

# Treating Breast Cancer with Herbal Sources

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Breast cancer is one of the most common types of cancers and is one of the causes of death in women. Factors such as heredity, genetics, food and exercise it is effective (1,2). Surgery and drug treatment, chemotherapy, radiotherapy, and hormones are breast cancer treatment methods. One of the limitations of anticancer drugs is the resistance of cancer cells to drugs (3). Medicinal plants and chemical drugs are now used to treat diseases and are used as an important source of drug due to the presence of bioactive drug-related bioactive substances (4-6). Medicinal herbs are also used to treat cancer (7). Drugs such as Taxol, Vincristine, vinblastine and podophyllotoxin are among the herbal anti-cancer drugs that have been extracted from herbal sources (8). A variety of herbs are used to treat breast cancer. Plants such as *Avicennia marina*, *Nigella sativa*, *Aloe Vera*, *Artemisia absinthium*, *Urtica dioica*, *Artemisia sieberi*, *Viola odorat*, *Silybum marianum*, *Crocus caspius*, *Kelussia odoratissima Mozaff* and *Scrophularia oxysepala* are among the most important anticancer plants. The phytochemical analyzes of the plant indicate that the *Avicennia marina* contains compounds such as irodiide glucosides, triterpenes, terpenoids, and naphthoquinone derivatives (9,10). Simon, caron and timocoquinone are important ingredients of *Nigella Sativa* (11). Flavonoids, steroids, terpenoids, saponins, tannins and volatile oils from *Artemisia absinthium* have been isolated (12). The nettle contains tannin, mucilage, a waxy substance, formic acid, a phytosterol, potassium, nitrate and calcium and iron compounds (13). *Viola odorata* contains salicylic acid methyl, bethanetropopionic acid, flavonoids, saponins, mucilages, vitamins C, alkaloids, polin, Cycloviolacin and Cyclotides (14). Silibinin is a polyphenolic flavonoids (15). The phthalide, flavonoid and terpenoid material of the *Kelussia odoratissima Mozaff* plant have been extracted (16). Iridoid glycosid is isolated from *Scrophularia* species (17). The active ingredient and antioxidant compounds can be natural and effective drugs for breast cancer. Using effective medications can be a treatment for cancer, chronic illness and other diseases (18). Laboratory methods to diagnose the disease and then the drug process for treating the disease are a good strategy (19). The effects of drugs, additives and substances are determined in scientific and pharmacological studies (20).

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