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ETHNOBOTANY SURVEY OF MEDICINAL PLANTS USED IN THE TREATMENT OF FIBROID IN OGUN AND OSUN STATES, SOUTHWESTERN, NIGERIA

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ABSTRACT

This study was aimed at documenting information of ethno-botanical survey of plants traditional used as medicine in the treatment of fibroid in Ogun and Osun States, Nigeria. Structured and open-ended questionnaire were administered to respondents for data collection. Multistage sampling technique with a four stage design, simple random and purposive sampling techniques were used for this study. Four and six Local Government Areas were selected purposively from Ogun and Osun States, respectively. A total number of 192 respondents were interviewed; results showed that majority of the respondents were males in Ogun state (72.8%) and Osun state (65.8%). The mean ages of the respondents for Ogun and Osun state were 49.3 years and 50.2 years respectively. Most of the respondents had secondary school education in Ogun (34.6%) and Osun (33.3%) states respectively, while, 71.6% and 64.9% of the traditional healers and herb sellers were Muslims in Ogun and Osun states respectively. A sum of 102 plants species belonging to 49 families were found. Euphorbiaceae had the highest frequency of family species followed by Annonaceae.

Keywords: Ethnobotany, Medicinal plants, Fibroid treatment

INTRODUCTION

Plants have been major sources of medicine and plant secondary metabolite has been attributed for most plants' therapeutic activities (Fabeku, 2006, Neumann and Hirsch, 2000). Ethno-botanical study is an important step in the identification, selection and improvement of the therapeutic agents from medicinal plants (Idowu *et al.*, 2010). Ethno-botany is based on the knowledge of plants by the local people and their usefulness as understood by the people of a particular ethnic group, since information concerning a particular plant varies from one ethnic group to another (Tor-Anyiin *et al*, 2003; Igoli *et al*, 2005). According to World Health Organization (WHO), the use of traditional medicine in various therapies by the indigenous population in the world over cannot be overemphasized. About 80% of the world's people depend on traditional medicine for their primary healthcare needs (Azaizeh *et al.,* 2003). Medical knowledge passed down by the common people constitutes sources of information useful for scientific research and that many plants utilized exclusively in popular tradition, when exposed under scientific examination, have been found to be useful for different sectors in the industry, therefore science and tradition have a strong connection between them, science in fact has often traditional origin (Lentini, 2000).

The documentation and preservation of the indigenous knowledge of traditional medicine becomes imperative due to loss of plant varieties such as deforestation, loss of indigenous knowledge due to erosion of cultural practices, and the limitations of orthodox drugs (side effects and resistance of microorganisms to antibiotics). Herbal remedies used in traditional folk medicine provide an interesting and still largely unexplored source for

creation and development of potentially new drugs (Lindequist *et al.*, 2005). This is essential 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 or leading compounds (Igoli *et al.*, 2005).

This study, however is aimed at documenting ethno-botanical survey of information's available on traditional plants used in treatment of Fibroid in the study areas.

METHODOLOGY

Study area

The study was conducted in both Ogun and Osun States. Ogun State is situated between Latitudes $6^{o}0'$N - $7^{o}15'$ N and Longitudes $3^{o}20'$ E and $4^{o}37'$ E. It is located in the South-western Zone of Nigeria with a total land area of 16,409.26 km^2. It is bounded on the West by the Benin Republic, on the south by Lagos State and the Atlantic Ocean, on the East by Ondo State and on the North by Oyo and Osun States.

While Osun State was created from old Oyo State in August 1991. It is located between latitude 8^{o} 10' N and 6^{o} 5'N and longitude 4 ^{o} E and 5 ^{o} 4'E and with land area of 9,251 km^2. It is bordered in the North by Kwara State, on the South by Ogun State, on the West by Oyo State and on the East by the Ondo State. Osun State has 30 Local Government Areas (LGA) with a total population of 3,423,535 in 2006 census. Total land area under forest cover is 9224 ha.

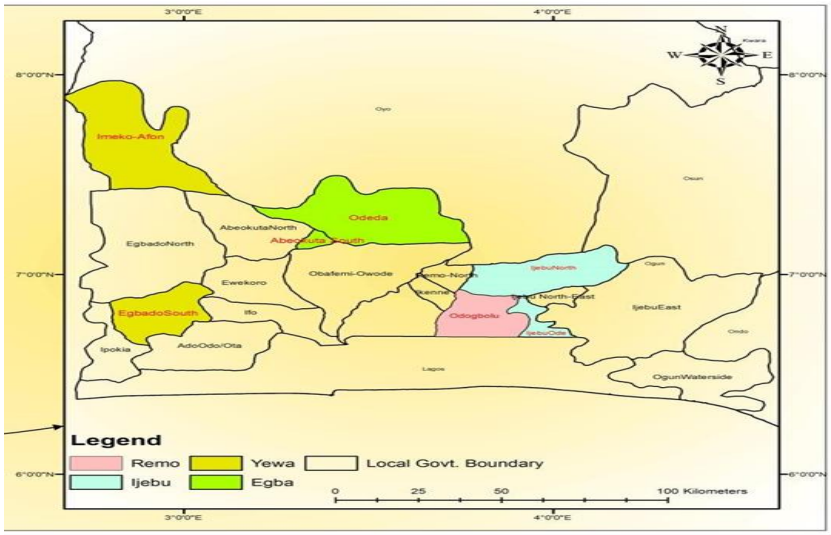

Figure 1: Map of Ogun showing selected Local Government Areas

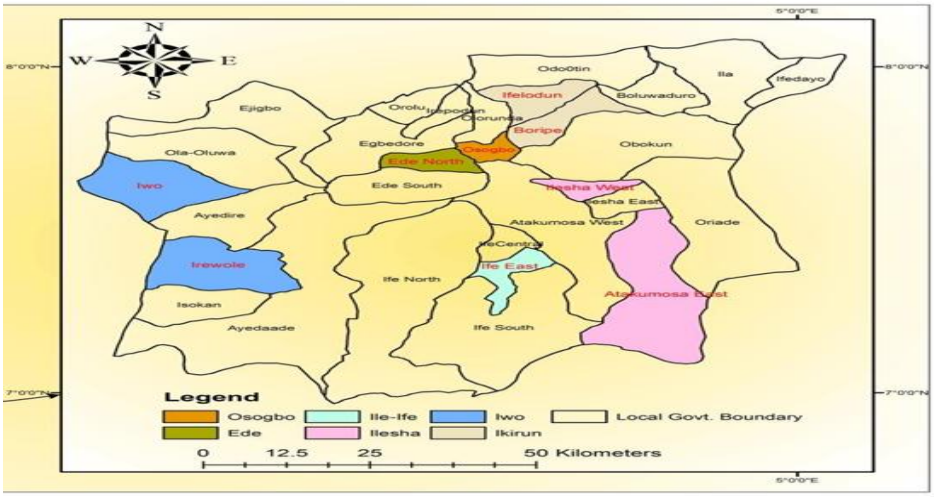

Figure 2: Map of Osun showing selected Local Government Areas

For the purpose of this study, the research data were obtained from primary source with the aid of well-structured questionnaire. Secondary data were also used for the study from previous literature.

Sampling procedure and sample size

A multistage sampling technique with a three (3) stage design was used for this study. Two States (Ogun and Osun) were selected Stage one: was multistage sampling involved the division of Ogun and Osun States into two strata to represent the primary selection units. From each unit, location was purposively selected due to prevalence of Herbs Sellers and Traditional Medical practitioner's business in the areas. Ogun State comprises of 20 LGAs while Osun State comprises of 30 LGAs. In Ogun state, 4 LGAs were selected which include Abeokuta South, Ijebu North, Odeda, Yewa south. In Osun state 6 LGAs were selected which comprised Osogbo, Ifelodun, Ilesha West, Atakunmosa East, Ede North and Boripe. In the second stage, five communities were purposively selected from each LGA. The third stage involved selection of four (4) respondents from each of the communities. A total number of 200 copies of questionnaire were administered. One-hundred and ninety-two respondents were interview.

Data Collection

Data were collected on the socio-economic characteristics of the respondents, medicinal plants used for the treatment of fibroid.

Data Analysis

Descriptive statistics of frequency and percentage were used to analyze the socio-economic characteristics and medicinal plants identified.

RESULTS

Socioeconomic characteristics of the respondents

The respondents' socio-economic characteristics indicated that sex is not a limiting factor in the practice even though the respondents are male dominated with 72.8% and 65.8% as against the female respondents with 27.2% and 34.2% in both Ogun and Osun States respectively (Table 1) which signifies that men were more involved in the treatment of fibroid than the women folks. This showed that trado-medical practice is male dominated as it agrees with the findings of (Oyelakin 2009; Ajibesin *et al.,* 2011) who reported that traditional medical practices among the Yoruba ethnic group of Nigeria is dominated by the males due to secrecy in practice and transfer of knowledge from generation to generation.

It was also revealed majority of the respondents (44.4%, 31.5%)are between 50-59 years while age group 30-39years represents the least (8.6%, 11.7%)in Ogun and Osun States respectively. This implies that respondents are in their active and productive age which is in line with (Omonike *et al.,* 2010) who also reported a similar observation in his study. It was further revealed that majority (88.9%, 82.9%) of the respondents were married while few (2.5%, 3.6%) were single.

The three basic religions in Nigeria were observed in the study. In Ogun and Osun States, respectively, majority (71.6%, 64.9%) of the respondents were Muslims, Christian (21.0%, 24.3%) and traditional worshippers (7.4%, 10.8%). This implies that fibroid treatment is not a function of religion but knowledge. The study further indicates that most (56.8%, 58.6%) of the respondents had lived the community for 21-50 years whereas, about 33.3% and 28.8% of the respondents in Ogun and Osun State have been in the community for less than 21years. This implies that most of the respondents have stayed long enough in his/her communities to have folkloric knowledge on the usage of herbs for treating fibroid. Educationally, 7.2% accounts for adult literacy in Osun State and 2.5% in Ogun State. 16.0% and 20.7% had full primary education, 34.6% and 33.3% completed secondary education, 8.6% and 5.4% had their education up to bachelor degree in both Ogun and Osun States respectively. This is an indication that there is a reasonable level of education among respondents and is in accordance with (Mussema, 2006) who reported that a traditional healer can either be educated or be a layperson with the ability to cure certain ailments. Based on the family type, it was discovered that monogamy was the most (61.7% and 65.8%) practiced type of family in both states. But Ogun are more polygenic than Osun state and held a high implication for availability of household labor. From the study, traditional healers dominated (81.5% and 68.5%) the study areas while herb sellers were 14.8% and 21.6% in Ogun and Osun State respectively. This implied that more traditional

medical practitioners are involved in treatment of fibroid as compared to herb sellers.

Table 1: Socio economic characteristics of respondents in Ogun and Osun States respectively

	Ogun state		Osun State	
Variables	**Frequency**	**Percentage**	**Frequency**	**Percentage**
Gender				
Male	59	72.8	73	65.8
Female	22	27.2	38	34.2
Total	81	100	111	100
Age (Years)				
30-39	7	8.6	13	11.7
40-49	31	38.3	37	33.3
50-59	36	44.4	35	31.5
60>	7	8.6	26	23.4
Total	**81**	**100**	**111**	**100**
Marital Status				
Single	2	2.5	4	3.6
Married	72	88.9	92	82.9
Separated	1	1.2	8	7.2
Divorced	0	0.0	1	0.9
Widow/ Widower	6	7.4	6	5.4
Total	**81**	**100**	**111**	**100**
Religion				
Christianity	17	21.0	27	24.3
Muslim	58	71.6	72	64.9
Traditional	6	7.4	12	10.8
Total	**81**	**100**	**111**	**100**
Education Qualifications				
Adult Literacy	2	2.5	8	7.2
Incomplete Primary	4	4.9	8	7.2
Full Primary	13	16.0	23	20.7
Incomplete Secondary	6	7.4	3	2.7
Complete Secondary	28	34.6	37	33.3
Grade II/Technical	7	8.6	9	8.1
Diploma/OND	10	12.3	8	7.2
NCE/ Nursing	3	3.7	4	3.6
HND /Bachelor Degree	7	8.6	6	5.4

Master's Degree	1	1.2	5	4.5
Total	**81**	**100**	**111**	**100**
Family Type				
Monogamy	50	61.7	73	65.8
Polygamy	31	38.3	38	34.2
Total	**81**	**100**	**111**	**100**
Occupation				
Herb Seller	12	14.8	24	21.6
Herbal Healer	1	1.2	5	4.5
Herbalist	2	2.5	6	5.4
Traditional Healer	66	81.5	76	68.5
Total	**81**	**100**	**111**	**100**

Identification of the Medicinal Plants species used for the traditional treatment of fibroid in Ogun and Osun States.

One hundred and two plants species belonging to forty-nine families comprising of trees species (55), shrub (22), herbs (20), climber (7), creeper (1), underground stem (3), of medicinal plants were identified from the information provided by the Traditional herbal healer, herb seller and herbalist (Table 2). The results also showed that Euphorbiaceae family had the highest frequency of species followed by family Annonaceae, the families of Leguminiosae, Loganiaceae, and Musaceae. The plants species, local name in Yoruba, parts of the plants used, method of preparation, dosage of the drug, duration of dug administration (Table 3) and shelf-life of the herbs are documented.

A total of 16 different recipes and the traditional methods of preparation were documented. The plants parts usually used for the fibroid treatment includes the plant root, bark, leaves, fruits, seeds, extracted juices from the fruits, bulb. Leaves have the highest frequencies plants part used for the preparation of fibroid treatment in both Ogun and Osun States. Similar trend was also reported by (Ogungbenro, *et al.,* 2018) different parts of plants such as leaves, bark, root, fruits are used for the preparation of blood-cleansing herbs in Oyo and Ogun States, Nigeria. The method of preparations includes soak, decoction, infusion, pyrolysis, fermentation, cook or fry and pound and air dried. Most of the plants were prepared from the combination of more than one plant parts. Few herbs preparation was made from single plant.

Table 2: List of plants used by Traditional medical practitioners in the used of fibroid Treatment Ogun and Osun States.

S/No	Scientific Name	Family Name	Local Name (Yoruba)	Parts of plant used	Plant type
1	*Abrus precatorius Linn.*	Leguminosae	Ojú-ẹyẹ/Omisinmisin	Leaves, Fruits	Climber
2	*Acacia ataxacantha DC.*	Fabaceae	Bòòní	Bark	Tree
3	*Adansonia digitate Linn.*	Bombacaceae	Ọṣè	Bark	Tree
4	*Lagenaria breviflora (Benth.) Roberty*	Cucurbitaceae	Tagiri	Fruits	Tree
5	*Aframomum melegueta (Roscoe)K. Schum.*	Zingeberaceae	Ataare	Fruits	Shrub
6	*Alchornea laxiflora (Benth.) Pax.& K.Hoffn*	Euphorbiaceae	Ọrọ pẹpẹ	Root,Fruits	Shrub
7	*Allium ascalonicum Linn.*	Alliaceae	Àlùbósa elewe	Leaves	Underground stem
8	*Allium sativum Linn.*	Alliaceae	Áyù	Bulb	Underground stem
9	*Allium cepa Linn.*	Alliaceae	Àlùbósa onisu	Bulb	Underground stem
10	*Anchomanes difformis (Bl.) Engl.*	Araceae	Òǵirì ṣákó	Root	Tree
11	*Annona muricata*	Loganiaceae	Sour sop	Leaves	Tree
12	*Anthocleista djalonensis A. Chev.*	Aristolochiaceae	Ṣápó	Bark/root	Tree
13	*Aristolochia repens Mill.*	Meliaceae	Akọgùn	Root	Climber
14	*Azadirachta indica A. Juss.*	Meliaceae	Dogonyaro	Bark/Leaves/Root	Tree
15	*Baissea axillaris (Benth.) Hua*	Apocynaceae	Imù ńlá	Bark	Tree
16	*Bidens pilosa Linn.*	Asteraceae	Akìsán	Leaves	Herb
17	*Blighia sapida Konig.*	Euphorbiaceae	Igi iṣin	Bark	Tree
18	*Bridelia ferruginea Benth.*	Euphorbiaceae	Irà	Bark, Leaves	Tree
19	*Byrsocarpus coccineus Schum &Thonn.*	Fabaceae	Àdó	Leaves, Root	Herb
20	*Calliandra haematocephala Hassk.*	Leguminaceae	Tude	Bark	Tree
21	*Capsicum annum Linn.*	Solanaceae	Ata jòsì ojo	Root	Herb
22	*Carica papaya Linn.*	Caricaceae	Ìbèpẹ/ Ìsírígùn	Fruits	Tree
23	*Chenopodium ambrosioides Linn.*	Chenopodiaceae	Gbogbonișe	Root	Tree
24	*Cissampelos owariensis P.Beauv.ex DC*	Menispermaceae	Jenjoko	Leaves	Climber
25	*Citrullus lanatus (Thunb.) Matsum. & Nakai*	Cucurbitaceae	Bàárà	Fruit	creeper

S/No.	Scientific Name	Family Name	Local Name (Yoruba)	Parts of plant used	Plant type
26	*Citrus aurantiflora (Christm.) Swingle*	Rutaceae	Ọsàn-wẹwẹ	Fruit/Leaves/Juice	Tree
27	*Citrus medica var limonum*	Rutaceae	Ọsàn janganin	Fruits	Tree
28	*Clausena anisata (Willd.)Benth.*	Rutaceae	Agbasá	Root	Tree
29	*Cocos nucifera Linn.*	Arecaceae	Agbọn	Root	Tree
30	*Cola millenii K.Schum.*	Sterculiaceae	Obì ẹdun	Bark	Tree
31	*Cola nitida (Venth.) Schott & Endl.*	Sterculiaceae	Obì obifin	Bark	Tree
32	*Corchorus olitorus. Linn.*	Tiliaceae	Ewédú	Leaves	Herb
33	*Croton zambesicus Muell. Arg.*	Hypoxidaceae	Àjẹkòbàlé	Root	Herb
34	*Curculigo pilosa (Schum.&Thonn.)Engl.*	Hypoxidaceae	Ẹpakún	Fruits,Root	Rhizome
35	*Cylicodiscus gabunensis Harms*	Hypoxidaceae	Ọlọsan	Root	Tree
36	*Cynometra megalophylla Harms*	Caesalpinoideae	Ata	Seed	Herb
37	*Diociea reflexa (Hook.) f.*	Dioscoriaceae	Agbaarin	Bark,fruits,seed	Herb
38	*Dioscorea dumetorum*	Dioscoriaceae	Ẹsúúrú pupa	Bulb	Climber
39	*Elaeis guineensis Jacq.*	Palmae	Ọpẹ	Fruits,leaves,Bark	Tree
40	*Euphorbia hirta Linn.*	Euphorbiaceae	Ọrọ-agogo	Bark	Shrub
41	*Euphorbia lateriflora Schum.& Thonn.*	Euphorbiaceae	Ẹnuopiri	Fruits	Shrub
42	*Euphorbia poissoni (Pax)*	Euphorbiaceae	Ọrọ adẹtẹ	Leaves	Herb
43	*Ficus exasperata Linn.*	Moraceae	Eépín	Leaves	Tree
44	*Garcinia kola*	Clusiaceae	Orógbó	Seed/pod	Shrub
45	*Gladiolus daleni van Geel*	Iridaceae	Bàká	Bulb	Herb
46	*Globimetula braumii(Engl.) van Tiegh*	Euphorbiaceae	Àfòmọ	Leaves	Climber
47	*Gossypium arboreum*	Malvaceae	Òwú	Leaves	Shrub
48	*Heliotropum indica Linn.*	Boraginaceae	Àtaǹparí òbúkọ	Bark, Root	Herb
49	*Icacina triacantha Oliv.*	Dioscoriaceae	Isu gbégbé	Tuber	Shrub
50	*Ipomoea heterotricha F. Didr.*	Convolvulaceae	Jẹminhoo	Bark, Root	Tree
51	*Jatropha curcas Linn.*	Euphorbiaceae	Bòtujẹ	Leaves	Shrub
52	*Khaya grandifoliola (Welw) CDC*	Meliaceae	Òganwo	Bark	Tree
53	*Kigelia africana (Lam.) Benth*	Bignoniaceae	Pandọrọ	bark, fruits	Tree/Shrub

S/No	Scientific Name	Family Name	Local Name (Yoruba)	Parts of plant used	Plant type
54	*Lantana camara Linn.*	Verbenaceae	Ẹwọn àgogo	Fruits	Tree/shrub
55	*Launaea taraxacifolica (Willd.)Amin Ms ex C. Jeffrey*	Asteracaea	Ẹfọ Yanrin	Leaves	Herb
56	*Leersia hexandra*	Leguminaceae	Abèèrè	Seed/Fruits	Tree
57	*Lonchocarpus cyanescens (Schumach) Benth.*	Leguminaceae	Ẹlú	Root	Tree
58	*Lophira alata*	Ochnaceae	Egbò owó	Leaves, Bark	Tree
59	*Macaranga barteri*	Euphorbiaceae	Àgbósá	Leaves	Tree
60	*Mamordica cabraei (Cogn) C. Jeffery*	Cucurbitaceae	Ahárà	Leaves	Tree
61	*Mikania carteri*	Asteraceae	Iỳawé	Leaves	Tree
62	*Milicia excelsa (welw.) C.C Berg*	Moraceae	Ìrókò	Bark	Tree
63	*Mimosa pigra Linn.*	Leguminosae	Ẹwọn àgogo	Root	Shrub
64	*Mimosa pudica Linn.*	Mimosoideae	Patanmọ	Leaves	Herb
65	*Mondia whitei*	Periplocaceae	Ìsírigùn	Fruits	Shrub
66	*Morus mesozygia*	Moraceae	Ayee	bark, fruits	Tree
67	*Musa nana*	Musaceae	Ọgẹdẹ Ọmìnì	Fruits	Herb
68	*Musa paradisiaca L.*	Musaceae	Ọgẹdẹ àgbagbà	Fruits	Herb
69	*Musa sapientum*	Musaceae	Ọgẹdẹ Pàrántà/wẹwẹ	Fruits	Herb
70	*Musanga cecropioides*	Musaceae	Ifun inu igi aga	Bark	Tree
71	*Newbouldia laevis (P. Beauv) Seemann ex. Bureau*	Bignoniaceae	Akòko	Leaves, bark	Tree
72	*Nicotiana rustica*	Bignoniaceae	Ewe kátábà	Leaves	Shrub
73	*Nicotiana tabacum Linn.*	Bignoniaceae	Ewé taba	Leaves	Shrub
74	*Olax subscorpioidea Oliv.*	Olacaceae	Ifọn	Bark	Shrub/Tree
75	*Palisota hirsuta(Thunb.) K. Schum.*	Commelinaceae	Àkèréjùpọn	Bark	Herb

S/No	Scientific Name	Family Name	Local Name(Yoruba)	Parts of plant used	Plant type
76	*Perquetina nigrescens (Afzel.)Bullock*	Apocynaceae	Ọgbọ	leaves, bark	Tree
77	*Piper guineense Schumach.and Thonn.*	Piperaceae	Ìyèré	Fruits	Tree
78	*Plumbago zeylanica L.*	Plumbaginaceae	Ìnabìrì	Bark	Tree
79	*Pseudo spondiasmicrocarpa (A.Rich.)Engl.Var.*	Meliaceae	Ewé Ekaja	Leaves	Tree
80	*Pycnanthus angoiensis*	Myristicaceae	Igi Àkọmu	Bark	Tree
81	*Ricinus communis*	Euphorbiaceae	Lààrà	Leaves, oil	Shrub
82	*Saccharum officinarum*	Graminae	Ìrèké	Rhizome	Rhizome
83	*Sarcocephalus latifolis (Sm.)Bruce*	Rubiaceae	Ẹgbẹsi	Root	Shrub/Tree
84	*Secamone afzelii(Schultes) K. Schum.*	Asclepiadaceae	Àilu	Leaves	Climber
85	*Securidaca zeylanica L.*	Plumbaginaceae	Ìpẹta	Bark	Tree
86	*Senna alata (Linn.) Roxb.*	Leguminosae	Àsunwọn	Leaves	Shrub/Tree
87	*Solenostemon monostachyus*	Labiatae	Olonjogbodu-gbudu	Leaves	Herb
88	*Spondias mombin Linn.*	Anacardiaceae	Ìyeye	Leaves	Tree
89	*Strophantus gratus*	Apocynaceae	Iṣa	Root	Tree
90	*Tetrapleura tetraptera (Taub)*	Fabaceae	Aidan	Fruits	Tree
91	*Triumfetta rhomboidea Jacq.*	Tiliaceae	Akeeri	leaves, bark	Shrub
92	*Uraria picta (Jacq.) DC*	Leguminosae	Àlùpàyídà	Leaves	Shrub
93	*Urena lobata Linn.*	Malvaceae	Akeeri	Leaves	Herb
94	*Usteria guineensis Willd*	Loganiaceae	Ẹsi ilẹ	Leaves	Climber
95	*Uvaria afzelli*	Annonaceae	Gbogbonìse	Root	Tree
96	*Uvaria chamae P. Beauv.*	Annonaceae	Ẹrùjù	Root, Bark	Herb
97	*Vitellaria paradoxa Gaertn. f.*	Sapotaceae	Ẹmi	Bark	Tree
98	*Volvariella esculenta*	Loganiaceae	Ijù ọpẹ	Fruits	Tree
99	*Xylopia aethiopica (Dunal) A. Rich.*	Annonaceae	Ẹrù	Fruits	Tree
100	*Xylopia villosa chip,*	Annonaceae	Ẹru àwọnká	Seed/pod	Tree
101	*Zea mays Linn.*	Poaceae	Àgbàdo	Flower	Shrub
102	*Zingiber officinale*	Piperaceae	Ata-ilẹ	Rhizome	Shrub

Table 3: Recipes and the traditional methods of preparing some of the medicinal plants for the treatment of fibroid in Ogun and Osun States.

S/ No.	Plants	Local name (Yoruba)	Parts of plant used	Method of plant preparation	Dosage	Duration (Days)	Shelf-life (Days)
1	*Xylopia aethiopica (Dunal) A. Rich.* *Cocos nucifera Linn*	Eeru Coconut	Seed/ pod Root	Cut the materials in pieces and measure the two equally, soak with water for 3 days.	½ of a tea cup daily	90-100	10
2	*Diociea reflexa Hook. F.* *Sida pilosa ifolia*	Agbaarin (2) Ewe ti won yo sile lara ile	Seed Leaves	Grind and soak with local alcohol	¼ teaspoon	90	20
3	*Kigelia africana (Lam.)* *Ricinus communis* *Newbouldia laevis (P. Beauv.) Seemann* *Bureau* *Pseudospondiasmicrocarpa(A.Rich.)Engl.Var* .	Igi amuyan/ Lara Akoko Ekaja	Bark Fruits Leaves Leaves	Soak with fermented maize water add table salt	1 tea cup	90	10
4	*Macaranga barteri*	Agbosa	Leaves	Grind and soak with local alcohol	4 tea spoon daily	30	20
5	*Xylopia aethiopica (Dunal) A. Rich.*	Igi ibin Eru	Bark Seed	Soak with dry gin for 12-24hrs. decant	1 shot cup twice daily	30	30
6	*Palisota hirsuta(Thunb.) K. Schum.* *Olax subscorpioidea Oliv.* *Heliotropum indica Linn.*	Akeretupon Ifon Atapariobuko	Bark Bark Bark	Cut in pieces and Boil with water	1 tea cup daily	60	14
7	*Desmodium velutinum* *Uvaria chamae* *Xylopia aethiopica (Dunal) A. Rich.*	Emo berodefe Iju igi Eru	Leaves Bark Seed	Soak with water. Decant after 3 days	1 tea cup daily	90	14
8	*Trona* *Citrus aurantiflora (Christm.) Swingle*	Kahun bilala Osan wewe		Grind the potash. Pour the grinded potash in the lime juice.	4 tea spoon daily	30	30
9	*Elaeis guineansis*	Ekuro (25)	Seed	Eat 25 every morning	25pieces		
10	*Azadirachta indica A. Juss*	Dogoyaro	Bark, leaves, Root	Boil the three parts with water for 5minutes, start taking after 3 days	One tea/glass cup. Morning & night	60	7

Table 3: Recipes and the traditional methods of preparing some of the medicinal plants for the treatment of fibroid in Ogun and Osun States. Cont'd

S/No.	Plants	Local name	Parts of plant used	Method of plant preparation	Dosage	Duration (Days)	Shelf-life (Days)
11	*Aristolochia repens Mill* *Citrullus lanatus (Thunb.) Matsum. & Nakai* *Gladiolus daleni van Geel* *Trona* *Mondia whitei* *Curculigo pilosa(Schum.& Thonn.)Engl.*	Akogun Igbeta Bara Alubosa baka Kahun bilala Isirigun Epakun	Root Root Root Root	Heat all the materials. Take with lime juice or local alcohol	One teaspoonful 3-3 days	100	60
	Heliotropum indica Linn. *Carica papaya Linn.*	Atapariobuko Ako ibepe	Root Root	Burn together with local black soap take with local alcohol	4 teaspoons every morning	60	21
12	*Trona*	Kahun bilala					
13	*Musa nana* *Senna alata (Linn.) Roxb.* *Jatropha curcas Linn.* *Solanun aethiopicum*	Ogede wewe Asunwun Igi botuje Igi osun	Fruits Leaves Bark Bark	Cut into pieces and pound together, sieves. Take with local alcohol	4 teaspoons daily	100	30
14	*Volvarieella esculenta* *Jatropha curcas L.,* *Microdesmis puberula* *Xylopia villosa Chip,* *Trona* *Baissea axillaris*	Olu iju Botuje Ako osunsun Eru awonka Kahun bilala Imu nla	 Root Root Pod	Boil with fermented maize water	One tea cup everything	60	10
15	*Blighia sapida* Konig *Xylopia aethiopica (Dunal) A. Rich.*	Igi isin Eru	Bark Seed	Soak with local alcohol for 3 days	4 teaspoons daily	90	60
16	Kigelia africana (Lam.) Benth *Citrullus lanatus* (Thunb.) Matsum. & Nakai *Allium ascalonicum* Linn *Mondia whitei* Xylopia aethiopica (Dunal) A. Rich. *Piper guineense* Schumach. & Thonn. *Tetrapleura tetraptera* (Taub)	Igi pandoro / Pandoro Bara Alubosa Isirigun Eru Iyere Adian	Bark Fruits Tuber Fruits Pod Fruits Fruits	Boil with fermented maize water (omidun)	One tea cup daily	60	10

DISCUSSION

Based on the findings Trado-medical practice is male dominated as it agrees with the findings of (Oyelakin 2009; Ajibesin *et al.,* 2011) who reported that traditional medical practices among the Yoruba ethnic group of Nigeria is dominated by the males due to secrecy in practice and transfer of knowledge from generation to generation. The result also shows that respondents are in their active and productive age which is in line with (Omonike et al., 2010) who also reported a similar observation in his study. Majority of the respondents reported to be educated is an indication that there is a reasonable level of education among traditional medical practicioners and is in accordance with Mussema (2006) who reported that a traditional healer can either be educated or be a layperson with the ability to cure certain ailments. Further result also showed that Euphorbiaceae family had the highest frequency of species followed by family Annonaceae, Leguminiosae, Loganiaceae, and Musaceae. There were various recipe and traditional methods of preparation. The plants parts usually used for the fibroid treatment includes the plant root, bark, leaves, fruits, seeds, extracted juices from the fruits, bulb. Leaves have the highest frequencies plants part used for the preparation of fibroid treatment as observed in both Ogun and Osun States. This is similar to Ogungbenro *et al.*, (2018) who also revealed that different parts of plants such as leaves, bark, root, fruits are used for the preparation of blood-cleansing herbs in Oyo and Ogun States, Nigeria.

CONCLUSION

This study revealed that men have more information about fibroid treatment than the women folk. Different plants species were used for treatment of fibroid in the study areas Euphorbiaceae had the highest frequency of family species used. There is need for proper documentation on medicinal plants used which is at verge of disappearance due to the loss of older generations resulting in knowledge gap and death of information and sustainable utilization of plants.

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