

Table S2. The ethnopediatric studies and bioscientific evidence for the medicinal plants identified in the present study

Nr.	Plant (Latin name, Family, English name)	Indications and biological activities reported in the present study	Ethnopediatric use in other countries previously reported in the literature	Clinical studies or case reports in children	Clinical studies or case reports in adults (for similar use as the one reported in the present study)	<i>In vivo</i> studies (supporting the use reported in the present study)	<i>In vitro</i> studies (supporting the use reported in the present study)
1.	<i>Abies alba</i> Mill., Pinaceae (silver fir)	Acute respiratory diseases: bronchitis (expectorant)	<i>Bosnia- Herzegovina</i> : respiratory diseases (Prazina et al., 2011)	-	Respiratory: benefits as an aerosol of a water-alcohol extract for respiratory tract diseases (Baranețchi et al., 1985)	-	Antioxidant, cytotoxic, antibacterial (Macovei et al., 2023), antifungal (Valková et al., 2022)
2.	<i>Allium cepa</i> L., Amaryllidace ae (onion)	Respiratory: asthma, bronchitis (calming, relaxing, anti- inflammator y)	<i>India</i> : jaundice; growth and development - onions with jaggery; colic - onion juice with salt (Singh and Khar, 2022) <i>Indonesia</i> : fever – compresses as febrifuge (Erda et al., 2021)	Skin: alopecia areata – topical crude onion juice (Sharquie and Al-Obaidi, 2002)	Respiratory: inhibition of allergen-induced bronchial obstruction (Dorsch et al., 1987), viral flu with mild symptoms (Tan et al., 2020)	Respiratory: reducing lung inflammation, oxidative stress and tracheal responsiveness in a murine model of asthma (Oliveira et al., 2015; Ghorani et al., 2018; Marefati et al., 2018; Shakeri et al., 2023), antibacterial	Relaxant on the tracheal smooth muscle (Memarzia et al., 2019), anti- inflammatory (Takahashi and Shibamoto, 2008; El- Hashim et al., 2020), fungicidal (Kocić- Tanackov et al., 2017), antibacterial (Ziarlarimi et al., 2011)

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						(Akrami et al., 2015)	
3.	<i>Allium sativum</i> L., Amaryllidace ae (garlic)	Digestive: intestinal worms, intestinal parasites (anti- parasitic)	<i>Benin, Nigeria:</i> convulsions (Ayivi and Dan, 1990) <i>Ethiopia:</i> teething symptoms (Getaneh et al., 2018) <i>Italy:</i> intestinal worms (Passalacqua et al., 2007; Dutto et al., 2012); antimalarial (Gurmu et al., 2018); whooping cough (Muhe et al., 1994); anthelmintic (Pieroni et al., 2005;	Digestive: antiparasitic in infections with Hymenolepiasis nana or Giardia lamblia (Soffar and Mokhtar, 1991), treatment of <i>Blastocystis</i> and giardiasis in children (Abdo et al., 2023), oral antibacterial as mouth rinse (Thomas et al., 2017), biomaterial for pulpotomy of primary molars (Faghihi et al., 2021) Skin: antiviral in verruca vulgaris	Digestive: anti- Helicobacter pylori (Zardast et al., 2016) Antifungal: anti- Cryptococcus neoformans (Davis et al., 1990)	Digestive: antiparasitic in various animal models (Abd El- Galil and Aboelhadid, 2012; Cortes et al., 2017; Abd- ELrahman et al., 2022)	Antiparasitic (Fallahi et al., 2016; Băieș et al., 2022), vermifugal (Krishnakumari and Majumder, 1960), anthelmintic (Iqbal et al., 2001; Urban et al., 2008a)

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			Passalacqua et al., 2007)	(Silverberg, 2002) Respiratory: non-specific prevention of acute respiratory infections (Andrianova et al., 2003), increased arterial oxygen pressure in hepatopulmonary syndrome (Sani et al., 2006) Ear: analgesic in otalgia associated with acute otitis media (Sarrell et al., 2001)			
4.	<i>Allium ursinum</i> L.,	General: weakness (tonic,	India: tonic and immune booster (Shahrajabian,	-	-	General: antioxidant properties in	Tonic (Leahu et al., 2015), antioxidant (Nikkhahi et al.,

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	Amaryllidaceae (wild garlic, ramson)	immune stimulant)	2021); tonic (Khan et al., 2017) <i>Italy, Poland:</i> edible tonic (Leporatti and Ivancheva, 2003; Luczaj et al., 2012; Sõukand, 2016) <i>Serbia:</i> edible spice (Jarić et al., 2007a)			hypercholesterolemic rabbits (Bombicz et al., 2016)	2018; Pop et al., 2020; Davidović- Plavšić et al., 2021; Kovačević et al., 2023), antimicrobial (Barbu et al., 2023), antimicrobial and antiparasitic (Krstin et al., 2018), antibacterial and antifungal (Galdiero et al., 2020), inhibitory effect against HIV-1- and HIV-2-induced cytopathicity (Smeets et al., 1997), antioxidant and antiproliferative (Sobolewska et al., 2006; Stanisavljević et al., 2020), antimicrobial, antioxidant and

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							spasmolytic (Pavlović et al., 2017), antioxidant (BÂRLĂ et al., 2016)
5	<i>Anethum graveolens</i> L., Apiaceae (dill)	Digestive: abdominal cramps, infantile colic (relaxing, carminative)	<i>India</i> : infantile colic, digestive illnesses (Nair and CHANDA, 2007; Dhiraj and Anjna, 2013), carminative, antiflatulent (Shekhawat and Jana, 2010) <i>Iran</i> : infantile colic, digestive ailments (Sherkatolabbas ieh et al., 2021), gastrointestinal disorders (Bahmani et al., 2014)	Digestive: antigiardial (Sahib et al., 2014)	Digestive: relaxing (Heidarifar et al., 2014), carminative (Hekmatzadeh et al., 2014), antispastic in irritable bowel disease (Mohammad, 2012), protects esophageal mucosa (Nam et al., 2021)	General: anti- inflammatory (Naseri et al., 2012),	Antiparasitic (Abas and Elagib, 2021), antimicrobial (Kaur and Arora, 2008; Castro et al., 2017)

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6.	<i>Arnica montana</i> L., Asteraceae (mountain arnica)	Musculoskeletal: trauma (vulnerary, anti-inflammatory)	<i>Ireland</i> : control bruising, reduce swelling, and promote recovery after local trauma (Crowe and Lyons, 2004) <i>Mexico</i> : wound healing (Alonso-Castro et al., 2022)	Skin: detachment of the umbilical cord (Perrone et al., 2012), soft tissue bruising vulnerary (Thompson et al., 2010a) Musculoskeletal: external and internal bruising (Kaplan, 1994; Thompson et al., 2010b), antalgic and vulnerary (Crowe and Lyons, 2004) Eye: dry eye treatment (Buzzonetti et al., 2023)	Musculoskeletal: effective treatment of swelling and bruising of the face (Lee et al., 2007a), anti-inflammatory, used in post-sport ankle sprain (Jurcău and Jurcău, 2013), accelerates postoperative healing, with a quicker resolution of the extent and the intensity of ecchymosis after osteotomies in rhinoplasty surgery (Chaiet and Marcus, 2016), muscle pain reliever (Adkison et al., 2010), effective in post-surgical setting, pain and	Musculoskeletal: antiinflammatory (Macêdo et al., 2004; Röhrle et al., 2023), vulnerary (Jia et al., 2006)	Musculoskeletal: promoter of healing (Oliosio et al., 2016), anti-inflammatory (Röhrle et al., 2022)

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					inflammation (Iannitti et al., 2016)		
7.	<i>Calendula officinalis</i> L., Asteraceae (common marigold)	Skin: diaper rash, eczema, wounds, burns, skin infections (emollient, vulnerable, anti- infective)	<i>Russia</i> : vulnerable suppurative otitis media (Shaparenko et al., 1979)	Skin: diaper dermatitis (Panahi et al., 2012), diaper dermatitis (Adib- Hajbaghery et al., 2014) Ear: analgesic in ear pain associated with acute otitis media (Sarrell et al., 2001, 2003)	Skin: positive effects of the ointment with marigold extract on venous ulcer epithelialization (Duran et al., 2005), vulnerable in diabetic foot ulcers (Buzzi et al., 2016)	Skin: radiodermatitis healing (Schneider et al., 2015)	Vulnerable (Fronza et al., 2009; Nicolaus et al., 2017), anti- infective (Chakraborty, 2008)
8.	<i>Carum carvi</i> L., Apiaceae (caraway)	Digestive: cramps, infantile colic (carminative)	<i>Italy, Tunisia</i> : enuresis (Leporatti and Ghedira, 2009) <i>Morocco</i> : treat infantile colic (Said et al., 2015)	Digestive: appetite stimulant (Prangya Paramita Pati et al., 2023)	Digestive: improves bowel movements (Yousefi et al., 2019), anti- dyspepsia (Thompson Coon and Ernst, 2002)	Digestive: relaxes intestinal muscles (Al-Essa et al., 2010)	
9.	<i>Chelidonium majus</i> L.,	Skin: verruca	<i>Italy</i> : wart treatment	Skin: benefits in skin wart -	-	Skin: wart treatment	HPV replication inhibition (Nawrot et

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	Papaveraceae (greater celandine)	(anti- infective, immune stimulant)	(Muršić, 2020), (Leporatti and Corradi, 2001) <i>Iran</i> : wart treatment (Miraldi et al., 2001) <i>Poland</i> : jaundice and digestive tract parasites (Zielińska et al., 2018)	antiviral (Nawrot et al., 2020) General: improved overall humoral and cellular immunity response (Khmel'nitskaia et al., 1998)		(Sterling et al., 2014) General: anti- retroviral activity in mice (Gerenčer et al., 2006), anti- inflammatory (Lee et al., 2007b), anti-hepatic tumor in mice (Biswas et al., 2008)	al., 2021; Musidlak et al., 2022)
10.	<i>Cucurbita pepo</i> L., Cucurbitaceae (pumpkin)	Digestive: intestinal worms (anti- parasitic)	<i>Iran</i> : anthelmintic (Moosavy et al., 2018) <i>Turkey</i> : anthelmintic (Kozan et al., 2006); endocrine diseases (SARI et al., 2023a)	General: food supplement trial (Buzigi et al., 2020) Blood: anemia treatment (Resmi et al., 2017)	-	Digestive: pronounced anthelmintic effect (A. ACORDA et al., 2019; Băieș et al., 2023), <i>in vitro</i> and <i>in vivo</i> anthelmintic efficiency (Grzybek et al., 2016),	Anthelmintic efficiency (Urban et al., 2008b; Okpo and Nnajekwu, 2013; Grzybek et al., 2016), antiparasitic (Maldonade et al., 2020; Băieș et al., 2022), anthelmintic efficacy (Hussein and Shukur, 2020; Boros

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						antiparasitic in a mouse model (Beshay et al., 2019), anthelmintic in ostrich (Feitosa et al., 2012), anthelmintic in mice (Erol and Hamit, 2015; Alhawiti et al., 2019; Ashour et al., 2023; Saleh et al., 2024), anthelmintic in sheep (Meenakshisundaram et al., 2017)	et al., 2021; Salman and Ardalan, 2022)
11.	<i>Foeniculum vulgare</i> Mill., Apiaceae (fennel)	Digestive: intestinal cramps, infantile colic (carminative)	<i>India</i> : treatment of colic in children (Badgujar et al., 2014) <i>Morocco</i> : treatment of	Digestive: benefits in infantile colic (Savino et al., 2005)	-	Digestive: decreasing colic intensity (Alexandrovich et al., 2003)	-

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			infantile colic (Said et al., 2015)				
12.	<i>Helianthus annuus</i> L., Asteraceae (common sunflower)	Ear: ear pain (analgesic)	<i>India</i> : skincare of infants in Ayurveda (KHATRI, 2013) <i>Turkey</i> : atopic dermatitis (Akbaş et al., 2022)	Skin: topically applied sunflower seed oil improved skin conditions, prevented invasive bacterial infections in preterm infants (Darmstadt et al., 2004), skin microbiome alteration (Fischer et al., 2021), skin barrier recovery (Ahmed et al., 2007; Summers et al., 2019) General: sunflower oil	Skin: preservation of skin barrier- potentially useful in ear pain (Danby et al., 2013)	Skin: wound healing properties- potentially useful in ear pain (Abhishek Anand et al., 2012)	Antimicrobial activity - potentially useful in ear pain (Selected Evidence-Based Health Benefits of Topically Applied Sunflower Oil, 2015)

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				supplementation as an alternative to corn-soy blends, treatment of moderate acute malnutrition among children aged 6 to 59 months (Nane et al., 2021), children with familial hypercholesterol emia (Negele et al., 2015), severe acute malnutrition (Shahunja et al., 2021)			
13.	<i>Hippophae rhamnoides</i> L., Elaeagnaceae	Respiratory: infections (tonic, immune stimulant)	<i>China</i> : remarkable anti- fatigue activity (Ni et al., 2013;	Digestive: increased levels of appetite factors, leptin and neuropeptide	General: strongly associated with its dietary benefits for the immune system (Leahu et al., 2019)	General: significant immunomodulatory activity, specific activation	-

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	(sea buckthorn)		Xiao et al., 2013) <i>Mongolia</i> : sea buckthorn beverage for people like sportsmen, manual workers, children, and aged and pregnant women to enhance strength (Pokharel et al., 2021)	Y, gastric emptying and gastrointestinal digestive function, growth and development in children with functional dyspepsia (Xiao et al., 2013)		of cell-mediated immune response (Geetha et al., 2005)	

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14.	<i>Hypericum perforatum</i> L., Hypericaceae (Saint John's wort)	Digestive: liver diseases, gallbladder dyskinesia (vulnerary)	<i>Poland:</i> treatment of burns (Coppock and Dziwenka, 2021) <i>USA:</i> neurological diseases, depression, eczema, wart, cold, antioxidant (Lohse et al., 2006)	Ear: analgesic in ear pain associated with acute otitis media (Sarrell et al., 2001) Psychological: attention deficiency disorder (Weber et al., 2008), depression (Hübner and Kirste, 2001)	Skin: vulnerary (Hajhashemi et al., 2018), wound healing (Samadi et al., 2010)	Digestive: hepatoprotective (Öztürk et al., 1992; Bayramoglu et al., 2014), gastroprotective (Zdunić et al., 2009), effective on inflammation, fibrosis, and necrosis in corrosive esophageal burns (Sümeli et al., 2022) General: antioxidant in hyperlipidemic rats (Ghosian Moghaddam et al., 2016), antihyperglycemic in induced	Anti-inflammatory (Hammer et al., 2010; Huang et al., 2011), antioxidant against hydrogen peroxide induced apoptosis in PC 12 cells (Zou et al., 2010)

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						diabetic rats (S et al., 2011)	
15.	<i>Matricaria</i> <i>spp.</i> Asteraceae (chamomile)	Digestive: diarrhea, infantile colic Skin: skin and mucosa inflammation, eczema Eye: infection (relaxing, carminative, anti-inflammatory, anti-infective)	<i>Brazil</i> : flu, cough; stomach pain, nausea/vomiting , intestinal colic; calming/sedative; shingles (Gentil et al., 2010); intestinal cramps; flu symptoms; calm down the children (Alves and da Silva, 2003); rashes, eczema, and hemorrhoids; orally as a mild sedative or for	Digestive: calming in colic (Ghorat et al., 2017; Salehipoor et al., 2019; Savino et al., 2005; Sorme et al., 2019; Weizman et al., 1993), infantile colic (significantly more effective than simethicone (Martinelli et al., 2017), infantile colic (Sorme et al., 2019), antiinflammatory and spasmolytic effects on the stomach and duoden (Mann	Skin: benefits in atopic dermatitis, inflammatory dermatoses (Patzelt-Wenczler and Ponce-Pöschl, 2000), wound healing after dermabrasion of tattoos (Glowania et al., 1987) Psychological: relaxing, anxiolytic (Keefe et al., 2016; Ebrahimi et al., 2022) Digestive: oral mucositis (Carl and Emrich, 1991), reduces biofilm accumulation and gingival bleeding in patients with gingivitis (Goes et	Digestive: anti-Helicobacter pylori activity in rats (Patzelt-Wenczler and Ponce-Pöschl, 2000), antidiarrheal, antisecretory and antispasmodic activities in mice (Mehmood et al., 2015), reduces intestinal damage and visceral pain development in a rat model of DNBS-induced colitis (Parisio et al., 2019), protective effect against ethanol-induced gastric	Maintains the intestinal epithelial barrier integrity, anti-inflammatory in an in vitro model of intestinal inflammation (Weber et al., 2020; COCETTA et al., 2023), antibacterial on cariogenic species (Braga et al., 2021, 2022), antimicrobial (Ali, 2009; Křížková et al., 2023; Pastare et al., 2023), antiinflammatory (Singh et al., 2018; Asadi et al., 2020; Duan et al., 2022; Biltekin et al., 2023), antioxidant activity

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			indigestion, diarrhea, and colic (Chavez, 2000) <i>UAE</i> : soothing infants (Abdulrazzaq et al., 2009) <i>USA</i> : colic, stomach ache, gastrointestinal; congestion, coughs, cold; calming, insomnia (Lohse et al., 2006); indigestion, diarrhea, and colic (Noonan et al., 2004); rashes, eczema; mild sedative or for indigestion, diarrhea and	and Staba, 1986), diarrhea (Aertgeerts et al., 1985; de la Motte et al., 1997) Respiratory: acute non- bacterial tonsillitis (Popovych et al., 2019), common cold (Javid et al., 2019) General: chemotherapy- induced neutropenia (Daneshfard et al., 2020), postoperative oedema after surgery for hypospadias	al., 2016), effective in minor aphthous stomatitis (Andishe Tadbir et al., 2015), relieve primary burning mouth syndrome (BMS) symptoms (Aitken- Saavedra et al., 2020)	mucosal lesions in rats (Cemek et al., 2010), oral wound healing in rats (Duarte et al., 2011) Psychological: sedative in rodents (Meneses et al., 2023) General: anti- inflammatory in carrageenan- induced paw in rats (Ortiz et al., 2017), anti- inflammatory and antioxidant in rats (Nargesi et al., 2018), wound healing, anti- inflammatory, antioxidant in rats (Jarrahi et al., 2010; Niknam et	and inhibitory effect on digestive enzymes (Franco et al., 2019)

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			colic (Halsted, 2004) <i>Germany</i> : digestive illnesses, colic (Nathan and Scholten, 1999)	(Zhang et al., 2021) Psychological: slightly effective treatment for ADHD (Niederhofer, 2009)		al., 2021), antioxidant in polycystic ovary syndrome rats (Alahmadi et al., 2020), antioxidative in streptozotocin- induced diabetic rats (Cemek et al., 2008), digestive anti-nociceptive and anti- inflammatory effects in rats (Ortiz et al., 2016) Skin: improves psoriasis-like lesions in a murine model (Chen et al., 2024), anti- infective in mice (Ali, 2009)	

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16.	<i>Mentha spp.</i> , Lamiaceae (mint)	Digestive: diarrhea, bloating (relaxing, carminative, anti- infective, anti- flatulent)	<i>Brazil</i> : intestinal cramps; flu symptoms; calm down the children (Alves and da Silva, 2003) <i>Turkey</i> : cough (Tural Büyük E et al., 2014) <i>UAE</i> : soothing infants (Abdulra zzaq et al., 2009) <i>USA</i> : stomachaches, indigestion, colic, overall, gastrointestinal; colds, cough, asthma, congestion; headache,	Digestive: benefits in infantile colic (equal efficiency with simethicone) (Alves et al., 2012), functional abdominal pain (Asgarshirazi et al., 2015), relieving symptoms of the irritable bowel syndrome (Kline et al., 2001), influences gut motility in children with functional abdominal pain (Shulman et al., 2022), as no significant effect on gut	Digestive: carminative (Amin, 2005), biliary disorders, dyspepsia, enteritis, flatulence, gastritis, intestinal colic, and spasms of the bile duct, gallbladder and gastrointestinal (GI) tract (McKay and Blumberg, 2006), carminative, sedation, immunity (Eid and Jaradat, 2020), gastrointestinal ailments (Wali et al., 2022), reduces colonic spasm during endoscopy (Leicester and Hunt, 1982), safe and effective therapy for pain and global symptoms in	Digestive: antidiarrheic in a castor oil-induced animal model (Mussarat et al., 2022), gastrointestinal and respiratory diseases in calves and piglets (Ayrle et al., 2016), anti- <i>Helicobacter</i> <i>pilorii</i> activity in rats (Zahid et al., 2020), antioxidant, antibacterial and intestinal anti- inflammatory effect in broilers (Moharreri et al., 2022), antioxidant and anti- inflammatory in an ulcerative	Antifungal (Tullio et al., 2023), antifungal alone or in combination with azole drugs (Tullio et al., 2019; Hsu et al., 2020), antimicrobial (Hussain et al., 2010; Magi et al., 2015; Badea et al., 2019; Wińska et al., 2019; Zahid et al., 2020; Hejna et al., 2021; Arbab et al., 2022; Kafa et al., 2022; Nakamura et al., 2022; Sarwar et al., 2022; Slimestad et al., 2022; Fazal et al., 2023), antioxidant (Sun et al., 2014; Arruda et al., 2017; Aldoghachi et al., 2021; Hejna et al., 2021; Slimestad et

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			anxiety (Lohse et al., 2006)	microbiome in children with abdominal pain (Thapa et al., 2022), ameliorates pediatric nausea (Arruda and Yeh, 2019), ameliorates abdominal pain in children and adolescents (Van Tilburg and Felix, 2013), beneficial in chronic or recurrent abdominal pain in children (Banez, 2008) Renal: may ameliorate postoperative urinary retention	adults with irritable bowel syndrome (Alammar et al., 2019), dyspepsia, irritable bowel syndrome, intraluminal spasmolytic agent during barium enemas or endoscopy (Koretz and Rotblatt, 2004) Respiratory, Psychological, Digestive: headache, bronchitis, diarrhoea, dizziness, stomach ache vermifuge (Juárez-Vázquez et al., 2013), therapy for pain and global symptoms in adults with irritable bowel syndrome (Lacy et al., 2021)	colitis mouse model (Puppala et al., 2022) Respiratory: anti-inflammatory in asthmatic mice (Su and Lin, 2022) General: anti-inflammatory and nociceptive in rats (Mogosan et al., 2017), immunomodulatory and anti-inflammatory action in <i>Schistosoma mansoni</i> infected mice (Zaia et al., 2016), anti-nociceptive and inflammatory effect against acute and chronic	al., 2022; Chen et al., 2023), anti-inflammatory (Sun et al., 2014; Arruda et al., 2017; Hejna et al., 2021; Liu et al., 2021), antispasmodic on gastrointestinal guinea pig and rabbit preperates (Hills and Aaronson, 1991) and rat tracheal smooth muscle samples (Gao et al., 2011)

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				(Fryatt and Bell, 2020) Neurologic: relieves discomfort, nausea/vomiting, nervousness, and sleep disturbance in paediatric surgical patients (Czarnecki et al., 2022), acute therapy of tension-type headaches reviewed in (Göbel et al., 2016) General: ameliorates dysmenorrhea in adolescents(Gut man et al., 2022) (Masoumi et al., 2016)	Respiratory: respiratory disease (Afzal et al., 2021), antioxidant and anti- inflammatory activity in epithelial cells of the human upper respiratory system (Gao et al., 2011) Psychological: acute therapy of tension- type headaches reviewed (Göbel et al., 2016) General: complementary treatment for chronic pain (Buckle, 1999), anti-inflammatory in patients with peri- implant mucositis (Alqutub et al., 2023)	inflammation in rodents (Atta and Alkofahi, 1998)	

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				Respiratory: ameliorated cough in a 21- day-old newborn patient infected with SARS- CoV-2Click or tap here to enter text.			
17.	<i>Pimpinella anisum</i> L., Apiaceae (anise)	Digestive: intestinal cramps, infantile colic (relaxing, carminative)	<i>Brazil</i> : most commonly used for children (the specific indications for <i>Pimpinella</i> <i>anisum</i> are not mentioned) (Gentil et al., 2010) <i>Iran</i> : attenuates infants gastrointestinal problems (Zargari, 1997)	Digestive: increases the weight gain in the preterm infant through a galactagogue effect on mothers (Khalili et al., 2023); significantly greater acceptance of breast-feeding following anise ingestion by mothers (Schaal	Digestive: carminative, antiseptic, digestive and a folk remedy to insomnia and constipation (Bisset and Wichtl, 1994), carminative (Ali- Shtayeh and Jamous, 2008), carminative during pregnancy (Ali-Shtayeh et al., 2015), laxative (Picon et al., 2010) General: ameliorates primary	Muscular: attenuates spontaneous and agonist-induced uterine contraction in term-pregnant rats (Alotaibi, 2020) General: analgesic in mice (Maciej Serda et al., 2006; Tas, 2009), analgesic and anti- inflammatory	Antispastic and relaxant on rat anococcygeus smooth muscle preparations stimulated with acetylcholine (Tirapelli et al., 2007), relaxant effects on the isolated tracheal muscle of the guineapig (Reiter and Brandt, 1985), relaxant on isolated tracheal chains of the guinea pig pre- contracted with

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			<i>Palestine</i>: most commonly used for children (the specific indications for <i>Pimpinella anisum</i> are not mentioned)(Al-Jabi et al., 2021a); flatulence, relaxant, cures abdominal pain; cold (Ali-Shtayeh et al., 2015) <i>Syria</i>: nutrition (prelacteal feed); pain relief, calming infants to sleep (Gentil et al., 2010; Al-Jabi et al., 2021a)	et al., 2000), promote oral feeding in immature newborn by odor stimulation (Cao Van et al., 2018)	dysmenorrhea (Khoda Karami et al., 2008)	(Maciej Serda et al., 2006)	methacholine (Boskabady and Ramazani-Assari, 2001), strong antibacterial activity against human pathogens (Al-Bayati, 2008; Al-Jabi et al., 2021b)

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			Turkey: gas pains and digestive problems, constipation, nausea and vomiting (Gürol et al., 2019); relieves gas pains and prevent constipation, soothing effects (Giray Bozkaya et al., 2008; Abdulrazzaq et al., 2009) UAE: soothing infants (Abdulrazzaq et al., 2009)				
18.	<i>Prunus avium</i> (L.) L., Rosaceae (cherry)	Renal: urinary tract infections (diuretic)	India: convulsion treatment	Musculoskeletal: inhibitory effects on osteoclastogenesis	Renal: diuretic (Hooman et al., 2009; Prvulovic et	Renal: diuretic (Babotă et al., 2021);	Anti-inflammatory and antimicrobial (Abedini et al., 2020; Nunes et al., 2022),

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			(Sheikh et al., 2022)	is in obese children and adolescents (Corbo et al., 2019)	al., 2011; Ademovic et al., 2017) General: antiinflammatory, antioxidant, antihypertensive (Arbizu et al., 2023)		anti-inflammatory and antiproliferative (Gonçalves et al., 2022), anti-inflammatory (Blazsó and Gábor, 1994)
;19.	<i>Raphanus raphanistrum subsp. sativus</i> (L.) Domin, Brassicaceae (black radish)	Respiratory: bronchitis (anti-inflammatory, calming, expectorant)	-	-	Respiratory: cough, throat inflammation (Nóra Papp et al., 2011), antitussive, expectorant and anti-asthmatic in clinical treatment of traditional Chinese medicine (Gao et al., 2022), antifever, antitussive and tonic in the Iranian traditional medicine (Afsharypuor and Balam, 2005)	Respiratory: increased expression of phase I and II detoxification enzymes in mice (N'Jai et al., 2012), protective effects against bleomycine-induced pulmonary fibrosis in a rat model (Asghari et al., 2015) Digestive: anti-inflammatory effects in dextran	Induction of phase I and II detoxification enzymes in HepG2 cells (Hanlon et al., 2007), anti-inflammatory through selective immunomodulatory effects (Jeon et al., 2020), antioxidant in HepG2 cells (Ahn et al., 2018), antioxidant (Lugasi et al., 1998), antioxidant in human fetal lung fibroblasts (Luo et al., 2018), antibacterial (Beevi et al., 2009)

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						sulfate sodium-induced ulcerative colitis in mice (Kim et al., 2020), anti-inflammatory in a non-alcoholic fatty liver disease rat model (Ahn et al., 2019), antioxidant and hepatoprotective effect against CCl4-induced liver injury in rats (Ahn et al., 2018), antioxidant in rats fed a lipid-rich diet (Lugasi et al., 2005), anti-inflammatory and antioxidant in fat-rich diet fed rats (Sipos et al., 2002)	

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						General: attenuates cadmium-induced immunotoxicity in rats (Salah- Abbès et al., 2015)	
20.	<i>Rosa canina</i> L., Rosaceae (dog rose)	Respiratory: acute infective diseases (tonic, anti- infective, anti- inflammator y)	<i>Indonesia</i> : treatment of the cold and flu- like syndrome (Sakinah, 2021) <i>Poland</i> : dietary supplement (Łuczaj and Szymański, 2007) <i>Turkey</i> : dietary supplement and immune stimulant (Gulec et al., 2018)	Digestive: treatment of constipation in pediatric surgery practice (Krycky et al., n.d.) Psychological: attention- deficit/hyperacti vity disorder treatment – ongoing trial (Golsorkhi et al., 2022)	Respiratory: treatment of respiratory problems (cough, bronchitis, and cold), flu, infectious ailments, vitamin C deficiency, anemia, vermifuge, tonic (Ayati et al., 2021) Skin: antiinfective, antiinflammatory on sunburned skin (Ala et al., 2018) General: immunostimulant (Tsioutsiou et al.,	Respiratory: antioxidant in a mouse model of paraquat-induced lung injury (Amirshahrokhi, 2020) General: antioxidant in a cyclophosphamid e-induced testicular toxicity model in mice (Parandin et al., 2023), and in experimentally nephrolithiasic	Antioxidant (Tumbas et al., 2012; Mihaylova et al., 2019; Fetni et al., 2020; Moldovan et al., 2021; Nicolescu et al., 2022; Sabahi et al., 2022; Sallustio et al., 2022; Peña et al., 2023), antioxidant and cytoprotective in mouse primary splenocytes (Soualeh et al., 2017), antioxidant and anti- inflammatory (Wenzig et al., 2008),

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					2019), immunomodulator, in HIV/AIDS patients (Koosha Paydary et al., 2012), decreased chemotaxis of peripheral blood PMNs serum acute phase protein CRP in healthy volunteers (Kharazmi and Winther, 1999) Musculoskeletal: antiinflammatory in patients with osteoarthritis (Warholm et al., 2003; Rein et al., 2004; Winther et al., 2005), positive clinical outcomes in patients with rheumatoid arthritis (Willich et al., 2010)	Wistar rats (Tayefi-Nasrabadi et al., 2012), immunomodulator (Koosha Paydary et al., 2012), antiinflammatory (Deliorman Orhan et al., 2007; Lattanzio et al., 2011)	antiinflammatory (Kharazmi and Winther, 1999; Lattanzio et al., 2011; Nadpal et al., 2016; Hendrich et al., 2020; Soulimani et al., 2021; Wanes et al., 2021), antioxidant and antimicrobial (Jovanović et al., 2022), antimicrobial (Živković et al., 2015; Jafarirad et al., 2016; Gulbagca et al., 2019; Hendrich et al., 2020; Polumackanycz et al., 2020; Rovná et al., 2020), anti- inflammatory and anabolic effects on primary canine chondrocytes (Shakibaei et al., 2012), antibacterial

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							(Kumarasamy et al., 2002; Quave et al., 2008), immunomodulator (Saaby et al., 2011; Koosha Paydary et al., 2012; Saaby and Nielsen, 2012)
21.	<i>Thymus serpyllum</i> L., Lamiaceae (wild thyme)	Respiratory: acute infective diseases (anti- infective, expectorant)	-	Respiratory: nocturnal cough and sleep quality (Farouk Abolwafa et al., 2023), thyme and ivy in reducing the severity of cough in children (Sharif et al., 2024), cough (Ludwig et al., 2015)	Respiratory: respiratory inflammations, immunostimulant, bronchitis, anti- asthmatic, expectorant (Mustafa et al., 2015)	Digestive: anti- inflammatory and immunomodulatory in a rodent model of intestinal colitis (Algieri et al., 2014) General: antioxidant in spontaneously hypertensive rats (Mihailovic- Stanojevic et al., 2013)	Antioxidant (Egea et al., 2010; Komes et al., 2011; Hussain et al., 2013; Brezoiu et al., 2020; Pavlić et al., 2022), antimicrobial (Alzoreky and Nakahara, 2003; Brezoiu et al., 2020; Shanaida et al., 2021), antibacterial and antifungal , (Rasooli and Mirmostafa, 2002; Salaria et al., 2022)

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22	<i>Tilia tomentosa</i> Moench., Malvaceae (silver linden)	Psychologic al: agitation, anxiety Respiratory: acute infective diseases with cough (relaxing, calming, sedative)	<i>Turkey:</i> gas pains and digestive problems, constipation, and nausea and vomiting; sore throat, cough (Gürol et al., 2019b); respiratory diseases (SARI et al., 2023b)	-	Psychological: anxiolytic (Gutiérrez et al., 2014) Respiratory: respiratory tract diseases and flu, tonsillitis and throat ache, bronchitis (Sargin et al., 2013), upper respiratory catarrh, common colds, irritable coughs, restlessness (Bradley, 2006), (Frezza et al., 2019), emollient, antitussive (Hritcu and Cioanca, 2016)	Psychological: anxiolytic (mice) (Viola et al., 1994; Turrini et al., 2020)	Sedative (mouse hippocampal neurons) (Allio et al., 2015), synaptosomal membranes from bovine cerebral cortex (Viola et al., 1994), antimicrobial (Sargin et al., 2013), anti-inflammatory, immunomodulator (Matsuda et al., 2002; Manuele et al., 2008; Georgiev et al., 2017), antiproliferative (Barreiro Arcos et al., 2006)
23	<i>Triticum aestivum L.</i> , Poaceae (wheat)	Skin: eczema (emollient)	-	Digestive: controlling gingival inflammation (Bello et al., 2020), decreases	Skin: moisturizing (Boisnic et al., 2019), venous ulcer healing (Romanelli et al., 2015), treatment of	Skin: anti- inflammatory (Funel et al., 2020; Alake et al., 2023), keratinocyte	Antiproliferative (Whent et al., 2012), antiinflammatory (Anson et al., 2011; Whent et al., 2012; Sanguigno et al.,

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				the fecal bile acid excretion in juvenile ulcerative colitis (Ejderhamn et al., 2009), milk substitute for children with lactose intolerance (Suthutvoravut et al., 1984) Blood: increases the Hb levels and the interval between transfusions in children with thalassemia major (Marwaha et al., 2004; Singh et al., 2010), reduces chemotherapy-	hyperkeratotic skin conditions (Ferrando, 1986) Skin: anti-aging properties, cosmetic applications (Martins et al., 2022), cosmetic use in emulsions (Akhtar and Yazan, 2008), treatment of severe atopic dermatitis-complicated cataracts (Niwa et al., 1998) General: antioxidant (Anson et al., 2011), melasma treatment (Bavarsad et al., 2021)	healing (Morretta et al., 2022), tissue regenerative (Tito et al., 2020), treatment of atopic dermatitis-like skin lesions in mice (Lee et al., 2023), atopic dermatitis lesions healer (Lee et al., 2018), skin wound healing (Sui et al., 2020)	2018; YIN et al., 2019; Lee et al., 2023; Vinci et al., 2023; Zargar et al., 2023), antioxidant (Colombo et al., 2009; Senol et al., 2012; YIN et al., 2019; Lee et al., 2023; Spaggiari et al., 2023; Vinci et al., 2023), antimicrobial (Spaggiari et al., 2023), antibacterial (Bassyouni et al., 2022), skin wound healing (Sui et al., 2020), attenuates chemokine expression in human keratinocytes (Lee et al., 2018), protective effects in ultraviolet-stressed human keratinocyte cells

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				induced febrile neutropenia in pediatric cancer patients (Garami et al., 2004)			(Arda and Doğanlar, 2022), enhances the proliferation and hydration of human keratinocytes (Hahm et al., 2021)
24.	<i>Urtica dioica</i> L., Urticaceae (common nettle)	General: weakness Blood: anaemia (tonic)	<i>Ecuador</i> : tonic, nutritional (Roche et al., 2017) <i>Spain</i> : antitussive (for children) (Rigat et al., 2015)	General: benefits in weakness and anemia in children with cancer (Gözüm et al., 2007; Karali et al., 2012; Roche et al., 2017);	General: immunity, metabolic and nutritional, anemia (Matejić et al., 2020), antioxidant, reviewed in (Jaiswal and Lee, 2022), immunomodulator in human lung cancer (Timoshenko et al., 1996), immunomodulator in HIV/AIDS patients (Koosha Paydary et al., 2012), galactagogue for breast-feeding mothers with	General: antioxidant, reviewed in (Jaiswal and Lee, 2022), immunostimulant in DHEA-induced mice (Shamsi et al., 2023), immunostimulant in BALB/c mice infected with <i>Leishmania major</i> (Badirzadeh et al., 2020), anti- anemia and immunostimulant in CCl4-Treated	Anti-viral effects in rotavirus infection (Knipping et al., 2012), and SARS- CoV-2 (Sabzian- Molaei et al., 2022, 2023), antioxidant and antibacterial (Dağlıoğlu et al., 2023; Khan et al., 2023), antioxidant (Mihaylova et al., 2019; Jaiswal and Lee, 2022; Uğur and Güzel, 2023), anti- leishmanial effect (Badirzadeh et al., 2020),

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					preterm babies (Özalkaya et al., 2018), nutrition (Bhusal et al., 2022) Blood: hematopoiesis, strengthening the organism (Sõukand and Kalle, 2013), tonic, anemia (Jarić et al., 2007), (Stinging Nettle, 2021)	Rats (Meral and Kanter, 2003), immunomodulator (Koosha Paydary et al., 2012)	immunomodulatory effects (Akbay et al., 2003), anti-anemia (Lukačovičová and Havránek, 2015), nutrition (Adhikari et al., 2016; Chakravartula et al., 2021; Radha et al., 2021; Montoya-Arroyo et al., 2022), anti-inflammatory and anabolic effects on primary canine chondrocytes (Shakibaei et al., 2012), immunomodulator (Koosha Paydary et al., 2012)
25.	<i>Viola tricolor</i> L., Violaceae (heartsease)	General: allergies (anti-allergic)	<i>Iran</i> : functional constipation (Tavassoli et al., 2021)	Digestive: functional constipation in children	General: antiallergic (Klövekorn et al., 2007), anti-inflammatory,	General: anti-inflammatory in male Wistar rats	Immunosuppressant (aqueous <i>Viola</i> extract inhibited proliferation of

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			<i>Poland:</i> seborrhoea of the scalp in nursing infants (Witkowska- Banaszczak et al., 2005) <i>Ukraine:</i> expectorant infusion (Herasymova et al., 2022)	(Tavassoli et al., 2021) Skin: an open- label trial of 27 children using a homeopathic cream of Oregon grape root (<i>M.</i> <i>aquifolium</i>), pansy (<i>Viola</i> <i>tricolor</i> <i>hortensis</i>), and gotu kola (<i>Centella</i> <i>asiatica</i>) revealed complete resolution of atopic dermatitis in 6 children and marked improvement in 16.73 (Rakel, 2018)	antiallergic (Harati et al., 2018) (Tobyn et al., 2011)	(Toiu et al., 2007), anti-inflammatory in a model of sunburn in rats (Piana et al., 2013), and in a mouse model of chronic asthma (Harati et al., 2018)	cultured activated lymphocytes by reducing IL-2, IFN- γ and TNF- α production)(Hellinger et al., 2014), antimicrobial activity (Witkowska-Banaszczak et al., 2005b), antioxidant (Vukics et al., 2008; Koike et al., 2015)

Legend- #- (ethno)pediatric use different from the one reported in the present study; PF- polyherbal formulation including the respective plant; MT- mixed treatment: plant combined

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