Полезные дикорастущие виды растений

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Useful Wild-growing Plant Species

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Experts from V4 group and other partner institutions participating in the international project *FarmersEduca*

Arboretum and Institute of Physiography
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Textbook presents the results of research and educational institutions and experts involved in the international network **AgroBio*Net*** oriented for the realization of international research, education and development program entitled "Agrobiodiversity for improving nutrition, health, and life quality" which solves the problems of preservation, assessment and use of traditional, less known, less-used and forgotten kinds of plants.

In this textbook are also presented results from the solution of research projects that are supported by the Operational Programme Research and Development of the European Regional Development Fund:

AgroBioTech ITMS 26220220180 Building Research Centre

TRIVE ITMS 26110230085 Development of International Cooperation for Purpose of the Transfer and Implementation of Research and Development in Educational Programs

ITEBIO ITMS 26220220115 Support of technologies innovation for special bio-food products for human healthy nutrition

BioFood ITMS 26220220115

RESUME

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Useful Wild-growing Plant Species

Plants accompany a person for life - from birth to grave. Almost every day, in various forms is served to our table as part of food, many plants is necessary for technical and bio-energetic purposes, and a large group of plants are used in medicine, pharmacy as well as in folk medicine.

Approximately one thousand types of medicinal plants grow in Europe - about 800 are used in folk medicine, more than 300 in European official medicine and 150 in Slovakian official medicine. Medicinal plants and their bioactive substances are of natural origin, therefore they are considered be the most natural medicines, as evidenced by multiple historical records and observations. In the past, plants were the only available option for successful treatment of almost all kinds of diseases. The emergence of modern medicine, combined with the invention and mass preparation of synthetic drugs, has made the use of medicinal plants recede. People, however, have progressed to discover that modern medicine offers treatment options for various diseases, but many synthetic substances also have accompanying side-effects - the number of allergic reactions, intolerances, contraindications, and mainly the bacterial resistance to antibiotics increases, which is a very serious problem, for future generations. These reasons lead to the fact that more and more people are returning to nature, which safely provides not only treatments for the treatment and prevention of diseases, beautifying or livelihood, but also relaxation, pleasure, stopping in busy and agitated times, which is the best kind of psycho-hygiene.

The presented publication provides an overview of 56 species of wild edible plants. Most of the plants described in this publication are among the weeds we "struggle" with them, destroy them, but very often these species are very rich for vitamins, minerals, antioxidants and many other biologically active substances whose usability from these plants is much higher than their usability from tablets and nutritional supplements. Plants are described not only in botanical characteristic, but also for their occurrence, chemical composition and processing (drying, storage). The use of these interesting species for the treatment of various types of diseases is also described, as well as their use in cosmetics and gastronomy, which is currently a subject of great interest - the enlargement of the meal list and especially its enrichment of health benefits. At the end of the publication, six species of plants which grow around us are also briefly described - we mostly see them as ornamental species, but we can also use them very effectively to improve our lives.

I believe that this publication will provide you with a lot of useful and new information that you can use effectively not only in phytotherapy, but also in cosmetics and gastronomy.

СОДЕРЖАНИЕ