



Erasmus+

For the Love of Nature: Explore and
Discover Europe through Nature

Catalogue

The Power of Medical Plants

2022

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A herb is a plant or plant part used for its scent, flavor, or therapeutic properties. Herbal medicines are one type of dietary supplement. They are sold as tablets, capsules, powders, teas, extracts, and fresh or dried plants. People use herbal medicines to try to maintain or improve their health.

Medicinal herbs can be defined as the plants that possess therapeutic properties or exert beneficial pharmacological effect on the human or animal body.



Collection

Know which materials to collect and what time to collect them. The content of the active ingredient may depend on the plant part, stage of growth, season of harvest, method of handling during collection, physical condition of its collection place and storage.

Leaves and stems are best collected during daytime and when the plant is about to bloom.

Flowers that have a smell are best collected when the flower buds are just about to open and in the morning when the sun is still low.

Seeds are usually collected from thoroughly ripened fruits.

Roots and other underground parts are best collected when the plant is in full growth.



Reminder

Avoid collecting plants in a way that kills the plant or damages its surroundings. Before collecting any, determine first how much of the plant and what parts are needed to prevent wastage. Collect only the plant parts you need. For instance, if you need only the leaves, take only the leaves and only the number that you need. Medicinal plants should be conserved to ensure their continuous supply.

Lavender (lot. *Lavandula angustifolia*)



[Lavender \(lot. *Lavandula angustifolia*\)](#) is a strongly aromatic shrub growing as high as 1 to 2 metres tall. The leaves are evergreen, 2–6 cm long, and 4–6 mm broad. The flowers are pinkish-purple.

The flowers and leaves are used as a herbal medicine, either in the form of lavender oil or as herbal tea, to alleviate symptoms such as anxiety and difficulty falling asleep.

The flowers are also used as a culinary herb.

Lavender essential oil, when diluted with a carrier oil, is commonly used as a relaxant with massage therapy. Products for home use, such as lotions, eye pillows (including lavender flowers or the essential oil itself) and bath oils, etc., are also used. Both the petals and the oil are the most popular ingredients in handmade soap.



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Comfrey (lot. Symphytum officinale)



[Comfrey \(lot. Symphytum officinale\)](#) is a perennial herb with a black, turnip-like root and large, hairy broad leaves. The leaves on the stem have margins that extend down the stems. The hairy stems are branched. Comfrey is sometimes used on the skin to treat wounds and reduce inflammation from sprains and broken bones. Comfrey roots and leaves contain allantoin, a substance that helps new skin cells grow, along with other substances that reduce inflammation and keep skin healthy.

Mint (lot. Mentha)



[Mint \(lot. Mentha\)](#) All mints grow near ponds, lakes, rivers, and cool moist spots in partial shade. Mint has long been known as a herbal remedy, calming stress and anxiety, and promoting restful sleep. Peppermint tea has long been considered as an excellent way to ease an upset stomach.

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Dandelion (lot. Taraxacum)



Dandelion is a great herb for gently stimulating the liver, supporting the kidneys, promoting the body's natural detoxification processes, and fostering healthy digestion.

[Dandelion \(lot. Taraxacum\)](#) grows in lawns and on roadsides, and other areas with moist soils.

The plant has several culinary uses: the flowers are used to make dandelion wine, the greens are used in salads, the roots have been used to make a coffee substitute (when baked and ground into powder).



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Lady's mantle (lot. Alchemilla vulgaris)

[Alchemilla](#) can be found everywhere in Estonia, it is a herb. The parts that grow above the ground are used to make medicine, usually dried and made into tea. Fresh leaves can also be rubbed into the pudding and pressed onto the wounds. Alchemilla is used for stomach problems, mild diarrhea, diabetes, water retention, swelling, and muscle spasms.



Stinging nettle (lot. Urtica dioica)



[Widespread](#) throughout Estonia, used both in medicinal purposes or in salads and soups, especially early in spring. Dried herb is usually made into tea to treat painful muscles and joints, eczema, arthritis, gout, and anemia. It may also reduce inflammation, hay fever symptoms and lower blood pressure. The plant contains a lot of different nutrients.

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Broadleaf plantain (lot. Plantágo)



[Plantago major - Broadleaf plantain.](#) It is one of the oldest known medicinal herbs, used in many different ways. Fresh leaves can be put onto wounds as they possess anti-inflammatory properties and dried leaves can be made into tea or tincture. It has the ability to boost immune system, heal diarrhea and fatigue. It can be found everywhere in Estonia.

Linden tree (lot. Tilia cordata)

[Linden tree](#) blossoms will be gathered in spring during blooming time, they have to be dried and then can be used is several medicinal purposes. Lime blossom tea is used to reduce fever and temperature, to relieve sore throat and treat angina. It has calming effect and is often used as a good night sleep tea. Only far from traffic grown lime trees are suitable for gathering blossoms.



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Bishop's Weed (lot. *Aegopodium podagraria*)



Bishop's weed is a common garden flowering plant. It is a smooth, or slightly hairy plant, growing up to 90 cm tall. The stem contains up to 16 small, white flowers. The fruit is grayish-brown and aromatic. The seeds of bishop's weed are used to make medicine. They contain oil, which is known as *ajwain* oil. This oil is used as an antiseptic and as an antifungal for skin diseases. It is also used as a mouthwash or toothpaste preparation in dentistry. The seeds have been used

Traditionally, bishop's weed has been used as a spice and as a preservative in the food. The fruits are used to flavor curries, pickles, biscuits, confections, and beverages. The plant is used in soaps, lotions, powders and perfumes.

It is most often used in the treatment of scaly, itchy skin and other skin disorders. It is used for asthma, chest pain, kidney stones, fever, lung ailments, the common cold and cough. It may be helpful in treating diarrhea, gastrosis, cholera, and indigestion. Also, the plant is used to enhance the body's immune system. Bishop's weed's compounds may reduce inflammation and fight off viruses.

Bishop's weed is toxic in high doses and can result in fatal poisoning! Children and nursing mothers should not use bishop's weed. The herb may also slow blood clotting and should not be taken along with other medications that slow clotting, such as aspirin.

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Oregano (lat. *Origanum vulgare*)



[Oregano](#) is a herb from the mint family. It has purple flowers and spade-shaped, olive-green leaves.

People have used its flowers and leaves for thousands of years to add flavor to dishes and to treat health conditions.

Oregano oil has antimicrobial properties. It may help fight bacteria, depression, colds, coughs, asthma and bronchitis. People like drinking aromatic and delicious oregano tea to clear their throat in cold seasons.



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Rosemary (lot. *Rosmarinus officinalis*)



[Rosemary](#) is an aromatic herb native to the Mediterranean region. Its flowers are white, pink, purple or deep blue.

The leaves and its oil are used in food and also to make medicine. People use rosemary for memory, indigestion, hair loss, and many other purposes. Taking rosemary by mouth might improve memory and breath.

In cooking, fresh or dried rosemary is used as a seasoning in a variety of dishes, such as soups, salads, and stews. Use rosemary with chicken and other poultry, steaks, and fish. It also goes well with grains, mushrooms, onions, peas, potatoes, and spinach.



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Coltsfoot (lat. Tussilago farfara)



The flowers die before the leaves appear, which is how coltsfoot originally got one of its name "the son before the father." The common name, coltsfoot, evolved because the leaves resemble the foot of a horse.

Coltsfoot is not considered safe for infants or children.

[Coltsfoot](#) is a native plant to Europe. It has golden-colored flowers that resemble dandelions. The flowers and leaves are the primary parts of the plant that are used for medicinal purposes. As an herbal supplement or tea, coltsfoot is used for sore throats, flu, fever, chronic dry coughs, asthma and respiratory infections.



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Calendula (lot. Calendula)



[Calendula](#) is a marigold annual plant. It can be planted in flower beds, gardens or any pots. It has been used to treat a variety of ailments affecting the skin. The medicinal part of the plant is found in the beautiful, deeply rich colored orange and yellow flower.

The petals can be used in cooking. The oil can be used as an ingredient in balms, creams, or lotions. Calendula has also been used as a pain reducer and inflammation reducer.

To make calendula tea add 2 teaspoons of dried flowers to a teapot. Pour a glass of hot water and allow it to steep for 10 minutes. Once done, strain out the flowers and add a teaspoon of honey or cinnamon powder. The tea is often applied externally to wounds and burns, or taken internally to heal tissues of the mouth, throat, and digestive tract.

Calendula's use for children may be contraindicated.



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Sweet fennel fruit (lot. *Foeniculum vulgare*)

Sweet fennel fruit's height reaches up to one and a half meters, the flowers share umbels of 10-25 spokes. Fennel consists of a white-green root, stems and seeds of the plant, which are formed in July and August. Fennel grows in warm, sunny and humid places.



Fennel is extremely rich in phytoestrogens, vitamin C, folate, potassium and fiber. It is also a powerful antioxidant. Fennel stimulates the release of urine, improves the quality of sleep. Fennel also helps in weight loss.

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Aloe vera

2-3 m tall, decorative and medicinal plant. Long, juicy leaves with toothed, prickly margins grow to hug the stem. The flowers are orange or yellow.

[Aloe vera](#) grows in a warm, dry and bright environment.

aloe vera is effective in the treatment of lung diseases, its juice lowers blood sugar, have a laxative effect.



Aloe vera improves metabolism, suppresses inflammation, increases the body's resistance to diseases, is suitable for revitalizing the body after antibiotic treatment, heals wounds and burns. aloe vera extract is used for eye diseases, bronchial asthma, constipation, liver dysfunction.

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