TREATMENT OF DIABETES AND HYPERTENSION DISEASES USING MEDICINAL PLANTS IN CAMEROON

Nolé Tsabang1, Clement G. Yedjou2, Alembert Tchinda Thiabo1, Gabriel A. Agbor1 and Paul B. Tchounwou3

1Center for Research on Medicinal Plants and Traditional Medicine, Institute of Medical Research and Studies of Medicinal plants, Ministry of Scientific Research and Innovation, Cameroon
2Cellomics and Toxicogenomics Research Laboratory, NIH-RCMI Center for Environmental Health, Jackson State University, Jackson, USA
3Laboratory of Cellular Signaling, Phytoceuticals, Cancer Prevention and Therapies; College of Science, Engineering and Technology, Jackson State University, Jackson, USA

Abstract: Medicinal plants have served as valuable starting materials for drug development in both developing and developed countries. Today, more than 80% of the people living in Africa depend on medicinal plants and animal based medicines to satisfy their healthcare needs. The main goal of the present study was to collect and document information on herbal remedies traditionally used for the treatment of diabetes and/or hypertension in Cameroon. To reach our objective, data were collected from 1131 participants including 70 traditional healers who use medicinal plants to treat many diseases. Among the participants, a total of 182 patients who have been diagnosed at least once by a physician with diabetes and/or hypertension were selected for this study. The selected 182 patients took different varieties of medical plants for a period of 10 days. These medicinal plants were prepared by boiling and administered orally twice a day. As result, 70% of patients were diabetes and/or hypertensive free at the end of 10 days treatment. Some of the medicinal plants were reported to be used in the treatment of malaria, typhoid fever, stomach pains, dysentery, infectious diseases, and sexual weakness. In summary, herbal remedies are commonly used in Cameroon for the treatment of diseases since they are easily accessible and less expensive compared to conventional drugs. Many plants have been recorded and documented for the treatment of diabetes and/or hypertension. The results of this study can stimulate a sustainable development by providing the basis for drugs discovery and by documenting biodiversity for long time exploitation.

Keywords: Medicinal plants, Diabetes, Hypertension,

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