

Identifying Medical Plants in Parwan Province and its Impact on Economic Growth of the Households

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ABSTRACT

Plants are a big gift given by God for human-kind and humans can use them in different ways. They can mostly use plants as food and medicine for treating different illness. However, in Afghanistan there are various types of plants that are used for treatment of diseases, especially in Parwan Province, but many people do not know about plants' effects and advantages to use them. So, the aim of this study is to identify different types of medical plants in Parwan Province. The hypothesis for this study is lack of people awareness about medical plants. And the actual problem is that these medical plants are not recommended by medical professionals. The key words of this study are use of different plants for treating of various diseases.

1. Introduction

The study of plants called botany is derived from the botanical term Botanics and Botany, meaning "herbaceous plant". Humans initially focused on practical use of plants, on how they could use plants for feed, fiber, fuel, and drugs, and then they were gradually curious about their reproduction and building. This curiosity led to the study of plants as a science. Science can be distinguished from other intellectual disciplines by its characteristics, as science involves observing, recording, organizing, and classifying facts. Most importantly, how did this knowledge come about? The method of conducting scientific studies involves experiencing, observing, proving or denying information through scientific arguments.

The reason that I conducted this research is to know whether plants are useful for treatment of diseases or not? People in most circumstances when they feel unwell, they take medication from doctors to treat their sickness, but medications have side effects for other organs of the body. I believe this research is very important as I have tried to identify different kinds of medical plants and to share my findings with people to help them use these plants to be cured or cure their diseases through these plants.

2. Research Objectives and Questions OR (testable)

Hypothesis

1. To identify the different types of medical plants in Parwan province.
2. Finding ways to use these medical plants to cure some diseases.
3. Getting information about existing medical plants from groceries and physicians.

- **First hypothesis:** It is still possible that in Parwan Province people do not know about some of medical plants in order to use them.
- **Second hypothesis:** It is also possible that many people in Parwan Province who believe in and use plants, over use them which can cause side effects.

- **First question:** How much do you know about medical plants?
- **Second question:** Which kinds of medical plants did you use and for what types of disease?
- **Third question:** In Parwan Province, amongst groceries, which plant do physicians recommend the most for treatments?

3. Literature Review

There was not any research under the title of **(Recognizing Use Medical plants in Parwan Province)** universities or institutions. Even there is not any book or article about this topic. So, this research topic is quite new and different. By conducting this research, we can use these plants in order to cure or treat different diseases. And the university students' in the field of biology also can use it as a lesson material on plants' subject.

For the literature review of this research I have used different perspectives from researchers and scholars.

According to Kayani in (1384), if we do not use the useful plants which contain curative or health giving flowers, roots, and leave they will droop or wilt after blossoming. And every year we will lose the natural beauties.

And according to Kazemi in (1393), he stated that in modern times while people could find different chemical drugs to treat different diseases, however, still they have their side effects. So, many people prefer medical plants than those chemical drugs.

Based on Sabir (2017) experience, use of althaea is useful for the treatment of the cough and sore throat; also, it is suggested by several different doctors for treatment of sore throat and cough.

According to Bowni (2002) althaea is used for treatment of cough and sore throat, ulcers, ulcerative colitis and Crohn's

disease, also it is useful for stomach in reducing of the inflammation and irritated skin.

Ghufrani (1383) claimed that, the Greek book explained the effects of the althea which mixes with the olive oil as below:

- Uses against the poisonous insects
- Uses for treatment of burns

Furthermore, he explained that when althea is mixed with the duck fats, it is useful for the joint ach and perspirations.

Jujube

Ebrahimi (1362) explained that the best exciting wellbeing advantage of jujube include its capability to treat cancer, improve skin condition, it helps with weight loss, purify the blood, relieve stress, motivate peaceful sleep, increase protection, shelter the liver, growth bone mineral thickness, and cleanse the body.

The fruit of jujube is good sources of both iron and phosphorous, which plays a key role in the red blood cells. If you suffer from low iron content in your blood or anemia, you may have experienced signs like muscle weakness, tiredness, heartburn, dizziness, and mental misunderstanding. By increasing your iron and phosphorous consumption with jujube fruit, you can raise blood movement, thus oxygenating your organ systems more effectively, giving you an energy boost.



Also, Kazemi (1393) claimed that eating fruits and vegetables is a common recommendation for people endeavoring to lose weight, and jujube is another food that can easily be added to the list. With a low-calorie count and a high protein and fiber level, jujube can satisfy your nutritional needs and fill you up, which will prevent you from snacking in between meals. This will help you maintain your diet or prevent any additional weight gain.

Also, Jujube has been recognized to have definite anxiolytic and comforting effects on the body. Using the jujube oil or consume the fruit itself can have an influence on human beings' hormonal levels and persuade a calm, relaxed feeling through human mind and body. For people who often suffer from enduring pressure or stress, snacking on some dry jujubes or seeking jujube enrichment can help comfort the mind and keep the body from the side effects of protracted experience to hassle hormones.

Lavender:

Lavender can be found in most parts of the world, especially in southern France, in the Mediterranean, and in

Toronto Canada, it is widely used, depending on the environment and soil conditions. Lavender is a plant that has been around for about a half meters in length, with a leafy, narrow, long, green color and covered with white cotton wool. Its flowers are violet and spikey. The part used from this plant is its flowers. Lavender has a very pleasant smell. Its taste is bitter and it is used in perfume due to its pleasant smell. Lavender essence, obtained from flower distillation and floral branches of this plant, is a yellowish greenish, with a pleasant smell (Struwe, 2009)

Hyssop Oil

Hyssop oil is now used in aromatherapy for treating problems related to breathing and intestinal systems. It can also be used to possibly bring help to swollen pain, wounds, hurts, toothaches and ear pain. It also helps with the directive of blood pressure and acts as a comforting ingredient for nervousness and panic (Walak, 1370).

Based on Walak (1370) hyssop oil can also be used to cure or treat five below conditions:

- Antispasmodic — Hyssop oil can help spasms to be relieved in the system of the respiratory, nervy system, physiques and bowels.
- Antiseptic — it helps wounds and bruises heal faster and it is effective for cuts as well.
- It also helps the pains to be relieved, and tiredness.
- This plant oil can help lower body infection and temperature.
- It is also used for skin problem, for example, when a person has insect bites, boils and rashes.

This oil stimulates many systems in the body. For example, it stimulates the digests systems in ensuring of metabolism and absorptions of food. It also motivates the endocrine, excretory and vascular systems.

4. Discussion

According to the World Health Organization, more than 80% of the world's population, nearly 5 billion people today use herbal medicines to treat diseases. Almost a quarter of the world's drugs are herbal sources that are either directly extracted from plants or synthesized on a plant basis.

The earliest historical records of herbs or plants are found from the Sumerian civilization, where hundreds of medicinal plants including opium are listed on clay tablets. The Ebers Papyrus from ancient Egypt describes over 850 plant medicines, while Dioscorides documented over 1000 recipes for medicines using over 600 medicinal plants in *De materia medica*, forming the basis of pharmacopoeias for some 1500 years. Drug research makes use of ethno botany to search for pharmacologically active substances in nature, and has in this way discovered hundreds of useful compounds. These include the common drugs aspirin, digoxin, quinine, and opium. The compounds found in plants are of many kinds, but most are in four major biochemical classes: alkaloids, glycosides, polyphenols, and terpenes, medicinal plants are widely used in non-industrialized societies, mainly because they are readily available and cheaper than modern medicines (Sasaam,1360).

In many countries, there is little regulation of traditional medicine, but the World Health Organization coordinates a network to encourage safe and rational usage. Medicinal plants face both general threats, such as climate change and habitat destruction, and the specific threat of over-collection to meet market demand.

In this part, I would like to discuss about some plants that have effects on treating of different disease and I would like to suggest some ways as well for sick people to use different types of herbs or plant to have a fast relief from certain diseases or conditions.

According to the Hayder (1385) marshmallow is used to relief the cough and frustration. I do agree with the author's idea because I have used marshmallow and it relived my cough so fast. So, I suggest people with general cough should use marshmallow instead of using some medicines which maybe have some side effects and bring some dangers for other parts of the body. If, people use marshmallow herbs may prevent facing other sickness.

Further, as Lichterman (2004) stated that the cyan shrub is a small, evergreen tree, 5 to 7 meters tall, all of which are smelled. Its flowers appear in the months of January to early April. The leaves of this green tree are garlic and have flowers in white. Cinnamon is native to Sri Lanka and South India and its bark is used as a spice. In the middle ages, cinnamon was used to treat coughing, arthritis and sore throat. New research also highlights the benefits of cinnamon medicine. If people use cyan shrub instead of anti-biotic they will have powerful bones, because anti-biotic make the bones to be empty and weak.

Moreover, Kazemi (1393) stated that jujube helps the endangered system in different ways such as: antioxidant contented which includes vitamin C and A, different organic combinations and acids which is responsible for several chronic sicknesses in the body. Vitamin C stimulates the production of white blood cells. In my experiences and use of it is really helpful for the white blood cells. If a sick person use it will have a clean and pure white blood cell.

In addition, I have used the hyssop oil for the treating of the germs for having a nice skin. Also, Ghafari (1391) explained that hyssop oil helps to relief tiredness, weight and even any kind of figure anxiety. It is also useful for skin, and if the oil added in the water to wash body will help a person to have peaceful night sleep.

According to the Duke (2001) information, lavender is useful for strengthening of memory and preventing from dizziness and headache. I have not experienced this plant in my life and I want to experience it and I will suggest people who have lots of work during the day and face such problems should use lavender to reduce such kinds of diseases and give some relieve to theirselves.

5. Findings or Results

The study, which focused on the identification of medicinal plants in the center of Parwan province, was based on the findings which are presented below:

With regards to how many types of medicinal plants are found in the center of Parwan province, 29 people who were involved in this research which is comprised of 97%, mentioned about 5 types of plants, such as: Harmala, Anise, Asparagus, Hyssop, and Marshmallow. And observations which were done from the places in the research process also received these medications.

About the plants that have been used to date, 15 people, who constitute 50%, have indicated that they have not used any medications yet, and 15 others, which make up another 50%, have been prescribed that; they used for some of the diseases, and some said that from ancient times to today, the use of these drugs has spread and has been effective in treating various diseases.

Through questioning the wise, experienced and elder men in Parwan province, it has been identified that they recommend different plants to treat variouse diseases, for example, they use Yarrow to pass through the bladder and puddle stones, mint is used for stomach and hyperlipidemia, anise is used for eliminating abdomen winds and to soften the mothers' milk, hyssop is used for cough, asparagus are recommended to eliminate scrobids around the wounds and flaxseed for the treatment of diseases.

On the question of what side effects have people experienced on herbal medicines and why? Sixteen people, 55%, have noted that some of the complications have been reported by the lack of awareness of a certain amount of them, including three people who constitute 10%, who suggested that sweetened wise witches recommend treating gastric ulcer, but the duration and amount of it were not clear, since eating too much has caused heart trouble.

6. Conclusion

The following conclusions are made in the research on the identification of medicinal plants in the center of Parwan province. In the center of Parwan province, 23 types of herbal medicines have been identified; their use and benefits are discussed below.

- 1) Lovender is found in wet areas of the center of Parwan province; if the plant is collected using hands, the person will feel the smell of camphor. Bu-Ali Sina has written about Lavender in his book that the aroma of this hypnotic plant is anti-allergic and degrading.
- 2) Yarrow is a wild bush with a height of one and a half meters of stem stalk, with a strong taste and smell with flowers close to red. Women who are overweight or who have a tendency to become sick or have white fluids. Twenty grams of yarrow mixed in a liter of water to drink 3-4 drops daily. This should help improve the condition. It is also useful to cleanse the blood and strengthen the nerves and appetite.
- 3) Hyssop (in Dari Zof or Bartong): Socrates and Discoured Greek scholars said that Zof is useful for

anemia, lung movements, urination, rheumatism, worms and pollen stones. The herble medicine-men of Parwan province has advised that if fresh leaves of hyssop are washed and mamocked and put on wounds, repeated twice daily, it would speed up the healing process of wound.

- 4) Jujube: In Parwan province it is found rarely and is from thorns trees. Its fruit, such as sinjid has a sweet and faint taste. They have been used to treat chest, liver, jaundice, bladder, and inflammation.

This research is the first study conducted on medicinal plants in the Parwan Province. The topics of this new study are of special importance in medicine and economics, which requires further research in this area. It means that end of this research is necessary to conduct further research project.

7. Suggestion

- 1) Do not use perinatal medicinal herbs and consult your doctor to avoid complications.
- 2) Some medicinal herbs may not be harmful, but they may counteract the effects of chemical mixtures, and this is certainly to the detriment of the one being treated.
- 3) Useful herbs with flowers, roots and healing leaves. If not exploited, they will be baked after flowering. Each year, we will lose much of the wealth God has given us in nature.

In the case of beneficial uses of medicinal plants, the use of imported vegetable proteins in the economy of the people and the country is beneficial.

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