

Sayyara Jamshid Ibadullayeva

TRADITIONAL FOLK MEDICINE OF AZERBAIJANIS



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AZERBAIJANIS**

Baku – 2024

Scientific editor: Prof.Dr. Munir Ozturk (Turkiye)

Reviewers: Prof.Dr. Nazim Mammadov (USA),
Dr. Ihama Jafarli (UK)

Sayyara Ibadullayeva. Traditional folk medicine of Azerbaijanis.
Baku: "Savad", 2024, – 264 p.

ISBN 978-9952-565-44-7

The book “Traditional folk medicine practices of Azerbaijan” by doctor of biological sciences, professor Sayyara Jamshid Ibadullayeva was prepared as a contribution to local communities during the “Great Return. The book includes information about introducing plants to people returning to their ancestral lands, teaching them how to use, how to collect and dry these plants, prevent the destruction of rare medicinal plants in accordance with State Programs and etc.

The book mainly contains information about traditional folk medicine practices of medicinal plants used against various diseases collected from the flora of Azerbaijan as a result of ethnobotanical research. These data were gathered from the displaced persons of Western Azerbaijan, including the communities of Karabakh and Eastern Zangazur, who have been refugees for 30 years.

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PREFACE

Since the beginning of the world, nature has formed plant species that synthesize a large number of biologically active compounds, and they have been used by healers, doctors for centuries. Traditional medicine is one of the ancient sciences, which deals not only with the preparation of medicinal products from plants, animals and minerals, but also with their use. In other words, traditional medicine is the science of treating people using mixtures of medicinal plants, anesthetics and some animal products. Throughout history, Azerbaijan has had to come into contact with the culture, science and medicine of other peoples and states, especially the occupying states. This, in turn, could not but affect the development of medicine in Azerbaijan. In this regard, the publication and dissemination of the book "Traditional folk medicine practices of Azerbaijan" is considered one of the most urgent issues of the day. On the other hand, it is a positive thing to update the memories of the Karabagh communities, which have been occupied for 30 years, and to study the possibilities and ways of using plants.

Historically, Azerbaijanis treated their diseases with medicines prepared from thousands of herbs, plant roots, vegetables and fruits. People's awareness and use of such natural medicines have successfully stood the test of time. Even scientific medicine, which was once jealous of folk medicine methods of common treatment, today recognizes its importance.

It is known that since the 20th century, due to the rapid development of industry, the production and use of chemical preparations has become widespread. As a result, some pathologies, especially infectious diseases, were acute in the past, but later became chronic. One of its main causes was the excessive and unnecessary use of chemical drugs during diseases.

Today, the methods of using medicinal plants are multifaceted: the use of juices, raw, infusion, cooking, ointment and etc. of these plants, as well as the impact of their biologically active substances directly to the areas where the pathological process occurs, in addition to treating the patient, also helps to improve the protective ability of the body. It should be noted that medicines made from plants never cause side effects when used correctly.

From the author

INTRODUCTION

Phytotherapy (Greek: phyto-plant) or treatment with plants is the science of using medicines of herbal origin. Correcting the physiological and psychological state of a person with plants, propolis and mumiyo is important and its use has long historical roots. Over the centuries, the experience of using medicinal plants in the treatment of various diseases has been accumulated in the memories of Azerbaijani people. Knowledge and recommendations about the influence of plants on the human body, the dependence of their properties on the place and time of collection, passed down from generation to generation, especially entered into ethno-folklore and became an integral part of national cultures (Ozturk et al., 2018, 2019 a, b; Ansari et al., 2023)

Egyptian priests of the V-IV millennia BC were well aware of the properties of plants and many mineral components and successfully used them to heal the living and protect the bodies of the dead. In their opinion, the doctor's task was to be in contact with the spiritual substance of the human body with the help of herbs and hypnotic elements (sacred rites) and eliminate the harmful principle. The arsenal of ancient Indian doctors was much richer - they used more than a thousand natural medicinal plants in therapy, surgery and gynecology. In realizing the unity of the four elements of health (body, soul, emotions, and spiritual thoughts) mumiyo and herbs played an important role along with proper nutrition (diet), physical exercise (various versions of yoga) and reasonable participation.

Central Asian doctors have been using 600 species of unique herbs and shrubs growing in the arid and cold highlands of the Pamirs and Tibet (Ozturk et al., 2020; Malik et al., 2021). The plant components of complex recipes were associated with parts of the body of a noble animal capable of defeating evil spirits and killing diseases. The classical treatises of the Chinese medical school

define life as the movement of vital energy. According to doctors from the Far East, medicinal herbs, together with reflexology, activate the flow of vital energy through the channels, control blood circulation and help restore internal and external connections of the body lost as a result of the disease. Until the end of the 19th century, Russian doctors and herbalists used herbal infusions and extracts during steam baths and hours-long spells to treat diseases. They knew very well that the effect of the drug depends on the phase of plant development, the place of collection and time of day, and the method of collection (“before the first leaf withers”, “when the stem turns red”, in blooming time, and some are still in buds”, etc.)

Azerbaijani traditional herbalists and healers treated local communities with more than 300 medicinal plants in the Middle Ages and even used oils obtained from the plants in surgical operations. As seen, in the recent past, most medicines in medicine were prepared from medicinal plants (Mehdi et al.,2020 a,b). Based on the time-tested traditions of herbal medicine, modern herbal medicine primarily uses its branch that studies the pharmacological effects of various drugs – pharmacognosy (Biologically active substances, which are the basis for the use of plants, can be isolated and used in the following areas:

- biologically active trace elements and their simple combinations;
- alcohols, ethers and fatty acids;
- amino acids, carbohydrates, fats and their derivatives;
- phenols, salicylates, coumarins, tannins;
- terpenes and essential oils, balms and resins;
- glycosides and alkaloids;
- proenzymes, provitamins.

The real mechanisms of action of many plants are not entirely clear, and they cannot be explained in terms of appearance or the mechanical combination of active components, as phytognomy (one of the scholastic disciplines of the Middle Ages) tried to do.

At the same time, the general characteristics of herbal remedies are obvious: participation in the regulation of higher nervous activity and metabolic processes at the organizational level; activation of hematopoiesis and the body's defenses; normalization of regional blood circulation and tissue metabolism. Clinical experience shows the high (up to 75-80%) effectiveness of herbal remedies and mumiyo preparations. This effect is obviously achieved only with the correct use of phytotherapeutic substances and an understanding of its fundamentals. Herbal medicine is a simple and safe therapy that is usually not accompanied by side effects or unwanted therapeutic reactions. However, the use of medicinal plants and mumiyo should be avoided in the following cases:

- acute diseases requiring emergency care, intensive therapy, urgent surgical intervention;
- the presence of system-wide diseases with an unfavorable prognosis and organic changes in the psyche;
- hemophilia, hemorrhagic and allergic diseases.

If after taking medicinal plants or performing procedures, local dryness, fever or other allergic reaction occurs (even at the first signs of its development), the course of treatment should be stopped immediately and continued other day, changing the dose or composition of the plant collection. Symptoms such as loss of appetite or sleep, general weakness and anxiety are reduced by herbal preparations, but sometimes (with cholelithiasis, stomach diseases) a temporary deterioration may occur with normalization of the patient's condition. Main point in selecting the right plants is the precise treatment assignment. It is unacceptable to rely completely on your intuition or limit yourself to traditional methods of Eastern medicine (criminal negligence). On the contrary, confirmation of the plant diagnosis is necessary and should be carried out in laboratory conditions using modern instruments.

The result of using herbal remedies depends not only on the correct selection of plants, but also on the mood of the patient.

Two factors of successful recovery complement each other: the external factor (herbalist) determines the tactics and treatment regime, the internal factor (the patient) determines the prerequisites for positive changes in the body. The herbalist must work carefully with the patient, the goal is to awaken personal initiative and desire to treat, and increase confidence in the doctor. Generally, medicinal plant collections are prescribed 2-3 times a day; 4-6 times in subacute conditions. When treating short-term diseases with mild symptoms, the course of treatment lasts on average 10 (8-12) days. The effect appears after 4-6 (sometimes 1-2) days. Treatment of chronic diseases requires 1-2 months, in some cases up to a year. Treatment of some diseases requires a break between successive courses (from 2-4 days to 12-14 days).

Those who heal with herbal preparations or herbal mixtures must have knowledge and skills. This person must fully master the basics of descriptive botany - phytotherapy - in order to confidently distinguish the plants the person needs, including harmful ones (To choose the right place and time to collect raw materials, it is necessary to understand the life cycle and physiology of plants. This allows us to create effective compositions and predict treatment results in treating with plants. Technical skills in the production and application of dosage forms guarantee full use of the beneficial properties of plants. And finally, the most valuable quality of a healer, who persistently defies logical analysis, is the ability to penetrate the soul of the patient and convince him/her.

HISTORICAL DEVELOPMENT OF THE STUDY OF MEDICINAL PLANTS IN AZERBAIJAN

The formation of traditional folk medicine in Azerbaijan has a long history. Since cuneiform writing was widespread in the state of Manna (IX -VII centuries BC), medical texts from Assyria and Babylonia were read and used there. Many healing mountain flowers were brought to the capital of Assyria, Nineveh, from Azerbaijan. In the 1st millennium BC, Azerbaijani medicine also originated from the ancient "Avesta". At that time, Zoroastrianism became the main religion of Azerbaijan. Most of the Arab and Persian authors considered Azerbaijan (more precisely, Urmia) to be the homeland of the prophet Zarathustra. The restoration of the Avesta, destroyed during the campaign of Alexander the Great, was carried out by Azerbaijani magicians (priests). Zoroastrians considered cow urine to be a powerful medicine. They considered it an antiseptic, rejuvenating and protecting against evil forces. Saffron, garlic and licorice root were common medicinal plants.

During this period, Azerbaijani medicine also influenced the development of Greek medicine. The Greeks took the theory of "four elements", which prevailed in medical science, from the fire worshipers. When the ancient Greek philosopher Empedocles (c. 484-424 BC) said that all things are composed of four elements (water, air, fire, earth), he relied on fire worshipers' ideas about sacred beings. Empedocles' ideas dominated world science until the end of the XVIII century. The famous Greek physician Erasistratus (ca. 315-220 BC) worked at the famous Academy of Alexandria in Egypt and often came to Azerbaijan to collect information about local medical traditions. Erasistratus gave new ideas about veins, arteries and blood circulation, and studied the hemispheres and folds of the human brain. Medicine also developed in the Caucasian Albania state located in Northern Azerbaijan. According to the agreement between the two

countries, medicinal plants were imported from Albania to Rome. As a result of the spread of Christianity and the Greek language in the I-IV centuries, treatises on ancient Greek medicine, the works of Hippocrates and Galen became popular here. Certain knowledge in the field of medicine was taught in religious schools operating under churches. Albanian historian Movses Kaghankatvatsi in his work “History of Albania” also mentioned the name of the doctor-healer among the important professions in the country.

In ancient times, treatment methods associated with Turkish shamanism were widespread in Azerbaijani medicine. It has its roots in very ancient times, the Stone Age and the primitive community of gaming shamans. An important role in these games was played by magic, hypnosis, special ritual songs and dances, which had a psychological impact on the patient. To cure the sick, shamans tried to expel demons from their souls by chanting magical prayers and performing ritual dances and songs that caused ecstasy under the influence of depressant plants. These treatments, accompanied by psychological hypnosis, often gave really positive results. Knowers of the Albanian, Kipchak and Oghuz tribes who settled in Azerbaijan knew many medicinal herbs (wormwood, mint, chamomile, St. John's wort, etc.) and used them for medicinal purposes. At that time, wormwood was one of the most popular medicinal plants. It was used to cure gastrointestinal diseases and intestinal worms. In the epic “Kitabi-Dada Gorgud = Kitabi Dede Korkut” there are scenes of treatment with medicinal plants and hypnosis. To heal the wound of the young brave man, forty gentle girls went to the mountains, collected mountain flowers, mixed them with mother's milk, applied ointment to the wound and entrusted the brave man to the doctors. Dairy products (kumiss, yogurt and ayran) were considered powerful remedies. Kumiss was used to treat tuberculosis, asthma and bronchitis, and yogurt was used to treat gastrointestinal diseases. Warm mare's milk was used to relieve coughs and reduce fever, and ayran was used to prevent thirst. In

later times, Turkish folk medicine in Azerbaijan was called “Turkachara” (Turkic healing).

In the VIII century, Azerbaijan was invaded by Arab troops and the country became part of the Arab caliphate, which stretched from Spain to India. The integration of different peoples into a single state and communication with each other led to an unprecedented development of sciences and cultures. This rise, the foundation of which was laid in the VIII-IX centuries, continued until the end of the XIV century. It can be said without exaggeration that in the X-XIV centuries, the Islamic world was the pinnacle of human civilization. The largest universities, observatories, hospitals, pharmacies and libraries were located in the Muslim East, the most powerful scientists worked here. During this period, madrasahs operated under large mosques in the cities of Azerbaijan. Arabic and Persian languages, kalam (religious dogmatics), fiqh (Islamic law), mathematics, calligraphy, history and literature were taught in these madrasahs, including Greek philosophy, astrology, logic, oratory, geometry, medicine, alchemy and similar subjects were taught in large madrasahs similar to modern universities. At that time, Shamakhi’s “Malham” madrasa was one of the famous centers of science and education. This madrasah was headed by the prominent doctor and scientist Kafiyeddin Omar ibn Osman. The genius Abu Ali Ibn Sina (980-1037) also visited Azerbaijan many times and collected medical information from there. He talks about his visit to the Azerbaijani village of Saburkhast in his work “Ganun fit-Tibb = Kanun-Fi Tib” (Laws of Medicine). Ibn Sina lived for a long time in the city of Hamedan, which is located on the border of Azerbaijan. He wrote most of his “Laws of Medicine” there.

The XI century Azerbaijani writer Isa ar-Raghi Tiflisi was interested in the work of Ibn Sina and wrote comments on his work “Ganun fit-Tibb” (“Laws of Medicine”). The great Azerbaijani scientist Bahmanyar al-Azerbaijani (d. 1067) was a student of Ibn Sina. The works of great poets, such as Nizami

Ganjavi, Khagani and Shirvani, considered the geniuses of Azerbaijan, contain enough information about medicines and treatment methods. The heyday of medical science in Azerbaijan dates back to the 13th-14th centuries. Most likely, it was during this period that treatment methods of acupuncture and moxibustion (modern reflexology) began to spread in Azerbaijani medicine. Remnants of this ancient method of treatment are preserved today under the name “childag”.

Azerbaijani scientist Najimaddin Ahmed Nakhchivani (died -1253) wrote commentaries to Ibn Sina's works on medicine and philosophy. Scientists belonging to the scientific school of Nasreddin Tusi also created a number of important medical works. Abdulmajid Tabib is considered one of these scientists. Around 1275-1280, he wrote the work “Kitabul-mudavat”. In addition to psychiatry, neurology, sexopathology, many other topics of medicine are investigated in the book. In this book, Abdulmajid Tabib talks about both treatment methods and natural medicines. A large part of the book is devoted to diseases of the nervous system. The author talks about paralysis, neuralgia, nervousness, other nervous system diseases and their treatment. In the XIII-XIV centuries, 67 hospitals operated in South Azerbaijan alone, and professional specialists in medicine and pharmaceutical sciences worked there. At the beginning of the 14th century, a scientific center named “Darush-shifa” (“House of Healing”) was established in Tabriz. It was an entire small town that combined teaching, medical and other scientific institutions, including an observatory. In addition to Azerbaijani scientists and teachers, experts invited from other countries - China, India, Syria and Egypt - worked in the center. The “Darush Shifa” library contained tens of thousands of manuscripts brought from Iran, India, Egypt, China and other countries. There was a higher school (madrasah) in the city, similar to modern universities. Every year, 6-7 thousand students from various countries of the East came here to study natural science, philosophy, history, medicine, astronomy, and logic. In the XV century, the ruler of

Azerbaijan, Sultan Yagub Aghgoyunlu, built the “Xaft behisht” (“Seven Heavens”) palace in Tabriz. In that palace, there was a 1000-bed hospital and a pharmacy equipped with medicines from all over the world, including India and China.

The work “Tibbi-Yusif” (1511) by Yusif Haravi from Khorasan, one of the famous authors, was distributed throughout the Muslim East, including Azerbaijan, in two forms: poetic and prose versions. “The manuscripts of “Tibbi-Yusif” are preserved in many funds of the world, including the Institute of Manuscripts in Baku. During the Safavid era, a number of outstanding doctors grew up in Azerbaijan. Yusif Garabaghi immigrated from Azerbaijan in the XVII century and lived in Samarkand, where he taught in a madrasah. He wrote a commentary on Ibn Sina’s “Laws of Medicine”. The people of Samarkand called him “Big Akhund” as a sign of respect. There is also a copy of the work “Tibbname” from the period of Ottoman Sultan Murad, copied by Muhammad Yusif Shirvani in 1711-1712. The book was written in Ottoman Turkish and dealt with the treatment of most diseases known at that time. Muhammad Yusif Shirvani was one of the famous scientists, doctors and calligraphers of Azerbaijan who lived at the end of the 17th century and the beginning of the 18th century. He was born and raised in Shamakhi, where he studied medicine and science. He became a doctor to Lutfali Bey, the butler of Shirvan Beylarbey Huseyn Khan. In 1711-1712, Muhammad Yusif Shirvani copied the work “Tibbname”, whose author is unknown, and wrote an introduction, comments and explanations to it. Thanks to his service, this book has survived to this day. “Tibbname” occupies the main place among the medieval medical works written in the old Turkish language. This book deals with the treatment of most diseases known at that time.

The work “Tibbname” became the first medieval medical work published in Azerbaijan in 1990 for a wide readership in Cyrillic. Later this book was translated into Russian and published in St. Petersburg. “Tibbname” is the first medieval source on medicine in Azerbaijan, published in Russia. Hasan Ibn

Rza Shirvani is a famous Azerbaijani pharmacist who lived in the 18th century and author of the work "Sirajut-tibb" ("Light of Medicine"). This famous work, written in Persian, contains hundreds of medical copies. "Sirajut-tibb" was not only a reference book for medieval Azerbaijani pharmacists, but also popular in neighboring eastern countries. The book talks about exemplars with complex content. The author calls them "murakkabat" (complex). Some of these medicines contain 50-60 or more herbs. In one of the prescriptions of Hassan ibn Reza Shirvani: "Tablets made from the inner part of bamboo ("gursi-tabashir") have a choleric effect, lower blood pressure, and are useful for spasms. The content: inner part of bamboo, rose, white sandalwood, cucumber seeds, lotus syrup, barbery, Gum arabic, gum tragacanth, air-hardened juice of camel thorn. These were ground and mixed with citron to make tablets». Manuscripts of this work belonging to Hasan Ibn Rza Shirvani are stored in the Institute of Manuscripts of the ANAS, as well as in the manuscript treasures of Iran.

Several books have been published on the plants depicting the Quran (Farooqi, 1992; Batanouny, 1993). In the XVIII-XIX centuries in Azerbaijan, collections of hadiths about the sayings of the Prophet Muhammad and his companions in medicine were compiled and rewritten. The title of these works was "Tibbi-Nabavi" ("Medicine of the Prophet"). Three different manuscripts of "Tibbi-Nabavi" are kept at the Institute of Manuscripts. One of them was copied by secretary Muhammad Bargushadi. One of the medical works compiled in the Azerbaijani language in the XIX century is the anonymous "Nuskhajati" book. Here are a number of recipes for folk medicine, as well as magics and prayers against various diseases. One of the famous doctors who lived at that time was the palace physician of Khurshud Banu Natava Muhammadgulu Gayibzade Karabaghi. Starting from the XIX century, the influence of European medicine began to be felt in Azerbaijan, and medical science entered a new stage. The use of medicines by the people of Azerbaijan began in ancient times. The

use of medicines for various diseases, the search and discovery of new methods of treatment, the definition of methods for combating diseases with medicines and similar issues have been influenced by Sufi ideas and views since ancient times. However, despite these obstacles, the search for new remedies in nature, as well as their more convenient dosage forms and methods of administration, continued.

For example, during the reign of the Arab Caliphate, the culture, science and medicine of the Arabs was adopted throughout the territory of the Caliphate, including Azerbaijan. One of the remarkable events that took place in the field of medicine and pharmacology in Azerbaijan at that time was the creation of the first treatment and prevention centers, albeit primitive ones. Among them are hospitals (darush-shafa), pharmacies (drug stores), medical educational institutions (medical schools). The discovered historical data and manuscripts of these periods are characterized by the emergence of the first centers of medicinal science in Azerbaijan. Druggists were in charge of these centers of pharmacology centers. Druggists were mainly engaged in the collection, drying and processing of medicinal plants, as well as the sale of medicines in their primitively arranged small shops. From the manuscripts left by the druggists and doctors who worked at that time, it is known that many herbs, flowers, roots, seeds, fruits, bark, rhizomes, stems and leaves of various plants were widely used as medicines in the folk medicine of Azerbaijan, and at the same time, various dosage forms (infusions, brews, aromatic waters, solutions) were successfully used. The services of Zakariyya Razin and Omar Osman, who lived in the X-XI centuries, in the development of medicine should be especially noted. Zakariyya Razi, being the author of up to 200 works, gave an important place to chemistry and medicine in these works. Razi is considered one of the first founders of the water bath. His works "Medicine for the poor", "When there is no doctor" and other works related to medicine and pharmacology gained great fame. Many very interesting and

effective medicinal recipes were compiled by the Azerbaijani doctor Omar Osman. The special diet regime proposed by Omar Osman for heart diseases is of great interest. Omar Osman prescribed his patients sweet dietary sorbets, sweet wines, honey, behmez (thickened must), etc. Omar Osman successfully used the preparation of pumpkins and carrots to treat diseases. In the XI and XII centuries, a number of outstanding and talented scientists, poets, philosophers and doctors appeared in Azerbaijan. They have made great contributions to the further development of culture and science in this country. One of the most famous figures of this period was the genius Azerbaijani poet Sheikh Ilyas Ibn-Yusif Nizami Ganjavi. Nizami Ganjavi, who had a comprehensive, rich, encyclopedic knowledge, was well acquainted with many issues of natural science, philosophy, astronomy, and medicine. The poet's opinions and views on medicine were reflected in almost all of his works.

Folk medicine in Azerbaijan, which has a border with a number of other eastern countries, has its own characteristics. Here, two directions can be distinguished in the development of medicine and pharmacology. The first direction was that in cities, suburbs, and bordering residential areas, in addition to local drugs, drugs imported from neighboring countries and other developed countries were widely used. In the cities, this work was carried out by special people, professionals in this field, doctors and physicians who were fluent in Arabic medicine. Based on the achievements of Arab medicine, they used Arabic books ("Garabaddini") - pharmacopoeias related to medicine and pharmacy. Druggists were mainly engaged in the purchase and sale of medicines and were comparatively less involved in treatment. They were the owners of the pharmacies called "Eastern pharmacies" and were known as "nuskhabands" (pharmacists) (a nuskha was understood as a prescription, bands as a letter). In addition to selling and using ready drugs, pharmacists were also engaged in the preparation of medicines according to doctor's prescriptions. Among the medicines used in

those times, solutions of a number of cultivated plants (pepper, sumac, saffron, cumin, mustard, fennel, pomegranate, almond, camphor, cardamom, cinnamon, etc.) can be mentioned. It was also known to get and prepare opium from papaver heads. The second direction of folk medicine developed far from cities, in remote mountain provinces. There were almost no experienced, scientifically trained doctors in these places. After the brilliant period of flourishing of Arab science, spanning the VIII-IX centuries, due to the collapse of the Arab Caliphate into separate states, the development of science and medicine began to slow down. Therefore, the development of the science of medicine in Azerbaijan relatively weakened and during the following few centuries, there was no noticeable development in this field.

In the XII-XIV centuries, Azerbaijan repeatedly became the arena of bloody and devastating wars. All this had a negative impact on both medicine and other fields. At this time, pharmacology was still in the hands of doctors, healers and pharmacists, but its development was very slow. According to the information of historian Rashadeddin of the 14th century, the level of professionalism of many doctors and druggists decreased during these times. Despite this, in XVII-XVIII centuries, a number of books on medicine were written by Azerbaijani doctors, in which medicinal plants are given a large place. Among such books, Muhammad Yusif Shirvani's "Tibbi-Nama" ("Book of Medicine"), "Dictionary of Oriental Medicines" and other works can be mentioned. Among these books, we can mention "Majmaul-Gawama" (1829) by Muhammad Ali Pishavari, "Garabaddini-Kabir" (1830) by Said Muhammad Huseyin. In these works, extensive and detailed information is given about many medicines, especially medicinal plants, and instructions for their use in various diseases are described. Abdul Akhundov from Baku made a great contribution to the research and study of herbal medicines in Azerbaijani folk medicine. Akhundov determined the botanical names of plants and translated into Azerbaijani the book written by Abu-Mansur Muwaffaka-Ben-Al-Hirovi in the

10th century, which is considered the first medical literature in the Persian language in the Middle East. Since the beginning of the world, nature has formed plant species that synthesize a large number of biologically active compounds, and they have been used by healers for centuries. Healing is one of the ancient sciences, which deals with the preparation of medicinal products from plants, animals and minerals, as well as their use. In other words, the science that provides treatment with mixtures made from medicinal plants, anesthetics and some animal products is healing. Healers besides studying wild medicinal plants, also determined the possibilities of using plant parts and which organ of the plant contains the most physiologically active substances-resins, nectars, essential oils, etc. By knowing the collection of physiologically active substances in plants, it is possible to clarify the methods of their drying, storage and use. Medicinal plant raw materials are mainly dried or freshly collected plants and their parts as a source of raw materials. In addition, oils, resins, fats, snake venom, honey and a mixture of living things are also considered raw materials. Traditional folk medicine is the study of the combined effect of these substances and medicinal plants. For this purpose, the collection of plants, chemical composition, synthesis of substances of medical importance, methods of collection and cultivation depending on environmental factors are also studied. Based on historical facts, it can be said that for centuries the healers have been growing plants that are considered medicinal remedies. Some substances obtained from plants are not used directly for therapeutic purposes. In healing, the use of herbal medicines is considered a normal direction. Some medicinal plants are of special importance by improving the general tone of the body and stimulating the metabolism. Many medicinal plants are used in medicine, as well as in other sectors of the economy - perfumery-cosmetics, the food industry. Not only treatment, but also pharmacy is formed in healing. Therefore, it can be said that "Healer" is both a doctor and a pharmacist. The work done by analysts and organizers familiar with the properties

of medicinal plants and medicinal products among the natural resources for the development of large resources of wild and cultivated medicinal plants, healers did independently and showed positive results. One of the main goals of ethnobiology is the search for biologically active substances of plant, animal and mineral origin, and the creation of therapeutic agents based on them. All these can be formed in any ordinary citizen. However, sometimes, healing develops with generation. People whose great-grandparents were healers are also engaged in healing regardless of their profession. However, it should not be forgotten that people who have not fully mastered this work should know that plants, like any medicine, must be taken in a certain dose, a mistake can lead to poisoning and even death.

There are around 300.000 identified plant species in the World. Approximately 20.000 of these are of medicinal value, but only 4.000 are used as drugs and 400 have commercial value (Basher, 1998). According to World Health Organization 80 percent of the World population uses medicinal plants for healing. Ethnobotanical studies were initiated in Azerbaijan around the year 2000, yet the use of plants was a common practice at the beginning of 1900 in the World (Munir et al., 2018). In recent years, the increase in the residential and agricultural areas, and the decrease in medicinal plants have triggered the interest in ethnobotanical studies throughout the world. The interest in herbal medicine in Azerbaijan has progressed parallel to the increased interest in folk medicine. Recently, various studies have been conducted to prevent folk medicine from disappearing by several scientists (Damirov et al.1970;Damirov 1988; Hassanov et al., Gasimov, 2004; Gasimov, 2009; Gurbanov, 2009). Also later, Ibadullaeva and her followers have continued their research in this area and published interesting results. Around 600 plant species are used for healing mainly in rural areas in Azerbaijan, however, more plants are available for use as healing agents following more detailed investigations in this direction (Ibadullayeva et al, 2007; 2010; 2011; 2012; 2013; 2015;

Agayeva et al., 2013; Abbasova V., 2019). Other studies carried out in the field of ethnobotany in Azerbaijan, notable among these being Mekhdiyeva (2011) who conducted studies on 425 species in folk medicines of Azerbaijan, 27 percent of these had scientific value, 68 percent had pharmacological effect and 4 percent had no use. Ibadullayeva et al. (2013) have interviewed 2246 people in 14 districts of Azerbaijan and found that 247 plants from 32 families were used by people, 101 as food, 78 for healing, 65 both for food and healing. Ethnobotanical studies in Azerbaijan have mainly focused on the western part due to rich biological diversity and indigenous knowledge; these included 37.9 percent (78 plant taxa). In another study 50 taxa in Ganja, 150 taxa in Nakhchivan AR and 35 taxa in Gedebe, 91 taxa in five districts of western part of Azerbaijan are used in folk medicine (Ozturk et al., 2017; Ibadullayeva et al., 2011). Zulfugarova (2018) and Novruzova (2019) found that the highest proportion of the wild plants used in ethnobotany was from *Apiaceae* and *Asteraceae* plants from Nakhchivan regions and from Tovuz-Gazakh districts. There is an overlap of plant uses, many cultivated plants are used for both purposes as nutrition and healing in the regions.

For centuries, Azerbaijani people have used herbal medicine for the treatment of several common diseases. The West part of Lesser Caucasus and Nakhchivan AR are among the regions rich in plant diversity and indigenous knowledge. The traditional herbal medicine has been important for the people of these areas. We attempted to find plants used in folk medicine and the way they are used in the Western part of Azerbaijan.

Azerbaijan has a rich flora due to its variable climate and many ecological zones. This diversity in flora provides a rich source of medicinal plants that has been long utilized by the locals. There is a remarkable data on the medicinal folk knowledge in Karabagh-Azerbaijan. A study was conducted mostly in the west part of Azerbaijan (Lesser Caucasus and Karabagh regions) and some districts from other regions of Azerbaijan - Shahbuz, Ordubad, Sharur, Babek, Julfa (Nakhchivan AR) and Ganja,

Shamkir, Samukh, Dashkesen, Gedebeý, Goygol, Tovuz, Gazakh, Agstafa, Goranboy, Tartar, Shusha, Kalbejer, Lachin, Agdam, Fizuli, Zengilan (Lesser Caucasus) districts for four years. In all 600 plant samples were collected and information recorded on their use following interviews of 230 people during the study. The highest number of samples with 160 accessions were taken from Nakhchivan and Ganja district followed with 130 samples. Most of the plants (70%) used in folk medicine were wild crafted. The 33 percent of the used plant parts was green herbage, 12.8 percent flowers and 10.3 percent fruits; some of the plants showed single samples but *Oreganum*, *Thymus* and *Mentha* had 41, 21 and 19 accessions, respectively. One or more than one plant was reported for the treatment of all illnesses. A number of 240 plant species form 76 families are used in the folk remedies as identified during this study (Ibadullayeva et.al, 2020). Large variation of plant organs are used for therapeutic purposes, utilization of upper part of plants (above-ground) such as flowers, leaves and fruits was most common with 3/4 rate; the cones, resin, shell, bulbs, corms and other parts are used to a lesser extent (Tab.1).

Table 1.

The plant parts used, number and ratio of plant organs used for medicinal purposes

Plant part used	Number	Rate (%)
Plant sap	2	0,3
Kindling	1	0,2
Flower	74	12,8
Flowers and branches	2	0,3
Sprout	6	1,0
Stem shell/bark	3	0,5
Bran	1	0,2
Cone	2	0,3
Root	35	5,7

Fruit	64	10,3
Fruit skin	4	0,6
Fruit stalk	1	0,2
Fruit juice	1	0,2
Resin	2	0,3
Gum	1	0,2
Bulb/corm	11	1,8
Cork	1	0,2
Seed	33	5,3
Seed and leaf	2	0,3
Seed and flower	1	0,2
Whole plant (excl. Roots)	200	33,3
Whole plant	16	2,6
Essential oil	2	0,3
Flour	2	0,3
Oil	4	0,6
Leaf	90	15,8
Leaf and seed	3	0,5
Leaf and flower	9	1,5
Leaf and branch	11	1,8
Leaf-stem	3	0,5
Leaf-root	1	0,2
Leaf-fruit	6	1,0
Leaf-seed	3	0,5
Tuber	3	0,5
Total	600	100,0

The 240 species used belong to 76 families and when compared with the studies conducted by Damirov (1977), Gasimov and Kerimov (1988), a large proportion of information on various aspects of uses was collected. Plants used in the treatment of many different diseases are freely harvested in the

region in abundance. Plants which are used in different parts of the world for the treatment of similar diseases might be deemed to be effective in pharmacological terms.

Ethno-pharmacological properties of some wild herbs, their parts used for medicinal purposes and especially the diseases are shown in Table 2.

Table 2.

Ethno-pharmacological characteristics of some wild herbs

Latin names of species	The part used for medicinal purposes	Treatment of diseases they are used
<i>Thymus kotschyanus</i> Boiss. et Hohen.	Surface part	used against cough, bronchitis, dysentery, angina, flatulence, worms, colds and flu viruses
<i>Rosa canina</i> L.	Completely matured fruits	avitaminosis, scurvy, hemorrhagic diatesis, cholestitis, hepatitis, kidney and bladder, gastroenteric diseases, antburns, wounds and infections
<i>Althaea officinalis</i> L.	Root	for diseases of the respiratory tract, gastric ulcer, diarrhea, acute gastritis, enterocolitis, abdominal cramps, cystitis, angina.
<i>Inula helenium</i> L.	Roots and root crops.	diseases of the gastrointestinal tract, diseases of the stomach and duodenum, bronchitis, colds, coughs, worms.
<i>Achillea millefolium</i> L.	Grass, flower, leafs.	Gastritis, peptic ulcer disease, bloody diarrhea, internal bleeding, as a sedative, as a diuretic.
<i>Humulus lupulus</i> L.	Surface part	antispasmodic, analgesic, sedative, sedative, appetizing, anti-inflammatory, diuretic, anticonvulsant, deworming effects.

<i>Pinus sylvestris</i> L.	Leavs and buds	heat rash, some skin diseases, scab, pharyngitis, anti cough and rachitic as well as diuretic
<i>Quercus robur</i> L.	Bark and sometimes fruitcase	stomatitis, gingivite, chronical tonzillite, gastro-enteric bleeding, diarrhea, stomach keen ache, burn and skin diseases
<i>Morus alba</i> L.	Bark of its trunk and roots, matured fruits, leavs	cardio-vascular system, anaemia, scarlatina, chickenpox, angina, stomach ulcer, rheumatism, worm driving out, cold, epilepsy and itch
<i>Rheum ribes</i> L.	Roots and rhizome	in big doses a weak laxative, in little doses as appetite improver, contracting, skin diseases and bile driving out
<i>Chelidonium majus</i> L.	Surface part	warts, wounds, ulcers, skin tuberculosis, skin cancer, liver, jaundice and bile diseases
<i>Ribes nigrum</i> L	Leaves and berries	avitaminosis, kidney diseases, cold, gastritis, cholestite, anaemia, rheumatism, infecion, respiratory passage diseases, skin diseases, salt driving out, tuning of heart-vascular system
<i>Lycopodium clavatum</i> L.	Spore	heat rash, diathesis and different pus-free eruptions
<i>Filipendula ulmaria</i> (L.) Maxim.	Rhizome/root stock and surface part, flower	cold, diarrhea, dizenteria, different skin dieases, eczema, worm driving out and diuretic, bleeding of stomach and lungs
<i>Agrimonia eupatoria</i> L.	Surface part in the flowerence period	chronical diseaes of liver, rheumatism, chronical diseaes of gastroenteric diseases of mouth cavity and pharinx, foot dislocations and skin ulcers
<i>Melilotus officinalis</i> (L.) Pall.	Herb and thin part of its trunk in the	respiratory diseases, expectorant, breast-softening means, gas-deducing means, ulcer, furuncle,

	flowerence period	purulent wounds' treatment and rheumatism
<i>Peganum harmala</i> L.	All parts	Nervous, diseases-epidemic ensefalit, parkinsonism, cold, malaria, rheumatism, itch and stomach diseases; as diuretic and sweat driving out
<i>Hypericum perforatum</i> L.	Surface part	gastroenteric inflammation, cholestist, hepatitis, cystitis, stomatitis, pharyngitis, tonsillit, angina, rheumatism, tuberculosis, inside bleeding, furuncle, mastitis, abcess, burn, worm driving out and diuretic
<i>Hippophae rhamnoides</i> L.	Fruit	hypo- and avitaminozes, trophic ulcers, stomatitis, respiratory passages, skin tuberculosis, cancer diseases, stomach ulcer, burns, radiation
<i>Origanum vulgare</i> L.	Surface part in the flowerence period	mouth cavity diseases, tooth aches, erysipelas, furuncle, skin rashes, rheumatism, cholestist, stomach spasm, paralysis, epilepsy, for appetite and anti cough
<i>Plantago major</i> L.	Leaf (humid or dry), grass and juice	stomach ulcer, gastroenteric diseases, stomach and duodenal guts ulcers, anti cough, whooping cough, phlegmons and burns.
<i>Viburnum opulus</i> L.	Bark of its trunk and fruit	rheumatism of joints, improves arterial pressure by increase of heart muscule tune, and as a laxative
<i>Sambucus nigra</i> L.	Flower and fruit	German measles, measles, inflammation of respiratory tracts, pharyngitis, avitaminosis, malaria, diabetes, kidney diseases, diuretic.
<i>Tussilago farfara</i> L.	Flower and leaves	kidney, bile channals different diseases, ascaridoz, blood

		rehabilitation and some skin diseases
<i>Helichrysum plicatum</i> DC	Flower	gastroenteric diseases, liver diseases, diarrhea, sweat riding out, headaches, joint aches, jaundice, itch, worm riding out
<i>Tanacetum vulgare</i> L.	Flower and leaves	dyzenterhy, stomach catharras, anaemia, jaundice, as bile riding out ödqovucu kimi, liver, kidney diseases, diabetes, rheumatism, malaria and cold
<i>Matricaria chamomilla</i> L.	Anthodium and flowers	chronical colitis, eczema, cleaning of pygmet spots, burns, chronical liver diseases, jaundice, bladder, kidney, skin diseases, profilactics of malaria, anaemia, rheumatism and insomnia
<i>Taraxacum officinale</i> Wigg.	Root and surface part	gastroenteric and kidney diseases, worm riding out, angina, dentals inflammations, heat, diabetis, anti cough, anti thirst, rheumatism and in strengthenin of organizm
<i>Verbascum densiflorum</i> Bertol.	Petals	gall bladder, liver diseases, gastritis, dispepsia, ulcers, pleuritis, lungs and spleen diseases, worm riding out an iuredic
<i>Centaurium umbellatum</i> Gilib.	Surface part	rheumatism, diabetes, lungs diseases, whooping cough, kidney aches, bladder inflammation, epilepsy, deuretic and regulates function of liver
<i>Dryopteris filix mas</i> (L.) Schott	Nodules	in the expulsion of tapeworms (broad tapeworm, bull and pig solitary), rheumatic pains, leg muscle spasms, wounds, ulcers.
<i>Bryonia alba</i> L.	Root	used in human joint rheumatism. Increases of arterial pressure by increasing the tone of the heart muscle, has a mild laxative effect.

<i>Asparagus officinalis</i> L.	Roots and nodules	rheumatism, diabetes, lung diseases, whooping cough, kidney pain, inflammation of the bladder, epilepsy, diuretics, improves liver function, improves heart function, improves heart rate.
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The results of our 4 year study has been comiled here. have been presented in the paper. The study mainly included Lesser Caucasus- in the western part of Azerbaijan and Nakhchivan Autonomous Republic.

The results obtained once again show both from a medical and historical point of view the value of ethnobotanical studies directly linking scientists and the local population. In the future, the development of ethnobotanical research will serve to ravage and use medicinal plants to an even greater extent in clinical medicine, ethnopharmacological uses of plants will play an important role in the production of new drugs (Ibadullayeva, 2020).

The search for alternative antiviral drugs from plants and other natural sources has become important for prevention during the novel coronavirus disease 2019 (COVID-19) pandemic. The antiviral potential of plant extracts and the results of previous studies for the treatment and prevention of coronavirus disease and previous types of coronaviruses are reviewed. Medicinal plants and herbs are described in detail according to their origin, plant parts used, and antiviral potential. The possible role of herbal natural antiviral compounds in the development of herbal medicines against coronavirus is described. VOSviewer visualization of the presented scientific data analysis was used to identify useful scientific trends. In this study, the plants belonging to the flora of Azerbaijan have taken a large place (Saytar, İbadullayeva et al., 2020).

Table 3.

Description of medicinal plants and crops and their antiviral activity

Plant Species	Plant Part	Mode of Action Pharmaceutical Activity
<i>Althaea officinalis</i>	Whole plant	Anti-inflammatory in diseases of the upper respiratory tract; antitussive, chest emollient, immuno-modulator, antiviral
<i>Firmiana simplex</i>	Leaves	Immunomodulation; general tonic and adaptogenic drug
<i>Euphorbia</i> sp.	Roots	Antiviral activity against HIV-1, HIV-2, HSV-2 and SIVmac251
<i>Glycyrrhiza glabra</i>	Roots	Immunomodulation; antiviral activity against HSV-1, Epstein–Barr virus, human cytomegalovirus, and RNA viruses such as influenza A, H5N1, and H1N1
<i>Inula helenium</i>	Whole plant	Anti-inflammatory
<i>Oplopanax elatus</i>	Whole plant	Immunomodulation and anti-inflammatory activities
<i>Rhaponticum carthamoides</i>	Roots	Immunomodulation
<i>Plantago major</i>	Leaves, Whole plant	Anti-inflammatory; antiviral activity against herpesviruses and adenoviruses
<i>Punica granatum</i>	Fruits, Peel, Seeds	Inhibits viral glycoproteins; antiviral activity against HSV-1 and influenza virus
<i>Rosmarinus officinalis</i>	Whole plant	Antiviral activity against human respiratory syncytial virus; immunomodulator; antiinflammatory

<i>Rosa</i> sp.	Completely matured fruits	Immunomodulatory effects; antiviral activity against HIV and HSV
<i>Salvia officinalis</i>	Whole plant	High binding to COVID-19 proteases; Inhibits SARS-CoV and HSV-1 replication
<i>Viburnum opulus</i>	Fruits	Immunomodulation; anti-inflammatory effects
<i>Urtica dioica</i>	Leaves	Inhibition of SARS coronavirus replication
<i>Sambucus nigra</i>	Whole plant	Antiviral activity against HIV, HSV, influenza, hepatitis, and coxsackievirus
<i>Origanum vulgare</i>	Leaves, Stems	Respiratory and antiviral activity

The use of herbs used from wild flora included especially for liver and gallbladder treatments by Azerbaijani people. Ethnographic data related with traditional tools and recipes was also recorded together with national, traditional and scientific medicine, chemical compositions, pharmacological influences and treatment directions introduced.

The plants recorded are widely used medicinally in the world (Ozturk 1976; Ozturk et al., 2004, 2017; Gonenc et al., 2020a,b), primarily for wounds, digestive problems, respiratory infections and skin conditions and secondarily, among other uses for liver disease and as mild sedative. They may have anti-inflammatory, anti-ulcer, hepato-protective, anxiolytic and perhaps antipathogenic activities indicates under preclinical studies. These plants are generally safe and well tolerated as supported by animal studies. The combination of human use data from multiple cultures, independently reporting similar activities for plants and the discovery of potentially relevant bioactivities by *in vitro* and animal studies represent meaningful evidence of the plants efficacy (Khan et al., 2022). We therefore argue that human clinical trials should be funded and conducted.

All through the history living beings have used and shared the nature mutually. Historically we see that 20,000 year BOE, people lived in caves and had learnt to consume plants as food and use these as medicine. They had sense to distinguish between harmful and useful plants. After people started their agricultural activities, the knowledge about plants increased. The people used agricultural plants in 6000-2000 BOE as known. The Chinese, Indian and Egyption scientists had knowledge about the description of plants and their systematics (2000-3000 BOE) (Abu Ibn Sina, 1982; Nuh Afandi, hand writings; Gehbullayev 1991; Ford R.I., 1994). Ancient Greek Scientists gave first classification of the plants. Uses of plants were discovered and herbs used in the treatment of different illnesses (Chalilov 1999; Alekperli 2001). The people of Azerbaijan too had knowledge on the treatment features of number of plants and fruits as well as their use in traditional medicine, treatment methods together with treatment methods. Such treatment methods have not lost their importance all through the scientific-technical ages. Even normal medical doctors admit their importance I the treatment. Most of the plants and fruits from the Azerbaijani flora are medicinally important and people use these in the treatment of several illnesses. Much work has been done and published by Azerbaijani scientists in this connection notable amongf these being Ibadullayeva et al (2010; 2012; 2013; 2015; 2018). These provide information about health treatments not only by plants but also by balm and ephir oil (Ibadullayeva et al. 2013; 2015). Azerbaijan ethnobiology has a long history and studes have been undertaken to develop this area and investigate wild flora.

ETHNOBOTANICAL HISTORY

Even 850 years ago the names of several medicinal plants and their uses are shown in the works of the great Azerbaijan poets and philosophers Nizami Ganjevi and Muhammad Fizuli. Curative significance of mummy (at body injure), saffron (*Crocus*) at (fever), cucurbit (*Cucurbita*) (at worms and diarrhea), mint (*Mentha*) (at gastrointestinal disease) has been noted in the well-known “Khamsa” (five great poems). The great Azerbaijan poet and philosopher Muhammad Fizuli who lived in the XVI Millennium gave detailed information in his works “Sehhetveremez” (Health and Diseases) and “Sohbetulasmar” (Discussion on Fruits). The curative significance and harmful effects of fruits is seen in the work of “Sohbetulasmar” (Discussion on Fruits).

We come across a rich flora and vegetation cover in Azerbaijan. There are more than 4500 high spore bearing, naked-seeded and flowering plant species in this ancient Country. A majority of these are useful and widely used in different fields as a support to the national economy. A total of 1500 medicinal plants have been investigated in the Republic of Azerbaijan and further studies are continuing. Several investigators such as botanists, pharmacognists, pharmacologists and clinists are taking active part in this connection and searching for the opportunities for their use in medicine; for example: valerian (*Valeriana* L.), barberry (*Berberis* L.), horse-tail (*Equisetum* L.), marjoram (*Origanum majorana*), pot-marigold (*Calendula* L.), orchis (*Orchis* L.), hawthorn (*Crataegus* L.), dog-rose (*Rosa canina*) et al. are studied at length.

The detailed studies to identify ethnic uses of plants as medicine, food, aromatic and other uses in general have been investigated during 2007-2021. The data obtained has been registered and new potential uses of more than 100 wild plants has been recorded following consultations with physicians and interviews with local people [Ibadullayeva et al. 2022].

The resources of raw material of the curative medicinal plants is not inexhaustible and infinite. As a result of anthropogenic impacts these medicinally valued natural resources of medicinal plant species are continuously decreasing and posing a threat for their loss. There is need for their protection and develop rules of their sustainable use. This is the reason why Ordubad National Park has been named after Hasan A.Aliyev, The Shahbus State Natural Reservation, Lengthways-Araz Reservation, Gek-Gel National Park in Small Caucasus, Eldar Shamy (*Pinus eldarica*) Reserve, Ag-Gel Reserve, Hirkan National Park in Talysh, Zagatala Reserve in the Great Caucasus and several other parks, reserves and conservation areas have been established for protecting the nature of the Republic. We also need to follow a sustainable use of the medicinal plants as these are required for leaving these as a legacy for generations in Azerbaijan.

At present some books of medicinal plants lag behind in comparison with ancient books. There is a great need to upgrade specialists dealing with medicinal plants. They should be enriched with a support from the archives, study the structure of the plants used in the medicinal preparations and new books should be published integrated the older records with their current personal investigations. This will help us to transfer our nature's values to the future generations.

The medicinal plants, fruit-berry trees and bushes used in the traditional medicine are known in the Azerbaijan flora. A variety of diseases are cured through these plant species. Currently much stress is being laid on the use of Phytotherapy hand in hand with modern medicine, because phyomedicine never threatens life if proper plants are consumed. Here is the information about herbs used in the treatment of liver and other diseases (Table 4.).

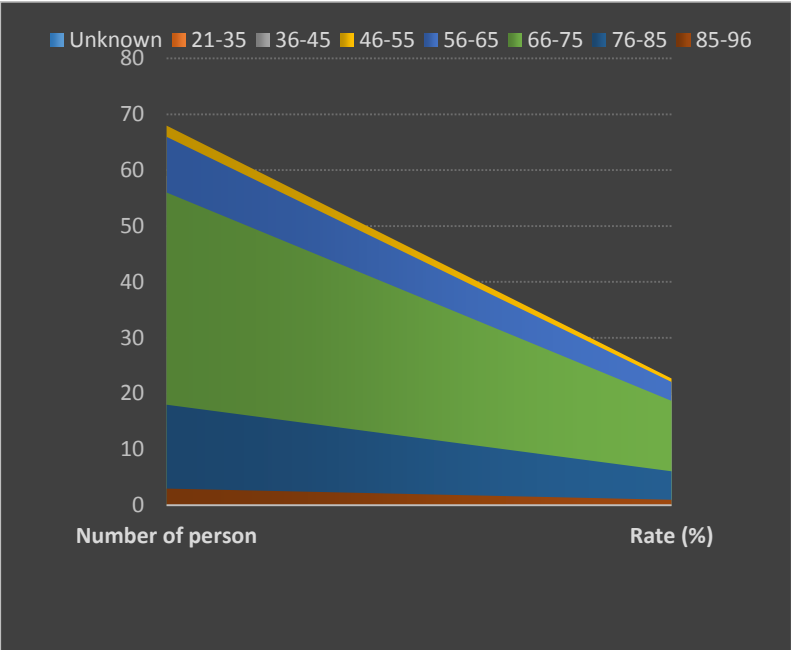


Fig 1. Numerical and proportional distribution of age groups of people, who provided the information was for Stone bramble - *Rubus saxatilis* L. (*Rosaceae* Juss.)

Table 4.

The number of most common reported uses of plants on the basis of ethnic category

Name of plants	<i>Rosa canina</i>	<i>Ribes nigrum</i>	<i>Fragaria vesca</i>	<i>Zea mays</i>	<i>Coriandru msativum</i>	<i>Foeniculum vulgare</i>	<i>Anethum graveolens</i>	<i>Rosmarinus officinalis</i>	<i>Thymus serpyllum</i>	<i>Mentha piperita</i>	<i>Inula helenium</i>	<i>Matricaria recutita</i>	<i>Taraxacum officinale</i>	<i>Artemisia absinthium</i>	<i>Menyanthes trifoliata</i>	<i>Achillea millefolium</i>
Hemorrhoid treatment					+			+								+
Cold remedy	+															
Febrifuge			+			+										
Antidiarrheal										+						+
Cough remedy							+				+			+		+
Diseases of the oral cavity					+	+				+	+	+				
Atherosclerosis		+		+			+						+			
Liver Disease		+	+	+	+		+		+		+		+		+	
cholesistit and hepatit	+	+	+	+		+				+		+	+	+	+	+
Diuretic	+	+	+	+			+				+			+		
Dermatological aids			+	+					+		+					+

Rosa canina L. fruit includes abundant of vitamins, ascorbic acids, philloxynon and pigments (rubixanthin, lycopene), fermium, calcium, mangan, magnesium, phosphor, microelements, riboflavin, provitamin A, vitamin K,P, E and carotin. 2,5-5,5% vitamin C, 9,8mq% carotin, 14% pectin substances, 1,9% lemon acid, 23,9% general sugar, 18,6% invert sugar, 5% sakharoza, 8,9% pentoza includes in it. Seeds include oil, carotin and vitamin E.

For this we need to keep dog rose seeds in 250 mL cold boiled water for 30 minutes, heat until it boils and wait for 5-10 minutes. It is possible to take it with a spoon of honey or lemon juice 2-3 times a day.

- 2 spoons of the fruit infused (it is better to infuse in a thermos) in 2 glasses of water for 25 minutes may be taken 3 times a day as hot, 20 -40 minutes before meal

From ancient times, dog rose has been used as a medicine in a number of diseases, it has a great benefits (Cholosasum). It includes A, B1, B2, P, K and C vitamins, protein, minerals, bases, magnesium, and calcium and phosphorus; improves the immune system, prevents inflammatory effects and helps overcome common cold. It calms down nerve system, decreases the risk of kidney and gall bladder stones; overcomes stomachache, assists in the cleaning of intestines and proves beneficial for coronary heart diseases; increases appetite and decreases blood pressure and normalizes metabolism; has diuretic properties. The application should be in the form of tea, so we can prepare the tea using 2 spoons of chopped fruits followed by adding 250 mL hot water and left for 10 minutes. The dog rose can be used to lose weight where 3 spoons of fruit is added into a liter hot water and left for 12 hours, it must be taken 30-40 minutes before meal 3 times a day during two weeks. We can also take 3 spoons of dog rose fruit and 6 spoons of maize stigmata followed by an infusion (no boiling) in a half liter of hot water which is left for 12 hours and 100 grs must be drunk before meal for 3 months.

Ribes nigrum L. - the composition of fruits is vitamin C (400-570 mg /%), B, P vitamins, A provitamin, organic acid (citric and apple acid), sugar (glucose, fructose), glycosides, flavonoids, pectins, antocionids (cyanides delphinidin) and nitrogen. Mineral substances (mg/%): Sodium-32, potassium 372, calcium-36, manganese-35, iron-1, phosphorus 33. The buds have 175 mg/%, button 450 mg /%, flowers 270 mg/%, in other parts amount of ascorbic acid is 470 mg /%. The effects include; diuretic effect, removes salts from the body, and increases protection ability of liver. It is also useful in liver virus hepatitis, diabetes and anemia. Black currants have a very rich chemical composition, mostly rich in vitamin C. The berries are full of antioxidants, slow down the aging process of body, restores body, and protects the body from poisons, toxins and free radicals, has a very positive effect on the immune system. The berry is very important for children as well as old aged people. The berries are rich in the composition of Group B vitamins, vitamin K, folic and pantothenic acids, and rich in iron. It is very useful for people suffering from anemia. The potassium in the berries helps the body to improve the condition of people with cardiovascular and renal diseases. These are beneficial for the treatment and prevention of atherosclerosis. The fruits increase appetite, improve exchange processes, lower blood sugar, berries can be used successfully in the diet in order to lose weight. It has inflammatory, anti-rheumatic and antiseptic properties. For capillaries and veins it improves their elasticity, during bronchitis it is very good and blackcurrant juice has anti-inflammatory effect.

Fragaria vesca L. fruit contains vitamin C (50mg%), carotenoids (5mq%), B group vitamins, folic acid, sugar 15%, apple, lemon, salicylic acid, a small amount of vaccine ingredients, essential oils, pectins, anthocyanins compounds (3 galactosepellarqonid and 3 glycoside cyanides), iron salts, phosphorus, cobalt, manganese, and there is an enormous amount of potassium. Many phenolic compounds and flavonoids found in cultivated types. The leaves contain vitamin C (120-200 mg %),

flavonoids (quercetin derivatives), carotenoids, cumarins, essential oil and vaccination (9 %). The fruit are full by polivitamins. The leaves are diuretic and reduce the nitrogen in blood.

Use and Intake: the fruit is a valuable nutrient and medicinal plant, the pink colored and fragrant strawberries are very useful, have plenty of iron and phosphorus together with C, B, and vitamin K. It reduces amount of cholesterol in the vein and eliminates blockage, is a very good antioxidant increasing the immune system and regulates digestive system; eliminates intestinal worms, is diuretic, removes harmful substances from the body, strengthens the gums, decreases temperature and reduces stress; has a positive effect on healing rheumatism and liver diseases; moisturises and freshens the skin. The leaves in well-drained condition can be used as a tea. Strawberry can effect digestive system if it is eaten empty stomach. Strawberry mixed with milk can be used for cleaning body, can be consumed as compost and jam, fresh-dried leaves and fruits have a diuretic and choleric effect, removes the salts in the body, is used for gout, arthrosis, arthritis and rheumatic diseases as an effective treatment; useful for liver (viral hepatitis) disorders, diabetes and anemia and is hypochromic as well. It is considered as an indispensable medicinal plant in the treatment of kidney diseases.

Zea mays L. good for body, silk contains vitamin K, pantothenic and ascorbic acid, carotenoids, sterol, saponin and oils; have carotenoids, K, B1, B2, C, D, E vitamins, glycosides (1.2%), oil (2.5%), the etheric items (0.2%), saponins (3.2%), gum (3.8%), inositol, alkaloids (0.05%), sitosterol, cryptoxanthin, stigmasterol, alkaloids, resins (2.7%), sugar and bitter substances.

Usage and acceptance procedure: cholagogue, diuretic, normalize the metabolism and blood clotting process, liver disease, especially effective in gallbladder stones; is used for the trauma created by kidney stones-nephritis, diabetes and other diseases; as blood stasis substance in Hemophiliac in different types of bleeding. Cholecystitis, cholangitis, hepatitis

determined in different bleeding processes. In particular, for chronic liver disease infused maize silks should be taken for a long time. This removes excess fluid in the body and regulates metabolism. Maize silks effect on the nerve system sedatively; is defined as a metabolism activator and appetite decreasing drug. Corn oil (daily dose 50-70 gr) decreases the amount of cholesterol in the blood and is determined for treatment of atherosclerosis. At the same time, also effective for the treatment of skin diseases; eliminates kidney stone and gall bladder stone pain. Glutamine acid in its compositions indispensable in the treatment of depression, epilepiya, progressive dystrophy and polimielit. Maize silk have been used in traditional and scientific medicine since ancient times. In the treatment of many diseases, inflammatory diseases of the kidney and urinary tract, gastritis, obesity, tuberculosis, diabetes, hypertension, skin diseases, varicose veins, sterility, potency weakness, insomnia, nerve disorders, atherosclerosis and effective natural cancer prevention maize is an effective and natural mean. One of the main benefits of maize silk is a diuretic and choleric properties. It improves the flow of bile. Maize silk has antibacterial and antiinflammatory properties so, it eliminates pain and spazms of kidney diseases. By regularly usage of maize silk regulates blood sugar, as well as the low level of cholesterol; is one of the best natural ways to prevent stress; eliminates nerve tension, the mental and physical fatigue and provides normal sleeping. In Obesity, kidney and urinary tract diseases maize silk is made in the following methods:

- 5 tablespoons of maize silk in 400 mL of water is boiled on a low heat for 30 minutes; waited for 3 hours. After this period, is filtered and is taken 3 times per day, each 30 mL after meal;
- against obesity maize silk infusing is taken every 3 hours 50 mL to accept and maize silk is not recommended for skinny people;
- tablespoons maize silk is infused in 2 cups of boiling water within 30 minutes, 3 times a day 30 minutes before meals (the daily dose) should be taken. Extract from the plant especially from its silk has diuretic effect. Contains linolenic acid (vitamin F) reduces the

amount of cholesterol in the body and helps the expulsion of lipids. Phytosterol has antixelerotic effects. Vitamin E weakens protein metabolism, prevents the accumulation of cholesterol in cappillars.

Coriandrum sativum L. plant contains essential oils (0.2%), citral (62%), citronellal, heraniol and linoleic acid, in addition to B1, B2, C vitamins, various organic acids, coumarins and flavonoids. A key component in the composition is etheric oil, odorous substances citral and citronellal.

Usage-Acceptance procedure: Used as a component of mixtures against hemorrhoids gastrointestinal disorders and bile. It facilitates digestion, has an analgesic effect (particularly against headache); used in liver diseases (viral hepatitis); eliminates brain fatigue; regulates the activity of cardiovascular system, the chopped plant leaves are spazmolotic and sedative; casmin from this plant has an antiplatelet and anticoglian effect, lomaherpan cream applied to the face rushes has antiviral effect and is used in cookery. The lemon essential oil is used in parfumery.

Foeniculum vulgare Mill. fruits contains 6% ether oil, main ingredient anetol (up to 60%) fenxon, pinene, metilxavikol and 18% fatty oils; 0.6% of organic substances, mineral substances are considered to be 0.5%, the ripe fruit is a high quality raw material.

Usage and intake methods: solution made of fruit is used in liver diseases, meteorism. Its homeland is in the countries of the Mediterranean basin and has 2 types; rich in vitamins A, C and B group, as well as potassium, magnesium, calcium, and minerals. It is used in most of the hepatitis diseases, increases appetite, facilitates digestion, is used in the treatment of eye diseases, develop metabolism, bring down temperature, eliminates lack of blood, cardiovascular diseases, diseases of throat, and helps to eliminate stress. In addition, it is effective in the disorders of respiratory tract, rheumatism, antibacterial and as anticanserogen.

Anethum graveolens L. contains ether oil (2-4%), main component is carvon (40-60%), limonene (19-40%), fillandren, dihidrokarbon and other terpenoids; furanoxromons are part of

the fruits; the seeds contain 20% fatty oils, 0,56-1,5% ether oil upto 16%, carbon containing substances, plenty of vitamins (C, B1, B2, PP, P), carotenoids, potassium salts, calcium, phosphorus, iron, folic acid and flavonoids (quercetin, kempferol) are also found in this plant.

Usage and taking methods: Spasmolytic, has precipitation ability, is diuretic. Together with raw fennel a very valuable as precipitation and effective medicine against metabolism. The leaves are used in hypochromic anemia, containing ascorbic acid, carotene and iron. In hypertension it is used as a diuretic. The medicine from fennel fruits increases the secretion of the pancreas, is spasmolytic, decreases cough, is diuretic, and increasing the function of the activity of the intestines and is an antibacterial pharmaceutical plant. The furanoxymons in dill expands coronary and peripheral veins. The dill contains A, C and B group vitamins, as well as iron, potassium, calcium, phosphorus, and is rich in salts. In addition to the food and cosmetics industries its ether oil is widely used in medicine, has a calming effect, regulates the activity of the cardiovascular system, eliminates insomnia; very useful against liver diseases; the best pain killer; accelerates the healing of wounds, eliminates cough and reduces blood cholesterol; also applied in Gall bladder disease prevention.

Rosmarinus officinalis L. leaves include α -pinene, ether oil (30%), camphene (20%), borneol (10%), cineole (10%), borneolacetate (up 7%) and other terpenoids. The composition of diterpenoids (carnosol, carnosic acid), vaccine ingredients, triterpene acids (oleic and ursol), are found in rosemary and pyrrolidine alkaloid groups (4, pp 189- 195).

Usage and acceptance procedure: rosemary leaves are used in diseases, such as gall bladder (especially compromising the expulsion), as anti-inflammatory, increasing weakness, cardiac neurosis, neuritis and cold, gynecological practices and menstrual disorders. Fresh leaves and stem are used as inhalant in the common cold, balm put on the pain of rheumatism and for applying radiculitis; included in European and British

pharmacopoeia. It has a good effect on memory. In modern medicine, rosemary is also used as a light sedative during migraine and digestive problems. Several results have confirmed the benefits of aroma of this plant which effects on short-term memory, as an accelerator. The rosemary oil has a spazmolotic, antiseptic and anti-inflammatory affect during inhalation and extrenal application,the extracts and essential oil-containing medicines contain N, Marathon, Pulmeks, Tussidermil N; has antihistamine effect.

Thymus serpyllum L. contains thymol (50%), carvacrol, terpinin, terpineol, singiberin, borneol, vaccine ingredients, flavonoids, resin, ursol and oleic acids; upto 18 % in the extract and dry substances, organic and mineral substances are more than 1%.

Usage and taking methods: contains bitter substances, so has an appetite effect, healing properties in gastrointestinal, liver, pancreas disorders. Use as an infusion, the baking and extracts are used in the treatment of inflammation of upper respiratory diseases, tuberculosis, diphtheria and bronchial asthma. "Pertussin"'s main component is thyme, which is taken as extrenal application of muscles and peripheral nerve system diseases, added to aromatic baths; in acute and chronic respiratory diseases as brewing extracts, bronchial asthma and tuberculosis are applied; used as bactericidal drugs against anti-convulsive, firming, soothing, healing, anti-worm medicine, it is a good melliferous plant, also used in parfumery. In Bulgarian medicine it is used for bronchial asthma, against peptic ulcers, loss of appetite, flatulence, diaorrhea, in rheumatism, angina, nerve and skin diseases recommended in the form of a bath. In Germany the flowers are used in aromatic baths against cough; in France it is recommended in spazmoltic and helmint against the renewal of epithelial tissues, burns from acids (10g per one liter of water); in the children rheumatism 2 mL of the plant extract are used as 1g of rosemary, 1 g lavender and soda 350.0. made in the form of bath. In Austria infusion used against gastritis, flatulence, cramps, infused as 5g in 250 mL in solid state with a daily dose of 500 mL.

In Polish medicine it is used as bactericidal, anti inflammatory, kidney, liver, neuralgia, rheumatic fevers, bronchitis and bronchial asthma. It is advised in cough and stomach discomfort. The plant is used as pain killer in radiculitis and nevritits and extract "pertussin" is used with bronchitis and other respiratory diseases. The balm is used in therapeutic bath, skin diseases (6, pp. 825-827): - 20 g thyme flowers, 10 g of pepper, 10 /10 g of spring adonis yarrow, 10 g cumin, plantain 10 g, 10 g of a mixture of 2 teaspoons dew flower 250 mL in 3 cups of water for 10 minutes every second day taken as infusion. For external Usage: 1-2 tablespoons of the plant in 2 cups of boiling water and used by infusing.

A strong inflammatory (has Thymol), anti-convulsive, sedative, analgesic, effects in the healing and vermifugal; used in hypertension, atherosclerosis, neuralgia, radiculitis, thyrotoxicosis (goiter), neurosis and hysteria diseases; used as vermifugal, diaphoretic, as a matter neuralgia, gastrointestinal pain, brewing and solution of leaves used in heart disease, constipation, liver diseases; considered useful to implement in diseases such as hypertension and atherosclerosis.

Mentha piperita L. leaves contain 2.7% of ether oils, flowers up to 6%, while the body is 0.3% includes Carotene (40mg%), ursol and oleic acids, triterpens, puleqon, phytoncids, hesperidin, flavonoids and betaine. Leaves contain menthol. Organic ingredients, 1%, while mineral substances containing 1%. Special aroma causes smell of ether oils, in particular due to the fact mentolun. This has local anesthesia, spazmolotic, analgesic and antiseptic effect, with the reflector in Caronar expanding blood vessels. Olimetin (Olimetinum), enatin (Enatinum), pine (Anestezol), validol, Zelenin drops and other medicines containing menthol. Solution is used as a sedative by 1:20. Freshly harvested leaves are used to make preparations such as valocardin and milocardin, carvalol [Ozturk, 1976; Sokolov S.Y., 2000]. Usage and intake method: Mint is spazmolotic, analgesic, antiseptic and bile properties Stimulating the cardiovascular

system, to be analgesic hypertension, angina, rheumatism and is very effective in the treatment of atherosclerosis. It is recommended for the treatment of Upper respiratory tract, bronchial asthma and bronchiectasis. In bile duct and intestine distention has a good effect; Improves digestion and appetite; is applied in Gastritis, ulcers, colitis, enterocolit, flatulence, breathlessness, vomiting and diarrhea diseases; was included in herbal tea in the treatment of Gall stones, hepatitis and cholecystitis diseases. Taking mint continuously in strengthens and soothing hysteria, fatigue, migraine, along with a positive impact on disease, but also has a diuretic effect. Since the majority of delicious blends of aromatic and medicinal plants are included. Bathrooms are applied externally. This application can be in form of drop, mixtures, tablets (validol) and pencil form. Since the composition of the menthol leaves are used in angina, gastric and intestinal pains. Menthol, valerian and validol blend, a mixture of paraffin is used in the form of a pencil in migren. In addition, the leaves increase appetite, are applied in shortness of breath and vomiting. German doctors stomachaches, meteorism, Austrian and Bulgarian doctors leaves brewing, baking and oil gastro-intestinal spasm, meteorism, diarrhea, shortness of breath and vomiting bile, liver diseases (stones, jaundice, kidney pains) and advise determining headaches. They also need to take baths; is used as a component of tea as perspiration, food, as well as confectionery, and cosmetics industries (Ozturk et al., 1986, 2022; Altay and Ozturk, 2015) in the preparation of toothpaste and powders. The leaf extract and tea is used in the increasing the acidity of stomach, gall bladder. Essential oil is prepared, freshening, medicinal tea, flavored water, juice and so on. Infusing is assigned to patients for kidneys, joints, urinary tract salt, stone, as well as gastrointestinal regulate blood circulation and reduces pain. Mint pepper oil, which is famous for its unique flavor and freshness, is widely used in confectionery factory, perfumes, cosmetics, toothpaste, as well as in the preparation of various kinds scented soaps.

Matricaria recutita L. composition of flowers is 0.8% essential oil, terpenes, valuable substance matrix, matricarin and xamazulin. In addition, the composition of the flavonoids, polysaccharides, carotenoids and ascorbic acid were found. 1% of organic matter and mineral substances does not exceed 0.5%. Usage and intake procedure: has sedative effect on the nerve system, anti-inflammatory, antiseptic, blood stopping, analgesic, perspirative, bile, astringent, softening and antiallergic feature; is appointed for nerve system disorders, neurosis, hysteria, chorea, epilepsy, neuralgia, trigeminal inflammation and dysmenorrheal. Chamomile is used in diseases of the respiratory system, such as a weak purgative cough substance; are used gastrointestinal tract gastritis, peptic ulcer disease, enterocolit, nonspecific colitis, cholecystitis, hepatitis, intestinal diseases and flatulence. It is included in many mixtures Kidney, urine tract and diatese. Is appointed for angina, stomatitis and peridontit, eczema, burns frunculyiose. - 2 cups boiling water 2-3 tablespoons flowers by infusing (in Thermos), should be taken 3 times a day. - When applying external 2 cups boiling water 4-6 tablespoons of flowers will be evaporated. Flowers are antispasmodic and antiallergic. It is taken as part of the solution, and mixtures. As part of the essential substance of the romazulandezodorasion an inflammatory and mouthwash, to compress, is designated for the treatment of enteritis and colites; has poor antiseptic and astringent effect. Raw material must be dried in open, green and good ventilated places or 35-40°C temperatures, drying cupboard. Chamomile is a very powerful antiseptic, with anti germ and virus features; has very good effect in the use of chamomile infusing in Angina, pharyngitis. - A tablespoon of dried flowers *Matricaria recutita* brewed in a cup of boiling water, filtered and used as a gargle several times during the day. The brew chamomile is used for antritis, sinusitis and wash the nasal cavity and chamomile oil (1-2 drops in the path of the nose) is more effective. Chamomile has also very good calming effect on the human nerve system. For this reason, very soothing chamomile medicines intended for

children and adults. A cup of chamomile tea before going to bed at night (a cup of boiling water + a teaspoon of chamomile) is made by adding a teaspoon of honey. In addition, this tea helps to reduce high fever. Chamomile brew increases the ability to defend the liver, bladder and urinary tract from infections with the best effect; is widely used in cosmetology. Brew cleanses the skin, fights inflammation, makes hair more shiny, strong and vibrant, and helps dandruff.

Inula helenium L. roots and rhizomatous root include essential oil composition, alantolacton (1- 3%), and 44% inulin triterpenoid-lactonsaponin-pseudoinulin, inulin, resin, vaccination, β -sitosterin-terpenesaponin, a significant palmitic, vinegar and benzoic acids. content of the leaves 3% essential oil, C and E vitamins, vaccination items (9.32%), lacton (1.19%), fumarin, vinegar and propanoic acids, complex Galen, lacton, inulin and alkaloids. Hippocrates, the father of medicine valued the plant. - needed to take in by infusing 20 g root in 200 mL of water for 30 minutes 3 times a day. Usage and intake methods: used for bronchitis, pneumonia, asthma, tuberculosis and diphtheria disease is being used. Inflammatory quality depending on the nature of the liver and biliary tract, gastritis, colitis, diuretic effect is determined diseases. Plantain is used in the case of diarrhea, chronic enterocolitis, constipation, loss of appetite. Rhizomatous roots is helpful for bronchitis, tracheitis, pulmonary tuberculosis, asthma, diseases. The quality of medicinal plants cough stopping and disinfecting. The solution is considered endemic goitre as well as gastritis, ulcers, radiculitis, and duodenal ulcer disease. High antihelmint (especially ascarids) is effective drug plant. In particular, 1: 100 and 1: 1000 concentration chasing parasites. And rhizomatous roots preparation is applied for (crushed, briquette), respiratory diseases, especially in the composition of mixtures. The preparation called alanton has a very good effect in a 0.12 g dose 3 times a day after meals peptic ulcer disease within 6- 8 weeks. - 2 teaspoons adding a cup of boiled water stored in the thermos.

1/3 cup 3 times a day, 20-40 minutes before a meal should be taken. In order to infuse a tablespoon of the root with 2 cups of water must be warmed over the fire within 10-15 minutes; is advisable to take 1-2 tablespoons every other hour. In acute renal diseases and pregnancy, adoption of this plant is prohibited. Skin diseases (leishmaniasis, eczema, skin rash) filtered through the roots and put on the skin in hot the conditions. Tibetan medicine is considered plantain valuable. In Bulgarian medicine roots infusing is used in palpitations, headaches, epilepsy and diphtheria. The composition of the ancient recipe for the treatment of skin diseases is as follows: - 180 g to 360 g of valerian root is boiled in water and mixed with 120 g of bacon and butter. In Rheumatism is determined in together with the other plant. - 2 tablespoons water in a cup of valerian root infused in 30 minutes, 10 minutes, cooled, 0.5 cup 2- 3 times a day is taken an hour before a meal. - 2 teaspoons crushed valerian root boiled 0.5 cups of cold water stored for 8 hours 30 minutes 4 times a day before meals are taken. - 20 g per 100 g of 70% solution valerian root of alcohol stored for 8-10 days. 20 drops are taken 3 times a day 20 minutes before meals. Must not be taken during pregnancy. Because premature birth may occur.

Taraxacum officinale Wigg. - The roots contain bitter glycosides (taraxosin and taraxosapin), triterpene compounds, 24% inulin, resin and fatty oils. In veterinary is applied for gastrointestinal diseases. Usage and intake procedure: roots of bitter substances appetizers, natural liver diseases and have bile remover effect; is considered most popular source of medicinal plants with artichoke in liver diseases. According to medical studies, these plants improve the function of the liver. In particular, liver diseases such as hepatitis B, dandelion is used. At the same time, helps to remove excess accumulated nicotine and alcohol in gallbladder from body. - a tablespoon Dandelion root is added 200 mL (one cup) of boiling water is infused on boiling water bath for 15 minutes and cooled to room temperature, filtered. 3-4 times a day, every time 1/3 cup is taken 15 minutes before meal. It is used

in Cholesistit, hepatoxolesists, anasitqastrits, oroniki constipation, during obesity and atherosclerosis, as well as used as a means to improve appetite and digestion increases.

Artemisia absinthium L. The chemical composition of grass and flowers within the 2% essential oil, the main ingredient tuyon, tuyol, fellandren, seksiviterpen absintin lactones, anabsintin, artabsin, bitter taste of raw ingredients, which are flavonoids and vaccinations. Composition of plant is vaccine ingredients, artemisin flavonoidi, organic acids, carotenoids and ascorbic acid. Inulin contains the root structure. Extracts are widely used in animals, such as antilelminic [Ibadullayeva et al., 2015]. Usage and intake method: The rule adopted by the use of vegetable (whole and splited) and flower quality appetizers, such as the gastrointestinal system booster is used in brewing and the composition of mixtures. The plant is used as useful raw materials in brewing and baking. Scientific medicine studied the bitter substance contained mainly increases appetite, energy is restored. It can be compared with a very bitter chinin. Bitter substances contained in wormwood (absintin) and other items are useful gastrointestinal, in particular, stimulates the pancreas function. Wormwood enhances the activity of the central nerve and hematopoietic system, asthenia, fatigue, anemia, and epilepsy, the treatment of diseases guarantees. Since the composition of ingredients stops cough, are used in the prophylaxis antipyretics and malaria, and treatment of influenza and acute respiratory diseases. Particularly successfully are appointed hipersection accompanied by diseases of the stomach. At the same time committed is very effective in the treatment of diseases acute and chronic hepatitis B and C virus, cholecystitis. Wormwood as well as for the treatment of diseases of the liver and gall bladder tracts are included to mixtures. Composition full of diuretic and anti-inflammatory ingredients. The drug is used for prophylaxis and treatment of diseases such as flatulence, dismenorrea, kidney stone and vermifugal. In recent years, wormwood is applied to intestinal diseases. Infusing of wormwood as a drug is used to

compress externally, to eliminate worms such as ascarids. - 0.5 teaspoon plant infused in 250 mL boiling water, cooling for 10 minutes 3 times a day for 1.5 hours before or after a meal, must be taken in (The daily dose). The course of treatment is 2-3 weeks. During pregnancy, the setting is considered a contraindication. Increases the liver's ability to defend.

Menyanthes trifoliata L. the composition of the leaves consists of bitter glycosides (loganin and svezil), vaccine ingredients, flavonoids, organic and mineral substances; is used for gastrointestinal tract disorders in cattle and calves. Usage and intake methods: Contains bitter substances used during weakness in the gastrointestinal system, in particular, chronic gastritis, gastric secrete, loss of appetite, bile and diuretic, the general malaise; is Especially effective in gall bladder stone disease. - 2 tablespoons of dry leaves infused in 0.5 liters of boiled water (The daily dose) (Thermos), 20-40 minutes before a meal is taken 2-3 times a day; is included bitter compositions. Leaves (whole and split) are quality appetizers, the best bitter solution is body firming. Water buckbean is used in improving digestion, migraine, hepatitis and other liver diseases - A glass of water is added a tablespoon of dried leaves and infused for 15 minutes. Is taken 30 minutes before a meal, a glass a day - 2 teaspoons of the leaves is added on a cold glass of water, mixed with a tablespoon every eighth hour and taken 3 times a day (time to hepatitis and cholecystitis).

Achillea millefolium L. is one of the most widely used medicinal plants. Extract from yarrow consists of several flavonoids and phenolic acids. In the folk medicine yarrow is used for treatment of fever, asthma, bronchitis, cough, skin inflammation, jaundice, diabetes, hepatobiliary diseases, healing of wounds, menstrual regulation, flatulence, dyspepsia, hemorrhoids, dysmenorrhoea and gastritis and also consumed for its antitumour, antimicrobial. In the veterinary studies have also shown that yarrow is generally safe and well tolerated. Preclinical studies indicate that it may have anti-inflammatory, anti-ulcer, hepato-protective, anxiolytic, and perhaps

antipathogenic activities. During this ethnobotanical research it was verified that wild edibles play an important role in rural people, however, it seems that the transmission of folk uses of plants decreased in the last generations, but the use of those plants are increased with ethnobotanical investigations.

The herbs collected for cure of dermato-venereological diseases including suppuratives, scabs and eruption generate a special interest.

Data about 23 species of wild plants spread in the Azerbaijan flora and widely used in folk medicine (in skin diseases) during Ethnobotanical Researches have been acquired: *Lycopodium clavatum* L., *Pinus sylvestris* L., *Quercus robur* L., *Morus alba* L., *Rheum rupestre* Litv., *Chelidonium majus* L., *Ribes nigrum* L., *Rosa canina* L., *Filipendula ulmaria* (L.) Maxim., *Agrimonia eupatoria* L., *Melilotus officinalis* (L.) Pall., *Peganum harmala* L., *Hypericum perforatum* L., *Hippophae rhamnoides* L., *Origanum vulgare* L., *Plantago major* L., *Viburnum opulus* L., *Bidens tripartita* L., *Sanbucus nigra* L., *Tussilago farfara* L., *Helichrysum plicatum* DC., *Tanacetum vulgare* L., *Matricaria chamomilla* L., *Taraxacum officinale* Wigg., *Verbascum densiflorum* Bertol., *Centaureum umbellatum* Gilib. Areal and biological features of these plants in the flora have been studied; parts used as medicine and phases of plants have been specified as well as their medicinal significance and curative properties defined.

On the result of the researches carried out below information related to the use of bioecological and phytotherapeutic properties of some wild plants especially at dermatovenereological diseases including their use at other diseases was provided (table 5).

On the result of the carried out investigations it has been known that a part of the studied plants takes a wide range in the flora and it is possible to use them as a biological base of raw materials. However, there are some plants that are threatened as they are collected without any limit. Taking into account in-situ collections of such plants have been created and the seeds collected were reintroduced in their initial natural populations.

Table 5.

Bioecological and ethnopharmacological features of some wild herbs

№	Names of species in Latin	Flower and seed	Lifestyle	Ecological peculiarities	The part used on the medicinal purposes	What diseases are they used at
1.	<i>Lycopodium clavatum</i> L.	VIII-IX	Perennial	It is met in middle and upper mountain belts – undergrowth	spores	Heat rash, diathesis and different pus-free eruptions
2.	<i>Pinus sylvestris</i> L.	III-IV.	Perennial	It is met in a mountain, in upper borders of a forest	leaves and buds	heat rash, some skin diseases, scab, pharyngitis, anti cough and rachitis as well as diuretic
3.	<i>Quercus robur</i> L.	V-IX	Tree	It originates mountainous forests	bark and sometimes fruitcase/box	stomatitis, gingivite, chronic tonsillite, gastroenteric bleeding, diarrhea, stomach ache, burn and skin diseases
4.	<i>Morus alba</i> L.	IV - VI	Tree / Bush	It is cultivated at the same time met along the river- banks in tugai forests	bark of its trunk and roots, matured fruits and leavs	cardio-vascular system, anaemia, scarlatina, angina, chickenpox, stomach ulcer,

						rheumatism, worm driving out, cold, epilepsy and itch
5.	<i>Rheum rupestre</i> Litv.	IX-X	Perennial	It has spread in stony slopes, bush, middle mountain belt	Roots and rhizome/ root stock of 3-4-year plants in summer months	in big doses a weak laxative, in little doses as appetite improver, contracting, skin diseases and bile driving out
6.	<i>Chelidonium majus</i> L.	V-IX	Perennial	It is met in forests, open areas, areas under crops and littery areas	Surface part of the plant	warts, wounds, ulcers, skin tuberculosis, skin cancer, liver, jaundice and bile diseases
7.	<i>Ribes nigrum</i> L.	V – VII	Bush	It is cultivated in the most regions of Azerbaijan as a cultivar	Leaves and berries	avitaminosis, kidney diseases, cold, gastritis, cholestite, anaemia, rheumatism, infection, respiratory passage diseases, skin diseases, salt driving out, tuning of heart-vascular system

8.	<i>Rosa canina</i> L.	V-IX	Bush	It is met in the areas beginning from plain to middle mountain belt – treeless bushy and grassy slopes, river-banks, glades and roadsides	Completely matured fruits	avitaminosis, hemorrhagic cholestist, hepatit, kidney and bladder, gastroenteric diseases, anti burns, wounds and infections
9.	<i>Filipendula ulmaria</i> (L.) Maxim.	VI-VIII	Perennial	It is met in wet grassy lands of middle mountain belts	rhizome/ rootstock and surface part, flower	cold, diarrhea, dizenteria, different skin diseases, eczema, worm driving out and diuretic, bleeding of stomach and lungs
10.	<i>Agrimonia eupatoria</i> L.	VI-IX	Perennial	It is met in forest regions, cut forests of a middle mountain belt, open areas, bush and meadows	surface part in the period of flowerence	chronical diseases of liver, rheumatism, chronical diseases of gastroenteric diseases of mouth cavity and pharinx, foot dislocations and skin ulcers
11.	<i>Melilotus officinalis</i> (L.) Pall.	V-IX	Biennial	It is spread in grasses, bush, along roads, canals, furrows of areas beginning from plain to subalpine belt	Its herb and thin part of its trunk in the period of flowerence	respiratory diseases, expectorant, breast-softening means, gas-deducing means, ulcer, furuncle, purulent wounds' treatment and rheumatism

12.	<i>Peganum harmala</i> L.	V-VIII	Perennial	It is generally met in groups and dispersedly in dry areas, grave-yards and steppe of plain areas of 1700m high of w.s.l.	Its all parts	Nervous, diseases-epidemic encefalit, parkinsonism, cold, malaria, rheumatism, itch and stomach diseases; as diuretic and sweat driving out
13.	<i>Hypericum perforatum</i> L.	V-IX	Perennial	It is mostly met in grassy slopes, river beds, weedy and bushy areas of forest regions beginning from lowlands up to subalpine belt	Its surface part	gastroenteric inflammation, cholestistit, hepatitis, cystitis, stomatitis, pharyngitis, tonsillit, angina, rheumatism, tuberculosis, inside bleeding, furuncle, mastitis, abscess, burn, worm driving out and diuretic
14.	<i>Hippophae rhamnoides</i> L.	III-X	Tree/ Bush	It is mainly met in river beds, on the banks of mountain rivers, seldom in rocky areas, sandy grounds, tugai forests up to upper mountain belt (about 1900-2000m of w.s.l.)	Its fruit	hypo- and avitami-nozes, trophic ulcers, stomatitis, respiratory passages, skin tuberculosis, cancer diseases, stomach ulcer, burns, radiation

15.	<i>Origanum vulgare</i> L.	VI-VII	Perennial	It is met in forest edges, bushes, grassy areas from beginning up to lowlands up to subalpine belt	Its surface part in the period of flowerence	mouth cavity diseases, tooth aches, erysipe-las, furuncle, skin rashes, rheumatism, cholestist, stomach spasm, paralysis, epilepsy, for appetite and anti cough
16.	<i>Plantago major</i> L.	V-X	Perennial	It is met in meadows, forests and bushes, roads, humid and sandy areas beginning from plain up to subalpine belt	Its leaf (humid or dry), grass and juice	stomach ulcer, gastroenteric diseases, stomach and duo- denal guts ulcers, anti cough, whooping cough, phlegmons and burns.
17.	<i>Viburnum opulus</i> L.	V-IX	Bush	It is met in forests, river banks, among bushes up to middle mountain belts	bark of its trunk and fruit	rheumatism of joints, improves arterial pressure by increase of heart muscule tune, and as a laxative
17.	<i>Bidens tripartita</i> L.	VII-X	Annual	It is met in humid areas, forests, in the edges of marshy areas, in the edges of trenches of plains, low mountain belt	Its lower leaves and young tips	gastritis, ulcer, bleeding diarrhea, inside bleedings and as analgetic means

19	<i>Sambucus nigra</i> L.	V-IX	Bush	It is met in humid, dark and stony areas of low, middle and seldom in upper mountain belts	its florescence and fruit	german measles, measles, inflammation of respiratory tracts, pharyngitis, avitaminosis, malaria, diabetes, kidney diseases, diuretic.
21	<i>Tussilago farfara</i> L.	III-VI	Perennial	It is met in glades and clayey soil areas, river banks of plain up to highlands about 2200m height of w.s.l.	its florescence and leaves	kidney, bile channels different diseases, ascaridoz, blood rehabilitation and some skin diseases
18.	<i>Helichrysum plicatum</i> DC	VI-VIII	Perennial	It is met in dry rocks, sandy and soily lakes beginning from middle mountain belts up to subalpine belts	its florescence	gastroenteric diseases, liver diseases, diarrhea, sweat riding out, headaches, joint aches, jaundice, itch, worm riding out
19.	<i>Tanacetum vulgare</i> L.	VI-IX	Perennial	It is met in meadows, stony slopes beginning from middle mountain belt up to subalpine belt	its florescence and leaves	dyzenterhy, stomach catharrh, anaemia, jaundice, as bile riding out ödqovucu kimi, liver, kidney diseases, diabetes, rheumatism, malaria and cold

20.	<i>Matricaria chamomilla</i> L.	VI-VIII	Annual	It is met in meadows, savannahs and glades	anthodium and flowers	chronical colitis, eczema, cleaning of pygment spots, burns, chronical liver diseases, jaundice, bladder, kidney, skin diseases, profilactics of malaria, anaemia, rheumatism and insomnia
21.	<i>Taraxacum officinale</i> Wigg.	V-VIII	Perennial	It is met in meadows, bushes, sowing areas, roadsides of middle and subalpine belts	root and surface part	gastroenteric and kidney diseases, worm riding out, angina, dentals inflammations, heat, diabetes, anti cough, anti thirst, rheumatism and in strengthenin of organism
22.	<i>Verbascum densiflorum</i> Bertol.	VI – X	Biennial	It is met in plain areas up to middle mountainous belt – forest edges, dump, river banks.	Petals	gall bladder, liver diseases, gastritis, dispepsia, ulcers, pleuritis, lungs and spleen diseases, worm riding out an iuredic
23.	<i>Centaurium umbellatum</i> Gilib.	VI – X	Annual	It is spread in middle mountainous belt – forest edges, bushy and grassy areas.	Surface part	rheumatism, diabetes, lungs diseases, who-oping cough, kidney aches, bladder infla- mmation, epilepsy, deuretic and regulates function of liver

Treatment of atherosclerosis with folk medicine methods

Sweet flag - *Acorus calamus* L. (*Araceae* Juss.). Powder from the rhizome of the plant is used for weakening vision, hearing and memory. 1 tablespoon of powder should be divided into 3 parts and taken half an hour before meals with hot water or hot tea. Treatment should be carried out every 4 weeks (with a break of one week) for half a year. The plant is also used for cardiac neurosis, chronic gastritis and cardiac failure. An extract prepared from the rhizome of the plant lowers blood pressure, used for anemia, menstrual disorders, and also for diseases of the gallbladder. The rhizome of the plant should be removed from the soil either in autumn or at the beginning of winter.

Jacob's-ladder - *Polemonium caeruleum* L. (*Polemoniaceae* Juss.) In acute atherosclerosis, a decoction of the root of a Jacob's-ladder is used. Brewing reduces the amount of cholesterol in the blood, regulates the activity of the central nervous system and at the same time improves the working activity of the aorta by reducing lipid deposits.

Preparation: Pour 2 tablespoons of crushed plant root with 200 mL of boiled water, cook in a water bath for 10 minutes and cool. Take 1 tablespoon 4 times a day after meals and 1 spoon before going to bed at night. The sedative effect of an infusion prepared from the root of the plant is 10 times higher than that of valerian.

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Common quince - *Cydonia oblonga* Mill (*Rosaceae* Juss.) the use of an quince in atherosclerotic headaches. In case of atherosclerotic headaches, inhalation with the smell of fresh quince is useful. It is advisable to place the harvested quince in the room (preferably on a wooden floor) and keep it there until the processing process. The phytoncides contained in the quince relieve spasms in the head. If you have severe headaches, then it is more appropriate to cut the quince in half and put it next to you.

Mountain onion (anzur) - *Allium oreoprasum* Schrenk. (*Alliaceae* J.Agardh) Although it is a Mediterranean plant, it has been cultivated since ancient times as a medicinal and decorative plant. After 3 years, the bulb of the plant becomes very large.

0.1g of cooked mountain onion should be taken once a day with either honey or milk to relieve dizziness, forgetfulness, shaking hands, etc., as well as improve vision. In the East, mountain onion is used in vinegar. Mountain onion is close to wild garlic in many of its properties, but unlike garlic, it does not have a strong toxic effect, in any case - fresh, cooked, marinated, 40-50 g can be taken per day. It is not recommended to use only in renal failure.

Taking fresh mountain onion: pour 200 mL of water on 2 g of fresh plant and keep overnight. Take 5 drops between meals 4 times a day.

Recommended foods for atherosclerosis

1. Every day 2-3 cups of ripe common persimmon - *Diospyros virginiana* L. (*Ebenaceae* Guerke) juice
2. Cooked quince - *Cydonia oblonga* Mill (*Rosaceae* Juss.) with jam or honey improves mood and calms the nervous system.
3. Peeled, stewed or fried eggplant - *Solanum melongena* L. (*Solanaceae* L.) lowers blood cholesterol. It should also be noted that regular use of vegetables improves metabolism.
4. Common fig - *Ficus carica* L. (*Menispermaceae* Juss.) and woodland grape - *Vitis sylvestris* C.C.Gmel. (*Vitaceae* Juss.) together with Persian walnut are useful in the treatment and prevention of atherosclerosis (mainly for the elderly).
5. Hawthorn - species *Crataegus* L. (*Rosaceae* Juss.) lowers blood pressure, causes deep sleep, improves the activity of the heart muscle, relieves shortness of breath, dizziness, reduces

heart beats, increases blood circulation. The herb should be taken regularly.

The liquid extract of the plant stops the development of atherosclerosis.

To do this, prepare decoctions from the entire bush (flowers, fruits, leaves and stems).

Decoctions:

The decoction made from flowers: pour 1 cup of boiled water on 1 tablespoon of flowers and keep it for 15 minutes and drink 3 cups a day before meals. Decoction made from fruits: add 200 mL of boiled water to 20 g of fresh or dried berries and infuse, keep for half an hour or cook on low heat for 5 minutes, take 200 g before meals and at night.

Extract made from hawthorn fruit: A cup of fresh or dried hawthorn fruit and 2 tablespoons of sugar are added to half a liter of boiled water. It is cooked for 40 minutes on a very weak fire, at this time the decoction should reduce by half, the infusion with berries is not filtered. The decoction should be stored in the refrigerator, 1 tablespoon before meals and 2 tablespoons at night.

Alcoholic infusion of flowers: Pour 2 tablespoons of hawthorn flowers on 100 g of alcohol, store in a dark place at room temperature and shake regularly. After 10 days, hawthorn infusion will be ready for use. 1 teaspoon should be taken once a day before meals.

Infusion of fruits in alcohol: Pour half a cup of fresh hawthorn fruit on 100 g of alcohol and first crush it a little. It is kept for 3 weeks and filtered. 1 teaspoon is taken once a day before meals, and 1 at night before going to bed.

Hawthorn raw material: In autumn, a very useful supply of fresh hawthorn fruits can be made. Preparation: Mix 0.8 kg of sugar with 20 g of citric acid and grind 1 kg of hawthorn fruit. Place the crushed fruits in a glass jar, pour with sugar, and put paper moistened with alcohol under the lid. It should be stored in

the refrigerator. A complete treatment can be obtained by drinking this raw material with tea, which is prepared throughout the winter.

Margined sage– *Salvia limbata* L. (*Lamiaceae* Lindl.). In the treatment of atherosclerosis, sage is considered a very useful plant. Just its use should not be long and excessive. Thus, sage irritates the stomach lining.

Use of rocket - *Eruca sativa* Hill (*Brassicaceae* Burnett) in the treatment of sclerosis of cerebral vessels. Eruca is a plant used in the treatment of sclerosis of cerebral vessels since ancient times. To 1 tablespoon of the crushed plant, add 1 liter of boiled water and boil for 15 minutes on low heat, then wrap and hold for 2-3 hours and strain. It can be taken without measure, like tea. The infusion is used for rheumatism, cerebral spasms, atherosclerosis, insomnia, circulatory and nervous system disorders. The herb is also useful in treating the liver and dissolving bladder stones.

Thyme - *Thymus* L. (*Lamiaceae* Lindl.) Thyme species are a medicinal plant collected during the flowering period, it is useful to drink it during atherosclerosis. Brewing: 5 grams of thyme should be brewed in 500 grams of boiled water and kept in a sealed container for 40 minutes so that the essential oil does not evaporate. Since thyme is a very strong remedy, it should not be used more than 2 times a week. The plant has a pathogenic, sedative, bactericidal effect.

At the same time, the plant relieves spasms of cerebral vessels and stress. In ancient times, thyme smoke was used to ward off fear in children.



Plate 1. a - *Acacia dealbata* Link (*Fabaceae* Lindl.); b - *Achillea millefolium* L. (*Asteraceae* Dumort); c - *Achillea asiatica* Serg. (*Asteraceae* Dumort); d - *Acorus calamus* L. (*Araceae* Juss.); e - *Aconitum orientale* Mill. (*Ranunculaceae* Juss.); f - *Alchemilla caucasica* Bus. (*Rosaceae* Juss.)

Plant collections used in atherosclerosis and memory loss

- Aerial herb of sage- *Salvia officinalis* L. (*Lamiaceae* Lindl.)
-30 parts
Small-leaved lime flower -*Tilia cordata* Mill. (*Tiliaceae* Juss.)
- 10 parts
Common melilot - *Melilotus officinalis* (L.) Pall. (*Fabaceae* Lindl.) - 5 parts
grass with flower
Common nettle herb - *Urtica dioica* L. (*Urticaceae* Juss.) -
10 parts
Flower and leaf of thyme species - *Thymus sp.* (*Lamiaceae* Lindl.) - 10 parts
Preparation: pour 1 tablespoon of the mixture with 250 grams of boiled water, keep in a sealed container, strain and take half an hour before meals, preferably warm.

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- Balm lemon – *Melissa officinalis* L. (*Lamiaceae* Lindl.) -10 g of grass
Downy betony - *Stachys pubescens* Ten. (*Lamiaceae* Lindl.)
-10 g of grass
Flower or fruit of hawthorn species - *Crataegus sp.* (*Rosaceae* Juss.) - 40 g
Common speedwell-*Veronica officinalis* L. (*Scrophulariaceae* Juss.) - 10 g of grass part
Wild strawberry-*Fragaria vesca* L. (*Rosaceae* Juss.) - 30 g of grass
Preparation: pour 250 g of boiling water into 1 tablespoon of the mixture, brew and drink with honey or sugar as tea. The mixture is very tasty, you can add tea to it.

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- Red clover – *Trifolium pratense* L. (*Fabaceae* Lindl.) - 30 g of grass (together with flower)

Great willowherb - *Epilobium hirsutum* L. (*Onagraceae* Juss.)
- 30 g of grass with flower

Common St.-John's wort - *Hypericum perforatum* L.
(*Hypericaceae* Juss.) - 10 g

Quinquelobate motherwort - *Leonurus quinquelobatus*
Gilib. (*Lamiaceae* Lindl.) - 10 g of grass

Silver birch - *Betula pendula* L. (*Betulaceae* S. F. Gray) - 10
g of leaf

Preparation: Pour 300 grams of boiled water on 1 tablespoon of
the mixture and keep for 20 minutes, add honey and drink as tea.

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Rocket – *Eruca sativa* Mill (*Brassicaceae* Burnett) - 40 g of
flowering shoots

Balm lemon – *Melissa officinalis* L. (*Lamiaceae* Lindl.) - 10 g
of grass

Oriental globe-thistle - *Echinops orientalis* Trautv.
(*Asteraceae* Dumort.) - 10 g

Small-leaved lime - *Tilia cordata* Mill. (*Tiliaceae* Juss.)
flowers - 20 g

Chopped rose hips - *Rosa sp.* (*Rosaceae* Juss.) - 60 g

Preparation: Pour half a cup of the mixture with 1 liter of boiled
water, let stand for 10 minutes and take during the day as tea.

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Common speedwell - *Veronica officinalis* L.
(*Scrophulariaceae* Juss.) - 5 parts grass

Common origanum - *Origanum vulgare* L. (*Lamiaceae*
Lindl.) - 5 parts

Wild strawberry - *Fragaria vesca* L. (*Rosaceae* Juss.) - 10
parts leaf grass

Raspberry - *Rubus sp.* (*Rosaceae* Juss.) – 10 parts leaf

Common hop - *Humulus lupulus* L. (*Cannabaceae* Endl.) - 5
parts cones

Preparation: add 1 tablespoon of the mixture to the teapot, pour 1 glass of hot water and brew like tea.

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Use of dog rose *Rosa canina* L. (*Rosaceae* Juss.) in atherosclerosis

During regular use of the decoction prepared from the crushed fruits of the dog rose, the patient's working capacity increases, the level of "bad cholesterol" in the blood decreases, headaches disappear, and the mood improves. It is necessary to rinse the mouth immediately after taking the infusion, because the ascorbic acid in the dog rose damages the tooth enamel. It is better to brew the dog rose in a thermos. After keeping for 20-30 minutes, the plant can be cleaned of thorny seeds, filtered and taken in any quantity.



Plate 2. a - *Allium oreoprasum* Schrenk. (*Alliaceae* J.Agardh); b - *Althaea officinalis* L. (*Malvaceae* Juss.); c - *Allium sativum* L. (*Alliaceae* J.Agardh); d - *Ambrosia artemisiifolia* L. (*Asteraceae* Dumort.); e - *Ammi visnaga* (L.) Lam = *Visnaga daucoide* (*Apiaceae* Lindl.); f - *Anagallis arvensis* L. (*Primulaceae* Vent.)

Folk medicine methods for the treatment of lung diseases

Since ancient times, the aloe plant has been used in the treatment of any lung diseases. The plant is not watered for 2 weeks, it is kept in a dark and cold place. After 2 weeks, the leaves are plucked (but the lower and thicker leaves are used), washed, cut into small pieces with a knife, placed in a dark glass container, honey is added and stored in a cold and dark place for 2 weeks. Then strained and pressed firmly to remove the pulp. For the first 3 days, the infusion is taken 1 tablespoon 3 times a day, then only 1 teaspoon for 3 days, and 2 teaspoons 1 time a day for the other days (this dose should be taken until the symptoms of the disease completely disappear).

Since aloe has a laxative effect, the course of treatment should be carried out as prescribed.

Aloe - *Aloe Tourn.* - 250 g of leaf

Honey without added sugar sand- 350 g “Cahor” wine -500 g

Honey with added sugar should be heated in a water bath.

Oat milk

In ancient times, people used “oat milk” for lung diseases in debilitated elderly and children. To do this, take 1 cup of washed oats, add 1 liter of milk, cook in an aluminum pot or a cast iron pot over low heat for 1 hour, filter, drink with oil and honey. In particular, it is recommended to take oat milk at night, but it is not recommended to store it in a thermos. Oat milk is a very powerful remedy for anemia and liver diseases. It needs to be remade every time. Children who use this milk gain several kilograms of weight per week.

It is necessary to prepare an infusion of shepherd's purse (*Capsella Medik.*) in the ratio of 1:10, cool and strain. Take 1 tablespoon before meals 3 times a day as a haemostatic and astringent for pulmonary hemorrhages.

Recipes used in cases of bleeding in lung diseases

Common betony – *Betonica officinalis* L. (*Lamiaceae* Lindl.)
-2 parts grass

Marsh-pepper smartweed - *Persicaria hydropiper* (L.) Spach
(*Polygonaceae* Juss.) - 2 parts

Shepherd's purse - *Capsella bursa-pastoris* (L.) Medik.
(*Brassicaceae* Burnett) - 2 parts

Common yarrow - *Achillea millefolium* L. (*Asteraceae* Dumort.) - 2 parts

Common nettle - *Urtica dioica* L. (*Urticaceae* Juss.) - 4 parts

Preparation: 3 tablespoons of the mixture are added to 2 liters of boiled water. The infusion is taken 100 mL 7 times a day. One of the medicinal herbs can be replaced with 2 tablespoons of Iceland moss.

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Swamp ledum - *Ledum palustre* L. (*Ericaceae* Juss.) - 1 part
bush \\\

Common duckweed- *Lemna minor* L. (*Lemnaceae* S.F.Gray.)
- 1 part

Field horsetail - *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) - 1 part

Kabul lagochilus - *Lagochilus cabulicus* Benth. (*Lamiaceae* Lindl.) - 2 parts

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 2 parts

Early-purple orchid - *Orchis mascula* (L.) L. (*Orchidaceae* Juss.) - 2 parts

Hedgehog thistle - *Cirsium echinus* (Bieb). Hand.- Mazz.
(*Asteraceae* Dumort) - 3 parts

Preparation: 3 tablespoons of the mixture are added to 1 liter of boiled water. 30 mL is taken 6 times a day during gastrorrhagia and hepatorrhagia.



Plate 3. a - *Anethum graveolens* L. (Apiaceae Lindl.); b - *Androsace exscapa* (Turez.) Maximova (Primulaceae Vent.); c - *Angelica archangelica* L. (Apiaceae Lindl.); d - *Anthemis cotula* L. (Compositae Gisece = Asteraceae Dumort.); e - *Agrimonia pilosa* Ledeb. (Rosaceae Juss.); f - *Apium graveolens* L. (Apiaceae Lindl.)



Plate 4. *a* - *Aralia elata* (Miq) Seem (*Araliaceae*); *b* - *Arctium lappa* L. (*Compositae* Gisece = *Asteraceae* Dumort); *c* - *Aristolochia clematitis* L. (*Aristolochiaceae* Juss.); *d* - *Arctostaphylos uva-ursi* (L.) Spreng (*Equisetaceae* Rich. ex DC.); *e* - *Atriplex hortensis* L. (*Chenopodiaceae* Vent.); *f* - *Artemisia absinthium* L. (*Compositae* Gisece = *Asteraceae* Dumort)



Plate 5. *a* - *Asparagus officinalis* L. (Asparagaceae Juss.);
b - *Astragalus glycyphylloides* DC. (Fabaceae Lindl.); *c* - *Avena sativa* L. (Poaceae Barnhart); *d* - *Berberis vulgaris* L. (Berberidaceae Juss);
e - *Betula pendula* L. (Betulaceae S. F. Gray); *f* - *Beta vulgaris* L. (Chenopodiaceae Vent.)

Folk medicine methods for bad breath

Pedunculate oak - *Quercus robur* L. (*Fagaceae* Dumort) - 1 part bark

Herbaceous periwinkle - *Vinca herbaceae* Walds. et Kit. (*Apocynaceae* Juss.) - 2 parts grass

True lavender - *Lavandula angustifolia* Mill. (*Lamiaceae* Lindl.) - 3 parts flowers

Preparation: pour 3 tablespoons of the mixture with 1 liter of boiled water, cool and strain. 1 tablespoon of the resulting infusion should be taken to rinse the mouth 6 times a day.

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The same amount of common St.-John's wort-*Hypericum perforatum* L. (*Hypericaceae* Juss.), wild strawberry - *Fragaria vesca* L. (*Rosaceae* Juss.) leaf and small-leaved lime - *Tilia cordata* Mill. (*Tiliaceae* Juss.) flower. Pour 3 tablespoons of the mixture with 1 liter of boiled water and keep until cool, then strain. To eliminate bad breath, you need to rinse your mouth 6 times a day, 1 tablespoon of infusion.

To mix and crumble well the same amount of coriander-*Coriandrum sativum* L. (*Apiaceae* Lindl.) fruit, common wormwood - *Artemisia absinthium* L.

(*Asteraceae* Dumort) leaf and true lavender *Lavandula angustifolia* Mill. (*Lamiaceae* Lindl.) flower. To eliminate bad breath, you need to take a little of the mixture and chew it for a long time.

One-component recipes

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - grass part. To eliminate bad breath, it is necessary to rinse the oral cavity with a dark decoction made from common St.-John's wort. At the same time, an alcoholic infusion made from common St.-John's wort helps: 0.5 liters of vodka or 40% alcohol is added to 1 tablespoon of the grass part of common

St.-John's wort, kept for 1 week and strained. 40 drops of infusion are dissolved in half a glass of water and rinsed daily.

Common vervain - *Verbena officinalis* L. (*Verbenaceae* J.St.-Hill.). Take 2 tablespoons of the leaves, pour 0.5 liters of water on it, boil for 5 minutes and filter. Infusion is used to eliminate bad breath. It is necessary to gargle 4-5 times a day.

Narrow-leaved flax - *Linum tenuifolium* L. (*Linaceae* DC.ex S.F.Gray). The seeds of the plant are ground to a state of flour, then 0.5 l of boiling water is added to 1 tablespoon of the mixture and brewed. To eliminate unpleasant odor and bitterness in the mouth, drink ¼ cup in the morning and evening before meals.

Pepper mint, leaf - *Mentha piperita* L. (*Lamiaceae* Lindl.) Pour 0.5 liters of boiling water over 1 tablespoon of raw materials, leave for 1 hour and strain. Rinse your mouth with an infusion to eliminate bad breath.

Stinking chamomile - *Anthemis cotula* L. (*Compositae* Gisece = *Asteraceae* Dumort.). Add 2 tablespoons of chamomile flowers to 0.5 liters of boiling water, leave for 1 hour and strain. The infusion is used to eliminate bad breath.

Grey alder - *Alnus incana* (L.) Moench (*Betulaceae* S.F.Gray) 20 g of crushed leaves pour 0.5 liters of water, boil for 20 minutes, cool and strain. A decoction is used to eliminate bad breath by gargling.



Plate 6. a - *Betonica officinalis* L. (*Lamiaceae* Lindl.); b - *Bidens tripartita* L. (*Compositae* Gisece = *Asteraceae* Dumort); c - *Bifora radians* Bieb. (*Apiaceae* Lindl.); d - *Bryonia alba* L. (*Cucurbitaceae* Juss.); e - *Calendula officinalis* L. (*Compositae* Gisece = *Asteraceae* Dumort); f - *Cannabis sativa* L. (*Cannabaceae* Lindl.)

Folk medicine methods in allergy

Since the reason for the occurrence of allergic conditions is different, its manifestations are also different - asthmatic bronchitis, angioedema, vasomotor rhinitis, various types of eczema (wet and dry), neurological reactions, etc.

If we take into account that the amount of allergens increases due to the development of civilization, then it is not necessary to remove allergens from food, but to increase the body's resistance to their effects. For this, it is necessary to follow the following rules:

- 1) The main rule is physical activity, movement in the fresh air, cycling or skiing, playing tennis, etc.
- 2) It is considered expedient that children, like adults, spend most of their time by the sea or on the outskirts of the city. So, swimming in the sea has a strong healing effect and strengthens the immune system.
- 3) Regular and long-term intake of herbal decoctions

The following herbal mixtures are used to improve metabolism during allergies:

Silver birch - *Betula pendula* L. (*Betulaceae* S. F. Gray) leaf - 20 g

Black elder-*Sambucus nigra* L. (*Sambucaceae* Batsch ex Borkh.) flowers - 20 g

Common verbena - *Verbena officinalis* L. (*Verbenaceae* J. st. Hill.) grass - 10 g

Spiny cocklebur-*Xanthium spinosum* L. (*Compositae* Gisece -*Asteraceae* Dumort.) grass-20 g

Wild strawberry – *Fragaria vesca* L. (*Rosaceae* Juss.) leaf - 20 g

Black walnut - *Juglans nigra* L. (*Juglandaceae* A. Rich.ex Kunth) leaf - 20 g

Great burdock-*Arctium lappa* L. (*Compositae* Gisece = *Asteraceae* Dumort.) leaf or root-20 g

Cleavers - *Galium aparine* L. or *G. odoratum* (L.) Scop. (*Rubiaceae* Juss.) grass - 20 g

Common hop - *Humulus lupulus* L. (*Cannabaceae* Endl.) cones - 20 g

White dead nettle - *Lamium album* L. (*Lamiaceae* Lindl.) grass - 20 g

Three-lobed beggarticks - *Bidens tripartita* L. (*Compositae* Gisecke-*Asteraceae* Dumort.) grass - 20 g

Licorice - *Glycyrrhiza glabra* L. (*Fabaceae* Lindl.) root - 20 g.

If there is no licorice, then it can be replaced with a flower and root of high mallow (*Malva sylvestris* L.). The mixture is quite useful, but if you are not too lazy to collect all the herbs from the beginning of summer and take them regularly, then next summer you will feel completely healthy. All plants are mixed and used in the indicated amounts.

How to use: It is recommended to brew 1 tablespoon of herbal mixture in 1 cup of boiled water as tea and drink before meals. 1 glass should be taken during the day.



Plate 7. *a* - *Cassia acutifolia* Del. (Fabaceae Lindl.); *b* - *Carum carvi* L. (Apiaceae Lindl.); *c* - *Carex vulpina* L. (Juncaceae Juss.); *d* - *Carduus thoermeri* Weinm. (Asteraceae Dumort.); *e* - *Chamaenerion angustifolium* (L.) Scop. (Onagraceae Juss.); *f* - *Chamomilla recutita* (L.) Rauschert. (Compositae Gisece)



Plate 8. *a* - *Chenopodium album* L. (*Chenopodiaceae* Vent.); *b* - *Chelidonium majus* L. (*Papaveraceae* Juss.); *c* - *Centaurium umbellatum* Gilib. (*Gentianaceae* Juss.); *d* - *Centaurea iberica* Trev.ex Spreng (*Compositae* Gisece = *Asteraceae* Dumort); *e* - *Centaurea cyanus* L. (*Compositae* Gisece = *Asteraceae* Dumort); *f* - *Cetraria islandica* L. (*Parmeliaceae*)

The research revealed that mumiyo has been used since the Middle Ages until now. Mumiyo has a strong effective effect in the treatment of allergies. Only here we have to make sure that the quality of the mumiyo is high. The mumiyo is dissolved in the following volume: 1 gram of mumiyo in 1 liter of hot water. High-quality mumiyo dissolves quickly and without sediment.

Children 1-3 years old can take 50 g of mumiyo dissolved in water once a day in the morning, children 4-7 years old - 70 g, and children over 8 years old - 100 g.

If the allergic condition is strong, then it is repeated, but the dose is reduced by 2 times. Mumiyo also has a diuretic and weakening effect. In case of allergic eczema, the solution is applied thickly on the skin: 10 g of solution per 100 g of water.

The effect of the mumiyo solution is very strong, even tumors on the mucous membrane of the throat disappear on the first day of taking the mumiyo. However, the course of treatment should not be less than 20 days.

Treatment of angina with folk medicine methods

The most effective folk remedy for angina is chewing bee glue during the day and at night. To get a quick and positive result, it is necessary to use only high-quality propolis. About 5 grams are taken during the day. If the bee glue is of good quality, then angina will pass in 2 days without complications. Propolis or bee glue is mainly collected on the legs of bees.

Birch - *Betula* L. (*Betulaceae* S. F. Gray) *Betula pendula* Roth. It is necessary to cut the flowers of the silver birch, beat the shoots and branches, make a thick infusion, cover with a lid, and gargle the throat with the infusion obtained after 25-30 minutes. As soon as the flower broom of silver birch is brewed, it is necessary to wrap it well in a soft towel and breathe through the nose and mouth. After gargling, it is recommended to drink this infusion. You should consider that angina will not go away from

the first time. To get an effective result, it is necessary to inhale the infusion 3 times a day for 3 days in a row and gargle the throat.

Common plantain - *Plantago major* L. (*Plantaginaceae* Juss.). Decoction or juice (prepared at home or in a pharmacy) of fresh or dried leaves of all species of plants is good in any amount. It is considered a partial bactericidal and healing agent. In the methods of folk medicine, it is recommended to use the plant in the second half of the disease.

Lemon- *Citrus limon* (L.) Burm. fil (*Rutaceae* Juss.) prevents inflammation of the tonsils at the onset of angina. Each slice of lemon should be dipped in sugar or honey and chewed with the peel. Do not eat or drink anything for several hours after chewing. You need to eat a whole lemon during the day.

Cabbage rose - *Rosa centifolia* L. (*Rosaceae* Juss.) It is recommended to crush the pink petals of the fresh or dried plant until completely crushed, mix it with honey, lick this mixture little by little during the day and keep it in your mouth as much as possible without swallowing it.



Plate 9. a - *Cichorium intybus* L. (Asteraceae Dumort); b - *Citrus limon* (L.) Burm. fil (Rutaceae Juss.); c - *Cirsium echinus* (Bieb.) Hand.-Mazz. (Asteraceae Dumort); d - *Convallaria majalica* L. (Convallariaceae Horan.); e - *Comarum palustre* L. (Rosaceae Juss.); f - *Coriandrum sativum* L. (Apiaceae Lindl.)



Plate 10. *a* - *Cornus mas* L. (Cornaceae Dumort.); *b* - *Cotinus coggygia* Scop. (Anacardiaceae Lindl.); *c* - *Crataegus pentagyna* Waldest. et Kit (Rosaceae Juss.); *d* - *Crataegus sanguinea* Pall. (Rosaceae Juss.); *e* - *Chrysanthemum indicum* L. (Asteraceae Dumort.); *f* - **Cuminum cyminum* L. (Apiaceae Lindl.)

Usnea (*Usnea* Wigg.). Usnea is a moss found in the foothills, on the branches of trees. It contains usnic acid, a powerful herbal antibiotic. It is recommended to gargle the throat with a decoction made from a finely chopped plant during angina. It should be taken in small sips, no more than 100 mL during the day, 1 hour after meals.

Preparation: 1 tablespoon of crushed moss is added to 200 mL of boiled water and brewed only in porcelain or earthenware. It is necessary to protect the infusion from light. Because in the light, decomposition occurs quickly and the useful properties of the plant are lost. It is necessary to cover with a lid and wrap the container with the infusion with a towel.

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The beneficial properties of the plant have been appreciated since ancient times. So, purulent wounds, gangrene (“Antonov fire”) were treated using usnea. In Chinese medicine, the plant is included in the pharmacopeia. Its main property is that it prevents formation of socratic tissues.

Herbal collections for gargling the throat during angina

Common self-heal – *Prunella vulgaris* L. (*Lamiaceae* Lindl.)
grass of plant - 1 part

Hair-vein agrimony - *Agrimonia pilosa* Ledeb. (*Rosaceae* Juss.) grass - 2 parts

Wild camomile - *Chamomilla recutita* (L.)
Rauschert.=*Matricaria recutita* (L.) (*Compositae* Gisece =
Asteraceae Dumort.) flower - 1,5 parts

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.) leaves -1,5
parts plants and crushed. Pour 1 teaspoon of the specified amount
is taken from these mixtures with 1 cup of boiling water, cover,
let stand for 30 minutes, then strain. Gargle with a decoction of
the throat several times a day in a warm form. 10 g each of sweet
flag rhizome (*Acorus calamus* L.), pedunculate oak (*Quercus*

robur L.), common nettle (*Urtica dioica* L.) and margined sage (*Salvia limbata* L.) leaves is taken. It is necessary to mix the components well, pour 1 liter of water and boil for 30 minutes on low heat, then cool and strain. The obtained mixture is recommended to gargle several times a day.

Wallflower - *Erysimum helveticum* Gaud. (*Brassicaceae* Burnett.) - 1 part grass

Common wormwood-*Artemisia absinthium* L. (*Asteraceae* Dumort.) - 1 part grass

Preparation: Pour 1 cup of boiling water over 1 tablespoon of the mixture and keep it. It is recommended to take 1 glass in the morning and evening during the week of the infusion taken during ascaridosis. Then the mixture prepared below is taken. 50 g of horseheal root (*Inula helenium* L.), common tansy flower (*Tanacetum vulgare* L.) and European blueberry dry fruits. Mix well and take half in the morning on an empty stomach and the other half 2 hours later.

//

Fennel - *Foeniculum vulgare* Mill. (*Apiaceae* Lindl.) fruits - 1 part

Marsh mallow - *Althaea officinalis* L. (*Malvaceae* Juss.) root - 3 parts

Pedunculate oak - *Quercus robur* L. (*Fagaceae* Dumort.) tree bark – 3 parts

Tormentil - *Potentilla erecta* (L.) Raeusch. (*Rosaceae* Juss.) grass - 3 parts

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.) leaves - 3 parts



Plate 11. *a* - *Cuscuta approximata* Bab. (Cuscutaceae Dumort); *b* - *Cydonia oblonga* Mill (Rosaceae Juss.); *c* - *Daphne glomerata* L. (Euphorbiaceae Juss.); *d* - *Daucus carota* L. (Apiaceae Lindl.); *e* - *Delphinium speciosum* Bieb. (Ranunculaceae Juss.); *f* - *Diospyros virginiana* L. (Ebenaceae Guerke)



Plate 12. *a* - *Diospyros lotus* L. (Ebenaceae Guerke); *b* - *Draba muralis* L. (Brassicaceae Burnett); *c* - *Dracocephalum austriacum* L. (Lamiaceae Lindl.); *d* - *Dryopteris filix-mas* (L.) Scott. (Dryopteridaceae R.-C.Ching.); *e* - *Drosera rotundifolia* L. (Droseraceae Salicb.); *f* - *Helichrysum rubicundum* (C.Koch)Bronm (Compositae Gisece)

First of all, 1 teaspoon of the mixture should be kept in 1 glass of cold water for 5 hours, then it should be boiled for 10 minutes on low heat in a closed container and cooled. It is recommended to gargle warm 4-5 times a day.

Fennel - *Foeniculum vulgare* Mill. (*Apiaceae* Lindl.) fruits - 1 part

Common self-heal – *Prunella vulgaris* L. (*Lamiaceae* Lindl.) grass - 2 parts

Wild camomile - *Chamomilla recutita* (L.) Rauschert. = *Matricaria recutita* (L.) (*Compositae* Gisece = *Asteraceae* Dumort.) flower - 3 parts

Pepper mint - *Mentha piperita* L. (*Lamiaceae* Lindl.) aboveground grass - 3 parts

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.) leaves - 3 parts

Preparation: pour 1 teaspoon of the mixture with 1 cup of boiling water, keep in a sealed container for half an hour, strain. With sore throat and laryngitis, it is recommended to gargle 4-5 times a day in a warm form.

Treatment of intestinal worms with folk medicine methods

Yellow gentian - *Gentiana lutea* L. (*Gentianaceae* Juss.) - 1 part root

Common buckthorn - *Rhamnus cathartica* L. (*Rhamnaceae* Juss.) - 1 part bark

Common tansy - *Tanacetum vulgare* L. (*Asteraceae* Dumort.) - 1 part flowers

Common wormwood - *Artemisia absinthium* L. (*Asteraceae* Dumort.) - 1 part grass

Wild camomile - *Matricaria recutita* L. (*Asteraceae* Dumort.) - 1 part flowers

Preparation: Pour 1 cup of boiling water over 1 tablespoon of the mixture and cool it. The obtained infusion should be taken 1 cup in the morning and in the evening for 3 days.

//

Common valerian, rhizome with root-*Valeriana officinalis* L. (*Valerinaceae* Batsch) - 1 part

Alder buckthorn, bark - *Frangula alnus* Mill (*Rhamnaceae* Juss.) - 1 part

Wild carrot - *Daucus carota* L. (*Apiaceae* Lindl.) - 1,5 part seed

Pepper mint - *Mentha piperita* L. (*Lamiaceae* Lindl.) - 1 part leaf

Common tansy - *Tanacetum vulgare* L. (*Asteraceae* Dumort.) - 1 part flowers

Preparation: Pour 2 tablespoons of the mixture with 1 cup of boiling water, leave for 20 minutes and strain. The infusion should be taken 1 glass in the morning and evening against a tapeworm for 3 days.

//

Common tansy - *Tanacetum vulgare* L. (*Asteraceae* Dumort.) - 1 part flowers

Common wormwood - *Artemisia absinthium* L. (*Asteraceae* Dumort.) - 1 part above-ground grass

Sea wormwood - *Artemisia maritima* L. (*Asteraceae* Dumort.) - 1 part flowers

Wild camomile - *Matricaria recutita* L. (*Asteraceae* Dumort.) - 1 part flowers

Preparation: 1 tablespoon of the mixture pour 200 mL of boiling water and strain. Take 1 glass in the morning and evening for 3 days.



Plate 13. a - *Heracleum trachyloma* Fsch.et Mey (*Apiaceae* Lindl.); b - *Herniaria incana* Lam. (*Caryophyllaceae* Juss.); c - *Hypericum perforatum* L. (*Hypericaceae* Juss.); d - *Hyssopus officinalis* L. (*Lamiaceae* Lindl.); e - *Humulus lupulus* L. (*Cannabaceae* Endl.); f - *Xeranthemum inapertum* L. (*Compositae* Gisece = *Asteraceae* Dumort)



Plate 14. a - *Iris pseudocaucasica* Grossh. (Iridaceae Juss.); b - *Juglans nigra* L. (Juglandaceae A. Rich.ex Kunth); c - *Juniperus communis* L. (Cupressaceae Rich.ex Bartl.); d - *Juniperus oblonga* Bieb. (Cupressaceae Rich.ex Bartl.); e - *Echinops orientalis* Trautv. (Compositae Gisece = Asteraceae Dumort); f - *Echinops ritro* L. (Asteraceae Dumort.)

Common valerian - *Valeriana officinalis* L. (*Valerianaceae* Batsch) - 1 g of powdered rhizome. Powdered fruit and leaves of common mistletoe - *Viscum album* L. (*Viscaceae* Batsch) - 1 g
Preparation: Mix the components and take 2 g per day for 3 days to remove worms from the body.

Same amount of wallflower (*Erysimum helveticum* Gaud.), common tansy flower (*Tanacetum vulgare* L.) and cumin (*Cuminum cyminum* L.). Pour 1 tablespoon of the mixture with 1 cup of boiling water and drink half a cup before going to bed.

Treatment of headaches with folk medicine methods

A decoction of hawthorn fruit is used for headaches. 10 g of fresh or dried fruits can be brewed with 100 g of boiling water, kept for half an hour and then drunk. A mixture of hawthorn in equal amounts with fireweed-*Chamaenerion angustifolium* (L.) Scop. also gives an effective result (mint can also be added to the mixture). The infusion is taken 1 cup before going to bed.

Lesser periwinkle - *Vinca minor* L. (*Apocynaceae* Juss.) - 0,5 part

Lily of the valley - *Convallaria majalia* L. (*Convallariaceae* Horan.) - 1 part

True lavender - *Lavandula angustifolia* Mill. (*Lamiaceae* Juss.) - 1 part

Scentless false mayweed - *Tripleurospermum perforatum* (Merat) M. Lain (*Asteraceae* Dumort.) - 1 part

Common melilot - *Mellilotus officinalis* (L.) Pall. (*Fabaceae* Lindl.) - 2 parts

Balm lemon - *Melissa officinalis* L. (*Lamiaceae* Lindl.) - 2 parts
Mint - *Mentha* L. (*Lamiaceae*) - 2 parts

Preparation: Mix all the components well, pour 1 liter of boiled water on 2 tablespoons of the mixture, leave for half an hour and filter. Take half a glass 4 times a day during headaches.

//

Common origanum - *Origanum vulgare* L. (*Lamiaceae* Lindl.) - 2 parts

Pot marigold - *Calendula officinalis* L. (*Asteraceae* Dumort.) - 2 parts

Balm lemon - *Melissa officinalis* L. (*Lamiaceae* Lindl.) - 2 parts

Small-flowered black hawthorn - *Crataegus pentaguna* Waldst. et Kit (*Rosaceae* Juss.) - 3 parts

Small-leaved lime - *Tilia cordata* Mill. (*Tiliaceae* Juss.) - 3 parts

Preparation: 1.5 tablespoons of the mixture pour 0.5 liters of boiling water, leave for half an hour, strain. Take 50 mL 5 times a day. It is used for headaches accompanied by mixed dizziness, as well as for headaches that occur against the background of menopause.

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Plate 15. *a* - *Elaeagnus angustifolia* L. (Elaeagnaceae Juss.); *b* - *Eleutherococcus senticosus* (Rupestre Maxim) Maxim. (Araliaceae); *c* - *Eruca sativa* Hill (Brassicaceae Burnett); *d* - *Epilobium hirsutum* L. (Onagraceae Juss.); *e* - *Ephedra procera* Fisch.et C.A.Mey. (Ephedraceae Dumort); *f* - *Ephedra distachya* L. (Ephedraceae Dumort.)



Plate 16. *a* - *Equisetum arvense* L.(*Equisetaceae* Richx.ex DC.); *b* - *Elytrigia repens* (L.) Nevski (*Poaceae* Barnhart); *c* - *Erysimum helveticum* Gaud. (*Brassicaceae* Burnett.); *d* - *Eryngium planum* L. (*Apiaceae* Lindl.); *e* - *Eucalyptus globulus* Labill. (*Myrtaceae* Juss.); *f* - *Eucalyptus cinerea* F.Muell.ex Benth. (*Myrtaceae* Juss.).

Means for rinsing the throat

Stinking chamomile - *Anthemis cotula* L. (*Asteraceae* Dumort) -2 parts flowers

Common origanum - *Origanum vulgare* L. (*Lamiaceae* Lindl.) - 1 part grass

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.) - 1 part with grass, flower

High mallow – *Malva sylvestris* L. (*Malvaceae* Juss.) - 0,5 part root, flower, leaf.

If you don't have mallow, you can replace it with ground flax seed.

1/4 teaspoon of flax seeds is taken in 1 cup of brewed mixture.

Pour 1 dessert spoon of herbs with 200 mL of boiling water. Wrap in towel and hold for about 25 minutes, then strain. During rinsing, the first portion should be spit out, and the rest can be swallowed. If you add a pipette full of alcohol propolis to the infusion, rinsing will become more effective.

Common melilot – *Melilotus officinalis* (L.) Pall. (*Fabaceae* Lindl.) - 1 part

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.)-3 parts grass with flowers

Persian larkspur - *Delphinium speciosum* Bieb. (*Ranunculaceae* Juss.) - 0,5 part

Preparation: 1 dessert spoon of the mixture is added to 1 cup of boiling water. It is necessary to rinse the throat with the obtained infusion, and wrap the neck as a compress with the remaining mass from the infusion.

Common melilot – *Melilotus officinalis* (L.) Pall. (*Fabaceae* Lindl.)

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Since ancient times, the common melilot has been used for colds. It not only has a bactericidal effect, but also absorbs tumors. In ancient times, they used to make plasters and applications. It is

good to compress the throat with common melilot during angina in children. Dried and crushed grass and flowers of the plant are collected in a canvas bag and placed in boiling water. It is necessary to hold it in hot water for several minutes, cool a little and wrap the child's throat with this bag and wrap it with a towel. Before wrapping, the neck must be washed so that the pores between the skin are clean. The compress is kept for 1 hour, and the water containing the plant is drunk with added sugar. The plant is easy and quick to collect: 2-3 bushes are enough for the whole winter for the family.

Bird cherry -*Padus* Hill (*Rosaceae* Juss.). The plant is collected in spring. The collection should be carried out at such a stage that part of the flower is in the bud, and part is open. It should be dried in a dry place (in a closet or on a table) and so that the white color and pungent odor remain. Then it is collected in a linen bag and placed in a closet so that it does not lose its aroma. In winter, it is used as an indispensable remedy for colds and sore throats.

Preparation: Put 2 bunches of dried flowers in 1 cup of boiled water, cover it with a saucer and rinse the throat after 20 minutes. The last sips can be swallowed. At the same time, dried flowers can be sucked for 15 minutes, but then they must be spat out. A very powerful remedy is obtained when the flower of the bird cherry is mixed with melilot. For this, you need to take 1 teaspoon of bird cherry and melilot grass, pour 1 cup of boiled water on it and rinse your mouth after 20 minutes. The infusion has a very nice smell, and the effect is very strong.

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Plate 17. a - *Euphrasia officinalis* L. (Scrophulariaceae Juss.); b - *Inula helenium* L. (Compositae Gisece = Asteraceae Dumort.); c - *Galium aparine* L. or *G. odoratum* (L.) Scop. (Rubiaceae Juss.); d - *Galium verum* L. (Rubiaceae Juss.); e - **Gleditsia triacanthos* L. (Fabaceae Lindl.); f - *Glechoma hederacea* L. (Lamiaceae Lindl.)



Plate 18. a - *Gentiana lutea* L. (Gentianaceae Juss.); b - *Geum urbanum* L. (Rosaceae Juss.); c - *Glycyrrhiza glabra* L. (Fabaceae Lindl.); d - *Gnaphalium uliginosum* L. (Compositae Gisece = Asteraceae Dumort); e - *Fagopyrum esculentum* Moench (Polygonaceae Juss.); f - *Ficus carica* L. (Menispermaceae Juss.)



Plate 19. *a* - *Selaginella uliginosa* L. (Asteraceae Dumort); *b* - *Foeniculum vulgare* Mill. (Apiaceae Lindl.); *c* - *Fragaria vesca* L. (Rosaceae Juss.); *d* - *Fragaria moschata* (Duch.) Weston. (Rosaceae Juss.); *e* - *Frangula alnus* Mill (Rhamnaceae Juss.); *f* - *Lactuca sativa* L. (Asteraceae Dumort.)

Beet - *Beta vulgaris* L. (*Chenopodiaceae* Vent.). Beets (raw) - an ancient, effective, but forgotten remedy. Take beets of a darker color, peel them, passed through a very fine mesh of colander and extract the juice. After adding 1 tablespoon of vinegar to 1 glass of juice and keeping it for 10 minutes, gargle. You can take 1 sip. This is a very tasty.

Treatment of kidney stones with folk medicine methods

Sweet flag-*Acorus calamus* L. (*Araceae* Juss.) - 1 part rhizomes

Common nettle-*Urtica dioica* L. (*Urticaceae* Juss.) - 1 part leaves

Pepper mint - *Mentha piperita* L. (*Lamiaceae* Lindl.) - 1 part leaves

Common juniper - *Juniperus communis* L. (*Cupressaceae* Rich.ex Bartl.) - 2 part fruits

Black elder-*Sambucus nigra* L. (*Sambucaceae* Batsch ex Borkh.) - 3 parts flowers

Small-leaved lime-*Tilia cordata* Mill. (*Tiliaceae* Juss.) - 3 parts flowers

Field horsetail-*Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) - 3 parts grass

Dog rose-*Rosa canina* L. (*Rosaceae* Juss.) - 4 parts chopped fruit

Preparation: add 1 cup of water to 1 tablespoon of the mixture, boil for 10 minutes in a closed container over medium heat, cool and strain. The infusion should be taken 1 glass in the morning and in the evening 1 hour after meals to remove kidney stones.

//

Wormwood, grass - 2 parts-*Artemisia vulgaris* L. (*Asteraceae* Dumort.)

Fennel, fruits- 2 parts-*Foeniculum vulgare* Mill. (*Apiaceae* Lindl.)

Field horsetail, herb - 2 parts - *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.)

Wild carrot, seed- 3 parts- *Daucus carota* L. (*Apiaceae* Lindl.)

Kinnikinnick, leaf-*Arctostaphylos uva-ural* (L.) Spreng (*Equisetaceae* Rich. ex DC.) - 3 parts

Preparation: pour 1 cup of boiling water on 2 tablespoons of the mixture and keep it in a thermos for 12 hours, boil it for 5 minutes on medium heat and filter it immediately. It should be taken half a glass 4 times a day, 1 hour after meals.

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Maize pollen- 2 parts- *Zea L.* (*Gramineae* Juss.nom.altern.)

Kinnikinnick, leaf - *Arctostaphylos uva-ural* (L.) Spreng (*Equisetaceae* Rich. ex DC.) - 3 parts

Silver birch, bud *Betula pendula* L. (*Betulaceae* S. F. Gray) - 3 parts

Field horsetail, herb - *Equisetum arvense* L. (*Equisetaceae* Richx.ex) - 2 parts

Iberian knapweed flowers- *Centaurea iberica* Trev.ex Spreng (*Compositae* Gisece = *Asteraceae* Dumort.) - 2 parts

Preparation: pour 50 g of the mixture into 1 liter of boiling water and keep in a thermos for 30 minutes, then strain. In case of heat, take half a cup before meals 3 times a day. The infusion is used for pain in the kidneys. It is not recommended to use the mixture for hydronephrosis.

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Maize - *Zea mays* L. (*Gramineae* Juss.nom.altern.) - 1 part fringes

Kinnikinnick, leaf – 1 part- *Arctostaphylos uva-ural* (L.) Spreng (*Equisetaceae* Rich. ex DC.).

European blueberry, leaf-1 part- *Vaccinium myrtillus* L. (*Eriocaulaceae* Desv.)

Wild pansy, grass - *Viola tricolor* L. (*Violaceae* Batsch) - 1 part

Bean, bark - *Phaseolus* L. (*Fabaceae* Lindl.) - 2 parts

Preparation: Pour 1 tablespoon of the mixture with 1 cup of boiling water and keep in a thermos for 12 hours, boil for 5 minutes over medium heat and strain immediately. Take 1-2 tablespoons 3 times a day. Infusion (in the presence of carbonate and phosphate salts and an alkaline reaction in the urine) has an effective effect.

//

Common buckthorn, bark part - *Rhamnus cathartica* L. (*Rhamnaceae* Juss.) - 1 part

Fennel, fruit – *Foeniculum vulgare* Mill. (*Apiaceae* Lindl.) - 1 part

Reddish immortelle, flowers-*Helichrysum rubisundum* (C.Koch)Bronm(*Asteraceae* Dumort.)-2 parts

Pepper mint, leaf - *Mentha piperita* L. (*Lamiaceae* Lindl.) - 2 parts

Common wormwood, grass part - *Artemisia absinthium* L. (*Asteraceae* Dumort.) - 2 parts

Common yarrow, flower – *Achillea millefolium* L. (*Asteraceae* Dumort.) - 2 parts

Preparation: pour 1 cup of boiled water on 1 tablespoon of the mixture and keep it in a thermos for 1 hour, then strain. Take ¼ cup 3-4 times a day.

Tree hogweed – *Polygonum patulum* Bieb. (*Polygonaceae* Juss.) - 1 part rhizomes

Great burdock-*Arctium lappa* L. (*Asteraceae* Dumort.) - 1 part root

Common juniper -*Juniperus communis* L. (*Cupressaceae* Rich.ex Bartl.) - 1 part fruit

Silver birch - *Betula pendula* L. (*Betulaceae* S. F. Gray)- 2 parts leaf

Maize-*Zea mays* L. (*Gramineae* Juss.nom.altern.) - 2 parts
fringes

Preparation: add 1 cup of water at room temperature to 1
tablespoon of the mixture and keep it for 2 hours, boil it in a
closed container over medium heat, cool and strain. It is necessary
to take $\frac{1}{4}$ cup 1 hour after meals 3 times a day for 2-3 weeks.
Brewing is used during the release of kidney stones (in the
presence of carbonate and phosphorus salts and the presence of
an acidic environment in the urine).

//

Greater celandine - *Chelidonium majus* L. (*Papaveraceae*
Juss.) - 1 part grass

European blueberry - *Vaccinium myrtillus* L. (*Ericaceae* Juss.)
- 2 parts leaves

Ground-ivy - *Glechoma hederacea* L. (*Lamiaceae* Lindl.) - 2
parts grass

Silver birch - *Betula pendula* L. (*Betulaceae* S. F. Gray) - 2
parts leaf

European dewberry - *Rubus caesius* L. (*Rosaceae* Juss.) - 2
parts rhizome



Plate 20. *a* - *Lagochilus cabulicus* Benth. (Lamiaceae Lindl.); *b* - *Lagurus ovatus* L. (Poaceae Barnhart); *c* - *Lamium album* L. (Lamiaceae Lindl.); *d* - *Lavandula angustifolia* Mill. (Lamiaceae Lindl.); *e* - *Lavandula spica* L. (Lamiaceae Juss.); *f* - *Lavatera thuringiaca* L. (Malvaceae Juss.);



Plate 21. *a* - *Lemna minor* L. (Lemnaceae S.F. Gray.); *b* - *Leonurus quinquelobatus* Gilib. (Lamiaceae Lindl.); *c* - *Leonurus cardiaca* L. (Lamiaceae Lindl.); *d* - *Ledum palustre* L. (Ericaceae Juss.); *e* - *Lilium candidum* L. (Liliaceae Juss.); *f* - *Linum tenuifolium* L. (Linaceae DC.ex S.F.Gray).

Common plantain - *Plantago major* L. (*Plantaginaceae* Juss.)
- 2 parts

Cliffrock-Jasmine-*Androsace exscapa* (Turez.) Maximova
(*Primulaceae* Vent.) - 2 parts grass and leaves

Black currant, leaf - *Ribes nigrum* L. (*Grossulariaceae* DC.)
- 2 parts

Common speedwell, herb - *Veronica officinalis* L.
(*Scrophulariaceae* Juss.) - 4 parts

Common yarrow - *Achillea millefolium* L. (*Asteraceae*
Dumort.) - 4 parts aboveground part

Dog rose - *Rosa canina* L. (*Rosaceae* Juss.) - 4 parts chopped
fruits

Hautbois strawberry- *Fragaria moschata* (Duch.) Weston.
(*Rosaceae* Juss.) - 6 parts sepal leaves

Field horsetail - *Equisetum arvense* L. (*Equisetaceae*
Richx.ex DC.) - 10 parts grass

Preparation: pour 2 tablespoons of the mixture into a thermos,
add half a liter of boiled water and keep it for 2 hours, then strain.
Take 1 glass 4-5 times a day when warm. The mixture (in the
presence of acid-alkaline salts) is used to remove kidney stones.
The course of treatment is 2-3 weeks.

//

European blueberry - *Vaccinium myrtillus* L. (*Ericaceae* Juss.)
- 1 part leaf

Common nettle - *Urtica dioica* L. (*Urticaceae* Juss.) - 1 part
grass

Kinnikinnick - *Arctostaphylos uva-ursi* (L.)
Spreng. (*Arctostaphylos* Adans.) - 1 part leaf

Common buckthorn - *Rhamnus cathartica* L. (*Rhamnaceae*
Juss.) - 1,5 parts fruit

Preparation: pour 2 tablespoons of the mixture on 250 mL of
boiled water, boil for 10 minutes, keep for half an hour and filter.
Take 1/3 cup 20 minutes before meals 3 times a day. The infusion
is used as a diuretic.

//

Immortelle - *Xeranthemum inapertum* L. (*Asteraceae* Dumort.) - 1 part flowers

Maize - *Zea mays* L. (*Gramineae* Juss.nom.altern.) - 1 part fringe

Nickender Lein - *Linum nodiflorum* L. (*Linaceae* DC.ex S.F.Gray) - 1 part

Preparation: pour 1 cup of boiled water on 2 tablespoons of the mixture, keep for half an hour and filter. The infusion is taken 1 tablespoon 3 times a day. The infusion is used as a diuretic.

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Marsh mallow - *Althaea officinalis* L. (*Malvaceae* Juss.) - 2 parts root

Mint - *Mentha piperita* L. (*Lamiaceae* Lindl.) - 2 parts leaf

Stinking chamomile - 2 parts flowers - *Anthemis cotula* L. (*Asteraceae* Dumort.)

Common yarrow - *Achillea millefolium* L. (*Asteraceae* Dumort.) - 2 parts grass

Common melilot - *Melilotus officinalis* (L.) Pall. (*Fabaceae* Lindl.) - 3 parts leaf

Common motherwort - *Leonurus cardica* L. (*Lamiaceae* Lindl.) - 3 parts leaf

Dog rose – *Rosa canina* L. (*Rosaceae* Juss.) - 3 parts fruit

Common nettle-*Urtica dioica* L. (*Urticaceae* Juss.) - 4 parts leaf

Common speedwell - *Veronica officinalis* L. (*Scrophulariaceae* Juss.) - 5 parts grass

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 5 parts grass.

Kidney and urinary tract diseases

Blue gum - *Eucalyptus globulus* Labill. (*Myrtaceae* Juss.) - 1 part leaf

Silver birch - *Betula pendula* L. (*Betulaceae* S. F. Gray) - 2 parts bud

Horsement - *Mentha longifolia* (L.) Huds (*Lamiaceae* Lindl.) - 2 parts leaf

Asparagus - *Asparagus officinalis* L. (*Asparagaceae* Juss.) – 2 parts rhizome

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 3 parts grass

Nickender Lein - *Linum nodiflorum* L. (*Linaceae* DC.ex S. F. Gray) - 3 parts seed

Garden parsley- *Petroselinum crispum* Mill. (*Apiaceae* Lindl.) - 6 parts grass

Common origanum - *Origanum vulgare* L. (*Lamiaceae* Lindl.) - 7 parts grass

Preparation: pour half a liter of water on 2 tablespoons of the mixture, keep for 6 hours and filter. It is taken warm half an hour before meals 3 times a day. The recipe is used for cystitis and chronic pyelonephritis.

//

Sweet flag - *Acorus calamus* L. (*Araceae* Juss.) - 1 part root

Silver birch - *Betula pendula* L. (*Betulaceae* S. F. Gray) - 1 part bud

Caucasian lady's mantle - *Alchemilla caucasica* Bus. (*Rosaceae* Juss.) - 1 part grass

Kinnikinnick - *Arctostaphylos uva-ursi* (L.) Spreng. (*Arctostaphylos* Adans.) - 2 parts leaf

Common yarrow - *Achillea millefolium* L. (*Asteraceae* Dumort.) - 2 parts grass

Preparation: pour 250 mL of cold water on 2 tablespoons of the mixture, boil for 5 minutes, cool and filter. The infusion is taken 4 times a day. The recipe is also applied during cystitis.

//

Silver birch - *Betula pendula* L. (*Betulaceae* S. F. Gray) - 1 part leaf

Common speedwell – *Veronica officinalis* L. (*Scrophulariaceae* Juss.) - 1 part grass
Transcaucasian millet-grass - *Milium transcaasicum* Tzvel. (*Poaceae* Barnhart) - 1 part grass

Preparation: pour 1 cup of boiled water on 1 tablespoon of the mixture, keep for half an hour, pass through gauze and strain. During nephritis, half a glass is taken 3 times a day.

//

Garden parsley - *Petroselinum crispum* Mill. (*Apiaceae* Lindl.) - 2 parts seed

Common juniper - *Juniperus communis* L. (*Cupressaceae* Rich.ex Bartl.) - 5 parts fruit

Silver birch - *Betula pendula* L. (*Betulaceae* S. F. Gray)- 6 parts leaf

Preparation: pour 1 cup of cold water on 1 tablespoon of the mixture, keep it for 6 hours, boil it for 15 minutes and filter it. If there is a lot of alkalinity in the urine, ¼ cup is taken 3 times a day.

//

Bluebottle common centaury - *Centaurea cyanus* L. (*Asteraceae* Dumort.) - 2 parts flowers

Grey rupturewort – *Herniaria incana* Lam. (*Caryophyllaceae* Juss.) - 2 parts grass

Transcaucasian millet-grass - *Milium transcaasicum* Tzvel. (*Poaceae* Barnhart) - 2 parts grass

Field horsetail - *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) -2 parts grass

Silver birch - *Betula pendula* L. (*Betulaceae* S. F. Gray) - 3 parts bud

Black elder - *Sambucus nigra* L. (*Sambucaceae* Batsch ex Borkh.) - 3 parts flowers

Maize-*Zea mays* L. (*Gramineae* Juss.nom.altern.) - 3 parts fringes

Kinnikinnick - *Arctostaphylos uva-ursi* (L.) Spreng. (*Arctostaphylos* Adans.) - 3 parts leaves

Preparation: pour 1 liter of unboiled water on 4 tablespoons of the mixture in the evening, boil for 10 minutes in the morning, keep for half an hour, then filter and squeeze. During pyelitis, it is taken warm 6-7 times a day.

//

Wild strawberry - *Fragaria vesca* L. (*Rosaceae* Juss.) – 1 part leaf

Silver birch - *Betula pendula* L. (*Betulaceae* S. F. Gray) - 2 parts leaf

Common nettle - *Urtica dioica* L. (*Urticaceae* Juss.) - 2 parts leaf

Narrow-leaved flax - *Linum tenuifolium* L. (*Linaceae* DC. ex S.F.Gray) - 5 parts seed

Preparation: In the evening, pour 0.5 liters of boiled water on 2 tablespoons of the mixture and infuse it for 6 hours, then strain through gauze. In the case of chronic glomerulonephritis, it is taken warm 3 times a day half an hour before meals.



Plate 22. *a* - *Linum nodiflorum* L.(Linaceae DC.ex S.F.Gray); *b* - *Lycopersicon esculentum* Hill.(Solanaceae Juss.); *c* - *Lycopodium clavatum* L. (Lamiaceae Lindl.); *d* - *Malva sylvestris* L. (Malvaceae Juss.); *e* - *Matricaria recutita* (L.) (Compositae Gisece = Asteraceae Dumort); *f*- *Mentha piperita* L. (Lamiaceae Lindl.)



Plate 23. *a* - *Mentha longifolia* (L.) Huds (Lamiaceae Lindl.); *b* - *Melilotus officinalis* (L.) Pall. (Fabaceae Lindl.); *c* - *Melissa officinalis* L. (Lamiaceae Lindl.); *d* - *Menyanthes trifoliata* L. (Menyanthesaceae Dumort); *e* - *Milium transcaucasicum* Tzvel. (Poaceae Barnhart); *f* - *Morus alba* L. (Moraceae Gaudich).

Treatment of bronchial asthma with folk medicine methods

Licorice, root- *Glycyrrhiza glabra* L. (*Fabaceae* Lindl.) - 2 parts

Common wormwood - *Artemisia absinthium* L. (*Asteraceae* Dumort.)-0,5 part

Medicinal lungwort - *Pulmonaria officinalis* L. (*Boraginaceae* Juss.) -1 part

Black nightshade - *Solanum nigrum* L. (*Solanaceae* L.) - 1 part

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.)-2 parts

Syrian rhubarb - *Rheum ribes* L. (*Polygonaceae* Juss.) - 4 parts

Preparation: After crushing the licorice root well, mix all the components. Add 6 tablespoons of the mixture to 2 liters of boiled water and keep it for 3 hours. Drink 100 mL 6 times a day, the first portion (200 mL) should be drunk before sunrise.

The recipe is used in severe attacks of bronchial asthma. In the absence of any of the mixtures, it can be replaced with medicinal myrtle in the same amount. Common wormwood can be replaced with greater celandine or lemon balm if needed. At the same time, it is necessary to reduce animal fats from the diet and, if possible, consume carrots, beets, beet juice, garlic, lightly salted cabbage.

//

Blue gum - *Eucalyptus globulus* Labill. (*Myrtaceae* Juss.) - 1 part

Common ephedra - *Ephedra distachya* L. (*Ephedraceae* Dumort) -1 part

Licorice, root - *Glycyrrhiza glabra* L. (*Fabaceae* Lindl.) - 2 parts

Common groundsel - *Senecio vulgaris* L. (*Asteraceae* Dumort.) - 2 parts

Common origanum (qaraot), shoots - *Origanum vulgare* L. (*Lamiaceae* Lindl.) -2 parts

Common lilac, flower - *Syringa vulgaris* L. (*Oleaceae* Hoffmgg. et Link)

Preparation: pour 6-2 tablespoons of the mixture into 2 liters of boiled water and take 150 mL 6 times a day (for chronic bronchitis with asthmatic syndrome and bronchial asthma). If the number of attacks decreases to 5 times a day, then the volume of the infusion should be reduced to 30 mL. If sputum has passed, then the amount of liquid should be reduced to 4 liters, and the mixture should be reduced by this amount.

//

Swamp ledum - *Ledum palustre* L. (*Ericaceae* Juss.) - 1 part

Toothpick ammi – Ammi visnaga (L.) Lam = Visnaga daucoide (*Aiaceae* Lindl.)-1 part

Coltsfoot - *Tussilago farfara* L. (*Asteraceae* Dumort.) - 1 part

Creeping thyme - *Thymus serpyllum* L. (*Lamiaceae* Lindl.) - 1 part

Common speedwell - *Veronica officinalis* L. (*Scrophulariaceae* Juss.) - 2 parts

Hop trefoil - *Trifolium campestre* Schreb. in Sturm (*Fabaceae* Lindl.) - 2 parts

Balm lemon – *Melissa officinalis* L. (*Lamiaceae* Lindl.) - 2 parts

Preparation: add 6 tablespoons of the mixture to 2 liters of boiled water and take 100 mL 6 times a day. If shortness of breath attacks are more than 5 times a day, then the whole infusion should be taken during the day. If it is more than 10 times, the mixture should be brewed in 3-4 l of water and taken during the day.

//

Red raspberry root - *Rubus idaeus* L. (*Rosaceae* Juss.) - 1 part

Round-leaved sundew - *Drosera rotundifolia* L. (*Droseraceae* Salicb.) - 1 part

Field horsetail - *Equisetum arvense* L. (*Equisetaceae* Richx.ex) - 1 part

Common betony - *Betonica officinalis* L. (*Lamiaceae* Lindl.) - 2 parts

Cornelian cherry - *Cornus mas* L. (*Cornaceae* Dumort.) - 2 parts shoots

Wild camomile - *Matricaria recutita* (L.) (*Asteraceae* Dumort.) - 2 parts

Oriental mullein - *Verbascum orientale* (L.) All. (*Scrophulariaceae* Juss.) - 3 parts

Preparation: 6 tablespoons of the mixture are poured into 2.5 liters of boiled water and brewed. To drink 150 mL every hour. If the number of shortness of breath attacks is more than 5 times a day, then it is recommended to increase the amount of liquid to 4 liters, and the medicinal mixture to 9 tablespoons. If the number of attacks decreases, the intake of the decoction can be gradually reduced.

//

Field horsetail - *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) - 2 parts grass

Common knotgrass - *Polygonum aviculare* L. (*Polygonaceae* Juss.) - 3 parts

Hawthorn - *Crataegus* sp. (*Rosaceae* Juss.) - 5 parts flowers

Preparation: pour 2 tablespoons of the mixture into 1 cup of boiled water, boil it in a water bath for 15 minutes, then take it off the heat, filter and squeeze after 4-5 minutes. The volume of boiled water is increased to 200 mL. During insomnia, 1/3-1/2 cup is drunk 3-4 times a day.

//

Common valerian - *Valeriana officinalis* L. (*Valerianaceae* Batsch.) - 1 part root

Stinking chamomile, flower - *Anthemis cotula* L. (*Asteraceae* Dumort.) - 3 parts

Burnet saxifrage, fruit - *Pimpinella saxifraga* L. (*Apiaceae* Lindl.) - 5 parts

Preparation: 2 tablespoons of the mixture are taken in 1 cup of boiled water, boiled for 15 minutes in a water bath, kept for 45 minutes, filtered, and the residue is pressed. The volume is brought to 200 mL. The infusion is taken ½ cup 2 times a day during insomnia.

//

Common valerian, root - *Valeriana officinalis* L. (*Valerianaceae* Batsch.) -1 part

Common hop, cones - *Humulus lupulus* L. (*Campanulaceae* Juss.) - 2 parts

Pepper mint leaves - *Mentha piperita* L. (*Lamiaceae* Lindl.) -3 parts

Quinquelobate motherwort, grass - *Leonurus quinquelobatus* Gilib. (*Lamiaceae* Lindl.) -3 parts

Preparation: add 1 cup of boiled water to 1-2 tablespoons of the mixture, boil in a water bath for 15 minutes, keep for 45 minutes, filter and squeeze the residue. The volume is brought to 200 mL. During insomnia, drink 1/3 cup 3 times a day.

//

Common valerian, root – *Valeriana officinalis* L. (*Valerianaceae* Batsch.) -1 part

Balm lemon, leaf - *Melissa officinalis* L. (*Lamiaceae* Lindl.) -1 part

Field horsetail herb- *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) -1 part

Preparation: add 1 cup of boiled water to 1 tablespoon of the mixture and keep it for half an hour. Drink 1 cup before going to bed.

//

Common hyssop - *Hyssopus officinalis* L. (*Lamiaceae* Lindl.)
- 0,5 part

Wild strawberry - *Fragaria vesca* L. (*Rosacea* L.) - 1 part leaf

Anise - *Pimpinella anisum* L. (*Apiaceae* Lindl.) - 2 parts leaf

Lamb's quarters - *Chenopodium album* L. (*Chenopodiaceae*
Vent.) - 2 parts root

Greater celandine - *Chelidonium majus* L. (*Papaveraceae*
Juss.) - 3 parts leaf

Guelder-rose - *Viburnum opulus* L. (*Viburnaceae* Rafin) - 4
parts leaf

Preparation: add 6 tablespoons of the mixture to 2 liters of boiled
water and keep it for 1 hour. 50 mL is used 5 times a day in cases
of emphysema of the lungs, stoppage of breath, bronchitis or
bronchial asthma. It is recommended to drink pomegranate juice
during this period.

//

Silver Dollar Gum leaf - *Eucalyptus cinera* F. Muell. ex Benth.
(*Myrtaceae* Juss.) - 0,5 part

Marsh mallow, root - *Althaea officinalis* L. (*Malvaceae* Juss.)
- 1 part

Tormentil - *erecta* (L.) Raeusch. (*Rosaceae* Juss.) - 1 part
grass

Narrow-leaved flax - *Linum tenuifolium* L. (*Linaceae* DC.ex
S.F.Gray) - 1 part seed

Licorice, root- *Glycyrrhiza glabra* L. (*Fabaceae* Lindl.) - 1
part

Scots pine, buds - *Pinus sylvestris* L. (*Pinaceae* Lindl.) - 1
part

Ephedra, grass - *Ephedra procera* Fisch.et C.A.Mey.
(*Ephedraceae* Dumort.) - 1,5 parts

Swamp ledum - *Ledum palustre* L. (*Ericaceae* Juss.) - 2 parts

Common plantain, leaves - *Plantago* sp. (*Plantaginaceae*
Juss.) - 2 parts

Creeping thyme, grass - *Thymus serpyllum* L. (*Lamiaceae* Lindl.) - 2 parts

Coltsfoot, leaves - *Tussilago farfara* L. (*Asteraceae* Dumort.) - 3 parts

Preparation: add 1 tablespoon of the mixture to 1 glass of cold water and keep it at room temperature for 2 hours, then boil it in a closed container over medium heat for 5 minutes, cool and strain. For bronchial asthma, drink 1/3 cup 3 times a day for 2 weeks.

//



Plate 24. *a* - *Myrtus communis* L. (*Myrtaceae* Juss.); *b* - *Nasturtium officinale* R.Br (*Brassicaceae* Burnett); *c* - *Olea europaea* L. (*Oleaceae* Hoffm. et Link); *d* - *Ononis arvensis* L. (*Fabaceae* Lindl.); *e* - *Origanum vulgare* L. (*Lamiaceae* Lindl.); *f* - *Orchis mascula* (L.) L. (*Orchidaceae* Juss.).



Plate 25. *a* - *Ocimum basilica* L. (*Lamiaceae* Lindl.); *b* - *Quercus robur* L. (*Fagaceae* Dumort.); *c* - *Quercus suber* L. (*Fagaceae* Dumort.); *d* - *Padus avium* Mill. (=Prasemosa) (*Rosaceae* Juss.); *e* - *Panax pseudoginseng* L. (*Arecaceae* Sch.Bip.); *f* - *Paliurus spina-christi* Mill. (*Rhamnaceae* Juss.)

One-component treatment methods for bronchial asthma

Nettle decoction - *Urtica* L. (*Urticaceae* Juss.). Add 1 tablespoon of dry crushed leaves of common nettle (*Urtica dioica* L.) to 1 cup of boiled water, cook for a few minutes on medium heat, cool and filter. Take 1 glass every day on an empty stomach.

Propolis infusion

Take 5 parts of alcohol and 1 part of propolis. The obtained infusion is taken 3 times a day for 1 month, adding 5-6 drops of a small amount of water. The course of treatment of propolis is considered effective for the prevention of acute bronchial asthma and prevents the transition of chronic bronchitis to bronchial asthma.

Treatment of bronchitis and acute respiratory diseases with folk medicine methods

Mixtures used in dry bronchitis and often recurring chronic bronchitis

Coltsfoot leaf – *Tussilago farfarea* L. (*Asteraceae* Dumort.) - 1 part

Stinking chamomile flowers - *Anthemis cotula* L. (*Asteraceae* Dumort.) - 1 part

Common origanum, grass with flowers - *Origanum vulgare* L. (*Lamiaceae* Lindl.) - 0,5 part

Preparation: These 3 herbs are mixed and crushed in a wooden or porcelain mortar and pestle. Then take 2 tablespoons of the mixture, add 300 mL of freshly boiled water to it, cover it with a porcelain dish, keep it under a dark towel for half an hour, cool it, add honey (while it is hot), take less than 5 portions per day (each portion is 150 mL), before meals and at night.

In case of a strong cough, it is useful to brew the mixture in a thermos and drink it warm at night with honey or jam. You need

to sleep on a high pillow. Mustard should be wrapped in thick paper or tape and placed on the chest so that it does not smell.

//

Balm lemon - *Melissa officinalis* L. (Lamiaceae Lindl.) - 5 g of grass with flowers

Fennel - *Foeniculum vulgare* Mill. (Apiaceae Lindl.) - 5 g

Dill - *Anethum graveolens* L. (Apiaceae Lindl.) - 10 g of seed

Cumin - *Cuminum cyminum* L. (Apiaceae Lindl.) - 10 g

Mint - *Mentha* L. (Lamiaceae Lindl.) - 10 g of grass with flowers (seed of any species of mint)

Marsh mallow - *Althaea officinalis* L. (Malvaceae Juss.) - 15 g of root

Licorice - *Glycyrrhiza glabra* L. (Fabaceae Lindl.) - 5 g of root

Coltsfoot - *Tussilago farfara* L. (Asteraceae Dumort.) - 20 g (leaf, flower)

Preparation: Mix the herbs and finely chop them, take 4 tablespoons of the mixture, add 600 mL of boiling water to it, tightly close it with a lid and wrap it in a towel for 1 hour. After cooling, heat the portion to 40°C and drink 1 glass, with jam or honey once a day.

Plant mixtures used for children during bronchitis

Anise - *Pimpinella anisum* L. (Apiaceae Lindl.) - 20 g seed

Fennel - *Foeniculum vulgare* Mill. (Apiaceae Lindl.) - 20 g seed

Cumin - *Cuminum cyminum* L. (Apiaceae Lindl.) - 20 g of grass with flower

Licorice – *Glycyrrhiza Glabra* L. (Fabaceae Lindl.) - 5 g of root

It is necessary to crush all the seeds, crush the licorice root in a mortar and pestle and mix it all and prepare an extract from this

mixture. It is necessary to add 2 tablespoons of the mixture to 500 mL of boiled water with added sugar and infuse for 15 minutes in a closed container over low heat. Then it should be cooled, poured into a glass container and given to the child 4 times a day. The medicinal mixture can also be mixed with tea, compote or milk, but not to be mixed with juice and more.

In the other mixture, the amount of all plants should be the same.

Horseheal - *Inula helenium* L. (*Asteraceae* Dumort.) -root

Wild pansy - *Viola tricolor* L. (*Violaceae* Batsch) - grass with flowers

Any species of thyme - *Thymus* sp. (*Lamiaceae* Lindl.)- flower and grass

Anise - *Pimpinella anisum* L. (*Apiaceae* Lindl.)- seed

Coltsfoot – *Tussilago farfara* L. (*Asteraceae* Dumort.) - leaves, flowers

The seeds and the aerial part are ground and crushed, it is convenient to grind the horseheal in a mortar and pestle and mix with other ground herbs. Take 2 tablespoons of the mixture, pour 0.5 liters of boiled water, wrap in a towel and keep covered for 1 hour. During the day, take half a glass of hot and sweet. The night portion can be drunk in a thermos with the addition of sugar, since horseheal infusion has a pungent odor during long-term storage.

Bran cooked in milk is very effective for bronchitis and loss of voice: 0.5 kg of any bran is taken for 2 liters of milk (except rice bran). Bran is cooked in milk for 1 hour. Honey or sugar is added. It should be drunk very hot during the day.

Honey locust - *Gleditsia tricanthos* L. (*Fabaceae* Lindl.)- 20 g of cooked seeds

Wall whitlowgrass - *Draba muralis* L. (*Brassicaceae* Burnett)
- 20 g of roasted seeds

Baked honey - 20 g

Preparation: In case of bronchitis, the cooked fruit of the honey locust should be mixed with honey and roasted seeds of the wall whitlowgrass

All of them are mixed with honey and 0.3 g grains are prepared, taken 7-8 times a day after meals 3 times a day.

Treatment of impotence with sexual tension with folk medicine methods

Take the seeds and roots of 50 g hogweed (*Heracleum trachyloma* Fsch.et Mey), add 1 liter of quality red wine and keep it for 2 days, strain it and store it in a cool and dark place. In case of impotence, functional changes and sexual asthenia, it is necessary to take 1 glass (50g) before each meal.

Common rue - *Ruta graveolens* L. (*Rutaceae* Juss.) -0,5 parts

Early-purple orchid - *Orchis mascula* L. (*Orchidaceae* Juss.) - 2 parts

Asparagus – *Asparagus officinalis* L. (*Asparagaceae* Juss.) - 3 parts

Common hemp - *Cannabis sativa* L. (*Cannabaceae* Lindl.) - 4 parts

Preparation: add 1 tablespoon of the mixture to 600 mL of boiled water, cool and filter. During impotence, 1 tablespoon is taken 6 times a day.

//

Spiny eleuterococcus - *Eleuterokokk senticosus* Ruprestre Maxim) Maxim. -1 part

Japanese angelica tree - *Aralia elata* (Miq) Seem. - 2 parts

Suffrutescent securinega - *Securinega suffruticosa* (Pall.) Rehd. - 2 parts

Christ's thorn - *Paliurus spina-christi* Mill. (*Rhamnaceae* Juss.) - 3 parts young shoots

Preparation: add 1 tablespoon of the mixture to 400 mL of boiled water and keep it. 1 tablespoon is taken 6 times a day during sexual impotence.

//

Common origanum - *Origanum vulgare* L. (*Lamiaceae* Lindl.) - 4 parts

Balm lemon - *Melissa officinalis* L. (*Lamiaceae* Lindl.) - 4 parts

Pepper mint - *Mentha piperita* L. (*Lamiaceae* Lindl.) - 4 parts

Preparation: add 3 tablespoons of the mixture to 1 liter of boiled water. With sexual arousal, accompanied by pain in the ovaries or lower abdomen, drink 100 mL 3 times a day.

//

Early-purple orchid - *Orchis mascula* L. (*Orchidaceae* Juss.) – 3 tablespoons

Wild carrot – *Daucus carota* L. (*Apiaceae* Lindl.) – 5 tablespoons

Honey - 500 mL

Preparation: The mixture is cooked on fire. During sexual weakness, drink 1 tablespoon 6 times a day.

//

Common valerian, rhizome - *Valeriana officinalis* L. (*Valerianaceae* Batsch.) - 1 part

Balm lemon-*Melissa officinalis* L. (*Lamiaceae* Lindl.) - 1 part leaf

Creeping thyme - *Thymus serpyllum* L. (*Lamiaceae* Lindl.) - 1 part grass

Common hop - *Humulus lupulus* L. (*Cannabaceae* Endl) - 3 parts cones

Preparation: 2 tablespoons of the mixture pour 0.5 liters of boiling water and keep for 1 hour. Drink 100 mL 4 times a day before meals with involuntary ejaculation of sperm.

//

Common valerian - *Valeriana officinalis* L. (*Valerianaceae* Batsch) - 1 part rhizome

Horsemint - *Mentha longifolia* (L.) Huds (*Lamiaceae* Lindl.) - 1,5 parts leaf

Kinnikinnick - *Arctostaphylos uva-ursi* (L.) Spreng. (*Equseacea* Rich.ex.DC.) - 1,5 parts leaf

Common knotgrass - *Polygonum aviculare* L. (*Polygonaceae* Juss.) - 2 parts root

Common hop part- *Humuluss lupulus* L. (*Cannabaceae* Endl) - 2,5 cones

Preparation: add 0.5 liters of boiled water to 2 tablespoons of the mixture and boil for 3 minutes. In case of involuntary ejaculation of sperm, take 100 mL 3 times a day before meals and in the evening before going to bed.

//

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 1 part grass

Dwarf rosemary - *Rosmarinus officinalis* L. (*Lamiaceae* Lindl.) flowering stems - 1,5 parts

Horsemint - *Mentha longifolia* (L.) Huds (*Lamiaceae* Lindl.) - 2,5 parts leaf

Corn mint - *Mentha arvensis* L. (*Lamiaceae* Lindl.) - 2,5 parts flowering apex parts

Preparation: pour 1 liter of boiled water on 50 g of the mixture, keep it for 15 minutes and strain. In case of sexual asthenia, functional disorders and impotence, it is necessary to take 4 cups a day warm.

//

Ginger - *Zingiber officinale* L. (*Zingiber* Adans.) - 2 parts root

Spiny eleuterococus *Eleuterokokk senticosus* (Rupestre Maxim) Maxim. (*Araliaceae*) - 2 parts root

Hogweed - *Heracleum trachyloma* Fisch.et C.A.Mey
(*Apiaceae*) - seed and root 3 parts

Pseudoginseng - *Panax pseudoginseng* L. (*Arecaceae*
Sch.Bip.) - root 3 parts

Preparation: pour 70 g of the mixture into 1 liter of water, boil for 10 minutes, keep for 10 minutes and strain. Take 1 cup hot 4 times a day (sugar can be added). This infusion is used for sexual asthenia, functional disorders and impotence.

//

Mint - *Mentha arvensis* L. (*Lamiaceae* Lindl.) - 2 parts grass

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.) leaf- 2,5 parts

Blood-red hawthorn - *Crataegus sanguinea* Pall. (*Rosaceae*
Juss.) - 3 parts flowers

Black elder - *Sambucus nigra* L. (*Sambucaceae* Batsch ex
Borkh.) - 3 parts flowers

Marsh parsley - *Apium graveolens* L. (*Apiaceae* Lindl.) - 3
parts root

Cancellated trigonella - *Trigonella cancellata* Desf.
(*Fabaceae* Lindl.) - 4 parts grass

Astralagus - *Astragalus glycyphylloides* DC. (*Fabaceae*
Lindl.) - 6 parts grass

Preparation: Pour 0.5 liters of boiling water on 2 tablespoons of the mixture, boil for 10 minutes, then strain. In the case of sexual weakness, it is necessary to take 100 mL 4 times a day.

//



Plate 26. *a* - *Paris incompleta* Bieb. (Trilliaceae Lindl.); *b* – *Phlomis pungens* Willd. (Lamiaceae Lindl.); *c* - *Peganum harmala* L. (Peganaceae (Engl.) Tiegh.ex Takht.); *d* - *Peucedanum ruthenicum* Bieb. (Apiaceae Lindl.); *e* - *Petroselinum crispum* (Mill).A.W.Hill (Apiaceae Lindl.); *f* - *Pimpinella saxifraga* L. (Apiaceae Lindl.)



Plate 27. *a* - *Pimpinella anisum* L. (*Apiaceae* Lindl.); *b* - *Pinus sylvestris* L. (*Pinaceae* Lindl.); *c* - *Populus alba* L. (*Salicaceae* Mirb.); *d* - *Polemonium caeruleum* L. (*Polemoniaceae* Juss.); *e* - *Polygonum patulum* Bieb. (*Polygonaceae* Juss.); *f* - *Polygonum aviculare* L. (*Polygonaceae* Juss.)

Treatment of skin diseases with folk medicine methods

Common vervain - *Verbena officinalis* L. (*Verbenaceae* J.St.-Hill.) has been widely used by many peoples in the treatment of skin diseases since ancient times. Common vervain is a weed with purple flowers. The plant is odorless. It should be drunk as tea during the day. 15 g of the plant is poured with 1 cup of boiling water. In severe cases, 50 g should be taken during the day.

The skin is washed with the following mixture:

Common vervain - *Verbena officinalis* L. (*Verbenaceae* J.St.-Hill.) - 10 g

Pedunculate oak - *Quercus robur* L. (*Fagaceae* Dumort) - 10 g (to shred the bark)

Stinking chamomile - *Anthemis cotula* L. (*Asteraceae* Dumort.) - 10 g

Dog rose - *Rosa canina* L. (*Rosaceae* Juss.) - 10 g of flowers

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.) - 5 g

Common yarrow - *Achillea millefolium* L. (*Asteraceae* Dumort) - 10 g

Preparation: Put the mixture (55 g) in an enamel pot, pour 500 g of boiling water on it and boil for half an hour, then make a compress with this mixture and wash the damaged parts. If there is a lot of grass, then you can take a bath with the infusion.

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Spiny cocklebur - *Xanthium spinosum* L. (*Compositae* Gisece = *Asteraceae* Dumort) for the treatment of skin diseases
Common or spiny cocklebur is a common weed. In folk medicine, the plant is mainly prescribed for the treatment of skin diseases. The strongest effect is to brew the plant or clean the damaged areas with wet leaves. 2-5 drops of juice are recommended for children and 15 drops for adults. In some people, when used externally, the plant may cause itching, in which case the treatment should be stopped immediately and transferred to another remedy.

Indications for use: scrofula, eczema, fungal skin disease, rashes. In order to make the internal and external reception of the plant more effective, it is recommended to add the herb of the common speedwell plant to the mixture.

Spiny cocklebur infusion: add 2 tablespoons of herbs to 400 g of boiling water, boil for 15 minutes and take 1 glass before meals.

Treatment of gum bleeding with folk medicine methods

Small-leaved lime - *Tilia cordata* Mill. (*Tiliaceae* Juss.) 1 part flowers

Pedunculate oak - *Quercus robur* L. (*Fagaceae* Dumort) - 2 parts bark

Preparation: add 1 teaspoon of the mixture to 1 cup of boiled water, cool and filter. The mouth is rinsed with an infusion taken during bleeding gums.

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Tormentil - *Potentilla erecta* (L.) (*Rosaceae* Juss.) - 1 part grass

Field horsetail - *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) - 1 part grass

Common nettle - *Urtica dioica* L. (*Urticaceae* Juss.) - 2 parts leaf

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 3 parts leaf

Preparation: add 1 cup of boiled water to 2 tablespoons of the mixture, boil for 1 minute, cool and strain. The mouth is rinsed with the obtained infusion, and at the same time, the application is applied 4-5 times a day in cases of bleeding from the bottom of the teeth.

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Persian walnut - *Juglans regia* L. (*Juglandaceae* A. Rich. ex Kunth) - 1 part leaf

Scots pine - *Pinus sylvestris* L. (*Pinaceae* Lindl.) - 1 part buds

Wild camomile - *Matricaria recutita* (L.) (*Asteraceae* Dumort.) - 3 parts flowers

Preparation: add 1 glass of water to 2 tablespoons of the mixture, boil for 1 minute, cool and strain. The mouth is rinsed with the obtained infusion, and at the same time, a poultice is applied 4-5 times a day.

One-component ointments

Sweet flag - *Acorus calamus* L. (*Araceae* Juss.) root. Fresh and clean sweet flag root, divided into parts, is chewed for a long time during bleeding gums.

Grey alder - *Alnus incana* (L.) Moenlch. (*Betilaceae* S.F.Gray) Add 1 cup of boiled water to 5 g of crushed bark raw materials, keep for 1 hour and strain. The infusion should be taken 2 tablespoons every 2 hours during bleeding gums.

Eczemas

In the treatment of allergic eczema, the amount of liquid taken and the time of food intake must be observed. The herbal mixtures mentioned below must be taken half an hour before meals and at night before going to bed.

Common origanum - *Origanum vulgare* L. (*Lamiaceae* Lindl.) - 2 parts

Hautbois strawberry - *Fragaria moschata* (Duch.)Weston. (*Rosaceae* Juss.) - 2 parts leaves

Black walnut - *Juglans nigra* L. (*Juglandaceae* A. Rich.ex Kunth) - 0,5 part leaves

Common nettle - *Urtica dioica* L.(*Urticaceae* Juss.) - 1 part

Three-lobe beggarticks -*Bidens tripartida* L.(*Asteraceae* Dumort.) - 2 parts

Preparation: pour 200 g of boiled water on 2 tablespoons of the mixture and take it warm after 20 minutes. It is important to take this mixture for 1 year, the first results will appear after a few weeks. The dosage of the infusion must be observed: 600 g during the day, 200 g at night. This infusion is also applied to eczema.

//

Common dandelion (*Taraxacum officinalis* L. Wigg. (*Compositae* Gisece = *Asteraceae* Dumort) and great burdock *Arctium lappa* L. (*Compositae* Gisece = *Asteraceae* Dumort) roots

Preparation: The roots of common dandelion and great burdock are chopped in a mortar and pestle. Add 1/3 cup of water to 2 tablespoons of the mixture and keep overnight. It is boiled for 10 minutes in the morning. Half a glass is taken 5 times a day before meals and at night.

//

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 15 g

Oblong juniper - *Juniperus oblonga* Bieb. (*Cupressaceae* Rich.ex Bartl.) - 10 g berry

Common nettle - *Urtica dioica* L. (*Urticaceae* Juss.) - 10 g leaves

Common wormwood - *Artemisia absinthium* L. (*Asteraceae* Dumort.) - 5 g

Maize-Zea *mays* L. (*Gramineae* Juss.nom.altern.) - 10 g fringes

Common plantain - *Plantago major* L. (*Plantaginaceae* Juss.) - 10 g leaves

Common yarrow - *Achillea millefolium* L. (*Asteraceae* Dumort) -15 g

Field horsetail - *Equisetum arvense* L. (*Equisetaceae* Richx.ex) - 15 g

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.) - 10 g

Preparation: pour 500 grams of boiled water on 3 tablespoons of the mixture and store. Take 150 g 3 minutes before meals (you can also drink it with sugar).

//

Common valerian - *Valeriana officinalis* L. (*Valerianaceae* Batsch.) - 15 g of root

Common origanum - *Origanum vulgare* L. (*Lamiaceae* Lindl.) - 10 g of grass

Common nettle - *Urtica dioica* L. (*Urticaceae* Juss.) - 10 g of leaf

Stinking chamomile - *Anthemis cotula* L. (*Compositae* Gisece=*Asteraceae* Dumort.) - 10 g of flowers

Licorice - *Glycyrrhiza glabra* L. (*Fabaceae* Lindl.) - 10 g of root

Kochi thyme - *Thymus kotchyanus* Boiss et Hohen. (*Lamiaceae* Lindl.) - 10 g of root

Field horsetail - *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) - 10 g of grass

Wild pansy - *Viola tricolor* L. (*Violaceae* Batsch) - 10 g of grass

Three-lobed beggarticks - *Bidens tripartida* L. (*Compositae* Gisece=*Asteraceae* Dumort.) - 10 g of grass

Preparation: pour 200 grams of boiled water on 1 tablespoon of the mixture, keep it for 20 minutes and drink it hot. The brew cannot be stored.

//

Hautbois strawberry - *Fragaria moschata* (Duch.) Weston. (*Rosaceae* Juss.) - 100 g of leaf

Stinking chamomile - *Anthemis cotula* L. (*Asteraceae* Dumort.) - 100 g of flower

Wild pansy - *Viola tricolor* L. (*Violaceae* Batsch) - 30 g

Preparation: pour 200 grams of boiled water on 1 tablespoon of the mixture and brew it and take it regularly instead of tea during the day. A simple mix that anyone can easily collect in summer.

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Three-lobe beggarticks - *Bidens tripartida* L. (*Asteraceae* Dumort)

In order for a person suffering from allergies to fully recover, drink a fresh infusion made from three-lobe beggarticks instead of coffee and tea for several years. This plant is brewed like tea. It can be drunk 20 minutes after brewing unlimitedly. The brew should be golden. If the brew is green or pale in color, then it is not suitable for use. The brew cannot be stored, it should only be drunk fresh. It is better to harvest the plant and dry it in the shade, because pre-briquetted plant is not considered effective.

Cork oak - *Quercus suber* L. (*Fagaceae* Dumort)

Used together with cork oak *Quercus suber* L. (*Fagaceae* Dumort), three-lobe beggarticks and common yarrow - *Achillea millefolium* L. (*Asteraceae* Dumort) in the form of soaking. Add 10 minutes of boiled cork oak, half a cup of chopped three-lobe beggarticks and the same amount of yarrow, keep it for 15 minutes, and soak the area with eczema rashes. But it is better to take a bath with this infusion (provided more medicinal raw materials are added). Do not dry after the bath, the infusion should dry on the skin by itself.

Old eczemas: Sometimes well-crushed strawberries through gauze can help with old eczema for a few days. After the peel is cleaned, prepared ointment is applied on it. The composition of the ointment is as follows:

Immortelle - *Xeranthemum inapetrum* (L.) Mill. (*Compositae* Gisece = *Asteraceae* Dumort) - 5 g

Ground-ivy - *Glechoma hederacea* L. (*Lamiaceae* Lindl.) - 5 g of grass

Circassian walnut- *Juglans regia* L. (*Juglandaceae* A. Rich.ex Kunth) - 5 g of leaf

Pedunculate oak - *Quercus robur* L. (*Fagaceae* Dumort) - 5 g of bark

Great burdock - *Arctium lappa* L. (*Asteraceae* Dumort) - 10 g of root

Pot marigold - *Calendula officinalis* L. (*Asteraceae* Dumort) - 5 g of flower

Dog rose petal - *Rosa canina* L. (*Rosaceae* L.) - 5 g

Common melilot - *Melilotus officinalis* (L.) Pall. (*Fabaceae* Lindl.) – 5 g herb, if there is no common melilot, horsemint - *Mentha longifolia* (L.) Huds (*Lamiaceae* Lindl.) can be added.

Field horsetail - *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) - 5 g of herb

Preparation: Mix all the ingredients, add 250 g of almond oil and cook for 15 minutes on high heat. It is then stewed overnight in the hot oven. In the morning it should be passed through gauze, strained and poured into a jar. This paste is applied to the crusted area. It is also good to make an enema with chamomile added to the mixture.

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Great burdock - *Arctium lappa* L. (*Asteraceae* Dumort). In terms of treating eczema, great burdock is considered the most suitable plant. The leaves and roots of the plant can be used. If this happens in the summer, then it is necessary to lay leaves in that area. This process should be repeated every day until the eczema is completely cleared. A.A.Popov, a well-known scientist in the field of phytotherapy, proposed a good method for treating eczema with great burdock. All procedures should be carried out at the same time.

1. This brew should be taken regularly before meals; 15 plant roots are taken in 200 g of boiled water. 1 tablespoon is taken 3 times a day, and 2 tablespoons at night.

Boil 1-2 cups of crushed great burdock root and cool it. Put four wrapped sheets in hot brew, wrap the patient's body with the sheet and cover it with a blanket. In such conditions, 2 hours rest

in bed. It is necessary to do the procedure in the evening for 6 days in a row, then take a break for 1 day and repeat the procedure for 6 days. If it is not possible to do this procedure every day, then the ointment given below should be applied:

Great burdock - *Arctium lappa* L. (*Asteraceae* Dumort.) - 20 g of leaf

Wild ginger - *Asarum* L. (*Araceae*) - 20 g of root

Great willowherb - *Epilobium hirsutum* L. (*Onagraceae* Juss.) - 20 g

Stinking chamomile - *Anthemis cotula* L. (*Compositae* Gisece = *Asteraceae* Dumort.) - 20 g of flowers

Preparation: The mixture is brewed in 4 cups of water, then 2 cups of hay and 1 tablespoon of butter are added. The resulting infusion is boiled again in a water bath until a sticky mass is obtained. Then it is pressed, mixed half with glycerin and applied to the damaged area.

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Common hop - *Humulus lupulus* L. (*Campanulaceae* Juss.). The plant, which is often found in forests and gardens, gives effective results in various types of dermatitis, as well as allergic rashes. It is recommended to boil cleaned light-green cones in a 1:4 ratio for half an hour, wrap well and drink 50 g before meals once a day. At the same time, the mixture of plant cones with three-lobed beggarticks has an effective effect. Pour 150 grams of boiled water on 1 teaspoon of the plant, wrap it and keep it, then strain and take it warm before eating and especially at night. Gauze soaked in this solution is placed on the eczema areas.

Folk medicine methods in epilepsy

Common rue – *Ruta graveolens* L. (*Rutaceae* Juss.) – 0,5 parts

Silver birch – *Betula pendula* L. (*Betulaceae* S. F. Gray) – 1 part leaf

Asparagus – *Asparagus officinalis* L. (*Asparagaceae* Juss.) – 1 part

Burnt orchid – *Orchis ustulata* L. (*Orchidaceae* Juss.) – 1,5 parts flowers

Coriander – *Coriandrum sativum* L. (*Apiaceae* Lindl.) – 2 parts

Rest-harrow – *Ononis arvensis* L. (*Fabaceae* Lindl.) – 2 parts

Quinquelobate motherwort – *Leonurus quinquelobatus* Gilib. (*Lamiaceae* Lindl.) – 2 parts

Balm lemon – 3 parts -*Melissa officinalis* L. (*Lamiaceae* Lindl.)

Preparation: Mix the herbs. Pour 2 tablespoons of the mixture into 1 liter of boiled water and keep for half an hour, then filter. Take 50 mL 6 times a day.

//

Common mistletoe – *Viscum album* L. (*Viscaceae* Batsch) – 1 part

Little meadow rue – *Thalictrum minus* L. (*Ranunculaceae* Juss.) – 2 parts

Tasteless stonecrop – *Sedum sexangulare* L. (*Crassulaceae* DC.) – 2 parts

Creeping thyme – *Thymus serpyllum* L. (*Lamiaceae* Lindl.) – 2 parts

Small-leaved lime – *Tilia cordata* Mill. (*Tiliaceae* Juss.) – 3 parts

Preparation: add 2 tablespoons of the mixture to 1 liter of boiled water and take 100 mL 6 times a day during epilepsy.

//

White birch- *Betula pubescens* Ehrh. (*Betulaceae* S.F. Gray) – 1 part bud

Quinquelobate motherwort – *Leonurus quinquelobatus* Gilib. (*Lamiaceae* Lindl.) – 2 parts

Asparagus-*Asparagus officinalis* L. (*Asparagaceae* Juss.) -2 parts

Wild pansy – *Viola tricolor* L. (*Violaceae* Batsch) – 4 parts

Preparation: pour 3 tablespoons of the mixture into 1 liter of boiled water, keep it in a closed container for half an hour and cool it. Taking 50 mL 6 times a day during epilepsy accompanied by pain in the heart.

//

Pedunculate oak – *Quercus robur* L. (*Fagaceae* Dumort.) – 1 part

Common origanum -*Origanum vulgare* L. (*Lamiaceae* Lindl.) – 1 part

Wild strawberry – *Fragaria vesca* L. (*Rosaceae* Juss.) – 1 part

Tormentil – *Potentilla erecta* (L.) Raeusch. (*Rosaceae* Juss.) – 1 part

Small-leaved lime – *Tilia cordata* Mill. (*Tiliaceae* Juss.) – 1 part

Asparagus-*Asparagus officinalis* L. (*Asparagaceae* Juss.) -1 part

Common betony -*Betonica officinalis* L. (*Lamiaceae* Lindl.) – 2 parts

Common hemp – *Cannabis sativa* L. (*cannabaceae* Endl) – 2 parts seed

Lily of the valley – *Convallaria majalica* L. (*Convallariaceae* Horan.) – 2 parts

Preparation: Pour 2 tablespoons of the mixture into 1 liter of boiled water, leave for half an hour and strain. It is necessary to take 30 mL 6 times a day. The mixture is used in epilepsy, which is observed with strong seizures.

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Common rue – *Ruta graveolens* L. (*Rutaceae* Juss.) – 1 part

Mullein – *Verbascum* L. (*Scrophulariaceae* Juss.) – 2 parts

Jacob's-ladder – *Polemonium caeruleum* L. (*Polemoniaceae* Juss.) – 2 parts

Common lilac – *Syringa vulgaris* L. (*Oleaceae* Hoffm. et Link) – 2 parts bud

Hedgehog thistle – *Cirsium echinus* (Bieb.) Hand.-Mazz. (*Asteraceae* Dumort) – 3 parts

Preparation: Finely chop and mix the herbs and add 3 tablespoons of the mixture to 1 liter of boiled water, keep for half an hour and filter. 30 mL is taken 6 times a day.

Treatment of fluxion (gingivitis) with folk medicine methods

Common pine - *Pinus silvestris* L. (*Pinaceae* Lindl.) - 2 parts bark

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.) - 3 parts

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 4 parts

Preparation: Pour 3 tablespoons of the mixture on 1 liter of boiled water and make an infusion. During gingivitis, the mouth is rinsed 9 times a day.

Pour 3 tablespoons of the mixture on 0.5 liters of alcohol and keep it for no less than 1 week. During toothache and gingivitis, cotton soaked in the infusion is applied to the aching tooth.

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Periwinkle - *Vinca major* L. (*Gentianaceae* Juss.) - 3 parts

White birch, bud - *Betula pubescens* Ehrh. (*Betulaceae* S.F.Gray) - 3 parts

Wild angelica - *Angelica sylvestris* L. (*Apiaceae* Lindl.) - 3 parts

Pepper mint - *Mentha piperita* L. (*Lamiaceae* Lindl.) - 3 parts

Preparation: pour 3 tablespoons of the mixture into 1 liter of boiled water or 800 mL of vodka and make an infusion or alcohol

infusion. With an exacerbation of the fluxion, the mouth is rinsed up to 7 times a day.

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The same amount of Russian hog's-fennel (*Peucedanum ruthenicum* Bieb.), flat sea holly (*Eryngium planum* L.) and sage (*Salvia officinalis* L.) are taken. Pour 300 mL of boiled water on 2 tablespoons of the mixture and filter. During dental abscess, it is necessary to rinse the mouth 9 times a day, and during toothache, soak cotton in the infusion and put it on the aching tooth.

Treatment of eye inflammation with folk medicine methods

Umbrella-shaped centaury - *Centaureum umbellatum* Gilib. (*Gentianaceae* Juss.) - 1 part flowers

Paris herb – *Paris incompleta* Bieb. (*Trilliaceae* Lindl.) - 1 part grass

Meadow geranium - *Geranium pratense* L. (*Geraniaceae* Juss.) – 1 part flowers

Red clover - *Trifolium pratense* L. (*Fabaceae* Lindl.) - 1 part flowers

Bird cherry – *Padus avium* Mill = *P. rasemosa* (*Rosaceae* Juss.) - 1 part flowers

Preparation: Pour 1 cup of boiled water on 1 tablespoon of the mixture and keep it for 1 hour, then filter it. The infusion is used as a tampon during conjunctivitis and blepharitis.

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5g of marsh mallow (*Althaea officinale* L.) root, narrow-leaved flax seed (*Linum tenuifolium* L.) and high mallow (*Malva sylvestris* L.) leaf is taken. All components were stored overnight in a liter thermos, then filtered. The recipe is used to wash the eyes and eyelids during eye inflammation.

1 teaspoon of Iberian knapweed (*Centaurea iberica* Trev.ex Spreng), black elder (*Sambucus nigra* L.) and medicinal eyebright (*Euphrasia parviflora* L.) is taken. Pour 1 cup of boiling water over the mixture and keep it in a thermos for several hours (4-5 hours). Then strain it through a gauze and add the infusion of Jamestown-weed (*Datura stramonium* L.) seeds (15-30 drops). The infusion is applied to the eyes in the form of a compress, the eyes are washed and the compress is applied again at night. The recipe is used for purulence and inflammation of the eyes.

Marsh mallow, root - *Althaea officinalis* L. (*Malvaceae* Juss.)
- 1 part

Dill, seed - *Anethum graveolens* L. (*Apiaceae* Lindl.) - 1 part
Field horsetail, aboveground grass part- *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) - 1 part

Common succory, flowers - *Cichorium intybus* L. (*Asteraceae* Dumort.) - 2 parts

Rose petals - 2 parts - *Rosa domestica* L. (*Rosaceae* Juss.)

Preparation: Pour 3 tablespoons of the mixture with 1 cup of hot water, boil and strain. When pus comes out of the eye, 3 drops are instilled 3 times a day.

2 tablespoons of wild common flax (*Linum usitatissimum* L.), bluebottle common centaury flowers (*Centaurea cyanus* L.) and black elder (*Sambucus nigra* L.) are taken. The mixture is poured into 200 mL of boiled water, kept for 8 hours and filtered. It is used in the form of drops or tampons. The mixture relieves inflammation and improves vision.

One-component recipes for inflammation of the eyes

Bluebottle common centaury (*Centaurea cyanus* L.), in case of inflammation of the mucous membrane of the eye, a decoction is prepared from the flowers of the plant and used as lotions. Add

2 tablespoons of the flower of the plant to 1 cup of boiled water, keep it for 1 hour and filter it.

Stinking chamomile (*Anthemis cotula* L.) The flower and herb part of chamomile is used to wash the eyes during inflammation. Add 2-3 tablespoons of the mixture to 1 cup of boiled water, keep it in a closed container for 1 hour and filter it.

Pot marigold (*Calendula officinalis* L.) Add 3-5 tablespoons of dry flowers to 1 cup of boiled water and keep it for half an hour, wrap it well and filter it. The obtained infusion is applied to the patient's eyes during sty as a soak and compress. Calendula is considered a good remedy for purulent inflammation of the eye.

Treatment of glaucoma with folk medicine methods

3 tablespoons of common duckweed (*Lemna minor* L.), senna alexandrina (*Cassia acutifolia* Del.) and common motherwort (*Leonurus cardica* L.) mixture are taken. Pour 1.5 tablespoons of the mixture into 0.5 liters of boiling water, then cool it. 30 mL should be taken 6 times a day.

The juice of chickweed (*Stellaria media* (L.) Vill.) herb is very useful in the treatment of glaucoma.

The washed herb is passed through a meat grinder, the juice is extracted through several layers of gauze. In order for the juice not to spoil, it should be preserved in alcohol (100 mL of alcohol is taken per 1 liter of juice) and stored in the refrigerator. 50 mL 2 times a day half an hour before meals should be diluted in 100 mL of water and taken. The course of treatment is 1 month.

One of the frequently used spicy species of *Apiaceae* Lindl., 10 g of common pimpinella (*Pimpinella anisum* L.), wild bishop (*Bifora radians* Hoffm.), caraway (*Carum carvi* L.) and dill (*Anethum graveolens* L.) fruits are taken. Mix them, pour 500 mL of boiled water on them and keep for 2 hours, then filter. In the treatment of glaucoma, 1/2 cup is taken 3 times a day. It is better

to make a compress in addition to the infusion (soaked compress is placed on the eyelids for 10 minutes).

Alcoholic infusion of common duckweed (*Lemna minor* L.) is a folk medicine method used in glaucoma: common duckweed must be washed and crushed and mixed with an equal amount of vodka. Keeping for 1 week, filtering and taking 1 teaspoon during the day has a therapeutic effect. In the summer months, it is recommended to use common duckweed fresh: wash it, mix it with honey and take 1 teaspoon during the day to get rid of the disease.

Treatment of poor sight with folk medicine methods

A number of negative factors affect the quality of vision. This includes poor or artificial lighting, improperly selected glasses, heredity, poor nutrition, age and a number of other factors. It goes without saying that this is a very broad topic and several articles could be written about it, but you can improve your vision simply by using the herbal mixtures mentioned below.

Eyebright (*Euphrasia* L.) grass part, centaury (*Centaurea* L.) flower part, calendula (*Calendula* L.) flower part

Take the same amount: add 1 tablespoon of the mixture to 1 cup of boiled water, boil for 10 minutes, keep for 1 hour and filter. At night, a compress is applied to the eyes with a hot infusion. The course of treatment is effective, only long-term.

Common rue - *Ruta graveolens* L. (*Rutaceae* Juss.) - 1 part

Bluebottle common centaury - *Centaurea cyanus* L. (*Asteraceae* Dumort.) - 2 parts flowers

Sweet flag - *Acorus calamus* L. (*Araceae* Juss.) - 2 parts

Common dandelion - *Taraxacum officinalis* Wigg. (*Asteraceae* Dumort.) - 3 parts

European blueberry - *Vaccinium myrtillus* L. (*Ericaceae* Juss.) - 4 parts

3 tablespoons of the mixture pour 300 mL of boiled water, leave for half an hour and strain. 3 drops of the resulting infusion are instilled into the eyes 3 times a day.

Hyssop, grass - 1 part- *Hyssopus* L. (*Lamiaceae* Lindl.)

Stone bramble, leaf- 1 part- *Rubus saxatilis* L. (*Rosaceae* Juss.)

Lily-of-the-valley, leaf – 1 part *Convallaria* L.
(*Convallariaceae* Horan)

Blueberry, leaf-1 part- *Vaccinium* L. (*Ericaceae* Juss.)

Bird cherry, flowers -1 part-*Padus* Hill (*Rosaceae* Juss.)

Blue gum, leaf - 2 parts- *Eucalyptus* L. Her. (*Myrtaceae* Juss.)

It is necessary to add 1 tablespoon of the mixture to 200 mL of boiled water, boil it, wrap it well and keep it for 3 hours, then filter it. 3 drops are instilled into both eyes 3 times a day.

Treatment of highmoritis (acute) by folk medicine methods

Common yarrow - *Achillea millefolium* L. (*Asteraceae* Dumort.) - 1 part

Three-lobe beggarticks - *Bidens tripartita* L. (*Asteraceae* Dumort.) - 1 part

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 2 parts

Spicate lavender - *Lavandula spica* L. (*Lamiaceae* Juss.) - 2 parts

Wild camomile - *Matricaria recutita* (L.) L. (*Asteraceae* Dumort.) - 2 parts

Sage - *Salvia officinalis* L. (*Lamiaceae* Juss.) - 2 parts

Blue gum - *Eucalyptus globulus* Labill. (*Myrtaceae* Juss.) - 2 parts

Preparation: add 250 mL of boiled water to 3 tablespoons of the mixture and cool. It is useful to take 100 mL 6 times a day and inhale 4 times a day. The recipe is used for acute maxillary sinusitis and sinusitis.

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Bulb onion (juice) – *Allium cepa* L. (*Alliaceae* J.Agardh) - 0,5 part

Knotgrass (juice) - *Polygonum* L. (*Polygonaceae* Juss.) - 1 part

Aloe (juice) - *Aloe Tourn.* - 2 parts

Pedunculate oak, bark part - *Quercus robur* L. (*Fagaceae* Dumort.) - 1 part

Marsh-pepper smartweed - *Persicaria hydropiper* (L.) Spach (*Polygonaceae* Juss.) - 1 part

Common yarrow - *Achillea millefolium* L. (*Asteraceae* Dumort.) - 1 part

Field horsetail - *Equisetum arvense* L. (*Equisetaceae* Richx.ex) - 1 part

Quinquelobate motherwort - *Leonurus quinquelobatus* Gilib. (*Lamiaceae* Lindl.) - 2 parts

Common nettle - *Urtica dioica* L. (*Urticaceae* Juss.) - 2 parts

Couch grass - *Elytrigia repens* (L.) Nevski (*Poaceae* Barnhart) - 2 parts

Common vetch - *Vicia sativa* L. (*Fabaceae* Lindl.) - 2 parts

Preparation: 3 tablespoons of the mixture are brewed in 1.5 l of boiled water, cooled and filtered. The obtained infusion should be taken 50 mL 6 times a day, it is also used in the form of baths, micro enemas and tampons. The recipe is also effective during fissured hemorrhoids, inflammatory processes and bleeding.

Then strain through gauze. In the case of chronic glomerulonephritis, it is taken warm 3 times a day half an hour before meals.

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Common juniper - *Juniperus communis* L. (*Cupressaceae* Rich ex.Bartl.) - 1 part

Tasteless stonecrop - *Sedum sexangulare* L. (*Crassulaceae* DC.) - 1 part

Common yarrow - *Achillea millefolium* L. (*Asteraceae* Dumort.) - 1 part

Common vetch, seed-*Vicia sativa* L. (*Fabaceae* Lindl.) - 2 parts

Oriental mullein - *Verbascum orientale* (L.) All. (*Scrophulariaceae* Juss.) - 2 parts

Preparation: All components are mixed. Pour 1 liter of boiled water on 3 tablespoons of the mixture, cool and filter. Infusion should drink 1 tablespoon 6 times a day and take baths at the same time.

Then strain through gauze. In the case of chronic glomerulonephritis, it is taken warm 3 times a day half an hour before meals.

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Wild strawberry - *Fragaria vesca* L. (*Rosaceae* Juss.) - 1 part

Syrian rhubarb - *Rheum ribes* L. (*Polygonaceae* Juss.) - 1 part

Pot marigold - *Calendula officinalis* L. (*Asteraceae* Dumort.) - 2 parts

Quinquelobate motherwort - *Leonurus quinquelobatus* Gilib. (*Lamiaceae* Lindl.) - 2 parts

Tormentil - *Potentilla erecta* (L.) Raeusch. -2 parts

Yellow bedstraw - *Galium verum* L. (*Rubiaceae* Juss.) - 2 parts

Common plantain - *Plantago major* L. (*Plantaginaceae* Juss.) - 2 parts

Preparation: pour 1.5 liters of boiled water on 3 tablespoons of the mixture and keep it until it cools down. In hemorrhoids and inflammatory processes, take 30 mL 6 times a day.

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Stone bramble - *Rubus saxatilis* L. (*Rosaceae* Juss.) -1 part

Garden orach - *Atriplex hortensis* L. (*Chenopodiaceae* Vent.) - 1 part

Great burdock - *Arctium lappa* L. (*Asteraceae* Dumort.) - 1 part root

Common dandelion - *Taraxacum officinalis* Wigg. (*Asteraceae* Dumort.) - 2 parts

Horse dock - *Rumex confertus* Willd. (*Polygonaceae* Juss.) - 2 parts

Preparation: pour 3 tablespoons of the mixture with 1 liter of boiled water and hold. Take 6 times a day, 50 mL. At the same time, this infusion can be used for baths each alternate day and soaks in potato juice. The recipe is used for hemorrhoids with constipation.

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Common olive - *Olea europaea* L. (*Oleaceae* Hoffmigg.et Link) - 1 part

Wild strawberry - *Fragaria vesca* L. (*Rosaceae* Juss.) - 2 parts

Senna alexandrina - *Cassia acutifolia* Del. (*Fabaceae* Lindl.) - 2 parts

Oriental mullein - *Verbascum orientali* (L.) All. (*Scrophulariaceae* Juss.) - 2 parts

Nickender Lin - *Linum nodiflorum* L. (*Linaceae* DC.ex S.F.Gray) - 2 parts

Mountain ash - *Sorbus aucuparia* L. (*Rosaceae* Juss.) - 2 parts leaves

Preparation: add 3 tablespoons of the mixture to 1.5 liters of boiled water and wait until it cools down. During hemorrhoids, you need to drink 30 mL 6 times a day. The recipe is also used in the form of soaks and baths.

Treatment of herpes with folk medicine methods

For herpes, the juice of aloe, calendula, balm lemon and greater celandine is useful. Except for burns and inflammation, during all processes it is recommended to use teas made from a mixture of chamomile, red clover, calendula, great burdock, balm

lemon, common St.-John's wort and motherwort. These plants increase the body's protective function, destroy viruses in the blood.

At the same time, eleuterococcus, echinacea, golden root and balm are also a good means to increase immunity. In order not to get infected with the virus, it is necessary to have a proper lifestyle, eat well, not get too tired and at the same time get enough sunlight.

Greater celandine (*Chelidonium majus* L.). It is necessary to clean the herpes area with the juice of greater celandine for a few minutes, then take a break for 2-3 minutes and repeat the process 2-4 times. This procedure is done 2-3 times a day.

Balm lemon (*Melissa officinalis* L.) 400 mL of boiled water should be added to 2 tablespoons of crushed lemon balm and kept for 1 hour. Half a glass should be taken 3 times a day before meals.

Aloe (*Aloe* L.) The inflamed focus is cleansed with aloe juice, while taking 1 teaspoon 2-3 times before meals. The recipe is used for severe chronic herpes.

Common mistletoe (*Viscum album* L.) Common mistletoe and alcohol (vodka) are taken in a ratio of 1:5 and kept for several days. 30 drops are taken 2 times a day for 1 month. At the same time, calendula oil is applied to the affected area with herpes.

Treatment of hypertension with folk medicine methods

Garlic (*Allium sativum* L.) lowers arterial pressure, expands coronary and peripheral vessels, cleans vessels from lipid deposits, increases diuresis, eliminates cardiac neurosis, stimulates cardiac activity. At the same time, you can use aqueous garlic infusion, but it has a stronger smell than dry garlic.

2-3 glasses of hard date-plum (*Diospyros lotus* L.) juice per day lowers arterial pressure

Use of common mistletoe (*Viscum album* L.) in hypertension

Among the people, the plant was called "devil's broom" (parasitic plant). The following mixture are considered effective means:

Common mistletoe - *Viscum album* L. (*Viscaceae* Batsch) - 4 g
Meadow geranium - *Geranium pratense* L. (*Geraniaceae* Juss.) - 10 g of grass

Lavender-leaved betony - *Stachys lavandifolia* L. (*Lamiaceae* Lindl.) - 5 g of grass

The indicated dose is for one infusion. It is recommended to pluck the berries from the plant. Pour 300 grams of boiling water on the herb mixture, wrap it tightly, keep it for half an hour. Then strain it and drink it hot. The duration of the mixture is half a year.

Yellow-flowered skull cap – *Scutellaria orientalis* Grossh. (*Lamiaceae* Lindl.)

Powder the root of the plant and take 2 grams 3 times a day. After taking the plant, arterial pressure immediately drops. It is not recommended for people with diabetes and chronic constipation to use yellow-flowered skull cap. It should only be noted that in case of chronic constipation, a mixture of yellow-flowered skull cap root and Syrian rhubarb root can be taken: yellow-flowered skull cap - 2,5 g, Syrian rhubarb - 5 g. The mentioned ratio is intended for 1 reception. Mixing the roots of the plant with honey or jam will give more effective results.

Oleaster - *Elaeagnus angustifolia* L. (*Elaeagnaceae* Juss.)

This bush is quite widespread in Azerbaijan. A decoction made from the fruit of the plant is used in very large doses. 1 cup of boiled water is poured over ¼ cup of crushed fruit. After keeping for 1 hour, it is drunk hot with honey or jam. It is not recommended for people prone to constipation.

Use of dendroid saltwort – *Salsola dendroides* L. (*Chenopodiaceae* Vent.) in hypertension accompanied by dizziness

It is a plant that grows in dry land. In case of hypertension accompanied by dizziness, it is recommended to use alcohol infusion or decoction of saltwort fruit.

200 mL of boiling water is poured over 1 tablespoon of plant fruit. When cooling reaches 40°C, the whole decoction is taken at once.

Brewing in vodka or alcohol is made in the same way: 100 g of vodka is poured over 1 tablespoon of raw materials. It is stored for 1 week. 1 tablespoon 3 times a day before meals.

In the treatment of hypertension, an aqueous infusion prepared from the flowers of the Japanese pagoda tree - *Styphnolobium japonicum* L. (Fabaceae Lindl.) and common melilot - *Melilotus officinalis* (L.) Pall. (Fabaceae Lindl.) significantly lowers arterial pressure and strengthens the walls of the vessels. If the prothrombin index is high (100%), then the pagoda tree cannot be used without white sweet-clover and chestnut, because it increases the permeability of blood and as a result, the thrombus is formed. Therefore, it is necessary to add anticoagulant herbs in the treatment of hypertension.

The use of a poplar (*Populus* L.) and oak (*Quercus* L.) during high blood pressure. The bud or bark of the tree is used for treatment. Alcohol infusion is especially effective for use. 20-25 buds or bark are added to 100 g of alcohol. It should be kept for 1 week. 20 drops are taken before meals. The extract prepared from the bud of poplar has a very strong bactericidal effect during insect bites, cuts and suppuration. It can be used at the same time as an iodine solution is used.

In case of hypertension, it is useful to inhale with oak leaves. For this, you need to break oak brooms and hang them at the head of the bed. The smell from the broom is quite persistent and very pleasant. If the broom is too dry, it should be steamed in boiling water for 10 minutes.

Plant collection

Japanese pagoda tree - *Styphnolobium japonicum* L. (Fabaceae Lindl.) - 10 g of flowers

Meadow geranium - *Geranium pratense* L. (Geraniaceae Juss.) - 10 g of grass

Hedge nettle - *Stachys sylvatica* L. (Lamiaceae Lindl.) - 10 g of grass

White sweet-clover - *Melilotus albus* Medik. (*Fabaceae* Lindl.) grass with flowers - 5 g

Preparation: pour 150 mL of boiled water on 1 tablespoon of the mixture and keep it for 15-20 minutes, take it hot twice a day (afternoon) before eating, and the third time before going to bed with jam or honey.

Folk medicine methods for antipyretic herbs

Caucasian cat's foot - *Antennaria caucasica* Boiss. (*Asteraceae* Dumort.)

Cat's foot is a small creeping plant belonging to the *Asteraceae*. It can be found almost everywhere. Since it is small, many people do not see it and crush it. It has a pleasant smell and aroma.

When using the plant, it is necessary to observe the exact amount, because the plant has a slightly toxic effect. The herb mixture is prepared as follows:

Caucasian cat's foot - *Antennaria caucasica* Boiss. (*Asteraceae* Dumort.) 0,5 tablespoons of grass

Stinking chamomile, *Anthemis cotula* L. (*Asteraceae* Dumort.) – 1 table spoon of flower

European dewberry - *Rubus caesius* L. (*Rosaceae* Juss.) -1 tablespoon leaf

The mentioned herbal mixture is taken in the specified quantity and collected in an enameled or clay cup, 350 mL of boiled fresh water is added to it, kept for 15 minutes, mixed and given to the patient while it is warm. It is better to take the infusion in the second half of the day or at night.

Common juniper - *Juniperus communis* L. (*Cupressaceae* Rich.ex Bartl.)

Infusion of ripe juniper berries with alcohol or vodka is used as an antipyretic. Crush 2 tablespoons of berries, add 100 grams of vodka or 60 grams of alcohol and shake regularly. After a week,

the infusion can be used, but it is too early to strain the berries, they should be stored and strained after 20 days.

Benefits of horseheal - *Inula helenium* L. (*Asteraceae* Dumort.) during high fever

Horseheal is very useful in case of high fever during the flu. While the root of the plant is traditionally used, all parts of the plant - stem and flowers - are also used during fever.

The simplest recipe: horseheal root is crushed and cold sweet water is poured over it. 1 teaspoon of ordinary cooking vinegar or apple cider vinegar is added to 1 cup of infusion. 0.5 teaspoons of crushed plant root is poured over 200 mL of water and kept overnight. Take half a glass before meals. The taste is very bitter.

Brewing of horseheal in wine

Pour 1 tablespoon of pounded plant root on 500 g of Cahors wine or similar type of wine, cook on medium heat for 15 minutes, add sugar or honey, cool until warm, filter. It is useful to take a quarter of a glass (50 g) after a meal. If the temperature is high, the dose can be increased.

Vinegar infusion of horseheal– *Inula helenium* L. (*Asteraceae* Dumort)

Horseheal is kept in vinegar, boiled fresh water is poured over it. On a glass of grape or apple vinegar, add 1 tablespoon of uncrushed horseheal root, mix and keep for 1 day. If the drug is urgent, then at least it should be mixed in vinegar and kept for at least 4 hours. Then filter and chop the root, pour hot fresh water over it and cook for 5 minutes with the lid covered. After cooling, you need to take 2 teaspoons every 2 hours. The plant is also considered a very powerful expectorant, and also has a highly effective effect in the treatment of liver and gall bladder diseases.

It is not recommended to use the prescription in severe stomach ulcers.

The use of scalloped spirea – *Spiraea crenata* L. (*Rosaceae* Juss.) during high fever

This widespread species was a swamp plant, almost completely forgotten. This cap plant with white, unusually

fragrant flowers is taller than a person. This plant is used in many diseases - arthritis, removal of gallstones, gout, women's diseases, hemorrhoids, even snake and dog bites.

Scalloped spirea is a decoration of ponds, forests and rivers. Although little was said about the root of the plant in ancient times, scientists believe that the large stem of the plant, along with the flower, is a medicine for many diseases.

Preparation: During high fever, 1 tablespoon of the cut stem of the plant along with the flower should be brewed for 20 minutes and taken once a day. During the day, you can take 4-5 cups, but you should rinse your mouth every time, because, like willow, scalloped spirea also contains a lot of salicylic acid.

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White mulberry – *Morus alba* L. (*Moraceae* Gaudich) as antipyretic

The leaves of the plant are used as a antipyretic, anti-inflammatory and soothing agent. The daily dose of the leaf is 10 g.

The extract is prepared in the following way: the bark separated from the root of the mulberry tree is rubbed with honey, fried on both sides until golden, then chopped into small pieces. 1 liter of water is poured on 100 g of raw materials and the volume is reduced to half.

Children aged 1-2 years old should have a daily dose of 10 g, 2-3 years old - 15 g, 4-5 years old - 20 g, and over 6 years old the daily dose should be 30 g. After a few days, the medicine will already show its effect. After a few weeks, the symptoms of the disease will disappear completely.

Use of common hop – *Humulus lupulus* L. (*Cannabaceae* Endl.) in subfebrile fever

In the case of not very high fever (subfebrile), the infusion of common hop in alcohol is used. For this, cut fresh liana into small pieces and add alcohol to it. Dose: 1 l of alcohol (vodka can be used) should be added to 100 g of common hop. It should be kept for 5 days. It is necessary to take 30 drops before meals.

Benefits of horsemint (*Mentha longifolia* (L.) Huds (*Lamiaceae* Lindl.)) in a high fever.

In case of high fever, common mint is used in Eastern medicine. One part should be wrapped in a wet towel and gently placed on the forehead, and the remaining part should be mixed with honey and sucked in the form of a small ball until the temperature passes.

Willow - *Salix* L. (*Salicaceae* Mirb.)

Any species of willow - white willow (*Salix alba* L.), purple willow (*Salix purpurea* L.) or goat willow, etc. is useful. It can be found everywhere. In order to obtain the maximum amount of salicylic acid from the bark, the plant must be collected throughout the spring, but in urgent cases it can also be collected in winter. It is better to use top shoots.

Plant collection

Cut willow bark - *Salix* sp. (*Salicaceae* Mirb.) – 1 tablespoon

Sage herb- *Salvia officinalis* L. (*Lamiaceae* Juss.) - 0,5 tablespoon

Small-leaved lime flower– *Tilia cordata* Mill. (*Tiliaceae* Juss.) – 1 tablespoon

Preparation: The indicated amount is intended for one infusion. Pour 300 mL of boiled water on the mixture, cook on low heat for 3-5 minutes, then cool and drink with sugar. Immediately after taking the infusion, rinse the mouth with water so that the tooth enamel is not damaged by the effect of salicylic acid.

Treatment of cholecystitis with folk medicine methods

Common barberry - *Berberis vulgaris* L. (*Berberidaceae* Juss.) - 2 parts fringes

Maize – *Zea mays* L. (*Gramineae* Juss.nom.altern.) - 2 parts

White birch - *Betula pubescens* Ehrh. (*Betulaceae* S. F. Gray)
- 3 parts bud

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 3 parts

Pot marigold - *Calendula officinalis* L. (*Asteraceae* Dumort.)
- 3 parts

Common groundsel - *Senecio vulgaris* L. (*Asteraceae* Dumort.) - 3 parts

Common vervain - *Verbena officinalis* L. (*Verbenaceae* J.St.-Hil.) - 4 parts

Preparation: pour 3 tablespoons of the mixture on 1 liter of boiled water and cool it. Take 100 mL 6 times a day. When improvement is felt, the dose should be reduced to 50 mL first, and then to 30 mL 3 times a day. This infusion is used during chronic cholecystitis.

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Immortelle - *Xeranthemum inapertum* L. (*Asteraceae* Dumort) - 1 part

Pepper mint - *Mentha piperita* L. (*Lamiaceae* Lindl.) - 1 part leaf

Common wormwood – *Artemisia absinthium* L. (*Asteraceae* Dumort.) - 1 part

Common yarrow – *Achillea millefolium* L. (*Asteraceae* Dumort.) - 1 part

Fennel - *Foeniculum vulgare* Mill. (*Apiaceae* Lindl.) - 1 part fruit

Preparation: add 2 tablespoons of the mixture to 500 mL of boiled water, keep for 3-4 hours, filter and take half an hour before meals 3-4 times a day. The course of treatment is 2-3 months. After a break of 2-3 weeks, the course is repeated. For preventive purposes, the infusion is taken for 1-2 months in spring and autumn.

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Yellow gentian - *Gentiana lutea* L. (*Gentianaceae* Juss.) - 2 parts

Early-purple orchid - *Ophrys mascula* (L.) L. (*Orchidaceae* Juss.) - 3 parts

Common purslane - *Portulaca oleraceae* L. (*Portulacaceae* Juss.) - 3 parts

Bean trefoil - *Menyanthes trifoliata* L. (*Menyanthaceae* Dumort.) - 4 parts

Preparation: add 1 tablespoon of the mixture to 50 mL of boiled water and keep it, then filter it. Take 30 mL 6 times a day during recurrent chronic cholecystitis.

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Senna alexandrina - *Cassia acutifolia* Del. (*Fabaceae* Lindl.) - 2 parts

Spicate lavender - *Lavandula spica* L. (*Lamiaceae* Juss.) - 2 parts

Marsh parsley - *Apium graveolens* L. (*Apiaceae* Lindl.) - 2 parts

Birthwort - *Aristolochia clematitis* L. (*Aristolochiaceae* Juss.) - 3 parts

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.) - 3 parts

Preparation: 1 liter of boiled water is poured over 3 tablespoons of the mixture. The infusion is taken 5 times a day during constipation and chronic cholecystitis.

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Pepper mint - *Mentha piperita* L. (*Lamiaceae* Lindl.) - 2 parts

Sameraria (*Brassicaceae* Burnett) - 2 parts

Chamomile - *Anthemis* L. (*Asteraceae* Dumort.) - 2 parts

Common soapwort - *Saponaria officinalis* L. (*Caryophyllaceae* Juss.) - 3 parts

Common hop - *Humulus lupulus* L. (*Cannabaceae* Endl.) - 3 parts

Preparation: add 3 tablespoons of the mixture to 1 liter of boiled water, infuse, cool, and then filter. During inflammation of the gallbladder, you can take half a glass of the mixture 6 times a day.

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Asparagus - *Asparagus officinalis* L. (*Asparagaceae* Juss.) - 1 part

Caraway - *Carum carvi* L. (*Apiaceae* Lindl.) - 1 part

Common nettle - *Urtica dioica* L. (*Urticaceae* Juss.) - 2 parts

Licorice (root) - *Glycyrrhiza glabra* L. (*Fabaceae* Lindl.) - 2 parts

Waterwort - *Filaginella uliginosa* L. (*Asteraceae* Dumort.) - 2 parts

Three-lobed beggarticks - *Bidens tripartita* L. (*Asteraceae* Dumort.) - 2 parts

Preparation: pour 1 tablespoon of the mixture on 500 mL of boiled water, keep it, take 50 mL 5 times a day in case of hepatitis and chronic cholecystitis.

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Bean trefoil - *Menyanthes trifoliata* L. (*Menyanthaceae* Dumort.) - 2 parts

Maize-Zea L. (*Gramineae* Juss.nom.altern.) - 2 parts fringes

Common immortelle - *Xeranthemum annuum* L. (*Asteraceae* Dumort.) - 3 parts

Bluebottle common centaury - *Centaurea cyanus* L. (*Asteraceae* Dumort.) - 3 parts

Hare's tail - *Lagurus ovatus* L. (*Poaceae* Barnhart) - 3 parts

Preparation: add 3 tablespoons of the mixture to 1 liter of boiled water and keep for half an hour. Take half a glass 6 times a day during aggravated cholecystitis.

One-component recipes during cholecystitis:

Hare's tail (roots)- *Lagurus ovatus* L. (*Poaceae* Barnhart). Add 1 cup of boiled water to 10 g of crushed hare's tail plant root and boil until half of the liquid evaporates, then cool and filter and take half a cup 3 times a day, half an hour before meals.

Hare's tail (grass part). Add 1 cup of boiled water to 5 g of hare's tail grass, cool and filter. During inflammation of the gall bladder, you need to drink half a glass half an hour before meals 3 times a day.

Greater celandine (grass) – *Chelidonium majus* L. (*Papaveraceae* Juss.) Pour 1 cup of boiled water on 5 g of greater celandine herb, keep it in a water bath for 15 minutes, cool it for 1 hour, filter it and bring the volume of the liquid to 200 mL. During cholecystitis, take 1/3 cup 15 minutes before meals 2-3 times a day.

Treatment of colitis with folk medicine methods

Anise - *Pimpinella anisum* L. (*Apiaceae* Lindl.) - 1 part seed

Fennel - *Foeniculum vulgare* Mill. (*Apiaceae* Lindl.) - 1 part seed

Horsemint - *Mentha longifolia* (L.) Huds (*Lamiaceae* Lindl.) - 2 parts leaves

Common buckthorn - *Rhamnus cathartica* L. (*Rhamnaceae* Juss.) - 3 parts barks

Wild camomile - *Matricaria recutita* (L.) (*Asteraceae* Dumort.)- 5 parts flowers

Preparation: Add 1 cup of boiled water to 2 teaspoons of the mixture in a thermos, keep for 1 hour and filter. In case of stomach pain and colitis, it should be taken in small portions 1-2 times a day.

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Common knotgrass - *Polygonum aviculare* L. (*Polygonaceae* Juss.) - 2 parts grass

Pot marigold - **Calendula officinalis* L. (*Compositae* Gisece = *Asteraceae* Dumort) -flowers 2 parts

Tormentil - *Potentilla erecta* (L.) Raeusch. (*Rosaceae* Juss.) - grass 2 parts

Common plantain - *Plantago major* L. (*Plantaginaceae* Juss.) - 3 parts leaf

Waterwort, ot- 3 parts - *Filaginella uliginosa* L. (*Asteraceae* Dumort)

Preparation: add 200 mL of boiled water to 2 teaspoons of the mixture, keep in a closed container for half an hour and filter. During colitis, take half a glass twice a day warm before meals.

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Fennel - *Foeniculum vulgare* Mill. (*Apiaceae* Lindl.) - 1 part seed

Common valerian - *Valeriana officinalis* L. (*Valerianaceae* Batsch.)- 1 part rhizome

Pepper mint - *Mentha piperita* L. (*Lamiaceae* Lindl.) - 2 parts leaf

Stinking chamomile-*Anthemis cotula* L. (*Compositae* Gisece=*Asteraceae* Dumort.)-5 parts flowers

Preparation: pour 1 cup of boiling water on 2 teaspoons of the mixture and brew in a thermos. It is necessary to take 1-2 cups in small portions during the day.

Treatment of conjunctivitis with folk medicine methods

Black elder - *Sambucus nigra* L. (*Sambucaceae* Batsch ex Borkh.) – 1 part flower

Common plantain - *Plantago major* L. (*Plantaginaceae* Juss.) – 1 part

Bluebottle common centaury - *Centaurea cyanus* L. (*Compositae* Gisece = *Asteraceae* Dumort) - 2 parts petals

Stinking chamomile - *Anthemis cotula* L. (*Compositae* Gisece = *Asteraceae* Dumort.) - 2 parts petals.

Cinnamon rose - *Rosa majalis* (Rosaceae) - 2 parts flowers

Preparation: add 1.5 cups of boiled water to 100 mL of the mixture, boil, cool, filter. Instill 3 drops into the affected eye 3 times a day.

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Marsh mallow - *Althaea officinalis* L. (*Malvaceae* Juss.) - 1 part root

Dill - *Anethum graveolens* L. (*Apiaceae* Lindl.) - 1 part

Field horsetail - *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) - 1 part

Gallic rose - *Rosa gallica* L. (*Rosaceae* Juss.) - 2 parts petals

Common succory - *Cichorium intybus* L. (*Asteraceae* Dumort) - 2 parts flowers

Preparation: add 1.5 tablespoons of the mixture to 100 mL of boiling water and boil. 3 drops should be instilled into the eye 3 times a day.

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The same amount of marsh mallow (*Althaea officinalis* L.) root, common flax (*Linum usitatissimum* L.) and black nightshade (*Solanum nigrum* L.) is taken. Pour 100 mL of boiled water over all components and keep boiling, instill 3 drops in the sick eye.

The same amount of senna alexandrina (*Cassia acutifolia* Del.), globe thistle (*Echinops ritro* L.) and Circassian walnut (*Juglans regia* L.) is taken. Pour 600 mL of boiled water on it, boil and cool. It is necessary to pour 2 drops into the sick eye 3 times a day or compress with soaking.

Treatment of anemia with folk medicine methods

Common nettle - *Urtica dioica* L. (*Urticaceae* Juss.) - 1 part

Tasteless stonecrop - *Sedum sexangulare* L. (*Crassulaceae* DC.) - 1 part

Umbrella-shaped centaury - *Centaureum umbellatum* Gilib. (*Gentianaceae* Juss.)

Syrian rhubarb - *Rheum ribes* L. (*Polygonaceae* Juss.) - 2 parts

Red clover - *Trifolium pratense* L. (*Fabaceae* Lindl.) - 3 parts

Instructions for use: pour 4 tablespoons of the mixture into 1 liter of boiled water and leave for 30 minutes, then strain. The infusion is used for bleeding during pyelonephritis, gastritis and a number of other diseases. It should be taken 6 times a day for half a cup each time.

Birthwort - *Aristolochia clematitis* L. (*Aristolochiaceae* Juss.) - 2 parts

Common juniper - 2 parts - *Juniperus communis* L. (*Cupressaceae* Rich.ex Bartl.)

Quinquelobate motherwort - *Leonurus quinquelobatus* Gilib. (*Lamiaceae* Lindl.) - 2 parts

Licorice - *Glycyrrhiza glabra* L. (*Fabaceae* Lindl.) root – 2 parts

Waterwort - *Gnaphalium uliginosum* L. (*Asteraceae* Dumort.) - 2 parts

Preparation: 3 tablespoons of the mixture are taken in 1 liter of boiled water. First you need to pour boiling water over the licorice root and boil it for 5 minutes, and then add the rest of the ingredients. Take 50 mL 6 times a day. The infusion is used for gastric bleeding and anemia caused by iron deficiency, tachycardia, pyelonephritis, etc.

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Common juniper ripen fruits - *Juniperus communis* L. (*Cupressaceae* Rich.ex Bartl.) - 1 part

Dog rose fruits - *Rosa canina* L. (*Rosaceae* Juss.) - 2 parts

Blackthorn fruits- *Prunus spinosa* L. (*Rosaceae* Juss.)- 3 parts

Preparation: brew 30 g of the mixture in 1 liter of boiled water for half an hour and hold for 1 hour. Take 100 mL 4 times a day. With the appearance of belching and heartburn, the dose should be reduced to 30 mL 3 times a day. If reducing the amount does not help, then it is necessary to cancel the decoction. The solution is used for blood insufficiency that occurs with gastritis caused by insufficient secretory function.

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Spiny Jerusalem sage – *Phlomis pungens* Willd. (*Lamiaceae* Lindl.)- 2 parts

Common hyssop - *Hyssopus officinalis* L. (*Lamiaceae* Lindl.)- 2 parts

Horse dock - *Rumex confertus* Willd. (*Polygonaceae* Juss.) - 3 parts

White dead nettle –*Lamium album* L. (*Lamiaceae* Lindl.) - 3 parts

Preparation: pour 4 tablespoons of the mixture into 1 liter of water, boil, cool and filter. Need to drink half a glass 6 times a day. The infusion is used in various types of anaemias (especially in cases of anaemias arising from the background of the stomach).

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Common wormwood - *Artemisia absinthium* L. (*Asteraceae* Dumort.) - 1 part

Common nettle - *Urtica dioica* L. (*Urticaceae* Juss.) - 2 parts

Medicinal lungwort - *Pulmonaria officinalis* L. (*Boraginaceae* Juss.) -3 parts

Common dandelion - *Taraxacum officinalis* L. Wigg. (*Asteraceae* Dumort.) - 3 parts

Common succory - *Cichorium intybus* L. (*Asteraceae* Dumort.)- 3 parts

Preparation: pour 3 cups of the mixture into 500 mL of boiled water, cool and filter. 50 mL should be taken 6 times a day.

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Alcohol solution:

7 tablespoons of the mixture are taken per 1 liter of alcohol, kept for 2 weeks. 25 drops are taken 3 times a day. Add 6 tablespoons of the mixture to 800 mL of alcohol and keep it for 1-2 weeks. For various types of anemia, polyarthritis, hepatitis and other diseases, 25 mL should be taken 3 times a day. In particular, it is used for iron deficiency anemia. It is not recommended to use common wormwood for more than 1 month. Then you need to replace it with a yarrow or completely remove it from the recipe.

Wild strawberry leaf- *Fragaria vesca* L. (*Rosaceae* Juss.)- 1 part

Watercress - *Nasturtium officinalis* R.Br (*Brassicaceae* Burnett)- 2 parts

European dewberry flower - *Rubus caesius* L. (*Rosaceae* Juss.) -3 parts

Sedge - *Carex* L. (*Cyperaceae* Juss.) - 3 parts

European blueberry, leaf -*Vaccinium myrtillus* L. (*Ericaceae* Juss.) - 3 parts

White dead nettle - 3 parts- *Lamium album* L. (*Lamiaceae* Lindl.)

Preparation: 4 tablespoons of the mixture should be poured over 1 liter of boiled water over the plant collection and kept. It should be taken 6 times a day, half a glass each time. The infusion is used for anemia caused by kidney pathology, glomerulonephritis, pyelonephritis, urolithiasis, etc. If pain occurs in the kidney area, then wild strawberries should be removed from the recipe.

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Garden radish - *Raphanus sativus* L. (*Brassicaceae* Burnett)
- 100 mL of juice

Crab apple - *Malus sylvestris* Mill. (*Rosaceae* Juss.) - 100 mL of juice

Wild carrot - *Daucus carota* L. (*Apiaceae* Lindl.) - 150 mL of juice

Beet - *Beta vulgaris* L. (*Chenopodiaceae* Vent.) - 150 mL of juice

Preparation: It is an ancient recipe used in case of iron deficiency. The juice is poured into an enameled container, sealed with dough, put in the oven for 2 hours on low heat. 25 drops are taken 3 times a day for 3-4 months.

Treatment of liver cirrhosis with folk medicine methods

Common knotgrass - *Polygonum aviculare* L. (*Polygonaceae* Juss.) - 1 part grass

Horseheal - *Inula helenium* L. (*Asteraceae* Dumort.) - 1 part root

Common St.-John's wort – *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 1 part grass

Great burdock - *Arctium lappa* L. (*Asteraceae* Dumort.) - 1 part root

Common tansy - *Tanacetum vulgare* L. (*Asteraceae* Dumort.) - 1 part flowers

Common yarrow – *Achillea millefolium* L. (*Asteraceae* Dumort.) - 1 part grass

Three-lobed beggarticks – *Bidens tripartita* L. (*Asteraceae* Dumort.) - 1 part grass

Margined sage - *Salvia limbata* L. (*Lamiaceae* Lindl.) - 1 part leaf

Dog rose - *Rosa canina* L. (*Rosaceae* Juss.) - 1 part fruit

Preparation: add 1 cup of boiled water to 2 tablespoons of the mixture, wrap it tightly and keep it for 30-40 minutes. The infusion is taken half an hour before meals, 3 times a day.

//

Common ragweed - *Ambrosia artemisiifolia* L. (*Asteraceae* Dumort.) - 1 part seed

Austrian dragonhead – *Dracocephalum austriacum* L. (*Lamiaceae* Lindl.) - 2 parts

Common tansy - *Tanacetum vulgare* L. (*Asteraceae* Dumort.) - 3 parts

Preparation: pour 300 mL of boiled water on 1 teaspoon of the mixture and keep it for half an hour, then filter it. In severe liver damage, hepatitis and cirrhosis, 1 tablespoon is taken 3 times a day.

Cow's milk, fresh- 1 liter

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Garden parsley - *Petroselinum crispum* (Mill).A.W.Hill (*Apiaceae* Lindl.) - 1 kg of grass

Preparation: Boil in the oven or on low heat until half of the liquid evaporates. During liver cirrhosis, 30 mL is taken every 1.5 hours as a strong diuretic.

//

Wild carrot - *Daucus carota* L. (*Apiaceae* Lindl.) - 2 parts seeds

Garden parsley - *Petroselinum crispum* (Mill).A.W.Hill (*Apiaceae* Lindl.) - 1 kg of grass

Marsh parsley - *Apium graveolens* L. (*Apiaceae* Lindl.) - 6 parts

Preparation: pour 1 cup of boiled water on 3 tablespoons of the mixture, cool and filter. The obtained infusion is taken half a glass 6 times a day in liver cirrhosis starting with chronic hepatitis or ascites.

//

Sweet flag - *Acorus calamus* L. (*Araceae* Juss.) - 2 parts

Common buckthorn - *Rhamnus cathartica* L. (*Rhamnaceae* Juss.) - 2 parts

Common succory - *Cichorium intybus* L. (*Asteraceae* Dumort.) - 2 parts root

Scarlet pimpernel - *Anagallis arvensis* L. (*Primulaceae* Vent.) - 2 parts

Common dandelion - *Taraxacum officinalis* Wigg. (*Asteraceae* Dumort.) - 3 parts

Preparation: pour 600 mL of boiled water on 1.5 cups of the mixture and keep it for 1 hour. The infusion is taken 50 mL 5 times a day during cirrhosis and hepatitis.

//

Nettle, leaves - *Urtica dioica* L. (*Urticaceae* Juss.) - 1 part

Couch grass - 2 parts rhizomes - *Elytrigia repens* (L.) Nevski (*Poaceae* = *Gramineae* Juss.nom.altern.)

Dog rose - *Rosa canina* L. (*Rosaceae* Juss.) - 2 parts chopped fruits

Preparation: 1 tablespoon of the mixture should be brewed in 250 mL of boiling water and kept for 1 hour. During cirrhosis, take half a glass 2-3 times a day.

//

1 table spoon of common origanum (*Origanum vulgare* L.), common St.-John's wort (*Hypericum perforatum* L.) and garden radish (*Raphanus sativus* L.) to boil in 1 liter of boiled water and keep them for 1 hour. The obtained infusion is drunk in small portions during the day. It should be taken for 4-5 days during cirrhosis. In case of unpleasant situations, the dose should be reduced.

20 g of immortelle (*Xeranthemum inapertum* L.) and caraway (*Carum carvi* L.) are taken. Pour 1 liter of boiled water on the raw material and keep it. In case of chronic hepatitis or cirrhosis of the liver, the whole infusion is taken during the day.

One-component method

Common succory (*Cichorium intybus* L.) 40 grams of leaves should be poured with 1 liter of boiled water and stored. During cirrhosis of the liver, the whole infusion should be taken during the day.

Folk medicine methods during fever (chills)

In Indian and Tibetan medicine, “body fever” is often understood as a type of fever rather than a cold disease. Their etiologies are often rickettsial, zoonosis and other infections.

Black pepper

An infusion of black pepper is very effective for chills. The infusion should be taken before the onset of the attack. To half a teaspoon of freshly ground black pepper, add 350 g of boiling water and 2 tablespoons of honey. It should be kept in a closed container for 30 minutes and taken 2 times. If the patient has an increased acidity of the stomach, then instead of black pepper, marsh mallow or flax seed are added to the infusion.

Grape- *Vitis* L.(*Vitaceae* Juss.) Grapes are with removed grains are used for shivering. It is better to remove the grape peel as well.

Senile weakness and sclerosis

The use of alfalfa dodder in senile weakness

Since ancient times in the East, alfalfa dodder seeds have been used to improve mood in senile weakness. Leafless parasite - the plant looks like a thick fiber with a reddish stem. In particular, a strong and fast effective effect is achieved by mixing alfalfa dodder seeds with mumiyo. Even very weakened elderly people feel healthier if they consume this mixture regularly.

Alfalfa dodder - *Cuscuta approximata* Bab. (*Cuscutaceae* Dumort.) - 6 teaspoons of seeds

Balm lemon – *Melissa officinalis* L. (*Lamiaceae* Lindl.) - 2 teaspoons

Mumiyo- 1 g

Method of preparation of the infusion: Crush 2 teaspoons of alfalfa dodder seeds and lemon balm and pour 200 mL of boiled water over it. Then 0.2 g of mumiyo is added to the cup with infusion, which is about the size of a wheat seed. The mixture is wrapped in a towel while warm and kept for about half an hour. The infusion is filtered and taken 2 times a day before meals in the first half of the day.

It is not recommended to drink the infusion after eating, so as not to suffer from insomnia.

Treatment lasts 20 days, then a 20-day break and the course is repeated again.

Treatment of laryngitis with folk medicine methods

Fennel - *Foeniculum vulgare* Mill. (*Apiaceae* Lindl.) -1 part seed

Common self-heal - *Prunella vulgaris* L. (*Lamiaceae* Lindl.) - 2 parts grass

Horsemint - *Mentha longifolia* (L.) Huds (*Lamiaceae* Lindl.) - 3 parts leaf

Stinking chamomile-*Anthemis cotula* L. (*Compositae* Gisece = *Asteraceae* Dumort.) - 3 parts flower

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.) - 3 parts leaves

Preparation: add 1 cup of boiled water to 1 tablespoon of the mixture, keep in a closed container for half an hour and filter. During laryngitis and angina, the throat is rinsed several times a day while warm.

Mixtures for rinsing the throat during laryngitis

Fennel (or dill) - *Foeniculum vulgare* Mill. (*Apiaceae* Lindl.)
- 1 part seed

Pedunculate oak - *Quercus robur* L. (*Fagaceae* Dumort) - 3 parts bark

Tormentil - *Potentilla erecta* (L.) Raeusch. - 3 parts rhizome

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.) - 3 parts leaves

Preparation: add 1 cup of water at room temperature to 1 teaspoon of the mixture and wait for 5 hours, then boil for 10 minutes in a closed container, cool and strain. The infusion is taken hot.

//

Horsement - *Mentha longifolia* (L.) Huds (*Lamiaceae* Lindl.)
- 1 part leaf

Caraway - *Carum carvi* L. (*Apiaceae* Lindl.) - 1 part seed

Cliff rock-Jasmine - *Androsace exscapa* L. (*Primulaceae* Vent.) - 2 parts grass

Hair-vein agrimony - *Agrimonia pilosa* Ledeb. (*Rosaceae* Juss.) - 2 parts grass

Oriental aconite - *Aconitum orientale* Mill. (*Ranunculaceae* Juss.) - 3 parts leaf

Black currant - *Ribes nigrum* L. (*Grossulariaceae* DC.) - 4 parts leaf

Quinquelobate motherwort - *Leonurus quinquelobatus* Gilib. (*Lamiaceae* Lindl.) - 4 parts grass

Preparation: pour 1 cup of boiled water on the mixture of 1 teaspoon, keep in a closed container for half an hour and filter. To be taken warm 4-5 times a day.

//

Small-leaved lime - *Tilia cordata* Mill. (*Tiliaceae* Juss.) - 2 parts flower

Pedunculate oak - *Quercus robur* L. (*Fagaceae* Dumort) - 3 parts bark

Preparation: Pour 1 cup of boiled water on 2 tablespoons of the mixture, keep it until it cools down and filter it. The infusion is used several times a day as an astringent and softening agent in the inflammatory process of the throat.

//

Small-leaved lime - *Tilia cordata* Mill. (*Tiliaceae* Juss.) - 2 parts flower

Stinking chamomile - *Anthemis cotula* L. (*Compositae* Gisece = *Asteraceae* Dumort) - 3 parts lower

Preparation: pour 1 tablespoon of the mixture with 1 cup of boiling water, leave for 20 minutes and strain. The infusion is used as an soothing and disinfectant in the inflammatory process of the throat.

//

Small-leaved lime - *Tilia cordata* Mill. (*Tiliaceae* Juss.) - 2 parts flower

White willow - *Salix alba* L. (*Salicaceae* Mirb.) - 3 parts bark

Preparation: pour 1 cup of boiled water on 2 tablespoons of the mixture, keep for 10 minutes, cool and filter. The throat is rinsed with an infusion several times a day.

//

Marsh mallow - *Althaea officinalis* L. (*Malvaceae* Juss.) - 2 parts leaf (or 1 part root)

Common origanum - *Origanum vulgare* L. (*Lamiaceae* Lindl.) - 4 parts grass

Pedunculate oak - *Quercus robur* L. (*Fagaceae* Dumort) - 6 parts bark

Preparation: pour 2 tablespoons of the mixture with 1 cup of boiling water, leave for 10 minutes, cool and strain. Gargle with infusion several times a day.

//

Pedunculate oak - *Quercus robur* L. (*Fagaceae* Dumort) - 1 part bark

Black elder - *Sambucus nigra* L. (*Sambucaceae* Batsch ex Borkh.) - 1 part flowers

High mallow - *Malva sylvestris* L. (*Malvaceae* Juss.) 1 part flowers

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.) - 1 part leaf

Preparation: pour 1 glass of boiling water to 1 tablespoon of the mixture, leave for 20 minutes, strain. Gargle with the infusion several times a day.

Treatment of stomach and duodenal ulcers with folk medicine methods

Pot marigold - *Calendula officinalis* L. (*Compositae* Gisece = *Asteraceae* Dumort) – 1 part flowers

Waterwort - *Filaginella uliginosa* L. (*Asteraceae* Dumort) - 1 part grass

Field horsetail - *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) - 1 part grass

Common wormwood-*Artemisia absinthium* L. (*Asteraceae* Dumort.) -2 parts grass

Dog rose, petals - 2 parts *Rosa canina* L. (*Rosaceae* Juss.)

Purple willow - *Salix purpurea* L. (*Salicaceae* Mirb.) -3 parts fruit

Dog rose - *Rosa canina* L. (*Rosaceae* Juss.) - 3 parts fruit (chopped)

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) -4 parts grass

Common plantain - *Plantago major* L. (*Plantaginaceae* Juss.)
4 parts leaf

Asia yarrow - *Achillea asiatica* Serg. (*Asteraceae* Dumort.) -
7 parts flowers.

Preparation: pour 2 tablespoons of the mixture into 500 mL of
boiled water and keep in a sealed container for half an hour. In
chronic and acute gastritis, stomach and duodenal ulcers, take half
a cup before meals 4 times a day.

//

Fennel - *Foeniculum vulgare* Mill. (*Apiaceae* Lindl.) - 1 part
fruit

Small-leaved lime - *Tilia cordata* Mill. (*Tiliaceae* Juss.) - 2
parts flowers

Preparation: Pour 2 teaspoons of the mixture with 1 cup of
boiling water and keep in a sealed container for half an hour, then
strain. Take 1-3 cups during the day, with ulcer of the stomach and
duodenum.

//

Sweet flag - *Acorus calamus* L. (*Araceae* Juss.) -1 part
rhizome

Common speedwell - *Veronica* L. (*Scrophulariaceae* Juss.) -
4 parts grass

Common St.-John's wort - *Hypericum perforatum*
L. (*Hypericaceae* Juss.) - 1 part grass

Wallflower - *Erysimum* L. (*Brassicaceae* Burnett) - 1 part
grass

Buckthorn - *Rhamnus* L. (*Rhamnaceae* Juss.) - 3 parts bark

Pepper mint - *Mentha piperita* L. (*Lamiaceae* Lindl.) - 2
parts leaf

Eyebright - *Euphrasia officinalis* L. (*Scrophulariaceae* Juss.)
- 4 parts grass

Common plantain - *Plantago major* L. (*Plantaginaceae* Juss.)
– 3 parts leaf

Waterwort - *Gnaphalium uliginosum* L. (*Asteraceae* Dumort)
- 4 parts grass

Asian yarrow - *Achillea asiatica* Serg. (*Asteraceae* Dumort) -
2 parts flowers

Dill - *Anethum graveolens* L. (*Apiaceae* Lindl.) - 2 parts seed

Field horsetail - *Equisetum arvense* L. (*Equisetaceae*
Richx.ex DC.) - 2 parts grass

Preparation: add 2 teaspoons of the mixture to 500 mL of boiled
water, keep it in a thermos for 1 hour, then filter it. The infusion
is taken half an hour before meals 3-4 times a day.

//

Fennel - *Foeniculum vulgare* Mill. (*Apiaceae* Lindl.) - 1 part
fruit

Fireweed- *Chamaenerion angustifolium* (L.) Scop. - 2 parts
leaf

Small-leaved lime, flowers - *Tilia cordata* Mill. - 2 parts

Preparation: to 2 teaspoons of the mixture, pour 1 cup of boiling
water and soak in a sealed container for half an hour, then strain.
With a stomach ulcer, take 1-3 glasses during the day.

Treatment of neurasthenia with folk medicine methods: Mixtures during neurasthenia

Waterwort - *Gnaphalium uliginosa* L. (*Asteraceae* Dumort) -
1 part

Creeping thyme - *Thymus serpyllum* L. (*Lamiaceae* Lindl.) –
1 part

Guelder-rose-*Viburnum opulus* L. (*Viburnaceae* Rafin) - 2
parts flowers

Dwarf rosemary - *Rosmarinus officinalis* L. (*Lamiaceae*
Lindl.) - 2 parts

Cinnamon rose - *Rosa cinnamomeae* L. (Rosaceae Juss.) - 3 parts flowers

Common motherwort - *Leonurus cardica* L. (Lamiaceae Lindl.) - 3 parts

Preparation: add 1.5 cups of the mixture to 0.5 liters of boiled water, keep for half an hour and filter. 50 mL is taken 6 times a day. The recipe is used during heart rhythm disturbances and climax (when accompanied by an increase in arterial pressure).

//

Burnt orchid - *Orchis ustulata* L. (Orchidaceae Juss.) - 1 part

Tormentil - *Potentilla erecta* (L.) Raeusch. - 1 part

Common hop - *Hummulus lupulus* L. (Campanulaceae Juss.) - 1 part cones

Valerian - *Valeriana grossheimii* Vorosch. (Valerianaceae Batsch) - 2 parts root

Green leaf lettuce - *Lactuca sativa* L. (Asteraceae Dumort.) - 2 parts

Common succory - *Cichorium intybus* L. (Asteraceae Dumort.) - 2 parts root

Wallflower - *Erysimum helveticum* Gaud. (Brassicaceae Burnett.) - 3 parts

Preparation: pour 2 teaspoons of the mixture into 0.5 liters of boiled water, let stand for half an hour and strain. Take 30 mL 7 times a day. It is used for crises after operations and injuries, as well as for neurasthenia accompanied by fainting.

//

Common hemp - *Cannabis sativa* L. (Cannabaceae Endl.) - 1 part seed

Common wormwood - *Artemisia absinthium* L. (Asteraceae Dumort.) - 1 part

Hyssopleaf hedgenettle - *Stachys aspera* Michx. (Lamiaceae Lindl.) - 1 part

Common origanum - *Origanum vulgare* L. (*Lamiaceae* Lindl.) - 2 parts

Small-leaved lime - *Tilia cordata* Mill. (*Tiliaceae* Juss.) - 3 parts

Balm lemon - *Melissa officinalis* L. (*Lamiaceae* Lindl.) - 4 parts

Preparation: add 1.5 tablespoons of the mixture to 0.5 liters of boiled water, keep for half an hour and filter. 50 mL should be taken 6 times a day. It is used in cases of loss of appetite and pain in the heart region caused by neurasthenia and central nervous system diseases.

//

Quinquelobate motherwort - *Leonurus quinquelobatus* Gilib. (*Lamiaceae* Lindl.) - 1 part

Common yarrow - *Achillea millefolium* L. (*Asteraceae* Dumort.) - 1 part

Pot marigold - 2 parts - *Calendula officinalis* L. (*Asteraceae* Dumort.).

Horsemint - *Mentha longifolia* (L.) Huds (*Lamiaceae* Lindl.) - 2 parts

Opposite-leaved saltwort – *Salsola soda* L. (*Chenopodiaceae* Vent.) – 2 parts

Persian larkspur - *Delphinium elatum* L. (*Ranunculaceae* Juss.) - 3 parts

Preparation: add 1.5 tablespoons of the mixture to 0.5 l of boiling water, keep for half an hour and filter. 50 mL is taken 6 times a day. The recipe is used for neurasthenia and diseases of the central nervous system arising on an allergic background.

Treatment of neuralgia with folk medicine methods

Common barberry - *Berberis vulgaris* L. (*Berberidaceae* Juss.) - 2 parts

Quinquelobate motherwort -*Leonurus quinquelobatus* Gilib. (*Lamiaceae* Lindl.) - 2 parts

Common pine *Pinus silvestris* L. (*Pinaceae* Lindl.) - 2 parts

Globe thistle – *Echinops ritro* L. (*Asteraceae* Dumort.) - 3 parts

White bryony – *Bryonia alba* L. (*Cucurbitaceae* Juss.) - 3 parts

Preparation: add 3 tablespoons of the mixture to 1 liter of boiling water or 0.5 liters of alcohol and keep it. The infusion is applied to painful places during neuralgia, myositis and radiculitis.

//

Take 15 g of black bryony root (*Tamus communis* L.), marsh mallow (*Althaea officinalis* L.) and yellow bedstraw (*Galium verum* L.) and add 100 grams of honey. The obtained mixture should be kept in 1 liter of vodka. Alcoholic solution is used for neuralgia, myositis, paralysis and neuritis.

Daphne–*Daphne glomerata* L. (*Euphorbiaceae* Juss.) - 1 part

Common lilac - *Syringa vulgaris* L. (*Oleaceae* Hoffm. et Link) - 1 part buds

Red clover - *Trifolium pratense* L. (*Fabaceae* Lindl.) - 2 parts

Common hop - *Humulus lupulus* L. (*Cannabaceae* Endl.) - 2 parts

Creeping thyme - *Thymus serpyllum* L. (*Lamiaceae* Lindl.) - 2 parts

Preparation: add 3 tablespoons of the mixture to 1 liter of boiled water and store. The infusion is used only for external application. Mixture is used for neuralgia, neuritis and myositis.

Treatment of neurosis with folk medicine methods

White birch bud - *Betula pubescens* Ehrh. (*Betulaceae* S.F. Gray) - 1 part

Rough cocklebur - *Xanthium strumarium* L. (*Asteraceae* Dumort.) - 1 part

Sweet flag - *Acorus calamus* L. (*Araceae* Juss.) - 2 parts root

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 2 parts

Asparagus - *Asparagus officinalis* L. (*Asparagaceae* Juss.) - 2 parts

Common succory - 2 parts root - *Cichorium intybus*

L. (*Asteraceae* Dumort.)

Preparation is carried out in 2 ways:

- Add 3 tablespoons of the mixture to 1 liter of boiled water and keep it. Taking 60 mL 4 times a day during neurosis, neurasthenia, liver and various stomach diseases.
- Add 3 tablespoons of the mixture to 1 liter of alcohol and keep it. Take 25 drops 3 times a day

//

Valerian - *Valeriana grossheimii* Vorosch. (*Valerianaceae* Batsch) - 1 part

Common pine - *Pinus silvestris* L. (*Pinaceae* Lindl.) – 1 part buds

Common yarrow - *Achillea millefolium* L. (*Asteraceae* Dumort.) - 1 part

Stinking chamomile - *Anthemis cotula* L. (*Compositae* Gisece = *Asteraceae* Dumort.) - 2 parts

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 3 parts

Spicate lavender - *Lavandula spica* L. (*Lamiaceae* Juss.) - 3 parts

Creeping thyme - *Thymus serpyllum* L. (*Lamiaceae* Lindl.) - 3 parts

Horsement - *Mentha longifolia* (L.) Huds (*Lamiaceae* Lindl.) - 4 parts

Preparation: add 6 tablespoons of the mixture to 4 liters of boiling water and keep it. The obtained infusion is used for a bath

before going to bed. The course of treatment is considered to be 12-14 baths of 10 minutes. At the same time, you can take the mixture mentioned above.

//

Lily of the valley - *Convallaria majalia* L. (*Convallariaceae* Horan.) - 1 part

Blood-red hawthorn - *Crataegus sanguinea* Pall. (*Rosaceae* Juss.) - 2 parts

Valerian - *Valeriana grossheimii* Vorosch. (*Valerianaceae* Batsch) - 2 parts root

Asparagus - *Asparagus officinalis* L. (*Asparagaceae* Juss.) - 2 parts

Fennel- *Foeniculum vulgare* Mill. (*Apiaceae* Lindl.) - 2 parts

Preparation: add 3 tablespoons of the mixture to 1 liter of boiled water and store. Take 25 drops 4 times a day during neurosis.

//

Asparagus - *Asparagus officinalis* L. (*Asparagaceae* Juss.) - 1 part

Spicate lavender - *Lavandula spica* L. (*Lamiaceae* Juss.) - 2 parts

Balm lemon - *Melissa officinalis* L. (*Lamiaceae* Lindl.) - 3 parts

Common wood myrtle - *Myrtus communis* L. (*Myrtaceae* Juss.) - 3 parts

Richter's saltwort - *Salsola richteri* (Moq.) Kar.ex Litv. (*Chenopodiaceae* Vent.) - 3 parts

Hyssopleaf hedgenettle - *Stachys aspera* Michx. (*Lamiaceae* Lindl.) - 3 parts

Preparation is carried out in 2 ways:

- You can add 3 tablespoons of the mixture to 1.5 liters of boiled water and keep it and take 30 mL 7 times a day.

- Add 3 tablespoons of the mixture to 600 mL of alcohol and keep it. During neurosis, 25 drops are taken 4 times a day.

//

- Horsemint - *Mentha longifolia* (L.) Huds (*Lamiaceae* Lindl.) - 1 part
- Hyssopleaf hedgenettle - *Stachys aspera* Michx. (*Lamiaceae* Lindl.) - 1 part
- Common betony - *Betonica officinalis* L. (*Lamiaceae* Lindl.) - 2 parts
- Common origanum - *Origanum vulgare* L. (*Lamiaceae* Lindl.) - 2 parts
- Guelder-rose - *Viburnum opulus* L. (*Viburnaceae* Rafin) - 2 parts flowers

Preparation is carried out in 2 ways:

- It is necessary to add 6 tablespoons of the mixture to 1.5 liters of boiled water and keep it and take 100 mL 6 times a day.
- It is necessary to add 6 tablespoons of the mixture to 0.5 liters of alcohol and keep it. During neurosis, 30 mL can be taken 3 times a day. In men, oregano can temporarily cause sexual impotence, but after the end of taking the mixture, the body returns to its previous state.

//

- Sweet flag - *Acorus calamus* L. (*Araceae* Juss.) – 1 part root
- Common betony - *Betonica officinalis* L. (*Lamiaceae* Lindl.) - 1 part
- White birch, leaf - *Betula pubescens* Ehrh. (*Betulaceae* S.F. Gray) - 2 parts
- Common origanum - *Origanum vulgare* L. (*Lamiaceae* Lindl.) - 2 parts
- Guelder-rose flowers - *Viburnum opulus* L. (*Viburnaceae* Rafin) - 2 parts

Common succory - 2 parts root - *Cichorium intybus* L. (*Asteraceae* Dumort.)

Hyssopleaf hedgenettle - *Stachys aspera* Michx. (*Lamiaceae* Lindl.) - 1 part

Preparation: add 3 tablespoons of the mixture to 1 liter of boiled water and keep it and take 30 mL 5 times a day.

//

Dwarf rosemary - 1 part - *Rosmarinus officinalis* L. (*Lamiaceae* Lindl.)

Spicate lavender - 2 parts- *Lavandula spica* L. (*Lamiaceae* Juss.)

Common St.-John's wort - 3 parts- *Hypericum perforatum* L. (*Hypericaceae* Juss.)

Asparagus - *Asparagus officinalis* L. (*Asparagaceae* Juss.) - 2 parts

Suffruticous securinega - *Securinega suffruticosa* (Pall) Rehd. (*Euphorbiaceae* Juss.) - 3 parts

Preparation: add 3 tablespoons of the mixture to 1 liter of boiled water and keep it. 30 mL should be taken 6 times a day during the weakening of hormonal function and neurosis. In the case of hypertension and atherosclerosis, suffruticous securinega should be removed from the mixture.

//

Common pine - *Pinus silvestris* L. (Pinaceae Lindl.) -1 part buds

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) -2 parts

Spicate lavender – *Lavandula spica* L. (*Lamiaceae* Juss.) - 2 parts

Dwarf rosemary - *Rosmarinus officinalis* L. (*Lamiaceae* Lindl.) - 2 parts

Common yarrow - *Achillea millefolium* L. (*Asteraceae* Dumort.) -2 parts

Creeping thyme - *Thymus serpyllum* L. (*Lamiaceae* Lindl.) - 2 parts

Preparation: add 3 tablespoons of the mixture to 2 liters of boiled water and keep it. It is used as a bath in nervous neurosis disorders.

//

Common hemp - *Cannabis sativa* L. (*Cannabaceae* Endl.) - 1 part seed

Balm lemon - *Melissa officinalis* L. (*Lamiaceae* Lindl.) - 1 part

Stinking chamomile - *Anthemis cotula* L. (*Asteraceae* Dumort.) - 1 part

Flat sea holly - *Eryngium planum* L. (*Araliaceae* Juss.) - 2 parts

Waterwort - *Gnaphalium uliginosum* L. (*Asteraceae* Dumort.) - 2 parts

Creeping thyme - *Thymus serpyllum* L. (*Lamiaceae* Lindl.) - 2 parts

Preparation: add 3 tablespoons of the mixture to 1 liter of boiled water and keep it and take 30 mL 6 times a day. At the same time, before going to bed, you need to smell the infusion of valerian. Recept is used in cases of severe neurosis and insomnia.

//

Common wormwood - *Artemisia absinthium* L. (*Asteraceae* Dumort.) - 1 part

Wormwood - *Artemisia vulgaris* L. (*Asteraceae* Dumort.) - 2 parts

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 2 parts

Wild strawberry - *Fragaria vesca* L. (*Rosaceae* Juss.) - 2 parts

Guelder-rose- 2 parts - *Viburnum opulus* L. (*Viburnaceae* Rafin)

Bluebottle common centaury - *Centaurea cyanus* L. (*Asteraceae* Dumort.) - 3 parts

Preparation: add 3 tablespoons of the mixture to 1200 mL of boiled water and keep it and take 30 mL 6 times a day. The recipe is used for insomnia caused by chronic lung diseases accompanied by difficult to secrete sputum.

//

Lily of the valley - *Convallaria majalia* L. (*Convallariaceae* Horan.) - 2 parts

Balm lemon - *Melissa officinalis* L. (*Lamiaceae* Lindl.) - 2 parts

Common hop - *Humulus lupulus* L. (*Cannabaceae* Endl.) - 2 parts

Spurge - *Euphorbia arvalis* Boiss. (*Euphorbiaceae* Juss.) - 4 parts

Pepper mint - *Mentha piperita* L. (*Lamiaceae* Lindl.) - 3 parts
Preparation: add 3 tablespoons of the mixture to 1200 mL of boiled water, keep it and take 50 mL 6 times a day. The recipe is used in severe neuroses with heartaches and insomnia, and in case of weakening of heart activity.

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Cultivated angelica - *Angelca archangelica* L. (*Apiaceae* Lindl.) - 2 parts

European dewberry - *Rubus caesius* L. (*Rosaceae* Juss.) - 2 parts

Dill - *Anethum graveolens* L. (*Apiaceae* Lindl.) - 2 part

Pot marigold - *Calendula officinalis* L. (*Asteraceae* Dumort.) - 3 parts

Common dandelion - *Taraxacum officinalis* Wigg. (*Asteraceae* Dumort.) - 3 parts

Preparation: add 3 tablespoons of the mixture to 1200 mL of boiled water and keep it and take 30 mL 7 times a day. The recipe

is used for severe neuroses accompanied by insomnia, pain in the heart and joints, as well as high blood sugar.

//

Common valerian - *Valeriana officinalis* L. (*Valerianaceae* Batsch.) - 1 part root

Pepper mint - *Mentha piperita* L. (*Lamiaceae* Lindl.) - 1 part leaf

Common hop - *Humulus lupulus* L. (*Cannabaceae* Endl) - 1 part cone

Common motherwort - *Leonurus cardica* L. (*Lamiaceae* Lindl.) - 2 parts grass

Preparation: Pour 1 tablespoon of the mixture with 1 cup of boiling water and leave for half an hour, then strain. Take half a glass 3 times a day for nervous excitation and insomnia

//

Stinking chamomile - *Anthemis cotula* L. (*Asteraceae* Dumort.) 1 part flowers

True lavender - *Lavandula angustifolia* Mill. (*Lamiaceae* Lindl.) - 2 parts flowers

Pepper mint - *Mentha piperita* L. (*Lamiaceae* Lindl.) - 2 parts leaf

Common valerian - *Valeriana officinalis* L. (*Valerianaceae* Batsch.) - 3 parts root

Preparation: pour 2 tablespoons of the mixture with 1 cup of boiling water and keep for half an hour. Take a sip throughout the day for insomnia and awakening.

//

Common valerian - *Valeriana officinalis* L. (*Valerianaceae* Batsch.) - 1 part root

Rocket - *Eruca sativa* Hill (*Brassicaceae* Burnett) - 3 parts leaf

Common motherwort - *Leonurus cardica* L. (*Lamiaceae* Lindl.) - 3 parts leaf

Waterwort - *Gnaphalium uliginosum* L. (*Asteraceae* Dumort.) - 3 parts leaf

Preparation: Pour 1 liter of boiling water on 4 tablespoons of the mixture and keep it overnight. 4-5 sips are taken every 2 hours during the day during neurosis, insomnia and high nervous excitation.

//

To take the same amount of common valerian herb (*Valeriana officinalis* L.), common motherwort (*Leonurus cardica* L.), caraway (*Carum carvi* L.) and fennel fruit (*Foeniculum vulgare* Mill.). Add 1 tablespoon of the mixture to 1 cup of boiling water and keep it for half an hour. During high nervous excitation, 0.5 cups are taken 3 times a day.

The same amount of common valerian herb (*Valeriana officinalis* L.), stinking chamomile flower (*Anthemis cotula* L.), pepper mint leaf (*Mentha piperita* L.) and common motherwort (*Leonurus cardica* L.) is taken and divided into small parts. Pour 1 tablespoon of the mixture on 1 cup of boiling water and keep it for 6 hours, then filter it. It is necessary to take 0.5 cups warm 2-3 times a day as a sedative.

Common origanum - *Origanum vulgare* L. (*Lamiaceae* Lindl.) - 3 parts leaf

Common valerian - *Valeriana officinalis* L. (*Valerianaceae* Batsch.) - 5 parts root

Common hop – *Humulus lupulus* L. (*Cannabaceae* Endl.) - 5 parts cone

Pepper mint - *Mentha piperita* L. (*Lamiaceae* Lindl.) - 10 parts leaf

Preparation: pour 2 tablespoons of the mixture on 2.5 cups of boiled water, keep for half an hour and filter. As a sedative, ¼ cup is not taken before meals 2 times a day.



Plate 28. *a* - *Potentilla erecta* (L.) Raeusch. (Rosaceae Juss.); *b* - *Plantago major* L. (Plantaginaceae Juss.); *c* - *Primula veris* L. (Primulaceae Vent.); *d* - *Prunella vulgaris* L. (Lamiaceae Lindl.); *e* - *Prunus spinosa* L. (Rosaceae Juss.); *f* - *Pulmonaria officinalis* L. (Boraginaceae Juss.)



Plate 29. *a* - *Raphanus sativus* L. (*Brassicaceae* Burnett); *b* - *Rhamnus cathartica* L. (*Rhamnaceae* Juss.); *c* - *Rheum ribes* L. (*Polygonaceae* Juss.); *d* - *Rosa centifolia* L. (*Rosaceae* Juss.); *e* - *Rosa canina* L. (*Rosaceae* Juss.); *f* - *Rosa gallica* L. (*Rosaceae* Juss.)

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) – 1 teaspoon of grass

Common motherwort - *Leonurus cardica* L. (*Lamiaceae* Lindl.) - 1 teaspoon of grass

Common origanum - *Origanum vulgare* L. (*Lamiaceae* Lindl.) – 2 teaspoons of grass

Three-lobed beggarticks - *Bidens tripartita* L. (*Asteraceae* Dumort.) - 2 teaspoons of grass

Preparation: pour 2 tablespoons of the mixture on 2 cups of boiled water, keep it in a thermos for 4-6 hours and filter it. During stress, 1/3 cup is taken before going to bed.

Treatment of joint arthritis with folk medicine methods

White willow - *Salix alba* L. (*Salicaceae* Mirb.) - 1 part bark

Wild pansy - *Viola tricolor* L. (*Violaceae* Batsch) - 1 part aboveground grass

Sweet flag - *Acorus calamus* L. (*Araceae* Juss.) - 2 parts rhizome

Common St.-John's wort – *Hypericum perforatum* L. (*Hypericaceae* Juss.) - grass 2 parts

Great burdock - *Arctium lappa* L. (*Asteraceae* Dumort.) - 2 parts root

Pot marigold - *Calendula officinalis* L. (*Asteraceae* Dumort.) - 2 parts flowers

Scots pine - *Pinus sylvestris* L. (*Pinaceae* Lindl.) - 3 parts bud

Preparation: Pour half of the crushed and mixed raw materials into a liter jar and add 40% alcohol. It should be stored in a warm dark place for 2 weeks. The infusion is applied to sore joints with arthritis.

//

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) – 1 teaspoon of grass

Bulb onion - *Allium cepa* L. (*Alliaceae* J.Agardh) - 2 parts bulbs

Garden radish - *Raphanus sativus* L. (*Brassicaceae* Burnett) - 2 parts root

Lesser periwinkle - *Vinca minor* L. (*Apocynaceae* Juss.) - 2 parts rhizome

Preparation: Raw materials are crushed, poured with food or apple cider vinegar (6%) in a ratio of 1: 1, kept in a warm dark place for 3 hours and applied to sore joints.

//

White willow - *Salix alba* L. (*Salicaceae* Mirb.) - 1 part bark

Common nettle - *Urtica dioica* L. (*Urticaceae* Juss.) - 1 part leaf

Common mistletoe - *Viscum album* L. (*Viscaceae* Batsch) - 1 part branch

Common wormwood - *Artemisia absinthium* L. (*Asteraceae* Dumort.) - 1 part flowering twigs

Preparation: add 200 mL of water to 1 dessert spoon of the mixture and boil for 1 minute, then keep for 1 hour and filter before use. Half a glass is taken 3 times a day before meals.

Recipe for joints

Ammonia - 50 mL

Triple cologne - 250 mL

Iodine - 25 mL

Preparation: Mix all ingredients well. The resulting mixture is applied to the affected joints in the morning and evening. Used in rheumatoid arthritis, to relieve pain and inflammation in joints. The ointment should be stored in the refrigerator.

//

One-component recipes for joint arthritis: Drug hedge hyssop (*Gratiola officinalis* L.). A decoction of the plant or an infusion of the herb is used: 1 tablespoon of raw materials is taken for 1 glass of water. 1 tablespoon 3-4 times a day after meals.

Century plant (*Agava americana* L.) 50 mL (70%) of alcohol is poured into 10 g of fresh leaves of the plant and kept in a dark place for 10 days. The infusion is taken 20 drops 3 times a day before meals for arthritis of the joints.

Common wild oats (*Avena fatua* L.) Add 6 liters of water to 2 cups of unrefined common wild oat and cook over low heat until 4 liters are left, then cool, filter and store in the refrigerator. Half a glass is taken 3 times a day half an hour before meals. The course of treatment is 1 month, if desired, the course can be continued after a break of 1 month.

Lilac (*Syringa* L.) Add 1 tablespoon of dry flowers to 1 cup of boiled water, keep for 1 hour and filter. 1 tablespoon is taken 3-4 times a day.

Vodka made from lilac: add 40% alcohol to the flower (1:6 ratio), keep for 7 days and filter. It is necessary to take 30 drops 3 times a day.

Horseradish (*Armoracia rusticana* Gaertn., C.A.Mey.et. Scherb.) Fresh leaves of the plant are placed in painful places.

Bird cherry (*Padus avium* Mill.) A decoction of the bark of bird cherry in vodka or alcohol (40%) is applied to painful places.

Elder (*Sambucus* L.). Mix 1 kg of elder berries with 600 g of sugar. The pot is kept under the sun for 1 day so that the fruits release their juice. Then it is placed in a dark place for 6 days and stirred every day. The mixture is stored in the refrigerator. During joint pain, 1 tablespoon is taken every morning on an empty stomach.

Madder (*Rubia* L.) Add 1 cup of boiled cold water to 1 teaspoon of dry root of madder, keep for 8 hours and filter. Add boiling water to the residue, keep for 10 minutes and filter. Mix

both the obtained mixtures. Half a glass is taken 4 times a day for joint and back pain.

Oat (*Avena L.*) Add 1 cup of oat seeds to 1 liter of boiled water and cook over low heat until half of the liquid has evaporated. You can also add honey or cream to this infusion. For pain in the back and joints, take half a glass before meals 3 times a day.

Common tansy (*Tanacetum vulgare L.*)

Add 1 glass of boiling water to 1 tablespoon of common tansy anthodium, wrap and keep for 2 hours, then strain. For gout, rheumatism, as well as joint and back pain, take 1 tablespoon 20 minutes before meals 3-4 times a day.

Wormwood (*Artemisia L.*) Wormwood and 70% alcohol are taken in a ratio of 1:5, kept for 1 week. Alcohol infusion is applied to the joints for rheumatism. For the treatment and prevention of parasites, take 20 drops 3 times a day half an hour before meals.

Celery (*Apium L.*) Pour 1 tablespoon of fresh celery root with 2 cups of boiling water and keep in a sealed container for 4 hours, then strain. Take 2 tablespoons 3-4 times a day half an hour before meals. Celery can also be stored in cold water. Take half a glass 3 times a day before meals. The recipe is used for gout, rheumatism and joint pain.

Yarrow (*Achillea L.*) Pour 1 cup of boiled water on 1 tablespoon of dry yarrow grass, keep for 1 hour and filter. For rheumatism, neuralgia and back pain, take 1 tablespoon before meals 3-4 times a day.



Plate 30. *a* - *Rosmarinus officinalis* L. (Lamiaceae Lindl.); *b* - *Rubus caesius* L. (Rosaceae Juss.); *c* - *Rubus idaeus* L. (Rosaceae Juss.); *d* - *Rubus saxatilis* L. (Rosaceae Juss.); *e* - *Rubia tinctorum* L. (Rubiaceae Juss.); *f* - *Rumex confertus* Willd. (Polygonaceae Juss.)



Plate 31. *a* - *Ruta graveolens* L. (Rutaceae Juss.); *b* - *Salix alba* L. (Salicaceae Mirb.); *c* - *Salix purpurea* L. (Salicaceae Mirb.); *d* - *Salix caprea* L. (Salicaceae Mirb.); *e* - *Salsola soda* L. (Chenopodiaceae Vent.); *f* - *Salsola richteri* (Moq.) Kar. ex Litv. (Chenopodiaceae Vent.)

Choleretic mixtures

Common buckthorn - *Rhamnus cathartica* L. (*Rhamnaceae* Juss.) - 1 part bark

Pepper mint - *Mentha piperita* L. (*Lamiaceae* Lindl.) - 1 part leaf

Common dandelion - *Taraxacum officinalis* Wigg. (*Asteraceae* Dumort.) - 1 part root

Common wormwood - *Artemisia absinthium* L. (*Asteraceae* Dumort.) - 1 part leaf

Immortelle - *Xeranthemum inapertum* L. (*Asteraceae* Dumort.) - 2 parts flowers

Common madder - *Rubia tinctorum* L. (*Rubiaceae* Juss.) - 4 parts root

Preparation: pour 200 mL of boiled water on 2 tablespoons of the mixture, cook in a water bath for 30 minutes, cool, filter and squeeze, and then bring the volume of the liquid back to the initial state. As a choleretic, you need to take 0.5 cups half an hour before meals 3 times a day.

//

Wild bishop - *Bifora radians* Bieb (*Apiaceae* Lindl.) - 1 part fruit (seed)

Horsemint - *Mentha longifolia* (L.) Huds (*Lamiaceae* Lindl.) - 2 parts leaves

Bean trefoil - *Menyanthes trifoliata* L. (*Menyanthesaceae* Dumort.) - 3 parts leaf

Immortelle - *Xeranthemum inapertum* L. (*Asteraceae* Dumort.) - 4 parts flowers

Preparation: pour 200 mL of boiled water on 2-3 tablespoons of the mixture, cook in a water bath for 15 minutes, cool, filter and squeeze. It can be taken half an hour before meals 2-3 times a day. The recipe is used as a choleretic.

//

Male fern - *Driopteris filix-mas* (L.) Scott. (*Dryopteridaceae* R.-C.Ching.) - 2 parts

Couch grass - *Elytrigia repens* (L.) Nevski (*Poaceae* Barnhart) - 2 parts

Common olive - *Olea europaea* L. (*Oleaceae* Hoffmagg.et Link) - 3 parts leaf

Small-leaved lime - 3 parts - *Tilia cordata* Mill. (*Tiliaceae* Juss.)

Preparation: pour 400 mL of boiling water on 1 tablespoon of the mixture and keep it in a closed container until it cools. 30 mL should be taken 6 times a day for the removal of stones in the gall bladder.

//

Reddish immortelle - *Helichrysum rubisundum* (C.Koch) Bronm (*Asteraceae* Dumort.) - 2 parts

Maize-*Zea mays* L. (*Gramineae* Juss. nom. altern.) - 3 parts

Common yarrow - *Achillea millefolium* L. (*Asteraceae* Dumort.) - 3 parts

Common dandelion - *Taraxacum officinale* Wigg. (*Asteraceae* Dumort.) - 4 parts

Preparation: pour 3 tablespoons of the mixture into 400 mL of boiling water and cool. Take 50 mL 5 times a day. It is mainly used to remove stones in the gallbladder, which are observed with rashes.

//

Syrian rhubarb - *Rheum ribes* L. (*Polygonaceae* Juss.) - 2 parts

Dill - *Anethum graveolens* L. (*Apiaceae* Lindl.) - 3 parts

Fennel - *Foeniculum vulgare* Mill. (*Apiaceae* Lindl.) - 3 parts

Common succory, flowers - *Cichorium intybus* L. (*Asteraceae* Dumort) - 4 parts

Preparation: Pour 1 tablespoon of the mixture with 400 mL of boiling water and cool. Take 30 mL 6 times a day in the release of gallstones, stomach burning and the first stage of cirrhosis.

//

Choleretic one-component treatment methods:

Common barberry- *Berberis vulgaris* L. Pour 10 g of dry crushed common barberry leaves with 1 cup of boiling water, soak in a water bath for 15 minutes, cool and strain. It is necessary to take 1 tablespoon 3 times a day as an choleretic.

Silver birch -*Betula pendula* L. In a ratio of 1:5, medical alcohol (96%) and silver birch buds are taken and kept for 1 week. With the stagnation of bile, take 1 teaspoon.

Maize (*Zea mays* L.) 10 g of the stigma of the plant is taken, pour 1 cup of boiling water on the raw materials and boil in a water bath for 30 minutes with the closed cover for half an hour, keep for 10 minutes, filter and squeeze. To accelerate the removal of gallstones, it is beneficial to take ¼ cup 3-4 times a day.

Lady-smock (*Cardamine pratensis* L.) Pour 1 cup of boiling water over 1 tablespoon of the herb part of the lady-smock and keep it for 2 hours, filter. Take 2 tablespoons 3 times a day as an choleretic.

Treatment of cough with folk medicine methods

Wild bishop - *Bifora radians* Bieb. (*Apiaceae* Lindl.) - 30 g of seeds

Common mistletoe - *Viscum album* L. (*Viscaceae* Batsch) - 4 g of branches

Common chrysanthemum *Chrysanthemum indicum* L. (*Asteraceae* Dumort.) - 200 g of flowers

Bermuda grass – *Cynodon dactylon* (L.) Pers. (*Poaceae* Barnhart) - 6 g of root (in powder form)

Ginger - *Zingiber officinale* L. (*Zingiber* Adans.) - 2 g of root (in powder form)

Preparation: Wild bishop and mistletoe cut into small pieces, mix with other powders and prepare a one-component mixture, pour 1 liter of boiled water and keep wrapped in a thick towel. Take 100 mL 3 times a day (last portion at bedtime). The infusion should be taken with halva, honey or fruits with added sugar.

//

Iceland moss (setrariyası) – *Cetraria islandica* L. (*Parmeliaceae*). Pour 1 glass of milk into an enameled pan and add 1 tablespoon of crushed Iceland moss to it. After boiling the mixture, keep it closed for 20 minutes and take 1 tablespoon before bedtime. After taking the infusion, you must be in bed.

Iceland moss can be replaced with sage, but in this case the effect will not be as effective. If you do not like milk, then you can take an aqueous infusion of Iceland moss.

Common avens-*Geum urbanum* L. (*Rosaceae* Juss.)

Cough with phlegm is treated with powder made from the root of wood avens. It is believed that this remedy cures phlegm faster. The powder should be taken 1 g 3 times a day, preferably with jam or honey.

Cough of allergic origin:

In particular, it is recommended to take the following herbal mixture during a cough of allergic origin in children:

Three-lobed beggarticks, herb - 50 parts (not briquettes)-
Bidens tripartita L. (*Asteraceae* Dumort.)

Wild pansy - *Viola tricolor* L. (*Violaceae* Batsch) - 10 parts
grass

Winter thyme - *Thymus hymnalis* L. (*Lamiaceae* Lindl.) - 20
parts grass

Caraway - *Carum carvi* L. (*Apiaceae* Lindl.) – seed 10 parts

High mallow – *Malva sylvestris* L. (*Malvaceae* Juss.) - 10
parts (root, leaf, flower)

Preparation: 1 tablespoon of the mixture is brewed with 1 cup of boiling water. It is kept for 20 minutes and taken hot with the addition of any sweet product (jam, honey, etc.) between meals and at bedtime. The infusion is renewed at each reception, since the beggars-ticks after cooling lose their qualities.

Treatment methods for severe cough:

For a chronic cough, asthma and shortness of breath, it is necessary to keep wet or dry leaves of the common bull's-foot in the mouth in equal amounts with its flower throughout the day. In case of strong cough, it is better to use 2-3 ripe fruits of dates 3 times a day.

Licorice - *Glycyrrhiza glabra* L. (*Fabaceae* Lindl.)

- a) To roast the licorice root and then grind it. Pour 2 tablespoons of chopped licorice root with 300 mL of boiling water and drink 150 mL after boiling for 20 minutes, and after half an hour again 150 mL. The procedure should be repeated in the evening.

Mix the ginger powder and licorice root in half, take 1 tablespoon of the mixture and pour 1 cup of boiling water, boil, cool and drink, the sediment remains at the bottom when drinking.

Flower mixture for dry cough:

The following mixture is useful in aggravated dry cough:

High mallow - *Malva sylvestris* L. (*Malvaceae* Juss.) - 3 parts

Buckwheat - *Fagopyrum esculentum* Moench (*Polygonaceae* Juss.) - 3 parts flowers

Medicinal lungwort - *Pulmonaria officinalis* L. (*Boraginaceae* Juss.) - 3 parts flowers

Coltsfoot - *Tussilago farfara* L. (*Compositae* Gisece = *Asteraceae* Dumort) - 3 parts flowers

Poppy - *Papaver* L. (*Papaveraceae* Juss.) – 3 parts flowers

Preparation: pour 50 g of the mixture into 1 liter of boiled water, boil and wrap with a towel all night. 1 liter is taken warm during the day. The last dose should be in the evening before bed.

Treatment of polyarthritis with folk medicine methods

1st collection

Common barberry - *Berberis vulgaris* L. (*Berberidaceae* Juss.) - 1 part berry

Yellow gentian - *Gentiana lutea* L. (*Gentianaceae* Juss.) - 1 part

Wild strawberry - *Fragaria vesca* L. (*Rosaceae* Juss.) - 2 parts

Field horsetail - *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) - 2 parts

Common knotgrass - *Polygonum aviculare* L. (*Polygonaceae* Juss.) - 4 parts

Preparation: pour 1 liter of hot water on 3 tablespoons of the mixture and cool it. During polyarthritis, 1 glass is taken 6 times a day.

//

Alcohol infusion: add 400 mL of alcohol to 3 tablespoons of the mixture and store in a dark place for 6-7 days. The infusion is taken 25 drops 4 times a day for a month. After a break of 2 weeks, the course starts again. Simultaneously with this treatment, it is necessary to do therapeutic exercises. The recipe is used for polyarthritis or spinal osteochondrosis.

Common ephedra - *Ephedra distachya* L. (*Ephedraceae* Dumort.) - 1 part

Common speedwell - *Veronica officinalis* L. (*Scrophulariaceae* Juss.) - 2 parts

Great burdock, root - *Aretium lappa* L. (*Asteraceae* Dumort.) - 2 parts

Black poplar, buds - *Populus nigra* l. (*Salicaceae* Mirb.) - 2 parts

Field horsetail - *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) - 3 parts

Preparation: pour 400 mL of boiling water on 1.5 tablespoons of the mixture and keep it. 50 mL is taken 6 times a day during polyarthritis.

//

Alcohol infusion: add 6 tablespoons of the mixture to 0.5 liters of alcohol and store in a dark place for 1 week. Take 25 drops 4 times a day. To achieve a high effect in obese patients, it is necessary to reduce fluid intake, follow a diet and engage in therapeutic exercises.

Stone bramble - *Rubus saxatilis* L. (*Rosaceae* Juss.) – 1 part

Birthwort - *Aristolochia clematitis* L. (*Aristolochiaceae* Juss.)
– 2 parts

Common soapwort - *Saponaria officinalis* L.
(*Caryophyllaceae* Juss.) - 2 parts

Common dandelion - *Taraxacum officinalis* Wigg.
(*Asteraceae* Dumort.) - 2 parts

Three-lobed beggarticks - *Bidens tripartita* L. (*Asteraceae* Dumort.) - 2 parts

Preparation: add 1 cup of boiled water to 3 tablespoons of the mixture and cool it. It is used as a compress during polyarthritis.

//

Alcohol infusion: add 300 mL of alcohol to 3 tablespoons of the mixture and hold. About 5 mL of infusion should be rubbed into sore muscles.

For internal use, stone bramble should be replaced with spicate lavender: To 1 tablespoon of the mixture, add 1 cup of boiling water and store. Infusion is taken 30 mL 3 times a day. The recipe is used for polyarthritis, osteochondrosis, acute pain in the spine bone, accompanied by swelling and pain in the muscles.

Common knotgrass - *Polygonum aviculare* L. (*Polygonaceae* Juss.) - 1 part

European blueberry - *Vaccinium myrtillus* L. (*Ericaceae* Juss.)
- 2 parts leaf

Balm lemon - *Melissa officinalis* L. (*Lamiaceae* Lindl.) - 2 parts

Marsh parsley, root- 2 parts - *Apium graveolens* L. (*Apiaceae* Lindl.)

Three-lobed beggarticks - *Bidens tripartita* L. (*Asteraceae* Dumort.) - 2 parts

Cinnamon rose-*Rosa cinnamomea* (R. majalis, R. pisiformis) - 2 parts root

Preparation: 400 mL of boiled water should be added to 3 tablespoons of the mixture and cooled. During polyarthritis, it is taken half a glass 6 times a day.

//

Alcohol infusion: 0.5 l of alcohol is added to 6 tablespoons of the mixture. Take 25 drops 4 times a day, while rubbing the painful areas with a solution. The recipe is used for severe polyarthritis and spinal osteochondrosis.

Silver wattle - *Acacia dealbata* Link (*Fabaceae* Lindl.) - 1 part flowers

Horseheal - *Inula helenium* L. (*Asteraceae* Dumort.) - 2 parts root

Dwarf rosemary - *Rosmarinus officinalis* L. (*Lamiaceae* Lindl.) - 2 parts

Common nettle - *Urtica dioica* L. (*Urticaceae* Juss.) - 3 parts

Common juniper - 3 parts - *Juniperus communis* L. (*Cupressaceae* Rich. ex Bartl.)

Bird cherry - 3 parts- *Padus avium* Mill. (*Rosaceae* Juss.)

Preparation: 6 tablespoons of the mixture are taken for 1 liter of vodka, kept for at least 1 week. In any severe form of polyarthritis, a napkin moistened with infusion or a bandage is placed on the joint in the form of a compress all night.

//

Common betony - *Betonica officinalis* L. (*Lamiaceae* Lindl.) - 2 parts

Persian walnut - *Juglans regia* L. (*Juglandaceae* A. Rich. ex Kunth) - 3 parts young shoots

True fox sedge - *Carex vulpina* L. (*Juncaceae* Juss.) - 3 parts

Preparation: 1 tablespoon of the mixture pour 350 mL of boiling water and cool. Take 1 tablespoon 3 times a day.

Alcohol infusion: add 400 mL of alcohol to 3 tablespoons of the mixture and keep for at least 1 week. 30 drops are taken 3 times a day. At the same time, it is necessary to massage with the infusion.

Treatment of prostate with folk medicine methods

Small-leaved lime - *Tilia cordata* Mill. (*Tiliaceae* Juss.) - 1 part flowers

Greater celandine - *Chelidonium majus* L. (*Papaveraceae* Juss.) - 1 part grass

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 2 parts

Wild camomile-2 parts flowers- *Matricaria recutita* (L.) (*Asteraceae* Dumort.)

Preparation: pour 2 tablespoons of the mixture into 500 mL of boiling water, keep in a thermos for 1 hour and strain. The infusion is taken in half a cup in the morning and evening after meals (you can also add honey). The recipe can be used for acute prostatitis, it normalizes the functioning of the prostate gland and relieves inflammation.

//

Silver birch - *Betula pendula* L. (*Betulaceae* S.F. Gray) - 1 part leaf

Common plantain - *Plantago major* L. (*Plantaginaceae* Juss.) - 1 part leaf

Dog rose - *Rosa canina* L. (*Rosaceae* Juss.) - 1 part fruit

Quinquelobate motherwort - *Leonurus quinquelobatus* Gilib. (*Lamiaceae* Lindl.) - 2 parts grass

Preparation: 3 tablespoons of the mixture pour 500 mL of boiling water, keep in a thermos for 2-3 hours and strain. The infusion should be taken in half a glass 3 times a day half an hour before meals. The infusion is also used in the treatment of urinary incontinence and prevents inflammation.

//

Drug fumitory - *Fumaria officinalis* L. (*Papaveraceae* Juss.)
- 1 part grass

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.)- 1 part grass

Kinnikinnick - *Arctostaphylos uva-ursi* (L.) Spreng. (*Equisetaceae* Rich. ex DC.) - 1 part leaf

Sweet flag - *Acorus calamus* L. (*Araceae* Juss.) - 2 parts rhizome

Preparation: add 2-3 tablespoons of the dry mixture to half a liter of boiling water, leave for 2 hours and strain. In chronic prostatitis, accompanied by impotence, take half a cup half an hour before meals twice a day.

One-component brewing

Great burdock (*Arctium lappa* L.) - To 2 tablespoons of crushed and dry root, add 500 mL of boiled water and after 10 minutes of boiling on low heat, stand for 4 hours and strain. The infusion should be taken 1/3 cup 3-4 times a day half an hour before meals. The recipe is used for prostate adenoma. Brewing relieves tumors and inflammation of the prostate.

Treatment of parodontitis with folk medicine methods

Sweet flag - *Acorus calamus* L.

Pour 1 teaspoon of the crushed plant root with 150 mL of boiled water, leave for 2 hours and rinse your mouth several times a day with an infusion obtained with paradontosis.

European blueberry – *Vaccinium myrtillus* L.

It is necessary to pour 6 g of dry European blueberry leaves with 1 glass of water and boil for 25 minutes, then strain and bring the volume to 200 mL with boiled water. The mouth is rinsed every 2-3 hours with an infusion taken for parodontitis, stomatitis, gingivitis.

Bean trefoil -*Menyanthes trifoliata* L.

2 tablespoons of chopped dry herbs are brewed with 1 cup of boiling water. After keeping for 20 minutes, filter. The recipe is used to rinse the mouth with gingivitis and paradontosis.

Knotgrass -*Polgonum aviculare* L.

It is necessary to dissolve the fresh juice obtained from the leaves with water and rinse the mouth.

Kalanchoe Adans.

Cotton moistened with the juice of kalanchoe leaves is applied to damaged gums for 40 minutes. The plant is used for gingivitis, parodontitis and stomatitis.

Coltsfoot -*Tussilago farfara* L.

Pour 1 cup of boiled water on 1 tablespoon of crushed dry leaves and keep it for half an hour. After straining, rinse the mouth several times a day.

Common comfrey - *Symphytum officinale* L.

Pour 10 g of crushed plant roots with 1 cup of boiling water, boil for 10 minutes and filter. The infusion is used to rinse the mouth.

Wild pansy -*Viola tricolor* L.

Pour 1 cup of boiled water on 1 tablespoon of crushed dry herb, boil for 15 minutes, keep for 45 minutes, filter and increase the volume to 200 mL. In case of parodontitis or toothache, the mouth is gargled with the infusion.

Folk medicine methods for gout, accumulation of salts

Black elder - *Sambucus nigra* L. (*Sambucaceae* Batsch ex Borkh.)

Since ancient times, for gout and arthritis, any part of the black elder bush - leaf, bark, flower or root infusion has been used. Add 20 g of black elder flower to 200 g of boiled water. Take 1/3 cup 3-4 times a day before meals and before going to bed. It is advisable to add honey to the mixture.

Note. Do not confuse the black elder bush with the dwarf elder. Both plants are similar, but the dwarf elder has an unpleasant taste and is low. During flowering, the flowers of dwarf elder are white with reddish pollen, and the black elder has yellowish-white pollen. Although dwarf elder is considered toxic, it is widely used in traditional medicine.

Compress made from Sambucus nigra L.:

Compressing from the following mixture gives an effective result during severe gout pains. Half a cup of dry elder flowers and half a cup of chamomile are taken. Add boiled water to it, wrap it tightly and hold for 10 minutes. The resulting hot mixture is poured into a bag of linen material, placed on a painful muscle and wrapped hot. This compress can also be used for myositis.

One-component treatment methods: Common betony – *Betonica officinalis* L. (*Lamiaceae* Lindl.). In ancient times, people used a mixture of common betony or sage (*Salvia* sp.) with 2 tablespoons of strong port for gout.

Method of preparation: pour 200 g of boiled water with 2 tablespoons of wine on 5 g of common betony grass (together with the flower), wrap well and keep for 15 minutes. Take 1/3 cup before meals.

//

Common lilac - *Syringa vulgaris* L. (*Oleaceae* Hoffm. et Link)

An infusion made from common lilac is the most convenient and simple remedy for gout. 1 glass of vodka or alcohol is poured over 2 tablespoons of plant flowers. Stored in a dark place for 1 week. 50 drops of vodka or 20-30 drops of alcohol infusion are accepted between meals.

Common duckweed- *Lemna minor* L. (*Lemnaceae* S.F.Gray). Common duckweed should be air-dried, finely crushed and mixed with honey. During gout, 1 teaspoon is taken 3 times a day.

Marsh cinquefoil - *Comarum palustre* L. (*Rosaceae* Juss.) An infusion from the dried plant root is a popular and widely used remedy for gout. 5 g of firmly crushed plant root is poured on 200 g of boiled water and half a cup is taken before meals. At the same time, you can prepare a solution of the root or stem of swamp cinquefoil in alcohol: for this, 500 g of vodka is taken for 250 g of dry plant raw materials. Stored in a dark place for 3 weeks. 1 glass (50 mg) is drunk before meals. The duration of admission is 2-3 months, subject to compliance with the dose.

Sage - *Salvia officinalis* L. (*Lamiaceae* Juss.). Pour 50 g of the plant into 3 liters of boiled water and boil for 10 minutes, then put the damaged area into the hot mixture. If the water has cooled, you can add boiling water or hot sage infusion. Need to cook for half an hour to an hour. After that, it is recommended to bandage the painful area and lie down. This procedure should be done within 1 month. The mixture helps to dissolve gouty edema. The storage period of sage is 1 year. After the expiration date, the mixture loses its qualities.

White bryony - *Bryonia alba* L. (*Cucurbitaceae* Juss.). It has a strong effect in the treatment of gout, the crushed roots are applied as a poultice to swollen areas. However, since the plant is poisonous, it is more appropriate to buy ready-made ointment or in the form of an infusion.

European blueberry leaf-*Vaccinium myrtillus* L. (*Ericaceae* Juss.)

In gout, a decoction made from European blueberry leaves is very useful. But in some cases, the constant use of infusion causes

urinary incontinence. That is why it is better to add chamomile, lime flower or raspberry leaf to this mixture (1:1 ratio) It can be drunk as a tea, provided that it is not more than 800 g per day.

Tormentil - *Potentilla erecta* (L.) Raeusch. It is prepared in the form of an alcohol infusion: 20 g of plants are taken per 100 g of alcohol. It is kept on the window for 40 days and taken 40 drops before meals. This recipe is the oldest method used in the treatment of gout. Only if your intestines are prone to constipation, then this infusion is not recommended.

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) Long-term intake of common St.-John's wort together with tea or separately gives good results.

Common succory - *Cichorium intybus* L. (*Asteraceae* Dumort)

Avicenna recommended putting a strong infusion prepared from common succory root on the painful joint.

Agave americana. Infusion made from the leaf of American agave is taken 20 drops 3 times a day. Dose: 100 g of alcohol is taken per 10 g of leaves and kept in a dark place for 10 days.

Three-lobed beggarticks - *Bidens tripartita* L. (*Asteraceae* Dumort.). Long-term use of the plant in the form of a tea treats gout. The plant is harvested in the budding phase, the ripening period must not be missed. Dry necessarily in the shade, in a natural way, without heating, in small portions. It is useless to use a briquette plant.

It is necessary to pour the plant with fresh boiling water and hold it for 15 minutes without wrapping. Strain and drink hot. Otherwise, cold plants will lose many of its beneficial properties. Properly harvested and brewed, the plant has a golden color and has a number of important properties. If the infusion is dreggy green, then there is no point in taking it.

Common barberry - *Berberis vulgaris* L. (*Berberidaceae* Juss.) The bark and root of the common barberry have an incredible effect in the treatment of rheumatism, radiculitis and gout. For 100 g of alcohol, 25 g of vegetable raw materials (bark

or root part) are taken. Take 30 drops 3 times a day. This is an ancient homeopathic remedy. Reception of infusion leads to a decrease in muscle pain and gouty nodules.

Common speedwell - *Veronica officinalis* L. (*Scrophulariaceae* Juss.). For gout, it is recommended to drink a hot infusion of herbs brewed like tea. You can drink unlimited throughout the day. Sometimes the juice of this herb is consumed on an empty stomach.

Tested plant collection

Bluebottle common centaury - *Centaurea cyanus* L. (*Asteraceae* Dumort.) - 5 parts flowers

Pot marigold - *Calendula officinalis* L. (*Asteraceae* Dumort.) - 5 parts flowers

Peony - *Paeonia* L. (*Berberidaceae* Juss.) - 5 parts flowers

Common juniper - *Juniperus communis* L. (*Cupressaceae* Rich.ex Bartl.) - 5 parts fruit

Common buckthorn - *Rhamnus cathartica* L. (*Rhamnaceae* Juss.) - 5 parts bark

Black elder - *Sambucus nigra* L. (*Sambucaceae* Batsch ex Borkh.) - 10 parts flowers

White willow - *Salix alba* L. (*Salicaceae* Mirb.) - 20 parts bark

Common nettle - *Urtica dioica* L. (*Urticaceae* Juss.) - 10 parts leaf

Field horsetail - *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) - 20 parts grass

Silver birch (cavan) - *Betula pendula* L. (*Betulaceae* S. F. Gray) - 20 parts leaf

Preparation: Mix all the herbs, take 1 tablespoon of the mixture (in a porcelain bowl) and pour 300 g of boiling water. Then wrap, hold for half an hour and drink everything hot. This process is repeated every 2 hours.

Treatment of radiculitis with folk medicine methods

Spicate lavender - *Lavandula spica* L. (*Lamiaceae* Juss.) – 1 part

Globe thistle - *Echinops ritro* L. (*Asteraceae* Dumort.) - 3 parts

Dwarf rosemary - *Rosmarinus officinalis* L. (*Lamiaceae* Lindl.) - 3 parts

Black poplar, buds - *Populus nigra* L. (*Salicaceae* Mirb.) - 3 parts

Preparation rules:

1. Add 3 tablespoons of the mixture to 1 liter of boiled water and keep it. During radiculitis, 30 mL should be taken 7 times a day.
2. Add 3 tablespoons of the mixture to 0.5 liters of alcohol and hold. In severe radiculitis and paralysis, the infusion is applied to the joints and muscles.

//

Small-leaved lime - *Tilia cordata* Mill. (*Tiliaceae* Juss.) - 1 part

Wild camomile - *Matricaria recutita* (L.) (*Asteraceae* Dumort.) - 1 part

Oriental mullein - *Verbascum orientale* (L.) All. (*Scrophulariaceae* Juss.) - 2 parts

Spicate lavender - 2 parts- *Lavandula spica* L. (*Lamiaceae* Juss.)

Mint - 2 parts - *Mentha* L. (*Lamiaceae* Lindl.)

Sweet basil - *Ocimum basilica* L. (*Lamiaceae* Lindl.) - 3 parts

Preparation rules:

1. Add 3 tablespoons of the mixture to 1 liter of boiling water and keep it. During radiculitis, 50 drops are taken 6 times a day.
2. After adding 3 tablespoons of the mixture to 0.5 liters of vodka, the infusion is applied to the lumbar spine during radiculitis and plexitis.

Folk medicine methods of rheumatism

Lavender – *Lavandula L. (Lamiaceae Lindl.)* – 1 part flowers

Thyme – *Thymus L.* – 1 part grass

Rosemary – *Rosmarinus L. (Lamiaceae Lindl.)* – 1 part leaf

White willow – *Salix alba L. (Salicaceae Mirb.)* – 7 parts leaf

Preparation: add 500 mL of boiling water to 1 tablespoon of the mixture, keep it in a closed container for 20 minutes, filter. The infusion is used as a compress during rheumatoid arthritis.

1 tablespoon of common nettle leaf and 1 tablespoon of swamp ledum is taken. Add 1 liter of boiled water to the mixture, store and filter. During rheumatism, take half a glass of tea 5-6 times a day.

Folk medicine methods for hair loss with folk medicine methods

Chamomile - *Matricaria L. (Asteraceae Dumort.)* - 1 part

Sweet flag roots- *Acorus calamus L. (Araceae Juss.)* - 2 parts

Japanese pagoda tree - *Styphnolobium japonicum L. (Fabaceae Lindl.)* - 2 parts

White poplar, buds – *Populus alba L. (Salicaceae Mirb.)* - 2 parts

Sea buckthorn leaves - *Hippophae rhamnoides L. (Elaeagnaceae Juss.)* - 3 parts

Preparation: Pour 3 tablespoons of the mixture with 1 cup of boiling water and cool. The resulting infusion should be thoroughly rinsed with hair. The recipe is used to strengthen the hair.

//

Pot marigold, flowers - *Calendula officinalis L. (Compositae Gisece = Asteraceae Dumort.)* - 10 g

Common hop, cones - 15 g - *Humulus lupulus* L. (*Campanulaceae* Juss.)

Great burdock roots - *Arctium lappa* L. (*Compositae* Gisece = *Asteraceae* Dumort.) - 20 g

Preparation: Pour the mixture with 1 liter of boiled water, boil for 10 minutes and keep for half an hour. Washed hair can be rinsed with infusion twice a week. The recipe is used for hair loss.

//

Common nettle - *Urtica dioica* L. (*Urticaceae* Juss.) - 4 parts

Great burdock, root - *Arctium lappa* L. (*Asteraceae* Dumort.) - 4 parts

Preparation: pour 2 liters of boiled water on 3 tablespoons of the mixture and cool it. In order to strengthen the hair, it is necessary to rinse the hair with the infusion.

//

White birch, leaves - *Betula pubescens* Ehrh. (*Betulaceae* S. F. Gray) - 1 part

Field horsetail - *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) - 1 part

Goat willow, shoots - *Salix caprea* L. (*Salicaceae* Mirb.) - 2 parts

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.) - 2 parts

Stone bramble - *Rubus saxatilis* L. (*Rosaceae* Juss.) - 3 parts

Great burdock, roots - *Aretium lappa* L. (*Asteraceae* Dumort.) - 3 parts

Preparation: Pour 2 tablespoons of the mixture with 1 liter of boiled water and boil for 1 minute, then add 1 teaspoon of soda and quickly remove from heat. Keep 3 hours. The resulting infusion washes the hair with dandruff and baldness.

//

Small-leaved lime - *Tilia cordata* Mill. (*Tiliaceae* Juss.) - 2 parts

Southern big-flower magnolia - *Magnolia grandiflora* L. (*Magnoliaceae* Juss.) - 2 parts

Coltsfoot *Tussilago farfara* L. (*Asteraceae* Dumort.) - 2 parts

Common bugle - *Ajuga reptans* L. (*Lamiaceae* Lindl.) - 3 parts

Common hop - *Humulus lupulus* L. (*Cannabaceae* Endl.) - 3 parts

Preparation: add 3 tablespoons of the mixture to 1 liter of boiled water and wait until it cools down. In order to strengthen the base of the hair, it is necessary to rinse the hair with an infusion

//

Stone bramble - *Rubus saxatilis* L. (*Rosaceae* Juss.) - 2 parts

Common nettle - *Urtica dioica* L. (*Urticaceae* Juss.) - 3 parts

Coltsfoot - *Tussilago farfara* L. (*Asteraceae* Dumort.) - 4 parts

Preparation: add 3 tablespoons of the mixture to 1 liter of boiled water and cool it.

It is useful to wash the head with the infusion obtained during the strengthening of hair and for dandruff.

Treatment of pneumonia with folk medicine methods

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 1 part

Siberian milkwort - *Polygala sibirica* L. (*Polygalaceae* R.Br.) - 1 part

Common bugle - 2 parts - *Ajuga reptans* L. (*Lamiaceae* Lindl.)

Common hyssop - *Hyssopus officinalis* L. (*Lamiaceae* Lindl.) - 2 parts

Stinking chamomile - *Anthemis cotula* L. (*Asteraceae* Dumort.) - 2 parts

Smoke tree – *Cotinus coggygria* Scop. (*Anacardiaceae* Lindl.) - 2 parts

Blue gum - *Eucalyptus globulus* Labill. (*Myrtaceae* Juss.) - 2 parts

Preparation: pour 1 liter of boiled water on 3 tablespoons of the mixture and keep it. 50 mL is taken 6-8 times a day. Alcohol tincture can be prepared at the same time: 6 tablespoons of raw materials are stored in 0.5 liters of alcohol. Take 25 drops 6 times a day. It is necessary to rub the chest well with alcohol tincture at night and inhale with infusion. The recipe is used for pneumonia, as well as bronchitis, accompanied by chest pain and purulent sputum.

//

White bryony - *Bryonia alba* L. (*Cucurbitaceae* Juss.) - 1 part
Creeping thyme - *Thymus serpyllum* L. (*Lamiaceae* Lindl.) - 1 part

Common cowslip - *Primula veris* L. (*Primulaceae* Vent.) - 2 parts

Pot marigold - *Calendula officinalis* L. (*Asteraceae* Dumort.) - 3 parts

Gallic rose - *Rosa gallica* L. (*Rosaceae* Juss.) - 3 parts
Preparation: pour 1 liter of boiled water on 3 tablespoons of the mixture and take 7 times a day, 1 cup. Infusion is used for pneumonia.

//

Buckwheat - *Fagopyrum esculentum* Moench (*Polygonaceae* Juss.) - 1 part flower

White bryony - *Bryonia alba* L. (*Cucurbitaceae* Juss.) - 1 part root

Blue gum - *Eucalyptus globulus* Labill. (*Myrtaceae* Juss.) - 1 part

Marsh mallow - *Althaea officinalis* L. (*Malvaceae* Juss.) - 2 parts root

Common flax - *Linum usitatissimum* L. (*Linaceae* DC.ex S.F.Gray) - 2 parts seed

Coltsfoot – *Tussilago farfara* L. (*Asteraceae* Dumort.) - 2 parts

Oriental mullein - *Verbascum orientali* (L.) All. (*Scrophulariaceae* Juss.) - 3 parts

Preparation: pour 1 tablespoon of the mixture into 0.5 liters of boiled water and keep it for acute pneumonia and pleurisy, accompanied by chest pains.

//

Common wormwood - *Artemisia absinthium* L. (*Asteraceae* Dumort.) - 1 part

Black poplar - *Populus nigra* L. (*Salicaceae* Mirb.) - 1 part bud

Pepper mint - *Mentha piperita* L. (*Lamiaceae* Lindl.) - 2 parts

Sweet-scented violet - *Viola odorata* L. (*Violaceae* Batsch) - 2 parts

Black elder - *Sambucus nigra* L. (*Sambucaceae* Batsch ex Borkh.) - 3 parts

Green leaf lettuce - *Lactuca sativa* L. (*Asteraceae* Dumort.) - 3 parts

Preparation: pour 1.5 tablespoons of the mixture with 1 liter of boiled water and let stand. In chronic bronchitis, pneumonia, cough, accompanied by purulent sputum, take 1 cup 7 times a day.

//

High mallow - *Malva sylvestris* L. (*Malvaceae* Juss.) - 1 part

Licorice - *Glycyrrhiza glabra* L. (*Fabaceae* Lindl.) - 1 part root

Jacob's ladder - *Polemonium* L. (*Polemoniaceae* Juss.) - 2 parts

Tree mallow - *Lavatera thuringiaca* L. (*Malvaceae* Juss.) - 2 parts

Common soapwort-*Saponaria officinalis* L. (*Caryophyllaceae* Juss.) - 4 parts

Preparation: 1.5 tablespoons of the mixture is poured with 1 liter of boiled water and hold. The infusion is used for dry cough (when sputum comes off with difficulty) and inflammation of the bronchi.

//

Goat willow - *Salix caprea* L. (*Salicaceae* Mirb.) - 3 parts
bud

Common soapwort - *Saponaria officinalis* L.
(*Caryophyllaceae* Juss.) - 3 parts

Sweet-scented violet - *Viola odorata* L. (*Violaceae* Batsch) -
4 parts

Preparation: Pour 3 tablespoons of the mixture with 1 liter of boiled water and take 1 cup 7 times a day with a strong cough with sputum, accompanied by high fever.

//

Oriental mullein - *Verbascum orientali* (L.) All.
(*Scrophulariaceae* Juss.) - 2 parts

Coltsfoot - *Tussilago farfara* L. (*Asteraceae* Dumort.) – 2
parts

Medicinal lungwort - *Pulmonaria officinalis* L.
(*Boraginaceae* Juss.) –2 parts

Spicate lavender - *Lavandula spica* L. (*Lamiaceae* Juss.) - 3
parts

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.) - 3 parts

Preparation: pour 1.5 tablespoons of the mixture into 1 liter of boiled water and hold. As an expectorant (with difficult sputum with dry cough) take 5 times a day, 150 mL.

//

Horseheal - *Inula helenium* L. (*Asteraceae* Dumort.) - 2 parts

Tormentil - *Potentilla erecta* (L.) Raeusch. - 2 parts

Blue gum - *Eucalyptus globulus* Labill. (*Myrtaceae* Juss.) - 2
parts

Cultivated angelica - *Angelica archangelica* L. (*Apiaceae* Lindl.) - 3 parts

Drug fumitory - *Fumaria officinalis* L. (*Papaveraceae* Juss.) - 3 parts

Preparation: 1.5 tablespoons of the mixture is poured with 0.5 liters of boiled water and hold. It should be taken 6 times a day, 50 mL each time. The infusion is taken with the release of greenish-yellow phlegm.

Folk medicine method for stimulation of the nervous system

To 90 g of fresh sage (*Salvia officinalis* L.), add 800 g of alcohol (vodka) and 400 g of water and keep in a closed glass container in the light for 40 days. It is taken with 1 tablespoon of water between meals. This infusion improves the functioning of the nervous system and prolongs the life of the elderly.

Treatment of cystitis with folk medicine methods

Common betony - *Betonica officinalis* L. (*Lamiaceae* Lindl.) - 1 part grass

Horse dock - *Rumex confertus* Willd. (*Polygonaceae* Juss.) - 1 part root

Common nettle - *Urtica dioica* L. (*Urticaceae* Juss.) - 2 parts grass

Common plantain - *Plantago major* L. (*Plantaginaceae* Juss.) - 2 parts leaf

Dog rose - *Rosa canina* L. (*Rosaceae* Juss.) - 2 parts fruit

Hautbois strawberry - *Fragaria moschata* (Duch.) Weston. (*Rosaceae* Juss.) - 3 parts leaf

Asparagus - *Asparagus officinalis* L. (*Asparagaceae* Juss.) - 3 parts root

Field horsetail - *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) - 5 parts

Preparation: 1 tablespoon of the mixture is poured with 600 mL of boiled water and hold. In chronic nephritis and acute cystitis, the infusion is taken 1 glass before meals 3 times a day.

If blood appears in the urine, then it is necessary to replace the common horsetail with betony fruit. In case of severe swelling, 1 part of curly parsley should be added to the mixture and the recipe should be slightly changed. Pour 1 tablespoon of the mixture with 1 cup of boiling water and store. Take 1/3 cup before meals 3 times a day. The course of treatment is 4-8 months.

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Basil - *Ocimum basilicum* L. (*Lamiaceae* Lindl.) - 2 parts

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 2 parts

Umbrella-shaped centaury - *Centaureum umbellatum* Gilib.) (*Gentlanaceae* Juss.) - 2 parts

Common hop - *Humulus lupulus* L. (*Cannabaceae* Endl.) - 2 parts

Common knotgrass - *Polygonum aviculare* L. (*Polygonaceae* Juss.) - 4 parts

Preparation: pour 2 tablespoons of the mixture into 1 liter of boiled water, let stand and strain. It is taken 1 glass 7 times a day for chronic, acute cystitis, which is observed at the same time with bleeding and purulent discharge.

//

Forking larkspur - *Consolida regalis* Gray (*Ranunculaceae* Juss.) - 1 part

Common dandelion - *Taraxacum officinalis* Wigg. (*Asteraceae* Dumort.) - 1 part

Quinquelobate motherwort - *Leonurus quinquelobatus* Gilib. (*Lamiaceae* Lindl.) - 1 part

Common betony - *Betonica officinalis* L. (*Lamiaceae* Lindl.)
- 2 parts

Pot marigold - *Calendula officinalis* L. (*Asteraceae* Dumort.)
- 2 parts

Couch grass - *Elytrigia repens* (L.) Nevski (*Poaceae*=
Gramineae Juss.nom.altern.) - 2 parts

Hedgehog thistle - *Cirsium echinus* (Bieb).Hand.Mazz.
(*Asteraceae* Dumort.) - 2 parts

Preparation: pour 2 tablespoons of the mixture into 1.5 liters of
boiled water, store and strain. With exacerbation of cystitis, take
50 mL 7 times a day.

//

Watercress - *Nasturtium officinale* R.Br.(*Brassicaceae*
Burnett) - 1 part

Iris pseudo caucasica Grossh. (*Iridaceae* Juss.) - 1 part

Common wormwood - *Artemisia absinthium* L. (*Asteraceae*
Dumort.) - 1 part

Harmel - *Peganum harmala* L. (*Peganaceae* (Engl.) Tiegh.ex
Takht.) - 2 parts

Bugleweed - *Lycopus clavatum* L. (*Lamiaceae* Lindl.) - 3
parts

Cleavers - *Galium aparine* L. (*Rubiaceae* Juss.) - 2 parts

Kinnikinnick - *Arctostaphylos uva-ursi* (L.) Spreng. - 3 parts

Preparation: 1.5 liters of boiled water should be poured over 3
tablespoons of the mixture kept. During acute cystitis, 1 glass is
taken 7 times a day.

//

Stinking chamomile - *Anthemis cotula* L. (*Asteraceae*
Dumort.) - 1 part

Common barberry - *Berberis vulgaris* L. (*Berberidaceae*
Juss.) - 2 parts

White birch - *Betula pubescens* Ehrh. (*Betulaceae* S. F. Gray)
- 2 parts bud

Dwarf elder - *Sambucus ebulus* L. (*Sambucaceae* Batsch ex Borkh.) - 2 parts

Common juniper - *Juniperus communis* L. (*Cupressaceae* Rich.ex Bartl.) - 2 parts

Preparation: pour 1 liter of boiled water on 3 tablespoons of the mixture, cool and filter. During cystitis, drink 1 glass 6 times a day.

//

Common burstwort - *Herniaria glabra* L. (*Caryophyllaceae* Juss.) - 1 part

Common plantain - *Plantago major* L. (*Plantaginaceae* Juss.)
- 1 part

Asparagus - *Asparagus officinalis* L. (*Asparagaceae* Juss.) -
2 parts

Balm lemon - *Melissa officinalis* L. (*Lamiaceae* Lindl.) - 2
parts

Hedgehog thistle - *Cirsium echinus* (Bieb.)Hand.- Mazz. - 2
parts

Rest-harrow - *Ononis arvensis* L. (*Fabaceae* Lindl.) - 3 parts

Common origanum - *Origanum vulgare* (*Lamiaceae* Lindl.)
- 5 parts

Preparation: pour 2 tablespoons of the mixture into 1 liter of boiled water, in case of acute cystitis, take 50 mL 7 times a day.

Treatment of sclerosis with folk medicine methods

The use of horseheal (*Inula helenium* L.) and mountain ash (*Sorbus aucuparia* L.) in senile sclerosis.

Horseheal infusion in vodka has been used since ancient times in senile sclerosis.

Preparation: add 30 grams of dry horseheal root to half a liter of vodka and leave for 40 days. Take 20 drops before meals.

In the case of senile sclerosis, a thick infusion of mountain ash peel is used. To prepare the infusion, it is required to add half a liter of boiling water to 200 grams of mountain ash peel and cook it for 2 hours. You can take 20-30 g before meals.

Folk medicine methods during a cold

The recipe prepared from Saperda mustard is used for colds. 20 grams of mustard seeds should be roasted a little and powdered, then mixed with honey to make bean-sized tablets. After taking 5-10 tablets during the day, you need to drink ginger tea.

It is necessary to crush the fruits of mountain ash, pour water in a ratio of 1: 2 and boil for 5-6 hours, pass the precipitate through a filter, and then boil again until a solid mass is formed.

It is a mixture used for colds accompanied by strong chills in children.

Cinnamon powder - *Cinnamomum* Blume (*Lauraceae* Juss.) - 10 parts

Peony in culture - *Paeonia* L. (*Paeoniaceae* Rudolphi) - 6 parts root

Licorice - *Glycyrrhiza glabra* L. (*Fabaceae* Lindl.) - 10 parts root

Ginger - *Zingiber* L. (*Zingiber* Adans.) – 1 part

First of all, you need to grind the peony root and cinnamon into powder, add licorice and ginger root to it. Take 1 tablespoon of the mixture and brew with 1 cup of boiling water (sugar should not be added, because licorice gives a sweet taste), keep in a sealed container for 15 minutes and recommend drinking hot.

Treatment of stomatitis with folk medicine methods

Common knotgrass - *Polygonum aviculare* L. (*Polygonaceae* Juss.) - 2 parts

Common St.-John's wort - 2 parts- *Hypericum perforatum* L. (*Hypericaceae* Juss.)

Asparagus - *Asparagus officinale* L. (*Asparagaceae* Juss.) - 2 parts

Wild camomile - *Matricaria recutita* (L.) (*Asteraceae* Dumort.) - 3 parts

Preparation: add 3 tablespoons of the mixture to 1 liter of boiled water and make an infusion. It is necessary to take 30 mL 4 times a day. At the same time, you can rinse your throat with the same infusion every 4 hours.

//

Horse dock - *Rumex confertus* Willd. (*Polygonaceae* Juss.) - 1 part

Pedunculate oak - *Quercus robur* L. (*Fagaceae* Dumort.) - 2 parts

Common plantain - *Plantago major* L. (*Plantaginaceae* Juss.) - 2 parts

Sedge rush - *Acorus calamus* L. (*Araceae* Juss.) - 3 parts

Gallic rose - *Rosa gallica* L. (*Rosaceae* Juss.) - 4 parts

Preparation: add 3 tablespoons of the mixture to 1 liter of boiled water and keep it. 30 mL is taken 7 times a day. At the same time, mouth can be rinsed 9-10 times a day. The recipe is used in aphthous and stomatitis wounds. If one of the components is not available, it can be replaced with common sage (*Salvia officinalis*).

//

White birch - *Betula pendula* Roth (*Betulaceae* S. F. Gray) - 2 parts leaf

Common knotgrass - *Polygonum aviculare* L. (*Polygonaceae* Juss.) - 3 parts

Common flax - *Linum usitatissimum* L. (*Linaceae* DC. ex S. F. Gray) - 4 parts seed

Preparation: add 3 tablespoons of the mixture to 1 liter of boiled water and store. In the case of long-term late-healing stomatitis, it is necessary to take 30 mL 7 times a day.

//

Pot marigold - *Calendula officinalis* L. (*Asteraceae* Dumort.) - 3 parts

Bullibulli – *Solanum laciniatum* Ait. (*Solanaceae* Juss.) - 3 parts ripen fruit

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.) - 3 parts

Preparation: add 3 tablespoons of the mixture to 1 liter of boiled water, store and filter. With stomatitis wounds that are late in treatment, take 30 mL 9 times a day.

Treatment of sweating (hyperhidrosis) with folk medicine methods

Common hyssop - *Hyssopus officinalis* L. (*Lamiaceae* Lindl.) - 3 parts

Sage - *Salvia officinalis* L. (*Lamiaceae* Lindl.) - 3 parts

Common succory - *Cichorium intybus* L. (*Asteraceae* Dumort.) - 4 parts

Preparation: pour 1 liter of boiled water on 6 tablespoons of the mixture, store and cool. During excessive sweating, ¼ cup is taken 4 times a day.

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Pedunculate oak - *Quercus robur* L. (*Fagaceae* Dumort.) - 3 parts bark

Oat - *Avena sativa* L. (*Poaceae* Barnhart) - 3 parts halm

Common wormwood - *Artemisia absinthium* L. (*Asteraceae* Dumort.) - 3 parts

Preparation: pour 3 liters of boiled water on 6 tablespoons of the mixture and keep for 1 hour. The recipe is used in the form of a bath during strong foot sweating. The course of treatment is 5-10 baths. After the procedure, it is necessary to dry the feet with a towel and sprinkle with powder.

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Pedunculate oak - *Quercus robur* L. (*Fagaceae* Dumort.) - 1 part

Common ephedra - *Ephedra distachya* L. (*Ephedraceae* Dumort.) - 2 parts

Drug fumitory - *Fumaria officinalis* L. (*Papaveraceae* Juss.) - 3 parts

Balm lemon - *Melissa officinalis* L. (*Lamiaceae* Lindl.) - 3 parts

Preparation: pour 500 mL of boiled water on 1.5 tablespoons of the mixture and keep it. 50 mL is taken 6 times a day. Infusion can be used during excessive sweating of the body against the background of severe chronic bronchitis.

Treatment of tonsillitis with folk medicine methods

Common hyssop - *Hyssopus officinalis* L. (*Lamiaceae* Lindl.) - 1 part

Pedunculate oak - *Quercus robur* L. (*Fagaceae* Dumort.) - 2 parts

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 2 parts

Wild strawberry - *Fragaria vesca* L. (*Rosaceae* Juss.) - 2 parts

Greater celandine - *Chelidonium majus* L. (*Papaveraceae* Juss.) - 2 parts

Preparation: 3 tablespoons of the mixture is poured into 1 liter of boiling water, kept in a water bath for 5-10 minutes, then cooled and filtered. Infusion gargle 9 times a day. Inhalation at

bedtime is recommended for best results. The infusion is also used for exacerbation of chronic tonsillitis.

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Blue gum - *Eucalyptus globulus* Labill. (*Myrtaceae* Juss.) - 2 parts

Common plantain - *Plantago major* L. (*Plantaginaceae* Juss.) - 2 parts

Common wood myrtle - *Myrtus communis* L. (*Myrtaceae* Juss.) - 3 parts

Common lilac - *Syringa vulgaris* L. (*Oleaceae* Hoffm.et Link) - 3 parts flowers

Preparation: 3 tablespoons of the mixture pour 1200 mL of boiled water. Take 30 mL 7 times a day. In this case, it is necessary to gargle 6 times a day and do inhalations before going to bed. The recipe is used for chronic tonsillitis with pus on the tonsils.

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Japanese pagoda tree – *Styphnolobium japonicum* (L.) Schott (*Fabaceae* Lindl.) – 2 parts

Field horsetail – *Equisetum arvense* L. (*Equisetaceae* Richx.ex DC.) -2 parts

Pot marigold – *Calendula officinalis* L. (*Asteraceae* Dumort.) -3 parts

Small-leaved lime – *Tilia cordata* Mill. (*Tiliaceae* Juss.) – 3 parts flowers

Preparation: pour 2 tablespoons of the mixture into 800 mL of boiled water, cool and strain. Take 30 mL 7 times a day. At the same time, it is necessary to gargle with this infusion 6 times a day. The recipe is used for chronic tonsillitis with pus.

Treatment of thrombophlebitis with folk medicine methods

Use of horse chestnut (*Aesculus hippocastanum* L.-*Hippocastanaceae* DC.) in the treatment of thrombophlebitis. The main method of treating thrombophlebitis is a preparation made from horse chestnut (not to be confused with edible chestnut). There are also ready-made infusions of horse chestnut.

We can also prepare the infusion on our own: dissolve 10 g of fruits in 100 g of vodka, store in a dark cabinet and stir occasionally. Store for 1 week, then strain and take 30 drops before meals 3 times a day - the required dose. Horse chestnut is used in the treatment of thrombus after surgery and childbirth, varicose veins (especially in pregnant and giving birth women).

An infusion made from leaves of common hazel - *Corylus avellana* L. (*Corylaceae* Mirb.). In June, collect fresh hazel leaves, dry them in the shade and brew them like tea: 200 g of boiling water is taken for 1 tablespoon of the mixture. The infusion is taken in half a cup 4 times a day. This infusion is also used for the dilation of small capillaries and veins. Benefits of common hop – *Humulus lupulus* L. (*Cannabaceae* Endl.) in varicose veins

When treating varicose veins, the most convenient method is always a decoction made from hop cones. In addition to the therapeutic effect, the plant also regulates fat, mineral and water metabolism.

For therapeutic purposes, pour 1 tablespoon of crushed cones with 200 grams of boiling water and keep in a water bath for 15 minutes. Infusion should be taken 3 cups before meals. Since it has hypnotic properties, you can drink 1 glass in 2 doses before bedtime. Gauze moistened with common hop is applied to areas with dilated veins.

Musk thistle - *Carduus thoermeri* Weinm. (*Asteraceae* Dumort.) In the treatment of thrombophlebitis, this is difficult, but the most convenient method is to put on the leg (in the supine position) paste made from fresh musk thistle. Keep on your leg for half an hour. It is best to remove the top shoots of the plant, as they are more fleshy and easily crushed.

Tomato- *Lycopersicon esculentum* Hill. (*Solanaceae* Juss.) When fresh tomatoes are in abundance (late summer and early autumn), sliced tomato or flesh should be applied to the swollen veins. The slices are removed when they become liquid. The procedure can be repeated on alternate days. At the end, you need to rub the liquid over the legs from the bottom up.

Benefits of the kalanchoe plant for web-like veins caused by the rupture of small veins and leg pain. In the treatment of pain in the legs and web-like veins caused by the rupture of small veins, the most effective remedy is an infusion of kalanchoe in alcohol or vodka. For this purpose, you can use any kind of kalonchoe.

How to use: pour the crushed leaves of the kalanchoe plant into a half-liter glass, add alcohol to the neck of the bottle, put it in a dark place and shake occasionally. After 1 week, the infusion will be ready. At night, it is applied to the legs, starting from the foot and moving up. Pain in the legs goes away quickly, only for the complete treatment of the venous grids should be regularly applied to the legs for 3-4 months. Common wormwood - *Artemisia absintium* L. (*Asteraceae* Dumort.). Half a liter of kefir is added to a handful of chopped wormwood. The mixture is poured onto gauze or a clean towel and applied to areas where the veins are more dilated. Place your legs on a pillow that is not too big and cover it with cellophane. After half an hour, it must be removed and the ointment applied to the legs.

Treatment of thrombophlebitis with cudweed – *Gnaphallium rossicum* L. (*Asteraceae* Dumort.) If you have enough cudweed, then you can make very useful baths from a warm infusion of the herb for the treatment of thrombophlebitis. It is necessary to pour 200 g of medicinal raw materials into the enamel bucket, pour boiling water over it, wrap it tightly and hold it for 1 hour. It is necessary to lower the legs into a bucket of hot infusion and soak for about 1 hour. If the water cools quickly, then add hot water. This procedure is especially useful for hypertensive patients, as it quickly lowers blood pressure.



Plate 32. a - *Salvia limbata* L. (Lamiaceae Lindl.); b - *Salvia officinalis* L. (Lamiaceae Lindl.); c - *Saponaria officinalis* L. (Caryophyllaceae Juss.); d - *Sambucus nigra* L. (Sambucaceae Batsch ex Borkh.); e - *Scutellaria orientalis* Grossh. (Lamiaceae Lindl.); f - *Sedum sexangulare* L. (Crassulaceae DC.)



Plate 33. *a* - *Securinega suffruticosa* (Pall) Rehd. (Euphorbiaceae Juss.); *b* - *Senecio vulgaris* L. (Compositae Gisece = Asteraceae Dumort); *c* - *Spiraea crenata* L. (Rosaceae Juss.); *d* - *Solanum melongena* L. (Solanaceae L.); *e* - *Solanum nigrum* L. (Solanaceae L.); *f* - *Sorbus aucuparia* L. (Rosaceae Juss.)

General strengthening means

Common mistletoe-*Viscum album* L. (*Viscaceae* Batsch) This plant, which grows on different species of trees, has a parasitic lifestyle and is popularly called “devil's broom”. The plant should be harvested before leaves appear on the tree. The berries are thrown away because they are poisonous. But, despite this, the birds eat them. The dried plant is considered an excellent tonic for older people.

The plant has a strong bactericidal effect. As a result of the research, it was found that the plant is effective even against the meningitis virus, which does not have a bacterial origin. It lowers arterial pressure, and its antitumor effect has also been proven. A branch of mistletoe plucked from a willow and mulberry tree is considered to have the strongest effect.

Brewing: The plant is poured with boiling water and kept in a water bath for 15-20 minutes. Tasteless and odorless (slightly bitter). A single dose is 4 grams. Mistletoe can also be brewed with tea. In case of metabolic disorders, the brewing is used.

Balm lemon - *Melissa officinalis* L. (*Lamiaceae* Lindl.). This fairly widespread plant improves brain activity, relieves nervous spasms, tinnitus and dizziness. The plant can be used in any form. Fresh or dried, in the form of tea or infusion. 1 tablespoon of lemon balm is added to 150-200 g of boiled water. Since there are no special contraindications for taking the plant, it can be used for a long time. The infusion is used for hysteria, palpitations, dysmenorrhea, and also to improve metabolism.

Betony - *Betonica officinalis* L. (*Lamiaceae* Lindl.) Betony is considered an indispensable remedy for dizziness, nervous disorders, epilepsy, headaches, hypertension and weakness. The daily dose of betony is 6 g. Pour this amount with half a liter of boiled water and add sugar to taste. Keep for 15 minutes, drink as tea before meals. The plant has a calming effect on the stomach.

Common speedwell - *Veronica officinalis* L. (*Scrophulariaceae* Juss.) Common speedwell is effective for dizziness, memory loss, headaches and menopausal pain relief.

Preparation: brew 1 tablespoon of dry raw materials in 300 g of boiled water. Half should be taken before meals and the rest between meals. During the day, you should consume only 2 tablespoons of infusion of dry herbs.

Folk medicine methods used during burns

Common St.-John's wort - *Hypericum perforatum* L. (*Hypericaceae* Juss.) - 2 parts

Pot marigold - *Calendula officinalis* L. (*Asteraceae* Dumort.) - 2 parts

White lily - *Lilium candidum* L. (*Liliaceae* Juss.) - 4 parts flowers

European blueberry - *Vaccinium myrtillus* L. (*Ericaceae* Juss.) - 4 parts

Preparation: pour 6 tablespoons of the mixture on 0.5 liters of vegetable oil and keep it in a dark place for 9 hours. It is used for local burns.

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Waterwort - *Filaginella uliginosa* L. (*Asteraceae* Dumort.) - 3 parts

Oriental mullein - *Verbascum orientale* (L.) All. (*Scrophulariaceae* Juss.) - 4 parts



Plate 34. *a* - *Styphnolobium japonicum* L. (Fabaceae Lindl.); *b* - *Stachys pubescens* Ten. (Lamiaceae Lindl.); *c* - *Stachys lavandulifolia* L. (Lamiaceae Lindl.); *d* - *Stachys aspera* Michx. (Lamiaceae Lindl.); *e* - *Stellaria media* (L.) Vill (Caryophyllaceae Juss.); *f* - *Syringa vulgaris* L. (Oleaceae Hoffm. et Link)



Plate 35. *a* - *Thalictrum minus* L. (*Ranunculaceae* Juss.); *b* - *Tanacetum vulgare* L. (*Asteraceae* Dumort.); *c* - *Tamus communis* L. (*Dioscoreaceae* R.Br.); *d* - *Taraxacum officinale* L. Wigg. (*Compositae* Gisece = *Asteraceae* Dumort.); *e* - *Tilia cordata* Mill. (*Tiliaceae* Juss.); *f* - *Trifolium pratense* L. (*Fabaceae* Lindl.)



Plate 36. *a* - *Trifolium campestre* Schreb. in Sturm (Fabaceae Lindl.); *b* - *Trigonella cancellata* Desf. (Fabaceae Lindl.); *c* - *Tripleurospermum perforatum* (Merat) M. Lain (Compositae Gisece = Asteraceae Dumort); *d* - *Thymus serpyllum* L. (Lamiaceae Lindl.); *e* - *Thymus hyemalis* L. (Lamiaceae Lindl.); *f* - *Thymus kotschyanus* Boiss et Hohen. (Lamiaceae Lindl.)



Plate 37. *a* - *Tussilago farfara* L. (*Compositae* Gisece = *Asteraceae* Dumort); *b* - *Xanthium spinosum* L. (*Compositae* Gisece = *Asteraceae* Dumort); *c* - *Xeranthemum inapertum* (L.) Mill. (*Compositae* Gisece = *Asteraceae* Dumort); *d* - *Urtica dioica* L. (*Urticaceae* Juss.); *e* - *Usnea barbata* (*Parmeliaceae* Zenker.); *f* - *Vaccinium myrtillus* L. (*Ericaceae* Juss.)



Plate 38. *a* - *Valeriana officinalis* L. (Valerianaceae Batsch.); *b* - *Veronica officinalis* L. (Scrophulariaceae Juss.); *c* - *Verbascum orientale* (L.) All. (Scrophulariaceae Juss.); *d* - *Verbena officinalis* L. (Verbenaceae J.St.-Hill.); *e* - *Viburnum opulus* L. (Viburnaceae Rafin); *f* - *Viola tricolor* L. (Violaceae Batsch)



Plate 39. a - *Viola odorata* L. (*Violaceae* Batsch); b - *Viscum album* L. (*Viscaceae* Batsch); c - *Vinca minor* L. (*Apocynaceae* Juss.); d - *Vitis sylvestris* C.C.Gmel. (*Vitaceae* Juss.); e - *Zea mays* L. (*Gramineae* Juss.nom.altern.); f - *Zingiber officinale* L. (*Zingiber* Adans.)

Creeping thyme - *Thymus serpyllum* L. (*Lamiaceae* Lindl.) - 5 parts

Preparation: pour 3 tablespoons of the mixture into 1 liter of boiling water and take 1 tablespoon 6 times a day. In severe cases, take 50 g every half hour. Soaking is used for burns that are not very strong.

Folk medicine methods used for bedsores and sweat intertrigo

Take 30 grams of onion juice and almond oil and mix thoroughly. It is applied to the affected areas in bedridden patients.

Collection

White birch-3 parts leaf - *Betula pubescens* Ehrh. (*Betulaceae* S. F. Gray)

Black elder -*Sambucus nigra* (*Sambucaceae* Batsch ex Borkh.) – 3 parts

Cork oak - *Quercus suber* L. (*Fagaceae* Dumort.)-3 parts bark

Bugleweed - *Lycopus clavatum* L. (*Lamiaceae* Lindl.) 3 parts

Preparation: pour 3 tablespoons of the mixture into 1 liter of boiled water, filter after 3 hours and add boiled water again and store. It is used in the form of compress during intertrigo and bedsores.

Treatment of insomnia and sleep disorders with folk medicine methods

The use of common hop - *Humulus lupulus* L. (*Cannabaceae* Endl.) during insomnia: during sleep disturbances, you should fill a pillow with fresh common hop cones, wrap it in a thick cloth and keep it in the closet. During insomnia, take out a pillow with common hop, shake it and sleep on it. Even with severe insomnia,

this method gives positive results. If this happens to you, then make some of these pillows out of summer. Keep pillows in cellophane and wrap them tightly so that the effect does not disappear.

If the effect of the common hop pillow is low, then take the infusion made from it:

- 1) Take 25 grams of common hop and 100 grams of alcohol, mix regularly and keep in the dark for 1 week. Take 1 teaspoon 2-3 times a day.
- 2) Pour 1 cup of boiled water on 3 tablespoons of rubbed plant cones, keep for 10 minutes and take it as an alcohol infusion.
- 3) However, crushed cone powder can be used as a sedative and sleep aid at night.

Mixtures and Infusions used for insomnia, fear, sensitivity, nervous disorders

Common valerian root-*Valeriana officinalis* L.
(*Valerianaceae* Batsch) - 1 part

Motherwort grass- *Leonurus* L. (*Lamiaceae* Lindl.) - 3 parts

Cudweed herb - *Gnaphalium rossicum* Kirp. (*Asteraceae* Dumort.) - 3 parts

Rocket, leaves - *Eruca sativa* Mill. (*Brassicaceae* Burne) - 4 parts

Preparation: Pour 4 tablespoons of the mixture into a 1-liter thermos, pour boiling water over it and leave overnight. The resulting infusion should be taken 3-4 sips every hour during the day.

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Horsetail aerial part - *Equisetum arvense* L. (*Equisetaceae* Rich.ex DC.) - 2 parts

Common knotgrass grass - *Polygonum aviculare* L.
(*Polygonaceae* Juss.) - 3 parts

Flowers of hawthorn species - *Crataegus* sp. (*Rosaceae* Juss.)
- 5 parts

Preparation: add 2 tablespoons of the mixture to 1 glass of boiled water, keep it in a water bath for 15 minutes, squeeze it after 4-5 minutes and filter it. During insomnia, take 1/3-1/2 cup 3-4 times a day.

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Common valerian root- *Valeriana officinale* L.
(*Valerianaceae* Batsch) -1 part

Chamomile flowers - *Anthemis altissima* L. (*Asteraceae* Dumort.) - 3 parts

Caraway seed-*Carum carvi* L. (*Apiaceae* Lindl.) - 5 parts

Preparation: pour 2 tablespoons of the mixture on 1 glass of boiled water and boil in a water bath for 15 minutes, after 45 minutes, filter and squeeze the residue. The infusion should be taken 0.5 cups 2 times a day during insomnia.

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Common valerian, root-1 part - *Valeriana officinale* L.
(*Valerianaceae* Batsch)

Common hop cones – *Humulus lupulus* L. (*Cannabaceae* Endl.) - 2 parts

Pepper mint – *Mentha piperita* L. (*Lamiaceae* Lindl.) - 3 parts

Quinquelobate motherwort, grass part - *Leonurus quinquelobatus* Gilib.=*L. cardiaca* (*Lamiaceae* Lindl.) - 3 parts

Preparation: pour 1-2 tablespoons of the mixture on 1 glass of boiled water and boil in a water bath for 15 minutes, after 45 minutes, filter and squeeze the residue. It is necessary to increase the volume to 200 mL. The infusion is taken 1/3 cup 3 times a day during insomnia.

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Common valerian, root - *Valeriana officinale* L.
(*Valerianaceae* Batsch) -1 part

Balm lemon, leaf - *Melissa officinalis* L. (*Lamiaceae* Lindl.)
-1 part.

Field horsetail, herb - *Equisetum arvense* L. (*Equisetaceae*
Rich.ex DC.) - 1 part

Preparation: pour 1 tablespoon of the mixture with 1 cup of
boiling water and leave for half an hour. Take 1 glass before bed.

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Latin names of plants used in folk medicine

Acacia dealbata Link (*Fabaceae* Lindl.)
Achillea millefolium L. (*Asteraceae* Dumort)
Achillea asiatica Serg. (*Asteraceae* Dumort)
Acorus calamus L. (*Araceae* Juss.)
Aconitum orientale Mill. (*Ranunculaceae* Juss.)
Alchemilla caucasica Bus. (*Rosaceae* Juss.)
Althaea officinalis L. (*Malvaceae* Juss.)
**Allium oreoprasum* Schrenk. (*Alliaceae* J. Agardh)
Allium sativum L. (*Alliaceae* J. Agardh)
Ambrosia artemisiifolia L. (*Asteraceae* Dumort.)
Ammi visnaga (L.) Lam = *Visnaga daucoide* (*Apiaceae* Lindl.)
Anagallis arvensis L. (*Primulaceae* Vent.)
**Anethum graveolens* L. (*Apiaceae* Lindl.)
Androsace exscapa (Turez.) Maximova (*Primulaceae* Vent.)
Angelica archangelica L. (*Apiaceae* Lindl.)
Anthemis cotula L. (*Compositae* Gisece = *Asteraceae* Dumort.)
Agrimonia pilosa Ledeb. (*Rosaceae* Juss.)
Apium graveolens L. (*Apiaceae* Lindl.)
Aralia elata (Miq) Seem (*Araliaceae* ..)
Arctium lappa L. (*Compositae* Gisece = *Asteraceae* Dumort)
Aristolochia clematitis L. (*Aristolochiaceae* Juss.)
Arctostaphylos uva-ural (L.) Spreng (*Equisetaceae* Rich. ex DC.)
Atriplex hortensis L. (*Chenopodiaceae* Vent.)
Artemisia absinthium L. (*Compositae* Gisece = *Asteraceae* Dumort)
Asparagus officinalis L. (*Asparagaceae* Juss.)
Astragalus glycyphylloides DC. (*Fabaceae* Lindl.)
Avena sativa L. (*Poaceae* Barnhart)
Berberis vulgaris L. (*Berberidaceae* Juss)
Betula pendula L. (*Betulaceae* S. F. Gray)
Beta vulgaris L. (*Chenopodiaceae* Vent.)
Betonica officinalis L. (*Lamiaceae* Lindl.)
Bidens tripartida L. (*Compositae* Gisece = *Asteraceae* Dumort)

Bifora radians Bieb. (*Apiaceae* Lindl.)
Bryonia alba L. (*Cucurbitaceae* Juss.)
**Calendula officinalis* L. (*Compositae* Gisece = *Asteraceae* Dumort)
Cannabis sativa L. (*Cannabaceae* Lindl.)
Cassia acutifolia Del. (*Fabaceae* Lindl.)
Carum carvi L. (*Apiaceae* Lindl.)
Carex vulpina L. (*Juncaceae* Juss.)
Carduus thoermeri Weinm. (*Asteraceae* Dumort.)
Chamaenerion angustifolium (L.) Scop. (*Onagraceae* Juss.)
Chamomilla recutita (L.) Rauschert. (*Compositae* Gisece)
Chenopodium album L. (*Chenopodiaceae* Vent.)
Chelidonium majus L. (*Papaveraceae* Juss.)
Centaureum umbellatum Gilib. (*Gentianaceae* Juss.)
Centaurea iberica Trev.ex Spreng (*Compositae* Gisece = *Asteraceae* Dumort)
Centaurea cyanus L. (*Compositae* Gisece = *Asteraceae* Dumort)
Cetraria islandica L. (*Parmeliaceae*)
Cichorium intybus L. (*Asteraceae* Dumort)
Citrus limon (L.) Burm. fil (*Rutaceae* Juss.)
Cirsium echinus (Bieb.) Hand.-Mazz. (*Asteraceae* Dumort)
Convallaria majalis L. (*Convallariaceae* Horan.)
Comarum palustre L. (*Rosaceae* Juss.)
Coriandrum sativum L. (*Apiaceae* Lindl.)
Cornus mas L. (*Cornaceae* Dumort.)
Cotinus coggygria Scop. (*Anacardiaceae* Lindl.)
Crataegus pentaguna Waldst.et Kit (*Rosaceae* Juss.)
Crataegus sanguinea Pall. (*Rosaceae* Juss.)
Chrysanthemum indicum L. (*Asteraceae* Dumort.)
**Cuminum cyminum* L. (*Apiaceae* Lindl.)
Cuscuta approximata Bab. (*Cuscutaceae* Dumort)
Cydonia oblonga Mill (*Rosaceae* Juss.)
Daphne glomerata L. (*Euphorbiaceae* Juss.)
Daucus carota L. (*Apiaceae* Lindl.)
Delphinium speciosum Bieb. (*Ranunculaceae* Juss.)

Diospyros virginiana L. (Ebenaceae Guerke)
Diospyros lotus L. (Ebenaceae Guerke)
Draba muralis L. (Brassicaceae Burnett)
Dracocephalum austriacum L. (Lamiaceae Lindl.)
Driopteris filix-mas (L.) Scott. (Dryopteridaceae R.-C.Ching.)
Drosera rotundifolia L. (Droseraceae Salicb.)
Helichrysum rubisundum (C.Koch)Bronm (Compositae Gisece)
Heracleum trachyloma Fsch.et Mey (Apiaceae Lindl.)
Herniaria incana Lam. (Caryophyllaceae Juss.)
Hypericum perforatum L. (Hypericaceae Juss.)
Hyssopus officinalis L. (Lamiaceae Lindl.)
Humulus lupulus L. (Cannabaceae Endl.)
Xeranthemum inapertum L. (Compositae Gisece = Asteraceae Dumort)
Iris pseudocaucasica Grossh. (Iridaceae Juss.)
Juglans nigra L. (Juglandaceae A. Rich.ex Kunth)
Juniperus communis L. (Cupressaceae Rich.ex Bartl.)
Juniperus oblozha Bieb. (Cupressaceae Rich.ex Bartl.)
Echinops orientalis Trautv. (Compositae Gisece = Asteraceae Dumort)
Echinops ritro L. (Asteraceae Dumort.)
Elaeagnus angustifolia L. (Elaeagnaceae Juss.)
Eleuterokokk senticosus (Rupestre Maxim) Maxim. (Araliaceae)
Eruca sativa Hill (Brassicaceae Burnett)
Epilobium hirsutum L. (Onagraceae Juss.)
Ephedra procera Fisch.et C.A.Mey. (Ephedraceae Dumort)
Ephedra distachya L. (Ephedraceae Dumort.)
Equisetum arvense L. (Equisetaceae Richx.ex DC.)
Elytrigia repens (L.) Nevski (Poaceae Barnhart)
Erysimum helveticum Gaud. (Brassicaceae Burnett.)
Eryngium planum L. (Apiaceae Lindl.)
Eucalyptus globulus Labill. (Myrtaceae Juss.)
Eucalyptus cinera F.Muell.ex Benth. (Myrtaceae Juss.)
Euphrasia officinalis L. (Scrophulariaceae Juss.)
Inula helenium L. (Compositae Gisece = Asteraceae Dumort.)

Galium aparine L. və ya *G. odoratum* (L.) Scop. (*Rubiaceae* Juss.)
Galium verum L. (*Rubiaceae* Juss.)
**Gleditsia tricanthos* L. (*Fabaceae* Lindl.)
Glechoma hederacea L. (*Lamiaceae* Lindl.)
Gentiana lutea L. (*Gentianaceae* Juss.)
Geum urbanum L. (*Rosaceae* Juss.)
Glycyrrhiza glabra L. (*Fabaceae* Lindl.)
Gnaphalium uliginosum L. (*Compositae* Gisece = *Asteraceae* Dumort)
Fagopyrum esculentum Moench (*Polygonaceae* Juss.)
Ficus carica L. (*Menispermaceae* Juss.)
Filaginella uliginosa L. (*Asteraceae* Dumort)
Foeniculum vulgare Mill. (*Apiaceae* Lindl.)
Fragaria vesca L. (*Rosaceae* Juss.)
Fragaria moschata (Duch.) Weston. (*Rosaceae* Juss.)
Frangula alnus Mill. (*Rhamnaceae* Juss.)
Lactuca sativa L. (*Asteraceae* Dumort.)
Lagochilus cabulicus Benth. (*Lamiaceae* Lindl.)
Lagurus ovatus L. (*Poaceae* Barnhart)
Lamium album L. (*Lamiaceae* Lindl.)
Lavandula angustifolia Mill. (*Lamiaceae* Lindl.)
Lavandula spica L. (*Lamiaceae* Juss.)
Lavatera thuringiaca L. (*Malvaceae* Juss.)
Lemna minor L. (*Lemnaceae* S.F.Gray.)
Leonurus quinquelobatus Gilib. (*Lamiaceae* Lindl.)
Leonurus cardica L. (*Lamiaceae* Lindl.)
Ledum palustre L. (*Ericaceae* Juss.)
Lilium candidum L. (*Liliaceae* Juss.)
Linum tenuifolium L. (*Linaceae* DC.ex S.F.Gray)
Linum nodiflorum L. (*Linaceae* DC.ex S.F.Gray)
Lycopersicon esculentum Hill. (*Solanaceae* Juss.)
Lycopus clavatum L. (*Lamiaceae* Lindl.)
Malva sylvestris L. (*Malvaceae* Juss.)

Matricaria recutita (L.) (Compositae Gisece = Asteraceae Dumort)
Mentha piperita L. (Lamiaceae Lindl.)
Mentha longifolia (L.) Huds (Lamiaceae Lindl.)
Melilotus officinalis (L.) Pall. (Fabaceae Lindl.)
Melissa officinalis L. (Lamiaceae Lindl.)
Menyanthes trifoliata L. (Menyanthesaceae Dumort)
Milium transcaucasicum Tzvel. (Poaceae Barnhart)
Morus alba L. (Moraceae Gaudich)
Myrtus communis L. (Myrtaceae Juss.)
Nasturtium officinalis R.Br (Brassicaceae Burnett)
Olea europaea L. (Oleaceae Hoffmngg.et Link)
Ononis arvensis L.(Fabaceae Lindl.)
Origanum vulgare L. (Lamiaceae Lindl.)
Orchis mascula (L.) L. (Orchidaceae Juss.)
Ocimum basilica L. (Lamiaceae Lindl.)
Quercus robur L. (Fagaceae Dumort.)
Quercus suber L. (Fagaceae Dumort.)
Padus avium Mill (=P.rasemosa) (Rosaceae Juss.)
Panax pseudoginseng L. (Arecaceae Sch.Bip.)
Paliurus spina-christi Mill. (Rhamnaceae Juss.)
Paris incompleta Bieb. (Trilliaceae Lindl.)
Phlomis pungens Willd. (Lamiaceae Lindl.)
Peganum harmala L. (Peganaceae (Engl.)Tiegh.ex Takht.)
Peucedanum ruthenicum Bieb. (Apiaceae Lindl.)
Petroselinum crispum (Mill).A.W.Hill (Apiaceae Lindl.)
Pimpinella saxifraga L. (Apiaceae Lindl.)
Pimpinella anisum L. (Apiaceae Lindl.)
Pinus sylvestris L. (Pinaceae Lindl.)
Populus alba L. (Salicaceae Mirb.)
Polemonium caeruleum L. (Polemoniaceae Juss.)
Polygonum patulum Bieb. (Polygonaceae Juss.)
Polygonum aviculare L. (Polygonaceae Juss.)
Potentilla erecta (L.) Raeusch. (Rosaceae Juss.)
Plantago major L. (Plantaginaceae Juss.)

Primula veris L. (*Primulaceae* Vent.)
Prunella vulgaris L. (*Lamiaceae* Lindl.)
Prunus spinosa L. (*Rosaceae* Juss.)
Pulmonaria officinalis L. (*Boraginaceae* Juss.)
Raphanus sativus L. (*Brassicaceae* Burnett)
Rhamnus cathartica L. (*Rhamnaceae* Juss.)
Rheum ribes L. (*Polygonaceae* Juss.)
Rosa centifolia L. (*Rosaceae* Juss.)
Rosa canina L. (*Rosaceae* Juss.)
Rosa gallica L. (*Rosaceae* Juss.)
Rosmarinus officinalis L. (*Lamiaceae* Lindl.)
Rubus caesius L. (*Rosaceae* Juss.)
Rubus idaeus L. (*Rosaceae* Juss.)
Rubus saxatilis L. (*Rosaceae* Juss.)
Rubia tinctorum L. (*Rubiaceae* Juss.)
Rumex confertus Willd. (*Polygonaceae* Juss.)
Ruta graveolens L. (*Rutaceae* Juss.)
Salix alba L. (*Salicaceae* Mirb.)
Salix purpurea L. (*Salicaceae* Mirb.)
Salix caprea L. (*Salicaceae* Mirb.)
Salsola soda L. (*Chenopodiaceae* Vent.)
Salsola richteri (Moq.)Kar.ex Litv. (*Chenopodiaceae* Vent.)
Salvia limbata L. (*Lamiaceae* Lindl.)
Salvia officinalis L. (*Lamiaceae* Lindl.)
Saponaria officinalis L. (*Caryophyllaceae* Juss.)
Sambucus nigra L. (*Sambucaceae* Batsch ex Borkh.)
Scutellaria orientalis Grossh. (*Lamiaceae* Lindl.)
Sedum sexangulare L. (*Crassulaceae* DC.)
Securinega suffruticosa (Pall)Rehd. (*Euphorbiaceae* Juss.)
Senecio vulgaris L. (*Compositae* Gisece = *Asteraceae* Dumort)
Spiraea crenata L. (*Rosaceae* Juss.)
Solanum melongena L. (*Solanaceae* L.)
Solanum nigrum L. (*Solanaceae* L.)
Sorbus aucuparia L. (*Rosaceae* Juss.)
Styphnolobium japonicum L. (*Fabaceae* Lindl.)

Stachys pubescens Ten. (*Lamiaceae* Lindl.)
Stachys lavandufolia L. (*Lamiaceae* Lindl.)
Stachys aspera Michx. (*Lamiaceae* Lindl.)
Stellaria media (L.) Vill (*Caryophyllaceae* Juss.)
Syringa vulgaris L. (*Oleaceae* Hoffm. et Link)
Thalictrum minus L. (*Ranunculaceae* Juss.)
Tanacetum vulgare L. (*Compositae* Gisece = *Asteraceae* Dumort.)
Tamus communis L. (*Dioscoreaceae* R.Br.)
Taraxacum officinalis L. Wigg. (*Compositae* Gisece = *Asteraceae* Dumort)
Tilia cordata Mill. (*Tiliaceae* Juss.)
Trifolium pratense L. (*Fabaceae* Lindl.)
Trifolium campestre Schreb. in Sturm (*Fabaceae* Lindl.)
Trigonella cansellata Desf. (*Fabaceae* Lindl.)
Tripleurospermum perforatum (Merat) M. Lain (*Compositae* Gisece = *Asteraceae* Dumort)
Thymus serpyllum L. (*Lamiaceae* Lindl.)
Thymus hymalis L. (*Lamiaceae* Lindl.)
Thymus kotchyanus Boiss et Hohen. (*Lamiaceae* Lindl.)
Tussilago farfara L. (*Compositae* Gisece = *Asteraceae* Dumort)
Xanthium spinosum L. (*Compositae* Gisece = *Asteraceae* Dumort)
Xeranthemum inapetrum (L.) Mill. (*Compositae* Gisece = *Asteraceae* Dumort)
Urtica dioica L. (*Urticaceae* Juss.)
Usnea (*Usnea* Wigg.)
Vaccinium myrtillus L. (*Ericaceae* Juss.)
Valeriana officinalis L. (*Valerianaceae* Batsch.)
Veronica officinalis L. (*Scrophulariaceae* Juss.)
Verbascum orientale (L.) All. (*Scrophulariaceae* Juss.)
Verbena officinalis L. (*Verbenaceae* J.St.-Hill.)
Viburnum opulus L. (*Viburnaceae* Rafin)
Viola tricolor L. (*Violaceae* Batsch)
Viola odorata L. (*Violaceae* Batsch)

Viscum album L. (*Viscaceae* Batsch)
Vinca minor L. (*Apocynaceae* Juss.)
Vitis sylvestris C.C.Gmel. (*Vitaceae* Juss.)
Zea mays L. (*Gramineae* Juss.nom.altern)
Zingiber officinale L. (*Zingiber* Adans.)

Computer design:
Artistic design:

Ravana Ilmangizi
Shalale Mammad

Paper size 60x84 ¹/₁₆
Volume 16,5
Circulation 500

The book was printed by
Savad publishing house