

Lactuca serriola

חסת המצפן

https://en.wikipedia.org/wiki/Lactuca_serriola

חסה, סוג של צמחים בבת-משפחת הלשוניים שבמשפחת המורכבים. סוג זה כולל גם צמחי תרבות, דוגמת החסה התרבותית (*L. sativa*), וגם צמחי בר, דוגמת חסת המצפן (*L. serriola*). החסה כצמח תרבות מוכרת עוד מתקופות קדומות.



Lactuca serriola, also called **prickly lettuce**,^[2] **milk thistle**^[2] (not to be confused with *Silybum marianum*, also called milk thistle) **compass plant**,^[2] and **scarole**,^[2] is an **annual** or **biennial plant** in the **dandelion tribe** within the **daisy family**. It has a slightly fetid **odor** and is commonly considered a **weed** of **orchards**, roadsides and field crops.^[3] It is the closest wild relative of cultivated lettuce (*Lactuca sativa* L.).

Lactuca serriola is known as the compass plant because in the Sun the upper leaves twist round to hold their margins upright.

Lactuca serriola is native to **Europe**, **Asia**, and north **Africa**, and has become **naturalized** elsewhere

Culinary and medicinal uses

Lactuca serriola can be eaten as a **salad**, although it has something of a bitter taste. Young leaves can be eaten raw or cooked.^[11] However, its presence in some ancient deposits has been linked more to its **soporific** properties which might suggest ritual use. The **Ancient Greeks** also believed its pungent juice to be a remedy against **eye ulcers** and **Pythagoreans** called the lettuce *eunuch* because it caused urination and

relaxed sexual desire. The [Navajo](#) used the plant as a ceremonial [emetic](#).^[12] In the island of [Crete](#) in [Greece](#) the leaves and the tender shoots of a variety called maroula (μαρούλα) or agriomaroulo (αγριομάρουλο) are eaten boiled.^[13] It is used by a growing number of [Jews](#) and the [Samaritans](#) as the [Maror](#) (bitter herb) on [Pesach](#).^[citation needed]

Hypnotic (from [Greek](#) *Hypnos*, sleep), or **soporific** drugs, commonly known as **sleeping pills**, are a class of [psychoactive drugs](#) whose primary function is to [induce sleep](#)^[1] and to be used in the treatment of [insomnia](#) (sleeplessness), or for surgical [anesthesia](#).^[note 1]

This group is related to [sedatives](#). Whereas the term *sedative* describes drugs that serve to calm or [relieve anxiety](#), the term *hypnotic* generally describes drugs whose main purpose is to initiate, sustain, or lengthen sleep. Because these two functions frequently overlap, and because drugs in this class generally produce dose-dependent effects (ranging from [anxiolysis](#) to loss of consciousness) they are often referred to collectively as **sedative-hypnotic** drugs.^[2]

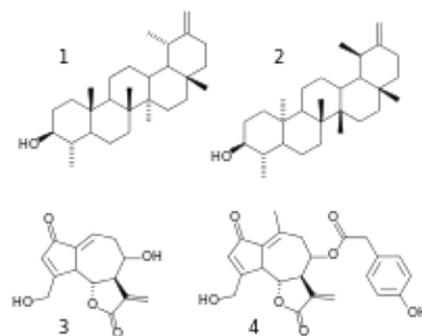
Today the plant is [un-scheduled](#) by the [Food and Drug Administration](#) (FDA), meaning it is legal to grow, purchase, and own without prescription or licence.

"Wild Salad" has long been known in the world of "natural remedies" or "alternative treatments". It is often referred to as the poor man's opium.^[10]

[Lactucarium](#)

<https://en.wikipedia.org/wiki/Lactucarium>

Lactucarium is the milky fluid secreted by several species of [lettuce](#), especially [Lactuca virosa](#), usually from the base of the stems. It is known as **lettuce opium** because of its putative [sedative](#) and [analgesic](#) properties. It has also been reported to promote a mild sensation of [euphoria](#).^{[1][2]} Because it is a [latex](#), lactucarium physically resembles [opium](#), in that it is excreted as a white fluid and can be reduced to a thick smokable solid. Although lactucarium has faded from general use as a pain reliever, it remains available, sometimes promoted as a legal [psychotropic](#).



[Chemical compounds which occur in lettuce](#): (1) α-lactucerol ([taraxasterol](#)); (2) β-lactucerol (lactucon, lactucerin); (3) lactucin; (4) lactucopicrin

Lactucin is a bitter substance that forms a white crystalline solid and belongs to the group of [sesquiterpene lactones](#). It is found in some varieties of [lettuce](#) and is an ingredient of [lactucarium](#). It has been shown to have [analgesic](#) and [sedative](#) properties.^[1] It has also shown some [antimalarial](#) effects.^[2] It is also found in [dandelion coffee](#).

It acts as an [adenosine receptor agonist](#).^[3]

Lactucopicrin (Intybin) is a bitter substance that has a [sedative](#) and [analgesic](#) effect,^[1] acting on the [central nervous system](#). It is a [sesquiterpene lactone](#), and is a component of [lactucarium](#), derived from the plant [Lactuca virosa](#) (wild lettuce), as well as being found in some related plants such as [Cichorium intybus](#).^[2] It is also found in [dandelion coffee](#).

As well as their traditional use as sedatives and analgesics, these plants have also been used as [antimalarials](#), and both lactucin and lactucopicrin have demonstrated antimalarial effects *in vitro*.^[3] Lactucopicrin has also been shown to act as an [acetylcholinesterase inhibitor](#).^[4]

https://en.wikipedia.org/wiki/Lactuca_virosa

Lactuca virosa חסת בר

Lactuca virosa is a plant in the *Lactuca* (lettuce) genus, often ingested for its mild [analgesic](#) and [sedative](#) effects.^[2] It is related to common lettuce (*L. sativa*), and is often called **wild lettuce**, **bitter lettuce**, **laitue vireuse**, **opium lettuce**, **poisonous lettuce**, **tall lettuce**, **great lettuce**^[3]

Lactuca virosa is [biennial](#), similar to prickly lettuce *Lactuca serriola* but taller

A [latex](#) which is called [lactucarium](#) can be derived from the extract of the stem secretions of *Lactuca virosa*. Oils and extracts can also be produced from *L. virosa*. These oils and extracts have sedative properties in rodents.^[2] Although the standard definition of lactucarium requires its production from *Lactuca virosa*, it was recognized that smaller quantities of lactucarium could be produced in a similar way from *Lactuca sativa* and *Lactuca canadensis* var. *elongata*, and even that lettuce-opium obtained from *Lactuca serriola* or *Lactuca quercina* was of superior quality.^[11]

Lactuca virosa contains [flavonoids](#), [coumarins](#), and [N-methyl-β-phenethylamine](#).^[12]^[unreliable source?] A variety of other chemical compounds have been isolated from *L. virosa*. One of the compounds, [lactucin](#), is an [adenosine receptor](#) agonist *in vitro*,^[2] while another, [lactucopicrin](#), has been shown to act as an [acetylcholinesterase inhibitor](#) *in vitro*.^[13]

חסת בר

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27/03/2018 עידכן בתאריך 2018/03/27

Lactuca virosa - חסת בר

Wild Lettuce

משפחה בוטנית: מורכבים - Compositae (Asteraceae)

חלק הצמח | איכויות | רכיבים פעילים | התוויות | מינונים | רגישות | תופעות לוואי | מינון יתר | אזהרות | התוויות נגד | רעילות | אינטראקציות | הריון | הנקה

השם Lactuca נגזר מהמונח הלטיני שמתאר את מיץ העלים החלבי (Lactucarium). חסת בר הינה צמח דו-שנתי, הפורח בין יולי לאוגוסט. מוצאו בדרום ומזרח אירופה ובדרום אסיה. בארץ גדל מין דומה בשם חסת המצפן (*Lactuca serriola* / *scariola*), שנהוג גם הוא בשימוש רפואי; עם זאת, מונוגרף זה מתייחס לחסת בר בלבד. חסת בר מותרת לשיווק בישראל.

חלק הצמח בשימוש
עלים.

איכויות
טמפרטורה: קריר.
לחות: ניטרלי.
טעם: מריר.

רכיבים פעילים עיקריים
מיץ חלבי (Latex); מכיל לקטונינים ססקוויטרפניים (lactucopirin, lactucerin), פלבנואידים (quercetin), סטרולים (taraxasterol), חומרים מרירים.

התוויות
שיעול, חרדה, הפרעות שינה (אינסומניה).

מינונים
תמצית נוזלית בריכוז 1:3, 45% אלכוהול - 12-4 מ"ל ביום.
חליטה - 2-8 גרם ביום.
בפורמולה - 25%-30%.

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כן, אני רוצה להיות מנוי



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3031874/>

Wild lettuce (*Lactuca virosa*) toxicity

The whole plant is rich in a milky juice that flows freely when it is scratched. The juice has a bitter taste and a noxious odour. When dried, it hardens, turns brown, and is known as lactucarium.

L. virosa has been found to contain lactucic acid, lactucopicrin which is amorphous, 50–60% lactucerin (lactucone) and lactucin. Lactocerine is the main component of the lactucarium, which is a neutral insoluble material.¹

Lactucarium is a diuretic, laxative and sedative agent which relieves dyspnoea, and decreases gastrointestinal inflammation and uterus contractions. It has anticonvulsant and hypnotic effects as well. In addition, the lettuce contains traces of hyoscyamine, which is probably responsible for its sedative effects.¹



Wild Lettuce (*Lactuca virosa*) and Prickly Lettuce (*Lactuca serriola*)

<https://www.etsy.com/in-en/listing/570679747/wild-lettuce-lactuca-virosa-and-prickly>

Description

Wild Lettuce (*Lactuca virosa*), is grown medicinally for the milky white sap that oozes from the plant when cut or broken.

Propagation of Wild Lettuce:

Scatter seeds on moist soil, and press them lightly into the soil. Just barely cover the seed, as *Lactuca* needs sunlight to germinate. Germination takes 5 days to two weeks. Transplant seedlings to rich, moist soil and full sun, spacing them 2 ft apart.

Wild Lettuce is a biennial, which means in the first year it will make a rosette of leaves, and in the second year the flower stalk(s) will shoot up in early to mid summer to 4-6ft and produce seeds in late summer/early fall. If you're lucky, it will make seeds the first year.

Wild Lettuce is hardy to zone 6 (-10F/-23C).

Medicinal use of Prickly Lettuce:

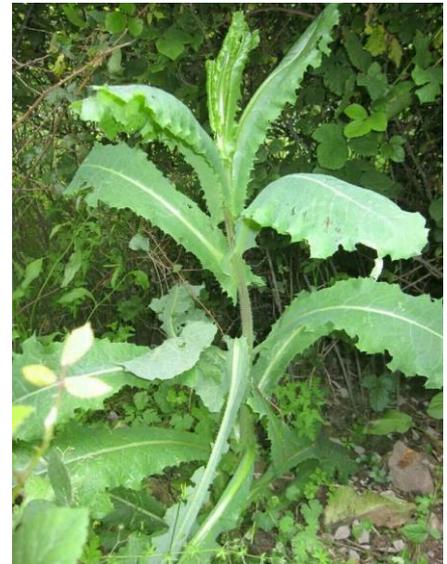
The whole plant is rich in a milky sap that flows freely from any wounds. This hardens and dries when in contact with the air. The sap contains "lactucarium", which is used in medicine for its anodyne, antispasmodic, digestive, diuretic, hypnotic, narcotic and sedative properties. Lactucarium has the effects of a feeble opium, but without its tendency to cause digestive upsets, nor is it addictive. It is taken internally in the treatment of insomnia, anxiety, neuroses, hyperactivity in children, dry coughs, whooping cough, rheumatic pain etc. Concentrations of lactucarium are low in young plants and most concentrated when the plant comes into flower. It is collected commercially by cutting the heads of the plants and scraping the juice into china vessels several times a day until the plant is exhausted. This species does not contain as much lactucarium as *L. virosa*. An infusion of the fresh or dried flowering plant can also be used. The plant should be used with caution, and never without the supervision of a skilled practitioner.

Edible parts of Prickly Lettuce:

Young leaves - raw or cooked. The young tender leaves are mild and make an excellent salad, but the whole plant becomes bitter as it gets older, especially when coming into flower. As a potherb it needs very little cooking. Large quantities can cause digestive upsets. Young shoots - cooked. Used as an asparagus substitute.

Propagation of Prickly Lettuce:

Seed - sow spring in situ and only just cover the seed. Germination is usually fairly quick.



<https://www.facebook.com/strictlymedicalseeds/posts/wild-lettuce-lactuca-virosa-the-high-yielding-and-not-so-spiny-european-type-now/10156237337197348/>

https://www.naturopedia.com/herbalism_in.asp?rId=882

<https://www.youtube.com/watch?v=TgDxYAvOHn8> ליקוט צמחי בר אכילים עם חן גפן

