



Pulmonary System Medicinal Herbs In Fars Folk Medicine

Mohammad Amin Salim¹, Mohammad Mehdi Zahernasab¹, Mohsen Salman poor²

¹*Student Research Committee, Shiraz University of Medical Sciences, Shiraz, Iran*

Abstract:

Pulmonary system diseases are spreading out all over the world. Among them, cough is one of the most prevalent public issues. As a central reflex, cough often helps to clear pulmonary tracts of foreign particles, secretions and microbes. Nevertheless, persistent coughs usually indicate the presence of a background disease. Many times cough causes spreading the disease to new hosts. As a public effort, people usually use folk medicine to alleviate their coughs. Shiraz and Larestan are two cities of Fars province which their ethnopharmacology has a great role in the health systems. The aim of the study is to investigate the compatibility of ethnopharmacology in cough therapy with modern medicine for the evaluation of its efficacy.

A database is made on herbal medicines that were claimed to have cough therapy effects by visiting some of the apothecaries in Shiraz and Larestan. For realizing the adjustment of the claimed drugs with modern medicine, the authors searched the articles in Medline databases.

Most of the folk medicine drugs are found to have certain applications in modern medicine. For example, *Althaea officinalis* L and *Plantago major* L are used in pharmaceutical products for cough therapy. On the other hand, there are some herbs that don't have any application in new medicine like *Ocimum Basilicum* L and *Saliva macrosiphon*.

Researchers have put focused looks on ethnopharmacology in this filed. But we are still at the start of a long way. As a matter of fact, running more experimental researches on ethnopharmacology claimed pulmonary herbs is essential.

Keyword: Pulmonary disease, cough, herbal medicine, ethnopharmacology, folk medicine