



Herbal concoctions used in the management of some women-related health disorders in Ibadan, Southwestern Nigeria

*¹Aworinde, D.O., ¹Erinosa, S.M., ²IbukunOluwa, M.R. and ³Teniola, S.A.

¹Department of Biological Sciences, Ondo State University of Science and Technology, Okitipupa, Ondo State, Nigeria

²Department of Biology, Adeyemi College of Education, Ondo, Ondo State

³Herbarium Unit, Department of Biological Sciences, Ondo State University of Science and Technology, Okitipupa, Ondo State, Nigeria

*Corresponding author: daveaworinde@yahoo.com (+234 7038952961, +234 8055361481)

Original submitted in on 12th December 2019. Published online at www.m.elewa.org/journals/ on 31st March 2020
<https://doi.org/10.35759/JABs.147.2>

ABSTRACT

Objectives: The health conditions of women are broad, and range from pregnancy, gynaecological conditions to overall health/wellness. Ethnomedicinal investigation on plants used in the management of women-related health disorders was conducted in Bode herbal market, Ibadan, Southwestern Nigeria to further emphasize the role of herbal medicine in reproductive health.

Methodology and Results: Ten herb sellers (all females; age range, 35 – 57; mean, 45.80; SD, 7.41) were interviewed in the local language (Yoruba) and their responses recorded. Recipes used in the management of arthritis, fibroid (uterine and menopausal), and obesity/overweight were documented. Thirty (38) plant species belonging to 24 plant families are profiled. The family Fabaceae had the highest number of species (n=7) while stem bark was the most frequently used (37%) plant part. Methods of preparations were mainly decoction and steeping of botanicals in alcohol. Administration includes taking one tot/half-a-glass cup, 2 (morning and night) to 3 times daily.

Conclusion and Application of Findings: This study documents and further emphasizes the role of medicinal plants in female reproductive health. Although some of the plants reported here have been cited for the management of diseases such as skin infections and malaria/yellow fever, published reports on their use for women-related health disorders are limited. This research finds application in reproductive disorders in women and alternative approach to health care systems. These plants are presented for experimentation and scientific validation. Efforts should be made to conserve these plants, especially those that show promising bioactivity.

Key words: Women, Arthritis, Fibroid, Obesity, Medicinal plant, Nigeria