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Sanicula marilandica

[Synonyms : *Sanicula canadensis* var. *marilandica*, *Sanicula marilandica* var. *petiolulata*]

AMERICAN SANICLE is a perennial. Native to North America it has white, greenish-white or yellowish flowers.

It is also known as Black sanicle, Black snakeroot, Maryland sanicle, Sanicle, and Snakeroot. *Marilandica* means ‘of or from the State of Maryland (United States)’.

Although American sanicle was held in high regard as a source of medicine by quite a few of the North American Indian tribes, there were some such as the Menominee who believed the root was an ingredient in evil witchcraft and therefore avoided it. But the root was used to treat period problems suffered by Malecite and Micmac women. Some of the Chippewa Indians prescribed a root infusion to ease fever, and the Iroquois tribe valued it as a remedy for fluid retention and venereal disease. The Iroquois also prescribed it to cause vomiting in cases of poisoning, it was used by Micmac Indians for easing rheumatism, and they and some of the Chippewa also turned to the root as an antidote for snake bites.

Medicinally, it was familiar to some herbalists who used it to treat fever and dysentery.