

Includes DVD with practical
treatments
DVD
DATA

ENCYCLOPEDIA OF
MEDICINAL PLANTS



EDUCATION AND HEALTH LIBRARY

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ENCYCLOPEDIA OF MEDICINAL PLANTS

A complete, up-to-date, and scientific encyclopedia, based on rigorous botanical, pharmaceutical, and chemical research.

- More than 470 plants botanically described and classified by diseases.
- Many properly illustrated natural treatments explained in a simple and clear language, place the healing virtues of medicinal plants and their practical applications at the reach of everyone.
- Experimented counsels on the therapeutical preparation of fomentations, infusions, ointments, baths...
- Numerous charts describing the most frequent disorders and the plants that have the active principles to heal them.



Author:

George D. Pamplona-Roger,
doctor of Medicine and Surgery.

DATA SHEET

Volumes	2
Total of pages	806
Size	22 x 28.5 cm
Binding	Luxury, stamped in gold with full color sleeve
Plants described	Botanically and medically: 475



Birch

FOR WOMEN

- Who are struggling with varicose veins: bilberry...
- Who wish to lessen their menstrual pains: pennyroyal, birch...
- Who want to stay in shape: fucus...



Olive

FOR THOSE WITH HIGH CHOLESTEROL

- Oats and nuts
- Plants that reduce cholesterol: opium poppy, sunflower, olive, sesame



MOTHERS TO BE

- Plants to avoid during pregnancy: wormwood...
- Plants rich in iron, minerals, and vitamins: alfalfa, onion...
- Digestive plants: hops...



Hemp

FOR THOSE STRESSED, ANXIOUS, NERVOUS, SLEEPLESS AND DEPRESSED

- Plants for the nervous system: monkshood, hemp, stramonium, lavender



FOR THOSE IN THE THIRD AGE

- Periwinkle
- Spirula



Prickly lettuce

FOR 'GREENS' AND ECOLOGISTS

- The vegetable world
- Guardians or killers of nature?



FOR THE CHILDREN

- Precautions related to childhood
- Carrots, a food-medicine ideal for children
- Sedative plants for children: Prickly lettuce, lavender, linden
- Chickweed for students



Spirula

PLANTS FOR THE MOUTH

Disease	Plant	Page	Action	Usage
TOOTHACHE Medicinal herbs can produce a local analgesic effect when applied in mouth rinses. Thus, the undesirable side effects of internally used analgesics (injected, taken orally, etc.) are avoided. The real treatment of tooth inflammation that causes toothache must never be put off.	OPIUM POPPY	164	Analgesic, narcotic	Mouth rinses with an infusion of capsules
	CLOVE TREE	192	Oral antiseptic and analgesic	Apply a piece of clove, or a drop of essence, on the aching tooth
	CARIOFILADA	194	Reduces the inflammation and the infection of the oral mucosa, eases toothache	Mouth rinses with the infusion
	POPPY	318	Sedative, analgesic	Mouth rinses with the infusion of petals
GUMBOIL Besides an antibiotic treatment , fig or other plant poultices may be applied (see "abscess" in chapter 27) in order to accelerate the ripening of the abscess or boil.	FIG TREE	708	Promotes ripening of abscesses, and wound cicatrization (healing)	Poultices of fresh figs, or dried, but soaked in water
PYORRHEA, GINGIVITIS AND PARODONTOSIS From an etymological standpoint, pyorrhea means "pus flow," though it is only used to name the discharge of pus from the gums. Gums are separated from the teeth, and the teeth loosen and fall out. Gingivitis is the inflammation of the gums, usually caused by pyorrhea. Parodontosis is a wider term that includes all conditions able to alter the adherence of teeth to the jaw bone, the most frequent of which is pyorrhea. These conditions demand periodontal specialized treatment . Mouth rinses with these plants serve as hygienic complement of such treatment.	BENNET	194	Antiseptic and oral analgesic	Mouth rinses with the infusion
	RHATANY	196	Astringent (dries mucosa) and anti-inflammatory	Mouth rinses with an infusion of bark
	MASTIC TREE	197	Antiseptic and anti-inflammatory. Freshens breath	Mastic (resin), chewed or in toothpaste; mouth rinses with a decoction of leaves and young stems
	BISTORT	198	Astringent, gives strength to weak, bleeding gums	Mouth rinses with a decoction of ground rhizome
	OAK TREE	208	Astringent, anti-inflammatory. Cleanses the gums	Mouth rinses with the decoction
	BEECH TREE	502	Powerful absorbent (retains dissolved particles), cleanses the gums	Charcoal applied on the gums, as a toothpaste
	FIVE-FINGER GRASS	520	Astringent, antiseptic, and cicatrizing	Rinses with a decoction of rhizome and root
	POMEGRANATE	523	Astringent, fixes teeth	Mouth rinses with an infusion of flowers and bark
	CINCHONA	752	Cicatrizing and antiseptic	Mouth rinses with the decoction
	BLACK POPLAR	760	Absorbent, brushes rotten food residues and plaque from the gums. Makes teeth whiter	Charcoal applied on the gums, as a toothpaste

Mastic tree flower



European five-finger grass flower



Wild carrots
can be found
in farmed land
borders.
Though
the plant's root
is inedible,
when used
as a
poultice
it exerts
a notable
soothing
effect on
the skin.



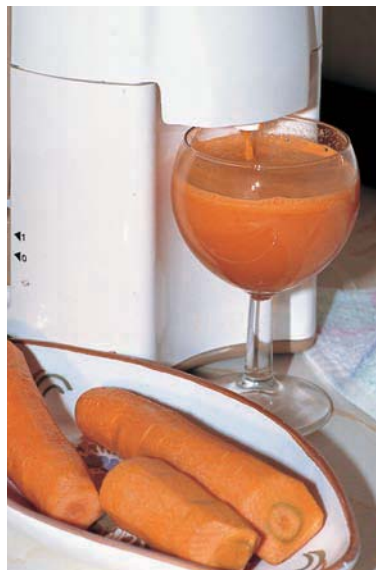
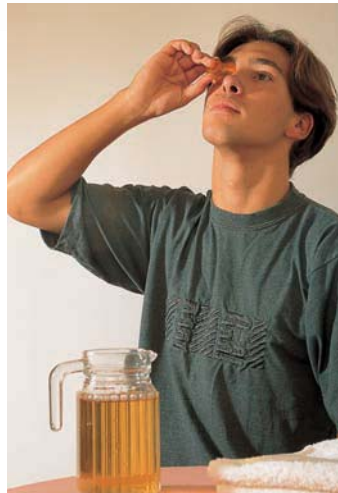
Carrot

- Essential for vision and skin

Preparation and use:

- Raw or juice
- Infusions
- Poultices

Eye baths
can be done
with the help
of an eye cup.



Herb Robert

- Cleans the eyes
- Reduces mouth inflammation

Preparation and use:

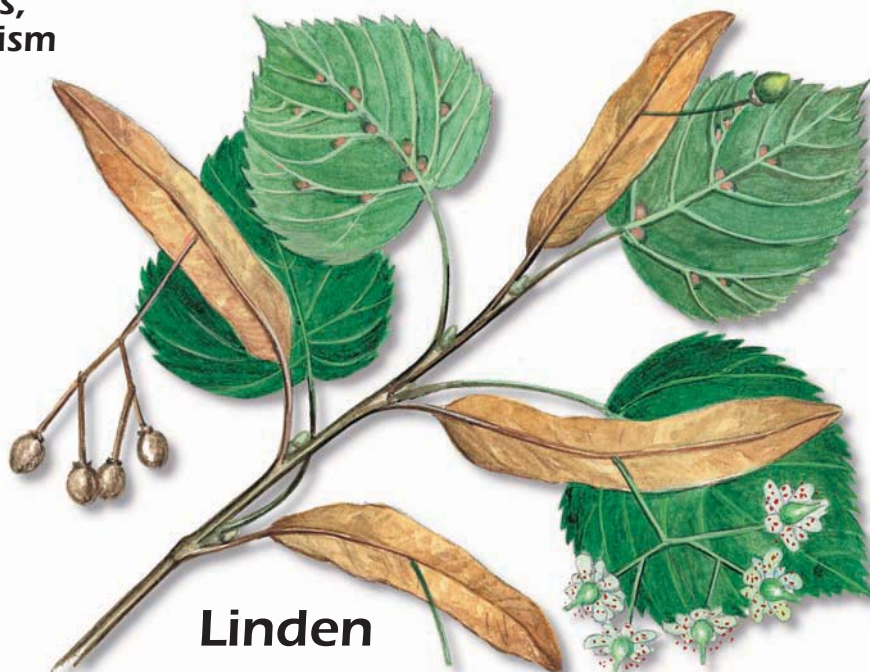
- Decoctions ▪ Essences
- Bath ▪ Mouth rinses ▪ Compresses



Passion Flower

- Helps to control and cure stress, insomnia, depressions, alcoholism and drug addiction

Preparation and use: ▪ Flowers and leaves infusions

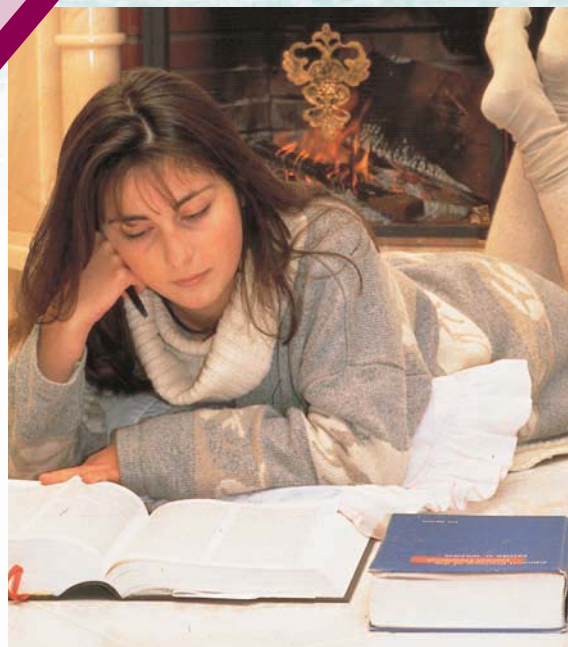


Linden

- A sedative used for nervousness
- It protects the heart
- Beautifies the skin

Preparation and use:

- Infusions of flowers
 - Bark decoction
- Linden flower baths
 - Compresses



Steam baths with linden flowers soothe the skin and make the face supple. In order to obtain a relaxing effect, the same infusion is added to the bath water, and a complete bath is taken before bedtime. Linden flower baths are very effective against nervousness or insomnia.



Sticklewort

- Cures tonsillitis, pharyngitis and laryngitis

Preparation and use:

- Mouth rinses and gargles
- Infusions (flowers, leaves)
- Compresses



Oak Tree

- Anti-inflammatory and astringent

Preparation and use:

- Rinses and gargles
- Vaginal irrigations
- Sitz baths
- Compresses (for skin afflictions)



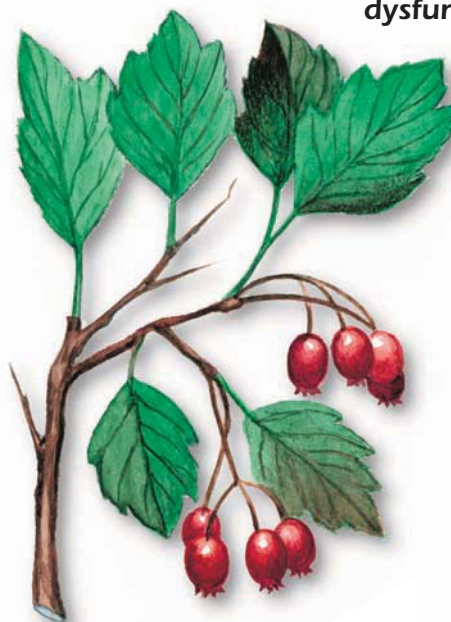


Yellow Adonis

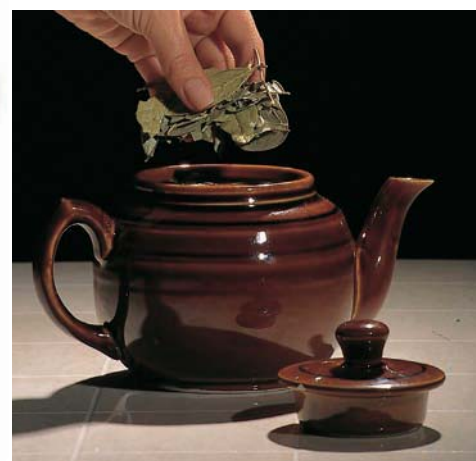
- Strengthens the heart,
a powerful cardiotonic

Preparation and use:

- Infusions (under medical control)



The flowers and fruits of the hawthorn are one of the most effective vegetal remedies for the treatment of tachycardia, hypertension, and other heart dysfunctions with a nervous cause.

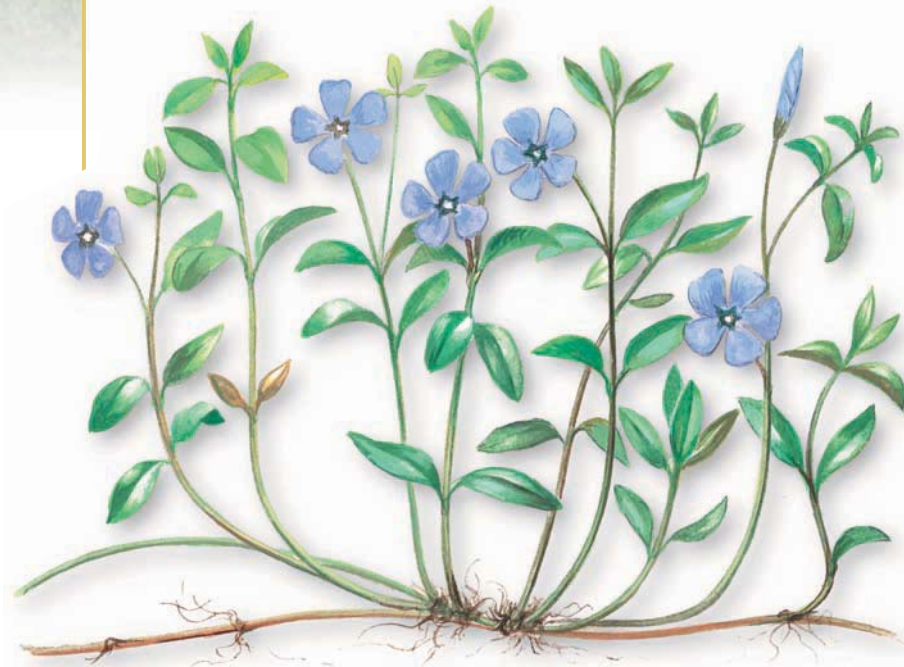
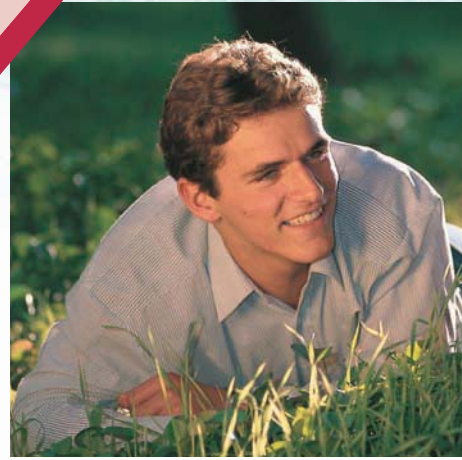


Hawthorn

- Strengthens the heart
and calms the nerves

Preparation and use:

- Flowers infusions ▪ Fresh fruits ▪ Dry extract



Early-flowering Periwinkle

- Ideal to fight ageing and lack of memory

- Preparation and use:
- Leaves decoction
 - Pharmaceutical preparations



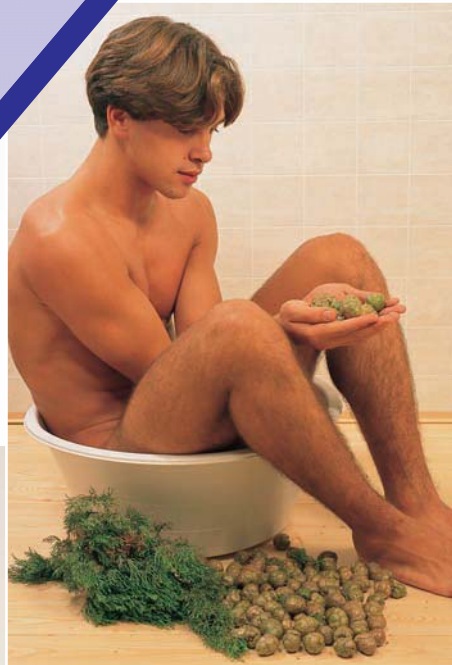
The early-flowering periwinkle increases brain blood flow, thus being an ideal plant to fight against senile disorders caused by arteriosclerosis.



Sunflower

- Reduces excess cholesterol
- Diabetes
- Kidney
- Skin

- Preparation and use:
- Oil of the seeds
 - Flowers infusions
 - Young stems



Sitz baths with a decoction of green nuts (fruits) of the cypress alleviate prostatic syndrome, urine disorders, as well as cystitis or urine incontinence. Due to their invigorating action on the venous blood circulation, these baths are also good in the case of hemorrhoids.

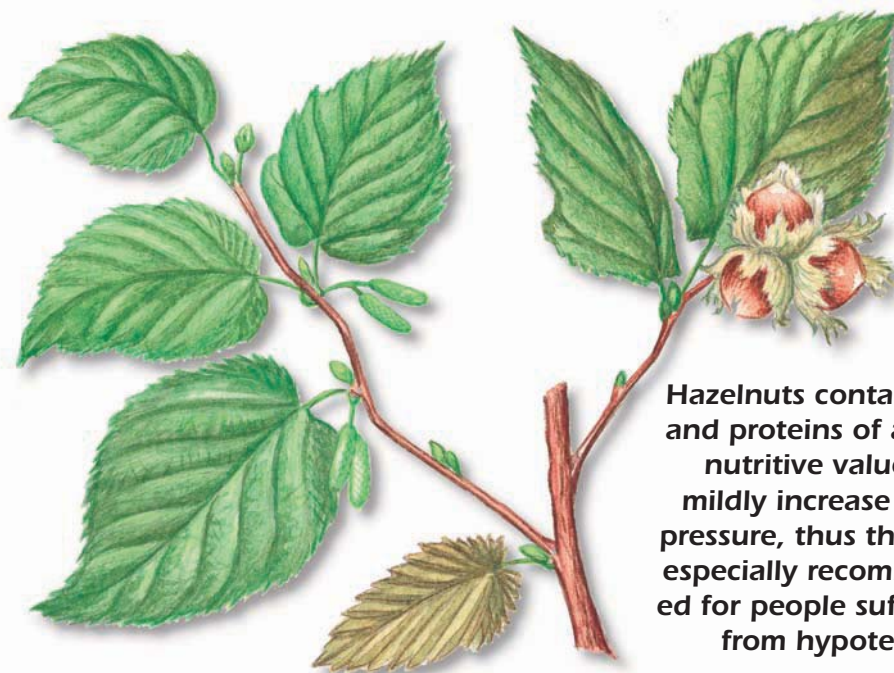


Cypress

- Powerful circulation invigorator
- Ideal for hemorrhoids, prostate and urinary incontinence

Preparation and use:

- Decoction ▪ Essences ▪ Sitz baths
- Inhalations ▪ Compresses



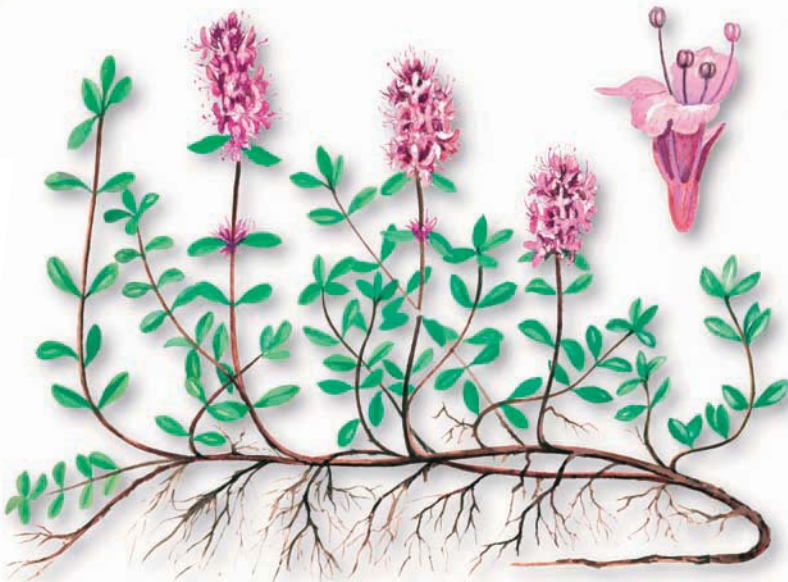
Hazelnuts contain fats and proteins of a high nutritive value, and mildly increase blood pressure, thus they are especially recommended for people suffering from hypotension.

Hazelnut

- It is a good remedy for swollen legs with varicose veins, and venous insufficiency

Preparation and use: ▪ Decoction ▪ Hazelnut fruits

- Compresses ▪ Sitz baths ▪ Massages



Mother of Thyme

▪ Eases coughs and pains

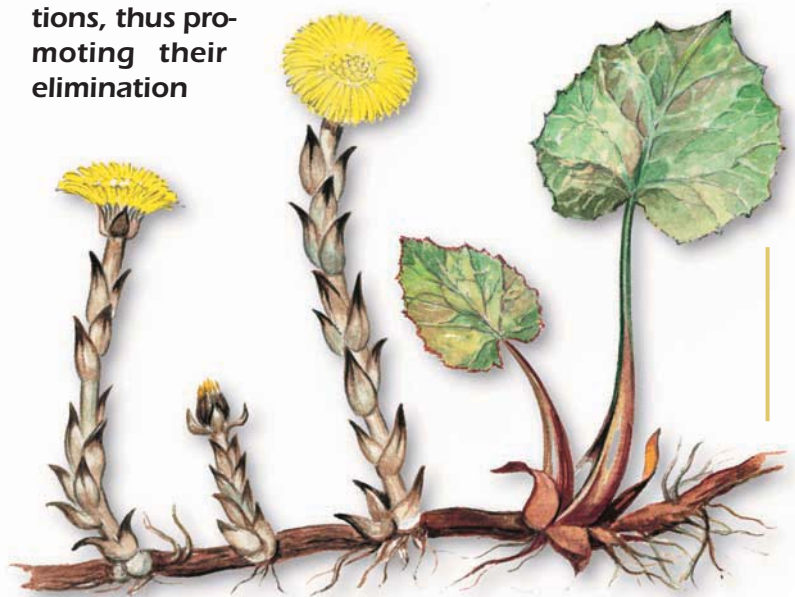
Preparation and use:

- Infusions ▪ Essences ▪ Baths ▪ Bathing
- Mouth rinses ▪ Gargles ▪ Compresses ▪ Frictions



A good invigorating bath is prepared by adding a decoction of flower clusters, to the hot bathtub water. It gives good results with depression, asthenia, and exhaustion, both in children and in adults.

As infusion of dry leaves and flower heads of coltsfoot, is an invaluable help in the treatment of tobacco addiction. It has the property of cleaning bronchial secretions, thus promoting their elimination



Coltsfoot

- The antitussive plant par excellence
 - Antiseptic and antirheumatic
 - Complement to give up smoking

Preparation and use:

- Infusions ▪ Gargles
- Compresses ▪ Lotions



Drinking an infusion of roman camomile is a good and healthy habit.



Abdominal pain is usually caused by functional disorders of digestion, such as "nervous stomach," excess gas, bloated stomach or slow digestion, inadequate food mixtures, or constipation. Digestive plants regulate and balance the digestive process, if the causes of the disorders are suppressed.

Roman Camomile

- Digestive, cicatrizant, antirheumatic
- Natural collyrium

Preparation and use:

- Infusions ▪ Powders ▪ Essences ▪ Compresses
- Eye baths ▪ Frictions



The essence contains polyphenolic substances with antiviral properties on the A Hepatitis virus

Peppermint

- Calms muscular and rheumatic pains
- Invigorator, digestive, aphrodisiac

Preparation and use:

- Infusions ▪ Essences
- Compresses ▪ Frictions

Plants for the Stomach



Raw cabbage leaves are heated with an iron and then applied to the skin as if they were a poultice. They have wound healing and vulnerary properties. Skin wounds and sores difficult to heal, as well as eczema and even acne, will improve noticeably with the application of cabbage leaves.



Cabbage

- Heals skin and peptic ulcers

Preparation and use:

- Fresh plant juice ▪ Poultices



Besides promoting digestion, pennyroyal calms menstrual pains, especially in young women.

European Pennyroyal

- Helps digestion
- Fights bad breath

Preparation and use:

- Infusions
- Mouth rinses
- Cleansings



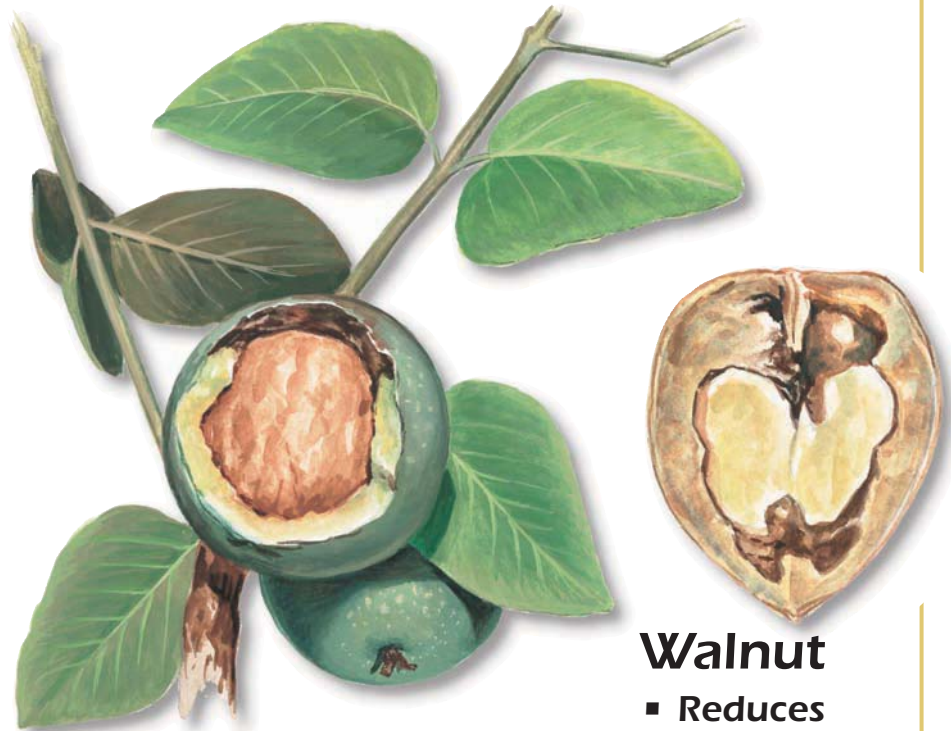
Tinnevelly Senna

- The laxative par excellence effective and save
- Stimulates the peristaltic movements of the large intestine
- Decreases the permeability of the intestinal mucosa.

Preparation and use:

- Infusions ▪ Extract ▪ Enemas

The effectiveness of vaginal irrigations with a decoction of walnut leaves is proven to treat vaginitis and other infections of the female genital organs.

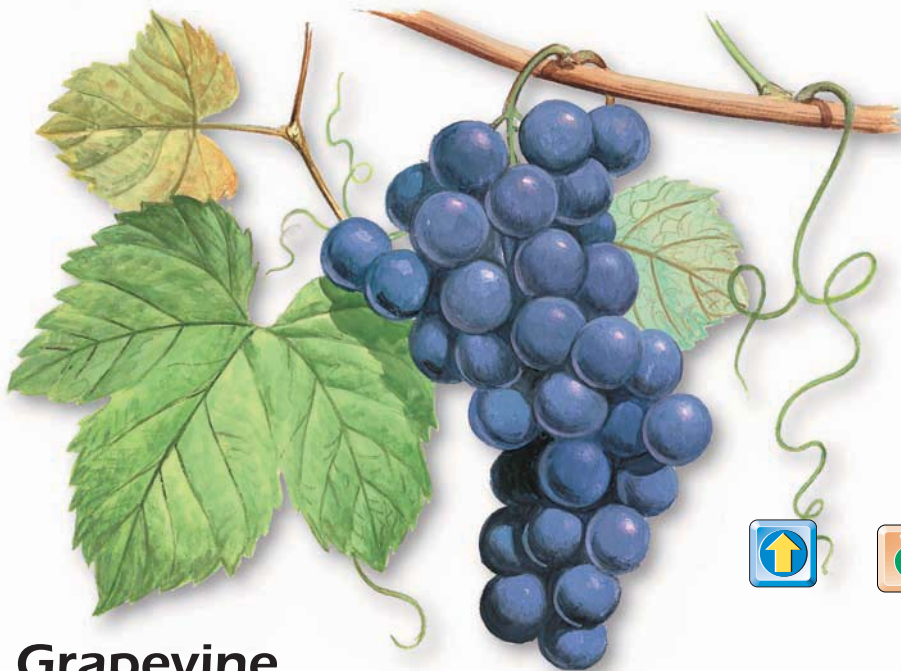


Walnut

- Reduces the inflammation of the skin and the mucosa
- Cure digestive disorders, diarrhea, gastroenteritis, colitis...
- Useful for lowering high cholesterol, diabetes and urethritis

Preparation and use:

- Infusions ▪ Irrigations and cleansing (urethral and vaginal) ▪ Sitz baths
- Compresses ▪ Gargles



Grapevine

- Combats varicose veins, hemorrhoids, and menopause related disorders
- Purifies the blood
- Ideal against exhaustion and stress

Preparation and use:

- Decoction of leaves ▪ Fruits ▪ Oil of grape seeds ▪ Baths



A decoction from bramble's or grapevine's leaves, or bramble's young buds is an effective remedy for hemorrhoids.

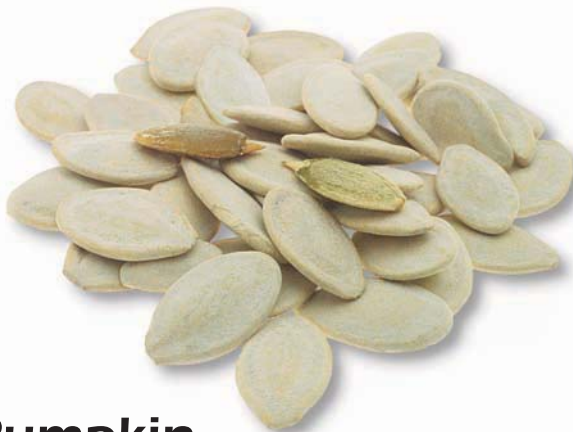
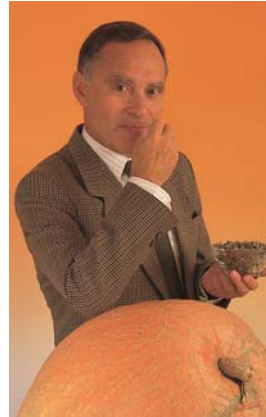
Bramble

- Improves hemorrhoids and stops diarrhea
- Cures mouth sores

Preparation and use:

- Decoctions (young buds)
- Juice
- Syrup
- Poultices





Dr. Klein, a Viennese physician, observed that in Transylvania prostate hypertrophy was almost unknown. One of Klein's collaborators concluded that fact was likely due to the consumption of pumpkin seeds by the inhabitants of that European region.

Pumpkin

- Reduces inflammation of the prostate and the urinary bladder, and expels intestinal parasites

Preparation and use:

- Seeds



Ginseng

- Improves sexual capabilities
- General invigorator for the organism

Preparation and use:

- Pharmaceutical preparations
- Extracts ▪ Capsules ▪ Liquids



By decreasing appetite, by its laxative properties, and by accelerating the metabolism, fucus achieves an effective weight-losing action which lacks any side effect.



Orthosiphon's leaves promote the elimination of nitrogenic organic waste. It is recommended for renal insufficiency and retention of fluids. Its main application, however, is as a complement in weight-loss diets.



Javan Tea

- Very useful in weight-loss diets, due to its diuretic, depurative and anticholesterol properties

Preparation and use:

- Infusions of leaves and flowers

Fucus

- Fights obesity and cellulitis

Preparation and use:

- Fresh alga ▪ Infusions ▪ Powder
- Compresses ▪ Poultices



Cowslip

- It alleviates rheumatic aches

Preparation and use:

- Poultices



Frictions with
rosemary alcohol,
hot fomentations
and compresses
are ideal for
sprains and
rheumatic and
muscular aches.



Rosemary

- Revitalizes,
invigorates, rejuvenates...
and reduces inflammation

Preparation and use:

- Infusions ▪ Essences ▪ Baths ▪ Gargles
- Frictions ▪ Fomentations ▪ Compresses



Aloe

- Has a favorable effect on many skin afflictions: wounds, burns, psoriasis, herpes, itching
- Helps cure gastroduodenal ulcers

Preparation and use:

- Aloe gel or juice
- Lotions and creams
- Compresses
- Directly



St. Johnswort is highly valued due to its vulnerary properties for the treatment of burns. Moreover, because of its invigorating and sedative properties, it is useful for depression and other nervous disorders.



Aloe juice exerts beneficial effects when applied as compresses on burns or clean or infected wounds, promoting the cleaning of the wound, accelerating skin regeneration and reducing scarring to a minimum.

St. Johnswort

- An excellent remedy for burns
- Invigorator for the nervous system, effective against depressions

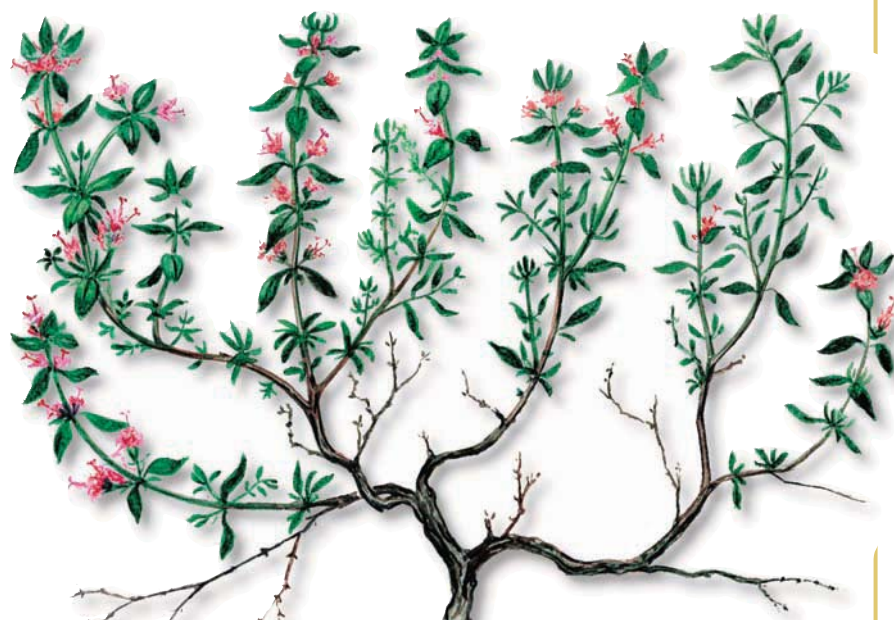
Preparation and use:

- Infusions or oil (pharmaceutical preparations)





Thyme is a medicinal herb with many well proven medicinal virtues. When applied as hot poultices it alleviates cystitis aches and renal colic.



Nasturtium

- A natural antibiotic of proven effectiveness

Preparation and use:

- Flowers and leaves salad
- Infusions of flowers
- Sitz baths
- Lotions

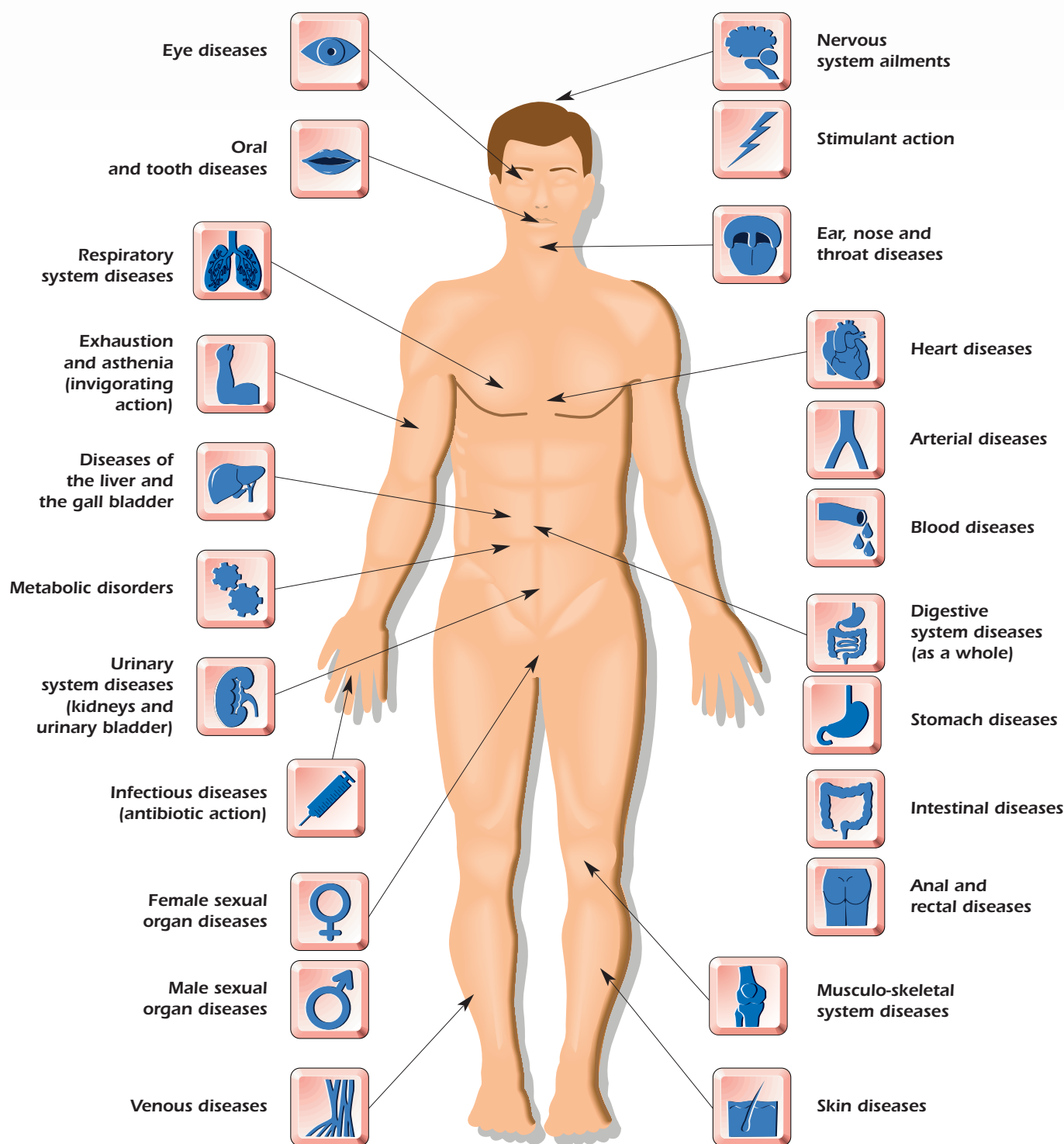
Thyme

- Powerful antiseptic and natural stimulant

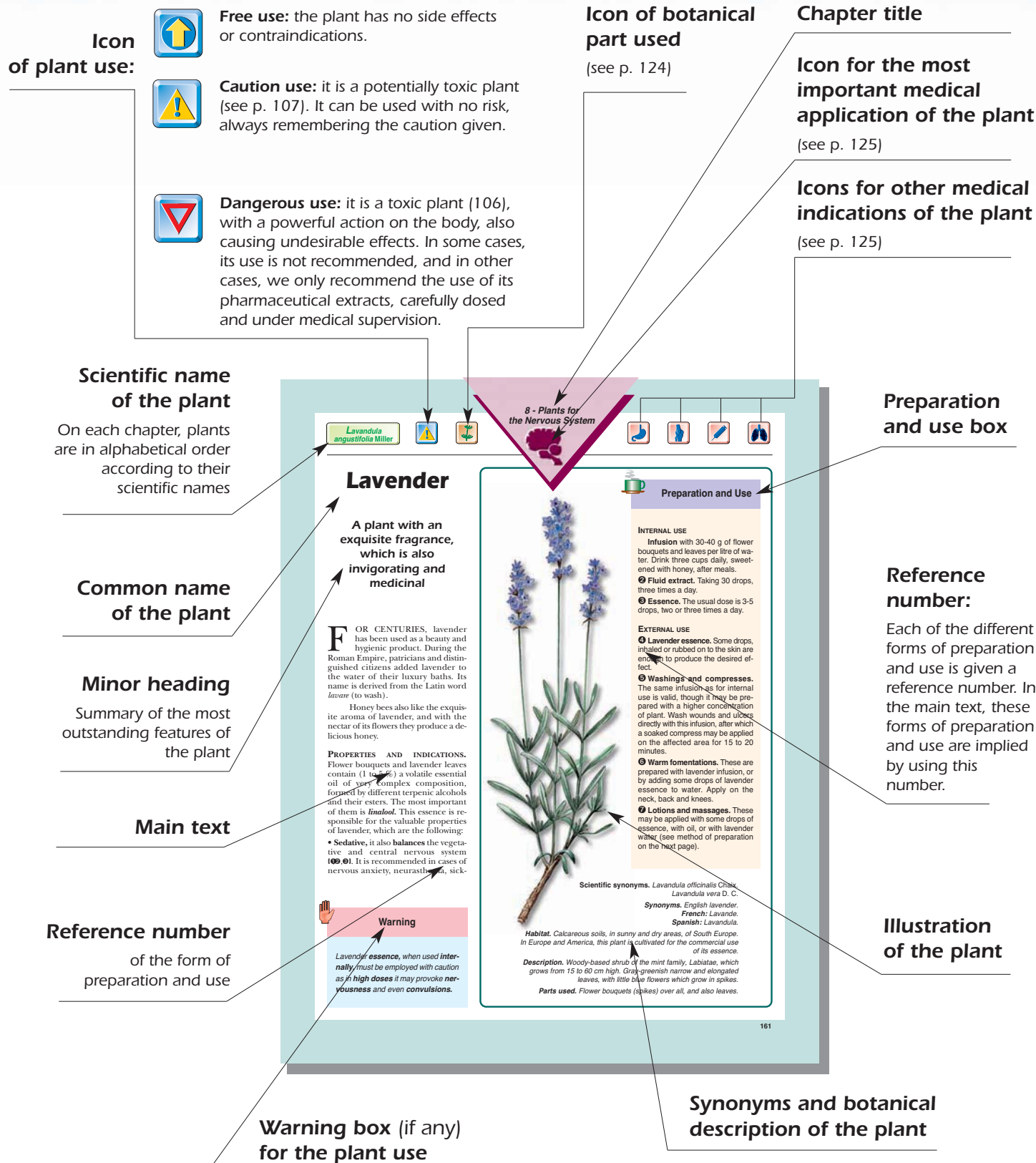
Preparation and use:

- Infusions ▪ Essences ▪ Mouth rinses ▪ Gargles ▪ Steam inhalations
- Compresses ▪ Baths ▪ Lotions ▪ Frictions ▪ Poultices

Meaning of the Icons of Anatomical Parts Used in This Work



Plant Pages: Description and Format



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Contents of volume 1



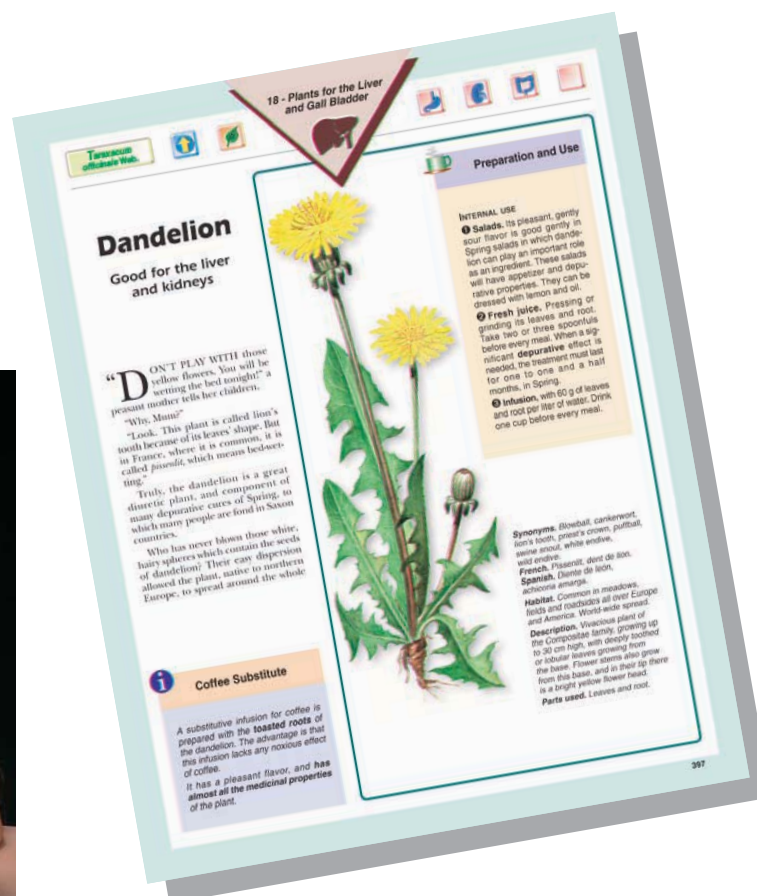
Part One: Generalities

1. The Vegetable World
2. Gathering and Preservation
3. Methods for Preparing and Using Plants
4. Active Principles
5. Caution: Plant Toxicity
6. From Plant to Medicine



Part Two: Description

7. Plants for the Eyes
8. Plants for the Nervous System
9. Plants that Stimulate
10. Plants for the Mouth
11. Plants for the Throat, Nose and Ears
12. Plants for the Heart
13. Plants for the Arteries
14. Plants for the Veins
15. Plants for the Blood
16. Plants for the Respiratory System
17. Plants for the Digestive System
18. Plants for the Liver and the Gall Bladder

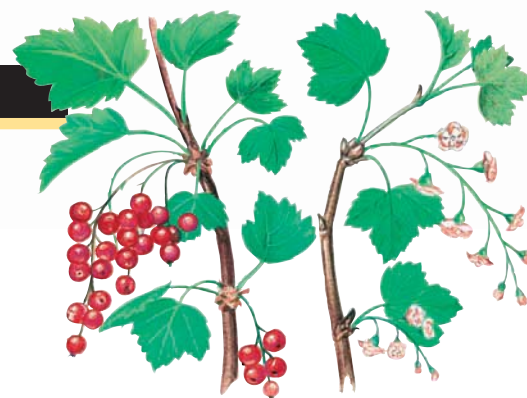


ENCYCLOPEDIA OF MEDICINAL PLANTS



Contents of volume 2

19. Plants for the Stomach
20. Plants for the Intestine
21. Plants for the Anus and the Rectum
22. Plants for the Urinary System
23. Plants for the Male Sexual Organs
24. Plants for the Female Sexual Organs
25. Plants for the Metabolism
26. Plants for the Locomotive System
27. Plants for the Skin
28. Plants for the Infectious Diseases
29. Plants for Other Ailments



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