

## HORTUS MEDICUS

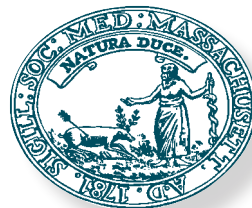
The name of our medicinal garden, is part of a time-honored tradition that began in the Early Renaissance when the university system was created in Europe. At that time, all of the medical schools had a medicinal garden named it **HORTUS MEDICUS** because back then, the academic lingua franca of Europe was Latin. We grow approximately 100 different genus and species of medicinal plants to teach and to learn history (**DOCENDO DISCIMUS**), and not to advocate for specific remedies to treat specific medical disorders. Medical history cannot be written or taught without devoting many chapters to medicinal plants and to their therapeutic values. Our plant selections span five millennia of recorded medicinal plant history that began with the invention of writing by the Sumerians and their description of the medicinal properties of the Opium Poppy, *Papaver somniferum*.



Our plant selections include four major categories: (1) scientifically proven to be effective (e.g., *Digitalis purpurea*, the Common Foxglove); (2) scientifically proven to be effective but no longer prescribed because they have been replaced with more effective remedies (e.g., *Tanacetum parthenium*, Feverfew); (3) scientifically proven not to be effective but used in treatment for long periods of time (e.g., *Physalis alkekengi*, Chinese Lantern); (4) controversial because of differences of interpretation of the scientific and the clinical data (e.g., *Echinacea purpurea*, Purple Cone Flower).

These four categories embrace many medical therapies prescribed to alleviate symptoms, relieve pain and suffering, prevent and/or cure disease, and improve nutrition to restore and to maintain good health.

Throughout human history, there has been a continuous never-ending search in all cultures and everywhere in the world for the prevention and the cures of diseases and for the sources of nutrition in plants.

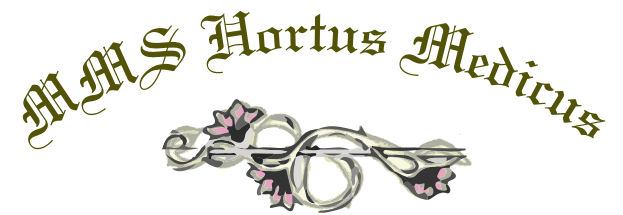


NATURA DUCE (Nature is the leader)  
The Motto of the Massachusetts Medical Society since its founding in 1781.



MASSACHUSETTS  
MEDICAL SOCIETY

*Every physician matters, each patient counts.*



The Medicinal Garden of the  
Massachusetts Medical Society  
860 Winter Street, Waltham, MA

<https://garden.mms.org>



NATURA DUCE, HORTUS MEDICUS NOS AMICAS ET AMICOS EIUS HABET  
"With nature as our guide, the Medicinal Garden counts us as its friends."

## OUR STORY

The Origin of the Massachusetts Medical Society **HORTUS MEDICUS**



Prior to the building of the new headquarters for the Massachusetts Medical Society, a committee was formed of Society members, employees of the Society, and members of the Alliance (spouses of Society members) to collaborate with the building and landscape architects to design gardens for the new campus and an atrium garden to be located inside of the new building.

Following the lead of the principal building architect, the committee chose the same two themes for the gardens as the architect had chosen for the building: (1) nature and (2) medical history and tradition.



## A SAMPLE OF DISEASES AND MEDICAL DISORDERS

THESE ARE TREATED WITH MEDICINAL PLANTS IN CULTIVATION IN **HORTUS MEDICUS**

Chronic Congestive Heart Failure	<i>Digitalis lanata</i>	Grecian Foxglove
Uric Acid Metabolic Disorder (Gout)	<i>Colchicine autumnale</i>	Autumn Crocus
Migraine Disorders	<i>Tanacetum parthenium</i>	Feverfew
Multiple Malignancies	<i>Catharanthus roseus</i>	Madagascar Periwinkle
Vertigo and Motion Sickness	<i>Zingiber officinale</i> *	Ginger
Constipation	<i>Rheum officinale</i> *	English Rhubarb
Pain and suffering	<i>Papaver somniferum</i>	Opium Poppy
Anxiety and Depression	<i>Valeriana officinalis</i> *	Valerian
Insomnia and Mood Disorders	<i>Lavendula officinalis</i> *	Lavender
Vitamin C Deficiency	<i>Rosa rugosa</i>	Wrinkled Rose

\*The adjectives *officinalis*, *officinale*, *officinarum* are used in Botanical Latin to mean used in the practice of medicine in the past, the present or both. The difference in spelling is accounted for by the rules of Latin grammar, which require adjectives to agree in number, gender, and case with the nouns they modify. There are more than 1,400 plants with proven medicinal value, 70 of which have *officinale*, *officinalis*, or *officinarum* as the species name in the Linnaean System of Binomial Plant Taxonomy. Of those 70, 24 grow in our medicinal garden.

