**Isfhana’s Godakhteh, the Concoction and its Use in Traditional Medicine**

Mohammad Mazaheri1, Farzaneh Komaei3\*Behnam Yousefian 3

1- Dr. Mohammad Mazaheri, Specialist in traditional medicine and Professor at Isfahan University of Medical Sciences

2-Master's degree in internal surgical nursing, Head of Shahreza Health and Treatment Center (Correspond author \*)

3-Dr. Hossein Heydari, specialized student of traditional medicine and MD at Isfahan University of Medical Sciences

**Statement of Problem:**  A kind of concoction that is served hot, it is prepared from the combination of ground nuts and Anacardium Occidental. Since this plant is very useful for back pain, it is called a backpain pill. These pills have two models, male and female, which must be taken at the same time to have a better effect. It is suitable for women who have just given birth and is very appropriate for strengthening the bones. It has a warm nature that it creates warmth inside the body like molten iron and relieves pain.

**Research Purpose and Method:** Godakhateh spice is prepared from the combination of warm spices such as ginger, cinnamon, saffron, cardamom, etc. and has many properties for the human body. Godakhateh spice is one of the hottest ingredients in spices. This spice is cooked as Isfahanian food and mostly to strengthen people with a short stature and pregnant women and women who have just given birth. The use of stature spices has a great impact because of its taste, aroma and rich indridients.

**Results and Conclusion:** Studies have shown that Godakhateh is very useful for increasing sexual power and eliminating sexual weakness. The scientific support for this issue is mostly traditional medicine, and traditional medicine experts have been using honey and dates for the treatment of sexual impotence for a long time. In 2006, Shiraz University researchers studied the effect of dates mixed with Godakhateh and its juice on sexual performance and found that the high amount of estradiol and flavonoids in dates increases the number of sperm and sexual stimulation, and also increases the size and weight of the testicles

**Keywords:** Traditional Medicine, Godakhateh, Medicine, Concoction