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Plantaine Large and Lanceroid

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Abstract: Plantain medicine, known. In ancient medicine considered that any part of a plant stops bleeding from a nose, bloody vomiting, treats epilepsy. The plantain juice in a warm look entered into an ear helps at ear-aches. Broth of a plant and juice of roots, when rinsing treats inflammations mucous a mouth, a toothache, cures all serious illness mucous a mouth. Condensed (in the Sun) plantain juice, at reception in inside treats tuberculosis, weight loss, bloody vomiting, ulcers of lungs, increase in pressure of blood, short wind for prevalence of blood, epilepsy. The condensed juice strengthens a liver, kidneys and a spleen of hot natures, opens their obstruction, calms thirst, normalizes digestion of food. In traditional medicine its juice is considered one of the strongest expectorant means. Seeds of a plantain are used as laxative, at treatment of stomach ulcer. Seeds use also at treatment of male and female infertility, diabetes. Leaves are considered as diuretic, antineoplastic means. In modern scientific medicine the plantain is used as wound healing, anesthetic, the anti-inflammatory, antiallergic, antineoplastic, sleeping, sedative, enveloping, styptic, spazmolitic, diuretic, laxative and moderate hypotensive medicine. Some authors carry a plantain grass to adaptogens. Pilot studies showed that the plantain extract use against the background of a high-fatty diet leads to reliable reduction of body mass index, the mass of retroperitoneal fatty tissue, to small decrease in concentration of glucose of blood, prevents development of oxidative tension.

Keywords: plantain, Plantago major L., Plantago asiatica L., Plantago lanceolata L., phytotherapy traditional medicine, ancient medicine.

The chemical composition of the plant: Different types of plantain are similar in chemical composition - [24]. Plantain leaves contain iridoids (aucubin, catalpol, aukubozid), bitter and tannins, steroid saponins, carotene, vitamin C, K, alkaloids, polysaccharides, mucus, flavonoids, carbohydrates (polysaccharides - 20%, pectic acid, mucus, mannitol, sorbitol), alicyclic compounds (loliolid), nitrogen-containing compounds (allantoin), vitamin K, phenols and their derivatives (tyrosol), phenolcarboxylic acids and their derivatives (lilac, vanillic, ferulic, salicylic, benzoic, cinnamic, gentisic, chlorogenic, neochlorogenic) acids , flavonoids (baicalein, scutellarein, luteolin, baicalin, apigenin) – [29; 6; 20; 30; 10].

The essential oil of the lanceolate plantain consists of fatty acids 28.0-52.1% (the most abundant palmitic acid 15.3-32.0%), oxybi monoterpenes 4.3-13.2% (linalool 2.7-3.5 %), aldehydes and ketones 6.9-10.0% (pentyl vinyl ketone 2.0-3.4%) and alcohols 3.8-9.2% (1-octen-3-ol 2.4-8 .2%) – [31]. The seeds contain organic acids (succinic - 1.3%), mucus (19.5%), iridoids (aucubin - 0.37%), sterols (B-sitosterol, stigmasterol, campesterol), saponins, alkaloids, tannins, flavonoids (isoquercitrin), fatty oil (9.4%) - [10]. Asian psyllium seeds contain acteoside, isoacteoside, decaffeoylacteoside, tetradecanoic acid, (2-ethitexyl) benzene-1,2-dicarboxylate [80]. The plant contains a large amount of salt K, Fe, Mo, Sr. The plant concentrates Fe, Mo, Sr, Zn, Mo, Ba – [15; 28; 73; ten]. Ancient medicine defined the nature of the plant as cold to the II degree and dry. Any

part of the plant stops nosebleeds, bloody vomiting, treats epilepsy. Plantain juice in a warm form, introduced into the ear, helps with ear pain. A decoction of the plant and the juice of the roots, when rinsed, treats inflammation of the oral mucosa, toothache, cures all serious diseases of the oral mucosa - [1; 2; 9].

Ingestion of psyllium seeds stops bleeding from the internal organs. If lentils are boiled together with plantain leaves and eaten, it will cure shortness of breath - [9]. Condensed (in the Sun) psyllium juice, when taken orally, treats tuberculosis, weight loss, hematemesis, lung ulcers, increased blood pressure, shortness of breath from the predominance of blood, epilepsy. Condensed juice strengthens the liver, kidneys and spleen of hot natures, opens their blockages, soothes thirst, and normalizes the digestion of food. It stops bleeding from all internal organs, treats gonorrhea, stops menstruation - [2].

Ingestion of its leaves, seeds, opens blockages of the liver, kidneys, bladder, heals intestinal ulcers. Plantain leaves boiled with salt, lentils and vinegar stop bloody diarrhea. If you drink plantain juice with condensed wine (musallas), it cures pain in the kidneys and bladder. Ingestion, its condensed juice and enema decoction of seeds treats intestinal ulcers - [9]. Crushed leaves inserted into the vagina treat pain in the uterus. Eating three of its roots will cure a two-day fever, and eating four roots will cure a three-day fever. Ingestion, its condensed juice from 113 gr. wine, lowers the temperature - [9].

Psyllium seeds, crushed with salt, when applied externally, remove the poison of a rabid dog. The crushed roots and leaves, as well as the powder of its dried leaves, when applied topically, cleanse wounds from fire, treat chronic malignant ulcers, fire burns, deep ulcers. If this is mixed with white before use, the carbuncle is treated, the development of elephantiasis is stopped, and then it is completely cured. The gruel of leaves and roots, when applied externally, dissolves hot tumors, treats allergies, erysipelas, mumps, tumors behind the ear region. Its juice stops the flow of the seed - [1; 9]. But, they say that psyllium juice is bad for the lungs. In this case, you need to use honey. The dose for taking its juice is from 50 to 150 gr. - [9]. Its seeds act like its condensed juice. If you use 3.5 gr. psyllium seeds stop bleeding from the lower body. Roasted seeds, when taken orally, fixate, with sweet almond oil or rose oil, treat intestinal pains. Their dose at the reception is 10.5 gr. - [1].

The plant is very popular in modern folk medicine. Every housewife knows that if a fresh plantain leaf is applied to a fresh wound, the bleeding will quickly stop. In folk medicine, its juice is considered one of the most powerful expectorants. Psyllium seeds are used as a laxative in the treatment of stomach ulcers. Seeds are also used in the treatment of male and female infertility, diabetes.

The leaves are considered a diuretic, antitumor agent - [11; 12]. Plantain flowers are used for diarrhea. Plantain roots, in the form of extracts, are used in the treatment of fevers, pulmonary tuberculosis, as an antitussive. Crushed leaves are mixed with the same amount of sugar and left in a warm place for 3 weeks. The juice allocated at the same time is consumed in 3-4 tbsp. spoons for cancer of the lungs and stomach - [18].

The lanceolate plantain is used when getting malaria, enuresis. Its juice, mixed with honey, is found externally when visiting erysipelas. A tincture of leaves in vodka is used for toothache. Of those detained on suspicion of suspected ointment - 10 detainees in a criminal case, in the form of detention powder with 90 cases of vaseline and are used for burns by fire - [12]. Seeds in the form of a decoction are used for childhood diarrhea, dysentery, gonorrhea, stomach ulcers. Zahidov H. (1991). juice, stomach cancer is cured within a month - [9].

In magical medicine, plantain is considered a remedy for corruption. It is recommended to collect it when the Sun and Moon are in the sign of Cancer or when the Sun is in Pisces and the Moon is in Cancer [12]. Its roots are useful for migraines and ulcers. An infusion of the root in wine is an antidote for opium poisoning [12]. In modern scientific medicine, plantain is used as a wound healing, analgesic, anti-inflammatory, antiallergic, antitumor, hypnotic, sedative, enveloping, hemostatic, antispasmodic, antipyretic, antitussive, diuretic, laxative and moderate hypotensive agent,- [19; 21; 5; 59].

Some authors refer to plantain herb as an adaptogen [7]. All types of plantains have pronounced antibacterial properties [16]. Plantain, both large and lanceolate, inhibits the synthesis of prostaglandins, thereby having an anti-inflammatory effect - [70; 74; 81; 41]. Baicalein and psyllium aucubin have a pronounced anti-inflammatory effect [69]. The plant has pronounced wound healing properties - [72; fourteen; 53]. The fermented psyllium juice when applied topically is more effective than the official psyllium juice in promoting skin wound healing and limiting the exudative and proliferative process of inflammation.–[3].

Clinical studies have shown that a 10% psyllium ointment has a wound-healing effect [54]. Rinsing with plantain decoction is effective in the treatment of mucositis, due to chemotherapy and radiation therapy of malignant neoplasms [33]. The most effective, in terms of wound healing properties, is an alcohol extract of plantain leaves [82]. Randomized, placebo-controlled clinical trials have shown the effectiveness of a gel based on psyllium extracts in the treatment of diabetic foot – [60].

It has been determined that plantain juice, along with enveloping properties, increases the acidity of gastric juice and is therefore recommended for hypoacid gastritis [71]. Hepatoprotective properties are also expressed in plant preparations - [74; 57]. Plantago major L. leaves extract has a stimulating effect on gastric secretion, mainly on parietal cells [4]. Received confirmation and its antitumor properties - [36; 43; 66; 38]. These properties are also explained by the presence of immunostimulatory and antioxidant properties of psyllium. – [45; 37; 32].

The antitumor properties of psyllium seeds are most pronounced [51]. Experimental studies have shown that the intake of psyllium leaves prevents carcinogenesis under the influence of dimethylbenz (a) anthracene (DMBA) - [64; 65]. Taking plantain extracts prevents changes in blood cells and internal organs in the treatment of malignant diseases with radiation therapy [13]. Psyllium seeds have immunomodulatory properties [48]. The polysaccharide fraction of P. asiatica L. leaves has immunomodulatory properties [78]. Plantain juice has a significant anti-allergic effect–[12].

Experimental studies have shown that the use of psyllium extract on the background of a high-fat diet leads to a significant decrease in body mass index, the mass of retroperitoneal and periuterine adipose tissue, a slight decrease in blood glucose concentration, and prevents the development of oxidative stress [79; 26; 25]. The Asian psyllium seed extract has the same properties [77]. Asian psyllium extracts inhibit the process of glucosation in the body [39]. Arabinoxylan isolated from Plantago asiatica L. improves carbohydrate, lipid, and amino acid metabolism in type 2 diabetic patients [63]. Asian psyllium seeds reduce intestinal absorption of carbohydrates [47]. Greater plantain juice is also used for respiratory diseases, bronchial asthma, as an expectorant - [56; 42]. Due to the presence of biogenic micro and macro elements, plantain is promising in the treatment of pulmonary tuberculosis [28]. Extracts of Plantago asiatica L. have a pronounced nephroprotective effect, prevent the development of nephrotic syndrome - [52]. Grass juice has a bacteriostatic effect – [46], reduces the amount of blood cholesterol, acts as an antispasmodic, lowers blood pressure - [75]. The antiviral properties of the plant have also been determined - [36; 35]. Verbascosides isolated from psyllium seeds have a pronounced antifungal effect [17]. Experimental studies have shown that a collection consisting of nettle, birch leaves and plantain prevents the development of oxidative stress under the influence of ultraviolet radiation - [22; 23]. Plantain has hematopoietic properties – [75]. Lanceolate plantain has similar effects on the body as large plantain - [58; 76]. Experimental studies have shown that the aqueous extract of the collection, consisting of Mentha spicata and Plantago major, has an anxiolytic and hypnogenic effect [34]. Alcoholic extract of Asian plantain inhibits angiotensin-converting enzyme - [44; 62]. In addition to natural plantain juice, the industry also produces the drug Plantaglucid. Despite the presence of so many useful properties, the plant has not been studied enough. Plantain has antigenotoxic properties [27]. Alcoholic extracts of plantain prevent damage to the kidney tissue by doxarubicin - [61; 40]. The intake of psyllium extract, together with vitamin E, protects the kidney tissue from damage by cisplatin [68]. Large plantain leaf extract protects liver tissue from damage by paracetamol [49]. Asian plantain leaves protect kidney tissue from damage by cadmium salts [50]. Experimental studies have shown that aqueous extracts of plantain large and lanceolate leaves can be attributed to class V substances. - «Практически нетоксично» - [8; 55]. Считается, что подорожник ланцетовидный может повышать

чувствительность кожи ультрафиолетовому облучению. Турецкие врачи описывают два случая развития фотодерматита после соприкосновения с травой, с последующей инсоляцией – [67].

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