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Corydalis bulbosa

[Synonyms : *Corydalis cava*, *Corydalis parnassica*, *Corydalis solida*]

CORYDALIS is a perennial. Native to Asia and Europe, it has small, down curving spurred, reddish-blue to bluish-violet or cream flowers.

It is also known as Bird-in-a-bush, Bulbous corydalis, Bulbous fumitory, *Festknolliger Lerchensporn* (German), Fumewort, *Gefingertes Lerchensporn* (German), *Pystykiurunkannus* (Finnish), Solid-tubered corydalis, Spring fumewort, and *Stor nunneört* (Swedish).

Warning – corydalis can only be used by a qualified practitioner. It can be poisonous for animals.

Bulbosa means ‘bulbous or swollen’ with reference to the tuber.

Traditional Chinese medicine uses the plant as a painkiller and their research suggests that its strength is approximately 1% of that of opium (*Papaver somniferum*). In orthodox Western medicine it is used in the treatment of convulsions, Menière’s disease and Parkinson’s disease.