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Artemisia maritima

[Synonyms : *Artemisia brevifolia*, *Artemisia contra*, *Artemisia lerceana*, *Artemisia nutans*, *Artemisia salina*, *Seriphidium maritimum*, *Seriphidium nutans*]

SEA WORMWOOD is a perennial. Native to Europe and Asia, it has tiny yellowish or brownish-orange flowers.

It is also known as *Armoise maritime* (French), *Assenziola* (Italian), *Assenzio marino* (Italian), *Deniz Pelini* (Turkish), *Gandha* (Sanskrit), *Kiramani owa* (Marathi), *Kirmala* (Hindi), *Merimaruna* (Finnish), *Murni* (Kashmiri), Old woman, *Phillaur* (Punjabi), *Shih* (Arabic, Persian), *Strandbeifuss* (German), *Strandbeifuss Seewermut* (German), *Strandmalört* (Swedish), *Strand-Malurt* (Danish), *Wermod y Môr* (Welsh), and Wormseed.

Warning – sea wormwood can cause vomiting and diarrhoea.

Maritima is Latin (of the sea) meaning ‘coastal, or of the sea or seaside’.

It is a source of the santonin for which Levant wormseed (*Artemisia cina*) is reputed.

Medicinally, it has been used in the past to treat both worms and intermittent fever.