



## Materia Medica

Materia Medica (*English: medical material/substance*) is a Latin term from the history of pharmacy for the body of collected knowledge about the therapeutic properties of any substance used for healing.

HERB: bay

BOTANICAL NAME: *Laurus nobilis*

HARVESTED FROM: *purchased from trade technocrats*

PARTS USED: *dried leaves*

CONSTITUENTS/ESSENTIAL OILS: limonene, camphene, acedic and cinemic acids

PREPARATION: *simmer slowly*

### USES:

- ❖ when bruised, the leaves give a sweet, aromatic scent, and used in soups and stews
- ❖ dedicated to Apollo, the god of light, and a symbol of peace and victory, and as such was made into wreaths for emperors, generals and poets; it was supposed this tree could never be reached by lightning
- ❖ suitable as an infusion for digestion and preventing heartburn and flatulence
- ❖ beneficial against flu, arthritis and cough
- ❖ suitable for external treatment of skin illnesses caused by fungi and favours healing

### RECENT RESEARCH:

"Recently it is used in treating diabetes and preventing migraine."

Mansour, Oussama & Darwish, Manal & Ismail, Ghenwa & Al-Abideen Douba, Zein & Ismaeel, Ali & Sabee Eldair, Kamel. (2018). Review Study on the Physiological Properties and Chemical Composition of the *Laurus nobilis*. 5.