

PROJECT NEWS & EVENTS INFO SHEET

Name of the partner Institutions/schools	ZSAiO
Title of the news:	Herbal workshops
Date of the news /events:	25 April 2019
Place of the news/events:	ZSAiO
Participating organisations (if applicable)	Klaudia Cwajna - a herbalist, phyto therapist and hirudotherapist
Description of the news/events	<p>On April 25th, during the Open Days at ZSAiO, workshops on herbal medicine were conducted for students by Klaudia Cwajna - a herbalist, phyto therapist and hirudotherapist and Sylwia Ostrowska - Dybczak- a professional subject teacher. The workshops were organized within the framework of the Erasmus + KA201 programme, "Innovative education in harmony with the art science and technology".</p> <p>These workshops combined elements of natural medicine, biology, chemistry and physics with the artistic preparation of food in order to encourage students to develop their interests through their appearance and taste, and to continue to acquire knowledge of science that they can use outside the school.</p> <p>The theme of the workshop was:</p> <ul style="list-style-type: none"> -Bioactive substances in food as an element of health and vitality prevention -How to make a home herbal medicine cabinet - herbal vinegar to rinse your hair, herbal liquid to wash your face -Kitchen edible plants and flowers -Herbal mixtures of dried herbs for room flavouring <p>The most important chemical compounds contained in herbs are...:</p> <ul style="list-style-type: none"> - alkaloids - stimulate the central nervous system and have a cholagogic, relaxing and warming effect; - anthrax compounds - have laxative properties; - azulenes - have anti-inflammatory effects and help in the treatment of difficult-to-heal wounds; - phenols - have bacteriostatic and disinfecting properties; - flavonoids - have regenerative properties; - tannins - have bactericidal, astringent and anti-inflammatory properties;

	<ul style="list-style-type: none"> - cardiac glycosides - increase the strength of the heart muscle contraction, its tension, and at the same time slow down its function; - pectins - have hypocholesterolemic and diabetic effects; - saponins - increase permeability of mucous membranes, and thus facilitate absorption of other active substances; - mucous compounds - have anti-inflammatory and lubricating properties. <p>- Chemical composition of Herbs</p> <p>Ingredients that come from herbs play an increasingly important role in the production of cosmetics. In the cosmetics industry, whole herbs are used together with their fruits, as well as single, isolated substances. Cells of many herbs are similar in their structure to skin cells. Therefore, herbal extracts easily penetrate into the skin stimulating the course of various life reactions. Herbs contain all the elements necessary to maintain a proper health balance of each of us.</p> <p>Herbs contain vitamins, micro and macroelements, mucous compounds, saponin compounds, organic acids, salicylic acid, silicic acid, glycosides, essential oils, flavonoids, tanning compounds, plant hormones, bisabololol.</p> <p>During the workshops, after completing the theoretical part on the properties of herbs, and the reaction they have to other compounds, the students tried to create their own dishes according to selected recipes, created mixes to aromatize rooms and prepared basic cosmetics for the home herbal medicine cabinet.</p>
Link of the news /events (if applicable)	

Photos

****Please you add least four
 photos that high quality of
 the news/events.**





