Lab5

**TheWeed**

**Medicinal herbs are plants that have therapeutic properties for various diseases. They can be added to drinks, such as tea, or consumed in the form of powders or capsules.**

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**History of Herbal Medicine**

**People on all continents have been familiar with herbal medicine or herbal medicine, and many individuals have used and continue to use various spices in food to reduce the threat posed by bacteria in food.**

**In non-industrialized societies, herbal medicine is routine and sometimes inevitable, with the World Health Organization (WHO) estimating that 80% of the world's population currently uses herbs as their primary medical treatment. One reason for this may be that medicines are expensive and herbs are relatively cheap; since they can often be grown from seeds collected in the wild or purchased cheaply.**

**Herbals have also penetrated medicine, and today microbiologists, botanists, and many chemical researchers are researching medicinal plants and developing medicines that contain them. According to the World Health Organization, about 25% of modern medicines used in the United States already contain herbs.**

**Medicinal Plants**

**Here are some examples of medicinal plants that fall under the name of herbal medicine:**

1. **Echinacea**

**It is one of the best-selling medicinal plants in the United States today, and its origin is the culture of the American Indians.**

**Its importance lies in the fact that it helps prevent colds and treat wounds, and it is also believed to have a beneficial effect on upper respiratory infections, cancer, and more.**

**2.Dandelion**

**It originated in Asia, and is used in herbal medicine to cleanse the liver and digestive system, increase the secretion of bile, and help lower blood sugar levels due to its ability to stimulate pancreatic cells.**

**3. Nettle**



**A herb that helps cleanse the body, treat inflammation and pain in the intestines, irritable bowel syndrome, liver diseases, urinary tract infections, and treat kidney and skin problems.**

**Herbs in the Levant**

**Which usually include all of the following:**

1. **Milk Thistle**

**It is a plant that grows in the Middle East and has been famous since the days of ancient Greece. Its importance lies in all of the following:**

**Improving the function of the liver, kidneys, and spleen.**

**Helps cleanse the body of toxins.**

**Helps treat the digestive system.**

**Works to reduce blood fat levels and lower blood pressure.**

**It is an important antioxidant.**

**It is used to treat the side effects that chemotherapy patients sometimes suffer from.**

**2.Marble**

**It is a plant that is 50 cm tall, and its branches are erect and covered with white hair.**

**It is a treatment for colds, rheumatism, indigestion, respiratory problems, stomach worms, anemia, and heart disease. It is also a successful method against open wounds and contaminated eye infections.**

**3.Mint**

**A popular herb with a distinctive and fragrant smell, reaching a height of 50-100 cm, this plant is known in folk medicine as a stimulant and antiseptic.**

**It is useful for strengthening the gums, getting rid of gas, relieving stomach pain, strengthening sexual ability, and inhibiting cancer. It also relieves headaches and joint pain, and is a medicine against eye inflammation, cough, nausea, weakness and fatigue.**





**Herbal medicine and diabetes Diabetes causes great damage to the body, especially to the walls of blood vessels, so it is very important to maintain blood vessels. In addition, it is recommended to use various vitamins and antioxidants in such cases.**

**It is also recommended for diabetics to use various herbs for treatment. Here are some herbs suitable for diabetics that may be included in herbal medicine**

**Herbal Medicine and Cholesterol Treatment**

**There are medicinal herbs within herbal medicine that are very good for lowering high cholesterol levels, and one of the herbs that is currently being researched extensively to work on lowering cholesterol levels is Comiphora mukul.**

**This herb has been proven to help lower cholesterol levels, and the active ingredient in this herb that contributes to this is known as Guggulipid. In addition, there are successful medicinal herbs for lowering cholesterol such as: Artichoke (Cynara), and Ganoderma**

