

# Ethnobotanical and pharmacognosic study of medicinal plants used for the treatment of myomas in the Koung-Khi Department (West Cameroon)

Judith Caroline Ngo Nyobe, Doriane Fernande Kenmoe Kam, Christelle Flora Ladoh Yemeda, Pierre Robert Abanda Eva, Vegah Gwe Obed, Anicet Biwole Bengondo, Mahamane Haïdara, Joseph Ngoupayou, Gisèle Etame Loe and Rokia Sanogo

DOI: <https://www.doi.org/10.22271/phyto.2026.v15.i2a.15769>

## Abstract

Given the high cost and side effects of conventional treatments, many people, particularly those in rural areas, turn to traditional medicine to find natural solutions for managing various ailments, including gynecological disorders, such as myomas. This study aimed to characterize the medicinal plants traditionally used in the treatment of myomas.

A cross-sectional ethnobotanical survey was conducted in the Koung-Khi Department (West Cameroon) using structured questionnaires and direct interviews with individuals knowledgeable about antimyoma medicinal plants. Pharmacognostic analyses were performed for macroscopic and microscopic identification of the most frequently cited species. Phytochemical and physicochemical tests were also carried out according to standard procedures.

A total of 53 plants species belonging to 33 families were identified. The most frequently cited family was Asteraceae, and the most mentioned species were *Hallea* sp., *Combretum* sp., *Adansonia digitata*, *Erigeron floribundus*, *Solanum aculeastrum*, *Tetrapleura tetraptera*. In this study, men represented the majority (78%), and most participants were aged between 51 and 60 years. The most commonly used plant part was the bark (28%), which was incorporated into 46 different recipes. Decoction (80%) was the predominant preparation method, with oral administration being most frequent (84%).

The botanical and microscopic characteristics supported the identification and authentication of the plant materials. Determination of water and total ash content proved essential for assessing the quality, safety and efficacy of these drugs. Most of the studied species contain phenolic compounds, alkaloids, and terpenes. Overall, this study highlights the importance of traditional knowledge in the search for alternative therapeutic solutions.

**Keywords:** Ethnobotany, pharmacognosy, myomas, medicinal plants