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Gentiana cruciata

[Synonyms : *Gentiana phlogifolia*, *Tretorhiza cruciata*]

CROSS-LEAVED GENTIAN is a perennial. Native to western Europe it has dull blue flowers which are paler or greenish on the outside.

It is also known as *Croisette* (French), Cross gentian, *Genziana minore* (Italian), *Horec křížatý* (Slovak), *Hořec křížatý* (Czech), *Kreuzenzian* (German), *Prostřelenec křížatý* (Czech), and Star gentian.

Cruciata is derived from Latin *crux* (cross) meaning ‘cross-shaped’.

Cross-leaved gentian has been recommended by homoeopaths (an extract of root) for the treatment of sore throats and hoarseness. Today it is used in homoeopathic medicine.