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Plantago arenaria

[Synonyms : *Plantago indica*, *Plantago psyllium*, *Plantago ramosa*, *Plantago scabra*, *Psyllium arenarium*]

BRANCHED PLANTAIN is an annual. Native to southern and central Europe it has greenish-white or brownish-white flowers.

It is also known as Brown psyllium, *Chmelík písečný* (Czech), Dark psyllium, Fleaseed, Fleawort, French psyllium seed, *Jitrocel indický* (Czech), *Jitrocel písečný* (Czech), Plantain, *Rohtoratamo* (Finnish), *Sandkämpar* (Swedish), Sand plantain, *Sandwegerich* (German), *Skorocel indický* (Slovak), Spanish psyllium seed, *Spanskt loppfrö* (Swedish), and *Wegerich* (German).

Gum is extracted from the ripe seeds.

Arenaria is derived from Latin *harena* (sand) meaning ‘of or from sandy places’.

Its gum is used to dress muslin and it is also used today by the cosmetics industry in face-masks. Branched plantain can be an ingredient in some proprietary pharmaceutical preparations too.