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Moneses uniflora

[Synonyms : *Bryophthalmum uniflorum*, *Chimaphila rhombifolia*, *Chimaphila uniflora*, *Moneses grandiflora*, *Moneses reticulata*, *Moneses rhombifolia*, *Moneses uniflora* var. *reticulata*, *Pyrola uniflora*]

ONE-FLOWERED WINTERGREEN is an evergreen perennial. Found throughout Asia (including Japan), Europe, Mexico and the western part of North America, it has small delicately fragrant, sometimes rose-tinged, cream or ivory-white flower.

It is also known as *Einblütiges Wintergrün* (German), *Jednokvitek velekvěť* (Czech), *Moosauge* (German), *Ögonljus* (Swedish), *Ögonpyrola* (Swedish), One-flowered pyrola, St. Olaf's candlestick, Single beauty, Single delight, Snowdrop, *Tähtitalvikki* (Finnish), Wax flower, and Wood nymph.

One-flowered wintergreen is considered to be threatened in the wild in Britain.

Uniflora is derived from Latin *uni-* (one) and *-flora* (flowered) components meaning 'one-flowered or with solitary flowers'.

According to records the many-seeded, tiny capsular fruit were eaten by the North American Montana Indian tribe.

The plant was a source of medicine (primarily applied externally) for quite a few Indian tribes.

The Kwakiutl and Kwakwaka'wakw tribes applied it to blisters – and the former also used it for pain. It was included in the treatment of paralysis by the Montagnais tribe and it was applied to boils or abscesses by some of the Salish tribe and also the Cowichan Indians. Alaskan Inuits took it to ease coughs and colds, and the Hanaksiala and Haisla Indians chewed it to ease sore throats.

Medicinally, the plant has been used by herbalists to treat fluid retention.