

**Botanic name:** *Galium mollugo* (Mill.) Tzvelev--- Sp. Pl. 1: 107. 1753 [1 May 1753] (IK)

**Common name:** White bedstraw

**Family:** Rubiaceae.

**Distribution:** Indian Himalayas, native to Eastern Canada and parts of USA

**Habitat:** Terrestrial; wet to moist habitats, considered an obligate wetland species.

**Description:** 1–2½' long and unbranched, except near the inflorescence. The lower stem is often decumbent along the ground, while the upper stem and inflorescence are more or less erect. Stem is glabrous, 4-angled, and often furrowed; it becomes slightly swollen where the whorls of leaves occur. Each whorl has 6-8 leaves; these whorls of leaves become rather widely spaced as the central stem elongates. It is oblong or oblanceolate, glabrous, and smooth along its margin; sometimes this margin is slightly ciliate. Stem terminates in a panicle of cymes up to 1' long. This panicle is longer than it is broad and contains a multitude of small white flowers. There is often a pair of small leaves (or leafy bracts) at the base of each cyme along the central flowering stalk. Each flower is about 1/6" (4 mm.) across. It has a white corolla with 4 lobes (rarely 3) and a pair of ovoid carpels at its base that are green, hairless, and joined together. The throat of the corolla is quite narrow, from which there protrudes a pair of styles. Each lobe of the corolla becomes pointed at its tip.

**Phytochemicals:** Rutin, hyperoside, chlorogenic and caffeic acids, phytosterols (ergosterol,  $\beta$ -sitosterol, strigmasterol, campesterol, brassicassterol), flavones (hispidulin, eupalitin, acacetin, casticin), asperuloside, a substance that produces coumarin.

**Medical/Economic uses:** Diuretic (whole plant), lithontripic and vulnerary, to treat measles, epilepsy, hysteria, and to induce perspiration, also has been used for kidney troubles by rural communities. Used in treatment of epilepsy and hysteria. Contain asperuloside a substance that produce coumarin. Asperuloside can be converted into prostaglandins that stimulate the uterus and affects blood vessels.