

Ethnobotanical knowledge and phenolic profiles of plants used for hypertension management in the Algerian steppe, North Africa

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Supplementary Data

Supplementary Appendix SI — Data on medicinal plants used for hypertension management

Botanical family	Species name	Vernacular name	Origin	Used parts	Method of preparation	Typical daily dose	Frequency (per day)	Duration (week)	Citation (N=250)	RFC	FIV
Amaryllidaceae	<i>Allium sativum</i> L.	Garlic	C	Bulb	Fresh/Mac.	2.5–5 g	1–2	8–12	227	0.91	0.51
	<i>Allium cepa</i> L.	Onion	C	Bulb	Mac.	7.5–15 g	1–2	6–7	28	0.11	
Apiaceae	<i>Coriandrum sativum</i> L.	Coriander	C	Seed	Inf./Dec.	2–4.5 g	2–3	5–6	149	0.60	0.27
	<i>Foeniculum vulgare</i> Mill.	Fennel	W/C	Seed	Inf.	1.5–3 g	2–3	5–6	31	0.12	
	<i>Cuminum cyminum</i> L.	Cumin	C	Seed	Inf.	1.5–3.5 g	1–3	5–7	20	0.08	
Asphodelaceae	<i>Aloe vera</i> (L.) Burm.f.	Aloe	W/C	Stem	Fresh/Mac.	20–35 mL of diluted juice	1	4–8	25	0.10	0.10
Asteraceae	<i>Artemisia herba-alba</i> Asso	White Wormwood	W	A. parts	Inf.	1.5–3 g	1–2	3–5	50	0.20	0.18
	<i>Anvillea radiata</i> Coss. & Durieu	Anvillea	W	A. parts	Inf./Dec.	1.5–2.5 g	1–2	5–6	44	0.18	
	<i>Chamaemelum nobile</i> (L.) All.	Chamomile	W	Flower	Mac./Inf.	2–3.5 g	2–3	4–6	40	0.16	
Brassicaceae	<i>Sinapis arvensis</i> L.	Charlock	W	A. parts	Mac./WM	0.75–1.5 g	1–2	3–4	16	0.06	0.06
Ericaceae	<i>Arbutus unedo</i> L.	Strawberry tree	W	Leaf	Dec.	1.5–3.5 g	1–2	4–5	20	0.08	0.08
Fabaceae	<i>Trigonella foenum-graecum</i> L.	Fenugreek	C	Seed	Mac./Dec.	2.5–4.5 g	1–3	7–9	65	0.26	0.16
	<i>Lupinus albus</i> L.	White Lupin	W/C	Seed	Mac./Dec.	3.5–6.5 g	1–2	5–7	13	0.05	
Gentianaceae	<i>Centaurium erythraea</i> Rafn	Common Centaury	W	A. parts	Inf.	1.25–2.5 g	1–2	3–5	19	0.08	0.08
Hypericaceae	<i>Hypericum perforatum</i> L.	St John's Wort	W	A. parts	Inf.	1.5–3 g	1–3	4–6	17	0.07	0.07
Lamiaceae	<i>Thymus algeriensis</i> Boiss. & Reut.	Algerian Thyme	W	A. parts	Inf.	1.5–2.5 g	2–3	5–7	193	0.77	0.23
	<i>Mentha spicata</i> L.	Spearmint	C	Leaf	Inf.	1.5–2.5 g	2–3	4–5	59	0.24	
	<i>Teucrium polium</i> L.	Felty Germander	W	A. parts	Mac./Dec.	1.25–2 g	1–2	3–4	46	0.18	
	<i>Origanum vulgare</i> L.	Oregano	W/C	A. parts	Inf.	1.5–3 g	2–3	5–6	42	0.17	
	<i>Salvia rosmarinus</i> (L.) Schleid.	Rosemary	W/C	Leaf	Inf./Dec.	1.5–2.5 g	1–3	5–6	34	0.14	
	<i>Melissa officinalis</i> L.	Lemon Balm	C	A. parts	Inf.	1.75–3.5 g	2–3	4–6	32	0.13	
	<i>Lavandula stoechas</i> L.	Lavender	W	A. parts	Inf.	1.5–2.5 g	1–2	4–6	28	0.11	
	<i>Ajuga iva</i> (L.) Schreb.	Southern Bugle	W	A. parts	Inf./Dec.	1.5–3 g	1–2	4–5	26	0.10	

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Appendix I — Data on medicinal plants used for hypertension management (Contd.)

Botanical family	Species name	Vernacular name	Origin	Used parts	Method of preparation	Typical daily dose	Frequency (per day)	Duration (week)	Citation (N=250)	RFC	FIV
Lauraceae	<i>Laurus nobilis</i> L.	Laurel	W/C	Leaf	Inf./Dec.	1.5–3 g	1–2	5–6	176	0.70	0.49
	<i>Cinnamomum verum</i> J. Presl	Cinnamon	I	Bark	Inf./Dec.	1–2 g	1–2	5–6	69	0.28	
Malvaceae	<i>Hibiscus sabdariffa</i> L.	Roselle	C/I	Flower	Mac./Inf./Dec.	1.75–3.5 g	2	7–9	75	0.30	0.30
Moringaceae	<i>Moringa oleifera</i> Lam.	Moringa	C/I	Leaf	Mac./Inf.	4–7.5 g	1–2	6–8	122	0.49	0.49
Oleaceae	<i>Olea europaea</i> L.	Olive	C	Leaf	Inf./Dec.	2–3.5 g	2–3	7–8	71	0.28	0.28
Pinaceae	<i>Larix sibirica</i> Ledeb.	Siberian	I	Bark	Dec.	1.5–3.5 g	1–2	4–5	38	0.15	0.15
		Larch									
Rosaceae	<i>Crataegus monogyna</i> Jacq.	Common Hawthorn	W	Flower	Inf.	1.5–2.5 g	3	10–12	73	0.29	0.17
	<i>Crataegus laevigata</i> (Poir.) DC.	Midland Hawthorn	W	Leaf	Inf.	1.5–2.5 g	3	10–12	35	0.14	
	<i>Pyrus communis</i> L.	Pear	C	Leaf	Inf.	2–3.5 g	1–2	5–6	23	0.09	
Rutaceae	<i>Citrus limon</i> (L.) Osbeck	Lemon	C	Fruit	Fresh/WW	½ cup of juice	1	4–8	46	0.18	0.18
Tamaricaceae	<i>Tamarix aucheriana</i> (Decne.) Baum	Salt Cedar	W	A. parts	Inf./Dec.	1.5–3 g	1–2	4–5	11	0.04	0.04
Zingiberaceae	<i>Curcuma longa</i> L.	Turmeric	I	Rhizome	Dec./WM	1–3 g	1–2	8–12	165	0.66	0.66

RFC: Relative Frequency of Citation, FIV: Family Importance Value, A. parts: Aerial parts, Dec.: Decoction, Inf.: Infusion, Inh.: Inhalation, Mac.: Maceration, C: Cultivated, I: Imported, W: Wild, WM: with milk, WW: with water