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*Lycopus virginicus*

[Synonyms : *Lycopus communis*, *Lycopus macrophyllus*, *Lycopus pumilus*, *Lycopus uniflorus*, *Lycopus virginicus* var. *macrophyllus*, *Lycopus virginicus* var. *pauciflorus*]

**BUGLE WEED** is a perennial. Native to North America (from Labrador to Florida and British Columbia) it has tiny whitish (sometimes heavily marked with purple) flowers.

It is also known as Archangel, Betony, Buglewort, Carpenter's herb, Green ashangee, Gipsyweed, Gypsyweed, Gypsywort, Horehound, Paul's betony, Purple archangel, Purple water hoarhound, Sprig of Jerusalem, Sweet bugle, Sweet bugleweed, Virginia bugle weed, Virginia horehound, Virginian water horehound, *Virginischer Wolfsfuss* (German), *Virginischer Wolfstrapp* (German), Water bugle, Water hoarhound, Water horehound, Wolf foot, and Wood betony.

*Virginicus* means 'of or from Virginia (United States)' which itself was named after the English 'Virgin Queen' Elizabeth I (1533-1603).

North American Indians, in British Columbia, boiled and ate the root.

For Cherokee Indians bugle weed was not only an ingredient in a ceremonial medicine but it was also used to treat snake bites (on dogs as well as humans).

Medicinally, herbalists used to recommend the plant for treating coughs and tuberculosis.

Today it is rarely used outside folk medicine in Europe. Here its applications are similar to those of its European relative gipsywort (*Lycopus europaeus*) ie. treatment for certain forms of haemorrhaging and tuberculosis but bugle weed is considered to be a little more powerful.