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One of the things that both Turkish and South Asia as delightful as they are all part and parcel of what makes the cuisines from the Mediterranean to the furthest reaches of South Asia as delightful as they are. So if you are
looking to add some fresh flavours and aromatic fragrances to your cooking, you might want to add some of these ingredients to your shopping list. Read on for the top fifteen types of herbs that are commonly used in both Turkish and Asian cuisine.
cilantro, are used to garnish, flavour and add an amazing fragrance to most savoury dishes. Coriander is a classic Indian herb, so indispensable that many recipes just don't seem the same without it. Also in some regions of Turkey, fresh coriander leaves are added to soups and salads. Mint There are several types of mint plants, and it is a herb that is
used in many parts of the world. In Indian cooking, fresh mint is added to cooling yoghurt chutneys and dips such as Raita. Fresh or dried, mint can also be added to stews and sauces. Delicious hot and cold drinks can be concocted with the intense fragrance and fresh flavour of mint when used fresh. In Turkey, mint leaves are used in marinades,
salads and mezes as well as in both tea and cold drinks. Curry Leaves The use of curry leaves in cooking is widespread throughout South India and Sri Lanka, along with the oil that can be extracted from them, which is not only used as a great way to season food but also for its medicinal benefits. The word 'curry' is often used in the Western world as
a generalisation for any dish with a spicy sauce that comes from the Indian Subcontinent however curry leaves are more often used in South Indian and Punjabi dishes that the word curry is associated with. Bay Leaves Also known as Laurel, bay leaves are frequently used in Indian and
Pakistani cuisine to give a subtle flavour and aroma to rice dishes such as pilau and biryani, and as a component of Garam masala. Holy Basil is said to have been used for over 5000 years for its health benefits and can be found growing in clay pots in many
homes in India, and used to make tea by steeping it in boiled water. Tulsi leaves can also be used to flavour soups and sauces, as a garnish, or even eaten raw to ward off coughs and colds. Fenugreek Methi Fenugreek leaves are used to add that characteristic 'curry' flavour and aroma to many South Asian recipes, especially in Punjabi and North
Indian cuisine. They can be used fresh or dried (the latter being known as Kasuri methi) and add a unique flavour that will make any sauce or stew stand out from the crowd. Lemongrass Native to Indonesia, lemongrass is cultivated throughout Southeast Asia but can also be found in South Asian cuisine to flavour certain dishes and is more commonly
brewed as tea. It is a perennial grass that has an amazing lemony flavour. In the eastern region of India, lemongrass is used in herbal medicine, also known as Ayurveda, as it is known to aid digestion, relieve anxiety, and the oil extracted from lemongrass has antifungal properties as well as being a natural pesticide and an insect repellent
(lemongrass is used in citronella candles). Parsley Flat-leaf parsley, also known as Italian parsley, is used extensively in Turkish salads, kebab mixes, and sprinkled on top of dishes as a garnish. Its herby flavour adds another level of deliciousness to anything it is added to without dominating the other flavours. Rosemary With its relaxing aroma,
rosemary can be used in several ways and is a member of the mint family. Not only is it a common component of meat dishes and sauces in Turkish cuisine, when used fresh rosemary is packed with antioxidants, vitamins
and minerals and helps cure ailments such as bronchitis as well as intestinal and kidney diseases. Thyme Usually picked in the mountains, thyme grows throughout Anatolia and is used brewed as a tea and is known
for its antiseptic healing properties and health benefits, as it eases problems such as digestion, high blood pressure, and heart disease. Oregano of Turkey. Olive oil is often infused with fresh oregano for dipping bread in or as a salad dressing,
while dried oregano is commonly used to add flavour and fragrance to soups, meat and chicken dishes, and again soups. Basil is a tropical plant, native to South East Asia and Central Africa but commonly used to add flavour and fragrance, basil is used in Turkish aubergine and pepper dishes and is surprisingly part of the mint family. Basil is a tropical plant, native to South East Asia and Central Africa but commonly used to add flavour and fragrance, basil is a tropical plant, native to South East Asia and Central Africa but commonly used to add flavour and fragrance to soups, meat and chicken dishes, and again soups.
used in Mediterranean cooking and mostly associated with Italian recipes and sauces for pasta dishes. Dill Part of the celery family, dill has a mild flavour and goes well with olive oil and salads. It also aids digestion. It is often used in Middle Eastern and Turkish cooking as well as in the mountainous regions of Northern Pakistan. Sage Another
member of the mint family, sage is popular in many roast chicken and pasta dishes however it is often used to make tea in the Aegean and Marmara regions of Turkey. In fact, the Turkish word for sage is Adaçayi, meaning 'island tea'. Stevia Dried stevia leaves can be used to sweeten drinks and desserts to avoid excessive consumption of sugar and to
avoid artificial sweeteners altogether. They can be often seen in the spice bazaars of Istanbul and beyond. The dried leaves of the stevia products that can be found on supermarket shelves. We hope that this information has inspired you to keep some herbs and
spices at home and incorporate them into your future recipes, for exciting results that are as appealing to the eye as they are aromatic. How can financial brands set themselves apart through visual storytelling? Our experts explain how. Learn MoreThe Motorsport Images Collections captures events from 1895 to today's most
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recent coverage. Discover The Collection Curated, compelling, and worth your time. Explore our latest gallery of Editors' Picks. Browse Editors' Favorites Herbs have been an integral part of human culture and medicine for thousands of years. From ancient civilizations to modern times, herbs have been used for their medicinal, culinary, and spiritual
properties. With the rise of the wellness movement and the increasing awareness of the importance of natural remedies, herbs have become more popular than ever. Whether it's for treating ailments, improving mental health, or simply adding flavor to our food, herbs play a significant role in our lives. In this article, we will explore the different types
of herbs, their uses, and the benefits they offer. Herbs for Medicinal Purposes Herbs have been used for centuries to treat various health conditions, from minor ailments to serious diseases. Some of the most commonly used herbs for medicinal purposes include: Ginger for nausea and digestive issues Echinacea for immune system support Peppermint
for headaches and indigestion Chamomile for anxiety and insomnia Turmeric for inflammation and arthritis These herbs have been extensively studied and have shown promising results in reducing symptoms and improving quality of life. For example, a study published in the Journal of Ethnopharmacology found that ginger was effective in reducing
nausea and vomiting in patients undergoing chemotherapy. Herbs for Digestive Issues herbs for Digestive issues such as bloating, constipation, and diarrhea. Some of the most commonly used herbs for Digestive issues such as bloating, constipation, and diarrhea. Some of the most commonly used herbs for Digestive issues such as bloating, constipation, and diarrhea.
Licorice root for stomach ulcers and heartburn Slippery elm for constipation and diarrhea These herbs have been shown to have anti-inflammatory properties, which can help reduce inflammatory properties and inflammatory properties are not approximately properties.
in reducing symptoms of IBS in patients. Herbs for Anxiety and Insomnia Herbs have been used for centuries to treat anxiety and insomnia include: Chamomile for calming anxiety and promoting sleep Lavender for reducing anxiety and promoting relaxation Valerian root for promoting
deep sleep and reducing anxiety These herbs have been shown to have a calming effect on the nervous system, which can help reduce anxiety and promoting sleep
in patients. (See Also: What Herbs for Skin and hair care Herbs for Skin and hair care include: Aloe vera for soothing skin irritations and promoting skin health Calendula for
treating acne and promoting wound healing Tea tree oil for treating acne and fungal infections Rosemary for promoting hair growth and reducing dandruff These herbs have been shown to have anti-inflammatory and antimicrobial properties, which can help reduce inflammation and promote healing. For example, a study published in the Journal of
Ethnopharmacology found that aloe vera gel was effective in reducing inflammation and promoting wound healing in patients. Herbs for Culinary Purposes Herbs have been used for centuries to add flavor and aroma to food. Some of the most commonly used herbs for culinary purposes include: Basil for adding flavor to Italian dishes Oregano for
adding flavor to Greek and Italian dishes Thyme for adding flavor to soups and stews Rosemary for adding flavor to roasted meats and vegetables These herbs have been shown to have a significant impact on the flavor and aroma of food. For example, a study published in the Journal of Food Science found that basil was effective in enhancing the
flavor of tomato sauce. Herbs for Beverages Herbs have been used for centuries to make teas, infusions, and other beverages include: Peppermint for making refreshing teas and infusions Chamomile for making calming teas and infusions Lemon balm for making refreshing teas and infusions
These herbs have been shown to have a significant impact on the flavor and aroma of beverages. For example, a study published in the Journal of Food Science found? Easy Indoor Gardening) Herbs for Spiritual and Cultural
Significance Herbs have been used for centuries for their spiritual and cultural purposes include: Sage for spiritual and cultural purposes include: Sage for spiritual growth and protection These herbs have been shown to have a
significant impact on spiritual and cultural practices. For example, a study published in the Journal of Ethnopharmacology found that sage was effective in reducing symptoms of anxiety and depression in patients. Conclusion, herbs have been used for centuries for their medicinal, culinary, and spiritual properties. From ancient
civilizations to modern times, herbs have played a significant role in human culture and medicine. Whether it's for treating ailments, improving mental health, or simply adding flavor to our food, herbs offer a wide range of benefits. In this article, we have explored the different types of herbs, their uses, and the benefits they offer. We hope that this
discussed herbs for digestive issues, including peppermint, chamomile, licorice root, and slippery elm. Additionally, we have discussed herbs for anxiety and insomnia, including peppermint, chamomile, licorice root, and slippery elm. Additionally, we have
discussed herbs for culinary purposes, including basil, oregano, thyme, and rosemary. Frequently Asked Questions Q: What are the benefits of using herbs for medicinal purposes? A: Herbs have been used for centuries to treat various health conditions, from minor ailments to serious diseases. Some of the most commonly used herbs for medicinal purposes? A: Herbs have been used for centuries to treat various health conditions, from minor ailments to serious diseases.
eczema, and dandruff. Some of the most commonly used herbs for skin and hair care include aloe vera, calendula, tea tree oil, and rosemary. These herbs have been shown to have anti-inflammatory and antimicrobial properties, which can help reduce inflammatory and antimicrobial properties.
significant impact on spiritual and cultural practices. Q: How can I incorporate herbs into my daily life? A: There are many ways to incorporate herbs into your daily life, including using them in cooking, making teas and infusions, and using them for medicinal purposes. You can also use herbs in aromatherapy, meditation, and other spiritual practices
It's essential to research and understand the uses and benefits of each herb before incorporating them into your daily life. 101 Herbs and Spices that can be consumed or used topically for healing? These natural foods possess a number of
beneficial properties and work to reduce inflammation, improve the health of your heart, boost your immune system, and even prescription medications goes down considerably. In fact, in the field of herbal medicine, naturally occurring, plant-derived substances
are used to treat illnesses within local or regional healing practices. Well-known systems of herbal medicine like Traditional Chinese Medicine and Ayurvedic Medicine believe in the central idea that there should be an emphasis on health rather than on disease. By using healing herbs and spices, people can thrive and focus on their overall conditions
rather than on a particular ailment that typically arises from a lack of equilibrium of the mind, body and environment. Not only will also boost the flavor profile and make your food simply taste better. Therefore, I suggest that you bulk up your spice
cabinet and start cooking with fresh herbs — perhaps blended into your own seasoning blends — that provide therapeutic components you probably didn't realize were there. There are also some more obscure herbs and spices (such as gymnema sylvestre) that can be found in tea, extract, capsule and tablet forms to relieve specific conditions, from
infertility and menopause symptoms to diabetes, liver disease and cognitive decline. The possibilities are limitless! Ad 101 Herbs and Spices for Healing the Body 1. Aloe Vera Aloe vera contains vitamins and minerals that are needed for the proper function of all body systems. It also contains enzymes, laxative compounds, anti-inflammatory fatty acids are limitless.
Anise The seed and oil of anise can be used to relieve several health conditions. Anise aids digestion, works as an anti-flatulence agent, and can be used to relieve several health conditions. Anise aids digestion, works as an anti-flatulence agent, and can be used to relieve several health conditions. Anise aids digestion, works as an anti-flatulence agent, and can be used to relieve several health conditions.
Annatto Annatto is derived from the seeds of the achiote tree, and it's often used as a coloring agent because of its bright color that ranges from yellow to deep orange. Aside from its ability to color food naturally, annatto also contains antimicrobial properties and antioxidants, making it useful for killing bacteria, aiding wound healing, supporting
your cardiovascular and eye health, and protecting your liver. Some people may have an allergy or intolerance to annatto, so introduce it into your diet slowly to make sure it doesn't cause any adverse reactions. 4. Arrowroot is the starch that's obtained from the rhizomes of a perennial herb called Maranta arundinacea. It can be used to
aid digestion, treat urinary tract infections, help fight foodborne pathogens, relieve mouth pain and boost your immune system. The best way to use arrowroot for healing is to take it internally by mixing the powder into juice or any other beverage. 5. Asafoetida Asafoetida is a resinous gum that's derived from the perennial fennel plant. You can use
asafoetida in powder form to relieve chest congestion and asthma; treat digestive issues like IBS, diarrhea, constipation and gassiness; regulate your blood sugar levels; and lower your blood pressure. You can add powdered asafoetida to soups and stews or purchase it as a supplement in tincture or capsule form. 6. Ashwagandha Ashwagandha is an
adaptogenic herb that can lower cortisol levels and balance your thyroid hormones. It has also been proven effective in supporting your adrenal function, helping you overcome adrenal fatigue that occurs when your adrenal function, helping you overcome adrenal fatigue that occurs when your brain health, improve your mood,
increase your stamina and inhibit the proliferation of cancer cells. 7. Astragalus Root Astrag
helps heal wounds; may help prevent diabetes; slows the growth of tumors; and alleviates symptoms of chemotherapy. The antioxidants found in astragalus root help you combat disease and aging due to free radical damage. You can find astragalus root help you combat disease and aging due to free radical damage. You can find astragalus root help you combat disease and aging due to free radical damage. You can find astragalus in many forms, including as a tincture, capsule or topical ointment. 8. Barberry Barberry is a berberine-
containing plant that is used to fight infections due to its antibacterial, antifungal and antiprotozoal properties. Barberry can also be used to prevent and treat diabetes, aid digestion, cleanse your liver and gallbladder, and improve your cardiovascular health by improving hypertension, cardiac arrhythmias and ischemic heart disease. 9. Basil Basil is
an aromatic herb in the mint family that anti-inflammatory, anti-stress and antibacterial properties. It also works as a pain reliever, blood vessel protector, immune booster and cancer fighter. Basil contains essential oils that are rich in antioxidants and are responsible for the many benefits of basil. 10. Bay Leaf Bay leaves come from the ancient tree
Laurus nobilis, and it's often used in cooking because of its distinctive savory flavor. Bay leaf has antimicrobial, antifungal and antioxidant properties. It can be used to help fight cancer, improve insulin function, improve cholesterol levels, prevent candida, treat dandruff, improve skin infections and support wound healing. 11. Berberine Berberine is a
natural alkaloid that's found in a variety of traditional herbs, including barberry, goldenseal and turmeric. It's sold as an extract that can be used to fight bacteria, helping treat conditions that are conventionally treated with antibiotics. Berberine also potentially works as a natural remedy for diabetes, high cholesterol, heart disease, obesity,
Alzheimer's disease, lung inflammation, SIBO and cancer. Ad 12. Black Cohosh The roots and rhizomes of black cohosh, a flowering plant native to North America, are used to treat or relieve a number of hormonal issues, including menopause symptoms, like hot flashes, trouble sleeping and bone loss. Black cohosh provides a safe alternative to
hormone replacement therapy, which is often used for menopause relief, and it can also help women manage PCOS and treat uterine fibroids. 13. Black Currant is a small shrub that belongs to the gooseberry family of plants. The bush produces dark purple, nutrient-dense berries that are loaded with vitamin C. These berries are rich in
anthocyanins, which possess many health-promoting properties, including the ability to help prevent obesity, heart disease, cancer and diabetes. Eating black currant berries can also promote eye health, kill pathogens and viruses and boost your immune system. 14. Boldo Peurnus boldus, more commonly known as boldo, is a Chilean tree that has
been used for thousands of years for its medicinal benefits. It's an effective antioxidant that can be used to prevent diseases caused by free radical damage. Boldo is known to help relieve gastrointestinal issues, bladder infections, gallstones and liver disease. It also works as a diuretic, increasing urine flow and promoting detoxification. 15. Borage
Borage is a plant that's used for medicinal purposes. The flowers, leaves and oil from the seeds can be used to improve skin conditions like eczema, reduce fever, and relieve conditions like eczema fever 
wide range of health issues, like PMS symptoms, ADHD, bone loss, hormone imbalances, respiratory conditions, heart disease and stroke. 16. Boswellia Serrata Extracts derived from tress of the genus called boswellia contain powerful compounds that can reduce inflammation, fight cancer and prevent heart disease. Use boswellia extract to improve
your immunity, reduce arthritis pain, speed up healing and prevent autoimmune disease. 17. Bupleurum is a plant that has been used in Traditional Chinese Medicine to promote detoxification for over 2,000 years. You can also use bupleurum to improve the health of your liver, boost adrenal gland function, treat depression associated with
PMS or menopause, relieve seizures, and fight ovarian cancer. 18. Burdock Root Burdock is a biennial plant in the daisy family. The root contains health-promoting antioxidants, including quercetin, luteolin and phenolic acids. It can be consumed in powdered, fresh, dried or tea form to promote detoxification and circulation, strengthen the lymphatic
system, protect you against diabetes, and help heal skin conditions like acne, eczema and psoriasis. Burdock root is also used to combat cancer and improve arthritis. 19. Calendula Calendula is a plant that's taken orally and used to combat cancer and improve arthritis. 19. Calendula is a plant that's taken orally and used to combat cancer and improve arthritis.
healing, relaxes muscle spasms and improves oral health. Calendula also contains antimicrobial and antiviral properties, and research shows that it can be used to relieve irritations from cancer treatments like radiation and chemotherapy. 20. Cardamom Cardamom is made from the seed pods of various plants in the ginger family. It's rich in
phytonutrients and manganese. Consuming ground cardamom can help fight bad breath and the formation of cavities, lower your blood pressure, improve diabetes symptoms, aid your digestive system, and fight cancer. 21. Cat's Claw Cat's claw is a wood vine that grows in the Amazon rainforest. It has antioxidant, anti-inflammatory and
anti-mutagenic properties. You can use cat's claw in extract, capsule, tablet and tea form to combat arthritis, improve digestive problems, boost immunity, lower blood pressure, improve DNA damage and fight cancer. 22. Cayenne Pepper Cayenne pepper is a shrub that makes hollow fruit that grows into long pods and adds a spicy flavor to various
dishes. These pods are available in fresh, dried or powdered form and valued for their many health benefits. Cayenne can be used to support digestion; prevent blood clots; relieve migraine, nerve and joint pain; promote detoxification; improve several
health conditions, including allergies, insomnia, anxiety, depression, arthritis and gastrointestinal disorders. Chamomile benefits also include its ability to help fight skin irritations; relieve toothaches, PMS symptoms and muscle spasms; reduce inflammation; and heal wounds. 24. Chicory Root Chicory root is a plant-based starch that's categorized as
a soluble fiber and prebiotic. It is often taken as an extract or supplement to relieve digestive issues like constipation, diarrhea, IBS, gas and bloating. Chicory root also works as a natural remedy for managing diabetes, protects the liver from toxicity and free radicals, reduces inflammation, and relieves stress. 25. Chives Chive, or Allium
schoenoprasum, is a perennial plant that is closely related to scallions and leeks. Chives are often used as a flavoring herb, but they also act as a mild stimulant and diuretic. Chives have antiseptic and antibacterial properties, and they work as a natural bug repellant as well. 26. Cilantro Cilantro is a versatile herb that contains many healing
properties, including phytonutrients, phenolic compounds and flavonoids. Cilantro benefits include its ability to promote the detoxification of heavy metals, reduce anxiety, improve sleep, lower blood sugar levels, boost your heart health, support your digestion, promote skin health and fight free radical damage that can lead to a number of
degenerative diseases. 27. Cinnamon Cinnamon is a spice that comes from the bark of the Cinnamon and extracted to make cinnamon oil make this one of the most beneficial spices on earth. Cinnamon health benefits come from its anti-inflammatory, antioxidant, anti-diabetic, immune
boosting, heart-protecting and cancer-fighting properties. 28. Comfrey should only be used topically for up to 10 consecutive days.
Ingesting this herb can cause liver damage. 29. Coriander Seeds of the cilantro plant are known as coriander seeds can help lower blood sugar levels, ease digestive issues, improve cholesterol levels, decrease blood pressure and prevent
neurological disease. 30. Cumin Seed Cumin seeds come from the herb Cuminum, which is a member of the parsley family. It's often ground into a powder for cooking with cumin seeds can help aid your digestion, boost your immune system, promote the health of your skin, relieve respiratory conditions, promote detoxification,
combat oxidative stress, fight infections and prevent diabetes. 31. Curry Leaf Curry leaves come from the curry tree that's native to India and Sri Lanka. Using curry leaves for flavoring provides fiber, iron, and vitamins A, C and E. They can support the health of your heart, fight diabetes, prevent or fight infections, lower your cholesterol levels, and
prevent iron deficiency anemia. 32. Devil's Claw Devil's claw is derived from the dried root of the Harpagophytum procumbens plant. Devil's claw benefits are digestive
support and improved kidney health. 33. Dill Weed Dill weed belongs to the same family as bay leaf, parsley and cumin. Adding chopped or whole dill weed also has anticonvulsant properties, so it is used to treat epilepsy as well. 34.
Echinacea Echinacea is a cornflower that's native to North America, and both the root of the plant and the part that grows above ground contain beneficial components. Echinacea is known for its ability to boost your immune system and reduce your chances of catching the common cold. It's commonly used as a natural cold remedy, but it can also be
used to alleviate pain, reduce inflammation, relieve constipation and improve skin problems. 35. Fennel Fennel is a perennial herb that's native to the Mediterranean and often used to support digestion. Dried fennel seeds and f
include its ability to treat respiratory infections, improve eye health, ease menopausal symptoms, experience e
reduces inflammation and eases pain naturally, and women use it to improve issues with infertility, menstruation and childbirth. The leaves can be found in tablet, capsule and liquid extract forms. 38. Fingerroot is an herb that's native to China and Southeast Asia. The rhizomes are consumed to reduce inflammation and inflammatory
diseases, and the leaves are used for easing allergy symptoms and fighting infections. Fingerroot can also be beneficial in treating ulcers, working as a natural aphrodisiac and helping heal wounds quickly. 39. Galangal is part of the ginger family, and it's often used in Thai food. Some of the many galangal benefits include its ability to
improve sperm count and function, reduce inflammation, fight and prevent infections, ease digestive issues, and support cognitive health. Research shows that galangal also acts as a potentially revolutionary cancer-fighting agent, as it has proven to effectively fight and prevent a broad number of cancers and tumors. 40. Garam Masala Garam masalacer-fighting agent, as it has proven to effectively fight and prevent a broad number of cancers and tumors.
is an Indian spice blend that commonly contains cinnamon, cardamom, black peppercorns, nutmeg, cumin, ginger, fennel, coriander and bay leaves. Using garam masala in your recipes can improve your digestion, fight diabetes, reduce inflammation, boost your heart health and may work to prevent cancer. 41. Ginger Root Ginger root is the rhizome
of the Zingiber officinale plant that contains 115 different chemical components. It's often used in Asian cooking for a sophisticated flavor and is even used as a pickling spice. It works as a potent antioxidant, reduces inflammation, boosts the immune system, supports digestion, reduces pain and lowers cholesterol levels. Ginger root benefits also
include its ability to improve diabetes, reduce arthritis pain and fight cancer. 42. Ginkgo Biloba Ginkgo biloba is a natural extract that's derived from the Chinese ginkgo tree. It contains flavonoids and terpenoids, both of which have strong antioxidant properties and can help fight age-related diseases, like dementia and Alzheimer's. Ginkgo biloba
benefits also include its ability to fight depression and anxiety, ease PMS symptoms, relieves headaches, boost eye health, treat ADHD, and improve brain function, reduce inflammation, aid weight loss, lower blood sugar levels, boost the immune system,
support lung function, treat sexual dysfunction and prevent cancer. 44. Goldenseal are used to make liquid extracts, capsules, tablets, teas and gassiness; boost your immune system; support the
health of your mouth and eyes; fight cancer; and boost your heart health. 45. Gotu Kola Gotu kola belongs to the same plant family as parsley, celery and carrots. This herb commonly used in traditional Asian cuisines is loaded with antioxidants and helps repair skin conditions like psoriasis, reduce fever, improve blood circulation, reduces
inflammation, eases depression and anxiety, and fights free radicals that can cause gastric ulcers. 46. Holy Basil Holy basil is an adaptogen herb that can be used to relieve or ease conditions like anxiety, hypothyroidism, adrenal fatigue and acne. Research shows that holy basil benefits also include its ability to fight cancer, control blood glucose
levels and regulate cortisol levels. You can find holy basil in supplement form or drink tulsi tea for these benefits. 47. Horehound is a plant that belongs to the mint family. It's known to work as a natural treatment for coughs because of its expectorant abilities. Horehound also has antiseptic, analgesic, antioxidant and appetite-stimulating
properties, as shown in animal research. It's useful for relieving motion sickness and aiding digestion as well. 48. Horny Goat Weed Horney goat weed to improve your libido, boost your circulation, regulate your
cortisol levels, prevent bone loss, increase lean muscle mass, and treat conditions like erectile dysfunction and vaginal dryness. 49. Horseradish Root The root of the horseradish plant can be used to fight disease because of its antioxidant power. It also has antimicrobial and antibacterial properties, which help boost your immune system and fight
infections. Some other horseradish root benefits include its ability to ease respiratory issues, treat urinary tract infections, aid digestion, ease pain and possible prevent cancer. 50. Hyssop Hyssop is a healing plant that is commonly used to relieve digestive issues, improve circulation, promote skin health, and support
the health of your liver and gallbladder. Hyssop can also help to prevent the common cold and ease respiratory conditions like asthma. It is available in capsules, teas and extracts. 51. Juniper Berries Juniper berries are female seed cones that come from juniper plants. They are an excellent source of antioxidants, helping prevent and fight diseases
that are caused by free radical damage. Juniper berries can also be used to fight skin and respiratory infections, improve the health of your digestion, boost the health of your digestion did your digestion.
It also boosts the immune system, relieves headache and migraine pain, eases respiratory tract infections, and may even play a role in cancer prevention. However, kava root comes with the potential for drug abuse, and when taken by mouth, it can cause liver damage. 53. Kudzu Root Kudzu root contains phytochemicals that can help fight disease
that's caused by inflammation and reduce signs of aging. Kudzu root can help treat alcoholism when used in appropriate doses, improve menopause symptoms like hot flashes and night sweats. 54. Lemon Balm Lemon balm is a plant in the mint family that possesses
antibacterial, antidiabetic, anti-stress, anti-anxiety, anti-inflammatory and antioxidant properties. It can be used to aid digestion, regulate an overactive thyroid, ease PMS symptoms, improve your sleep, boost your mood, and protect your heart and liver. 55. Lemongrass Lemongrass is an herb that has stimulating, soothing, balancing and relaxing
properties. It can be used to fight fungal and bacterial infections, reduce inflammation, repel insects, ease stomach aches, boost energy, ease anxiety, reduce fevers, ease pain, and stimulate menstrual flow. 56. Licorice Root Licorice Root
and heartburn, regulate cortisol levels, boost immunity, fight viral and bacterial infections, ease PMS and menopause symptoms, relieve cough and sore throat with its expectorant and anti-inflammatory properties, and ease cramps due to its ability to make
people feel more "alive." It works to balance hormones naturally, increase fertility in both men and women, improve stamina, boost sexual function, and boost energy levels. Maca root powder contains over 20 amino acids and 20 free-form fatty acids, allowing for its status as a superfood. 58. Marigolds The marigold flower is used to make herbal
has fibrous extracts that swell up in the body and form a gel-like substance that can work to reduce inflammation in the lining of the stomach. Marshmallow root can also be used to relieve dry coughs and colds, improve low saliva production, fight bacterial and respiratory infections, treat skin conditions, and reduce joint pain that's caused by
inflammation. 60. Milk Thistle Milk thistle is a weed that has been used medicinally for over 2,000 years. It works by drawing toxins that can cause illness and disease out of the body. It can effectively decrease or even reverse damage that has been done to the liver due to pollution exposure, heavy metals and the use of prescription medications. Milk Thistle Milk Thistle Milk Thistle Milk Thistle Milk Thistle Milk Thistle is a weed that has been used medicinally for over 2,000 years. It works by drawing toxins that can cause illness and disease out of the body. It can effectively decrease or even reverse damage that has been done to the liver due to pollution exposure, heavy metals and the use of prescription medications.
thistle benefits also include its ability to protect you against cancer, lower cholesterol levels, control diabetes and reduce signs of aging. 61. Mint Mint is one of the most popular medicinal herbs because it's often seen in products like chewing gum and breath fresheners. Eating mint, drinking mint tea or using mint extracts can help to aid digestion,
relieve headache pain, ease nausea, improve signs of depression, and relieve respiratory conditions like chronic cough or asthma. 62. Moringa Throughout the world, just about every part of the moringa plant is used to treat a variety of health conditions, including diabetes, anemia, allergies, arthritis, epilepsy, thyroid disorders, high blood pressure
 low sex drive and cancer. It has antibacterial, antibungal, antiviral, antibarasitic, antioxidant and anti-inflammatory properties, and it's an excellent source of protein, vitamins A and C. potassium, calcium and amino acids, 63. Mugwort is a plant that was traditionally used to help women relieve symptoms of menopause. Today, it's used in a
method called moxibustion to reverse the breech position of fetuses and alleviating joint pain. Mugwort is also helpful in treating mild depression and attacking certain cancer cells. 64. Mullein is an herb that contains carbohydrates, proteins, fats, oils, flavonoids and tannins, just to name a few of its components. It can be used as a natural
remedy for ear infections; to calm bursitis (fluid-filled sacs) in the shoulder, elbow and hip; kill bacteria; reduce inflammation; fight infections; and they are used as a spice in many regions of the world, including as a pickling spice. They are an
excellent source of folate, vitamin A, calcium, potassium, magnesium and phosphorus. Plus, mustard seeds can reduce inflammation that causes pain and swelling; treat gum disease; boost the health of your heart, skin and hair; and help prevent or fight infections due to their antibacterial and antifungal properties. Mustard oil is extracted from
mustard seeds and can be used to reap these benefits, but there are some concerns about mustard oil toxicity. 66. Nutmeg Nutmeg is a spice that comes from the seeds of an evergreen tree. It is rich in vitamins and minerals like vitamin B6, thiamine, manganese, magnesium, folate and copper. When it's used in small amounts for cooking or baking,
nutmeg can help aid digestion, ease pain, promote detoxification, boost cognitive function and regulate blood pressure levels. Although it's uncommon, excessive ingestion of nutmeg can cause life-threatening toxicity. 67. Olive Leaf Olive leaf comes from the olive tree, and it is used in extracts, powders and teas to reduce inflammation, improve
cardiovascular health, boost the immune system, prevent diabetes, support cognitive function, protect the skin, kill bacteria and fungi, reduce the risk of cancer, and boost energy levels. 68. Oregano oregano is an herb that has been used for healing for thousands of years. Oregano has the power to reduce inflammation; fight bacterial, fungal, viral
and parasitic infections; combat allergies; and even shrink tumors. Oil of oregano is extracted from the herb to make a powerful antibiotic agent that can kill many species of harmful bacteria. 69. Paprika Paprika is a spice that's made from a variety of peppers in the Capsicum annuum family. Capsaicin, an ingredient in hot peppers that are used to
make paprika, is known to support immune function and aid in treating autoimmune conditions. Paprika also contains many antioxidants, including carotenoids, that fight free radical damage that can be used fresh or as a dried spice.
It has the power to fight a number of health concerns, including bad breath, inflammation, kidney stones, digestive issues, skin problems, poor immunity, bladder infection and oxidative stress. Parsley is an excellent source of vitamins K, C and A, and it contains protective flavonoid antioxidants. 71. Passion Flower Passion flower is a plant that is used
in tea, extract, infusion and tincture forms to relieve menopause symptoms like hot flashes and depression, reduce anxiety, improve ADHD symptoms. 72. Peppercorns Peppercorns come from black pepper vines, and they are dried and used as a spice.
Peppercorns exhibit anti-diabetic, anti-cancer and antibacterial properties. They can also be used to aid digestion, lower blood pressure, improve cholesterol levels and reduce weight, as displayed in animal studies. 73. Pimento Pimento, which is known as all spice in some countries, comes from an evergreen tree and possesses pain-relieving,
detoxifying, antibacterial, antioxidant and anti-stress properties. Pimento can also be used to promote blood circulation, reduce gassiness and boost the immune system. 74. Pine Bark Pine bark comes from the inner bark extract can be
used to lower blood sugar levels, fight infections, help prevent hearing loss, improve erectile dysfunction, reduce inflammation, boost athletic performance and protect your skin from ultraviolet exposure. 75. Psyllium Husk Ps
relieve digestive issues like constipation and diarrhea, and it can also be used to lower cholesterol and blood sugar levels, boost the health of your heart, and help with weight management because it encourages a feeling of satiety. 76. Raw Garlic Garlic grows in the form of a bulb underneath a perennial plant that's in the same family as chives, leeks,
onions and scallions. Raw garlic fights diseases like cancer, heart disease, diabetes and dementia. It can also be consumed to lower levels, fight infections and help reverse hair loss. 77. Red Clover Red clover is a plant that belongs to the legume family. It can be used in extract form or in capsules to improve cardiovascular health,
reduce menopausal symptoms, help you to maintain strong bones, reduce skin inflammation that causes conditions like eczema and psoriasis, fight respiratory conditions, and lower your risk of certain cancers, such as prostate, endometrial and breast cancer. 78. Rhodiola Rhodiola, which is also known as golden root, is an adaptogen herb that can
help your body adapt to physical, chemical and environmental stress. Rhodiola extract can be used to increase energy levels and boost athletic performance, lower cortisol levels that spike in times of stress, fight depression, improve brain function, and burn belly fat. 79. Rosemary Rosemary is an aromatic herb that's part of the mint family. It's known
for its ability to improve memory, promote hair growth, relieve muscle aches and pains, improve cognitive function, and soothe digestive issues. Rosemary also possesses anti-inflammatory, anti-cancer, antioxidant, detoxifying, anti-stress and healing properties. It can be chopped or ground and added to meals, or rosemary oil can be be diffused and
applied topically. 80. Saffron The edible part of the saffron plant is the stigma, which is a long golden stalk that's within the flower. The stigmas, or threads, can be used in cooking, or ground saffron promotes satiety and can
help with weight loss, treats erectile dysfunction, and helps prevent or treat cancer. 81. Sage Sage is a woody herb that's closely related to rosemary and has been used medicinally for thousands of years. When consumed even in small amounts, sage can improve your memory and concentration, fight free radicals, prevent degenerative diseases like
dementia and Alzheimer's, reduce inflammation, prevent or improve diabetes, boost your immune system, improve the health of your skin, and strengthen your bones. You can also try red sage. 82. Sarsaparilla Sarsaparilla is an herb that's a member of the lily plant family. The plant's roots are ground and used to make teas, tinctures and supplements
that help relieve respiratory conditions, treat skin problems like psoriasis, reduce pain caused by inflammation, improve libido, ease headache pain, aid digestion, reduce fevers, and fight infections. Research shows that sarsaparilla also has anti-tumor and cancer-preventing effects. 83. Sassafras Sassafras is a tree that grows widely in North America,
and the compounds found in the bark have medicinal value. Studies indicate that sassafras may be an effective treatment for certain cancers, like liver, gastric, oral, breast, prostate and lung cancer. It can also help with the management of diabetes, fight parasites, improve blood circulation, improve symptoms of epilepsy and help with certain
neurological diseases. 84. Shilajit Shilajit is a tar-like substance that can be found in the Himalayan and Tibet Mountains. You can use shilajit powder, resin or supplements to reduce inflammation, fight infections, boost energy levels, regulate hormones, strengthen your immune system, support your skeletal health, boost the health of your heart and
brain, aid in breaking addictions, and help in managing diabetes. 85. Skullcap is a plant in the mint family that can be used to alleviate anxiety, insomnia and hysteria; stimulate blood flow in the pelvic region; relieve muscle spasms; reduce inflammation; and encourage menstruation. Research also suggests that skullcap, which is available in
many forms, can help fight cancer cells because of its ability to neutralize free radicals. 86. Slippery elm is a tree with a bark that is used to make teas, capsules, tablets and lozenges. It can be used to ease digestive issues like diarrhea, constipation, IBS and bloating; lower stress and anxiety levels; aid weight loss; improve skin
conditions like psoriasis; and prevent breast cancer. You can also use slippery elm for pets to relieve their digestive problems and reduce inflammation. 87. Sorrel Sorrel is an herb that is used to add a tangy flavor to foods, but it also boasts health benefits because of its nutrient content and antioxidants, along with its antimicrobial, cancer-preventing
and immune-boosting properties. Sorrel can be used to reduce blood pressure, promote blood circulation, improve diabetes symptoms, support the health of your kidneys, improve skin conditions and relieve digestive issues. 88. St. John's wort is an herb that's most commonly used as a natural remedy for depression, anxiety and
insomnia. It can also be effective in improving ADHD symptoms, treating heart palpitations, relieving obsessive-compulsive disorder and seasonal affective in improving ADHD symptoms of menopause, and boosting mood. 89. Stinging Nettle Stinging nettle is a plant that's native to Europe and Asia. Products made from the roots, stems and leaves of
stinging nettle can help improve urinary issues and benign prostatic hyperplasia, ease allergy symptoms of osteoarthritis, slow down bleeding after surgery, and improve eczema symptoms of osteoarthritis, slow down bleeding after surgery, and improve eczema symptoms of osteoarthritis, slow down bleeding after surgery, and improve eczema symptoms of osteoarthritis, slow down bleeding after surgery, and improve eczema symptoms of osteoarthritis, slow down bleeding after surgery, and improve eczema symptoms of osteoarthritis, slow down bleeding after surgery, and improve eczema symptoms of osteoarthritis, slow down bleeding after surgery, and improve eczema symptoms of osteoarthritis, slow down bleeding after surgery, and improve eczema symptoms of osteoarthritis, slow down bleeding after surgery, and improve eczema symptoms of osteoarthritis, slow down bleeding after surgery, and improve eczema symptoms of osteoarthritis, slow down bleeding after surgery, and improve eczema symptoms of osteoarthritis, slow down bleeding after surgery, and improve eczema symptoms of osteoarthritis, slow down bleeding after surgery, and improve eczema symptoms of osteoarthritis, slow down bleeding after surgery, and improve eczema symptoms of osteoarthritis, slow down bleeding after surgery and improve eczema symptoms of osteoarthritis, slow down bleeding after surgery and improve eczema symptoms of osteoarthritis.
Fresh and uncooked tarragon leaves can be used in cooking, and tarragon essential oil is used to aid digestion and spark appetite. Tarragon can also be helpful in improving sleep, encouraging menstruation, fighting bacteria and relieving toothaches. 91. Thyme Thyme is an herb that's part of the mint family and often used in cooking. Thyme is a
source of vitamins and minerals like vitamin C, vitamin A, iron, manganese and calcium. It can be used to boost your mood, relieve respiratory conditions like sore throat and bronchitis, lower blood pressure and cholesterol levels, and fight cancer cells. 92. Triphala Triphala is an herbal formulation that's made from three fruits: amla, haritaki and
bibhitaki. Dried powder from these fruits is mixed and, when consumed, boast health benefits like lowering cholesterol levels, aiding weight loss, reducing inflammation, relieving constipation and fighting cancer, as animal research has demonstrated. Triphala can also be taken as a tea, tablet and liquid supplement. 93. Tulsi Tulsi is used in cooking
and to make flavored water, juices and tulsi tea. When consumed, tulsi can help treat skin diseases, eye diseases, chronic fever, respiratory conditions like bronchitis and bronchitis and bronchitis and bronchitis and bronchitis and dysentery. Tulsi can also be used to improve bad breath, prevent cavities, ease headache pain and balance hormones naturally. 94.
Turmeric Turmeric is one of the most powerful herbs on the planet, and its benefits often rival those of conventions. Turmeric supplements can be taken in place of antidepressants, anticoagulants, arthritis medications. Turmeric supplements can be taken in place of antidepressants, anticoagulants, arthritis medications. Turmeric supplements can be taken in place of antidepressants, anticoagulants, arthritis medications.
its ability to aid weight loss, treat gastrointestinal issues, ease pain and treat cancer naturally. 95. Valerian Root Valerian root is sold as a dry powdered extract in capsules, teas, tinctures and fluid extracts. Valerian root is commonly used as a natural sleep aid because of its
sedative properties. It can also ease anxiety, lower blood pressure, improve your ability to deal with stress and ease menstrual cramps. 96. Vanilla Extract When vanilla beans are combined with alcohol, this makes a vanilla tincture or extract that's added to recipes for flavor. Vanilla extract also comes with a slew of health benefits, including its ability
to fight bacterial infections, reduce inflammation, boost your mental health, reduce fevers and improve cholesterol levels. 97. Vervain has cardioprotective, antimicrobial, anti-inflammatory, sedative and anti-anxiety properties, according to animal
models. It can also be used to improve your gum health by using vervain and hot water as a mouthwash. 98. Vitex (Chasteberry, can be used to tone your skin. Use vitex to relieve PMS symptoms, reduce uterine fibroids, improve
female fertility, treat endometriosis, reduce menopause symptoms, remedy amenorrhea, treat an enlarged prostate and promote lactation in women who are breastfeeding. 99. Wild Yam Wild yam benefits include its
ability to regulate blood sugar levels, improve cholesterol levels, reduce hyperpigmentation, relieve symptoms of diverticulosis and help fight cancer. 100. Witch Hazel witch hazel is a plant, and the leaves, twigs and bark are used to make a skin-healing astringent that's used to reduce acne, skin inflammation, poison ivy and insect bites. Using witch
hazel can also help heal cracked skin, ingrown hairs, excess sweating, variouse veins, razor burn and hemorrhoids. 101. Yarrow yarrow can help heal skin wounds, stop bleeding, aid amenorrhea, treat
mastitis, reduce inflammation, ease anxiety, improve digestive issues, reduce blood pressure and ease asthma. Related: Shatavari: The Ayurvedic Wonder Herb You Need to Know About Risks and Side Effects When herbs and spices are used for medicinal purposes and consumed in greater amounts than would normally be eaten in your everyday diet
talk to your doctor or nutritionist about the proper dose for your condition. Women who are pregnant or breastfeeding and people taking conventional medications should also speak to their health care providers before supplementing with spices and herbs. When shopping for supplements, choose a high-quality product that's made by a company that
you trust. Choose organic options whenever possible, and read the ingredient label and dose recommendations carefully. Final Thoughts Trying to relieve or prevent a health condition, but you don't want to turn to conventional medications? Using herbs and spices for healing — including developing your own seasoning blends — can help treat a
number of health conditions. These 101 herbs and spices boast an array of health benefits that are right at your fingertips. Plant used for food, medicine or perfume This article is about culinary, medicinal, and spiritual herbs. For the botanical usage, see herbaceous plant. For other uses, see Herb (disambiguation). A variety of herbs are visible in this
garden, including mint. Herbs are a widely distributed and widespread group of plants, excluding vegetables, with savory or aromatic properties that are used for flavoring and garnishing food, for medicinal purposes, or for fragrances. Culinary use typically distinguishes herbs from spices. Herbs generally refers to the leafy green or flowering parts
of a plant (either fresh or dried), while spices are usually dried and produced from other parts of the plant, including seeds, bark, roots and fruits. Herbs have a variety of uses including culinary, medicinal herbs; in medicinal or
spiritual use, any parts of the plant might be considered "herbs", including leaves, roots, flowers, seeds, root bark, inner bark (and cambium), resin and pericarp. The word "herb" is pronounced /h3:rb/ in Commonwealth English,[1] but /3:rb/ is standard among American English speakers as well as those from regions where h-dropping occurs. In
Canadian English, both pronunciations are common.[2] In botany, the noun "herb" refers to a "plant that does not produce a woody stem", and the adjective "herbaceous" means "herb-like", referring to parts of the plant that are green and soft in texture".[3][4] "What is a herb?" "The friend of physicians and the praise of cooks." --Alcuin and his
student Charlemagne[5] Herb garden at Hardwick Hall, Derbyshire, England, originally planted in the 1870s by Lady Louisa Egerton, recreated by the National Trust, largely following the original design. In botany, the term herb refers to a herbaceous plant, [6] defined as a small, seed-bearing plant without a woody stem in which all aerial parts (i.e.
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above ground) die back to the ground at the end of each growing season.[7] Usually the term refers to perennials,[6] although herbaceous plants can also be annuals (plants that die at the end of the growing season and grow back from seed next year),[8] or biennials.[6] This term is in contrast to shrubs and trees which possess a woodv stem.[7] Shrubs and trees are also defined in terms of size, where shrubs are less than ten meters tall, and trees may grow over ten meters. [7] The word herbaceous is derived from Latin herbaceous is derive uses.[6] For example, some of the most commonly described herbs such as sage, rosemary and lavender would be excluded from the botanical definition of an herb as they do not die down each year, and they possess woody stems.[8] In the wider sense, herbs may be herbaceous perennials but also trees, subshrubs, annuals, lianas, ferns, mosses, algae, [10] lichens, and fungi. [8] Herbalism can utilize not just stems and leaves but also fruit, roots, bark and gums. [8] Therefore, one suggested definition is problematic since it could cover a great many plants that are not commonly described as herbs. Ancient Greek philosopher Theophrastus divided the plant world into trees, shrubs, and herbs (e.g. wild celery).[8] During the seventeenth century, as selective breeding changed the plants' size and flavor away from the wild plant, pot herbs began to be referred to as vegetables as they were no longer considered only suitable for the pot.[8] Botany and the study of herbs was, in its infancy, primarily a study of the pharmacological uses of plants. During the Middle Ages, when humoral qualities, could alter the humoral temperaments of people. Parsley and sage were often used together in medieval cookery, for example in chicken broth, which had developed a reputation as a therapeutic food by the 14th century. One of the most common sauces of the age, green sauce, was made with parsley and often sage as well. In a 14th-century recipe recorded in Latin "for lords, for settling their temperament and whetting their appetite" green sauce is served with a dish of cheese and whole egg yolks boiled in watered down wine with herbs are usually reproduced by stem cuttings, either softwood cuttings of immature growth, or hardwood cuttings where the bark has been scraped to expose the cambium layer. A cutting is usually approximately 3 to 4 inches in length. Plant roots can grow from the lower portion up to one half before the cutting is placed in growth medium or rooted in a glass of water. This process requires high humidity in the environment, sufficient light, and root zone heat. [13] A bundle of thyme (Thymus) See also: List of culinary herbs and spices Culinary herbs are distinguished from vegetables in that, like spices, they are used in small amounts and provide flavor rather than substance to food. [14] Herbs can be perennials such as thyme, or egano, sage or lavender, biennials such as parsley, or annuals like basil. Perennial herbs can be shrubs such as rosemary (Rosmarinus officinalis), or trees such as both herbs and spices, such as dill weed and dill seed or coriander leaves and seeds. There are also some herbs, such as those in the mint family, that are used for both culinary and medicinal purposes. Emperor Charlemagne (742-814) compiled a list of 74 different herbs that were to be planted in his gardens. The connection between herbs and health is important already in the European Middle Ages--The Forme of Cury (that is, "cookery") promotes extensive use of herbs, including in salads, and claims in its preface "the assent and advisement of the masters of physic and philosophy in the King's Court".[5] Main article: Herbal tea Some herbs can be infused in boiling water to make herbal tea Some herbs can be infused in boiling water to make herbal tea Some herbs can be infused in boiling water to make herbal tea Some herbs can be infused in boiling water to make herbal tea Some herbs can be infused in boiling water to make herbal tea Some herbs can be infused in boiling water to make herbal tea Some herbs. used.[6] Herbal teas tend to be made from aromatic herbs,[11] may not contain tannins or caffeine,[6] and are not typically mixed with milk.[10] Common examples include chamomile tea,[11] Main articles: Medicinal plants and Herbalism See also: List of plants used in herbalism A traditional Chinese decoction (湯劑/汤剂), using Chinese herbs Nicholas Culpeper was an English botanist, herbalist, physician, and astrologer.[15] (etching by Richard Gaywood between 1644 and 1662) Herbs were used in prehistoric medicine. As far back as 5000 BCE, evidence that Sumerians used herbs in medicine was inscribed on cuneiform.[16] In 162 CE, the physician Galen was known for concocting complicated herbal remedies that contained up to 100 ingredients.[17] Some plants contain phytochemicals that have effects on the body. There may be some effects when consumed in the small levels that typify culinary "spicing", and some herbs are toxic in larger quantities. For instance, some types of herbal extract, such as the extract of St. John's-wort (Hypericum perforatum) or of kava (Piper methysticum) can be used for medical purposes to relieve depression and stress.[18] nature, and should be used with caution. Complications can also arise when being taken with some prescription medicines. Herbs have long been used as the first century CE and far before. In India, the Ayurveda medicinal system is based on herbs. Medicinal use of herbs in Western cultures has its roots in the Hippocratic (Greek) elemental healing system, based on a quaternary elemental healing metaphor. Famous herbalist of the Western tradition include Avicenna (Persian), Galen (Roman), Paracelsus (German Swiss), Culpepper (English) and the botanically inclined Eclectic physicians of 19th century/early 20th century America (John Milton Scudder, Harvey Wickes Felter, John Uri Lloyd). Modern pharmaceuticals had their origins in crude herbal medicines, and to this day, some drugs are still extracted as fractionate/isolate compounds from raw herbs and then purified to meet pharmaceutical standards. There is a record dated 1226 for '12d for Roses for Baron's Chamber and in 1516 for flowers and rushes for chambers for heavy the early Holocene era, notably the leaves and extracts of the cannabis and coca plants. The leaves of the coca plant have been chewed by people in northern Peruvian societies for over 8,000 years,[19] while the use of cannabis as a psychoactive substance dates back to the first century CE in China and northern Africa.[20] Indigenous Australian peoples developed "bush medicine" based on plants that were readily available to them. The isolation of these groups meant the remedies developed were for far less serious diseases than the western illnesses they contracted during colonisation. Herbs are used for coughs, diarrhea, fever and headaches.[17] Main article: Sacred herb Commiphora gileadensis (Gilead myrrh) Herbs are used in many religions. During the monastic era, monks would cultivate herbs alongside vegetables, while others would be set aside in a physic garden for specific purposes. [21] For example, myrrh (Commiphora myrrha) and frankincense (Boswellia species) in Hellenistic religion, the nine herbs charm in Anglo-Saxon paganism, neem (Azadirachta indica) leaves, bael (Aegele marmelos) leaves, holy basil or tulsi (Ocimum tenuiflorum), turmeric or "haldi" (Curcuma longa), cannabis in Hinduism, and white sage in Wicca. Rastafari also consider cannabis to be a holy plant. Siberian shamans also used herbs for spiritual purposes. Plants may be used to induce spiritual experiences for rites of passage, such as vision quests in some Native American cultures. The Cherokee use both white sage and cedar for spiritual cleansing and smudging. Originally there was always doubt in ancient societies, especially in the sceptical medium of western traditions, as to the efficacity of herbal medicines. The use of herbal cosmetics dates back to around six centuries ago in the European and Western countries. Mixtures and pastes were often concocted to whiten the face. During the 1940s, herbal cosmetics took a turn with the emerging red lipstick, natural fragrances, powders, body oils, deodorants and sunscreens. They activate through the epithelium of sebaceous glands to make the skin more supple. Ayurvedic oils are widely used in India, prized for their natural health-giving properties. [22] One method and perhaps the best, used to extract natural health-giving properties. injection of colour under pressure. Main article: Strewing herb Strewing herb sare scattered (strewn) over the floors of dwelling places and other buildings. Such plants usually have fragrant or astringent smells, and many also serve as insecticides (e.g. to repel fleas) or disinfectants. For example, meadowsweet (Filipendula ulmaria) was sometimes strewn across floors in the Middle Ages because of its sweet smell.[10] Apothecary Herb chopper Herb farm Outline of herbs and spices Seed Spice ^ "Herb". Cambridge Advanced Learners' Dictionary & Thesaurus. 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