

Wild Plants Used as Herbal Tea in Antakya and Defne Provinces of Hatay

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ABSTRACT: *In the present study, wild plants that are members of the local flora and used traditionally as herbal tea in 32 villages of Antakya and Defne provinces of Hatay were compiled. Although all of them have some medicinal properties and are also used for healing, the main difference of these plants from other medicinal herbal tea plants is that they are consumed as tea for pleasure mostly without any medical purpose in daily life. All information has been compiled by face-to-face interviews with 182 local people as a part of an ethnobotanical study in Antakya province. 33 species belong to 9 families were determined as herbal teas that consumed for pleasure in daily life. Reminding, cultivation and marketing of these herbal teas should be encouraged in terms of evaluating our natural resources efficiently.*

Keywords: *Ethnobotany, herbal tea, Antakya, Defne, Hatay.*

Hatay'ın Antakya ve Defne İlçelerinde Bitki Çayı Olarak Kullanılan Yabani Bitkiler

ÖZ: *Bu çalışmada, Hatay'ın Antakya ve Defne ilçelerinden 32 köyde, yerel floranın elemanları olup geleneksel bitki çayı olarak kullanılan bitkiler derlenmiştir. Tamamının bazı tıbbi özellikleri olmasına ve şifa için de kullanılmalarına rağmen, bu bitki çaylarının diğer şifalı bitki çaylarından başlıca farkı, tıbbi bir amaç olmaksızın, günlük yaşam rutininde keyif amaçlı olarak içiliyor olmalarıdır. Bütün bilgiler, Antakya ilçesinde yürütülen etnobotanik çalışması kapsamında yüzyüze görüşülen 182 yerli kişiden derlenmiştir. Günlük yaşamda, keyif amaçlı çay olarak içilen 9 familyaya mensup 33 tür tespit edilmiştir. Doğal kaynaklarımızı verimli bir şekilde değerlendirmek açısından bu bitki çaylarının hatırlanması, yetiştirilmesi ve pazarlanması teşvik edilmelidir.*

Anahtar Sözcükler: *Etnobotanik, bitki çayı, Antakya, Defne, Hatay.*

INTRODUCTION

Wild plants that are members of the Hatay flora and used traditionally as herbal tea in Defne and Antakya provinces were compiled as a part of an ethnobotanical study on this multicultural and historical city (Guzelsemme, 2014). Located in the most southern region of Turkey, Hatay is a province that is situated on the coast of the Eastern Mediterranean. Within the province of Hatay, where Antakya and Defne is located, there are approximately 1900 specific and sub specific taxa.

The rate of endemism is 11.8% (Davis, 1965-1985; Davis *et al.*, 1988; Guner *et al.*, 2000; Kayıkcı *et al.*, 2012). Due to its rich flora, multicultural structure and deep-rooted historical background, Hatay is an interesting city in terms of ethnobotany.

MATERIALS AND METHODS

All information has been compiled by face-to-face interviews with 182 local people from 32 villages of Antakya and Defne provinces of Hatay/Turkey

(Guzel *et al.*, 2015). Wild plants that are members of the local flora and used traditionally as herbal tea without any medicinal purpose were asked to the interviewees. Interviewees were carefully encouraged to show the plants for which they were providing information to eliminate confusion that may have stemmed from multiple common names. Voucher specimens of plant materials were deposited in the Herbarium of Faculty of Sciences, Mustafa Kemal University (MKUH) and identified by first author.

RESULTS AND DISCUSSION

33 species belong to 9 families were determined as herbal teas that consumed mainly for pleasure in daily life (Table 1). All of them have also various medicinal and edible properties (Guzel *et al.*, 2015). Such ethnobotanical uses of the each herbal tea are given in the Table 1 with local names, used parts and preparation of herbal teas.

The most widely used family is Lamiaceae, with 14 species and second family is Rosaceae with 6 species. *Sideritis* and *Helichrysum* are the most used genera with 4 and 3 species respectively. Two endemic taxa (one species and one subspecies) that belong to *Sideritis* are also used as herbal tea widely.

According to interviewed local people, modern day's popular tea, *Camellia sinensis*, was not very common in this region about fifty years ago. In

those days, these plants were collected from the wild and consumed as herbal tea. Although it is not common as the old days, this routine is still continues today.

CONCLUSION

All of these herbal teas have medicinal benefits also and used widely for these beneficial purposes as well as for pleasure. Especially Asteraceae, Rosaceae and Malvaceae members of below mentioned plants have smooth floral aroma that will suit everyone's taste. Herbal teas of Lamiaceae, the most widely used family have pleasant, pungent aroma as well as significant medicinal values. All of these herbal teas are collected from the nature. Especially *Sideritis*, *Salvia*, *Origanum* and *Helichrysum* are collected intensively to sell at herbal markets. This is a very objectionable application especially for endemic taxa. Cultivation is the only way to ensure sustainable use of these natural resources. Some of the plants, such as *Thymbra spicata*, are widely cultivated today. Cultivation of the other plants also should be encouraged and collections from nature should be prevented. Reminding, cultivation and marketing of these herbal teas will provide an important source of revenue to the region where unemployment is a big problem and will also provide natural, healthy and alternative drink sources to the people.

Table 1. Wild plants used as herbal tea in Antakya and Defne provinces of Hatay with local names, used parts, preparations and other ethnobotanical uses.

Çizelge 1. Hatay'ın Antakya ve Defne ilçelerinde bitki çayı olarak kullanılan bitkiler, yerel adları, kullanılan kısımları, hazırlanma şekilleri ve diğer etnobotanik kullanımları.

Family Aile*	Local names Yerel adlar	Used parts Kullanılan kısımlar	Preparation Hazırlama	Other ethnobotanical uses Diğer etnobotanik kullanımlar
Apiaceae Maydanozgiller				
<i>Foeniculum vulgare</i> Mill. Rezene	Şımra Rezene Şımura	Fruits Kullanılan kısımlar	Decoction (boiling)	Medicinal tea for digestive problems; As spice especially for local pastries such as 'katıklı ekmek' 'yağlı börek' etc.
Asteraceae Papatyagiller				
<i>Cota palaestina</i> Reut. Ex. Unger & Kotsch (Syn.: <i>Anthemis palestina</i> Reut. Ex. Boiss.) Kuru babuçça	Papatya Babaniç Beybuneç Kuhen	Flowers (capitulas)	Infusion (steeping in hot water)	Multipurpose medicinal tea
<i>Helichrysum plicatum</i> subsp. <i>plicatum</i> DC. Mantıvar	Gudame Ölmez çiçek	Flowers (capitulas)	Infusion	Multipurpose medicinal tea
<i>Helichrysum stoechas</i> (L.) Moench Kudama	Gudame Ölmez çiçek	Flowers (capitulas)	Infusion	Multipurpose medicinal tea
<i>Helichrysum sanguineum</i> (L.) Kostel Kırmızı guddeme	Kırmızı gudame Kırmızı ölmez çiçek	Flowers (capitulas)	Infusion	Multipurpose medicinal tea
Cistaceae Ladengiller				
<i>Cistus creticus</i> L. Laden	Laden	Flowers Leaves	Infusion	Medicinal tea for urinary and gastrointestinal diseases also used externally for acne and oily skin treatments.
Eleagnaceae İğdegiller				
<i>Elaeagnus angustifolia</i> L. İğde	Barsin Zeyisfun İğde	Flowers	Infusion	Medicinal tea for cough and urinary diseases
Fabaceae Baklagiller				
<i>Glycyrrhiza glabra</i> L. var. <i>glandulifera</i> (Waldst. et Kit.) Boiss. Meyan	Meyan Peyam	Roots	Cold infusion Drunk cold as sherbet	Multipurpose medicinal tea
<i>Ceratonia siliqua</i> L. Keçi boynuzu	Harnup Keçi boynuzu	Fruits	Decoction of fruits Also by diluting its molasse	Medicinal tea for anemia and invigoration Its molasse, 'harnup pekmezi' eaten at breakfast

*Turkish plant names in the Table are based on Guner *et al.* (2012) and Anonim (2017).

*Türkçe bitki adları Güner ve ark. (2012) ve Anonim (2017) temel alınarak yazılmıştır.

Table 1. Continued.

Çizelge 1. Devam.

Family Aile*	Local names Yerel adlar	Used parts Kullanılan kısımlar	Preparation Hazırlama	Other ethnobotanical uses Diğer etnobotanik kullanımlar
Lamiaceae				
Ballıbabagiller				
<i>Mentha pulegium</i> L. Yarpuz	Yarpız Kırneyya	Aerial parts	Infusion	Medicinal tea for cystitis, colic spasms and muscle joint pains
<i>Clinopodium serpyllifolium</i> (M.Bieb.) Kuntze. Taş nanesi	Taş nanesi	Aerial parts	Infusion	Medicinal tea for colic spasms also used externally for inflamed or suppurating wounds
<i>Micromeria graeca</i> (L.) subsp. <i>graeca</i> (L.) Bentham ex Reichb. Boğumcuk	Zevfa Dağ çayı	Aerial parts	Infusion	Medicinal tea for skin disorders
<i>Micromeria myrtifolia</i> Boiss. et Hohen. Boğumlu çay	Zevfa Dağ çayı	Aerial parts	Infusion	Medicinal tea for skin disorders
<i>Origanum syriacum</i> subsp. <i>bevanii</i> (Holmes) Greuter & Burdet Hababa	Zahter Halil Halil İbrahim kekiği	Aerial parts	Infusion	Medicinal tea for colds-flu, cough, colic spasms and menstrual pains, and as spice
<i>Lavandula stoechas</i> subsp. <i>stoechas</i> L. Karabaş	Ebruh Eşek zahteri	Inflorescences	Infusion	Multipurpose medicinal tea
<i>Salvia aramiensis</i> Rech. Fil. Pohur	Adaçayı Buhur ağacı Yara otu	Leaves	Infusion	Medicinal tea for cough, cold and flu and diabetes
<i>Salvia tomentosa</i> Mill. Şalba	Adaçayı	Leaves	Infusion	Medicinal tea for cough, cold and flu and stomach pain
<i>Sideritis libanotica</i> subsp. <i>libanotica</i> Labill. Gevreğen	Ana baba bohuru	Aerial parts	Infusion	As appetizer, carminative and sedative medicinal tea
<i>Sideritis syriaca</i> subsp. <i>nusairiensis</i> (Post) Hub.-Mor. Endemic subspecies Amanos çayı	Amanos dağ çayı	Aerial parts	Infusion	Medicinal tea for cough, cold and flu and diabetes
<i>Sideritis huber-morathii</i> L. Endemic species Şenköy çayı	Şenköy çayı	Aerial parts	Infusion	Medicinal tea for cough, cold and flu and diabetes
<i>Sideritis perfoliata</i> L. Fincan çayı	Dağ çayı	Aerial parts	Infusion	Medicinal tea for digestive problems and colds-flu
<i>Thymbra spicata</i> var. <i>spicata</i> L. Zahter	Zahter	Aerial parts	Infusion	Multipurpose medicinal tea, One of the most important ingredients of local cuisine
<i>Thymus cilicicus</i> Boiss. & Balansa Kılçık kekiği	Dağ kekiği	Aerial parts	Infusion	Medicinal tea for digestive problems and colds-flu
Malvaceae				
Ebegümecigiller				
<i>Alcea setosa</i> (Boiss.) Alef. Hitmiye çiçeği	Hittayme Hatmi	Flowers	Decoction	Medicinal tea for cough
<i>Lavatera punctata</i> All. Saracak	İnce hatmi	Flowers	Decoction	Medicinal tea for cough
<i>Tilia tomentosa</i> Moench Gümüşi ihlamur	Ihlamur	Flowers	Decoction	Medicinal tea for colds-flu

*Turkish plant names in the Table are based on Guner *et al.* (2012) and Anonim (2017).

*Türkçe bitki adları Güner ve ark. (2012) ve Anonim (2017) temel alınarak yazılmıştır.

Table 1. Continued.
Çizelge 1. Devam.

Family Aile*	Local names Yerel adlar	Used parts Kullanılan kısımlar	Preparation Hazırlama	Other ethnobotanical uses Diğer etnobotanik kullanımlar
Rosaceae Gülgiller				
<i>Crataegus azarolus</i> var. <i>aronia</i> (L.) Bosc. ex DC. Müzgüldek	Alıç Zaarur	Leaves and flowers	Decoction	Medicinal tea for jaundice and hypertension
<i>Crataegus monogyna</i> subsp. <i>monogyna</i> Jacq. Yemişen	Kırmızı alıç Masmus	Leaves and flowers	Decoction	Medicinal tea for palpitation and hypertension
<i>Eriobotrya japonica</i> (Thunb.) Lindl. Yenidünya	Yeni dünya Gidinya	Flowers	Decoction	Medicinal tea for cough
<i>Rosa canina</i> L. Kuşburnu	Kuşburnu	Flowers and fruits	Decoction	Medicinal tea for colds-flu, hemorrhoid and intestinal worms
<i>Rosa x damascena</i> Mill. Isparta gülü	Nisan gülü	Flowers	Infusion of petals or Rose water obtained by distillation of the petals	Rose water also used externally for skin diseases
<i>Rubus sanctus</i> Schreber Böğürtlen	Böğürtlen Dis	Fruit	Decoction or molasse	Besides fruits, flowers and leaves are used for preparing multipurpose medicinal teas
Violaceae Menekşegiller				
<i>Viola odorata</i> L. Kokulu menekşe	Menekşe Minefsec	Flowers	Infusion	Medicinal tea for cough

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