

SHORT FORAY INTO THE TRADITIONAL ROMANIAN REMEDIES

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Achillea millefolium – MILFOIL



Known as: peanuts, sheep-grass, mouse-grass, sneezing, father-clutter.
The following diseases can be treated by using this plant: abscess, acne, heart disease, allergies, anorexia, heartburn, asthma, atherosclerosis, urinary system diseases, bronchitis, genital cancers, ovarian cysts, cystitis, urinary tract infections, sinusitis.

Melissa officinalis – MELISSA/LEMON BALM



Known as "beekeeping grass".
Because of the principle bitter and coffee acid, **Lemon balm** has a collar action, carminative and gastric, and is used in postprandial digestive disorders, especially in children, in spasms, colic and vegetative disorders in biliary dyskinesias and chronic colitis.

Allium – ONION



After the method of cultivation, there is "Summer Onion" and "Winter Onion".
The following diseases can be treated by using onion: circulatory disorders of the elderly, used in treatment of cough (onions baked or decoction) in asthma (juice or raw onions), in some skin diseases, as an adjunct in diabetes and the antihypertensive.

Mentha piperita – MINT/PEPPERMINT



Peppermint is used primarily in digestive disorders such as gastrointestinal, but also the biliary, gallbladder aches, gallstones or diseases of pancreas.
It has also anti-emetic action, and can be used for digestive colic, abdominal pain, flu, abdominal cramps, gallstones, cholesterol problems, digestion problems, sage and mint will help to stop smoking.

Anethum graveolens – DILL



Dill helps to reduce blood cholesterol, to normalize blood pressure, atherosclerosis, colon cancer, diabetes complications such as nerve damage or heart disease and Anethi fructus et herba **helps in** digestive disorders and milk hiposecretion.
It is contraindicated to children and pregnant women due to ketones.

Primula officinalis - PRIMROSE



Known as "wine for the heart".
External form of hot poultices applied to the painful sites have a calming, healing and haemostatic action.
Combats arthritis and rheumatism, strengthening and toning the nerves of the heart, migraine and headaches calming of cardiac nerve, having an unusual effect on cardiac inflammation and the tendency to apoplexy.

Artemisia absinthium – ABSINTHE/WORMWOOD



Internally, wormwood treats the following symptoms: difficult digestion, hypo-acid gastritis, nausea, hepatitis, cirrhosis, indigestion, bloating, intestinal worms, lack of appetite in children, poisoning, food poisoning, mental retardation in children, inability to concentrate, headaches, vomiting, migraines.
Wormwood flowers are used in external treatments: rheumatism and paralysis, vaginal candidiasis adjuvant in Trichomonas infection.
Wormwood is contraindicated for pregnant or breastfeeding women.

Petroselinum crispum – PARSLEY



The therapeutic action of parsley includes: stimulating the nervous system, eliminates the inflammatory processes, is diuretic and depurative, antiseptic of blood, digestive tract and urinary tract, anti-tumor, anti-anaemic, anti-rickets, stimulating expectoration, prevents drying of the conjunctiva and the cornea, fostering smooth muscle cells, neutralizes the harmful effects of tobacco and alcohol: parsley helps in all states with weakened immunity, allergies, convalescent, old age, diseases of wear, fatigue, asthenia, anemia, liver, kidney or bladder, rheumatism, gout, painful menstruation.

Brassica oleracea - CABBAGE

Therapeutic actions: antidepressant, anti-cancer action, anti anaemic action, varicose ulcers, simple anemia, broncho-pulmonary TB, stomach and duodenal ulcer, ulcerative colitis, angina, laryngitis, sinusitis, cirrhosis ascites, skin infections, bruises and wounds, neurosis, sun exposure, state stroke, neuralgia, diabetes, facial neuralgia, gout, boils.
Consumption of cabbage is indicated for pregnant women, due to folic acid.

Solanum tuberosum - POTATO

Recent studies show that this vegetable has a slightly sedative effect, calming the nervous system, potato consumption is indicated for treating insomnia or nervous exhaustion. Fresh juice of potato has **exceptional healing properties** for ulcers or gastritis, mild constipation or scurvy, and tea made by boiling the potato peel is excellent for people with hypertension.