

Supplementary Table S3. Traditional uses of Serra da Estrela Natural Park medicinal plants with antidiabetic potential.

Plant	Common Name (EN, POR)	Flowering period	Part used	Preparation	Traditional uses	References
<i>Asteraceae</i>						
<i>Arctium minus</i> (Hill) Bernh	*Lesser burdock.	Jun - Aug	NI	NI	Antidiabetic potential.	[1–3]
	*Teijeira.		L/R	NI	Treat rheumatic pains, fever, sunstroke, wounds, general infections, skin and body inflammations, alopecia, and bladder diseases.	[4–6]
			L	VIM	For sunstroke or colds.	[7]
			R/L	INF	Snake and scorpion bites to purify the blood, stimulate the appetite and liver functions	[8]
<i>Achillea millefolium</i>	*Common yarrow.	May - Aug	NI	NI	Antidiabetic potential.	[9,10]
	*Milefólio.				Treatment of inflammatory, spasmodic gastrointestinal disorders, hepatobiliary complaints, and overactive cardiovascular and respiratory ailments.	[11,12]
					Astringent, antiseptic agent, menstrual irregularity, relieving menstrual cramps and pain, anti-spasmodic agent.	[13]
<i>Anthemis canescens</i> var <i>aurea</i> (syn. <i>Matricaria aurea</i>)	*Golden Mayweed, corn chamomile.	Mar – Jul	-	-	ANI	-
	*Macela-galega.		F	NI	Used to treat digestive system problems (colics, haemorrhoids, constipation, anti-spasmodic), cosmetics, skin cracks, urinary tract infections, and cough.	[14]
	*Wolf's bane.	Apr-Jun	NI	NI	Diabetic neuropathy.	[15]

<i>Arnica montana</i> subsp. <i>atlantica</i>	*Panaceaia-das-quedas.		R/F	MOA/OIT/GE/C RE	Applied externally on the bruises, rheumatic pains, sprains, and phlebitis to reduce the inflammations and as an immune system activator.	[16–19]
			F	DFE	Modified form of tinctures, ointments, creams, and gels as an immediate treatment of sprains, bruises, contusions, and trauma pain in homoeopathy medicine.	[20]
<i>Bellis perennis</i>	*English daisy.	Jan - Sep	-	-	ANI.	-
	*Bonina.		F	DEC	Carminative, diarrhoea, diuretic, purgative.	[21]
			NI	NI	Treatment of bruises, broken bones, and wounds. Used in treating sore throat, headache, common cold, stomachache, eye diseases, eczema, skin boils, gastritis, enteritis, diarrhoea, bleeding, rheumatism, inflammation, and upper respiratory tract infections in traditional medicine. Its astringent, expectorant, diuretic, booster, purgative and diaphoretic properties have been recorded.	[22–25]
<i>Bidens frondosa</i>	*Devil's beggarticks.	Jul - Sep	-	-	ANI	-
	*Erva-rapa.		SE	NI	Asthma, bronchitis, colds, influenza.	[26]
<i>Calendula arvensis</i>	*Field marigold.	Dec - May	F/L/S	INF/DEC	Antidiabetic potential.	[27–29]
	*Erva-vaqueira.		FH	DEC	Wounds, contusions, burns	[30]
			FH/L	TE	Antiseptic, astringent.	
			L	EXU	On sores and wounds.	
			IF	NI	Antieccychotic.	[31]
	*Roman chamomile	Apr-Sep	NI	NI	Antidiabetic potential.	[32]

<i>Chamaemelum nobile</i> (syn. <i>Anthemis nobilis</i> L. or <i>Chamomilla nobilis</i> (L.) Godr.)	*Camomila-de-Paris		F	NI	Tonic, analgesic, anti-spasmodic, diuretic, treatment of indigestion, gout, headache, external swelling, inflammatory pain or congested neuralgia.	[33]
			FH	INF	Anti-inflammatory, Sedative, eczema.	[34]
			NI	NI	Analgesic, menstruation balance and pain, appetite, weight loss, cardiovascular diseases, respiratory diseases, immune system diseases, anti-spasmodic, and headache.	[35]
<i>Cichorium intybus</i>	*Common chicory. *Almeirão.	Jun-Sep	F/L/R/AP	DEC/INF/SFL	Antidiabetic potential.	[36]
			F/L/R	DEC/INF	Cleaning the liver, regulating bladder function and purifying the human body.	[36]
			WP	NI	It's used for dyspepsia, loss of appetite, and adverse chronotropic and inotropic effects.	[37,38]
			R/WP	NI	Used to clear away heat, eliminate dampness, and promote digestion.	[39]
			L/R	DEC/TE/OIT	Wound healing, kidney stones, cancer, haemorrhoids and eczema.	[7]
<i>Dittrichia viscosa</i> subsp. <i>Viscosa</i> (Syn. <i>Inula viscosa</i>)	*False yellowhead *No	Aug - Oct	L	DEC	Antidiabetic potential.	[40]
			AP/R	DEC/FUM	Treatment of skin irritations of allergic origin. Used for bleeding and psoriasis.	[30]
			R	NI	Used against cough, catarrh, antiseptic, expectorant agent and supports mucus membranes.	[41]
			NI	CATA	Antihelmintic, diuretic, expectorant and anti-anemic. Used for rheumatic pain, tuberculosis, and bronchitis treatment.	[42]
			L/R	DEC	Treat hypertension.	[43]

<i>Galinsoga parviflora</i> (Syn. <i>Galinsoga quadriradiata</i>)	*Gallant soldier. *Pacunga Pequena.	May - Oct	WP/FH/ L	DEC/CATA	Treat cancer, antihelmintic, muscle relaxant, expectorant, diuretic, bronchitis, tuberculosis, anaemia, and rheumatic pain.	[44–47]
			L	NI	Muscle relaxation and to treat infertility.	[48]
			L/R	TE/POUL/GAR	Antidiabetic potential.	[49]
			WP	NI	Treatment of wounds, cold, flu, cold sores, halt bleeding, as fodder for cattle, body injuries, yellow fever, hepatic pain, painful joints, fever and internal inflammation, potherb, earache, skin diseases, and scorpion bite.	[50–54]
			L	NI	Treatment of diarrhoea, fever, snake bite, haemorrhages, eaten as a vegetable, malaria, anaemia-with jaundice, to detach fetal placenta, colorectal cancer, analgesic, liver problem, toothache.	[50,55–58]
			AP	NI	Mitigating lichens, acne, wounds, eye problems, eczema, and rosacea protects against UV irradiation-induced damage, fever, toothache, inflammation, liver problems, and insect bites.	[59–63]
			F	NI	Treatment of toothache and enhanced memory.	[50,64]
			R	NI	Treatment of beetle bites.	[64]
<i>Helichrysum stoechas</i> subsp. <i>stoechas</i>	*Mediterranean strawflower, Everlasting flower *Marcenilha	Apr-Sep	S/L	NI	Treatment of colds and sores.	[59]
			-	-	ANI.	-
			AP	NI	Treat disorders of the cardiovascular, digestive (bloating, hepatic and pancreatic problems) and respiratory systems (influenza and cold) and have anti-urolithiasis and diuretic effects.	[65–68]
	*Hairy cat's ear.	Apr - Nov	NI	NI	Antidiabetic potential.	[69]

<i>Hypochaeris radicata</i>	*Erva-das-tetas.		NI	NI	Treatment of inflammation, jaundice, rheumatism, dyspepsia, constipation and kidney-related problems.	[65,70,71]
<i>Lactuca serriola</i>	*Prickly lettuce.	Jun - Aug	-	-	ANI.	-
	*Alface-brava.		WP	NI	Sedative-hypnotic, anxiolytic, expectorant, cough suppressant, purgative, demulcent, diuretic, antiseptic, vasorelaxant, and anti-spasmodic. Thus, it is used to manage bronchitis, phthisis, asthma, pertussis, gastrointestinal, sedative, diaphoretic, anti-spasmodic, against hypercholesterolemia, for memory Enhancing and ophthalmic purposes.	[72–78]
			SA	NI	It contains ' <i>lactucarium</i> ', used for anti-spasmodic and narcotic purposes. It is also used to treat insomnia, anxiety, neuroses, and hyperactivity in children.	[79]
<i>Onopordum acanthium</i> subsp. <i>Acanthium</i>	*Scotch thistle.	Jun-Sep	-	-	ANI.	-
	*Acanto-Bastardo.		NI	NI	Treatment of different cancer types stimulates the central nervous system and has cardiotonic and haemostatic properties.	[80,81]
			AP	Jui/DEC/Pow	Diuretic and treat nervousness.	[80,81]
			AP	DEC/BTH/Pow/Jui/INF	Expectorant, anti-asthmatic, and diuretic. Used to treat nervousness, tetanus, and carcinomas. For gonorrhoea, dermatosis ulcers, and tuberculosis cutis. The plant is also effective in rehabilitation (after cancer surgery) in malignant tumours, skin cancer, scrofula, and purulent skin diseases. Useful in diseases of the gallbladder, respiratory infections, and hemostasis. It is	[82]

					helpful to the diseases of the kidneys and the bladder.	
					L FRE/Jui Skin cancer, freckles, ulcerations, lupus, suppurative wounds.	[83]
					F DEC Haemorrhoids, hepatic diseases.	[84]
					NI NI Appetiser, diuretic, stomachic, carminative, resolutive.	[85]
					R CATA Antirheumatic menstruation.	[86]
					SE NI Antibacterial, anti-inflammatory, antimalarial and hypertensive agent.	[87,88]
<i>Senecio vulgaris</i>	*Groundsel, old-man-in-the-spring. *Tasneirinha.	May-Oct	-	-	ANI.	-
			R	Jui	Eczema.	[89]
			WP	INF	Astringent and diuretic.	[90]
			NI	NI	Emmenagogue, used in menstruation problems, inflammatory conditions such as gout, arthritis, thrombophlebitis, skin wounds (bruises, fungal infections, ulcers, fractures, strains), varicose veins, oral lesions (gargle), bronchitis, allergies, gastritis, gastroduodenal ulcers, diarrhoea bronchitis, asthma, and cough; urinary and pulmonary complaints, blood purification, for rheumatism and skin irritations.	[91,92]
<i>Solidago virgaurea</i>	*European goldenrod, Woundwort. *NI	Jun-Sep	AP	INF/DEC	Antidiabetic potential.	[93,94]
					Kidney disorders (being often found in teas intended to help pass kidney calculi), urinary tract infections, overactive bladder syndrome, and prostatic diseases. Healing and antiseptic properties, allergies, and gastrointestinal disorders. Antibacterial and anti-inflammatory	[93–99]

					effects, including inflammation of the oral cavity and throat, when used as a mouth rinse.	
<i>Sonchus asper</i>	*Prickly Sowthistle. *Serralha-Áspera.	Jul-Oct	L/R	DEC	Antidiabetic potential.	[100,101]
			AP	DEC	The plant decoction is cathartic; it is used to treat ascites and hydrothorax.	[101]
			WP	DEC	Hyperthyroidism.	[102]
<i>Sonchus oleraceus</i>	*Common sowthistle. *Serralha.	Jan-Jun	L	DEC	Antidiabetic potential.	[103]
			R	DEC	Treat ear, nose and throat (ENT) diseases.	[104]
			SAP	NI	Treat tonsils.	[105]
			L	FRE	Digestive, and treat gastritis.	[106]
			AP	DEC	Diuretic, laxative.	
<i>Tanacetum parthenium</i>	*Feverfew. *NI.	Jun - Aug	-	-	ANI.	-
			L/F	INF	Vaginal discharge, stomachache.	[107]
				DEC	Bronchitis, common colds.	[108]
			AP	PAS	Feverish horses.	[109]
			WP/F	DEC	Used to alleviate menstrual pain and treat skin ulcers and contusions.	[110]
			L		Gastric ailments, sedatives, fever, and nerve system relaxants.	[111]
			L/St	NI	Analgesic.	[112]
			AP/L	INF	Abortifacient.	[113]
			FAP		Antiseptic in cows after calving.	[114]
			F		Stress-related disorders, sedative.	[115]
<i>Tanacetum vulgare</i>	*Tansy. *Atanásia.	Jul - Aug	NI	NI	Ulcerative colitis.	[116]
			F/L	INF/DEC	Antidiabetic potential.	[117–120]
				INF	Antihelminthic, carminative, anti-spasmodic, abdominal organ stimulant, tonic, menstruation	[120]

					stimulant, diuretic, and anti-hypertensive properties.	
<i>Poaceae</i>						
<i>Avena sativa</i>	*Oat, Groats.	May - Jul	-	-	ANI.	-
	*Aveia-comum.		WP	NI	Treat nervous exhaustion, insomnia, and weakness of the nerves. antispasmodic, antitumor, cyanogenetic, demulcent, diuretic, neurotonic, stimulant, tonic, and vulnerary. Useful in rheumatic conditions and to treat water retention.	[121]
				WB	Treat insomnia, anxiety, and various skin conditions, including burns and eczema.	
			GTO	TINC	Nerve stimulant and help in withdrawal from tobacco and opium addiction.	
			S	NI	Remedies for tumours.	
			STR	NI	Useful in rheumatism.	
<i>Fabaceae</i>						
<i>Acacia dealbata</i>	*Silver wattle	Jan - Mar	-	-	ANI	-
	*Acácia-dealbada		POL	Pow	Beauty.	[122–124]
			BAR/R	BOI	Treat stomachaches, chest pains, and eye problems.	[125]
			GU	NI	Bronchial troubles.	[126]
<i>Lupinus angustifolius</i>	*Blue lupin.	Mar - May	-	-	ANI	-
	*Tremoção-bravo.		WP	DEC	Skin Related Problems, treat digestive system disorders	[127,128]
		Mar - Jul	-	-	ANI	-

<i>Lupinus luteus</i>	*Annual yellow lupin. *Tremoceiro-amarelo.		SE	NI	Anthelmintic, Emmenagogue, Carminative, liver disorders.	[129,130]
<i>Pisum sativum</i>	*Common garden pea. *Ervilheira-brava.	May - Jul	PD	NI	Antidiabetic potential.	[131]
			EAP/SE	CATA	Skin (impetigo), catapasm.	[132]
			VAL	TIS	Intestinal anti-inflammatory and laxative.	[114]
			SE	FOO	Laxative, poisoning, paralysis, muscle weakness.	[133]
<i>Pterospartum tridentatum</i> (Syn. <i>Chamaespartium tridentatum</i> or <i>Genista tridentata</i>)	*NI. *Carqueija.	Mar - Jun	F	NI	Antidiabetic potential.	[134]
			FAP/Sho/BD	INF/DEC/OIT	Used for upper respiratory infection acute, strep throat asthma, gastroenteritis and colitis of unspecified origin, cutaneous abscess, furuncle and carbuncle, abdominal and pelvic pain, functional dyspepsia, urinary retention, cystitis, malaria.	[135]
			F	DEC	Cold, depurative, Influenza, Coug, malaise, stomach troubles.	[136]
					Tonic; diuretic; digestion; used for influenza and cold; nervousness, anti-asthenia; anti-inflammatory; anti-influenza; anxiolytic; carminative; diuretic; stomachic and for gases.	[137]
			AP	NI	Condiment, fuel, and animal feed.	[138]
			R	DEC	Antidiabetic potential.	[139]
<i>Retama sphaerocarpa</i>	*Broom bushes. *Piorneira.	Apr - Jul	CL	NI	Emetic, purgative, vermifuge, joint aches, fever, luxation.	[140–142]
			CL/F	NI	Rheumatism, warts, healing.	[141]
			R	NI	Diphtheria.	[143]
			NI	NI	To cure rabies.	[144]
			Fr	NI	Diarrhoea, discolouration, pain.	[141,142]

			F	NI	Liver disease, healing wounds skin.	[141,142]
<i>Robinia</i>	*Black locust.	Apr - Jul	-	-	ANI	-
<i>pseudoacacia</i>	*Acácia-bastarda.		F	INF	Sedative, expectoration, cold, pulmonary diseases, against joint pains and rheumatisms.	[145-147]
			BA/L	CHE	Toothache boils.	[148]
<i>Trifolium</i>	*Red clover.	May-Oct	FOF	BOI	Antidiabetic potential.	[149]
<i>pratense</i>	*Pé-de-lebre.		WP	NI	Treats menopausal symptoms and is an anti-ageing agent. Treat high cholesterol, premenstrual syndrome, breast pain, cancer, heart problems, inflammatory diseases, epilepsy, high cholesterol, sexually transmitted diseases, dysmenorrhea, mastosis, and mastalgia.	[150-155]
<i>pretence</i>						
<i>Trifolium</i>	*White clover.	Mar - Jun	-	-	ANI	-
<i>repens</i>	*Trevo branco.		AP	DEC/POUL	Used as expectorant and diuretic.	[156]
			F	NI	For blood purification and mouth inflammations.	[157]
			BA	TE	Tea for cervical wounds and increased vaginal secretion.	[158]
<i>Caryophyllaceae</i>						
<i>Corrigiola</i>	*Strapwort.	Jul - Oct	R	Pow	Antidiabetic potential.	[118,159]
<i>litoralis</i>	*Correjola.		WP	DEC	Diuretic.	[160,161]
			R	DEC	Acute ache; digestion problems.	[162]
<i>Corrigiola</i>	*Strapwort.	Mar - Oct	R	BRE	Antidiabetic potential.	[163]
<i>telephiifolia</i>	*NI.			DEC/INF	Diuretic and used to treat anaemia, lung disorders and for hair care.	[164-166]
			WP/L	DEC	Rheumatic diseases, cancer.	[29]
<i>Paronychia</i>	*Silver nailroot.	Jun - Sep	L/S	INF	Antidiabetic potential.	[167]
<i>argentea</i>	*Erva-dos-linheiros.		L/F	INF	Stones in kidney, diuretic, nephropathy, anti-obesity.	[168,169]

<i>Saponaria officinalis</i>	*Common soapwort.	Jun - Sep	R	DEC	Antidiabetic potential.	[170]
	*Erva-saboeira.		R	DEC	Used as emmenagogue detergent. Exudative diathesis is caused by metabolic disorder, metabolism improvement and diuretics.	[171,172] [170]
<i>Spergularia rubra</i>	*Red Sand Spurrey.	Mar - Sep	-	-	ANI.	-
	*Arenária.		WP	INF	Abdominal and pelvic pain.	[135]
			L/S	DEC	Renal lithiasis.	[173]
			WP	DEC	Used to treat genitourinary diseases.	[132]
			AP	NI	Antiseptic for treating diseases related to the renal system.	[174,175]
<i>Stellaria media</i>	*Common chickweed. *Erva-canária.	Jan - Oct	WP	TE	Antidiabetic potential.	[176,177]
				NI	Is used as astringent, carminative, anti-asthmatic, demulcent, depurative, diuretic, emmenagogue, expectorant, galactagogue, anti-obesity, useful in kidney complications, rheumatic joints, wounds, and ulcers. It is also used in various kinds of skin diseases, for bronchitis, rheumatic pains and dysmenorrhoea. It can be applied to cuts, burns, and bruises.	[178]
				CATA	Rheumatism, sedative, Eczema, Fractures.	[133]
				PLS	Used for dislocated bones and swelling, cooling, astringent, vulnerary.	[179]
				NI	Plant is very effective for menstrual distress.	[180]
				EXT	Anti-pyretic, cures chest congestion, cough and cold. It is also used as antacid and anti-spasmodic.	[181]
				SE	Wounds healing.	[182]
				<i>Brassicaceae</i>		
	*Shepherd's purse.	Jan - Jul	AP	INF	Antidiabetic potential.	[170]

<i>Capsella bursa-pastoris</i>	*Bolsa-de-pastor.				Haemostatic.	[183]
					Diuretic, Nosebleed.	[184]
			F/SE	INF	Used as diuretic, against urinary diseases, and kidney stones.	[185]
<i>Raphanus raphanistrum</i> subsp. <i>raphanistrum</i>	*Cabrestos.	Apr - Nov	Rhi/S	NI	Antidiabetic potential.	[186]
	*Wild radish.		AP/S	Raw/BOI	Liver protector, antirheumatic, cholagogue, choleretic and depurative activities, gastric stimulant, purgative or antidiarrhoeic remedies.	[187–189]
			R/Rhi	NI	Health tonic and gastrostimulant.	[190,191]
			Fr	NI	Used for the treatment of cancer.	[192]
			L	BOI	Carminative.	[193]
			Rhi/S	NI	Intestinal disorders, Epigastric pain.	[186]
<i>Apiaceae</i>						
<i>Daucus carota</i>	*Wild carrot.	Apr - Aug	WP	NI	Antidiabetic potential.	[194]
	*Cenoura-brava.		R	NI	For digestion, carminative, dysentery, antidiarrhoeic, coughs, strong urinary remedy, diuretic, preventing stone, ridding gravel, against cystitis. For related conditions of gout, rheumatic and arthritic complaints, and easing oedema. Aphrodisiac, a contraceptive, provokes menses and tonic for uterine function.	[195–199]
			L/R	NI	For cough, stomachache, eye medicine, wrinkles, wounds, chilblain, burns, dermatitis, aphthous stomatitis, ulcerations, cracks, breast fissure, furuncle, abscess, impetigo, tinea, inflammations, wrinkles, senile keratosis.	[200]
<i>Eryngium campestre</i>	*Field eryngo.	Jun - Sep	-	-	ANI	-
	*Cardo-corredor.		R	FOO	Bitter tonic, aperitive, cholagogue, diuretic.	[199]

			L/YB	FOO	Laxative, aperitif.	[201,202]
			R/S	BOI	Aphrodisiac.	[193]
			R	NI	Diuretic, febrifuge, digestive, flatulence, hepatitis, muscle pain, palliative care of general and cancer patients.	[203–207]
<i>Foeniculum vulgare</i>	*Common fennel.	Jul - Aug	S/AP	DEC/INF	Antidiabetic potential.	[119,208]
	*Erva-doce.		WP	DEC//INF/DRI/ CATA/INH/Pas/ Pow/PIL/TAG /EYD/RW	Dermatological diseases (urticaria/hives, Hair problems, eczema), respiratory-nose, ear, oral/dental, throat problems, internal medical diseases (hypertension, fever, cancer, abdominal pains, colic, nausea and vomiting, tachycardia, anaemia, obesity, dizziness, hiccup, anorexia, headache, dysphagia.), urogenital, obstetric, and gynaecological (leucorrhea, kidney diseases, diuretic, amenorrhea and oligomenorrhoea, galactagogue, problem of repeated abortions, kidney stones, dysmenorrhea, urinary calculi), eye diseases (irritation and conjunctivitis), musculoskeletal system and connective tissue disorders (arthritis, rheumatism, neck pain, backache, low back pain), infectious and parasitic disease (Dysentery, Rabies), epilepsy, motion sickness, insomnia, refreshing, hypnotic, appetiser, mosquitocidal, sedative for children, fat reduction, anxiety, and poisoning.	[209]
<i>Heracleum sphondylium</i>	*Hogweed.	Jun - Aug	AP	NI	Antidiabetic potential.	[210]
	*Branca-ursina.		AP/L/R	INF	Digestive, odontalgic and aperitif.	[211,212]
			L/R	CATA	Rheumatoid arthritis.	[213]
			AP	TINC	Anti-depressives.	[214]

<i>Lamiaceae</i>						
<i>Acinos alpinus</i> (Syn. <i>Clinopodium alpinum</i>)	*Alpine rock thyme.	May - Jul	L	DEC	Antidiabetic potential.	[215,216]
	*NI.		FAP	DRI	Digestive, genito-urinary, analgesic, appetiser.	[217]
<i>Clinopodium nepeta</i> subsp. <i>Spruneri</i> (Syn. <i>Calamintha officinalis</i> Moench)	*Calamint.	Apr - Dec.	SE/L/S	DEC	Antidiabetic potential.	[40,215,218]
	*Erva-das-azeitonas		L	NI	Against stomachache.	[219]
	ou nêveda.		L	DEC/INF	Flu, cold, against different aches, antipyretic.	[220,221]
			F	NI	To cure insect and snake bites, cicatrising.	[222]
			NI	NI	To cure jaundice, dropsy, splenomegaly.	[222]
<i>Lavandula pedunculata</i> subsp. <i>pedunculata</i>	*French Lavender.	Mar - Sep	-	-	ANI.	-
	*Rasmonino.		L	DEC	Treat respiratory diseases.	[132]
			FB	INF	Used against influenza.	[223]
<i>Lavandula stoechas</i>	*Spanish Lavender.	Fev - Jul	L	INF/EO	Antidiabetic potential.	[224]
	*Rosmaninho.		WP	NI	For epilepsy.	[225]
			L	DEC	Antiseptic, antispasmodic, diuretic, digestive system stimulant.	[226,227]
			L	CATA	Against dislocations, wounds, sores, and ulcers.	[226]
			AP	INF	Analgesic Teeth, Rheumatism, system digestive, cystitis and nephritis. For heartburn, seasickness, blood circulation and sedatives.	[227]
			L	INF/EO	Menstrual pains, kidney stones, carbuncles, otitis and hypertension. anticonvulsant, sedative, antispasmodic.	
				FAP	As herbal tea and for making liqueur.	

				FB	Expectorant, menstrual regulari, antispasmodic and carminative.	
<i>Melissa officinalis</i>	*Lemon balm or honey balm. *Citronela-pequena.	Jun - Aug	- NI	- NI	ANI. Possess sedative/tranquilising, anti-gas, fever-reducing, antibacterial, spasmolytic, hypotensive, memory-enhancing, menstrual-inducing, and thyroid-related effects; antiviral and antioxidant activities; antifungal, antiparasitic, and antispasmodic activities; flatulence; asthma; Bronchitis; amenorrhea; cardiac failure; arrhythmias; ulcers; and wounds. It effectively treats headaches, indigestion, colic, nausea, nervousness, anaemia, vertigo, syncope, malaise, insomnia, epilepsy, depression, psychosis, and hysteria.	- [228]
			F	INF	With <i>Hypericum perforatum</i> : Clean the kidney, insomnia, relaxant, and sadness.	[229]
			AP	INF	Alone or with <i>Hypericum perforatum</i> to treat bronchitis.	
			AP	INF	It is used against influenza and colds, has a calming effect, stomach disorders, painful and irregular menstruation, sleep improvement, and has a positive effect on the nervous system.	[230,231]
			WP	DEC	Antispasmodic, choleric, stimulating and tonic.	[232,233]
			L	Jui	Human and domestic animal nutrition and veterinary medicine use.	[231]
			L	FRE	They are used for bee swarming.	
			L/S	MAC	Attracts bees.	[234]

<i>Mentha aquatica</i>	*Water mint.	Jul - Oct	NI	NI	Antidiabetic potential.	[235]
	*Hortelã-da-água.		WP	DEC	It is used to treat digestive problems and cough. The herb is carminative and is used for flatulence.	[236]
			L/S/SE	INF/TE	Hypertension.	[237,238]
			AP/L	OI	Treatment of oligomenorrhea and amenorrhea.	[239]
			AP	RW	Anxiety disorders and hypochondria.	[240]
<i>Mentha pulegium</i>	*Pennyroyal.	Jun - Aug	L/S	DEC/INF	Antidiabetic potential.	[241–245]
	*Poêjo.		AP	DEC/INF	Respiratory diseases, gastrointestinal disorders, hypertension, cardiac diseases, rheumatism, migraine, infertility, pains, fever, obesity, nervous disorders.	[241–244,246]
			L	EO	Gastrointestinal disorders (carminative), musculoskeletal illnesses (anti-spasmodic).	[247]
			L	DEC	Respiratory diseases, gastrointestinal disorders, gynaecological and endocrinological injuries.	[248]
			L/F/WP	DEC/INF/MAC	Respiratory disorders, gastrointestinal disorders, genito-urinary diseases, infectious and parasitic diseases, haemorrhoids, and undefined symptoms (headache, flatulence).	[244,249,250]
			L/S	INF/EO	Respiratory disorders, skin pathologies.	[251]
			AP/L	CATA/DEC	Hematomas, wounds, swelling, digestive, refreshing, liver disorders.	[252]
			AP	INF/SYR	Antihypercholesterolaemic, gastric analgesic, seasickness, for headaches, for colds, intestinal analgesic, hepatic protector, anti-tussive for colds.	[253]
			AP	DEC	Heart stimulant, antiemetic, anti-convulsive, calmative, dizziness, migraine.	[254]

<i>Mentha suaveolens</i>	*Apple Mint. *Hortelã-brava, montastre, Mentastro.	Jul - Oct	WP	INF	Digestif, antidiarrhoeic, diuretic, slimming, anti-catarrhal agent.	[255]
			L	INF/CATA	Asthma, wheezing, cough, cold and flu.	[256]
			L	INF	Antidiabetic potential.	[257]
				DEC/INH/EAP	Respiratory diseases, gastrointestinal disorders, musculoskeletal illnesses, otolaryngological and pediatric illnesses.	[248]
			L/WP	DEC/INH/EAP	Digestive disorders, allergies.	[250]
			WP	NI	Common cold, cough, anti-convulsive, influenza, respiratory ailments, rheumatisms, skin diseases and irritations.	[258]
			L	DEC	Antirheumatic, antispasmodic.	[259]
				INF/MAC	Respiratory inflammations, local inflammations.	[256]
				LC	Mosquito and bee repellent.	[234]
<i>Origanum vulgare</i>	Wild marjoram. Manjerona-brava, Oregão.	Jun-Seb	AP/L/S	INF/DEC	Antidiabetic potential.	[260,261]
			AP	DEC/INF	Expectorant, antiseptic, digestive aid and anti-spasmodic properties	
				TE	Pulmonary and stomach diseases, colds, kidney and urinary infections, improving appetite, sedative, tonic.	
				INF	Immune system strengthening, digestive, hypolipemic, anti-tussive, stimulates gastric secretion, choleric, cholagogue, aperitive, digestive. mild antiseptic, spasmolytic, expectorant, in case of inflamed lungs. Anti-catarrhal; to reduce pain after childbirth. Bloating, calmate, Common cold, appetiser, stimulant.	

				DEC	Cold, flu, abdominal pain, kidney stones and stomach diseases.	
			FAP	TE	Stomachache, digestive, vaginitis, panacea	
			F	INF	Stomachic, diuretic, digestive, mouth and teeth disease, dermal respiratory, neurological, vulnerary, hypertension, epilepsy, headache, asthma, cold.	
<i>Prunella vulgaris</i>	*Common self-heal. *Brunéla-	Mar - Aug	NI	NI	Antidiabetic potential.	[262–264]
					Used as a remedy for relieving sore throat, reducing fever and accelerating wound healing. Rheumatism, colds, diuretics and heart disease. It treats sore throat, bleeding, pneumonia, headaches, dysentery, haemorrhoids, diabetes and eye inflammation.	[265–268]
				INF	Hypertension.	[262]
				NI	Reduce fever. It was also employed in folk medicine as an antipyretic. Treatment of Endometriosis.	[269]
			FCF	NI	Improve eyesight and promote blood circulation.	[270]
			WP	NI	Clear liver, purge fire, resolve knots, dissolve swelling, pacify liver and improve eyesight.	
			S	RW	Purgative, antipyretic, tonic, eyesight weakness asthma, heart diseases, inflammation, diuretics.	[271]
			F	Pas	Migraine, cold and fever, foot fever, stomach gas.	[272]
			AP/FPI	INF	Stomach diseases, eyewash.	[231]
			L	FRE/PE	Wounds healing, teeth cleaning, respiratory problems, joint pains, easing gastric spasms, anti-inflammatory.	[181,273,274]
	*Wild Sage.		AP	DEC/INF	Antidiabetic potential.	[275]

<i>Salvia verbenaca</i>	*Erva-crista.	All the year		INF/DEC	Used for thyroid disorders management.	[276]
				NI	Digestive problems.	[277]
				DEC/INF	Cancer management (Breast, blood, colorectal, liver, lung, intestine).	[278]
			L/S	DEC/INF/MOL/ FPG/BEV/COM/ PLAS	Herpes, eye infection, stomachache, wounds.	[279]
			NU	FRE	Extracting a foreign body from the eye.	[280]
			NI	NI	Used for influenza.	[281]
			L	CRW	Toothache; deodorising the oral cavity.	[282]
				DEC	Stomach ulcers; hypotensive; facilitating menstruation.	
				INF	Digestive.	
				NI	Cough, cold, bronchitis.	
			NI	NI	Abscesses, blisters, cysts, inadequate heart function, insect bites, intestinal worms, kidney stones, liver diseases, lumps, microbial infections, pimples, stomach diseases, and wounds.	
			L	DEC/Pow	Abdominal colics, cold, fever, healing.	[283]
				Pow	Wound treatment.	[284]
				DEC/INF	Genitourinary, skin, digestive, and respiratory problems.	[285]
			L/WP	Pow	Healing of burns, wounds, and abscesses.	[284]
<i>Thymus mastichina</i>	*Spanish Marjoram.	Mar - Aug	-	-	ANI.	-
	*Bela-luz.		NI	INF	Digestif, anticatarrhal agent, analgesic.	[255]

				NI	Used for treating respiratory, digestive, and rheumatic disorders. Used as a condiment/spice flavouring, in seasoning traditional dishes and salads, to preserve olives, to aromatise olive oil, and as a substitute for salt.	[286,287]
			WP	INF	Colds, cough, throat irritations, and abdominal pain. For indigestion and stomach pain.	
			AP	INF	Pain, rheumatism, common cold, cough, diseases of the digestive system, gastric ulcer, functional dyspepsia, abdominal and pelvic pain, nausea, vomiting, malaise, fatigue and localised oedema.	[135]
				FRO	Burns and corrosions	
				NI	Cold; digestive disorder; gastralgia; Bronchitis; urinary infection.	[288]
				DEC	Injuries.	[289]
<i>Plantaginaceae</i>						
No plant.	-	-	-	-	-	-
<i>Rosaceae</i>						
<i>Agrimonia eupatoria</i>	*Common agrimony. *Agrimónia.	May - Jul	NI	NI	Antidiabetic potential.	[290,291]
			AP	INF/DEC	Treatment of tract diseases, chronic wounds, lung inflammation, diarrhoea, liver diseases, cholecystitis, cholestasis, intestinal or bladder atony, pyelonephritis, bleeding disorders, skin defects, and inflammatory conditions of the oral mucosa.	[292]
			L/F/S	PIG	Increase the storage stability of beer.	
			L	INF	Antidiarrheal effects (astringent action), as a gargle in oral cavity inflammation and pharyngitis (sore throat).	

			NI	NI	Antimicrobial actions and improve digestion. Treat pyelonephritis, cholecystitis and cholestasis.	
			GU	INF	Eczema, purulent wound, psoriasis and haemostatic effects.	
<i>Crataegus monogyna</i>	*Hawthorn.	Apr-May	Fr	DEC	Antidiabetic potential.	[293]
	*Abronceiro.		F/L	NI	Cardiac diseases, hypertension, hyperlipidemia. anti-atherosclerotic agent, anti-spasmodic, cardiotonic, astringent, and diuretic agent. Improve blood circulation system, blood stasis elimination, treatment of gastrointestinal diseases, stimulation of digestion, promotion of stomach functions, indigestion, epigastric distension, abdominal pain, diarrhea.	[294]
<i>Geum urbanum</i>	*Wood avens.	May - Jul	AP	DEC	Antidiabetic potential.	[295,296]
	*Cariofilada.		F	INF	Sedative, hemostatic, astringent, anti-inflammatory, loss of appetite and diarrhea,	[297]
			R	WB, CATA	Frost bite, hemorrhoids, inflammations of the bladder and urinary tract and skin diseases.	
			R	CATA	Gum and mucous membrane inflammations.	
<i>Potentilla erecta</i>	*Tormentil.	May-Aug	R	DEC	Antidiabetic potential.	[295,296]
	*Consolda-vermelha.			INF	Anti-inflammatory in gastric and digestive diseases, antidiarrhea, and antiseptic for the mouth and throat.	[298,299]
			Rhi	DEC	Used to bathe purulent facial eczema and to rinse oral cavity ulceration.	
<i>Prunus avium</i>	*Cherry, wild.		Fr	NI	Antidiabetic potential.	[300]

	*Cerdeira.	Mar - May	L/Fr/Pt	RW/DEC	Diuretic, nephralgia, kidney stones, cardiotonic, vasodilator, diet, debilitating.	[301]
			Fr/Pt	INF	Urinary—bladder, diuretic, kidneys, urinary infection, urinary tract.	[302]
			Pt	DEC	Expectorant, laxative	[303]
			Pt	INF	Intestinal anti-inflammatory, antidiarrhoeic, diuretic, for bladder ailments, analgesic.	[304]
			L/Fr/Pt	INF/DEC/LWP/MS	Atherosclerosis, blood purifier, cardiotonic and vasodilator, tachycardia, cold and flu, bronchitis, carminative, costiveness and intestinal spasm, dyspepsia, diet and debilitating, edema, diuretic, kidney gravels.	[305]
			L	INF	Cough.	[306]
			S	DEC	To pass kidney stones.	[307]
			Fr	NI	Acute nasopharyngitis (common cold), acute pharyngitis, dyspepsia, allergic urticaria, disorder of prostate.	[308]
			Fr	ML	Dysmenorrhoea.	[309]
			LMW	CATA	Wounds/burns.	[310]
			F/Fr/S	DEC	Diuretic, influenza.	[311]
<i>Prunus lusitanica</i> subsp. <i>lusitanica</i>	*Portugal laurel.	May - Jul	NI	NI	ANI.	-
	*Azereiro.		BAT	NI	Antimalarial agent and to combat snake bites in cattle.	[312]
<i>Rosa canina</i>	*Dog rose.	Apr - Jul	PFr	NI	Antidiabetic potential.	[313]
	*Rosa-brava.		PET	INF	Nephritis.	[314]
			Fr	DEC	Cold, flu, cough, bronchitis, immunotonic, asthma.	
			L	DEC	Cold, flu, cough, itching, eczema.	

L/Fr	DEC	Gallbladder diseases, nephritis.	
RPFr	NI	Prevention and treatment of common colds; influenza-like infections; infectious diseases; for vitamin C deficiencies; fever; general exhaustion; gastric spasms; prevention of gastritis and gastric ulcers; diarrhea; as a laxative; for gallstones and gallbladder discomforts; urinary tract diseases and discomforts; as a diuretic; for gout, arthritis, sciatica, inadequate peripheral circulation, as an astringent, for lung ailments, as an eye rinse.	[313]
RFr	NI	For diseases and ailments of the kidneys and lower urinary tract; as a diuretic; for arthritis, rheumatism, gout, sciatica; for Colds; as a laxative; for fever; for vitamin C deficiency and for 'blood purification.	
Fr	SYR	For preventing scurvy.	[315]
Fr	TE	To strengthening the body's immune system against infections, common colds, influenza, scurvy, diarrhea, gastritis, cough, vaginitis and urinary tract infections	
NI	NI	Treating headaches, neural, gastrointestinal diseases, a tonic for heart and brain, and for treating some hepatic disorders.	
RH	Pow	A remedy to treat rheumatoid arthritis, wounds, and inflammations.	[316]
Fr	NI	Diuretic, laxative, effective for digestive problems.	
F/L	DEC	Applied in eye infections as an eye wash.	[317]

			L	NI	the treatment of carbuncles, furuncles and burns.	
				MAC	Diuretic, ingredients in common cold remedies.	
<i>Sorbus aucuparia</i>	*European mountain ash. *Tramazeira.	Jun - Jul	Fr	Jui/INF/DEC	Antidiabetic potential.	[318]
				INF	Headache.	[319]
				DEC	Antirheumatic, astringent, diuretic.	[214,318]
				DEC/Jui	Dietetic, soothing for throat and skin.	[320]
				FRE	Stomachache, warts, headache, Hemorrhoids.	[319,321]
				TINC	It is applied to relieve heart problems, headaches, and hypertension and to disinfect wounds.	[318,319]
				BWS	Blood pressure.	[319]
			BA	TE	Anticancer.	[322]
			L	DEC	Prostatitis, anticancer, for diarrhea, relieve cramps.	[318,321]
			Fr	Jui	Strengthening the walls of blood vessels, but significantly increases blood clotting.	[318]
			NI	NI	Thyrotoxicosis, hypertension, atherosclerosis, decreased immunity, gastritis with low acidity, hypertension and anemia. Antitumor, antisclerotic, anti-inflammatory, hypotensive, pressure regulating properties, regulates digestion, promotes the removal of heavy metals and radioactive materials from the body, and affects the body's hematopoietic activity.	
			L	BIT	Contribute to formation and removal of bile.	
			Fr	INF	sudorific and antipyretic.	

			Fr/L	Jui/INF	Applied in gastro enteric diseases, especially in dysentery and as laxative.	
			Fr	Jui/INF/DEC	Diuretic, against haemorrhoids, anastaltic properties.	
			Fr/F/L	NI	Antidiarrheal, anti-inflammatory, a remedy for abdominal distention.	
			Fr	NI	Can help atherosclerosis.	
			F	NI	Are used to heal urolithiasis.	
<i>Polygalaceae</i>						
<i>Polygonum aviculare</i>	*Common knotgrass.	Jul - Oct	AP	NI	Antidiabetic potential.	[323,324]
	*Centonódia.				Treatment of Colic, Antidiarrhea.	
			WP	TE	Treatment of gastrointestinal diseases, kidney colic as a painkiller, and an anti-inflammatory agent. It's used to treat dislocations, fractures, and furuncles, burns, bronchitis, cough, fever, tumors, and tuberculosis.	[325,326]
<i>Polygonum hydropiper</i>	*Marshpepper	Jul - Oct	-	-	ANI.	-
	knotweed.		WP	NI	Gastrointestinal disorders and helminthiasis,	[327–329]
				CRU	To treat insomnia, to arrest haemorrhage.	
				NI	To treat inflammatory dyspepsia, diarrhoea, menorrhagia, haemorrhoids, helminthiasis, for convulsion, insomnia and anxiety.	
					Used to treat digestive problems of livestock, as insect repellent for protecting cloths and crops, and as piscicidal medicine.	
	*Persea.		L	NI	Tranquilisers and sedation.	
			INF	It's used to relieve colic pain.		

			Jui		Used to treat anxiety, insomnia, and stomach pain, used as a remedy for headache, pain, toothache, gastric ulcer, dysentery, anorexia, and dysmenorrhoea.	
			R	Pow	For prevention of pregnancy. Continuous use leads to permanent sterility.	
			S	NI	Used to treat snake- bite.	
<i>Rumex acetosa</i>	*Garden sorrel.	May - Sep	L/F/R	DEC	Antidiabetic potential.	[330]
	*Azeda.		WP	NI	Gastrointestinal disorders, dermatological infections.	[331–333]
			L	NI	the management of bruises, jaundice, sore throat, scurvy, wounds and warts in Britain and Ireland.	
			F/L	NI	Used to manage lumps and tumors.	
			L/S	NI	Treatment for constipation, cramping, and diarrhea.	
			Fr/L/R	DEC	Treatment for skin disorders, sore throats, and warts.	
			R/S	Pow/Fre	Tenesmus, dysentery, gonorrhoea, fever, ulcer, scabies, skin itch kidney diseases.	
			L	Jui	Fever, diarrhea, lack of appetite, worm, "blood cleanser.	
			R	NI	Tenesmus, dysentery, gonorrhoea, fever, ulcer, scabies, skin itch, kidney diseases.	
			WP	DEC	Digestive problems.	[334]
<i>Rumex crispus</i>	*Curly dock.	Jun - Aug	L/R	DEC/COO	Antidiabetic potential.	[335,336]
	*Cata-cuz.		L	BOI	Emollient, laxative.	[337]
			R	NI	Laxative, "blood cleanser", skin diseases, icterus, gastrointestinal tract ailments, bruises, burns,	[331,338]

					swellings, venereal diseases, sores, rashes, gonorrhoea, swellings.	
				DEC	Laxative.	
				NI	Antipyretic, laxative, diarrhoea treatment.	
			NI	NI	Anthrax, purgative, astringent, dysentery, skin diseases, rheumatism, cough, constipation, tonic.	
			Fr	NI	Dysentery, urinary system.	
				BOI	Reduction in blood fat.	
				DEC	Diuretic.	
			L	CRU	Rheumatism, Headache.	
				DEC	Cough, Asthma, Haemorrhoid, Gynecologically Diseases, inflamed wounds, rheumatism.	
				COO	Anticancer.	
				NI	for scabies, blood pressure lowering, antipyretic, for worm, for the biliary system, diuretic, heart diseases, antiphlogistic, infections.	
				NI	Eye infections, antipyretic, expectorant, anti-tussive, vermicide, constipation, dizziness.	
			Rhi	NI	Antipyretic, laxative, Diarrhea treatment,	
<i>Rumex obtusifolius</i>	*Bitter dock. *Azeda-de-folha-larga.	Jun – Jul	-	-	ANI	[331]
			R/SE/AP	NI	Skin diseases, constipation, cough.	
			NI	NI	Astringent, laxative, tonic, antidote to nettle, sores, blisters, burns, cancer, tumour.	
			R	INF	Skin eruption, blood purifier, jaundice, contraceptive.	
			SE	NI	Cough, colds, bronchitis	
			L/R	NI	Burns and boils, blisters, nettle stings/ wrapping up butter, sores, tumours, hepatic, eye,	

dermatitis, furuncles, bruises, jaundice and fever.						
Ranunculaceae						
No plant.	-	-	-	-	-	
Cyperaceae						
No plant.	-	-	-	-	-	
Juncaceae						
Juncus acutus	*Spiny rush.	Mar - Jul	-	-	ANI.	-
	*Unco-agudo.		Fr	DEC	Diuretic, Anti-inflammatory, colic, genito-urinary disease, sedative.	[339]
			IF	POP	Stomachic.	[340]
			LAX	CATA	Skin burns.	[341]
			S	RW	Rheumatism.	[342]
			L	INF	Kidney stones.	
			AP/Fr	DEC/Jui	Antihemorrhagic, nasal bleeding.	[343]
			Fr	DEC	Kidney stones.	[165]
			WP	INF	Diuretic	[344]
Rubiaceae						
Galium aparine	*Cleavers, bedstraw.	Mar - Jun	F/L	INF	Antidiabetic potential.	[345]
	*Amor-de-hortelão.		SE/STK	JIW	Can be applied after bites from spiders and snakes.	[346,347]
			NI	NI	Treatment of lymph swellings, wounds, fever, hypertension, epilepsy disease and cancer.	
			AP	NI	Treatment of lymph swellings, tonsillitis, jaundice, wounds, cancer, fever, scurvy, hypertension and leukemia.	[348,349]

			NI	NI	Can clear away damp-heat, eliminate stasis, dissipate detumescence and detoxify, hematuria, traumatic injury, acute appendicitis, furuncle, otitis media.	[350]
			WP	NI	Used as cooling diuretic in fevers and for urinary tract infections, in skin diseases such as eczema or psoriasis, ulcers, chronic sores, as a blood purifier i.e., to increase lymphatic flow, to reduce swellings, infection and inflammation, or to stop bleeding from wounds.	[351]
<i>Cistaceae</i>						
<i>Cistus ladanifer</i>	*Gum rockrose. *Esteva.	May - Jun	AP	DEC	Antidiabetic potential. Used as an antidiarrhoeal, antacid, antispasmodic.	[352,353]
			L	Pow	Gastric acidity.	[354]
<i>Cistus salviifolius</i>	*Sage-leaved rockrose, salvia cistus or Gallipoli rose. *Estevinha.	May - Jun	L/R	DEC/Pow	Antidiabetic potential.	[40,118,355]
			AP	DEC	Skin inflammations, antifungal.	[356,357]
				DEC/WAC	Kidney problems, internal ulcers, skin infections.	[358]
			L/SE/S	DEC/INF/Pow	Respiratory, digestive problems.	[359]
			L/F	INF	Gynaecological disorders.	[360]
<i>Amaryllidaceae</i>						
<i>Allium victorialis</i>	*Victory onion. *Alho-oblongo-de-raízes-enredadas.	May - Jul	-	-	ANI.	-
			WP	KS	Cough.	[361]
			BU/L/W P	NI	Antitumor, anticytotoxic.	[362,363]
			WP	NI	Abdominal problems, swellings, asthma, respiratory problems and dysentery.	[364]

				EXT	Asthma, respiratory problems.	[365]
<i>Narcissus pseudonarcissus</i>	*Wild daffodil or	Mar - Jun	-	-	ANI	-
	Lent lily.		L/BU/F	TE	Anti-spasmodic, tranquiliser, treatment of haemorrhoids, skin diseases.	[366]
	*Narciso.		LMH	CATA	Mastitis.	[367]
			R	CATA	Burns, rheumatism.	
<i>Asparagaceae</i>						
<i>Muscari comosum</i> (Leopoldia comosa (L.) Parl. Basion. <i>Hyacinthus comosus</i> L)	*Tassel Hyacinth,	Mar - Jun	-	-	ANI.	-
	Tassel grape		BU	INF	Emetic, diuretic.	[133]
	hyacinth.			MF	Anti-fever.	[368,369]
	*Cebolinha-de-flor-azul.			BOI	Hypertension.	[370]
				INF/CATA	Toothache, bad breath, aphrodisiac.	[371]
			NI	NI	Aphrodisiac	[372]
<i>Polygonatum odoratum</i>	*Fragrant Solomon's	Mar - Jul	Rhi	NI	Antidiabetic potential.	[373]
	Sea.			NI	Lung diseases, cough, diabetes, indigestion, cardiac disease.	[374,375]
	*Selo-de-Salomão.			TE	Will strengthen the body and is especially good for recovering from weakness.	[376]
				SOK	To eliminate fatigue, moisten skin, and make one beautiful.	
<i>Ruscus aculeatus</i>	*Butcher's broom,	Mar - Jul	-	-	ANI.	-
	knee holly or		Rhi	MAC/Pow	Depurative, aphrodisiac, intestinal pains, hypertension, eczema, otitis, rheumatism.	[371]
	piaranthus.		Sho	COO	Liver depurative.	[377]
<i>Urginea maritima</i>	*Squill.	Aug - Oct	L	DEC	Antidiabetic potential.	[378]
	*Cebola-albarrã.		NI	NI	Used as an antibacterial, anthelmintic, abortifacient, and diuretic. Also used as an	[379]

(syn. <i>Drimia maritima</i>)					expectorant in bronchitis, chronic catarrh and pneumonia. Fresh bulbs are applied to wounds to promote healing. Useful for rheumatism, edema, gout, slowing down the pulse, and in the treatment of cancer.	
			BU	VIN	Used in treating combat hydrops, one of the striking symptoms of cardiac failure.	[380]
				PAD	Aphrodisiac.	[381]
<i>Boraginaceae</i>						
<i>Anchusa undulata</i>	*Common bugloss or alkanet. *Buglossa-ondeada.	Feb - Aug	L/S	NI	Antidiabetic potential.	[382]
			L/S	NI	Stomach aches.	
			R	DEC/Pow	Anaemia, liver diseases, body pain.	[383]
			S/L	Raw	Kidney stones.	[384]
			L	DEC	Diarrhoea.	[385]
				Raw	Haemorrhages.	[385]
<i>Echium plantagineum</i>	*Paterson's curse. *Chupa-mel.	Mar - Jul	-	-	ANI.	-
			AP	DEC	Diaphoretic and diuretic.	[386]
				INF	Expectorant.	[387]
			NI	NI	Muscular-Skeletal and respiratory problems.	[388]
					Bronchitis, lung cancer, cosmetic applications and skin care.	[389,390]
			F	DEC	Stomach-aches.	[391]
<i>Lithodora prostrata</i> (syn. <i>Glandora prostrata</i>)	*Shrubby gromwell, creeping gromwell or purple gromwell.	Jan - Oct	-	-	ANI.	-
			AP	DEC	Blood troubles (reported as "blood purifier or to strengthen blood") abortive and hypercholesterolemia.	[136]

	*Erva-das-sete-sangrias.			INF	For bladder ailments, blood circulation, for chilblain, for colds, anti-tussive, for seasickness, gastric analgesic, antipyretic, hepatic protector, digestive, for influenza, antipneumonic, dismenorrheic, Intestinal anti-inflammatory, blood depurative, for intoxication, antidermatosis, sedative, antirheumatic, renal anti-spasmodic.	[304]
			NI	NI	Anti-hypertensive and used for cataracts.	[392]
<i>Ericaceae</i>						
<i>Arbutus unedo</i>	*Strawberry tree. *Ervedeiro.	Oct - Feb	L/R	DEC	Antidiabetic potential.	[40,159,393–396]
			L/R/COR /Fr	DEC/INF/RW	Hypertension, respiratory problems, digestive problems, rheumatism, kidney diseases.	[371]
			NI	NI	Anticholesterolemic, anti-hypertensive, antihypotensive, cardiotonic, diuretic, for iron-deficiency, hematocathartic, vasotonic.	[392]
			R	DEC	Cardiotonic, for abdominal pain, renal anti-spasmodic, bladder ailments.	[304]
				SYR	Abortive, antihypercholesterolaemic. Blood depurative.	
<i>Erica scoparia</i>	*Besom Heath. *Moita-alvarinha.	Dec - Aug	-	-	ANI.	-
			L	INF	Antiinflammatory.	[397]
			F	INF	Urinary antiseptic, antiemetic, antispasmodic.	[398,399]
		Apr - Jul	Fr/L	FRE/LIQ/TE	Antidiabetic potential.	[400,401]

<i>Vaccinium myrtillus</i>	*Bilberry, blaeberry, wimberry, and whortleberry. *Arando.		L/F	NI	Acute diarrhoea, blood purifier, inflammation of the mouth and throat.	[400,402]
			Rr	TE	Asthma.	
			NI	NI	Endocrine and gastrointestinal system disorder. Antihaemorrhoidal, anti-hypertensive., diuretic.	[403]
			L	NI	An astringent, diuretic, vasoprotective, for anaemia, varicose and thread veins, poor circulation improving blood supply to veins and capillaries.	[402]
			Fr	DRE/INF	Laxative.	
				FRE/LIQ/TE	Gastrointestinal tract.	[404]
	FRE	Astringent and remedy for circulation and sight disorders.	[405]			
<i>Vaccinium uliginosum</i>	*Bog bilberry, bog blueberry, northern bilberry or western blueberry. *NI	Jul - Aug	-	-	ANI.	-
			L	SYR	Used for inducing menstruation, treatment of bladders stones, liver disorders, coughs and lung ailments, intestinal conditions, typhoid fever, infections of the mouth, skin, and urinary tract infections, rheumatism.	[406]
			Fr	TE	Used as an astringent for diarrhea and dysentery, as a diuretic, cooling nutritive tonic, to prevent scurvy (vitamin C deficiency), and to stop bleeding. It is also used as an astringent and disinfectant mouthwash for mouth inflammations.	
				FRE	Snack.	[407]

Onagraceae

No plant.	-	-	-	-	-	-
<i>Orchidaceae</i>						
No plant.	-	-	-	-	-	-
<i>Campanulaceae</i>						
<i>Jasione</i>	*Sheep's-bit.	Apr - Sep	-	-	ANI.	-
<i>montana</i> var.	*Baton-azul.		NI	NI	Sleep disorders in children.	[408]
<i>gracilis</i> (syn.						
<i>Jasione</i>						
<i>montana</i>						
subsp.						
<i>Montana</i>)						
<i>Scrophulariaceae</i>						
<i>Verbascum</i>	*Scallop-leaved	Jun - Sep	-	-	ANI	-
<i>sinuatum</i>	mullein.		L/F	NI	Ichotoxic (poison) plant to harvest fish in rivers by the ancient Mediterranean or as an insecticidal agent to kill pests in food products.	[409]
	*Cachapeiro.		NI	TOP/BOI	Anti-hemorrhoidal, leg treatment, anti-hypertensive, arthrosis, rheumatism, eczema, exanthema.	[410]
				BOI	Teeth pain, gumboil, chilblain, helminthiasis.	
				TOP	Liver inflammation, contusion, broken bones, cysts and zits.	
				INF	Gallstone, anti-diarrhoea, cold.	
				INF/TOP/BOI	Ucer/inflammation.	
				INF/BOI/MAC	Cough, asthma, bronchitis, hemoptysis.	
				INF/TOP	Hoarse, tonsillitis.	
				MAC/TOP	Wounds, ulcers, burns.	
				MAC	Conjunctivitis, otitis.	

<i>Verbascum thapsus</i>	*Common mullein. *Barbasco.	Jun - Aug	R	NI	Antidiabetic potential.	[411–413]
			L	DEC	Wound healing.	[414]
			L/F/R	NI	Used to reduce mucous formation and stimulate the coughing up of phlegm.	[415]
				TOP	It is used as good emollient, wound healer, astringent.	
			AP	INF	Pulmonary affections (bronchitis)	[416]
			L/R	CATA	Asthma, treatment for respiratory disorders.	[417]
				INF/MAC	Arthritis and gout.	
			R	SYR	For coughs.	
			L	CATA/INF	Analgesic, anti-inflammatory, a blood purification, treatment for headaches.	
				DEO	Stomachache.	[418]
				WA	To relieve pain and also used for softening boils.	[419]
			L/F	MIL	Asthma.	
<i>Geraniaceae</i>						
<i>Geranium purpureum</i>	*Little robin.	Mar - Jul	-	-	ANI.	-
	*Bico-de-grou.		AP	INF	Antiulcerose, vulnerary, anti-cancerous, intestinal anti-spasmodic, digestive, gastric analgesic, hepatic protector, for seasickness, for gallbladder ailments, for gastritis, for influenza, intestinal anti-inflammatory, renal anti-spasmodic.	[304]
<i>Geranium pyrenaicum</i> subsp. <i>lusitanicum</i>	*Hedgerow cranesbill.	May - Aug	-	-	ANI.	-
	*NI		-	-	-	-

<i>Geranium robertianum</i>	*Herb-Robert.	Mar - Jul	AP/L	DEC/INF	Antidiabetic potential.	[420]
	*Erva-de-São-Roberto.		F	INF	Gripes, headaches, stomach problems, liver problems.	
				MAC	Tonsillitis.	
			F/L	INF	Diarrhea.	
				DEC	Rheumatic.	
			L	INF/DEC	Prevention of cancer, astringent.	
				MG	Oropharyngeal inflammation.	
				INF/DEC	Poorly healing wounds, mosquito bites.	
			AP	INF/DEC	Diarrhea, gastritis, gout, gallbladder inflammation, kidney inflammation, liver problems, bladder inflammation, calculosis, sinuses diseases, nose bleeding, sciatica, tonic, hypertension, diuretic, cancer, anti-spasmodic.	
			<i>Orobanchaceae</i>			
No plant.	-	-	-	-	-	
<i>Papaveraceae</i>						
<i>Chelidonium majus</i>	*Greater celandine.	Mar - Sep	S/ROD	DEC/POW	Antidiabetic potential.	[421]
	*Aruda.		NI	HJH	Used to treat visual impairment and eye disease.	[422]
				SWA	Useful in treating jaundice and dermatologic disorders such as herpes.	
			L	INF	Cholagogue and to regulate action of the digestive trac	
			L/F/S/AP	LAX/Jui/CATA	Used to remove warts, to treat wound.	
			R/L	FRE	Treat corns.	
			AP/SE	DEC/INF/BTH	To expel roundworms.	

			NI	NI	Diuretic, for gout, used as tonic and stimulant of cardiac functions, also increasing blood pressure. Antidote for snake venom, depurative.	
			AP	TE	Employed in the treatment of cancer.	
				SLA	Remedy for pustules.	
				INF	Digestion, hemorrhoids, jaundice, liver, eye disease, skin diseases.	[423]
				RAW	Carminative, costiveness, warts, corns.	
			L	DEC	Rheumatism, sciatica.	
			SA	DAP	Vulnerary, for warts.	[304]
<i>Papaver dubium</i>	*Long-headed poppy. *Papoila.	Jan - Jul	-	-	ANI.	-
			F	NI	Used for diseases and discomforts of the respiratory tract, treat jaundice, for disturbed sleep and as a sedative, and for the relief of pain.	[424]
			PET	PCW	Immunotonic, galactagogue, and for epistaxis.	
			NI	NI	Anti-tussive and expectorant action, especially for the elderly and children. Pain reliever and sedative. Used to treat nervousness, insomnia, digestive and respiratory disorders, baldness, eye infection, as well as for measles treatment.	
			PET	SYR	Bronchial calmative, for a cough, and a sore throat.	
			AP	INF	To treat rheumatism.	
			L	FRE	Tonic.	
			<i>Hypericaceae</i>			
<i>Hypericum androsaemum</i>	*Tutsan or sweet-amber. *Erva-da-pedra.	Jun - Sep	-	-	ANI.	-
			L	INF	Used for liver, kidney and bladder ailments.	[425]
				PLO	Dressing cuts and wounds.	

			NI	NI	Cholagogue, hepatoprotector, nephroprotective and diuretic	[426]
			AP	INF	Sedative, hepatic protector, antihypertensive, for good disposition.	[304]
<i>Hypericum humifusum</i>	*Trailing St John's Wort *Erva-das-mil-folhinhas.	Mar - Sep	-	-	ANI.	-
			AP	INF	Diuretic, gastric analgesic, digestive, hepatic protector, for gallbladder and bladder ailments, urinary system.	[304]
			WP	NI	Hematemesis, hematochezia, irregular menstruation.	[427]
			NI	NI	Skin and digestive diseases.	[428]
<i>Hypericum perforatum</i>	*St John's-wort. *Erva-de-São-João.	May - Oct	NI	NI	Antidiabetic potential.	[429]
					Reproductive, muscular-skeletal, skin and digestive diseases.	[428]
					The relief of temporary mental exhaustion, for the symptomatic treatment of minor inflammations of the skin (such as sunburns), and as an aid in the healing of minor wounds, as well as for the symptomatic relief of mild gastrointestinal discomfort.	[430]
					Used for migraine, renal anti-spasmodic, hepatic protector, bladder and gallbladder ailments, seasickness, Intestinal anti-inflammatory, and its sedative.	[304]
			WP	CATA/DEC	Hemoptysis, hematemesis, metrorrhagia, traumatic hemorrhage, irregular menstruation, acute mastitis, jaundice, sore throat, swelling and pain of eye, urinary tract infection, sore furuncle, burn, wounds and bruises, rheumatic arthritis.	[427]

Liliaceae						
No plant.	-	-	-	-	-	-
Fagaceae						
Castanea sativa	*Spanish chestnut or sweet chestnut or European chestnut. *Castanheiro.	May - Jun	-	-	ANI.	-
			NI	NI	Blood cleaning, anthelmintic, against rachitis, In rheumatism and arthritis, as astringent and insecticide.	[431]
					Treat cough in children, hypertension, infertility and diarrhea.	[432]
			Fr/STB	INF	Antipyretic, diarrhea, hemorrhoids.	[184]
			L	INF/CATA	Bechic, against sores.	[433]
			L/F/BA	MAC	Anti-dysenteric, anti-spasmodic, infertility treatment, diarrhoea., cough (children), mucolitic.	[137]
			Fr	MAC	Odontalgia, haemorrhoids, erysipelas.	[68]
		FRE	Nervousness.			
Quercus pyrenaica	*Pyrenean oak. *Carvalho-da-Beira.	Apr - May	-	-	ANI.	-
			-	-	-	-
Quercus suber	*Cork oak. *Chaparrero.	Apr - Jul	-	-	ANI.	-
			BA	MAC	Odontalgia, muscle pain.	[434]
				PSP	Hemostatic and healing in wound care.	[284]
			L	CRU	Hair strengthening	[435]
Dryopteridaceae						
Dryopteris dilatata	*Broad wood fern or broad buckler fern. *NI	May - Nov	-	-	ANI.	-
			-	-	-	-
Salicaceae						
No plant.	-	-	-	-	-	-

<i>Aspleniaceae</i>						
No plant.	-	-	-	-	-	-
<i>Pteridaceae</i>						
<i>Adiantum capillus-veneris</i> L.	*Maidenhair fern.	All the year.	NI	NI	Antidiabetic potential.	[436]
	*Aivenca.		FROD	DEC	Used for female pains. It is used as a sedative in cases of dysmenorrhea, toothache, rheumatism and intestinal spasms in the diarrheic colitis.	[437]
					Is used in case of haemorrhaging in childbirth, pain in childbirth. For respiratory ailments, cough, asthma, depurative after childbirth, abortive, to increase milk production. It's diuretic and used against inflammation of the genitourinary tract. Used as a male-aphrodisiac.	
				POUB	Are employed in cases of eye inflammation.	
				POUR	Poultices of roasted fronds induce cicatrisation.	
				CATA	Eye inflammation.	
				INF	Is used as an emenagogue and to treat bronchitis and coughs. As expectorant; aperitive, gastritis, carminative to treat liver disorders.	
				Pas	Used for scorpion and snake bite.	
				NI	Are used as febrifuge.	
				IDM	Is used as an anti-tussive.	
				DPR	Used as regulator of menses, anti-cough, abortive.	
		WP		NI	Is used as an aromatic and an emollient in cough. Used for mouth blisters, eye diseases, fever, bronchitis, menstrual complaint. Used for the	

					treatment of cough, asthma, fever, jaundice, cold, measles and chest pain.	
					Rhi CATA	Used as a cicatrizant.
					AP DEC	Is used as an external application for hair loss, renal disorders. It is used as a bath in cases of dermatitis, cystitis, as astringent, diuretic, tonic, antibiotic, emetic, expectorant, febrifuge, jaundice and hepatitis.
<i>Caprifoliaceae</i>						
<i>Lonicera periclymenum</i>	*European honeysuckle. *Madressilva.	May - Jul	-	-	ANI.	-
			L/F/BA	DEC	Anti-asthmatic, antibiotic, antipyretic, childbirth induction, diaphoretic, diuretic, hepatic protector, oral antiseptic, urinary tract diseases.	[137]
			FPA	INF	Abdominal and pelvic pain, cramps general.	[135]
			L		Cardiotonic.	[399]
<i>Sambucus nigra</i>	*Black elder. *Sabugueiro.	Apr - Aug	-	-	ANI.	-
			IF	FUM	For mastitis	[438]
			F	IAP/ESS	Antidiarrhoeal.	
				INF/ESS	Intestinal antiseptic.	
			Fr	SYR		
			BA	DEC	Gout.	[68]
			F	INF/MAC	Cold, asthma.	
			L	CATA/INF	Insect bites, erysipelas.	
			Br	NI	Haemorrhoids.	
			F/L/BA	TE	Anti-allergic, anti-catarrhal; anti-inflammatory; anti-influenza; diaphoretic; diuretic.	[137]
			L	NI	Local abscesses, fever, headache, and urinary tract infections.	[439]

			F	DEC	Colds, pains, and skin diseases.	
			Fr	NI	Fever, influenza, nasal congestion, and coughs.	
<i>Gentianaceae</i>						
<i>Centaurium erythraea</i>	*Common centaury and European centaury. *Fel-da-terra.	Apr - Sep	AP/FAA P	INF/DEC	Antidiabetic potential.	[40,159,304,395,396]
			AP	INF	For bladder ailments, kidney stone, antipyretic, anti-infectious, Intestinal anti-inflammatory, for migraine, sedative.	[304]
			AP	MAW	Appetising.	
			FTOP	DEC	Tonic, appetiser, febrifuge, increase bile production, anthelmintics, digestive, sedative.	[133]
<i>Gentiana lutea</i> subsp. <i>lutea</i>	*The great yellow gentian. *Genciana-amarela.	Jun - Aug	NI	EXT	Antidiabetic potential.	[440]
			SE/F/L	INF	Digestive disorders, sexual tonic, appetite, rheumatism, dermatological problems.	[68]
			NI	EXT/WMAC	Improving the immune system, for stomach, aphrodisiac, gastric and duodenal ulcer, blood purification, for appetite, cancer diseases.	[440]
			R	LIN	Abdominal pains, digestive, strengthening the immune system.	[213]
<i>Euphorbiaceae</i>						
No plant.	-	-	-	-	-	-
<i>Plumbaginaceae</i>						
No plant.	-	-	-	-	-	-
<i>Resedaceae</i>						
No plant.	-	-	-	-	-	-
<i>Saxifragaceae</i>						
No plant.	-	-	-	-	-	-

Violaceae						
No plant.	-	-	-	-	-	-
Betulaceae						
<i>Corylus avellana</i>	*European filbert, European hazelnut or cobnut. *Avelaneira.	Dec - Feb	-	ANI.		-
			Fr	JAM/Raw/COS	Antialopepic.	[441]
			L	TE	For diarrhoea and heavy menstruation.	[402]
			Fr/BA	INF	Cardiac diseases, prostatic hypertrophy.	[214]
			Fr/BA/L	DEC	Antiseptic, intestinal astringent, for haemorrhoids (piles), antiseptic for minor wounds and sores.	
			Raw	SEC	Cough, high cholesterol, anemia.	[401]
Iridaceae						
No plant.	-	-	-	-	-	-
Primulaceae						
<i>Anagallis arvensis</i>	*Scarlet pimpernel. *Erva-do-garrotinho.	Feb - Oct	WP	TE	Antidiabetic potential.	[442]
			WP	CATA	Expectorant, diuretic, hepatitis, itching, insect bites, chronic infectious wounds.	[133]
			AP	DEC	Diuretic, anti-tussive, inflamed wound.	[320]
			FTOP	INF/WB	Diuretic, astringent, anti-tussive, to stimulate flow of bile, expectorant, stimulates glandular secretion, soothes swollen legs and feet.	
			L/F	SANJ	Skin inflammations and infections, burns, corns, wounds.	[443]
Iridaceae						
No plant.	-	-	-	-	-	-
Woodsiaceae						
No plant.	-	-	-	-	-	-
Urticaceae						

Urtica dioica	*Common stinging nettle. *Ortigão.	May - Jun	L/S	DEC/INF	Antidiabetic potential.	[40,133,355,395]
			L/R	DEC/INF	Anemia, antiinflammatory, digestive.	[133]
			L	TOP	Infected wounds, skin inflammations, corns, hard skin, warts.	[443]
			L/S	TLS/BOI/SOU/Raw/FRIC	Circulatory conditions, thin the blood, rheumatism and arthritis pain.	
				TLS/BOI/SOU	Gall stones, stimulate immune system.	
Urtica membranacea	*Large-leaved Nettle, Membranous Nettle. *Ortiga-alta.	All the year.	-	-	ANI.	-
			AP	DEC	Tussis, Tonsillitis, gum inflammations.	[444]
			WP/R	NI	Gastrointestinal purifier and anti-diarrhoeic.	[445]
			WP	INW	Hair loss.	[282]
			L	TOP	Sciatica	
			L	DEC	Diuretic; depurative; abdominal colics.	
Portulacaceae						
Portulaca oleracea	*Purslane or moss rose. *Baldroega.	May - Sep	AP	DEC	Antidiabetic potential.	[163,167]
			L/SE	FOO	Stomach problems, Kidney stone, Stop bleeding, Breast inflammations in breastfeeding mothers, Thirst.	[133]
			L	FRE/COO	Stomach and intestinal bleeding, diuretic, anemia, food.	[446]
			AP	EPP	Aphrodisiac.	[438]

			AP/SE	NI	Hemoptysis, gastritis, liver inflammation, intestinal ulcers, kidneys and bladder ulcers, hemorrhagic vomiting, fevers, insomnia, cough, tonsillitis, asphyxia, nocturnal emissions. As an anti-thirst, food digestive, anti-parasite, depurative, anti-hemorrhoids and diuretic medicine.	[447]
				EPP	Severe inflammations, erysipelas, pulsatile headaches caused by hot temperament, eye pain, teeth sensitivity, blepharitis, mouth ulcers, testicular swelling.	
Malvaceae						
Malva neglecta	*Buttonweed, Common Mallow. *Malva-das-folhas-redondas.	May - Sep	AP	INF/COO	Antidiabetic potential.	[448]
			L	INF	Antiseptic, ocular antiseptic, antihemorrhoidal, genital antiseptic.	[304]
			Fr/F/L	FOO	Colds, kidney and bladder infections, anti-tussive, antipyretic.	[133]
			L/F	INF/DEC	Infectious wound, sinusitis, teeth pain, acne removing, abdominal pains, foot infection, uterus infection, laxative, cough.	[449]
			AP	DEC	Diuretic, for urinary inflammations, abscesses, tranquilliser.	[21]
<i>Malva sylvestris</i>	*Common mallow. *Malva-comum.	Apr - Sep	-	-	ANI.	-
			L/Sho	INF	For obstipation, anti-hypertensive.	[304]
			L	VAP	Antihemorrhoidal.	
				INF	Antiseptic, intestinal anti-inflammatory, anti-inflammatory, anti-infectious, vaginal antiseptic, antidermatosis, for urinary system.	
			AP	GAR	Buccopharyngeal, anti-inflammatory.	

			MOU	Antiodontalgic.	
			L/F	FOO	Laxative, diuretic, cough, mouth and throats inflammations, anti-inflammatory. [133]
<i>Oleaceae</i>					
<i>Olea europaea</i> <i>var. europaea</i>	*European olive. *Oliveira-brava.	May - Jul	L/F/Fr	INF/DEC/MAC/ Pow	Antidiabetic potential. [167,243,394–396,450]
			L/S	INF	Anti-hypertensive, hepatic protector, antihypercholesterolaemic, sedative, antiulcerose, anti-anaemic, cardiotonic. [304]
			Fr	OLJ	To treat gallstones. [451]
			SE	OI	Laxative.
			L/Fr	DEC	Diarrhea, respiratory, and urinary tract infection.
			Fr	EPP	To prevent hair loss.
			L	BOI	To treat asthma.
				INF	Antipyretic, anti-inflammatory, tonic, eye infections treatment.
<i>Santalaceae</i>					
No plant.	-	-	-	-	-
<i>Solanaceae</i>					
<i>Solanum nigrum</i>	*European black nightshade. *Erva-moira.	Apr - Nov	WP	Pow	Antidiabetic potential [100]
			NI	Pow	Malignant sores, bad breath. [452]
				DEC	Invigorate qi and nourish blood, remove blood stasis and detoxify, cancer, phlegm scrofula, breast mass, wheezing, vomiting.
			Fr	FOO	Diuretic diaphoretic, antispasmodic, emollient and emetic. For treatment of diarrhea, fever and eye problems. [453]

			L	INF	Has sedative, cholagogue and narcotic properties.	
<i>Amaranthaceae</i>						
<i>Chenopodium ambrosioides</i> (Syn. <i>Dysphania ambrosioides</i>)	*Mexican tea	Aug - Nov	AP/L/BA	DEC/INF/MAC	Antidiabetic potential.	[454–456]
	*Ambrósia-do-México.		R	SYR	Is used for influenza treatment.	[457]
			L	OI	Treat parasitic diseases.	
				MIM	Used for the treatment of flu or intestinal worms.	
				TE	Employed to treat digestive disorders.	
				NI	Fertility control.	
				INF	The leaf infusion is orally taken to alleviate stomach pains.	
			AP	DEC	Used to relieve muscle pain and treat bone injuries.	
			L/R	Pas	Applied to the area affected by inflammation for treatment.	
<i>Apocynaceae</i>						
No plant.	-	-	-	-	-	-
<i>Araliaceae</i>						
No plant.	-	-	-	-	-	-
<i>Cupressaceae</i>						
<i>Juniperus communis</i>	*Common juniper.	Jun - Aug	BA	NI	Antidiabetic potential.	[458]
	*Zimbro-anão.		Fr	NI	Inflammatory diseases of the lower urinary tract, dyspeptic complaints.	[400]
				Jui/INF	Diuretic, common cold, cough, asthma, gonorrhoea.	[459]
			L	INF	It is given in leucorrhoea and dysmenorrhoea.	[460]
				Pas	Applied on skin ailments.	

No plant.	-	-	-	-	-	-
<i>Cytinaceae</i>						
<i>Cytinus hypocistis</i>	*Rockrose parasite. * Pútegas-de- escamas-largas.	Mar - Jul	- F NI	- NI DEC	ANI. Heart problems. Used for dysentery and its astringent qualities; other reported uses include the treatment of tumours of the throat and eye inflammations and as an emmenagogue.	- [468] [469]
			WP	COM	Astringent, tonic, and haemostatic substance.	[470]
<i>Cytinus hypocistis</i> subsp. <i>hypocistis</i>	*Yellow <i>Cytinus</i> . *Coalhadas.	Mar - Jul	-	-	-	-
<i>Pinaceae</i>						
<i>Pinus pinaster</i>	*Maritime pine or cluster pine. *Pinheiro-bravo.	Mar - Mar	Sho	INF	Antidiabetic potential. For colds	[304]
				MOU	Buccal antiseptic.	
			RES	DAP	For wounds on the hands and feet, for burns.	
				MAL	Muscular analgesic.	
			CO	INH	Antiasmatic.	
			Sho, CO	SYR	Antitussive.	
<i>Pinus sylvestris</i>	*Scots pine. *Pinheiro-da- Flandres.	Mar	- CO/Sho/ RES	- SYR/DEC	ANI. Cough.	- [471]
			NED	TE	Anticancer.	[472]
			Sho	BTH	Rheumatic pain.	[473]
<i>Thymelaeaceae</i>						
		Jul - Oct	L/BA	INF	Antidiabetic potential.	[243,352]

<i>Daphne gnidium</i>	*The flax-leaved daphne.		L	NI	Haircare, hair dyeing, abortive, dermatological problems.	[474]
	*Erva-de-João-Pires.			DEC/L	Remove toxins.	
			L/BA	INF	Cure toxicity, abortive, haircare, purgative, and against skin diseases.	
			AP	DEC	Odontalgia.	
			R/BR	NI	Insecticides.	
<i>Typhaceae</i>						
No plant.	-	-	-	-	-	-
<i>Ulmaceae</i>						
<i>Ulmus glabra</i>	*Scotch elm.	Feb - Apr	-	-	ANI.	-
	*NI		BA	POMIL	To soften blood vessels in painful vascular obstruction in extremities.	[7]
			BA/TWI	CATA	Diuretic, diarrhea, rheumatism, warts, fractures.	[133]
			BA	OIT/DEC	Applied to wounds as an haemostatic. Applied to haematoma and haemorrhoids.	[303]
			L/BA	DID	Antidiarrheal.	[475]
			BA	LOT	Antiinflammatory.	
			BR	DID	Weakening, galactacasic.	
			L	LOT/DID	Antiechymotic, laxative.	
<i>Valerianaceae</i>						
No plant.	-	-	-	-	-	-
<i>Xanthorrhoeaceae</i>						
No plant.	-	-	-	-	-	-
<i>Lauraceae</i>						
<i>Laurus nobilis</i>	*Bay laurel.	Feb - Apr	L	INF/DEC	Antidiabetic potential.	[391,476,477]

*Loireiro-vulgar.			NI	NI	For indigestion, skin swellings, hysteria, analgesic, sedative, anti-spasmodic, tonic, stimulant, astringent.	[478]
			L	INF	Colopathy, stress, urinary, cutaneous infections, constipation, obesity, bronchitis, rhinitis, muscular, inflammation, gynecological problems, sleep disturbances, allergies.	[479]
				OI	For acne, hair loss, pain.	[391]
				DEC	Stomachache, cold, chokes. Scorpion bite, bee sting, snake bit, hemorrhoid, rheumatism, pain, digestive, antipyretic, antiseptic, stomach disorders, prostatitis, wound, cold, kidney diseases, appetising, diaphoretic, stomachache, diuretic, weakness, sedative, headache, cardiovascular disease, ulcer, tonic, antihelminthic, antistress, respiratory disease, flatulence, intestinal diseases, diarrhea, skin diseases.	
<i>Cannabaceae</i>						
<i>Humulus</i>	*Common hop.	Jun - Aug	L	NI	Antidiabetic potential.	[480]
<i>lupulus</i>	*Engatadeira.		NI	NI	Useful to treat sleeplessness and nervousness, treat excitability and restlessness associated to tension headache; to improve appetite, digestion; to relieve toothache, earache and neuralgia. Exert diuretic, antispasmodic and anaphrodisiac effects. Sedative, antirheumatic, analgesic and as a urinary aid for "gravel" and inflammation, to treat restlessness associated with nervous tension, headache and indigestion.	[481]

			HP	POU	Treatment of pneumonia.	
			NI	DEC	Intestinal pain and fevers.	
			NI	NI	Toothache, earache, neuralgia, leprosy, tuberculosis, asbestosis, silicosis, anthelmintic, antiparasitic, cough, spasms, fever, anxiety, clearing blood, flatulence, Delirium tremens, irritable bladder, aches, diuresis, liver disorders (porphyria), gastric problems, indigestion, appetite, bleary eyes, tenderness of limbs, sedative, sleep disturbances, antibiotic, anti inflammatory.	[482]
<i>Colchicaceae</i>						
No plant.	-	-	-	-	-	-
<i>Commelinaceae</i>						
No plant.	-	-	-	-	-	-
<i>Convolvulaceae</i>						
<i>Convolvulus arvensis</i>	*Field bindweed. *Corriola.	Apr - Sep	L/WP	DEC	Antidiabetic potential.	[483]
			WP	TOP	It used as vegetable relieving constipation and as purgative, and for skin problems.	[484]
			WP	NI	It is used in excessive menstrual bleeding and leucorrhea.	[485]
				DEC/TOP	Abdominal pains, diarrhea, jaundice, gynecological problem, abdominal pains, diarrhea, jaundice, gynecological problema.	[486]
<i>Cucurbitaceae</i>						
<i>Bryonia dioica</i> (Syn. <i>Bryonia cretica</i> subsp. <i>Dioica</i>)	*Red bryony. *Bríonia.	Apr - Sep	R	NI	Antidiabetic potential.	[487]
			NI	NI	Breast cancer, hypercholesterolemia, fertility disorder, rheumatism.	
			R	MHO	Used for the Treatment of Cancer.	[488]

			L/Fr	INF	Anti-hypertensive.	[381]
			R	MCO/PRW	Diuretic, to reinforce bones, anti-sciatica.	[433]
			R/L	DEC/POU	Purgative, revulsive.	[489]
			R	DECO	Antirheumatic and antineuralgic.	[490]
			Fr	MAL	Injuries.	[280]
			NI	NI	Is used as a potent cathartic, cytotoxic, diaphoretic, expectorant, hydrogogue, irritant, pectoral, purgative and also as a vermifuge. Various inflammatory conditions, bronchial complaints, asthma, intestinal ulcers, hypertension and arthritis.	[491]
			WP	FOO/CATA	Laxative, diuretic, diaphoretic, rheumatism, bruises, mucosa inflammation, warts, bronchitis, asthma.	[133]
<i>Dennstaedtiaceae</i>						
No plant.	-	-	-	-	-	-
<i>Dioscoreaceae</i>						
<i>Tamus</i>	*black bryony.	Mar - Jun	-	-	ANI.	-
<i>communis</i>	*Arrebenta-boi.		Rhi	TE/RHP	For rheumatism, sciatica.	[402]
(Syn.			Fr/R	GRA/FRE	Used against furunculosis, rheumatic pains and against muscle pains.	[492]
<i>Dioscorea</i>			Fr	RUB	Aching bones.	[493]
<i>communis</i>)						
<i>Droseraceae</i>						
No plant.	-	-	-	-	-	-
<i>Elatinaceae</i>						
No plant.	-	-	-	-	-	-
<i>Haloragaceae</i>						
No plant.	-	-	-	-	-	-

<i>Melanthiaceae</i>						
No plant.	-	-	-	-	-	-
<i>Menyanthaceae</i>						
No plant.	-	-	-	-	-	-
<i>Moraceae</i>						
<i>Ficus carica</i>	*Common fig.	Aug - Sep	L/Fr	DEC	Antidiabetic potential.	[159,163,355,476]
	*Bebereira.		Fr	SYR	Is used as a remedy for mild constipation.	[494,495]
				JH	It can be used for haemorrhage.	[495]
				NI	Antidiarrheal, metabolic, cardiovascular, respiratory, anti-spasmodic, anti-inflammatory, antiplatelet, inflammatory, and gut motility, antioxidant, laxative, anticancer, expectorant, and diuretic.	[495,496]
					L	NI
			Fr/L/R	NI	Indigestion, colic treatment, loss of appetite.	
<i>Myrtaceae</i>						
<i>Eucalyptus globulus</i>	*Tasmanian bluegum.	Nov - Mar	L/Fr	DEC	Antidiabetic potential.	[159,167,395]
	*Eucalipto-comum.		L/S	INF	Analgesic, antiseptic, antirheumatic.	[304]
			L/S	INF	Intestinal anti-inflammatory, renal anti-spasmodic, for bladder ailments, anti-hypertensive.	
			L/S	VAP/INH	Nasal descongestive, antiasmatic, bronchodilator.	
			L	INF	Cough, grippe.	[113]
				INF/VAP	Anti-catarrhal. expectorant. for respiratory disorders.	[497]
<i>Oxalidaceae</i>						

<i>Oxalis pes-caprae</i>	*Bermuda buttercup.	Jan - Apr	-	-	ANI.	-
	* Amendoim-bravo.		BU/R	DEC	Digestive and respiratory problems.	[174,203]
			NI	NI	Vermifuge.	[498]
			AP	INF/	Mouth problems (aphthous), appetiser, stomachache.	[499]
			S	FRE	Digestive.	[302]
<i>Phytolaccaceae</i>						
<i>Phytolacca americana</i>	*Pokeweed.	May - Aug	-	-	ANI.	-
	*Baga-moira.		L/STK	EA	Clean blood.	[500]
			L	INS	Insecticide.	[501]
			AP	NI	Digestive, treatment of obesity.	[502]
			L	BOI	Management of skin disorders.	[503]
	INF			Depurative.	[504]	
			R	CC	Anaemia.	[505]
			L/Fr/R	NI	Diarrhoea, rheumatism.	[506]
<i>Potamogetonaceae</i>						
No plant.	-	-	-	-	-	-
<i>Proteaceae</i>						
No plant.	-	-	-	-	-	-
<i>Rhamnaceae</i>						
No plant.	-	-	-	-	-	-
<i>Sapindaceae</i>						
No plant.	-	-	-	-	-	-
<i>Simaroubaceae</i>						
<i>Ailanthus altissima</i>	*Tree of heaven.	Apr - Jun	BA	NI	Antidiabetic potential.	[507]
	*Ailanto.		SE	OI	To treat urticaria.	[508]
			BR	INF	Diarrhoea.	[509]

			L/BA	DEC	Anthelmintic, gastroenteritis.	[385]
			BA		Treatment of uterine bleeding, postpartum hemorrhage, acute and chronic dysentery, metritis, and enteritis.	[510]
				DEC1	Treatment of large intestine damp-heat ulcerative colitis.	
				DEC2	Treatment of ulcerative colitis.	
				DEC3	Treatment of late threatening abortion.	
				DEC4	Treatment of dysfunctional uterine bleeding induced by hepatic heat and spleen asthenia.	
				NI	Used for asthma, epilepsy, spermatorrhea, bleeding, and ophthalmic diseases. It's an intestinal astringent, tourniquet, antidiarrheal, insecticide, maintain hemostasis and used for reducing stool output. Used to remove phlegm from the lungs and stomach and relieve spleen dampness.	
				PIL1	Treatment of irregular menstruation, morbid vaginal discharge, edema, and chronic inflammation.	
				PIL2	Treatment of epilepsy, asthma, yellowish leukorrhea, trichomonas vaginitis, amoeba vaginitis, senile vaginitis, and cervix inflammation.	
				PIL3	Treatment of chronic cervicitis, endometritis, and vaginal mucositis.	
<i>Taxaceae</i>						
<i>Taxus baccata</i>	*English yew.	Mar - Apr	R	DEC	Antidiabetic potential.	[163]

	*Teixo.		BA/L	DEC/TE	Headache, bone fracture, cancer, asthma, bronchitis, epilepsy, arthritis, scorpion stings.	[511]
			L	MAL	Antirheumatic and antineuralgic.	[490]
				INF	Epilepsy, headache.	[512]
			BA	NI	Used to cure bone fracture.	[513]
			BR	DEC	Emmenagogue, abortifacient, cardiotonic.	[492]
			COP	OIT/BTH	Antipyrotic, external antiseptic, cosmetic (hair), resolvent.	[31]
Verbenaceae						
Verbena officinalis	*Common vervain.	Jun - Dec	L	DEC	Antidiabetic potential.	[393]
	*Algebrado.		AP	DEC/CATA	Depression, mild tonic, sedative, nervous system tonic.	[133]
			L/R	Pow/Pas	Burns, wounds, nits, abscesses, pimples, healing wounds.	[284]
			AP	PLS	For haemostatic and cicatrising purposes.	[493]
				PLSP	Rheumatic pains in knees and elbows.	
				CHOP	For thyroid problems.	
				OIT/POUL	Antiechymotic, antineoplastic, resolvent.	[31]
				ROI	Bruises, muscular pains, rheuma.	[514]
				TE	A diuretic, calms the nerves, increases perspiration for insomnia, depression, migraines and nervousness, for fever, lowers high temperatures, reduces inflammation and relieves pain.	[402]
Vitaceae						
Vitis vinifera	*European wine grape.	May - Jun	L	DEC	Antidiabetic potential.	[163,515,516]

*Parreira.			L/Fr/BR/SE/LAX	DRO/Raw/FCW/DFC/Jui/CIN/FR ANK/DRE/MK Ms/CATA	Watering of eyes, lung cancer, burn, boil and wound care, anemia, bronchitis, cold and flu, carminative, costiveness and intestinal spasm, dyspepsia, allergy.	[305]
			UNF/RIF	FOO/REW/VIN	Anti-diarrhoea, galactagogue, against sore throat, laxative, anti-dandruff.	[517]
			F/L/Fr	Jui/RIF	Is used as laxative, purgative, diuretic, aphrodisiac, in fever, asthma, jaundice, vomiting, stomach problems, laves used in piles, joint aches, flower is expectorant, liver tonic, bronchitis, constipation.	[518]
			Fr	Mas/SYR	For strengthening of the organism and strengthening of the thyroid gland, and for improving of blood picture and strengthening of the organism.	[519]
<i>Buxaceae</i>						
<i>Buxus sempervirens</i>	*Common Box. *Buxo-arbóreo.	Jan - Fev	L	DEC	Antidiabetic potential.	[450]
				OIT/BAL/TINC	For purulent ulcers and wounds, tincture against rheumatism.	[519]
				BTH/LOT	Antiverrucose.	[31]
				INF	Purgative.	[520]
				DEC	Febrifuge	[521]
			AP	TE/Raw	Anticholagogue, antihelminthic, antinauseous, bechic, carminative, curative, reconstituent.	[475]

ANI: Antidiabetic potential not identified, AP: Aerial parts, BA: Bark, BAL: Balm, BAT: The bark of the trunk, BEV: Beverage, BD: Bud, BIT: Bitter, BOI: Boiled, BR: Branches, BRE: Fresh roots are pulverised and mixed with flour to make bread, BTH: Bath, BU: Bulb, BWS: Boiled with sugar, CATA: Cataplasm, CHE: Chewing, CHOP: Chopped together with *Thymus longicaulis* subsp. *longicaulis* and *Parietaria diffusa*. Then add bean flour and beaten egg white and apply with a cloth to the neck for 4–5 h or, preferably, overnight. Use for 3 days, suspend for three days, repeat cycle three times, CIN: Cinder, CL: Cladodes, CO: Cone, COM: Compresses, COP: Cortical parenchyma, COO: Cooked, COR: Cortex, COS: Cooked (boiled with salty water and then toasted), CRE: Creams, CRU: Crushed plant, CRW: By chewing and rubbing, DAP: Direct application, DEC: Decoction, DEC1: The plant was mixed with *Paeoniae radix* Alba, *Coptidis Rhizoma*, *Astragali Radix*, *Codonopsis Radix*, *Poria*, *Angelicae sinensis* Radix, *Arecae Semen*, *Aucklandiae Radix*, *Cinnamomi Cortex*, *Glycyrrhizae radix* and *Rhizoma*, DEC2: The plant was mixed with *Gentianae macrophyllae* Radix, *Atractylodis Rhizoma*, *Phellodendri chinensis* Cortex, DEC3: The plant was mixed with *Pulsatillae Radix*, *Lonicerae japonicae* Caulis, *Taxilli Herba*, *Asini corii* Colla, *Pseudostellariae Radix*, *Astragali Radix*, *Scutellariae Radix*, *Mori Folium*, DEC4: The plant was mixed with *Atractylodis macrocephalae* Rhizoma, *Platycladi Cacumen*, *Trachycarpi Petiolus*, DECO: Decoction mixed with olive oil, DEO: Leaves are mixed with bulbs of onion (*Allium cepa* L.) and decocted. Preparation is given orally, DFC: Dried fruit eaten by chewing; DFE: Dried flower extracts, DPR: Decoction of about a quarter of a litre of water with some dried figs, an apple, some *Prunus cerasus* fruits, some pieces of *Prunus dulcis epicarpus* and *A. capillus-veneris* fronds. The decoction is filtered and honey or sugar is added, DRE: Dried, DID: Direct digestion, DRI: Drink, EA: Usually eaten with other wild greens; fried or “killed” by pouring hot grease on top of leaves, DRO: Drops, EAP: Extract- ash of pea, EMU: Emulsion, EPP: External application, ESS: Essence, EXT: Extract, EX EYD: Eye drops, F: Flowers, FAAP: Flowering and aerial parts, FAP: Flowered aerial parts, FB: Flowering branches, FCF: Fruit cluster flower, FCW: Fruits are eaten by chewing, FH: Flower heads, FOF: Flowering offshoot, FOO: Food, FPG: Fresh plant ground, FPI: Flowering apical parts, Fr: Fruits, FRANK: Frankincense; FRE: Fresh, FRO: Fry in oil, FROD: Fronds, FTOP: Flowering tops, FUM: Fumigation, GAR: Gargle, GCB: Gargles, compresses and baths, GE: Gel, GTO: Green tops, GU: Gum, HJH: Use herb juice, boiled with honey in a brass vessel, HP: Heated hops, IAP: Tisane (with *Achillea ptarmica*), IDM: Infusion or decoction in milk, INF: Infusion, IF: Inflorescences, INH: Inhalation, INS: The plant, dried in the sun and ground to a powder, was placed in stalls as an insecticide, INW: By washing the head with infusion, JAM: As a thickening agent for jams, JH: The juice of fig fruit mixed with honey, JIW: Juice mixed in wine, Jui: Juice, KS: Korean salad, seasoned cooked vegetables, mixed vegetables with spices, L: Leaves, LAX: Latex, LC: Crushed leaves scrubbed on the hands, LIN: Lincura-‘gentian brandy’: about 10 g root, dried and diced is put into a dark glass bottle, covered with brandy and left to sit for 3 weeks: slighter people drink 1 small glass, while larger people can have 2 small glasses a day, before meals, LIW: Leaves immersed in wine, mixed with tomato pulp, LIQ: Liquor, LMH: Fresh leaves macerated with honey, LOT: Lotion, Lpw: Leaf powder; MAC: Aqueous maceration, MAL: Alcohol maceration, MAW: Maceration in wine, MF: Cut, macerated in water, then fried, MG: Mouthwashes/gargles (infusion/decoction), MHO: Mixed with honey, MIL: About 40 g of dried leaves and flowers are boiled in 1000 g of Cow’s milk for 10 min, strained and the filtered milk is given to the patient thrice daily in cases of asthma, MIM: Mixed with milk, MK: Mask, MOA: Macerated in alcohol or in oil, MOL: Macerated in olive oil, MOU: To wash one’s mouth, Ms: Mash, NED: Needles, NU: Nuts, OB: Oral bath, OI: Oil, OIS: Ointment made by mixing and heating olive oil with the spores, OIT: Ointment, OLJ: Olive oil + lemon juice, PAD: Pads form, Pas: Paste, PD: Pods, PE: Plant extract, PET: Petals, PCW: Petals (excluding the black parts) waiting in sun with lemon and water, PIG: Pigment, PIL: Pills, PIL1: Pills contained also *Codonopsis Radix*, *Angelicae sinensis* Radix, *Aucklandiae Radix*, *Foeniculi Fructus*, *Eucommiae Cortex*, *Psoraleae Fructus*, *Indigo*

Naturalis, Ostreae Concha, *Atractylodis macrocephalae* Rhizoma, *Paeoniae radix Alba*, *Cyper Rhizoma*, *Amomi Fructus*, *Corydalis Rhizoma*, *Dipsaci Radix*, *Celosiae cristatae* Flos, PIL2: Pills contained also *Phellodendri chinensis* Cortex, *Paeoniae radix Alba*, *Angelicae sinensis Radix*, *Cyper Rhizoma*, PIL3: Pills contained also *Phellodendri chinensis* Cortex, *Poria*, *Dioscoreae Rhizoma*, *Schisandrae chinensis* Fructus, *Testudinis carapax* et *Plastrum*, *Asini corii Colla*, PLAS: Plasters and poultices, PLO: The pounded leaves were mixed with lard to produce an ointment, PLS: Plaster, PLSP: Plasters, sometimes with petrol, PO: Pollen, POIL: Powder or oil are mixed with Beeswax and honey, and taken daily in the form of capsule during one month, POMIL: Peeled barks are cut into small pieces and boiled in milk, then the poultice is applied to affected extremities, POUB: Poultices of boiled fronds, POUL: Poultice, POUR: Poultices of roasted fronds, POP: Powder consumed with honey, Pow: Powder, PRW: Poultice prepared from prolonged boiling of cubes of the root in a small amount of water, PSP: The internal bark powder is sprinkled directly on burns, Pt: Pedicel, R: Roots, RES: Resin, REW: Red wine, RFr: *Rosae fructus*, Rhi: Rhizome, RPFr: *Rosae pseudofructus*, RH: Rose hips, RHP: Rub sore areas with root; afterwards sore areas become red and warm; apply oil or milk afterwards to prevent inflammation; or, apply a compress prepared from planed rhizome with or without plum brandy, RIF: Ripe fruit, ROD: Rods, ROI: Roasted with oil and egg whites in poultice and placed between cloths, RUB: For pains in the joints, rubbed onto the skin, RW: Raw, S: Stems, SA: SAP, SANJ: Pomada sanjuanera: Ointment prepared frying together many plants such as: *Achillea millefolium*, *Allium ampeloprasum*, *Anagallis arvensis*, *Calendula officinalis*, *Chamaemelum nobile*, *Cruciata glabra*, *Eleocharis quinqueflora*, *Glycyrrhiza glabra*, *Hedera helix*, *Hypericum hirsutum*, *Hypericum perforatum*, *Inula montana*, *Jasonia tuberosa*, *Lavandula latifolia*, *Malva sylvestris*, *Mentha piperita*, *Pinus sylvestris*, *Plantago lanceolata*, *Plantago major*, *Potentilla erecta*, *Potentilla reptans*, *Primula veris*, *Pulmonaria longifolia*, *Ranunculus ficaria*, *Rumex sp.*, *Sambucus nigra*, *Santolina chamaecyparissus*, *Symphytum tuberosum*, *Thymus vulgaris*, *Tussilago farfara*, *Verbascum thapsus* and *Verbena officinalis*. SE: Seeds, SEC: The seeds are crushed, SFL: Squashed fresh leaves, Sho: Shoots, SLA: A salve from celandine, olive oil, fir resin and beeswax was a remedy for abscesses, SOK: Soaked with liquor and sugar for six months, SOU: Soup, SPO: Spore, STB: Stem bark, STK: Stalks, STR: Straws, SWA: Soaked in wine together with anise fruits, SYR: Syrup, TAG: Tablets and granules, TB: Topic/Boiled; TE: Tea, TINC: Tincture, TIS: Tisane (with *Parietaria officinalis* ssp. *judaica* and *Beta vulgaris* ssp. *vulgaris* var. *vulgaris*), TLS: Tender leaves and stems, TOP: Topic, TWI: Twigs, UNF: Unripe fruits, VAL: Valve, VAP: Vapor, VIN: Vinegar, VIM: The naked body of the patient is covered with fresh leaves which are wetted with vinegar or raw sheep milk and kept warm to induce perspiration, WA: The leaves are warmed, tightly tied on the joints to relieve pain and also used for softening boils, WAS: Washing, WB: In water bath, WMAC: Water maceration, WP: Whole plant, YB: Young buds.

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