

National Geographic Guide Medicinal Herbs

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For many centuries, St. John's wort was a symbol of protection against evil, but also a prized medicinal herb, with the power to heal the body and ease the troubled mind. Ancient Greek and Roman physicians used St. John's wort to dress battle wounds, as well as treat burns, bruises, and inflammations.

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plants, traditional medicinal uses, phytoconstituents, pharmacological activities, adverse reactions and reported drug-herb interactions. In this era of evidence-based medicine, scientists are increasingly looking towards the traditional uses of medicinal plants for clues to the discovery of potential lead compounds and novel therapeutics.

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