



Rubia flouida and its therapeutic properties

Medicinal plants are rich reservoirs of secondary metabolites and in fact, the main effective sources of many medicinal substances, one or some of their organs contain an effective substance. This substance, which makes up less than 1% of the dry weight of the plant, has effective medicinal properties on living organisms.

Rubia is known as red color in different languages, this plant is used in kidney and bladder discomfort and is antiseptic and relaxing.

The chemical compounds that are present in the root of Rubia include a glycoside called ruberythrin, which is present in the root of the plant and is one of the most important therapeutic agents of the plant. This substance is insoluble in benzene, but it is soluble in water and lime water. Alizarin, purpurin, rubiadin, glucose, pectic substances, anthraquinone derivatives, resin and fatty substances. It is a strong coloring agent that has been used since ancient times to make paints and inks.

Research shows that Rubia sakhrezai plant has antioxidant properties as well as high medicinal properties. For this reason, the use of this plant in the form of extract or essential oil in different foods can show the positive effects of this plant. Traditional Uses of Rubia Plant Rubia is hot and dry according to old Iranian medicine.

It opens the blockages in the body. It is diuretic and cures constipation. To treat paralysis, mix it with honey and give it to the patient. The secret of milk

secretion. Relieves sciatica pain. Treats severe constipation. It is appetizing. It is rule-making. It relieves the itch of the skin, for this purpose you can use a poultice or pour its decoction in the bathtub and rest in it for a while. Urea lowers the blood. Accelerates the healing of broken bones. It removes swelling in the body.

Use Ronas boiled compress to cure skin diseases. This plant relaxes muscle tension. This plant is also useful for albuminuria and rickets. The root poultice of Ronas plant with honey is used for freckles and spots on the face. This plant is a stomach tonic and its boiled water with honey is used for sciatica, hip pain, limb weakness and jaundice. It removes kidney stones, especially of phosphate type, but it is ineffective in oxalic and urate stones.

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