

**FOREST PLANT ROOTS IN HOUSEHOLD NUTRITION AND HEALTH-CARE IN
ABEOKUTA, OGUN STATE, NIGERIA.**

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Abstract

A survey of the use of forest plant roots in, household nutrition and health care in Abeokuta and its environ was conducted. The results showed that the roots of 52 plant species from 30 families are utilized for medicinal purposes, chewing sticks for mouth and dental care and soup. The others are used as chewing stick for dental care or as lotions/cream for external application. The roots are used in the cure or prevention of 33 ailments. These ailments malaria, yellow fever, venereal diseases, infertility, sexual impotence, abortion, leprosy, pile (haemorrhoid), sickle cell anaemia, schistosomiasis, high blood pressure, etc. The use of the plants roots in health care are categorised as follows: diseases, symptoms, remedy for prevention and anti-bacterial activity cure for, mixed infection (combination and fungus), anti-septic effect, intestinal sedative and trauma/injury. Others are anti-hypertensive, pain reliever, decongestant, inducing ovulation, aphrodisiac, nourishment appetite stimulant, and anti fungus. The results show that only 10, (that is 19%) of the plant species are cultivated, while the remaining 42 (that is 81 %) are wild. There is the need to conserve these plants to prevent their extinction. A diminished availability of the roots would have adverse consequences on household nutrition and health care in the study area.

Keyword: Forest plant roots, Household nutrition, Health-care.