

Flor de Hibisco

Guía de trabajo

Objetivo: Identificar las características curativas

Mochila de recursos: investigación

Tiempo: 20 minutos.

Instrucciones: Reúnete con tu grupo de trabajo e investiguen, como, cuando, porque, te ayuda la flor de hibisco en la salud, luego crear una presentación para todos tus compañeros

Cada idea apuntada debe estar acompañada de una explicación con base científica.

Instrucciones para el docente: El siguiente material servirá para dar una guía a los estudiantes acerca de los aspectos más importantes relacionados con el concepto que se trabaja en esta guía.

- Es una planta digestiva, perfecta para tratar el estreñimiento.

- Es una planta estomacal y combate la acidez. Además, para cualquier tipo de afección gastrointestinal es realmente una maravilla. Favorece a la estimulación de funciones hepáticas, como un descongestionante (perfecta para un empache o un episodio de mala digestión).
- Ayuda a mantener a raya los niveles de colesterol.
- Es una flor renal, con efectos diuréticos y desinfectantes de las vías urinarias. Además, dificulta la retención de líquidos, y favorece a la eliminación de toxinas y excedentes grasos por la orina.
- Ayuda a prevenir catarrros, gripes... ¡Te ayuda a fortalecer tus defensas!
- Combinada con una valeriana, puede servir de tranquilizante natural y muy eficaz.
- Cuida de tu salud cardiovascular

La práctica de la medicina herbaria se basa en el uso terapéutico de las plantas medicinales como sustitutas de las medicinas farmacéuticas o en combinación. De las plantas se usa sus extractos en diversas formas de preparación, para mejorar el estado de salud (1).

Según la OMS, los medicamentos herbarios abarcan las hierbas, material herbario, preparaciones herbarias y productos herbarios acabados, que contienen como principios activos partes de plantas u otros materiales vegetales, o combinaciones de esos elementos, y su uso está bien establecido y ampliamente reconocido como inocuo y eficaz (2).

La medicina herbaria se utiliza desde tiempos remotos para curar o aliviar las enfermedades, dando lugar a los fitofármacos, y es apreciada por su costo bajo y por los reducidos índices de toxicidad, en comparación con los productos de síntesis (3).

Si bien es cierto las hierbas y los fármacos son considerados dos mundos opuestos, de acuerdo a un estudio realizado por el Instituto Nacional de Cáncer en Estados Unidos, el 67% tiene su origen, en mayor o menor medida, en la naturaleza (4); y alrededor de 25% de estos se derivan de las plantas (5-8).

En la actualidad existe gran interés por la medicina tradicional y, dentro de esta, la medicina herbaria, que ha generado numerosos estudios, divulgados en prestigiosas publicaciones. Pero, hay poco uso de medicamentos de origen vegetal por parte de los profesionales de la salud; sus tratamientos están basados únicamente en fármacos sintéticos, incluso, en el tratamiento de problemas de salud diagnosticados como enfermedad leve (9).

Extraído de: http://www.scielo.org.pe/scielo.php?script=sci_arttext&pid=S1025-55832016000400002

Extraído de: <https://www.rtve.es/television/20200915/propiedades-beneficios-hibiscus-digestivo-diuretico/2042266.shtml>

hibiscus flower

work guide

Objective: Identify the healing characteristics

Resource Backpack: Investigation

Time: 20 minutes.

Instructions: Meet with your work group and investigate, how, when, why, the hibiscus flower helps you in health, then create a presentation for all your colleagues

Each pointed idea must be accompanied by a scientifically based explanation.

Instructions for the teacher: The following material will serve to guide students about the most important aspects related to the concept that is worked on in this guide.

It is a digestive plant, perfect for treating constipation.

It is a stomach plant and fights acidity. In addition, for any type of gastrointestinal condition, it is really wonderful. It favors the stimulation of liver functions, as a decongestant (perfect for a stuffiness or an episode of poor digestion).

Helps keep cholesterol levels at bay.

It is a kidney flower, with diuretic and disinfectant effects of the urinary tract. In addition, it hinders fluid retention, and favors the elimination of toxins and excess fat through urine.

Helps prevent colds, flu... Helps you strengthen your defenses!

Combined with a valerian, it can serve as a natural and very effective tranquilizer.

Take care of your cardiovascular health

The practice of herbal medicine is based on the therapeutic use of medicinal plants as substitutes for pharmaceutical medicines or in combination. Extracts from plants are used in various forms of preparation to improve health (1).

According to the WHO, herbal medicines cover herbs, herbal material, herbal preparations and finished herbal products, which contain parts of plants or other plant materials, or combinations of these, as active ingredients, and their use is well established and widely recognized as safe and effective (2).

Herbal medicine has been used since ancient times to cure or alleviate diseases, giving rise to phytopharmaceuticals, and is appreciated for its low cost and reduced toxicity indices, compared to synthetic products (3).

Although it is true that herbs and drugs are considered two opposite worlds, according to a study carried out by the National Cancer Institute in the United States, 67% have their origin, to a greater or lesser extent, in nature (4). ; and about 25% of these are derived from plants (5-8).

At present there is great interest in traditional medicine and, within it, herbal medicine, which has generated numerous studies, published in prestigious publications. But, there is little use of plant-based medicines by health professionals; their treatments are based solely on synthetic drugs, even in the treatment of health problems diagnosed as mild disease (9).

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Black Locust

Work guide

Objective: To identify the meaning of invasive species and its effect on ecosystems.

Resource Backpack: Brainstorming

Time: 20 minutes.

Instructions: Get together with your core working group and collect everyone's ideas about what an invasive species is, and the effect it has on ecosystems.

Each idea noted must be accompanied by a scientifically based explanation.

Once the task is finished, present it to the class.

Instructions for the teacher: The following material will serve to guide students about the most important aspects related to the concept that is worked on in this guide.

Invasive species

Invasive species are animals, plants or other organisms that develop outside their natural distribution area, in habitats that are not their own or with unusual abundance, producing alterations in the richness and diversity of ecosystems. When they are transported and introduced by humans to places outside their natural distribution area, managing to settle and disperse in the new region, they are called invasive alien species, which are normally very harmful.

That an invasive species is harmful, means that it produces important changes in the composition, structure or processes of natural or semi-natural ecosystems, endangering native biological diversity (in species diversity, diversity within populations or diversity of ecosystems). Due to their impacts on the ecosystems where they have been introduced, such species are considered ecosystem engineers.

Natural or human-caused changes in ecosystems across the globe have accidentally or intentionally redistributed plant and animal species. As a consequence of these changes, certain species behave invasively in their natural or introduced location, with altered or

degraded habitats being more susceptible. These invasions are associated with several problems:

- At an ecological level, the loss of native diversity and the degradation of invaded habitats stand out.
- Economically, the direct effects on agricultural activities and public health are important.

Once the invasion is detected, its control and eradication are costly and not always possible. Identifying potential invaders and preventing their establishment is the best way to stop a problem that is increasing at the same rate as globalization.

(Extraído de: https://es.wikipedia.org/wiki/Especie_invasora)



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