



# A Data Descriptor on Medicinal Flora and Traditional Practices in Equatorial Guinea: A Southern African Resource for Obstetrics and Gynaecology

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**Published:** 06 October 2024 | **Received:** 21 April 2024 | **Accepted:** 10 August 2024

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**DOI:** [10.5281/zenodo.18530245](https://doi.org/10.5281/zenodo.18530245)

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## Abstract

Traditional medicinal practices using local flora remain integral to community healthcare in parts of Southern Africa, including Equatorial Guinea. In obstetrics and gynaecology, these practices are a primary resource. However, structured data on the specific plants and their applications are limited, which hinders potential integration with sustainable modern healthcare. This data descriptor presents a systematically compiled digital repository documenting medicinal flora and associated ethnobotanical knowledge used in women's health in Equatorial Guinea. Its objective is to provide a foundational resource for researchers and practitioners interested in sustainable, culturally informed medical practices. Data were collated through structured ethnobotanical surveys conducted with traditional healers, midwives, and community elders across multiple regions. Botanical specimens were collected, identified, and vouchered. Information on plant parts used, preparation methods, and specific obstetric or gynaecological applications was recorded in a relational database using standardised protocols. The dataset catalogues 147 distinct plant species from 58 families used for various conditions. Management of postpartum recovery was a prominent theme, with over 30% of documented species cited for this purpose. The data detail specific preparations, including decoctions for labour facilitation and poultices for gynaecological inflammation. This structured dataset provides a consolidated evidence base on Equatorial Guinea's ethnobotanical resources for women's health. It underscores the depth of traditional knowledge and its potential relevance to sustainable healthcare. Further pharmacological and clinical research on the prioritised species is recommended. The data should inform community-led conservation efforts and culturally sensitive health programmes that respect intellectual property rights and benefit-sharing principles. ethnobotany, medicinal plants, traditional

medicine, women's health, sustainable healthcare, Equatorial Guinea, obstetrics, gynaecology This work provides a structured, digital dataset that documents traditional medicinal knowledge relevant to obstetrics and gynaecology in Equatorial Guinea, aiming to support research into sustainable healthcare approaches.

**Keywords:** *ethnobotany, maternal health, Sub-Saharan Africa, traditional medicine, sustainable healthcare, gynaecological disorders*



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