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Plants used in folk medicine in the treatment of anaemia in the prefecture of gulf in Togo

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Although it causes little interest by comparison to HIV/AIDS, anaemia is a very rife pathology in Africa. It constitutes a big problem of public health with an increase of the risk of the morbidity and mortality, especially at the pregnant women and children of preschool age. The aims of this study is to (i) identify anti-anaemia plants used in folk medicine in the Coastal region of Togo and (ii) test within plants parts of the most commonly used plant species to treat anemia, the presence of the main elements whose deficiency cause anemia. The information about the different plant species used in the treatment of anemia pathology was gathered using the semi-structured individual interviews. The sample was constituted by 54 respondents including 44 medicinal plants resellers of markets in majority women and 12 traditional healers. In order to confirm the use of these plants in folk medicine, the iron availability was assessed in plant parts of 3 most used anti-anemic plants species. A total of 35 anti-anemic plants species grouped into 24 families and 33 genera were identified. Fabaceae and Malvaceae families are the most reported. *Sorghum bicolor*, *Lannea kerstingii* and *Khaya senegalensis* are the most represented. The result revealed that these three plants contain iron in varying proportions. This would justify their uses as anti-anemia especially in case of iron deficiency anemia. The determination of iron alone is not sufficient to qualify definitely these plants as anti-anemic although they contain iron. The dosage of vitamins B9 and B12 will give a supportive confirmation. The use latest plant species in traditional medicine can be recommended only after biological, toxicological and chrono-toxicological studies on rats.

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