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The WeeCAIR Medicinal Garden Activity Pack

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Foxglove

The active ingredient **digoxin** can be used in medicine to manage some heart conditions, including abnormal heart rhythms and heart failure.

Digoxin is poisonous in large amounts so should only be used by medical professionals.

Snowdrop

The active ingredient, **galantamine**, is used to help people suffering with mild to moderate Alzheimer's disease.

It can also help with other memory impairments.

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St John's Wort

Extracts from the flower and bud of St John's Wort called **Hypericin** or **Hyperforin** have been used in medicine dating back to ancient Greece. People applied it to wounds and burns. Today, researchers are exploring its potential effectiveness treating mild anxiety and depression.

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Yew Tree

Poisonous compounds called **taxine alkaloids** are present in the yew making it very toxic. However, scientists have discovered that extracts from the tree's bark may be helpful in ovarian and breast cancer treatments.

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Willow

Willow is famous as the original source of **salicylic acid**, this is main ingredient in the headache medicine aspirin.

People have used willow extracts for thousands of years for joint pain and fevers. It is mentioned in ancient texts from Assyria and Egypt.

Marigold

Medical experts sometimes use extracts from the plant, to treat conjunctivitis and skin conditions such as eczema and ulcers.

It can also be swallowed as a pill to treat pain from inflammation and fungal infections.

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Lady's Mantle

Lady's mantle has a long history of herbal use. Extracts from the plant have been used to help with illnesses and issues that affect women.

Doctors use the active ingredient, **Quercetin**, has been used in modern medicine to help with fragile blood vessels and has also shown to be effective against oestrogen-related cancers.

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