

04 Indication: Cardiovascular System / Circulation

- Sage See bed 01

- Anemone (toxic!) See bed 01

- Celandine

Classification:

Celandine, also called tetterwort, botanical name *Chelidonium majus*, is a plant species in the poppy family (Papaveraceae).

Usage:

in traditional remedy, the sap of celandine is used externally and internally. Externally it's used natively or processed into ointments against skin diseases such as warts, internally the dried herb is used against gallstones and mild liver disorders. Preparations from the herb drug are used against spasmodic complaints of the gastrointestinal tract and bile ducts.

Action:

Celandine contains several alkaloids, with antiviral, antibacterial, antifungal, anti-inflammatory, and weak cytotoxic effects. The plant sap and ointment have protein-dissolving (proteolytic) action, which is why they are used against warts. They should not be used on large areas, as they have a strong irritating effect. The mild spasmolytic effects of the alkaloids explain their use against spasmodic complaints. However, self-medication is not recommended, as celandine can damage the liver when used internally.

Trivia: -

-Pink Hawthorn, Hawthorn

Classification:

Pink hawthorn, a cultivated form of the two-stemmed hawthorn, botanical name *Crataegus laevigata*, belongs to the rose family (Rosaceae).

Usage:

Pink hawthorn and hawthorn are used to treat chronic heart failure.

Action:

Crataegus species contain flavonoids and procyanidins, which have a strengthening effect on the pumping action of the heart. Because endothelial NO synthesis is increased, red and hawthorn dilate coronary arteries, which lowers peripheral resistance and thus has a protective effect on the heart.

Trivia: -

-Garlic

Classification:

Garlic, botanical name *Allium sativum*, is a plant species in the leek genus (*Allium*) of the amaryllis family (Amaryllidaceae).

Usage:

Garlic is used for elevated lipid levels and prevention of atherosclerosis.

Action:

Ingredients of garlic lower blood lipid and cholesterol levels. Therefore, garlic prevents atherosclerosis. Garlic contains the amino acid alliin. Both alliin and its breakdown product allicin have bacteriostatic effects.

Trivia:

Garlic was voted medicinal plant of the year in Germany in 1989.

- Lavender

Classification:

True lavender, botanical name *Lavandula angustifolia*, is a plant species in the Lamiaceae family.

Usage:

Extracts of lavender flowers are used, for example, as a bath additive for circulatory disorders, restlessness, nervous exhaustion, difficulty falling asleep, migraines, and nervous gastrointestinal and biliary complaints. Lavender oil is also used as a liniment against rheumatic complaints.

Action:

The main active component in lavender oil is (R)-(-)-linalyl acetate. It has a mild antibacterial and antifungal effect. Lavender oil is mildly irritating to the skin, hence its use against rheumatic complaints.

Trivia:

In 2008, true lavender was named medical plant of the year.

In 2020, true lavender was named medicinal plant of the year.