

Medicinal Plants Used in Meriç Town from Turkey

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ABSTRACT

Background: There are a few studies on medical plants used in the Trakya region of Turkey (Havsa, Lalapasa, Uzunköprü, Ipsala, Enez, Kırklareli). However, there has been no research study performed investigating the preparation and medicinal uses of wild plants in Meriç town. **Aim:** The aim of this study is to determine the parts of locally growing medicinal plants used by local people in Meriç town and the purpose of their use. **Methods:** In this study, 16 villages in Meriç town (Edirne province, Turkey) were visited, and interviews were performed with 38 persons in total. **Results:** As result of the study, 24 plant taxa in 19 families were recorded as medicinal plants used by local people. **Conclusion:** These traditional medicinal plants have been mostly used for the treatment of diabetes, stomach ailments, hemorrhoids, rheumatism and asthma.

Keywords: Edirne, Ethnobotany, Medicinal plants, Meriç town, Turkey.

INTRODUCTION

Local people are using plants growing naturally near their homes for many different purposes. Güneş and Özhatay denote that approximately 500 plants are used for medical purposes in Turkey.¹ Prior ethnobotanical studies implemented in Trakya region have investigated the local names and ethnobotanic properties of wild plants growing in Edirne (Havsa, Lalapaşa, Uzunköprü, İpsala and Enez) and Kırklareli.²⁻⁷ However, there has been no research study performed investigating the local names, ethnobotanical properties, and preparation and medicinal uses of wild plants in Meriç town. The aim of this study is to determine the parts of locally growing medicinal plants used by local people in Meriç town and the purpose of their use.

MATERIAL AND METHODS

The study was performed from March to October in the years 2013-2015 in Meriç town (Edirne – Turkey) and the surrounding 16 villages. Data, including local plant names, diseases treated, therapeutic effects, parts of plants used, methods of preparation,

methods of administration, doses and duration of treatment, was obtained from 38 local people through individual, face-to-face interviews. The identification of the plant species determined to be used for medicinal purposes was based on Flora of Turkey and East Aegean Islands.⁸⁻¹⁰ The plant samples identified are being kept in the Faculty of Pharmacy of Trakya University.

RESULTS AND DISCUSSION

As a result of the study, 24 plant taxa in 19 families were recorded as medicinal plants used by local people. The families and scientific names of the plants, their local names, usable parts and forms of utilization were listed alphabetically in Table 1. These traditional medicinal plants have been mostly used for the treatment of diabetes, stomach ailments, hemorrhoids, rheumatism and asthma. The most frequently used parts of the plants were aerial parts, leaves, fruits, seeds and flowers. Decoction and infusion are the methods most frequently used for the preparation of the remedies, and the

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Table 1: Medicinal Plants of Meriç Town.

Voucher number	Family	Botanical name	Local names	Village number	Plant part used	Preparation / Administration	Purpose of use
4116-4138	Aceraceae	<i>Acer tataricum</i> L.	Akçağaç, kelebek ağacı, kevele, kebele	4, 5, 10	Bark	Infusion/twice a day	Diabetes
3963-3978-4121	Adoxaceae	<i>Sambucus ebulus</i> L.	Sultan otu, bizga, mülver, karasultan otu	2, 5	Leaves Seeds	Leaves squashed/ mixed with olive oil/ applied or 3-5 seeds ingested	Rheumatism Hemorrhoids
3927-4155	Anacardiaceae	<i>Cotinus coggyria</i> Scop.	Tetre, tetere, tetra otu	4, 5, 16	Leaves	Decoction/a cap per day Hands washed Washed	Stomachache Eczema Rheumatism Calcification
4231-3918	Asteraceae	<i>Anthemis cretica</i> L. subsp. <i>tenuiloba</i> (DC.) Grierson	Papatya, papırğa, kelçiçe, çay bitkisi	3, 11, 13	Flowers	Infusion Foods Squashed	Stomachache Analgesic Blain
4141-4218- 4231	Asteraceae	<i>Matricaria chamomilla</i> L. var. <i>recutita</i> (L.) Fiori	Papatya	3, 11, 13	Flowers	Dried flowers/ decoction/a glass per day	Analgesic Sedative
3987-4009- 4208-4253	Brassicaceae	<i>Brassica nigra</i> L.	Ardal, rapisa, radika	5, 9, 13	Seeds	Seeds wrapped in a cloth and put into grape juice/wait 1-2 months/a glass per day	Heart disease Vascular disease
4227	Cupressaceae	<i>Juniperus oxycedrus</i> L.	Ardıç	13	Fresh fruit	Decoction /Boiled/tar Fruits dried/3-4 pieces eaten	Calcification/Heart disease, Wounds Asthma, Rheumatism
4162	Fabaceae	<i>Trifolium pratense</i> L. var. <i>pratense</i>	Dirfil, tirfil, arı bitkisi	9	Whole plant	Crushed, put on lipoma	Lipoma
4178-4214- 4226	Hypericaceae	<i>Hypericum perforatum</i> L.	Sarı kantaron, sarı kantaron otu, kantaron	10, 13	Flowers Leaves	Flowers and leaves mixed with olive oil/ wait a month Infusion/dried flowers/a glass per day	Sunburns Skin stain Cold Stomachache, Ulcer
4205-4249	Juncaceae	<i>Juncus effusus</i> L. subsp. <i>effusus</i>	Dipçik, kindıra	13	Roots	Decoction	Urinary diseases
4186	Lamiaceae	<i>Mentha longifolia</i> L. subsp. <i>typhoides</i> (Briq.) Harley	Göl nanesi, su nanesi	3, 4, 15	Aerial parts	Decoction/a glass per day	Menstrual pain Stomachache

Continued...

Table 1: Cont'd.

4154	Lamiaceae	<i>Saturea cuneifolia</i> Ten.	Kekik, kekik otu, dağ kekiği	4, 5, 7, 12, 13	Aerial parts	Decoction/a glass per day	Prostate ailments Cough, Cold, Flu
4333	Lamiaceae	<i>Teucrium chamaedrys</i> L. subsp. <i>chamaedrys</i>	Basur otu, mansur otu	8, 13	Aerial parts	Decoction/a glass per day for 1 week	Hemorrhoids
3966-3967-4012-4015-4040	Lamiaceae	<i>Thymus longicaulis</i> C. Presl. subsp. <i>longicaulis</i>	Kekik	4, 5, 7, 12, 13	Aerial parts	Infusion/a glass per day for 1 week	High tension Diabetes Stomachache
3844-3885-3950-3955-	Malvaceae	<i>Malva sylvestris</i> L.	Ebegümeçi, ebegömeçi, gümlüçünütu	4, 5, 13, 15	Aerial parts	Decoction/a glass per day until recovery	Cancer
4002	Papaveraceae	<i>Fumaria officinalis</i> L. subsp. <i>officinalis</i>	Yağotu, kedi otu, kedi cırmı, kedi tırna	6, 14	Aerial parts	Decoction	Hemorrhoids
4202	Poaceae	<i>Cynodon dactylon</i> (L.) Pers.	Ayrık	3, 4, 5, 16	Roots Whole plant	Decoction/drink twice a day for 40-50 days	Prostate ailments Rheumatism Kidney stone
4194-4247	Rhamnaceae	<i>Paliurus spina-christi</i> L.	Karaçalı	5, 10	Fruits Branches	Decoction Infusion Juice	Cough (for children) Stomachache Diabetes Skin disease
4101-4111	Rosaceae	<i>Prunus spinosa</i> L.	Güvem, bürbönka, tranka	3, 4, 13	Fruits	Fresh Marmalade/jam	Kidney stone Diabetes, Bronchitis
3931-4025-4100-4112	Rosaceae	<i>Pyrus communis</i> L. subsp. <i>communis</i>	Ahlat, kak, löngür, lengür, yağlı ahlat	3, 4, 5, 13	Fruits	Dried fruits/compote	Diabetes
3960-4255	Santalaceae	<i>Viscum album</i> L.	Buruş, elim karası	4,13	Leaves	Decoction/a glass per day for 1 week	Shortness of breath Asthma
3955-4056-3980-4219-	Solanaceae	<i>Datura stramonium</i> L.	Tatula, tatala Mandacık, pıtrak	6, 13	Seeds Flowers	8-10 seeds swallowed Flowers used in cigarettes	Sedative Asthma
3877-3997-4083	Urticaceae	<i>Urtica dioica</i> L.	Isırgan, kopırma	1, 4, 5	Fresh Dried plant	Decoction Infusion	Urinary diseases Cancer
3975-4241	Zygophyllaceae	<i>Tribulus terrestris</i> L.	Çoban kalkitan, çoban kağıdan, çökelek	4, 5, 13, 15	Aerial parts Fruits	Decoction/3 times a day Infusion	Hemorrhoids Heart disease

Village numbers: 1. Adasarhanlı, 2. Akçaadam, 3. Akıncılar, 4. Alibey, 5. Kadıdondurma, 6. Karahamza, 7. Karayusuflu, 8. Kavaklı, 9. Küçükaltınbaş, 10. Küpdere, 11. Olacak, 12. Paşayenice, 13. Saatağacı, 14. Serem, 15. Umurca, 16. Yenicegörece.

most commonly used plant families were Lamiaceae, Rosaceae and Asteraceae.

This study found that many of the plants had uses similar to plants in this region and the other countries examined in previous ethnobotanical studies.²⁻⁷⁻¹¹⁻¹⁵ However, different uses were revealed for *Brassica nigra* (for heart and vascular diseases), *Trifolium pratense* var. *pratense* (for lipoma), and *Thymus longicaulis* subsp. *longicaulis* (for high tension and diabetes).

CONCLUSION

This is the first ethno botanical study about the local names and uses of naturally growing medicinal plants conducted in Meriç town located in Edirne province, Turkey. It is important to document this valuable information because the transfer of knowledge from older generations to newer generations is diminishing.

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CONFLICT OF INTEREST

None

ABBREVIATION USED

TUBAP: Trakya University Scientific Research Project.

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SUMMARY

- The information was obtained by interviewing 38 local people face to face in Meriç town.
- As a result of the study, 24 plant taxa in 19 families were recorded as medicinal plants used by local people.
- These traditional medicinal plants have been mostly used for the treatment of diabetes, stomach ailments, hemorrhoids, rheumatism and asthma.
- The most frequently used parts of the plants were aerial parts, leaves, fruits, seeds and flowers.
- The different uses were revealed for *Brassica nigra* (for heart and vascular diseases), *Trifolium pratense* var. *pratense* (for lipoma), and *Thymus longicaulis* subsp. *longicaulis* (for high tension and diabetes) in Meriç town.

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