

**Table S1. Herbal materials in Tauragė district home gardens**

Family	Botanical name	Other purposes (spice: C, decorative: D, and food: F)	Disorder (frequency of citations)	Part used	Preparation	Administration and usage (O. Ad.:oral administration, Ext.:external use)	EVA evaluation
Acoraceae	<i>Acorus calamus</i> L.	D	Gastric disorders, loss appetite (1) Hepatitis (1) Tonsillitis (1)	Rhizomes Rhizomes Rhizomes	Decoction Decoction Tea/Juices	O. Ad. O.Ad. O.Ad.	
Amaranthaceae	<i>Beta vulgaris</i> convar.	F	Indigestion (1)  Arthritis (1)  Anemia (1)	Roots  Roots  Roots	Raw material/ Fresh juices Compress Raw material/ Juices	O. Ad. Ext.  O. Ad.	
Amaranthaceae	<i>Spinacia oleracea</i> L.	F	Overweight (1) Toxins (1) Thyroid (1)	Leaves Leaves Leaves	Raw material Raw material Raw material	O. Ad. O. Ad. O. Ad.	
Amaryllidaceae	<i>Allium cepa</i> L.	F C	Cold (3), cancer (1), immune system (1). Weak hair (4), skin disorder (4)	Aerial part /Corm Aerial part/Corm	Infusion with oil Juices	O. Ad. Ext.For rinsing hairs	
Amaryllidaceae	<i>Allium sativum</i> L.	F	Low immunity (1)  Weak blood circulation (4) Increased cholesterol (4) Cough and cold (3) Tuberculosis, diphtheria (3)	Corm  Corm Corm Corm  Roots	Raw material, infusion with vinegar and honey Raw material Raw material Raw material Raw material, ethanol infusion	O. Ad.  O. Ad. O. Ad. O. Ad.  O. Ad.	EMA/HMPC/7685/2013 (corm) adjuvant for the prevention of atherosclerosis. relief of the symptoms of common cold.
Apiaceae	<i>Anethum graveolens</i> L.	C F	Inflammation (2) Urinary excretion (2) Indigestion (4), Low sweating (1)	Fruits/Leaves  Seeds Fruits Leaves	Infusion, decoction Decoction Decoction Infusion, decoction	O. Ad.  O. Ad. O. Ad. O. Ad.	

Apiaceae	<i>Carum carvi</i> L.	C F	Indigestion (9)  Peristalsis, constipation (2) Abdominal flatulence (3)	Seeds  Seeds  Fruits, seeds	Tea  Tea  Infusion, decoction	O. Ad.  O. Ad.  O. Ad.	EMA/HMPC/71 5092/2013 (fruits) symptomatic relief of digestive disorders such as bloating and flatulence.
Apiaceae	<i>Coriandrum sativum</i> L.	C	Contaminated body (2) Urinary excretion (2) Indigestion (2)	Seeds, leaves  Seeds Seeds	Raw material  Decoction Decoction	O. Ad. O. Ad. O. Ad.	
Apiaceae	<i>Daucus carota</i> L.	F	Antioxidant (1), Dry skin (1) Constipation, indigestion (2) Weak sight (1)	Roots Roots Roots  Roots	Raw material Raw material Raw material  Tea	O. Ad. O. Ad. O. Ad.  O. Ad.	
Apiaceae	<i>Petroselinum sativum</i> L.	C F	Swelling of legs (6) Inflammation (1) Heart complaint (2) Joint condition (3)	Aerial part Aerial part Aerial part Aerial part	Tea Tea Tea Tea	O. Ad. O. Ad. O. Ad. O. Ad.	
Compositae	<i>Arctium lappa</i> L.	D	Burns, eczema, dandruff (1) Urinary excretion (1) Joint pain (1)	Leaves, seeds  Roots  Roots	Compress, juices, Decoction Ethanol infusion, compress	Ext.  O.Ad. Ext.	EMA/HMPC/24 6763/2009 (roots) Adjuvant in minor urinary tract complaints. used in temporary loss of appetite. treatment of seborrhoeic skin conditions.
Compositae	<i>Artemisia absinthium</i> L.	D	Gastrointestinal disorders (10) Loss appetite (4)  Flatulence (2)  Enteric parasites (5)	Leaves/ flowers Leaves/ flowers Leaves/ Flowers Leaves/ Flowers	Tea  Tea  Tea  Tea	O. Ad. O. Ad.  O. Ad.  O. Ad.	EMA/HMPC/75 1490/2016 (aerial part) for temporary loss of appetite. for mild dyspeptic/gastro intestinal disorders.

Compositae	<i>Calendula officinalis</i> L.	D	Wounds (5)  Chilblain, burn (3)  Foot fungus (1) Skin cancer (1)  Indigestion(6) Low immunity (3) Hepatic conditions (2) Worms (1) Warts, scabies (1) Painful menstruation, labor pains (3)	Flowers  Flowers Flowers  Flowers Flowers Flowers  Flowers Flowers Flowers	Decoction  Decoction, ointment Ointment Decoction  Tea Tea Tea  Tea Ethanol infusion Decoction	Ext., washing wounds Ext. Ext. O. Ad.  O. Ad. O. Ad. O.Ad.  O.Ad. Ext.  O.Ad.	EMA/HMPC/43 7450/2017 (flowers)  symptomatic treatment of minor inflammations of the skin (such as sunburn) and as an aid in healing of minor wounds. symptomatic treatment of minor inflammations in the mouth or the throat.
Compositae	<i>Echinacea purpurea</i> L.	D	Low immunity (13)  Inflammation (7)	Aerial part, roots  Aerial part	Tea  Tea	O. Ad.  O. Ad.	EMA/HMPC/42 4583/2016 (roots)  relief of symptoms of common cold. for the relief of spots and pimples due to mild acne.  EMA/HMPC/48 704/2014 (aerial part)  treatment of small superficial wounds.
Compositae	<i>Helianthus annuus</i> L.	F D	Arthritis (1)      Low sweating (1)	Roots    Roots	Ethanol infusion    Decoction	Ext.    O. Ad.	
Compositae	<i>Inula helenium</i> L.	D	Dry skin (2) Asthma (2) Cough (2)	Flowers Roots, flowers Flowers	Ointment Ointment Ointment	Ext. Ext. Ext.	

Compositae	<i>Matricaria recutita</i> L.	D	Tormina (7)  Insomnia (4) Fewer (4)  Toothache, arthritis (2) Compositae Eyestrain (4)	Flowers  Flowers Flowers  Flowers  Flowers	Infusion with oil, tea, ointment Tea, decoction Decoction  Decoction  Ointment	O. Ad. O. Ad. O.Ad.. Ext., mouth rinsing  Ext.	EMA/HMPC/55 843/2011 (flowers)  symptomatic treatment of minor gastro-intestinal complaints such as bloating and minor spasms. relief of symptoms of common cold. treatment of minor ulcers and inflammations of the mouth and throat. adjuvant therapy of irritations of skin and mucosae in the anal and genital region, treatment of minor inflammation of the skin (sunburn), superficial wounds and small boils (furuncles).
	<i>Silybum marianum</i> L.	D	Gastrointestinal disorders (9) Hepatitis (5)	Seeds  Seeds	Tea  Infusion	O. Ad.  O. Ad.	EMA/HMPC/29 4187/2013 (fruits)  symptomatic relief of digestive disorders, sensation of fullness and indigestion and to support the liver function
Compositae	<i>Tanacetum vulgare</i> L.	D	Indigestion, enteric parasites (1)	Flowers	Ethanol infusion	O. Ad.	
Compositae	<i>Taraxacum officinale</i> L.	D	Bile and liver disease (16) High blood glucose (2) Blood clotting disorders (3) Rash, acne (1)	Leaves, stem, flowers Roots  Flowers Roots	Tea  Tea  Tea Powders	O. Ad.  O. Ad.  O. Ad.	EMA/HMPC/47 428/2020 (roots) EMA/HMPC/57 9636/2008 (leaves)

			Inflammation (4)	Leaves, flowers	Compress	Ext., use powders on skin  Ext.	adjuvant in minor urinary complaints. EMA/HMPC/21 2895/2008 (roots, aerial part) relief of symptoms related to mild digestive disorders (such as feeling of abdominal fullness, flatulence, and slow digestion) and temporary loss of appetite. increase the amount of urine.
Compositae	<i>Tussilago farfara</i> L.	D	Inflammation (1) Scrofula (1) Bronchitis (1) Pharyngitis, asthma (1)	Leaves Leaves Leaves Leaves	Compress Decoction Tea Tea, juices	Ext. Ext. O. Ad. O. Ad.	
Betulaceae	<i>Betula pendula</i> L.	D	Respiratory disorder (3)	Buds	Dried	Ext., for aromathe rapy	EMA/HMPC/57 3241/2014 (leaves) Adjuvant in minor urinary complaints.
Brassicaceae	<i>Armoracia rusticana</i> P.Gaertn.,B. Mey.&Scherb .	C F	Antioxidant (1) Inflammation (1) Indigestion (3)  Arthritis (1)	Roots, leaves Roots, leaves Roots  Leaves	Raw material Compress Ethanol infusion Compress	O. Ad. Ext. O. Ad.  Ext.	
Brassicaceae	<i>Brassica oleracea</i> L.	F	Inflammation, arthritis (1)  Gastric ulcer (1)	Leaves  Leaves	Juices, compress  Raw material	Ext.  O. Ad.	
Brassicaceae	<i>Raphanus sativus</i> L.	F	Respiratory disorder (3) Bronchitis (3) Coryza (2)	Fruits Fruits Fruits	Infusion with honey, juices	O. Ad. O.Ad. O.Ad.	
Cannabaceae	<i>Cannabis sativa</i> L.	D	Fungous disease (1) Blood circulation disorder (1) Hormone imbalance (1)	Seeds, leaves Seeds, leaves  Leaves Leaves	Raw material Tea  Tea Tea	Ext. O. Ad.  O. Ad. O. Ad.	

			Low immunity (1) Body weight (1) Acne (1) Cancer (3)	Seeds,leaves Seeds, leaves Seeds, leaves	Tea Tea Tea	O. Ad. O. Ad. O. Ad.	
Cannabaceae	<i>Humulus lupulus</i> L.	D	Indigestion (1)  Insomnia, anxiety (2)	Buds  Buds	Infusion, decoction Decoction	O. Ad.  O. Ad.	EMA/HMPC/68 2384/2013 (buds) Mental stress and sleep disorders.
Cucurbitaceae	<i>Citrullus vulgaris</i> L.	F	Indigestion (1), Renal disorder (1)	Fruits Fruits	Raw material Raw material	O. Ad. O. Ad.	
Cucurbitaceae	<i>Cucumis sativus</i> L.	F	Skin disorder (1) Indigestion (3) Wounds (1)	Fruits Fruits Fruits	Raw material Juices Raw material	Ext. O. Ad. Ext.	
Cucurbitaceae	<i>Cucurbita pepo</i> L.	F	Face skin disorder (2) Enteric parasites (1)	Seeds  Seeds	Juices  Decoction	Ext.  O.Ad.	EMA/HMPC/13 6024/2010 (seeds) relief of lower urinary tract symptoms related to benign prostatic hyperplasia or related to an overactive bladder
Cupressaceae	<i>Juniperus communis</i> L.	D F C	Inflammation (1)  Bacteriosis (1)  Cold (1)	Fruits  Fruits  Fruits	Decoction, tea, raw material Infusion with oil Tea	O. Ad.  O. Ad.  O. Ad.	EMA/HMPC/44 1929/2008 (fruits) adjuvant in minor urinary tract complaints, symptomatic relief of digestive disorders such as dyspepsia and flatulence.
Cupressaceae	<i>Thuja occidentalis</i> L.	D	Arthritis, cough, low sweating (1)	Sprouts	Ethanol infusion	Ext. O. Ad.	
Elaeagnaceae	<i>Hippophaes rhamnoides</i> (L.) St.-Lag.	D	Burns (5), Gastric ulcer (2)	Fruits Fruits	Juices Infusion with oil	Ext. O. Ad.	
Equisetaceae	<i>Equisetum arvense</i> L.	D	Inflammation, Bladder diseases (1) Pyelonephritis (1)	Stem  Stem	Tea  Tea	O. Ad.  O. Ad.	EMA/HMPC/27 8091/2015 (aerial part)

							Adjuvant in minor urinary complaints, superficial wounds.
Ericaceae	<i>Accinium corymbosum</i> L.	D	Antioxidant (1) Infirmary (1)  Heart disorder (1) Weak vision (1) Urinary tract infection (1)	Fruits Fruits  Fruits Fruits Fruits	Raw material Raw material  Raw material Juices Tea	O. Ad. O. Ad.  O. Ad. O. Ad. O. Ad.	
Ericaceae	<i>Oxycoccus palustris</i> Pers.	F	Atherosclerosis (3) Weak blood vessels (2) Urinary tract infection (7) Gum inflammation (2) Stress (1)	Fruits  Fruits Fruits Fruits Fruits	Raw material/ Juices  Raw material Juices Rinses Raw material	O. Ad.  O. Ad. O. Ad. Ext. O. Ad.	
Ericaceae	<i>Vaccinium myrtillus</i> L.	F	Weak vision (15) Indigestion (2)  Low urinary excretion (3) Cancer (2)	Fruits Fruits  Fruits  Fruits	Raw material, tea Juices Tea  Juices	O. Ad.  O. Ad. O. Ad.  O. Ad.	EMA/HMPC/375808/2014 (fruits) relieve symptoms of discomfort and heaviness of legs related to minor venous circulatory disturbances. relieve symptoms of cutaneous capillary fragility.
Ericaceae	<i>Vaccinium vitis-idaea</i> L.	F	Low immunity(2) Renal disorder (3) Bladder inflammation (6)	Fruits Fruits Fruits	Raw material Decoction Decoction	O. Ad. O. Ad. O. Ad.	
Fabaceae	<i>Phaseolus vulgaris</i> L.	F	Liver, renal disorders (7)	Fruits	Raw material	O. Ad.	EMA/HMPC/317319/2012 (fruits, pods without seeds) adjuvant in minor urinary tract complaints.
Fabaceae	<i>Pisum sativum</i> L.	F	Indigestion (1)	Pods	Decoction	O. Ad.	

Fabaceae	<i>Trifolium hybridum</i> L.	D	Eczema (2)  Breast cancer (5)	Flowers  Flowers	Infusion, decoction  Decoction	Ext.  O. Ad.	
Fagaceae	<i>Quercus robur</i> L.	D	Inflammation (2)	Bark	Decoction	Ext., for mouth rinsing	EMA/HMPC/32 03/2009 (bark) symptomatic treatment of mild diarrhoea. symptomatic treatment of the oral mucosa or skin, symptomatic relief of itching and burn associated with haemorrhoids.
Grossulariaceae	<i>Ribes nigrum</i> L.	F	Low immunity (5)  Low energy (4)  Renal disorder (2) Liver disorder (2)  Rheumatism (2)  Tuberculosis (2)	Leaves, fruits, stem Leaves, fruits, stem Leaves, fruits, stem Leaves, fruits, stem Leaves, fruits, stem Leaves, fruits, stem Leaves, fruits, stem	Tea, raw material Tea  Juices, decoction Juices, decoction Juices  Juices	O. Ad.  O. Ad.  O. Ad. O. Ad.  O. Ad.  O. Ad.	EMA/HMPC/74 5353/2016 (leaves) relief of minor articular pain. increase the amount of urine, adjuvant in minor urinary complaints.
Grossulariaceae	<i>Ribes rubrum</i> L.	F	High cholesterol (3)  Weak heart and blood vessels (2) Fever (6)	Leaves, fruits  Leaves, fruits Leaves	Tea  Tea Tea	O. Ad.  O. Ad. O. Ad.	
Grossulariaceae	<i>Ribes uva-crispa</i> L.	F	Low immunity (5)	Fruits	Raw material, tea	O. Ad.	



Hydrangeaceae	<i>Philadelphus pubescens</i> L.	D	Depression (1)  Stress, anxiety (2)  Insomnia (1)  Headache (2) Bronchitis (2)  Asthma (2)  Cough (2)	Aerial part, flowers, leaves Aerial part, flowers, leaves Aerial part, flowers, leaves Aerial part, flowers, leaves Aerial part, flowers, leaves Aerial part, flowers, leaves Aerial part, flowers, leaves Aerial part, flowers, leaves	Ethanol infusion, decoction Ethanol infusion, decoction Ethanol infusion, decoction Ethanol infusion, decoction Ethanol infusion, decoction Rinsing Juices	O. Ad.  O. Ad.  O. Ad. O. Ad.  Ext. O. Ad.	
Hydrangeaceae	<i>Philadelphus coronarius</i> Maxim.	D	Anxiety (1)  Epilepsy (1)	Flowers  Flowers	Decoction, infusion Decoction, infusion	O. Ad.  O. Ad.	
Hypericaceae	<i>Hypericum perforatum</i> L.	D	Nervous disorders (2)  Insomnia (2)  Menstruation disorder (3)	Leaves  Leaves  Leaves	Ethanol infusion, infusion with oil Ethanol infusion, infusion with oil Tea	O. Ad.  O. Ad.  O. Ad.	EMA/HMPC/101304/2008 (aerial part) treatment of mild to moderate depressive episodes, short term treatment of symptoms in mild depressive disorders.
Juglandaceae	<i>Juglans regia</i> L.	D	Indigestion (1),  Constipation (1) Blood detoxification (1) Cough (1)	Leaves  Leaves Leaves  Leaves	Ethanol infusion Decoction Decoction  Tea	O. Ad.  O. Ad. O. Ad.  O. Ad.	EMA/HMPC/346737/2011 (leaves) relief of minor inflammatory conditions of the skin. used in excessive perspiration of hands and feet.
Lamiaceae	<i>Agastache foeniculum</i> L.	D C	Bronchitis (1) Inflammation (1)	Aerial part Aerial part	Tea Decoction	O. Ad. O. Ad.	
Lamiaceae	<i>Hyssopus officinalis</i> L.	D	Male potency (1) Diarroea (1) Tormina (1) Flatulence (1) Waterbrash (1) Face skin (1)	Flowers Flowers Flowers Flowers Flowers Flowers	Decoction Decoction Decoction Decoction Decoction Infusion	O. Ad. O. Ad. O. Ad. O. Ad. O. Ad. Ext.	

Lamiaceae	<i>Lavandula angustifolia</i> L.	D	Anxiety (12) Inflammation (2) Cough (4) Dyspnoea (2)	Flowers Flowers Flowers Flowers	Raw material Tea Raw material Tea	O. Ad. O. Ad. O. Ad. O. Ad.	EMA/HMPC/73 4125/2010 (flowers) relief of mild symptoms of mental stress and exhaustion and to aid sleep.
Lamiaceae	<i>Leonurus cardiaca</i> L.	D	Anxiety (5)  Arrhythmia (5)  Spasm (1)  Insomnia (2) Dyspnoea (2)  Thyroid disorders (3)	Aerial part, flowers, leaves  Aerial part, flowers, leaves  Aerial part, flowers, leaves  Aerial part, flowers, leaves  Aerial part, flowers, leaves  Aerial part, flowers, leaves	Tea  Ethanol infusion  Decoction, juices Decoction  Tea Decoction	O. Ad.  O. Ad.  O. Ad. O. Ad.  O. Ad.  O. Ad.	EMA/HMPC/12 7428/2010 (aerial part) relieve symptoms of nervous tension. relieve symptoms of nervous cardiac complaints such as palpitations
Lamiaceae	<i>Majorana hortensis</i> M.	F	Gastrointestinal disorders (2) Dyspnoea (1)  Lung diseases (1)	Leaves/ aerial part  Leaves/aerial part  Leaves/aerial part	Decoction  Decoction Decoction	O. Ad.  O. Ad. O. Ad.	
Lamiaceae	<i>Melissa officinalis</i> L.	D	Anxiety (2) High blood pressure (1) Indigestion (1) Migraine (1) Insomnia (1)	Leaves Leaves Leaves  Leaves Leaves	Tea, decoction Tea Decoction  Compress Tea	O. Ad. O. Ad. O. Ad.  Ext. O. Ad.	EMA/HMPC/19 6745/2012 (leaves) relief of mild symptoms of mental stress and to aid sleep. symptomatic treatment of mild gastrointestinal complaints including bloating and flatulence.
Lamiaceae	<i>Mentha arvensis</i> L.	D	Cold (9)  Influenza (3)  Fatigue (6)  Headache (3)  Short mind (1) Canceri (1)	Leaves, aerial part  Leaves, aerial part  Leaves, aerial part  Leaves, aerial part  Leaves, aerial part  Leaves, aerial part	Tea  Tea  Tea  Compress  Decoction Decoction	O. Ad.  O. Ad.  O. Ad.  Ext., put on head O. Ad. O. Ad.	

Lamiaceae	<i>Mentha piperita</i> L.	D	Gallstones (2) Loss appetite (2) Spasm (2) Stomatitis (2)	Leaves Leaves Leaves Leaves	Tea Tea Tea Infusion	O. Ad. O. Ad. O. Ad. Ext., mouth rinsing	EMA/HMPC/57 2705/2014 (leaves)  symptomatic relief of digestive disorders such as dyspepsia and flatulence.
Lamiaceae	<i>Mentha piperita</i> L.	D	Anxiety (2) Fatigue (2) Insomnia (1) Helminthiasis (1)  Toothache (2)	Leaves Leaves Leaves Leaves  Leaves	Tea Tea Tea Infusion with honey Raw material	O. Ad. O. Ad. O. Ad. O. Ad. Ext., for chewing	
Lamiaceae	<i>Mentha spicata</i> L.	D	Gastrointestinal disorder (3)  Low bile secretion (1)	Aerial part, leaves, flowers  Aerial parts, leaves, flowers	Decoction /Tea  Decoction / Tea	O. Ad.  O. Ad.	
Lamiaceae	<i>Ocimum basilicum</i> L.	C	Indigestion (8), angina (1),  Conjunctivitis (2)  Headache (2)	Leaves Leaves  Leaves  Leaves	Raw material Infusion with honey Compress  Decoction	O. Ad. Ext.,rinsi ng Ext., compress on eye O. Ad.	
Lamiaceae	<i>Origanum vulgare</i> L.	C	Inflammation (7) Urinary tract inflammation (8) Cancer(4)	Aerial part Aerial part  Aerial part	Raw material Infusion with oil Raw material	O. Ad. O. Ad. O. Ad.	
Lamiaceae	<i>Rosmarinus officinalis</i> L.	C	Cancer (1)  Diabetes (3)  Weak peristalsis (4)  Stress (1)	Leaves, aerial part Leaves, aerial part Leaves, aerial part  Leaves, aerial part	Raw material/ Tea Tea  Infusion with honey Tea	O. Ad. O. Ad. O. Ad. O. Ad.	EMA/HMPC/13 633/2009 (leaves)  symptomatic relief of dyspepsia and mild spasmodic disorders of the gastrointestinal tract. adjuvant in the relief of minor muscular and articular pain and in minor peripheral circulatory disorders.

Lamiaceae	<i>Salvia officinalis</i> L.	D	Sore throat (6)  Sweating (4) Liver disorders (1) Flatulence (1) Loss appetite (1) Blood intoxication (1) Gingivitis (3)	Leaves  Leaves Leaves Leaves Leaves  Leaves	Infusion with vinegar  Tea Tea Tea Tea Tea  Tea	Ext., rinsing O. Ad. O. Ad. O. Ad. O. Ad. O. Ad.  O. Ad.	EMA/HMPC/27 7152/2015 (leaves)  relief of mild dyspeptic complaints such as heartburn and bloating. relief of excessive sweating. relief of inflammations in the mouth or the throat. relief of minor skin inflammations.
Lamiaceae	<i>Thymus vulgaris</i> L.	D	Bronchitis (9), Respiratory system disorders (13) Cancer (1) Spasms (2)	Aerial part Aerial part Aerial part Aerial part	Tea Tea Tea Decoction	O. Ad. O. Ad. O. Ad. O. Ad.	EMA/HMPC/34 2332/2013 (aerial part)  used in productive cough associated with cold
Linaceae	<i>Linum usitatissimum</i> L.	F D	Cough (1) Diarrhoea (1) Constipation (1) Bleeding (1)	Seeds Seeds Seeds Seeds	Decoction Decoction Decoction Decoction	O. Ad. O. Ad. O. Ad. O. Ad.	EMA/HMPC/37 7675/2014 (seeds)  for the symptomatic relief of mild gastrointestinal discomfort
Lythraceae	<i>Punica granatum</i> L.	F	Face skin aging (1)	Seeds	Raw material/ Juices	Ext., on face skin	
Malvaceae	<i>Tilia cordata</i> Mill.	D	Respiratory system disorders (13) Anxiety (1) Renal disorders (1) Ulcers (1) Burns (3)	Flowers  Flowers Flowers Flowers Flowers	Tea  Tea Tea Tea Compresss	O. Ad.  O. Ad. O. Ad. O. Ad. Ext., on burn	EMA/HMPC/33 7066/2011 (flowers)  relief of symptoms of common cold. relief of mild symptoms of mental stress.
Menyanthaceae	<i>Menyanthes trifoliata</i> L.	F	Stomatitis (1)  Lost appetite (1)  Inflammation (1) Pain, spasms (2)	Leaves  Leaves  Leaves Leaves	Rinsing  Raw material  Raw material Raw material	Ext. Mouth rinsing O. Ad., with food O. Ad., with food O. Ad., with food	EMA/HMPC/63 7830/2018 (leaves)  Stimulation of hunger in lack of appetite.

Oleaceae	<i>Syringa vulgaris</i> L.	D	Wounds (1)  Female diseases (1)	Leaves, flowers  Leaves, flowers	Raw material  Decoction	Ext., crushed, on wound O. Ad.	
Onagraceae	<i>Chamaenerion angustifolium</i> L.	D	Inflammation (8)  Gastric ulcer (2)  Gastritis (2)  Anemia (1)  Anxiety (3)	Leaves  Leaves  Leaves  Leaves  Leaves	Decoction/ Tea  Tea  Tea  Tea  Tea	O. Ad.  O. Ad.  O. Ad.  O. Ad.  O. Ad.	
Papaveraceae	<i>Papaver somniferum</i> L.	C	Wounds (1) Insomnia (1) Cough, chest pain (1)	Leaves Leaves Leaves	Decoction Tea Tea	Ext. O. Ad. O. Ad.	
Pinaceae	<i>Picea abies</i> L.	D	Cough (1)	Needles, buds	Tea	O. Ad.	
Pinaceae	<i>Pinus sylvestris</i> L.	D	Body intoxication (1) Low immunity (1)  Anxiety (2)  Cough (2)	Needles Needles  Needles  Needles	Decoction/ Tea Tea  Tea  Ethanol infusion/ Infusion with honey	O. Ad. O. Ad.  O. Ad.  O. Ad.	
Plantaginaceae	<i>Plantago lanceolata</i> L.	D	Wounds (3)  Respiratory system diseases- Cough, Asthma, Tuberculosis (2)	Leaves  Flowers, seeds, roots	Tea  Tea	Ext., put on wound  O. Ad.	EMA/HMPC/437858/2010 (leaves) demulcent for the symptomatic treatment of oral or pharyngeal irritations and associated dry cough.
Polygonaceae	<i>Fagopyrum esculentum</i> L.	F	Indigestion (2) Lost appetite (1)	Fruits Fruits	Infusion Infusion	O. Ad. O. Ad.	
Polygonaceae	<i>Rumex acetosa</i> L.	D	Gastric intoxication (1) Organism intoxication (1)	Roots, leaves, flowers, seeds Roots, leaves,	Tea from crushed parts Tea from crushed parts	O. Ad. O. Ad.	

			Helminthosis (2)	flowers, seeds Roots, leaves, flowers, seeds	Tea from crushed parts	O. Ad.	
Primulaceae	<i>Primula elator</i> L.	D	Cough (1)	Flowers	Decoction	O. Ad.	
Ranunculaceae	<i>Nigella sativa</i> L.	C	Lost appetite (1)	Seeds	Raw material	O. Ad. With food	
Rosaceae	<i>Aronia melanocarpa</i> L.	D F	Weak blood vesels (2) High cholesterolol (1)	Fruits  Fruits	Raw material /juices Raw material /juices	O. Ad.  O. Ad.	
Rosaceae	<i>Chaenomeles japonica</i> L.	F	Gallbladder stones (1) Cardiovascular and gastrointestinal disorders (3) Cancer (1)	Fruits, leaves  Fruits, leaves  Fruits, leaves	Decoction, tea  Tea  Decoction, tea	O. Ad.  O. Ad.  O. Ad.	
Rosaceae	<i>Crataegus rhypidophylla</i> L.	D	Cardiovascular disorders (6)  Anxiety (1)  Arrhythmia (1)  Headache (2)  Migraine (1)	Flowers, leaves, fruits  Flowers, leaves, fruits Flowers, leaves, fruits  Fruits  Fruits	Ethanol infusion, tea, decoction  Ethanol infusion, tea, decoction Ethanol infusion, tea, decoction Tea  Tea	O. Ad.  O. Ad.  O. Ad.  O. Ad.	EMA/HMPC/15 9075/2014 (leaves and flowers) relieve symptoms of temporary nervous cardiac complaints (e.g. palpitations, perceived extra heart beat due to mild anxiety), relief of mild symptoms of mental stress and to aid sleep.
Rosaceae	<i>Fragaria ananassa</i> L.	F	Low immunity (1) Cardiovascular disorders (1) Teeth problems- whitening, caries(2) Acne (1)	Fruits Fruits  Fruits  Fruits	Raw material Raw material  Raw material  Juices	O. Ad. O. Ad.  Ext.rub gums Ext.clean skin	
Rosaceae	<i>Fragaria vesca</i> L.	F	Liver disorder (1) Renal disorder (1)  Podagra (1)	Leaves, fruits, flowers Leaves, fruits, flowers Leaves, fruits, flowers Leaves, fruits, flowers	Tea/ Decoction  Tea/ Decoction  Tea/ Decoction Tea/ Decoction	O. Ad.  O. Ad.  O. Ad. O. Ad.	EMA/HMPC/43 2278/2015 (leaves, tea) Adjuvant in minor urinary complaints, treatment of mild diarrhoea,

			Inflammation (2)  Pain (1)  Bronchitis (2)  Asthma (1)  Low immunity (1) Gynaecological diseases (1)	Leaves, fruits, flowers Leaves  Leaves  Leaves  Leaves	Tea/ Decoction  Raw material/ Tea Raw material/ Tea Raw material/Tea Tea	O. Ad.  O. Ad.  O. Ad.  O. Ad.  O. Ad.	
Rosaceae	<i>Malus angustifolia</i> L.	F	Diabetes (6), Overweight (5)	Leaves/Fruits Leaves/ Fruits	Tea Tea	O. Ad. O. Ad.	
Rosaceae	<i>Pyrus communis</i> L.	F D	Low immunity (1), Weak heart (4)	Fruits Fruits	Raw material Raw material	O. Ad. O. Ad.	
Rosaceae	<i>Prunus cerasus</i> L.	F D	Weak heart (1) Anemia (1) Lost appetite (2) Weak bones (2) Diuresis (2)	Fruits Leaves/flowers Fruits Fruits Leaves	Raw material Tea Juices, tea Juices, tea Decoction	O. Ad. O. Ad. O. Ad. O. Ad. O. Ad.	
Rosaceae	<i>Prunus domestica</i> L.	F D	Weak nervous system (1) Low immunity (1) Anxiety (1) Constipation (3)	Fruits, leaves  Fruits Fruits Fruits	Raw material  Tea Tea Juices	O. Ad.  O. Ad. O. Ad. O. Ad.	
Rosaceae	<i>Rosa canina</i> L.	F D	Low immunity (3) High cholesterol (5)	Fruits Fruits	Tea Tea	O. Ad. O. Ad.	
Rosaceae	<i>Rubus idaeus</i> L.	F D	Low immunity (6)  Fever (14) Skin aging (1) Low collagen ammount (1) Aging (1)  Weak memory (1).	Fruits, leaves, stem Fruits, leaves, stem Leaves Leaves Fruits  Leaves	Tea, raw material Tea, raw material Tea Tea Raw material  Tea	O. Ad.  O. Ad. O. Ad. O. Ad.  O. Ad.  O. Ad.	EMA/HMPC/44 211/2012 (leaves) spasms associated with menstrual periods, mild inflammation in the mouth or throat, symptomatic treatment of mild diarrhoea.

Rosaceae	<i>Sorbus aucuparia</i> L.	D	Weak vision (1) Flatulence, low diuresis (1) Gastritis (1)  Cough (3)  Chill (4)	Fruits Flowers, leaves Flowers, leaves  Fruits  Fruits	Raw material Decoction, tea, raw material Tea  Tea, infusion with honey  Tea, infusion with honey	O. Ad. O. Ad.  O. Ad.  O. Ad.	
Rutaceae	<i>Citrus limon</i> L.	F	Low immunity (4)  Pigmental spots (1) Skin disorders (2) Acne (1)	Fruits  Fruits Fruits Fruits	Raw material, juices, tea Juices Juices Juices	O. Ad.  Ext., covering the area with thin layer	
Rutaceae	<i>Citrus paradisi</i> L.	F	Dereased immunity (1) Slow metabolism (1)	Fruits  Fruits	Raw material  Raw material	O. Ad.  O. Ad.	
Solanaceae	<i>Capsicum annuum</i> L.	F	High cholesterol (1)  Decreased appetite (2) Joint pain (1)  headache (1)	Fruits  Fruits  Fruits  Fruits	Decoction  Raw material  Ethanol infusion Ethanol infusion	O. Ad. O. Ad.  O. Ad. Ext. Ext.	EMA/HMPC/674139/2013 (Fruits) relief of muscle pain such as low back pain.
Solanaceae	<i>Nicotiana rustica</i> L.	D	Scabies, ticks, lice (1)	Leaves	Infusion with fat and tar	Ext.	
Solanaceae	<i>Solanum nigrum</i> L.	F	Fever, inflammation (1)	Fruits, leaves	Decoction	O. Ad.	
Solanaceae	<i>Solanum lycopersicum</i> L.	F	Face skin disorders (3) Inflammation (2) Antioxidant (4) Cancer (2)	Fruits  Fruits Fruits Fruits	Juices  Juices Juices Infusion with oil	O. Ad.  O. Ad. O. Ad. O. Ad.	
Solanaceae	<i>Solanum tuberosum</i> L.	F	Burns (2) Gastric acidity (1) Dyspnoea, sinusitis (1)	Roots Roots Roots	Juices Raw material Compress	Ext. O. Ad. Ext.	
Urticaceae	<i>Urtica dioica</i> L.	D	Constipation (1)	Leaves, flowers, roots	Tea	O. Ad.	EMA/HMPC/508015/2007 (leaves)



			Kidney stones (6)  Anemia (3) Eczema (2)  Anxiety (1) Gastric cancer (2)	Leaves, flowers Leaves Leaves  Leaves, flowers, roots Roots	Tea Raw material  Juices  Tea with honey Decoction	O. Ad. O. Ad.  Ext.  O. Ad. O. Ad.	relief of minor articular pain. adjuvant in minor urinary complaints. EMA/HMPC/461160/2008 (roots) relief of lower urinary tract symptoms related to benign prostatic hyperplasia EMEA/HMPC/170261/2006 (aerial part) Adjuvant in minor urinary complaints, relief of minor articular pain, product used in seborrhoeic skin conditions
Vitaceae	<i>Vitis vinifera</i> L.	F	Inflammation (1)  Allergy (1)	Leaves  Leaves	Raw material, juices Raw material	O. Ad.  O. Ad.	EMA/HMPC/464684/2016 (leaves) relieve symptoms of discomfort and heaviness of legs related to minor venous circulatory disturbances. symptomatic relief of itching and burning associated with haemorrhoids symptomatic treatment of cutaneous capillary fragility.
Asphodelaceae	<i>Aloe barbadensis</i> Mill.	D	Low immunity(1)  Weak hair, weak nails (2) Arthritis (1) Scars (2) Tormina and indigestion (1)	Leaves  Leaves  Leaves Leaves Leaves	Raw material, infusion with honey Decoction Juices Juices Infusion with honey	O. Ad.  Ext.  O. Ad. Ext. O. Ad.	EMA/HMPC/625788/2015 (leaves) Constipation

