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Quercus Ceris and Health Benefits. Short Communications

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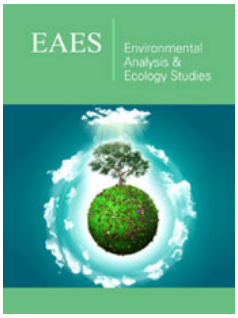

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Abstract

The extracts of *Quercus ceris* shell decoct and acorn coffee, effective remedies in many problems. The bark of *Quercus ceris* is one of the most widespread materials with tanning properties. For tanning substances, anti-inflammatory and astringent effects are characteristic. These qualities are used for stomach affections to "strengthen" the colon as well as to solve problems related to inflammation of the oral cavity and gums, as well as for the treatment of the scalp. In the case of hypothermia, it is recommended to use *Quercus ceris* shells. In the case of eye swelling, apply *Quercus ceris* shell cataplasms. For treatment of eczema, burns and ulcers, infusions of *Quercus ceris* shell infusions are applied.

Keywords: *Quercus ceris* active substance; Pharmacologically active

Introduction

Quercus ceris is a fox, very common and well-known in the plain and hill areas. For medicinal purposes, bark is harvested from *Quercus ceris*, is from the young branches up to 3 years, in spring, in March [1]. *Quercus ceris* is renowned for its therapeutic properties since antiquity. The bark of *Quercus ceris* was used in ancient times in the treatment of intoxications and wounds. In popular medicine, the anti-inflammatory and healing effects of *Quercus ceris* are appreciated and is therefore used in various traditional preparations. The *Quercus ceris* is used for the therapeutic purposes of leaves, bark, and acorns [2]. *Quercus ceris* has long been used for medicinal purposes for its astringent properties due to its high tannin content. Medicines, made from *Quercus ceris* shell, do not have side effects and contraindications, which have an advantage over other medicinal products. The *Quercus ceris* bark can be purchased at pharmacies. For medical purposes, young *Quercus ceris* bark is used, smooth outside and without wood inside. It is harvested only in the spring, from narrow trunks and young branches. Besides *Quercus ceris* bark, acorns containing fatty oil are also useful, which is an anti-inflammatory, antiseptic remedy with astringent properties [3].

Chemical composition and pharmacological activity

The bark of *Quercus ceris* contains tannins i.e.: Gallic Acid ($C_7H_6O_5$), Elagic Acid ($C_{14}H_6O_8$) and Cvercitan Acid, Pectins ($C_6H_{10}O_7$), resins and mineral salts. The substances contained are bitter principles, Tannin, Cvercine, Fluroglucin, Pectic Substances, resins, Calcium Oxalate, Pentagalloylglucose ($C_{41}H_{32}O_{26}$), cycloaliphatic acid ($C_{25}H_{47}NO_5$) and carbonate hydrates [4]. Gills, *Quercus ceris* fruits are considered true health elixirs because of their high protein, carbohydrate, tannin, fatty and starch content. They also contain *quercitin*, an active anti-inflammatory drug, suppressing the growth of tumor cells and also playing an important role in controlling diabetes [5]. The active principles in the *Quercus ceris* bark have astringent, antidiarrheal, hemostatic, disinfectant action [6]. The preparations from shell *Quercus ceris* have astringent, anti-inflammatory and antiseptic properties due to the rich content of acids, resins and pectin [7], and avoid internal administration because it can cause kidney problems and liver necrosis! External applications do not work on large surfaces [8] contains tannin and other active ingredients that act beneficial to the skin, intensifies the blood circulation of the cutaneous and subcutaneous tissue, increases elasticity of the Tagum, has anti-inflammatory and soothing properties. In addition, the aroma of these leaves is pleasant, relaxing for

the nervous system, can provide a good state of well-being, relieve tension and stress. The *Quercus ceris* leaves have healing properties for the skin, help in the treatment of frostbite, ulcerations and hemorrhoidal problems [9].

Conclusion

The properties of the *Quercus ceris* bark are healing, hemostatic, antimicrobial, astringent, calming and antispasmodic. Researchers believe that *Quercus ceris* has a beneficial effect on the circulatory, genital, urinary, gastrointestinal tract, can help combat physical and mental disorders. The decoction of *Quercus ceris* bark has anti-infectious and healing action, therefore it is recommended for cases of intestinal diseases and reproductive system.

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