



## Therapeutic Effects of Henna in Iranian Traditional Medicine

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### Abstract:

**Background and Purpose:** Henna has been one of the most important and remarkable medicinal and ornamental plants, for Iranians from the distant past up to today's. According to scholars of Iranian folk medicine, Henna is a cold and dry plant and also warm and dry. But this colored plant also has many properties and has been used in folk medicine for the prevention and treatment of many diseases.

**Material and methods:** The method of article is documentary research. Therefore, traditional medicine chapter of ethnographic reports was studied in anthropology research center. In this study, traditional treatment with Henna in parts of Iran have been investigated and then uses of Henna in ancient medicine is studied.

**Results:** Henna and the traditional treatment studied in 13 provinces of Iran, what was important in this research, it was the most use of this plant

has been for the treatment of skin and hair.

**Conclusion:** local treatment and the traditional folk knowledge are great treasure in any country. they need to investigate further, because investigate the therapeutic effects of this plant can be useful for traditional medicine researchers.

**Keywords:** Henna, traditional medicine, medicinal plants

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