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Ethnobotanical Survey of Plants Used in the Treatment of Haemorrhoids in South-Western Nigeria

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ABSTRACT

Ethnobotanical survey of the plants used in the treatment of Haemorrhoids was carried out in South-Western, Nigeria. The herbalists, herb sellers and traditionalists were interviewed by the administration of questionnaires. From the survey, a total of 143 plant species belonging to 58 families were found to be useful for the treatment. The most prominent among these plant families is the Leguminosae family with 22 species, an indication of the utmost importance of this family in the cure of haemorrhoids. Other plant families include Euphorbiaceae (8), Apocynaceae (6), Meliaceae, Compositae and Poaceae with 5 species each. In all, the commonest species in the recipes are Senna alata Linn., Gongronena latifolium Benth, Axonopus compressus Engl. & Diels, Anogeissus leiocarpus (D.C) Guil. L & Per, Pteleopsis suberosa Engl. & Diels, Tetrapleura tetraptera (Schun & Thonn) Taub, Khaya spp and Allium spp. All the plants identified in this work have been used severally by the herbalists and adjudged to be efficacious.

Key words: Ethnobotany, Haemorrhoids, Medicinal plants, Herbalists, Traditional healers

INTRODUCTION

There is no doubt that plants are very effective in the treatment of diseases and serve as food. The original profession practiced by man includes plant identification, farming and hunting. Traditional medicine is the most ancient method of curing diseases and it has been said that plants are very first and only one true medicines ever used. The traditional medicine in Nigeria is known by many names, like folk medicine, traditional medicine and herbal medicine. Mume[1]

coined a new term 'Tradomedalism' which is a system of treating disease by the employment of the agencies and forces of nature.

According to the World Health Organisation [2], "the traditional healer" is a person who is recognized by the community in which he lives as competent to provide health care by using vegetables, animals, mineral substances and certain other methods based on the social, cultural and religious background as well as on the knowledge, attributes and beliefs that are prevalent in the community regarding physical, mental and social well being and causation of diseases and disability. WHO [3] also defines medicinal plant as any plant which in one or more of its organ contain substance that can be used for the therapeutic purposes or which are precursors for the synthesis of useful drugs.

Gbile & Adesina [4] Gbile *et al* [5] and Soladoye *et al* [6] opined that the Nigeria flora has already and will continue to make a great contribution to the health care of Nigerians. The indigenous medicinal plants form an important component of the natural wealth of Nigeria. Many indigenous plants have been used by common man since time immemorial for curing various ailments and thus lessening human suffering without the actual knowledge of the active ingredient which cause relief. The potentialities of some of these plants have been established. Thus the herbalists are now in the vanguard of the campaign for the conservation of floral species through various means [7]. Herbalists have used various plant parts which include stems, leaves, roots, shoot of plant or whole plant to prepare extracts, decoction, concoction, mixtures, creams, soaps, infusions, pastes, macerations, syrup and powders for ingredients of plant(s) subjected to partial combustion used in various manipulation according to herbalists prescriptions to cure several ailments.

Hedberg [8] stated that about 80% of the western pharmaceuticals have their origin in plants. This means that screening of plants for chemicals to find new pharmaceuticals is rapidly on the increase. Ethnobotanists can now make plants into chemicals that can be used in western medicines. Several nations have set up ethnobotanical facilities to study traditional medicine or specific projects to study the plants used in traditional medicine by various people in the countries [9].

Haas *et al* [10] suggested that haemorrhoids are normal part of human anatomy which is present in every age group from the new born to the elderly. Though with notable differences in the size of the haemorrhoids and whether they are asymptomatic or symptomatic such as bleeding and protrusion. Haemorrhoids also called pile is caused by increased pressure in the veins of the rectum or anus resulting from straining when trying to have a bowel movement or any activity causing straining, such as heavy lifting. As pressure increases, blood pools in the veins, increases and this causes them to swell thus stretching the surrounding tissue. Haemorrhoids can be inside and/or outside the anus and they are not dangerous as suggested by Slezak & Hutch [11]. Internal Haemorrhoids may be located near the beginning of the anal canal or close to the anal opening. When it protrudes outside the anal opening, they are referred to as prolapsed haemorrhoids.

Duke [12] pointed out clearly that about one quarter of all Africans have had haemorrhoids at age 50 and that 50% to 85% of the World population could be affected by haemorrhoids at some

time in their life. Pile affect both sexes but the impact on males appear to be more of concern because of its effect on their sexual performance. This disease appears to be genetically inherited as some children suffer this ailment. Humans are prone to Haemorrhoids because the erect posture of man puts a lot of pressure on the veins in the anal region[13]. According to Treben [14] overeating and presence of unassimilated bulk foods are also known to cause haemorrhoids as well as intoxicating liquors, artificial flavoring or spices, white bread, cakes, all other white flour products, fried foods, sugar and all mineral drinks.

The objective of this work was to undertake an in-depth survey of indigenous useful plants of Nigeria around Yoruba land by interacting with several herbalists, herb sellers and traditional healers in an attempt to document information on the plants used in the treatment of haemorrhoids in South-Western Nigeria.

MATERIALS AND METHODS

The survey was carried out in Ibadan, Abeokuta, Ijebu-Ode, Ijebu-Igbo, Ago-Iwoye and Lagos all within the area of study, South-Western Nigeria. Some herbalists and herb sellers were consulted and interviewed with the aid of questionnaires. This was done so as to gather enough information about the plant species, recipes, their local names, mode of administration and dosage. In accordance with taxonomic practice, the plants were collected from the wild, pressed and dried. They were then poisoned using mercuric II chloride solution to reduce fungal load. Identification and authentication of the plant specimens was done by the senior author, a plant taxonomist and later confirmed at the Forest Herbarium, Ibadan (FHI). A field note showing the plant's name and description, place and date of collection, name of collector, habit and local names of the plants species was also attached to each herbarium specimen. The specimens were later deposited at the Elikaf Herbarium of Olabisi Onabanjo University, Ago-Iwoye, though this herbarium is not yet internationally recognized as it is not listed in Holmgren & Keuken[15] .

RESULTS

A total of 144 plant species belonging to 58 different families were gathered from the survey (Table 1). It was discovered that in quite a number of the plants species, the fruits, seeds, leaves and bulbs of the plants have been found to be efficient in the treatment of haemorrhoids. The most prominent species in the recipes are *Senna alata* Linn., *Gongronena latifolium* Benth, *Axonopus compressus* Engl. & Diels, *Anogeissus leiocarpus* (D.C) Guil. L & Per, *Pteleiopsis suberosa* Engl. & Diels, *Tetrapleura tetraptera* (Schun & Thonn) Taub, *Khaya spp* and *Allium spp*. Plants identified in this work have been tested by the herbalists and according to them are quite efficacious. Table 2 shows the species distribution in each of the families. Figure 1 is a Pie-chart showing the percentage occurrence of the families. Leguminosae have the highest occurrence of plant species with 22 (Caesalpiinoideae - 12, Mimosoideae – 7 and Papilionoideae – 3) followed by Euphorbiaceae with 8 species. Apocynaceae has 6 species, Meliaceae, Compositae and Poaceae have 5 species each. Combretaceae, Moraceae and Annonaceae also have 4 species each. Only few families such as Amaryllidaceae, Araceae, Aristolochiaceae, Bignoniaceae, Boraginaceae, Caricaceae, Guttiferae, Hypericaceae, Umbelliferae and Urticaceae had only one species. The families with single species call for special attention in the area of

conservation. Owing to space limitation, only 6 of the 25 recipes obtained during this work are enumerated below (Table 3).

DISCUSSION AND CONCLUSION

It was noted during the interviews that if internal haemorrhoids is not treated, it can lead to external haemorrhoids. This disease can be treated with both fresh and dry herbs. Special diet that was recommended apart from the herbal recipes are vegetables which should be slightly cooked. They include green spinach, *Amaranthus viridis* Linn (Tete), *Celosia spp*, and water leaf (*Talinum triangulare* (Jacq) Wild: Yoruba- Gbure). The use of *Occimum gratissimum* Linn as species in some soup is also very effective in the treatment of piles. Scientific studies on these plants too would yield interesting results and help us in understanding the pharmacological actions of the active compounds found in these plants as suggested by Ramana [16]

As clearly stated by Pei [17] traditional medical knowledge of medicinal plants and their uses by indigenous cultures are not only useful for conservation of cultural traditions and biodiversity but also for community healthcare and drug development in the present and future. From the opinions of the 25 respondents that were interviewed, 52% suggested that herbal tea is the most effective option in treating haemorrhoids, 16% said herb powder (Yoruba -Agunmu), 8% confirmed rubbing concoction while 12% confirmed that herbal paste/lotion are more effective. Only 8% suggested herbal juice and the remaining 4% herbal gins. A graphical representation of these opinions is shown in Figure 2. Figure 3 also shows percentage occurrence of the plants in relation to their habits. It indicates that trees made up 58%, herbs- 20%, shrubs - 16% and climbers - 6%.

Heavy and stimulating foods, tobacco, alcoholic drinks, tea, coffee and meats of all kind must be completely avoided as suggested by the herbalists. Light and simple diets made from grains and vegetables, and eating of fruits ensure good digestive system [1].

Table1. Medicinal Plants Used by the Traditional Healers in the treatment of Haemorrhoids in South-Western Nigeria.

S/N	FAMILY	BOTANICAL NAMES	VERNACULAR NAMES	PLANT PARTS USED
1	Amaranthaceae	<i>Amaranthus spinosus</i> Linn	Tete elegun	Root
2	Amaranthaceae	<i>Amaranthus viridis</i> Linn	Tete abalaye	Whole plant
3	Amaranthaceae	<i>Celosia argentea</i> Linn	Sokoyokoto	Leaves
4	Amarylidaceae	<i>Curculigo pilosa</i> Engl	Bara	Fruit
5	Anarcadiaceae	<i>Anarcadium occidentale</i> Linn	Kaju	Bark
6	Anarcadiaceae	<i>Mangifera indica</i> Linn	Mabgoro	Stem bark
7	Anarcadiaceae	<i>Spondias monbin</i> Linn	Iyeye	Leaves
8	Annonaceae	<i>Enantia chlorantia</i> Oliv	Awopa/Osun pupa	Bark
9	Annonaceae	<i>Mondora myristica</i> (Geatn) Dunal	Sasangbaku	Fruit
10	Annonaceae	<i>Uvaria afzelii</i> SC. Elliot.	Gbogbonise	Root
11	Annonaceae	<i>Xylopi aethiopica</i> (Dunal) A. Rich	Eeru-lamo	Fruit
12	Apocynaceae	<i>Alstonia boonei</i> De Wild	Awun/ahun	Bark
13	Apocynaceae	<i>Funtamia elastica</i> (Preuss.)	Ire	Bark

		Stapf.		
14	Apocynaceae	<i>Hunteria umbellata</i> (K. Schum) Haller. F.	Erin	Stem bark
15	Apocynaceae	<i>Picralima nitida</i> (Stapf)	Abere	Fruit
16	Apocynaceae	<i>Rauvolfia vomitoria</i> Afzel Stirp. Med.	Orira/Asofeyeje	Stem bark
17	Apocynaceae	<i>Strophanthus hispidus</i> D.C	Sagbere	Bark
18	Araceae	<i>Colocasia esculentum</i>	Koko	Leaves
19	Aristolochiaceae	<i>Aristolochia ringens</i> Vahl	Akogun	Root
20	Asclepiadaceae	<i>Calotropis procera</i> R.B	Bomubomu	Leaves
21	Asclepiadaceae	<i>Gongronena latifolium</i> Benth	Madunmaro	Root
22	Bignoniaceae	<i>Newbouldia laevis</i> P. Beauv	Akoko	Leaves
23	Bombacaceae	<i>Adansonia digitata</i> Linn	Ose	Bark
24	Bombacaceae	<i>Bombax buonopozense</i> P. Beauv	Ponpola	Bark
25	Boraginaceae	<i>Heliotropium indicum</i> Linn	Origun	Whole Plant
26	Bromeliaceae	<i>Ananas comosus</i> (Linn.) Merr	Ope oyinbo	Unripe plant
27	Caricaceae	<i>Carica papaya</i> Linn	Ibepa/Pawpaw	Leaves
28	Combretaceae	<i>Anogeissus leiocarpus</i> (D.C) Guil. L & Per	Ayin	Stem bark
29	Combretaceae	<i>Pteleiopsis suberosa</i> Engl. & Diels	Okuku	Stem bark
30	Combretaceae	<i>Terminalia catappa</i> Linn	Furutu	Bark
31	Combretaceae	<i>Axonopus compressus</i> Engl. & Diels	Idi	Stem bark
32	Compositae	<i>Acanthospermum hispidum</i> D.C	Dagunro-gogoro	Leaves
33	Compositae	<i>Aspilia africana</i> (Pers.)	Yunyun	Leaves
34	Compositae	<i>Bidens pilosa</i> Linn	Abeere oloko	Root
35	Compositae	<i>Chromolaena odorata</i> (Linn.) K.R.	Akintola	Leaves
36	Compositae	<i>Vernonia amygdalina</i> Linn	Ewuro	Leaves
37	Connaraceae	<i>Bryocarpus coccineus</i> Schum & Thonn	Amuje wewe	Bark
38	Connaraceae	<i>Cnestis ferruginea</i> D.C	Omu-aja	Flower
39	Crassulaceae	<i>Bryophyllum pinnatum</i> (Lam) oken	Baara	Fruit
40	Cucurbitaceae	<i>Citrullus colocynthis</i> (Linn) Schard	Baara	Fruit
41	Cucurbitaceae	<i>Momordica charantia</i> Schum & Thonn.	Ejirin wewe	Leaves
42	Cucurbitaceae	<i>Luffa cylindrical</i> (Linn) M.J. Roem	Ara oyinbo	Root
43	Discoreaceae	<i>Dioscorea alata</i> Linn.	Isu	Tuber
44	Euphorbiaceae	<i>Alchornea cardofolia</i> Muel.	Epo	Leaves
45	Euphorbiaceae	<i>Bridelia ferruginea</i> Benth	Ira	Bark
46	Euphorbiaceae	<i>Croton zambesicus</i> Linn	Ajekobale	Leaves
47	Euphorbiaceae	<i>Jatropha curcas</i> Linn.	Botuje/ Lapalapa funfun	Leaves
48	Euphorbiaceae	<i>Jatropha gossypifolia</i> Linn.	Bouje/ Lapalapa pupa	Leaves
49	Euphorbiaceae	<i>Jatropha multifida</i> Linn.	Ogege	Leaves
50	Euphorbiaceae	<i>Manihot esculenta</i> Crantz.	Gbaguda	Leaves
51	Euphorbiaceae	<i>Ricinus communis</i> Linn.	Laa	Leaves
52	Guttiferae	<i>Mesua ferrea</i> Linn.	-	Leaves
53	Hypericaceae	<i>Harungana madagascariensis</i> Lam. Ex Poir.	Amuje/Elepo	Bark

54	Hypoxidaceae	<i>Curculigo pilosa</i> (Schum & Thonn) Engl.	Epakun	Rhizome
55	Iridaceae	<i>Gladiolus daleni</i> Van. Geel.	Baka	Rhizome
56	Labiatae (Lamiaceae)	<i>Occimum gratissimum</i> Linn	Efinrin nla	Leaves
57	Labiatae (Lamiaceae)	<i>Occimum basilicum</i> linn	Efinrin wewe	Leaves
58	Leguminosae - Caesalpinoideae	<i>Caesalpina bonduc</i> (Linn.) Roxb.	Ayo	Leaves
59	Leguminosae - Caesalpinoideae	<i>Senna absus</i> Linn.	Akorere	Leaves
60	Leguminosae - Caesalpinoideae	<i>Senna alata</i> Linn.	Asunwon oyinbo	Leaves
61	Leguminosae - Caesalpinoideae	<i>Senna fistula</i> Linn	Aidan tooro	Bark
62	Leguminosae - Caesalpinoideae	<i>Senna occidentalis</i> Linn.	Rere	Leaves
63	Leguminosae - Caesalpinoideae	<i>Senna podocarpa</i> Guil. & Perr.	Asunwon ibile	Leaves
64	Leguminosae - Caesalpinoideae	<i>Senna sieberiana</i> D.C	Aidantooro	Stem bark
65	Leguminosae - Caesalpinoideae	<i>Senna tora</i> Linn.	Eru-asan-undegbe	Leaves
66	Leguminosae - Caesalpinoideae	<i>Dalbergiunea welwitschii</i> (Bak.) Bal.	Paran	Root
67	Leguminosae - Caesalpinoideae	<i>Detarium microcarpum</i> Guill. & Perr	Ogbogbo	Bark
68	Leguminosae - Caesalpinoideae	<i>Dialium guineense</i> Wild.	Awin	Leaves
69	Leguminosae - Caesalpinoideae	<i>Hymenostegia afzelii</i> (Oliv.) Harms	Arigbodigbo	Bark
70	Leguminosae - Mimosoideae	<i>Acacia nilotica</i> (Linn.) Wild ex. Del.	Booni	Fruits
71	Leguminosae - Mimosoideae	<i>Acacia sieberiana</i> D. C.	Sie	Root
72	Leguminosae - Mimosoideae	<i>Albizia lebbek</i> (Linn.)	Igbagbo	Root
73	Leguminosae - Mimosoideae	<i>Calliandra haematocephala</i> Linn.	Tude	Root
74	Leguminosae - Mimosoideae	<i>Mimosa pudica</i> Linn.	Patanmo	Leaves
75	Leguminosae - Mimosoideae	<i>Parkia biglobosa</i> (Jacq) Benth.	Iru	Fruit pod
76	Leguminosae - Mimosoideae	<i>Tetrapleura tetraptera</i> (Schun & Thonn) Taub.	Aidan	Pod
77	Leguminosae - Papilionoideae	<i>Abrus precatorius</i> Linn.	Oju-ologbo	Leaves
78	Leguminosae - Papilionoideae	<i>Cajanus cajan</i> (Linn) Millsp.	Otile	Leaves
79	Leguminosae - Papilionoideae	<i>Crotolaria retusa</i> Linn.	Korpo	Root
80	Liliaceae	<i>Allium ascalonicum</i> Linn.	Alubosa elewe	Leaves
81	Liliaceae	<i>Allium sativum</i> Linn.	Ayu	Bulb
82	Liliaceae	<i>Aloe vera</i> Linn.	Aloe vera	Root
83	Loranthaceae	<i>Viscum album</i> Linn.	Afomo	Leaves

84	Loranthaceae	<i>Anthocleista djalonenis</i> A. Chev.	Sspo	Bark
85	Lythraceae	<i>Lawsonia inermis</i> Linn	Lali	Leaves
86	Malvaceae	<i>Abutilon mauritianum</i> (Jacq.) Medic.	Furu	Root
87	Malvaceae	<i>Gossypium barbadense</i> Linn	Owu	Root
88	Malvaceae	<i>Hibiscus sabdarriffa</i> Linn.	Isapa	Leavea
89	Meliaceae	<i>Azadirachta indica</i> A. Juss	Dogoyaro	Bark
90	Meliaceae	<i>Entandrophragma cylindricum</i> Sprague	Arinje	Bark
91	Meliaceae	<i>Khaya cylindricum</i> (Descr.) A Juss.	Ijebo	Bark
92	Meliaceae	<i>Khaya grandifoliola</i> C.D.C	Oganwo	Bark
93	Meliaceae	<i>Khaya senegalensis</i> (Descr.) A. Juss	Oganwo	Bark
94	Menispermaceae	<i>Chasmanthera dependes</i> Hocst.	Ato	Roots
95	Menispermaceae	<i>Cessampelos mucronata</i> A. Rich	Jenjoko	Leaves
96	Menispermaceae	<i>Stephania dinklagei</i> Lour.	Gbejedi	Bark
97	Moraceae	<i>Antiaria Africana</i> Engl.	Oro	Leaves/fruits
98	Moraceae	<i>Ficus capensis</i> Thumb	Opoto	Root
99	Moraceae	<i>Ficus exasperata</i> Vahl.	Epin	Root
100	Moraceae	<i>Treculia Africana</i> Decne.	Afon	Leaves
101	Moringaceae	<i>Moringa oleifera</i> Lam.	Ewe igbale	Leaves
102	Musaceae	<i>Musa paradisiaca</i> Linn	Ogede Agbagba	Leaves
103	Myrtaceae	<i>Eugenia aromatica</i> Linn	Kanafuru	Flower
104	Myrtaceae	<i>Eugenia caryophyllus</i> (Spreng.) Bullock & Hurrison.	Kanafuru	Unopened fruit
105	Myrtaceae	<i>Psidium guajava</i> Linn.	Gilofa	Root
106	Nyctaginaceae	<i>Boerhavia diffusa</i> Linn	Etiponla	Whole plant
107	Olacaceae	<i>Olox subscorpiodea</i> Oliv.	Ifon	Root
108	Palmae (Araceae)	<i>Cocos nucifera</i> Linn.	Agbon	Leaves & juice
109	Palmae (Araceae)	<i>Elaeis guineense</i> Jacq.	Epo	Shaft of seeds
110	Palmae (Araceae)	<i>Raphia hookeri</i> Mann. & Wended	Oguro	Juice
111	Periplocaceae	<i>Mondia whiteii</i> (Hook. f) Sheel	Isirigun	Root
112	Periplocaceae	<i>Parquetina nigrescens</i> (Afzel) Bullock.	Ogbo	Root
113	Piperaceae	<i>Piper guineense</i> Schum & Thonn	Iyere	Flower
114	Piperaceae	<i>Peperomia pellucida</i> (Linn.) H.B. & K	Rinrin	Whole plant
115	Poaceae	<i>Bambusa vulgaris</i> Linn.	Oparun	Leaves
116	Poaceae	<i>Cymbopogon citratus</i> (D.C) Stapf.	Kooko-oba	Leaves
117	Poaceae	<i>Cynodon dactylon</i> (Linn.) Pers.	Koriko bamubu	Whole plant
118	Poaceae	<i>Pennisetum purpureum</i>	Esun	Leaves
119	Poaceae	<i>Zea mays</i> Linn.	Suku-agbado	Fruit cob
120	Polygalaceae	<i>Carpolobia lutea</i> G. Don.	Osunsun	Leaves
121	Polygalaceae	<i>Securidaca longipedunculata</i> Frer.	Ipeta	Bark
122	Portulacaceae	<i>Talinum triangulare</i> (Jacq) Wild	Gbure	Root
123	Rubiaceae	<i>Canthium subcordatum</i> D.C	Igi-elere	Bark

124	Rubiaceae	<i>Nauclea latifolia</i> Smith.	Egbesi	Bark
125	Rutaceae	<i>Clausena anisata</i> (Will.) Hook.f . ex Benth	Atabari-obuko	Root
126	Rutaceae	<i>Citrus aurantifolia</i> (Christm.) Swingle.	Osan wewe	Juice
127	Sapindaceae	<i>Allophylus africanua</i> P. Beauv	Ekan ehoro	Whole plant
128	Sapindaceae	<i>Cardiospermum halicacabum</i> Linn.	Shaworo	Leaves
129	Sapotaceae	<i>Chrysophyllum albidum</i> Linn.	Agbalumo	Bark
130	Sapotaceae	<i>Synsepalum dulcificum</i> (Radlk.) Engl.	Agbayun	Leaves
131	Solanaceae	<i>Capsicum annum</i> Linn.	Ata ijosi	Fruits
132	Solanaceae	<i>Nicotiana tabacum</i> Linn.	Taba	Leaves
133	Solanaceae	<i>Solanum torvum</i> Sw.	Igbayanrin-elegun	Leaves
134	Sterculiaceae	<i>Cola acuminata</i> (P. Beauv.) Schott & Endl.	Obi abata	Bark
135	Sterculiaceae	<i>Cola nitida</i> (Vent.) Schott. & Endl.	Obi abata	Bark
136	Sterculiaceae	<i>Waltheria indica</i> Linn.	Epo	Leaves
137	Tiliaceae	<i>Grewia pubescens</i> P. Beauv.	Afoforo igbo	Leaves
138	Ulmaceae	<i>Trema orientalis</i> Linn.	Afoforo	Leaves
139	Umbelliferae	<i>Centella asiatica</i> Linn.	Atare obuko	Root
140	Urticaceae	<i>Urtica dioica</i> Linn.	Fuya-fuya	Leaves
141	Verbenaceae	<i>Clerodendron splendens</i> G. Don.	Dagba	Leaves
142	Verbenaceae	<i>Vitex doniana</i> Linn.	Ori	Juice/oil
143	Zingiberaceae	<i>Aframomum melegueta</i> K. Schum.	Atare	Seed pod
144	Zingiberaceae	<i>Zingiber officinale</i> Rosc	Ataile	Rhizome

Table 2. Species distribution according to families

S/NO	FAMILY	NUMBER OF SPECIES
1	Amaranthaceae	3
2	Amarylidaceae	1
3	Anarcadiaceae	3
4	Annonaceae	4
5	Apocynaceae	6
6	Araceae	1
7	Aristolochiaceae	1
8	Asclepiadaceae	2
9	Bignoniaceae	1
10	Bombacaceae	2
11	Boraginaceae	1
12	Bromeliaceae	1
13	Caricaceae	1
14	Combretaceae	4
15	Compositae	5
16	Connaraceae	2
17	Crassulaceae	1
18	Cucurbitaceae	3
19	Discoreaceae	1
20	Euphorbiaceae	8

21	Guttiferae	1
22	Hypericaceae	1
23	Hypoxidaceae	1
24	Iridaceae	1
25	Labiatae (Lamiaceae)	2
26	Leguminosae - Caesalpinoideae	12
27	Leguminosae - Mimosoideae	7
28	Leguminosae - Papilionoideae	3 = 22
29	Liliaceae	3
30	Loranthaceae	2
31	Lythraceae	1
32	Malvaceae	1
33	Meliaceae	5
34	Menispermaceae	3
35	Moraceae	4
36	Moringaceae	1
37	Musaceae	1
38	Myrtaceae	3
39	Nyctaginaceae	1
40	Olacaceae	1
41	Palmae (Araceae)	3
42	Periplocaceae	2
43	Piperaceae	2
44	Poaceae	5
45	Polygalaceae	2
46	Portulacaceae	1
47	Rubiaceae	2
48	Rutaceae	2
49	Sapindaceae	2
50	Sapotaceae	2
51	Solanaceae	3
52	Sterculiaceae	3
53	Tiliaceae	1
54	Ulmaceae	1
55	Umbelliferae	1
56	Urticaceae	1
57	Verbenaceae	2
58	Zingiberaceae	2

Table 3. Enumeration of Recipes

1. Botanical Name	Vernacular Name	Plant Part Used
<i>Anthocleista djalonensis</i> A. Chev.	Sapo	Bark
<i>Aframomum melegueta</i> K. Schum.	Atare	Fruit
<i>Rauvolfia vomitoria</i> Afzel Stirp. Med.	Orira	Stem bark
<i>Allium sativum</i> Linn.	Ayuu	Bulb
<i>Allium ascolanicum</i> Linn.	Alubosa elewe	Whole plant
<i>Eugenia aromatica</i> Linn.	Kanafuru	Flower
<i>Acacia nilotica</i> (Linn.) Wild. ex. Del.	Booni	Fruit
<i>Dalbergieuna welwitshii</i> (Bak.) Bal.	Paran	Root
<i>Mondora myristica</i> (Geatn) Dunal	Sasangbaku	Fruit

Preparation: Carefully washed *Anthocleista djalonensis* (Sapo) is cut into pieces and placed in a 4 litter keg with the other plant materials and soaked with clean water and alcoholic beverages. It is left for three to four days because of the hardness of the bark.

Application: One tea cup of the extract is taken thrice daily until the hemorrhoid disappears.

2.	Botanical Name	Vernacular Name	Plant Part Used
	<i>Khaya grandifoliola</i> C.D.C	Oganwo	Bark
	<i>Allium sativum</i> Linn.	Ayuu	Bulb
	<i>Eugenia aromatica</i> Linn.	Kanafuru	Flower
	<i>Alstonia boonei</i> De Wild.	Awun	Bark
	<i>Cajanus cajan</i> (Linn.) Millsp.	Otili	Leaves
	<i>Terminalia catappa</i> Linn.	Furutu	Bark
	<i>Manihot esculenta</i> Crantz.	Ege/Gbaguda	Leaves
	<i>Carpolobia lutea</i> G. Don.	Osusun	Leaves
	<i>Aframomum melegueta</i> K. Schum.	Atare	Seed
	<i>Cymbopogon citratus</i> (D.C) Stapf.	Kooko-oba	Leaves

Preparation: The above plant materials are cut into smaller sizes and put into an adequate container with the required amount of water. The container with the content is heated and allowed to cool and then it is filtered with a clean cloth. The filtrate should be stored in a refrigerator.

Application: Two wine glassful of the filtrate is taken daily till ailment disappears.

3.	Botanical Name	Vernacular Name	Plant Part Used
	<i>Khaya grandifoliola</i> C.D.C	Oganwo	Bark
	<i>Allium sativum</i> Linn.	Ayuu	Bulb
	<i>Eugenia aromatica</i> Linn.	Kanafuru	Flower
	<i>Aristolochia ringens</i> Vahl	Akogun	Root
	<i>Detarium microcarpum</i> Guill. & Perr.	Ogbogbo	Bark
	<i>Aframomum melegueta</i> K. Schum.	Atare	Seed
	<i>Axonopus compressus</i> Guill. & Perr.	Idi	Stem bark
	<i>Anogeissus leiocarpus</i> (D. C) Guill. & Perr	Ayin	Stem bark
	<i>Pteleopsis suberosa</i> Engl. & Diels.	Okuku	Bark
	<i>Musa paradisiaca</i> Linn.	Ogede agbagba	Leaves
	<i>Grewia pubescens</i> P.Beauv.	Afoforo	Leaves
	<i>Gladiolus daleni</i> van Geel.	Baka	Rhizome
	<i>Bridelia ferruginea</i> Benth	Ira	Bark
	<i>Cocos nucifera</i> Linn.	Agbon	Leaves

Preparation: The plant materials are cut into pieces, and put in a container. They are properly rinsed with clean water and boiled for about 20 minutes. It is later allowed to cool and then filtered.

Application: One tea cup of the filtrate is taken thrice daily for about two weeks.

4.	Botanical Name	Vernacular Name	Plant Part Used
	<i>Khaya grandifoliola</i> C.D.C	Oganwo	Bark
	<i>Allium sativum</i> Linn.	Ayuu	Bulb
	<i>Eugenia aromatica</i> Linn.	Kanafuru	Flower
	<i>Pteleopsis suberosa</i> Engl. & Diels.	Okuku	Bark
	<i>Allium ascolanicum</i> Linn.	Alubosa elewe	Whole plant
	<i>Acacia nilotica</i> (Linn.) Wild ex Del	Bonni	Seed
	<i>Gongronema latifolium</i> Berth.	Madunmaro	Bark

Aframomum melegueta K. Schum Atare Fruit

Preparation: Tincture of the above plant recipes is a recommended remedy.

Application: One glassful is taken three to four times daily until full cure is achieved.

5.	Botanical Name	Vernacular Name	Plant Part Used
	<i>Khaya grandifoliola</i> C.D.C	Oganwo	Bark
	<i>Allium sativum</i> Linn.	Ayuu	Whole plant
	<i>Eugenia aromatica</i> Linn.	Kanafuru	Flower
	<i>Pteleopsis suberosa</i> Engl. & Diels	Okuku	Bark
	<i>Allium ascolanicum</i> Linn	Alubosa elewe	Whole plant
	<i>Picralima nitida</i> (Stapf)	Abere	Fruit
	<i>Calotropis procera</i> R. B	Bomubomu	Leaves
	<i>Gladiolus daleni</i> van Geel.	Baka	Rhizomes
	<i>Detarium microcarpum</i> Guill. & Perr.	Ogbogbo	Bark
	<i>Aristolochia ringens</i> Vahl.	Akogun	Root
	<i>Aframomum melegueta</i> K. Schum	Atare	Fruit
	<i>Tetrapleura tetraptera</i> (Schun & Thonn) T.	Aidan	Pod

Preparation: All the above plant material are cut into pieces (note that only the soft part of *Tetrapleura tetraptera* (Aidan) is cut into pieces), a decoction is prepared with adequate quantity of water and boiled. It is filtered and mixed with honey.

Application: Two table spoonfuls is taken thrice daily for about two weeks.

6.	Botanical Name	Vernacular Name	Plant Part Used
	<i>Aframomum melegueta</i> K. Schum	Atare	Fruit
	<i>Viscum album</i> Linn.	Afomo	Leaves
	<i>Synsepalum dulcificum</i> (Radlk.) Engl.	Agbayun	Leaves
	<i>Khaya senegalensis</i> (Descr.) A. Juss	Oganwo	Bark
	<i>Dialum guineense</i> Wild.	Awin	Leaves
	<i>Canthium subcordatum</i> D.C	Igi Elere	Bark
	<i>Senna fistula</i> Linn.	Aidan tooro	Bark
	<i>Clerodendron splendens</i> G. Don.	Dagba	Leaves
	<i>Stephania dinklagei</i> Lour.	Gbejedi	Bark
	<i>Carica papaya</i> Linn.	Ibepe	Leaves
	<i>Moringa oleifera</i> Lam.	Ewe igbale	Leaves
	<i>Allium sativum</i> Linn.	Ayuu	bulb

Preparation: All the barks are pulverized (ground into fine powder) and separated from the leaves. The clean dried leaves and bulbs are also tinctured, after which they are mixed together and poured into a container with clean water for boiling and covered with a lid. It is warmed for further use.

Application: One tea cup is administered thrice daily until the ailment is cured in about 2 weeks.

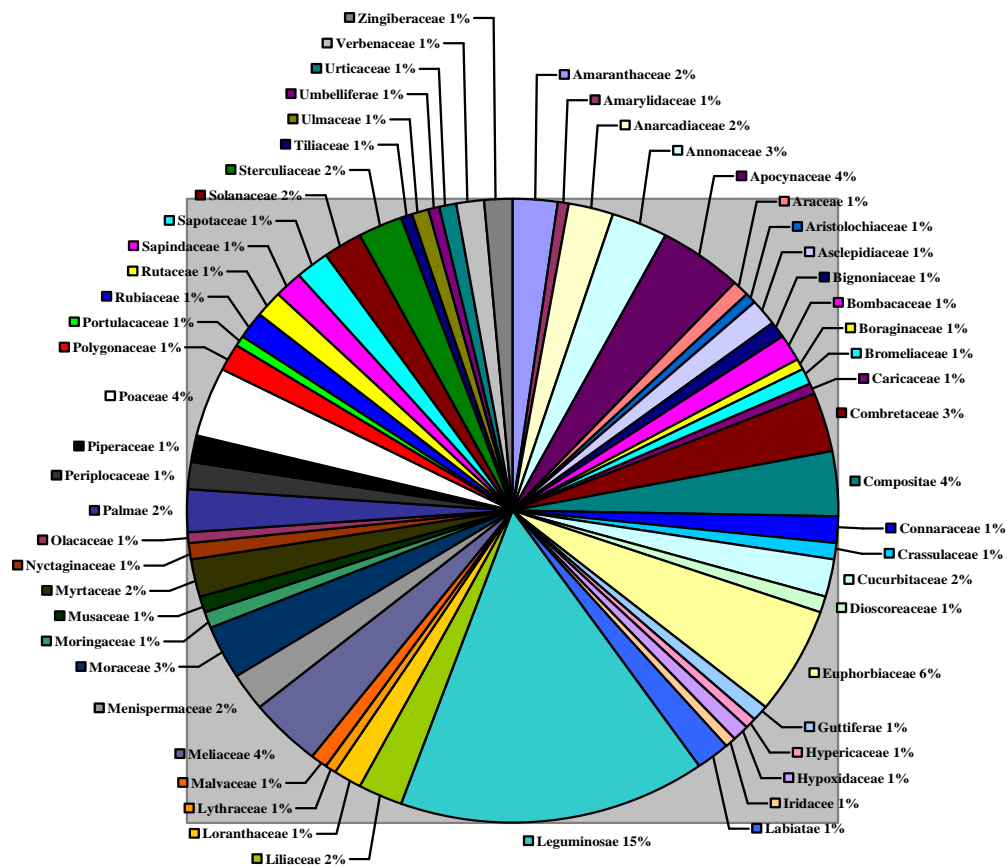


Figure 1. Pie-chart showing the percentage no. of species in each of the families

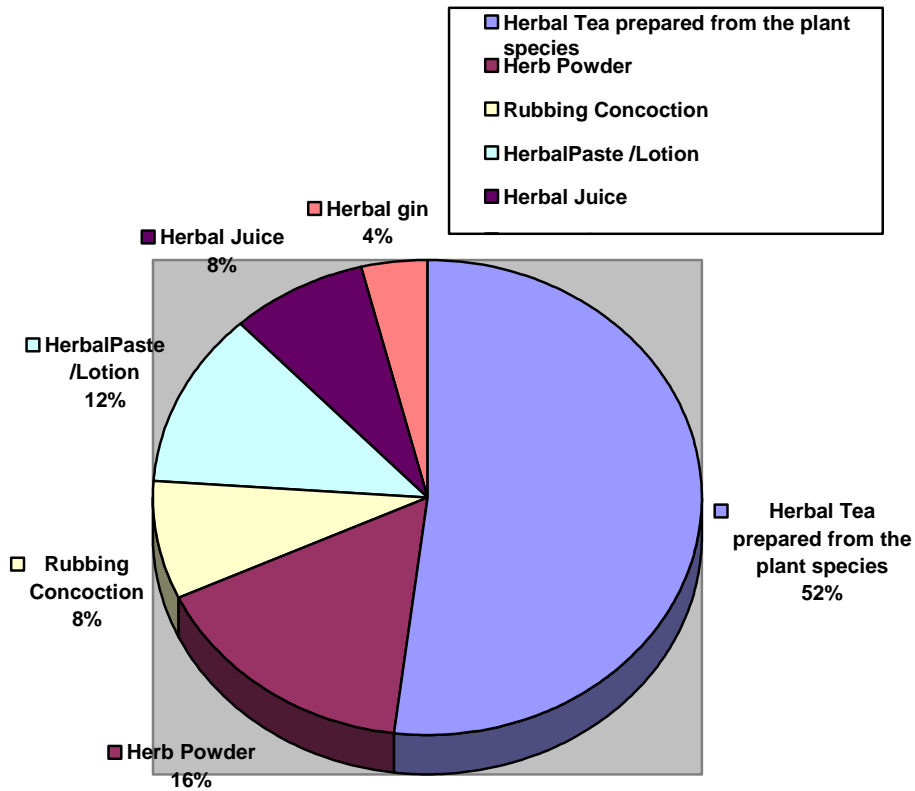


Figure 2. Percentage of respondents' responses to most effective treatment option

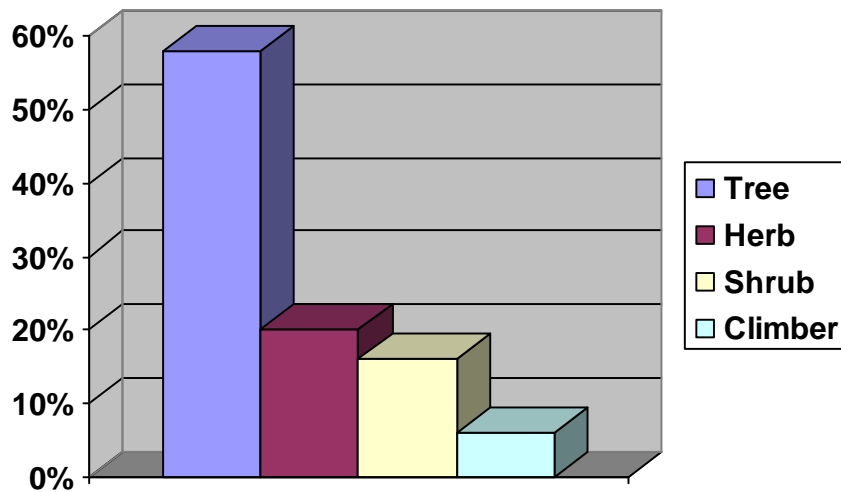


Figure 3. Graphical representation of the percentage occurrence of the plant habits used in treating haemorrhoids

Future surveys should encourage the participation of the son of the soil especially in Oyo State, to allow for easier access to information. A close communication among medicinal plants researchers, traditional medicine practitioners and industrialists should be encouraged. The acceptance of herbal medicines and herbal practitioners by the educated class, the problem of finance and the maintenance of medicinal plants are still of much concern, though some measures of progress have been made in the past. The protection of our rich flora including medicinal plants should be a matter of great concern. Forest reserves should exist to protect forest species, farms/ medicinal gardens should be set up at various local government areas to protect medicinal plants especially those facing extinction. Ethnobotanists may be instrumental in this context through developing guidelines for the setting-up of community-based nurseries and gardens, with proper identification of the tree varieties for developing these tree varieties *ex situ*. Olapade [18] revealed that our diets are about 90% carbohydrates or sugar, the fact is possibly responsible for the increasing incidence of sugar related to Haemorrhoids.

Conclusively, conservation of plants is necessary as it ensures the availability of plants for traditional herbalists, traditional healers and herb sellers. One major advantage of traditional medicine is that, it is cheaper than orthodox medicine and readily available.

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