



Reduce fever with herbs

The most well-known antipyretic drugs are aspirin, which is derived from salicylates found in the bark of the willow tree and other plants. Salicylic acid lowers the body temperature, but the same substance causes the temperature of the plant to be higher than the ambient temperature to a certain extent. Salicylates are the reason for the melting of snow around some plants in the middle of winter.

The general rule is this: don't immediately put down the rash, treat it when it becomes uncomfortable. Because fever is generally considered as a sign of infection, sometimes lowering it is wrong, a certain degree of fever is beneficial for the body. Most of the microorganisms that cause diseases are destroyed at such a temperature.

Green pharmacy for fever:

Willow: make tea with one or two tablespoons of dried willow bark in a cup of boiling water and let it soak for 20 minutes. You can add cinnamon, ginger, chamomile, or other aromatic herbs to remove the bitterness. When it was proven that willow is a good painkiller and fever reducer, its use spread throughout England, Europe and America.

European lawn bride: Commission E, which is the German specialist center for medicinal plants, suggests making a tea with one or two teaspoons of meadowsweet and drinking three cups of this tea a day. This plant is a rich source of salicin to fight fever.

Black poppy: Commission E has approved the daily consumption of two to three tablespoons of black poppy flowers to fight fever and chills.

Ginger: According to Dr. Varo Tyler, professor of medicinal plants at Purdue University, in a study on laboratory animals, several compounds in ginger showed antipyretic effects.

Peppermint: Many herbalists recommend and suggest the use of peppermint to reduce fever.

References:

Duke James, translated by Mardukhi Rashad. Green Pharmacy, new parts of the world of medicinal plants. Nee Publishing. Fifth edition, 1385