

TURKISH FOLK MEDICINAL PLANTS, PART VII: EZİNE (ÇANAKKALE)

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S U M M A R Y

In this study, 66 folk medicinal plants from Ezine (Çanakkale) are presented. Among them 49 species are wild and 17 species are cultivated plants. The folk medicinal plants are mostly used for stomach ailments, diabetes, hemorrhoids, kidney stones, cold, wound and eczema.

Ö Z E T

Bu çalışmada, Ezine yöresinde halk ilacı olarak kullanılan 66 bitki sunulmuştur. Bunlardan 49 tür yabani ve 17 tür ise yörede yetiştirilen bitkilerdir. Halk ilacı olarak kullanılan bu bitkiler en çok mide rahatsızlıklarının giderilmesinde, şeker hastalığının tedavisinde, hemoroidlere karşı, böbrek kumunu ve taşını düşürmek amacıyla, soğuk algınlığı, cilt yaraları ve egzama tedavisinde kullanılmaktadır.

Key words: Folk medicine; Medicinal plants; Ezine; Çanakkale; Turkey.

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

Ezine (Çanakkale) is located in the west part of the Aegean region. It covers an area of 474 km² and its total population is 35.398 (2000). The majority (approximately 70 %) of the population consist of native folk (1).

The geological feature of Ezine region is mainly formed by various rock units, such as schist, marble, serpentine, lacustr limestone, fluvio-lacustr deposits and basalts in restricted areas. These formations outcrop in plateaux and mountainous areas in the vicinity of Ezine-Bayramiç depression. An alluvial plain which contains high clay and sand content extends between Ezine and Bayramiç (2). The climate of the area is hot and dry in summer and mild and rainy in winter.

According to our observations the forests of Ezine consist of mainly *Pinus brutia*. Wheat, barley, sunflower, sesame and cotton are some of the mainly cultivated plants and crops in Ezine. Special white cheese, which is produced in Ezine, is one of the well-known dairy products in Turkey.

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

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 Ezine. This studies were carried out totally for 28 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 April 2002-May 2003. 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 90 persons (55 men, 35women) 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 by G. Emre, 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.

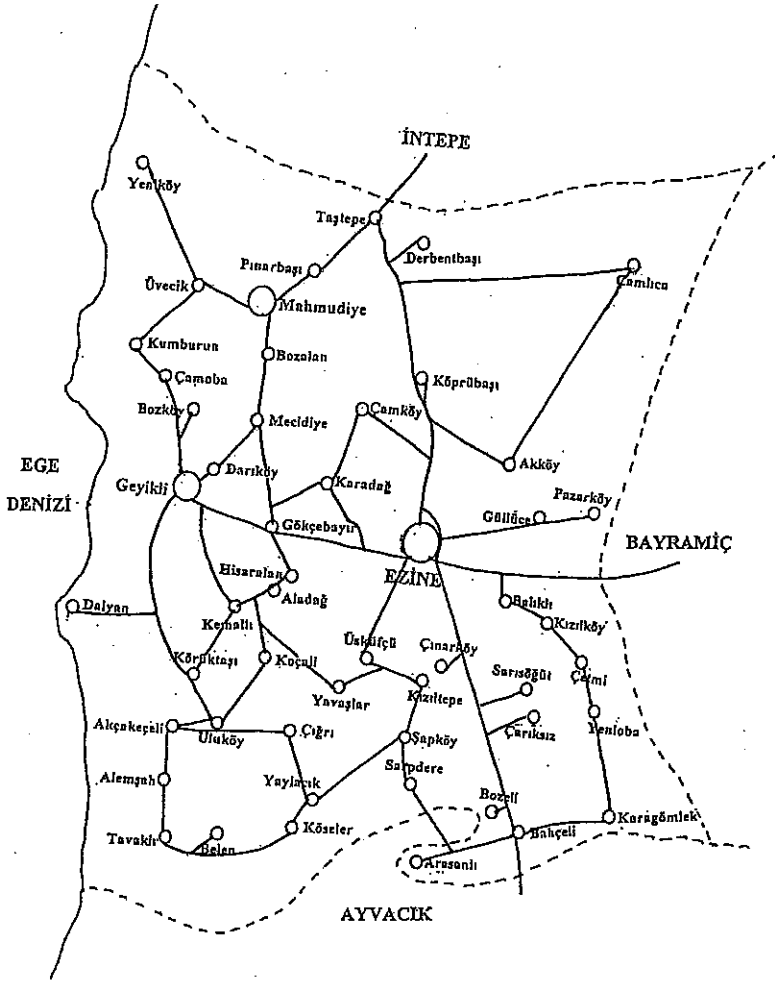


Figure 1: Map of the study area (Ezine)

During the field works, all the settlements (52 including 49 villages) were visited (Fig. 1). They are listed below, with a reference number for the record place of the local information.

1. Ezine (centre), 2. Geyikli (centre), 3. Mahmudiye (centre), 4. Akçakeçeli, 5. Akkoy, 6. Aladağ, 7. Alemşah, 8. Arasanlı, 9. Bahçeli, 10. Balıklı, 11. Belen, 12. Bozalan, 13. Bozeli, 14. Bozköy, 15. Çamköy, 16. Çamlıca, 17. Çamoba, 18. Çarıksız, 19. Çetmi, 20. Çınarköy, 21. Çığırtı, 22. Dalyan, 23. Darköy, 24. Derbentbaşı, 25.

Gökçebayır, 26. Güllüce, 27. Hisaralan, 28. Karadağ, 29. Karagömlük, 30. Kemallı, 31. Kızılköy, 32. Kızıltepe, 33. Koçali, 34. Köprübaşı, 35. Köriktası, 36. Köşeler, 37. Kumburun, 38. Mecidiye, 39. Pazarköy, 40. Pınarbaşı, 41. Sarısöğüt, 42. Sarpdere, 43. Şapköy, 44. Taştepe, 45. Tavaklı, 46. Uluköy, 47. Üsküfçü, 48. Üvecik, 49. Yavaşlar, 50. Yaylacık, 51. Yeniköy, 52. Yenioba.

RESULTS AND DISCUSSION

During the study, 131 specimens declared to be used in therapy, were collected in the area. According to the results of the identifications, 66 species are being used as folk medicine in Ezine. Among them 49 species are wild and 17 species are cultivated plants. These are presented in Table-1, arranged in alphabetical order of their botanical names, with the relevant information.

Malva sylvestris, *Origanum majorana*, *Rosmarinus officinalis*, *Urtica dioica* and *Rosa canina* are the most popular plants used in the treatment of many ailments.

The folk medicinal plants are mostly used for stomach ailments, diabetes, hemorrhoids, kidney stones, cold, wound and eczema. Decoction and infusion are the methods mostly used for the preparation of the folk medicine.

Asphodelus aestivus and *Phillyrea latifolia* are used, not only in human but also 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 roots of *Tamus communis* subsp. *communis* can be dangerous and 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 published ethnobotanical study which was made in Kaz Dağı (Balıkesir/Çanakkale) (6) neighboring our locality. This study was compared with our study and as a result 16 folk medicinal plants are the same. Among them the usages of nine species (*Dracunculus vulgaris*, *Ecballium elaterium*, *Hypericum perforatum*, *Origanum onites*, *Pinus brutia*, *Salvia fruticosa*, *Tamus communis*, *Tribulus terrestris* and *Urtica pilulifera*) are similar in both localities.

Table 1- Folk medicinal plants of Ezine (Çanakkale)

Botanical name and Voucher specimen	Local names	Part(s) used	Ailments treated/ Therapeutic effect	Preparations	Modes of use/ Record place
<i>Aetheorhiza bulbosa</i> (L.) Cass. subsp. <i>microcephala</i> Rech. fil. (Asteraceae), MARE 8291, 8629 ▲ <i>Allium sativum</i> L. (Liliaceae), MARE 8626	<i>Mayxari otu</i> Sarımsak	Tuber Bulbils Bulbils (sap) Bulbils	Hemorrhoids Ovary diseases Earache Hair restorer	— Heated (+ sugar) Cooked (in olive oil), then crushed Crushed	Eaten, before breakfast (7,33,34) Ext. (21) Dropped into the ear (21,29) Ext. (3)
<i>Anthemis austriaca</i> Jacq. (Asteraceae), MARE 8345 <i>Asphodelus aestivus</i> Brot. (Liliaceae), MARE 8232, 8298	Papaşya, Papatya Hidrelizkamçısı Niünt	Capitulum Tubers Tubers Tubers Tubers	Sedative Hemorrhoids Wound Eczema Wound (for animals)	Infusion — Decoction Decoction Decoction	Int. (46) Eaten (39) Ext. (29) Int. (26) Int. (26,39)
<i>Capparis ovata</i> Desf. var. <i>canescens</i> (Coss.) Heywood (Capparaceae), MARE 8373	—	Fruits	Aphrodisiac	Pickle	Eaten (directly or in pickle) (51)
<i>Cardopatum corymbosum</i> (L.) Pers. (Asteraceae), MARE 8343, 8387 <i>Centarea solstitialis</i> L. subsp. <i>solstitialis</i> (Asteraceae), MARE 8375 <i>Chrozophora tinctoria</i> (L.) Rafin. (Euphorbiaceae), MARE 8376 <i>Cistus creticus</i> L. (Cistaceae), MARE 8335, 8334a, 8352a, 8352 <i>Cnicus benedictus</i> L. var. <i>benedictus</i> (Asteraceae), MARE 8295 ▲ <i>Cupressus sempervirens</i> L. var. <i>sempervirens</i> (Cupressaceae), MARE 8308	Kurtlu diken Gelandili Sığıl otu Pamaklar Saucı otu Selvi	Roots (sap) Aerial parts Fruits Leaves Leaves Leaves Cone	Wound Malaria Ward Digestive Stomach ailments Kidney stones Hypoglysemic	Crushed Decoction — — Decoction Infusion Decoction	Ext. (19) Int. (37) Eaten, 15 fruits a day, 3 days (37) Eaten (16,21) Int. (39) Int., 1/2x1, before breakfast, 3 days (41) Int., 1x1, before breakfast (29)

Table-1 (Continued)

Botanical name and Voucher specimen	Local names	Parts used	Ailments treated/ Therapeutic effect	Preparations	Modes of use/ Receipt places
▲ <i>Cydonia oblonga</i> Miller (Rosaceae), MARE 8234, 8234a	Ayva	Leaves	Throat sore	Infusion	Int. (5)
<i>Cynodon dactylon</i> (L.) Pers. var. <i>dactylon</i> (Poaceae), MARE 8394	Aynk otu	Subterranean parts	Abdominal pain	Decoction	Int., 1 spoonfulx1, before breakfast (39) Int. (19)
<i>Dracunculus vulgaris</i> Schott (Araceae), MARE 8347, 8349, 8326, 8233	Kara kabak, Yilan kabagı, Yılankamçısı	Subterranean parts	Kidney stones	Decoction	Int., before breakfast (39)
<i>Echballium elaterium</i> (L.) A. Rich. (Cucurbitaceae), MARE 8287, 8293	Deñi bostan	Tuber	Eczema	Crushed, then kneaded (+flour, butter)	Eaten, before breakfast (33) Int., 1x1 (21)
▲ <i>Elaeagnus angustifolia</i> L. (Elaeagnaceae), MARE 8264	İğde	Fruit juice (fresh) Fruit juice (fresh) Root	Simusitis Rheumatism Hemorrhoids	— — Infusion	Dropped into the nostrils (33) Ext. (29) Int., 1x1, 2-3 days (43)
<i>Erica arborea</i> L. (Ericaceae), MARE 8330	Firen	Fruits	Kidney ailments	Decoction	Int. (5)
<i>Erodium cicutarium</i> (L.) L'Hérit (Geraniaceae), MARE 8272, 8320	Kocakarıgnesi	Leaves and flowers	Allergy	Infusion	Ext. (18)
▲ <i>Ficus carica</i> L. subsp. <i>carica</i> (Moraceae), MARE 8258	İncir, Yemiş	Leaves Leaves	Allergy Antifungal	Cooked Cooked	Eaten (10) Eaten (10)
<i>Foeniculum vulgare</i> Miller (Apiaceae), MARE 8274, 8319, 8304	Erezene	Fruits Fruits Latex Aerial parts	Laxative Hemorrhoids Ward	Decoction Infusion —	Int., 1x1, before breakfast (5) Int. (5,22) Ext. (51)
		Aerial parts	Digestive Stomach ailments	Cooked Infusion	Eaten (10) Int. (29)

Table 1 (Continued)

Botanical name and Voucher specimen	Local names	Parts used	Aliments treated/ Therapeutic effect	Preparations	Modes of use/ Record place
<i>Helictysium stoechas</i> (L.) Mouch. subsp. <i>barrelieri</i> (Ten.) Nyman (Asteraceae), MARE 8378	Sarı çiçekli ot	Capitulum	Stomach ailments	Decoction	Int., 1-2x1 (37)
<i>Hyoscyamus niger</i> L. (Solanaceae), MARE 8329, 8338	Dış otu	Seeds Seeds Seeds	Tooth ache Upper respiratory diseases Tooth ache	Boiled Boiled —	Inhaled (33) Inhaled (33) Ext. (21)
<i>Hypericum perforatum</i> L. (Hypericaceae), MARE 8229, 8339, 8286, 8357, 8306	Sarı kantaron, Ülser otu	Flowering branches Flowering branches Flowering branches	Stomach ulcer Wound Burn Stomach ailments	Oleat Oleat Oleat Infusion	Int., 1x1, before breakfast (35,39) Ext. (25,33) Ext. (25,33) Int. (33)
<i>Juniperus oxycedrus</i> L. subsp. <i>oxycedrus</i> (Cupressaceae), MARE 8245, 8265, 8308, 8310	Ardıç, Dikenli ardıç	Cone Cone Cone Cone Pix	Gall bladder ailments Kidney stones Hypoglycemic Prostate ailments Intestinal parasitic diseases	Infusion Infusion Infusion Decoction —	Int., 1x1, before breakfast (39) Int., 1x1, before breakfast (39) Int., 1x1, before breakfast (39) Int., 1x1, before breakfast (25) Int. (48)
▲ <i>Laurus nobilis</i> L. (Lauraceae), MARE 8235, 8300, 8608	Defne	Leaves	Asthma	Infusion	Int., 1x1 (39)
<i>Lavandula stoechas</i> L. subsp. <i>stoechas</i> (Lamiaceae), MARE 8238, 8239, 8282, 8312	Karabug otu, Çiğken otu	Flowering branches Flowering branches Flowering branches	Stomach ailments Headache Cancer High cholesterol	Infusion Infusion Infusion Infusion	Int., 2-3x1 (17,39) Int., 2-3x1 (39) Int., 2-3x1 (34) Int., 2-3x1 (17)
<i>Lonicera etrusca</i> Santi var. <i>etrusca</i> (Caprifoliaceae), MARE 8379	Dokuzdilma	Flowers and leaves	Hair restorer	—	Ext. (37)
<i>Malva sylvestris</i> L. (Malvaceae), MARE 8279, 8314, 8315, 8336	Develik, Ebe güttüncü, Hubbez	Aerial parts Aerial parts Aerial parts	Menstruation regulator Eczema Laxative	— — Decoction Decoction	Steam bath (39) Int. (51) Int. (1)
<i>Marrubium vulgare</i> L. (Lamiaceae), MARE 8377, 8367	Kopedsiyen otu	Aerial parts Aerial parts Aerial parts	Kidney stones Prostate ailments Stomach ailments	Decoction Decoction Infusion	Int., 1x1, before breakfast (37) Int., 1x1, before breakfast (37) Int. (39)

Table-1 (Continued)

Botanical name and Voucher specimen	Local names	Parts used	Aliments treated / Therapeutic effect	Preparations	Modes of use / Record place
<i>Mauritocaria chamomilla</i> L. var. <i>chamomilla</i> (Asteraceae), MARE 8230, 8263	Papaya, Papaya	Capitulum Capitulum Capitulum	Sedative Malaria Digestive	Infusion Infusion Infusion	Int., 1-2x1 (39) Int., 1-2x1 (39) Int., 2-3x1 (5)
<i>Melissa officinalis</i> L. (Lamiaceae), MARE 8249	Oğul ou	Aerial parts Aerial parts	Ovary ailments Hypoglysemic	Infusion Infusion	Int., 1x1, before breakfast (39) Int., 1x1, before breakfast (39)
▲ <i>Mentha spicata</i> L. subsp. <i>spicata</i> (Lamiaceae), MARE 8237	Dere nanesi	Aerial parts	Increase milk secretion	—	Ext. (39)
<i>Micromeria juliana</i> (L.) Benth. ex Reichb. (Lamiaceae), MARE 8391	Kır çayı	Aerial parts	Cold	Infusion	Int. (39)
▲ <i>Morus alba</i> L. (Moraceae), MARE 8227	Dut	Leaves	Eczema	Infusion	Ext. (26)
▲ <i>Morus nigra</i> L. (Moraceae), MARE 8231, 8321, 8355	Kara dut, Siyah dut	Fruits juice Leaves Bark (young shoots)	Mouth diseases, antifungal (for babies) Hypoglysemic Urinary diseases	— Decoction Decoction	Ext. (5) Int., 1x1, before breakfast (21) Int., 1x1, before breakfast (5)
<i>Myrtus communis</i> L. subsp. <i>communis</i> (Myrtaceae), MARE 8288, 8393	Mersin	Leaves and shoots (young) Leaves	Hypoglysemic Hypoglysemic	Decoction Infusion	Int., 1x1, before breakfast (25,32) Int. (48)
▲ <i>Ocimum basilicum</i> L. (Lamiaceae), MARE 8246	Feslegen	Flowering branches Flowering branches	Cold Headache	Infusion Infusion	Int., 1x1 (39) Int., 1x1 (39)

Table -1 (Continued)

Botanical name and Voucher specimen	Local names	Parts used	Ailments treated/ Therapeutic effect	Preparations	Modes of use/ Record place
<i>Olea europaea</i> L. var. <i>europaea</i> (Oleaceae), MARE 8243, 8344	Zeytin	Leaves Fruits (fresh)	Hypoglycemic Wound	Decoction Crushed	Int. (39) Ext. (30)
<i>Origanum majorana</i> L. (Lamiaceae), MARE 8275, 8366, 8271	Mercanköşk	Flowering branches Flowering branches Flowering branches	Stomach ailments Sedative Diuretic	Decoction Decoction Infusion	Int. (34) Int. (21) Int., before breakfast (10)
<i>Origanum onites</i> L. (Lamiaceae), MARE 8318, 8339, 8360, 8361	Deli kekik, Kekik	Flowering branches Flowering branches	Stomach ailments Hypoglycemic	Infusion Infusion	Int. (33) Int. (3)
<i>Paliurus spina-christi</i> Miller (Rhamnaceae), MARE 8327, 8346, 8354	Çaltı	Immature fruits	Stomach ailments	Decoction	Int., 1x1 (19)
<i>Papaver rhoeas</i> L. (Papaveraceae), MARE 8311	Gelincik	Shoots (young)	Sedative	Cooked	Eaten (22)
<i>Phillyrea latifolia</i> L. (Oleaceae), MARE 8353	Kuzupınar	Leaves Fruits Leaves	Hypoglycemic Hypoglycemic Inflamed eye ailments (in animals)	Infusion Infusion Chewed, applied in spittle	Int. (47) Int. (47) Ext. (47)
<i>Pinus brutia</i> Ten. (Pinaceae), MARE 8277, 8268	Andız çamı, Çam	Shoots (young) Cone Terebinthine	Stomach ailments Asfuma Stomach ulser	Decoction Decoction —	Int. (9) Int. (19) Int., 1 spoonful, before breakfast (39)
<i>Plantago major</i> L. subsp. <i>intermedia</i> (Glibh.) Lange (Plantaginaceae), MARE 8325, 8374, 8604, 8241, 8605	Sinir otu	Leaves Seeds Leaves	Sedative Sedative Wound	Infusion — —	Int. (39) Int., 1 spoonful, before breakfast (with honey) (39) Ext. (35)
<i>Plumbago europaea</i> L. (Plumbaginaceae), MARE 8313, 8380	Saçkran otu	Leaves	Hair restorer	Crushed	Ext. (37)
<i>Prunus spinosa</i> L. subsp. <i>dasyphylla</i> (Schur) Domin (Rosaceae), MARE 8384	Dağ eriği, Domuz eriği	Fruits	Hypoglycemic	Infusion	Int. (19)

Table 1 (Continued)

Botanical name and Voucher specimen	Local names	Parts used	Ailments treated/ Therapeutic effect	Preparations	Mode of use/ Record place
<i>Pyrus amygdaliformis</i> Vill. var. <i>amygdaliformis</i> (Rosaceae), MARE 8388	Ahlat	Fruits	Diarrhea	-	Eaten (19)
<i>Rosa canina</i> L. (Rosaceae), MARE 8244, 8331	Deli gül, İle gülü, Kuşburnu	Fruits Fruits	Cold Intestinal bleeding	Infusion Decoction	Int. (19) Int. (19)
▲ <i>Rosmarinus officinalis</i> L. (Lamiaceae), MARE 8252, 8606, 8269, 8607, 8290, 8365, 8301	Biberiye	Flowering branches Flowering branches	Cold Gastro-intestinal ailments	Infusion Infusion	Int. (5,21,34) Int. (5,21)
<i>Rubus sanctus</i> Schreber (Rosaceae), MARE 8362	Böğürtlen, Karantı	Roots	Eczema	Decoction	Int., before breakfast (30)
▲ <i>Ruta chalepensis</i> L. (Rutaceae), MARE 8289, 8368, 8316	Kokar sedef, Sedef otu	Flowers Leaves	Antipyretic Sterility (in woman)	Oleat Crushed (+sugar), wrapped in a cloth, during menstruation	Ext. (3,21) Ext. (3)
▲ <i>Salvia fruticosa</i> Miller (Lamiaceae), MARE 8367	Ada çayı, Moşapla, Moşaplı	Leaves Leaves	Stomach ailments Diarrhea	Decoction Decoction	Int. (21) Int. (21)
<i>Sambucus nigra</i> L. (Caprifoliaceae), MARE 8240, 8337	Mürver	Flowering branches	Bronchitis	Infusion	Int., 1x1 (39)
<i>Scirpoides holoschoenus</i> (L.) Sojak (Cyperaceae), MARE 8363	Kancık kova	Roots Roots	Hemorrhoids Urinary diseases	Decoction Decoction	Int. (21) Int. (21)
<i>Scotymus hispanicus</i> L. (Asteraceae), MARE 8342, 8383	Akçakuz, Şeftalibostan, Zerdali dikenli	Aerial parts Aerial parts	Kidney stones Hypoglycemic	Decoction Decoction	Int. (41) Int. (1,18)

Table- 1 (continued)

Botanical name and Voucher specimen	Local names	Parts used	Ailments treated/ Therapeutic effect	Preparations	Modes of use/ Record place
▲ <i>Sedum telephium</i> L. subsp. <i>maximum</i> (L.) Krocker (Crassulaceae), MARE 8631	Çıban çiçeği	Leaves	Wounds	—	Ext., wrapped in a cloth (42)
<i>Tamus communis</i> L. subsp. <i>communis</i> (Dioscoreaceae), MARE 8342, 8383	Sarmaşıkfilizi	Roots Roots	Rheumatism Rheumatism	Cut into little pieces Decoction	Ext. (10,19) Ext. (19)
▲ <i>Tilia argentea</i> Desf. ex DC. (Tiliaceae), MARE 8333	İhlamur	Flowers Flowers	Expectoran Cold	Infusion Infusion	Int. (29) Int. (29)
<i>Thymbra spicata</i> L. var. <i>spicata</i> (Lamiaceae), MARE 8392, 8253	Çay kekiği, Kekik	Flowering branches Flowering branches Flowering branches	Stomach ailments Digestive Hypoglisemic	Infusion Infusion Infusion	Int., 1-2x1 (5,39) Int., 1-2x1 (5) Int., 1-2x1 (39)
<i>Tribulus terrestris</i> L. (Zygophyllaceae), MARE 8381	Çobanöğerteni, Deveçöğerteni	Whole plant Whole plant	Kidney stones Prostate ailments	Decoction Infusion	Int., 1x1. before breakfast (17) Int. (47)
<i>Umbilicus rupestris</i> (Salisb.) Dandy (Crassulaceae), MARE 8348	Kapak otu	Whole plant	Painis	Crushed	Ext., wrapped in a cloth (21)
<i>Urtica dioica</i> L. (Urticaceae), MARE 8228, 8260	Deli isrgan Isrgan, Isrgan	Leaves Leaves Leaves	Cancer Joint rheumatism Fracture	Infusion Kneaded (+ flour, semolina) Kneaded (+ flour, semolina)	Int. (39) Ext. (5) Ext. (5)
<i>Urtica ptilifera</i> L. (Urticaceae), MARE 8332	Isrgan	Fruits	Cancer	—	Eaten, 1 spoonfulx1 (+honey), before breakfast (16)
<i>Urtica urens</i> L. (Urticaceae), MARE 8225	Isrgan	Leaves	Cancer	Decoction	Int., 1x1 before breakfast (26)

Table- 1 (Continued)

Botanical name and Voucher specimen	Local names	Parts used	Ailments treated/ Therapeutic effect	Preparations	Modes of use/ Record place
<i>Vitex agnus-castus</i> L. (Verbenaceae), MARE 8303, 8369, 8372, 8385, 8390	Ayit	Fruits Leaves Leaves and fruits	Diarrhea Headache Nausea	— Crushed Crushed	Int. (29) Ext., wrapped in a cloth (35) Ext., wrapped in a cloth (29)

▲ 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.

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