

05 Field of application: skin / mucous membrane

- Mint See bed 01

- Winter Jasmine

Classification:

Winter jasmine, botanical name *Jasminum nudiflorum*, belongs to the olive family (Oleaceae).

Usage:

Winter jasmine is mainly used for flavoring teas and in cosmetics. Extract from flowers is used for redness and swelling, headache and migraine.

Action:

Winter jasmine contains essential oils, which explains its use mainly in aromatherapy.

Trivia: -

- Marigold

Classification:

Marigold, botanical name *Calendula officinalis*, is a plant species in the daisy family (Asteraceae).

Usage:

Dried flowers are infused as a tea and used internally for inflammatory changes in the mucous membranes of the mouth and throat, as well as for stomach and intestinal ulcers and for menstrual cramps. Made into tinctures and ointments, they are used externally for wounds and bruises, skin inflammation and rashes.

Action:

The sesquiterpenes contained in the essential oil of the flowers, such as cadinol, have antibacterial, anti-inflammatory and beneficial effects on wound healing.

Trivia: -

- Comfrey

Classification:

Comfrey, botanical name *Symphytum officinale*, is a member of the rough-leaf family (Boraginaceae).

Usage:

Comfrey is used externally for "blunt trauma" such as bruises, strains, sprains and contusions.

Action:

The allantoin found in comfrey accelerates cell formation, so the extract has analgesic, anti-inflammatory and decongestant effects comparable to those of diclofenac. However, since comfrey also contains pyrrolizidine alkaloids, which can be liver-damaging and carcinogenic, comfrey products are approved in Germany only under restrictions.

Trivia:

The botanical name refers to its use on broken bones and open wounds. *symphyein* is Greek and means "growing together."

- Elder

Classification:

Black elder, botanical name *Sambucus nigra*, belongs to the muskweed family (Adoxaceae).

Usage:

Elderberries and their juice, as well as the flowers infused into tea are used as a diaphoretic remedy for feverish colds, as well as for stomach, kidney and bladder ailments and to strengthen the heart and circulation.

Action:

Elderberries and flowers have anti-inflammatory, analgesic and antipyretic effects. They contain vitamin C, B and anthocyanidins, which are antioxidant. Fruit acids and essential oils have a mild diaphoretic and expectorant effect, polyphenols have a cell-protective effect.

Trivia: -

- Arnica

Classification:

Arnica, botanical name *Arnica montana*, belongs to the daisy family (Asteraceae).

Usage:

Arnica flowers are used externally for injuries, as well as inflammation of the mouth and throat. Arnica should not be used internally as it is toxic. Teas can damage the heart.

Action:

The sesquiterpene lactones found in arnica flowers, especially helenalin and dihydrohelenalin esters, as well as flavonoids and triterpene diols have anti-inflammatory and antimicrobial effects.

Trivia:

In 1986, arnica was named flower of the year.

- Blackberry

Classification:

The blackberries, botanical name *Rubus sect. Rubus*, are a section within the rose family (Rosaceae).

Usage:

Dried leaves of weakly hairy blackberry species are used internally for inflammation of the mouth and throat, e.g. in solutions for gargling, externally for chronic skin diseases.

Action:

The leaves contain tannins, flavonoids, fruit acids and vitamin C. The tannins have a drying, hemostatic and anti-inflammatory effect.

Trivia: -

- Dog rose

Classification:

Dog rose, botanical name *Rosa canina*, belongs to the rose family (Rosaceae).

Usage:

Petals and rose hips are used externally for scar treatment, against wrinkles and skin rash, internally folk against vitamin C deficiency (scurvy) and gastrointestinal complaints

Action:

The fruits of the dog rose, rose hips, contain a lot of vitamin C, in addition B, as well as flavones and fruit acids. Geranol, nerol and citronellol contained in the essential oils have a mild anti-inflammatory effect. Tannins have astringent effect, promote digestion and wound healing. Petals and rose hips contain antioxidants that act as free radical scavengers. Pectins swell in the intestine and help against diarrhea disorders.

Trivia:

There are two possible explanations for the trivial name. The "dog" could be meant in the sense of "common", but could also refer to the use against rabies in traditional remedy, in German also called Hundswut or "dog rabies".

- Strawberry

Classification:

Strawberry, botanical name *Fragaria X ananassa*, belongs to the rose family (Rosaceae).

Usage:

Whole true strawberries are popularly used for mild diarrhea. Infusions are used, especially in children, to gargle for sore throats. Animal experiments have demonstrated a protective effect in chronic inflammatory bowel disease.

Action:

The anti-inflammatory effect is attributed to dietary fiber and phenolic compounds attached to it, in addition to vitamins. Since they cannot be extracted by solvents, the whole fruits should be eaten instead of extracts.

Trivia:

The strawberry is not a berry, but a multiple fruit. The brownish or whitish specks, which are commonly considered seeds, are the true fruits, called achenes, and each of them surrounds a tiny seed.