

***Calluna vulgaris* (Common heath) -
a melliferous plant with multiple
uses in apitherapy, phytotherapy
and gemotherapy**

**Dr. TIBERIU BĂLCESCU
Cluj-Napoca
ROMANIA**

Calluna vulgaris – a melliferous plant

- Spread in Romania (Alba, Cluj, Bihor, Hunedoara);
- Also present in Poland, Sweden, Norway, Germany, Spain;



Synonyms / Names

- **Romanian:** larba neagră, Negruș, Negrilică, Martaloagă, Troscotal, Taulă;
- **English:** Common heath, Broom heather, Scotch heather, Ling;
- **Spanish:** Brezo, Carpaza, Bruza, Brecina, Biercol;
- **Italian:** Brugo,
- **French:** Bruyère commune, Callune;
- **German:** Besenheide, Eleidestruik, Heidekraut

Calluna vulgaris – growth

- Wild:
mountain areas,
1000m altitude,
sandy, rocky soils;
- Cultivated:
ornamental in parks
and gardens



Calluna vulgaris - description

- The *Ericaceous* family;
- Varieties:
 - a) *Erica gracilis*
 - b) *Erica carnea*
 - c) *Erica darleyensis*, etc.



Calluna vulgaris - description

- Dwarf shrub, perennial;
- Height: 20cm - 1m;
- Upper branches, branched;
- Small, persistent leaves with bitter taste.



Calluna vulgaris - description

- Small bell-shaped flowers;
- Varied color: red, pink, purple, white;
- 5-lobular globular fruit;
- Seeds of 0.2 - 0.3 mm, oval, brown;
- Deep, fine roots.



Calluna vulgaris in Phytotherapy

Infusion:

- Action: antiseptic, antialgic, diuretic, astringent;
- Indications: renal lithiasis, urinary tract infections, prostatitis, pharyngolaryngeal inflammation.



Calluna vulgaris in Phytotherapy

Decoction, softened
from flowers:

- Used in folk medicine;
- External: rheumatism, frostbite, eczema;
- Vaginal washing: vaginal infections with *Candida albicans*.



Calluna vulgaris in Apitherapy

Honey of *Calluna vulgaris*:

- Reddish color;
- Aromatic taste, slightly bitter;
- High water content - 22-23%;
- It can not be extracted from honeycombs by common methods;
- Production: 100 - 200kg / ha



Honey of *Calluna vulgaris*

- Abnormal viscosity = thixotropic;
- Medium acidity - pH = 4 - 4.6;
- Fructose > Glucose;
- Low crystallisation rate;
- High content of mineral substances.



Honey of *Calluna vulgaris* - recommendations

- Antiseptic of the urinary tract;
- Anemia;
- Digestive infections;
- Rheumatic diseases;
- Diseases of the nervous system.

Calluna vulgaris pollen

- Helps kidney function well;
- Improves memory capacity;
- Useful in the treatment of hemorrhoids and varicose veins;
- Helps the detoxify of the body;
- Dose: 1 teaspoon / day, in the morning.



Calluna vulgaris in Gemotherapy

Gemo-therapeutic preparations from *Calluna vulgaris*:

- *Calluna vulgaris* sprouts extract;
- Polygemma 7 urinary tract (extracts from the sprouts of bilberry, cranberry, calluna vulgaris and birch leaves).



Calluna vulgaris in Gemotherapy

Effects: antiseptic and anti-inflammatory on the genitourinary tract, astringent, antidiarrheal;

Indications:

- Digestive disorders: gastritis, ulcer, *Helicobacter pylori* infection (Fernando Pitera);
- Renno-urinary disorders: acute and chronic urinary tract infections, renal lithiasis;
- Genital disorders: leukorea, acute and chronic prostatitis;
- Dosages: 3x1-2ml / day, before meals;
- Treatment duration: 1-3 months.

Calluna vulgaris in Bach floral therapy

Recommendations:

- Selfish patients, those who talk a lot, verbose, those who need to be in the spotlight, to be heard and pitied.
- Dose: 2 drops in 200ml water / day, in 4 outlets.



Conclusions

Calluna vulgaris:

- A melliferous plant very important for humans, wild animals and birds;
- Food and medicine



Conclusions

- Honey of *Calluna vulgaris* is a rare with excellent therapeutic qualities honey.



Conclusions

Calluna vulgaris has varied therapeutic uses:

- phytotherapy
- apitherapy
- gemotherapy
- floral therapy Bach.

It is recommended associations, with or without allopathic therapy, as appropriate.



Conclusions

- *Calluna vulgaris* is an important melliferous plant with multiple uses which deserves to be known and promoted.



Thank you!



VĂ MULȚUMESC!

