

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 potency¹².

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

**Rank 1:
Absolute
Potency** Yoon and Kim - 2021 - Synergistic Antifungal Activity of *Magnoliae Cortex* and *Syzyii Flos*...pdf **strongest** **Magnoliae Cortex** is known for its use in **traditional Chinese medicine**⁸. **Syzyii Flos** (Clove) is used as a **spice** in many countries and has been used for a long time to **remove bad breath**^{9.89}

**Rank 1:
Absolute
Potency** Chan et al. - 2008 - Antimicrobial and antioxidant activities of *Cortex Magnoliae Officinalis*...pdf **potent;** **strongest** *Cortex Magnoliae Officinalis* (Houpo) is used in **traditional Chinese medicine**¹⁰. It has long been used to treat infectious diseases (e.g., skin/wound infections, fever, cough, digestive ailments)^{11....10...}

**Rank 1:
Absolute
Potency** Selim et al. - 2014 - Chemical composition, antimicrobial and antibiofilm activity of the essential oil and methanol extract of the Mediterranean cypress (*Cupressus sempervirens L.*).pdf **complete inhibition ; potent** *C. sempervirens* is a medicinal plant whose dried leaves are **traditionally used** for stomach pain, diabetes, inflammation, toothache, laryngitis, and as a contraceptive¹⁴¹⁵. Local people in Aljouf, Saudi Arabia, use it as **traditional medicine** for cough, influenza, and rheumatism^{16.14...}

Rank 1: Absolute Potency	Tyagi and Malik - 2010 - Liquid and vapour-phase antifungal activities of selected essential oils against <i>candida albicans</i> m.pdf	potent; strongest ; strongest	Essential oils, derived from aromatic plants, have a history of use in traditional medicine for various purposes ¹⁷ . The shift to essential oils for controlling <i>C. albicans</i> has gained significance over the past decade ^{18,17,18}
Rank 1: Absolute Potency	Abdollahi et al. - 2024 - Nanoformulated herbal compounds enhanced antibacterial efficacy of camphor and thymol-loaded nanoge.pdf	complete inhibition ; potent	The utilization of herbal medicines traces back to ancient civilizations for treating various ailments ¹⁹ . Camphor, obtained from <i>Cinnamomum camphora</i> bark, has been used as an antiseptic, culinary spice, cold treatment , and aphrodisiac ^{20,19,20}
Rank 1: Absolute Potency	Plaatjie et al. - 2024 - A scoping review on efficacy and safety of medicinal plants used for the treatment of diarrhea in su.pdf	potent; strongest	This scoping review notes that traditional healing practices and medicinal plants have served as the major source of healthcare for over 80% of the emerging world population ²¹ . The WHO encourages the use of traditional folklore medicines ^{22,21,22}

Rank 1: Absolute Potency	Shahina et al. - 2018 - <i>Cinnamomum zeylanicum</i> bark essential oil induces cell wall remodelling and spindle defects in <i>Candida</i> .pdf	potent; complete inhibition	This study focuses on <i>Cinnamomum zeylanicum</i> bark essential oil (CNB oil)23. No specific details regarding its traditional medicinal use or time period were provided in the excerpt.23
Rank 2: Superior Compariso n	Mbaveng et al. - 2012 - Antimicrobial activities of the methanol extract and compounds from the twigs of <i>Dorstenia mannii</i> (M.pdf)	lowest MIC; potent	A decoction of the leaves of <i>Dorstenia mannii</i> is used traditionally for the treatment of many diseases, particularly rheumatism and stomach disorders 24.24
Rank 2: Superior Compariso n	Asif et al. - 2023 - Toxicological assessment of <i>Phormidium</i> sp. derived copper oxide nanoparticles for its biomedical and.pdf	lowest MIC; potent; potent	This study is based on modern nanobiotechnology , synthesizing Copper Oxide Nanoparticles (CuONPs) using the cyanobacterial strain <i>Phormidium</i> sp.25. No traditional medicinal history is applicable.25
Rank 2: Superior Compariso n	Correia et al. - 2016 - Activity of crude extracts from Brazilian cerrado plants against clinically relevant <i>Candida</i> species.pdf	potent; lowest MIC; potent	Medicinal plants have been traditionally used in many parts of the world26. Plants of the Brazilian Cerrado region are broadly used in popular medicine 27.2627

Rank 3: High Potency Claim	Pietrella et al. - 2011 - Beneficial effect of <i>Mentha suaveolens</i> essential oil in the treatment of vaginal candidiasis assesse.pdf	potent	<p><i>Mentha suaveolens</i> has been used in the traditional medicine of Mediterranean areas for a wide range of effects, including tonic, stimulating, stomachic, carminative, and analgesic properties^{28,29}</p>
Rank 3: High Potency Claim	Alamgir et al. - 2010 - Chemical-genetic profile analysis of five inhibitory compounds in yeast.pdf	potent	<p>This study is a mechanistic investigation using chemical-genetic profiling in yeast to determine the modes of action of existing compounds (e.g., aminoglycosides like streptomycin, neomycin, and paromomycin)²⁹. No traditional herb history is applicable.²⁹</p>
Rank 3: High Potency Claim	Ding et al. - 2021 - Inflammasome-mediated GSDMD activation facilitates escape of <i>Candida albicans</i> from macrophages.pdf	potent	<p>This study investigates a specific molecular mechanism (GSDMD activation) relevant to fungal sepsis³⁰. No traditional herb history is applicable.³⁰</p>