

STUDIES ON MEDICINAL AND AROMATIC PLANTS USED IN THE THERAPEUTIC RECIPES IN THE BUCHAREST UNIVERSITY HOSPITAL

LENUȚA IULIANA EPURE*, GH.V. ROMAN*, ROXANA MĂRĂCINEANU**

*University of Agronomic Sciences and Veterinary Medicine of Bucharest

**Bucharest University Hospital

Keywords: *medicinal and aromatic plants, therapeutic recipes, hospital*

Abstract

Investigation have been carried out the Bucharest University Hospital in order to collect information on the utilization of medicinal and aromatic plants in therapy to this hospital, for getting a real view on the present status of the importance of plant species and their utilization in therapeutics. The pharmaceuticals have been analysed interms of composition in vegetal material or substances extracted from vegetal material and the recommendation for use. Also, discussions were held with medical staff in view of obtain certain details concerning recommendations of usage, specific reactions of practic to treatmens, etc. Herbal remedies are present in therapeutic recipe of Bucharest University Hospital in very different forms of preparation: 37 proper medicines (products of pharmaceutical industry), 19 preparations for internal use (6 teas, 6 syrups, 7 tinctures), 18 preparations external use (5 cosmetics, 7 gels, 2 lotions, and 4 ointments). Those preparations contains vegetal material from 76 plant species belonging to 42 botanical families. The best represented are the following botanical families: Asteraceae (12 species); Lamiaceae (7 species); Apiaceae (7 species), Fabaceae (4 species); Liliaceae (3 species), Rosaceae (3 species); Solanaceae (3 species); Moraceae (2 species); Polygonaceae (2 species); Fagaceae (2 species); Salicaceae (2 species). As a general conclusion, it can be stated that medicinal and aromatic plants are very present in the recipe used therapeutically in the University Hospital of Bucharest, which proves the importance given to medicinal and aromatic vegetal species in therapy practiced at the highest level of medicinal act.

INTRODUCTION

Phytotherapy in the form of preparations with curative intent or nutritional supplements has taken a large scale worldwide, representing an inexpensive alternative medicine allopathic. Especially today, when all States of the world struggle to reduce the costs of the medical system, the use of variants offered by alternative to medicine represents a preferred choice.

Phytotherapy has the huge advantage of the reduced adverse reactions or absent and a small number of contraindications, compared with preparations of chemicals synthesis and semi-synthesis of allopathic medicine. The two types of therapy may

be associated with much success, having synergistic effect of medication or diminishing allopathic needs.

On the general recognition of the importance of aromatic and medicinal plants in therapeutics, there are few concrete data on the extent of their use in current therapeutics in Romania. This was the starting point of the study carried out in a representative hospital unit for our country.

MATERIAL AND METHODS

Studies have been carried out in the Bucharest University Hospital, a medical unit with modern equipment and modern technologies of investigation and treatment, with personnel of high qualification, recognized by the professionalism and devotion in the exercise of the medical act. In this context, it was appreciated as an investigation on the utilization of medicinal and aromatic plants in therapy to this hospital can give a correct view of the actual dimensions of the utilization of vegetal material in modern therapeutics. In order to achieve the study was carried out investigations at the level of the whole hospital, and in all specialized departments pharmaceuticals used in various forms: proper medicines; preparations for internal use (teas, syrups, tinctures); preparations for external use (cosmetic, gels, lotions, ointments). These pharmaceuticals have been analysed in terms of composition in vegetal material or substances extracted from vegetal material, the recommendations for use and any contraindications. Also, discussions were held with medical staff in view of certain details concerning recommendations of usage, specific reactions of patients to treatments, etc. The goal of this investigation was to get a real picture of the importance of plant species and their utilization in therapeutics.

RESULTS AND DISCUSSION

Following the investigation conducted has resulted that in the University Hospital of Bucharest are used currently 74 pharmaceuticals containing aromatic and medicinal plants, of which: 37 proper medicines, 6 teas, 6 syrups, teas, 7 tinctures, 5 cosmetics, 7 gels, 2 lotions, and 4 ointments.

The 37 medicines identified are based on vegetable material coming from 58 vegetal species, belonging to 37 botanical families. Best represented are the botanical families: *Asteraceae* (10 species); *Lamiaceae* (5 species); *Apiaceae* (3 species); *Fabaceae* (3 species); *Liliaceae* (3 species); *Moraceae* (2 species); *Solanaceae* (2 species) (Table 1).

Table 1

Medicines on the basis of the plant material used in the Bucharest University Hospital

Medicines	Species
ACTIVMOD PLUS	<i>Sambucus nigra; Hypericum perforatum; Daucus carota; Apium graveolens; Glycyrrhiza glabra; Ulmus glabra</i>
ALITENSIN	<i>Viscum album; Crataegus oxyacantha; Allium sativum</i>
ANGHIROL	<i>Cynara scolymus</i>
ANTISTRES	<i>Humulus lupulus; Crataegus oxyacantha L.; Leonurus cardiaca; Tilia</i>
API URSOMAX	<i>Taraxacum officinalis; Urtica dioica; Ranunculus ficaria; Rumex alpinus; Allium ursinum</i>
ASCOTENSIN	<i>Viscum album; Hippophae rhamnoides; Humulus lupulus; Vaccinium myrthillus; Valeriana officinalis; Allium sativum</i>
BRANHOPLANT	<i>Inula helenium; Cetraria islandica</i>
BRANHOSAN	<i>Echinacea angustifolia; Salix alba; Eucalyptus globules; Centraria islandica</i>
CA+COADA CALULUI	<i>Equisetum arvense</i>
CALMHART	<i>Valeriana officinalis; Humulus lupulus</i>
CALMHART PLUS	<i>Valeriana officinalis; Lavandula angustifolia</i>
CARBUNE MEDICINAL (Medicinal coal)	<i>Quercus robur</i>
CICOBIL	<i>Cynara scolymus; Cichorium intybus</i>
CLAROVEG	<i>Inula helenium; Salvia officinalis; Malva glabra; Thymus; Foeniculum vulgare</i>
DENOXINAL	<i>Chlorella; Arctium lapa; Rhamnus purshianus; Taraxacum officinalis; Trifolium partense; Allium sativum; Silybum marianum</i>
DEPUREX	<i>Arctium lapa; Cichorium intybus; Viola arvensis</i>
DIFABIOL	<i>Vaccinium myrthillus</i>
DIFEBIOM	<i>Vaccinium myrthillus</i>
DIOHEM	<i>Urtica dioica</i>
EXTRAVERAL	<i>Valeriana officinalis</i>
FOLADON	<i>Atropa belladonna</i>
GALOV G.	<i>Calendula officinalis; Hypericum perforatum; Origanum vulgare; Simphytum officinalis; Foeniculum officinalis</i>
GERIFORTE	<i>Glycyrrhiza glabra; Cichorium intybus; Solanum nigrum; Achillea millefolium</i>
GIMBIR SI SALVIE	<i>Zingiber officinale Roa; Salvia officinalis</i>
GINGKO BILOBA	<i>Gingko biloba</i>
GinkgoPrim	<i>Gingko biloba</i>
HEPATOBIL	<i>Chelidonium majus; Hypericum perforatum; Cynara scolymus; Humulus lupulus; Valeriana officinalis</i>

HEPATO-DRAINOL	<i>Silybum marianum</i> ; <i>Juglans regia</i> ; <i>Chelidonium majus</i> ; <i>Berberis vulgaris</i>
HEPATO-FALK	<i>Silybum marianum</i> ; <i>Chelidonium majus</i>
LIV.52	<i>Cichorium intybus</i> ; <i>Achillea millefolium</i> ; <i>Solanum nigrum</i>
MEGAVITAL	<i>Urtica dioica</i> ; <i>Gingko biloba</i> ; <i>Rozmarinus officinalis</i>
MemoPlus	<i>Gingko biloba</i> ; <i>Echinacea</i>
MEMO URSOMAX	<i>Allium ursinum</i> ; <i>Gingko biloba</i> ; <i>Ranunculus ficaria</i> ; <i>Rumex alpines</i> ; <i>Urtica dioica</i> ; <i>Taraxacum officinalis</i>
NORMODIAB	<i>Vaccinium myrthillus</i> ; <i>Morus alba</i> , <i>Morus nigra</i> ; <i>Phaseolus vulgaris</i> ; <i>Betula verrucosa</i> ; <i>Juglans regia</i>
SILIMARINA	<i>Silybum marianum</i>
TANAKAN	<i>Gingko biloba</i>
VERIXINAL GEL	<i>Aesculus hippocastanum</i> ; <i>Vaccinium myrthillus</i> ; <i>Ruscus aculeatus</i>

Among the preparations for internal use (Table 2), teas are containing vegetal material from six plant species, namely: *Hypericum perforatum* (hardhay tea); *Matricaria chamomilla* (chamomile tea); *Mentha piperita* (peppermint tea); *Achillea millefolium* (milefoil tea); *Cynara scolymus* (artichoke tea); *Calendula officinalis* (marigold tea). These species belong to the following botanical families: *Lamiaceae* (1 species); *Asteraceae* (4 species); *Hypericaceae* (1 species).

Syrups are made from vegetal material from 14 species of plants, which belong to the following botanical families: *Lamiaceae* (2 species); *Asteraceae* (1 species); *Ericaceae* (1 species); *Apiaceae* (2 species); *Cannabaceae* (1 species); *Rosaceae* (1 species); *Tiliaceae* (1 species); *Elaeagnaceae* (1 species); *Araliaceae* (1 species); *Parmaliaceae* (1 species); *Plantaginaceae* (1 species). Species existing in syrups composition are: *Vaccinium myrthillus*, *Daucus carota* (blueberry syrup with carrots and propolis); *Humulus lupulus*, *Crataegus oxyacantha*, *Leonurus cardiaca*, *Tilia* (anti-stress syrup); *Mentha piperita*, *Thymus*, *Levisticum officinalis* (carminative syrup); *Hippophae rhamnoides*, *Panax ginseng* (underbrush+Siberian ginseng syrup); *Cetraria islandica*, *Echinacea* (*Cetraria*+*Echinacea* syrup); *Plantago lanceolata* (plantain syrup plus).

The third type of preparations for internal use - tinctures, contains vegetal material from eight species of plants, which belong to the following botanical families: *Lamiaceae* (1 species); *Asteraceae* (4 species); *Hypericaceae* (1 species); *Papaveraceae* (1 species). The species present in the composition of tinctures are: *Arctium lapa*, *Hypericum perforatum* (burdock tincture); *Achillea millefolium* (milefoil tincture); *Calendula officinalis* (marigold tincture); *Lavandula angustifolia* (lavender tincture); *Matricaria chamomilla* (chamomile tincture); *Taraxacum officinalis* (dandelion tincture); *Chelidonium majus* (common celandine tincture).

Table 2

**Preparations for internal use, derived from vegetal material, used in the
Bucharest University Hospital**

Preparations	Species / Family	Composition
TEAS		
Harday tea	<i>Hypericum perforatum</i> (Hypericaceae)	Hyperici Herba
Chamomile musetel	<i>Matricaria chamomilla</i> (Asteraceae)	Chamomilla Flos
Peppermint tea	<i>Mentha piperita</i> (Lamiaceae)	Menthae Folium
Milefoil tea	<i>Achillea millefolium</i> (Asteraceae)	Millefolii Flos
Artichoke tea	<i>Cynara scolymus</i> (Asteraceae)	Cynare Folium
Marigold tea	<i>Calendula officinalis</i> (Asteraceae)	Calendula Flos
SYRUPS		
Blueberry and carrot syrup with propolis	<i>Vaccinium myrthillus</i> (Ericaceae)	Blueberry juice, carrot juice, propolis tincture
	<i>Daucus carota</i> (Apiaceae)	
Anti-stress syrup	<i>Humulus lupulus</i> (Cannabaceae)	Hops cones, hawthorn, Leonurus cardiaca, linden flowers
	<i>Crataegus oxyacantha</i> (Rosaceae)	
	<i>Leonurus cardiaca</i> (Lamiaceae)	
	<i>Tilia</i> (Tiliaceae)	
Carminative syrup	<i>Mentha piperita</i> (Lamiaceae)	Peppermint, savory, lovage, syrup
	<i>Thymus vulgaris</i> (Lamiaceae)	
	<i>Levisticum officinalis</i> (Apiaceae)	
Underbrush+Siberian ginseng syrup	<i>Hippophae rhamnoides</i> (Elaeagnaceae)	Hydro-alcoholic solution of underbrush and Siberian ginseng, sodium benzoat
	<i>Panax ginseng</i> (Araliaceae)	
Cetraria+Echinacseea syrup	<i>Cetraria islandica</i> (Parmeliaceae)	<i>Cetraria islandica</i> extract, <i>Echinaceea</i> extract, propolis tincture
	<i>Echinaceea</i> (Asteraceae)	
Plantain syrup plus	<i>Plantago lanceolata</i> (Plantaginaceae)	Hydro-alcoholic extracts of plantain, thirtle, and savory
TINCTURES		
Burdock tincture	<i>Arctium lapa</i> (Asteraceae)	30 g Arctium Radix, 70 g ethylic alcohol 30%
	<i>Hypericum perforatum</i> (Hypericaceae)	
Milefoil tincture	<i>Achillea millefolium</i> (Asteraceae)	30 g Achilleae Flos, 70 g ethylic alcohol 30%
Marigold tincture	<i>Calendula officinalis</i> (Asteraceae)	30 g Calendulae Flos, 70 g ethylic alcohol 30%
Lavender tincture	<i>Lavandula angustifolia</i> (Lamiaceae)	30 g Lavandulae Flos, 70 g ethylic alcohol 30%
Chamomile tincture	<i>Matricaria chamomilla</i> (Asteraceae)	30 g Chamomille Flos, 70 g alcool etilic 30%
Dandelion tincture	<i>Taraxacum officinalis</i> (Asteraceae)	30 g Taraxaci Flos, 70 g alcool etilic 30%
Common celandine tincture	<i>Chelidonium majus</i> (Papaveraceae)	30 g Chelidonii Herba, 70 g alcool etilic 30%

Identified preparations for external therapeutic recipe in the Bucharest Municipal Hospital were the cosmetics, gels, lotions, and ointments. It was found that the cosmetic products (Table 3) were obtained from vegetal material from 10 species of plants, which belong to the following botanical families: *Lamiaceae* (3 species); *Asteraceae* (2 species); *Rosaceae* (2 species); *Apiaceae* (1 species); *Fabaceae* (1 species); *Eleagnaceae* (1 species). The species are: *Salvia officinalis*, *Mentha piperita*, *Pimpinella anisum*, *Lavandula angustifolia* (mouth rinses); *Amygdali dulcis*, *Hippophae rhamnoides*, *Mentha piperita* (baby-oil); *Calendula officinalis*, *Hippophae rhamnoides* (heel cream); *Matricaria chamomilla* (chamomile cream); *Amygdali dulcis*, *Mellilotus officinalis*, *Rosa damascena* (night cream with almonds, melilot, and rose petals). By comparison, gels are based on vegetal material obtained from 20 plant species belonging to the botanical family: *Lamiaceae* (3 species); *Asteraceae* (5 species); *Rosaceae* (2 species); *Apiaceae* (3 species); *Fabaceae* (1 species); *Eleagnaceae* (1 species); *Hypericaceae* (1 species); *Liliaceae* (1 species); *Vitaceae* (1 species); *Myrthaceae* (1 species); *Polygonaceae* (1 species); *Fagaceae* (1 species); *Poaceae* (1 species); *Salicaceae* (1 species); *Lauraceae* (1 species). Species that have provided raw material for gels are: *Aesculus hippocastanum*, *Vaccinium myrthillus*, *Ruscus aculeatus* (Verixinal Gel); *Calendula officinalis*, *Hypericum perforatum*, *Aloe vera*, *Hippophae rhamnoides*, *Lavandula angustifolia*, *Centella asiatica* (scar gel); *Vitis vinifera*, *Vaccinium myrthillus*, *Fagopyrum sagittatum*, *Castanea sativa*, *Triticum aestivum* (Venoforte gel); *Castanea sativa*, *Calendula officinalis*, *Matricaria chamomilla*, *Hypericum perforatum* (Veno-tonic gel); *Arnica montana*, *Salix*, *Thymus*, *Lavandula angustifolia*, *Mentha piperita* (Kinetic gel); *Echinaceae*, *Arctium lapa*, *Calendula officinalis* (Myco-el); *Arnica montana*, *Mentha piperita*, *Lavandula angustifolia*, *Cinnamomum camphora* (Herbal gel with arnica).

A third type of preparation for external use - lotions, are containing vegetal material from six species of plants from the botanical families: *Asteraceae* (3 species); *Malvaceae* (1 species); *Solanaceae* (1 species). The species present in the lotions composition are: *Calendula officinalis*, *Matricaria chamomilla*, *Malva* (Toning Lotion with plant extracts for normal skin); *Zingiber officinale*, *Arctium lapa*, *Capsicum annuum* (lotion, hair tonic).

Finally, ointments are based on vegetal material from six plant species, namely: *Hippophae rhamnoides* (underbrush ointment); *Hippophae rhamnoides*, *Calendula officinalis*, *Populus* (underbrush, marigold, and poplar buds ointment); *Hypericum perforatum*, *Calendula officinalis*, *Matricaria chamomilla* (hardhay, marigold and chamomile ointment); *Chelidonium majus* (common celandine ointment). They are representatives of botanical families: *Asteraceae* (2 species); *Elaeagnaceae* (1 species); *Hypericaceae* (1 species); *Salicaceae* (1 species); *Papaveraceae* (1 species).

Table 3

**Preparations for external use derived from vegetal material, used in the
Bucharest University Hospital**

Preparations	Species / Family	Composition
COSMETICS		
Mouth rinse	<i>Salvia officinalis</i> (Lamiaceae)	Extracts from: common sage, peppermint, anise, chamomile, lavender
	<i>Mentha piperita</i> (Lamiaceae)	
	<i>Pimpinella anisum</i> (Apiaceae)	
	<i>Lavandula angustifolia</i> (Lamiaceae)	
Baby-oil	<i>Amygdali dulcis</i> (Rosaceae)	Sweet almonds oil, underbrush oil, peppermint oil, and A and E vitamins
	<i>Hippophae rhamnoides</i> (Elaeagnaceae)	
	<i>Mentha piperita</i> (Lamiaceae)	
Heel cream	<i>Calendula officinalis</i> (Asteraceae)	Propylenglycol extract of marigold, underbrush oil, propolis tincture
	<i>Hippophae rhamnoides</i> (Elaeagnaceae)	
Chamomile cream	<i>Matricaria chamomilla</i> (Asteraceae)	Chamomile extract
Night cream with almonds, melilot, and rose petals	<i>Amygdali dulcis</i> (Rosaceae)	Almond oil, melilot and rose petals
	<i>Mellilotus officinalis</i> (Fabaceae)	
	<i>Rosa damascena</i> (Rosaceae)	
GELS		
Verixinal Gel	<i>Aesculus hippocastanum</i> <i>Hippocastanaceae</i>	Water; extracts from: <i>Ruscus aculeatus</i> , <i>Aesculus hippocastanum</i> , <i>Centella asiatica</i> , <i>Vaccinium myrtilus</i> , dextran, Carbomer, triethanoamine methylchloroisotasolinone, methylisotasolinone
	<i>Vaccinium myrthillus</i> (Ericaceae)	
	<i>Ruscus aculeatus</i> (Liliaceae)	
Scar Gel	<i>Calendula officinalis</i> (Asteraceae)	<i>Calendulae Flos</i> , <i>Hyperici Herba</i> , <i>Aloe vera herba</i> , <i>Hippophae Fructus</i> , <i>Lavandulae Flos</i> , <i>Centella Herba</i>
	<i>Hypericum perforatum</i> (Hypericaceae)	
	<i>Aleo vera</i> (Liliaceae)	
	<i>Hippophae rhamnoides</i> (Elaeagnaceae)	
	<i>Lavandula angustifolia</i> (Lamiaceae)	
	<i>Centella asiatica</i> (Apiaceae)	
Venoforte Gel	<i>Vitis vinifera</i> (Vitaceae)	<i>Vitis vinifera</i> Oil, <i>Vaccinii Folium</i> , <i>Fagopyrum Sumitates</i> , <i>Castaneae Fructus</i> , <i>Triticum Semen</i>
	<i>Vaccinium myrthilus</i> (Myrthaceae)	
	<i>Fagopyrum sagittatum</i> (Polygonaceae)	
	<i>Castanea sativa</i> (Fagaceae)	
	<i>Triticum aestivum</i> (Poaceae)	
Veno-tonic Gel	<i>Castanea sativa</i> (Fagaceae)	<i>Castaneae fructus</i> , <i>Calendulae Flos</i> , <i>Chamomillae Flos</i> , <i>Hyperici Herba</i>
	<i>Calendula officinalis</i> (Asteraceae)	
	<i>Matricaria chamomilla</i> (Asteraceae)	
	<i>Hypericum perforatum</i> (Hypericaceae)	

Kinetic Gel	<i>Arnica montana</i> (Asteraceae)	<i>Arnicae Herba, Salix Gemmae, Thymi Herba, Lavandulae Oil, Menthae piperitae Oil</i>
	<i>Salix</i> (Salicaceae)	
	<i>Thymus vulgaris</i> (Lamiaceae)	
	<i>Artemisia absinthium</i> (Asteraceae)	
	<i>Lavandula angustifolia</i> (Lamiaceae)	
Myco-gel	<i>Mentha piperita</i> (Lamiaceae)	<i>Echinaceae Herba, Arctium lapae Herba, Calendulae Flos</i>
	<i>Echinaceae</i> (Asteraceae)	
	<i>Arctium lapa</i> (Asteraceae)	
Herbal Gel with arnica	<i>Calendula officinalis</i> (Asteraceae)	<i>Arnicae Herba, Menthae piperitae Oil, Lavandulae Oil, Cinnamomum camphorae Oil</i>
	<i>Arnica montana</i> (Asteraceae)	
	<i>Mentha piperita</i> (Lamiaceae)	
	<i>Lavandula angustifolia</i> (Lamiaceae)	
LOTIONS		
Toning lotion with plant extract for normal skin	<i>Arnica montana</i> (Asteraceae)	extract de galbenele, musetel, nalba, hamei
	<i>Matricaria chamomilla</i> (Asteraceae)	
	<i>Malva glabra</i> (Malvaceae)	
Lotion, hair tonic	<i>Calendula officinalis</i> (Asteraceae)	extract de ghimbir, Brusture, ardei iute, vitaminele A si E
	<i>Zingiber officinale</i> Roa (Zingiberaceae)	
	<i>Arctium lapa</i> (Asteraceae)	
OINTMENTS		
Underbrush Ointment	<i>Capsicum annuum</i> (Solanaceae)	Underbrush extract, vaseline, wax, lanoline
Underbrush, marigold, and poplar buds Ointment	<i>Hippophae rhamnoides</i> (Elaeagnaceae)	Marigold extract, underbrush, and poplar buds, lanoline, vaseline, wax, camphor
	<i>Calendula officinalis</i> (Asteraceae)	
Hardhay, marigold, and chamomile Ointment	<i>Populus sp.</i> (Salicaceae)	Hardhay, marigold, and chamomile extracts, vaseline, wax, lanoline
	<i>Hypericum perforatum</i> (Hypericaceae)	
	<i>Calendula officinalis</i> (Asteraceae)	
	<i>Matricaria chamomilla</i> (Asteraceae)	

CONCLUSIONS

Studies carried out in Bucharest University Hospital on herbal remedies used in medicinal therapy led to these conclusions:

1. Herbal remedies are present in therapeutic recipe of Bucharest University Hospital in very different forms of preparation: 37 proper medicines (products of pharmaceutical industry), 19 preparations for internal use (6 teas, 6 syrups, 7 tinctures), 18 preparations external use (5 cosmetics, 7 gels, 2 lotions, and 4 ointments).

2. Those preparations contains vegetal material from 76 plant species belonging to 42 botanical families. The best represented are the following botanical families: *Asteraceae* (12 species); *Lamiaceae* (7 species); *Apiaceae* (7 species), *Fabaceae* (4 species); *Liliaceae* (3 species), *Rosaceae* (3 species); *Solanaceae* (3 species); *Moraceae* (2 species); *Polygonaceae* (2 species); *Fagaceae* (2 species); *Salicaceae* (2 species).
3. The *Asteraceae* family is represented by 12 species, contained in 50 preparations, namely: *Cichorium intybus* (4 pharmaceuticals, medicines); *Silybum marianum* (4 pharmaceuticals, medicines); *Cynara scolymus* (4 pharmaceuticals - 3 medicines, 1 tea); *Taraxacum officinalis* (4 pharmaceuticals - 3 medicines, 1 tincture); *Inula helenium* (2 pharmaceuticals, medicines); *Arctium lapa* (5 pharmaceuticals - 2 medicines, 1 tincture, 1 gel, 1 lotion); *Achillea millefolium* (6 pharmaceuticals - 2 medicines, 1 tea, 1 tincture, 2 ointment); *Calendula officinalis* (8 pharmaceuticals - 1 medicine, 1 cosmetic, 3 gels, 1 tea, 1 tincture, 1 lotion); *Echinacea* (5 pharmaceuticals - 3 medicines, 1 syrup, 1 gel); *Matricaria chamomilla* (6 pharmaceuticals - 1 tea, 1 lotion, 1 gel, 1 tincture, 1 cosmetic, 1 ointment); *Artemisia absinthium* (1 gel); *Arnica montana* (2 gels).
4. The *Lamiaceae* family is represented by seven species, which are included in the composition of 22 pharmaceuticals, namely: *Salvia officinalis* (3 pharmaceuticals - 2 medicines, 1 cosmetics); *Leonurus cardiaca* (2 pharmaceuticals - medicine, 1 syrup); *Lavandula angustifolia* (6 pharmaceuticals - medicine, 1 cosmetic, 1 tincture, 3 gels); *Origanum vulgare* (1 medicine); *Thymus* (3 pharmaceuticals - 1 medicine, 1 syrup, 1 gel); *Rozmarinus officinalis* (1 medicine); *Mentha piperita* (6 pharmaceuticals - 1 tea, 1 syrup, 2 cosmetics, 2 gels).
5. The *Apiaceae* family is represented by six species contained in the seven pharmaceuticals, namely: *Foeniculum vulgare* (2 medicines); *Apium graveolens* (1 medicine); *Daucus carota* (2 pharmaceuticals - 1 medicine, 1 tea); *Levisticum officinalis* (1 syrup); *Pimpinella anisum* (1 cosmetic); *Centella asiatica* (1 gel).
6. The *Fabaceae* family is represented by four species contained in five pharmaceuticals, namely: *Glycyrrhiza glabra* (2 medicines); *Trifolium pratense* (1 medicine); *Phaseolus vulgaris* (1 medicine); *Mellilotus officinalis* (1 cosmetic).
7. The *Liliaceae* family is represented by three species contained in seven pharmaceuticals: *Allium sativum* (3 medicines); *Allium ursinum* (3 medicines); *Ruscus aculeatus* (1 medicine).
8. Families *Araliaceae*, *Berberidaceae*, *Betulaceae*, *Boraginaceae*, *Cannabaceae*, *Caprifoliaceae*, *Elaeagnaceae*, *Equisetaceae*, *Ericaceae*,

Fagaceae, Gingkoaceae, Hippocastanaceae, Hypericaceae, Juglandaceae, Laurantaceae, Loranthaceae, Malvaceae, Myrthaceae, Papaveraceae, Parmaliaceae, Plantaginaceae, Poaceae, Ranunculaceae, Rhamnaceae, Tiliaceae, Ulmaceae, Urticaceae, Valerianaceae, Violaceae, Vitaceae, are represented by a single species.

As a general conclusion, it can be stated that medicinal and aromatic plants are very present in the recipe used therapeutically in the University Hospital of Bucharest, which proves the importance given to medicinal and aromatic vegetal species in therapy practiced at the highest level of medicinal act.

REFERENCES

1. Bojor O., M. Alexan, 1981. *Plantele medicinale - izvor de sanatate*. Ed. Ceres, Bucuresti.
2. Bojor O., M. Alexan, 1995. *Plantele medicinale si aromatice de la A la Z*. Ed. Ulpia Traiana, Bucuresti.
3. Bojor O., O. Popescu, 2001. *Fitoterapie traditionala si moderna*. Ed. Fiat Lux, Bucuresti.
4. Ciocarlan V., 2000. *Flora ilustrata a Romaniei*. Ed. Ceres, Bucuresti.
5. Cociu E., G. Racz, 1962. *Plante medicinale si aromatice*. Ed. Academiei, Bucuresti.
6. Epure Lenuta Iuliana, 2007-2011. *Producerea si valorificarea plantelor medicinale si aromatice*. Notite de curs, USAMV Bucuresti.
7. Maracineanu Roxana Constanta, 2006. *Studii privind plantele medicinale si aromatice existente in retetarul terapeutic de la spitalul universitar Bucuresti*. Lucrare de licenta. USAMV Bucuresti, Facultatea de Agricultura, specializarea Biologie.
8. Roman Gh. V., Maria Toader, Lenuta Iuliana Epure, V. Ion, Gh.A. Basa, 2008. *Cultura plantelor medicinale si aromatice in sistem ecologic*. Ed. Ceres, Bucuresti.
9. ***, 2006. *Agenda medicamentelor din Spitalul Universitar Bucuresti*.