



THE ENCYCLOPEDIA OF HEALTH

ŠIS PUSLAPIS NEGALI BŪTI REDAGUOJAMAS

Tai vidinė viršelio dalis



Folk medicine is the mixture of traditional healing practices and beliefs that involve herbal medicine, spirituality and manual therapies or exercises in order to diagnose, treat or prevent an ailment or illness.

Through modern-day research and the studying of history, we know that cultures have always used plant or plant properties to treat or alleviate different illnesses.

Traditional medicine and its healing practices is about as old as written human history.

During the ERASMUS + project FOLKLORIKA (2019-2022), Lithuanian team from President Valdas Adamkus gymnasium as a final product prepared an encyclopedia of health - a set of our grandmothers' recipes from the six participating countries: Cyprus, Lithuania, Poland, Romania, Spain and Turkey.

Enjoy your time with the ENCYCLOPEDIA OF HEALTH.



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CYPRUS

MINT (MENTHA)

Cypriots love mint! It is perhaps the most common herb used in a wide variety of applications both in local cuisine and for healing. Mint will make an appearance in at least one of your dishes at any local restaurant on the island.

It is typically found as an added flavour to any 'tzatziki' made in Cyprus, or a few leaves could be found tucked away in a packaged halloumi cheese for added flavour.

Dried mint is also a favourite addition to halloumotes bread with halloumi cheese in it, or mince-meat for koupepia (stuffed grape leaves) or keftedes (Cypriot meatballs).

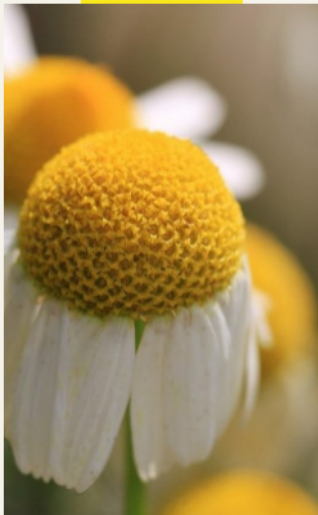
Tip from grandmother:

You can boil dried mint leaves, add little honey and make a refreshing tea.

* Another tip is to use peppermint oil as a cold rub on the chest or inhale it through a casserole with water or vaporizer and you will find that your nasal congestion has disappeared.

*Mint helps in ulcerative colitis, migraines, digestive problems, colds, sinusitis, help to improve memory and concentration. It has an antiseptic effect, used for treating bloating, and helps fight diarrhea.

CHAMOMILE (MATICARIA CHAMOMILLA)



A universally known herb that helps fellow plants, the animals that eat it, and us humans.

The ancient Greek doctor Hippocrates was one of the first individuals to identify its healing properties. Deriving from a flower that's often mistaken for a daisy, one way to distinguish them is by smell: Daisies are odourless whereas chamomile flowers have a strong smell. It is mostly known to relieve anxiety and insomnia, so it's recommended to consume it in the evening.

It can also help with a cold, flu, nerves, dyspepsia, migraine, neuralgia, dizziness, stomach aches, rheumatism, stress, menstrual pain, urinary infection, ulcerations and pains in the intestines.

*Grandma's Tip: For baggy eyes or dark circles, you can place bags of chamomile on your closed eyelids to soothe the puffiness.

*Grandma's Tip: You can also place in a small towel chamomile extract and use it to treat skin disorders, sunburns, and reduces allergy symptoms.

OREGANO (ORIGANUM VULGARE)

The leaves of oregano (Oregano), in addition to its extensive use in cooking, can be used as a tea for colds, flu, cough and whooping cough.

*Also oregano leaves are useful as a mouthwash during inflammation. For stress and headaches you can use tea from oregano. It is included in many medicinal teas.

*Adding oregano to meat before cooking may help reduce the amount of toxic compounds created by the cooking process.



NETTLE (URTICA DIOICA)



Many of us had the unpleasant experience of being stung, the poison causes a nasty stinging sensation and a skin rash. The poison that provides from in its glandular hairs is the protective shield of the nettle but I did not know what it really does in our health this medicinal misunderstood but extremely vitamin curative plant-herb.

In Cyprus this native health-boosting herb grows always in our yard and fields.

Nettle relieves arthritis pain and eczema. Very refreshing, has anti-fatigue and anti-stress properties.

It is an anti-inflammatory, tonic, diuretic, hemostatic plant, rich in iron, proteins and minerals.

Nettle has been used since ancient times for its healing properties, for food and for the production of fabric. In the Bronze Age in Denmark savannas made of nettle fibers were found, which indicates that they were used to make fabrics. There is also evidence that in the Neolithic era it was used to create strings.

Grandmum's tips:

1st Tip: For consumption consider best young and tender shoots. We can eat it boiled with oil and lemon or you can make a nettle-pie but even more delicious is the soup of nettle.

If we add the nettle in the soup just three minutes before the end of the cooking, the vitamins and minerals are not lost.

**Do not worry for the poison needles during the ingestion, they are destroyed by cooking, boiling or baking.

2nd Tip: Use dry nettle shoots in warm foot bath to reduce phlebitis.



LITHUANIA

BROUDLEAF (PLANTAGO MAJOR)

Broadleaf (Plantain) each leaf is oval shaped and smooth texture . There are five to nine conspicuous veins on the leaf. The flowers are small, green colour and grows 5-15 cm. tall . The plant can grow 12 cm tall.

Broadleaf is often used in traditional herbal medicine. Plantain extract has wound healing activity, anti inflammatory, analgesic, antioxidant, antibiotic from diseases.

Plantain leaves have been applied to wounds, sores, and stings to promote healing The root of plantain was also traditionally used for wounds, fever, and respiratory infections.

Broadleaf tea

An infusion or strong tea of plantain leaf dried or fresh sprayed on a sunburn will cool the burn and relieve the pain. This will also help soothe rashes. A cup of plantain tea from fresh or dried leaves will soothe indigestion, headache.

•Ingredients: 2-3 spoons of honey, 10 or more dried or fresh leaves.

Put leaves in the tea strainer, fill with hot water and leave it for 15 minutes. After taking leaves out, put the honey in the cup and mix it with tea. And here you go! You have fresh-made broadleaf tea.

Broadleaf poultice

For stings and bites, make a poultice . You will need:

- 3 - 4 fresh broadleaf plantain leaves;
- Bentonite clay;
- 1 cup of water

Mix leaves with clay and water to form a paste. Leave it to stand for 30 min and place it on the place where you are bitten or stung. If you don't have ingredients then just crush a leaf with water and place it on the wound.



ELDERBERRY (SAMBUCUS) TEA

Elderberry tea is a warm and soothing drink that helps ward off colds and flu.

3-INGREDIENT ELDERBERRY TEA

Yes, there're just three ingredients in this recipe – water, dried elderberries and a cinnamon stick. But you can also tweak it and have fun with it!

Make this simple tea in some minutes whenever you feel like your immune system can use a boost.

Combine: Add water, dried elderberries, and a cinnamon stick to a small saucepan and stir well.

Boil: Heat on high just until the tea starts to boil. Then, turn the heat down to medium-low and simmer for 15 minutes. **Rest:** Let the tea cool in the pot for 5 minutes. **Strain:** Strain the tea through a fine-mesh strainer into a mug and enjoy.

CELENDULA (CALENDULA)



Calendula is loaded with powerful skin-healing, anti-inflammatory and antimicrobial properties, yet is gentle enough for most people and animals to use safely.

HOW TO MAKE CALENDULA TEA:

Place about 1 to 2 tablespoons of dried calendula flowers in a heat proof mug and pour 1 cup (8 oz/240 ml) simmering hot water over them. Cover with a saucer and let steep for around 15 to 20 minutes.

- *Use as a gargle for sore throat.
- *Use as a mouth rinse to help relieve blisters, inflamed gums, or thrush.
- *Dip small cloths or clean rags into the tea and apply as a compress to scraped, itchy, scratched, or otherwise inflamed skin conditions.
- *Strain through a coffee filter and use as an eye rinse for itchy eyes due to allergies, dryness and viral pink-eye.
- *Wash your face with calendula tea nightly, if prone to acne and breakouts.
- *Use as a hair rinse, after shampooing, to alleviate itchy scalp conditions.



POLAND

TEA WITH GINGER JUICE AND RASPBERRY JUICE

RECIPE HOW TO PREPARE IT

Things you need:

Ginger- ginger is a plant which you can use as an agent with healing properties, effective against viruses and nausea.

Tea:

Lemon;

Hot water;

Honey;

Raspberry juice- they contain a lot of vitamins and minerals, and also many other substances valuable for health.

WHAT IS THE PURPOSE OF USING IT?

You can drink it when you have a cold or when you feel unwell.

Peel the ginger and lemon.

Cut into thin slices.

Put in a glass and pour hot water.

Leave for 15 minutes.

Before drinking the tea, add the honey and mix it. Optionally, you can add raspberry juice.





ONION (DISAMBIGUATION) SYRUP

Onion syrup helps to clear the upper respiratory tract. It also has expectorant properties, thanks to which it can help in the treatment of both dry and wet cough. It thins the secretion in the throat, thus making it easier to get rid of it.

HOW TO USE IT?

Take a spoonful of onion syrup about 3 times a day. Do not drink the syrup immediately before bedtime as it has an expectorant effect. This way, the cough does not get worse at night.

Onion syrup should be given to children during colds or prophylactically in the autumn and winter period. It not only cleans the respiratory tract, but also, thanks to the ingredients it contains, fights viruses and bacteria. It helps soothe coughs, especially dry coughs.

WHAT YOU NEED TO PREPARE:

2 medium onions
(250 g)

4 tablespoons of
honey or sugar

You can add
lemon juice, garlic
or ginger

RECIPE HOW TO PREPARE IT

Place the onion slices at the bottom of the jar. Pour a spoon full of honey over it and pour over the lemon juice.

Repeat this action until you have used up all the onion for the syrup. Put the lid on the jar filled with onions, lemon juice, and honey and set aside in a warm and shaded place until the onion releases juice.



LINSEED (FLAX) INFUSION

WHAT IS LINSEED?

Linseed is a small grain of common flax, which has a brown or slightly golden color. These valuable, oily grains are classified as the so-called superfoods, healthy food with valuable pro-health properties.

Flax seeds are most often used to produce linseed oil, which is easily digested by our body and is a concentrated source of healthy fatty acids.

Thanks to ingredients such as fiber, fatty acids (especially linolenic acid), phytoestrogens and antioxidants, linseed helps to restore and maintain the body's physiological balance.

Linseed



RECIPE FOR INFUSION OF LINSEEDS

1. Put two teaspoons of ground flaxseed into the cup.
2. Then pour warm water.
3. Set aside for about 15 minutes.
4. After this time, the linseed infusion is ready to drink.

FIELD HORSETAIL

Species: *Equisetum arvense*
Habitat: roadside/Działdowo/Poland

- *Diuretic effect,
- *Anti-inflammatory effect,
- *Used for psoriasis,
- *Fresh juice steam bleeding,
- *Used for gargle.





ROMANIA


GARLIC (ALLIUM SATIVUM)

Garlic (*Allium sativum*) is an edible plant, used as food and spice. In folk medicine, it is considered, along with onions, a real medicine, due to its rich content of vitamins and minerals.

In ancient Egypt and Roman times, garlic was known as a means of preventing contagious diseases. It was later established that the effect of garlic, in combination with honey, or other natural products, is beneficial in preventing or ameliorating cardiovascular disease, digestive disorders, or pneumonia. In addition to the antimicrobial effect, it also has an anthelmintic effect (against intestinal worms).

One study showed that supplementing with garlic extract inhibits vascular calcification in human patients who have high blood cholesterol.

Garlic is the food that works wonders for health by preventing obesity and fighting infections. The active ingredient in garlic, allicin, can also attack and destroy viruses or strong infections and is even recommended for children with asthma.



White cabbage (*Brassica oleracea*)

White Cabbage (*Brassica oleracea*) is an edible vegetable, one of the oldest vegetables known to man.

White cabbage is recommended for use in the treatment of anemia, diabetes, gallstones, cough (cabbage juice and honey), kidney disease, hemorrhoids, liver pain (raw cabbage in the form of poultices) and gastric ulcer.

White cabbage acts as a laxative, a vitaminizer (for patients who recover after a period of lying down) and helps prolong life (vitamin A contained in cabbage delays aging, nourishing tissues).

White cabbage can be eaten as sauerkraut, and in this case is an excellent remedy for treating alcoholism, strengthening the gums and treating intestinal infections; cabbage tea: it helps to cure chronic bronchitis, but also to treat diarrhea and constipation; Poultices with white cabbage leaves (applied topically), which helps to heal wounds and tumors.



Rostopasca, also known as the wart grass or blackberry, is an herbaceous plant easily recognizable by the yellow latex that browns in contact with the air. It blooms from April to September.

We collect the aerial part of the plant (stem, leaves and flowers), being careful not to uproot the plant, which will then give other stems. The therapeutic indications of this plant are: acne, hepato-biliary disorders, digestive disorders, intestinal disorders, spleen disorders, angina pectoris, angiocolitis, arthritis, bronchial asthma, cerebral arteriosclerosis, bladder atony, warts, (and others). Blepharitis, skin diseases persistent, cataract, bronchial catarrh, cancer, skin cancer and externalized tumors, gallstones, headache, baldness, keratitis, cysts, ovarian cyst, liver cirrhosis, cholecystitis, high cholesterol, biliary colic, atonic constipation, biliary dyskinesia, dyspepsia, liver, infectious eczema, epidermophytia, pharyngitis, intermittent fever, uterine fibroids, fistulas, gastritis, nausea, gout, chronic hepatitis, viral hepatitis (A, B, C), rebellious oral and genital herpes, hypertension, hyperopia, hirsutism, jaundice, indigestion, chronic skin infections, genital infections (with papilloma-candidatrichomonas), throat infections, intestinal infections, chronic eye inflammation intestinal inflammation, insomnia, heart failure, hysteria, laryngitis, lipomatosis, gallstones, lupus, migraine, biliary migraine, warts, restlessness, neurosis, tired eyes, panaritium, pancreatitis, intestinal parasitosis, spots on the cornea, pilosis, infected wounds, rheumatism, intestinal spasms, tachycardia, tuberculosis, externalized tumors, spastic or convulsive cough, duodenal ulcer, varicose ulcer (atonic, old wounds), chronic eye ulcers, venereal vegetation.



ASHURA

Ashura means a type of dessert made as a result of combining legume grains such as wheat, chickpeas and dried nuts with sugar.

According to legend, after the flood of Noah is over, a special food is wanted to be made to celebrate the liberation from the flood. But the type and number of materials that can be used to make this food is also almost minimal.

So they collect the remaining food, mix it, and then cook it and make this sweet soup. A food called sweet soup is cooked, distributed, shared every year from that day on, and it becomes a tradition.

Ingredients: wheat, rice, orange, lemon, apple, dried grapes, dry bean, chickpea, almond, blackcurrant, nuts, walnuts, dried apricot, sugar, cloves, pomegranate, pistachio, sesame, cinnamon.

Recipe: add wheat into saucepan and boil. Then, orange and lemon peels are added with water, boiled and left for cooling for 3 hours in room temperature. Apples and dried grapes are added and stirred. Boiled beans and chickpeas are also added into the mixture. Later, all the remaining ingredients are added and boiled again stirring. 1 hour later, when it is cooled, it is garnished and served. Although ashura was made long years ago, it is still consumed both as a sweet and a remedy,

Some useful effects: protects cardiovascular health; strengthens immunity; supports growth; helps increase the quality of milk. It's good for constipation. Reduces the risk of depression.

BLACK CUMIN (NIGELLA SATIVA) SEED OIL

Black seeds are also known as black caraway, black cumin, kalonji, and black onion seeds. They come from *Nigella sativa*, a small plant with pale purple, blue, or white flowers that grows in Eastern Europe, Western Asia, and the Middle East. Blackseed oil has been used at homes or in alternative medicine industry since middle ages. (Ottoman Empire Age)

People have used the tiny black seeds of the fruits of *N. sativa* as a natural remedy for thousands of years. The seeds can also flavor curries, pickles, and bread in a similar way to cumin or oregano.

Modern medicine, using the properties and stimulating effects of this plant, treats some illnesses such as hemorrhoids, hepatitis, cold, diarrhea, cough and taenia.

First written document about Black Seed is told to be found in "The Old Testament". Muslim prophet Hz. Muhammad said "Use black seed, it is remedy for everything except for death."

Useful Effects of Blackseed Oil:

- It has a lethal effect against germs, viruses and fungi.
- It empties and expands the respiratory tract.
- It has a protective effect against cancer.
- It regulates blood sugar.
- It prevents vascular diseases.
- It facilitates digestion.
- It filters out poisons in the body
- It is good for bile with its diuretic property.
- It prevents allergies.



LIQUORICE SYRUP

Although it appeared and started to be used first in Ottoman palaces, liquorice syrup became so popular among people and it is still used widely especially during Ramadan and hot summer days because of its many useful effects on people and relaxing feature. It is made using liquorice root and water only.

Ingredients: liquorice root, water, cinnamon (optional) to improve the taste and give aroma.

Recipe:

- A big saucepan is filled with water and liquorice root is added into the saucepan at night. In the morning, liquorice root is removed from the saucepan. Later, the mixture in the sauce pan is filtered through a fabric or other gadgets. Finally, it is put into bottles and ready for service.

Useful effects of the syrup: it helps digestion, removes thirst, it is good for kidneys and hoarseness, it benefits stomach diseases such as ulcers and gastritis.



SPAIN GRAN CANARIA



EUCALYPTUS

Eucalyptus are perennial medicinal trees and plants. The essential oil of eucalyptus leaves is used as a nasal decongestant and to fight respiratory infections, for example, the eucalyptus infusion.



EUCALYPTUS INFUSION FOR COLD COUGH

Ingredients:

- 4 cups of water
- 6 fresh eucalyptus leaves
- 1 yellow lemon
- Honey

How to prepare it?

- Put water in a kettle. Add the eucalyptus leaves and the lemon peel.
- Heat over low heat until boiling. Then, let the infusion rest for 8 minutes.
- Strain the infusion, squeeze lemon juice over it and sweeten with honey.

ALOE VERA

Aloe vera is a succulent plant species of the genus Aloe, it is cultivated for agricultural and medicinal uses. It is an endemic plant of the Canary Islands.

ALOE VERA GEL

Aloe Vera Gel is a medicinal plant gel used for burns, irritations and wounds, as well as for many other purposes.

Ingredients:

Around 3 aloe vera's leaves

How to prepare it?

- Cut the leaves, clean them and remove the thorns.
- Use a knife to extract the pulp, be careful not to take it if it has yellow sap.
- Keep it in the fridge or somewhere that keeps it away from solar light.



OLIVE OIL

Olive oil is a major component of the Mediterranean diet. It is extracted from olives and it is used for cooking, cosmetics, medicine, soaps and as a fuel for traditional lamps.



REMEDY FOR ECZEMA

Olive oil is one of the best treatments to combat eczema due to its high content of vitamin E and antioxidants.

How to apply it?

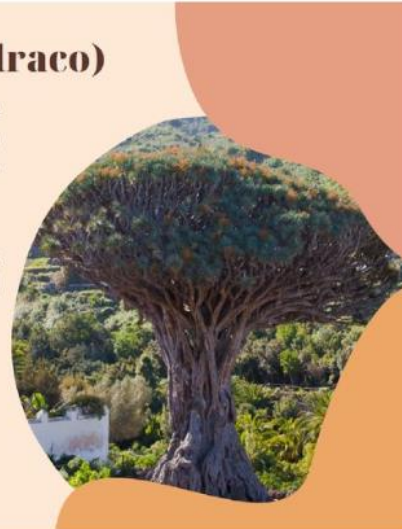
All you have to do is rub a little oil on the affected areas twice a day. You have to repeat this until the problem is cured.

Drago (Dracaena draco)

This plant is the plant symbol of the island of Tenerife. The name comes from the Greek "drakaina", female of the dragon tree. This is due to the red color of its sap, rich in active principles such as flavonoids and saponins.

Thanks to its active compounds, the dragon tree has antioxidant and regenerative properties for the skin and tissues. It is also used as:

- Anti-inflammatory
- Healing
- Anti-fungal and antibacterial
- Antiallergic
- Anticancer



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