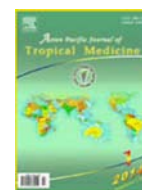




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# Identification of medicinal plants affecting on headaches and migraines in Lorestan Province, West of Iran

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## ABSTRACT

**Objective:** To identify medicinal plants which are used for headaches and migraines treatment in Lorestan province of Iran.

**Methods:** Traditional medical herbs information was acquired from indigenous people with the cooperation of health centers of Doroud, Borujerd, Khorramabad, Aleshtar Poldokhtar, Aligoodarz, Nourabad and Kouhdasht cities. The prepared questionnaires were given to trained health volunteers. They attended in the villages and recorded people beliefs in herbal therapy by the questionnaires.

**Results:** The results of this study showed that people used 15 herbs traditionally to treat headaches. Because of the importance of the medicinal plants in the study area, it is necessary to determine sociological studies the plenty of plant species.

**Conclusions:** Because of the widespread use of traditional medicinal plants and high tendency to herbal medicine and traditional medicine, more extensive researches should be designed in several areas of pharmacy and pharmacology of medicinal plants to prepare proper information for pharmaceutical industries.

## 1. Introduction

Pain is the most common phenomena that force people to seek help from the health care system. Pain will affect various aspects of life, and not only caused stress and discomfort, but due to other stressors of individuals, such as treatment costs<sup>[1]</sup>.

In most epidemiological studies, headache symptoms are common with high frequency and different reasons such as tension or migraine. Headache is one of the ten most common causes for consultation with a doctor<sup>[2,3]</sup>.

Chronic tension-type headache is characterized by frequent attacks, often daily, non-pulsatile and bilateral pain behind the head without nausea, vomiting or visual disturbances. Pain is described as a tight band wrapped in head.

Migraine type headache is characterized by unilateral location, and pulsating quality with nausea, sensitivity to light and fatigue that will last for 7–4 h<sup>[4,5]</sup>. Migraine headache is the most common mental disorders with 12% prevalence in some studies<sup>[6,7]</sup>.

Stress, anxiety, assessment and response to small changes are important factors affecting the incidence of migraine<sup>[8,9]</sup>. Headache is one of the most prevalent complaints. Reports show 90% of people have a headache at least once a year<sup>[10,11]</sup>. Lorestan is one of the green provinces in the West of Iran which is located along the Zagros Mountains with unspoiled nature and rich plant

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flora. In this province, 151 native medicinal plants have been identified which used to treat a variety of diseases, traditionally<sup>[12]</sup>. This study was carried out to identify medicinal plants to treat headaches in this region.

## 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 4 different climates (semiarid, mild semi-humid, cold semi-humid and heights climate). The area of the Lorestan province is 28 300 ha.

Its minimum altitude is 330 m in the Zal Bridge and the maximum altitude is 4 050 m in the Oshtorankooh. This province has variable climate and this variety is completely obvious from north east to south west. Lorestan adjoins Hamedan and Markazi provinces in the north, and adjoins Isfahan in the east, Khuzestan in the south and Kermanshah and Ilam provinces in the west.

### 2.2. Methodology and plant collection

Traditional remedial information of this study

were obtained at 2007 to 2011, through interview and questionnaire and in cooperation with the Lorestan planning and management organization, Technology and Research Assistance of Lorestan Medical Sciences and benefiting indigenous information of people in provincial cities and also through cooperation of the treatment and health network in Doroud, Borujerd, Khoramabad, Aleshter, Pole Dokhtar, Aligudarz, Nourabad, and Kouhdasht cities in Lorestan province.

Questionnaires that had already been prepared by the directors of the health care system and were given to trained health volunteers. The questionnaire includes information about the location, characteristics of interviewer, native name and used parts of plant, mode of consumption, growing season and type of plants. Forms were completed by trained liaisons in the villages by asking old villagers. All information were recorded in tables.

## 3. Results

Fifteen medicinal plants described in ethnobotany study in Lorestan province have therapeutic effect against headache. Complete information of studied plants is listed in Table 1. Ethnobotanical information of these herbs included scientific name, family, local name, persian name, used parts of plant, using method and collection season.

**Table 1**

The ethnobotanical information of fifteen medicinal plants.

Scientific name	Family	Local name	Persian name	Used part of plant	Using method	Collection season	Application
<i>Echeveria elegans</i>	Crassulaceae	Pinome	Sagh	Seed	Herbal tea	Spring	Headache
<i>Alhagi persarum</i>	Fabaceae	Hashtarkhar	Khar shotor	Root	Herbal tea	Spring	Headache
<i>Allium haemanthoides</i>	Liliaceae	Ben sor	Piyaz yazdi	Leaves, tubers	Herbal tea	Spring, summer	Headache
<i>Althaea officinalis</i>	Malvaceae	Gole hiru	Khatmi	Flower, seed	Herbal tea	Spring, early summer	Headache
<i>Anchusa italica</i>	Boraginaceae	Gole gazo	Gaw Zaban	Flower, seed, root	Herbal tea	Spring, summer	Headache
<i>Artemisia annua</i>	Asteraceae	Khers dari	Darmaneh	Flower, stem	Herbal tea	All seasons	Headache
<i>Cichorium intybus</i>	Asteraceae	Cheghcheqhe	Kasni	Root	Root decoction	All seasons	Headache
<i>Daphne mucronata</i>	Thymelaeaceae	Tolik	Mazarion	Bark, leaf	Roots incense leaves decoction	All seasons	Headache
<i>Falcaria vulgaris</i>	Apiaceae	Paghazou	Ghaziaghi	Leaf, flower, stem	The daily consumption of a cup of decoction	Spring, winter	Headache
<i>Ferula angulata</i>	Umbelliferae	Chavir	–	Flower, stem	Decoction	Spring, summer	Headache
<i>Matricaria recutita</i>	Compositae	Gole bayeneh	Babooneh	Petal	Herbal tea	Spring	Migraine
<i>Paliurus spina</i>	Rhamnaceae	Sipa	–	Leaf, stem	Decoction	Summer	Migraine
<i>Papaver rhoeasa</i>	Papaveraceae	Khashkhash	Khashkhash	Sap	Sap collection, drying and mixed with water and drink tea	Spring	Migraine
<i>Viola tricolor</i>	Umbelliferae	Gole banoushe	Banafsheh	Flower, branches	Herbal tea	Spring	Headache
<i>Ziziphus jujuba</i>	Rhamnaceae	Ano	Annab	Fruit, shell, core	Herbal tea	Autumn	Headache

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