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A systematic review of the most important medicinal plants and the international status of their use in the treatment of diseases

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Abstract

From ancient times the traditional medicine has been a way of life that has its roots in the culture of nations and peoples. Traditional medicine is a set of sciences that is used in the diagnosis and prevention of diseases and is transmitted from one generation to another through speech or writing. The use of medicinal plants, which is one of the forms of traditional medicine treatments, has been considered as a model in the treatment of various diseases for thousands of years before the Industrial Revolution and the era of discoveries and inventions. With the beginning of the new era in modern medicine and the discovery of chemical drugs, the use of traditional medicine and medicinal plants gradually became less and less important. But over time, as man became acquainted with the harms of chemical medicine and its inability to prevent and treat some diseases, man again turned his attention to traditional medicine and herbs. Today, the use and application of plants requires comprehensive and complete information about recognizing its properties and characteristics. In this regard, indigenous knowledge, if written, can be used as a solution to transfer and benefit from the use of plants and their properties, which have been tried and used many times by local people for many generations. Traditional medicine. The history of treating diseases with medicinal plants dates back to the history of human life on the planet, and humans treat and treat themselves with the help of medicinal plants. Humans are not only treated with chemical drugs, but all natural factors play a role in treatment, and drugs ultimately play a preventive role against diseases. The presence of plants in nature is one of the great divine blessings. Unlike chemical drugs, herbs have no side effects and their effect on the human body is far greater than chemical drugs. In Iran, 2500 types of medicinal plants are known, of which about 200 cultivars are in general use, and a total of 300 to 400 types are prescribed in traditional medicine. In this paper we provided a systematic review of the most important medicinal plants and the international status of their use in the treatment of diseases.

Keywords: Traditional medicine, medicinal plants, treatment, indigenous knowledge.

1. Introduction

Traditional medicine is a science with a history of more than 1000 years and a valuable heritage based on evidence and the product of scientific work and research of thousands of great scientists and physicians including Abu Ali Sina, Razi, Aqila Khorasani, Hakim Mohammad Azam Khan and ⁴⁵ that over the centuries Collected in small and large collections. The books of traditional medicine such as Zakaria Razi and especially Ibn Sina are so famous that they have been taught by professors in European and Asian colleges for nearly 500 years [1-3]. The principles of medicine in these works of traditional medicine are based on the four natures of human temperament or four mixtures, including: phlegm, bile, soda and tail. According to the World Health Organization (WHO), traditional medicine is "a set of knowledge, skills, and practices based on the indigenous theories, beliefs, and experiences of different cultures, whether or not that can be described in health as well as prevention, diagnosis, improvement, and "They were used to treat physical and mental illnesses." In contrast to traditional medicine, there is "evidence-based medicine" [4]. In some Asian and African countries, up to 80% of people meet their basic health needs through traditional medicine. When traditional medicine is used outside of traditional culture, it is considered "alternative medicine" [5].

Plants have had various uses since the beginning of human civilization. Some of them are used as food to meet nutritional needs. Some of them have medicinal properties and relieve physical pain [6,7]. During the last two decades, the importance and constructive role of medicinal plants in meeting human needs, especially in the field of medicine and treatment, has doubled. Traditional systems such as traditional Chinese medicine, Ayurveda, India, and Greek-Arabic medicine, as well as various forms of indigenous medicine [8]. Traditional medicine treatments include pharmacotherapy and non-pharmacological methods [9]. Complementary and alternative medicine is used. Traditional medicine has a holistic approach that looks at human beings in a wide range of environments from above and emphasizes that health and disease are the result of imbalance. Humans are the whole system that surrounds them. From this point of view, the invasive agent and pathogenic changes play a side role.

2. The position of complementary medicine in different countries of the world

The World Health Organization (WHO) intends to provide adequate and sufficient support to member countries to increase the security, productivity and quality of traditional and

complementary medicine (TM / CAM). Therefore, in recent years, it has implemented various guidelines and approaches to make the best use of traditional and complementary medicine, and has used various studies on the types of medical methods and their prevalence and causes of their prevalence, as well as their degree of scientific validity [10. 11]. And has supported these cases. The following discussion is a summary of studies that have been conducted in different countries regarding the prevalence of different medical methods.

United States: Chiropractic and osteopathy are allowed in all states. Acupuncturists are licensed in 34 states (2000 census). In 1993, 3,000 allopathic physicians used homeopathy to treat their patients, and more than 45,000 chiropractors and 32,000 osteopaths were active. There were about 10 Ayurvedic clinics in the United States between 1985 and 1994, and over 25,000 patients received their services over the years [5].

Canada: The Canadian Acupuncture and Medicine Association of Canada (CMAAC) was established in 1983 as a national organization. In the late 1990s, 15 to 70 percent of Canadians used complementary and alternative medicine, and that number is growing. Canada is now one of the countries where these methods are very popular [12].

Germany: Germany is one of the freest countries in the West in the use of complementary medicine. In this country, especially nature-oriented medicine is highly valued and these methods have a special place in the German health care system.

France: In France, unlike in Germany, performing complementary-alternative medicine requires a doctorate in medicine, and this has left the field of medicine, in any form, largely out of reach of non-physicians [13].

Russia and Eastern Europe: In Russia, as in countries like China, there is a great variety of medical methods, many of which are performed by traditional rural therapists. Lack of financial resources, high cost of new medical equipment and lower level of health compared to Western European countries have paved the way for the application of many complementary-alternative medicine methods. Other Eastern European countries also have a long history, especially in the field of herbal medicine and natural medicine [14].

Australia and New Zealand: These countries were among the first countries to legally adopt complementary and alternative medicine in their medical system and to offer regular training programs. In this way, they became known as a leader and role model for other countries, so that today the percentage of people who use complementary-alternative medicine counseling in Australia is even higher than in a country like the United Kingdom.

China: China is one of the most ancient and philosophical traditional therapies in the world, dating back to "Egyptian medicine" but unlike thousands of years of continuous and uninterrupted medicine. Has taken advantage of its tradition.

India: India is also one of the countries that has one of the oldest systems of traditional medicine called "Ayurveda". This method of medicine is derived from the Indian holy books called "Vedas" and, like traditional Chinese medicine, is known as a complete method of health and healing in the world for thousands of years [15].

3. Causes of the global trend towards traditional and complementary medicine

According to studies, most patients who use traditional and complementary medicine do not necessarily have the usual anti-scientific or anti-medical thinking, and of course, they are not highly educated, poor, or incurable or mentally ill.

1. Holistic: Many methods of complementary medicine - but not all of them - have a comprehensive view of human disease. According to them, the disease is the result of a change in the combination of physical, psychological, mental, social factors, the body's ability to maintain its health and environmental conditions. Most of these physicians believe in balancing the fitness power of the human body in their treatment methods, rather than directly targeting the symptoms of the disease or its specific process. Users of traditional and complementary medicine are also very interested in the philosophy and beliefs of these disciplines [16].

2. Lifestyle: Most traditional and complementary medicine methods have five common principles in lifestyle, which are: a) proper management and treatment when faced with stress and crisis; B) spiritual approaches; C) exercise and fitness; D) control and reduction of addictions (especially smoking and alcohol); E) Dietary and dietary recommendations [17].

3. Spirituality: What is really the connection between spirituality and medicine? Perhaps in the past decades, when most physicians had spiritual thoughts due to their religious background and culture, it was difficult to answer this question, but with the cultural changes and freedoms that have arisen, it is not so difficult to answer. Although over the past hundred years' medicine has separated itself from religious restrictions, there has always been a wave of interest in the role of religion and spirituality in education, research, and medicine. The concept of cholera is in fact a spiritual approach that satisfies most patients who seek aspects beyond a simple definition of the disease [18].

4. How to treat: Most complementary medicine methods believe that by strengthening the body's defense system and self-medication, the desired result can be achieved, although in some cases they cannot provide a specific justification for it, but the result and this type of approach attracts patients [2]. In traditional Iranian medicine, temperance and the importance of resourcefulness (inner nature or soul) and their role in staying healthy or treating diseases are highly emphasized, and all measures of hygiene or treatment to maintain the temperament of individuals and strengthen physical resourcefulness. (Which is immaterial and works intelligently from within to manage the body and its processes for all-round health); Something that today is imperfectly and one-dimensionally interpreted as the defense system or security [7].

5. Conclusion: In many cases, diagnostic points in conventional medicine are many and a lot of detailed information is obtained from a disease, but in the operation and treatment - which is the main request and need of the patient - no success is achieved, which is a sign. It is good from the severe weakness of justifying and interpreting the information obtained from the disease and linking them together in order to find the correct cause of the disease [19]. Many patients have chronic problems that medicine today has not been able to improve or at least keep satisfied. Therefore, patients with syndromes and chronic diseases (digestive, joint, neurological, skin, etc.) and chronic and deadly diseases such as cancer, AIDS, etc. are among those who seek more traditional medicine and They supplement in the hope that their lives will be better or even cured [20].

6. Limitations and complications of common treatments: The sixth cause of death in the West is considered to be the results of common treatments. On the other hand, there is a perception among patients that common treatments, especially in chronic cases, are harmful and have side effects, while traditional and complementary medicine methods have fewer side effects due to their use and more attention to nature [17]. However, this thinking is not necessarily correct in all cases and definitely needs scientific study. In traditional Iranian medicine, treatment begins with the modification of various components of a person's existence and life (food, beverages, place of residence, weather conditions, occupation, removal of waste products from the body, sleep, activity, psychological conditions, etc.). If necessary and do not achieve the desired result, natural medicines (herbal, animal, mineral) or manual operations (blood draws, massage, etc.) are used [21].

7. Costs and accessibility: Heavy costs in today's health care systems are issues that, despite much effort to reduce them, have not only not been reduced but are projected to double in the next 10 years. However, in backward countries, more than people do not have access to the minimum medical facilities. Therefore, determining and ensuring the safety and efficacy of traditional treatments, complementary and alternative is an important tool to facilitate and develop access to health and care facilities [22].

8. Physician-patient interaction: People have increasingly avoided having a passive role in the physician-patient relationship and have found a great interest in knowing more and more completely and even playing a role in their treatment. In this respect, traditional and complementary medicine is what people want and do not get in conventional medicine. In fact, in traditional and complementary medicine, it is necessary for the patient to strive for recovery and take time to achieve the right result, and these two are directly related to each other [9].

9. Democracy in medicine (patient orientation): The explosion of information and unrestricted access of people to different ideas and cultures through the Internet and other mass media has accelerated this process and has caused people and patients to want more participation in their treatment process. Have. This partnership includes the power to choose from a variety of therapies, access to a variety of products and aids to treat or maintain good health [13].

4. Traditional medicine in Iran

The origins of traditional medicine in any country cannot be accurately estimated, but it is possible that medical science was created by human creation. In general, from the time when a person felt pain and discomfort in his body, he resorted to one method or methods to reduce pain, and from that time, medicine began [5]. Traditional medicine in the past was considered a profession that restores a person's lost health through science and practice. In ancient medicine, plants were used to treat most diseases, so that the development of herbal medicines can be considered in line with the development of traditional medicine [23]. The oldest written document of traditional medicine, discovered in the Babylonian cuneiform script in Ur and Mesopotamia, discusses medicine and theology, especially the roots, stems and leaves of plants, which probably date back to 300 BC [24]. In ancient Iran, plants such as frankincense, sandalwood, camphor and incense were used for incense. The plants were used in different ways such as juice, decoction, poultice, oil or raw. Washing the body with plant extracts was

very common in ancient times [25]. The father of traditional medicine in Iran is Abu Ali Sina, who was one of the geniuses in the field of herbal medicine and medicine. It had fallen, they pulled it up and caused it to progress. The great European scientists and medieval and Renaissance physicians praised and acknowledged the great skill of Islamic physicians. Among these doctors are Razi, a specialist in Baghdad, Abu Ali Sina, who was the chief physician, and Zahrawi, the father of Arab surgeons [26].

5. A review of international medicinal plants in Iran

Medicinal plants can be used in addition to medicinal purposes to improve the flavor of various foods, without adding calories to food. At the same time, herbs offer many health benefits [8]. In fact, herbal remedies have been used to treat various ailments for thousands of years. The healing and healing properties of the essential oils, have long been known in ancient times. That is why medicinal plants are available both fresh and dried in different parts of the world. In the continuation of this article, some of the best medicinal plants that promote human health are introduced [12].

Basil: Basil has antioxidant, anti-inflammatory, antiseptic and antibacterial properties. This aromatic plant has the ability to reduce stress by regulating serotonin levels, which affects mood. By keeping stress under control, basil in many other cases also benefits human health. Drinking tea made from basil leaves can eliminate indigestion, fight headaches, control breast cancer, treat bloating, increase appetite, heal cuts and scratches, system Strengthen the immune system, treat colds and coughs and many more [13]. You can use this herb as a spice in cooking or chew 10 to 12 leaves on an empty stomach. You can also drink basil tea two or three times a day for better health. To make this tea: Pour 10 to 15 fresh basil leaves in a large cup. Add two cups of boiling water. Put a lid on the cup and let it brew for five minutes. Strain the tea and drink it [15].



Rosemary: Rosemary is a popular and useful medicinal plant for human health. This plant contains carnosol and rosemary, two powerful antioxidants that play a key role in improving human health. Rosemary also has strong antiseptic, anti-cancer, and anti-inflammatory properties. One of the interesting benefits of rosemary is its function as an effective cognitive stimulant and, accordingly, helps to improve memory and mental focus. Rosemary fights stress, reduces anxiety, relieves headaches, stimulates hair growth, counteracts joint pain, reduces inflammation, improves digestion, prevents cancer, and supports cardiovascular health. Rosemary has a strong flavor and can be used in soups, sandwiches, salads, etc. You can also make tea from the fresh or dried leaves of this plant [27]. To make this tea: Add one or one and a half tablespoons of rosemary to a cup of hot water. Put a lid on the cup and let it brew for five minutes. Strain the tea and drink it while it is still hot. You can drink this tea two or three times a day. Avoid rosemary during pregnancy or if you have epilepsy, high blood pressure or bleeding disorders [4].



Organo: Organo flavor is wonderful and offers many health benefits. Organo contains two powerful compounds called carvacrol and thymol, which have antibacterial and antifungal properties. Also, this medicinal plant has antioxidant, anti-inflammatory, antimicrobial, anti-flatulence, diuretic, diaphoretic and expectorant properties. This plant can be used to treat colds, relieve nasal congestion, strengthen the immune system, relieve menstrual cramps, improve heart health, reduce adrenal fatigue, and combat toothache. Organo is also effective in preventing and treating high blood sugar. You can add some dried organo to soups, salads, or smoothies to further enhance the flavor. You can also drink organo tea daily. To make this tea: Pour three teaspoons of organo leaves into a cup of hot water and let it stand for five to 10 minutes. Strain the tea and drink it [6].



Sage: This plant is used for medicinal purposes due to its stimulant, antibiotic, astringent, and anti-flatulence properties. Sage is rich in essential oils and flavonoids, and also has anti-hypertensive, anti-diabetic, anti-inflammatory and antimicrobial properties. Sage health benefits include improving mood, relieving anxiety, relieving sore throats, boosting the immune system, helping to lose weight, reducing inflammation, improving good sleep, and lowering cholesterol and blood pressure levels. You can add fresh or dried sage to different foods to improve the flavor. You can also drink sage tea twice a day. To make this tea: Add a tablespoon of fresh sage leaves or a teaspoon of dried leaves to a cup of hot water. Let it brew for five minutes, then strain the tea. Add some honey and sour lemon to sage tea to improve the taste and drink it. Sage is not recommended for pregnant or lactating women [28].



Desert mint: Desert mint is rich in menthol and has a calming and cooling effect on the body and mind. Also, this plant has antioxidant, antibacterial, antifungal, anti-viral and anti-flatulence properties [20]. Desert peppermint can relieve indigestion, treat irritable bowel syndrome, eliminate gas and bloating, treat muscle spasms, treat nausea, help lose weight, fight stress, eliminate bad breath, relieve headaches, treat migraines, support oral health, and help prevent allergies and asthma. Fresh and dried desert mint leaves can be added to salads, soups, smoothies, juices, sauces or other foods to enhance the flavor. You can also drink desert mint tea two or three times a day. To make this tea: Pour a tablespoon of fresh desert mint leaves into a teapot of hot water and let it brew for 10 minutes. Strain the tea. Let the tea cool down and then drink it [16].



Ginger: This popular root is used as a famous medicinal plant in different parts of the world. Properties of ginger include antioxidant, anti-inflammatory, anti-viral, anti-fungal, antibiotic, anti-cancer, anti-nausea, anti-spasm, and anti-cough properties [1]. Ginger strengthens the immune system by reducing free radicals. Also, this plant improves blood circulation in the body, fights colds, reduces inflammation, improves digestion, normalizes blood sugar levels, fights nausea, regulates appetite, and relieves heartburn and bloating. Ginger prevents the

accumulation of toxins in the body that increase the risk of viral, fungal, and bacterial infections. You can add slices of fresh ginger to salads. Also, consider drinking two to three cups of ginger tea a day. To make this tea: Add a tablespoon of ginger slices and two cups of water to a teapot. Bring water to a boil. Then turn down the heat and let the tea brew for 10 minutes. Strain the tea. Add some honey and fresh lemon juice to the tea and drink it. People taking heart medication or blood pressure should take ginger under the supervision of a doctor [29].



Garlic: Garlic contains a compound called allicin, which has strong medicinal properties including antibacterial, antiviral, antifungal, anti-cancer, and antioxidant properties. Garlic helps detoxify the body [13]. This plant improves cardiovascular health, strengthens the immune system, lowers blood pressure, cleanses the liver, lowers cholesterol, controls blood sugar levels, reduces inflammation Gives and fights cancer. To enjoy all the benefits of garlic, you must consume it raw. It is better to eat one or two cloves of garlic on an empty stomach. Garlic acts as a blood thinner and may interact with blood thinners. As a result, consult your doctor before consuming garlic [24].



Ginseng: There are several types of ginseng, including Indian, Korean, Siri, and American ginseng, and each is good for human health. Ginseng is a popular medicinal plant in Asia and North America. Ginseng roots, leaves and fruit are used for medicinal purposes. They are rich in immune-boosting, anti-inflammatory, anti-stress, hypnotic, and anti-bacterial properties. Ginseng can increase energy levels, speed up metabolism, help burn calories, treat headaches, improve digestion, improve mental health, reduce stress, improve lung function, levels Lower blood sugar, strengthen the immune system and reduce inflammation. Ginseng is also used as a natural treatment for infertility. Ginseng is not recommended for pregnant women (for the first trimester) [17].



Baboon: When we think of herbal tea, chamomile tea is probably one of the first options that comes to mind. Chamomile improves health in various ways. This plant has anti-irritant, anti-inflammatory, anti-microbial, anti-anxiety, anti-spasm, anti-diarrheal and anti-cancer properties. Chamomile can relieve headaches, reduce muscle soreness, control stress, relieve menstrual cramps, treat stomach problems, help with weight loss, boost the immune system, and insomnia and more. Cure good problems. Due to its high antioxidant content, this herb helps protect the body against free radicals. Fresh and dried chamomile flowers can be used to make tea. To make this tea: Add a teaspoon of dried chamomile flowers to a cup of hot water. Put a lid on the cup and let it brew for five minutes, then strain the tea. Add some honey to the tea and drink it while it is still hot. If you are pregnant or planning to become pregnant, avoid this tea [20].



Dandelion: Dandelion has been used by Native Americans and Easterners to help relieve liver, kidney and spleen problems. Dandelion roots, leaves and flowers are edible and very nutritious. This plant has diuretic, antioxidant, anti-cancer, anti-inflammatory, and laxative properties [7]. Dandelion is useful for overweight people because it helps to get rid of blue weight. In addition, dandelion helps to normalize blood sugar levels, eliminate toxins from the body, reduce appetite, fight inflammation, improve liver health, prevent cancer, regulate blood pressure and prevent urinary disorders. You can add fresh dandelion leaves to salads, soups or fried foods. You can also drink a cup of dandelion tea a day. To make this tea: Add two teaspoons of dried dandelion root to a cup of water. Boil water for one minute. Remove the tea from the heat and let it brew for 10 minutes. Strain the tea and drink it. Avoid dandelion during pregnancy [12].



Thyme: Thyme is one of the medicinal plants that has been used since ancient times to treat various diseases. This herbaceous and aromatic plant that has medicinal properties is used in food, pharmaceutical, health and cosmetic industries [30]. Thyme is useful for treating headaches, colds, earaches, measles, coughs, strengthening nerves, treating depression,

fatigue and insomnia, and its consumption reduces blood pressure and blood fats. It is also an anticonvulsant, anti-epileptic and anti-flatulence drug that strengthens eyesight and stomach. Washing the head with thyme tail helps in treating and reducing hair loss. Eating thyme after a meal can cure any gastrointestinal problems such as bloating, heaviness, and stomach cramps. Thyme fights respiratory tract infections and reduces cough [25].



Borage: Borage is one of the most famous and widely used medicinal plants. This annual herb is one of the richest sources of the main fatty acids that blooms from May to September and its flowers are blue, white and purple. Beef tongue and its leaves purify the blood, calm the nerves, diuretic, strengthen the kidneys, relieve colds, relieve cough, treat bronchitis, treat inflammation and nephritis, cure measles and scarlet fever Consumption of borage also helps regulate heart rate and treat depression [18].



Alfalfa: Alfalfa is one of the first medicinal plants known to man that has significant therapeutic benefits. "Alfalfa" which in Persian is called "Spast Baghi", "Sepast", "Sabis" or "Darfa", in Afghanistan "Spishta" and in Turkish "Alfalfa", in Roman "Mediki", in Egyptian "Ghazb" and In Arabic, it is called "Rutbah" or "Fasfas", it is a herbaceous plant, perennial, with long stems and thin, pointed and oval leaflets. Boiled and dry alfalfa is astringent, alfalfa syrup is fattening and produces good blood and menstrual blood. Its consumption eliminates chest violence and cough. Alfalfa seeds increase milk and semen and eating it prevents bleeding and relieves constipation. Alfalfa is also used to treat addiction [4].



Chicory: Chicory is a medicinal plant with blue or purple flowers that is completely cold, strengthens the liver, and relieves heat and thirst, and warms and strengthens the kidneys, blood pressure, bile and cleanses the urethra and kidneys. Consumption of chicory leaf juice is a useful medicine for treating jaundice, kidneys and liver, and relieves fever and

strengthens the stomach. Chicory is used to regulate blood pressure, lower blood sugar and treat headaches and liver diseases. Its poultice is used to relieve hot swellings and eye pain and to increase vision. Chicory root is hot and dry and softens the chest mixture and consumption of 2 cups of chicory leaf and root decoction unknown in the morning is very useful for treating constipation [12].



Peppermint and peppermint: Peppermint and peppermint are popular and useful medicinal plants that have many properties and cure various diseases. These two plants are both hot and dry. Women use the infusion of these herbs because these herbs regulate menstruation and reduce menstrual pain. Peppermint leaf is a good treatment for headaches, fever, nausea, digestive disorders and soothes the digestive system and helps relieve flatulence. This plant has diuretic, invigorating and anti-muscle contraction properties and anti-nausea Weight loss will be followed by fatigue and constant tiredness. Peppermint is also a widely used medicinal plant that is used to treat problems such as depression, flu, lice, wounds, allergies, burns, fatigue, constipation, fungus, cough, headache, swollen glands or bronchitis, parasites [31].



6. Conclusions

Medicinal plants are the parts of a plant that are used because of their flavor or healing properties. Herbs are also one of the dietary supplements. These plants are sold in the form of tablets, capsules, powders, teas, extracts and fresh or dried herbs and people use them to maintain or improve their health. Many people believe that products labeled "natural" are always safe and useful to them, which is not necessarily true. Because drug tests do not need to be done on herbal medicines. Some of these plants contain camphor and ephedra compounds that can cause serious damage to health, and some plants can interfere with prescription or over-the-counter medications. Many herbs contain antioxidants, nutrients, non-greasy flavors and more. Before starting any herbal treatment, you should consult your doctor to make sure that they do not interfere with the medication that the patient has already taken. Of course, spices are one of the most common herbal remedies used around the world. Herbs,

in addition to having various health benefits, give a lot of flavor to foods and drinks. No garden would be complete without basil, oregano, sage, thyme, onion or mint. Planting and consuming basil, thyme, lemon, thyme or other types of any of these plants has significant health properties. Herbal medicines contain active ingredients that are still unknown in many plants. Some herbal remedies are based on a specific activator, prepared from a plant source. Herbalists believe that if an active ingredient is used separately from the rest of the plant, it can lose its effectiveness or be less safe. In this article, the most important herbal medicines of Iran were reviewed. The result is that herbs play an important role in the medicinal future of the world. Herbs increase the strength of the body organs and stimulate normal function. Herbal remedies work selectively and gently without disturbing other systems in the body. Modern medicine, on the other hand, affects several metabolic activities in the human body system and has side effects that predispose the body to other diseases.

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