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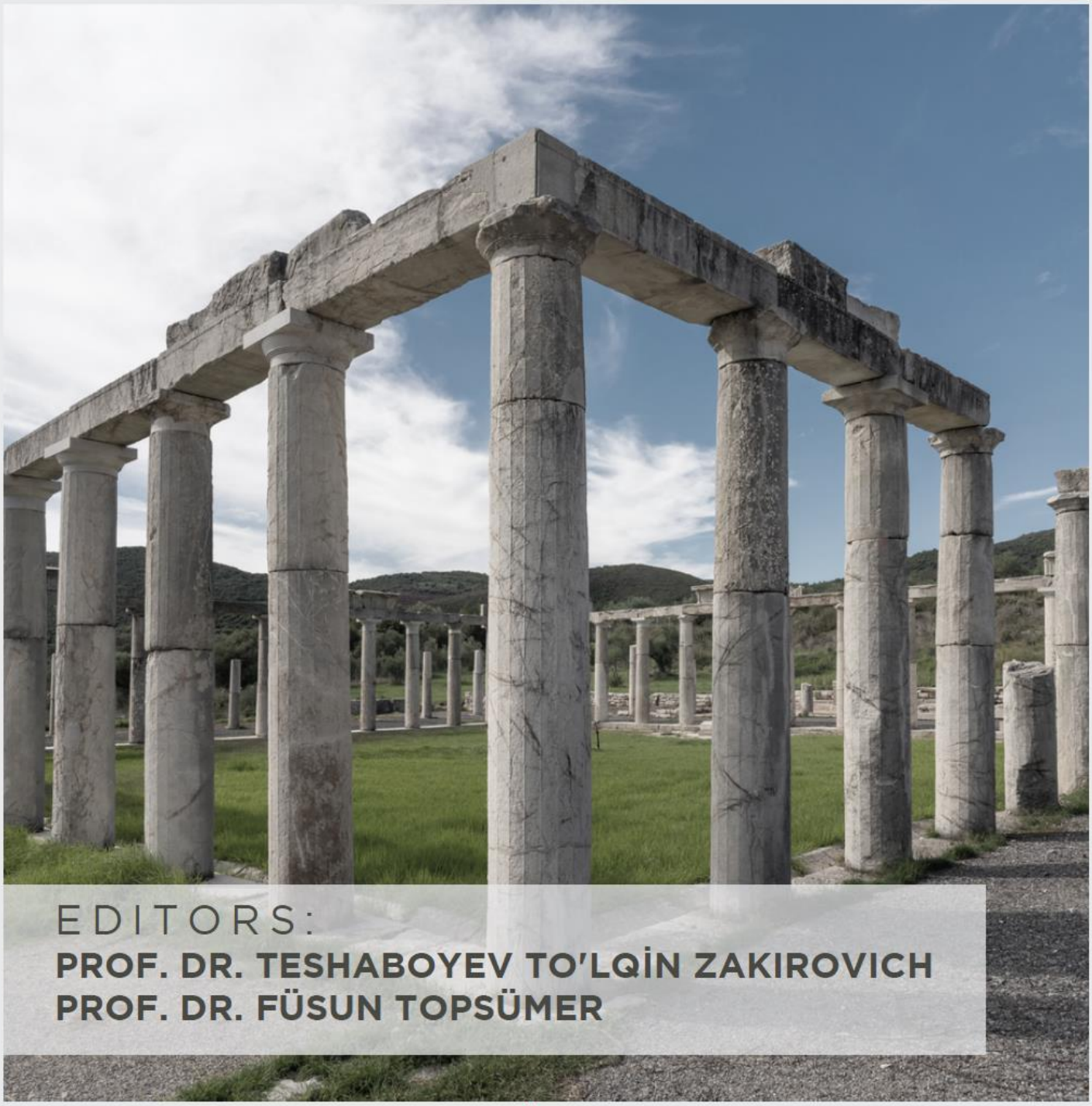

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DETERMINATION OF ANTIMICROBIAL ACTIVITY OF *Sideritis athoa* PANANIKOLAU &KOKKINI PLANT

Elif Gönül[1], Melike Ersin[1], Gülcan Gören[1], Cenker Yaman[2], Mustafa Eray Bozyel[3], Kerem Canlı[1,4]

[1] Dokuz Eylül University, Faculty of Science, Department of Biology, IZMİR, TURKİYE

[2] Dokuz Eylül University, Graduate School of Natural and Applied Sciences, Department of Biology, IZMİR, TURKİYE

[3]Çanakkale Onsekiz Mart University, Faculty of Science, Department of Biology,ÇANAKKALE, TURKİYE

[4]Dokuz Eylül University, Research and Application Center of Fauna and Flora, IZMİR, TURKİYE

ORCID: 0009-0008-6978-8058

ABSTRACT

Sideritis athoa is a plant species belonging to the *Lamiaceae* family and is popularly known as "cattail tea" and "mountain tea". Naturally distributed in the Marmara and Aegean regions of Turkey, this plant is perennial and has an appearance covered with white felt hairs. *Sideritis* species, which have been widely used in traditional medicine for many years, show various therapeutic properties such as supporting skin health, alleviating respiratory diseases, regulating the digestive system and strengthening the immune system. In this study, the antimicrobial activity of *S. athoa* was evaluated by disk diffusion test. The results of the study showed significant inhibition values, especially in bacteria such as *Klebsiella pneumoniae* and *Staphylococcus aureus* MRSA, which show multidrug resistance. Antibiotic resistance is becoming a rapidly increasing problem worldwide and a serious threat to public health. This situation reduces the effectiveness of existing antibiotics used in the treatment of infections, complicates treatment processes and increases mortality rates. The inadequacy of current treatment approaches necessitates the development of new therapeutic options, especially against bacteria showing multidrug resistance. These findings suggest that *S. athoa* may be a promising antimicrobial agent against bacteria showing multidrug resistance.

Keywords: *Sideritis athoa*, antimicrobial activity, disc diffusion

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