

02 Field of application. Female and male Complaints

- **Lady's mantle** See bed 01

- **Columbine (toxic!)** See bed 01

- **Epimedium**

Classification:

Epimedium, botanical name Epimedium, is a genus of plants in the barberry family (Berberidaceae).

Usage:

In traditional Chinese medicine, Epimedium extracts are used to treat rheumatoid complaints, as well as hypertension in menopausal women.

Action:

Epimedium contain a flavonoid called icariin, which has neurotrophic effects (in rats). This means the substance is partly responsible for the survival of nerve cells. Since the substance has hardly been studied in humans, self-treatment is not recommended.

Trivia: -

- **Deadnettle**

Classification:

White deadnettle (*Lamium album*) is a plant species in the labiates family (Lamiaceae).

Usage:

Shoots and dried flowers of White Deadnettle are used as a tea. In traditional remedy White Deadnettle is used as a diuretic and against disorders during menopause. Due to its anti-inflammatory and expectorant effects, the tea is used against mild inflammation of the mucous membrane of the mouth and throat. Externally, White Deadnettle is used in poultices against skin swelling, bumps, varicose veins and gouty nodules.

Action:

The anti-inflammatory effect is mainly caused by iridoids and other terpenes. In addition, White Deadnettle contains tannins and mucilages, as well as choline, saponins and, in small quantities, essential oils.

Trivia:

Deadnettle does not have stinging hairs and is not related to stinging nettle. The name comes from the similar leaf shape.

- **Peony**

Classification:

Peonies, botanical name *Paeonia*, form the only plant genus in the peony family (Paeoniaceae).

Usage:

In traditional remedy and in traditional Chinese medicine, extracts of peony are used to treat gout and women's diseases.

Action:

The flowers contain anthocyanins such as paeonin, flavonoids and tannins. The roots contain monoterpene ester glycosides such as paeoniflorin and tannins. Paeoniflorin has an antioxidant effect. However, it is questionable whether the effect is strong enough to treat inflammatory joint diseases such as gout or rheumatism.

Trivia:

Peony flowers contain peonidin, a methyl ether of cyanidin. Its structure changes depending on the pH of the environment, with each structure having a different color. Therefore, cyanidin is suitable as an indicator; it can be used to determine pH values of almost the entire pH scale.

- **Bilberry**

Classification:

Bilberry or blueberry, botanical name *Vaccinium myrtillus*, is a species of the heather family (Ericaceae).

Usage:

Fresh fruits have a laxative effect, dried berries are used against acute diarrhea. Diluted juice is used for gargling in mild inflammation of the mucous membrane of the mouth and throat.

In traditional remedy the berries are also used to treat hemorrhoids.

Action:

Blueberries contain anthocyanins, which act as antioxidants/radical scavengers. The anthocyanins are plant pigments that stain the mouth and teeth blue to red when eaten. In addition, the berries contain antioxidants, tannins and pectins. Blueberries therefore have antibacterial, antiviral and antifungal effects. The substances have capillary-sealing and epithelium-regenerating effects and promote wound healing.

Trivia:

Many cultivated blueberries on the German market are not *Vaccinium myrtillus*, but the American blueberry (*Vaccinium corymbosum*). They are recognizable by their light-colored flesh, which does not stain the mouth and teeth blue.

- Woodruff

Classification:

Woodruff, botanical name *Gallium odoratum*, is a plant species in the redbud family (Rubiaceae).

Usage:

Woodruff is used as a spice, such as in syrup. In traditional remedy, woodruff was used against many ailments. Among other things, it has vasodilating, anti-inflammatory and antispasmodic effects.

Action:

Natural woodruff aroma is produced by coumarin. Artificial woodruff flavor in food, on the other hand, is produced by 6-methylcoumarin. Because of the coumarin glycosides, woodruff is considered to have little toxicity. When it wilts, it becomes coumarin. It causes drowsiness, vomiting, dizziness, headaches, and liver damage if consumed regularly.

Trivia:

Flavoring food with natural woodruff has been banned in Germany since 1974.

The origin of the name woodruff is unclear. The botanical name *Galium* (Greek gala for milk) are derived from the fact that these plants were used as coagulants in cheese production.