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The most common native medicinal plants used for psychiatric and neurological disorders in Urmia city, northwest of Iran

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ABSTRACT

Objective: To determine and introduce medicinal plants used in the treatment of psychological disorders in Urmia city of Iran.

Methods: Direct observation, interviews and collection of herbarium native medicinal herbs were used in this study. Questionnaires included herbalists' personal information, native herbs list to include local name of plant, used organ, application methods and therapeutic effect of the plant. Samples that listed in the questionnaires were collected to determine the genus and species.

Results: By interviews, 22 medicinal plants of 10 families were determined in Urmia city. Asteraceae family had the most therapeutic effects (32%). Seeds of plants were the most used organs and common application method of plants was decoction (80%).

Conclusions: Indigenous knowledge of medicinal plants offers new ideas for modern pharmaceutical science. These study results might be tested experimentally in order to produce new herbal remedies for management of neurological and psychiatric disorders.

1. Introduction

Pain is one of the main problems which for years, humans have been trying to find out a way to get rid of[1]. Pain occurs in acute and chronic forms. Both can be seen as limiting disability causes that prevent individuals of doing daily activities[2]. Trying to find a way to eliminate pain began when the man knew the pain[3]. Pain is one of the main problem of various diseases[4]. Long period pains will lead to adverse psychological outcomes. Therefore, relieving pains or curing of the diseases is essential[5]. Nowadays, analgesics are non-steroidal anti-inflammatory

drugs and opioids that may not be used in all cases due to their probably adverse effects[6].

According to the World Health Organization report, depression as the second reason of disability after cardiovascular diseases resulting causes severe social and economic deficits[7].

Anxiety disorders are the most common mental disorders in communities. Almost 30 million people are suffering of this disorder in the United States[8]. Insomnia is one of the most common disorders that chronically, many people are suffered from it for different reasons[9].

Convulsion is abnormal discharge of a group of neurons in the central nervous system, and may occur in different clinical forms depending on the discharge rate and its spreading. Epilepsy is a chronic disorder which is associated with alteration in mental processes, state

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of consciousness or involuntary movements. Epilepsy prevalence in different populations is estimated at 0.3 to 0.5 percent and its rate is higher in developing countries[10].

Traditional medicine with its thousands years history gives fundamental and comprehensive solutions to resolve some of the health problems of the community. Recent studies have also shown promising results from the use of these compounds in the treatment of conditions such as pain[11–13], stress and anxiety[14–16], schizophrenia[17], cognition deficit or Alzheimer[18,19] and cardiovascular diseases[20–22].

The uses of plants, always have been popular among Iranians[23–36]. With regard to the incidence and prevalence of neurological and psychiatric disorders in the community, the aim of this study was to determine and introduce medicinal plants used in the treatment of psychological disorders in Urmia city of Iran.

2. Materials and methods

This study was done from October 2013 until December 2013, based on completing provided questionnaires and interviews using non documental folk resources. Data were collected from herbalists of the Urmia city, direct observation and collection of native medicinal plants and asking about usual effectiveness on mental diseases. The questionnaires included personal information of herbalists, native plants therapeutic effects and their used organs with method of using without naming the plants. All collected specimens were prepared separately and labeled with name, therapeutic effects with their traditional use. A total of 42 samples of herbarium plants were collected based on local herbalists information in questionnaires. Samples were sent to Urmia Agricultural Research Center and Agriculture Faculty of Urmia University for genus and species determination using various scientific sources.

3. Results

Due to surveying and data collection based on questionnaires, interviews and plant sampling, a total of 21 medicinal plants of 10 families were identified which were used in the treatment of neurological and psychiatric disorders. Ethno-botanic information of the identified plants is shown in Table 1. Plants of the Asteraceae family were used more than the other families (Figure 1). Herb seeds and flowering shoots were used more often than other parts of medicinal plants (Figure 2). Most of the medicinal

plants were consumed as decoction (Figure 3). Most of the effects of traditional treatment and its number is indicated in Figure 4.

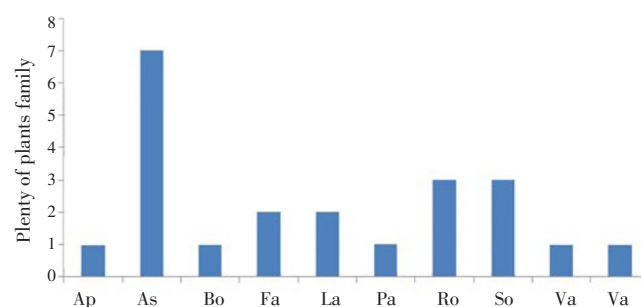


Figure 1. Plenty of plants family with medicinal effects used for neurological and psychiatric disorders treatment.

Ap: Apiaceae, As: Asteraceae, Bo: Boraginaceae, Fa: Fabaceae, La: Lamiaceae, Pa: Papaveraceae, Ro: Rosaceae, So: Solanaceae, Va: Valerianaceae.

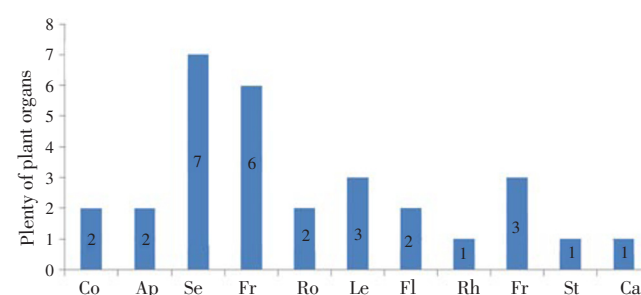


Figure 2. Plenty of plant organs used for neurological and psychiatric disorders treatment.

Co: corymb, Ap: aerial parts, Se: seed, Fr: flowering roots, Ro: root, Le: leaf, Fl: flower, Rh: rhizome, Fr: fruit, St: stem, Ca: capsule.

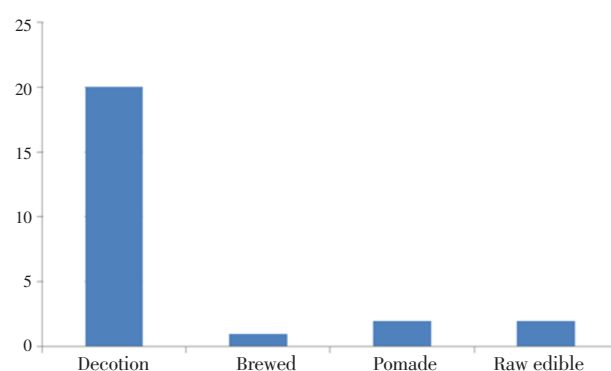


Figure 3. Plenty of traditional using methods of understudying medicinal plants.

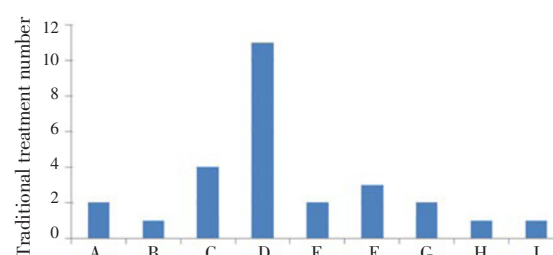


Figure 4. Effects of traditional treatment and its number.

A: relive chest pain, B: epilepsy, C: sedative, D: tranquilizer, E: headache, F: the nerves restorative, G: depression, H: rheumatism, bone and muscle pain, I: hypnagogic.

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