

PERSONAL COMMUNICATION: A LOCAL MALARIA THERAPY

Abulude, Francis Olawale
Science and Education Development Institute, Akure, Ondo State, Nigeria

ABSTRACT

This paper aims at providing a treatment intended to relieve or cure malaria fever in Nigeria. In doing this, the herbs and direction of preparation were provided.

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Corresponding Author: waleabul@yahoo.com

INTRODUCTION

Malaria is caused by single-celled parasites through the bite of an *Anopheles* mosquito (Harvard Health Publication, 2012). When this happens, infected red blood cells are broken down by spleen or liver, which filter out and remove damaged or aging red blood cells from circulation. Symptoms after bite are: fatigue, nausea, feeling faint, aches, profuse sweating and high fever. Delayed treatment may result into kidney failure, low blood sugar, severe anemia, brain tissue injury, and pulmonary edema. When a doctor diagnoses and found the patient to have malaria, antimalarial medications are prescribed. Malaria is preventable and treatable disease (WHO, 2012). The alternative to compounded drugs are herbs, especially in developing countries.

Herbs are plants which are very useful for medicine, food and fragrant. The leaves, seeds, bark, fruits and roots are used as therapy in different ailments and diseases. The different parts are either used dried or fresh. Most plants (herbs) contain phytochemicals which have influence on the body. These chemicals are toxic when consumed in excess. In developing countries, plant parts are been used as herbal medicine.

In Nigeria, local malaria therapy have saved many lives, especially when there is no money to visit an hospital talk less of buying prescribed drugs.

This study aims at presenting the local malaria therapy employed by a traditional doctor in a southwestern part of Nigeria. In doing this, the plants used, part of herbs used are identified and the formulation and preparation were presented.

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METHODOLOGY

The interview conducted for the paper was granted by Madam Egun Aregbesola, a native doctor who has been practicing for over 40 years in Akure, Ondo State, Nigeria. The interview was held on the 12th November, 2012. The ingredients for the malaria therapy were obtained in her garden and identified by her. Pictures 1 – 7 depict the herbs. They include (leaves): pear, lemongrass, mango, cashew, cotton, neem, and pawpaw (Aregbesola, Personal Communication).

Preparation

Herb Leaf Tea

Ingredients (leaves):

- 3 mango
- 5 lemongrass
- 3 mango
- 3 cashew
- 5 cotton
- 1 broad leaf of pawpaw
- 3 sticks of neem
- 1-1.5 lt of Water

Directions:

1. To start off, pick good ones and wash devoid of dirt.
2. Boil the quantity as prescribed above in a pot of water for about 25minutes.
3. After it is finished boiling, allow to cool. Let these leaves sit in the water for another 25 minutes, to maximize the amount of extract left in the water.
4. Strain the leaves and drink solution 2 to 3 times a day.
5. Drink after food.

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Picture 1: Pawpaw

Scientific classification

Kingdom: Plantae

(Unranked): Angiosperms

(Unranked): Eudicots

(Unranked): Rosids

Order: Brassicales

Family: Caricaceae

Genus: *Carica*

Species: *C. papaya*

Vernacular: Ibepe

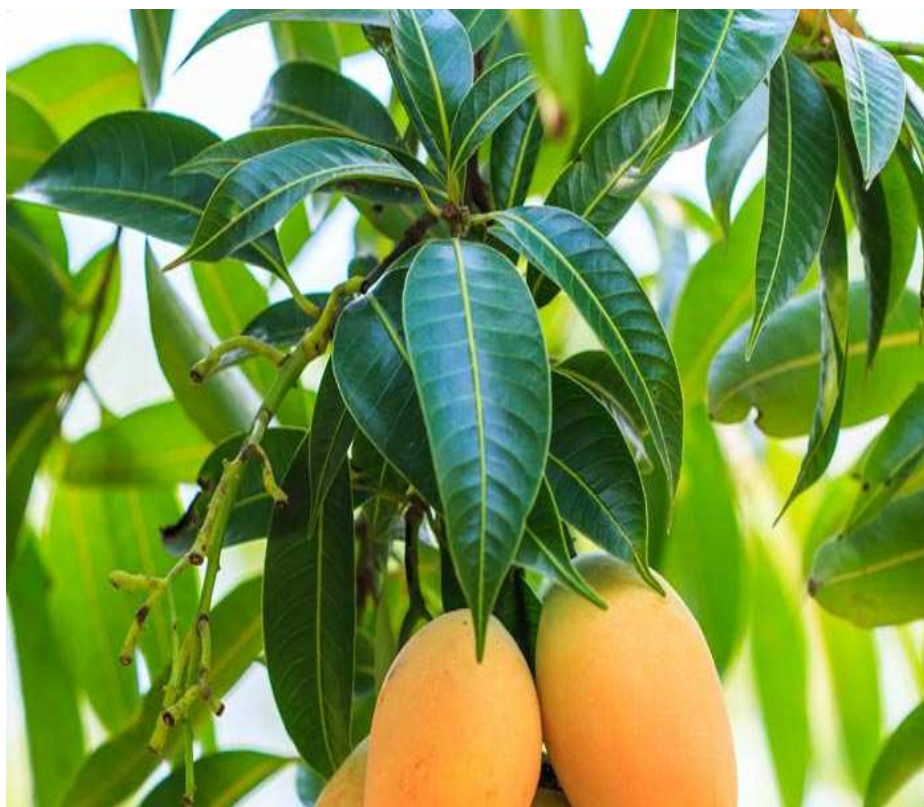
Scientific name: *Carica papaya*

(Wikipedia, 2012).

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Picture 2: Mango

Scientific classification

Kingdom: Plantae

(Unranked): Angiosperms

(Unranked): Eudicots

(Unranked): Rosids

Order: Sapindales

Family: Anacardiaceae

Genus: *Mangifera*

Species: *M. indica*

Vernacular: Mangoro

(Wikipedia, 2012).

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Picture 3: Neem leaves

Scientific classification

Kingdom: Plantae

(Unranked): Angiosperms

(Unranked): Eudicots

(Unranked): Rosids

Order: Sapindales

Family: Meliaceae

Genus: *Azadirachta*

Species: *A. indica*

Vernacular: Dongoyaro

(Wikipedia, 2012).

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Picture 4: Cashew Leaves

Scientific classification

Kingdom: Plantae

(Unranked): Angiosperms

(Unranked): Eudicots

(Unranked): Rosids

Order: Sapindales

Family: Anacardiaceae

Genus: Anacardium

Species: *A. occidentale*

Vernacular: Kaju (caju)

(Wikipedia, 2012).

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Picture 5: Pear Leaves

Scientific classification

Avocado

Kingdom: Plantae

(Unranked): Angiosperms

(Unranked): Eudicots

(Unranked): Rosids

Order: Rosales

Family: Rosaceae

Subfamily: Amygdaloideae

Tribe: Maleae

Subtribe: Malinae

Genus: *Pyrus*

Scientific name: *Persea americana* Miller

Vernacular:

(Wikipedia, 2012).

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Picture 6: Lemongrass

Scientific classification

Kingdom: Plantae

(Unranked): Angiosperms

(Unranked): Monocots

(Unranked): Commelinids

Order: Poales

Family: Poaceae

Genus: *Cymbopogon*

Species: *C. citratus*

Synonyms: *Andropogon citratus* DC.

Scientific Name: *Cymbopogon citratus*

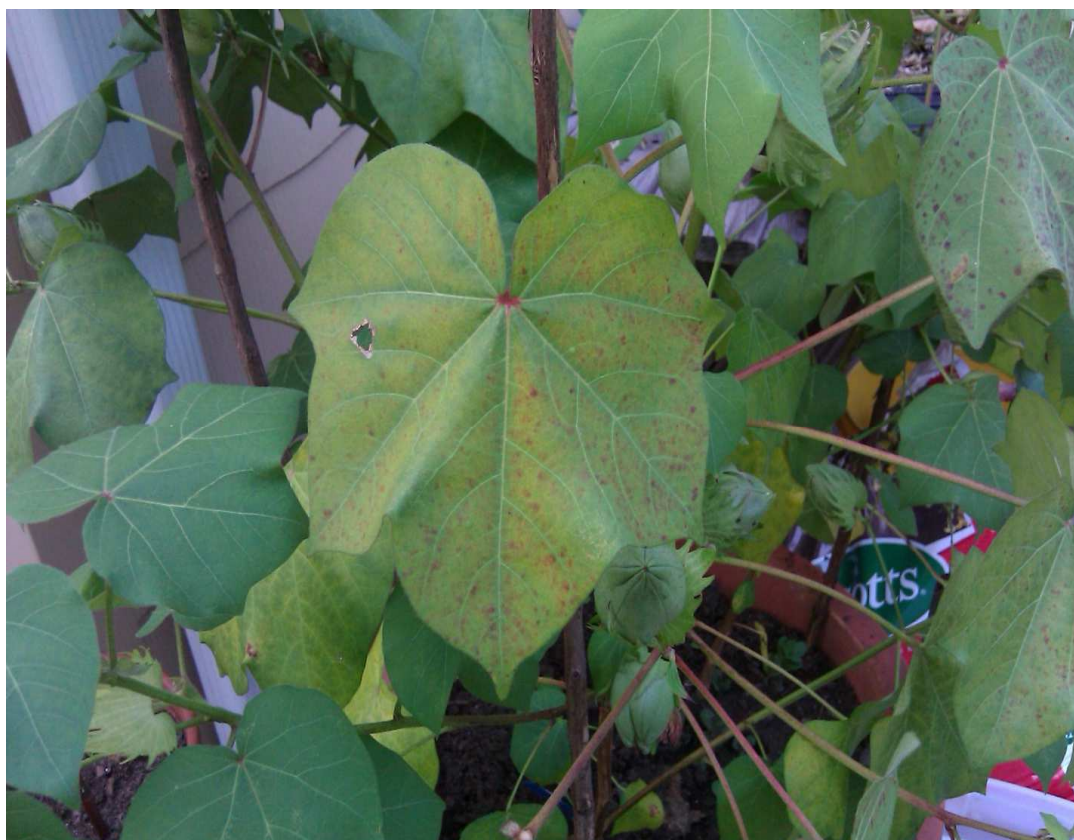
Vernacular:

(Wikipedia, 2012).

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Picture 7: Cotton Leaves

Scientific classification

Kingdom: Plantae

Clade: Angiosperms

Clade: Eudicots

Clade: Rosids

Order: Malyales

Family: Mayaceae

Subfamily: Malyoideae

Genus: *Gossypium* L

Scientific Name: *Gossypium arboretum* L

Vernacular: Ewe Owu

(Wikipedia, 2012).

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CONCLUSION

This alternative to orthodox treatment is effective, if the recommended method of preparation and dose are carefully followed.

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Wikipedia (2012) - The free encyclopedia.

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