



OATSTRAW HERB

Botanical Name: *Avena sativa*

Common Name: Common oat, groats, herb oats, oatgrass, oats, wild oats

Medicinal part: Aerial Part

Description: The oat (*Avena sativa*), sometimes called the common oat, is a species of cereal grain grown for its seed, which is known by the same name (usually in the plural, unlike other cereals and pseudocereals).



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