

From herb to herbal preparation

Lejsa Jakupović¹

¹Faculty of Pharmacy and Biochemistry, Department of Pharmacognosy, University of Zagreb

Abstract:

An approach to the traditional treatment usually considers using herbs and its derivatives to treat diseases or unhealthy body conditions. In the south of Croatia, we can find huge number of medicinal herbs. Species like rosemary (*Rosmarinus officinalis* L.), lavender (*Lavandula officinalis* L.), thyme (*Thymus vulgaris* L.), and oregano (*Origanum vulgare* L.) are herbs very often used in traditional medicine for preventing and treating specific conditions like respiratory problems, especially on the West, but it can be also found in ayurvedic prescriptions too.

Even though treatments with herbs are often considered with simple approach, preparing the herb medicine is a complex process which demands several steps as locating, collecting, and drying the herb. After those steps, the bioactive ingredients from the herb (such as essential oils) should be extracted, and the extract should be analysed to check its pharmaceutical quality. If the result from the extract matches with the prescription in the Pharmacopeia, we can be sure that our herb has the highest quality to be used in creating the products that can help reduce the symptoms of specific diseases.

In this workshop, it will be presented every step from preparing the herb for distillation and finally preparing simple therapeutic product from the distilled essential oil that can be use as external treatment for specific body condition like cold or flu and it can be prepared at home.

Keywords: essential oil, Lavender, preparation, herb, Ayurveda