

Ethnomedical Information on Boldo (*Peumus boldus*)

| Plant Part / Location | Documented Ethnic Use | Type Extract / Route | Used For | Ref # |
|-----------------------|--|--------------------------------|-------------|--------|
| Leaf Asia | Used as a tonic, digestive and carminative. Used for lack of gastric secretions, dyspepsia, liver affections and hangover due to excess alcohol intake. | Infusion Oral | Human Adult | ZZ1092 |
| Leaf Bolivia | Used as a biliary regulant in hepatitis and for excess bile; as a genital antiseptic in urethritis, and as a carminative for flatulence. | Infusion Oral | Human Adult | T07560 |
| Leaf Brazil | Used as a tonic, digestive and carminative. | Infusion Oral | Human Adult | ZZ1079 |
| Leaf Brazil | Used for cholecystitis, to eliminate biliary calculi, for gastric, liver and renal affections, a lack of appetite and for hepatic insufficiency. | Hot H2O Ext Oral | Human Adult | ZZ1081 |
| Leaf Brazil | Used for symptoms of liver dysfunctions and diseases, hepatitis, liver congestion, constipation, gases and poor digestion. Acts as a tonic and combats weakness and dizziness. | Infusion Oral | Human Adult | ZZ1070 |
| Leaf Brazil | Used as a tonic. Used to combat hepatitis, constipation, stomach pain, biliary lithiasis, rheumatism, dyspepsia, intestinal and stomach gas, gonorrhoea, digestive difficulties, dizziness, liver congestion, gastritis and a lack of appetite. Considered to have a tranquilizing effect and used for insomnia. | Not stated | Human Adult | ZZ1013 |
| Leaf Brazil | Used for liver and stomach problems. Used as a sedative and anthelmintic. Used as a choleric and cholagogue for chronic liver problems. | Infusion Oral ETOH Ext Oral | Human Adult | ZZ1088 |
| Leaf Brazil | Used as a tonic, eupeptic, hepatic, cholagogue, choleric, carminative, antirheumatic and stomachic. Used for hepatitis, liver colic and congestion, dyspepsia, flatulence, obstructions, gastric affections, lack of appetite, biliary calculi, insomnia and debilitation. | Decoction Oral | Human Adult | ZZ1072 |
| Leaf Chile | Used for liver and bowel dysfunctions, for constipation and as a general tonic. | Infusion Oral | Human Adult | ZZ1070 |
| Leaf Chile | Used as a carminative, cholagogue, choleric, antidiarrheic, diuretic, eupeptic, digestive and hepatic. Used for flatulence, to stimulate the gallbladder and the secretion of bile, for inflammation and calculi of the gallbladder and a lack of appetite. | Infusion Oral | Human Adult | ZZ1076 |
| Leaf Chile | Used as a diuretic, anthelmintic, and sedative. Used for cholesterol. | Hot H2O Ext Oral | Human Adult | A01223 |

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| Leaf Chile | Used against liver diseases, gallstones, inflammation of the gallbladder, biliary colic, infective cystitis, hypothyroidism and fluid retention. Considered a cholagogue, liver tonic, diuretic, urinary antiseptic, laxative, choleric, anti-obesity, liver-protective, anti-inflammatory and choleric. | Infusion Oral | Human Adult | ZZ1011 |
| Leaf Chile | Used as a diuretic, stomachic, sedative and anthelmintic. | Infusion Oral | Human Adult | AV1003 |
| Leaf Chile | Used as a diuretic, antioxidant, choleric, stomachic and cholagogue for hepatic illnesses and gallstones. | Infusion Oral | Human Adult | ZZ1060 |
| Leaf Chile | Used as a hepatic tonic, diuretic and laxative. Used for dyspepsia, stomach and intestinal cramps. | Infusion Oral | Human Adult | ZZ1100 |
| Leaf Chile | Used for running sores and head colds. | Roasted Leaf | Human Adult | ZZ1049 |
| Leaf Chile | Used for dropsy and rheumatism. | Decoction External | Human Adult | ZZ1049 |
| Leaf Chile | Used as a cholagogue, digestive, diuretic and hypnotic. Used for dyspepsia, lack of appetite, gastric disorders, gallstones and affections of the liver. Used as a digestive stimulant and to combat gastric atonia. | Not stated | Human Adult | ZZ1002 |
| Leaf sap Chile | Used for earaches. | Not stated | Human Adult | ZZ1049 |
| Bark Chile | Used for sores, head colds and cough. | Not stated | Human Adult | ZZ1049 |
| Fruit Chile | Eaten as a food. | Fruit Oral | Human Adult | ZZ1049 |
| Fruit Chile | Eaten as a food. | Fruit Oral | Human Adult | AV1006 |
| Plant Chile | Used as a vermifuge, for chronic digestive problems, to reduce excess gastric acidity and for gallstones. | Not stated | Human Adult | ZZ1014 |
| Plant Chile | Used as a tonic. Stimulates liver activity and bile flow; used for gallstones and liver or gallbladder pain. | Infusion Oral | Human Adult | AV1007 |
| Leaf England | Said to stimulate the production of bile and its secretion from the gallbladder, to enhance gastric secretions, to promote the excretion of uric acid and to have a weak hypnotic effect. | Infusion Oral | Human Adult | AV1003 |
| Leaf Europe | Used for gastrointestinal spasms. Considered a tonic and diuretic. | Not stated | Human Adult | ZZ1060 |
| Leaf Germany | Used for gonorrhoea, liver and gall bladder complaints, loss of appetite and dyspepsia. Considered to increase gastric secretions and act as an antispasmodic and choleric. | Infusion Oral | Human Adult | AV1002 |

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| Leaf Guatemala | Used for liver diseases. | Decoction Oral | Human Adult | K26154 |
| Leaf Italy | Used as a cholagogue, stomachic, diuretic, and choleric. | H2O Ext Oral | Human Adult | K04315 |
| Leaf Mexico | Used for hepatic problems and for the stomach. | Hot H2O Ext Oral | Human Adult | T13488 |
| Not Stated Mexico | Used as a digestive and choleric. | Not stated | Human Adult | AV1001 |
| Not Stated Mexico | Used for rheumatism. Considered an anodyne. | Not stated | Human Adult | AV1005 |
| Essential Oil South America | Used for digestive upsets, liver and bile problems, kidney and urinary tract illnesses. | Not stated | Human Adult | ZZ1014 |
| Leaf South America | Used as a diuretic in liver ailments like jaundice, stomach troubles, for urogenital inflammations, gonorrhea, dyspepsia, gout, hepatitis, rheumatism, syphilis and worms. Said to be anodyne, antiseptic, choleric, hepatotonic, hypnotic, stimulant, tonic and vermifuge. | Hot H2O Ext Oral | Human Adult | ZZ1049 |
| Leaf South America | Used as a tonic, antiseptic, stimulant for hepatic disorders, genito-urinary inflammation and for gonorrhea. | Not stated | Human Adult | ZZ1052 |
| Leaf South America | Used as a diuretic, laxative and hepatic tonic; used for diseases of the liver and treatment of gallstones, for worms, urogenital inflammations, gonorrhea, syphilis, gout, rheumatism, head colds and earaches. | Infusion Oral | Human Adult | AV1006 |
| Leaf South America | Used for its analgesic, antiseptic, bitter, cholagogue, diuretic, stimulant and tonic properties. Used for gonorrhea. | Not stated | Human Adult | ZZ1052 AV1008 AV1009 |
| Leaf South America | Used for gallstones, urinary tract infections, intestinal parasites and rheumatism. It has been used as a substitute for quinine in the treatment of malaria. | Not stated | Human Adult | AV1010 |
| Bark South America | Used for liver disease. | Not stated | Human Adult | AV1010 |
| Plant South America | Used to treat liver, gallbladder and bowel dysfunctions. Promotes fat digestion, stimulates bile secretion, neutralizes acid and is good for digestion. Used for urogenital inflammations, gonorrhea, gout, hepatitis, rheumatism, syphilis and worms. Used as an antiseptic and diuretic for urinary infections and uric acid elimination. | Not stated | Human Adult | ZZ1015 |
| Plant South America | Nourishes the blood, enhances digestion, aids liver function, balances the pH and is a good general tonic. Used to treat liver and bowel dysfunctions and to encourage proper digestion and bile secretion. | Not stated | Human Adult | ZZ1016 |

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| Plant South America | Used as a general tonic. | Not stated | Human Adult | ZZ1014 |
| Leaf UK | Stimulates digestion and the secretion of bile. Used as a diuretic. Facilitates digestion in those suffering from overwork. Used for liver insufficiency. Used for gallstones. | Not stated Not stated ETOH Ext | Human Adult | ZZ1066 |
| Leaf US | Used for the liver, gallbladder and digestion, for gallstones and gallbladder inflammation. Used for visceral pain due to problems in the liver and gallbladder; used for cystitis. Considered to be a urinary demulcent and to have antiseptic properties. | Infusion Oral | Human Adult | ZZ1055 |
| Leaf US | Considered a cholagogue, diuretic, hepatic and sedative. Used for gallstones and gallbladder inflammation and visceral pain due to problems with the liver and gallbladder. Used for cystitis. | Infusion Oral | Human Adult | ZZ1056 |
| Leaf US | Used to enhance renal and digestive elimination functions. Considered a choleric and cholagogue. | Not stated | Human Adult | ZZ1048 |
| Leaf US | Used for poor digestion, hepatitis, urinary infection, uric acid buildup, as a diuretic, antiseptic, alterative, bitter, tonic, cholagogue and to stimulate gastric and bile secretions. | Not stated | Human Adult | AV1004 |

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