

## BOOK REVIEW

### *Plants and fragrances with biblical significance*

#### *Nourishment for body and soul*

*Ovidiu Bojor*

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For the religious and lay scientific literature in Romania this paper is groundbreaking.

The two authors of the work, a scientist, Dr. Pharmacist Ovidiu Bojor, member of the Academy of Medical Sciences and Senior Pharmacist colonel (retired) Dumitru Raducanu, who also has scientific training but, at the same time, a good knowledge of biblical chapters and verses from the Old and New Testament, have joined forces in order to create a connection between Science and Theology.

The authors have selected over 60 vegetal species, many of which grow or can be found in Romania, as well.

Each monograph presents the following information:

- the scientific name, names in Romanian, Hebrew, French, English and German;
- remarks with biblical significance from the chapters and verses of the Old and New Testament;
- the scientific description of each species;
- the chemical composition;
- the pharmacological and biological effect;
- their use in religious practices and ceremonies but also therapeutically and the manner of administration.

A lot of plants and fruit trees that are mentioned in the Bible have a nourishing value also, starting with the wheat that provides our daily bread, not to mention lentils, millet, almond trees, pomegranates, olive trees and a whole range of other species. Starting from the biblical precept in the Genesis (1.29): "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.", the authors consider that a mainly vegetarian regime is on the keys to longevity and to preventing a lot of illnesses.

Nowadays, nutritionists do not have an exclusivist approach. They recommend light proteins of animal origin also, especially to children and adolescents below 18 years old. But all these light proteins must be associated with as much vegetal food as possible: vegetables, fruits and grain.

The second part of the book presents the catalogue of natural products on the Romanian market. This catalogue finds its place in the section dedicated to the biblical plants.

Another category of plants mentioned in the Bible has the properties of spices, and it includes rosemary, cumin, anise, while other plants have healing effects in the case of many ailments.

Incense and myrrh are used in various Christian cultures and in other cultures too. Besides their religious significance, they also have a preventive therapeutic value.

Used during the religious services, these spices disinfect the closed spaces inside crowded churches, protecting the worshippers from the pathogenic action of transmissible viruses or bacteria. This was the starting point of aromatherapy, a branch of phytotherapy. As a general remark on the work 'Plants and fragrances with biblical significance', I can draw the following conclusion: it is a useful work that makes the connection between Science and Religion, Science and Theology.

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