



Identifying medicinal plants affecting the teeth from the Southern District of Ilam province, Iran

Somayeh Ghamari¹, Saber Abbaszadeh^{2,3}, Mahnaz Mardani^{4*}, Somayeh Shahsavari⁵

¹Specialist in Endodontic, Endodontic Department, Ilam University of Medical Sciences, Ilam, Iran

²Razi Herbal Medicines Research Center, Lorestan University of Medical Sciences, Khorramabad, Iran

³Student Research Committee, Lorestan University of Medical Sciences, Khorramabad, Iran

⁴Nutritional Health Research Center, Health and Nutrition Department, Lorestan University of Medical Sciences, Khorramabad, Iran

⁵Biotechnology and Medicinal Plants Research Center, Ilam University of Medical Sciences, Ilam, Iran

Abstract

Dental pain is dumb and within a few days its intensity decreases, but a twinge begins from the third day onwards using painkillers and gauze of cavity with different cases is the most common method of reducing pain. Common painkillers in dentistry such as Acetaminophen and ibuprofen in some cases are not able to control severe pain and the ability to control pain is not enough. Furthermore, considering that synthetic medicines have enormous side effects, the use of medicinal plants in different countries, including Iran, which is rich in plant resources has been taken into consideration. Toothache has a lot of incidence so in this study, it was tried to identify and report the dental medicinal plants in the Southern district of Ilam province. In this study, at first the questionnaires were prepared and distributed among 23 traditional healers and herbalists of Dehloran city and was used to gathering ethnobotanical information of district to treat toothache. Questionnaires contained demographic data and so on. Based on the results obtained by the questionnaire, it was specified that eight medicinal plants of *Oryza Sativa*, narcissus, poppies, harmel, white clover, etc. are the most important anti toothache medicinal plants in the Southern district of Ilam province. The mentioned plants probably due to the antioxidant materials have anti toothache property.

Keywords: Toothache, Analgesic, Medicinal plants, Iran

INTRODUCTION.

Dental pain is dumb and within a few days its intensity decreases, but a twinge begins from the third day [1]. Due to the fact that the cavity bone surfaces are exposed, these surfaces are extremely sensitive and patient has severe pain in the area, a moderate to severe dumb headache, that is often referred to as ear, taste and halitosis [2]. Gauze of cavity with different cases is the most common method of reducing pain. Common painkillers in dentistry i.e. acetaminophen and ibuprofen in some cases are not able to control severe pain and their ability to control pain is not enough. Medicinal plants as a source of food, medicinal and supplements are available [3-11]. From ancient times the medicinal plants and natural products have been available as a natural medicinal source and effective agents [12-17]. Medicinal plants were used in the prevention and control of poisoning and medical and pharmaceutical errors by pharmaceutical companies [18-24]. Medicinal plants due to some particular combinations including flavonoids, phenols, polyphenols etc, have antioxidant properties and so are highly effective [25-39]. Considering that synthetic medicines have enormous side effects, the use of medicinal plants in different countries, including Iran, which is rich in plants resources is taken into consideration. Toothache has a lot of incidence so in this study, it was tried to identify and report the anti-dental medicinal plants in the Southern district of Ilam province.

METHODOLOGY

In this study, at first the questionnaires were prepared and distributed among 23 traditional healers and herbalists of Dehloran city and was used to gathering ethnobotanical information of district to treat toothache. Questionnaires contained demographic data and so on.

RESULTS

Based on the results obtained the questionnaire it was specified that eight medicinal plant of *Oryza Sativa*, narcissus, poppies, harmel, white clover, etc. are the most important anti toothache medicinal plants in the Southern district of Ilam province.

DISCUSSION

People get toothache at least once in a lifetime experience. Toothache is pain that usually begins in all the bones of jaw and the skull might be involved. One of the most important factors for toothache is tooth decay. Some herbs such as garlic, ginger, coconut, pepper, cloves, onion, turmeric, sesame and so on are used in traditional medicine to treat toothache.

Plants derived medicines, especially in Iran, are used and have become a part of people culture. These people usually turn to herbal medicines for treatment of various diseases and pain relief. Researchers have also recently focused on these plants to prove their validity of usage [40-48]. Ilam is endowed with a wide number of herbal medicines. These plants are used for treatment of variety of diseases [49-57].

Row	Scientific name	Family name	Persian name	Used Organs	Therapeutic name	Region
1	<i>Achillea biebersteinii</i> Afan.	Asteraceae	Berenjdas	Leaves and stem	Toothache	Ilam
2	<i>Capparis spinosa</i> L.	Capparidaceae	Kalkam	Leaves, stem and fruit	Toothache	Ilam
3	<i>Narcissus tazetta</i> L.	Amaryllidaceae	narges	Fruit	Toothache	Ilam
4	<i>Papaver dubium</i> L.	Papaveraceae	Khashkhash	Flower and leaves	Toothache	Ilam
5	<i>Peganum harmala</i> L.	Zygophyllaceae	Espan	Seed and fruit	Toothache	Ilam
6	<i>Stachys lavandulifolia</i>	Lamiaceae	Golpar	Flower	Toothache	Ilam
7	<i>Trifolium repens</i> L.	Fabaceae	Shabdar sefid	Leaf and Flowering shoot	Toothache	Ilam
8	<i>Ziziphus nummularia</i>	Ramnaceae	Konar	Leaf and Fruit	Toothache	Ilam

Some of these plants have anti-toothache activities. The potential of some of these herbs to relief toothache seems to be special and the others are common due to the presence of flavonoids and other phenolic compounds. Flavonoids and other phenolic compounds, other than having a wide variety of properties, mostly possess antinociceptive and anti-inflammatory activities, too [58-65]. To alleviate toothache as a public problem, herbal medicines were screened as an economic and safe tool for solving this problem. Eight plants were found to be effective in toothache relief. The extract of avocado, bawang, guava, yerba-buena and calachuchi flowers, walisan; garlic oil; and pandacaqui bark have also shown good efficacy in other parts of the world. All of these plants, less or more, have flavonoids and other phenolic compounds. There are a lot of other plants or plant derived medications which possess these compound [66-75]. Medicinal herbs can be a source of important drugs for infectious and noninfectious diseases [76-89]. Therefore, they also may have anti-toothache property which worth examining.

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