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Hyoscyamus albus

RUSSIAN HENBANE is an erect or trailing annual, biennial or perennial. Native to the Mediterranean it has often purple-greenish throated, white or pale yellow flowers with greenish stamens.

It is also known as *Beleño* (Spanish), *Blín bílý* (Czech), Henbane, *Mamma zejza* (Maltese), Old man, *Vit bolmört* (Swedish), *Weisser Bilsenkraut* (German), and White henbane.

The plant's hairs are glandular and make it feel sticky.

Warning – Russian henbane is poisonous but considered relatively milder in action than henbane (*Hyoscyamus niger*).

Albus means 'white' with reference to the flowers.

During the 1st Century (despite Russian henbane's contrasting use for murder) the celebrated Greek physician, Dioscorides, was recommending it for easing pain and promoting sleep. The leaves were also smoked to ease asthma and other respiratory disorders.