

7th International Conference & Exhibition on

TRADITIONAL & ALTERNATIVE MEDICINE

October 24-26, 2017 | Dubai, UAE

Iranian ethno-pharmacology of herbal and there uses

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Statement of the Problem: This study was down during 2011 up to 2018 to review the traditional important herbal uses in north-west and south of Iran.

Methodology: Herbal therapy in Iran dates to a long time ago and several writings regarding this issue are left by great physicians e.g. Avicenna or Ibn Sīnā was a Persian polymath who is regarded as one of the most significant physicians, astronomers, thinkers and writers of the Islamic golden age. He has been described as the father of early modern medicine and Mohammad-e Zakariyyā-ye Rāzī, etc. Iran is in Middle East and our neighboring countries as Turkish, Iraq, and Afghanistan etc. played a key role in connecting various cultures and civilizations that existed along the silk road. Also, our traditional medicine had cited pharmaceutical dosage forms, e.g. powders, syrups, ointment, extracts, powders, mucilage's, nectars, etc. Treatment with natural drugs in the traditional medicine in Iran is based on the knowledge of the temperament of drugs as well as the knowledge concerning types of effects of drugs on the body. Our botanists have led to recognition of around 150 spontaneous families of angiosperms containing 124 dicotyledonous and 22 monocotyledonous and 4 gymnosperms families. Totally contains about 1450 genera and 8000 species which nearby 2000 species are endemic of Iran. In between, these are medicinal and aromatic plants used as herbal medicine in different states or ecologically zone in Iran as *Tanacetum parthenium*, *Thymus vulgaris*, *Urtica dioica*, *Viola tricolor*, *Vitex agnus-castus*, *Zingiber officinale*, *Silybum marianum*, *Salix alba*, *Sambucus nigra*, *Papaver somniferum*, *Peganum harmala* and *Plantago lanceolata* these are used traditionally. Our ethno pharmacology survey showed that medicinal plants are still widely used by the population in most states in Iran where the study was conducted. The healers' consensus in the treatment of the main reported diseases is high, giving an additional validity to the plants as a traditional remedy. As the use of herbal medicines has increased, so too have the reports of suspected toxicity and adverse events. So, we most take care of using much of them and do not use without prescription. In this presentation am going to present, the phytochemical screening of some medicinal and aromatic plants, and traditionally patients consuming these plants as herbal remedies, like Chahar tokhm, *Peganum harmala*, *Mainth*, *Punica granatum* and *Thymus* spp. are reviewed.

Conclusion & Significance: As you know the uses of herbal in the population of the world, nowadays rich up to 80%. So, to introduce knowledge of our ancient time of Iranian knowledge of hakims or expert people to the world for their health is very important.



Biography

Mohammad Bagher Rezaee has extended his valuable service as a Professor in Research Institute Forests and Rangelands-Tehran-Iran. His international experience includes various programs, contributions and participation in different countries for diverse fields of study. His research interests as a Professor reflect in his wide range of publications in various national and international journals.

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