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The study looked at the perception of rural women on the nutritive and health benefits of indigenous vegetables found in Enugu North Agricultural zone, Enugu state. Using simple random sampling technique, data were collected from 100 rural women using structured interview schedule. The result showed that indigenous vegetables like *Telferia occidentalis* “ugu” was utilized as food (100%), for its medicinal properties (75%) and for feeding animals (100%); *Vernonia amygdalina* “onugbu” was utilized as food (100%), for its medicinal properties (79%) and for feeding animals (100%); *Gongronema latifolium* “utazi” was utilized as food (94%), for its medicinal properties (53%) and for feeding animals (93%); among others. In addition, a total of 41.0% of the respondents noted that *Vernonia amygdalina* “onugbu” could be used in the treatment of ailments like stomach ache and diabetes; while, 16 respondents also affirmed that *Vernonia amygdalina* “onugbu” could be used as worm expeller. Sixty one percent of the respondents asserted that *Telferia occidentalis* “ugu” are used in the treatment of anemia; while 32.0% of the respondents reported that *Gongronema latifolium* “utazi” could be used for treating stomach ache and also serves as stomach cleanser for women after child birth. The findings show that rural women are aware that some of the indigenous vegetables consumed as foods possess therapeutic properties. Hence, this study recommends that concerted research efforts should be carried out in determining the chemical/medicinal properties of these indigenous vegetables, so as to improve their utilization among rural dwellers.