**Herbal recipes for the management of diabetes and its co-morbidities in the study area**

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| Disease | Recipe combination and dosage regimen | Solvent used | Type of preparation |
|  Diabetes | The roots of *Carica papaya, Vernonia amygdalina* and *Newbouldia laevis* are boiled together in water. One glass cup of the decoction is taken twice daily. | Water | Decoction |
|  | The fresh leaves of *Ocimum gratissimum* and *Morinda lucida* are washed in water and squeezed until the juice comes out. One glass cup is taken twice daily. | - | Juice |
|  | The leaves of *Vernonia amygdalina, Morinda lucida* and *Momordica charantia* are dried and ground into powder. One tablespoonful of the powder is taken with hot pap twice daily for two weeks. | Pap | Powder |
|  | The fresh leaves of *Momordica charantia* and *Ocimum gratissimum* are soaked in pap water for one day and squeezed until the juice comes out. Two tablespoonfuls is taken twice daily. | Pap water | Juice |
|  | The young and tender leaves of *Carica papaya* is squeezed until the juice comes out. One tablespoonful of the juice is mixed a table spoonful of fresh honey and taken thrice daily. | Honey | Juice |
|  | The leaves of *Carica papaya* and *Vernonia amygdalina;* the fruits of *Xylopia aethiopica* and *Capsicum frutescens;* the bulbs of *Allium sativum* and *Allium cepa;* the stem bark of *Anacardium occidentalis* and *Zingiber officinale* rhizomes are boiled together in tap water. One glass cup of the decoction is taken twice daily. | Water | Decoction |
|  | The stem barks of *Nauclea diderrichii* and *Newbouldia laevis* are boiled together in water for few hours. Two glass cups of the resulting decoction are taken twice daily. | Water | Decoction |
|  | The leaves of *Tithonia diversifolia* are squeezed until the juice comes out. One glass cup is taken twice daily. | - | Juice |
|  | The unripe fruits of *Carica papaya* and the leaves of *Heliotropium indicum* and *Bridelia ferruginea* are boiled together in water. Two glass cups of the decoction are taken twice daily. | Water | Decoction |
|  | The stem barks of *Securidaca longipedunculata* and *Olax subscorpioides,* the unripe fruits of *Ananas comosus* and the seeds of *Aframomum melegueta* and *Picralima nitida* are boiled together in tap water. Two glass cups of the decoction are taken three times daily. | Water | Decoction |
|  | The leaves *of Azadirachta indica*, *Vernonia amygdalina*, *Ocimum* *gratissimum*, *Aloe vera* and *Momordica charantia* are soaked in pap water for one day and squeezed until the juice comes out. One table spoonful is taken twice daily. | Pap water | Juice |
|  | The stem bark of *Anacardium occidentalis* and the leaves of *Ocimum gratissimum* and *Psidium guajava* are boiled together in tap water. Two glass cups of the decoction are taken twice daily. | Water | Decoction |
|  | The leaves of *Vernonia amygdalina* and *Mangifera* *indica* are dried and ground into powder. Two tablespoonfuls are taken with hot pap twice daily. | Hot pap | Powder |
|  | The stem barks of *Parkia biglobosa* together with the roots of *Anthocleista djalonensis* and *Rauvolfia vomitoria* are boiled together in pap water. Two glass cups of the decoction are taken thrice daily for one month and then once daily in the second month. | Pap water | Decoction |
|  | Seeds of *Spondias mombin* and *Gossypium barbadense* are dried and milled. The powder is mixed with palm kernel (*Elaeis guineensis*) oil and to form a paste. A tablespoonful of the paste is to be taken orally twice daily. | Palm kernel oil | Paste |
|  | The fresh leaves of *Senna alata* and the whole plant of *Phyllanthus amarus* are washed and boiled in pap water. It is allowed to cool and a glass cup is to be taken twice daily. | Pap water | Decoction |
|  | The leaves of *Parquentina nigrescens* and *Vernonia amygdalina* are soaked in pap water for one day and squeezed until the juice comes out. One tea cup of the extract is taken twice daily. | Pap water | Juice |
|  | The fresh leaves of *Musa paradisiaca* and *Vernonia amygdalina* are soaked in local dry gin for 3 – 4 days. The supernatant is decanted and a glassful of the fresh preparation is taken three times daily. | Local gin | Infusion |
|  | Seeds of *Acacia nilotica* and *Xylopia aethiopica* are milled and soaked in local dry gin for 2 days. The extract obtained is to be taken twice daily; a teacupful. | Local gin | Infusion |
|  | The leaves of *Momordica charantia, Vernonia amygdalina* and *Morinda lucida* are washed in water and squeezed until the juice comes out. One glass cup is taken twice daily.  | - | Juice |
|  | The unripe powdered fruit of *Musa paradisiaca* is soaked in *Citrus aurantifolia* juice. The infusion obtained is taken morning and night; one glass cup. | Water | Infusion |
|  | The dried fruit of *Kigelia africana* and the roots of *Jatropha curcas* are ground and soaked in local gin for one day. A glass cup of the extract is to be taken twice daily. | Local gin | Infusion  |
|  | The whole plant of *Calyptrochilum christyanum* is boiled with water. One glass cup is taken every morning and night. | Water  | Decoction |
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| Hypertension | The leaves of *Holarrhena floribunda* are boiled in water. Pure honey is added to the decoction and one glass cup of is taken twice daily. | Water | Decoction |
|  | The aerial parts of *Talinum triangulare* and *Solenostemon monostachyus* are squeezed until juice comes out. Half glass cup is taken twice daily. | Water | Infusion |
|  | Leaves of *Ficus exasperata* are washed and squeezed until the juice that emanates is mixed with honey. One tablespoonful is taken morning and night. | Honey  | Juice  |
|  | The calyx of *Hibiscus sabdariffa* and the bulbs of *Allium sativa* and *Allium cepa* are boiled in water. one glass cup is to be taken twice daily. | Water  | Decoction  |
|  | The unripe fruit of *Carica papaya* is sliced and soaked in water for 24 hours. One glass cup is taken twice daily. | Water | Infusion  |
|  | The fruits and stem bark of *Tetrapleura tetraptera* and the aerial part of *Heliotropium indicum* are milled together and the mixture cooked into soup using palm oil *(Elaeis guineensis)*. A small bowl of soup is taken twice daily. | Palm oil | Decoction  |
|  | The leaves of *Ficus exasperata,* *Vernonia amygdalina,* and *Persea americana* are squeezed until the juice comes out. The juice is mixed with *Citrus aurantium* juice and the three teaspoonfuls of the combined juice taken thrice daily. | - | Juice |
|  | The fruits of *Adansonia digitata,* the calyx of *Hibiscus sabdariffa,* the bulbs of *Allium sativum* and the rhizomes of *Zingiber officinale* are boiled together in water. One glass cup of the decoction is taken twice daily. | Water  | Decoction |
|  | The leaves of *Bambusa vulgaris, Persea americana, Psidium guajava*, the rhizomes of *Zingiber officinale* and the bulb of *Allium sativum* are washed and boiled together in water. One glass cup to be taken morning and night. | Water  | Decoction |
|  | The leaves and stem barks of *Rauwolfia vomitoria,* tuber of *Anchomanes difformis* and the leaves of *Parquetina nigrescens* are boiled together in water. One glass cup is taken twice daily. | Water | Decoction |
|  | The leaves of *Ageratum conyzoides* are squeezed until juice comes out. Two tablespoonfuls are taken three times daily. | - | Juice |
|  | The latex of *Aloe vera* is mixed with honey and a tablespoonful of the mixture is taken orally twice daily. | - | Juice |
|  | The leaves of *Persea americana* and *Viscum album* are boiled together in water and two glass cups of the extract are taken thrice daily. | Water | Decoction |
|  | The roots and stem barks of *Rauwolfia vomitoria* and the young fruits of *Kigelia africana* are ground and boiled together in water. A glass cup is taken twice daily. | Water  | Decoction  |
|  | The stem barks of *Parkia biglobosa* and *Rauwolfia vomitoria* and the bulbs of *Allium cepa* and *Allium sativum* are boiled together in water. One glass cup is to be taken once daily. | Water  | Decoction  |
|  | The aerial part of *Aloe vera,* leaves of *Bryophyllum pinnatum* and the bulb of *Allium cepa* are ground and soaked in water for 24 h. The supernatant is decanted; one glass cup taken with pure honey twice daily. | Water/Honey | Infusion |
|  | The stem barks and roots of *Securidaca longipedunculata* and the seeds of *Xylopia aethiopica* are milled and soaked in water for 48 h. The supernatant is decanted and one glass cup taken twice daily. | Water  | Infusion  |
|  | The aerial parts of *Phyllanthus amarus* and *Acanthospermum hispidum* and the calyx of *Hibiscus sabdariffa* are boiled together in pap water. One glass cup is taken thrice daily. | Pap water | Decoction |
|  | The leaves and stem bark of *Baphia nitida* are soaked in water overnight. One glass cup is taken twice daily. | Water | Infusion |
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| Stroke | The leaves of *Vernonia amygdalina* and *Heliotropium indicum* are squeezed until juice comes out. A tablespoonful of the juice is taken twice daily. | - | Juice |
|  | The leaves and stem barks of *Trema orientalis* are boiled together in water. A glass cup is taken twice daily. | Water  | Decoction |
|  | The roots of *Jatropha curcas,* *Anogeissus leiocarpa* and *Vernonia amygdalina* are ground and boiled together in water. A glass cup of the decoction is taken thrice daily. | Water  | Decoction |
|  | The leaves of *Carica papaya* are dried and milled into powder. This is then mixed with palm kernel (*Elaeis guineensis*) oil to form a paste. Incisions are made on the affected body part and the paste is applied through the incisions. | Palm kernel oil | Paste |
|  | The seeds of *Aframomum melegueta,* *Kigelia africana* and *Citrus aurantifolia* are ground into powder. The powder is divided int two portion. To the first portion, palm kernel (*Elaeis guineensis*) is mixed and a tablespoonful is taken twice daily. The second portion is mixed with black soap and used to bath the affected part morning and night. | Palm kernel oil / black soap | Paste |
|  | The stem barks and leaves of *Newbouldia laevis* are dried and ground into powder. Two tablespoonfuls of the powder is taken twice daily with hot pap. | Hop pap | Powder |
|  | The fresh leaves of *Carica papaya* and *Persea americana* are boiled together in water. One glass cup is to be taken twice daily and the decoction is also used to bath the affected part of the body morning and night. | Water | Decoction |
|  | The seeds of *Aframomum melegueta* are dried and milled into powder. This is then mixed with palm kernel (*Elaeis guineensis*) oil to form a paste. Incisions are made on the affected body part and the paste is applied through the incisions. | Palm kernel oil | Paste |
|  | The leaves of *Acanthus montanus* are squeezed without adding water until the juice comes out. One glass cup of fresh daily preparation is taken twice daily. | - | Juice |
|  | The aerial parts of *Solanum erianthum* are boiled in water. One glass cup of the decoction is taken twice daily. In addition, the leaf is used as sponge to bath the affected part with black soap every morning. | Water | Decoction |
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| Heart disease | The bulbs of *Allium sativum* and *Allium cepa* are dried and ground powder. The mixture is taken with pure honey; a tablespoonful twice daily. | Honey | Powder |
|  | The leaves of *Abrus precatorius* and the stem barks of *Vitellaria paradoxa* are boiled together in water. One glass cup is taken three times daily. | Water  | Decoction  |
|  | The fruits of *Tetrapleura tetraptera, Alstonia boonei* and *Xylopia aethiopica* are dried and ground into powder. Two tablespoonfuls of the powder is taken with hot pap twice daily. | Hot pap | Powder |
|  | The rhizomes of *Zingiber officinale,* the bulbs of *Allium sativum* and the fruits of *Piper guineense* and *Tetrapleura tetraptera* are soaked in lime juice (*Citrus aurantifolia*) overnight. Two tablespoonfuls are taken twice daily. | Lime juice | Infusion |
|  | The roots of *Croton gratissimus* are ground and boiled in water. One glass cup is to be taken twice daily. | Water | Decoction |
|  | The leaves of *Solenostemon monostachyus* are squeezed until juice comes out. Two tablespoonfuls of the fresh preparation is taken twice daily. | - | Juice |
|  | The aerial part of *solanum erianthum* is boiled in pap water. The decoction is taken twice daily; one glass cup. | Pap water | Decoction  |
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| Obesity | The juice of *Citrus aurantifolia* fruits is squeezed out and a glass cup is taken once daily. | - | Juice |
|  | The leaves of *Vernonia amygdalina* and *Ocimum gratissimum* are soaked in pap water overnight. One glass cup of the infusion is taken twice daily. | Pap water | Infusion |
|  | The stem barks of *Dialium guineense* and the seeds of *Xylopia aethiopica* are boiled together in water. One glass cup is to be taken three times daily. | Water  | Decoction |
|  | The stem barks *Vitellaria paradoxa* and *Mangifera indica* boiled together in pap water. One glass cup of the decoction is taken twice daily. | Pap water  | Decoction |
|  | The rhizomes of *Curculigo pilosa* and the fruits of *Kigelia africana* are cut into pieces and soaked in water overnight. One glass cup of the infusion is taken twice daily. | Water | Infusion  |
|  | The roots of *Anogeissus leiocarpa* are boiled in water and a glass cup of the decoction is taken twice daily. | Water  | Decoction  |
|  | The roots of *Anthocleista djalonensis* and *Senna alata* are soaked in local gin. One glass cup of the infusion is taken once daily. | Local gin | Infusion |
|  | The stem barks of *Anthocleista djalonensis* and *Uvaria afzelii* are dried and ground into powder. One teaspoonful of the powder is taken with hot pap twice daily. | Hot pap | Powder |
|  | The stem barks of *Alstonia boonei,* *Rauvolfia vomitoria* and the seeds of *Xylopia aethiopica* are boiled in water. One glass cup is taken twice daily. | Water | Decoction |
|  | The leaves of *Ipomoea asarifolia* are squeezed until juice comes out. Two tablespoonfuls of the juice are taken twice daily. | - | Juice |
|  | The fruits of *Lagenaria breviflora* and the rhizome of *Curculigo pilosa* are cut into small pieces and soaked in water overnight. One glass cup is taken twice daily. | Water  | Infusion  |