

Plantes médicinales et aromatiques utilisées à Fès au Maroc



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PLANTES MÉDICINALES ET AROMATIQUES UTILISÉES À FÈS AU MAROC

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Condition: New. Publisher/Verlag: Éditions universitaires européennes | Ce travail est le résultat d'une enquête ethnobotanique menée dans la ville de Fès dans le but d'inventorier les plantes utilisées en médecine traditionnelle. Soixante quinze espèces regroupées en 41 familles ont été recensées pour traiter 34 maladies. Les plantes inventoriées se répartissent en 4 groupes selon la fréquence de citation. Le groupe le plus cité est représenté par : *Lavandula dentata*, *Thymus vulgaris*, *Matricaria chamomilla*, *Rosmarinus officinalis*, *Allium sativum*, *Origanum vulgare*, *Eucalyptus globulus*, *Artemisia herba alba*, *Juniperus communis* et *Panax ginseng*. Les *Lamiaceae* représentent la famille la plus citée devant les *Apiaceae*, les *Asteraceae*, les *Fabaceae* et les *Zingiberaceae*. Les feuilles sont les organes les plus utilisés. L'infusion est la forme de préparation la plus pratiquée. Ce sont les pathologies liées au système digestif qui sont le plus traitées par les plantes. Pour les pathologies digestives la plante la plus efficace étant *Matricaria chamomilla*, pour les maladies respiratoires est *Zingiber officinale* qui est le plus fréquemment cité et pour les maladies nerveuses est *Lavandula dentata* qui est avérée la plus efficace. | Format: Paperback | Language/Sprache: fre | 102 gr | 220x150x3 mm | 64 pp.

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