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Cunila origanoides

[Synonyms : *Cunila mariana*, *Hedyosmos origanoides*, *Mappia origanoides*, *Satureja origanoides*, *Ziziphora mariana*]

AMERICAN DITTANY is a perennial. Native to eastern North America, it has small thyme scented, whitish, pink or purple flowers with protruding stamens.

It is also known as Common dittany, Dittany, Frost-mint, Frost weed, High pennyroyal, House mint, Maryland cunila, Maryland dittany, Mountain dittany, Oil of dittany plant, Pennyroyal, Stone mint, Sweet horsemint, Thyme, and Wild basil.

Origanoides is made up of the genus name *Origanum* and Greek *-oides* (like) components meaning ‘like marjoram (*Origanum majorana*)’.

The leaves were used to make a tea by the North American Indians, and the early settlers used them for flavouring food.

Cherokee North American Indians included the plant among ingredients in their medicine chest. They used it to treat fever, colds and headaches, and they also used it not only during childbirth but also as a tonic and a cure for snake bites.

It is alleged in local folklore that rattlesnakes can be killed if the plant is held to their noses.

Medicinally, the plant was recommended for treating various female ailments, headaches, colds and fevers.