A review of poisonous medicinal plants and their antidotes from Avicenna's viewpoint

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Abstract

Nowadays, considering the increase in the consumption of medicinal plants, there is the possibility of poisoning with some poisonous plants due to the lack of sufficient information of non-specialists regarding their toxicity. Also, not enough data exists about their antidotes, so it seems important to introduce poisonous plants and their antidotes. This library research was conducted using a descriptive and comparative method from Avicenna's book, Canon of Medicine. Moreover, phytopharmacological findings on the mechanisms of the antidote effect of plants were discussed in a comparative manner using reliable scientific internet databases such as Science Direct, PubMed, Scopus, Springer, and SID. Avicenna has provided instructions for the treatment of plant poisonings, such as cleansing the digestive system from toxins via inducing vomiting, and using laxatives and enemas. To cleanse the the blood and lymph, he recommends diuretics, diaphoretics, and antidotes to neutralize the toxins. In this study, 38 poisonous plants and their antidotes were discussed. According to the findings of this research, there exist natural antidotes with minimal side effects. These antidotes have been validated for their efficacy through contemporary scientific research. Through the implementation of laboratory and clinical studies, these natural antidotes can potentially serve as primary antidotes for certain poisonous plants.

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