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Medicinal Plants Effective in Treating Hemophilia in Children: A Review Study

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ABSTRACT

Hemophilia is an inherited bleeding disorder resulting from deficiencies in clotting factors. Traditional and complementary therapies—including herbal medicine, hypnosis, and acupuncture—have been reported in some studies to reduce bleeding episodes and enhance clotting efficiency. This mini-review aims to identify medicinal plants traditionally employed in the management of hemophilia in children. Scientific literature published between 2000 and 2025 was systematically reviewed using reputable databases. Articles focusing on the treatment of pediatric hemophilia using medicinal plants or natural supplements were selected. Inclusion criteria required relevance to hemophilia management in children, while studies published in languages other than Persian or English, or those lacking pertinent data, were excluded. Several medicinal plants were identified for their traditional use in managing hemophilia, including Ginkgo biloba, Allium sativum, Zingiber officinale, Panax spp., Aesculus hippocastanum, Curcuma longa, Salix alba, Rosmarinus officinalis, Daucus carota, Thymus vulgaris, Satureja hortensis, Vitis vinifera, Aloe vera, Matricaria chamomilla, Berberis vulgaris, and Salvia officinalis. Medicinal plants with anti-inflammatory and anti-hemorrhagic properties may offer therapeutic benefits in the supportive management of hemophilia in children by enhancing clotting function and reducing internal bleeding. Nonetheless, rigorous clinical trials are necessary to validate their efficacy and ensure safety in pediatric populations.

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