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Alternative to Taking Medication

No. 2 Anti Asthma Foods

Broccoli sprouts are three- to four-day-old broccoli plants that look like alfalfa sprouts, but taste like radishes. The radish flavor comes from a phytochemical that may act as protection against vectors while the broccoli plant is still young. This phytochemical not only benefits the young plant, but also when eaten by humans, may act as an antioxidant to stimulate the ability of cells to protect against disease. Recent study found that the study participants who ate broccoli sprouts for 3 days had an increase in antioxidant compounds that control the airway inflammation associated with bronchial asthma. The effect was most pronounced in those who ate the most broccoli sprouts. Available at many health food stores and grocery stores, broccoli sprouts make a great addition to salads, soups, salsa-topped dishes, and sandwiches.



Aquaculture Medicine by Wild Thyme



The Deputy of Research in Research Institute of Iran's Fishery reported of producing herbal medicine from wild thyme and transferring its technical information to a company for mass production. Dr. M. Sharif Rohani declared developing application of herbal medicine and medicinal plants is among the technological priorities and said: "Research

Institute of Fishery has performed many activities in this regard, such as using thyme essential oil." He added: "scientists found the essential oil formulation with high solubility in water and could have anti fungal effects on preventing fungal infection of aquaculture." This medicine is applicable in different types of fish as sturgeon, trout, shrimps and etc... because the highest amount of fungal infection is in the time of egg proliferation. Using this medicine could eliminate malachite green which is considered as health hazard. We are about to use eucalyptus, Aloe Vera, Astragalus as powder in food by various forms of drug in order to strengthen the immune system of aquacultures.

Codification of Final Scientific Map in Agriculture

The head of Research, Education and Agricultural Propagation Organization said: 'The codification of final scientific map in agriculture is going to be complete in late December.' Jahangir Porhema indicated that this project has been approved in strategic council in agricultural section, and would definitely make accessible 20 year vision. He hoped that this map would create a new way of independence in agricultural science and competition for new products.

Producing 8 New Herbal Medicine by Researchers of Lorestan

Dr. Delfan the deputy of food and medicine of medical school in Lorestan said: "3 new medicines is going to be in the market as Dentol from Satureja Khuzestanica for dental anesthetic and anti-septic. Rectol ointment from Myrtus communis and Zaitonex from olive leaves. Dr. Delfan stated that Dentol and Rectol is manufactured in Khorman Company and Zaitonex in Dana Casian Company. There are six other new drugs by these researchers coming to the market in the case of no financial problems. Eight types of drugs from olive leave were made and it will be presented in the near future and also some medicines from Oak tree is going to be produced and provided to the market soon.



Neanderthals Self-Medicated

A new study of skeletal remains from El Sidrón cave site in Asturias detected chemical and food traces on the teeth of five Neanderthals. Tartar samples from the 50,000-year-old teeth revealed microscopic plant starch granules, which had cracks indicating the plants had been roasted first. Further chemical analysis revealed compounds associated with wood smoke. Starch and carbohydrates in the tartar show the Neanderthals ate a variety of plants, but there were surprisingly few traces of meat-associated proteins or lipids.

Not only did our extinct cousins prefer grilling vegetables to steaks, they were also dosing themselves with medicinal plants, according to a team led by Karen Hardy, an archaeologist at the Catalan Institution for Research and Advanced Studies in Barcelona. The cave dwellers' diet was found to include yarrow and chamomile, both bitter-tasting plants with little nutritional value. Chamomile is very well known as a herbal treatment for nerves and stress, and for digestive disorders, while yarrow is used to treat colds and fevers and works as an antiseptic. (National Geographic News)

28% Increase of Medicinal Plants Export in Isfahan

Medicinal plants export in Isfahan comparing to last years situation increased 28 percent. The deputy of planning and economical affairs in Isfahan agricultural organization told that this year 498,700 kg medicinal plants with the value of 3 million and 486 thousand dollars were exported to foreign countries. He said last year exportation were 390,000 kg with the value of 2million and 712 thousand dollars. He added Aloe Vera, Saffron, Thyme, Safflower, Rosewater, Distillates, Gallnut, Barberry and mushrooms were among the exportation items. These plants were all harvested from Isfahan province and sent to Persian Gulf countries, Germany, India, Turkey and Thailand. Mr. Safi declared cities as Naeen, Khor, Biabanak, Aran o Bidghol, Kashan, Shahreza and Natanz are the major manufacturers of medicinal plants in Isfahan province.



UNDP Conservative Program for Medicinal Plants in Egypt

The Medicinal Plants Conservation Project (MPCP) is a GEF (global environment facility) funded project that is located in the Saint Katherine Protectorate (SKP). SKP is chock full of a wide variety of medicinal and aromatic plants (MAP), and is home to roughly half of the country's commonly seen botany.



There are four hundred and seventy two different spe-

cies of plants located here, with more than one hundred of these species used for medicinal reasons. While these plants serve a very important como bajar de peso purpose, unfortunately a number of them have been over exploited, and are now facing extinction. Since so many of these species of plants are native only to this particular area, the possibility of potential extinction would pose a serious issue, because it would mean that the species would be lost on a global scale. The Medicinal Plants Conservation Project is co-financed by a number of organizations as well as the Egyptian Government. So far, the project has created over two hundred jobs, and has improved the living conditions of over one thousand people. Women have seen the most good come from the project, as ninety five percent of medical plant collectors in the SKP are women. The Government of Egypt has just finalized a National Environmental Action Plan (NEAP), with the help of UNDP. Additionally, UNDP is helping the government to create awareness and change public attitudes towards the environment. One way of doing this is through efforts to establish public-private partnerships in the area of environmental protection.



Dr. Rezaee Participation in National Congress of Medicinal Plants in Mashhad and Yasoj

Last month Dr. Rezaee was invited to the 1st National congress of Islamic and Traditional Iranian Medicine. He presented a workshop entitled " Health and adequate methods for using medicinal plants". Also an agreement between IMPS and the Institute of Hayat –e– Taibe in Mashhad was signed. Another National Conference were held in Yasoj School of medicine. Many number of specialist in medicine participated in this conference. Dr. Rezaee had a speech in the closing ceremony about medicinal plants.

Producing Valuable Marine Plants in Southern Waters of Iran

The general manager of marine aquatic and shrimps in fishery organization said: " now there are valuable marine plants for medical, cosmetics and laboratory application and are producing in southern waters of Iran. Omid R. Asghari added: " in previous years valuable species were identified and prepared for production." He proposed, agar is one of the precious species with chemical properties that is cultivated in southern Iran and it is used in cosmetics, food, medicine and laboratory industries. At the moment developing and propagation of marine plants is carried out in Hormozgan, Boshehr and Sistan o Balochestan.

Iranian Medicinal Plants Society

Registration No: 18963

Editor in Chief:

Dr. M. B. Rezaee

PO Box: 14965-138

Tel: 00982144580212

newsletter.imps@gmail.com

website: www.imps.ir

Production and Translation by Marzieh S. Kazemi