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*Eleocharis palustris*

[Synonyms : *Eleocharis crassa*, *Eleocharis eupalustris*, *Eleocharis intersita*, *Eleocharis kasakstanica*, *Eleocharis levinae*, *Eleocharis oxystachys*, *Eleocharis palustris* subsp. *microcarpa*, *Scirpus eupalustre*, *Scirpus palustre*, *Scirpus palustris*]

**COMMON SPIKE RUSH** is an aquatic perennial. Cosmopolitan in temperate climates it has yellowish to dark brown flower spikelets.

It is also known as *Bahnička bahenní* (Czech), *Bahnička močiarna* (Slovak), *Bahnička mokřadní* (Czech), Bog maritime, Creeping spike rush, *Eléocharide des marais* (French-Canadian), *Gemeines Sumpfried* (German), *Gemeine Sumpfsimse* (German), *Gewöhnliche Sumpfbirse* (German), *Giunco tondo* (Italian), *Héléocharis des marais* (French), *Knappsäv* (Swedish), Large spike rush, Marsh bulrush, Marsh clubrush, Marsh spike rush, *Rantaluikka* (Finnish), Spike rush, *Sydlig sumpstrå* (Danish), US creeping spikerush, and *Waterbies* (Dutch).

*Palustris* is derived from Latin *palus* (bog, marsh) meaning ‘of or from bogs, swamps or marshes’.

Some of the North American Paiute Indians ate the sap.

For members of the Okanagan-Colville Indian tribe on the other hand the plant was a source of fibre for pillows and bedding.

This is a plant welcomed by fishermen as the matted underground stems prevent erosion in sandy riverbanks and also provide a habitat for fish to spawn and find food.

Medicinally, the roots have been used by European herbalists to treat diarrhoea and haemorrhaging.