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LOCAL NAMES OF MEDICINAL AND AROMATIC PLANTS TRADITIONALLY USED IN KUTAHYA-GEDIZ REGION

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Abstract

This study investigated the ethnobotanical characteristics and local names of some plants detected around Kütahya center and Gediz district between 2024-2025. The information on the use of these plants has been determined according to interviews with the local people and herbalists. The local names and usage areas of the 30 plants in the research area were determined. It is concluded that 20 of these plant types is used in medical field, 3 types is used as food and 7 types were used for other (fuel, an, mal feed etc.) fields. In almost every region of Turkey, knowledge about especially edible herbs has been passed down from mother to daughter for generations. Knowledge about plants that are used for medicine, dye, broom, and plants that are collected as fuel and stored for the winter is more specific to women. Those who know and collect tuberous plants, mushrooms, and various fruits are boys and adult men, especially shepherds. Forage plants and plants that have the potential to poison animals are knowledge that shepherds and villagers who do animal husbandry have passed down from generation to generation for centuries. As a result, medicinal plants, which are frequently used by the public in the treatment of various diseases and whose positive effects cannot be ignored, should be consumed consciously. It is important to use plant species that are reliably supplied with known analyzed content in alternative treatments of diseases so that public health is not negatively affected.

Keywords

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KÜTAHYA-GEDİZ BÖLGESİNDE GELENEKSEL OLARAK KULLANILAN TIBBİ VE AROMATİK BİTKİLERİN YÖRESEL İSİMLERİ

Öz

Bu çalışma, 2024-2025 yılları arasında Kütahya merkez ve Gediz ilçesinin çevresinde tespit edilen bazı bitkilerin, etnobotanik özelikleri ve yerel isimleri araştırılmıştır. Bu bitkilerin kullanılma bilgisi bölge halkı ve aktarlarla yapılan görüşmelere göre belirlenmiştir. Araştırma alanındaki 30 bitkinin mahalli isimleri ve kullanım alanları tespit edilmiştir. Bunların 20'sinin tıbbî, 3'ünün gıda, 7'sinin de diğer (yakacak, hayvan yemi vb.) alanlarda kullanıldığı sonucuna varılmıştır. Türkiye'nin hemen her bölgesinde özellikle yenilen otlarla ilgili bilgi anadan kıza kuşaklar boyu aktarıla gelmiştir. İlaç, boya, süpürge yapılan bitkiler konusunda ve yakacak olarak toplanan, kış için yığılan bitkilerle ilgili birikimler de daha çok kadınlara özgüdür. Yumrulu bitkiler, mantarlar ve çeşitli meyveleri iyi bilenler ve toplayanlarsa erkek çocuklar ve yetişkin erkekler, özellikle çobanlardır. Yem bitkileri ve hayvanları zehirleme potansiyeli olan bitkilerde çobanların, hayvancılık yapan köylülerin yüzyıllar boyu kuşaktan kuşağa aktardıkları bilgilerdir. Sonuç olarak çeşitli hastalıkların tedavisinde halk tarafından sıklıkla kullanılan ve olumlu etkileri göz ardı edilemez bir gerçek olan tıbbi bitkilerin bilinçli olarak tüketilmesi gerekmektedir. Analizi yapılmış içeriği belli olan güvenilir bir şekilde temin edilen bitki türlerinin hastalıkların alternatif tedavisinde kullanılması halk sağlığının olumsuz etkilenmemesi için önem arz etmektedir.

Anahtar Kelimeler

Etnobotanik
Kütahya
Yerel Adlar

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INTRODUCTION

Research on the flora of Turkey began in the early 18th century with the French botanist Tournefort's trips to Northern and Northeastern Anatolia between 1700 and 1702. Following this botanist, other foreign botanists also collected plants from Anatolia and its surroundings (Baytop, 1984, p. 212-354). All animals, plants and humans in nature are the product of a balance. In mythology, plants are considered the most valuable gift given to humans by the gods. Humans' relationship with plants began from the moment they came into being (Gezgin, 2006, p. 112-132). According to archaeological findings from ancient times, people primarily used plants to obtain nutrients and eliminate health problems. This information, obtained through trial and error, has survived to the present day with some changes and developments in the way they are used throughout the ages (Koçyiğit, 2005, p. 82-120). Ethnobotany, in a broad sense, is "human-plant relationships throughout the evolutionary process." In a narrow sense, it can be summarized as "the knowledge of how people living in a region use plants to meet their various needs and their effects on those plants". Ethnobotanical research contributes significantly to the scientific evaluation of plants, with its content reflecting invaluable information acquired through trial and error and passed down from generation to generation over a long period of time. Our country, which has a rich cultural heritage, also has a very comprehensive wealth of ethnobotanical information (Kendir and Güvenç, 2010, p. 49-80).

In almost every region of Turkey, information about edible herbs has been passed down from mother to daughter for generations. The accumulation of plants used for medicine, dye, and broom making, as well as plants collected as fuel and stored for the winter, is also more specific to women. Those who are well versed in and collect tuberous plants, mushrooms and various fruits are boys and adult men, especially shepherds. This is information that has been passed down from generation to generation for centuries by shepherds and animal husbandry villagers about plants that have the potential to poison fodder plants and animals (Yıldırımlı, 2004, p. 175-193). However, parallel to the migration from rural areas to cities and developing technology, new generations do not know the value of this treasure and this information is at risk of being lost because it is not used. For this reason, it is necessary to put this valuable information in writing as soon as possible. This necessity is also important for our country's economy. Determining which plants can be used in which regions can only be determined in the light of ethnobotanical studies, and thus the information received from the public will be returned to contribute to the public's economy (Başaran, 2003, p. 42-53; Malyer et al., 2004, p. 103-112). It is of great importance to know the local names of these plants and the areas of use that have been used by human beings from the past to the present, and to pass on this heritage to new generations (Yıldırımlı, 2004, p. 175-193).

Nowadays, people also resort to herbal drugs used in alternative medicine in the treatment of diseases. Inventories of species used in ethnobotanical studies conducted in our country in recent years are being prepare (Honda et all., 1994, p. 75-87; Tümen and Sekendiz, 1989, p. 25-34). In Turkey, plants collected by people living in rural areas in particular have been used in the treatment of various diseases in the light of beliefs and traditions that have existed since the past. Herbs that have been tried and tested for many years are available from herbalists who know how to use them (Malyer et al., 2004, p. 103-112). Turkey is one of the richest countries in terms of plant diversity. Approximately more than 12 000 species and

subspecies taxa have been identified and 30 % of them are endemic (Davis, 1965-1985, p. 67-78; Davis and Tan, 1988, p. 34-42). Murat Mountain, located in the Central West Anatolia Department of the Aegean Region, was investigated floristically. The distance of Murat Mountain to Kütahya province is 130 km and to Gediz district is 30 km. Mount Murat, which is located within the borders of Kütahya and Uşak provinces and whose highest point is 2309 m., extends in the northwest-southeast direction. The study region, which is under the influence of Mediterranean, Black Sea and Central Anatolian climates, has a rich flora due to this feature. In 1976-78 and 1980, 1765 specimens belonging to 814 taxa were collected from Murat Mountain and its neighbourhood during fifteen excursions to the region. In this study, it was aimed to determine the local and scientific names of the plants used by the people living in and around the Murat Mountain area of Gediz district of Kütahya province, located in the west of Turkey, to determine their ethnobotanical characteristics and to record them (Deniz et al., 2010, p. 57-72). These plants, which have ethnobotanical characteristics, were identified by family, local names, parts used, and purpose of use, respectively.

1. Material and Method

In this study, some plant specimens belonging to the flora of Murat Mountain in Gediz (Kütahya) district are discussed. Plant specimens collected from the region are dried and herbarium studies are carried out and 'Flora of Turkey' is used for the identification of the specimens (Deniz et al., 2010, p 57-72). In the villages of Çukurören, Gümüşlü and Gümele around Murat Mountain, information was exchanged with a total of 36 people over the age of 60, 11 female and 25 male. In addition, information was exchanged with 5 herbalists in Gediz district of Kütahya province and information was obtained about the local names and usage of the plants. The identification and diagnosis of the plants were made by me.

2. Results and Discussion

As the research area, 30 plants found in Gediz centre and villages were identified. It has been observed that these plants identified in the region are widely used by the people in the district and villages. In this section, the Turkish name of the plant, its family, local name, Latin name, the part of the plant used, the way of use and the purpose and form of use are stated first. The Latin names of the plants are given in alphabetical order. The use of medicinal and aromatic plants with economic value in the flora of Gediz district of Kütahya province;

Turkish name of the plant: *Anatolian Sage*

Family: *Lamiaceae*

Local name of the plant: *Elma otu*

Latin name: *Salvia triloba*

Part used: Leaves and flowers

Method of use: Infusion

Purpose and method of use: Lung disorders, carminative, urine enhancer

Turkish name of the plant: *Hawthorn*

Family: *Rosaceae*

Local name of the plant: *Yemişen*

Latin name: *Crataegus monogyna*

Part used: Fruits, flowers and leaves

Method of use: Infusion

Purpose and method of use: Strengthens the heart muscles, dilates the heart vessels and improves blood circulation

Turkish name of the plant: *Golden Herb*

Family: *Asteraceae*

Local name of the plant: *Sarıçiçek, Arı çiçeği*

Latin name: *Helichrysum graveolens*

Part used: Flowers

Method of use: Infusion

Purpose and method of use: It is used in urinary tract inflammation, urinary tract sand and stone spillage

Turkish name of the plant: *Nettle*

Family: *Urticaceae*

Local name of the plant: *Ciğirgen*

Latin name: *Urtica urens*

Part used: All parts of the plant

Method of use: Infusion, the seed is ground

Purpose and method of use: Cleans toxic substances in the blood, prevents blood clotting, used in cough, opening the respiratory tract, treatment of anaemia, rheumatic diseases

Turkish name of the plant: *Foxglove*

Family: *Scrophulariaceae*

Local name of the plant: *Yüzük otu*

Latin name: *Digilatis purpurae*

Part used: That is used Leaf

Method of use: Infusion

Purpose and method of use: Strengthens the heart, constricts blood vessels, removes oedema.

Turkish name of the plant: *Horsetail forkkilit*

Family: *Equisetaceae*

Local name of the plant: *Ekli ot, Eşek otu*

Latin name: *Equisetum arvense*

The part that is used: Above soil parts

Method of use: Infusion

Purpose and method of use: Reduces rheumatic swelling in the body by diuresis, excreting excess water

Turkish name of the plant: *Bear Rose*

Family: *Paeonaceae*

Local name of the plant: *Dağ gülü*

Latin name: *Paeonia officinalis*

Part used: Dried flowers

Method of use: Infusion

Purpose and method of use: Useful in epilepsy, jaundice

Turkish name of the plant: *Hemlock*

Family: *Apiaceaea*

Local name of the plant: *Ağı otu*

Latin name: *Conium maculatum*

Part used: Flowering branches and fruits

Method of use: Poultice is prepared for external use

Purpose and method of use: Used externally in rheumatic disorders, poisonous and lethal

Turkish name of the plant: *Henbane*

Family: *Solanaceae*

Local name of the plant: *Gâvurhaşhaşı*

Latin name: *Hyoscyamuss nigor*

Part used: Leaves, flowers

Method of use: Externally and internally

Purpose and method of use: It is used internally in shortness of breath, stomach and intestinal spasms, in hand and head tremors due to old age, and externally in rheumatic pains.

Turkish name of the plant: *Hemorrhoids*

Family: *Ranunculaceae*

Local name of the plant: *Dövün otu*

Latin name: *Ranunculus ficaria*

Part used: Flowers

Method of use: Externally and internally

Purpose and method of use: It is used externally on wounds and bruises to eliminate haemorrhoids.

Turkish name of the plant: *Blackberry*

Family: *Rosaceae*

Local name of the plant: *Kür, Karmuk*

Latin name: *Rubus fruticosus*

The part that is used: Shoots, roots, fruit

Method of use: Infusion

Purpose and method of use: In mouth sores, both fresh and dried, the shoots and roots of the blackberry lower blood pressure and strengthen the body.

Turkish name of the plant: *Shepherd's Bag*

Family: *Brassicaceae*

Local name of the plant: *Çakıldak*

Latin name: *Capsella bursa*

Part used: Above ground parts

Method of use: Infusion

Purpose and method of use: It is effective in kidney sand and inflammation, haemorrhoids, all kinds of internal and external bleeding.

Turkish name of the plant: *Primrose*

Family: *Primulaceae*

Local name of the plant: *Dağmarulu*

Latin name: *Primula officinalis*

Part used: Root, leaf, flower

Method of use: Infusion

Purpose and method of use: Evening primrose is appetising, effective in bronchitis and asthma, diaphoretic, good for insomnia

Turkish name of the plant: *Thistle*

Family: *Asteraceae*

Local name of the plant: *Kenger*

Latin name: *Carduus marianus*

Part used: Flowers and seeds

Method of use: Infusion, the seed should be ground

Purpose and method of use: It should be used for every type of liver disorder. It strengthens the stomach, facilitates digestion, stimulates appetite, and alleviates jaundice

Turkish name of the plant: *Camel Sole*

Family: *Areceae*

Local name of the plant: *Öksürükotu*

Latin name: *Tussilago farfara*

Part used: Flower and leaf

Method of use: Infusion

Purpose and method of use: It is good for coughs and bronchitis. It acts as an expectorant. It is used to relieve the lungs in cases of prolonged cough

Turkish name of the plant: *Mistletoe*

Family: *Loranthaceae*

Local name of the plant: *Burç*

Latin name: *Viscum album*

Part used: Leaves, Flowers, and Fruits

Method of use: Decoction

Purpose and method of use: Mistletoe is also used as a hemostatic agent. When its cold tea is sniffed into the nose, it stops nosebleeds

Turkish name of the plant: *Salep*

Family: *Orchidaecae*

Local name of the plant: *Balkaymak otu*

Latin name: *Orchis*

Part used: The tubers

Method of use: Decoction

Purpose and method of use: It is beneficial for cough, expectorant, and effective in preventing children's diarrhea

Turkish name of the plant: *Daisy*

Family: *Asteraceae*

Local name of the plant: Bubaşça

Latin name: *Matircaria chamomilla*

Part used: The flower

Method of use: Infusion

Purpose and method of use: It increases appetite, is good for acne, reduces toothache and hemorrhoid pain, and is used to yellowing hair

Turkish name of the plant: *Hawthorn*

Family: *Rosaceae*

Local name of the plant: *Akdiken*

Latin name: *Crataegus monogyna*

Part used: Fruits, Flowers and Leaves

Method of use: Infusion

Purpose and method of use: Strengthens the heart muscles, expands the heart vessels and eases blood circulation

Turkish name of the plant: *Squat Mahmud*

Family: *Equisetaceae*

Local name of the plant: *Acı yavşan*

Latin name: *Equisetum arvense*

Part used: Above soil parts

Method of use: Infusion

Purpose and method of use: It reduces rheumatic swelling in the body by removing excess water and diuretic properties

Turkish name of the plant: *Henbane*

Family: *Solanaceae*

Local name of the plant: *Dişotu*

Latin name: *Hyoscyamuss nigor*

Part used: Leaves, flowers

Method of use: externally and internally

Purpose and method of use: It is used for shortness of breath and hand and head tremors due to old age

Turkish name of the plant: *Yarrow*

Family: *Asteraceae*

Local name of the plant: *Akbaş, Ayvadane*

Latin name: *Achillea millefolium*

Part used: The flowers

Method of use: Infusion

Purpose and method of use: It is used for stomach and intestinal gases, colds, and liver strengthening.

Turkish name of the plant: *Golden Head*

Family: *Asteraceae*

Local name of the plant: *Sarıot, Arıçiçeği*

Latin name: *Salidago virgousea*

Part used: The leaves

Method of use: Infusion

Purpose and method of use: It is effective in reducing kidney stones and is a diuretic

Turkish name of the plant: *Golden herb*

Family: *Asteraceae*

Local name of the plant: *Kovanotu*

Latin name: *Helichrysum graveolens*

Part used: The flowers

Method of use: Infusion

Purpose and method of use: It has a diuretic effect and is used for rheumatism.

Turkish name of the plant: *Juniper*

Family: *Cupressaceae*

Local name of the plant: Giligili

Latin name: *Juniperus communis*

Part used: Fruits

Method of use: Infusion

Purpose and method of use: It is used in urinary tract infections, urinary tract sand and stone shedding

Turkish name of the plant: *Vascular Herb*

Family: *Plantaginaceae*

Local name of the plant: *Beşparmak*

Latin name: *Plantago lanceolata*

Part used: leaves

Method of use: Infusion

Purpose and method of use: Used in the treatment of eczema, abscess and boils

Turkish name of the plant: *Sheep Grass*

Family: *Rosaceae*

Local name of the plant: *Yavşan*

Latin name: *Agrimonia eupatoria*

Part used: The leaves

Method of use: Infusion

Purpose and method of use: It is good for indigestion and stomach bloating, it is a diuretic

Turkish name of the plant: *Shepherd Collapse*

Family: *Zygophyllaceae*

Local name of the plant: *Demirdikeni*

Latin name: *Tribulus terrestris*

Part used: Leaves, flowers, roots

Method of use: Infusion

Purpose and method of use: Spiritual and emotional well-being

Turkish name of the plant: *Akbash Chalba*

Family: *Lamiaceae*

Local name of the plant: Başşaplı, şalva

Latin name: *Phlomis russeliana*

Part used: Leaves, flowers

Method of use: Infusion

Purpose and method of use: Antiseptic, antispasmodic for stomach and intestines

Plants are consumed in every region with different purposes and methods. Parts of plants used for therapeutic purposes such as leaves, stems, roots, flowers, seeds and shoots have been used in the treatment of various diseases with various methods. These methods include boiling with water (decoction), boiled water (infusion), soaking in oil, making poultices, mixing the seeds with honey. Plants used as food are used raw, boiled or boiled and strained and then added to bulgur, rice, yogurt with or without eggs or garlic, etc. Wild plants are consumed as spices or tea. The fact that plants used as food are also used for therapeutic purposes is of great importance in terms of toxicity assessment. This feature is important in terms of evaluating the possible harmful effects or safety of the plant in further studies (Şimşek et al., 2002, p. 705-720). Local names and uses of 30 plants in the research area were determined. Of these, 20 are used for medicine, 3 for food and 7 for other uses (fuel, animal feed, etc.). It has been observed that these plants identified in the region are widely used by people in the districts and villages. Factors such as the inadequate economic situation of the local people, the fact that the villages are far away from the city center, and the side effects of medicines from time to time have led to more frequent use of plants. Herbal medicines, which used to be described as "old wives' remedies", have been accepted and started to be used by everyone with the discovery of the ingredients of the plants (Koç, 1999, p. 86-95). Indeed, when we look at the active ingredients, it is seen that people in the past used plants in the right areas.

In our study area in Gediz district of Kütahya province, plants that are mostly used in folk medicine are mostly used in stomach and respiratory tract disorders. In addition, it has been observed that the use of different plants in the form of ointments by mixing and beating them is also quite common, especially in wounds and pains (Yıldırımlı, 2004, p. 175-193). However, it should be noted that people who are seen as physicians among the people,

especially herbalists, go to different applications for commercial purposes. This information, which has been passed down from father to son, should be used correctly and the reality of modern medicine should not be ignored. While many ethno botanical studies (Akçiçek and Vural, 2003, p. 151-162; Başaran, 2003, p. 42-53; Başer and Kırımer, 2004, p. 29-31; Kahraman and Tatlı, 2004, p. 147-154) have been conducted in different regions of our country, it has been observed that the studies on the research area are not sufficient. With this study, it is thought that the number of plants used for various purposes will increase (Yapıcı et al., 2009, p. 191-196). This rapid increase in the number of pharmaceutical-medicinal plants was observed after modern medicine accepted the benefits of using natural resources instead of artificial drugs (Baytop, 1984, p. 212-354). Today, both in the world and in our country, medicinal and spice plants are collected from natural flora and used or marketed. Uncontrolled collection of plants in the natural flora is gradually decreasing and many of these plants are lost every year. This is especially the case for plants whose roots, rhizomes, tubers or flowers are used as drugs. Plants are either completely uprooted and destroyed, or they are collected before the seed stage and cannot continue their generation. This situation was recognized early in European countries and plant collectors were given educational information (Koç, 1999, p. 86-95). In our country, although the destruction of the natural flora was realized very late, serious measures have not yet been taken. Therefore, many plants continue to be collected from nature unconsciously in order to use them for domestic consumption or to sell them. As a result, many plant species, which were once rich in the flora of our country, have become rare or extinct (Koç, 1999, p. 86-95). As a result, medicinal plants, which are frequently used by the public in the treatment of various diseases and whose positive effects cannot be ignored, should be consumed consciously. It is important to use plant species that have been analyzed and whose content is known and which are provided in a reliable way in the alternative treatment of diseases in order to prevent negative effects on public health.

CONCLUSION

Let us not forget that our humanity is precious. Medicinal plants, which are frequently used by the public in the treatment of various diseases and whose positive effects cannot be ignored, should be consumed consciously. The conscious use of plant species that have been analyzed, whose content is known and reliably supplied in the alternative treatment of diseases is important in order not to adversely affect public health. Many plant species that used to be widely available in the past are now either extinct or about to become extinct. It is among the duties of authorized persons or institutions and organizations to take the necessary measures to prevent this and to keep biodiversity at the highest level and to ensure the protection of the natural ecosystem in place. Uncontrolled and unconscious use of medicinal plants should be avoided, especially in the diagnosis and treatment of serious diseases.

Statement of Research and Publication Ethics

Declaration of Research and Publication Ethics I declare that I have obtained the data, information and documents I present in this study within the framework of academic and ethical rules, that I present all information, document evaluation and results in accordance with the rules of scientific ethics and ethics, that I cite all the works I have benefited from in the study with appropriate attribution, that I have not made any changes in the data used, and

that the study is original. Otherwise, I declare that I accept all loss of rights that may arise against me.

Ethics Committee Approval

In this article, ethics committee approval is not required. A signed consent form stating that ethics committee approval is not necessary is included in the article processing files on the system.

Conflicts of Interest Statement

This study was created by a single author.

Declaration of Interest

Since the study has a single author, no conflict of interest occurred during the preparation of the study.

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EXTENDED ABSTRACT

Murat Mountain, located in the Inner Western Anatolian Section of the Aegean Region, was investigated in terms of floristics. Murat Mountain is 130 km away from Kütahya province and 30 km away from Gediz district. Murat Mountain, which is located within the borders of Kütahya and Uşak provinces and has a highest point of 2309 m, extends in the northwest-southeast direction. The research area, which is under the influence of Mediterranean, Black Sea and Central Anatolian climates, has a rich flora due to this feature. As a result of fifteen trips made to the region in 1976-78 and 1980, 1765 samples belonging to 814 taxa were collected from Murat Mountain and its immediate surroundings. This study aimed to determine the local and scientific names of the plants used by the people living in the Murat Mountain area and its surroundings in Gediz district of Kütahya province, located in the west of Turkey, and to determine and record their ethnobotanical characteristics. These plants with ethnobotanical properties were determined by their families, local names, used parts and intended use, respectively.

In almost every region of Turkey, knowledge about especially edible herbs has been passed down from mother to daughter for generations. Knowledge about plants that are used for medicine, dye, brooms, and plants that are collected as fuel and stored for the winter is more specific to women. Those who know and collect tuberous plants, mushrooms and various fruits are boys and adult men, especially shepherds. Fodder plants and plants that have the potential to poison animals are knowledge that shepherds and villagers who do animal husbandry have passed down from generation to generation for centuries.

This study investigated the ethnobotanical characteristics and local names of some plants detected around Kütahya center and Gediz district between 2024-2025. The information on the use of these plants has been determined according to interviews with the local people and herbalists. The local names and usage areas of the 30plants in the research area were determined. It was concluded that 20 of these plant types were used in medical field, 3 types were used as food and 7types were used for other (fuel, an, mal feed etc.) fields.

In this study, some plant samples belonging to the Murat Mountain flora of Gediz (Kütahya) district were taken into consideration. Plant samples collected from the region are dried and herbarium studies are carried out and the 'Flora of Turkey' work is used for the identification of the samples. Information was exchanged with 36 people, 11 women and 25 men, over the age of 60 living in the villages of Çukurören, Gümüşlü and Gümele around Murat Mountain. In addition, information was obtained about the local names and usage methods of the plants after information was exchanged with 5 herbalists in Gediz district of Kütahya province. I identified and identified the plants.

Our study area is in Gediz district of Kütahya province, where mostly plants used in folk medicine are used for medicinal purposes, and these plants are mostly used for stomach and respiratory tract disorders. It has also been observed that it is quite common to mix and pound different plants and use them as ointments, especially for wounds and pains.

Plants are consumed in different regions for different purposes and methods. Parts of plants used for treatment such as leaves, stems, roots, flowers, seeds, sprouts have been used in the treatment of various diseases with various methods. These methods are; boiling with water (decoction), boiling water (infusion), soaking in oil, turning into a paste, mixing the seeds with honey. Plants used as food are used raw, boiled or boiled and strained, then added to bulgur, rice, with or without eggs or garlic yogurt, etc.

As a result, medicinal plants, which are frequently used by the public in the treatment of various diseases and whose positive effects cannot be ignored, should be consumed consciously. The use of plant species that have been analyzed and whose content is known and that are obtained reliably in the alternative treatment of diseases is important in order not to negatively affect public health.

Let's not forget that our humanity is valuable. Medicinal plants, which are frequently used by the public in the treatment of various diseases and whose positive effects cannot be ignored, should be consumed consciously. The conscious use of plant species that have been analyzed, have known content, and are securely supplied in the alternative treatment of diseases is important in order not to negatively affect public health. Many plant species that were once widely available are now either extinct or on the verge of extinction. In order to prevent this, it is among the duties of authorized persons or institutions and organizations to take the necessary precautions and keep biodiversity at the highest level and to ensure that the natural ecosystem is protected on site. In particular, in order not to make mistakes in the diagnosis and treatment of serious diseases, uncontrolled and unconscious use of medicinal plants should not be resorted to.