

Farming

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MEDICINAL PLANTS GROWING IN DIFFERENT PROVINCES OF CANADA

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Canada is the second-largest country after Russia. More than 34 percent of Canada's land is under forests, which is 362 million hectares and 9 percent of the world's forests. Out of which 73,360 thousand hectares in Quebec, 57,910 thousand hectares in British Columbia, 53,578 thousand hectares in Ontario, 28,352 thousand hectares in Northwest Territories, 27,718 thousand hectares in Alberta, 20,043 thousand hectares in Saskatchewan, 18,968 thousand hectares in Manitoba, 10,730 thousand hectares Newfoundland and Labrador, 7,884 thousand hectares in Yukon, 6,091 thousand hectares in New Brunswick, 4,240 thousand hectares in Nova Scotia, 815 thousand hectares in Nunavut and 265 thousand hectares in Prince Edward Island. Out of this area, some are reserved forests and some are non-reserved forests. Along with lumber, these forests are rich in different kinds of plants and flowers which are used for medicinal purposes and they are also adopted by households for their gardens as well as for commercial purposes.

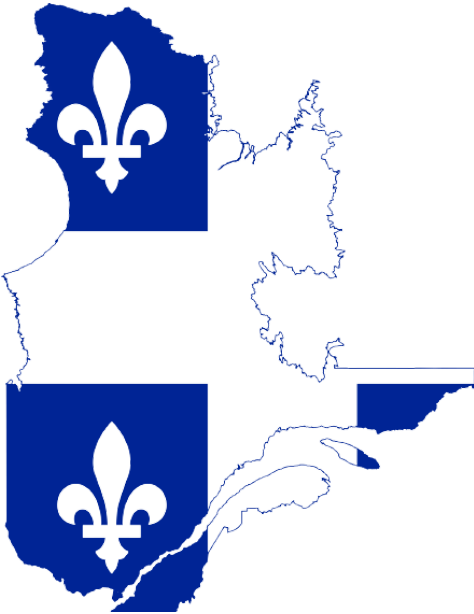
.Antibacterial Activity of Northern Ontario Medicinal Plants



Antibacterial activity of northern Ontario medicinal plants extracts was tested in the lab and it was found by scientists that the leaf and/or flower crude extracts of *Anaphalis margaritacea* (L.) Benth & Hook.f., *Grindelia squarrosa* (Pursh) Dunal, *Apocynum androsaemifolium* L., *Arctostaphylos uva-ursi* (L.) Spreng, *Cornus canadensis* L., and *Xanthium strumarium* L. are highly effective against several types of microbial infections of *Escherichia coli*. The extracts of *Anap. margaritacea* and *G. Squarrosa* are efficient against the majority of germs tested in the lab by scientists. Cholecystitis, bacteremia, cholangitis, gastrointestinal infection, urinary tract infection (UTI), and traveller's diarrhea, as well as other clinical infections like neonatal meningitis, chronic cutaneous infection in HIV positive patients, mycobacterium avium complex (MAC) infections, diarrheal syndrome, and pneumonia, can all be treated with extracts from these plants.



Ontario



Quebec

Medicinal Plants Growing in Quebec

The antioxidant activity of *Larix laricina* is strong, and the greatest quantities of phenolics are found in Pinaceae and Ericaceae extracts. Antioxidant activity gets impacted by factors such as the season and location of plant collection, as well as the plant portion from which the extract was produced. As a result, the antioxidant activity of these plants is employed to treat the symptoms of type 2 diabetes. These plants may be found in the Quebec towns of Whapmagoostui and Mistissini.



Medicinal Plants Growing in British Columbia

Methanolic extracts of plants in forests of BC, according to researchers, are effective against viral infections. *Rosa nutkana* and *Amelanchier alnifolia* extracts are highly effective against intestinal coronavirus. The respiratory syncytial virus can be totally suppressed by *Potentilla arguta* root extract and *Sambucus racemosa* branch tip extract. An extract of the *Ipomopsis aggregata* plant has a favourable reaction to the parainfluenza virus type 3.



British Columbia



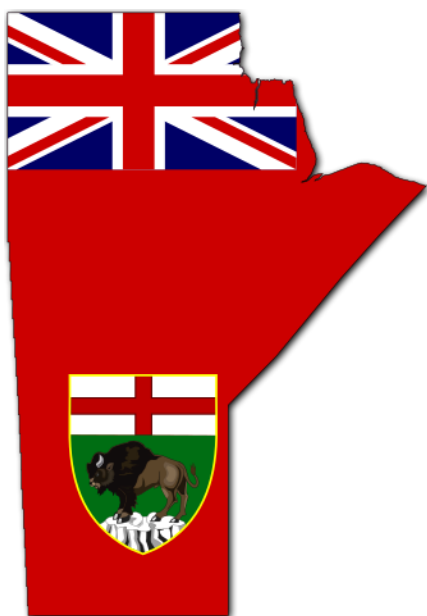
Alberta

Medicinal Plants of Alberta

The four herbs are Red Osier Dogwood, Fireweed, Buffaloberry, and Indian Pipe. These four herbs are used to cure a wide range of diseases in both traditional and modern medicine. Coughs, colds, fevers, sinus congestion, liver disorders, and postpartum hemorrhage have all been treated with Red Osier Dogwood bark tea. Buffaloberry fruits help relieve joint and muscular discomfort, as well as arthritis and other inflammatory symptoms such as swelling and blisters. Convulsions, fits, epilepsy, and drowsiness are all treated with Indian Pipe root tea.

Medicinal Plants of Manitoba

Some of the medicinal plants of Manitoba are Polygala senega, chamomile, and common nettle. Senega is used to treat a variety of ailments, including lung problems like asthma and emphysema. It is also used to increase saliva, expel mucus, and cleanse the intestines. Senega is sometimes gargled for sore throats. Chamomile preparations are often used to treat a wide range of human problems, including hay fever, inflammation, menstrual disorders, sleeplessness, ulcers, wounds, gastrointestinal disorders, rheumatic pain, and hemorrhoids. For hundreds of years, common nettle has been used to treat aching muscles and joints, arthritis, gout, and anemia. Many individuals take it to address urinary difficulties caused by an enlarged prostate in the early stages (called benign prostatic hyperplasia or BPH).



Manitoba



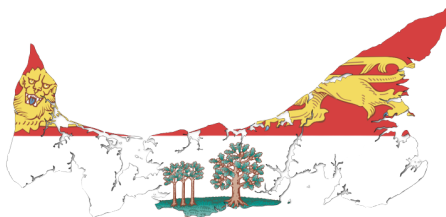
Saskatchewan



Nova Scotia



New Brunswick



Prince Edward Island

Medicinal Plants of Saskatchewan

This province's medicinal plants are regarded as significant. These are white willow salve and spruce salve. White willow can be utilized for medical purposes, although the inner bark has the most promise. The powdered form of the inner bark is used in aspirin as a pain reliever and in the treatment of ailments such as the flu. Spruce salve is used to treat eczema and arthritic discomfort.

Medicinal Plants of Nova Scotia and New Brunswick

Prunus serotina, or black cherry, is endemic to New Brunswick, and Nova Scotia. Coughs and lung disorders such as pneumonia and bronchitis can be relieved by making the bark into a tea or syrup. Black cherry can also aid with pain and diarrhea relief.



Medicinal Plants of Prince Edward Island

Lobelia inflata is indigenous to Prince Edward Island. It is primarily used to treat respiratory conditions such as asthma and bronchitis.



Newfoundland and
Labrador

Medicinal Plants of Newfoundland and Labrador

Three main medicinally important plants are Echinacea, Goldenseal and Ginseng found in Newfoundland and Labrador. Echinacea, often known as purple coneflower, is a herbal remedy that has been used for generations to treat common colds, coughs, bronchitis, upper respiratory infections, and various inflammatory diseases. Goldenseal (*Hydrastis canadensis*) is a plant in the buttercup family found in Canada's Newfoundland and Labrador. Berberine, a component of goldenseal, has antibacterial and antifungal effects. It also contains anti-hypertensive properties and can help with irregular heartbeats. Ginseng (*Panax quinquefolius*, L.) lowers blood sugar and cholesterol levels, promotes relaxation, treats diabetes, and manages sexual dysfunction in males.