

You are viewing one of thousands of biographies – click below for more, including Search box and access to Plant associated organisations.

[Plant Biographies](#)

[Bibliography](#)

Lycopus americanus

[Synonyms : *Lycopus americanus* var. *longii*, *Lycopus americanus* var. *scabrifolius*, *Lycopus sinuatus*]

AMERICAN HOREHOUND is a perennial. Native to North America it has tiny, white or pink flowers.

It is also known as American bugleweed, American waterhorehound, Bitter bugle, Bugleweed, Bugloss, Cut-leaved water hoarhound, Cut-leaved water-horehound, Gipsywort, Paul's betony, Rattlesnake weed, Water bugle, Water hoarhound, and Water horehound.

The flowers are pollinated by bees and flies.

Warning – this plant should only be used for medicinal purposes by a qualified practitioner.

Americanus means 'of or from America (North or South)'.

For the Meskwaki North American Indian tribe the plant was an ingredient in a medicine taken to ease some stomach problems.

Some records suggest that American horehound's roots have been eaten raw or boiled as well as being dried or pickled for later use.

The plant's juice will stain wool and linen permanently.

American horehound is viewed as invasive in some parts of North America.

Medicinally, American horehound often served as an alternative to bugle weed (*Lycopus virginicus*) in the treatment of some period problems or in remedies for coughs and tuberculosis. It was used by herbalists to ease stomach cramps.