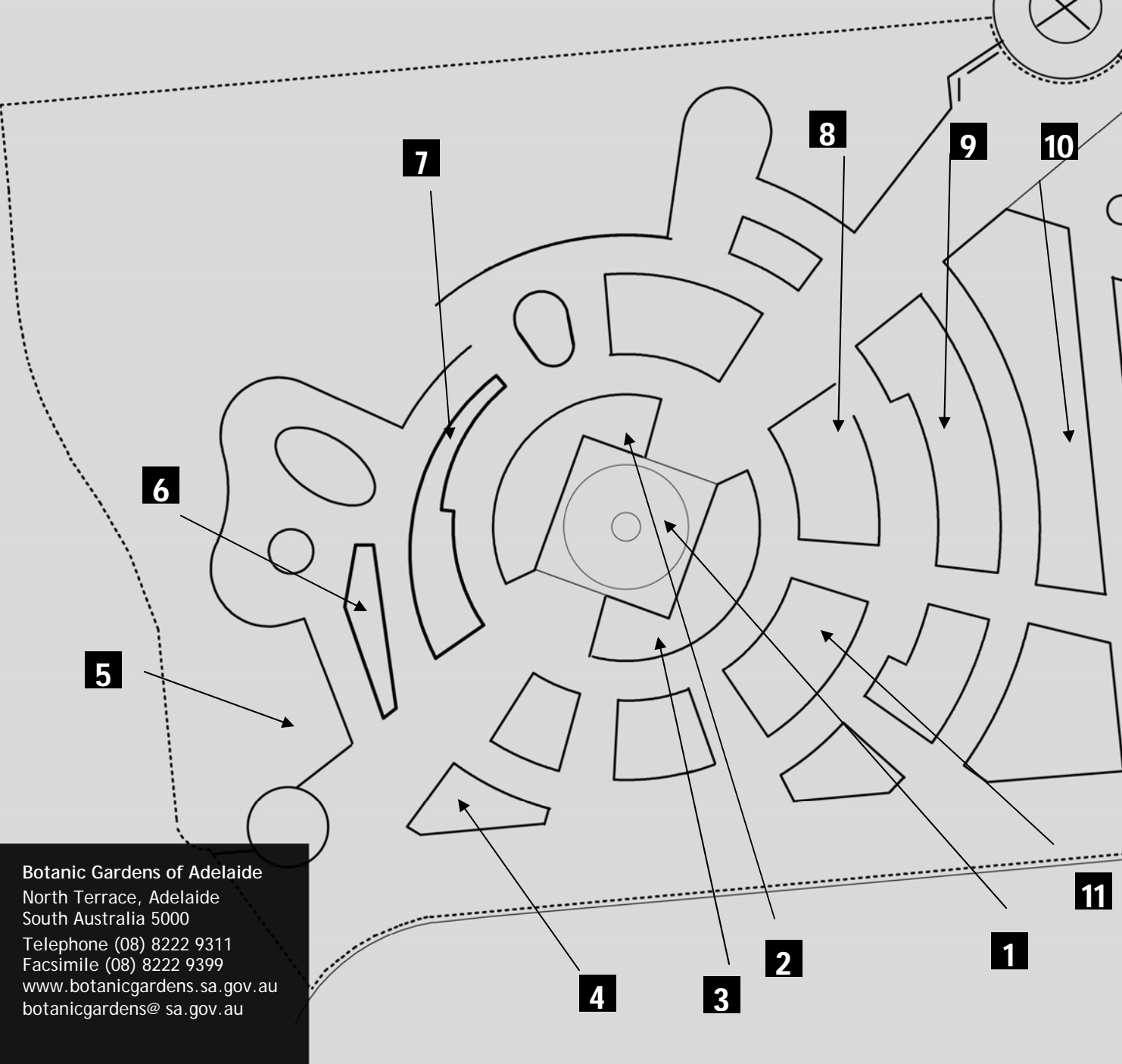




## Garden of Health: *Garden of Healing*

A Self-Guided Walk



Botanic Gardens of Adelaide  
North Terrace, Adelaide  
South Australia 5000  
Telephone (08) 8222 9311  
Facsimile (08) 8222 9399  
[www.botanicgardens.sa.gov.au](http://www.botanicgardens.sa.gov.au)  
[botanicgardens@sa.gov.au](mailto:botanicgardens@sa.gov.au)

[www.botanicgardens.sa.gov.au](http://www.botanicgardens.sa.gov.au)



## Garden of Health

This Garden promotes the connection between plants, people and wellbeing. It has two parts: the *Garden of Healing*, on the south side, explores how plants treat disease; the northern *Garden of Contemplation* promotes reflection on the value of plants for wellbeing. Take a walk to learn more.

*Caution: some of these plants can be dangerous if misused. Natural does not mean safe. Consult a medical practitioner for advice.*

The plants in this trail can be found in the Garden of Health by following the map on this brochure and by looking for plant nameplates.



### 1> The Fountain

Botanic gardens have their origin in the physic gardens of the 16<sup>th</sup> and 17<sup>th</sup> centuries, which were created for the academic study of plants and to teach physicians about plant-based medicine. One of the earliest is the University of Padua, built in 1545. This sandstone feature was created by artist Christen Frenzel and designer Geoffrey Britton, inspired by the design of the botanic garden in Padua.

### 2> Renaissance Europe

As a physician in the 16<sup>th</sup> Century, your garden was your pharmacy. The Renaissance saw a revival of herbalism, the identification of useful plants in herbals. Authors were often curators of university gardens and most herbals were taken from classic texts, such as *De Materia Medica*, by the Greek Dioscorides'. Look for *Hyssopus officinalis*, used to treat coughs and colds and for *Melissa officinalis*, lemon balm, used to treat stress, anxiety and insomnia.

### 3> Islamic Golden Age

In 1025AD, Ibn Senna, or Avicenna, a great Islamic scholar, wrote the Canon of Medicine, the first book of experimental medicine. Look for *Ammi visnaga*, used for centuries to alleviate the excruciating pain of kidney stones and for *Cichorium intybus*, chicory, used to treat coughs, eye diseases and hepatitis.

### 4> Indigenous Australia

Indigenous Australians have used medicinal plants for many thousands of years. Look for *Pimelea microcephala*: the root bark is wound around the body to relieve pain; and for *Goodenia ovata*: an infusion of leaves & twigs is used to treat diabetes.

### 5> History Walk

In ancient Egypt, the Ebers papyrus (1500BC) listed 700 remedies, including *Ammi visnaga* for kidney disease, *Aloe* for skin disease and sage for fertility.

### 6> Drugs

80% of our drugs come from plants. *Taxus brevifolia*, or Pacific yew, produces taxol, a highly effective treatment for cancer, especially breast, ovarian and lung cancer.

### 7> The Body

Plants treat diseases of every part of our bodies. *Cynara scolymus*, globe artichoke, produces cynarin, which improves liver and gall bladder function. Aloe is rich in chemical compounds that speed healing by arresting pain and inflammation, encouraging cellular repair, and stimulating the immune system; and chillies are powerful pain relievers.

### 8> The New World

The Americas have a rich pharmacy. Look for *Hydrastis canadensis*, goldenseal, used by the Cherokee as an antiseptic for inflammation, as a general health tonic, and to improve appetite.

### 9> China

Chinese medicine goes back at least 2700 years, and is based on principles of yin and yang, and balancing qi, blood and bodily fluids. Look for *Tussilago farfara*, coltsfoot, one of the most important Chinese herbs, used to moisten the lungs, suppress a cough and reduce phlegm.

### 10> India

The traditional medicine system of India is known as Ayurveda, dating back to 600BCE. It has a model of the five elements and stresses the use of plant-based medicines. Look for *Withania somnifera*, which improves vitality and aids recovery after chronic illness.

### 11 Africa

Africa has a vast and diverse medicinal history. Look for *Aloe ferox*, or Cape aloe, called the Plant of Immortality in the Egyptian Book of Remedies, is used to treat minor wounds, frostbite and psoriasis and seborrheic dermatitis.