

Anatolian Geography: Traditional Medicine and Its Herbs

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Abstract : There are more than a thousand endemic plants growing in Turkey. On the other hand, apart from these plants Anatolia is home to more plant diversity than the neighboring countries due to its transitional zone. These plants become a part of traditional medicine in the hope of curing the people with whom they have lived for thousands of years. No matter how important the climate is for the plant, the diseases of the region have an important place in the plant's life. While the plants used for tea are in the foreground in regions with heavy winters, the use of raw plants and fruits is common in some gastrointestinal problems. The aim of this study is explaining using the area of endemic plants in Anatolia.

Keywords : anatolian traditional medicine, traditional medicine, anatolian medicine, herbs

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