



**AFRICAN FORUM**  
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# Fostering equitable access to health and well-being through the ethnobotany and conservation of succulent plants in Same District, Tanzania

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# Introduction

Succulents are the plants that store water in specialized tissues, enabling survival in arid environments. Examples include *Aloe*, *Euphorbia* and *Kalanchoe*.



*Aloe*



*Euphorbia*



- Urban Green Spaces are essential for environmental sustainability, social well-being, and public health in rapidly growing cities.
- Ethnobotany, offers an opportunity to incorporate medicinal, nutritional, and cultural plant species into urban green spaces.

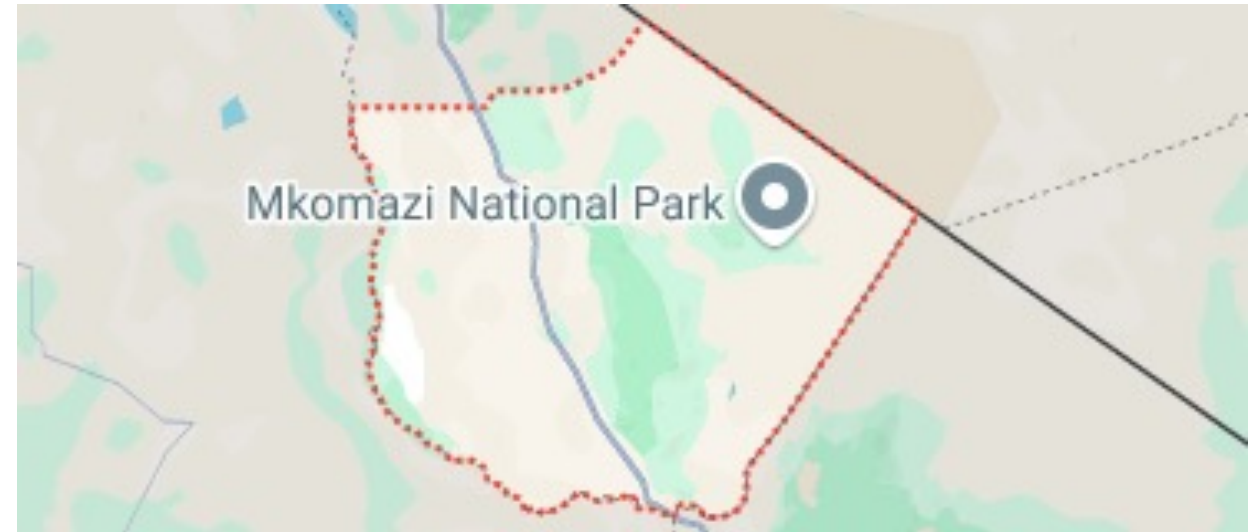


# Same District

Found in the Kilimanjaro Region, Tanzania.

Bordered by Kenya in Northeast:

- Home to the South Pare Mountains
- Part of Mkomazi National Park
- Population , 2022  
Census: 300,303 people



## Research Objectives

- To explore the traditional uses of succulents in health and well-being.
- To assess threats facing succulent plants and conservation strategies for these plants.

## Methods

- Data Collection: Semi-structured questionnaires, field observations, and focus group discussions.
- Participants: 196 individuals from five wards.
- 20 succulent species from four genera (*Aloe*, *Kalanchoe*, *Euphorbia*, ).
- Research Period: August – September 2024.



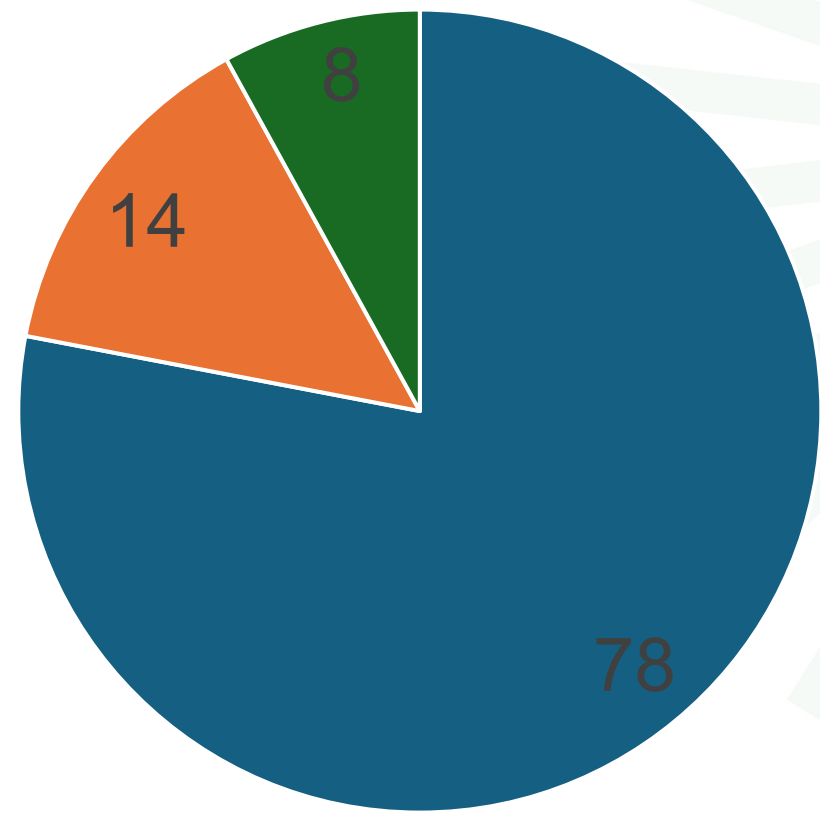
# RESULTS

## A. Traditional Uses

medicinal purposes (e.g treating malaria, constipation, UTI, stomach ulcers etc.).

cultural significance in traditional rituals.

Traditional uses of the selected succulent genera

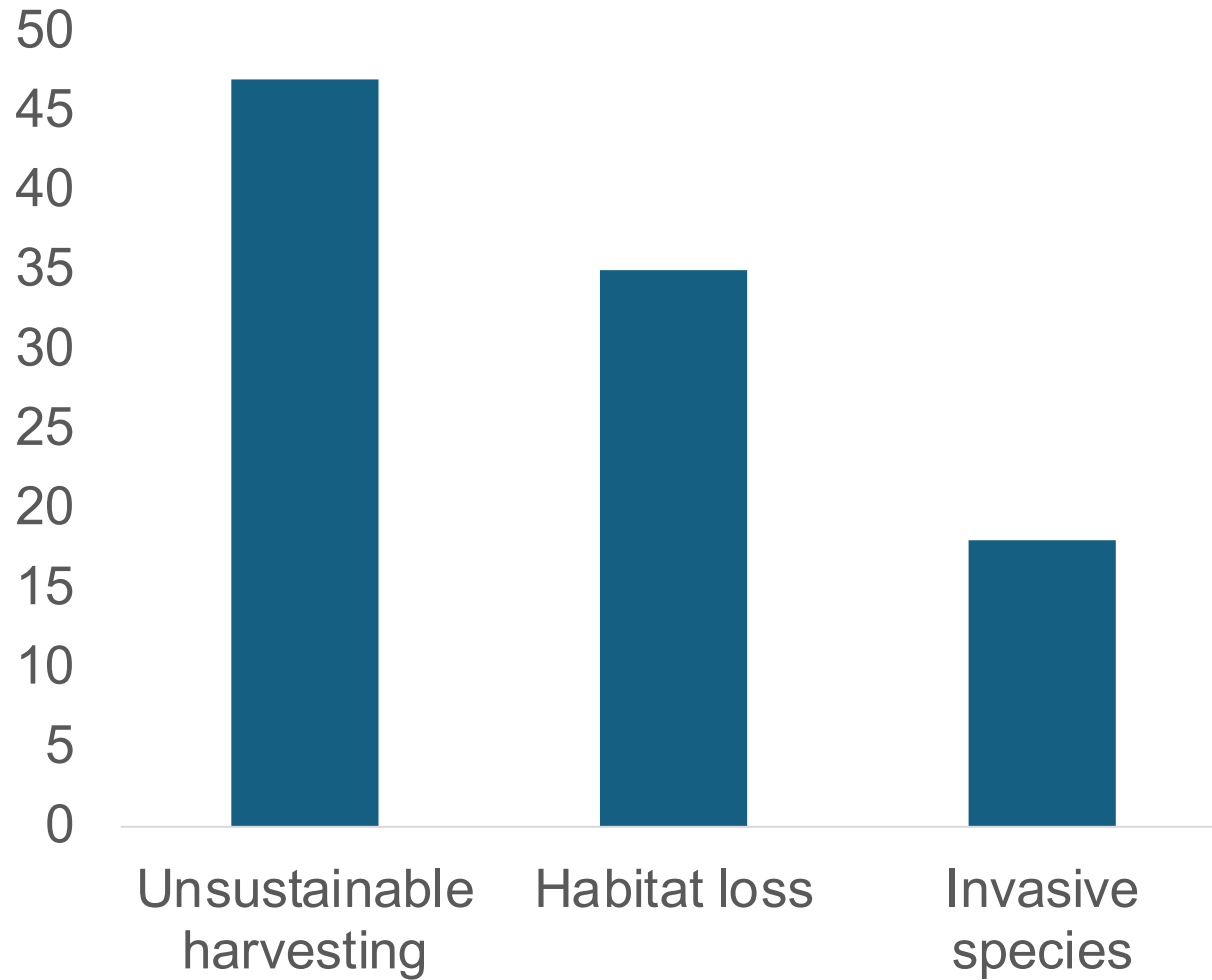


■ Medicinal uses ■ Social/Cultural uses ■ Ornamental



## B. Conservation Challenges

Threats facing the selected succulent plants





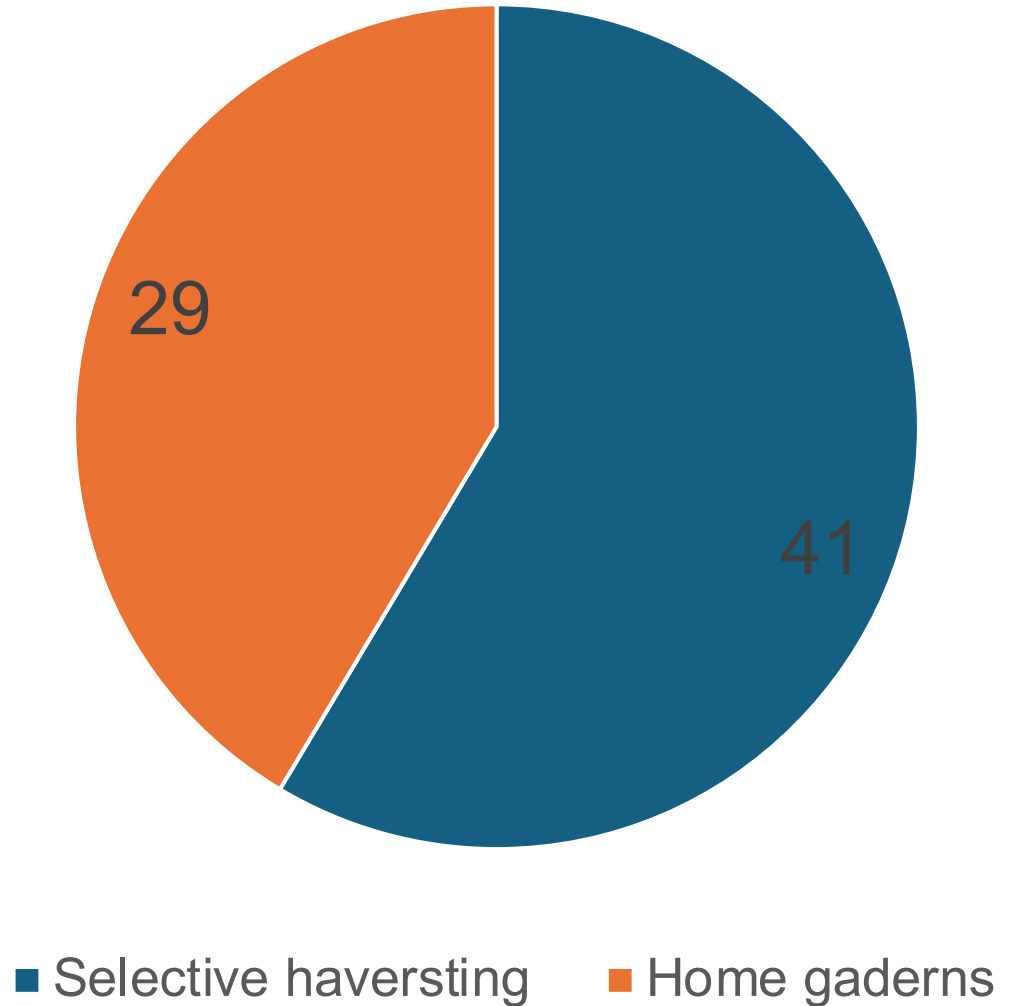
## Conservation Practices

selective harvesting to minimize depletion.

cultivate succulents in home gardens for sustainability.

- **Challenges:** Lack of knowledge transfer

Conservation practices



## **DISCUSSION**

- Findings emphasize the importance of succulents in traditional medicine and culture.
- Urban green space planning should integrate ethnobotanical knowledge to
  - Enhance biodiversity conservation.
  - Increase accessibility to medicinal plants in urban areas.
  - Support cultural identity by preserving indigenous knowledge

## CONCLUSION

- Integrating succulent plants into urban green space can enhance urban biodiversity, cultural heritage, and health benefits since the study found that these plants have the various uses to local community in the study area.
- Encourage the integration of traditional knowledge into urban green space planning.

# **Acknowledgments**

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# Thank You.

