



ETHNOBOTANICAL SURVEY OF AROMATIC AND MEDICINAL PLANTS USED IN TRADITIONAL MEDICINE AND AGRI-FOOD IN THE FES-MEKNES REGION.

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Abstract

In order to identify the medicinal plants used in agri-food and traditional medicine by the population of the Fez-Meknes region (Morocco), a floristic and ethnobotanical study was carried out by using a questionnaire in 4 provinces of this region (Fez, Meknes, Azrou, Taza). Monographs have been developed for six medicinal plants used in food (*Ziziphus lotus*, *Ceratonia siliqua* L, *Typha latifolia* L, *Trigonella foenum-graecum* L. *Rhamnus alaternus* L. and *Pinus pinaster*). A maximum of information on the different uses of medicinal and aromatic plant was collected via questionnaire sheets, which served to survey the usual users of the plant and herbalists belonging to the various rural and urban communes of the four provinces. The study of the medicinal flora allowed the inventory of 81 species belonging to 47 families. The results of this study showed that the leaves are the most used part. The majority of the remedies are prepared in the form of infusion (47%) and decoction (26%). Of all the diseases treated, digestive diseases are the most cited (25%), followed by dermatological diseases (21%). The present study has allowed us to evaluate and know some traditional practices used by the population of the Fez-Meknes region. In this context, it is essential to carry out this type of investigation in other regions of the kingdom in order to safeguard this precious natural heritage by means of a monograph that is as complete as possible, and to validate the remedies and preparations identified by means of rigorous scientific protocols.

Keywords: Agri-food; Ethnobotany; Medicinal plants; Monographs; Traditional medicine.



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