

Scientific evaluation of medicinal plants with protective and healing activity on peptic ulcer in Iranian Traditional Medicine

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Background and Aims: peptic ulcer, including gastric and duodenal ulcers is a complex and multi-causal disease. The main reason of ulceration is imbalance between the aggressive factors and the mucosal defensive factors. In Traditional Iranian Medicine (TIM), several medicinal plants are thought to have protective and healing effect on peptic ulcer. The present study was conducted to verify anti gastric ulcer activity of selected medicinal plant used in TIM.

Methods: Information from important TIM books were collected and added to scientific reports derived from modern medical databases like Pubmed, Scirus, Scisearch and Scopus. The modern pharmacological mechanisms of action of these plants were obtained.

Results: Data showed that many of plants used as anti gastric ulcer in TIM have pharmacological mechanisms in modern investigation. *Tragopogon collinus* known as “lahiat-o-tis” has been claimed the most effective anti gastric ulcer drug in the traditional sources. Its protective activity against ethanol-induced gastric ulcer in rat has been proven in modern investigation. *Berberis vulgaris* known as “ambarbaris” and *Rhus coriaria* “samac”, have cytoprotective and anti-oxidant activity in the modern sources. *Plantago ovata* known as “esfarzah” has wound healing and anti-oxidant activity. *Quercus ilex* known as “ balut” has antimicrobial and anti-oxidant activity. *Morus alba* known as “ toot” can protect gastric cell by increasing nitric oxide and prostaglandin, two mediator of mucosal defense process.

Conclusions: It can be conclude that modern studies confirm protective and healing effect of these medicinal plants used as anti gastric ulcer in TIM. Further research to find perfect anti-ulcer mechanisms of these plants is recommended.

Keywords: Medicinal plants; Gastric ulcer; Iranian Traditional Medicine