



# Ethnobotanical investigation of medicinal plants traditionally used for the management of hepatitis B in Togo

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Submitted 10/08/2025, Published online on 31/10/2025 in the <https://www.m.elewa.org/Journals/journal-of-applied-biosciences> <https://doi.org/10.35759/JABs.213.2>

## ABSTRACT

**Objectives:** Hepatitis B virus infection represents a major public health concern in regions with high endemicity, especially in sub-Saharan Africa. It is the primary factor responsible for cirrhosis and liver cancer. Medicinal plants represent an alternative for combating this disease. In Togo, a lot of people still rely on medicinal plants. The purpose of this study was to document the plants employed in traditional medicine for the treatment of hepatitis B in Togo.

**Methodology and Results :** Between August 2022 and March 2023, an ethnobotanical survey was carried out among 103 traditional medicine practitioners (TMPs) in the Maritime region of Togo by direct interviews using a semi-structured questionnaire. TMPs were asked about plants that treat hepatitis B and their uses. The survey data identified 33 plant species belonging to 26 families. The Apocynaceae family was the most represented, with three species identified. The highest usual values were recorded with selected species such as *Sansevieria liberica* Hort. ex Gérôme & Labroy (0.15), *Lippia multiflora* Moldenke (0.10) and *Bridelia ferruginea* Benth (0.08). A total of eight (8) symptoms were enumerated. These included constipation, icterus, asthenia, difficulty passing stools, pain in the right hypochondrium, fever and yellow urine. Constipation and Jaundice are the most recurrent symptoms, listed by 19% and 14.88% of respondents respectively. The main method of preparation remains decoction.

*Conclusion and application of results:* These results constitute a solid repertoire of the biodiversity of plants used in the treatment of hepatitis B in the maritime region of Togo. Studies on the viral properties of the identified recipes will provide a better understanding of their effectiveness.

**Keywords :** Hepatitis B, ethnobotanical survey, medicinal plants, traditional medicine, Togo.