

FONDS POUR L'ENVIRONNEMENT MONDIAL
FOUR INVESTIR DANS NOTRE PLANÈTE



JOKKOO

Agence de consulting et d'Exécution

Indigenous Community Conserved Areas Global Support Initiative ICCA-GSI-PHASE 2

TRANSMISSION OF TRADITIONAL MEDICINAL KNOWLEDGE

Directory of medicinal plants

used by APAC Lowé communities
in Sédhiou Region. Senegal



March 2022

Directory of medicinal plants

Any plant heals.
Whether we know it or not.

Local wisdom.

Tabanani leaf and flower



**THIS DIRECTORY HAS BEEN PRODUCED BY JOKKOO CONSULTING AS PART OF THE
Project for the involvement of APAC Lowé communities in the anti-COVID 19 response
through the transmission of traditional medicinal knowledge
PMF/FEM Sénégal- ICCA-GS1-PHASE 2.
Projet SEN/SGP/0P7/Y1/ICCA-GSI-COVID/2021/01**



DIRECTORY SUMMARY

I. Foreword.....	5	34. kokko.....	43
II. Acknowledgments	6	35. kolle.....	44
III. Introduction.....	7	36. Kulule.....	45
IV. Presentation of identified plants	8	37. Laaj.....	46
1. Aalaale.....	10	38. Lammude.....	47
2. Bani.....	11	39. Leemuna.....	48
3. Bisaki.....	12	40. Lengey.....	49
4. bokki.....	13	41. màngorayyi.....	50
5. Carke.....	14	42. Mbante.....	51
6. Ceekeeje.....	15	43. Ñebedaay.....	52
7. Ciidii.....	16	44. Netii.....	53
8. Ciŋŋoole.....	17	45. Ngeloode.....	54
9. Diiŋaali.....	18	46. Norowaaye.....	55
10. Doktoor.....	19	47. Pellete.....	56
11. Dooge.....	20	48. Saalaa nommboo.....	57
12. Doole.....	21	49. Safatoo.....	58
13. Dubbe.....	22	50. Sammba siññiŋ.....	59
14. Dukumi.....	23	51. Tabayy.....	60
15. Duuki.....	24	52. Tadde.....	61
16. Fajuraande.....	25	53. Tenten notaraŋ.....	62
17. Gaŋ.....	26	54. Tuubaataba.....	63
18. Gawdi.....	27	55. Usde.....	64
19. Goyaab.....	28	56. Uski.....	65
20. Jabbi.....	29	57. Wuuluunde.....	66
21. Jaansajulu.....	30		
22. Jayna.....	31		
23. jóówi.....	32		
24. kaakum cooye.....	33		
25. kafafe.....	34		
26. kahi.....	35		
27. kappe.....	36		
28. katijaŋkume.....	37		
29. keeleele.....	38		
30. Keli.....	39		
31. Keng.....	40		
32. kewending.....	41		
33. kojole.....	42		

APPENDICES

- Presentation of the Jokkoo Consulting and Execution Agency.....67
- Glossary / list of the plant names used in the directory67
- List of people consulted.....68
- webliography.....69

I - FOREWORD

Paleontological, archaeological, ecological, botanical and ethnographic data show that the use of medicinal plants has always been concomitant with the collection and picking of plants intended for food. Populations are said to be traditional when they primarily live on natural resources that allow them to safeguard subsistence agriculture and the peasant seeds associated with it.

The Lowé communities targeted in the context of this APAC project are no exception to the existential rule of living in harmony with the environment so as to benefit from its cosmological teachings that help us understand the language of trees from which we learn about the past and wisdom of the world.

This directory of medicinal plants, reflects a personal commitment of its initiators, but also, the true generosity of the rural communities who readily shared the knowledge and know-how inherited from the local therapeutic tradition, as a community contribution to the response efforts to Covid 19.

The data were collected through interviews and focus groups. They provide us with a corpus of remedies for the treatment of headaches, general fatigue, anorexia, respiratory tract conditions, flu, among others.

A scientific look at these raw data, could reveal at the end of an applied research, the preventive and curative effectiveness of these remedies for Covid 19. Youyou Tu, 2015 Nobel Prize in Medicine, was able to carry out his laboratory work on *Artemisia annua*, because he tapped from the Chinese rural populations' traditional treatment of malaria. It is no coincidence that in China, during the Covid-19 epidemic, more than 85% of patients used plants from traditional medicine, and that 40 to 60% successfully combined natural treatments and conventional drug treatments.

On behalf of the practitioners of traditional African medicine, I am pleased to encourage the innovative and supportive spirit of the initiators of this modest work whose implicit plea is to claim that solutions to local people's health are under our noses. Ultimately, it is a duty of scientific sovereignty to support traditional medicine and its herbal solutions to Covid 19.

Charles Katy
Chairman of the Advisory Committee
Traditional Medicine Program
West African Health Organization



II - ACKNOWLEDGEMENTS

Our thanks go first to the UNDP (United Nations Development Programme) via the GEM-FP (Global Environment Facility Microfinance Program) and their partners for trusting, supporting and backing us within the framework of the Global Support Initiative for Areas and Territories of Indigenous Community Heritage.

We are also grateful to the populations of the APAC villages of Lowé, Diallocounda, Medina France, Kanicounda, Boudouck, Dato alpha Mamadou, to women's groups, healers, religious leaders, informants and various stakeholders, administrative, customary and religious authorities, agents of the Water and Forestry services, the staff of the Diallocounda health post and all the development actors in the area.

We would like to express our heartfelt thanks to :

Imam Mamadou Seydou Diallo, Chairperson of the APAC of Lowé who played a major role in facilitating the process, and also to all the members of the APAC, for their decisive role in this work.

Mrs. Anta Diallo, Midwife, former Head Nurse of Boggal, for her precious contributions.

Mr. Charles Katy, former Program Officer and Research Socio-anthropologist, expert in medicinal plants, Organisation Ouest Africaine De La Sante (OOAS). Senegal for his decisive contribution.

We would like to express our deeply fit gratitude thanks to the forestry experts who mad eour access to scientific data easier, namely : Captain Antoine Mendy, Coordinator of the Forestry Seeds National Program, Warrant Officer Dieynaba Diallo, Forestry Seeds National Program, Abdoul Mbaye, forestry worker and resarcher, retired from ISRA.

We are also grateful to all the botanists, plant specialists, agricultural technicians from the Hann Park Botanic Garden, IFAN Dakar, the Faculty of Science of Cheikh Anta Diop University in Dakar, the CIFOP agriculture department. They contributed to the improvement of this work.

The members of the research team who took part in the production of this directory, namely : Djiby sow, Mamadou Signaté, Mansour kébé, Mody Bocoum.

Our deepest gratitude goes to all those who contributed to the achievement of this document.

III - INTRODUCTION

This work is primarily intended for the populations of the Lowé area and surrounding villages, for practitioners and experts in traditional medicine. It is also aimed at health professionals and actors: doctors, pharmacists, midwives, “bàjjenu gox” (community counsellors), health workers. It offers a wide range of information to students, researchers, local and national authorities, executives of NGOs or Community- Based Organizations (CBOs) active in the promotion of traditional medicine.

The study was carried in villages around the Lowé community forest in Sédhiou region in southern Senegal. This reserve is a 385 hectare green belt, stretching up to the Gambia border. The APAC (Aire et territoire du Patrimoine Autochtone Communautaire) and the Lowé forest (Lowé meaning place where we keep the secret), cover 6 hectares of it. The APAC was created in December 2010 by the Association of Volunteers for the Protection of the Environment (AVPE), with the support of the GEF.

We chose to start this directory with the names of the plants in the Fulani language, which is the most widely spoken in the places we visited. However, we have looked for their equivalents in other local languages, as well as international languages such as French and English. We have also provided the scientific name and the herbarium number used for the country classification. The addition of plant photographs is meant to facilitate the identification of the plants.

To face the COVID 19 pandemic outbreak in late 2019, the Senegalese officials consulted the federation of traditional medicine practitioners to find a solution to the pandemic. Their purpose was to try foreign therapeutic products that might prove efficient but also to tap from local knowledge and plants to face the pandemic. This work stems from the same rationale.

Despite its modest size, the document does not solely deal with remedies against covid19 or address its symptoms. It also offers a wide range of plants identified or used by local populations to prevent and cure various diseases, ward off evil spirits or heal wounds.

We also wanted to save from oblivion the medical practices that successive generations passed on by word of mouth, and which have always provided well-being and proved as successful solutions to health problems. The intellectual property of this directory belongs, however, to the community of the APAC of Lowé, heir of the traditional therapeutic knowledge and guardian of the ancestral, cultural and religious knowledge, tradition and knowhow.

May this inventory of medicinal plants be useful for current and future generations!



IV - INVENTORY OF MEDICINAL PLANTS IDENTIFIED IN THE AREA.



N°1 - Aalaale

Fulani : Aalaale

wolof : Fuuf.

seereer : Kuf, Kuk.

bambara : joro

joola : fu jaray

French : Arbuste à serpent.

English : Violet tree.

Botanical name : Securidaca longepedunculata

Symptom a : Leg or limb pain.

parts used : Root, leaf, trunk bark, root bark.

How to proceed :

Cut the roots into small pieces. Boil them. Add salt. Leave to cool for a while, soak a cloth in the liquid and massage the painful leg, in the morning and in the evening.

Symptoms : b : Lack of appetite, cold, exhaustion, sore throat, pain in any part of the body, toothache.

How to proceed : Dry the roots in the sun. Then crush them into powder. Add a pinch of the powder to hot water. Apply to the painful part, twice a day : at dawn and in the evening.

Symptom c : Snakebite.

How to proceed :

1. Use the leaf or bark. when bitten by a snake, add a pinch of leaf or bark powder to hot water. Drink a coffee mug three times a day. Wash the snakebite with the water and spread powder on the bite. The powder drives out the venom.
2. **Root** . Boil the root and drink a coffee cup of the infusion three times a day.
3. **Root** . Grind the fresh root and rub the substance on the snakebite.

OTHER NON-MEDICAL USES.

- When left in the house, the plant branches or leaves scare away snakes.
- When on a journey, cut leaves from a violet tree on the roadside, put them in your pocket. You will have a safe and fruitful journey.
- If you put violet tree leaves on the goods you sell, business will boom.

Note that the plant parts must be picked on Thursday or Monday, at dawn or dusk.

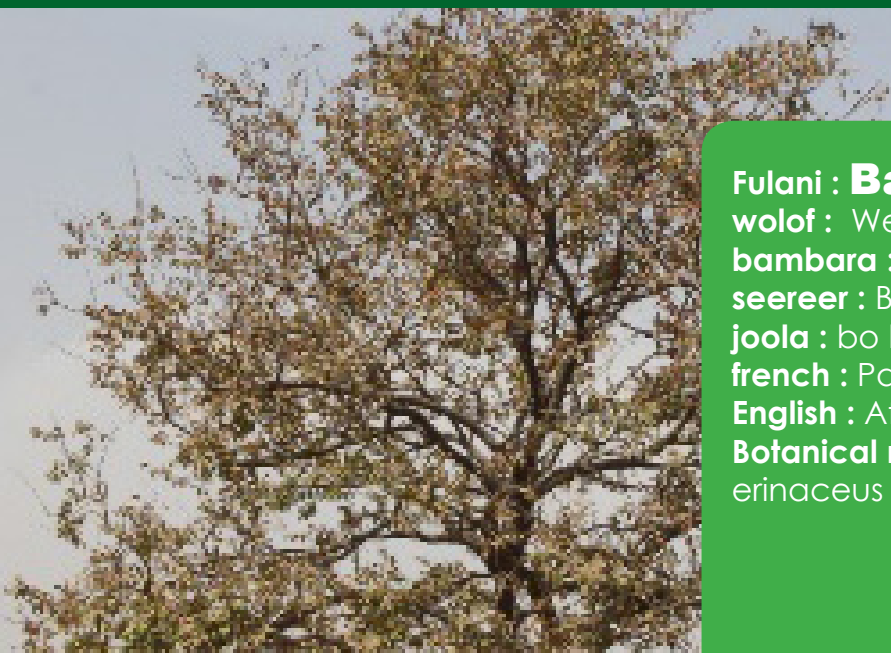


bark



tree bark

N°2 - Bani



Fulani : Bani

wolof : Ween

bambara : Mgeeni

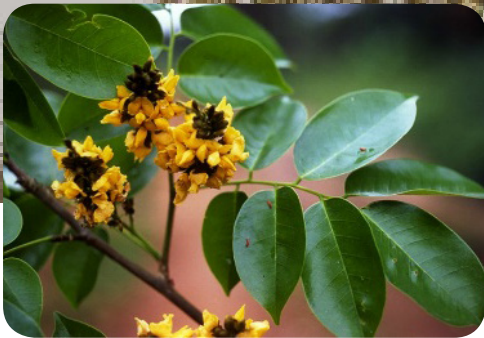
seereer : Ban

joola : bo kon

french : Palissandre du Sénégal

English : African rosewood

Botanical name : Pterocarpus
erinaceus



flower



leaves



trunk bark

Cases : Lack of vitality, impotence, joint pain, revitalizing new mothers, protection of newly circumcised boys against demons, diarrhea, dysentery, insomnia, fever, eye conditions, respiratory disorders, wounds, intestinal worms.

parts used : trunk bark, root, leaf, stem bark.

How to use the plant parts :

- **Bark, root .** To regain strength, boil the bark, or soak the bark or root in water and let decoct. Have a mug of the decoction in the morning and another one in the evening. Skip a day and resume the next day.

NOTE :

1. For women who have just given birth and need to regain vitality, steep the bark in water, add a silver ring, a cotton flower, and let the new mother use the decoction for her bath.
 2. For newly circumcised boys, steep the bark in water. Let them use the water for baths.
- Newly released prisoners follow the same process as new parturients.

N°3 - Bisaki

Fulani : **Bisaki**

Wolof : sanfilo

Sooce : bissako

mandingue : Bissago

Bambara : saawan

Botanical name : *Bridelia micrantha*

Used to cure female infertility

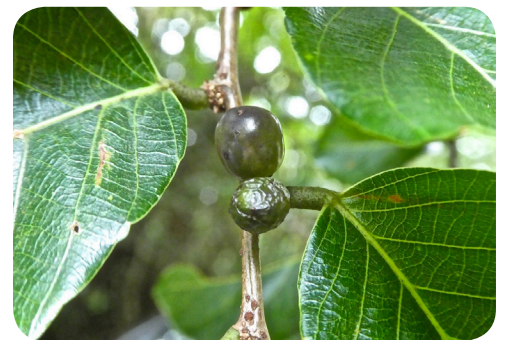
Plant part : roots

How to use the plant part : steep the root in water and drink one cup in the morning and another one in the afternoon for 7 days.

During treatment, do not eat fatty meat, palm oil or peanut oil. The root can be eaten raw during the day **but not at night.**



leaves and fruit



leaves and fruit



leaves and fruit

N°4 - Bokki



Fulani : Bokki

wolof : Guy

seereer : B`ak

joola : Bu Bak

french : baobab

English : baobab

Botanical name : Adansonia digitata



flower

Symptoms : toothache, fatigue, fever, cold, parasitic infection, diarrhea, abdominal pain

parts used : Leaf, fruit pulp, bark of the tree, bark of the stem and root.

How to proceed:

For body aches and fever, boil a handful of leaves and drink two or three times a day.

Leaves can be dried and crushed into The fruit (*buy in wolof*) powder (the Wolofs call this powder *laalo*). The laalo is added to couscous to make swallowing it easier. It improves eyesight and its regular consumption prevents blindness.

The bark. To stop toothache, boil the bark and use it as mouthwash, three times a day.

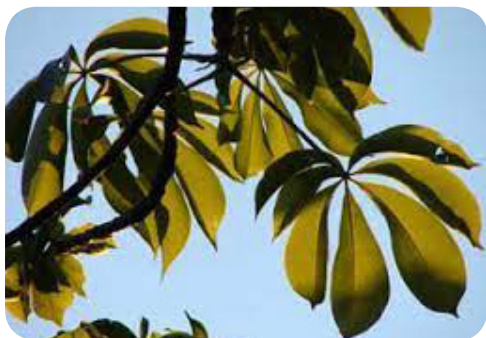
The fruit (*buy in wolof*). In case of diarrhea, soak the fruit in water. The decoction will stop the child's or adult's diarrhea.

The root is used to treat prostate adenoma .

The root is used to treat prostate adenoma . Take a handful of pieces of roots. Soak them in a bottle of water. Drink at will for 8 days. Add water every time. Repeat the treatment every 2 or 3 months.

Use the root to get a spouse .

Cut the root of a baobab tree that crosses a path, soak it and use the water as bath water. Any man or woman who does so will have a wife or husband.



leaves



tree

N°5 - Carke

Fulani : **Carke**

wolof : silaal

Seereer : Ken

Bambara : Fufu

Joola : bumacaab

Botanical name : *Holarrhena floribunda*

symptom : male impotence

plant parts used : bark, roots

how to use the plant parts:

Scrape off the bark. Dry and then pound it. Add the powder to your food.

Use carke root. Steep it in water together with the roots of the following plants : **ngoorwaye**, **samba siññin** and **boodi**. Drink the infusion to regain vitality.



flowers



flowers



leaves



N°6 - Ceekeeje

Fulani : **Ceekeeje**
Wolof: Gang
Botanical name : *focus*
sycomoris

Symptoms : Cold, dizziness, anemia

parts used : leaf, fruit

Process :

1. Dry the leaves and use as herbal tea at will.
2. Dry the leaves and then boil them. Serve the patient a mug of the decoction at breakfast and another cup after dinner.
3. Dry the fruit, pound it into powder, dilute it in water. Drink at will.

Note. Best time for picking : **in the morning** after sunrise



fruits



leaves



flowers

N°7 - Ciidii

Fulani : Ciidii

Wolof : Salaan

Seereer : ndamol

French : Euphorbe de cayor

English : Balsam spurge, sweet tabaiba

Botanical name : Euphorbia balsamifera

Symptoms : Exhaustion, stomach aches, dysentery, constipation, to drive out demons, headaches, dizziness, male sexual dysfunction

parts used : Bark, root, leaf, stem, sap.

Process :

- To treat fatigue, cut pieces of bark, dry them and pound them into powder. Add the powder to bath water twice a day, in the morning and in the evening before going to bed.
- For stomach aches, cut the root into small pieces. Soak in water. Take a full teacup three times a day (at dawn, mid day and in the evening).
- Against diarrhoea, make a cut on the stem, collect the sap, dry it, pound it into powder. Add the powder to your food. You can also dry the leaves, pound them and then add the powder to your food.
- To prevent toothache, use a piece of the stem to brush your teeth.
- For male sexual dysfunction, boil the root, then add salt to the decoction. Drink it in the morning and at night before going to bed. You can also boil (or soak) a handful of leaves in water and use it as a drink.
- The roots are used against syphilis and skin diseases
- To stop headaches, put leaves in a piece of red cloth and tie it to your head.
- Use leaves to fumigate the house. This will drive evil spirits away
- Use the sap, in a censer and inhale the smoke to drive demons away.
- Make an infusion of the leaves for washing wounds.

NOTA BENE : The plant parts should be picked on Monday or Thursday, in the morning.

Side effects : constipation, hypoglycaemia.



leaves



Plant

N°8 - Cingnoole

Fulani : Cingnoole
Wolof : Soon
Soose : Bemboo
French : Lannéa acide
or raisinier
Botanical name : Lannea acida



fruits



bark



tree

Symptoms : Vaginal polyp, constipation,

Plant part : bark.

Process :

Soak the bark in water and drink at will. Add water when the quantity decreases.

N°9 - Diinjaali

Fulani : **Diinjaali**

Wolof : Dibutool bu goor

Bambara : buréké

Joolaa : bu gnabounad

Seereer : Mposs

Botanical name: Gardenia ternifolia



Symptoms : tremors, attack of demons, abdominal pain, heals everything.

parts used : Fruit, leaf

Process :

1. Put the fruits in the four corners of the room to drive away the demons.
2. Burn the leaves and inhale the smoke to be free from demons,
3. Boil the fruit. Take a cup of the decoction daily for three days. Use it for three days.
4. In case of mouth or gum infection (**nguuraan in Wolof**), cut the fruit, steep it in water to make mouthwashes.



flower



fruits



tree

N°10 - Doktor

Fulani : **Doktoor**

Wolof: Doktoor

French : Vernonie commune

English : Common ironweed

Botanical name : Vernonia
amygdalina

Symptoms : Fatigue, Infection, All types of diseases and infections

Part used : leaf.

Process :

1. Boil three leaves in water. Take a full teacup every other day. You can add sugar.
2. In case of injury, put the sap on the wound to heal it. It is a little painful.



flower



leaves



leaves

N°11 - Dooge

Fulani : Dooge

Wolof : Rat

Bambara : Agara

Seereer : yay

Joolaa : kalaakudun

manding : jaabakat

French : bois d'éléphant,
chigommier

English : elephant wood

Botanical name : Combretum
glutinosum.

Symptoms : Heals all diseases including vertigo, hemorrhoid, cancer, constipation, bloating of the stomach, stomach aches, improves vision, heals new wounds, yellow fever, used as a vermifuge worms, urine retention, malaria, cough, used as depurant.

Plant parts : Leaf, stem, root

Process :

Leaves . Take three small handfuls of leaves from the plant, soak them in water, add **ngeer** leaves (three small handfuls) and use the solution for drinking and washing.

Stem : Against nervous breakdowns. Soak in water. Drink a full mug, 3 times a day for 1 to 2 months.

Note that there are two varieties. The female plant is better. The male plant bears thinner leaves. You can use the green leaf or the dried one.

1. Boil a handful of leaves. Leave to cool, then pour the liquid into a bottle. You can add sugar to it. In case of constipation, drink it three times a day. If you have constipation again, you can repeat the whole process.
2. To cure oral infection, brush your teeth with the stem .
3. Chew the stems and swallow the sap.
4. To heal a wound, chew the stem and spread the paste on the wound. This stops the bleeding and heals the wound.



flower



leaves



leaves

N°12 - Doole

Fulani : **Doole**

Wolof : Danq

Bambara : Tambadala

Seereer : Ndanh

French : Petit détar

Botanical name : *Detarium microcarpum*

Symptoms : chest pain, headache, rheumatism, itchy eyes

parts used : bark, leaf

Process :

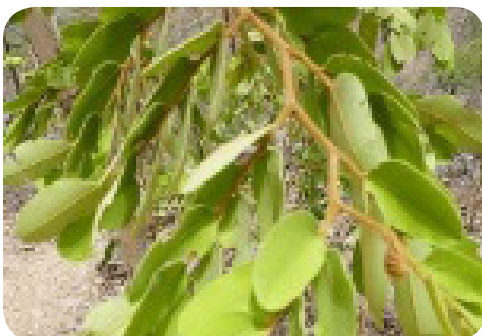
1. **Bark.** For diarrhea or rheumatism cases, scrape off some bark, dry it and then pound it into powder. Mix the powder with water and drink it.
2. **Leaves.** Same process as with the bark to cure gonorrhoea, dysentery, hemorrhoids.



fruits



leaves



leaves

N°13 - Dubbe

Fulani : Dubbe

Wolof : Ron

sooce : Sibi

seereer : ndof

joola : jul

Bambara : sebe

French : Rônier

Botanical name : Borassus
Aethiopium

Symptoms : Joint disease, sore elbow or knee.

Scientific name : Borassus Aethiopium

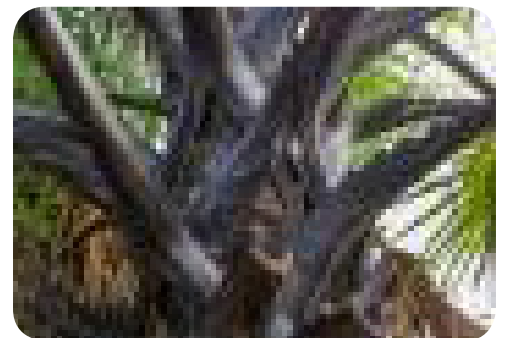
Part used : leaf.

Method : You can use the green leaf or the dried one.

1. Tie a handful of green or dry leaves to the painful joints to stop the pain.
2. Steep the leaves in drinking water. Drink, 3 or 4 times a day.



fruits



bark



tree

N°14 - Dukumi

Fulani : Dukumi

Wolof : Ndugóór

seereer : ndong

Bambara : ndanga

joola : Bou

Mandingo : Sunk

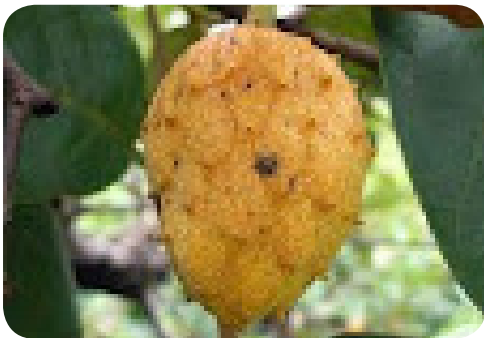
French : Pomme cannelle du Sénégal

English : African custard apple

Botanical name : Annona senegalensis



fruit



fruit



fruit

Symptoms : Diarrhea, Malaria, Dysentery, Worms, Respiratory Infections, Toothaches, demon attack.

parts used : fruit , leaf, root, bark.

Process :

Leaves . To drive away demons, put the leaves in a censer and inhale the smoke. The roots can be used for baths.

Root, bark .

1. Against worms, respiratory infections, toothaches,
2. Mix pieces of root bark with millet, and put them in different places in the house. This drives away snakes.
3. The root can be used to stop stomach aches.

N°15 - Duuki

Fulani : Duuki

Sooce : Buloo

Bambara : Dugura

French : Pomme du Cayor

Botanical name : Cordyla pinnata

Symptoms : Back pain, stomach aches, worms, malaria prevention.

parts used : Bark, fruit.

Scientific name : Cordyla pinnata

How to proceed : Pick the fruit or scrape off the bark in the daytime at around 8 a.m. or in the afternoon, after 6 p.m.

1. For back pain, soak the bark in water and drink the liquid. You can drink it at will without any addition. It takes away the pain.

CAUTION : side effects may include vomiting or diarrhea.

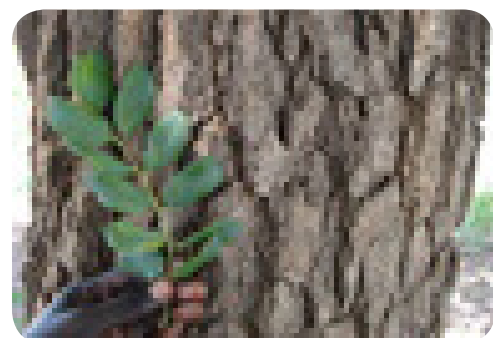
2. In case of stomach aches, soak the bark in water for one or two days. Take a full teacup of the decoction twice a day.
3. In case of diarrhea, the patient should eat the kernel of the nut. It stops the diarrhea.
4. You can remove the core of the fruit and use the pulp to make couscous sauce (mbuum).
5. To get rid of parasites, take a cup of coffee in the morning on an empty stomach.
6. In case of injury, scrape the upper bark of the tree, mix with pepper and soot, then apply to the wound. It heals the wound.
7. To prevent malaria during the rainy season, eat the fruit.



tree



fruits



trunk bark

N°16 - Fajuraande



Fulani : **Fajuraande**

Wolof : Fayar

Bambara : tiribara

joola : bubamb

Botanical name :

Cochlospermum ssp



flower

Symptoms : Breathing problems, yellow fever, constipation, lack of appetite,

Part used : root

Process : Dry the roots, pound them into powder and sprinkle the powder on your food.



branches



flower

N°17 - Gaṇ

Fulani : Gaṇ

Wolof : Gaṇ

seereer : Ndun mas

Bambara : Toro

Joola : Bu pundu

French : Figuier sycomore

Botanical name :

Ficus gnaphalocarpa

Symptom : Cold

Part used : leaf

Process : dry the leaves, use them to make herbal tea. Drink at will.



fruits

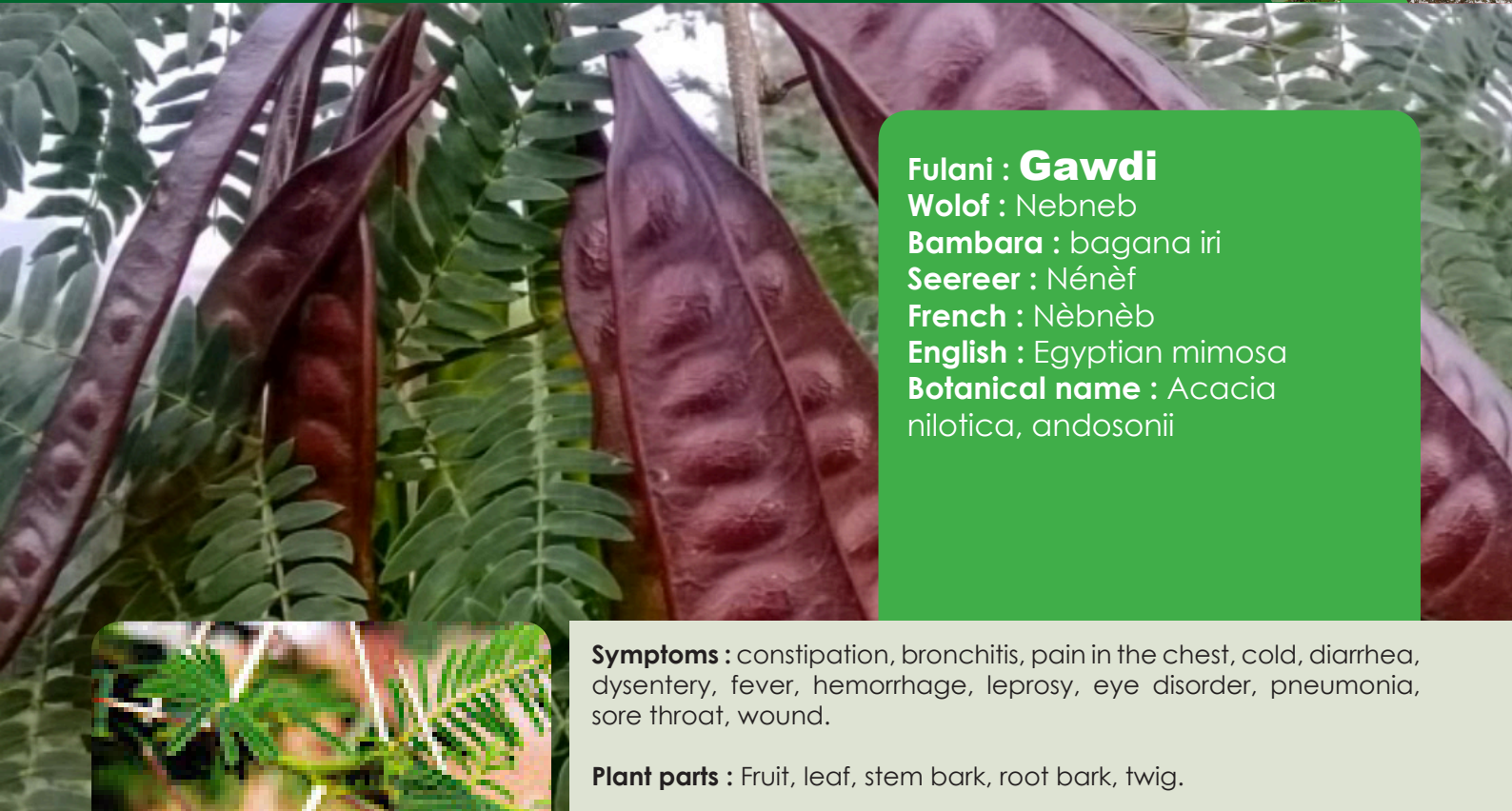


leaves

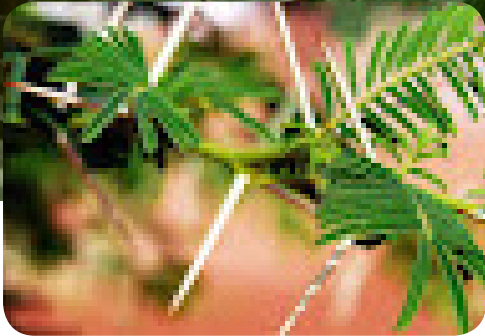


tree

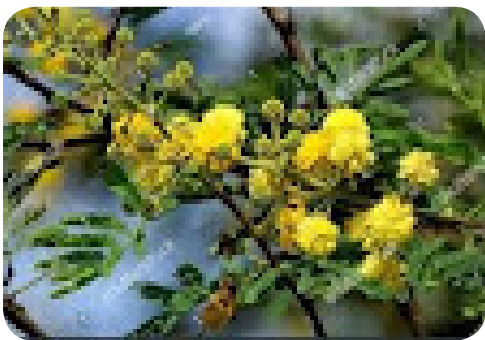
N°18 - Gawdi



Fulani : **Gawdi**
Wolof : Nebneb
Bambara : bagana iri
Seereer : Nénèf
French : Nèbnèb
English : Egyptian mimosa
Botanical name : *Acacia nilotica*, *andosonii*



thorns



flowers



fruits

Symptoms : constipation, bronchitis, pain in the chest, cold, diarrhea, dysentery, fever, hemorrhage, leprosy, eye disorder, pneumonia, sore throat, wound.

Plant parts : Fruit, leaf, stem bark, root bark, twig.

Process :

Root. In case of constipation, cut the root into small pieces. Cook with chicken. Eat the chicken and drink the sauce. You can do the same to treat female infertility.

Bark . pound the bark into powder. Spread it on the wound to heal it.

N°19 - Goyaab

Fulani : **Goyaab**

Wolof : Guyaab

Seereer : Nguyaab

French : Goyave

English: Guava

Botanical name : Psidium gajava

Symptom : Diarrhea

Parts used : leaf, fruit.

Method : To stop diarrhea, boil the leaf and drink the decoction.



Fruits



leaves and flowers



leaves

N°20 - Jabbi



Fulani : **Jabbi**
Wolof : Daxxaar
Seereer : Asok
French : Tamarin
English : Tamarind
Botanical name : tamarindus indica



fruits



flowers



fruits

Symptoms : Constipation, high blood pressure.

Part Used : Fruit

Method : Take a handful of the fruit, steep it in a litre of water. Drink a large glass in the morning, at noon and at bedtime. Tamarind is a laxative and regulator of intestinal transit.

N°21 - Jaansajulu

Fulani : **Jaansajulu**

Creeping plant. (endangered)

Wolof : Geen gi deg

Seereer : Ndafar

French : Fagar jaune

English : Fagar yellow

Botanical name : *Zanthoxylum zanthoxyloides*

Symptoms : Tremor, seizure.

Part used : root

Process :

Root . Dry the roots, pound them into powder. Add a pinch of the powder to a container filled with water. You can use the water for baths or as drinking water. Drink twice a day: at dawn and in the evening.

NB : you can also use it for sick cows. Make the cows drink and then wash them with water containing this powder.

A ritual must be followed before cutting the root. Healers walk around the plant three times and address the plant saying : "I seek your potential to cure the disease." Then they blow on the plant. After that, they can go on to pick the parts they want.



stem and thorn



flowers



bark

N°22 - Jayna

Fulani : **Jayna**

Wolof : Bantamaare

Seereer : Benekene

French : Herbe puante

English : stink weed

Botanical name : **Senna occidentalis.**

Symptoms : headaches, fatigue, stomach aches, bloating of the stomach, cold, blood pressure, making lochia drainage easier after childbirth.

Plant parts used: leaf, stem, seed, root.

Process : dry the leaves in the shade.

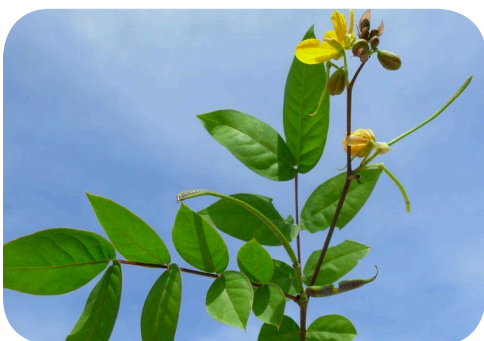
1. **Leaf.** boil a handful of leaves for women who have difficulty delivering. Let them drink a teacup of the decoction. Do not add salt.
2. **Stem.** Cut up the stem into pieces, boil them, let the decoction cool. Use the decoction for a foot wash or to wash the swollen limb.
3. **Seed.** For heart problems, belly and stomach aches, roast the seeds, then use them as coffee. You can add sugar.



flowers



seeds



leaves

N°23 - Jóówi

Fulani : Jóówi

Wolof : Garabu lawbe

Seereer : ndondol

Bambara : Bumu

Joola : bu jimb

French : kapokier rouge

Botanical name : Bombax costatum

Case : Need for spouse.

Part used : Root

Process :

Cut some of the surface root of a jóówi tree that crosses a path, steep it together with the root of a bokki (baobab tree) in water. If you are looking for a spouse, you will soon find one if you drink the water.



leaves



trunk bark



tree

N°24 - Kaakum cooye



Fulani : **Kaakum cooye**

Wolof : Xay cooy

Botanical name : *Ekebergia senegalensis*



fruits

Use : to attract luck.

parts used : the leaf.

Process :

Pick the leaves during the day. Monday morning is recommended. Put a handful of leaves in water, stir the mixture. Add a European's (*tubaab*) tuft of hair. Wait for three days, then add salt to the water and use it for baths.



leaves



tree

N°25 - Kafafe

Fulani : Kafafe

wolof : Mbureey

Seereer : Sane sane

bambara : Kankane

Joola : Fu lotalul

French : Waltérie d'Inde,
guimauve

English : Sleepy mornin

Botanical name : Waltheria
indica

Symptoms : Stomach ache, diarrhea, dysentery,

parts used : Leaf, root, bark.

Process to treat children as well as adults.

1. Peel off the root bark and chew it.
2. Peel off the bark from the root. Cut into small pieces. Pound them into powder, sieve the powder, add it to water in a bottle. Drink from it once or twice a day.
3. Boil a handful of leaves or soak it in water. Drink the decoction twice a day.



Plant



leave



flower

N°26 - Kahi



Fulani : **Kahi**

Wolof : Xay

Bambara : Dala

Seereer : Ngarin

Joola : Buririt

French : Caïcédrat, acajou du Sénégal

English : mahogany

Botanical name : khaya senegalensis



fruits



leaves



tree

Symptoms : Itching, rash, gonorrhea, constipation, fever, wound, toothache, malaria

Plant parts : bark, twig, root.

Process :

Use stem bark to cure fever. Steep the bark of the stem in water. Drink a teacup of the decoction 2 or 3 times a day. It is bitter. You can also use the decoction for baths until you recover.

Twigs : brush your teeth with a piece of the twigs to disinfect the mouth.

Root : Steep the roots in water. Let them macerate. Then use as a drink to stop diarrhea and headaches

N°27 - Kappe

Fulani : Kappe
Wolof : Ñàmbi
Seereer : kab
Bambara : Maninku
Joola : fukiis
French : Manioc
English : Cassava
Botanical name : Manihot dulcis

Symptoms : Diarrhea, stomach aches, cough, child malnutrition.

Plant part : leaf

Process :

Steep the leaves in water and give it as drinking water to the child once every morning for a week or a month.



flower



leaves



plants



cassava tuber

N°28 - Katijankume

Fulani : **Katijankume**

Wolof : Katijaan

Bambara : Diourasioungali

Botanical name : *Psorospermum corymbiferum*

Cases : Aphrodisiac, headaches, body aches, fear of darkness in a room, nightmare.

Plan parts : Bark, leaf, root

Process :

1. Scrape off the bark and pound it into powder. Add the powder to water and wash your face and head with it.
2. You can also use the plant parts as an ornament for newlyweds' room.

It protects against demons as it prevents them from seeing you once you have coated your body with the plant.



leaves



leaves



bark

N°29 - Keeleele

Fulani : **Keeleele**

Wolof : Was-wasoor

seereer : ngegesan

Bambara : Jolisegi

Botanical name : *Heeria insignis*

Cases : against demons, search for power, attraction of luck, female sterility.

Part used : leaf

Method : : Soak the leaves in water and make baths. The demons and evil spirits will be driven out. Do the same to attract luck..

NOTE :

Pick the leaves at dawn, preferably on Sunday. Make sure, you have milk at hand for libation before picking the leaves. After cutting the leaves, sprinkle the trunk of the tree with milk.



leaves



plant



leaves

N°30 - Keli

Fulani : **Keli**

Wolof : Kel

Seereer : Ngel

Bambara : Nogo nogo

Botanical name : *Greda bicolor*

Symptoms : sexual asthenia, fatigue.

Part used : Bark

Process :

1. Soak the bark in water and use it as drinking water.
2. Steep the stem in water. Drink a mug of the solution 3 times a day.
3. Steep the plant bark in water together with the bark of the **keli**, **buy**, and **bissaab**. Boil, then let cool. You can drink the decoction in the morning and in the evening.



leaves



Plant

N°31 - Keng

Fulani : **Keng**

Wolof : Keng

Seereer : mbarambaram

Bambara : jene

Joola : fusabeel

Botanical name : *Securinega virosa*

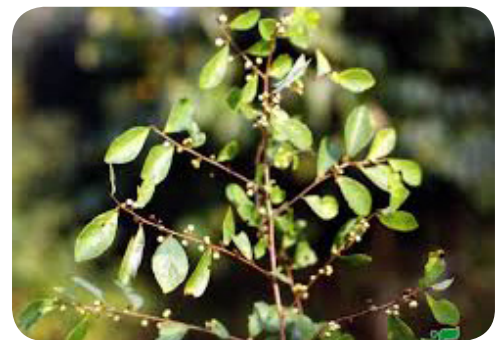
Symptoms : Lack of virility, fatigue.

Plant part used : bark

How to proceed : Soak the bark in water and use it as drinking water.
Drink a mug 3 times a day.



leaves



leaves



leaves

N°32 - Kewending

Fulani : **Kewending**

Wolof : Waax bu ndaw.

Seereer : Gol

Bambara : Kewe

joola : Bu bul

Botanical name : *Oxytenanthera obissinica*

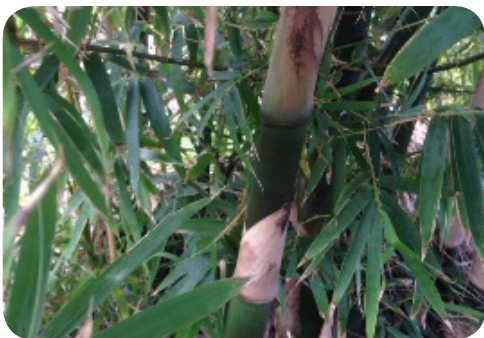
Symptoms : back pain, inflammation of the skin.

Plant parts : bark, the whole plant.

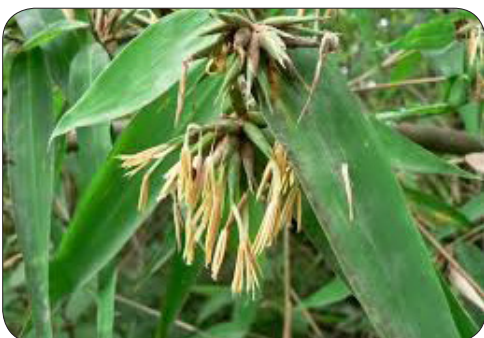
How to proceed : soak the whole plant in drinking water. Drink it at will to stop the back pain. Side effects may include vomiting or diarrhea.



plant



stem



leaves

N°33 - Kojole

Fulani : Kojole

Wolof : Ngeejaan

seereer : Ngojil

manding : krèkètè

Bambara : Ngálaama

French : Bouleau d'Afrique

English : Birch of Africa

Botanical name : Anogeissus
leiocarpus

Symptom : body aches

Plant parts : leaf, bark

How to proceed :

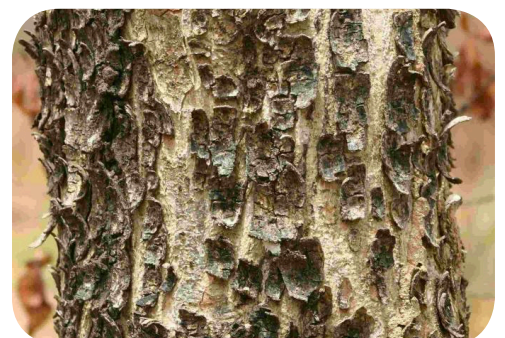
1. kojole leaves and diqaale leaves can be drunk as herbal tea. You can also use the plant as sugar for diabetics.
2. Boil the leaves or bark. Let cool. Drink 2 teacups of the decoction for two or three days. Take one cup in the morning and another one in the evening.



branches



Flowers



bark

N°34 - Kokko



Fulani : **Kokko**
Wolof : koko
seereer : kokko
Bambara : kokko
French : Cocotier
English : Coconut-tree
Botanical name : Cocos
nucifera



coconut-tree



nuts



nuts and ripe coconut juice

Symptom : Respiratory problem.

Part used : juice

Process :

Cut the nut, make a drink of the coconut milk three times a day.

N°35 - Kolle

Fulani : **Kolle**

Wolof : Wëtteen

Seereer : fa lit

Bambara : bamana kori

Joola : Bu lulumay

French : Cotonnier

English : Cotton plant

Botanical name : *Gossypium barbadense*

Symptoms : body ache, cough, cold, sore throat, malaria, diarrhea, indigestion, stomach ache, wound

Parts used : leaf, rhizome

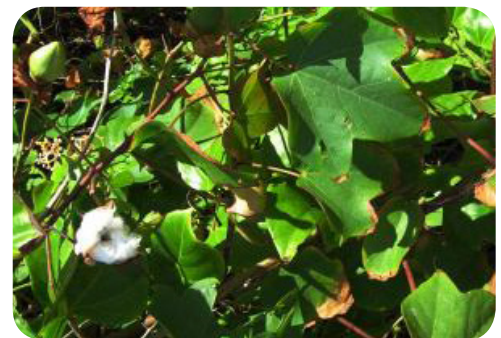
Best time for picking the plant parts : in the morning after sunrise

How to proceed :

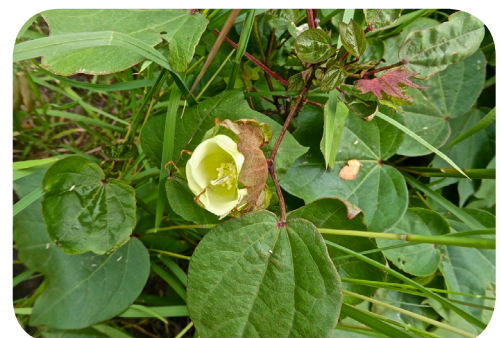
1. Boil a handful of leaves. Drink a teacup of the decoction in the morning and another one in the evening.
2. Dry the leaves, boil them, and serve the patient a mug for breakfast and another one after dinner. The treatment should last three days.



cotton



leaves



flower

N°36 - Kulule



Fulani : **Kulule**
Wolof : Kukululu
Seereer : Cal
Bambara : Mugudru
joola : Bukukula
Botanical name : *Afromosia laxiflora*



flower



flowers



leaves

Symptoms : impotence, aphrodisiac for men.

Plant parts : bark, root.

How to proceed :

Soak the bark and the root in water. Drink as much as you want from the decoction.

N°37 - Laaj

Fulani : **Laaj**

Wolof : Laaj

French : Ail

English : Garlic

Botanical name : *Allium sativum*

Symptoms : male sexual dysfunction, vermifuge, stimulant, dysentery,

Parts used : bulb

Process :

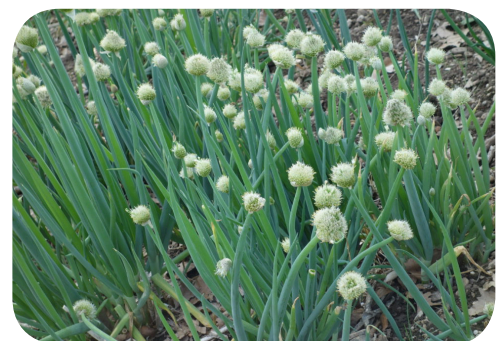
Garlic can be used in the form of juice or jam.



garlic clove



garlic



leaves



N°38 - Lammudé

Fulani : **Lammudé**

Wolof : Màdd

French : Liane Saba

Botanical name : *Saba senegalensis*

Symptoms : lack of virility , body pain

Plant parts : leaf, root.

How to proceed :

Boil a handful of leaves in water and drink the decoction.
(To be checked)



cut Fruit



fruits



tree

N°39 - Leemuna

Fulani : **Leemuna**

Wolof : Limon,

French : Citronnier

English : Lemon

Botanical name : Citrus limon

Symptoms : Cold, fever

Plant parts : the fruit and the leaf.

Method :

Cut the lemons and boil them. You can add honey to the decoction.



lemon



fruits and leaves



tree

N°40 - Lengey

Fulani : **Lengey**
Wolof : Lenge
Botanical name : Afzelia
Africana



fruit et nut



fruit



fruit and leaves

Symptom : fever

Plant part : bark

How to proceed :

Do not boil. Soak the bark in a large bowl of water. Drink the decoction for 7 days.

Have a cup of coffee

- In the morning before eating,
- At noon, before lunch,
- In the evening, before dinner,

N°41 - Màngorayyi

Fulani : **Màngorayyi**

Wolof : Màngo

Bambara : Magoro

Seereer : Mangara

French : Manguier

English : Mango tree

Botanical name : *Mangifera indica*

Symptoms : tetanus, infected cuts, toothache, severe diarrhea, urinary tract infections, leucorrhoea, tranquilizer, restless sleep.

Plant parts : fruit, leaf, bark.

How to proceed :

Leaves.

1. Boil a handful of leaves. Choose the thinnest leaves. Drink the decoction once a day for two or three days. You can add sugar.
2. For leucorrhoea, boil two handfuls of leaves, allow to cool and use for intimate hygiene.

Bark.

1. Calms toothaches. Cut pieces of bark and boil them. Cover your head with a cloth and inhale the vapors of the infusion. When it has cooled, you can use the water for mouthwashes.
2. To cure diarrhea and dysentery, boil the bark and drink the decoction.
3. To cure urinary infections and infections of the external genital organs, infuse the bark in water and drink a mug 3 times a day.



bud



fruits



mango

N°42 - Mbante

Fulani : Mbante

Wolof : Mbant, mbantemaare

Bambara : Mbala mbala fin

Seereer : benefene

French : café nègre,
café bâtard

Botanical name : cassia
occidentalis



flowers



seeds



plant

Symptoms : fever, asthma, malaria, depurant, febrifuge, tonic.

Part used : leaf

How to proceed :

Boil the leaves and use the decoction for baths and drinks. The leaves can be pounded and used for infusions .

N°43 - Ñebedaay

Fulani : Ñebedaay

Wolof : Nebedaay

French : Moringa

English : Neverday

Botanical name : Moringa oleifera

Symptoms : bone fragility, malaria, stomach aches, fever, worms, fatigue, dizziness, asthenia, asthma, kwashiorkor and malnutrition

Plant parts : Leaf, seed, flower.

How to proceed:

1. **Dry the leaves and flowers.** Pound them into powder. Add the powder to food, in "mbuum" sauce for example, to accompany couscous.
2. The leaf is used against asthma, in the form of herbal tea. It reduces inflammation of the bronchi.
3. Leaves are consumed in all forms to cure kwashiorkor and undernutrition.
4. **The seed.** Peel the seed before eating it. The seed is a good remedy against hypertension.



leaves



leaves and powder



seeds

N°44 - Netii

Fulani : **Netii**

Wolof : uul

Seereer : Seew, yeey

Bambara : Nere, nete

Joola : Bu gilay

French : Mimosa pourpre

Botanical name : *Parkia biglobosa*

Symptom : hemorrhoid

Plant part : Bark

How to proceed :

Boil the bark, let cool for a little. Coat the anus with shea, sit or squat over the container in which the hot water is.



fruit



fruits



tree

N°45 - Ngeloode

Fulani : Ngeloode

Wolof : Ngeer

Bambara : kune

Seereer : Ngud

French : Nguère, guiera du Sénégal.

English : Guiera

Botanical name : Guiera senegalensis

Symptoms : cough, cold. Acute bronchitis, diarrhea, dysentery, impotence, leprosy, vomiting, malaria.

Plant parts : leaf, stem, root

How to proceed :

We have different ways of using the plant parts.

The leaves .

1. Soak the leaves in water for several hours and use as drinking water.
2. Take a handful of leaves, boil them. Drink a mug 3 times a day.
3. You can also boil **Ngeer leaves**, **cotton leaves** and **cassava leaves** together. Drink the decoction at will.



flower



flowers



plant

N°46 - Norowaaye

Fulani : **ηorowaaye**

Wolof : Rambat

Seereer : Ndumbuc

Bambara : Gangoro ni

Joola : Ka it

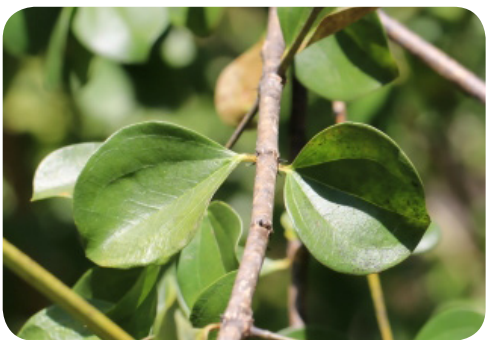
French : Orange de singe

English : Monkey orange

Botanical name : Strychnos spinosa



fruit



leaves



tree

Symptom : Recurrent malaria.

Plant parts : leaf, small roots.

Method :

Boil a handful of leaves and small roots. Drink as much as you want.

N°47 - Pellete

Fulani : **Pellete**

Wolof : Enkeleen

Seereer : Ngenkeleen

Bambara : Geregeni

French : Cœurs-volants

English : Heart fruit

Botanical name : *Hymenocardia*
acida.

Symptoms : Protection of foetus, laxative, malaria,

Plant parts : leaves, root, trunk bark, stem bark

Process :

Leafs.

1. The leaf strengthens the foetus. Boil a handful of leaves, and drink it every morning. You can add sugar.
2. To treat malaria, soak the leaves in water and drink the decoction.

Root . Soak the root in water to make mouthwashes.



leaves



leaves



leaves

N°48 - Saalaa nommboo



Fulani : Saalaa nommboo

Wolof : Salanombo

Malinke : Kondané nombo

French : Liane étoilée.

Botanical name : Baissea multiflora



leaves and flowers

Symptoms : Great fatigue, hot piss, female infertility, worms

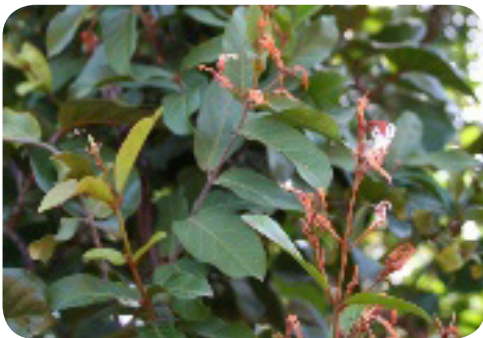
Plant part : root

Process :

Soak the roots in a bucket of water and drink at will.

NB : Roots must be cut on Tuesday morning.

The ritual includes using sorghum stalks. Whenever you cut a root, you must plant a sorghum stalk to replace it. When you are done with the ritual for the first root, you can go on to cut other ten roots.



leaves



leaves and flowers

N°49 - Safatoo

Fulani : **Safatoo**

Wolof : Cakat

Seereer : Ngasub

Bambara : Soñe

Botanical name : *Leptadenia hastata*

Symptom : Sneezing

Botanical name :

Parts used : fruit, stem.

Process :

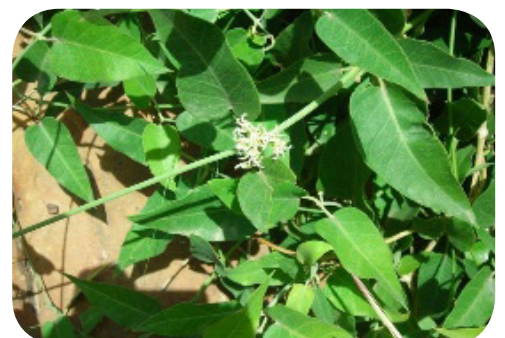
cut the fruit or stem, inhale the sap. This puts an end to the sneezing.



leaves



leaves



leaves

N°50 - Sammba siññiŋ

Fulani : **Sammba siññiŋ**

wolof : Sejeñ

Seereer : selum

Bambara : Sinnia

Botanical name : Cassia
seberiana

Symptoms : fever, fatigue, worms, stomach ache, impotence,

Parts used : leaf, root

Process :

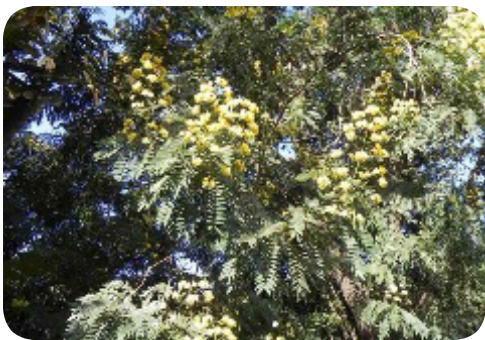
The leaf is efficient against fatigue. Boil a handful of leaves. Drink the decoction and use it for baths. Drink a teacup in the morning, and another one in the evening. You can add sugar if you want.

The Root is used as vermifuge.

1. Take three roots. Cut them into small pieces. Steep them in water. Drink a teacup from it three times a day : in the morning, at noon and at bedtime.
2. Aphrodisiac: Scrape the root. Dry then pound it. Mix the product with honey. Consume the mixture.



leaves



leaves and flowers



tree

N°51 - Tabayy

Fulani : **Tabayy**

Wolof : Tabba

Seereer : Tabba

Joola : Foubeumbeuf

Manding : Tabo

Bambara : Tabanogo

Botanical name : Cola cordifolia

Symptoms : Sore throat, Regulates blood pressure

Plant part : Leaf

Appropriate time for picking leaves : in the morning, after sunrise

Method : Soak the leaves in water then drink a mug in the morning and in the evening after meals for three days



fruits



fruit



tree

N°52 - Tadde

Fulani : Tadde

Wolof : kinkeliba

Seereer : Sesed lakak

Bambara : Galobe

French : kinkeliba

English : kinkeliba

Botanical name : Combretum micranthum

Symptoms : Stomach ache, dizziness, urinary tract infection, gonorrhea, piss lime, shortness of breath, difficulty to breathe, sexual weakness, constipation, skin diseases, constipation, gastric pain, indigestion.

Parts used : leaf, root.

Method :

- You can use green or dry leaves for infusion even when you are perfectly well. You can add sugar.
- Dry the leaves and pound them into powder. The powder can be added to food (maafe, couscous, etc).



flowers



leaves



plant

N°53 - Tenten notaran

Fulani : **Tenten notaran**

Symptom : sexual weakness

parts used : Bark, leaf and root

Method : For virility, soak the bark and the root in water and use as drinking water.

To cure female infertility, soak the roots and the leaves in water and use as drinking water.



branch



leaves



leaves

N°54 - Tuubaataba



Fulani : Tuubaataba

Wolof : Tabanaani

Seereer : Tuba

Bambara : Bagani

French : Gros pignon d'Inde

Botanical name : Jatropha curcas



fruits

Symptoms : Toothache, itchy eyes, constipation

Plant parts : Stem, fruit, bark

How to use the plant parts :

The stem. brush your teeth with a piece of the stem every morning to disinfect and whiten your teeth.

The bark. For itchy eyes, steep the bark in water for a while and then wash your eyes with the water.

The fruit. Consume the jatropha curcas fruit to stop constipation

NOTE :

The fruit can be mixed with other products to make soap.



nut



plant

N°55 - Usde

Fulani : **Usde**

Wolof : Tapp

Botanical name : *Combretum nigricans*

Symptom : impotence

Part used : root

Method :

To solve male sexual dysfunction, steep **usde root**, keelele root ,and **ngorwaay** root together in water and use the decoction as drinking water.



fruit



roots



tree

N°56 - Uski

Fulani : **Uski**

Wolof : Sato aldiana

Seereer : Babul

Bambara : Soto

Botanical name : *Ficus capensis*

Symptoms : dysentery, Low eyesight

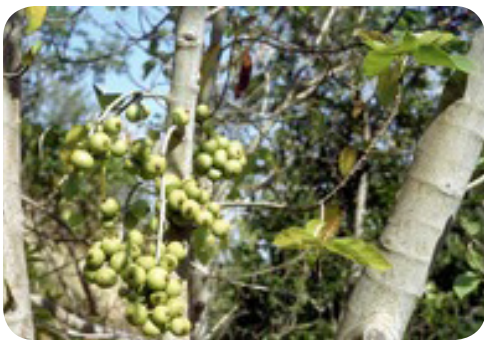
Part used : leaf

Process : This plant is always found near “**dogge**” plants.

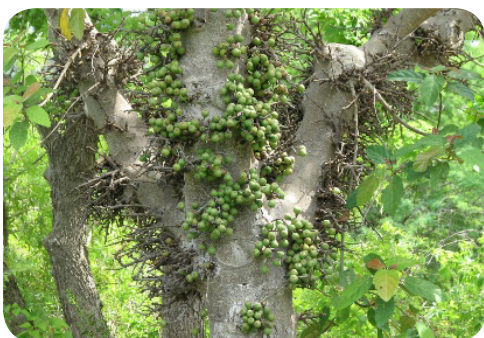
Boil a handful of **uski** leaves. Drink two cups of coffee of the decoction every day, one in the morning and another one in the evening.



fruits



fruits



tree

N°57 - Wuuluunde

Fulani : Wuuluunde
Wolof : Ñakubaara
Bambara : Ngolo
Seereer : Fayfay
French : Herbe matelassée
English : Hairy Fountain Grass
Botanical name : Pennisetum pedicellatum

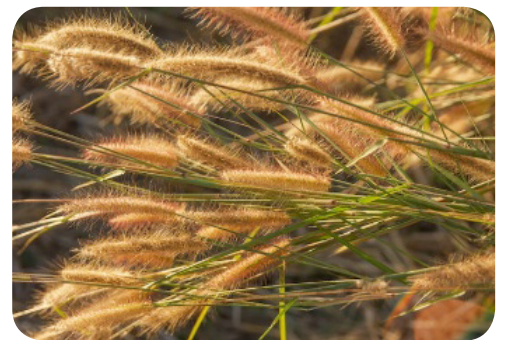
Plant parts : All the plant parts

Symptom : use it to cure diabetes.

Method : Boil the plant and drink at will.



leaves



leaves



plants

APPENDICES

■ Presentation of Jokkoo, Consulting and Execution Agency.

Jokkoo agency is based in Dakar but operates in different regions of Sénégal and in various countries around the world. The firm was founded in 2000. The story behind the initiative was consultants' strong desire to pool their different skills in order to contribute to the economic, social, environmental and cultural development of grassroots communities in Senegal, in the West African sub-region and around the world.

The firm consultants' main skills and experiences are related to health, sanitation, hygiene, the environment, education, entrepreneurship, microfinance and sustainable development. The studies, designs, formulations, productions, project monitoring and evaluations and training modules carried out by Jokkoo are related to those fields.

■ List of plant names

Board N°	Pulaar name	Botanical name	Wolof name	Seereer name	Bambara name
1.	Aalaale	<i>Securidaca longipedunculata</i>	Fuuf	Kuf, kuk.	Joro
2.	Bani	<i>Pterocarpus erinaceus</i>	Ween	Ban	Mgeeni
3.	Bisaki	<i>Bridelia micrantha</i>	Sanfito		Sagwan
4.	Bokki	<i>Adansonia digitata</i>	Guy	Bàk	Sira
5.	Carke	<i>Holarrhena floribunda</i>	Silaal	Ken	Fufu
6.	Ceekeeje	<i>focus sycomorisis</i>	Gañ		
7.	Ciidii	<i>Euphorbia basalmifera</i>	Salaan	Ndamol	
8.	Ciŋŋoole	<i>Lannea acida</i>	Soon	Ndugut	Mpéku ba
9.	Diŋŋaali	<i>Gardenia ternifolia</i>	Dibutoor bu goor	Mposs	Buréké
10.	Doktoor	<i>Vernonia amygdalina</i>	Doktoor		
11.	Dooge	<i>Combretum glutinosum.</i>	Rat	Yay	Agara
12.	Doole	<i>Detarium microcarpum</i>	Danq	Ndanx	Tambadala
13.	Dubbe	<i>Borassus Aethiopium</i>	Ron	Ndof	Sebe
14.	Dukumi	<i>Annona senegalensis</i>	Ndugóór	Ndong	Ndanga
15.	Duuki	<i>Cordyla pinnata</i>	Ndimb	Nar	Dugura
16.	Fajuraande	<i>Cochlospermum SSP</i>	Fayar		Tiribara
17.	Gañ	<i>Ficus gnaphalocarpa</i>	Gañ	Ndun mas	Toro
18.	Gawdi	<i>Acacia nilotica, andosonii</i>	Nebneb	Nénèf	Bagana iri
19.	Goyaab	<i>Psidium guajava</i>	Guyaab	Nguyaab	
20.	Jabbi	<i>tamarindus indica</i>	Daxxaar	Sob	Ntomi
21.	Jaansajulu	<i>Zanthoxylum zanthoxyloides</i>	Geen gi deg	Ndofar	
22.	Jayna	<i>Senna occidentalis.</i>	Bantamaare	Benekene	
23.	Jóówi	<i>Bombax costatum</i>	Garabulawbe	Ndondol	Bumbu
24.	Kaakumcooye	<i>Ekebergia senegalensis</i>	Xay cooy		

APPENDICES

Board N°	Pulaar name	Botanical name	Wolof name	Seereer name	Bambara name
25.	Kafafo	Waltheria indica	Mbureey	Sane sane	Kan kane
26.	Kahi	khaya sénégalensis	Xay	Ngariñ	Jala
27.	Kappe	manihot dulcis	Ñàmbi	Kab	Maninku
28.	Kati janjume	Psorospermum corymbiferum.	Katijaan ou katijankuume		Diourasoungali
29.	Keeleele	Heeria insignis	Was-wasoor	Ngegesan	Jolisegi
30.	Kelli	Grewia bicolor	Kel	Ngel	Nogo nogo
31.	Keng	Securinega virosa	Keng	Mbarambaram	Jene
32.	Kewending	Oxytenanthera abissinica	Waax bu ndaw	Gol	Kewe
33.	kojole	Anogeissus leiocarpus	Ngeejaan	Ngodil	Ngálaama
34.	Kokko	Cocos nucifera	Kokko	Kokko	Kokko
35.	Kolle	Gossypium barbadense	Wëtteen	Fa lit	Bamana kori
36.	Kulule	Afromosia laxiflora	Kukulu	Cal	Mugudru
37.	Laaj	Allium sativum	Laaj		
38.	Lammude	Saba senegalensis	Màdd	Madd	Saba
39.	Leemuna	Citrus limon	Limoŋ	Lemon	Limono
40.	Lengey	Azelia africana	Fook	ngologdog	Daga, lënge
41.	Màgorayyi	Mangifera indica	Màngo.	Mangara	Magoro
42.	Mbante	cassia occidentalis	Mbant, mbantemaare	Benefene	Mbala mbala fin
43.	Ñebedaay	Moringa oleifera	Sab sab	Nebeday	Ben ailé
44.	Netii	Parkia biglobosa	Uul	seew	Nete
45.	Ngeloode	Guiera senegalensis	Ngeer	Ngud	Kuné
46.	Ñorowaaye	Strychnos spinosa	Rambat	ndumut	Gangoro ni
47.	Pellete	Hymenocardia acida	Enkeleen	Ngenkeleeñ	Geregeni
48.	Saala nommboo	Baissea multiflora	Salanombo		
49.	Safatoo	Leptadenia hastata	Cakat	Ngasub	Soñe
50.	Samma siññij	Cassia seberiana	Sejeñ	Selum	Sinnia
51.	Tabayy	Cola cordifolia	Tabba	Taba	Tabanogo
52.	Tadde	Combretum micranthum	Kinkeliba	Sesed	Golobe
53.	Tenterj notaraj				
54.	Tuubaataba	Jatropha curcas	Tabanaani	Tuba	Bagani
55.	Usde / Busdé ??	Combretum nigricans	Tapp		
56.	Uski	Ficus capensis	Soto aldiana	Babut	Soto
57.	Wuuluunde	Pennisetum pedicellatum	Ñakubaara	Fayfay	Ngolo

APPENDICES

List of informants

HEALERS

- Thiaba Sow. Healer. Diallocounda
- Samba Diop. Healer. Diallocounda
- Birane Doumbouya. Healer. Diallocounda
- Yoro Doumbouya. Healer. Diallocounda
- Aliou Ndao. Healer. Diallocounda
- El Hadj Moussa Ba. Healer. Medina France.
- El Hadj Kassoum Diop. Healer. Kanicounda
- El Hadj Daouda Diop, Healer. Boudouck
- Biram Gano. Healer. Boudouck.

INFORMANTS

- Hamadi Diallo. Coranic teacher, informant. Imam of Diallocounda.
- Ibrahima Diop. Kanicounda.
- Aïssata Diop. Kanicounda.
- Ibrahima Colly. Medina France.
- El hadji Coly. Medina France.
- Talibou Diop. Kanicounda

PRACTITIONERS AND RESEARCHERS

- Charles Katy. Socio-anthropologist, expert in medicinal plants, Organisation Ouest Africaine De La Sante (OOAS). Senegal
- Bachirou Gueye, Ethnobotanist, weed scientist, ethnobotanical garden of the Hann Park in Dakar
- Ibrahima Ndao, Horticultural Field Technician, trainer in Cifop, Mboro

FIELD TECHNICIANS

Diallocounda Health Center Agents

- Souleymane Correa. Former Chief Nurse of Diallocounda
- Mamadou Sall. New Head Nurse of Diallocounda
- Sheikh Tidiane Ndao. Community Health Worker. Diallocounda

Water and Forestry Agents. Diallocounda

- Tamsir Coly. Ranger
- Yaya Balde. Ranger
- Thierno Coly. Security Officer
- Sahibou Diallo. Security Officer

Other Health Center Agents :

- Ms Anta Diallo. Former Head Nurse of Boggal.

CUSTOMARY AUTHORITIES AND CHIEFS

- Zakkaria Barry. Marabout, in Boggal
- Amadou Dem. Deputy to the Sub-Prefect of Boggal.
- Imam Mamadou Seydou Diallo. Religious leader. Chairman of the APAC of Lowé.

POPULATIONS AREA

Attendants to the Women's focus group in Medina France.

Nafore Madina, women's association.

1. Ouley Diop.
2. Nary Sy.
3. Safietou Diop.
4. Naria Coly.
5. Awa Coly.
6. Awa Diallo.
7. Maram Ba.
8. Adam Coly.
9. Fatimata Diop.
10. Njibou Ann.

Attendants to the women's focus group in Kanicounda.

1. Dieyla Touré
2. Aïssatou Diop
3. Awa Ba
4. Hawa Sy
5. Dieyla Gano
6. Amy Diop
7. Aïssatou Sy
8. Njibou Sow
9. Aïssatou Diop
10. Khardiata Sow
11. Awa Diop
12. Awa Sow
13. Sana Ba
14. Fatou Sy
15. Maïmouna SY

Attendants to the men's focus group in Kanicounda.

1. Alkaly Diallo.
2. Samba Diallo
3. Cellou Diallo
4. Aliou Diallo
5. Kaoussou Diallo
6. Moussa Diop
7. Barry Diallo
8. Ibrahima diop

APPENDICES

9. Ali Diallo
10. Senghor Diallo
11. Oumar sall

Attendants to the men's focus group in Diallocounda.

1. Ibrahima Doumbouya
2. Mamadou Diallo
3. Aliou Ndao
4. Daouda Diallo
5. Birame Doumbouya
6. Alpha diallo
7. Abdoulaye Ndao
8. Baba Tam diallo
9. Mamadou Diallo
10. El Hadj Diallo
11. Alpha Ousmane Ba
12. Ibrahima Sory Coly
13. Bara Touré.

Attendants to the women's focus group in Diallocounda.

Jam welli women's association

1. Khadidiatou Diallo
2. Hawa Diop
3. Ana Sow
4. Maïmouna Diop
5. Egiga Ndaw
6. Fatim diop
7. Djenaba Coly
8. Aïssata Diop
9. Diarra Coly
10. Maïmouna Sy
11. Khardiata Diallo

Attendants to the men's focus group in Medina France.

1. Alpha Diop
2. Samba Diop
3. Ibrahima Ba
4. Yaya Ba
5. Babacar coly
6. Moussa Coly
7. Mamadou Sy
8. Babacar Diop
9. Birane Sy
10. Idrissa SY
11. Seydou Diop
12. Samba Diop. Imam of the mosque.
13. Samba Diop. Village chief.

Attendants to the women's focus group in Dato Alpha Mamadou.

1. Marie Diop
2. Marieme Cisse
3. Mariame Ann
4. Fatim Sokh
5. Aissata Diop
6. Nafi Ba. Chairperson Federation of Economic Interest Groups.
7. Djibou Diaw
8. Khardiata Sy
9. Dieyla Diop
10. Babacar Ndaw. (Interpreter)

Attendants to the men's focus group for the restitution in Diallocounda.

1. Imam Mamadou Saidou Diallo (AVPE Chairman)
2. Daouda Diallo (AVPE Treasurer),
3. Hadiya Diallo (Village Chief),
4. Oustaz Diallo (Imam),
5. Ibrahima Sory Coly (Koranic teacher)

AVPE members :

6. Mamadou Ndao,
7. Ibrahima Doumbia,
8. Abdoulaye Ndao,
9. Babatam Diallo (Youth Association Chairman),
10. Aliou Ndao,
11. Alpha Diallo,
12. Birane Doumbia,
13. Awa Sylla (Nurseryman),
14. Fatim Diop (Chairwoman of GIE Jamm Weli and Bajenu Gox: community leader).

State technical services :

15. Mamadou Sall (Head Nurse, Diallocounda Health Centre)
16. Ibrahima Diatta (Deputy Head of Water and Forest service)

Jokkoo Members :

17. Mansour Kébé,
18. Mody Bocoum,
19. Mamadou Signaté
20. Djiby Sow



Bibliography and Webography.

- o **Flore du Sénégal.** Jean berhaut. 2^{ème} édition plus complète, avec les forêts humides de la Casamance. editions Clairafrique. 1967. Dakar. 485 pages.
- o **La Pharmacopée De L'Afrique De L'ouest.** Organisation Ouest Africaine De La Sante (OOAS). 2020. 321 pages.
- o **La pharmacopée des plantes médicinales de l'afrique de l'ouest.** Organisation Ouest Africaine de la Santé. (OOAS). 2013, 268 pages.
- o **La Santé par les plantes.** Tome I – Editions Diasporas Noires. Dr Erick Gbodossou. Sénégal. 2012, 40 pages.
- o **Les plantes médicinales. Institut européen des substances végétales. 2015. 2016.**
- o **Les plantes médicinales au Sénégal** (commune de Nguékokh, zone de la Petite Côte) plantes senegal.pdf. Extraits du rapport du stage d'Anne-Marie Potel, Etudiante en maîtrise de sciences naturelles, effectué à Nguekokh, en août et septembre 2002.
- o **Lexique des noms vernaculaires concernant la flore du nord et de l'est du Sénégal.** FOTIU.:3, G. NAEGELE ,A. VALENZA,J. Date de parution : Septembre 1967. OFFICE DE LA RECHERCHE SCIENTIFIQUE ET TECHNIQUE OUTRE-MER. CENTRE O. R. S. T. O. M. DE DAKAR-HANN.
- o **Médecine traditionnelle du Sénégal. Exemples de quelques plantes médicinales de la pharmacopée sénégalaise traditionnelle.** Thèse de Mlle GUEYE Faty. en vue d'obtenir le diplôme d'Etat de docteur en pharmacie. 2019. Université d'Aix-Marseille – Faculté de Pharmacie
- o **Le rôle des plantes médicinales en médecine traditionnelle.** Prof Rokia Sanago, Maître de Conférences Agrégé du CAMES. Département Médecine Traditionnelle de l'INRSP. Université de Bamako,
- o **Plantes médicinales et toxiques des Peuls et des Toucouleurs du Sénégal.** J. Kerharo J. G. Adam. Journal d'agriculture traditionnelle et de botanique appliquée Année 1964. - Persée (persee.fr). Consulté le 19/3/22.
- o https://www.persee.fr/doc/jatba_0021-7662_1964_num_11_12_2795



JOKKOO, Bureau d'Etudes
Fondation année 2000
RCCM N° SN.DKR.2021. C.25995
NINEA : 008764244
Email : jokkooconsulting@yahoo.fr
Tel : 00221 77 641 53 19.