

Medicinal Plants

Romanian	Latin	English	Description / Medicinal properties / Uses / Preparation
Albăstrele	Centaurea cyanus	Cornflowers, without flower-bases (receptacles)	<p>Description: Tubular marginal flowers with an asymmetric, funnel-shaped, 5-lobed blue corolla. The product has a sweetish-salty taste without odour.</p> <p>Active principles: Contains various hydrocarbons and a blue anthocyanin pigment (cyanin).</p> <p>Use: The flowers have astringent and diuretic properties; used in kidney diseases; external use: eye diseases.</p> <p>Preparation:</p>
Anchinare	Cynara scolymus	Artichoke leaves	<p>Description: Broad, green-whitish leaves, hairy on both sides, with the thick central nerve possibly split lengthwise.</p> <p>Active principles: Cynarine, inulin, potassium salts.</p> <p>Use: Used in liver affections (stimulates biliary secretion and lessens amount of cholesterol) and in acute and chronic nephritis ; it prompts elimination of toxins from liver and kidneys. Artichoke leaves infusion shows good results in digestive tract ailments, enteritis, colitis, fermentation.</p> <p>Preparation:</p>
Arnică	Arnica montana	Arnica flowers	<p>Description: Entire flower heads (capitula), sometimes loose, without stalks, formed of tubular and strap-shaped marginal flowers, subtended by bracts.</p> <p>Active principles: Essential oil, carotenoids, organic acids.</p> <p>Use: Stimulant of the nervous system; external use, anti-phlogistic and vulnerary.</p> <p>Preparation:</p>
Brândușă de Toamnă	Colchicum autumnale	Meadow saffron seeds	<p>Description: Globular brown seeds with dotted surface.</p> <p>Active principles: The alkaloid colchicine.</p> <p>Use: Used in preparation of drugs for gout and arthritis. Used in chromosome research, and in plant breeding to obtain polyploid plants. Very poisonous.</p> <p>Preparation:</p>
Busuioc	Ocimum basilicum	Basil herb	<p>Description: Fragments of green leaves and white flowers passed through a 4mm mesh sieve.</p> <p>Active principles: Essential oil rich in estragol and linalool. It contains also aliphatic hydrocarbons (ocimen) and cyclic hydrocarbons (pinen and terpinen) and other phenolic derivatives (anethol).</p> <p>Use: Basil oil has bactericidal properties and is used as a stomachic and carminative in gastritis, enteritis, intestinal colic, flatulence, meteorism, lung diseases, nephritis and cystitis.</p> <p>Preparation:</p>
Castan Sălbatic	Aesculus hippocastanum	Horse Chestnut seeds	<p>Description: Entire seeds of chestnut colour.</p> <p>Active principles: About 70% amidin, 10-25% saponins and various flavonoids.</p>

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			Use: After removing the saponins, they are used to prepare drugs for the treatment of varicose ulcers and haemorrhoids; also used in veterinary medicine and to deter moths from clothes.
Cătină Albă	Hippophaë rhamnoides	Sea Buckthorn fruits	Description: Entire yellow-orange globular fruit, isolated or grouped (2–3); sour, astringent taste. Active principles: Vitamin C, malic acid, orange-red fatty oil with high content of vitamins A & E. Use: Used in vitamin deficiency and in the food industry (juices).
Cimbrisor de Câmp	Thymus serpyllum	Wild Thyme	Description: The aerial parts of the plant in full flower, with small dotted leaves and rosy-violet flowers. Active principles: Ethereal oil composed of cymol, thymol and carvacrol, as well as tannic substances and a bitter substance (serpilin). Use: It controls spasms of the respiratory tract (cough, bronchitis, hoarseness). Being also an antiseptic, it is used in the treatment of enterocolitis and dyspepsia. Since it stimulates stomach and liver activity, it may be used as a tonic to control anaemia.
Cimbru [de Grădină]	Thymus vulgaris	Garden Thyme	Description: Fragments of leaves passed through a 3mm mesh sieve, with a pleasant taste and scent. Active principles: Thyme contains an ethereal oil rich in thymol and carvacrol, as well as flavonoid compounds like lutein and its glycosides. Use: Thyme is widely used to treat respiratory tract diseases and coughs. Owing to its thymol content, it counteracts helminthiasis. Used externally in cosmetics, owing to the antiseptic and deodorant properties of the oil.
Ciuboțica-Cucului	Primula veris (officialis)/ P. elator	Cowslip/ Oxslip roots	Description: Rhizomes covered with numerous whitish (<i>P. officinalis</i>) or reddish (<i>P. elator</i>) roots. Active principles: Saponins (primuline), two phenolic glycosides (primulaverin and primverin), sugary substances, tannin, etc. Use: Owing to the saponins, it has expectorant properties and a slight diuretic action.
Coadă-Calului	Equisetum arvense	Horsetail	Description: Sterile stems with 4-sided green twigs. Active Principles: It contains considerable amounts of silicic acid, a saponin (equisetonine), flavonoid glycosides and a volatile oil. Use: It is assumed that this plant has re-mineralizing properties, owing to its rich silicon content. It is widely used as a diuretic in kidney and urinary bladder affections. In digestive troubles it controls excessive acidity.
Coadă-Racului	Potentilla anserina	Silverweed	Description: Leaves composed of leaflets, with an upper green surface and silver beneath, sometimes together with the yellow flowers. Active principles: Noticeable quantities of tannic substance, ammonium salts, betaine, choline and histidine and two flavanoid glycosides: quercitrin and quercetin.

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			<p>Use: Owing to the tannin, it has an astringent and hemostatic action and is therefore used in the treatment of diarrhoea and colitis. Recent research has indicated that it has also an antispasmodic action on the intestines and uterus.</p>
Coadă-Șoricelului	Achillea millefolium	Yarrow	<p>Description: Stems, up to 20 cm long, with leaves and inflorescence of small flower-clusters.</p> <p>Active principles: Essential oil rich in azulene, a bitter substance (achillein), asparagin, tannic substances, inulin and a glycoside.</p> <p>Use: Having antiseptic properties similar to those of Chamomile, it is recommended for digestive tract ailments (gastritis, enterocolitis). The bitter substance stimulates the appetite and liver activity. It controls abundant haemorrhage and soothes pains.</p>
Conuri de Molid	Picea abies (excelsior)	Spruce cones	<p>Description: Light brown cylindrical cones with thin, elastic, rather loose scales; without seeds</p> <p>Active principles: Tannic substances.</p> <p>Use: Used in industry for tannin; also for ornamental purposes. Major forest tree of Carpathians.</p>
Degețel Lănos	Digitalis lanata	Woolly Foxglove leaves	<p>Description: Linear-lanceolate leaves with hairless, glossy upper side.</p> <p>Active principles: The leaves contain lanatosides A, B and C, digoxine, neodigoxine, as well as steroid glycosides with saponin properties.</p> <p>Use: Owing to the heart-stimulating action of the numerous glycosides contained in their leaves, Woolly Fox Glove preparations are used for circulation troubles.</p>
Ferigă	Dryopteris filix-mas	Male Fern rhizomes	<p>Description: Straight or curved brown rhizomes, light green inside, the dead part removed.</p> <p>Active principles: The rhizome contains derivatives of furocoumarins (aspidinol, flavaspidic acid, albaspidine and filicinine).</p> <p>Use: Fern extracts and raw filicinine preparations are used as vermifuge, particularly for tapeworm (<i>Taenia solium</i>). In veterinary medicine fern preparations are used to control tapeworm in fowls, and sheep-pox.</p>
Frag	Fragaria vesca	Wild Strawberry leaves	<p>Description: Trifoliate leaves, the main leaf-stalk removed, with oval leaflets, covered with close-lying hairs, toothed edges.</p> <p>Active principles: The leaves contain tannin, a flavonol, fragarine, traces of ethereal oil, etc.</p> <p>Use: Bactericidal properties due to fragarine. Used for the treatment of diarrhoea and in various kidney ailments.</p>
Frunze de Vâsc	Viscum album	Mistletoe	<p>Description: Young twigs, up to 5 mm in diameter, with yellowish-green leaves; without fruit.</p> <p>Active principles: Viscotoxin, terpenic derivatives such as amirin and lupeol, as well as oleanolic and ursolic acids are the active substances.</p> <p>Use: Mistletoe extract exerts a central hypotensive action without any toxic manifestations.</p>
Gălbenele	Calendula officinalis	Pot Marigold flowers	<p>Description: Strap-shaped (ligulate) orange flowers, each ending in three teeth.</p> <p>Active principles: the flowers contain an important amount of carotenoids, saponin, a bitter</p>

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		without receptacles	substance (calenduline), volatile oil, mucilages, etc. Use: Emmenagogue, citatrizing action in the ulcer of the stomach, sedative, collagoque.
Iarbă-de-Mare	Inula helenium	Elecampane roots	Description: Entire brown roots or fragments up to 10cm long, greyish-cream inside, with a pleasant smell. Active principles: The roots contain 30-40% of the carbohydrate inulin and an ethereal oil rich in alantolactone. Use: An expectorant in acute bronchitis that soothes cough and calms nervousness. It has also a diuretic action, eliminates toxins and favourably influences cases of rheumatism; and has anti-helminthic properties.
Ienupăr	Juniperus communis	Common Juniper fruit	Description: Globular, smooth, blackish-blue fruit with an aromatic, sweetish taste. Active principles: Volatile oil containing iunen, cadinen, pinen, terpineol etc.; they contain also sugars, resins, a bitter substance (juniperine), organic acids, potassium and calcium salts. Use: Iunen has a diuretic and sudoforic action; the volatile oil is a carminative; the fruits are used for rheumatism, in the food industry as a condiment and to flavour gin and other alcoholic drinks.
Lăcrămioare	Convallaria majalis	Lily-of-the-Valley leaves	Description: Characteristically green, stalked leaves gathered during the flowering period. Active principles: They contain glucosydes (convallataxol, convalosyde, convallatoxine) and saponines. Use: Owing to their rich heart-stimulating glucosydes content, lily-of-the-valley leaves are widely used in heart diseases; they have a more rapid but less durable action than Foxglove leaves.
Lichen de Conifere	Evernia furfuracea	Conifer lichen	Description: Lichen showing a black under-side and a dark grey upper surface. Active principles and use: Similar to those of oak lichen.
Lichen de Stejar	Evernia prunastri	Oak lichen	Description: Ramified, silvery, elastic soft lichen. Active principles: Phenolic compounds (orcin, vanillin, evrnic acid, sparasol, rhizoninic acid). Use: Antibiotic properties owing to evernic acid. By distillation and particularly by extraction, an essential oil is obtained which is widely used in the cosmetics industry as a fixative of perfumes.
Mac de Camp	Papaver rhoeas	Common Poppy petals	Description: Violet-tinged red petals, sometimes black-spotted at the base, odourless, with a mucilaginous, slightly bitter taste. Active principles: Small quantities of alkaloids (rhoeadine), anthocyanin pigments (cyanine and mecocyanine), mucilages.
Măceș	Rosa canina	Rose-hips	Description: Entire globular or ovoid, wrinkled fruit, bright red; aromatic, acidic taste. Active principles: Vitamins C, B, carotene, vitamin P, sugar, citric and malic acids; the seeds contain fatty oil, lecithin and vitamin E (tocopherol). Use: Recommended to control vitamin C deficiency, as well as in liver and kidney ailments.
Maghiran	Origanum	Sweet	Description: Leaf and flower fragments that pass through a 2.5 mm mesh sieve, with a strong

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	majorana (<i>Majorana hortensis</i>)	Marjoram	scent. Active principles: Essential oil rich in carvacrol, and terpineol. Use: Sieved marjoram is used as a condiment in the food industry, for seasoning meat and the manufacture of some alcoholic drinks. Internal use: stomachic, carminative, antispasmodic.
Mătrăgună	<i>Atropa belladonna</i>	Deadly Nightshade or Belladonna leaves and roots	Description: The drug is composed of the stalked leaves and the tips of the stems. The leaves are oval, thin, sometimes twisted or fragmented. The non-lignified roots are intact or split lengthwise. Active principles: Both leaves and roots contain alkaloids: 1-hyoscyamine, atropine, 1-scopolamine, apotropine etc. Very poisonous. Use: Owing to its alkaloid content, it is used in many drugs in human and veterinary medicine as an antispasmodic, anti-asthmatic and sedative of the parasympathetic nervous system.
Măturice	<i>Cytisus (Sarothamnus) scoparius</i>	Broom	Description: Stems and thin 5-sided twigs without leaves, collected in November or January-February. Active principles: The principal component is an alkaloid – spartein. Use: Widely used in blood circulation troubles, especially tachycardia and arrhythmia.
Mentă	<i>Mentha piperita</i>	Spearmint leaves	Description: Stalked. oval green leaves with a strong scent and refreshing taste. Active principles: Ethereal oil containing much mentol, mehton, tannin and a bitter substance. Use: The infusion of leaves cures stomach ailments and spasms. Used in digestion and liver ailments, it stimulates biliary secretion. Recommended as a stimulator of stomach functions and rheumatic ailments, colds, etc. Owing to their manifold qualities, the leaves, ethereal oil and menthol are used in manufacturing numerous drugs, cosmetics, foodstuffs and teas.
Mesteacăn	<i>Betula pendula (verrucosa)</i>	Silver Birch leaves	Description: Young rhomboidal or triangular leaves. Active principles: Saponins, bitter substances, flavonoid components, mucilages, resins, a glycoside and volatile oil. Use: Infusion of leaves increases diuresis, helping eliminate toxins and thus having a favourable action in rheumatism, gout, articular inflammations, chronic nephritis.
Muguri de Plop	<i>Populus nigra</i>	Black Poplar buds	Description: Light brown, ovoid, glossy buds with attached pointed bracts; the inside is resinous. Active principles: They contain an essential oil rich in karyophylline, as well as phenolic glycosides (salicin, populin), flavonoids, etc. Use: Used in antihæmorrhoidal preparations.
Mur	<i>Rubus fruticosus</i>	Blackberry leaves	Description: Oval leaflets, the upper side green, the lower side white, without the main leaf-stalk Active principles: Blackberry leaves contain tannic substances, oxalic, malic and ascorbic acids Use: The leaves are used in affections of the digestive tract (diarrhoea), colds and as depurative owing to their astringent qualities; after adequate processing they make a substitute for tea.

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Mușchi de Piatră	Cetraria islandica	Iceland Moss	<p>Description: With widely spreading branches, leaf-shaped thallus with undulate edges, an olive brown upper side, and greyish-white beneath.</p> <p>Active principles: Rich in polysaccharides (lichenin), a bitter principle (cetraric acid), mucilages, etc.</p> <p>Use: Expectorant, emollient properties; the bitter principle shows stomachic qualities.</p>
Mușețel	Chamomilla recutita (Matricaria chamomilla)	Chamomile flowers	<p>Description: Conical flower-heads (capitula) formed of tubular yellow flowers and marginal strap-shaped white flowers, with short flower-stalk.</p> <p>Active principles: Rich content of volatile blue oil (chamazulen), flavonoid glycosides (agigenin and chamilin), mineral salts, etc.</p> <p>Use: The flowers have an antispasmodic, anaesthetic, disinfectant and anti-phlogistic action due to flavon and volatile oil; used as a sedative cream, carminative and for healing wounds.</p>
Mutulică	Scopolia carniolica	Scopolia roots	<p>Description: Rhizomes 5–10cm long, showing scars caused by former attachment of old stems.</p> <p>Active principles: It contains alkaloids, the most important being hyosciamine, and smaller quantities of scopolamine.</p> <p>Use: It has the same uses as belladonna. Very poisonous.</p>
Nalbă [Mare?]	Althaea officinalis	Marshmallow roots	<p>Description: Fragments of non-woody roots 10–15cm long, peeled, intact or split, yellowish-white with dark spots.</p> <p>Active principles: Marshmallow roots have a high content of mucilages (pentosans and hexosans). They contain also amidin, asparagine, saccharose and small amounts of essential oil.</p> <p>Use: Owing to the emollient properties of the mucilages, the roots are used in respiratory tract ailments and sometimes in gastro-intestinal troubles.</p>
Nalbă de Grădină	Alcea rosea	Hollyhock flowers	<p>Description: Large violet- black flowers with a whitish ring at the base, without sepals (calices).</p> <p>Active principles: Mucilages, phylosterin, albuminoides, anthocyanic pigments.</p> <p>Use: Used as an emollient in respiratory tract diseases, for the preparation of throat wash and as a dyestuff in the food industry.</p>
Nalbă de Pădure	Malva sylvestris	Common Mallow flowers	<p>Description: Violet flowers with darker stripes.</p> <p>Active principles: Contains mucilages and an anthocyanin pigment (malvidine).</p> <p>Use: Owing to their emollient properties, the flowers are used in respiratory tract ailments (coughing, bronchitis, laryngitis) and for gastro-intestinal troubles.</p>
Nemțișori	Consolida regalis (Delphinium consolida)	Forking Larkspur flowers	<p>Description: Blue flowers with very short stalks and a pale blue spur.</p> <p>Active principles: The alkaloids calcatrippin and delphinine.</p> <p>Use: Insecticide.</p>
Omag	Aconitum	Monkshood or	<p>Description: Elongate, conical dark brown tubers, whitish inside.</p>

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	napellus	Aconite roots	<p>Active principles: It contains several alkaloids, the principal being acontine.</p> <p>Use: This alkaloid as well as the tincture are used in facial and intercostal neuralgia, headache, toothache, pains in the joints, rheumatism, cough etc. Very poisonous.</p>
Osul-lepurelui	Ononis spinosa	Restharrow	<p>Description: Root fragments, maximum length 20cm, together with their collet, the radicles being removed.</p> <p>Active principles: The roots contain several glycosides – ononin, ononid, onocol, spinosin – and an ethereal oil.</p> <p>Use: It is an appreciated diuretic and depurative, being completely innocuous to the kidneys.</p>
Păducel	Crataegus monogyna/C. oxyacantha	Hawthorn leaves and flowers	<p>Description: Small bunches of white flowers with their leaves.</p> <p>Active principles: Hawthorn flowers and leaves contain derivates and triterpenic compounds (ursolic and crategolic acids), an essential oil, etc,</p> <p>Use: All parts of the plant have a sedative action. Hawthorn preparations have a calming influence on the nervous troubles of the heart and a general calming influence on the nervous system, also lowering blood pressure.</p>
Păpădie	Taraxacum officinale	Dandelion roots	<p>Description: Dark brown striate taproots, white inside, with a yellow ring.</p> <p>Active principles: Contain a bitter substance (taraxacine), phytosterols, nicotinic acid and large quantities of inulin.</p> <p>Use: Used in liver affections, stimulating biliary secretion; also as appetizer, owing to its bitter substance.</p>
Pătlagină îngustă	Plantago lanceolata	Ribwort Plantain leaves	<p>Description: Long, pointed leaves with 3–7 veins and un-toothed margins.</p> <p>Active principles: Mucilaginous and tannic principles, a glycoside (aucubine) and important amounts of vitamin K.</p> <p>Use: Plantain leaves have expectorant, emollient and astringent properties. They render fluid bronchial secretions and help their elimination, calming coughs and asthma. They show also wound-healing action owing to the mucilaginous and antibiotic components (phytonicides).</p>
Pedicuță	Lycopodium clavatum	Stag's-horn Club-moss	<p>Description: Creeping stems with abundant scale-leaves, each ending in a fine point (arista).</p> <p>Active principles: A considerable number of alkaloids – lycopodine, clavatine and clavatoxin.</p> <p>Use: Infusion or tincture as diuretic and emmenagogue.</p>
Pelin [Alb?]	Artemisia absinthium	Wormwood herb	<p>Description: The tips of the plant collected during the flowering period, together with the velvety leaves that have a silver upper and a grey lower surface.</p> <p>Active principles: All parts of the plant yield a bitter substance, an ethereal oil rich in tuione, an azulene substance, flavonoids, tannic material.</p> <p>Use: Tonic and appetizer, it stimulates the stomach and bilious secretions and eliminates intestinal worms. Widely used in the treatment of digestive tract ailments.</p>

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Pir	Agropyrum repens	Couch-grass rhizomes	<p>Description: Fragments of hollow rhizomes with a smooth, glossy surface cut to required size.</p> <p>Active principles: Contains saponins, frucosane (triticine), inulin, mucilages, silicic acid, etc., and a volatile oil with anti-microbial properties.</p> <p>Use: Used as a diuretic and sudorific; it is innocuous.</p>
Plămânărică	Pulmonaria officinalis	Lungwort leaves	<p>Description: Short-stalked, oval, green or sometimes white-spotted leaves, covered with rough hairs on both sides.</p> <p>Active principles: Silicylic acid, calcium and potassium salts, muciliaginous substances.</p> <p>Use: Lungwort leaves are used in respiratory tract diseases; they ease expectoration and calm coughs; they may also be used in some kidney ailments since they have diuretic properties.</p>
Podbal	Tussilago farfara	Coltsfoot leaves	<p>Description: Young leaves gathered during their early vegetative stage; covered with thick hairs beneath; short leaf-stalks.</p> <p>Active principles: Mucilages, a bitter glycoside, inulin, potassium and aluminium salts, a phytosterine (stigmastherine).</p> <p>Use: The leaves as well as the flowers are used as an emollient in cough, bronchitis and other diseases of the respiratory tract.</p>
Porumbar	Prunus spinosa	Blackthorn or Sloe flowers	<p>Description: Whitish-cream petals with green sepals; faint odour, sweetish-astringent taste.</p> <p>Active principles: The flowers contain flavonic glycosides (kaemferol and quercetine).</p> <p>Use: The flowers have slight laxative and diuretic properties and are used for ailments of the respiratory tract.</p>
Roință	Melissa officinalis	Lemon Balm	<p>Description: Stems and branches gathered in the early flowering stage, with a pleasant lemon scent.</p> <p>Active principles: The active principles are in the leaves – a volatile oil rich in the citronellal, citral, geraniol and linalool.</p> <p>Use: A carminative action; controls stomachic spasm and nervousness and facilitates digestion.</p>
Rostopască	Chelidonium majus	Greater Celandine	<p>Description: Young stems and twigs, with leaves and flowers, sometimes with green fruit.</p> <p>Active principles: The entire plant contains alkaloids – chelidonine, hemocheildonine, sanguinarine – as well as organic acids which form salts with these alkaloids.</p> <p>Use: Owing to its analgetic and antispasmodic action, it is used to control hepatic colic, having an action similar to that of papaverine. New research has established also antimitotic, antibiotic and fungicide action.</p>
Ruscuță de Primăvară	Adonis vernalis	Yellow Pheasant's-eye	<p>Description: The aerial parts of the dried plant: stem with green leaves and yellow flowers.</p> <p>Active principles: Glycosides – cymarine, adonitoxine; saponin phytosterine and adonite.</p> <p>Use: The herb is used to prepare a series of known drugs used in the treatment of heart diseases, as stimulators and regulators of cardiac activity. It has also diuretic properties.</p>

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Saschiu	Vinca minor	Common Periwinkle	<p>Description: Herbaceous stems with opposite, thin green leaves.</p> <p>Active principles: The herb contains alkaloids, the most important being vincamin and vincaminorin.</p> <p>Use: These alkaloids develop an important hypotensive action, stimulating the heart, the breathing process and the intestinal peristalsis; no toxic effects.</p>
Soc	Sambucas nigra	Elder flowers	<p>Description: Isolated yellowish-cream flowers; sieved in order to eliminate the flower-stalks.</p> <p>Active principles: The flowers contain essential oil, mucilaginous substances, flavonic glycosides, various amines and a phenolic glycoside (sambunigrine).</p> <p>Use: The flowers are used in infusions against colds and bronchitis. They cause strong perspiration, eliminating water from the tissues in obesity cases. They are also used in the food industry to flavour alcoholic drinks. Widely drunk as the cordial <i>suc de soc</i>.</p>
Sovârv	Origanum vulgare	Wild Marjoram	<p>Description: Fragments of green leaves and violet-tinged flowers passed through a 3mm mesh sieve.</p> <p>Active principles: The plant contains ethereal oil composed of thymol, carvacrol and cymol.</p> <p>Use: Expectorant and antispasmodic in respiratory tract ailments (coughs, asthma, bronchitis).</p>
Stânjenel	Iris germanica	Iris or Orris rhizomes	<p>Description: Rhizome fragments with irregular thickenings and a pleasant smell.</p> <p>Active principles: Contain a pleasant-smelling essential oil rich in irone and cyclic cetones, and about 50% amidin.</p> <p>Use: Used as an expectorant and also widely used in cosmetics for the preparation of toothpaste or powder and numerous perfumes. An ornamental plant of gardens.</p>
Sunătoare	Hypericum perforatum	Perforate St. John's-wort	<p>Description: Terminal parts of the plant, gathered during the blooming period, with yellow flowers set on the tip of the stem and branches.</p> <p>Active principles: An essential oil, flavonoid glycosides (hyperfine, rutine, quercitrine), a fluorescent substance (hypericine) etc.</p> <p>Use: Widely used in digestive tract affections (chronic colitis, diarrhoea, liver troubles). Used externally as antiseptic and wound healer. Also regarded as a remedy for depression.</p>
Talpa-Gâștei	Leonurus cardiaca	Motherwort	<p>Description: Non-woody stems and branches and small flowers in tiered whorls.</p> <p>Active principles: The herb contains traces of a saponin and an ethereal oil, salts of organic acids with potassium and phosphorus, a bitter substance, an alkaloid and tannic substances.</p> <p>Use: It is used in regulating cardiac nervous affections and nervous troubles.</p>
Tătăneasă	Symphytum officinale	Comfrey roots	<p>Description: Entire black roots or fragments up to 10–15cm long, whitish inside.</p> <p>Active principles: Contains alatonin and mucilaginous substances.</p> <p>Use: Used in the treatment of gastric ulcers, owing to the cicatrizing and haemostatic properties of alantonin. Externally: it heals wounds.</p>

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Tei	<i>Tilia cordata</i> / <i>T. platyphyllos</i>	Linden or Small-leaved/Large-leaved Lime flowers with bracts	<p>Description: Pale yellow flowers with yellowish-greenish papery bracts; aromatic scent.</p> <p>Active principles: Mucilages, essential oil, a saponin and some flavonic glycosides.</p> <p>Use: Used as a sudorific and expectorant infusion in colds, influenza accompanied by high fever, cough, bronchitis and nervous troubles.</p> <p>The flowers of Silver Lime (<i>Tilia tomentosa</i>) are used for the same purposes.</p>
Traista-Ciobanului	<i>Capsella bursa-pastoris</i>	Shepherd's Purse	<p>Description: The plant is gathered during the flowering period, with or without the basal cluster (rosette) of leaves.</p> <p>Active principles: The plant contains various amines such as acetylcholine and thiamin, phenolic derivatives, a glycoside and protocatechic acid.</p> <p>Use: used to control abdominal ailments, uterine hemorrhage and regulator of blood pressure.</p>
Trei-Frați-Pătați	<i>Viola arvensis</i>	Heart's-ease or Wild Pansy herb	<p>Description: The plant contains triterpenic saponins, flavonoid compounds (rutin), carotenoid pigments and an essential oil of which the principal component is methyl salicylate.</p> <p>Use: The infusion is a depurative used in the treatment of eczema, urticaria, pimples, furunculosis. As adjuvant, it is used in different ailments such as rheumatism, arteriosclerosis, blood diseases, kidney troubles, colds, coughs, etc.</p>
Turiță Mare	<i>Agrimonia eupatoria</i>	Agrimony	<p>Description: The whole plant – stem with basal leaves, yellow flowers and green immature fruit.</p> <p>Active principles: The plant contains tannic substances, ethereal oil, bitter substances and silicic acid.</p> <p>Use: It is used in gastro-intestinal and biliary troubles and in diarrhoea.</p>
Urzică	<i>Urtica dioica</i>	Stinging Nettle leaves	<p>Description: Oval leaves, covered with rough hairs, having toothed edges.</p> <p>Active principles: It contains many vitamins, provitamin A, vitamin B2, pantothenic acid, vitamin K, chlorophyll, formic acid, histamine, acetylcholine, etc.</p> <p>Use: Nettle leaves infusion has a diuretic action; it is also a haemostatic (due to vitamin K); it causes the microbial flora of the digestive tract to decrease and lowers blood sugar content. From nettle leaves vitamin A and chlorophyll are extracted, widely used in many dermatological preparations and in the manufacture of cosmetics.</p>
Valeriană	<i>Valeriana officinalis</i>	Common Valerian roots	<p>Description: Entire or sectioned rhizomes with numerous roots; characteristic smell of valerianic acid.</p> <p>Active principles: Volatile oil composed of boreol valerianate, formiate, acetate and butyrate and of isovalerianic acids etc.</p> <p>Use: A good sedative recommended in insomnia, nervous excitement and heart disorder of nervous origin; also used as an antispasmodic.</p>

Medicinal Plants

Zmeur	Rubus idaeus	Raspberry leaves	Description: Oval leaflets, the upper side green, white beneath, with main leaf-stalk removed. Active principles: The leaves contain tannin, organic acids and small quantities of vitamin C. Use: Owing to their astringent action, raspberry leaves are used in digestive tract ailments. Blended with Blackberry leaves, they give a pleasant-tasting infusion used as a substitute for tea.
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