



Rhubarb is a souvenir from spring

Rhubarb is a mountain plant that can be found on the slopes of the mountains in spring and summer. This plant is considered one of the original and ancient Iranian plants and is cold in terms of traditional medicine.

The underground stem of this plant has therapeutic properties and balances intestinal movements and is used in both constipation and diarrhea. It also has anti-constipation effects due to the presence of anthraquinone substances at the end of the stem. Rhubarb has some elements such as potassium-calcium and is somewhat rich in vitamins.

The tail of the rhubarb leaf, which is the usable part, contains some organic acids such as malic acid, which is useful for quenching thirst and making food easier to digest. Also, edible rhubarb leaf tail lowers cholesterol and blood pressure.

In traditional medicine, rhubarb is used to get rid of some harmful bacteria. This plant is also effective in treating stomach ulcers, stomach bleeding, hemorrhoids, healing fissures, and healing skin wounds. Rhubarb reduces blood fat, improves kidney function and non-alcoholic fatty liver, and is effective in pregnancy obesity and hypertension.

Rhubarb has antiviral effects and acts topically like acyclovir ointment. The extract of this plant is used to control the hepatitis B virus due to its antiviral effects.

Rhubarb root has a good amount of oxalic acid, which is known to give hair a light brown color. The presence of oxalic acid makes the color stay longer on the hair and does not damage the scalp with strong chemicals.

Rhubarb interacts with digoxin, warfarin, corticosteroids, diuretics, and other stimulant laxatives.