

THE AFRICAN PHYSICIAN

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Issued under the auspiced of THE AWARUNMAGBEJE INSTITUTE, Ibadan

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The list of Abbreviations used in this book.

Abs	= Absorbent	Eme	= Emetic
Acid	= Acid	Emme	= Emmenagogue
Alt	= Alterative	Emo	= Emollient
Ano	= Anodyne	Err	= Errhine
Anta	= Antacid	Epis	= Epispastic
Anthel	= Anthelmintic	Expec	= Expectorant
Antili	= Antilithic	Hemo	= Hemostatic
Antipy	= Antipyretic	Hydra	= Hydragogue
Antiru	= Anti-Rheumatic	Irr	= Irritant
Antisco	= Antiscorbutic	Lax	= Laxative
Antis	= Antiseptic	Muci	= Mucilaginous
Antispa	= Antispasmodic	Narc	= Narcotic
Antisy	= Antisyphilitic	Nau	= Nauseant
Ape	= Aperient	Nerv	= Nervine
Aphro	= Aphrodisiac	Part	= Parturient
Aro	= Aromatic	Pec	= Pectoral
Astri	= Astringent	Purg	= Purgative
Calm	= Calmative	Refri	= Refrigerant
Carm	= Carminative	Rel	= Relaxant
Cath	= Cathartic	Sed	= Sedative
Chol	= Cholagogue	Sial	= Sialagogue
Demul	= Demulcent	Stim	= Stimulant
Dep	= Depurative	Ste	= Stomachic
Dia	= Diaphoretic	Sty	= Styptic
Dis	= Disinfectant	Ton	= Tonic
Diu	= Diuretic	Vers	= Vermifuge
		Vul	= Vulnerary
Bk	= Bark <i>Bark</i>	Fl	= Flower
Fr	= Fruit	Hb	= Herb
Lv	= Leaves	Rt	= Root
Sd	= Seeds		

GATHERING BOTANICAL DRUGS

All roots, barks, herbs, leaves, flowers and bulbs which have medicinal value are commonly called BOTANICAL DRUGS. In the following pages the most important botanical drugs are listed, their uses given, the valuable part of the plant mentioned, and directions for gathering, as well as the best time for doing so.

To get the best results from the work of collecting botanical drugs, it is important to handle them properly, as well as to collect at the right time of the year. It is also well to see that the articles you collect are not mixed with some of similar appearance.