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*Parietaria judaica*

[Synonyms : *Parietaria diffusa*, *Parietaria jaxartica*, *Parietaria officinalis*, *Parietaria punctata*, *Parietaria ramiflora*]

**PELLITORY-OF-THE-WALL** is a perennial. Native to western and southern Europe (including Britain) it has with small greenish flowers with yellow stamens.

It is also known as *Apathitouaithe* (Channel Islander-Jersey Norman-French), *Billy beatie*, *Drnavec palestinský* (Czech), *Grenig väggört* (Swedish), *Kotel* (Hebrew), *Murllys* (Welsh), *Palitole* (Channel Islander-Guernsey), *Pellitory*, *Spreading pellitory*, *Vägggröna* (Swedish), *Väggört* (Swedish), *Wall sage*, *Xeht ir-rih* (Maltese), and *Zaroflykia* (Greek).

Warning – it should be avoided by hay fever sufferers. The plant can cause nasal and lung problems.

*Judaica* means ‘of or from Judaea (Judea), the southern part of Palestine’.

Records show that the plant was used in Europe for food (as a vegetable) and medicinally 2000 years ago.

Apart from other constituents pellitory-of-the-wall contains an unusual amount of sulphur which explains why it was once used for cleaning copper and windows.

The perennial seems to have had a reputation for attracting weevils as farmers used to plant it between heaps of corn (*Triticum*) infected by the insects.

Pellitory-of-the-wall is one of the most virulent plants for hay fever sufferers and one of the first to mature in the season.

Medicinally, European herbalists recommended it for toothache (the juice of the plant was held in the mouth), and for the treatment of fluid retention, bladder stones, diabetes and piles. It was also an ingredient in remedies for treating gout, coughs, inflammation and burns, and it was used not only to encourage periods but also to ease labour pains. Today it is used to treat cystitis, kidney inflammation, kidney stones and problems in passing urine – and is an ingredient in some proprietary medicines.