

ETHNOBOTANICAL INVENTORY OF MEDICINAL PLANTS FROM THE SOUTH-WEST OF ROMANIA

ION TIȚĂ^{1*}, GEORGE DAN MOGOȘANU²,
MONICA GABRIELA TIȚĂ¹

¹*Department of Vegetal and Animal Biology*

²*Department of Pharmacognosy & Phytotherapy*

*University of Medicine and Pharmacy of Craiova, Faculty of Pharmacy,
2-4 Petru Rareș Street, 200349 Craiova, Romania*

**corresponding author: iontita2006@yahoo.com*

Abstract

The paper reports on 161 medicinal plants of 56 families, traditionally used in the South-West of Romania (Oltenia region). The plants are applied in ethnopharmacology for the treatment of digestive, respiratory, urinary, cutaneous, cardiovascular, genital and other disorders.

Rezumat

Lucrarea prezintă 161 de specii vegetale din flora din Sud-Vestul României (regiunea Olteniei), grupate în 56 de familii botanice. Utilizările etnofarmacologice cuprind, în majoritatea cazurilor, tratamentul bolilor digestive, respiratorii, urinare, cutanate, cardiovasculare și genitale.

Keywords: medicinal plants; ethnobotanical inventory

Introduction

Oltenia is a region situated in the South-West of Romania, between 22⁰1' and 24⁰51' E longitude, and 43⁰42' and 45⁰38' N latitude, occupies the area of approximately 30 000 km², with elevations ranging from 0 (Danube River) to 2518 m (Parang Mountains), and has corresponding moderate or excessive continental and Mediterranean climates.

About 50% of population is engaged with farming. The use of plants in the ethnopharmacology of Oltenia region dates from centuries ago. Ovidius and Dioscoride mention the healing effects of medicinal plants used by Dacian people [1-3].

The memory of traditionally medicine still survives, in spite of the progress of pharmacological sciences, and it remains as a common heritage to be used when necessary.

The aim of our study is to review the use of some medicinal plants in the ethnopharmacology of Oltenia region.

Materials and methods

This study has been initiated in 1997 as one of the main research projects of the Vegetal and Animal Biology and Pharmacognosy–Phytotherapy Departments from the Faculty of Pharmacy, University of Medicine and Pharmacy of Craiova.

The information was obtained in the course of interviews taken from elderly people, farmers, shepherds, local healers, midwives, school teachers, veterinarians, who shared with us their knowledge about the use of medicinal plants, and the field notebooks were compared with specialty papers [1–17].

The ethnopharmacological inventory refers to the preparation techniques and the healing properties of various vegetal organs (roots, rhizomes, aerial parts, leaves, flowers, fruits, seeds, barks, etc.).

The plant specimens have been collected and identified following “The Illustrated Flora of Romania. *Pteridophyta et Spermatophyta*” (Ciocârlan V., 2000) [12].

Voucher specimens have been deposited in the herbariums of the departments mentioned above.

Results and discussion

The Romanian flora has a remarkable diversity: 4000 species and 900 of them are known as medicinal plants [4, 7, 12].

In the region of Oltenia we found over 2300 species and 600 of them are used in traditional medicine [11].

This paper reports on, in taxonomic order [12], 161 medicinal plants of 56 families that are mostly used in ethnopharmacology of Oltenia region, and again confirm the usefulness of medicinal plants for modern therapy (Table I).

The medicinal plants from the families *Asteraceae*, *Rosaceae*, *Ranunculaceae*, *Fabaceae*, *Polygonaceae*, *Malvaceae*, *Lamiaceae*, *Apiaceae* have the most common usage especially for the treatment of digestive, respiratory, urinary, cutaneous, cardiovascular, and genital disorders.

The most popular preparations are infusions and decoctions. Medicinal wine is also used, as the plant is macerated in sweet red wine or dry white wine for several days.

Only „specialized” people that use “magic” practices know some remedies.

Table I
Medicinal plants used in ethnopharmacology of Oltenia region

Family / Species	Part used	Medical use / Disease treated	Formulation
Equisetaceae <i>Equisetum arvense</i> L.	Aerial parts	Diuretic, antiseptic; renal disorders (haematuria)	Infusion
Polypodiaceae <i>Asplenium scolopendrium</i> L.	Roots	Astringent, antihemorrhage (external); hemorrhage	Powder
	Leaves	Antiasthmatic, antitussive; asthma, cough	Infusion
<i>Dryopteris filix-mas</i> L. (Schott)	Rhizomes	Vermifuge; intestinal worms	Decoction or honey-mixed powder
<i>Polypodium vulgare</i> L.	Rhizomes	Vermifuge, laxative; intestinal worms, digestive disorders	Decoction
Pinaceae <i>Abies alba</i> Miller	Buds	Anti-inflammatory, antitussive; rheumatism, bronchitis	Infusion
<i>Picea abies</i> (L.) Karsten	Leaves	Anti-inflammatory, sedative; rheumatism, headaches	Infusion
Cupressaceae <i>Juniperus communis</i> L.	Fruits	Anti-inflammatory, diuretic, antiseptic; rheumatism, pulmonary and urinary disorders	Decoction
Berberidaceae <i>Berberis vulgaris</i> L.	Bark, roots, fruits	Anti-inflammatory, astringent, antiseptic; haemorrhoids, digestive disorders, dysentery	Decoction
Aristolochiaceae <i>Aristolochia clematidis</i> L.	Aerial parts	Anti-inflammatory, antiseptic, analgesic, cytostatic; rheumatism, leucorrhoea, digestive, respiratory and urinary disorders, tumours	Infusion
<i>Asarum europaeum</i> L.	Rhizomes	Expectorant, antitussive, sedative; respiratory disorders	Decoction
Nymphaeaceae <i>Nuphar luteum</i> (L.) Sm. <i>Nymphaea alba</i> L.	Roots, flowers	Astringent, febrifuge; diarrhoea, fever, and pulmonary disorders	Decoction, infusion
Ranunculaceae <i>Aconitum tauricum</i> Wulf.	Roots	Anti-inflammatory; rheumatism (external)	Decoction
<i>Actaea spicata</i> L.	Leaves	Anti-inflammatory, antiseptic, antiparasitic; cutaneous disorders, scab	Infusion
<i>Adonis vernalis</i> L.	Aerial parts	Cardiotonic, sedative; cardiac disorders, headaches	Infusion
<i>Caltha palustris</i> L.	Aerial parts	Diuretic, laxative, sedative; renal and digestive disorders	Infusion
<i>Clematis vitalba</i> L.	Flowers, leaves	Anti-inflammatory, cicatrising, antitussive; wounds (external), respiratory disorders	Infusion

Family / Species	Part used	Medical use / Disease treated	Formulation
<i>Consolida regalis</i> I. F. Gray	Flowers, leaves	Diuretic, antimicrobial; hypertension, leucorrhoea, blennorrhagia, female fecundity, snake bites	Infusion
<i>Helleborus purpurascens</i> Waldst. et Kit.	Roots	Anti-inflammatory, cardiotonic, antibacterial; rheumatism, cardiac disorders, syphilis	Decoction
<i>Nigella sativa</i> L.	Seeds	Spasmolytic, digestive, aphrodisiac; respiratory and digestive disorders	Decoction
<i>Pulsatilla montana</i> (Hoppe) Reichenb.	Flowers	Tonic, regenerative; paralysis, psoriasis	Infusion
<i>Ranunculus ficaria</i> L.	Leaves, roots	Astringent, trophic, anti-inflammatory; haemorrhoids, varicose, hair and skin disorders	Infusion, decoction
Papaveraceae <i>Chelidonium majus</i> L.	Aerial parts	Cholagogue, diuretic; liver and urinary disorders	Infusion
	Latex	Proteolytic; skin disorders (warts), snake bites	Fresh state
<i>Glaucium flavum</i> Crantz	Aerial parts	Diuretic, antitussive; renal and respiratory disorders	Infusion
<i>Papaver rhoeas</i> L.	Flowers	Anti-inflammatory, antitussive, expectorant, emollient; respiratory disorders	Infusion
Fumariaceae <i>Corydalis cava</i> (L.) Schweigg et Koerte	Aerial parts	Astringent, anti-inflammatory; haemorrhoids	Infusion
	Bulbs	Sedative, cholagogue, vermifuge, emenagogue, antimicrobial; nervous, digestive and uterine disorders	Decoction
<i>Fumaria officinalis</i> L.	Aerial parts	Tonic, diuretic, depurative, purgative, diaphoretic, anti-inflammatory, antiarrhythmic; urinary, cardiac, digestive disorders	Infusion
Ulmaceae <i>Ulmus minor</i> Miller	Leaves, bark	Antidiarrhetic, haemostatic, depurative, diaphoretic, cicatrising; digestive, urinary, respiratory, cutaneous disorders	Infusion, decoction
Moraceae <i>Morus alba</i> L.	Leaves	Hypoglycaemiant, astringent, cicatrising; diabetes, diarrhoea, gastritis, digestive ulcer	Infusion
	Root's bark	Purgative, vermifuge; constipation, intestinal worms	Decoction
	Immature fruits	Astringent; diarrhoea	Fresh state

Family / Species	Part used	Medical use / Disease treated	Formulation
	Mature fruits	Laxative, vitaminizing; scurvy	Fresh state
Cannabaceae <i>Cannabis sativa</i> subsp. <i>spontanea</i> Serebr.	Seeds	Antilithiasis; renal and urinary lithiasis	Decoction
<i>Humulus lupulus</i> L.	Leaves	Anti-inflammatory, cicatrising, antimicrobial; sole lesions, blennorrhagia	Infusion
	Female cones	Sedative; nervous, digestive, and sexual disorders	Infusion
Urticaceae <i>Parietaria officinalis</i> L.	Roots, aerial parts	Anti-inflammatory, astringent, antibacterial, antitussive; rheumatism, haemorrhoids, urinary and respiratory disorders	Decoction, infusion
<i>Urtica dioica</i> L.	Aerial parts	Antianaemia, antiseptic, anti-inflammatory, cicatrising, antilithiasis; anaemia, anthrax, rheumatism, scab, digestive (hepatitis, ulcer), renal and skin disorders	Infusion
Juglandaceae <i>Juglans regia</i> L.	Leaves, fresh fruit pericarp	Anti-inflammatory, astringent, antibacterial, depurative; rheumatism, uterine and skin disorders	Infusion
Fagaceae <i>Castanea sativa</i> Miller	Leaves	Stimulant, astringent, anti-inflammatory; asthenia, diarrhoea, haemorrhoids	Infusion
<i>Fagus sylvatica</i> L.	Bark	Astringent, antiseptic, anti-inflammatory, febrifuge; diarrhoea, dysentery, fever, rheumatism	Decoction
	Buds	Antilithiasis; renal and urinary lithiasis	Infusion
<i>Quercus robur</i> L.	Bark	Astringent, antibacterial, anti-inflammatory, cicatrising; oral, digestive, and skin disorders	Decoction
Betulaceae <i>Betula pendula</i> Roth	Bark	Anti-inflammatory, diuretic, febrifuge, cardiotonic; dermatitis, gut, fever, cardiac insufficiency	Decoction
	Buds	Diuretic, anti-inflammatory, depurative; oedemas, urinary disorders, gut, hypercholesterolemia	Infusion
	Sap	Antianaemia; anaemia	Fresh state
	Leaves	Tonic; hair growth and regeneration	Infusion

Family / Species	Part used	Medical use / Disease treated	Formulation
Corylaceae <i>Corylus avellana</i> L.	Leaves	Cicatrising; wounds	Infusion
	Bark	Febrifuge; intermittent fever	Decoction
	Male flowers	Astringent; diarrhoea	Infusion
	Buds	Anti-inflammatory, hepatoprotective, diuretic, antitussive; hepatitis, asthma, silicosis, pulmonary emphysema	Infusion
Portulacaceae <i>Portulaca oleracea</i> L.	Aerial parts	Antitussive, tonic, bitter; cough, anorexia	Infusion
Caryophyllaceae <i>Dianthus caryophyllus</i> L.	Petals	Antitussive, analgesic; cough, headaches	Infusion
<i>Gypsophyla paniculata</i> L.	Roots	Cholagogue, expectorant, vermifuge; biliary dyskinesia, bronchitis, oxyuriasis	Decoction
<i>Herniaria glabra</i> L.	Aerial parts	Antilithiasis, anti-inflammatory, antiseptic; renal and cystic lithiasis, chronic cystitis	Infusion
<i>Lychnis flos-cuculi</i> L.	Aerial parts	Cicatrising; wounds	Infusion
<i>Saponaria officinalis</i> L.	Roots, rhizomes	Cholagogue, antitussive, vermifuge, cicatrising, astringent; biliary dyskinesia, bronchitis, oxyuriasis, eczema, furunculosis	Infusion
Polygonaceae <i>Polygonum amphibium</i> L.	Roots	Cicatrising; skin disorders	Decoction for local washes
<i>Polygonum aviculare</i> L.	Aerial parts	Astringent, cicatrising, diuretic, depurative, anti-inflammatory; diarrhoea, gastric ulcer, gut, cardiovascular disorders, rheumatism	Infusion
<i>Polygonum bistorta</i> L.	Rhizomes	Astringent, cicatrising, antiseptic; diarrhoea, gastritis, gastric ulcer, haemorrhoids, enteritis, stomatitis, uterine haemorrhages	Decoction
<i>Polygonum hydropiper</i> L.	Aerial parts	Astringent, cicatrising; gastric, pulmonary, and uterine haemorrhages	Infusion
<i>Polygonum persicaria</i> L.	Aerial parts	Astringent, diuretic, antibacterial, cicatrising; metrorrhagia, leucorrhoea, wounds	Infusion
<i>Rumex acetosa</i> L.	Roots, aerial parts	Vitaminizing, diuretic, depurative, astringent; scurvy, paralysis, diarrhoea, trichophytia	Decoction, infusion

Family / Species	Part used	Medical use / Disease treated	Formulation
<i>Rumex alpinus</i> L.	Roots, rhizomes	Astringent, hepatoprotective, cicatrising; diarrhoea, hepatitis, wounds	Decoction
<i>Rumex crispus</i> L.	Roots	Vitaminizing, tonic, astringent; scurvy, diarrhoea, trichophytia	Decoction
	Aerial parts	Vitaminizing, tonic, astringent; scurvy, haemorrhages, anaemia	Infusion
	Fruits	Astringent; diarrhoea	Decoction
<i>Rumex patientia</i> L.	Roots	Anti-inflammatory, vitaminizing, cicatrising, astringent, antiseptic; rheumatism, scurvy, gastric disorders, syphilis, eczema, diarrhoea, trichophytia	Decoction
Hydrangeaceae <i>Philadelphus coronarius</i> L.	Flowers	Analgesic, astringent, antiseptic; headaches, leucorrhoea, trichomoniasis	Infusion
Grossulariaceae <i>Sedum maximum</i> (L.) Hoffm.	Rhizomes	Cytostatic; tumours	Decoction
	Leaves	Astringent, cicatrising, anti-inflammatory; haemorrhoids, wounds, burns	Infusion
<i>Sempervivum tectorum</i> L.	Leaves, aerial parts	Astringent, cicatrising, anti-inflammatory, antiseptic; haemorrhoids, wounds, urinary and mucosal disorders, acne, trichophytia	Fresh juice, cataplasm with fresh leaves
Rosaceae <i>Agrimonia eupatoria</i> L.	Aerial parts	Astringent, cicatrising, diuretic, depurative, anti-inflammatory, antilithiase; diarrhoea, gastritis, anorexia, gut, enteritis, renal and biliary lithiasis, chronic cholecystitis, rheumatism	Infusion
<i>Alchemilla xanthochlora</i> Rothm.	Aerial parts	Astringent, antiseptic; haemorrhoids, diarrhoea, dysentery, metrorrhagia	Infusion
<i>Cerasus avium</i> (L.) Moench. <i>Cerasus vulgaris</i> Miller	Fruit's peduncles	Diuretic, depurative, antilithiase; oedema, ascites, renal disorders	Decoction
<i>Crataegus monogyna</i> Jacq.	Leaves, flowers, fruits	Sedative, cicatrising, analgesic; cardiac nervous disorders, sole wounds, pains	Infusion, decoction
<i>Cydonia oblonga</i> L.	Leaves	Astringent; diarrhoea	Infusion
	Fruits	Astringent, antiseptic, hepatoprotective, cicatrising, anti-inflammatory; diarrhoea, dysentery, hepatic disorders, leucorrhoea, haemoptysis, uterine haemorrhages, wounds	Fresh state

Family / Species	Part used	Medical use / Disease treated	Formulation
	Seeds	Astringent, emollient; digestive and respiratory disorders	Fresh state
<i>Filipendula vulgaris</i> Moench	Flowers, roots	Antitussive, astringent, diuretic, antiseptic; asthma, oedema, diarrhoea, haemorrhoids, dysentery	Infusion, decoction
<i>Fragaria vesca</i> L.	Leaves	Astringent, antiseptic, diuretic, depurative, analgesic; diarrhoea, enteritis, urinary disorders, gut, gastric and menstrual pains	Infusion
<i>Geum urbanum</i> L.	Roots, rhizomes	Diarrhoea, dysentery, dyspepsia, gastroenteritis, uterine disorders	Decoction
	Aerial parts	Leucorrhoea, haemorrhages, fever	Infusion
<i>Malus sylvestris</i> (L.) Miller	Fruits	Anti-inflammatory, cicatrising; inflammations, sole wounds	Decoction, fresh state
<i>Potentilla anserina</i> L.	Aerial parts	Astringent, cicatrising, anti-inflammatory, antiseptic; digestive, renal and uterine disorders, gingivitis, leucorrhoea	Infusion
<i>Potentilla erecta</i> (L.) Räusch	Rhizomes, aerial parts	Astringent, cicatrising, anti-inflammatory, antiseptic; diarrhoea, enterocolitis, wounds, burns, uterine haemorrhages	Decoction, infusion
<i>Potentilla reptans</i> L.	Roots	Astringent, emollient; pulmonary disorders	Decoction
	Aerial parts	Astringent, antiseptic, analgesic; diarrhoea, dysentery, pains	Infusion
<i>Prunus spinosa</i> L.	Flowers	Astringent, diuretic, sedative; digestive and urinary disorders	Infusion
	Leaves	Diuretic, depurative, antiseptic; urinary disorders	Infusion
	Fruits	Astringent, anti-inflammatory, analgesic, diuretic; diarrhoea, dysentery, biliary dyskinesia, gut, convulsive cough, urinary and cardiovascular disorders	Decoction
	Stem's and root's bark	Diuretic, analgesic; cardiac and dental disorders	Decoction
<i>Rosa canina</i> L.	Fruits, leaves, flowers	Vitaminizing, tonic, emollient, anti-inflammatory, diuretic, depurative, hypoglycaemiant; anaemia, anorexia, avitaminosis, colitis, diabetes, convulsive cough, urinary, gastric and cardiac disorders	Decoction, infusion

Family / Species	Part used	Medical use / Disease treated	Formulation
<i>Rubus caesius</i> L. <i>Rubus fruticosus</i> L.	Leaves	Astringent; diarrhoea, bronchitis, urinary disorders, gingivitis, stomatitis, leucorrhoea, haemorrhoids, psoriasis	Infusion
	Roots, buds	Emollient, antiseptic; pulmonary and laryngo-pharyngeal disorders	Decoction, infusion
<i>Rubus idaeus</i> L.	Leaves	Astringent, cicatrising, emollient; diarrhoea, enterocolitis, gastritis, gastric ulcer, cough, bronchitis, prostate disorders	Infusion
	Fruits	Laxative, anti-inflammatory, diuretic, depurative; constipation, asthenia, rheumatism, gut	Juice, syrup, fresh fruits
<i>Sanguisorba officinalis</i> L.	Aerial parts	Astringent, diuretic; diarrhoea, fermentative colitis, haematuria, haemorrhoids	Infusion
Fabaceae <i>Galega officinalis</i> L.	Leaves	Diuretic, anticonvulsant, sedative, galactagogue; nervous, urinary, and suckling disorders	Infusion, medicinal wine
<i>Genista tinctoria</i> L.	Aerial parts	Hepatoprotective, cholagogue, anti-inflammatory, diuretic, depurative; hepatic, splenic, and urinary disorders, rheumatism	Infusion
<i>Glycyrrhiza echinata</i> L.	Roots, rhizomes	Astringent; haemorrhoids	Decoction
<i>Lotus corniculatus</i> L.	Flowers	Antispasmodic, sedative; insomnia, nervous disorders	Infusion
<i>Melilotus officinalis</i> Lam.	Aerial parts	Anti-inflammatory, diuretic, depurative, astringent, antiseptic, hepatoprotective; arthritis, hepatitis, renal lithiasis, gut, leucorrhoea, uterine disorders	Infusion
<i>Ononis spinosa</i> L.	Roots	Diuretic, depurative; urinary disorders, gut, rheumatism	Decoction
<i>Robinia pseudoacacia</i> L.	Flowers, bark	Anti-inflammatory, cicatrising, emollient, analgesic, antiseptic, laxative; gastritis, gastric ulcer, asthma, cough, dental neuralgia, leucorrhoea, constipation	Infusion, decoction
<i>Trifolium pratense</i> L.	Flowers	Emollient, antitussive, analgesic, anti-inflammatory; cough, asthma, abdominal colics, rheumatism, urinary disorders, diarrhoea	Infusion
<i>Trifolium repens</i> L.	Aerial parts	Antispastic, antiseptic, febrifuge; colics, flu, leucorrhoea	Infusion

Family / Species	Part used	Medical use / Disease treated	Formulation
Lythraceae <i>Lythrum salicaria</i> L.	Aerial parts	Astringent; diarrhoea, dysentery, gastrointestinal disorders, uterine haemorrhages	Infusion
Onagraceae <i>Epilobium angustifolium</i> L. <i>Epilobium collinum</i> C. C. Gmelin <i>Epilobium hirsutum</i> L. <i>Epilobium montanum</i> L. <i>Epilobium palustre</i> L. <i>Epilobium parviflorum</i> Schreber	Aerial parts	Depurative, choleric-cholagogue, astringent, anti-inflammatory, haemostatic, antimicrobial, cytostatic, regenerative; prostatitis and prostate adenoma, hepatitis, ulcer, enteritis, cirrhosis, urinary disorders	Infusion
Elaeagnaceae <i>Hippophaë rhamnoides</i> L.	Fruits	Vitaminizing, tonic, astringent, antiseptic, hepatoprotective; avitaminosis, asthenia, diarrhoea, hepatitis	Decoction
Cornaceae <i>Cornus mas</i> L.	Fruits, leaves, bark	Astringent, vermifuge, febrifuge; diarrhoea, dysentery, fever	Infusion, decoction
Loranthaceae <i>Viscum album</i> L.	Leaves, boughs	Antihypertensive, cardi tonic, sedative, coronary vasodilator, cytostatic; hypertension, convulsive cough, atherosclerosis, excitation	Maceration
Celastraceae <i>Evonymus europaeus</i> L.	Leaves	Emetic, purgative, choleric-cholagogue, antihypertensive; nausea, constipation, biliary and cardiac disorders	Infusion
Euphorbiaceae <i>Mercuriales annua</i> L.	Aerial parts	Anti-inflammatory, purgative, diuretic, depurative; rheumatism, constipation, urinary disorders	Infusion
Rhamnaceae <i>Frangula alnus</i> Miller <i>Rhamnus cathartica</i> L.	Bark Fruits	Laxative-purgative, choleric-cholagogue, astringent, vermifuge; constipation, biliary dyskinesia, haemorrhoids, helminthiasis	Decoction
Aceraceae <i>Acer platanoides</i> L.	Leaves	Astringent; diarrhoea	Infusion
Hippocastanaceae <i>Aesculus hippocastanum</i> L.	Bark	Anti-inflammatory, decongestive, astringent, haemostatic; varicose, haemorrhoids, prostate adenoma	Decoction
Rutaceae <i>Dictamnus albus</i> L.	Roots, rhizomes	Diuretic, depurative, vermifuge, antiepileptic, antihysterical, febrifuge, emollient; urinary and nervous disorders, intestinal worms, fever, cough	Decoction

Family / Species	Part used	Medical use / Disease treated	Formulation
Zygophyllaceae <i>Tribulus terrestris</i> L.	Aerial parts	Astringent, cicatrising; diarrhoea, haemorrhoids, burns, scars, wounds	Infusion
Oxalidaceae <i>Oxalis acetosella</i> L.	Aerial parts	Astringent, diuretic, tonic, vitaminizing; diarrhoea, renal disorders, scurvy	Infusion
Geraniaceae <i>Erodium cicutarium</i> (L.) L'Hérit.	Aerial parts	Diuretic, anti-inflammatory, haemostatic; urinary and genital disorders	Infusion
<i>Geranium macrorrhizum</i> L.	Aerial parts	Astringent, diuretic, depurative, antihypertensive, aphrodisiac, antimicrobial; gastric, cardiac, urinary, nervous and genital disorders, varicose, cerebral congestion	Infusion
<i>Geranium robertianum</i> L.	Aerial parts	Antihypertensive, astringent, antihemorrhage, diuretic, depurative, emollient, antiseptic, tonic; haemorrhagic cystitis, diarrhoea, bronchitis, haemorrhage enteritis, leucorrhoea, tracheitis, pharyngitis, stomatitis	Infusion
Polygalaceae <i>Polygala vulgaris</i> L.	Roots	Antitussive, spasmolytic, eupeptic, galactagogue; cough, asthma, anorexia, suckling disorders	Decoction
Araliaceae <i>Hedera helix</i> L.	Leaves	Anti-inflammatory, spasmolytic, antitussive, emmenagogue, astringent, analgesic; asthma, bronchitis, cough, diarrhoea, rheumatism, wounds, scab, dysmenorrhea	Infusion, compress with fresh infusion
Apiaceae <i>Carum carvi</i> L.	Fruits	Spasmolytic, diuretic, depurative, galactagogue; digestive, urinary and suckling disorders	Decoction
<i>Eryngium campestre</i> L.	Rhizomes	Detoxifying, diuretic, cicatrising, eupeptic, carminative, sedative; abdominal distention, urinary lithiasis, anorexia, gastric ulcer, convulsive cough, wounds	Decoction
<i>Eryngium planum</i> L.	Aerial parts	Emollient, expectorant, antiseptic, spasmolytic, diuretic, cicatrising; bronchitis, cough, urinary disorders, wounds, scars, burns	Infusion

Family / Species	Part used	Medical use / Disease treated	Formulation
<i>Pimpinella saxifraga</i> L.	Roots	Cicatrising, diuretic, antimicrobial, appetizer, anti-inflammatory; wounds, ascites, urinary disorders, hernia, cough, venereal diseases, anorexia	Decoction
<i>Sanicula europaea</i> L.	Roots, aerial parts	Expectorant, choleric-cholagogue, diuretic, cicatrising, vermifuge, detoxifying, sedative; nervous and renal disorders, wounds, bronchitis, biliary dyskinesia, oxyuriasis	Decoction, infusion
Hypericaceae <i>Hypericum perforatum</i> L.	Aerial parts	Sedative, diuretic, depurative, anti-inflammatory, cicatrising, antimicrobial, astringent; gastritis, gastric ulcer, enterocolitis, diarrhoea, hepatitis, cholecystitis, bed-wetting, neurosis, depression, biliary dyskinesia, haemorrhoids, bronchitis, genitourinary disorders	Infusion
Tiliaceae <i>Tilia cordata</i> Miller	Flowers	Emollient, anti-inflammatory, sedative, spasmolytic; cough, bronchitis, flu, biliary dyskinesia, anxiety, rheumatism	Infusion
<i>Tilia platyphyllos</i> Scop.			
Malvaceae <i>Althaea officinalis</i> L.	Roots, leaves	Emollient, anti-inflammatory, astringent, diuretic, depurative; bronchitis, laryngitis, tracheitis, diarrhoea, cough, flu, urinary disorders	Decoction, infusion
<i>Hibiscus trionum</i> L.	Aerial parts	Diuretic, depurative, anti-inflammatory; urinary disorders	Infusion
<i>Lavathera thuringiaca</i> L.	Roots, leaves	Emollient, expectorant, anti-inflammatory, antimicrobial; cough, flu, fever, leucorrhoea	Decoction, infusion
<i>Malva neglecta</i> Wallr.	Roots, leaves, flowers	Emollient, expectorant, antitussive, anti-inflammatory, diuretic, depurative, laxative, astringent, cicatrising; pulmonary, intestinal, urinary, digestive, ocular and skin disorders, asthma, cough, haemorrhoids, haemorrhages, ascitis, wounds, burns, abscesses	Decoction, cataplasm with decoction
<i>Malva pusilla</i> Sm.			Decoction, maceration, infusion
<i>Malva sylvestris</i> L.			
Primulaceae <i>Primula veris</i> L.	Flowers	Diuretic, depurative, emollient; urinary disorders, bronchitis	Infusion

Family / Species	Part used	Medical use / Disease treated	Formulation
Oleaceae <i>Fraxinus excelsior</i> L.	Leaves	Diuretic, depurative, antiseptic, antilithiasis; urinary disorders (cystitis)	Infusion
Gentianaceae <i>Gentiana asclepiadea</i> L.	Roots, rhizomes	Tonic, bitter, diuretic, antiseptic; anorexia, haemorrhagic cystitis	Decoction
Boraginaceae <i>Borago officinalis</i> L. <i>Echium vulgare</i> L.	Aerial parts	Emollient, antitussive, expectorant, antimicrobial, diuretic, depurative, antilithiasis, anti-inflammatory; respiratory and urinary disorders (cystitis)	Infusion
<i>Pulmonaria officinalis</i> L.	Leaves		
Solanaceae <i>Atropa belladonna</i> L.	Roots, leaves	Spasmolytic, antitussive, astringent; colics, diarrhoea, bronchitis, asthma	Decoction, infusion
<i>Datura stramonium</i> L.	Leaves	Spasmolytic; respiratory disorders (asthma)	Infusion
<i>Physalis alkekengi</i> L.	Fruits	Diuretic, depurative, astringent, anti-inflammatory, emollient, antitussive, expectorant, spasmolytic, cicatrising; urinary, respiratory, digestive, and skin disorders	Decoction
Scrophulariaceae <i>Linaria vulgaris</i> Miller	Aerial parts	Emollient, expectorant, antitussive, diuretic, anti-inflammatory, galactagogue; respiratory, urinary, and suckling disorders	Infusion
<i>Verbascum densiflorum</i> Bertol.	Flowers	Emollient, expectorant, antitussive, anti-inflammatory, cicatrising; laryngitis, bronchitis, wounds, scars	Infusion
Plantaginaceae <i>Plantago lanceolata</i> L. <i>Plantago major</i> L. <i>Plantago media</i> L.	Leaves	Expectorant, antitussive, emollient, anti-inflammatory, astringent, antimicrobial, cicatrising; bronchitis, laryngo-tracheal catarrh, diarrhoea, wounds	Infusion
Asteraceae <i>Achillea millefolium</i> L.	Aerial parts	Appetizer, antibacterial, anti-inflammatory, vermifuge, spasmolytic, diuretic, emollient, cicatrising; digestive, pulmonary and urinary disorders, wounds	Infusion
<i>Arctium lappa</i> L.	Roots	Expectorant, antitussive, emollient, diuretic, anti-inflammatory; digestive and renal disorders, cough, bronchitis, wounds, sores	Decoction

Family / Species	Part used	Medical use / Disease treated	Formulation
<i>Arnica montana</i> L.	Aerial parts	Anti-inflammatory, diuretic, antimicrobial, astringent, analgesic; inflammations, fever, cystitis, haemorrhages	Infusion
<i>Artemisia absinthium</i> L.	Leaves	Tonic, bitter, eupeptic, antimicrobial, anti-inflammatory; indigestion, appetizer	Infusion
<i>Artemisia vulgaris</i> L.	Aerial parts		
<i>Bidens tripartita</i> L.	Aerial parts	Anti-inflammatory, cicatrising, vermifuge; wounds (worm-infested)	Infusion
<i>Calendula officinalis</i> L.	Flowers	Anti-inflammatory, cicatrising, emollient, diuretic, antimicrobial; gastritis, ulcer, cystitis	Infusion
<i>Centaurea cyanus</i> L.	Aerial parts	Eupeptic, astringent, diuretic, depurative, anti-inflammatory; dyspepsia, indigestion, diarrhoea, urinary disorders	Infusion
<i>Cichorium intybus</i> L.	Aerial parts	Appetizer, eupeptic, tonic, bitter, astringent, diuretic, laxative, anti-inflammatory; anorexia, urinary disorders, constipation	Infusion
<i>Eupatorium cannabinum</i> L.	Aerial parts	Antimicrobial, immunostimulant, anti-inflammatory, astringent; foot-and-mouth disease	Infusion
<i>Inula helenium</i> L.	Roots	antimicrobial, immunostimulant, expectorant, anti-inflammatory, vermifuge; pulmonary disorders, intestinal worms	Decoction
<i>Matricaria recutita</i> L.	Flowers	Antimicrobial, immunostimulant, anti-inflammatory, astringent; gastritis, enterocolitis, diarrhoea, cough, flu	Infusion
<i>Petasites hybridus</i> (L.) P.Gaertner, B.Meyer et Scherb.	Roots, rhizomes	Diuretic, depurative, astringent, febrifuge, anti-inflammatory; urinary disorders, alimentary intoxications, fever	Decoction
<i>Taraxacum officinale</i> Weber ex Wiggers	Roots, leaves	Tonic, appetizer, bitter, diuretic, depurative; anorexia, digestive and urinary disorders	Decoction, infusion
<i>Tussilago farfara</i> L.	Leaves	Emollient, expectorant, antitussive, anti-inflammatory; pulmonary disorders	Infusion
Lamiaceae <i>Melittis melissophyllum</i> L.	Leaves	Appetizer, spasmolytic, astringent, antimicrobial, anti-inflammatory; anorexia, colics, diarrhoea, enterocolitis	Infusion
<i>Mentha aquatica</i> L.			
<i>Mentha</i> × <i>piperita</i> L.			

Family / Species	Part used	Medical use / Disease treated	Formulation
<i>Ocimum basilicum</i> L.	Aerial parts	Appetizer, spasmolytic, diuretic, antilithiasis, emollient, antitussive, astringent, antimicrobial, anti-inflammatory; gastrointestinal, respiratory and urinary disorders	Infusion
<i>Salvia glutinosa</i> L.	Aerial parts	Antimicrobial, immunostimulant, anti-inflammatory, astringent, vermifuge, cicatrising; foot-and-mouth disease, wounds, bites	Infusion
<i>Thymus serpyllum</i> L.	Aerial parts	Appetizer, spasmolytic, diuretic, antilithiasis, emollient, antitussive, antimicrobial, anti-inflammatory; anorexia, enterocolitis, bronchitis, cough	Infusion
Poaceae <i>Agropyron repens</i> (L.) Beauv.	Rhizomes	Diuretic, depurative, antilithiasis, emollient, antimicrobial, anti-inflammatory; urinary, digestive and respiratory disorders	Decoction
Liliaceae <i>Allium cepa</i> L.	Bulbs	Emollient, antitussive, antimicrobial, immunostimulant, anti-inflammatory, vermifuge, cicatrising; digestive and urinary disorders, helminthiasis, wounds, furunculosis, bites	Fresh state, maceration
<i>Allium ursinum</i> L.	Aerial parts		Infusion
<i>Convallaria majalis</i> L.	Leaves, Flowers	Cardiotonic, diuretic; cardiac disorders	Infusion
<i>Colchicum autumnale</i> L.	Seeds, bulbs	Cytostatic, uricosuric, anti-inflammatory, antimicrobial; tumours, gut, rheumatism, scab	Decoction
Violaceae <i>Viola odorata</i> L.	Roots, rhizomes, aerial parts, leaves	Expectorant, antitussive, emollient, laxative, diuretic; cough, bronchitis, wounds, sores, digestive and renal disorders	Decoction, infusion, cataplasm with fresh leaves

Conclusions

The use of medicinal plants in the South-West of Romania dates from centuries ago. Majority of farmers, shepherds, local healers, midwives knew many plants, and especially those used in decoctions, infusions and macerations for the treatment of frequent diseases. Our paper reports on 161 medicinal plants of 56 families that are mostly used, and again confirm the usefulness of medicinal plants for modern therapy.

References

1. Leon N. – Istoria naturală medicală a poporului român, București, 1903.
2. Marica Horez Em. – Contribuțiuni la etnografia medicală a Olteniei, *Arhivele Olteniei*, 1925, IV, 18–19.
3. Buia Al. – Plantele noastre medicinale, Timișoara, 1944.
4. Borza Al. – Dicționar etnobotanic, cuprinzând denumirile populare românești și în alte limbi ale plantelor din România, Ed. Academiei Române, București, 1968.
5. Constantinescu D. Gr., Bojor O. – Plantele medicinale, Ed. Medicală, București, 1969.
6. Crăciun F., Bojor O., Alexan M. – Farmacia naturii, vol. I, II, Ed. Ceres, București, 1976, 1977.
7. Butură V. – Enciclopedie de etnobotanică românească, Ed. Științifică și Enciclopedică, București, 1979.
8. Alexan M., Bojor O., Crăciun F. – Flora medicinală a României, Ed. Ceres, București, 1992.
9. Grigorescu Em., Silva F. – De la etnomedicină la fitoterapie. Tezaurul verde al medicinei, vol. I, Ed. Spiru Haret, Iași, 1997.
10. Pârvu C. – Universul plantelor, Ed. Enciclopedică, București, 1997.
11. Tiță I., Năstase A. – Flora medicinală din Oltenia, Ed. „Scrisul Românesc”, Craiova, 1997.
12. Ciocârlan V. – Flora ilustrată a României. *Pteridophyta et Spermatophyta*, ediția a 2-a revăzută și adăugită, Ed. Ceres, București, 2000.
13. Nițu G. – Plantele în gospodăria țărănească tradițională, Ed. Fundației „Scrisul Românesc”, Craiova, 2003.
14. Tiță I. – Botanică farmaceutică, ediția a 2-a, Ed. Didactică și Pedagogică, București, 2005.
15. Ciulei I., Grigorescu Em., Stănescu Ursula – Plante medicinale, Fitochimie și Fitoterapie. Tratat de Farmacognozie, vol. I, II, Ed. Medicală, București, 1993.
16. Gârd Cerasela Elena, Duțu Ligia Elena, Popescu Maria Lidia, Pavel Mariana, Sterie Alina Titina – Experimental research regarding the active extracts, polyphenols-standardized. Note I. *Hyperici herba* – pharmacognostic analysis of the raw material, *Farmacia*, 2009, LVII(1):35–42.
17. Tero-Vescan Amelia, Imre Silvia, Vari Camil Eugen, Oșan Alexandrina, Dogaru T. Maria, Csedö Carol – Determination of some isoflavonoids and flavonoids from *Genista tinctoria* L. by HPLC-UV, *Farmacia*, 2009, LVII(1):120–127.

Manuscript received: 30.07.2008