

**Table 3.2 List of single herbal preparations from ethnobotanical survey in Nigeria and their method of preparation /dosage**

S/No	BOTANICAL NAMES (FAMILY)	NIGERIAN NAMES	PARTS USED	METHOD OF PREPARATION	MODE OF ADMINISTRATION AND DOSAGE
1	<i>Acacia polyacantha</i> Willd (Leguminosae:mimosoideae)	Y: Ede H: Farichin	Bark, root	Infusion/Decoction. The dried bark is pounded in a mortar to powder and 5 tablespoonfuls are added to 1 Litre of water. 100g of the fresh bark is boiled in 2 Litres of water as decoction.	Orally. One teacupful is taken twice daily for one week.
2	<i>Anogeissus leiocarpus</i> (DC.) Guill. & Perr. (Combretaceae)	H: Marike Ig: Atara Y: Ainy, Orin-odan	Stem bark or root (Fresh/Dry)	Infusion/Decoction: 5 Tablespoonfuls of powdered stem bark in 1 Litre of water. The decoction is made from 10-15 pieces of dried bark in 2 litres of water.	Orally. One teacupful taken twice daily for 2-3 days (both morning and evening).
3	<i>Boswellia dalzielli</i> Hutch (Burseraceae)	H: Hano Ful: Janauhi Nup: Gogagi	Bark	Decoction/Infusion: The dried bark is pounded into powdered form and 5 tablespoonfuls are added to 1 litre of water. The bark decoction is made by boiling up in large quantity of water to make a wash or for bathing.	Orally; Bathing The dose is one teacupful taken twice daily for 2-3 days. The powdered bark is also taken with pap.
4	<i>Ceiba pentandra</i> L.Gaertn. (Bombacaceae)	H: Rimi Ig: Akpu Y: Araba, Ogungun Nup: Kuchi Urh: Okhakhen	Leaves, Bark	Infusion/decoction: The dried bark is pounded into powder form and 5 tablespoonfuls are added to 1 litre of boiled water. 100g of fresh bark – decoction is made in 2 litres of water.	Orally. One teacupful is taken twice daily for one week.
5	<i>Cleistopholis patens</i> (Benth.) Engl. & Diels (Annonaceae)	Ed: Otu Ig: Ojo Y: Apako	Leaves	Infusion: The infusion made from the leaves is taken in draught.	Orally. One cupful of leaf extract is taken three times daily for 3-5 days.

**Table 3.2 List of single herbal preparations from ethnobotanical survey in Nigeria and their method of preparation /dosage (Continued)**

6	<i>Commiphora africana</i> (A. Rich) Engl. (Burseraceae)	H: dashi Ful: Badadi Kan: Kabi Y: Turari	Bark (Dry/Fresh)	Infusion/Decoction: The dried bark is crushed to powdered form. Then, 5 tablespoonfuls are added to 1 liter of water. 100g of bark decoction is made with large quantity of water.	Orally. The dried powdered bark is eaten as a mash. One teacup is taken twice daily for 4-5days.
7	<i>Guiera senegalensis</i> Lam (Combretaceae)	H: Barbattaa Kan: Kashi Nup: Sabara	Leaves	Decoction or mixed with food preparation.	Orally. One cupful taken twice daily for 2-3 days.
8	<i>Holarrhena floribunda</i> (G.Don) T. Durand & Schinz (Apocynaceae)	H: Bakin mutum Y: Irena	Leaves	Infusion /Decoction: The decoction of the leaves or maceration of the leaves in locally-made 'Palm' wine for 48 hours.	Orally; bathing; steam inhalation. One cupful is taken twice daily for 3-5 days.
9	<i>Isolana campanulata</i> Engl. & Diels ( Annonaceae)	Ed: Aghako-eze	Plant (twig-bark)	Decoction: A decoction of the bark from the twigs is taken in draught.	Orally. One cupful is taken twice daily for 3-5 days.
10	<i>Ozoroa insignis</i> Del. (Anarcardiaceae)	H: Hawayan zaki	Root, bark	Infusion: The root or bark is crushed to powder form and about 5 teaspoonfuls are added to 1 Litre of water and drank as tea.	Orally. One teacupful is taken thrice daily for 2-3 days (both morning and evening)
11	<i>Parinari curatellifolia</i> (Chrysobalanaceae)	H: Rura Y: Idofun Nup: Putu	Leaves, bark	Infusion/Decoction: The infusion is made from the bark. The leaf decoction is used in draught and for bathing.	Orally and Bathing. One cupful is taken twice daily for 3-5 days.
12	<i>Picralima nitida</i> (Stapf.) Th. & H. Dur (Apocynaceae)	Ig: Osu igwe Y: Erin	Bark, root, fruit husk	Decoction: A decoction of the bark is usually drunk as tonic. The fruit shell or husk after removing the outer fleshy layer and seeds is filled with palm wine to absorb the bitter principles.	Orally. One cupful is taken twice daily for 3-5 days.

**Table 3.2 List of single herbal preparations from ethnobotanical survey in Nigeria and their method of preparation /dosage (Continued)**

13	<i>Spondias mombin</i> Linn. (Anacardiaceae)	H: Tsadar masar Urh: Okhikhen Y: Ekikan	Root, fruit	Infusion of the powdered root The fruit are eaten or chewed when ripe and refreshing drink can be made from them.	Orally. One cupful is taken thrice daily for 2-5 days. One teacupful of juice is taken twice daily for 3-5days.
14	<i>Xylopiya acutiflora</i> (Dunal) A.Rich (Annonaceae)	H: Kimba Ed: Aghako Y: Sesedo	Bark	Decoction. A decoction of the bark is made and the extract is taken orally.	Orally. One cupful taken twice daily for 3-5 days.
15	<i>Sansevieria liberica</i> Gér. & Labr. (Dracaenaceae)	H: Moda Y: Oja-koriko Urh: Erevwe-eban	Leaves	Infusion /Decoction: The decoction of the leaves or maceration of the leaves in locally-made 'Palm' wine for 48 hours.	Orally; bathing; steam inhalation. One cupful is taken twice daily for 3-5 days.
16	<i>Rauwolfia vomitoria</i> Afz. (Apocynaceae)	H: Wada Ed: Akata Ig: Akanta Y: Asofeyeje	Leaves, bark	Infusion/Decoction: The dried bark is pounded in a mortar to powder and a handful is infused in 2 Litres of hot water. The bark is macerated and left for 48 hours.	Orally. One tablespoonful of powdered bark in a teacup is taken twice daily for 3-5 days.
17	<i>Erythrina senegalensis</i> A.DC. (Leguminosae: papilionoideae)	H: Majiriya Ig: Echichi Y: Ologbosere	Bark	Decoction: The dried bark is crushed to powder and about 5 teaspoonfuls are added to 1 Litre of water. A decoction of 10-15 pieces (200g) of the fresh bark is prepared in 2 litres of water and allowed to boil for 30 minutes.	Orally. One teacupful is taken twice daily for 4-5 days (both morning and evening)
18	<i>Maranthes polyandra</i> (Benth.) Prance (Chrysobalanaceae)	H: Gwanja kusa Y: Abo-idofun Nup: Abaddina	Bark	Infusion/Decoction: The infusion is made from the dried bark. A decoction of 100g fresh bark is also made in 2 litres of water.	Orally and Bathing. One teacupful is taken twice daily for one week.

**Keys to Nigerian Names:** H (Hausa), Y (Yoruba), Urh (Urhobo), Ig (Igbo), Ful (Fulani), Ed (Edo), Nup (Nupe).

**Table 3.3 List of antimalarial herbal combinations and formulation from ethnobotanical survey in Nigeria**

<b>BOTANICAL NAMES (FAMILY)</b>	<b>NIGERIAN NAMES</b>	<b>PARTS USED</b>	<b>METHOD OF PREPARATION</b>	<b>MODE OF ADMINISTRATION AND DOSAGE</b>
<i>Greenwayodendron suaveolens</i> (Engl. & Diels) (Annonaceae) Verdc.	Y: Agudugbu Urh: Osharo	Leaf, Bark  Seed	Pulp leaves or barks are mixed with the seeds and palm oil.	Topically.
<i>Afromomum melegueta</i> K.Schum (Zingiberaceae)	Y: Oburo H: Chitta Urh: Erhie			
<i>Stereospermum kunthianum</i> Cham. (Bogoniaceae)	Y: Erumyeye Ig: Alakiriti	Bark, Root	Decoction: The decoction is prepared using both barks of plants.	Orally and bathing. One cupful taken three times daily for 3-5 days as adult dose. Half the adult dose often is given to children as drink and for bathing
<i>Dalbergia melanoxylon</i> Guill & Perr. (Leguminosae:papilionoideae)	H: Runhun zaki Y: Ogundu Ig: Obunzizi	Bark		
<i>Crateva adansonii</i> DC (Capparaceae)	Y: Egunorun H: Ungududu Ig: Amakarode	Leaf, Root	The leaves are mixed in soup or with cereal containing a paste of locust bean with salt and pepper. The root is boiled and eaten with guinea corn pap.	Orally. The soup can be drank for a number of times when necessary.
<i>Parkia clappertoniana</i> Keay (Leguminosae:mimosoideae)	H: Dorowa Y: Igba Ig: Ogirili	Whole seed		

**Keys to Nigerian Names:** H (Hausa), Y (Yoruba), Urh (Urhobo), Ig (Igbo)