

ใบความรู้ที่ 1
หน่วยการเรียนรู้ที่ 8 เรื่อง Health and Illness
แผนการจัดการเรียนรู้ เรื่อง Way to Treat Illness
รายวิชาภาษาอังกฤษ รหัสวิชา อ21102 ภาคเรียนที่ 2 ชั้นมัธยมศึกษาปีที่ 1

Holy Basil



Holy basil is sometimes called "hot basil" because of its peppery taste. Chemicals in holy basil are thought to decrease pain and swelling. They also might lower blood sugar in people with diabetes. Holy basil oil might act as an antioxidant.

People use holy basil for anxiety, stress, diabetes, high cholesterol, reduces skin and wound infections, protects the liver, protects against radiation and many other conditions, but there is no good scientific evidence to support any of these uses.

Don't confuse holy basil (*Ocimum tenuiflorum*) with basil (*Ocimum basilicum*), which is very commonly used in cooking.

Galangal



Galangal has been used as a culinary spice and healing plant for a very long time. Galanga or galangal is native to southeast Asia, where it has been an important part of many Asian cultures. Traditionally, galanga is used as a flavoring spice in the cuisines of Thailand, Indonesia, Malaysia, and China.

Galangal and ginger are closely related, so it is no surprise that the health benefits of Galangal are very similar to the health benefits of ginger. Common medicinal uses of galanga include treatment of nausea, motion sickness, morning sickness, gas, diarrhea, cough and sore throat. Galanga uses to reduce blood sugar levels, reduce cholesterol and lower blood pressure.

Ginger



Ginger, which comes from a flowering root plant, especially provides a variety of great health benefits. Found first in southeast Asia, the spice has been used in Eastern medicine practices since the 9th century — and is also a staple of Asian, Indian and Caribbean cuisines. Not only does it contain vitamin C, magnesium and potassium, but it also provides multiple health benefits.

Gingerol could also explain ginger's role in keeping blood sugar levels steady. One study found that people who took ginger pills daily saw decreased levels of triglycerides, total cholesterol and bad cholesterol (otherwise known as low-density lipoprotein, or LDL) after 45 days. Interestingly, ginger has been linked more to long-term pain relief rather than immediate pain relief.

Garlic



Garlic (*Allium sativum*), is used widely as a flavoring in cooking, but it has also been used as a medicine throughout ancient and modern history; it has been taken to prevent and treat a wide range of conditions and diseases. Garlic has been used all over the world for thousands of years. Records indicate that garlic was in use when the Giza pyramids were built, about 5,000 years ago.

Currently, garlic is widely used for several conditions linked to the blood system and heart, including atherosclerosis (hardening of the arteries), high cholesterol, heart attack, coronary heart disease, and hypertension.

Garlic is also used today by some people for the prevention of lung cancer, prostate cancer, breast cancer, stomach cancer, rectal cancer, and colon cancer.

Lemongrass



Lemongrass is a plant. The leaves and the oil are used to make medicine.

Lemongrass is commonly taken orally, applied directly to the skin, or inhaled as aromatherapy for many different conditions.

In food and beverages, lemongrass is used as a flavoring. For example, lemongrass leaves are commonly used as "lemon" flavoring in herbal teas. Lemongrass is also used in making vitamin A and natural citral.

Lemongrass might help prevent the growth of some bacteria and yeast. Lemongrass also contains substances that are thought to relieve pain and swelling, reduce fever, improve levels of sugar and cholesterol in the blood, stimulate the uterus and menstrual flow, and have antioxidant properties.