

TRADITIONALLY USED PRESCRIPTIONS FROM VRANICA MOUNTAIN, BOSNIA AND HERZEGOVINA

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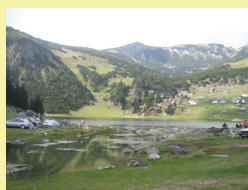
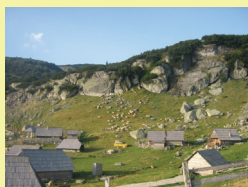
INTRODUCTION

Information on plant usage of wild plants in human therapy, particularly verbally delivered prescriptions, in Middle Bosnia and Herzegovina was scarce so far.

A survey concerning traditional use of wild plants in a village of Prokoško lake, a region of Vranica Mountain in the Middle of Bosnia and Herzegovina, was carried out in 2007.

Vranica is a mountain of the Dinaric Alps characterized by abundant pasturage and surface water and some summits with an average elevation over 2000 m. Prokoško lake is a glacial lake on 1660 m with a great plant diversity and announced protected zone (monument of nature) in 2005.

Information about used plants, indications and preparation was gathered, named plants were collected, determined to the species and all data finally entered in the "VOLKSMED" database of Austrian prescriptions [1] for further analyses and comparisons.



MATERIAL & METHODS

Research area Prokoško lake on Vranica Mountain

Interviewed persons 12 of about 90 inhabitants belonging to different ethnical groups, average age 72

Method open ethno botanical interview

- name of interviewed person
- age and occupation of the interviewed person
- location and date of interview
- used plants
- prescription background
- preparation procedure
- indication
- part of the plant being used

Material of all used plants was collected at the reported locations and determined; vouchers were deposited in the herbarium of the Department of Pharmacognosy, Vienna (WUP)

RESULTS

In total, 43 different species and 82 different preparations for use in human therapy were recorded. All prescriptions were delivered verbally, usually from mother to daughter, and some go back to the year 1817.

The most frequent indications were gastrointestinal tract disorders (24,3%), respiratory tract disorders (22,7%) and skin ailments (18,2 %). Indications like urinary - genital ailments (13,7%), rheumatism (8,3 %), disorders of nervous system (6,6%) and cardiovascular problems (6,2%) were less common.

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.

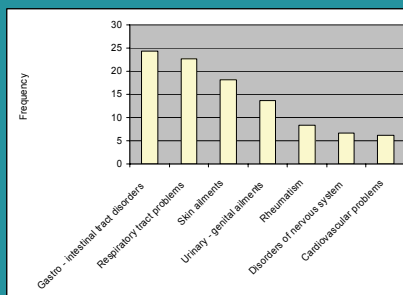


Fig. 1: most frequent indications



Fig. 2: *Arctium* sp.



Fig. 3: *Teucrium* sp.



Fig. 4: *Hypericum* sp.



Fig. 5: *Euphrasia* sp.

CONCLUSION

43 species of wild medicinal plants currently or formerly used in traditional medicine of Bosnia and Herzegovina were collected in scope of this study. They are applied for a great spectrum of indications including common cold, fever, cough, as well as serious diseases like tuberculosis or heart complications. Interesting are special Bosnian balms known as "mehlems" used only in this region.

REFERENCES

- [1] Saukel J., Gerlach S., Kubelka W. (2006) Pflanzen in der österreichischen Volksmedizin. Die „VOLKSMED-DATENBANK“. SciPharm 74, Suppl. 1, p. 36