

1. **The Chelidonium majus** is native to Europe, North America, and Western Asia. The herb is known for its sedative, purgative, hepatic, diuretic, depurative, cholagogue, and analgesic properties.

It is used to remove obstructions from the gall bladder and liver. It increases perspiration and removes toxins from the body. It is also an excellent treatment for bad cases of scurvy. It is used as an eye lotion to eliminate opaque (white) spots on the cornea.

Chelidonium majus was formerly known to cure the itch when applied mixed with sulfur. It is also highly effective in treating piles. The juice of the herb is highly effective in curing warts, corns, and ringworm; however, care should be taken not to spill it on any other part of the skin.

In many parts of Europe, the Chelidonium majus is used to abate toothaches with fermentation. Taken as a tea, it is an excellent liver tonic. It is also an effective expectorant and analgesic.

2. **Monarda** flowers, leaves and stems are utilized in alternative medications as an antiseptic, carminative, diaphoretic, diuretic, and stimulant.

Some of the uses of Bee Balm are –

- An infusion is used internally to [treat cold](#), catarrh, headaches, gastric disorders, reduce low fevers, [soothe the throat](#), [nausea](#), [menstrual pain](#), and insomnia.
- It can be used for skin eruptions and infections.
- Its scent is an effective mosquito repellent but generally works best when its leaves are crushed to release the fragrant oils.
- It can be used to alleviate stomach and bronchial ailments.

3. **Common plantain** leaves have been used as a **wound healing remedy** for centuries in almost all parts of the world and in the treatment of a number of diseases apart from wound healing. These include diseases related to the skin, respiratory organs, digestive organs, reproduction, the circulation, against cancer, for pain relief and against infections. Externally, *Plantago major* is anti-inflammatory, antimicrobial, antipruritic, and vulnerary. The macerated leaves or fresh juice of the plant are excellent, quick healing agents for cuts, wounds, bruises and ear ache (infection).

*P. Lanceolata* is a gentle soothing expectorant **most indicated in irritated coughs and mild bronchitis**. It may be more beneficial long-term. It exerts astringent and alterative properties internally, especially in **chronic inflammatory conditions of the mucosa**, glandular tissues, or septicemias. .

4. **Wild Thyme.**The infusion is used for chest maladies and for weak digestion, being a good remedy for flatulence, and favourable results have been obtained in convulsive coughs, especially in whooping cough, catarrh and sore throat. The infusion, prepared with 1 OZ. of the dried herb to a pint of boiling water, is usually sweetened with sugar or honey and made demulcent by linseed or acacia. It is given in doses of 1 or more tablespoonfuls several times daily.

The infusion is also useful in cases of drunkenness, and Culpepper recommends it as a certain remedy taken on going to bed for 'that troublesome complaint the nightmare,' and says: 'if you make a vinegar of the herb as vinegar of roses is made and annoint the head with it, it presently stops the pains thereof. It is very good to be given either in phrenzy or lethargy.'

Wild Thyme Tea, either drunk by itself or mixed with other plants such as rosemary, etc., is an excellent remedy for headache and other nervous affections.

5. **A white clover** infusion can **boost the immune system and treat fever, coughs, and colds.** It's also good for treating common cold symptoms, such as congestion and headaches. White clover herbal tea could treat rheumatic aches and joint pain too.

6. **Oregano** (*Origanum vulgare*) is an herb used to flavor foods. It is considered safe in common food amounts, but has little evidence of health benefits.

Oregano has olive-green leaves and purple flowers. It is closely related to other herbs, including mint, thyme, marjoram, and basil. Oregano contains chemicals that might help reduce [cough](#). Oregano also might help with digestion and with fighting against some bacteria and viruses.

People use oregano for wound healing, parasite infections, and many other conditions, but there is no good scientific evidence to support these uses.

1. *Chelidonium majus*

Greater Celandine  
Vereurmarohi



2. *Monarda didyma*, *Monarda* ( Bee Balm ), *Monarda*



3. *Plantago major*, Common plantain , Suur teeleht



4. *Thymus serpyllum*, Wild thyme, Nõmm-liivatee



5. *Trifolium repens*, white clover, valge ristik



6. *Origanum vulgare*, common oregano, harilik pune

