



Medicinal plants
Лекарственные растения

Medicinal plants

Лекарственные растения

The extensive group of plants, bodies or parts of which are raw materials for receiving the means used in national, medical or veterinary practice with the medical or preventive purposes.



Nettle

Крапива



Nettle

Крапива

The green bush, grows in the woods. meets in dry and in damp places. But she grows only on the good earth. In leaves of a nettle there are a lot of vitamins. The nettle painfully, and that is why stings., on her stalks and leaves there are rigid hairs. At the basis they are expanded, and in these expansions there is a liquid containing formic acid, is rich with salts, vitamins and kills microbes.

In phytotherapy and traditional medicine the nettle is used:

- as styptic cure for bleedings (including internal);
- as an additional tool of treatment at diabetes;
- in dermatology and cosmetology;
- for normalization of a menstrual cycle;
- at a serious poisoning with pronounced intoxication (a diarrhea, vomiting, spasms in a stomach);
- as the all-strengthening vitamin means;

Dogrose ШИПОВНИК



Dogrose

ШИПОВНОК

Dogrose - a bush with the equal or a little sagged curved branches. Grows in latitudes of temperate and warm climate of the Northern hemisphere.

Long use of a wild rose has proved that it has many positive abilities, being such means:

- ✓ bile-expelling;
- ✓ diuretic and laxative
- ✓ knitting;
- ✓ anti-inflammatory;
- ✓ calming;

Plantain

Подорожник



Plantain

Подорожник

The plantain is a grass, the semi-bush is more rare. At a plantain large leaves with the arc-shaped veins.

The plantain has styptic, wound healing, expectorant properties. Treats grazes, bruises, scratches (green bandage). Water and spirit extracts on the basis of leaves of a plantain have surprisingly curative properties at severe forms of an ulcer. Water infusions serve as excellent expectorant means, effectively facilitating cough. Essence of a plantain treats head and a toothache, ear pains. Scope of a plantain is boundless.

Yarrow

Тысячелистник



Yarrow

ТЫСЯЧЕЛИСТНИК

The yarrow grows up to 100 cm in height and has a strong peculiar smell. A plant rhizome quite thick, branches generally naked, or slightly trimmed. Throughout all summer season the yarrow continues the blossoming. Fruits of a plant appear since July, up to September. The fruit of a yarrow is a set oblong a semyanok of silvery color. The plant is presented in many countries, is widespread almost everywhere, prevails in desert and semidesertic areas of Central Asia. As medicinal raw materials prepare flowers and a grass of a plant. They are brought together during blossoming and dry in the aired rooms, and it is the best of all on air. The yarrow ordinary contains essential oil, tannins which allocate plants with anti-inflammatory, bactericidal, antiallergenic and wound healing properties in large numbers. The yarrow stops bleeding and improves appetite.

Dandelion

Одуванчик



Dandelion

ОДУВАНЧИК

Dandelion one of the first spring wild flowers, attract attention the plain charm of freshness and sincere simplicity. You admire his simple lovely beauty and involuntarily you forget about all problems.

The dandelion has the following properties:

- ✓ increases immunity and promotes regulation of immune system;
- ✓ improves exchange processes in an organism and removes fats and toxins not to mention that juice of this plant interferes with formation of cholesteric plaques and promotes weight reduction;
- ✓ purifies blood and promotes blood formation, it is shown to application at an anemia and various diseases of cardiovascular system;
- ✓ improves structure of skin that is shown in disappearance of acne rash and various skin rashes, acquisition of elasticity of skin and the shining complexion;
- ✓ promotes rejuvenation of an organism that is shown in the increased elasticity of cages and also in increase in a tone of an integument.

Самомиле

Ромашка



Camomile

Ромашка

Camomile pharmaceutical – an annual plant. Camomile stalk upright, naked. On long small flower baskets are located. Regional petals reed, white color. Internal - yellow color. The camomile in the woods, on roadside sites, on crops, in gardens, etc. prevails. The camomile pharmaceutical in the people is also known as anchusas, a uterine grass. Prepare medicinal raw materials directly at the beginning of blossoming, it is obligatory in dry weather. When drying it is necessary to overturn baskets that flowers weren't showered. It is possible to dry a camomile in any place, but at a temperature which isn't exceeding 40 °C. Medicines on the basis of a camomile have the strong antiseptic, anti-inflammatory, anesthetizing properties. Rinsing of a mouth infusion of a camomile helps at inflammation of gums, it is also possible to rinse a throat at quinsy and inflammation of a throat; compresses, poultices and lotions positively work at such skin problems as eczema, an ulcer, abscess, a burn.

Mother – and - the stepmother

Мать – и - мачеха



Mother – and - the stepmother

Мать – и - мачеха

Coltsfoot ordinary - a small perennial grassy plant. Blossoms in the early spring before emergence of leaves. Floriferous scaly stalks come to an end with a golden-yellow basket. Radical leaves appear when coltsfoot fades and reach full development by the beginning of June. They are dense, roundish, from below soft and warm, and from above firm and cold. From here and the name of this herb - coltsfoot (one heats, another cools). Coltsfoot grows in Russia across all her territory on ravines, breaks, clay slopes. In medicine use coltsfoot inflorescences which prepare during blossoming. They need to be dried quickly. In the first half of summer prepare also leaves. Broth of leaves of coltsfoot ordinary is used in modern medicine as expectorant cure and also as the anti-inflammatory and softening medicine for a disease of respiratory bodies. Leaves of this plant are a part of chest and sudorific teas which are on sale in drugstores. Tea from flowers of coltsfoot get rid of sore throat, cough, a hoarseness and hoarseness of a voice. Broth from equal shares of leaves of coltsfoot and a nettle is applied to washing of the head at a hair loss and plentiful dandruff. The juice which is squeezed out of a fresh plant is considered wound healing.