



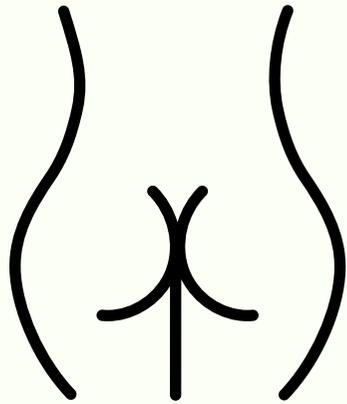
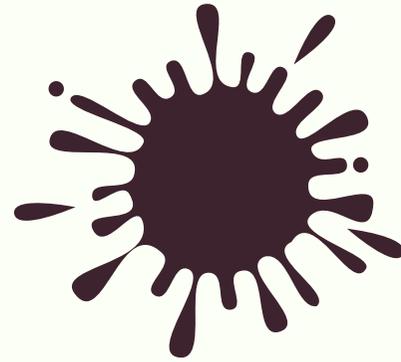
Roman Medicine

Romans used plants to treat ill health, disease, and other human complaints.

Look-up the treatments below and explore the plants growing in the garden at National Roman Legion Museum!

Beetroot

The Roman writer Pliny said that a liquid made from beetroot could remove stains from clothes. Also used in salads, one Roman recipe mixes cooked beetroot with lentils and beans.

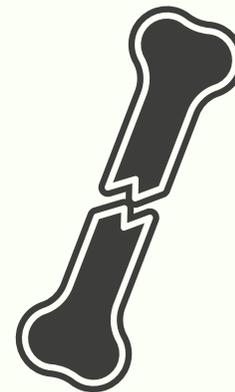


Sage

If soaked in wine, sage was thought to help itchy 'privates'!

Comfrey

Also known as Knitbone, comfrey was used by Roman doctors to heal wounds and bone fractures. They would make a paste of the roots that could stick torn flesh together.



Borage

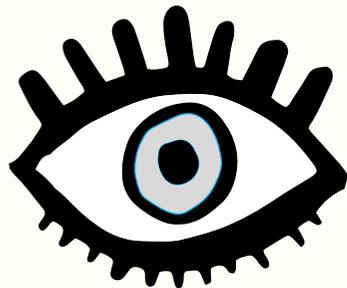
Known to make you cheerful, borage was mixed with wine and used to treat depression and weak hearts in Roman times.

The name 'borage' is thought to come from the Celtic 'borrach' which means 'glad courage'.



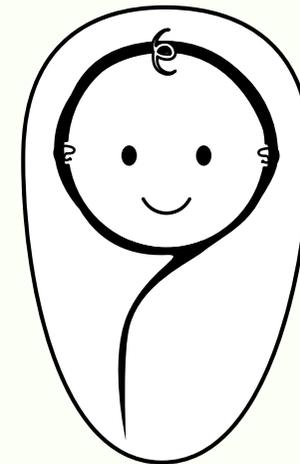
Rue

According to Pliny, rue was eaten by artists to sharpen their eyesight. Perhaps the people who engraved the pictures on gemstones used it?



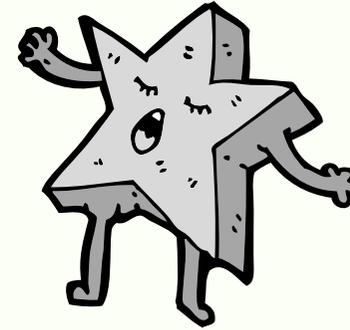
Peony

Reduces the pain of childbirth and is used to treat period pains, jaundice and nightmares. Don't try this at home - peony is extremely poisonous!



Chives

Apparently used by the Emperor Nero to give him a good singing voice. But it could equally have been leeks as sometimes it's not easy to tell which plants the ancient writers were talking about.



Valerian

Petals are sprinkled over bed sheets and the smell helps to bring on a deep sleep.

Lemon balm

Roman writers understood that this plant attracts bees and was good for a healthy garden. It was also an excellent medicine and used to make energy drinks as well as treating cold sores, scorpion stings and insect bites.





Want to know more about Roman medicine?

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