Review Article

Therapeutic effects of *Lavandula angustifolia*

Yaghoobi K (Ph.D)*1, Kaka GR (Ph.D)*2, Davoodi Sh (B.Sc)*3, Ashayeri H (Ph.D)*4

1Neuroscience Research Center, Baqiyatallah University of Medical Sciences, Tehran, Iran and Department of Physiology, Traditional and Complementary Medicine University of Armenia and Tehran, Tehran, Iran. 2Associate Professor, Neuroscience Research Center, Baqiyatallah University of Medical Sciences, Tehran, Iran. 3Nurse, Faculty of Rehabilitation Sciences, Iran University of Medical Sciences, Tehran, Iran. 4Professor, Department of Neurology, Faculty of Rehabilitation Sciences, Iran University of Medical Sciences, Tehran, Iran.

Abstract

Several medicines are used in the nervous system disorders. Since there are several adverse effects of neurological medicines are reported, traditional and complementary medicine itself as new alternative regiment, which require further knowledge about the herbal medicine which the core center of complementary medicine. *Lavandula angustifolia* with the formal name of *Lavandula Officinalis* has many effects including widespread effect on central and peripheral nervous system, including anti-inflammatory, anti-apoptosis, antioxidant, antimutant, and neuroprotective effects. It shows analgesic effects and can alleviate pain, tolerance and dependency similar to morphine. *Lavandula angustifolia* has anti-inflammatory effect. Also this plant affects on cellular mechanisms like oxidative reactions (decrease of oxidative stress), apoptosis (anti-apoptosis), and nitric oxide production decrease of no production), anti-mutation and anti-cancer by this plant is reportd. It seems that effects of *Lavandula* are mediated through Calcium-Calmodulin and its kinase dependent.

Keywords: Medicinal herb, Traditional medicine, *Lavandula angustifolia*, Nervous system, Calcium - Calmodulin

* Corresponding Author: Yaghoobi K (Ph.D), E-mail: yaghoobi.kayvan@gmail.com

Received 15 Jun 2014 Revised 17 Jun 2015 Accepted 24 Jun 2015