



Lavender in Iranian Traditional Medicine and New Studies

F. Golfakhrabadi, F. Yousefbeyk, A. Hassanzadeh, Sh. Sadat Hamedy*

Abstract:

Background and Purpose: Lavender is a plant from *lavandula* genus (*labiatae* family) grows in south of Iran, south of Saudi Arabia and North Africa. *Lavandula sublepidota* is an endemic species in Iran. The English name for this plant is Lavender. This herb is widely used in Iranian traditional medicine for the treatment of many diseases, including neurological diseases, digestive and respiratory diseases, and is referred to as tonic. New studies have reported some of the therapeutic results of this plant. In this article discussed two categories of the studies.

Materials and Methods: This study was conducted using a review study. Traditional information of lavender, including nature, habitat, verbs and properties, was extracted by searching traditional Iranian references. Then, by study the new books and articles, the toxicity and use of lavender with the information extracted from the sources of traditional medicine were compared.

Conclusion: Comparison and adaptation of traditional findings and current studies indicate that lavender in traditional medicine sources can be one of the most important genera of *Lavandula*. This study could also be presented as an identification card for this plant.

Keywords: *Lavandula*, Iranian Traditional Medicin, Phytochemical and pharmacological effects.

Corresponding Author: Sh-hamedy@razi.tums.ac.ir