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Research Article

Colic Phytotherapy in Iranian Ethnobotany: An Overview of the Effectiveness of the Most Important Native Medicinal Plants of Iran on Colic Disease

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ABSTRACT

Colon disorders and diseases are of the significant gastrointestinal problems. Medicinal plants have a wide range of health effects. Medicinal herbs are used in the treatment of various diseases. Many native medicinal plants of Iran have anti-colic effects. Thus, in this review, the medicinal plants of Iranian ethnobotanical resources with anti-colic effects were reported. In this review study, a search for articles by the keywords colic, ethnobotanical, and medicinal plants was done. A search on the databases, such as Scopus, ISI, SID, MegaIran, and a number of other databases was performed. Based on the review results of ethnobotanical sources, it was revealed that the medicinal herbs of chamomile, lote, yarrow, dill, *Tanacetum parthenium*, *Sisymbrium irio*, plantain, *Damascus rose*, licorice, garden sage, oregano, etc. are of the most important anti-colic medicinal plants.

Keywords*:* digestion, colic, medicinal plants, Iranian ethnobotany.

INTRODUCTION

Colon disorders and diseases are of the significant gastrointestinal problems[1-3]. Colic happens for psychosocial, gastrointestinal, and biological reasons[4]. There are different types of colic, such as infantile colic, ulcerative colic, etc. Ulcerative colitis is a chronic disease, in the pathogenesis of which inflammatory mediators and oxidative stress play an important role[5-6]. Medicinal plants have a wide range of health effects and are used in the treatment of various diseases[7-25]. Many native medicinal plants of Iran have anti-colic effects. Therefore, in this review, the medicinal plants of Iranian ethnobotanical resources with anti-colic effects were reported.

METHODOLOGY

In this review study, a search for articles by the keywords colic, ethnobotanical, and medicinal plants was done. A search on the databases, such as Scopus, ISI, SID, Mega Iran, and a number of other databases was performed.

RESULTS

31 herbs from different parts of Iran are traditionally used to treat diseases. The anti-colic medicinal plants of different parts of Iran, along with their additional information, are marked in Table 1.

DISCUSSION

The study of medicinal plants can provide a good research background for the control of colic symptoms since having bioactive and effective pharmaceuticals and having been used for its treatment since long time ago. The causes of colic especially the baby colic is not clear. Mostly it begins at a few weeks old babies up to 3-4 months ones, and sometimes older. Some believe that it occurs in babies with immature digestive tract, a developing brain/neurological system or allergies. Some suggest that colic children are easily overstimulated. Of course, it is important to check in to rule out any other potential issues. The natural remedies that were introduced here may help reduce or eliminate the symptoms. It should be note that before implementing any of these remedies, it is better to be checked with a pediatrician first. It has been recommended that if these approaches were not effective, other approaches such as medicinal plants might be used. Medicinal plants have been used since ancient times and their safety have been shown more than synthetic drugs[33,34]. Medicinal plants have been shown to be effective in various diseases such as inflammatory disease[35,36], and infectious diseases[37,38]. It should be noted that infection in gastrointestinal tract is mostly due to Helicobacter pylori[39,40] which act by various mechanisms[41]. Colic may also is due ti infection or inflammation. Therefore, medicinal plants may also act by these mechanisms, too. Consequently, effective natural drugs can be produced for colic control in case of proving their effectiveness after performing a pharmacological study on them.

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Table 1: The native anti-colic medicinal plants of Iran presented in their Persian names, scientific names, and family names, together with their parts used and areas where they are found.

Raw	Scientific name	Family name	Persian name	Therapeutic use	Region
1.	*Tanacetum parthenium* (L.) Schultz-Bip.	Asteraceae	Babouneh gavi	Colic	Babol[26]
2.	*Taxus baccata* L.	Taxaceae	Sorkhdar	Colic	Arasbaran[26]
3.	*Ziziphus nummularia*	Ramnaceae	Konar	Colic	Ilam[27]
4.	*Achillea eriophora*	Asteraceae	Bomadaran Jonoubi	Colic	Kerman[28]
5.	*Anethumgraveolens*	Apiaceae	Shevid	Colic	Kerman[28]
6.	*Artemisia aucheri*	Asteraceae	Dermaneh	Colic	Kerman[28]
7.	*Dendrostellera lessertii*	Thymelaeaceae	Mokhalaseh	Colic	Kerman[28]
8.	*Descurainia Sophia*	Brasicaceae	Khakeshir	Colic	Kerman[28]
9.	*Fumaria parviflora*	Fumariaceae	Shahtareh	Colic	Kerman[28]
10.	*Plantago amplexicaulis*	Plantaginaceae	Barhang sagheaghoush	Colic	Kerman[28]
11.	*Plantago lanceolata*	Plantaginaceae	Barhang neizei	Colic	Kerman[28]
12.	*Rosa damascene*	Rosaceae	Gole mohammadi	Colic	Kerman[28]
13.	*Teucrium polium*	Lamiaceae	Maryam nokhodi	Colic	Kerman[28]
14.	*Zataria multiflora*	Lamiaceae	Avishan shirazi	Colic	Kerman[28]
15.	*Foeniculum vulgare* Miller.	Apiaceae	Razianeh	Colic	Khuzistan[29]
16.	*Heracleum persicum* Desf.ex Fischer	Apiaceae	Golpar	Colic	Khuzistan[29]
17.	*Prangus ferulacea*	Apiaceae	Jashir	Colic	Khuzistan[29]
18.	*Ornithogalum persicum*	Asparagaceae	Berenjasef	Colic	Khuzistan[29]
19.	*Artemisia annua*L.	Asteraceae	Gandjarou	Colic	Khuzistan[29]
20.	*Zataria multiflora* Boiss.	Lamiaceae	Avishan shirazi	Colic	Khuzistan[29]
21.	*Glycyrrhiza glabra* L.	Papilionacea	Shirinbian	Colic	Khuzistan[29]
22.	*Ranunculusarvensis* L.	Ranunculaceae	Gole zard	Colic	Khuzistan[29]
23.	*Melica persica*	Poaceae	Badranjbouyeh kouhi	Colic	Shomal[30]
24.	*Mentha persica* Benth.	Lamiaceae	Poune	Colic	Shomal[30]
25.	*Anethum graveolens* L.	Apiaceae	Shevid	Colic	Marivan[31]
26.	*Mentha longifolia* L.	Lamiaceae	Pouneh	Colic	Marivan[31]
27.	*Origanum vulgare* L.	Lamiaceae	Marzanjoush	Colic	Marivan[31]
28.	*Salvia bracteata*	Lamiaceae	Maryamgoli bargedar	Colic	Marivan[31]
29.	*Stachys spectabilis*	Lamiaceae	Sonbolei tamashaei	Colic	Marivan[31]
30.	*Achillea wilhelmsii* C. Koch	Asteraceae	Bomadaran	Colic	Natanz kashan[32]
31.	*Launaea acanthodes*	Asteraceae	Charkheh	Colic	Natanz kashan[32]

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