

## Rediscovery of Forgotten Remedies: Exploration of Ancient European Texts for the Identification of Medicinal Plants Targeting Metabolic Diseases.

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This study explores the rediscovery of medicinal plants and their traditional uses through the analysis of European manuscripts from the modern (c.1450–1800) and contemporary (post-1800) periods. These historical texts serve as valuable sources of information on natural treatments used for various diseases, notably metabolic disorders. Five books were selected and examined based on a compilation of medical terminologies related to liver diseases, diabetes, and obesity. The plant names identified in those texts were systematically cross-referenced with current botanical nomenclature using the International Plant Names Index (IPNI) to ensure accurate classification. Among the numerous plant species recorded, four—*Agrimonia eupatoria*, *Chelidonium majus*, *Geum urbanum* and *Alchemilla vulgaris*—were consistently cited across multiple manuscripts. Although historically recognized for their medicinal properties, these plants remain largely understudied in modern scientific literature, particularly in relation to their biological activities in the context of metabolic diseases. The next phase of this project will focus on evaluating the therapeutic and/or preventive potential of their extracts against metabolic diseases, with a particular emphasis on non-alcoholic fatty liver disease (NAFLD). This will be achieved by testing the extracts in vitro on hepatic cell cultures under lipotoxic conditions. By integrating ancient knowledge with contemporary scientific methodologies, this research aims to identify new, ethical, and sustainable therapeutic solutions that highlight the value of local medicinal plants.