



Use of spices and herbs in traditional medicine

Dipl. Oec. troph. Svenja Netz





Content

- Introduction
- Spices and herbs as a treatment of diseases
- Spices and herbs improves well being
- Special beneficial effect of some spices
- Conclusion





- Aim of this presentation:
 - To underline the good reputation of spices
 - Spices improve dishes, but they also improve human health
 - Sources of this presentation are books about spices as a remedy and internet which is accessible for public.
 - Results are not scientifically proven and a small sample of all the effects of spices which I found





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Herbs and spices are usually derived from botanical sources, and may be dehydrated, and either ground or whole.





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- ESA definition for herbs and spices:

Culinary herbs and spices are edible parts of plants which are traditionally added to foodstuffs for their natural flavouring, aromatic and visual properties.





What are spices and herbs?

Not only carrier of flavour, but since thousands of years a small pharmacy:

- Ingredient of fragrances, embalming preservation, ointment, perfumes...
- Source of flavours
- Used in the preparation of food to impart flavour, preserve food





“In the beginning there was the spice”

- Spices belong to the earliest commercial goods.
 - Since 3000 B.C. precious spices were brought to the West
- In the early centuries spices were luxury goods
 - „A sack of pepper was said to be worth than a man`s life”
- Today spices cost a little less





Today spices and herbs are:

- used to enhance or vary the flavours of food
- used as sources for pharmaceutical substances
- used as home remedies
- commercial items traded globally





SPICES AND HERBS AS A TREATMENT OF DISEASES





Spices and herbs

The medicinal properties of spices are well known since centuries. Spices are used to treat many disorders such as

- **Headache:** (e.g. basil, bay leaf, cinnamon, cumin, mustard, rosemary...)
- **Cold, cough and sore throat:** (e.g. aniseed, black pepper, cardamom, cinnamon, cloves, onion, mint, mustard, spearmint, thyme...)
- **Stomach ache:** (e.g. dill, cayenne, coriander, ginger, parsley, paprika, spearmint...)





As home remedies spices are

- diluted/extracted in hot water and used as infusion,
- mixed with honey, vinegar, salt,
- chewed or
- put directly as paste or powder on the skin/wound.





The medicinal value lies in the substances naturally occurring in the plants.

These chemical compounds often have anti-oxidant, disease preventing and health promoting properties.

Examples:

Mustard oil has warming properties.

Green cardamom is used to break up kidney stones and gall stones.





Piperine present in black pepper is said to act as thermogenetic compound enhancing the thermogenesis of lipid and accelerate energy metabolism.

It also increases the serotonin and beta-endorphin production in the brain.

Lots of scientific studies are conducted to learn more about the antiseptic, anti-inflammatory, anti-bacterial and anti-carcinogenic properties, the property to reduce blood sugar levels, etc.





Let us have a look at some important globally traded spices





Aniseed

- Is used for curing bronchitis
- Contains estrogen: fights menopausal problems





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Basil

- Treatment of diarrhea
- Is thought to be an antispasmodic; Cayenne and ginger may have the same properties
- The camphor-containing oil has antibacterial properties, like bayleaf and cardamom





Bayleaf

- treats gastric ulcers
- Is reported to be anti-inflammatory, anti-oxidant, and anti-fungal; Garlic and cloves are also said to be antifungal





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Black Pepper

Is a “Jack of all trades” taken at first sight for any disease

- treats intermittent fever
- Good for diarrhea
- Reduces liver problems and lung disease





Cardamom

- Helps with cardiac stimulation
- Is used against kidney and urinary disorders; Parsley and bayleaf too can be used
- Its oil: anti-inflammatory and antibacterial effects (e.g. Infections of teeth and gum)





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Cayenne

- Stimulates blood flow
- Strong effect upon the circulation





Cinnamon

- Is an antiseptic and has anti-inflammatory properties
- May reduce blood sugar, cholesterol and triglyceride levels in Type II diabetes patients; also fenugreek and bay leaf
- Reduces high blood pressure; garlic too can be used
- Is a folk remedy for indurations and tumors





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Cloves

- Treats diarrhea
- Its oil is used in skin disorders like acne and pimples
- Treat severe burns





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- It has been documented as a treatment for diabetes





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Fenugreek

- Treats bronchitis problems
- Seeds are used for diarrhea
- Reduces inflammation and fights infection, Ginger, sage and rosemary have the same properties





Garlic

- Prevents heart disease and atherosclerosis
- Treats bronchitis, asthma and whooping cough





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Ginger

- Treatment of arthritis
- Is used for constipation, hypertension, and diabetes





Paprika/Chili Pepper/Red Chili

- cure diarrhea
- Capsaicin: Substantial antigenotoxic and has anticarcinogenic effects.
- Cream of capsaicin: for pain caused by condition such as arthritis and general muscle soreness, counterirritant to cure rheumatism





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- Capsaicin: Substantial antigenotoxic and anticarcinogenic effects.
- Cream of capsaicin: for pain caused by condition such as arthritis and general muscle soreness, counterirritant to cure rheumatism

Rosemary

- Is rich in vitamin C
- Supportive treatment of rheumatic diseases and circulatory complains
- Remedy for diabetes mellitus





Sage

- Antimicrobial, antimycotic and antiviral effects
→ Cures inflammation of the mouth and throat





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Thyme

- Oil: antimicrobial and antiviral effects
- Antiseptic treatment for wounds, externally
- Used for gargling to ease laryngitis





Tumeric/Curcuma Longa

- Remedy for rheumatic diseases
- Its ingredient curcumin shows blood thinning properties: prevention of thrombosis and arteriosclerosis
- Is a rich source of natural Iron



SPICES AND HERBS IMPROVE WELL BEING





Well being

- appetizing effects:

- black pepper
- coriander
- mint
- oregano
- cardamom
- ginger
- mustard
- sage





Well being

- Help with the digestion (e.g. treat flatulence, constipation, or digestive disorders)

- basil
- black pepper
- cayenne
- cloves
- cumin
- fenugreek
- ginger
- bayleaf
- cardamom
- cinnamon
- coriander
- dill
- garlic
- onion
- spearmint
- turmeric
- rosemary
- paprika
- parsley
- oregano





Well being

- Treat muscle pain
 - Ginger
 - Rosemary





Well being

- Treat muscle pain
 - Ginger
 - Rosemary
- Against vomiting
 - Spearmint/mint
 - Cinnamon
 - Cloves
 - Coriander
 - Ginger





Well being

- Stimulation of lactation
 - Aniseed
 - Basil
 - Fenugreek





Well being

- Stimulation of lactation
 - Aniseed
 - Basil
 - Fenugreek
- Help with insect bites
 - Basil
 - onion





Special beneficial effects

- Cumin
 - Recommended as a cure for stitches and pains in the side caused by sluggish congestion of indolent parts





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- Rosemary
 - Stimulates hairgrowth
 - Breath purifier (also parsley)
- Ginger
 - Against motion sickness





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- Black pepper
 - Eases sunburn
- Turmeric
 - Helps with skin problems
- Sage
 - Treatment of excessive perspiration





Conclusion

- Since centuries spices are used to add flavor and taste to dishes
- Moreover spices are used in folk medicine, because of their beneficial effect on human health
- Spices and herbs are natural sources of vitamins and minerals
- Are used traditionally to prevent and alleviate various health problems
- Spices and herbs are indispensable for daily human health.





Thank you for your attention

