



HAIR DISORDERS

## ETHNOBOTANIC STUDY OF MEDICINAL PLANTS USED IN THE TREATMENT OF ALOPECIA IN MOROCCO

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**Introduction:** Herbal medicine remains a very common practice in the treatment of many diseases including alopecia. The objective of this study was to identify the plants used in traditional medicine to treat alopecia in Morocco.

**Material and methods:** From February 2018 to May 2018, an ethnobotanical survey was conducted among 129 herbalists, interviewed in the local language, in the most popular areas of Marrakesh and through a pre-established questionnaire.

**Results:** Our study involved 129 herbalists with a male predominance (96.1% of cases). The average age was 50 years old. The plants cited by the herbalists for the treatment of alopecia were in number of 55 species belonging to 36 botanical families, the most represented were Lamiaceae, Fabaceae, Poaceae, Cupressaceae and Renonculaceae. The average number of plants cited ranged from 3 to 18, an average of 7. The species of the most cited plants and the most used in the treatment of alopecia were in order of importance *Lawsoniainermis* (55.8%), *Rosa centifolia* (47.3%), *Eugenia caryophyllata* (42.6%), *Myrtuscommuis* (39.5%) *Lavandulaofficinalis* (38.0%). The foliage was the most used part followed by the seeds. The recipes were mainly prepared in powder (53.2%) or by decoction (40.2%). In the present study, no adverse effects associated with the use of these plants were reported. In addition, 69.8% of herbalists were satisfied with the results of their prescriptions. The duration of treatment was one week to 3 months.

**Discussion:** Herbal medicine offers an opportunity to find natural molecules with beneficial effects on alopecia while avoiding the side effects of synthetic substances.

**Conclusion:** This study can be considered as a source of information for scientific research in the field of pharmacology.

