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Stachys sylvatica

HEDGE WOUNDWORT is a perennial. Native to Europe (including Britain) it has dull crimson-purple flowers with white marks on their lower lip.

It is also known as *Bosandoorn* (Dutch), *Briwlys y Goedwig* (Welsh), *Čistec lesní* (Czech), Deye nettle, Downy woundwort, *Épiaire des bois* (French), Grass nettle, Hedge nettle, Hedge stachys, *Lehtopähkämö* (Finnish), *Luktsyska* (Swedish), *Lundsyska* (Swedish), *Ortchie puante* (Channel Islander-Jersey Norman-French), *Ortie puante* (Channel Islander-Guernsey), Red archangel, *Skogssyska* (Swedish), *Skov-Galtetand* (Danish), *Stinknässla* (Swedish), *Stinksyska* (Swedish), *Waldnessel* (German), *Wald-Ziest* (German), Whitespot, White-spot betony, and Wood woundwort.

The flowers are pollinated by bees.

Sylvatica means ‘wild, of or from woods or forests’.

Some authorities have said that a yellow dye could be obtained from the plant.

Distilled water from the flowers was once believed to raise the spirits and bring colour to the face – and medicinally the leaves were once used in poultices to relieve inflammation.