



## Herbal Plants for Heart Diseases

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### Abstract

*Cardiovascular diseases represent significant health risk factors and they are major contributors to the global deaths and chronic illness/disability. For the treatment of cardiovascular disease, chemical and herbal medication are used. Herbal remedies used to treat heart disorders include Carum carvi L., Echium amoenum Fisch. & C.A.Mey., Citrus auranti floria, Zataria multiflora Boiss., Teucrium polium L., Zingiber officinale Roscoe, Falcaria vulgaris Bernh., Cynodon dactylon (L.) Pers., Vitis vinifera L., Glycyrrhiza glabra L., Artemisia absinthium L., Ziziphus spina-christi (L.) Desf. and Falcaria vulgaris Bernh., which are of the most important products affecting cardiovascular disorders.*

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### Dear editor;

Chronic diseases include a range of diseases Such as cardiovascular diseases, digestive diseases, renal failure, chronic bone damage, arthritis, asthma and allergies, as well as many other diseases [1-3]. These diseases are common across societies, causing the suffering to the patient and heavy economic costs [1-3]. One of the most common types of these diseases is cardiovascular disease. For the treatment of cardiovascular disease, several chemical and herbal

medications are used. Due to the various complications of chemical drugs, people's tendency to use chemical drugs has been lowering and People are more interested in taking herbal medicines [4, 5]. More importantly, herbal remedies used to treat heart disorders include Carum carvi L., Echium amoenum Fisch. & C.A.Mey., Citrus auranti floria, Zataria multiflora Boiss., Teucrium polium L., Zingiber officinale Roscoe, Falcaria vulgaris Bernh., Cynodon dactylon (L.) Pers.,

*Vitis vinifera* L., *Glycyrrhiza glabra* L., *Artemisia absinthium* L., *Ziziphus spina-christi* (L.) Desf. and *Falcaria vulgaris* Bernh, as one of the most important products affecting cardiovascular disorders. Because of having functional groups, active ingredients and antioxidants properties, Medicinal herbs are used in the treatment of several diseases. These products are made up of effective compounds that have therapeutic effects against diseases, and they can relieve and cure complications, by certain mechanisms.

### Authors' contribution

All authors contributed equally to the manuscript.

### Conflicts of interest

The authors declared no competing interests.

### Ethical considerations

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