

## Medicinal Plants Traditionally Used for Pain Alleviation in Antalya Province, Turkey

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**ABSTRACT** In Turkey, even if people have easy access to government and private health services, usage of plant remedies have continued to play important role in fulfilling human healthcare needs. Herbal treatment is considered relatively cheap and easy in some cases especially for low pains. The main purpose of this study was to determine how people traditionally use plant remedies for pain alleviation. The study was carried out over a period of approximately four years from 2011 to 2014, in some districts of Antalya province, situated in the Western Anatolian part of Turkey. The majority of the data sets were built up, inquiry studies with consumers and sellers. Additional information was collected through interviews with local consumers, sellers, herdsmen, village headmen, and midwives. As a result, a simplified list was created containing information on scientific names, vernacular names and plants are used for the pain alleviation of 87 plant taxa belonging to 72 genera, and 36 families. The surveys revealed that the dominant families were *Lamiaceae*, *Asteraceae* and *Apiaceae*. It was found that *Salvia* sp. *Hypericum* sp. and *Achillea* sp. were the most common genera. The use of above ground plant parts was higher than below ground part. Particularly, leaves and flowers were the most commonly used parts of plants. General preparation ways were infusion and decoction. The mentioned medicinal plants have been traditionally used to manage or lessen pain in particular stomach ache, throat ache, toothache and abdominal pain. The results of these ethnobotanical surveys are important to find out indigeneous ethnobotanical knowledge of this area.