**HERBS AS MEDICINE**

**Topic: Herbs as medicine**

**INTRODUCTION**:

**Purpose:** To inform my audience about the relevance of herbs as a medicinal.

**Attention Getter:** So what is going to happen if you suddenly get sick? Bed-ridden? A life devastating disorder perhaps? Next time, you step on a small plant, just think about how that small strand of life could potentially save yours.

**Importance to Audience**: It is essential for us to learn and appreciate the wonders of nature in the form of plants and where we get our medicines from.

**Credibility**: Enough research has been done by me through the usage of books and the vastness of the internet to be able to tackle the subject.

**Thesis Statement:** The usage of herbs has been a very strong part in medicinal studies.

**Preview:** First I will talk about the historical use of herbs, then the use of most herbs nowadays and then end with how modern technology is tackling the subject.

**(Transition: To start off, I will explain the history of herb use)**

**BODY**:

I. **First Main Point:** The history of herbs if closely assimilated in the lifestyle of those who had created the very first civilizations on the face of the Earth

A. **Sub point**: Ancient Egyptian, Chinese and Indian civilizations often used herbs

B. **Sub point**: Herbs have also appeared in religious texts such as the Vedas and Quran.

C. **Sub point**: Herbs have also made an appearance in mythologies.

**Example** – Mint has an appearance in Greek mythology.

**(Transition: Next I will talk about the use of some herbs)**

II. **Second Main Point:** Now it is important that we analyze some common herbs and their known benefits in the human body,

A. **Sub point**: Leafy herbs like Gingko are used for many diseases.

B. **Sub point**: Flowers like Chamomile can be drunk as tea to relieve stress.

C. **Sub point**: Even the simple garlic is used in problems related to the heart.

**(Transition: Finally I will discuss how technology is changing this sector)**

III. **Third Main Point:** With the power of modern technology many capabilities of different plants have now been shown.

A. **Sub point**: Genetic engineering is done to extract plant chemicals.

B. **Sub point**: Proteomics are done to analyze usefulness of a herb.

C. **Sub point**: The processes involved may be extensive.

**(Transition: So in conclusion,)**

**CONCLUSION**:

**Summary Statement**: From this informative speech we can realize exactly how vast the extent of herbal usage is – crossing the subjects of literature and science to even economics, from tradition to modernity, we can appreciate how herbs have changed the outlook of pharmacology.

**Concluding remarks / clincher:** Don’t take a small plant for granted and don’t treat it like some lowly being – it may be that you suddenly get sick and it will be the plant that you stepped on yesterday that is going to be responsible for saving your life. So let us never forget to plant trees and protect their environment.

**REFERENCE:**

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