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Eryngium

Umbelliferae

[*Apiaceae*]

Eryngium is derived for some authorities from a Greek name *eryngion* for field eryngo (*Eryngium campestre*). Other authorities suggest alternative derivations including Greek *eryngion* (thistle) or *eerungos* (goat's beard), or even *eruggarein* (belch). The latter could be supported by the writings of the 1st Century Greek physician Dioscorides who recommended the root for easing belching.