THE PLANTS WITH PHYTOTHERAPEUTIC AND SANOGENETIC EFFECTS EXISTING IN ROMANIAN RURAL AREA

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Abstract: Human existence since prehistoric times, has been linked most vegetable world, plant, who provided his food, fuel and medicines. Thus, it is no wonder that man, since the ancient period of its existence, appealed first to plant in order to alleviate his suffering. Ally human nature, gave in his garden, the first since the dawn of its existence cures, born thus: phytotherapy. The purpose of this paper is to present herbal medicine as a science old, but very modern and broad categories of plants with sanogenetic effects, scientifically demonstrated. There will also be highlighted issues sanogenesis, sanogenetic factors, ecosanogenesis, etc. in relation to human medicine. This study is based on research conducted by the author of the doctoral internship and a rich documentation of numerous national and international sources.

Key words: plants with phytotherapeutic and sanogenetic effects sanogenetic, rural areas, phytotherapy.

INTRODUCTION

Specifically, this paper presents the active substances with antioxidant properties from plant products (vitamins, fatty acids, carotenoids, flavonoids, amines, phenols, metals, anthocyanins, etc.), making short and chemical characterization and quantification of the levels of these substances existing in different plants and different types of food.

General working hypothesis for this material, developed in a larger study1, represent the possibilities of efficient natural antioxidant nutritional therapy and non-nutritional and its use as a therapeutic alternative given that the important physiological and therapeutic effects of antioxidant active substances of plant products have been proven and confirmed by therapeutic practice and medical research. Currently, there are undeniable physiological and therapeutic effects of natural antioxidants, nutritional and non-nutritional, contained numerous wild plants or crop.

Also, there is a growing interest from researchers, the pharmaceutical industry and medical science demonstration and use of physiological effects, pharmacological and therapeutic natural antioxidants (AO), both nutritional and non-nutritional. Several recent reviews have concluded that natural antioxidants (AO) have a major significance in the prevention and therapy of a large number of diseases, such as cardiovascular and cerebrovascular, some liver disease, some forms of cancer and many other disorders particularly those related to age.

Special life circumstances (stress, fatigue, physical fatigue, smoking, alcoholism, sunburn, etc.), the balance between free radicals and antioxidants quantities in the body is destroyed, under such circumstances, an additional intake of antioxidants is expected to contribute restore this balance. Here, in this respect, several significant research findings:

- in 1993, it made public the results of a study conducted in Switzerland for twelve years, over 3,000 men - subjects whose blood concentration present

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1 Doctoral research Ms. Pharmacist Oana - Ioana Pop entitled "EFFECTS OF SOME PHYSIOLOGICAL AND THERAPEUTIC NATURAL ANTIOXIDANT NUTRITIONAL AND NON-NUTRITIONAL"
deficiencies in betta-carotene and vitamin C have been shown to undergo a cardiovascular risk double-vascular;

- also in 1993, the result of a study conducted over two years at Harvard University, on the subject of 87,245 women and 39,910 men showed that the use of vitamin E supplements reduce the risk of coronary by 41% for women and 37% men.

**MATERIALS AND METHODS**

For complex and detailed characterization of active substances and therapeutic products derived from plants, according to the requirements imposed by regulatory agencies, the European Agency for Evaluation of Medicinal Products (EMEA), including the National Agency for Medicines, of crucial importance are analytical methods high performance used to be rapid, selective, sensitive, robust and validated (approved and recognized). These analysis methods, validated and standardized in line with EU requirements, should provide data on the quality and safety of herbal products made.

As research methods sanogenetic greenhouse substances existing in plants are used:

- titrimetric method for determination of vitamin C;
- spectrophotometric method for determination of total carotenoids and total anthocyanins;
- HPLC method for separation and identification of carotenoids;
- HPLC-PDA method for the separation and identification of anthocyanins, phenolic acids and flavonoids;
- FRAP and DPPH methods to determine antioxidant activity.

**RESEARCH RESULTS**

1. Definitions and concepts

**Phytotherapy** *(phyton = plant + therapy = treatment)* is an ancient science that uses herbs, called officinal in order to heal people. With the scientific discoveries of the twentieth century, herbal medicine emerged from empiricism, with a basis of plant science-based therapeutics, taking active study of plants. There has been but little surprise to researchers, when based on chemical analyzes and clinical trials have confirmed more than 80%, the pharmacodynamic properties of plants, just as were prescribed by medical intuitive folk. Although herbal medicine today is based on the curative effects of certain compounds present in plants or other plants, substances called active principles, the ancient science of healing, originating comply with their rules, exploiting selective plant material without extracting certain substances or principles plant tissues, like other sciences that leverages vegetables as pharmaceutical or aromatherapy. For this reason, we can say that herbal medicine remains the cleanest and most natural of science.

The active principles of medicinal plants is synthesized in plant cells. For these natural substances with biological activity on human, to be exploited properly by the body in different disorder, they must be present in different forms phytotherapeutic (plant protection). **Phytotherapy** is an extremely varied. In addition to hundreds of plant species with potential therapeutic and curative, to take into account the large number of procedures for extraction of bioactive substances that affect, in turn, the chemical composition of the final product. It is therefore wrong to apply general principles when it comes to natural treatments. However, there is a consensus in this regard: herbalists admit that drugs are useful in emergency situations than herbal remedies, cases that require swift action and
saving, taking account of less adverse effects. Hipocrates, for example, believes that "treating physician and nature cure".

**Sanogenesis** is the branch of medicine that deals with ensuring the health of the population, studying the social environment as a factor pathological influence housing and working conditions, the phenomena of urbanization, pollution etc. (French - sangenèse, Latin - sanus – healthy, Greek - genesis - birth).

Sanogenetic or sanogenic factors began to be commonly used in medical vocabulary in relation to proper behavior - sanogenetic - sanogenesis. In a general sense, what is proper behavior promotes health and sanogenetic main factors are related to sun, air, water, temperature, nutrition, rest, physical activity and mental balance.

Medical world is divided in terms of herbal remedies and their use generally, without informing careful and "hearsay" plants not only produce the expected effects, but it can do more harm than good. "Arsenal" of the plant world has is highly complex and diverse, and how we use what nature provides us available can ensure a healthy and full of energy, but let's not forget that the human body is a finely tuned mechanism and any outside intervention can unbalance. Therefore, you should apply the same principles that apply remedies herbal medicines, it is true that the risk of adverse effects is lower, in the first case because of the low concentrations occurring substances, but they exist, and if abusing them, they can turn against us.

2. **Results and Discussion**

The food we can give the body a chance to maintain or restore balance to antioxidants - free radicals, making sure to make room in your diet foods that hide in them "secret" health and delay aging, such as:

- **Vitamin E**, found in vegetable oil (soybean, corn, etc.), butter, eggs, whole grains, spinach, olives, beans, lettuce, celery, nuts, sea buckthorn, rosehip, etc.;
- **Vitamin C**, found in red pepper, rose hips, citrus, currants, blackberries, raspberries, blueberries, sea buckthorn, rowan, cabbage, cauliflower, kale, potatoes, parsley, fennel, nettles, spinach, and so on;
- **Vitamin A**, found in liver, fish oil, eggs, butter, cream, milk, vegetables, yellow, orange and dark green (melon, bananas, peaches, apricots, carrots, broccoli);
- **Selenium**, found in lean beef, offal, fish, eggs, peas, dry beans, celery, garlic, mushrooms, nuts, underbrush, and so on;
- **Zinc**, found in fish, seafood, liver, brewer's yeast, pumpkin seeds, eggs, fruits of sea buckthorn, and so on;
- **Polyphenols**, which are found in red wine, green tea, fruits and vegetables, berries (blueberries, rosehip, sea buckthorn, etc.);
- Carotenoids, having a powerful antioxidant found in all red vegetables. Among the plants whose conditions have been scientifically sanogenetic include:
  - **garlic** - its antibiotic effects are uncertain, although studies of its use as protective cardiovascular proved inconclusive;
  - **Hypericum** - is certain to have antidepressant effects;-
  - **thumb** - with "digital" substance that is used successfully in the treatment of arrhythmias and heart failure;
  - **Echinacea** - studies have proven inconclusive in terms of its ability to reduce symptoms associated with colds and flu;-
  - **Aloe vera** - showed certain anti-inflammatory effects in laboratory animals, but the effects on people's skin diseases are not yet sufficiently convincing;

262
• cinnamon - a special extract showed definite activity in controlling glucose and cholesterol;
• chamomile - have demonstrated bactericidal effects on Helicobacter pylori "in vitro" (laboratory);
• green tea - has shown cholesterol-lowering effects (lower blood cholesterol) in certain high-dose long course, but anticancer effect is uncertain, also spent a long time theoretically reduce the risk of neurodegenerative diseases such as Alzheimer's;
• basil - oil extracted from its leaves has strong antibacterial effects "in vitro" and also antiulcer activity in ulcers induced by aspirin and other nonsteroidal anti-inflammatory drugs, its effects on the digestive tract as purgatives, however, are questionable;
• arnica - besides cosmetic use, powerful anti-inflammatory effects make it a potential candidate for the treatment of rheumatic diseases in external use;
• sea buckthorn - proven effect in removing toxins from the body via the kidneys and gastrointestinal;
• black currant - is a definite extremely rich source of vitamin C and essential fatty acids, including omega 3;
• blueberries - contain active substances with antioxidant properties important role in the treatment of type II diabetes;
• rose hips - vitamin C and flavonoids contained in this act synergistically, improving its antioxidant power, etc.
These are just a few of the most common plants used by humans, so the curative effect and in the daily diet. Another common view is that herbal remedies are free of side effects, which is not entirely true, given that active class alkaloids are chemicals which can be dosed properly even dramatic effects.

The most striking example in this respect is coffee, which has proven antioxidant, is a stimulant of the central nervous system (CNS) and has a mild diuretic, but if it exceeds a certain amount, there are palpitations, headache, dizziness and tremor of the extremities.

Most alkaloids have powerful effects on the brain and their action is highly dependent on dose. Also, many green plants contain photosensitizing compounds and their extracts, consumed in excess, can cause dermatitis by increased skin sensitivity to ultraviolet (applicable dill).

For example:
• mint tea used in bowel disorders increase acid secretion in the stomach and is contraindicated for people with peptic ulcer or those with gastroesophageal reflux;
• garlic extracts can result in high doses, allergic reactions, decreased serum calcium and protein, bronchospasm, failing to account nuisance odor elimination through the skin and breath.

Vegetable world, as we know, is building the foundation of all life on Earth. Directly or indirectly supports its existence all beings vast world of plant species, which alone can "plant" based on nutrient minerals. To this rule, no man can not depart. For humans, since its inception, this very complex world of the crop was food, fuel, shelter and medicine. The reality is that no matter how strong the man evolved the modern era, he remained and will remain dependent on the plant, because without oxygen and organic compounds offered by them, it can not survive.
CONCLUSIONS

In the last years, has become increasingly nutrimecinces / nutritional medicine term. Therefore, the synthesis of low molecular weight compounds, soluble, which mimics the function of natural antioxidants, is an area of huge interest in the great laboratories of the world. Their administration should be borne in mind that antioxidants do not act the same. Also can not ignore the fact that administration of a specific antioxidant deficiency effect does not exclude the other. We must keep in mind that the human body is exposed to free radicals induce only the aggression of external factors, but our own metabolism naturally produce free radicals, and this, especially as we are the largest consumers of oxygen.

The devastating effects of oxidative stress can be prevented by proper food habits forming, constantly consuming foods rich in natural antioxidants. They are especially fresh fruits and vegetables, colorful, deep green leaves, harvested at maturity, such as garlic, onions, chives, parsley, rosemary, carrots, tomatoes, spinach, cabbage, grapes, raspberries, black currants, blackberries, blueberries, currants, apricots, melons and red, peaches, citrus, nuts, ginseng, green tea and black sea buckthorn fruit, shock, some mushrooms, safflower, soybean, etc.

Healthy body synthesizes, under oxidative stress, large amounts of endogenous antioxidant active substances (products of your own body). This biosynthesis can greatly decrease under psychological stress in some disease when immunity is low or if a long-term oxidative stress; for example: in smokers. Whole grains, fruits and vegetables, as it is known, constitutes the basic elements of a healthy feeding, providing numerous health benefits, of which one related to the antioxidant effect, is not neglected. Peel grain cereals (bran) removed parts just food refining techniques contain in addition to fiber, vitamins, minerals, and antioxidants. Also, the presence of glutathione, very beneficial to human health, sprouted grains prove. Almost all fruit hampers oxidative processes, pointing out of which those containing both vitamin C and vitamin P (blueberries, black currants, lemons and currants). The presence of polyphenols, blueberries, cranberries, cherries, black grapes, apples, also shows strong antioxidant properties. Of vegetables, antioxidant virtues is highlighted by: beetroot, onion and parsley leaves. All green plants they can eat the leaves, vegetable called greens (lettuce, endive, cabbage, etc.). contain peroxidases, enzymes with antioxidant activity.

Human nutrition is one of the fundamental pillars of its construction. Learning good nutrition brings along with other elements correct behavioral health. Regarding the act of feeding, it is not only what we eat but how, when and how we eat. As is well known, not only unhealthy food harms the human body, but also a way of feeding improperly derived from learning bad eating behavior.

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