

INTRODUCING THE BENEFITS OF HERBAL PLANTS TO THE LEARNERS OF TODAY'S EDUCATION

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As the days went by, modern medicines have conquered the world and many people rely on today's medicinal benefits of prescription medicines. However, herbal plants or natural medicines still have its weapon. As MAPEH teachers or teachers in any area of focus, we have this duty to introduce some of the herbal medicines to the students of today's generation because these will help them when they have body pain, cough, colds, and other common diseases. But how are we going to do this?

The first thing that we must do is to introduce these herbal or medicinal plants and give their benefits to the people. Also, teachers should remind students about the proper use of medicinal plants and their possible negative effects when too much consumption or application occurs.

What is herbal medicine? Herbal medicine or herbalism, according to Z Living Staff (2014), is the use of a plant's seeds, berries, roots, leaves, bark, or flowers for medicinal purposes. Gori and Firenzuoli (2007) defined herbal medicine as the use of medicinal plants for the prevention and treatment of diseases. Indeed, herbal medicine is taken from the different parts of herbal plants that can be used by people for many diseases. It can also be applied to the body to treat different skin diseases.

Herbal medicines are around the corner. It can be found in the kitchen and backyard Plants such as ginger, garlic, aloe vera, and tea tree oil are some of the herbal plants that can be used and applied by humans in their bodies. Garlic can treat fungal infections and can help reduce high blood pressure. Ginger can be used as an anti-inflammatory agent

and is responsible for maintaining a good quality of voice by clearing the throat. Aloe vera is typically used as an anti-fungal medicine that can reduce the occurrence of fungi and bacteria. Many women are using shampoos and soaps with aloe vera content because of their antibacterial properties. These herbal plants also boost the body's immune system.

Other medicinal plants are ampalaya, sambong, guava (bayabas), lagundi, atsute, papaya, and coconut. Ampalaya is used to help the diabetic person because of its anti-diabetes property, while sambong and lagundi leaves can be used to treat coughs and colds. Guava and atsute can be used to remove stomach pain. Papaya is known for its ability to help improve skin appearance. Some cosmetic products like beauty soap and cleansers contain papaya because it purifies the skin making it beautiful, soft, and smooth. Coconut is also a very useful and effective medicinal plant. Its oil can be used to make the body relaxed and composed. If it is applied, it reduces body pain and muscle pain and improves blood circulation.

These are only some of the medical plants that can be consumed and applied by people in their bodies. However, it is a must to investigate the properties of these plants before using them. People must remember that too much consumption can lead to various side effects and sometimes lead to danger. It is also important to note the condition of the body before using medicinal plants because sometimes these might not be good for you.

Students nowadays should know the benefits of these herbal plants with the help of the teachers so they can use them when needed.

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