Family	***Botanical name***	***Local name***	***Part used***	***Preparation***	***Administration and usage***	***EVA evaluation***
Adoxaceae	*Viburnum opulus* L.	*Putinas*	Fruits Fruits Fruits	Ethanol infusion Diluted infusion Ethanol infusion, mixture with water (equally)	Throat disorders Throat problems, for rinsing Compress	
Amaryllidaceae	*Allium ursinum* L.	*Česnakas*	Bulb	Raw material	Cough, Tuberculosis	
Apiaceae	*Chaerophyllum aromaticum L.*	*Gurgždis*	Aerial parts Seeds	Decoction with milk and honey Decoction	Sore throat, coryza Cough	
Apiaceae	*Daucus carota* L.	*Morka*	Aerial parts with roots	Decoction	Cough	
Borraginaceae	*Anchusa officinalis* L.	*Karvės liežuvis*	Roots Aerial parts	Decoction Decoction	Chest pain, cough Chest pain, cough	
Borraginaceae	*Borrago officinalis* L.	*Agurkažolė*	Flowers Leaves Aerial parts with roots	Decoction The leaves are crushed with warm, freshly milked milk Decoction	Bronchitis, dry cough Chest disorders Constant pains	
Borraginaceae	*Cynoglossum officinale* L.	*Šunlielė*	Aerial parts with roots	Decoction (with water or milk)	Cough, chest pain, throat conditions	
Borraginaceae	*Symphytum officinale* L.	*Živakotas, kaulė*	Flowers	Decoction	For throat rinsing	EMA/HMPC/572846/2009 (roots)

						Sprains and bruises
Brassicaceae	*Armoracia rusticana L.*	*Krienas*	Roots Roots Roots	Ethanol infusion Compress Grated roots	Dyspnoea, pneumonia, corryza Dyspnoea, pneumonia, corryza Dyspnoea, pneumonia, corryza	
Campanulaceae	*Jasione Montana* L.	*Rutulėliai, medinukai*	Flowers	Decoction with milk	Cough, throat hoarseness, tuberculosis	
Campanulaceae	*Lobelia inflata* L.	*Lobelija*	Aerial parts	For smoking	Dyspnoea	
Cannabaceae	*Humulus lupulus* L.	*Apinys*	Aerial parts	Decoction with honey	Coughing attacks	EMEA/HMPC/513617/2006 (strobiles) Mental stress and sleep disorders
Caprifoliaceae	*Succisa pratensis* M.	*Miegalė*	Flowers	Decoction	Cough, throat conditions	
Caryophyllaceae	*Saponaria officinalis* L.	*Putoklis*	Flowers	Decoction (1-2 pinch for 1 liter water)	Coughing attacks	
Compositae	*Calendula officinalis* L.	*Medetka*	Flowers	Decoction with milk and honey	Bronchitis, dry cough, bronchitis, respiratory diseases	EMA/HMPC/437450/2017 (flowers) Skin inflamations and minor wounds; Minor inflamations in the mouth ot the throat
Compositae	*Centaurea cyanus* L.	*Rugiagėlė, vosylkos*	Flowers	Decoction	Cough	
Compositae	*Centaurea jacea* L.	*Bajorė*	Flowers	Decoction	Cough	

Compositae	*Eupatorium cannabinum* L.	*Kameras, kanapininkas*	Aerial parts	Decoction with milk and honey	Cough, tuberculosis	
Compositae	*Inula helenium* L.	*Debesylas*	Flowers	Tuberculosis	Tuberculosis	
Compositae	*Lactuca sativa* L.	*Salota*	Flowers	Decoction	Heavy cough	
Compositae	*Senecio Jacobaea* L.	*Jokūbinė žilė*	Flowers	Decoction	Heavy cough	
Compositae	*Senecio palustris* L.	*Pilkaplautė žilė*	Flowers	Decoction	Heavy cough	
Compositae	*Tanacetum vulgare* L.	*Ežė, čižmas*	Aerial parts with roots	Decoction	For throat rinsing	
Compositae	*Taraxacum officinale* L.	*Pienė, pabradė*	Flowers	Decoction	Cough, tuberculosis	EMA/HMPC/475726/2020 (roots with herb Mild digestive disorders (abdominal fullness, flatulence, slow digestion); Loss of apetite; Adjuvant in minor urinary complaints
Compositae	*Tussilago farfara* L	*Močiakalapis*	Flowers Leaves	Decoction Decoction	Cough, tuberculosis Cough, cold	
Ephedraceae	*Ephedra distachya* L.	*Asiūklakrūmis*	Aerial parts	Decoction	Dyspnoea	
Fabaceae	*Melilotus albus* Medik.	*Jondobilis*	Aerial parts	Decoction with milk	Cough, hoarseness, chest pain	
Fabaceae	*Melilotus officinalis* L.	*Barkūnas*	Aerial parts	Decoction (with milk or honey)	Cough, hoarseness, respiratory conditions, chest pain	EMA/HMPC/44166/2016 (aerial part)

						Heaviness in the legs (venous circulatory disorders), minor skin inflammation
Fabaceae	*Trifolium repens* L.	*Dobiliukai*	Flowers	Decoction with milk	Throat and lung diseases	
Lamiaceae	*Ajuga genevensis* L.	*Stačioji vaisgina*	Aerial parts	Decoction	Cold, cough,	
Lamiaceae	*Lavandula spica* L.	*Lavandra*	Flowers	Decoction with milk or with diluted honey	Cough,	
Lamiaceae	*Majorana hortensis* M.	*Mairūnas*	Aerial parts	Ethanol infusion	Heavy cough, dyspnoea, lung diseases	
Lamiaceae	*Mentha arvensis* L.	*Mėta*	Leaves Leaves	Decoction Hot sweetened decoction	Sore throat, cough, Cold	
Lamiaceae	*Mentha crispa* L.	*Mėta garbanota*	Leaves Leaves	Decoction Diluted decoction	Cough, sore throat For rinsing, gargle, compress	
Lamiaceae	*Stachys officinalis* L.	*Vaistinė notra*	Aerial parts	Decoction	Dry cough, whooping-cough, dyspnoea	
Lamiaceae	*Stachys paluster* L.	*Pelkinė notra*	Aerial parts	Decoction	Cold, cough	
Lamiaceae	*Stachys silvatica* L.	*Miškinė notra*	Aerial parts	Decoction	Cold, cough	
Lamiaceae	*Thymus serpyllum* L.	*Marijos*	Flowers Flowers	Decoction Diluted decoction	Cold cough, chest pain For washing, rinsing, compress	

Malvaceae	*Althaea officinalis* L.	*Piliarožė*	Roots	Decoction	Cough	
Malvaceae	*Malva alcea* L.	*Dedešva kiauliarožė*	Flowers	Tea	Cough, throat conditions	
Malvaceae	*Malva naglecta* Wallr.	*Paprastoji dedešva*	Flowers	Decoction	Cough, hoarseness, chest pain	EMA/HMPC/749510/2016 (leaves) Oral and pharyngeal irritation and associated dry cough; Gastrointestinal discomfort
Malvaceae	*Malva sylvestris* L.	*Rožiukė*	Flowers	Decoction	Cough, hoarseness	EMA/HMPC/749510/2016 (leaves) Oral and pharyngeal irritation and associated dry cough; Gastrointestinal discomfort
Malvaceae	*Mlva verticillata* L.	*Rauktalapė dedešva*	Flowers Flowers	Decoction Decoction	Cough, hoarseness. Washing, rinsing at hoarseness	
Papaveraceae	*Chelidoniu m majus* L.	*Ugniažolė*	Aerial parts	Decoction	Cough	
Papaveraceae	*Papaver argemone* L.	*Aguona*	Petals/ Buds	Decoction	Heavy cough	
Papaveraceae	*Papaver dubium* L.	*Aguona*	Half riped fruits/ Flowers	Decoction	Cough, colic in the lungs	

Papaveraceae	*Papaver somniferum* L.	*Aguona*	Seeds Petals	Ripe seeded milk (sweetened) The petals are boiled with honey to make a mash and drunk with hot milk	Cough, chest pain Cough	
Pinaceae	*Pinus sylvestris* L.	*Pušis*	Resin Young shoots/ Buds Young shoots	Turpentine Ethanol infusion; decoction (with milk or with honey) The shoots are crushed to a porridge and diluted with warm milk, filtered, honey added	Cough, cold, pneumonia Tuberculosis Tuberculosis	
Poaceae	*Brachypodium sylvaticum* P.Beauv.	*Strugė*	All plant with roots	Decoction	Heavy cough	
Poaceae	*Elytrigia repens* (L.) Nevski	*Vėmukas, vėjas*	Rhizome	Tea	Heavy cough, dyspnoea	
Poaceae	*Hordeum vulgare* L.	*Ketureilis*	Germinated seeds Seeds Young greens	Decoction Ethanol infusion of sprouted grains The greens are rubbed with honey, poured with hot milk	Heavy cough, chest pain, „dry pain“ Heavy cough Tuberculosis	

Poaceae	*Triticum vulgare* Vill.	*Kvietys*	Unthreshed spica	Decoction	Cold; to induce sweating	
Primulaceae	*Anagallis arvensis* L.	*Progailis*	Aerial parts	Ethanol infusion	Heavy cough	
Primulaceae	*Primula veris L.*	*Raktažolė*	Flowers All plant with roots	Decoction Decoction	Cold, dry cough, Throat tuberculosis dyspnoea	EMEA/HMPC/64684/2007 (flowers) Expectorant in cough associated with cold
Ranunculaceae	*Aquilegia vulgaris* L.	*Sinavadas*	All plant with roots All plant with roots	Decoction with honey Ethanol infusion	Cough, dyspnoea Cough, dyspnoea	
Rosaceae	*Alchemilla vulgaris* L.	*Našlaičių ašarėlės, Marijos ašarėlės*	Aerial parts	Decoction	Cough, „blood spitting“	
Rosaceae	*Filipendula ulmaria* L.	*Vingiris*	Aerial parts / Flowers	Decoction	Cough, cold	
Rosaceae	*Rosa centifolia* L.	*Rožė*	Flowers	Decoction	Cough, hoarseness	EMA/HMPC/137299/2013 (flowers) Skin inflamation; Inflamation in the oral and pharyngeal mucosa
Rosaceae	*Sorbus aucuparia* L.	*Šermukšnis*	Flowers Unriped fruits/ Leaves	Decoction Decoction /Tea	Cough Pneumonia	
Rubiaceae	*Asperula odorata* L.	*Miglelė*	Aerial parts	Decoction	Respiratory diseases, cough, dyspnoea, throat tuberculosis	

Rubiaceae	*Galium Mollugo* L.	*Lipikas*	Flowers Flowers	Decoction with milk Decoction	Heavy cough, bronchitis, dyspnoea Respiratory diseases	
Sapindaceae	*Aesculus hippocastanum* L.	*Kaštonas*	Flowers Pericarp Fruits Bark	Decoction Decoction Roasted fruit tea Decoction	Cough Whooping -cough Heavy cough Cough	EMA/HMPC/354156/2011 (bark) Chronic venous insufficiency; Venous circulatory disturbances; Bruises of oedema and haematoma EMEA/HMPC/225319/2008 (seeds) Chronic venous insufficiency; Venous circulatory disturbances; Bruises of oedema and haematoma
Schisandraceae	*Illicium verum* Hook.f.	*Marijos žvaigždė, kiniškos žvaigždės*	Fruits Fruits	Ethanol infusion Crushed fruit with honey	Chest pain Cough	
Scrophulariaceae	*Verbascum nigrum* L.	*Meškos ausis*	Truss Truss, leaves	Decoction Decoction	Respiratory diseases Dyspnoea	
Scrophulariaceae	*Verbascum thapsus* L.	*Gaurė*	Truss Truss	Decoction Diluted decoction	Cough, dyspnoea, chest pain For rinsing and gargle	EMA/HMPC/611537/2016 (flowers)

						Sore throat associated with dry cough and cold
Solanaceae	*Solanum dulcamara* L.	*Velniuogė*	Aerial parts with roots Flowers/fruits	Decoction Decoction	Cough, dyspnoea Respiratory diseases	EMA/HMPC/734361/2011 (stem) Recurrent eczema
Theaceae	*Camellia sinensis* L.	*Arbatmedis*	Leaves	For smoking	Dyspnoea	EMA/HMPC/283630/2012 (leaves) Fatigue and weakness
Violaceae	*Viola arenaria* DC.	*Žibutė, fiolka,žibikutė*	Roots	Ethanol infusion	Dyspnoea, cough	
Xanthorrhoeaceae	*Aloe vera* L.	*Alijošius*	Leaves Leaves	Leaf pulp with honey The cut leaves are fermented with honey for two weeks, then mixed with milk	Heavy cough, tuberculosis Tuberculosis	