

A summary on the prominent herbal medicine effective for beauty, skin hygiene and wound healing in Iran

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ABSTRACT

The application of herbs, herbal distillates and other herbal products for curing and healing wounds and burns has a long history in many countries. In countries such as India, Iran and China traditional medicine has a long history. There is valuable information of unknown forest herbs for curing wounds and ulcers. The main aim of this paper is identification of Iranian native herbal medicines which are useful for wound recovery and the beauty of the skin. Books, papers and online electronic sources such as ISI, PubMed, Scopus, Magiran, SID, etc. were used for the identification of herbal medicines with positive effects and the keywords herbal medicine, skin, wound recovery and beauty were used. Numerous herbs can have effective role in the beauty and relief of the skin, which have traditional applications and a potential to be exerted for medical and cosmetic needs. In this regard, 38 different medical herbs effective for skin such as *Asafoetida*, Thyme, Eucalyptus, Yarrow, Olive, Aloe vera, coconut and Artichoke were identified to be effective. Thus in prospective research, they can be used for processing into medical and hygienic drugs.

KEY WORDS: Herbal medicine, Skin, Hygiene, Iran.

1. INTRODUCTION

Using medicinal herbs for curing has a long history as human history. In the last half century usage of chemical and synthetic medicines increased significantly but their harmful effects on human life led to further tendency to medicinal herbs (Nasri & Shirzad, 2013; Sewell & Rafieian-Kopaei, 2014; Bahmani, 2015; Sarrafchi, 2015).

For many years natural medicines especially medicinal herbs have been the main and in some cases the only treatment and the raw materials in them are used in pharmaceutical industry (Delfan, 2014; Bahmani, 2014; Bahmani, 2014; Saki, 2014; Bahmani, 2014). Nowadays medicinal herbs are widely used because of many reasons such as: low side effects, recommendation of related industries for cultivation of medicinal plants, preventing the outflow of currency, job creation, and particularly the suggestion of world Health Organization to use medicinal herbs and etc. On the other hand, due to lack of an effective medicine for wound healing studying the effects of medicinal herbs on wound healing is essential (Biosnic, 2005; Chevallier, 2005; Asuzu and Onu, 1990).

Wound healing is one of the most important issues that humankind has been encountering since the beginning of its life. So many medicines are used to heal open wounds while each has several limitations. Various herbs and natural materials are used to heal wound (Ansari, 2013; Hemmati, 2002; Sewall, 2003; Asadi, 2013; Huong, 2002; Parsaei, 2013). Using herbs, herbal extracts and other herbal products has a long history in many countries to cure wounds or burns. In countries such as India, Iran and china in which traditional medicine has a long history, there are valuable information about application of many unknown and forest plants to heal wounds and other diseases (Asadbeigi, 2014; Bahmani, 2014; Delfan, 2014; Saki, 2014; Bahmani, 2014; Karamati, 2014; Kummar, 2007). Medicinal herbs are rich natural medical sources. In this study the most important medicinal herbs effective for skin and wounds have been reported.

2. MATERIALS AND METHODS

Books, journals and electronic database of ISI, PubMed, Scopus, Magiran, SID, etc. were searched to determine medicinal herbs with positive effects using the keywords of: medicinal herbs, skin, wound healing and beauty.

3. RESULTS

Eventually 38 herbs effective for skin were identified and are summarized in table1.

Table.1.Herbs effective for skin

Scientific Name	Family Group	Summary of medical capabilities
<i>Usnea alectoria</i>	-	The methanol extract in it can help in healing wounds. (Bakhtiyari and Rada, 2013)
<i>Flavoparmelia caperata</i>	Parmeliaceae	Recovery of burns and treating fever (Bakhtiyari and Rada, 2013)
<i>Lobaria isidiosa</i>	Stictaceae	Skin diseases (Bakhtiyari and Rada, 2013)
<i>Usnea barbata</i> Parmeliaceae	Parmeliaceae	Skin diseases (Bakhtiyari and Rada, 2013,)
<i>Heterodermia leucomela</i>	Physciaceae	Healing Wounds (Bakhtiyari and Rada,2013)
<i>Everniastrum cirrhatum</i>	Parmeliaceae	Healing Wounds and disinfectant, (Bakhtiyari and Rada, 2013)
<i>Ferula assa-foetida</i>		The blue Asafoetida juice has a genuine effect for the recovery of diabetic wounds (Sadoghi, 2013)
<i>Quercus persica</i>	Fagaceae	The Ethanol extract is effective for the stomach (Motie, 2014)
<i>Scrophularia striata</i>	Scrophulariaceae	Recovery of burns (Azhdari zarmehri, 2014)
<i>Avana sativa L.</i>	Poaceae	Appropriate for skin inflammatory (Nazari, 2011)
<i>Lawsonia inermis L.</i>	Lythraceae	Skin wounds (Shiravai, 2011)
<i>Elaeagnus angustifolia L.</i>	Elaeagnaceae	Healing wounds (Moezi, 2009)
<i>Tragopogon graminifolius</i>	Asteraceae	Skin wounds (Karaimi, 2014)
<i>Aloe barbadensis Miller</i>	Xanthorrhoeaceae	Wounds and ulcers (Jarahi, 2009)
<i>Teucrium polium</i>	Lamiaceae	Skin inflammations (Alahtavakoli, 2012)
<i>Lotus corniculatus L.</i>	Fabaceae	Skin ulcers (Asabbagi, 2011)
<i>Astragalus fasciculifolius</i>	Fabaceae	Healing wounds (Ghahraman dehbakri, 2009)
<i>Verbascum speciocum</i>	Scrophulariaceae	Wounds and ulcers (Nabiyoni, 2011)
<i>Cinnamomum zeylanicum</i>	Lauraceae	Recovery of burns (Ahmani and Ghasemi, 2015)
<i>Cydonia oblonga</i>	Rosaceae	Wounds (Alizadeh, 2013)
<i>Aloe vera</i>	Xanthorrhoeaceae	Preventing skin problems (Najafi, 2014)
<i>Sprekelia formosissima</i>	Amaryllidaceae	Wrinkles (Bakhtiyari and Rada, 2013)
<i>Triticum boeoticum</i>	Compositae	Antioxidant, moisturizer and anti-wrinkles (Bakhtiyari and Rada, 2013)
<i>Olea europaea</i>	Oleaceae	Anti-itching, antioxidant and skin protector (Bakhtiyari and Rada, 2013)
<i>Persea americana</i>	Lauraceae	Antioxidant, anti-inflammation of skin (Bakhtiyari and Rada, 2013)
<i>Thymus vulgaris</i>	Lamiaceae	Anti-mosquito allergy(Bakhtiyari and Rada, 2013)
<i>Eucalyptus camadulensis</i>	Myrtaceae	Antioxidant, anti-bacterial (Bakhtiyari and Rada, 2013)
<i>Achillea millefolium</i>	Compositae	Inflammations and dandruff (Bakhtiyari and Rada, 2013)
<i>Calendula officinalis</i>	Compositae	Burns, inflammations and moisturizer (Bakhtiyari and Rada, 2013)
<i>Matricaria chamomilla</i>	Asteraceae	Skin moisturizer, softening and anti-dandruff (Bakhtiyari and Rada,2013)
<i>Artemisia Vulgaris L</i>	Compositae	Disinfectant, heals skin inflammations (Bakhtiyari and Rada, 2013)
<i>Cynara Scolymus L</i>	Asteraceae	Anti-skin cancer and skin protector (Bakhtiyari and Rada, 2013)
<i>Linum usitatissimum</i>	Linaceae	Skin protector and anti-wrinkles (Bakhtiyari and Rada, 2013)
<i>Cocos nucifera</i>	Arecaceae	Softner, moisturizer, disinfectant of skin (Bakhtiyari and Rada, 2013)
<i>Equisetum arvense L</i>	Equisetaceae	Anti-aging and anti-loosing of skin(Bakhtiyari and Rada, 2013)
<i>Theobroma cacao</i>	Sterculiaceae	Antioxidant, skin inflammations (Bakhtiyari and Rada, 2013)
<i>Crocus Sativus L</i>	Lridaceae	Good for dry skin and allergic skin(Bakhtiyari, 2009)

4. DISCUSSION

The purpose of this study was identifying Iran's native medicinal herbs which are effective for wound healing and skin beauty. Using herbs, herbal extracts and other herbal products has a long history in many countries to cure wounds or burns. There are valuable information about application of many unknown and forest plants to heal wounds and other diseases (Rabiei, 2014; Rafieian-Kopaei, 2014; Rahnema, 2015). Aloe vera is healing, antifungal, antibacterial, skin-cooler, refreshing and a unique moisturizer and protects the skin from sunshine and UV radiation. It is effective for curing skin wrinkles and skin dryness and speed the skin texture healing by delivering more oxygen to skin cells. This herb can also prevent us from skin diseases. In fact Aloe vera has been used for centuries as a topical medicine for skin diseases and other diseases (Bakhtiyari, 2009; Baradaran, 2014; Bhatia, 2010; Bakhtiyari, 2011).

Avocado oil is useful for reducing harms from skin inflammation and UV radiations. It also is effective in protecting the skin from sunshine (Otuki, 2011). Eucalyptus is rich in Phloroglucinol and Tannins. Essence of Eucalyptus is an anti-inflammatory, antifungal, a weak antibacterial and an anti-virus mixture and when is used topically has hyperemic effects (Takahashi, 2004; Kraft and Hobbs, 2004). Its lotion is effective for softening and preventing from skin aging (Gindan and Kubba, 1998; Rezaii, 2008; Dianati and Asadi, 2001). Thyme is used as disinfectant in the products for oily skins (Thomas, 1998). Hydro-alcoholic extracts of thyme and Yarrow have good

influence on healing of leishmaniasis wound (Hejazi, 2009). Flaxseed oil contains effective mixtures such as Linoleic acid which is proper for skin protection and strengthening, preventing from wrinkle and dispelling skin rashes (Nakhaee Moghaddam, 2009). Wheat contains A-E vitamins, and is antioxidant, softener, humidifier (Kapoor and Saraf, 2010). Tea is used as a wound healing and is antifungal and disinfectant and is also appropriate for massaging normal and dry skins. Green tea extract is antioxidant, humidifier, softener and anti-wrinkle. Green tea protects the skin from UV radiation and prevent from skin aging (Camouse, 2009). Horsetail herb is effective in improving skin elasticity and strength and in the case of cell death can help to heal skin texture (Chevallier, 2006). It is antioxidant and anti-inflammatory and is the primary substance of many creams and is used as a detergent. Consuming cacao can protect the skin against UV radiation (Davis and Perez, 2009). Its also used for the treatment of skin inflammations, burns and wounds. Yarrow is applied for the production of anti-sunshine creams, lotions and anti-dandruff shampoos (Falk et al., 1975). Attenuated alcoholic lotions are useful for preventing and removing wrinkles of the face, neck and around eyes. Chamomile oil is used for facial softening and moisturizing creams. This oil is also credited for skin care, removing hair dandruff and treatment of wounds and skin-deep acne (Charousaei et al., 2011).

The actual functioning of these herbs is yet to be known. What we can be sure of is that the antioxidant in the herbs is one of the main components of their effectiveness for skin and some other diseases (Bahmani et al., 2015; Sarrafchi et al., 2015). In fact, free radicals induce oxidative stress and oxidative stress is involved in most of skin complications as well as many hard curable diseases (Bagheri, 2013; Rafieian-Kopaei & Nasri, 2014; Nasri et al, 2015). Antioxidants have been effective in the treatment of these complications (Mirhosseini et al., 2013; Setorki et al., 2013). The antioxidants in herbs, is because of the phenolic compounds and some similar compounds which they have (Baradaran et al., 2014; Karimi & Moradi, 2015). Many herbs have displayed their ability in the treatment of skin and cosmetic applications in traditional methods. Still much more research is required for the full recognition and industrial production of products with them.

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