



## Natural Remedies for Vascular Disease

Mohammad Karimian<sup>1\*</sup>

<sup>1</sup>Department of Surgery, Emam Khomeini Hospital, Ilam University of Medical Sciences, Ilam, Iran

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#### \*Correspondence to:

Mohammad Karimian  
drkarimian70@yahoo.com

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### Abstract

*Cardiovascular disease (CVD) is a group of major cardiovascular disorders that is widespread and has many complications, including death. Natural and herbal sources are one of the solutions to the treatment of various diseases. Many medicines are also used to treat chronic diseases. Some herbs are used to treat cardiovascular diseases, especially vascular complications. Plants such as Silybum marianum (L.) Gaertn., Vitis vinifera L., Allium ascalonicum L., Trigonella foenum-graecum L., Allium latifolium Jaub. & Spach, Artemisia sieberi Besser, Glycyrrhiza glabra L., Amaranthus caudatus L., Securigera securidaca (L.) Degen & Dorfl., Ribes biebersteinii Berland. ex DC., Crocus sativus L., Achillea wilhelmsii K.Koch, Angelica dura K.Koch, Teucrium abutiloides L'Hér., Nigella sativa L., Nicotina tobacum L., and Pistacia vera L.*

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*Dear editor;*

Chronic diseases are long-term illnesses that are severe, long-lasting, which causes the patient's suffering [1,2]. These types of diseases are expanding, and statistics show that their outbreak has increased in the countries [1-3]. These types of diseases can be called vascular diseases [4]. These diseases are very dangerous and their statistics are expanding. A heart attack is usually caused by the closure or stenosis of the coronary artery, which is itself the result of a blood clot originating from an atherosclerotic plaque [5]. Scientific findings show that natural and herbal sources are one of the solutions to the treatment of various diseases [4,5]. Many medicines are also used to treat chronic diseases. Some herbs are used to treat cardiovascular diseases, especially vascular complications. Plants such as *Silybum marianum* (L.) Gaertn., *Vitis vinifera* L., *Allium ascalonicum* L., *Trigonella foenum-graecum* L., *Allium latifolium* Jaub. & Spach, *Artemisia sieberi* Besser, *Glycyrrhiza glabra* L., *Amaranthus caudatus* L., *Securigera securidaca* (L.) Degen & Dorfl., *Ribes biebersteinii* Berland. ex DC., *Crocus sativus* L., *Achillea wilhelmsii* K.Koch, *Angelica dura* K.Koch, *Teucrium abutiloides* L'Hér., *Nigella sativa* L., *Nicotina tobacum* L. and *Pistacia vera* L. are among the herbal products used in vascular complications that can cure the complications of the disease. Medicinal herbs are products that are used to prevent and control and treat diseases. One of the most important strategies is to ensure the efficacy and safety of herbal remedies as well as no side effects [6]. They are rich in active ingredients and groups that have a medicinal effect. Antioxidant substances present in this plant can be used to treat vascular

complications with a specific mechanism, and these herbs can be used as powerful and effective medicines to control the disease.

*Authors' contribution*

All authors contributed equally to the manuscript.

*Conflicts of interest*

The authors declared no competing interests.

*Ethical considerations*

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