

5<sup>th</sup> International Meeting on  
**TRADITIONAL & ALTERNATIVE MEDICINE**  
&  
International Conference on  
**ACUPUNCTURE AND MERIDIAN STUDIES**

April 23-24, 2019 | Rome, Italy

**Identification of the different health conditions/diseases that *Cymbopogon citratus* cures in the Democratic Republic of the Congo (Kinshasa)**

**Junior Kambale Mupanza**

University of Technology Bel Campus, Democratic Republic of Congo

The present study examined citronella from the scientific name *Cymbopogon citratus* collected in western Democratic Republic of Congo specifically in Kinshasa. Common names (lemon verbena, lemongrass from India and Madagascar, fragrant rush), English name (lemon grass), Botanical classification (family Poaceae), Forms and preparations (decoctions, infusions, essential oils). Lemongrass has a stem with aromatic qualities; lemongrass is also a medicinal plant, thanks to its leaves which have multiple benefits. Antispasmodic, antibacterial, sedative, relaxing, it heals various health conditions and pathologies, such as digestive disorders, influenza and fever, mental fatigue, joint and rheumatic pain. Lemongrass can also help lower blood sugar levels. The citronella is also known by many different terms around the world, for example in countries such as Costa Rica (limon, zacate té, zacate limon), Dominican

Republic (limoncillo), Guadeloupe (sitwonnèl, zacate té), guatemala (limón té), Sainte-Lucia (sitwonnèl, zacate tee), Mexico (té limón, zacate tee, zacate limón).



**Biography**

Junior Kambale Mupanza has worked for ten years in the botanical garden of kimbanseke (Kinshasa). He spent four years in Bel Campus University studying Medicine.

junior.kambale5@gmail.com