

**Canine Herb Garden**  
**www.animaltherapyworks.co.uk**

	<b>Common Name</b>	<b>Latin Name</b>	<b>Historical and reputed actions</b>
1	Spearmint (Moroccan) mint	Mentha spicata	Digestive function, respiratory system, pain
2	Rosemary	Rosmarinus officinalis	Circulation, respiratory system, muscular system, nervous animals, lack of confidence
3	Lavender	Lavandula angustifolia	Antispasmodic, asthma, comforting (obsessive worry), muscular aches
4	Comfrey	Symphytum officinale	Fractures, inflammation, muscle, tendon, ligament, cartilage, soft tissue damage
5	Wormwood	Artemisia absinthium	Invigorates digestive system, intestinal worms (particularly pin and round worms), parasites
6	Valerian	Valeriana officinalis	Anxious behaviours, epilepsy, seizures, muscle relaxant, sedative
7	Fennel	Foeniculum vulgare	Digestive issues, female hormones
8	Angelica	Angelica archangelica	Calming, helpful for those who are emotionally shut down
9	Peppermint	Mentha piperita	Digestive function, nerve damage, respiratory system
10	Yarrow	Achillia millefolium	Inflammatory pain, tissue damage, wounds (internal, emotional or external)
11	Catmint (lower growing)	Nepeta mussinii	Loved by cats especially. May have sedative effect on dogs. Diuretic, antispasmodic, astringent, nervine, anti-catarrhal - colds, flu, fevers, headaches, muscular or intestinal cramps
12	St John's Wort	Hypericum perforatum	Chronic pain, nerve pain, depressive behaviours, fits, sedative, blood disorders (viruses)
13	Catnip (taller)	Nepeta cataria	Used in cat toys. High in vitamin C - antispasmodic, anti-catarrhal - colds, fevers, headaches
14	Clary Sage	Salvia sclarea	Calming, nervous tension particularly with hormone imbalance
15	Melissa (Lemon Balm)	Melissa officinalis	Uplifting, dementia, viral infections
16	Arnica	Arnica montana	Bruising (emotional & physical), immune system stimulant, inflammatory pain, arthritis, muscular injury, shock (past and present)
17	Lemongrass	Cymbopogan citratus	Viral or fungal infection, digestive upset, nervous exhaustion, anxiety, stimulant, sedative
18	Thyme	Thymus vulgaris	Antibacterial, antifungal, immune-stimulant, respiratory system
19	Violet Leaf	Viola odorata	Anticipation of pain, change of home, comforting to the heart, nervous dispositions
20	Chamomile Roman	Anthemis nobilis	Anxious or nervous temperament, obsessive compulsive, anxiety-related stomach disorders
21	Skullcap	Scutellaria laterifolia	Nervine – nervous system, anxiety, stress, seizures.
22	Hyssop	Syssopos officiinalis	Obsessive behaviours, rheumatism, immune system, respiratory tract
23	Meadowsweet	Filipendula ulmaria	Joints, urinary system, pain relief, stomach acid issues. Research on meadowsweet in 19 <sup>th</sup> C identified salicylic acid which was then synthetically produced (Aspirin).
24	Sweet Marjoram	Marjorana hortensis	Antispasmodic, comforting, male dominant behaviour, stiff muscles
25	Echinacea	Echinacea purpurera	Stimulates the immune system, antiviral, antibacterial effects
*	Rose Flower	Rosa rugosa	Trauma, unwanted memories, anger, hormone balancing (female)
*	Rose Hips (fruit)	Rosa rugosa	Rich in Vitamin C beta-carotene, tannins, and pectins – all of which help curb oxidative stress, Anti-inflammatory, immune system, cell damage (lypocene)
*	Barley Grass (aka Cat Grass)	Hordeum vulgare	Nutrient-rich (magnesium, calcium, manganese, phosphorous, potassium, zinc, selenium) - supports bodily functions. Anxious & hyperactive behaviour. Cleanse the digestive system

I mostly purchase herb plants from <https://www.herbalhaven.com/>

\* Still to be planted