

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for CHOLESTEROL

Plant	Part	Low PPM	High PPM	StdDev	Reference
Abelmoschus moschatus	Seed				Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Abutilon theophrasti	Seed Oil				Sun, Y. Y., Yuan, Y. X. 1996. Study on Lipid Soluble Constituent in Seed of Abutilon theophrasti. Chung Ts'ao Yao, 27(6): 334.
Acacia farnesiana	Seed				Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Acacia farnesiana	Plant				Pakistan Encyclopedia Planta Medica. 1986.
Aesculus hippocastanum	Bark				Jim Duke's personal files.
Aesculus hippocastanum	Seed				Jim Duke's personal files.
Allium cepa	Seed				Kintia, P. K., Degtiaryova, L. P., Balashova, N. N., Shvets, S. A. 1987. Sterols and Steroidal Glycosides of Bulb Onion Seeds. Fecs. Int. Conf. Chem. Biotechol. Biol. Act. Nat. Prod., (Proc.) 3rd: 166-170.
Allium sativum var. sativum	Bulb	0.0	80.0		LAWSON in Koch, H. P. and Lawson, L. D., eds. 1996. Garlic-The Science and therapeutic application of Allium sativum L. and related species. Williams & Wilkins, Baltimore. 329 pp.
Allium cepa	Bulb				--
Aloe vera	Plant				Suga, T., Hirata, T. 1983. The Efficacy of the Aloe Plants Chemical Constituents and Biological Activities. Cosmet. Toiletries 98(6): 105-108.
Aloe vera	Shoot				Afzal, M., Ali, M., Hassan, R. A. H., Sweedan, N., Dhami, M. S. I. 1991. Identification of Some Prostanoids in Aloe vera Extracts. Plant Medica, 57(1): 38-40.
Aloe vera	Leaf	40.0	120.0		--
Amaranthus spinosus	Leaf				Wealth of India.
Anastatica hierochuntica	Plant				--
Annona muricata	Plant				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Annona squamosa</i>	Plant				--
<i>Arachis hypogaea</i>	Plant				--
<i>Avena sativa</i>	Seed				--
<i>Avena sativa</i>	Leaf				--
<i>Calendula officinalis</i>	Flower				--
<i>Carica papaya</i>	Seed Oil				Jim Duke's personal files.
<i>Citrus reticulata</i>	Pericarp				--
<i>Citrus paradisi</i>	Fruit				CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Citrus sinensis</i>	Fruit				--
<i>Citrus reticulata</i>	Root				--
<i>Coffea arabica</i>	Seed				--
<i>Commiphora wightii</i>	Resin, Exudate, Sap				Jim Duke's personal files.
<i>Commiphora myrrha</i>	Resin, Exudate, Sap				Leung, A.Y., Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics, John Wiley & Sons, New York, 1980.
<i>Commiphora wightii</i>	Inflorescence		100.0		Jim Duke's personal files.
<i>Cucurbita pepo</i>	Plant				--
<i>Curcuma longa</i>	Rhizome				--
<i>Cymbopogon parkeri</i>	Plant				Rizk, A.F.M., The Phytochemistry of the Flora of Qatar, Scientific and Applied Research Centre, University of Qatar, Kingprint, Richmond, UK, 1986.
<i>Daucus carota</i>	Leaf				--
<i>Digitalis lanata</i>	Plant				--
<i>Elettaria cardamomum</i>	Seed				--
<i>Equisetum arvense</i>	Plant				--
<i>Euphorbia hirta</i>	Plant				--
<i>Euphorbia pulcherrima</i>	Plant				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Fucus vesiculosus	Plant				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Glycine max	Seed				--
Helianthus annuus	Seed		1500.0	1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Seed				--
Holarrhena pubescens	Tissue Culture				--
Hylocereus undatus	Plant				--
Juglans regia	Seed	0.0	12.0	-1.0	--
Juniperus communis	Fruit				Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Linum usitatissimum	Seed				Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Lycium chinense	Seed				Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
Lycium chinense	Leaf				Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
Lycopodium clavatum	Plant				--
Momordica charantia	Fruit				=ICMR(Indian Council of Medical Research).1976.Medicinal Plants of India.Vol.1.Indian Council of Med. Res.Cambridge Printing Works, New Delhi.487 pp;ICMR.1987.Medicinal Plants of India.Vol.2.Indian Council of Med. Res.Cambr. Printing Works,New Delhi.600pp
Moringa oleifera	Seed				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Musa x paradisiaca	Fruit				Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Nigella sativa	Seed				--
Nigella sativa	Seed Oil				--
Ononis spinosa	Root		68.0		--
Opuntia ficus-indica	Seed Oil		15000.0		--
Panax quinquefolius	Seed Oil				--
Panax ginseng	Seed Oil				--
Persea americana	Plant				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Phoenix dactylifera	Pollen Or Spore				Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Phoenix dactylifera	Fruit		0.0		USDA's Ag Handbook 8 and sequelae)
Piper methysticum	Rhizome				--
Pisum sativum	Seed				--
Prunus armeniaca	Seed				Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Punica granatum	Seed				--
Rosa multiflora	Fruit				--
Rosmarinus officinalis	Shoot		6.0		--
Salvia officinalis	Fruit Essent. Oil				--
Salvia officinalis	Fruit				Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Sambucus nigra	Hh				--
Sambucus nigra	Flower				--

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Sambucus nigra	Plant				--
Sesamum indicum	Seed Oil				--
Sinapis alba	Seed				--
Solanum nigrum	Plant				--
Solanum dulcamara	Leaf				--
Solanum tuberosum	Plant				--
Spinacia oleracea	Leaf				--
Tagetes erecta	Flower				Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Theobroma cacao	Oil	0.0	2800.0	1.0	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Theobroma cacao	Plant				--
Trigonella foenum-graecum	Seed				--
Trigonella foenum-graecum	Tissue Culture		20.0		--
Ulmus rubra	Wood				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Valeriana officinalis	Plant				Lokar, L. C., Martini, F. 1997. Chemotaxonomic Investigations on the Genus Valeriana L. in the Northeastern Italy and in Tuscany. I. Phytosterols. Dept. of Biology, University of Trieste. Allionia 35: 103-115.
Vicia faba	Oil		400.0	-1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vitis vinifera	Fruit				--
Zea mays	Shoot				--
Zea mays	Root				--
Zea mays	Seed				--