

# Avena sativa (Poaceae)

## Common name(s)

Dousar; Oatmeal; Yulaf; Avena; Oats

| Use            | Country/Region | Reference   |
|----------------|----------------|---|
| Demulcent      | Iraq           | Al-Rawi, Ali. 1964. Medicinal Plants of Iraq. Tech. Bull. No. 15. Ministry of Agriculture, Directorate General of Agricultural Research Projects. |
| Diuretic       | Turkey         | Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.  |
| Diuretic       | Spain          | Font Query, P. 1979. Plantas Medicinales el Dioscorides Renovado. Editorial Labor, S.A. Barcelona. 5th Ed.  |
| Nervine        | Turkey         | Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.  |
| Poison         | US             | Lewis and Elvin-Lewis, Medical Botany, ca 1977  |
| Spasm          | Turkey         | Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.  |
| Stimulant      | Turkey         | Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.  |
| Tonic          | Turkey         | Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.  |
| Tumor          | Chile          | Hartwell, J.L. 1967-71. Plants used against cancer. A survey. Lloydia 30-34.  |
| Tumor(Abdomen) | UK(Wales)      | Hartwell, J.L. 1967-71. Plants used against cancer. A survey. Lloydia 30-34.  |
| Vulnerary      | Turkey         | Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.  |