Oleum Lavandulae, Lavanta Esansı

**Fam: Labiatae/ Lamiaceae**

Two species are used perfumery and cosmetology

The true Lavender *;Lavandula officinalis = L.angustifolia = L.vera*

Lavande aspic*= L. spica = L. Latifolia*

The Lavandins are hybrids (*L. intermedia* = *L. hybrida*)of two species listed

Above, are used to produce essential oil.

Although native to Mediterranean region, they are widely cultivated.

 lavender flowers ( pink colour)

The flowers are collected in the bud before fully opening and

essential oil was obtained by steam distillation.( 0.5 - 0.8% )vapor distillation.

The plant is cultured in France, Spain and Italy.

Gattefosse burnt his hand while working in a laboratory. At that time he accidentally

hit the levander oil and the essential oil poured into the burning hand He found that lavender oil helped the burn to heal quickly.

**E.oil constituents** : % 25-38 Linalool ve % 25-45 linalyl acetate asetat,%0.1-0.5

* limonene,%0.3-1.5 cineole,%0.2-0.5 camphor and %0.3-1 a-terpineol.

**Uses**:antispasmodic, sedative, relaxing, analgesic, anti-inflammatory,antimicrobial,

Reduction of Mental Stress with Lavender scent

Studies have shown that Mental Stress is Reduced by the smell of Lavender. Also some studies show that the use of aromatherapy in patients hospitalized reduces pain, anxiety and depression and increases the sense of welfare.

Lavender oil is used as a treatment for agitated behavior.of dementia patients.

 Lavender oil inhibits some allergic reactions

**Species grown in Turkey;**

L. stoechas and L. cariensis (Marmara and B.Anatolia)

L. cariensis (30% camphor and 18% fenkon)

L. stoechas (23% camphor and 4% eucalyptol)

They can be used as a source of camphor.

***Rosmarinus officinalis* L. (rosemary**),

* **Fam: Lamiaceae**

Essential oil of plant is distilled from the flowering parts and leaves. The plant is native to southern Europe and Mediterranean area.

Characteristic elements; Characteristic elements; Leaves are leathery, opposite, Size of

the leaf is 1.0-2.5 cm long and 4 cm width. The upper surface of the leaf is green coloured and the lowered surface is grey somewhat wooly due to numerous trichomes. Candelabra trichomais charecteristic.

yield of essential oil: 1-2%

Rosemary oil is colourless to pale yellow with camphoraceous taste

**constituents** : 1,8-cineole, borneol, camphor, bornyl acetate, and monoterpene hydrocarbons. Plants also contain rosmarinic acid, and chlorogenic acid,

 **Uses**: The oil is mainly used as a carminative, spasmolytic choleretic or cholagogue and in the perfumery industry.

Topically, it is applied, for colds, as a mouthwash and for rheumatic ailments. Rosemary extracts are used in food technology as antioxidants and preservatives.

**Folia Salviae, Adaçayı Yaprağı ( Sage)**

Fam. Labiatae

The drugs consist of the dired leaves of *Salvia. officinalis*.

Especially those rich in essential oil, have pharmaceutical uses. This common garden plant (garden sage)and culinary shruband is a perennial plant, about two feet high, with a quadrangular, pubescent, branching, shrubby stem, furnished with opposite, petiolate, ovate-lanceolate, crenulate, large leaves (3–5 cm long, 1–2.5 cm broad), which are oblong or lanceolate, (grayish-green color)(blue flowers, white and purple ). The young leaves especially are covered with a white layer of fine hairs. The leaves have a characteristic uneven upper surface and prominent lower venation. The taste and odour are characteristic, pungent and aromatic.

Sage is a popular culinary herb. *S. triloba* L.f. is also rich in essential oil and has similar topical uses as *S. officinalis.*

The leaves are rich in essential oil with a- and b-thujone as the major components (normally about50%), with cineole, borneol and others.. There are differences inthe composition of the essential oil depending on the origin of the plant material

**Uses**: sage essential oil is antibacterial and antifungal, traditionally used to threat epigastric bloating and ext.

*S.lavandulifolia* is also used as phytomedicines.

Camphor and cineole are the major compoounds

Thuyones less than 0.0.5 %

*S.triloba*( *S. fructicosa* )

60% cineole’camphor’borneol’terpineol and 7 % thujones.

This specie shad strong anf pungent smell. All Salvia specise are traditionally used in mouth washes for oral hygiene.

Species grown in Turkey; The genus Salvia is represented in Turkey by 95 species, of which 48 are endemic.

*S. triloba* (*S. fruticosa*) (Anadolu Adaçayı) % 3 Uy % 50 1,8 cineole ( eucayptol)(Elma yağı)

Batı ve güney anadolu’da

*S. cryptantha* (tapir) % 20-30 eucayptol), % 17 geranyl acetate % 15 camphor , % 7 borneole taşır

*S. aethiopis (*yünlü adaçayı)

*S. dichroantha* (Kutnu)

*S. forskahlei*

*S. multicaulis*

*S. sclarea* (Ayı kulağı)

*S. tomentosa*

*S. verbenaca*

*S. viridis*

*S. virgata*

*S. tomentosa ve S. aramiensis****'***

**Radix Valeriana, Kediotu Kökü,Çoban kamışı,kaya şipleği**

*Valeriana officinalis* (Valerianaceae), commonly known

as valerian. It has been used medicinally for 2000 years. In traditional herbal medicine, the roots of V. officinalis root has been used for a century as a relaxing and sleep-promoting plant.

It is an herbaceous plant, reaching about 1 m in height, and is cultivated in many European countries, as well as in Japan and North America.

Valerian has a long history of traditional use. Historically, it was used in the treatment of conditions involving nervous excitability, such as hysterical states and hypochondriasis, as well as in insomnia.

The rhizomes may be up to 50 mm long and 30 mm in diameter, whereas the roots may be around 100 mm long and 1–3 mm in diameter. Valerian root has a characteristic smell, which is usually described as unpleasant.

It consists of about 150–200 chemical constituents.

The roots and rhizomes of V. officinalis have two main groups of constituents:

volatile oil and the iridoid valepotriate

volatile oil ;the volatile oil contains monoterpenes and sesquiterpenes, such as b-bisabolene, caryophyllene,, valerenic acid and its other derivatives(valeranone, valeranal, and kessyl esters)

iridoid valepotriate; valeranone, valeranal,and valepotriates (valtrate, didrovaltrate, acevaltrate, and isovaleroxyhydroxyvaltrate)

The valepotriates readily decompose on storage and processing to form mainly baldrinal and homobaldrinal, which are also unstable.

valerian and its various preparations (tablets, tinctures) mild anxiety and to aid sleep, and are generally based on traditional use. The sedative effects of valerian root are well documented. In vivo studies (in mice) have demonstrated CNS-depressant activity for the volatile oil, the valepotriates and the valepotriate degradation products. The sedative effects of valerian root are thought to be due to the activities of these different components, particularly valerenal and valerenic acid (constituents of the volatile oil), and the valepotriate compounds.

Therefore, the profile of these constituents, and their concentrations, in a specific valerian preparation will determine its activity.

Combination with other herbs reputed to have hypnotic and/or sedative effects, such as hops (*Humulus lupul*us) and melissa (*Melissa officinalis*) combination with other herbs reputed to have hypnotic .

**Flos Phyreth ,
*Chrysanthemum cinerariaefolium* (Trev.) Vis*., C. coccineum* Willd. *and C. marshallii* Aschers (Asteraceae)**

Phyretrum sp. are all known as insect flowers. Dalmation insect flowers are *C. cinerariifolium* [formerly *Pyrethrum cinerarii* folium Trev. or *Tanacetum cinerariifolium* (Trev.) Sch.Bip.]; *C. coccineum* and *C. marshallii* are known as Persian and Causasian insect flowers, respectively. They are indigenous to the Balkans but widely cultivated elsewhere. The unopened flower heads are used; they are about 7 cm indiameter,with creamy-White ligulate florets and yellow tubular florets. There are two or three rows of lanceolate greenish-yellow, hairy bracts and a flat receptacle without paleae

Pyrethrum (Chrysanthemum cinerariaefolium)

has been under cultivation around the world for nearly

150 years, with Kenya accounting for about 83% of the present world production2

In India, it is cultivated on a large scale only in Kashmir.

Pyrethrum extract are the pyrethrins,

Pyrethrins are esters formed by a combination of two acids, chrysanthemic acid and

 pyrethric acid, with three alcohols, cinerolone, jasmololone and pyrethrolone. The

three esters of chrysanthemic acid (cinerin I, jasmolin I and pyrethrin I) are commonly

known as Pyrethrins 1 and the three pyrethric acid esters (cinerin II,

jasmolin II and pyrethrin II) are known as Pyrethrins 2

Pyrethrins are about 1.3 times more toxic than cinerins, and pyrethrin I

and cinerin I are nearly four times more effective than pyrethrin II and cinerin II respectively, against houseflies.

Pyrethrum extracts that are commercially available in the US usually contain 20 to 50% total pyrethrins. These extracts are commonly used to insecticide products,

which are regulated by the Food and Drug Administration

pyrethrins, which are esters of chrysanthemic and pyrethric acids and are the actives. They are known as pyrethrins I and II, cinerins I and II and jasmolins I and II.

Pyrethrum is mostly considered to be harmless to humans and animals, and

may be used as a spray, lotion or powder, or fumigant.

Pyrethroids are much less toxic to humans than synthetic insecticides, but they can cause irritation or allergic reactions.

T. vulgare (Solucan otu); helmentic

***T.parthenium (gümüş düğme)***

Family: Asteraceae/Compositae

The aerial parts are used.

 has a long history as a medicinal plant. It is used in herbal medicine and native in S.E. Europe, Asia,

 N. and S. America,

Constituents ; Sesquiterpene lactones, which can be classified as indicated above.

Germacranolides include parthenolide, 3β-hydroxyparthenolide,

costunolide, 3β-hydroxycostunolide and eudesmanolides. Other compunds

are a small amount (up to about 0.07%) of volatile oil containing

monoterpenes and sesquiterpenes ( a-pinene and derivatives, camphor )