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Jeffersonia diphylla

[Synonyms : *Jeffersonia binata*, *Plagiorhegma dubium*, *Podophyllum diphyllum*]

TWINLEAF is a perennial. Native to eastern North America it has small, white flowers with prominent yellow stamens.

It is also known as Blue twinleaf, Ground squirrel pea, Helmet pod, Rheumatism root, and Yellowroot.

Warning – overdoses of the plant can cause vomiting.

Diphylla is derived from Greek *di-* (two, twice) and *phyllo-* (leaf) components meaning ‘two-leaved’.

According to authorities this plant was a source of medicine for one or two North American Indian tribes. In the Iroquois tribe it was considered suitable for both children and adults as a remedy for diarrhoea – and was also used for some liver ailments. On the other hand the Cherokee applied it externally on inflammation, sores and ulcers, and they also took it internally to treat fluid retention.

Medicinally, herbalists have used it to treat nervous ailments, spasms, scarlatina, fluid retention, some venereal diseases and rheumatism.