**HERBS AND HEALTH**

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Györgyi Horváth dr., Associate Professor, Deputy Dean for Science and Student Welfare, and Director of the Institute of Pharmacognosy of the Faculty of Pharmacy of the University of Pécs, held an interesting educational lecture entitled Virtual Excursion in the Pharmacy of Nature on January 25 at the University Library and Knowledge Center. The Green Library workgroup event this time focused on the role of medicinal plants in maintaining our health, where, in addition to reviewing the basics and dispelling misconceptions, practical advice was also given.

This time the Green Library workgroup chose a topic that is both long-standing and very topical. The use of medicinal plants is practically as old as civilization, but many people try to cure themselves with various medicinal preparations, especially during the winter, when they are suffering from a cold.

"80% of the world's population uses medicines that are derived from nature.

Think of Africa, Asia, India, or a tribe living in the rainforest. They don't have the means to go to a pharmacy or a hospital. So they collect plants from nature that they use for headaches, fevers, coughs." - informed Györgyi Horváth dr.

But it is not only the general population that uses medicinal plants they are also used in the pharmaceutical, cosmetic, household chemical, textile, and food industries, for example, spices, natural flavors, natural dyes, and even antioxidants are also of plant origin. "Around 1400 species of essential oils are isolated worldwide, which may seem a lot, but 10% of superior plants, 12.5% of bacteria, and only 5% of fungi have been chemically tested by mankind", Györgyi Horváth dr. explained in her presentation.

Misconception 1: medicinal plants have no side effects

Misconception 2: they can be consumed in any form

Misconception 3: they are ineffective

Misconception 4: it is quackery to use herbs

It was also clear from this exciting presentation that there is a case for using herbs, but that more clinical trials are needed to determine their exact use.