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A review study on ethnobotanical study of medicinal plants used in relief of toothache in Lorestan Province, Iran

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ABSTRACT

Objective: To document information about medicinal plants existed in Lorestan Province that are effective in relieving toothache.**Methods:** In this study, traditional information was collected from native people living in Lorestan Province Cities and indigenous information was obtained by corporation of cooperators in the Treatment and Health Network in Doroud, Boroujerd, Khoramabad, Pole Dokhtar, Nourabad, and Kouhdasht Cities in Lorestan Province.**Results:** Results of the study showed that people in Lorestan Province used 14 plants in order to relieve toothache. Indigenous information of traditional medicine revealed that medicinal plants of Zagros Mountains in Lorestan Region can be one of the rich and unique resources for producing herbal drugs.**Conclusions:** Mentioned plants in the study contain bioactive materials and their therapeutic effects and mechanism for different diseases have been determined. Variety of medicinal plants used by people, their extensive therapeutic uses in this study and presence of rich and variable vegetation in this province present importance of medicinal plants for traditional treatments. Hence, it is proposed to perform more studies regarding effectiveness and possible harms of medicinal plants used by people in order to take necessary actions to produce natural drugs and relief toothache with their pharmacologic positive effects.

1. Introduction

Pain is one of the today's problems of different societies and a warning for tissue harm. The pain is one of the most common problems that human has always faced and has tried to find a way to get rid of it^[1]. Suffering from pain for a long period may impose undesirable mental effects on the person. Human has always tried to find a solution to decrease or kill the pain. Hence he/she has tried to discover the pain reason and relieve it^[2]. The pain as the most prevalent clinical

complaint has various reasons and in spite of extensiveness of using pain killers, we still have problem to relieve it. So using traditional medicine especially plant therapy has been considered by researchers in recent years^[3]. Nowadays, medicinal plants constitute important part of traditional medicine in many countries and have special position and value in modern therapeutic approaches^[4–9]. At the present time medicinal plants and their derivatives constitute more than 20% of medications in developed industrial countries and 80% in developing countries^[10]. Use of medicinal plants has been the prior choice to resist against diseases. Extracted plants and materials are used to treat different diseases in human^[11–13]. This leads to production of drugs of plant origin like morphine, atropine, ephedrine, codeine, reserpine, vinblastine and vincristine *etc.* Very often available drugs have many side effects^[14–16]. Now to control the pain, drugs such as non-steroidal anti-inflammatory drugs like aspirin, as well as opioids including morphine, meperidine, methadone,

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tramadol, buprenorphine, nalbuphine and other drugs such as antidepressants, corticosteroids and adjuvant analgesic drugs are used to relieve pain^[17,18]. The heritage obtained from the traditional medicines in Iran, before and after Islam, is considered as one of the richest treasures of the science, culture, art and human civilization. According to statements of historians, medical plants sciences and their related sciences have special position in this valuable and unique treasure^[19–21]. World society pays special attention to traditional treatments and necessity to extract drug from natural materials, especially medicinal plants^[22–24].

Regarding importance of valuable indigenous information on traditional treatments, and preventing and treating dental diseases especially making the pain relief safe, effective and cheap, this study was performed with the aim of documenting information of effective medicinal plants of Lorestan Province in treating the toothache decrease. Oral/dental diseases are of the most prevalent complications in the world and majority of people experience these diseases several times during their life^[25].

2. Materials and methods

2.1. Studied region

Lorestan Province is located in the west of Iran between 66°51'–50°3' east longitude from the Greenwich meridian and

32°37'–34°22' north latitude from the equator. This province has four different climates (semiarid, mild semi-humid, cold semi-humid and heights climate). The province occupies an area of about 28300 ha.

Its minimum altitude is 330 m in the Zal Bridge and the maximum altitude is 4050 m in the Oshtorankoooh. This province has variable climate and this variety is completely obvious from north east to south west. Lorestan neighbors Hamedan and Markazi Provinces in the north, Isfahan in the east, Khuzestan in the south and Kermanshah and Ilam Provinces in the west.

2.2. Information collection

Traditional remedial information of the medical plants in this study were obtained through interview and questionnaire and cooperation with the Lorestan planning and management organization, Technology and Research Assistance of Lorestan Medical Sciences; beneficial indigenous information of people in the province were also collected through cooperation of the Treatment and Health Network in cities of Doroud, Boroujerd, Khoramabad, Alshotor, Pole Dokhtar, Aligudarz, Nourabad, and Kouhdasht in Lorestan Province.

3. Results

Results were obtained by studying information about medicinal plants in eight cities of Lorestan and finally it was

Table 1

Ethnobotanical information of the plants with the anti-toothache effect.

The scientific name	Family	Local name	Persian name	The used part	Method of use	Collection season	Traditional therapeutic effect
<i>Pistacia atlantica</i>	Anacardiaceae	Adamse gholeng	Turpentine	Tree syrup	The fresh syrup is put on the carious tooth	All seasons	Toothache
<i>Daphne mucronata</i>	Thymelaeaceae	Daphene	Mazerion	Skin, syrup and seed	The seed and skin are put on the tooth to decrease the pain	All seasons	Toothache
<i>Vitis vinifera</i>	Caprifoliaceae	Angir	Grape	Fruit	Verjuice is placed in a glass container and then exposed to the sunshine to become red and usable	Summer and spring	Toothache
<i>Pistacia khinjuk</i>	Anacardiaceae	Berizhe–Kuhi	Baneh	Tree syrup	It is put on the tooth	Summer	Toothache
<i>Mentha longifolia</i>	Lamiaceae	Pineh	Pennyroyal	Flower and leave	Mixture of decoction or the dried plant with paste is put on the tooth	Summer and spring	Toothache
<i>Ruta graveolens</i>	Rutaceae	Jerit	Sodab	Syrup	Syrup is poured onto the tooth	Summer and winter	Toothache
<i>Papaver rhoeas</i>	Papaveraceae	Khashkhash	Corn poppy	Syrup	Some syrup is put on the tooth	Spring	Toothache
<i>Peganum harmala</i>	Zygophyllaceae	Esphand	Espan	Seed	Seed is boiled in the water to obtain a concentrated decoction and then one drop is put on tooth after it is tepefied	Summer	Toothache
<i>Tanacetum parthenium</i>	Asteraceae	Colous	Callus	Root	Decoction is put on the tooth	Spring	Toothache
<i>Juniperus excelsa</i>	Cupressaceae	Kamar–Os	Persian Juniper	Branch	Syrup is put on the tooth	Late spring	Toothache
<i>Salvia hydrangea</i>	Lamiaceae	Gol–e Arooneh	Maryam goli	Flower	Infusion is drunk like tea	Spring	Toothache
<i>Salvia multicaulis</i>	Lamiaceae	Gol–e Paeizeh	Mardghoush	Flower	Flower as fresh or extract is put on the carious tooth	Autumn	Toothache
<i>Cerategus monogyne</i>	Rosaceae	Girch	Common hawthorn	Fruit	Fruit is boiled and then concentrated decoction is put on tooth	Autumn	Toothache
<i>Glycyrrhiza glabra</i>	Papilionacea	Shirin Bayan	Liquorice	All parts especially root	The root is put off from the soil and then put on the tooth after cleaning it	Autumn and spring	Toothache

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