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# Bitter Kola Garcinia Kola Medicinal

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Viability of Seeds  
 Nuts and Seeds in Health and Disease Prevention  
 Degenerative Diseases of Ageing  
 Bitter Kola for Erectile Dysfunction  
 Proximate Analysis of Three Common Kola Varieties In Nigeria  
 Commercialisation of Non-timber Forest Products: Review and Analysis of Research  
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 Handbook of 200 Medicinal Plants  
 Bitter Kola And Blood Pressure  
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 The Research Process in Nursing  
 Healing Plants of Nigeria  
 Medicinal and Aromatic Plants of South America Vol. 2  
 Riches of the Forest  
 Bitter Kola for Osteoarthritis  
 How to Shrink Fibroids Using Bitter Kola  
 Medicinal Plant Research in Africa  
 Ethnomedicine and Drug Discovery  
 Get Healthier and Deliver Safely by Using Bitter Kola Soaked in Coconut Water  
 Antioxidant-Antidiabetic Agents and Human Health  
 Lost Crops of Africa  
 Bitter Kola Side Effects  
 Edible Nuts

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## CARDENAS PITTS

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*Viability of Seeds* CIFOR  
 Toxicological Survey of African Medicinal Plants provides a detailed overview of toxicological studies relating to traditionally used medicinal plants in Africa, with special emphasis on the methodologies and tools used for data collection and interpretation. The book considers the physical parameters of these plants and their effect upon various areas of the body and human health, including chapters dedicated to genotoxicity, hepatotoxicity, nephrotoxicity, cardiotoxicity, neurotoxicity, and specific organs and systems. Following this discussion of the effects of medicinal plants is a critical review of the guidelines

and methods in use for toxicological research as well as the state of toxicology studies in Africa. With up-to-date research provided by a team of experts, Toxicological Survey of African Medicinal Plants is an invaluable resource for researchers and students involved in pharmacology, toxicology, phytochemistry, medicine, pharmacognosy, and pharmaceutical biology. Offers a critical review of the methods used in toxicological survey of medicinal plants Provides up-to-date toxicological data on African medicinal plants and families Serves as a resource tool for students and scientists in the various areas of toxicology  
Nuts and Seeds in Health and Disease Prevention Springer Nature  
 Garcinia kola (bitter kola), also known as African wonder nut, belongs to the family

guttiferae and grows in coastal rainforests in the South-Western and South-Eastern parts of Nigeria. Traditionally, the nuts of bitter kola are chewed as masticatory substance to stimulate the flow of saliva. The kernels of the nuts are widely traded and eaten as a stimulant. Bitter kola is also highly valued because of its medicinal benefits. The nuts are chewed for aphrodisiac effects or used to cure cough-dysentery or chest cold in herbal medicine. In this present day, new initiatives in pharmaceutical and also livestock industries are seeking to promote the use of alternative materials that combine the effects of nutritional and medicinal properties, simultaneously. This is expected among others benefits to reduce the high cost of production in the livestock industry as a result of the reduction in dual costs of feed and drugs.

Further research was made into indigenous fruits trees or plants that possesses both nutritional and medicinal properties. Bitter kola been a plant that possesses both medicinal and nutritive value and every more was emerged, and further investigations based on its current information in relation to its nutritional and medicinal properties has been aggregated. This seeks to aggregate current information on the characteristics of bitter kola based on its history and origin as an indigenous medicinal plant in the rain forest of central and western African. Its botanical and agronomical characteristics are also discussed further; the bitter kola tree produces reddish yellowish or orange coloured fruit with each fruit containing two or four yellow seeds and a sour tasting pulp. During cultivation of bitter kola, it is either cultivated by seeds or by cutting, by the preparation of a suitable seed bed for planting and germination or by cutting from very tender branches and stems with young healthy leaves. The nutrient and chemical composition of bitter kola as reported were also illustrated based on their various constituents. The moisture content, protein, fiber, ash and nitrogen free extracts have various amount of percentage dry matter and they are 14.60% 0.58%, 0.10%, 5.00%, 91.32% and 57.54% respectively and the vitamins as well as mineral composition also have various dry weight basis. The phytochemicals constituents of bitter kola as described are phenols (0.11 mg/100g), Alkaloids (0.36mg/100g), tannins (0.26mg/100g) and flavonoids (1.98mg/100g). Bitter kola basically performs various other functions like medicinal uses e.g helps in weight loss, treats arthritics, anti-poison, diabetes, malaria etc.

*Degenerative Diseases of Ageing* Springer Science & Business Media

The capacity to enjoy life well into your old age is sometimes denied by all kinds of degenerative diseases. Regrettably, the information you need to enable you to prevent these diseases is found in hundreds of scientific papers that are not easily accessible to the general public. The result is that most people suffer from these diseases and die prematurely while knowledge of how to prevent or cure their condition already exists. For the first time, the work of many world scientists concerned with the causes and preventions of degenerative diseases of ageing have been put together in a single book, and I hope you will find it useful in your quest for good health and an increased life span.

Bitter Kola for Erectile Dysfunction CIFOR

This richly illustrated reference guide treats the subject of herbal medicines in an integrated fashion with reference to pharmacognosy, pharmacology and toxicology. It will help to enable internists, phytotherapists, physicians, healthcare practitioners as well as students to understand why, when and how herbal medicines can be used in the treatment of diseases. A great deal of pathology and therapeutic information is also included. Numerous tables as well as figures clarify complex mechanisms and other information. The most important medicinal plants and drugs are illustrated with exceptional color plates.

**Proximate Analysis of Three Common Kola Varieties In Nigeria** Oxford University Press

*Herbal Medicine in Andrology: An Evidence-Based Update* provides a comprehensive overview of ethnomedical approaches in andrology, including ethnopharmacology of plant extracts and relevant bioactive compounds. It highlights information on the availability of medicinal plants and the legal and procedural processes involved in developing a marketable product. This reference helps clinicians and scientists develop an understanding on how herbal medicine can be used to treat andrological patients in practice. Only a limited number of journal articles are available on this topic, making this reference a valuable source of information for a large audience, including urologists, andrologists, gynecologists, reproductive endocrinologists and basic scientists. Provides essential evidence-based information about herbal medicine Offers an ethnopharmacological background on bioactive compounds in certain plant extracts Educates the basic scientist and clinician on the use of herbal medicines in andrology Provides an update to recent advances on herbal medicine in andrology from world experts

*Commercialisation of Non-timber Forest Products: Review and Analysis of Research* John Wiley & Sons

*Free Radicals in Biology and Medicine* has become a classic text in the field of free radical and antioxidant research. Now in its fifth edition, the book has been comprehensively rewritten and updated whilst maintaining the clarity of its predecessors. Two new chapters discuss 'in vivo' and 'dietary' antioxidants, the first emphasising the role of peroxiredoxins and integrated defence mechanisms which allow useful roles for ROS, and the second containing new information on the role of fruits, vegetables, and vitamins in health

and disease. This new edition also contains expanded coverage of the mechanisms of oxidative damage to lipids, DNA, and proteins (and the repair of such damage), and the roles played by reactive species in signal transduction, cell survival, death, human reproduction, defence mechanisms of animals and plants against pathogens, and other important biological events. The methodologies available to measure reactive species and oxidative damage (and their potential pitfalls) have been fully updated, as have the topics of phagocyte ROS production, NADPH oxidase enzymes, and toxicology. There is a detailed and critical evaluation of the role of free radicals and other reactive species in human diseases, especially cancer, cardiovascular, chronic inflammatory and neurodegenerative diseases. New aspects of ageing are discussed in the context of the free radical theory of ageing. This book is recommended as a comprehensive introduction to the field for students, educators, clinicians, and researchers. It will also be an invaluable companion to all those interested in the role of free radicals in the life and biomedical sciences.

**Guide for small and medium enterprises in the sustainable non-timber forest product trade in Central Africa** Independently Published

This book is the third in a series evaluating underexploited African plant resources that could help broaden and secure Africa's food supply. The volume describes 24 little-known indigenous African cultivated and wild fruits that have potential as food- and cash-crops but are typically overlooked by scientists, policymakers, and the world at large. The book assesses the potential of each fruit to help overcome malnutrition, boost food security, foster rural development, and create sustainable landcare in Africa. Each fruit is also described in a separate chapter, based on information provided and assessed by experts throughout the world. Volume I describes African grains and Volume II African vegetables.

**Handbook of 200 Medicinal Plants**

Springer Science & Business Media  
This volume, as the seventh of the series Medicinal and Aromatic Plants of the World, deals with the medicinal and aromatic plant (MAPs) treasures of the so-called Southern Cone, the three southernmost countries (Argentina, Chile and Uruguay) of South America. Similarly to the previous volumes of the series, the main focus is to collect and provide information on major aspects of botany, traditional usage, chemistry, production /

collection practices, trade and utilization of this specific group of plants. The contributors, who are recognized professionals and specialist of the domain, have collected and present state of the art information on 41 species. Most of these are not only of interest from the scientific point of view, but hold also a potential for the prospective utilization of the decreasing, occasionally overexploited / endangered medicinal plant resources of this huge continent. The book is expected to serve as a source of information also on some less known or less studied species. As such the volume is expected to support future research and public health professionals.

#### *Bitter Kola And Blood Pressure* CIFOR

From prehistoric times man has had a special relationship with seed plants - as a source of food, materials for tools, buildings, clothing and pharmaceuticals, and for ornamenting his surroundings for his own delight (probably in that chronological order which, incidentally, also gives some indication of the priorities of life). Today man's most important staple foods are derived directly from seeds as they have been since neolithic times. (It is a sobering thought, as Harlan\* has pointed out, that nothing significant has been added to his diet since then. ) From those times he must have learned to collect, conserve and cultivate seeds; and the accumulated experience has been handed down. This book then is part of an ancient tradition, for here we are still primarily concerned with these skills. Seeds are plant propagules comprised of embryos in which growth has been suspended, usually supplied with their own food reserves and protected by special covering layers. Typically they are relatively dry structures compared with other plant tissues and, in this condition) they are resistant to the ravages of time and their environment. But resistant is a relative term and seeds do deteriorate: the type, the extent and the rapidity of the deterioration, and the factors which control it are important to agronomists, horticulturalists, plant breeders, seedsmen, seed analysts, and those concerned with the conservation of genetic resources.

#### **Tropical Agroforestry** LAP Lambert Academic Publishing

*Garcinia kola* (bitter kola), also known as African wonder nut, belongs to the family *Guttiferae* and grows in coastal rainforests in the South-Western and South-Eastern parts of Nigeria. Traditionally, the nuts of bitter kola are chewed as masticatory substance to stimulate the flow of saliva. The kernels of the nuts are widely traded and eaten as a stimulant. Bitter kola is

also highly valued because of its medicinal benefits. The nuts are chewed for aphrodisiac effects or used to cure cough-dysentery or chest cold in herbal medicine. In this present day, new initiatives in pharmaceutical and also livestock industries are seeking to promote the use of alternative materials that combine the effects of nutritional and medicinal properties, simultaneously. This is expected among others benefits to reduce the high cost of production in the livestock industry as a result of the reduction in dual costs of feed and drugs. Further research was made into indigenous fruits trees or plants that possess both nutritional and medicinal properties. Bitter kola been a plant that possesses both medicinal and nutritive value and every more was emerged, and further investigations based on its current information in relation to its nutritional and medicinal properties has been aggregated. This seeks to aggregate current information on the characteristics of bitter kola based on its history and origin as an indigenous medicinal plant in the rain forest of central and western African. Its botanical and agronomical characteristics are also discussed further; the bitter kola tree produces reddish yellowish or orange coloured fruit with each fruit containing two or four yellow seeds and a sour tasting pulp. During cultivation of bitter kola, it is either cultivated by seeds or by cutting, by the preparation of a suitable seed bed for planting and germination or by cutting from very tender branches and stems with young healthy leaves. The nutrient and chemical composition of bitter kola as reported were also illustrated based on their various constituents. The moisture content, protein, fiber, ash and nitrogen free extracts have various amount of percentage dry matter and they are 14.60%, 0.58%, 0.10%, 5.00%, 91.32% and 57.54% respectively and the vitamins as well as mineral composition also have various dry weight basis. The phytochemicals constituents of bitter kola as described are phenols (0.11 mg/100g), Alkaloids (0.36mg/100g), tannins (0.26mg/100g) and flavonoids (1.98mg/100g). Bitter kola basically performs various other functions like medicinal uses e.g helps in weight loss, treats arthritis, anti-poison, diabetes, malaria etc.

#### *Toxicological Survey of African Medicinal Plants* Academic Press

The use of nuts and seeds to improve human nutritional status has proven successful for a variety of conditions including in the treatment of high

cholesterol, reduced risk of Type-2 Diabetes, and weight control. *Nuts and Seeds in Health and Disease Prevention* is a complete guide to the health benefits of nuts and seeds. This book is the only single-source scientific reference to explore the specific factors that contribute to these potential health benefits, as well as discussing how to maximize those potential benefits. Organized by seed-type with detailed information on the specific health benefits of each to provide an easy-access reference for identifying treatment options. Insights into health benefits will assist in development of symptom-specific functional foods. Includes photographs for visual identification and confirmation. Indexed alphabetically by nut/seed with a second index by condition or disease. *Free Radicals in Biology and Medicine* Independently Published

Erectile dysfunction is a common problem in men. *Garcinia kola* is claimed to possess aphrodisiac effects and as such is used traditionally in the treatment of erectile dysfunction. A *G. kola* seeds was prepared and used for treating male Wistar rats (n=8 /group); two doses of *G. kola* (200 and 400 mg/kg body weight) were used for the treatment of people. All the treatments were orally administered daily for 28 days. On day 28, mounting frequency (MF), intromission frequency (IF) and ejaculation frequency (EF) were quantified during sexual behaviour tests. At termination, body and organ weights, gastric ulceration and cauda epididymal sperm counts were determined. Serum was collected for determination of testosterone levels. Dose showed marked aphrodisiac activity with significantly increased sexual behaviour parameters compared to controls. However lower dose of *G. kola* was more effective than the higher dose. Testosterone levels were higher in both treatment groups compared to controls. Sperm counts were similar to controls however testes weights were higher in *G. kola* treated people compared to controls.

#### *Bitter Kola And Ovulation* John Wiley & Sons

*Garcinia kola* (bitter kola), also known as African wonder nut, belongs to the family *Guttiferae* and grows in coastal rainforests in the South-Western and South-Eastern parts of Nigeria. Traditionally, the nuts of bitter kola are chewed as masticatory substance to stimulate the flow of saliva (Leakey, 2011). The kernels of the nuts are widely traded and eaten as a stimulant (leakey, 2001). Bitter kola is also highly valued because of its medicinal benefits (Hertog et al., 2007). The nuts are chewed for aphrodisiac effects or used to cure

cough-dysentery or chest cold in herbal medicine (Uko et al 2001). In this present day, new initiatives in pharmaceutical and also livestock industries are seeking to promote the use of alternative materials that combine the effects of nutritional and medicinal properties, simultaneously. This is expected among others benefits to reduce the high cost of production in the livestock industry as a result of the reduction in dual costs of feed and drugs (Leakey, 2011). Further research was made into indigenous fruits trees or plants that possesses both nutritional and medicinal properties. Bitter kola been a plant that possesses both medicinal and nutritive value and every more was emerged, and further investigations based on its current information in relation to its nutritional and medicinal properties has been aggregated (Uko et al, 2001). *Garcinia Kola* belongs to the species of a tropical flowering plant that produces brown nut like seeds. Traditionally, the fruit, seeds, nuts and the bark of the bitter kola plant have been used for centuries for herbal medicine to treat several ailments. This bitter fruit, which is believed to contain a high source of vitamins and minerals such as Vitamins A, C, E, B1, B2, B3, fiber, calcium, potassium, and iron, also carry other antioxidants and the usage is not limited to traditional activities alone. Coconut water is the clear liquid found inside immature coconuts. As the coconut matures, the water is replaced by coconut meat. Coconut water is sometimes referred to as green coconut water because the immature coconuts are green in color. Coconut water is different than coconut milk. Coconut milk is produced from an emulsion of the grated meat of a mature coconut. Coconut water is commonly used as a beverage and as a solution for treating dehydration related to diarrhea or exercise. It is also tried for high blood pressure and to improve exercise performance. In recent years, coconut water has become a very trendy beverage. It's tasty, refreshing and also happens to be good for you. What's more, it's loaded with several important nutrients, including minerals that most people don't get enough of.

The Ayurveda Encyclopedia CRC Press  
 Healing Plants of Nigeria: Ethnomedicine and Therapeutic Applications offers comprehensive information on the use of herbal medicines in West Africa. Combining an evidence-based, ethnobotanical perspective with a pharmacological and pharmaceutical approach to phytomedicine, the book bridges the gap between the study of herbal plants' pharmacological properties

and active compounds for the development of clinical drugs and community-oriented approaches, emphasising local use. It demonstrates how the framework of African traditional medicine can be preserved in a contemporary clinical context. The book outlines the history and beliefs surrounding the traditional use of herbs by the local population alongside their application in contemporary phytotherapy in Nigeria and West Africa. It features a critical assessment of the scientific rationale behind the use of these plants in ethnomedicine and offers a composite catalogue of phytotherapeutic and wellness agents, detailing the safety profile, efficacy, and scientific integrity of plants used to treat diseases and optimise health. Features: An ethnobotanical survey containing over 200 full-colour photographs of Nigerian and West African plants. A unique combination of ethnobotany and pharmacognosy, bridging the divide between pharmaceutical and community-oriented approaches to herbal medicine research. Contextual discussion of the therapeutic potential of Nigerian herbal medicine. Offers a template which can be used to separate the superstitious aspects of ethnomedicine from culturally inherited deposits of knowledge. A handbook for herbal and natural medicine practitioners, the book is aimed at African thinkers, scientists, healthcare providers and students of pharmacology and ethnomedicine.

*Phytotherapy* Springer Science & Business Media  
 The pharmacopoeias of most African countries are available and contain an impressive number of medicinal plants used for various therapeutic purposes. Many African scholars have distinguished themselves in the fields of organic chemistry, pharmacology, and pharmacognosy and other areas related to the study of plant medicinal plants. However, until now, there is no global standard book on the nature and specificity of chemicals isolated in African medicinal plants, as well as a book bringing together and discussing the main bioactive metabolites of these plants. This book explores the essence of natural substances from African medicinal plants and their pharmacological potential. In light of possible academic use, this book also scans the bulk of African medicinal plants extract having promising pharmacological activities. The book contains data of biologically active plants of Africa, plant occurring compounds and synthesis pathways of secondary

metabolites. This book explores the essence of natural substances from African medicinal plants and their pharmacological potential. The authors are world renowned African Scientists.

**Handbook of African Medicinal Plants**  
 Independently Published  
 With over 50,000 distinct species in sub-Saharan Africa alone, the African continent is endowed with an enormous wealth of plant resources. While more than 25 percent of known species have been used for several centuries in traditional African medicine for the prevention and treatment of diseases, Africa remains a minor player in the global natural

*Essentials of Nursing Research* CRC Press  
 'The perfect text for any health care professional who wishes to gain a sound understanding of research... This text succeeds where others fail in terms of the thoroughness of the research process and the accessible style in which the material is presented. In an age when nursing and health care research is going from strength to strength this book offers those in the world of academia and practice an excellent and essential 'bible' that is a must on any bookshelf' Dr Aisha Holloway, Lecturer Adult Health, Division of Nursing, The University of Nottingham 'a book that helps you each step of the way. A very understandable and enjoyable publication'

*Accident and Emergency Nursing Journal*  
 'key reference resource that students of research can use at various levels of study. It is comprehensive, user friendly and very easy to read and make sense of' Gillian E Lang, Amazon reviewer

The sixth edition of this book reflects significant developments in nursing research in recent years, ensuring the reader is provided with the very latest information on research processes and methods. It continues to explore how to undertake research as well as evaluating and using research findings in clinical practice, in a way that is suitable for both novice researchers and those with more experience. Divided into six sections, the chapters are ordered in a logical fashion that also allows the reader to dip in and out. The first two sections of the book provide a comprehensive background to research in nursing. The third section presents a variety of qualitative and quantitative approaches, both new and well-established. The final three sections then look at collecting and making sense of the resulting data and putting the research findings into clinical practice. Summarises key points at the start of each chapter to guide you through. Includes contributions from a wide range of experts in the field. Accessible but doesn't shrink

away from complex debates and technical issues New to this edition: Accompanying website ([www.wiley.com/go/gerrish](http://www.wiley.com/go/gerrish)) Ten completely new chapters including Narrative Research, Mixed Methods and Using Research in Clinical Practice 'Research Example' boxes from a wide variety of research types

Bitter Kola for Diabetes GRIN Verlag

The term sexually transmitted disease (STD) is used to refer to a condition passed from one person to another through sexual contact. You can contract an STD by having unprotected vaginal, anal, or oral sex with someone who has the STD. An STD may also be called a sexually transmitted infection (STI) or venereal disease (VD). That doesn't mean sex is the only way STDs are transmitted. Depending on the specific STD, infections may also be transmitted through sharing needles and breastfeeding. The seed of bitter kola have antibacterial activity. Researchers have discovered that they have ability to clinically isolate *Staphylococcus aureus*, *Escherichia coli*, *Salmonella typhi* and *Streptococcus pyrogens*.

Be Free from Diabetes Using Bitter Kola Combine with Coconut Water National Academies Press

This book is designed to provide pharmacologists and researchers of natural products a comprehensive review of 200 medicinal plants, their vernacular names in various languages and their medicinal uses around the world, and in some cases, a historical perspective. Chemical constituents of each plant with the putative active constituent, and available up to date pharmacological studies (until 2017 on PubMed) with each medical activity explored and its relationship with traditional uses, are described for each plant. Any variations in chemical constituents and their effects on pharmacological studies outcome have been highlighted. All clinical trials conducted, with sufficient details, have been included. Nationalities and racial identities of participants of clinical trials are identified to impress upon the social, cultural and dietary influences on the clinical outcomes. Toxicity studies and potential interactions with prescribed drugs, and full spectrum of references are included.

Bitter Kola (*Garcinia Kola*): Antimicrobial And Therapeutic Qualities Academic Press

Agroforestry is recognized as a sustainable land-use management in the tropics, as it provides environmental-friendly ecosystems; it also provides people with their every day need for food and cash. Since the recognition of agroforestry as a science, curricula have been developed for agroforestry programs for undergraduate and graduate trainings in Universities. Therefore, there is an urgent need to develop and make available educational material. This textbook strives to provide up-to-date information on tropical agroforestry to serve as educational material in the tropical context. The authoritative textbook of Nair (1993) on agroforestry was published 18 years ago, and before the advent of tree domestication, an important agroforestry practice today. In addition, many other research activities, such as carbon sequestration and integrated pest management, have been included in the agroforestry agenda. This textbook is intended for agroforestry students, teachers, and practitioners.