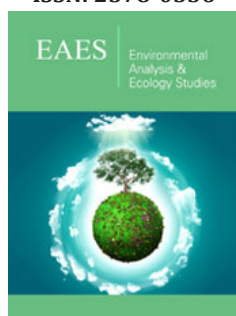


Antiseptic and Anti-inflammatory Abilities *Picea abies*. Short Communications

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Abstract

The components of *Pabies* were asked as natural treatments many years ago. Thus, *Pabies* has enjoyed great appreciation, its therapeutic qualities being used today as natural remedies for treating various diseases. Fresh cones and buds by *Pabies* they were the perfect remedy against cough (syrup is prepared from them). Liver affections were healed with the infusion prepared from the tips of the young branches of *Pabies*. Ointments based on *Pabies* resin were the right treatment for cure healing, cuts and other external skin conditions. *Pabies* is also known for its anti-inflammatory, antibacterial, antiseptic and toning properties.

Keywords: *Pabies*; Antiseptic ability; Anti-inflammatory ability

Introduction

The *Pabies* is a species of conifers trees [1]. The young cones of *Pabies* but the leaves can also be used to make syrup against cough but also other diseases of the airway [2]. Most volatile oil components of *Pabies* are part of the category of mono terpenic hydrocarbons and esters of their carbonic acids. The resin of *Pabies* is composed of lignans and other substances with a strong antioxidant effect. *Pabies* [3]. Phyto therapists recommend the syrup of *Pabies* buds in the treatment of rheumatic pain, headaches and migraines. Moreover, the syrup prepared from the buds of *Pabies* proved to be beneficial for people with low immunity [4].

Chemical Composition and Pharmacological Activity

The medicinal properties of *Pabies* are caused by chemicals included in its composition are: essential oils; tannin, resins, erebentin, acetic acid, carotenoids, amino acids, bitter substances, resin, waxes, phytonocides, gums, mineral substances, vitamins C, B1, E, B3, B2, PP, K [3]. In different parts of *Pabies* contain a different number of useful components. Their composition may vary depending on the period of the year. The main and best-known feature of *Pabies* is the bactericidal action. *Pabies* contains terpene class substances, commonly known as the essential oils that volatile production of a broad spectrum of action. These biologically active components are very volatile, so they are released constantly into the environment [4,5]. As the temperature increases, the amount of essential oils allocated increases. On warm days, there is a strong smell of pine close to *Pabies*. Fir Volatile destroys pathogenic bacteria, rotting microscopic fungi, as well as some types of animal protozoa (unicellular) [6]. The volatile oil of the leaves (needles) by *Pabies* improves immunity, inhibits the growth of harmful bacteria, and stimulates the growth of beneficial microorganisms for humans. In addition, *Pabies* stimulates the immune system of plants growing in the area of these trees [7,8]. In human patients, they can cause asthma or migraines. The use of infusions and drink by *Pabies* for contra-indicated gastric diseases and excessive doses are dangerous for the kidneys. Certain natural compounds in the composition of essential oils may be at risk for allergic reactions, especially for people with sensitive skin [9].

Conclusion

Through the action of the substances in his composition, *Pabies* successfully combats diarrhea and facilitates digestion. It also combats bacterial infections, is antiseptic, tonic and anti-inflammatory. Not accidentally, near the coniferous forests were arranged sanatoriums for the patients with respiratory diseases or neuroses. The air in these areas is loaded with negative ions, terpenic essences and other volatile principles, with antiseptic and breath-stimulating action. Walking through coniferous forests have calming effects on the psyche.

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