



A spring plant full of properties called Sheng

This plant grows in early spring and is considered among spring plants.

The mountainous regions of Ardabil, Qazvin, Zanjan, Kermanshah, Ilam, Lorestan, Kurdistan, Hamadan, Chaharmahal, Bakhtiari, Khuzestan, Khalkhal and most mountainous regions of Azerbaijan are among the regions where this plant grows in early spring.

Consuming this plant as an edible vegetable or in many local dishes such as soup can be useful as a complementary natural product in the prevention and treatment of many diseases.

The glazed and bitter root of this plant is very appetizing, it is also expectorant and breast softener.

According to the research, the root of this plant is also healing for stomach ulcers. This plant prevents diarrhea and bleeding to a large extent and its root is more tonic than its leaves, it is also useful in reducing swelling and strengthening nerves.

In this spring vegetable, there is an effective substance that is useful for the health of the liver, lungs and heart. Consuming sheng at night relieves pain and cough, and consuming it with olive oil is soothing.

Local use of flower powder and plant root accelerates healing on purulent and fetid wounds. Its poultice has been considered useful for healing a severed nerve. A poultice of plant flowers with wax is useful for burns with fire. The root of this

plant is used in traditional medicine to detoxify the body, Hakim Mohammad bin Zakaria Razi considered eating the root of this plant as an antidote to poisons. The extract of this plant, which is called tarthut in Iranian traditional medicine, is a strong antidote and is used in making Faron antidote. Sixty grams of the root of this plant have been prescribed for the treatment of pneumonia, gout, rheumatism and skin diseases.

It should be noted that all the nutrients of sorghum are found in its boiled water, for this reason it is recommended not to throw away the boiled water, but to drink it, sorghum extract is useful for treating ringworm and skin wounds.