

! " # & /  
4;0 <548G=>3> 70AB>AC20=O ;V:0@AL:>3> 70A>1C

! " " " !

! : ; 0 4 :

4VNGV @5G>28=8: 3;N:>70E;>@84, E=>4@>WB8=C AC;LD0B, A5;5@8 70?0H=>W (Apium graveolens) ?>4V2 5:AB@0:B ACE89, 25@18 1V;>W (Salix alba) :>@8 5:AB@0:B ACE89, V<18@C 0?B5G=>3> (Zingiber officinale) :>@5=5281 5:AB@0:B ACE89;  
1 B01;5B:0?70E:>@84 750 <3, E=>4@>WB8=C AC;LD0B 150 <3; 5:AB@0:B A5;5@8 70?0H=>W ?>4V2 ACE89 (Apium graveolens) (4,5:1) (5:AB@035=B 5B0=>; 90 %) 22,23<3, 5:AB@0:B 25@18 1V;>W :>@8 ACE89 (Salix Alba) (25:1) (5:AB@035=B 5B0=>; 90 %) 4 <3, 5:AB@0:B V<18@C 0?B5G=>3> :>@5=5281 ACE89 (Zingiber officinale) (5:1) (5:AB@035=B 5B0=>; 90 %) 12<3;  
4?>28=8: ;VO @>A;8=0 3V4@>35=V7>20=0, ;LFVN 3V4@>D>AD0B, F5;N:>70 :@8AB0;VG=0, =0B@VN :@>A:0<5;>70, <03=VN AB50@0B, ?>2V4=>, :@5<=VN 4V>;A84 :>;W4=89 1572>4=89, 3V?@>5;>70, ?>;V5B8=5<3;V:>;L, B0;L, 2VA :@>0C1AL:89;<0;LB>45:AB@8=.

V:0@AL:0 D>@<0. "01;5B:8, 2:@8BV >1>;>=>N.  
A=>2=V D178:-E VABV: B01;5B:8, 2:@8BV 1V;>N >1>;>=>N, 7 ;V=VTN @>7;>4=>3> 1>C; 4?CA:0NBLO 2:@0?;5=O.

S0@<0>B5@0?52B8G=0 3@C?0. 0A>18, 1> 70AB>A>2CNBLO @?8 ?0B>;>3VW >?>@=>@>CE>2>3> 0?0@0BC. >4 "% 09%.

S0@<0>?>3VG=V 2;0AB82>ABV.  
;N:>70A0E0@84><, 0:89 2E>48BL 4> A:;04C <0965 CAVE B:0=8= ;N48=8, 2;;NG0NG8 E@OIV V A8=>2V0;L=C @V48=C. V= ?@>4C:CTBLAO >@30=V7<> V7 3;N:>78. ;N:>701C4>2V E@OI>2>W B:0=8=8, ;VAB:>2>W B:0=8=8, AB2@>5=V ACE>68;;O. A8=B57V AC3;>1>2>W @V48=8, A?>;CG=>W B:0=8=8, H:V@8. 8:>@8AB>2CTBLAO E=>4@>F8B0=8 4;O A8=B57C 3;N:>703;V:0=V2, ?@>B5>3;V:0=V2 V 3V0;C@>=>2>W :8A;>B8. ;N:>70B870?0;L=89 5D5:B8. 5AB0G0 3;N:>70  
0AB>AC20=O 5:7>35=>3> 3;N:>70460T ?@>3@5AC20=N 4535=5@0B82=8E ?@>F5AV2 2 >?>@=>@>CE>2>2;5=O E@EOI0 V =>@<0;V7CT >128=C E@EOI>2V9 V :VAB>2V9 B:0=8=8=0E. @V< B>3>, 2V= 70E8I0T E@OI 2V4 B>:A8G=>3> 2?;82C =5AB5>@>W4=8E ?@>B870?0;L=8E 70A>1V2 V 3;N:>70;@>B8:>W4V2.  
%=>4@>WB8=C AC;LD0B CB2>@NTBLAO 2 >@30=V7702V40T 70 DV78:-EVABV E@OIO. V= AB8=>2>W :8A;>B8 V ?@>B5>3;V:0=V2, ?@>83=VGCT 0:B82=VABL ?@>B5>;VB8G=8E D5@<5=BV2. %=>4@>WB8=C AC;LD0B C7>2V:L=NT ?@>F5A @C9=C20=O E@EOI0, 15@5 CG0ABL C ?@>F5A0E.;@53C;NT :0;LFVT289 10:0=A. AB8AB5>A8=B57 V @535=5@0FVN ;VAB>;@8 @C9=C20=V. 0T ?@>B870?0;L=89 V 0=B8B@><1>B8G=89 5D5:B8. >T4=0=5 70AB>AC20=O E=>4@>WB8=C AC;LD0BC V 3;N:>70@30=V7=4@>?@>B5>B>@<0=8, 0 B0:>6 1V;LH 28@065=89 ;;V=VG=89 5D5:B.  
>@0 25@18 28=8, ?>4V1=V 70 4VTN 4> 0F5B8:A0;VF8;>2>W :8A;>B8, 2VB0D;02=>W48, O:V ?>78B82=> 2?;820NBL =0 7030;L=89 >128=. '8=8BL 0=0;357CNGC, 60@>7=86C20;L=C B0 ?@>B870?0;L=C 4VN, ?V428ICT ?5@8D5@8G=89 :@>2>>1V3 V ?>B>284V;5=O H;OE< ?@>O<>W 4VW =0 B5@<>@53C;NNG89 2V44V; 3V?>B0;0  
0AV=O A5;5@8 ?>:0I0CT :@>2>>1V3, ?>;53HCT 282545=O A>;59 7 >@30=V7V@>=VABL >@30=V7B870?0;L=89, ?@>B80:5@3VG=89, A?07<;VB8G=89, A5G>3V=89 5D5:B8.  
<18@ <0T ?@>B870?0;L=V 2;0AB82>ABV, A?@80T ?@>83=VG5=N A8=B57C ?@>AB03;0=48=V2, ?>;53HCT 1V;L V 70?0;5=O C AC3;>10E 2=0A;V4> 0@B@8BC, ?V428ICT V @5?0@0B G8=8BL 0=0;357CNGC, ?@>B870?0;L=C 4VN, C?>2V;L=NT ?@>F5A @C9=C20=O E@EOI0, ?>;V?HCT @CE@V2, A?@80T ?>:@0I0=N :@>2>>1V3C.

;V=VG=V E0@0:B5@8AB8:8.  
>:070=O.  
AB5=0@B@>7; 1>;L>289 A8=4@< ?@>A8>5>0@B@8BV, >AB5>E=>4@>7V, @52=0B8778BV, 78BV; 1>;L>289 B0 =01@O>289 A8=4@<?@>@8 0@B@8BV B0 ?>403@V, ?5@V>4 @5>=>20;5AF5=FWW ?VA;O ?5@5;; B@02<, >?5@0FV9 =0 ?>?>@=>@>CE>2>

@>B8?>:070=O.  
V42815=0 GCB;82VABL 4> 1C4L=O>3> :>=5B0 ?@5?0@0BC, 0 B0:>6>4 <>@5?@>4C:BV2, 3V75@GCB;82VABL 4> A0;VF8;0BV2 01> V=H8E (=0?@8:;04, =002=VABL 2 0=0=57V 0=3V>=52@>B8G=>3> =01@O:C, A?07=EV2 01> E@>=VG=>W @>7820=>8 C 2V4?>2V4L =0 70AB>AC20=O A0;VF8;0BV2 G8 V=H8E ), 0AB=0, 28@07>20 E2>@>10 H;C=0 C AB04VW 703>AB@5=O. \$5=V;5B>=C@VO, AE8;L=VABL 4> :@>2>B5G, B@><1>D;51VB8, B06:V ?>@CH5=0 DC=:FWV 75GV=8 01> =8@>;, FC=:@289 4V015B.

70T<>4V0 7 V=H8<8 ; V:0@AL:8<8 70A>10<8 B0 V=HV 2848 270T<>4V9.  
@8 >4>G0A=>AC20=V 7 3;N:>70;@>B8:>AB5@>W40<8 B0 =5AB5@>W4=8<8 ?@>B870?0;L=8=8 70A>10<8 ?@5?0@0B<>65 7=86C20B8 ?>B@51C 2 =8E, 0 B0:>6 C 7=51>;N20;L=8E 70A>10E. @>O2;OT A8=5@3V7< 4VW ?@8 >4>=>G0A=>AC20=V 7 V=H8<8 E=>4@>?@>B5>B>@<0=8, D5:B82=VABL ;V:C20=O ?V428ICTBLAO ?@8 71030G5=V 4VTB8 2VB0  
@8 >4>=>G0A=>2>N :8A;>B-N 01> 7 0=B8>03C;O=B0<8 G8 0=B803@530=B0<8 @5:>5<4=20=> ?@>2>48B8 ;L 73>@B0=0 :@>2V.  
>2V4><0>AO ?@>B5=45=FN 28=8=5=O :@>2>B5G C ?0FVT=BV2, O:V ?@>89<0NBL 20@D0@8=V 3;N:>70  
@8 ><1V=V>20=AC20=V ?>A8;NT 2A<>:BC20=O 7 B0@02=>3> B@0:BC B5B@0F8;;V=V2 B0 7<5=HCT ?5=VF8;V=V2 V E;>@<0. @8 ?@>89>B@510 C =5AB5@>W4=8E ?@>B870?0;L=8E 70A>10E.  
>15@56=VABN 70AB>A>2C20B8 >4>=>G0A=> 7 4VC@5B8:0=8.  
>2V4<=>5=O, I> 3;N:>70  
'5@57 2W <>6;825 ?>A8:5=O 4VW 0=B8>03C;O=BV2 (=0?@8:;04, <C<0@8=C, 35?0@8=C) B0 ?@5?0@0BV2, O:V 7=86CNBL @V25=L FC:@C 2 :@>2V, 0 B0:>6 7=865=O 5D5:BC ?@5?0@0BV2, I> A?@8ONBL 282545=N A5G>2>W :8A;>B8. >A8;NT @878: 30AB@>V=B5AB8=0;L=>W :@>2>B5GV ?@8 >4>=>G0A=>@B8>AB5@>W40<8 (=0?@8:;04, ?@54=V7>>>>0) 01> ?>?5@54=L>3>;N.

A>1;82>ABV 70AB>AC20=O.  
>15@56=VABN B0 BV:L=8 70 ?@87=0G5=O<;V:0@0 70AB>A>2C20B8 ?0FVT=B0< 7V H:C=>2>:8H;>28<8 :@>2>B5G0<8 2 0=0=57V, 70E2>@N20=O<8 ?5GV=:8 B0 =8@>;. 0:5@3VG=8<8 @50:FVO<8. 5 @5>> <5=4CTBLAO 26820B8 0;>3>;L>4>=>G0A=> 7 70AB>AC20=O< ?@5?0@0BC. @5?0@0B G8=8BL 4VN, ?>4V1=C 4> 0F5B8:A0;VF8;>2>W :8A;>B8, B>A>2C20B8 ?@5?0@0B @8 3@8?V, 2VB@O=V9 2VA?V 01> V=H8E =54V03=>AB>20=8E 70E2>@N20=OE 4;O C=8:;5=O 28=8=5=O A8=4@>  
A=CNBL 2V4>>ABV, I> :>@C 25@18, O:0 2E>48BL 4> A:;04C ?@5?0@0BC, 7 >15@56=VABN A;V4 70AB>A>2C20B8 ?@8 0;>;>3>;L=V9 70;56=>ABV, 70E2>@N20=OE ?5GV=:8.  
@8 28=8=5=V 0:5@3VG=8E @50:FV9 G8 35<>@03V9 ;V:C20=O A;V4 ?@8?8=8B8.  
@8 =5>1EV4=>ABV 70AB>AC20=O ?@5?0@0BC ?@8 3>AB@>4>=>G0A=>AC20=V 7 A0;VF8;0B0<8 01> V=H8<8 @5:>5<4=20=> 725@=CB8A0 4> ;V:0@O.

0AB>AC20=O C ?5@V>4 203VB=>ABV 01> 3>4C20=O 3@C44N.  
@5?0@0B ?@>B8?>:070=89 C ?5@V>4 203VB=>ABV 01> 3>4C20=O 3@C44N. 0 ?5@V>4 ;V:C20=O ?@5?0@0B<< A;V4 ?@8?8=8B8 3>4C20=O 3@C44N.

40B=VABL 2?;820B8 =0 H284;VABL @50:FWW ?@8 :5@C20=V 02B>B@0=A?>@B< 01> V=H8<8 <5E0=V7<0<8.  
>A;V465=O I>4> 2?;82C ?@5?0@0BC =0 740B=VABL :5@C20B8 02B<>1V;5< B0 V=H8<8 <5E0=V7<0<8=5 ?@>2>48;8AL. !;V4 1CB8 >15@56=8<8 ?@8 :5@C20=V B@0=A?>@B<8<8 70A>10<8 B0 28:>0=V @>1VB, I> ?>B@51CNBL C2038. # 28?04:C ?>O28 A=>;82>ABV, 2B<>;N20=>ABV, 70?0<>@>G5=O 01> ?>@CH5=L 7>@C :5@C20=O 02B>B@0=A?>@B< 01> V=H8<8 <5E0=V7<0<8 701>@=>5=>.

! ?>AV1 70AB>AC20=O B0 4>78.  
@89<0B8 2=CB@VH=L> 4>@>A;8< ?> 1 B01;5BFV 2 @078 =0 4>1C ?V4 G0A W6V. >1>20 4>70  
2 B01;5B:8. >BV< ?@>89<0B8 ?> 1 B01;5BFV 4;O ?V4B@8>;V:C20=O.  
"@820;VABL ;V:C20=O 287=0G0T ;V:0@ V=482V4C0;L> 70;56=> 2V4 E0@0:B5@C 70E2>@N20=O.  
0728G09 :C@A ;V:C20=O AB0=>28BL 4-6 B86=V2.

VB8.  
@5?0@0B =5 70AB>A>2C20B8 4VB0

5@54>7C20=O.  
0 40=89 G0A ?@>O 2810 ?5@54>7C20=O ?@8 70AB>AC20=V ?@5?0@0BC =5 ?>2V4><0>AL. 07<> 7 B8< <6=0 ?@8?CAB8B8, I> ?@8 ?V42815=V <0:A8<0;L=>W 4>1>2>W 4>78 <6;825 ?>A8;5=O ?@>O2V2 ?>1VG=>W 4VW ?@5?0@0BC, <65 A?>AB5@V30B8A0 2V4GCB0 =C4=B8, <6;8289 1V;L 2 5?V30AB@0;L=V9 4V;O=V, <5B5>@87<, 4V0@50.  
V:C20=O A8<0B8G=5.

>1VG=V@50:FWW.  
I>:C VV A8AB5<8: 0:5@3VG=V @50:FWW, 2;;NG0NG8 0=3V=>52@>B8G=89 =01@O.; 0=0DV;0:B8G=89 H>;, 0=0DV;0:B8G=V @50:FWW.  
I>:C H:V@8 B0 ?V4H:V@=>W ;;VB>28=8: H:V@=V 28A8?0=O. ;@>?82?0=O. @50:FVW D>B>GCB;82>ABV, 2V4GCB0 A25@156C, 5@8B5<0. 45@<0B8B, <0:C>?0?C;L>7=V 28A8?0=O.  
I>:C B@02=>3> B@0:BC 48A?5?B8G=V @>7;048, =C4>B0, 1;N20=O, 1V;L C 682>BV, ;8H:>2V A?0?8, ?5GVO, 2V4@86:0, 70?>@>, 4V0@50, <5B5>@87<, 7010@2;5=O 28?>@>6=5=L C B5<=89 ;>;V@.  
I>:C =5@2>>W A8AB5<8: 70?0<>@>G5=O, HC< C 2CE0E, A=>;82VABL, 3>>2=89 1V;L, 157A=O. ?V42815=0 2B<>;N20=VABL, 7=5@2>20=VABL.  
=HV: 0AB<0, 28?040=O 2>;>AAO, @>7;048 ?>@C, :5@0B>?0BVO, 7030;L=0 A;01;VABL, A8=V, =01@O:8.

"5@ABV.  
4 @>:8.

#<>28 715@V30=O. 15@V30B8 #@8 B3C =54>ABC?=>VB59

#?0:>2.0.  
> 12 B01;5B>; C 1;VAB5@V; ?> 5 1;VAB5@V2 C :0@B>=V9 ?0GFV;  
> 15 B01;5B>; C 1;VAB5@V; ?> 4 1;VAB5@8 C :0@B>=V9 ?0GFV.

0B53>@VO 2V4?CA:C. 57 @5F5?B0.

8@>1=8.  
2AB@0;V0= S0@<0ALNBV0; 0=CD5:BC@5@A BV B4.

VAF57=0E>465=O 28@>1=8:0 B0 9>3> 04@5A0 20465=O 4VO;L=>ABV.  
25 V:5@V=3 >C4, 0:3@592 V:B>@VO 3170, 2AB@0;VO.