



# TRADITIONAL MEDICINE

ICT – YES

*International Culture and Traditions - Young Explorers on the Start!*

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# Healing herbs in our Poland

Herbs have been used for medicinal purposes for a long time in our area. Plants growing here are used to make tea infusions, baths and compresses. Herbs were an important part in the lives of our ancestors. Despite the fact, that modern therapies replace traditional medicine, herbs are still used in many homes.

## Common dandelion

Dandelion is the most useful weed. It appears in the spring..

### Use and properties:

- good impact on liver
- healing indigestion and food poisoning
- regenerating effects
- positive effect on the skin

### Recipe for syrup with dandelion

- Ingredients: 1 liter of flowers, 2 lemons, 1 liter of water, 1 kg of sugar
- Put flowers in a pot, pour cold water and simmer for about 15 minutes
- Leave the pot in a cold place for 24 hours
- Drain the brew and add a lemon juice and sugar
- Simmer until you get a honey-like consistency.



## Utrica

In the hierarchy of all herbs, the utrica has a special place. As long as anyone can remember, it is recommended to weakened people.

### Use and properties:

- anaemia
- rheumatism
- beautiful, healthy hair
- reducing blood pressure



## Chamomile

Chamomile is a very universal plant. It can be used by both adults and elderly people.

### Use and properties:

- relieving in stomach problems
- anti-inflammatory effects
- remove tiredness
- reducing fever
- helping with skin problems





### *Lime tree*

The beautiful scent of linden flowers is not the only positive feature of this plant. It has valuable healing properties.

#### **Use and properties:**

- treatment of colds, fever, influenza
- skin regenerating
- calming, strengthening and soothing effect

### *Ramson*

The next herb is ramson. It is known as a spice, but it also has healing properties.

#### **Use and properties:**

- cleansing effect on the whole body
- bringing relief to skin diseases and insomnia
- reducing dizziness
- treating inflammation of the skin



### *Mint*

This herb supports work of the liver and stomach, relaxes the body, has a beneficial effect on the respiratory tract and relieves pain. It also shows calming properties.

#### **Use and properties:**

- supporting work of the liver and stomach
- relaxing effect
- beneficial effect on the respiratory tract
- relieving pain Calming properties

#### **Recipe for mint syrup**

- Ingredients: 30-40 springs of mint, 0,5kg of sugar, 2 liters of water, 2 lemons
- Boil water, add sugar, lemon juice and mint to it
- Boil everything for a while, cover it and put away for 24 hours
- After this time, remove the springs of mint, squeeze the syrup and boil again
- Pasteurize in boiling water reaching halfway through the jars for about 5-7 minutes.



### *Calendula*

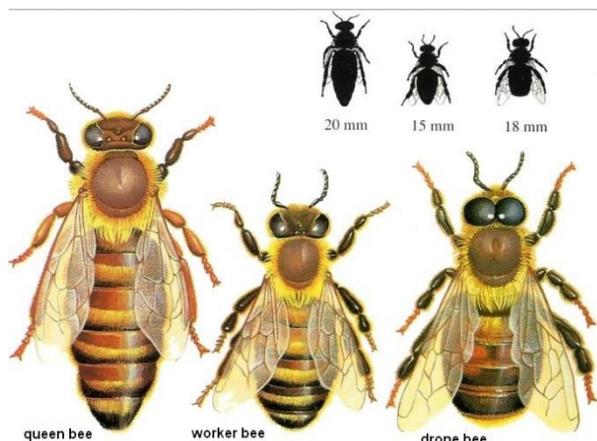
Calendula occupies a significant place among Polish medicinal herbs.

#### **Use and properties:**

- cleansing effect
- stimulating blood circulation
- wound healing
- therapeutic agent in cancer

## *Honey in traditional medicine in Poland*

Honey is a sweet liquid made by bees using the nectar from flowers. It is graded by color, with the clear,



golden amber honey often fetching a higher retail price than the darker varieties. It has been used in medicine for over 5,000 years.

Honey also has antiseptic and antibacterial properties. Modern medical science has managed to find uses for honey in chronic wound management and combating infection. Consuming local raw honey is believed to help with seasonal allergies, due to repeated exposure to the pollen in the area. The American Academy of Pediatrics also recognizes honey as a treatment for a cough.

Honey's sweet flavor makes it an ideal substitute for sugar in the diet. It can be added to food and beverages to sweeten the taste without the negative health impact of added sugars.

Honey has been used to treat a wide array of illnesses, ailments, and injuries: Stress, weakness, sleep disturbance, vision problems, bad breath, cough and asthma, hiccups, vomiting, high blood pressure, obesity, jaundice, burns, cuts, and wounds, cracked, dry, pimply, or clogged skin.

Types of honey:

- lime
- acacia
- buckwheat
- honeydew
- rape
- multiflora
- heather



## *Mineral waters of Krynica Zdrój (Krynica Resort)*

Runoff water from rains finds its way under the ground through numerous rock crevices. In the depths of the earth the water is saturated with CO<sub>2</sub> (carbon dioxide). In this way a weak carbonic acid is created, which is chemically aggressive. Such water dissolves the minerals that occur here during the leaching of rocks such as limestone crevices filled with magnesium veins– which results in a high concentration of Mg<sup>2+</sup> + (dimagnesium positive), Ca<sup>2+</sup> + (dicalcium positive) ions in water. Performance of springs varies and depends on the amount of rainfalls.

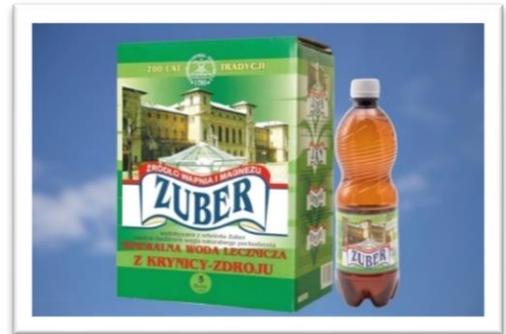


### The springs of Krynica and their use in diseases treatment.

- **Main spring**
  - ✓ 0.32% acidulous water with bicarbonate-calcium, manganese with a high content of carbonic acid anhydride.
  - ✓ It is used in digestive disorders, certain stomach diseases (rhinitis and non-acid and achlorhydria) anemia and endocrine disorders.
- **Ślotwinka spring**
  - ✓ 0.32% bicarbonate-calcium, manganese with a high content of carbonic acid anhydride.
  - ✓ used in chronic gastrointestinal tract diseases, atherosclerosis, endocrine disorders, urinary disorders, diseases resulting from magnesium deficiency (neurosis, stress, etc.) and neuroses.
- **Jan spring**
  - ✓ 0.071% highly carbonated mineral water sparsely mineralized with a predominance of calcium bicarbonate.
  - ✓ Very diuretic, ideal for the treatment of kidney stones and chronic inflammation of the urinary tract. Applied also to destroy the flare. Suitable for and diabetes, because it reduces the blood cholesterol level, useful with atherosclerosis.
- **Józef spring**
  - ✓ 0.11% highly carbonated mineral water with bicarbonate-calcium component. Strong diuretics.
  - ✓ Used to treat diseases of the urinary tract and kidney, as well as in certain diseases of the digestive tract, and to treat anemia.
- **Mieczysław spring**
  - ✓ 0.42% of highly carbonated mineral water with bicarbonate-calcium component.
  - ✓ It is used for diseases of the digestive tract, kidneys, destroy flare and anemia.



- **Tadeusz spring**
  - ✓ 0.38% highly carbonated mineral water with bicarbonate-calcium component with a high content of iron.
  - ✓ Used in hyperacidity of stomach, small intestine disorders, ulcerative colitis and with anemia, as well as in certain allergic gastrointestinal diseases.
- **Zuber spring**
  - ✓ (One of the strongest in Europe) highly carbonated mineral water with bicarbonate-calcium component 2.14% sodium bicarbonate-magnesium, boron.
  - ✓ It helps in the treatment of hyperacidity, used for gastrointestinal disorders, mainly in the treatment of ulcers of the stomach and duodenum, liver, biliary tract and diabetes. Alleviates the painful symptoms of alcohol abuse.
- **Krynica spring**
  - ✓ demineralised water from the Main spring
  - ✓ Very tasty, with a high content of natural carbon dioxide. Stimulates appetite, helps digestion, regulates metabolism.

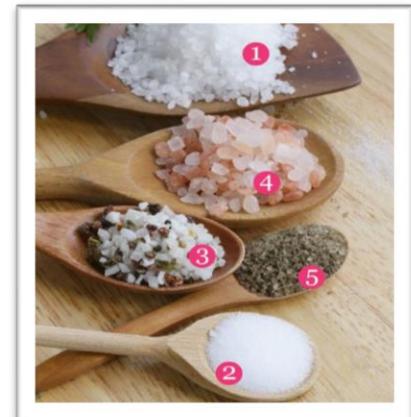


## *Uses of salt in medicine*

### **General uses of salt:**

Salt has got lots of medical uses, e.g.:

- Rinsing throat with salty water helps with sore throat
- Good disinfectant
- Helps with fatigue and dermatologic afflictions.
- Disases of heart and blood vessels
- Metabolic disability
- Allergies
- The fall of endurance for stress
- Problems with lungs



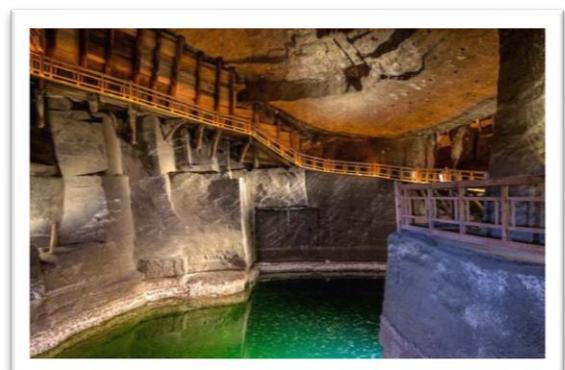
### **Types of salt:**

There are many types of salt used in gastronomy e.g.:

- Rock salt
- Evaporated salt
- Sea salt
- Himalayan salt
- Hawaiian salt

### **Wieliczka – the salt mine**

The „Wieliczka mine” is the oldest and the most popular salt mine in Poland, visited by millions of tourists per year. It was also one of the first monuments consulted on the UNESCO list. In 2007 it won plebiscite for 7 Polish Wonders.



### **Why do people visit Wieliczka?**

The air there is helpful when you have diseases of respiratory system. But people don't only visit Wieliczka because of its health advantages. There is one of the most beautiful chapels in Poland in Wieliczka. It's even possible to get married there. There are lots of beautiful monuments made of salt. There are statues of saints or even the salt chandelier!



### **The salt caves. What are they?**

The Salt Caves is a room with walls made of salt. It connects elements of sauna and brine bath. The special heating system causes pairing of salt which makes air full of elements, that can help with various kinds of diseases.

#### **Tips about exploiting a salt cave:**

1. Stay in a Salt Cave should be treated as an inhalation, so you shouldn't eat or drink anything half an hour after the treatment.
2. Wear comfortable and warm clothes on the treatment.

#### **What kind of diseases can Salt Caves heal?**

- Diseases connected with thyroid
- Allergies
- Psoriasis, improves the blood supply of skin
- Asthma, paranasal sinuses issues
- Improvement of mood

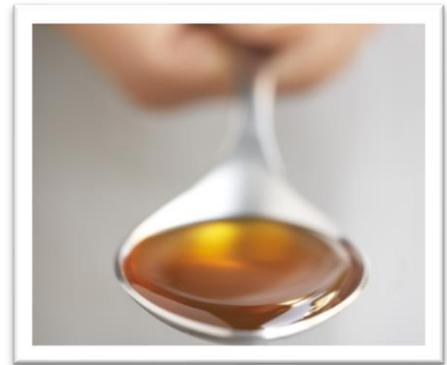


# *Traditional medicine in Spain*

When we think about traditional medicine and old customs, one of the first things that come to our minds is herbs and home remedies. So how could we start searching? We soon decided that, before searching the net, it would be a good idea to ask our grandparents what things were like when they were young. And this is mainly what they said:

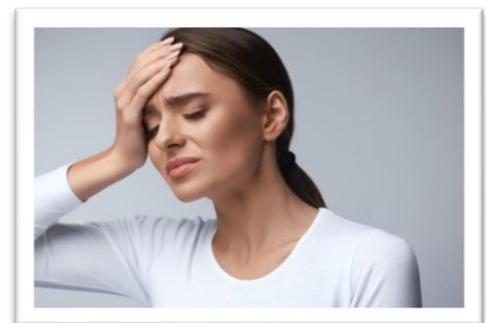
They were young just after the end of the Spanish Civil War, and back then it wasn't as easy as it is today to go to a doctor. Only a few were privileged enough to have access to a doctor, and even they had trouble. Imagine ordinary and poor people ... they had to look after themselves by using **home remedies** such as the following:

- When someone had a cold, they couldn't just take a pill and sleep it off. They would make an ointment out of different herbs and oils and rub it on their throats.
- They also used to take honey and lemon to soothe a cough, or leave half an onion on their bedside table to get rid of a runny nose.
- When somebody was sick with tonsillitis, they heated oil and applied it on their throats with a piece of cloth.
- They did very peculiar things like, when someone had ear infection, they asked a woman who had just given birth for some breast milk, they would fill a metal thimble with the milk, heat it and pour it in their ears.
- When somebody had stomach ache, they would boil rice, put it between two pieces of cloth and apply it to the stomach.
- Castor oil was used for intestine pains.
- Or when a kid got a bump on their forehead, they would wrap a coin in a piece of cloth and cover the skin to stop the swelling.
- They applied ammonia on a mosquito bite.
- And they ate olives for travel sickness!



In the past, people had very strong **beliefs and superstitions** like the evil eye or things that brought bad luck. And they had to find solutions to fight it.

The belief in the evil eye shows similar characteristics in almost every culture. It consists of an illness that comes from jealousy or envy. Negative energy is carried from the person who feels jealous to another person, and this may cause sadness, stomach ache, headache or back ache.



The jealous person accumulates negative energy and casts the evil eye on the envied person or their offspring only by staring at them.

Babies and young children are particularly sensitive to the evil eye.

The most common way to defend yourself from the evil eye is by using a charm or an amulet, by putting an iron horseshoe on the door or by wearing a red ribbon or necklaces with jet or coral. At least two of our grandmas are superstitious and take lots of precautions to protect themselves from the evil eye.

**Medicinal herbs and plants** have always been part of traditional medicine and their uses are extensive. Old Chinese, Indian and Japanese medicine were known to make the largest use of medicinal plants. Later in history, herbal medicine was introduced in Europe, and eventually in the USA.

Although some plants actually have healing properties, a large proportion of their use has been proven to have little to no effect, so watch out for certain esoteric practices or fake therapies. It is great that traditions don't get lost in time, but it is important to know that plants and herbs are not a real substitute of modern medicine.

Anyway, let's concentrate on the good effects of plants and herbs. Many parts of a plant are used for medicine: roots, tender branches, leaves, fruits, flowers and berries.



Now we will mention certain home remedies that still work today:

If you have a cough, a good thing you can do is fill a large bowl with water and rosemary or eucalyptus in it. Lean over the bowl and place a towel over your head for 5 minutes inhaling the vapours.

If you have sore eyes or swollen eyelids, wet a piece of cloth in chamomile infusion and place it on you eyes. It will ease the pain and the swelling.

For burns, you can apply aloe vera taken directly from the plant. Honey is also good to heal minor burns.



- If you need to fight stress or anxiety, lavender has got calming properties.
- If you have problems with your digestion, ginger or tangerine infusions will do you good. Oregano helps digest too.



Thyme stimulates your appetite and oranges are good for stomach pains as well as intestinal inflammation..

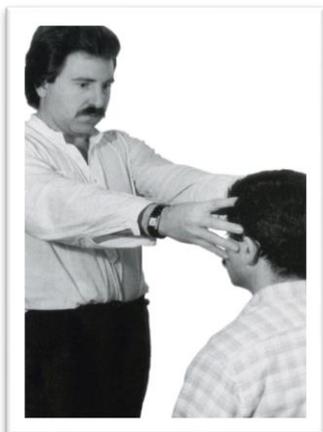
We use garlic to prevent hypertension and poor blood circulation.



Something that is very much connected with beliefs and with trying to deal with health problems is the existence of **quack doctors**.

In the olden days, sick people used to visit a quack doctor, either because they couldn't afford to visit a real doctor or because of their beliefs and customs.

Quack doctors didn't formally learn any particular skills or made academic studies. They had a gift. They might inherit this gift or be born with it. That is why, the family paid attention to any sign during pregnancy and childbirth. Crying inside your mother's womb and being born on Christmas Eve or on Good Friday were signs of having the gift of healing.



Quack doctors used to treat physical, emotional or psychological issues and also love or money problems. They tried to heal illnesses with natural remedies (herbs and flowers). They also used their hands to relieve pains and they said prayers that they learnt from sacred books.

Magic and religion were mixed together with healing concoctions. Being body and soul doctors, quack doctors were always present in villages and churches. Whether their rituals

had healing effects has not been confirmed by science.

In rural Spain, quack doctors and regular doctors have often worked together.

There are still around 10,000 quack doctors in Spain at present. Unfortunately, they take advantage of people who are desperate to find a solution for their physical or psychological problems.

One way or another, neither quack doctors nor real doctors could have every remedy they prescribed at hand. They needed another person, **the apothecary**, to make medicines, ointments



and concoctions. At first, apothecaries had their own space at home. Later, they specialized in selling their products and moved their work to suitable premises to carry out their practices. These premises were divided into two different spaces: a larger space that was used as a laboratory (this is where they spent most of their time making their master formulas) and another space dedicated to sell their products. They also had a small space to store the medicines that they made.



Later in time, when industrial laboratories emerged, drugs were produced in one place and then distributed to pharmacies. As the master formulas almost disappeared, the warehouse space grew and pharmacists became more devoted to their customers.

When social security arose, in the middle of the 20th century, every citizen could afford to get their medicines at the pharmacy. As a result, there was a great increase in the sales of regular medicines.



When we asked our grandparents whether they used to go to the apothecary or the pharmacy when they were young, they said they did. But the place looked very different from a current pharmacy. From the moment you entered the apothecary's, you could breathe the pain and disease in the air, you felt surrounded by pots you were afraid to approach. It all smelt of alcohol and there were no flowers or garish colours to make the products more attractive.

Today, pharmacies seem almost like supermarkets, they said.

Presentation made by:

Violeta Koutsoudes, Aitana Mon, Carlota Pascual, Marta Pina and Carlota Ribes.

IES Playa San Juan. Alicante. Spain.

# Mineral waters and health springs of Lithuania

- The Lithuanian resorts *Druskininkai* and *Birštonas* are famous for their natural mineral water springs.
- Many people come here to treat their health problems in health resorts, full of procedures with mineral waters.
- Spas also allow people (without health problems or required rehabilitation after hospital treatment) to enjoy the benefits of our gift given by the nature.
- *Druskininkai* is a perfect place for those who want to get their health back, as the city is surrounded by healing springs and stunning nature.
- **Birštonas** is surrounded by pine forests and the Nemunas River, this stunning resort welcomes its visitors with relaxing, peaceful and soul-healing atmosphere.



## Drinkable Water and Springs

- **Vytautas** is the first and the oldest Lithuanian mineral water with the highest content of mineral substances, produced in Birštonas since 1924.

**Ūla's eye** - mineral water spring located in the river of Ūla. It contains pure, clean, but a bit iron tasting water. In year 2000, spring was named hydrogeological nature monument.



- **Birutė** is mineral water brand which produces water, rich in minerals and electrolytes. Birutė is produced in Birštonas too.

- **The Birutė Villa** is a mineral water pavilion located in Vytautas Park in Birštonas.

Here, throughout the year, you can enjoy a free-of-charge mineral water pool, relaxing fountains and a water vapor wall through which



you can breathe the living air straight from the depths of the earth.

- **The yellow pump-room** is the place in Birštonas where you can drink water straight from it's spring.

# *Lithuanian local herbs and phytotherapy*

It would be a sin to miss out on all the renowned health benefits that the local world of plants provides. Herbs have been the basis for medical treatments throughout much of human history, and such traditional procedures are still widely practiced today, though with a twist of modern medicine, of course. Closely related to herbalism as a whole, phytotherapy is the intended medical use of plants and plant extracts for therapeutic purposes. Lithuanians have been known to use a large number of locally-found herbs to treat all sorts of illnesses.



**So here are some teas you can make yourself from these herbs.**

## **Oregano tea**

Put a teaspoon of oregano and pour a quarter liter of boiling water, cover the cup and leave it for 15 minutes. You can sweeten the tea with a little bit of honey. Oregano tea is recommended to drink cold. This tea heals stomach

## **Burdock cordial**

Chop the plants roots (10-25 g), pour two glasses of boiling water and keep in the thermos flask for 1 hour. Best to drink it warm 3-4 times per day, half a glass. This drink helps to heal biliary diseases, kidney stones, duodenal or gastric ulcer, rheumatism, diabetes, hemorrhoids, gastritis, skin diseases

## **Thyme tea**

Place 3 sprigs of fresh thyme ( or 2 sprigs of dried thyme) into a teacup. Pour about 1 and 1/2 of a cup boiling water, cover, and let it steep for about 5 minutes. Remove the sprigs before drinking.

Thyme tea is used if you have cough or insomnia problems. This drink heals inflammation, anemia, urinary tract diseases.

## **Common yarrow tea**

Put 2 tablespoons of chopped grass and common yarrow and pour two glasses of boiling water, leave it for about 2 hours and then filter it. This tea is advised to drink 1/2 of a cup 3 times per day.



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**Report**

***Discovering Sicilian medicinal herbs and practices***

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## 1. A brief history of *Sicilian medicinal herbs and practices*

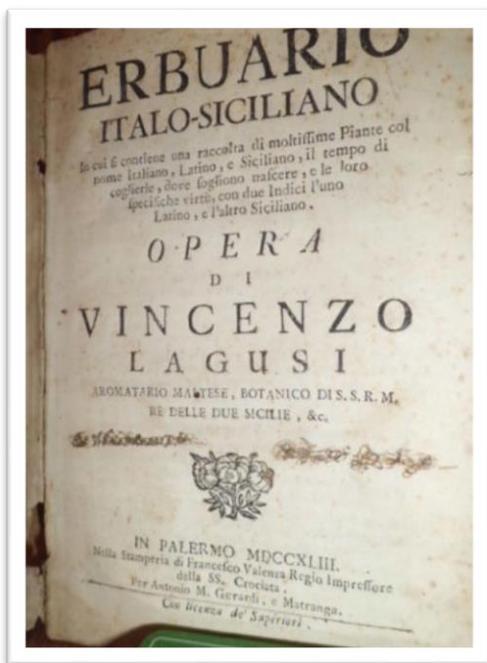
Rites and rituals based on religious beliefs as well as agricultural traditions form a large part of the Sicilian lifestyle. These practices are visible in day-to-day activities. Sicilians commonly use herbs and other organic plants as remedies for disorders, sickness and even life-threatening diseases.

Modern medicine might take a few points from these old Sicilian folk remedies. Some Sicilians believe vegetables and herbs help to cure stomach or other internal problems including diarrhea, urinary tract infection, inflammation or indigestion.

The Arabs gave a great boost to both alchemy and chemistry, which had repercussions in the pharmaceutical development of dyes and distillates.

They were the first to organize a pharmacopoeia, a list of recipes describing the proportions and chemical compositions to obtain medical remedies to diseases.

Traditional Sicilian herbal knowledge was projected onto history when, in 1743, Vincenzo Lagusi wrote the *Italo-Sicilian Herbarium*. It presents a wide range of herbs and their healing properties from A to Z!



Vincenzo Lagusi, *Italo-Sicilian Herbarium*, 1743

## 2. Medical Plants

Medicinal plants, also called medicinal herbs, have been discovered and used in traditional medicine practices since prehistoric times. The earliest historical records of herbs date back to the Sumerian civilisation, where hundreds of medicinal plants including opium are listed on clay tablets. In addition, the treatise *Ebers Papyrus* from ancient Egypt, c. 1550 BC, describes over 850 medicinal plants..

Plants, including many now used as culinary herbs and spices, have been used as medicines, not necessarily effectively, from prehistoric times. Spices have been used partly to counter food spoilage bacteria, especially in hot climates, and in particular in meat dishes which spoil more readily.

## 3. Sicilian medical herbs.

### 3.1 Oregano

**Oregano** is famous for its many therapeutic properties. It is also thought to be a **magical remedy!** It is an antibacterial with anti-inflammatory action. Oregano, also known as "Origano", is recommended against **coughs**, migraines, **digestive disorders**.

### 3.2 Thyme

Thyme has got many antiseptic properties.

During the Renaissance it was recommended cooked in wine as a good skin disinfectant stimulating blood circulation. Carrying out an energetic antifatigue action on the face.



### 3.3 Rosemary

Rosemary helps us with **stress** and physical and intellectual overwork.

It has **antiseptic properties** and has a good effect on flu and fever states. It **calms the respiratory system** in cases of asthma and cough.



### 3.4 Sage

Sage is particularly known for its **anti-inflammatory**, balsamic, digestive and expectorant properties. It is also indicated in gingivitis and dental problems. It is a "**deterrent**" to **diabetes** and accelerates the healing process after a wound. It improves



### 3.5 Basil

Basil favors **digestion** and the correct functioning of the stomach. Popular tradition binds it to those **natural remedies** able to make the mind lively and to give good humor. It has a **brilliant color and an intense fragrance**



### 3.6 Laurel

Laurel is commonly used to relieve colic, **stomach disorders**. It is useful to stimulate sweating in case of fever and flu and it is also used as an **expectorant in case of cough**.



### 3.7 Mint

The properties of mint depend mainly on **menthol**. Mint helps the normal **digestive functions**. It is also a good **antiseptic and antispasmodic** remedy.



### 3.8 Borage

Borage is an excellent remedy against **constipation** but it can also soothe inflammations.

This plant is a real ally of beauty. Its **beneficial action on the skin** is evident not only in the case of real pathologies but also in case of dry or oily skin.



### 3.9 Chicory

Chicory is a concentrate of **nutritional virtues** and one of the most precious **purifiers of blood and liver**, bile ducts and the whole organism. It regulates cholesterol, helps digestion and promotes intestinal motility.



### 3.10 Asparagus

Asparagus contains many **useful substances** for the body. The most commonly recognized properties of asparagus are the **diuretic** ones. It is also a **good antioxidant**.



### 3.11 Hawthorn

Hawthorn has many **clinical uses**. For instance, it is used in the treatment of **heart and circulation problems**. It is thought to own a good **sedative action** in anxious situations.



### 3.12 Garlic

Garlic is considered as one of the greatest disinfectant for the whole body. It is also a good remedy for hypertension. According to an old Sicilian tradition, Galric was mixed with oregano and olive oil to hunt worms in children.



### *U Scantu / The Fright (the worms)*



In the popular representation the worms, which came out as a result of a “scantu” (fright) , piled up like a ball moving upwards; the purpose of the therapy was to make this ball go down through the descent of stomach. These worms, coming out of their natural site, attacked the walls of the stomach moving inside it. They could reach the throat of the victim, even causing death by suffocation. In this case people turned to a woman who knew how to lower worms and, restore the natural allocation of the organism.

A practitioner woman dealt with this type of intervention and invested other women with her knowledge that was handed down from generation to generation.

The worm therapy consisted of two parts: a mechanical or gestural one and an oratory, where the prayer was recited. In the ritual the woman touched the stomach of the patient with a cup of coffee «la cicaredda» greased with garlic and oil, after she made a massage with a movement towards the lower part of the body to make the worms return to their natural site, reciting a traditional popular rite as a prayer.



### Olive Oil

Sicilians say : “*ogghiu comuni sana ogni dulari*”, that means: “*oil heals all the pain*”.

Olive oil, in history, has often been used as a means to

solve health problems. Its versatility included - among others – the aesthetic use to counteract the withering of the skin.

The beneficial properties of olive oil includes protecting the cardiovascular system from heart attack and stroke.

It helps prevent disorders of a terrible degenerative disease such as "Alzheimer's disease". It has the ability to preserve nerve cells from the natural wear associated with advancing age.

### ***The Sicilian “Mamma”***



An example of Sicilian popular medical knowledge and corresponding practices is represented by the so-called “mamma” (midwife). Her task was to apply popular medical knowledge especially during childbirth. Notwithstanding the accusations of witchcraft directed against them, they were active until the end of the 20th century

The practices used were as extravagant for the historical period as they were incredibly useful.

Suffice to say that, for example, they used oil to anoint the cervix and, in order to alleviate pain, they administered chamomile and bay leaf teas instead of modern antispasmodics.

# *Traditional Medicine in Romania*

The Romanian traditional medicine has a long history because it was the means by which people could treat diseases in the days when modern medicine was less developed. Traditional medicine was an alternative for people to be treated in times when modern medicine was not as advanced. For different reasons, sometimes, people even today prefer not to go to the doctor, especially if their families have a tradition of caring at home.

Each community had specific natural remedies, based on the geographical area, environmental conditions and other factors. Thus, the use of plants can be considered as part of the intangible cultural heritage of each community.

## **Traditional use of medicinal and aromatic plants**

The medicine that first of all we have at your fingertips, is the tea. The tea was always been considered by the Romanians a cure for the sick. Only in recent years, the tea has become an opportunity to chat and socialize. But traditionally, the tea treats diseases of the heart, the pain of any kind, nervousness, upset stomach; all diseases can be cured thanks to the tea. Plants are considered by the Romanian people living beings who hear, see, feel, suffer, and have souls.

The secret is to know which tea can help you with your problem. For example, St. John's wort for gastritis, linden to calm down, the mint for the indisposition of the stomach, camomile is efficient and is a disinfectant in cases of colds, the tamarisk can be used for vitamin deficiency and



yarrow for bronchitis.

*Camomile*



*Mint*



*Raspberry leaves*

## **St. John's Wort Plant**

It was believed that harvesting the plant in holy days would give it greater powers. The perfect harvesting day was June 24, the birthday of Saint John the Baptist, which is, in fact, most of the time, the period of maximum flowering of St. John's wort. This plant is used as a diuretic and for the treatment of wounds and haemorrhoids, kidney and lung disease, digestive system diseases, for wound healing and pain relieving.



## **Popular Wisdom**

Also popular wisdom asserts the importance of maintaining relations with the Earth. Farmers often walk barefoot in summer, especially mowing and their houses have ground on the floor and on the porches. Summer is good for children to be allowed to walk barefoot, like walking

for ages the peasants' children. As their connection with the nature is more direct during the summer, the better they will be protected from all diseases in winter.

The category of traditional treatments also includes spells, a method that is seen less and whose results are less obvious in a direct way. Spells are verses or words spoken by an elderly woman, called exorcist or witch. During some spells, they light up matches. The spell removes the sufferings from the sick person and sent them to places never known or seen by humans. One of the most common cases when the spells are made is the evil eye. When the beauty and the health of a person aroused envy or there was an incompatible look, it is said that this person took the evil eye.

At the same time, Romanians have some beliefs for what concerns the origin of the disease, among which the most famous is that the diseases are of the devil. Therefore, to treat them are invoked God, the Virgin Mary, the saints, but is also very important the role of the priest and the candle from Mass Resurrection of Jesus Christ. Garlic, pepper and basil are also part of the means of protecting the health and luck, keeping the evil spirits away from the people.

### **Bee Medicine**

Bees have been a source of alternative medicine since ancient times and Romania is keeping the tradition alive. Beekeeping is an important traditional occupation. Honey is a complex food, one of the healthiest: it contains vitamins, organic acids, minerals and enzymes from bees thanks to which honey is considered a superfood.

*Bee venom* is used to combat multiple sclerosis, *pollen* for indigestion, *honey* to heal wounds. *Propolis* is used against sore throats, as well as honey and pollen to boost the immune system.



### **Salt Mines**

Miners dug hundreds, even thousands, of feet into the ground, extracting one of humanity's most treasured minerals: salt. After extracting its treasures, miners left the mine but left behind incredible passages as tall as cathedrals.

The Romanian salt mines are located between low altitude hills, of 500-700 m, in a gentle continental climate. Considering the admission of the saline treatment efficiency, mostly in pulmonary diseases, the development of this type therapy in Romania is presently in continuous development. Asthma cure is very dependent upon traditional alternative medicine procedures. The onset of modern medicine has not replaced traditional asthma cure because of its popularity and reported success rates.

*Turda Salt Mine* was dug during Middle Ages for salt exploitation. Now is one of the most visited sights in Romania. It was renovated between the years 2008-2010. Therefore, some



standards of modern visiting, were included. An elevator with bird's eye-view was installed, a wheel with gondolas. A recreation space with wharf was created in which tourists can boat.

Traditional medicine is the knowledge, skills and practices based on the theories, beliefs and experiences indigenous to different cultures, used in the maintenance of health and in the prevention, diagnosis, improvement or treatment of physical and mental illness.

A common philosophy is a holistic approach to life, equilibrium of the mind, body, and the environment, and an emphasis on health rather than on disease. Generally, the focus is on the overall condition of the individual, rather than on the particular disease from which the patient is suffering, and the use of herbs is a core part of all systems of traditional medicine.

# Traditional Medicine in Turkey

## SIĞLA AĞACI ( LIQUIDAMBAR )



### - Siğla Yağı (Styrax Liquidus)

It's a balsam. It has been used in Europe for medical purposes since 17th century. Thanks to Hanbury's researches, European people learnt that it comes from *Siğla Tree* in 1876.

Siğla Tree is found in Muğla, Marmaris, Köyceğiz, Milas, Fethiye, Rodos and Antakya.

It's good for stomach diseases such as ulcer, gastritis, reflux; intestine diseases; upper airway; skin; wounds and burnt skin.

Evliya Çelebi wrote about it in his travelogue which is called "*Seyahatname*", and said it is good for leprosy.

In the past, Kleopatra used it as a cream because it rejuvenates. Even nowadays, there's cream named "*Siğla Ağacı Kremi*", and people say that it makes you look younger.

## GEVEN ( ASTRAGALUS )

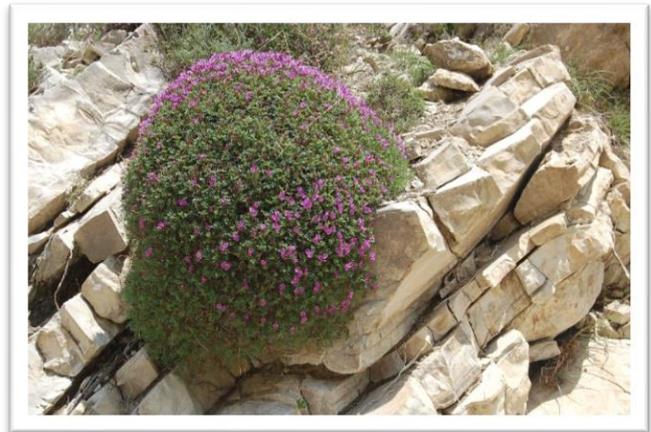
Astragalus is a large genus of over 3000 species of herbs and small shrubs, belonging to the legume family Fabaceae and the subfamily Faboideae. Turkey has 229 endemic species of Astragalus.

It is known as the most effective herbal medicine, and a strong adaptogen.

It includes glycerol, choline, polysaccharide, bioflavonoid, asparagine, astragalin and so much selenium which is good for health.

It helps to fight bacteria, fungi and viruses by increasing the activity of white blood cells. It increases the number of stem cells in the bone marrow. It supports the fight against heart and cancer diseases by promoting the immune system. Also, its restorative effect on aging cells have been detected.

There's an ointment which includes honey and powder of Astragalus root, and it is used for wound treatment.



## ÜZERLİK TOHUMU KÜRÜ ( PEGANUM HARMALA / SEMEN PEGANI CURE )

For hay fever, allergic asthma, general asthma.

- Boil 1 L water and add two tablespoons of semen pegani.
- After boiling is done, pour this mix to a container. Come closer, respire and expire it during 2 minutes by your mouth and nose.
- After that, submerge a cotton into mix and apply it inside of your nose.
- Use it for 15 days every other day, and also when you need it.



## KUDRET NARI ( MOMORDICA CHARANTINA )



It is a plant which is grown as food and medicine. It blooms in summer and small yellow flowers are on separate handles. Its fruits flower green at the first and when they mature, they become red. When the fruit is ripe, the bark is folded back into 3 separate pieces, resulting in a large number of red-brown or white colored cores. All parts of the plant and juice are very

hot. Kudret Nari is often used to improve constipation and digestive system problems. It can be used for the treatment of digestive diseases such as reflux, gastritis, ulcers. It heals the wounds quickly. It supports the health system because It includes protein and vitamin E. It can be prepared by mixing it with honey while consuming the freshness of its fruit. For this, the maturing fruit is crushed and mixed with honey. Olive oil can be used instead of honey with the same rate. The mix has to stay for 30 days at the dark place with the closed box.

## TERS LALE ( FRITILLARINA IMPERIALIS )

It has been known as a symbol of sadness because It looks unhappy and It is the oldest ornamental plant. It is in genus of bulbous plants. Until end of the 19. Century, It has been found in the Anatolian lands.

Reverse Tulip grows in the area of Hakkari. ( Hakkari is the city of Turkey and It is located in South east of Turkey). It can live at between 1000 and 3000 metres higher from sea level. The plant should get plenty of sunshine and It has to be in mold.



There is a teardrop between each leaf, There are 6 tulips in each branch. leaves of lalen fall in the fall, There is onion at the root, it re-emerges when spring arrives thanks to this onion. With the coming of spring, the orange, red and yellow tulips are out in all their glory and have added their rainbow to the local landscape.

It's also symbol for many religion and culture.

For example It's known as a holy plant for christians. Because It represent crucifixion of Jesus and many people assume that It has been formed with mary's tears.

Also, It is known as a crying bride in our culture. because people assume that tulip cries for the brides which couldn't come together with her lover.

## SÜTLEĞEN OTU ( CAPER SPURGE )



### What is Caper Spurge?

Commonly known as caper spurge (*Euphorbia lathyris*), this member of the euphorbia family is also called mole spurge because of its alleged ability to deter moles from the surrounding area. Caper spurge is a large architectural annual or biennial weed with blue-green leaves that can pop up in beds and borders. Growing to a height of 120cm, it flowers from May to June and develops caper-like seeds from July to August.

### Benefits of the Caper Spurge

It has a rejuvenating effect on the skin. It cleanses the skin and cleans it from microbes and foreign substances. It is helping to heal wounds. It is said to be good for constipation, even a natural laxative effect. It also helps to stop abdominal pain caused by constipation. Since the ancient times, the solution to the problem of warts, known as difficult, caper spurge accelerates the healing process in that situation. Insect bites, scorpion stings can also help in situations such as. Again, it shows significant effects in the treatment of fungal diseases. They say it's good for the hemorrhoid problem. Lastly, although it is a very interesting method of use, it is known that their aids in fishing.

### The ways of using Caper Spurge

Making compress with Caper Spurge: Using that herb for making compress is beneficial for rheumatism illness. Firstly you have to collect a bunch of Caper Spurge. Secondly you have to put them under the sun approximately for 2 week ( It can be change because of the sunlight level of the country ) and they will get dry. Thirdly you have to pulverize the dry Caper Spurge on the mortar. Fourthly put a little bit dry Caper Spurge into little bit henna and mixed them and stir them until becoming like a paste( you can add water if it is necessary ). Finally put the mixture into a cheesecloth and it is ready for making compress !

Caution: Using Caper Spurge directly to your skin is strongly harmful to your skin it can irritate your skin easily and you can not add Caper Spurge to your drink , food or anything else . you can not make a tea with the Caper Spurge. By the way do not forget Caper Spurge is a venemous herb that's why please use it under the supervision of a doctor.

## SIĞIRKUYRUĞU OTU ( MULLEIN )



### What is Mullein ?

They are biennial or perennial plants, rarely annuals or subshrubs, growing to 0.5 to 3 metres (1.6 to 9.8 ft) tall. The plants first form a dense rosette of leaves at ground level, subsequently sending up a tall flowering stem. Biennial plants form the rosette the first year and the stem the following season. The leaves are spirally arranged, often densely hairy, though glabrous (hairless) in some species. The flowers have five symmetrical petals; petal colours in different species include yellow (most common), orange, red-brown, purple, blue, or white. The fruit is a capsule containing numerous minute seeds.

## Benefits of the Mullein

It is beneficial for stomachaches which are caused by stomach flu. It is used in the treatment of diseases of the spleen and liver. The tea of mullein can be used for cough, whooping cough, hoarseness, shortness of breath. The mash of mullein can be used for thickening, swelling and hemorrhoids.

### The ways of using Mullein

**Tea of Mullein:** Boil a glass of water and add one tea spoon of Mullein. After that wait 10 minute. Your mullein tea is ready for drink it! And also do not add any sugar because sugar is so harmful to your health.

**Mash of Mullein:** Firstly collect the leafs of Mullein. Secondly put them on a mortar and pulverise it until becoming like a mash. After that put it into your wound and keep waiting for 10 minute.

**Caution:** There are some venemous glycosides inside the Mullein that's why please use it under the supervision of a doctor.

## KAPADOKYA YOĞURT OTU ( GALIUM CAPPADOCİUM )



This name was used to ferment cheese in ancient times by people. The names of this plant is changing from one region to another; although plants which are also similar were called with the same name. This herb which can be seen more in Europe and Asia, is known by mankind for thousands of years. So much so that, even thousands of years ago this herb was used in cheese making.

In ancient Roman medicine; this plant was used in problems such as snake bites, urine remover, throat problems (such as goiter), edema shooter, liver diseases. Besides that, the Greeks and Romans used the plant against bites of snakes. Hippocrates has recommended yogurt grass as a menstruation expectorant. Medieval physicians have used yogurt grass in the treatment of skin rashes, goiter, scurvy, liver diseases and edema. Also its coffee is consumed in Ireland.

In traditional use, it is known that drinking yogurt grass tea cleans the blood, increases diuretic deterioration and improves insomnia and psychological problems. Also used as a diuretic. It's used for painful urination, enlarged or infected lymph nodes and a skin condition called psoriasis. There are various applications to the skin for enlarged glands and various skin rashes.

## ÇÖVEN OTU ( GYPSOPHILA ) ( BABY'S BREATH )



Çöven Grass is among Turkey's export products. It grows in central Anatolia and eastern Anatolia in general. The plant which is in the clove family known as "Baby's Breath" in English. Roots and branches of Çöven Grass is very suitable for frothing. That's why it was also called "soap grass" and "soap flower". On the other hand, people used it while making halva. Which is kind of traditional in Turkey. Because of its relation with halva, the grass was called "halva root" as well.

Çöven Grass; it is also used in making cream, halva and soap. In the food industry, the extract is used in the production of tahini halva. Apart from that, it is used in the production of Turkish delight and the making of halva special to the Thrace region. Moreover, in some regions in Turkey it is used in the manufacture of halloumi cheese.

Furthermore, herbal tea can be prepared with its roots and leaves. Its herbal tea is antipyretic; it relieves sweat, urine, sputum and menstruation. Although it is known to be used for skin problems such as scabies and eczema, it is used as a relaxing, bronchodilating plant.

Eventually, in a study conducted by British scientists, it was revealed that with the help of Çöven Grass more effective medicines than the medicines which were produced before can be made for leukemia (blood cancer).