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*Department of biology 2025-2026*

**Medicinal Plant**

**Stage (Third)**

**Lec. (3)**

**MEDICINAL PLANT\ LOWER PLANTS**

**By**

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### Lower plants: Medicinal uses

The lower plants are thought by most people to be quite useless members of the plant kingdom. Being a group of lower plants, it remains unattended and their useful aspects are largely ignored. However, these can be used for food, fiber, crafts, building material, abrasives, decoration and also as medicine.

Members of Bryophytes used as medicinal plants as follows

#### *Marchantia polymorpha*

**Medicinal uses:** Against inflammation: The entire thalli is washed thoroughly with water, ground into fine paste and applied externally on inflammation.

#### *Riccia*

**Medicinal uses:** Against ringworms in children: The thallus is washed and ground to paste and mixed with jiggery and given to the children affected by the ringworms.

#### club moss, *Lycopodium clavatum*

**Medicinal uses:** Spores are used against rheumatism, cramps.

The plant is chewed to induce vomiting in case of food poisoning.

#### field horsetail, (*Equisetum arvense*)

Horsetail is native to both North America and Europe. It is one of only a few *Equisetum* survivors from the dinosaur era.

**Plant Parts Used:** The above ground parts of the green summer shoots are collected and used fresh. The lower dark portion of the stem should be removed before the plant is dried.

#### **Medicinal uses:**

1-repair broken bones and as an herbal remedy for arthritis.



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2- to treat inflammation of the prostate gland, or benign enlargement of the prostate (benign prostatic hyperplasia, BPH).

3- as an herbal treatment of kidney stones.

### Seaweeds

Seaweeds offer a wide range of therapeutic possibilities both internally and externally. The term Seaweeds in this case refers only to macrophytic marine algae, both wild and cultivated, growing in saltwater.

#### 1-Bull Kelp *Nereocystis luetkeana*

Rich in Calcium, Magnesium, Sodium, Iodine, Potassium, Bromine, Phosphorus, Iron, Bulk fibre, Vitamin A B complex, C D E and K.

#### Medicinal uses:

To treat Attention Deficit Disorder (ADD), Schizophrenia, Minerals Depletion.

2) Kombu (*laminaria* spp.) includes *L. digitata*

#### Medicinal Uses of Kombu:

Anti-viral, Relives sore joints and Muscles, Lowers Treats certain thyroid problems, Aids weight loss, inhibits tumours.

3) Bladderwrack (*Fucus* spp.) includes *F. gardneri*

#### Medicinal Uses of Bladderwrack:

Stimulates the Thyroid, Detoxifies, Aids in weight loss, Fatigue, Strengthen the bones, Reduces Inflammation, Improves moods such



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as Anxiety, Depression, Forgetfulness. 4) **Giant Kelp**

(*Macrocystis integrifolia*)

### Medicinal Uses of Macrocystis:

Supports a healthy thyroid, Regulates hormones and metabolism, Supports the immune system, Antioxidant, Heart healthy.



field horsetail, (*Equisetum arvense*)



club moss, *Lycopodium clavatum*



*Marchantia polymorpha*





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**Bull Kelp *Nereocystis luetkeana***



**Kombu *laminaria* spp.**

**Giant Kelp *Macrocystis integrifolia***



**Bladderwrack *Fucus* spp**