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Ajuga reptans

[Synonyms : *Ajuga reptans*, *Ajuga reptans*]

BUGLE is an evergreen perennial. Native to Europe (including Britain) it has small deep blue flowers with protruding stamens.

It is also known as Ajuga, Babies' shoes, Baby's rattle, *Blauer Kirchturm* (Austrian), Blindman's hand, Blue bugle, British bugle, Brown bugle, Bugle herb, *Bugle rampante* (French), Bugle weed, Bugula, Carpenter's herb, Carpet bugle, Common bugle, Confound, Creeping bugle, Cuckoos, Deadmen's bellows, European bugle, *Glesyn y Coed* (Welsh), Gout-ivy, *Günsel* (German), *Gurgelkraut* (German), Herb carpenter, Herb flower, Honeysuckle, Horse and hounds, Horse peppermint, *Kriechender Günsel* (German), *Krybende læbelos* (Danish), Middle comfrey, Middle compound, Middle consound, Nelson's bugle, North European bugle, *Rentoakankaali* (Finnish), *Revsuga* (Swedish), Self-heal, Sickle-wort, Thunder and lightning, Wild mint, Wood betony, *Zbehovec plazivý* (Czech), and *Zběhovec plazivý* (Czech).

The flowers are pollinated by bees, moths and butterflies.

Reptans is derived from Latin *repto* meaning 'creeping, crawling'.

Apparently in some localized pockets in Germany it was believed unwise to bring bugle inside the house as this could cause fire.

The raw young shoots are edible.

The plant has also been cultivated as ornamental ground cover on semi-shaded sites.

Bugle used to be a popular ingredient in European herbal remedies, particularly for stopping bleeding, and for coughs and ulcers, as well as liver and spleen disorders, gout, jaundice and rheumatism. Praise comes in the unattributed remark

It is so singular good for all sorts of hurts in the body, that none that know its usefulness will ever be without it.

Today some believe that it may have still more to offer and that all its medicinal properties have not been fully researched not least its possible use as a heart tonic. Certainly it is used in homoeopathy.