

## DOCUMENTATION OF TRADITIONAL HERBS USED IN THE TREATMENT OF PILE AND ASTHMA IN PARTS OF AKWA IBOM STATE

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### ABSTRACT

Asthma and haemorrhoids (pile) are health disorders that cause many of the affected or their caregivers to seek herbal cures beyond orthodox medical solutions. In order to investigate, identify and document herbs used in treating these disorders, a structured questionnaire was administered to 60 respondents in 33 villages and 10 Local Government Areas in Akwa Ibom State of Nigeria. The respondents included herbalists (40%), village heads (10%), farmers (25%) and health workers (25%). There were 40% females and 60% males. A total of 31 plants in 27 families were collected, identified and preserved. Of these, 16 were used to treat haemorrhoids while 17 were for the treatment of asthma. The plant parts used, mode of collection, preparation and administration of the herbal remedies by the people of Akwa Ibom State have been documented. A further investigation into the efficacy of these claims is recommended.

**KEYWORDS:** Asthma, Haemorrhoids, Herbs, Respondents