

Brilliant Bush Medicines



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Enviro-Stories

Enviro-Stories is an innovative literacy education program that inspires learning about natural resource and catchment management issues. Developed by Peekdesigns, this program provides students with an opportunity to publish their own stories that have been written for other kids to support learning about their local area.

www.envirostories.com.au

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Brilliant Bush Medicines

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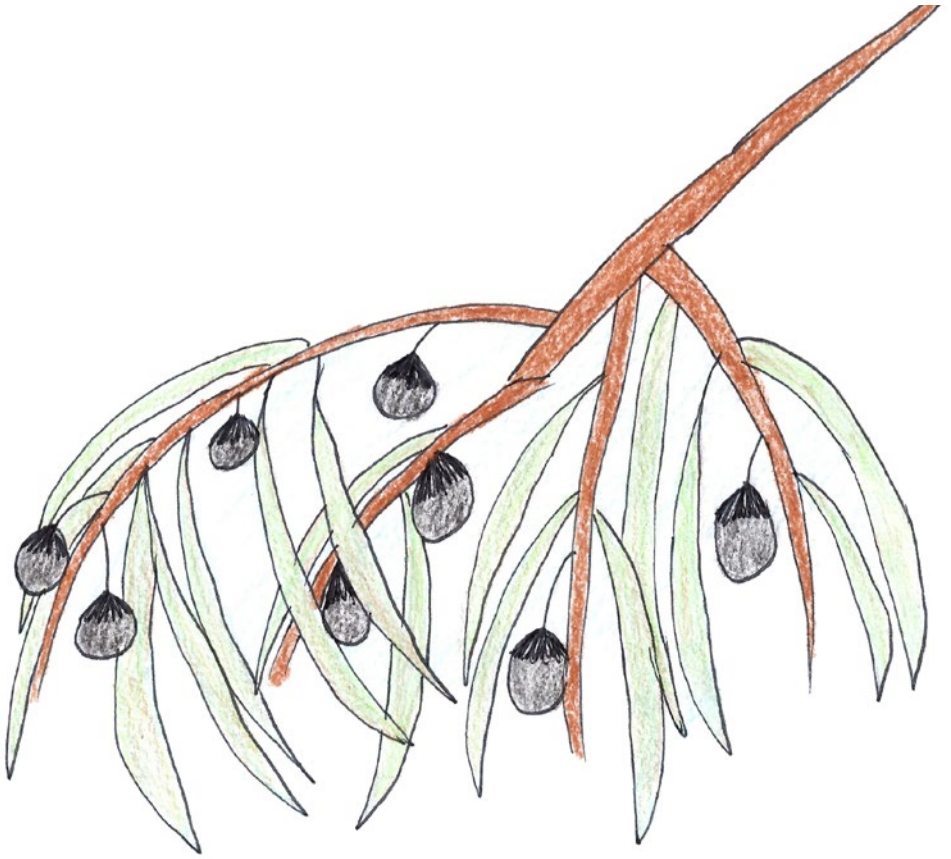
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Australia is a beautiful but unforgiving country. We have plants that can be used as food or medicine, but others that if digested can cause severe health problems.

Our Indigenous people have shown for thousands of years that with the right knowledge you can make medicines from what our beautiful country provides for us.



Emu Bush is used for both medicinal and ceremonial purposes by Indigenous people in coastal parts of Australia.

The leaves can be heated and boiled down to a liquid called an infusion, which is used to treat sores, wounds, colds, headaches, chest pains and is also a treatment for diarrhoea.



The Umbrella Bush Wattle is another plant that traditionally is used as a medicine by our Indigenous people.

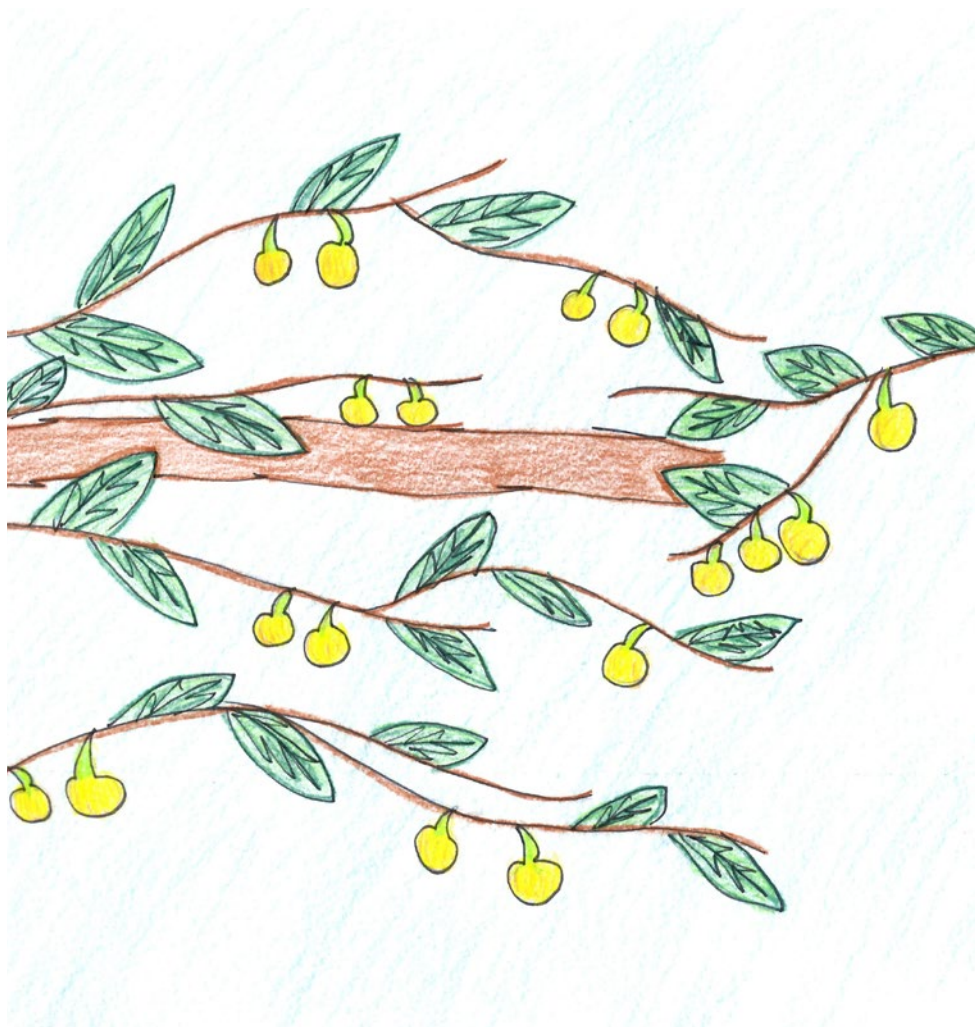
The bark is soaked in water or boiled and can be used to treat coughs, sore throats and as a remedy for dizziness, nerves and anxiety.

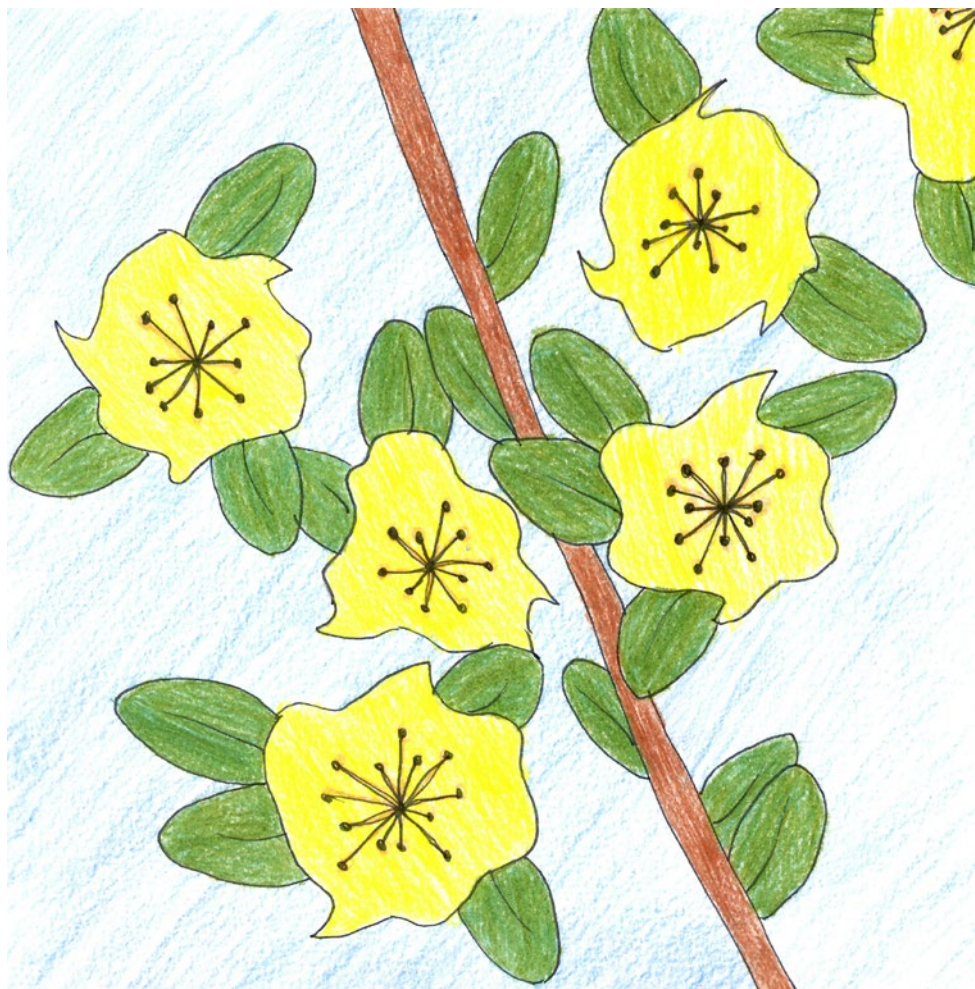
Desert Mushrooms are used by Indigenous people, who suck on the bright orange top to cure a sore mouth or lip. They are also known to be a great teething ring.



When ripe, Kangaroo Apples are orange in colour and can be used as an anti-inflammatory steroid which is excellent in treating achy joints. It is a fruit that can be eaten fresh, raw or cooked.

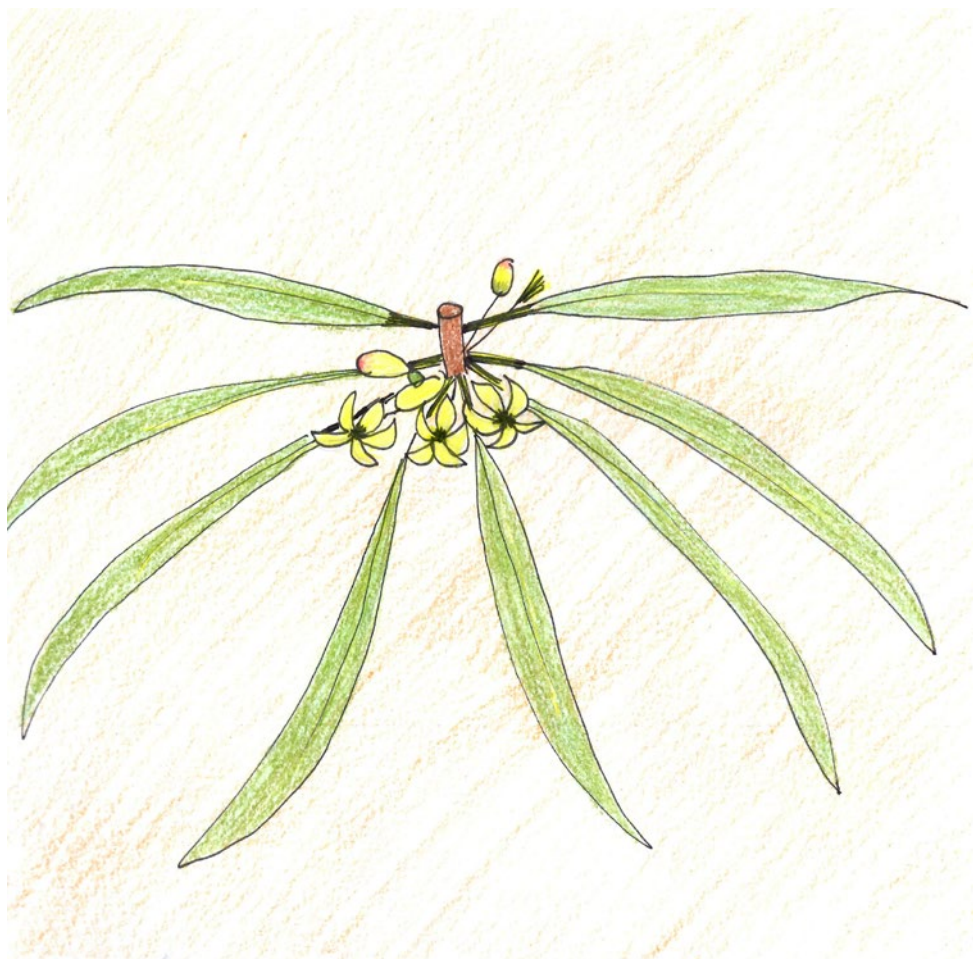
The Kangaroo Apple can be poisonous if the fruit has not fully ripened and still has a green colour.





The Snake Vine is another incredible anti-inflammatory and antiseptic bush medicine.

Communities in Central Australia crush sections of the vine to treat headaches, rheumatoid arthritis and other inflammatory related ailments.



The Gumbi Gumbi shrub is a small plant whose fruits and flowers can be used as a treatment for coughs, colds and eczema.

It is found throughout the drier areas of Australia. The Gumbi Gumbi leaves can be made into a tea or put in capsules. Some people prefer to boil the leaves and fruits to make them more flavoursome.

Lemon Grasses are a very useful plant that can be liquified into a drink to treat diarrhoea, coughs, sore throats, pains, swelling, fever, colds and other complaints.

Lemon Grasses can also help prevent the growth of bacteria and yeast.



The Billy Goat Plum, which is also called the Kakadu Plum, has the world's highest natural levels of Vitamin C as well as being high in antioxidants, iron and Vitamin E.

The plant's light green fruits can be eaten raw or made into a paste or jam. It can also be dehydrated and ground into a powder.



Scientific experiments confirm our Indigenous People's knowledge that the Tea Tree's antiseptic properties can be used for a wide range of benefits.

The oil taken from the leaves can be used to treat fungal infections and acne. Aboriginal people from the coast of New South Wales crushed Tea Tree leaves and applied the paste to wounds as well as brewing it to a kind of tea for sore throats.





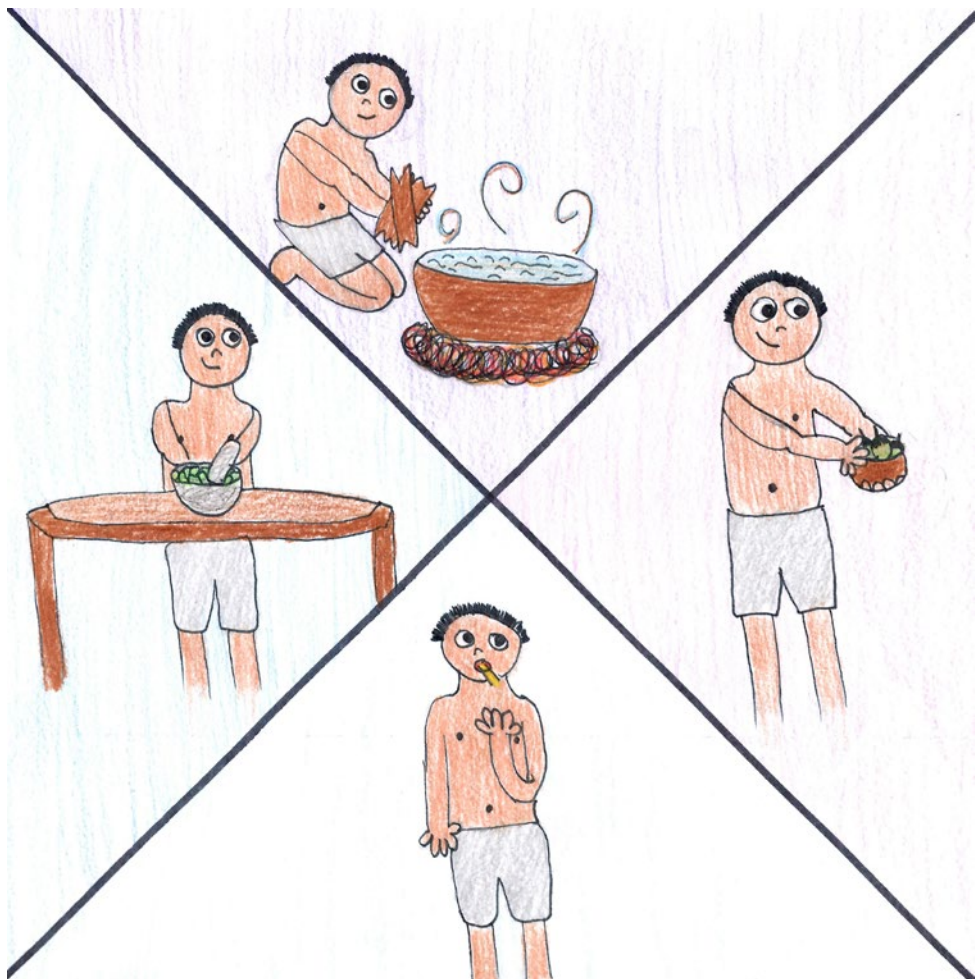
Eucalyptus leaves can be infused for body pains, fevers and chills. It is also believed to help treat a variety of respiratory issues and health problems such as arthritis.

Today the oil is used commercially in mouthwash, throat lozenges and scented candles.

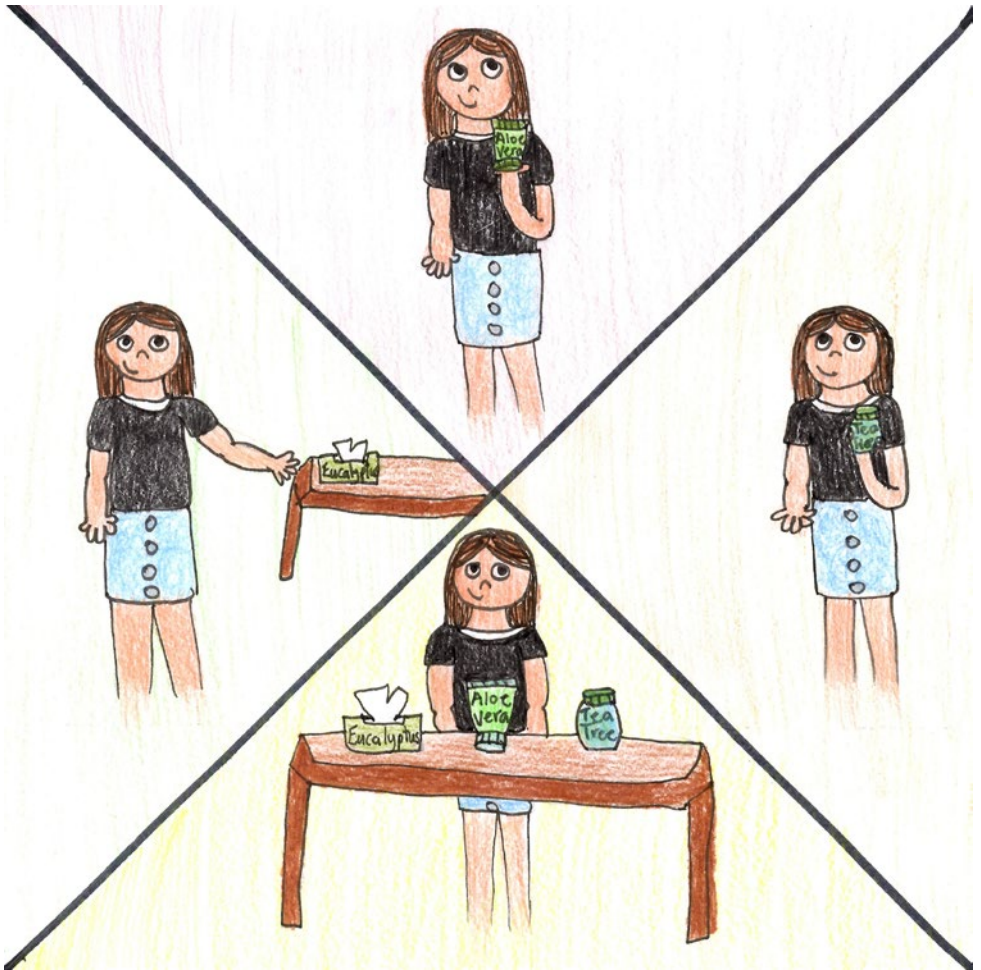
Every part of the plant Pig Face can be used for food and/or as a medicine.

The leaves are full of moisture and can be used to relieve sunburn, lessen stings and burns, and to help wounds heal, just like we use Aloe Vera today. Pig Face leaves are fleshy and have an antiseptic and anaesthetic effect. Their fruit are full of nutrients and are salty-sweet, tasting similar to a fig or kiwi fruit.





The Indigenous people of Australia have used bush medicines for over 60,000 years. Their strong connection to the land and knowledge of how to harvest bush medicines from our native plants enabled them to survive even the harshest conditions of the outback.



Many of these methods have been adapted to fit modern medicine, as well as still being used traditionally as home remedies. An example of this would be Tea Tree and Eucalyptus. Tea Tree can commonly be used to help acne and fungal infections. Eucalyptus is a scent, anti-bacterial and antiseptic that is in a lot of commonly used products such as tissues and pain relief products.



With their intimate knowledge of Australian plants, Australia's Indigenous people were able to adapt to all environments throughout our country.

Their ability to use these plants for bush medicines enabled them to remain healthy and treat all sorts of illness, sickness, conditions and wounds.

Knowledge of bush medicines can still help people today as it has done for thousands of years.



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Narrabri Public School, Year 6 2020



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