

# Treating Blood Concentration with Traditional Medicine

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High blood pressure is a disease in which the red blood cells in the blood increase. People with high blood levels of red blood cells, hemoglobin or hematocrit have more than their normal blood levels. High blood concentrations can be due to an increase in the number of red blood cells or a decrease in blood plasma. High blood concentration or polycythemia may also be called erythrocytosis (1). In various diseases, the blood changes occur and cause various complications in various diseases of the reproductive system, digestive system, respiratory system, the brain, nerves and circulation (2). Medicinal plants are considered as a natural source of drugs to treat diseases (3-7). Herbal remedies have been used to treat high blood concentration and blood diluents including *Cinnamomum verum*, *Anethum graveolens*, *Allium sativum*, *Glycyrrhiza glabra*, *Zingiber officinale*, *Hypericum perforatum*, *Camellia sinensis*, *Prunus cerasus*, *Citrus limon*, *Cuminum cyminum*, *Petroselinum crispum*, and *Allium cepa* which are known as the most important herbal medicines affecting blood concentrations.

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