

Poisonous medicinal plants used in the popular pharmacopoeia of the Rif, Northern Morocco

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Abstract

Background/Aim: Popular herbal medicine has served as a unique health provider for human beings for thousands of years. It has ever been part of human history. Hence, herbal remedies as medicines either have side consequences or are ineffective. In the present study, we document and value the toxic plants used as medicines in the Rif region, intending to assess the knowledge of indigenous people on the toxicity of the natural products used. **Materials and Methods:** Ethnobotanical survey was conducted in the Rif, northern Morocco between June 2016 and June 2018 using semi-structured questionnaires and focus groups. An investigation of the scientific literature was conducted to sustain or verify the claimed toxicological information.

Results: A total of 84 species of plants belonging to 67 genera and 30 families were reported as being used in the prevention and treatment of diseases. The families reported to be most representatives of these kinds of plants are Asteraceae and Fabaceae (7 species). However, the highly toxic plant prescribed was *Rosmarinus officinalis* L. Leaf was the most commonly used plant part, and the majority of herbal remedies were prepared from a decoction (40.6%). **Conclusions:** The results of this investigation showed that the local people in the Rif are still dependent on herbal medicine. These species used for remedial purposes are noted to have a potential toxic impact associated with their irrational consumption. Therefore, we suggest that attention should be observed when using them as medicinal sources.



Biography

Noureddine Chaachouay has been a hard worker all his academic life. He has participated in national and international projects. He has done about 16 publications.

Publications

- Cystitis treatment with phytotherapy within the Rif, Northern Morocco
- Ethnobotanical and toxicology study of medicinal plants used for the treatment of diabetes in the High Atlas Central of Morocco
- Herbal Medicine Used in the Treatment of Human Diseases in the Rif, Northern Morocco
- Poisonous medicinal plants used in the popular pharmacopoeia of the Rif, northern Morocco
- COVID-19, prevention and treatment with herbal medicine in the herbal markets of Salé Prefecture, North-Western Morocco

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