

Dr. Duke's Phytochemical and Ethnobotanical Databases

Ethnobotanical Uses for *Spinacia oleracea*

Ethnobotanical Use	Country/Region	Reference
Anemia	Haiti	Brutus, T.C., and A.V. Pierce-Noel. 1960. Les Plantes et les Legumes d'Hati qui Guerissent. Imprimerie De L'Etat, Port-Au-Prince, Haiti.
Antivinous	China	Shih-chen, Li. 1973. Chinese medinal herbs. Georgetown Press, San Francisco.
Astringent	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Bactericide	Elsewhere	--
Bowel	Iraq	Al-Rawi, Ali. 1964. Medicinal Plants of Iraq. Tech. Bull. No. 15. Ministry of Agriculture, Directorate General of Agricultural Research Projects.
Bowel	Elsewhere	--
Carminative	China	Shih-chen, Li. 1973. Chinese medinal herbs. Georgetown Press, San Francisco.
Demulcent	Elsewhere	--
Demulcent	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Depurative	Dominican Republic	Liogier, Alain Henri. 1974. Diccionario Botanico de Nombres Vulgares de la Espanola. Universidad Nacional Pedro Henriquez Urena, Santo Domingo.
Depurative	Haiti	Brutus, T.C., and A.V. Pierce-Noel. 1960. Les Plantes et les Legumes d'Hati qui Guerissent. Imprimerie De L'Etat, Port-Au-Prince, Haiti.
Diuretic	Elsewhere	--
Diuretic	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Fatigue	Haiti	Brutus, T.C., and A.V. Pierce-Noel. 1960. Les Plantes et les Legumes d'Hati qui Guerissent. Imprimerie De L'Etat, Port-Au-Prince, Haiti.
Fever	Elsewhere	--
Inflammation	Iraq	Al-Rawi, Ali. 1964. Medicinal Plants of Iraq. Tech. Bull. No. 15. Ministry of Agriculture, Directorate General of Agricultural Research Projects.
Inflammation	Elsewhere	--
Laxative	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Rachitis	Haiti	Brutus, T.C., and A.V. Pierce-Noel. 1960. Les Plantes et les Legumes d'Hati qui Guerissent. Imprimerie De L'Etat, Port-Au-Prince, Haiti.
Refrigerant	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Refrigerant	China	Shih-chen, Li. 1973. Chinese medinal herbs. Georgetown Press, San Francisco.
Thirst	China	Shih-chen, Li. 1973. Chinese medinal herbs. Georgetown Press, San Francisco.
Tuberculosis	Haiti	Brutus, T.C., and A.V. Pierce-Noel. 1960. Les Plantes et les Legumes d'Hati qui Guerissent. Imprimerie De L'Etat, Port-Au-Prince, Haiti.

Ethnobotanical Use	Country/Region	Reference
Tumor	US	Hartwell, J.L. 1967-71. Plants used against cancer. A survey. <i>Lloydia</i> 30-34.