

Traditional medicine in Bulgaria, Czech Republic, Italy, Turkey and Romania

The brochure
Mother Nature - Pocket Medicine

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Project KA227

Creative and active education - Body, mind, spirit



Introduction

The knowledge on medicinal plants and traditional herbal drugs is passed on from one generation to another as oral folklore and only little part of it can be found in written texts - manuscripts or herbal books.

books. Today, we live in a time when manufactured medicines and prescriptions prevail, but do they have to be the only approach to healing?

Even with all of these engineered options at our fingertips, many people find themselves turning back to the medicinal plants that started it all: Herbal remedies that have the ability to heal and boost physical and mental well-being.



Mint



Aloe



Thyme



Garlic



Mustard



Echinacea



Ginger



Chamomile



Calendula



Lemon balm



Celandine



Lavender



Dandelion



Rosemary



Yarrow



Cowberry

Traditional medicine

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Salvia

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- **Traditionally used in brain-enhancing tonics.**
- **Improves cognitive skills including memory, attention and learning.**
- **Their potential effects in dementia, including Alzheimer's disease, are also examined.**



Garlic

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- **Garlic juice is an excellent remedy for colds, flu or respiratory viruses, which are so common especially at the change of seasons.**
- **At the same time, garlic clears the bronchi and fights infections, but also keeps streptococci at bay.**

Echinacea

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The best-known use of echinacea is to shorten symptoms of the common colds, Echinacea could be beneficial for: colds, immunity, bronchitis, upper respiratory infections.

Things to consider:

- It can be tough on the digestive tract and upset the stomach.**
- Allergic reactions are possible.**

Onions

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- **Onions have a lot of benefits, including reducing the feeling of inflammation in the respiratory tract, but also calming the cough.**
- **In addition, the vegetable rich in vitamin C, fiber, folic acid, vitamin B6 and magnesium has another effect that most people don't know about. It is the best natural sleeping pill, with no side effects and no risk of addiction. Onion is an excellent antiseptic, which fights against bacteria and toxins in the body.**



Honey with Ginger

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- Ginger, which is one of the first plants that comes to mind when it is called the list of medicinal plants, is a fragrant and flavoring plant of South-Asian origin.
- **Ginger, which is effective in activating the body's defense mechanism, raises the temperature a little and supports the body's fight against microbes.**
- Ginger, which contains antioxidant components, vitamins, minerals and aromatic essential oils, is among the most used medicinal plants due to its appetizing, metabolism-dec and immune-system-strengthening effects.
- **Honey, on the other hand, both facilitates the fight against the disease and minimizes the possibility of getting flu again by increasing the body's resistance.**



Lady's bedstraw

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- **Lady's bedstraw (in Latin Galium verum) are herbaceous and perennial medicinal plants. They taste bitter, but their honey is sweet, like freshly cut hay or bee honey. St. John's wort loves the sun, that's why you can find it on sunny coasts, in hayfields, meadows, wheat fields or at the edges of forests.**
- **The flowers shake off their golden pollen at the slightest touch. Only the flowering tops of the stems are harvested, throughout the flowering period, from June to September.**
- **The ointment from Lady's bedstraw is a good remedy against the symptoms of pain that appear in the spine. It is used every evening for 1-2 weeks. Massage the area of the back where pain occurs (especially those caused by the formation of beaks on the spine).**

Lady's bedstraw-how is it prepared?

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The ingredients are used:

- **20 g of dried leaves and flowers of sycamore,**
- **30 ml of medicinal alcohol,**
- **200 ml of olive oil,**
- **80 g of beeswax.**

• **It is prepared as follows: put the plant in a jar, add medicinal alcohol, mix, close the jar hermetically and leave to macerate for 10 hours, in a place protected from sunlight; put the olive oil on top of this mixture, mix, boil in a bain-marie for 2 hours, then let it cool; let it sit for 2 days in a cool place, during which the jar is shaken from time to time, every 5 hours.**

After this procedure, strain the liquid using a cheesecloth; mix with beeswax (over heat to soften the wax). It can be stored in a hermetically sealed jar, in the refrigerator, but not more than one year.

Potato

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- **Anyone who has not sat at least once with potato slices soaked in sanitary alcohol on their throat has never had a sore throat.**
- **The Babesque method, but very often found in our lands, seems to be a true mystery of medicine. Or at least that's what those who use this remedy think, because the secret is, in fact, in the amount of medicinal alcohol in which the potato slices are soaked.**

Elderberries

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- **Elderberries have many active elements: vitamin B, C, sugars, acids. Elderflower extract has a detoxifying effect, helps in the treatment of liver diseases and cirrhosis.**



Elderberries – how is it prepared?

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The ingredients are used:

- **250 g of elderberries,**
- **1 kg and 300 g of sugar,**
- **2 l of water,**
- **150 ml of refined alcohol,**
- **2 lemons.**
- **2-3 elderflowers can also be used.**

- **The elderberry extract is prepared as follows: the elderberries are boiled in water, then alcohol is added and thus an extract is obtained which is strained and mixed with sugar; boil until a jam-like composition is obtained. At the end, lemon juice and elderflowers are added for flavor.**

- **Administer one teaspoon of elderberry extract per day. Do not consume in excess.**

St. John's wort

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- **Scientifically called *Hypericum perforatum*, St. John's wort is a herbaceous plant that grows in plains and hill areas.**
- **It can be easily recognized thanks to the yellow flowers, with five star-shaped petals, which open wide, they are usually picked in the summer months (June-July) and are left to dry in a shady place, on a piece of paper or cloth**
- **This ointment is very good for relieving joint pain, rheumatic pain, and pain in wrists and feet. It is applied to the painful area 1-2 times a day. It has a calming, relaxing, anti-inflammatory effect.**



St. John's wort- how is it prepared?

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- **The ingredients are used:**

- **200 g of paraffin,**
- **50 ml of St. John's wort oil,**
- **5-6 hot peppers,**
- **200 ml of olive oil.**

- **It is prepared as follows: mix paraffin with St. John's wort and olive oil; on top of this homogeneous mixture that has the form of an ointment, add very finely chopped hot peppers; this way you get an ointment that is quite quick but has a very good effect against pain and inflammation in the joints. It is stored for one year in a hermetically sealed jar in the refrigerator.**

Chamomile

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☐ **Chamomile is an annual herbaceous plant, medicinal, with divided leaves and flowers grouped in terminal heads. It reaches a height of up to 60 cm with many branches, with flowers grouped in terminal heads.**

- **Chamomile tea improves heart health. Due to the high content of antioxidants called flavonoids, chamomile tea contributes to reducing blood pressure and maintaining cholesterol within normal limits.**
- **With flowers that resemble small daisies, chamomile is another medicinal plant that's thought to have anti-anxiety properties.**
- **The calming powers of chamomile have been frequently studied, stating that chamomile is superior when treating generalized anxiety disorder.**
- **Chamomile could be beneficial for: anxiety, stress, insomnia, cancer.**



How to get the best chamomile tea?

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For a 200 ml cup of water, you need a teaspoon of dry chamomile or 3.4 teaspoons of fresh chamomile. Heat the water, close to boiling temperature, 90 degrees Celsius, add the chamomile flowers and leave everything to infuse for 3-4 minutes.



Birch

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- **Birch is the name of the trees of the Betula genus, in the Betulaceae family, related to the beech/oak family, Fagaceae. These are generally small to medium-sized trees or shrubs with characteristic white bark that grow mostly in northern temperate climates.**
- **Birch ointment helps to relieve bone pain, neck pain. It can be used especially in the evening, it is applied exactly on the area where the symptoms of pain appear.**

Birch ointment - How is it prepared?

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- **The ingredients are used:**
 - **a handful of birch leaves,**
 - **a handful of birch buds,**
 - **100 g of homemade butter (cow's butter without salt),**
 - **a spoonful of camphor powder.**

- **It is prepared as follows: in a clay pot or jar, put a layer of birch leaves, a layer of butter, a layer of birch buds, then another layer of birch leaves, a layer of butter and a layer of birch buds; close the vessel hermetically, let it macerate for a day, in a place where it is quite warm; strain the composition through a sieve, then add a spoonful of camphor and mix until the composition is homogeneous and thus the ointment is ready. It can be stored in the refrigerator for 10 months.**

Thyme

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Thyme is a small perennial shrub with a distinctive taste and smell that grows in mountainous areas.

This plant has been used since ancient times in folk medicine for all kinds of ailments, from oral infections to diseases of the respiratory system such as asthma or bronchitis.

- **Thyme is taken by mouth for sore throat, arthritis and upset stomach.**
- **It is also used as a diuretic and as an appetite stimulant.**
- **Some people apply thyme directly to the skin for hoarseness (laryngitis) and swollen tonsils.**
- **Thyme oil is used as a germ-killer in mouthwashes.**

How to get the best thyme tea?

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Fresh or dried leaves, as well as powder, can be used to prepare a delicious thyme tea.

If you choose fresh herbs, put a few sprigs of thyme in a cup of boiling water and let it infuse for 5-8 minutes. If you use thyme powder, add a teaspoon of powder to a cup of boiling water and mix well.

Turmeric

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- **Turmeric, also known as saffron of India, is one of the oldest known medicinal plants. Turmeric, which contains vitamin C and B6, as well as minerals such as manganese, iron and potassium, as well as antioxidant components, is very rich in nutritional value.**
- **The plant, which can be consumed as a spice in dishes and in the form of tea, is used as a flavoring in the food industry, as well as in care and cosmetic products due to its effects on skin health.**



Linden (Lime Tree)

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- **Linden, one of the most commonly used plants on winter days, is a fragrant and aromatic plant that can be used by drying both tea and flowers and has been known for its benefits to human health for centuries.**
- **Tea prepared with flowers and leaves is mixed with lemon, honey or other herbs and consumed hot.**



Lavender

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- **Lavender is a genus of plants in the Lamiaceae family.**
- **The genus includes about 40 (up to 60) species of annual plants.**
- **Lavender tea is prepared from 2-3 g of flowers to a cup of boiling water. Leave to infuse for 5-10 minutes, then strain.**
- **Contributes to the maintenance of skin health, prevents hair loss and gives it shine - local washes with lavender infusion, maintains oral health – local rinses with lavender infusion, soothing for rheumatism, it reduces mental tension and gives a state of peace, treats insomnia.**



Onopordum acanthium

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- **It has been used to treat cancers and ulcers and to diminish discharges of mucous membranes. A recent study of a crude extract from the leaves of the plant demonstrated activity against glioblastoma, a type of very malignant brain tumor.**



Mint

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We all know how good mint is when it comes to breathing. This herb contains menthol, an ingredient that is considered a good emollient that relaxes the smooth muscles of your respiratory tract and promotes free breathing.

Menthol is also a very good decongestant. You've probably used therapeutic chest balms and other inhalants containing menthol to help break up congestion at least once, and you've seen how beneficial they are. In addition, mint is an antioxidant that fights harmful organisms.



Mint tea

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To make a cup of mint tea you need: 200 ml of water, a spoon of fresh mint leaves, a teaspoon of dried leaves. Bring the water to a boil, add the mint, and leave for 12 minutes.

For an enhanced effect, put the mint in the water from the beginning and boil them together.

Strain and serve the tea hot – to enjoy all its benefits avoid sweetening it.



Calendula

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- **Calendula oil is still used medicinally as an anti-inflammatory and a remedy for healing wounds.**
- **Calendula ointments are skin products available for use on minor cuts, burns, and skin irritation.**



Nigella

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- **One of the medicinal plants used all over the world, the black-grained seeds of nigella are often used as a spice in pastries.**
- **You can also drink the oil prepared using the seeds of black cumin, or it can be applied externally to the skin.**



Sage

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- **Sage, which has a soft and sweet taste with a peculiar aroma, is a plant with thousands of years of history. Sage, which grows in all countries with Mediterranean shores, can be consumed fresh or dry in the form of tea.**
- **The plant, which contains substances such as cineole, pinene and borneol, as well as oleanol acid, asparagine, flavone, irsol acid, fumoric acid, resin, tannin and glycosis, known as ether oils, attracts attention with its antioxidant properties. Sage, which is also used as a flavoring for dishes, is also used in sauces prepared for resting meat.**



Cinnamon

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- Cinnamon, the use of which dates back to Ancient Egypt and is used as a medicinal plant due to its health benefits, is one of the most appreciated plants with its unique aroma and taste. It can be consumed by brewing it in the form of tea, or it can be used as a flavoring by adding it to dishes and desserts.
- Cinnamon, which has a strong polyphenol content, is a rich source of iron, magnesium, calcium, potassium, manganese minerals and vitamins K, C, A, E and B6. Thanks to its antioxidant properties, it strengthens the body's immune system and has a protective effect against diseases.



Nettle

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Ancient Egyptians used stinging nettle to treat arthritis and lower back pain, while Roman troops rubbed it on themselves to help stay warm

Its scientific name, *Urtica dioica*, comes from the Latin word *uro*, which means “to burn,” because its leaves can cause a temporary burning sensation upon contact.

Benefits:

- **contains Many Nutrients**
- **may Reduce Inflammation**
- **may Lower Blood Pressure**
- **may Treat Hay Fever**



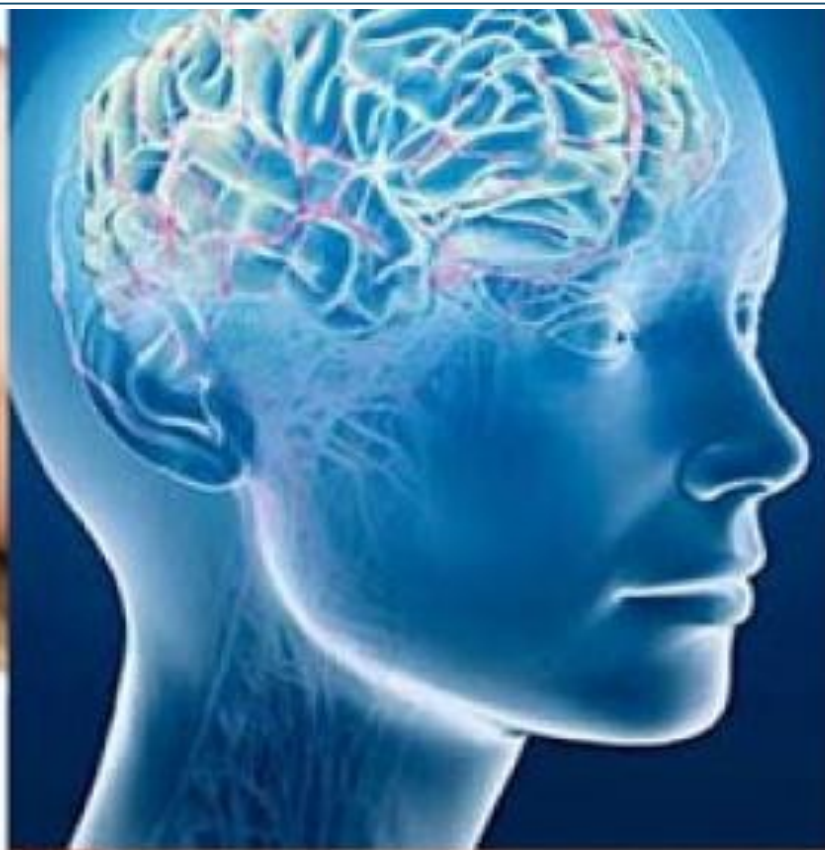
Water

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There are a lot of faith and beliefs related to the mystical power of water in all cultures. Firstly water is healing, cleansing and purifying usually. Usually prayed waters or kept waters in a religious place are considered as sacred beverage. These waters are given to those who lost their health. In addition to these practices, water can be mixed with some elements, consisting of plants and parts of animal. Stomach pain, nausea, high fever and epilepsy is mainly tried to be healed by this method. Sound of water is listened to patients because it is believed that there is cure in sound of water. Mental patients, schizophrenics are usually treated in this way. We can also come across method of chemotherapy applying with the sound of water in the past.



- **The traditional folk medicine has a history of thousands years. Therefore, nowadays, old-traditional healing practices continued to be applied, contains marks of faith and beliefs of past. Even though present-day practices of healing tradition are reverse of modern medicine, in this tradition there are also many practices overlapping with the modern medicine.**
- **Folk healers of old tradition have benefited from nature in order to make the drugs or heal patients. Tradition of a folk pharmacy has occurred because of use of various herbs and animal products in making drug. This kind patient healing techniques and drug making applications, have reached until now with the traditional ways of transmission.**



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