v. 3, n. 83, 2023

International Journal of Health Science

# FIELD STUDY ON THE USE OF MEDICINAL PLANTS IN THE MUNICIPALITY OF ASSIS CHATEAUBRIAND-PR

*Aparecido Carlos Madalosso*

**Abstract:** Brazil is a country with great biodiversity and its flora constitutes an invaluable source of molecules with biological activity that can be explored through use as medicinal or herbal plants. Medicinal plants are those used for therapeutic purposes, and may or may not be cultivated species. The use of medicinal plants is a widespread practice in popular medicine, but there are few studies that report on the ways in which these plants are used, especially in the city of Assis Chateaubriand-PR. As it is an unprecedented work, the objective of this study was to carry out field research to learn about the main medicinal plants and how these plants are used by residents of the city of Assis Chateaubriand-PR. For this, a questionnaire was prepared containing 12 questions such as identifying the interviewees and their relationship with medicinal plants. In total, 72 people were interviewed in September 2022. The average age of those interviewed was 48 years old. The majority only have high school education (44%) followed by an undergraduate degree (31%). Most of those interviewed were residents of the Jardim América neighborhood (39%), followed by Jardim Europa (12%) and the center (11%). All participants stated that they believe in the benefits of medicinal plants and the majority (78%) use this therapy. The main reported medicinal plants used were: boldo (11%), mint (8%), chamomile (7%), lemon balm (7%), rosemary (4%), aloe vera (4%), ginger, carqueja, guaco and fennel (3%). Other plants mentioned, with a percentage equal to or less than 1%, accounted for 46% of the data. The main way of use is tea, (32%), in the form of infusion. The frequency of daily use of medicinal plants was 33% among participants and only 16% used them annually. Family knowledge was the main source of learning how to use medicinal plants, followed by popular knowledge and the internet. More than 90% of respondents recommend the use of medicinal plants to other people and only one respondent accurately reported the name of the active ingredient of a plant he used. It is clear that phytotherapy is traditional knowledge mostly transmitted from generation to generation. However, the internet has proven to be a great help in terms of disseminating this type of knowledge. All interviewees believe in the benefits of medicinal plants and most of them use medicinal plants. This diagnosis points to a high demand and a supply below what is necessary, among those interviewed. This fact shows that there is still great potential for growth both in the field of research and in economic exploration in our country.
**Keywords**: Ethnobotany. Popular knowledge. Folk medicine.

## INTRODUCTION

Medicinal plants are known to have an important role in curing or preventing some diseases and stand out as being one of the oldest therapies practiced by man. Its facilitators are the great plant diversity and the low cost associated with the practice (GADELHA, et al., 2013).

The use of medicinal plants is based on knowledge of medicinal flora, as many people have direct contact with nature, which over time triggers a series of knowledge that led to the discovery of the pharmacological action of plants and even their toxicity. It is also related to past experiences between generations, with the means of transmission being predominantly oral. (CARVALHO, 2018).

According to Almassy Júnior et al. (2005), medicinal plant is any plant that administered to man or animal, by any means or form, exerts some therapeutic action. Treatment using medicinal plants is called phytotherapy, and herbal medicines are medicines produced from these plants.

In Brazil, the use of plants for therapeutic

purposes originates from different cultures, represented by the traditions of indigenous peoples, quilombolas, among others (MARTINS, 2021).

Currently, a large part of the sale of medicinal plants is carried out in pharmacies and natural product stores. However, the Unified Health System (SUS) offers the population, through resources from the Union, States and Municipalities, twelve herbal medicines. They are included in the National List of Essential Medicines (Rename) and can be indicated for gynecological use, treatment of burns, therapeutic aids for gastritis and ulcers, in addition to medicines indicated for arthritis and osteoarthritis (MINISTRY OF HEALTH, 2022).

## THEORETICAL REFERENCE

### HISTORY

Medicinal plants have been used since ancient times, being part of human evolution, being one of the first therapeutic resources used by man. (BRANDELLI et al. 2017). Medicinal plants form a rich arsenal of organic and inorganic chemicals with different forms of exploitation by man (DIAS et al. 2018).

The discovery of the usefulness or harmfulness of plants occurred due to empiricism, that is, through testing carried out by man or observation of their use by animals. Medicinal plants were also and continue to be used in religious rituals, with divine power being attributed to them as they allow contact with the gods. (BRANDELLI, 2017).

In Brazil, the use of plants for therapeutic purposes has its origins in different cultures, represented by the traditions of indigenous peoples, Africans and European immigrants. In addition to being based on family tradition, it has become a widespread practice in popular medicine. (MARTINS, 2021).

The indigenous people used an immense amount of medicinal plants from Brazilian biodiversity. The shamans passed on knowledge about local herbs and their uses were improved over time. The first Europeans who arrived in Brazil came across this knowledge due to contact with the Indians and spread the use of different species (BRANDELLI, 2017).

In 2006, the National Policy on Medicinal Plants and Phytotherapeutics was created in Brazil. Two years later, the National Program of Medicinal Plants and Phytotherapeutics was created, with the objective of "guaranteeing the Brazilian population safe access and rational use of medicinal plants and herbal medicines" with the aim of promoting the sustainable use of biodiversity and the development of the production chain. and national industry" (BRAZIL, 2016). Another factor that influences the practice of phytotherapy in Brazil was the creation of the National Policy on Integrative and Complementary Practices of the Ministry of Health, which includes phytotherapy (FEITOSA, 2016).

### USE OF MEDICINAL PLANTS

Safety in using a medicinal plant depends on correct identification of the plant and knowledge of the part that must be used. For the treatment to be effective, the patient must also know the preparation method, effective dose and method of use, which combine knowledge from consolidated popular use and evidence revealed by scientific studies (COLET et al., 2015). However, the use of plants can also cause adverse effects, whether due to their isolated use, inappropriate use, chronic use or in association with conventional medicines or even with other plants and herbal medicines (ENIOUTINA et al., 2017). This way, research on the benefits and risks of using medicinal plants, among other purposes, constitute strategies to contribute to sustainability and the development of new

medicines (PEDROSO, et al. 2021).

In a study carried out in the city of Palotina-PR, with 107 interviewees, 72% used medicinal plants, with lemon balm, mint, boldo, chamomile and marcela being the most used plants (STEFANELLO et al., 2018). Another study carried out with patients undergoing chemotherapy treatment in Anápolis-GO, the most used plants are: noni, aloe, soursop and pomegranate (OLIVEIRA et al. 2014). Another study carried out in Buriticupu-MA, showed that mint, lemongrass, lemon balm and mallow are the plants most mentioned by interviewees (ALENCAR et al. 2019).

The state of Paraná stands out in the cultivation and use of medicinal plants (CORREA JUNIOR and SCHEFFER, 2004), especially in the western region due to a diverse colonization. Given this, it is necessary to carry out a study to understand the habits of use of medicinal plants by residents of the municipality of Assis Chateaubriand to retrieve information on the popular use of these plants.

## GOALS

### GENERAL GOAL

- To carry out a field study on the use of medicinal plants by the population of Assis Chateaubriand-PR.

### SPECIFIC OBJECTIVES

- Conduct a survey on the use of medicinal plants by residents of Assis Chateaubriand;
- Identify the main medicinal plants used;
- Know the main ways of using medicinal plants;
- Verify the frequency of use of medicinal plants and how the population of Assis Chateaubriand learns how to use them.

## MATERIAL AND METHODS

The study was carried out in the months of September and October 2022 in the municipality of Assis Chateaubriand-PR. Data collection was carried out through interviews with the application of a questionnaire that had 12 questions that aimed to understand socio-demographic characteristics and data regarding the use of medicinal plants (ANNEX I).

The questions related to name, age, education, neighborhood, whether the interviewee believes in the benefits of medicinal plants, whether or not they use medicinal plants, how they are used; frequency of use, way of learning how to use it, knowledge of any active ingredient, whether the interviewees recommend its use and whether they still want to try a medicinal plant. After collecting the data, the information was systematized into Excel spreadsheets to create graphs and tables.

In sampling, research participants were invited to participate in the research and readily available people were selected. No statistical criteria were used to select guests. This method was chosen, as it is believed to be the most appropriate for understanding the meanings, experiences and perceptions that people have about a certain subject, in this case, the benefits and how to use medicinal plants.

## RESULTS

In total, 72 people were interviewed in the municipality of Assis Chateaubriand in the months of September and October 2022. The average age of those interviewed was 41.28 and the education level of the majority of those interviewed was high school (Figure 1).

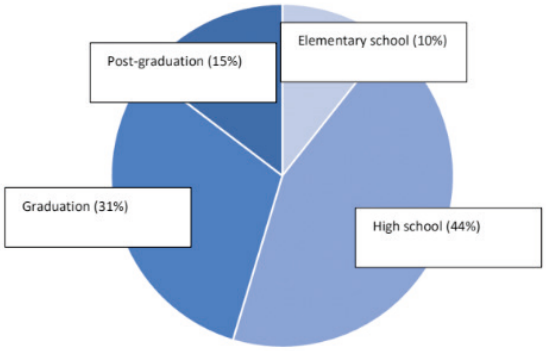


Figure 1. Education of the 72 interviewed for the study on the use of medicinal plants in Assis Chateaubriand-PR.

The neighborhood that had the highest number of interviewees was Jardim América, followed by Jardim Europa and Centro. Looking at Figure 2, it is possible to notice that several neighborhoods in the city were sampled and that the sample is representative of all territories.

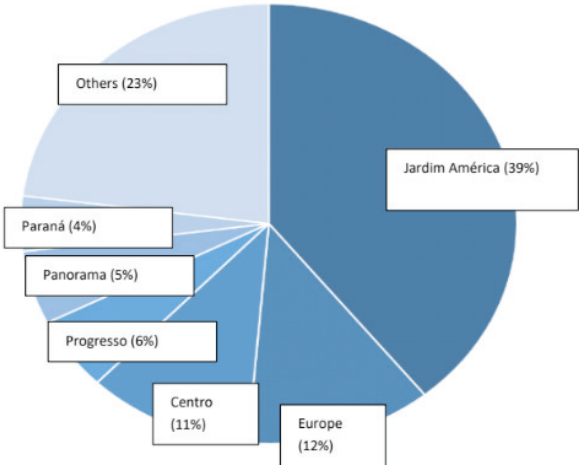


Figure 2. Neighborhoods of Assis Chateaubriand that had representatives in the survey.

All interviewees stated that they believe in the benefits of medicinal plants (Figure 3), which shows the potential for exploring this market in Assis Chateaubriand.

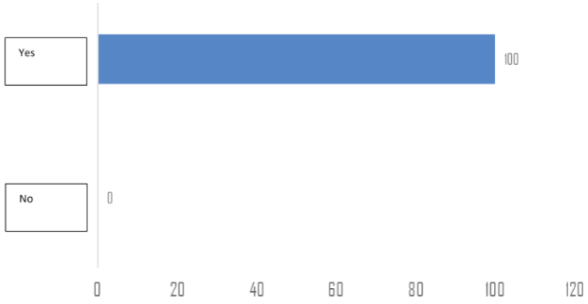


Figure 3. Percentage of respondents who believe in the benefits of medicinal plants.

The majority of respondents (78%) use at least one medicinal plant (Figure 4).

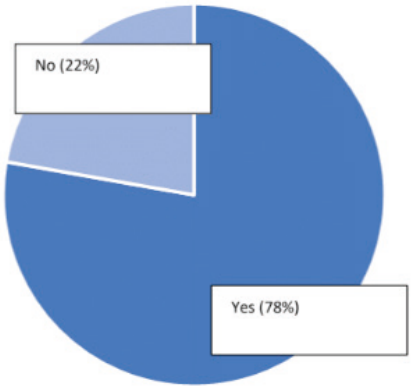


Figure 4. Interviewees who use medicinal plants.

The medicinal plants cited by users and their frequency of citation are described in Figure 5. Boldo was the most cited medicinal plant (11%), followed by mint (8%), chamomile and lemon balm (7%). Other medicinal plants that were mentioned and had less than 3% are listed in ANNEX II.

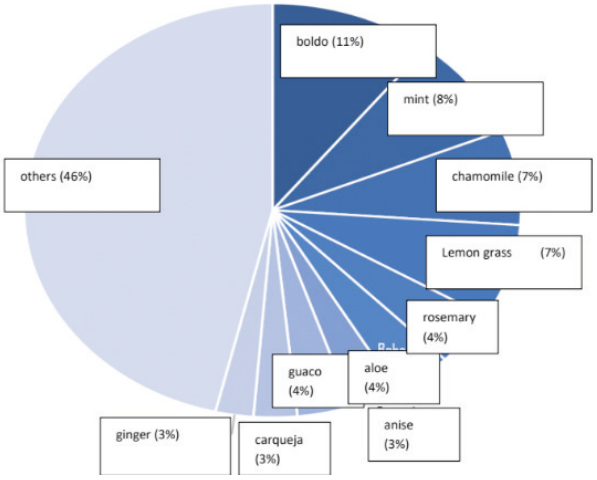


Figure 5. Medicinal plants mentioned by interviewees.

Regarding the way of using medicinal plants (Figure 6), tea (31%) was the most recommended way by users, followed by syrup (14%) and juice (10%). Tea prepared as an infusion was the form most used by most interviewees (Figure 7).

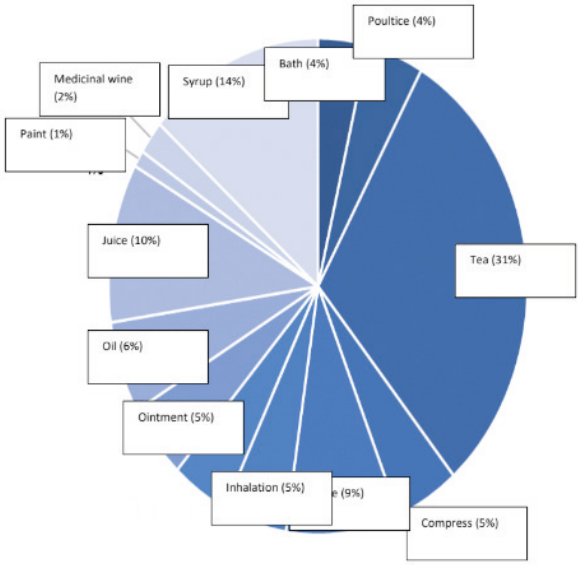


Figure 6. Form of use indicated by users of medicinal plants in Assis Chateaubriand-PR

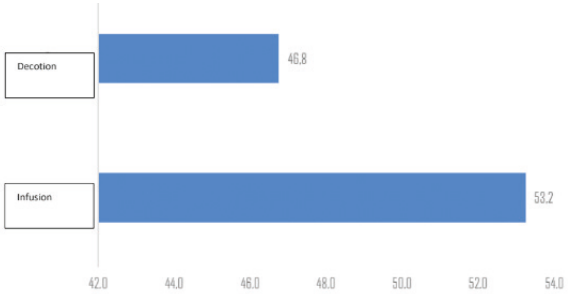


Figure 7. How tea is prepared by the residents of Assis Chateaubriand-PR.

The frequency of use was most frequently reported as daily and monthly (33%), followed by weekly (18%) and annual (16%) (Figure 8).

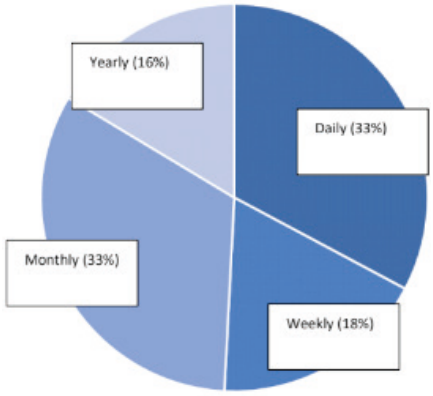


Figure 8. Frequency of use of medicinal plants in Assis Chateaubriand-PR.

The majority of interviewees stated that it was in the family that they learned how to use medicinal plants (56%), followed by the internet (15%) and friends (10%) (Figure 9).

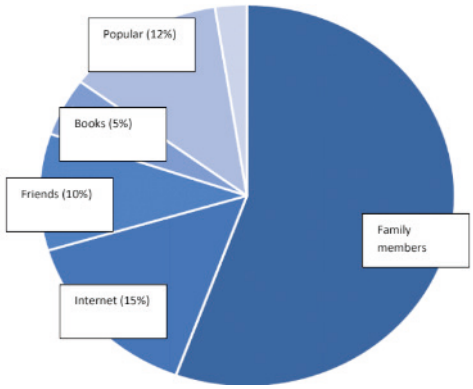


Figure 9. Learning the use of medicinal plants by residents of Assis Chateaubriand-PR.

Most users of medicinal plants (74.6%) do not know the active ingredient capable of bringing a benefit through the use of that medicinal plant (Figure 10).

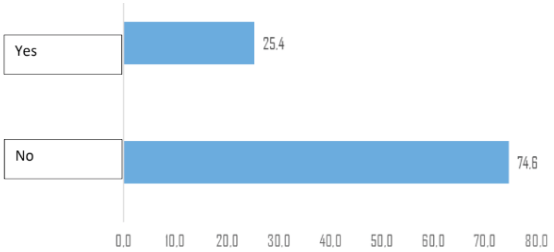


Figure 10. Percentage of the population of Assis Chateaubriand who knows the active ingredient of the medicinal plant they use.

Another important fact is that 77.3% of respondents indicate medicinal plants as a form of therapy (Figure 11).

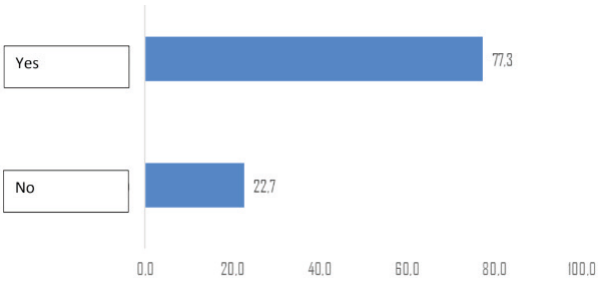


Figure 11. Percentage of respondents who recommend medicinal plants to other people as a form of treatment in Assis Chateaubriand-PR.

The majority (65.38%) of respondents do not want to try new medicinal plants (Figure 12).

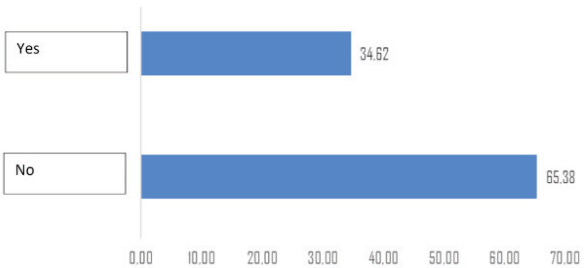


Figure 12. Percentage of respondents who would like to try new medicinal plants in Assis Chateaubriand-PR.

## DISCUSSION

The average age of 41.28 years can be explained by the age of the interviewer who administered the questionnaire to people in their social circle and age. Although the majority of respondents had a high school education, if the percentage of people with undergraduate and postgraduate degrees are added together, we have 46% of respondents with a degree.

The majority of interviewees belong to the Jardim América neighborhood because the interviewer lives in this neighborhood. If we take into consideration, that Jardim América is one of the largest neighborhoods in Assis Chateaubriand, having a greater number of interviewees from this neighborhood is a positive point. Furthermore, other neighborhoods in the city were also sampled in a significant percentage, including respondents from the Azauri district. Other neighborhoods that also have people interviewed are: Jardim Progresso, Carolina, Araçá, Universidade, Casa Grande, Panorama, Cristo Rei, Tropical, Mini Park and João Mota. Therefore, the 72 interviewees are representative of the Assis Chateaubriandense population.

As 100% of those interviewed said they believe in the benefits of medicinal plants, we can believe that there is an important market to be commercially explored. As 78% use it and 100% believe in the benefits of this therapy, we realize that medicinal plants have great credibility among the population.

Boldo, mint, chamomile, lemon balm, rosemary, aloe vera, fennel, guaco, carqueja and ginger were the plants most used by those interviewed and are in accordance with a study carried out in Palotina-PR, which is about 50 km from Assis Chateaubriand, and has the most commonly used medicinal plants, such as: mint, boldo, chamomile and guaco (STEFANELLO et al. 2018). The present study and that of Stefanello et al (2018) reached very

similar results, probably due to the proximity of the cities, which leads to the same customs, culture and climate. It can be seen that due to the properties of the plants mentioned, the main facts that lead people in western Paraná to use medicinal plants are stomach/liver problems, flu and colds and sleep problems. Due to regional issues, medicinal plants vary between locations, as can be seen in the study by Oliveira et al. (2014) who reported that the most used plants were noni, aloe, soursop and pomegranate.

Tea stands out as the most used form among those interviewed, probably because it is a very practical way of extracting the active ingredients of medicinal plants. However, other forms of use were also frequently mentioned, such as syrup, juice and gargling. The two forms of preparation – decoction and infusion – were frequently mentioned, but with infusion being the most widely used method. In view of the population's growing adherence to the use of medicinal plants, it is essential to highlight the method of preparation, as the therapeutic action of the plant used often depends on the form of preparation.

Regarding the frequency of use, it was noticed that 84% of those interviewed use some medicinal plant at least once a month. It was not questioned whether the method of obtaining it is through purchase or collection in the backyard of houses, as the number of buildings in the city is small. Living in houses makes it easier for people to use an area in their backyard, or even pots, to grow a frequently used medicinal plant.

Traditional knowledge passed between generations in families seems to be the main way of transmitting the customs of using medicinal plants, as 56% said they learned this therapy from their parents and grandparents. In fact, since the beginning of the use of medicinal plants, this knowledge has been passed on within families and people with close social circles. Only with the invention of writing did texts/books begin to "store" such information. Currently, the internet has widely spread this knowledge and alerted people to possible errors and excesses in the use of this therapy.

As the majority of interviewees do not know the active ingredient of medicinal plants and still adopt the therapy, it is clear that they trust the information received from family, friends or the internet. However, this practice can be dangerous since the dose used may be incorrect, the plant may be incorrectly identified, among other factors that may cause some type of worsening of a clinical condition (PEDROSO et al. 2021).

Around 77% of those interviewed stated that they recommend the use of medicinal plants to other people, which proves the informality of how this knowledge is transmitted between people and the importance of Brazilian folk medicine (FRANÇA et al. 2008).

A more intriguing fact was that the majority of respondents do not intend to try new medicinal plants. Only those who already use some type of medicinal plant answered this question, therefore, this fact can occur due to knowledge of several species and because of this there is an attitude of refusing new indications.

## FINAL CONSIDERATIONS

The research showed that the use of medicinal plants by residents of the city of Assis Chateaubriand is widespread and frequent. This knowledge is passed from generation to generation, as the majority of interviewees learned from family members, but the internet has contributed to the dissemination of this knowledge.

The most used format of medicinal plants was tea and the way of preparing tea by infusion was what predominated among those interviewed. Boldo was the medicinal

plant most mentioned by participants. Boldo has antioxidant properties and is known to help with digestive problems and assist in the treatment of liver problems.

Regarding the benefits of medicinal plants, the survey showed that 100% of participants believe in the benefits of phytotherapeutics, known to help in the treatment of certain health problems. However, when used inappropriately, they can cause poisoning among other adverse reactions.

## REFERENCES


ALENCAR, E. M.; CAJAIBA, R. L.; MARTINS, J. S. C.; CORDEIRO, R. S.; SOUSA, E. S.; SOUSA, V. A. Estudo etnobotânico do conhecimento e uso das plantas medicinais no município de Buriticupu, Maranhão, Brasil. **Revista Ibero-Americana de Ciências Ambientais**, v. 10, n. 6, p. 328-338, 2019.

ALMASSY JÚNIOR, A. A.; LOPES, R. C.; ARNOUD, C.; SILVA, F.; CASALI, V. W. D. **Folhas de Chá**: plantas medicinais na terapêutica humana. Viçosa: Editora UFV, 2005.

BRANDELLI, C. L. C. **Plantas medicinais: histórico e conceitos.** In: MONTEIRO, S.; BRANDELLI, C. L. C. Farmacobotânica: aspectos teóricos e aplicação. 1ª ed. Porto Alegre: Artmed, 2017.

BRASIL. Ministério da Saúde. Política e Programa Nacional de Plantas Medicinais e Fitoterápicos. Brasília: Ministério da Saúde, 2016. Disponível em: < https://bvsms.saude.gov.br/bvs/publicacoes/politica_programa_nacional_plantas_medicinais_fitoterapicos.pdf >. Acesso em: 27 de novembro de 2022.

CARVALHO, Marcos Antônio Oliveira. **Levantamento etnofarmacológico das plantas utilizadas como medicinais na zona urbana da cidade de São Bernardo – MA.** Orientador: Vilma Bragas de Oliveira. 2018. 54 f. TCC (Graduação) – Curso de Ciências Naturais – Química, Universidade Federal do Maranhão, São Bernardo, 2018. Disponível em: https://monografias.ufma.br/jspui/bitstream/123456789/2411/1/MarcosAntonioOliveiraCarvalho.pdf. Acesso em: 10 jul. 2022.

COLET, C. F.; DAL MOLIN, G. T.; CAVINATO, A. W.; BAIOTTO, C. S.; OLIVEIRA, K. R. Análises das embalagens de plantas medicinais comercializadas em farmácias e drogarias do município de Ijuí/RS. Revista Brasileira de Plantas Medicinais, v. 17, n. 2, p. 331-339, 2015.

CORREA JUNIOR, C.; SCHEFFER, M. C. Produção de plantas medicinais, condimentares e aromáticas no estado do Paraná. In: CORREA JUNIOR, C.; GRAÇA, L. R.; SCHEFFER, M. C.; M. C. **Complexo agroindustrial das plantas medicinais, aromáticas e condimentares no estado do Paraná – diagnóstico e perspectivas**. Curitiba: Sociedade Paranaense de Plantas medicinais EMATER/EMBRAPA Florestas, p. 48-68, 2004.

ENIOUTINA, E. Y.; SALIS, E. R.; JOB, K. M.; GUBAREV, M. I.; KREPKOVA, L. V.; SHERWIN, C. M. T. Herbal Medicines: challenges in the modern world. Part 5. Status and current directions of complementary and alternative herbal medicine worldwide. **Expert Review of Clinical Pharmacology**, v. 10, n. 3, p. 327-338, 2017.

DIAS, E. C. M.; TREVISAN, D. D.; NAGAI, S. C.; RAMOS, N. A.; SILVA, E. M. Uso de fitoterápicos e potenciais riscos de interações medicamentosas: reflexões para prática segura. **Revista Baiana de Saúde Pública**, v. 41, n. 2, 2017.

FEITOSA, M. H. A.; SOARES, L. L.; BORGES, G. A.; ANDRADE, M. M.; COSTA, S. M. Inserção do conteúdo fitoterapia em cursos da área de saúde. **Revista Brasileira de Educação Médica**, Brasília, v. 40, n. 2, p. 197-203, 2016.

FRANÇA, I. S. X.; SOUZA, J. A.; BAPTISTA, R. S.; BRITTO, V. R. S. Medicina popular: benefícios e malefícios das plantas medicinais. Revista Brasileira de Enfermagem, v. 61, n. 2, p. 201-208, 2008.

GADELHA, Claudia Sarmento; et.al. **Estudo bibliográfico sobre o uso das plantas medicinais e fitoterápicas no Brasil.** Revista Verde (Mossoró – RN), v. 8, n. 5, p. 208 - 212, (Edição Especial) dezembro, 2013. Disponível em: https://dialnet.unirioja.es/descarga/articulo/7404604.pdf. Acesso em: 08 jul. 2022.

MARTINS, Y. V. **Estudo bibliográfico de plantas medicinais indicadas para o tratamento de doenças do sistema respiratório.** Orientadora: Gisele Cristina de Oliveira Menino. 2021. 40 f. TCC (Graduação) – Curso de Ciências Biológicas, Instituto Federal Goiano, Rio Verde, 2021. Disponível em: https://repositorio.ifgoiano.edu.br/bitstream/prefix/1899/3/tcc_Yasmin%20Martins.pdf. Acesso em: 8 jul. 2022.

MINISTÉRIO DA SAÚDE. Relação Nacional de Medicamentos Essenciais. Disponível em: < https://www.conass.org.br/wp-content/uploads/2022/01/RENAME-2022.pdf >. Acesso em: 28 nov. 2022.

OLIVEIRA, L. A. R.; MACHADO, R. D.; RODRIGUES, A. J. L. Levantamento sobre o uso de plantas medicinais com a terapêutica anticâncer por pacientes da Unidade Oncológica de Anápolis. Revista Brasileira de Plantas Medicinais, v. 16, n. 1, p.32-40, 2014.

PEDROSO, R. S.; ANDRADE, G.; PIRES, R. H. Plantas medicinais: uma abordagem sobre o uso seguro e racional. **Physis: Revista de Saúde Coletiva**, v. 31, n. 2, p. e310218, 2021.

PHITÓSS. Disponível em: < https://phitoss.com.br/plantas-medicinais-e-os-fitoterapicos-oferecidos-de-graca-pelo-sus/ >. Acesso em: 27 de novembro de 2022.

STEFANELLO, S.; KOZERA, C.; RUPPELT, B. M.; FUMAGALLI, D.; CAMARGO, M. P.; SPONCIADO, D. Levantamento do uso de plantas medicinais na Universidade Federal do Paraná, Palotina-PR, Brasil. **Revista Extensão em Foco**, v. 1, n. 15, p. 15-27, 2018.

## ANNEX I

### QUESTIONNAIRE – RESEARCH ON MEDICINAL PLANTS

**1)** Name: _____
__

**2)** Age: _____ years

**3)** Education:
☐ Illiterate ☐ Elementary school ☐ high school ☐ graduation ☐ Post-graduation

**4)** In which neighbourhood do you live in?
_____

**5)** Do you believe in the benefits of medicinal plants?
☐ No ☐ Yes
**6)** Do you use medicinal plants?
☐ No ☐ Yes
If so, which ones?
_____
_____
_____
_____
_____

**7)** How do you use medicinal plants?

| | |
|---|---|
| ☐ Bath | ☐ Maceration |
| ☐ Poultice | ☐ Ointment |
| ☐ Poultice | ☐ Post |
| ☐ Compress | ☐ Oil |
| ☐ Decoction | ☐ Juice |
| ☐ Gargle | ☐ Dye |
| ☐ Inhalation | ☐ Medicinal wine |
| ☐ Infusion | ☐ Syrup |
| ☐ Tea | ☐ Decoction (boil water with the plant inside)<br>☐ Infusion (boil water and then add the plant inside) |

**8)** How often do you use medicinal plants?
☐ Daily
☐ Weekly
☐ Monthly
☐ Yearly

**9)** How did you learn to use medicinal plants?

_____

_____

_____

**10)** Do you know the name of any active ingredient in any medicinal plant?
☐ No ☐ Yes Which? _____

**11)** Do you recommend other people to use medicinal plants?
☐ No ☐ Yes

**12)** Is there a medicinal plant you haven't tried yet but would like to use?

_____

_____

## ANNEX II

| Medicinal plant | Number of citations | Scientific name | Family |
|---|---|---|---|
| Boldo | 30 | *Plectranthus barbatus* | Lamiaceae |
| Mint | 23 | | |
| Chamomile | 21 | | |
| Cidereira | 21 | | |
| Rosemary | 12 | | |
| Babosa | 11 | | |
| Guaco | 10 | | |

| | |
|---|---|
| Anise | 9 |
| Carqueja | 8 |
| Ginger | 7 |
| Cinnamon | 6 |
| Oregano | 5 |
| Garlic | 4 |
| Arruda | 4 |
| Erva de São João | 4 |
| Louro | 4 |
| Picão | 4 |
| Acafrão | 3 |
| Arnica | 3 |
| Chapéu couro | 3 |
| Clove | 3 |
| Losma | 3 |
| Marcela | 3 |
| Melissa | 3 |
| Orapronobis | 3 |
| Quebra pedra | 3 |
| Romã | 3 |
| Rubim | 3 |
| Valeriana | 3 |
| Anis | 2 |
| Coentro | 2 |
| Eucalipto | 2 |
| Figatil | 2 |
| Folha de goiaba | 2 |
| Mastruz | 2 |
| Melão de são Caetano | 2 |
| Passiflora | 2 |
| Poejo | 2 |
| Trançagem | 2 |
| Cress | 1 |
| Levante | 1 |
| Lettuce | 1 |
| Alfavaca | 1 |
| algodãozinho | 1 |
| Burrito | 1 |
| Calêncula | 1 |
| Capim limão | 1 |
| Capim limão | 1 |
| carobinha | 1 |
| carrapicho rasteiro | 1 |
| Casca santa | 1 |

| | |
|---|---|
| Cavalinha | 1 |
| Green Tea | 1 |
| Cipó milome | 1 |
| Citronela | 1 |
| Coloral | 1 |
| Copaiba | 1 |
| Dente de leão | 1 |
| Douradinha | 1 |
| Fedegoso | 1 |
| Folha de manga | 1 |
| Guiné | 1 |
| Ibisco | 1 |
| Imbu | 1 |
| Janaubá | 1 |
| Jatobá | 1 |
| Lavender | 1 |
| Maleitoso | 1 |
| Malvia | 1 |
| Basil | 1 |
| Passion fruit | 1 |
| Mate | 1 |
| Mirra | 1 |
| Noni | 1 |
| Óleo da terra | 1 |
| Para de vaca | 1 |
| Paratudo | 1 |
| Pau amargo | 1 |
| Pau-terra | 1 |
| Pitanga | 1 |
| Poejo | 1 |
| Quinoa | 1 |
| Saia branca | 1 |
| Parsley | 1 |
| Sucupira | 1 |
| Tamarind | 1 |
| Thyme | 1 |
| Unha de gato | 1 |