

Research Article

Iran's Most Important Indigenous Medicinal Plants with Diuretic Properties: An Overview of Iranian Ethnobotanical Resources

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ABSTRACT

By definition, urinary retention is called the inability to completely empty urine so that the volume of residual urine after discharge is higher than 100 cc and lower than 200 cc in the elderly. For the treatment of urinary retention, there are different therapeutic methods, such as traditional medicine and complementary therapies. One of the methods of traditional medicine is using medicinal plants. Medicinal herbs are effective on the treatment of many diseases due to their active and antioxidant ingredients. Many native medicinal plants of Iran are effective on the treatment of urinary retention and have diuretic properties. Thus, in this review, the effective medicinal plants of Iranian ethnobotanical resources on hemorrhoid were reported. In the present review study, a search for articles by the keywords hemorrhoid, ethnobotanical, and medicinal plants was done. A search on the databases, such as Scopus, ISI C, S ID, Mega Iran, and a number of other databases was performed. Search the databases, such as databases including Scopus, ISI C, S ID, and a number of other sites were Mgrayan. Based on the results obtained, 45 herbs from different parts of Iran are traditionally used to treat urinary retention. Such medicinal plants as chicory, nettles, sorrel, milk, cheese, oleander, wild pistachio, fumitory, jujube, basil, nigella seeds, licorice, etc. are of the effective herbs.

Keywords: urinary retention, diuretic medicinal plants, Iran.

INTRODUCTION

By definition, urinary retention is called the inability to completely empty urine so that the volume of residual urine after discharge is higher than 100 cc and lower than 200 cc in the elderly¹. Urinary retention happens for various reasons, such as urinary tract stones, urinary tract infections, tumors²⁻⁴. There are different therapeutic methods, such as traditional medicine and complementary therapies for the treatment of urinary retention. One of the methods of traditional medicine is using medicinal plants. Medicinal herbs are effective on the treatment of many diseases due to their active and antioxidant ingredients⁵⁻²³. Many native medicinal plants of Iran are effective on the treatment of urinary retention and have diuretic properties. Thus, in this review, the effective medicinal plants of Iranian ethnobotanical resources on hemorrhoid were reported.

METHODOLOGY

In the current review study, a search for articles by the keywords hemorrhoid, ethnobotanical, and medicinal plants was done. A search on the databases, such as Scopus, ISI C, S ID, Mega Iran, and a number of other databases was performed.

RESULTS

11 plants from different parts of Iran are traditionally used to treat urinary retention. The medicinal plants of different parts of Iran, which are effective on urinary retention, along with their additional information, are marked in Table 1.

DISCUSSION

Urinary retention it is said to the inability to urinate. Of urinary retention causes can be named a variety of infections, neurological problems, constipation and noted the effects of certain drugs and amphetamines. From very long time ago which chemical drugs were not available, people have used medicinal plants for the treatment of urinary retention. Are likely herbs contain diuretic because they are treat urinary retention. The study medicinal plants can provide a good research background for the control of urinary retention since having bioactive and effective pharmaceuticals and having been used for its treatment since long time ago. Consequently, effective natural drugs can be produced to treat urinary retention in case of proving their effectiveness after performing a pharmacological study on them.

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Table 1: Iranian native medicinal plants for treating urinary retention presented in their Persian names, scientific names, and family names, together with their parts used and areas where they are found.

No.	Scientific name	Family name	Persian name	Therapeutic name	Region
1.	<i>Sambucus nigra</i> L.	Caprifoliaceae	Angour koli	Diuretic	Arasbaran ²⁴
2.	<i>Cichorium intybus</i>	Compositae	Kasni	Diuretic	Arasbaran ²⁴
3.	<i>Alliaria petiolata</i>	Cruciferae	Alafe sir	Diuretic	Arasbaran ²⁴
4.	<i>Lamium album</i> L.	Labiatae	Gazaneh sefid	Diuretic	Arasbaran ²⁴
5.	<i>Origanum vulgare</i>	Labiatae	Marzanjoush	Diuretic	Arasbaran ²⁴
6.	<i>Ballota nigra</i>	Labiatae	Anjideh sial	Diuretic	Arasbaran ²⁴
7.	<i>Rumex acetosa</i>	Polygonaceae	Torshak	Diuretic	Arasbaran ²⁴
8.	<i>Portulaca oleraca</i>	Portulacaceae	Khorfeh	Diuretic	Arasbaran ²⁴
9.	<i>Paliurus Spina- Christi</i> Miller	Rhamnaceae	Siah telo	Diuretic	Arasbaran ²⁴
10.	<i>Prunus spinosa</i> L.	Rosaceae	Gojeh siah	Diuretic	Arasbaran ²⁴
11.	<i>Fragaria vesca</i> L.	Rosaceae	Toutfarangi vahshi	Diuretic	Arasbaran ²⁴
12.	<i>Galium verum</i> L.	<u>Rubiaceae</u>	Shirpanir	Diuretic	Arasbaran ²⁴
13.	<i>Cardaria draba</i> (L.) Desv	Brassicaceae	Tef ba sar	Diuretic	Azerbaijan ²⁵
14.	<i>Cichorium intybus</i> L.	Asteraceae	Kasni	Diuretic	Ilam ²⁶
15.	<i>Nerium oleander</i> L.	Apocynaceae	Kharzahreh	Diuretic	Ilam ²⁶
16.	<i>Pistachia khinjuk</i> Stocks.	Anacardiaceae	Pesteyeh vahshi	Diuretic	Ilam ²⁶
17.	<i>Xanthium spinosum</i> L.	Asteraceae	Zardineh	Diuretic	Ilam ²⁶
18.	<i>Morus alba</i>	Moraceae	Toute sefid	Diuretic	Sirjan kerman ²⁷
19.	<i>Cardia draba</i> (L.) Desv.	Brassicaceae	Azmak	Diuretic	Jandagh ²⁸
20.	<i>Hypocoum pendulum</i> L.	Papaveraceae	Shah tareh	Diuretic	Jandagh ²⁸
21.	<i>Cichorium intybus</i>	Asteraceae	Kasni	Diuretic	Khalij fars ²⁹
22.	<i>Portulaca oleracea</i>	Portulacaceae	Khorfeh	Diuretic	Khalij fars ²⁹
23.	<i>Ziziphus jujuba</i>	Rhamnaceae	Anab	Diuretic	Khalij fars ²⁹
24.	<i>Daucus carota</i> L.	Apiaceae	Havij	Diuretic	Khuzistan ³⁰
25.	<i>Arctium lappa</i> L.	Asteraceae	Baba adam	Diuretic	Khuzistan ³⁰
26.	<i>Echium amoenum</i> Fisch & Mey.	Boraginaceae	Gavzaban	Diuretic	Khuzistan ³⁰
27.	<i>Descurainia sophia</i>	Brassicaceae	Khakeshir	Diuretic	Khuzistan ³⁰
28.	<i>Nasturtium officinale</i> L. R.Br.	Brassicaceae	Alafeh cheshmeh	Diuretic	Khuzistan ³⁰
29.	<i>Lepidium sativum</i>	Brassicaceae	Tareh shahi	Diuretic	Khuzistan ³⁰
30.	<i>Sinaps alba</i> L.	Brassicaceae	Khardal sefid	Diuretic	Khuzistan ³⁰
31.	<i>Ocimum basilicum</i> L.	Lamiaceae	Reihan	Diuretic	Khuzistan ³⁰
32.	<i>Malva sylvestris</i> L.	Malvaceae	panirak	Diuretic	Khuzistan ³⁰
33.	<i>Senna alexandrina</i> Mill.	Papilionaceae	Sena	Diuretic	Khuzistan ³⁰
34.	<i>Portulaca oleracea</i> L.	Portulacaceae	Khorfeh	Diuretic	Khuzistan ³⁰
35.	<i>Angalis arvensis</i> L.	Primulaceae	Anaghali	Diuretic	Khuzistan ³⁰
36.	<i>Nigella sativa</i> L.	Ranunculaceae	Siah daneh	Diuretic	Khuzistan ³⁰
37.	<i>Solanum nigrum</i> L.	Solanaceae	Tajrizi	Diuretic	Khuzistan ³⁰
38.	<i>Viola tricolor</i> L.	Violaceae	Banafsheh serang	Diuretic	Khuzistan ³⁰
39.	<i>Ammi majus</i> L.	Apiaceae	Khalal dandan	Diuretic	Khuzistan ³⁰
40.	<i>Portulaca oleracea</i> L.	Portulacaceae	Khorfeh	Diuretic	Khuzistan ³⁰
41.	<i>Anagalis arvensis</i> L.	Primulaceae	Anaghali	Diuretic	Khuzistan ³⁰
42.	<i>Ziziphus jujuba</i> (L) H.Karst	Rhamnaceae	Anab	Diuretic	Mobarakeh isfahan ³¹
43.	<i>Glycyrrhiza glabra</i> L.	Papilionaceae	Shirinbian	Diuretic	Mobarakeh isfahan ³¹
44.	<i>Acanthophyllum bracteatum</i> Boiss.	Caryophyllaceae	Choubakeh bargedar	Diuretic	Natanz kashan ³²
45.	<i>Adonis austivalis</i> L.	<u>Ranunculaceae</u>	Cheshmkhorous tabastaneh	Diuretic	Natanz kashan ³²

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