عنوان مقاله:

Identification of plant flora affecting common psychiatric disorders based on ethnobotanical knowledge of Ilam, Iran

محل انتشار:

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خلاصه مقاله:

Introduction: There are various tribes in different regions of Iran that use their own traditional medicinal plants. If further ethnobotanical studies are performed in different ethnic groups, new medicinal plants can be found for the treatment of diseases. The aim of the present study is to identify, report and compare native medicinal plants that are used for treatment of depression, anxiety and stress, anorexia, insomnia and headache and migraine in the Ilam city, Ilam province, Iran. Method: A standard questionnaire was used to obtain information regarding traditional therapeutic uses of plants that are effective on common psychiatric disorders, such as depression, anxiety and stress, anorexia, insomnia, headache and migraine. Data collection instruments included a questionnaire and interview. The study population also included ۳۷ perfumers. First, a complete list of the perfumers of Ilam city was extracted from the Food and Drug Vice-Chancellor of Ilam University of Medical Sciences. The questionnaires included questions on the personal information of perfumers and a list that contains the no names of native plants, but included their used organs, usage, and traditional therapeutic effect. The results showed that twenty-two plant families are effective in treating common psychiatric disorders. Results: Fabaceae plant family with ۷ plants and Lamiaceae plant family with ۵ plants were the most effective plant families used for the treatment of common psychiatric disorders. Also, the most plant organs used for the treatment of the above disorders included aerial parts (۳۸%), leaves (۱۴%), fruits (۱۴%), flowering branches (۱۴%), and seeds (۱۲%). Conclusion: Native medicinal plants of Ilam city are traditionally used to treat common psychiatric diseases and can be used as natural and effective treatments of disorders such as depression, anxiety and stress, anorexia, insomnia, headache and migraine.

کلمات کلیدی:
Medicinal plants, Ethnobotany, Ilam, Treatment