

## Ethnobotanical Study of the Most Lamiaceae Used as Medicinal and Culinary Plants by the Population of Bejaia Province, Algeria

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### ABSTRACT

This study was carried out to safeguard ancestral knowledge about most Lamiaceae plants used by the population of the Bejaia region (north-eastern Algeria) for medicinal and food purposes. Using 200 questionnaire sheets, ethnobotanical surveys were performed between February and July 2020. The data were analyzed by calculating quantitative indices such as Relative Citation Frequency (RFC), Plant Part Value (PPV) use index, and Fidelity Level (FL). It was shown that women hold ethnobotanical information (52%) more than men (48%), older persons are expected to provide more reliable information and the majority of users have a university level. Otherwise, herbal medicine is used more in rural areas than in urban and 55% of the studied plants are cultivated while 45% are wild. The leaves are the most used part (PPV = 0.592) and the infusion method was the most commonly used (69.7%). Ethnobotanical analysis revealed that *Mentha spicata* L. (RFC=0.44), *Lavendula stoechas* L. (RFC=0.215), and *Salvia officinalis* L. (RFC=0.205) are frequently used. Digestive pathologies are the major therapeutic indications and 41.44% of species were used for seasoning meat and fish. This survey could constitute an important source of information and a database for further research in the fields of phytochemistry and pharmacology.

**Keywords:** Ethnobotany, Bejaia, medicinal plants, Lamiaceae, therapeutic effects, culinary uses.

### Introduction

Various plants were employed by the population since ancient times for their medical and food needs. [1] Nowadays, medicinal plants still play a major role in the treatment of several pathologies, especially in rural areas for financial causes and owing to inconvenience in accession to sanitary concerns. [2, 3]

Ethnopharmacological studies and ethnobotanical surveys constitute a very reliable approach to the

exploration of ancestral information and are efficient techniques for determining and documenting medicinal plants. [4] These last have constantly been a substantial constituent of the ancestral method of cure in developing nations, and have also been a basic section of the folklore and cultural customs of regional societies. [5, 6]

In some African nations, equivalent to 90% of the inhabitants depends uniquely on wild herbals as the origins of medications. Furthermore, renewed attention concerning medicinal and food plant research and their ancestral application by various indigenous populations of Africa were noted in actual years. [7]

Algeria is known for its floristic diversity which constitutes a rich phylogenetic source with about 3000

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