**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**: What makes this interesting for the listeners is the fact that learning about some herbs can ease long-term ailments. Wouldn’t it be better to spend some money on basic herbs and taking them from time to time rather than spending much more on expensive medication?

**Credibility** : I believe I have done my share of research on the subject to be able to tackle the issue. Other than research, I find the idea of these little plants such as these protecting us very fascinating.

**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.

**Summary before transition:** The introduction laid the basis to learn the importance of herbs.

**(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.

…as mentioned in the Wikipedia page titled “History of Herbalism”

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.

…as mentioned in the website OpenBible and the blog site created by Sudhir Ahluwalia

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.

… as mentioned in the website The Herbal Academy.

**Summary before transition:** Ancient cultures have often stressed the strength of herbs.

**(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.

…as mentioned in the website Healthline.

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.

…as mentioned in the website Healthline.

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.

…as mentioned in the website Medical News Today.

**Summary before transition:** Some herbs that we find at home can potentially save our future lives.

**(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.

… as described in the research paper “Changing landscape of herbal medicine technology attributing renaissance” by Satarupa Banerjee and Analava Mitra

**Summary before transition:** Through technology, herbs are now a matter of thorough analysis.

**(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/>

<https://www.speakingtree.in/blog/107-miracle-herbs-in-the-hindu-vedas>

<https://theherbalacademy.com/herbal-myths-lore-and-legends/>

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

<https://www.proflowers.com/blog/medicinal-plants>

<https://www.healthline.com/health/most-powerful-medicinal-plants#grapeseed-extract>

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