A Survey of Plants Used in Iraqi Traditional Medicine

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ABSTRACT

A list of 96 plants belonging to 43 families, used in Iraqi traditional medicine to treat a variety of disorders, has been compiled. The survey is based on a field specimen collection and on information gathered following interviews with various people and traditional healers, called Attars. The plants are listed in alphabetical order, giving the parts used and methods of preparation according to their therapeutic use.

Keywords: Survey, medicinal plants, Iraq.

INTRODUCTION

The idea of publishing a comprehensive survey of the medicinal plants of Iraq and their traditional uses is the aim of the present work. It is a continuation of the previous work, initiated by the publication of the first part (1).

The use of plants for medicinal purposes is as old as the evolution of mankind. In Iraq, since the dawn of civilization, the home remedies of the nomadic tribes have been thoroughly tested and recorded in family manuscripts. In the old engravings and in archaeological finds of Mesopotamia some evidences have been left over of medicinal plants used during the ancient past.

Medicine in Iraq can be traced back to the Sumerian period 3000-1970 B.C. and then to the Babylonian and Assyrian periods 1970-539 B.C. Later on, this knowledge was translated and enriched by the Arab physicians during Abbasid period 500-1038 A.D. (2, 3, 4). In many countries in the world, traditional medicine remains equally important to the formal health system (5). Among these countries are the Arab countries including Iraq. WHO states that the practice of herbal medicine should be safe and efficacious (6). These practices share similarities in all Arab countries due to the similarity in the flora of most of them (7, 8, 9, 10, 11, 12, 13, 14).

Methods used in the traditional medicine of Iraq have been handed down from our forefathers by verbal learning; however, these methods are disappearing from our modern society. Few of them still survive mainly in the countryside and in the desert areas. This survey has been conducted to record the plants known in Iraqi traditional medicine to help keeping this knowledge of their therapeutic properties and to botanically identify and record the medicinal plants of Iraq. The present work also indicating whether the plants are either cultivated plants or indigenous.

METHODOLOGY

The field survey documented in this study was performed during the period of 1990-1994 and was conducted throughout different areas of Iraq, including cities, countryside and desert. A specific traditional use was reported only if mentioned by two traditional healers who are called Attars and two other local people in the same area of each plant.

The taxonomic identity of each plant was confirmed by the staff of the National Herbarium of Iraq. The nomenclature of the plants was updated by consulting the latest literature whenever it was possible.

Plants are given below in alphabetical order by botanical name, followed by family name, local name in...
parenthesis and common English name. The next mentioned information is the different localities of collection, the work also indicated the cultivated plants, the plant parts used, form of use and the claimed therapeutic action.

1. *Agropyron repens* L. (Gramineae) (Nejil or Najm, localities: Sulemania and Rawandoos)
   Twitch-Grass, Dog’s Grass
   A decoction of the aerial parts is used as demulcent, emollient and diuretic. The root stock extract is used internally as demulcent for irritable bladder and cystitis. This grass is also responsible for allergic dermatitis.

2. *Alhagi graecorum* Bioss-Maurorum MEDI (Leguminosa) (Akool, locality: Nasria)
   Camel Thorn, Persian Manna plant
   The exudates from the stem (manna) are used as mild laxative and expectorant, also used in difficulty of respiration.

3. *Allium cepa* L. (Liliaceae) (Basal, cultivated plant)
   Onion, Cepa bulb
   The bulb is used for the treatment of common cold; expectorant in sub acute bronchitis, promotes bile secretion and reduces blood sugar. Onion poultice is used for skin pimples.

4. *Allium schoenoprasum* L. (Liliaceae) (kurrath Aspanya, locality: Rawandoos)
   Chive, Rockambole
   The leaves are used as carminative, digestive, diuretic, blood building and antiseptic.

5. *Ammannia baccifera* L. (Lythraceae) (Rigl Hemamah, locality: Amadia and eastern heights)
   Blistering Ammania
   The herb is acrid and vesicant when taken internally, it produces irritation and pain. Leaves used for skin diseases and as a rubicant.

6. *Anethum graveolens* L. (Umbelliferae) (Shabat, cultivated plant)
   Dill
   The herb oil is used as a carminative for flatulence of children. Seeds soaked in water used for children’s stomach pain. Stem and fruit maceration extract used for cough.

7. *Antirrhinum majus* L. (Scrophulariaceae) (Anf-Althor, Lisan As-Sabe, cultivated plant)
   Greater Snapdragon
   The whole plant decoction is used as astringent, diuretic and treatment for liver diseases.

8. *Apium graveolens* L. (Umbelliferae) (Krafus, cultivated plant)
   Celery
   The root is used as diuretic and alterative. The seeds used as stimulant, carminative, and tonic. The decoction is used for dysmenorrhea and rheumatoid arthritis.

9. *Arctium lappa* L. (Compositae) (Arquityon, Waisar, locality: Amadia, Rawandoos and Mandly)
   Great Burdock, Great Clot Bar
   The root decoction is used as diuretic, diaphoretic, anti-poisonous and blood purifier.

10. *Aristolochia maurorum* L. (Aristolochiaceae) (Zarawand, Mareska, locality: northern parts of Iraq)
    The roots maceration is used as antiseptic for cuts and wounds and for leprosy.

11. *Artemisia compresis* L. (Compositae) (sheeh, localities: Alfalooja and Algezera)
    Field Southernwood
    The herb extract used as febrifuge, expectorant, vermifuge, emmenagogue. Herb also can be made into stimulating hair pomades.

12. *Arundo donax* L. (Gramineae) (Qasab, Ghab Farsi, locality: Alsahal Alresoobi Almarkazi)
    Arrow Reed
    Root decoction increase blood pressure in small doses

13. *Asperula arvensis* L. (Rubiceae) (Asperulah, localities: north parts of Iraq like Sulemania)
    Field Wood Ruff, Quinswort, Shephard’s Bedstraw
    The whole herb decoction used for tonsillitis, also used as astringent.

14. *Astragalus hamosus* L. (Papilionaceae) (Grainah, locality: Mosel)
    Flower buds maceration used for expulsion of wind, astringent and promotes vomiting.

15. *Astragalus tribuloides* Del. (Leguminosae)
(Jarnah, Gfai’ah, locality: south desert)
Loco Weed
The herb is used as emollient and demulcent.

16. *Bambusa argentea-striata* Schreb (Gramineae)
(Bambu, locality: Koot)
Bamboo
Leaves decoction is used as emmenagogue, anthelmintic, aphrodisiac and tonic.

17. *Bellis perennis* L. (Compositae) (Zahr Al-Lulu, Zahr Al-Rabeé, locality: Karkook)
Leaves and flowers maceration and decoction used against common cold, stomachic and vulnerary, while the leaves extract is used as haemostatic, diuretic, depurative and antispasmodic.

18. *Betula alba* L. (Betulaceae) (Shajarat Al-Tamul, locality: Rawandoos)
Common White Birch
Leaves are used as diuretic while bark is used as febrifuge, astringent, depurative and digestive. Tar obtained from bark used for skin diseases. Essential oil obtained from plant used for skin diseases.

19. *Bidens tripartita* L. (Compositae) (Qinnab Maiy, Telmaiy, locality: north parts of Aljezeera)
Water agrimony, Double Tooth
The whole herb decoction is used as emmenagogue, antiseptic, aperient, styptic, sudorific, febrifuge and sedative.

20. *Brassica nigra* L. (Cruciferae) (Khardal Aswad, locality: north parts of Iraq, Sulemania)
Black Mustered
Seeds used as fomentation, cordial, stimulant, revulsive, stomachic and emetic. The seeds also used externally in the form of the ground drug moistened with water as a rubificant and counter irritant.

The whole plant decoction is used as alterative, tonic, demulcent also used for rheumatism.

22. *Caesalpinia crista* L. Syn. C. bonducella Flem. (Leguminosae) (Bundok Hindi, locality: north of Iraq)
The seeds used as antiperiodic, antipyretic and febrifuge. Leaves are used in disorders of the liver.

23. *Calamintha graveolens* M.B. (Labiatae) (Rehan Beree, locality: Sinjar mountains)
Wild Basil
The seeds used as aphrodisiac and revives from unconsciousness.

24. *Canna indica* L. (Cannaceae) (Moz Fahal, Moz Wardi, locality: Samaraa)
India Shot
The whole plant decoction in used as diuretic, demulcent and Sudorific.

25. *Capsella bursa-pastoris* L. Medic (Cruciferae)
(Kees Alraiy, locality: Arbeel)
Shepherd’s Purs, Capweed
The herb used as astringent while its decoction is used as diuretic and antiscorbutic.

26. *Capsicum annum* L. (Solanaceae) (Fifil, cultivated plant, different localities)
Chilli, Red Pepper, Paprika
The fruit is used as aromatic stimulant, stomachic, rubefacient.

27. *Capsicum frutescens* L. (Solanaceae) (Fifil Darah, cultivated plant)
Bird Chili
The fruit is used as digestive, rubefacient and carminative.

28. *Carthamus tinctorius* L. (Compositae) (Qurtum, imported plant)
Saff-Flower, Wild Saffron
Flowers used as sudorific, emmenagogue and dyeing for food, flowers also used as a substitute for saffron.
The seeds used as diaphoretic in hot infusion to promote eruption in measles.

29. *Carum Carvi* L. (Umbelliferae) (Krawayah, cultivated plant)
Caraway
Seeds are tonic for digestive system, stomach pain, flavoring agent and mild laxative.

30. *Ceratocephalus falcatus* Pers. (Ranunculaceae)
(Lizzeij, locality: Samaraa)
The whole herb poultice is used for treatment of rheumatic affection of knee.
31. *Cheiranthus Cheiri* L. (Cruciferae) (Manthur-Asfar, ornamental plant)
   Wall Flowers, Gilli Flower, Yellow Stock
   Flowers and seeds decoction is used as emmenagogue, tonic and depurative

32. *Chenopodium album* L. (Chenopodiaceae) (Fisa Al-kilab, locality: Arbeel)
   White Goosefoot The whole plant decoction is used as diuretic, aperient, refreshing, slight sedative and hepatic tonic.

33. *Cichorium intybus* L. (Compositae) (Hindiba, locality: Mosel)
   Chicory, Wild Succory, Wild Endive
   The aerial part used as diuretic, stomachic, aperient, sedative while the root in addition to diuretic effect it is used as sudorific, depurative and cholagogue.

34. *Citrus aurantifolia* L. (Rutaceae) (Laimun, locality: Baagooba)
   Lime
   The fruit is used as flavoring agent, carminative and stomachic.

35. *Clerodendrom inerme* R.Bn. (Verbenaceae) (Yasamin Zafer, cultivated plant, locality: Karkook)
   The leaves decoction is used as alterative and febrifugal.

36. *Clitoria ternatea* L. (Leguminosae) (Mazeryon Hindi, locality: Baagooba)
   The seeds and roots are used as purgative and aperient.

37. *Cnicus benedictus* L. (Compositae) (Alshajarah Al.Mubaraka, locality: Rawandoos)
   Holy Thistle, Blessed Thistle
   The whole herb decoction is used as sudorific, stimulant, tonic and haemostatic.

38. *Cholchicum candidum* L. (Liliaceae) (Mubsharat Alshita, locality: north parts of Iraq)
   Meadow-Crocus
   The corms and seeds decoction is used for gout.

39. *Convovulus rarvens* L. (Convolvulaceae) (Heleblab, localities: Aljazeera, eastern mountains and swamp area)
   Small With-Weed, Smaller Bind-Weed
   Flowers maceration is used as laxative, febrifuge, vulnerary. The whole herb decoction is used as laxative, cholagogue and vulnerary.

40. *Convovulus scammonia* L. (Convolvulaceae) (Heleblab, localities: Zaweta and Amadia)
   Mediterranean Scammony, Levant’ Scammony, Syrian Blind-Weed
   The root decoction is used as hydrogogue cathartic, in dropsy and anasarca, large dose causes intestinal irritation.

41. *Corchorus acutangulus* L. (Tiliaceae) (Jut Barry, locality: Alsahel Alresoobe Alawsat)
   The whole herb decoction is used in chest compliant.

42. *Corchorus capsularis* L. (Tiliaceae) (Jut)
   White Jute
   Leaves maceration is used as bitter tonic, in dysentery, fever and liver disorders.

43. *Cordia myxa* L. (Boraginaceae) (Banbar, cultivated plant)
   The fruit decoction is used in chest compliant.

44. *Coronilla scorpioides* L. (Papilionaceae) (Koronella, localities: south Aljazeera, Arbeel and Sulemania)
   Scorpion Senna
   The whole herb has an effect like digitalis, diuretic and active cardiac poison.

45. *Coronilla varia* L. (Papilionaceae) (Koronella, locality: Rawandoos)
   The whole herb has a digitalis like effect.

46. *Cressa cretica* L. (Convolvulaceae) (Showail, locality: Rawandoos)
   All parts of the plant is used as alterative, tonic and aphrodisiac.

47. *Crocus sativa* L. (Iridaceae) (Sa’faran, localities: Rawandoos and Arbeel)
   Saffron
   The stigma and tops of the styles are used as carminative, stimulant and emmengogue. Also it is used in fever and in cases of melancholia.

48. *Cupressus sempervirens* L. (Cupressaceae) (Saru)
   Oil of Cypress
Inhalation of the oil isolated from this plant is used for whooping cough. The fruit and wood are used as astringent and anthelmintic.

49. *Cuscuta planiflora* Ten (Convolvulaceae) (Hamul, locality: south desert)
Dodder
The stem decoction is used for obesity, while infusion of seeds for catarrh.

50. *Dactylotenium aegyptiacum* (L.) P. Beauv. (Gramineae) (Darmaq, localities: west desert and swamp area)
Finger – Comb Grass
The grains of the plant are used for kidney pain.

51. *Dalbergia sisso* Roxb (Leguminosae) (Sisam)
Sisso
The leaves have a bitter stimulant effect, decoction of leaves is useful in gonorrhea, and roots are also astringent. Wood is alterative and useful in leprosy, boils, and eruptions and allays vomiting.

52. *Dodonaea viscosa* (L.) Jacq. (Sapindaceae) (Dodonia, cultivated plant)
The bark is poisonous to fishes; leaves are used in treatment of wound, gout and rheumatism.

53. *Echium italicum* L. (Boraginaceae) (Ward Lisan Althor, localities: north eastern parts of Iraq)
Blue Weed
The whole herb is a popular remedy for snake bite.

54. *Ephedra alata* Decne (Gnetaceae) (A’Lnada, locality: south and west desert of Iraq)
Ephedra, Woody Horse – Tail
The aerial parts are used for asthma, cardiac stimulant and for dropsy.

55. *Ephedra foliata* Boiss and Kotschy (Gnetaceae) (A’Lnada, locality: as above) Ephedra, Woody Horse-Tail
The uses are similar to E. alata.

56. *Equisetum arvense* L. (Equisetaceae) (Thanab Al-khail, locality: Rawandoos)
Corn Horse – Tail, Snake Pipes.
All parts of plant stop bleeding, helpful in kidney troubles and the herb is useful in the treatment of pulmonary consumption.

57. *Eryngium creticum* Lam. (Umbelliferae) (Kassub, locality: Alsahel Alresobee Alawsat)
Eryngium, Button Snake Root
Leaves and roots decoction are used against anemia, dropsy, colic pain and prolonged perturbation period.

58. *Erysimum repandum* L. (Cruciferae) (Erismum, locality: Mosel)
The seeds are used in fever, relieves pain in stomach and antiscorbutic.

59. *Eschscholtiza californica* Scham (Papaveraceae) (Khishkhash kalifornia, cultivated plant)
The whole herb is used as anodyne, soporitic and analgesic.

60. *Eucalyptus camaldulensis* Behnh (Myrtaceae) (Kalebtuz)
Eucalyptus gum, Red Gum, Eucalyptus Kino
Leaves maceration or infusion used as a gargle for treatment of sore throat. The gum obtained from the tree is used as astringent in diarrhea and dysentery.

61. *Eucalyptus coolabahs* Blakely et Jacob (Myrtaceae) (Kalebtuz, locality: middle parts of Iraq)
The same as Eucalyptus camaldulensis

62. *Eucalyptus incrassata* Labill (Myrtaceae) (Kalebtuz)
The same as Eucalyptus camaldulensis

63. *Eucalyptus rostrata* Cav. (Myrtaceae) (Kafor)
Eucalyptus Kino, Red Gum Tree, Blood Wood
The same as Eucalyptus camaldulensis

64. *Eupatorium canabinum* L. (Compositae) (Khadi Al-bint, locality: Rawandoos)
Water Hemp, Hemp Agrimony
The leaves are used as sudorific, emetic, alterative, anodyne nerve, cholagogue and febrifuge.

65. *Euphorbia tinctoria* Boiss (Euphorbiaceae) (Um AL-Halib, locality: Amadia)
The herb uses are the same as above, the plant is poisonous to sheep.

66. *Fagopyrum esculentum* Moench (Polygonaceae) (Qamh Al-Baqar)
Buck Wheat, Sweet Buck Wheat
Decoction of the leaves is used for treatment of
internal hemorrhage and for diabetic retinitis.

67. *Ficus carica* L. (Moraceae) (Teen, locality: middle part of Iraq)
   
   Fig Tree
   
   Fruit juice is useful as demulcent, aperient, emollient. Latex of fruit – acrid, used to remove warts and anthelmintic.

68. *Ficus cunia* Buch-Hom (Moraceae) (Teen Barry, locality: as above)
   
   Fruit is used for aphthous complaints.

69. *Foeniculum Vulgare* L. Mill (Umbelliferae) (Shbint)
   
   Fennel
   
   Seeds and roots used as flavoring agent, tonic for mother after birth, carminative and stimulant.

70. *Fraxinus ornus* L. (Oleaceae) (Lisan Al-Asfur, locality: Rawandoos)
   
   Manna Ash
   
   The manna which is exudates obtained from the plant is used as mild laxative, strengthening and tonic.

71. *Fritillaria imperialis* L. (Liliaceae) (Ikleel Al-Malik, locality: Amadia)
   
   Crown imperial, Imperial Fritillary.
   
   The bulbs are used as emollient, resolvent for kidney stone, diuretic. Fresh bulb is poisonous to the heart.

72. *Fumaria officinalis* L. (Fumariaceae) (Shaterag, locality: Amadia)
   
   Fumitory
   
   An infusion of the herb is used as alterative, tonic diaphoretic, sudorific stomachic and antispasmodic.

73. *Fumaria parviflora* Lam. (Fumariaceae) (shaterag, locality: as above)
   
   Seeds of the plant are used as fomentation in painful swellings, against stomach pain, febrifuge, blood purifier and antispasmodic.

74. *Geum urbanum* L. (Rosaceae) (Hashishat Al.Mubarek, locality: Rawandoos)
   
   Wood Avens, Throat Wort, Herb-Bennet.
   
   The herb decoction is used as stomachic, tonic, digestive and cordial. The root is used as astringent, febrifuge, and antiseptic.

75. *Glossostemon bruguieri* Desf (Malvaceae) (Mughat, locality: eastern mountains)
   
   The root is used as aphrodisiac, tonic and for cough.

76. *Glycyrrhiza glabra* Linn (Leguminosae) (Iriqsoos, localities: Mosel and easter mountains)
   
   Liquorice, Sweet Wood
   
   Licorice has long been used as a gentle laxative; the roots are used as a female sex hormone and common domestic remedy for cough and catarrhal affections.

77. *Gossypium herbaceum* L. (Malvaceae) (Qoten, cultivated plant)
   
   Cotton plant.
   
   The root bark has been used as emmenagogue and oxytocic cotton seeds are expressed to obtain cotton seed oil, which is used as an emollient in liniments, hand cream. Cotton fibers are used for preparation of surgical dressings.

78. *Gossypium hirsutum* L. (Malvaceae) (Qoten, as above)
   
   The uses are the same as *G. herbaceum*.

79. *Haplophyllum Blanchei* Boiss. (Rutaceae) (Juwaifah, locality: south and western desert)
   
   The herb is used as a salve for wounds. The decoction is used as a cure in stomach-ache for children.

80. *Haplophyllum filifolium* (spach) Boiss. (Rutaceae) (Jawaifah, as above)
   
   Decoction of the herb is used as carminative for children and as aphrodisiac.

81. *Haplophyllum tuberculatum* (Forssk) Adr, Juss (Rutaceae) (Jawafah, as above)
   
   This plant uses are the same as the other Haplophyllum species.

82. *Haplophyllum mesopotamicum* Boiss. (Rutaceae) (Jawafah, as above)
   
   This plant uses are the same as the other four species.

83. *Haplophyllum propinquum* (Spach) (Rutaceae) (Tartuf)
   
   Same uses as the other species above.

84. *Hedera helix* L. (Araliaceae) (Habi Al-Masakeen, locality: Solaimania)
   
   Ivy, Bentwood. Leaves are poisonous, cause dermatitis. Infusion used in rheumatism. Resinous exudates from old plant are used as stimulant and emmenagogue.

85. *Helianthus tuberosus* L. (Commmpositae) (Tartuf)
Tubers are used for treatment of diabetes and as food stuff for human and cattle.

86. Helicophyllum crassipes Schott (Araceae) (Lai’yah)
The corm is poisonous, used as antiseptic for curing itch or scab mites affecting the sheep and other animals.

87. Heliotropium undulatum Vahl. (Boraginaceae) (Zerraij, locality: south of Aljazeera).
The herb used locally for headache and internally for lactation.

88. Hibiscus cannabinus L. (Malvaceae) (Jeljel, cultivated plant)
Deccan Hemp, Mesta. Flowers-juice given with sugar and black pepper in cases of increase bile secretion with acidity. The seeds are used as aphrodisiac. The leaves are used as purgative.

89. Hibiscus esculentus L. (Malvaceae) (Bamia, cultivated plant)
Ladies Finger. Gumbo, Okra Tender fruit is used as emollient, demulcent, diuretic, also given as decoction in catarrhal affections, dysuria and gonorrhoea. Leaves used as emollient poultice. Root infusion is used for syphilis. Seeds are used as stimulant and cordial.

90. Hyoscyamus albus L. (Solanaceae) (Banj, localities: Amadia and Rawandoos).
White Henbane Leaves are used as anodyne, narcotic, sedative.

91. Hyoscyamus niger Linn. (Solanaceae) (Banj, localities: Sulaimania and Benjween).
Black Henbane, Hogbean
The leaves decoction is used to check vesical spasm in urinary incontinence, as a sedative in cystitis and gonorrhoea and also combined with purgatives to obviate their griping action.

92. Hyoscyamus reticulatus L. (Solanaceae) (Banj, as above).
Henbane Leaves are poisonous and their decoction is used as narcotic and anesthetic.

Matting Rush Areal parts decoction is used as pectoral.

94. Kochia scoparia Schrad (Chenopodiaceae) (Haitham, cultivated plant).
Leaves and seeds are used as cardiac stimulant.

95. Lactuca sativa L. (Compositae) (Khass, cultivated plant) Garden Lettuce. Seeds are used in treatment of typhoid fever; the plant is emollient for skin. Juice is used as hypnotic and narcotic.

96. Malva neglecta wallr (Malvaceae) (Khubbaizah, locality: Rawandoos).
Low Mallow, Running Mallow Flowers are used as pectoral, expectorant, laxative. Leaves are used as laxative in catarrh of the respiratory organs and of intestines.

RESULTS AND DISCUSSION
The present work has yielded 96 plants belonging to 43 families, which have been used and are still in use as medicinal plants especially in the countryside and desert parts of Iraq. The majority of the population of Iraq live in these areas, depend largely on these traditional uses of medicinal plants. It seems that many popular plants have been used long time for internal disorders like Fennel, Saffron, Celery and Caraway as carminatives, Liquorice and Artemisia as a remedy for cough and as expectorant, and Eucalyptus for sore throat. However many other uses of different plants seem to be reported for the first time. These uses need to be investigated pharmacologically to confirm the biological activities claimed for them. Many discoveries in the past depended mainly on the ethnobotanical information. Varthemia iphinoidea, a plant which is widely distributed in Jordan, has confirmed the antispasmodic activity of that plant is just an example (15, 16). There are many other discoveries in addition to this example around different parts of the world.

We have to mention also that there are differences in uses of these plants in different localities in Iraq for example, Hibiscus cannabinus fruits are used as emollient for skin disorders in north parts of Iraq, and for anuria in other localities, other example is Malva neglecta, the flowers are used as pectoral and expectorant in Rawandoose while its use as laxative in other different parts of Iraq. The other point worth mentioning is the different uses of medicinal plants among different Arabic countries, for example
Brasica nigra seeds are used as general tonic for weakness in Jordan while in Iraq it has many uses as cordial stimulant, counter irritant and emetic as mentioned above, thus mentioning of traditional uses require the scientific approval of these claimed uses.

ACKNOWLEDGMENTS

This work would not have been possible without the collaboration of all the informants, to whom the author owes sincere gratitude. The author would also like to thank members of the staff from National Herbarium of Iraq for authentication of plant material.

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