

AN ETHNOBOTANICAL STUDY IN ÇATALCA (EUROPEAN PART OF ISTANBUL) II

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Abstract

In this study, sixty-eight flowering plant species used as medicinal treatment in Çatalca (European part of Istanbul) are reported. Among them fifty-eight species are wild and the rest ten species are cultivated plants. The plants in this research are mostly used for treatment of stomach and kidney ailments, cough, diabetes, inflammation and rheumatism. Data presented are based on interviews of local people and materials collected in the area surveyed. Researchers interviewed local people and all the specimens collected together with them were identified and prepared voucher specimens were deposited in the Herbarium of the Faculty of Pharmacy, Istanbul University (ISTE).

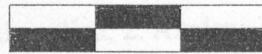
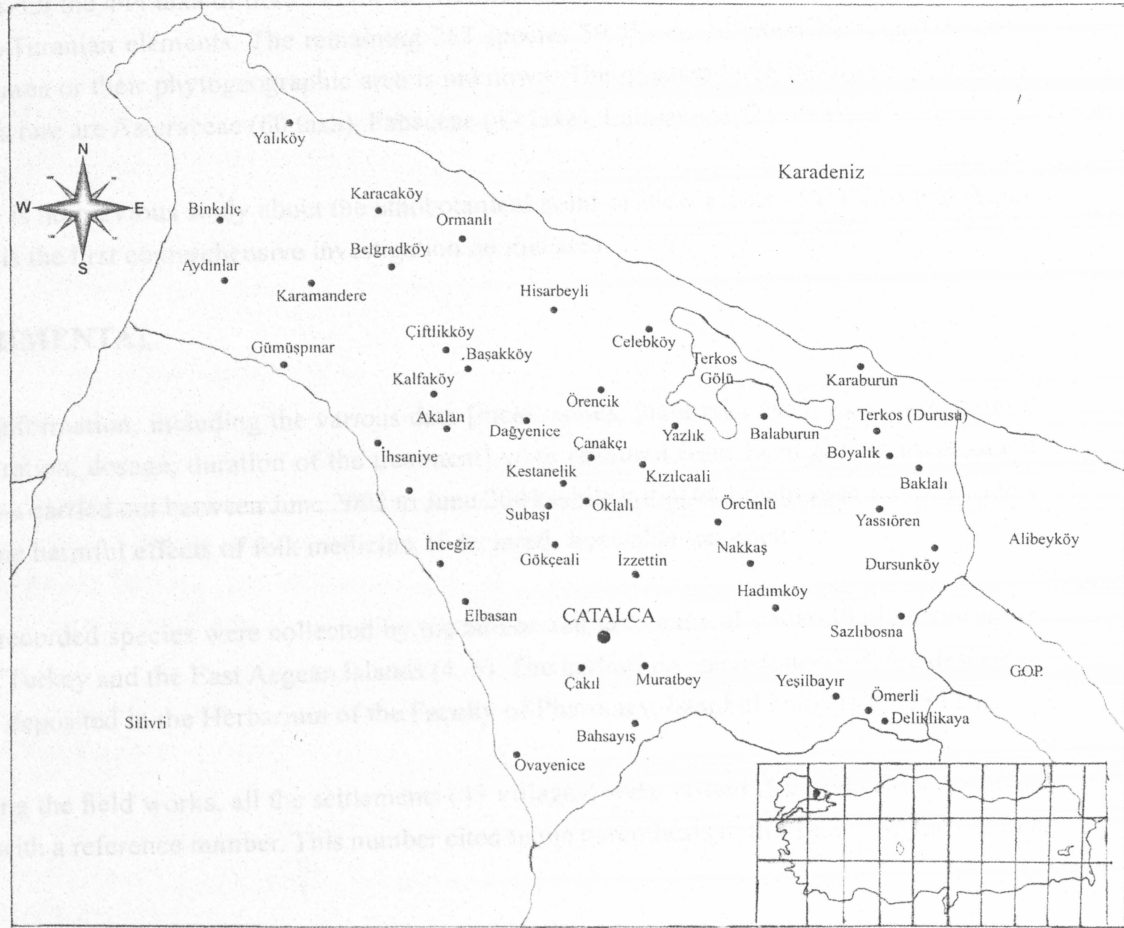
Keywords: Traditional medicine, Çatalca, Istanbul

Çatalca'dan (İstanbul, Avrupa Yakası) Etnobotanik Bir Çalışma II

Bu çalışmada, Çatalca (İstanbul, Avrupa yakası) yöresinde tıbbi amaçla kullanılan altmış-sekiz çiçekli bitki türü kaydedilmiştir. Bu bitkilerden elli-sekiz tanesi doğal tür, geri kalanlar ise kültürü yapılan bitkilerdir. Araştırma alanındaki bitkiler çoğunlukla mide ve böbrek hastalıkları, öksürük, şeker hastalığı, iltihap ve romatizma tedavisinde kullanılmaktadır. Sunulan veriler bizzat yapılan arazi çalışmaları ve yöre halkından elde edilen bilgilerin derlenmesiyle hazırlanmıştır. Yöre halkı ile bizzat konuşulmuş, onlarla birlikte topladığımız örnekler bilimsel olarak teşhis edilmiş ve herbaryum örneği haline getirilerek İstanbul Üniversitesi Eczacılık Fakültesi Herbaryumu'nda (ISTE) saklanmaktadır.

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4 8 12 km

Figure 1: Study area: Çatalca [A2(E) Istanbul] District: (Inset: Map showing the location of Çatalca in Turkey)

INTRODUCTION

This is second part of the study carried out in Çatalca point of the view of ethnobotanical aspect and in this paper only medicinal uses are reported. Çatalca is situated in European part of Istanbul the north-west of Turkey and has an area of 1500 km² (Figure 1). Its population is about 81223 according to the state population in 2002. The majority of the population consists of immigrants from the Balkans. It has 6 sub-districts and 43 villages. The highest hill (Ferah Tepe) in the area is 382 m high (1,2).

According to the study titled "Flora of Çatalca and Its Environs" (3) recently carried out, the number of endemic taxa found in the area is 7, which corresponds to 1.64% of the total number of species. Of the 444 taxa of flora 20.9% are Mediterranean, 19.4% are Euro-Siberean and 0.5% are Irano-Turanian elements. The remaining 263 species 59.2% could either be found in more than one area or their phytogeographic area is unknown. The greatest three families on the basis of species rate are Asteraceae (60 taxa), Fabaceae (49 taxa), Lamiaceae (25 taxa).

There is no previous study about the ethnobotanical point of view plants of Çatalca and therefore this is the first comprehensive investigation on this area.

EXPERIMENTAL

The information, including the various data [local names, plant part used, uses, preparation, administration, dosage, duration of the treatment] were obtained from local people by personal interviews carried out between June 2002 to June 2003 while collecting plant specimens. In addition, some harmful effects of folk medicine, if declared, were also recorded.

The recorded species were collected by the author and taxonomically identified according to Flora of Turkey and the East Aegean Islands (4, 5). The herbarium specimens of all the described taxa are deposited in the Herbarium of the Faculty of Pharmacy, Istanbul University (ISTE).

During the field works, all the settlements (43 villages) were visited (Map 1). They are listed below, with a reference number. This number cited in the parenthesis in the Table 1 in the column uses.

1. Ahmediye; 2. Akalan; 3. Aydınlar; 4. Bahsayış; 5. Baklalı; 6. Başakköy; 7. Belgradköy; 8. Binkılıç; 9. Boyalık; 10. Celebköy; 11. Çakıl; 12. Çiftlikköy; 13. Dağyenice; 14. Deliklikaya; 15. Dursunköy; 16. Durusu; 17. Elbasan; 18. Gökçeali; 19. Gümüşpınar; 20. Hadımköy; 21. Hisarbeyli; 22. İhsaniye; 23. İnceğiz; 24. İzzettin; 25. Kabakça; 26. Kalfaköy; 27. Karacaköy; 28. Karamandere; 29. Kestanelik; 30. Merkez; 31. Muratbey; 32. Nakkaş; 33. Oklalı; 34. Ormanlı; 35. Ovayenice; 36. Ömerli; 37. Örencik; 38. Örcünlü; 39. Subaşı; 40. Yalıköy; 41. Yassıören; 42. Yazlık; 43. Yeşilbayır.

RESULT AND DISCUSSION

The species used as medicinal purpose in Çatalca [A(2) E Istanbul] are presented in Table 1, arranged in alphabetical order of species Latin names.

Some of these plants are also used in multiherbal recipes containing two or three species which are presented in Table 2.

During the field works 125 specimens were collected from the area. According to the results of the identifications 68 species are being used as medicinal purposes in Çatalca. Among them 58 species are wild and 10 species are cultivated plants.

As a result of this study, 72 different uses (including 7 multiherbal recipes) belonging to 68 species have been recorded.

Among the recorded species, *Arum italicum*, *Cotinus coggyria*, *Crataegus monogyna* subsp. *monogyna*, *Cydonia oblonga*, *Ecballium elaterium*, *Ficus carica* subsp. *carica*, *Hypericum perforatum*, *Juglans regia*, *Laurus nobilis*, *Malva sylvestris*, *Mentha pulegium*, *Plantago lanceolata*, *Plantago major* subsp. *major*, *Prunus spinosa* subsp. *dasyphylla*, *Rosa canina*, *Rubus sanctus*, *Sambucus ebulus*, *Sambucus nigra*, *Sinapis arvensis*, *Thymus sibthorpii*, *Tilia argentea*, *Urtica dioica* are the most popular plants used in the treatment of many ailments. They are mostly used for the treatment of stomach and kidney ailments, cough, diabetes, rheumatism and inflammation.

Most of the interviewers stated that they have learned the usage of these medicinal plants from their parents and elderly relatives.

Local people used different parts of the plant species to prepare traditional medicines. The most frequently used parts were aerial parts, leaves, fruits, flowers and bracts, seeds, but roots and bulbs were also used for many of the remedies. Sometimes the local people also used other ingredients, such as sugar, honey, lemon to prepare the remedies.

Decoction and infusion are the methods mostly used for the preparation of the folk medicines.

Some different plant species which are known with the same vernacular name (*Mentha pulegium*, *Origanum vulgare* subsp. *vulgare*: kırçayı; *Anthemis chia*, *Bellis perennis*, *Crepis vesicaria*: papatya; *Cirsium creticum* subsp. *creticum*, *Eryngium campestre* var. *virens*: Yıldız otu) are used for the treatment of similar or different diseases.

Cotinus coggyria, *Helleborus orientalis*, *Sambucus ebulus* are used not only in human but also in animal treatment while *Calamintha nepeta* subsp. *glandulosa* and *Conium maculatum* are only in animal treatment.

Usage of *Conium maculatum*, *Datura stramonium*, *Ecballium elaterium* requires caution since overdose can be dangerous according to patients' experience.

Table 1. Flowering plant species used for medicinal purpose in Çatalca (European part of Istanbul, Turkey)

Botanical name, family, voucher number	Local names	Plant part used	Uses (village number which their names given in the text page 3)	Preparation, administration, dosage, duration of the treatment
<i>Acer campestre</i> L. subsp. <i>campestre</i> Aceraceae ISTE 80623	Akça ağaç	Bark	Inflamed wounds (13)	Burn and make ash, ext.
<i>Alnus glutinosa</i> (L.) Gaertner subsp. <i>glutinosa</i> Betulaceae ISTE 80627, ISTE 80638, ISTE 80629	Kızıl ağaç	Male flowers	Eczema (7) Hemorrhoids (7) Prostatic hypertrophy (25)	Decoction, ext. Decoction, ext., 3-4 x 1 Decoction, int.
<i>Anthemis chia</i> L. Asteraceae ISTE 80690, ISTE 80718	Papatya	Capitulum	Menstrual pain (40) Menstrual pain (40) Antipyretic (for children) (33)	Decoction, int. Boiled in water, sitting on vapour Infusion, int.
<i>Arum italicum</i> Miller Araceae ISTE 80586, ISTE 80629	Yılan yastığı, yılancık, yılan kılıcı, domuz yandıran, gabarcık, yandıran	Flowers Tuber Tuber and fruits	Hemorrhoids (7) Women's diseases (21) Cancer (7) Eczema (21) Peptic ulcer and cancer (7) Hemorrhoids (21)	Decoction, int. Decoction, int. Decoction, int. Planed , int., before breakfast Planed, int., 1 spoonful x 1, (with honey) Cut in slices, int., 1 piece x 1 before breakfast
<i>Bellis perennis</i> L. Asteraceae ISTE 80600, ISTE 80710, ISTE 80719, ISTE 80730	Papatya	Capitulum	Stomachache (27) Stomachache (for children) (8)	Infusion, int. Decoction, int.
<i>Calamintha nepeta</i> (L.) Savi subsp. <i>glandulosa</i> (Req.) P.W. Ball Lamiaceae ISTE 80660	Yılan otu	Roots and aerial parts	Snakebites (12)	Abdomen trusts with root then aerial parts eat

Table 1. (continued)

Botanical name, family, voucher number	Local names	Plant part used	Uses (village number which their names given in the text page 3)	Preparation, administration, dosage, duration of the treatment
<i>Capsella bursa-pastoris</i> (L.) Medik. Brassicaceae ISTE 80581, ISTE 80585	Çoban torbası, kedi turnağı, çoban çadırı	Aerial parts Fruits	Kidney diseases (21) Bronchitis (40)	Infusion, int. Eaten, before breakfast, (with honey)
<i>Centaurium erythraea</i> Rafn subsp. <i>erythraea</i> Gentianaceae ISTE 80666, ISTE 80672, ISTE 80755	Kırmızı kantaron, kesik otu, mavi kantaron	Aerial parts	Stomachache (8, 15, 37) Cut (9)	Decoction, int. Decoction, ext.
<i>Cerasus avium</i> (L.) Moench* Rosaceae ISTE 80612	Yabani kiraz	Leaves Fruits	Boil (40) Cough (27)	Ext. wrapped in a cloth Decoction, int.
<i>Cirsium creticum</i> (Lam.) d' Urv. subsp. <i>creticum</i> Asteraceae ISTE 80726	Deve dikenı, yıldız otu	Fruits	Mushroom poisoning (30)	Crushed, int., 1 spoonful
<i>Clematis vitalba</i> L. Ranunculaceae ISTE 80686, ISTE 80701, ISTE 80731	Diş otu, akbağ, kedi bağırsağı, sarmaşık	Stems (peeled)	Toothache (27)	Applied on tooth
<i>Conium maculatum</i> L. Umbelliferae ISTE 80703, ISTE 80747	Baldıran	Aerial parts	Malaria (for animals) (5)	Boiled in water, compressed with a cloth
<i>Cornus mas</i> L. Cornaceae ISTE 80606	Kızılçık	Seeds Fruits	Diabetes (13) Cough (13) Diarrhea (25)	Swallowed, 1 x 1, used cold, before breakfast Decoction, int. Eaten

Table 1. (continued)

Botanical name, family, voucher number	Local names	Plant part used	Uses (village number which their names given in the text page 3)	Preparation, administration, dosage, duration of the treatment
<i>Cotinus coggyria</i> Scop. Anacardiaceae ISTE 80611	Tetra	Leaves	Stomachache (7, 8, 27, 28, 40) Burns, swelling (8) Burns, wounds (3, 7, 8, 10, 34) Wounds (8) Wounds (for animals) (3, 8) Goiter (8) Diabetes (8) Hemorrhoids (6) Wounds (7) Asthma (7, 21) Mushroom poisoning (7) Analgesic (27) Allergy of the eye (27)	Decoction, int., before meals Decoction, int. Decoction, ext. Ext., (with fresh leaves) Decoction, ext. Decoction, int. Decoction, int. Decoction, ext. Powdered, ext., (with dried leaves) Infusion, int., (with dried leaves) Decoction, ext. Decoction, int. Decoction, ext.
		Roots	Burns (7)	Planed, kneaded, ext. (with fresh butter)
<i>Crataegus monogyna</i> Jacq. subsp <i>monogyna</i> Rosaceae ISTE 80641, ISTE 80729, ISTE 80751	Yemişgen, alıç, arıç, yemişgen çalısı	Flowering branches Flowers and leaves Fruits	Sedative (27) Cardiac diseases (6, 28). Antihypertensive (27)	Decoction, int., 3 x 1 Infusion, int. Decoction, int., 3-4 x 1
<i>Crepis vesicaria</i> L. Asteraceae ISTE 80727, ISTE 80622	Papatya	Capitulum	Sore throat, cold (30)	Infusion, int.
<i>Cupressus sempervirens</i> L.* Cupressaceae ISTE 80622	Selvi	Cones	Tonic (for children) (34)	Decoction, washed
<i>Cydonia oblonga</i> L.* Rosaceae ISTE 80602, ISTE 80602, ISTE 80603, ISTE 80624, ISTE 80736	Ayva	Leaves	Cough (8, 24, 27, 28, 29, 31, 39) Hemorrhoids (10)	Infusion, int. Powdered, infusion, int., (with dried leaves)
		Seeds	Influenza (33) Cough (25)	Infusion, int. Decoction, int.

Table 1. (continued)

Botanical name, family, voucher number	Local names	Plant part used	Uses (village number which their names given in the text page 3)	Preparation, administration, dosage, duration of the treatment
<i>Datura stramonium</i> L. Solanaceae ISTE 80659	Taula, tatul	Flowers	Asthma (27) Wounds (12)	Chewed Ext.
<i>Ecballium elaterium</i> (L.) A. Rich. Cucurbitaceae ISTE 80652	Acı kavun, şeytan kavunu	Fruit juice Roots	Sinusitis (7, 8, 15) Sinusitis (14, 19, 21, 42) Earache (7) Hepatitis (1, 16, 17, 40) Hemorrhoids (7, 8)	Dropped into the nostrils, 1-2 drop(s) Dropped into the nostrils, (with water) Dropped into the ear, 1 drop Dropped into the nostrils Peeled, sliced, eaten 1-2 piece(s)
<i>Eleagnus angustifolia</i> L. * Eleagnaceae ISTE 80647	İğde	Fruits and leaves	Aphrodisiac (3)	Powdered, eaten (with honey)
<i>Erica arborea</i> L. Ericaceae ISTE 80646	Piren, püren	Fruits	Foot and mouth diseases (for animals) (30)	Decoction, int.
<i>Equisetum ramosissimum</i> Desf. Equisetaceae ISTE 80590, ISTE 80715	At kuyruğu, kırkkilit, minare otu	Aerial parts	Kidney stones and sands (12, 21, 27) Anticoagulant (27)	Decoction, int. Decoction, int.
<i>Equisetum telmateia</i> Ehrh. Equisetaceae ISTE 80619	At kuyruğu, kırkkilit, minare otu	Aerial parts	Prostatic hypertrophy (7)	Decoction, int.
<i>Eryngium campestre</i> L. var. <i>virens</i> Link Umbelliferae ISTE 80676, ISTE 80687	Deve dikeni, yıldız otu	Aerial parts	Kidney stones (7)	Decoction, int.
<i>Ficus carica</i> L. subsp. <i>carica</i> * Moraceae ISTE 80650, ISTE 80745	İncir	Leaves Fruits Latex	Hemorrhoids (23) Hepatitis (23) Boils (36) Warts, corns (6, 7, 10, 17, 36)	Decoction, ext., used cold Sliced, int., used cold, (with vinegar) Ext. Ext.

Table 1. (continued)

Botanical name, family, voucher number	Local names	Plant part used	Uses (village number which their names given in the text page 3)	Preparation, administration, dosage, duration of the treatment
<i>Fraxinus ornus</i> L. subsp. <i>ornus</i> Oleaceae ISTE 80610, ISTE 80643, ISTE 80742, ISTE 80750	Dişbudak, dışbudak	Juice Resin	Earache (21) Rheumatism (23, 27)	Burning, dropped into the ear Boiled in water, ext, wrapped in a cloth
<i>Helleborus orientalis</i> Lam. Ranunculaceae ISTE 80608, ISTE 80580	Kara ot	Leaves Roots	Echymosis, whitlow (40) Aphrodisiac (for animals) (10) Malaria (for animals) (40)	Ext., (with fresh leaves) Trust into ear skin Decoction, int.
<i>Hypericum perforatum</i> L. Hypericaceae ISTE 80680, ISTE 80758, ISTE 80759	Ada çayı, sarı kantaron, alaçayı	Aerial parts	Kidney stones (27, 34) Sedative (28) Wounds (36) Stomachache (7, 15, 27, 34) Rheumatism (8)	Decoction, int. Infusion, int. Oleat, ext Decoction, int. Oleat, ext, wrapped in a cloth
<i>Juniperus oxycedrus</i> L. subsp. <i>oxycedrus</i> Cupressaceae ISTE 80625, ISTE 80714, ISTE 80738	Ardıç	Cones Seeds	Stomachache (7, 9, 37) Hemorrhoids (7)	Decoction, int. Scorched, powdered, ext.
<i>Juglans regia</i> L.* Juglandaceae ISTE 80738	Ceviz	Leaves Pericarp	Wounds (28) Diabetes (28) Kidney diseases (23)	Crushed, ext., wrapped in a cloth, (with fresh leaves) Decoction, int, before meals Decoction, int., used cold, 1 x 1,
<i>Laurus nobilis</i> L. Lauraceae ISTE 80589	Defne	Leaves Flowers and leaves	Diabetes (8) Kidney and stomach diseases (8, 17) Asthma (21) Sore throat (6) Cardiac diseases (27)	Decoction, int. Decoction, int. Infusion, int. Infusion, int. Infusion, int., 1 x 1
<i>Lithospermum officinale</i> L. Boraginaceae ISTE 80587	Tavşan darısı	Fruits	Enuresis (21)	Int., 1-3 piece(s) eaten before go to bed

Table 1. (continued)

Botanical name, family, voucher number	Local names	Plant part used	Uses (village number which their names given in the text page 3)	Preparation, administration, dosage, duration of the treatment
<i>Malva sylvestris</i> L. Malvaceae ISTE 80648, ISTE 80651	Ebem gömeci, ebe gümeci	Aerial parts Leaves	Kidney diseases (21) Cough (31, 34) Boil (4, 28)	Decoction, int. Decoction, int. Poultice (+water), ext.
<i>Mentha pulegium</i> L. Lamiaceae ISTE 80582, ISTE 80667, ISTE 80578	Nane, kırçayı, yaban nanesi	Leaves	Stomachache (37, 40) Kidney diseases (21) Rhinocleisis (33) Carminative (for babies) (21) Influenza (33)	Powdered, int., (with honey) Decoction, int. Boiled in water, ext., inhalation Infusion, int. Decoction, int.
<i>Morus alba</i> L.* Moraceae ISTE 80739	Beyaz dut	Fruits	Aphthae (for babies) (23)	Syrup, ext.
<i>Morus nigra</i> L.* Moraceae ISTE 80737	Kara dut	Bark Branches	Diabetes (23, 28) Hemorrhoids (23)	Decoction, int. Peeled, sliced, eaten, 1 piece x 1
<i>Oenanthe pimpinelloides</i> L. Umbelliferae ISTE 80649	Kaz ayağı, güre maydanoz	Aerial parts	Antihypertensive (25) Analgesic (25)	Decoction, int. Decoction, int.
<i>Ononis spinosa</i> L. subsp. <i>leiosperma</i> (Boiss.) Şirj. Fabaceae ISTE 80688	Kaplıca, kimya otu, kuşkonmaz, yağlıca	Roots	Burns (7)	Decoction, ext.
<i>Orchis purpurea</i> Hudson Orchidaceae ISTE 80628, ISTE 80719	Hıdrellez çiçeği, tukuk çiçeği, hasancık	Tuber	Warts (7)	Decoction, ext.
<i>Origanum vulgare</i> L. subsp. <i>vulgare</i> Lamiaceae ISTE 80668, ISTE 80678	Dağ kekiği, uzun kekik, kırçayı	Aerial parts	Diabetes (8)	Decoction, int.
<i>Paliurus spina-christi</i> Miller Rhamnaceae ISTE 80689	Kara çalı	Fruits	Bronchitis (7)	Decoction, int., 3 x1, after meals

Table 1. (continued)

Botanical name, family, voucher number	Local names	Plant part used	Uses (village number which their names given in the text page 3)	Preparation, administration, dosage, duration of the treatment
<i>Papaver rhoeas</i> L. Papaveraceae ISTE 80639, ISTE 80662, ISTE 80723, ISTE 80743	Gelincik	Flowers	Hemorrhoids (23, 25)	Decoction, int.
<i>Plantago lanceolata</i> L. Plantaginaceae ISTE 80604, ISTE 80720, ISTE 80724, ISTE 80744, ISTE 80753	Sinirli ot, sinir otu	Leaves (fresh) Seeds Leaves and seeds	Boil (8, 40) Sedative (21) Gastritis (21) Boil (23) Hemorrhoids (23) Diarrhea (8, 40) Stomachache (23)	Poultice, ext, wrapped in a cloth, (with fresh leaves) Eaten, (with fresh leaves) Eaten, (with fresh leaves) Heated, ext., (with fresh leaves) Powdered, eaten Eaten Decoction, int.
<i>Plantago major</i> L. subsp. <i>major</i> Plantaginaceae ISTE 80637	Kara kabarcık, sinirli ot, sinir otu	Flowers Leaves	Diarrhea (25) Boil (7, 25) Sedative (25)	Decoction, int. Heated, ext, wrapped in a cloth, (with fresh leaves) Decoction, int.
<i>Petasites hybridus</i> (L.) Gaertner Asteraceae ISTE 80642, ISTE 80654	Kabalak, kara kafes	Leaves Roots	Boil (6, 37) Analgesic (14) Aphthae (for babies) (36)	Ext. wrapped in a cloth Ext. wrapped in a cloth Decoction, ext.
<i>Platanus orientalis</i> L.* Platanaceae ISTE 80713	Çınar	Leaves	Diabetes (40) Kidney diseases (8)	Decoction, int. Decoction, int.
<i>Populus tremula</i> L. Salicaceae ISTE 80675, ISTE 80683	Titrek kavak	Leaves Bark	Diabetes (27) Analgesic (8)	Infusion, int., (with dried leaves) Decoction, int.
<i>Pyrus bulgarica</i> Kuthath. & Sachok* Rosaceae ISTE 80749	Ahlat	Fruits	Diabetes (37) Anthelmintic (23)	Pickle, int. Eaten, before meals

Table 1. (continued)

Botanical name, family, voucher number	Local names	Plant part used	Uses (village number which their names given in the text page 3)	Preparation, administration, dosage, duration of the treatment
<i>Prunus spinosa</i> L. subsp. <i>dasyphylla</i> (Schur) Domin Rosaceae ISTE 80691, ISTE 80705	Güvem	Fruits Roots	Diabetes (40) Asthma (10) Appetizer (40) Liver diseases (27, 40)	Jam, eaten Int., after 40 days, before meals Decoction, int., 2 x 1 before meals Decoction, int.
<i>Ranunculus muricatus</i> L. Ranunculaceae ISTE 80632	Çayır otu	Aerial parts	Rheumatism (7)	Crushed, ext., wrapped in a cloth
<i>Robinia pseudoacacia</i> L.* Fabaceae ISTE 80645	Salkım söğüt, akasya	Flowers	Asthma (30)	Decoction, int., (with dried leaves)
<i>Rosa canina</i> L. Rosaceae ISTE 80626, ISTE 80644, ISTE 80734, ISTE 80754	Kuşburnu, gül bubusu, yabancı gül, öküz gözü, öküz götü	Fruits Branches and petals	Kidney diseases (10, 22) Cardiac diseases (21) Bronchitis (7) Peptic ulcer (8, 10) Kidney diseases (8) Expectorant (3) Asthma (23, 28) Cough (7, 25, 34) Rheumatism (6) Eczema (10) Cancer (7) Asthma (21) Hemorrhoids (30) Rash (7)	Infusion, int. Infusion, int. Infusion, int. Decoction, int. Marmalade eaten., (with sugar) Infusion, int. Infusion, int. Infusion, int. Infusion, int. Infusion, int. Infusion, int. Jam, eaten Crushed (with lemon), int. Decoction, int. Burned, ext.
<i>Rubus canescens</i> DC. var. <i>glabratus</i> (Gordon) Davis & Meikle Rosaceae ISTE 80694	Kapina	Roots	Diabetes (27) Diarrhea (27)	Decoction, int. Decoction, int.

Table 1. (continued)

Botanical name, family, voucher number	Local names	Plant part used	Uses (village number which their names given in the text page 3)	Preparation, administration, dosage, duration of the treatment
<i>Rubus discolor</i> Weihe & Nees Rosaceae ISTE 80653, ISTE 80681, ISTE 80709	Çoban kösteği, böğürtlen, kapina, karamama, karamuk	Fruits Roots	Easy labour (8) Wounds (8) Diabetes (8) Kidney stones and sands (8) Bronchitis (37)	Eaten Chewed, ext. Decoction, int. Decoction, int. Decoction, int.
<i>Rubus sanctus</i> Schreber Rosaceae ISTE 80677	Böğürtlen, karamama	Leaves Fruits Roots	Boil (28) Asthma (27) Cut (27) Liver diseases (28) Tooth diseases (27) Cancer (28)	Ext. Decoction, int., before breakfast Ext. Eaten Decoction, ext., used cold, gargle Decoction, int
<i>Rumex crispus</i> L. Polygonaceae ISTE 80579, ISTE 80696	Labada	Leaves	Boil (5)	Ext., (with vinegar)
<i>Ruscus aculeatus</i> L. var. <i>aculeatus</i> Liliaceae ISTE 80584	Enir, deve çalısı, tavşan memesi, yaban mersini	Fruits Aerial parts	Analgesic (21) Enuresis (for children) (27) Varix (21)	Eaten Eaten Decoction, int.
<i>Sambucus ebulus</i> L. Caprifoliaceae ISTE 80634, ISTE 80707	Mürver, memer, sultan otu, mülver, karabubu	Flowers Aerial parts Leaves Fruits	Diuretic (21) Asthma (14) Cough (21, 31) Hemorrhoids (5) Rheumatism (25) Mastitis (for cow) (25) Rheumatism (27) Fungal diseases (12) Malaria (12) Wounds (5, 25) Hemorrhoids (12, 25)	Decoction, int. Infusion, int. Decoction, int. Boiled in water, ext., sitting on vapour Decoction, ext. Crushed, ext. Heated, ext. Decoction, int., before breakfast Decoction, ext. Decoction, ext. Eaten, 10 pieces, before breakfast

Table 1. (continued)

Botanical name, family, voucher number	Local names	Plant part used	Uses (village number which their names given in the text page 3)	Preparation, administration, dosage, duration of the treatment
<i>Sambucus nigra</i> L. Caprifoliaceae ISTE 80658, ISTE 80661, ISTE 80685	Mürver	Flowers Leaves Roots Aerial parts	Prostatic hypertrophy (14) Diuretic (8) Diabetes (12) Wounds (for animals) (14) Rheumatism (12) Swelling (3)	Decoction, int. Decoction, int. Decoction, int. Ext. wrapped in a cloth Decoction, ext. Poultice, ext.
<i>Sinapis arvensis</i> L. Brassicaceae ISTE 80598, ISTE 80633	Hardal otu, sarı hardal	Branches Seeds Roots	Rheumatism (7) Cough (7) Rheumatism (13) Stomachache (13)	Chopped up, ext. wrapped in a cloth Decoction, int. Decoction, int. Decoction, int.
<i>Teucrium chamaedrys</i> L. Lamiaceae ISTE 80588, ISTE 80706	Çoban sargısı, kısacık mahmut, mayasıl otu	Aerial parts	Kidney diseases (21) Hemorrhoids (10) Chapped (10)	Decoction, int. Decoction, int. before breakfast, 1 week Decoction, ext.
<i>Thymus sibthorpii</i> Benth Lamiaceae ISTE 80613	Kekik, keklik otu	Aerial parts	Stomachache (40) Prostatic hypertrophy (40) Kidney stones (40) Anti-dandruff (27)	Infusion, int. Infusion, int. Decoction, int. Boiled in water, ext.
<i>Thymus zygoides</i> Griseb. var. <i>zygoides</i> Lamiaceae ISTE 80756	Kekik	Aerial parts	Diabetes (23)	Infusion, int.
<i>Ulmus minor</i> Miller subsp. <i>minor</i> Ulmaceae ISTE 80620, ISTE 80630	Kara ağaç	Flowers Bark Roots	Cut (8) Cut (8) Wounds (for animals) (8)	Decoction, ext. Decoction, ext. Decoction, ext.
<i>Tilia argentea</i> Desf. Tiliaceae ISTE 80640, ISTE 80733	İhlamur	Flowers and bracts Leaves Roots bark	Expectorant (3, 17, 24) Sedative (23) Cold (10, 22) Influenza (+lemon) (21) Rheumatism (for babies) (22) Cold (27)	Infusion, int. Boiled in water, ext. Infusion, int. Infusion, int. Heated, ext. Infusion, int.

Table 1. (continued)

Botanical name, family, voucher number	Local names	Plant part used	Uses (village number which their names given in the text page 3)	Preparation, administration, dosage, duration of the treatment
<i>Urtica dioica</i> L. Urticaceae ISTE 80618, ISTE 80716	Isırgan, sırgan	Leaves Leaves	Stomachache (5, 11, 8) Anticoagulant (33) Cold (8) Goiter (30) Women's diseases Gall bladder, stones and sands (8) Rheumatism (11, 14, 33) Hair restorer (30) Rheumatism (11, 22) Cardiac diseases (8, 30) Itching (33)	Decoction, int., (with honey) Decoction, int. Decoction, int., (with dried leaves) Decoction, int. Decoction, int. Int., used cold., (with yoghurt) Rubbed, (with fresh leaves) Decoction, ext Decoction, int. Decoction, int. Decoction, ext., 1 week
<i>Viscum album</i> L. subsp. <i>album</i> Loranthaceae ISTE 80617	Burç, çekem, gevele, gökçe otu, ökse otu	Branches	Antihypertensive (27) Asthma (8) Cardiac diseases (8)	Decoction, int., 2 x 1 Decoction, int. Decoction, int.

*, cultivated plant; +, mixed with; Int., internal use; Ext., external use; 1 x 1, one a day; 2 x 1, twice a day; 3 x 1, thrice a day [it means one glass of decoction or infusion, unless otherwise (e.g. spoonful, piece, drop) indicated.

Table 2. Multiherbal recipes used as folk medicine in Çatalca (İstanbul, Turkey)

Botanical name	Plant part used	Uses (village number which their names given in the text page 3))	Preparation, administration, duration of the treatment
<i>Cotinus coggyria</i> <i>Tilia argentea</i>	Leaves Flowers and bracts	Stomachache (8)	Infusion, int.
<i>Bellis perennis</i> <i>Tilia argentea</i>	Capitulum Flowers and bracts	Cough (30)	Infusion, int.
<i>Sinapis arvensis</i> <i>Juglans regia</i>	Rheumatism Leaves	Rheumatism (13)	Poultice, ext., wrapped in a cloth
<i>Mentha pulegium</i> <i>Rosa canina</i> <i>Tilia argentea</i>	Aerial parts Fruits Flowers and bracts	Cold (40)	Infusion, int.
<i>Laurus nobilis</i> <i>Thymus sibthorpii</i>	Flowers Aerial parts	Sedative (27)	Boiled in water, ext.
<i>Rosa canina</i> <i>Tilia argentea</i>	Fruits Flowers and bracts	Cold (23, 40)	Infusion, int.
<i>Urtica dioica</i> <i>Corylus avellana</i>	Seeds Seeds	Leukemia (8)	Int. (with honey)

Ext., external use; Int., internal use

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