

Kahramanmaraş Şehir Merkezindeki Aktar'larda Bulunan Tıbbi Bitkiler

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ÖZET: Tıbbi bitkilerin kullanımıyla ilgili bilgi toplamak amacıyla Kahramanmaraş ilinde gerçekleştirilen etnobotanik amaçlı bu çalışma, şehir merkezinde bulunan 17 aktara anket uygulanarak gerçekleştirilmiştir. Yapılan anket ile aktarlarda satılan bitkilerin latince isimleri, yerel isimleri, kullanılan kısımları, tıbbi kullanımları, bitkilerin hazırlanışları araştırılmıştır. Araştırmaya göre 178 adet bitkiden 14 adedi Asteraceae, 12 adedi Fabaceae, 11 adedi Lamiaceae, 9 adedi Rosaceae ve 9 adedi Apiaceae familyalarına aittir. Bitkilerin büyük çoğunluğu Türkiye'deki farklı yörelerden sağlanmış olup (yaklaşık % 84), bunların da büyük bir kısmı doğal floradan toplanmıştır. Aktarlarda satılan bitkiler genel olarak sindirim sistemi (49 bitki), idrar yolları (34 bitki), solunum (20 bitki), şeker (14 bitki), kalp-damar ve kolesterol (9 bitki) hastalıklarında ve yatıştırıcı olarak (9 bitki) kullanılmaktadır. Bitkilerle tedavinin çoğunlukla bitkilerin tek olarak kullanılması ile gerçekleştirildiği, bununla birlikte bitkilerin karışımlar şeklinde de önerildiği tespit edilmiştir. Genel olarak kaydedilen bitki türleri bölge halkı tarafından bilinmektedir. Aktarlardan toplanan yerel etnobotanik bilgiler ve ilgili literatürler karşılaştırılmış ve ishal, kusma, bulantı, pişik, el bakımı, romatizma, bel kayması ve sinüzit için Kahramanmaraş'da kullanılan altı farklı karışım yeni bilgi olarak sunulmuştur.

Anahtar Kelimeler: Aktar, etnobotanik, anket, tıbbi bitkiler, Kahramanmaraş

The Medicinal Plants found in the Local Herbal Markets in the city of Kahramanmaraş in Turkey

ABSTRACT: An ethnobotanical survey was made to collect information on the use of medicinal plants in Kahramanmaraş. This study was carried out with the assistance of 17 traditional medicinal plant holders in city center using a questionnaire. Information regarding latin name, public name, part(s) used, medicinal uses, preparations of plants were collected with this questionnaire. According to survey 178 plant taxa were members of Asteraceae (14 taxa), Fabaceae (12 taxa), Lamiaceae (11 taxa), Rosaceae (9 taxa) and Apiaceae (9 taxa). The majority of the plants are obtained from Turkey (about 84%) and most of them are collected from native flora. The highest number of taxa were used for gastrointestinal (49 plants), the diuretic (34 plants), respiratory (20 plants), diabetic (14 plants), cardiovascular-cholesterol (9 plants) disorders and as sedative (9 plants). Most of the remedies were prepared from single-species plants. However some mixtures were proposed by health-care practitioner. Generally, recorded plant species are known in folk medicine by local. The comparison of the collected folk phytotherapeutical data and ethnobotanical literatures showed that 6 different mixtures used in Kahramanmaraş for diarrhea, vomit, nausea, rash, corn, hand care, rheumatism, slipped disk and sinusitis were reported as new information.

Key Words: Herbalist, ethnobotany, survey, medicinal plants, Kahramanmaraş

INTRODUCTION

Since ancient times man used various natural materials as a source of medicines. Plants have always had an important role to play in medicine and public health (Ghorbani, 2005). Nearly 80 % of the world population use traditional medicine, mainly medicinal plants, to cure diseases and to improve health. In developing countries and rural societies, the use of medicinal plants is both a valuable resource and a necessity, and furthermore it provides a real alternative for primary health care systems (Macia et al., 2005). The knowledge of use of medicinal plants and their properties was acquired by means of trial and error and transmitted from generation to generation (Lev and Amar, 2000). But this knowledge and transmission is in danger because transmission between older and younger generation is not always assured (Anyinam, 1995).

Recent ethnobotanical studies reveal that traditional plant knowledge still exists in various areas of the

Mediterranean basin, particularly among elder people (Scherrer et al., 2005). Among the countries in the Middle-East, the richest flora has been reported for the Anatolian peninsula. According to recent figures, the number of taxa growing in Anatolia and Thrace is estimated about 11,750 (Yesilada, 2005).

Herbalists are still popular in procuring such remedies. The lists of natural remedies sold in Herbal shops throughout the Islamic countries in the Middle-East (Yesilada, 2005).

Recently, there are some works done in the country to record medicinally important plants. Compared with the huge knowledge of medicinal plants in the country, very little information is so far collected and documented (Giday et al., 2003).

Plant species may have different uses in different countries as well as different areas of the same country (Yeşilada, 2005). Traditional plant knowledge is still common in generally villages of Kahramanmaraş,

particularly among elder people. Herbalists are popular in procuring such remedies among people in city centre. In order to record any use of plants in the region, the ethnobotanical survey of herbalist of Kahramanmaraş is undertaken. The aims of this paper are the assessment of the most common species used by people in town centre and the most common uses.

MATERIAL and METHOD

The data acquired for each plant were collected during the periods of April-May 2004 from 17 traditional herbal markets in Kahramanmaraş city center. Because of Kahramanmaraş is in the transition region of the Mediterranean, Middle Anatolia and Southeast Anatolia, has a rich flora, the study was conducted in Kahramanmaraş. A prepared questionnaire was used to gather ethnobotanical information from the herbalists in the study area. There are questions on plant species, in particular these related to traditional medicine, local names of these plant species, the part of the plant used in this questionnaire.

RESULTS and DISCUSSION

A total of 178 plant taxa belonging to 65 vascular plant families were reported as medicinal purposes in the herbal markets. The family with the largest number of plant species was in Asteraceae with 14 taxa, followed by Fabaceae with 12, Lamiaceae with 11, Rosaceae with 9, Apiceae with 9, Anacardiaceae with 7, Gramineae with 5 and Liliaceae, Malvaceae, Myrtaceae and Piperaceae with 4 plant taxa each. These 11 families represented about 46.6 % of the total plant taxa found. The remaining plant families had between 1 and 3 plant taxa. Recorded plant species with their scientific name, botanical name, local name, parts used, uses recorded, and preparation are listed in Table 3. Herbaceous species found in herbalists have been reported by other authors as medicinal plants (Baser, 2002; Baytop, 1999; Ozhatay et al., 1997; Sener et al., 1998 and Ural, 2002)

The common plant taxa in herbalists were *Urtica dioica*, *Eugenia caryophyllata*, *Cinnamomum cassia*, *Rosmarinus officinalis*, *Foeniculum vulgare*, *Melissa officinalis*, *Lavandula stoechas*, *Laurus nobilis*, *Nigella sativa*, *Coriandrum sativum*, *Artemisia santonicum*, *Pimpinella anisum*, *Cassia angustifolia*, *Linum usitatissimum*, *Erythraea centaurium*, *Peganum harmala*, *Tribulus terrestris*, *Boswellia serrata*, *Salvia officinalis*, *Viscum album*, *Matricaria chamomilla*, *Pimenta officinalis*, *Origanum onites*, *Orthurus heterocarpus*.

More than 85 different medicinal indications were recorded to heal or alleviate a wide range of illnesses and pains. The highest number of species (49 plants), that represented 27.5 % of total species, was used to cure gastrointestinal system problems. 20 plant taxa (11.2 %) and 34 plant taxa (19.1 %) were used for diuretic and respiratory disorders respectively. Diabetic disorders were treated with 14 plant taxa (7.9 %) and 9

plant taxa were used for both cardiovascular-cholesterol and sedative problems.

Flower (27 plants), seeds (26 plants), fruit (26 plants), root (19 plants) and leaves (16 plants) were the most frequently used parts of the plant, followed by mastic (11 plants), both of stem or leaves (7 plants) and both of flower or leaves (7 plants). Other plant parts were also used such as stem, both of stem, leaves or flower (Table 1). The most common mode of preparation was decoction, crushed and infusion.

Herbalists have bought the most of plants from people that collect in the wild or cultivate them. Other species are imported by different middlemen such as *Cinnamomum cassia*, *Elettaria cardamomum*, *Orthurus heterocarpus*. *Thymus*, *Origanum*, *Thymbra*, *Corydothymus*, *Satureja* is named as only 'kekik' by people and herbalists. Sometimes a lot of local names are used for an individual plant e.g. 'pelinotu, acı pelin' for *Artemisia absinthium* L. and 'sarı kantaron, binbirelikotu' for *Hypericum perforatum* L. so complexity in denomination becomes. The uniformity of local names of the plants used by all herbalists and people are probably an indication that these species are generally well known as remedies.

Table 1. Parts of the plant used

Usage Parts of Plant	Number of Plant taxa	Usage Parts of Plant	Number of Plant taxa
Root	19	Stem, leaves or flower	4
Flower	27	Fruit	26
Flower or Leaves	7	Fruit or Seeds	2
Stem	2	Seeds	26
Stem or Leaves	7	Juice	3
Stem or Flower	2	Mastic	11
Leaves	16	Other Uses	12

The comparison of the collected phytotherapeutical data from Kahramanmaraş and ethnomedicinal literatures showed that 6 new uses were reported (for diarrhoea, vomit, nausea, rash, corn, hand care, rheumatism, slipped disk, and sinusitis) and their formulations in Turkey (Table 2) (Baytop, 1999; De-la-Cruz et al., 2007; Giday et al., 2003; Guarrera et al., 2005; Hammond et al., 1998; Macia et al., 2005; Mahishi et al., 2005; Scherrer et al., 2005). New applications and usage areas of these plants; *Orchis simia*, which is used for diarrhoea; *Abies cilicia*'s resin, paraffin and beeswax are used for rash, corn and hand crack. Powders of the *Citrus limon*, *Quercus* sp., *Cuminum cyminum*, *Alpinia officinarum* are mixed with alum for vomit, nausea and diarrhoea. For treatment of rheumatism the oil of *Nigella sativa*, *Piper nigrum*, *Origanum onites*, *Laurus nobilis*, *Guaiaacum officinale*, *Olea europea* and the oil of *Salmo trutta* are

mixed and smeared and massaged on aching area. *Cinnamomum camphora* is used for slipped disk by dissolving the plant in spirit. For sinusitis a little amount of *Quercus sp.* powder is snorted.

The data provided by our informants and analyzed in the present paper clearly show that folk knowledge on medicinal plants and uses is still alive in the studied

area. Ethnobotanical studies constitute a valuable first step in the bioprospection process, which may lead to the development of new plant -based medicines.

As a result it can be concluded that a need exist to document indigenous knowledge on traditional plant uses before it becomes lost to future generations.

Table 2. Six new claims on ethnomedicinal knowledge

Botanical Name and Family	Local (Common) Name	Disease	Part and Method of Use
<i>Orchis simia</i> Lam. (Orchidaceae)	Salep	Diarrhoea	Powder of the plant nodules are mixed with oilless yoghurt and taken orally 1-2 spoonful
<i>Abies cilicia</i> Carr. (Pinaceae)	Mezda sakızı	Rash, corn, hand crack	Resin, paraffin and beewax o plants are dissolved in milk. The pomade is applied over the skin.
<i>Citrus limon</i> Burm. Fil. (Rutaceae) <i>Quercus sp.</i> (Fagaceae) <i>Cuminum cyminum</i> L. (Umbelliferae) <i>Alpinia officinarum</i> Hance (Zingiberaceae)	Limon mazi kimyon havlican	vomit, nausea, diarrhoea	Powders of these plants with alum are mixed, taken orally one tea spoon.
<i>Nigella sativa</i> L. (Ranunculaceae) <i>Piper nigrum</i> L. (Piperaceae) <i>Origanum onites</i> L. (Lamiaceae) <i>Laurus nobilis</i> L. (Lauraceae) <i>Guaiacum officinale</i> L. (Zygophyllaceae) <i>Olea europea</i> L. (Oleaceae)	çörekotu karabiber kekik defne pelesenk zeytin	Rheumatism	The oil of these plants and of <i>Salmo trutta</i> are mixed and smeared on aching area and massaged.
<i>Cinnamomum camphora</i> T. (Lauraceae)	kafur	Slipped disk	The plant is dissolved in spirit and applied to massaging to aching area.
<i>Quercus sp.</i> (Fagaceae)	mazi	Sinusitis	A little amount of the plant's powder is snorted.

Table 3. List of the mostly used plants in the herbal market of the city of Kahramanmaraş (Turkey)

Scientific Name	Botanical Name	Local Name	Parts Used	Uses Recorded	Preparation
Adiantaceae	<i>Adiantum capillus-veneris</i> L.	Karabacak	Leaf	Uric disorders and prostate	Decoction
Amaryllidaceae	<i>Narcissus tazetta</i> L.	Nergis	Stem, Flower	Blood cancer	Decoction
	<i>Leucojum aestivum</i> L.	Çan çiçeği	Flower	Menstrual disorders	Decoction
Anacardiaceae	<i>Pistacia terebinthus</i> L.	Menengiç	Butter Fruit Mastic	Chest rest To strengthen Contusion	Decoction Eaten Simple or with Honey
	<i>Pistacia lentiscus</i> L. var. <i>latifolius</i> Coss.	Damla sakızı	Mastic	Gastric ulcer, contusion and icecream	Pill
	<i>Pistacia vera</i> L.	Antep fistiği	Mastic	Gastrointestinal disorders and contusion	Majoon with Honey
	<i>Rhus coriaria</i> L.	Sumak	Seed	Spices	Crushed
		Tetri	Leaf	Hide processing and as paint	Crushed

Table 3 (devam).

Apiaceae	<i>Foeniculum vulgare</i> Miller	Rezene	Fruit	Sedative and stomach ache	Decoction
	<i>Pimpinella anisum</i> L.	Anason	Fruit	Hypnotic and stomach ache	Decoction
	<i>Cuminum cyminum</i> L.	Kimyon	Fruit	Spice and appetizing	Crushed and decoction
	<i>Apium graveolens</i> L.	Kereviz	Fruit	Prostate and diuretic	Decoction
	<i>Ferula elaeochytris</i> Korovin	Çaksırotu	Root	Hypnotic, diabet and refresher	Decoction or crushed and mixed with honey
	<i>Angelica sylvestris</i> L.	Melekotu	Leaf	Asthma and constipation	Decoction
	<i>Ammi visnaga</i> L.	Diş otu (kürdan,hilton otu)	Fruit	Gall inflammation and bile stone	Infusion
	<i>Coriandrum sativum</i> L.	Kişniş	Fruit	Appetizing and for indigestion	Decoction
	Araceae	<i>Acorus calamus</i> L.	Hazanbel	Root	Prostate
<i>Calamus draco</i> Willd.		Kardeş Kanı	Resin	Constipation and paint	
Aristolochiaceae	<i>Asarum europaeum</i> L.	Kediotu-Avşarotu	Root	Expectorant, diuretic, laxative and menstrual disorders	Decoction
Asteraceae	<i>Matricaria chamomilla</i> L.	Papatya	Flower	Cold, hair care	Infusion
	<i>Artemisia santonicum</i> L.	yavşancık (acı yavşan)	Flower	Diabetes, stomach ache	Decoction
	<i>Artemisia absinthium</i> L.	Pelinotu-Acı pelin	Leaf, Flower	Diabet, cancer, diuretic and inflammation	Infusion
	<i>Artemisia dracunculus</i> L.	Tarhun	Leaf	Appetizing, menstrual disorders and constipation	Decoction
	<i>Artemisia cina</i> Berg.	Horasan	Seed	Gall bladder inflammation and bill sone	Infusion
	<i>Helichrysum orientalis</i> (L) DC	çığra çiçeği-ölmezçiçek (altınotu)	Flower	Urethra	Decoction
	<i>Helichrysum plicatum</i> DC.	Altınotu (Mantuvar)	Leaf	Diuretic and constipation	Decoction
	<i>Achillea millefolium</i> L.	aslanpençesi (civanperçemi)	Stem, Flower	Inflammation	Infusion
	<i>Inula helenium</i> L.	Andız otu	Seed	Shortness of Breath	Decoction
	<i>Carthamus tinctorius</i> L.	Aspir	Flower	Rheumatism	Decoction
	<i>Arctium tomentosum</i> Miller	Dulavrat otu	Flower	Diuretic and to get thin	Decoction and Mixed
	<i>Gundelia tournefortii</i> L.	Yayla(kenger)	Mastic	Face stroke and intestines injury	Masticate
	<i>Cynara scolymus</i> L.	Enginar	Seed	Appetizing, diuretic and for to discharge ballast	Decoction
	<i>Taraxacum officinale</i> Weber.	Karahindiba (arslandışi)	Root	Laxative, diuretic and for to discharge ballast	Decoction

Table 3 (devam).

Berberidaceae	<i>Berberis crataegina</i> DC.	Kadın tuzluğu	Leaf, Flower	Expectorant and diuretic	Decoction
Boraginaceae	<i>Alkanna tinctoria</i> L.	Anik (Havacıva otu)	Root	As paint, yellow dye	Decoction
Brassicaceae	<i>Capsella bursa-pastoris</i> L.	Çoban Çantası	Flower	Constipation and diuretic	Infusion
Burseraceae	<i>Boswellia serrata</i> Roxb.	Akgünlük	Mastic	For mental alertness, gastric ulcer and magic	Crude
Cannabaceae	<i>Humulus lupulus</i> L.	Şerbetçi Otu	Root	Stress	Decoction or mixed
	<i>Cannabis sativa</i> L.	Kendir-Kenevir	Flower	Anelgesic	Crushed
Caprifoliaceae	<i>Sambucus nigra</i> L.	Mürver	Flower	Diuretic and laxative	Decoction
Caryophyllaceae	<i>Dianthus caryophyllus</i> L.	Dağ karanfili	Root	Antiseptic and anelgesic	Infusion
	<i>Dianthus barbatus</i> L.	Hüsnü yusuf	Flower	Sedative, diuretic and heart disease	Decoction
	<i>Gypsophila arrostii</i> Guss.	Helvacı kökü (çöven kökü)	Root	Skin care, diuratic, expectorant, added to food	Crushed, infusion
Clusiaceae	<i>Hypericum perforatum</i> L.	Sarı Kantaron (Binbirdelikotu)	Flower	Gastric ulcer, contusion and burn	Decoction or treatment with olive oil
			Flower	Snakebite and scorpionbite	Lapa
	<i>Hypericum spp.</i>	Mayasıl Otu	Herba	Hemorrhoid	Decoction
Combretaceae	<i>Terminalia citrina</i> Roxb.	Sarı Halile	Fruit	Diarrhea, palpitation and for to discharge ballast	Decoction
	<i>Terminalia chebula</i> Retz.	Karahalile	Fruit	Hemorrhoid, for gall and spleen	Crushed and mixed with Honey
Cornaceae	<i>Cornus mas</i> L.	Kızılcık	Fruit	Constipation and cold	Decoction
Cucurbitaceae	<i>Momordica charantia</i> L.	Kudretnarı	Fruit	Gastric ulcer and contusion	Treatment with Olive Oil
Cupressaceae	<i>Juniperus oxycedrus</i> L.	Ardıç	Seed, Fruit	Diuretic and to get thin	Decoction
	<i>Thuja articulata</i> Desf.	Sandoraz (Sandalos)	Mastic	To get thin and 'ebru' art	Mixed
Elaegnaceae	<i>Elaeagnus angustifolia</i> L.	İğde	Fruit	Constipation	Eaten
			Flower	Shortness of Breath	Decoction
Equisetaceae	<i>Equisetum arvense</i> L.	Kırk kilit otu (atkuyruğu)	Leaf, Stem	Kidney	Infusion
Ericaceae	<i>Erica vulgaris</i> L.	Funda	Leaf	To get thin	Decoction

Table 3 (devam).
Fabaceae

Fabaceae	<i>Glycyrrhiza glabra</i> L.	Meyan Kökü	Root	Expectorant, cold Cough and expectorant	Decoction Sucked	
	<i>Cassia angustifolia</i> Vahl	Sinameki	Leaf	To get thin	Decoction	
	<i>Cassia fistula</i> L.	Hıyarşember	Fruit	Laxative	Decoction	
	<i>Astragalus sarcocolla</i> Dymock	Enzurut	Mastic	Furuncle injury	Moistened	
	<i>Astragalus gummifer</i> Lab.	Kitre zamkı	Mastic	To get thin and 'Hat' art	Mixed	
	<i>Ceratonia siliqua</i> L.	Harnup (keçiboynuzu)	Juice	Activator and cholesterol	Syrup	
			Fruit	Cholesterol and for ossification	Eaten	
	<i>Trigonella foenum- graecum</i> L.	Çemen tozu	Seed	Spice	Additive	
	<i>Tamarindus indica</i> L.	Demirhindi	Fruit	Activator, cold and for thirst	Syrup	
	<i>Lupinus albus</i> L. <i>subsp. Albus</i>	Acı bakla (Yahudi baklası)	Seed	Diabet and intestinal parasites	Crushed	
	Fagaceae	<i>Quercus spp.</i>	Mazı	Fruit	Tooth infection	In sepearte pieces
		<i>Quercus infectoria</i> Olivier	Mazı (Siyah Mazı)	Fruit	Feet fungus and contusion	Crushed
		<i>Quercus cerris</i> L.	Palamut	Fruit	Contusion, diarrhea and fungus	Crushed
	Gentianaceae	<i>Erythraea centaurium</i> Pers	Kırmızı kantaron	Flower	Cardiovascular disease and cholesterol	Decoction
Hamamelidaceae	<i>Liquidambar orientalis</i> Miller	Günnük	Hull of stem	Antiseptic	Smoke	
Hippocastanaceae	<i>Aesculus hippocastanum</i> L.	At kestanesi	Fruit	Hemarhoide and skin care	Crushed or Majoon	
Iridaceae	<i>Crocus sativus</i> L.	Safran	Flower	Appetizing and food decoration	Decoction	
Lamiaceae	<i>Rosmarinus officinalis</i> L.	Kuşdili (Biberiye)	Leaf, flower	Diuretic, constipation and to get thin	Decoction and Mixed	
	<i>Melissa officinalis</i> L.	Oğul Otu (Limonotu)	Leaf, Stem and flower	Cardiovascular disease, cholesterol and sedative	Decoction and Rested	
	<i>Hyssopus officinalis</i> L.	Zulfa Otu	Leaf	Activator, gastrointestinal and added to food	Additive	
	<i>Lavandula stoechas</i> L.	Karabaşotu	Leaf, Stem and flower	Cardiovascular disease and cholesterol	Decoction and Rested	
	<i>Lavandula angustifolia</i> Miller	Lavanta	Flower	Rheumatism and perfume	Decoction	
	<i>Origanum onites</i> L.- <i>Thymus spp.</i>	Kekik	Leaf, Stem and flower	Spices, cold	Decoction	

Table 3 (devam).
Lamiaceae

	<i>Origanum majorana</i> L.	Mercanköşk	Flower	Sedative, stomach upset, diuretic and constipation	Decoction
	<i>Mentha piperita</i> L.	Nane	Leaf, Stem and flower	Spices, cold, influenza	Decoction or treatment with olive oil
	<i>Salvia officinalis</i> L.	Adaçayı	Leaf, Flower	Cold, diuretic and respiratory disorders	Decoction
	<i>Teucrium chamaedrys</i> L.	Kumacıkotu	Seed	Eye itch	Smoke
		Pav yavşanı	Seed	Diabet	Decoction
	<i>Teucrium spp.</i>	Mayasıl otu	Herba	Hemorrhoid	Decoction
	<i>Stachys lavandifolia</i> Vahl.	Dağ çayı	Leaf, Flower	Energizer, stomach upset and appetizing	Decoction
	<i>Ocimum basilicum</i> L.	Fesleğen	Leaf, Flower	Sedative, diuretic and spice	Decoction and Crushed
Lauraceae	<i>Laurus nobilis</i> L.	Defne	Leaf, Seed	Spice, appetizing and stomach upset	Decoction
	<i>Cinnamomum cassia</i> Blume	Tarçın	Hull of stem	Spice and diabet	Decoction or Crushed
	<i>Persea americana</i> Mill.	Avakado	Leaf	Bile stone and to get thin	Decoction
Liliaceae	<i>Hyacinthus orientalis</i> L.	Kaya sümbülü	Leaf, Stem	Prostate	Decoction
	<i>Urginea maritima</i> L.	Adasoğanı	Root	Diuretic, cordial	Dried and crushed
	<i>Aleo vera</i> L.	Sarısabır	Gel	Menstrual disorders and cancer	Infusion
	<i>Asphodelus aestivus</i> Brot.	Çiriş	Leaf	Adhesive	Crushed or Majoon
Linaceae	<i>Linum usitatissimum</i> L.	Keten (zeyrek)	Seed	Inflammation and cholesterol	Crushed and eaten with honey
Loranthaceae	<i>Viscum album</i> L.	Ökse otu (çekem)	Leaf, Seed, Fruit	Hypertension	Infusion
				Pain and hernia cure	Crushed
Lycopodiaceae	<i>Lycopodium clavatum</i> L.	Kurt pençesi	Leaf, Stem	Liver diseases, hepatitis and rheumatism	Infusion
Lythraceae	<i>Lawsonia inermis</i> L.	Kına	Seed	Feet fungus	Majoon with water
Malvaceae	<i>Hibiscus sp.</i>	İbisküs	Flower	Diabet and hypertension	Infusion
	<i>Hibiscus esculentus</i> L.	Bamya	Seed	Diabet	Infusion
	<i>Althea officinalis</i> L.	Hatmi çiçeği (Hıra)	Flower	Bronchitis, asthma and respiratory disorders	Decoction
	<i>Malva sylvestris</i> L.	Ebegümeçi	Leaf, Stem	Respiratory infection and intestinal disorder	Decoction
Moraceae	<i>Morus nigra</i> L.	Karadut	Juice	Activator and mouth injury	Syrup
Myristicaceae	<i>Myristica fragrans</i> Houtten	Hindistan cevizi	Fruit	Stroke, flicker and spice	Crushed and eaten with honey

Table 3 (devam).

Myrtaceae	<i>Myrtus communis</i> L.	Mersin yaprağı	Leaf	Appetizing and diuretic	Decoction
	<i>Eucalyptus globulus</i> Labill.	Okalıptüs	Leaf	Respiratory system disorders	Decoction
	<i>Pimenta officinalis</i> Lindl.	Yenibahar	Seed	Spice	Crushed
	<i>Eugenia caryophyllata</i> Thunb.	Karanfil	Seed	Spice, added to food, halitosis and tooth ache	Grain
Orchidaceae	<i>Orthurus heterocarpus</i> (Boiss)	Zencefil	Root	Cough and spice	Crushed and mixed with honey or decoction
	<i>Orchis simia</i> Lam.	Salep	Tuber	Diarrhea and for ossification	Crushed
Papaveraceae	<i>Papaver somniferum</i> L.	Haşhaş	Seed	Analgesic and hypnotic	Decoction
	<i>Papaver rhoeas</i> L.	Gelincik	Seed	Sedative, cough, respiratory disorders and hypnotic	Infusion, syrup
	<i>Fumaria officinalis</i> L.	Şahtere otu	Flower	Diuretic, to get thin, sedative and tension	Decoction
Pedaliaceae	<i>Sesamum indicum</i> L.	Susam	Seed	Added to food	Additive
Pinaceae	<i>Abies cilicica</i> Carr.	Mezla (Mezda)	Mastic	Gastric ulcer and contusion	Majoon with Honey
	<i>Pinus spp.</i>	Çam sakızı	Mastic	Contusion, cosmetic and drud industry	Salve
Piperaceae	<i>Piper cubeba</i> L.	Kebabıye (Kuyruklu Biber)	Seed	Spice, appetizing and urine system	Decoction or mixed with honey
	<i>Piper nigrum</i> L.	Karabiber	Seed	Rheumatism and spice	Crushed
	<i>Piper longum</i> L.	Darül fülful	Root	Spice, cold and appetizing	Crushed and mixed with honey
Plantaginaceae	<i>Plantago sp.</i>	Sinirli ot	Leaf, Stem	Diuretic and furuncle	Decoction
Poaceae	<i>Zea mays</i> L.	Mısır	Flower	Diuretic, to get thin and kidney	Decoction
	<i>Agropyron repens</i> L.	Ayrıkotu	Leaf, Stem	To get thin	Decoction
	<i>Hordeum vulgare</i> L.	Arpa	Seed	To get thin and kidney stone	Decoction
	<i>Avena sativa</i> L.	Yulaf	Seed	Skin care or digestion	Eaten or Mask
Polygonaceae	<i>Rheum officinale</i> Baillon	Ravant çini (Ravent Kökü)	Root	Intestinal disorder and gripes	Infusion
Punicaceae	<i>Punica granatum</i> L.	Nar	Flower	Shortness of breath and diabet	Decoction
Ranunculaceae	<i>Nigella sativa</i> L.	Çörekotu	Seed	Added to food, cough, expectorant	Crushed and mixed with honey
Rhamnaceae	<i>Zizyphus jujuba</i> Miller	Hunnap	Fruit	Cough	Eaten
	<i>Paliurus spina-christi</i> Miller	Karaçalı	Seed	Kidney and bile stone	Infusion

Table 3 (devam).
Rosaceae

	<i>Rosa gallica</i> L.	Gül	Flower	Skin Care	Decoction
	<i>Rosa canina</i> L.	Kuşburnu	Fruit	Cold	Decoction
	<i>Amygdalus communis</i> L.	Acı badem	Fruit	Diabetes	Eaten
	<i>Cydonia oblonga</i> Miller	Ayva	Leaf	Cough and influenza	Decoction
	<i>Prunus avium</i> L.	Kiraz	Fruit	To get thin	Decoction
	<i>Prunus mahaleb</i> L.	Mahlep	Seed	Diabet and added to cake	Crushed
	<i>Crataegus orientalis</i> Pallas ex Bieb.	Alıç	Root	Cardiovascular disorders	Infusion
Rubiaceae	<i>Cinchona succirubra</i> Pavon	Kınakına	Stem	Appetizing	Crushed and eaten with honey
	<i>Rubia tinctorium</i> L.	Kök boya	Root	Natural dye	Mixed
	<i>Galium aparine</i> L.	Yoğurt otu	Leaf, Flower	Appetizing and diuretic	Decoction
Scrophulariaceae	<i>Verbascum phlomoides</i> L.	Sığır kuyruğu	Flower	Hemorrhoids	Decoction
Simaroubaceae	<i>Quassia amara</i> L.	Acı ağaç	Stem	Diabet and pancreas	Infusion and Mixed
Solanaceae	<i>Mandragora autumnalis</i> Bertol.	Adam otu	Root	Anelgesic	Crushed and mixed with olive oil
	<i>Nicotina tabacum</i> L.	Enfiye (tütün)	Leaf	Influenza	Crushed
	<i>Capsicum annum</i> L.	Biber	Fruit	Spices	Crushed
Thymelaeaceae	<i>Aquilaria agallocha</i> R oxb.	Udu hindi	Root	Antiseptic	Crushed
Tiliaceae	<i>Tilia sp.</i>	Ihlamur	Flower	Diuretic, sedative and hypnotic	Decoction
Urticaceae	<i>Urtica dioica</i> L.	Isırgan	Leaf	Cancer	Decoction
Verbenaceae	<i>Vitex agnus-castus</i> L.	Hayıt	Seed	Halitosis	Mixed with honey
Violaceae	<i>Viola odorata</i> L.	Menekşe	Flower	Respiratory system disorders	Decoction
Vitaceae	<i>Vitis vinifera</i> L.	Üzüm	Fruit	Refresher	Syrup
Zingiberaceae	<i>Curcuma longa</i> L.	Zerdeşal	Root	Hepatit and paint	Decoction or mixed with honey
	<i>Elettaria cardamomum</i> Maton var. Minus	Kakule	Seed	Appetizing, halitosis, hypnotic and added to coffee	Crushed or Decoction
Zygophyllaceae	<i>Tribulus terrestris</i> L.	Deve çökerten (Çoban çökerten)	Leaf, Stem	Cardiovascular disorders and cholesterol	Decoction
	<i>Peganum harmala</i> L.	Üzerlik	Seed	Hemorrhoid	Roasted
	<i>Agrimonia eupatoria</i> L.	Koyunotu	Root	Constipation and diuretic	Decoction

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