**Medicinal Plants.**

Some plants found in Poland are used for medicinal purposes due to their properties. Depending on the species, their flowers, fruits, shoots, or roots are used. Many medicines and cosmetics also contain substances of plant origin.

Calendula. Compresses made from calendula are helpful in treating ulcers and burns. It is also used to treat liver ailments.

A close up of a flower

Description automatically generated

Common St. John's Wort. Common St. John's wort is helpful in treating stomach, gallbladder, and liver ailments. This plant also has a calming effect.

A close-up of a plant

Description automatically generated

Lemon Balm. The leaves of lemon balm are used to treat gastrointestinal ailments and have calming and sedative effects.

A close up of a plant

Description automatically generated

Foxglove. Medications made from foxglove are used in heart conditions, but only under strict medical supervision because the entire plant is poisonous.

A close up of a flower

Description automatically generated

Linden. Linden flower tea can be used as a fever reducer. Linden also has diuretic and calming effects.

A close-up of a plant

Description automatically generated

**Shrubs.**

Shrubs are plants with woody stems, which, unlike trees, do not have a trunk or a crown. Shrubs are very common in Poland and can be found in forests, parks, gardens, along roads and railways, and even in wastelands and landfills. Some of them have medicinal properties.

Guelder Rose. Guelder rose is a shrub with white flowers and beautiful, but poisonous, coral-colored fruits.

A drawing of a flower and leaves

Description automatically generated

Field Rose. The field rose, also known as the wild rose, is a very thorny shrub, closely related to a vast number of decorative rose varieties.

A close-up of a flower

Description automatically generated

Common Elder. Common elder is increasingly found on forest edges, roadsides, wastelands, and even landfills. A decoction of its flowers has diaphoretic and diuretic properties.

A drawing of a plant with leaves and seeds

Description automatically generated

Red Raspberry. The red raspberry grows in clearings and forest edges. It is valued for its clean, sweet, and aromatic fruits.

A painting of a branch with leaves and berries

Description automatically generated

Hawthorn. The single-seed hawthorn often grows in thickets, parks, and hedges, producing small, edible red fruits. Due to their properties, hawthorn flowers and fruits are frequently used in heart medications.

A close-up of a branch with leaves and berries

Description automatically generated