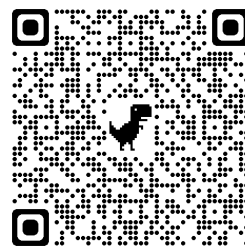


CURRENT RESEARCH TOPICS IN PHARMACY:

Traditional Medicine Talks

May 26th, 2023



FIRST SESSION 11.00 AM-12.45 PM

Moderator:
Mehmet
GÜMÜŞTAŞ

Welcome
Assoc.Prof. Betül OKUYAN

Bioorganic MgO nanoparticles attenuate oxidative stress and upregulate gene expression to attenuate doxorubicin-induced cardiotoxicity
Prof. Atiar Rahman

Phytopharmaceuticals as a protagonist approach for upsurging bioactivity of traditional medicines
Assist.Prof. Monika Dwivedi

Evaluation of *Withania somnifera* (Ashwagandha) in post-traumatic stress disorder induced neurobehavioral and biochemical markers : An experimental study
Dr. Sana Rehman

SECOND SESSION 13:00-14.45 PM

Moderator:
Ceyda EKENTOK
ATICI

HPTLC: A tool for herbal drug discovery
Prof. Abhishek Gupta

Persian Traditional Medicine
Assist. Prof. Laleh Khodaie

Folk medicinal plants of Turkey :
An overview
Assoc. Prof. Gizem Emre

Interactions of traditional and modern medicine in respiratory disorders : An Indian perspective
Prof. Arunabha Ray

THIRD SESSION 15.00-16.15 PM

Moderator:
Esra TATAR

Traditional use of medicinal plants in Albania, past and present
Prof. Vilma Papajani

Voltametric analysis of the antioxidative potential of medicinal plants traditionally used in North Macedonia
Assoc. Prof. Viktorija Maksimova

Biological activities of *Scolymus hispanicus* L.
Assist.Prof. Pervin Rayaman

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THE FOLK MEDICINAL PLANTS OF TURKEY: AN OVERVIEW

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Although the term “ethnobotany” was coined at the end of the 1800’s by Harshberger, knowledge of the use of wild plants found in our environment as food or medicine has existed for thousands of years. Some of the oldest records of wild plant use date back to ancient civilizations such as the Greek, Egyptian, and Chinese. It contains medicinal, edible, toys, dye, cosmetics, fuel and ornamental plants. Since ancient times people have used plants as a source of medicine. Around 80% of general population in the world use plants to treat several illnesses. Medicinal plants are an important source of current drugs and about 25% of the drugs prescribed worldwide come from plants. Ethnobotanical surveys have played an important role in bringing to light lost information from the past, thus enabling the possible future discovery and use of novel, effective, therapeutic compounds [1-4].

Turkey, is one of the most significant region, has many Anatolian civilizations and therefore this region has various historical and cultural richness. Because of this richness, traditional herbal medicine has an important role in Turkey. Hundres of ethnobotanical studies have been made by researchers in Turkey. For this study, the scientific literature records on the subject were revised [3-8].

As a result, about 1600 taxa are used as medicinal plants. Most of them are wild. 117 families are used in these area. Lamiaceae, Asteraceae, Apiaceae, Fabaceae and Rosaceae are the most common medicinal plant families. The parts of plants mainly used for treating different ailments comprised aerial parts, leaves, flowers, subterranean parts and other parts. The main methods for preparing remedies were decoction, infusion, direct application and crushing. Most were used internally. The local people sometimes also used other ingredients, such as butter, flour, tahina, yoghurt, honey and milk to prepare the remedies. The most frequent types of medicinal use records were gastrointestinal ailments, respiratory tract diseases, skin diseases and cardiovascular diseases. 19 species of *Achillea* were used for mainly gastrointestinal ailments. 16 taxa of *Anthemis* were used for mainly gastrointestinal ailments and cold. 30 taxa of *Euphorbia*’s latex was used for warts. One of the most commonly used plants were *Hypericum* species. During the interviews of ethnobotanical studies, participants shared that they learned about using the oleate of *Hypericum* species for external wound treatment from their ancestors, emphasizing that it was even used for sword wounds in ancient times. We even observed that many of the participants’ kept this oleate in their homes. Female participants over 60 years of age, who contributed to our research in the region, mentioned that the roots of *Malva* species were previously used to terminate pregnancies when birth control methods were not common, and that their mothers frequently applied this method. *Verbascum* has over 250 species in Turkey and 30 species of this genus were used for hemorrhoids and rheumatism. 10 taxa of *Origanum* were used for mainly

stomach diseases and respiratory system diseases. 37 taxa of *Salvia* was used for cold flu expectorant. For example, *Salvia fruticosa*, which is common especially in eastern parts of the country, is frequently gathered by local people, and is drunk as a tea. Some endemic species were the most consumed herbal teas are cultivated in the gardens of some participants. The informants stated that, *Ecballium elaterium*, *Daphne oleoides* subsp. *oleoides* and *Tamus communis* subsp. *cretica* should be used carefully owing to their dangerous side effects and contra-indications such as oedema, irritation of nasal cavity and redness [3-8].

As a conclusion, plants are still an important part of medicine. Performing ethnobotanical studies could revitalize this bridge of knowledge between old and new generations and help form solid foundation for its preservation. In the meantime, this is also the primary information for the scientific studies which will be made on the medicinal plants and health. Traditional herbal medicines are the natural source for the human health. In addition, they may be a guide for the discovery of the modern medicines.

Keywords: Ethnobotany; medicinal plants; folk medicine; Turkey.

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