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*Spigelia marilandica*

[Synonyms : *Lonicera marilandica*, *Spigelia americana*, *Spigelia oppositifolia*]

**PINK ROOT** is a perennial. Native to south-eastern North America it has small deep red (yellow inside) flowers.

It is also known as American wormgrass, American wormroot, Carolina pink, Carolina wormroot, Indian pink, Indian pinkroot, Maryland pink, Maryland pinkroot, Maryland wormroot, Perennial worm grass, Snake root, Star bloom, Unstilla, Woodland pinkroot, and Worm grass.

Warning – all parts are poisonous. It can only be used under the supervision of a qualified practitioner. It can cause dizziness, disturbed vision, muscular spasm, twitching eyelids, increased heart-beat and sluggishness, and an overdose can cause death.

*Marilandica* means ‘of or from the State of Maryland (United States)’.

When the settlers were spreading across North America the Creek and Cherokee North American Indians used to gather the plant and sell it to the traders. Both tribes used this root medicinally to treat worms – in the case of the Cherokee round-worms particularly. Medicinally, the roots have provided an ingredient in preparations prescribed under orthodox Western practices since approximately the 1750s. With appropriate supervision it has always been considered suitable for children and has been used to treat children’s fevers.