PRESENTATION OF THE

ENCYCLOPEDIA OF

MEDICINAL PLANTS

EDUCATION AND HEALTH LIBRARY

EDITORIAL SAFELIZ
INTRODUCTION

Humanity has achieved marvelous goals in all the branches of science. However, the best technology has not managed to eradicate violence, pain, anxiety and disease. All of these evils are the result of certain unhealthy and mistaken habits of our society. Possibly, because the greatest efforts of institutions and governments have the search for remedies for all the evils that we are suffering from as their priority and therefore not preventing them and eliminating them at their roots.

In our consumer society, everything is a remedy. Our greatest concern is to find an elixir that heals everything, including the social problems that the family has set forth, due to drugs, AIDS, violence and disease in general, but the truth is that what we need is to know how to prevent them to stop them being produced.

The best means and the most advanced specialists in medicine and education cannot compensate for the consequences of unhealthy and mistaken lifestyle habits. Leading a healthy lifestyle, balanced and correct, which prevents so many evils appearing in our society, must be our greatest concern.

With the idea of answering the problems that our society sets forth and providing the best solutions, the Home Health Education Service (or National Home and Health Service) wishes to inform you about an ambitious project that we call the EDUCATION AND HEALTH LIBRARY. A prestigious team of doctors, psychologists and educators, after an in depth study of the evils that present day society is suffering from, offer scientific solutions through several medical and educational encyclopedias making up this ENCYCLOPEDIA that all families need today. I am going, therefore, to present a part of this project to you.
ENCyclopedia OF MEDICINAL PLANTS

A complete and up-to-date encyclopedia that shows how to use the healing power of plants with scientific, accurate and reliable criteria, favoring our health.

- Over 470 plants botanically described and classified by diseases.
- A large number of natural treatments described in a simple, clear language, correctly illustrated, placing the healing virtues of medicinal plants and their practical application methods within the reach of everyone.
- Experienced advice for the therapeutic preparation of fomentations, infusions, ointments, baths....
- Many charts describing the most frequent disorders and the plants endowed with the active agents that can heal them.

PLANTS FOR THE MOUTH
DISEASE CHARTS

In each chapter the most important plants for the treatment of the diseases of a certain organ or system appear. When a single plant has several applications, as often happens, it is included in the chapter corresponding to its main application.

To make up for this fact and to aid in searches, charts such as the one shown here on the diseases of the mouth are included in the book, in which all the plants that are useful for each complaint are listed, regardless of the chapter where they are found.

In this way we have selected the most representative complaints of each organ, and the plants that respond best to phyto-therapeutic treatment.

PLANTS FOR THE EYES

Due to the fact that this encyclopedia is published in five languages: German, French, English, Portuguese and Spanish, the plants are not in alphabetical order. An easy, international consultation order is proposed: by the organs they work on, from the head to the feet.

For reasons of space, in this presenter we have selected included two plants in each page two plants for each organ and of course, a very short written summary. However, in the encyclopedia each plant takes up a minimum of one page and often two, three and even four pages, according to its interest.
For example, on this page four, we present two plants belonging to the chapter containing all the medicinal plants to heal the diseases of the eyes. One of them is the Carrot, which raw or in juices is very good for the sight and for the skin in infusions and poultices. Also, Herb Robert, as an excellent remedy for cleaning the eyes and reducing inflammation in the mouth, being used in decoctions, or for baths, mouth rinses and compresses.

There is detailed information on the use and preparation for each plant. Below, in the following chapters the plants that heal the nervous system, the throat, the heart, and so on until reaching the lower organs appear.

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PLANTS FOR THE NERVOUS SYSTEM

PASSION FLOWER: The flowers and the leaves of this plant taken in infusions help to control and heal stress, insomnia, depressions, alcoholism and drug addiction.

LINDEN: This plant also calms the nerves, beautifies the skin and protects the heart, using its flowers in infusions, or adding an infusion of it to bath water is very effective for insomnia or nervousness. Steam baths of its flowers also soften and beautify the skin.

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PLANTS FOR THE THROAT

STICKLEWORT: Its flowers and its leaves in infusions, mouth rinses, mouth gargles and compresses are medicine for tonsillitis, pharyngitis and laryngitis.

OAK TREE: Anti-inflammatory and astringent. The decoction of oak bark or crushed holm oak, may be applied in any of the following ways:

- Mouth rinses and gargles for ailments of the mouth and the throat.
- Eye washes or blocked up noses.
- Vaginal irrigations.
- Sitz baths, for ailments of the anus or rectum.
- Arm baths, for chilblains.

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PLANTS FOR THE HEART

YELLOW ADONIS: In infusions and under medical supervision, all the parts of this plant have properties to strengthen the heart, increase the strength of the cardiac contractions and to fight angina pectoris.

HAWTHORN: The infusion of its flowers and also its fruit are very effective for the treatment of palpitations, hypertension and other nervous cardio-circulatory ailments.
PLANTS FOR THE ARTERIES

EARLY-FLOWERING PERIWINKLE: The decoction of the leaves of this plant is a powerful vasodilator of the arteries to the brain, to fight senile ailments, ageing and memory loss.

Vincamine that is extracted from this prodigious plant is one of the most frequently used drugs today in the treatment of failure of the blood supply to the brain, migraines, hemorrhages, etc.

SUNFLOWER: In Mexico, and in many other parts of the world, infusions of sunflowers and their young stems are used for bronchial colds and respiratory ailments. The oil from its seeds is rich in unsaturated fatty acids, as well as in vitamins E, A and B. Therefore it is particularly indicated for reducing the cholesterol levels in the blood, as well as for diabetes, kidneys and skin diseases.

PLANTS FOR THE VEINS

CYPRESS: A decoction of Cypress nuts or wood is indicated to fight varicose veins, hemorrhoids and the disorders of the menopause, using it in decoctions. In sitz baths it also alleviates urination disorders, pertaining to the prostate syndrome, cystitis or urinary incontinence. Likewise, it can be highly advisable for cases of hemorrhoids.

HAZELNUT: Hazelnut oil is recommended for oily skin and for cases of acne. A decoction of the bark of the young branches and the leaves is used as a medicine in the case of heavy legs, varicose veins, phlebitis, in tisanes, compresses, hip baths and friction massages.

PLANTS FOR THE RESPIRATORY SYSTEM

MOTHER OF THYME: The decoction of the leaves and the flowers has extraordinary properties, using it in infusions or essences to calm coughs, respiratory and digestive ailments. In baths, rinses, gargles, compresses and friction massages, it heals mouth and anal ailments, rheumatism and headaches, depression, asthenia and exhaustion.

COLTSFOOT: Infusions of the dried leaves and flowers, used in tisanes give very results in the cases of voice loss, acute bronchitis, bronco-pneumonia, asthma, emphysema... Coltsfoot is very helpful when stopping smoking, since it cleans the bronchial tubes of secretions, encouraging their elimination.
PLANTS FOR THE DIGESTIVE SYSTEM

ROMAN CAMOMILE: The infusions and essences of this plant are very appropriate for digestive ailments, colics, flatulence, etc. Compresses, washes and friction massages are highly indicated for rheumatism, healing of wounds and eye washes.

PEPPER-MINT: Infusions of its leaves and flowered tops have properties to calm pain, they are invigorating and aphrodisiacs. It is recommended in cases of dyspepsia, intestinal wind, digestive spasms and colic, gastric atonia, hepatitis and physical exhaustion.

PLANTS FOR THE STOMACH

CABBAGE: The juice from fresh cabbage leaves heals peptic ulcers. Poultices of the leaves heal skin ulcers. It also improves acne.

EUROPEAN PENNYROYAL: The whole plant in infusions, mouth rinses and cleansings helps digestion increasing the gastric juices, it fights bad breath, it expels intestinal parasites and calms period pains.

PLANTS FOR THE INTESTINE

TINNEVELLY SENNA: The leaves and seeds are a laxative par excellence, efficient and safe, it stimulates the motility of the large intestine and decreases the permeability of the intestine mucus.

WALNUT: The leaves and fruit, in infusions, irrigations, gargles, sitz baths and compresses reduce inflammation of the skin and the mucus. It heals digestive disorders, diarrhea, colitis and other ailments of the female genital system.

PLANTS FOR THE ANUS AND THE RECTUM

GRAPEVINE: All the parts of the vine hold healing properties: The leaves in infusions are a medicine for vein circulatory ailments, hemorrhoids, chilblains, varicose veins, diarrhea... The sap of the vine shoots heals skin irritations and irritated eyes. The grape cure is very suitable for cleaning the blood. The oil from grape pips is highly applicable for excess of cholesterol.

BRAMBLE: It improves hemorrhoids taking a sitz bath with the decoction of the leaves and young buds, which also decrease the desire to smoke when chewed slowly. Also in poultices it is very useful to heal wounds, ulcers and boils.
PLANTS FOR THE MALE SEXUAL ORGANS

PUMPKIN: The seeds (pips) reduce inflammation of the bladder and the prostate and expel intestinal parasites. The pulp of baked or boiled marrow is ideal for those suffering from digestive problems and kidney ailments.

GINSENG: This plant is normally presented in pharmaceutical preparations, it invigorates without exciting and without creating dependence increasing the energy production in the cells, therefore it increases sexual capacity and spermatozoa production, invigorating the organism in general.

PLANTS FOR THE METABOLISM

JAVAN TEA: Infusions of the leaves are very useful in slimming diets due to its diuretic, depurative and anticholesterol action.

FUCUS: It fights obesity and cellulitis. Its algae have the property of removing the appetite and it is a gentle laxative.

PLANTS FOR THE LOCOMOTIVE SYSTEM

COWSLIP: Poultices of fresh leaves alleviate rheumatic pain and inflammation of the joints.

ROSEMARY: In infusions, essences, baths, friction massages, fomentations and compresses it has invigorating properties for exhaustion, kidney colic, rheumatism...

PLANTS FOR THE SKIN

ALOE: From the pulp of its leaves, Aloe Gel or Juice is obtained which, when applied locally, in compresses, lotions, creams or pharmaceutical preparations, exercises beneficial effects on: wounds, burns, eczema, psoriasis, acne, fungi and herpes. It beautifies the skin and improves the appearance of scars.

ST. JOHNSWORT: The leaves and flowers in infusions or oil are an excellent remedy for burns, it moderates the inflammatory reaction, it has a local anesthetic effect, digestive, balancer of the nervous system and antidepressant.
PLANTS FOR INFECTIOUS DISEASES

NASTURTMIUM: All the parts of the Nasturtium are natural antibiotics against respiratory and urinary infections. It encourages the functions of the skin. It acts against baldness. Sitz baths regulate periods.

THYME: It is a plant that has multiple anti-infectious properties with healing powers for the nervous system, digestive, respiratory and genital-urinary systems.

MEANING OF ICONS OF ANATOMICAL PARTS USED IN THIS WORK

As we have already mentioned, each plant possesses several healing properties and therefore it might have applications for different diseases. For example, thyme is an anti-infectious plant, but it can also be used for digestive, invigorative, etc reasons. For this reason with each plant some icons are added to show the organs and diseases that it can also heal, making consultations easier. This page is in the book to help its contents to be clearly understood.

PLANT PAGES: DESCRIPTION AND FORMAT

This page is found in the book to make the description of each of the parts that make up the pages devoted to the plants easier for the reader to understand.

CONTENTS OF VOLUMES 1 AND 2

At the beginning of each volume there is a GENERAL PLAN OF THE WORK, so that we can know all about its contents at a glance. These, together with the ALPHABETICAL INDEXES will help with any consultation about a specific plant and disease.
CONCLUSION

The value of this encyclopedia lies in its rational and truly practical focus point for healing and preventing the diseases of your family, without the disadvantages that most medicines have.

The pharmaceutical laboratories are aiming their research efforts towards the vegetable world, in such a way that more and more often you can find medicines prepared using medicinal plants in the chemists.

The Creator has given medicinal plants a healing and preventive power, particularly when we use them in combination with other natural elements, such as the sun, water, clean air, medicinal plants and a good mental disposition.

For the good of you and your family, we recommend that you learn to use medicinal plants, looking for not only a healing action in them, as is done with drugs, when the disease has appeared, because one of their great virtues is their capacity to regulate vital processes and to prevent disease.

Our health is a good of incalculable value and it is wise to try not to waste it uselessly. Many people are only concerned about their health when they have lost it, and then they would give anything to recover it. Be wise carefully administering to your health. Invest today in your health so that tomorrow you can receive the benefits of a long, healthy and happy life.

José Rodriguez
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JR/A