

Table S1: Traditional medicinal uses in 21st century Valle Imagna and related bibliographic research. For the complete reference list, please see the main text. CS = Circulatory system disorders; DIG = Digestive tract disorders; EAR = Afflictions of the ear; FE = Fever; GC = General condition; GYN = Gynaecological disorders, obstetric, and puerperal problems; MSK = Musculoskeletal system disorders and traumas; NS = Nervous system disorders; OR = Oropharyngeal cavity affections; OPT = Ophthalmic ailments; RES = Respiratory tract infections; UR = Urinary tract disorders; SK = Skin diseases and traumas; SL = Slimming.

Scientific name, italian/english common name, vernacular name	Traditional uses in Valle Imagna				Bibliographic research: Ethnobotany	Bibliographic research: Biological activity	Bibliographic research: Phytochemistry linked to the biological activity
	Part of plant and preparation	Category of use/Apparatus	Detailed use				
Amaranthaceae							
<i>Blitum bonus-henricus</i> (L.) Rchb. Buon Enrico/Wild spinach Parüc	Leaves (infusion)	Med	OR	Gingivitis, toothache, aphthae, and abscesses			
	Leaves (infusion)	Med	RES	Cough			
	Leaves (infusion)	Med	GC	Depurative			
Amaryllidaceae							
<i>Allium cepa</i> L. Cipolla/Onion Scigóla	Underground organs (externally as it is)	Med	SK	Insect bites	[33,44–46]	Anti-inflammatory, antibacterial [47] Anti-allergic effect [48]	
<i>Allium sativum</i> L. Aglío/Garlic Aj	Underground organs (ointment)	Med	MSK	Contusions		Anti-inflammatory (oral use) [49,50]	Anti-inflammatory: Alliin, diallyl sulfide, diallyl disulfide, diallyl trisulfide, ajoene e S-allyl-cysteine [49,50]
<i>Allium ursinum</i> L. Aglío ursino/Ursin garlic	Leaves (preparation similar to pesto sauce)	Med	GC	Tonic and corroborant			
Apiaceae							
<i>Angelica sylvestris</i> L.	Fruits, infructescence	Med	GC	Anti-inflammatory		Anti-inflammatory [51]	

Angelica/Wild angelica	s, accessory fruits (infusion)						
<i>Daucus carota</i> L. Carota/Carrot	Underground organs (decoction)	Med	GC	Anti-inflammatory			
<i>Petroselinum crispum</i> (Mill.) Fuss Prezzemolo/Parsle y	Underground organs (decoction)	Med	GC	Depurative			
	Leaves (applied as they are)	Med	SK	Insect bites	[44,45]		
Araliaceae							
<i>Hedera helix</i> L. Edera/Poison ivy	Leaves (macerated oil)	Med	CS	Improves circulation	[33] (Different preparation)	[52]	Hederagenin, oleanolic acid. [52]
Asparagaceae							
<i>Asparagus officinalis</i> L. Asparago/Asparag us Spàres	Shoots (eaten cooked)	Med	DIG	Liver depurative		[53]	
<i>Polygonatum multiflorum</i> (L.) All. Sigillo di Salomone/ David's harp	Leaves (applied as they are)	Med	SK	Anti-inflammatory, disinfectant, wound healing			
	Underground organs (hydroalcohol ic macerated, applied externally)	Med	MSK	Contusions			
Aspleniaceae							

<i>Ceterach officinarum</i> Willd. Spaccapietra/ Rustyback	Underground organs (hydroalcoholic macerated, applied externally)	Med	MSK	Contusions		
Asteraceae						
<i>Achillea millefolium</i> L. Achillea millefoglio/Comm on yarrow	Flowers, inflorescences, flowering tops (infusion)	Med	CS	Blood depurative	[34]	Anti-inflammatory: Sesquiterpene santamarin: [54]
	Flowers, inflorescences, flowering tops (infusion)	Med	GYN	Menstrual pain	[34,37]	Anti-inflammatory: Dicafeoylquinic acids, flavonoids, proazulenic sesquiterpene lactone (matricin) [55]
	Flowers, inflorescences, flowering tops (macerated oil)	Med	GYN	Menstrual pain		Anti-bacterial: E.O. [55] Potential estrogenic activity: flavonoids (apigenin, luteolin) [55]
	Flowers, inflorescences, flowering tops (infusion)	Med	GYN	Emmenagogue, regulates menstrual cycle		Emmenagogue, attività estrogenica [55–57] Anti-bacterial, antioxidant and anti-nociceptive: E.O. (terpinolene, 1,8-cineol, thujone, γ -terpinene, borneol, camphor), rutin
	Flowers, inflorescences, flowering tops (infusion)	Med	GC	Anti-inflammatory	[33]	

	Flowers, inflorescences, flowering tops (macerated oil)	Med	SK	Anti-inflammatory, disinfectant, wound healing	[33,34,37,58,59]	Antinfiammatoria, antibatterica [55] Antibatterica [56]	Anti-inflammatory: apigenin 7-O-glucoside, luteolin 7-O-glucoside Antispasmodic: quercetin, apigenin e luteolin
	Flowers, inflorescences, flowering tops (macerated oil)	Med	SK	Anti-inflammatory, emollient, soothing, redness	[33,34,37,58,59]	Antinfiammatoria, antibatterica [55]	Choleretic: luteolin-7-O-beta-D-glucuronide Estrogenic activity: dihydrodehydrodiconiferyl alcohol, and 9-O-beta-D-glucopyranoside [56]
	Flowers, inflorescences, flowering tops (macerated oil)	Med	MSK	Contusions Ematomi	[34]	Antinfiammatoria [54–56]	
	Flowers, inflorescences, flowering tops (macerated oil)	Med	MSK	Pain and inflammation	[33,34]	Antinfiammatoria [54–56]	
	Above ground parts (infusion)	Med	UR	Diuretic	[37]		
<i>Arctium lappa</i> L. Bardana/ Greater burdock	Leaves (externally applied)	Med	MSK	Joint pain and inflammation	[36,37]		
<i>Arnica montana</i> L. subsp. <i>montana</i>	Flowers, inflorescences, flowering tops	Med	MSK	Contusions	[32–34,36,37,59,60]	Anti-inflammatory [61–64]	Analgesic and anti-inflammatory: sesquiterpene lactone helenanin [61,64–66]

Arnica montana/Mountain tobacco	(macerated oil alcoholic extract)						Anti-inflammatory: sesquiterpene lactones helenanin and dihydrohelenanin [61,62,67]
	Flowers, inflorescences , flowering tops (alcoholic extract or ointment)	Med	MSK	Pain and inflammation	[32– 34,36,37,60]	Anti-inflammatory [61–64]	
	Flowers, inflorescences , flowering tops (compresses with infusion)	Med	MSK	Joint pain and inflammation	[32– 34,36,37,60]	Anti-inflammatory [61–64]	
<i>Artemisia absinthium</i> L. Assenzio/Absinth Mistrù	Flowers, inflorescences , flowering tops (infusion)	Med	Other	Scurvy			
	Flowers, inflorescences , flowering tops Above ground parts (infusion)	Med	DIG	Digestive	[32– 34,37,46,58– 60]	[67–71]	Digestive: sesquiterpene lactones (absinthin, anabsinthin, arthabsin, anabsin) [67,68,70,71]
	Flowers, inflorescences , flowering tops (infusion)	Med	DIG	Carminative			
	Flowers, inflorescences	Med	UR	Kidney stones			

	, flowering tops (infusion)						
	Flowers, inflorescences, flowering tops (infusion)	Med	FE	Antipyretic	[33,46,60,72]	[73]	
	Leaves (infusion)	Med	NS	Sedative hypnotic, promotes sleep		[74]	
	Above ground parts (decoction)	Med	INF	Laxative in infants			
	Above ground parts (infusion)	Med	UR	Diuretic			
	Above ground parts (infusion)	Med	GC	Anti-inflammatory		Anti-inflammatory and antioxidant [75]	
<i>Calendula officinalis</i> L. Calendula/Marigold	Flowers, inflorescences, flowering tops (alcoholic extract, macerated oil, applied as they are)	Med	SK	Anti-inflammatory, emollient, soothing, redness	[33,34,37,44,46]	[67,76–79]	Anti-inflammatory: quercetin [78] Anti-inflammatory: triterpenoid esters (faradiol-3-O-laurate, faradiol-3-O-palmitate efaradiol-3-O-myristate) Inhibition of collagen degradation: quercetin Stimulation of primary fibroblasts: quercetin-3-O-glucoside and rutin [77]
	Flowers, inflorescences, flowering tops (macerated oil)	Med	SK	Sunburn, burns, frostbites, redness, and rash	[33,34,37,44]	[67,76–79]	

	Flowers, inflorescences , flowering tops (alcoholic extract)	Med	MSK	Contusions	-	Wound healing: carotenoids [80] Anti-inflammatory and anti-edema: terpenoids and flavonoids [81]
	Flowers, inflorescences , flowering tops (macerated oil)	Med	MSK	Muscle pain and inflammation	[34]	-
	Flowers, inflorescences , flowering tops (infusion drunk, macerated oil applied)	Med	NS	Sedative hypnotic, promotes sleep		
	Flowers, inflorescences , flowering tops (infusion)	Med	GC	Anti-inflammatory		
<i>Centaurea benedicta</i> (L.) L. Cardo benedetto/ Blessed thistle	Flowers, inflorescences , flowering tops (decoction)	Med	CS	Improves cardiac functions		
	Flowers, inflorescences , flowering tops (decoction)	Med	DIG	Digestive		

<i>Cyanus segetum</i> Hill Fiordaliso/ Bachelor's button	Flowers, inflorescences , flowering tops (infusion, compresses)	Med	OPT	Eye anti-inflammatory	[36,60]		
<i>Helianthus tuberosus</i> L. Topinambur/ Jerusalem artichoke	Underground organs (eaten cooked)	Med	DIG	Liver depurative		[82]	
	Underground organs (eaten cooked)	Med	UR	Diuretic			
<i>Matricaria chamomilla</i> L. Camomilla/Chamomile	Flowers/inflor escences/flow ering tops (infusion)	Med	DIG	Digestive	[33,44,45]	Attività antispasmodica [76,83]	
	Flowers/inflor escences/flow ering tops (infusion)	Med	NS	Sedative hypnotic, promotes sleep	[32– 34,36,37,44– 46]	Attività ansiolitica [67,83]	Anti-inflammatory: apigenin [67,76,83,84] Anxiolytic and antispasmodic: apigenin [67,83,85]
	Flowers/inflor escences/flow ering tops (macerated oil)	Med	SK	Anti-inflammatory, emollient, soothing, redness	[33]	Anti-inflammatory, wound healing [86]	Antispasmodic: bisabolol [83] Anti-inflammatory: bisabolol [76]
	Flowers/inflor escences/flow ering tops (macerated oil)	Med	SK	Sunburn, burns, frostbites, redness, and rash	[33]	Anti-inflammatory, wound healing [86]	Anti-inflammatory and spasmolytic: matricin [76]
	Flowers/inflor escences/flow ering tops	Med	MSK	Muscle pain and inflammation	[33]	[86]	

	(macerated oil)						
<i>Silybum marianum</i> (L.) Gaertn. Cardo mariano/Milk thistle	Flowers/inflor escences/flowering tops (decoction)	Med	CS	Improves cardiac functions		[87]	Cardioprotective: silymarin [87]
	Flowers/inflor escences/flowering tops (decoction)	Med	DIG	Digestive			
<i>Taraxacum</i> sect, <i>Taraxacum</i> Tarassaco/Dandelion	Flowers/inflor escences/flowering tops (infusion)	Med	DIG	Digestive	[36,45]	[88]	Digestive: bitter sesquiterpene lactones [88]
	Flowers/inflor escences/flowering tops (infusion)	Med	DIG	Liver depurative	[36,37]		Cholesterol: triterpenes and phytosterols (β -sitosterol and amidiol) [89]
	Flowers/inflor escences/flowering tops (syrup)	Med	RES	Sore throat and hoarseness Cough	[33,37]		Prebiotics: polysaccharides [88]
	Flowers/inflor escences/flowering tops (syrup)	Med	GC	Depurative	[33]		Hepatoprotective: complex polysaccharides (inulin) [88]
	Leaves (decoction, eaten cooked)	Med	CS	Blood depurative	[36]		Decreases cholesterol absorption [89]
	Leaves (decoction, infusion, eaten cooked)	Med	DIG	Liver depurative	[36,46]		Hepatoprotective [88]

	Leaves (eaten cooked)	Med	DIG	Laxative, bowel transit	[90]	Prebiotics [88]	
	Leaves (eaten cooked)	Med	UR	Diuretic	[36]	Diuretic [89]	
	Underground organs (eaten cooked)	Med	CS	Blood depurative	[32,36,60]	Decreases cholesterol absorption [89]	
	Underground organs (decoction)	Med	DIG	Liver depurative	[32,36,44]	Liver disorders [89] Hepatoprotective [88]	
	Underground organs (decoction)	Med	GC	Tonic and corroborant			
<i>Tussilago farfara</i> L. Tossilaggine/ Coltsfoot	Flowers/inflor escences/flow ering tops (infusion)	Med	RES	Cough	[33,36,37,59,60]	Antitussivo, espettorante [91,92]	Antitussive: Caffeoylquinic acids from flowers [92]
	Leaves Underground organs (alcoholic macerate, externally applied)	Med	MSK	Contusions			Antitussive: Terpenoids, organic acids, flavonoids, alkaloids, chromones, volatile oil in the flowers [91]
Betulaceae							
<i>Betula pendula</i> Roth Betulla/Birch	Fusti legnosi/rami/r ametti/polloni (used as whip)	Med	CS	Improves circulation			
	Latice o linfa (drunk as it is)	Med	UR	Diuretic Depurative			

	Lattice o linfa (drunk as it is)	Med	GC	Tonic and corroborant	[34]	[93]	
Boraginaceae							
<i>Symphytum officinale</i> L.	Leaves (poultice with green clay)	Med	NS	Sciatica and neuralgia			
Consolida maggiore/Comfrey	Leaves (compresses with infusion)	Med	MSK	Fractures			
	Leaves (compresses with infusion)	Med	MSK	Joint pain and inflammation	[60]	[94,95]	
Brassicaceae							
Arthrosis							
<i>Brassica oleracea</i> L. Verza/Savoy cabbage Vérz	Leaves (Externally applied)	Med	MSK	Rheumatic pains Joint pain and inflammation	[34,36,44,45]	Anti-inflammatory (several different <i>var.</i>) [96]	Anti-inflammatory: nicotin [96]
	Leaves (Externally applied)	Med	MSK	Contusions	[34]		
<i>Brassica rapa</i> L. Rapa/Turnip	Underground organs (eaten cooked)	Med	GC	Depurative			
<i>Diplotaxis tenuifolia</i> (L.) DC. Rucola selvatica/Wild rocket	Leaves (eaten raw)	Med	DIG	Digestive	[44]		
	Leaves (eaten raw)	Med	DIG	Laxative, bowel transit			
Convolvulaceae							
<i>Convolvulus arvensis</i> L.	Above ground parts (infusion)	Med	MSK	Contusions			

Convolvolo/Bind
weed

Cornaceae

<i>Cornus mas</i> L. Corniolo/Dogwood Cornàl	Fruits/infructescences/accessory fruits (eaten as they are)	Med	GC	Tonic and corroborant		Vitamin C content: 34–100 mg/100 g fresh weight [97]	
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Cupressaceae

<i>Juniperus communis</i> L. Ginepro/Juniper Züerna	Galbule (chewed as they are)	Med	DIG	Stomach anti-inflammatory	[45]		
	Galbule (alcoholic macerate)	Med	OR	Gingivitis, toothache, aphthae, and abscesses	[46]		

Equisetaceae

	Above ground parts (infusion)	Med	GC	Depurative			
<i>Equisetum arvense</i> L. Equiseto/Horsetail	Above ground parts (as aromatic salt)	Med	GC	Tonic and corroborant	[33,34,36,37]	Remineralizing [98]	High concentrations minerals: [98]
	Above ground parts (infusion)	Med	CS	Hypotensive		Diuretic [98–100]	

Ericaceae

<i>Rhododendron ferrugineum</i> L. Rododendro/ Rhododendron	Flowers/infructescences/flowering tops (honey)	Med	RES	Sore throat and hoarseness			
<i>Vaccinium myrtillus</i> L. Mirtillo nero/Blueberry	Fruits/infructescences/accessory fruits	Med	OPT	Improves sight and eye health	[33,36,37,46]	WHO Monograph - Fructus Myrtilli [101] [102–107] (Refuted by [108])	Improve ocular microcirculation: phenolic compounds (specifically anthocyanins) [101,109]

	(eaten as they are)						Protection from retinal damage: cyanidin, delphinidin, and malvidin [105]
Euphorbiaceae							
<i>Ricinus communis</i> L. Ricino/Castor	Seeds (castor oil, drunk)	Med	SK	Anti-inflammatory, emollient, soothing, redness			Laxative: ricinoleic acid [110]
	Seeds (castor oil, drunk)	Med	DIG	Laxative, bowel transit		[110]	
Fabaceae							
<i>Phaseolus vulgaris</i> L. Fagiolo/Bean	Legume exocarp (decoction)	Med	MET	Hypocholesterolemic		(Black seed variety)[111]	Flavonoids and saponins (black seeds) [111]
Gentianaceae							
<i>Gentiana acaulis</i> L. Gentianella/Trum pet gentian	Underground organs (alcoholic macerate, rub on temples)	Med	NS	Headache			
Hypericaceae							
<i>Hypericum perforatum</i> L. Iperico/St. John's wort	Flowers/inflor escences/flowering tops (macerated oil, secreted directly applied)	Med	SK	Anti-inflammatory, disinfectant, wound healing	[32–37,44–46,58,60,112]	WHO Monograph – Herba Hyperici [54] [67,112]	Antimicrobial: hyperforin, hypericin, and pseudohypericin [112] Antioxidant and anti-inflammatory: hyperforin and flavonoids [112]
				Anti-inflammatory, emollient, soothing, redness			
				Insect bites			
				Sunburn, burns, frostbites, redness, and rash			

	Flowers/inflor escences/flow ering tops (macerated oil)	Med	MSK	Contusions	[32– 34,36,37,46,58 ,60,112]	[112,113]	
	Flowers/inflor escences/flow ering tops (macerated oil)	Med	MSK	Arthritis Rheumatic pains	[32– 37,46,58,60,11 2]	[112,113]	
	Flowers/inflor escences/flow ering tops (macerated oil)	Med	RES	Facilitates respiration			
Juglandaceae							
<i>Juglans regia</i> L. Noce/Walnut	Leaves (infusion for baths)	Med	INF	Anti-inflammatory, emollient, soothing, redness		[114]	
	Seeds (oil)	Med	EAR	Otitis and pains			
Lamiaceae							
<i>Lavandula angustifolia</i> Mill. Lavanda/Lavende r	Flowers/inflor escences/flow ering tops (vinegar macerate)	Med	SK	Hands and feet mycosis		[115]	Wound healing: linalool and linalyl acetate [116] Psoriasis: essential oil, specifically linalool and linalyl acetate as main compounds [117] Sedative: essential oil [115,118–120]
	Flowers/inflor escences/flow ering tops (macerated oil)	Med	SK	Anti-inflammatory, emollient, soothing, redness Sunburn, burns, frostbites, redness, and rash		Wound healing [115,116]	

Flowers/inflor escences/flow ering tops (macerated oil)	Med	SK	Psoriasis		[115,117] [121] (a case of psoriasis allegedly replaced by allergic dermatitis)
Flowers/inflor escences/flow ering tops (macerated oil)	Med	MSK	Muscle pain and inflammation	[46]	Anti-inflammatory [122]
Flowers/inflor escences/flow ering tops (macerated oil)	Med	NS	Mal di testa	[46]	[123] [124] (headache as one of the adverse reactions to lavender essential oil)
Flowers/inflor escences/flow ering tops (macerated oil, infusion)	Med	NS	Sedative hypnotic, promotes sleep	[33,36,44]	[115,118–120]
Flowers/inflor escences/flow ering tops (infusion)	Med	DIG	Antispasmodic (stomach)		Antispasmodic, ileum [125]
Flowers/inflor escences/flow ering tops (infusion)	Med	DIG	Digestive		
Flowers/inflor escences/flow ering tops (infusion) (with thyme, lemon and ginger)	Med	RES	Facilitates respiration	[33,36,46]	[126,127]

<i>Melissa officinalis</i> L. Melissa/Lemonbalm	Flowers/inflor escences/flow ering tops Leaves (infusion)	Med	NS	Sedative hypnotic, promotes sleep	[33,35–37,44]	[128]	Digestive: rosmarinic acid [129,130]
	Leaves (infusion)	Med	NS	Antidepressant		[128]	
	Leaves (infusion)	Med	DIG	Digestive	[33,35,45,46]	[129,130]	
<i>Mentha</i> spp Menta/Mint	Leaves (applied as they are)	Med	SK	Insect bites	[44]	Antinociceptive [131]	Anti-inflammatory: flavonoids [131] Sedative: mainly phenolic compounds (flavonoids and tannins) [132] Respiratory problems: essential oil [133]; cis- piperitone epoxide, piperitenone oxide, pulegone, and menthone [131] Oropharyngeal cavity: flavonoids; menthol [131]
	Leaves (decoction)	Med	GC	Anti-inflammatory	[34,37]	[131,134–137]	
	Leaves (infusion)	Med	NS	Sedative hypnotic, promotes sleep	[33,36]	[132,136]	
	Leaves (infusion, alcoholic macerate)	Med	RES	Cough	[32,33]	Antibacterial: [138] [133] (mix of essential oils, <i>M. piperita</i>)	
	Leaves (inhalation of the infusion)	Med	RES	Facilitates respiration	[33]	[133] (mix of essential oils, <i>M. piperita</i>)	
	Leaves (alcoholic macerate)	Med	OR	Gingivitis, toothache, aphthae, and abscesses	[33]	Antinociceptive; anti- inflammatory, antibacterial against <i>Staphylococcus mutans</i> [131] Anti-inflammatory [135–137,139]	
<i>Plectranthus amboinicus</i> (Lour.) Spreng.	Leaves (decoction)	Med	RES	Asthmatic bronchitis Cough	[140,141] (where indigenous)	[140]	

Origano Cubano/Cuban oregano								
	Flowers/inflor escences/flow ering tops (infusion, drunk or for baths)	Med	GC	Tonic and corroborant	[33,36,44]	Potentially immunomodulating activities [142] Antidepressant-like properties [143]		
	Leaves (vinegar macerate)	Med	SK	Hands and feet mycosis		Antifungal [144]		
	Leaves (inhalations with infusion)	Med	RES	Expectorant, decongestant, emollient	[36,45,46]	[145] [133] (mix of essential oils, <i>R. officinalis</i>)	Anti-inflammatory, antinociceptive, antifungal, wound healing: carnosol; carnosic, rosmarinic, ursolic, oleanolic, and micromeric acids. E.O.: β - pinene, 1,8- cineole, borneol, camphor, limonene, and verbenone [144]	
<i>Rosmarinus officinalis</i> L.	Leaves (infusion)	Med	DIG	Stomach anti- inflammatory	[146,147]	Anti-inflammatory [144]		
Rosmarino/Rosem ary	Leaves (infusion)	Med	UR	Diuretic	[148]	[149]		
	Leaves (infusion)	Med	GC	Anti-inflammatory		Anti-inflammatory [144]		
	Leaves (infusion, alcoholic macerate)	Med	GC	Tonic and corroborant	[33,36,44]	Potentially immunomodulating activities [142] Antidepressant-like properties [143]	Respiratory conditions: carnosic acid [145]	
	Leaves (ointment)	Med	SK	Anti-inflammatory, disinfectant, wound healing Sunburn, burns, frostbites, redness, and rash	[44]	[144]		

	Flowers/inflor escences/flow ering tops (infusion, drunk or for baths)	Med	GC	Tonic and corroborant	[33]		
	Leaves (applied as they are, infusion)	Med	OR	Disinfettante Gingivitis, toothache, aphthae, and abscesses	[33,36,46,60]	[151,153,155]	Anti-inflammatory action: flavonoids, rosmarinic acid, manool, carnosol, ursolic acid [150]
	Leaves (vinegar macerate)	Med	SK	Micosi mani e piedi			Antimicrobial for oral cavity affections, anti- inflammatory: 1,8-cineole, thujone, and camphor [151,152]
<i>Salvia officinalis</i> L. Salvia/Sage	Leaves (applied as they are)	Med	SK	Insect bites	[36]	Anti-inflammatory [151,154]	Antifungal for oral cavity affections: E.O. [153]
	Leaves (decoction)	Med	GC	Depurative		Wound healing [156]	
	Leaves (decoction, infusion)	Med	GC	Anti-inflammatory		Anti-inflammatory [151,154]	Anti-inflammatory: ursolic acid and other diterpenes [151]
	Leaves (infusion)	Med	DIG	Stomach anti- inflammatory	[46]	Anti-inflammatory [151,154]	Anti-inflammatory: MeOH extract rich in rosmarinic, ursolic, caffeic, and oleanolic acids; borneol [154]
	Leaves (infusion, drunk or for baths, alcoholic macerate)	Med	GC	Tonic and corroborant	[33]		
	Leaves (ointment)	Med	SK	Anti-inflammatory, disinfectant, wound healing		Anti-inflammatory [151,154]	Wound healing [156]

				Sunburn, burns, frostbites, redness, and rash			
	Leaves (inhalations with infusion)	Med	RES	Expectorant, decongestant, emollient	[33,35,36,46,9 0] [37,44] (External use)	[157–160]	
	Leaves (infusion)	Med	DIG	Antispasmodic (stomach)	[59,158,159,1 63–166]	Spasmolytic (ileum and colon) [167]	
	Leaves (infusion) Alone or with lemon, ginger, and lavender	Med	DIG	Digestive	[33,35,58,60]		
<i>Thymus</i> spp.	Leaves (compresses with infusion)	Med	MSK	Contusions	[163]	Anti-inflammatory [162]	Antibacterial, antioxidant: phenolic compounds, carvacrol, thymol [158,161]
Timo/Thyme	Leaves (infusion) Alone or with lemon, ginger, and lavender	Med	RES	Bronchitis Expectorant, decongestant, emollient Sore throat and hoarseness Facilitates respiration	[32,33,35– 37,44,46,59,60 ,158,159,163,1 64,166,168]	[157–160]	Antibacterial: E.O. (specifically thymol) [159] Anti-inflammatory: thymol [162]
	Leaves (infusion)	Med	GC	Anti-inflammatory	[158]	Anti-inflammatory [162]	
	Leaves (ointment)	Med	SK	Anti-inflammatory, disinfectant, wound healing Sunburn, burns, frostbites, redness, and rash	[33]	Antibacterial and wound healing [169] Anti-inflammatory [159,162] Antioxidant [158]	
Lauraceae							
<i>Laurus nobilis</i> L.	Leaves	Med	RES	Expectorant, decongestant, emollient	[36]		Anti-inflammatory: EO [170]; 1,8-cineole [171]

Alloro	(inhalations with infusion)				
	Leaves (decoction)	Med	GC	Anti-inflammatory	Anti-inflammatory [170,171]
	Leaves (decoction)	Med	GC	Depurative	
	Leaves (infusion)	Med	OTH	Aftermath of drunkennes	
	Leaves (infusion)	Med	CS	Ipotensivo Migliora la funzionalità cardiaca	Antihypertensive [172]
	Leaves (infusion, drunk or for baths, alcoholic macerate, external)	Med	MSK	Rheumatic pains Pain and inflammation Muscle pain and inflammation	Anti-inflammatory [171]
	Leaves (infusion)	Med	NS	Mal di testa	[32] (External use)
Linaceae					
<i>Linum usitatissimum</i> L. Lino/Flax	Seeds (flax flour mixed with hot water, applied in the chest)	Med	RES	Expectorant, decongestant, emollient Cough	[35– 37,46,59,60] [90] (Oral use) [34](Above ground parts)
Malvaceae					
<i>Alcea rosea</i> L. Malvone/Hollyhoc ks	Above ground parts (infusion)	Med	RES	Sore throat and hoarseness	

	Flowers/inflor escences/flow ering tops Leaves Above ground parts (infusion, decoction, drunk or compresses and mouthwashes)	Med	OR	Anti-inflammatory Gingivitis, toothache, aphthae, and abscesses Tonsillitis	[34–36,45,46]	[173–176]	Anti-inflammatory: flavonoids and mucilages [175]
<i>Malva sylvestris</i> L. Malva/Mallow	Flowers/inflor escences/flow ering tops Leaves Above ground parts (infusion)	Med	DIG	Bowel anti- inflammatory Bowel depurative Belly ache Laxative, bowel transit	[33,34,36,45,4 6,90]	Anti-inflammatory [176]	Anti-inflammatory: mucilaginous complex [177]
	Leaves (infusion)	Med	DIG	Digestive Stomachache Antispasmodic (stomach)	[34,60]		Anti-inflammatory: polyphenols [173]
	Leaves (infusion)	Med	NS	Sedative hypnotic, promotes sleep	[34]	[175]	Anti-inflammatory: Malvidin-3-glucoside [178]
	Leaves (eaten cooked, in soup)	Med	GC	Depurative			
	Flowers/inflor escences/flow ering tops Leaves Above ground parts	Med	GC	Anti-inflammatory		Anti-inflammatory [176]	

(infusion, decoction)					
Leaves (externally applied on the cheek)	Med	OR	Gingivitis, toothache, aphthae, and abscesses	[45]	
Leaves (decoction)	Med	SK	Hands and feet mycosis		
Leaves (infusion)	Med	SK	Anti-inflammatory, disinfectant, wound healing Anti-inflammatory, emollient, soothing, redness Sunburn, burns, frostbites, redness, and rash	[33–36,46]	[175,176,178–181]
Leaves Above ground parts (infusion)	Med	SL	Slimming		
Leaves (infusion, drunk or vaginal douche)	Med	UR	Cystitis and other urinary tract inflammations Depurative Diuretic	[60]	[176,182]
Leaves (compresses with infusion)	Med	MSK	Joint pain and inflammation	[34]	Anti-inflammatory [176]
Leaves (infusion, vaginal douche)	Med	GYN	Anti-inflammatory and soothing, redness	[33–36]	Anti-inflammatory [176]
Leaves (infusion)	Med	RES	Bronchitis	[33,34,36]	[183] (Herbal mixture)

				Expectorant, decongestant, emollient Cold Cough	
	Leaves (infusion)	Med	GC	Infections	
	Above ground parts (infusion)	Med	CS	Hypotensive	
	Flowers/inflor escences/flow ering tops Leaves (decoction, infusion, bevuti o suffumigi, syrup)	Med	RES	Respiratory tract anti- inflammatory Expectorant, decongestant, emollient Sore throat and hoarseness Facilitates respiration Cold Cough	[33– 35,37,46,58,60]
<i>Tilia cordata</i> Mill Or <i>Tilia platyphyllos</i> Scop.	Flowers/inflor escences/flow ering tops (compresses con infusion)	Med	SK	Anti-inflammatory, emollient, soothing, redness Sunburn, burns, frostbites, redness, and rash	
Tiglio/Limetree Fiur de tej	Flowers/inflor escences/flow ering tops (infusion)	Med	DIG	Antiacid, gastritis, and reflux Ulcer	
	Flowers/inflor escences/flow ering tops (infusion)	Med	DIG	Digestive Stomachache	[33,34]
	Flowers/inflor escences/flow ering tops	Med	NS	Sedative hypnotic, promotes sleep	[32,33,35]

	Leaves (infusion)						
	Flowers/inflor escences/flow ering tops Leaves (infusion)	Med	GC	Anti-inflammatory			
Moraceae							
<i>Ficus carica</i> L. Fico/Fig	Latices (applied)	Med	SK	Warts and tags	[45,46]	[184]	Anti-warts: proteolytic enzymes [184]
Myrtaceae							
<i>Eucalyptus globulus</i> Labill. Eucalipto/Eucalyp tus	Leaves (decoction, inhalations with the infusion)	Med	RES	Cold Cough	[141]	Airways anti- inflammatory, mucolytic, spasmolytic [185]	Airways anti- inflammatory, mucolytic, spasmolytic: 1,8-cineole [185]
<i>Syzygium aromaticum</i> (L.) Merr. & L.M.Perry Chiodi di garofano/Cloves	Flowers/inflor escences/flow ering tops (applied on the tooth)	Med	OR	Gingivitis, toothache, aphthae, and abscesses	[186,187]	[188]	Antimicrobial: Eugenol [188]
Oleaceae							
<i>Olea europaea</i> L. Olivo/Olive tree	Leaves (infusion)	Med	GC	Anti-inflammatory		Anti-inflammatory (specifically, intestine) [189]	Leaves: Anti-inflammatory: Hydroxytyrosol [189]
	Fruits/infructe scences/access ory fruits (oil)	Med	EAR	Otitis and pain	[33,46]	Anti-inflammatory [190] [193] (Not enough evidence)	Anti-inflammatory: Oleanolic acid [190] Olive oil:

	Fruits/infructescences/accessory fruits (oil and bee wax based ointment)	Med	SK	Anti-inflammatory, disinfectant, wound healing Sunburn, burns, frostbites, redness, and rash	[45,46]	Anti-inflammatory and wound healing [191,192]	Anti-inflammatory and wound healing; polyphenols [191,192]
Papaveraceae							
<i>Chelidonium majus</i> L. Chelidonio/Celandine Erba dei porri	Leaves and stems, latex (applied on the part)	Med	SK	Anti-inflammatory, disinfectant, wound healing Verruche e porri	[33–37,44–46,60]	[194,195]	
Pinaceae							
<i>Abies alba</i> Mill. Abete bianco/European silver fir	Resin (applied as it is)	Med	SK	Anti-inflammatory, disinfectant, wound healing	[60]		
	Resin (ointment)	Med	MSK	Contusions	[32,60]		
<i>Picea abies</i> (L.) H.Karst. Abete rosso/European spruce Pigher	Resin (applied as it is)	Med	SK	Anti-inflammatory, disinfectant, wound healing	[34–36]	Antibacterial, wound healing [196,197] Improves reepithelization [198]	Antibacterial, wound healing; diterpenes (abietic, neoabietic, dehydroabietic, pimaric, isopimaric, levopimaric, sandracopimaric, and palustric acids); lignans (pinosresinol, lariciresinol, and matairesinol); cinnamic acid [197]
<i>Pinus mugo</i> Turra	Immature cones, buds (syrup)	Med	RES	Sore throat and hoarseness Cough	[32–37,60]	[199,200]	

Pino mugo/Dwarf mountain pine							
<i>Pinus</i> spp Pino/Pine	Resin (applied as it is)	Med	SK	Anti-inflammatory, disinfectant, wound healing	[33,46,60]	[198]	
Plantaginaceae							
<i>Plantago lanceolata</i> L. Piantaggine lanceolata/ Narrowleaf plantain	Leaves (applied on the part)	Med	SK	Insect bites	[32–37,58]	Anti-inflammatory [201]	Anti-inflammatory: maybe correlation with content of apigenin and ursolic acid [201]
	Leaves (applied on the part)	Med	SK	Sunburn, burns, frostbites, redness, and rash	[36,37]	[201–203]	
<i>Plantago major</i> L. Piantaggine maggiore/Great plantain	Leaves (applied on the part)	Med	SK	Insect bites	[44,58]	[201,204–206]	Anti-inflammatory: maybe correlation with content of apigenin and ursolic acid [201]
	Leaves (infusion)	Med	GC	Tonic and corroborant	[36]		
<i>Plantago</i> spp. Piantaggine/Plantain	Leaves (applied on the part)	Med	SK	Anti-inflammatory, disinfectant, wound healing	[32,33,36,37,45,46,58]	[201–206]	Anti-inflammatory: maybe correlation with content of apigenin and ursolic acid [201]
	Leaves (poultice applied on the stomach)	Med	DIG	Stomachache			
Poaceae							
<i>Cynodon dactylon</i> (L.) Pers. Gramigna/Spear grass Gramègna	Leaves (infusion)	Med	MSK	Arthritis		[207]	
	Underground organs (infusion)	Med	UR	Cystitis and other urinary tract inflammations	[33,45,46,60]	[208,209]	

<i>Zea mays</i> L. Mais, granturco/Corn Melgòt	Flowers/inflor escences/flow ering tops (infusion)	Med	UR	Diuretic	[33,36] Fruits [46]	[210]
Polygonaceae						
<i>Rumex acetosa</i> L. Acetosa/Common sorrel Erba cœca	Leaves (eaten raw in the fields or in salads)	Med	DIG	Laxative, bowel transit	[37,90]	
<i>Rumex alpinus</i> L. Romice alpino/Monk's- rhubarb	Leaves (directly applied)	Med	MSK	Pain and inflammation	[34, 37]	
<i>Rumex obtusifolium</i> L. Romice comune/ Bitter dock	Leaves (directly applied)	Med	MSK	Contusions Sprains		
Polypodiaceae						
<i>Polypodium vulgare</i> L. Polipodio/ Common polypody	Underground organs (eaten raw)	Med	DIG	Liver depurative		
Portulacaceae						
<i>Portulaca oleracea</i> L.	Leaves	Med	GC	Tonic and corroborant	High content of vitamins, minerals [211]	Vitamins: vitamin A, ascorbic acid, α - tocopherol, niacin,

Portulaca, erba porcellana/Purslane	(eaten raw in the fields and in salads)						pyridoxine, and riboflavin. Minerals: phosphorus, manganese, iron, calcium, selenium. Amino acids: isoleucine, proline, leucine, lysine, phenylalanine, methionine, cystine, valine, threonine, and tyrosine [211]
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Ranunculaceae

<i>Clematis vitalba</i> L.	Germogli (eaten cooked)	Med	DIG	Laxative, bowel transit		
Clematide/ Old man's beard Ligabosc	Underground organs (externally applied)	Med	SK	Anti-inflammatory, disinfectant, wound healing		
<i>Delphinium consolida</i> L.	Leaves (poultice)	Med	MSK	Contusions		
Erba cornetta/ Larkspur	Leaves (Poultice)	Med	MSK	Fractures		

Rosaceae

<i>Agrimonia eupatoria</i> L.	Leaves Above ground parts Whole plant (applied as it is, compresses with the infusion or the decoction)	Med	SK	Anti-inflammatory, disinfectant, wound healing	[33](dermatitis)	[212–216]	Anti-inflammatory (aerial parts): polyphenols (flavan-3-ols, quercetin, kaempferol, apigenin, and luteolin derivatives. Agrimoniin, p-coumaric acid, and ellagic acid) [217]
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	Whole plant (compresses with the decoction)	Med	INF	Anti-inflammatory, emollient, soothing	Anti-inflammatory [215]
	Leaves (infusion)	Med	UR	Prostate gland	
	Leaves (compresses)	Med	MSK	Contusions	Anti-inflammatory [215]
	Leaves (infusion)	Med	GC	Anti-inflammatory	Anti-inflammatory [215]
	Above ground parts Whole plant (infusion, decoction)	Med	DIG	Stomachache	[46] (anti- inflammatory for the digestive tract) [44] (digestive)
	Whole plant (decoction as mouthwashes)	Med	OR	Gingivitis, toothache, aphthae, and abscesses	Anti-inflammatory [215]
	Whole plant (decoction)	Med	DIG	Laxative, bowel transit	
	Whole plant (decoction, drunk or as vaginal douche)	Med	UR	Cystitis and other urinary tract inflammations	Anti-inflammatory [215]
	Whole plant (infusion)	Med	UR	Prostate gland	
<i>Aronia melanocarpa</i> (Michx.) Elliot Aronia/ black chokeberry	Fruits/infructe scences/access ory fruits (eaten)	Med	DIG	Antinausea, antiemetic	

	Flowers/inflor escences/flow ering tops (infusion)	Med	CS	Improves cardiac function Tachycardia, antiarrhythmic	[33,35,37,44,5 8]	Fruits [119] [218]
<i>Crataegus monogyna</i> Jacq. Biancospino/Hawt horn	Flowers/inflor escences/flow ering tops (infusion)	Med	CS	Hypotensive	[33,37,44]	[218]
	Flowers/inflor escences/flow ering tops Leaves (infusion)	Med	NS	Sedative hypnotic, promotes sleep	[33,37]	[218]
<i>Malus sylvestris</i> (L.) Mill. Melo/Apple tree Specific cultivar: Mela ruggine (Rusty apple)	Fruits/infructe scences/access ory fruits (eaten raw or cooked)	Med	GC	Tonic and corroborant		
<i>Prunus avium</i> L. Ciliegio/Cherry tree	Fruits' stalks (infusion, decoction)	Med	UR	Cystitis and other urinary tract inflammations Diuretic	[35,46,60]	[219]
<i>Prunus spinosa</i> L. Prugnolo selvatico/Blacktho rn	Flowers/inflor escences/flow ering tops (infusion)	Med	DIG	Laxative, bowel transit	[33] (fruits)	
	Flowers/inflor escences/flow ering tops (infusion)	Med	UR	Diuretic		

	Flowers/inflor escences/flow ering tops (infusion)	Med	RES	Expectorant, decongestant, emollient		
	Flowers/inflor escences/flow ering tops (infusion)	Med	GC	Tonic and corroborant (rich in vitamin C)		Rich in vitamins, specifically vitamin C [220]
	Fruits/infructe scences/access ory fruits (directly applied)	Med	SK	Anti-inflammatory, disinfectant, wound healing	[46]	[221,222]
	Branches rhytidome (decoction)	Med	FE	Antipyretic	[45]	
	Fruits/infructe scences/access ory fruits (Eaten, infusions, jams)	Med	GC	Tonic and corroborant (Rich in vitamin C)	[33,90]	High Vitamin C contents [223]
<i>Rosa canina</i> L.	Fruits/infructe scences/access ory fruits (infusion)	Med	CS	Varicose veins and related pain		
Rosa canina/Dogrose	Fruits/infructe scences/access ory fruits (infusion)	Med	DIG	Stomachache		[223]
Grata Cül	Fruits/infructe scences/access ory fruits (infusion)	Med	UR	Cystitis and other urinary tract inflammations Diuretic	[37] [34] (leaves)	[224]

	Fruits/infructescences/accessory fruits (infusion)	Med	NS	Sedative hypnotic, promotes sleep	[34] (flowers)		
	Fruits/infructescences/accessory fruits (infusion)	Med	RES	Cough	[36]		
	Fruits/infructescences/accessory fruits (infusion)	Med	GC	Anti-inflammatory Antioxidant		Anti-inflammatory [223]	
	Fruits/infructescences/accessory fruits (infusion)	Med	GC	Immunomodulant (Traditionally attributed to Vitamin C contents)	[35,60]	High Vitamin C contents [223]	
	Flowers/inflor escences/flowering tops (eaten in salads)	Med	DIG	Liver depurative		[225] (False fruits <i>R. laevigata</i>)	
<i>Rosa</i> spp <i>Rosa</i>	Flowers/inflor escences/flowering tops Macerated oil	Med	SK	Anti-inflammatory, emollient, soothing, redness Sunburn, burns, frostbites, redness, and rash	[45]	Anti-inflammatory (<i>R. rugosa</i>) [225]	Anti-inflammatory (flowers <i>R. rugosa</i>) Phenolic compounds [225]
	Flowers/inflor escences/flowering tops Macerated oil	Med	MSK	Muscle pain and inflammation		Anti-inflammatory (<i>R. rugosa</i>) [225]	
<i>Rubus ulmifolius</i> Schott	Seeds (put in a satchel and heated)	Med	MSK	Muscle pain and inflammation	Similar use with cherry seeds in [34]	Heat therapy [226]	

Rovo da mora/Bramble					
<i>Sorbus aria</i> (L.) Crantz	Flowers/inflor escences/flow ering tops (honey)	Med	RES	Sore throat and hoarseness	
Sorbo montano/ Common whitebeam					
<i>Sorbus aucuparia</i> L.	Flowers/inflor escences/flow ering tops (honey)	Med	RES	Sore throat and hoarseness	
Sorbo degli uccellatori/ Mountain ash					
Rutaceae					
	Flowers/inflor escences/flow ering tops (infusion)	Med	DIG	Antispasmodic (stomach)	
<i>Citrus x limon</i> (L.) Osbek	Fruits/infructe scences/access ory fruits (infusion) (dandelion flowers in infusion with lemon, orange, and raisin)	Med	DIG	Digestive	
Limone/Lemon tree					
	Fruits/infructe scences/access ory fruits	Med	MSK	Sprains	

(applied as it is)				
Fruits/infructescences/accessory fruits, juice (drunk as it is with castor oil)	Med	SK	Anti-inflammatory, emollient, soothing, redness	[44]
Fruits/infructescences/accessory fruits, peel Fruits/infructescences/accessory fruits, juice (eaten as it is or as a marmalade or as juice with castor oil)	Med	DIG	Laxative, bowel transit	
Fruits/infructescences/accessory fruits, juice (drunk as it is with honey and ginger)	Med	RES	Sore throat and hoarseness Facilitates respiration	[46]
Fruits/infructescences/accessory fruits, juice (drunk with thyme,	Med	DIG	Digestive Antispasmodic (stomach)	[46]

	ginger, and lavender)						
<i>Citrus sinensis</i> (L.) Osbeck Arancio/Orange tree	Fruits/infructescences/accessory fruits (dandelion flowers in infusion with lemon, orange, and raisin)	Med	DIG	Digestive			
<i>Ruta graveolens</i> L. Ruta/Rue	Underground organs (decoction)	Med	GC	Anti-inflammatory		Anti-inflammatory [227,228]	Anti-inflammatory: phenolic compounds (rutin, syringic acid, and naringenin) [227] Anti-inflammatory: quinoline alkaloids (skimmianine) [228]
Scrophulariaceae							
<i>Buddleja davidii</i> Franch. Albero delle farfalle/Butterfly bush Probably mistaken for <i>Vitex agnus-castus</i> L.	Unknowkn (Leaves or flowers) (infusion)	Med	OTH	Lowers male hormones			
<i>Verbascum thapsus</i> L. Tasso barbasso/ Great mullein	Leaves (infusion)	Med	RES	Cough	[33,36,58–60]	Expectorant, mucolytic [229]	Effects on respiratory system: iridoid glycosides (catalpol, aucubin, saccatoside, harpagoside, harpagide); flavonoids

(apigenin, luteolin, rutin, quercetin, kaempferol, cynaroside); polysaccharides, steroids and sterones, lignans, sesquiterpenes, terpenoid saponins and phenolic compounds (vanillic acid), phenylethanoid glycosides (verbascoside) [229]

Solanaceae

<i>Solanum tuberosum</i> L. Patata/Potato	Underground organs (applied as they are, raw)	Med	SK	Sunburn, burns, frostbites, redness, and rash	[33,35]	Anti-inflammatory [230–232]	Anti-inflammatory: glycoalkaloids (α -chconine, α -solanine, solanidine) [230,231]
	Underground organs (applied as they are, raw)	Med	OPT	Eye anti-inflammatory	[33,34,36,45]	Anti-inflammatory [230–232]	Anti-inflammatory: isolated peptides [233] Antioxidant: chlorogenic acid, proteins (patatins), peptides [231]

Urticaceae

<i>Urtica dioica</i> L. Ortica/Nettle	Leaves (infusion)	Med	SK	Against hair loss, strengthens the scalp	[32,37,58,60]		
	Leaves (infusion)	Med	UR	Diuretic	[33,36,37,59,60,90]	[233]	
	Leaves (external application)	Med	CS	Improves circulation	[46]		
	Leaves (eaten in soups)	Med	RES	Bronchitis	[33]		

	Leaves (eaten cooked)	Med	GC	Tonic and corroborant	[33,34,36,46]	Rich in vitamins and minerals [233]
	Leaves (infusion)	Med	GYN	Anti-inflammatory and soothing, redness Emmenagogue, regulates menstrual cycle	[36]	Anti-inflammatory [234]
	Above ground parts (external application)	Med	MSK	Joint pain and inflammation	[33,34,36,37,4 5,46,58]	Anti-inflammatory [234]
Verbenaceae						
<i>Aloysia citrodora</i> Paláu Verbena odorosa/Lemon verbena	Leaves (infusion)	Med	GC	Anti-inflammatory		[235] Anti-inflammatory: citral [235]
Viburnaceae						
	Flowers/inflor escences/flow ering tops (infusion)	Med	DIG	Laxative, bowel transit	[33,34,36,58,9 0]	[236] Anthocyanins (Cyanidin- 3-sambubioside, Chrysanthemine, Cyanidin- 3,5-diglucoside); Proanthocyanidins (epicatechin); Flavonoids (Rutin, isoquercetin); Peptic polysaccharides; Lectins (SNA-IV, SNA-V) of berries extracts: immunostimulant, antiviral (against flu), and antimicrobial activities [237]
<i>Sambucus nigra</i> L. Sambuco nero/Black elder	Flowers/inflor escences/flow ering tops (infusion)	Med	NS	Sedative hypnotic, promotes sleep	[35]	
	Flowers/inflor escences/flow ering tops (infusion, syrup)	Med	RES	Expectorant, decongestant, emollient Sore throat and hoarseness Cold Cough	[32–37,44–46]	[237–240]

	Fruits/infructescences/accessory fruits (syrup)	Med	RES	Cough	[32–37,44–46]	[237–240]
	Flowers/infructescences/flowering tops (infusion)	Med	FE	FE and infections	[35]	[240]
	Fruits/infructescences/accessory fruits (syrup)	Med	DIG	Laxative, bowel transit	[33,34,36,58,90]	[236]
	Rhytidome (compresses with infusion)	Med	SK	Anti-inflammatory, disinfectant, wound healing	[35,44–46]	Anti-inflammatory [241]
Vitaceae						
<i>Vitis aepyrena</i> L. Uvetta/Raisin	Fruits/infructescences/accessory fruits (infusion) With dandelion flowers, lemon, and orange juice	Med	DIG	Digestive		
<i>Vitis labrusca</i> L. Vite americana/Fox grape	Fruits/infructescences/accessory fruits (eaten as it is)	Med	GC	Tonic and corroborant		
<i>Vitis vinifera</i> L. Vite, uva/Grapes	Pomace (grappa, mouthwashes)	Med	OR	Gingivitis, toothache, aphthae, and abscesses	[46]	
	Leaves	Med	MSK	Joint pain and inflammation		

(applied as they are)

Xanthorrhoeaceae

<i>Aloe vera</i> (L.) Burm.f. Aloe/Aloe	Leaves, gel	Med	GC	Tonic and corroborant	Immunomodulant [242]	Polysaccharides [242]
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Zingiberaceae

	Underground organs (infusion)	Med	RES	Sore throat and hoarseness Facilitates respiration	[243]	
<i>Zingiber officinale</i> Roscoe Zenzero/Ginger	Underground organs (infusion)	Med	DIG	Antispasmodic (stomach) Digestive	Gastroprotective and antiemetic [243–245]	Anti-inflammatory: 6-shogaol and 6-gingerol, 6-dehydroshogaol, zingerone [243]
	Underground organs (decoction)	Med	GC	Anti-inflammatory	[243]	Gastroprotective: zingerone [244]
	Underground organs (decoction)	Med	GC	Depurative		