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Ferula sumbul

[Synonyms : *Euryangium sumbul*, *Ferula moschata*, *Ferula pseudooreoselinum*]

SUMBUL is a perennial. Native to western and central Asia it has small, yellow flowers.

It is also known as Euryangium musk root, Ferula, Mush, Musk root, Samboul, and Violet root.

Warning – a large dose can cause breath and skin to smell of the plant, a ‘woolly’ head and snoring in sleep.

In Iran and India the root is burnt as incense during religious ceremonies, and it is also an ingredient in perfume.

Apparently sumbul only came within the purview of western European botanists in 1869, although its use has centuries if not thousands of years of history behind it for Hindus and Persians.

Medicinally, herbalists have recommended it for various female ailments, dysentery, diarrhoea, bronchitis, pneumonia and some nervous disorders.