



In this issue

- [Iranian Researcher Created a Biological Dressing Using medicinal Plants](#)
- [Producing "Timogel" Soft Oral Capsule in Iran](#)
- [Saffron, Olive and Walnut ; Strategic Plants](#)
- [Phytowax Production](#)
- [Dealing with Sanctions; Production and Exportation of Medicinal Plants](#)
- [Inflammatory and Vascular Diseases with 3 Herbal Medicines](#)
- [Study on Strategic Plants](#)
- [Nature's Most Powerful Medicinal Plants: Sweet Violet](#)

Alternative to Taking Medication

No. 5 & 6 Anti Asthma Foods

5. GINGER- one of the oldest spices in the world, is well known for its cold treating powers, but it may also help alleviate asthma symptoms. Its asthma fighting properties are thought to be attributable to gingerols, strong anti-inflammatory substances that also give ginger its distinctive flavor. In one trial, people with acute bronchial asthma who took ginger root tea for a few weeks experienced a significant reduction in symptoms compared to those who took placebo. The results of this trial, published in the journal "Canadian Journal of Physiology and Pharmacology" in 2008, suggest that ginger contain bioflavonoids and polyphenols that reduce inflammation and constriction of the bronchial tubes.

6. SPINACH - The nutritional profile of spinach makes it an excellent health food and an important functional food to be included in any anti-asthma diet. One study with 68,535 female participants found that women with a high intake of spinach had a lower prevalence of asthma. This is not surprising considering that spinach features a host of important asthma preventing nutrients, including beta-carotene (spinach is one of the best sources of beta-carotene there is), vitamin C, vitamin E, and magnesium. It also has a substantial potassium content in proportion to its calorie content: a 100 calorie serving provides about 40% of the reference daily intake for this important anti-asthma mineral.

Iranian Researcher Created a Biological Dressing Using Medicinal Plants

Iranian researcher Mahdieh Hosseini created a biological dressing using five essences of medicinal plants for curing wounds which not only accelerate its recovery but also has antiseptic effect. Mahdieh Hosseini said: " we used five processed essences from native medicinal plants." She declared: " this product has been patented but still is not reached to mass production." This researcher worked on this project for 3 years and the its last stage was done in Pasteur Institute of Tehran.



Producing "Thymogel" Soft Oral Capsule in Iran

For the first time in Iran, an herbal capsule which is soft and oral is produced for treatment of chronic coughs and it is provided to the market. This soft capsule is as clear gelatin and has great absorbency and in terms of taste and smell and seems to be satisfactorily for the patients. The general manager of Barije Pharmaceutical Co. Said: " This drug is a soft capsule made of 40 milligram of Thyme (*Zataria multiflora*) and sweet Fennel (*Foeniculum vulgare*) ."



Saffron, Olive and Walnut ; Strategic Plants

The head of biological Society of Iran, Hassan Ibrahim stated that: " saffron, olive and walnut are strategic plants in Iran and issues related to plant stress should be more specific." He added: " for removing plants stress, first strategic plants should be recognized and then their problems be investigated." He indicated the economical value of saffron, olive and walnut and also their various applications, and admitted practical solutions should be provided in order to eliminate pests and stress from these plants.



Phytowax Production

Researchers in pharmacology center and medicinal plants in faculty of medical sciences in Mashhad university were succeeded in making a herbal product called "Phytowax". The executive director of that center Dr. Ghorbani said: " This medicine is produced from processing *Nigella sativa* and is used for fungal and bacterial infection." He indicated that research for producing cutaneous and new combination of drugs is one of basic points in self sufficiency of the country and now is under the industrial property of Dr. Hassan Rakhshande." The industrial production of Phytowax is under consideration and predicated to be in the market in the next few month.



Dealing with Sanctions; Production and Exportation of Medicinal Plants

The deputy of information technology in Research Institute of Phlebotomy of Khorasan said: " production and exportation of medicinal plants is one of the ways of dealing with sanctions in Iran." He stated, Iran has the capacity of breeding 8000 species of medicinal plants, but now only a small portion of herbal medicine of the world is produced in Iran. Annually 500 thousand tons of medicinal plants are produced in the world and the raw value of drug production is eight billion dollars, he declared. Now, a country like Jordan that has less variety in medicinal plants than Iran, that is 2500 species, every year produce and export more than 450 compositions and but Iran only produce 350 compositions.

Inflammatory and Vascular Diseases with 3 Herbal Medicines

The Director of Ahvaz Junishapour Medical Univeristy said the changing three herbal medicines into product are the current projects of this center. The formulation of these products is done and after clinical processes are produced and sent into the market. Dr. Hemati expressed, these drugs have no foreign equivalents and they are produced from native species of Iran. Soon, these drugs will be prepared in two forms as topical for healing skin inflammation and oral for a variety of inflammatory and cardio vascular diseases.

Study on Strategic Plants:

Eremostrachys laciniata (Desert spike) & *Vaccinium arctostaphylos* (Blueberry)

The director of Medicinal Plants Research Institute Dr. Naghdi Badi stated: " Study on two strategic plants of *Desert spike* and *Blueberry* make East Azarbaijan the



hub of medicinal plants." he also reported that the next decade is the decade of agriculture and this could a stimulus to forefront medicinal research projects in our agenda. It could be noted that desert spike is in the *Lamiaceae* family and could be found in Damavand mountainous area and in East Azarbaijan and it is used for Rheumatic diseases. Blueberry is traditionally used for lowering blood pressure.



Nature's Most Powerful Medicinal Plants



Sweet Violet, is a genus of flowering plants in the violet family *Violaceae*, with around 400–500 species distributed around the world. Most species are found in the temperate Northern Hemisphere, however some are also

found in widely divergent areas such as Hawaii, Australasia, and the Andes. The flowers, leaves and roots of various *Viola* species are used for medicinal purposes being rich in vitamins A and C. They also contain a type of antioxidant called an anthocyanin. *Viola* flowers are also used to make an herbal tea that is used in Chinese herbal medicine. Most violas (all tested) and many plants of the *Violaceae* plant family contain cyclotides, which have a diverse range of *in vitro* biological activities when isolated from the plant, including uterotonic, anti-HIV, antimicrobial, and insecticidal activities .When brewed into a syrup the plant is effective as a treatment for colds, flu and coughs or sore throat. However, when made as a tea, it is wonderfully effective for relieving headaches and

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