Esparzeh

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Abstract:

"Esparzeh", is a genus from the Plantaginaceae family, which has been identified in traditional Iranian medicine as a plant with different seed colors including white, red and, black, and different names like "Esfarzeh", "Aspghul", "Asphiush", "Ghatouna" and "Bangou". In this paper, we attempted to determine the suitable scientific name(s) for Esparzeh according to its characteristics described in traditional manuscripts. Results showed that characteristics mentioned in traditional manuscripts for Esparzeh match with two endemic and prevalent species of *Plantago* in Iran, *P. ovata* Forssk. and *P. psyllium* L., and can be individualized by the suggested names, "Esparzeh" for *P. ovata* Forssk. and "Esparzeh barhangi" for *P. psyllium* L..

Keywords: Iranian Traditional Medicine, Esparzeh, *Plantago ovata*, *Plantago psyllium*.
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