

Additional file 1. Medicinal plants used in the Navarre Pyrenees area

Nº	Species	Local name (Spanish, <i>Euskera</i>)	PU ^a	Preparation ^b	Popular use (medical category, citations number for this application)	CF
	Apocynaceae					
1	<i>Nerium oleander</i> L. (PAMP 18785)	Adelfa	L	FU	Sinusitis (10, 1)	1
	Araliaceae					
2	<i>Hedera helix</i> L. (PAMP 18786)	Hiedra	LS	M	Toothache (10, 1)	1
	Asteraceae					
3	<i>Achillea millefolium</i> L. (PAMP 18636-18638)	Milenrama	F	I O	Period pains (3, 1); digestive (4, 1) Spots (2, 1)	3
4	<i>Arctium minus</i> Bernh. (PAMP 18639)	Bardana, hojas de lamparagón	R, L	MAL, P	Wounds, spots (2, 4)	4
5	<i>Bellis perennis</i> L. (PAMP 19879)	Margarita	FT	R	For health protection (11, 1)	1
6	<i>Calendula officinalis</i> L. (PAMP 18787, 18788)	Caléndula	F	O, OW MAO	Burns, wounds (2, 2) Earache (10, 1)	3
7	<i>Carlina acaulis</i> L. (PAMP 19880)	<i>Eguzkilore</i>	AP	R	Protection from diseases and evil spirits (11, 2)	2
8	<i>Chamaemelum nobile</i> (L.) All. (PAMP 18640, 18641)	Manzanilla, manzanilla del monte, <i>kamamila</i>	F	I, MAN OW MAO	Intestinal pain, constipation and stomach ache (4, 18); sedative (7, 1) To clean the eyes (10, 1) Wounds (2, 1)	21
9	<i>Cichorium intybus</i> L. (PAMP 18789)	Achicoria silvestre	LX	DA	Warts (2, 1)	1
10	<i>Jasonia glutinosa</i> (L.) DC. (PAMP 18642)	Té de roca, té de peña	F	I	Stimulating (7, 9); digestive (4, 4)	13
11	<i>Jasonia tuberosa</i> (L.) DC. (PAMP 19881)	Té de suelo	AP	I	Stimulating (7, 1)	1
12	<i>Lactuca serriola</i> L. (PAMP 19882)	Lehecino	LX	DA	Warts (2, 1)	1
13	<i>Santolina chamaecyparissus</i> L. ssp. <i>squarrosa</i> (DC) Nyman (PAMP 18643-18649, 18749)	Manzanilla, manzanilla del monte	F	I, MAN SB O	Digestive (4, 25) Women's intimate hygiene (3, 1) Wounds (2, 1)	27
14	<i>Sonchus oleraceus</i> L. (PAMP 19883)	Lehecino	LX	DA	Warts (2, 1)	1
15	<i>Tanacetum parthenium</i> Schultz Bip. (PAMP 18650)	Manzanilla, manzanilla de la huerta	F	I OW SB	Digestive (4, 2) To clean the eyes (10, 1) Women's intimate hygiene (3, 1)	4
16	<i>Taraxacum officinale</i> group. (PAMP 18651)	Diente de león	R, LX	MAO DA C	Spring cure for the liver (3, 1) Warts (2, 1) To purify the body (1, 1)	3
17	<i>Tussilago farfara</i> L. (PAMP 18652-18656)	Patamula	L	P, DA	Boils and wounds (2, 5)	6

				I	Cold (8, 1)	
	Betulaceae					
18	<i>Corylus avellana</i> L. (PAMP 18790)	Avellano	L	MAO	Skin diseases (2, 1)	1
	Boraginaceae					
19	<i>Symphytum officinale</i> L. (PAMP 18657, 18658)	Consuelda	R	O	Anti-inflammatory (6, 1); blows, rheumatism, osteoarthritis (5, 1)	2
20	<i>Symphytum tuberosum</i> L. (PAMP 18659)	Consuelda menor	R	P	Anti-inflammatory (6, 2)	2
	Brassicaceae					
21	<i>Brassica oleracea</i> L. var. <i>oleracea</i> (PAMP 19884)	Berza	L	O	Herpes (2, 1)	1
22	<i>Capsella bursa-pastoris</i> (L.) Medik (PAMP 18807)	Bolsa de pastor	AP	I	To regulate menstruation (3, 1)	1
23	<i>Rorippa nasturtium-aquaticum</i> (L.) Hayek (PAMP 18791)	Berro	L	C	Blood problems (e.g. blood-flow) (1, 1)	1
	Buxaceae					
24	<i>Buxus sempervirens</i> L. (PAMP 18660)	Boj	L	R	Warts (2, 1)	1
	Caprifoliaceae					
25	<i>Sambucus nigra</i> L. (PAMP 18661-18668)	Sáuco, <i>sabuko</i>	F, L, FR B	I, IH, D, SY, C, MAN, FU, P O OW	Cold, and headaches caused by a cold (8, 17); stomach ache (4, 1) Toothache and sore throat, (10, 16); anti-inflammatory, pains (6, 2); abscess, burns, spots, wounds and psoriasis (2, 14) Problems with the eyes (swelling...) (10, 1)	51
	Crassulaceae					
26	<i>Hylotelephium maximum</i> (L.) Holub (PAMP 18669, 18746)	Curamal, curamales, curalotodo	L	DA	Spots, pricks, wounds and to clean gangrene (2, 9)	9
27	<i>Sedum</i> sp. (PAMP 19885)	Hierba para almorranas	AP	P	Piles (2, 2)	2
28	<i>Umbilicus rupestris</i> (Salisb.) Dandy (PAMP 18792)	Ombbligo de venus	L	P	Injuries (2, 1)	1
	Equisetaceae					
29	<i>Equisetum arvense</i> L. (PAMP 18670, 18671)	<i>Axari buzten</i> , cola de caballo	SP	I, D P	Hypertension (1, 1); calcium deficiency (5, 2); diuretic (9, 2); kidney stones (3, 1) Sore throat (10, 1)	7
	Ericaceae					
30	<i>Arctostaphylos uva-ursi</i> (L.) Sprengel (PAMP 18793)	Gayuba	S, L	I	Kidney stones (9, 1); prostate problems (3, 1)	2
	Fabaceae					
31	<i>Dorycnium pentaphyllum</i> Scop. (PAMP 18672)	Planta para las piedras del riñón	AP	I	Kidney stones (9, 1)	1
	Fagaceae					

32	<i>Fagus sylvatica</i> L. ssp. <i>sylvatica</i> (PAMP 18794)	Haya, <i>pagoa</i>	B, L	B	Cold (8, 1); deep wounds caused by an axe (2, 1)	2
33	<i>Quercus</i> sp. (18806)	Roble	B	B	Cold (8, 1)	1
Gentianaceae						
34	<i>Centaurium erythraea</i> Rafn (PAMP 18673)		AP	I	To purify the blood (1, 2)	2
35	<i>Centaurium erythraea</i> Rafn ssp. <i>majus</i> (Hoffmanns. & Link) M. Lainz (PAMP 18674)	Hierba para el hígado	AP	I	Liver pain (3, 1); sedative (7, 1)	2
Geraniaceae						
36	<i>Geranium robertianum</i> L. (PAMP 18675)	-	AP	P	Wounds (2, 1)	1
Guttiferae						
37	<i>Hypericum perforatum</i> L. (PAMP 18676-18680)	Hipérico, hipérico del roncal, hierba de San Juan	FT	I MAO MAL	Stimulating (7, 1); diarrhoea (4, 6) Burns, wounds, skin troubles (2, 5); sore throat (10, 1) Muscular pains (5, 2)	15
Juglandaceae						
38	<i>Juglans regia</i> L. (PAMP 18681-18683)	Nogal	BD, L, FR	D, MAN G MAW	Stomach ache, diarrhoea caused by stomach colds (4, 3); to heal wounds in animals (12, 3) To clean the mouth (10, 1) For menstruation problems (3, 1)	8
Lamiaceae						
39	<i>Lavandula angustifolia</i> Bub. ssp. <i>pyrenaica</i> (DC) Guinea (PAMP 18684, 18685)	Lavanda, espliego	F	I PE	Digestive (4, 2) Other traditional uses (for foot odour) (11, 1)	3
40	<i>Marrubium vulgare</i> L. (PAMP 18686)	Marrubio blanco	AP	I	Old colds (8, 1)	1
41	<i>Melissa officinalis</i> L. (PAMP 18687-18690)	Melisa, salvia	AP, L	I P	Digestive (4, 1); sedative (7, 1) Problems with tendons and joints, rheumatism (5, 1)	3
42	<i>Mentha longifolia</i> Huds. (PAMP 18691)	Menta	AP	I	Stomach ache (4, 1)	1
43	<i>Mentha spicata</i> L. (PAMP 18692-18694)	Menta	L	I	Digestive (4, 4)	4
44	<i>Mentha suaveolens</i> Ehrh. (PAMP 18803)	<i>Menda</i> , menta	L	I	Digestive (4, 1); sedative (7, 1)	2
45	<i>Ocimum basilicum</i> L. (PAMP 18695)	Hierbabuena	L	I	Digestive (4, 1)	1
46	<i>Origanum vulgare</i> L. (PAMP 18695)	Orégano	F	I	Digestive (4, 1)	1

47	<i>Rosmarinus officinalis</i> L. (PAMP 18804)	Romero	AP	I MAL, MAW PE	To prevent and cure colds (8, 1); to clean blood (1, 1); digestive (4, 1); stimulant (7, 1) Muscular pain and rheumatism (5, 1) For foot odour (11, 1)	6
48	<i>Salvia officinalis</i> L. (PAMP 18696-18697)	Salvia	AP	I	Cold (8, 1); for menstrual pain (3, 1)	2
49	<i>Sideritis hyssopifolia</i> L. ssp. <i>guillonii</i> (Timb.-Lagr.) Rouy (PAMP 18698, 18699, 18750, 18751)	Té de roca	AP	I	Stomach ache, digestive (4, 5)	5
50	<i>Thymus praecox</i> Opiz subsp. <i>polytrichus</i> (A. Kerner ex Barbás) Jalas (PAMP 18700)	Orégano de monte	AP	I	Cold (8, 1)	1
51	<i>Thymus vulgaris</i> L. ssp. <i>vulgaris</i> (PAMP 18701-18703)	Tomillo	AP	I PE G MAO	To regulate blood pressure (1, 1); to prevent and cure colds (8, 4); for stomach colds, stomach ache (4, 2) For foot odour (11, 1) To clean the mouth (10, 1) Deafness caused by wax plugs (10, 2)	11
Liliaceae						
52	<i>Allium ampeloprasum</i> L. (PAMP 19886)	Puerro	S, L	D	To purify blood (1, 1); diuretic (9, 1)	2
53	<i>Allium cepa</i> L. (PAMP 19887)	Cebolla	L	P, DA, R	Infected spots, to heal (2, 14); fever (6, 1) Cough (8, 1)	16
54	<i>Allium sativum</i> L. (PAMP 19888)	Ajo	L	I, MAN, P R	Tapeworm (4, 1); rheumatism (5, 2); wounds, burn (2, 3); cold (8,1) For distemper in dogs and cats (12, 1)	8
55	<i>Asparagus officinalis</i> L. (PAMP 19889)	Espárrago	S	C	To clean blood (1, 1)	1
56	<i>Ruscus aculeatus</i> L. (PAMP 18704, 18705)	Ispelco	AP	R	Protection from diseases and evil spirits (11, 3)	3
Loranthaceae						
57	<i>Viscum album</i> L. (PAMP 18811)	<i>Bizko, migula, mihura, muérdago, muérdago de espino</i>	S, L	I, D	To regulate blood pressure (1, 8)	8
Lycoperdaceae						
58	<i>Lycoperdon</i> sp. (PAMP 19890)	Pedo de lobo	SR	P	Wounds (2, 2)	2
Lythraceae						
59	<i>Lythrum salicaria</i> L. (PAMP 18706, 18707)	Hierba para las diarreas	FT	D	Diarrhoea (4, 1)	1
Malvaceae						
60	<i>Althaea officinalis</i> L. (PAMP 18805)	Malvavisco	F	I	Cold (8, 1)	1
61	<i>Malva neglecta</i> Wallr (PAMP 18708)	Malva	AP	P	Wound (2, 1)	1
62	<i>Malva sylvestris</i> L. (PAMP 18709, 18710, 18747, 18748)	Malva	WP	I, D P, O	To clean blood (1, 1); colds (8, 1) For horses' wounds (12, 4); boils (2, 3)	9
Moraceae						

63	<i>Ficus carica</i> L. (PAMP 18801)	Higuera	LX L	DA FU	Warts (2, 3) Gumboils (10, 1)	4
	Myrtaceae					
64	<i>Eucalyptus globulus</i> Labill (PAMP 18800)	Eucalipto	L	SY	Cold (8, 1)	1
	Papaveraceae					
65	<i>Chelidonium majus</i> L. (PAMP 1871, 18712)	Celidonia, <i>iodobelarra</i>	LX, L S	DA, O I	Wounds, fungal growth and warts (2, 5) Sedative (7, 1); diuretic (9, 1)	7
	Pinaceae					
66	<i>Pinus sylvestris</i> L. (PAMP 18798)	Pino	B	P	Wounds (2, 1)	1
	Plantaginaceae					
67	<i>Plantago lanceolata</i> L. (PAMP 18713-18715)	Aquinácea, llantén, plantago menor	RZ, L	D P, DA	Bronchitis (8, 2) Mouth pain (10, 1); mouthache and bleeding gums (2, 1)	4
68	<i>Plantago major</i> L. (PAMP 18716, 18717)	Plantago mayor	L	P DA	Mouthache and bleeding gums (10, 1) Wounds (2, 4)	5
	Poaceae					
69	<i>Triticum aestivum</i> L. (18797)	Trigo	FR	P	Bronchial problems (8, 1)	1
70	<i>Zea mays</i> L. (PAMP 19891)	Maíz	F	I	Diuretic (9, 1)	1
	Primulaceae					
71	<i>Anagallis foemina</i> Mill. (PAMP 18718)	<i>Pasmobelarra</i>	AP	I O	Respiratory infections (8, 1) Spots (2, 1)	2
	Rhamnaceae					
72	<i>Rhamnus alaternus</i> L. (PAMP 18796)	Carrasquilla, <i>karraskila</i>	BR	D	To make blood more fluid (1, 3); rheumatism (5, 1); cold (8, 1)	5
	Rosaceae					
73	<i>Agrimonia eupatoria</i> L. (PAMP 18719, 18720)	Agrimonia	AP	I, G	Sore throat (10, 2); stomach ache (4, 1); cold (8, 1)	4
74	<i>Crataegus monogyna</i> Jacq (PAMP 18721-18723)	Espino blanco, flor del corazón, gurrillón	F, FR	I, MAN, D	For problems in heart functioning, hypertension, varicose veins (1, 6)	6
75	<i>Fragaria vesca</i> L. ssp. <i>vesca</i> (PAMP 18802)	Fresa	R	D	Prostate problems (3, 1)	1
76	<i>Malus sylvestris</i> Mill. (PAMP 19892)	Manzano, <i>patxaka</i>	FR	MAN	Stomach ache (4, 1)	1
77	<i>Potentilla reptans</i> L. (PAMP 18795)	Cincoenrama	WP	P	Wounds (2, 1)	1
78	<i>Prunus spinosa</i> L. (PAMP 19893)	<i>Patxaran</i>	FR BR, R	MAN D	Stomach ache, diarrhoea caused by stomach colds (4, 9) Hypertension, to make blood more fluid (1, 2)	11

79	<i>Rosa canina</i> L. (PAMP 18725-18728, 18809)	Cabardas, cabarderas, rosa, escaramujo	FR F, B	I, C, MAN D, OW	Diarrhoea (4, 5); sore throat (10, 1); cold (8, 4) Hypertension (1, 1); to clean the eyes (10, 3)	1P
80	<i>Rubus ulmifolius</i> Schott (PAMP 18729)	Zarza, zarzamora	NS	I G	Diarrhoea caused by stomach colds (4, 3) For cleanness the mouth (10, 1)	4
	Rutaceae					
81	<i>Citrus aurantium</i> L. (PAMP 19894)	Naranja	F	D	Prostate problems (3, 1)	1
82	<i>Citrus limon</i> (L.) Burm (PAMP 19895)	Limón	FR	J	Sore throat (10, 1)	1
	Saxifragaceae					
83	<i>Saxifraga longifolia</i> Lapeyr (PAMP 19896)		L	T	For deafness caused by wax plugs (10, 1)	1
	Scrophulariaceae					
84	<i>Scrophularia auriculata</i> L. (PAMP 18730)	Escrofularia	WP	P	Antibiotic and anti-inflammatory (6, 1)	1
85	<i>Verbascum thapsus</i> L. (PAMP 18731-18733)	Hierba para almorranas	R, L	R I	Hemorrhoids (2, 1) Respiratory infections (8, 2)	3
	Solanaceae					
86	<i>Lycopersicon esculentum</i> Mill. (PAMP 19897)	Tomate	F	P, DA	Toothache and sore throat (10, 2)	2
	Tamaricaceae					
87	<i>Tamarix gallica</i> L. (PAMP 18810)	Taray		P	For foot odour (11, 1)	1
	Tiliaceae					
88	<i>Tilia platyphyllos</i> Scop. (PAMP 18734-18738, 18752)	Tilo, tilo de montaña	FT	I	Sedative (7, 13); for sick animals (12, 1)	14
	Umbelliferae					
89	<i>Foeniculum vulgare</i> L. (PAMP 19898)	Hinojo	AP	R	Other traditional uses (protection from diseases and evil spirits) (11, 1)	1
	Urticaceae					
90	<i>Urtica dioica</i> L. (PAMP 18739)	Ortiga, atsunes	AP	C, I F	To improve blood circulation, cholesterol (1, 9); for weak hair (10, 2); depurative, diuretic (9, 2); Backache and rheumatism (5, 7); pains (6, 2)	22

	Verbenaceae					
91	<i>Verbena officinalis</i> L. (PAMP 18740-18745)	Verbena	AP	P I	Sore throat (10, 2); cold, chest congestion, bronchitis, asthma and bronchitis (8, 9); wounds and to ripen the grains (2, 5); pains, anti-inflammatory (6, 1) Other traditional uses (for old diseases) (11, 1); stimulanting (7, 1)	19
	Violaceae					
92	<i>Viola riviniana</i> Reichenb. (PAMP 18808)	Violeta	F	I	Sinusitis (10, 1)	1

Parts used: AP: aerial part; B: bark; BD: bud; BR: branch; F: flower; FR: fruits; FT: floral top; L: leaf; LS: leaf-stalk; LX: latex; NS: new shoot; R: root; RZ: rhizome; S: stem; SP: sterile plant; SR: spore; WP: whole plant. **Preparations:** B: bath; C: comestible; DA: direct application; D: decoction; F: friction; FU: fume; G: gargling; I: infusion; IH: inhalation; J: juice; MAL: maceration in alcohol; MAN: maceration in anisette; MAO: maceration in oil; MAW: maceration in wine; M: to masticate; O: ointment; OW: ocular washed; PE: pediluvium; P: poultice; R: rite; SB: sitz bath; SY: syrup.