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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 | 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. Keçiboynuzu | 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.) Benth. ex Reichb. Boğuncuk | 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. Hıttıye çiçeği | Hıttayme 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 ıhlamur | İhlamur | 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 Gülğiller | | | | |
| <i>Crataegus azarolus</i> var. <i>aronia</i> (L.) Bosc. ex DC. Müzmuldek | 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 |

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

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

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