

18. *AJUGA REPTANS* L. (LAMIACEAE) — Bugleweed



Attractive herbal groundcover, with more historical than current use as an herbal medicine. One old saying, an earlier version of An Apple a Day, went "He that hath Bugle and Sanicle will scarce vouchsafe the chirurgeon a bugle."<sup>2</sup>

According to Hartwell, bugle was ingested for cancer and poulticed onto indurations of the uterus.<sup>4</sup> Reported to be astringent, carminative, deobstruent, diuretic, hemostat, narcotic, stomachic, and vulnerary, the bugleweed is a folk remedy for cancer, fistula, fever, gangrene, hangover, hemoptysis, hepatitis, jaundice, lung ailments, quinsy, rheumatism, sores, splenosis, and ulcers.<sup>2,33</sup> Sixty grams herb in a liter of water was boiled for biliary disorders.<sup>2</sup> It has been considered good for the bad effects of excessive drinking.<sup>2</sup> "It has been termed one of the mildest and best narcotics in the world."<sup>2</sup>

Contains 15% tannin, three glycosides, cyanidin and delphinidin, as well as heterosides aucubin and asperulin.

**Toxicity** — Narcotic,<sup>2</sup> resembling digitalis in its action.