

TURKISH FOLK MEDICINAL PLANTS, PART V: BABAESKİ (KIRKLARELİ)

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S U M M A R Y

In this study, 62 folk medicinal plants from Babaeski (Kırklareli) are presented. Among them 46 species are wild and 16 species are cultivated plants. The folk medicinal plants are mostly used for the treatment of kidney, stomach and prostate ailments, rheumatism, cold, hemorrhoids, diabetes, asthma and bronchitis.

Ö Z E T

Bu çalışmada Babaeski yöresinde halk ilacı olarak kullanılan 62 bitki sunulmuştur. Bunlardan 46 tür yabani ve 16 tür ise yörede yetiştirilen bitkilerdir. Halk ilacı olarak kullanılan bu bitkiler en çok böbrek ve mide rahatsızlıklarının giderilmesinde, soğuk algınlığı tedavisinde, hemoroidlere karşı, şeker hastalığı, astım, bronşit, prostat ve romatizma tedavisinde kullanılmaktadır.

Key words: Folk medicine; Medicinal plants; Babaeski; Kırklareli; Turkey.

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I N T R O D U C T I O N

Babaeski (Kırklareli) is located in the European part of Turkey . It covers an area of 652 km²(1) and its total population is 22.500 (2000). The majority of the population consists of Turkish immigrants come from Bulgaria.

The investigation area is covered mainly by vertisol (grumusol) soils (gently sloping, deep, slightly or non eroded soils), non calcic brown soils (gently sloping, deep, slightly or non eroded soils) and alluvial soils (2). The climate of the area is hot and dry in summer and cold and rainy in winter.

The agriculture of the various plants (sunflower, maize, grape, watermelon, cereal crops, leguminous plants, fodder plants etc.), agricultural industry and animal breeding (cattle, sheep, chicken) have an important role in the popular life in Babaeski.

According to our observations the forests of Babaeski consist of mainly deciduous oak trees.

There is no previous study about the folk medicinal plants of Babaeski.

M A T E R I A L A N D M E T H O D S

Five excursions were made for the field studies in Babaeski. This studies were carried out totally for 44 days. The information including the various data (local names, ailments and diseases treated, therapeutic effects, part(s) of plants used, methods of preparation, methods of administration, doses, duration of the treatment) were obtained from local healers, shepherds, experienced adults and patients between July 2001-June 2002. The interviews were carried out face to face and the data were recorded on our special forms prepared for this kind of investigations. The information was provided from 85 persons (73 men, 12 women) and most of the interviewees were more than 40 years old. In addition, some harmful effects of folk medicine, if declared, were also recorded.

The plant specimens, collected from the research area, are kept in the Herbarium of the Faculty of Pharmacy, Marmara University (MARE). Some botanical references (3-5) and our herbarium (MARE) were used for the identification of the plants.

During the field works, all the settlements (35 including 31 villages) were visited (Fig. 1). They are listed below, with a reference number for the record place of the local information.

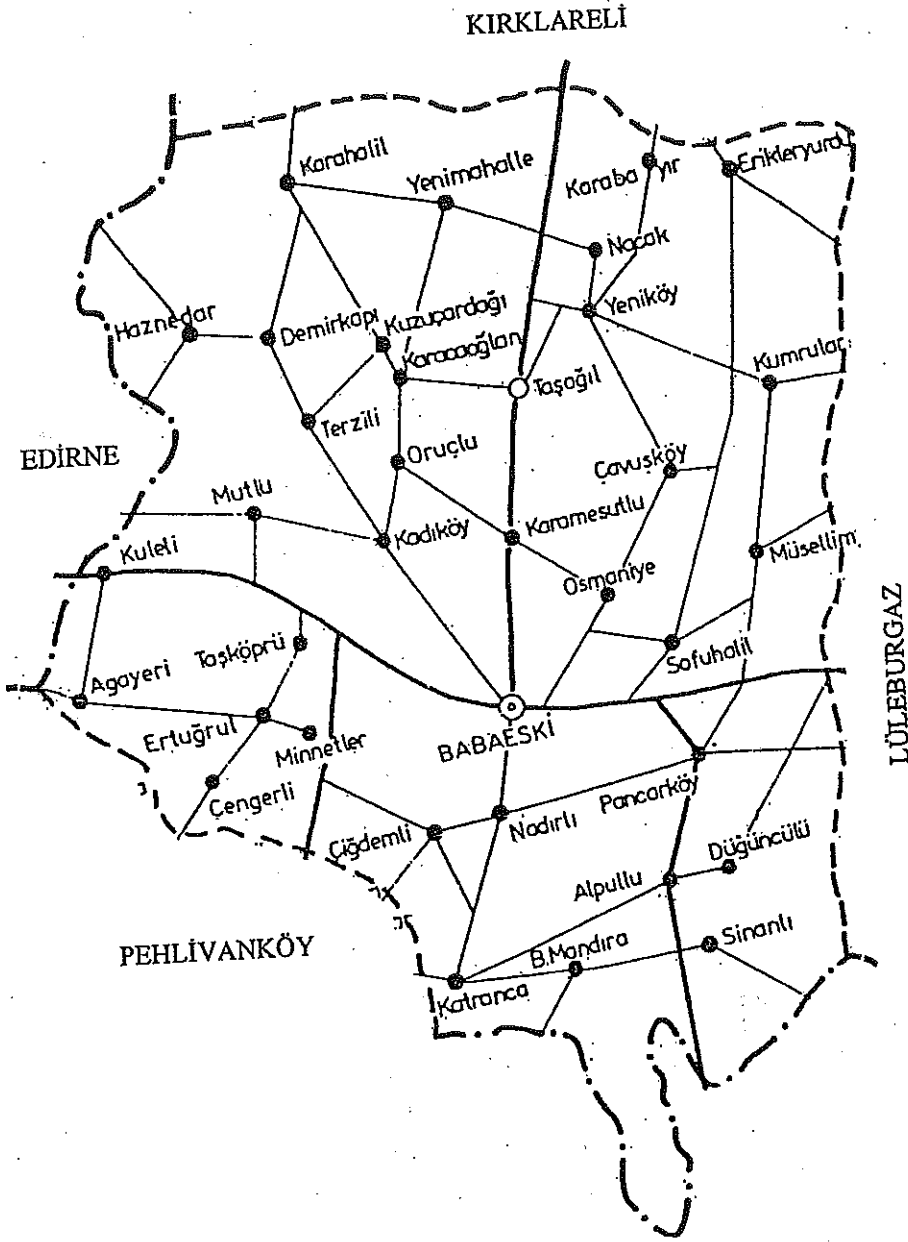


Figure 1: Map of the study area (Babaeski)

1. **Alpullu** (centre), 2. **Büyük Mandıra** (centre), 3. **Karahalil** (centre), 4. **Sinanlı** (centre)
 5. Ağayeri, 6. Çavuşköy, 7. Çengerli, 8. Çiğdemli, 9. Demirkapı, 10. Dügüncülü, 11. Eriklyurdu,
 12. Ertuğrul, 13. Hazinedar, 14. Kadıköy, 15. Karabayır, 16. Karacaoğlan, 17. Karamesutlu, 18.
 Katranca, 19. Kuleli, 20. Kumrular, 21. Kuzuçardağı, 22. Minnetler, 23. Mutlu, 24. Müsellim, 25.
 Nacak, 26. Nadırlı, 27. Oruçlu, 28. Osmaniye, 29. Pancarköy, 30. Sofuhalil, 31. Taşağıl, 32.
 Taşköprü, 33. Terzili, 34. Yeniköy, 35. Yenimahalle.

RESULTS AND DISCUSSION

During the study, 202 specimens declared to be used in therapy, were collected in the area. According to the results of the identifications of our plant specimens, 62 species are being used as folk medicine in Babaeski. Among them 46 species are wild and 16 species are cultivated plants. These are presented in Table 1 arranged in alphabetical order of their botanical names with the relevant information.

Cotinus coggyria, *Arum italicum*, *Anthemis austriaca*, *Matricaria chamomilla* var. *recutita*, *Ecballium elaterium*, *Hypericum perforatum*, *Paliurus spina-christi*, *Prunus spinosa* subsp. *dasyphylla*, *Urtica dioica* are the most popular plants used for the treatment of many ailments.

The folk medicinal plants are mostly used for kidney, stomach and prostate ailments, rheumatism, cold, hemorrhoids, diabetes, asthma and bronchitis. Decoction and infusion are the methods mostly used for the preparation of the folk medicine.

Hypericum perforatum is used not only in human but also in animal treatment. However, *Fraxinus angustifolia* subsp. *oxycarpa* and *Verbascum phlomoides* are used only in animal treatment.

Some cautions about the usage of some plants, declared by the people during the field studies, were also recorded : overdosing of the fruit juice of *Ecballium elaterium* and prolonged contact with the capitulum of *Matricaria chamomilla* var. *recutita* can be dangerous and therefore they should be used carefully.

Although *Centaurea solstitialis* subsp. *solstitialis* has been formerly used in malaria treatment, it is not used today because this disease is not anymore present in the research area.

There is only one herbalist (in Alpullu) in the research area and he is a Turkish immigrant come from Bulgaria.

Table 1: Folk medicinal plants of Babaeski (Kırklareli)

| Botanical name and Voucher specimen | Local names | Part(s) used | Ailments treated/Therapeutic effect | Preparations | Mode of use/Report place |
|---|------------------------------|--|--|---|---|
| <i>Achillea crithmifolia</i> Waldst. & Kit. (Asteraceae), MARE 7040, 7048, 7287, 7975, 7987, 8000, 8025, 8026, 8032, 8093 | Mayaşlı otu, güzelnamus otu, | Inflorescence Capitulum Capitulum Inflorescence | Hemorrhoids Hemorrhoids Eczema Hair restorer | Decoction Infusion Decoction Decoction | Int., 1 x1, before breakfast (5,7) Int., 4 weeks (35) Int., before breakfast (2) Ext. (1) |
| ▲ <i>Aesculus hippocastanum</i> L. (Hippocastanaceae), MARE 7980 | At kestanesi | Seed | Rheumatism | Decoction | Int. (26) |
| <i>Amegdalu communis</i> L. (Rosaceae), MARE 7981, 7984 | Acı badem | Seed | Diabetes | - | Eaten, 3 seeds a day, before breakfast (3,23) |
| <i>Anthemis austriaca</i> Jacq. (Asteraceae), MARE 8030, 8085, 8091, 8092, 8107 | Papatya | Capitulum Capitulum | Cold Immunostimulan | Infusion Decoction | Int. (3,14,18) Int. (2) |
| <i>Arum italicum</i> Miller (Araceae), MARE 7994, 8047, 8048, 8067, 8116 | Yılanyaşığı, yılanbaçağı | Tuber Fruits (ripe) Tuber (fresh) Tuber (fresh) Tuber (fresh) Tuber (fresh) | Hemorrhoids Hemorrhoids Foot chaps, cracked nipple Eczema Eczema Liver diseases | Cut into little pieces - Cut into little pieces Cut into little pieces Cut into little pieces Cut into little pieces | Eaten (1,26,33) Eaten, 3-4 fruits a day, before breakfast, 40 days (5) Int., 4-5 little pieces a day (2) Int., 4-5 little pieces a day (2) Int. (1) Int., 3 days (1) |
| <i>Bellis perennis</i> L. (Asteraceae), MARE 7959 | Papatya | Capitulum | Antitussive, cold | Infusion | Int. (1) |
| ▲ <i>Cannabis sativa</i> L. (Cannabaceae), MARE 8024, 8115 | Kenevir, kendir | Whole plant Inflorescence (female, dried) | Headache (for children) Sedative | Crushed (+corn meal) - | Ext. (23) Smoked as cigarette (5) |
| <i>Centaurea cyanus</i> L. (Asteraceae), MARE 8044 | Mavi süpürge çiçeği | Flowers Flowers Flowers Flowers | Kidney ailments Liver diseases Diarrhea Eye pains | Infusion Infusion Infusion Infusion | Int., 3x1 (1) Int., 3x1 (1) Int., 3x1 (1) Eye bath (1) |
| <i>Centaurea solstitialis</i> L. subsp. <i>solstitialis</i> (Asteraceae), MARE 7043, 8001, 8061 | Çakar dikeni | Flowers (fresh) Flowers (fresh) | Headache Malaria | Crushed Crushed | Int., 2 tablets x1 (23) Int., used in tablets (12,19) |
| ▲ <i>Cerasus avium</i> (L.) Moench (Rosaceae), MARE 7982 | Kiraz | Fruit peduncles | Kidney ailments | Decoction | Int. (26) |

Table 1 (Continued)

| Botanical name and Voucher specimen | Local names | Part(s) used | Aliments treated/Therapeutic effect | Preparations | Mode of use/Record place |
|---|-----------------------|--|---|--|---|
| <i>Cichorium intybus</i> L. (Asteraceae), MARE 7041 | Suthi ot, gultlik otu | Flowering branches | Stomach ailments | Decoction | Int., 1x1, before breakfast (23) |
| <i>Cichorium pumilum</i> Jacq. (Asteraceae), MARE 8027, 8052, 8131, 8137 | Suthi ot, indiba otu | Aerial parts Flowering branches Flowering branches | Stomachache Stomach ulcer, gastritis Liver diseases, spleen ailments, uterus Cardiotonic Sedative | Decoction Infusion Infusion Infusion Infusion Decoction | Int., before breakfast (34) Int., 3x1, before meals (1) Int., 3x1, before meals (1) Int., 3x1, before meals (1) Int., 3x1, before meals (1) Int., before breakfast (24) Int. (1) |
| <i>Cornus mas</i> L. (Cornaceae), MARE 7061, 7996, 7995 ▲ <i>Corylus maxima</i> Miller (Corylaceae), MARE 7972, 8624 | Kızılçik Funduk | Flowers Fruits Shoots (young) | Asthma Diarrhea Prostate ailments | Infusion Decoction Decoction | Int. (1) Int., before breakfast (24) Int., 6 months (31) |
| <i>Cotinus coggyria</i> Scop. (Anacardiaceae), MARE 7066, 7963, 8103, 8008, 8007, 8011, 8012, 8013, 8102 | Tetre, tetere | Young branches with leaves Young branches with leaves Leaves Leaves (dried) Leaves Branches with leaves Leaves Leaves Branches with leaves Leaves Leaves Leaves Leaves Leaves (fresh) Leaves Leaves | Hemorrhoids Hemorrhoids Wound Wound Eczema, antifungal Eczema, antifungal Gastro-intestinal ailments Stomach ulcer Stomachache Stomach ailments Colon cancer Cancer Skin cancer Asthma Asthma Hair restorer Prostate ailments Kidney stones Antitussive, cold | Decoction Decoction Decoction Infusion Decoction Decoction Decoction Decoction Decoction Infusion Decoction Decoction Decoction Decoction Decoction Infusion Decoction Decoction Decoction Infusion Infusion Infusion Infusion Infusion Infusion Infusion | Int., 1-2 x1, before meals (31) Ext., steam bath (31) Ext. (11,31,34) Ext. (30) Ext. (23,34) Int. (13) Int. (31) Int., ½ x1, before breakfast (11) Int. (13) Int., 2x1 (11) Int., ½ x1, before breakfast (34) Int. (34) Ext. (11) Int., 1 x1, before breakfast (11) Int. (35) Ext. (11) Int., before breakfast (20) Int., before breakfast, 4 days (11) Int. (3,26) |
| ▲ <i>Cydonia oblonga</i> Miller (Rosaceae), MARE, 7282 <i>Cynodon dactylon</i> (L.) Pers. var. <i>dactylon</i> (Poaceae), MARE 7037, 8077, 8221, 8059, 8078, 8222, 8082 | Ayva Ayrık otu | Leaves Subterranean parts Subterranean parts | Kidney stones Diuretic | Decoction Decoction | Int., used cold, before breakfast (26) Int., before breakfast (1,18) |

Table 1 (Continued)

| Botanical name and Voucher specimen | Local names | Parts used | Aliments treated/Therapeutic effect | Preparations | Mode of use/ Record place |
|---|---------------------------------------|--|---|---|---|
| <i>Datura stramonium</i> L. (Solanaceae), MARE 8042, 8211, 8212, 8210 | Tutala, tuntu, mandalik | Leaves (dried) Seeds Flowers (dried) Seeds | Asthma Asthma Asthma Toothache | Decoction Decoction | Smoked as cigarette (3,21) Int., 1x1 (3) Smoked as cigarette (26,32) Gargle (1) |
| <i>Ecdalium elaterium</i> (L.) A. Rich. (Cucurbitaceae), MARE 7034 | Aekavan, yaban bayam, yaganda | Fruit juice Fruit juice Fruit juice Fruit juice Fruit juice Fruit and roots Fruit and roots Roots | Stomatitis Icterus Icterus Icterus Icterus Hemorrhoids Hemorrhoids Eczema, antifungal Arthritis | Kneaded (+barley meal) (+lemon juice) (+olive oil) Kneaded (+barley meal) Decoction (+sugar) Decoction (+sugar) Decoction (15-20 drops into a glass of water) | Dropped into the nostrils (5,14,23,26) Dropped into the nostrils, used cold (5,18) Int., 2x1 tablets, after meals (23) Dropped into the nostrils (2) Ext. (2) Int., 2x1 tablets, after meals (23) Int., before meals (18) Int., before meals (18) Int. (26) |
| ▲ <i>Elaeagnus angustifolia</i> L. (Elaeagnaceae), MARE 8090 | Ijde | Fruits (fresh) Fruits Fruits (seedless) | Rheumatism Rheumatism Wound | Crushed Kept in ethyl alcohol, 6 months Oint | Ext. (10) Ext. (7,34) Ext. (23) |
| <i>Ferulago confusa</i> Velen (Apiaceae), MARE 8088 | Çay onu | Inflorescence | Bronchitis | Infusion | Int. (23) |
| ▲ <i>Fraxinus angustifolia</i> Vahl, subsp. <i>oxycarpa</i> (Bieb. ex Willd.) Franco & Rocha Afonso (Oleaceae), MARE 7058, 7968, 8014 | Dışbudak, dışbudak | Branches (peeled) | Chicken diseases | Kept in water (This water is used) | Int. (30) |
| ▲ <i>Helianthus tuberosus</i> L. (Asteraceae), MARE 8028, 8108 | Yer elması | Tubers (peeled) | Diabetes | - | Extern (1,14) |
| ▲ <i>Hibiscus sriyensis</i> L. (Malvaceae), MARE 7036 | Hatmi, güthami, farmacik çeşeli | Flowers | Bronchitis | Decoction | Int. (16) |
| <i>Hypericum perforatum</i> L. (Hypericaceae), MARE 7065, 8019, 8127, 7960, 8128, 8020, 8124, 7278, 8140, 7966, 8105, 8141, 8125 | Kantaron, kangran onu | Aerial parts Flowers Flowers Flowers Flowers (fresh) Flowers (fresh, 20-30 g) | Prostate ailments Kidney ailments Cystitis Diarrhea Wound (for human and animals) Aphthia | Decoction Infusion Decoction Decoction Oint Oint | Int., before breakfast (12) Int. (11) Int. (1) Int. (1) Ext. (1,13,24) Ext. (1) |

| Botanical name and Voucher specimen | Local names | Part(s) used | Ailments treated/ Therapeutic effect | Preparations | Mode of use/ Record place |
|--|-----------------------------------|---|---|--|---|
| | | Flowers Flowers Flowers Flowers (fresh) Flowers (fresh) | Stomach ailments Lung cancer Hemasthenosis Rheumatism Myalgia, arthralgia | Infusion Decoction Decoction Oleat Oleat | Int., before meals (1,1,1,16) Int. (1) Int. (1) Ext. (1) Ext. (1) |
| ▲ <i>Juglans regia</i> L. (Juglandaceae), MARE 8074, 8004 | Ceviz | Seed Leaves Leaves (fresh) | Blood pressure regulator Menstrual pain Antidiaphoretic (foot) | Decoction Decoction | Eaten, 3 seeds a day (12) Steam bath (11) Put into shoes (25) |
| <i>Juniperus oxycedrus</i> L. subsp. <i>oxycedrus</i> (Cupressaceae), MARE 7059, 8123 | Ardıç | Cones Cones | Diabetics Prostate ailments | Decoction Infusion | Int., before breakfast (20) Int., (20) |
| <i>Malva sylvestris</i> L. (Malvaceae), MARE 8086, 8098, 8037, 7990, 8119 | Ebegüneci | Aerial parts Flowers and leaves Flowers and leaves | Cold, antitussive Liver diseases Gastro-intestinal ailments | Infusion Infusion Infusion | Int. (1,26,35) Int. (1) Int. (1) Int. (1) |
| <i>Marrubium peregrinum</i> L. (Lamiaceae), MARE 7286 | Kedibarsağı otu, kayışkran otu | Leaves (fresh) Aerial parts Aerial parts | Stomach ailments Cold Immunostimulant Abdominal pain | Decoction Decoction Decoction | Int. (16) Int., used cold (14) Int., used cold (14) Int. (1,4) |
| <i>Marricaria chamomilla</i> L. var. <i>recauita</i> (L.) Grierson (Asteraceae), MARE 8029, 8117, 8031 | Papaya | Aerial parts Capitulum Capitulum Capitulum | Rheumatism Cold Earache (for children) Antipyretic | Crushed Infusion Infusion Infusion | Ext. wrapped in a cloth (26) Int. (10,26) Dropped into ear (23) Int. (10) |
| <i>Melissa officinalis</i> L. (Lamiaceae), MARE 7299, 8139, 7971, 8129 | Oğul otu | Leaves Leaves Leaves Leaves Leaves | <i>Arteriosclerosis</i> Sedative Antiarthritic Cancer Lung cancer, stomach cancer Constipation | Decoction Infusion Infusion Decoction Infusion | Int., before breakfast (3) Int., 2x1 (morning-evening) (1) Int. (1) Int. (3) Int. (1) Int., 2x1(1) |
| <i>Mentha pulegium</i> L. (Lamiaceae), MARE 8216, 8217, 8219, 8220 | Yaban nanesi | Leaves Aerial parts Aerial parts | Abdominal pain Stomachic Cold, bronchitis | Decoction Decoction Decoction | Int. (2,30) Int. (1) Int. (1,33) |
| ▲ <i>Mespilus germanica</i> L. (Rosaceae), MARE 7998, 8064 | Muşmula | Leaves Calyx (on fruit) | Anthypertensive Kidney ailments | Decoction | Int. (7) Eaten (16) |
| ▲ <i>Morus alba</i> L. (Moraceae), MARE 7047, 8069 | Dut | Leaves | Diabetics | Decoction | Int. (7,13) |
| <i>Paliurus spina-christi</i> Miller (Rhamnaceae), MARE 8053, 8132, 8072, 7978, 7060 | Karaçalı | Fruits Fruits Roots | Stomachache Arthralgia Kidney stones | Decoction Decoction Decoction | Int. (26) Int. (26) Int., used cold, before breakfast (26) |

Table 1 (Continued)

| Botanical name and Voucher specimen | Local names | Part(s) used | Alliments treated/ Therapeutic effect | Preparations | Mode of use/ Record place |
|--|--------------------------|--|--|--|---|
| <i>Papaver rhoeas</i> L. (Papaveraceae), MARE 8043, 8057, 8106 | | Fruits Inflorescence Fruits Fruits | Kidney ailments Kidney stones Hemorrhoids Blood pressure regulator | Decoction Decoction Decoction Decoction | Int. (1,16) Int. (16) Int. (9,14,20) Int. (10) |
| <i>Pinus sylvestris</i> L. (Pinaceae), MARE 7289, 7967 | Çan | Flowers Flowers Flowers Flowers | Antitussive Nocturnal enuresis (for children) Antiarthritic, antispasmodic Menstruation regulator Diarrhea | Infusion Infusion Infusion Infusion Infusion | Int. (1,3) Int. (1) Int. (1) Int. (1) Int. (1) |
| ▲ <i>Pinus sylvestris</i> L. (Pinaceae), MARE 7289, 7967 | Çan | Buds (fresh) Stem bark | Asthma Asthma | Decoction | Eaten (33) Int. (33) |
| <i>Pitcairnia terebinthifolia</i> L. subsp. <i>terebinthifolia</i> (Amacardiaceae), MARE 7053, 8010, 8009 | Tene, tere | Leaves | Stomachache | Decoction | Int., before breakfast (24) |
| <i>Plantago major</i> L. subsp. <i>major</i> (Plantaginaceae), MARE 7050 | Sinirli ot | Leaves (fresh) | Boil | Slightly heated | Ext. (10,34) |
| <i>Prunus spinosa</i> L. subsp. <i>oxyphylla</i> (Sohnur) Domini (Rosaceae), MARE 7974, 7957, 7064, 7277 | Çivene, trinka | Fruits (fresh) Fruits (fresh) Fruits Fruits (fresh) | Asthma Bronchitis Diabetes Diabetes | Kept in alcohol, for 30-40 days (in dark) Kept in alcohol, for 30-40 days (in dark) Decoction Marmalade | Int. (29) Int. (29) Int., used cold, after meals (3,13,16,20,34) Eaten (14,20) |
| <i>Pyrus bugarica</i> Kuthak & Sachak (Rosaceae), MARE 7983, 8622, 7977, 8621 | Ahlar | Fruit juice Stem bark | Stomach cancer Hemorrhoids | Decoction | Int. (21) Int. (15) |
| <i>Quercus parva</i> (Mantuschka) Liebl. subsp. <i>iberica</i> (Steven ex Bieb.) Krausslin. (Fagaceae), MARE 8104 | Mese | Stem bark | Diarrhea | Decoction | Int. (35) |
| <i>Ranunculus nepotitanus</i> Ten. (Ranunculaceae), MARE 8017 | Düğün çiçeği | Aerial parts | Rheumatism | Crushed | Ext. (5) |
| <i>Rosa canina</i> L. (Rosaceae), MARE 7969, 7989, 7280, 7038, 8097, 8112, 8036, 7992, 7991 | Kuşburnu, şipka | Hypanthium Hypanthium Hypanthium Hypanthium Hypanthium Hypanthium | Stomach ailments Hemorrhoids Hemorrhoids Diabetes Kidney ailments Cold Arteriosclerosis | Decoction Crushed Decoction Decoction Decoction Decoction Decoction | Int. (23) Eaten, 1 week (2) Int. (35) Int., before breakfast (15,30) Int. (35) Decoction Int. (11,23) Int. (3) |
| <i>Rubus canescens</i> DC. var. <i>glabratus</i> (Godron) Davis & Meikle (Rosaceae), MARE 8135, 8142 | Börtlen, karamak, malina | Roots Roots | Hemorrhoids Kidney ailments | Decoction Decoction | Int. (14) Int. (23) |

Table 1 (Continued)

| Botanical name and Voucher specimen | Local names | Part(s) used | Ailments treated/ Therapeutic effect | Preparations | Mode of use/ Record place |
|--|----------------------------|--|---|---|--|
| <i>Rubus discolor</i> Weihe & Nees (Rosaceae), MARE 8136, 8213, 8133, 8214, 8142 | Börtlen, karamik, malina | Roots Roots | Kidney ailments Bronchitis | Decoction Decoction | Int. (23,26) Int. (3) |
| <i>Rubus sanctus</i> Schreber (Rosaceae), MARE 7281 | Börtlen, bubucuk | Roots | Bronchitis | Decoction | Int. (3) |
| <i>Sambucus ebulus</i> L. (Caprifoliaceae), MARE 7279, 8068, 7051, 7042, 8075, 7958, 8006, 8083 | Sultan otu, biza | Leaves (dried) Leaves (dried) Fruits (ripe) Roots Peduncles Leaves Fruits (ripe) Leaves (fresh) Peduncles Roots | Wound Burn Hemorrhoids Rheumatism Rheumatism Hypertensive Eczema, antifungal Poisonous insect-bite Sterility (woman) Nocturnal enuresis (for children) | Powdered Powdered — Boiled in water, crushed Decoction Decoction — — Decoction Decoction | Ext. (23) Ext. (23) Eaten, before breakfast (1, 7, 10, 24) Ext. (16, 20) Bath (33) Int. (14) Eaten, 3-4 fruits x1, 2 days (10) Ext. (1) Steam bath (1) Int. (1) |
| <i>Sorghum halepense</i> (L.) Pers. var. <i>halapense</i> (Poaceae), MARE 7046 | Kanyaşi, kanyaş otu | Rhizomes | Kidney stones | Decoction | Int., 3xi, before meals (32) |
| <i>Taraxacum pseudobrachygloussum</i> Van Soest (Asteraceae), MARE 7056, 7961 | Karatindiba otu | Roots Roots | Kidney stones Antipyretic | Decoction Decoction | Int., before breakfast, 15-20 days (1) Int. (1) |
| <i>Thymus longicaulis</i> C. Presl subsp. <i>longicaulis</i> var. <i>subisophyllus</i> (Borbás) Jalas (Lamiaceae), MARE 7952, 8016, 8041, 8089, 8015 | Kekik, keklik otu, çobrisa | Whole plant Whole plant Whole plant Whole plant | Diabetes Antimussive Stomach ailments Sedative Cancer | Decoction Decoction (+honey) Decoction Decoction Decoction Infusion | Int. (12) Int. (1) Int. (11) Ext. (23) Int. (10) |
| ▲ <i>Tilia argentea</i> Desf. ex DC. (Tiliaceae), MARE 7062, 8023, 8022, 8113 | Ihlatur | Flowers Flowers Flowers | Cold Bronchitis (for children) Stomachic | Infusion Infusion Infusion | Int. (18) Int. (24) Int. (32) |

Table 1 (Continued)

| Botanical name and Voucher specimen | Local names | Part(s) used | Animals treated/Therapeutic effect | Preparations | Mode of use/ Recent place |
|--|--|--|--|---|--|
| <i>Tribulus terrestris</i> L. (Zygophyllaceae), MARE 8218, 7039, 7052, 8215, 8109 | Cobangokerten, gobangkajodan, gobangolan, domuz dikent, manada putragi | Aerial parts Aerial parts Fruits Flowers Fruits Fruits Fruits Fruits | Stomachache Diuretic Diuretic Asthma Asthma Kidney ailments High cholesterol Arteriosclerosis | Decoction Decoction Decoction Infusion Decoction Decoction Decoction Decoction | Int., before breakfast (8) Int. (10) Int., before breakfast (1) Int. (23) Int. (1) Int., 1x1, before breakfast (1) Int., before breakfast (1) Int., before breakfast (1) |
| <i>Typha latifolia</i> L. (Typhaceae), MARE 8143 | Saz | Flowers (female) | Burn | - | Ext. (26) |
| <i>Urtica dioica</i> L. (Urticaceae), MARE 7276, 8110, 7955, 8034, 8095, 7049, 7988, 7964, 8094, 7035, 8118 | Isrgan, kopriwa, kupriwa | Leaves (fresh, young) Leaves (fresh) Leaves and fruits Leaves Leaves (fresh, young) Leaves Roots Aerial parts (dried) Leaves Aerial parts Aerial parts Leaves Leaves Leaves Leaves Leaves Leaves Leaves Leaves Leaves Leaves | Diabetes Diabetes Diabetes Diabetes Bronchitis Bronchitis Asthma Asthma Kidney ailments Prostate ailments Hemorrhoids Hemorrhoids Inflamed wounds Stomach ailments Stomach ailments Intestinal ailments Arteriosclerosis Arthralgia | Cooked (+ olive oil, tomato sauces, water) Decoction Decoction Infusion Cooked (+olive oil, tomato sauces, water) Decoction Decoction Decoction Decoction Infusion Decoction Decoction Decoction Boiled in water | Eaten (26) Int. (26) Int., used cold, before breakfast (34) Int., before breakfast (14) Eaten (16) Int. (3) Int., before breakfast (2, 14) Smoked as cigarette (15) Int. (3, 18) Int., 3-4x1 (12) Int. (2, 3, 14) Ext. (3) Ext. (7) Int., before breakfast (2) Int., before breakfast (3, 13) Int., 1-2x1, before breakfast (13) Int., 1x1 (23) Ext. (2) Int., 3x1, 15-20 days (1) Int. (3) Int. (35) Ext. (26) |
| <i>Verbascum naccarum</i> Ten. (Scrophulariaceae), MARE 8100, 8101, 8040, 8121, 8099 | Sigarkuyruğu, akuyruğu | Flowers Flowers Flowers | Lung diseases Hemorrhoids Diabetes | Infusion Infusion Infusion | Int. (3) |
| <i>Verbascum phlomoides</i> L. (Scrophulariaceae), MARE 8120 | Sigarkuyruğu | Flowers | Wound (for animal) | Decoction | Ext. (26) |
| ▲ <i>Vicia faba</i> L. (Fabaceae), MARE 8005 | Bakla | Flowers | Kidney stones | Infusion | Int., before breakfast (30, 35) |

Table 1 (Continued)

| Botanical name and Voucher specimen | Local names | Part(s) used | Aliments treated/ Therapeutic effect | Preparations | Mode of use/ Record place |
|---|-------------------------|--|--|--|--|
| <i>Viscum album</i> L. subsp. <i>album</i> (Loranthaceae), MARE 8049 | - | Whole plant | Diabetes | Decoction | Int., before breakfast (7) |
| <i>Vitis sylvestris</i> Gmelin (Vitaceae), MARE 7283 | Yabani asma, ak asma | Branches (fresh) | Arthralgia | Heated | Ext. (9) |
| <i>Xanthium strumarium</i> L. subsp. <i>cavanillesii</i> (Scholow) D. Love & P. Dansersau (Asteraceae), MARE 7290 | Pittrak | Fruits | Diuretic, diaphoretic | Decoction | Int., 1 spoonful x1, before breakfast (24) |
| <i>Zea mays</i> L. subsp. <i>mays</i> (Poaceae), MARE 8623 | Misir | Styles Styles Styles Styles Styles | Diuretic Kidney ailments Nephralgia Kidney stones Nephritis Prostate ailments | Infusion Infusion Decoction Infusion Infusion Decoction | Int. (26) Int. (26) Int., 1x1, used cold, before breakfast (11) Int., 2x1, before breakfast, 15-20 days (1,11) Int., 2x1, before breakfast, 15-20 days (1) Int., before breakfast, 1 week (2) |

▲ Cultivated plant; + mixed with; Int.= internal use; Ext.= external use; 1x1= once a day, 2x1= twice a day, 3x1= thrice a day; it means 1 glass of decoction or infusion, unless otherwise (e.g. spoonful, drop) indicated.

In the European part of Turkey, there is only one published ethnobotanical study which was made in Tekirdağ (6) neighboring our locality. This study was compared with our study and as a result 13 folk medicinal plants are the same. Among them the usages of ten taxa (*Cotinus coggyria*, *Sambucus ebulus*, *Ecballium elaterium*, *Cynodon dactylon* var. *dactylon*, *Hypericum perforatum*, *Malva sylvestris*, *Paliurus spina-christi*, *Prunus spinosa* subsp. *dasyphylla*, *Rosa canina*, *Tribulus terrestris*) are similar in both localities. This prove that these plants are used in many more places in European Turkey than the others.

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