

## USE OF THE MEDICINAL PLANTS OF FAMILY "UMBELLIFEROUS" IN BULGARIAN POPULAR MEDICINE IN COMPARISON WITH ANCIENT AND CONTEMPORARY PHYTOTHERAPY

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Working on the therapeutics in Bulgarian popular medicine (BPM) we found numerous materials from investigations of plants of family "Umbelliferous".

As for some representatives of that family it is known they were applied even during the Ancient centuries and Ancient Thracia (1). In the "Shestodnev" of Joan Ekzarkh we found also some representatives of this family.

The plants of the family Umbelliferous have about 300 genera with 3000 specieses. Their outer structure differs them easily from the other plants. These plants can be found in the temporary climatic zones in North and South hemispheres. They are mainly annual or polyannual grass plants, but also, even rarely, can be found in the form of a tree or bush (2). In our country such plants of this family are presented in 70 specieses (3).

Concerning the phytochemistry of Umbelliferous plants they consist of: ether oils, bitter compounds, higher fatty and aromatic acids, alcohols, aldehydes, ketones, phlavonoids, glycosides, alkaloides, starch, fatty oils, sacharides, cumarinic derivatives, saponines, etc. Their components are with various pharmacologic activity.

In our report we try to compare different sources from BPM, Dioscuridis who is the most famous pharmacologist and therapist from the ancient centuries (discussed in our previous reports) and some other sources.

The materials concerning Dioscuridis are gathered from various places only by us, whereas the other sources are found in different books, people's rumours, papers from BPM, works of other authors such as B. Bachvarov, I. Urumov, etc. (4, 5, 6, 7). We also analyse some modern publication on phytotherapy from Bulgarian authors: D. Jordanov, P. Nikolov, A. Boichinov (1970), Soviet: N. G. Kovalyova, German: G. Madaus, etc. Also we get certain information from the French investigator A. Leucleur (1976). When comparing the different sources we have in mind: 1) Number of the applied plants, 2) Indications for application, 3) Forms of usage.

The biggest number of applied plants reports Dioscuridis — 36. Some of them even can not be found in our curative flora. However, certain plants from his depiction can not be identified due to the unclear meaning of the ancient Greek language in the text.

In BPM the number is 28, somewhat like that of the above author, including several foreign plants too.

In the modern phytotherapy the number is like that: Madaus uses 23, Bulgarian investigators — 17, A. Leucleur — 15, N. G. Kovalyova — 6. Madaus gives examples from all climatic zones, whereas Leucleur — only from the French

flora. As for Kovalyova, she analyses only definite diseases such as gastrointestinal, urethral, liver and bile, haemopoietic, which as a whole decreases the number of the applied plants.

The question of indications for usage has its various aspects. First of all there are certain differences in the nomenclature and classification of the diseases according to the time: ancient, nowadays, etc. There are, however, definite similarities between Dioscuridis and BPM concerning some indications and syndromes, i. g. so similar terms: haematuria, lithiasis, asthma, etc. As for the indications there are same ones in Dioscuridis, in BPM and in modern phytotherapy: for the diseases of the gastrointestinal tract, urethro-genital disorders, stimulation of lactation, etc.

All this proves that the experience of Dioscuridis was included in the BPM and later in the modern phytotherapy, a process of development and additional knowledges of application of medicinal plants.

The form of usage and application of these plants shows also definite similarity between Dioscuridis, BPM and the modern phytotherapy: liquid extracts, tea, inhalations, infusions, etc. Precise doses and technology of such prescriptions can be found, however, only in the modern phytotherapy. There is also difference in application of the buchinish, which being a poisonous plant in BPM has only external usage, whereas in the modern phytotherapy is applied also internally. Here are some examples for various applications of some plants:

**anise:** BPM — for spasms and pains in gastrointestinal tract, lactagogue, insomnia, expectorant; Dioscuridis — for gastrointestinal diseases, diuretic, lactagogue, sweating; Modern phytotherapy — same as both before.

**buchinish:** BPM — wounds, external application; Dioscuridis — oedema, externally; Modern phytotherapy — pains, antispastic effect with bronchitis, organic diseases of nervous system.

**kimion:** BPM — stomach, expectorant, emenagogue; Dioscuridis — stomach, diuretic effect; Modern phytotherapy — stomach.

**parsley:** disuria, lactagogue, throat pains; Dioscuridis — diuretic, emenagogue; Modern phytotherapy — diuretic.

Our study enlightened the question of the ancient knowledges for the application and curative properties of the plants of family Umbelliferous in our BPM, as well as in the modern phytotherapy. Therefore, it is obvious that there is a constant process of scientific exchange between centuries — an example for cultural inheritance in the field of medicine.

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**ПРИМЕНЕНИЕ ЛЕЧЕБНЫХ РАСТЕНИЙ СЕМЬИ «СЕННИКОЦВЕТНЫЕ»  
В БОЛГАРСКОЙ НАРОДНОЙ МЕДИЦИНЕ ПО СРАВНЕНИЮ  
С ИХ ПРИМЕНЕНИЕМ В АНТИЧНОЙ И СОВРЕМЕННОЙ ФИТОТЕРАПИЯХ**

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**Р Е З Ю М Е**

В работе рассматривается применение лечебных растений «сенникоцветные» в болгарской народной медицине и проводится сопоставление их показаний, формы и способа применения, как и их общее число с соответствующими сведениями в труде Диоскорида «О лечебной материи», а также и с данными современных болгарских и зарубежных руководств по фитотерапии. Конкретнее рассматриваются некоторые лекарственные растения — анис, цмин, петрушка и др. В их показателях устанавливается много общего. Приведенные примеры отражают культурное наследие античной медицины и болгарской народной медицины.