

MEDICINAL PLANTS

WHAT ARE MEDICINAL PLANTS ?

- Each plant, which is being used by people for its:
 - MEDICINAL EFFECTS
 - ABILITY TO ASSEMBLE the food being prepared
 - ABILITY TO SMELL the food being prepared
- They are wild or grown

CATEGORIES OF MEDICINAL PLANTS

HERBS AS MEDICINE:

- herbs with health effects en
- produce various products fr



<https://cdn.myshoptet.com/usr/www.herbadent.cz/user/shop/big/187.jpg?589c45da> 13.11.2017

HERBS FOR FLAVOUR AND AROMA:

- Mostly Fresh (but also dried)
- Very useful in every kitchen



<http://www.recepty-top.cz/uploads/kureci-na-tymianu-se-smetanou.jpg> 13.11.2017



<http://www.ireceptar.cz/res/archive/364/043312.jpg?seek=1503573683> 13.11.2017

difference between the spices and medicinal plants:

Spices come from TROPICAL REGIONS and has a HARD, OFTEN BURNING TASTE X herbs come from TEMPERATE and have a DELICATE TASTE

THE EFFECT OF HERBS ON THE HUMAN BODY



- Plants have a lot of positive effects on the human organism

https://www.google.cz/mf7sa=ikct=8q=&source=images&cd=5&cad=rja&uact=8&ved=0ahJKEwB1q_herwXXHWLORoKHYZDmAQIRwBw&url=http%3A%2F%2Fwww.bylinkyprosechty.cz%2Fnemoci&psq=AQvVaw3R0Bm7C9jnJ2wL8H0Y1&ust=151066148023558 13.11.2017

- We use the most of them for healing

TYPICAL ILLNESSES: HEADACHES,

JOINT PAIN,

INFLAMMATION, RESPIRATORY PROBLEMS and more



<http://www.ordinace.cz/obrazky/16b9/15277.jpg> 13.11.2017



2.depositphotos.com/1007995/5770/i/950/depositphotos_9-stock-photo-casual-young-man-jumps-in.jpg
117

- It contains important substances for our body

- **BUT BE CAREFUL:** A large number of herbs can be



<http://gazettereview.com/wp-content/uploads/2015/08/vitamins.png> 13.11.2017

MEDICINAL PLANTS AND THEIR PRODUCTS

- **TINCTURES (ESSENCE)** is a mixture of plants and fruit alcohol
- **OIL** is usually flower herbs bathed in olive oil
- **OINTMENT**
- **TEA** is very popular and refreshing

HERBALISM IN THE
CZECH REPUBLIC

SOMETHING ABOUT HERBALISM

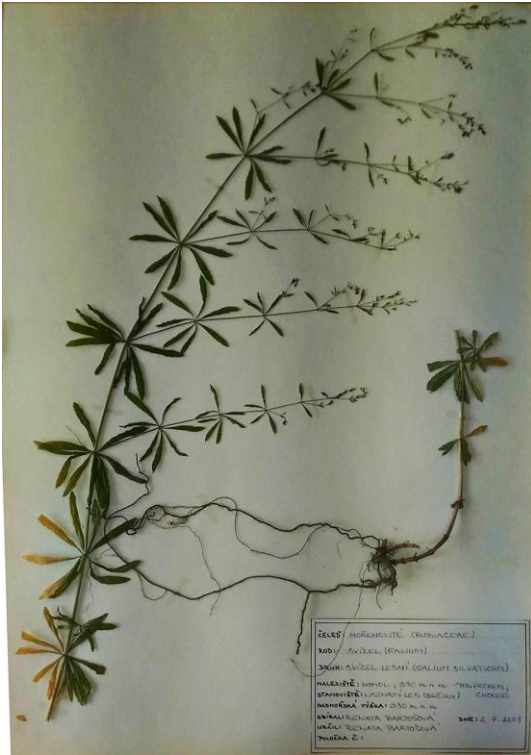
- The first mention of herbalists in the Czech Republic is the first Czech Kosmas chroniclers
- The first Czech printed herbal is dated 1517
- In the Czech Republic are lots of herbs, which were used in the middle ages
- Now is not a much “pure” herbalism
- **PHYTOTHERAPY** = an Alternative type of medicine (treatment with



FROM OUR TRIP...

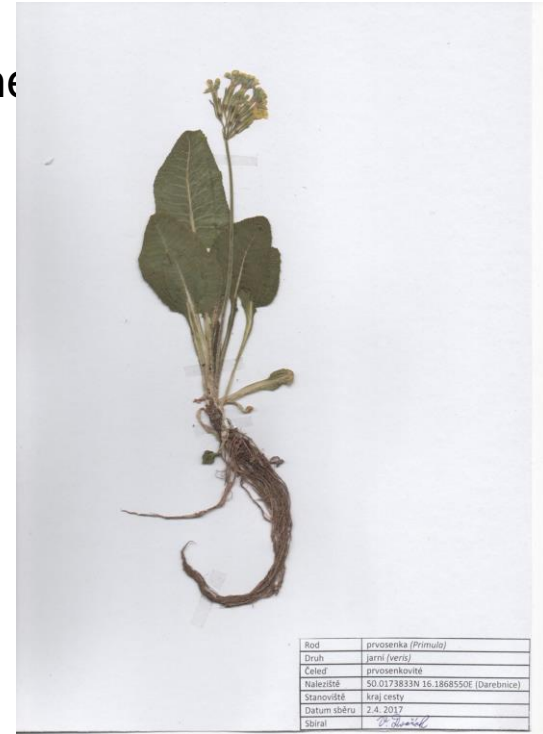


HERBARIUMS OVER THE YEARS



Herbarium from 2001

(college herbarium)



SAMPLES OF HERBS

DANDELION

CZECH TRANSLATION: SMETÁNKA
LÉKAŘSKÁ



SCIENTIFIC CLASSIFICATION:

TARAXACUM OFFICINALE

- KINGDOM: plantae
- SUBKINGDOM: tracheobionta
- DEPARTMENT: magnoliophyta
- CLASS: rosopsida
- ORDER : asterales
- FAMILY: asteraceae
- SUBFAMILY: cichorioideae
- GENUS: taraxacum
- KIND: taraxacum officinale

PLANTAIN
CZECH TRANSLATION:
JITROCEL



CLASSIFICATION AS IN COLLEGE HERBARIUM:

PLANTAGO LANCEOLATA/MAJOR

- FAMILY : plantaginaceae
- GENUS : plantago
- KIND: plantago lanceolata/major
- EXCAVATION SITE: Vysoké Mýto (behind the town)
- HABITAT: meadows, plains, around a natural paths
- ALTITUDE: 350 m.s.l.
- LIGHTING CONDITIONS: sunny
- SOIL CONDITIONS: moderately moist
- NAME OF COLLECTOR:
- NAME OF FACTOR:
- DATE OF COLLECTION:

STINGING NETTLE
CZECH TRANSLATION:
KOPŘIVA DVOUDOMÁ



CLASSIFICATION AS IN HERBARIUM FROM OUR GRAMMAR SCHOOL:

URTICA DIOICA

- GENUS: *urtica*
- KIND: *urtica dioica*
- FAMILY: *urticaceae*
- EXCAVATION SITE:
- HABITAT:
- NAME OF COLLECTOR:
- DATE OF COLLECTION:

GERMAN CHAMOMILE

CZECH

TRANSLATION:

heřmánek pravý



MATRICARIA CHAMOMILLE

HEALING EFFECTS:

- Relieves pains
- Induces total relaxes

USE AND PREPARATIONS:

- TEA
- ESSENCE OIL
- DECOCTION
- LOZENGES

EXCHANGED PARTS:

- FLOWER

DAISY (BELLIS PERENNIS)

Czech translation:
Sedmikráska chudobka



BELLIS PERENNIS

HEALING EFFECTS:

- Gallbladder disease
- The release of respiratory tracts

USE AND PREPARATIONS:

- TEA
- HONEY
- ESSENCE TO BATH

EXCHANGED PARTS:

- FLOWER (STALK)
-

VACCINIUM MYRTILLUS

CZECH TRANSLATION: brusnice
borůvka



VACCINIUM MYRTILLUS

HEALING EFFECTS:

- Against cancer
- Bladder
- for relaxing as pie or milkshake :-)

USE AND PREPARATIONS:

- TEA
- VINE
- WINTERNITZ AN

EXCHANGED PARTS:

- FRUITS (CONTAINS VITAMINS)

YARROW

Czech translation: Řebříček
obecný



ACHILLEA MILLEFOLIUM

HEALING EFFECTS:

- Supports digestion
- disinfectant

USE AND PREPARATIONS:

- DECOCTION

EXCHANGED PARTS:

- THE WHOLE OF PLANT

(**BE CAREFUL:** IS SIMILAR WITH CONIUM MACULATUM)

LAVENDER

Czech translation:
Levandule



<https://www.google.cz/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKewi5qeOe2rHXAhXHthQKHfshCjoQJRwlBw&url=http%3A%2F%2Fbylinkopedie.cz%2Flevandule-lekarska%2F&psig=AOvVaw2XmJpngaKNMjNy8Rch-9v8&ust=1510324151627341> 09.11.2017

LAVANDULA ANGUSTIFOLIA

HEALING EFFECTS:

- Relaxes the body
- Lowers blood pressure

USE AND PREPARATIONS:

- TEA
- ESSENCE OIL
- BODY OIL
- HONEY

EXCHANGED PARTS:

- FLOWER (SEEDS)

ORIGANUM (OREGANO)

Czech translation: Dobromysl
obecná (oregano)



ORIGANUM VULGARE

HEALING EFFECTS:

- Relieves spasms
- antifungal

USE AND PREPARATIONS:

- ESSENCE OIL
- SEASONING
- OREGANO MIXTURE

EXCHANGED PARTS:

- LEAVES

THANK YOU FOR YOUR
ATTENTION!



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By Magdaléna Víchová, November 2017