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TRADITIONAL MEDICINE PRACTICE AMONGST THE IGEDE PEOPLE OF NIGERIA. PART II

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Abstract

A questionnaire-guided ethno-medical survey of the Igede speaking communities of Benue state (Nigeria) was conducted. 90 plant species from 45 families were identified covering 109 recipes against 35 ailments, including internal, external infections and parasitic diseases as well as poisons, pesticides, cuisine and for veterinary purposes. *Ageratum conyzoides* was the only plant used in HIV/AIDS disease. Mode of preparation, dosage regimen, plant(s) and part(s) used are reported. The importance of this kind of documentation in research and bio-conservation are discussed.

Keywords: Ethno-medicine, Igede, Nigeria, extracts, ailments.

Introduction

Ethnobotany and ethno-medical studies are today, recognised as the most viable methods of identifying new medicinal plants or refocusing on those earlier reported for bioactive constituents (Adjanahoun et al., 1991; Farnsworth, 1966). The clinical success of quinine and quinidine isolated from the *Cinchona* tree bark and recently artemisinin from *Artemisia annua* in the treatment of malaria have rekindled interest in medicinal plants as potential sources of novel drugs (Di Flumeri et al., 2000). Plants which are observed to be efficacious and frequently prescribed may contain compounds that are potential drug candidates and could rightly be recommended for further examination. Scientific

investigations of medicinal plants have been initiated in many countries because of their contributions to health care. The continual search for, and the interest in natural plant products, for use as medicines has acted as the catalyst for exploring methodologies involved in obtaining the required plant materials and thence probing their constituents. In the selection of plants for pharmacological screening, five approaches are known, namely: The random approach which involves the collection of all plants from the study area, phytochemical targeting which deals with the collection of all the members of the plant's family known to be rich in bioactive compounds, the ethnobotanical survey approach, which is based on traditional medical uses of the plant(s), the chemotaxonomic approach which is based on plants having similar constituents which maybe in different families and the screening of specific parts of a plant such as the seeds, barks, roots, leaves and other plant parts (Farnsworth, 1966). It is also reported that plant sampling based on ethnobotanical survey approach showed greater percentage yield of bioactive useful medicinal compounds over the other methods even though targeted and random screening of plants and their extracts for activity have also yielded excellent results (Khafagi and Dewedar, 2000).

The depletion rate of genetic resources is high, yet little is known about most of the world's plant species especially tropical rainforest floras. When viewed against the current rate of extinction and decimation of tropical floras especially forests before their plants are studied, this paucity of knowledge is alarming. With the current trends of destruction of tropical forest habitats, there is the need to survey and document the medicinal plant flora of indigenous communities in the region. One of such community is the Iggede speaking areas of Benue State, Nigeria. The people are presently dependent more on the traditional medical system as compared to the orthodox medical system. This study highlights the use of medicinal plants in the traditional medical practices of the people especially those used against HIV/AIDS, diabetes, infertility, diarrhoea, hypertension, veterinary and other common ailments.

Materials and Methods

Information on the plants was gathered through oral interviews of Iggede people using a structured questionnaire. Older individuals, local medicine men or herbalists and others who claim to have effective prescriptions were interviewed. Plant materials were obtained by accompanying practitioners and making collections of such plants used in medical practice. Plants were identified during collection or at the Forestry and wildlife Department of University of Agriculture, Makurdi where voucher specimens were also deposited. Throughout the interviews local plant names, useful plant parts, method of preparation, application mode, dosage, and duration of treatment (where specific) were recorded. Also information on the duration of practice, source of knowledge, the extent of patronage and level of success in curing the ailments were recorded.

Results

Eighty nine species of plants belonging to forty six families were identified from fifty respondents. A total of one hundred and nine prescriptions or recipes were recorded for thirty five ailments or therapeutic indications/uses. Ailments with highest number of prescriptions/recipes include diarrhea (10); infertility (7), skin infections (7); diabetes (6), hypertension (6), fevers (6) and veterinary purposes (6) while cough and fresh wounds had five each. In terms of plant families, Euphorbiaceae had the highest number of plants prescribed (15) followed by Caesalpinaceae (13), Rubiaceae (12), Bignoniaceae (11), Poaceae (10), Mimosaceae and Anonaceae (7 each), Compositae and Rutaceae (6 each) and Anacardiaceae (5). Individual plant species with highest frequency of prescriptions were 6 each for *Nauclea latifolia* and *Pilliosigma thonningii*, 5 each for *Ageratum conyzoides*, *Newboldia laevis*, *Phyllanthus muererianus* with 4 each for *Cochlospermum planchonii*, *Ocimum gratissimum* and *Parkia biglobosa*. *Ageratum conyzoides* was the only plant reported in the treatment of HIV/AIDS. Table 1 summarizes the plant(s), their local names and part(s) being used, the prescriptions and the mode of preparation and administration.

Discussion

This study indicates that for the Igede people, traditional medicine has wide acceptability and a long history. Indeed, majority of the people use these medications at one time or another and this presupposes the efficacy and safety of plant materials used in ethno-medicines. It could not be ascertained when and how the practitioners first introduced a remedy or prescription. No particularly toxic plant species were encountered and in all cases needing extraction, water was used exclusively as the extraction medium (Igoli et al., 2003). Practitioners could not explain why in many cases two or more plants or plant parts are used jointly. This may be due to either synergistic or additive effects of the constituents that have been observed over the years (Igoli et al., 2002). There is therefore a need to investigate these medicinal plants within the context of these reported claims. Oral consumption of remedies was advised where extracts were involved and in some cases dosages (usually 150-300ml, two to three times a day) and duration of treatment (usually 2-5 days or until when symptoms disappear) were prescribed. Presently, it is imperative for developing nations such as Nigeria to systematically document uses of medicinal plants in all autonomous areas or communities, which are still largely unexplored. This is because the old folks who are usually custodians of such information and fast disappearance of traditional cultures and natural resources arising from urbanization and industrialization of these areas, such information could be lost forever (Igoli et al., 2002; 2003). Documentation of this kind of information will be beneficial in general health care, ecological control, forest conservation, research and providing leads to plants with useful medicinal properties. This is imperative now because with the current rate of destruction of tropical forest habitats, plant scientists may have little time to survey the plant kingdom for useful novel or lead compounds.

Table 1: Igede Medicinal Plants and uses.

Therapeutic indication & associated plants (Family)	Local plant name	Plant part used	Medicinal Preparation	Ref
Anaemia <i>Telfairea occidentalis</i> Hook. f. (Cucurbitaceae)	Ugwu	Leaves	Macerate and take orally.	7,18
Antidote <i>Solanum torvum</i> Swartz. (Solanaceae)	Anyihi nyije	Leaves	Infusion taken orally	30
Boils <i>Acanthus montanus</i> (Nees) T. Anders. (Acanthaceae)	Elele-nyijuo	Root	Grind and apply on boil(s)	2,7
Contraceptive <i>Zanthoxylum zanthoxyloides</i> (Lam) Waterm. (Rutaceae)	Ufu-otachacha	Stem bark	Boil stem bark and drink (by females) before coitus.	22
Cosmetic <i>Lawsonia inermis</i> Linn. (Lythraceae)	Ilele	Leaves	Maceration or fresh leaves applied to colour desired parts of the body	2
<i>Fuirena ciliaris</i> (Linn) Roxb. (Cyperaceae)	Ijan nyohe	Beads	The beads are threaded and worn to decorate desired parts of the body	5
Cough <i>Cassia obtusifolia</i> Linn. (Caesalpiniaceae) & <i>Newbouldia laevis</i> (P.Beauv.) <i>Seeman ex Bureau</i> (Bignoniaceae)	Ufu ochiri nyalegwu	Leaves	Maceration of a mixture of the plants is taken orally	15
<i>Phyllanthus muelrerianus</i> (O. Ktze) Exell (Euphorbiaceae)	Ogirichi	Leaves		2,7,17,18,28
	Ohunte	Stem and leaves or root only	A decoction of the mixture or part is taken orally	2
<i>Pericopsis laxiflora</i> (Benth ex Bak) Van Meeuwen (Papilionoideae)	Odagbila	Stem	Cuts of slim stems are chewed	29

<i>Phyllanthus muelerianus</i> (O. Ktze) Exell (Euphorbiaceae) & <i>Piliostigma thonningii</i> (Schum) Milne-Redhead (Caesalpiniaceae)	Ohunte Omepa	Leaves Leaves	A decoction of the mixture of the two plants is taken orally	2 2,17,18,28
<i>Dacryodes edulis</i> (G.Don) H.J. Lam. (Burseraceae)	Uju	Stem bark	Chew as chewing stick	7
Cuisine <i>Ceiba pentandra</i> (Linn) Gaertn (Bombacaceae) <i>Vitex doniana</i> Sweet. (Verbanaceae) <i>Pterocarpus santalinoides</i> L'Herit ex DC (Papilionoideae)	Ufu enwu Ufu utu Uturukpa	Leaves Leaves Leaves	Vegetable Vegetable Vegetable	7,18 2 2
<i>Zanthoxylum zanthoxyloides</i> (Lam) Waterm. (Rutaceae) <i>Aerva javanica</i> (Burm. f.) Juss ex Schult.(Amaranthaceae) <i>Amaranthus spinosus</i> Linn (Amaranthaceae) <i>Ludwigia abyssinica</i> A. Rich. (Onagraceae) <i>Ficus thonningii</i> Blume. (Moraceae) <i>Vernonia amygdalina</i> Del. (Compositae) <i>Telfairea occidentalis</i> Hook. f. (Cucurbitaceae) <i>Xylopiya aethiopica</i> (Dunal) A. Rich. (Annonaceae)	Ufu otachacha Ufu ihie Ufu okongo Achwe Uvo Ujuju Ugwu Ayache	Leaves Leaves Leaves Leaves Leaves Leaves Seed	Vegetable Vegetable Vegetable Vegetable Vegetable Vegetable Spice	22 7 7,18 16 2,18 2,7,18,28 7,18 2,7

<i>Afzelia Africana</i> Sm. (Ceasalpiniaceae)	Igbe	Seed	Spice	13
<i>Aframomum angustifolium</i> K. Schum. (Zingiberaceae)	Ogbaichwo	Rhizome	Spice	14
<i>Acroceras zizanoides</i> Dandy (Poaceae)	Ichata	Rhizome	Spice	3,5
Diarrhoea <i>Irvingia gabonensis</i> (O Rorke) Baill. (Irvingiaceae) & <i>Smilax anceps</i> Willd. (Smilaceae) <i>Stereospermum kunthianum</i> Cham. (Bignoniaceae) & <i>Uvaria chamae</i> P.Beauv. (Annonaceae) <i>Byroscarpus coccineus</i> Schum & Thonn. (Connoraceae) <i>Clausena anisata</i> (Willd) Hook f. ex Benth. (Rutaceae) & <i>Ocimum gratissimum</i> Linn (Labiataeae) <i>Vitex doniana</i> Sweet. (Verbenaceae) & <i>Psidium guajava</i> Linn. (Myrtaceae) <i>Sterculia setigera</i> Del. (Sterculiaceae) & <i>Prosopis africana</i> (Guill & Perr.) Benth. (Mimosaceae) <i>Zanthoxylum zanthoxyloides</i> (Lam) Waterm (Rutaceae)	Ono Ogbaa Ugbenya Okandii Anyakwrechi Ufu ode Ujuju okpevu Ufu utu Igova Ufuru Oyeke Ufu otachacha	Leaves, fruits and stem bark Leaves Stem bark and leaves Stem bark Leaves Leaves Leaves Leaves Stem bark Stem bark Leaves	A decoction of the mixture of the two plants is taken 3x daily A decoction of the two plants is taken 3x daily Decoction of the leaves is taken 2x daily Maceration of the two plants is taken 2x daily Maceration of the two plants is taken 2x daily A decoction of the two plants is taken 2x daily A decoction of the two	23 3,5 2,7,17,18,28 2,7 2,7 2,17 2,18,28 2 2,17,18,28 2,17,18,28 17,18 22

& <i>Morinda lucida</i> Benth (Rubiaceae)	Ufu ogile	Stem bark	plants is taken 2x or 3x daily	2,17,28
<i>Pterocarpus santalinoides</i> L'Herit ex DC (Papilionoideae)	Uturukpa	Leaves	Maceration taken 2x daily	2
<i>Annona senegalensis</i> Pers. (Annonaceae)	Unwu	Stem bark	A decoction of the plants is taken 3x daily	2,18,28
& <i>Ageratum conyzoides</i> Linn. (Compositae)	Ufu opioko/ Otogo	Leaves and aerial branches		2,7
<i>Ficus sur</i> Forssk. syn <i>Ficus capensis</i> Thunb. (Moraceae)	Okilendu	Leaves	Boil with a little sugar or salt and drink.	20
Diabetes <i>Piliostigma thonningii</i> (Schum) Milne-Redhead (Caesalpiniaceae)	Omepa	Roots	A decoction of the plants is taken 3x daily	2,17,18,28
& <i>Sorghum guinensis</i> (Linn) Moench (Poacea)	Igbi	Leaves and seed		3
<i>Ageratum conyzoides</i> Linn (Compositae)	Ufu opioko/ Otogo	Whole plant	A maceration of the three plants is taken 2x daily	2,7
& <i>Stachytarpheta indica</i> Vahl. (Verbanaceae)	Ogbaduoloko	Whole plant		2
& <i>Sorghum guinensis</i> (Linn) Moench (Poacea)	Igbi	Leaves		3
<i>Anacardium occidentale</i> Linn (Anacardiaceae)	Ikashu	Leaves	A decoction is taken 1x daily	2,7
<i>Cochlospermum planchonii</i> Hook. F. (Cochlospermaceae)	Opiampire	Roots	A decoction or powder prepared from the three plants is taken 2x	17
&				

<i>Lonchocarpus cyanescens</i> (Schum & Thonn) Benth (Fabaceae) & <i>Jatropha curcas</i> Linn (Euphorbiaceae)	Ochumchu	Stem bark	daily	2
	Omangba	Fruits		2,17,18
<i>Ocimum gratissimum</i> Linn. (Lamiaceae) & <i>Hymenocardia acida</i> Tul. (Hymenocardiaceae)	Ujuju okpevu	Leaves	A decoction of the plants is taken 2x daily.	2,18,28
	Uchuo onyomila	Fruits		2
<i>Stereospermum kunthianum</i> Cham. (Bignoniaceae) & <i>Mitragyna inermis</i> (Willd) O. Ktze (Rubiaceae)	Ugbenya	Roots	A decoction of the plants is taken 3x daily.	2,7,17,18,28
	Orerewa	Stem		17,18,28
Dysentery <i>Nauclea latifolia</i> Sm. (Rubiaceae) & <i>Annona senegalensis</i> Pers. (Annonaceae)	Uche	Leaves	Maceration or decoction of the mixture of the two plants taken 3x daily	2,17,18,28
	Unwu	Leaves		2,18,28
Ear ache <i>Bryophyllum pinnatum</i> (Lam.) Oken. (Crassulaceae)	Ufu ivo	Leaves and bark	Scrapped inner bark wrapped in the leaves are softened by warming and squeezed into the ear as drops.	2,7
<i>Euphorbia hirta</i> Linn. (Euphorbiaceae)	Ufu idire	Stem	Exudates of the stem is used as ear drops.	2
<i>Ageratum conyzoides</i> Linn. (Compositae)	Ufu opioko/ Otego	Leaves	Exudates from warm leaves squeezed into the ear as drops.	2,7
Fever <i>Scoparia dulcis</i> Linn. (Scrophulariaceae)	Ufu ija	Leaves	Maceration is taken orally	2
<i>Erythrina senegalensis</i> Dc. (Papilionoidae)	Eruana	Bark	Maceration is taken orally	18

<i>Stachytarpheta indica</i> (Linn.) Vahl. (Verbanaceae)	Ogbaduoloko	Leaves	A decoction of the mixture of the three plants is taken orally	2
<i>Mitragyna inermis</i> (Willd) O. Ktze (Rubiaceae)	Orerewa	Leaves		17,18,28
& <i>Nauclea latifolia</i> Sm. (Rubiaceae)	Uche	Leaves		2,17,18,28
<i>Anthocleista vogelii</i> Planch. (Loganiaceae)	Urugba	Leaves	A decoction of a mixture of all five plants is taken orally	24
<i>Stereospermum kunthianum</i> Cham. (Bignoniaceae)	Ugbenya	Leaves		2,7,17,18,28
<i>Vernonia cinerea</i> (Linn) Less. (Compositae)	Ubeka	Leaves and stem		7
<i>Newbouldia laevis</i> (P.Beauv.) Seeman ex Bureau (Bignoniaceae)	Ogirichi	Leaves		2,7,17,18,28
& <i>Abrus precatorius</i> Welw ex Bak. (Fabaceae)	Ajikana	Leaves		3
<i>Lophira lanceolata</i> Van Tiegh ex Keay. (Ochnaceae)	Okopi	Leaves	A decoction of the mixture of the four plants is taken orally	2,18
<i>Nauclea latifolia</i> Sm. (Rubiaceae)	Uche	Leaves		2,17,18,28
<i>Piliostigma thonningii</i> (Schum) Milne Redhead. (Caesalpiniaceae)	Omepa	Leaves		18,28,29
& <i>Mangifera indica</i> Linn (Anacardiaceae)	Mangoro	Bark		2,7,18,28
<i>Cassytha filiformis</i> Linn. (Lauraceae)	Otetebilete	Twigs	A decoction of the mixture of the two plants is taken orally	5,6
& <i>Daniella oliveri</i> (Rolfe) Hatch et Dalz. (Caesalpiniaceae)	Ukpilla	Leaves		2,17,18

Filariasis and Chicken pox <i>Nauclea latifolia</i> Sm. (Rubiaceae) & <i>Piliostigma thonningii</i> (Schum) Milne Redhead. (Caesalpiniaceae)	Uche	Leaves	Decoction of the two plants is taken orally	2,17,18,28
	Omepa	Leaves		2,17,18,28
Hypertension <i>Acanthus montanus</i> (Nees) T. Anders. (Acanthaceae) <i>Uvaria chamae</i> P.Beauv. (Annonaceae) <i>Mangifera indica</i> Linn (Anacardiaceae) <i>Kigelia Africana</i> (Lam) Benth. (Bignoniaceae) & <i>Mitragyna inermis</i> (Willd) O. Ktze (Rubiaceae) <i>Anacardium occidentale</i> Linn (Anacardiaceae) & <i>Afraegle paniculata</i> (Schum. & Thonn.) Engl. (Rutaceae) <i>Newbouldia laevis</i> (P.Beauv.) Seeman ex Bureau (Bignoniaceae) & <i>Cassytha filiformis</i> (Linn) (Lauraceae)	Elele nyijuo	Leaves	Decoction is taken orally	2,7
	Okandii	Leaves	Decoction is taken 3x daily	2,7
	Mangoro	Leaves	Decoction is taken once daily	2,7,18,28
	Onyan-olamedaa	Leaves	Decoction of the two plants is taken 3x daily.	2,7,17
	Orerewa	Leaves		17,18,28
	Ikashu	Leaves	Decoction of the two plants is taken 2x daily	2,7
	Utekwune	Roots		1
	Ogirichi	Leaves	Decoction of the two plants is taken 2x daily	2,7,17,18,28
Insecticide <i>Annona senegalensis</i> Pers. (Annonaceae) <i>Ficus exasperata</i> Vahl. (Moraceae)	Otetetelete	Stem		5,6
	Unwu	Leaves and stem bark	A maceration is poured on stored grains against insect attacks	2,7,18,28
	Uhwo	Leaves	Maceration is sprayed on crops against insect attack.	2

HIV/AIDS <i>Ageratum conyzoides</i> Linn. (Compositae)	Ufu opioko/ otogo	Whole plant	Decoction or maceration taken 3x daily	2,7
Infertility <i>Cochlospermum planchonii</i> Hook. F. (Cochlospermaceae) & <i>Tetrapleura tetraptera</i> (Schum & Thonn)Taub. (Mimosaceae)	Opiampire	Roots	Decoction of the two plants is taken once a day for three days.	7
<i>Afraegle paniculata</i> (Schum. &Thonn.) Engl. (Rutaceae)	Ugbonyoru	Fruits and Leaves		2
<i>Uvaria chamae</i> P.Beauv. (Annonaceae)	Utekwune	Roots	A decoction of the mixture of all five plants is taken once daily.	1
<i>Parkia biglobosa</i> (Jacq) Benth (Mimosaceae)	Okandii	Roots		2,7
<i>Dracaena perrotetii</i> (Agavacea) & <i>Morinda lucida</i> Benth (Rubiaceae)	Ojini	Roots		2,17,18,28
	Ugblevu	Leaves		2,17
	Ufu ogile	Leaves		2,17,28
<i>Anthocleista djalensis</i> A. Chev. (Loganiaceae)	Ohangbakire	Leaves	A concoction of the three plants is taken once daily.	2
<i>Clausena anisata</i> (Willd) Hook. f. ex Benth. (Rutaceae) & <i>Cochlospermum planchonii</i> Hook. F. (Cochlospermaceae)	Ufu ode	Leaves		2,17
	Opiampire	Root		7
<i>Cassia occidentalis</i> Linn. (Caesalpiniaceae)	Ufu ochiri	Leaves	A Decoction of the three plants is taken 2x daily.	2,17,18
<i>Ageratum conyzoides</i> Linn. (Compositae) & <i>Newbouldia laevis</i> (P.Beauv.) Seeman ex Bureau (Bignoniaceae)	Ufu opioko/ otogo	Leaves		2,7
	Ogirichi	Leaves		2,7,17,18,28
<i>Mangifera indica</i> Linn	Mangoro	Leaves	A concoction of the	2,7,18,28

(Anacardiaceae) & <i>Nauclea latifolia</i> Sm. (Rubiaceae)	Uche	Stem bark	two plants is taken.	2,17,18,28
<i>Jatropha curcas</i> Linn. (Euphorbiaceae)	Omangba	Leaves	A maceration of the plant is taken	2,17,18
<i>Phyllanthus muelrerianus</i> (O.Ktze) Exell. (Euphorbiaceae)	Ohunte	Root	A powder is made from the plants and taken once a day.	2
& <i>Cochlospermum planchonii</i> Hook. F. (Cochlospermaceae)	Opiampire	Root		7
Laxative <i>Cassia occidentalis</i> Linn. (Caesalpiniaceae)	Ufu ochiri	Root bark	Maceration is taken orally	2,17,18
<i>Anthocleista vogelii</i> Planch. (Loganiaceae)	Urugba	Root	Boil and drink	24
<i>Uvaria chamae</i> P.Beauv. (Annonaceae)	Okandii	Root bark	Grind and cook with yam porridge and eat.	2,7
Measles <i>Nauclea latifolia</i> Sm. (Rubiaceae)	Uche	Leaves	Maceration is taken orally and used to bathe.	2,17,18,28
Miscarriage <i>Bridelia ferruginea</i> Benth. (Euphorbiaceae)	Ora	Leaves and bark	Maceration is taken orally	2,17,18,28
<i>Canarium schweinfurthii</i> Engl. (Burseraceae)	Opa	Bark	Pulverized bark is added to soup and taken freely	2,7
Nausea <i>Carica papaya</i> Linn. (Caricaceae) & <i>Imperata cylindrical</i> (Anders.) Hubbard. (Poacea)	Ugboja Owo	Leaves Leaves	Mixture is macerated or squeezed in water and freely taken.	2,7,18,28 2,17,18
Poison (Arrow) <i>Carica papaya</i> Linn. (Caricaceae)	Ugboja	Latex	Arrows are placed (24hr.) in a decoction	2,7,18,28

& <i>Alchornea cordifolia</i> (Schum. & Thonn.) Muel Arg. (Euphorbiaceae)	Upia	Stem	from the two plants, allowed to dry and then used for hunting.	2,28
<i>Bridelia ferruginea</i> Benth (Euphorbiaceae)	Ora	Stem	The arrows are placed (3hr.) in a decoction from the five plants, allowed to dry and then used for hunting.	2,17,18,28
<i>Euphorbia poissoni</i> Pax. (Euphorbiaceae)	Omukpo	Latex		11
<i>Parkia biglobosa</i> (Jacq) Benth (Mimosaceae)	Ojini	Root		2,17,18,28
<i>Piliostigma thonningii</i> (Schum) Milne Red Head (Caesalpiniaceae)	Omepa	Root		2,17,18,28
& <i>Sterculia setigera</i> Del. (Sterculiaceae)	Ufuru	Leaves		2,17,18,28
Poison (Fish) <i>Alchornea cordifolia</i> (Schum. & Thonn.) Muel Arg. (Euphorbiaceae)	Upia	Stem bark	The plants are thrown into dammed streams	2,28
& <i>Parkia biglobosa</i> (Jacq) Benth (Mimosaceae)	Ojini	Stem bark and fruits		2,17,18,28
Skin infections <i>Cassia alata</i> Linn. (Caesalpiniaceae)	Ufu Uguma	Leaves	Leaves are squeezed and juice applied on affected parts of the body	2
<i>Acanthus montanus</i> (Nees) T. Anders. (Acanthaceae)	Elele nyijuo	Leaves	Decoction is used to bathe/wash the body or affected parts	2,7
<i>Ficus exasperata</i> Vahl. (Moraceae)	Uhuo	Leaves	Leaf and stalk used to scratch itching or affected parts of the body	2
<i>Trianthema portulacastrum</i> Linn. (Aizoaceae)	Okpee	Leaves	Ground leaves applied on affected parts of the body	7

<i>Citrus aurantifolia</i> (Christm) Swingle. (Rutaceae)	Ugboji ochiche	Fruit	Mixture of sliced fruits, leaves and grains are boiled and taken orally	2,17,18
<i>Euphorbia heterophylla</i> Linn. (Euphorbiaceae)	Ufu ebe	Leaves		4
& <i>Sorgum bicolor</i> (Linn) Moench. (Poaceae)	Igbi	Grains		2,18
<i>Ceiba pentandra</i> (Linn) Gaertn (Bombacaceae)	Ufu enwu	Leaves	Squeeze and rub on affected parts of the body.	7,18
<i>Spondias mombim</i> Linn. (Anacardiaceae)	Okinka	Stem bark	Boil or macerate and drink.	2,7
Stimulant <i>Neptunia oleracea</i> Lour. (Mimosaceae)	Uga	Stem	The stem is cut and chewed	21
<i>Phyllanthus muelrerianus</i> (O. Ktze) Exell (Euphorbiaceae)	Ohunte	Root	Decoction is taken orally to improve male erection	2
Spider stings <i>Piliostigma thonningii</i> (Schum.) Milne Red Head (Caesalpiniaceae)	Omepa	Leaves	Squeeze and express juice on sting sites or areas of the body	2,17,18,28
Stomach ache <i>Ethulia conyzoides</i> Linn. F. (Compositae)	Ufu echi	Leaves	Decoction is taken orally	7
<i>Cissampelos owariensis</i> P. Beauv. (Menispermaceae)	Ufu ube	Leaves	Maceration is taken orally	2
<i>Jatropha curcas</i> Linn. (Euphorbiaceae)	Omangba	Leaves	Decoction of the three plants is taken orally	2,17,18
<i>Gossypium hirsutum</i> Linn. (Malvaceae)	Owu	Leaves		2
& <i>Cassia occidentalis</i> Linn. (Caesalpiniaceae)	Ufu ochiri	Leaves		2,17,18

<i>Nauclea pobeguinii</i> (Pellegr.) Petit. (Rubiaceae)	Use-ogo	Stem bark	Boil and drink freely	2,10
Syphilis/Gonorrhea <i>Lawsonia inermis</i> Linn. (Lythraceae)	Ilele	Root	Decoction is taken orally	2
<i>Anthocleista vogelii</i> Planch. (Loganiaceae)	Urugba	Root	Scrape and squeeze or macerate inner root bark, add salt and take.	24
<i>Bambusa vulgaris</i> Linn. (Poaceae)	Ochanchuo	Leaves	Macerate/squeeze and drink	8
Typhoid fever <i>Ocimum gratissimum</i> Linn. (Labiataeae)	Ujuju-okpevu	Leaves	Boil, macerate or squeeze leaves into water and take 2x daily	2,18,28
<i>Carica papaya</i> Linn. (Caricaceae)	Ugboja	Fresh leaves	Macerate, squeeze or pound leaves, add water, filter and take 2-3x daily	2,7,18,28
Veterinary <i>Ocimum gratissimum</i> Linn. (Labiataeae)	Ujuju-okpevu	Leaves	Maceration is given to domestic animals against diarrhoea	2,18,28
<i>Pennisetum polystachion</i> (Linn) Schult (Poaceae) & <i>Cymbopogan citratus</i> Stapf. K. (Poaceae)	Ame-evu Ume-okirara	Leaves Leaves	Maceration of the mixture is given to domestic animals against abdominal pains	5 2,18,28
<i>Elaeis guinensis</i> Jacq (Palmae) & <i>Parkia biglobosa</i> (Jacq) Benth (Mimosaceae)	Ori Ojini	Oil Fruit	A mixture of the oil and the fruit pulp is given to animals against vomiting	2,18 2,17,18,28
<i>Cymbopogan citratus</i> Stapf. K. (Poaceae)	Ume-okirara	Leaves	Maceration is given to goats against diarrhoea	2,18,28
<i>Psidium guajava</i> Linn	Igova	Leaves	Maceration of the	2,17,18,28

(Myrtaceae) & <i>Pterocarpus santalinoides</i> L' Herit ex DC (Papilionaceae)	Uturukpa	Leaves	mixture is given to goats against abdominal pains	2
<i>Sorghum guinensis</i> (Linn) Moench (Poaceae)	Igbi	Seeds	Ground seeds mixed with palm oil is given to birds to increase appetite in illness	3
& <i>Elaeis guinensis</i> Jacq. (Palmae)	Ori	Oil		2,18
Tonic <i>Scoparia dulcis</i> Linn. (Scrophulariaceae)	Ufu ija	Leaves	Infusion is taken freely	2
Tooth ache <i>Scoparia dulcis</i> Linn. (Scrophulariaceae)	Ufu ija	Leaves	Maceration used as a mouthwash	2
Waist pains <i>Physalis angulata</i> Linn. (Solanaceae)	Ichanfo	Leaves	Maceration is taken orally	2
Wound dressing and Circumcision <i>Elaeophorbia drupifera</i> (Thonn.) Stapf. (Euphorbiaceae)	Omukpo	Leaves	Warm and squeeze exudates onto wound	10
<i>Newbouldia laevis</i> (P.Beauv.) Seeman ex Bureau (Bignoniaceae)	Ogirichi	Root	Exudates from scrapings of inner root bark squeezed onto wound	2,7,17,18,28
<i>Daniellia oliveri</i> (Rolfe) Hatch et Dalz. (Caesalpiniaceae)	Ukpilla	Leaves	Exudates from warmed leaves are squeezed onto wound	2,17,18
<i>Ficus sur</i> Forssk. (Syn. <i>Ficus capensis</i> Thunb.) (Moraceae)	Okilendu	Leaves	Exudates from leaves are squeezed onto wound	20
<i>Musa sapientum</i> Linn. (Musaceae)	Ugbor	Root	Exudates from rotten roots are squeezed onto wound	2

Table 1: Continued

Ethno-medicines can also be incorporated in primary health care, as these people feel safer with cures indigenous to them which may also be cost effective. Other benefits of ethnobotanical surveys have been discussed earlier (Githens 1949; Shellard 1979; Sofowora 1994; Burkill 1985; Tor-Anyiin et al., 2003). Plants and prescriptions used against malaria fever have earlier been reported (Igoli et al., 2002; 2003; Tor-Anyiin et al., 2003) and apart from *Crossepteryx febrifuga* (Local name: Ucho onyobiri) and *Azadiracta indica* (Local name: Idongoyaro) all the other plants were encountered in this study. Only one prescription was reported for HIV/AIDS, perhaps, because this is a modern disease or due to controversies/confusions generated by earlier claims of ethno-medical practitioners, the respondents were not forthcoming with information on this particular ailment. However it is known from experience that herbalists are wont to treat any kind of ailment brought before them.

It is worthwhile to note that in this study, no attempt was made to screen any of these plants phytochemically, biologically nor any toxicity studies undertaken.

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