



# **Presentation**

**Theme: Nature's medicines**

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**1. BENEFITS AND USES BENEFITS** Being an energy tonic like ginseng or bastard ginseng for instance, is uniquely more efficacious for soothing the mind, easing arthritis. Uses Ashwagandha is used for a numerous range of disorders including anxiety, respiratory disorders such as emphysema, asthma bronchitis & coughs, nervous disorders, gynaecological disorders, especially functional female and male infertility & impotence.



ginseng



Ashwagandha



www.ganga.com.ua



\* 2. **SIDE EFFECTS** Liquid preparations made by this product may include sugar and/or alcohol. Caution is recommended if individual have diabetes, alcohol dependence or liver disease. Ashwagandha is not prescribed for use during pregnancy. Tell to doctor before using this product. Because of potential risk to the infant, breast-feeding while using this product is not prescribed. Don't use Ashwagandha is individuals have digestive disorders & ulcers.





# \*3.ARNICA



Арника горная

BENEFITS AND USES • Benefits and Uses Arnica enhance the blood supply & accelerates healing.

- It also increases the rate of absorption of internal bleeding
- Arnica is more effective when diluted with from one to six parts of warm water.
- It is a stimulant to the skin, promoting absorption of nutritive material.



- Arnica is also good for chapped lips, irritated nostrils and acne, when applied as a salve.
- Macerated oil is beneficial for treating bruises, strained muscles and other problems associated with overexertion or trauma.
- As an anti-inflammatory, pain reliever and an antibiotic, is used in liniments & creams for dislocations, sprains, bruises, chilblains, and varicose ulcers.
- It works well in pain causing prostaglandins. It's internally used as a mouth wash & gargle when fighting inflammation of the mucus membranes.

**DRUG INTERACTION • Drug Interactions** Arnica may increase the action of drugs known to cause a prolonged QT interval.

• Such drugs are as follows:

- Quinidine.
- Procainamide.
- Disopyramide.
- Sotalol.
- Amiodarone.
- Chlorpromazine.
- Prochlorperazine.
- Haloperidol.
- Pentamidine.
- Amitriptyline.
- Desipramine.
- Doxepim.





## \* Chamomile

The interplay of plants and human health has been documented for thousands of years ([1-3](#)). Herbs have been integral to both traditional and non-traditional forms of medicine dating back at least 5000 years ([2,4-6](#)). The enduring popularity of herbal medicines may be explained by the tendency of herbs to work slowly, usually with minimal toxic side effects. One of the most common herbs used for medicinal purposes is chamomile whose standardized tea and herbal extracts are prepared from dried flowers of *Matricariaspecies*.



- \* Chamomile is one of the oldest, most widely used and well documented medicinal plants in the world and has been recommended for a variety of healing applications. Chamomile is a native of the old World and is a member of the daisy family (*Asteraceae* or *Compositae*). The hollow, bright gold cones of the flowers are packed with disc or tubular florets and are ringed with about fifteen white ray or ligulate florets, widely represented by two known varieties viz. German chamomile (*Matricaria chamomilla*) and Roman chamomile (*Chamaemelum nobile*) (8) . In this review we will discuss the use and possible merits of chamomile, examining its historical use and recent scientific and clinical evaluations of its potential use in the management of various human ailments.

### 1. MINT

Originally used to treat gastrointestinal issues, body odor, or bad breath, it is now useful against bronchitis and motion sickness.



### 2. FENNEL

A strong carminative and anti-inflammatory, it relieves digestive disorders, lessens bloating, and stimulates appetite.



### 3. OLIVE

Its omega-3 content can improve brain function and lower LDL cholesterol levels. It has also been found useful in preventing strokes and diabetes.



## 5 MEDICINAL HERBS used since Ancient Greece

### 4. PARSLEY

The Ancient Greeks used parsley as an aphrodisiac, and nowadays, its seeds are used as a kidney-cleanser thanks to their diuretic properties.



### 5. SAFFRON

A well-known and highly prized spice, saffron helps fight depression and aid digestion.



# Sambong ( *Blumea balsamifera* )



- uses: Anti-edema, Diuretic, Anti-urolithiasis
- Boil chopped leaves in a glass of water for 15 minutes until one glassful remains. Divide decoction into 3 parts, drink one part 3 times a day.



# Bayabas/Guava

( *Psidium guajava* L.)

- **Uses & Preparation:**
  - For washing wounds** - Maybe use twice a day
  - Diarrhea** - May be taken 3-4 times a day
  - As gargle and for toothache** - Warm decoction is used for gargle. Freshly pounded leaves are used for toothache. Boil chopped leaves for 15 minutes at low fire. Do not cover and then let it cool and strain



# Ulasimang Bato

( *Peperonica pellucida* )



- Uses: **lowers uric acid, Gout & Rheumatism**
- One a half cup leaves are boiled in two glass of water over low fire. Do not cover pot. Divide into 3 parts and drink one part 3 times a day



- Physical evidence goes back 60,000 years to the burial site of a Neanderthal man who was buried with 8 species of plants.
- Seven of these plants are still used in medicine today.

