



Polypodium vulgare L.: A valuable cardioactive medicinal plant

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Introduction: *Polypodium vulgare* L. (Polypodiaceae, Common name: Polypody, Persian name: Baspayak, Basfayaj) is a valuable medicinal plant in Iranian Traditional Medicine (ITM). Jorjani in his great masterpiece “Zakhire Kharazmshahi” mentioned the rhizomes of this plant as a cardioactive plant. Avicenna believes that polypody acts as an exhilarant as well as a potent expeller of black bile from heart and other body organs. In this article we aim to review pharmacological studies that support ITM suggested cardiac activities of this plant.

Method: The most popular bibliographic databases were searched for pharmacological data on the cardiovascular activity of *Polypodium vulgare*.

Results and discussion: Pharmacological studies demonstrated that *Polypodium vulgare* has antioxidant, anti-inflammatory, hypotensive and antihypercholesterolemic effects. Interestingly, this plant has been reported to exert positive inotropic and chronotropic as well as anti-arrhythmic effects in animal studies. Ecdysteroids which are important phytochemicals occurring in this plant, have been shown to prevent myocardial ischemia. *Polypodium vulgare* also has antiatherosclerotic effects.

Conclusion: *Polypodium vulgare* is a valuable cardioactive plant which can be the subject of further animal and clinical studies to enrich and expand our understandings of its cardiovascular efficacy as well as safety concerns.

Keywords: *Polypodium vulgare* L., Iranian Traditional Medicine (ITM), cardiovascular effects.

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