



# A Pompeian Herbal: Ancient and Modern Medicinal Plants

*Wilhelmina Feemster Jashemski*

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"The appeal of such a work will be wide, encompassing professionals and laymen alike. The book is the type which a visitor to Pompeii, or to Italy generally, would want to take along as a *vade mecum* [guidebook]."

—Robert I. Curtis, Professor of Classics, University of Georgia

When workmen excavating the ruins of Pompeii eagerly gathered the native medicinal plants growing there, Wilhelmina Jashemski discovered that this was another example of the continuity of life in the shadow of Vesuvius. Many of the plants used for herbal medicine around Pompeii today are the same ones that ancient authorities such as Pliny the Elder and Dioscorides recommended for treating the same types of disorders.

In this book, Jashemski presents an herbal of thirty-six medicinal plants, most of them known to the ancients and still employed today. She describes each plant's contemporary medicinal uses and compares them to ancient practices as recorded in literary sources. Scientific, English, and Italian names and the plant's mythological associations complete the entries, while elegant, full-page portraits depict each plant visually.

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