

### **03 Indication: gastrointestinal tract**

- **Camomile** See bed 01

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

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

- **Rhubarb**

**Classification:**

Common rhubarb, botanical name *Rheum officinale*, belongs to the knotweed family (Polygonaceae).

**Usage:**

The leaf stalks are eaten as compote, jam or cake, or made into juice.

In traditional remedy it is used as a mild laxative.

**Action:**

Rhubarb leaves contain oxalic acid, which is harmful to health in high concentrations as it increases the risk of kidney stone formation. Furthermore, oxalic acid impedes the absorption of iron in the intestine. Rhubarb roots and stems contain flavonoids and tannins, but mainly anthraquinone, which stimulates peristalsis and explains the laxative effect of rhubarb.

**Trivia:**

Rhubarb is used as a fruit, although it is actually a vegetable.

- **Hibiscus**

**Classification:**

Hibiscus, also called marshmallow, botanical name *Althea officinalis*, belongs to the mallow family (Malvaceae).

**Usage:**

Foliage leaves, flowers and roots are dried and used against mild inflammation of the gastric mucosa.

**Action:**

In addition to starch, the roots of the marshmallow contain mainly mucilages and pectins. They have a mild anti-inflammatory effect, reduce irritation of the cough and soothe mild inflammation of the gastrointestinal tract.

**Trivia:**

The candy marshmallow originates from the French *pâte de guimauve*, which was originally made from marshmallow.

- **Rosemary**

**Classification:**

Rosemary, botanical name *Rosmarinus officinalis*, is an evergreen semishrub in the Lamiaceae family.

**Usage:**

Rosemary leaves are used fresh or dried as a spice. Rosemary is used internally as a tea mainly for digestive complaints, but also against numerous inflammatory diseases. Externally, preparations with rosemary oil are used for supportive therapy of rheumatic diseases and circulatory problems.

Rosemary oil in high doses can cause intoxication and convulsions. Pregnant women should use rosemary sparingly or not at all.

**Action:**

The above-ground plant components of rosemary contain essential oils such as borneol, pinene, and cineol. In addition, there are phenolic compounds such as rosmarinic acid and carnolic acid, and flavonoids. Rosemary oil has a strong antiseptic effect. Rosemary tea has antifungal activity.

**Trivia:**

Rosemary was named medicinal plant of the year by the Verband der Heilkräuterfreunde Deutschlands e.V. in 2000 and by the Verein zur Förderung der naturgemäßen Heilweise nach Theophrastus Bombastus von Hohenheim, gen. Paracelsus e. V. in 2011.

### **- Holy thistle**

#### **Classification:**

Holy thistle, botanical name *Silybum marianu*, is a plant species in the daisy family (Asteraceae).

#### **Usage:**

The dried plant is used for digestive problems, against disorders of the biliary system and as a "liver-protecting" detoxifying agent.

#### **Action:**

The fruits of holy thistle yield the active complex silymarin, a mixture of several flavanone derivatives, of which silibinin is the main active ingredient. Silymarin inhibits the thyroid hormone transporter MCT8. Because silymarin inhibits the absorption of amatoxin (the toxin of tuberous leaf fungi), it is also used as an antidote for poisoning.

#### **Trivia: -**

### **- Goat's beard**

#### **Classification:**

Goat's beard, botanical name *Aruncus dioicus*, is a plant species in the rose family (Rosaceae).

#### **Usage:**

Young shoots are eaten cooked as a vegetable. In traditional remedy, goat's beard is used for stomach ailments and fever.

#### **Action:**

The plant should only be eaten cooked, as it contains compounds containing prussic acid. Prussic acid is toxic, it affects the metabolism of mitochondria.

The seeds contain saponins.

#### **Trivia: -**