

Dr. Duke's Phytochemical and Ethnobotanical Databases

Ethnobotanical Uses for *Spinacia oleracea*

Ethnobotanical Use	Country/Region	Reference
Tumor	US	Hartwell, J.L. 1967-71. Plants used against cancer. A survey. Lloydia 30-34.
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.
Thirst	China	Shih-chen, Li. 1973. Chinese medicinal herbs. Georgetown Press, San Francisco.
Refrigerant	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Refrigerant	China	Shih-chen, Li. 1973. Chinese medicinal herbs. Georgetown Press, San Francisco.
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.
Laxative	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
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	--
Fever	Elsewhere	--
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.
Diuretic	Elsewhere	--
Diuretic	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
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.
Demulcent	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Demulcent	Elsewhere	--
Carminative	China	Shih-chen, Li. 1973. Chinese medicinal herbs. Georgetown Press, San Francisco.
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.
Bactericide	Elsewhere	--
Astringent	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Antivinous	China	Shih-chen, Li. 1973. Chinese medicinal herbs. Georgetown Press, San Francisco.

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.