

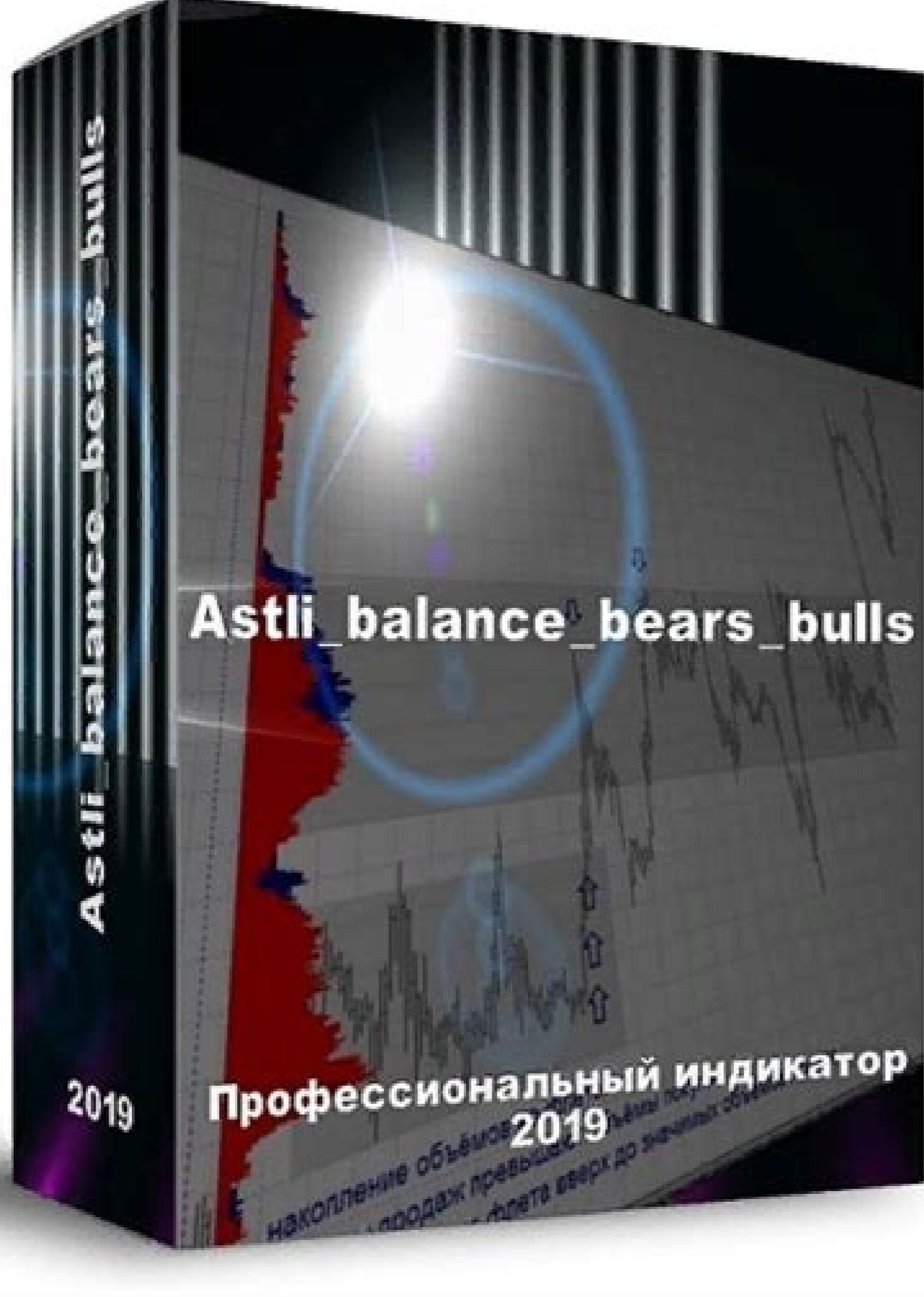


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Azadirachta indica exhibits chemopreventive action against hepatic cancer: Studies on associated histopathological and ultrastructural changes. Antioxidant activity and protecting health effects of common medicinal plants. Phytotherapy research. It helpful in preventing the blockage of arteries that can gradually cause a heart attack or strokeOdugbemi (2006)54Zinger officinale RoscoezingeraceaeGingerGingerRhizomeGingerols, shogaols, zingerone and paradolIt prevents chilblains and circulatory problems such as Raynaud's disease. 1990;14(3-4):183-193. [Google Scholar]18. [PubMed]178. Jung CH, Ahs J, Jeon TI, Kim TW, Ha TY. A home gardening Approach Developed in South Africa to address Vitamin A Deficiency. 2011;1-15. An exploratory ethnobotanical study of the practice of herbal medicine by the Akan Peoples of Ghana. Senegal: University of Dakar; 1975. The role of vitamins in the prevention and control of anaemia. 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FMalvaceaeHorn bean leafEsoketu, Iseketu (Yoruba)Leaves, RootsAlkaloids, Phenols, Fatty acids, Coumarins, Sterols, TriterpenoidsAntipyretic and has inhibitory activity against disease causing bacteriaIroha et al 200939Azadirachta indica A.Juss.MeliaceaeNeemDongoyaroLeavesQuinineAnti-malaria, insecticideLawal et al, 201041Acacia polyacantha Wild.MimosaceaeEdu (Yoruba)BarkAlkaloid, Tannins, Saponins, ResinsAnti-malaria42Pentacletha macrophylla BenthMimosoideaOil bean treeIgbo: ugba, ukpaka, apkaka Ijaw: ukpakara Yoruba AparaLeavesSaponin, tannins, paucineAnticarcinogenicOnwukaeme (1993)43Artocarpus heterophyllus LamMoraceaeJack fruitFruitsdihydromorin, steppogenin, norartocarpentin, artocarpanone, and artocarpesinAnti-ulcerLawal et al, 201044Moringa oleifera Lam.MoringaceaeDrumstick treeMoringa Leaves, SeedsSaponins, Riboflavin, SterolsAntioxidants, antimicrobialOdugbemi (2006)45Passiflora foetida LPassifloraceaeStinking passion flowerNine-nineRoots, Leaves, Fruitschrysospermiol, apigenin, luteolin, kaempferol, isoschaftoside, 2'-xylosylvitexin, isovitexin and vitexinAntispasmodic, antibacterial, antihypertension, antiproliferative activity on human breast adenocarcinomaMoongkarndi et al., 200446Cymbopogon citratesPoaceaeLemon grassKooko oba (Yoruba) Isauri (Hausa), Achara ehi (Igbo Ikon (Efik).LeavesEssential oils (e.g Citral), Limonine, Camphene, citronella, Geraniol, Alkaloids.Anti-malaria.Odugbemi (2006)47Piper guineense SchumPiperaceaeAfrican black pepperIyere, Ata-iyere (Yoruba)Fruits, Leaves, Seedsalkaloidal amides (Piperanine, dihydrowasanine, isobutyl-(E,E)-2, 4-decadienamide)Antipyretic, Antiemetic, antiparasitic, antimicrobial and antifungal activitiesNgane et al., (2003); Ekanem et al., (2004)48Piper nigrum L.PiperaceaeBlack pepperUziza (Igbo), Iyere (Yoruba), Masoro (Hausa)Fruitseugenol, kaempferol, myrcene, piperine, quercetin, chavicine and rutin black pepper. 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KurzaApocynaceaeSerpent woodAsOfeyeje (Yoruba), Akata (Igbo)Leaves, SeedsReserpine, deserpidine, rescinnamine, yohimbineAntihypertensiveKokwaro, (1993); Sofowora (2008)10Cryotolopsis sanguinolenta (lindl)ApocynaceaeIgbo: oba Yoruba: igisobaFruithydrocyanic acidsAnti-tumor, anti-inflammatory11Aristolochia albida DuchartreAristolochiaeaeDutchman pipeHausa :duman dutse,Igbo:isi okuko, Yoruba:para n funfunrootAristolochic acids, aristolachine, aris tinic acids, aristidinic acidsAnthelmintic, anti-inflammatoryOkujagu (2008)12Ageratum conyzoides L.AsteraceaeGoat weedimiesu (Yoruba)Whole plantPhenols, AlkaloidsAntimicrobial, anti-inflammatory, anti-allergic properties.Kokwaro (1993)13Kigelia Africana (Lam.) BenthBignoniaceaeSausage treePandoro (Yoruba) Ishi (Igbo), Rahaina, nonon giwa (Hausa)Bark, Seed.Naphthoquinones, Iridoids, Anti-malaria14Adansonia digitata L.BombacaceaeBaobab, Monkey breadKuka (Hausa), Osa (Yoruba) Osi (Edo), Oyili-akpu (Igbo), Kuwa (kanuri)Root, bark, seed, leaves, flower.Hydroquinone, proanthocyanidinsAnti-inflammation15Afzelia africana SmithCaesalpiniaceaeHausa: kawo Igbo: Akpalata Yoruba: Api Ed: Ariyan Efik: Enyi mbukpoBarkAlkaloids, TaninsAntihelminticOkujagu (2008)16Cassia alataL.CaesalpinaceaeCassiaAsunran (Yoruba)LeavesAlkaloids, Saponins, Tannins, anthracionones and carbohydratesAntiseptic, laxative and it also inhibits fungal growthGill (1992); Sule et al (2010)17Cassia toraCaesalpinaceaeHausa: Talasa Yoruba AborereWhole plantTannins, Alkaloids, Anthraquinones, Glycosides, Oil, Hydrocyanic acid, fatty acidAntimicrobial ActivitySofowora (2008)18Daniella oliveri (Rolle)CaesalpiniaceaeBalsam treeHausa: maje Igbo: Agba Yoruba: Ojia, iyaGum of barkAlkaloid, Essential oil, tannin and oleoresinAnti-parasiteOnwukaeme (1993)19Cleome viscosa L.CapparidaceaeSpider plantHausa :tafarmuwan,Igbo:k eeren kerem, Yoruba a:ekuyaSeeds, rootCoumarinolignans, cleomiscosin, marcocyclic diterpenesAntiscorbutic,anthelminticOkujagu (2008)20Carica papaya L.CaricaceaePaw pawIbepe (Yoruba)Fruits, latex, leavesAlkaloids, Flavonoids, Triterpenesanthelmintic, antifungalGill (1992).21Bryophyllum pinnatum Lam OkenCrassulaceaeRessurection plant, Life plantEru-odundun, Abomoda (Yoruba), Odaa opue (Igbo)Leaves, Roots, Leaf sapalkaloids, flavonoids and essential oilsAntifungal, Antimicrobial, Anticancer. [PubMed] [Google Scholar]38. [Google Scholar]64. 2012;67:75-139. 2003;78:517-520. Nutr Cancer. [PubMed] [Google Scholar]5. Cancer Research. African Journal of Pharmacy and Pharmacology. 1999;135(2):151-157. 2010;19(3):330-334. In: Thompson B, Amoroso L, editors. aromatic substancesantibiotic, bacteriostatic, fungistaticOdugbemi (2006)37Hibiscus sabdariffa L.MalvaceaeRed SorrelYakuwa (Hausa), Karasu (Kanuri), Tabwa (babur)Whole plantProtocatechuic acidAnti-malaria38Sida acuta Burm. 2011;36(1):55-63. Evaluating health promotion-progress, problems and solutions. The Common Risk Factor Approach: a rational basis for promoting oral health. Hirayama T. 2009;179(2-3):131-144. [PMC free article] [PubMed] [CrossRef] [Google Scholar]116. Chemico-Biological Interactions. Brazzaville: 1976. 2010;1(2):14. Morse MA, Stoner GD, Shenouda NS, Sakla MS, Newton LG, Besch-Williford C, Greenberg NM, MacDonald RS, Lubahn DB, Dong H, Bai LP, Wong VK, Zhou H, Wang JR, Liu Y, Jiang ZH, Liu L. [PubMed] [Google Scholar]Page 2plants with potentials in preventive medicine practiceS/NoPlantFamilyCommon NamesLocal NamesParts UsedChemical ConstituentsActionReferences1Hygrophila auriculataAcanthaceaeIndian paint brushHausa: zazargiwa, kayarukumiWhole plantSteroids, AlkaloidsAntibioticOdugbemi (2006)2Peristrophe bicalyculataAcanthaceaeTabanin dawaki, hargowandokiWhole plantAlkaloids, Essential oils, Fatty acidsAntimicrobial, it prevent TuberculosisOkujagu (2008)3Amaranthus spinosus L.AmaranthaceaeThorny pig weedHausa :zaaki banza mai kaya, Igbo:ine ogwu,yoruba:tete kekereweWhole plantTannins,saponins,amino acids,methyl derivative,cholesterol, oleanolic acid,stigmastanol,camp esterolAntipyreticOkujagu (2008)4Celosia isertii C.C. TownsendAmaranthaceaeHausa: Nannaho Igbo: Eli-emi Onu Yoruba: AjifowoWhole plantAmaranthin celosianin BetaninAntihelminticOkujagu (2008)5Mangifera indicaAnacardiaceaeMangoHausa: mangware Igbo: mangoroStem bark, leaves, fruitMangiferineAnti-emetic, Anti-inflammatoryOkujagu (2008)6Spondias mombin L.AnacardiaceaeAkika (Yoruba), Ijikere (Igbo)LeavesTannins, phenolic esters, Alkaloids, saponinAntiviral AntibacterialOkwu and Okwu (2004)7Xylopia aethiopica (Dunal) A. Nigeria: University of Benin press; 1992. Burkhill HM. Fishman SM, Christian P, West KP. Assessment of the medical benefit in the folkloric use of *Bryophyllum pinnatum* leaf among the Igbos of Nigeria for the treatment of hypertension. [PubMed] [Google Scholar]44. Iron-deficiency anemia: reexamining the nature and magnitude of the public health problem. 16th Edition. Gibson RS, Hotz C, Yasukawa K, Demirjianic SM, Evans FJ, Kawabata S, Takido M. Fitoterapia. Onion and garlic oils inhibit tumor promotion. 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[PubMed] [Google Scholar]95. [PubMed] [Google Scholar]27. Oncology Research. SchumSterculiaceaemonkey colaObi-edun (Yoruba)Fruitsphytosterols, polyphenols (tannins, flavonoids), saponins, alkaloids, saponin glycosides, steroids and triterpenoids, glycosides, hydrolysable tannins, phenols and volatile oilsAntiviral, reduces the low density lipoprotein, i.e. the cholesterol involved in depositing fat in the Arteries prevent blood clotting which can reduce risk of heart attack or stroke.Lawal et al, 201053Curcuma longa L.ZingiberaceaeTumericTumericRootsCurcumin, Tumeric oils, TerpenoidsIt prevents cancerous growth. Ethnomedical uses of plants in Nigeria. [PubMed] [Google Scholar]14. [PubMed] [Google Scholar]66. Oncol Lett. J Vet Adv. Acta Crystallogr C. Gill LS. [PubMed] [Google Scholar]52. Medicinal Plants of East Africa. 2011;3(3):361-367. 1999;2(2) Issue of August 15, Available on line at [PubMed] [Google Scholar]39. 2002;14:319. 1996;60(1):1-8. 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