

*Helleborus foetidus*

**STINKING HELLEBORE** is an evergreen perennial. Native to western and southern Europe it has reddish-purple edged, yellowish-green flowers with many stamens.

It is also known as Bearsfoot, Bearsfoot hellebore, *Čemeřice smrdutá* (Czech), *Elabro nero* (Italian), *Elabro puzzolente* (Italian), *Ellébore fétide* (French), *Erva besteira* (Portuguese), Dungwort, Fetid hellebore, *Grenig julros* (Swedish), He-barfoot, *Helébore fétido* (Spanish), *Helébora* (Portuguese), Helleboraster, Hellebore, *Klockjulros* (Swedish), *Llewyg y Llyngyr* (Welsh), Oxheal, *Piéd-de-griffon* (French), *Pie de Grifo* (Spanish), Setter, Setter grass, Setterwort, *Stinkande prustrot* (Swedish), *Stinkende Nieswurz* (German), and Stinkwort; and in flower language is said to be a symbol of calumny, and scandal.

The flowers are pollinated by bees. (Bees hellebore's green flowers as yellow attracted by its unpleasant smell.)

Warning – all parts of the plant are have a burning taste. The plant can gastrointestinal irritation, severe weakness, convulsions and death. It medicinal purposes without the qualified practitioner. It is poisonous



see stinking and are said to be

poisonous and cause purging, delirium, cannot be used for supervision of a for animals.

*Foetidus* is Latin (stinking) meaning ‘very bad-smelling, fetid or stinking’.

Like green hellebore (*Helleborus viridis*) stinking hellebore was familiar once in veterinary medicine, especially in treating cattle.

Medicinally, stinking hellebore also fulfilled a similar role to green hellebore (*Helleborus viridis*) in folk medicine particularly. It was not only used as a (fatal) remedy for curing children's worms but was also applied (equally lethally for some) to boils and spots. Today it is used in homoeopathic treatments.