

Medicinal Use of Some Plants in Galicia (NW Spain)

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Abstract

In recent years, modern medicine has largely replaced traditional medicine and phytotherapy has been substituted for the use of chemically synthesized products. In this work, information has been collected through interviews on traditional therapeutic use of 84 species belonging to 38 families of medicinal plants with the aim to rescue and preserve a part of Galician traditional culture.

Lamiaceae and Asteraceae have provided the higher number of species of medicinal interest (29 %), followed by Liliaceae, Poaceae and Rosaceae. The plants used more frequently and which present more diversified uses are *Rosmarinus officinalis* and *Sambucus nigra*. Other plants which are often employed are *Ruta graveolens*, *Urtica dioica*, *Malva* sp., *Juglans regia* and *Allium sativum*. The parts of the plant more frequently used are leaves, flowers, underground parts and fruits, in decreasing order. The most usual preparation method is infusion (42 %) and, as regards to therapeutic use, the treatments for internal administration (60 %) are more common than the ones for external application. Some new medicinal uses are reported from species such as: *Taxus baccata*, *Saxifraga spathularis*, *Taraxacum officinale*, *Osmunda regalis* or *Sylibum marianum*.

INTRODUCTION

In Galicia (NW Spain), as in the rest of western world, traditional medicine, which was mostly based on cure with plants, has been almost completely replaced by modern medicine in which chemically synthesized products are mainly used (Muntané, 1991; Ember and Ember, 1997). In spite of that, some individuals have learned and transmitted through generations the traditional remedies.

In the Iberic Peninsula, many ethnobotanical and ethnopharmaceutical studies have been done (Palacín, 1983; Villar, 1984; Villar et al., 1984; González Tejero, 1985; Guzmán, 1986; Mulet, 1987, 1991; Muntané, 1991; Bonet et al., 1992; Bonet, 1994; Agelet and Vallés, 1996; Agelet et al., 1996; Alcalá-Martínez et al., 1996; Fernández et al., 1996; Vallés et al., 1996; Martínez et al., 1996, 1997; Parada, 1997; Raja et al., 1997; Vázquez et al., 1997; Vallés, 1997; Bonet et al., 1998; Verde et al., 1998; Selga, 1998; Agelet, 1999; Agelet et al., 2000; Blanco et al., 2000). These works are mainly focused on the regions of Cataluña and Navarra and have been extended to País Valenciano, Andalucía, Extremadura and Albacete.

In Galicia, there are some studies which mention, directly or indirectly, plants of medicinal interest (Merino, 1987; Bellot, 1952; Silva, 1984; Rigueiro et al., 1996). Nevertheless, exhaustive studies on ethnopharmacology are still very rare (Blanco, 1996).

It is therefore urgent to try to recover as much information as possible in our region because, as some authors point out, popular wisdom in western world is strongly eroded and in danger of being lost forever (Croom, 1983; Hedberg, 1993; Bonet et al., 1999; Alcorn, 1995; Cox and Balick, 1994; Khafagi and Deedar, 2000; Agelet and Vallés, 2001).

The aim of the work was to study and rescue the therapeutic use of some medicinal plants to preserve a part of Galician traditional culture, which survives in rural society, mainly thanks to oral transmission.

MATERIALS AND METHODS

In this study information was collected about the therapeutic use (human and veterinary) of medicinal plants in 16 localities in Galicia (NW Spain): Paradela, Incio, Guntín, Páramo, Anxeriz, Castroverde, Triacastela, Burela, Allariz, Cartelle, O Carballiño, Vilar de Barrio, Cotobade, Silleda, Carral, Dodro. Furthermore, information on other uses in folk and religious traditions was tabulated. The method used to collect information was by personal interview. Each interviewee was asked for information about the vernacular name of the plants, the parts of the plant used, the method of preparation and popular therapeutic use (as well human as veterinary use). Only plants which were identified 'in situ' by the interviewed have been included in our work.

For nomenclature of specimens we have used Tutin et al. (1980) and Castroviejo et al. (1990-2002).

RESULTS

A total of 84 species, belonging to 38 botanical families were collected in the area of the study (Table 1) with medicinal (human and veterinary), folk, religious and other uses. Families and genera are presented in alphabetical order. Symbols are used to distinguish between plants which are cultivated for centuries in our region and plants that have been naturalized.

Apart from simple preparations (Table 1), the following mixtures of therapeutic use are given:

Garlic (*Allium sativum*), onion (*Allium cepa*) and parsley (*Petroselinum crispum*) cooked in chicken broth and drunk very hot, alleviated strong colds.

Coction of rosemary (*Rosmarinus officinalis*), pine (*Pinus pinaster*) and parsley, used as anticatarrhal.

Plaster of nettle (*Urtica* sp) and elder (*Sambucus nigra*) leaves and wheat (*Triticum aestivum*) bran applied hot on the breast to treat bronchial affections and cough. Concoction of sage (*Salvia officinalis*), rosemary (*Rosmarinus officinalis*) and marsh-mallow (*Althaea officinalis*), used as anticatarrhal.

Lemon juice with onion, garlic, and honey macerated for a day, used as anti-catarrhal and against urinary tract infections.

Alcohol maceration of elder flowers, arnica (*Arnica montana*) flower and willow (*Salix atrocinerea*) bark, against blows and bruises.

DISCUSSION AND CONCLUSION

From the studied families, the ones that provide the higher number of species with medicinal properties are Lamiaceae and Asteraceae, with 29 % of the mentioned taxa, followed by Liliaceae, Poaceae and Rosaceae. These observed are partially in accordance with other works done in the Iberic Peninsula and the Mediterranean area (González Tejero, 1989; Arnold, 1991; Bonet, 1993; Mulet, 1991; Villar et al., 1991; Raja et al., 1997).

Nearly 40 % of the plants mentioned have more than one use, 17 % are also used for the treatment of domestic animals (cows, rabbits, pigs and horses), but only 5 % are exclusively used for veterinary purposes.

Almost half of the plants (44 %) are mentioned as medicinal plants in more than one of the localities sampled, with rosemary and elder the more frequent ones, appearing in 56 % of localities. Furthermore, these two species are amongst those which have more diversified uses: eight uses have been recorded for rosemary and seven for elder. Other plants widely used are rue (*Ruta graveolens*), nettle, mallow (*Malva* sp.) (seven different uses each), walnut (*Juglans regia*) and garlic (six uses each). Species which are mentioned in different localities, but with very specific usage are bay laurel, corn and eucalyptus. More than half the plants (63 %) are mentioned just in one locality, which speaks of the fragility of this knowledge.

The majority of species used for medicinal purposes belong to autonomous Galician flora and are abundant in the places where the study was conducted with 17 % of

the plants cultivated in gardens, some of them being naturalized (Table 1). Most of the uses recorded are common and widely documented in the scientific literature; in fact, the ethnobotanical novelty index (Muntané, 1991), expressed as the quotient obtained by dividing the number of non-previously reported uses by the total number of plants mentioned is just 0.12. Other values for this index, obtained in other localities and by other authors are: 0.57 in L'alt Empordá, 0.48 in Les Guilleries (Bonet et al., 1999), 0.23 in Tenes valley (Bonet et al., 1992), 5.08 in Castellón (Mulet, 1991) and 2.3 in Cerdanya (Muntané, 1991).

The most common preparation method is infusion (42 %), which supports the thesis of Bisset (1994), who states that that is the most frequent method for phyto-pharmaceutical preparations. Nevertheless, we should note, as in other studies, the difficulty of our informants to distinguish between infusion and decoction (Raja et al., 1997; Ivancheva and Stantcheva, 2000; De Feo and Senatore, 1993). Infusion alludes to an herbal preparation made by pouring boiling water over a quantity of herbs steeping to extract the active ingredients; whereas decoction is an herbal preparation made by boiling an herb in water. Decoctions are often used with bark, roots, seeds, and other hard plants materials. Though infusion and decoction are the most used ways of preparation (60 %), it is also usual to use the fresh plants through direct application or ingestion. Poultices, tinctures, alcohol macerations and syrups are rarely mentioned. Syrup refers generally to preparations with hot wine and sugar.

For administration, some ways are at least curious or peculiar, such as frying the plants in oil or mixing them with eggs as to prepare 'omelette' (rue and celandine). It is know of us, after the revised bibliography, that preparations with egg, as well fresh, in form of poultice, as in omelette, are quite rare (Pieroni, 2000).

The most used parts of the plant in the different preparations are, in decreasing order, leaves, the whole aerial part, flowers, underground parts (including bulbs and rhizomes) and fruits (including seeds). Regarding the therapeutic categories, the treatments of internal administration (60 %) are predominant with respect to external application. Amongst the recommended remedies administrated by ingestion, the most common are those against problems in the digestive tract, followed by anti-catarrhal, diuretic and hypotensive uses. For external use, the most prevalent ones are remedies for the treatment of wounds and skin affections (corns, callosities, warts, furuncles). These results are mostly in accordance with those obtained by other authors (Mulet, 1991; Muntané, 1991; Bonet et al., 1992).

Apart from strictly pharmacological use, this study mentions also the use of a great number of plants for religious and magical practices, sometimes in connection with medicinal use (i.e. to pray for the plant to be effective). Although, as it has been said before, most of plants recorded here have been already reported in previous studies, we have found some aspects which are original and new and which need further comment.

In natural medicine, it is quite usual to use toxic plants (Lepporati et al., 1996), some of them with known prestige for healing properties in most parts of the world, although use by ingestion is usually forbidden (De Feo and Senatore, 1993). Amongst this group of plants is rue, which despite its toxicity, is frequently used in popular medicine (Villar et al., 1987). In our studies, rue is one of the most mentioned plants, for human medicine and veterinary use, corroborating the popular Spanish proverb: 'La ruda todos los males cura' ('rue heals all diseases'). The most mentioned uses are the ones reported in specialized bibliography: as emmenagogue and antiseptic in ocular affections (De Feo and Senatore, 1993). Some of the forms of preparation mentioned in this work are rather peculiar; as to fry the plant in olive oil and use the hot oil for external application, to provoke the expulsion of intestinal parasites (Blanco, 1996) or veterinary use as a remedy against udder infection in cows. Furthermore, we have verified that despite the toxicity, its use by ingestion to treat intestinal and menstrual (in humans) ache and to facilitate the expulsion of the rests of placenta after parturition in cows is yet remembered.

Moreover, the use of another toxic plant, hellebore (*Helleborus foetidus*), in animals, has been recorded and is amply reported. The way of application and the part of

this plant used are quite peculiar, the leaves, and not the roots, as is usual, are used (Font-Quer, 1993). The leaves, after being squeezed, are introduced into the swellings which appear in weakened cows (as a consequence of parasitic infection). Its veterinary use for the treatment of tympanism is also reported, and its use against the warts, as reported by Blanco (1996) is verified. These uses are not reported in works on ethnopharmacology done in other region of our Peninsula.

Celandine (*Chelidonium majus*) is another of the well known toxic plant in popular medicine in our region, because of the property of its latex to burn warts; this property is confirmed by some authors (Font-Quer, 1993). This plant was very appreciated until Middle Age for internal use to calm stomach and intestine aches (Boullard, 2000). Scientific literature reports and recommends only external use, due to the toxic effects of its alkaloids when ingested. Some of our informants remember, however, the use of this plant by ingestion to treat stomach and intestinal ache, whether by directly drinking the juice or by preparing the plant as an 'omelette.'

Yew (*Taxus baccata*) is a toxic plant whose therapeutic use was not known in traditional medicine. The use of yew on animals as a medicinal plant of external use to eliminate parasites is reported in this work for the first time.

Another plant mentioned as medicinal in our region, and for which there are no scientific data to guarantee its use with therapeutic purpose is saxifrage (*Saxifraga spathularis*). Its use as analgesic and anti-inflammatory for the treatment of bruises, blows, and hematoma in domestic animals is reported by Blanco (1996). The use of leaves of the fresh plant for the treatment of furuncles is in any case a novelty.

Other plants which are frequently mentioned in this study, but rarely reported in scientific phytotherapy are ground ivy (*Glechoma hederacea*) and germander (*Teucrium scorodonia*). The former is recommended to treat all kind of 'bellyaches,' mainly menstrual ache, as well as to calm cough and as hypotensive. The way to prepare this plant, as omelette, has not been reported until now. Germander was used as antihelmintic in domestic animals and in human medicine, macerating the plant for a day in water of milk. Font-Quer (1993) mentions its utility, but with other purposes (tonic and diuretic).

Simethis metiazii is mentioned in bibliography as purgative (Font-Quer, 1993). Apart from this use, we have recorded its use as antihelmintic and diuretic (Blanco, 1996). Common dandelion (*Taraxacum officinale*) is a medicinal plant known as depurative and aperitif (Font-Quer, 1993; De Feo and Senatore, 1993; Vallés et al., 1996; Agelet et al., 2000; Leporatti and Corradi, 2001). In our study, these usual purposes are not reported. We have recorded its use against warts, which is a novelty.

Several species of *Quercus* have been used for a long time, as reported in a number of studies, as an astringent, against hemorrhoids, hemorrhage and diarrhoea (Font-Quer, 1993; Agelet and Vallés, 2001; Bonet et al., 1999). Apart from this use, our informants mention the use of oak (*Quercus robur*) leaves in infusion against constipation, just the opposite. *Osmunda regalis* is mentioned here for the first time as a medicinal plant. The part used is its rhizome, recommended as well in veterinary as in human medicine to mitigate muscular ache after big physical efforts. Its use to reabsorb hematomas is also reported.

The use of *Silybum marianum* in the area of study is also to remark. It is a rarely mentioned plant in traditional medicine, but very demanded in new phytomedicine, due to its hepatoprotective compounds, discovered in its seeds (Moré and Colom, 2002). In Cataluña, the use of its leaves as haemostatic is reported (Vallés et al., 1996). We mention in our study its use as antidote against poisonous animals, which constitutes a novelty in Spanish traditional medicine.

It is also to remark the medicinal use of two exotic plants which were introduced as ornamental in Galicia: *Agave americana* and *Helichrysum foetidum*. The former, native from Mexico, where it is considered to have several therapeutic properties, as depurative, diuretic, intestinal and against ocular infection (Boullard, 2000), is used in our region as anti-rheumatic, by rubbing on the affected areas the liquid exudated by its leaves. In other areas in the Peninsula, where this plant is also cultivated, it is mentioned to be used as

antifungal (Bonet et al., 1992), against warts (González-Teijeiro, 1999; Muntané, 1991;), and as emollient (Muntané, 1991). *H. foetidum*, native from South Africa, is mentioned for its use as vulnerary and against throat ache. This is the first time that its use as medicinal plant is reported in Iberic Peninsula, although its medicinal properties had been already widely confirmed; in recent studies, flavonoids have been isolated from this plant which show antiviral activity (Boullard, 2002). *Helichrysum stoechas*, autoctonous in Galicia, is considered to have similar properties (antitussive, expectorant, antiseptic).

It is convenient to point out that most of the informants know the plants and their properties because their parents or grandparents had transmitted orally to them this knowledge, but they rarely use these plants nowadays. Nevertheless, the folkloric and religious use of some plants is still quite spread in rural areas. Thus, the 'festa dos maios' ('maios' feast), 'Saint John's water' and the use of garlic against 'the evil eye' are still very popular.

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Tables

Table 1. Medicinal plants used in Galicia (NW Spain).

Family	Scientific name & Vernacular name in Galicien ¹	Part used	Formulation & Use ²	Popular use	Other uses	Cit freq
Agavaceae	<i>Agave americana</i> L.*	Leaves	Fresh latex. E	Anti-rheumatic	Ornamental	1
Apiaceae	<i>Foeniculum vulgare</i> Miller Fiuncho	Aerial part Fruit	Infusion. I. Infusion. I	Diuretic Carminative, against stomach-ache	Condiment "Maíos" Religious	4
	<i>Meum athamanticum</i> Jacq. Prixel de monte	Leaves	Fresh: I	Anticatarrhal	Condiment	1
	<i>Petroselinum crispum</i> (Miller) A.W. Hill Prixel	Leaves	Infusion. I Fresh	Anticatarrhal Veterinary use: given to pigs after castration. Antihalitosis	Condiment	3
Araliaceae	<i>Hedera helix</i> L. Hedra	Stem & leaves	Infusion. E Decoction. I	Vulnerary (chapped skin) Expulsion of placenta remains in cows	Ornamental	2
Asteraceae	<i>Achillea millefolium</i> Triaca, mil follas	Whole plant	Decoction. I	Digestive & emmenagogue		2
	<i>Anthemis nobilis</i> Romana	Flower head	Infusion. I/E	Against stomach- & headache, digestive. Ocular wash (conjunctivitis & sties)		2
	<i>Arnica montana</i> L. Arnica,	Flower head	Tincture. E	Hematoma & bruises		1
	<i>Artemisia absinthium</i> L.# Axenxo	Flower head	Infusion. I	Anticatarrhal & digestive		1
	<i>Artemisia vulgaris</i> L. Artemexón	Flower head	Infusion. I	Against stomach- & intestine-aches & carminative		1
	<i>Centaurea nigra</i> L. Azoutaburros	Aerial part	Infusion & tincture. I	Against throat-ache & gingivitis. Diuretic		1
	<i>Cynara scolymus</i> L.* Alcachofa	Leaves	Infusion & row. I.	Hypoglycemiant	Food	1
	<i>Helychrisum foetidum</i> (L.) Cass.# Chopo, árnica	Aerial part	Inhalation & fresh leaves. I/E	Against throat-ache (tonsilitis) Vulnerary	Folkloric: 'San Juan' plants. "Maíos" feast Religious	2
	<i>Hieracium pilosella</i> L. Pelosilla, Lengua de ovella	Aerial part	Infusion. I Poultice. E	Diuretic Treat tooth-ache		1
	<i>Chamomila recutita</i> (L.) Rauschert Manzanilla	Flower head	Infusion. I/E	Digestive, sedative & ocular wash (ocular affections)		2
	<i>Silybum marianum</i> (L.) Gaertner Cardo leiteiro	Leaves	Fresh juice. E	Antidote (externally applied on the bite of a poisonous animal)		1
	<i>Tanacetum parthenium</i> (L.) Schultz Bip. Magarza	Flowers	Decoction. E	Vulnerary (washing of wounds)	Folkloric: 'San Juan' plants	1
	<i>Taraxacum officinale</i> Weber Mexacán, dente de león	Latex. F	Fresh	Against warts	Fodder	1

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Betulaceae	<i>Alnus glutinosa</i> (L.) Gaertner Ameneiro, amieiro	Bark	Decoction. I/E	Anti-diarrhoeic & vulnerary	Wood	1
	<i>Betula alba</i> L. Bidueiro	Leaves	Infusion with nettle & rosmary. E	Cosmetic (skin softening) & anti-alopecic	Wood Ornamental	1
Caprifoliaceae	<i>Sambucus nigra</i> L. Sabugueiro, bieiteiro, saúco	Flowers & young shoots	Decoction. I/E	Anticatarrhal & ocular washing Mitigate itching & cicatrize pustules caused by measles Vulnerary & antiseptic in infected wounds Veterinary use: Digestive & carminative in cows	Ornamental	9
Caryophyllaceae	<i>Stellaria media</i> L. Muruxa	Aerial part	Infusion. E	Lighten tired legs		1
Crassulaceae	<i>Umbilicus rupestris</i> (Dalib.) Dandy Couselo	Fresh leaves: (epidermis)	Fresh. E	Against chilblains Antiseptic for wounds		3
	<i>Sempervivum tectorum</i> L.* Herba punteira	Fresh leaves (juice)	Fresh . E	Against furuncles & vulnerary (wounds & cuts)	Ornamental	
Cupressaceae	<i>Cupressus sempervirens</i> L.* Ciprés	Cones	Decoction. E	Disinfection of wounds in animals.		1
Fabaceae	<i>Cytisus scoparius</i> (L.) Link Xesta	Flowers	Infusion. I	Diuretic	Folkloric: 'Maíos'	1
	<i>Pterospartium tridentatum</i> Spach Carqueixa	Flowers	Infusion. I	Hypotensive		2
	<i>Ulex europaeus</i> L. Toxo	Dry flowers	Infusion. I	Hypotensive & against liver affections. Diuretic		2
Fagaceae	<i>Quercus robur</i> L. Carballo	Bark Dry leaves	Sitz bath. E. Infusion. I	Against hemorrhoids Against constipation	Wood Fruit	2
Gentianateae	<i>Gentiana lutea</i> L. Xanzá	Root	Decoction. I	Tonic, aperitif & digestive for man & animals		1
Juglandaceae	<i>Juglans regia</i> L. Nogueira, noceira	Leaves	Infusion. E/I Mouth wash	Disinfection of wounds, against scurf & scaling of skin Against pyorrhoea, phlegmons & measles	Dye, to dye clothes with dark colours	3
Lamiaceae	<i>Calamintha nepeta</i> L. Néveda	Leaves	Infusion	Digestive	Condiment (to cook chestnuts)	1
	<i>Glechoma hederacea</i> L. Malvela	Aerial part	Coction in fat . I Infusion. I Omelette. I	Expulsion of placenta in cows Against menstrual-ache		3
	<i>Lamium maculatum</i> L. Chupameles	Flowers	Row. I	Refreshing		1
	<i>Marrubium vulgare</i> L. Herba dos lombos	Aerial part	Decoction. I	Against intestinal colic		1

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Lamiaceae (continued)	<i>Mentha aquatica</i> L. Amenta menta de auga	Aerial part	Infusion. I	Digestive		1
	<i>Mentha x piperita</i> Menta	Leaves	Infusion. I	Carminative		1
	<i>Mentha suaveolens</i> Ehrh Mentrasto	Leaves	Infusion. I Fresh leaves. E	Digestive., sedative & anticatarrhal. Against intestinal parasites Antiturticant		4
	<i>Origanum virens</i> L Ourego	Leaves & flowers	Infusion Boiled in milk	Anticatarrhal	Condiment	1
	<i>Origanum vulgare</i> L. Ourego	Leaves & flowers	Infusion. I	Anticatarrhal	Condiment	2
	<i>Rosmarinus officinalis</i> L.* Romeo	Leaves	Infusion. I Cataplasm. E Alcohol maceration. E Boiled in oil. E.	Anticatarrhal, bronchial & against menstrual-ache Head- & tooth-ache Joint-ache & tendonitis. Veterinary use against udder infection	Air aromatizer	9
	<i>Salvia officinalis</i> L.* Sarxa	Leaves	Infusion. I	Against stomach-ache & anticatarrhal, calmative & sedative ("calms the heart")		1
	<i>Teucrium scorodonia</i> L. Seixeбра	Leaves & flowers	Infusion & wine maceration. I Maceration in water or milk (24 h)	Intestinal, tonic & diuretic. Antihelmintic (also veterinary use)		2
<i>Thymus pulegioides</i> L. Tomentelo	Aerial part	Infusion. I	Against respiratory affections, digestive & diuretic	Condiment	1	
Lauraceae	<i>Laurus nobilis</i> L. Loureiro	Leaves & fruit	Infusion, chewed & cooked. I	Digestive Digestive in animals & against tympanism (in cows)	Condiment Religious: Palm Sunday Ornamental	5
Liliaceae	<i>Allium sativum</i> L.* Allo	Bulb	Poultice: Ground fresh with salt & brandy. E Row. E With lemon juice. I	Callosities & hardnesses (softener). Against twistings & frowns Against intestinal parasites in children Antirheumatic, hypotensive & anticatarrhal..	Folkloric: against 'The evil eye'	5
	<i>Allium porrum</i> L.* Puerro	Bulb	Decoction. I	Diuretic		1
	<i>Allium cepa</i> L.* Cebola	Bulb	Fried in olive oil. I Infusion. I Fume, in water. E	Digestive in cows Anticatarrhal Antitussive		5
	<i>Asphodelus albus</i> Miller Abrótega	Roots	Decoction. E	Softening of cutis	Dry fruits as toy.	1
	<i>Simethis metiazzii</i> (Vand.) Sacc. Purga de pobres, ouropés	Roots	Decoction. I	Purgant, also in animals (cows & pigs). In animals, also antihelmintic & diuretic		1

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Malvaceae	<i>Althaea officinalis</i> L.# Malvarisco	Leaves & root	Infusion. I Poultice. E	Urinary infections & respiratory affections Against furuncles		2
	<i>Malva sp</i> L. Malva	Leaves	Infusion. I/E	Anti-inflammatory, vulnerary, antifurunculosa Against stomach-ache, cholagogue, emollient (skin), against gingivitis & aphthae Veterinary use: vulnerary (E) & after pig castration (I).		3
Myrtaceae	<i>Eucalyptus globulus</i> Labill.* Eucalipto	Leaves	Fume. E	Antiseptic, bronchial & nasal decongestive. Stable disinfections	Wood Ornamental	4
Moraceae	<i>Ficus carica</i> L.* Figueira	Latex, fruit	Fresh. E	Against warts & to soften little cysts	Edible fruits	2
Oleaceae	<i>Olea europaea</i> L.* Oliveira	Fruit (Oil) Leaves	Fresh. I/E Infusion	Hypotensive & laxative. Softener of skin Against parasites in animals Hypotensive	Religious: Palm Sunday Ornamental	5
Osmundaceae	<i>Osmunda regalis</i> L. Fento real	Rizhoma	Decoction. I	Hematoma Against muscular-ache After big efforts of team animals		2
Papaveraceae	<i>Chelidonium majus</i> L. Celidonia, ceridonia	Aerial part Latex	Omelette, I Fresh. E	Against pain, acidity & stomach ulcer Against warts, spots & herpes, vulnerary, against gastritis.		5
Pinaceae	<i>Pinus pinaster</i> Aiton Piñeiro	Young shoots	Infusions & syrup in wine. I	Diuretic & antitussive	Wood	1
Poaceae	<i>Elymus repens</i> (L.) Gould Grama	Rhizome	Decoction. I	Diuretic & hypoglycemic		1
	<i>Cynodon dactylon</i> (L.) Pers. Pata de galiña	Rhizome	Decoction. I	Diuretic & antipyretic		1
	<i>Triticum aestivum</i> L. Trigo	Fruit	Infusion. E	Ocular infections	Food	1
	<i>Zea mays</i> L. Millo	Styles Flour	Infusion. I Poultice. E	Diuretic, against gall bladder colics. Antilithic Against conjunctivitis	Food & fodder	5
Polygonaceae	<i>Rumex acetosa</i> L. Acedera, Labaza	Fresh leaves	Chewed. I Cataplast. E	Refreshing Vulnerary		1
	<i>Rumex crispus</i> L. Carbes, Labaza	Seeds	Infusion. I	Antitussive (in horses)		1
Plantaginaceae	<i>Plantago coronopus</i> L. Estrellamar	Whole plant	Decoction. I	Diuretic & antilithic (very efficient to eliminate kidney stones)		1

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Plantaginaceae (continued)	<i>Plantago lanceolata</i> L. Chantaxe, Lingua de ovella	Fresh leaves Dry leaves	Calientes. E Infusión	Against tired legs Anticatarrhal		2
	<i>Plantago major</i> Chantaxe, zugón	Fresh leaves	Broken into bits in cataplasm. E Hot. E Infusion. I	Against hematoma & vulnerary Little cysts Hypotensive & against cholesterol		3
Quenopodiaceae	<i>Chenopodium ambrosioides</i> L.# Herba do té	Leaves	Infusion. I	Against stomach-ache, astringent, stimulant. In veterinary use, as anti-helmintic in calves		2
Ranunculaceae	<i>Helleborus foetidus</i> L. Herba chaveira	Leaves	Fresh. E Coction: E	Veterinary use: tympanitis, rubbing the mouth with the fresh plant. Antiparasitic in cows (the leaves were introduced in the wounds due to parasite infection) Against warts		1
Rosaceae	<i>Crataegus monogyna</i> Jacq. Estripo	Leaves & flowers	Infusion. I	Sedative & hypotensive	Ornamental	2
	<i>Malus domestica</i> L.	Leaves	Coction. I	Anti-diarrhea in children	Food	1
	<i>Rosa canina</i> L. Silva macho.	Fruit	Syrup. I	Immunostimulant, anticatarrhal & against influenza	Folkloric: 'San Juan' water Religious	1
	<i>Rosa</i> sp Rosa	Petals	Distillation. E	Tonic for cutis	Folkloric: 'San Juan' water Religious	3
	<i>Rubus ulmifolius</i> Silva	Fresh shoots	Fresh. I	Veterinary use: Astringent (in pigs)	Food	1
Rutaceae	<i>Citrus limon</i> (L.) Burm.* Limoeiro	Fruit (juice)	Boiled. I.	Anticatarrhal, anti-diarrhea	Ornamental Edible fruits	1
	<i>Ruta graveolens</i> L.* Ruda	Leaves	Infusion. I Fresh. E Ground & cooked in hot oil. E	Intestine & menstrual-ache. Ocular infections. Veterinary use: to expulse rests of placenta & provoke oestrus in cows, against mammitis (the plant is rubbed on the udders), against tympanism. Vermifuge, putting the oil on the belly. Anti-rheumatic		7
Salicaceae	<i>Salix atrocinerea</i> Brot. Salgueiro	Bark	Decoction. I	Anti-diarrhea (calves)		1

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Saxifragaceae	<i>Saxifraga spathularis</i> L. Seixebra, abreiriña	Leaves	Fresh (pressing the juice out) (E) Coction (I)	Against furuncles Veterinary use: Analgesic & anti-inflammatory, to treat blows & contusions		1
Taxaceae	<i>Taxus baccata</i> L. Teixo	Branchs	Decoction. E	Anti-parasitic in animals.		1
Tiliaceae	<i>Tilia cordata</i> Miller* Tilo	Flowers	Infusion. I	Calmant, sedative	Ornamental	1
Urticaceae	<i>Urtica dioica</i> L. Estruga	Leaves & roots	Infusion. I Poultice. E Fresh. E	Antiseptic for mouth affections, vulnerary, anti-cholesterol, diuretic, & stimulation of blood circulation (chilblain) Bronchial-dilative & antitussive Friction to stimulate blood circulation		7
Urticaceae	<i>Parietaria judaica</i> L. Paliataria	Aerial part	Infusion	Diuretic (for kidney diseases)		1
Verbenaceae	<i>Lippia triphylla</i> (L'Her.) O. Kuntze* Herba Luísa	Leaves	Infusion. I	Improves circulation, hypotensive, stomach heaviness & menstrual-ache Air aromatizer	Ornamental, Air aromatizer	3
Vitaceae	<i>Vitis vinifera</i> L.* Vide	Sib	Directly in eyes	Ocular infection	Wine	1

* = cultivated, # = naturalized, E = external use, I = internal use