

Nabyla Khaled-Khodja<sup>1,2</sup> / Fatiha Brahmi<sup>1</sup> / Khodir Madani<sup>1,3</sup> / Lila Boulekbache-Makhlouf

# Ethnobotanical survey of three members of family Lamiaceae among the inhabitants of Bejaia, Northern Algeria

<sup>1</sup> BS Laboratory, Faculty of Natural Sciences and Life, Abderahmane Mira University, Bejaia 06000, Algeria, E-mail: nabyla\_khaledkhodja@yahoo.fr, fatiha.brahmi@univ-bejaia.dz, madanikhodir@yahoo.fr, lilaboulekbache@yahoo.fr

<sup>2</sup> Faculty of Biological and Agronomic Sciences, Mouloud Mammeri University of Tizi Ouzou, Tizi Ouzou, Algeria, E-mail: nabyla\_khaledkhodja@yahoo.fr

<sup>3</sup> Research Center in Agri-Food Technologies, Abderahmane Mira University, Bejaia 06000, Algeria, E-mail: madanikhodir@yahoo.fr

## Abstract:

**Background:** This paper presents the uses of *Calamintha nepeta*, *Teucrium flavum* and *Thymus numidicus* in food and in traditional herbal medicines in six districts from Bejaia state, Northern Algeria.

**Materials:** A semi-structured interview was conducted to 52 informants, including questions on the demographic data of the informants and uses of the three medicinal plants to determine the alimentary and the medicinal uses of these plants in Bejaia state.

**Results:** The demographic data of the informants indicate that rural participants are the principal consumers of medicinal plants. Data regarding experience of medicinal plants preparation show that 36.5% was confined to the experienced informants, while 63.5% of the informants were inexperienced. Women used medicinal plants more frequently than men; it is recorded that there were 42.3% male informants and 57.7% female informants. Studied plants were used for curing a total of 10 diseases. Also, *C. nepeta* and *T. numidicus* were applied as condiment in food, but *T. flavum* was found to have no food uses in all districts.

**Conclusion:** Bejaia district is rich in biodiversity of food and medicinal plants and there is need for further studies to validate their use as potential drugs.

**Keywords:** alimentary uses, Bejaia state, *Calamintha nepeta*, medicinal uses, *Teucrium flavum*, *Thymus numidicus*

**DOI:** 10.1515/jcim-2019-0208

**Received:** August 3, 2019; **Accepted:** November 17, 2019

## Introduction

Algerian pharmacopoeia is qualified as traditional because, unlike Western pharmacopoeias which have been formalized in forms or codex, it has not been written down but has continued to the present by passing from generation to generation among healers and herbalists through oral transmission of knowledge and practice of theme declare [1, 2].

According to Konno [3], ease of accessibility, efficacy on treatment and affordable cost in getting health services are main reasons in preferring traditional medicine. The plants that mostly originate from Africa, Asia and South America are estimated to contribute 33% of drugs produced in developed countries [4]. Medicinal and food plants are the major raw materials for conventional medicine and are also used as source of nutrition [5]. The traditional medical knowledge of medicinal and food plants and their use by indigenous cultures are vital for conservation of cultural traditions and biodiversity, community health care and also in the current drug development [6].

In recent years, use of ethnobotanical knowledge regarding medicinal and food plants usage and research has gained substantial consideration among the scientific communities [7]. It was also observed that the rising costs of synthetic drugs for personal health, and exploration of new plant-derived drugs had fueled the interest in medicinal and food plant documentation [8].

Algeria is characterized by a climatic diversity, which is favorable for growth and development of a flora rich in medicinal and food plants [9]. The wealth of medicinal and food plants knowledge among the people of