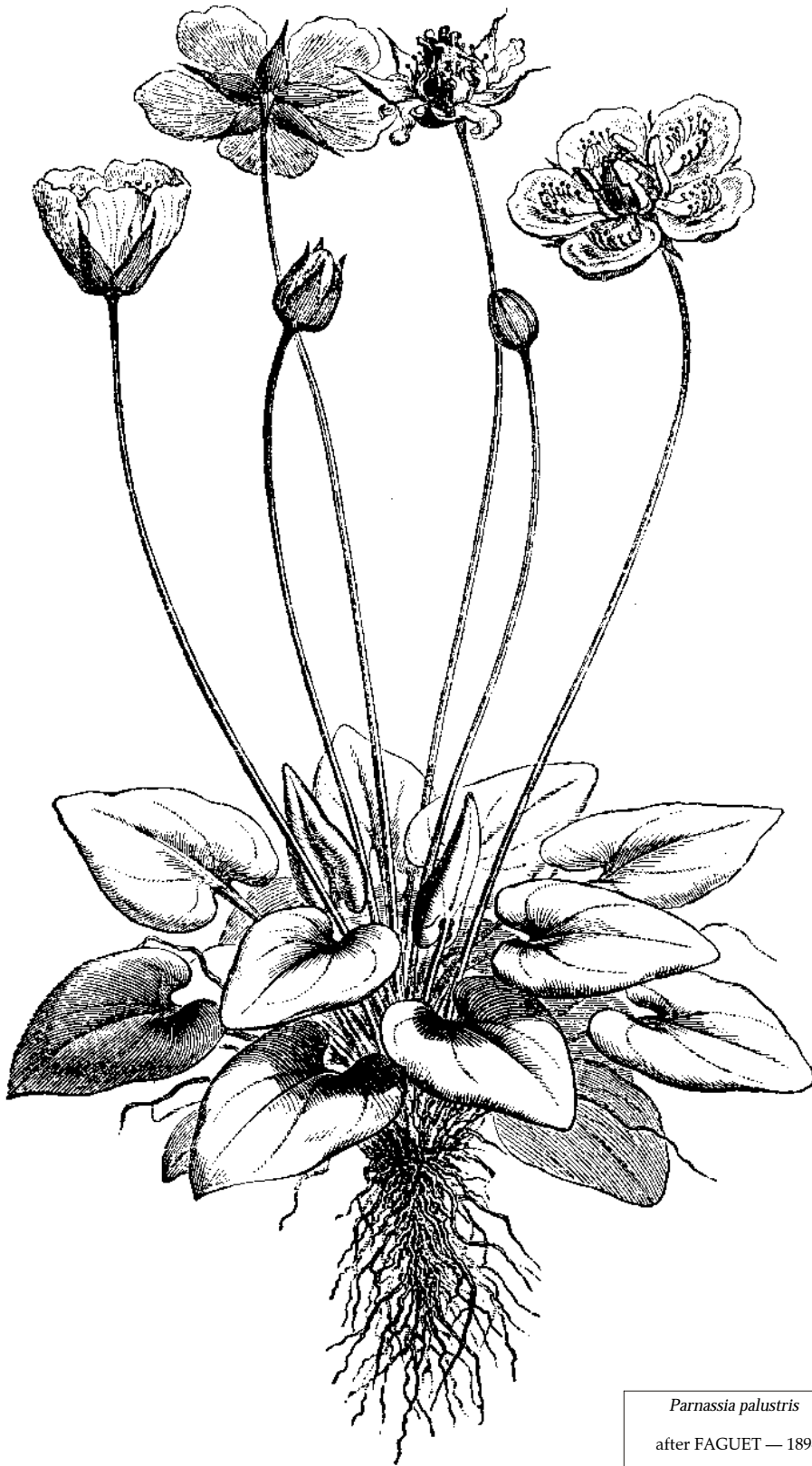
SUGGESTED: *Antirrhinum elatine*, *Linaria elatine*,  
*Cymbalaria elatine* — Elatine, Cancerwort,  
 Pointed-leaved Toadflax  
*Elatine hydropiper* — Water Pepper, Waterwort, Pipewort



*Elatine paludosa*  
 after FAGUET — 1888

**E***latine* has leaves similar to *helxine* [above] but smaller, rounder, and hairy. The five or six branches are thin, twenty centimetres long from the root, full of leaves that are sharp to the taste. It grows among corn and in tilled places. The leaves (applied with polenta) are able to help inflamed rheumatic eyes. Boiled and sipped it stops dysentery.





*Parnassia palustris*  
after FAGUET — 1894

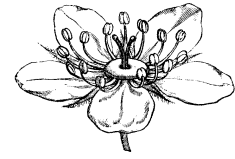
Quinquefoliū maius candidū. 357  
Groß weiß fünf fingerkraut.



*Quinquefolium*  
after FUCHS — 1545

## 4-41. EUPATORION

SUGGESTED: *Eupatorium*, *Agrimonia* [Fuchs],  
*Eupatorium veterum* [Bauhin], *Agrimonia eupatoria* [Linnaeus]  
 — Agrimony, Cocklebur, Liverwort, Sticklewort  
 [other usage] *Eupatorium syriacum* — Syrian Eupatorium  
*Eupatorium cannabinum* — Hemp Agrimony

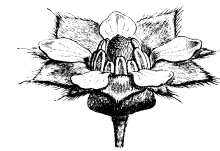


*Agrimonia eupatoria*  
 after FAGUET — 1888

**E***upatorium* is an herb like a shrub placing out one stem — thin, woody, straight, black and rough — half a metre long or rather more, and the leaves jagged (at distances) most commonly into five parts (or rather more, similar to those of *quinquefolium* or even *cannabis*), and those inclining to black, cut-in on the edges like a saw. The seed grows all around from the middle of the stalk, somewhat rough, bending downward so that dried it sticks to clothes. The leaves of this (pounded fine and applied with old swines' grease) heal difficult scars on ulcers. The seed and herb (taken as a drink with wine) help dysentery and serpent bites. Some were deceived and called this *artemisia*, for it is diverse (as we have shown). It is also called *hepatorium*, or *hepatitis*, while the Romans call it *volucrum maius*.

## 4-42. PENTAPHULLON

SUGGESTED: *Quinquefolium maius candidum* [Fuchs],  
*Quinquefolium album majus alterum* [Bauhin], *Potentilla alba*  
 [Linnaeus] — Tormentil [Mabberley]



*Potentilla congesta*  
 after FAGUET — 1888

[other usage] *Pentafillo* [Italian], *Potentilla pimpinelloides*,  
*Potentilla opaca*, *Potentilla hirta* — Five Fingers Grass,  
 Five Leaf, Cinquefoil

**P***entaphyllum* has thin branches like *festuca* [fescue grass] twenty centimetres long, on which is the seed. It has leaves similar to mint, five on every stem but rarely anywhere more, cut-in all around like a saw. The flower is pale, white, or yellowish like gold. It grows in moist places and by rivers; and it has a somewhat long reddish root (thicker than black hellebore) that is of considerable use. A decoction of the root reduced one third by simmering (held in the mouth) is able to relieve toothache. Used as a mouthwash it stops rotten ulcers in the mouth; gargled, it relieves roughness of the throat;

and taken as a drink it helps flowing bowels, dysentery, arthritis, and sciatica. Pounded finely, boiled in vinegar and applied, it restrains *herpes* [viral skin disease], and dissolves swellings, goitres, hardened places, oedema, aneurisms, suppurations, *erysipela* [skin inflammation], and conjunctivitis, and it heals skin lesions and psoriasis. The juice from the tender root is good for disorders in the liver and the lungs, and for deadly poisons. The leaves are taken in a drink with honey water or diluted wine and a little pepper for recurrent fevers; the leaves of four little branches for a paroxysm every fourth day, three for a paroxysm every third day, and one for a paroxysm every day. They help epilepsy (taken as a drink for thirty days), and three glasses of the juice of the leaves (taken as a drink for some days) soon cures jaundice. Applied with salt and honey they heal wounds and fistulas. Taken as a drink (or else applied) it helps those who are broken [foreskin or hymen], and stops flows of blood. It is cut for washing, discharges of blood, and purification.

(If anyone carries *pentadactylon* [*cinquefoil*] around his body he remains without suffering. It helps the eyes, tumours [possibly goitre], hardened tonsils, the uvula, sores under the tongue, the joints, disorders of the nerves, the teeth, and scabies [itchy parasitical disease] caused by a pernicious famine, as well as drawing down the afterbirth. A decoction (poured on the hands) is excellent against fears and enchantments, therefore gather the herb when the moon increases at the time of the sun arising.) It is also called *pentapetes*, *pentatomon*, *pentadactylon*, *pseudoselinon*, *callipetalon*, *xyloloton*, *xylopetalon*, *asphalton*, *pentacoenon*, or *thymiatitis*; the Egyptians call it *orphitebeoce*, some, *enotron*, the Magi, *unguis ibis*, some, *ala ibis*, or *hermodactylon*, the Romans, *quinquefolium*, the Gauls *pempedula*, and the Dacians, *propedula*.

#### 4-43. PHOINIX

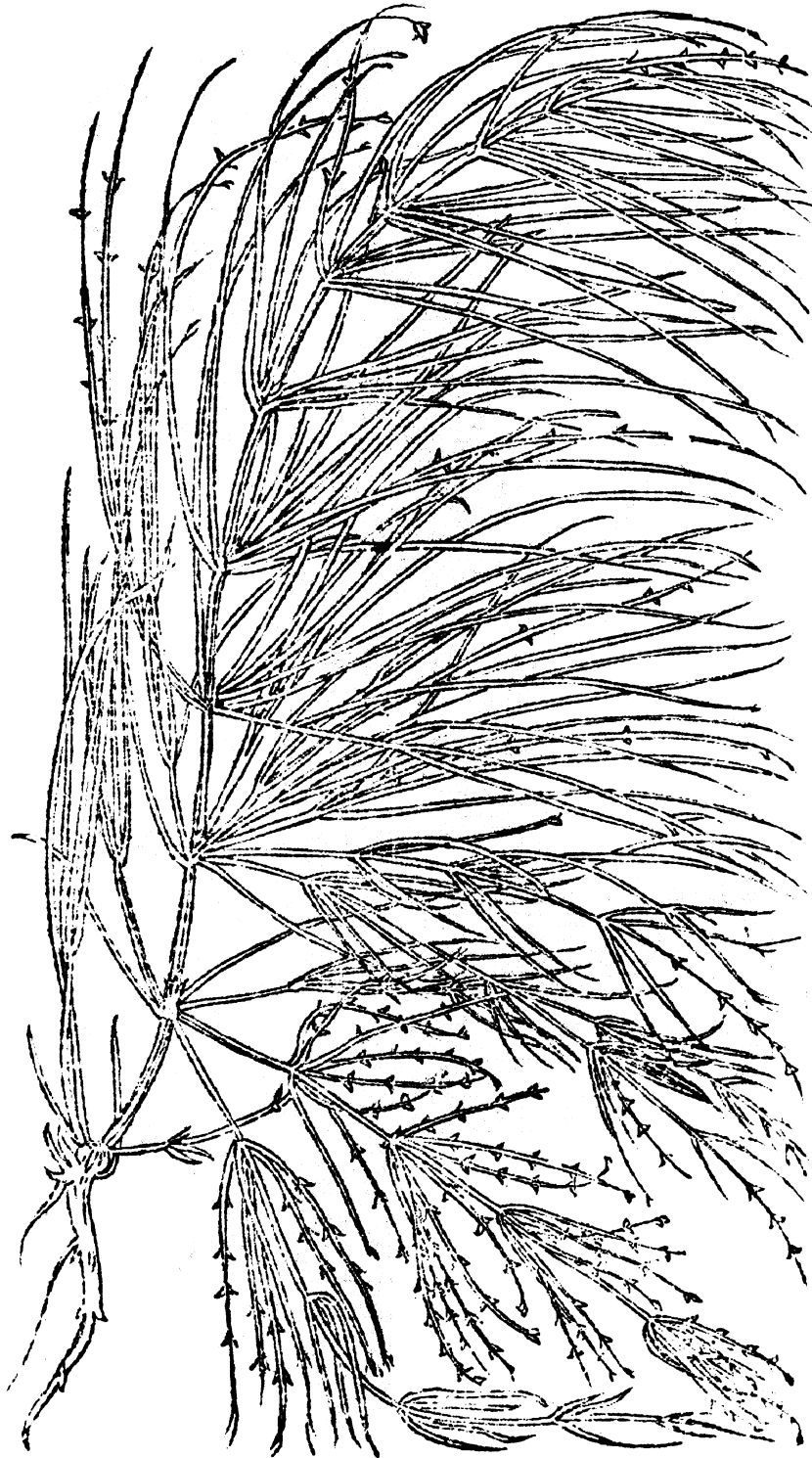
SUGGESTED: *Hordeum murinum* — Wall Barley

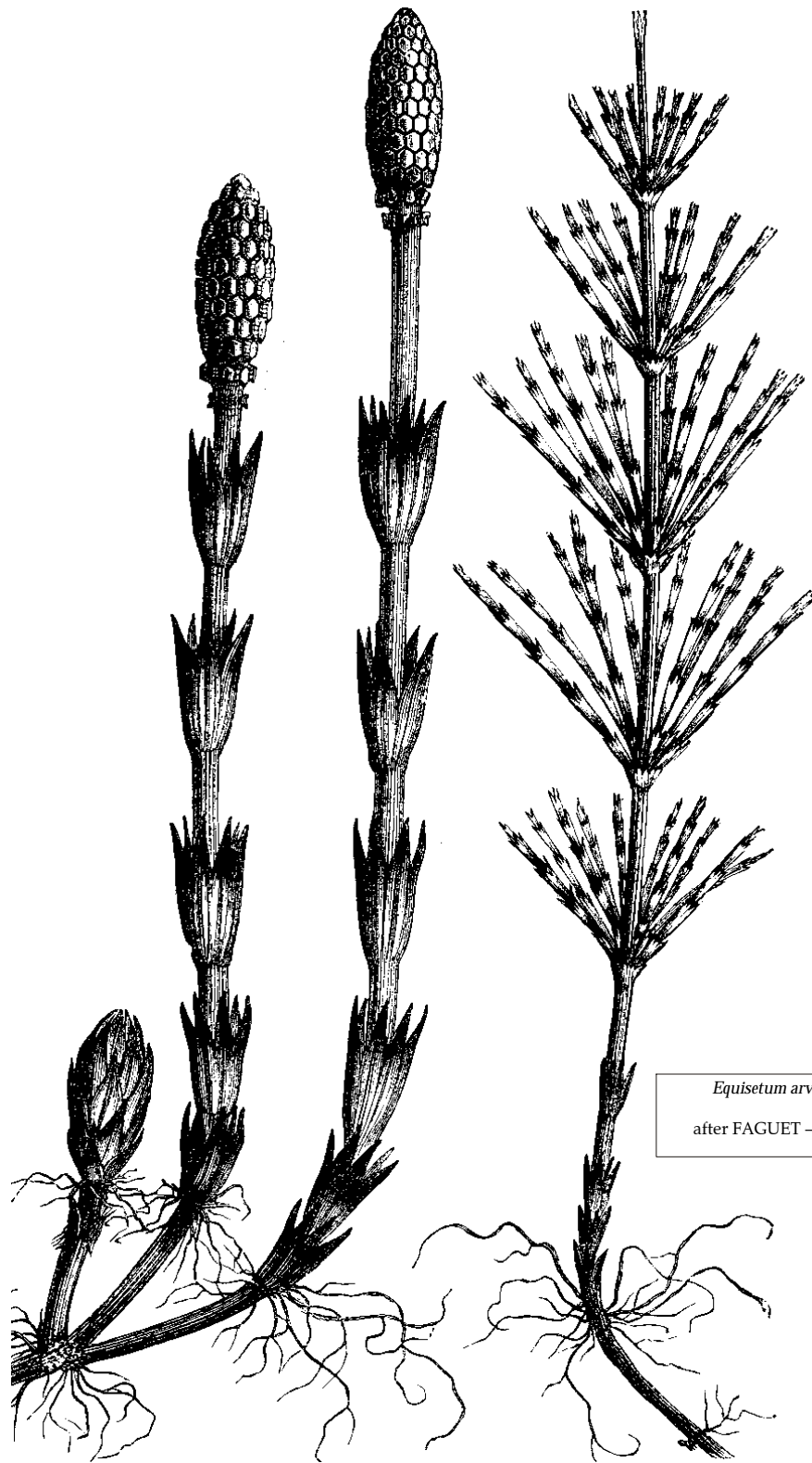
**P***hoenix* has leaves similar to barley only shorter and narrower, with an ear [of seed] similar to *lolium* [2-116, 4-140]; branches around the root six fingers in length, and the ears seven or eight. It grows in fields and

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**Equisetum.**  
**Koßschwanz.**

*Equisetum*  
after FUCHS — 1545





*Equisetum arvense*  
after FAGUET — 1891

on newly-mortared roofs. A decoction (taken as a drink in hard wine) it is able to stop discharges of the intestines, the excessive discharges of blood from the womb, and excessive urine. Some say that it is a blood-stauncher, bound in red wool and hanged about one. It is also called *rhus*, *anchinops*, *phoenicopteron*, *rhus stachyos*, or *ostheles*. The Romans say *palolucupinum*, the Egyptians, *athnon*.

#### 4-44. IDAIA RHIZA

UNKNOWN — this means root from Ida

**I***daea radix* has similar leaves to *oxymyrsine* near which there grows out (as it were) little tendrils and flowers. The root of this is especially astringent serving as such for those for whom there is need. It is taken in a drink for discharges of the intestines and women's excessive menstrual discharges. It stops all discharges of blood.

#### 4-45. RHODIA RADIX

SUGGESTED: *Rhodia-radix* [Fuchs], *Radix rhodia* [Bauhin], *Rhodiola rosea* [Linnaeus], *Sedum rhodiola* [in Sprague], *Sedum roseum* — Roseroot, Rosy-flowered Stonecrop

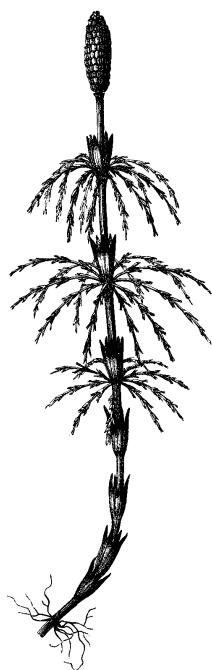
**R***hodia radix* grows in Macedonia, similar to *costus* [1-15] but lighter and uneven, making a scent when bruised similar to that of roses. It is useful for those aggrieved with headaches, bruised and applied with a little *rosaceum* [1-53] and applied moist to the forehead and temples. It is also called *rhodida*.

#### 4-46. IPPOURIS

SUGGESTED: *Equisetum minus*, *Equisetum brevius* [Fuchs], *Hippuris*, *Equisetum arvense* [Linnaeus], *Cauda equina* — False Horsetail, Horsepipe, Bottlebrush, Meadow Horsetail

[other usage] *Hippuris vulgaris* — Mare's Tail, Bottlebrush, Witches' Milk

**H***ippuris* grows in moist places and ditches. It has empty little reddish stalks distinguished by joints growing one into another, and around them many thin



*Equisetum sylvaticum*  
after FAGUET — 1891

rushy leaves. It grows to a height climbing on the trunks of trees standing nearby, and hangs on them. It is surrounded with many black filaments similar to the tail of a horse. The root is woody and hard, and the herb is astringent. The juice of it stops discharges of blood from the nostrils. A decoction (taken as a drink with wine) helps dysentery and induces urine. Pounded into small pieces (and sprinkled on) it closes bleeding wounds. Both the root and herb help coughs and asthma. It is said also that a decoction of the leaves (taken as a drink in water) joins openings of the intestines, and any cutting-apart of the bladder, and hernia. It is also called *trimachion*, *anabasis*, *cheredranon*, *phaedra*, *itiandendron*, *gis*, or *schoniostrophon*, while the Egyptians say *pherphram*, the Magi, *cibus Saturni*, the Romans, *equinalis*, and some, *salix equinalis*, *anabasion*, or *ephudron*.

#### 4-47. IPPOURIS ETERA

SUGGESTED: *Equisetum longius*, *Hippuris*, *Polygonum foemina* [Fuchs], *Equisetum palustre* [Linnaeus] — Meadow Horsetail [other usage] *Equisetum hyemale*, *Equisetum scirpoides* — Common Scouring Bush

**H***ippuris alterum* has a stalk that is straight, even higher than a foot (as it were) empty, with shorter, whiter, softer filaments at distances. Mixed with vinegar it heals wounds, having the same strength as that above. It is also called *equitium*, *chedra*, or *gyon*, while the Romans say *salix equinalis*.

#### 4-48. KOKKOS BAPHIKE

SUGGESTED: *Cocculus officinale*, *Cocculus plukenetii* [Loudon] — Cocculus — twining shrub  
*Anamirta cocculus*, *Anamirta paniculata* — Cocculus Indicus Plant  
*Quercus coccifera* — Kermes Oak — little coccus insect is found on it

*Coccus* means berries as well as being the name of the dyer's insect.

**C***occum tinctile* is a little shrub full of sprigs, to which cling grains like lentils which are taken out and stored. The best is from Galatia and Armenia, then that from Asia and that from Cilicia, and last of all that from





*Agrimonia eupatoria*  
after FAGUET — 1888



*Anamirta cocculus*  
after FAGUET — 1887

Spain. Pounded into small pieces and applied with vinegar it is astringent, and good for wounds and lost strength. That in Cilicia grows on oaks [with grains] similar in shape to a little snail, which the women there gather by mouth, and call them *cocum*.

#### 4-49. TRAGION

SUGGESTED: *Chenopodium vulvaria*, *Tragium germanicum*  
— Stinking Motherwort

**T***ragium* grows only in Crete. It has leaves, stems and seed similar to *lentiscus* [1-90] but all smaller. It has a liquid similar to gum. The leaves, seed and fluid (applied with wine) draw out arrowheads, splinters, and all things fastened within. A decoction (taken as a drink) cures slow painful urination, breaks stones in the bladder, and induces the menstrual flow. A teaspoonful is taken. They say that wild goats that have been shot feed on this herb and put out the arrows.

#### 4-50. TRAGION ALLO

SUGGESTED: *Herba à cent goûts* [French], *Artemisia vulgaris*  
— Motherwort, Mugwort

**T***ragium alterum* has leaves similar to *scolopendrium* [3-121], and a thin white root similar to wild *raphanus*, which is eaten (raw or boiled) to help dysentery. In the autumn the leaves put out the scent of a goat. As a result it is called *tragium*. It grows in steep hilly places. It is also called *tragos*, *tragoceros*, scorpion, or *garganon*, while the Romans say *cornulaca*, some, *bituensa*, the Dacians, *salia*, the Egyptians, *sober*, and the Africans, *achiosm*.

#### 4-51. TRAGOS

SUGGESTED: *Tragus berteronianus* — Carrot Seed Grass

see 2-115

**T***ragus* grows particularly near the sea. It is a little shrub, on the ground, somewhat long, not large, about twenty centimetres tall or more. It has no leaves,

but on the branches there hang (as it were) many little red kernels about the size of wheat, sharp on the top, especially astringent to the taste. Ten kernels of the seed of this (taken as a drink with wine) help the abdomen and women having their discharges [menstrual flow]. Some also beat it and make it into tablets for storage to use later. It is also called scorpion, or *traganos*.

#### 4-52. SCHOINOS

SUGGESTED: *Schoenus incanus* — Bog Rush  
*Schoenus ferrugineus* — Rusty Bog Rush  
*Schoenus mucronatus* — Clustered Bog Rush  
*Juncus conglomeratus*, *Juncus effusus* — Rushes, Sweet Rushes  
*Juncus arabicus* — Rush, Sea Rush  
*Juncus acutus* — Sharp Rush, Dutch Rush

see 1-16

Two types of *shoenus* are found, the one of which is called the smooth *juncus*, the other the sharp *juncus*, pointed on the top, and of this again there are two types for one is barren, and the other has a round, black seed — but the reeds of this are thicker and more fleshy. There is a third type — much more fleshy and rougher than the first two — which is called *holoschoenos*, and this also has seed on the top similar to that before it. The seed of any of them (dried and taken in a drink with diluted wine) stops discharges of the intestines, and excessive bloody discharges, and induces urine. It is also good for headaches, and the tender leaves near the root (applied) are good for harvest spider bites. The Ethiopian *juncus* has seed that will cause sleep. We must beware of too much of it in liquid medicines for it encourages sleep excessively. It is also called *juncus laevis*, *oxypternos*, or *supercilium solis*, while the Romans say *juncus marinus*, some, *juncus manualis*, and the Africans, *chudua*.



*Sedum acre*  
after FAGUET — 1874

*Chrysanthemum simplex.* 507  
Ongefüllte Schmalzblüm.



*Chrysanthemum simplex*  
after FUCHS — 1545

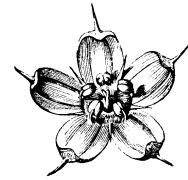
### 4-53. LEICHEN

SUGGESTED: *Lichen*, *Hepatica* [Fuchs], *Lichen petraeus latifolius*,  
*Hepatica fontana* [Bauhin], *Marchantia polymorpha* [Linnaeus]  
 [other usage] *Lecanora esculenta* — Manna Lichen  
*Alectoria jubata* — Rock Hair Moss, Horse-hair Lichen  
*Parmelia saxatilis* — Lichen

**L**ichen grows on rocks and is also called *bryon*. It is a moss sticking to moist rocks. This is applied to stop discharges of blood, lessen inflammation, and heal *lichen* [papular skin disease], and applied with honey it helps jaundice. It also helps the fluids of the mouth and tongue [saliva].

### 4-54. PARONUCHIA

SUGGESTED: *Paronychia serpyllifolia*  
 — Thyme-leaved Nailwort



*Paronychia serpyllifolia*  
 after FAGUET — 1888

**P***aronychia* grows among rocks. It is a small shrub similar to *peplus* — less in length but larger in the leaves. It is applied (bruised) to all, to heal whitlows and *favus* [contagious honeycombed skin disease]. It is also called *adocetos*, *neuras*, or *phrynion*, while the Romans call it *unguinalis*.

### 4-55. CHRUSOKOME

SUGGESTED: *Chrysocoma* [Bedevian] — Goldylocks  
 ALSO: *Chrysocoma linosyris*, *Chrysocoma villosa*

**C***hrysocome* is a small shrub twenty centimetres long with filaments like *corymbi* [flattened inflorescences] resembling hyssop [3-30]; a slender thick root like black hellebore — not unpleasant to the taste, equal to *cyprus* [1-124], somewhat sour in its sweetness. It grows in shady, rocky places. The root is warming and binding — of suitable use for the liver and pneumonia. It is taken (boiled with honey water) for cleansing the womb. It is also called *chysitis*, *chrysanthemon*, *amarantum*, or the beard of Jupiter, while the Romans say *Iovis barba*, the Africans, *dubath*, and some, *burchumath*.

## 4-56. CHRUSOGONON

SUGGESTED: *Bongardia chrysogonum* — Golden Rod

**C***hrysogonum* has leaves similar to the oak, but the shrub is thick, and has flowers similar to *verbascum coronarium* [4-104]; a root similar to rape [coleseed], strongly red within but with the exterior black. Pounded finely with vinegar and applied, it helps the bites of the shrewmouse.

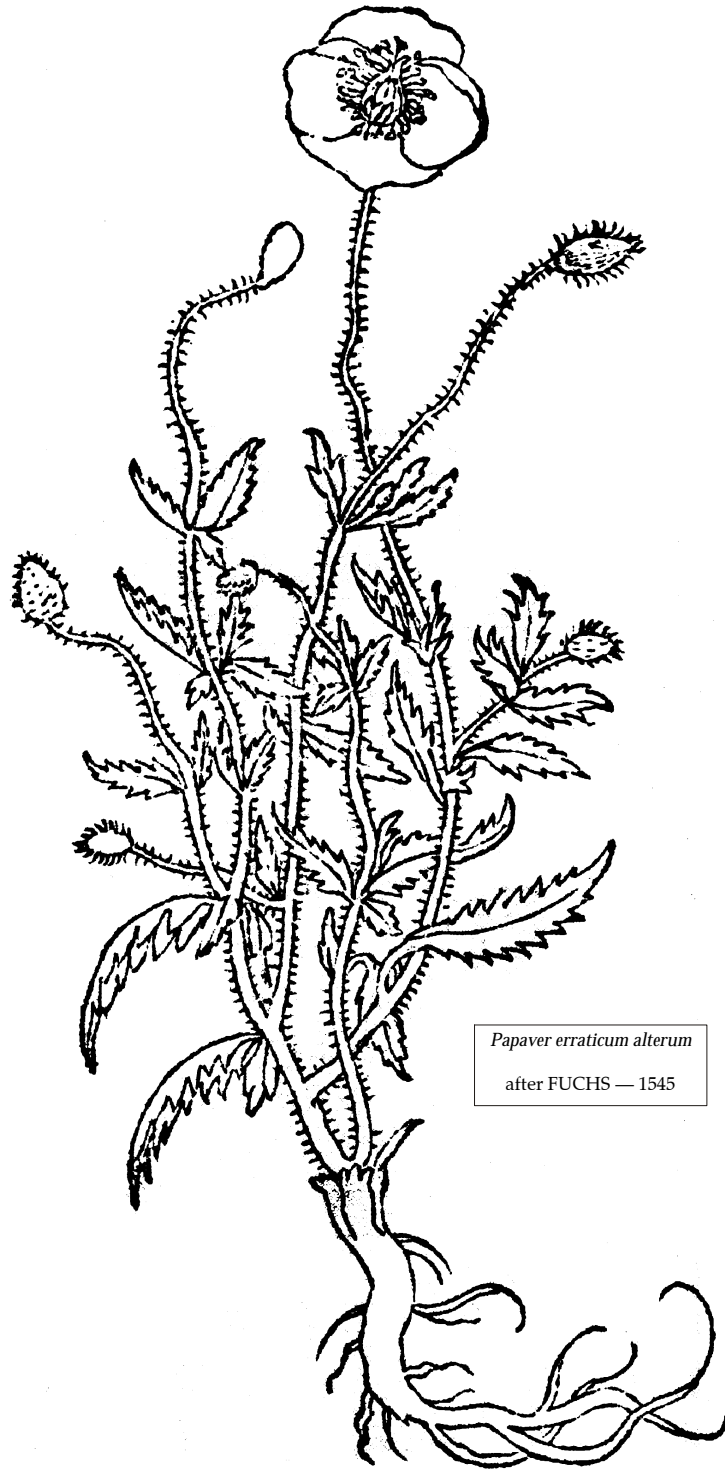
## 4-57. ELICHRUSON

SUGGESTED: *Amarantus luteus*, *Stichas citrina*, *Helichryson* [Fuchs], *Gnaphalium arenarium* [Linnaeus], *Helichrysum arenarium* [in Sprague], *Helichrysum chinophyllum*, *Helichrysum arenarium* — Helichrysum, Cudweed, Eternal Flower, Golden Sunflower

**H***elichrysum* (with which they crown their statues) has a little stem — white, green, straight and strong — and narrow leaves (similar to those of *abrotanum*) set apart at distances, the filaments circular, shining like gold; a round tuft, (as it were) dry bunches of berries, and a thin root. It grows in rough places near running water. A decoction of the filaments (taken as a drink with wine) helps painful urination, the bites of snakes, sciatica, and hernia. A decoction (taken as a drink with must [pulp from grapes]) induces the menstrual flow, and dissolves clots of blood in the bladder or bowels. Thirty grains in a dilution of white wine (given to one fasting) stops dripping fluids. It is stored together with clothes, protecting them from moths. It is also called *chrysanthemon*, while some call it *amarantum*.

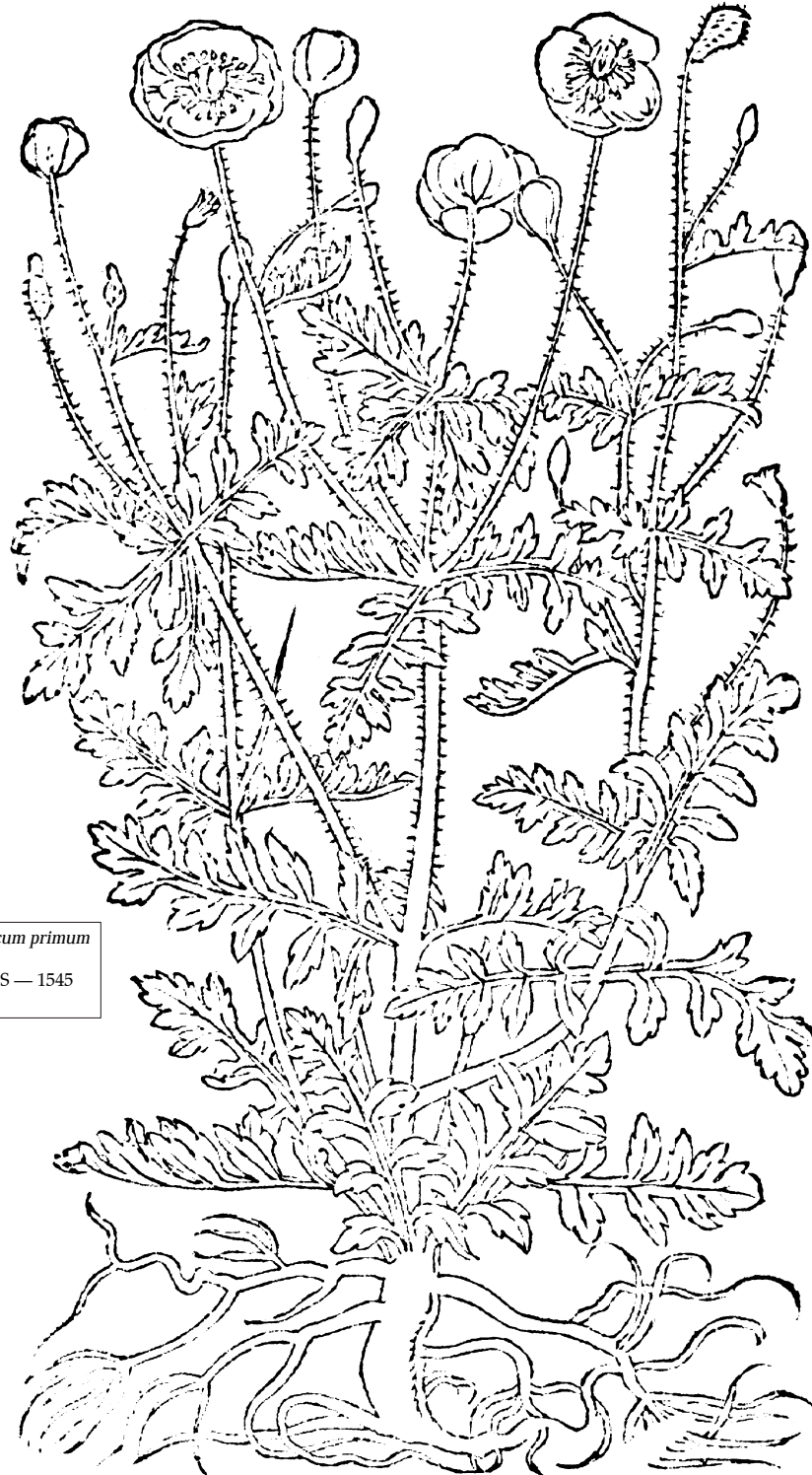


294 Papauer erraticum alterum.  
Das ander geschlecht der Klapperrosen.



*Papaver erraticum alterum*  
after FUCHS — 1545

Papauer erraticum primum. 293  
Das erst geschlecht der Klapperrosen.



*Papaver erraticum primum*  
after FUCHS — 1545

## 4-58. CHRUSANTHEMON

SUGGESTED: *Chrysanthemum*, *Chrysanthemum simplex* [Fuchs],  
*Ranunculus pratensis erectus dulcis* [Bauhin], *Ranunculus repens*  
 [Linnaeus] — Creeping Buttercup [Mabberley]  
 [other usage] *Chrysanthemum segetum* — Corn Marigold,  
 Corn Chrysanthemum  
*Chrysanthemum coronarium* — Garden Chrysanthemum,  
 Crown Marigold, Crown Daisy

**C***hrysanthemon* is a tender shrubby herb, bringing out smooth stalks, very jagged leaves all around, and yellowish flowers strongly shining with an eye (which is why it is called this). It grows in towns, and the stalks are eaten as vegetables. The flowers (pounded into small pieces with wax ointment) are said to dissolve *steatomata* [encysted fatty tumour]. It gives the jaundiced a good colour in good time given to drink after they have spent a long time in the baths. (*Chrysanthemon* you take out of the earth before the rising of the sun. They are astringent to the body, and are hung around the neck, being good for averting women witches and all enchantments.) It is also called *bupthalmum*, *calchas*, *chalcitis*, *chalcanthum*, or *chalcanthemon*, the Romans say *acantha*, the Thuscans, *garuleum*, and the Africans, *churzeta*.

## 4-59. AGERATON

SUGGESTED: *Achillea ageratum* — Sweet Maudlin, Milfoil  
*Ageratum conyzoides* — Floss Flowers, Goat Weed,  
 Bastard Agrimony, Celestine

**A***geratum* is a low shrub twenty centimetres long, full of single sprigs, similar (especially) to *origanum*; with a tuft on which is a flower (like a protuberance) of a golden colour, smaller than *helichrysum*. It is called *ageratum* because the flower remains for a long time, keeping its colour. A decoction of it is burning [to take or use]. Smoke from the herb itself is inhaled to induce the movement of urine, and to soften hardness around the womb.

## 4-60. PERISTEREON ORTHOS

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SUGGESTED: *Peristereon*, *Vervain* [Pliny], *Verbenaca recta*,  
*Verbena recta* [Fuchs], *Sinapis alterum genus sylvestre*,  
*Erysimum vulgare* [Bauhin], *Erysimum officinale* [Linnaeus],  
*Sisymbrium officinale* [in Sprague]  
— Hedge Mustard [Mabberley]  
[other usage] *Verbena triphylla*, *Aloysia citriodora*, *Lippia citrata*,  
*Lippia citriodora* — Lemon Verbena, Herb Louisa

**P***eristereon orthos* grows in watery places. It seems to be named this because doves gladly stop around it. It is a herb with a height of twenty centimetres (or rather more) the whitish leaves cut-in, growing out of the stalk. It is found for the most part with only one shoot and one root. It seems that the leaves (applied as a pessary with *rosaceum* [1-53] or new swines' grease) cause womb pains to stop. Applied with vinegar it represses *erysipela* [streptococcal skin infection] and rotten ulcers, and joins new wounds, and with honey it heals old ones with a new skin. The upright *peristereon* extends the *puendum* [genitals], but that which bends is drying. The upright (tied to one) is good for pains of the eyes, dimness of sight, and headache, and it eases weariness. Bruised with vinegar it immediately dissolves scrofulous tumours [glandular swelling], goitres, and hardened tonsils. When anyone shivers with a fever let someone with branches from this stand before him and immediately he is cured. It is also called *trygonium*, *bunion*, *sacra herba*, or *philtrodotes*; the Egyptians say *pempsempte*, the Magi, *Iunonis lachryma*, some say the blood of the weasel, the Romans, *crista gallinacea*, and some, *ferrea*, *trixalis*, *exupera*, or *herba sanguinalis*.

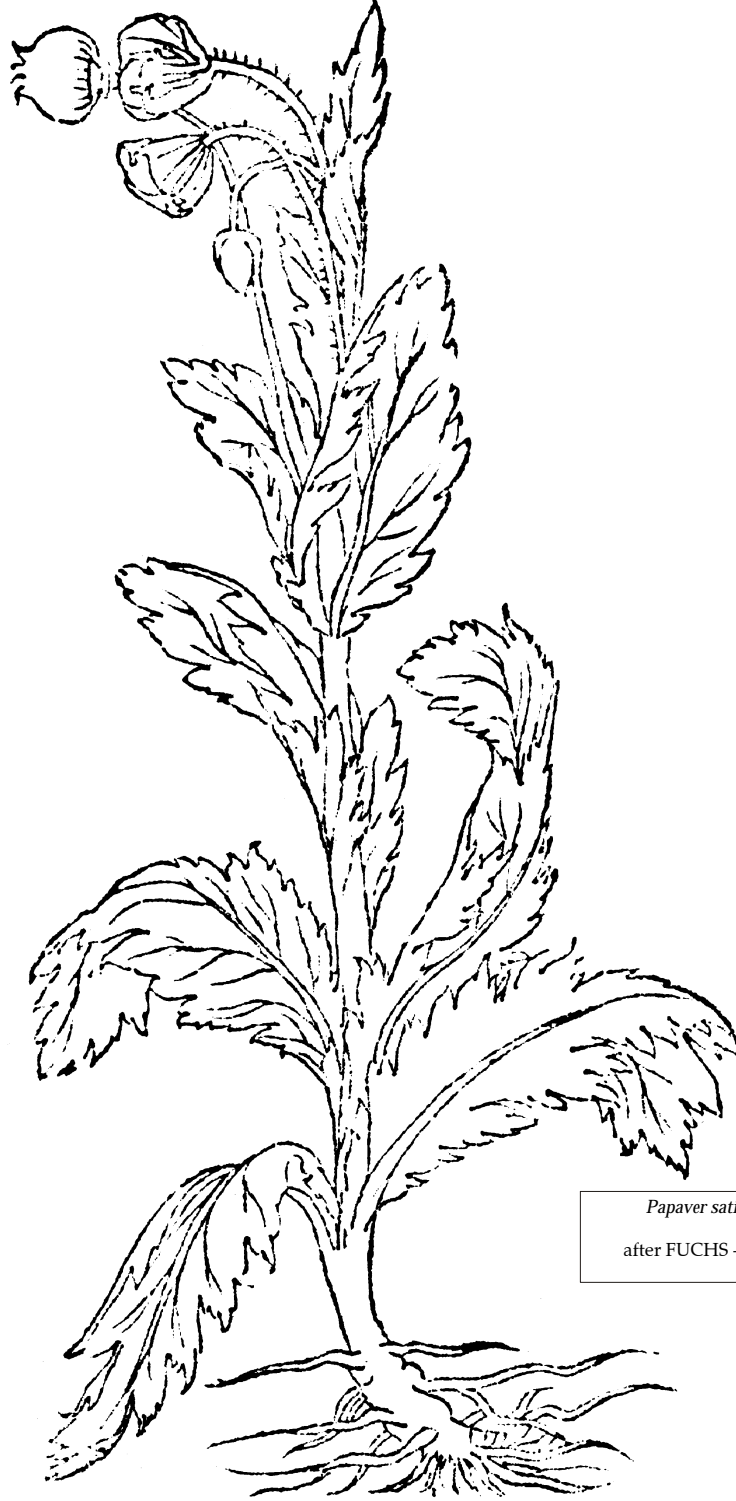
## 4-61. PERISTEREON UPTIOS, IEROBOTANE

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SUGGESTED: *Peristereon*, *Verbenaca*, *Vervain* [Pliny],  
*Verbena supina*, *Verbenaca supina* [Fuchs],  
*Verbena communis caerulea flore* [Bauhin], *Verbena officinalis*  
[Linnaeus] — Vervain, Pigeon's Grass, Holy Herb

**H***ierobotane* sends out angular stems of a foot (or rather more) around which are the leaves at distances — similar to the oak, yet narrower, smaller and

Papauer fatiuũ purpureũ & albũ. 295  
Zamer Nagfomen.



*Papaver sativum*  
after FUCHS — 1545



*Papaver somniferum*  
after FAGUET — 1874

cut-in all around, drawing to an azure [blue]. The root is somewhat long and thin; the flowers purple and thin. The leaves and root (given to drink with wine or smeared on) are useful against snakes. A teaspoonful of a decoction of the leaves with thirty grains of frankincense in one half-pint of old wine is taken as a drink for jaundice by one fasting for forty days. The leaves (applied) lessen inflammation and long-lasting oedema, and clean foul ulcers. The whole herb (boiled with wine) breaks crusts all around in the tonsils. Gargled, it stops erosive ulcers in the mouth. An infusion of it sprinkled in feasts is said to make the guests merrier [relaxant]. The third joint from the earth (with all the leaves) is given to drink to those who have a paroxysm every third day. The fourth joint is given to those who have a paroxysm every fourth day. They call it *sacra herba* because it suitable for use as amulets in purification. It is also called *peristereon* [huption], *erigenion*, *chamaelycon*, *sideritis*, *curitis*, *phersephonion*, *Iovis colum*, *dichromon*, *callesis*, *hipparison*, or *demetrias*; the Egyptians say *pemphthephta*; Pythagoras calls it *erysisceptron*, and the Romans, *cincinnatiis*.

#### 4-62. ASTRAGALOS

SUGGESTED: *Astragalus gummifera* — Astragal, Milk Vetch  
*Astragalus glycyphyllos* — Milk Vetch, Liquorice Vetch

see 1-113

**A** *stragalus* is a small little shrub on the ground, similar to chickpea in the leaves and sprigs. The little leaves are purple, and the root lies underneath — round, of a good amount, similar to the radish, with strong, black, hard growths folded one within another like horns — pleasantly astringent to the taste. It grows in windy, shady and snowy places, and in great abundance in Memphis, Arcadia. A decoction of the root (taken as a drink in wine) stops flowing bowels and induces urine. It is good (similarly) dried into powder and sprinkled on old ulcers, and it staunches blood. It is pounded with difficulty because of the solidity of it. It is also called *chamaesyce*, *onyx*, or *gatales*, the Romans say *pinus trivius*, as well as *ficus terrae*, and some call it *glacula*, *scene talum*, or *nonaria*.

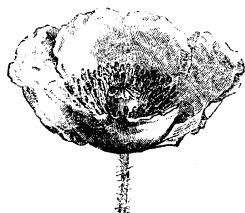
## 4-63. UAKINTHOS

SUGGESTED: *Hyacinthus caeruleus maximus* [Fuchs],  
*Hyacinthus comosus major purpureus* [Bauhin],  
*Hyacinthus comosus* [Linnaeus], *Muscari comosum* [in Sprague]  
 — Tassel Hyacinth

*Hyacinthus caeruleus maior* [Fuchs],  
*Hyacinthus racemosus caeruleus monor latifolius* [Bauhin],  
*Hyacinthus botyroides* [Linnaeus], *Muscari botyroides*  
 — Grape Hyacinth

ALSO: *Scilla bifolia* [Linnaeus] — Squill

**H***ycacinthus* has leaves similar to a *bulbus* [2-200]; a smooth green stalk twenty centimetres long, thinner than a little finger; a curled calyx lying on it full of flowers of a purple colour, and the root similar to *bulbus*. Smearred with white wine on boys this is thought to keep them hairless; it also is therapeutic for the bowels. A decoction (taken as a drink) induces urine, and helps those bitten by harvest spiders. The seed is more astringent and is put in treacles. A decoction (taken as a drink with wine) cleanses jaundice. It is also called *helonias*, or *porphyranthes*; the Romans call it *vaccinium*, and some, *ulcinum*.



## 4-64. MEKON ROIAS

SUGGESTED: *Papaver-erraticum primum* [Fuchs], *Papaver rhoeas* [Linnaeus] — Field Poppy, Corn Rose, Corn Poppy

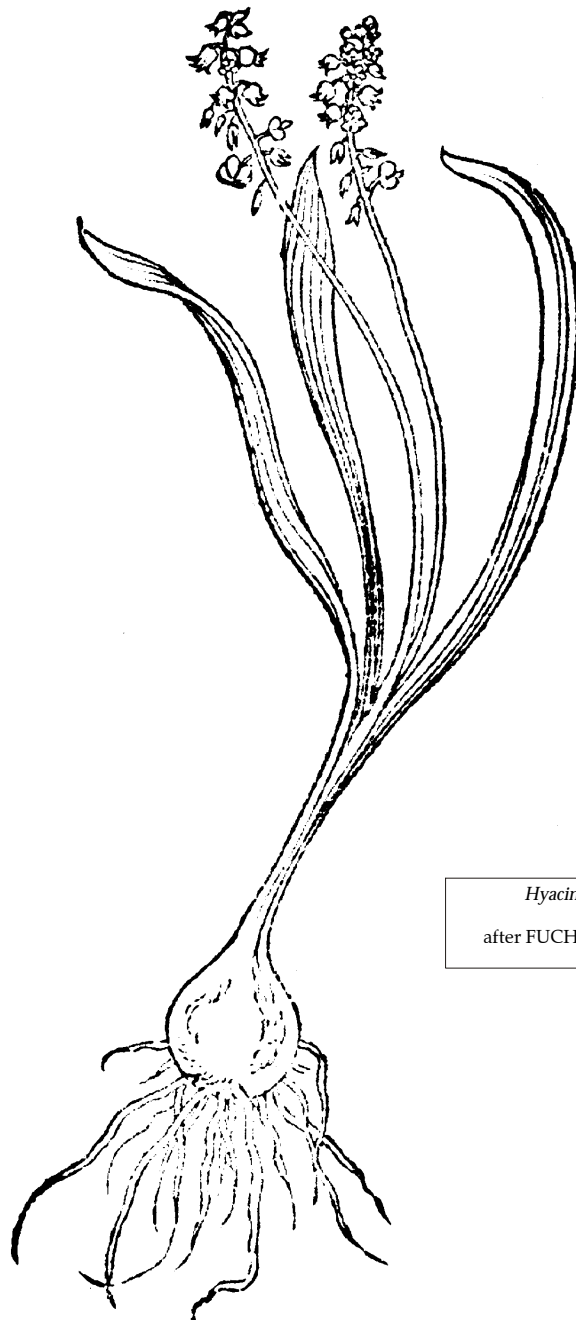


*Papaver rhoeas*  
 after FAGUET — 1874

**P***apaver erraticum* is called this because it quickly casts away its flower; it grows in fields in the spring, at which time it is also gathered. The leaves are similar to *origanum*, *eruca* [2-170], chicory, or thyme — jagged but longer and rough. It has a downy stalk — straight, rough, a foot in height. The flower is purple and sometimes white, similar to that of the wild *anemone*; the head is somewhat long, yet somewhat smaller than that of *anemone*; the seed is red. The root is somewhat long, whitish, the thickness of a little finger, and bitter. Having boiled five or six little heads of this (with three cups of wine to reduce it to two), give it to drink to those whom you would make sleep. A decoction of much as an *acetabulum* [vinegar cruet] of the seed (taken as a drink



482 *Hyacinthus cœruleus ma-*  
*ior foemina.*  
Groß blau Merzenblum weib.



*Hyacinthus*  
after FUCHS — 1545



*Hyoscyamus niger*  
after FAGUET — 1892

with honey and water) softens the bowels gently. It is also mixed with honeyed confections and cakes for the same purpose. The leaves (applied together with the heads) heal inflammation. A decoction of them applied with hot cloths (or sprinkled on) is sleep inducing. It is also called *oxytonum*; the Romans call it *papaveralis*, and the Egyptians, *nanti*.

#### 4-65. MEKON AGRIOS, MEKON EMEROS

SUGGESTED: *Papaver sativum* [Fuchs],  
*Papaver hortensis semine albo* [Bauhin],  
*Papaver somniferum var album* [Linnaeus]  
— White Opium Poppy

*Papaver somniferum var niger* [Loudon] — Black Poppy

NARCOTIC. Cultivation of poppies with the intention of producing opium is illegal.

There is a poppy that is cultivated and set in gardens, the seed of which is made into bread for use in the time of health. They use it with honey instead of sesame, and it is called *thylacitis* — having a somewhat long little head and white seed. The other (which is wild and also called *pithitishas*) has a head bending down, and some call it *rhoeas* [4-64] because a liquid flows out of it. There is a third — more wild, more medicinal and longer than these, with a head somewhat long — and they are all cooling. The leaves and heads (boiled in water and applied with hot cloths) cause sleep. A decoction is taken as a drink against lack of sleep. The heads (pounded into small pieces and mixed into poultices with polenta) are good for inflammation and *erysipela* [streptococcal skin infection]. It is necessary for those who beat them when they are green to make them into tablets, dry them for storage, and then use them. The heads are boiled alone in water until half, and then boiled again with honey until the dullness is thickened, make a licking medicine soothing for coughs, dripping fluids in the throat, and abdominal afflictions. It becomes more effective if juice of *hypocistis* [1-127] and acacia are mixed with it.

The seed of the black poppy (pounded into small pieces) is given to drink with wine for excessive discharges of the bowels, and women's excessive discharges. It is applied with water on the forehead and

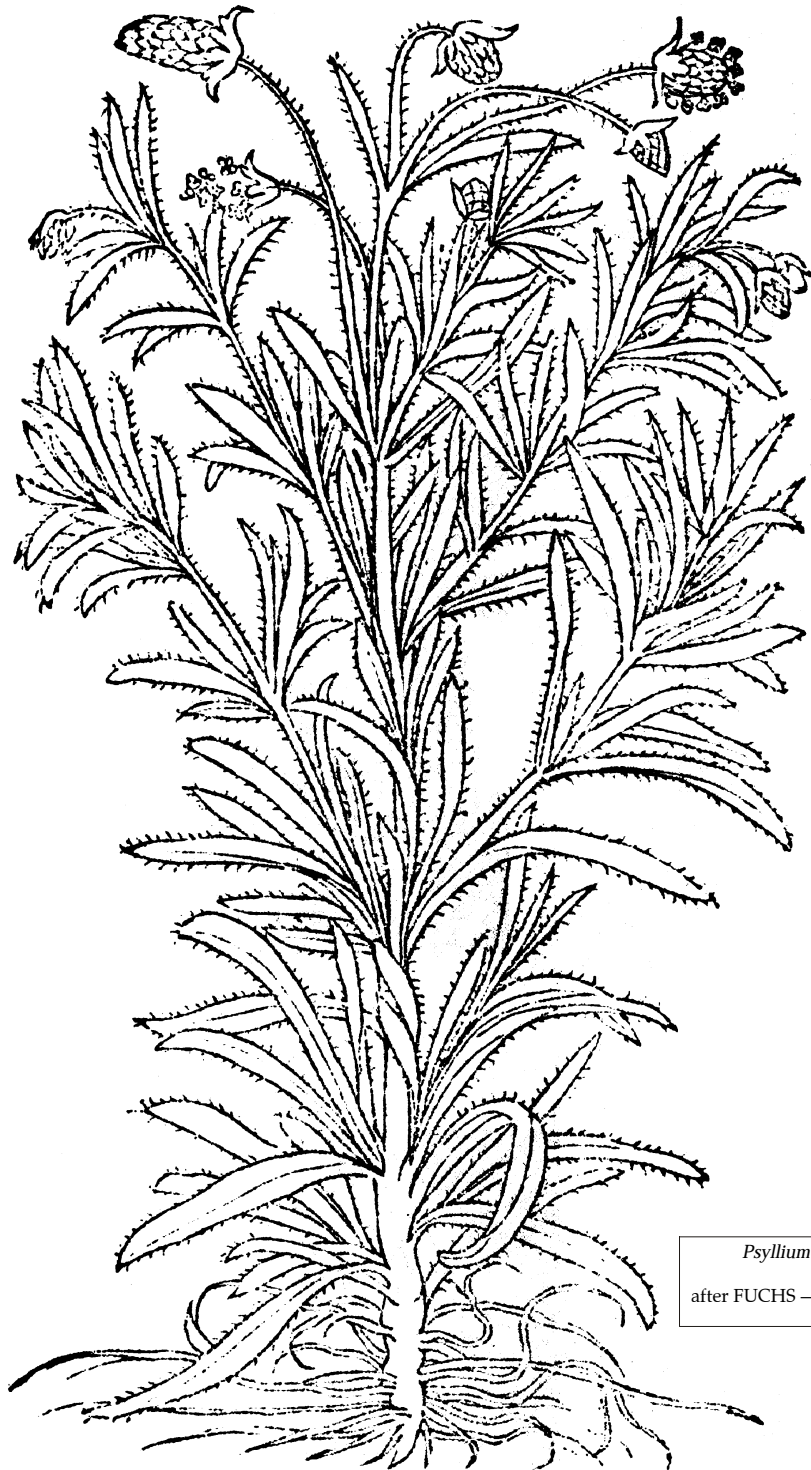
temples for those who cannot sleep, but the liquid itself (taken) is more cooling, thickening, and drying. A little of it (taken with as much as a grain of *ervum* [2-129, 2-131]) is a pain-easer, a sleep-causer, and a digester, helping coughs and abdominal cavity afflictions. Taken as a drink too often it hurts (making men lethargic) and it kills. It is helpful for aches, sprinkled on with *rosaceum* [1-53]; and for pain in the ears dropped in them with oil of almonds, saffron, and myrrh [1-77, 1-73, 4-116]. For inflammation of the eyes it is used with a roasted egg yolk and saffron, and for *erysipela* [streptococcal skin infection] and wounds with vinegar; but for gout with women's milk and saffron. Put up with the finger as a suppository it causes sleep. That liquid is best which is thick, heavy, and sleepy in smell, bitter to the taste, easily pierced with water, smooth, white, not sharp, neither clotted nor growing thick in the straining (like wax), and when set in the sun flowing abroad, and when lighted at a candle not with a dark flame, and keeping strength in its smell after it is put out. They counterfeit it by mixing *glaucium* [3-100], gum, or juice of the wild lettuce. But dissolved, that made from *glaucium* is a saffron colour. That of the wild lettuce is faint in its smell and rougher. That of gum is without strength and transparent. Some are come to so much madness as to mix grease with it. It is set on fire for eye medicines in a new ceramic jar until it appears to be softer and a more yellowish red.

Erasistratus says that Diagoras disallows the use of it for those who are sick with ear sores or eye sores, because it is a duller of the sight and a causer of sleep. Andreas says that if it were not adulterated they would be blind who were rubbed with it. Mnesidemus says that the use of it is only effective to inhale, good to cause sleep, and that otherwise it is hurtful. These things are false, disproved by experience, because the efficacy of the medicine bears witness to the work of it.

It is not out of place to describe the way they gather the liquid. Some beat the stems with the leaves, squeeze it out through a press, beat it in a mortar, and make it into lozenges. This is called *meconium* and is weaker than opium. It is necessary for those who make opium (after the dew has dried away) to scarify around the asterisk [star on top] with a knife so that it does not pierce into the inside, and from the sides of the head make straight incisions in the outside, and to wipe off the fluid that

512

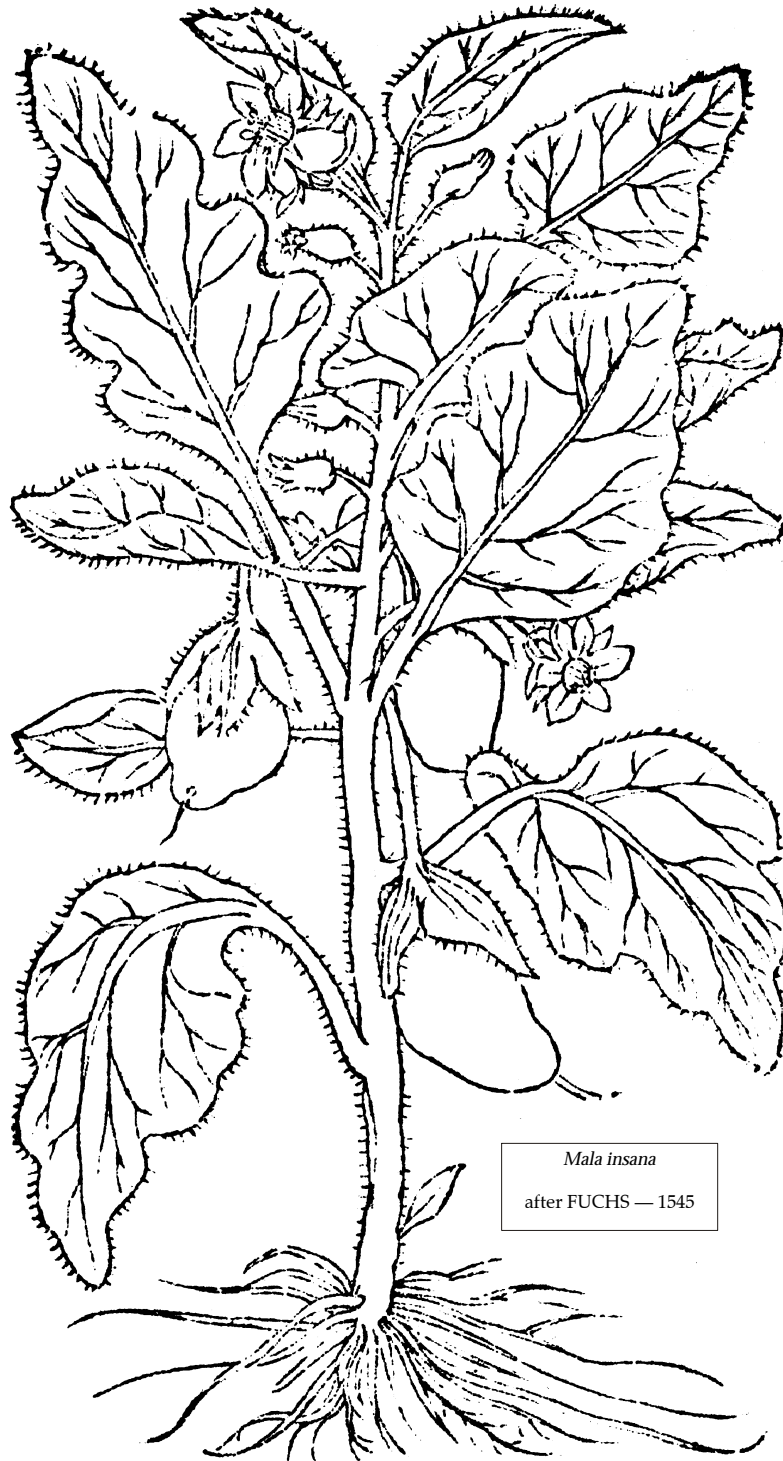
**Psyllium.**  
**Psyllienkraut.**



*Psyllium*  
after FUCHS — 1545

302

**Mála ínfana,  
Melanzan.**



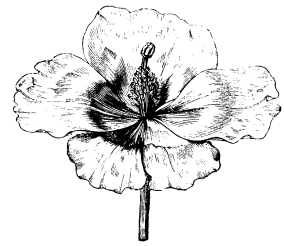
*Mala insana*  
after FUCHS — 1545

comes out with the finger into a spoon, and again to return not long after, for there is found another thickened (fluid), and also on the day after. It must be pounded in a mortar and stored as tablets, but in cutting it you must stand back so that the liquid is not wiped away on your clothes. It is also called *chamaesyce*, *mecon rhoeas*, or *oxytonon*; the Romans say *papaver*, and the Egyptians, *wanti*.

#### 4-66. MEKON KERATITES

SUGGESTED: *Papaver corniculatum* [Fuchs, Brunfels], *Chelidonium glaucum* [Linnaeus], *Glaucium flavum* [in Sprague], *Glaucium luteum* — Horned Poppy, Sea Poppy

**P***papaver cornutum* has rough white leaves similar to *verbascum* [4-104], jagged like a saw all around like those of wild poppy, with the stalk the same, the flower a pale yellow, with a little pod (bending like a horn) similar to that of fenugreek, from which it is named. The seed is small, black, similar to that of poppy. The thick black root grows on the surface of the ground. It grows in rough maritime places. The root (boiled in water until half the amount remains and taken as a drink) is able to cure sciatica and liver disorders, and to help those who urinate thick or cobweb-like stuff. An *acetabulum* [vinegar cruet] of a decoction of the seed (taken as a drink with honey and water) purges the bowels gently, and the leaves and flowers (smearred on with oil) root out the crusts of ulcers. Rubbed on, it takes away *argema* [small white ulcer on the cornea] and small clouds in the eyes of beasts. Some have been deceived, thinking that *glaucium* [3-100] was made of this, because of the resemblance of the leaves. In eating or drinking this same horned poppy the same symptoms occur as in the taking of opium [above], and they fall under the same remedies. The seed is gathered dry in the summer. A decoction of the root is taken as a drink and it cures dysentery. It is also called *paralion*, *agreste papaver*, or *thalassium*, the Romans say *pabulum marinum*, and the Africans, *sisimaca*.



*Glaucium flavum*  
after FAGUET — 1874

#### 4-67. MEKON APHRODES

SUGGESTED: *Heracleum gummiferum*, *Heracleum pubescens*,  
*Heracleum pyrenaicum* — Downy Cow Parsnip

**P***apaver spumeum* (called *heracleum* by some) has a stalk twenty centimetres long, and the leaves especially small, similar to *radicula* [radish], the seed white between them, and the entire small herb is white and frothy. The root is thin for the most part. The seed of this is gathered in the summer when it is fully-grown, and when dried falls away. A vinegar cruet of the seed (taken with honey and water) purges by vomiting, and such a purging is effectively good for epilepsy.

#### 4-68. UPEKOON

SUGGESTED: *Hypecoum procumbens* — Horned Cumin,  
Procumbent Hypecoum

**H***ypecoon* (also called *hypopheon*) grows among wheat and fields. It has a leaf similar to rue, with little branches, and it has uses similar to those of the juice of poppy.

#### 4-69. UOSKUAMOS MELAS, UOSKUAMOS LEUKOS, UOSKUAMOS MELOIDES

SUGGESTED: *Hyoscyamus flavus* [Fuchs], *Hyoscyamus niger*  
[Linnaeus] — Henbane, Hen Bell, *Hyoscyamus*  
*Hyoscyamus albus* — White Henbane

POISONOUS

**H***yooscyamus* is a shrub that sends out thick stalks. The leaves are broad, somewhat long, jagged, black, and rough. At the stalk flowers come out in sequence, like the flowers of the pomegranate, hedged in with little shields full of seed (like the poppy above). There are three important different types, however. For one bears almost purple flowers, leaves similar to *smilax* [4-144, 4-145], a black seed, and little hard, prickly shields. But the other has yellowish flowers, with the leaves and pods more



**Solanum hortense,**  
Nachtischatt.

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*Solanum hortense*  
after FUCHS — 1545



*Physalis alkekengi*

after THIEBAULT — 1888

tender, and the seed a faint yellow like that of iris. These both cause delirium and sleep, and are scarcely usable. The fittest for cures is the third kind, which is the gentlest — fat, tender, and downy, with white flowers and white seed. It grows near the sea and among the rubbish of buildings.

You must therefore use the white, but if this is not present then you must use the yellow, but refuse the black, which is the worst. The seed is juiced while tender, and the leaves and the stalks are pounded and pressed, the mass then dried in the sun. It is useful for a year because it is soon spoiled. The seed of it (in particular) is juiced, pounded until dry with hot water poured on it, and so pressed out. The juice is better than the liquid, and better for pain. The green seed is pounded and mixed with 'three months' wheat meal, made into tablets, and stored. First of all the juice and that liquid made from the dry seed is made for suppositories to take away pain, for sharp hot mucus, ear pains, and the disorders of the womb. With meal or polenta it is used for inflammation of the eyes and feet, and other inflammation. Ten grains of the seeds (taken in a drink with the seed of poppy, honey and water) do the same things, and are also good for coughs, mucus, fluid discharges of the eyes and their other disorders, and for women's excessive discharges [menstrual flow] and other discharges of blood. Pounded into small pieces with wine and applied, it is good for gout, inflated genitals, and breasts swollen in childbirth. It is effective mixed with other poultices made to stop pain. The leaves (made into little balls) are good to use in all medications — mixed with polenta or else applied by themselves. The fresh leaves (smearred on) are the most soothing of pain for all difficulties. A decoction of three or four (taken as a drink with wine) cures fevers called *epialae* [sudden]. Boiled like vegetables and a *tryblium* [plateful] eaten, they cause a mean disturbance of the senses. They say if anyone gives a suppository with it to someone that has an ulcer in the perineum that it has the same effect. The root (boiled with vinegar) is a mouth rinse for toothache.

It is also called *dioscyamos*, *pythonion*, *adamas*, *adamenon*, *hypnoticum*, *emmanes*, *atomon*, or *dithiambrion*; Pythagoras and Ostheneas call it *xeleon*, Zoroastres, *tophonion*, the Romans, *inanaoentaria*, some, *Apollinaris*,

the Magi, *rhaponticum*, the Egyptians, *saptho*, the Thuscans, *phoebulonga*, the Gauls, *bilinuntiam*, and the Dacians, *dieliam*.

#### 4-70. PSULLION

SUGGESTED: *Psyllium* [Fuchs], *Psyllium majus erectum* [Bauhin], *Plantago psyllium* [Linnaeus]—Psyllium, Flea Seed

**P***syllium* has a rough leaf similar to *coronopsis* [2-158] only longer, stems twenty centimetres long, and the whole herb little like hay. The stem comes from the middle of the stalk, with two or three little pods rolled on the top close together, in which is seed similar to fleas, black and hard. It grows in fields and untilled places.

Applied with *rosaceum* [1-53], vinegar, or water it is cooling; it helps the arthritic, inflammation of the parotid gland, tumours, oedema, dislocations and aches. Smear on with vinegar it heals the hernias of children and those whose navels protrude. Having pounded an *acetabulum* [vinegar cruet] of it into small pieces, they must steep it in two fingers of water, and smear it on (when the water has grown thick) for it cools abundantly. Put into boiling water it suppresses heat, and it is also good against *erysipela* [streptococcal skin infection]. They say that brought into a house (fresh) it does not allow fleas to breed. Pounded with grease it cleans the foulness and malignancies of ulcers, and the juice (with honey) is good for running ears, and ears with worms. It is also called *cataphysis*, *cynocephalion*, *crystallium*, *cynomuia*, *psylleris*, or *sicelioticon*; the Sicilians call it *conidijs*, the Romans, *silvacium*, some, *herba pulicaria*, and the Africans, *vargugum*.

#### 4-71. STRUCHNOS KEPAIOS

SUGGESTED: *Mala-insana*, *Amoris poma* [Fuchs], *Solanum pomiferum fructu oblongo* [Bauhin], *Solanum melongena* [Linnaeus] — Eggplant

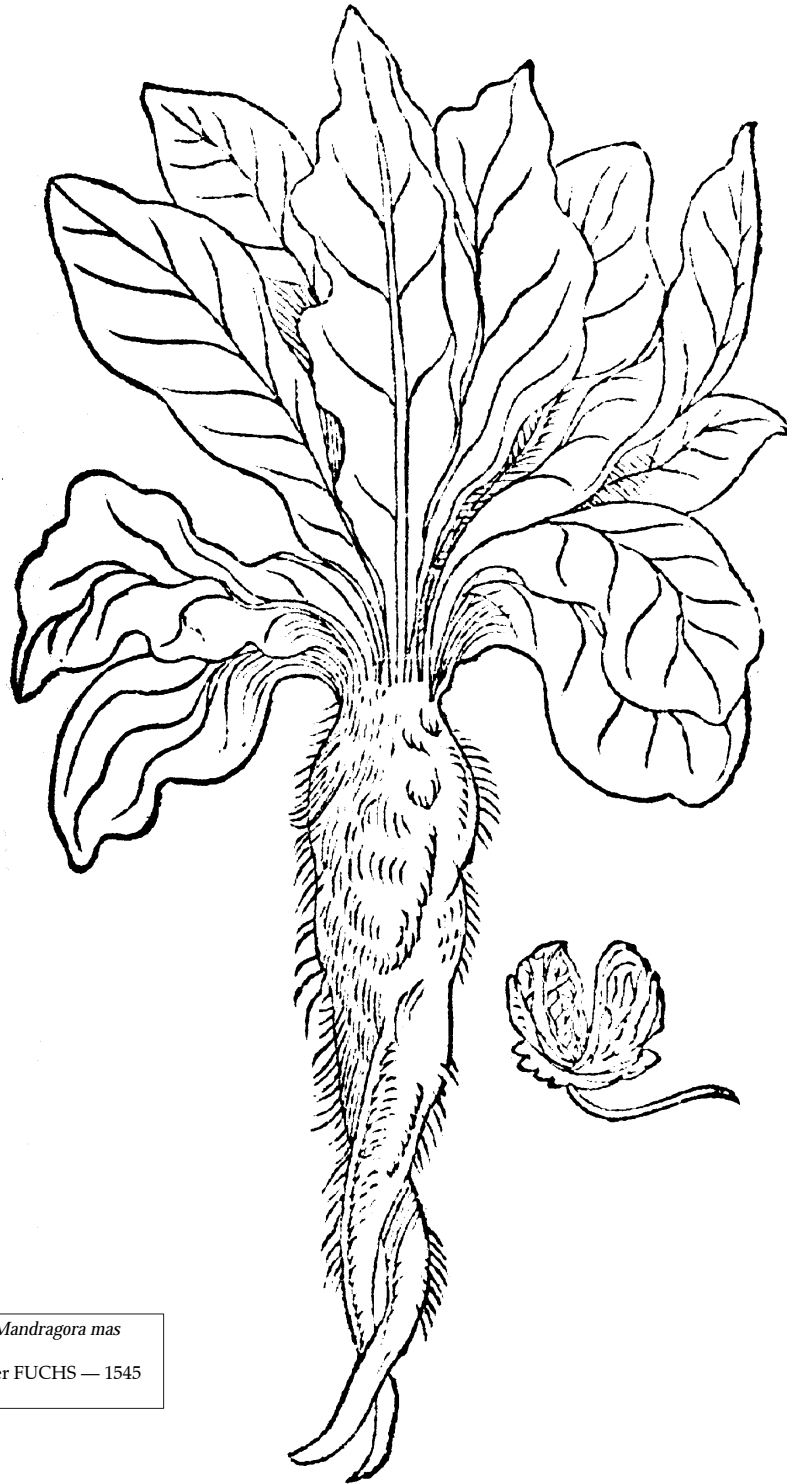
**S***trychnos cepaius* is a little shrub that is edible, not large, with many wings, the leaves dark, bigger and broader than *ocymum* [basil], the fruit round and green, which becomes black or yellow after it is ripe. The herb is



Deadly Nightshade  
*Atropa belladonna*  
POISONOUS  
after FAGUET — 1888

**Mandragora mas.**  
**Alraun mennle.**

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*Mandragora mas*  
after FUCHS — 1545

harmless to the taste, and it is cooling — as a result the leaves (applied) are good for *erysipela* [streptococcal skin infection] and shingles [*herpes*] with flour of polenta. By themselves (pounded into small pieces and applied) they cure ulcers on the eyes and aches. Pounded into small pieces with salt and applied, they help a burning stomach, and dissolve inflammation of the parotid gland. The juice (with *cerusa* [wax], *rosaceum* [1-53] and sediment [of grapes]) is good against *erysipela* [streptococcal skin infection] and *herpes* [viral skin infection]; and with bread for ulcers on the eyes. Gently poured on with *rosaceum*, it is good for children with *psoriasis*. It is mixed with eyewashes instead of water, or (with an egg) for rubbing on for sharp discharges. Dropped in the ears it helps earache, and applied as a pessary in wool it stops women's excessive discharges [menstrual flow]. The juice (kneaded together with yellow dung from barn hens and applied in a linen cloth) is suitable for *aegilopses* [ulcer or fistula in the inner angle of the eye]. It is also called [*strychnos*] *sative*, the Romans call it *strumum*, some, *cacubalum*, the Egyptians, *allelo*, the Gauls, *scubulum*, and the Africans, *astrismunim*.

#### 4-72. STRUCHNON ALIKAKABON

SUGGESTED: *Halicacabum vulgare*, *Vesicaria*, *Alkakengi* [Fuchs], *Physalis alkekengi* [Linnaeus], *Physalis halicacabum*, *Physalis francheti*, *Alkekengi officinarum* — Strawberry Tomato, Winter Cherry, Alkekeng, Bladder Herb

POISONOUS

There is also another *strychnos* (which they properly call *halicacabum* [bad poison] or *physalis*) with similar leaves to that previously spoken of, yet broader, but the stalks of this (after they have grown) bend towards the earth. It has fruit in round pods similar to bladders — reddish, round, smooth, like the kernel of a grape — which the crown-plaiters use, plaiting with it wreaths for the head. It has the same strength and use as garden *strychnos* [above] except when eaten. The fruit (taken in a drink) is able to clean away urinary jaundice. The herb of either of them is juiced and dried in the shade for storage, and is available for the same uses. It is also called *dirceum*, *solanum furiale*, *dorycnion*, or *calliada*; the

Romans call it *Apollinaris minor*, some, *herba ulticana*, *opsaginem*, or *vesicaria*; the Dacians call it *cucolida*, and the Africans, *cacabum*.

#### 4-73. STRUCHNON UPNOTIKON

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SUGGESTED: *Solanum somniferum*, *Mandragora morion* [Fuchs],  
*Solanum melanocerasus* [Bauhin], *Atropa belladonna*  
 — Deadly Nightshade

*Strychnos* [Latin] — Nightshades — *Solanum* species

POISONOUS

**S***trychnos somnificum* is a shrub of a good size, with many thick branches, with tails, hard to break, full of fat leaves, similar to the quince, with a red flower of good size, and the fruit in pods of a saffron colour. The root has a somewhat red bark. It grows in rocky places not far from the sea. A teaspoonful of a decoction of the bark of this root (taken as a drink in wine) is sleep inducing, milder than the liquid of poppy. But the fruit is too urinary. A decoction of a cluster of twelve berries (taken as a drink) is given for dropsy, but more induce a faint. This is helped by a large quantity of honey and water taken as a drink. The juice of it is mixed with medications and lozenges to ease pain. Boiled in wine and held [in the mouth] it helps toothache. The juice from the root (rubbed on with honey) takes away dullness of the sight. Some call this *halicacabum* [bad poison].

#### 4-74. STRUCHNON MANIKON

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SUGGESTED: *Solanum hortense* [Fuchs], *Solanum officinarum*  
 [Bauhin], *Solanum nigrum* [Fuchs, Linnaeus]  
 — Black Nightshade, Hound's Berry

*Strychnos* [Latin] — Nightshades — *Solanum* species

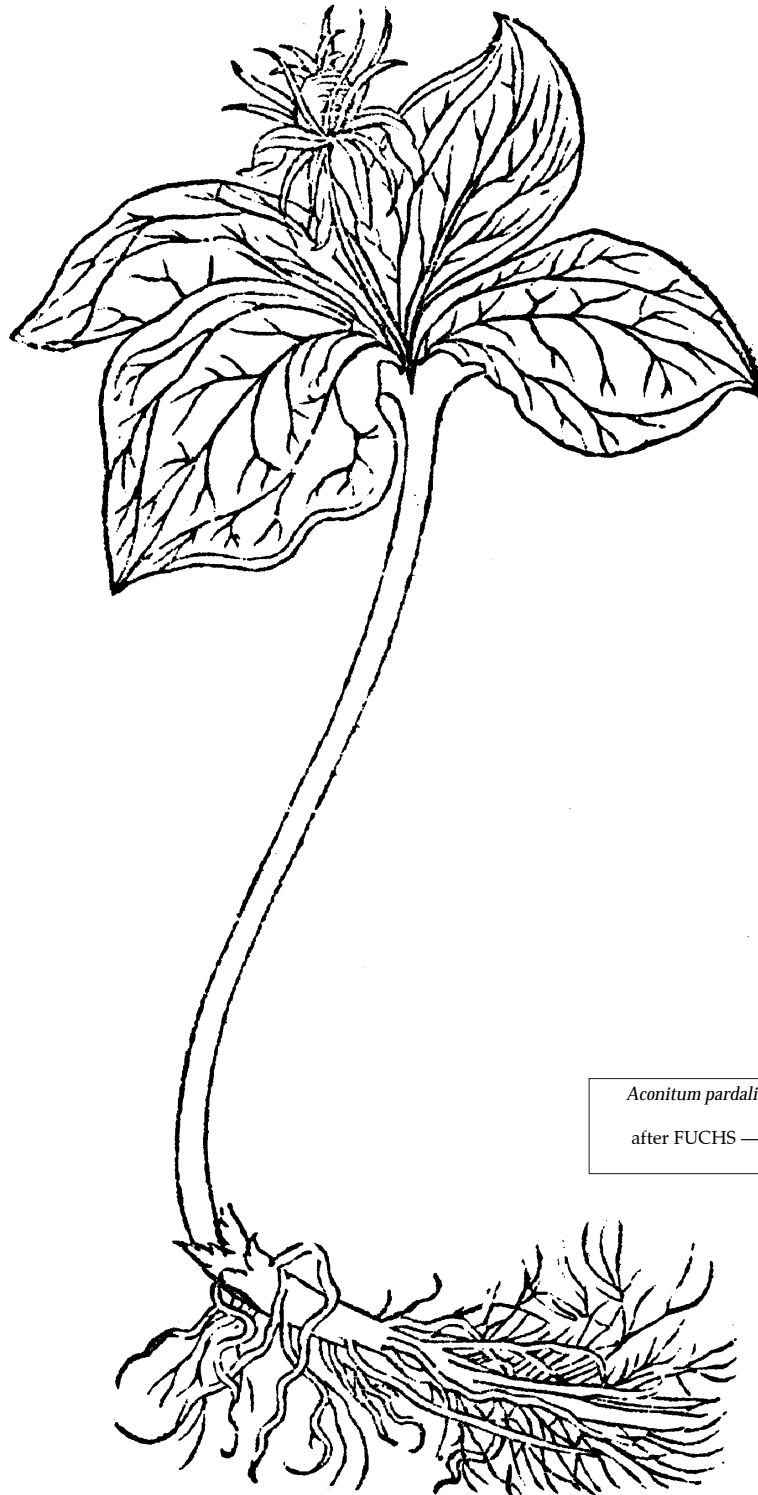
POISONOUS

**S***trychnos manicus* has a leaf that is a neighbour to *eruca* [2-170] but bigger, coming close to those of the *acanthus* called *paederos*. It sends out ten or twelve tall stalks from the root, the height of one and a half metres, with heads lying on them like olives but rougher, like the



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**Aconitum Pardalianches.**  
**Sollwurz.**

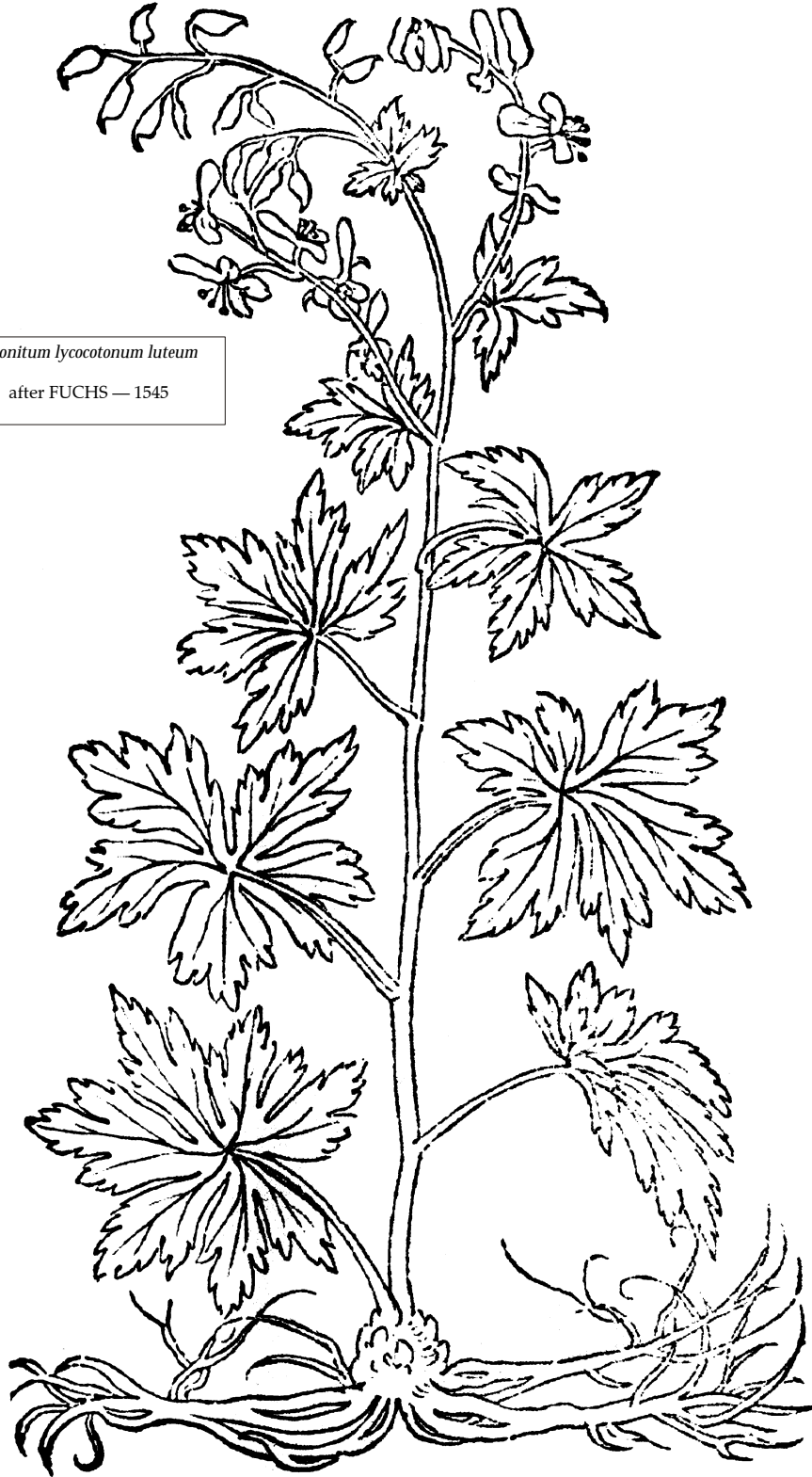


*Aconitum pardalianches*

after FUCHS — 1545

**Aconitum lycocotonon luteum.** 49  
**Wolfskraut.**

*Aconitum lycocotonum luteum*  
after FUCHS — 1545



ball of the plane tree but bigger and broader. The flower is black and after this it has cluster-like fruit — round, black, ten or twelve in partitions, similar to the cluster of berries of *cissus* [2-210], soft as grapes. The root lies underneath — white, thick, hollow, the length of about a foot. It grows in hilly places open to the wind, and among rocks near the sea. A teaspoon of a decoction of the root (taken as a drink with wine) is able to effect not unpleasant fantasies [hallucinogenic]. Two teaspoonfuls of a decoction (taken as a drink) make one beside himself for three days, and four (taken as a drink) kill him. The remedy of this is honey and water, taken as a drink in copious amounts and vomited up again. Some have called it *persion*, *thryon*, *anydron*, *pentadryon*, *enoron*, or *orthogyion*.

#### 4-75. DORUKNION

SUGGESTED: *Dorycnium* [Bedevian] — Venemous Trefoil  
ALSO: *Dorycnium monspeliense*, *Dorycnium herbaceum*  
*Senecio doronicum* — Leopard's Bane Groundsel

POISONOUS

**D***orycnium* is a shrub similar to a newly-planted olive, with branches less than a foot long. It grows among rocks not far from the sea. It has leaves similar to the olive in colour but smaller, stronger and extremely coarse. The flower is white, on the top it has little pods as thick as those of *cicer* [2-126] in which are five or six little round seeds, about the amount of little *ervum* [2-129, 2-131], smooth, firm, and of various colours. The root is the thickness of a finger and the length of a foot, and this seems also to have a sleepy quality, and taken too much it kills. Some also say that the seed of it is taken for love medicines. Crateuas calls it *halicacabum* [a bad poison], or *caleam*.

## 4-76. MANDRAGORAS

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SUGGESTED: *Mandragora mas* [Fuchs],  
*Mandragora fructu rotundo* [Bauhin], *Mandragora officinarum*  
[Linnaeus], *Atropa mandragora*, *Mandragorites*  
— Common Mandrake, Devil's Apple

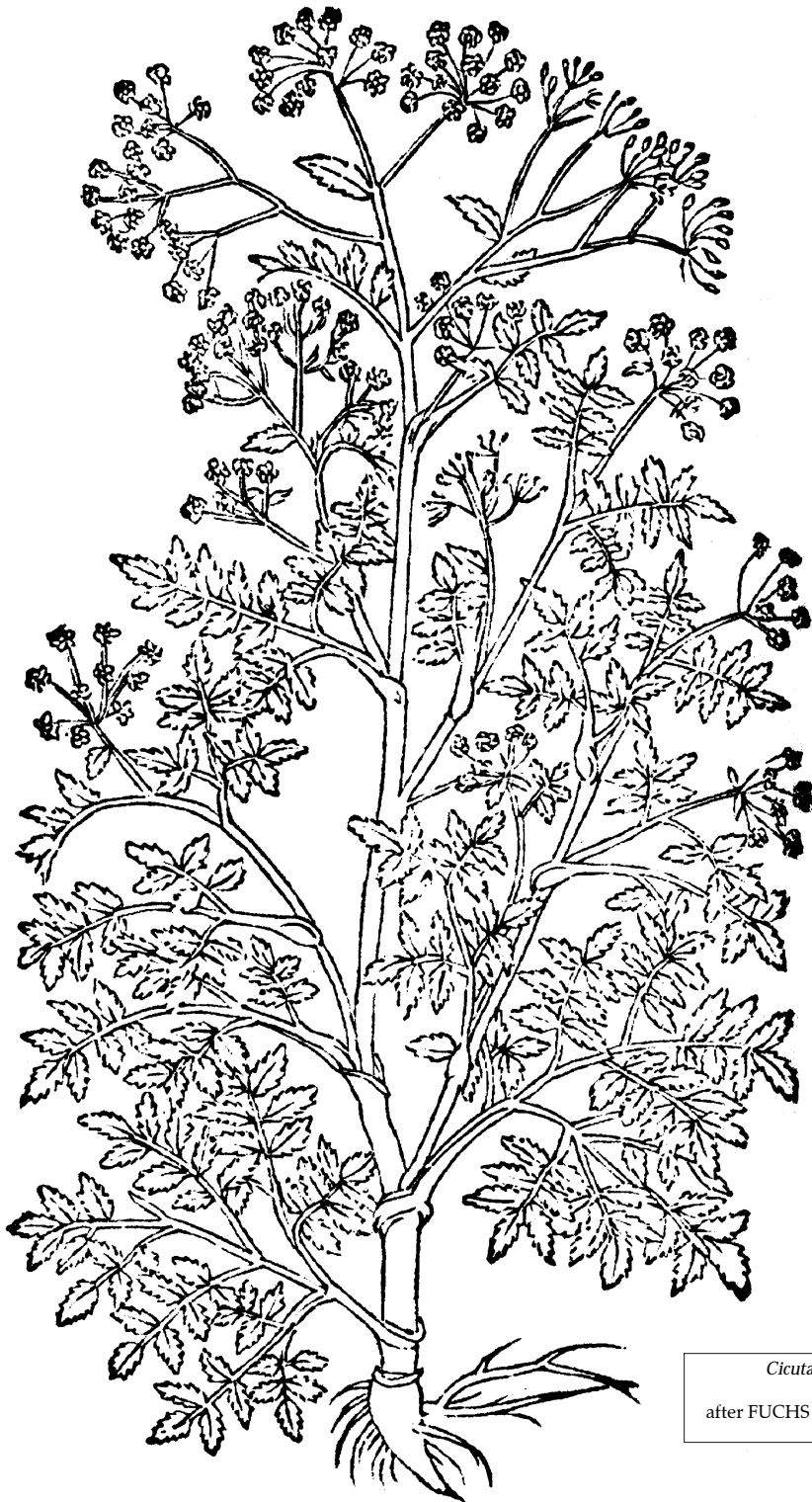
NARCOTIC, POISONOUS

**M***andagoras* has a root that seems to be a maker of love medicines. There is one sort that is female, black, called *thridacias*, with narrower, longer leaves than lettuce, with a poisonous, heavy scent, scattered on the ground. Among them are apples similar to serviceberries — pale, with a sweet scent — in which is seed like a pear. The two or three roots are a good size, wrapped within one another, black according to outward appearance, white within, and with a thick bark; but it has no stalk.

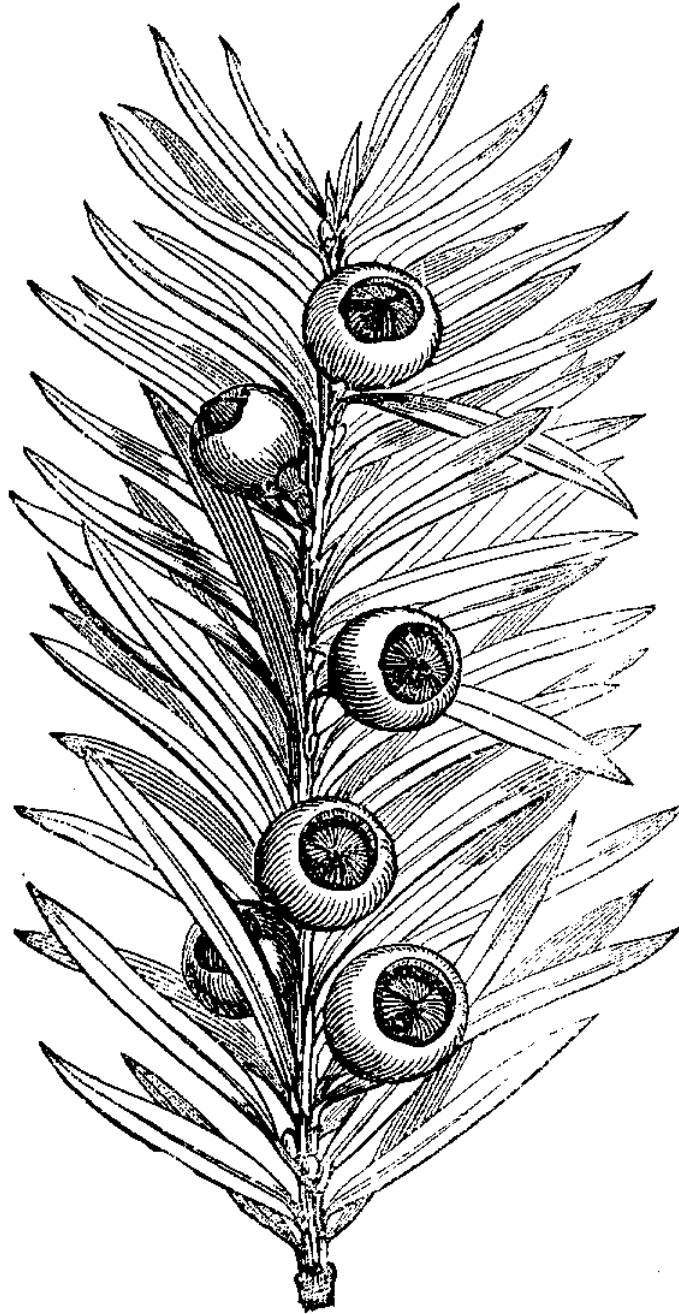
The male is white, and some have called it *norion*. The leaves are bigger, white, broad, smooth like beet but the apples are twice as big — almost saffron in colour, sweet-smelling, with a certain strength — which the shepherds eat to fall asleep. The root is similar to that above, yet bigger and paler, and it is also without a stalk. The bark of the root is pounded and juiced while it is fresh, and placed under a press. After it is stirred the beaters should bottle it in a ceramic jar. The apples are also juiced in a similar way, but the juice from them becomes weakened. The bark from the root is peeled off, pierced with a thread, and hanged up in storage. Some boil the roots in wine until a third remains, strain it, and put it in jars.

They use a winecupful of it for those who cannot sleep, or are seriously injured, and whom they wish to anaesthetise to cut or cauterize. Twenty grains of the juice (taken as a drink with honey and water) expel phlegm and black bile upward like hellebore, but when too much is taken as a drink it kills. It is mixed with eye medicines, medications to ease pain, and softening suppositories. As much as five grains (applied alone) expels the menstrual flow and is an abortifacient, and put up into the perineum as a suppository it causes sleep. The root is said to soften ivory, boiled together with it for six hours, and to make it ready to be formed into whatever shape a man wants. Applied with polenta, the new leaves are good both for inflammations of the eyes and ulcers.

**Cicuta.**  
**Wüterich.**



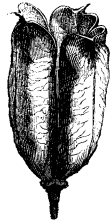
*Cicuta*  
after FUCHS — 1545



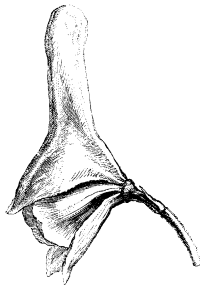
*Taxus baccata*

after FAGUET — 1888

They dissolve all hardnesses, abscesses, glandular tumours [possibly goitre], and tumours. Rubbed on gently for five or six days it defaces scars without ulcerating. The leaves (preserved in brine) are stored for the same uses. The root (pounded into small pieces with vinegar) heals erysipela [streptococcal skin infection], and is used with honey or oil for the strikes of snakes. With water it disperses scrofulous tumours [glandular swelling], goitres and tumours; and with polenta it soothes the pains of the joints. Wine from the bark of the root is prepared without boiling. You must put three pounds (of the bark of the root) into thirteen gallons of sweet wine, and three cupfuls of it is given to those who shall be cut or cauterized (as previously mentioned). For they do not notice the pain because they are overcome with dead sleep; and the apples (inhaled or eaten) are sleep inducing, as is the apple juice. Used too much they make men speechless. A decoction of the seed of the apples (taken as a drink) purges the womb, and given as a pessary with sulphur that never felt the fire it stops the red excessive discharge [menstrual flow]. It is juiced — the root first incised or cut around various ways — and that which runs out is then gathered into a bowl; and the juice is more effective than the liquid. The roots do not bear liquid in every place; experience shows as much. They give out also that there is another sort called *morion* growing in shady places and around hollows, having leaves similar to the white mandrake but smaller (as it were), twenty centimetres long, white, lying round around the root. This is tender and white, a little longer than twenty centimetres, the thickness of the great finger. They say as much as a teaspoon of a decoction of this (taken as a drink or eaten with polenta in *placetum*, or food that is eaten with bread), will infatuate [cause unconsciousness]. For a man sleeps in the same fashion as when he ate it (sensible of nothing for three or four hours) from the time that it is brought him. And physicians also use this when they are about to cut or cauterize [anaesthetic]. They say also that a decoction of the root (taken as a drink with *strychnos manicum*) is an antidote. It is also called *antimelon*, *dircaea*, *circea*, *circaeum*, *xeranthé*, *antimnion*, *bombochylon*, or *minon*; the Egyptians call it *apemum*, Pythagoras, *anthropomorphon*, some, *aloitin*,



*Aconitum napellus*  
after FAGUET — 1894



*Aconitum lycoctonum*  
after FAGUET — 1894

*thridacian*, or *cammaron*; Zoroastres calls it *diamonon*, or *archinen*, the Magi, *hemionous*, some, *gonogeonas*, the Romans, *mala canina*, and some, *mala terrestria*.

#### 4-77. AKONITON

SUGGESTED: *Aconitum pardalianches* [Fuchs],  
*Solanum quadrifolium bacciferum* [Bauhin],  
*Paris quadrifolia* [Linnaeus] — Herb Paris  
[other usage] *Aconitum napellus*, *Aconitum variable*,  
*Aconitum pyramidale* — Monk's Hood, Aconite, Wolf's-bane

POISONOUS

**A***conitum* has three or four leaves similar to cyclamen or cucumber, yet smaller and a little rough; with a stalk of twenty centimetres, and a root similar to the tail of a scorpion, glittering like alabaster. They say that the root of this applied to a scorpion makes him insensible, and that he is raised again by hellebore applied to him. It is also mixed with pain-relieving medicines for eyes. Put into lumps of meat and given to them, it kills panthers, sows, wolves, and all wild beasts. It is also called *pardalianches*, *cammarum*, *thelyphonum*, *myoctonon*, or *theriophonon*.

#### 4-78. AKONITON ETERON

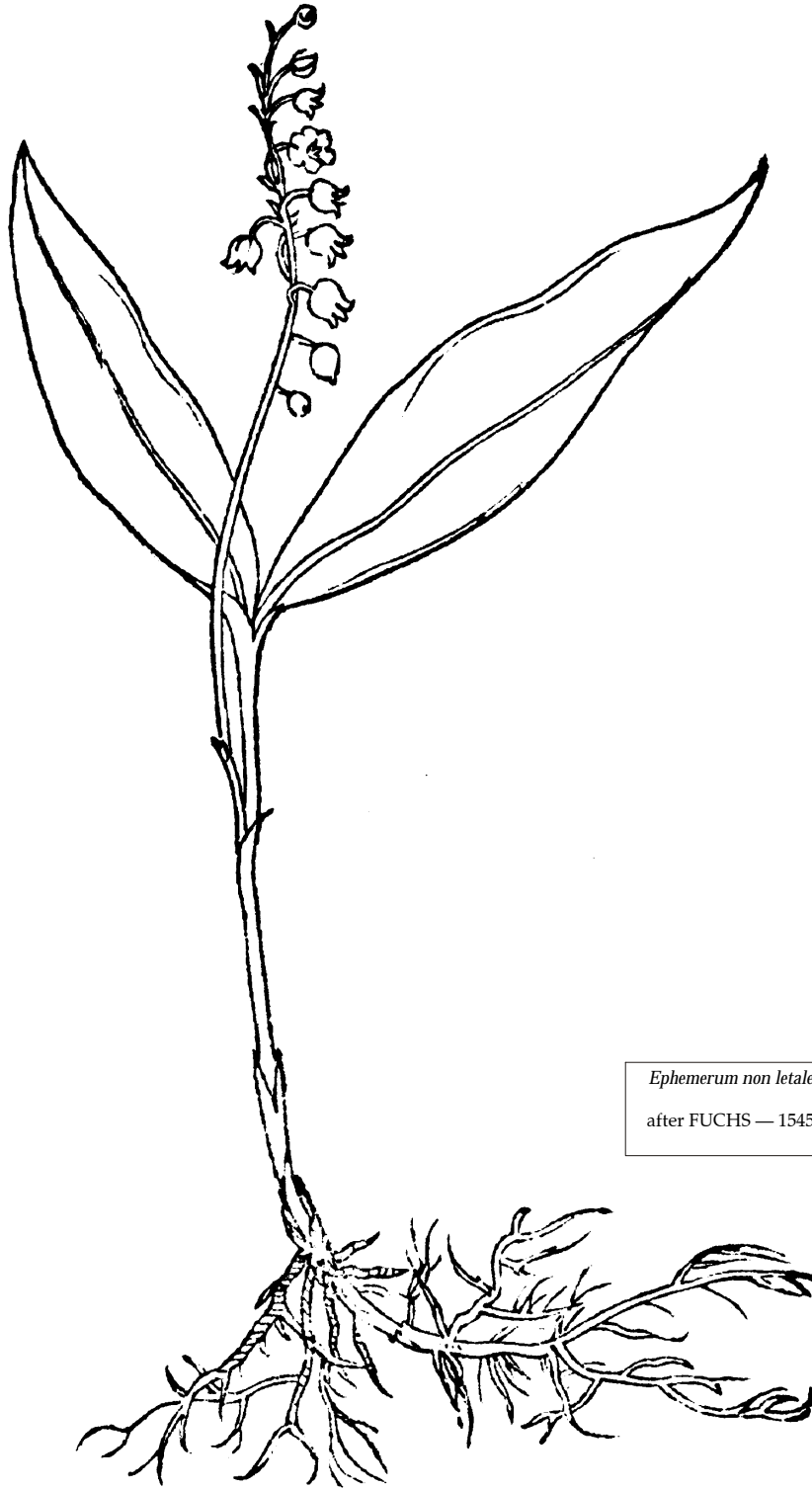
SUGGESTED: *Aconitum luteum*, *Aconitum lycoctonum* [Fuchs, Linnaeus], *Aconitum pyrenaicum*, *Aconitum vulparia*  
—Wolf's-bane, Dog's-bane

POISONOUSR

**A***conitum alterum* grows plentifully in Italy on the hills called Vestini, differing from that above. It has leaves similar to those of the plane tree but more jagged and a great deal smaller and darker, with a bare stalk (like a stem of fern) the height of a foot or more. The seed is in pods, in a way somewhat long; the black roots are like the fringes of *squills* [sea onions]; these they use for hunting wolves, placing them into raw meat which, when eaten by the wolves, kills them. It is also called *cynoctonon*, *lycoctonon*, or white bean, while the Romans call it *colomestrum*.



134 **Ephemerum non letale.**  
**Neyenblümle.**



*Ephemerum non letale*  
after FUCHS — 1545

**Helxine seu Parietaria.** 157  
**Tag vnd nacht.**



*Helxine, Parietaria*  
after FUCHS — 1545

4-79. KONEION

SUGGESTED: *Cicuta*, *Conion* [Fuchs], *Cicuta major* [Bauhin]  
*Conium maculatum* [Linnaeus], *Coriandrum maculatum*  
 — Poison Hemlock, Herb Bennet, Common Hemlock

[other usage] *Cicuta virosa* —Water Hemlock, Cowbane

POISONOUS

**C***onium* sends out a great knotty stalk (similar to *marathrum* [3-81]), with leaves similar to *ferula* but narrower with a heavy smell, and on the tops, abnormal growths and tufts, and a whitish flower with seed similar to aniseed [3-65] only whiter. The root is hollow and not deep. This is also one of the venomous herbs killing with its coldness, but it is helped by unmixed wine. The tops (or the filaments) are juiced before the seed is dry, pounded, pressed out, and thickened by stirring in the sun. Dried, this is very useful in cures. The juice is effectively mixed with pain-relieving eyewashes or salves. Smearred on, it removes *herpes* and *erysipela* [streptococcal skin infection]. The herb and the filaments (pounded into small pieces and smearred on about the testicles) help lustful dreamers and nocturnal emission of sperm; and smearred on, they weaken the genitals. They drive away milk, prevent the breasts from enlarging during virginity, and prevent the testicles in children from developing. The most potent grows in Crete, Megara and Attica, then that which grows in Chios and Cilicia. It is also called *aegynos*, *ethusa*, *apolegousa*, *dolia*, *amaurosis*, *paralysis*, *aphron creidion*, *coete*, *catechomenion*, *abioton*, *apseudes*, *ageomoron*, *timoron*, *polyanodynos*, *dardanis*, or *catapsyxis*; Osthenees calls it *babathy*, the Egyptians, *apemphin*, and the Romans, *cicuta*.

4-80. MILAX

SUGGESTED: *Taxus baccata* [Pliny] — Yew Tree

POISONOUS

**M***ilax* is a tree similar to the fir in its leaves and their quantities, growing in Italy and Narbona near Spain. Chickens that eat the fruit of that which grows in

Italy turn black, and men that eat it fall into unconsciousness. That growing in Narbonie has such great strength that those who sit underneath (or fall asleep) are hurt by the shade, and that frequently they die. This is mentioned as a warning. It is also called *thymalus*, and the Romans call it *taxus*.

#### 4-81. APOCUNON

SUGGESTED: *Apocynum venetum* — Venetian Dog's-bane

POISONOUS

**A***pocynon* is a shrub with long willow-like stems, hard to break; leaves similar to *cissus* [2-210] but softer and sharper towards the top; with a heavy scent; full of yellow juice, somewhat viscous. The fruit is like a pod of beans, about the thickness of a finger, similar to a bladder, in which are little seeds — hard, small and black. Put into bread and put out for them, the leaves of this kills dogs, wolves, foxes, and panthers, and immediately dissolves their lips. It is also called *cynanchon*, *pardalianches*, *cynomoron*, *cynocrambe*, *cynoctonon*, *phaleos*, *cynanche*, *oligoros*, *hippomanes*, *onistis*, *ophioscorodon*, *cynarice*, or *elaphoscordon*; the Magi call it *paralysis*, the Romans, *brassica rustica*, and some, *canina*.

#### 4-82. NERION

SUGGESTED: *Nerium*, *Oleander* [Fuchs], *Nerium oleander*  
— Rose Bay, Oleander

POISONOUS

**N***erium* is a well-known shrub, with longer, thicker leaves than the almond; a flower similar to a rose, and fruit similar to that of the almond, but with a horn which (opened) is full of a downy stuff similar to thistledown. The root is sharp, pointed, long, woody, and brackish to the taste. It grows in enclosed greens, sea-bordering places and in places near rivers. The flower and the leaves are able to kill dogs, asses, mules and most four footed living creatures, but they preserve men [dead bodies, perhaps]. A decoction is taken as a drink with wine against the bites of venomous creatures, and more

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**Sedum minus mas.**  
**Klein Haußwurz meñle.**



*Sedum minus mas*  
after FUCHS — 1545

**Urtica maior.**  
**Heyter Kessel.**

59



*Urtica maior*  
after FUCHS — 1545

so if you mix it with rue [3-52, 3-53, 4-98]; but more weak sorts of living creatures such as goats and sheep die if they drink the steepings of them. It is also called *rododaphne*, *rhododendron*, *spongus*, or *haemostaris*; the Romans call it *rhododendron*, *oleander*, and *laurorosa*, the Lucanians, *icmane*, the Egyptians, *scinphe*, and the Africans, *rhodedaphane*.

#### 4-83. MUKETES

SUGGESTED: Fungi species — Mushrooms etc.

SOME SPECIES POISONOUS

**F**ungi have a double difference for they are either edible or poisonous, and come to be so on many occasions, for they grow among rusty nails, rotten rags, the holes of snakes, or among trees that bear harmful fruits. Such as these also have a viscous coalesced fluid, and stored after they are picked they quickly spoil, growing rotten. Those that are not harmful (boiled in broth) are sweet, yet for all that taken too much they hurt, being hard to digest, choking or breeding bile. All are helped; drenched with nitre [saltpetre] and oil, or soaked in a decoction of sharp brine or *thymbra* [3-45], or liquified with origanum, or hen dung with vinegar, or syruded with a quantity of honey. They are nourishing and hard to dissolve, and are put out whole (for the most part) with the excrement.

#### 4-84. KOLCHIKON

SUGGESTED: *Colchicum*, *Hermodactylis* [Fuchs],  
*Colchicum commune* [Bauhin], *Colchicum autumnale* [Linnaeus]  
— Meadow Saffron

POISONOUS

**W**hen autumn ceases *colchicum* sends out a whitish flower similar to the flower of saffron; afterwards it bears leaves similar to *bulbus* [2-200], but fatter. The stalk is twenty centimetres long; it has a red seed, and the root has a tawny black bark which, peeled, and is found white, tender, and full of sweet liquid. The bulb has a central partition at which it sends out the flower. It grows

abundantly in Messenia and at Colchos. Eaten, it kills by choking, similar to mushrooms. We have described it so that it may not lie hidden and be eaten instead of *bulbus*, for it is strangely alluring to the inexperienced for its pleasantness. To help those who eat these, give them whatever helps those who eat mushrooms [above], and cow's milk (taken as a drink) so that when this is at hand they need no other help. It is also called *ephemerum*, or *agrestis bulbus*, and the Romans call it *bulbus agrestis*.

#### 4-85. EPHEMERON

SUGGESTED: *Ephemerum-non-letale*, *Lilium convallium* [Fuchs],  
*Lilium convallium album* [Bauhin], *Convallaria majalis*  
[Linnaeus] — Lily of The Valley

**E***phemerum* has leaves and a stalk similar to the lily but whiter, the flowers white, bitter, and the seed soft. The root lies underneath, single, the thickness of a finger, long, astringent and sweet smelling. It grows in woods and shady places. The root of this (used in a mouth rinse) is a remedy for toothache. The leaves (boiled in wine and smeared on) dissolve oedema and tumours without fluid. It is also called *agrestis iris*.

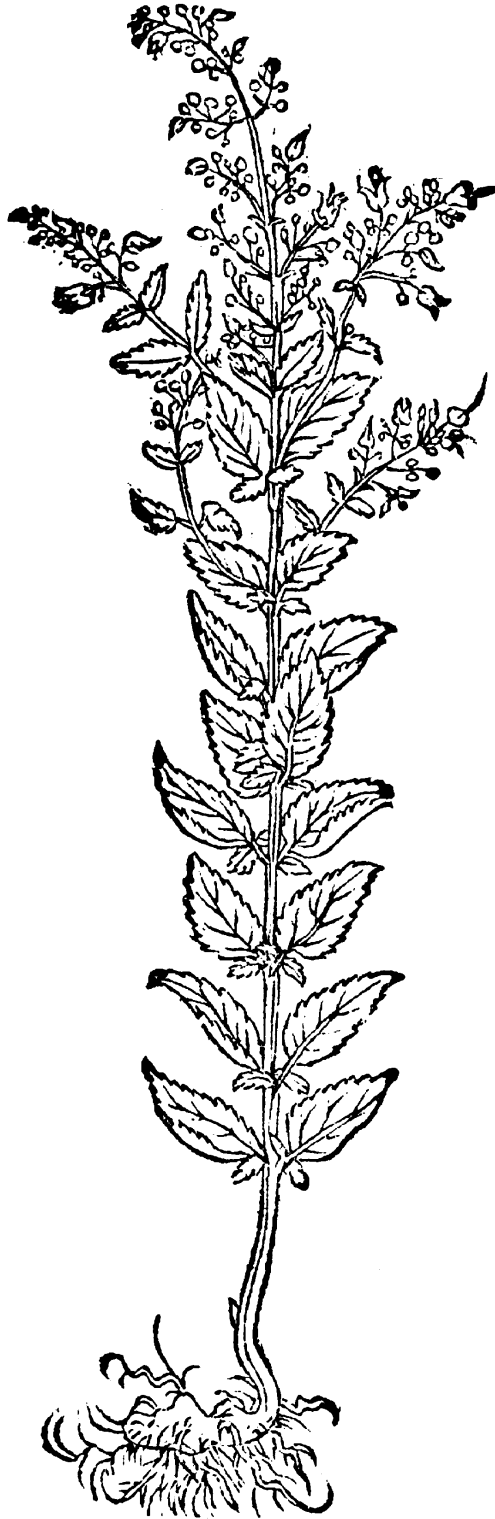
#### 4-86. ELXINE

SUGGESTED: *Helxine*, *Parietaria* [Fuchs],  
*Parietaria officinarum et Dioscorides* [Bauhin],  
*Parietaria officinalis* [Linnaeus] — Pellitory of the Wall  
[other usage] *Helxine soleirolii*, *Soleirolia soleirolii*  
— Mind-your-own-business, Mother of Thousands

**H***elxine* grows in mounds and walls. It has thin little stalks, somewhat red, rough leaves similar to mercury [4-191]; and around the stalks (as it were) sharp little seeds, catching hold of cloths. The leaves are astringent and cooling, as a result (smeared on) they heal *erysipela* [streptococcal skin infection], venereal warts, dehydration, *pannus* [opaque thickening of cornea with veins] that is beginning, all types of inflammation, and oedema. The juice of it (mixed with cerussa [white lead ore] and smeared on) helps *erysipela* [streptococcal skin infection] and *herpes* [viral skin infection]; and taken with



**Galeopsis minor.**  
**Klein Braunwurz.**



*Galeopsis minor*  
after FUCHS — 1545

Gallium.  
Vnser frawen Wegstro.

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Gallium  
after FUCHS — 1545

*cyprinum* [1-65] and goat's grease, it helps gout in the feet. As much as a wine cupful of the juice (sipped) helps those who have coughed a long time, is an effective gargle and ointment for inflamed tonsils, and dropped in the ears with *rosaceum* [1-53] is good for earache. It is also called *sideritis*, *parthenium*, *heraclia*, *asyria*, *agrestis hygiena*, *clibadium*, or *polyonymon*.

#### 4-87. ALSINE

SUGGESTED: *Alsine maior* [Fuchs], *Alsine media* [Bauhin, Linnaeus], *Stellara media* [in Sprague] — Stitchwort, Chickweed, Starwort [Mabberley]  
 [other usage] *Alsine junipera*, *Alsine verna* — Alsine  
*Alsine procubens*, *Arenaria procubens* — Purslane, Chickweed, Sandwort

see 2-214

**A**lsine is named because it has leaves similar to the little ears of a mouse, and it is also called *alsine* because it loves shady woody places. It is a herb similar to *helxine* [4-86] but lower, longer-leaved, and not rough, and bruised it smells of cucumbers. Smearred on with polenta, it is cooling and astringent, good for inflammation of the eyes. The juice of it is dropped in the ears for earaches, and in general it can do the same things as *helxine*. It is also called mouse-ear, *anthyllion*, *myortochon*, or *myortosplenon*; the Romans call it *muris auricula*, and the Africans, *laphotholabat*.

#### 4-88. PHAKOS EPI TON TELMATON

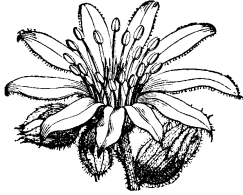
SUGGESTED: *Lemna polyrrhiza*, *Spirodela polyrrhiza*  
 — Greater Duckweed  
*Lemna minor* — Water Lentils, Water Lens, Duckweed

**L**ens (which grows in marshes) is found in standing waters, being a moss similar to lentils which is cooling. It is good (applied both by itself or with polenta) for all inflammation, *erysipela* [streptococcal skin infection], and gout of the feet; and it also heals vaginal hernias found in children. It is also called *wild lens*, or *epipteron*, the Romans call it *viperalis*, and some, *iceosmigdonos*.

## 4-89. AEIZOON TO MEGA

SUGGESTED: *Sedum maius* [Fuchs], *Sedum majus vulgare* [Bauhin], *Sempervivum tectorum* [Linnaeus] — Houseleek, Hens and Chickens, Jupiter's Beard, Roof Houseleek

The Greeks gave the name *aizoon* to *sempervivum* [Loudon].



*Sempervivum tectorum*  
after FAGUET — 1888

The great *aizoon* is called this because of its evergreen leaves. It sends out stalks a foot long or rather more, the thickness of a big finger, fat, very flourishing, with in-cuts (as it were) like the Characian *tithymal* [4-165a]. The leaves are fat, the size of a big finger, similar to a tongue towards the top, those below bending downwards, but those around the head set together one to another, describing an eye-like circle. It grows in hilly and tilled places. Some plant it on their houses.

It is cooling and astringent; the leaves (applied by themselves or with polenta) are good for *erysipela*, *herpes* [viral skin infection], and gangrenous ulceration of the cheeks, inflammation of the eyes, burns, and gout in the feet. The juice is poured on with polenta and *rosaceum* [1-53] for headaches, and it is given in drink to those bitten by harvest spiders, those with diarrhoea, and for dysentery. Taken as a drink with wine it draws out roundworms, and in a pessary it stops women's excessive discharges [menstrual flow]. The juice is effective rubbed on weak eyes, by reason of blood. It is also called *aeithales*, *ambrosion*, *chrysospermon*, *zoophthalmon*, *bouophthalmum*, *stergethron*, *aeonion aichryson*, *holochryson*, *chrysanthemom*, *protogonom*, *boros*, or *notios*; the Magi call it *paronychia*, some, *chrysitis*, the Romans, *ceriacuspia*, some, *Jovis caulis*, *lepetes*, or *sedum majus*, and the Egyptians, *pamphanes*.

## 4-90. AEIZOON TO MIXRON

SUGGESTED: *Sedum minus mas* [Fuchs], *Sedum rupestre* [Linnaeus] — Stonecrop

*Sempervivum parvum* [*aizoon*] grows in walls, rocks, mounds, and somewhat shady ditches. The many little stalks emerge from one root, thin, full of little round, fat, leaves, small, sharp on the top. It sends out a stalk in the middle also, in size about twenty centimetres, with a tuft and flowers, thin and green. The leaves of this have



*Senecio vulgaris*  
after THIEBAULT — 1888

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Potamogeton,  
Samkraut.



*Potamogeton*  
after FUCHS — 1545

the same strength as the previous one. Some call the thin-leaved *sempervivum*, *sempervivum parvum*, *petrophthes*, or *sempervivum sylvestre*, and the Romans call it *sempervivum minus*. *Sempervivum* is also called *petrophues*, *brotion*, *theobrotion*, *crobysson*, *chimerinen*, or *ceraunia*; the Romans call it *vitalis*, some, *herba semperviva*, and the Egyptians, *etijelta*.

#### 4-91. AEIZOON ETERON

SUGGESTED: *Sedi tertium genus* [Fuchs],  
*Sempervivum minus vermiculatum acre* [Bauhin],  
*Sedum acre* [Linnaeus] — Wall Pepper, Stonecrop  
 [Mabberley]

There seems to be a third kind of *sempervivum* that has little leaves, thicker, similar to those of *portulaca* [4-168], and rough. It grows among rocks. It is warming, sharp, and ulcerating, dissolving tumours [possibly goitre] applied with goose grease. It is also called *portulaca agrestis*, or *telephium*, and the Romans call it *illecebra*.

#### 4-92. KOTULEDON

SUGGESTED: *Cotyledon lusitanica*, *Umbilicus erectus*  
 — Kidneywort, Navelwort, Venus's Navelwort  
*Cotyledon umbilicus* — Cotyledon, Navelwort, Pennywort

*Umbilicus veneris* has a leaf like an *acetabulum* [vinegar cruet], round, hidden, and hollow, with a short little stalk in the middle in which is the seed. The root is round like the olive. The juice of this and the leaves (rubbed on with wine or squirted in), loosens the obstructions of the skin in the genitals. Applied, it helps inflammation, *erysipela* [streptococcal skin infection], chilblains, tumours [possibly goitre], and a burning stomach. The leaves (eaten with the root) break stones [urinary, kidney], and induce urine. It is given with mead [honey wine] for dropsy, and they also use it for love medicines. It is also called *scytalium*, *cymbalium*, *hortus veneris*, *terrae umbilicus*, *stichis*, or *stergthron*, and the Romans call it *umbilicus veneris*.



*Cotyledon umbilicus*  
 after FAGUET — 1874

### 4-93. KOTULEDON ETERON

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SUGGESTED: *Cotyledon orbiculata*, *Cotyledon barbeyi*  
— Cotyledon

There is also another kind of cotyledon with broader, fat leaves similar to little tongues, thick around the root, describing (as it were) an eye in the middle, similar to the bigger *sempervivum* [4-89], astringent to the taste. It has a thin little stalk, and on it flowers and seeds similar to *hypericum* [3-171], but the root is bigger. It is good for the same uses as *sempervivum*. It is also called *cymbalium*.

### 4-94. AKALUPHE, AKALUPHE ETERA

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SUGGESTED: *Urtica romana*, *Urtica vera* [Fuchs],  
*Urtica pilulifera* [Linnaeus], *Urtica dioica*, *Urtica urens*  
[Linnaeus] — Roman Nettle [Loudon]  
*Urtica maior* [Fuchs], *Urtica urens maxima* [Bauhin],  
*Urtica dioica* [Linnaeus] — Stinging Nettle  
[other usage] *Acalypha indica* — Acalypha,  
Three-seeded Mercury

**A**calyphes has two varieties. One is wilder, sharper and darker in the leaves, and it has a seed similar to hempseed only smaller, and the other has a thin seed, not as sharp. The leaves of either of them (smear'd on with salt) heal anything bitten by dogs, gangrene, malignancies, cancers, and the foulness of ulcers, dislocations, tumours, inflammation of the parotid gland, *pannus* [opaque thickening of cornea with veins], and abscesses. They are applied to the splenical with wax ointment. The leaves (pounded into small pieces and applied with the juice) are good for discharges of blood from the nostrils. Pounded small and applied with myrrh [1-77, 1-73, 4-116] they induce the menstrual flow; and the new leaves (applied) restore a prolapsed womb. A decoction of the seed (taken as a drink with *passum* [raisin wine]) is an aphrodisiac and opens the womb. Licked in with honey it helps asthma, pleurisy and pneumonia, and fetches up stuff out of the chest. It is mixed with antiseptic preparations. The leaves (boiled together with small shellfish) soften the bowels, dissolve windiness, and induce urine. Boiled with barley water they bring up stuff from the chest. A decoction of the leaves (taken as a



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**Verbascum nigrum.**  
**Schwarz Wul kraut.**

*Verbascum nigrum*  
after FUCHS — 1545



*Verbascum sylvestri*.  
Wild Wullkraut.

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*Verbascum sylvestri*  
after FUCHS — 1545

drink with a little myrrh) induces the menstrual flow, and the juice is gargled to keep down an inflamed uvula. It is also called *knide*, or *adice*, the Romans call it *urtica*, the Egyptians, *selepion*, the Dacians, *dyn*. The other *acalyphe* is also called *knide*, and the Romans call it *urtica mollis*.

#### 4-95. GALIOPSIS

SUGGESTED: *Galeopsis*, *Scrophularia maior*, *Ficaria* [Fuchs],  
*Scrophularia aquatica* [Linnaeus] — Water Figwort

[other usage] *Galeopsis tetrahit* — Galeopsis, Holy Hemp,  
Common Hempnettle

**G***aliopsis* — the whole little shrub with the stalk and leaves is similar to the nettle, but the leaves are smoother, and smell strongly if bruised. The thin flowers are nearly purple. It grows in hedges, byways and house courtyards everywhere. The leaves, juice, stalk and seed are able to dissolve hard lumps, cancers, tumours [possibly goitre], inflammation of the parotid gland, and *pannus* [opaque thickening of cornea with veins]. They must lay on a poultice of this twice a day, making the poultice lukewarm, and a decoction of this used in a warm pack is of benefit. It is also good applied with salt for *nomae* [grazer disease, eats away muscle, tissue and bones], other gangrenes, and rotten ulcers. It is also called *guleobdolon*, or *galephos*, the Egyptians call it *aethopi*, and the Romans, *urtica labeonis*.

#### 4-96. GALLION

SUGGESTED: *Gallium* [Fuchs], *Galium luteum* [Bauhin],  
*Galium verum* [Linnaeus] — Ladies' Bedstraw, Rennet

**G***allion* is called this because coagulates milk instead of rennet. It has little branches, with the leaves very similar to *aparina* yet straight, and a thin yellowish flower on top, in thick abundance and smelling good. The flower is smeared on for burns from fire, and it stops flows of blood. It is also mixed with waxy rose ointment and placed in the sun till it turns white, and this is a

medication for *acopon*. The root encourages sexual intercourse [aphrodisiac]. It grows in marshy places. It is also called *gallerium*, or, *galatium*.

#### 4-97. ERIGERON

SUGGESTED: *Erigeron*, *Senetio* [Fuchs, Brunfels],  
*Senecio minor vulgaris* [Bauhin], *Senecio vulgaris* [Linnaeus]  
— Groundsel

**S**enecio is a reddish little stalk a foot high, with little leaves like *eruca* [2-170], jagged at the edges only a great deal smaller; the flowers are yellowish, quickly opening, and after blowing turn into down. This is also why it was called *erigeron*, because in the spring the flowers turn gray like hair; the root is of no use. It grows mostly on unmortared stone walls and about towns. The leaves with the flowers are cooling. The leaves smeared on with a little wine, or else by themselves, cure inflammations from stones [kidney, urinary], and of the perineum. With *manna thuris* [1-83] it heals other wounds, and nerves. The down smeared on by itself in vinegar does the same. Drunk while fresh they cause strangling. The whole stalk soaked with water and drunk with must [grape pulp] cures pains of the stomach from cholera. Some call it *erechthites*, the Romans, *herbulum*, some *senecium*]

#### 4-98. THALIKTRON

SUGGESTED: *Thalictrum aquilegifolium*  
— Columbine-leaved Meadow Rue

*Thalictrum flavum*, *Thalictrum nigricans* — Fen Rue,  
Common Meadow Rue, False Rhubarb,

see 3-52, 3-53

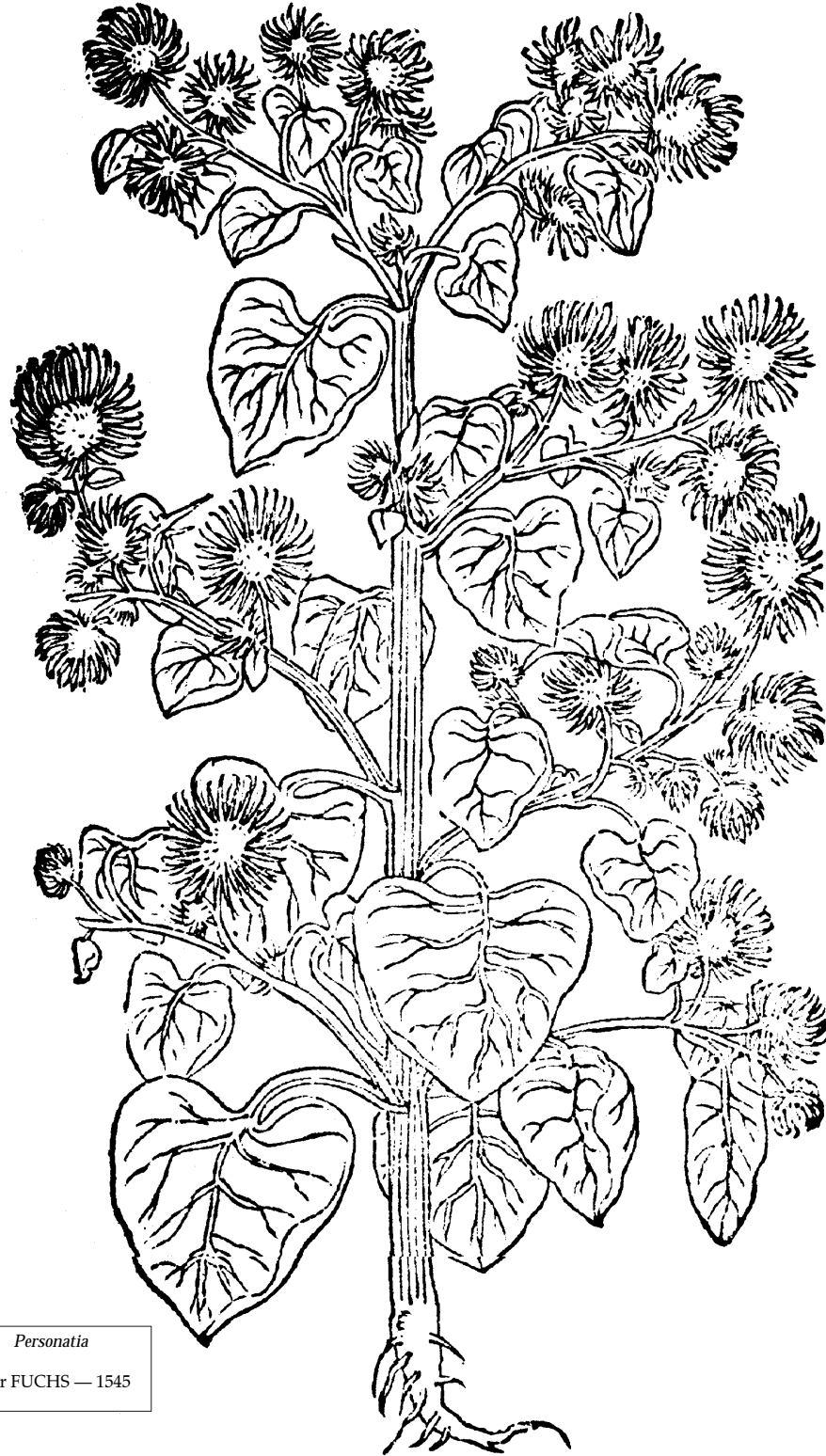
**T***halictrum* has leaves similar to coriander but fatter, and a little stalk the thickness of rue on which are the leaves. These are pounded into small pieces and applied to form a skin over ulcers that will not heal. It grows (especially) in fields.



*Petasites farfara*  
after THIEBAULT — 1888

**Personatia.  
Groß Kletten.**

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*Personatia*  
after FUCHS — 1545

#### 4-99. BRUON THALASSION

SUGGESTED: *Bryon*, *Bryum*, *Brion* [French], *Corallina officinalis*  
— Thread Moss, Wall Moss, Corallina  
*Muscus arboreus* — Moss, Lichen Moss

**M***uscus marinus* grows on stones and shells by the sea — hairy, slender, without a stalk, very astringent — good for inflammation, and gout in the feet that needs astringency. It is also called *ballaris*, or *irane*, and the Romans call it *gnomeusilum*.

#### 4-100. PHUKOS THALASSION

SUGGESTED: *Fucus vesiculosus* — Bladderwrack

**F***ucus marinus* — one sort of it is broad, the other somewhat long and almost purple and the third, white, growing in Crete near the ground, very flourishing, and not perishable. All are cooling in poultices, good for gouty afflictions and inflammation, but they must use them while they are still moist (before they dry). Sicacer says that the Phoenician [red] is good against snakes, which some have thought to be that little root which women use which is also called *fucus*.

#### 4-101. POTAMOGEITON, POTAMOGEITON ETEROS

SUGGESTED: *Potamogeton* [Fuchs], *Potamogeton rotundifolium*  
[Bauhin], *Potamogeton natans* [Linnaeus] — Devil's Spoons,  
Tenchweed, Broad-leaved Pondweed

**P***otamogeton* has a thick leaf (similar to beet) standing a little above the water. It cools and is therapeutic, and is good for itches, feeding ulcers, and old ulcers. It is called this because it grows in marshes and watery places.

There is also another *potamogeton* with leaves the same but longer and thinner, the thin little stalks the same, full of a reddish seed. Eaten, this is binding, and pounded into small pieces with wine and an *acetabulum* [vinegar cruet] taken as a drink, it helps dysentery and the abdominal cavity, and stops women's excessive

bloody discharges [menstrual flow]. It also grows in watery, marshy places. It is also called *stachyitis*; the Romans call it *fatalist*, the Egyptians, *ethenchis*.

#### 4-102. STRATIOTES O EN TOIS UDASIN

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SUGGESTED: *Stratiotes aloides* — Water Soldier  
*Pistia stratiodes* — Water Lettuce, Tropical Duckweed

**S***tratiotes* which grows in the water is called this because it swims on the waters and lives without a root. It has a leaf similar to that of *sempervivum* [4-89 to 4-91] yet bigger. It is cooling and stops bloody discharges from the kidneys. A decoction (taken as a drink and also smeared on with vinegar) keeps wounds, *erysipela* [streptococcal skin infection] and oedema uninflamed. It is also called river *stratiotes*, the Egyptians call it *tibus*, and the Magi, the blood of a cat.

#### 4-103. STRATIOTES CHILIOPHULLOS

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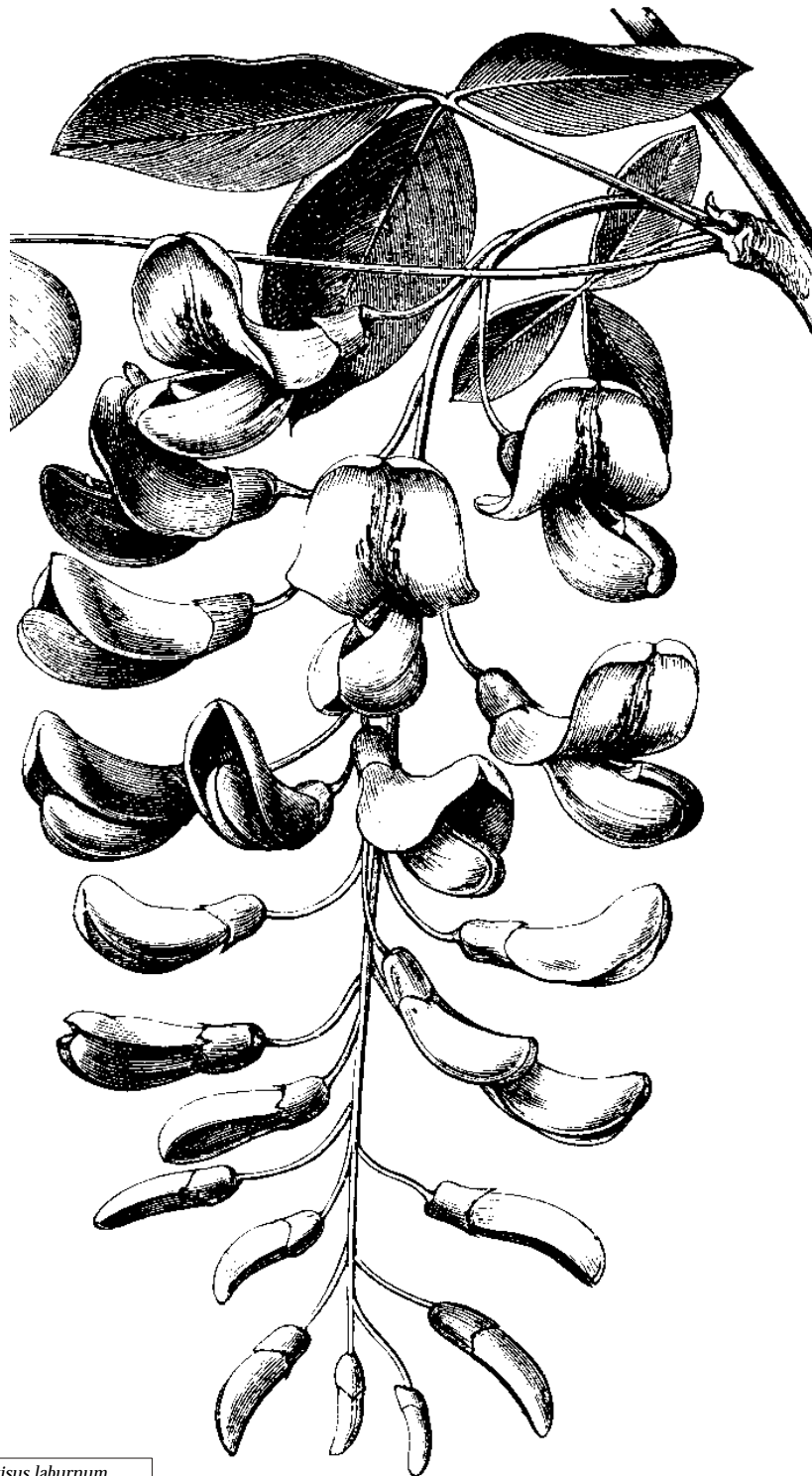
SUGGESTED: *Stratiotes-millefolium* [Fuchs],  
*Millefolium vulgare album* [Bauhin], *Achillea millefolium*  
 [Linnaeus], *Millefolium*, *Stratiotes*, *Supercilium veneris*  
 — Yarrow, Milfoil, Nosebleed

**S***tratiotes millefolius* is a small little shrub twenty centimetres long (or more) with leaves similar to the feathers of a young bird, and the abnormal growths of the leaves are very short and jagged. The leaves are (most chiefly) similar in their shortness and roughness to wild cumin yet even shorter; and the tuft is thicker than this and fuller, for it has small shoots on the top on which are the tufts in the shape of dill [3-67]; the flowers are small and white. It grows in somewhat rough fields and especially around the ways. This herb is excellent for an excessive discharge of blood, old and new ulcers, and for fistulas [ulcers].





*Fumaria officinalis*  
after FAGUET — 1874



*Cytisus laburnum*  
after FAGUET — 1891

4-104. PHLOMOS, PHLOMOS LEUKE  
THELEIA, PHLOMOS LEUKE ARREN,  
PHLOMOS LEUKE MELAINA,  
PHLOMOS AGRIA

SUGGESTED: *Verbascum sylvestre*, *Verbascum nigrum* [Fuchs],  
*Verbascum nigrum*, *Verbascum phlomoides* [Linnaeus],  
— Black Mullein

*Verbascum candidum foemina* [Fuchs], *Verbascum lychnitis*  
[Linnaeus] — White Mullein

*Verbascum candidum mas* [Fuchs], *Verbascum thapsus*  
[Linnaeus], *Verbascum densifolium*, *Thapsus barbatus*  
— Great Mullein, Aaron's Rod

IRRITANT RESIN

[other usage] Jerusalem Sage — *Phlomis fructiosa*  
Wickweed — *Phlomis floccosa*



*Verbascum thapsus*  
after FAGUET — 1888

**P***hlomis* has a double difference, for one sort is white and the other black; and of the white, one is female and the other male. The leaves of the female are similar to *brassica* but with many more filaments, broader, and white. The white stalk is a foot high or more, somewhat rough. The flowers are white or of a faint *aker* [ochre]; the seed black; the root long, with a hard taste, the thickness of a finger. It grows in fields. That called the male is white-leaved, somewhat long, narrower in the leaves, and thinner in the stalk. The black is similar to the white in all things, yet it is broader-leaved and darker in the leaves. It is also called *plenos*; the Romans call it *verbasculum*, and some, *foeminalis*.

There is also another sort called wild, with tall stems and tree-like, the leaves similar to sage, with sprigs around the stems similar to *marrubium*, and a yellowish flower like gold. These *phlomides* are also two-fold, rough, growing near the ground, with round leaves.

There is a third *phlomis*, called *lychnitis*, sometimes *thryallis*, with three or four or more thick fat rough leaves, good for candle wicks. Of the two former, the root is astringent; as a result the amount of a knucklebone is effective (given with wine in a drink) for flowing [diarrhoea]. A decoction of it is good for hernia, convulsions, bruises, as well as wounds from falls, and old coughs; and used as a mouthwash it soothes toothache. The golden colour in the flowers dyes the hair,

and wherever it is put it attracts woodworm. The leaves (boiled in water) are applied for oedema and inflammation of the eyes, and with honey (or wine) for eating ulcers. With vinegar it heals wounds and helps those touched by scorpions. The leaves of the wild kind are poultices for burns. They say that the leaves of the female sort stored together with figs, keeps them from decaying.

#### 4-105. AITHIOPIS

SUGGESTED: [Pliny] *Aethiopsis* — Ethiopian Sage  
— *Salvia aethiopsis*

**A** *aethiopsis* has leaves similar to *verbascum* [4-104], very rough and thick, in a circle around the bottom of the root. The stalk is foursquare, thick and rugged, similar to *apiastrum* [3-118], or *arction* [4-106], putting out many wings. The seed is about the size of *ervum* [2-129, 2-131] with two in one capsule. There are many long thick roots from the very bottom, gluey to the taste, but dried they become black and hard like horns. It grows abundantly in Messenia and Ida. The root of this is called *arcturum*, and it has leaves similar to *verbascum*, only rougher and rounder. The root is tender, sweet and white; and the stalk is soft and long, similar to little cumin. The root and seed of this (boiled in wine) are held in the mouth to lessen toothache; and it is applied with hot cloths for burns and chilblains. It is taken as a drink in wine for sciatica and painful urination.

#### 4-106. ARKTION

SUGGESTED: *Arctium minus* — Lesser Burdock

**A** *arctium* (which some call *arcturum*) has leaves similar to *verbascum* [4-104] but rougher and rounder; the tender root is sweet and white; and the soft stalk long like little cumin. The root and seed of this (soaked in wine) have the strength (held in the mouth) to soothe toothache. It is a poultice for burns and chilblains. It is also drunk in wine for sciatica and dysuria.

**Aster atticus purpureus.**  
**Braun Sternkraut.**

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*Aster atticus purpureus*  
after FUCHS — 1545



*Viola odorata*  
after FAGUET — 1875

## 4-107. ARKEION

SUGGESTED: *Personatia*, *Lappa maior*, *Bardana* [Fuchs],  
*Lappa major*, *Arcium Dioscorides* [Bauhin], *Arctium majus*,  
*Arctium tomentosum*, *Arctium lappa*, *Lappa tomentosa*,  
*Arctium bardana* — Greater Burdock, Batchelor's Buttons,  
 Beggar's Buttons

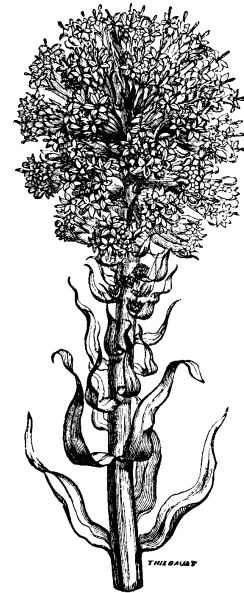
see 4-106

**A**rcion has leaves similar to those of *colocynthis* yet bigger, harder, darker and rough, with a whitish stalk; sometimes the herb is without one. The root is large, white within, but black on the outside. One teaspoon of a decoction (taken as a drink with pine kernels) helps spitters of blood and corrupt matter, and smeared on, it soothes sores from wrenching the joints around. The leaves are effective applied to old ulcers. It is also called *personata*, *prosopis*, *prosopion*, or *aparine*, the Romans call it *personacea*, and some, *lappa*.

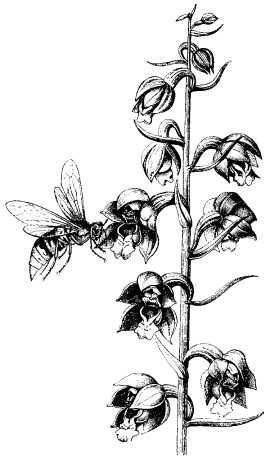
## 4-108. PETASITES

SUGGESTED: *Petasites hybridus* [in Sprague], *Petasites officinalis*,  
*Petasites vulgaris*, *Tussilago petasites* [Linnaeus] — Butterbur,  
 Bog Rhubarb  
 [other usage] *Petasites fragrans* — Winter Heliotrope,  
 Sweet Coltsfoot  
*Petasites albus* — White Butterbur

**P***etasites* has a little stalk higher than a foot, the thickness of the big finger, on which is a large leaf similar to a hat lying on it, like a mushroom. It is good pounded into small pieces and smeared on for malignancies and eating ulcers.



*Petasites officinalis*  
 after THIEBAULT — 1888



*Epipactis latifolia*  
after FAGUET — 1891

## 4-109. EPIPAKTIS

SUGGESTED: *Epipactis grandiflora*, *Cephalanthera ensifolia*  
— Epipactis, Helleborine  
*Epipactis helleborine*, *Epipactis latifolia* — Broad Helleborine

**E***pipactis* is a small little shrub with very small little leaves. It is taken as a drink against poisons [antidote], and for disorders in the liver. It is also called *elleborine*, or *borion*.

## 4-110. KAPNOS

SUGGESTED: *Capnum*, *Pes Galliniceus* [Pliny], *Fumaria*,  
*Fumus terrae* [Fuchs], *Fumaria officinalis* [Linnaeus]  
— Fumitory, Fumiterre

*Corydalis* is an ancient Greek name for fumitory [Loudon].

**C***apnum* is a very tender shrubby little herb similar to coriander, but the many leaves are paler and the colour of ashes everywhere. The flower is purple; the juice sharp — quickening the sight, inducing tears — from which it received this name. Smearred on with gum, it is able to stop hairs pulled from off the eyebrows from growing again. The herb (eaten) expels bilious urine. It is also called *corydalion*, *coryon*, *corydalion sylvestre*, *capnos* that is among barley, *capnites*, *marmarites*, *capnogorion*, *chelidonium parvum*, *peristerion*, *cantharis*, or *caliocri*; the Romans call it *apium*, some, *fumaria*, the Egyptians, *cynx*, and some, *tucis*.

## 4-111. LOTOS EMEROS

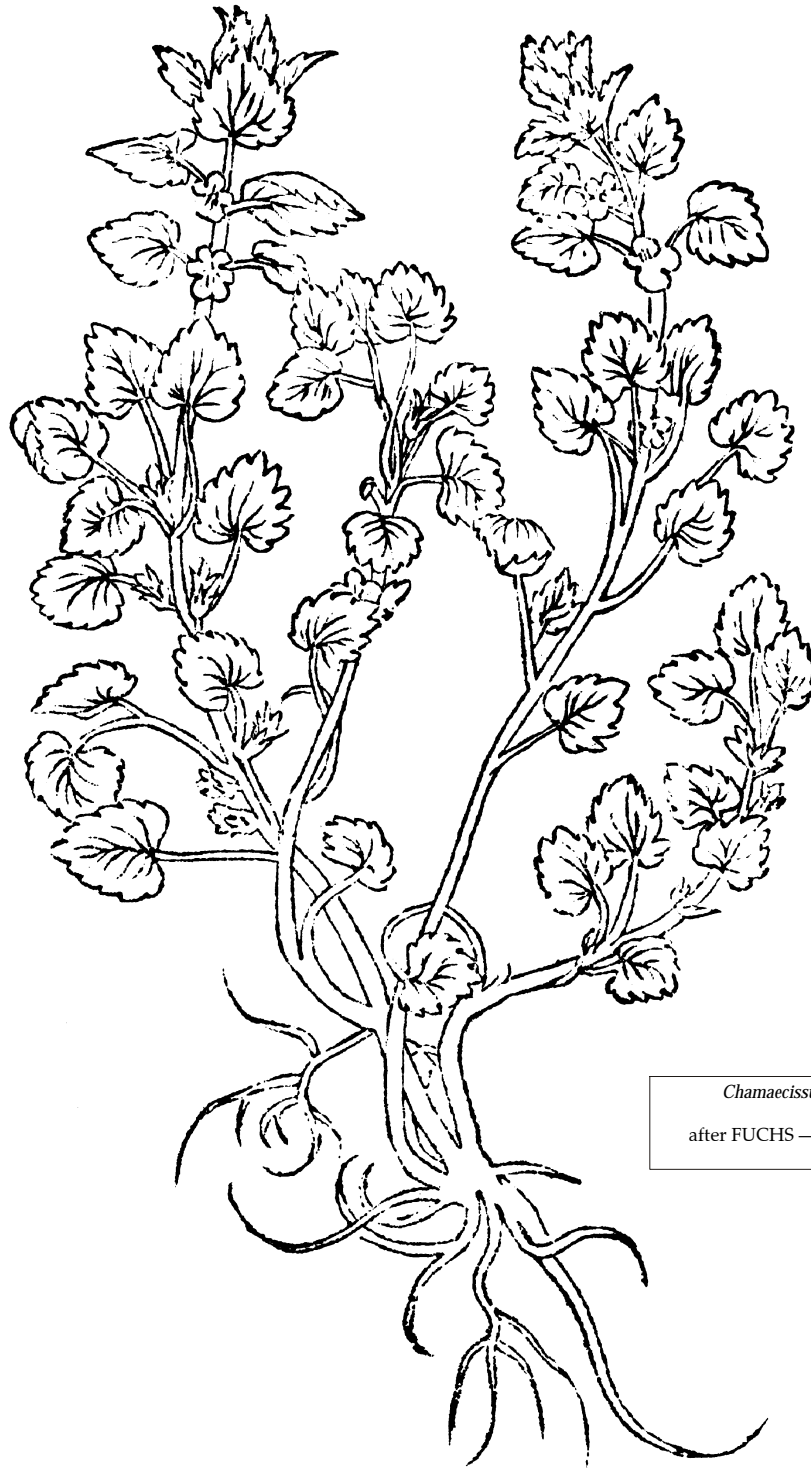
SUGGESTED: *Lotus tetragonolobus* — Garden Winged Pea  
*Tetragonolobus palestinus* — Four-winged Garden Pea

**L***otus sativa* grows in gardens. Juiced and mixed with honey it dissolves *argema* [small white ulcer on the cornea], *nubeculae* [speck or small cloud in the eye], white spots on the cornea, and things that darken the pupils. It is also called *tripodion*, or *trifolium*.



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Chamaecissos.  
Gundelrâb.



*Chamaecissus*  
after FUCHS — 1545



Hound's-tongue — *Cynoglossum officinale*  
after FAGUET — 1888

## 4-112. LOTOS AGRIOS

SUGGESTED: *Melilotus germanica* [Fuchs],  
*Lotus corniculatus* [Linnaeus], *Trifolium corniculatum*  
 — Bird's Foot Trefoil

**L***otus sylvestris* grows in great abundance in Libya. It has a stalk of two feet (or even more) with many wings; the leaves are like the three-leaved clover that grows in meadows; the seed is similar to fenugreek but a great deal smaller, medicine-like in the taste. Rubbed on with honey it is warming and gently astringent, cleaning away spots on the face and sunburn. Pounded into small pieces and a decoction taken as a drink by itself (or else with the seed of mallows, with wine, or *passum* [raisin wine]) helps disorders of the bladder. It is also called *libyon*, or *trifolium*, and the Romans call it *trifolium minus*.



*Lotus corniculatus*  
 after FAGUET — 1880

## 4-113. KUTISOS

SUGGESTED: *Trifolium-pratense luteum* [Fuchs, Brunfels],  
*Medicago lupulina* [Linnaeus] — Black Medick, Hop Clover,  
 Yellow Trefoil [Mabberley]  
 [other usage] *Medicago arborea* [Bedevian]  
 — Cytisus of Greeks, Tree Medick, Moon Trefoil  
 Common Cytisus — *Cytisus sessifolius*



**C***ytisus* is a white shrub like *rhamnus* which sends out branches a foot long or more, around which are leaves similar to fenugreek or *lotus trifolia*, but smaller, with a bigger backbone; if crushed with the fingers smelling like *eruca* [2-170]; in taste similar to green chickpeas. The leaves are cooling, dissolving new oedemas, pounded into small pieces and smeared on with bread. A decoction of them (taken as a drink) induces urine. Some plant it near bee hives to attract the bees. It is also called *teline*, *lotus grandis*, or *trifolium*, and the Romans call it *trifolium majus*.

#### 4-114. LOTOS AIGUPTIOS

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SUGGESTED: *Nymphaea lotus* — Egyptian Lotus, White Lotus, Sacred Lotus, Water Lily of Egypt

**L**otus which grows in Egypt in the water, covering the water, has a stalk similar to that of the bean, with a little flower — white like the lily — which they say opens at the rising of the sun and closes when it sets, and that all the head is hidden in the water, and again at the rising of the sun it stands above. The head is like the larger poppy, in which is seed like millet which they pry out to put into their bread making. It has a root like *malum cydonium* [1-160] that is also eaten raw or boiled [vegetable]. Boiled, it is similar to the yolk of an egg.

#### 4-115. MURIOPHULLON

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SUGGESTED: *Myriophyllum spicatum* — Water Milfoil

**M***yrriophyllum* has a tender little stalk growing singly from one root around which are many smooth leaves like *marathrum* [3-81], from which it is named. The stalk is somewhat hollow, with various colours (as it were) on purpose artificially polished. It grows in marshy places. Smearred on green or dry with vinegar this keeps the later sores of ulcers uninflamed. It is also given to drink with water and salt for falls. It is also called *myllophullon*, *stratitice*, or *achillea*; the Romans call it *millefolium*, some, *supercilium veneris*, and the Gauls, *beliucandas*.

**Daphne Alexandrina.**  
**Z&ppflintraut.**

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*Daphne alexandrinum*  
after FUCHS — 1545



*Antirrhinum majus*  
after FAGUET — 1888

## 4-116. MURRIS

SUGGESTED: *Scandix* [Pliny], *Myrrhis*, *Cicutaria* [Fuchs],  
*Myrrhis sylvestris seminibus laevibus* [Bauhin],  
*Anthriscus sylvestris* [in Sprague], *Chaerophyllum sylvestre*  
[Linnaeus] — Wild Chervil, Cow Parsley, Cow Weed

[other usage] *Myrrhis odorata*, *Scandix odorata*,  
*Chaerophyllum odoratum* — Myrrh, Sweet Cicely,  
British Myrrh, Sweet Fern

see 2-168

**M***yrphis* is similar to hemlock in its stalk and leaves, but it has a long root — tender, round, sweet-smelling and pleasant to eat. A decoction (taken as a drink with wine) helps those bitten by harvest spiders, and it purges out the menstrual flow and afterbirth. Boiled in liquid (to be sipped) it is given for pulmonary consumption. Some say that it is a prophylactic against infection (taken as a drink with wine, twice or three times a day) in pestilential seasons. It is also called *conila*, or *myrrha*.

## 4-117. MUAGROS

SUGGESTED: *Myagrum sativum*, *Camelina sativa*  
— Camelina, Gold Of Pleasure

**M***yagros* is a brushy kind of herb, two feet tall, with pale leaves similar those of *rubia* [dyer's madder]. The fat seed is like a neck or whorl. They use it, scorching and bruising it, and rubbing the stems, and using them instead of a candle. It seems that the fat from them makes sleek and smooth any roughness of the body. It is also called *melampyrom*.

## 4-118. ONAGRA

SUGGESTED: *Onagra* [Italian], *Epilobium hirsutum*  
— Onagrade, Great Willowherb, Apple Pie,  
Codlins and Cream

see 4-3

**O***nagra* is a good-sized shrub like a tree, with leaves like the almond tree, but broader and like those of the lily. The large flowers are like roses. The root is white and long, and dried gives off the smell of wine. It grows in hilly places. A dilution of the root taken as a drink by the wild living creatures is able to make them tame. Smearred on, it soothes wild ulcers. It is also called *oenothera*, or *onuris*.

## 4-119. KIRSION

SUGGESTED: *Cirsium germanicum*, *Cirsion* [Fuchs],  
*Echium lanuginosum primum* [Brunfels], *Anchusa officinalis*  
[Linnaeus] — Bugloss, Common Alkanet, Common Bugloss

[other usage] *Cirsium bulbosam*, *Cirsium tuberosum*,  
*Cnicus tuberosus* — Tuberous Thistle

see 4-23 to 4-27, 4-190

**C***irsium* has a tender threesquare stalk two feet high. The small leaves emerge from beneath like a rose, the corners with soft prickles at distances, and the leaves similar to bugloss [4-128, 4-23 to 4-27] — pretty, rough, longer, somewhat white and prickly at the ends. The ball at the upper end of the stalk is rough, and on it are little heads, purple on the top, turning into down. Acreas writes that bound on the hurt place, it stops the pains of enlarged veins, arteries, or lymphatic vessels. It is also called great bugloss, and the Romans call it *spina mollis*.





*Smilax aspera*  
after FAGUET — 1888



*Helleborus foetidus*  
after FAGUET — 1894

4-120. ASTER ASTIKOS

SUGGESTED: *Aster atticus* [Fuchs],  
*Aster atticus caeruleus vulgaris* [Bauhin],  
*Aster amellus* [Linnaeus], *Aster tripolium*, *Tripolium*,  
*Tripolium vulgare* — Italian Starwort, Sea Aster, Sea Starwort,  
 Tripoly

see 4-135

**A***ster atticus* has a woody little stem with a purple flower on the top (or a yellowish one) cut all around like the little head of *anthemis* [3-154], and it has small leaves similar to a star. The leaves around the stalk are somewhat long and rough. Smearred on, it helps an inflamed stomach, as well as inflammation of the eyes and the thighs, and prolapse of the perineum. A decoction of the purple part of the flower (taken as a drink with water) helps the synanchic [abscessed throat], and epilepsy in children. It is good (applied fresh and moist) for inflammation of the thighs.

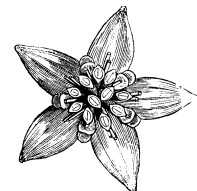
Gathered when it is dry (with the left hand of the pained party) and hanged about the thigh, it frees him of the pain. It grows among rocks and in coarse places. The stars [flowers] of this shine in the night, for those who do not know it when they see it think it is a spirit, and it is found by the keepers of sheep. Crateuas the herbalist relates that pounded (green) with old swines' grease it is good for one bitten by a mad dog, or for a swollen throat, and inhaled, it drives away snakes. It is also called *asteriscos*, *asterion*, *bubonium*, or sows eye, the Romans call it *inguinalis*, and the Dacians, *rathibis*.

4-121. ISOPURON

SUGGESTED: *Isopyrum fumaroides* [Bedevian]  
 — Fumitory-leaved Isopyron  
*Isopyrum thalictroides* — Meadow Rue-leaved Isopyron

see 2-170, 2-176

**I***sopyron* bears a tendril towards the upper leaf. On the top of the stalk are thin little heads full of small seeds, similar to *melanthium* [3-93] according to the taste, but the leaf tastes like anise [3-65]. A decoction of the seed of this (taken as a drink with honey and water) helps disorders



*Isopyrum fumaroides*  
 after FAGUET — 1888

of the chest and coughs, and is good for bloodspitters, and liver disorders. Some call it *phasiolum* because it is similar to *phasiolus*.

#### 4-122. ION

SUGGESTED: [Pliny] *Ion*, *Viola purpurea*, *Viola* [Fuchs],  
*Viola odorata* [Linnaeus] — Violet, Sweet Violet  
*Viola neglecta* — Neglected Violet

**I***on* has a leaf smaller than *cissus* [2-210], thinner and darker; and little stalks in the midst (from the root) on which is a little flower, very sweet, of a purple. It grows in shady rough places. It is cooling, so that the leaves (applied by themselves or with polenta) help a burning stomach, inflammation of the eyes, and prolapse of the perineum. A decoction of the purple part of the flower (taken as a drink with water) helps the synanchic [abscessed throat], and epilepsy of children. It is also called *dasypodion*, *priapeion*, wild violet, or *cybelion*; the Romans call it *setialis*, some, *muraria*, or *viola purpurea*.

#### 4-123. KAKALIA

SUGGESTED: *Cacalia verbascifolia*, *Inula candida*,  
*Senecio thapsoides* — Cacalia, Wild Caraway, Tassel Flower  
*Cacalia alpina* — Alpine Cacalia

According to Sprengel, this is *Bupleurum longifolium* [Loudon].

**C***acalia* bears white leaves of a good size with a stalk in the middle of them, straight and white, and a flower similar to bryony; it grows on hills. The root of this (steeped in wine like tragacanth and licked or chewed by itself) cures coughs and roughness of the throat. The grains that come after flowering are pounded into small pieces and smeared on with wax ointment to keep the face smooth and without wrinkles. It is also called *leontice*.



*Helleborus niger*  
after FAGUET — 1894



*Prunus laurocerasus*  
after FAGUET — 1888

#### 4-124. BOUNION

SUGGESTED: *Meum bunius* — Coriander-leaved Bawd-money

**B***unium* sends out a quadrangular stalk of a good length and a finger's thickness, and leaves similar to smallage [celery — old use] but much thinner, closer to those of coriander. The flower is like dill [3-67]; the seed has a sweet scent and is smaller than that of *hyoscyamus* [4-69]. It is urinary and warming, draws out the afterbirth, and is properly used for the spleen, kidneys and bladder. It is used with honey and water — moist, dry, or juiced with the roots, stalks and leaves. It is also called *aton*, *actine*, or *anemosphoron*, the Magi call it *paradacry*, the Egyptians, *erxoe*, the Romans, *scopa regia*, the Africans, *zigar*, and some, *thepso*.

#### 4-125. PSEUDOBOUNION

SUGGESTED: *Bunium bulbocastanum*, *Carum bulbocastanum*,  
*Sium bulbocastanum* — Arnut, Earth Chestnut, Pig Nut,  
Tuberous Caraway

see 2-136, 4-124

**P***seudobunium* is a small shrub, twenty centimetres long, found in Crete, with leaves similar to *bunium* [above], and a sharp taste. A decoction made with four small branches (taken as a drink with water) is able to heal griping, slow and painful urination, and pains of the side. Applied lukewarm (with salt and wine) it dissolves tumours [possibly goitre].

#### 4-126. CHAMAIKISSOS

SUGGESTED: *Chamaecissus* [Pliny], *Hedera terrestris* [Fuchs],  
*Hedera terrestris vulgaris* [Bauhin],  
*Glechoma hederacea* [Linnaeus] — Ground Ivy

**C***hamaecissus* has many leaves like those of *cissus* only longer and thinner, with five or six small branches of twenty centimetres, full of leaves from the ground. The flowers are similar to *leucoion*, smaller, and strongly bitter to the taste. The root is thin, white and useless. It grows in

tilled places. A decoction of the leaves (as much as thirty grains taken as a drink in three cupfuls of water for forty or fifty days) is good for sciatica. A decoction (taken as a drink for six or seven days) cleans away jaundice. It is also called *chamaeleuce*, unfruitful ivy, the crown of the earth, or *selinitis*, while the Romans call it *hedera pluviatica*.

#### 4-127. CHAMAPEUKE

SUGGESTED: *Chamaepeuce diacantha* — Fishbone Thistle

**C***hamaepeuce* (pounded into small pieces and taken as a drink in water) is good for disorders of the loins [digestive or procreative]. It is a herb that is all green, with little crumpled leaves and branches, and flowers similar to roses.

#### 4-128. BOUGLOSSON

SUGGESTED: *Buglossum Borrage* [Fuchs], *Buglossa Vera* [Italian], *Buglossum latifolium borrago* [Bauhin], *Borago officinalis* [Linnaeus] — Common Borage, Talewort

[other usage] *Buglossum officinale*, *Anchusa italica*, *Anchusa paniculata* — Italian Alkanet, Common Sea Bugloss

see 4-23 to 4-27, 4-119

**B***uglossum* grows in plain misty places and is gathered in the month July. They say that it is good for the chills of acute fevers. For fevers with recurrent paroxysms every third day give the bugloss that has three stalks to drink, boiling to a third the whole herb with the roots and seed. Give that which has four stalks to someone who has fevers with recurrent paroxysms every fourth day, but these must be boiled with wine. They say that it is good to use for abscesses (like *verbascum* [4-104]). It has leaves laying on the ground, both rougher and darker (like the tongue of an ox) which, put into wine, is thought to be a cause of mirth. The Magi call it *genitura felis*; Osthenees calls it *tzanuchi*, the Egyptians, *antuenrin besor*, the Romans, *lingua bovis*, some, *libanis*, and the Africans *ansanaph*.



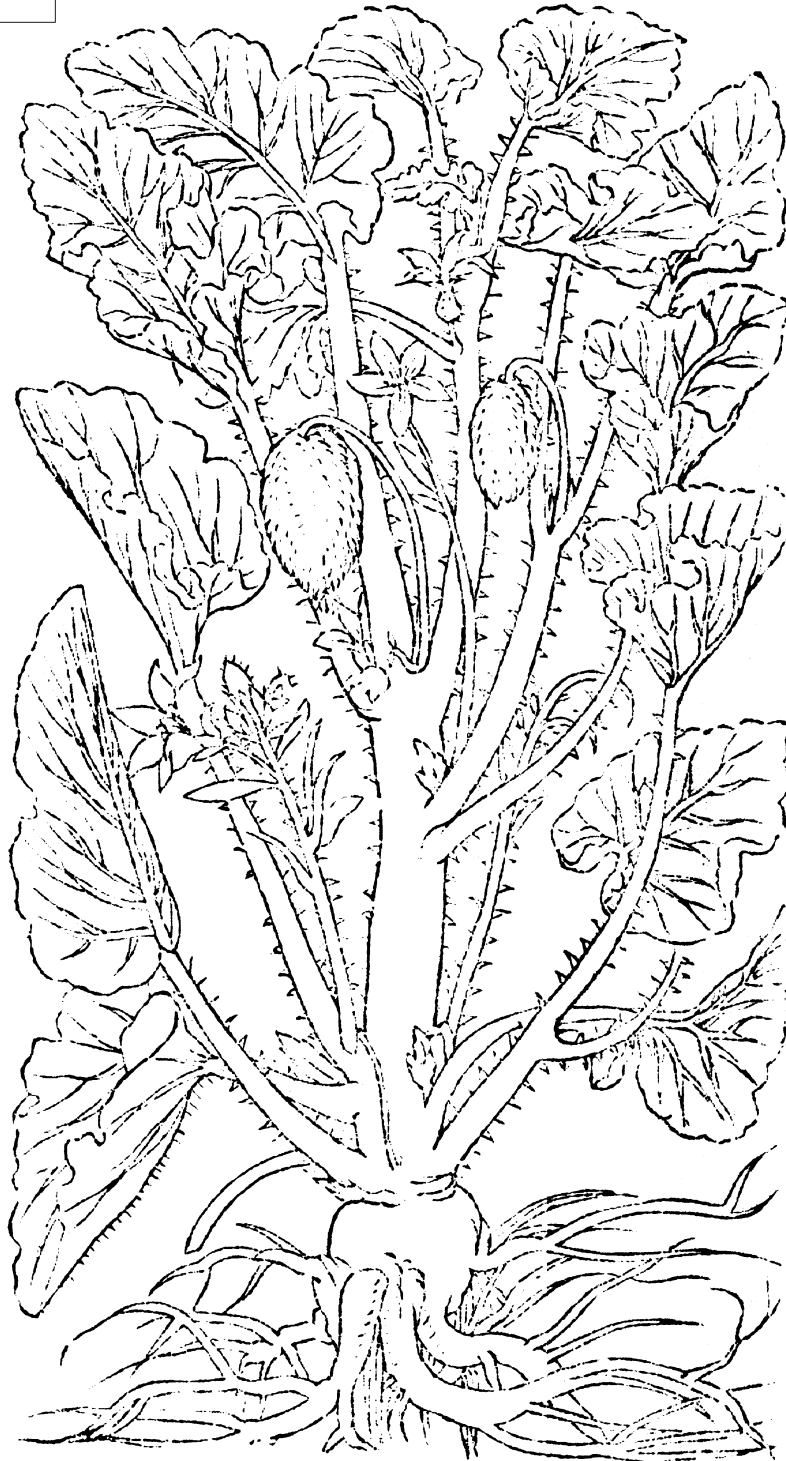


*Daphne mezereum*  
after FAGUET — 1878

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**Cucumer sylvestris.**  
**Wilder Cucumer.**

*Cucumer sylvestris*  
after FUCHS — 1545



## 4-129. KUNOGLOSSON

SUGGESTED: *Cynoglossum officinarum* [Fuchs],  
*Lycopsis* [Brunfels], *Buglossum sylvestre tertium* [Bauhin]  
*Cynoglossum officinalis* — Hound's Tongue, Gipsy Flower

**C***ynoglosson* has leaves similar to the broad-leaved plantain, but narrower and smaller, downy, without stalks, scattered on the ground. It grows in sandy places. The leaves (pounded into small pieces with old swine grease) are able to heal persons or animals bitten by dogs, as well as the loss of hair [*alopecia*] and burns. The herb (boiled and taken as a drink with wine) soothes the bowels. It is also called *phytom*, *caballation*, *splenion*, or *scolimos*; the Romans call it *lingua canis*, and some, *lingua canina*.

## 4-130. PHUTEUMA

SUGGESTED: *Phyteuma spicatum* — Spiked Horned Rampion  
*Phyteuma orbiculare* — Round-headed Rampion

**P***hyteuma* has leaves similar to *radicula* only smaller; abundant seed, bored through; and a thin little root close to the earth which some consider good for a love medicine.

## 4-131. LEONTOPODION

SUGGESTED: *Leontopodium vulgare* — Common Lion's Foot  
*Gnaphalium leontopodium* — Everlasting,  
 Lion's Paw Cudweed  
*Leontopodium alpinum* — Edelweiss, Live Ever, Lion's Foot

**L***eontopodium* is a two-finger long little herb with small, slender, strong leaves the length of three or four fingers — rough, woolier towards the root, and whitish. On the tops of the stalks are little heads (as it were) bored through, which have black flowers. The seed is hardly seen because of the down that wraps it. The root underneath is small. They also say that this is prescribed for love medicines to be hanged on one, and that it dissolves small swellings. It is also called *zoonychon*, *aetonychon*, *cemus*, *damnamene*, *idiophyton*, *phytobasila*,

*crossion*, or *crossophthoon*. The Magi call it *sanguis crocodili*, some, *crocomerion*, the Egyptians, *daphnoenes*, the Romans, *minercium*, and some, *neumatus*, *palladium*, or *flammula*.

#### 4-132. IPPOGLOSSON

SUGGESTED: *Ruscus aculeatus* — Butcher's Broom

See 4-147

**H***ippoglosson* is a little shrub similar to *myrtus agrestis* [myrtle] with thin leaves, and prickly filaments; and on the top (as it were) a little tongue by the leaves. The filaments seem to be an effective amulet for headaches. The root and juice are mixed with warm compresses. Some call this *antirrhinon*, *anarrhinon*, or *lychnis sylvestris*.

#### 4-133. ANTIRRINON (KUNOKEPHALON)

SUGGESTED: *Antirrhinum asarina* — Bastard Asarum  
*Antirrhinum cymbalaria*, *Linaria cymbalaria*, *Cymbalaria muralis*  
— Cymbalaria, Kenilworth Ivy, Ivy-leaved Toadflax

*Antirrhinum orontium* — Lesser Snapdragon, Calf's Snout

see 4-143

**A***ntirrhinon* is a herb similar to *anagallis* [2-209] in the leaves and stalk, but the flowers are purple, similar to *leucoion* [3-138] only smaller, so it was also called *sylvestris lychnis*. It bears a fruit like the nostrils of a calf, carnation-like in appearance. It is said that (used as a personal ornament) this opposes poisons, and that rubbed on with lily oil or *cyprine* [nutsedge], it makes one beautiful. It is also called *anarrhinon*, and some have called it *lychnis agrestis*.



*Balanites aegyptica*  
after FAGUET — 1875

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**Staphis agria.**  
**Bismung.**



*Staphisagria*  
after FUCHS — 1545

### 4-134. KATANANKE

SUGGESTED: *Catananche graeca*, *Hymenoema graecum*,  
*Hymenoema tournefortii* — Candy Lionsfoot  
*Catananche caerulea* — Cupid's Dart, Blue Cupidone,  
 Blue Succory

**C***atananche* has one sort with long leaves like those of *coronopsis*, a thin root, and six or seven rush-like heads in which is seed similar to *ervum* [2-129, 2-131]. Withered, it bends down to the ground and is similar to the claws of a dead kite [bird]. The other is the size of a little apple; the root is small, about the size of an olive, and the leaves similar in shape and colour to the olive, but soft, scattered on the earth, and jagged. The small seed (like *cicer* [2-126]) is found on the little stems, bored through in many parts, a Phoenician colour [red]. Some report that both kinds are good for liquid love medicines, and they say that the Thessalian women use them. It is also called *damnamene*, *dionysias*, *thyrsion*, *demos*, *ceмос*, or *croton*; the Magi call it *archaras*, some, *arcopus*, the Romans, *herba filicula*, some, *datisca*, or *Iovis madius*, and the Dacians, *caropithla*.

### 4-135. TRIPOLION

SUGGESTED: *Tripolium vulgare*, *Aster tripolium*, *Aster atticus*  
 — Tripoly, Sea Aster, Sea Starwort

see 4-120

**T***ripolium* grows in places near the sea where the sea overflows and departs, neither is it in the dry, nor in the sea. It has leaves similar to woad yet thicker, and a stalk twenty centimetres long, jagged towards the top. It is said that the flower of this changes its colour three times a day — in the morning it is white, around noon, purple, and in the evening, Phoenician [red]. The root is white, sweet smelling, and hot to the taste. Two teaspoonfuls of a decoction (taken as a drink in wine) expel water and urine through the bowels. It is cut for antidotes against poisons. It is also called *psyche*, *meris*, *potamogeton*, or *stachyites*, and the Romans call it *calamaris*.

## 4-136. ADIANTON

SUGGESTED: *Adiantum foliis coriandri* [Bauhin],  
*Adiantum capillus veneris* [Fuchs, Linnaeus],  
*Herba capillorum-veneris* — Maidenhair, Venus's Hair,  
Capillaire

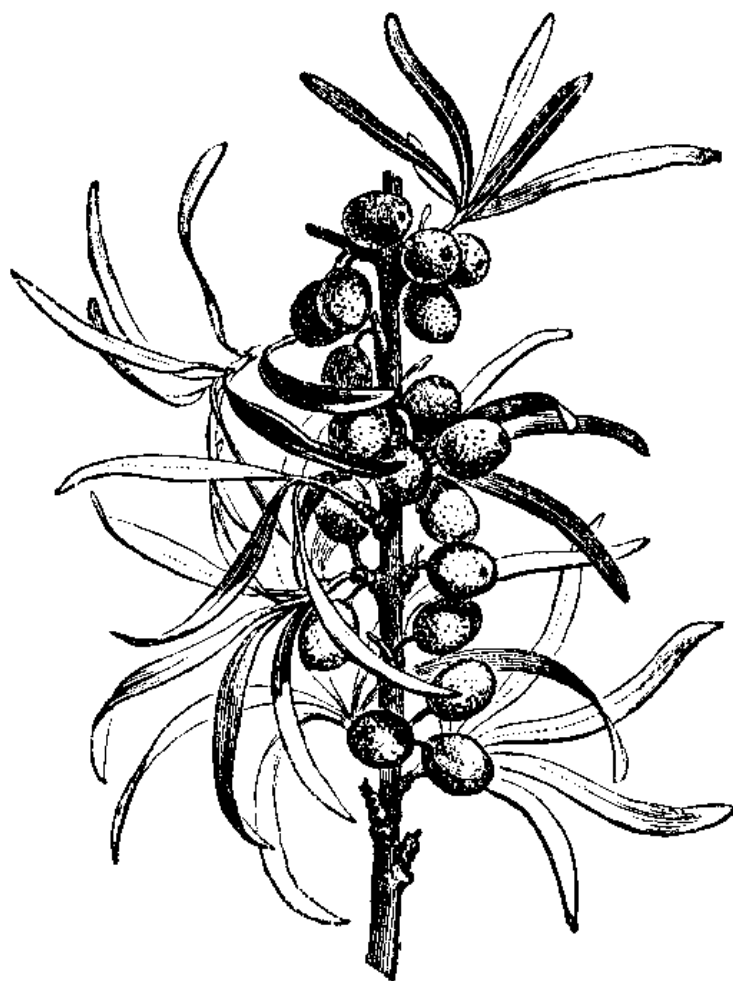
**A***diantum* has little leaves similar to coriander, jagged on the top; and the little stalks on which they grow are black, very thin, twenty centimetres long, and glistening. The leaves are like *filix* [fern], very small. It bears no [other] stalk, flower, or seed. The root is useless. A decoction of the herb (taken as a drink) is able to help asthma, difficulty in breathing, jaundice, the splenical, and frequent painful urination. Taken as a drink with wine, it breaks stones [urinary, kidney], stops discharges of the intestines, and helps those bitten by venomous creatures, and excessive discharges of the stomach. It draws out the menstrual flow and afterbirth. It stops the spitting-up of blood. It is smeared on (raw) for venomous beast bites, thickens the loss of hair [*alopecia*] and disperses tumours [possibly goitre]. With lye it wipes off dandruff and scaly eruptions of the scalp. With *ladanum* [1-128] and oil *myrsinum* [1-48] and inhalants (or else *oesypum* [lanolin] and wine) it prevents falling hair. A decoction of it (rubbed on with lye and wine) does the same. It makes cocks and quails more vicious, mixed with their meat. It is planted for sheep around sheep enclosures [feed]. It grows in shady marshy places, and around moist walls and fountains. It is also called *polytrichon*, *callitrichon*, *trichomanes*, *ebenotrichon*, *argion*, or *coriandrum aquaticum*; the Egyptians call it *epiert*, the Romans, *cincinnatiis*, some, *terrae capillus*, or *supercilium terrae*, and the Dacians, *phithophthethela*.

## 4-137. TRICHOMANES

SUGGESTED: *Trichomanes*, *Polytrichon officinarum*,  
*Asplenium viride* [Fuchs], *Asplenium trichomanes*,  
*Adiantum trichomanes* — Common Spleenwort, Bristle Fern

**T***richomanes* grows about the same places, being like fern, very small, with slender leaves in order on either side, or like *lenticula* [2-129], one against the other,





*Hippophae rhamnoides*  
after FAGUET — 1888

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**Cardus Mariæ,  
Marien Distel.**



*Cardus mariae*  
from FUCHS — 1545

upon thin little stems, glittering, with a bad taste, and somewhat black. It is thought it can do the same things to that mentioned before. Some also call this *adiantum*, some, *pterion*, some, *opteron*, the Romans, *capillaris*, some, *pinula*, some *filicula*.

#### 4-I38. XANTHION

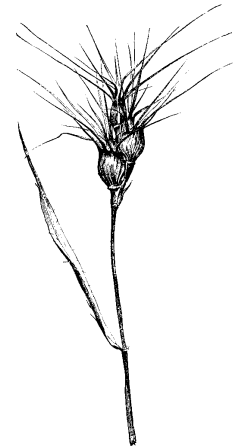
SUGGESTED: *Xanthium*, *Lappa minor* [Fuchs, Bauhin],  
*Xanthium strumarium* [Linnaeus] — Cocklebur [Mabberley]

**X**anthium grows in fertile places and marshes that are dried up; it has a cornered stalk a cubit long, clean, and many stings upon it. It has leaves like *atriplex* [2-145], having incuts, close in scent to *nasturtium*, but a round fruit as a great olive, prickly, like the balls of the plane tree taking hold of clothes after you touch it. The fruit, gathered before it is perfectly dry, beaten, and preserved in a clay jar, is able to make hair yellow. To use it take a quantity of half a *sextary* of it, diluting it with lukewarm water, and having first rubbed the head with nitre, smear it on. And some also beat it with wine to preserve it. The fruit is expediently laid on oedema. Some call it *phasganon*, some, *antithesion*, some, *cbascanon*, some, *choeradolethron*, and some also call this *aparine*.

#### 4-139. AIGILOPS

SUGGESTED: *Aegilops ovata* — Goat Grass, Hard Grass  
*Phleum aegylops*, *Triticum ovatum* — Hard Grass, Goat Grass,  
Oat Grass  
*Aegilops caudata* [Loudon]— Cretan Hard Grass

**A***egilops* is a little herb with leaves similar to wheat, but often with two or three red seeds on the top of the head on which beards (or as it were, filaments) grow out. The herb (applied with meal) heals *aegilopses* [ulcer or fistula in the inner angle of the eye] and dissolves hard lumps. The juice is stored for the same purposes, mixed with meal, and dried. It is also called *sitospelos*, *siphon*, or *bromos*, and the Romans call it *avena*.



*Triticum ovatum*  
after FAGUET — 1894

## 4-140. BROMOS

SUGGESTED: *Bromus temulentus*, *Lolium temulentum*,  
*Crepolea temulentum* — Darnel, Cheat, Ryegrass, Ivray

NARCOTIC [Loudon]

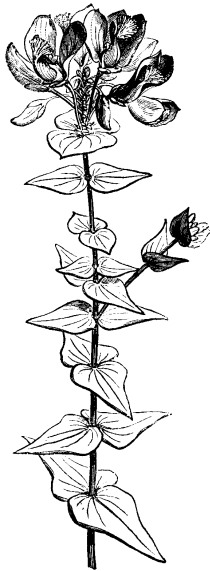
[other usage] *Bromus arvensis* — Corn Brome Grass

see 2-116

**B***romus* is a drying herb similar to *aegilops*. Strain the boiled herb with its roots in water until the decoction is reduced two thirds, mix with it the same amount of honey, and boil it until it is the thickness of moist honey. This is good for *ozaena* [ulcerative disease with mucopurulent discharge of the nose] if you apply it to the nostril with a wet a linen cloth, and applied alone it does the same. Some beat aloes finely, mix it with *bromus*, and use it. It is also good (boiled with dry roses in wine) for stinking breath. It is also called *siphonion*, or *acrospeilos*, and the Romans call it *avena*.

## 4-141. GLAUX

SUGGESTED: *Glaux maritima* — Sea Milkwort, Black Saltwort



*Polygala oppositifolia*  
after FAGUET — 1888

**G***laur* is similar in its leaves to *cytissus* [4-113] or lentils. Those from beneath are paler, and those from above green, and it sends out five or six thin shoots from the earth, twenty centimetres long, from the root. The flowers are similar to *leucoioi* [3-138] but smaller, of a purple colour. It grows by the sea. These (boiled with barley meal, salt, and oil) are sipped to restore milk that has stopped flowing [breastfeeding].

## 4-142. POLUGALON

SUGGESTED: *Polygala vulgaris* — Common Milkwort,  
Milkweed

**P***olygalon* is a little shrub twenty centimetres long, with leaves similar to lentils, harsh to the taste. A decoction (taken as a drink) is thought to cause more milk [breastfeeding].



*Narcissus pseudonarcissus*  
after FAGUET — 1891



*Croton tiglium*  
after FAGUET — 1878

### 4-143. OSUROS

SUGGESTED: *Osyris*, *Linaria* [Fuchs],  
*Linaria vulgaris lutea flore majore* [Bauhin], *Antirrhinum linaria*  
 [Linnaeus], *Linaria vulgaris* [in Sprague], *Antirrhinum majus*,  
*Orontium majus* — Great Snapdragon, Dragon's Mouth,  
 Dog's Mouth

[other usage] *Osyris alba* — Poet's Cassia, Gardrobe

see 4-133

**O***syris* is a little black shrub, with thin hard-to-break stems, and around each, three small leaves; there are also four or five or six of these, like hemp; they are black when they are beginning but later they become reddish. A decoction of this (taken as a drink) helps jaundice.

### 4-144. SMILAX TRACHEIA

SUGGESTED: *Smilax-aspera* [Fuchs, Linnaeus]  
 — Prickly Ivy, Rough Bindweed

**S***milax trachea* has leaves similar to *periclymen* [4-14], with many sprigs, thin and prickly like *paliurus* or *rubus*, and it is wrapped around trees creeping (as it were) above and beneath. It bears a clustered fruit like a grape bunch, which ripens red, somewhat gently biting to the taste; the root is hard and thick. It grows in marshy rough places. A decoction of the leaves and fruit is an antidote for deadly poisons, taken as a drink beforehand (or afterwards). It is said that this herb, beaten and given to drink to a newborn small child, prevents hurt by any poisonous medicine. It is cut for antidotes against poison.

### 4-145. SMILAX LEIA

SUGGESTED: *Smilax-levis*, *Volubilis maior* [Fuchs],  
*Convolvulus major albus* [Bauhin], *Convolvulus sepium*  
 [Linnaeus], *Calystegia sepium* [Brunfels] — Bindweed

**S***milax laea* has leaves similar to *cissus* but softer, smoother and thinner. It has vinelike branches like the last one, without prickles, and it is wrapped around

trees like the former. It has small black seed like lupin [2-132], but always with many small, round, white flowers above, on every *smilax*. Arbors are made from it in the summer, but it sheds its leaves in the fall. Thirty grains of the seed of this (taken as a drink with the same amount of *dorycnium* [4-75]) is said to cause many troublesome dreams.

#### 4-146. MURSINE AGRIA

SUGGESTED: *Myrtus communis* var *romana*  
— Broad-leaved Myrtle

[other usage] *Myrsine africana* — African Myrsine

**M**ysine has a leaf similar to myrtle but broader, sharp at the top like a spear. The fruit is round and borne in the centre of the leaves [[flattened stems], red when ripe, with the inside bony. The little branches are willow-like, many emerging out of the same root, and hard to break, the length of a forearm, and full of leaves. The root is like that of grass, harsh to the taste, somewhat bitter. It grows in rough steep places. The leaves and berries (taken as a drink in wine) are able to induce urine, expel the menstrual flow, and break stones in the bladder. It cures jaundice, slow painful urination, and headaches. A decoction of the root (taken as a drink with wine) does the same. The newly-grown stalks (used as vegetables) are eaten instead of asparagus, but they are bitter and diuretic. It is also called *sacra myrtus*, *spinosa myrtus*, *murina spina*, *agonon*, *scincos*, *minthe*, *catangelos*, *anangelos*, *acairon*, *ocneron*, *cine*, *lichene*, *chamaepitys*, or *chamaemyrsine*; the Boeotians call it *gurenia*, the Magi, *genitura Herculis*, and the Romans, *ruscus*.



**Tithymalus cyparissias.**      469  
**Cypressene Wolfsmilch.**



*Tithymalus cyparissias*  
after FUCHS — 1545

468 *Tithymalus helioscopius.*  
Sonnenwendede Wolffsmulch.



*Tithymalus helioscopium*  
after FUCHS — 1545

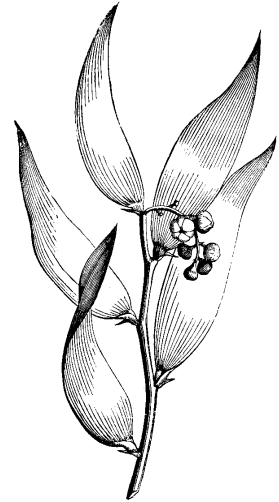
## 4-147. DAPHNE ALEXANDRINA

SUGGESTED: *Laurus-Alexandrina* [Fuchs], *Daphne-Alexandrina* [Brunfels], *Ruscus hypoglossum* [Linnaeus], *Ruscus hippoglossum*, *Uvularia*, *Baslingua* — Laurel of Caesar [Mabberley], Horse Tongue, Double Tongue

See 4-132

[other usage] Alexandrian Laurel — *Danaë laurus*, *Danaidea racemosa*, *Ruscus racemosus*

**L***aureus Alexandrina* has leaves similar to *myrsine agria* but larger, softer and paler, with a red fruit in the centre of them the size of a *cicer* [2-126]. The branches lie on the earth, twenty centimetres long (or sometimes more). The root is similar to *myrsine agria* but larger, with a sweet scent, and softer. It grows in hilly places. Six teaspoons of the root (taken as a drink with sweet wine) is able to help women in difficult labour [childbirth], and those with slow painful urination, and it extracts blood. It is also called *idaea*, *danae*, *hypoglotton*, *zalaea*, *stephane*, *daphnos*, *samothracica*, *methrion*, or *hypoglossion*.



*Ruscus racemosus*  
after FAGUET — 1888

## 4-148. DAPHNOIDES

SUGGESTED: *Mezereon* [Pliny], *Thymelaea* [Medieval], *Daphnoides*, *Laureola* [Fuchs], *Clematis aegyptica*, *Daphne laureola*, *Daphne mezereum* [Linnaeus], *Thymelaea praecox*, *Thymelaea mezereum*, *Mezereum officinale* — Spurge, Laurel, Dwarf Bay, Mezereon, Spurge Olive, Dwarf Laurel

**D***aphnoeides* is similar to *alypon* [4-180] with a flower like *nymphaea* [3-148], and in the midst of this, something like a cone, in which is the seed. It is a little shrub, a foot high, with many branches (flexible like a thong), bearing leaves from the middle to the top. The bark around the stems is very gluey; the leaves are similar to the bay, but softer, more slender, and not easily broken, biting and burning the mouth and the jaws. The flowers are white and the fruit black when it is grown ripe; the root is useless. It grows in mountainous places. The leaves (taken in a drink either dried or fresh) expel phlegm through the bowels. It encourages vomiting and the menstrual flow. Chewed, it draws mucus from the



*Daphne mezereum*  
after FAGUET — 1878

head, and it also encourages sneezing, and a decoction of as much as eleven grains of the fruit (taken as a drink) purges. It is also called *daphnitis*, or *hydragogon*; the Romans call it *laureola*, some, *lactago*, and the Gauls, *ousubim*.

#### 4-149. CHAMAIDAPHNE

SUGGESTED: *Prunus laurocerasus* [Pliny], *Cerasus laurocerasus*,  
*Padus laurocerasus*, *Laurocerasus officinalis*  
— Dwarf Laurel, Cherry Laurel

**C***hamaedaphne* sends out single-branched rods a foot long — straight, thin and smooth; the leaves of this are similar to the [other] bay but much smoother, thinner and greener. The fruit is round and red, growing near to the leaves. The leaves of this (pounded into small pieces and smeared on) helps headaches and burning of the stomach. They cease griping, taken as a drink with wine. The juice (given to drink with wine) expels the menstrual flow and urine, and applied in a pessary it does the same. Some have called this *alexandrina*, *daphnitis*, or *hydragogon*, the Romans, *laureola*, some *lactago*, and the Gauls, *ousubim*.

#### 4-150. ELLEBOROS

SUGGESTED: *Elleborus-albus*, *Elleborus candidus* [Fuchs],  
*Veratrum album* [Fuchs, Linnaeus], *Helleborus albus*  
— Hellebore, White Hellebore, Lungwort

POISONOUS

**E***lleborus albus* has leaves similar to those of plantain or of the wild beet but shorter, darker, and red in colour. The stalk is a hand's width, hollow. It is peeled when it begins to dry. The many thin roots are underneath, coming out together from a small, somewhat long little head like an onion. It grows in rough hilly places. You must gather the roots at harvest time. The best is that which is mildly extended, white, easily broken and fleshy, not peaked, and like a rush (or giving off down) when broken; but with the pith thin, not burning the taste too much, nor drawing out spittle

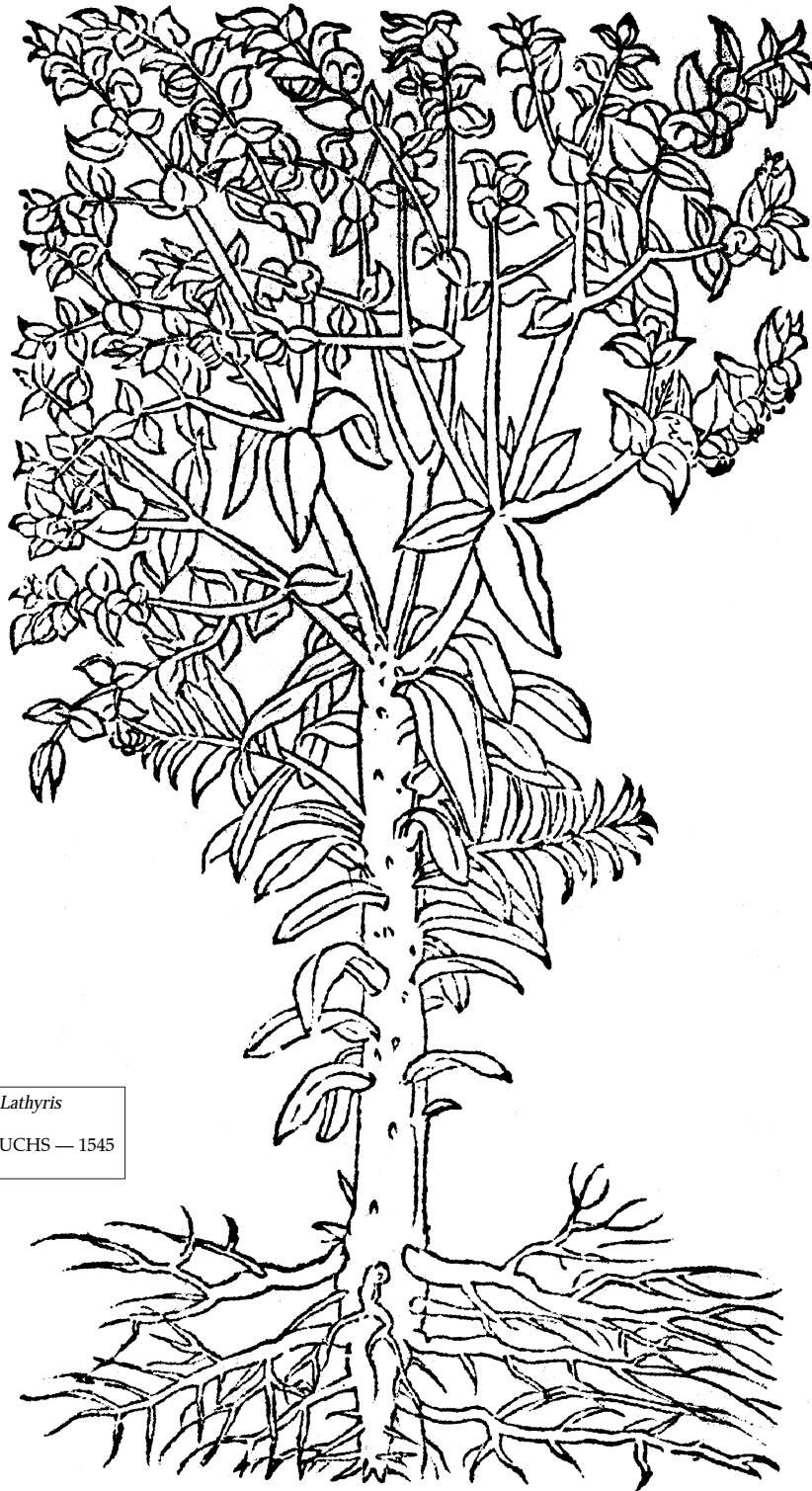
**Tithymalus platyphyllos.**  
**Breytblettere Wolffsmilch.**



*Tithymalus platyphyllos*  
after FUCHS — 1545

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**Lathyris.**  
**Springkraut.**



*Lathyris*  
after FUCHS — 1545

too fast, for this sort is choking. The best is the Cyrenian and the Galatian. The Cappadocian is paler, downy and more choking.

It purges by causing vomiting, expelling matter of various colours. It is mixed with eye salves that are able to take away things that darken the pupils. It expels the menstrual flow, is applied as an abortifacient, and encourages sneezing. Kneaded with honey and polenta and boiled to gether with pieces of meat, it kills mice and decomposes them. It is given to those fasting either by itself, or with sesame and barley water, *alica* [2-114], honey water, porridge, lens [lentils], or some other sipping liquid. It is also made into bread and baked like wheat. The method of treatment and the dieting is fully explained by those who by declaration have written about the dosages of it. We most agree with Phlomides the Sicilian from Enna. For it is tedious in discussing medicinal matters, professedly to set down the therapeutical institution.

Some give it with a lot of sipping stuff or a great quantity of juice, or else, giving beforehand some small nourishment, they straight away give the hellebore to one in whom (especially) choking is suspected, or who has weakness of the body. The purging is without danger to those who take it like this, because the medicine is not unseasonably applied to their bodies. Suppositories of it (put up into the perineum with vinegar) encourage vomiting.

It is also called *ascis*, *atomon*, or *pignatoxaris*; the Magi call it *genitura Herculis*, some, *polyides*, or *anaphytos*; the Egyptians call it *somphia*, some, *unre*, the Romans, *veratrum album*, the Gauls, *luginum*, and some, *anepsa*.

## 4-151. ELLEBOROS MELAS

SUGGESTED: *Elleborum nigrum* [Fuchs], *Helleborus viridis* [Linnaeus], *Helleborus officinalis*, *Helleborus niger*, *Veratrum nigrum* — Black Hellebore, Christmas Rose  
*Elleborus niger adulterinus sylvestris* [Fuchs],  
*Helleborus foetidus* [Linnaeus] — Stinkwort [Mabberley]

[other usage] *Astrantia major* — Black Hellebore, Masterwort, Larger Astrantia

ALL POISONOUS

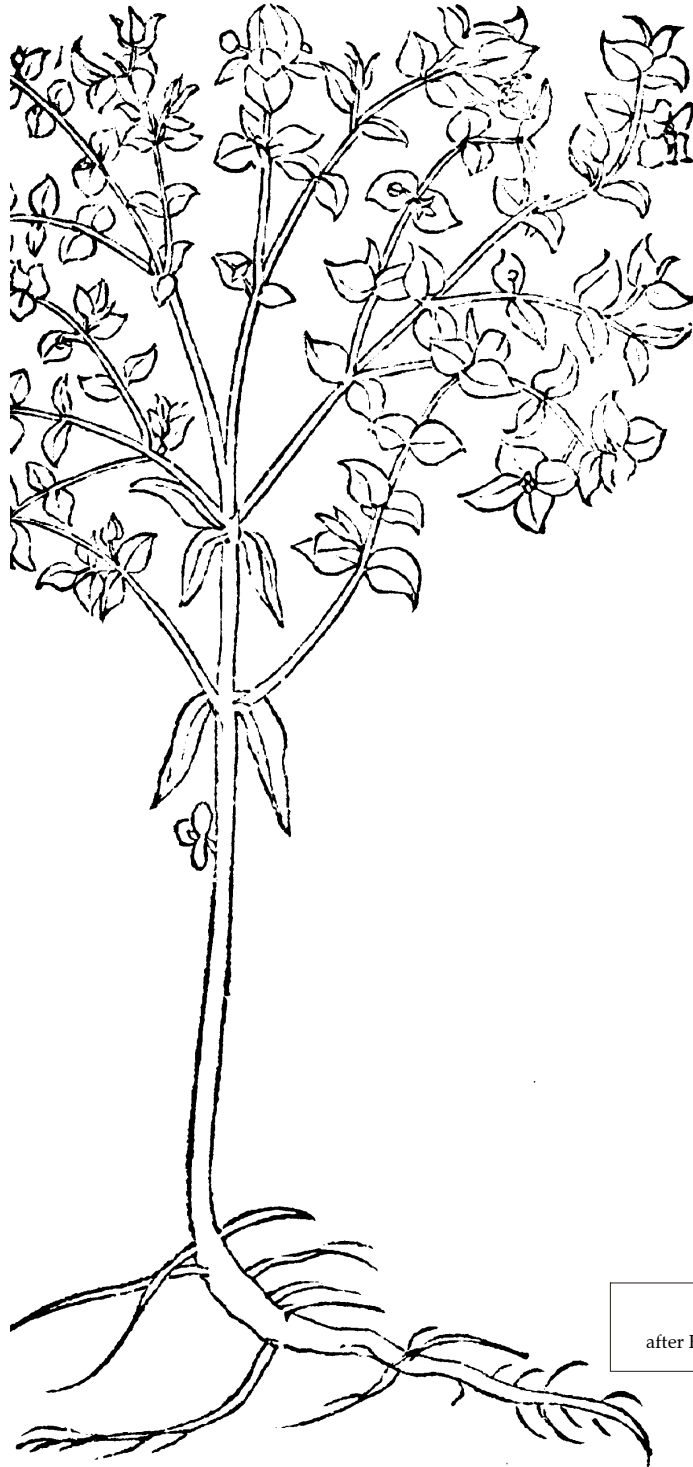
**H***elleborus niger* is called *melampodium* since it is thought that one Melampus, a goatherd, purged and cured the mad daughters of Proteus with it. It has green leaves similar to the plane tree, but smaller, closer to those of *spondylium*, more jagged, darker, and somewhat rough. The stalk is rough, and the flowers white, inclining to purple, and in clusters. In it is seed similar to *cnicus* [4-119, 4-190] that those who live in Anticyra call *sesamoeides* [4-152] and use for purges. The roots underneath are thin and black, hanging (as it were) on an onion-like little head, which also has use. It grows in rough high dry places. The best is taken out of countries such as Anticyra, for the blackest and best grows there. Choose that which is fleshy and well nourished with only thin pith, sharp and burning to the taste, such as that in Helicon and Parnassus, and that growing in Aetolia. That from Helicon is the best.

It purges the intestines from above, driving out phlegm and bile, given alone (or with scammony and a teaspoonful or thirty grains of salt). It is also boiled with *lens* [lentils] and broths that are taken for purging. It is good for epilepsy, depression, delirium, arthritis and paralysis. Given in a pessary it expels the menstrual flow, is an abortifacient, and cleans fistulas [ulcers] (put into them and taken away after the third day). Similarly, it is put into the ears for those who are hard of hearing, leaving it alone for two or three days. Rubbed on with frankincense, or wax, pitch, and oil *cedrinum* [cedar], it also heals parasitic skin diseases. Applied with vinegar it heals *vitiligo* [type of leprosy], impetigo, and leprosy. Boiled with vinegar and used as a mouthwash, it soothes toothache. It is also put into corrosive medicines. With



**Peplos.**  
**Teüffels milch.**

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*Peplos*  
after FUCHS — 1545



*Convolvulus scammonia*  
after FAGUET — 1888

barley meal and wine it is a good poultice for dropsy. Planted near the roots of vines it makes the wine made from them purgative.

They sprinkle it around houses thinking it preserves them from evil spirits. When they dig it they stand praying to Apollo and Aesculapius, observing the eagle's flight, for they say he flies that way not without danger to them. For the bird causes death if one is seen digging hellebore; and one must dig it with swiftness because inhaling it causes a headache. To prevent this, those who dig it eat garlic and drink wine, so they are made less liable to be hurt. It is pithy, as is the white hellebore.

It is also called *melampodium*, *ectomon*, *polyrrhizon*, *protion*, *melanorrhizon*, or *cyrranion*; the Magi call it *zomarition*, the Egyptians, *isea*, some, *elaphine*, or *cemeleg*, the Romans, *veratrum nigrum*, some, *saraca*, and the Dacians, *prodiorna*.

#### 4-152. SESAMOEIDES

SUGGESTED: *Sesamum triphyllum* — Wild Sesame

*Hyptis spicigera* — Black Sesame

ALSO: *Sesamum indicum*, *Sesamum orientale*

*sesamoides* means 'like sesame'

The great *sesamoides* is a herb similar to *senecio* [ragwort] or to rue [3-52, 3-53, 4-98] — the flower white, the root slender and useless, the seed similar to that of *sesama* [2-121], bitter to the taste — which purges both phlegm and bile upward. It is pounded into small pieces and taken with fifteen grains of white hellebore with honey and water. It is also called *sesamites*, or *sesamis*, *lupina scutica*, white hellebore, or *anticyricon*. In Anticyra they call it hellebore because it is mixed in the purges with white hellebore.

#### 4-153. SESAMOEIDES MIKRON

SUGGESTED: *Sesamum triphyllum* — Wild Sesame

*Hyptis spicigera* — Black Sesame

The small *sesamoides* has small stalks twenty centimetres long, with leaves similar to *coronopsis*, yet rougher and smaller. On top of the little stalks are small

heads, with somewhat purple little flowers, the middle of which is white, in which is seed similar to *sesama* [2-121], bitter and yellowish. The root is thin. Half an *acetabulum* [vinegar cruet] of a decoction of the seed (taken as a drink with honey water) purges bile and phlegm downwards. Applied with water it dissolves small swellings and oedema. It grows in rough places. It is also called *coronion*, or *sylvestre sesamon*.

#### 4-154. SIKUS AGRIOS

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SUGGESTED: *Sicyos agrios* [Apuleius], *Cucumis sylvestris*,  
*Cucumer asininus* [Fuchs], *Ecballium elaterium*,  
*Ecballium agreste*, *Momordica elaterium* [Linnaeus],  
*Elaterium officinale* [in Sprague] — Wild Cucumber,  
Squirting Cucumber

POISONOUS

**S***ucus agria* differs from the cultivated *sucus* in the fruit, having them much smaller, similar to somewhat long little suppositories. The leaves and shoots are similar to the cultivated. The root is white. It grows in the rubbish of houses and in sandy places. The shrub is bitter.

The juice of the leaves dropped in the ears is good for earache, and the root (smeared on with polenta) dissolves all old oedemas. Applied with *resin terminthos* [1-91] it breaks small swellings. Boiled with vinegar (and smeared on) it dissolves gout, and is a suppository for sciatica, and a decoction is a mouthrinse for toothache. Pounded into small pieces (when it has dried) it cleanses *vitiligines* [form of leprosy], leprosy, and impetigo [skin infection], and purifies black scars and spots on the face. Fifteen grains (at the least) of the juice of the root (and as much as the fourth part of an *acetabulum* [vinegar cruet] of the bark) also purge phlegm and bile (especially in dropsy) but without hurting the stomach. One must take a half a pound of the root, beat it finely with two pints of wine (especially Libyan wine) and give a quarter pint (every third day) until the swelling is sufficiently reduced. It is also called *elaterium*, *grynon*, *balis*, *syncrisis*, *bubalion*, *scopion*, *imbriferum*, *peucedanon*, or *notion*; the Romans call it *agetum*, some, *agrestis*, and the Africans, *cusimezar*.



*Sambucus ebulus*  
after FAGUET — 1881

**Colocynthis.**  
**Coloquint.**



*Colocynthis*  
after FUCHS — 1545

## 4-155. ELATERION

SUGGESTED: *Sicyos agrios* [Apuleius], *Cucumis sylvestris*,  
*Cucumer asininus* [Fuchs], *Ecballium elaterium*,  
*Ecballium agreste*, *Momordica elaterium* [Linnaeus],  
*Elaterium officinale* [in Sprague] — Wild Cucumber,  
 Squirting Cucumber

POISONOUS

**E***laterium* is made (as follows) from the fruit of the cucumber. Choose cucumbers that spring back when touched, lay them aside, leaving them for a night. Then the next day set a loosely woven *sarce* [strainer] over a jar, and with a little knife held in place with the edge upward, take the cucumbers one by one with both hands, cut them, and strain out the liquid through the *sarce* [strainer] into the little jar that stands underneath, also straining out the purple stuff which adheres to the *sarce* [strainer] so that it may also pass through. Put that which has been strained into a basin standing by, then lay together the cut stuff on the cloth, moisten it with fresh water, strain it, and throw the remainder away. Having stirred the liquid around in the basin, cover it with a linen cloth, set it in the sun, and after a while pour away all the water that swims on top (with any coalesced matter). Do this often, as long as any water remains standing on top, which you clear out by drops. Placing the sediment into a mortar, pound it and make it into tablets. So that the liquid may be quickly dried up, some sprinkle sifted ashes on the ground, and hollowing their midst, spread over it a doubled linen cloth, pour in the *elaterium*, and when it has dried, they beat it in a mortar (as previously mentioned). Some (instead of fresh water) wash it by pouring on seawater. Some (in the last washing) pour on honey and water. The best *elaterium* has a rather moist whiteness, is light, smooth, extremely bitter to the taste, and applied to a candle is soon kindled. But that which resembles leeks and is coarse and foul to the sight, full of ervum [2-129, 2-131] and ashes, is heavy and useless. Some also mix starch with the juice of cucumber to make it white and light.

That which is two years old is good for purging (until it is ten). The perfect dose is ten grains, the least five grains, and for children, two *aureola* (?). If more is taken

(as a drink) it is dangerous. It induces purging both downward and upward, expelling phlegm and bile. This purging is best for difficult breathers. If you want to purge the intestines downward mix it with twice as much salt, and *stibium* [trisulphide of antimony or black antimony] as much as to colour it, give pills as big as *ervum* [seed] formed with water, and let him sip them with one winecupful of lukewarm water. For vomiting, dilute the *elaterium* in water and rub under the tongue with a feather, as far in as possible. If he finds it difficult to vomit, dilute it either in oil or ointment *irinum* [1-66], but forbid him to sleep. To those who are excessively purged you must frequently give oiled wine, for this way the vomiters are restored. If the vomiting does not cease cold water must be given with polenta, *posca* [hot drinks], and an apple, and other things to thicken the stomach. *Elaterium* (used in a pessary) induces the menstrual flow, and is an abortifacient. Poured with milk into the nostrils it cleans away jaundice, and drives away long-lasting headaches. It is an effective ointment (with old oil, honey, or a bull's gall) for a synanchic [abscessed] throat. A teaspoon of the root of cultivated cucumber (pounded into small pieces and taken as a drink with honey water) induces vomiting, but if anyone wants to vomit gently after supper, twenty grains are sufficient.

#### 4-156. STAPHISAGRIA

SUGGESTED: *Staphisagria*, *Staphis agria* [Fuchs, Bauhin]  
*Delphinium staphisagria* [Linnaeus], *Pedicularis palustris*  
— Stavesacre, Lousewort

POISONOUS

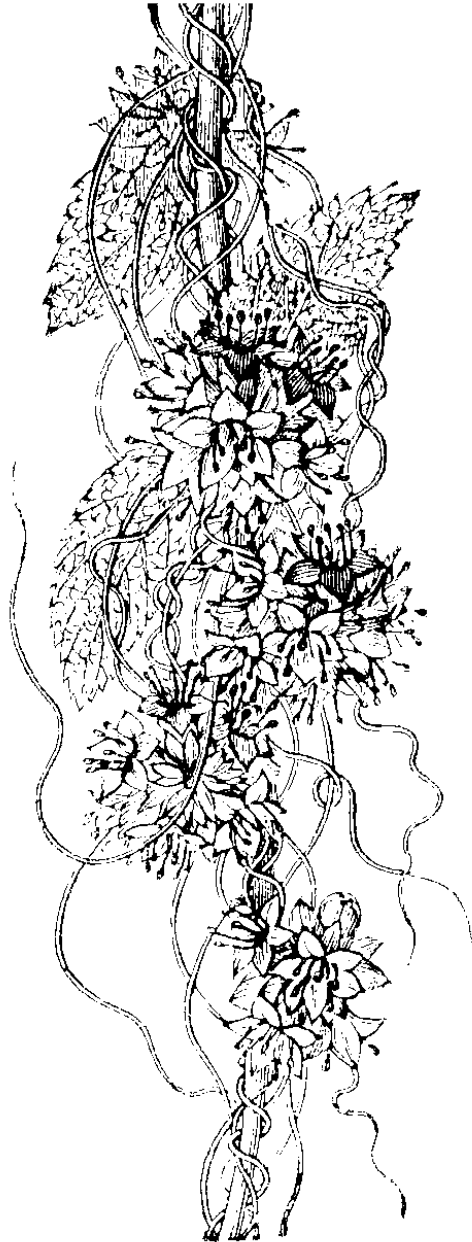
**S***taphis agria* has leaves like the wild vine — jagged, straight, soft and black, with little stalks; and it bears a flower similar to *glastum* [2-215, 2-216]. The seed is in little pods, green, like *cicer* [2-126], triangular, coarse, a tawny yellow and black. That within is white and sharp to the taste. If you give ten or fifteen grains of this (pounded in honey and water) it purges thick stuff by vomiting, but let them walk about who have taken a drink of it. You must be careful when giving it in honey water because of the danger of suffocation and burning the jaws. It is good bruised and rubbed on with oil for *pthiriasis* [psoriasis],



**Apios.**  
**Erdtuß.**



*Apios*  
after FUCHS — 1545



Dodder  
— *Cuscuta epithymum*  
after FAGUET — 1888

itches, and parasitical skin diseases. Chewed, it brings up a lot of phlegm, and boiled with vinegar for a mouthwash it helps toothache. This also represses rheumatic gums. With honey it heals *apthas* [small ulcers] in the mouth, and it is mixed with warm compresses for burns. It is also called *trifolium*, *stesium*, *astaphis*, *phthiroctonon*, *phthirion*, *apanthropon*, *polyides*, *pseudopathes*, or *arsenote*; the Egyptians call it *ibesaoide*, and the Romans, *herba pedicularis*.

#### 4-157. THAPSIA

SUGGESTED: *Thapsia garganica* — Thapsia, Drias Plant,  
Smooth Thapsia  
*Thapsia villosa*, *Thapsia foetida*, *Thapsia asclepium*  
— Deadly Carrot species

**T***hapsia* is named because it is thought that it was first found in Thapsus, an island of the same name. The whole nature of it is similar to *ferula* [3-95]. The stalk is more slender, the leaves similar to *marathrum* [3-81], and on the top at every emergence are tufts similar to dill [3-67] on which are yellowish flowers. The seed is somewhat broad, similar to that of *ferula*, yet smaller. The large root is white within and black outside, thickly barked, and sharp. This has its liquid taken by being dug around and having the bark cut in. Or else the root itself is made hollow like a house roof, broad beneath and narrow at last, and then sealed so that the liquid may remain pure. Then the next day after you must go there and take away the liquid that has gathered together. It is juiced — the root is pounded and strained through a wicker colander and a press — and the juice dried in the sun in a thick ceramic jar. Some bruise with it its leaves but this sort is weak. The juice of the root is discerned by its stronger scent and by remaining moist, but that of the leaves is dry and wormeaten.

It is necessary for one who takes the liquid not to stand against the wind but rather to do it in still weather, for it puffs up the face excessively, and the naked parts are blistered by the sharpness of the exhalation. He ought therefore first to rub his naked parts with moist, astringent, stiff ointments and then take it. The bark of the root, juice, and liquid are purging (a decoction is

taken as a drink with honey and water), for they purge bile upward and downward. Forty grains of the root is given with three teaspoonfuls of dill seed; and thirty grains of the juice or ten grains of the liquid, for it is dangerous if more is given. This purging is good for asthmatic disorders, long-lasting pains of the sides, and expectorants, but for those who find it hard to vomit it is given in meats and sauces. The liquid and roots, especially those of equal strength, are able to eliminate waste, whether to draw out anything from far within, or alter the state of the pores. Thus the juice rubbed on, or the green root rubbed on, thickens loss of hair [*alopecia*]. The root pounded into small pieces, or the juice with frankincense and wax (an equal measure of each) takes away bruises and blue marks. It must be left on no longer than two hours, and after this bathe the place with warm seawater. Smear on with honey it takes away sunburn, and removes leprosy. The juice rubbed on with sulphur breaks *tubercula* [nodules]. It is rubbed on to benefit those who have long-lasting disorders of the side, lungs, feet, or joints. It is also useful for replacing the foreskin on those who lack the foreskin that was not done by circumcision, by forming a tumour that, washed and softened with fat things, fills up the defect of the foreskin.

It is also called *hypopion*, *pancranon*, *scammonion*, or *thelyteris*, the Romans call it *ferulago*, some, *ferula sylvestris*, and the Africans, *boide*.

#### 4-158. SPARTION

SUGGESTED: *Spartus* [Fuchs], *Spartium junceum* [Linnaeus]  
— Spanish Broom, Spart Grass, Spartum

**S***partium* is a shrub with long stems without leaves, strong, hard to break, with which they bind vines. It bears pods like *phaseoli* [2-130], in which are little seeds like lentils, and the flower is yellowish like *leucoion* [3-138]. A decoction of fifty grains of the seed of this with its flowers (taken as a drink with honey and water) purges upward with violence like hellebore, yet without danger. The seed induces purging downwards. The stems (steeped in water then pounded and juiced) help sciatica and abscessed throat, as much as a winecupful

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**Vitis alba.**  
**Stickwurz.**



*Vitis alba*  
after FUCHS — 1545

*Vitis nigra*  
after FUCHS — 1545

**Vitis nigra.**  
**Lynen.**



taken as a drink while fasting. Some steep it in brine or seawater as suppositories for sciatica, for it expels bloody and strimentous stuff. It is also called *lobon*, or *lygon*.

#### 4-159. SILUBON

SUGGESTED: *Spina alba hortensis*, *Carduus mariae* [Fuchs, Brunfels], *Carduus albus maculis* [Bauhin], *Silybum marianum*, *Carduus marianus* [Linnaeus] — Milk Thistle, St Mary's Thistle

**S***ilybum* is a broad *acantha* with leaves like white *chamaeleon* [3-10], which is eaten newly sprung-up [vegetable] boiled with oil and salt. The juice of the root (as much as a teaspoonful taken as a drink with honey and water) encourages vomiting.

#### 4-160. BALANOS AUREPSIKE

SUGGESTED: *Myrobalan citrina*, *Terminalia citrina* — Hara Nut Tree  
*Balanites aegyptica*, *Xymenia aegyptica* — Thorn Tree, Egyptian Balsam, Zachum Oil Tree

*balanos aurepsike* — acorns which are plucked

**B***alanum auripsike* is the fruit of a tree like *myrica*, similar to hazelnut. That within is pressed like bitter almonds, and it yields a liquid that they use for precious ointments instead of oil. It grows in Ethiopia, Egypt, Arabia, and in Petra, a town in Judaea. That which is new, full, white, and easily peeled is the best. This, pounded into small pieces and a teaspoonful taken in a drink with *posca* [hot drinks] reduces the spleen, and it is also laid on it with *lolium* [2-116, 4-140] meal. It is used with honey and water on gout. Boiled with vinegar it raises out scabies [itchy parasitical disease] and leprosy. It is used with saltpetre [potassium nitrate] for *vitilignes* [form of leprosy] and black scars. With urine it takes away freckles, varicose veins, sunburn, and pustules on the face. With honey water it induces vomiting, and loosens the intestines, but is very bad for the stomach. The oil (taken as a drink) is astringent to the bowels. The bark is

more astringent. The dregs that are left from that which was pounded and strained out are mixed with sebaceous treatments for roughness and itchiness.

#### 4-161. NARKISSOS

SUGGESTED: *Narcissus pseudo-narcissus*, *Narcissus sylvestris*  
— Wild Narcissus, Daffodil, Lent Lily, Lent Rose  
*Narcissus poeticus* — Poet's Narcissus, Pheasant's Eye

**N**arcissus has similar leaves to the leek. They are thinner, much smaller, and narrower. It has an empty stalk without leaves, longer than twenty centimetres; on which is a white flower, and within a saffron colour and in some, a purple colour. The root is white within, round, *bulbus*-like [2-200]; the seed is in a little skin, black, somewhat long. The best grows in hilly places and has a good scent, but the rest is leekish and has an herby smell. The root of this (eaten or taken in a drink) induces vomiting. It is good also for burns, beaten small with honey. Laid on, it joins cut-apart sinews. Beaten finely and laid on with honey it helps dislocations of joints, and long-lasting pains of the joints. With nettle seed and vinegar it cleans sunburn and vitiligo [type of leprosy]. With *ervum* [2-129, 2-131] and honey it purges the filth of ulcers, and breaks the hard ripening of boils; and laid on with *lolium* meal [2-116, 4-140] and honey it draws out splinters. Some also have called it *lirium*, as they do the lily. It is also called *narcissus anydros*, *autogenes*, *bulbus vomitorius*, or *lirion*, and the Romans call it *bulbus morbitarius*.

#### 4-162. IPPOPHAES

SUGGESTED: *Hippophae rhamnoides* — Sallow Thorn,  
Willow Thorn, Sea Buckthorn

**H***ippophaes* with which they tread or beat cloth to thicken it, grows in sandy maritime places. It is a thick spriggy shrub, placing out on all sides; with long leaves similar to those of the olive, but narrower and softer; and between them dry filaments, whitish, knotty, distant from one another. The flowers are like clusters of berries of *cissus* [2-210], like clusters of grapes lying upon



**Cartamus.**  
**Wilder garten Saffran.**

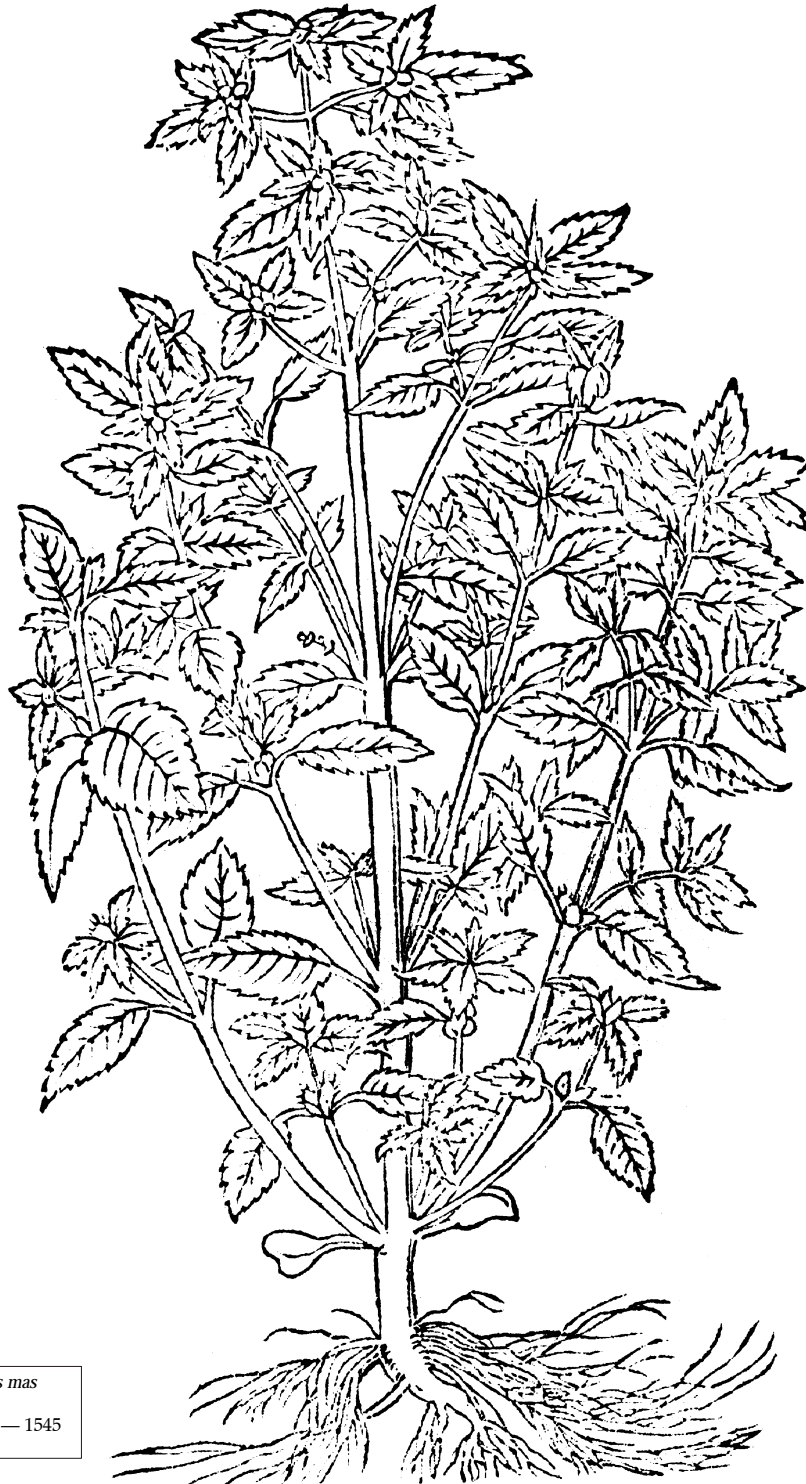
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*Cartamus*  
after FUCHS — 1545

**Mercurialis mas.**  
**Zingelfraut mennle.**

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*Mercurialis mas*  
after FUCHS — 1545

one another, but smaller and soft, and with the white inclining to a Phoenician [red] colour in part. The root is thick and soft, full of liquid, bitter to the taste, and has its liquid taken like *thapsia* [4-157]. The liquid is stored alone or mixed with meal of *ervum* [2-129, 2-131] and dried. It purges bilious, watery and phlegmy matter downwards, as much as ten grains of it, unmixed. Of that mixed with the *ervum*, use forty grains with honey and water. The shrub is dried with its roots, pounded into small pieces, and given with a half-pint of honey and water. A juice is made of the root and herb like *thapsia*. For purging a teaspoonful of this is given. Some call it *hippophues*, *hippophanes*, *hippion*, *equinum*, or *pelecinos*; the Romans call it *lappago*, and some, *lappolamera*.

#### 4-163. IPPOPHAISTON

SUGGESTED: *Tithymalus diffusis*, *Euphorbia spinosa*  
[Bedevian] — Hippophaiston

**H***ippophaeston* grows in the same places in which *hippophaes* [above] grows, also a kind of fuller's *acantha* [thistle] but it lies on the ground. It has only small little leaves, with empty little prickly heads. It bears neither stalk nor flower, and a thick soft root. Juice the leaves, root and head of this, dry the juice, and give thirty grains with honey and water to whom you will for purging to expel water and phlegm. This purging is good for asthma, epilepsy, and disorders of the strength. Some also call this *hippophaes*.

#### 4-164. KROTON E KIKI

SUGGESTED: *Ricinus* [Fuchs], *Ricinus vulgaris* [Bauhin],  
*Ricinis communis* [Linnaeus] — Castor Bean Plant

[other usage] *Croton tiglium*, *Croton acutus*, *Croton jamalgota*,  
*Pavana*, *Tiglium officinalis* — Croton Oil Plant,  
Purging Croton, Tiglium

**C***roton* is named for the similarity of the seed to the kroton tick. It is a tree the height of a small fig tree, with leaves like the plane tree, but bigger, smoother and blacker. It has trunks and boughs hollow like a reed; and

the seed in rough berries, which peeled are like the kroton tick. Out of these is pressed the oil called *cicinum* [1-38]. It is not eaten but is useful for candles and plasters. Thirty grains, cleaned, pounded into small pieces, and taken in a drink drives out phlegm, bile, and water through the bowels. They also induce vomiting, but this purging is harsh and extremely drastic, overturning the stomach excessively. Pounded and applied it cleans varicose veins and sunburn. The leaves (bruised with flour of polenta and applied alone or with vinegar) lessen oedema and inflammation of the eyes, reduce breasts swollen from milk, and extinguish *erysipela* [streptococcal skin infection]. *Crotona* some call *sesamum sylvestre*, *seseli cyprium*, or *croton*; the Egyptians call it *systhamna*, some, *trixis*, the Magi, *sanguis febris*, the Romans, *ricinus*, and some, *lupa*.

#### 4-165. TITHUMALOS

SUGGESTED: *Euphorbia resinifera* — Euphorbium Gum Plant  
*Euphorbia tithymaloides*, *Pedilanthus tithymaloides*  
— Red Bird Cactus, Slipper Flower, Jew Bush  
*Tithymalus diffusis*, *Euphorbia spinosa* — Hippophaiston  
*Euphorbia* — Devil's Milk, Spurge  
*Tithymalus acutifolius*, *Euphorbia pithyusa*,  
*Tithymalus pithyusa* — Pithyusa  
*Tithymalus peplis*, *Euphorbia peplis* — Wild Purslane,  
Petty Spurge, Purple Spurge

*Tithumalos* — milky white juice

There are seven kinds of *tithymal*: the male is called *characias*, *comatus*, or *amygdaloides*, or else it is called *gobius*. Another is called female, *myrtites*, *caryites*, or *myrsinites*; the third, *paralius*, or *tithymalis*; the fourth, *helioscopius*; the fifth, *cyparissias*; the sixth, *dendroides*; and the seventh, *platyphyllos*.

#### 4-165a. TITHUMALOS CHARACHIAS

SUGGESTED: *Euphorbia characias* [Loudon]

*Characias* has red stalks over a foot high full of sharp white juice. The leaves about the stems are like the olive tree only longer and narrower. The root is thick and

woody. On the top of the stalks are prickles of rushlike little rods; and under them hollow cases like basins or little hives in which is the seed. It grows in rough hilly places. Twenty grains of the juice (taken with *posca* [hot drinks]) purges the bowels below, expelling phlegm and bile. With honey and water it induces vomiting. It is juiced about the time of vintage, the stems laid together and cut. They must be shut up in a jar. Some mix it with meal of *ervum* [2-129, 2-131] to form pills the size of *ervum* [seed]. Some drop three or four drops into dried figs and dry them and store them. Pounded alone in a mortar it is formed into pills and put in jars. When juicing one must not stand against the wind, nor put his hands to his eyes, but also before juicing he must rub his body with grease or oil and wine — especially the face, neck and scrotum. It irritates a sore throat, so he ought to wrap the pills in wax or boiled honey and then give it. Two or three dried impregnated figs (taken) are sufficient to purge. The newly made juice (smearred on with oil in the sun) takes off hair, and makes those which come up again yellow and thin, and in the end destroys them all. It is put into the cavities of teeth, lessening the pain. You must cover the teeth with wax so that running beside it does not hurt the sore throat or the tongue. Smearred on, it takes away protruding and hanging warts, warty abnormal growths, and *lichen* [papular skin disease]. It is good for *pterygium* [membrane on eye], and carbuncles [infected boils] [malignant skin tumours], rapidly spreading ulcers, gangrene, and fistulas [ulcers]. The seed is gathered in the autumn, dried in the sun, pounded gently, the chaff removed, and stored clean; and the leaves are dried the same way. Half an *acetabulum* [vinegar cruet] of both the seed and the leaves (given to drink) does the same things as the juice. Some pickle them, mixing *lepidium* [2-205] and bruised cheese with the milky juice. One teaspoonful of the root (sprinkled upon with honey water and taken as a drink) purges through the belly. [The same] boiled with vinegar and the teeth washed with it helps toothache.

### 4-165b. TITHUMALOS MURSINITES

SUGGESTED: *Euphorbia myrsinites* [Loudon]

*Myrsinites* — a precious stone that smells like Myrrh [Pliny] — also Myrtle wine

The female (which some have called *myrsinites* or *caryites*) is similar to *daphnoeides*, and has leaves like *myrsine* (1-155, 4-146) but bigger and strong, sharp and prickly on the top. It sends out shoots twenty centimeters long from the root, and every second year it bears a fruit like a nut, gently biting to the tongue. This grows in rough places. The juice, root, seed and leaves have similar uses to that above, yet that is stronger for a vomit.

### 4-165c. TITHUMALOS KUPARISSIOS

SUGGESTED: *Tithymalus cyparissias* [Fuchs, Bauhin],  
*Euphorbia cyparissias* [Loudon] — Cypress Spurge  
[Mabberley]

*Cyparissias* sends out a somewhat red stalk twenty centimeters long (or rather longer) out of which spring leaves like those of the pine, yet more tender and thinner. It is wholly like a pine newly come up, from which it is named. This is also filled with white juice. It has the same properties as those above.

### 4-165d. TITHUMALOS ELIOSKOPIOS

SUGGESTED: *Tithymalus helioscopius* [Fuchs, Bauhin],  
*Euphorbia helioscopia* [Linnaeus] — Wartwort, Wartgrass,  
Sun Spurge, Cat's Milk

*Helioscopius* has leaves like *portulaca* [4-168] but thinner and rounder, and it sends out four or five branches from the root, twenty centimeters long, thin and red, full of quantities of white juice. The head is dill-like [3-67], and the seed (as it were) in little heads, the filaments of which are carried around by the course of the sun, from which it is called *helioscopius*. It grows in ruined places and around towns. The juice and seed are gathered like the others. They have the same properties as those above but are not as forcible.

#### 4-165e. TITHUMALOS PARALIOS

SUGGESTED: *Euphorbia paralias* — Sea Spurge

**T***ithymalus paralias* grows in maritime places. It has five or six upright branches twenty centimetres long, somewhat red, emerging from the root. Around these are small leaves, somewhat slender, quite long, like flax; and on the top of each branch is a round head in which is seed like *ervum* [2-129, 2-131], variegated with white flowers. The whole shrub and root are full of white juice and the use and storage of this is like those above. Some have called it *tithymalis*, or *mecona*.

#### 4-165f. TITHUMALOS DENDRITES

SUGGESTED: *Euphorbia dendroides* — Tree-like Spurge

**D***endroides* grows on rocks, abundantly leafy towards the top, and full of filaments and juice, with reddish branches, around which are thin leaves like myrtle [1-155, 4-146]. The seed is like that of *caracia* [? *Phaseolus caracalia*] and this is also stored in the same way and works like that mentioned above.

#### 4-165g. TITHUMALOS PLATUPHULLOS

SUGGESTED: *Tithymalus platyphyllos* [Fuchs],  
*Euphorbia platyphyllos* [Linnaeus] — Annual Warty Spurge

**P***latyphyllos* is like *verbascum* [4-104]. The roots and leaves purge watery matter through the bowels. Pounded and diluted with water it kills fish and those mentioned above do the same.

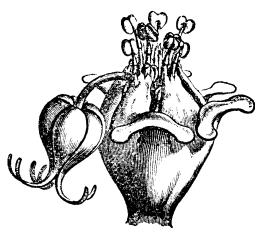
#### 4-166. PITUOUSA

SUGGESTED: *Tithymalus acutifolius*, *Euphorbia pithyusa*,  
*Tithymalus pithyusa* — Pithyusa

**P***ithyusa* sends out a stalk longer than a foot, very knotted, surrounded with sharp thin little leaves like those of pine flowers, small, and as it were, purple. The

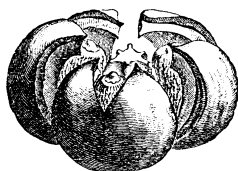
seed is broad like lentils; the root (which they call *turpeth*) is white, thick, and full of juice. This shrub is found considerably large in some places. Two teaspoonfuls of the root (given with honey water) purges downward. One teaspoonful of the seed (and as much as a spoonful of the juice) is taken with meal in a *catapotium* [pill] but three teaspoonfuls of the leaves are given.

It is also called *clema*, *crambion*, *paralion*, or *canopicon*, and seems to differ from the Cyparissian *tithymal*, although it is considered one of them.



#### 4-167. LATHUROS

SUGGESTED: *Lathyrus* [Fuchs], *Lathyrus major* [Bauhin],  
*Euphorbia lathyrus* [Linnaeus], *Euphorbia lathyrus*,  
*Euphorbia spongiosa* — Wild Caper, Myrtle Spurge,  
 Caper Spurge



*Euphorbia lathyrus*  
 after FAGUET — 1878

**L***athyrus* sends out an empty stalk the height of a foot, the thickness of a finger, and on the top of it are wings. The leaves on the stalk are somewhat long like those of the almond tree, but broader and smoother. Those on the tops of the little branches are smaller, like those of *aristolochia* [3-4, 3-5, 3-6] or of *cissus* [2-210]. It has seed on the tops of the branches in three heads, round like *capparis* [2-204], in which are three little seeds separated by loose skins from one another, round, bigger than *ervum* [2-129, 2-131]. Peeled, they are white and sweet to the taste. The root is thin and white, of no use. The whole shrub is full of juice like *tithymal*. As many as seven or eight of the seeds are able to purge the bowels taken in a pill or eaten and swallowed down with dry figs or dates, and cold water sipped with it. It expels phlegm, bile, and water. The juice (taken like *tithymal*) does the same. The leaves are boiled together with a hen or vegetables for the same effect. Some also call this *tithymal* and regard it among the *tithymals*.



4-168. PEPLOS

SUGGESTED: *Peplos*, *Esula rotunda* [Fuchs], *Euphorbia peplus* [Linnaeus], *Tithymalus peplis*, *Euphorbia peplis*  
— Wild Purslane, Purple Spurge, Petty Spurge

**P***eplos* is a little shrub full of white juice, with a little leaf like rue [3-52, 3-53, 4-98], but broader. The whole clump is about twenty centimetres round, spread on the ground; and under the leaves is little seed, round, smaller than that of white poppy. The herb has much use although the single root (from which the whole shrub breaks out) is of no use. It grows in gardens and vineyards. It is gathered at harvest time, dried in the shade, and turned often. The seed is pounded, made clean, and stored. An *acetabulum* [vinegar cruet] of a decoction (taken as a drink with a half pint of honey water) expels phlegm and bile. Mixed in meats it disturbs the digestion. It is preserved in brine. It is also called *syce*, or *papaver spumeum*.

4-169. PEPLION

SUGGESTED: *Peplis portula* — Common Water Purslane

**P***eplis* grows (particularly) in maritime places. It is a shrub spread around, full of white juice, with leaves like garden *portulaca* [4-168] but round, with the parts beneath a reddish colour; and round seed under the leaves like *peplus* [4-168], hot to the taste. The single root is thin and useless. It is gathered, stored, and given like *peplus* preserved in brine, and it has the same properties. It is also called *portulaca sylvestris*, while Hippocrates calls it *peplion*.

4-170. CHAMAISUKE

SUGGESTED: *Euphorbia chamaesyce*, *Euphorbia massilensis*  
— Crenated Annual Spurge

see 3-96

**C***hamaesyce* sends out branches four fingers long, lying upon the ground, round in a circle, full of juice,

with leaves like *lens* [lentils], similar to *peplus* [above], little, thin, close to the earth. The seed is under the leaves, round, like *peplus*. It has neither flower nor stalk, and the root is thin and useless. The branches (pounded into small pieces) with wine are able to lessen pains about the womb. Applied as a pessary and smeared on they take away oedema, hanging warts, and myrmecias [wart resembling an anthill]. Eaten boiled, they loosen the bowels, and the juice does the same things. Furthermore, smeared on, it helps a scorpion strike. It is good rubbed on with honey for dullness of sight, darkening of the vision, new liquid discharges from the eyes, scars, and specks or small clouds in the eye. It grows in dry rocky places. Some call it *syce*, or *papaver spumeum*.

#### 4-171. SKAMMONIA

SUGGESTED: *Convolvulus scammonia*, *Convolvulus syriacus*  
— Scammony

gum resin

**S***camonia* sends out many branches three feet long from one fat root, displaying roughness; and the leaves are also rough like *helxine* [4-39, 4-86] or *cissus* [2-210], yet softer and triangular. The flowers are white, round, hollow like baskets, with a strong scent. The root is a good length, thick as an arm, white, with a strong scent, and full of juice. The juice is gathered as follows: the head is taken away from the root and a roof-like hollowness cut into it; the juice flows into it and is taken up in spoons. Some dig the earth in a roof-like shape, place leaves of the *carya* [1-178] underneath, and pour the juice on them. When it has dried to a resin they take it away. The good resin is transparent, light, thin, and like bull glue in colour, with thin fungus-like cracks, like that from Mysia in Asia. Do not only look for the whiteness of it when touched by the tongue, for this happens also if the juice of *tithymal* [above] is mixed with it, but look rather to the signs previously mentioned, and also that it does not burn the tongue too much, which happens when *tithymal* is mixed with it. Those made in Judaea and the Syrian are the worst — heavy, thick, adulterated with *tithymal* and *ervum* meal [2-129, 2-131].

Forty grains of the juice (taken with honey and water or a teaspoon of water) is able to purge bile and phlegm downwards. To loosen the bowels twenty grains are enough, taken with *sesama* [2-121] or some other seed. For more effective purging thirty grains of the juice is given with twenty grains of black hellebore and one teaspoonful of aloe. Purging salts are prepared with twenty teaspoonfuls of the juice of scammony mixed with six cups of salt. It is taken according to the strength of a man. The full dose is three spoonfuls, the middle two and the least one. One or two teaspoonfuls of the root (mixed with the things previously mentioned) are a purge. Some boil it and drink it. Boiled with vinegar and pounded into small pieces with barley meal it is a poultice for sciatica. The juice (applied to the womb in wool) is an abortifacient. Rubbed on with honey or oil it dissolves tubercula [nodules]. Boiled in vinegar and smeared on it takes away leprosy. With vinegar and *rosaceum* [1-53] it makes irrigations [by pouring or sprinkling] for a long-lasting headache.

Some call this *scamboniae radix*, *colophonia*, or *dactylum*, the Romans call it *colophonium*, the Magi, *apopleumonos*, and the Egyptians, *sanilum*.

#### 4-172. CHAMELAI A

SUGGESTED: *Chamelaea* [Pliny], *Cneorum tricoccon*  
— Dwarf Olive  
*Cneorum* [Bedevian] — Spurge Olive, Widow Wail

**C***hamelaea* has branches twenty centimetres long. The shrub is sprigged, and it has leaves like the olive but more slender, thick and bitter, biting to the taste, and irritating to the throat. The leaves of this purge phlegm and bile downward, especially taken in a *catapotium* [pill] with twice as much wormwood [3-26] mixed to one part of the *chamelaea*, but let it be made with water or honey into a *catapotium*. They are not soluble for they pass through as big as they were taken. The leaves (pounded into small pieces and taken with honey) purge foul, crusted ulcers. It is also called *pyros achne*, *acnestos*, *coccus cnidios*, *chamelaea nigra*, *heraclion*, or *bdelura*, the Romans call it *citocacium*, and some, *eleago*, or *oloastellum*.



*Cneorum tricoccon*  
after Le MAOUT — 1888

## 4-173. THUMELAIA

SUGGESTED: *Thymelaea hirsuta*, *Daphne gnidium*  
— Gnidium, Spurge Flax, Flax-leaved Daphne

[Loudon] not the *cnidium* species of today

**T***hymelaea* is similar in nature to sown flax. It sends out many thin fair stems, almost two feet high. The leaves are like *chamelaea* [above] but narrower and fatter, somewhat viscous and glutinous if chewed. The flowers are white, and in the midst is the fruit — as small as that of *myrtus* [1-155], round, at first green, but afterwards red. The covering of it is hard and black, but within it is white. A decoction of the inner part (taken as a drink using as much as twenty of the grains) purges bile, phlegm and water downwards. It burns a rough throat; as a result it is given with meal, polenta, in the kernel of a grape, or covered with boiled honey to swallow it down. Additionally, to rub those who have difficulty sweating, it is pounded into small pieces with saltpetre [potassium nitrate] and vinegar. The leaves — which are properly called *cneoron* — must be gathered at harvest time and put in jars after they have dried in the shade. It is necessary to beat them and to take off the strings in them. As much as an *acetabulum* [vinegar cruet] applied with diluted wine purges by drawing away watery matter. It makes the purging more moderate if it is mixed with boiled *lens* [lentils] and bruised vegetables. They are pounded into small pieces and made into little balls (with juice from unripe grapes) to be stored. The herb is worthless for the stomach, and given as a pessary it is an abortifacient. It grows in rough hilly places. Some are deceived thinking *cnidium* grain [seed] to be the fruit of *chamelaea*, beguiled by the similarity of the leaves. It is also called *chamelaea*, *pyrosachne*, *cestron*, or *cneoron*. *Cnidium* grain — which is the seed — is gathered, which the Euboeans call it *aetolium*, the Syrians, *apolinum*, and some, *linum*.

4-174. AKTE

SUGGESTED: *Sambucus* [Fuchs], *Sambucus nigra* [Linnaeus]  
— Elder Tree, Arn Tree, Boon Tree

see uses below — 4-175

**A**kte has two types; one is like a tree with reed-like branches — round, hollow, whitish and a good length. The three or four leaves are set at distances around the stem, like the *carya* [1-178], more jagged, and with a strong smell. On the top are branches or stalks on which are round tufts with white flowers, and a fruit like *terminthos* [1-91] of a somewhat purplish black, growing in clusters, full of juice, smacking of wine. It is also called *arbor ursi*, or *sativa*; the Romans call it *sambucus*, the Gauls, *scobie*, and the Dacians, *seba*.

4-175. CHAMAIAKTE

SUGGESTED: *Ebulus* [Fuchs], *Sambucus ebulus* [Linnaeus]  
— Dwarf Elder, Ground Elder, Danewort

BERRIES POISONOUS

**T**he other kind is called *chamaiacte*. This has a creeping rhizome and is smaller and more herb-like, with a foursquare stalk that has many joints. The leaves are spread out at distances around every joint, like the almond tree, cut-in all around, and longer, with a strong scent, and having a tuft on the top like that above, and with a similar flower and fruit. The long root lies underneath, the thickness of a finger. This has the same properties and uses as that above — drying, expelling water, yet bad for the stomach. The leaves (boiled as vegetables) purge phlegm and bile, and the stalks (boiled as a vegetable) do the same. The roots (boiled with wine and given with meat) are good for dropsy. A decoction (taken as a drink) helps those bitten by vipers. Boiled with water for bathing it softens the womb and opens the vagina, and sets to rights any disorders around it. A decoction of the fruit (taken as a drink with wine) does the same things, and rubbed on it darkens the hair. The new tender leaves (smearred on with polenta) lessen inflammation, and smearred on, they are good for burns

and dog bites. Smearred on with bull or goat grease they heal hollow ulcers, and help gout. It is also called *heliosacte*, *sylvestris sambucus*, or *euboica*; the Romans call it *ebulus*, the Gauls, *ducone*, and the Dacians, *olma*.

#### 4-176. PUKNOKOMON

SUGGESTED: *Clinopodium vulgare*, *Melissa clinopodium*  
— Wild Basil

see 3-50, 3-109

**P***ycnocomon* has leaves like *eruca* [2-170] but rough, thick, and sharper, a four-square stalk, and a flower like that of basil. The seed is like *marrubium* [3-38]; the root black, round, pale, shaped like a little apple, smelling earthy. It grows in rocky places. As much as a teaspoon of a decoction of the seed (taken as a drink) is able to cause nightmares. Applied with polenta it dissolves oedemas and extracts thorns and splinters. The leaves are applied to dissolve tubercles [growths] and boils or inflammatory tumours. The root loosens the intestines and voids bile. Two teaspoonfuls are given in honey and water.

#### 4-177. APIOS

SUGGESTED: *Apios* [Fuchs], *Lathyrus arvensis repens tuberosus* [Bauhin], *Lathyrus tuberosus* [Linnaeus]  
— Earth Chestnut [Mabberley]  
[other usage] *Euphorbia apios* — Pear-rooted Spurge

**A***pios* sends out two or three small branches from the earth — rushy, thin and red — lifting themselves a little above the ground. The leaves are similar to rue [3-52, 3-53, 4-98], green, yet somewhat longer and narrower. The seed is small; the root similar to *hastula* [*fistula?*] *regia* and in the shape of a pear, but rounder and full of juice, with a black bark, and the inside white. This inner part of the root is taken to draw out bile and phlegm by vomiting, and the bark purges downward. Taken together they induce purging both ways. If you are prepared to juice it, beat the roots, throw them into a jar of water, shake it together, take away the liquid standing on top with a feather, and dry it. A decoction of fifteen grains of this (taken as a drink) purges upward and

downward. It is also called *ischias*, *chamaebalanos*, *radix montanus*, *radix sylvestris*, or *linozastis*; the Romans call it *radix silvestris*, and the Africans, *thorphasadoe*.

#### 4-178. KOLOKUNTHIS

SUGGESTED: *Citrullus colocynthis*, *Cucumis colocynthis*  
— Colocynth, Bitter Apple, Bitter Gourd

see 2-162

**C***olocynthis* sends out small branches with jagged leaves spread on the ground like those of the cultivated cucumber, with a round fruit like a mid-sized ball, strongly bitter, which you must gather when it begins to change into a paler colour. The pulp of the fruit is purging; forty grains is taken with honey water, or with saltpetre [potassium nitrate], or myrrh [1-77, 1-73, 4-116], boiled with honey and made into a *catapotion* [pill]. The seeds themselves (dried and pounded into small pieces) are effective mixed with enemas or suppositories for sciatica, paralysis, and colic, for driving out phlegm and bile, and for scouring out, sometimes even bloody stuff. Used as a pessary they are abortifacient. This is a mouth rinse for toothache, if you take the pith out of one, wrap it around with clay and boil it in vinegar and saltpetre [potassium nitrate], then give it to wash the mouth with. Boiled with honey water, or else *passum* [raisin wine], cooled, and given to drink, it purges thick fluids and scours the bowels. It is very bad for the stomach. A suppository of it is inserted for voiding excrement. The green juice of it is good, rubbed on sciatica.

It is also called *colocynthis capri*, *cucurbita amara*, or *colocynthis Alexandrina*; Zoroastres calls it *thymbra*, Ostheneas calls it *autogenes*, the Romans, *cucurbita sylvatica*, and the Dacians, *tutastra*.

#### 4-179. EPITHUMON

SUGGESTED: *Cuscuta epithimum*, *Cuscuta minor*  
— Clover Dodder, Lesser Dodder

**E***pithimum* has little heads, thin and light, with tails like filaments. A decoction (taken as a drink with honey) purges phlegm and black bile downwards. Four



Dodder  
— *Cuscuta epithymum*  
after FAGUET — 1888

teaspoonfuls given with with honey and salt and a little vinegar in an *acetabulum* [vinegar cruet] is suitable for the depressive and those inflated with wind. It grows abundantly in Cappadocia and Pamphylia. It is also called *cedoes*, and the Romans call it *involucrum*. It has a flower like the harder thyme and like *satureia*.

#### 4-180. ALUPON

SUGGESTED: *Globularia alypum* — Globularia,  
Alypo Globe Daisy

**A***lypum* is a somewhat red shrubby herb, with thin twigs and thin leaves; full of flowers, soft and light; the root like beet, thin, full of sharp juice; the seed like *epithymum* [above]. It grows in great abundance in maritime places especially, in places in Libya, and abundantly in other places also. The seed (taken with an equal amount of salt, *epithymum*, and vinegar) purges black bile downward, and it exits the intestines quickly.

#### 4-181. EMPETRON

SUGGESTED: *Empetrum nigrum* — Crowberry,  
Black-berried Heath

POISONOUS

**E***mpetron* grows in hilly maritime places, salty to the taste, but that nearer to the earth is more bitter. Given in broth or honey water it purges phlegm, bile, and watery matter. It is also called *phacoides*.

#### 4-182. KLEMATITIS

SUGGESTED: *Clematis flammula* [Mabberley] — Clematis,  
Sweet Virgin's Bower

**C***lematitis* sends out somewhat reddish pliant branches, and leaves especially sharp to the taste and ulcerating. It winds around trees like *smilax*. A decoction of the seed of this (pounded into small pieces and taken as a drink with water or honey water) drives



phlegm and bile downwards. The leaves applied remove leprosy. It is preserved in salt with *lepidium* [2-205] to be eaten.

#### 4-183. AMPELOS AGRIA

SUGGESTED: *Ampelos agria*, *Labrusca* [Pliny], *Vitis labrusca*  
— Wild Vine, Fox Grape

The wild vine sends out long sprigs like the vine, woody and rough, with the bark chapped. The leaves are like garden *strychnos*, but broader and longer. The mossy flower has filaments; and the fruit is like little grape clusters that ripen and grow red. The shape of the seeds is round. The root of this (boiled in wine and taken as a drink with two cups of seawater) purges out watery matter. It is also given for dropsy. The clusters [of fruit] clean away sunburn and every spot. The new shoots are preserved in salt to eat with meat [vegetable].

#### 4-184. AMPELOS LEUKE

SUGGESTED: *Vitis-alba*, *Psilothrum*, *Bryonia* [Fuchs],  
*Brionia alba* [Linnaeus], *Bryonia dioica* — White Bryony  
Snake Bryony, White Wild Vine, Common Bryony

POISONOUS

*Vitis alba* has branches, leaves and tendrils like the cultivated vine, but all rougher. It is wrapped around the shrubs standing nearby; catching hold with its tendrils; and it has a red cluster-like fruit with which hides are made bare of hair. The young tendrils of this are eaten (boiled) at the first placing-out, to move the urine and bowels. The leaves, fruit, and root are sharp; as a result they are effective applied with salt on those who have had surgery, gangrene, and spreading, erosive, rotten ulcers of the legs. The root cleans the skin and smooths it [wrinkles], and with *ervum* [2-129, 2-131], *terra chia* [earth from Chios], and fenugreek it takes off sunburn, varicose veins, freckles, and black scars. Boiled with oil until it is dissolved it is good for the same purposes. It takes away bruises and represses whitlows on the fingers. Pounded into small pieces and smeared on with wine it dissolves inflammation, breaks abscesses,

and extracts bones. It is mixed effectively with antiseptic medicines. It is taken as a drink for epilepsy — one teaspoon every day for a year. Taken in the same way it helps those sick of apoplexy [rush of blood and dizziness] and vertigo. Two teaspoonfuls of a decoction (taken as a drink) help those bitten by vipers, and are an abortifacient. Sometimes it troubles the understanding somewhat. A decoction (taken as a drink) induces urine, and applied as a pessary to the womb it is an abortifacient, and extracts the afterbirth. Syrup of it with honey is given to those suffocated, to hard breathers and coughers, to those with pain in the side, and for hernia and convulsions. Thirty grains (as a decoction taken as a drink with vinegar for thirty days) reduces the spleen, and it is smeared on with figs for the same purposes. It is boiled for a hip bath to clean the womb, and it is an abortifacient. The root is juiced in the spring. This juice is taken as a drink with honey and water for the same purposes, as well as to expel phlegm. The fruit is good (both rubbed on and applied) for parasitical skin diseases and leprosy. The fruit is juiced and sipped up with boiled wheat to draw out milk [breastfeeding]. It is also called *bryony*, *ophiostaphylon*, *chelidonium*, *melothron*, *psilothron*, *archezostis*, *agrostis*, or *cedrostis*.

#### 4-185. AMPELOS MELAINA

SUGGESTED: *Vitis-nigra* [Fuchs], *Clematis sylvestris latifolia* [Bauhin], *Clematis vitalba* [Linnaeus], *Viburnum gallorum*, *Vitis nigra* — Wild Clematis, Traveller's Joy, Biting Clematis, Hedge Vine

POISONOUS

**V***itis nigra* has leaves and stalks like *cissus* [2-210] or even more like those of *smilax*. These are bigger, and this too takes hold of the trees with its tendrils. The fruit is clustered, green at first, but it grows black when ripe. The root is black outside, but within the colour of box root. The new stalks are eaten as vegetables. They are urinary, expel the menstrual flow, and reduce the spleen. They are good for epilepsy, vertigo and paralysis. The root has the same properties as the white bryony, and is suitable for the same uses yet it is less effective. The leaves (smeared on with wine) are good for the necks of

labouring beasts that are ulcerated, and they are applied similarly for dislocations [veterinary]. It is also called black bryony, the *chironian* vine, or *bucranium*; the Romans call it *oblamenia*, some, *batanuta*, or *betisalca*, the Dacians, *priadela*, some, *pegrina*, and the Africans, *lauothen*.

#### 4-186. PTERIS

SUGGESTED: *Filix mas* [Fuchs], *Filix non ramosa dentata* [Bauhin], *Dryopteris filix-mas* [in Sprague], *Polypodium filix-mas* [Linnaeus], *Aspidium filix-mas*, *Polystichum filix-mas*, *Lastrea filix-mas*, *Polypodium dryopteris* — Male Polypody, Male Fern, Shield Fern

see 4-189

**P**teris has leaves without stalks, flowers or seed out of one stem, the height of about a foot, cut-in and spread out wide like a wing, with a somewhat strong smell. It has a root that lies shallow, black, somewhat long, with many shoots, somewhat astringent to the taste. It grows in rocky hilly places. Four teaspoonfuls of the root of this is taken with honey and water to draw out broadworms. It works better if one gives it with forty grains of scammony or black hellebore. It is necessary for those who take it to eat garlic first. For the splenetic it is given to restore them to their former state. A decoction of the root (taken as a drink with goose grease and applied as well) is good for those hurt with a fistula [ulcer]. The proof is this: where there is much seed and much fern enclosing it, there the fern vanishes. It is also called *blechnon*, *polyrrhizon*, *pterion*, *pterineon*, *dasyclonon*, or *anasphoron*; the Magi call it *surculum Mercurii*; the Romans, *filix fanaria*, some, *laculla*, or *filix*, and the Egyptians call it the blood of an ass.

## 4-187. THELUPTERIS

SUGGESTED: *Thelypteris* [Pliny], *Felix*,  
*Felix foemina* [Fuchs], *Pteris aquilina* [Linnaeus],  
*Pteridium aquilinum* [in Sprague] — Buckler Fern, Brake Fern,  
Bracken, Eagle Fern, Female Fern

**T***helypteris* has leaves like those above, only not single-stemmed, but with many higher abnormal growths. The roots are underneath — long, thwarting, numerous, yellowish-black, and some also red. These are taken with honey as *linctus* [syrup] to expel broadworms. Three teaspoons of a decoction (taken as a drink with wine) expels roundworms. Given to women they cause barrenness [birth control], and if any conceives she aborts [abortifacient]. Dried, they are applied to ulcers that are moist and hard to cure, and they heal the necks of yoked beasts. The newly put out leaves of it are used as vegetables, and eaten boiled they soften the bowels. It is also called *nymphaea pteris*, and the Romans call it *lingua cervina*.

## 4-188. POLUPODION

SUGGESTED: *Polypodium* [Fuchs], *Polypodium vulgare* [Bauhin, Linnaeus] — Common Polypody, Polypody Wall Fern, Golden Locks  
[other usage] *Polypodium felix-faemina*,  
*Anthyrium felix-faemina*, *Aspidium felix-faemina* — Lady Fern, Female Polypody

**P***olypodium* grows on mossy rocks and on the wild stocks of oaks; the height of twenty centimetres, like fern, somewhat rough, cut-in, but not divided as thinly. The hairy root lies underneath, with two curled locks like a *polypus*, the thickness of a little finger; but scraped it is green within, sharp, and with a somewhat sweet taste, and it is purging. To purge it is given boiled together with a hen, fish, beets or mallows. Dried, powdered, and sprinkled into honey and water, it expels phlegm and bile; and the root (pounded into small pieces and applied) is good for cleaning, and for cracks between the fingers. It is also called *scolopendrion*, *pteris*, or *polyrrhizon*, and the Romans call it *filicula licitalis*.

## 4-189. DRUOPTERIS

SUGGESTED: *Dryopteris filix-mas*, *Polypodium filix-mas*,  
*Aspidium filix-mas*, *Polystichum filix-mas*, *Lastrea filix-mas*,  
*Polypodium dryopteris* — Male Polypody, Male Fern,  
Shield Fern, Buckler Fern

see 4-186

**D***ryopteris* grows on the mossy parts of old oaks like fern, but there are fewer incisions. It has rough roots enfolded by plaiting — astringent to the taste, inclining to sweetness. This is applied (pounded into small pieces with its roots) to make hair fall off. You must wipe away the first application after it has moistened the skin, and lay on fresh. It is also called *pterion*, or *nymphaea pteris*.

## 4-190. KNIKOS

SUGGESTED: *Cartamus*, *Crocus hortensis* [Fuchs],  
*Carthamum officinarum*, *Cnicus sativus* [Bauhin],  
*Carthamus tinctorius* [Linnaeus] — Safflower, Saffron Thistle  
[Mabberley]

see 4-119

**C***nicus* has somewhat long leaves, cut-in, sharp and prickly, and stalks a foot long on which are heads the size of an olive; the flower like saffron [yellow threads], the seed is white, reddish, somewhat long, and angular. This flower they use for sauce with meats [vegetable]. The seed is bruised and juiced with honey water (or the broth of a hen) to purge the intestines. It is bad for the stomach. Marzipan is made from it for softening the intestines — the liquid of it mixed with almonds, saltpetre [potassium nitrate], aniseed [3-65] and boiled honey. You must divide them in four parts about the size of a *carya* [1-178] and take two or three of them before supper. You must prepare it as follows: combine one pint jar of white *cnicus*, three cups of almonds (roasted and blanched), one pint of aniseed [3-65], a teaspoon of the foam of saltpetre [potassium nitrate], and the flesh of thirty dried figs. The juice of the seed thickens milk and makes it more laxative.

#### 4-191. LINOZOSTIS

SUGGESTED: *Mercurialis mas* [Fuchs],  
*Mercurialis annua* [Linnaeus] — Annual Mercury

*lino* — to smear; *zoster* — shingles

**L***inozostis* has leaves like basil, similar to those of *helxine* [4-39, 4-86] but smaller, and little branches with two joints and many thick wings. The seed of the female grows in abundant clusters. The male has branches that are small and round, as though it were, two little stones lying together. The whole shrub is twenty centimetres long or more, and both types (used as vegetables and eaten) induce movement of the bowels. Boiled in water (and the water taken as a drink) they expel bile and watery stuff. It is thought that the leaves of the female (pounded into small pieces and taken as a drink, as well as applied to the genitals after the menstrual flow cleansing) causes the conception of a female child, and that if the leaves of the male are used in the same way, it comes to pass that a male child is born. It is also called *argyros*, *aritrillis*, or *chrysitis*; the Egyptians call it *aphlopho*, the Romans, *herba Mercurialis mascula*, or *testiculata*, the Africans, *asumes*; and it is also called *parthenium*, or *herbula Mercurii*.

#### 4-192. KUNOKRAMBE

SUGGESTED: *Cynocrambe*, *Mercurialis sylvestris mas*, *Cynocrambe mas* [Fuchs], *Mercurialis perennis* [Linnaeus]  
— Dog's Mercury [Mabberley]  
[other usage] *Thelygonum cynocrambe* — Dog's Cabbage

**C***ynia* (or *cynocrambe*) sends out small tender stems two feet high, somewhat white, with whitish leaves at distances, like *mercuria annua* [4-191] or *cissus*. The seed lying by the leaves is little and round. Both the stalk and the leaves (taken as a decoction or as vegetables) are able to move the bowels. The water from their boiling expels bile and watery stuff. It is also called the wild male *linozostis*; the Africans call it *harmas*, and some, *asumeslabon*.

#### 4-193. ELIOTROPION MEGA

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SUGGESTED: *Heliotropium europaeum* — Heliotrope, Turnsole, Cherry Pie

The great *heliotropium* is named from the leaves turning around towards the setting of the sun. It has leaves like basil but rougher, darker, and bigger; and (as it were) three or four or five shoots from the root, and on these many wings. On the tops are white flowers inclining to a purple, winding around like the tail of a scorpion. The root is thin and of no use. Boiled with water and taken as a drink as much as a handful of this expels phlegm and bile through the bowels. A decoction (taken as a drink with wine and also smeared on) is good for those touched by scorpions. It is hanged around one to cause barrenness. And they say that a decoction of four grains of the seed (taken as a drink with wine one hour before the time of the fit) cures quartains; and three, tertians [recurrent paroxysmic fevers]. The seed is smeared on to dry up protruding warts, hanging warts, warty abnormal growths, and pustules appearing at night. The leaves are usefully smeared on for gout, dislocations, and children that have siriasis [sunstroke]; pounded into small pieces and applied, they induce the movement of the menstrual flow, and are abortifacient. From the form of the flowers some have called it *scorpiuron*, *heliotropos*, *dialion*, *heliopun*, *scorpioctonon*, *sesamon sylvestre*, or *scorpij cauda*.

#### 4-194. ELIOTROPION MIKRON

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SUGGESTED: *Heliotropium amplexicaule* — Blue Heliotrope  
*Heliotropium ciliatum* — White Heliotrope

The little *heliotropium* grows in marshy places and near lakes, with leaves like that mentioned above, only rounder; with round seed hanging like hanging warts. A decoction of the herb and seed (taken as a drink with saltpetre [potassium nitrate], hyssop [3-30], *nasturtium* [2-185], and water) is able to drive out broadworms and roundworms. Smeared on with salt it takes away hanging warts.

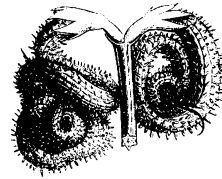
## 4-195. SKORPIOIDES

SUGGESTED: *Myosotis scorpioides*, *Myosotis palustris*  
— Scorpion Grass, Water Forget-me-not  
*Scorpiurus vermiculata* — Common Caterpillar

see 2-214

**S***corpioides* is a little herb with a few leaves like the tails of a scorpion. Smear'd on they help those bitten by scorpions considerably.

END OF BOOK FOUR



*Scorpiurus vermiculata*

from TEGETMEYER  
— 1897