

Local plants for food and health security in Sahel countries: Case of an area in the layout of the Great Green Wall of Burkina Faso



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Biography

Alphonsine RAMDE/TIENDREBEOGO: Researcher in Biochemistry and Phytochemistry at the Institute of Research in Health Sciences, Department of Traditional Medicine. His works focus on the valorization of the traditional medicine receipts, including Sickle Cell Disease, infectious and inflammatory diseases. Dr. RAMDE is author of 12 research papers and 14 vulgarization cards.



Statement of the Problem: According to a recent report of United Nations, one-third (1/3) of the population of developing countries estimated at two thousand million persons are deficient in vitamins or in micronutrients. Particularly in sub-Saharan Africa, at least 237 million people suffer from chronic undernourishment. Also, deforestation, drought, desertification caused by anthropogenic activities and climate change are causing accelerated land degradation and affecting the yield of staple food crops. In addition to these worrisome environmental issues, global health security is threatened by new infectious diseases emerging or re-emerging, highly virulent and communicable. Traditional diets based on the consumption of cereals, vegetables, fruits are replaced by diets rich in fat with a high energy density and a significant amount of meat-based foods. It is therefore urgent to explore medicinal foods (or natural nutraceuticals) that would contribute to strengthen the resilience of populations to climate variability and extreme events. The aim of this study is to provide scientific documentation on both nutritious and therapeutic plants of the province of Ouhritenga in central Burkina Faso.

Methodology & Theoretical Orientation: The targeted study population was women and traditional healers for collection of data on food and therapeutic use of plants. Findings: Twenty five (25) nutritional species with therapeutic virtues and high use values ($UVs \geq 0.50$) have been identified. Results also showed that leaves and fruits were the most consumed parts (48%). Leaves were also the most used in medicinal recipes (54%). The trunk bark and fruits were recommended at 28% and 7% respectively. The presence of numerous mineral elements, vitamins, proteins, lipids, carbohydrates and important chemical groups with well-known biological properties justify the use of these therapeutic food plants.

Conclusion & Significance: Traditional foods can be an important track in finding solutions to chronic disease and malnutrition as well as ensuring food and health security in low income- countries.

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