

*Paris quadrifolia*

[Synonyms : *Aconitum pardalianches*, *Paris quadrifolia* var. *angustiovata*, *Paris verticillata*, *Solanum quadrifolium*]

**HERB-PARIS** is a perennial. Native to Europe (including Britain) it has greenish or yellowish-green flower with long erect stamens.

It is also known as *Cwlwm Cariad* (Welsh), Devil-in-a-bush, *Eenbes* (Dutch), *Einbeere* (German), Four-leaved grass, Herb true love, One berry, *Ormbär* (Swedish), *Parisette* (French), *Parisette à quatre feuilles* (French), *Pariso kvarfolia* (Esperanto), *Sudenmarja* (Finnish), *Trollbär* (Swedish), True love, True-love-knot, *Vierblättrige Einbeere* (German), *Vranie oko* (Slovak), *Vraní oko čtyřlisté* (Czech), and *Vranovec štvorlistý* (Slovak).

Warning – the whole plant is poisonous (especially the capsular fruit and the seeds). It can cause wind, vomiting, vertigo, diarrhoea, painful urination and bowel movements, headache, dizziness, delirium, convulsions, difficulty breathing and narrowed pupils. It can be poisonous for some animals and for poultry too.

*Quadrifolia* is derived from Latin *quattuor* (four) and *-folia* (leaved) meaning 'four-leaved'. According to some authorities the English name True-love-knot came about because herb-paris played a significant role in a complex love divination ritual.

The plant has been used as an aphrodisiac in the past and in Russia the leaves were employed as a remedy for madness.

Medicinally, herb-paris was once used to treat wind, and as an antidote for poisoning (especially that from monk's-hood or arsenic), as well as a treatment for coughs, cramp, headaches, gout, rheumatism, constipation and neuralgia. It is used in homoeopathic treatments particularly in France.