

Inula helenium (Asteraceae)

Common name(s)

Enula; Helenium; Helenio; Hsuan Fu Hua; Chin Ch'len Hua; Mu Xiang; Induzotu; O-Oguruma; Chin Ch'len Chu

Use	Country/Region	Reference
Alterative	China	Shih-chen, Li. 1973. Chinese medicinal herbs. Georgetown Press, San Francisco.
Antiseptic	China	Keys, J.D. 1976. Chinese Herbs. Charles E. Tuttle Co., Tokyo.
Antiseptic	Europe	
Antiseptic	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Apertif	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Asthma	Elsewhere	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
Bronchitis	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Carminative	China	Shih-chen, Li. 1973. Chinese medicinal herbs. Georgetown Press, San Francisco.
Cholagogue	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Cough	Elsewhere	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
Deobstruent	China	Shih-chen, Li. 1973. Chinese medicinal herbs. Georgetown Press, San Francisco.
Diaphoretic	Elsewhere	ANON. 1978. List of Plants. Kyoto Herbal Garden, Pharmacognostic Research Lab., Central Research Division, Takeda Chem. Industries, Ltd., Ichijoji, Sakyoku, Kyoto, Japan.
Discutient	China	Shih-chen, Li. 1973. Chinese medicinal herbs. Georgetown Press, San Francisco.
Diuretic	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Diuretic	Europe	
Diuretic	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.
Diuretic	Elsewhere	ANON. 1978. List of Plants. Kyoto Herbal Garden, Pharmacognostic Research Lab., Central Research Division, Takeda Chem. Industries, Ltd., Ichijoji, Sakyoku, Kyoto, Japan.
Expectorant	China	Keys, J.D. 1976. Chinese Herbs. Charles E. Tuttle Co., Tokyo.
Expectorant	Europe	
Expectorant	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Hemoptysis	Spain	Font Query, P. 1979. Plantas Medicinales el Dioscorides Renovado. Editorial Labor, S.A. Barcelona. 5th Ed.
Laxative	China	Shih-chen, Li. 1973. Chinese medicinal herbs. Georgetown Press, San Francisco.
Leukemia	Argentina	Hartwell, J.L. 1967-71. Plants used against cancer. A survey. Lloydia 30-34.
Lung	Elsewhere	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
Pertussis	Elsewhere	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
Pertussis	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Sclerosis	India	Hartwell, J.L. 1967-71. Plants used against cancer. A survey. Lloydia 30-34.
Skin	Elsewhere	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
Stomachic	China	Shih-chen, Li. 1973. Chinese medicinal herbs. Georgetown Press, San Francisco.
Stomachic	China	Keys, J.D. 1976. Chinese Herbs. Charles E. Tuttle Co., Tokyo.
Stomachic	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.
Stomachic	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Sudorific	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Tea	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.
Tonic	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Tonic	China	Shih-chen, Li. 1973. Chinese medicinal herbs. Georgetown Press, San Francisco.

Use	Country/Region	Reference
Tumor(Lung)	China	Yey, S.D.J. 1973. Anticancer Chinese Herbal Medicines. <i>American Journal of Chinese Medicine</i> 1(2): 271-274.
Vermifuge	Europe	
Vermifuge	Turkey	Steinmetz, E.F. 1957. <i>codex Vegetabilis</i> . Published by the author, Amsterdam.
Vermifuge	China	Leung, Albert Y. 1980. <i>Encyclopedia of common natural ingredients</i> . John Wiley and Sons, N.Y.
Vermifuge	China	Keys, J.D. 1976. <i>Chinese Herbs</i> . Charles E. Tuttle Co., Tokyo.
Vulnerary	China	Shih-chen, Li. 1973. <i>Chinese medicinal herbs</i> . Georgetown Press, San Francisco.
Wen	UK	Hartwell, J.L. 1967-71. Plants used against cancer. A survey. <i>Lloydia</i> 30-34.