Treating Digestive Diseases with Medicinal Herbs by Natives of Hamil in the City of Islam Abad Gharb (Kermanshah)

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***Abstract*:** The use of plants as drugs is a part of native people's culture formed during hundreds of years in rural regions. This knowledge is a guide to discover new drugs in modern medicine. Hamil is a part of the Islam Abad Garb (Kermanshah Province) which includes four districts. It has mild and semi-dry weather. Its highest temperature is 40°C and its lowest temperature is -10°C. The annual rainfall is about 450mm. Like other districts of this Province. This district has abundant Plant diversities which have various medicine properties and usages .Most of the People are farmers or raise animals but a few are orchard men. They speak in Kurdish and the religion is Shia. Questionnaires were used to do this research .Interviewers use the varieties like licorice s penny rod, moss, how thorn, Oak, Yarrow and turpentine to cure many digestive diseases. The commonest parts used to treat the diseases are: leaf, stem, root and flower.

***Keywords*:** Islam Abad Gharb, digestive disease, native language, Herbal medicine.

I. Introduction

Now a days most modern drug as are chemical yet about 30 percent of medicinal products come from plants, Many countries including Iran use h herbal drugs in traditional medicine.(4). People in various parts of the world have used the plants to cure diseases and maintain health for thousands of years. Many drugs which are prescribed today are derived from plants (1). Because of the Changes in native people's knowledge and increasing effect of world trade, the native knowledge about using plant a resource is continuo sly decreasing and most medicinal plants grow in limited habitats. These habitats are in danger of destruction on by human activities and then, these plants may become extinct. Moreover, the experts' native knowledge about medicinal plants decreases faster than jungles and other ecosystems. Therefore, collecting information on the medicinal herbs and their uses in different places transmitted from generation to generation is a valuable source of ancient Medicine at present. Also it underlies discovering hew drugs and development of pharmaceutical industry (2). Sometimes, some species of plants are used as drugs which were unknown to modern science and this information can be obtained through native people's experience (3). A lot of studies on the usage of medicinal herbs were done. For instance, in their study on 65 Varieties in Ethiopia (5) concluded that the family of Fabaceae has the most medicinal qualities and its loaf and root were used more than their parts to cure diseases (6). In the ethnobotanical study on some plant species used in Uganda, 190 plant species from 61 families and 150 genus treating diseases were reported. Most reported species are from Fabaceae family with 14 percent. In 68 percent of cases the leaves were used to produce herbal medicines which were in the forms of boiled (29 percent) and edible consumption (53 percent). Most experts' agreement was on circular system disorders (9 percent) which include anemia, high blood pressure. It was a sign of the Similarity on sameness of people's knowledge in an area.

II. Material and Method

Hamil is a part of Islam Abad Garb (Kermanshah province). This region has four districts and each district includes about 10 to 20 villages. This district is located in 26 km from Islam Abad Gharb city, in the eastern south of this city. Its longitude is 46 degrees and 46 minutes of the north and its latitude is 56 degrees and 33 minute) of the south and its height is 1305 m above sea level. The weather is mild and semi-dry, the highest temperature is 40°C, the lowest temperate re is -10°C and the annual rainfall is 450 mm. Like other districts of this province, it has great plant diversity with various medicinal properties and usages. Most people are farmers or do animal husbandry and gardening.

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Fig. 1 Study area

Their language is Kurdish and their religion is Shia. After determining the area of study and initial review, some plant species used as drug, vegetable and industrial vegetable were gathered with the help of native people. To gain local information on plant species, 93 questionnaires were designed on which the local name, used organ, common treating properties, making and the usage of herbal medicine and so on were classified. Interviewers were the residents of that region who were chosen randomly. The plants were identified with the help of local specialists. They name these plants and validate these names by transferring dried samples to botanical laboratory of sari Natural Resources College with the help of flora sources. This survey just needs descriptive Statistics on which the software of MS-Excel 2007 is applied.

III. Result and Discussion

The result of the interview showed that many natives have very precious knowledge on using the medicinal plants. We found that they use 110 species of plants as medicinal plants. The most recognized medicinal plants to cure many digestive diseases among the natives are: Artichoke, Hawthorn, Oak, Oregano, Yarrow, wild Pistachio, Licorice, Field bindweed and Lichen. The most important diseases are bellyache, infection, cramps, stomach ache, and constipation and so on. Mostly used parts of the plants to cure diseases are leaf and stem, fruit, and juice, leaf and flower, all parts and at last fruit, leaf, essence and root. The used treating method was brewing, poultice, cooking etc. In general, this survey can be a basis to choose medicinal plants useful for pharmacological and phytochemical studies to discover new medicines. Considering the region's richness of valuable medicinal herbs in treating different diseases, more phytochemical and pharmacological studies on these plants are necessary to domesticate them which lead to employment in the region and improvement in pharmaceutical industry of the country.

TABLE I
THE MOST RECOGNIZED MEDICINAL PLANTS

Scientific name	***Family***	***Common name***	***Usage part***
Cynara cardunculus	Asteraceae	Artichoke	Young leaves
Crataegus aronia	Rosaceae	Hawthorn	Fruit
Quercus brantii	Fagaceae	Oak	Fruit, Bark
Origanum vulgare	Lamiaceae	Oregano	Aerial parts
Achillea millefolium	Asteraceae	Yarrow	Aerial parts
Pistacia atlantica	Anacardiaceae	wild Pistachio	Resin, Fruit oil
Glycyrrhiza glabra	Fabaceae	Licorice	Root
Convolvulus arvensis	Convolvulaceae	Field bindweed	Leaf, Flower, Root

Resources

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