

TURKISH FOLK MEDICINAL PLANTS, PART VI: KOÇARLI (AYDIN)

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S U M M A R Y

In this study, 68 folk medicinal plants from Koçarlı (Aydın) are presented. Among them 53 taxa are wild and 15 taxa are cultivated plants. The folk medicinal plants are mostly used for kidney and stomach ailments, cold, hemorrhoids, diabetes, asthma and hypertension.

Ö Z E T

Bu çalışmada, Koçarlı yöresinde halk ilacı olarak kullanılan 68 bitki sunulmuştur. Bunlardan 53 takson yabani ve 15 takson 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 ve hipertansiyon tedavisinde kullanılmaktadır.

Key words: Folk medicine; Medicinal plants; Koçarlı; Aydın; Turkey.

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

Koçarlı (Aydın) is located in the west part of the Aegean region in Turkey. Koçarlı district is at the south of Big Menderes plain and assembled from a collapse of Beşparmak Mountains from Çine Creek to Sarıçay at the geological era and it covers an area of 534 km² (1). The climate of the area is hot and dry in summer and mild and rainy in winter. Total population is 37167 (2001). The majority of the population consist of native folk.

The mediterranean elements are dominant in the area. According to our observations and records, *Origanum onites*, *Vitex agnus-castus*, *Quercus coccifera*, *Rubus sanctus*, *Ballota acetabulosa*, *Lavandula stoechas* subsp. *cariensis*, *Papaver rhoeas*, *Hypericum triquetrifolium* are the most common plants in vegetation.

There is no comprehensive study about the folk medicinal plants of Koçarlı except a few records on this subject (2).

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

Four excursions were made for the field studies in Koçarlı. This studies were carried out totally for 35 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, herbalists, shepherds, experienced adults and patients between July 2001-October 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 112 persons (96 men, 16 women) and most of the interviewees were more than 50 years old. In addition, some harmful effects of folk medicine, if declared, were also recorded.

The plant specimens, collected by E. Sadıkoğlu, 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 (46 including 44 villages) were visited (Fig. 1). They are listed below, with a reference number for the record place of the local information.

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. Hazine dar, 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. Sofuhallil, 31. Taşağıl, 32.
 Taşköprü, 33. Terzili, 34. Yeniköy, 35. Yenimahalle.

1. **Bıyıklı** (centre), 2. **Yeniköy** (centre), 3. Akmescit, 4. Bağcılar, 5. Birci, 6.
 Boğaziçi, 7. Boydere, 8. Büyükdere, 9. Cincin, 10. Çakırbeyli, 11. Çakmar, 12. Çallı, 13.
 Çeşme, 14. Çulhalar, 15. Dedeköy, 16. Dereköy, 17. Esentepe, 18. Evsekler, 19.
 Gaffarlar, 20. Gözkayası, 21. Güdüşlü, 22. Hacıhamzalar, 23. Halilbeyli, 24. Haydarlı,
 25. Karaağaç, 26. Karacaören, 27. Karadut, 28. Kasaplar, 29. Kızılcabölük, 30.
 Kızılkaya, 31. Kullar, 32. Kuşlurbeleni, 33. Mersinbelen, 34. Orhaniye, 35. Sapalan, 36.
 Satılar, 37. Sobuca, 38. Şahinciler, 39. Şenköy, 40. Taşköy, 41. Tekeli, 42. Tığlılar, 43.
 Timinciler, 44. Yağcıdere, 45. Yağhanlı, 46. Zeytinköy.

RESULTS AND DISCUSSION

During the study, 133 specimens declared to be used in therapy, were collected in the area. According to the results of the identifications, 68 taxa are being used as folk medicine in Koçarlı. Among them 53 taxa are wild and 13 taxa are cultivated plants. The plants used as folk medicine in Koçarlı are presented in Table 1, arranged in alphabetical order of their botanical names, with the relevant information.

Except ours, the only two folk medicinal plants (*Cistus salviifolius* and *Lavandula stoechas* subsp. *stoechas*), both of which were also represented in our list, were previously reported from Koçarlı (2). The usage of the *Lavandula stoechas* is same (hemostatic) as in our record.

In another similar study realized in Aydın (6), there is no record from Koçarlı. Nine folk medicinal plants of Koçarlı (*Asphodelus aestivus*, *Ecballium elaterium*, *Hypericum triquetrifolium*, *Juglans regia*, *Lavandula stoechas* subsp. *stoechas*, *Mentha longifolia* subsp. *thyphoides* var. *thyphoides*, *Origanum onites*, *Rosmarinus officinalis*, and *Vitex agnus-castus*) are also cited in that study, but from different districts of Aydın.

Table 1- Folk medicinal plants of Koçanlı (Aydn)

Botanical name and Voucher specimen	Local names	Part(s) used	Ailments treated/ Therapeutic effect	Preparations	Mode of use / Record place
<i>Aleca paltida</i> Waldst & Kit (Malvaceae), MARE 7202	Gülhatmı	Flowers	Cold	Infusion	Int. (14)
▲ <i>Amygdalus communis</i> L. (Rosaceae), MARE 8417	Badem	Seed (dried) Seed	Raucezo Hypoglisemic	Crushed (+honey)	Int., 1 spoonful before sleeping (26) Eaten (26)
<i>Arbutus x andrachnoides</i> Link. (Ericaceae), MARE 8499	Dağ çileği	Leaves	Cold	Decoction	Int. (45)
<i>Arbutus unedo</i> L. (Ericaceae), MARE 8491	Yabani çilek	Leaves	Antihypertensive	Infusion	Int. (4)
		Roots	Uretira ailments	Decoction	Int., 2x1 (4)
		Road	Wound	Crushed	Ext. (34)
<i>Aphrodeltus aestivus</i> Brot. (Liliaceae), MARE 8415, 8425, 8448	Kirşigöbeği	Roots	Ulcer	Decoction	Int., very little dosage, after meals(10)
		Roots	Wound	Crushed after boiled (+ olive oil)	Ext. (10)
		Roots	Hemorrhoids	Decoction	Steam bath (29)
<i>Ballota acetabulosa</i> (L.) Bentham (Lamiaceae), MARE 8470	Boz ot	Leaves	Stomach ailments	Infusion	Int. (5)
<i>Capparis ovata</i> Desf. var. <i>canescens</i> (Coss.) Heywood (Capparaceae), MARE 8453, 8501, 8613	Kapari, kebere	Leaves Aerial parts	Abdominal pain Sedative	Poultice (+flour) Decoction	Ext. (5) Int. (45)
▲ <i>Castanea sativa</i> Miller (Fagaceae), MARE 7203, 8619	Kestane	Flowers Stem barks	Stomach ailments Antipyretic	Infusion Decoction	Int. (14) Int. (14)
<i>Celtis australis</i> L. (Ulmaceae), MARE 8461	Kara çitlik	Fruits Leaves	Diarrhea (for children)	Decoction	Eaten, before meals (43) Int. (43)
<i>Centaureum erythraea</i> Rafn subsp. <i>rumelicum</i> (Velen.) Meideris (Gentianaceae), MARE 8497	Kırmızı kantaron	Leaves	Stomach ailments	Decoction	Int. (40)
<i>Cetrach officinarum</i> D.C. (Aspleniaceae), MARE 7209, 8504	Alun otu	Aerial parts Leaves Leaves Leaves	Kidney stones Cold Bronchitis Stomachache Hemorrhoids	Infusion Infusion Infusion Infusion Decoction	Int. (14, 30) Int. (14) Int. (14) Int. (30) Int. (30)
<i>Cistus creticus</i> L. (Cistaceae), MARE 7197, 7197a, 8612	Pamukluk	Leaves	Homeostatic Rheumatism	Crushed Crushed and slightly heated	Ext. (12, 33) Ext. (13)
<i>Crataegus monogyna</i> Jacq. subsp. <i>monogyna</i> (Rosaceae), MARE 8446	Kızılcık	Fruits (crushed)	Cardiac diseases	Decoction	Int. (36)

Table 1 (Continued)

Botanical name and Voucher specimen	Local names	Part(s) used	Aliments treated / Therapeutic effect	Preparations	Mode of use / Record place
▲ <i>Cydonia oblonga</i> Miller (Rosaceae), MARE 8417a, 8614	Ayva	Leaves Leaves Leaves	Wound Stomach ailments Intestinal ailments	Slightly heated Infusion Infusion	Ext. (26) Int. (42) Int., 2x1 (42) Smoked as cigarette (17)
<i>Datura innoxia</i> Miller (Solanaceae), MARE 8464	Tatula, at kestanesi	Leaves (dried)	Asthma	-	Smoked as cigarette (17)
<i>Datura stramonium</i> L. (Solanaceae), MARE 8467	Tatula	Leaves Leaves	Boil Asthma	Crushed and slightly heated Crushed	Ext. (28) Smoked as cigarette (28)
<i>Daucus carota</i> L. (Apiaceae), MARE 7211, 8455	Hilan, boldo	Branches Aerial parts	Antihelmintic (for children) Antihelmintic (for children)	Infusion Decoction	Int. (35) Int. (14)
<i>Dracunculus vulgaris</i> Schott (Araucaceae), MARE 8511	Yılanbıçağı, yılan burçağı	Tuber Tuber	Eczema Rheumatism Psoriasis	Crushed-cooked (+ milk) Poultice (+ milk, flour) Sliced	Ext. (33) Ext. (33) Int., 3x1 (33)
<i>Echallium elaterium</i> (L.) A. Rich. (Cucurbitaceae), MARE 7224, 8454	Acıdillek, acı kavun, eşek hiyari	Fruit Fruits (fresh) Roots	Sinüsitis Analgesic Laxative	Fruit juice Crushed (+flour) Infusion	Dropped into the nostrils (12) Ext. (12) Int. (9)
▲ <i>Elaeagnus angustifolia</i> L. (Elaeagnaceae), MARE 8471	İğde	Leaves	Hypogisemic	Decoction	Int. (42)
<i>Equisetum ramosissimum</i> Desf. (Equisetaceae), MARE 8466	Atkıyruğu	Leaves Aerial parts	Abdominal pain Kidney stones	Decoction Decoction	Int., after meals (42) Int. (20)
<i>Erica manipaliflora</i> Salisb. (Ericaceae), MARE 8460	Funda	Aerial parts Flowers and leaves Flowers and leaves	Diuretic Cystitis Anthypertensive	Decoction Decoction Decoction	Int. (43) Int., 3x1 (43)
▲ <i>Eucalyptus camaldulensis</i> Dehuh. (Myrtaceae), MARE 8502	Ökaleptus ağacı	Leaves	Asthma	Infusion	Int. (30)
<i>Fumaria officinalis</i> L. (Papaveraceae), MARE 8475	Şahdere otu	Leaves Whole plant (20 g)	Cardiac diseases Anthypertensive	Infusion or decoction Decoction	Int. (30) Int. (42)
<i>Helichrysum stoechas</i> (L.) Moench subsp. <i>barretieri</i> (Ten.) Nyman (Asteraceae), MARE 8469	Altınbaşak otu	Whole plant (20 g) Capitulum	Eczema Kidney stones	Decoction Infusion	Int. (42) Int., 3x1 (5)

Table 1 (Continued)

Botanical name and Voucher specimen	Local names	Part(s) used	Ailments treated / Therapeutic effect	Preparations	Mode of use / Record place
<i>Hyoscyamus albus</i> L. (Solanaceae), MARE 7210	Ban otu	Aerial parts	Sedative	Infusion	Int., 2 spoonfulx1 (14)
<i>Hypericum triquetrifolium</i> Turra (Hypericaceae), MARE 7221	Kantaron	Flowering branches Flowers	Wound Intestinal ailments	Oleat (used after 3-4 months) Infusion	Ext. (12) Int. (12)
▲ <i>Juglans regia</i> L. (Juglandaceae), MARE 8423	Ceviz	Stem bark Stem bark and leaves Leaves Seed Seed	Hypoglycemic Menstrual pain Hand chaps Bronchitis Laxative	Decoction Decoction Crushed Crushed (+honey) Crushed Infusion	Steam bath (29) Ext. (29) Int. (29) Int. (29) Int. (45) Int. (45)
<i>Juniperus oxycedrus</i> L. subsp. <i>oxycedrus</i> (Cupressaceae), MARE 8500	Ardıç	Branches (young) Branches (young)	Cold Hypoglycemic	Infusion Infusion	Int. (45) Int. (45)
▲ <i>Laurus nobilis</i> L. (Lauraceae), MARE 8412, 8492	Teynal, defne	Leaves (fresh) Leaves (fresh) Leaves (fresh)	Cardiac diseases Joint calcification Rheumatism	Decoction Decoction Decoction	Int. (35) Int. (35) Int. (35)
<i>Lavandula stoechas</i> L. subsp. <i>carriensis</i> (Boiss.) Rozeira (Lamiaceae), MARE 7205, 8406, 8419, 8429, 8439, 8468, 8476, 8496	Kargan, karabag otu, karasıpürgesi	Flowers and leaves Flowers and leaves Flowers and leaves Flowers and leaves Flowers and leaves Flowers and leaves Flowers and leaves Flowers and leaves	High cholesterol Antihypertensive Sedative Mucolitic Tremor (Parkinson) Tremor Stomach ailments Antitussive	Infusion Infusion Infusion Infusion Infusion Infusion Infusion Infusion	Int., 2-3 xl (7,10,22,40) Int. (7,10,40) Int., after meals (18) Int., 2x1(18) Int. (7) Int. (37) Int. (26,28) Int. (28)
▲ <i>Lepidium sativum</i> L. (Brassicaceae), MARE 8427	Tere otu	Leaves (crushed) Leaves Leaves	Liver ailments Gall bladder ailments Anemia	Decoction Decoction Decoction	Int., 1/2x1 (21) Int., 1/2x1 (21) Int. (21)
▲ <i>Lupinus varius</i> L. (Fabaceae), MARE 8498	Yahudi baklasi	Fructus	Diuretic	Decoction	Int. (45)
<i>Matricaria chamomilla</i> L. var. <i>chamomilla</i> (Asteraceae), MARE 8482	Papatya	Capitulum Capitulum Capitulum	Gingiva Cold Asthma	Decoction Infusion Infusion	Gargle (24) Int. (24) Int. (24)

Table 1 (Continued)

Botanical name and Voucher specimen	Local names	Part(s) used	Aliments treated / Therapeutic effect	Preparations	Mode of use / Record place
<i>Melilotus indica</i> (L.) All. (Fabaceae), MARE 8480	Sam yonca, koluntii yonca	Flowers	Anthelmintic	Infusion	Int., 1-2x1 (24)
<i>Mentha longifolia</i> (L.) Hudson subsp. <i>typoides</i> var. <i>typoides</i> (Lamiaceae), MARE 8400	Name	Leaves Leaves	Asthma Stomach ailments	Decoction Decoction	Inhaled (15) Int. (15)
<i>Mentha pulegium</i> L. (Lamiaceae), MARE 8400b, 8456, 8481	Name, filiskin, yarpiz	Leaves Leaves Leaves	Stomach ailments Cold Stomach ailments	Infusion Decoction Decoction	Int. (24) Int. (15), (24) Int. (15,35)
▲ <i>Mentha spicata</i> L. subsp. <i>spicata</i> (Lamiaceae), MARE 8408	Name	Leaves Leaves	Antiemetic Carminative	Infusion Decoction	Int. (38) Int. (38)
▲ <i>Morus nigra</i> L. (Moraceae), MARE 8443, 8458	Karadut	Leaves Fruits	Hypoglycemic Anemia	Decoction Jam	Int., after meals (27,46) Int. (27)
<i>Myrtus communis</i> L. subsp. <i>communis</i> (Myrtaceae), 8486	Mersin, kara sirken, kakal izimüü Zakkurn	Leaves	Cold	Infusion	Int., 3-4x1 (3)
<i>Nerium oleander</i> L. (Apocynaceae), MARE 7199, 7212, 8405, 8485		Flower buds	Eczema	Decoction	Ext. (7)
▲ <i>Olea europaea</i> L. var. <i>europaea</i> (Oleaceae), MARE 7220, 8432, 9620	Zeytin	Balsam	Hypoglycemic	Dried	Eaten, 1 piece (about sesame) x1 (18)
<i>Origanum onites</i> L. (Lamiaceae), MARE 7195, 8462, 8473, 8477, 8493, 8495, 8400a, 8407, 8426, 8431, 8434, 8437	Ak kekik, kekik	Aerial parts Aerial parts Leaves Flowers and leaves Aerial parts Aerial parts Aerial parts Aerial parts Aerial parts	Stomach ailments Antihypertensive Digestive Digestive Abdominal pain Cold Dorsal pains Carminative Hypoglycemic Antihypertensive	Infusion Infusion Floured Infusion Infusion Volatile oil Volatile oil Decoction Infusion Decoction	Int., 1x1 (14,40) Int. (17,42) Eaten (18) Int., 2x1(18) Int. (32) Ext. (15) Ext. (15) Int [†] (8,13,38) Int. (23,44) Int., 1-2x1(15,38)

Table 1 (Continued)

Botanical name and Voucher specimen	Local names	Part(s) used	Ailments treated/ Therapeutic effect	Preparations	Mode of use/ Record place
<i>Pulsatilla spina-christi</i> Miller (Ranunculaceae), MARE 8489	Çaltu	Leaves Fruits	Boil Asthma	Crushed Decoction	Ext. (4) Int. (4)
<i>Papaver rhoeas</i> L. (Papaveraceae), MARE 8430, 8409	Gelincik	Flowers Flowers Flowers Flowers	Antipyretic Asthma Insomnia Diarrhea	Infusion Decoction Decoction Infusion	Int. (24) Inhaled (22) Int., before sleeping (22) Int. (22)
<i>Pinus pinea</i> L. (Pinaceae), MARE 7222, 8413, 8422	Fistik çamı	Stem barks Stem barks	Stomach ailments Wound (for animals)	Decoction Poultice (+ butter)	Int. (26) Ext. (12)
<i>Plantago major</i> L. subsp. <i>intermedia</i> (Gillb.) Lange (Plantaginaceae), MARE 8411	Kırkdamar ou	Leaves	Asthma	Boiled in water (+olive oil, lemon juice) and kept in 30 minutes Boiled in water Crushed	Int. (33) Ext. (10) Ext., wrapped in a cloth (33)
<i>Plantanus orientalis</i> L. (Platanaceae), MARE 8413, 8618	Çınar, kavak	Leaves Aerial parts	Arthralgia Boil	Crushed Decoction	Ext. (10) Gargle (14)
<i>Polygonum tetraphyllum</i> (L.) L. (Caryophyllaceae), MARE 8508	İnci çiçeği	Leaves Leaves Flowering branches	Burn Toothache Wound	Crushed and boiled in water Decoction Decoction (+ olive oil)	Ext. (10) Gargle (14) Ext. (25)
▲ <i>Punica granatum</i> L. (Punicaceae), MARE 8421, 8433, 8503	Nar	Flowers Seeds	Immunostimulan Immunostimulan	Infusion -	Int., 1x1 (29) Eaten (29)
<i>Pyrus amygdaliformis</i> Vill. var. <i>amygdaliformis</i> (Rosaceae), MARE 8490	Ahlat	Leaves	Insect bite	Crushed	Ext. (4)
<i>Quercus coccifera</i> L. (Fagaceae), MARE 7201, 8402, 8438, 8459	Bodur ağaç, pelit, pınar	Seeds Roots Branches Seeds Roots	Hemorrhoids Hemorrhoids Diarrhea Hemorrhoids Kidney stones	Crushed Decoction Decoction - Decoction	Int. (14) Int. (43) Int., 1x1 (1) Eaten, 10x1, a week (37) Int. (37)
<i>Quercus ilicifolia</i> Decne. subsp. <i>macrolepis</i> (Kotschy) Hedge et. Yalt. (Fagaceae), MARE 8442	Meşe, pelit	Seeds	Diarrhea	Crushed and Cooked	Int. (46)

Table 1 (Continued)

Botanical name and Voucher specimen	Local names	Part(s) used	Aliments treated / Therapeutic effect	Preparations	Mode of use / Record place
<i>Ranunculus marginatus</i> d'Urv. var. <i>marginatus</i> (Ranunculaceae), MARE 8441	Çırmık otu	Inflorescence	Arthralgia	infusion	Int. (37)
<i>Ranunculus marginatus</i> d'Urv. var. <i>trachycarpus</i> (Fisch. & Mey.) Azz. (Ranunculaceae), MARE 8428	Çırmık otu	Roots	Hemorrhoids	Cut into the little pieces	Int., 3x1, 10-15 days (21)
▲ <i>Robinia pseudacacia</i> L. (Fabaceae), MARE 8424	Akasya	Flowers	Asthma	Infusion	Int. (29)
▲ <i>Rosmarinus officinalis</i> L. (Lamiaceae), MARE 8452, 8492	Biberiye, zeytin çiçeği	Flowers and leaves	Digestive	Infusion	Int., after meals (34)
<i>Rubus sanctus</i> Schreber (Rosaceae), MARE 7196, 8403, 8616	Böğürden, orman üzümü, kıır	Branches (young) Fruits (fresh) Fruits Fruits Roots Roots Fruits	Antiseptic Dermal regeneration Antihypertensive Diuretic Burn Kidney stones Kidney stones Hypoglycemic	Decoction Oleat - Infusion Crushed Infusion Decoction Infusion	Ext., (33,42) Eaten (14,1) Int. (1) Ext. (1) Int., 1x1 (14) Int. (42) Int., before meals (1)
<i>Rumex pulcher</i> L. (Polygonaceae), MARE 8410, 8449, 8506	İbadağ	Roots Leaves	Eczema	Crushed and boiled in water Decoction	Ext., a week (25,41) Ext., steam bath (34)
<i>Sambucus ebulus</i> L. (Caprifoliaceae), MARE 8447	Mürver, cıce mürver	Leaves	Diuretic	Decoction	Int. (36)
<i>Sambucus nigra</i> L. (Caprifoliaceae), MARE 8488	Kara mürver, miniver	Leaves	Laxative	Infusion	Int. (3)
<i>Solanum dulcamara</i> L. (Solanaceae), MARE 8305	Akdiken	Fruits (with peduncles) Fruits (with peduncles) Seed	Expectorant Laxative	Infusion Decoction	Int., 3x1 (25) Int., 1x1 (25)
<i>Syrax officinalis</i> L. (Styracaceae), MARE 8454	Teshib ağacı, mangalıcık		Abdominal pain	Poultice (+flour, milk)	Ext. (31)
<i>Tribulus terrestris</i> L. (Zygophyllaceae), MARE 8494	Çobançökerten, şobançalgıdan, şobanhoplatan, domuzdikeni	Aerial parts Fruits Fruits Aerial parts	Kidney stones Diuretic Antihypertensive Oedema (for hands and feet)	Decoction Infusion Infusion Decoction	Int., 1x1, a week (32) Int. (32) Int. (32) Int. (32)

Table 1 (Continued)

Botanical name and Voucher specimen	Local names	Part(s) used	Ailments treated/ Therapeutic effect	Preparations	Mode of use/ Record place
<i>Urtica dioica</i> L. (Urticaceae), MARE 8404, 8420	isrgan otu	Fruits Leaves Leaves (fresh) Leaves (fresh)	Hemorrhoids Hypoglycemic Anemia Hypoglycemic	Decoction Decoction Cooked (+olive oil, tomato sauce, onion, water) Cooked (+olive oil, tomato sauce, onion, water)	Int., 1 coffee-cup of decoction (morning and evening) 2x1 (2) Int. (2) Int. (26) Int. (26)
<i>Urtica pilulifera</i> L. (Urticaceae), MARE 8451	Dalgan, isrgan	Leaves Female inflorescence Female inflorescence	Stomach ailments Hemostatic Hemorrhoids	Decoction Decoction	Int., before meals (26) Dropped into the nostrils (34) Int. (34)
<i>Urtica urens</i> L. (Urticaceae), MARE 8478, 8414, 8451a	Dalgan, isrgan	Leaves Fruits Leaves	Rheumatism Anemia Hemorrhoids	Crushed Decoction Infusion	Ext. (10) Int. (10) Int. (18,34)
<i>Vitex agnus-castus</i> L. (Verbenaceae), MARE 7204, 7216, 8401, 8418, 8435, 8440, 8450, 8474, 8487	Hayit	Fruits Leaves Fruits (with peduncles) Leaves Leaves Leaves	Carminative Abdominal pain Stomach ailments Abdominal pain Cold Bee bite	Crushed Heated (+tarchana soup) Infusion Crushed and slightly heated	Eaten (1,14) Ext. (37) Ext. (26) Int. (13,34) Int., 3x1 (13) Ext. (3,42)

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

Origanum onites, *Vitex agnus-castus*, *Lavandula stoechas* subsp. *cariensis*, *Quercus coccifera*, *Rubus sanctus* are the most popular plants used for the treatment of many ailments.

The folk medicinal plants are mostly used for kidney and stomach ailments, cold, hemorrhoids, diabetes, asthma and hypertension.

Pinus pinea is not used only in human but also in animal treatment.

Decoction, infusion and poultice are the methods mostly used for the preparation of the folk medicine.

Some different plants which are known with the same vernacular name (*Datura stramonium*, *D. innoxia*-Tatula; *Quercus coccifera*, *Q. ithaburensis* subsp. *macrolepis*-Pelit; *Mentha longifolia* subsp. *typhoides* var. *typhoides*, *M. spicata* subsp. *spicata*-Nane; *Urtica dioica*, *U. urens*- Isırgan otu) have similar uses, while other ones (*Ranunculus marginatus* var. *marginatus*, *R. marginatus* var. *trachycarpus*- Çırnık otu) are used for the treatment of different diseases.

Some cautions about the usage of some plants, declared by the people during the field studies, were also recorded : overdosing of the *Ecballium elaterium*, *Datura stramonium*, *D. innoxia* and *Olea europaea* var. *europaea*, *Hyoscyamus albus*; internal usues of *Nerium oleander* and some parts of *Dracunculus vulgaris* can be dangerous and therefore they should be used carefully.

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