Lecture 7

Medicinal Plant

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Classification of medicinal and aromatic plants

❖Most of the medicinal and aromatic plants belong to the following families

- Compositae - Labiatae - Umbelliferae
- Leguminosae - Roseaceae - Rutaceae
- Solanaceae - Cruciferae - Liliceae
- Caryophyllaceae - Boraginaceae - Ranunculaceae
- Papaveraceae - Malvaceae - Cucurbitaceae
- Verbenaceae - Scrophulariceae – Phytolaccaceae – Poaceae

Family: Compositae

- Also known as the Asteraceae family
- Contains the highest number of medicinal plants as compared to other families.
- Examples:

A. Chamomile (*Matricaria chamomilla*)

B. Chicory (*Cichorium intybus*)

C. Milk thistle (*Silybum marianum*)

Family: Compositae

A. Chamomile (*Matricaria chamomilla*)

- Annual herb found in Europe, North Africa and northern Asia.
- Chamomile comes from the Greek words chamos meaning ground and milos meaning apple.

Family: Compositae

A. Chamomile (*Matricaria chamomilla*)

❖**Medicinal Uses and Health benefits:**

- used to treat nervous disorders such as insomnia, anxiety and nervous tension
- Anti-allergy
- Treat digestive problems

❖**Parts Used:** The entire above ground portion of the plant can be used.

- flowers are edible and can be used raw to top salads

Family: Compositae

B. Chicory (*Cichorium intybus*)

- found growing wild in Europe, North Africa, and West Asia. Also it has been introduced to North America

❖**Medicinal Uses and Health benefits:**

- Considered to be of particularly great value as a tonic for the liver and digestive tract.
- **Plant Parts Used:** It is primarily the root that is used, but occasionally the whole plant.

Family: Compositae

C. Milk thistle, holy thistle, blessed thistle (*Silybum marianum*)

- Native to a narrow area of the Mediterranean, but has bee naturalized throughout Europe and along the chaparral coastal area of California in the United States.
- Preferred habitat is a dry, sunny area.
- Milk thistle is referred to in the earliest Greek writings as a liver-protecting herb.

❖**Medicinal Uses and Health benefits:**

- Used to the treat liver disease

Family: Labiatae

- Also known as the mint family.
- Plants in this family are herbs or shrubs often with an aromatic smell.
- Common in the Mediterranean countries
- Produce a high amount of essential oil that enables them to survive the hot summer season.
- **Examples:**

A. Rosemary (*Rosmarinus officinalis*)

B. Spearmint (*Mentha spicata*)

Family: Labiatae

A. Rosemary (*Rosmarinus officinalis*)

- native to the Mediterranean countries, but is now grown worldwide as a spice and medicinal herb.
- The plant thrives best in a warm sunny climate.

❖**Plant Parts Used:** plant shoots (Leaves, flowers, stems, branches)

Family: Labiatae

A. Rosemary (*Rosmarinus officinalis*)

❖Medicinal Uses and Health benefits

- Prevent premature balding and even aiding new hair growth.
- Infused into many shampoo products as an aid in fighting dandruff.
- Improving memory.
- Some studies claim that the carnosic acid found in rosemary may shield the brain from free radicals. Lowering the risk of strokes and neurodegenerative diseases like Alzheimer’s disease and dementia.

Family: Labiatae

B. Spearmint (*Mentha spicata*)

- Native to Europe, but it grows well in most temperate climates.
- Its common name is related to the pointed shape of its leaves that resemble a spear

❖**Medicinal Uses and Health benefits:**

- Speeds Wound Healing, Relieves Spasms and Disinfectant.

❖**Plant Parts Used:** The leaves are the parts of the plant that are used for their essential oils that contain menthol and flavonoids.

Family: Umbelliferae

- Known as Apiaceae family carrot family consists of plants with a characteristic umbrella arranged fruit.
- These plants usually produce an essential oil, an asset to survive during the hot summer days.
- The oil has a cooling effect on the plant.
- **Examples:**

A. Parsley (*Petroselinium crispum*)

B. Coriander (*Coriandrum sativum*)

C. Fennel (*Foeniculum vulgaris*)

Family: Umbelliferae

A. Parsley *(Petroselinium crispum)*

- Endemic to Southwest Asia and the Mediterranean (Turkey, Algeria, Sardinia, and Lebanon) and widely grown in most parts of Europe.

❖**Plant Parts Used:** The whole plant is utilized either as medicine or food. The leaves are used fresh or dried as a seasoning and garnish while the root and seeds are primarily used as herbal medicine

Family: Umbelliferae

A. Parsley *(Petroselinium crispum)*

❖**Medicinal Uses and Health benefits:**

- Diuretic herb.
- Useful in the treatment of anemia (anemia).
- Contains folic acid, a vital building block of the red blood cells.
- Contains vitamin K is vital in bone formation, protects against osteoporosis.

Family: Umbelliferae

B. Coriander (*Coriandrum sativum*)

- Indigenous to the Mediterranean countries and today most of the commercial supply of the herb comes from Morocco, Romania, and Egypt.

❖**Plant Part Used:** Seeds and leaves.

❖**Medicinal Uses and Health benefits:**

- Natural treatment for high cholesterol levels.
- An appetizer: used to increase appetite in those suffering from anorexia.

Family: Umbelliferae

C. Fennel (*Foeniculum vulgaris*)

- Found all over the globe.
- Most often found in dry stony calcareous soils near the sea.

❖ **Plant Parts Used:** Primarily the seeds and an essential oil extracted from them; leaves and root are also used.

❖ **Medicinal Uses and Health benefits:**

- Treat irritable bowel syndrome (IBS), gout, motion sickness, cramps, and spasms.
- An effective herbal remedy for respiratory congestion
- Commom ingredient in cough remedies.

Family: Leguminosae

- Known as fabaceae family or pea family
- Native and naturalized, that have been cultivated for fodder, food and ornamental purposes.
- Example:
- **Fenugreek (*Trigonella foenum-graecum*)**

Family: Leguminosae

- **Fenugreek (*Trigonella foenum-graecum*)**
- Native to the Mediterranean countries and western Asia and is undoubtedly one of the oldest cultivated plants.

❖**Plant Parts Used:** The leaves and seeds. The leaves are picked in the summer

Family: Leguminosae

- **Fenugreek (*Trigonella foenum-graecum*)**

❖**Medicinal Uses and Health benefits:**

- Leaves and seeds are used as a remedy for kidney stones.
- used for skin irritation, such as ulcers, eczema and dandruff.



THANKS
FOR
LISTENING