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

<i>Phyllanthus muellerianus</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
<b>Cuisine</b>				
<i>Ceiba pentandra</i> (Linn) Gaertn (Bombacaceae)	Ufu enwu	Leaves	Vegetable	7,18
<i>Vitex doniana</i> Sweet. (Verbanaceae)	Ufu utu	Leaves	Vegetable	2
<i>Pterocarpus santalinoides</i> L'Herit ex DC (Papilionoideae)	Uturukpa	Leaves	Vegetable	2
<i>Zanthoxylum zanthoxyloides</i> (Lam) Waterm. (Rutaceae)	Ufu otachacha	Leaves	Vegetable	22
<i>Aeva javanica</i> (Burm. f.) Juss ex Schult.(Amaranthaceae)	Ufu ihie	Leaves	Vegetable	7
<i>Amaranthus spinosus</i> Linn (Amaranthaceae)	Ufu okongo	Leaves	Vegetable	7,18 16
<i>Ludwigia abyssinica</i> A. Rich. (Onagraceae)	Achwe	Leaves	Vegetable	2,18
<i>Ficus thonningii</i> Blume. (Moraceae)	Uvo	Leaves	Vegetable	2,7,18,28
<i>Vernonia amygdalina</i> Del. (Compositae)	Uujuju	Leaves	Vegetable	7,18
<i>Telfairea occidentalis</i> Hook. f. (Cucurbitaceae)	Ugwu	Leaves	Vegetable	2,7
<i>Xylopia aethiopica</i> (Dunal) A. Rich. (Annonaceae)	Ayache	Seed	Spice	

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

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

<i>Lonchocarpus cyanescens</i> (Schum & Thonn) Benth (Fabaceae) & <i>Jatropha curcas</i> Linn (Euphorbiaceae)	Ochumchu Omangba	Stem bark Fruits	daily	2 2,17,18
<i>Ocimum gratissimum</i> Linn. (Lamiaceae) & <i>Hymenocardia acida</i> Tul. (Hymenocardiaceae)	Ujuju okpevu Uchuo onyomila	Leaves Fruits	A decoction of the plants is taken 2x daily.	2,18,28 2
<i>Stereospermum kunthianum</i> Cham. (Bignoniaceae) & <i>Mitragyna inermis</i> (Willd) O. Ktze (Rubiaceae)	Ugbenya Orerewa	Roots Stem	A decoction of the plants is taken 3x daily.	2,7,17,18,28 17,18,28
<b>Dysentery</b> <i>Nauclea latifolia</i> Sm. (Rubiaceae) & <i>Annona senegalensis</i> Pers. (Annonaceae)	Uche Unwu	Leaves Leaves	Maceration or decoction of the mixture of the two plants taken 3x daily	2,17,18,28 2,18,28
<b>Ear ache</b> <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/ Otogo	Leaves	Exudates from warm leaves squeezed into the ear as drops.	2,7
<b>Fever</b> <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) & <i>Nauclea latifolia</i> Sm. (Rubiaceae)	Orerewa	Leaves		17,18,28
<i>Anthocleista vogelii</i> Planch. (Loganiaceae)	Uche	Leaves		2,17,18,28
<i>Stereospermum kunthianum</i> Cham. (Bignoniaceae)	Urugba	Leaves	A decoction of a mixture of all five plants is taken orally	24
<i>Vernonia cinerea</i> (Linn) Less. (Compositae)	Ugbenya	Leaves		2,7,17,18,28
<i>Newbouldia laevis</i> (P.Beauv.) Seeman ex Bureau (Bignoniaceae) & <i>Abrus precatorius</i> Welw ex Bak. (Fabaceae)	Ubeka	Leaves and stem		7
<i>Lophira lanceolata</i> Van Tiegh ex Keay. (Ochnaceae)	Ogirichi	Leaves		2,7,17,18,28
<i>Nauclea latifolia</i> Sm. (Rubiaceae)	Ajikana	Leaves		3
<i>Piliostigma thonningii</i> (Schum) Milne Redhead. (Caesalpiniaceae) & <i>Mangifera indica</i> Linn (Anarcardiaceae)	Okopi	Leaves	A decoction of the mixture of the four plants is taken orally	2,18
<i>Cassytha filiformis</i> Linn. (Lauraceae) & <i>Daniella oliveri</i> (Rolfe) Hatch et Dalz. (Caesalpiniaceae)	Uche	Leaves		2,17,18,28
	Omepa	Leaves		18,28,29
	Mangoro	Bark		2,7,18,28
	Otetebilete	Twigs	A decoction of the mixture of the two plants is taken orally	5,6
	Ukpilla	Leaves		2,17,18

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

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

(Anarcardiaceae) & <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 muelrrianus</i> (O.Ktze) Exell. (Euphorbiaceae) & <i>Cochlospermum planchonii</i> Hook. F. (Cochlospermaceae)	Ohunte Opiampire	Root Root	A powder is made from the plants and taken once a day.	2 7
<b>Laxative</b> <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
<b>Measles</b> <i>Nauclea latifolia</i> Sm. (Rubiaceae)	Uche	Leaves	Maceration is taken orally and used to bathe.	2,17,18,28
<b>Miscarriage</b> <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
<b>Nausea</b> <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
<b>Poison (Arrow)</b> <i>Carica papaya</i> Linn. (Caricaceae)	Ugboja	Latex	Arrows are placed (24hr.) in a decoction	2,7,18,28

<p>&amp;  <i>Alchornea cordifolia</i> (Schum. &amp; Thon.) Muel Arg.  (Euphorbiaceae)</p> <p><i>Bridelia ferruginea</i> Benth  (Euphorbiaceae)</p> <p><i>Euphorbia poissoni</i> Pax.  (Euphorbiaceae)</p> <p><i>Parkia biglobosa</i> (Jacq) Benth  (Mimosaceae)</p> <p><i>Piliostigma thonningii</i>  (Schum) Milne Red Head  (Caesalpiniaceae)  &amp;  <i>Sterculia setigera</i> Del.  (Sterculiaceae)</p>	Upia Ora Omukpo Ojini Omepta Ufur	Stem Stem Latex Root Root Leaves	from the two plants, allowed to dry and then used for hunting. The arrows are placed (3hr.) in a decoction from the five plants, allowed to dry and then used for hunting.	2,28 2,17,18,28 11 2,17,18,28 2,17,18,28 2,17,18,28
<b>Poison (Fish)</b> <i>Alchornea cordifolia</i> (Schum. & Thon.) Muel Arg. (Euphorbiaceae) & <i>Parkia biglobosa</i> (Jacq) Benth (Mimosaceae)	Upia Ojini	Stem bark Stem bark and fruits	The plants are thrown into dammed streams	2,28 2,17,18,28
<b>Skin infections</b> <i>Cassia alata</i> Linn. (Caesalpiniaceae)	Ufu Uguma Elele nyijuo Uhuo Okpee	Leaves Leaves Leaves Leaves	Leaves are squeezed and juice applied on affected parts of the body Decoction is used to bathe/wash the body or affected parts Leaf and stalk used to scratch itching or affected parts of the body Ground leaves applied on affected parts of the body	2 2,7 2 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) & <i>Sorgum bicolor</i> (Linn) Moench. (Poaceae)	Ufu ebe Igbgi	Leaves Grains		4 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
<b>Stimulant</b> <i>Neptunia oleracea</i> Lour. (Mimosaceae)	Uga	Stem	The stem is cut and chewed	21
<i>Phyllanthus muelrrianus</i> (O. Ktze) Exell (Euphorbiaceae)	Ohunte	Root	Decoction is taken orally to improve male erection	2
<b>Spider stings</b> <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
<b>Stomach ache</b> <i>Ethulia conyzoides</i> Linn. F. (Compositae)	Ufu echii	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) & <i>Cassia occidentalis</i> Linn. (Caesalpiniaceae)	Owu Ufu ochiri	Leaves		2 2,17,18

<i>Nauclea pobeguinii</i> (Pellegr.) Petit. (Rubiaceae)	Use-ogo	Stem bark	Boil and drink freely	2,10
<b>Syphilis/Gonorrhea</b> <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
<b>Typhoid fever</b> <i>Ocimum gratissimum</i> Linn. (Labiateae)	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
<b>Veterinary</b> <i>Ocimum gratissimum</i> Linn. (Labiateae)	Ujuju-okpevu	Leaves	Maceration is given to domestic animals against diarrhoea	2,18,28
<i>Pennisetum polystachion</i> (Linn) Schult (Poaceae) & <i>Cymbopogon citratus</i> Stapf. K. (Poaceae)	Ame-evu	Leaves	Maceration of the mixture is given to domestic animals against abdominal pains	5
<i>Elaeis guinensis</i> Jacq (Palmae) & <i>Parkia biglobosa</i> (Jacq) Benth (Mimosaceae)	Ori	Oil	A mixture of the oil and the fruit pulp is given to animals against vomiting	2,18
<i>Cymbopogon citratus</i> Stapf. K. (Poaceae)	Ojini	Fruit		2,17,18,28
<i>Psidium guajava</i> Linn	Ume-okirara	Leaves	Maceration is given to goats against diarrhoea	2,18,28
	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 guineensis</i> (Linn) Moench (Poaceae) & <i>Elaeis guinensis</i> Jacq. (Palmae)	Igbi	Seeds	Ground seeds mixed with palm oil is given to birds to increase appetite in illness	3
Ori		Oil		2,18
<b>Tonic</b> <i>Scoparia dulcis</i> Linn. (Scrophulariaceae)	Ufu ija	Leaves	Infusion is taken freely	2
<b>Tooth ache</b> <i>Scoparia dulcis</i> Linn. (Scrophulariaceae)	Ufu ija	Leaves	Maceration used as a mouthwash	2
<b>Waist pains</b> <i>Physalis angulata</i> Linn. (Solanaceae)	Ichafonfo	Leaves	Maceration is taken orally	2
<b>Wound dressing and Circumcision</b> <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 *Crocesterix febrifuga* (Local name: Ucho onyobiri) and *Azadirachta 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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