

A STUDY REGARDING MEDICINAL AND AROMATIC HERBS FOUND IN BETWEEN CARAS RIVER AND DANUBE AREA

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Abstract: Studies regarding the flora of the above mentioned area have been performed even from 1858 by I. HEUFFEL și L. SCHROTT, 1968 and later on by CARMEN DĂNEȚ, 2008 și MIRELA ENEA, 2011. The result of such studies reveal that a number of 1086 superior plants species, belonging to a number of 98 botanical families, out of which various are medicinal herbs, have been used in modern phytotherapy. Currently, aromatic and medicinal herbs have not been used as raw material, such herbs have been used as medicinal herbs by 60% of the planet inhabitants. A percentage between 30 – 50% from the most current pharmaceutical products have a content of vegetal origin substances, while another category of synthesis medicine widely used nowadays have been inspired from the chemical composition of some active principles existing in nature. Their geographical position, the area studied presents a great variety of ecological conditions, determined in the great variability of all factors leading to the creation of the environment where plants grow.

Following the study performed in this area, there have been identified a no of 63 species used in phytotherapy, out of which, 10 species have been used to treat various nervous system disorders, 13 species have been used to treat digestive diseases while 8 species have been used to treat urinary apparatus diseases. Medicinal and aromatic plants are a precious treasure to humankind and they were brought to our attention by new research. Nature has given us these plants so that we could prevent and cure diseases. Many of today's medicines contain substances extracted from medicinal and aromatic plants that can be found both in spontaneous flora and in smaller cultivated areas. Thus medicinal and aromatic plants as well as their raw extracts have manifested scientific and practical interest since ancient times up to our modern world. In Romania medicinal and aromatic plants are a rich source of natural wealth with a lot of economic potential which is not being exploited enough at the moment.

Key words: medicinal herbs, identified, used.

INTRODUCTION

Research to identify aromatic and medicinal herbs have been performed on a large area between 44° 27' - 47° 35' northern latitude and 20° 15' - 22° 52' eastern longitude.

In this area with a wide range of climatic conditions, and with various types of soils, the spontaneous flora amounts to a number of 1000 species of plants, out of which 63 species are used in phytotherapy.

MATERIAL AND METHODS

Medicinal herbs found in the studied area have been divided on categories according to the content of active principles and usage frequency in phytotherapy:

- species used to treat nervous system disorders;
- species used to treat cardiovascular diseases;
- species used to treat respiratory apparatus diseases;
- species used to treat digestive apparatus diseases;
- species used to treat urinary apparatus diseases.

RESULTS AND DISCUSSIONS

The main medicinal herbs found in the studied area and used to treat nervous system disorders are the following:

- *Galanthus nivalis* L. – **snowdrop - Fam. Amaryllidaceae;**
- *Viburnum opulus* L. – **snowball tree - Fam. Caprifoliaceae;**
- *Lotus corniculatus* L. – ssp. Major. – **bird's-foot trefoil – Fam. FabaceaeM**
- *Melittis melissophyllum* L. – **honey balm – Fam. Labiatae;**
- *Corydalis cava* L. – **hollowwort – Fam. Papaveraceae;**
- *Caltha palustris* L. – **kingcup – Fam. Ranunculaceae;**
- *Galium mollugo* L. – **hedge bedstraw – Fam. Rubiaceae;**
- *Salix alba* L. – **white willow – Fam. Salicaceae;**
- *Tilia cordata* Mill. – **small-leaved lime - Fam. Tiliaceae;**
- *Valeriana officinalis* L. – **valerian – Fam. Valerianaceae.**

The main medicinal herbs found in the studied area and used to cardiovascular diseases are the following.

- *Cotinus coggygria* Scop. – **purple smoke bush – family of Anacardiaceae;**
- *Arnica montana* L. – **arnica – family of Asteraceae;**
- *Corylus avellana* L. – **common hazel – family of Betulaceae;**
- *Capsella bursa-pastoris* L. – **shepherd's purse – family of Brassicaceae;**
- *Saponaria officinalis* L. – **soapwort – family of Caryophyllaceae;**
- *Sarothamnus scoparius* L. – **common broom – family of Fabaceae;**
- *Leonurus cardiaca* L. – **motherwort – family of Labiatae;**
- *Convallaria majalis* L. – **lily of the valley – family of Liliaceae;**
- *Viscum album* L. – **mistletoe – family of Loranthaceae;**
- *Crataegus monogyna* Jacq. – **oneseed hawthorn- family of Rosaceae;**
- *Helleborus purpurascens* L. – W. et K. – **green hellebore – family of Ranunculaceae;**
- *Linaria vulgaris* Mill. – **yellow toadflax – family of Scrophulariaceae;**
- *Urtica urens* L. – **dwarf nettle – family of Urticaceae;**

The main medicinal herbs found in the studied area and used to respiratory apparatus diseases are the followingr.

- *Pimpinella saxifraga* L. – **burnet saxifrage – family of Apiaceae;**
- *Hedera helix* L. – **common ivy – family of Araliaceae;**
- *Petasites hybridus* Moench. – **pestilence wort – family of Asteraceae;**
- *Carpinus betulus* L. – **hornbeam – family of Betulaceae;**
- *Sisymbrium officinale* L. – **hedge mustard – family of Cruciferae;**
- *Equisetum arvense* L. – **horse pipe – family of Equisetaceae;**
- *Trifolium pratense* L. – **red clover – family of Fabaceae;**
- *Ajuga reptans* L. – **blue bugle – family of Labiatae;**
- *Prunella vulgaris* L. – **selfheal – family of Labiatae;**
- *Polygonatum odoratum* Mill. – **Salomon's seal - family of Liliaceae;**
- *Malva sylvestris* L. – **mallow – family of Malvaceae;**
- *Oenothera biennis* L. – **evening primrose – family of Onagraceae;**
- *Plantago lanceolata* L. – **plantain –family of Plantaginaceae;**
- *Filipendula ulmaria* L. – **meadowsweet – family of Rosaceae;**
- *Verbascum phlomoides* L. – **orange mullein – family of Scrophulariaceae;**
- *Taxus baccata* L. – **yew – family of Taxaceae;**

- *Urtica dioica* – **nettle** – family of **Urticaceae**
- *Viola tricolor* L. – **heartsease** – family of **Violaceae**;

The main medicinal herbs found in the studied area and used to digestive apparatus diseases are the following.

- *Artemisia absinthium* L. – **wormwood** – family of **Asteraceae**;
- *Symphytum officinale* L. – **common comfrey** – family of **Boraginaceae**;
- *Cichorium intybus* L. – **chicon**- family of **Compositae**;
- *Taraxacum officinale* Weber. – **dandelion** – family of **Compositae**;
- *Melilotus officinalis* L. Medik. – **sweet clover** – family of **Fabaceae**;
- *Geranium robertianum* - L. – **red robin** – family of **Geraniaceae**;
- *Hypericum perforatum* L. – **St. John's wort** – family of **Hypericaceae**;
- *Juglans regia* L. – **walnut** – family of **Juglandaceae**;
- *Glechoma hederacea* – L. – **ground ivy** – family of **Labiatae**;
- *Morus alba* L. – **white mulberry** – family of **Moraceae**;
- *Syringa vulgaris* L. – **common lilac** – family of **Oleaceae**;
- *Chelidonium majus* L. – **tetterwort** – family of **Papaveraceae**;
- *Rubus idaeus* L. – **raspberry** – family of **Rosaceae**;
- *Physalis alkekengi* L. – **bladder cherry** – family of **Solanaceae**;

The main medicinal herbs found in the studied area and used to urinary apparatus diseases are the following.

- *Arctium lappa* L. – **burdock** – family of **Asteraceae**;
- *Betula pendula* L. – **silver birch** – family of **Betulaceae**;
- *Juniperus communis* L. – **common juniper** – family of **Cupressaceae**;
- *Ononis spinosa* L. – **spiny restharrow** – family of **Fabaceae**;
- *Lamium album* L. – **white deadnettle** – family of **Labiatae**;
- *Cerasus avium* L. – **sweet cherry** – family of **Rosaceae**;
- *Galium verum* L. – **yellow bedstraw** – family of **Rubiaceae**;
- *Populus nigra* L. – **black poplar** – family of **Salicaceae**.

CONCLUSIONS

The territory where the researches have been performed is offering a favorable climate and various types of soils where over 1000 species are finding favorable conditions, 63 species being categorized as medicinal herbs based on their content of active substances.

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