

Chicory (“Kāsni”)

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Abstract:

Background and Purpose: Chicory (*Cichorium intybus* L.), named “Kāsni” in Persian, has been used as a medicinal plant for hepatoprotective, thirst quenching, body heat reducing, bile reducing and activities by traditional Iranian scholars for many centuries. Although chicory is a common plant in traditional medicine, it is attributed to several plant species with different morphologies.

Materials and Methods: Herein, plant species attributed to chicory in traditional manuscripts were studied and compared with new botanical references. They included *Cichorium endivia*, *Cichorium intybus*, *Cichorium pumilum*, *Taraxacum officinale* (syn: *Taraxacum camphylodes*) and *Chondrilla juncea*. In this survey, morphological features and therapeutic characteristics mentioned both in traditional and conventional medicine resources were reviewed.

Results: The results of morphological assessments showed that *Cichorium intybus* and *Cichorium endivia* are Kāsni barri and Kāsni bostāni, respectively. Other species were different in terms of botanical features in comparison with two principal species.

Conclusion: Due to the importance of accurate identification of medicinal plants for research purposes, we identified *Cichorium intybus* and *Cichorium endivia* as Kāsni barri and Kāsni bostāni respectively for the plant chicory among the species listed in Persian medicine references.

Keywords: Chicory, Traditional Persian Medicine, *Cichorium intybus*, *Cichorium endivia*

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