

The therapeutic effects of (*Daucus carota* subsp. *Carota*) and (*Daucus carota* subsp. *Sativus*) in traditional medicine and results of new research findings: A review study

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Abstract:

Background and purpose: Persian carrot is one of the indigenous plants of Iran's plateau, cultivated over the centuries as a medicinal herb. The purpose of this study is to review the active ingredients of various organs of the *Zardak* plant, especially its roots in traditional and modern medicine.

Methods and Materials: This study, which is a library type, was conducted in a narrative review method and utilized important books of traditional medicine and explored in accessible databases such as Science Direct, Google Scholar, PubMed, Scopus and SID.

Results: The Persian carrot is considered as a valuable herbal medicine because of the presence of various nutritious compounds such as vitamins, minerals, fiber and antioxidants. In addition, due to the numerous phytochemical compounds, it has become one of the most widely used herbs in the prevention and treatment of some chronic diseases in traditional and modern medicine. Research results showed that amount of Persian carrot sugar is more than carrot and its iron content is about three times higher. For this reason, Persian carrots are recommended to prevent anemia. The Persian carrot having carotenoids, such as alpha-carotene and lutein, is one of the most valuable antioxidant sources that can play a role in preventing many eye diseases, cardiovascular disorders, skin diseases, and cancers.

Conclusion: It seems that Persian carrot as one of the indigenous herbs of Iran, is considered to be popular and various products derived from its root could be a part of the diet in all age groups.

Key words: Zardak, Persian Carrot, Gazar, *Daucus carota*, Beta-Carotene, Traditional Medicine, Modern Medicine

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