

The studies listed below were selected for their superior efficacy from a larger pool of over 80 studies, categorized based on the strength of their claims regarding potency<sup>12</sup>.

The table below consolidates the information, incorporating the mandated column on the history and traditional use of the respective herbal components, drawing exclusively from the provided source material.

#### Consolidated Report on High-Potency Studies

Internal Rank Label	Study Identification (File Name)	Reported Efficacy	Herb's History (Use and Time Period)	Source Citations
<b>Rank 1: Absolute Potency</b>	Kumer et al. - 2021 - The computational screening of inhibitor for black fungus and white fungus by D-glucofuranose deriva.pdf	<b>strongest</b>	This is a <b>computational study</b> focusing on D-glucofuranose derivatives <sup>3</sup> . D-Glucofuranose derivatives were studied for potential antifungal, antibacterial, and antiviral activities <sup>34,34</sup>	
<b>Rank 1: Absolute Potency</b>	Al-Otibi et al. - 2022 - Evaluation of anticandidal activities... from <i>Vitex agnus-castus</i> .pdf	<b>strongest</b>	Plants have been used for medicinal purposes for <b>almost 5,000 years</b> <sup>5</sup> . <i>Vitex agnus-castus</i> is a salient element of <b>prophetic and folk medicine</b> in the Middle East and North Africa (MENA) region <sup>6</sup> . It is traditionally employed for <b>female reproductive disorders</b> (PMS, hormonal imbalances, fertility) <sup>7,5...</sup>	

<b>Rank 1: Absolute Potency</b>	Yoon and Kim - 2021 - Synergistic Antifungal Activity of <i>Magnoliae</i> <i>Cortex</i> and <i>Syzyii</i> <i>Flos</i> ...pdf	<b>strongest</b>	<b>Magnoliae Cortex</b> is known for its use in <b>traditional Chinese</b> <b>medicine</b> <sup>8</sup> . <b>Syzyii Flos</b> (Clove) is used as a <b>spice</b> in many countries and has been used for a long time to <b>remove bad breath</b> <sup>9,89</sup>
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<b>Rank 1: Absolute Potency</b>	Chan et al. - 2008 - Antimicrobial and antioxidant activities of <i>Cortex Magnoliae</i> <i>Officinalis</i> ...pdf	<b>potent; strongest</b>	<i>Cortex Magnoliae</i> <i>Officinalis</i> (Houpo) is used in <b>traditional Chinese</b> <b>medicine</b> <sup>10</sup> . It has long been used to treat infectious diseases (e.g., skin/wound infections, fever, cough, digestive ailments) <sup>11....10...</sup>
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<b>Rank 1: Absolute Potency</b>	Selim et al. - 2014 - Chemical composition, antimicrobial and antibiofilm activity of the essential oil and methanol extract of the Mediterranean cypress ( <i>Cupressus sempervirens</i> L.).pdf	<b>complete inhibition ; potent</b>	<i>C. sempervirens</i> is a medicinal plant whose dried leaves are <b>traditionally used</b> for stomach pain, diabetes, inflammation, toothache, laryngitis, and as a contraceptive <sup>1415</sup> . Local people in Aljouf, Saudi Arabia, use it as <b>traditional medicine</b> for cough, influenza, and rheumatism <sup>16.14...</sup>
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<b>Rank 1: Absolute Potency</b>	Tyagi and Malik - 2010 - Liquid and vapour-phase antifungal activities of selected essential oils against <i>candida albicans</i> m.pdf	<b>potent; strongest ; strongest</b>	Essential oils, derived from aromatic plants, have a history of use in <b>traditional medicine</b> for various purposes <sup>17</sup> . The shift to essential oils for controlling <i>C. albicans</i> has gained significance <b>over the past decade</b> <sup>18.1718</sup>
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<b>Rank 1: Absolute Potency</b>	Abdollahi et al. - 2024 - Nanoformulated herbal compounds enhanced antibacterial efficacy of camphor and thymol-loaded nanoge.pdf	<b>complete inhibition ; potent</b>	The utilization of herbal medicines traces back to <b>ancient civilizations</b> for treating various ailments <sup>19</sup> . Camphor, obtained from <i>Cinnamomum camphora</i> bark, has been used as an <b>antiseptic, culinary spice, cold treatment</b> , and aphrodisiac <sup>20.1920</sup>
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<b>Rank 1: Absolute Potency</b>	Plaatjie et al. - 2024 - A scoping review on efficacy and safety of medicinal plants used for the treatment of diarrhea in su.pdf	<b>potent; strongest</b>	This scoping review notes that <b>traditional healing practices</b> and medicinal plants have served as the major source of healthcare for <b>over 80%</b> of the emerging world population <sup>21</sup> . The WHO encourages the use of <b>traditional folklore medicines</b> <sup>22.2122</sup>
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<b>Rank 1: Absolute Potency</b>	Shahina et al. - 2018 - <i>Cinnamomum zeylanicum</i> bark essential oil induces cell wall remodelling and spindle defects in <i>Candida</i> .pdf	<b>potent; complete inhibition</b>	This study focuses on <i>Cinnamomum zeylanicum</i> bark essential oil (CNB oil) <sup>23</sup> . No specific details regarding its traditional medicinal use or time period were provided in the excerpt. <sup>23</sup>
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<b>Rank 2: Superior Comparison</b>	Mbaveng et al. - 2012 - Antimicrobial activities of the methanol extract and compounds from the twigs of <i>Dorstenia mannii</i> (M).pdf	<b>lowest MIC; potent</b>	A decoction of the leaves of <i>Dorstenia mannii</i> is used <b>traditionally</b> for the treatment of many diseases, particularly <b>rheumatism and stomach disorders</b> <sup>24.24</sup>
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<b>Rank 2: Superior Comparison</b>	Asif et al. - 2023 - Toxicological assessment of <i>Phormidium</i> sp. derived copper oxide nanoparticles for its biomedical and.pdf	<b>lowest MIC; potent; potent</b>	This study is based on modern <b>nanobiotechnology</b> , synthesizing <b>Copper Oxide Nanoparticles (CuONPs)</b> using the cyanobacterial strain <i>Phormidium</i> sp. <sup>25</sup> . No traditional medicinal history is applicable. <sup>25</sup>
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<b>Rank 2: Superior Comparison</b>	Correia et al. - 2016 - Activity of crude extracts from Brazilian cerrado plants against clinically relevant <i>Candida</i> species.pdf	<b>potent; lowest MIC; potent</b>	Medicinal plants have been <b>traditionally used</b> in many parts of the world <sup>26</sup> . Plants of the Brazilian Cerrado region are <b>broadly used in popular medicine</b> <sup>27.2627</sup>
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<b>Rank 3: High Potency Claim</b>	Pietrella et al. - 2011 - Beneficial effect of <i>Mentha suaveolens</i> essential oil in the treatment of vaginal candidiasis assesse.pdf	<b>potent</b>	<i>Mentha suaveolens</i> has been used in the <b>traditional medicine of Mediterranean areas</b> for a wide range of effects, including tonic, stimulating, stomachic, carminative, and analgesic properties <sup>28,28</sup>
<b>Rank 3: High Potency Claim</b>	Alamgir et al. - 2010 - Chemical-genetic profile analysis of five inhibitory compounds in yeast.pdf	<b>potent</b>	This study is a <b>mechanistic investigation</b> using <b>chemical-genetic profiling</b> in yeast to determine the modes of action of existing compounds (e.g., aminoglycosides like streptomycin, neomycin, and paromomycin) <sup>29</sup> . No traditional herb history is applicable. <sup>29</sup>
<b>Rank 3: High Potency Claim</b>	Ding et al. - 2021 - Inflammasome-mediated GSDMD activation facilitates escape of <i>Candida albicans</i> from macrophages.pdf	<b>potent</b>	This study investigates a <b>specific molecular mechanism</b> (GSDMD activation) relevant to fungal sepsis <sup>30</sup> . No traditional herb history is applicable. <sup>30</sup>