

93. *CLEMATIS VITALBA* L. (RANUNCULACEAE) — Traveler's Joy

Sometimes cultivated as a woody trailing or climbing vine with aromatic greenish-white flowers. Wyman describes it as an excellent vine for growing over fence or garden pergola where dense foliage is desired.³⁵ According to Rose,⁴⁷ small boys smoke the plants (perhaps the fuzzy seed mass). According to *Hortus III*,³⁶ young sprouts of the Eurasian variety *taurica* are sometimes eaten (I presume cooked with at least one change of water).

According to Hartwell,⁴ the plant and/or leaf is used in folk remedies for cancers, indurations, and tumors. Reported to be diuretic, poison, purgative, rubefacient, sudorific, and vesicant, traveler's joy is a folk remedy for blood disorders, cancer, fever, itch, nephrosis, renosis, scrofula, ulcers.^{2,32,33} Grieve describes the boiling of bruised roots and stems in water, one steeping in sweet oil, as a preparation for itch.² Homeopathically it is used for disorders of the penis, adenopathy, and indolent ulcers.³³ Rose says it is used as a Bach Flower Remedy for "the demused, far-away feeling often preceeding a faint or loss of consciousness."⁴⁷

Dry seeds contain *circa* 15% protein and 14% fat.²¹ Said to contain the active ingredients anemonin and protoanemonin, caulosaponin glycoside ($C_{54}H_{86}O_{16}$) which yields caulosa-pogenin ($C_{42}H_{66}O_6$) and glucose on hydrolysis, stigmasterol glycoside, ceryl alcohol, myricylalcohol, glucose, beta-sitosterol, trimethylamine, behenic-, caffeic-, chlorogenic-, and melissic-acid, *n*-triacontane, *n*-nonacosane, ginnone ($C_{29}H_{58}O$), ginnol ($C_{29}H_{60}O$), and campesterol.³³

Toxicity — According to Lewis and Elvin-Lewis,¹¹ *Clematis* species have substances resembling protoanemonin, and may be fatal (the juice taken internally acts as a violent purgative). As noted above, this species does contain protoanemonin.