**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 debilitating 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 quintessential 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. And from this speech we shall try to find out why and how.

**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. Many civilizations made use of many native herbs of their land to fight different ailments.

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

I) The Mesopotamians have written about the medicinal uses of herbs in cuneiforms about 5000 years ago.

II) The Egyptians have documented the use of over 850 types of herbs for different treatments

III) The Chinese Civilizations documented the use of 365 herbs, some of which are still used today.

B. **Subpoint**: Herbs have also appeared in religious texts.

I) The Jewish Talmud mentions the usage of over 70 different plants such as hyssop and beet.

II) The Quran also mentions about how Allah has gifted humans with so many herbs such as Verse 61 in Surah Baqarah.

III) The Bible also talks about the use of herbs such as in Ezekiel 47: 12, referring to leaves that heal.

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

I) Mint is an herb that is involved in Greek mythology which brings together love, betrayal and even horror.

II) Thistle, the national emblem of Scotland, protected the land from Norseman invaders.

**(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. **Subpoint**: Simple homely spices such as Turmeric are powerful herbs

I)It can reduce chances of heart disorders due to a chemical called curcumin.

II) The curcumin in turmeric can help arthritis patients.

III) Turmeric can ease the immune system.

B. **Subpoint**: Black cumin or black seed is also another powerful example.

I) According to some research, black cumin can ease inflammations.

II) It is also known to alleviate cholesterol levels.

III) It is a herb that is packed with antioxidants, which can protect us from chronic conditions.

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

I) Garlic is known to prevent heart disease.

II) Through lowering bad cholesterol, garlic also protects us from obesity.

III) Garlic is extremely nutritious with fibre, manganese, Vitamin B6 and Vitamin C.

**(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. **Subpoint**: Genetic engineering is done to extract plant chemicals.

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

C. **Subpoint**: 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.

<https://www.openbible.info/topics/herbs_for_healing>

<https://www.sudhirahluwalia.com/natural-remedies/religious-texts/>

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<https://en.wikipedia.org/wiki/History_of_herbalism>

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<https://www.researchgate.net/publication/261759096_Changing_landscape_of_herbal_medicine_Technology_attributing_renaissance>