Ethnopharmacological survey of medicinal plants with hallucinogenic effect and used against pain, inflammatory diseases, diabetes and urinary lithiasis in Zagora "Morocco"

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ABSTRACT

Aim: The aim of this study was to identify different plants used in folk medicine for treating pain, inflammatory diseases, diabetes and kidney stones by the population of Zagora province, in Southeastern of Morocco. This investigation was undertaken during more than 2 years started in 2013 and ended in 2015. **Materials and Methods:** A total of 1400 person with different ages between 20 and 80 years, in 12 areas, was included in this survey; 348 were diabetics, 292 were suffering from kidney stones and 760 healthy. Data collected was separated in two parts. The first part concerned interviewee information's (age, sex, and level of education) and the second part was designed for plants uses (vernacular names, uses, parts used, and mode of preparation). Use value (UV), fidelity level and family UV (FUV) were calculated. **Results:** We inventoried 83 plants species belonging to 40 families that were used. Ranunculaceae family showed the highest significance (FUV = 0.36). Six species with the highest UV were *Zygophyllum gaetulum* L. (0.44), *Nigella sativa* (0.36), *Rosmarinus officinalis* L. (0.36), *Trigonella foenum-graecum* L. (0.35), and *Thymus satureioides* L. (0.35). We identified 50 species used for treating or managing pain, 45 for diabetes, 19 for kidney stone, 7 for treating inflammatory diseases, and only 3 species that were recognized with hallucinogenic effects. **Conclusions:** This study shows that folk medicine in Zagora still occupies a high level in primary health care. Data collected may help to preserve knowledge about different plants used and their mode of preparation.

KEY WORDS: Ethnopharmacological, medicinal plants, morocco, hallucinogenic, zagora province