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Herniaria glabra

[Synonyms : *Herniaria suavis*]

SMOOTH RUPTUREWORT is a prostrate annual or perennial. Native from Europe (including Britain) to central Asia it has tiny, greenish-white flowers.

It is also known as *Bruchkraut* (German), Burst-wort, Flaxweed, Glabrous rupturewort, Green carpet, *Herniaire glabre* (French), Herniary, Herniary breastwort, *Husí mýdlo* (Czech), *Íplavník* (Czech), *Kaal breukkruid* (Dutch), *Kahles Bruchkraut* (German), *Knytling* (Swedish), *Llys y Fors* (Welsh), *Prietržník holý* (Slovak), *Průtržník lysý* (Czech), Rupturewort, *Stozrnko* (Czech), and *Vanlig knytling* (Swedish).

In Britain at least smooth rupturewort is a protected species in the wild.

Glabra is Latin (hairless, bald) meaning 'hairless or smooth'.

Medicinally, herbalists used to recommend the dried flowering plant for treating diarrhoea and fluid retention. Today smooth rupturewort can still be used for bladder disorders.