

## ALLERGENIC PLANTS IN THE ENVIRONMENT AND THEIR MEDICAL SIGNIFICANCE: UNIVERSITY TEXTBOOK REVIEW

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The University of Mostar recently published the university textbook „Alergene biljke u okolišu i njihov medicinski utjecaj: sveučilišni udžbenik“ („Allergenic Plants in the Environment and Their Medical Significance: University Textbook“) by Professors Danijela Petrović, PhD, Branko Krišto, MD, PhD, Milenko Bevanda, MD, PhD and Associate Professor Aldin Boškailo, PhD.

### CONTENT AND STRUCTURE

The book is a comprehensive professional publication that systematically covers various aspects of allergenic plants - from botany, through aerobiology, to clinical implications for human health. The main segments covered in the book:

1. Plant species - the authors analyze in detail the most common allergenic plants in the environment: grasses, trees, and weeds.
2. Pathophysiology of allergic reactions - the book explains the mechanisms by which pollen (and other plant allergens) trigger immune reactions in humans.
3. Diagnostics and therapy - practical recommendations for medical professionals are provided: how to recognize allergies, how to diagnose, and how to treat and prevent allergic conditions.
4. Prevention - the emphasis is also on education and practical advice on how to reduce exposure to allergenic plants.
5. Pollen calendar - the book provides a pollen calendar, which is very important for understanding seasonal allergy patterns.
6. Illustrations and visuals - the book contains original illustrations, which helps both scientists and laypeople to recognize allergenic plants.

The book has an interdisciplinary approach; it combines botany, medicine (allergology), and public health, which is rare in the literature in this region. It is not only an academic publication - it also serves as a manual for doctors, but also for the general public who want to understand allergic reactions triggered by plants. Allergies are, according to the authors and promoters of the book, a significant health problem of the 21<sup>st</sup> century, so the book can serve as a tool for raising awareness and planning preventive measures.

Since the authors are from Bosnia and Herzegovina and Mostar, the book is adapted to local plant species and climatic conditions, which is a great advantage because it provides relevant information for the region. The authors are recognized experts (professors and researchers), which gives the book necessary authority. Regarding practical applicability of the textbook, readers can learn how to recognize allergenic plants in the environment and how to reduce the risk. In addition to experts, the book is useful for students, but also for patients who want to better understand plant-caused allergies. The illustrations and calendar give the book special value - they improve understanding and help visualize plant allergens.

### CONCLUSION

The book "Allergenic Plants in the Environment and Their Medical Significance" by Danijela Petrović, Branko Krišto, Milenko Bevanda and Aldin Boškailo represents a very important and useful contribution to the knowledge of plant allergens in the region. The book is excellently designed as a bridge between botany, medicine and public health and offers scientific insights and practical advice at the same time.

For anyone interested in allergies, pollen, public health or ecology, this book can serve as an indispensable resource. It is particularly relevant for clinicians,

students and scientists, but also for a wider audience who want to better understand how environmental plants affect human health.

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