

Ethnopharmacology of Dill (A case study in Ardestan)

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Abstract:

Background and Purpose: Ethnopharmacology includes field and experimental research that provides valuable information about medicinal plants that are used in various cultures. Dill (*Anethum graveolens* L.) is an annual plant of the Umbelliferae family, the seeds and leaves of which are used as antiseptic, anticonvulsant, anti-flatulence, indigestion, milk enhancer and lipid-lowering in Persian Medicine. The aim of this study was to analyze the ethnopharmacology of dill in Ardestan, with a long history of cultivation and consumption of this plant.

Materials and Methods: Initially, local elderly and experts in fields of traditional medicinal, food, and industrial uses of dill were selected by snowball sampling and interviewed winter 2019. Subsequently, a researcher-made questionnaire was prepared from locally collected data. Using Cochran's formula, the sample size was estimated at 375 and the questionnaire was randomly distributed among the participants from Ardestan in the spring of 2020. The validity of the research instrument was confirmed by a survey of professors and experts and the reliability was confirmed by Cronbach's alpha of 0.894. Statistical analysis was performed using SPSS software version 22 and t-test and Friedman test.

Results: A review of the frequency of variables for dill used as treatment showed that, on average, there was a 3.13% use of fresh seeds to reduce blood lipids, 2.02% to treat stomach pain. Seed infusion was used in 1.87% as a galactagogue. Also, seeds were used to eliminate bloating in livestock in 1.73%. The most frequently used part was leaves and the most consumed method (34.1%) was dried (seasoning in foods).

Conclusion: Therefore, it can be concluded that despite the rich knowledge of the elderly and local experts of different applications of dill, the respondents to the researcher-made questionnaire in different neighborhoods of Ardestan have little or no knowledge of the ethnopharmacology of dill. Perhaps the lower experience of the younger generation and their little knowledge of the use of medicinal plants is a reason for this matter.

Keywords: Traditional Persian Medicine, Medicinal Plants, Treatment

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