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Alternative to Taking Medication

Heal sinus problems with horseradish

Latest studies show sinusitis is the nation's number one chronic health problem. And this condition doesn't just spur congestion and facial pain, it also makes sufferers six times *more* likely to feel achy all-over. Horseradish to the rescue! According to German researchers, this eye-watering condiment naturally revs up blood flow to the sinus cavities, helping to open and drain clogged sinuses and heal sinus infections more quickly than decongestant sprays do. The study-recommended dose: One teaspoon twice daily (either on its own, or used as a sandwich or meat topping) until symptoms clear.



1st National Medicinal Plants Festival

137 companies and 70 scientific centers participated in the 1st medicinal plants, natural products and Iranian traditional medicine festival which was held in Imam Khomeini Mosala from 10 to 13th May 2012. Dr. Asareh the secretary of science and technology development in medicinal plants said: the slogan of this festival is "together with nature and health". He pointed out this festival could attract scientific views on the one hand and potential capabilities and climate diversity in Iran on the other. Also, it



could have international relations with other countries in order to propagate our scientific achievements, along with this year's message "national product, supporting employment and Iranian wealth". Other aims of this festival were introducing new products as herbal medicines, cosmetics and organic products, experimenting traditional methods, distribution

and packaging and finally creating a link between technology and investment were other goals of this festival.

National Congress of Medicinal Plants

National congress of medicinal plants was held in Kish Island from 17 to 18 May 2012. This congress executed by national network of research and technology in medicinal plants with coordination of IMPS. The IMPS executives and members had active participation in oral presentation and other parts of the Congress.

Plantation of Medicinal Plants in Free Lands

President's first deputy declared Jihad-e-agriculture would specify free lands for creating green houses of medicinal plants. He said in two weeks time these lands would be offered to the volunteers.

17 Research Centers in Mazandaran Province

The Executive of Mazandaran research center said: "there will be 17 research stations concentrating on medicinal plants in Mazandaran in near future." Mohamad Amini declared that in medicinal plants is cross provincial and told most of developmental issues in medicinal plants are solvable out of our province. He added this province for prosperity and development of medicinal plants has no land problem.

Agriculture and Industry; Government Priorities

President Mahmoud Ahmadinejad, pointed out that the agriculture and industry are the priorities in national production and supporting employment and wealth which was presented by Ayatollah Khamenei the supreme leader for this year. He said regarding to present potentialities in agricultural section, apparently Iran is a dry country in a way that in the last 25 years agriculture was not the focal point of planning in Iran and all the expenses were spent on industrial sector while agriculture is very important.

Botanical Garden with 300 species

Botanical garden with 300 species of medicinal plants in an 3 hectares area near Firooz Bahran village in south of Tehran was established. Mehdi Farkhoy the founder of this garden declared “ from the first beginning we tried to create research, educational and scientific and technical attractions inspired by natural beauties and visual attractions and would be suitable for every age and educational background. Thus, the design of the garden is unique and according to the nature, days of the week, month and seasons. Thus, each section has a different name based on their properties and their useful parts.”



Watercress Good for Athletics' Doping

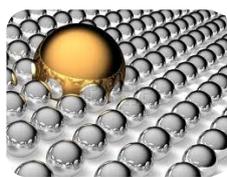
Normally it is not believed that watercress is considered to be an energetic food but it seems to gives you the energy you need before exercise. **Watercresses** (*Nasturtium officinale*, *N. microphyllum*; formerly *Rorippa nasturtium-aquaticum*, *R. microphylla*) are fast-growing, aquatic or semi-aquatic, perennial plants native from Europe to central Asia, and one of the oldest known leaf vegetables consumed by human beings. Watercress contains significant amounts of iron, calcium, iodine, and folic acid, in addition to vitamins A and C. In some regions, watercress is regarded as a weed, in other regions as an aquatic vegetable or herb. Watercress crops grown in the presence of manure can be a haven for parasites such as the liver fluke *Fasciola hepatica*. Many benefits from eating watercress are claimed, such as that it acts as a stimulant, a source of phytochemicals and antioxidants, a diuretic, an expectorant, and a digestive aid.^[5] It also appears to have antiangiogenic cancer-suppressing properties; it is widely believed to help defend against lung cancer. A 2010 study conducted by the University of Southampton found that consumption of watercress may also inhibit the growth of breast cancer. The content of phenethyl isothiocyanate (PEITC) in watercress inhibits HIF, which can inhibit angiogenesis. Watercress is mentioned in the Talmud as being able to stop bleeding, when mixed with vinegar. (Wikipedia)



Iranian Intelligent Medicine

Dr. Mostafa Ghanei, deputy of research and technology of health and medical education ministry in an interview wit Iran newspaper stated: “ Iranian intelligent medicine is a process in which two products as biotechnology and radio medicine is combined together, one for identifying and the other for destroying different type of cancers.”

Essential Oils of Plants Appropriate Chemical Substitute for Nanoparticles



One of scientific members of Razi Univesrity in Kermanshah stated recent studies show that plants are good substitute for chemicals in producing nanoparticles. Abdolhamid Alizadeh added, producing nanoparticles needs three materials including metal ions, regenerative and protective which are chemicals. He said: “ in this research project using plants instead of chemical materials for producing nanoparticles was tried to syntheses metal nano particles and also not to pollute the natural environment.

Iran Produces 26 Biotechnological Medicines

The deputy of research and technology in health and medical education ministry indicated on development of technology in medical production in Iran and said: “ now Iran produces 26 different types of biotechnological medicines and ,, to market. Ghanei pointed out that the value of 95 types of medicines with this technology necessary for our country is 2 thousand billion Tomans and the other 5 percent is 1 thousand billion Tomans that show the significance of these medicines.”

Introducing a Plant: Azaleas

Azaleas are flowering shrubs comprising two of the eight subgenera of the genus *Rhododendron*, *Tsutsuji* (evergreen) and *Pentanthera* (deciduous). Azaleas bloom in spring, their flowers often lasting several weeks. Shade tolerant, they prefer living near or under trees. Azaleas differ from rhododendrons in being generally smaller and having one blossom per stem rather than blossom clusters. They have more seeds in the flower. The azalea is also one of the symbols of the city of São Paulo, in Brazil. In addition to being renowned for its beauty, the Azalea is also highly toxic--it contains andromedotoxins in both its leaves and nectar, including honey from the nectar. The Azalea and *Rhododendron* were once so infamous for their toxicity that to receive a bouquet of their flowers in a black vase was a well-known death threat. (Wikipedia)



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