



## Trputac (*Plantago lanceolata*, L.)



Trputac je vrlo česta biljka koja raste uz puteve i na travnjacima. Iako se smatra korovom, jedna je od najljekovitijih biljaka koju možemo naći u prirodi. Postoji preko 200 vrsta trputaca, a najpoznatiji su uskolisni i širokolisni.

Njegovi listovi koriste se za liječenje rana, uboda i dišnih te probavnih tegoba. Ima snažno protuupalno i antibakterijsko djelovanje. Zanimljivo je da ga se može primijeniti direktno na kožu kao prirodni oblog.



Plantain (plant) is a very common plant that grows along roadsides and in grassy areas. Although it is often considered a weed, it is one of the most medicinally valuable plants found in nature. There are over 200 species of plantain, with the most well-known being narrowleaf and broadleaf types. Its leaves are used to treat wounds, insect bites, and respiratory and digestive issues. It has strong anti-inflammatory and antibacterial properties.

Interestingly, it can be applied directly to the skin as a natural pultice.