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Verbena hastata

[Synonyms : *Verbena paniculata*]

BLUE VERVAIN is a perennial. Native to North America it has tiny deep blue or purplish flowers.

It is also known as American blue vervain, American vervain, *Blåverbena* (Swedish), Blue American vervain, *Chahaloga pezhuta* (Dakota North American Indian), Common vervain, False vervain, Indian hyssop, Iron weed, *Pezhe maka* (Omaha and Ponca North American Indian), Purple verbena, Purvain, Purvane, Simpler's joy, *Sporýš šípovitý* (Czech), Swamp verbena, Traveller's joy, Vervain, and Wild hyssop.

Hastata is Latin (armed with a spear) meaning 'spear-shaped'.

Apparently the seeds were a staple part of the North American Concow Indian tribe's diet, and the Omaha tribe made a tea from the leaves.

The plant was also a source of medicine for several Indian tribes. Iroquois Indians used it to treat earache and worms, and the Cherokee prescribed it for coughs, colds, dysentery, some female problems and fluid retention, as well as using it to cause both sweating and vomiting – and they also took it as a tonic. For the Menominee it offered a treatment for urinary problems, and the Chippewa used a wad of dried flowers to stem nosebleeds. The Mahuna, some of the Delaware tribe and also the Cherokee Indians valued it as a remedy for fever, and stomach upsets were also treated with it by the Dakota, Cherokee, Iroquois and Mahuna Indian tribes.

Medicinally, herbalists have recommended the plant for treating some forms of tuberculosis and worms.