



Daudzziedu mugurene LASĪTTAKA

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Vēstuli Lasīttakai raksta Eva Johansone
Eva studē bioloģiju pēc tam, kad izstudējusi filozofiju.

Ja no meža augiem renesanses gleznai būtu jāizvēlas pārļaini ziedi, tad Siguldas apkaimes mežos un upju gravās maijā un jūnijā es meklētu daudzziēdu mugureni. Zaļganbaltie, nokarenie ziedi atgādina aristokrātiskus zvaniņus, kas balti iemirdzas ēnainās vietās. Daudzgadīgais liliju dzimtas lakstaugs izaug līdz pat 75 cm augstumam, ļaujot garajam ziedkātam veidot graciozu pusapli.

Iespējams, tieši tādēļ šo Latvijā diezgan bieži sastopamo lakstaugu sauc par mugureni. Izliekts puslokā, tas it kā paklanās pretimnācējam, nežēlojot savu spēcīgo muguru. Stublāju eleganti apvij iegarenās koši zaļās lapas ar smailiem galiem. Tās izvietotas virs ziediņiem pamīšus divās rindās. Ziedus lielākoties apputeksnē karmenes, taču tā spēj arī pašapputeksnēties, vairojas ar sēklām. Vasaras beigās pārļainie ziedi pārtop zilganmelnās ogās, kas nav ēdamas, bet daiļi priecē ar rotaļīgo krāsu un vēja radītajām kustībām.

Daudzziēdu mugurene jābaida ar acīm - jāglezno, jāpārstāda ēnainā un mitrā dārza stūrī vai jāliek ziedu pušķī, jo tās ziedi un tumšās ogas nav ēdamas. Mugurenes ogas izmanto kā vemšanu raisošu un caureju veicinošu līdzekli. Tautas medicīnā mugureni lieto, lai ārstētu limfātiskās un imūnās sistēmas saslimšanas, kā arī dažādus procesus, kuri norisinās audzēju attīstības laikā.



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Mugurene ir indīgs augs! Šis augs ir jālieto uzmanīgi, tas aizliegts grūtniecības un laktācijas periodā, kā arī to nelieto, lai ārstētu bērņus. Viss augs, īpaši tā ogas, veicina vemšanu, tāpēc ar to ir jārēķinās, ja deva būs kaut mazliet lielāka, nekā pieļaujams.

Pameklējiet apkārtnē šo daiļo liliju dzimtas augu, kas vislabāk izskatās neplūkts gravu mežos!

Ar sveicieniem
Eva Johansone



Solomon's seal LASĪTTAKA

The letter to "Lasīttaka" is written by journalist of culture Eva Johansone - she studies biology after completing the studies of philosophy.

If you had to choose pearly flowers amongst woodland plants for a Renaissance painting, you would look for a Solomon's Seal in the forests and river ravines around Sigulda in May and June. The greenish-white, pendant flowers resemble aristocratic bells that glow white in shady places. The herbaceous perennial of the lily family grows up to 75 cm in height, allowing the long peduncle to form a graceful semicircle.

Probably that is why this herb, which is quite common in Latvia, is called mugurene - a spine plant. Curved in a semicircle, it seems to bow to anyone approaching, without sparing its strong back. The stem is elegantly wrapped in elongated bright green leaves with pointed ends. They are arranged above the flowers alternately in two rows. Flowers are pollinated mostly by bumblebees, but the plant is also able to self-pollinate, and is propagated by seeds. At the end of summer, the pearly flowers turn into bluish-black berries, which are inedible, but beautifully delight with the playful colour and movement caused by the wind.

Daudzziedu mugurene jābauda ar acīm - The multi-flowered Solomon's Seal should be enjoyed with the eyes - it should be painted, transplanted in a shady and damp corner of the garden or adorn a bouquet of flowers, because its flowers and dark berries are indigestible. The berries of the Solomon's Seal are used as a means of inducing vomiting and promoting diarrhoea.



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In folk medicine, the Solomon's Seal is a remedy to treat diseases of the lymphatic and immune systems, as well as counter various processes that take place during the development of tumours. The Solomon's Seal is a poisonous plant!



The Solomon's Seal is a poisonous plant! This plant should be used with caution, it is prohibited during pregnancy and lactation, and it is never utilised to treat children. The whole plant, especially its berries, promotes vomiting, so it should be taken into account if the dose is even slightly higher than allowed. Check out the surroundings for this beautiful plant of the lily family, which looks best left growing in ravine forests!

With greetings
Eva Johansone