

Oils from the perspective of traditional medicine

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Abstract:

Natural products such as herbal oils nowadays, recommended and have been used to cure and alleviate a lot of physical and mental disorders by therapists of natural health practitioners.

The oils from seeds, fruits, and the brain of that sort of seeds or, their skin is prepared for treatment of variety of diseases today and have been used for treatment of disease by localized or oral usage and supplied to the patients.

The oils from seeds, fruits, and their seed's brain and their skin is prepared today for treatment of a variety of diseases and used as a localized and oral treatment.

Plant oils are a rich source of essential fatty acids, vitamins, mineral and extracted oils such as canola, soybean, sunflower, corn, Sesame oils and etc. The most well known types of plant oils have been administrated by seeds brains and some of the seeds that could be obtained.

Information's of this article had been collected from the contents of the traditional medicine Books, such as GHANON in medicine and the ZAKHIREIE KHARAZMSHAHI as well. The comprehensive Islamic traditional medicine- software also had been used too.

Preventive medicine take precedence over traditional medicine treatment, and one of the ways of disease prevention would observed by the principles of healthy nutrition, because compliance with these principles helps not only to health of people but also optimum mental and emotional works in several communities could be followed as well.

In addition to the dietary and eating purpose a wide range of vegetable oils for use in cosmetics practice or pharmacy industry are sold and their properties and their characteristics are much noticed by the female attention.

In this paper, some natural characteristics of oils would be evaluated respect to look to therapeutic and topical applications.

Keywords: natural oils, herbal medicine, healthy nutrition

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