**Morphological Description**
Small (5-10 cm) wooly, aromatic perennial herb, woody based, leaves narrowly oblong to linear, pubescent, 14-35 mm long, flowers 2-4, 12-20 mm long, verticillate, purple, pink or yellow. Grows in rocky slopes up to 2700 m of altitude. Flowering period: March-June.

**Geographical Distribution**
Local: Largely distributed in Morocco.
Regional: Morocco to Egypt.
Global: Mediterranean: South of Europe, North of Africa.

**Status**
Not IUCN Threatened species.

**Part used**
Whole plant

**Constituents**
The plant is said to contain tannins, few essential oil, polyhydroxylated-sterols, phytoecdysteroids. Three bioactive diglyceride compounds were isolated from Ajuga iva leaves. *Ajuga iva* contains large amounts of three major ecdysteroids (makisterone A, 20-hydroxyecdysone and cysterone) together with several minor compounds including 24,28-dehydromakisterone A and two new phytoecdysteroids (22-oxocysterone and 24,25-dehydroprecyasterone). In addition it contain 2-deoxy-20-hydroxyecdysone and polyphemine B.
The occurrence of the antifeedant 14,15-dihydroajugapitin in the aerial parts of *Ajuga iva* from Algeria was also shown.

**Pharmacological Action and Toxicity**
Pharmacological studies have shown that *Ajuga iva* has anti-ulcerous, hypoglycemic and anti-inflammatory activities.
The anti-ulcerous activity of *Ajuga iva* was confirmed experimentally. The Hypoglycemic effect of the lyophilized aqueous extract of the plant was also shown in normal and streptozotocin diabetic rats. It was concluded that the water extract of the whole plant possess a strong hypoglycemic effect in diabetic rats, which support therefore, its traditional use in diabetes mellitus control in humans.

The sensibility of *Spodoptera littoralis* larvae to neo-clerodane diterpenoids isolated from *Ajuga pseudoiva* leaves was also demonstrated. A. iva was also reported to have antibacterial and antimalarial activities.

**Folk medicine and Indigenous knowledge**
It is one of the most used medicinal plants in Morocco. It is considered to be hot, and find many uses, which may vary with the region.
The plant is collected during spring and beginning of summer. It is sold in the market as dry herb, and may be used as fresh plant as well during its season.
In decoction or powder it used as depurative, worming, vermifuge, in diabetes.
The powder made into small balls with honey is ingested for its useful action against stomach and intestinal pains, enteritis, fever, sinusitis and headache.

Powder of dried plant or its infusion taken after meals against diabetes and hypertension.

Infusion of flowering branches is considered as anti-helmintic, antidiarrheic, depurative, very effective vermifuge, for feminine sterility, colds, and troubles of the digestive tract.

The plant, which contains tannins and thus is astringent, has been applied to all sorts of mouth ailments (ulcer of the mucosa, toothache…). Externally it is considered as vulnerary.

Herb ivy is considered to have all the properties of Artemisia and thyme.

Flowering branches in fumigation are said to be helpful in psychic ailments.

The plant is considered as a general preventive for all diseases and therefore added to home made bred.

---

### Diseases

Colds, Digestive decoders, Fever, Gastric pain, Hemorrhoids, Hypertension, Diabetes, Diarrhea, Rheumatism, Nevalgy (stress), Otis, Pain, Respiratory diseases (cough, asthma…), Sterility in women, Internal parasites.

### References


---

### General references
