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*Inula*

*Compositae*

[*Asteraceae*]

*Inula* (originally *Enula* until botanists noticed that unlike other *Enulas* it produced four-sided fruit) arises from a legend that tells how the plant sprang up from Helen of Troy's tears, or that Helen was the first to use the plant to cure snake bites, or that ... One thing does seem to be paramount and that is that in myth it is associated with Helen of Troy. *Inula* in classical Latin meant 'elecampane' (*Inula helenium*) which was reflected in its French name *énule-campane*.