

Ethnomedical Information on Sarsaparilla (*Smilax officinalis*)

Part / Location	Documented Ethnomedical Uses	Type Extract / Route	Used For	Ref #
Root Brazil	Used for affections of the skin: eczema, urticaria, wounds, ulcers and pimples. Used for affections of the urinary system, dysuria, calculi, oliguria, anuria, rheumatism, arthritis, gout, venereal disease, anorexia, digestive disturbances, hypotonia and muscular hypotrophy.	Decoction Oral	Human Adult	ZZ1072
Root Brazil	Used for syphilis, rheumatism, gout and affections of the skin.	Not Stated	Human Adult	ZZ1013
Root China	Used for boils and abscesses, rheumatoid arthritis, urinary tract infection, enteritis, diarrhea and as an antidote for mercurial poisoning. Considered a tonic, to have cooling properties, to remove excess moisture, promote diuresis, and to be an antimalarial.	Decoction Oral & External	Human Adult	BN1002
Root China	Used for rheumatism, arthritis, skin disease, venereal disease, fevers, digestive disorders and as a general tonic.	Not Stated	Human Adult	ZZ1063
Root + Rhizome China	Used for rheumatism, arthritis, sores, skin problems, mercury poisoning, syphilis and acute bacterial dysentery.	Not Stated	Human Adult	ZZ1060
Root England	Used as an alterative tonic, blood purifier, diuretic and diaphoretic for venereal disease, to restore appetite, for skin diseases and chronic abscesses.	Decoction Oral	Human Adult	BN1002
Root England	Used for contagious diseases and to treat syphilis.	Not Stated	Human Adult	ZZ1066
Root + Rhizome England	Used as an antirheumatic, anti-itch, anti-inflammatory, diaphoretic, diuretic, antiseptic, blood tonic, metabolic stimulant and immune enhancer. Enhances muscle tone and used by sports people to improve performance. Used for pre-menstrual tension, impotence, sexual debility, rheumatism, gout, vaginal itching, anal itching, psoriasis, eczema, leprosy, bacterial dysentery, mercurial poisoning and cancer.	Decoction Oral	Human Adult	ZZ1011
Root + Rhizome England	Used as an antirheumatic, antiseptic, antipruritic for psoriasis, cutaneous conditions, chronic rheumatism, rheumatoid arthritis and leprosy.	Decoction Oral	Human Adult	BN1007
Root Europe	Used for skin diseases, psoriasis, rheumatism, kidney disease and as a diuretic and diaphoretic.	Not Stated	Human Adult	ZZ1060
Root Europe	Used as an anti-inflammatory for rheumatism, arthritis and a treatment for urinary tract disorders; a rejuvenating tonic.	Fluid Ext Oral	Human Adult	ZZ1061

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Root Europe	Used for syphilis and rheumatic conditions. Considered a blood purifier.	Not Stated	Human Adult	BN1006
Root Germany	Used for skin diseases, psoriasis, rheumatic complaints, kidney diseases, as a diuretic and diaphoretic.	Not Stated	Human Adult	BN1005
Root Germany	Used for skin diseases, psoriasis, rheumatic complaints, kidney diseases and as a diuretic and diaphoretic.	Not Stated	Human Adult	BN1009
Root Honduras	Used for rheumatism, arthritis, skin disease, venereal disease, fevers, digestive disorders and as a general tonic.	Not Stated	Human Adult	ZZ1063
Root Honduras	Used for syphilis, rheumatism, pain of the joints and head, and against the cold.	Decoction Oral	Human Adult	BN1002
Root + Rhizome Honduras	Used for gonorrhea, skin diseases, rheumatism, fevers and digestive disorders.	Decoction Oral	Human Adult	ZZ1060
Root Jamaica	Used for syphilis, rheumatism and passive dropsy as it is considered to be a tonic, alterative, diaphoretic and diuretic.	Fluid Ext Oral	Human Adult	ZZ1052
Root Latin America	Used as an alterative, diaphoretic and tonic to treat sexual impotence, rheumatism, skin ailments, physical weakness, aches and pains in the joints, cold diseases, syphilis, gout, digestive disorders and psoriasis.	Decoction Oral	Human Adult	ZZ1059
Root Mexico	Used for rheumatism, arthritis, skin disease, venereal disease, fevers, digestive disorders and as a general tonic.	Not Stated	Human Adult	ZZ1063
Root Mexico	Used as a diaphoretic and diuretic.	Not Stated	Human Adult	ZZ1052
Root Mexico	Used for arthritis, cancer, dyspepsia, eczema, fever, gonorrhea, leprosy, nephrosis, rash, rheumatism, scrofula, skin ailments, syphilis and wounds. Considered to be depurative, diaphoretic, sudorific and tonic.	Not Stated	Human Adult	ZZ1049
Rhizome Mexico	Used for gonorrhea, skin diseases, rheumatism, fevers and digestive disorders.	Decoction Oral	Human Adult	ZZ1060
Bark New Guinea	Used for toothache.	Maceration External	Human Adult	ZZ1049
Root Peru	Used for pain of the joints and head, and against the cold.	Decoction Oral	Human Adult	BN1002
Root Philippines	Used for dysentery.	Not Stated	Human Adult	ZZ1052
Root South America	Used to purify the blood, stimulant, aphrodisiac and tonic for syphilis, gout, rheumatism and skin conditions.	Decoction Oral	Human Adult	BN1003

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Leaf + Root USA	Used as an antilethargic and ergogenic aid.	Leaf + Root Oral	Human Adult	M26697
Root USA	Used for skin diseases, psoriasis, rheumatic complaints, kidney diseases and as a diuretic and diaphoretic. In homeopathy it is used for skin rashes, rheumatism and inflammation of the urinary organs.	Decoction or Homeopathic Oral	Human Adult	ZZ1102
Root USA	Used for gout, arthritis, fever, digestive disorders, skin disease and cancer. Considered a blood purifier and tonic and is used for psoriasis, eczema, arthritis and ulcerative colitis; said to increase muscle mass. Also noted as a sexual rejuvenator.	Fluid Ext Oral	Human Adult	ZZ1010
Root USA	Used for venereal diseases such as syphilis and gonorrhea.	Infusion External or Douche	Human Adult	ZZ1053
Root USA	Used as a tonic, ergogenic, male rejuvenator and anti-inflammatory. Used to treat sexually transmitted diseases, syphilis, arthritis, gout, cancer, acne and skin diseases.	Not Stated	Human Adult	ZZ1062
Root USA	Used for syphilis, as an alterative and blood purifier, for convalescence, as a diuretic, diaphoretic, expectorant and laxative. Used by athletes and body builders as an ergogenic aid.	Not Stated	Human Adult	BN1001
Root USA	Used as a general tonic, to make one young, for urinary disturbances, rheumatism, stomach troubles, kidney troubles and as a gynecological aid.	Decoction Oral	Human Adult	BN1002
Root USA	Used to increase flesh and muscular power through improving digestion and assimilation.	Decoction Oral	Human Adult	BN1004
Root USA	Used for syphilis, chronic rheumatism, scrofulous disease, tuberculosis, skin diseases, alterative, to stimulate appetite and digestion and to increase strength.	Decoction Oral	Human Adult	BN1002
Root USA	Used for syphilis, male sexual dysfunction, to promote urination and sweating, as a blood purifier, for fevers and to increase muscle mass.	Fluid Ext Oral	Human Adult	ZZ1061
Root USA	Used for rheumatism, arthritis, skin disease, venereal disease, fevers, digestive disorders and as a general tonic.	Not Stated	Human Adult	ZZ1063
Root USA	Used for coughs, hypertension, pleurisy, as a diuretic and alterative and as a general tonic. Used for wounds, sore eyes and burns.	Not Stated Oral Not Stated External	Human Adult	ZZ1063

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Root USA	Used for syphilis and rheumatism, as a performance-enhancing and body-building substitute for anabolic steroids for athletes. Considered to have hepatoprotective, diuretic and anti-inflammatory activity.	Not Stated	Human Adult	ZZ1060
Root USA	Used as an alterative, pectoral, diaphoretic and sudorific for pulmonary diseases. Used for ulcers, shingles, syphilis and wounds.	Fluid Ext Oral Decoction External	Human Adult	ZZ1052
Root USA	Used as a blood purifier for psoriasis, eczema, warts and skin infections. In homeopathy it is used for skin eruptions accompanied by intense itching.	ETOH Ext Oral Homeopathic Oral	Human Adult	ZZ1014
Root USA	Used to stimulate metabolism, enhance glandular balance, boost hormone production, cleanse the blood, increase metabolic rate and aid muscle building. It has been used to treat gout, rheumatism, kidney and bladder dysfunctions and skin conditions.	ETOH Ext Oral	Human Adult	ZZ1016
Root USA	Used for impotency, liver problems, stress, rheumatism, gout, venereal disease, syphilis, leucorrhea, herpes, blood impurities, epilepsy, frigidity, hives, impotence, infertility, premenstrual syndrome, nervous system disorders, fever, eczema, psoriasis, diabetes and stomach and kidney disorders. Regulates hormones, increases energy and protects against harmful radiation.	Not Stated	Human Adult	ZZ1046
Root USA	Used to increase circulation, clear toxins and stimulate metabolism.	Not Stated	Human Adult	ZZ1067
Root + Rhizome USA	Used as an alterative, antirheumatic, diuretic and diaphoretic for skin and rheumatic conditions, psoriasis and rheumatoid arthritis.	Decoction Oral	Human Adult	ZZ1056
Root + Rhizome USA	Used as a diuretic and sudorific for skin disorders and rheumatism.	Not Stated	Human Adult	ZZ1066
Root Worldwide	Used as a tonic and blood purifier for syphilis, gout, arthritis, fevers, digestive disorders, psoriasis, skin disease and cancer.	Decoction Oral	Human Adult	ZZ1064
Root Worldwide	Used for lung and stomach congestion, skin diseases, herpes, syphilis, psoriasis, arthritis, rheumatism, gout, nervous disorders, epilepsy, chronic liver disorders, colds, fevers, stomach and intestinal gas. Promotes circulation, clears toxins, balances the glandular system, stimulates metabolism and male sexual potency. Used for body builders, as a rejuvenator and anti-inflammatory.	Not Stated	Human Adult	ZZ1015
Root Worldwide	Used as a tonic and blood purifier for syphilis, gout, arthritis, fevers, digestive disorders, skin disease and cancer.	Not Stated	Human Adult	ZZ1064

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Root Not Stated	Used for as an antirheumatic, antiseptic and antipruritic for psoriasis, cutaneous conditions, rheumatism, rheumatoid arthritis and leprosy.	Decoction Oral	Human Adult	BN1008
Not Stated	Used for cancer, dyspepsia, eczema, fever, gonorrhea, kidney, leprosy, rash, rheumatism, scrofula, skin, syphilis, wounds, dermatosis, abscess, arthritis, asthma, boil, cold, debility, diarrhea, enteritis, gout, malaria, menorrhagia, refrigerant, tumor, urogenital, venereal disease, cystitis, dysentery, lymphadenopathy, sore, malignancy, toothache, burn, conjunctivitis, inflammation, sterility and impotence.	Not Stated	Human Adult	ZZ1022
Not Stated	Considered a depurative, sudorific, tonic, aphrodisiac, alterative, carminative, diaphoretic, demulcent, diuretic, stimulant and emetic.	Not Stated	Human Adult	ZZ1022

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