

MANDRAGORA

A 5E PLAYER RACE BY DM TUZ



MANDRAGORA

"Created to please, destined to be free."

The Mandragora are beings of verdant life, their forms an intricate fusion of human-like shape and lush flora. Born from the Feywild's unpredictable nature, they trace their origins to the gardens of Archfey, cultivated with either purpose or whimsy. Though once treated as living decorations and servants, Mandragora have long since found their independence, venturing beyond the Feywild to take root in mortal lands where they were able to flourish. However, the way they were cultivated often led to struggles in defining themselves beyond their original purpose, keeping them tethered to imposed roles.

Each Mandragora bears the marks of their floral heritage; their skin is akin to gentle petals or rugged bark, and their hair can be a crown of blossoms, vines, or leaves that change with the seasons. Their breath smells like a pristine breeze. Despite their varied appearances, Mandragora have a universal connection to their environment, feeling drawn to steady natural beauty and fleeting emotions alike. This heightened sensitivity draws them to places teeming with either—from tranquil, verdant groves to the vibrant pulse of bustling cities; both environments captivate them in different ways.

The enchanted gardens of the Archfey, birthplace of the Mandragora, were as breathtaking as they were peculiar. They were lush expanses of impossible beauty, inhabited by the Mandragora. Yet in time, many of the plant folk spread beyond their original seedbeds, whether by accident, curiosity, or necessity. The Archfey, prone to sudden shifts in interest, sometimes abandoned entire gardens, leaving their creations to grow wild or simply wander off. Other Mandragora, captivated by glimpses of the world beyond their flowerbeds, slipped away with little resistance or bravely fled from the enchanted barriers their possessive masters had constructed. No matter the reason, this first step into the unknown marked the first bud of their people's independence—a new opportunity to grow in ways not dictated by their creator's impulsive desires.

Liberated from their original creation, Mandragora who break free harbor an unquenchable thirst for growth after years of stagnation. They seek experiences that shape their identity, treating every hardship as soil for growth. Especially early in their journey, Mandragora may react strongly; a fleeting delight might inspire as much joy as a profound moment of self-discovery. Each experience adds new rings to the tree of their soul, a reminder that every hardship fuels their ever-reaching growth.



Alraune
Artwork by
Queen Chikkibug

BLOOM OF THE FEYWILD

Mandragora are creations of fey magic through and through, shaped by the will of capricious Archfey. Some were grown to embellish faerie courts, while others served as caretakers of enchanted groves. This origin binds them to the Feywild's essence, and even those who dwell in the material plane carry an aura of otherworldliness. Flowers bend towards them, creatures instinctively sense and seek their presence, and the air around them may radiate whimsy or gloom in accord with their mood.

Yet, unlike most fey, the Mandragora often carry an unusual rigidity, a lingering remnant of the purposes imposed upon them by their Archfey creators. This inherent compulsion can bind them to their previous roles, hindering their ability to imagine a life different from their original purpose. However, being fey, and given sufficient time, even the most meticulously nurtured plant will break free from its constraints, embracing the vast possibilities of who they could evolve into beyond their origins.

MANDRAGORA TRAITS

Ability Score Increase. Increase one ability score by 2 and increase a different one by 1, or increase three different ability scores by 1.

Creature Type. Fey.

Size. Medium (about 4-7 feet tall).

Speed. Your base walking speed is 30 feet.

Language. You can speak, read and write Common and Sylvan.

Foliage Blend. You have advantage on Dexterity (Stealth) checks to hide among vegetation.

Root-In. As an action you can set your roots into suitable ground, such as loose soil. When you do so, your speed is 0, and you have advantage on saving throws against effects that push and pull you and against effects that cause the Prone condition. You can uproot yourself with an action. If a creature that grapples you wants to move you forcefully, it must first succeed a Strength Check (DC is equal to 8 + your Constitution modifier + your proficiency bonus) to uproot you first (no action required). If it fails the check, it can't attempt again to move you until it's next turn.

When you are rooted, you can, instead of sleeping normally, enter a state of rest in which you remain semi-conscious for up to 4 hours. After resting this way, you gain the same benefit as if you slept for 8 hours.

Sun's Bounty. If you are exposed to sunlight for 1 or more hours, you receive enough nourishment for one day.

Subraces. Choose one of the following subraces: Alraune, Dryad, Shrieker.

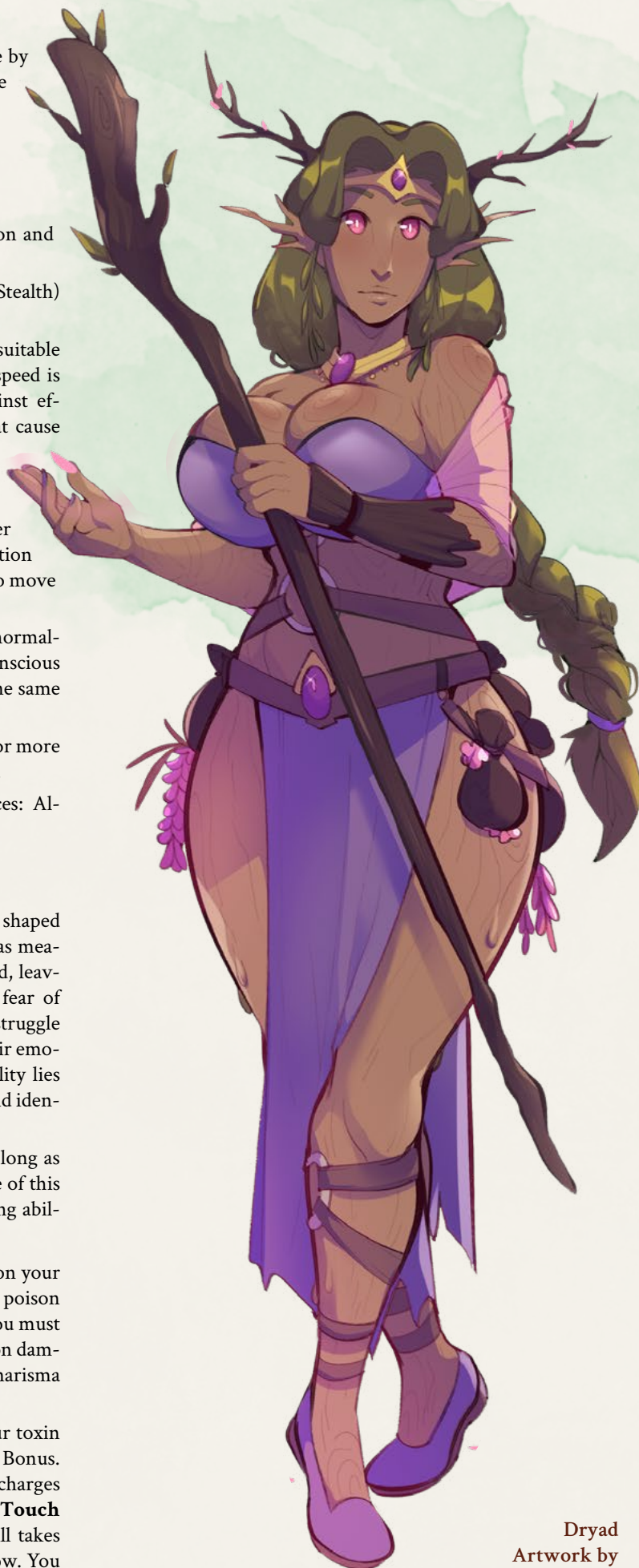
ALRAUNE

Alraune are the most striking of the Mandragora, shaped by the Archfey as living ornaments whose worth was measured by beauty. Those judged imperfect were culled, leaving many Alraune burdened by a deep, lingering fear of inadequacy. Even beyond the Feywild, they often struggle to separate self-worth from appearance, masking their emotions behind serene façades. Yet beneath that fragility lies resilience, as each Alraune seeks to define beauty—and identity—on their own terms.

Alraune Lure. You know the *Friends* cantrip. As long as you are rooted in with your **Root-In** trait, the range of this cantrip becomes 60 feet. Charisma is your spellcasting ability for this spell.

Poison Touch. When you take the Attack action on your turn, you can replace one of your attacks with a poison touch attack. A creature you touch or that touches you must make a Constitution saving throw or take 1d10 poison damage. The DC is equal to 8 + your Constitution or Charisma modifier + your proficiency bonus.

Toxic Charge. You can secrete a lethal toxin. Your toxin has an amount of charges equal to your Proficiency Bonus. When you use your **Poison Touch**, you can expend charges of your toxin to increase the damage your **Poison Touch** deals by 1d10 per charge spent and the creature still takes half of the total damage if it succeeds the saving throw. You regain all expended charges at the end of a long rest.



Dryad
Artwork by
Queen Chikkibug



Shrieker
Artwork by
Queen Chikkibug

DRYAD

Archfey, though they reveled in their lush gardens, had little interest in the labor required to maintain them. Thus, they created the Dryads. Dryads are stewards of life, their lineage bound to the gardens and verdant groves of the Feywild. Their hearts resonate with the greenery they once tended, and a deep reverence for nature shapes their worldview. Even after leaving their original purpose, Dryads feel most at peace where they can quietly help life flourish, expecting neither thanks nor reward.

Yet without the guidance of the Archfey, many Dryads grapple with a subtle sense of emptiness, as though severed from their roots. Their instinct to nourish and protect endures, and when no longer tied to a single place, this drive often turns outward. In the natural world, Dryads may be found tending groves and other sites of beauty. Within civilization, they often become healers, mentors, or gentle companions, fostering growth in others as they once did in their masters' gardens. Perhaps through helping life flourish, they discover their own worth, learning that their existence is meaningful not because of what they nurture, but because of who they are.

Speak with Beasts and Plants. You can communicate with beasts and plants, conveying simple ideas to them by

speaking to them, but you can't understand them. When you interact with a beast or plant creature for 1 minute, you are able to understand it for 10 minutes.

Sylvan Magic. You know the *Druidcraft* cantrip and learn the *Entanglement* and *Goodberry* spells. Once you cast either of these spells with this trait, you can't cast that spell with it again until you finish a long rest. You can also cast these spells using any spell slots you have.

Intelligence, Wisdom, or Charisma is your spellcasting ability for the spells you cast with this trait (choose the ability when you select the lineage).

Verdant Vitality. When you finish a short rest, you regain an amount of Hit Points equal to 1d6 + your character level.

SHRIEKER

Shriekers are the Archfey's forgotten creations, left to linger in the shadows of the Feywild long after their purpose faded from their master's memory. Grown as living alarms, they were placed in dark corners and overgrown thickets, their shrieks raised only when danger approached. Once their vigilance was no longer needed, they were abandoned and left to wither in obscurity. This neglect has deeply scarred them, leaving Shriekers prone to doubt, anxiety, and a desperate need for acknowledgment.

Their shrieks, once tools of utility, have become visceral outlets for inner turmoil—a raw release of fear, frustration, and longing. Though they often flinch from attention, they quietly crave connection, hoping to be heard for who they are rather than what they were made to be. For a Shrieker, even small acts of kindness become lifelines, reminders that they are more than forgotten relics. With time, those trembling roots may yet grow steady, reaching toward a future where they no longer fear being seen.

Burrowing. You have a Burrow Speed equal to your Speed.

Deep Roots. Whenever you root yourself in, you can choose to completely burrow your body into the ground, with only the top of your head exposed. If you do so, you are indistinguishable from normal vegetation unless a creature succeeds on an Intelligence (Investigation) check to identify you. The DC is equal to 8 + 2 x your Proficiency Bonus. As long as you are burrowed into the ground, you have the Blind Condition but have a Tremor Sense of 10 feet.

Shriek. As an Action you can emit a powerful shriek that is audible within 1 mile. When you shriek, each creature within 10 feet of you must make a Constitution saving throw. On a failed save a creature takes 9 (2d6) thunder damage and is deafened for one minute. On a successful save a creature takes half as much damage and is not deafened. Surprised creatures have disadvantage on the saving throw. A deafened creature repeats the saving throw at the end of its turn, ending the condition on a success. The DC is equal to 8 + your Constitution modifier + your Proficiency Bonus. You can shriek as part of the same action when you uproot yourself or as a reaction if you are forcefully uprooted. After using your shriek, you cannot use it again until you finish a short or long rest.

The damage increases to 3d8 at 6th level, 4d8 at 11th, and 5d8 at 16th level.

MANDRAGORA UNIQUE FEATS

PRIME BLOOM

Prerequisite: Mandragora

Ability Score Increase. Increase one of your Ability scores, by 1 to a maximum of 20.

Vine Lash. You learn the *Thornwhip* cantrip and can cast it using only somatic components. You can choose any Ability Score to be your spellcasting ability when you gain this feat. The range of your *Thornwhip* cantrip cast through this feat becomes 60 ft. if you are rooted, as by your **Root-In** trait.

Additionally, when you hit a creature with your *Thornwhip* you can also choose to push it up to 5 feet away from you.

Wandering Root. While you are rooted, as by your **Root-In** trait, you can move up to your movement speed as if you were uprooted until the end of your turn. Once you do so, you can't do it again until you are no longer rooted.

DEADLY BLOSSOM

Prerequisite: Mandragora (Alraune), Level 4+

Ability Score Increase. Increase your Charisma score by 1 to a maximum of 20.

Beguiling Blossom. When you target a creature with your *Friends* cantrip using your **Lure** trait, you force the creature to succeed a Wisdom saving throw or be charmed by you for the duration of the spell or until the creature takes damage. The DC equals 8 + your Charisma modifier + your proficiency bonus. Once a creature succeeds its saving throw or the effect on it ends, it is immune to this effect for 24 hours.

Forbidden Fruit. When a creature you have charmed touches you, you can use your **Poison Touch** trait without having to expend an action (even outside of your turn). Once you do so, you can't use this trait again until the beginning of your next turn.

Malevolent Temptress. Whenever you successfully charm one or more creatures, you gain a bonus use of your **Alraune Toxin** until the end of your next turn.

GUARDIAN OF THE GROVE

Prerequisite: Mandragora (Dryad), Level 4+

Ability Score Increase. Increase your Constitution or Wisdom score by 1, to a maximum of 20.

Sprouting Roots. When you root yourself in using your **Root-In** trait, you can choose to sprout roots, turning the ground within 5 ft. of yourself into difficult terrain for as long as you are rooted. Additionally, when you use an action to root yourself in, you can cast the *Entangle* spell with your **Sylvan Magic** trait centered on yourself as part of the same action.

Greater Dryad Magic. You can cast your spells granted to you by your **Sylvan Magic** trait a number of times equal to your proficiency bonus before you have to finish a Long rest to cast them again.

CATHARTIC SHRIEBLOOM

Prerequisite: Mandragora (Shrieker), Level 4+

Ability Score Increase. Increase your Constitution score by 1, to a maximum of 20.

Building Frustration. Whenever another creature scores a critical hit against you or you roll a 1 on a saving throw, you gain a bonus use of your **Shriek** trait until the end of your next turn.

Projecting Shriek. Whenever you use your **Shriek** trait, you can choose to emit a focused shriek towards a point within 60 feet of yourself. Upon hitting an object or surface, the shriek emits in a 20-foot sphere centered on the point of impact, affecting all creatures in the area.

Mind-Shattering Catharsis. Whenever you use your **Shriek** trait, you can choose whether it deals psychic or thunder damage.



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