

# Buddleja davidii 'White Profusion'

## Scrophulariaceae Summer Lilac

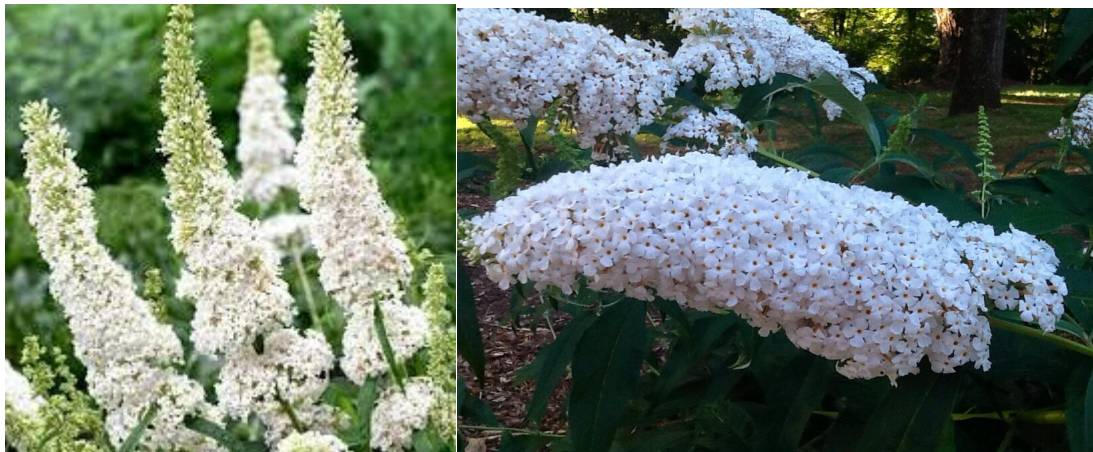


This is a handsome Butterfly Bush which bears clusters of gigantic white flowers with golden-yellow centres in late summer and early autumn. It is a deciduous variety with a vigorous, upright growth habit and long, gracefully arching stems of silvered, grey-green foliage.

*Buddleja davidii* (spelling variant *Buddleia davidii*), also called summer lilac, butterfly-bush, or orange eye, is a species of flowering plant in the Buddlejaceae (Butterfly-bush family). The plant is native to eastern Asia (i.e. western and central China) and has been introduced as an ornamental worldwide, first to Europe (1890s) and then later to the Americas, Australia, New Zealand, and some parts of Africa because of its fragrant and colorful flowers.

It is widely used as an ornamental plant, and many named varieties are in cultivation. The full potential of this species has yet to be realized; however, it is already considered problematic (i.e. out-competing native, agricultural, and forestry species) in northwestern and northeastern USA and Canada, throughout New Zealand, and in central Europe. Some of the popular common names of the plant are **buddleia, buddleja, butterfly bush, butterfly-bush, orange eye, orange eye butterflybush, orange-eye butterfly-bush, orange-eye butterflybush, purple buddleia and summer lilac**. Since it was first named, there have been several spellings of the genus Buddleja such as Buddleia, Buddlea, Buddleaea, Budlea, Buddleya and Budleia.

Genus name honors the Reverend Adam Buddle (1660-1715), English botanist and vicar of Farmbridge in Essex. The genus name is frequently listed today as Buddleia. However, Linnaeus named the genus Buddleja which is still considered to be the proper spelling (first name survives) according to the International Code of Botanical Nomenclature. Specific epithet honors Pere Armand David (1826-1900), French missionary and naturalist, who found this species growing in China in 1869/1870 along the border of China and Tibet. It was found near Ichang by Dr Augustine Henry about 1887 and sent to St Petersburg. Another botanist-missionary in China, Jean-André Soulié, sent seed to the French nursery Vilmorin, and *B. davidii* entered commerce in the 1890s.



### **Health benefits of summer lilac**

Here's a quick look at a few of the uses and benefits of this plant. Summer lilac consists of antioxidants that can help prevent premature aging. It also has amino acids and moisturizing properties that can help hydrate, soothe, calm, and protect the skin against harmful UVA rays. Listed below are some of the popular health benefits of summer lilac

## 1. Antioxidant properties

Summer lilac is loaded with antioxidants that help fight back against skin aging and inflammation. It also helps stimulate your skin's self-repair functions, improving the overall texture and appearance of your skin.

## 2. Soothes skin

Summer lilac is high in amino acids, phytosterols, and polysaccharides, which help contribute moisturizing properties to skincare products, and soothe dry, irritated, or damaged skin.



## 3. Protects from the sun

Summer lilac has been clinically proven to help protect against damage from UVA rays. This wavelength of UV light from the sun is associated with accelerated skin aging, so products with Summer lilac extract can help you avoid skin damage and stay safe in the sun.

## Traditional uses and benefits of Summer lilac

- Flower buds are commonly used for eye care.
- It has been used in Chinese medicine to treat night blindness, cataracts, eyestrain.

- The root has been used for asthma and coughing with blood.
- This plant was used to heal wounds in ancient China.
- It can be useful for prematurely aging or environmental stress affected skin.
- Flowers are also helpful for skin firming, offers to strengthen of peptide bonds on the surface of the skin.
- The species are used to treat eye problems, muscle spasms, bladder problems, headache, gonorrhoea, hepatitis and hernias.

### **Other Facts**

- Black or green dyes can be obtained from the flowers, leaves and stems combined.
- An orange-gold to brown dye can be obtained from the flowers.
- It is an extremely popular garden plant due to its low maintenance, long flowering season, colorful and fragrant flowers, and its attractiveness to butterflies.
- The flowering Summer lilac has been closely linked with butterflies, moths and hummingbirds.
- Flowers emit a musk-like fragrance like heather honey.
- Buddleia represents rebirth, resurrection and new beginning.
- It is used to stun fish and as an insecticide.

### **Control**

#### **Cultural control and sanitary measures**

Ream documented the management of Summer lilac in different production and retail nurseries in Oregon and discovered that retail nurseries are not the source of Summer lilac escapes. Plants are either discarded or severely pruned and stored in enclosed houses for winter protection. Most production nurseries prune plants before seed mature, eliminating the seed source. Where this was not the case, seedlings were found around the nursery. Moreover, some of the nurseries prevent the spread of Summer lilac and other plants by regular herbicide applications.