



FEDERAL REPUBLIC OF NIGERIA  
FEDERAL MINISTRY OF HEALTH &  
SOCIAL WELFARE



FEDERAL REPUBLIC OF NIGERIA  
FEDERAL MINISTRY OF HEALTH & SOCIAL WELFARE  
DEPARTMENT OF TRADITIONAL, COMPLEMENTARY  
AND ALTERNATIVE MEDICINE  
(TCAM)

*Nigerian*  
***Essential***  
***Medicinal***  
***Plants List***

OCTOBER, 2023

**NIGERIAN**  
**ESSENTIAL**  
**MEDICINAL**  
**PLANTS LIST**

## FOREWORD

In the pursuit of accessible healthcare and the promotion of our indigenous traditional healing practices, it gives me great pleasure to present the first edition of the Nigerian Essential Medicinal Plants List. This document is a significant milestone in our nation's commitment to harnessing the rich biodiversity of our land and preserving our cultural heritage. Nigeria is blessed with an abundance of diverse plant species, many of which possess medicinal properties that have been utilized for generations. These plants have played a vital role in the lives of our people and offer relief from ailments. Recognizing their immense potential, it is our duty to harness this natural wealth and ensure its preservation for the benefit of present and future generations.

The Nigerian Essential Medicinal Plants List is the result of extensive research, collaboration, and the dedicated efforts of numerous experts in the field of traditional medicine. This comprehensive document serves as a guide for healthcare professionals, policy makers, researchers, and individuals seeking alternative, affordable, and locally available remedies. Through this document, we strive to promote the integration of traditional medicine into the national healthcare system. By acknowledging the therapeutic value of our medicinal plants, we empower communities and traditional healers while fostering the coexistence of modern and traditional healthcare practices.

Furthermore, this document underscores our commitment to quality control, safety, and efficacy of medicinal plants; this ensures that their utilization conforms to universal best practices for use of traditional medicines. This not only safeguards the health of our citizens but also facilitates the potential for commercialization, economic growth, and job creation within the herbal medicine industry.

In the implementation of the Nigerian Essential Medicinal Plants List, we encourage collaborative efforts among stakeholders. By pooling together our knowledge and resources, we can develop sustainable practices that not only preserve our natural environment but also promote responsible and ethical use of medicinal plants.

An excellent work has been done in identifying these medicinal plants and their uses in the management and treatment of different diseases which if formulated into acceptable dosage forms would increase access to medicines needed to satisfy the needs of the populace.

I commend the members of the expert committee for the development of the Nigerian Essential Medicinal Plant List on the production of this document; I will also recommend this book to all those interested in the development and promotion of traditional medicine. Our life, our heritage and our hope for a healthier, wealthier Nation.

I encourage everyone to embrace the Nigerian Essential Medicines Plants List and explore the incredible healing potential that lies within our indigenous flora.



Dr. Morufu Olatunji Alausa Honourable  
Minister of State for Health

## ACKNOWLEDGMENTS

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We would like to extend our sincere appreciation to the team of experts and researchers who tirelessly conducted thorough research and analysis, which formed the foundation of this document. Our sincere gratitude goes to the Chairman of the Committee, Prof. Anthony Elujoba, the Co-Chairman of the Committee, Prof. MacDonald Idu, and other expert members of the Committee, the traditional medicine practitioners, the former Head of TCAM Department, Pharm. Zainab Ujudud Shariff, who initiated this project, the Director of TCAM, Pharm Titus Tarnongo Tile, the staff of TCAM department and other relevant stakeholders who provided technical support and collaborated with us throughout to ensure that the necessary information regarding the Essential Medicinal Plants List were provided.

Our sincere gratitude goes to our collaborative partners too numerous to mention who have been supportive of the Department.  
Thank you all for your commitment.



**Pharm. Titus T. Tile**  
Director, Traditional, Complementary and Alternative Medicine



## PREFACE

The world is currently ravaged with many emerging and re-emerging diseases which is of great concern to the global community. Some of these diseases are major causes of the increase in the morbidity and mortality rates of children, teens and adolescents, adults, pregnant women and the aged. Various countries are in search of treatments to these diseases, many of which are not effective and have led to the shift to the use of medicinal plants.

Nigeria is a country richly blessed with numerous medicinal plants which have so many medicinal properties such as anti-inflammatory, anti-malaria, anti-cancer, anti-hypertensive, anti-diabetic, diuretic, laxatives etc, many of which have not been explored. Many of these plants have relatively no toxic or adverse effects when used by humans, while some can be classified as toxic to both humans and animals

The Nigerian Essential Medicinal Plants list (NEMPL) was developed to provide a guide on the use of medicinal plants that satisfy the priority healthcare needs of the Nigerian populace and are used in the management of common ailments. These listed medicinal plants are readily available, accessible, acceptable, affordable and scientifically verified on the basis of Safety, Efficacy and Quality (SEQ). This document also recognizes the different categories of disease and illness that are predominant in the country which will suffice for most of the common ailments.

This document is divided into three parts namely: The Introduction, The List of Essential Medicinal Plants, and The Common Diseases. It outlines the botanical name and family, common names, local names, parts used, and medicinal uses of these medicinal plants in alphabetical order. It also contains medicinal plants which can be used in the treatment of various classes of diseases.

The document was developed by a committee of experts in the field of Traditional Medicine from the academia, traditional medicine regulators, traditional medicine practitioners (TMPs), herbalists, staff of the Traditional Complementary and Alternative Medicine (TCAM) Department, and other relevant stakeholders. The draft was reviewed by other experts in the field of traditional medicine.

The NEMPL will be beneficial to herbal medicine manufacturers, TMPs, herbalists, regulators, conventional medicine practitioners and the entire Nigerian populace.

I express hope that it will facilitate the integration of traditional medicine into the main healthcare system and further bridge the gap between conventional and traditional medicine.



Daju Kachollom S. Mni  
Permanent Secretary, Health

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## LIST OF ABBREVIATIONS

|        |                                                          |
|--------|----------------------------------------------------------|
| AIDs   | Acquired immunodeficiency syndrome                       |
| FDS    | Food and Drug Service Department                         |
| FMOH   | Federal Ministry of Health                               |
| H      | Hausa                                                    |
| HIV    | Human Immunodeficiency Virus                             |
| HOD    | Head of Department                                       |
| HPLC   | High-Performance Liquid Chromatography I                 |
|        | Igbo                                                     |
| MP     | Medicinal Plant                                          |
| NAFDAC | National Agency for Food and Drug Administration Control |
| NCDs   | Non-Communicable Diseases                                |
| NEMPL  | Nigeria Essential Medicine Plants List                   |
| NIMR   | Nigerian Institute of Medical Research                   |
| NNMDA  | Nigerian Natural Medicine Development Agency             |
| RMRDC  | Raw Materials Research and Development Council.          |
| SEQ    | Safety, Efficacy and Quality                             |
| STIs   | Sexual Transmitted Infections                            |
| TCAM   | Traditional Complementary and Alternative Medicine       |
| TMPs   | Traditional Medicine Practitioners                       |
| WAHO   | West African Health Organization                         |
| WHO    | World Health Organization                                |
| Y      | Yoruba                                                   |

## PART 1: INTRODUCTION

The use of Medicinal plants (MP) has attained a valuable role in global health-care systems. This involves not only in the treatment of diseases, but also, as a potential source of raw materials for therapeutic and curative purposes. It has been reported that two-third of the world's population depend on herbal medicines for their primary health care needs. This acceptability is based on cultural acceptance, better compatibility and adaptability with the human body with little or no side effects.

Records have shown that most drugs that are currently in use contain active ingredients otherwise referred to as bioactive components or substances, which are a derivative of plants. By reason of recent research, plant-derived drugs were discovered from studies and had become important for curative, therapeutic and traditional management of ailments. Folk medicine which represents the indigenous knowledge and beliefs of the people of Nigeria are claims that are irreplaceable despite the recent advancement in science and technology. The importance of MP cannot be overlooked and it is of utmost importance to document the commonly used ones in our traditional medicine practice in Nigeria.

Medicinal plants form the basis of treatment of various diseases in Nigerian Traditional Medicine Practice. About 75% of the Nigerian population still depends on traditional or herbal medicine for treatment of diseases, a percentage that aligns with the World Health Organization's (WHO) pronouncement. Majority of these potent medicinal plants are relatively non-toxic and without adverse effects, when used by humans as supported by several research findings. However, some of these plants can be classified as toxic to both humans and animals and therefore calls for guided use as their demands are presently on the increase due to their availability, affordability, accessibility, and promising efficacy, comparable to the often-high cost and adverse effects of standard synthetic drugs. This increasing demand for medicinal plants has therefore renewed the interest of the pharmaceutical industry in the production of herbal healthcare formulations, herbal-based cosmetic products, and herbal nutritional supplements among others.

In addition to serving medical and cultural functions, medicinal plants have economic importance. This has led to the growth of medicinal herbs in both the national and global markets, thereby yielding significant economic gains.

### Forms of Administration

There are different forms of administration for herbal medicines. Some common forms include:

- I. **Infusions/Teas:** Herbal teas or infusions involve steeping herbal ingredients in hot water. This method is suitable for certain herbs and is commonly used to extract the medicinal properties of leaves, flowers, or other plant parts.

- ii. **Decoctions:** Similar to infusions, decoctions involve boiling tougher plant materials like roots or bark to extract their active compounds. The process requires simmering the herb in water for an extended period.
- iii. **Tinctures:** Tinctures are concentrated liquid extracts made by soaking herbs in alcohol or glycerin. This method ensures the efficient extraction and preservation of active constituents, making it a popular choice.
- iv. **Capsules/Tablets:** Herbal medicines can be encapsulated or compressed into tablet form, providing a convenient way to consume and deliver standardized doses of herbal extracts.
- v. **Topical Applications:** Some herbal remedies are applied topically as creams, lotions, ointments, or oils for treating skin conditions, relieving pain, or promoting healing.
- vi. **Poultices/Compresses:** These involve placing crushed plant material directly on the skin and covering it with a cloth or bandage. Poultices are typically used to treat localized inflammation, wounds, bruises, or swelling.
- vii. **Essential Oils:** Extracted from aromatic plants through distillation or cold-pressing methods, essential oils contain highly concentrated plant compounds that can be used topically (often diluted) for various health purposes like aromatherapy or massage.
- viii. **Inhalation:** Inhalation involves inhaling steam infused with essential oils or dried herbs as a means of treating respiratory conditions such as congestion.
- ix. **Syrups/Elixirs:** Herbal syrups and elixirs are sweetened solutions that combine medicinal herbs with sugar or honey to enhance taste and make them more palatable when consumed orally.
- x. **Powders:** Dried herbs can be ground into fine powders and used as ingredients for encapsulation, mixing into food and drinks, or applying topically.

It is important to note that the appropriate form of administration may vary depending on the specific herb and its intended use. **It is always advisable to consult a healthcare professional or herbalist for guidance on proper dosage and administration methods.**

### **Routes of Administration**

Herbal medicines have been used for centuries to treat various ailments and promote overall well-being. These natural remedies are derived from plants and offer a holistic approach to healthcare. One crucial aspect of herbal medicine is the route of administration, which determines how the medicinal properties of herbs are delivered to the body. There are different forms of administration of herbal medicines as identified below:

#### **i. Oral Administration**

Oral administration is the most common and convenient route for herbal medicines.

It involves ingesting herbal preparations in the form of capsules, tablets, teas, or tinctures. This route allows for easy absorption through the gastrointestinal tract, enabling the active compounds to enter the bloodstream and reach the target organs. Oral administration is suitable for systemic effects, such as immune support, digestive health, and hormonal balance.

#### **ii. Topical Administration**

Topical administration involves applying herbal preparations directly to the skin or mucous membranes. This route is particularly effective for localized conditions, such as skin disorders, muscle and joint pain, and wound healing. Herbal creams, ointments, oils, and poultices are commonly used for topical administration. The active compounds penetrate the skin and exert their therapeutic effects locally, reducing inflammation, promoting tissue repair, and providing pain relief.

#### **iii. Inhalation**

Inhalation is a route of administration that involves inhaling herbal preparations in the form of steam, vapor, or smoke. This method allows the active constituents of herbs to be absorbed directly into the respiratory system, providing quick relief for respiratory conditions like coughs, congestion, and asthma. Inhalation can be achieved through steam inhalation, herbal vaporizers, or traditional practices such as smudging or burning dried herbs.

#### **iv. Rectal Administration**

Rectal administration involves the insertion of herbal preparations into the rectum. Suppositories or enemas are commonly used for this route of administration. Rectal administration is beneficial for conditions affecting the lower gastrointestinal tract, such as hemorrhoids, constipation, and inflammatory bowel disease. The active compounds are absorbed through the rectal mucosa and enter the blood stream, providing localized and systemic effects.

#### **v. Sublingual Administration**

Sublingual administration involves placing herbal preparations under the tongue, allowing for rapid absorption through the sublingual mucosa and into the bloodstream. This route bypasses the digestive system and liver metabolism, resulting in faster onset of action and increased bioavailability. Sublingual administration is commonly used for herbal tinctures or liquid extracts, making it suitable for conditions requiring immediate relief, such as anxiety, insomnia, and acute pain.

In general, different routes of administration for herbal medicines offer diverse options for delivering their therapeutic benefits. Each route has its advantages and is chosen based on the specific condition being treated and the desired outcome. Oral administration is convenient for systemic effects, while topical administration

targets localized conditions. Inhalation provides quick relief for respiratory ailments; rectal administration is suitable for lower gastrointestinal issues, and sublingual administration offers rapid absorption. Understanding the various routes of administration allows for the optimal utilization of herbal medicines, enhancing their efficacy and promoting holistic well-being.

### **Documentation of Medicinal Plants**

Documentation of medicinal plants involves the systematic recording and documentation of information related to various plants that have traditional or historical use in medicine. This process is important for preserving indigenous knowledge, understanding the therapeutic potential of plants, and promoting evidence-based herbal medicine.

Some key steps involved in the documentation of medicinal plants are highlighted below:

- i. **Plant Identification:** Accurate identification of the plant species is fundamental. This includes noting down botanical characteristics such as leaves, flowers, stems, fruits, and any unique features that can help distinguish it from other plants.
- ii. **Traditional Knowledge:** Consult with local healers, traditional medicine practitioners, or indigenous communities to gather information about the traditional uses of the plant. Document specific ailments or conditions for which the plant is used, preparation methods (e.g., decoctions, infusions), and dosages.
- iii. **Ethnobotanical Surveys:** Conduct field surveys to document local knowledge about medicinal plants. Interviews with local communities can provide valuable insight into traditional uses, preparation methods, dosage forms, and any associated rituals or beliefs.
- iv. **Pharmacological Research:** Explore scientific research on the plant's pharmacological properties. This may involve consulting scientific literature and databases to identify studies on bioactive compounds, mechanisms of action, toxicity profiles, pharmacokinetics, and clinical trials related to the plant's medicinal potential.
- v. **Phytochemical Analysis:** Conduct phytochemical analysis to identify and quantify bioactive compounds present in the plant. Techniques such as chromatography (HPLC) can help determine chemical constituents responsible for therapeutic effects.
- vi. **Safety Profile:** Document any known safety concerns associated with using medicinal plants including contraindications (e.g., pregnancy), potential side effects or interactions with pharmaceutical drugs or other herbs.

- vii. **Cultivation Practices:** Describe optimal growing conditions for the plant including climate requirements (temperature, humidity), soil type preferences (pH levels), sunlight exposure needs and irrigation methods if applicable.
- viii. **Sustainable Harvesting Practices:** Emphasize the importance of sustainable harvesting to prevent biodiversity loss and over exploitation. Document practices such as selective harvesting, reseedling, or cultivating medicinal plants to ensure their long-term availability.
- ix. **Processing and Quality Control:** Document traditional or recommended methods for processing medicinal plants including drying techniques, extraction methods (e.g., maceration, distillation), and quality control measures such as testing for contaminants or adulteration.
- x. **Digital Databases and Catalogues:** Compile the gathered information into a comprehensive database or catalogue accessible to researchers, healthcare professionals, pharmacists, and herbal medicine practitioners. This facilitates information sharing and supports evidence-based decision making.

Documentation of medicinal plants is essential for preserving traditional knowledge systems, promoting sustainable use of plant resources, fostering research collaborations between traditional healers and scientists, and enriching the global knowledge base on herbal medicine.

#### **Advantages of Documenting Herbal Indigenous Knowledge**

Documenting herbal indigenous knowledge has several advantages:

- i. **Preservation of Traditional Knowledge:** Documenting herbal indigenous knowledge helps to preserve and safeguard traditional knowledge that has been passed down through generations. This is important because traditional knowledge systems are often at risk of being lost due to social, economic, and environmental changes.
- ii. **Conservation of Biodiversity:** Indigenous knowledge often includes information about the sustainable use, harvesting, and cultivation of medicinal plants. By documenting this knowledge, it can help promote sustainable practices and prevent over exploitation of plant resources, thus contributing to biodiversity conservation efforts.
- iii. **Validation and Recognition:** Documenting herbal indigenous knowledge provides an opportunity for recognition and validation of traditional healing practices. It helps establish the credibility and value of traditional medicine systems by showcasing the historical use and efficacy of medicinal plants.
- iv. **Promotion of Evidence-Based Medicine:** Indigenous knowledge documentation can serve as a valuable resource for conducting scientific research on the therapeutic potential of medicinal plants. It provides a starting point for further exploration, leading to the development of evidence-based herbal medicine treatments.



- v. **Cultural Revitalization:** Collecting and documenting indigenous knowledge not only preserves valuable information but also contributes to the revitalization of cultural heritage. It promotes a sense of pride among indigenous communities, reaffirms their identity, and strengthens their cultural traditions.
- vi. **Collaboration between Traditional Healers and Modern Medicine Practitioners:** Documentation enables collaboration between traditional healers and modern medicine practitioners based on mutual understanding and respect for both systems. Sharing documented information facilitates dialogue, research partnerships, and integration of traditional medicine into mainstream healthcare.
- vii. **Education and Public Awareness:** Documented herbal indigenous knowledge can be used as educational material to raise public awareness about the value and potential benefits of traditional medicine practices. This helps combat misconceptions or stigmatization surrounding traditional healing practices.
- viii. **Policy Development:** Documentation serves as a foundation for policy development related to the regulation, conservation, cultivation, sustainable harvesting, trade, and intellectual property rights of medicinal plants. It informs decision-making processes at local, national, and international levels.

Overall, documenting herbal indigenous knowledge is crucial for preserving traditional knowledge, promoting sustainable use of medicinal plants, fostering collaboration between traditional and modern medicine systems, and enhancing the overall understanding and appreciation of indigenous cultures and practices.

**PART 2**  
**NIGERIAN ESSENTIAL MEDICINAL PLANT LIST**

| S/<br>N | Botanical Name/Family                          | Common Name                                                  | Local Name                                                              | Parts Used                  | Medicinal Uses                                                                                 |
|---------|------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------|------------------------------------------------------------------------------------------------|
| 1.      | <i>Abelmoschus esculentus</i><br>(Malvaceae)   | Common okra, Okro,<br>Okra, lady's finger.                   | Kubewa (H);<br>Okwuru (I);<br>Ila (Y).                                  | Fruit, Seed and<br>leaves   | Fever, treat gastric ulcers,<br>diabetes, and jaundice                                         |
| 2.      | <i>Abrus precatorius</i><br>(Fabaceae)         | Jumble beads, Rosary<br>beads                                | Idonzakara (H);<br>Otuobiribiri (I);<br>Ojuologbo or<br>Omisinmisin(Y). | Root, Leaves<br>and Seeds   | Cough, Skin disorder, treat<br>Jaundice, antimalaria, diabetic,<br>energy.                     |
| 3.      | <i>Acacia nilotica</i><br>(Fabaceae)           | Gum arabic tree,<br>Babul, Thorn<br>mimosa,                  | Bagaruwa (H),<br>Booni (Y),                                             | Seeds, Stem,<br>leaf & root | Treatment of human<br>immunodeficiency virus,<br>hepatitis C virus and cancer.                 |
| 4.      | <i>Acanthospermum hispidum</i><br>(Asteraceae) | Goat head, Slingshot<br>weed                                 | KashinYawo (H)<br>Dagumo (Y),                                           | Leaves and<br>Whole plant   | Jaundice, malaria, vomiting,<br>cephalgias, head-ache,<br>abdominal pain, convulsions,         |
| 5.      | <i>Achyranthes aspera</i><br>(Amaranthaceae)   | Chaff-flower, Prickly<br>chaff flower, Devil's<br>Horsewhip. | Hákoórínmacíjiji(H);<br>Agukwu (I);<br>Aboro (Y).                       | Leaves, roots               | Stomach disorders, Diarrhea,<br>Dysentery, Skin diseases                                       |
| 7.      | <i>Aframomum melegueta</i><br>(Zingiberaceae)  | Grains of paradise,<br>Guinea pepper,<br>Alligator pepper    | Chitta kumfaa(H);<br>Ose oji(I);<br>Atare (Y).                          | Leaves, seeds.              | Stomachache, snakebite,<br>diarrhea and anti-inflammatory<br>properties. A potent aphrodisiac. |

|     |                                                |                                             |                                                                                       |                                           |                                                                                                                                                                                            |
|-----|------------------------------------------------|---------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8.  | <i>Aframomum sceptrum</i><br>(Zingiberaceae)   | Guinea grains, or<br>black anomum           | Urioma/Ataiko (U)                                                                     | Whole plant                               | antiparasitic, antifungal,<br>antibacterial and antiviral<br>properties                                                                                                                    |
| 9.  | <i>Agaricus bisporus</i><br>(Agaricaceae)      | Button Mushrooms                            | hularbarawo, naman<br>kaza, gangar-zomo<br>(H);<br>Ero-mma(I); <i>Olubeje</i><br>(Y). | Whole plant                               | It reduces symptoms of anxiety<br>and depression, Improve<br>memory, and combat sleep<br>disorders. Protects against cancer<br>development. Management of<br>neurodegenerative conditions. |
| 10. | <i>Ageratum conyzoides</i><br>(Asteraceae)     | Goat weed, floss<br>flower                  | Ahenhen (H);<br>Ulaajula, (I);<br>Imi-esu or Imi-ewure<br>(Y).                        | Whole plant                               | Wounds, ulcers, scabies (craw-<br>craw), digestive disturbance,<br>diarrhoea, emetic,                                                                                                      |
| 11. | <i>Alchornea cordifolia</i><br>(Euphorbiaceae) | Christmas bush                              | Bambami (H);<br>Ububo (I);<br>Ewe- Ipa, Esinyin<br>(Y).                               | Leaves, root<br>bark, roots and<br>fruits | Treatment of venereal diseases,<br>cough, parasitic diseases and<br>impotency                                                                                                              |
| 12. | <i>Alchornea floribunda</i><br>(Euphorbiaceae) | Niando                                      | Bambani/bombana(H);<br>Ubebe/ububo (I);<br>Epa/ Ipan-esin (Y).                        | Leaves, roots<br>and barks                | Sickle cell,Fever,<br>Rheumatism,Antimicrobials,<br>Toothache,Cough, Sore,<br>Gonorrhoea,                                                                                                  |
| 13. | <i>Alchornea laxiflora</i><br>(Euphorbiaceae)  | Euphorbiaceae, Three-<br>veined bead string | Ijan (H);uwenuwen,<br>ubube (I);<br>Pepe (Y).                                         | Leaves, root                              | Treat Pile, dysentery, malaria,<br>Cough and Eczema                                                                                                                                        |
| 14. | <i>Allium cepa</i><br>(Amaryllidaceae)         | Onion                                       | Yabasi (H);<br>Alu-bosa (I); Alubosa<br>(Y).                                          | Bulb, leaves                              | Anti- diabetic, typhoid fever;<br>scorpion sting                                                                                                                                           |
| 15. | <i>Allium sativum</i><br>(Amaryllidaceae)      | Garlic                                      | Tafarunua (H);<br>Ayo-ishi (I);<br>Aayu (Y).                                          | Bulb, bark and<br>leaves                  | Anti-hypertension, cough,<br>arthritis Anti-diabetic, Antibiotic<br>and antiseptic                                                                                                         |

|     |                                                  |                                                              |                                                                     |                                                  |                                                                                                                                                               |
|-----|--------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 16. | <i>Aloe barteri</i><br>(Xanthorrhoeaceae)        | West african aloe                                            | Zabuwa (H);<br>Ebube-agummili (I);<br>Eteerinoyinbo (Y).            | Whole parts                                      | Diabetes, blood pressure,<br>abdominal pain, aphrodisiac and<br>skin disease                                                                                  |
| 17. | <i>Aloe vera</i><br>(Xanthorrhoeaceae)           | Aloe vera                                                    | Zabo (H);<br>Alovera (Y)                                            | Juice, Leaves                                    | Treat wounds, skin problems,<br>malaria.                                                                                                                      |
| 18. | <i>Alstonia boonei</i><br>(Apocynaceae)          | Cheese wood, pattern<br>wood or stool wood                   | Egun (I),<br>Ahun (Y),                                              | Roots, stems<br>and barks                        | Fever, insomnia, chronic<br>diarrhea, diabetes and rheumatic<br>pains                                                                                         |
| 19. | <i>Anacardium occidentale</i><br>(Anacardiaceae) | Cashew                                                       | Kanju, Kashu (H);<br>Sas-hu (I);<br>Kaju (Y).                       | Bark, leaves,<br>Fruit, gum, nut<br>and roots    | Pile, diarrhea, diabetes,<br>weakness, muscular debility,<br>urinary disorders, asthma,<br>eczema, psoriasis, scrofula,<br>Cough                              |
| 20  | <i>Andrographis paniculata</i><br>(Acanthaceae)  | Green chireta, King<br>of bitter, kalmegn                    | Tuwon Biri(H)<br>Ubobo (I)                                          | Fruit, aerial<br>parts, roots and<br>whole plant | Treat infectious diseases and<br>fevers, antibacterial, antioxidant,<br>anti-inflammatory and<br>anticancer                                                   |
| 21. | <i>Annona muricata</i><br>(Annonaceae)           | Soursop                                                      | Gwandardaji (H);<br>shawashawa,<br>Uburu(I); Ogbakanti,<br>Abo (Y). | Fruit and<br>leaves                              | Fever, pain, respiratory and skin<br>illness, internal and external<br>parasites, bacterial infections,<br>hypertension, inflammation,<br>diabetes and cancer |
| 22. | <i>Annona senegalensis</i><br>(Annonaceae)       | African custard-apple,<br>wild custard apple,<br>wid soursop | Gwandandaji(H);<br>UburuOcha(I);<br>Ukpokpo(Y).                     | Leaves                                           | Treatment of cough, yellow<br>fever and induce labour                                                                                                         |

|     |                                                      |                                 |                                                                      |                                                      |                                                                                                                                                                |
|-----|------------------------------------------------------|---------------------------------|----------------------------------------------------------------------|------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 23. | <i>Anogeissus leiocarpa</i><br>(Longaniaceae)        | Chewstick tree<br>African birch | Marke (H); Atara (I);<br>Pakodudu (Y).                               | Leaves, barks                                        | Malaria, Trypanosomiasis,<br>Helminthiasis, diabetic, ulcers,<br>body pain, blood clots,<br>asthma, coughing and<br>tuberculosis                               |
| 24. | <i>Anthocleista djalonensis</i><br>(Gentianaceae)    | Cabbage tree                    | Kasu (I)<br><i>Ewe Shapo</i> (Y).                                    | Roots, leaves,<br>Stems and<br>barks                 | Diabetes, Hypertension,<br>Malaria, kidneys, Fever,<br>Rheumatism, Bronchitis,<br>Typhoid Fever, Hemorrhoids<br>Hernia                                         |
| 25. | <i>Arachis hypogaea</i><br>(Fabaceae)                | Ground nuts                     | Geda (H);<br>Ukpa ala (I);<br>Epa (Y).                               | Seeds and<br>leaves                                  | Rheumatism, blood disorders,<br>gonorrhoea,                                                                                                                    |
| 26. | <i>Aristolochia bracteates</i><br>(Aristolochiaceae) | Worm killer                     | Dumalisduse, Ga-<br>daukuka (H)                                      | Ga-dankuka,<br>Ma-dacinkasa                          | Treat snakebite, intestinal pain,<br>gallbladder pain, arthritis, gout,<br>achy joints                                                                         |
| 27. | <i>Artemisia annua</i><br>(Asteraceae)               | Annual wormwood,<br>Mugwort     | Tazargade (H)<br>Mpatat (I)<br>Ewe Egbin or Iwo (Y)                  | Roots, Stems,<br>leaves                              | Fevers, liver diseases, common<br>cold, measles, diabetes,<br>yellowed skin (jaundice),<br>inflammatory conditions,<br>infections.                             |
| 28. | <i>Artocarpus altilis</i><br>(Moraceae)              | Bread fruit, Moracooa           | ukwa (I)<br>Ggbere (Y)                                               | Fruit                                                | Treat sprains, sciatica and skin<br>diseases, liver, spleen<br>enlargement, and coronary heart<br>disease, inflammation of the<br>kidneys, high blood pressure |
| 29. | <i>Azadirachta indica</i><br>(Meliaceae)             | Neem, nim or<br>margosa,        | Dogonyaro,<br>darbejiya, Bedi (H);<br>Ogwuiba (I);<br>Eke oyibo (Y). | leaves, flowers,<br>seeds, fruits,<br>roots and bark | leprosy, eye disorders, bloody<br>nose, intestinal worms, stomach<br>upset, loss of appetite, skin<br>ulcers, diseases of blood vessels                        |

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| 30. | <b>Balanite aegyptiaca</b><br>(Zygophyllaceae) | Desert Date and<br>Egyptian balsam                            | Aduwa (H)                                                                                            | Fruits, Seeds<br>Roots and bark                     | jaundice, intestinal worm<br>infection, wounds, malaria,<br>syphilis, epilepsy, dysentery,<br>constipation, diarrhea,                                           |
| 31. | <b>Biden pilosa</b><br>(Asteraceae)            | Itch hikers, black-<br>jack, beggarticks,<br>farmer's friends | Apako, <i>Fara-kaya</i> (H);<br><i>Cletus</i> (I); <i>Abereoloko</i><br>(Y).                         | Leaves, shoots,<br>flowers, stems,<br>and/or roots, | Treating inflammation, stomach<br>disorders, Malaria, peptic ulcers,<br>arterial hypertension, ulcers,<br>diabetes and all types of<br>infections               |
| 32. | <b>Boerhavia diffusa</b><br>(Nyctaginaceae)    | Hogweed, Red<br>Spiderling, punamava                          | Babba-juji (H);<br>Akandom, Aziegwa<br>(I); Etiponla (Y).                                            | Whole plant                                         | Cure disorders like intestinal<br>colic, kidney disorders, cough,<br>hemorrhoids, skin diseases,<br>alcoholism, insomnia, eye<br>diseases, asthma and jaundice, |
| 33. | <b>Bombax costatum</b><br>(Malvaceae)          | Red kapok<br>tree, Bombacaceae                                | Gurjiya (H);<br>Akpe, Apeotokoro (I);<br>Ponpolo, Eso (Y).                                           | Leaves, Bark<br>and fruits,<br>flower               | Dizziness, manage skin<br>diseases, liver disease, yellow<br>fever and headache, emollient,<br>emmenagogue                                                      |
| 34. | <b>Borassus aethiopum</b><br>(Arecaceae)       | African Fan Palm,<br>Palmyra Palm                             | Guri (H)                                                                                             | Fruits, leaves,<br>stems, roots and<br>flowers      | Enhances libido in women and<br>aphrodisiac in men, treatment of<br>stomach parasites, bronchitis<br>and sore throats                                           |
| 35. | <b>Boswellia dalzielii</b><br>(Burseraceae)    | <i>Frankincense</i>                                           | Ararrabi (H),<br>Hano or Harrabi (Y).                                                                | Bark, resin &<br>root                               | Diarrhea, malaria, vomiting,<br>inflammation and arthritis,<br>ulcerative colitis, coughs, sores,<br>wound healing, and asthma.                                 |
| 36. | <b>Cajanus cajan</b><br>(Fabaceae)             | Pigeon Pea, Congo<br>pea,                                     | Waken gizo, Waken<br>masar, Achi-shiru<br>(H); Fiofo, Agwa,<br>Okpokoro (I);<br>Otili, Feregede (Y). | Dried seed and<br>leaf                              | Food poisoning, as colic and in<br>constipation, coughs, bronchitis,<br>diarrhoea, haemorrhages, sores,<br>wounds and Diabetes                                  |

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| 37.  | <i>Camelia sinensis</i><br>(Theaceae)      | tea plant, tea shrub,<br>and tea tree                           | Dongoyaro (H);<br>Tialawo ewe and<br>tiialawo ewe (Y)                | Seeds, Leaves<br>and leaf buds | Anticancer, anti-oxidant,<br>antimicrobial activities,<br>improving mental alertness,<br>relieving digestive symptoms<br>and headaches, and promoting<br>weight loss                                                |
| 38.  | <i>Cannabis sativa</i><br>(Cannabaceae)    | Marijuana, weed and<br>ganja                                    | wi-wi (H);<br>Nwonkaka (I);<br>Igbó (Y).                             | Leaves and<br>flower           | Treatment of rheumatism,<br>epilepsy, asthma, skin burns,<br>pain, management of sexually<br>transmitted diseases, difficulties<br>during child labor, postpartum<br>hemorrhage, and gastro<br>intestinal activity. |
| 39.. | <i>Capparis thoningii</i><br>(Capparaceae) | Humbug,                                                         | Jinga, Chita, (H)<br>Awara and Ata-ile (Y)                           | Leaves, Roots                  | Treat rheumatism, colds, cough,<br>tuberculosis, stomach<br>complaints, diarrhoea, rectal<br>prolapse, treat bronchitis and<br>chest pain and pneumonia                                                             |
| 40.  | <i>Capsicum annum</i><br>(Solanaceae)      | Bell pepper, red<br>pepper, sweet<br>pepper, Cayenne<br>Pepper. | Tatashi (H);<br>Ose (I);<br>Ata wewe (Y).                            | Fruits, stems<br>and leaves    | Treatment of cough, toothache,<br>sore throat, parasitic infections,<br>rheumatism, wound healing                                                                                                                   |
| 41.  | <i>Capsicum frutescens</i><br>(Solanaceae) | Chilli pepper                                                   | Barkono, Tasshi (H);<br>Ose, Ooyibo (I);<br>Ata-jijir, Ata-eiye (Y). | Ripe fruits and<br>seeds       | Treat pain associated with<br>osteoarthritis, shingles,<br>rheumatoid arthritis, post-<br>herpetic neuralgia, trigeminal<br>neuralgia, diabetic neuropathy,<br>fibromyalgia, and back pain.                         |

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| 42. | <i>Carica papaya</i><br>(Caricaceae)         | Pawpaw and papaya                | Gwanda (H);<br>Okuru-beke (I);<br>Ibepe (Y).                           | Fruit, Seed and<br>leaves    | relieve menstrual pain, improve<br>ingestion, intestinal worms,<br>dengue fever, diabetes,<br>hypertension, wound healing,<br>and heart disease                                       |
| 43. | <i>Carpolobia lutea</i><br>(Polygalaceae)    | Cattletick, poor<br>man's candle | Aghba –awaSandam<br>(H);<br>Uziza (I);<br>Osunsun (Y).                 | Leaves, bark,<br>root, fruit | Fruit and leaves used as<br>vegetable,<br>Fruit used as an aphrodisiac                                                                                                                |
| 44. | <i>Cassipoupa filiformis</i><br>(Lauraceae)  | Devil's gut, parasitic<br>vine   | Sulunwahi (H);<br>omonigelegele, (I);<br>Omoniginigini (Y).            | Stem twigs                   | Anthelmintics, antimicrobials,<br>antifungal                                                                                                                                          |
| 45. | <i>Celosia laxa</i><br>(Amaranthaceae)       | Celosia                          | Mannafaa,sanyantan,(<br>H)Ajemawofo, (I)<br>Marugbosanyantan,<br>(Y).  | Leaves                       | Antiscorbutic, purgative                                                                                                                                                              |
| 46. | <i>Chromolaena odorata</i><br>(Asteraceae)   | Siam weed                        | Obiarakara(H);<br>Awo-lowo, (I);<br>Akintola (Y)                       | Leaves, stem-<br>twigs       | Antimicrobial, dysentery,<br>headache, malariafever,<br>toothache, haemostatic, skin<br>diseases                                                                                      |
| 47. | <i>Chrysophyllum albidum</i><br>(Sapotaceae) | African star apple               | Agwaliba(H);<br>Agbalumo(I);<br>Odara/udala (Y).                       | Fruit                        | Delicacy, antinausea                                                                                                                                                                  |
| 48. | <i>Cissus quadrangularis</i><br>(Vitaceae)   | Edible stemmed vine              | Da'ddori, Gewaya,<br>Tsamiya<br>(H);Ogbakiikii (I);<br>Ahun, Ehun (Y). | Stem, Tuber                  | Obesity, prevents bone loss<br>(osteoporosis), regulate<br>menstruation Powder used,<br>Hasten suppuration,<br>premenstrual syndrome, fertility,<br>uterine trouble, healing fracture |



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| 49. | <i>Citrullus lanatus</i><br>(Cucurbitaceae) | Watermelon                           | Kankana, Gunarmutone (H);<br>Ihele (I);<br>Bara (Y).                             | Seeds, fruit                                | Used for management of irregular menstrual flow,                                                  |
| 50. | <i>Citrus aurantifolia</i><br>(Rutaceae)    | Key Lime                             | Laimuntsami,<br>Dankabuya (H);<br>Epenkirisi, obo-nkirisi (I);<br>Osanwewe, (Y). | Seed, Fruit<br>juice, Leaves,<br>stem, bark | Decoction used for treatment of Colic, Malaria, Gonorrhea, Haemorrhoids, Diabetes management      |
| 51. | <i>Citrus aurantium</i><br>(Rutaceae)       | Bitter Orange                        | Babbau, Lemu (H);<br>Olomaoyibo, Afefa (I);<br>Osan, Orombo (Y).                 | Fruit, Oil,<br>Root, Juice,                 | Anti-anxiety, stomanic, carminative, tonic, nausea, hypertension, sore throat, cold               |
| 52. | <i>Citrus limon</i><br>(Rutaceae)           | Lemon                                | Laimuntsami (H);<br>Oroma nkiriri (I)                                            | Root, Bark,<br>Leaves, Fruit                | Fever, malaria, decongestion, stomachache, rheumatic pain, cough, cold                            |
| 53. | <i>Citrus microcarpa</i><br>(Rutaceae)      | Calamansi, musky lime, panama orange | Ararrabi (Y)                                                                     | Whole Plant,<br>Leaf, Fruit and roots       | Nausea, Leaf decoction used to manage hypertension and diabetes, facilitate the passage of stools |
| 54. | <i>Citrus sinensis</i><br>(Rutaceae)        | Sweet orange                         | Laimunzaki (H);<br>Olamaogbe (I);<br>Osan, Oronmbo (Y).                          | Leaf, fruit, tree                           | Dysentery,<br>Headache, fever, Toothache, Anthelmintics                                           |
| 55. | <i>Coccinia grandis</i><br>(Cucurbitaceae)  | Scarlet gourd, Ivy gourd             | Gwandarjeji/<br>Gurjindaaji (H)                                                  | Leaf, Flower                                | Hypertension, ulcer, stomachache                                                                  |
| 56. | <i>Cocos nucifera</i><br>(Arecaceae)        | Coconut                              | Kwakwa (H);<br>Aki oyibo (I);<br>Agbon (Y).                                      | Nut, Bark,<br>Root                          | Used in management of Dysentery, diabetes, migraine, toothache, liver ailment, laxative           |

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| 57.. | <i>Cola acuminata</i><br>(Malvaceae)          | Kolanut                        | Goro (H);<br>Orji (I);<br>Obi gooro (Y).                      | Seed                       | As a non-addictive stimulant in the treatment of diarrhea and dysentery and also to prevent vomiting in cases of high fever, headaches and migraine |
| 58.. | <i>Cola acuminata</i><br>(Sterculiaceae)      | Kolanut                        | Goro (H)<br>Obi-abata (Y);                                    | Fruit, Stem bark, seeds    | Neutralizes acidic content in the stomach, used in relieving cough and (chest cold) bronchial problems, promotes digestion, diarrhoea               |
| 59.  | <i>Colocasia esculenta</i><br>(Araceae)       | Cocoyam, Wild taro             | Gwamba (H);<br>Ede (I);<br>Koko, kokof-un,<br>kokoibile, (Y). | Tuber, leaves              | Anaemia, wounds, rheumatism, poison antidote                                                                                                        |
| 60.  | <i>Combretum micranthum</i><br>(Combretaceae) | Kinkeliba                      | Googyandamoo (H)<br>Gaza                                      | Leaves, roots              | Antipyretic, diuretic, cholagogue, jaundice, pile                                                                                                   |
| 61.  | <i>Corchorus olitorius</i><br>(Tiliaceae)     | Jute plant, Jewis mallow       | Lalo (H);<br>Ariraa/ulogburu (I);<br>Ewedu (Y).               | Leaves, seeds, roots       | Helps the eye, supports cell growth for skin, prevents fatigue, high vit C, B6 etc. content, remedy for aches and pains, diuretic, demulcent        |
| 62.  | <i>Crateva magna</i><br>(Capparidaceae)       | Large Garlic Pear              | Ungududu (H);<br>Amakarode (I);<br>Egunorun (Y).              | Fruit, Roots, Bark, Leaves | Antioxidant and anti-inflammation activity, Stomachache, febrifuge, antipyretic rheumatic swollen, vomiting                                         |
| 63.  | <i>Crinum jagus</i><br>(Amaryllidaceae)       | The forest crinum, poison bulb | Albasarkwadi (H)<br>Edeobose; Ozu (I);<br>Isumeri (Y).        | Bulb, Leaves               | Anti-microbial and antioxidant effects that promotes wound healing, emetic, purgative, rheumatism                                                   |

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| 64. | <i>Crotalaria retusa</i><br>(Fabaceae)            | Rattle box, rattle pea      | Saworo, Yara, (H);<br>Akidimuo (I); Koropo<br>(Y).                               | Root, seeds,<br>juice of<br>pods, leaves | Fever, cirrhosis, liver lesions,<br>dysentery, colic, vermifuge                                                                                  |
| 65. | <i>Croton pseudopulchellus</i><br>(Euphorbiaceae) | Purging croton              | Shafa (H)                                                                        | Bark<br>Seed & flower                    | Urinary disease, skin disease,<br>purgative, convulsion diuretic,<br>arthritis, rheumatism                                                       |
| 66. | <i>Cucurbita maxima</i><br>(Cucurbitaceae)        | Squash Gourd                | GautaAkwatu,<br>Kabeewaa (H);<br>Apala (I);<br>Elegede (Y).                      | Leaves, Fruit                            | Anti-parasitic                                                                                                                                   |
| 67. | <i>Cucurbita pepo</i><br>(Cucurbitaceae)          | Pumpkin, marrow             | Kabewa (H);<br>Anyo (I);<br>Elegede (Y).                                         | Fruit, Leaves,<br>seeds                  | A cooling and astringent,<br>manages thirst and fatigue, used<br>to purify the blood, urinary<br>complain                                        |
| 68. | <i>Curcuma longa</i><br>(Zingiberaceae)           | Turmeric, Indian<br>saffron | Turi, zabibi (H);<br>Ufie-oyibo (I);<br>Atale pupa (Y).                          | Rhizome                                  | Gastroprotective, Used to<br>manage peptic ulcers, anti-<br>inflammatory, antioxidant and<br>cancer preventive properties,<br>natural detoxifier |
| 69. | <i>Cuscuta reflexa</i><br>(Convolvulaceae)        | Dodder, miracle plant       | Soyayya (H);<br>Omonigigini (Y)                                                  | Whole plant                              | Alopecia, laxative, astringent,<br>anthelmintic, urinary and kidney<br>complain                                                                  |
| 70. | <i>Cymbopogon citratus</i><br>(Poaceae)           | Lemon grass                 | gajirii, mobefa (H);<br>Ahihia tea, achara tea,<br>(I); Kooko-oba.ewetii<br>(Y); | Leaf, root                               | Oil used to relieve spasms,<br>arthritic pains and for digestive<br>ailments, Insect repellent,<br>stimulate nervous system,<br>rheumatic pain   |

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| 71. | <i>Cynara cardunculus</i><br>(Asteraceae) | Artichoke,                                                                 | Bambami (H);<br>Ububo (I);<br>Ewe-epa (Y).       | Whole Plant                 | Antioxidant, reduces cell proliferation, lowers cholesterol levels, improves the immune system, rich source of vitamin C & K, improves bone health                                    |
| 72. | <i>Cyperus esculentus</i><br>(Cyperaceae) | Tiger Nut, Yellow nutsedge, Nutgrass                                       | Aya, Arigiza (H)                                 | Seeds                       | Antioxidant property, Digestive tonic, carminative, stimulant, flatulence, promote urine production and menstruation                                                                  |
| 73. | <i>Dacryodes edulis</i><br>(Burseraceae)  | African Pear                                                               | Ube (I); Elemi (Y)                               | Fruit, bark, leaves         | Anti-microbial, anti-inflammatory, anti-hypertensive, diuretic, and antispasmodics                                                                                                    |
| 74. | <i>Daniellia oliveri</i><br>(Fabaceae)    | African copaiba, Balsam tree, Niger-copal                                  | MajeKadaura(H);<br>Maje (I);<br>Ojia (Y).        | Leaves, Bark, gum & Root    | Root decoction used in treatment of gonorrhoea and skin diseases, Leaves used in the treatment of dysmenorrhoea                                                                       |
| 75. | <i>Datura metel</i><br>(Solanaceae)       | Hairy thorn apple                                                          | Zakami, Alkangado (H); Myaramuo (I); Apikan (Y). | Leaves, seeds, roots        | Asthma, cough, snake repellent, rheumatic swollen, insanity, insomnia                                                                                                                 |
| 76. | <i>Daucus carota</i><br>(Apiaceae)        | WildCarrot, Bees nest plant, Bishops Lace, Devil's plague, Queen Anne Lace | Karas (H)                                        | Seed, root, leaves, flowers | Used to treat urinary tract infections, gout, diarrhoea, ingestion, worm infestation, etc. It also acts as a nerve tonic. Acts as a diuretic, cleanses digestive and urinary systems. |

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| 77.  | <i>Delonix regia</i><br>(Fabaceae)              | Flame of the forest                   | Ayin. (H);<br>Seke, (I);<br>Seke (Y).                        | Leaves, bark,<br>seeds, flower                               | Diuretic, anthelmintics,<br>astringent, leucorrhoea                                                                                           |
| 78.  | <i>Dennettia tripetala</i><br>(Annonaceae)      | Pepper fruit                          | Igberi, (Y);<br>Nmimi (I)                                    | Leaves, Fruits,<br>Seed, Root,<br>Bark, Stem,<br>whole plant | Used for treatment of fever,<br>cough, asthma, catarrh,<br>toothache, diarrhea and<br>rheumatism and serves as Insect<br>repellant, stimulant |
| 79.  | <i>Desmodium adscendens</i><br>(Fabaceae)       | Desmodium, Strong<br>Back Herb        | Nbasioku (I)<br>Epa-ile, aberodefe,<br>(Y)                   | Leaves, whole<br>plant                                       | Constipation, convulsions,<br>gonorrhoea, vaginal discharge,<br>urinary tract cleanser, dysentery.                                            |
| 80.  | <i>Detarium senegalense</i><br>(Fabaceae)       | Mahogany, sweet<br>deter, Tallow tree | Taura (H);<br>Ofo (I);<br>Ogbogbo (Y).                       | Bark, Leaves,<br>fruit, root                                 | Effective against anaemia,<br>arthritis, also antibacterial,<br>antidiabetic,                                                                 |
| 81.  | <i>Dichrostachys cinerea</i><br>(Fabaceae)      | Sicklebush, Chinese<br>lantern tree,  | Dundu (H);<br>Ami, ogwu (I);<br>Kara (Y).                    | Leaf, bark,<br>seed & root                                   | Powdered bark used for pain<br>relief, astringent, diuretic                                                                                   |
| 82.  | <i>Dioscorea cayenensis</i><br>(Dioscoreaceae)  | White yam, West<br>African Yam,       | Doyar Kudu, (H);<br>Agandan, Ji aga, Omu<br>(I);<br>Isu (Y). | Tubers, leaves                                               | Abdominal and intestinal<br>irritation, spasmodic, asthma,<br>hepatic decongestion                                                            |
| 83.  | <i>Dioscorea dumetorum</i><br>(Dioscoreaceae)   | White yam                             | Doya (H);<br>Ji-ocha (I);<br>Akoisu (Y).                     | Tubers                                                       | Antidiarrhea                                                                                                                                  |
| 84.. | <i>Dyschoriste perrottetii</i><br>(Acanthaceae) | Fula-fulfulde                         | Fiddahakuukuwa (H)                                           | Seeds, leaves                                                | Good for the eyes<br>Also used in the management of<br>microbial infections, fever,<br>measles and pains.                                     |

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| 85.. | <i>Elaeis guineensis</i><br>(Arecaceae)        | Oil Palm, African Oil<br>Palm, Macaw fat                 | Kwakwa (H);<br>Aku (I) Alayyadi (H);<br>Ekuro (Y). | Fruit                      | Useful in the management of<br>Headache, also used as an<br>Aphrodisiac, Hair-Oil, in<br>Soaps, as a spice etc                                                                  |
| 86.. | <i>Elytraria marginata</i><br>(Acanthaceae)    | Non                                                      | Eso (Y)                                            | Leaves                     | Used in management of<br>Stomachache, chest pain and<br>wounds                                                                                                                  |
| 87.  | <i>Entada africana</i><br>(Fabaceae)           | Legumes,<br>fake locust bean                             | Tawatsa, Ogurobe (Y)                               | Leave, seeds,<br>stem bark | Anti-inflammatory, analgesic,<br>antibacterial, antioxidant,<br>antiviral properties, used for<br>rheumatism, antispasmodic                                                     |
| 88.  | <i>Entandrophragma utile</i><br>(Meliaceae)    | Sapele mahogany,<br>Sipo Mahogany                        | Owura (I)<br>Igebu (Y)                             | Root, stem &<br>bark       | Management of sickle cell<br>disease                                                                                                                                            |
| 89.  | <i>Eremomastax speciosa</i><br>(Acanthaceae)   | Eremomastax                                              | Agboloukwu,<br>Akwukuwo (I),<br>Akoyun (Y)         | Leaves                     | Used in management of fracture<br>wounds, burns, internal heat,<br>post-partum hemorrhage and<br>fungal skin infections. Leaf<br>extract used in management of<br>gastric ulcer |
| 90   | <i>Eucalyptus camaldulensis</i><br>(Myrtaceae) | Red river gum                                            | Turare (H)                                         | Bark, leaf &<br>seed       | Leaves and Oil used to manage<br>asthma and bronchitis                                                                                                                          |
| 91.  | <i>Euphorbia hirta</i><br>(Euphorbiaceae)      | Asthma plant, Garden<br>spurge                           | NononKurciya (H);<br>Udani (I);<br>Emike (Y).      | Whole plant                | For breathing disorders, dengue<br>fever, digestive problems, severe<br>diarrhea (dysentery),                                                                                   |
| 92.  | <i>Euphorbia prostrata</i><br>(Euphorbiaceae)  | Ground spurge,<br>Prostrate spurge,<br>Prostrate sandmat | Kural Shanu (H)                                    | Leaf                       | Used in management of piles<br>and hemorrhoids. Also used in<br>management of asthma,<br>bronchitis, intestinal worms and<br>hay fever                                          |

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| 93. | <i>Evolvulus alsinoides</i><br>(Convolvulaceae) | Dwarf morning-glory<br>and slender dwarf<br>morning-glory, | Kaafimalam (H):<br>Efunle                                     | Whole plant                   | Psychotropic, nootropic<br>Rejuvenates the mind, enhances<br>memory, promotes better sleep,<br>stimulates the appetite, relieves<br>nausea, vomiting and<br>depression, eases headache |
| 94. | <i>Ficus platyphylla</i><br>(Moraceae)          | Sutta Percha tree                                          | Gamji(H)<br>Epo-obo (Y)                                       | Stem bark,<br>leave           | Promote Fertility, Anti-<br>inflammatory, wound Healing&<br>Depression                                                                                                                 |
| 95. | <i>Ganoderma lucidum</i><br>(Ganodermataceae)   | Lingzi mushroom                                            | Elo (I)<br>Olu-iju (Y)                                        | Sporophore                    | Cancer, hepatitis, fatigue<br>syndrome, immune booster                                                                                                                                 |
| 96. | <i>Garcinia kola</i><br>(Guttiferae)            | Bitter kola                                                | Namijingoro (H);<br>Akilu, Ugoo, Adu (I);<br>Orogbo (Y).      | Seed                          | Arthritis coughs,<br>bacterialinfection                                                                                                                                                |
| 97. | <i>Glycyrrhiza glabra</i><br>(Fabaceae)         | licorice                                                   | Saiwar maca (H);<br><i>Egbu (I)</i> ;<br>Ewe omisinmisin (Y). | Root                          | fever, sexual disability,<br>paralysis, stomach ulcers,<br>rheumatism, skin diseases,                                                                                                  |
| 98. | <i>Gmelina arborea</i><br>(Lamiaceae)           | Beechwood, Gmelina,<br>Goomar teak,                        | Melaina (H)                                                   | Leave, Root,<br>fruit, flower | Mild laxative effect, treat<br>flatulence and increase appetite.                                                                                                                       |
| 99. | <i>Gnetum africanum</i><br>(Gnetaceae)          | 'Wild spinach, African<br>Joint fir                        | Ukazi leaf, okazi leaf<br>or afang (I)                        | seeds and<br>leaves           | Greater laxative effect, treat<br>enlarged spleens, constipation<br>and sore throats. It improves<br>healthy bone, skin diseases, such<br>as eczema, and rashes,                       |

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| 100. | <i>Gossypium hirsutum</i><br>(Malvaceae)            | Upland cotton or Mexican cotton                    | Auduga (H)                                                           | Whole plant                     | Nausea, fever, headache, diarrhea, dysentery, nerve pain, and bleeding. menstrual disorders, increase uterine contractions, to expel the afterbirth. |
| 101. | <i>Guilandina bonduc</i><br>(Fabaceae)              | Gray Nicker, nicker bean, fever nut or knicker nut | Ayoo, dinya (H); Dinch (Gbagyi), Ucha koro (I); Orii (Y).            | Roots, leaves, seeds and flower | Fever, Anthelmintics, Respiratory diseases, Anticancer, Antifungal, Antiviral, Febrifuge, hypercholesterolemia, malaria, cough and rheumatism        |
| 102. | <i>Harungana madagascariensis</i><br>(Hypericaceae) | Dragon blood tree                                  | Gangamau (H); Ohuhu-Ngwa(I); Amuje, mujemuje (Y).                    | Root, leaf & bark               | Chest pains and urogenital infections. An abortive enteritis leprosy, ring worm, and skin diseases, Malaria.                                         |
| 103  | <i>Heliotropium indicum</i><br>(Boraginaceae)       | Cock's comb, Heliotrope                            | Kalkashinkoroma (H); Ogb-eria-kuko (I); Agogo-igun, Apari-Igun, (Y). | Whole plant                     | Convulsions, cancer, worms, rectal enema, mouth-wash                                                                                                 |
| 104. | <i>Hibiscus sabdariffa</i><br>(Malvaceae)           | Red sorrel                                         | Zoborodu (H); Okwuru-ojo(I); Isapa (Y).                              | Flower, leave                   | Cardiovascular disorders, helminthic disease and cancer. The anti-oxidant and used in obesity management and the treatment of high blood pressure.   |
| 105. | <i>Hygrophila auriculata</i><br>(Acanthaceae)       | Hygrophila or Marsh Barbeswampweeds.               | Kayar. Rakumi (H)                                                    | Whole plant, root & leaf        | Jaundice, rheumatism, renal stone, gonorrhoea, hepatic disorder                                                                                      |



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| 106. | <i>Indigofera mummulariifolia</i><br>(Fabaceae) | Coinwort Indigo                                           | cućucinkaryaa (H);<br>Elu-aja (Y)                                                         | The whole<br>plant.<br>Leaves,<br>roots and<br>Flowers                      | Antibacterial, digestive and skin<br>disorders. Pain relieve.<br>Anthelmintic, used against<br>kidney stones                                                  |
| 107. | <i>Indigofera pulchra</i><br>(Fabaceae)         | Indigo plants                                             | namijinbaabaar(H)<br>ejaomode (Y)                                                         | leaves                                                                      | Antidiarrheal and antispasmodic<br>activities, used for malaria,<br>snake bit, Wound infections.<br>pains etc                                                 |
| 108. | <i>Ipomoea asarifolia</i><br>(Convolvulaceae)   | Ginger-leaf morning-<br>glory                             | Duman Rafi (H); and<br><i>ewe-gboro</i> (I);<br>Gbodro, Ayaba,<br><i>gborogayaba</i> (Y). | Whole plan                                                                  | Ophthalmia, headache, joint<br>pain, edema, neuralgia,<br>headache,<br>Joint pain and as a disinfectant.                                                      |
| 109. | <i>Ipomoea batatas</i><br>(Convolvulaceae)      | Sweet potato                                              | Dankali (H);<br>Oduku, kukunduku<br>(I); Odunkun,<br>kukunduku (Y).                       | leaves                                                                      | Antidiabetic and antiviral<br>properties, treat infectious<br>diseases, reduce risk of<br>gallbladder, colorectal and breast<br>cancer                        |
| 110. | <i>Irvingia gabonensis</i><br>(Irvingiaceae)    | Ogbono, African<br>mango,                                 | Mamujigoro(H);<br>Ogb-ono(I);<br>Oro mopa(Y).                                             | Seed, leaves                                                                | Antidiabetic, weight losing,<br>antihyperlipidemic, and<br>antioxidative effects, Condiment                                                                   |
| 111. | <i>Jatropha curcas</i><br>(Euphorbiaceae)       | Physic nut, purging<br>nut, Barbados nut or<br>physic nut | Biini da zugu (H)<br>Wuluidu (I)<br>Lapalapa (Y).                                         | leaves, fruit,<br>seed, stem<br>bark, branches,<br>twigs, latex and<br>root | Anti-inflammatory<br>antimetastatic, coagulant and<br>anti-coagulant, dental problems<br>treating dysentery and diarrhea<br>and as an antiseptic after birth. |

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| 112. | <i>Jatropha gossypifolia</i><br>(Euphorbiaceae) | Bellyache bush, black<br>physicnut or cotton-leaf<br>physicnut,                       | Bimi Da Zuguu (H);<br>Buluolu or <i>Agulu</i><br>Ugbolo (I)<br>Bòtùjè or Bòtùjè-ùbò<br>(Y). | Whole Plant<br>Leave,<br>seed, fruit | Anti-inflammatory and<br>antimicrobial properties.<br>Influenza and as a sedative,<br>analgesic, anti-diarrheal agents.<br>The leaves are used on<br>boils, eczema and itches |
| 113. | <i>Kalanchoe pinnata</i><br>(Crassulaceae)      | Air plant, cathedral<br>bells, life plant,<br>miracle leaf, Goethe<br>and “Never Die” | Ata-ile, odaopue,<br>ewe abamoda or<br>odundun (Y)                                          | Leaves, roots                        | Rheumatism, cough, asthma,<br>diabetes, Pile, ulcer, kidney<br>stones, respiratory tract infections,<br>wounds, boils, and insect bites.                                      |
| 114. | <i>Khaya senegalensis</i><br>(Meliaceae)        | Mahogany                                                                              | Madachi (H);<br>Ono, Onu, Abubo (I);<br>Oganwo (Y).                                         | Bark, leave                          | As a tonic and fever medicine; a<br>chewing stick for treating<br>toothaches, dental caries, and<br>septic mouth, and for treating<br>diarrhea, dysentery, and malaria.       |
| 115. | <i>Kigelia africana</i><br>(Bignoniaceae)       | Sausage tree                                                                          | NononGiwa (H);<br>Ishi (I); Pandoro (Y).                                                    | Stem-bark,<br>Seed                   | Wounds healing, rheumatism,<br>psoriasis, diarrhea and stomach<br>ailments.                                                                                                   |
| 116. | <i>Lactuca taraxacifolia</i><br>(Asteraceae)    | wild lettuce                                                                          | Namijin Dayi (H);<br>namijindayi, efoyanrin,<br>(Y)                                         | Stem-bark,<br>roots, leaves          | Cardiovascular, respiratory,<br>hematological, endocrine,<br>metabolic diseases malaria,<br>bacterial infections, and<br>arthritis.                                           |
| 117. | <i>Lagenaria breviflora</i><br>(Cucurbitaceae)  | wild colocynth                                                                        | Gojinjima, or<br>gunarjijima, jiimaà<br>(H)<br>Anyúnmūó I<br>Esogbegbe (Y)                  | Seed, root and<br>fruit              | Measles, digestive disorders,<br>and as wound antiseptics while<br>livestock farmers use it for<br>Newcastle disease                                                          |

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| 118. | <i>Lagenaria siceraria</i><br>(Cucurbitaceae) | Bottle gourd                             | Dumankwarya/Iudayi<br>(H)<br>Oba (I)<br>Itakuh (Y).                           | Seed, calabash                                                | Jaundice, diabetes, ulcer, piles, colitis, Rheumatism, hypertension, aphrodisiac, skin diseases. It is used as emetic, purgative, cooling, sedative, antibilious,                                          |
| 119. | <i>Lawsonia inermis</i><br>(Lythraceae)       | Henna tree, Inai, hina, mignonette tree, | 'Lalle' (H);<br>Okwuru(I);<br>Awoigbaaru(Y).                                  | Whole plant.<br>leaves, flower,<br>seeds, stem<br>bark, roots | Antibacterial, antifungal, antiparasitic, antiviral, anticancer, antidiabetic, tuberculostatic, anti-inflammatory, antifertility and wound healing properties. Amoebiasis, headache, jaundice and leprosy. |
| 120. | <i>Leptadenia hastata</i><br>(Asclepiadaceae) | Akamongot, Anvara                        | Yadiya (H);<br>Igboisanaje(I)<br>Iran-aji (Y).                                | Leaves, latex,<br>roots and even<br>whole plant.              | Hypertension catarrh, skin diseases, woundhealing, prostate complaints and as an aphrodisiac. Constipation, urethral discharge, gonorrhoea, stomachache and diarrhea.                                      |
| 121. | <i>Lippia multiflora</i><br>(Verbenaceae)     | Lippia tea, Tea bush                     | Bunsurunfadama or<br>'godonkada' (H);<br>'Efirinogoro' or,<br>'Efirinodan'(Y) | Leaves                                                        | Bronchial inflammation, malaria fever, conjunctivitis, gastro-intestinal disturbance, enteritis, coughs and colds, fatigue-relieving, and diuretic properties                                              |
| 122. | <i>Mangifera indica</i><br>(Anacardiaceae)    | Mango                                    | Mangwaro (H);<br>Mangoro (I);<br>Mangoro (Y).                                 | Leaf, stem-<br>bark, fruit                                    | Antiseptic, astringent, diaphoretic, stomachic, vermifuge, tonic, laxative and diuretic, to treat diarrhea, dysentery, anaemia,                                                                            |

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| 123. | <i>Manihot esculenta</i><br>(Euphorbiaceae) | Cassava, or Tapioca                                  | Rogoo, Agingira, gangigara (H) Akpu, or Abacha (I) Ege (Y). | Tuber (ROOT), leaves and stem | Hypertension, headache, pain, excipient for most medicine                                                                                                                                                |
| 124. | <i>Massularia acuminata</i><br>(Rubiaceae)  | Chewing stick tree                                   | Atu-uhie (I) Pakoijebeu or orinijebeu (Y)                   | Stem, root, bark, leaf, fruit | Pain-killers, arthritis, rheumatism, herbal aphrodisiac, diarrhea, dysentery, kidneys, diuretics, liniment for lumbago and muscular pains, stomachache and for gonorrhea                                 |
| 125. | <i>Mentha piperita</i><br>(Lamiaceae)       | Peppermint                                           | Na'aNa'a (H) Ewe minti (Y)                                  | Leaves                        | Aromatherapy, bath preparations, mouth-washes, toothpastes, and topical preparations, used to calm pruritus and relieve irritation and inflammation.                                                     |
| 126. | <i>Milicia excelsa</i><br>(Moraceae)        | Iroko tree                                           | Looko (H); Orijhloji (I); Irok (Y).                         | Stem bark, leave              | Cough, asthma, heart trouble, lumbago, spleen pain, stomach pain, abdominal pain, oedema, ascites, dysmenorrhea, gonorrhoea, general fatigue, rheumatism, sprains, and aphrodisiac, tonic and purgative. |
| 127  | <i>Milletia thonningii</i><br>(Fabaceae)    | Millet                                               | Tuburku, Ajukwu (H); okeokpa (I) Ito, (Y).                  | Roots, bark                   | Fever, cough, respiratory ailment, anthelmintic, ophthalmia                                                                                                                                              |
| 128. | <i>Mimosa pudica</i><br>(Fabaceae)          | humble plant, action plant, touch-me-not, shameplant | Bagaruruwari gitwaaGmidia (H) kpakonukwu or kpakochuku (I)  | Whole plant                   | Urogenital disorders, piles, dysentery, sinus, and also applied on wounds.                                                                                                                               |

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| 129. | <i>Mitracarpus hirtus</i><br>(Rubiaceae)      | White-eye                             | Gogamasu (H);<br>MmaAnnagiNdu (I);<br>Irawo-Ile? (Y). | Whole plant                                  | Ringworm, rashes, toothache, itch, eczema, venereal diseases, boils measles, skin bites and stings.                                            |
| 130. | <i>Momordica charantia</i><br>(Cucurbitaceae) | Balsam apple or Bitter melon          | Daddaguu (H);<br>Amo-ose (I)<br>Ejinri (Y).           | Unripe fruit, seeds and aerial parts<br>Leaf | Antidiabetic, anticancer, anti-inflammation, antiviral, and cholesterol lowering effect                                                        |
| 131. | <i>Moringa oleifera</i><br>(Moringaceae)      | Drumstick                             | Zoogale (H);<br>Okweoyibo (I);<br>Oduduoyibo, (Y).    | Leaf & seed                                  | Skin, immunity, muscle growth, anti-stress, digestion, energy release, Vision, protecting the liver from damage, oxidation and toxicity        |
| 132. | <i>Momordica foetida</i><br>(Cucurbitaceae)   | Balsam Apple, bitter gourd            | Daddaguu (H)<br>Alo ose (I)<br>Ejinri (Y).            | Whole plant                                  | Convulsion, nervous disorder, purgative, diabetes, emetic, galactagogue                                                                        |
| 133  | <i>Mostuea brunonis</i><br>(Loganiaceae)      | Cow-hage, cow-itch plant, velvet bean | Abbala, (H)<br>Esisi, (I)<br>Werepe (Y);              | Hairs on the pods, leaves                    | Intestinal worms, genitourinary diseases.                                                                                                      |
| 134. | <i>Mucuna pruriens</i><br>(Fabaceae)          | Velvet bean monkey tamarind           | Karara (H);<br>Agbala (I)<br>Esin (Y).                | Leaf, Stem, Fruit, seed and Root             | Management of male infertility, nervous disorders, and also as an aphrodisiac, increase sperm count, enhance blood circulation to the genitals |

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| 135  | <i>Mucuna sloanei</i><br>(Fabaceae)        | Stinging bean | Kakara, ose (H);<br>yerepe, werepe (I)<br>Ewe-ina, (Y). | Seeds, roots                   | Haemorrhoids, diuretics,<br>micturition problems in<br>children, skin<br>diseases                                                                                                                                                                     |
| 136  | <i>Musa paradisiaca</i><br>(Musaceae)      | plantain      | Ayaba (H);<br>Ogede (I)<br>Ogede (Y).                   | Unripe fruit                   | Promotes healthy digestion,<br>improves affective state, and<br>serves as good sources of<br>potassium, calcium, phosphorus<br>and nitrogen, which build and<br>regenerate tissues in the body,<br>and is also a rich source of iron<br>and vitamins, |
| 137. | <i>Musa sapientum</i><br>(Musaceae)        | Banana        | Ayaba (H);<br>Ogede (I)<br>Ogede (Y).                   | Fruit & leaf                   | Leaves also have peculiar anti-<br>bacterial properties that can kill<br>germs in the food and aids<br>proper digestion, hypokalemia<br>constipation, and diarrhea<br>control bleeding.<br>to treat fever<br>Promote hair growth.                     |
| 138. | <i>Nauclea latifolia</i><br>(Rubiaceae)    | African peach | Tafashiya (H);<br>Ubulunu (I);<br>Egboegbesi (Y).       | Root, stem &<br>leaf           | Malaria, epilepsy, anxiety, pain,<br>fever, used as tonic, antipyretic,<br>antidepressant and analgesic                                                                                                                                               |
| 139. | <i>Newbouldia laevis</i><br>(Bignoniaceae) | Boundary tree | Aduruku (H);<br>Ogrisi (I)<br>Akoko (Y).                | Fruit,<br>root, stem &<br>bark | Skin infection, tooth and<br>stomach aches, pains, diabetes,<br>hypertension, tumor, malaria<br>and sickle cell anaemia.                                                                                                                              |

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| 140. | <i>Ocimum sanctum</i><br>(Lamiaceae)         | Holy basil                                    | Daddoya (H)<br>Nehonwu (I)<br>Efirinpo (Y).         | Leaf, Plant,<br>Seed        | Antifertility, anticancer,<br>antidiabetic, antifungal,<br>antimicrobial,   |
| 141. | <i>Ocimum basilicum</i><br>(Lamiaceae)       | Sweet basil                                   | Daddoy (H)<br>Nchanwu (I)<br>Efirin-wewe (Y)        | Leaf, Plant,<br>Seed.       | Headaches, coughs, diarrhea,<br>constipation, warts, worms,                 |
| 142. | <i>Ocimum canum</i><br>(Lamiaceae)           | American basil, lime<br>basil, or hoary basil | Daddoy (H)<br>Efirin-wewe (Y)                       | Leaf, Plant,<br>Oil, Seed.  | Management of convulsion,<br>fever, urticaria rash and asthma.              |
| 143  | <i>Ocimum gratissimum</i><br>(Lamiaceae)     | Scent leaf,<br>African Basil                  | Doddoya ta gida (H)<br>Nehonwu (I)<br>Efirinla (Y). | Leaf                        | Diabetes, cancer, inflammation,<br>anaemia, diarrhoea, pains, and<br>fungal |
| 144. | <i>Oryza sativa</i><br>(Poaceae)             | Rice                                          | Shinkafa (H)<br>Oskapà (I)<br>Iresi (Y).            | Juice/cold<br>infusion      | Treat boils, sores, swellings, and<br>blemishes                             |
| 145. | <i>Parkia biglobosa</i><br>(Fabaceae)        | African locust bean                           | Dawadawa (H)<br>Ogiri(I)<br>Iru (Y).                | Seed, Leaf,<br>Fruit        | Severe cough and bronchitis                                                 |
| 146. | <i>Pennisetum typhoides</i>                  | Pearl millet                                  | Gero/Maiwa (H)                                      | Fruit, Plant,               | Appetizer, tonic. skin                                                      |
| 147. | <i>Peperomia pellucida</i><br>(Piperaceae)   | Pepper elder, Shiny<br>bush                   | KaiminKadangare<br>Ewe Rinrin (Y)                   | Whole plant                 | Conjunctivitisand<br>gastrointestinal                                       |
| 148. | <i>Pergularia daemia</i><br>(Asclepiadaceae) | Trellis-vine                                  | Tushenzaki (H); Teji<br>(Y)                         | Leaf, Dried<br>Root, Shoot, | Management of cough,<br>whooping cough, infantile<br>diarrhoea              |

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| 149. | <i>Peristrophe bicalyculata</i><br>(Acanthaceae)   | PanicledFoldingwing                                                | Tubaningingwa,<br>Tubanindawaki (H).<br>Irawo-ile (Y) | Whole plant                                          | This is basically used as an essential oil for snake poison, bone fracture, sprain, fever, cold, and cough.                                                                              |
| 150. | <i>Persea americana</i><br>(Lauraceae)             | Avocado, alligator pear, midshipman's butter and vegetable butter  | Ganyenpiya (H)<br>Akukwo Ube oyibo (I)<br>Pia (Y).    | Seed, fruit, leaf, oil                               | mouthwash and to relieve toothaches,                                                                                                                                                     |
| 151. | <i>Phoenix dactylifera</i><br>(Arecaceae)          | Date fruit<br>Date palm                                            | Kijinjiri (H)<br>Elekikobi (Y)                        | leaves, roots, bark, fruit, seeds, and flowers, stem | Used for the relieving of alcohol induces detoxification, treatment of dengue, influenza, ameliorating cough, rheumatism, burning sensation, nephropathy, bronchitis and sexual debility |
| 152. | <i>Phyllanthus amarus</i><br>(Phyllanthaceae)      | Child Pick-A-Back, Gale Of Wind, Carry Me Seed                     | Tsuntsaayee (H)<br>ngwu (I)<br>Ehinolubisowo (Y).     | Whole Plant                                          | Diarrhoea, dysentery, intermittent fevers, ophthalmopathy, scabies, ulcers and wounds.                                                                                                   |
| 153. | <i>Phyllanthus reticulatus</i><br>(Phyllanthaceae) | pancoli or carinelli, black-berried featherfoil, black-honey shrub | kalambu (I)<br>Iranje (Y),                            | Seed, Fruits, Leaves, Flower                         | Used as a remedy of gastrointestinal disorders,                                                                                                                                          |
| 154. | <i>Piper guineense</i><br>(Piperaceae)             | West African pepper, Ashanti pepper, <i>Benin pepper</i> ,         | Masoro (H)<br>Uziza (I)<br>Iyere, Ata iyere (Y).      | Dried seed                                           | Treatment of cough, bronchitis, intestinal diseases, and rheumatism.                                                                                                                     |
| 155. | <i>Piper nigrum</i><br>(Piperaceae)                | Black Pepper, king of spices,                                      | Masoro (H);<br>Uziza (I); Iyere,                      | Seed, fruit, flower, tree                            | Cough, cold, dyspnea throat diseases, intermittent fever,                                                                                                                                |



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| 156. | <i>Pistia stratiotes</i><br>(Araceae)           | Water lettuce                               | Ojuoro (Y), Kainus (H)                     |                                  | Tridosha, fever, and diseases of blood.                                                                                                                                                        |
| 157. | <i>Plantago major</i><br>(Plantaginaceae)       | Common Plantain                             | Agade/Ayaba (Y)                            | Whole Plant, Leaves and Seed     | Treat hemoptysis, asthma, tuberculosis, lung and plural lesions and it was used as decoction and incense, aids digestion.                                                                      |
| 158. | <i>Pleurotus ostreatus</i><br>(Pleurotaceae)    | Oyster mushroom, oyster fungus, or hiratake | Osu, Eronsu (I). Numbagade (Y),            | Plant, Fruit                     | It's a good food for people suffering from hypertension and heart diseases                                                                                                                     |
| 159  | <i>Plukenetia conophora</i><br>(Euophorbiaceae) | African Walnut                              | Hawuusa(H)<br>Ukpa(I)<br>Awusa, Asala (Y). | Fruit, leaves, roots             | Aphrodisiac, antidiarrhoe, anti-diabetic.                                                                                                                                                      |
| 160. | <i>Plumbago zeylanica</i><br>(Plumbaginaceae)   | Wild white leadwort                         | Onaya (I)<br>Inabiri (Y)                   | Root, Leaf, Flower, Stem, Fruit, | Diarrhea, piles, migraine, jaundice, skin diseases, urinary calculi, seminal weakness, and internal abscesses                                                                                  |
| 161. | <i>Prunus africana</i><br>(Rosaceae)            | African cherry                              | Dan kamaru, Ka'danya (H); Osi (I),         | Bark, Leaf,                      | Anticancer drug for prostate cancer, erectile dysfunction, urinary tract disorders, kidney disease, male baldness, stomach upset, chest pain and inflammation, stomach ache and wound dressing |

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| 162. | <b><i>Psidium guajava</i></b><br>(Myrtaceae)       | Guava         | Gwaba (H)<br>Gwaba (I)<br>Goafa (Y).                 | Leaf, Fruit                              | Diarrhea, dysentery, gastroenteritis, hypertension, diabetes, caries, pain relief, cough, oral ulcers and to improve locomotor coordination, Lower Blood Sugar Levels and liver damage inflammation                                                                  |
| 163. | <b><i>Pterocarpus osun</i></b><br>(Fabaceae)       | Black camwood | Gajigi (H)<br>Akware (I)<br>Osun dudu, Gbingbin (Y). | Dried buds or whole cloves, fruit, seed, | Treat skin diseases, to prevent infections of the freshly severed umbilical cord, to treat stiff joints, sprains and rheumatic complaints, and to promote healing of fractured bones.                                                                                |
| 164  | <b><i>Rauwolfia vomitoria</i></b><br>(Apocynaceae) | Devil pepper  | Wada (H)<br>Akanta (I)<br>Asofeyeje (Y).             | Fruit, Seed                              | Hypertension, mental disorders, diabetes, psychosis, fever, cancer, high blood pressure,                                                                                                                                                                             |
| 165. | <b><i>Saccharum officinarum</i></b><br>(Poaceae)   | Sugarcane     | Rake (H)<br>Okprte (I)<br>Ireke (Y).                 | Stem, Leaf, Roof                         | Sugar Cane is used to dress wounds, the cane for splints for broken bones. A decoction of the root is used for whooping cough and the Cane juice is given for cataract. It is used as a poultice for sprains. aphrodisiac, laxative, cooling, demulcent, antiseptic. |

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| 166  | <i>Sclerocarya birrea</i><br>(Anacardiaceae)         | Marula                                                                     | Danya (H)<br>Odu-ngwere (I)<br>Ale odan (Y).                            | Leaf, bark,<br>seed & fruit | Antidiarrhoeal, antidiabetic,<br>anti-inflammatory,<br>antimicrobial, antiparasitic,<br>antihypertensive,<br>anticonvulsant, antinociceptive<br>and antioxidant                                                                                               |
| 167. | <i>Securidaca longipedunculata</i><br>(Polygalaceae) | Violet tree                                                                | Sanya,<br>uwarnaganigunar<br>(H);<br>Ezeogwu (I)<br>Ipêta (Y).          | Root and fruit              | Sexually transmitted infections<br>hernias, coughs, fever,<br>ascariasis, constipation,<br>headaches, rheumatism, stomach<br>ache, malaria, tuberculosis, pain,<br>epilepsy, pneumonia, skin<br>infections, and it is also used as<br>an aphrodisiac for men. |
| 168. | <i>Senna alata</i><br>(Fabaceae)                     | Ringworm,<br>Candle Bush                                                   | Ogalu (I)<br>Ewe Asunwon (Y),                                           | Leaf, Bark,<br>Stem,        | For chest complaints, headache,<br>inflammation, abortion, ritual<br>suicide, tuberculosis, infertility<br>problems, venereal diseases and<br>for constipation. treating<br>Ringworm,                                                                         |
| 169. | <i>Senna occidentalis</i><br>(Fabaceae)              | Coffee senna, Negro<br>coffee                                              | Raidore, Bazamfari<br>(H)<br>Ogalu (I)<br>Asunwon pupa, Ewe<br>rere(Y). | Leaf, root,<br>seeds        | Purgative, abortifacient,<br>postpartumhaemorrhage,<br>palpitation, congestive heart,<br>convulsant, kidney and liver<br>damage                                                                                                                               |
| 170. | <i>Senna tora</i><br>(Fabaceae)                      | Wild Senna, Sickle<br>Pod, Coffee Pod,<br>Ringworm Plant,<br>foetid cassia | Eru-asunundegbe,<br>Ako-rere (Y);                                       | Leaves, Seeds<br>and roots  | Skin diseases like ringworm,<br>eczema, skin ulcers, dermatoses<br>and insect bites. Used to manage<br>eye. Seeds are purgative and can<br>relieve stomach ache                                                                                               |

|      |                                             |                          |                                                   |                                     |                                                                                                                                                                                                                                                                                                                                       |
|------|---------------------------------------------|--------------------------|---------------------------------------------------|-------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 171. | <i>Sesamum indicum</i><br>(Pedaliaceae)     | Sesame                   | Ridi(H)<br>Isasa (I)<br>Ekuku (Y).                | Seed, leaf, oil                     | Antibacterial activity of seeds against <i>Staphylococcus</i> and <i>Streptococcus</i> as well as common skin fungi, prevent high blood pressure, protect the liver from oxidative damage                                                                                                                                             |
| 172. | <i>Sida acuta</i><br>(Malvaceae)            | Common wireweed          | Miyansanya (H)<br>Udo (I)<br>Ikesetu (Y).         | Leaf, Plant,<br>Juice, root         | Effective against the venom of certain snake species, treating infertility, treat indigestion, treat dysentery, treat asthma, renal inflammation, colds, gonorrhea, fever, bronchitis, toothache, diarrhea, headache, dysentery, skin diseases, hemorrhoids, insect bites, erectile dysfunction, elephantiasis, rheumatism and ulcers |
| 173  | <i>Solanum lycopersicum</i><br>(Solanaceae) | Tomatoes                 | Tomati (H)<br>Tomato (I)<br>Tomati (Y).           | Fruit                               | Vegetable, Vitamin C, scurvy                                                                                                                                                                                                                                                                                                          |
| 174. | <i>Solanum melongena</i><br>(Solanaceae)    | Garden egg,<br>Aubergine | Yalo/Gauta (H)<br>Ayanral (I)<br>Igba, Ijesu (Y). | Fruit, flower,<br>plant, leaf, seed | Treatment of inflammatory condition, cardiac debility, neuralgia, ulcer in nose, and cholera. High in Antioxidants, May Reduce the Risk of Heart Disease, May Promote Blood Sugar Control, Could Help With Weight Loss, and may Have                                                                                                  |

|      |                                                |                                                                      |                                                                                    |                                               |                                                                                                                                                                                                                    |
|------|------------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 175. | <i>Sorghum bicolor</i><br>(Poaceae)            | Great millet                                                         | Dawa/jero (H)<br>Soro (I)<br>Okababa (Y).                                          | Leaf, Plant,<br>seed, fruit                   | Anemia, cancer, and a variety of infectious diseases, including viral diseases, metabolism, nerve cell development, bone formation, owner oxidative stress and inflammation                                        |
| 176  | <i>Spathodea campanulata</i><br>(Bignoniaceae) | African tulip                                                        | Aduruku (H)<br>Ogili-si, ogirisi (I)<br>Akoko (Y).                                 | Leaves                                        | Asthma                                                                                                                                                                                                             |
| 177  | <i>Spondias mombin</i><br>(Anacardiaceae)      | Hog plum                                                             | Isada (H)<br>Ngu-lung-wu (I);<br>Iye (Y).                                          | Fruit; Leaves,<br>roots                       | Infertility; pain killer, relaxant                                                                                                                                                                                 |
| 178. | <i>Strychnos nux-vomica</i><br>(Loganiaceae)   | Poison nut, semen<br>strychnos, quaker<br>button,<br>strychnine tree | Kokiya (H)<br>Angboroko (Y)                                                        | Seed, plant,<br>tree, fruit,<br>flower leaves | Treatment of neurodisorders, arthritis, vomiting, its effect on inflammation, microbial infections, gastro intestinal problem, nervous system, bones cells, cardiovascular systems, cancer and blood glucose level |
| 179. | <i>Syzygium aromaticum</i><br>(Myrtaceae)      | Clove                                                                | Kanunfari, kananfari<br>(H)<br>Isaragbogbo-eze,<br>npuluapulu (I)<br>Kananfuru (Y) | Flower,<br>oils, leaves,<br>and stems         | Diarrhea, hernia, bad breath, intestinal gas, nausea, toothache, vomiting, pain, protect against cancer, improve liver health, regulate blood sugar, promote bone health.                                          |
| 180  | <i>Talinum triangulare</i><br>(Portulacaceae)  | Water leaf                                                           | Alenyruw-a(H)<br>Nte-oka/inene (I)<br>Gbure(Y).                                    | Leaf                                          | Vegetable, antioxidant property, supports the liver, enhances cerebral functioning and regulates blood sugar.                                                                                                      |

|      |                                                  |                              |                                                    |                              |                                                                                                                                                                                                                                                                                                                                 |
|------|--------------------------------------------------|------------------------------|----------------------------------------------------|------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 181. | <i>Talinum fruticosum</i><br>(Talinaceae)        | Ceylon spinach,<br>waterleaf | Alenyruwai (H)<br>Mgbolodi (I)<br>Gbure (Y).       | Leaf, stem,<br>whole plant   | Aids easy digestion, preventing gastrointestinal disorders such as indigestion, constipation, flatulence, irritable bowel syndrome, Supports the liver, Enhances cerebral functioning.                                                                                                                                          |
| 182. | <i>Tamarindus indica</i><br>(Fabaceae)           | Tamarind tree                | Tsamiya (H);<br>Icheku (I)<br>Awin or Ajagbon (Y). | Root, body,<br>fruit, leaves | It is used in wound healing, abdominal pain, diarrhea, dysentery, parasitic infestation, fever, skin, eye, Asthma, cough, malaria, respiratory problems, Nerve repair, Weight control effect                                                                                                                                    |
| 183. | <i>Telfairia occidentalis</i><br>(Cucurbitaceae) | Fluted pumpkin               | Kabewa (H)<br>Ugwu (I)<br>Aproko (Y).              | Leaf, Seed,<br>Root          | Reduce blood glucose level and also to have antidiabetic effects in glucose-induced hyperglycemic, streptozotocin-induced diabetic mice, management of cholestelema, liver problems, impaired immune systems, source of dietary fiber, Maintains the body tissues, Rich in antioxidants, Lowers blood sugar, Promotes fertility |

|      |                                             |                              |                                                                                                    |                                        |                                                                                                                                                                                                                                                             |
|------|---------------------------------------------|------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 184. | <i>Tetrapleura tetraptera</i><br>(Fabaceae) | Gun tree                     | Dawo, kalangundaji (H);<br>Oshosho, Osakirisa, Uziza (I);<br>Aridan (Y).                           | Stem, bark, root, leaves and pods      | Treatment of convulsion, management and/or control of arthritis and other inflammatory conditions, adult-onset of type-2 Diabetes mellitus, Management of leprosy, Supports the immune system, Treatment of asthma, Treatment of gastrointestinal disorders |
| 185  | <i>Trema orientale</i><br>(Cannabaceae)     | Charcoal tree<br>pigeon wood | Ajenana (H);<br>Kpakorukwu, telemukwu (I)<br>Afe (Y).                                              | Flower, plant, seed, leaves, bark      | Used to treat coughs, sore throats, asthma, bronchitis, gonorrhea, yellow fever, toothache, and as an antidote to general poisoning                                                                                                                         |
| 186. | <i>Tridax procumbens</i><br>(Asteraceae)    | Coatbuttons or tridax daisy  | Sabaruma, Harantama (H)<br>muriyampachila, jayanti, vettukkaaya-thala (I)<br>Igbalobe, Muwagun (Y) | Whole plant, leaf, flower, fruit, root | Treat bronchial catarrh, diarrhea, dysentery, liver diseases, treat hyperuricemia, oxidative stress, and bacterial infection, wound healing,                                                                                                                |
| 187  | <i>Triumfetta rhomboidea</i><br>(Tiliaceae) | Chinese pur/Burweed          | Molangarnsn/akobolo bolo (H)<br>Yanka-dafi (I)<br>Odo (Y)                                          | Leaf, Flower, Fruit                    | Gonorrhea                                                                                                                                                                                                                                                   |

|      |                                               |                                                                                         |                                                |                                                         |                                                                                                                                                                                                                                    |
|------|-----------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------|---------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 188. | <i>Urtica dioica</i><br>(Urticaceae)          | Common Nettle, burn nettle, stinging nettle or nettle leaf, or just a nettle or stinger | Agbara or akuwa (I), Ewe esinsin or esisi (Y), | Root, leaf, stem                                        | Treat painful muscles and joints, eczema, arthritis, gout, anemia, urinary tract infections, hay fever (allergic rhinitis), or in compresses or creams for treating joint pain, sprains and strains, tendonitis, and insect bites. |
| 189. | <i>Vernonia amygdalina</i><br>(Asteraceae)    | Bitter leaf                                                                             | Shuwaka (H)<br>Onugbu (I)<br>Ewuro (Y).        | Leaf, stem                                              | Treatment of diabetes, fever reduction, and headache ,diarrhoea, fungal and bacterial infections, inflammation, cancer,                                                                                                            |
| 190. | <i>Vitex doniana</i><br>(Lamiaceae)           | Black plum                                                                              | Dinya (H)<br>Uchacoro (I)<br>Oori-nla (Y).     | Root, bark, stem, leaf, plant                           | Dysentery, diarrhea, anemia, jaundice, leprosy, gonorrhea, ankylostomiasis, rickets, fevers, respiratory diseases, headache, stiffness, measles, rash, chickenpox, hemiplegia, conjunctivitis, wounds, burns, colic, leprosy       |
| 191. | <i>Waltheria americana</i><br>(Sterculiaceae) | Sleepy morning                                                                          | Hankufa (H)<br>Korikodi (Y)                    | Whole Plant, aerial parts, roots, leaf, and whole plant | Treat diverse ailments including pain, cancer, inflammation, cough, sore throat, lung and skin infections, and asthma. Also used to treat hypertension, pile and as aphrodisiac.                                                   |



|      |                                                 |                                         |                                                         |                                             |                                                                                                                                                                              |
|------|-------------------------------------------------|-----------------------------------------|---------------------------------------------------------|---------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 192. | <i>Ximenia americana</i><br>(Olacaceae)         | Tallow wood, hog plum, yellow plum, sea | Tsada(H), Anya Nwona (I) Igo (Y)                        | Whole Plant, Leaf, fruit, twigs, bark, seed | Plant are used for fever, cold, as a solution for toothaches, as a laxative, eye lotion, poison cure, used for headaches, treat skin ulcers, treatment for skin burns        |
| 193. | <i>Zanthoxylum zanthoxyloides</i><br>(Rutaceae) | Fagara (chewing stick)                  | Fasakvari (H) Aga (I) Orin ata (Y).                     | Roots, stem, bark and leaves                | Treat malaria, fever, sickle cell anaemia, tuberculosis, paralysis, oedema, general body weakness, treat intestinal problems, including colic, dysentery,                    |
| 194  | <i>Zapoteca portoricensis</i><br>(Fabaceae)     | Calliandra, Powderpuff                  | Oga (H) Ule (I) Tude (Y).                               | Leaves, barks, stem, roots.                 | Relief from haemorrhoids, the prevention of infection, reduced inflammation, and the elimination of seizures                                                                 |
| 196. | <i>Zea mays</i><br>(Poaceae)                    | Corn                                    | Masara (H) Oka (I) Agbado (Y).                          | Plant, Juice/cold infusion                  | It is used for the treatment of cystitis, edema, kidney stones, diuretic, prostate disorder, and urinary infections as well as bedwetting, obesity, lowering blood pressure, |
| 197. | <i>Zingiber officinale</i><br>(Zingiberaceae)   | Ginger                                  | Citta, aho (H) Oseala, jinja (I); Atalefunfun, aje (Y). | Rhizome                                     | Used for treating headaches, indigestion, nausea, vomiting, cancer, hypertension, hypercholesterolemia, hyperuricemia, bacterial infections, arthritis, cramps,              |

|      |                                               |                                                                 |                                            |                                                |                                                                                                                                                                          |
|------|-----------------------------------------------|-----------------------------------------------------------------|--------------------------------------------|------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 198. | <i>Ziziphus abyssinica</i><br>(Rhamnaceae)    | Jujube Christ thorn                                             | Magarya<br>Kurna (H);<br>Eakannase-adie(Y) | Root, leaf,<br>Shrubs or small<br>trees, plant | Treat pneumonia, tonsillitis,<br>Newcastle disease, snake bite,<br>burns, improving muscular<br>strength and weight, for<br>preventing liver diseases, stress<br>ulcers, |
| 199. | <i>Ziziphus mauritiana</i><br>(Rhamnaceae)    | Indian Jujube tree,<br>Indian plum or Chiese<br>date, red date. | Magariya (H)                               | Root and Bark                                  | Improving muscular strength and<br>weight and in the prevention of<br>liver diseases and stress ulcers<br>and as a sedative.                                             |
| 200. | <i>Ziziphus spina-christi</i><br>(Rhamnaceae) | Christ's thorn jujube                                           | Kurna, Jujube (H)<br>Eakannase-adie(Y)     | Leaf, bark &<br>seed, tree, fruit,<br>twigs    | Treat inflammatory symptoms<br>and swellings, pain,<br>heat, treatment for diarrhea,<br>colon cramps, treatment of<br>rheumatism, scorpion sting.                        |

## PART 3

### NIGERIAN ESSENTIAL MEDICINAL PLANTS LIST AND COMMON DISEASES

#### INTRODUCTION

It is important to classify diseases in order to provide a unified language for the purpose of recording, reporting and monitoring. This allows for consistency in data sharing across the board thereby giving a good basis for the measurements of morbidity and mortality from each disease. The achievement of this aim however, rests on the ability of the body to control the practice of herbal medicine in Nigeria, in relation to the diseases that are prevalent. This purpose represents the major reason why this book was embarked upon by Traditional, Complementary and Alternative Medicine (TCAM) Department of the Federal Ministry of Health.

In view of the above, various diseases have been considered in this document, alongside the tested and proven herbs for their remedies. This can however not be appreciated unless the classification of diseases is examined in order to ascertain the class to which the ailments belong. The generally accepted criteria for classification of diseases as listed below are therefore explored thus:

#### NON-COMMUNICABLE DISEASES.

Non-communicable diseases (NCDs) are medical conditions that typically have a long duration and progress slowly over time. Unlike communicable diseases, such as flu or tuberculosis, NCDs cannot be transmitted from person to person. These diseases are primarily caused by genetic and lifestyle factors, as well as environmental influences.

Here are some general facts about non-communicable diseases:

- i. Prevalence:** Non-communicable diseases are a leading cause of death worldwide. According to the World Health Organization (WHO), they are responsible for approximately 71% of global deaths, with the majority occurring in low- and middle-income countries.
- ii. Common types:** The four main types of non-communicable diseases are cardiovascular diseases (e.g., heart disease and stroke), cancers, chronic respiratory diseases (e.g., asthma and chronic obstructive pulmonary disease), and diabetes. Mental health disorders, musculoskeletal conditions, and kidney diseases are also considered non-communicable diseases.
- iii. Risk factors:** Several common risk factors contribute to the development of

non-communicable diseases. These include unhealthy diets (high in processed foods, salt, sugar, and unhealthy fats), physical inactivity, tobacco use, excessive alcohol consumption, air pollution, and exposure to occupational hazards.

- iv. **Impact on global health:** non-communicable diseases impose a significant financial burden on individuals, families, and healthcare systems. They can lead to chronic disability, reduced quality of life, increased healthcare costs, and productivity losses.
- v. **Prevention and management:** Many non-communicable diseases can be prevented or managed through lifestyle modifications such as regular physical activity, healthy eating, avoiding tobacco and excessive alcohol use, and stress management. Early detection through screenings and timely access to quality healthcare also play a crucial role in managing these diseases effectively.

#### **COMMUNICABLE OR INFECTIOUS DISEASES.**

Communicable diseases, also known as infectious diseases, are illnesses caused by microorganisms such as bacteria, viruses, fungi, or parasites. These diseases can be transmitted from one person to another, either directly or indirectly.

- i. **Modes of Transmission:** Communicable diseases can be spread through several modes of transmission, including:
  - **Direct Contact:** This occurs when an infected person comes into direct physical contact with another person. Examples include touching, kissing, or sexual intercourse.
  - **Indirect Contact:** In this case, the disease is spread through intermediate objects, such as contaminated surfaces, doorknobs, or shared utensils.
  - **Respiratory Droplets:** Diseases like the common cold or influenza can spread through tiny respiratory droplets expelled when an infected person coughs, sneezes, or talks.
  - **Vector-borne:** Certain diseases are transmitted through vectors, such as mosquitoes, ticks, or fleas. Malaria, dengue fever, and Lyme disease are examples of vector-borne diseases.
- ii. **Common Communicable Diseases:** Some well-known communicable diseases include:
  - Influenza (the flu)
  - Common cold
  - Tuberculosis
  - HIV/AIDS

- Hepatitis
- Sexually transmitted infections (STIs), such as chlamydia, gonorrhea, or syphilis
- Measles
- Chickenpox
- Malaria
- Zika virus

iii. **Prevention and Control:** Preventing the spread of communicable diseases is crucial for public health. Here are some preventive measures:

- **Vaccination:** Immunization plays a significant role in preventing the spread of many communicable diseases. Vaccines create immunity against specific pathogens.
- **Good Hygiene Practices:** Frequent hand washing with soap and water, covering your mouth while coughing or sneezing, and avoiding close contact with infected individuals can help reduce transmission.
- **Safe Food Handling:** Proper cooking, handling, and storage of food can prevent the spread of foodborne diseases.
- **Safe Sex Practices:** Using barrier methods, such as condoms, practicing monogamy, and getting regular STI screenings, can minimize the risk of sexually transmitted infections.

iv. **Treatment:** Treatment for communicable diseases varies depending on the specific infection. It may involve antiviral or antibiotic medication, supportive care, rest, hydration, or other specialized treatments.

## ANTI-INFLAMMATORY

| S/N | Botanical Name                | Common names       |
|-----|-------------------------------|--------------------|
| 1.  | <i>Allium sativum</i>         | Garlic             |
| 2.  | <i>Anacardium occidentale</i> | Cashew nut         |
| 3.  | <i>Boswellia serrata</i>      | Frankincense       |
| 4.  | <i>Cannabis sativa</i>        | Marijuana          |
| 5.  | <i>Capsicum annum</i>         | Bell pepper        |
| 6.  | <i>Capsicum frutescens</i>    | Bird's eye chilli  |
| 7.  | <i>Curcuma longa</i>          | Turmeric           |
| 8.  | <i>Euphorbia prostrata</i>    | Prostrate spurge   |
| 9.  | <i>Mangifera indica</i>       | Mango              |
| 10. | <i>Moringa oleifera</i>       | Drumstick tree     |
| 11. | <i>Ocimum americanum</i>      | Hoary basil        |
| 12. | <i>Piper nigrum</i>           | Black pepper,      |
| 13. | <i>Plantago major</i>         | Broadleaf plantain |
| 14. | <i>Psidium guajava</i>        | Guava              |
| 15. | <i>Syzygium aromaticum</i>    | Clove              |
| 16. | <i>Zingiber officinale</i>    | Ginger             |

## ANTI-MICROBIAL

| S/N | Botanical Name                  | Common names                |
|-----|---------------------------------|-----------------------------|
| 1.  | <i>Acacia nilotica</i>          | Gum arabic tree             |
| 2.  | <i>Allium sativum</i>           | Garlic                      |
| 3.  | <i>Aloe vera</i>                | Aloe                        |
| 4.  | <i>Annona muricata</i>          | Soursop                     |
| 5.  | <i>Boerhavia diffusa</i>        | Red spiderling              |
| 6.  | <i>Bryophyllum pinnatum</i>     | Life plant                  |
| 7.  | <i>Citrus aurantifolia</i>      | Lime                        |
| 8.  | <i>Citrus aurantium</i>         | Bitter orange               |
| 9.  | <i>Cymbopogon citratus</i>      | Lemongrass                  |
| 10. | <i>Daniella oliveri</i>         | African copaiba balsam tree |
| 11. | <i>Moringa oliefera</i>         | Drumstick tree              |
| 12. | <i>Peristrophe bicalyculata</i> | Kali anghedi                |
| 13. | <i>Syzygium aromaticum</i>      | Clove                       |
| 14. | <i>Zingiber officinale</i>      | Ginger                      |

## ANTI-VECTORS

| S/N | Botanical Name             | Common name   |
|-----|----------------------------|---------------|
| 1.  | <i>Azadirachta indica</i>  | Neem tree     |
| 2.  | <i>Boswellia serrata</i>   | Frankincense  |
| 3.  | <i>Citrus lemon</i>        | Lemon.        |
| 4.  | <i>Eucalyptus globulus</i> | Blue gum      |
| 5.  | <i>Mentha piperita</i>     | Peppermint    |
| 6.  | <i>Ocimum basilicum</i>    | Basil         |
| 7.  | <i>Ocimum gratissimum</i>  | African basil |
| 8.  | <i>Syzygium aromaticum</i> | Clove         |

## ANTIVENOM

| S/N | Botanical Name                  | Common Name              |
|-----|---------------------------------|--------------------------|
| 1.  | <i>Allium sativum</i>           | Garlic                   |
| 2.  | <i>Alstonia boonei</i>          | God's tree               |
| 3.  | <i>Andrographis paniculata</i>  | The King of Bitters      |
| 4.  | <i>Annona senegalensis</i>      | African custard-apple    |
| 5.  | <i>Aristolochia bracteolata</i> | Worm killer              |
| 6.  | <i>Azadirachta indica</i>       | Neem tree                |
| 7.  | <i>Curcuma longa</i>            | Turmeric                 |
| 8.  | <i>Evolvulus alsinoides</i>     | Dwarf morning-glory      |
| 9.  | <i>Garcinia kola</i>            | Bitter kola              |
| 10. | <i>Hemidesmus indicus</i>       | Indian sarsaparilla      |
| 11. | <i>Mangifera indica</i>         | Mango                    |
| 12. | <i>Mucuna pruriens</i>          | Cowhage                  |
| 13. | <i>Ocimum sanctum</i>           | Tulsi                    |
| 14. | <i>Parkia biglobosa</i>         | African locust bean tree |
| 15. | <i>Persea americana</i>         | Avocado                  |

## ARTHRITIS

| S/N | Botanical Name                 | Common name         |
|-----|--------------------------------|---------------------|
| 1.  | <i>Alstonia boonei</i>         | God's tree          |
| 2.  | <i>Andrographis paniculata</i> | The King of Bitters |
| 3.  | <i>Annona muricata</i>         | Soursop             |
| 4.  | <i>Biden pilosa</i>            | Beggar's tick       |



|     |                              |                           |
|-----|------------------------------|---------------------------|
| 5.  | <i>Boswellia serrata</i>     | Frankincense              |
| 6.  | <i>Cassia occidentalis</i>   | Negro coffee              |
| 7.  | <i>Celosia trigyna</i>       | Woolflower                |
| 8.  | <i>Cucurbita pepo</i>        | Acorn squash              |
| 9.  | <i>Curcuma longa</i>         | Turmeric                  |
| 10. | <i>Dichrostachys cinerea</i> | Sicklebush                |
| 11. | <i>Elaeis guineensis</i>     | Oil palm                  |
| 12. | <i>Eucalyptus globulus</i>   | Blue gum                  |
| 13. | <i>Hygrophila auriculata</i> | Kokilaksha                |
| 14. | <i>Ipomoea asarifolia</i>    | Ginger-leaf morning-glory |
| 15. | <i>Jatropha curcas</i>       | Physic nut                |

## CHICKEN POX

| S/N | Botanical Name            | Common name |
|-----|---------------------------|-------------|
| 1.  | <i>Allium cepa</i>        | Onion       |
| 2.  | <i>Allium sativum</i>     | Garlic      |
| 3.  | <i>Aloe barbadensis</i>   | Aloe vera   |
| 4.  | <i>Azadirachta indica</i> | Neem tree   |
| 5.  | <i>Elaeis guineensis</i>  | Oil palm    |

## CLEANSING PLANT

| S/N | Botanical Name              | Common name                          |
|-----|-----------------------------|--------------------------------------|
| 1.  | <i>Aloe vera</i>            | Alo                                  |
| 2.  | <i>Taraxacum officinale</i> | Dandelion                            |
| 3.  | <i>Vernonia amygdalina</i>  | Bitter leaf                          |
| 4.  | <i>Vernonia cinerea</i>     | Ash colored fleabane Purple fleabane |

**DIABETES**

| S/N | Botanical Name                     | Common name     |
|-----|------------------------------------|-----------------|
| 1.  | <i>Abelmoschus esculentus</i>      | Okra            |
| 2.  | <i>Aloe barbadensis</i>            | Aloe            |
| 3.  | <i>Cassia occidentalis</i>         | Negro coffee    |
| 4.  | <i>Combretum micranthum</i>        | Kinkeliba       |
| 5.  | <i>Desmodium adscendens</i>        | Zarabacoagalana |
| 6.  | <i>Ganoderma lucidum</i>           | Lingzhi         |
| 7.  | <i>Leptadenia hastata</i>          | Yadiya          |
| 8.  | <i>Lippia multiflora</i>           | Bush tea        |
| 9.  | <i>Momordica charantia</i>         | Bitter melon    |
| 10. | <i>Moringa oleifera</i>            | Drumstick tree  |
| 11. | <i>Musa paradisiaca</i>            | Banana          |
| 12. | <i>Ocimum gratissimum</i>          | African basil   |
| 13. | <i>Pergularia daemia</i>           | Trellis-vine    |
| 14. | <i>Psidium guajava</i>             | Guava           |
| 15. | <i>Securidaca longepedunculata</i> | Violet tree     |

**DIARRHEA**

| S/N | Botanical Name              | Common Name  |
|-----|-----------------------------|--------------|
| 1.  | <i>Achyranthes aspera</i>   | Chaff-flower |
| 2.  | <i>Boswellia serrata</i>    | Frankincense |
| 3.  | <i>Citrus aurantiifolia</i> | Lime         |
| 4.  | <i>Elaeis guineensis</i>    | Oil palm     |
| 5.  | <i>Kigelia africana</i>     | Sausage tree |

|     |                            |                     |
|-----|----------------------------|---------------------|
| 6.  | <i>Mangifera indica</i>    | Mango               |
| 7.  | <i>Mimosa pudica</i>       | Sensitive plant     |
| 8.  | <i>Moringa oleifera</i>    | Drumstick tree      |
| 9.  | <i>Piper guineense</i>     | West African pepper |
| 10. | <i>Psidium guajava</i>     | Guava               |
| 11. | <i>Senna alata</i>         | Candle bush         |
| 12. | <i>Trema orientalis</i>    | Charcoal-tree       |
| 13. | <i>Zingiber officinale</i> | Ginger              |

#### DYSMENORRHEA

| S/N | Botanical Name              | Common name         |
|-----|-----------------------------|---------------------|
| 1.  | <i>Achyranthes aspera</i>   | Chaff-flower        |
| 2.  | <i>Boswellia serrata</i>    | Frankincense        |
| 3.  | <i>Citrus aurantiifolia</i> | Lime                |
| 4.  | <i>Elaeis guineensis</i>    | Oil palm            |
| 5.  | <i>Kigelia africana</i>     | Sausage tree        |
| 6.  | <i>Mangifera indica</i>     | Mango               |
| 7.  | <i>Mimosa pudica</i>        | Sensitive plant     |
| 8.  | <i>Moringa oleifera</i>     | Drumstick tree      |
| 9.  | <i>Piper guineense</i>      | West African pepper |
| 10. | <i>Psidium guajava</i>      | Guava               |
| 11. | <i>Senna alata</i>          | Candle bush         |
| 12. | <i>Trema orientalis</i>     | Charcoal-tree       |
| 13. | <i>Zingiber officinale</i>  | Ginger              |

**ERECTILE DYSFUNCTION**

| S/N | Botanical Name               | Common name    |
|-----|------------------------------|----------------|
| 1.  | <i>Arachis hypogea</i>       | Groundnut      |
| 2.  | <i>Carica papaya</i>         | Pawpaw         |
| 3.  | <i>Garcinia kola</i>         | Bitter kola    |
| 4.  | <i>Moringa oleifera</i>      | Drumstick tree |
| 5.  | <i>Prunus africana</i>       | African cherry |
| 6.  | <i>Saccharum officinarum</i> | Sugar cane     |
| 7.  | <i>Sorghum bicolor</i>       | Great millet   |

**HEPATITIS**

| S/N | Botanical Name              | Common name                    |
|-----|-----------------------------|--------------------------------|
| 1.  | <i>Adansonia digitata</i>   | Baobab tree                    |
| 2.  | <i>Bombax costatum</i>      | Red-flowered silk cotton tree. |
| 3.  | <i>Carica papaya</i>        | Pawpaw                         |
| 4.  | <i>Cassia occidentalis</i>  | Negro coffee                   |
| 5.  | <i>Cassia tora</i>          | Sickle senna                   |
| 6.  | <i>Celosia trigyna</i>      | Woolflower                     |
| 7.  | <i>Combretum micranthum</i> | Kinkeliba                      |
| 8.  | <i>Curcuma longa</i>        | Turmeric                       |
| 9.  | <i>Cynara cardunculus</i>   | Globe artichoke                |
| 10. | <i>Dennettia tripetala</i>  | Pepperfruit                    |
| 11. | <i>Elaeis guineensis</i>    | Oil palm                       |
| 12. | <i>Garcinia kola</i>        | Bitter kola                    |
| 13. | <i>Glycyrrhiza glabra</i>   | Licorice                       |
| 14. | <i>Jatropha curcas</i>      | Physic nut                     |
| 15. | <i>Lagenaria siceraria</i>  | Bottle gourd                   |

**HIV/AIDS**

| S/N | Botanical Name                  | Common name         |
|-----|---------------------------------|---------------------|
| 1.  | <i>Adansonia digitata</i>       | Baobab tree         |
| 2.  | <i>Allium sativum</i>           | Garlic              |
| 3.  | <i>Andrographis paniculata</i>  | The King of Bitters |
| 4.  | <i>Artemisia annua</i>          | Sweet wormwood      |
| 5.  | <i>Calliandra portoricensis</i> | Snowflake acacia    |
| 6.  | <i>Citrus lemon</i>             | Lemon               |
| 7.  | <i>Curcuma longa</i>            | Turmeric            |
| 8.  | <i>Cymbopogon citratus</i>      | Lemongrass          |
| 9.  | <i>Hibiscus sabdariffa</i>      | Roselle             |
| 10. | <i>Milicia excelsa</i>          | African teak        |
| 11. | <i>Momordica charantia</i>      | Bitter melon        |
| 12. | <i>Moringa oleifera</i>         | Drumstick tree      |
| 13. | <i>Solanum melongena</i>        | Aubergine           |

**HYPERTENSION**

| S/N | Botanical Name                 | Common name           |
|-----|--------------------------------|-----------------------|
| 1.  | <i>Allium cepa</i>             | Onion                 |
| 2.  | <i>Allium sativum</i>          | Garlic                |
| 3.  | <i>Artocarpus altilis</i>      | Breadfruit,           |
| 4.  | <i>Azadirachta indica</i>      | Neem                  |
| 5.  | <i>Boswellia dalzielii</i>     | Frankincense tree     |
| 6.  | <i>Carica papaya</i>           | Pawpaw                |
| 7.  | <i>Croton pseudopulchellus</i> | Small lavender croton |
| 8.  | <i>Cymbopogon citratus</i>     | Lemongrass            |

|     |                                 |                     |
|-----|---------------------------------|---------------------|
| 9.  | <i>Eucalyptus camaldulensis</i> | River red gum       |
| 10. | <i>Hibiscus sabdariffa</i>      | Roselle             |
| 11. | <i>Moringa oleifera</i>         | Drumstick tree      |
| 12. | <i>Musa sapientum</i>           | Banana              |
| 13. | <i>Newbouldia laevis</i>        | Boundary tree       |
| 14. | <i>Parkia biglobosa</i>         | African locust bean |
| 15. | <i>Sclerocarya birrea</i>       | Marula              |

#### JAUDICE/ANAEMIA

| S/N | Botanical Name              | Common name       |
|-----|-----------------------------|-------------------|
| 1.  | <i>Adansonia digitata</i>   | Baobab tree       |
| 2.  | <i>Amaranthus spinosus</i>  | Spiny amaranth    |
| 3.  | <i>Balanite aegyptiaca</i>  | Desert date       |
| 4.  | <i>Boerhavia diffusa</i>    | Red spiderling    |
| 5.  | <i>Borassus aethiopum</i>   | African fan palm  |
| 6.  | <i>Capparis thomingii</i>   | Humbug            |
| 7.  | <i>Carica papaya</i>        | Pawpaw            |
| 8.  | <i>Coccinia grandis</i>     | Ivy gourd         |
| 9.  | <i>Combretum micranthum</i> | Kinkeliba         |
| 10. | <i>Crateva magna</i>        | Large garlic pear |
| 11. | <i>Cucurbita maxima</i>     | Buttercup squash  |
| 12. | <i>Cuscuta reflexa</i>      | Giant dodder      |
| 13. | <i>Elaeis guineensis</i>    | Oil palm          |
| 14. | <i>Gnetum africanum</i>     | Wild spinach      |
| 15. | <i>Hibiscus sabdariffa</i>  | Roselle           |

**MALARIA**

| S/N | Botanical Name                | Common name    |
|-----|-------------------------------|----------------|
| 1.  | <i>Alstonia boonei</i>        | Cheese wood    |
| 2.  | <i>Anacardium occidentale</i> | Cashew nut     |
| 3.  | <i>Artemisia annua</i>        | Sweet wormwood |
| 4.  | <i>Azadirachta indica</i>     | Neem           |
| 5.  | <i>Caesalpinia bonduc</i>     | Gray nicker    |
| 6.  | <i>Carica papaya</i>          | Pawpaw         |
| 7.  | <i>Cassia occidentalis</i>    | Negro coffee   |
| 8.  | <i>Citrus sinensis</i>        | Orange         |
| 9.  | <i>Cola acuminata</i>         | Cola Nut       |
| 10. | <i>Cymbopogon citratus</i>    | Lemongrass     |
| 11. | <i>Hibiscus sabdariffa</i>    | Roselle        |
| 12. | <i>Mangifera indica</i>       | Mango          |
| 13. | <i>Momordica charantia</i>    | Bitter-melon   |
| 14. | <i>Nauclea latifolia</i>      | African peach  |
| 15. | <i>Ocimum gratissimum</i>     | African basil  |

**MEASLES**

| S/N | Botanical Name                    | Common name               |
|-----|-----------------------------------|---------------------------|
| 1.  | <i>Allium sativum</i>             | Garlic                    |
| 2.  | <i>Detarium senegalense</i>       | Ditax                     |
| 3.  | <i>Dichrostachys cinerea</i>      | Sicklebush                |
| 4.  | <i>Indigofera nummulariifolia</i> | Coinwort indigo           |
| 5.  | <i>Ipomoea asarifolia</i>         | Ginger-leaf morning-glory |

|     |                             |                   |
|-----|-----------------------------|-------------------|
| 6.  | <i>Momordica charantia</i>  | Bitter melon      |
| 7.  | <i>Newbouldia laevis</i>    | Boundary tree     |
| 8.  | <i>Ocimum basilicum</i>     | Basil             |
| 9.  | <i>Ocimum gratissimum</i>   | African basil     |
| 10. | <i>Peperomia pellucida</i>  | Pepper elder      |
| 11. | <i>Termitomyces robusta</i> | Chicken mushrooms |
| 12. | <i>Vernonia amygdalina</i>  | Bitter leaf       |
| 13. | <i>Ziziphus abyssinica</i>  | Catch thorn       |

#### MEMOR ENHANCER Y

| S/N | Botanical Name                | Common name           |
|-----|-------------------------------|-----------------------|
| 1.  | <i>Adansonia digitata</i>     | Baobab tree           |
| 2.  | <i>Allium cepa</i>            | Onion                 |
| 3.  | <i>Borassus aethiopum</i>     | African fan palm      |
| 4.  | <i>Daucus carota</i>          | Wild carrot           |
| 5.  | <i>Dioscorea cayanaensis</i>  | White yam             |
| 6.  | <i>Elaeis guineensis</i>      | Oil palm              |
| 7.  | <i>Musa sapientum</i>         | Banana                |
| 8.  | <i>Phoenix dactylifera</i>    | Date palm             |
| 9.  | <i>Rauvolfia vomitoria</i>    | Poison devil's-pepper |
| 10. | <i>Tetrapleura tetraptera</i> | Aridan                |
| 11. | <i>Zea mays</i>               | Maize                 |

#### OLIGOSPERMIA

| S/N | Botanical Name             | Common name      |
|-----|----------------------------|------------------|
| 1.  | <i>Aframomum melegueta</i> | Alligator pepper |
| 2.  | <i>Allium cepa</i>         | Onion            |
| 3.  | <i>Allium sativum</i>      | Garlic           |



|     |                               |              |
|-----|-------------------------------|--------------|
| 4.  | <i>Aloe vera</i>              | Aloe         |
| 5.  | <i>Anthocleista djalensis</i> | Cabbage tree |
| 6.  | <i>Carica papaya</i>          | Pawpaw       |
| 7.  | <i>Carpolobia lutea</i>       | Cattlestick  |
| 8.  | <i>Cissus quadrangularis</i>  | Veldt grape  |
| 9.  | <i>Citrullus lanatus</i>      | Watermelon   |
| 10. | <i>Cocos nucifera</i>         | Coconut      |
| 11. | <i>Cola acuminata</i>         | Cola nut     |
| 12. | <i>Cymbopogon citratus</i>    | Lemongrass   |
| 13. | <i>Cyperus esculentus</i>     | Tiger nut    |
| 14. | <i>Eremomastax speciosa</i>   | Guare        |
| 15. | <i>Garcinia kola</i>          | Bitter kola  |

#### SICKLE CELL ANEMIA

| S/N | Botanical Name                    | Common Name            |
|-----|-----------------------------------|------------------------|
| 1.  | <i>Alchornea cordifolia</i>       | Christmas bush.        |
| 2.  | <i>Alchornea hirtella</i>         | Forest bead-string     |
| 3.  | <i>Alchornea laxiflora</i>        | Lowveld bead string    |
| 4.  | <i>Allium sativum</i>             | Garlic                 |
| 5.  | <i>Andrographis paniculata</i>    | The King of Bitters    |
| 6.  | <i>Cajanus cajan</i>              | Pigeon pea             |
| 7.  | <i>Carica papaya</i>              | Pawpaw                 |
| 8.  | <i>Citrus sinensis</i>            | Orange or sweet orange |
| 9.  | <i>Entandrophragma utile</i>      | Sipo mahogany          |
| 10. | <i>Harungana madagascariensis</i> | Dragon's blood tree    |

- |     |                           |                  |
|-----|---------------------------|------------------|
| 11. | <i>Khaya senegalensis</i> | African mahogany |
| 12. | <i>Moringa oleifera</i>   | Drumstick tree   |
| 13. | <i>Newbouldia laevis</i>  | Boundary tree    |

### TOOTHACHE

| S/N | Botanical Name                 | Common name                    |
|-----|--------------------------------|--------------------------------|
| 1.  | <i>Acanthospermum hispidum</i> | Bristly starbur                |
| 2.  | <i>Allium sativum</i>          | Garlic                         |
| 3.  | <i>Aloe vera</i>               | Aloe                           |
| 4.  | <i>Bombax costatum</i>         | Red-flowered silk cotton tree. |
| 5.  | <i>Carica papaya</i>           | Pawpaw                         |
| 6.  | <i>Curcuma longa</i>           | Turmeric                       |
| 7.  | <i>Daniellia oliveri</i>       | African copaiba balsam tree    |
| 8.  | <i>Ficus platyphylla</i>       | Gutta percha tree              |
| 9.  | <i>Hyparrhenia hirta</i>       | Thatching grass                |
| 10. | <i>Massularia acuminata</i>    | Chewing stick                  |
| 11. | <i>Mentha piperita</i>         | Peppermint                     |
| 12. | <i>Musa sapientum</i>          | Banana                         |
| 13. | <i>Parkia biglobosa</i>        | African locust bean tree       |
| 14. | <i>Persea americana</i>        | Avocado                        |
| 15. | <i>Plantago major</i>          | Common plantain                |

**TUBERCULOSIS (TB)**

| S/N | Botanical Name                  | Common name             |
|-----|---------------------------------|-------------------------|
| 1.  | <i>Abrus precatorius</i>        | Rosary pea              |
| 2.  | <i>Acacia nilotica</i>          | Gum arabic tree         |
| 3.  | <i>Allium cepa</i>              | Onions                  |
| 4.  | <i>Anogeissus leiocarpa</i>     | African birch           |
| 5.  | <i>Bryophyllum pinnatum</i>     | Miracle leaf            |
| 6.  | <i>Crinum jagus</i>             | St. Christopher's Liliy |
| 7.  | <i>Garcinia kola</i>            | Bitter kola             |
| 8.  | <i>Jatropha curcas</i>          | Physic nut              |
| 9.  | <i>Mitracarpus villosus</i>     | Tropical girdlepod      |
| 10. | <i>Moringa oleifera</i>         | Drumstick tree          |
| 11. | <i>Pennisetum glaucum</i>       | Pearl millet            |
| 12. | <i>Peristrophe bicalyculata</i> | Panicled Foldwing       |
| 13. | <i>Saccharum officinarum</i>    | Sugar cane              |
| 14. | <i>Secamone afzelii</i>         | Ringworm plant          |
| 15. | <i>Syzygium aromaticum</i>      | Clove                   |

**WHITLOW**

| S/N | Botanical Name               | Common name  |
|-----|------------------------------|--------------|
| 1.  | <i>Allium sativum</i>        | Garlic       |
| 2.  | <i>Aloe vera</i>             | Alo          |
| 3.  | <i>Boswellia serrata</i>     | Frankincense |
| 4.  | <i>Cissus quadrangularis</i> | Veldt grape  |
| 5.  | <i>Citrus microcarpa</i>     | Calamondin   |
| 6.  | <i>Lawsonia inermis</i>      | Henna        |
| 7.  | <i>Mentha piperita</i>       | Peppermint   |
| 8.  | <i>Syzygium aromaticum</i>   | Clove        |

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