

Table 1 Medicinal uses of plants for feminine ailments and child rearing of the criollo women of Calamuchita, Córdoba (Argentina)

Botanical name (voucher specimen code ACOR)	Local common names	Botanical family	How the specimens are obtained	Common local medicinal use and ascribed therapeutic effect	Plant part used	Preparation, prescription and recipes	Consensus
<i>Adiantum raddianum</i> Presl. (1995)	Culandrillo	Pteridaceae	Collected wild or cultivated	Emmenagogue Contraceptive	Leaves	An infusion, made with one flower of <i>Zea mays</i> and 3 leaves of <i>Anemia tomentosa</i> in a cup (250 <sup>o</sup> cm <sup>3</sup> ), is drunk. Drunk as an infusion	*
<i>Adiantum thalictroides</i> Willd. ex Schltldl. var. <i>hirsutum</i> (Hook and Grev) de la Sota (2175)				Abortifacient	Leaves		*
<i>Aloysia gratissima</i> (Gillies and Hook.) Tronc. var. <i>gratissima</i> (1874, 2026)	Palo amarillo	Verbenaceae	Collected wild	To sooth menstrual pains	Leaves	Drunk as an infusion	*
				Emmenagogue	Leaves	A fresh decoction of leaves is drunk	*
<i>Anemia tomentosa</i> (Savigny) Sw. var. <i>tometosa</i> (1830, 2013)	Doradilla	Anemiaceae	Collected wild	To sooth menstrual pains	Leaves	A fresh decoction of leaves is drunk	☒
				Contraceptive	Leaves	A fresh decoction of leaves is drunk	*
				Abortifacient	Leaves	A decoction of just the leaves, or in combination with <i>Trixis divaricata</i> , is drunk	☒
				Emmenagogue	Leaves	An infusion or a hot or cold decoction is prepared with <i>L. turbinata</i> , <i>T. divaricata</i> and <i>T. flagellaris</i> . Also, an infusion with <i>Ruta chalepensis</i> is made.	☒
<i>Artemisia absinthium</i>	Ajenjo, ajenjo hembra, ajenjo de	Asteraceae	Cultivated	Abortifacient			*

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(1951, 2056, 2178)	Jardín						
<i>Baccharis articulata</i> (Lam.) Pers. (1868, 1959)	Carqueja (o carquejilla)	Asteraceae	Collected wild	For fertility and as a sexual stimulant.	Aerial part	The decoction is drunk for 3 days	*
<i>Cheilantes buchtienii</i> (Rosenst.) R.M. Tryon (1914)	Doradilla blanca	Pteridaceae	Collected wild	Abortifacient	Aerial part	The decoction is drunk	*
<i>Chenopodium</i> aff. <i>hircinum</i> Schrader (1979)	Quina	Chenopodiaceae	Collected wild	Abortifacient	Aerial part	The decoction is drunk	*
<i>Chenopodium album</i> L. (1850, 2243)							
<i>Cichorium intybus</i> L. (1978)	Achicoria	Asteraceae	Bought at the market or cultivated	Galactogenous	Leaves	Eaten in salads	*
Cinnamomun zeylanicum	Canelo	Lauraceae	Bought at the market	Emmenagogue	Aerial part	Drunk as an infusion	*
				It dissipates cravings and longings during pregnancy	Bark	Drunk as an infusion, sweetened with sugar	*
<i>Cuphea glutinosa</i> Cham. and Schltld. (1858, 2241)	Sanguinaria o siete sangrias	Lythraceae	Collected wild	Abortifacient	Aerial part	The decoction is drunk	*
				Emmenagogue	Aerial part	The decoction is drunk	*
				Treatment for menopause	Aerial part	A decoction is prepared with three small pieces of leather reins, boiled with a hen's egg. This must be drunk for three days in the morning and at night, after which the treatment must be stopped for a few days.	*
				To help stop			

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<i>Dichondra microcalyx</i> (Hallier f.) Fabris (2169, 2276)	Oreja de gato	Convolvulaceae	Collected wild	Emmenagogue	Leaves	The decoction is drunk	*
<i>Ficus carica</i> L. (2030, 2163)	Higuera	Moraceae	Cultivated	It dissipates cravings and longings during pregnancy	Fruits	The fruits are eaten as dessert	*
<i>Heimia salicifolia</i> (Kunth) Link (1836, 1854, 2020)	Quiebraarado	Lythraceae	Collected wild	It helps the mother quickly re-establish the shape of her hips and abdomen after birth	Roots	Drunk as an infusion	*
<i>Huperzia saururus</i> (Lam.) Trevis. (2254)	Cola de quirquincho	Lycopodiaceae	Collected wild	For fertility and as a sexual stimulant.	Aerial part	A decoction is prepared with three or four pieces of the fern in 0.5 L water, and it is allowed to evaporate until 0.25 L is left. It is drunk in the mornings.	✓
<i>Illex paraguariensis</i> Saint Hil.	Yerba mate	Aquifoliaceae	Bought in shops	Galactogenous	Aerial part	The decoction (mate tea) is drunk abundantly by itself or with milk	✗
				Cicatrizant for the navel of newborn babies	Aerial part	The dust of the <i>yerba mate</i> is applied to the baby's navel	*
<i>Laurus nobilis</i> L. M-50	Laurel	Lauraceae	Cultivated or bought at the market	Emmenagogue	Leaves	The decoction is drunk	

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<i>Lavandula officinalis</i> var. <i>angustifolia</i> (DeGring.) Briq. (2285)	Lavanda o alhucema	Lamiaceae	Cultivated	Galactogenous	Leaves	Drunk as an infusion or in the 'mazamorra'	☞
<i>Lavandula spica</i> var. <i>latifolia</i> (1875)							
<i>Ligaria cuneifolia</i> (Ruiz and Pav.) Tiegh. (1969; 2222)	Liguilla de flor roja	Loranthaceae	Collected wild	Abortifacient	Aerial part	A fresh decoction of leaves or 'aguapasto' is drunk before breakfast	☞
<i>Lippia turbinata</i> Griseb. (1827, 1848, 1862)	Poleo	Verbenaceae	Collected wild	Abortifacient	Aerial part	Drunk as an abortifacient	*
				Emmenagogue	Leaves	A decoction of <i>A. tomentosa</i> , <i>T. divaricata</i> and <i>T. flagellaris</i> is drunk	☞
<i>Malva parviflora</i> L. (1853, 2035)	Malva	Malvaceae	Cultivated or bought at the market	Vaginal infections	Leaves	A decoction is drunk or used to wash the area until the infection ceases	☞
<i>Malva sylvestris</i> L. (1924)							
<i>Margyricarpus pinnatus</i> (Lam.) Kuntze (1939)	Perlilla o yerba de la perdiz	Rosaceae	Species are collected wild	Emmenagogue	Aerial part	The decoction is drunk	*
				Dismenorrhoea	Aerial part	The decoction is drunk	*
				Abortifacient	Aerial part	The decoction is drunk	☞
<i>Matricaria recutita</i> L. (M-45)	Manzanilla	Asteraceae	Bought in shops	Oxitoxic	Leaves	An infusion made with leaves of <i>Tanacetum parthenium</i> and <i>P. crispum</i> or with leaves of <i>R. chalepensis</i> , is drunk	*
				Navel cicatrizant	Aerial part	The naval is washed with the infusion and then oil is applied; the area is the covered	*

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<i>Minthostachys mollis</i> Griseb. (1829, 1835)	Peperina	Lamiaceae	Collected wild	For fertility and as a sexual stimulant.	Aerial part	with a tight bandage or gauze Drunk as an infusion	*
<i>Morrenia brachystephana</i> Griseb. (1828, 2022)	Tasis o doca	Asclepiadaceae	Species are collected wild	Galactogenous	Aerial part	The decoction is drunk	☞
<i>Nicotiana tabacum</i> L.	Tabaco	Solanaceae	Bought in shops	Galactogenous	Leaves	The decoction is drunk	*
<i>Petroselinum crispum</i> (Mill.) Nym.	Perejil	Apiaceae	Cultivated or bought at the market	Oxitoxic (retention of the placenta) Abortifacient	Aerial part	In an infusion with <i>T. parthenium</i> and <i>M. recutita</i>	*
					Roots	The decoction is drunk	☞
<i>Pinus</i> sp. (2089, 2145)	Pino	Pinaceae	Cultivated	Abortifacient	Inflorescence	An infusion is prepared from a cone	*
<i>Plantago major</i> L. (1856, 1940)	llantén liso, llantén grande	Plantaginaceae	Collected wild	Navel cicatrizant	Leaves	The decoction is used to wash the area	*
<i>Porlieria microphylla</i> (Baill.) Descole, O 'Donell and Lourteig (1866, 1941)	Guayacán	Zygophyllaceae	Collected wild	To treat 'evil eye' in children, to stop their insomnia and crying	Leaves	It is drunk as an infusion or a decoction when the cure by word does not work out	*
<i>Ruta chalepensis</i> L. (1837, 2160, 2244)	Ruda macho	Rutaceae	Cultivated species	Abortifacient	Aerial part	Drunk as an infusion	☞
				Oxitoxic (retention of the placenta)	Aerial part	Drunk as an infusion with <i>M. recutita</i>	*
				Emmenagogue To reestablish postpartum health and equilibrium	Aerial part	Drunk as an infusion	*
					Aerial part	Applied to warm or hot bathes	*
<i>Schinus areira</i> L. (1918, 2124)	Aguaribay	Anacardiaceae	Collected wild	Abortifacient	Aerial part	Drunk in decoctions with aspirins	*
<i>Solanum tuberosum</i> L.	Papa	Solanaceae	Bought in shops	Galactogenous	Potato tuber	The decoction of the skin is used for mate or tea. The water used for cooking the	☞

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<i>Sphaeralcea bonariensis</i> (Cav.) Grisebach (1938, 2111)	Malvavisco	Malvaceae	Collected wild	Vaginal infections	Leaves	potatoes is also used The infusion is used to wash the area	*
<i>Sphaeralcea cordobensis</i> Krapov. (1888, 2133, 2233)	Altamisa	Asteraceae	Cultivated	Oxitoxic (retention of the placenta)	Leaves	An infusion made with leaves of <i>P. crispum</i> and <i>M. recutita</i> is drunk	*
<i>Tanacetum parthenium</i> (L.) Sch. Bip. (1869, 2074)				Emmenagogue	Aerial part	Drunk as an infusion or a decoction	*
				To reestablish postpartum health and equilibrium	Aerial part	Applied in warm or hot bathes	*
<i>Tripodanthus flagellaris</i> (Cham. and Schldl. Tiegh. (1970)	Liguilla de flor roja	Loranthaceae	Collected wild	Emmenagogue	Aerial part	A decoction made with <i>A. tomentosa</i> , <i>L. turbinata</i> and <i>T. divaricata</i> is drunk	☞
				Abortifacient	Aerial part	The infusion is drunk for 9 days	*
				Oxitoxic (retention of the placenta)	Aerial part	The decoction is drunk	*
<i>Trixis divaricata</i> (Kunth) Spreng. subsp. <i>discolor</i> (D. Don) Katinas (1901, 1955)	Contrayerba	Asteraceae	Collected wild	Abortifacient	Aerial part	In a decoction with <i>A. tomentosa</i>	*
				Emmenagogue	Aerial part	A decoction made with <i>A. tomentosa</i> , <i>L. turbinata</i> and <i>T. divaricata</i> is drunk	☞
<i>Urtica urens</i> L. (2079, 2172, 2210)	Ortiga, ortiga negra	Urticaceae	Collected wild	Dismenorrhea	Aerial part	Drunk as an infusion	*
				Oxitoxic, to ease birth	Aerial part	Drunk as an infusion made with flowers of <i>Zea mays</i> and a gold	*

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<i>Verbena bonariensis</i> L. (1965)	Verbena	Verbenaceae	Collected wild	Vaginal infection	Aerial part	ring It helps the delivery of the baby and soothes the pains A decoction with <i>Mentha spp.</i> is prepared	*
<i>Verbena litoralis</i> Kunth (2034, 2149)				For menorrhage and for the treatment of menopause To help stop menstruation and menopause symptoms (lack of breath)	Aerial part	See the complete recipe in <i>C. glutinosa</i>	*
<i>Xanthium spinosum</i> L. var. <i>spinosum</i> (1864)	Cepacaballo	Asteraceae	Collected wild	Vaginal infection	Aerial part	Drunk as a decoction	*
<i>Xanthium</i> <i>cavanillesii</i>	Abrojo	Asteraceae	Collected wild	Oxitoxic, to ease birth	Fruit	Drunk as a decoction	☹
<i>Zea mays</i>	Maíz	Poaceae	Cultivated or bought at the market	Oxitoxic, to ease birth	Flowers	An infusion with <i>U.urens</i> and a gold ring is prepared	*
				Contraceptive	Flowers	Drunk as an infusion with <i>A. tomentosa</i>	*
M-47				Galactogenous	Fruits	The maize is cooked in water and it is eaten as a meal called 'mazamorra'	*

Quotation frequency: \*, quoted by less than 15% of interviewees; ☹, quoted by more than 15% and less than 40% of interviewees; ☺, quoted by more than 40% of interviewees.