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*Tephrosia virginiana*

[Synonyms : *Cracca holosericea*, *Cracca latidens*, *Cracca leucosericea*, *Cracca mohrii*, *Cracca virginiana*, *Cracca virginiana* var. *holosericea*, *Galega virginiana*, *Galega virginica*, *Tephrosia holosericea*, *Tephrosia latidens*, *Tephrosia leucosericea*, *Tephrosia virginiana* var. *glabra*, *Tephrosia virginiana* var. *holosericea*, *Tephrosia virginica*]

**CAT GUT** is a perennial. Native to eastern North America it has small pea-like, pink winged, creamy top-petalled flowers.

It is also known as Devil's shoestrings, Dolly-Varden, Goat's rue, Hoary pea, Rabbit's pea, Shoestrings, Tephrosia, Turkey pea, Virginia tephrosia, Wild pea, and Wild sweetpea,.

Warning – this plant should be treated with caution for internal use. It is no longer given to goats to increase milk yield.

*Virginiana* means 'of or from Virginia (United States)' which itself was named after the English 'Virgin Queen' Elizabeth I (1533-1603).

Local North American Indian tribes such as the Seminole used the plant to stupefy fish.

The plant provided various North American Indian tribes with medicines. Some records show that the Cherokee Indians used a decoction of root as a children's tonic – and that they also gave the plant as a stimulant for adults and to treat kidney problems and worms. It offered a cough medicine for the Natchez tribe, and the Mahuna used it for treating some female problems. Creek Indians valued it as a remedy for impotency, period disorders, urinary ailments and tuberculosis, and the Catawba turned to it as a treatment for rheumatism.

Today cat gut can be an ingredient in insecticides and fish poison.