



What plants do we know as medicinal plants?

Any plant (sea or land) that is used in the diagnosis, improvement or treatment of a disease is a medicinal plant.

Medicinal plants can be defined and diagnosed with the following methods:

It has been used by people or ethnic groups over the years and its effectiveness, amount of use, or limitations of its use have been identified.

In one of the official pharmacopoeias of developed countries, it is classified as a medicinal plant and its use, amount of use and side effects are reported.

It is mentioned in one of the traditional medicine sources of Iran or other countries and that name is matched with its use in our culture.

Medicinal plant is medicine, we should refer to scientific information and reliable sources when using it.