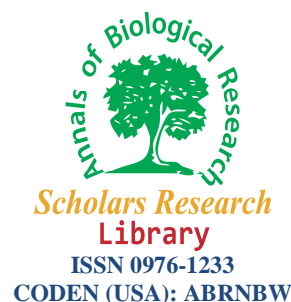




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Currently used traditional phytomedicines with hot nature in Iran

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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-uladvayat", 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. Akhūndow 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 missionariis, mercatoribus, caeterisque lregionum Orientalium, Lustratoribus necessarium nec non Europaeis Nationibus perutile." 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 Anthropologique 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: Otrój, 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.

[3] Scientific name: *Lavandula vera* DC.

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 menorrhea syndrome (PMS), angina pectoris.

Used parts/preparation: Infusion of the leaves.

Mode of Administration: Take a cup before meals.

[11] Scientific name: *Citrus aurantium* L.

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.

[13] Scientific name: *Cinnamomum zeylanicum* Nees.

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.

[14] Scientific name: *Foeniculum vulgare* Miller.

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.

[15] Scientific name: *Rosemarinus officinalis* L.

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.

[17] Scientific name: *Zingiber officinale* Rosc.

Family: *Zingiberaceae*

English name: Ginger, Officinal ginger

Persian name: Zanjabīl

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: Zīreh-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-hysterical, 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, hematopoietic.

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: Shaghāyagh

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: Hyperchlosterolemia, 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.

[30] Scientific name: *Teucrium polium* L.

Family: *Labiatae*

English name: Cat thyme, Poley

Persian name: Kalpūreh

Nature: Hot

Suggested Actions and pharmacology: antidiarrheal, hypnotic, antiparasitic, antifungal, antitussive.

Indication and Usage: Diabetes mellitus, Rheumatoid arthritis, paranasal sinusitis, bloating, menorrhage, 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.

[32] Scientific name: *Rosa damascena* Mill.

Family: *Rosaceae*

English name: Damask rose, Persian rose

Persian name: (Gol-e-) Golāb, Gol-e-Mohammadi

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-gāvzabān

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-gāvi, Makhleseh

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: Mīkhak

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, cardiogenic, 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 cardamomum* 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: Bīd-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.

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