



Mimosa pudica or sensitive plant, sleepy plant, action plant, touch-me-not, shameplant is a creeping plant originating from the Caribbean and has a very reasonable explanation for all of its well deserved names.



The plant is known for its curiosity value: the leaves of *Mimosa Pudica* fold inward and droop when touched or shaken, that is to defend themselves from any possible harm. When the plant feels safe again, it spreads its leaves back to normal.



The plant is so unusual in its delicate psychology and overall importance that in the UK it even acquired the Royal Horticultural Society's Award of Garden Merit.





Mimosa

PUDICA

The astonishing
'Sensitive Plant'



PRICE
B
CODE



SOW: Jan-Dec

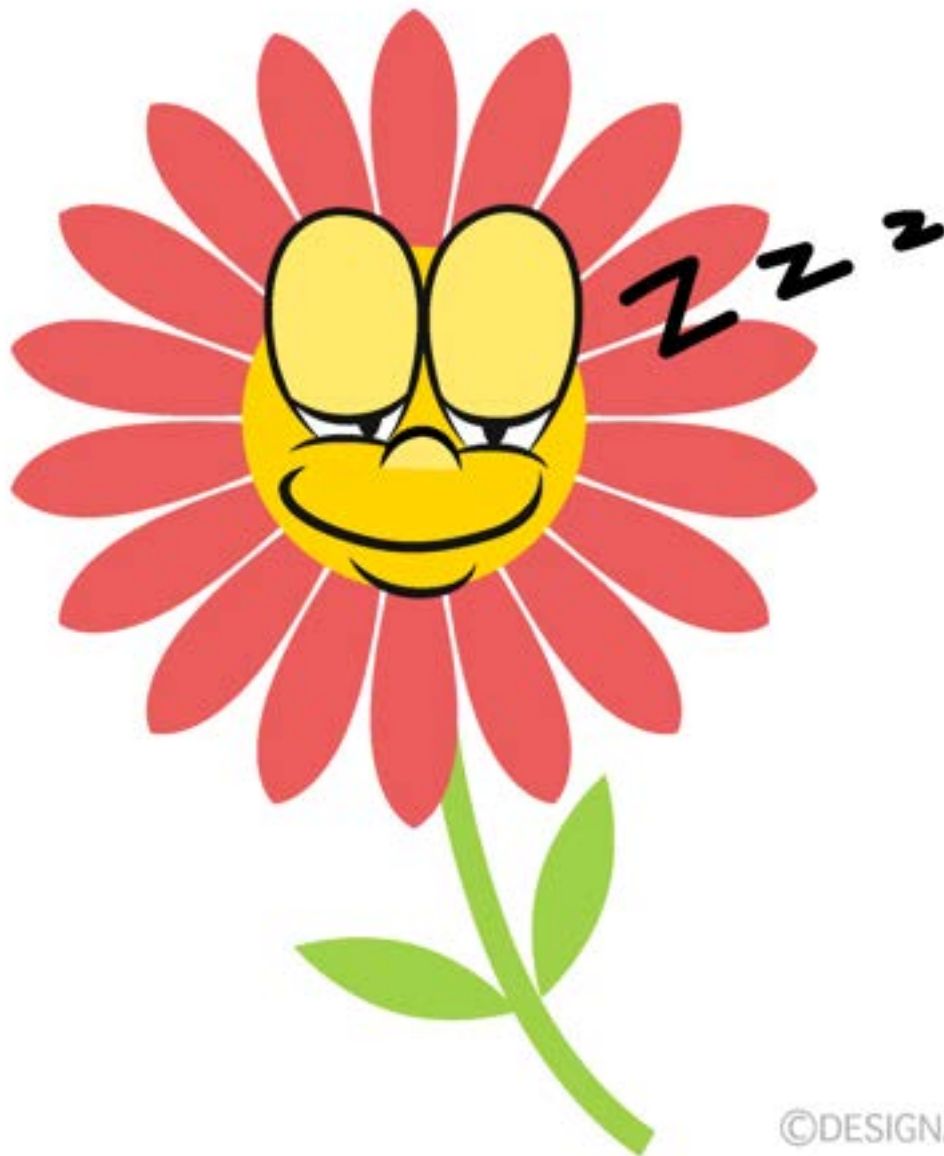
FLOWERS: Jul-Oct

INDOOR PERENNIAL

The Mimosa Pudica is an excellent grower, thriving in moderate sunshine and without a need of too many vitamins in its soil, which makes it a perfect foliage for a lazy gardener.



Another fascinating fact I want to share about the Mimosa Pudica is that it actually needs sleep just like all of us. Being sensitive is quite an exhausting trait to have, so there is no wonder this plant gets tired and needs a regular rest. So how exactly does this particular Mimosa sleep? Botanical sleep is called nyctinastic movement. The foliage closes during darkness and reopens in light. This preserves the tender bloom as well as restores all the important stuff the plant needs to operate and be productive. We could all take a good example from Mimosa Pudica's regular sleep pattern actually.



But how exactly does the famous leaf movement occur? It's all about water and voltage impulses in Mimosa's so-called tiny brain. These impulses help the plant to fill the cells with water or empty them, making the leaves loose or gain their turgor - hence the curling up of the leaves. The movement though, is very energetically costly for the plant and also interferes with the process of photosynthesis, so try to refrain from disturbing this adorable shy plant too much.

BOTANICA.

DICOTILEDONI.

Tab. 572.

Leguminose. (Linn.)



Mimosa pudica Linn.

Tab. 572.

GAGGIA sensitiva (Vahl.) Erba sensitiva.

MIMOSA pudica. (Linn.)

(Grand. ind.)

1. Fogliolina isolata. 2. Pianta intera. 3. Antera veduta dalla parte anteriore. 4. Lo stame veduta dalla parte superiore. 5. Frutto. 6. Lo stame veduto di due articoli. 7. Articolo. 8. Valva d'un articolo con un seme. 9. Fogliolina isolata.

If I were to write more on the topic of Mimosa Pudica I would highlight its traditional uses in medicine as a healing herb for ages. I would concentrate thoroughly on:

- antibacterial, antivenom values
- anticonvulsant, antidepressant, aphrodisiac
- the treatment of urogenital disorders, piles, dysentery, sinus, and also application on wounds

And various other pharmacological activities.