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Frasera caroliniensis

[Synonyms : *Frasera canadensis*, *Frasera carolinensis*, *Frasera officinalis*, *Frasera verticillata*, *Frasera walteri*, *Swertia caroliniensis*]

AMERICAN COLUMBO is an annual or perennial. Native to eastern North America it has purple-dotted, yellowish-green flowers.

It is also known as American calumba, American frasera, Colombo, Colombo root, Columbia, Columbo, Deer's ears, Felwort, Ground centaury, Indian lettuce, Marsh felwort, Meadow pride, Midland monument plant, Monument plant, Pyramid flower, Pyramid plant, Quinine flower, and Yellow gentian.

Carolinensis means 'of or from North or South Carolina (United States)'.

According to records the North American Cherokee Indians saw the plant as a source of medicine. They believed it to have antiseptic qualities and they took the root as a tonic. It was also used for treating dysentery, indigestion, wind and stomach cramps and it was also given to control vomiting.

Medicinally, the roots are valued like those of calumba, *Jateorhiza palmata* (although the plants are from different families). These are used in East Africa for treating diarrhoea and taken as a bitter tonic.