Sanicula europaea

SANICLE (English, French) is a perennial. Native to Asia and Europe it has small white to reddish flowers.

It is also known as Butterwort, *Clust yr Arth* (Welsh), European sanicle, European wood sanicle, *Herbe de St. Laurent* (French), Pool root, *Sanikel* (German), *Sårläka* (Swedish), Self-heal, Strawberry herb, *Wald-Sanikel* (German), Wood elder, Wood sanicle, *Žindava európska* (Slovak), and *Žindava evropská* (Czech).

The flowers are pollinated by small insects.

Europaea means 'of or from Europe'

The name Sanicle is said to be derived from a Latin word *sanus* meaning 'healthy' (from its use in healing wounds).

Medicinally, herbalists recommended the use of sanicle for treating wounds. Internally it was also used in remedies for respiratory disorders, dysentery, diarrhoea and tonsilitis. It can still be used today for treating wounds and skin rashes.

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