



Primrose, an effective plant in the treatment of children's respiratory diseases

One of the best medicinal plants prescribed in the treatment of sinusitis and upper respiratory tract infections in children is primrose or *primula vulgaris*.

Primula vulgaris Huds. It is a species of flowering plants from the Primulaceae family, which is native to western and southern Europe, northwestern Africa, and parts of southwestern Asia. This species looks somewhat similar to evening primrose of the genus *Oenothera*, but these two species are not related and should not be confused with each other.

Primrose is one of the beautiful spring flowers and it blooms from the end of March to May. The flowers, leaves and roots of this plant are the medicinal parts of the plant, and tea and tea are prepared from the leaves and flowers of this plant.

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The most important and main goal of treatment with this plant is to increase expectoration and treat cough. Primrose root contains saponins, glycosides and volatile oil, and in tea mixtures, this drug is often combined with fennel and anise. Also, this plant has anti-inflammatory properties due to the presence of salicylic acid derivatives.

The decoction of primrose plant helps in the treatment of dry bronchitis; because it causes the breakdown (dissolving) of mucus, primrose tincture can also be prescribed for teenagers, and in these cases, 10-20 drops of this tincture should be consumed four times a day.

It should be noted that like other medicinal plants, excessive and arbitrary consumption of primrose is harmful and should not be used together with chemical drugs, especially drugs related to neurological diseases such as anticonvulsants and antidepressants.