

## FOLK MEDICINAL PLANTS OF BAYRAMIÇ (ÇANAKKALE-TURKEY)

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### S U M M A R Y

In this study, 90 folk medicinal plants from Bayramiç (Çanakkale) are presented. These are listed in the text according to their usages. In addition, special plant mixtures are given at the end of the study. The folk medicinal plants are mostly used for stomach ailments, cold, eczema, rheumatism and hemorrhoids.

### Ö Z E T

Bu çalışmada, Bayramiç (Çanakkale) yöresinde geleneksel halk ilacı olarak kullanılan 90 bitki sunulmuştur. Bu bitkiler, metin içinde tedavideki kullanılışlarına göre listelenmiştir. Özel bitkisel karışımlar ise çalışmamızın son bölümünde ayrıca belirtilmiştir. Halk ilacı olarak kullanılan bu bitkiler en çok mide rahatsızlıklarının giderilmesinde, soğuk algınlığına karşı, egzama tedavisinde, romatizma tedavisinde ve hemoroidlere karşı kullanılmaktadır.

**Key words:** Folk medicine; Medicinal plants; Bayramiç; Çanakkale; Turkey.

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

The study was carried out as an ethnobotanical investigation during 2004-2008. Only the folk medicinal plants of Bayramiç are presented in this part.

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18 species are cultivated plants. Cultivated plants are indicated with asterisks (\*) in the list. These plants are presented below according to their usages in therapy. Some of these plants are also used in mixtures, containing two or more species, which are given in Table-1.

Table- 1 Special plant mixtures

Recipe	Plant	Plant part used	Preparation	Ailment treated, Theurapeutic effect	Administration of the treatment
1	<i>Cupressus sempervirens</i> var. <i>sempervirens</i> <i>Pinus brutia</i>	Cones Wood	Decoction	Toothache	External
2	<i>Abies nordmanniana</i> subsp. <i>equi-trojani</i> <i>Tilia argentea</i>	Cones Flowers	Infusion	Bronchitis	Internal
3	<i>Pinus brutia</i> <i>Cistus creticus</i> <i>Asphodelus aestivus</i> <i>Alkanna tinctoria</i> subsp. <i>tinctoria</i>	Terebinthine Leaves Roots Roots	Decoction (+wax, olive oil)	Chapped foot and hand	External
4	<i>Pinus brutia</i> <i>Asphodelus aestivus</i>	Terebinthine Roots	Crushed (+wax)	Wound	External
5	<i>Pinus brutia</i> <i>Hypericum perforatum</i>	Terebinthine Flowering branches	Crushed and put into the olive oil	Chapped foot and hand	External
6	<i>Cerasus avium</i> <i>Zea mays</i> subsp. <i>mays</i>	Fruit peduncles Styles	Decoction	Kidney stones	Internal
7	<i>Hypericum perforatum</i> <i>Sideritis trojana</i>	Flowering branches Aerial parts	Infusion	Stomach ailments	Internal
8	<i>Origanum vulgare</i> subsp. <i>hirtum</i> <i>Melissa officinalis</i>	Aerial parts Aerial parts	Infusion	Nausea	Internal
9	<i>Origanum vulgare</i> subsp. <i>hirtum</i> <i>Tilia argentea</i>	Aerial parts Flowers	Infusion	Cold	Internal
10	<i>Sideritis trojana</i> <i>Tilia argentea</i>	Aerial parts Flowers	Infusion	Cold	Internal

Folk medicinal plants are mainly used in infusion and decoction.

The folk medicinal plants are mostly used for stomach ailments, cold, eczema, rheumatism and hemorrhoids.

## ANALGESIC

### Stomachache:

- Lavandula stoechas* L. subsp. *stoechas* (MARE 9496, 9596, 9618, 10590)
- Mentha spicata* L. subsp. *spicata* (MARE 10105)
- \**Origanum majorana* L. (MARE 9597)
- Origanum onites* L. (MARE 9488, 9599, 10039)
- \**Rosmarinus officinalis* L. (MARE 9489, 9534, 10056)
- Stachys cretica* L. subsp. *lesbiaca* Reichb. fil. (MARE 9601, 10053)
- Thymbra spicata* L. var. *spicata* (MARE 9547, 9591)
- Thymus zygoides* Griseb. var. *lycaonicus*(Čelak.) Ronniger (MARE 9479, 10593)
- Urtica urens* L. (MARE 9483, 9510, 9582, 10048, 10456, 10545, 10588)

### Abdominal pain:

- Lagoecia cuminoides* L. (MARE 10046)
- Matricaria chamomilla* L. var. *chamomilla* (MARE 9575, 9679)
- Matricaria chamomilla* L. var. *recutita* (L.) Grierson (MARE 9494, 9500, 10063, 10569, 10577, 10589)
- \**Rosmarinus officinalis* L. (MARE 9489, 9534, 10056)
- Salvia tomentosa* Miller (MARE 9674, 10057, 10098, 10163)
- Sideritis trojana* Bornm. (MARE 9516, 9628, 9615, 10182)
- Vitex agnus-castus* L. (MARE 9577, 9647, 9660)

### Throatache:

- \**Rosmarinus officinalis* L. (MARE 9489, 9534, 10056)
- \**Salvia fruticosa* Miller (MARE 9561, 9573)
- Sideritis trojana* Bornm. (MARE 9516, 9628, 9615, 10182)
- \**Tilia argentea* Desf. ex DC. (MARE 9499, 9608, 9657, 10059, 11011)

### Headache:

- Dracunculus vulgaris* Schott (MARE 9600, 10548)

\**Salvia fruticosa* Miller (MARE 9561, 9573)

*Vitex agnus-castus* L. (MARE 9577, 9647, 9660)

**Earache:**

\**Allium sativum* L. (MARE 10567)

**Menstrual pain:**

*Hypericum perforatum* L. (MARE 9503, 9524, 9567, 9580, 9588, 9592, 9620, 9677, 10161, 10905)

**Toothache:**

*Hyoscyamus niger* L. (MARE 9574)

**THE SKIN DISEASES**

**Eczema:**

*Achillea nobilis* L. subsp. *neilreichii* (Kerner) Formánek (MARE 9521, 9680)

*Asphodelus aestivus* Brot. (MARE 9488, 10060)

*Dracunculus vulgaris* Schott (MARE 9600, 10548)

*Ficus carica* L. subsp. *carica* (MARE 10537, 10552, 10561, 10580)

\**Juglans regia* L. (MARE 9498, 10065, 10099, 10570, 10919)

*Plumbago europaea* L. (MARE 9658, 10558)

*Pteridium aquilinum* (L.) Kuhn (MARE 9530, 9621, 10551, 10903)

*Teucrium chamaedrys* L. subsp. *lydium* O.Schwarz (MARE 10054, 10163 a)

*Teucrium polium* L. (MARE 9566, 9640)

*Vitex agnus-castus* L. (MARE 9577, 9647, 9660)

**Wound:**

*Hypericum perforatum* L. (MARE 9503, 9524, 9567, 9580, 9588, 9592, 9620, 9677, 10161, 10905)

*Juniperus oxycedrus* L. subsp. *oxycedrus* (MARE 9528, 10112, 10185, 10455, 10989)

\**Olea europaea* L. var. *europaea* (MARE 9617, 10439, 10574)

*Pinus nigra* J.F. Arnold subsp. *nigra* var. *caramanica* (Loudon) Rehder (MARE 10851)

*Plantago major* L. subsp. *intermedia* (Gilib.) Lange (MARE 9584, 10936)

*Rubus canescens* DC. var. *glabratus* (Gordon) Davis et Meikle (MARE 10913,

10940, 11001)

*Tussilago farfara* L. (MARE 10924)

**Chapped hand and foot:**

*Dracunculus vulgaris* Schott (MARE 9600, 10548)

*Pinus brutia* Ten. (MARE 9493, 9506, 10440)

*Vitex agnus-castus* L. (MARE 9577, 9647, 9660)

**Cut:**

*Cistus creticus* L. (MARE 9556, 9682, 10062, 10100, 10162, 10543, 10906)

*Cistus salviifolius* L. (MARE 9553, 10917)

*Pinus brutia* Ten. (MARE 9493, 9506, 10440)

**Burn:**

*Pinus brutia* Ten. (MARE 9493, 9506, 10440)

*Rubus sanctus* Schreber (MARE 9634, 9655)

**Boil:**

*Ecballium elaterium* (L.)A. Rich. (MARE 9638)

**Dandruff:**

*Matricaria chamomilla* L. var. *chamomilla* (MARE 9575, 9679)

**Hair restorer:**

\**Cupressus sempervirens* L. var. *sempervirens* (MARE 10571)

**Itch:**

*Urtica dioica* L. (MARE 9511, 9622, 10148, 10564, 10918)

**Wart:**

*Ficus carica* L. subsp. *carica* (MARE 10537, 10552, 10561, 10580)

**THE CIRCULATION SYSTEM DISEASES**

**Heart diseases:**

*Lavandula stoechas* L. subsp. *stoechas* (MARE 9496, 9596, 9618, 10590)

*Matricaria chamomilla* L. var. *recutita* (L.) Grierson (MARE 9494, 9500, 10063, 10569, 10577, 10589)

*Melissa officinalis* L. (MARE 9487, 9507, 9563, 9590, 9602, 10040, 10449, 10155)

*Paliurus spina-christi* Miller (MARE 9481, 9581, 10991)

\**Rosmarinus officinalis* L. (MARE 9489, 9534, 10056)

**Antihypertensive:**

\**Allium sativum* L. (MARE 10567)

*Crataegus monogyna* Jacq. subsp. *monogyna* (MARE 9517, 9635, 10214)

*Juniperus foetidissima* Willd. (MARE 10157)

\**Olea europaea* L. var. *europaea* (MARE 9617, 10439, 10574)

**High cholestrol:**

*Lavandula stoechas* L. subsp. *stoechas* (MARE 9496, 9596, 9618, 10590)

\**Rosmarinus officinalis* L. (MARE 9489, 9534, 10056)

**Arteriosclerosis:**

*Lavandula stoechas* L. subsp. *stoechas* (MARE 9496, 9596, 9618, 10590)

**Rhinorrhea:**

*Ficus carica* L. subsp. *carica* (MARE 10537, 10552, 10561, 10580)

**THE ENDOCRINE SYSTEM DISEASES****Diabetes:**

*Daucus carota* L. (MARE 9554, 9685, 10218, 10443)

*Origanum vulgare* L. subsp. *hirtum* (Link) Ietswaart (MARE 9545, 9548, 9550, 9576, 9589, 9614, 9631, 10102, 10104, 10134, 10904)

*Rubus canescens* DC. var. *canescens* (MARE 9644, 10140)

*Rubus sanctus* Schreber (MARE 9634, 9655)

*Thymbra spicata* L. var. *spicata* (MARE 9547, 9591)

*Thymus zygoides* Griseb. var. *lycaonicus* (Čelak.) Ronniger (MARE 9479, 10593)

**Goiter:**

\**Juglans regia* L. (MARE 9498, 10065, 10099, 10570, 10919)

\**Lepidium sativum* L. subsp. *sativum* (MARE 9537)

*Rumex crispus* L. (MARE 10231, 10935, 11004)

**THE INFECTION DISEASES****Antipyretic:**

\**Olea europaea* L. var. *europaea* (MARE 9617, 10439, 10574)

*Ruta chalepensis* L. (MARE 10121)

*Vitex agnus-castus* L. (MARE 9577, 9647, 9660)

**Malaria:**

*Centaurea solstitialis* L. subsp. *solstitialis* (MARE 9610, 9642, 10106, 10124, 10999)

*Euphorbia seguieriana* Necker subsp. *seguieriana* (MARE 9505, 9629, 10088)

**THE GENITAL SYSTEM DISEASES****Abortive:**

*Malva nicaeensis* All. (MARE 9484)

*Malva sylvestris* L. (MARE 9669, 10073, 10538, 10549, 10556, 10592, 11002)

*Ruta chalepensis* L. (MARE 10121)

**Menstruation regulator:**

*Viscum album* L. subsp. *album* (MARE 9648, 10594)

**THE URINARY SYSTEM DISEASES****Kidney stones:**

*Cnicus benedictus* L. subsp. *benedictus* (MARE 9571)

\**Elaeagnus angustifolia* L. (MARE 9595, 10038)

*Hedera helix* L. (MARE 10911)

*Malva nicaeensis* All. (MARE 9484)

*Platanus orientalis* L. (MARE 9515, 10996)

**Kidney diseases:**

*Ceterach officinarum* DC. (MARE 11159)

*Hedera helix* L. (MARE 10911)

*Sideritis trojana* Bornm. (MARE 9516, 9628, 9615, 10182)

*Urtica urens* L. (MARE 9483, 9510, 9582, 10048, 10456, 10545, 10588)

**Diuretic:**

\**Cerasus avium* (L.) Moench (MARE 9512)

*Juniperus oxycedrus* L. subsp. *oxycedrus* (MARE 9528, 10112, 10185, 10455, 10989)

\**Zea mays* L. subsp. *mays* (MARE 9673)

**Urethra diseases:**

*Urtica urens* L. (MARE 9483, 9510, 9582, 10048, 10456, 10545, 10588)

**MUSCULOSKELETAL SYSTEM DISEASES****Rheumatism:**

*Clematis vitalba* L. (MARE 10223, 10444, 11006)

*Dracunculus vulgaris* Schott (MARE 9600, 10548)

*Ecballium elaterium* (L.) A. Rich. (MARE 9638)

*Hypericum perforatum* L. (MARE 9503, 9524, 9567, 9580, 9588, 9592, 9620, 9677, 10161, 10905)

*Mentha longifolia* (L.) Hudson subsp. *thyphoides* (Briq.) Harley var. *thyphoides* (MARE 9662, 10207)

*Mentha spicata* L. subsp. *tomentosa* (Briq.) Harley (MARE 9666, 11008)

\**Nerium oleander* L. (MARE 9526, 9579)

*Sambucus ebulus* L. (MARE 10119)

*Tamus communis* L. subsp. *cretica* (L.) Kit Tan (MARE 9560, 10212)

**Development of bones (for babies):**

\**Olea europaea* L. var. *europaea* (MARE 9617, 10439, 10574)

**Fracture:**

*Juniperus oxycedrus* L. subsp. *oxycedrus* (MARE 9528, 10112, 10185, 10455, 10989)

**THE DIGESTIVE SYSTEM DISEASES****Stomach diseases:**

*Abies nordmanniana* (Stev.) Spach subsp. *equi-trojani* (Aschers et Sint. ex Boiss.)

Coode et Cullen (MARE 10877)

*Asphodelus aestivus* Brot. (MARE 9488, 10060)

*Hypericum perforatum* L. (MARE 9503, 9524, 9567, 9580, 9588, 9592, 9620, 9677, 10161, 10905)

\**Laurus nobilis* L. (MARE 9650)

*Matricaria chamomilla* L. var. *recutita* (L.) Grierson (MARE 9494, 9500, 10063, 10569, 10577, 10589)

- Mentha pulegium* L. (MARE 9681)  
*Micromeria juliana* (L.) Benth. ex Reichb. (MARE 9585, 9598, 9605)  
*Origanum vulgare* L. subsp. *hirtum* (Link) Ietswaart (MARE 9545, 9548, 9550, 9576, 9589, 9614, 9631, 10102, 10104, 10134, 10904)  
*Pinus brutia* Ten. (MARE 9493, 9506, 10440)  
 \**Salvia fruticosa* Miller (MARE 9561, 9573)  
*Sideritis perfoliata* L. (MARE 9478, 9541, 9542, 10198)  
*Sideritis trojana* Bornm. (MARE 9516, 9628, 9615, 10182)  
*Thymus longicaulis* C. Presl subsp. *chaubardii* (Boiss. et Heldr. ex Reichb. fil.)  
 Jalas var. *chaubardii* (MARE 9683)  
*Urtica urens* L. (MARE 9483, 9510, 9582, 10048, 10456, 10545, 10588)

**Hemorrhoids:**

- Achillea nobilis* L. subsp. *neilreichii* (Kerner) Formánek (MARE 9521, 9680)  
*Achillea nobilis* L. subsp. *sipylea* (O. Schwarz) Bässler (MARE 10200)  
*Asphodelus aestivus* Brot. (MARE 9488, 10060)  
*Asplenium adiantum-nigrum* L. (MARE 9552)  
*Daucus carota* L. (MARE 9554, 9685, 10218, 10443)  
*Dracunculus vulgaris* Schott (MARE 9600, 10548)  
 \**Juglans regia* L. (MARE 9498, 10065, 10099, 10570, 10919)  
*Teucrium polium* L. (MARE 9566, 9640)  
*Urtica dioica* L. (MARE 9511, 9622, 10148, 10564, 10918)

**Diarrhea:**

- Paliurus spina-christi* Miller (MARE 9481, 9581, 10991)  
*Platanus orientalis* L. (MARE 9515, 10996)

**Digestive:**

- \**Cydonia oblonga* Miller (MARE 9490, 9607, 10066)

**Laxative:**

- Sideritis trojana* Bornm. (MARE 9516, 9628, 9615, 10182)

**Intestinal infection:**

- \**Tilia rubra* DC. subsp. *caucasica* (Rupr.) V. Engler (MARE 9527)

**Stomach ulcer:**

*Pinus brutia* Ten. (MARE 9493, 9506, 10440)

**THE RESPIRATORY SYSTEM DISEASES****Cold:**

*Anthemis tinctoria* L. var. *tinctoria* (MARE 9626, 10146, 10909, 10950)

*Lavandula stoechas* L. subsp. *stoechas* (MARE 9496, 9596, 9618, 10590)

*Micromeria myrtifolia* Boiss. et Hohen. (MARE 9659)

*Origanum majorana* L. (MARE 9597)

*Rosa canina* L. (MARE 9531, 10550)

\**Rosmarinus officinalis* L. (MARE 9489, 9534, 10056)

*Sideritis perfoliata* L. (MARE 9478, 9541, 9542, 10198)

*Thymbra spicata* L. var. *spicata* (MARE 9547, 9591)

\**Tilia argentea* Desf. ex DC. (MARE 9499, 9608, 9657, 10059, 11011)

\**Tilia rubra* DC. subsp. *caucasica* (Rupr.) V. Engler (MARE 9527)

**Bronchitis:**

*Abies nordmanniana* (Stev.) Spach subsp. *equi-trojani* (Aschers et Sint. ex Boiss.)

Coode et Cullen (MARE 10877)

*Crataegus monogyna* Jacq. subsp. *monogyna* (MARE 9517, 9635, 10214)

*Juniperus oxycedrus* L. subsp. *oxycedrus* (MARE 9528, 10112, 10185, 10455,  
10989)

*Sideritis perfoliata* L. (MARE 9478, 9541, 9542, 10198)

*Paliurus spina-christi* Miller (MARE 9481, 9581, 10991)

\**Pinus pinea* L. (MARE 9612)

**Asthma:**

\**Laurus nobilis* L. (MARE 9650)

*Lavandula stoechas* L. subsp. *stoechas* (MARE 9496, 9596, 9618, 10590)

\**Olea europaea* L. var. *europaea* (MARE 9617, 10439, 10574)

*Pinus nigra* J.F. Arnold subsp. *nigra* var. *caramanica* (Loudon) Rehder (MARE  
10851)

*Platanus orientalis* L. (MARE 9515, 10996)

**Antitussive:**

- \**Cydonia oblonga* Miller (MARE 9490, 9607, 10066)
- Matricaria chamomilla* L. var. *recutita* (L.) Grierson (MARE 9494, 9500, 10063, 10569, 10577, 10589)
- Malva nicaeensis* All. (MARE 9484)
- Papaver rhoeas* L. (MARE 10070, 10536, 10542, 10560, 10578, 10591)
- Sambucus nigra* Miller (MARE 9480)

**Sinusitis:**

- Ecballium elaterium* (L.)A. Rich. (MARE 9638)

**THE OTHER DISEASES****Cancer:**

- Dracunculus vulgaris* Schott (MARE 9600, 10548)
- Urtica dioica* L. (MARE 9511, 9622, 10148, 10564, 10918)
- Urtica urens* L. (MARE 9483, 9510, 9582, 10048, 10456, 10545, 10588)

**Immunostimulan:**

- Lavandula stoechas* L. subsp. *stoechas* (MARE 9496, 9596, 9618, 10590)
- Urtica dioica* L. (MARE 9511, 9622, 10148, 10564, 10918)
- Urtica urens* L. (MARE 9483, 9510, 9582, 10048, 10456, 10545, 10588)

**Eye diseases:**

- \**Elaeagnus angustifolia* L. (MARE 9595, 10038)
- \**Olea europaea* L. var. *europaea* (MARE 9617, 10439, 10574)

**Gingivitis:**

- Origanum vulgare* L. subsp. *hirtum* (Link) Ietswaart (MARE 9545, 9548, 9550, 9576, 9589, 9614, 9631, 10102, 10104, 10134, 10904)

**Icterus:**

- Ecballium elaterium* (L.)A. Rich. (MARE 9638)

**Thrush:**

- \**Morus alba* L. (MARE 9588, 10042, 10107, 10836)

**Sedative:**

- Papaver rhoeas* L. (MARE 10070, 10536, 10542, 10560, 10578, 10591)

**Scorpion-insect bite:**

*Ficus carica* L. subsp. *carica* (MARE 10537, 10552, 10561, 10580)

*Plantago major* L. subsp. *intermedia* (Gilib.) Lange (MARE 9584, 10936)

*Pyrus amygdaliformis* Vill. var. *amygdaliformis* (MARE 9667, 10557, 10992)

**Bee bite:**

*Allium sativum* L. (MARE 10567)

*Ficus carica* L. subsp. *carica* (MARE 10537, 10552, 10561, 10580)

**ANIMAL DISEASES**

*Dracunculus vulgaris* Schott (MARE 9600, 10548)

*Phillyrea latifolia* L. (MARE 9492, 9532, 9572, 10118)

*Pinus brutia* Ten. (MARE 9493, 9506, 10440)

*Vitex agnus-castus* L. (MARE 9577, 9647, 9660)

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