

## **Ethnomedical inventory of the leaves of *Brassica Rapa var rapa* in a northwestern Algeria: qualitative and quantitative approaches**

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### **ABSTRACT**

*This research aims to conduct an ethnobotanical inventory of the therapeutic use of *Brassica rapa var rapa* (Brr) leaves in the Tlemcen region, covering three distinct localities: Ghazaouet, Nedroma and Maghnia. To this end, a group of 419 participants was surveyed using an organised questionnaire, of whom 191 reported using the plant. There was a predominance of women (64.39%) in the 60-70 age group (29.84%). The majority of users had varying levels of education, ranging from illiteracy to university level. Although most of them belonged to disadvantaged socio-economic categories, their knowledge of the plant's use was mainly derived from family traditions. The methods of preparation included infusing the leaves in herbal tea and steaming them, with internal use being the most common. Most participants have incorporated the leaves into their daily diet, generally favouring oral consumption. Observations have shown significant consumption of Brr leaves, particularly for treating hypercholesterolemia (17.5%), digestive problems (14.8%) and fever (10.5%). Although the benefits are noticeable but several participants reported adverse effects, including gastrointestinal problems such as vomiting, nausea and diarrhoea, especially associated with long-term use. This research suggests that Brr leaves are a major source of phytoparticles, which makes them a promising natural alternative for use in the pharmaceutical and cosmetics industries.*

**Keywords:** *Brassica rapa*. L, Ethnobotany index, Ethnobotany, leaves