Based on the provided sources, the following list details herbs, plants, and herbal combinations that have been studied for treating various *Candida* species, including *C. albicans* and non-*albicans* strains:

I. Individual Herbs, Plants, and Plant Extracts Studied for Anti-Candida Activity

Herb/Plant (Scientific Name)	Preparation Studied	Findings against *Candida* species	Source Citation
Aloe (*Aloe barbadensis* Miller / *Aloe vera*)	Ethanol extract, gel extract, and general extracts	Showed concentration-dependent inhibitory activity on *C. albicans*1.... Extracts displayed considerable antifungal activity against *C. albicans*45. Used to synthesize silver nanoparticles exhibiting antifungal activity against *C. albicans*6.1...	
***Arctium lappa* (Burdock)**	Root extracts	Showed antimicrobial effects against *C. albicans*7. The extract alone had a limited effect on *C. albicans* biofilm growth8. Demonstrated significant reduction in *C. albicans* biofilms at 250 mg/mL9.7...	
Asparagus (*Asparagus racemosus* Willd.)	Tuber extracts	Showed significant antifungal activity against *C. albicans*10.10...	

Asphodelus tenuifolius **(Kufer)**	Alcoholic extracts, seed extract	Alcoholic extracts inhibited *C. albicans* growth after 24 hours1314. Seed extract showed antimicrobial activity against clinical isolates, including *C. albicans*10....10...
Astronium urundeuva	Leaf extracts (free extract and microemulsion)	Demonstrated antifungal activity against *C. glabrata* and *C. albicans*1718.1718
Avicennia marina **(Qurm)**	Alcoholic extracts	Studied for anti-*Candida* activities14....14...
Balanites aegyptiaca **L.**	Fruit extract	Showed antimicrobial activity against clinical isolates, including *C. albicans*10....10...
Berberine (alkaloid from Berberine-containing herbs)	Alkaloid form	Investigated for fungicidal potential against *C. albicans* and non-*albicans* species; retarded cell growth maximally at 200 µg/ml19....19...

Carvacrol (Monoterpene)	Essential oil/API form	Showed significant biological activity against all *Candida* species (average MIC 24.96 µg/ml)25. Suppressed *C. albicans* biofilm formation by 80% at 2 mg/ml22. Inhibitory effects against oral candidiasis isolates were investigated2627. One of six monoterpenes studied in nanoformulations against various *Candida* species28.22...
Chamaecrista (*Chamaecrista absus*)	Not specified (documented use)	Documented as a potential anti-candida plant in Uganda31.31
Cinnamon (*Cinnamomum verum, C. cassia*)	Essential oil, bark hydroalcoholic extracts	Showed significant inhibitory and fungicidal activity against oral microorganisms, including *C. albicans* and *C. glabrata*1632. Hydroalcoholic extracts of bark were evaluated against fluconazole-resistant *C. albicans*32.16...

Combretum zeyheri	Leaf extract	Compound B (5-hydroxy-7,4'-dimethoxyflavone) isolated from the leaves was active against *C. albicans*34.3435
***Coriandrum sativum* (Coriander)**	Essential oil/extracts	Essential oil activity on *Candida* spp. strains is related to monoterpenes and sesquiterpenes present in the leaves36.36
Curcumin (from *Curcuma longa*)	Nanoparticle suspension, extract	Considered a promising natural antifungal37. Nanocurcumin suspension was effective in treating oral candidiasis, showing significant reduction in candida colonies38. Proven to have antifungal activity against fungal agents39. Suppressed *Candida* Spp. Biofilms (0.1–2 mg/ml)2240.22...
Dicerocaryum senecioides	Ethyl acetate extracts	Showed antifungal potency against *C. albicans* (especially in a polyherbal mixture)4142.41...

Diospyros mespiliformis	Raw fruit ethyl acetate extracts	Showed antifungal potency against *C. albicans* (especially in a polyherbal mixture)4142.41...
Distimake dissectus	Roots (aqueous extracts)	Extracts alone were ineffective at the screening phase but were successfully combined with other plants44....44...
Dorstenia mannii	Methanol extract, isolated compounds (dorsmanin F)	Methanol extract had the lowest MIC (64 µg/ml) against *C. albicans* among the tested extracts47. Compound F exhibited antifungal activity against *C. albicans*47.47
Echinacea purpurea	Extracts	Studied for antimicrobial effects against *C. albicans*748. Extract alone had a limited effect on *C. albicans* biofilm growth8.7...
***Eclipta alba* L.**	Extracts	Showed antimicrobial activity against clinical isolates, including *C. albicans*1112.1112

***Fagonia indica* (Shoka'a)**	Alcoholic extracts	Studied for anti-*Candida* activities14....14...
Fenugreek (*Trigonella foenum-graecum*)	Hydroalcoholic seed extracts, leaf extracts	Evaluated against fluconazole-resistant *C. albicans*32. Leaf extracts showed antimicrobial activity against clinical isolates, including *C. albicans*10....10...
***Garcinia kola* Heckel**	Not specified (traditional use)	Cited in ethnobotanical survey for candidiasis treatment in Benin3649.3649
Geraniol (Monoterpene)	Essential oil/API form	One of six monoterpenes studied in nanoformulations against various *Candida* species28.28
Gossypium barbadense	Fruit juice	Studied for antimicrobial activities against the fungus *Candida albicans*5051.5051
***Hyptis suaveolens* (L.) Poit.**	Not specified (traditional use)	Cited in ethnobotanical survey for candidiasis treatment in Benin36.36

Khaya anthotheca	Methanol stem bark extract	Exhibited **broad spectrum antifungal activities** against all tested *C. albicans, C. glabrata,* and *C. tropicalis* species/strains, with high antifungal activity (lowest MIC)52....45...
Lawsania inermis **(Henna)**	Alcoholic extracts	Showed **significant anti-Candida activity** (MIC ~10 µg/mL)60.... Inhibited *C. albicans* growth significantly in solid and liquid media1314. Showed significant inhibitory effect on *C. albicans* biofilm formation61.13...
Linalool (Monoterpene)	Essential oil/API form	Inhibited filamentous growth and biofilm formation of *C. albicans*63. One of six monoterpenes studied in nanoformulations against various *Candida* species28.2863

Matricaria (*Matricaria chamomilla*)	Extracts (in Matrica mouthwash)	Showed antifungal activity against *C. albicans* and *C. glabrata*6465. Had better antifungal activity against *C. albicans* than *Salvadora persica*66.64...
***Mentha piperita* (Peppermint/Mint)**	Leaf extracts	Showed high inhibitory activity against *C. albicans*417.417
Mitragyna rubrostipulata (formerly *Hallea rubrostipulata*)	Aqueous extract (24.4 °C)	Exhibited **broad spectrum antifungal activities** against all tested *C. albicans, C. glabrata,* and *C. tropicalis* species/strains, demonstrating the greatest extent of inhibition compared to other individual extracts52....44...
Momordica foetida	Roots (traditional use)	Commonly used for candidiasis management6768. Documented as potential anti-fungal plant69. *(Note: Extracts failed to exhibit anti-candida activity at the screening phase in one study)*46.44...

***Murraya koenigii* (L.) Spreng.**	Extracts	Showed antimicrobial activity against clinical isolates, including *C. albicans*1112.1112
Myrtus communis	Root and leaf extracts	Showed acceptable antifungal activity against *C. glabrata*1770.1770
Nerolidol (Monoterpene)	Essential oil/API form	One of six monoterpenes studied in nanoformulations against various *Candida* species28.28
***Ocimum gratissimum* L.**	Ethanolic extract, essential oil	Showed antifungal properties against *C. albicans* (MIC 50 mg/ml)7172. Essential oil demonstrated activity against four *Candida* species7374. Cited as one of the most used species in Benin ethnobotanical survey75.36...
Oleuropein (from olive leaves)	Substance isolated from olive leaves	Investigated for antimicrobial and anti-biofilm activities against fluconazole-resistant *C. albicans* and *C. glabrata*76....76...

Olax subscorpioidea	Extract	Exhibited the highest antifungal activity against *C. albicans* and *C. tropicalis* (MIC of 0.097 mg/mL and 0.048 mg/mL, respectively)80....80...
***Pedalium murex* L.**	Extracts	Showed antimicrobial activity against clinical isolates, including *C. albicans*1112.1112
***Piper betle* L.**	Extract (Hydroxychavicol isolation)	Hydroxychavicol, isolated from the leaf extract, was investigated for antifungal activity against selected fungi, including *Candida* species84. Acted as a potent anti-biofilm agent against *C. albicans*85.8485
Plectranthus calomelanos	Decoction	Studied for antimicrobial activities against the fungus *Candida albicans*5051.50...

Pomegranate (*Punica granatum* L.)	Methanolic extract, peel extract	Methanolic fraction inhibited biofilm formation produced by *Candida albicans*87. Peel extract was assessed as an alternative agent to nystatin against oral candidiasis88.87...
***Portulaca oleracea* (Baq'lah)**	Alcoholic extracts	Showed **significant anti-Candida activity** (MIC ~10 µg/mL)60.... Inhibited *C. albicans* growth significantly in solid and liquid media1314. Showed significant inhibitory effect on *C. albicans* biofilm formation61.13...
***Ricinus communis* L.**	Extracts, 10% solution	Extracts showed antimicrobial activity against clinical isolates, including *C. albicans*1112. A 10% solution was found to have favorable efficacy against *Candida* spp. in clinical trials for denture stomatitis9091.11...

***Salvadora persica* (Souwak)**	Extracts (in Persica mouthwash), alcoholic extracts	Extracts showed anti-Candida activity16. Alcoholic extracts inhibited *C. albicans* growth after 24 hours1314. Mouthwash showed antifungal activity against *C. albicans* and *C. glabrata*64....13...
Sansevieria dawei	Roots (traditional use)	Commonly used for candidiasis management6768. *(Note: Extracts failed to exhibit anti-candida activity at the screening phase in one study)*46.44...
Schinus terebinthifolius Raddi	Extracts	Efficiently inhibited biofilm formation and adherence of *C. albicans*85.85
Clove (*Syzygium aromaticum* flower buds)	Essential oil, extracts (in Cinnamol)	Contained in Cinnamol mouthwash33. Essential oils exhibited fungicidal property against *C. albicans* and *C. glabrata*32. Clove oil showed potential for vaginal candidiasis treatment92.32...

Syzygium jambos	Decoction	Studied for antimicrobial activities against the fungus *Candida albicans*5051.5051
Syzygium jambolanum	Alcoholic extracts	Showed significant antifungal activity against *Candida* species isolated from oral lesions1770.1770
Zataria multiflora	Essential oil	Had a significant antimicrobial effect on *C. albicans* and was the most effective single sample against biofilm formation among tested samples793. Effective on the biofilm formation and degradation of *Candida* species8.7...
***Ziziphus spina-Christi* (Sidr)**	Alcoholic extracts	Studied for anti-*Candida* activities14....14...
***α*-Terpinene (Monoterpene)**	Essential oil/API form	One of six monoterpenes studied in nanoformulations against various *Candida* species28.28

II. Herbal Combinations, Mixtures, and Formulations Studied for Anti-Candida Activity

Combination/Formulation	Key Herbal Ingredients	Target *Candida* Species & Efficacy	Source Citation
Cinnamol Mouthwash	Hydroalcoholic extracts of **cinnamon** and **cardamom**, and **clove tree** flower buds (*Syzygium aromaticum*)	Exhibited the best antifungal activity against ***C. albicans*** and ***C. glabrata*** among the herbal mouthwashes tested3364.33...	
Jaftex Mouthwash	Aqueous **oak fruit hull (jaft) extract**, marine extracts of ***Zataria multiflora*** and ***S. bachtiarica***	Showed antifungal activity against ***C. albicans*** and ***C. glabrata***64..., although it was the weakest herbal mouthwash tested64....64...	
Matrica Mouthwash	Extract of ***Matricaria chamomilla***	Showed antifungal activity against ***C. albicans*** and ***C. glabrata***6465.64...	
Persica Mouthwash	Extract of ***Salvadora persica***	Showed antifungal activity against ***C. albicans*** and ***C. glabrata***6465.64...	

Herbal Formulation (Mouthwash)	Essential oil of ***Zataria multiflora*** + extracts of ***Echinacea purpurea*** + ***Arctium lappa***	This formulation had a significant antimicrobial effect on ***C. albicans*** and significantly affected biofilm formation7....7...
Polyherbal Mixture (D.Z. & D.M.)	Ethyl acetate extracts of ***Dicerocaryum senecioides*** (1:1 ratio) + ***Diospyros mespiliformis***	Exhibited greater antifungal activity against ***C. albicans*** than the standard drug miconazole in *in vitro* assays4243.4243
Citrusfusion (AgNPs)	Polyherbal leaf extracts from ***Citrus limon*** + ***Citrus medica***	Used to synthesize silver nanoparticles (CitAgNPs) that exhibited potent efficacy in various ***Candida*** strains9798.9798

Monoterpenes Nanoformulation (NLC-Flu-MTs)	**Carvacrol, linalool, geraniol, *α*-terpinene, citronellal, and nerolidol** co-delivered with fluconazole (encapsulated in NLC)	Manifested potential and unique biological susceptibility against ***C. tropicalis, C. krusei, C. glabrata,*** and ***C. albicans***, affirming synergism between fluconazole and the monoterpenes28.28
Ugandan Extract Combination 1	Aqueous extract (60 °C) of ***Distimake dissectus*** + methanol extract of ***Khaya anthotheca***	Demonstrated broad spectrum fungistatic antifungal activities across all tested strains of ***C. albicans, C. glabrata,*** and ***C. tropicalis***, proving more effective than fluconazole and amphotericin B52....52...
Ugandan Extract Combination 2	Aqueous extract (87 °C) of ***Mitragyna rubrostipulata*** + methanol extract of ***M. rubrostipulata***	Demonstrated very high antifungal activities against all tested ***C. albicans*** species strains99100.99100

III. Herbs Studied with Limited or No Efficacy Reported (Screening Phase)

Herb/Plant (Scientific Name)	Preparation Studied	Findings against *Candida* species	Source Citation
Capsicum annuum (Cayenne, Sabzevari cultivar, Cerasiforme)	Aqueous and alcoholic extracts	Showed **no significant effective impact** (MIC range > 512 µg/ml) against clinical and reference strains of ***Candida*** species101102.101102	
Momordica foetida	Roots (petroleum ether and methanol extracts, various aqueous extracts)	Extracts failed to exhibit any anti-candida activity across all tested strains of ***C. albicans, C. glabrata,*** and ***C. tropicalis*** at the screening phase, despite traditional usage46.46	
Sansevieria dawei	Roots (petroleum ether and methanol extracts, various aqueous extracts)	Extracts failed to exhibit any anti-candida activity across all tested strains of ***C. albicans, C. glabrata,*** and ***C. tropicalis*** at the screening phase, despite traditional usage46.46	