

## Hypericum perforatum - Plant

Hypericum perforatum (Perforate St Johns Wort) is an erect perennial herb.

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Hypericum perforatum Plant

### Description for Hypericum perforatum

**Plant height:** 3 - 6 inches (7 - 16 cm)

**Plant spread:**

unbranched rounded stem 20-50 cm tall. Lance-like leaves are paired and stem-clasping. Yellow flowers occur in a branched cluster at the top of the stem. Petals have marginal black dots. The leaves of Perforate St Johns Wort, when held to the light, reveal translucent dots, giving the impression that the leaf is perforated.

**Common name(s):** St. Johns wort, Choli phulya, Perforate St Johns Wort

**Flower colours:** Yellow

**Bloom time:** May to August

**Max reachable height:** 1 to 2.5 feet

**Difficulty to grow:** Easy to grow

## Planting and care

It thrives in areas with either a winter- or summer-dominant rainfall pattern. Depending on the individual species, St. John s Wort may survive in USDA hardiness zones from 3-10. St. John s Wort should be grown in a spot where they will receive full sun or partial to light shade. Plant them in average to fertile, well-draining garden soil.

**Sunlight:** Full sun to part shade

**Soil:** Well-drained soils

**Water:** Medium

**Temperature:** Up to 24 degrees C

**Fertilizer:** Apply any organic fertilizer

## Caring for Hypericum perforatum

- Hypericum grows well from seed sown in sunny, well-drained soil that has a pH between 5.5 and 7. If the soil has a pH below 5.5, you can add lime, or, if the pH is above 7, peat moss helps to improve the pH balance.
- The seeds should be scattered over the soil and then covered with a light layer of soil.
- The soil should remain moist, but not overly wet as this could cause rotting, during the germination period of three weeks to three months.
- The weakest Hypericum seedlings should be removed as should any weeds that spring up.

## Typical uses of Hypericum perforatum

**Special features:** Easily grown in medium moisture

**Culinary use:** NA

**Ornamental use:** It is used as an ornamental plant.

**Medicinal use:** Aromatic, astringent, resolvent, expectorant and nervine. Used in all pulmonary complaints, bladder troubles, in suppression of urine, dysentery, worms, diarrhoea, hysteria and nervous depression, haemoptysis and other haemorrhages and jaundice.

## References

- <https://www.rhs.org.uk/plants/details?plantid=1001>
- <http://www.carithers.com/pages/hypericum.htm>
- <http://www.flowersofindia.net/catalog/slides/Perforate%20St%20Johns%20Wort.html>

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Sunday, 24 November 2019

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