

PIGMENTATION

RECIPES USED BY HERBALISTS IN TRADITIONAL TREATMENT OF CUTANEOUS HYPERPIGMENTATIONS IN MARRAKECH

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Introduction: cutaneous hyperpigmentation is a major aesthetic problem for patients, the use of traditional medicine in their treatment is still very common in Morocco. The objective of this work was to identify the medicinal plants and the other natural substances used in the traditional treatment of cutaneous hyperpigmentation in Marrakech.

Methods: From January 2018 to May 2018, an ethnobotanical survey was conducted among the herbalists practicing in the city of Marrakech. We used the technique of open and direct interviews using a semi-structured questionnaire.

Results: we interviewed 60 herbalists. The average age was 42 years (range 23 to 80 years) with male predominance (92% of cases). The collected data identified 31 plant species, 5 mineral species and 1 species of gastropod mollusk (*Monetaria annulus*). The listed plant species belonged to 18 botanical families, the most represented being fabaceae, poaceae, astraceae, zingiberaceae and rosaceae. The most cited plant species are *Lupinus luteus* (x45), *Cicer arietinum* (x42), *Oryza sativa* L (x38), *Papaver rhoeas* (x35) and *Lavandula officinalis* (x32). The most used plant parts are leaves, seeds and fruits. The minerals identified were: white clay (x37), green clay (x30), potassium alum (x17), cuttlebone (x10) and kaolinite (x10). *Monetaria annulus* has been cited 42 times. Recipes are prepared mainly in the form of locally applied pastes; they were either mixed with honey, rose water or milk for facial lesions, or with henna (*Lawsonia inermis*) for body lesions. Solar exposure was also discouraged. The duration of the treatment has not been specified by the herbalists; the application was maintained until the lesions disappeared. No adverse effects associated with the use of these recipes were reported.

Discussion/conclusion: traditional medicine remains an alternative to modern medicine. It is widely used by Moroccans because of multiple causes including low cost compared to modern medicine, accessibility and; according to the herbalists; the speed of effectiveness on hyperpigmentations.