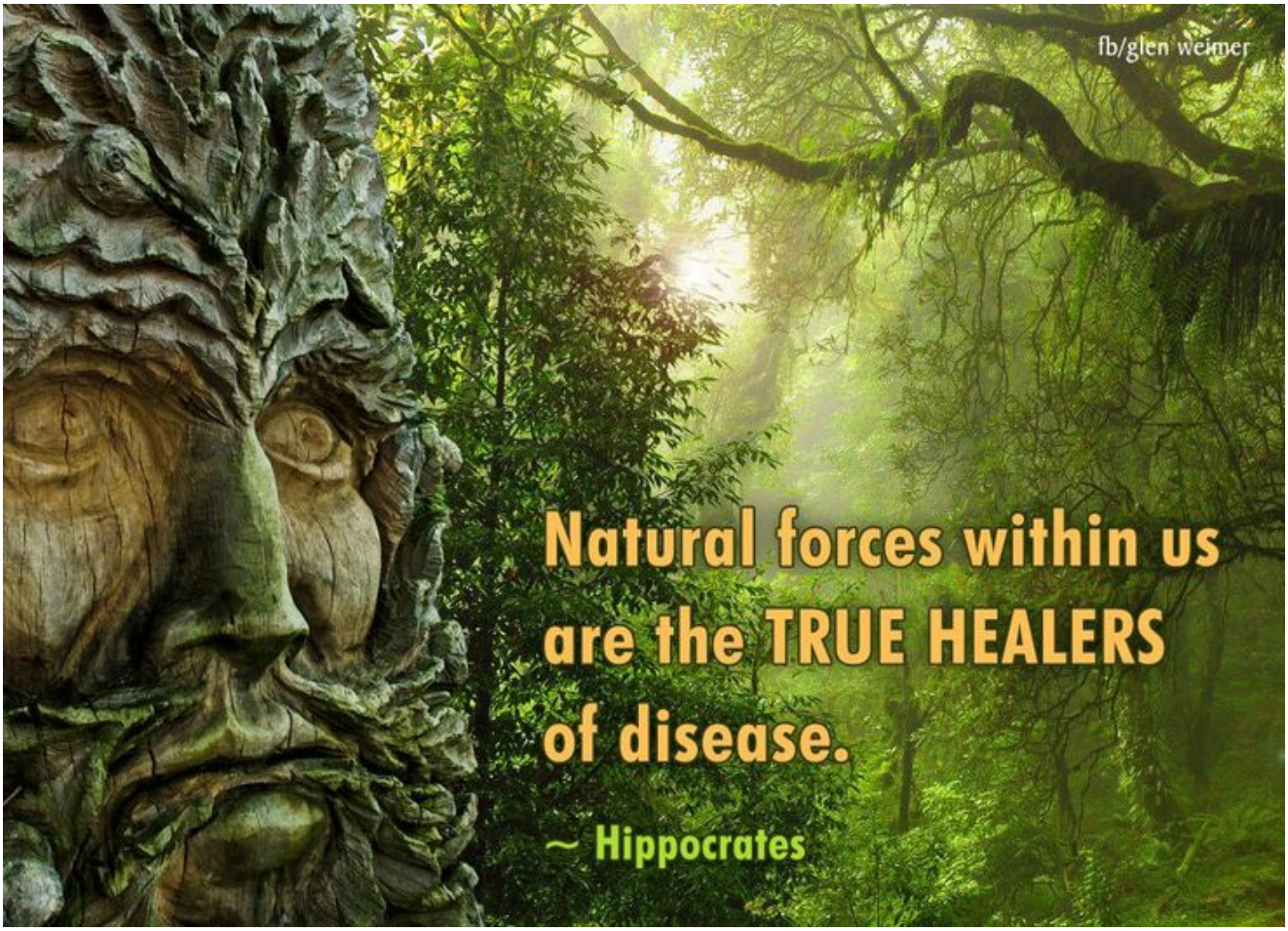
PLANTS & HERBS

The 8 Best Healing Herbs According to the Bible

By bestfolkmedicine · 27/07/2019 · 3 min read



For thousands of years, people have been using healing herbs for their medicinal and culinary advantages.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

This being said, in today's article, we're going to talk about some of the most powerful herbs according to the Bible and what their uses were and what their uses are today.

According to the Bible, 'God provides us with herbs for the service of man'.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

8 Potent Herbs Mentioned in the Bible

- **Anise**

During Biblical times, all parts of the anise plant were used. They were used to cool high temperature, but for numerous other medicinal properties. Nowadays, anise is used for improvement of digestion and reduction in flatulence. Being an antispasmodic, it can also be of aid for bronchitis, COPD, and coughs. It's most commonly consumed in tea form.

- **Aloe vera**

In ancient times, this plant was used for the embalming of the dead, as well as for perfume. It's also been used for skin issues like wounds, burns, and irritations. When taken orally, it can help with constipation. Today, it's commonly used to relieve burns, dry skin, and rash healing. According to some research, it may be of aid for reduction of blood sugar in type 2 diabetes and lower liver damage from alcohol overconsumption.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

- **Cumin**

In ancient times, cumin seeds were dried and used as flavoring for meals. Nowadays, cumin is used in the fight against diabetes. Also, cumin may help with cancer treatment because of an anticancer phytochemical present in it.

- **Garlic**

In numerous cultures, for thousands of years, garlic has been used as both food and medicine. Nowadays, it's used to strengthen the immunity and avert heart illness. Moreover, it can help with hypertension and high cholesterol. When consumed regularly, garlic may lower the chance for cancer.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

- **Mustard**

Mustard grew abundantly in Palestine and was regularly used, especially the mustard seed. Today, it's considered to possess antitumor characteristics because of the compound in it known as AITC.

- **Saffron**

In ancient times, saffron wasn't just used as flavoring, but for the making of ancient dyes. The people then used it to alleviate upset stomach, small pox, and bubonic plaque. Nowadays, its possible health benefits include cancer inhibition, antidepressant impact, and feeling of fullness.

- **Myrrh**

In Biblical times, myrrh was used as spice and as salve for dead purification. In the Roman world, it was considered a potent cure for different health problems, from hemorrhoids to earaches. Nowadays, it's regularly used for its antifungal, antibacterial, and anti-parasitic characteristics. Also, it's often diffused into the air during meditation and prayer.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

- **Cinnamon**

Cinnamon was considered to be more precious than gold in ancient times because of its numerous healing properties. The bark of where the oil originates was collected for perfume and anointing oil. Today, cinnamon is often used as a natural cure for high glucose and being antifungal, it can be of aid for yeast infection treatment. Plus, it can lower gas and calm an upset stomach.

Sources:

LINES AND PRECEPTS

DR AXE

Read online: https://bestfolkmedicine.com/2019/07/the-8-best-healing-herbs-according-to-the-bible/

Downloaded on 25/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.