

The importance and recognition of different uses of olives by the people (Case study: Jobon village of Gilan province)

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Abstract:

Background and Purpose: The use of herbs to treat disease has been synonymous with the human history. Olives are one of the oldest plants in the Mediterranean region, especially in the Middle East. The most important properties of olives are prevention of heart disease, reduction of joint pain, and prevention of osteoporosis. The use of olives is recommended in Islam and is mentioned 7 times in the Qur'an. The aim of this study was to record the indigenous knowledge of the local people of Jobon village in Rudbar city of Gilan province regarding the usage, interest, and knowledge of the olive plant.

Methods and Materials: The cross-sectional-analytical research method was applied in this study. The main research tool was a researcher-made questionnaire with 10 general items and 9 specialized items. Its content validity was confirmed with the opinion of experts in addition to the reliability with Cronbach's alpha test of 0.933. The sample size was calculated using Cochran's formula as 305 people. They were randomly distributed in different neighborhoods of Jobon village in 2019. SPSS software was used to analyze the data.

Results: Based on the results, people are aware of the therapeutic effects of olives and their products as well as its nutritional and health uses. They use its fruit, oil, and soap for treatment and its various products as food. Women and people over the age of 65 were considered as the most influential groups of people. The region's most widely application of olive oil was for relieving joint pain, severe constipation, expelling gallstones and preventing heart problems. Its decoction is also used to lower blood sugar.

Conclusion: In conclusion, the people of Jobon village have a rich knowledge about the use of olives which is consistent with its proven applications in modern medicine. This awareness has been existed in the region for generations which is a part of the region's national capital and cultural heritage.

Keywords: Treatment, Olive, Cognition, People

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