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Checklist Of Some Botanicals Used In Novelty Medicine In A Derived Savannah

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ABSTRACT

A total of 210 questionnaires were used by stratified random sampling method; 70 on farmers, 70 farmers and traditional healers and the other 70 on herbal material sellers. Plants were arranged alphabetically by their scientific name, common name, local name and family. 93 medicinal plants belonging to 51 families were collated from various habitats. Highest plant species were recorded in families Euphorbiaceae followed by Liliaceae, Annonaceae, Apocynaceae, Solanaceae, Caesalpiniaceae, Zingiberaceae, Rutaceae and Sapotaceae. Leaves, barks, fruits, seeds, roots, bulbs, rhizomes and pods singly and combination were plant parts reported. The most frequent methods of preparation mentioned were decoction, infusion, maceration, powder and chewing. The herbal preparations were administered by oral application, topical application, bathing and inhalation of vapour (steam) of the preparations.

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INTRODUCTION

The surrounding environment directly or indirectly influences human life and culture. Plants are part of our environment. People use plants around them for many proposes. They gathered knowledge from the environment, inched them and pass them through generation to generation with or without written documents. Plants are useful in the treatment of various diseases (Olowokudejo *et al.*, 2008; Kadiri *etal.*, 2013). In Africa, a wide variety of plants belonging to several families have been identified through ethnobotanical and ethno pharmacological studies as having therapeutic effects which met the primary health care of people (Kola, 2012; Ashidi, 2013).

(Satish and Ranjana, 2013) reported that at least 25% of drugs used in modern pharmacopodia are manufactured from plants, while many others are synthetic analogues built on prototype compounds isolated from plants. Over 50% of all modern clinical drugs are of natural product origin and remain the source of herbal drugs for health care of 80 % of the global population (Satish and Ranjana, 2013). Medicinal plants, which are botanicals, have been used in the treatments of malaria, sickle cell anaemia, mental disorders and microbial infection (Ene and Atawodi, 2012). Botanicals usually employed in novelty medicine include herbs, shrubs and trees. These parts are used in preparing decoction, concoction, infusion, mouth wash paste for novelty medicine (Satish and Ranjana, 2013). The therapeutic effects of plants used in traditional medicines are believed to derive from their contents of phytochemicals (Kadri and Fasidi, 1992, Agbogidi 2011; Aliyu, 2006 Abdallah *et al.*, 2013). Over exploitation and exploration of vast number of plants have uttered forest ecosystems resulting into decimation of biological diversity, disappearance and extinction of many economically valued plant species. Also, the resourceful information or knowledge about these plants may be disappeared for ever without proper documentation.

Objectives:

The present study was carried out to collate and document list of some plants being used for novelty medicinal purposes in a derived savannah (Abeokuta).

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RESULTS AND DISCUSSION

The study revealed that people of Abeokuta are actively involved in herbal practice despite the change in vegetation type from moist low land rain forest to derived savannah. Male (54.29%), married (86.67%), educated (85.24%), aged 31-40(39.05%) and herbal healers and farmers were the major set of respondents which played major role in herbal practice (Table 1).

93 species of medicinal plants belonging to 51 families were collated from various habitats of the study areas. Family Euphorbiaceae provided the highest number of species employed in the treatment of diseases, followed by families, Liliaceae, Annonaceae, Apocynaceae, Solanaceae, Caesalpiniaceae, Zingiberaceae, Rutaceae and Sapotacea (Table 2). These families were commonly reported for their flora and pharmacopoeia (Nyananyo 2006, Olowokudejo *et al.* 2008, kola, 2012, Kadiri *et al.*, 2013). These families may be the points of focus for discovery of new drug (Ene and Atawodi, 2012).

Leaves, barks, fruits, seeds, roots, bulbs, rhizomes and pods singly and combination were prepared by decoction, infusion and crushing. Plants such as *Euphorbia hirta* and *Ocimum gratissimum* preparations were being used singly while *Allium cepa* and *Syzgium aromaticum* were combined with non- plant materials like honey and milk to treat diseases such as cold and catarrh (Table1).

This agrees with the use of multicomponent potions in most traditional medical practices of Nigeria (Sofowora 2006; CJB, 2012; IPNI, 2012; Etukudo, 2003; Olowokudejo *et al.* 2008 and Kadiri *et al.*, 2013;). In most ethnobotanical studies, leaves were the most commonly used plant parts (Hossan *et al.* 2010, Sanz-Biset *et al.* 2009, Tene *et al.* 2006). This may be an indication that plant leaves are sites where higher medicinal contents are synthesized (Odotuga *et al.*, 2010) or the use of leaf is less destructive to the plants themselves compared with other parts (Lulekal *et al.*, 2008, Yin, 2009).

Most of the herbal preparations were reported being administered by bathing, drinking and inhalation of vapour (steam) from hot decoction of plants such as *Butryospermum paradox*, *Moringa oleifera* and *Tetrapleura tetraptera* to treat nasal congestion, cold and catarrh (Table2) as also reported by Ene and Atawodi, 2012. Preparations of herbs such as *Allium ascalonicum*, *Coccinia grandis* and *Solanum melongena* were reported being employed as vegetables, *Berberis aristata* as chewing sticks, *Carica papaya* as fruits while *Telfaria occidentalis* was taken as infusion for managing convulsion (Table 4). Similar observation was reported with fruits of *Aframonium melegueta* as anti-ulcer, hypoglycemic, and anti- hypertensive agents. The results of this finding agree with the report of Adebayo, 2009.

Incase of epidermal diseases, bathing with decoction was reported as it was believed that the medicinal contents of the plants can penetrate through the skin. Also, poultice of plants such as *Allium cepa*, *Anacardium occidentale*, *Allium sativum* and *Anona senegalensis*, latex of *Caricapapayaya* and *Ficus hispida* and juice of *Chromolaena odorata* were applied topically to treat skin diseases such as scorpion sting, ringworm, sores, snake bite, wound, itching and rashes(Table 7). Fruits of *Aframonium melegueta* were active anti-ulcer, hypoglycemic, and anti- hypertensive agents (Table 8, 9 and 10).

Table 1: Socio – economic characteristic of respondents

Socio-economic variables	Sex	Frequency	%Frequency	Mode
Gender	Male	114	54.29	54.29
	Female	96	45.71	
Marital status	Single	28	13.33	
	Married	182	86.67	86.67
Level of education	No formal education	31	14.76	
	Primary school	133	63.33	63.33
	Secondary education	36	17.14	
	Postsecondary education	6	2.86	
	University education	4	1.90	
Age interval	11-20	4	1.90	
	21-30	33	15.71	
	31-40	82	39.05	39.05
	41-50	67	31.90	
	51-60	14	6.67	
	61 and above	10	4.76	
Occupation	Farming alone	25	11.90	
	Herbal healing and faming	138	65.72	65.72
	Herbal material sellers alone	47	22.40	
Source of herbal materials used	Naturally grown plants in the streets	64	30.50	
	Cultivated plant at the back of houses	19	9.05	
	Far in the bushes	127	60.50	60.50

Table 2: Botanical employed for treating common cold cough and catarrh

Scientific Name	Common Name	Local Name	Family Name	Treatment Recipe
<i>Allium cepa</i>	Onion	Alubosa	Liliaceae	Mix the infusion with honey for cough and cold
<i>Allium sativum</i>	Garlic	Ayuu	Liliaceae	Cold infusion of bulb for cold and catarrh
<i>Butryospermum paradoxum</i>	Shear butter	Ori	Sapotaceae	Inhale the hot decoction for 1-2 days for nasal decongestion and Catarrh
<i>Dennettia triplata</i>	Peper fruit	Igberi	Annonaceae	Leaves, fruit or seeds are chewed for treating cough.
<i>Euphorbia hirta</i>	Asthma weed	Emi-ile	Euphorbiaceae	Decoction of the leaves is given in bronchial orally.
<i>Garcinia kola</i>	Bitter kola	Orogbo	Sterculiaceae	Take the leaf decoction orally every morning and night for 3 days.
<i>Lantana camara</i>	Bush lantana	Ewon agogo	Verbanaceae	The decoction of the of leaves is taken
<i>Moringa oleifera</i>	Drumstick tree	Ewe igbale	Moringaceae	Inhale and bath with vapour from hot decoction leaves every morning for 3-5 days.
<i>Nicotiana tabacum</i>	Tobacco	Taba	Solanaceae	Drink the leaf decoction until the symptoms disappear.
<i>Ocimum gratissimum</i>	Holy Basil	Efinrin	Labiataeae	Decoction of whole plant or leaves for cold and cough. powder of leaves is taken orally for catarrh
<i>Syzygium aromaticum</i>	Clove		Mytaceae	Boil the fruit or cloves in water and add milk. Take the mixture orally 2 times daily for 5-7 day to treat cough and catarrh.
<i>Tetrapleura tetraptera</i>	Tetrapleura	Aidan	Mimosoideae	Inhale and massage nose with hot leaf decoction for 2-3days to treat cough and catarrh.
<i>Tridax procumbens</i>	Tridax	Igbalode	Asterraceae	Oral application of hot decoction of leaves.
<i>Uvaria chamae</i>	<i>Uvaria chamae</i>	Eruju	Anonaceae	Decoction of root and barks for cold and catarrh
	Ginger	Ate-ile	Zingiberaceae	Decoction of rhizome for cold and catarrh. Mix ginger powder with honey for cough and cold.

Table 3: Botanical employed for treating malaria and fever.

Scientific Name	Common Name	Local Name	Family Name	Treatment recipe
<i>Alstonia boonei</i>	Stool wood	Ahun	Apocynaceae	Take cold decoction of leaves and stems for 3-5 days.
<i>Anacardium occidentale</i>	Cashew nut tree	Kasu	Anacardaceae	Bath and drink decoction of bark and leaves for 3-5 days.
<i>Azadirachta indica</i>	Neem	Dogonyaro	Meliaceae	Take orally before meal decoction of bark and leaves for 3-5 days.
<i>Baphia nitida</i>	Cam wood	Irosu	Papilionaceae	Inhale and bath with hot decoction of the plant for 5-7 days.
<i>Capsicum frutescens</i>	Red pepper	Ata-ijosi	Solanaceae	Take the powder of unripe fruit orally with hot pap for 5-7 days.
<i>Carica papaya</i>	Pawpaw	Ibepe	Caricaceae	Drink and bath with decoction of dried leaves and unripe fruits for 3-5days.
<i>Cassia fistula</i>	Golden shower tree	Aridan tooro	Caesalpinoideae	Take orally the decoction of leaves and stem for 5-7 days.
<i>Ceiba pentandra</i>	Kapok tree	Araba	Bombacaceae	Decoction of leaves and stem-bark is taken orally for 5-7 days.
<i>Chromolaena odorata</i>	Siam weed	Ewe Akintola	Compositae	Take decoction of root and leaves.
<i>Chrysophyllum albidum</i>	African star apple	Agbalumo	Sapotaceae	Bath with decoction of leaves and stem- barks for 5-7 days
<i>Citric sinensis</i>	Sweet orange	Osan	Rutaceae	Decoction of leaves stem twing, bark and fruit.
<i>Citrus aurantifolia</i>	Lime	Osan wewe	Rutaceae	Decoction of leaves and fruit is taken for 5-7 days.
<i>Cymbopogon citrates</i>	Lemon grass	Kooko- Oba	Poaceae	Inhale the vapour from hot decoction every morning for until the symptoms of malaria disappears.
<i>Dennittia triplata</i>	Pepper fruit	Igbesi/Igberi	Annonaceae	Drink and bath with decoction of fresh leaves every morning for 3-5 days.

<i>Garcinia kola</i>	Bitter kola	Orogbo	Guttiferae	Drink decoction of leaves and seeds for 5-7 days.
<i>Jithonia diversifolia</i>	Marigold tree	Jogbo Agbale	Compositae	Decoction of leaves, stem and twinge
<i>Lawsonia inermis</i>	Hennapla	Laali	Lythraceae	Decoction of leaves is taken before meal every morning for 5-7 days.
<i>Mangifera indica</i>	Mango	Mangoro	Anacardiaceae	Take and bath with the decoction of <i>Mangifera indica</i>
<i>Milicia excels</i>	African teak	Iroko	Moraceae	Take and bath with decoction of stem- bark, roots and leaves for 3 days.
<i>Morinda lucida</i>	Brimstone tree	Oruwo	Rubiaceae	Infusion of leaves is taken before meal every morning for 3-5 days.
<i>Moringa oleifera</i>	Drumstick tree	Ewe-igbale	Rubiaceae	Decoction of leaves or juice from seeds is taken.
<i>Ocimum gratissimum</i>	Holy Basic/sweet basic	Efinrin	Labiataceae	A full cup (350-400ml) of hot decoction of leaves is taken 2 times daily for 3-5 days.
<i>Pergulari daema</i>		Ese-atufa/Teji	Asclepiadaceae	Bath with decoction of leaves and stems for 5-7 days
<i>Piper nigrum</i>	Black pepper	Ata-iyere	Piperaceae	Paste of ground seed with pap every morning for 7 days.
<i>Vernonia amygdalina</i>	Bitter leaf	Ewuro	Compositae	Infusion of leaves is taken orally for 7 days.

Table 4: Botanicals employed for treating convulsion

Scientific	Common Name	Local Name	Family Name	Treatment recipe
<i>Abrus precatorius</i>	Rosary Pea	Oju-ologbo	Leguminosae	Macerate the leaves until juice comes out. Take the juice orally with hot pap.
<i>Allium ascalonicum</i>	Onion	Alubosa elewe	Liliaceae	Eat as vegetable the leaves and bulbs.
<i>Berberis aquifolium</i>	Oregon grape		Berberidaceae	Drink daily a full cup of roots infusion of the plant till disappearance of the disease.
<i>Berberis aristata</i>	Tree turmeric		Berberidaceae	Chew the bark and root of the plant every morning till the symptoms of the disease vanish.
<i>Berberis vulgaris</i>	Barberry		Berberidaceae	Bath daily for 7-14 days with hot decoction of bark and root.
<i>Bombax buonopozense</i>	silk cotton tree	Ponpola	Bombaceae	Take decoction of leaves of <i>Bombax buonopozense</i> every morning for 5-7 days.
<i>Calotropis procera</i>	Auricula tree, giant milkweed	Bomubomu	Asclepiadaceae	Drink the concoction of the whole parts of the plant.
<i>Cassia fistula</i>	Indian laburnum	Aidan-toro	Caesalpinoideae	Infusion of the bark is taken orally for 3-5 days.
<i>Coptis chinensis</i>	Coptis,		Ranunculaceae	Drink daily for 7-14 day with infusion of rhizomes.
<i>Flueggea virosa</i>	White berry-bush	Iranje	Euphorbiaceae	Decoction of Leaves and leafy twinge
<i>Hydrastis Canadensis</i>	Goldenseal		Ranunculaceae	Take the infusion of root 7 days.
<i>Jatropha curcas</i>	Pig nut	Lapalapa	Euphorbiaceae	Leaf decoction is taken for 5-7 days.
<i>Momordica charantia</i>	African cucumber	Bitter gourd	Cucurbitaceae	Leaf decoction is taken orally for 5-7days.
<i>Nicotiana tabacum</i>	Tobacco	Taba	Solanaceae	Drink the leaf decoction.
<i>Telfairia occidentalis</i>	Fluted pumpkin	Ugwu	Cucurbitaceae	Macerate with water the leaves and take a full cup of the juice every morning for 7 days.
<i>Tetrapleura tetraptera</i>	Aidan tree.	Aidan	Leguminosae	Take and bath with hot decoction of <i>Tetrapleura tetraptera</i>

Table 5: Botanicals employed for treating Anaemia

Scientific Name	Common Name	Local Name	Family Name	Treatment of recipe
<i>Abrus precatorius</i>	jequirity,	Oju-ologbo	Leguminosae	Boil root, leaves and seeds of <i>Abrus precatorius</i> take orally.
<i>Acacia nilotica</i>	scented-pod		Mimosoideae	Mix with water Powder form of leaves

	<i>Acacia</i>			of the plant and take orally.
<i>Adansonia digitata</i>	Baobab,	Ose	Bombacaceae	Take full cup of decoction of the plant on daily basis for 7 days.
<i>Alafia barteri</i>	Alafia chewing stick	Agbari etu	Apocynaceae	Take a full cup decoction of the roots twice daily for 7 days.
<i>Azadirachta indica</i>	Neem	Dogoyaro	Meliaceae	Decoction of stem-bark leaves and seeds orally for 3 days.
<i>Carica papaya</i>	Pawpaw	Ibepe	Caricaceae	Take decoction of leaves of the plant for 3 days
<i>Cassia angustifolia</i>	Cassia Senna		Caesalpiniaceae	Take the powder form of all the parts of plant with hot pap or root decoction of the plant once per day for 7 days
<i>Coccinia grandis</i>	<i>Ivy Gourd</i>		Cucurbitaceae	Eat the fruit of the plant as Vegetable.
<i>Corchorus olitorius</i>	Nalta Jute	Ewedu, Ooyo	Titiaceae	Take infusion of leaves and roots 2 times in a day for 7 days.
<i>Ixora arborea</i>	Ixora		Rubiaceae	Decoction of bark is taken orally.
<i>Khaya grandifoliola</i>	Mahogany	Oganwo	Meliaceae	Cold extract of Stem, root, and bark is taken daily before meal.
<i>Musa sapentum</i>	Banana	Ogede paranta	Musaceae	The hot infusion of <i>Musa sapentum</i> leaves is taken for 7 days.
<i>Ocimum gratissimum</i>	Sweet Basil	Efinrin	Labiataceae	Macerate with water leaves of <i>Ocimum gratissimum</i> and drink every morning for 7 days.
<i>Solanum melongena</i>	Eggplant		Solanaceae	Eat Fruit of <i>Solanum melongena</i> as Vegetable
<i>Waltheria indica</i>	Sleepy Morning,	Podemo	Sterculiaceae	Drink full cup of leaf decoction
<i>Xylopiya aethiopia</i>	Guinea pepper	Eeru	Annonaceae	Decoction of leaves and roots is taken by oral administration before meal for 5-7 days.

Table 6: Botanical employed as purgative and laxative

Scientific Name	Common Name	Local Name	Family Name	Treatment of Recipe
<i>Aloe barbadensis</i>	Aloe vera		Liliaceae	Bath with leaves infusion for 7-14 days.
<i>Calotropis procera</i>	Giant milk	Bomubomu	Asclepiadaceae	Take the powdered form of leaves
<i>Carica papaya</i>	Pawpaw	Ibepe	Caricaceae	Take ripe fruit in the morning before meal for 7 days.
<i>Cassia fistula</i>	Golden shower	----	Leguminosae, Fabaceae	A full cup of infusion of ripe pods is taken as purgative and laxative orally for 3-5 days.
<i>Garcinia kola</i>	Bitterkola	Orogbo	Sterculiaceae	Take the leaf decoction orally.
<i>Jatropha curcas</i>	Pig nut	Lapalapa	Euphorbiaceae	Leaf decoction is taken for 5-7 days.
<i>Ocimum americanum</i>	Hairy basil		Lamiaceae	Take the decoction of dried ripe seeds.
<i>Rauwolfia vomitoria</i>	Serpent wood/Swizzle	Asofeyeje	Apocynaceae	Decoction of stem-bark is taken orally for 5-7 days.
<i>Ricinus communis</i>	Castor oil	Ewe laa	Euphorbiaceae	Rub skin after bath with castor oil from mature seeds. Decoction of leaf is taken as purgative and laxative.
<i>Senna alata</i>	Candle bush	Asunwon-oyinbo	Leguminosae-Caesalpinioideae	Powder from of matured leaves is taken with pap orally as purgative.

Table 7: Botanical employed to cure skin diseases

Scientific Name	Common Name	Local Name	Family Name	Treatment of Recipe
<i>Ageratum conyzoides</i>	goat weed	Arunsansan	Asteraceae	Macerate the whole part of the plant and used the juice from the plant to cure wound, skin ulcer, rashes, rodent bite and burn.
<i>Allium cepa</i>	Garlic	Alubasa ayu	Liliaceae	Poultice of the plant is applied externally on Scorpion sting 2 times daily for 2 weeks.
<i>Allium sativum</i>	Ginger	Ata-ile	Amaryllidaceae	Poultice of clove is applied topically for skin spots, burns, ulcer and scorpion sting
<i>Alstonia boonei</i>	Stool wood	Ahun	Apocynaceae	The crushed stem bark of the plant is applied externally on snake bite.
<i>Anacardium occidentale</i>	Cashew nut tree	Kaju	Anacardiaceae	Poultice of Leaves is apply on Ringworm, leprosy externally use 3 times daily until recovery
<i>Anona senegalensis</i>	Wild Custard-Apple	Ibobo	Annonaceae	Poultice of leaves is used to rub the sores, snake bite and wound externally.
<i>Carica papaya</i>	Pawpaw	Ibepe	Caricaceae	The latex from the stem is applied

				topically to treat ringworm, itching and rashes.
<i>Chromolaena odorata</i>	Siam Weed, Christmas Bush,	<i>Ewe-Akintola</i>	Compositae	Macerate leaves and rub with juice wound, rashes, scorpion sting, and snake bite and ring worm.
<i>Cocos nucifera</i>	Coconut tree	Agbon	<i>palmace</i>	Sap from the root is used on the skin to erase skin spots and wound externally every morning and night for two weeks.
<i>Elaeis guineensis</i>	Palm tree	Ope	<i>palmace</i>	Use the oil from the peeled fruit pericarp to rub boil, sting, scabies and rashes every morning and night until the infected parts are healed.
<i>Ficus hispida</i>	Hairy Fig tree		Moraceae	Latex is mixed with oil and used externally to cure cut, burn wounds and ulcers.
<i>Ipomoea batata</i>	Potato	Anamo	<i>Convolvulaceae</i>	Macerate the leaves of the plant with water and apply topically on skin affected with skin spots and rashes.
<i>Jatropha curcas</i>	Pig nut	Lapalapa	Euphorbiaceae	Latex of stem and leaves with mustard oil is applied to cure scabies, burns and skin rashes.
<i>Lawsonia inermis</i>	Hennapla	Laali	Lythraceae	Stem bark paste is applied externally to cure skin eruptions.
<i>Mangifera indica</i>	Mango	Mongoro	Anacardiaceae	Leaves decoction is used to bath for skin spots,
<i>Melia azedarach</i>	white cedar	Aforo-oyibo	Meliaceae	Stem bark and fruit paste is applied to cure skin spot leucoderma and wound.
<i>Momordica charantia</i>	bitter melon	Ejirinwewe	<i>Cucurbitaceae</i>	For skin eruption, rashes, ringworm, Eczema, insect bite, Athlete's foot and boils treatment, bath with decoction of the plant or use the fresh leaves of as sponge.
<i>Psidium guajava</i>	Guava,		Myrtaceae	Leaf paste is applied externally to treat itches and rashes.
<i>Ricinus communis</i>	Castor oil	Ewe-laa	Euphorbiaceae	Seed or leaf paste is applied to treat skin cracks, eczema and burns.
<i>Vernonia amygdalina</i>	Bitter leaf	Ewuro	<i>Asteraceae</i>	Rub with juice parts infected with Skin spots; Small pox, chicken pox, measles and fungal skin related infections

Table 8: Botanical employed for treating ulcer

Scientific Name	Common Name	Local Name	Family Name	Treatment of Recipe
<i>Acalypha fimbriata</i>	Acalypha	Jinwinini	Euphorbiaceae	Take leaf decoction orally.
<i>Aframonium melegueta</i>	Alligator pepper	Atare	Zingiberaceae	Take a full cup of leaf decoction every morning for 7-14 days depending on the severity of the disease.
<i>Aloe vera</i>	Burnt plant		Liliaceae	The decoction of the whole plant is taken orally before meal twice daily.
<i>Azadirachta indica</i>	Neem	Dongoyaro	Meliaceae	Leaf cold extract of the plant is taken orally once in a day for seven days.
<i>Brassica oleracea</i>	Cabbage	Gbegi	Brassicaceae	Take root, stem and leaves decoction every morning before meal for 7-14 days.
<i>Carica papaya</i>	Pawpaw	Ibepe	Caricaceae	Soak in water pieces of unripe fruit of <i>carica papaya</i> for 1 day and take a full cup of the extract once per day until the symptoms of the ailment disappear.
<i>Curcuma longa</i>	Turmeric	Laali	Zingiberaceae	Take orally leaf decoction of the plant for 7-14 days.
<i>Cymbopogum citratus</i>	Lemon grass	Ewiti	Poaceae	Take a full cup of leaf decoction of <i>Cymbopogum citrates</i> before break fast daily for 2 weeks.
<i>Entadrophragma macrophylla</i>	Mahogany	Arunje	Maliaceae	Take a full cup of leaf decoction every morning for 7-14 days.
<i>Irvingia grandifolia</i>	Bush mango	Odundun	Irvingiantiaceae	Macerate the leaves and drink the juice from it before meal for daily for 7 days.
<i>Margaritaria discoidea</i>	Pheasant-berry	Awe arunkuna	Phllanthaceae	Take the decoction of leaves for 5-7 days.
<i>Musa parasidiaca</i>	Plantain	Ogede	Musaceae	Eat the ripe fruits of the plantain or soak

				stems of <i>Musa paradisiaca</i> in water for 24 hours and take the cold extract.
<i>Occimum basillicum</i>	Bail	Mokomoko	Lamiaceae	Take leaves decoction of the plant once daily for 7 days.
<i>Persea Americana</i>	Avocado pear	Pia	Lauraceae	Eat raw the fruit or take leaf decoction of the plant.
<i>Treculia Africana</i>	African box wood	Ifon	Moraceae	Decoction of root is taken 3 times daily for 5 days.
<i>Uravia chamae</i>	Finger root	Eruju	Annonaceae	Full cup of root infusion is taken orally before meal for seven days.

Table 9: Botanicals employed for treating hypertension

Scientific Name	Common Name	Local Name	Family Name	Treatment of Recipe
<i>Aframomum melegueta</i>	Aligator peper	Atare	Zingiberaceae	The fruits are taken raw daily before meal.
<i>Agathosma betulina</i>	Ehin olobe	Buchu	Rutaceae	Take a full cup of Leaf decoction orally for 2 weeks.
<i>Allium sativum</i>	Garlic	Ayu	Liliaceae	A full cup of Infusion of bulbs is taken daily for 7 days.
<i>Alstonia boonei</i>	Stool wood	Ahun	Apocynaceae	Take bark infusion orally for 5-7days.
<i>Bryophllum pinnatum</i>	Resurrection plant	Odundun	Crassulaceae	Decoction of the leaves is taken orally for 3-7 days
<i>Castanospermum</i>	Black bean	Osun	Fabaceae	Take the infusion of barks orally.
<i>Crinum glaucum</i>	River lily	Iyeye	Amaryllidaceae	Decoction of stem – bark is taken orally.
<i>Euphorbia hirta</i>	Asthma weed	Emi-ile	Euphorbiaceae	Decoction of the leaves is taken orally for 5-7 days.
<i>Garcinia kola</i>	Bitter kola	Orogbo	Guttiferae	Decoction of stem- bark, leaves and fruits is taken for 5-7days.
<i>Musa paradisiaca</i>	Plantain	Ogede dodo	Musaceae	Leaf decoction is taken orally for 7-14days.
<i>Ocimum basillicum</i>	Basil	Efinrin-wewe	Lamiaceae	Leaves powder is taken with ordinary water or hot pap for 7-14 days.
<i>Persea Americana</i>	Pia	Avocado pear	Lauraceae	Powder form of leaves is taken with water or pap every morning for 7-14 days.
<i>Rauwolfia vomitoria</i>	Serpent wood/Swizzle	Asofeyeje	Apocynaceae	Decoction of stem-bark is taken orally for 5-7 days.
<i>Uvaria afzelii</i>	Uvaria	Gbogbonse	Annonaceae	Take the infusion of roots by oral administration.
<i>Vernonia amygdalina</i>	Bitter leaf	Ewuro	Asteraceae	Decoction of leaves or eaten as vegetable
<i>Zingiber officinale</i>	Ginger	Ataile funfun	Zingiberaceae	Infusion of rhizome is taken every 2 days for 14 days.

Table 10: Botanical employed for treating diabetes mellitus

Scientific Name	Common Name	Local Name	Family Name	Treatment of Recipe
<i>Aframomum melegueta</i>	Aligator peper	Atare	Zingiberaceae	The fruits are taken raw daily before meal for 7-14day.
<i>Azadirachta indica</i>	Neem	Dogoyaro	Poaceae	Leaf decoction is taken orally for 7-14days.
<i>Citrus aurantifolia</i>	Lime	Osanwewe	Rutaceae	200-250ml of fruit juice.
<i>Hibiscus sabdariffa</i>	Roselle	Isapa	Malvaceae	Stem, leaf and flower decoction is taken for 7-14 days.
<i>Morinda lucida</i>	Brimstone tree	Owuro	Rutaceae	Leaf decoction is taken orally for 7-14 days.
<i>Mormodica charantia</i>	African-cucumber	Ejinrin wewe	Cucurbitaceae	Decoction of the whole plant is taken orally at 3 days interval for 21days.
<i>Morus mesozygia</i>	Morus	Ewe-Aye	Moraceae	Leaf decoction is taken orally for 7-14 days.
<i>Ocimum gratissimum</i>	Tea bush	Efinrin	Lamiaceae	Squeeze the leaves with water and take a full cup of the juice orally for 5-7 days.
<i>Rauwolfia vomitoria</i>	Swizzle stick	Asofeyeje	Apocynaceae	Decoction of the stem-bark and leaves is taken orally at 3 days interval for 21days Leaves
<i>Vernonia amygdalina</i>	Bitter leaf	Ewuro	Asteraceae	Take 350-400ml leaf decoction for 7 days.

Conclusion:

The folk use of traditional medicines is dependent on indigenous knowledge. However, documentation of these plants is the only way to preserve the traditional knowledge of the plant resources of the study area.

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