Ethnobotanical study of native medicinal plants of Aleshtar region (Lorestan)

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Abstract:

Background and Purpose: Plant effective substances (secondary metabolites) are affected by plant growth environment. The properties of the medicinal species are attributed to the presence of secondary metabolites. Identifying medicinal species, recording and revitalizing herbal traditions and educating people on the proper harvesting of these plants will lead to optimal use of their effective ingredients. The aim of this study was to identify the medicinal species of Aleshtar (Lorestan province) and introduce their traditional and modern uses.

Materials and Methods: Medicinal species were collected and identified in the cold and mountainous regions of the study area. Traditional uses, as well as their applications in modern medicine, achieved through interviews with native people, traditional herbal healers, and investigation of reliable scientific sources. Data were collected by survey method and interviews were conducted with semi-structured questions. Two quantitative methods were used to determine the importance of medicinal species and to show information homogeneity: Use Value (UV) and Informant Consensus Factor (ICF).

Results: In this study, 202 medicinal species were identified that belong to 52 families and 143 genera. Among the species identified, 20 plant species had the highest use value. Azgovāh (*Thymus kotschyanus* Boiss & Hohen), Bon sor (*Allium jesdianum* Boiss.) and Mokhalesa (*Tanacetum kotschyi* Boiss.) had the highest UV. The most ICF was in the Category of Digestive problems followed by the common cold, fever, and influenza. A list of the scientific name, general (Vernacular) name, used parts of plant, UV and IFC values, method of preparation and application in traditional and modern medicine was prepared.

Conclusion: The results of this study indicate the richness of herbal remedies culture in the region and the great potential for providing primary herbal materials. Proper management, cultivation of medicinal plants, and phytochemical testing of high Use Value medicinal plants and prevention of their incorrect collection from natural areas seems to be necessary.