

## Herb remedies among Turkish people from Ardebil that live in Gonbadekavoos

N. Shahini<sup>1,\*</sup>, F. Hashempor<sup>1</sup>, N. Shahini<sup>2</sup>, L. Jouybari<sup>3</sup>, A. Sanagu<sup>4</sup>

<sup>1</sup>Student Research Committee, Golestan University of Medical Sciences, Gorgan, Iran

<sup>2</sup>Student Research Committee, Mashhad University of Medical Sciences, Mashhad, Iran

<sup>3</sup>Department of Child and Family Nursing, Bouyeh Faculty of Nursing & Midwifery, Golestan University of Medical Sciences, Gorgan, Iran

<sup>4</sup>Department of Community Health Nursing, Bouyeh Faculty of Nursing and Midwifery, Golestan University of Medical Sciences, Gorgan, Iran

**Background and Aims:** Providing and finding ways to cure different diseases and to quiet pains was important and considerable. According to the tendency of people to use current herb remedies that are natural and available, researchers decided to study current and popular herbal drugs among Turkish people in Gonbad. **Methods:** In this study there are interviews with Turkish people in Gonbadekavoos that experienced herb remedies. The interviews were recorded and classified and also specified by numbers. The instruction of using of these cures were questioned.

**Results:** Curing nose-bleed with leek's water, thore throat by sucking orange-peel, curing pectoralgia with yellow rose, curing inappetence with mushroom, sour grape juice for fat. Sour orange juice for blood pressure, almond for diarrhea, ginger and pepper for cold. Fumitory for arms and legs' itching. Curing knee pain with date palm, curing fever by rubbing kholfe seed on body. Black myrobalan for stomachache, curing fatness with caraway seed. For asthma chervil's root, hazelnut for heart disease. Using barberry water to cure Kobra's poison. All the above mentioned methods are current and popular among Turkish people in Gonbadekavoos.

**Conclusions:** Common medicine in Iran has an old history for curing diseases and solving health problems. It is vital to record and keep them for future uses.

**Keywords:** Herbal drugs; House curing; Turkish; Gonbadekavoos