

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	Elsewhere	--
Bowel	Iraq	Al-Rawi, Ali. 1964. Medicinal Plants of Iraq. Tech. Bull. No. 15. Ministry of Agriculture, Directorate General of Agricultural Research Projects.
Carminative	China	Shih-chen, Li. 1973. Chinese medinal herbs. Georgetown Press, San Francisco.
Demulcent	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Demulcent	Elsewhere	--
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.
Depurative	Dominican Republic	Liogier, Alain Henri. 1974. Diccionario Botanico de Nombres Vulgares de la Espanola. Universidad Nacional Pedro Henriquez Urena, Santo Domingo.
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. Lloydia 30-34.