

## TRADITIONALLY USED PRESCRIPTIONS FROM VRANICA MOUNTAIN, BOSNIA AND HERZEGOVINA

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In the year 2007, a research concerning traditional use of wild plants in a village of Prkoško lake, a region of Vranica Mountain in the Middle of Bosnia and Herzegovina, was carried out. All prescriptions were verbally delivered, usually from mother to daughter and go back to the year 1817. To all used plants corresponding material was collected and deposited in the herbarium of the Department of Pharmacognosy, Vienna.

In total, 12 of about 90 inhabitants were questioned using the method of open ethnobotanical interview. 43 different wild species and 82 prescriptions for the use in human therapy were recorded. The most frequent indications were gastro-intestinal tract disorders, respiratory tract and skin ailments. There are special Bosnian balms known as "mehlems", which are prepared from freshly chopped or freshly pressed herbal parts of different plants. They also contain warmed resins from *Abies* or *Picea* species, raw cow or pig butter, olive oil and honey. The plants mostly used for these balms are different species of the genera *Arctium*, *Carlina*, *Euphrasia*, *Hypericum*, *Plantago*, *Teucrium* and *Urtica*. Some of them, like *Euphrasia rostkowiana* and *Teucrium montanum* are typical for this region in comparison to the traditional therapy in other regions.