

# A Review of Herbal Medicine in Iranian Traditional Manuscripts for Treatment of Participatory Gastric Headache

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## Abstract

**Background:** Participatory gastric headache is a type of headache described in Iranian traditional medicine. It is defined as a headache not originated from the head and neck disorders; rather the pain in the head is caused by gastric dysfunction and its disorders. Treatment of this type of headache is completely reliant on the treatment of the gastric complaint. Reviewing Iranian traditional medicine (ITM) literature, a broad spectrum of herbal medicines that could be useful in the treatment of this type of headache is described. Accordingly, this review was performed to gather and discuss the therapeutic management of this disorder in ITM and evaluating related characteristics of each medicinal herb.

**Methods:** In this study, medicinal plants prescribed for gastric headache from different ancient Iranian literature is documented. The botanical name, family name, part used, temperaments, rout of administration and dosage forms are provided in this article.

**Results:** About 40 plants, mainly used orally, were prescribed for the treatment of participatory gastric headache. Most of them have the astringent effect, which is related to their dryness temperament. Therefore, they could strengthen the stomach and prevent ascending vapors into the brain that in turn helps to get relief from headache. In addition, they possess reinforcement effect on the brain.

**Conclusion:** In general, herbal medicines with tonic characteristics could be effective in participatory gastric headache.

**Keywords** • Headache • Herbal medicine • Medicine • Traditional