

عنوان مقاله:

Overview of medicinal plants used for cardiovascular system disorders and diseases in ethnobotany of different areas in Iran

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خلاصه مقاله:

Background and Aims: Today, cardiovascular diseases are the prominent cause of death in industrialized countries which include a variety of diseases such as hypertension, hyperlipidemia, thromboembolism, coronary heart disease, heart failure, etc. Recent research findings have shown that not only the extent of cultivation and production of medicinal plants have not been reduced, but also day-to-day production and consumption have increased. In traditional botanical knowledge, herbal medicines are used for the treatment of cardiovascular disorders. In this study, we sought to gather and report medicinal plants used to treat these diseases in different regions of Iran. **Methods:** The articles published about ethnobotanical study of cardiovascular diseases in various regions of Iran, such as Arasbaran, Sistan, Kashan, Kerman, Isfahan Mobarakeh, Lorestan and Ilam were prepared and summarized. **Results:** The results of ethnobotanical studies of various regions of Iran, such as Arasbaran, Sistan, Kashan, Kerman, Isfahan Mobarakeh, Lorestan and Ilam were gathered. The results showed that sumac plants, barberry, yarrow, wild cucumber, horsetail, Eastern grape, hawthorn, wild rose, spinach, jujube, buckwheat, chamomile, chicory, thistle, Mary peas, nightshade, verbena, sorrel, cherry, citrullus colocynthis, Peganum harmala, sesame and so many other plants are used for the treatment of cardiovascular diseases and disorders. **Conclusion:** Herbal medicines are used effectively for some cardiovascular diseases. Rigorous training of patients to take precautions and drug interactions into account and to avoid the arbitrary use of medicinal plants is very important.

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