

# Himalayan Balsam

## Species Description

**Scientific name:** *Impatiens glandulifera*  
**AKA:** Policeman's Helmet, Indian Balsam, Jac y Neidiwr (Welsh)  
**Native to:** West and central Himalayas  
**Habitat:** Found mostly on river banks and in damp woodland, can grow in other damp habitat

A tall, attractive, annual herb with explosive seed heads. Although easy to identify as a mature plant with its pink-purple flowers, fleshy stem and characteristic leaves, the seedlings and last year's dead stems of this annual are more difficult to spot.

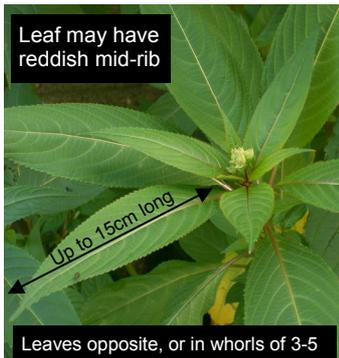
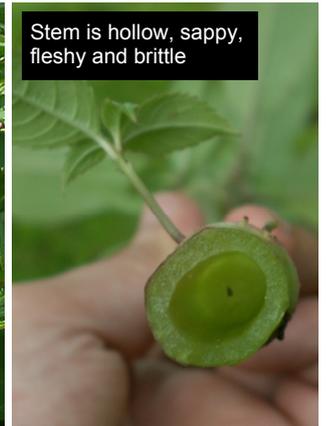
Introduced as a garden plant in the early 19<sup>th</sup> century and first recorded in the wild in 1855. Often favoured by the general public for its aesthetic appeal and is still deliberately planted on occasion. Now widespread in the UK, especially along urban rivers. Spreads solely by seeds, which are small and easily carried by wind or water.

Out-competes native species in ecologically sensitive areas, particularly river banks. Where it grows in dense stands along river banks it can impede flow at times of high rainfall, increasing the likelihood of flooding. Die back of extensive stands over winter can leave river banks bare and exposed to erosion.

For details of legislation relating to non-native species please see: [http://www.nonnativespecies.org/07\\_Legislation.cfm](http://www.nonnativespecies.org/07_Legislation.cfm)



## Key ID Features



# Identification throughout the year

Can be identified at most times of the year: March-June by its seedlings, stem and leaf shape, from July to September by its stem, leaf shape and flowers. More difficult to identify over winter (October to February), look for hay like remains and distinctive root structure.



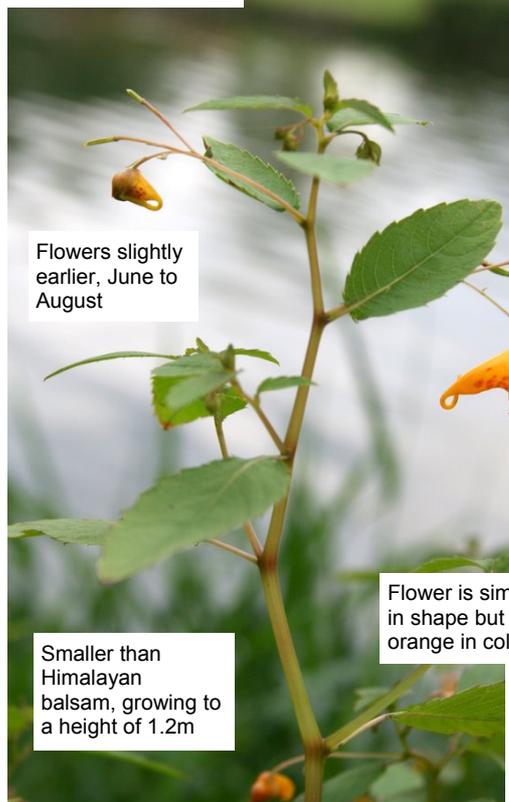
Hay like remains in winter



Root structure in winter

## Similar Species

**Orange Balsam**  
Non-Native  
(*Impatiens capensis*)



Smaller leaves, with fewer serrations

Flowers slightly earlier, June to August

Orange balsam is much less aggressive than Himalayan balsam, forming smaller less dense stands

Flower is similar in shape but orange in colour

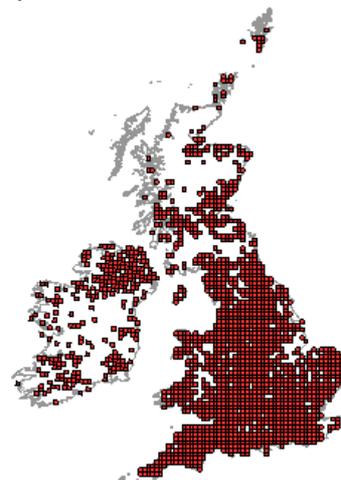
Smaller than Himalayan balsam, growing to a height of 1.2m



## Distribution

Widespread and common across the whole of the UK. Primarily on riverbanks and in other damp areas.

Source: NBN Gateway. Check website for current distribution



### References and further reading:

Blamey, M, Fitter, R and Fitter, A (2003) "The Wild Flowers of Britain and Ireland. The Complete Guide to the British and Irish Flora". A & C Black

Preston, C D, Pearman, D A and Dines, T A (editors) (2002) "New Atlas of the British and Irish Flora". Oxford University Press

Stace, C (1999) "Field Flora of the British Isles". Cambridge University Press