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Silphium perfoliatum

RAGGED CUP is a perennial. Found in eastern North America it has sunflower-like yellowish flowers.

It is also known as Angle-stem, Compass plant, Cupleaf rosinweed, Cup plant, Cup rosin-weed, Indian cup, Indian cup plant, Indian gum, *Mužák prorostlý* (Czech), Pitcher plant, Prairie dock, *Rake-ni-ozhu* (Winnebago North American Indian), Rosin plant, Rosinweed, *Skålört* (Swedish), Square stem, Squarestem rosinweed, and *Zha tanga* (Omaha and Ponca North American Indian).

Perfoliatum means ‘with leaves surrounding or embracing the stem’.

The root was used by the Winnebago tribe in cleansing ceremonies not only to counter the effects of any contact with a woman experiencing her period but also as a prelude to the hunt for buffalo.

Some North American Indian tribes such as the Winnebago, Omaha and Ponca inhaled the smoke from the root to ease colds and treat headaches, and they and some of the Chippewa also used it for easing rheumatism. Chippewa Indians used ragged cup to treat some period problems, and the Meskwaki tribe also used it for some female ailments (including morning sickness during pregnancy). Both the Chippewa and Omaha tribes turned to the plant for easing pain. Chippewa Indians also used it as a remedy for internal bleeding, and Iroquois Indians took a root decoction to cause vomiting. The Pawnee tribe took it as a tonic.

Medicinally, the roots have been used to treat fever, internal bruising, ulcers and liver disorders.