

Filipendula ulmaria (L.) Maxim.

9263

Rosaceae

Nomenclatural reference1217

Govaerts, R. (2022): The World Checklist of Vascular Plants (WCVP). – Royal Botanic Gardens, Kew. Checklist dataset of 2022-12-08. Retrieved from <https://sftp.kew.org/pub/data-repositories/WCVP/>, viewed 4.3.2023.

Summary	
Intrinsic Traits	
Distribution	Filipendula ulmaria is a Eurasian Boreo-temperate element. Its native range in Europe excludes only the high Arctic and much of the Mediterranean region where it occurs only in montane areas. To the east its distribution extends into temperate central eastern Asia, including parts of Mongolia and China (Xinjiang). It is naturalised outside its native range in northeastern North America (Canada and USA).
Abundance	Through its clonal rhizomatous growth, the species can build dense stands. However, it is not forming large dominant populations homogenously across its range.
Habitat	Filipendula ulmaria is typically associated with damp or wet habitat types. It populates marshes, streams, riversides, wet deciduous woodland, damp meadows, swamps, fens, ditches, railway banks, damp roadsides. It can also grow in dry grasslands conditions.
Regeneration	Vegetative reproduction by patchforming rhizomes. Detached portions of rhizome can regrow.
Reproduction	Flowers hermaphroditic, visited by various kinds of insects, but also self-compatible and hence self-pollinating. No nectar production.
Plant Parts	Main plant parts used are the flowers and the herb, meaning the aboveground flowering parts of the plant. The root is only rarely used.
Lifeform	Meadowsweet is an erect, non-woody rhizomatous perennial, 60-150(-200)cm high with a hemicryptophyte lifeform.
Systematics	
Extrinsic Traits	
Threat Status	IUCN has assessed this species in 2014 as Least Concern in Europe and globally. It has been assessed as Near Threatened in the Netherlands and as Least Concern in a number of national red lists: China, Denmark, Estonia, Germany, Luxemburg, Norway, Switzerland and the United Kingdom.
Threats	The global as well as the European assessment of IUCN has not identified any past, ongoing, or future threats to this species. Some sources, however, indicate a decline of Filipendula ulmaria as a consequence of intensive agriculture.
Purpose	Meadowsweet is used as supportive therapy for the common cold. It is a traditional diuretic and commonly used in folk medicine against arthritis and rheumatism.
Use Fields	Used in 5 main use fields: Environmental use, food, food additive, medicine, social use.
Trade Trend	Meadowsweet is regularly collected from the wild, sourced mainly from southeastern European countries. Records of commercial cultivation are available from 13 countries.
Legislation	The species is not protected by CITES.

Taxonomy and Identification

Taxonomy	Reference
"The genus Filipendula Mill. consists of 15 species of perennial herbs distributed over the major part of the temperate zone of the Northern Hemisphere."	9758 Brickell, C. & Mathew, B. (1999): Polygonatum
15 species in Eurasia and eastern N America	8359 Mabberley, D.J. (2008): The plant-book. 3rd ed.

Synonyms

Synonym	Eval	Ref
Spiraea ulmaria L.	1217	Govaerts, R. (2022): The World Checklist of Vascular Plants (WCVP). –

Taxon Present in Pharmacopoeias and other References

Name as used in Source	Status	Reference
<i>Filipendula ulmaria</i> (L.) Maxim.	3586	Zhonghua Bencao Editorial Committee, Chinese State Administration of TCM (ed.) (1998): Zhonghua Bencao (Materia Medica of China), Vol. 1-10. Shanghai Scientific and Technical Press, Shanghai. Retrieved from http://www.zysj.com.cn/zhongyaocai/zhonghuabencao
<i>Filipendula ulmaria</i>	3751	van Wyk, B.-E. & Wink, M. (2017): Medicinal plants of the world. 2nd edition. CABI, Wallingford & Boston.
<i>Filipendula ulmaria</i>	8394	Therapeutic Goods Administration (ed.) (2007): Substances that may be used in listed medicines in Australia. Therapeutic Goods Administration, Symonston. Retrieved from http://www.tga.gov.au/cm/listsubs.pdf , viewed: 25.01.2009.
<i>Filipendula ulmaria</i> (L.) Maxim.	1101	Hänsel, R. & al. (1992-1998): Hagers Handbuch der pharmazeutischen Praxis. 5. Auflage. 5 volumes [4179, 4180, 4181, 6097, 6098]
<i>Filipendula ulmaria</i> (L.) Maxim.	1180	GRIN (17.3.2015): Download World Economic Plants report from GRIN Taxonomy for the query. Medizin = 'Alle Nutzungen'. Retrieved from http://www.ars-grin.gov/cgi-bin/npgs/html/taxecon.pl?language=de
<i>Filipendula ulmaria</i> (L.) Maxim.	3145	Brinckmann, J.A., Kathe, W., Berkhoudt, K., Harter, D.E.V. & Schippmann, U. (2022): A new global estimation of medicinal and aromatic plant species in commercial cultivation and their conservation status. Economic Botany 22(10): 1-15.
<i>Filipendula ulmaria</i> (L.) Maxim.	3561	Quattrocchi, U. (2012): World dictionary of medicinal and poisonous plants. Common names, scientific names, eponyms, synonyms, and etymology. CRC Press, Boca Raton.
<i>Filipendula ulmaria</i> (L.) Maxim.	6369	McGuffin, M., Kartesz, J.T., Leung, A.Y. & Tucker, A.O. (2000): Herbs of commerce. 2nd edition. AHPA, Silver Spring, USA.
<i>Filipendula ulmaria</i> (L.) maxim.	7279	van Wyk, B.-E. & Wink, M. (2004): Medicinal plants of the world. Timber Press, Portland.
<i>Filipendula ulmaria</i> (L.) Maxim.	8375	Medicines and Healthcare Products Regulatory Agency (2008): British Pharmacopoeia 2009. 4 volumes. Stationery Office, London.
<i>Filipendula ulmaria</i> (L.) Maxim.	8380	European Directorate for the Quality of Medicines & Health Care (EDQM) (ed.) (2007-2009): European Pharmacopoeia. 6th edition. 2 volumes and 8 supplements. Council of Europe, Strasbourg.
<i>Filipendula ulmaria</i> (L.) Maxim.	8450	Homoeopathic Pharmacopoeia of the United States (s.dat.): HPUS Online Database. Retrieved from http://www.hpus.com , viewed: 26.10.2009.
<i>Filipendula ulmaria</i> (L.) Maxim.	8875	European Directorate for the Quality of Medicines & Health Care (EDQM) (2012): European Pharmacopoeia. Pharmacopée Européenne. 7.8 edition. USB stick version. Council of Europe, Strasbourg.
<i>Filipendula ulmaria</i> Maximowicz	3145	Brinckmann, J.A., Kathe, W., Berkhoudt, K., Harter, D.E.V. & Schippmann, U. (2022): A new global estimation of medicinal and aromatic plant species in commercial cultivation and their conservation status. Economic Botany 22(10): 1-15.
<i>Spiraea ulmaria</i> L.	3586	Zhonghua Bencao Editorial Committee, Chinese State Administration of TCM (ed.) (1998): Zhonghua Bencao (Materia Medica of China), Vol. 1-10. Shanghai Scientific and Technical Press, Shanghai. Retrieved from http://www.zysj.com.cn/zhongyaocai/zhonghuabencao
<i>Spiraea ulmaria</i>	3145	Brinckmann, J.A., Kathe, W., Berkhoudt, K., Harter, D.E.V. & Schippmann, U. (2022): A new global estimation of medicinal and aromatic plant species in commercial cultivation and their conservation status. Economic Botany 22(10): 1-15.

Common Names

Common Name	Typ	Language	Country	Ref
älggräs	ver	Swedish	1180	GRIN (17.3.2015): Download World Econo
Älggräss	ver	Swedish	6818	Madaus, G. (1989): Lehrbuch der biologisc
Älgört, blomma	tra	Swedish	7530	Committee on Herbal Medicinal Products (
almindelig mjørdurt	ver	Danish	1132	Hegi, Illustrierte Flora von Mitteleuropa
Almindelig mjørdurtblomst	tra	Danish	7530	Committee on Herbal Medicinal Products (
angervaksaõis		Estonian	7530	
Bajnóca	ver	Hungarian	6818	Madaus, G. (1989): Lehrbuch der biologisc
Echtes Mädesüß	ver	German	1132	Hegi, Illustrierte Flora von Mitteleuropa
Engdronning	ver	Danish	6818	Madaus, G. (1989): Lehrbuch der biologisc
erva ulmaria	ver	Portuguese	1147	Euro+Med PlantBase - http://www2.bgbm.or
erva ulmeira	ver	Portuguese	1147	
erva-das-abelhas	ver	Portuguese	1147	
erva-ulmeira	ver	Portuguese	1147	
fleur de reine des prés	tra	French	7530	Committee on Herbal Medicinal Products (
floare de crețușcă	tra	Romanian	7530	
flor de ulmaria	tra	Spanish	7530	
Großes Mädesüß	ver	German	1132	Hegi, Illustrierte Flora von Mitteleuropa
herva ulmaria	ver	Portuguese	1147	Euro+Med PlantBase - http://www2.bgbm.or
herva ulmeira	ver	Portuguese	1147	

jilmovy	ver	Czech	6818	Madaus, G. (1989): Lehrbuch der biologisc
Johanniswedel	ver	German	1101	Hänsel, R. & al. (1992-1998): Hagers Han
Krampfkraut	ver	German	1101	
Kwiat wiaźówki	tra	Polish	7530	Committee on Herbal Medicinal Products (
list brestovolistnega oslada		Slovenian	7530	
Mädesüß	ver	German	1101	Hänsel, R. & al. (1992-1998): Hagers Han
Mädesüßblüten	tra	German	7530	Committee on Herbal Medicinal Products (
mead wort	ver	English	1135	Wikipedia. www.wikipedia.org
meadowsweet	ver	English	1101	Hänsel, R. & al. (1992-1998): Hagers Han
meadowsweet	scn	English	6369	McGuffin, M., Kartesz, J.T., Leung, A.Y. &
meadowsweet	ver	English	1100	GRIN Database (Germplasm Resources In
meadowsweet	ver	English	6369	McGuffin, M., Kartesz, J.T., Leung, A.Y. &
meadow-sweet	ver	English	1132	Hegi, Illustrierte Flora von Mitteleuropa
meadowsweet flower	tra	English	7530	Committee on Herbal Medicinal Products (
Mjödurt	ver	Danish	6818	Madaus, G. (1989): Lehrbuch der biologisc
Mjødurtblomst	tra	Norwegian	7530	Committee on Herbal Medicinal Products (
močvirski oslad	ver	Slowenian	1132	Hegi, Illustrierte Flora von Mitteleuropa
Moerasspirea	ver	Dutch	7530	Committee on Herbal Medicinal Products (
moerasspirea	ver	Dutsch	1132	Hegi, Illustrierte Flora von Mitteleuropa
olmaria	ver	Italian	1101	Hänsel, R. & al. (1992-1998): Hagers Han
olmaria (commune)	ver	Italian	1132	Hegi, Illustrierte Flora von Mitteleuropa
Olmaria fiore	tra	Italian	7530	Committee on Herbal Medicinal Products (
Parastās vīgriezes ziedi	ver	Latvian	7530	
queen of meadows	ver	English	1101	Hänsel, R. & al. (1992-1998): Hagers Han
queen of the meadows	ver	English	1132	Hegi, Illustrierte Flora von Mitteleuropa
queen-of-the-meadow	ver	English	1100	GRIN Database (Germplasm Resources In
queen-of-the-meadow	ver	English	6369	McGuffin, M., Kartesz, J.T., Leung, A.Y. &
rainha dos prados	ver	Portuguese	1147	Euro+Med PlantBase - http://www2.bgbm.or
rainha-dos-prados	ver	Portuguese	1147	
Rainha-dos-prados, sumidade florida	tra	Portuguese	7530	Committee on Herbal Medicinal Products (
reine des prés	ver	French	1101	Hänsel, R. & al. (1992-1998): Hagers Han
reine des près	ver	French	1132	Hegi, Illustrierte Flora von Mitteleuropa
Reine-des-prés	ver	French	1118	eFloras. Flora of North America. http://www
réti legyezőfü	ver	Hungarian	1132	Hegi, Illustrierte Flora von Mitteleuropa
Réti legyezőfü virág	ver	Hungarian	7530	Committee on Herbal Medicinal Products (
Rüsterstaude	ver	German	1101	Hänsel, R. & al. (1992-1998): Hagers Han
Rüsterstaude	ver	German	1132	Hegi, Illustrierte Flora von Mitteleuropa
Sumpf-Spierstaude	ver	German	1132	
Sumpf-Spirä	ver	German	1101	Hänsel, R. & al. (1992-1998): Hagers Han
Tawolga	ver	Russian	6818	Madaus, G. (1989): Lehrbuch der biologisc
Tawula	ver	Polish	6818	
Tužebník	ver	Czech	6818	
tužebníkový květ	tra	Czech	7530	Committee on Herbal Medicinal Products (
ulmaire	ver	French	1132	Hegi, Illustrierte Flora von Mitteleuropa
ulmaire	ver	French	1101	Hänsel, R. & al. (1992-1998): Hagers Han
ulmaria	ver	Portuguese	1147	Euro+Med PlantBase - http://www2.bgbm.or
ulmeira	ver	Portuguese	1147	
Wiesengeißbart	ver	German	1101	Hänsel, R. & al. (1992-1998): Hagers Han
Wiesenkönigin	ver	German	1101	
Wiesenspierstaude	ver	German	1101	
Wurmkraut	ver	German	1101	
xuan guo wen zi cao	ver	Chinese	1117	eFloras. Flora of China. http://www.efloras .
xuan guo wen zi cao	ver	Chinese	1100	GRIN Database (Germplasm Resources In
Ziegenbart	ver	German	1101	Hänsel, R. & al. (1992-1998): Hagers Han
Блатен тъжник, цвят		Bulgarian	7530	Committee on Herbal Medicinal Products (

Distribution Range

Distribution Range	Ref	
"Eurasian Boreo-temperate element; widely naturalised outside its native range"	8731	Anon. (2010): Online Atlas of the British and
"Europa ohne die südliche Mittelmeerregion, auch sonst im Mittelmeergebiet nur vereinzelt in den Gebirgen. Außerdem in Nord- und Mittelasien, ostwärts bis in die östliche Mongolei. Verwildert und eingebürgert in Teilen Nordamerikas."	1132	Hegi, Illustrierte Flora von Mitteleuropa
"Europe and Asia (naturalised in North America)"	7279	van Wyk, B.-E. & Wink, M. (2004): Medicinal
"from the Atlantic Europe to the E as far as Lake Baikal and the Lena River. Accidentally in the Russian Far East. In the Atlantic North America occurs as an escape from cultivation and naturalized"	9990	Schanzer, I.A. (1194): Taxonomic revision of

"Ganz Europa, nur im äußersten Süden fehlend, östlich bis Zentralasien"	8702	Sebald, O., Seybold, S. & Pilippi, G. (ed.) (1
"native range stretches from Atlantic Europe to eastern Siberia (basin of Lena River), and from the Arctic Circle to the Altai Mountains of southern Siberia"	1118	eFloras. Flora of North America. http://www .
"native to temperate Asia (Mongolia, Siberia and China), and north, central and east Europe except the high Arctic and much of the Mediterranean region. It has been cultivated and become naturalised in other regions in Europe and North America [...]. It occurs throughout much of Europe but is scarce in the Mediterranean regions and limited to montane environments."	1127	IUCN Red List of Threatened Species. - ww
"Vom nördlichen Sibirien, dem Altai und der östlichen Mongolei bis Kleinasien, in die nördlichen Balkanländer jedoch schon an den Adriatischen Küsten fehlend). Süditalien (nicht auf den Inseln). Frankreich. Spanien (jedoch nicht bis Portugal), Großbritannien (bis zu den Shetlandinseln), Island und Skandinavien (bis zum Nordkap). Ferner Nordamerika. Nordasien bis in die östliche Mongolei"	1101	Hänsel, R. & al. (1992-1998): Hagers Handb
Asia-Temp.; Eur.; also cult.	1180	GRIN (17.3.2015): Download World Econom
Introduced: St. Pierre and Miquelon; N.B., Nfld. and Labr. (Nfld.), N.S., Ont., P.E.I., Que.; Colo., Conn., Ill., Ind., Maine, Mass., Mich., Minn., N.H., N.J., N.Y., Ohio, Pa., Vt., W.Va., Wis.	1118	eFloras. Flora of North America. http://www .
Native: ASIA-TEMPERATE: Armenia, Azerbaijan, China - Xinjiang, Georgia, Mongolia, Russian Federation, Turkey. EUROPE: Albania, Austria, Belarus, Belgium, Bosnia and Herzegovina, Bulgaria, Croatia, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Ireland, Latvia, Lithuania, Macedonia, Moldova, Montenegro, Netherlands, Norway, Poland, Portugal, Romania, Serbia, Slovakia, Slovenia, Sweden, Switzerland, Ukraine, United Kingdom	1100	GRIN Database (Germplasm Resources Info
USSR: "Arctic: Arc. Eur.; European part: all regions (except L. V.); Caucasus: all regions; W. Siberia: all regions; E. Siberia; all regions (less common toward the east); Centr. Asia: Dzu.-Tarb."	8699	Komarov, V.L., Shishkin, B.K. & Bobrov, E.G

Distribution

Continent	Region	ICC	Status	Free Text	Ref
1 Europe	10 Northern Europe	DK			1108
		DK	native		1100
		DK	native		1147
		FI			1108
		FI	native		1100
		FI	native		1147
		FO			1108
		FO	native		1147
		GB			1108
		GB	native		1100
		GB	native		1147
		GB	native		8731
		IE			1108
		IE	native		1100
		IE	native		1147
		IE	native		1147
		IS			1108
		IS	native		1147
		NO			1108
		NO	native		1100
		NO	native		1147
		SE			1108
		SE	native		1100
		SE	native		1147
	11 Middle Europe	AT			1108
		AT	native		1100
		AT	native		1147
		BE			1108
		BE	native		1100
		BE	native		1147
		CH			1108
		CH	native		1100
		CH	native		1147
		CS			1108
		CZ	native		1100
		CZ	native		1147
		DE			1108

	DE	native	1100
	DE	native	1147
	HU		1108
	HU	native	1147
	LU	native	1147
	NL		1108
	NL	native	1100
	NL	native	1147
	PL		1108
	PL	native	1100
	PL	native	1147
	SK	native	1100
	SK	native	1147
12 Southwestern Europe	AD	native	1147
	ES		1108
	ES	native	1147
	ES	native	1147
	FR		1108
	FR	native	1100
	FR	native	1147
	PT		1108
	PT	native	1100
	PT	native	1147
13 Southeastern Europe	AL		1108
	AL	native	1100
	AL	native	1147
	BA	native	1100
	BA	native	1147
	BG		1108
	BG	native	1100
	BG	native	1147
	GR		1108
	GR	native	1100
	GR	native	1147
	HR	native	1100
	HR	native	1147
	HR	native	1178
	IT		1108
	IT	native	1147
	ME	native	1100
	ME	native	1147
	MK	native	1100
	MK	native	1147
	RO		1108
	RO	native	1100
	RO	native	1147
	RS	native	1100
	RS	native	1147
	SI	native	1100
	SI	native	1147
	YU		1108
14 Eastern Europe	BY		1108
	BY	native	1100
	BY	native	1147
	EE	native	1100
	EE	native	1147
	LT	native	1100
	LT	native	1147
	LV	native	1100
	LV	native	1147
	MD	native	1100
	MD	native	1147
	RU		1108
	UA		1108

3	Asia-Temperate		UA	native		1100
			UA	native		1147
			UA	native		1147
			RU	native		1100
			RU	native		1147
		33	Caucasus	AM	native	1100
				AM	native	1147
				AZ	native	1100
				AZ	native	1147
				GE		8444
				GE	native	1100
				GE	native	1147
		34	Western Asia	TR	native	1100
				TR	native	1147
				TR	native	1156
				TR	native	8698
				TR	native	8698
		36	China	CN	native	Xinjiang 1100
				CN	native	Xinjiang 1117
		37	Mongolia	MN	native	1100
7	Northern America	71	Western Canada	CA	introd., established	New Brunswick 1107
		72	Eastern Canada	CA	introd., established	Nova Scotia 1107
				CA	introd., established	Ontario 1107
				CA	introd., established	Newfoundland 1107
				CA	introd., established	Prince Edward Island 1107
				CA	introd., established	Québec 1107
				PM	introd., established	1107
				PM	introd., established	1134
		73	Northwestern U.S.A.	US	introd., established	Colorado 1107
		74	North-Central U.S.A.	US	introd., established	Minnesota 1107
				US	introd., established	Wisconsin 1107
				US	introd., established	Illinois 1107
		75	Northeastern U.S.A.	US	introd., established	West Virginia 1107
				US	introd., established	Vermont 1107
				US	introd., established	Pennsylvania 1107
				US	introd., established	Ohio 1107
				US	introd., established	New Jersey 1107
				US	introd., established	Indiana 1107
				US	introd., established	New York 1107
				US	introd., established	Massachusetts 1107
				US	introd., established	New Hampshire 1107
				US	introd., established	Maine 1107
				US	introd., established	Connecticut 1107
		78	Southeastern U.S.A.	US	introd., established	Kentucky 1107

Abundance / Local Population Size

ICC	Abundance	Reference
	"Often forms monodominant stands in vast areas"	9990 Schanzer, I.A. (1194): Taxono
	"widespread and abundant throughout its known range"	1127 IUCN Red List of Threatened S
	"Die Pflanze gehört zu den charakteristischen Arten der „Feuchtwiesensäume“, die durch regelmäßige Mahd auf den Wiesen selbst meist nicht zur Blüte kommen, aber nach Aufgabe der Nutzung vermehrt in die brachgefallenen Flächen eindringen und diese in Hochstaudenbestände umwandeln."	1132 Hegi, Illustrierte Flora von Mittel
GB	"Forms dense stands in which dominance may be exerted at relatively low densities of shoots"	8713 Grime, J.P., Hodgson, J.G. &
GB	typical abundance where naturally occurring: frequent	1137 Ecological Flora of the British I

Ecology

TypeEc	ICC	Ecology	Ref
alti		maximum recorded: 915m	1137 Ecological Flora of the British Is
alti	US	0–500 m	1118 eFloras. Flora of North America.
habit		"associated with damp or wet habitat types [...]. It is common on sites where water levels fluctuate but absent from permanently water logged sites. The associated habitats include marshes, streams, riversides, wet deciduous woodland, damp meadows, swamps, fens, ditches, railway banks, damp roadsides and montane herb community habitats. However, it can sometimes persist and grow on north facing chalk grasslands which are often dry"	3629 Lansdown, R.V. (2014): Filipend
habit		"floodplains of small rivers and creeks, wet meadows"	9990 Schanzer, I.A. (1194): Taxonom

habit		"Häufig an Grabenrändern, auf Naßwiesen, in Hochstauderiedern und lichten Auwäldern, an Quellen und Ufern"	1132	Hegi, Illustrierte Flora von Mittele
habit		"In zumindest zeitweise feuchten Streuwiesen und Auengehölzen, in Sumpfgebieten, an Ufern von Gewässern, in kleineren Gräben"	1101	Hänsel, R. & al. (1992-1998): H
habit		"Wet ground in swamps, marshes, fens, wet woods and meadows, wet rock ledges and by rivers"	1123	Plants for a Future - www.pfaf.or
habit	CN	"mountain thickets, meadows, river banks"	1117	eFloras. Flora of China. http://w
habit	DE	"in Naßwiesen, in Auwäldern, an Gräben oder Bächen"	8702	Sebald, O., Seybold, S. & Pilipp
habit	GB	"Occurs mainly on damp and marshy ground. Particularly common in shaded mire and on river and ditch banks. Also widespread in unshaded mire and in open woodland and hedgerows."	8713	Grime, J.P., Hodgson, J.G. & H
habit	GB	"Typical habitats include wet woodland, damp meadows, swamps and tall-herb fens, damp roadsides, ditches and railway banks, and montane tall-herb communities"	8731	Anon. (2010): Online Atlas of the
habit	GB	Fen, marsh and swamp	8733	Hill, M.O., Preston, C.D. & Roy,
habit	RU	"Grassy bogs, boggy and inundated meadows, banks of rivers, lakes, streams and ditches, damp meadows and shrubby formations, forest edges, felled areas"	8699	Komarov, V.L., Shishkin, B.K. &
habit	TR	"damp meadows, by streams"	8698	Davis, P.H. (ed.) (1970): Flora o
habit	US	"moist meadows, roadside and railway ditches, near abandoned houses"	1118	eFloras. Flora of North America.
regen		"It is suspected that vegetative portions detached by disturbance are also capable of regeneration"	8713	Grime, J.P., Hodgson, J.G. & H
regen		Rhizome far-creeping	8733	Hill, M.O., Preston, C.D. & Roy,
regen		vegetative reproduction: rhizomes, patch-forming	1137	Ecological Flora of the British Is
regen	GB	"Forms extensive stands by means of rhizomatous growth"	8713	Grime, J.P., Hodgson, J.G. & H
repro		"Die kleinen Blüten erreichen durch ihr Häufung in dichten Infloreszenzen eine weitreichende Schauwirkung und locken Insekten der verschiedensten Art an, vor allem Hummeln, Bienen und Fliegen, aber auch Käfer, die sich vom Pollen ernähren, denn Nektar wird nicht gebildet."	1132	Hegi, Illustrierte Flora von Mittele
repro		"flowers are hermaphrodite [...] and are pollinated by bees, flies, beetles, self. The plant is self-fertile."	1123	Plants for a Future - www.pfaf.or
repro		"hermaphrodite, insect-pollinated"	8713	Grime, J.P., Hodgson, J.G. & H
repro		"Ohne Insektenbesuch tritt regelmäßig Selbstbestäubung auf."	1132	Hegi, Illustrierte Flora von Mittele
repro		"visited by various types of insects, in particular Musca flies"	1135	Wikipedia. www.wikipedia.org
repro		Dicily: hermaphrodite	1137	Ecological Flora of the British Is
repro		dispersal agent: unspecified	1137	
repro		fertilization: cross or automatic self	1137	
repro		hermaphroditic	1138	BiolFlor - Datenbank biologisch-
repro		pollen vector: insects	1137	Ecological Flora of the British Is
repro		Pollination: insects	1138	BiolFlor - Datenbank biologisch-
repro		Pollination: selfing	1138	
repro		Reproduction: by seed and vegetatively	1138	
repro		self-compatible	1138	
repro		Type of seed production: amphimictic, sexual	1138	

Life Form

LF_Standard	Duration	Lifeform	Woodiness	Height	Ref
perennial herb		hemicryptophyte	non-woody	80-11cm	1117
perennial herb		hemicryptophyte		60-120cm	1137
shrub		Hemicryptophyte		50-150(-200)cm	1139
	perennial			60-150(-200)cm	1138
	perennial			50-150(-200)cm	1132
	perennial			50-200cm	1101
	perennial	herb			8698
perennial herb	perennial	hemicryptophyte			1134
perennial herb	perennial	hemicryptophyte	herbaceous	up to 120cm	1138
	pluriennial				8713
					8733
					1138

Threat Situation

ICC	PopulationStatus	Ref
	"There are no known past, ongoing, or future threats to this species. [...] There are no conservation measures in place or needed."	1127
	"There is no detailed information available on population size."	1127
	"widespread distribution, stable populations and no major threats"	3629
DE	"Die Art ist im Gebiet insgesamt nicht gefährdet. Sie geht aber stellenweise zurück. Durch intensive Düngung erfolgt die Mahd der Wiesen zu früh, so daß die Art nicht mehr zum Aussamen kommt. Auch die Dränage und die Anlage von Steilufern [...] führen mancherorts zu einem Rückgang."	8702
GB	"probably decreasing"	8713

Threat Status: Global and Supranational

Glo	Threat Category		Criteria	Ass.	Publ.	Ref
glo	LC	Least Concern		2013	2023	1223 2023 IUCN Red List of Threatened Species. Version 2023-1. www.iucnredlist.org. Download of plant data received from IUCN website 16.12.2023.
		Name used in redlist: Filipendula ulmaria (L.) Maxim.		Accepted		Name used in redlist: Filipendula ulmaria (L.) Maxim.
glo	LC	Least Concern		2013-03-05	2014	1206 2020 IUCN Red List of Threatened Species. Version 2020-3. www.iucnredlist.org. Download of plant data received from IUCN 14.1.2021.
		Name used in redlist: Filipendula ulmaria (L.) Maxim.		Accepted		Name used in redlist: Filipendula ulmaria (L.) Maxim.
Eur	LC	Least Concern			2014	9774 Allen, D., Bilz, M., Leaman, D.J., Miller, R.M., Timoshyna, A.& Window, J. (2014): European red list of medicinal plants. Publications Office of the European Union, Luxembourg.
		Name used in redlist: Filipendula ulmaria (L.) Maxim.		Accepted		Name used in redlist: Filipendula ulmaria (L.) Maxim.
glo	LC	Least Concern		2013-03-05	2014	3629 Lansdown, R.V. (2014): Filipendula ulmaria. The IUCN red list of threatened species 2014. e.T203433A42408831. Retrieved from http://dx.doi.org/10.2305/IUCN.UK.2014-1.RLTS.T203433A42408831.en, viewed:
		Name used in redlist: Filipendula ulmaria (L.) Maxim.		Accepted		Name used in redlist: Filipendula ulmaria (L.) Maxim.

Threat Status: Countries

ICC Region	Threat Category		Assd.	Publ.	Ref
BE	Flanders	LC	Least Concern	2020	3955 Maes. D., Brosens, D., T'jollyn, F., Desmet, P., Piess
		Name used in redlist: Filipendula ulmaria (L.) Maxim.		Accepted	Accepted Name: Filipendula ulmaria (L.) Maxim.
CH		LC	Least Concern	2019	3958 Bornand, C., Eggenberg, S., Gygax, A., Juillerat, P.,
		Name used in redlist: Filipendula ulmaria		Accepted	Accepted Name: Filipendula ulmaria (L.) Maxim.
CH		LC	Least Concern	2016	3568 Bornand C., Gygax A., Juillerat P., Jutzi M., Möhl A.,
		Name used in redlist: Filipendula ulmaria		Accepted	Accepted Name: Filipendula ulmaria (L.) Maxim.
CH		LC	Least Concern	2002	8119 Moser, D.M., Gygax, A. & Bäumler, B. (2002): Rote L
		Name used in redlist:			Accepted Name:
CN		LC	Least Concern – 无危	2013	3319 Chinese Academy of Sciences (2013): Chinese biodi
		Name used in redlist: Filipendula ulmaria		Accepted	Accepted Name: Filipendula ulmaria (L.) Maxim.
DE	*		Ungefährdet	2018	3237 Metzging, D., Garve, E. & Matzke-Hajek, G. (2018): R
		Name used in redlist: Filipendula ulmaria (L.) Maxim.		Accepted	Accepted Name: Filipendula ulmaria (L.) Maxim.
DK		LC	Least Concern	2019	3455 Moeslund, J.E., Nygaard, B., Ejrnæs, R. & al. (2019):
		Name used in redlist: Filipendula ulmaria (L.) Maxim.		Accepted	Accepted Name: Filipendula ulmaria (L.) Maxim.
GB		LC	Least Concern	2005	8224 Cheffings, C.M. & Farrell, L. (2005): The vascular pla
		Name used in redlist: Filipendula ulmaria		Accepted	Accepted Name: Filipendula ulmaria (L.) Maxim.
GB	England	LC	Least Concern	2014	3956 Stroh, P. A., Leach, S. J., August, T. A., Walker, K. J
		Name used in redlist: Filipendula ulmaria		Accepted	Accepted Name: Filipendula ulmaria (L.) Maxim.
LU		LC	Least Concern	2005	8309 Colling, G. (2005): Red list of the vascular plants of L
		Name used in redlist: Filipendula ulmaria (L.) Maxim.		Accepted	Accepted Name: Filipendula ulmaria (L.) Maxim.
NL		NT	Near Threatened	2014	3263 Sparrius, L., Odé, B. & Beringen, R. (2014): Basisrap
		Name used in redlist: Filipendula ulmaria		Accepted	Accepted Name: Filipendula ulmaria (L.) Maxim.
NO		LC	Least Concern	2015	3458 Artsdatabanken (2015): Norsk rødliste for arter 2015
		Name used in redlist: Filipendula ulmaria		Accepted	Accepted Name: Filipendula ulmaria (L.) Maxim.

Purpose of Use

Purpose	Ref
environmental use - horticulture	Environ. (ornamental) 1180
	Environmental: ornamental (fide Dict Gard; Hortus 3) 1100
food - general	"In Rußland wird aus den Blättern Tee bereitet, in Sibirien wurde die Pflanze auch gegessen und aus den Wurzeln eine Art Grütze bereitet." 1132
food additive - flavouring & spice	"In Skandinavien und früher auch gebietsweise in Mitteleuropa wurden die Blüten dem Met und Bier als Aroma zugesetzt." 1132
	Food additives: flavoring (fide HerbSpices) 1100
food additive - general	Additive (flavoring) 1180
medicine - general	"anti-inflammatory, analgesic, febrifuge" 3751
	"As supportive therapy for colds" 7528
	"As supportive therapy for the common cold. Also used to enhance the renal elimination of water, although published scientific evidence does not adequately support this indication." 8691

	"Like willows, the meadowsweet contains salicylate which is used widely as an alternative to aspirin without the side effects. Historically it has been used for treatment of agues and fevers and even colds, coughs, sore throats and headaches. [...]The leaves, flowers and roots are used for brewing tea, flavouring and making non-alcoholic beverages. The plant [...] has anti-inflammatory, antiseptic, astringent, diuretic, diaphoretic and aromatic properties."	3629
	"The flowers contain tannins and salicylates and are thought to reduce pain and fever, mildly. They have also been used to treat stomach complaints, such as heartburn."	1118
	"The leaves and flowering stems are alterative, anti-inflammatory, antiseptic, aromatic, astringent, diaphoretic, diuretic, stomachic and tonic [...]. The flower head contains salicylic acid, from which the drug aspirin can be synthesized [...]. Unlike the extracted aspirin, which can cause gastric ulceration at high doses, the combination of constituents in meadowsweet act to protect the inner lining of the stomach and intestines whilst still providing the anti-inflammatory benefits of aspirin [...]. The herb is a valuable medicine in the treatment of diarrhoea, indeed it is considered almost specific in the treatment of children's diarrhea [...]. It is also considered to be a useful stomachic, being used to treat hyperacidity, heartburn, gastritis and peptic ulcers, for which it is one of the most effective plant remedies [...]. It is also frequently used in the treatment of afflictions of the blood [...]. Meadowsweet is also effective against the organisms causing diphtheria, dysentery and pneumonia [...]. A strong decoction of the boiled root is said to be effective, when used externally, in the treatment of sores and ulcers [...]. A homeopathic remedy is made from the fresh root [...]. The German Commission E Monographs, a therapeutic guide to herbal medicine, approve Filipendula ulmaria Meadowsweet for cough, bronchitis, fever and cold."	1123
	"The uses of Filipendula shifted over the years from a diuretic towards an antirheumatic."	3629
	"used as supportive therapy for the common cold [...] also used to enhance the renal elimination of water [...], although published scientific evidence does not adequately support this indication."	7531
	"Vor allem als Diaphoretikum bei Erkältungskrankheiten, daneben besonders in der Volksmedizin, auch als Diuretikum. Ausschließlich in der Volksmedizin werden Mädesüßblüten auch bei Muskel- und Gelenkrheumatismus sowie bei Gicht verwendet"	2081
medicine - traditional herbal medicine	"Anti-inflammatory, analgesic. [...] Used in supportive treatment of colds accompanied by fever. It is a traditional diuretic and commonly used in folk medicine against arthritis and rheumatism. Other uses relate to antiseptic, astringent, anti-inflammatory and anti-ulcer properties."	7279
	"Bestandteil von Teegemischen der Gruppe Erkältungstee"	8688
	"Die Blätter und Blüten galten früher [...] als offizinell [...], „Mädesüßblüten“ (Flores Spiraeae) sind noch heute sind als Teedroge im Handel und werden in der Volksmedizin vor allem als harn- und schweißtreibendes Mittel, gelegentlich auch noch als Adstringens verwendet."	1132
	"In earlier times used as an astringent to check bleeding and diarrhea; in folk medicine, tea brewed from the flowers is applied as a diaphoretic; the dried flowers are used as an inhalant in colds, etc ."	8699
	"In general, preparations from herb and/or flowers have been used traditionally in inflammatory diseases [...] and as a diuretic [...] the uses of Filipendula shifted over the years from a diuretic towards an antirheumatic. [...] As no adequate clinical studies are available, preparations of neither Filipendulae ulmariae herba nor Filipendulae ulmariae flos can be qualified for well-established use indications."	7529
	"Traditional herbal medicinal product for the supportive treatment of common cold. [...] Traditional herbal medicinal product for the relief of minor articular pain. The product is a traditional herbal medicinal product for use in specified indications exclusively based upon long-standing use."	7530
	Medic. (folklore)	1180
	Medicines: folklore (fide CRC MedHerbs ed2; Herbs Commerce ed2)	1100
	Traditional European medicine	3751
social use - general	"Schwedische Bauern bestreuten wegen des aromatischen Geruches mit dem gequetschten Kraut die Tanzböden bei ländlichen Festen."	1132

Purpose: Standardized Use Fields

Purpose: Fields of Use	Frequency
environmental use - horticulture	2
food - general	1
food additive - flavouring & spice	2
food additive - general	1
medicine - general	9
medicine - traditional herbal medicine	9
social use - general	1

Purpose: Number of Use Fields

Purpose: Number of use fields

Taxon used in 7 different standardized use categories (max. 27 categories possible).

Plant Parts Used

Plant Part (standardized)	Plant Part (free text)	Remark	Ref
flower			3751 van Wyk, B.-E. & Wink, M. (2017): Medicinal
flower	"dried flower"		7528 Blumenthal, M. (s.dat.): The Commission E M
flower	"whole or cut, dried flowering tops"		9877 European Directorate for the Quality of Medic

flower		7279	van Wyk, B.-E. & Wink, M. (2004): Medicinal
flower		6818	Madaus, G. (1989): Lehrbuch der biologische
flower		8688	Wichtl, M. (2009): Teedrogen und Phytophar
flower	"die getrockneten Blüten"	1101	Hänsel, R. & al. (1992-1998): Hagers Handb
herb		3751	van Wyk, B.-E. & Wink, M. (2017): Medicinal
herb	"dried, above-ground parts"	7528	Blumenthal, M. (s.dat.): The Commission E M
herb	"dried aboveground parts"	7279	van Wyk, B.-E. & Wink, M. (2004): Medicinal
herb		6818	Madaus, G. (1989): Lehrbuch der biologische
herb		2081	Wichtl, M. (ed.) (1989): Teedrogen. Wissens
herb	"getrocknete, oberirdische Teile blühender Pflanzen"	1101	Hänsel, R. & al. (1992-1998): Hagers Handb
root		6818	Madaus, G. (1989): Lehrbuch der biologische
root	"Die frischen, unterirdischen Teile blühender Pflanzen"	1101	Hänsel, R. & al. (1992-1998): Hagers Handb

Scale and Trend of Trade

Utilization: Commodity, Cultivation, Harvest, Sustainability, Trade

Type	ICC	Utilization	Ref	
cul		"Anbaugelände: Polen, das ehemalige Jugoslawien, Bulgarien"	1101	Hänsel, R. & al. (1992-1998):
cul		"In the Atlantic North America occurs as an escape from cultivation and naturalized"	9990	Schanzer, I.A. (1194): Taxono
cul		"It has been cultivated and become naturalised in other regions in Europe and North America"	1127	IUCN Red List of Threatened S
cul		commercially available with FairWild certification	8687	Brinckmann, J. & Hughes, K. (
cul	AD	cultivated	3145	Brinckmann, J.A., Kathe, W.,
cul	AU	cultivated: Tasmania	3145	
cul	BG	cultivated	3145	
cul	CA	Extensive Farming; Ontario	3145	
cul	CA	Extensive Farming; Ontario	3145	
cul	CH	cultivated	3145	
cul	DE	cultivated: Controlled Cultivation	3145	
cul	FR	cultivated: Maine-et-Loire	3145	
cul	FR	Intensive Farming; Gironde (Pays de la Loire); Loire-Atlantique; Mayenne	3145	
cul	GB	Intensive Farming; Somerset	3145	
cul	HU	cultivated	3145	
cul	IE	Intensive Farming; Tipperary	3145	
cul	IT	cultivated	3145	
cul	IT	Intensive Farming; Toscana and Umbria	3145	
cul	NZ	cultivated: Tauriko, Tauranga	3145	
cul	NZ	Extensive Farming; Pigeon Bay, Akaroa	3145	
cul	PL	cultivated	3145	
cul	US	Extensive Farming; Oregon	3145	
exp	BG	Export quantities from BG: 2001: 4800kg, 2002: 2735kg, 2003: 5935kg, 2004: 4966kg, 2005: 1040kg	8909	Evstatieva, L., Hardalova, R. &
har	FI	100-150 kg of dried raw material are collected each year	7417	Galambosi, B. (2004): Medicin
har	FI	Between 100-500 kg of dried raw material are collected from [...] Filipendula leaves" per year	7367	Galambosi, B. (2000): Forschu
har	FR	"Some species are only wild harvested like Filipendula ulmaria (80 tonnes in 1996)"	5663	TRAFFIC Europe (ed.) (1999):
har	FR	5-10 tonnes dried material wild harvested in France 1988-89	5566	Kuipers, S.E. (1997): Trade in
har	HR	wild collected	7410	Satović, Z. (2004): Legal prote
har	HU	only wild collected	7411	Bernáth, J. & Németh, É. (200
har	LV	"regularly collected from the wild only"	7414	Zukauskas, I. (2004): Medicinal
har	MN	regularly used as medicinal plant in Mongolia	9030	Batugal, P.A., Kanniah, J., Lee
rem		"Aus dem ätherischen Öl (Salicylaldehyd) dieser Art, die früher Spiraea ulmaria hieß, gewann 1835 der deutsche Chemiker Karl Jacob Löwig in Zürich eine kristalline Substanz, die er nach Spiraea als Spirsäure bezeichnete. Wenig später wurde nachgewiesen, daß diese mit der Salicylsäure identisch ist. Deren Name rührt von Salix L. (Weide) her, weil dieser Stoff zunächst vor allem in der Rinde von Salix alba L. gefunden wurde. Im Jahre 1899 wurde der Acetylsalicylsäure von der Farbenfabrik Friedrich Bayer & Co. (jetzt Bayer AG) der bekannte Medikamentenname Aspirin gegeben. Er wurde gebildet aus den Worten Acetyl (A) und Spirsäure (spir), das heißt, der zweiten, auf Filipendula ulmaria bezogenen Bezeichnung für die Acetylsäure."	1132	Hegi, Illustrierte Flora von Mitte

rem	"form. medic. (salicylic acid compounds (like willows) basis of efficacy in arthritis treatment etc.), acetyl-salicylic acid first isolated 1835 leading to aspirin (A[cetyl]SPIR[aea, to which genus F. once referred]IN, Bayer in 1899) & synth. ('Aspro', Melbourne, Aus. in 1914)"	8359	Mabberley, D.J. (2008): The pl
rem	"The famous aspirin (Aspirin was named after Spiraea ulmaria (the old name for F. ulmaria)"	7279	van Wyk, B.-E. & Wink, M. (20
tra	"Die Droge wird aus südosteuropäischen Ländern importiert."	8688	Wichtl, M. (2009): Teedrogen u
tra	"Hauptlieferländer sind südost- und osteuropäische Länder, vor allem Polen, aber auch das ehemalige Jugoslawien und Bulgarien."	1101	Hänsel, R. & al. (1992-1998):
tra	US "sold in this country"	6369	McGuffin, M., Kartesz, J.T., Le

Legislation

Regulation

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- 1123 Plants for a Future - www.pfaf.org
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- 1132 Hegi, Illustrierte Flora von Mitteleuropa
- 1134 USDA NRCS Plants Database. <http://plants.usda.gov/java/>
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Abbreviations and Standards

ICC = ISO Country Codes Ref = literature reference

Altitude: Low / High = minimum and maximum limits of altitude range [m]

Legislation: Source Taxon = name of taxon as contained in legislation

Utilization: TypeUtil

TypeUtil	TypeUtilLong
com	commodity
cul	cultivation
exp	export
har	harvest
imp	import
man	management
price	price
rem	remark
socu	socio-cultural significance
sus	sustainability
tra	trade
trend	trend and scale of trade

Distribution Status: Standard

Status	Explanation
chk	check entry
nat	native
int	introd., established
adv	introduced, not established
ocd	occurrence doubtful
unc	status unclear
ext	extinct
cul	cultivated
sou	source doubtful
ica	introduced (casual or naturalized)
don	doubtfully native
pex	(presumably) extinct
ali	casual alien
nzd	naturalized
nna	not native
dpn	status doubtful, possibly native
abs	absent but reported in error

Common names: Type

TypeShort	Type
?	<unknown>
ayn	ayurvedic name
hom	homoeopathic name
pha	pharmaceutical name
scn	standardized common name
tra	trade name
ver	vernacular name

Ecology: TypeEcol

TypeEcol	Explanation
alti	altitude
grow	growth rate
habit	habitat
morph	morphology
regen	regeneration
repro	reproduction