

## Mastic



**Scientific name:** *Pistacia lentiscus* L.

**Common name:** Mastic

**Traditional name:** Mastaki

**Part used:** Oleogum resin

**Description & characteristics:**

Small, translucent reddish yellow almost spherical bodies with a turpentine-like odor.

**Temperament:** Hot and dry in the second

**Functions:** *Molattif* (attenuant), *Mohallil* (resolvent), *Jali* (detergent), Astringent, invigorating stomach and chief organs and body faculty.

**Traditional uses:**

- Chewing: freshen the breath, drawing moisture from palate, tongue and brain, stomach tonic.
- Drinking: headache with cold temper, cold *Nazlah* (descent of wet matter from brain down to other organs)
- With Frankincense: mental sharpness , memory enhancement
- Useful in cough, expelling of blood and purification of lung trachea. Stomach, intestine, liver and kidney tonic, stimulating appetite, carminative, relief of indigestion, gurgling, belch irritation , visceral tumefaction and colic, especially with warm water , descend moistures from stomach with cold water.
- Mastic along with cold water and Golghand has laxative effect on bowels and continuance will cause bowel constipation.
- With Agaricus : purgative of phlegm
- With Aloe: purgative of bile
- With Terminalias: purgative of black bile
- With Amber: extricate of blood expelling

**Modern uses (unproven):**

Stomach and duodenal ulcers, respiratory disorders, muscle pains, bacterial and fungal infections, remove insects topically, heal wounds, freshen the breath and tighten the gums.

**Dosage:**

Not enough information is available.

**Side effects:**

No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages.

There is an occasional risk of diarrhea in small children.

**Precautions and warnings:**

Not enough information is available.

**Use in pregnancy and breastfeeding:**

Not enough information is available so in pregnancy it should not be consumed.

**Contraindications:**

Not enough information is available.

**Interactions:**

Not enough information is available.

**Pharmaceutical forms available in natural products pharmacy:**

Single component: Mastic ointment

Combined: Mastic in combination with other herbs:

- Mughni syrup (exir)
- Mumsek mummiay capsule
- Mughul molayin capsule
- Sefof hefz capsule
- Hab Shabiar capsule
- Mastaki capsule
- Iaraj Fiqara capsule
- Dabidalvard electuary
- Moffarih abrishami syrup
- Compound honey syrup
- Convenient pill
- Mastic oil

**References:**

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4. Soltani A., Shams Ardekani M., Shirzad M. Dictionary of terms of traditional Persian medicine, Tehran: Shahid Beheshti University of Medical Sciences, 2015.