

THE NIGERIAN NATURAL/WILD ENVIRONMENT: REVEALING THE HIDDEN TREASURES FOR HEALTH AND WEALTH

PROTOCOL

The Vice Chancellor

The Ag. Registrar

Other Principal Officers of the University

Deans and Directors

Heads of Departments/Unit

Distinguished Members of Senate

Other Academic and Professional Colleagues

My Lords Spiritual and Temporal

Your Royal Majesties

Members of the Host Community

Distinguished Guests and Friends of the University

Gentlemen of the Press

Distinguished Ladies and Gentlemen

Great TASUEDITES.

Preamble

Mr. Vice-Chancellor Sir, it is with all sense of gratitude and humility to the Almighty God, the Alif, Lam Min that I stand here today to present the 4th Inaugural lecture. The first to be delivered in the history of the Department of Agricultural Science, College of Vocational and Technology Education (COVTED) coincidentally by the first professor in the same department of the Premier University of Education in Nigeria. Today marks a significant milestone in the history of the Department of Agricultural Science, College of Vocational and Technology Education. It is so because the 4th inaugural lecture is the first to be assigned and delivered by the first professor in the Department of Nigeria's Premier University of Education.

Sir, please permit me to also draw your attention to the uniqueness of this rare privilege of delivering the 4th inaugural lecture; that my date of birth ends with 4, I am the fourth child in a

family of 4 children, my first child was born on 4th of March and the fourth Deputy Vice-Chancellor delivering the fourth inaugural lecture of this great University, and for all these I say Alhamdulillah Robil Al Amin.

I thank the Vice-Chancellor for giving me the opportunity to deliver my inaugural lecture today ***15th October, 2019*** after a lull from the last one which was the third in the series delivered in this great university.

Distinguish scholars, and my august audience, the universities inaugural lectures is a time honoured tradition world over on which occasion universities provide a platform to honour scholars and showcase both old and new professors research interests with members of the intelligentsia and University community.

Mr. Vice-Chancellor Sir, I am therefore highly honoured and privileged to stand before you and this august audience today to deliver this **4th INAUGURAL LECTURE** titled:

“The Nigerian Natural/Wild Environment: Revealing the Hidden Treasures for Health and Wealth.”

What is simply referred to as hidden treasure for health and wealth in the environment simply means all wildlife plant and animal products and their derivatives that people are not familiar or ignorant of their uses either for solving health problems or manufactured into useful products to be sold either for foreign exchange or for money.

I classify them as hidden treasures, just because some of them are familiar, but their uses or their application are unknown, or some are not even familiar at all. Hence, in this inaugural lecture, I will educate my audience using – synetics approach. Synetics in personnel psychology means making familiar strange and making strange familiar.

The Vice-Chancellor Sir, I wish to start by explaining the meaning of wildlife to facilitate effective understanding of the concept with my audience. Subsequent sections of the lecture will stress the benefits of wildlife products in education, wealth creation/medicinal values and my contributions to knowledge in the area.

The term wildlife implies all things that are living outside the direct control of man: all non-cultivated plants and non-domesticated animals. Wildlife resources are plants, animals and their derivatives in the natural or wild environment available for man’s use. They are classified into two groups according to their uses viz.

Consumptive and non-consumptive utilization – Consumptive utilization are products such as bushmeat including all edible parts of the animal, plants including their leaves, juice, fruits, flowers and roots.

Non consumptive utilization such as camping, hiking, skiing, amphitheatre and campfire talks, sport hunting, Aesthetic (Appreciation of beauty) Game viewing, Bird watching, Trophy Collection (Rhinoherm, Tusk, leather), firewood, leaves used in wrapping food and Travelling for the purpose of seeing nature (tourism).

WILDLIFE UTILIZATION

Almost all terrestrial mammals have at one time or the other been used as food.

Wildlife is a natural resource of an overwhelming degree of usefulness. However, the value of Nigeria's wildlife has only been realized a little (Adeyoju, 1975). (Ajayi, 1971) posited that wildlife, particularly forest mammals, account for between 20% and 90% of total animal protein consumed in Benin Republic, Cameroon, Ghana, Liberia and Nigeria. The supply of bushmeat from the wild serve as only possible means of protein to human population growth aside the one from livestock.

The importance of wildlife in traditional medicine cannot be overemphasised. Among notable researches are the works of Ajayi (1979), Gbile (1986), Sodipe (1986) and Banjo et al (2009).

Wildlife researches has made charming contributions to medical sciences the world over. Plants and life animals have been used in many medical research laboratories, and in the cure of several diseases.

Almost all terrestrial and aquatic mammals have been used as food. Whales have provided food for human consumption for past centuries. The most important product of Whale is Whale Oil, which are of two types – the edible variety from baleen, whale bone and the non-edible sperm oil from sperm whale. The edible one is used in the preparation of margarine and cooking fats. All parts of the whale is processed and utilized. The solid remains of bones and meat are not thrown away but dried and ground to form whale meal, which is used to augment animal foodstuffs; the liquid residues are evaporated to obtain a highly proteineous mixture named whale soluble, which is often included in animal feed. However, whale meat is rarely consumed, except in Japan where it has been a delicacy for long (Eltringham, 1984).

A significant number of wild birds are taken as food, usually as a by-product of sport hunting. Songbirds are shot and trapped for food in many places in Europe, and the practice was once widespread in Britain. They featured as a delicacy and are often eaten whole, including the bones. However, it is surprising to note that birds do not feature prominently in the consumption of wildlife in the tropics with the exception in tropical villages (Eltringham, 1984). In many parts of the world birds are exploited as much for their eggs as for their flesh. The eggs of almost all species of birds are taken as food, some are used in the preparation of medicines in treating fertility problem in women as some wild eggs are rich in Vitamin E. Seabirds are particularly used in this respect. Plover's eggs are taken to be luxury in the best hostels of European capitals (Eltringham, 1984).

Frogs are consumed in many tropical countries and demand for their flesh has led to a drastic extinction of the goliath frog in West Africa, which can weigh more than 3kg (Eltringham, 1984).

In Chinese medicine; the use of pipefish is used in preparation of drugs for good health, expedite child delivery, relieve of pain and cardioloric cure. Also, dried fresh toad is used as cardioloric stimulant to step blood pressure, to stimulate respiration and to control inflammation. The horn of rhinoceros is shipped to China as medicine. It is powdered in India as an aphrodisiac.

Birds feather have been used from earlier times for practical purposes because of their softness and insulating properties. Feathers have served as ornaments. The most decorative and vividly

coloured are chosen for this purpose. European ladies headgears were decorated with feathers of American egrets to such an extent that the price was even above that of gold (Zeng, 1985).

Wild birds provide a famous nitrogenous fertilizer, GUANO, which accumulates in large numbers where many of them gather to nest. Some Islands, especially in Peru, have layers of bird manure as thick as 55 metres. Such birds' manures are exported as fertilizers from South-America and Africa totals 300, 000 tonnes per year (Zeng, 1985).

Wildlife resources are extensively used in museums of natural history as mounted specimens for display in museums.

Animals have been trained to act and amuse people as well as for various other reasons. A typical example is the Dolphin. It has been proved beyond doubt recently in America that long tailed monkey could work as nurse in taking care of paralysed patients, doing lots of home work, such as opening the door with a key, switching on and off the light, opening the refrigerator and bringing out food and feeding her host with spoon, under the supervision of the host (Zeng, 1985). Wild animals feature prominently in movies and circus display.

Wildlife animal resources of use are also honey, honey products, and snails.

Honey is used for medical treatment of certain illness (apitherapy) and during some traditional ceremonies (Banjo, 2003). The apitherapeutic uses of honey include treatment of unhealed sore, dressing of wounds, treatment of diabetics, and hypertension etc.

Honey bees are essential wild creatures – they represent the highest form of social insects developed among invertebrate animals. All common hive bees in Nigeria belong to species *Apis mellifera*. Honey contains a unique blend of the simple sugars easily absorbed from intestine of human beings. It provides a rich and ready source of energy. To further buttress its apitherapeutic uses Pawan (1980) reported that recent medical practice confirms honey as effective and inexpensive medicine for healing infected surgical wounds and bedsores. He observed that honey renders the wounds bacteriologically sterile within 3-6 days, and thereafter effects total healing (Mutsaers 1995).

The curative power of honey and other hive products was further confirmed by some other researchers. Kunsangki (2001) reported that despite the fact that honey contains much sugar content, it has entirely different quality from sugar and carbohydrates. He further stressed that when a diabetic patient takes honey, blood sugar descends spontaneously. Kusangki (2001) also reported that Bee Acupuncture cured hemorrhoid, migraine and arthritis. Molan (1992) reported that the bactericidal activity of honey helps to effect healing in gynecological wounds, sores and also sores from burns.

APITHERAPY

Apithery is the science and art of maintaining health with the use of the products of the honeybee hive. These products are honey, bee pollen, propolis, royal jelly and bee venom. For the past fifteen years, beekeeping has increased due to increase awareness of the disappearance of the bees since colony collapse disorder. Most of the disappearance of honey bees can be attributed to

the use of pesticides

Historical Aspects of Beekeeping/Apitherapy

Beekeeping is not new to civilizations. Humans started collecting honey from bees approximately 900 years ago. Dating back to 1555-1580BC, there are indications that honey was used to heal wounds William Rich (2014).

Ancient writings including the Talmud, the Bible, Scrolls from the orient, ancient Greece and Rome all praised honey and bee pollen as a source of youthfulness and health. Different cultures have used honey.

The Korean in a section titled “The Bee” says honey is a medicine for men and I quote (Quran 16 verse 68) *_Fihi Shifaau Li naas_*, Allah mentioned that what is coming out of the bellies of bees is healing to mankind: The great scholar and Physician, Hippocrates wrote and I quote “Honey and pollen cause warmth, clear sores and ulcers, soften hard ulcers of the lips, and running sores.” Historically, Alexander the Great in ancient Greece was treated with bee stings for hip pain and migraine, the 8th century conqueror was cured of gout by bee stings, Root (2007). This confirms that the use of honey for healing started from the time immemorial.

Apitherapy Products for Medicinal Use* **Bee Venom Therapy (BVT)**

Female worker bees produce bee venom. It can be directly delivered from a bee sting. Most individuals know about honey and bee pollen. Few know about the venom therapy. Bee venom therapy has been used to treat rheumatoid arthritis for centuries. Charlie Mraz a beekeeper from vietnam started treating people with arthritis and pain in the mid 1938s with live bee stings. He learnt about bee venom therapy from a New York physician, Bidog F. Beck, author of Bee Venom Therapy, who was treating arthritis with bee venom, Beck (1997).

Bee venom therapy, either by using a live honeybee or by a transdermal injection has been used to treat multiple sclerosis for decades. There is documentation of the beneficial aspects to the patient, the regression of symptoms and decrease in progression of their disease. I have used bee venom therapy for my own autoimmune condition by using live honeybees administered by an acupuncturist, I have also tried it on some people with arthritis and it worked, Banjo (2015).

Acupuncture

Propolis

The next component of the beehive that individuals have limited knowledge of, is propolis. Propolis is the combination of beeswax, tree resins, honey and enzymes made by bees to protect the hive from external threats like bacteria or viruses. Propolis is primarily composed of resins collected by the bees from trees and plants.

All propolis are not the same and varies with the type of plants, climate, soil and season. This sticky substance which acts like cement to hold the hive together has medicinal properties. It contains over 180 components which contain waxes 10-35%, essential oils 6-10%, pollen 5%,

minerals as Mg, Na, Co, Zn, Mn, Fe, Vitamins such as A, B1, B2, B6, C and enzymes. Propolis has been used to cure acute and chronic gums erosion, dentine soreness, plaque gingivitis and periodontal diseases

. This is confirmed by Sanglani (2014) in his research on the individual value of propolis. Propolis has antibacterial, antiviral, antiparasitic and anticancer properties, Osmanagic (1978). I have used propolis to treat external wound and burns. More individuals should be using propolis and honey everyday.

Bee Pollen

This is male reproductive materials bees collect from plants and carry on their body. This bee pollen can be consumed on daily basis. It is a nutritious high quality food. I might even say it is a super food. It can be used as an antidepressant, an appetite modulator as well as increased endurance in spirit activity i.e. it does the work of glucose and lucozade boost or even more. It also improves function of brain, heart, liver and prostate.

It contains all the necessary nutrients for humans as proteins, free amino-acids, greater than 200 enzymes and sugars. Bee pollen contains over 50% more protein than beef and is an excellent vegetarian source of protein typically processing more of the essential amino-acids, kilo for kilo, than animal protein like meat, eggs and dairy product. It is very effective for cardio-vascular diseases such as hypertension.

Royal Jelly

Royal jelly is an enzyme-enriched food containing a large number of beneficial vitamins that the queen bee feeds on. It is excellent for wound healing and tissue repair. It is also the primer of immune system. It regulates hormones as well as improve cognitive function. Royal jelly is used to decrease the lipid levels in both animals and humans, Vitek (1995).

Honey

The final apitherapy product most known is the golden liquid, honey. Honey varies in taste and colour based on the geographical region it originates from and the type of plant where the bees take their nectar.

SNAILS

Snail is a common name given to a number of the class of Molluscs Gastropoda.

In the ancient times these snails are usually hunted by farmers because they regarded them as pests to vegetables. But after learning that this animal has a wide range of benefits, they started their domestication, they contain a lot of protein and a lot of essential amino acids, Banjo et al (2009).

The meat extract and snails slime contains benefits for treating the lining inflammation of the eye, pain due to itching, toothache and others. Not only for health, but there are some types of snails that are beneficial for skin beauty. In some countries the use of snails for skin beauty is already popular.

African Giant Snail

Health Benefits of Snails

1. Snail contains Omega – 3 fatty acids 218mg, and Omega -6 fatty acid 17mg. American Health Association (AHA) have recommended that a person must meet 5-10% of daily calories from Omega -6 fatty acids. Omega-6 needed by healthy adults is 1-3grams/day.
2. Omega-3 fatty acids are a type of polyunsaturated fat that cannot be produced by our body, so Omega-3 is essential fatty acids.
3. When you consume Omega-3 regularly everyday without excessive dose, many benefits can be obtained such as:
 - a. Assist in the development of the brain and memory in children.
 - b. Prevent heart disease, due to the presence of Omega-3, fatty acids, arterial organ becomes more elastic and thus reduce the risk of high blood pressure, Banjo et al *2009).
 - c. Lowering high cholesterol levels.
 - d. Healthy eyes: Omega-3 is excellent for improving eye health in general. Snails also contain Vit.A which is good for the eyes.
 - e. Pregnant women who consume Omega-3 through snail consumption make more babies born healthy and intelligent.
 - f. Snail in addition to containing Vit E, the mucus can be used to treat inflamed pimples.

Developed countries make use of snail slime processed with advanced technology and serve as the base material for beauty products. In addition snail slime can help regenerate the skin and facial wrinkles.

TOURISM IN RELATION TO HEALTH AND WEALTH

Tourism plays a good role in ensuring health and wealth creation. Tourism ensures good health and quality of life through rest, relaxation, recreation, sense of beauty, closeness to natural environment, bird watching, camping etc (Constane 2009).

Tourism promotes the optimal performance of all major systems of the human body-

musculoskeletal, cardiovascular, immunologic, neurosensory and gastrointestinal. Studies also revealed that contact with nature positively affects blood pressure, cholesterol, outlook on life, stress reduction, and behavioural problems (Framkin 2001). These particular outcomes have relevance for mental health and cardiovascular disease (Murray and Lopez 1996).

Involvement in recreation and tourism activities help prevent social and emotional problems. Tourism and recreation help combat osteoporosis and reduce the risk of coronary heart disease and stroke, the leading causes of death in developing countries of the world. Recreation (tourism) is a proven therapeutic tool used in hospitals, clinics and communities to restore physical, mental and social capacities.

Mr. Vice-Chancellor Sir, having highlighted some of the hidden treasures in the natural environment, some of which are of animal origin and their derivatives, I also want to mention some plants and their byproducts that are of tremendous benefits to human in terms of health and wealth.

Wildplant materials as sources of Medical Compounds continue to play a dominant role in the maintenance of human health since antiquity. Over 50% of all modern chemical drugs are of natural plant product origin and is essential in drug development programs of the pharmaceutical industry. (Burton et al 1983).

Like any therapeutic agent, where overdosed or incorrectly used they also have the potential to induce adverse effects. The role of medicinal herbs in the treatment and prevention of disease, and their role as catalysts in the development of pharmacology do not, however, assure their safety for uncontrolled use by an uninformed public (Matheus, 1990).

What this simply indicates is that to get maximum relieve from the extracts of the medicinal herbs, one has to consume the correct dose as informed by result of researches conducted to this effect.

SOME MEDICINAL PLANTS AND THEIR USES

Ageratum conyzoides - Imiesu

Ageratum conyzoides is an annual herbaceous plant with a long history of traditional medicinal uses in several countries of the world and also has bioactivity with insecticidal and nematocidal activity. The tropical species appears to be available agricultural resource. In central Africa, it is used to treat pneumonia, but the most common use is to cure wounds and burns (Durodola, 1977). Several pharmacological investigations have been conducted to determine its efficacy, Durodola (1977) verified inhibitory activities of ether and chloroform extract against in vitro development of *Staphylococcus aureus* i.e. the extract inhibit the growth of *Staphylococcus aureus*.

Almagboul et al (1985) using methanolic extract of the whole plant, verified inhibitory action in the development of *Staphylococcus aureus*, *Bacillus subtilis* and *Pseudomonas aeruginosa*. To further buttress its antibacterial effect, Banjo (2016) confirmed its efficacy in treating diarrhea. In his research conducted, eating 3 to 4 clean leaves of *Ageratum* act as detoxifier and also stops

diarrhea, meaning that it can be very effective in curing or treating food poisoning.

Ageratum conyzoides - Imiesu

Bioactivity

Research conducted in Columbia showed activity of extract of *Ageratum* against *Musa domestica* (housefly): Banjo (2017) also carried out the effect of leave extract in controlling housefly on meat at Ijebu-Igbo abattoir.

Ekundayo et al (1987) also demonstrated the juvenilizing hormonal action of the plant extract in insects, the most common effect being precocious metamorphosis, producing sterile or dying adults. The presence of *Ageratum Conyzoides* can also be used as a seed inhibitor, decreasing development of several herbaceous plants i.e. it can be used as an herbicide (Pre-emergent herbicide).

Jha and Dhekal (1990) reported an aqueous extract of the aerial part or roots of this species inhibited germination of wheat and rice seeds.

There are some small pharmaceutical companies in Brazil using *A. Conyzoides* as a raw material for phytochemicals. The demand is increasing year by year and this situation warrants further scientific research to develop both agricultural and medicinal uses. Research on medicinal plants should be focused primarily on species whose pharmaceutical activities have already been demonstrated. Positive preliminary clinical investigations of *A. Conyzoides* clearly demonstrate that this species may be an important economic resource in several biocidal agent for plant.

Over the past twenty years, interest in medicinal plants has grown enormously from the use of herbal products as natural cosmetics and for self-medication by the general public to the scientific investigations of plant for their biological effects in human being. Beyond this pharmaceutical approach to plants, there is a wide tendency to utilize herbal products to supplement the diet, mainly with the intension of improving the quality of life and preventing the disease of elderly people. India has been identified as a major resourceful area in the traditional and alternative medicine globally.

Andrographis paniculata

– King of Bitters (Ewe-Eje)

Andrographis paniculata is an annual herbaceous plant and is extensively cultivated in Southern Asia, China and some parts of Europe, but of a lesser extent in some African countries. It is found growing mostly as weed in some parts of Western Nigeria. The leaf and underground stem are used to make medicine. It is widely used to get rid of body-heat, dispel toxins from the body. *Andrographis* is frequently used in preventing and treating the common cold and flu (influenza). Some people claim *andrographis* stopped the 1919 flu epidemic in India, although this has not been proven. It is used for digestion complaints including an enlarged liver, jaundice and liver damage due to medications, tuberculosis, gonorrhoea, cough, Syphilis, malaria, cholera,

leptospirosis, rabies, sinusitis, and HIV/Aids: and for skin conditions including wounds, ulcer and itchiness.

My distinguished audience, I know many would be wondering that for the plant to cure or prevent HIV/Aids is an understatement or hyperbole, yet I felt the same way at first, but after findings from many local environments in some south-west villages where I found out that the plants cures, gonorrhoea, syphilis, tuberculosis and for it to cure many of these dreadful diseases I was prompted to find out further on this claim concerning HIV/Aids in collaboration with some health personnel and some laboratory technologists in teaching hospitals, but the findings concerning HIV is still been awaited.

Other uses in the villages include treatment of snake and insect bites and loss of appetite.

Image: *Andrographis paniculata*

Pharmacognosy of *Andrographis Paniculata*

The presence of important phytochemicals in *Andrographis paniculata* make the plant useful for treating different ailments and have potential of providing useful drugs of human use. The qualitative determination of pharmacognostic parameters will help for setting standards for crude drugs.

Structures of some phytoconstituent isolated from *Andrographis Paniculata*

Andrographis Structure

Annona muricata – Sour Sop – Igo Ekute

It is a fast growing, small, evergreen tree that can reach a height of about 7 meters. The tree is widely cultivated in tropical regions for its edible fruit.

Edible Uses

The fruit – raw or cooked is juicy and refreshing and has a pineapple like aroma, but its sub-acid to acid flavor is unique and the pulp is very juicy and rich in Vit. A and C. the fruits when fully ripe can be mixed with ice cream or milk to make a delicious drink. Immature fruits, harvested when the seeds are still soft are cooked as vegetables in soups. The most desirable characteristics of the fruit are its extremely pleasing fragrance and flavour.

Medicinal Uses

Sour Sop is used in traditional medicine. Research has shown that it is anti-malarial uterine stimulant, anti-parasitic, cardiac depressant, antiamebic, antibacterial, antifungal, for the treatment of hypertension, smooth muscle relaxant. The crushed leaves are used as remedy for scabies and skin diseases, rheumatism, cough and colds.

The leaves combine with the leaves of avocado (*Persea americana*) is drunk as antihypertensive. The crushed leaves are used to maturate boils and abscesses. The bark and young fruits, which

contain tannin, are used to treat diarrhea and dysentery. The green back is also rubbed on wounds to stop bleeding.

Annona muricata – Sour Sop – Igo Ekute

Cannabis sativa – Marijuana, Ewe Alalupayida (Igbo)

Cannabis Sativa is an annual herbaceous flowering plant indigenous to Eastern Asia but now of cosmopolitan distribution due to widespread cultivation. It has been cultivated throughout recorded history, used as a source of industrial fiber, seedoil, food, recreation, religious and spiritual moods and medicine. Each part of the plant is harvested differently, depending on the purpose of its use.

Pharmacology

The main psychoactive constituent of cannabis is tetrahydrocannabinil (THC) but the plant is known to contain more than 500 compounds, among them at least 1223 cannabinoids, however most of these “minor” cannabinoids are only produced in trace amounts, Aippumarental (2016). Differences in the chemical composition of cannabis varieties may produce different effects in human.

Cannibis sativa

Medicinal Properties of Cannabis

Marijuana has been the source of medicinal drug for centuries. The plant was used as a medicine prior to the development of modern science.

The same psychotropic properties (the famous THC) for which potential benefits of cannabis was banned make the plant suitable to treat numerous diseases. The potential benefits of cannabis far outweigh its psychotropic properties. In the 18th century, marijuana enjoyed a brief period of popularity as a medicinal herb in Europe and the United States. The magical plant was prescribed for treating various conditions such as menstrual cramps, asthma, cough, insomnia, birth labor and migraine.

However, cannabis was removed from the register of medicine in the early 20th century due to dosage problems, leading to no effect at all or adverse effects. In the last 20 years, the plant gained increasing international focus when traditional first line drugs proved to be effective.

Treatment of Glaucoma with Cannabis

The idea that cannabis helps in treating glaucoma dates back to the 1970s. Glaucoma is disease of the optic nerve that can result in loss of vision and blindness. It affects nearly 5.5 million people each year. According to America Glaucoma Society, the main way to treat glaucoma is to lower intraocular pressure (IOP). A research conducted by the National Eye Institute shows that when smoked, marijuana lowers intraocular pressure in people with normal pressure and with glaucoma, thereby effecting healing.

Isolated cannabinoids and synthetic cannabinoids can lower intraocular pressure IOP when

administered orally, intravenously or by smoking.

Cannabis sativa in the Treatment of Epilepsy and Seizures.

The researchers at Virginia Commonwealth University found that the ingredients in marijuana play a critical role in controlling spontaneous seizures in epilepsy. It is a condition of recurrent, unprovoked seizures that may have resulted from a hereditary tendency or an unknown brain injury. The use of cannabis for seizures control was described long ago by Arabic writer-Al-Mayusi and medical practitioners in the 18th century. In a study by the American Herbal Pharmacopoeia, cannabis was reported to produce a marked improvement in seizure control in a 45 year old cerebral palsy patient, epileptic since he was 18 years old.

The patients screaming seizures ceased, but with change to conventional medication provided he smoked cannabis each evening at bedtime. The day time partial seizure and convulsions were also significantly reduced.

Cannabis in Cancer/Stroke Treatment

Studies demonstrated a number of therapeutic applications of cannabis as a potential anticancer agent. As a matter of fact, Delta-9-Tetrahydrocannabinol, the main bio-active cannabinoid in the plant has been prescribed as an approved medication for treatment of cancer chemotherapy nausea, and vomiting, to improve in people with HIV/AIDs and to treat chronic pain and muscle spasm. Cannabinoids are under preliminary research for their potential to affect or treat stroke.

Cinnamon and Its Health Benefits

Cinnamon is a spice that comes from the branches of trees of the “Cinnamomum” family. It is native to the Caribbean, South America, and Southeast Asia.

Cinnamon has been consumed since 2000BC in ancient Egypt, where it was highly prized; doctors used cinnamon to treat conditions such as coughing, arthritis, and sore throats.

It is now second most popular spice, after black pepper, in the US and Europe. Some studies in laboratories and on animal have indicated that cinnamon may have some beneficial health properties, but more research and evidence is needed to confirm these benefits.

People use Cinnamon as a supplement to treat problems with the digestive system, diabetes, loss of appetite, it is also used in traditional medicine for bronchitis and other conditions like regulating blood pressure (i.e. lowering high blood pressure) – Banjo, (2018).

Cinnamon oil may help treat some types of fungal infection, such as Candida, according to results of a lab study, published in 2016. Also a research published in 2003 in Diabetes care found that Cinnamon may help improve glucose and lipid levels in patients with type 2 diabetes. Bacci et al (2017).

Consuming up to 6grams (g) of Cinnamon a day appeared to lower high blood pressure, serum glucose, triglyceride, LDL Cholesterol, and total cholesterol in 60 people with type 2 diabetes. The authors further suggested that if people with type 2 diabetes include Cinnamon in their diet, this may reduce their risk of diabetes and cardiovascular diseases.

A study of extracts of Cinnamon may help protect against HIV, of the 69 extracts tested in lab, the Cinnamon shoot and fruit were most effective in reducing HIV activity not total cure, but further study can still prove its potency for total cure.

Cinnamon

Nutritional Value of Cinnamon

According to the U.S Department of Agriculture (USDA), a teaspoon of ground Cinnamon weighing 2.6g contains:

- Energy: 6 Calories (kcal)
- Fat: 0.3g
- Carbohydrates: 2.1g
- Protein: 0.1g
- Calcium: 26mg
- Iron: 0.2mg
- Magnesium: 2mg
- Potassium: 2mg
- Phosphorous: 2mg
- Vit. C: 0.1mg
- Vit. A: 81mg

It also contain traces of Vitamins B and K.

Source: - USDA

Coriander (Coriandum sativum)

It is known as Chinese parsley, the stem and leaves usually called cilantro in North America. The plant is also called Ebolo in Yoruba language. All parts of the plant are edible, but the fresh leaves and the dried seeds (as a spice) are parts mostly used traditionally in cooking.

It is also called Koriannon derived from ancient Greek Koris (meaning bedbug) and was given on the account of its foetid, bedbug-like smells, and that is why it is usually said in Yoruba that “ko si bia sele se ebolo ko ma run gbe”. The name Koris later evolved to Koriannon and later Korinader (German).

Nutritional Value of Corriander

Quantitative chart of the nutrients present in coriander:

Energy 404kcal

Fat 16.1g

Protein 14.1g

Carbohydrates 54.2g

Phosphorus 370mg

Calcium 630mg

Iron 18mg

Vitamin B1 0.2mg

Vitamin A 1570lu

Amazing Health Benefits of Coriander

1. Prevention and treatment of diabetes: Coriander seeds are well known for maintaining blood glucose level. It has stimulating effects on the endocrine glands.

It functions to increase insulin level of the blood by enhancing the secretion of insulin in the pancreas. The whole process aids in proper absorption and assimilation of sugar, resulting in a marked decrease in the blood sugar level. They have also been shown to reduce bad cholesterol (CDL) and increase good cholesterol (HDL), thereby making them ideal for the prevention and treatment of cardiac health as well. If you cook coriander seeds in clean water over night and drink, you will see their countless benefits for cardiac health and healthy levels of blood sugar.

Coriander is used for digestion problems including upset stomach, loss of appetite, hernia, nausea, diarrhea, bowel spasms, and intestinal gas. It is also used to treat measles, hemorrhoids, toothaches, worms and joint pain as well as infections caused by bacteria and fungi. Some breast-feeding women use coriander to increase milk flow especially when mix with pap, custard or oat.

In foods, it is also used as culinary spice and to prevent food poisoning.

In manufacturing coriander is used as flavouring agent in medicines and tobacco and as a fragrance in cosmetics and soaps. The leaves can be boiled and drink for the cleaning of the liver and kidney.

Coriander

Another plant of tremendous health benefit is Dandelion-Taraxacum officinale – (Yanrin in Yoruba language)

Dandelion is a plant with yellow flowers.

Taraxacum officinale is the most common variety of this plant, and it grows in many parts of the world.

Botanists consider dandelion to be herbs. People use the leaves, stem, flower and root for

medical purposes, but the plant is commonly eaten in some parts of western region as vegetables especially in Yoruba-land.

Possible health benefits of Dandelion include:

a. Dandelion has been shown to improve liver function by removing toxins and reestablishing hydration and electrolyte balance. It also increases the release of bile.

b. Antioxidants – Every part of the dandelion plant is rich in antioxidants that prevent free-radical damage to cells and DNA, slowing down the ageing process in our cells. It is rich in Vitamins C and A as beta-carotene and increases the production of superoxide dismutase in the liver.

c. Cancer: - The ability to combat cancer is not a claim made lightly, but dandelion seems to show promise in study after study. Dandelion may slow cancer's growth and prevent it from spreading. The leaves are especially rich in the antioxidants and phytonutrients that combat cancer.

d. Diabetes:- Recent animal studies show that dandelion helps regulate blood sugar and insulin levels. Most of this is done through its ability to control lipid levels.

e. Cholesterol:- Studies have shown that dandelion leaves controls cholesterol levels while improving cholesterol ratios by raising HDL.

Dandelion contains essential fatty acids, antioxidants and phytonutrients that all reduce inflammation throughout the body. This can relieve pain and swelling. Studies also show that dandelion boosts immune function and fights off microbes and fungi.

Dandelion leaves, flowers and roots are edible. They have a slightly bitter flavor. The young leaves are tendered and less bitter, making a great addition to raw salads. Dandelion is generally considered safe in food and medicinal levels.

Moringa oleifera

It has a variety of names, such as drumstick tree, horse radish tree or benoil tree, also sogolo in Hausa language. Moringa oleifera is a plant that has been praised for its health benefits for thousands of years.

It is very rich healthy antioxidants and bioactive plant compounds. So far, scientists have only investigated a fraction of the many reputed health benefits.

Here are some health benefits of Moringa oleifera that are supported by scientific research: Almost all parts of the tree are eaten or used as ingredients in traditional herbs medicine.

This especially applies to the leaves and pods, which are commonly eaten in parts of India and Africa.

Moringa is used for the treatment anaemia, arthritis and other joint pains (rheumatism) asthma, cancer, constipation, diabetes, diarrhoea, epilepsy, stomach pain, stomach and intestinal ulcers,

infectual spasms, headache, heart problems, high blood pressure, kidney stones, fluid retention, typhoid disorder and bacterial, fungal, viral and parasitic infections.

Moringa is also used to reduce swelling, increase sex drive (as an aphrodisiac) without any side effect so it's better to eat moringa leaves or seeds instead of Viagra. It prevents pregnancy, boost the immune system, and increase breast milk production. Some people use it as a nutritional supplement or tonic Banjo (2012).

Moringa is sometimes applied directly to the skin as germ killer or drying agent (astringent). It is also used tropically for treating pockets of infection (abscesses), athletes' foot, dandruff, gum disease (gingivitis), snakebites and wounds.

Moringa contains many healthful compounds such:

- Vitamin A
- Vitamin B1 (thiamine)
- Vitamin B2 (riboflavin)
- Vitamin B3 (niacin), B – 6
- Ascorbic acid (Vit. C)
- Calcium
- Potassium
- Iron
- Magnesium
- Phosphorus
- Zink

It is also extremely low in fats and contains no harmful cholesterol. Banjo (2012).

Moringa

MISTLETOE – *Viscum-album*

Common names – Mistletoe, birdlime, all heal, devil's fuge, and golden bough – Afomo in Yoruba language.

Mistletoe is a hemiparasitic plant that grows on a wide variety of most trees such as pine, oak, birch and apple. The term hemiparasitic is used to indicate that the mistletoe plant carries out photosynthesis independently but obtains water and minerals from the host.

Mistletoe is known for its anticancer properties.

Furthermore, it prevents diabetes, soothe respiratory disorders, calms the nervous system, lowers blood pressure, Banjo (2016) especially mistletoe with match like flowers, promotes good sleep, eliminate inflammation, increase immune system activity, reduces snoring and decrease menstrual pain.

Banjo (2016) in his study affirmed mistletoe with matchstick like flowers, when air dried can be taken as tea, which is very effective in lowering blood pressure.

The Use of Mistletoe in the Treatment of Hypertension

The extract has a measurable effect on hypertension, which affects millions of people around the

world. (2) By lowering blood pressure, its extract is able to ease the strain and stress on the cardiovascular system and also cutting down on the impact of atherosclerosis. The hypertensive reduction of mistotote extract can help prevent strokes, heart attacks and coronary heart diseases. It also helps to slow the pulse which also helps to reduce exertion of the heart.

Mistletoe Promotes Good Sleep

Mistletoe is known as a very effective nervine agent and has been in use in traditional settings for hundreds of years. If you suffer from insomnia or restlessness when you sleep, using it to brew a strong tea might be the answer for you. Chemical components of mistotote impact the release of neurotransmitters that calm you down, soothing the nervous system, and allowing for healthy, restful sleep (3).

Boosts Immune System

One of the most important health benefits of mistotote is the impact it has on the immune system. This is one reason why this herb is so prized for treatment of various chronic diseases, as it simultaneously boosts the compromised immune system and protects it from outside illnesses (8). The antibacterial, antioxidant, and antiviral capacity of this herb make it a perfect line of defense for the body, regardless of the illness or state of the immune system.

Mistotote

Calms Nervous System

If you suffer from anxiety, manifesting in physical characteristics, restless sleep, tremous ,or other physical/mental symptoms, mistotote can act like a complete nervine tonic for the body, lowering stress hormone levels and bringing you down to a manageable level (9).

Eases Menstrual Distress

The plant is a wonderful option for women suffering from excessive cramps and menstrual pain. You can brew a strong mistotote tea, which calms muscle spasms and inflammation, helping to release tension and cramping (10). But for pregnant women or those considering getting pregnant they should seek for doctor's advice before adding a strong nervine tonic like mistotote to their diet.

Anticancer potential

The most important and widely studied aspect of mistotote's health benefits is its role in slowing the progression of cancer. Research suggested that patient suffering from breast cancer can see significant improvement in their physical and emotional wellbeing by using mistotote. Research published by Chinese researchers in the Anticancer. Research Journal states that mistotote has chemo-preventive properties as they can reduce the common side-effects of chemotherapy such as numbness, nausea and even hair loss. (4). Furthermore, they showed little signs of depression. Dr. Thomas Otermann, Christaa Rank et al, published a study in BMC Journal unveiling 220 patients suffering from lung, breast and ovarian cancer, who were given mistotote (5). On consumption of the same, it was seen that they experienced less fatigue, insomnia, anorexia, and

nausea. Subsequently research has connected mistotoe extract to a higher overall quality of life for patients, tumor shrinkage and healthier blood counts.

Mistotoe extract can prevent or cure cancer at early state, but when the cancer is full blown, the next option is chemotherapy, but mistotoe helps a lot to prevent some of its side effect such as nausea, anorexia and loss of hair.

Phyllanthus amarus

Phyllanthus amarus (P. amarus) is a broad spectrum medical plant that has received worldwide recognition (Sriviya and Perival 1995). In Nigeria, it is called “Oyomoke isoaman kedem” in Efik, “Iyin Olube” in Yoruba, “Fehinbisowo” in Ijebu dialect and “Ebebenizo” in Benin (Etta, 2008). P. amarus is generally employed to reduce pain, expel intestinal worms and act as a mild laxative.

P. amarus also has antiseptic, diuretic, antiviral, anti-diabetic, and antipyretic properties, and is also used in the treatment of jaundice, diarrhea, dysentery, wound, ulcer and urogenital diseases (Calixto et al, 1998; Santos et al, 1995). The plants of the genus Phyllanthus are widely distributed in most tropical and subtropical countries and have long been used in traditional medicine to treat chronic liver disease. (Liu et al, 2003). A decoction of the whole plant, combined with honey, is used as cough medicine and to counter sore throat.

Phyllanthus amarus

Vernonia amagdalina – Bitter Leaf

Bitter-leaf is a very homely plant. Wherever it grows, it flourishes and evergreen. The Yorubas call it “Ewuro”, Onugbu in Igbo language and Hausas call it Shiwaka.

Bitter-leaf has numerous medicinal values and benefits to human health and lifestyle. The leaf exhibit some antibacterial and antifungal properties that make it a good home remedy to several health issues such as dysentery, diarrhea, high blood pressure and many others.

Some people may not find bitter-leaf so fantastic due to the bitter taste and it is true that most people can't withstand it. But remember that the best of medicine comes with bitter tastes and bitter-leaf is ranked high among them.

Apart from using it for cooking, bitter leaf is rarely used for any other thing because people are unaware of its miraculous health benefits and the sad part is that whenever it is used for cooking, almost all the nutrients are washed off the leaves. Even the leftover are further lost to the cooking process. Thus leaving just a minute portion of its richness for our consumption.
Nutrition and Health.

Benefits of Bitter Leaf

1. Helps to Clear Fever:- Bitter leaves contain flavonoids which have powerful antioxidant effect in treating health issues such as feverish conditions.

Other elements like andrographolide lactones, glucosides, diterpene are also present in the leaves and work together to treat and trim down fever and its symptoms.

A glass of bitter leaf juice is a strong herbal medicine that helps to combat malaria symptoms and reduce fever effects.

2. It fights Prostate Cancer:- Research has shown that prostate cancer is common among men who are over forty years old. And one of its known symptoms is difficult and painful urination. Bitter leaf on the other hand, is very good for this ailment. It increases the flow of urine and reduces the pain, as well as regulates the spread of the cell.

To fight prostate cancer with bitter leaf, simply squeeze the fresh leaves in water and take a glassful four times daily while you constantly go for a checkup. You will urinate frequently, but don't worry about that because it is part of the cleansing process.

3. It Fights Pneumonia:- Pneumonia is a lung inflammation disease caused by bacteria or viral infection, in which the air sacs fill with pus and may become solid, inflammation may affect both lungs (double pneumonia) or only one (single pneumonia). However, the miraculous plant is powerful enough to combat this condition, and tackle it. Squeeze the fresh leaves of the plant and take a glass full thrice daily. Always remember to warm the solution each time before drinking. Do not boil, just warm, and continue the medication for a month.

4. Insomnia:- insomnia is a condition that promote habitual sleeplessness and many people are experiencing this condition.

However studies have shown that bitter leaf extract has done wonders for those people suffering from sleeplessness. Simply take two glasses of bitter leaf solution every night and you will experience a calmness that comes with relaxation and sleep.

5. It enhance fertility:- studies have shown that bitter leaf boost the chances of pregnancy among women who are finding it difficult to conceive. This is because the detoxification power of bitter leaf helps prevent the pollution of the antibodies that fight diseases, initiate tissue repair and regeneration. This is known to boost the fertility of the ovaries, significantly, as well as eliminating ovarian cyst and premature ovarian failure.

MY SCHOLARLY CONTRIBUTIONS

Mr. Vice Chancellor Sir, some of my contributions to the field of Wildlife and Ecotourism Management that are of benefits to man in terms of health and wealth creation will be discussed under the following headings – Wildplants and WAD goats nutrition; Effect of Bee Hives on Honey Production; The Use of Honey in Promoting Good Health and Income, Apiculture means to an end for Sustainable Socioeconomic Development in Nigeria, Medicinal Use of African Giant Snail (*Archachatina Maginata*) in Health Care Delivery, Growth and Performance as Affected by Inclusion of *Moringa Oleifera* Leaf in Diet of Farm Animals to mention a few.

My zeal for research gained momentum with my Ph.D programme at the University of Ibadan in 1999 under the supervision of Prof. I.A. Ayodele. During this time, my curiosity and interest in studying how honey can be used for healing and on how to boost the production of this miracle fluid (liquids) was heightened.

I also researched into how honey production can be a profitable venture for economic gain.

Bee keeping is a very serious revenue earner in developing economies which countries like Nigeria cannot afford to ignore; it helps to generate self and economic reliance aside its health benefits. During the course of the research it was found out that bee keeping is a worthwhile and profitable venture, a simple enterprise that can easily be adopted by man because of its numerous advantages. It can act as a good source of income, and gainful self-employment of labour, especially in the area of hive equipments, hive products marketing and sales. The finding created awareness in the business of bee keeping in the study area. (Banjo 2003).

Effect of Bee Hives on Honey Production

In a study carried out in the beekeeping areas of South-Western States of Nigeria, Banjo (2004) reported that honey production was more profitable in the savannah zone of the study area, but the rain forest zone was the most suitable zone for honey production. He also reported that amongst the hives types, the langroth hive produced more honey compared to other hives. This information was used to convince local farmers to use langroth hive instead of other local hives, and majority of them are now using the modern hives, which has increased their production tremendously in the area.

The Use of Honey in Promoting Good Health and Income

In a study carried out by Banjo and Odunaiya (2006) to determine the extent to which apitherapy was being practiced in Ogun State in promoting health and healing.

The study was carried out using a total of 250 respondents from selected local government areas of Ogun State which comprised of some medical personnel, nutritionists, traditional healers, apiculturists, traditional beekeepers, honey hunters, the general honey users and honey retailers. The study revealed that, the medicinal application of honey is widely used by individuals in treating several ailments especially when combined with other healing additives from plants and animal origin as mentioned earlier in this lecture. It was also revealed that honey is used for burns treatment as it is known to facilitate healing of wounds. Limitation to apitherapeutic use of honey was due to trade secrets, higher patronage in government hospitals, availability of several refined drugs as substitutes and fear of buying adulterated honey from retailers. The information from the study pointed out that there was a need for more researches on the nourishing ability of honey to be propagated by the nutritionists as it is done for milk and soya beans. The information from the study also reiterated the importance of embracing proper marketing strategies by using decent packaging, labelling, which should include methods of extraction, net content, name and address of producer to discourage adulteration. I want to state that there has been improvement in this aspect, compared to what obtained, 10-20 years back.

Banjo and Igbosanu (2016) investigated the growth and performance of broiler finisher feed rations supplemented with honey. In the course of the experiment, a total of 120 unsexed four weeks old Anak 2000 strain of broiler chickens were randomized into 4 treatment groups, and each group was subdivided into 3 replicates. Each replicate contained 10 birds. Each treatment was fed one of four experimental diets containing 0, 1, 2, and 3 1/2 levels of inclusion. The birds were raised on deep litter, while growth rate and feed intake were determined weekly and the trial was determined at the end of 8th week. The data collected were subjected to Analysis of

Variance (ANOVA). The experiment revealed that inclusion of honey in the diet significantly ($P>0.05$) enhanced weight gain of birds at 1% level of inclusion. So to include honey in the diet of chicken, level of inclusion should not be more than 1%. The implication of this is that the feed will be costlier at any level higher than 1% since the least cost per kg weight gain was observed at 1% honey level. The discovery as so far guided farmers in compounding rations for their birds when using honey as part of the feed ingredients.

Growth and Performance as Affected by Inclusion of Moringa Oleifera Leaf Meal in Broilers chicks/fish diet

Banjo (2012) posited after an experiment carried out to investigate the inclusion of Moringa Oleifera leaf as feed additive in broiler chicks. Eighty Anak Strains of two weeks old were allotted to four treatments with five replicates of four birds each in a completely randomised design. Four different diets with metabolizable energy levels ranging from 2,800 to 2,900kcal/kg were formulated and fed to the chicks for a period of four weeks. The level of inclusion of Moringa Oleifera ranged from 0% which served as control, 1%, 2% and 3% in the diets.

The result revealed that inclusion of moringa significantly ($P>0.05$) enhanced weight gain of birds at 2% level inclusion, while the inclusion of moringa did not significantly ($P>. 0.05$) enhanced feed intake. This discovery therefore serves as a guide for including moringa in the feed of broiler chicks. (Check tables 1, 2, and 3).

In the same vein, I carried out a research on the inclusion of moringa oleifera as an additive to feed of clarias gariepienus. It was also revealed during investigation that the safe and production level of inclusion of moringa in fish feeds is at 1% level. Banjo (2013).

Table 1: Composition of Experimental Diets (%)
Ingredients

Treatment

T1 T2 T3 T4

Maize 40 40 40 40

Soya meal 25 25 24 23

Groundnut cake 5 5 5 5

Moringa Oleifera - 1.0 2.0 3.0

Wheat Offal 5 5 5 5

Orzel shell 5 5 5 5

Bone meal 2.0 2.0 2.0

2.0

Corn bran 14 13 13 13

Fish meal 2.5 2.5 2.5

2.5

Llysine 0.25 0.25 0.25

0.25

DI. Methionine - 0.35

0.35 0.35

Salt 0.4 0.4 0.4 0.4

Broiler premix 0.25 0.25

0.25 0.25

Mycifix 0.25 0.25 0.25 0.25

Total 100 100 100 100

Source: Banjo (2013)

Table 2 Calculated Nutrient

Diet 1	Diet 2	Diet 3	Diet 4	
Control	Moringa	Moringa	Oliefera	Moringa Oliefera
Me(Kal/kg)	2680.2	2506	2506.562	2506.563
Crude Protein (%)	18.61	18.66	18.82	18.85
Crude Fibre (%)	5.14	5.16	5.17	5.20
Calcium	3.50	3.43	3.45	4.47

Source: Banjo (2013)

MEDICINAL USE OF AFRICAN GIANT SNAIL – Archachatina maginata

Mr. Vice Chancellor Sir, it might interest you and my audience, that African Giant snails play significant benefits in the treatment of many heart diseases and anaemia as reported by Banjo et al (2009) in their study on the medicinal use of African Giant Snails (*Archachatina maginata*).

The study investigated the relevance of African giant snail in health delivery in Ogun State, Nigeria. A total of eighty case files of hypertension related cases were studied at Molad Specialist Clinic Sagamu, Ogun State, and ten were randomly selected for investigation, in which snails were used as a recipe in their medication. Laboratory analysis of African giant snail showed that it is very rich in nutritional mineral copious like potassium (k+) and sodium (Na+) which have special roles in the prevention and treatment of hypertension in human beings. Clinical studies also confirmed that snail base medication was effective in treatment of hypertension in eight out of the ten cases studied. This result is in conformity with the submission of (WHO 1991) Ayodele and Asimolowo (1999), Awesu (1980) and Sogbola (2004).

Wild Plants and WAD goats Nutrition

The effect of wild plants on the nutrition of West African dwarf goats was investigated by carrying out energy balance study among WAD goats fed Samanea Saman (Rain tree) pods based diet.

During the course of the experiment, it was found out that 128.26kg/day/wkg 0.75 apparent metabolisable energy is required for maintenance, while dry matter digestibility coefficient averaged 69.98%.

Banjo (2001) in his research confirmed that Samanea Saman can be supplemented adlibitum to animal feeds to improve the nutrient utilisation of such feeds, especially the energy content. Samanean Saman which is widely distributed in some parts of the country, especially East and South West areas during the dry season, can be used as a supplement to cassava waste or other Agro-industrial by products or crop residues. The result of this experiment has helped many local animal farmers to improve in their business by improving the nutritional value of the feeds on the animal at a reduced cost.

Summary of Digestibility Coefficient of the Experimental Diets

Diets DM Intake DM intake Faecal Output % Digestibility
g/day kgw 0.75 g/day Coefficient

A 207.92 61.12 52.06 74.52

B. 232.49 66.78 74.68 53.17

C . 296.74 71.70 82.21 65.63

D. 272.43 66.49 84.23 65.75

E. 287.07 82.77 65.06 80.57

F. 344.91 99.05 81.39 80.23

Source: Banjo (2001)

TOURISM POTENTIAL FOR CREATION OF WEALTH AND GOOD HEALTH

The importance of tourism in ensuring good health and quality of life cannot be overemphasised and this has been reported in literatures. Tourism ensures good health through rest, relaxation, recreation, closeness to natural environment, game watching etc. (Constanta 2009).

Tourism promotes the optimal performance of all major systems of the human body, musculo skeletal, cardiovascular, neurosensory and gastro intestinal. Researches have also proved that contact with nature positively reduce blood pressure, cholesterol level, stress, affects outlook on

life and behavioural problems. Banjo (2009) in a research carried out on tourism potential of Olumo Rock affirmed this. In the area of wealth creation, tourism has become an important economic and political tool in modern development, not only is the amount of money generated in tourism industry enormous, the flow of that money is widely distributed.

CONCLUDING REMARKS

Mr. Vice Chancellor Sir, I have highlighted in this inaugural lecture the importance of using wildplants and animals in traditional medicine and equally acquainted my audience with some plants and animal products in our natural environment. The usages of these natural endowment to solve myriad of health issues were enunciated. Some of the products and derivatives of these hidden treasures and their processing into finished products for economic gain were also highlighted. The importance of tourism as an important economic and political tool in modern development for ensuring healthy living through rest, relaxation, and closeness to natural environment, for optimal performance of all the systems of the body was revealed. The state of unrest of the body system has an adverse effect on human physiological processes which in turn poses a major threat to healthy living by causing a departure from normal health as a result of lack of recreation.

It is my advice to this audience of accomplished academics distinguished members of the university community and revered guests to engage in recreational activities while on vacation, as a major way to improve healthy living. On this note, I make this passionate appeal to government and philanthropists to come to our aid by providing a befitting staff club for recreation in this university. I want to say here that going to staff club after a stressful day for relaxation is a necessity for a productive workforce.

Mr. Vice Chancellor Sir, I hope, I have been able to enlighten my audience within the short period of this lecture to tap some of the treasures in our natural environment to solve most of their health problems and how they can equally turn some of them into wealth.

RECOMMENDATIONS

1. To get maximum relieve or cure from the extracts of the medicinal herbs, one has to consume the correct dose as indicated by result of researches conducted to this effect.
2. More investigations/studies should be carried out on these medicinal plants concerning the dosage, tolerance level, and side effects. This will help to know the correct dosage to be taken considering the age and condition of the patients.
3. There should be more enlightenment/awareness on the importance of these hidden treasures in health care delivery as done in some developing countries like India, Indonesia, Malaysia and China. I call on the Nigerian Government to look inward concerning these hidden treasures as this nation is endowed with enough wild plants and animals that are of tremendous medicinal value. A centre for medicinal herb research should be created if there is none or resuscitate any existing one, where all these God given resources can be refined into drugs which can be exported.

4. There should be a law guiding against the sales of adulterated honey by retailers.
5. There should be proper strategies for sales of honey by using decent packaging, proper labeling and proper extraction method instead of using the crude ways like burning of the hives.

ACKNOWLEDGEMENTS

Event like this affords one the opportunity to appreciate people and acknowledge them for contributing to ones success and achievements. First, I give thanks to Almighty Allah, for sparing my life and for this great achievement. The Muslims will say Kuli Shaein Faani, Illalahu baqi, meaning that all things would pass away, except the almighty God, I adore Him, I praise Him and I glorify His holy name sub hana tahala.

My sincere appreciation goes to my late parents, Alhaji Ayoola Banjo a.k.a. Polo and Mrs. Olubukola Banjo, for their love, care and support and for inculcating in me good virtues and values. May their souls rest in peace.

I equally want to thank my brother, Alhaji Surveyor Babatunde Banjo for the fatherly role he has been playing after the demise of my loving dad by filling the vacuum created by his death. I thank you sincerely for all the support, encouragements and sense of direction given to me in the same vein I appreciate my sister Mrs. Banke Sofowora, for her support and prayers all the time. The Almighty God will grant all of you longlife, sound health and shower you with blessings.

My thanks also go to my uncle Alhaji S. A. Banjo for his fatherly advice, the remaining part of your life will be full of joy Sir. I wish to express my profound gratitude to my Ph.D supervisor, Prof. I. A. Ayodele for his love, supervision and understanding during the period of my doctoral supervision and thereafter. Prof. You are highly appreciated.

My appreciation also goes to my amiable Vice-Chancellor, Prof. Abayomi Arigbabu, for giving approval and also encouraging me to give this inaugural lecture, working with him is very interesting, he does not relate with me as a boss to subordinate, but we relate as brothers and partners in business, I sincerely appreciate his humility, in fact he is a democratic leader, once again I thank you for all your support and encouragement, I pray that the Almighty Allah will grant you longlife with good health.

I thank Professor Olusoga Olusanya for his advice, encouragement and mentorship. I sincerely appreciate you Sir. I thank the immediate past Vice-Chancellor Prof. Oluyemisi Obilade, Aunty Yemisi for giving me the opportunity to be in the mainstream of the University administration for appointing me Dean of College of Science and Information Technology and College of Vocational and Technology Education in 2014 and 2016 respectively. I appreciate you Ma, God Almighty will be with you and your entire family.

With deep sense of gratitude, I sincerely appreciate the support and cooperation I received from the entire academic and non-academic staff of the College of Science and Information Technology and College of Vocational and Technology Education particularly Professors. B.J.O. Ayorinde, my current Dean, O.O. Oworu, J. O.S. Banjo, V.O Akinwande, O.D. Adejoye, and A.O. Adeogun, Dr. R. O. Ettu, my Head of Department, Drs. A. T. Olawumi, A.O. Odusina, A. Mako, T. O. Ikootun, I. O. Ewebiyi, H.G. Kassim, M.O. Nasiru, A. D. Awofodu, K. I. Rufai and

Wole Akintayo; Messer Mebude, Egunjobi, Akinsulu and T. O.S. Adewoga to mention but a few.

I thank all my staff in the Deputy Vice-Chancellor Office, Messrs Abimbola Kalejaiye, Adebola Daniel, Hilary Etang and Idris Lawal for their support.

Special recognition and appreciation go to all my cousins and friends particularly Col. S.A. Abass, Barristers Leke Ometeso and Adeboye Sobanjo, Mr. Safiu Oluwasanmi Banjo-Lord Saff, Drs. A. V. Okunowo, S.O. Babatunde, Lanre Akinola, Bola Adekoya and Jimi Ogunaike, Messr Niyi Odubanjo, Dare Adedoje and Kunle Ikuyajesin and their spouses. I appreciate Dr. Dele Sogbesan and Mr. Babatunde Odugbesan for helping with proof-reading of the draft.

I thank my in-laws and their spouses for giving me a very beautiful and dutiful wife and for their love, support and prayers. They are all marvellous.

I specially thank all the staff unions in the University: ASUU, SSANU, NASU and NAAT for creating peaceful and conducive atmosphere for us to do our work in this university. I appreciate you all.

I appreciate all my students both past and present who have contributed immensely to this success story. They are all doing well in their chosen careers. I'm proud of you all.

Special recognition to all my mates at Ijebu Muslim College (IMCOSA 76) and also my mates at the Ogun State University now Olabisi Onabanjo University.

All the 12 disciples at the College of Agricultural Sciences. We were nicknamed 12 disciples, because twelve of us started the College as first set of students. I am very happy for our achievements; we have Professors, Directors of Parastatals and renowned clergy men amongst us. All praises be unto the Almighty Allah.

Finally, my sincere appreciation goes to my immediate family: my Children, Ayoola, Ayobukola and Ayowoleola Banjo. I appreciate these gifts from God for their understanding, patience, tolerance and for being well behaved.

Mr. Vice Chancellor Sir, I want to say here that my wife, Mrs. Olusola Afoluke Banjo is the best being given to me by God, a God fearing woman, my best friend, my spiritual helper, my special adviser (S.A), my confidant, a proud mother and companion par excellence. She provided an atmosphere of peace for me at home and this has given me a great opportunity for my academic pursuits. May the Almighty Allah bless you and grant you longlife with sound health.

Mr. Vice Chancellor Sir, at this juncture, I want to say Ebenezer – Thus far the Lord has helped me. Ebiniseri – Nihin ni Oluwa ran mi lowo de, concerning this inaugural lecture.

Thank you and God bless you all for listening. I wish you all safe journey back to your various destinations.

Attachments area

