

**THERAPEUTIC USES OF *SHIBT* (*Anethum graveolens*):
A SYSTEMATIC REVIEW**

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Shibt is an annual herb of the Apiaceae family, which is indigenous to Iran, North Africa, and the Arabian Peninsula. It has been recorded that this herb has been widely used in indigenous medicine since antiquity. This systematic review was conducted with the objective of reviewing and discussing the therapeutic uses of *Shibt*. Relevant literature was accessed through electronic databases and Unani classical texts to retrieve the relevant studies on the therapeutic uses of *Shibt*. The articles selected were published from 2014 to 2024, while articles with incomplete data, duplicate reports, and reports in languages other than English were excluded, and other full-text records and Unani classical texts were included in this research. 88 journals were retrieved, and 33 articles were selected for the review. The systematic review results showed *Shibt* is a rich source of vitamin A, vitamin C, folate, calcium, and iron. Apart from the above nutrients, *Shibt* also includes flavonoids and monoterpenes. Unani classical texts mentioned its actions, such as antimicrobial, antispasmodic, anti-inflammatory, digestive corrective, and analgesic. Pharmacological studies showed that *Shibt* possesses anti-microbial, anti-inflammatory, analgesic, gastric mucosal protective, anti-secretory effects, and smooth muscle relaxant properties. The study results provide updated information on the therapeutic potentials of *Shibt*. 20 scientific studies were conducted to assess the therapeutic potential of this herb, especially for its anti-inflammatory, antimicrobial, and antispasmodic properties, and it was found to be effective. *Shibt* holds much promise as a worthy medicinal herb. This review assists in providing hints for more research to be conducted on this species so that the therapeutic uses can be established in full.

Keywords: *Shibt*, *Anethum graveolens*, Dill seed, Therapeutic uses