Natural remedies effective on stomachache in traditional medicine

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Abstract

Stomach ache is one of the most chronic and debilitating abdominal pains. Medicinal plants are one of the most accessible sources for treating diseases like gastrointestinal disorders. In this review, we investigate and report the most important medicinal plants recommended by Persian medicine for treating stomach aches and comparing them with their proven effects in modern medicine. Gastric pain was probed in Persian medicine reliable textbooks such as Cannon of Medicine (ibn Sina), Tibbe-Akbari (Muhammad Akbar Arzaani ), The Complete Art of Medicine (Kitāb Kāmil as-Sinā’a at-tibbiyya) (Haly Abbas), Explanation of insults and signs (Kermani) Tohfeh Al-Mo’menin (Seyed Mohammad Momen Tonekaboni), and some notes were taken. The results showed that Panicum miliaceum, Punica granatum, Solanum nigrum, Calicotome spinosa, Tamarindus indica, Cuminum cyminum, Prunus domestica, Matricaria recutita, Viola odorata, Plantago psyllium, Berberis vulgaris, Pyrus communis, Linum usitatissimum, Vitis vinifera were the most important plant sources used in treating the stomach ache according to Persian medicine. The findings of this study showed that the useful effects of many recommended plants in Persian medicine are confirmed by recent scientific researches and are reliable.

Introduction

Stomach ache is one of the most important pains that all people have experienced during their lives at least once. It is one of the most chronic and debilitating abdominal pains [1,2]. In many cases, the cause of stomach ache is unclear. But, a wide range of factors can cause pain in the abdomen. These causes include Helicobacter pylori, maldigestion, irritable bowel syndrome, gastric reflux, gastric ulcer, etc. [3,4]. The reason for stomach pain can be anxiety, stress, delay eating in hunger and prolonged starvation [5,6]. There are other reasons for stomach ache including increased gastric acidity, food poisoning, food allergy, stress-induced nerve pain, stomach infections, menstruation, and even myocardial infarction [7]. Today, the use of medicinal plants is increasing rapidly. By using medicinal plants, complications of using chemical drugs can be prevented [8-12]. Stomach ache is often accompanied by certain symptoms including fever, vomiting, loss of appetite, inability to eat, and cramps. [13-18]. Recent documents showed that gastrointestinal problems such as stomach aches or stomach upset can be treated with medicinal plants [7]. Knowing the attitude of the ancient Persian medicine scholars in treating stomach aches by medicinal plants can be a good guide for planners and policymakers of the pharmaceutical industry in the world. Therefore, in this review, we investigate the most important medicinal plants affecting stomach ache in Persian medicine and comparing them with their proven effects in modern medicine.

Methodology

Gastric pain was probed in Persian medicine reliable textbooks such as Cannon of Medicine (ibn Sina), Tibbe-Akbari (Muhammad Akbar Arzaani ), The Complete Art of Medicine (Kitāb Kāmil as-Sinā’a at-tibbiyya) (Haly Abbas), Explanation of insults and signs (Kermani) Tohfeh Al-Mo’menin (Seyed Mohammad Momen Tonekaboni), and some notes were taken.

Results

The results of the review of Persian medicine showed that the medicinal plants Panicum miliaceum, Punica granatum, Solanum nigrum,
Calicotome spinosa, Tamarindus indica, Cuminum cyminum, Prunus domestica, Matricaria recutita, Viola odorata, Plantago psyllium, Berberis vulgaris, Pyrus communis, Linum usitatissimum, Vitis vinifera and a number of other medicinal plants were the most important plant source used in treating the stomach ache according to Persian medicine. A complete list of medicinal plants and complementary information is presented in Table 1.

Table 1. Medicinal plants effective on stomach ache in traditional medicine

<table>
<thead>
<tr>
<th>Scientific name (Herbal)</th>
<th>Herbal family</th>
<th>Domestic name</th>
<th>Figure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Panicum milaceum</td>
<td>Poaceae</td>
<td>Arzan</td>
<td></td>
</tr>
<tr>
<td>Punica granatum</td>
<td>Lythraceae</td>
<td>Anar</td>
<td></td>
</tr>
<tr>
<td>Solanum nigrum</td>
<td>Solanaceae</td>
<td>Tajrizi</td>
<td></td>
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<tr>
<td>Calicotome spinosa</td>
<td>Fabaceae</td>
<td>Darolshieian</td>
<td></td>
</tr>
<tr>
<td>Tamarindus indica</td>
<td>Fabaceae</td>
<td>Tamre hendi</td>
<td></td>
</tr>
<tr>
<td>Cuminum cyminum</td>
<td>Apiaceae</td>
<td>Zireh</td>
<td></td>
</tr>
<tr>
<td>Prunus domestica</td>
<td>Rosaceae</td>
<td>Alou</td>
<td></td>
</tr>
<tr>
<td>Matricaria recutita</td>
<td>Asterae</td>
<td>Babounbeh</td>
<td></td>
</tr>
<tr>
<td>Viola odorata</td>
<td>Violaceae</td>
<td>Banafsheh</td>
<td></td>
</tr>
<tr>
<td>Plantago psyllium</td>
<td>Plantaginaceae</td>
<td>Esfarzeh</td>
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<tr>
<td>Berberis vulgaris</td>
<td>Berberidaceae</td>
<td>Zereshk</td>
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<tr>
<td>Pyrus communis</td>
<td>Rosaceae</td>
<td>Golabi</td>
<td></td>
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<tr>
<td>Linum usitatissimum</td>
<td>Linaceae</td>
<td>Katan</td>
<td></td>
</tr>
<tr>
<td>Vitis vinifera</td>
<td>Vitaceae</td>
<td>Qoureh</td>
<td></td>
</tr>
</tbody>
</table>
Discussion

Traditional medicine in the world has been used through the majority of the world population since ancient times [26,27]. The World Health Organization (WHO) has suggested that more than 80% of people in developing countries, particularly in rural and remote areas are using traditional medicinal, especially medicinal plants for their primary health care [28]. Considerable economic benefits seem to be the main reason in the use of medicinal plants and indigenous medicine for treatment and prevention of diseases. Poverty, communication difficulties and the unavailability of sophisticated modern health facilities are the most important reasons to force people to use traditional medicines for their diseases. The knowledge for uses medicinal plants against various diseases seems to be accumulated in areas where the consumption of herbal medicines is still important and continued, greatly [29-32]. An important issue in the use of medicinal plants is that a plant is usually used for several diseases [33-36]. For example, Azadirachta indica other than stomachache is also used against skin diseases, smallpox, rheumatism, etc.

Medicinal plants reduce stomach ache by various mechanisms including antibacterial, anti-inflammatory, analgesic, anticholinergic and antioxidant effects. The points that have been considered in Persian medicine about stomach aches seem to have been
Natural remedies effective on stomachache

Conflict of interests
All authors declare that no conflict of interest exist.

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References


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