

Herb remedies prescriptions in Alang, a village in Golestan province: Medical ethnography's fragments

N. Shahini^{1,*}, N. Shahini², A. Sanagu³, L. Jouybari⁴

¹*Student Research Committee, Golestan University of Medical Sciences, Gorgan, Iran*

²*Student Research Committee, Mashhad University of Medical Sciences, Mashhad, Iran*

³*Department of Community Health Nursing, Bouyeh Faculty of Nursing and Midwifery, Golestan University of Medical Sciences, Gorgan, Iran*

⁴*Department of Child and Family Nursing, Bouyeh Faculty of Nursing & Midwifery, Golestan University of Medical Sciences, Gorgan, Iran*

Background and Aims: Each climate and each land has its own herbal drugs. So there aren't so many herbs in one place and this is the philosophy of creation that each place has its own herbal drugs appropriate to the special diseases that exist in that place. Alang is one of Kordkuy's suburbs of Golestan in Iran. This village is full of various herbal drugs, because it is near Derazno mountain, Radkan and Pateno. This research is going to study the herbal drugs prescriptions of Alang's local doctors.

Methods: This article is covering a great study about people's local medicine in Alang village. To collect information interviews with local doctors were held and there were observations of documents that exist. Notes were taken and interviews were recorded and classified and also specified by numbers.

Results: People in Alang are using many herbal drugs that exist in their lands to cure diseases. Local doctors are using "Marbo" to cure stomachache, borage to cure pneumonia, plantago to cure cold, violet for fever, cinnamon for stomachache, "Kondos" for microbicide, and it is also anti urea and anti fat. "Valik" as micribicide and gall bladders diseases and haematogenesis. "More" is used to cure new born's stomachache and crab-apple is used to cure fat. In the original and extended part of the text each of these prescriptions is explained in detail.

Conclusions: Herbal drugs are common in caring diseases and they are popular in common medicine. If we study them in detail and more seriously then we can improve health cure and remedy in our country. It is essential to record the information in this case which is like a candle and if it isn't recorded, it would be put off in the destroying storm of changes, otherwise it would be too late.

Keywords: Herbal drugs; Common medicine; Local doctors; Herb prescriptions; North of Iran