

*Stachys palustris*

[Synonyms : *Stachys palustris* var. *elliptica*, *Stachys palustris* var. *petiolata*, *Stachys palustris* var. *segetum*]

**MARSH WOUNDWORT** is a perennial. Native to Europe it has small sometimes dark purple-spotted, light purple flowers.

It is also known as All-heal, Betony, *Briwllys y Gors* (Welsh), *Čistec bahenní* (Czech), *Čistec močiarny* (Slovak), Clown heal, Clown's all-heal, Clown's woundwort, Cockhead, *Coummaire* (Channel Islander-Guernsey), Dea-nettle, Dead-nettle, Downy woundwort, *Épiaire des marais* (French), Hedge nettle, Hound's tongue, *Kær-Galtetand* (Danish), *Knölsyska* (Swedish), Marsh betony, Marsh hedge-nettle, Marsh stachys, *Moerasandoorn* (Dutch), Opopanewort, *Orvale* (Channel Islander-Jersey Norman-French), *Peltopähkämö* (Finnish), Roughweed, Sheep's brisken, Stachys, *Sumpf-Ziest* (German), Swine arnot, Swine's beads, Swine's maskert, Swine's murricks, and Woundwort.

The flowers are pollinated by bees.

*Palustris* is derived from Latin *palus* (bog, marsh) meaning 'of or from bogs, swamps or marshes'.

In some European countries the roots have been eaten cooked like garden asparagus (*Asparagus officinalis*).

Apparently the roots are viewed as a delicacy by pigs.

Records show that the plant came to be familiar to some of the North American Indian tribes.

Gosiute Indians ate the seeds – and others embraced medicinal qualities. It was a Delaware ingredient in a potion used for venereal disease, while Chippewa Indians took a fresh or dried leaf infusion to disperse wind.

Medicinally, it gained a strong reputation in the 16<sup>th</sup> Century for being able to stem bleeding.

For the English barber-surgeon, John Gerard (1545-1612) celebrated by many as a herbalist, marsh woundwort is said to have proved invaluable in the treatment of contenders wounded in Elizabethan brawls. Herbalists have also recommended it as a remedy for internal haemorrhages, dysentery and vertigo. Today it can be used to treat cramping pains and easing the pain of gout.