



# Inventory and recipes of anti-anaemia drinks consumed by citizens of the city of Yaoundé Cameroon

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## ABSTRACT

**Objective:** In order to contribute to the awareness of medicinal plants used for the treatment of iron deficiency anaemia that affect the citizens of the city of Yaoundé, a food survey was carried out.

**Methodology and Results:** The study involved 71 people using the prospective and descriptive method and identified 18 plants for the preparation of anti-anaemia drinks. It identified 17 species from 16 genera and 14 families with the Acanthaceae family being the most represented. Decoction and infusion were the most common methods of preparation used by population, at 55% and 35% respectively. Thirty-three (33) recipes were identified for the treatment of anaemia. After the leaves, milk was the main ingredient at 45%. Indeed, leaves were the most used organ for recipes. Among these leaves, the results indicate that the drinks made from *Manihot esculenta* (88.7%) and those made from *Graptophyllum pictum* (80.3%) were the best known and the most consumed. 80% of respondents used freezing to preserve anti-anaemia drinks.

**Conclusion and Application of the results:** The anti-anaemia drinks prepared by the populations of the city of Yaoundé listed here are an undeniable asset in the contribution to the fight against iron deficiency anaemia. More studies are needed to optimize the recipes and harmonize the quantities required for each patient.

**Keywords:** Anti-anaemia drinks, iron deficiency, food survey, medicinal plants.