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Ethnobotanical documentation of some plants among Igala people of Kogi State

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----------ABSTRACT----------
This work is the documentation of ethno – medicinal and cultural utilization of some plants by the inhabitants of Dekina local government area of Kogi State. The data were collected by the researcher using the prepared check – list. Field trips were made to villages within the study area. A total of 200 willing respondents were interviewed. Information regarding the common uses of some plant species for various ethno – medicinal and cultural purposes were investigated. Vernacular names of the described species were also of interest. The respondents assisted in the collection and identification of plant samples. Standard literatures and floras were consulted for their proper identification. The data obtained were collated and tabulated showing botanical names, common names, vernacular or tribal names, families, uses and parts used. It was discovered that to protect our future planet and generation there is need to document this vital information and also create awareness or enlightenment for the conservation of this biodiversity rich area and also the proper use of these flora.

Key words: *Ethno medicinal plants, cultural, floras, Botanical and Vernacular names.*

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I. Introduction

Plants are of great importance in the environment as rural inhabitants depend on plants of their surroundings for food, medical, shelter and other domestic uses (Bhat, Etejere and Oladipo, 1990). One of the vital applications of indigenous knowledge systems and practices of plants is in the human and animal health care. Plants help in conserving soil fertility, prevention of erosion, recycling of oxygen and water. They also provide shade, seeds, fruits, timber, vegetables and medicines for man and his livestock. (Durugbo, Ovetoran and Oyejide, 2012). The survival of man has been dependent on his innate curiosity to examine by trial and error all aspects of his environment (Saeed *et al.* 2004). Today millions of people still use plants as sources of food, clothing, shelter, fuel and medicine. According to the world health organization (WHO) as many as 80% of the world's people depend on traditional medicine for their primary health care needs (Leila, Ghassen, and Hamide, 2011). High plants are sources of drugs, which have made important contribution to the welfare and quality of life especially in tropics and sub-tropics (Sofowora, 1993 and Sofowora, 2008). Medicinal plants are now being given serious global attention, as in evidence by the recommendation given by the world health organization in 1990 that proven traditional remedies should be incorporated within national drug policies (Burkill, 2000). This traditional knowledge of plant use has been gained by trial and error over centuries and is priceless and irreplaceable. The painful thing is that this vital part of human existence is being threatened therefore threatening the life of man and every other life inhabiting our planet (Offiah *et al.* 2011). Throughout the tropics species are disappearing, but the knowledge of how to use those species is disappearing at an even faster rate''. Indigenous knowledge is extremely important to humanity. It is knowledge we can in fact learn from if we stop this destruction of the ecosystem (Darrell, 1990). That is why Gary (1930) said Taste all, and hand the knowledge down.

Ethnobotany is defined as the traditional knowledge of indigenous communities about surrounding plant diversity and how various people make use of indigenous plants found in their localities, that is, how communities of a particular region make use of indigenous plants in the region for food, clothing, shelter, medicine and other domestic activities (Aiyeloja and Bello,2006). Native people can tell much about their local plants in the area of ethno – medicinal and cultural uses; for instance whether they are poisonous, useful for curing purposes, good for roofing material, or good fuels. They also know how to prepare the plant for these uses, when and how to harvest it and which parts, and also when and where it grows. This invaluable knowledge is being lost by the destruction of these natural ecosystems, the acculturation (civilization) and anthropogenic activities of these people (Weston, 1994).

Dekina local government area of Kogi state has been known as a rich source for ethno – medicinal and cultural plants and is believed to be the home to Igala people who have been using these plants in traditional health care systems, food, shelter, and other uses for their benefit. It is noted that there is disappearance of indigenous plant knowledge transmitted through oral tradition from generation to generation among the native people due to hording of information and rapid cultural change. This revival reflects increasing concern about the disappearance of some vital plants and the tribal culture inhabiting them. There is therefore an urgent need for survey and documentation of plants and their uses among Igala people of Kogi State and explore options for ways to reduce the destruction of plants that are of immense benefit to humanity and our future planet.

II. Materials and Methodology

The study is essentially a survey research which sought to document the ethno – medicinal and cultural uses of some flowering plants among Igala people of Kogi State, Nigeria.

The data were collected by the researcher using the prepared check – list. Field trips were made to villages within the study area. A total of 200 respondents were interviewed. Information regarding the common uses of some plant species for various ethno – medicinal and cultural purposes were sought. Vernacular names of the described species were also of interest. The respondents assisted in the collection of plant samples. Standard literatures and floras such as Flora of West Tropical Africa (Hutchinson and Dalziel, 1968); Nigerian Trees (Keay et al. 1964); Taxonomy of West African flowering plant (Olorode, 1984) and Common plants and animals check list of names (Usman, 1998) were consulted for their proper identification. The data obtained were collated and tabulated showing botanical names, common names, vernacular or tribal names, families, uses and parts used.

III. Discussion

The exploration of traditional uses of plants among Igala people shows that of 130 species of plants belonging to 53 families. The botanical names of the species are arranged in alphabetical order. Botanical Name, Family, Vernacular Name, parts used, traditional uses and habits of the plants are documented in a tabular form. Some of the identified plant species have both ethno-medical and other cultural uses. The various parts used for various purposes where also identified as shown in the various tables ranging from the leaves, stems, trunk, roots, tubers, corms, bulbils, flowers, fruits to the seeds and in majority of the identified plants the leaves are used.

It was discovered that traditional knowledge is not protected as the younger generation asked could not provide answers to the vernacular names and uses especially the medicinal uses of various plants in the environment therefore the need for recording of traditional knowledge as this seeks to reduce the possibility of bio-piracy, and help pass down information from generation to generation.

The geographical distribution of plants in the whole of Dekina local government area are similar form the northern to the southern part of the local government as the entire area is derived savanna, it is only that forest plants are more in the southern part than in the northern part

IV. Mode of preparation of medicinal plants

Most of the plants for medicinal purposes are prepared using more than one plant species in conjunction with others. But generally the preparations are in the form of infusions or decoctions (by boiling or soaking in hot water); extracts or juice (by crushing the fresh plant parts with or without water) or powder (by grinding the dried plant parts).

V. Conclusion

The study helps us to understand the ethno – medicinal and cultural uses of identified plants to the Igala people of Dekina local government area of Kogi State. The documentation is essential to preserve the ethno – medicinal and cultural uses of plants. There is need to create awareness or enlightenment for the conservation of this biodiversity rich area and also the proper use of these floras.

The wild flora which is fast disappearing in this area could be due to population pressure, forest fires, overgrazing, and other human anthropogenic activities, it is therefore necessary to enlighten the general populace on the traditional use of these valuable materials that would protect the life of this generation and the future generation, as such the senseless destruction of flora that are useful for life maintenance would be curtailed. The younger generation has little knowledge about the ethno – medicinal and other cultural uses of plants in the area because most of the knowledgeable, older persons are fast passing away and the younger ones are not as informed of this ethno – medicinal and cultural uses of plants around them. However, as in the past, some empirical knowledge of medicinal plants among the tribes continues to be developed and transmitted orally from one generation to the next, this mode of knowledge transmission is not enough as such proper documentation of this knowledge will help the younger and future generation keep the useful aspect of their tradition which is helpful to their life.

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Results

Ethno – medicinal uses of some common plant

Table 1: Ethno – medicinal plants and their uses

S/ no	Botanical name	Common name	Vernacular name	Family	Habit	Uses	Part used
1	*Abrus precatorius* Linn	Crab's eye	Epu (Omeju Ichekpa)	Fabaceae	Climber	Remedy for Cough	Leaves
2	Aeollanthus pubescens Benth		Ukpeku	Lamiaceae	Herb	Dysentery and diarrhoea & also spice in food	Leaves
3	*Afromomum daniellii* K. Schum	Guinea grains	Ichabolo	Zingiberaceae	Herb	Sour throat	Fruit
4	*Afromomum 5melegueta* (Rosc) K. Schum	Grain of paradise	Ata	Zingiberaceae	Herb	Stimulant	Seeds
5	*Alcchornia cordifolia S.W*	Christmas bush	Eginija (Ọyi)	Euphorbiaceae	Shrub	Purgative	Leaves
6	*Allophyllus africanus*		Ọtakeke	sapinadaceae	Shrub	Relieve for painful menstruation	Leaves
7	*Ampelocissus indica* (Roxb.) Planch	Wild grape vine	Ọkoto / achiwebete ma	Vitaceae	Climber	Inhibit cancerous wound	Root
8	*Annona senegalensis* Pers	Sweet sop	Ukpokpo	Annonaceae	Shrub	Remedy for cough &	Leaves, bark

						induce fast labour, also the roots and barks in conjunction with *Uveria chamae* is used as poison neutralizer	and root
9	*Anthocleista djalonensis* A. Chev	Cabbage tree	Odogwu	Loganiaceae	Tree	Remedy for hernia	Bark and root
10	*Aspilla Africana* (Pers,) C. D. Adams.	Marigold	Idodolo	Compositae	Herb	Heals wound	Leaves
	Ageratum conyzoides Linn	Goat weed	Itanajuwe	Asteraceae	Herb	Remedy for skin diseases, wound Healing diarrhea and to relieve pain associated with navel in children	Root & leaves
11	*Boerhavia diffusa* L.	Hog weed	Agolomalo	Nyctaginaceae	Herb	Pain relief & anti cancer	Root & leaves
12	*Bridelia ferruginea* Benth	Bridelia	Ede	Euphorbiaceae	Shrub	Treatment of stomach disorder	Leaves
13	*Burkea africana* Hook	Wild syringa	Ofo	Ceasalpinacea e	Tree	Remedy for whitlow, dysentary, epilepsy, poison, ulcers & wounds,mouth infection and cough	Bark of the tree
14	*Butyrospermum paradoxum* (Gaerrn, f.) Hepper/ vitellaria paradoxum (Gaertn,f)	Shea butter	Okume	Sapotaceae	Tree	As cream, remedy for high temperature in children	Fruit or seed
15	*Byrsocarpus coccineus Schum & Thonn*	Hunter's pepper	Ijalijekpe / Achomadel e	Connaraceae	Herb	Treats skin rashes	Leaves & root
16	*Capsicum annum* Linn.	Pepper	Akpoo/ Akpoko	Solanaceae	Shrub	Remedy for Gonorrhoea	Root
17	*Carica papaya* Linn.	Pawpaw	Echibakpa	Caricaceae	Non – woody tree	Laxative, remedy for skin infection	Leave, Milky Latex
18	*Cola nitida* (Vent.) Schott and Endl.	Kola	Obi	Sterculiaceae	Tree	Stimulant & used for dye	Fruit
19	*Cymbopogon citrutus* (DC.)Stapf	Lemon grass	Elie / Ilie	Poaceae	Grass	Anti cold, anti malaria and anti cough	Leaves
20	Daniellia oliveri Benn	African balsam	Agba	Caesalpinacea e	Tree	Treatment of Hepatitis B	Bark
21	*Dennettia tripetala*	Pepper fruit	Opipi	Annonaceae	Tree	Stimulant &	Fruits

	G. Baker / *Uvariopsis tripetala* (Bak. f.) G. E. Schatz					remedy for cough	
22	*Desmodium mauritianum* (Willd.) DC	Stick tight	Igbaligba – okolo	Fabaceae	Herb	Migraine/ head – ache	Leaves
23	*Desmodium salicifolium* (Poir.) DC		Ekpolo	Papillonaceae	Herb	Skin infection and kwashiokor	Leaves and stem
24	*Dialium guinensis* Willd	Black tumbler	Aigele	Caesalpinoideae / Fabaceae	Tree	Remedy for cough & cold	Leaves
25	*Diodia scandens S.W*		Ikanabadudu	Asteraceae	Herb	Remedy for sickle cell anemia	Leaves and stem
26	*Elaeis guineensis* Jacq	Palm tree	Ekpe	Arecaceae	Tree	Hair lotion, anti poison Anti convulsion	Kernel
27	*Acacia Senegal* (L) Willd	Acacia gum	Agwenechee	Mimosaceae	Shrub	Rremedy for rashes in the mouth	Leaves
28	*Erythrophleum ivorense* A. Chev	Red water tree/ Sass wood	Orachi-akpala	Leguminosae	Tree	Anti – poison	Leaves
29	*Eupatorium odoratum* Linn. /*Chromolaena odorata* (L) King & H. E. Robins	Siam weed	Abilewa	Asteraceae	Shrub	Anti fever, treatment of cuts	Leaves
30	*Euphorbia hirta* Linn.	Asthma herb	Enya-akpe / omiakuikede	Euphorbiaceae	Herb	Remedy for Gastro – intestinal problem among children, asthma	Leaves
31	*Fadogia eggrastis* schweinf		Etanyukana	Rubiaceae	Herb	Remedy for Infertility	Leaves
32	*Ficus thonningii* Blume		Ijikpi	Moraceae	Tree	Remedy for venereal diseases	Root
33	*Ficus exasperata* Vahl.	Fig tree	Ogbaikolo	Moraceae	Tree	Blood tonic	Leaves
34	*Garcinia kola*	Bitter kola	Igoligo	Guittiferae / Clusiaceae	Tree	Stimulant, remedy for infertility in men, cough & venereal diseases	Fruits & Leaves
35	*Gardenia florida* Ellis	Cape jasmine	Ikaga	Rubiaceae	Shrub	Remedy for miscarriage	Leaves
36	Gladiolus *quartinianus*		Ukpeku	Iridaceae	Herb	Treating gonorrhea, dysentery and other infectious conditions	Corm

37	*Gossypium hirsutum* Linn.	Cotton	Owu etutu	Tiliaceae	Shrub	Anti typhoid fever	Leaves
38	*Hibiscus sabdariffa* Linn.		Agoloo	Malvaceae	Shrub	Remedy for instant swellings, lowers blood pressure & liver problem	Leaves & flowers
39	*Hymenocardia acida* Tul	Wedding hat	Enache	Euphorbiaceae	Shrub	Remedy for high temperature in children	Leaves
40	*Imperata cylindrical* (L) P. Beaux	Spear grass	Iwo	Graminae	Grass	Gonorrhea	Leaves
41	*Ixora hutea* Linn.	Ixora	Okwubene	Rubiaceae	Shrub	Anti – convulsion	Leaves
42	*Jatropha ajitata* Linn.		Ibebechu	Euphorbiaceae	Shrub	Anti – ring worm	Latex
43	*Jatropha curcus* Linn.	Physic nut	Ikekene	Euphorbiaceae	Shrub		
44	*Kigelia africana* DC	Sausage tree	Itebie / Ebie	Bignoniaceae	Tree	Remedy for Boil & fibroid	Fruit
45	*Digitaria horizontalis* Willd.	Crab grass	Egbe Aicha	Poaceae	Grass	Remedy for scorpion poison and also used as Masquerade regalia	Leaves
46	*Lophira lanceolata* Van Tiegh		Okopi	Ochnaceae	Tree	Treatment of dysentery. Improve Fertility among women	Tender leaves
47	*Maranthes polyandra* (Benth) Prance	Maranthes	Okpokpuno	Chrysobalanaceae	Tree	Treatment of Measles	Leaves
48	*Mentha arvensis L*	Minth	Achefa / achafa	Labiatae	Herb	Remedy for tooth decay	Stem
49	*Mitracarpum scabrum* Zucc		Ajeňwu – Onegume	Rubiaceae	Herb	Treatment of Eczema & other fungal skin diseases	Leaves
50	*Morinda lucida* Benth			Rubiaceae	Tree	Treatment of Yellow fever	Leaves & Root
51	*Moringa Oliefera*	Moringa	Igeligedi	Moringaceae	Tree	Treatment of itching eye & sickle cell anaemia. It is used for fencing	Stem & leaves
52	*Nauclea latifolia* Linn.		Ogbai	Rubiaceae	Shrub	Itching skin disease & filariasis	Leaves & root
53	*Newbouldia laevis* Seem	African tulip tree	Ogichi	Bignoniaceae	Tree	Fencing wrapping food. Tooth ache &	Stems and leaves

						dysentery remedy	
54	*Nicotiana tabbacum* Linn.	Tobacco	Ataba ọtulu	Solanaceae	Herb	Stimulant & remedy for cold	Leaves
55	*Hannoa undulata* (Guill. & Perr.) Planch / *Quassi undulate* (Guill. & Perr.) D. Dietr		Mopula	Simaroubaceae	Tree	Anti – hiccup, purgative and cure for stomach ache	Stem and leaves
56	*Hyptis sauvolens* Poit		Egbe - imu	Labiatae	Herb	Scare mosquitoes from the house	Leaves
57	*Ochna afzeli* R, Br. ex Olive		Omagwuolo	Ochnaceae	Shrub	Treatment for male impotency	Stem, bark & root
58	*Ocimum gratissimum* Linn	Mint	Anyeba	Lamiaceae	Shrub	Treats gastro intestinal problems, diabetes & gonorrhoea	Leaves & root
59	*Parinari curatellaefolium* Planch ex Benth	Rough skinned plum	Ijakere	Rosaceae	Tree	Remedy for cough	Leaves
60	*Phyllanthus amarus* Schum and Thonn	Stone breaker	Ogumanejogba	Euphorbiaceae	Herb	Remedy for skin infection among children, Fever	Leaves
61	*Phyllantus muellerianus (O. Ktze.) Exell*		Oganana	Euphorbiaceae	Shrub	Remedy for stomach disorder	Leaves
62	*Pillostigma thonningii* (Schum) Milne-Redhead		Omukpakpa	Caesalpinaceae	Shrub	Dysentery, cancerous wound	Leaves & Root
63	*Protea madiensis* Oliv		Etikpamodo	Proteaceae		Treatment of high temperature among children	Leaves
64	*Sida acuta* Burm. F.	Sida	Efa	Malvaceae	Herb	Remove pus from boils	Leaves
65	*Solanum tovrum* Sweet	Garden egg	Ika - ewe	Solanaceae	Shrub	Remedy for ear pain	Fruit
66	*Terminalia catapa* Linn	Indian almond	Oli Inale	Combretaceae	Shrub	Treatment of gonorrhoea	Root
67	*Tridax procumbens* Linn.	PWD Weed	Abojigbinigbini	Compositae	Herb	Remedy for stomach ache, stomach ulcer, convolsion in children & hypertension,	Leaves
68	Vernonia amygdalina Dcl.	Bitter leaf	Ilo	Asteraceae	Shrub	Remedy for insomania, hypertension, fever &	Leaves

						daibetes	
69	*Vitex doniana* Sweet	African black plum	Ejiji	Verbenaceae	Tree	Anti – snake venom	Root
70	*Xylopia aethipica* (Dunal) A. Rich		Alu	Annonaceae	Shrub	Stimulant, analgesic	Fruit

Plants commonly used for cultural purposes

Table 2: Building, construction and furniture

S/ no	Plant name	Common name	Local name	Family	Uses	Habit	Part used
1	*Albizzia lebbek* Durazz	Siris tree	Aya	Mimosaceae	Construction, furniture & roofing	Tree	Trunk
2	*Bambusa vulgaris* Schrad. ex J.C. Wendl	Bamboo	Otacho	Poaceae	Roofing & furniture	Tree	Stem
3	Borassus aethopium Mart.	Fan palm	Odo	Palmae/ Arecaceae	Roofing	Tree	Trunk, leaves
4	*Burkea africana* Hook	Wild syringa	Ofo	Ceasalpinaceae	Furniture, utensils & construction	Tree	Trunk
5	Daniellia oliveri Benn	African balsam	Agba	Caesalpinaceae	Furniture	Tree	Trunk
6	*Elaeis guineensis* Jacq	Palm tree	Ekpe	Arecaceae	Roofing	Tree	Leaves & trunk
7	Imperata cylindrical (L) P. Beaux	Spear grass	Iwo	Graminae	Roofing	Tree	Leaves
8	Khaya ivorensis	Sapele mahogany	Ago	Mehaceae	Roofing and furniture	Tree	Trunk
9	Khaya senegalensis	Savanna mahogany	Ago	Mehaceae	Roofing and furniture	Tree	Trunk
10	*Lophira lanceolata* Van Tiegh	Lophira	Okopi	Ochnaceae	Furniture & masquera de regalia	Tree	Trunk & leaves
11	Milicia excelsa (A.Chev.) C.C. Berg	Iroko/ African teak	Uloko	Moraceae	Roofing and furniture	Tree	Trunk
12	Triplochiton scleroxylon K. Schum	White obeche	Uwe we	Sterculiaceae	Furniture	Tree	Trunk

Table 3: Common wild edible fruits

S/ no	Plant name	Common name	Vernacular name (Igala)	Family
1	Adansonia digitata Linn	Baobab	Obobo	Bombaceae
2	Aframomum danielli K.Schum	Guinea grains	Ichabolo	Zingiberaceae
3	Alchornea cordifolia SW	Christmas bush	Eginija (Oyi)	Euphorbiaceae
4	Ampelocissus latifolia (Roxb.) Planch	Wild grape vine	Okoto/ Achiwebetema	Vitaceae
5	Annona senegalensis Pers	Sweet sop	Ukpokpo	Annonaceae
6	Blighia sapida Koen	Akee apple	Okpu	Sapindaceae
7	Cola acuminata Schott and Endl	Kola	Obi – igala	Sterculiaceae
8	Cola nitida (Vent) Schott and Endl	Kola	Obi – Akechi	Sterculiaceae

9	Crysophylum albedum	Star apple / cherry	Ehia	Sapotaceae
10	Dennetia tripetala Bak. F.	Pepper mint	Opipi	Annonaceae
11	Dialium guineensis willd	Velvet tamarind	Aigele	Caesalpinceae
12	Elaeis guineensis Jacq	Palm tree	Ekpe	Arecaceae
13	Garcinia kola Heckel	Bitter kola	Igoligo	Guittiferae
14	Hannoa undulate (Guill. & Perr.) Planch.		Mopula	Simaroubaceae
15	Irvingia smithii (O'Rorke) Baill	Bush mango	Egili	Irvingiaceae
16	*Landophia amoena* Hua.		Obo	Apocynaceae
17	*Landophia owariensis* P. Beauv		Alibeda	Apocynaceae
18	Myrianthus arboreus		Ade	Moraceae
19	Parinari excelsa Sabin.	Guinea plum	Ijakere	Chrysobalanacea e
20	Qchna afzelii R. Br. ex Oliv		Omagwuolo	Ochnaceae
21	Spondias mombin Linn	Hog plum	Echikala	Anacardiaceae
22	Sterculia tragachanta		Ukpoji – obuko	Sterculiaceae
23	Uvaria chamae P. Beaux	Uvaria	Awuloko (Ailoko)	Annonaceae
24	vitellaria paradoxum	Shea butter	Okume	Sapotaceae
25	*Vitex doniana* Sweet	African black plum	Ejiji	Verbenaceae

Table 4: Condiments and food

S/ no	Plant name	Common name	Local name	Family	Uses	Part used
1	Abelmoschus esculentus (L) Wight and Arn	Okra/ okro	Oro ikpoloko	Malvaceae	Soup	Fruits and tender leaves
2	Cajanus cajan(L) Millsp.	Pigeon pea	Agwugwu	Papilonaceae	Boiled & eaten	Seeds
3	Cannavallia mistforme (L) DC.	Sword bean	Okpaka	Papilonaceae	Soup, Boiled & eaten	Seeds
4	Capsicum annum L	Pepper	Akpoo egini/ Akpoko egini	Solanaceae	Spices	Fruits
5	Cissus populnea		Okoho	Vitaceae	Soup	Pulp Stem
6	Citrillus lunatus	Melon / Egusi	Api	Cucurbitaceae	Soup	Seeds
7	Citrillus vulgare	Melon	Abaro	Cucurbitaceae	Soup	Seeds
8	Clitoria ternatea	Butterfly pea	Irere	Fabaceae	Soup	Seeds
9	Corchorus aestuans		Oro eṁi	Tiliaceae	Soup	Leaves & Fruits
10	Corchorus olitorus		Oro eṁi	Tiliaceae	Soup	Leaves & Fruits
11	Dioscorea alata L	Water yam	Ebina	Dioscoreacea	Porridge,	Tuber
12	Dioscorea bubilifera L		Okutaechi	Dioscoreacea	Boiled & eaten	Bulbils
13	Dioscorea cayennensis Lam	White yam	Uchu	Dioscoreacea	Potage,	Tuber
14	Dioscorea dumentorium (Kunth) Pax	Bitter yam	Ulayi	Dioscoreacea	Boiled & eaten	Tuber
	Gladiolus *quartinianus*		Ukpeku	Iridaceae	To brew gruel	Corm
15	Hibiscus mutabilis L		Oro akala	Malvaceae	Soup	Leaves
16	Hibiscus sabdariffa		Agolo	Malvaceae	Soup &	Flowers

	L				drinks	
17	Ipomea batatas L	Sweet potato	Uchapa / Odumu	Convolvulacea e	Potage Boiled & eaten	Tuber and tender leaves
18	Irvingia excels	Bush mango	Aikpele	Irvingiaceae	Soup	Fruit
19	Irvingia Gabonese	Bush mango	Aikpele	Irvingiaceae	Soup	Fruit
20	Manihot esculetus Crantz	Cassava	Abacha	Euphorbiaceae	Pudding & soup	Tuber and tender leaves
	Ocimum gratissimum	Minth	Anyeba	Lamiaceae	Spices	Leaves
21	Parkia biglobosa R. Br.	Locust bean	Ugba	Papillonaceae	Seeds for soup as spices	Pulp of fruit and seeds
22	Piper guinenses Schum and Thonn	Black pepper	Ainmili	Piperaceae	Spices	Leaves & seeds
23	Prosopis africana (Guill and Perr.) Taub.		Ukpiye	Mimosaceae	For soup as spices	Seeds
24	Sesamum indicum	Beniseed	Igogo	Pedaliaceae	Soup	Seeds
25	Sesamum orientale		Oro egbe	Pedaliaceae	Soup	Leaves
26	Sesamum radiatum		Oro dudu	Pedaliaceae	Soup	Leaves
27	Sorghum bicolar (L.) Moench	Millet	Okodu /ahiahi	Poaceae	Porridge, pudding, local drink & alcohol	Seeds
28	Sorghum caudatum L	White guinea corn	Okoli fufu	Poaceae	Porridge, pudding, local drink & alcohol	Seeds
29	Sorghum guineensis L	Red guinea corn	Okoli kpikpa	Poaceae	Porridge, pudding, local drink & alcohol	Seeds
30	Vernonia amygdalina Dcl.	Bitter leaf	Ilo	Asteraceae	Soup	Leaves
31	Vignia unguiculata Linn	Beans	Egwa	Papilonaceae	Soup, boiled & eaten	Seeds
32	Xanthosoma spp Schott	Cocoyam	Ikachi	Araceae	boiled & eaten	Corms
33	Xylopia aethipica		Alu	Annonaceae	Spices	Fruit
34	Zea mays Linn	Maize	Aakpa	Poaceae	Porridge, pudding, local drink & alcohol	Seeds