

# Survey of Edible Caterpillars in Gbado-Lite City (North Ubangi, Democratic Republic of the Congo) and Medicinal Value of Their Host Plants

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### Abstract:

The purpose of this study was to conduct a survey of edible caterpillars and the ethno-medical value of their host plants in Gbado-Lite using the "snowball" sampling technique. The results of this study show that Anaphe panda, A. venata, Elaphrodes lactea, Imbrasia epimethea, I. oyemensis, I. truncata and Pseudanthera discrepans are the most consumed caterpillars. Drying is the most used preservation method (82.4%); ground collection is the most used harvesting method (86.3%) while evisceration (45.1%) and dehairing (33.3%) are the main cooking methods used. Harvesting is done more in the forest (94.1%) from May to July (86.3%). The vast majority (98%) of host plants are used in traditional medicine; leaves (53%) and bark (45%) are the most used parts, while decoction is the most used method of preparing therapeutic recipes (92%). The felling of trees (39%) and traditional agriculture (26%) are to varying degrees the main causes of the disappearance of edible caterpillars and their host plants. Incomplete cooking (78.4%) and/or the host plant (19.6%) are the main causes of consumer poisoning. It is therefore desirable that sustainable participatory management strategies for edible caterpillars and their host plants be put in place in North Ubangi Province. These include community agroforestry, which should be practiced in peri-urban areas in order to strengthen the resilience of communities to climate change while at the same time fighting hunger and poverty. Indeed, the domestication of species would allow annihilating the pressure on wild resources, to conserve them, to fight against deforestation and to ensure the availability and sustainability of edible caterpillars. Those phytochemical, pharmacological and toxicological studies could be carried out on host plants in order to identify compounds of medical interest contained in *these plants.* 

### Keywords:

edible caterpillars; agroforestry; biodiversity conservation; community resilience; Democratic Republic of Congo

# I. Introduction

The Democratic Republic of Congo (62% of whose territory is covered by forest, representing 57.5% of the total area of the Congo Basin) is a reservoir of biodiversity [Ngbolua, 2011a; Ngbolua, 2011b; Asimonyio, 2015; Kambale, 2016a; Kambale, 2016b]. This large terrestrial biome is part of the Congo Basin, which is home to over 900 species of

butterflies (Sunderland, 2002). This phytogeographic region, through its exceptional vegetation and natural fauna constitutes an important source of medicine and food. Indeed, the riparian population for its subsistence, in addition to practicing agriculture, collects both woody and non-woody forest products for food, medical, etc. (Ngbolua, 2018).

It is now recognized that the consumption and trade of non-timber forest products (NTFPs) contribute to the food security of the population (FAO, 2001). However, due to the globalization of the world's economies and the increasing demand for natural resources, the rate of exploitation of NTFPs has increased considerably [Wilkie, 2000; Biloso, 2008], leading to overexploitation of several species and degradation of collection sites. This over-exploitation of natural resources is a threat to the survival of forest peoples, but more than that, it can lead to irreversible depletion of species and biodiversity. Among NTFPs, caterpillars are edible and their host plants are exploited by local people for various uses. These plants are subject to artisanal logging associated with poor slash-and-burn agriculture, which can lead to their eventual disappearance, as is the case in the North Ubangi province of the Democratic Republic of Congo (Kpula, 2021).

It should also be noted that, despite their socio-economic and food importance, edible caterpillars are little valued in North Ubangi because of poor knowledge of these resources. The hypothesis is that a good knowledge of edible caterpillars and their host plants in Gbado-Lite would positively influence their sustainability, exploitation and conservation. The aim of this study is to investigate edible caterpillars and the ethno-medical value of their host plants in Gbado-Lite, with a view to their sustainable use. The specific objectives of this study are to describe the socio-demographic profile of the respondents; to inventory the different types of edible caterpillars and their host plants; to determine the harvesting period; the method of harvesting, the method of conservation, the method of cooking and the habitat of the caterpillars; to determine the main medical or other uses of these host plants (diseases treated, parts used, method of preparation of recipes, administration methods, etc.). This study will enable reflection on strategies for the sustainable management of edible caterpillars and host plants in the province of North Ubangi. This is to ensure the sustainability of the products and services offered by these resources for the benefit of both present and future generations.

# **II. Research Methods**

### 2.1. Study Area

The present study was carried out in the town of Gbado-Lite (Latitude: 4° 16' 41" North; Longitude: 21° 00' 18" East; Altitude: 300-500 m above sea level). The town of Gbado-Lite (Figure 1) is located in the Ubangian ecoregion, a sub-region of the Northeastern Congolian lowland forests. This ecoregion is one of the 200 global priority terrestrial ecoregions known as the G200 [Ngbolua, 2019a; Ngbolua, 2019b; Ngbolua, 2019c; Ngbolua, 2020a; Ngbolua, 2020b; Ngbolua, 2020].



Figure 1. Geographical location of the town of Gbado-Lite

#### 2.2. Methodology

The 'snowball' sampling technique was used. This technique consists of identifying a competent informant for the subject of study and then this informant after being interviewed indicates in turn another competent informant from the same community, until the desired sample size is reached. This process continued until all the selected expert informants in this study were investigated (Masengo, 2021a). The interview was conducted in Lingala and the survey sheets designed in French were used as a basis for the interviews. Respondents were interviewed individually on the basis of a survey form. The main data collected related to socio-demographic data (sex, age, level of education and marital status) and ethnozoological and ethnobotanical data (types of edible caterpillars and their host plants; harvesting period; harvesting methods, preservation methods, cooking methods, caterpillar habitats; main medical/other uses of these plants: diseases treated, parts used, methods of preparing recipes, administration routes, etc.). The study was conducted according to the principles of the Declaration of Helsinki: free consent of respondents, etc. [Mongeke, 2018; Ngbolua, 2019; Ngbolua, 2013; Masengo, 2021b; Ngbolua, 2018; Tingu (2019). Microsoft Excel version 2010, SPSS version 20 and Origin version 8.5 Pro were used for data processing and analysis.

## **III. Results and Discussion**

#### 3.1 Results

Figure 2 shows the distribution of respondents by gender.



Figure 2. Distribution of Respondents by Gender

Figure 2 shows that the majority of respondents are men (80.4%) compared to women (19.6%). Figure 3 shows the distribution of respondents according to their marital status.



Figure 3. Distribution of Respondents by Marital Status (%)

Figure 3 shows that married people (72.57%) are in the majority compared to single people (17.62%) and divorced people (9.81%). Figure 4 shows the distribution of respondents by age group.



Figure 4. Distribution of Respondents by Age Group

Figure 4 shows that the majority (35.3%) of respondents are between 36-45 years of age. 25.5% of respondents are between 26-35 years of age; 21.6% are between 46-65 years of age and 13.7% are between 18-25 years of age. Finally, just under a tenth (3.9%) of respondents are over 65.



Figure 5. Distribution of Respondents by Level of Education (%)

Figure 5 shows the distribution of respondents according to their level of education. Figure 5 shows that the majority (54.9%) of respondents had secondary education. 29.4% of the respondents had primary education, and 7.8% were university graduates. In addition, 7.8% of respondents are illiterate. It is now accepted that the level of education of the population has a remarkable impact on the adoption of innovations and/or transfer of knowledge, technology to increase productivity in all sectors of activity and in decision making (Lautenschläger, 2017). The present study reveals that the majority of the respondents (54.9%) had secondary education indicating the need for capacity building of the population in biodiversity conservation, a subject taught only at the tertiary level.

Table 1 gives the opinion of the respondents on edible caterpillars and the medicinal use of host plants.

Opinion of respondents		Frequency	Percentage
Caterpillar storage methods			
	Fire drying	42	82,4
	Sun drying	9	17,6
	Total	51	100,0
Methods of harvesting caterpillars			
	Picking up on branche	7	13,7
	Ground pick-up	44	86,3
	Total	51	100,0
Cooking modes			
	Boiling	11	21,6
	Depilation	17	33,3
	Evisceration	23	45,1
	Total	51	100,0
Other uses of caterpillar host plants			
	No	13	25,5
	Yes	38	74,5
	Total	51	100,0

Table 1. Respondents' Views on Edible Caterpillars and the Medicinal Use of Host Plants

Edible plants			
	No	16	31,4
	Yes	35	68,6
	Total	51	100,0
Medicinal plants			
	No	1	2,0
	Yes	50	98,0
	Total	51	100,0
Harvesting period			
	August - November	7	13,7
	May - July	44	86,3
	Total	51	100,0
Habitats			
	Forest	48	94,1
	Fallow land	2	3,9
	Savannah	1	2,0
	Total	51	100,0

With regard to the opinion of the respondents on the methods of preserving edible caterpillars, the majority (82.4%) of people use fire drying against only 17.6% who use solar drying. 86.3% of respondents collect their caterpillars on the ground, compared to 13.7% who use fire to dry them. The most common method of cooking is the removal of the viscera content of young larvae or evisceration (45.1%), followed by hair removal (33.3%). Finally, caterpillars are boiled before preparation for 21.6% of respondents. It should be noted that the consumption of young caterpillar larvae that have not been properly eviscerated of their toxic leaf content (alternative hosts) is said to be at the root of many of the intoxications observed in Gbado-Lite recently.

74.5% of the respondents stated that these host plants are also used for other purposes; of these, 98% of the host plants are used in traditional medicine and 68.6% as food. In addition, 86.3% of respondents said that edible caterpillars are harvested in May and July of each year. The forest (94.1%) is the main habitat for these host plants, followed by fallow land (3.9%) and savannah (2%). These results show that deforestation or traditional slash-and-burn agriculture can cause biodiversity erosion.

Host plants	Treated disease	Edible caterpillars	Vernacular
Funtumia africana (Benth.) Stapf	Diarrhoea, stomach ache, malaria, cancer		nanc
Petersianthus macrocarpus (P. Beauv.) Liben	Evacuation of bile (digestion of fats), stomach pains, pneumonia, jaundice.	Imbrasia epimethea Drury, 1773	Gegere
Ricinodendron heudelotii (Baill.) Heckel	Mental disorder, spleen, cough, dysentery, elephantiasis, mycosis, gonorrhoea.	Imbrasia truncata	Massa
Erythrophleum suaveolens (Guill. & Perr.) Brenan	Headaches, filariasis	Aurivillius, 1909	Mbanga
Albizia adianthifolia (Schum.) W. Wight Pycnanthus angolensis (Welw.)	Malaria, conjunctivitis, haemorrhoids. Cough, psychosomatic disorders,	Elaphrodes lactea Gaede, 1932	Poso

Table 2. Caterpillars, Host Plants and Their Medicinal Uses

Warb.	tooth decay, gastritis.		
Piptadeniastrum africanum	Tooth decay, splenomegaly,		
(Hook. f.) Brenan	convulsions, pelvic pain, colds.		
Scorodophloeus zenkeri Harms	Rash, splenomegaly, bronchitis.		
Bridelia atroviridis Müll. Arg.	Constipation, diarrhoea, haemorrhoids	Anaphe panda Boisduval, 1847	Ngola
Maesopsis eminii Engl.	Splenomegaly, verminosis, gonorrhoea, sexual asthenia, sterility, constipation	Pseudanthera discrepans Butler 1908	Mbengeli ou yambalo
Entandrophragma cylindricum (Sprague) Sprague	Generalized pain, intestinal worms	Imbrasia oyemensis Rougeot, 1955	Mboyo
Triplochiton scleroxylon K. Schum.	Diabetes, oedema, pain	Anaphe venata Butler, 1878	Gbadogbado (putu)

Table 2 shows that Elaphrodes lactea consumes the leaves of four host plants: Albizia adianthifolia, Piptadeniastrum africanum, Scorodophloeus zenkeri and Pycnanthus angolensis (Welw.); Imbrasia epimethea was found on three host plants (Funtumia africana, Petersianthus macrocarpus and Ricinodendron heudelotii); Imbrasia truncata was found on two host plants (Erythrophleum suaveolens and Ricinodendron heudelotii) and the other edible caterpillars were only found on one species, namely Anaphe venata (Triplochiton scleroxylon) and Imbrasia oyemensis (Entandrophragma cylindricum), Pseudanthera discrepans (Maesopsis eminii). Lautenschläger et al. (2017) in their work on edible insects in northern Angola reported the presence of Imbrasia truncanta was reported on Uapuca vanhouttei; Imbrasia oyemensis on Entandrophragma cylindrica and Anaphe panda on Bridelia micrantha and Anaphe venata on Sterculia tragacantha. This result can be explained by the different habitats and agroecological zones between the two works. The most consumed caterpillars in Gbado-Lite city are shown in figure 6.



*Figure 6.* Photos of some of the most consumed caterpillars in Gbado-Lite (A: Imbrasia oyemensis; B: Imbrasia truncata; C: Elaphrodes lactea; D: Anaphe venata).

Figure 7 shows the parts of caterpillar host plants used as traditional medicines by traditional practitioners in Gbado-Lite city.



Figure 7. Parts Used of Caterpillar Host Plants as Traditional Medicines (%)

Figure 7 shows that leaves (52.9%) and bark (45.1%) are the parts most used in traditional medicine by the Gbado-Lite population. In addition, the fruits account for barely a tenth, or 2%.

Ecologically, the use of leaves is a non-destructive (non-invasive) and sustainable practice in herbal medicine. The high frequency of leaf use is partly due to the ease and speed of harvesting (Ngbolua, 2013) but also because most secondary metabolites are accumulated in the leaves.

Figure 8 shows the different ways in which traditional edible caterpillar host plant recipes are prepared in Gbado-Lite.



Figure 8. Preparation Methods of Traditional Recipes Based on Edible Caterpillar Host Plants

Figure 8 shows that decoction (92.2%) is the main mode of preparation of therapeutic recipes based on edible caterpillar host plants used in Gbado-Lite. The other preparation methods are maceration (5.9%) and trituration (2%).

The prevalence of decoction is explained by the fact that this method of preparing therapeutic recipes allows the disinfection of the raw plant material and also collects most of the active principles and attenuates or cancels the toxic effect of recipes. Infusion, on the other hand, prevents thermal denaturation of the active ingredients (Ngbolua, 2013).



Figure 9 shows the causes of the disappearance of edible caterpillars and their host plants in the peri-urban areas of Gbado-Lite.

Figure 9. Causes of the Disappearance of Edible Caterpillars and Their Host Plants (%)

Figure 9 shows that tree felling (39.2%), traditional agriculture (25.5%), deforestation (21.6%) and climate change (13.7%) are to varying degrees the main causes of the disappearance of edible caterpillars and their host plants in the peri-urban area of Gbado-Lite.

Table 5. Respondents Opinions on Caterpinars Poisoning in Gbado-Lite City			
<b>Respondents'</b> opinions		Frequency	Percentage
[1] Assessment of caterpilla	rs		
	Fairly good	3	5,9
	Good	44	86,3
	Very good	4	7,8
	Total	51	100,0
[2] Food poisoning by caterpillars			
	No	1	2,0
	Yes	50	98,0
	Total	51	100,0
[3] Causes of caterpillar poisoning			
	Other	1	2,0
	Cooking	40	78,4
	Host plants	10	19,6
	Total	51	100,0
[4] Strategy for host plant conservation			
	Other	1	2,0
	Domestication	20	39,2
	Prohibition of	20	EQQ
	deforestation	30	Jð,ð
	Total	51	100,0

Table 3. Respondents' Opinions on Caterpillars Poisoning in Gbado-Lite City

Edible caterpillars are well appreciated by households in Gbado-Lite (86.3%). However, cases of food poisoning from edible caterpillars are reported every year in Gbado-

Lite according to 98% of households surveyed. Incomplete cooking (78.4%) and/or the host plant (19.6%) are the main causes of consumer poisoning (Table 3). It is believed that edible caterpillars, in the absence of their usual hosts, may use alternative plants as an ecological niche. These could be toxic plants that release and accumulate toxic principles in the caterpillar's digestive tract. Thus, if the caterpillar is consumed in its juvenile state and not fully cooked, this would result in toxicity in humans.

According to Ngbolua (2019a), the North Ubangi ecological region in the Democratic Republic of the Congo is a priority area for biodiversity conservation. However, it is currently under unprecedented anthropogenic pressure. In order to guarantee the future of this ecoregion in a sustainable way, it is therefore desirable to create forest plantations (carbon sinks) using edible caterpillar host trees/plants in peri-urban areas in order to limit the pressure on the forest. Indeed, caterpillars contribute to the nutritional balance in most households during the harvest season. In addition, people also use the host plants in traditional medicinal practices. Although edible caterpillars help to combat food insecurity, they remain essentially a harvesting/picking product. However, they have the potential to provide humans with essential nutrients such as proteins, lipids, vitamins and minerals needed for health and nutritional balance. In addition, they also have a high food conversion rate (the amount of food required to produce a 1 kg increase in weight) as cold-blooded animals, so this is an environmental advantage that argues for community agroforestry as the best strategy for community resilience to deforestation. Indeed, the forest constitutes an important source of animal protein for the population in forest regions, which helps to combat undernourishment and malnutrition and protein deficiency [FAO, 1994; Okangola, 2016; Ngbolua, 2017].

### **IV. Conclusions**

The objective of this study was to conduct a survey on edible caterpillars and the ethno-medical value of their host plants in Gbado-Lite for a better understanding, with a view to their sustainable use.

This study shows that:

- 1. Drying is the most common method of preserving caterpillars (82.4%);
- 2. 86.3% of respondents use ground collection as a harvesting method;
- 3. The most commonly used cooking method is evisceration (45.1%) followed by dehairing (33.3%), also the caterpillars are boiled before preparation for 21.6% of respondents;
- 4. Harvesting is done more in the forest (94.1%) from May to July (86.3%);
- 5. 74.5% of respondents said that these plants are also used for other purposes as medicines in traditional medicine (98%);
- 98% of respondents use host plants to treat diseases, with leaves (52.9%) and bark (45.1%) being the main parts used, while decoction is the most commonly used method of preparing recipes (92.2%);
- 7. Tree felling (39.2%), traditional agriculture (25.5%) and deforestation (21.6%) are to varying degrees the main causes of the disappearance of edible caterpillars and their host plants in the peri-urban area of Gbado-Lite;
- 8. Incomplete cooking (78.4%) and/or the host plant (19.6%) are the main causes of consumer poisoning.

It is therefore desirable that participatory and sustainable management strategies for caterpillars and their host plants be put in place in North Ubangi Province. These include community agroforestry or sustainable agriculture, in particular the Agro-sylvo-pastoral method to be practiced in peri-urban areas in order to strengthen the resilience of communities to climate change while at the same time fighting hunger and poverty. Indeed, the domestication of species allows annihilating the pressure on wild resources, to conserve them, to fight against deforestation and to ensure the availability and sustainability of caterpillars. Those phytochemical, pharmacological and toxicological studies be carried out on host plants to identify compounds of medical interest contained in these plants.

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