

Neutraceutical Wild Plants Contributions to Food and People of Semiarid East Shewa, Ethiopia: Healthcare Security of the Semiarid

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Abstract

Ethnobotanical study was conducted in six study sites of semi and east Shewa, Ethiopia. The study has aimed to identify key nutraceutical wild plants and documents associated Indigenous knowledge. It also analyzed local use and management practices and implications to food and health security of people living in semi arid areas. Data was obtained ethnobotanically by field observations focus group discussions and interviews. Qualitative data were described by narrating and quantitatively summarized tables, percentages and ranking matrixes. Twenty nutraceutical plants were identified; 35% shrubs, 13% trees and 5% liana for human food livestock feed and medicine. Transhumant pastoralists used (95%) nutraceuticals and settled farmers (65%) Twenty nutraceutical wild plants were used to treat 11(55%) human and 9(45%) livestock ailments/ health problems. There are a good number of nutraceutical plants which can be used for nutrition and healthcare system of semiarid people. Transhumant pastoralists were more intimate with nature and more knowledgeable. Hence, they adapt to climate change by using locally available nutraceuticals for themselves and their livestock. Climate change adaptation strategies can be built on this indigenous knowledge for sustainable use of nutraceuticals for nutrition and health security.