

Ethnobotanical Survey of Medicinal Plants Used For the Management of Male Sexual Dysfunction and Infertility in Tana River County, Kenya

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HSD: hypoactive sex drive, ED: erectile dysfunction

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Abstract

Sexual dysfunction afflicts 10% of men of all ages,

ethnicities and cultural background. In Tana River County a large percentage of reproductive health ailments are managed by traditional healers. Unfortunately, in traditional medicine practice, there is no documentation and information is passed on verbally from generation to generation. The aim of this study therefore was to identify and document plants that are used for the management of male sexual dysfunctions and infertility in Tana River County. An ethno botanical survey was carried out using structured questionnaires. Nineteen plants belonging to 15 genera and 13 families were reportedly used to treat hypoactive sex drive, manage erectile dysfunction/ impotence and treat male infertility. The plant remedies described and documented in this study represent valuable baseline data on indigenous knowledge, upon which further research can be based. Future scientific research into the efficacy and safe use of the herbs could then prove very useful to herbal medicine practitioners and researchers and will contribute immensely towards future conservation efforts of both the plants and the indigenous knowledge.

Citation:

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