

## Medicinal Plant Images

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**Figure 1:** *Pelargonium cordifolium* Curt. is endemic to the fynbos region of the Southern Cape of South Africa. The genus *Pelargonium* is well known for its myriad of therapeutic properties. Leaves from the related species' *Pelargonium graveolens*, *Pelargonium botulinum* and *Pelargonium cucullatum* are used to alleviate coughs, colic and other respiratory complaints due to their high essential oil contents.<sup>1</sup> The leaves of several species are used to treat skin sores.<sup>2</sup> The roots of the related species *Pelargonium luridum* and *Pelargonium sidoides* are also useful for the treatment of diarrhoea and dysentery.<sup>1,3</sup> *P. sidoides* roots have been particularly well studied for their antibacterial and immunomodulatory activities and are reported to contain substantial levels of tannins (Especially gallic acid), coumarins and phenolic acids have been reported.<sup>1</sup>



**Figure 2:** *Mentha longifolia* (L.) Huds. is a species of mint that is native to mainland Europe and western and central Asia, as well as non-tropical regions of Africa. It has numerous uses in traditional healing systems, including use in the treatment coughs and colds, asthma, respiratory complaints, headache, fever, gastric complaints, urinary tract infections etc.<sup>1-3</sup> It is also useful for treating wounds and skin sores.<sup>2,3</sup> Whilst all parts of the plant may be used therapeutically, the leaves are most frequently used. These are generally used to prepare infusions or decoctions, which are consumed orally. Crushed leaves may also be inserted in the nostrils and inhaled to relieve headaches. Phytochemically, the leaves are rich in monoterpenoids (Including carvone, 1,8-cineole, limonene, menthone and menthol).<sup>1</sup> All of these compounds have decongestant and antibiotic effects, accounting for the therapeutic effects of this plant.<sup>4</sup>

## REFERENCES

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