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Grindelia camporum

[Synonyms : *Grindelia robusta*, *Grindelia robusta* var. *rigida*]

GRINDELIA is an annual, biennial or perennial. Native to California (North America) it has sticky heads of yellow flowers.

It is also known as August flower, California gum plant, Great Valley gumweed, Gumplant, Gumweed, Hardy grindelia, Resin-weed, Rosinweed, Scaly grindelia, and Tarweed.

The flowering heads and the leaves yield an essential oil known as Grindelol.

Warning – grindelia is poisonous if taken internally in large doses. Smaller doses can cause the heartbeat to slow.

Camporum means related to camphor (*Cinnamomum camphora*) or with a camphor-like smell.

For several North American Indian tribes grindelia was a source of medicine. The Mewuk Indians used the fresh buds to treat blood disorders. Externally a leaf and flower decoction was used by the Kawaiisu to ease sores, and the Costanoan Indians applied a plant decoction to wounds, various skin disorders, boils and poison oak (*Rhus toxicodendron*) symptoms.

The plant will absorb and store selenium from the soil.

Medicinally, herbalists recommended it particularly as a remedy for bronchial catarrh, whooping-cough and some bladder disorders. A liquid extract of grindelia has been recommended as an antidote for poisoning from poison ivy (*Rhus radicans*) and its relatives. Today it has been used in homoeopathic medicine. It has also been employed internally in the treatment of bronchitis, asthma, hay fever and cystitis, and externally for dermatitis.