



In this issue

- [Genetic Proof That You Really Do Hate Coriander](#)
- [New Treatment for Aphthous Ulcers](#)
- [Export of Medicinal and Industrial Plants in Fars Province](#)
- [Factory of Producing Essential Oil and Plants Extracts](#)
- [Cultivation of *Dracocephalum moldavica* L. Increased to 40% in West Azarbaijan](#)
- [Packaging Project of Medicinal Plants and Cultivating Thyme and Lemon Verbena](#)
- [Kerman Medicinal and Ornamental Plants Conference](#)

Alternative to Taking Medication

No. 3 & 4 Anti Asthma Foods

3. APPLES - Studies show that apples possess some extraordinary properties that may provide protection against asthma. One study discovered that pregnant women who ate apples protected their child from developing asthma. Another study found that by drinking apple juice daily children could reduce their chance of suffering from wheezing by 50%. These beneficial effects of apples may be linked to their high concentration of bioflavonoids, such as quercetin. Quercetin is known to possess strong anti-histamine, antioxidant, and anti-inflammatory properties. When buying apples, be sure to purchase organically grown fruit: together with peaches, conventionally grown apples top the list of fruits that contain the highest levels of pesticides and other harmful chemicals.

4. BANANAS - Including bananas in your diet may help you breathe easier. According to a British study, children who ate just one banana a day had a 34% lower chance of developing asthmatic symptoms such as wheezing. The results were not surprising considering that bananas are one of the best sources of pyridoxine, commonly known as vitamin B6. Pyridoxine plays a critical role in the production of adenosine triphosphate (ATP) and cyclic adenosine monophosphate (cAMP), molecules that have been shown to help relax bronchial smooth muscle tissue.

Genetic Proof that You Really Do Hate Coriander



Scientists have had a hunch for some time that hating on coriander might be partly inherited. But now a genetic survey of nearly 30,000 people has given us a definitive answer: hating coriander is hard-wired into your genes. Lots of people — including the likes of culinary goddess Julia Child — have claimed that it tastes offensive. Kinda like soap, in fact. Also, a recent survey suggested that 21 per cent of east Asians, 17 per cent of Europeans and 14 per cent of people of African descent claim to be repulsed by the stuff, also known as cilantro. The strongest variant lies within a cluster of olfactory-receptor genes — part of the genome that influences our sense of smell. Buried within that cluster is a gene called OR6A2, which encodes a receptor that makes people sensitive to the aldehyde chemicals contributing to coriander's characteristic flavour. Genetics play a part in food preferences, but so do behaviour and exposure — so as conclusive as this evidence is, don't assume a coriander bias isn't also influenced by trauma you suffered from eating a terrible taco. (www.gizmodo.com)

New Treatment for Aphthous Ulcers

An *aphthous ulcer* also known as a **canker sore**, is a type of mouth ulcer that presents as a painful open sore inside the mouth or upper throat characterized by a break in the mucous membrane. Its cause is unknown, but they are not contagious. The condition is also known as *aphthous stomatitis* (stomatitis is inflammation of the mucous lining), and alternatively as Sutton's Disease, especially in the case of major, multiple, or recurring ulcers. Iranian researchers by using 3 types of medicinal species made a drug for rapid treatment of canker sore which reduce the pain and treat the sore in 2 to 4 days. Shahin Goanji the project manager said: " in order to produce this drug, we used three types of medicinal species oak, lemon balm and rose petals. These three species not only have antibacterial compounds but also contain some substances that cause faster recovery."



Export of Medicinal and Industrial Plants in Fars Province

One thousand four hundred and ninety seven medicinal plants with the value of 7 million 869 dollars were exported from Fars province this year. The deputy of industry, mine and business organization of Fars said: " this amount of medicinal plants were sent from different parts of Iran to Persian Gulf countries and also Germany, Italy, India, France, Belgium and Aus-

tralia. " He reported spices, licorice, henna, cedar, olive leaf, mint, saffron, thyme and so on were among the exportation items. However, 4 industrial and manufacturing units in this field with employing 186 personnel is activating and also 16 other establishment license for processing, employing 343 people have been issued.

Factory of Producing Essential Oil and Plants Extracts

In Kermanshah a factory for producing essential oil and extracting medicinal plants has started its work. This project includes two production lines for licorice powder and medicinal plants essential oil.

Cultivation of *Dracocephalum moldavica* L.

Increased to 40% in West Azarbaijan

The deputy of herbal production of Jihad-e-Agriculture in West Azarbaijan declared: " Cultivation of *Dracocephalum moldavica* L. this year increased to 40% comparing to the previous year." Masoud Ghorbani added "this year 55 hectares of lands in Azarbaijan cultivated



this species which was only 15 hectares last year. From this farmlands more than 800 crops is going to be produced that the major amount is used by ex-

tracting units in the province and the rest is used traditionally.

Packaging Project of Medicinal Plants and Cultivating Thyme and Lemon Verbena

The head of Jihad-e-Agriculture of Ilam Province stated: " The project of packaging medicinal plants, *Melissa Officinalis*, thyme, peppermint and lemon verbena in 8 hectare of farmlands in the province are among the activities

done in this unit." The general governor of Ilam told that this province needs serious action for development and it can not imitate what other provinces have done for development but we have to move according to existing potentialities and medicinal plants is one of them.



Kerman Medicinal and Ornamental Plants Conference

The head of Research Institute of Agriculture and natural Resources of Kerman and also its mayor had invited Dr. Rezaee to participate in the conference of Medicinal and Ornamental Plants. Dr. Rezaee had an oral speech for experts and also had workshop for some executives of southern provinces. He spoke about medicinal plants, green spaces, culture and employment. In this conference the executives of other provinces invited the experts of research institute of forests and rangelands and also IMPS to introduce the medicinal plants for production and ornamental purposes in order to achieve appropriate strategies.



Nature's Most Powerful Medicinal Plants



Sage is an incredibly useful herb, widely considered to be perhaps the most valuable herb. It is anti-inflammatory, anti-oxidant, and antifungal. In fact, according to the noted resource **World's Healthiest Foods**, "Its reputation as a panacea is even represented

in its scientific name, *Salvia officinalis*, derived from the Latin word, *salvere*, which means 'to be saved'." It was used as a preservative for meat before the advent of refrigeration (eminently useful: you never know when you'll be forced to hunt in the wild). Sage aids digestion, relieves cramps, reduces diarrhea, dries up phlegm, fights colds, reduces inflammation and swelling, acts as a salve for cuts and burns, and kills bacteria. Sage apparently even brings color back to gray hair. A definite concern when lost in the woods.

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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