



*Falcaria vulgaris*, spring vegetable, suitable for the month of Ramadan

This plant is known by this name in the western regions of the country, especially in Kermanshah, and it is known by this name because the leaves of this plant make a shape like goose feet. This plant is usually consumed as a vegetable in spring and has good therapeutic effects. In the treatment of intestinal inflammation and stomach ulcer.

Since during this holy month, the stomach is empty for many hours of the day, the use of this plant has been proven based on research to protect the effects of the extract of this vegetable against stomach ulcers caused by chemicals. Therefore, this plant is suitable for strengthening the stomach and intestines, and currently, a local decoction of this plant is used orally to treat intestinal inflammation and stomach ulcers, as well as digestive inflammations and intestinal colitis, and in these hot spring days and in it is highly recommended during fasting.

This plant has plant hormones that increase appetite, help purify the blood, and are laxative and diuretic, and its decoction (locally) is used to remove skin wrinkles.

This plant plays an effective role in relieving discomforts such as urinary incontinence, kidney stones, bladder and intestinal obstruction, and its poultice (homemade ointment) is also used for skin lesions. Also, people who have liver problems should use this plant more.

It should be noted that people who have weak kidneys should refrain from consuming it. Also, consumption of this vegetable in pregnant mothers causes miscarriage, and excessive consumption of this vegetable causes "skin irritations" in some people.