ABSTRACT

Khoshraftar S. The Role of Phytotherapy in Chronic Obstructive and Inflammatory Respiratory Diseases. İstanbul University, Institute of Health Science, Department of Pharmacognosy, Master's Thesis in Phytotherapy. İstanbul. 2006.

This thesis evaluates the role and importance of phytotherapy in respiratory diseases in light of current scientific evidence. Respiratory diseases are characterized by complex pathophysiological mechanisms such as inflammation, oxidative stress, mucus hypersecretion, and bronchoconstriction, and they represent a significant cause of morbidity and mortality worldwide. Although conventional treatment methods are effective in symptom control, the need for complementary approaches has increased due to factors such as side effects, antibiotic resistance, lack of response to treatment, and limited success in chronic conditions. In this context, phytotherapy emerges as a promising option. Within the scope of this study, the use of medicinal plants such as *Pelargonium sidoides*, *Sambucus nigra*, *Thymus vulgaris*, *Hedera helix*, *Primula veris*, *Glycyrrhiza glabra*, and *Althaea officinalis* in respiratory diseases was examined. The findings indicate that these plants contribute to symptom relief through their antiinflammatory, antioxidant, antiviral, mucolytic, and bronchodilatory effects. In conclusion, phytotherapy plays an important role in respiratory diseases, particularly in symptomatic treatment and as a supportive approach. However, in order to expand its clinical use, standardization must be ensured and stronger clinical evidence is required.

Keywords: Chronic obstructive, Phytotherapy, mucolytic, bronchodilator, antioxidant