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Cyperus longus

[Synonyms : *Cyperus brachystachys*, *Cyperus fenzelianus*, *Cyperus loadius*]

ENGLISH GALINGALE is an evergreen reed-like sedge. Native to Asia and Europe (including Britain), it has reddish-brown flower spikelets.

It is also known as *Albafor* (Portuguese), *Bordi* (Maltese), Cypress, Cypress root, *Dammag* (Swedish), *Fladaks* (Danish), Galingale, *Han* (Channel Islander-Guernsey and Channel Islander-Jersey Norman-French), *Hohes Zypergras* (German), *Juncia* (Spanish), *Juncia olorosa* (Spanish), *Junco de olor* (Spanish), *Långag* (Swedish), *Langes Zypergras* (German), Long cyperus, *Smalbladet papyrus* (Danish), *Souchet* (French), *Souchet long* (French), *Souchet odorant* (French), Sweet cyperus, Sweet galingale, *Ysnoden Fair* (Welsh), and *Zigolo comune* (Italian).

Oil is extracted from the roots.

Longus is Latin (long) meaning 'long or tall'.

In Britain in the 16th and 17th Centuries powdered root was not only an ingredient in perfumes but was used to scent clothing, was added to washing water and was also used to add its fragrance to rooms. Today the root oil is used on a commercial basis by the perfumery industry.

English galingale has been used for weaving baskets, matting, and cattle tethers and horses' halters, as well as for making paper.

Medicinally, herbalists have recommended English galingale to dispel wind.