

Maleki Commercialco



About us

Maleki commercial company was registered in 2013 with the subject of the activity of producing, packing and exporting various medicinal plants from the Organization of Industries, Mines and Agriculture, and registered under the brand name “Elissa”.

Regarding our years of experience of medicinal plant, we have significantly expanded our activities and have been active in two fields of export of various essence and nuts.

Today, the “Maleki Trading” product portfolio is a wide range of medicinal plants, natural spices and herbs, essence and gums produced by the “Elissa” brand.



Vision

Maleki Commercial Co. is active in the production, distribution, and packaging of medicinal plants. We strive to increase our activity in the international market by providing a wide range of customer services, as well as providing targeted investment in the R & D sector as much as we value our products. Maleki Trading Co. is planning to become the largest and the first company to manufacture organic herbs using innovation and internationally recognized customers.

We want to be the first and the most famous Iranian company with Elissa brand in the field of production and processing of medicinal plants and production of products in accordance with quality standards.

Mission

The company is committed to providing the organic and healthy products needed to ensure reliability and quality higher than other competitors in Iran and the world. We want to provide the best cooperation experience for our customers. We believe that the success of this company is through the profitability and loyalty of our customers, and we try to achieve sustainable growth by employing motivated employees, quality products, commitment to the brand, the goals and aspirations of the company.

Company's Objectives

Create an empowered, dynamic, and learner company with its own slogan

Production, packaging and processing of medicinal plants in accordance with international standards

Accurate market analysis, increasing market share, creating and maintaining leading position at the regional and global levels

Optimal use of the latest modern technology to enhance the production of quality products

Encouragement of creativity and innovation and motivation among employees of the organization (company)

Participation and cooperation with members of the Medicines Union in Iran and the world

Emphasis on customer satisfaction through the production of quality products

Establishment of continuous communication between the university and knowledge-based companies in support of new ideas, up-to-date information and product quality



Asafoetida

Plant names

Scientific name: *Ferula assa-foetida* L.,

Syn: *Ferula rubricaulis* Boiss.

Generic name: Gummi resina ferulae assafoetidae

English names: Asafoetida, Asafetida, Asant, Devil's Dung, Gum asafetida, Assa-foetida plant.

Farsi names: Anghozeh, Khorakma, Angozakma, Kornkoma, Angerd.

Arabic names: Anjodan, Shajarat al-haltit, Shajarat abokabir, Haltit manten, Haltit tayeb.

Plant specification

Plant family: Apiaceae.

Organs Used: Oleo-gum resin.

Type of active substance: Asafoetida is composed of approximately 4-20% volatile oil, 40-60% resin and 25% gum. Pinene, cadinene and vanillin are found in the oil, and umbelliferone, asaresinotanol, foetidin, kamolonol and ferulic acid are found in the resin. The essential oil component of ferula asafoetida contains a variety of odorous compounds with a high percentage of these odorous compounds containing sulfur.

Asafoetida health benefits: Asafoetida is used for breathing problems including ongoing (chronic) bronchitis, H1N1 "swine" flu, and asthma. It is also used for digestion problems including intestinal gas, upset stomach, irritable bowel syndrome (IBS), and irritable colon. There is some scientific evidence that the chemicals in asafoetida help treat irritable bowel syndrome (IBS), and also might protect against high blood levels of certain fats including cholesterol and triglycerides. Other uses include treatment of "whooping cough" (pertussis), croup, and hoarse throat. Some people use asafoetida for hysteria, insanity, convulsions, and as a nerve stimulant for ongoing mental and physical fatigue with depression (neurasthenia). Women sometimes use asafoetida to restart their menstrual periods after menstruation has stopped for some reason. In manufacturing, asafoetida is used as a fragrance in cosmetics and as a flavoring ingredient in foods and beverages.

Geographic Distribution: *Ferula assa-foetida* L. is distributed throughout central Asia and Mediterranean area and grows wildly in Iran and Afghanistan.



Barberry

Plant names

Scientific name: *Berberis vulgaris* L.

Generic name: *Berberidis fructus*

English names: Barberry, common barberry, Pipperidage, Berberry.

Farsi names: Zereshk.

Arabic names: Oghdeh, Anbar baris, oodo al-rih.

Plant specification

Plant family: Berberidaceae.

Organs Used: Fruit.

Type of active substance: The stem, root bark, and fruit of barberry contain chemicals called isoquinoline alkaloids (berberine is a type of isoquinoline alkaloid), which are the main active ingredients of barberry.

Barberry health benefits: Used barberry in the treatment of diarrhea, stomach upset and fever. In Iran it is popularly used to treat liver and gall bladder disorders. Tea made from barberry are said to have a soothing effect and also used to treat heartburn. It is also used to treat fever and lung infections. It is also used as an Antifungal and Anti-inflammatory substance to treat inflammation around the privates and the urinary tract. Nasal related issues such as Bronchitis, nasal congestion, sore throat also used the Barberry as a remedial factor.

Geographic Distribution: Barberry is indigenous to the central and southern Europe, the northeastern region of the United States and in South Asia including the northern area of Pakistan. There are five species of this plant in Iran and exclusively growing in the northern, eastern, and south eastern highlands of Iran (Alborz, Qaradagh in Azerbaijan, Mountains of Khorasan, Barez Mountain in Kerman).



Black Cumin

Plant names

Scientific name: *Bunium persicum* (Boiss.) B.Fedtsch.

Syn: *carum persicum* Boiss., *carum bulbocastanum* L.

Generic name: Fructus Buni

English names: Black cumin, Wild caraway, Black caraway, Persian cumin.

Farsi names: Zireh siah irani, Zireh koohi, Zireh kermani.

Arabic names: Komoon.

Plant specification

Plant family: Apiceae.

Organs Used: Fruits.

Type of active substance: Active substance of black cumin is essential oil. The main active ingredients in black cumin oil includes monoterpene compounds such as, Myrcene, γ -Terpinene, p-Cymene, Cuminaldehyde, Carveol and Carvone oxide. The amount of Carvone in black cumin in contrast to caraway is low and about 0.1%.

Black cumin health benefits: Black cumin has been used as natural remedy for respiratory diseases such as asthma and bronchitis. Till date, it's most effective uses are to be found in treating rheumatism and various cold symptoms. For the people with weak immunity system, black cumin seeds bring about fresh wave of energy into the body and help them combat fatigue. black cumin seeds are used for after delivery care for the new mothers. In addition of increasing the supply of breast milk in nursing mothers. Black cumin seeds are especially effective in treating an array of stomach problems ranging from indigestion to colic pain. Black cumin seed's other medicinal processes include calming of the nervous system, stimulation of urine production and lowering of high blood pressure level in the body.

Geographic Distribution: Black cumin is native to central Asia to Northern India, Iran, Afghanistan, Turkmenistan, Pakistan, Kashmir and Pamir





CERTIFICATE

Royalcert, certifies that the management system of the organization has been assessed and found to be in accordance with the requirements of the related standard

ISO 9001:2015

Maleki Commercial Company

Unit 3-First Floor- Seyyed Al-Shohada Passage- Imam Hossein Sq- Jam City- Bushehr Prov- Iran, Post Code: 75581-66948



Scope

Exporter of Medicinal Herbs, Essential Oil and Gum, Dates

Certification No : 04221/AMAL09D
Initial Certification Date : 12.12.2017
Issue Date : 12.12.2017
Expiration Date : 11.12.2018
Revision Date - No : 12.12.2017 - 00



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ISO 14001:2015

Maleki Commercial Company

Unit 3-First Floor- Seyyed Al-Shohada Passage- Imam Hossein Sq- Jam City- Bushehr Prov- Iran, Post Code: 75581-66948



Scope

Exporter of Medicinal Herbs, Essential Oil and Gum, Dates

Certification No : 04221/AMAL14D
Initial Certification Date : 12.12.2017
Issue Date : 12.12.2017
Expiration Date : 11.12.2018
Revision Date - No : 12.12.2017 - 00



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ISO 22000:2005

Maleki Commercial Company

Unit 3-First Floor- Seyyed Al-Shohada Passage- Imam Hossein Sq- Jam City- Bushehr Prov- Iran, Post Code: 75581-66948



Scope

Exporter of Medicinal Herbs, Essential Oil and Gum, Dates

Certification No : 04221/AMAL22A
Initial Certification Date : 12.12.2017
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HACCP

Maleki Commercial Company

Unit 3-First Floor- Seyyed Al-Shohada Passage- Imam Hossein Sq- Jam City- Bushehr Prov- Iran, Post Code: 75581-66948



Scope

Exporter of Medicinal Herbs, Essential Oil and Gum, Dates

Certification No : 04221/AMAL13A
Initial Certification Date : 12.12.2017
Issue Date : 12.12.2017
Expiration Date : 11.12.2018
Revision Date - No : 12.12.2017 - 00



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Coriander

Plant names

Scientific name: *Coriandrum sativum* L.

Syn: *Coriandrum majus* Gouan, *Coriandrum diversifolium* Gilib.,
Coriandrum globosum Salisb., *Selinum Coriandrum* E. H. L.

Generic name: Fructus Coriandri

English names: Coriander, Cellender

Farsi names: Geshniz, Geshnij, Hil daneh.

Arabic names: Kazbare, Kazre.

Plant specification

Plant family: Apiceae.

Organs Used: Fruits.

Type of active substance: Active substance of coriander is essential oil. The main active ingredients in coriander oil is Linalool (55-74%), α -Pinene, Limonene, 1,8-Cineol and Camphor.

Coriander health benefits: Coriander seeds and essential oil both have blood sugar-lowering effects on the human body. It works like an antispasmodic drug, relaxing contracted digestive muscles that cause the discomfort of IBS and other problematic gut disorders. It also has a diuretic effect on the body, which is very helpful to people suffering from high blood pressure. Coriander is among several herbs that have strong antimicrobial effects against food-borne pathogens. By incorporating coriander into your diet you can decrease your levels of bad cholesterol. Coriander seeds are helpful in relieving symptoms of a urinary tract infection or UTI. Coriander seeds actually help support healthy menstrual function by helping regulate proper endocrine gland function and the hormones that regulate menstrual cycles. Coriander helped target inflammatory pathways and prevent neurodegenerative diseases. Neurodegenerative diseases including Alzheimer's, Parkinson's, multiple sclerosis, brain tumors and meningitis are associated with chronic inflammation.

Geographic Distribution: Coriander crop is widely distributed throughout the world. Some of the important coriander producing and exporting countries are: India, Iran, China, Afghanistan, Indonesia, Turkey, Tanzania and Bulgaria.



Cumin

Plant names

Scientific name: *Cuminum cyminum* L.

Syn: *Cuminum Officinale* Garsault, *Cuminum odorum* Salisb, *Cuminum hispanicum* Bunge, *Ligusticum cminum* Crantz, *Cumina cyminum* J.F.Gmelin.

Generic name: Fructus Cumini

English names: Cumin, Cummin.

Farsi names: Zireh sabz.

Arabic names: Senot, Komoon.

Plant specification

Plant family: Apiceae.

Organs Used: Fruits.

Type of active substance: Active substance of cumin is essential oil. The main active ingredients in cumin oil is Cuminaldehyde (40-65%), p-Cymol, α , β -Pinen, α , β -Phellandren, Eugenol and α -Terpineol.

Cumin health benefits: Cumin stimulates saliva production, secretion of digestive fluids and excretion of bile, and additionally, it provides increased movement of the intestines, which generally improves digestion. The seeds are sometimes used in tea form to increase the production of breast milk in lactating women. In some countries the seeds are thought to be helpful in relieving menstrual cramps and as an abortifacient agent. The essential oil of cumin is rich in vitamins A and C, making it a powerful antioxidant and thus a potential cancer-fighting herb. cumin can help to control or prevent diabetes in humans. cumin is used to treat insomnia, colds and fever.

Geographic Distribution: Cumin is probably native to Egypt, Central Asia, and the eastern Mediterranean region. Today it is grown in Iran, India, Morocco, China, Russia, Indonesia, Japan and Turkey.



Damask rose

Plant names

Scientific name: *Rosa*×*damascene* Mill.

Generic name: Flores Rosae

English names: Damask Rose, Bussora rose.

Farsi names: Gole Mohammadi, Gole Sorkh, Gole Golab.

Arabic names: Warda, Ward alaham.

Plant specification

Plant family: Rosaceae.

Organs Used: Flowers.

Type of active substance: Active substance of Damask Rose is essential oil. The content of essential oil in the petals is poor and far below 1%. Characteristic components of rose oil are acyclic monoterpene alcohols, geraniol (up to 75%), citronellol (20%) and nerol (20%). An important trace component of rose oil is β -damascenone.

Damask rose health benefits: The most therapeutic effects of damask rose are including treatment of abdominal and chest pain, strengthening the heart, treatment of menstrual bleeding, digestive problems and reduction of inflammation, especially of the neck. This plant is also used as a gentle laxative. Rose oil heals depression, grief, nervous stress and tension. It helps in the reduction of thirst, healing old cough, special complaints of women, wound healing, and skin health. Vapor therapy of rose oil is helpful for some allergies, headaches, and migraine.

Geographic Distribution: Damask rose is indigenous to Europe and Middle East countries of Iran and Turkey. It is believed that the Damask rose has originated from Damascus and introduced in European countries.



Fennel

Plant names

Scientific name: *Foeniculum vulgare* Miller sp. *vulgare* var. *vulgare*

Syn: *Foeniculum officinalis* All., *Anethoum Foeniculum* L.

Generic name: *Foeniculi Fructus*

English names: Fennel, Common fennel, Bitter fennel.

Farsi names: Razianeh, Razianeh talkh, Badian, Badian sabz, Ra-joomeh.

Arabic names: Al-Razianaj, Al-Basbas, Al-Shemrae, Al-shemr al-shaeae, Al-shemr al-mar, Al-shemr al-halw, Al-shemr al-kabir, Al-shemr al-wahshi.

Plant specification

Plant family: Apiaceae.

Organs Used: Fruit.

Type of active substance: Active substance of fennel is essential oil. The main active ingredients in fennel oil is trans-anethole (80-90%) and fenchone (10-20%).

Fennel health benefits: Fennel is used for various digestive problems including heartburn, intestinal gas, bloating, loss of appetite, and colic in infants. It is also used for upper respiratory tract infections, coughs, bronchitis, cholera, backache, bedwetting, and visual problems. Some women use fennel for increasing the flow of breast milk, promoting menstruation, easing the birthing process, and increasing sex drive. In other manufacturing processes, fennel oil is used as a flavoring agent in certain laxatives, and as a fragrance component in soaps and cosmetics.

Geographic Distribution: Fennel is originally from Mediterranean countries, France, Spain, Portugal, north regions of Africa. In Iran fennel is collected from northern regions, Azerbaijan, Kurdistan, Kerman and Khorasan.



Galbanum

Plant names

Scientific name: *Ferula gummosa* Boiss.

Syn: *Ferula erubescense* Boiss., *Ferula galbaniflua* Boiss.

Generic name: *Gummi resina ferulae gummosae*

English names: Galbanum.

Farsi names: Barijeh, Ashagh, Ghasni.

Arabic names: Ghoneh.

Plant specification

Plant family: Apiaceae.

Organs Used: Oleo-gum resin.

Type of active substance: Galbanum contains of 5 to 30 percent essential oil, 50 to 70 percent resin and 20 to 40 percent gum. Various groups of natural compounds are available in essential oils, the most important of these compounds being the monoterpene hydrocarbons (88.4%) including sabinene (35-40%), α -pinene (10-15%), and β -pinene (10-15%). Moreover the other main components of this oil were p-cymene (8-10%) and α -thujene (7-10%).

Galbanum health benefits: People take galbanum for digestion problems, intestinal gas (flatulence), poor appetite, cough, and spasms. Galbanum help fight certain types of bacteria. Galbanum is sometimes applied directly to the skin for wounds. In food and beverages, galbanum oil and resin are used as flavoring. In manufacturing, galbanum oil and resin are used as fragrance in cosmetics.

Geographic Distribution: Galbanum is indigenous to Middle East region and grow in Iran, Afghanistan and turkey.



German chamomile

Plant names

Scientific name: *Matricaria recutita* L.

Syn: *Matricaria chamomilla* L.

Generic name: *Matricariae Flos*.

English names: Chamomile, German Chamomile, Wild chamomile, Bitter chamomile, Common chamomile

Farsi names: Babooneh, Babooneh darooi, Babooneh almani, Babooneh moatar, Babonj, Babineh.

Arabic names: Oqhowan, Al-baboonaj, Tofah al-arz.

Plant specification

Plant family: Asteraceae.

Organs Used: flowers.

Type of active substance: Active substance of German chamomile is essential oil. The main active ingredients in German Chamomile oil is sesquiterpene compounds such as: Chamazolene, Bisabolol oxide and Farnesene.

German chamomile health benefits: German chamomile improve digestive system, has anti- antibacterial, anti-fungal and antiseptic properties. German chamomile also helps with anxiety, depression and It can help to calm the body and skin when it comes to flare-ups from ailments such as eczema and internal infections.

German chamomile can also help with wound care as well as reducing pain and inflammation to wounds, burns and muscles. German chamomile oil is used to treat varicose veins.

Geographic Distribution: German chamomile is native to southern and western Europe, and north and west Asia. Today, German chamomile is cultivated throughout the world. German chamomile is also grown in Iran's western regions of Iran and now is cultivated in most regions of Iran.



Jujube

Plant names

Scientific name: *Ziziphus jujuba* Mill.

Syn: *Ziziphus vulgaris* Lam., *Rhamnus ziziphus* L.

Generic name: Fructus *Ziziphi*

English names: Jujube Fruit, Jujube, Chinese Date, Jujube Berries, Brustbeeren, Judendornbeeren, *Rhamnus Zizyphus*

Farsi names: Anab, Silaneh, Senjede gorgan.

Arabic names: Al-ennab, Sedre jabali.

Plant specification

Plant family: Rhamnaceae.

Organs Used: Fruits.

Type of active substance: The jujube fruit contains triterpenes, betulinic acid, oleanolic acid, ursolic acid, betulonic acid, oleanonic acid and ursonic acid and also fruit contains high amount of cyclic nucleotides such as, cAMP and cGMP. Furthermore, flavone glycosides, includes rutin and quercetin-3-robinobioside were also found.

Jujube fruits health benefits: Jujube fruit is used to treat sore throat, stress and anxiety, anemia, purpura and diarrhea. Jujube fruit is high in vitamin A, C and potassium, it strengthens the immune system of the body. It helps in the formation and maintenance of the blood stream, body hormones, bones, muscles, skin, hair, body enzymes and neurotransmitters. Jujube fruit helps to lowering blood pressur, boosts immune system, cure some of the liver diseases and fighting with cancer cells. Jujube has anti-oxidant properties and helps in delaying the process of skin aging. One of the most important jujube fruit benefits is that it inhibits the growth and movement of free radicals. Vitamin C is a good antioxidant and helps to control the growth of the tumor causing cells and cells that can lead to cancers. Jujube extracts are also used to manufacture skin care products to reduce wrinkles, dryness, redness, swelling and for relief from sunburn.

Geographic Distribution: Jujube tree is indigenous to China and now widely distributed through Iran, Armenia, Syria and Mediterranean region of Spine and France.

Related Products



Kabkab Dates

Health Benefits of Dates

Dates are a good source of various vitamins and minerals. It's also a good source of energy, sugar, and fiber. Essential minerals such as calcium, iron, phosphorus, sodium, potassium, magnesium and zinc can be found in them. They also contain vitamins such as thiamin, riboflavin, niacin, folate, vitamin A and vitamin K.

Dates are often categorized as a laxative food. This is why they are so frequently eaten by people suffering from constipation.

The significant amounts of minerals found in dates make them a super food for strengthening bones and fighting off painful and debilitating diseases like osteoporosis. Dates contain selenium, manganese, copper, and magnesium, all of which are integral to healthy bone development and strength,



Lavender oil

Definition Essential oil obtained by steam distillation from the flowering tops of *Lavandula angustifolia* Miller (*Lavandula officinalis* Chaix).

names Generic name: *Aethroleum lavandulae*. English names: Lavender oil. Farsi names: Esans ostokhodus.

Appearance Lavender oil is colourless or pale yellow, clear liquid. It has a characteristic odour.

Type of active substance: Percentage Compound name 25.0 to 47.0 Linalyl acetate 20.0 to 45.0 Linalol less than 2.5 1,8-Cineole less than 1.0 Limonene less than 1.2 Camphor less than 2.0 α -Terpineol

Lavender oil health benefits: Lavender oil induces sleep which is used as an alternative treatment of insomnia. Lavender essential oil has a calming scent which makes it an excellent tonic for the nerves and anxiety issues. Therefore, it can also be helpful in treating migraines, headaches, depression, nervous tension and emotional stress. Lavender essential oil is known as an excellent remedy for various types of pains including those caused by sore and tense muscles, muscular aches, rheumatism, sprains, backache, and lumbago. Lavender oil is widely used for various respiratory problems including throat infection, flu, cough, cold, asthma, sinus congestion, bronchitis, whooping cough, laryngitis, and tonsillitis. Lavender essential oil is useful for hair care because it has been shown to be very effective on lice, lice eggs, and nits. Lavender essential oil is also good for improving circulation of blood in the body. Lavender oil is useful for digestion because it increases the mobility of food within the intestine. Lavender has antibacterial and antiviral qualities that make it perfect for defending the body against rare diseases like TB, typhoid, and diphtheria. It is used to treat various skin disorders such as acne, wrinkles, psoriasis, and other inflammatory conditions. It is commonly used to speed up the healing process of wounds, cuts, burns, and sunburns.



lavender

Plant names

Scientific name: *Lavandula angustifolia* Mill.

Syn: *Lavandula officinalis* Chaix, *Lavandula vera* DC.

Generic name: *Lavandulae Flos*

English names: Lavender, True Lavender, Garden Lavender, Common Lavender.

Farsi names: Ostokhodous, Ostoqodous.

Arabic names: A-Kharimi, Al-Gharf and Ons-al-Ruh.

Plant specification

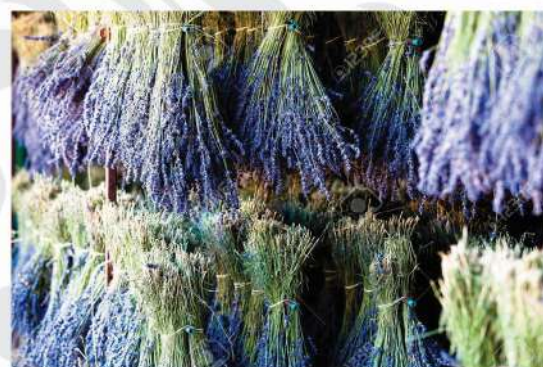
Plant family: Lamiaceae.

Organs Used: Flowers.

Type of active substance: Active substance of lavender is essential oil. The main active ingredients in lavender is linalyl acetate (about 40-55%).

Lavender health benefits: lavender has been used for pain, bacterial and fungal infections, depression and as a sedative. Fresh leaves and flowers are applied to the forehead to relieve headaches and to joints to treat rheumatic pain. Lavender oil due to sedative effects is used in cosmetics and perfumery industry.

Geographic Distribution: Lavender was originally found only in the Mediterranean region, southern Europe and in Northern Africa, but not native to Iran and is cultivated.



Lemon balm

Plant names

Scientific name: *Melissa officinalis* L.

Generic name: *Melissae Folium*

English names: Melissa, Balm, Lemon balm, Common balm, Sweet balm.

Farsi names: Badranjbooye, Ferajmshk, Warangboo.

Arabic names: Badranjbooye, Taranjan, Hashishato al-nahl, Kerwan, Farhato al-ghalb.

Plant specification

Plant family: Lamiaceae.

Organs Used: Leaves.

Type of active substance: Active substance of lemon balm is essential oil. The main active ingredients in lemon balm oil is citronellal, geranial and neral.

Lemon balm health benefits: lemon balm helps to calm and rejuvenate the nervous system. Use lemon balm to help ease anxiety, nervous tension, insomnia, and headaches. It can even be helpful for those suffering with nervous heart palpitations. When digestive upsets come to call, especially when associated with nervous stress, lemon balm's mild antispasmodic action will help to soothe cramps. Lemon balm gently stimulates the liver and helps to enhance digestion. Lemon balm is also a potent antiviral and can be of great help during viral illnesses, such as colds, flu, and even during a bout of shingles. It can assist the body in fighting infection, while easing the discomfort and restlessness that can sometimes accompany illness.

Geographic Distribution: lemon balm is indigenous to Southern Europe, the Mediterranean region, Western Asia, and North Africa. Lemon balm is now cultivated worldwide. Lemon balm is scattered in different regions of Iran.



Licorice

Plant names

Scientific name: *Glycyrrhiza glabra* L., *Glycyrrhiza inflata* Bat. & *Glycyrrhiza uralensis* Fisch.

Syn: *Glycyrrhiza violacea* Boiss.

Generic name: *Radix Liquiritae*

English names: Licorice, Liquorice, Spanish Liquorice, Common Licorice.

Farsi names: Shirin banan, Mok.

Arabic names: Shajar al-soos, Ghargh al-soos.

Plant specification

Plant family: Fabaceae.

Organs Used: Root and Radix.

Type of active substance: Licorice contains a variety of substances such as, flavonoids, saponoids, amino acids, sterols, gums, and starch. The effective ingredient in licorice is mainly a triterpenoid glycoside, glycyrrhizin.

Licorice health benefits: Licorice is taken by mouth for various digestive system complaints including stomach ulcers, heartburn, colic, and ongoing inflammation of the lining of the stomach (chronic gastritis). Licorice is used for sore throat, bronchitis, cough, and infections caused by bacteria or viruses. Licorice is benefit for menopausal symptoms, osteoporosis, osteoarthritis, systemic lupus erythematosus (SLE), liver disorders, malaria, tuberculosis, high potassium levels in the blood, food poisoning, chronic fatigue syndrome (CFS), a condition in which there is too much muscle tone (hypertonia), abscesses, recovery after surgery, rash, high cholesterol. In combination with other herbs, licorice is also used to treat prostate cancer and the skin disorder known as eczema.

Geographic Distribution: Licorice is an herb that is native to the Mediterranean, southern and central Russia, and Asia Minor to Iran. Many species are now grown throughout Europe, Asia, and the Middle East.



marigold

Plant names

Scientific name: *Calendula officinalis* L.

Generic name: *Calendulae Flos*

English names: Marigold, Pot marigold, Garden marigold, Marigold florets.

Farsi names: Hamishe-bahar, Azargoon.

Arabic names: Abron.

Plant specification

Plant family: Asteraceae.

Organs Used: flowers.

Type of active substance: The major constituents of marigold are triterpene saponins (2-10% in dried flower heads) based on oleanolic acid (i.e. calendulosides) and flavonoids (3-O-glycosides of isorhamnetin and quercetin), including astragalins, hyperosides, isoquercitrin and rutin. Other constituents include essential oil, sesquiterpenes (e.g. caryophyllene) and triterpenes (e.g. α - and β -amyriins, lupeol and lupenone).

Marigold health benefits: Marigold is used in treatment of minor burns, allergic reactions, eczema and bruising. Marigolds are also known to have plenty of health benefits on account of their high content of antioxidants. These antioxidants are known to be effective in combating the damage that maybe caused by free radicals. The lycopene present in marigold is also known to lower the risk of heart disease and prostate cancer. One of the medicinal uses of marigolds is that it promotes the growth of both new blood vessels as well as new skin tissue and hence it is used in the healing of wounds such as burns, scrapes as well as irritated skin. Marigolds are also known to help against digestive inflammation in the form of duodenal or gastric ulcers on account of its anti-inflammatory properties. Marigold juice is very effective in healing scabies and warts.

Geographic Distribution: Marigold is originally from Egypt and spread in the Mediterranean countries. It is found worldwide, in gardens and fields and in Europe it is found only cultivated. In Iran, marigold that cultivated for medical aims.



milk Thistle

Plant names

Scientific name: *Silybum marianum* (L.) Gaertn.

Syn: *Carduus marianus* L.

Generic name: Fructus *Silybi mariae*

English names: Milk thistle, Blessed milk thistle, St. Mary thistle, Holy thistle, Ladie's thistle.

Farsi names: Khar Maryam, Maritighal.

Arabic names: Akoob, Shook al-damn, Harshafe bari, Selebin, Kharfash al-jamal.

Plant specification

Plant family: Asteraceae.

Organs Used: Seeds.

Type of active substance: The active constituent in milk thistle is a flavonoid complex called silymarin. Silymarin is actually a combination of flavonoids known as silibinin, silidianin and silicristin.

Milk thistle health benefits: The great health benefit of milk thistle has been known as the cancer fighter. The milk thistle seeds are very rich in antioxidant that reducing and fighting the cancer cells. Another great health benefit of milk thistle is that it powerfully treats and even heal the diabetes. The phytochemicals of milk thistle are very great to block the UV light and it can heal the stressed skin. milk thistle is very powerful in lower the high cholesterol. Milk thistle can prevent the heart attack by lower the high cholesterol. This powerful herb is very useful to detox the body and cleanser the blood. Milk thistle can protect the liver from the dangerous toxins and other dangerous pollutants. Milk thistle having the immune boosting properties and it will stimulate the immune system very well. The milk thistle can stimulate the regeneration of damaged cells inside the body. Besides, the milk thistle can also neutralize the toxic inside the cells. Another great benefit of milk thistle is that it can prevent the hepatitis C. Milk thistle can stimulate the cells growth and even fix the damaged cells.

Geographic Distribution: Milk thistle grows in several regions, including Asia, the Mediterranean regions and Europe. Various types of this herb are also found in Iran.

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Nettle

Plant names

Scientific name: *Urtica dioica* L. & *Urtica urens* L.

Generic name: *Urticae Folium*

English names: Nettle, Stinging nettle, Big sting nettle, Tall wild nettle, Common nettle.

Farsi names: Gazaneh, Gazaneh dopayeh, Gazaneh kabir.

Arabic names: Al-Gharas, Anjareh, Al-Gharis, Al-Harigh, Al-Haragh, Al-Harighah, Al-Zaghtoof.

Plant specification

Plant family: *Urticaceae*.

Organs Used: Leaves.

Type of active substance: Nettle leaves contain chlorophyll, xanthine, leucoanthocyanin, flavon and flavonon. Triterpenes and sterols in nettle leaves include beta-sitosterol. Nettle leaves contain formic acid.

Nettle health benefits: Nettle has been used for hundreds of years to treat painful muscles and joints, eczema, arthritis, gout, Diabetes and anemia. Today, many people use it to treat urinary problems during the early stages of an enlarged prostate. It is also used for urinary tract infections, hay fever (allergic rhinitis), or in compresses or creams for treating joint pain, sprains and strains, tendonitis, and insect bites.

Geographic Distribution: Nettle is abundant in northern Europe and much of Asia, usually found in the countryside. It is less widespread in southern Europe and north Africa. In Iran, nettle has spread to wet areas, especially the northern, western and central areas (Isfahan, Shahrood, Bastam, etc.).



Oregano

Plant names

Scientific name: *Origanum vulgare* L.

Generic name: Herba Origani

English names: Oregano, Wild marjoram

Farsi names: Marzanjoosh vahshi, Avishan koochi.

Arabic names: Foodanj jabali, Zaetar.

Plant specification

Plant family: Lamiaceae.

Organs Used: Aerial parts.

Type of active substance: Active substance of oregano is essential oil. The main active ingredients in oregano oil is Carvacrol, Thymol, Eugenol and 1,8-Cineole. Oregano also contains appreciable amounts of Rosmarinic acid and other antioxidants.

Oregano health benefits: Oregano has powerful antioxidant compounds that have been closely linked to reducing oxidative stress in the body. Oregano has antibacterial properties, which is again due to the presence of thymol and carvacrol. These important organic compounds can defend the body against a wide range of bacteria that can affect the skin, the gut, and other parts of the body. Oregano is also a slightly stimulating agent, which can increase the production of white blood cells and speed up the metabolism, resulting in the faster recovery of common illnesses. Oregano is a natural form of omega-3 fatty acids, the beneficial type of cholesterol that actually improves your heart health. Oregano has significant amounts of Calcium, iron, and manganese that are some of the most crucial minerals for bone health.

Geographic Distribution: Oregano is an herb that is native to the Mediterranean countries includes, Iran, Syria, Lebanon, Turkey, Egypt and etc.



Peppermint oil

Definition Essential oil obtained by steam distillation of the fresh aerial parts of *Mentha × piperita* L.

Names Generic name: *Aethroleum Menthae Piperitae* English names: Peppermint oil. Farsi names: Esans naena felfeli.

Appearance Peppermint oil is colourless, pale yellow or pale greenish-yellow liquid, with characteristic, penetrating odour. Type of active substance:

Percentage Compound name

30.0 to 55.0 Menthol

14.0 to 32.0 Menthone

3.5 to 8.0 1,8-Cineole

1.0 to 3.5 Limonene

1.5 to 10.0 Isomenthone

2.8 to 10.0 Menthyl

acetate 0.8 to 8.0 Menthofuran

Peppermint oil health benefits: Peppermint oil is very helpful for digestion. It is a carminative and therefore helps in removing excess gas. It is also a good tonic for those who have a low appetite and helps in treating motion sickness, nausea, and upset stomachs. Peppermint oil, due to its antiseptic properties, is very useful in dental care. It also eliminates bad breath and helps teeth and gums fight off hazardous germs. Peppermint oil has cooling and anti-inflammatory properties that with this reason it is so successful at relieving headache symptoms, and it is even used to reduce the pain of migraines. Like most other essential oils, peppermint is able to provide relief from stress, depression, and mental exhaustion due to its refreshing nature. Menthol, which is abundantly present in peppermint oil, helps to clear the respiratory tract. It is also an effective expectorant and therefore provides instantaneous, though temporary, relief for numerous respiratory problems including nasal congestion, sinusitis, asthma, bronchitis, cold, and cough. Peppermint oil can be used externally in order to provide relief from pain. The stimulating effects of peppermint oil have been shown to increase blood circulation that helps to oxygenate the body's organs and increase metabolism, as well as oxygenate the brain. Peppermint oil is very useful for hair care as it gives a cooling effect to the head while removing dandruff and lice. It is also believed that peppermint oil is useful in the treatment of cancer and tuberculosis.



Rose oil

Definition Essential oil obtained by water distillation from the flowers of *Rosa damascena* Mill.

Generic name: *Aethroleum rosae*. **English names:** Rose oil, Damask rose oil. **Farsi names:** Esans roz, Esanse gole mohammadi.

Appearance Rose oil is clear, viscose, colourless or pale yellow. It has a characteristic odour.

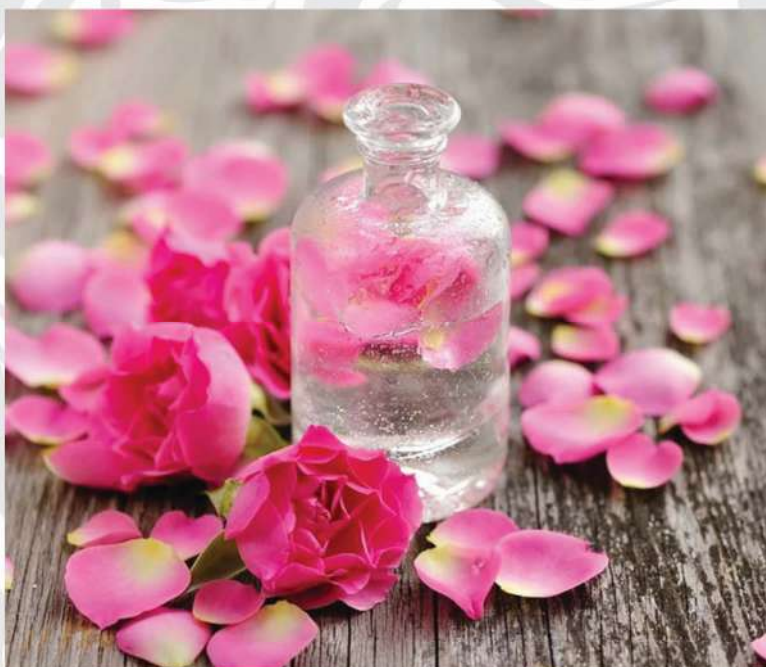
Type of active substance: Percentage Compound name 34.0 to 55.0 Citronellol 1.5 to 3.0 Phenyl ethanol 30.0 to 40.0 Geraniol 30.0 to 40.0 Nerol 0.2 to 2.0 Farnesol 16.0 to 22.0 Stearpoten

Rose oil health benefits: Rose oil boosts self-esteem, confidence, and mental strength while efficiently fighting depression. They can be very helpful in driving away depression and anxiety. Rose essential oil may calm down a patient with high fever by sedating the inflammation. It can also be beneficial in other cases of inflammation caused by microbial infection, ingestion of poisonous materials, indigestion, and dehydration. This can result in reduction of associated conditions like rheumatism, arthritis, gout, and fever. Rose essential oil efficiently relieves spasms in the respiratory system and intestines, as well as muscular spasms in various limbs. It is a good bactericide and used in the treatment of typhoid, diarrhea, cholera, food poisoning, and other diseases which are caused by bacteria. Rose essential oil purifies the blood by helping in the removal and neutralization of toxins. Once your blood is purified and free of toxins, you are protected from boils, rashes, ulcers, and skin diseases, as well as serious conditions that free radicals can cause, like cancer and heart diseases. Rose essential oil is good for the health of your liver. It keeps it strong, properly functioning, and protected from infections. Rose essential oil acts as a tonic for the nerves. It gives them the strength to bear shock and protects them from disorders resulting from age and injuries. Rose essential oil can take care of many feminine problems such as uterine discharge, tumors, bleeding, and irregular menses. It regulates hormone production and helps to balance them. It is one of the best oils to give you shining, fresh, and youthful skin. The aroma keeps you charged and feeling happy. It promotes circulation, takes care of the heart, reduces blood pressure, and helps to cure headaches, asthma, dehydration, leucorrhea, and other infections.



Rose water

warm nature , heard and nerve tonic , sedative , freshener , laxative , exhilarating , skin protective and lightening



Rosemary oil

Rosemary oil Definition Essential oil obtained by steam distillation from the flowering aerial parts of *Rosmarinus officinalis* L.

names Generic name: *Aethroleum rosmarini*. English names: Rosemary oil. Farsi names: Esans rozmari.

Appearance Rosemary oil is clear, mobile, colourless to pale yellow. It has a characteristic odour.

Type of active substance:

Percentage Compound name

Cineole 16.0 to 25.0

18.0 to 26.0 α -pinene 13.0 to 21.0 Camphor 8.0 to 12.0 Camphene 2.0 to 6.0 β -pinene 1.5 to 5.0 β -myrcene 2.5 to 5.0 Limonene 2.0 to 4.5 Borneol

Rosemary oil health benefits: Rosemary oil is often used for curing indigestion, relieving flatulence, stomach cramps, constipation, and bloating. This essential oil is also thought to relieve symptoms of dyspepsia and it is an appetite stimulant. Rosemary oil widely used for hair care in shampoos and lotions. Regular use of rosemary oil helps to stimulate follicles, making hair grow longer and stronger. Rosemary essential oil is a disinfectant and is often used as a mouthwash. By removing oral bacteria, rosemary essential oil can prevent gingivitis, cavities, plaque build-up, and other damaging dental conditions. Apart from the relaxing nature of aromatherapy and general inhalation of rosemary essential oil, it has been proven to decrease the level of cortisol in the saliva. The ability of rosemary essential oil to relieve pain has resulted in its extensive use in treating headaches, muscle pains, rheumatism, and even arthritis. Rosemary has a mesmerizing aroma, which makes rosemary essential oil an excellent inhalant. The oil is used in room fresheners, cosmetics, beauty aids, foods, bath oils, candles, and perfumes because of its unique and intoxicating aroma. The benefits of rosemary essential oil in treating respiratory problems are well-researched and supported. The scent of the oil has been shown to give relief from throat congestion, and it is also used in the treatment of respiratory allergies, colds, sore throats, and flu.



Saffaron

Plant names

Scientific name: *Crocus sativus* L.

Syn: *Crocus cartwrightianus* Herb., *Crocus graecus* Helder.

Generic name: *Stigma Croci*

English names: Saffron, True Saffron, Dye Saffron, Crocus.

Farsi names: Zaeferan.

Arabic names: Al- Zaeferan, Kroko.

Plant specification

Plant family: Iridaceae.

Organs Used: Stigma.

Type of active substance: Saffron contains several plant-derived chemical compounds. The saffron stigma compose several essential volatile oils, but the most important of them is safranal which gives saffron its pleasant flavor. Saffron has many non-volatile active components; the most important of them is α -crocin, that a carotenoid compound. Saffron also contains other carotenoids, including zeaxanthin, lycopene, α - and β -carotenes. Saffron is an excellent source of minerals like copper, potassium, calcium, manganese, iron, selenium, zinc and magnesium.

Saffron health benefits: The active components present in saffron have many therapeutic applications in many traditional medicines since a long time as anti-spasmodic, carminative, diaphoretic. Research studies have shown that safranal has antioxidant, cytotoxic effect on cancer cells, anticonvulsant and antidepressant properties. The α -crocin, has been found to have antioxidant, antidepressant, and anti-cancer properties. These are important antioxidants that help protect the human body from oxidant-induced stress, cancers, infections and acts as immune modulators.

Geographic Distribution: Saffron is indigenous to the Mediterranean – Europe and Western Asia (Iran and Iraq) regions. Currently, Iran has the highest production and exports of saffron in the world.



Thyme oil

Thyme oil Definition Essential oil obtained by steam distillation from the fresh flowering aerial parts of *Thymus vulgaris* L., *Thymus zygis* L. or a mixture of both species.

Names Generic name: Aethroleum Thymi English names: Thyme oil, Garden thyme oil. Farsi names: Esans avishan, Esans avishan baghi.

Appearance Thyme oil is clear, yellow or very dark reddish-brown, mobile liquid with characteristic, aromatic, spicy odour, reminiscent of thymol.

Type of active substance: Percentage Compound name 37.0 to 55.0 Thymol 0.5 to 5.5 Carvacrol 14.0 to 28.0 p- Cymene 4.0 to 12.0 γ - Terpinene 1.5 to 6.5 Linalol 1.0 to 3.0 β - Myrcene 0.9 to 2.6 α - Terpinene

Thyme oil health benefits: Thyme oil drains congestion and cures infections in the chest and throat that cause the common cold or cough. Thyme oil's ability to kill infections, reduce anxiety, rid the body of toxins and treat insomnia without drugs makes it the perfect natural remedy for the common cold. Due to thyme components like caryophyllene and camphene, the oil is antiseptic and kills infections on the skin and within the body. Thyme oil protects the skin from harmful bacteria and fungal infections; it also works as a remedy for acne; heals sores, wounds, cuts and scars; relieves burns; and rashes. Thyme oil is known to treat oral problems like tooth decay, gingivitis, plaque and bad breath. With its antiseptic and antibacterial properties, thyme oil is a natural way to kill germs in the mouth. Thyme oil keeps away pests and parasites that feed on the body.



Zahedi Dates

Health Benefits of Dates

Dates are a good source of various vitamins and minerals. It's also a good source of energy, sugar, and fiber. Essential minerals such as calcium, iron, phosphorus, sodium, potassium, magnesium and zinc can be found in them. They also contain vitamins such as thiamin, riboflavin, niacin, folate, vitamin A and vitamin K.

Dates are often categorized as a laxative food. This is why they are so frequently eaten by people suffering from constipation.

The significant amounts of minerals found in dates make them a super food for strengthening bones and fighting off painful and debilitating diseases like osteoporosis. Dates contain selenium, manganese, copper, and magnesium, all of which are integral to healthy bone development and strength,

