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Inula conyza

[Synonyms : *Conyza squarrosa*, *Inula conyza*, *Inula squarrosa*, *Inula vulgaris*]

PLOUGHMAN’S-SPIKENARD is a biennial. Native to Europe and the Mediterranean it has small, dusky purple or dull yellow flowers.

It is also known as *Baccharis*, *Brunkrissla* (Swedish), Cinnamon root, Cloron’s hard, *Dürrwurz* (German), *Gemeine-Dürrwurz* (German), Great fleabane, *Hirvenjuurilaji* (Finnish), *Hnidák kostrbatý* (Czech), Horse heal, Lady’s gloves, *Meddyg Mair* (Welsh), *Æil-de-cheval* (French), *Oman hnidák* (Czech), *Oman kostrbatý* (Czech), and *Tretungkrissla* (Swedish).

Warning – the plant is poisonous for animals.

Conyza is derived from Greek *coni-* (dust, powder) component with reference to its insecticidal qualities.

While the common name Ploughman’s-spikenard alludes to its fragrance for which the roots used to be burnt on the hearth.

Some have said that the smell alone has been enough to kill fleas, and the burning leaves have been used to kill or repel insects.

Medicinally, the plant was particularly popular for healing wounds (and itches), but herbalists also recommended it for treating some period problems, breathing difficulties, internal wounds and pains in the side.