

Herbal medicines that replace antibiotics in the food, pharmaceutical, health and cosmetic industries

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Statement of Problem: Oral health and hygiene is very important, especially at a young age and in school students. In case of failure to comply with related health issues, families will spend a lot of money to ensure oral health for their children. The cost of many chemical drugs in this field is very heavy and the risks caused by their use (especially drug resistance) are one of today's concerns. Today's policy of using herbal and food medicines is very valuable and is expanding. In the country of Iran, due to the geographical and climatic conditions, it has a rich and valuable coverage of medicinal plants. The ability to use these plants in the pharmaceutical, food, health and cosmetic industries has been mentioned in many researches.

Methodology: It is a review of the usability of some medicinal plants available in Iran to improve the health status in the food, pharmaceutical and health industries.

Results and Discussion: In many studies carried out in the food, pharmaceutical and health industries, the health-giving and effective effects on improving the health quality of essential oils and extracts of some medicinal plants native to Iran have been reported. Some of these reported medicinal plants include: Teucrium polium, Cumin, Allium ascalonicum Mentha longifolia, Ferula sharifi, Pimpinella anisum, Malva sylvestris and Malva neglecta, Kumquat Peel, Ziziphora clinopodioides, Cuminum cyminum, Trachyspermum copticum, Froriepia subpinnta, Artemisia spicigera, Melissa officinalis and Phoenix dactylifera. Considering the health effects of medicinal plants cultivated in Iran, it is very important to propose the preparation of herbal medicines (in the form of essential oils, extracts, powders and tablets) as a mouthwash and as an alternative to antibiotics.

Keywords: Medicinal plants, Iran, Antibiotics, Heath.