

Common herbs used by people living with HIV/AIDS in Dar-es-Salaam City, Tanzania

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The importance of herbs in healthcare dates from time immemorial; and is one of sources of conventional medicine; and promising area for discovery of new drugs for boosting immune to people living with HIV/AIDS (PLWA). HIV/AIDS is now more than 20 years dilapidating active labourforce and killing thousands worldwide. It is one of the factors that retard socio-economic development in sub-Saharan countries where number of PLWA is highest in the world. Shortage and irregular supply of conventional medicine and unfriendly health providers in health facilities, many PLWA in developing countries use known common herbal plants believed to have some curative effect as an alternatives. Dar-es-Salaam city in Tanzania is one of the areas that are marked to have many PLWA. Besides use of ARVs given in health facilities many of PLWA take herbal plants as remedy to work together with ARVs and also as food supplements. The common herbal plants used in Dar-es-Salaam by many PLWA are *Moringa oleifera*, (mostly leaves and seeds), *Adansonia digitata* (leaves and seed oil) and *Aloe* species (mainly leaves). Literature of these herbal plants shows to have immune compounds and as well as food supplements and with up to date unreported side effect from users. Since these herbal plants are commonly used by PLWA, detailed study of each part of plants should be done to prove safeness and efficacious to users and as well as it may lead to discovery of new drugs for HIV and other health problems that have no cure in conventional medicine.

Biography

Edmund J. Kayombo has completed his Ph.D. at the age of 35 years from University of Vienna, Austria. He is an educationist cum anthropologist working at the Institute of Traditional Medicine of Muhimbili University of Health and Allied Sciences. He has published more than 25 papers in reputed journals.

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