

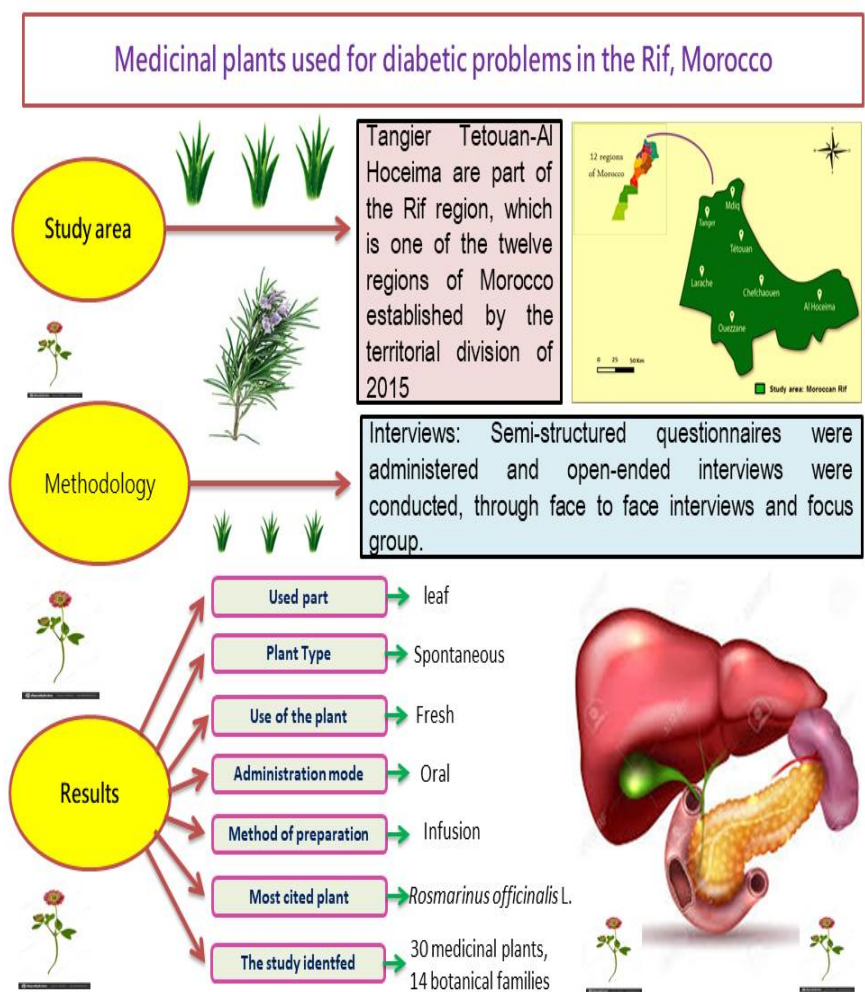
## Diabetic treatment with herbal medicine in the Rif, Morocco

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### Graphical Abstract



### Abstract.

**Background:** since early times, the people of Morocco use medicinal plants as a traditional medicine to treat diabetes. However, little studies have been made in the past to properly document and promote traditional knowledge. This study was carried out in the Rif (North of Morocco), it aimed to identify medicinal plants used by the local people to treat diabetic problems, together with the associated ethnomedicinal knowledge.

**Materials and Methods:** The ethnomedical information collected was from 582 traditional healers using semi-structured interviews, free listing, and focus groups. Family use-value (FUV), use value (UV), plant part value (PPV), and informant agreement ratio (IAR) were employed in data analysis. Medicinal plants were collected, identified, and kept at the natural resources and biodiversity laboratory, Ibn Tofail University, Kenitra.

**Results:** During the present study 30 medicinal plant species belonging to 14 families have been documented. The most frequent ailments reported were typing 1diabetes. The majority of the remedies were prepared from the infusion. Leaves were the most frequently used plant part and *Rosmarinus officinalis* L. was the specie most commonly prescribed by local herbalists.

**Conclusions:** The results of this study showed that people Arabs and Imazighen living in the Rif of Morocco are still dependent on medicinal plants. The documented medicinal plants can serve as a basis for further studies on the region's medicinal plant knowledge and future phytochemical and pharmacological studies.