

## Medicinal plants

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Phytotherapy has deep historical roots. Even from the primitive societies there are certain types of herbs that were used by the people of that time. Until the middle of the 19th century, only herbal and animal medicines were used. Treatment with plants has ancient traditions. Around 5000 BC, people knew such medicinal plants as chamomile, nego (immortality) and others.

It is known that the first book on medicinal plants was written in China in 2600 BC. This proves that phytotherapy has existed since time immemorial and has reached the present day, and even today it has a wide, effective and universal range of use.

400 years before our nation, the great Hippocrates, a connoisseur of medicinal plants, described 300 herbal and animal medicines in his works. He also described the beneficial effects of vinegar, wine, honey, salt, and cabbage juice.

If the treatment with plants was ineffective, it would have passed into history by now... Phytotherapy is still very popular today, and many people learn the secret of treatment with plants themselves.

Medicines made from medicinal plants are primarily harmless to the human body, they are characterized by low toxicity and absence of side effects. Obviously, there are poisonous plants, the dosage of which must be strictly observed during the preparation of the medicine.