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## Medicinal Plants Used in Iranian Traditional Medicine for Enhancing Children's Heart Health: A Brief Review

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### ABSTRACT

Children's cardiovascular health is significantly shaped by proper nutrition and a balanced lifestyle. Diets abundant in fruits, vegetables, whole grains, and healthy fats, combined with the avoidance of processed foods and refined sugars, are vital in maintaining vascular integrity and optimal cardiac function. In this context, certain medicinal plants—due to their potent antioxidant and anti-inflammatory properties—may offer additional cardioprotective benefits. This review aims to explore medicinal plants documented in Iranian traditional medicine that have been associated with promoting heart health in children. This brief review draws upon a comprehensive search of major scientific databases, including PubMed, Scopus, Web of Science, Google Scholar, and SID, alongside an analysis of classical Iranian and Islamic medical texts related to pediatric cardiology. Relevant literature published between 2000 and 2024 was identified using targeted keywords and evaluated for inclusion. Findings suggest that Iranian traditional medicine emphasizes the use of natural substances to support cardiovascular health in children. A variety of fruits—such as apples, grapes, pears, kiwis, watermelon, pomegranates, dates, barberries—and vegetables like carrots and lentils, are highlighted for their antioxidant properties and heart-supportive compounds. Additionally, whole grains (e.g., oats) and nuts (e.g., almonds, walnuts, pistachios) are recognized for their beneficial fatty acids. Medicinal plants such as borage, lemongrass, olive, and pumpkin are also traditionally recommended for their anti-inflammatory effects, vascular-strengthening properties, and nutritional value. Medicinal plants rooted in Iranian traditional practices may offer meaningful contributions to the prevention of heart disease in children. Their rich composition of antioxidant and anti-inflammatory agents underpins their potential to support heart function and mitigate early cardiovascular risk factors.

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