



Herbs Nature's treasure...

Herbs and aromatic plants had a special place in antiquity. Considered as the expression of the generosity of Mother Nature and the expression of beauty. A large proportion of the vegetable kingdom is the point of contact with mother Earth, a communication hub between two kingdoms where Humanity, meets Nature. Tradition of the therapeutic art of plants and herbs was lost in the primeval past, in an undated past and the wisdom inherent in humans and the natural world in general.

Plants give us food, oxygen, aroma, beauty and general health at all levels. The healing properties were known since ancient times. Human from the first years of his appearance on earth possessed the instinct of self-preservation, like other wild animals. Through instinct and

observing the behavior of wild animals, face the issues of good health, more proactively, by maintaining a direct relationship with the environment and above all through the plants food. But in cases of health disorders and then again with his instinct and knowledge acquired slowly and with the observation that wild animals made the consumption of certain plants, he chose to eat specific plants or plant parts (fruits roots, leaves, etc.).

The father of medicine, **Hippocrates**, had talked enough about the healing properties of plants. In the same issue involved and **Theophrastus** as well as **Dioskourides**

later. This recognition of the therapeutic value of plants was not found only in Greece. Chinese, Sumerians, Babylonians and Egyptians also recognized their value. An important contribution was that of Paracelsus on this topic. This great alchemist and physician professed the use of large pharmacy of nature and claimed that the form of plants is indicative of disease cure.

With the passage of time and the development of science, these views were forgotten or despised. We know of course that many drugs used as raw material of plants and herbs.

Nowadays people begin to care again about these issues, trying to live more naturally. Thus, Herbal Medicine, Aromatherapy or treatment with flower remedies are starting to gain ground again.