Ethnobotanical study of native medicinal plants of Aleshtar region (Lorestan)

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Abstract:

Background and Purpose: Plant effective substances (secondary metabolites) are affected by plant growth
environment. The properties of the medicinal species are attributed to the presence of secondary metabolites.
Identifying medicinal species, recording and revitalizing herbal traditions and educating people on the proper
harvesting of these plants will lead to optimal use of their effective ingredients. The aim of this study was to
identify the medicinal species of Aleshtar (Lorestan province) and introduce their traditional and modern
uses.

Materials and Methods: Medicinal species were collected and identified in the cold and mountainous
regions of the study area. Traditional uses, as well as their applications in modern medicine, achieved
through interviews with native people, traditional herbal healers, and investigation of reliable scientific
sources. Data were collected by survey method and interviews were conducted with semi-structured
questions. Two quantitative methods were used to determine the importance of medicinal species and to
show information homogeneity: Use Value (UV) and Informant Consensus Factor (ICF).

Results: In this study, 202 medicinal species were identified that belong to 52 families and 143 genera.
Among the species identified, 20 plant species had the highest use value. Azgovāh (Thymus kotschyanus
Boiss & Hohen), Bon sor (Allium jesdianum Boiss.) and Mokhalesa (Tanacetum kotschyi Boiss.) had the
highest UV. The most ICF was in the Category of Digestive problems followed by the common cold, fever,
and influenza. A list of the scientific name, general (Vernacular) name, used parts of plant, UV and IFC
values, method of preparation and application in traditional and modern medicine was prepared.

Conclusion: The results of this study indicate the richness of herbal remedies culture in the region and the
great potential for providing primary herbal materials. Proper management, cultivation of medicinal plants,
and phytochemical testing of high Use Value medicinal plants and prevention of their incorrect collection
from natural areas seems to be necessary.

Keywords: Ethnobotany, Medicinal Plants, Medicinal Species, Persian Medicine

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