



Hypotensive medicinal plants according to Ethnobotanical evidence of Iran: A Systematic Review

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Abstract : Hypertension is called the silent killer because it leads finally to death silently and asymptotically. If hypertension is not controlled at early stages, it disturbs the functions of cardiovascular system and other organs of the body. The aim of this review article is to report the medicinal plants used to treat hypertension in traditional medicine according to ethnobotanical evidence of different regions of Iran. This helps to offer different medicinal plants used to treat hypertension in these regions in a systematic manner, and approaches and keys to discover effective substances and develop new herbal drugs to researchers as well as to inform them of folk knowledge about using medicinal plants to prevent hypertension. In this article, 47 medicinal plants from 17 different regions in Iran were reported to be used to lower blood pressure. These plants can be investigated in animal studies and clinical trials to be used in developing herbal drugs for prevention and treatment of hypertension.

Keywords : High blood pressure, Folk medicine, Ethnobotany, Herb, Iran.