

# Medicinal benefits of domesticated and wild vegetables traditionally used by the Lugbara community, North-western Uganda

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## Introduction

Most ethnic settings in Uganda rely on indigenous vegetables (IV) for nutrition and health. Most of the wild vegetables and associated indigenous knowledge (IK) is being lost before documentation or even analyzed for bioactive properties. Consumption of IV in Uganda is still low. Inadequate vegetable consumption is among causes for non-communicable diseases. This study aimed at documenting the uses and medicinal perceptions for IV by the Lugbara

## Materials and Methods

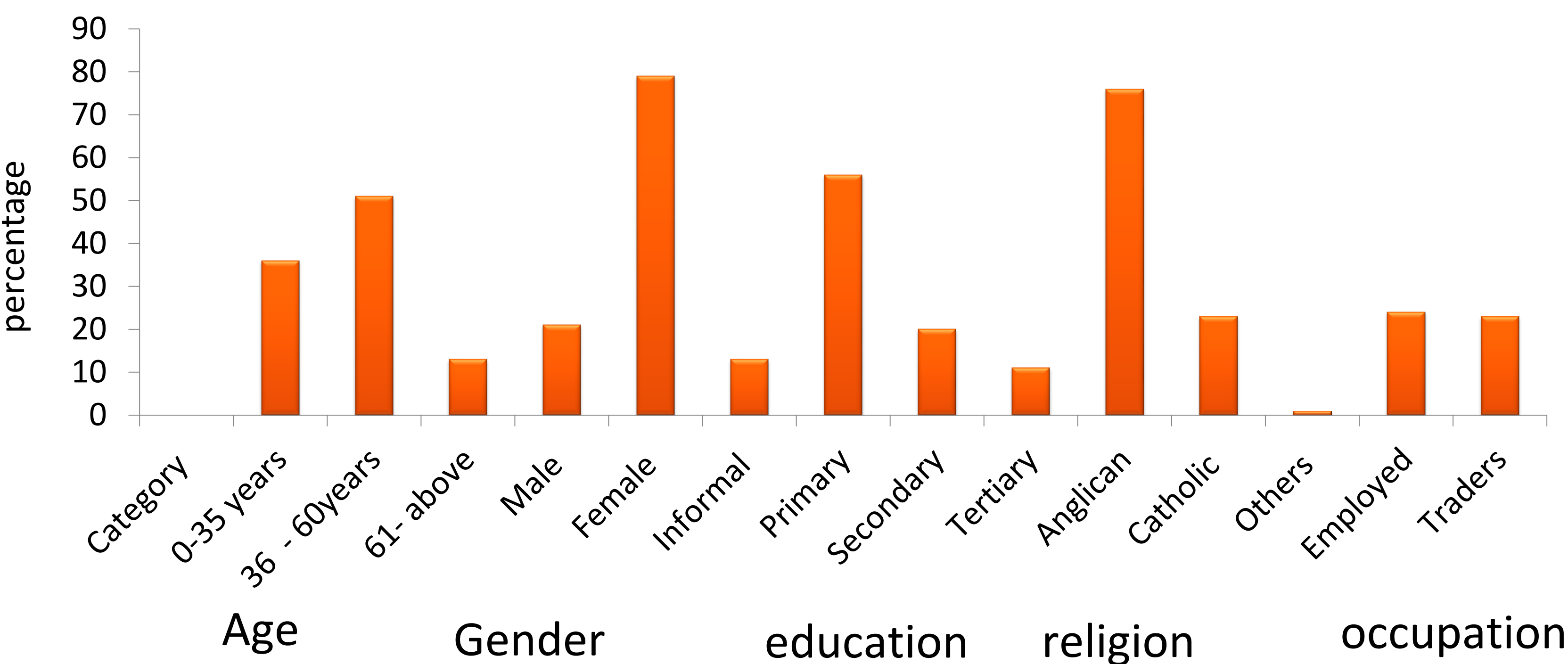


Questionnaire was administered to 70 respondents



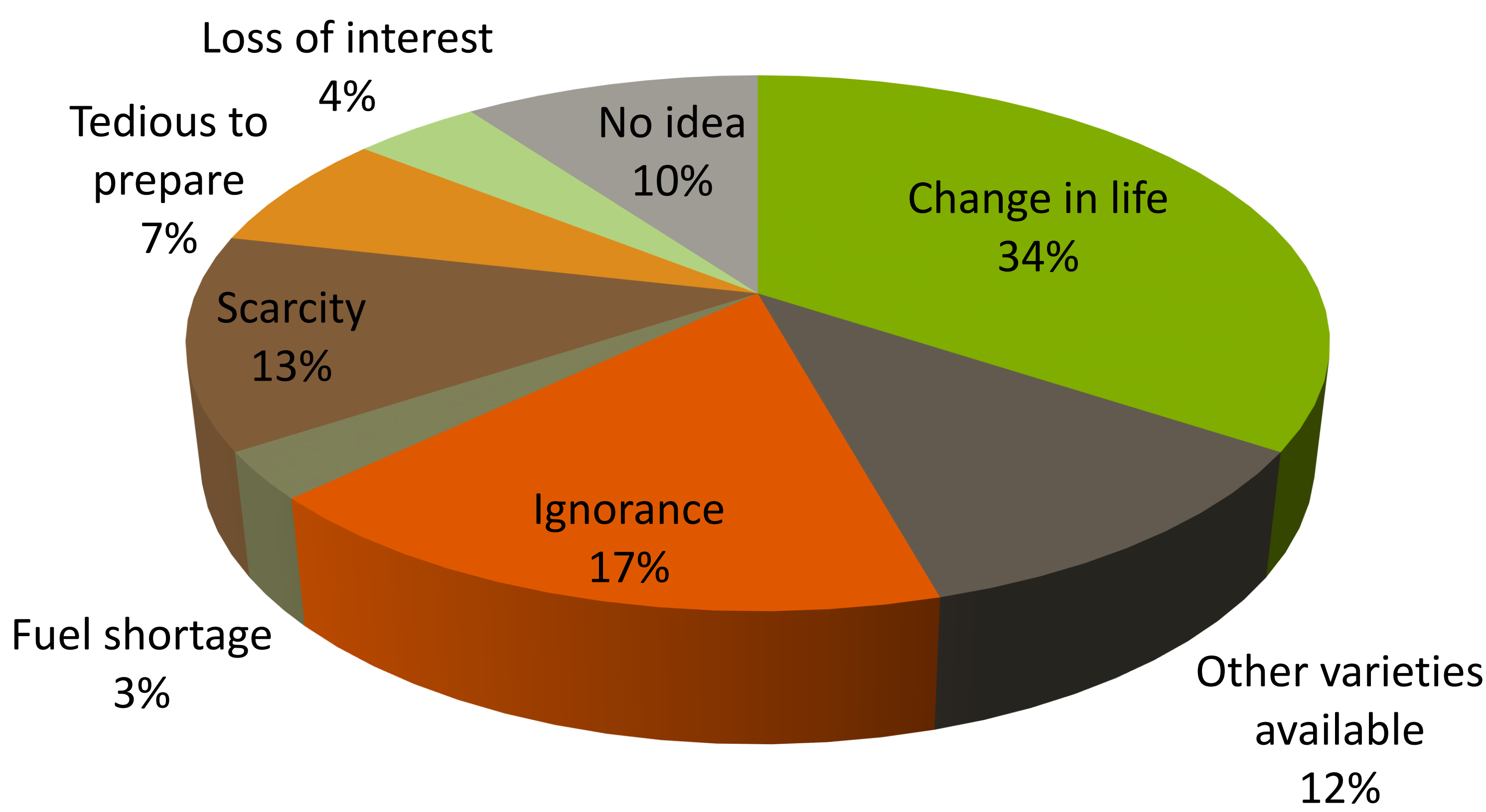
Focus discussions group

## Results

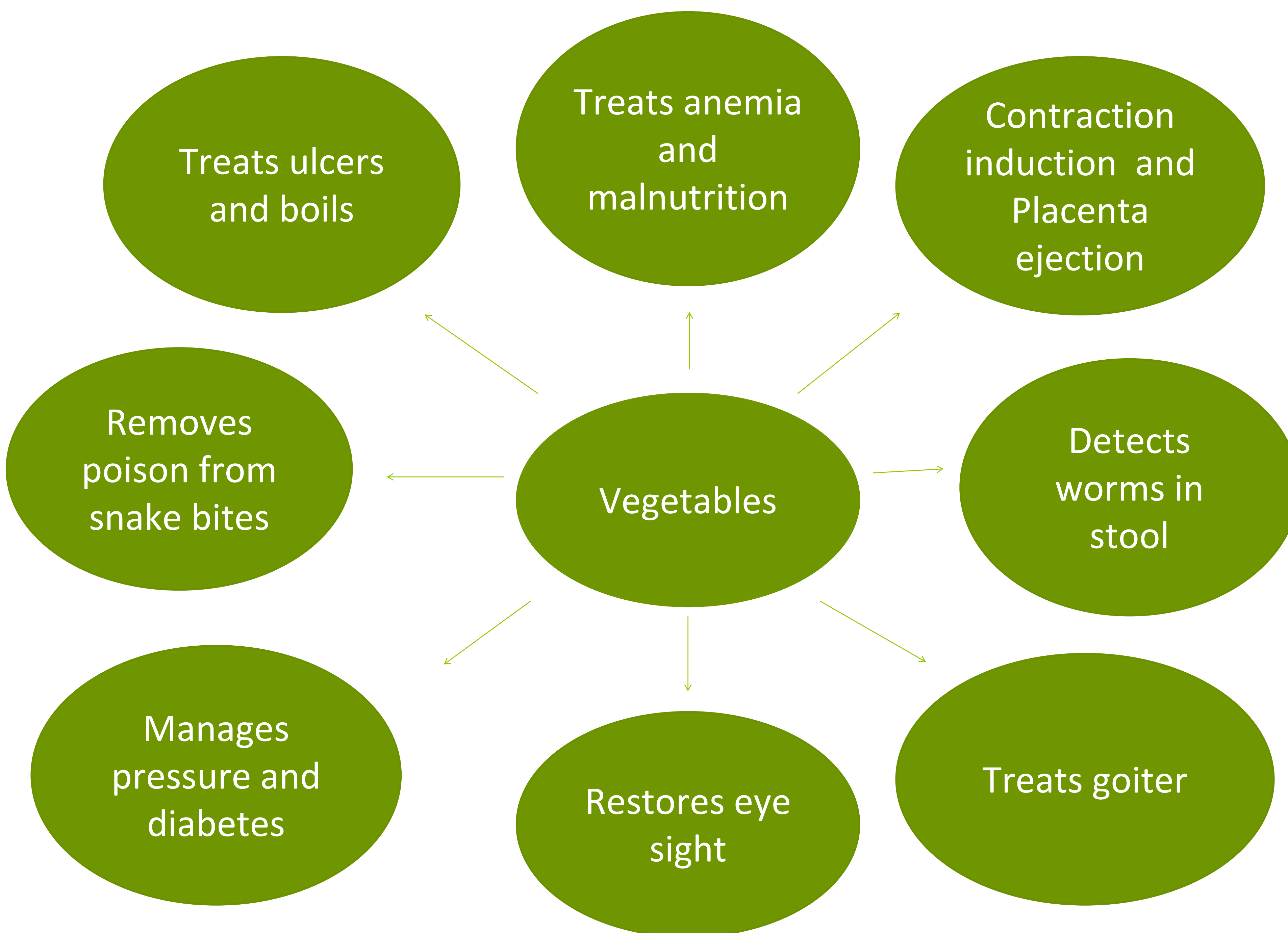


A graph showing demographic composition of the respondents

Various reasons were given for not collecting and consuming of some vegetables



A pie chart showing responses to a questionnaire



Medicinal attributes of various vegetables

## Discussion

- Most youth preferred domesticated vegetables because of better taste and lacked interest in attaining information about IV
- The elderly, mostly women had rich knowledge about medicinal values of IV due to consistent usage

## Conclusion

- Over 50 indigenous species of IV identified
- Some are of medicinal value
- Indigenous knowledge about IV is fading

## Recommendations

- Survey to cover the entire country
- Bioactive and proximate compound analysis
- Morphological and molecular characterization

## References

- Soul S., 2000. The use of indigenous plants as food by a rural community in the Eastern Cape: An educational exploration; Rhodes University. Note: 263
- Steven N. K., Bahendek S.K., Wesonga R., Mutungi G. and Guwatudde D.,2019. Low consumption of fruits and vegetables among adults in Uganda: Findings from a countrywide cross-sectional survey

## Acknowledgment

