



# **Traditional Knowledge of wild mushrooms as ethnomedicine in primary health care among inhabitants of forest communities in Cameroon**

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# INTRODUCTION/METHODOLOGY

- Wild mushrooms are used as ethnomedicine in primary health care among inhabitants of forest communities in Cameroon (Tonjock *et al.*, 2011).
- Mushrooms have been used to treat variety of illness such as growth, paralysis, malaria etc, among inhabitants of forest communities in Cameroon.
- Interviews, focused group discussions and pictorial presentations was used to find out mushrooms used as ethnomedicine in communities in forested communities around Mount Cameroon.



*Russula emetica*



*Pleurotus flabellatus*



*Ganoderma sp.*

# RESULTS

Some species used for ethnomedicine are Termitomyces, Auricularia, Agaricus, Daldinia, Dictyophora, Pleurotus, Russula, Trametes, Chlorophyllum, Ganoderma, Laetiporus, Microporus, Polyporus etc., Table 1.

**Table 1: Some Edible and medicinal mushrooms in the Mount Cameroon Region**

Scientific names	Traditional Bakweri name	Uses/Edibility	Medicinal and mythological uses
<i>Termitomyces</i> sp.	Lysolonde or Mwime	Food /Medicine/Mythology	Used together with alligator pepper to dispel evil spirits and to treat rheumatic pain.
<i>Pleurotus tuberregium</i>	Etolo	Food	Used to treat paralysis
<i>Dictophora indusiata</i>	Yomayangwa	—	Causes weak low
<i>Russula emetica</i>	Wotole	Food	Treatment of pile and abdominal side pain in children
<i>Lepiota cristata</i>	Mophinde	Food	Used to treat convulsions in children
<i>Auricularia auricula</i>	Ewunde	Food	Use to boost up the immune system
<i>Ganoderma</i> sp.	Mbatatu	—	Used to treat internal growth, heart problem, cancer and for decoration

# DISCUSSION AND CONCLUSION

- Local knowledge of wild mushrooms is important in the treatment of different illness in all the communities surveyed.
- Elderly men and women appeared to play an important role in primary health care services in these communities.
- Wild edible mushrooms are one of the important natural resources, on which the local people of all nationalities rely heavily, and these mushrooms certainly play a role in improving health and nutrition.
- This survey underscores the need to preserve and document traditional knowledge of the different wild mushrooms for primary health care in a database.
- There is the need for future scientific research on wild mushrooms to determine their efficacy and safety.

**Thank you for your kind Attention**

