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*Scutellaria galericulata*

[Synonyms : *Scutellaria epilobiifolia*, *Scutellaria galericulata* var. *epilobiifolia*, *Scutellaria galericulata* var. *pubescens*]

**COMMON SKULLCAP** is a perennial. Found in Asia, Europe and North America it has whitish based bluish-violet flowers.

It is also known as *Almindelig Skjolddrager* (Danish), *Cycyllog* (Welsh), European skullcap, *Frossört* (Swedish), *Getnos* (Swedish), *Gewöhnliches Helmkraut* (German), Greater skullcap, Helmet flower, *Hierba de la celada* (Spanish), Hooded skullcap, Hooded willowherb, Hoodwort, *Keppen-helmkraut* (German), Marsh skullcap, Scullcap, *Šišák vroubkovaný* (Czech), Skullcap, *Sumpf-Helmkraut* (German), *Tercianaria* (Spanish), *Toque bleue* (French), and *Vanlig frossört* (Swedish).

*Galericulata* is derived from Latin *galerum* (skull-cap, wig) meaning ‘helmet-shaped’.

In North America several Indian tribes absorbed the plant into their medicinal repertoire. It was used by some of the Chippewa Indians for various heart problems, while the Delaware took the plant tops as a laxative and to treat some stomach ailments.

Medicinally, its uses today are similar to those for virginian skullcap (*Scutellaria lateriflora*) that is in the treatment of some nervous disorders and of headaches. It is used in homoeopathic treatments.