



# Ethno-botanical Remedies in Zanzibari Traditions: A Comparative Study with Democratic Republic of Congo Herbalists

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## Abstract

Ethno-botanical remedies play a significant role in traditional healthcare practices across diverse cultures, including those of Zanzibari and Democratic Republic of Congo (DRC). These remedies are often derived from plants and other natural resources, reflecting deep-rooted cultural knowledge systems. Data collection involved semi-structured interviews and direct observation among selected Zanzibari and DRC herbalists. Ethnobotanical surveys were conducted to document plant species used in remedies. Comparative analysis was performed using thematic coding methods. A notable finding is the prevalence of medicinal plants from the Rubiaceae family, particularly *Coffea* spp., used by both Zanzibari and DRC herbalists for ailments such as fever and digestive issues. This suggests a potential shared knowledge base despite geographical separation. The comparative study highlights significant cross-cultural overlap in ethno-botanical remedies, underscoring the importance of integrating traditional medicine into modern healthcare systems to address health disparities in both regions. Further research should explore the genetic and ecological factors influencing the use of specific plants across different cultural contexts. Policy recommendations include promoting inter-regional collaboration for the sustainable management of medicinal plant resources. Ethno-botany, Zanzibari herbalists, DRC herbalists, comparative study, traditional knowledge

**Keywords:** *African geography, Ethno-botany, Zanzibar, Democratic Republic of Congo, Traditional medicine, Cultural heritage, Cross-cultural analysis*

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