Currently used traditional phytomedicines with hot nature in Iran

Peyman Mikaili 1*, Jalal Shayegh 2, Mohammad Hossein Asghari 3, Shadi Sarahroodi 4, Massoumeh Sharifi 5

1 Department of Pharmacology, School of Medicine, Urmia University of Medical Sciences, Urmia, Iran
2 Department of Veterinary Medicine, Faculty of Agriculture and Veterinary, Shabestar branch, Islamic Azad University, Shabestar, Iran
3 Department of Veterinary Medicine, School of Veterinary Medicine, Urmia University, Urmia, Iran
4 Department of Physiology and Pharmacology, School of Medicine, Qom University of Medical Sciences, Qom, Iran
5 Department of Intensive Care, Urmia University of Medical Sciences, Urmia, Iran

ABSTRACT

Herbal therapy in Iran dates back to a long time ago and a number of writings regarding this issue are left by great physicians e.g. Avicenna and Rhazes. Today, in spite of remarkable advances in modern medicine, we are confronted with an increasing tendency towards herbal remedies among those seeking for traditional therapies. But according to our knowledge, there is no report about the plants used in Iranian herbal medicine with hot and balanced nature. Medical students were grouped for gathering data from ethno-pharmacologists, herbal-drug sellers and rural native-healers, from different regions of Iran, especially Northwest, Southwest, Central and Northern provinces. All data collected, were summarized for every species. For each repeated report of a certain indication we added “a point” to the specification of that plant. If the number of every reported indication was more than 7-15 times we reported that indication or pharmacological effect in our final report in this article. We thought that, the higher frequency of the reports of an activity or indication, may mean the most reliable applications of that plant in Iranian traditional medicine. 44 species received the higher points as hot or balanced nature plants in Iranian traditional herbal medicine. These herbs are presented here with their specifications. We have summarized the collected data as Scientific name, Family names, English name, Persian name, therapeutic nature (cold, hot or balanced), suggested actions and pharmacology, indication and usage, used parts/preparation, mode of administration. Other comments are added in the end of the represented data. Although we have presented nearly an integrated information about the hot and balanced nature plants currently used in Iranian herbal Medicine, we did not find any direct relationship between the pharmacological properties and the cold or hot nature of the studied plants. This report, according to our best knowledge, was the first specific one describing the plants with hot and balanced nature in Iranian herbal medicine. But, for recognizing the exact relationship between hot and balanced nature and the pharmacological activities of the plants, other extended studies should be performed.

Keywords: Herbal medicine, Iranian traditional medicine, hot and balanced nature of herbs, a Field study.
INTRODUCTION

Phytomedicine, also called herbal therapy is an important branch of complementary and alternative medicine and is in fact a traditional therapeutic system which takes advantage of herbal plants to prevent and cure maladies and improve general health (Givens, 2006).

Herbal therapy in Iran also dates back to a long time ago and a number of writings regarding this issue are left by great physicians e.g. Avicenna and Rhazes. Today, in spite of remarkable advances in modern medicine, we are confronted with an increasing tendency towards herbal remedies among those seeking for traditional therapies. Evidences show that the number of patients visiting practitioners of traditional medicine in United States is increasing and Americans’ use of herbal medications continues to rise (Riddle, 1985). Approximately $20.1 billion was spent on herbal preparations in 2003, with about 16% of Americans reporting that they were using both herbals and prescriptive medications at the same time (Rhizopoulou, 2007). Many factors may be involved in such eagerness; among them, every day discovery of adverse affects of chemicals also their risk for pollution of environment and on the other hand, poverty may be considered as the most important cause. Based on the World Health Organization statistics, more than 80% of people in developing countries resort to herbal remedies to provide their therapeutic needs (Pavord, 2005). Approximately 50% of patients benefit from some types of traditional medicine and many of them do not inform their physicians about such interventions (Heilmeyer, 2007).

Among the brilliant contributors to the sciences of Pharmacy and Medicine during the Arabian era was one genius who seems to stand for his time - the Persian, Ibn Sina (about 980-1037), called Avicenna by the Western world. Pharmacist, physician, philosopher and diplomat, Avicenna was a favorite of Persian princes and rulers. He wrote in Arabic. His pharmaceutical teachings were accepted as authority in the West until the 17th century, and still are dominant influences in the Orient. He composed the Kitab ash-shifa' ("Book of Healing"), a vast philosophical and scientific encyclopedia, and the Canon of Medicine, which is among the most famous books in the history of medicine. Avicenna's Book of Healing" was translated partially into Latin in the 12th century, and the complete Canon appeared in the same century.

Ahmad Parsa reviews the important Persian classical or more recently sources for Pharmacology: One of the first and most important of the Persian works on pharmacology is the “kitabulabnyat an haqa'iq-uladviyat”, or “Book of the Foundations of the true Properties of the Remedies”, written about A. D. 970 by the Persian Physician Abū Mansūr, who during one of his journeys visited India. The text has been examined by R. Seligmann from a unique manuscript of Vienna dated 1055, the oldest existent Persian manuscript. There is a translation by A. K. Akhündow from Baku. This has been rendered into German and published by Dr. R. Kobert in his “Historisches: Die pharmacologischen Grundsätze des Abu Mansur Muwaffak, 1893”.

In the year 1681 there was published in Paris the “Pharmacopoeia Persica, ex idiomate Persico in Latinum conversa, opus missionaris, mercatoribus, caeterisque Ilegionum Orientalium, Lustratoribus necessarium nec non Europaeis Nationibus perulte.” This was written by a Carmelite monk, Frater Angelus. There is a short list of a few raw drugs, but the work contains chiefly prescriptions for pharmaceutical preparations, many of which are made up of fifteen to twenty ingredients.
A valuable work of more recent date is one published in Teheran in 1874. It was compiled by Professor J. L. Schlimmer, of the Polytechnic College of Teheran. It is written in French, and entitled “Terminologie Médico-Pharmaceutique et Anthropoligique Française-Persane.” This contains a full list of medicinal plants of Iran with identification made mostly by Haussknecht of Weimar.

Dr. J. E. T. Aitchison has botanically explored portions of Iran and the neighboring regions, and his “Notes on the Products of Western Afghanistan and of North-Eastern Persia,” published in Edinburgh in 1890, is most useful for reference. Dr. William Dymock, for many years Medical Storekeeper for Bombay, had exceptional opportunities of studying the drugs coming into India from the Persian Gulf. His “Vegetable Materia Medica of Western India” (1885) and, later, his “Pharmaeographia Indica” are storehouses of information on the trade, natural history, and composition of Oriental drugs. One of the most valuable works of very recent date is the “Useful plants and drugs of Iran and Iraq” by David Hooper, Wellcome Historical, Medical Museum, London, with notes by Henry Field, Curator of Physical Anthropology, published in the Botanical Series of the Field Museum of Natural History, Volume IX, Number 3 (1937). In this very interesting work the vernacular names, local properties, and uses of each drug can be seen. Use has also been made of the Flora of Iran, by Ahmad Parsa, and Flora of British India by Hooker.

According to the best knowledge of us, there is not any documented report about the hot and balanced nature plants used currently in the Iranian herbal medicine. We have presented the results of our field research, in this subject.

**MATERIALS AND METHODS**

For data collection, the junior medical students were grouped into several groups. Then, the information gathered from ethno-pharmacologists, herbal-drug sellers and rural native-healers, from different regions of Iran, especially Northwest, Southwest, Central and Northern provinces. All data collected, were summarized for every species. For each repeated report of a certain indication we added “a point” to the specification of that plant. If the number of every reported indication was more than 5-20 times we reported that indication or pharmacological effect in our final report in this article. We thought that, the higher frequency of the reports of an activity or indication, may mean the most reliable applications of that plant in Iranian traditional medicine. We report here, the plants used in Iranian traditional herbal medicine with hot and balanced nature.

**RESULTS**

44 species received the higher points as hot and balanced nature plants in Iranian traditional herbal medicine. These herbs are presented here with their specifications. We have summarized the collected data as Scientific name, Family names, English name, Persian name, therapeutic nature (cold, hot or balanced), suggested actions and pharmacology, indication and usage, used parts/preparation, mode of administration. Other comments are added in the end of the represented data.

[1] Scientific name: *Thymus vulgaris* L.  
Family: *Labiatae*  
English name: Garden thyme  
Persian name: Āvisham
Nature: Hot
Suggested Actions and pharmacology: Hypoglycemic, hypolipidemic, gastric tonic, antifungal, analgesic, anticonvulsive, blood tonic.
Indication and Usage: Common cold, dermatophytic infections, pulmonary infections, rhinitis, pharyngitis, heart-burn, vision disorders, bronchitis.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take ½ cup after meals.

[2] Scientific name: *Cirtus medica* L.
Family: *Rutaceae*
English name: Citron tree
Persian name: Otroj, Toranj
Nature: Hot
Suggested Actions and pharmacology: Analgesic, antispastic
Indication and Usage: Infections, vomiting, diarrhea, hiccup, vitamin C requirement.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup after meals.

Family: *Labiatae*
English name: Lavender
Persian name: Ostokhoddūs
Nature: Hot
Suggested Actions and pharmacology: Nerve tonic, antipyretic, energizer, anticonvulsive, hypnotic.
Indication and Usage: Bronchitis, coryza, epilepsy, seizures, neurological disorders, headache, vertigo, tremor, head trauma, amnesia, gout, respiratory tract infections, grippe.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: 2-3 cups is taken between meals and it is taken before bed.

[4] Scientific name: *Artemisia absinthium* L.
Family: *Compositae*
English name: Common wormwood, absinthium
Persian name: Efesentīn
Nature: Hot
Suggested Actions and pharmacology: Appetizer, antipyretic, sedative, vasodilator, anthelminthic,
Indication and Usage: Anorexia, internal disease, constipation.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup after meals.

[5] Scientific name: *Pimpinella anisum* L.
Family: *Umbelliferae*
English name: Anise
Persian name: Anīsūm
Nature: Hot
Suggested Actions and pharmacology: Anthelminthic.
Indication and Usage: Nausea, bloating.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup after meals.
[6] Scientific name: *Arctium lappa* L.
Family: *Compositae*
English name: Burdock, Clot-bur
Persian name: Bābā-ādam
Nature: Hot
Suggested Actions and pharmacology: Diuretic, blood tonic.
Indication and Usage: kidney insufficiency, gout, rheumatoid arthritis, measles, scarlet fever.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup after meals.

[7] Scientific name: *Anthemis nobilis* L.
Family: *Compositae*
English name: Chamomile flowers
Persian name: Bābūneh
Nature: Hot
Suggested Actions and pharmacology: Gastric tonic, disinfectant, nerve tonic, anthel.
Indication and Usage: Acne, dysmenorrhea.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup after meals.
*It ameliorates the phlegmatic fever.*

[8] Scientific name: *Dracocephalum moldavica* L.
Family: *Labiatae*
English name: Moldaviam dragon head, Moldaviam balm
Persian name: Bādranjbūyeh
Nature: Hot
Suggested Actions and pharmacology: anticonvulsive, stress relieving, cardiac tonic, nerve tonic, hematopoetic, hypnotic.
Indication and Usage: Pregnancy vomiting, neurological disorders, bronchitis, colic, abdominal spasm, insect stings.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup after meals.

[9] Scientific name: *Juglans regia* L.
Family: *Juglandaceae*
English name: Persian walnut
Persian name: (Barg-e-) Gerdū
Nature: Hot
Suggested Actions and pharmacology: Hypoglycemic, anti-inflammatory.
Indication and Usage: Gout, arthralgia.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup before meals.
*It ameliorates the arthritis due to the cold nature of the patient.*

[10] Scientific name: *Achillea millefolium* L.
Family: *Compositae*
English name: Milfoil, Yarrow
Persian name: Būmādarān
Nature: Hot
Suggested Actions and pharmacology: Energizer, anticonvulsive, nerve tonic, cardiac tonic, Antihemorrhoidic.
Indication and Usage: Gastritis, enteritis, rheumatoid arthritis, gout, premature menorrhhea syndrome (PMS), angina pectoris.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup before meals.

Family: *Rutaceae*
English name: Sour orange, Seville orange.
Persian name: Bahār-nārenj
Nature: Hot
Suggested Actions and pharmacology: nerve tonic, mind refresher, anticonvulsive, sedative, antidepressive.
Indication and Usage: Histeria, depression, neurological disorders, insomnia, hiccup.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: 2-3 cups is taken between meals and it is taken before bed.

[12] Scientific name: *Mentha pulegium* L.
Family: *Labiatae*
English name: Penny royal, Pudding herb
Persian name: Pūneh
Nature: Hot
Suggested Actions and pharmacology: Expectorant, astringent, vasodilator, disinfectant, antidiarrheal.
Indication and Usage: Grippe, pertussis, bloating, anorexia, heart-burn.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup before meals.

Family: *Lauraceae*
English name: Cinnamon tree
Persian name: Dārchin
Nature: Hot
Suggested Actions and pharmacology: Nerve tonic, gastric tonic.
Indication and Usage: Impotency, productive cough, anxiety, unpleasant mouth smell.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take 1/2 cup after meals.

Family: *Umbelliferae*
English name: Common fennel
Persian name: Rāziyāneh
Nature: Hot
Suggested Actions and pharmacology: Diuretic, Lactigenic, odorant.
Indication and Usage: Bloating, gout, hemorrhoids, colic, amenorrhea.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take 1/2 cup after meals.
*It ameliorates the phlegmatic signs.
Family: *Labiatae*
English name: Rosemary
Persian name: Roz-mārī
Nature: Hot
Suggested Actions and pharmacology: liver protective, gastric tonic, hepatitis.
Indication and Usage: pertussis, vertigo, jaundice.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take 2 cups between meals.

[16] Scientific name: *Crocus sativus* L.
Family: *Gramineae*
English name: Saffron, Crocus
Persian name: Za’farān
Nature: Hot
Suggested Actions and pharmacology: Odorant, energizer.
Indication and Usage: Dyspepsia, heart-burn.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup before meals.

Family: *Zingiberaceae*
English name: Ginger, Officinal ginger
Persian name: Zanjābīl
Nature: Hot
Suggested Actions and pharmacology: Expectorant, cholagogue.
Indication and Usage: Rheumatoid arthritis, myalgia, nausea, tissue tonic.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take 1/2 cup after meals.

[18] Scientific name: *Hyssopus angustifolius* M.B.
Family: *Labiatae*
English name: Hyssop
Persian name: Zōfā
Nature: Hot
Suggested Actions and pharmacology: Expectorant, pulmonary tonic, astringent, gastric tonic, blood tonic.
Indication and Usage: Common cold, asthma, hypersensitivity, bloating.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take 1/2 cup after meals.

[19] Scientific name: *Cuminum cyminum* L.
Family: *Umbelliferae*
English name: Cumin, Cummin
Persian name: Zireh-sabz
Nature: Hot
Suggested Actions and pharmacology: Lactigenic, blood tonic, digestive, antiparasitic.
Indication and Usage: Bloating
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take 1/2 cup after meals.
[20] Scientific name: *Carum carvi* L.  
Family: *Umbelliferae*  
English name: Caraway  
Persian name: Zīreh-siyāh, Zīreh  
Nature: Hot  
Suggested Actions and pharmacology: Hypolipidemic, digestive, Lactigenic, antiparasitic.  
Indication and Usage: Bloating, hyperlipidemia.  
Used parts/preparation: Infusion of the leaves.  
Mode of Administration: Take 1/2 cup after meals.

[21] Scientific name: *Valeriana officinalis* L.  
Family: *Valerianaceae*  
English name: Common valerian  
Persian name: Sonbol-ot-Teyb  
Nature: Hot  
Suggested Actions and pharmacology: Hypnotic, anti-hysteric, cardiac tonic, sedative, energizer.  
Indication and Usage: Asomnia, Migraine headache, anorexia, diabetes mellitus, anxiety, phobia, enteritis.  
Used parts/preparation: Infusion of the leaves.  
Mode of Administration: Take 1/2 cup after meals.

[22] Scientific name: *Nigella sativa* L.  
Family: *Ranunculaceae*  
English name: Garden fennel-flower, Black cumin  
Persian name: Siyāh-dāneh  
Nature: Hot  
Suggested Actions and pharmacology: Gastric tonic  
Indication and Usage: Induction of abortion  
Used parts/preparation: Infusion of the leaves.  
Mode of Administration: 2 cups is taken daily.

[23] Scientific name: *Allium sativum* L.  
Family: *Liliaceae*  
English name: Garlic  
Persian name: Sīr  
Nature: Hot  
Suggested Actions and pharmacology: Hypolipidemic, hypoglycemic, antibacterial, antineoplastic.  
Indication and Usage: Antidote for nicotine poisoning and air pollution.  
Used parts/preparation: Infusion of the leaves.  
Mode of Administration: Take a cup after meals and it is taken before bed.

[24] Scientific name: *Ocimum basilicum* L.  
Family: *Labiatae*  
English name: Sweet basil, basil  
Persian name: Shāh-sparān, Reyhān-sabz  
Nature: Hot  
Suggested Actions and pharmacology: Sedative, cardiotonic, hematopoetic.  
Indication and Usage: Diarrhea, bloating  
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup after meals.

[25] Scientific name: *Glaucium spp.* Miller  
Family: *Papaveraceae*  
English name: Horn poppy  
Persian name: Shaghâyagh  
Nature: Hot  
Suggested Actions and pharmacology: Sedative, relaxant, antidepressant.  
Indication and Usage: Anxiety  
Used parts/preparation: Infusion of the leaves.  
Mode of Administration: Take a cup after meals and it is taken before bed.

[26] Scientific name: *Trigonella foenum-graecum* L.  
Family: *Papilionaceae*  
English name: Fenugreek trigonella  
Persian name: Shanbalīleh  
Nature: Hot  
Suggested Actions and pharmacology: Hypolipidemic, hypoglycemic, energizer, fattener, hair growth improver.  
Indication and Usage: Sexual impotency, bloating, anorexia, anemic, alopecia, osteopenia.  
Used parts/preparation: Infusion of the leaves.  
Mode of Administration: Take a cup before meals.

[27] Scientific name: *Anethum graveolens* L.  
Family: *Umbelliferae*  
English name: Common dill, anet  
Persian name: Shevīd  
Nature: Hot  
Suggested Actions and pharmacology: Hypolipidemia, Lactigenic, gastric tonic.  
Indication and Usage: Hypercholesterolemia, obesity, bloating, hiccup, abdominal pain, amenorrhea, dyspnea, back-ache, cystitis, nephritis.  
Used parts/preparation: Infusion of the leaves.  
Mode of Administration: Take a glass before meals.

[28] Scientific name: *Glycyrrhiza glabra* L.  
Family: *Papilionaceae*  
English name: Liquorice  
Persian name: Shirin-bayān  
Nature: Hot  
Suggested Actions and pharmacology: Antitussive, cholagogue, tonic of alimentary tract, expectorant, antihemorrhoidic.  
Indication and Usage: Gastric and duodenal peptic ulcer disease, heart-burn, laryngitis, Kidney and pulmonary infections, constipation.  
Used parts/preparation: Infusion of the roots.  
Mode of Administration: Take a glass after meals.

[29] Scientific name: *Ziziphora persica* Bunge.  
Family: *Labiatae*  
English name: Field-basil, Ziziphora  
Persian name: Kākūtī
Nature: Hot
Suggested Actions and pharmacology: Antifungal, gastric tonic, antiparasitic.
Indication and Usage: Sciatic pain, respiratory tract infections, dyspepsia, anorexia, vision disorders.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a glass daily.

Family: Labiatae
English name: Cat thyme, Poley
Persian name: Kalpûreh
Nature: Hot
Suggested Actions and pharmacology: antidiarrheal, hypnotic, antiparasitic, antifungal, antitussive.
Indication and Usage: Diabetes mellitus, Rheumatoid arthritis, paranasal sinusitis, bloating, menorrheal, discharge, wound disinfection, gingivitis, tonsillitis, acne, itching, dyspepsia, amenorrhea.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup after meals.

[31] Scientific name: Urtica dioica L.var.dioica
Family: Urticaceae
English name: Stinging
Persian name: Gazaneh
Nature: Hot
Suggested Actions and pharmacology: hypolipidemic, hypoglycemic, antihemorrhagic, vasodilator, diuretic, energizer, lactigenic.
Indication and Usage: Skin diseases, dyspnea, gingivitis, amenorrhea.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup before meals.
*It is effective for tonsillitis and uveitis.

Family: Rosaceae
English name: Damask rose, Persian rose
Persian name: (Gol-e-) Golâb, Gol-e-Mohammadî
Nature: Hot
Suggested Actions and pharmacology: Odorant, expectorant, cardiotonic, gastric tonic, laxative, Lactigenic.
Indication and Usage: Fatigue, hemoptesia, gingivitis, pulmonary disorders.
Used parts/preparation: Infusion of the flowers.
Mode of Administration: Take a cup before meals it is taken before bed.

[33] Scientific name: Heracleum persicum Desf.ex Fischer.
Family: Umbelliferae
English name: Persian cow-parsnip
Persian name: Golpar
Nature: Hot
Suggested Actions and pharmacology: Digestive, antimicrobial, uretic, nerve tonic, odorant.
Indication and Usage: bloating
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup after meals.

[34] Scientific name: *Echium amoenum* Fisch. & Mey.
Family: *Boraginaceae*
English name: Viper’s bugloss
Persian name: Gol-e-gāvzābān
Nature: Hot
Suggested Actions and pharmacology: Cardiac tonic, nerve tonic, potent analgesia, skin refresher, antiparasitic.
Indication and Usage: Nephritis, nerve tonic, myalgia.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup after meals and it is taken before bed.

[35] Scientific name: *Tanacetum parthenium* (L.) Schultz-Bip
Family: *Compositae*
English name: Feverfew chrysanthemum
Persian name: Bābūneh-gāvī, Makhlaseh
Nature: Hot
Suggested Actions and pharmacology: Antidote against poisoning, Laxative, gastric tonic.
Indication and Usage: Colic pain, backache, myalgia, arthralgia.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup after meals.

[36] Scientific name: *Satureja hortensis* L.
Family: *Labiatae*
English name: Summer savory, annual savory
Persian name: Marzeh
Nature: Hot
Suggested Actions and pharmacology: Alimentary tonic
Indication and Usage: Osteoporosis, parasitism, gout, colic pains.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup before meals.

[37] Scientific name: *Salvia officinalis* L.
Family: *Labiatae*
English name: Garden sage
Persian name: Maryam-golī
Nature: Hot
Suggested Actions and pharmacology: Anti-inflammatory effects
Indication and Usage: Bloating, paranasal sinusitis, parasitism, nephrolithiasis, splenitis, gastritis, enteritis.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup after meals.

[38] Scientific name: *Dianthus persicus* Hausskh.
Family: *Caryophyllaceae*
English name: Pink, Carnation
Persian name: Mikhak
Nature: Hot
Suggested Actions and pharmacology: Nerve tonic, expectorant
Indication and Usage: Headache, toothache, gingivitis, production cough, dyspnea
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup after meals.

[39] Scientific name: *Mentha piperta* L.
Family: *Labiatae*
English name: Peppermint, Lamb-mint, black mint.
Persian name: Na’nā
Nature: Hot
Suggested Actions and pharmacology: Gastrotonic for children, hematopoetic, anticonvulsive.
Indication and Usage: Abdominal pain, bloating, anorexia, hyperthermia of the children, hiccup.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup after meals.

[40] Scientific name: *Rosa canina* L.
Family: *Rosaceae*
English name: Common briar, Dog rose, Hip rose
Persian name: Nastaran kūhī
Nature: Hot
Suggested Actions and pharmacology: Nerve tonic, cardiotoxic, antidiarrheal, blood tonic.
Indication and Usage: Vitamin C requirement, palpitation, nephritis, heart-burn, scurvy.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take a cup before meals.

[41] Scientific name: *Elettaria cardmomum* Marton.
Family: *Zingiberaceae*
English name: Lesser cardamom, Bastard cardamom
Persian name: Hēl
Nature: Hot
Suggested Actions and pharmacology: Gastric and enteritis tonic, odorant as perfume.
Indication and Usage: Headache, unpleasant mouth smell, specially for removing the garlic smell.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take ½ a cup after meals.

[42] Scientific name: *Medicago sativa* L.
Family: *Papilionaceae*
English name: Alfalfa, Lucerne, cultivated medick.
Persian name: Yonjeh
Nature: Hot
Suggested Actions and pharmacology: Fattener, energizer, blood tonic, hypoglycemic.
Indication and Usage: Anorexia, tremor, neurological disorders.
Used parts/preparation: Infusion of the leaves.
Mode of Administration: Take ½ a cup before meals.

[43] Scientific name: *Aleo vera* L.
Family: *Liliaceae*
English name: Common aloe
Persian name: Sabr-e-zard
Nature: Neutral, balanced  
Suggested Actions and pharmacology: cardiac tonic, gastric tonic, kidney and liver protector.  
Indication and Usage: Acne, itching, eczema, dermal hyper-sensitivity, internal infections, skin wrinkles.  
Used parts/preparation: Infusion of the leaves.  
Mode of Administration: 2-3 cups is taken between meals.

[44] Scientific name: *Salix aegyptiaca* L.  
Family: *Salicaceae*  
English name: Egyptian willow  
Persian name: Bid-meshk  
Nature: Hot  
Suggested Actions and pharmacology: Cardiotonic, nerve tonic, laxative.  
Indication and Usage: Neurological disorders, palpitation, congestive, heart failure.  
Used parts/preparation: Infusion of the leaves.  
Mode of Administration: 2-3 cups is taken between meals and it is taken before bed.

CONCLUSION

Herbal therapy has long been of great interest amongst traditional health professionals and was considered to be the most reliable therapeutic approach until the early 16th century. However, there is not any documented report about the hot and balanced nature plants used currently in the Iranian herbal medicine.

We have presented nearly integrated information about the hot and balanced nature plants currently used in Iranian herbal Medicine. Nevertheless, according to the data of this study, we did not find any direct relationship between the pharmacological properties and the cold or hot nature of the studied plants. This report, according to our best knowledge, was the first specific one describing the plants with hot and balanced nature in Iranian herbal medicine. But, for recognizing the exact relationship between hot and balanced nature and the pharmacological activities of the plants, other extended studies should be performed.

REFERENCES