

## Kasni (*Cichorium intybus* L.)

A.R. Ghannadi Ph.D, M. Minaiyan Ph.D, A.R. Abed Pharm.D

---

### Abstract:

The issues related to medicinal plants are among the most important and interesting issues of medical sciences in recent decades. The history of taking medicinal plants goes back to the existence of man on the Earth. Almost all tribes and nations have used medicinal plants in their history. Kasni (*Cichorium intybus* L.), which is known to have various effects including anti-hepatotoxic, anti-malaria, blood glucose decreasing, anti-oxidant, and anti-inflammatory effects, has been widely used in Iran and many other countries. In the books of Iranian traditional medicine, the plant is known as Hendeba, and the traditional Hakims considered the plant to have a cold temperament. It was traditionally taken as diuretic, laxative, and also a medicine that improves liver and gall bladder function as well as the appetite. Some of these effects have been approved with modern laboratory evaluations. In this study, we have tried to introduce the plant and its effects in traditional and modern medicine. This is achieved by reviewing the references of Iranian traditional medicine as well as the observations cited in recent scientific evidence, and carrying out comparative evaluation of these items.

**Keywords:** Iranian traditional medicine; Kasni; Hendeba.

**Corresponding Author:** A.R. Abed

**Email:** arabed1365@gmail.com

---