

Araştırma Makalesi/Research Article (Original Paper)

Some Important Plants Belonging to Lamiaceae Family Used in Folkloric Medicine in Savur (Mardin/Turkey) Area and Their Application Areas

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Abstract: This study aimed to determine the purpose and the mode of use of some important plants belonging to Lamiaceae family used in folk medicine in Savur (Mardin). Surveys were carried out in Savur Town Centre, and in some towns and villages of Savur district, during the years of 2012-2013. A total of 207 resource persons were interviewed. A total of 96 species belonging to 43 families were determined that these plants are used for therapeutic purposes. Rosaceae 10 (9.6 %), Asteraceae 8 (8.6 %), Lamiaceae 6 (5.7 %), Cucurbitaceae 6 (5.7 %), Solanaceae 4 (3.8 %), Malvaceae 4 (3.8 %) and Fabaceae 4 (3.8 %), has been identified major first 7 families in the research area. The plants belonging to Lamiaceae family are very used in folkloric medicine. Therefore this family has emphasized in this study. As a result of the study, 6 species belonging to Lamiaceae families were determined which have been used for therapeutic purposes. The plants were determined in research area were; *Cyclotrichium leucotrichum* (Stapf.) Leb., *Mentha longifolia* L. Hudson subsp. *typhoides* (Briq.) Harley var. *typhoides* (L.) Hudson, *Mentha x piperita* L., *Salvia multicaulis* Vahl, *Teucrium polium* L., *Thymbra sintonisii* Bornm & Aznav subsp. *sintonisii* Bornm. et. Aznav. Local names and the mode of use and necessary doses of therapeutic plants were documented.

Keywords: Folkloric medicine, Mardin, Medicinal plants, Savur, Turkey

Savur (Mardin/Turkey)'da Halk Hekimliğinde Kullanılan Lamiaceae Familyasına Ait Önemli Bazı Bitkiler ve Kullanım Alanları

Özet: Bu çalışma Mardin'in Savur İlçesi halk hekimliğinde kullanılan Lamiaceae familyasına ait önemli bazı bitkileri belirlemek amacıyla yapılmıştır. Surveyler 2012-2013 yılları arasında Savur merkez ve merkeze bağlı köylerde yürütülmüştür. Toplam 207 kişi ile görüşülmüş ve 43 familyaya ait 96 bitki türünün tıbbi amaçla kullanıldığı tespit edilmiştir. Çalışma alanında belirlenen en önemli 7 familya şunlardır; Rosaceae 10 (% 9.6), Asteraceae 8 (% 8.6), Lamiaceae 6 (% 5.7), Cucurbitaceae 6 (% 5.7), Solanaceae 4 (% 3.8), Malvaceae 4 (% 3.8) ve Fabaceae 4 (% 3.8). Lamiaceae familyasına ait bitki türleri halk hekimliğinde daha çok tercih edildiği için bu familya üzerinde durulmuştur. Çalışmanın sonunda Lamiaceae familyasına ait halk hekimliğinde kullanılan *Cyclotrichium leucotrichum* (Stapf.) Leb., *Mentha longifolia* L. Hudson subsp. *typhoides* (Briq.) Harley var. *typhoides* (L.) Hudson, *Mentha x piperita* L., *Salvia multicaulis* Vahl, *Teucrium polium* L. ve *Thymbra sintonisii* Bornm & Aznav subsp. *sintonisii* Bornm. et. Aznav adlı türler tespit edilmiştir. Bu bitkilerin yöresel isimleri, halk hekimliğinde kullanım alanları ve kullanım dozları belirlenmeye çalışılmıştır.

Anahtar kelimeler: Halk hekimliği, Mardin, Tıbbi bitkiler, Savur, Türkiye

Introduction

Mardin has a limit and this region, the Southeastern Anatolia Region of Turkey, Iran and Turan includes endemic flora characters. The people in this region has a rich flora have benefited from herbs from the past to the present (Akgül 2008; Ozgokce and Ozcelik 2004). Medicinal plants are used extensively in this area. Mardin is one of the oldest settled areas of many civilizations. At the same time, it is one of the rare cities living in harmony of the people from different faiths for centuries in the world. Historically

and culturally, it is one of the richest cities of Turkey (Anonymous 2013). Therefore, it possesses important ethno botanical data. The aim of the study, was to determine plants used in folk medicine in Mardin (Savur) and is to provide information regarding of their applicability.

Materials and Methods

Surveys were carried out in the central Savur Town, and in some towns and villages of Savur, during the years of 2012-2013. A total of 207 resource persons were interviewed. In the diagnosis of the collected samples, as the primary source "Flora of Turkey and the East Aegean Islands" (Davis 1965, 1985; Guner vd. 2000) were used.

Results and Discussion

As a result of the study, 6 species belonging to Lamiaceae families were determined which have been used for therapeutic purposes. The plants determined in research area were.

Cyclotrichium leucotrichum (Stapf.) Leb. (Karaçekme)

Local Name of Plant: Rihana tehtan.

Collection Period: June.

Location: C8, Mardin; Savur, Yenilmez Village, 37° 30' 28.3" N, 40° 59' 48.8" E, 1133 m, 05.06.2013, Ş. Arasan.

Plant Part: Above-ground parts (Fig 1).



Figure 1. *Cyclotrichium leucotrichum* (Stapf.) Leb.

Recommendation for use: Plant is boiled in water and drunk against diabetes (Abdülhamit Erkek, Yenilmez). There was not found similar usage in the investigated sources.

Mentha longifolia L. Hudson subsp. *typhoides* (Briq.) Harley var. *typhoides* (L.) Hudson

Local Name of Plant: Plung.

Collection Period: July-September.

Location: C8, Mardin; Savur, Beşevler Delav Locality, Road Side, 37° 32' 39.3" N, 40° 50' 42.9" E, 832 m, 19.09.2013, Ş. Arasan.

Plant Parts: Above-ground parts (Fig 2).



Figure 2. *Mentha longifolia* L. Hudson subsp. *typhoides* (Briq.) Harley var. *typhoides* (L.) Hudson

Recommendation for use: Flowers of plant during flowering period are collected, boiled in water and drunk against diseases such as bronchitis, cough, sore throat (Zerri Adıbelli, Sürgücü; Mehmet Turan, Çınarönü; Teyfik Balcı, Savur Merkez). Similar use by Mükemre (2013) and Sargın (2013) have been reported. Plant is boiled and drunk against breast cancer (Gulê Yılmaz, Serenli). It is boiled and drunk against stomach diseases (Arabe Kaymaz, Pınardere). This usage is compatible with works of Polat (2010) and Mükemre (2013).

***Mentha x piperita* L.**

Local Name of Plant: Neğneğ, Ninhe, Nunıvo, Pung.

Collection Period: July-September.

Location: C8, Mardin; Savur, Çınarönü Village, 37° 35' 42.0" N, 40° 40' 57.6" E, 879 m, 19. 04. 2013, Ş. Arasan.

Plant Part: Above-ground parts (Fig 3).



Figure 3. *Mentha x piperita* L.

Recommendation for use: Plants are dried and infused in hot water and is drunk against diseases such as bronchitis, cough, sore throat (widespread use). Similar use by Sargın (2013) and Uysal (2008) have been reported.

***Salvia multicaulis* Vahl (Kürt reyhanı)**

Local Name of Plant: Barevin, Barevingê.

Collection Period: April.

Location: C8, Mardin; City Center, Yaylabaşı Village, Road Side, 37° 28' 38.5" N, 40° 48' 40.5" E, 1051m, 20.04.2013, Ş. Arasan.

Plant Parts: Root, Above-ground parts (Fig 4).



Figure 4. *Salvia multicaulis* Vahl

Recommendation for use: Plant roots and above ground portion of the plant are boiled in water and are beaten against eczema (Salih Çelik, İçören). Plant roots are boiled and these mush are applied onto the diseased area against rheumatic diseases (Fatma İpek, Bağlıca). Also it is boiled in water and drunk against stomach diseases (Asya Alökmen, Beşevler). Similar use by Yapıcı et. al. (2009) has been reported.

***Teucrium polium* L. (Acı yavşan)**

Local Name of Plant: Bojna, Bojnak, Bojank, Cadê, Cedê, Gihabibo, Gihabo, Gihagevrık, Giyabojna, Mervent.

Collection Period: April-May.

Location: C8, Mardin; Savur, Dereiçi Village, 37° 32' 54.2" N, 40° 57' 36.2" E, 931 m, 15.05.2013, Ş. Arasan

Plant Part: Above-ground part (Fig 5).



Figure 5. *Teucrium polium* L.

Recommendation for use: Plants in the study area is generally used against diseases such as bronchitis, cough, sore throat, tonsillitis (widespread use). The plant is consumed against diabetes as raw (Şerif Bozkurt; Nuray Bozkurt Şeymus Yıldız, İşgören). This usage is compatible with works of Baytop (1999) and Polat (2010). Above ground portion of the plant is consumed against headache as raw (Sıraç Yıldız, Armutalan). Also above ground portions of the plant are boiled in water and are drunk two spoons every day against high blood pressure (Muazzez Erkan, Sürgücü). This usage is compatible with works of Yapıcı vd. (2009).

***Thymbra sintenisii* Bornm & Aznav subsp. *sintenisii* Bornm. et. Aznav (Ak zahter)**

Local Name of Plant: Cehter, Cehteri, Zahter, Zehter.

Collection Period: July-Agust.

Location: C8, Mardin; Savur, Yaylayanı Village, 37° 35' 55.9" N, 40° 59' 26.6" E, 1118 m, 15.07.2013, Ş. Arasan.

Plant Part: Above-ground parts (Fig 6).



Figure 6. *Thymbra sintenisii* Bornm & Aznav subsp. *sintenisii* Bornm. et. Aznav

Recommendation for use: Plant is infused in hot water and is drunk against stomach diseases (Sıraç Yıldız, Armutalan; Şeymus Turgay, Kırdirek; M. Ali Filiz, Şenocak) and against diseases such as bronchitis, cough, sore throat, tonsillitis (Şemse Ceylan, Üçkavak; Hamdiye Aykal, Çınarönü; Ramazan Yıldız, Erkuran). Plant is infused in hot water and is drunk twice a day against diabetes (Koçere Demirtaş, Sürgücü). There was not found similar usage in the investigated sources. Also the plant's leaves and branches are boiled in water and are drunk against intestinal problems (Fatma Kılıç, Taşlık). *Thymbra sintenisii* subsp. *sintenisii* is used against stomach diseases. Similar use by Akgul (2008) have been reported.

Conclusions

In this study, a total of 96 species belonging to 43 families were determined that these plants are used for therapeutic purposes. Among these families, Lamiaceae family is the third place. Six species belonging to Lamiaceae families were determined which have been used for therapeutic purposes. *Cyclotrichium leucotrichum* (Stapf.) Leb., *Mentha longifolia* L. Hudson subsp. *typhoides* (Briq.) Harley var. *typhoides* (L.) Hudson, *Mentha x piperita* L., *Salvia multicaulis* Vahl, *Teucrium polium* L., *Thymbra sintenisii* Bornm & Aznav subsp. *sintenisii* Bornm. et. Aznav. plants are used extensively in Savur (Mardin). Local names and the mode of use and necessary doses of therapeutic of this plants used in folk medicine were documented.

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