

Abstract

An ethnobotanical study of medicinal and aromatic plants was conducted in the region of Al-Hoceima (Morocco) to contribute to the knowledge of medicinal species used in traditional phytotherapy by the local population. Using 100 questionnaire sheets, a series of ethnobotanical surveys were carried out in the field during April and May 2019 among ordinary users of the plants. The ethnobotanical survey was carried out using a probability (random) sampling method. The results of this study showed that foliage is the most used part (46%) and the majority of the remedies are prepared as an infusion (46%). Medicinal plants are often used to treat digestive diseases (19%) and 42% of these plants are cultivated. The surveys carried out made it possible to assemble information on medicinal and aromatic plants (the part used and the method of preparation) and on the profile of the informant (sex, age, academic level). Moreover, this study could have a great bibliographical value for scientific research in the fields of phytochemistry and pharmacology.

Results

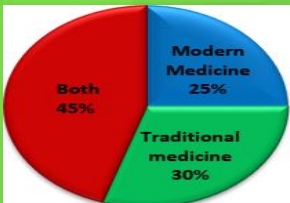


Fig. 1. Choice between traditional and modern medicine

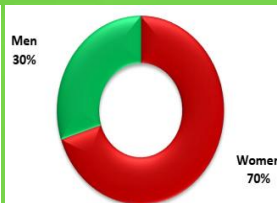


Fig. 2. Use of medicinal and aromatic plants according to sex

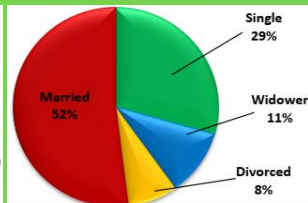


Fig. 3. Use of medicinal and aromatic plants according to the family situation

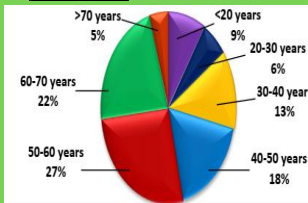


Fig. 4. Use of medicinal and aromatic plants according to age

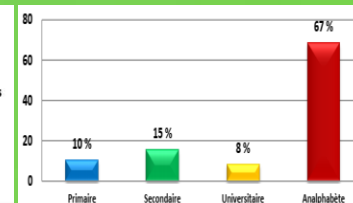


Fig. 5. Use of medicinal and aromatic plants according to the level of study

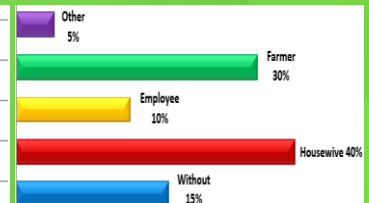


Fig. 6. Distribution of users of medicinal and aromatic plants according to their profession

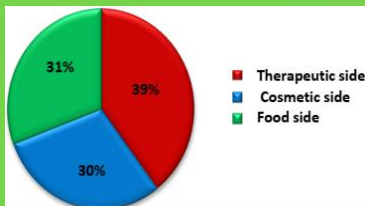


Fig. 7. Field of use of medicinal and aromatic plants

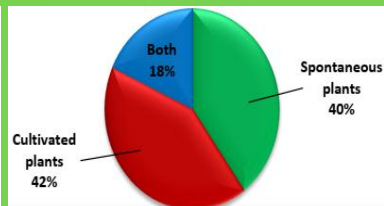


Fig. 8. The proportion of spontaneous and cultivated plants

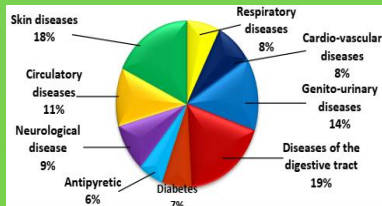


Fig. 9. Diseases treated by medicinal and aromatic plants

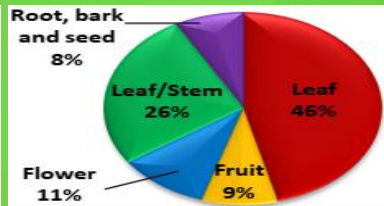


Fig. 10. Used parts of medicinal and aromatic plants

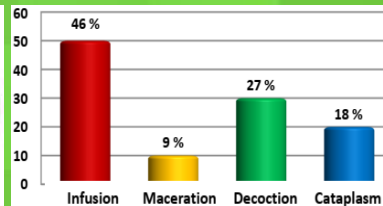


Fig. 11. Mode of preparation of the plants