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Balanites aegyptiaca vertus pdf

Kousmine method.

Balanites aegyptiaca est une plante tropicale Balanites de la famille des zygophyllaceae très cultivée et apprécié dans plusieurs régions d'Afrique comme le Tchad, le Sénégal, le Niger, le Mali, etc. Notez bien que cet arbre possède plus de 400 noms pour le qualifier ! Encore appelé dattier du désert ou dattier sauvage, Balanites aegyptiaca en Tamasheq se nomme taboghart, zeguene en bambara, savonnier au Tchad, sump en Wolof, murtode en Peuhl (ou Pulaar) au Sénégal, myrobalan d’Egypte ou même dattier égyptien. C’est un arbre très épineux présent et cultivé notamment en Afrique tropicale mais persistant dans les zones sahélienne et soudanienne. Sa hauteur peut aller au-delà de 8 mètres mais il se fait remarquer rapidement grâce à ses ramifications importantes et complexes qui lui confère les qualités d’endurance qui lui sont reconnues. Par ailleurs, gratifié d’un double appareil racinaire, Balanites aegyptiaca peut donc reposer sa confiance d’endurance sur des racines superficielles, qui s’étendent sur une distance ou un rayon de 20 mètres environ et de racines profondes de près de 7m. Avec une écorce au tronc densément striée cet arbre parsemé d’épines robustes et droites, possède des feuilles alternes qui laissent entrevoir des fleurs jaunes-verdâtres lors de sa floraison. Cet arbre généreux en fruits produit de nombreux fruits de couleur verte à jaune en forme de drupes ovoïdes (allongés de 3 à 4 cm). Ces fruits sont sucés comme des bonbons (par les enfants comme les adultes) pour en aspirer la pulpe cependant après consommation on tombe sur une amande au centre enrobée dans une coque identifiée comme un graine oléagineuse. Celle-ci est riche en huile très exploitée par les communautés. Une huile mieux indiquée comme huile de table par les scientifiques burkinabés car elle semble peu stable (Fanta Reine S. Tiétiambou et al., 2015). Cette huile du Balanites aegyptiaca en Afrique remplace souvent l’huile d’arachide dans les communautés qui l’exploitent mieux.



Le fruit contient est un concentré de complexe glucidique, acide linoléique, acide oléique et de vitamines importants. Ce qui fait que l’huile du Balanites aegyptiaca est exploité en cosmétique : pour les soins des cheveux, hydratation corporelle (lait hydratant). Grâce à son indice de saponification élevé, l’huile des graines du Balanites aegyptiaca est exploitée fortement également dans la formulation de multiples savons.

Le plus intéressant sur cette plante est que tout y est utile, tous les organes sont utilisés en médecine traditionnelle sur Balanites aegyptiaca : écorce, tiges et racines, mais également la pulpe et l’amande du fruit. Ils rentrent dans la composition de recettes contre la lèpre et les céphalées. De plus il faut retenir que cette huile possède des propriétés antivirales et microbiennes. Une action curative justifiée par le fait que la pulpe des fruits du Balanites aegyptiaca contiennent en quantité non négligeable de la saponoside, la diosgenine.



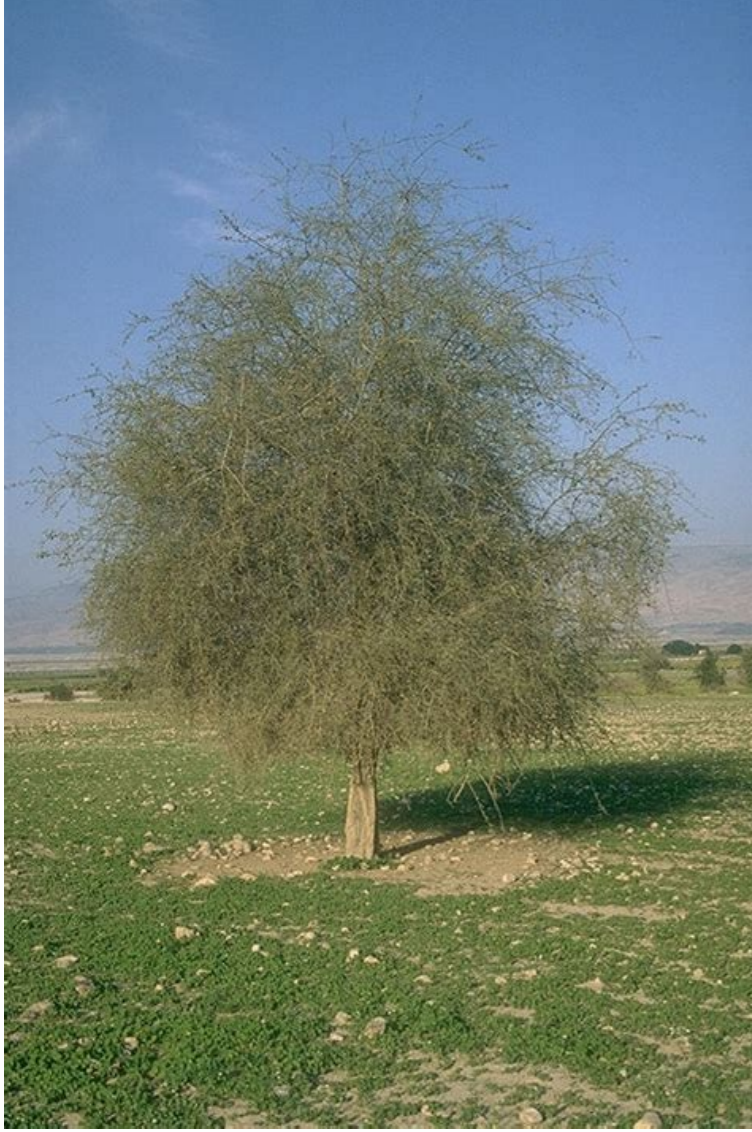
Par exemple, cette décoction peut tuer les mollusques responsables de la diffusion de la bilharziose (Jean-Louis Pousset). C’est aussi un bon anti-inflammatoire qui agit en frottant le jus de la pulpe sur les parties inflammées. Par contre une décoction de ce fruit a un effet asphyxiant sur les poissons et autres fruits de mer pour les pêcher plus facilement, il suffit de jeter dans l'eau cours d’eau pour en observer l’effet.

Les tiges sans épines disponibles sur tous les marchés africains permettent d’enlever facilement le tartre des dents sans pour autant avoir les propriétés antibactériennes.



Une macération de son écorce est utilisée comme vermifuge pour aider à soulager les patients des coliques, les icteres ou même comme antivenimeux. D’ailleurs, une décoction aqueuse de Balanites aegyptiaca s’emploie comme purgatif pour le traitement d’autres troubles de l’estomac. Un tourteau à base de Balanites aegyptiaca peut être employé pour l’alimentation du bétail. Toutefois, il faut faire attention à ne pas l’exposer à l’humidité pour une meilleure conservation. Par ailleurs, traditionnellement écorce, tiges ou racines du Balanites aegyptiaca sont utilisés aussi pour dégraisser les tissus faits de coton ou de soie. 1. Hall JB, Waljer DH. School of Agricultural and Forest Science. Banger: University of Wales; 1991. Balanites aegyptiaca Del. A monograph; pp. 1-12. [Google Scholar]2. Hall JB. Ecology of a key African multipurpose tree species Balanites aegyptiaca Del. (Balanitaceae): The state of knowledge. Forest Ecol Manag. 1992;50:1-30. [Google Scholar]3. Balanites aegyptiacus (L.) Delille". Germplasm Resources Information Network. United States Department of Agriculture. 2008. [retrieved on 2009 Oct 2]. Available from: 4. Ndoye M, et al. Reproductive biology in Balanites aegyptiaca (L.) Del., a semi-arid forest tree. Afr J Biotechnol. 2004;3:40-6. [Google Scholar]5. The Wealth of India, A Dictionary of Indian Raw Materials and Industrial Products, Publications and Information Directorate, Council of Scientific and Industrial Research, New Delhi. 1988;2:3. [Google Scholar]6. Kirtikar BD, Basu BD. Vol. 3. Deheradun: International Book Distributors; 1933. Indian Medicinal Plants; pp. 1823-4. [Google Scholar]7. Pandey CN. Gujarat, India: Gujarat Ecological Education and Research Foundation; 2005. Medicinal plants of Gujarat; p. 387.

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