

# Origin and Ecology of Bambara Groundnut (*Vigna Subterranea* (L.) Verdc: A Review

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## Review Article

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## Abstract

Bambara groundnut (*Vigna subterranea* (L.) Verdc.) is an underutilized legume used as food, medicine and animal feed. Despite of the many useful properties of this pulse, it remains a neglected crop in sub-Saharan Africa. The objective of this paper is to record the ecology of Bambara groundnut on the basis of data from the literature in order to raise awareness on its importance. The following aspects are discussed: the origin and current distribution of Bambara groundnut, its classical and vernacular nomenclature, appropriate climatic conditions for its growth, soil requirements and the adaptability of the crop to climate change in relation to its ecology, origin, distribution and intrinsic properties. It is hoped that this review will enhance Bambara groundnut production given its high potential as a future crop that could be well adapted to various agro-ecological conditions.

**Keywords:** Bambara Groundnut; Ecology; Fabaceae; Menorrhagia; Intraspecific

## Introduction

Bambara groundnut (*Vigna subterranea* (L.) Verdc.) is a neglected African plant of the family *Fabaceae*. It is recognized for its high nutritional value, its tolerance to poor soils, drought, salt stress and its ability to produce in conditions where peanuts completely fail [1-7]. However, it remains unfortunately less cultivated and poorly known

in tropical Africa. In fact, seed legumes, especially Bambara groundnut, have an important socio-economic role in tropical Africa, where they are part of tradition in culinary habits [8,9]. Bambara groundnut is native to northeastern Nigeria and northern Cameroon [10]. Its seeds are used as feed for pigs and poultry. Their leafy stalks are also used as livestock feed [9]. The seeds contain on average 63% of carbohydrates, 19% of

proteins and 6.5% of fats; these values are considered sufficient to make this legume a complete food [11]. It is also rich in calcium, potassium, iron and nitrogen [12].

The highly nutritious content of Bambara groundnut and its high content of essential amino acids (methionine, leucine, isoleucine, lysine, phenylalanine, threonine, valine and tryptophan) make it an important crop to consider for food security [12,13]. Bambara groundnut also contains vitamin E ( $3.18 \pm 0.15$  mg/100 g), vitamin C ( $1.17 \pm 0.20$  mg/100 g) and vitamin A ( $26.05 \pm 0.14$  mg/100 g). It is a medicinal plant used to treat diarrhea, anemia, abscesses, internal injuries, ulcers, infected wounds, epilepsy, cataracts, menorrhagia during pregnancy, nausea in pregnant women, kwashiorkor and venereal diseases. It also helps to prevent heart disease, eye disease and colon cancer [3,9]. It contains kaempferol, an antioxidant polyphenol, which reduces the risk of many chronic diseases such as cancer [3,13]. Its cultivated area decreases over time while that of other legumes increases. The aim of this review is to record the ecology of Bambara groundnut on the basis of data from the literature in order to popularize it and open up more

perspectives for its conservation, cultivation and further exploitation.

### Origin and Distribution

The known distribution of Bambara groundnut extends from West to southern Africa via Central Africa (Figure 1). Investigations into the origin of Bambara groundnut all concluded that the crop originated from the African continent [10,14-17]. The common name (Bambara groundnut) actually seems to be derived from a tribe named Bambara, whose members live today mainly in Mali. Its exact area of origin in Africa has however been a subject of debate. No spontaneous or wild form of the crop has been found in Mali, although Guillemain et al. reported the probable occurrence of wild forms near Senegal. Bambara groundnut was actually found by Dalziel in his wild state in 1901 in the northern province of Nigeria (Yola) [14,18]. He reported that Ledermann also found the wild plant the same year near Garoua in northern Cameroon. Dalziel's conclusion was confirmed by Hepper in 1957 [19].

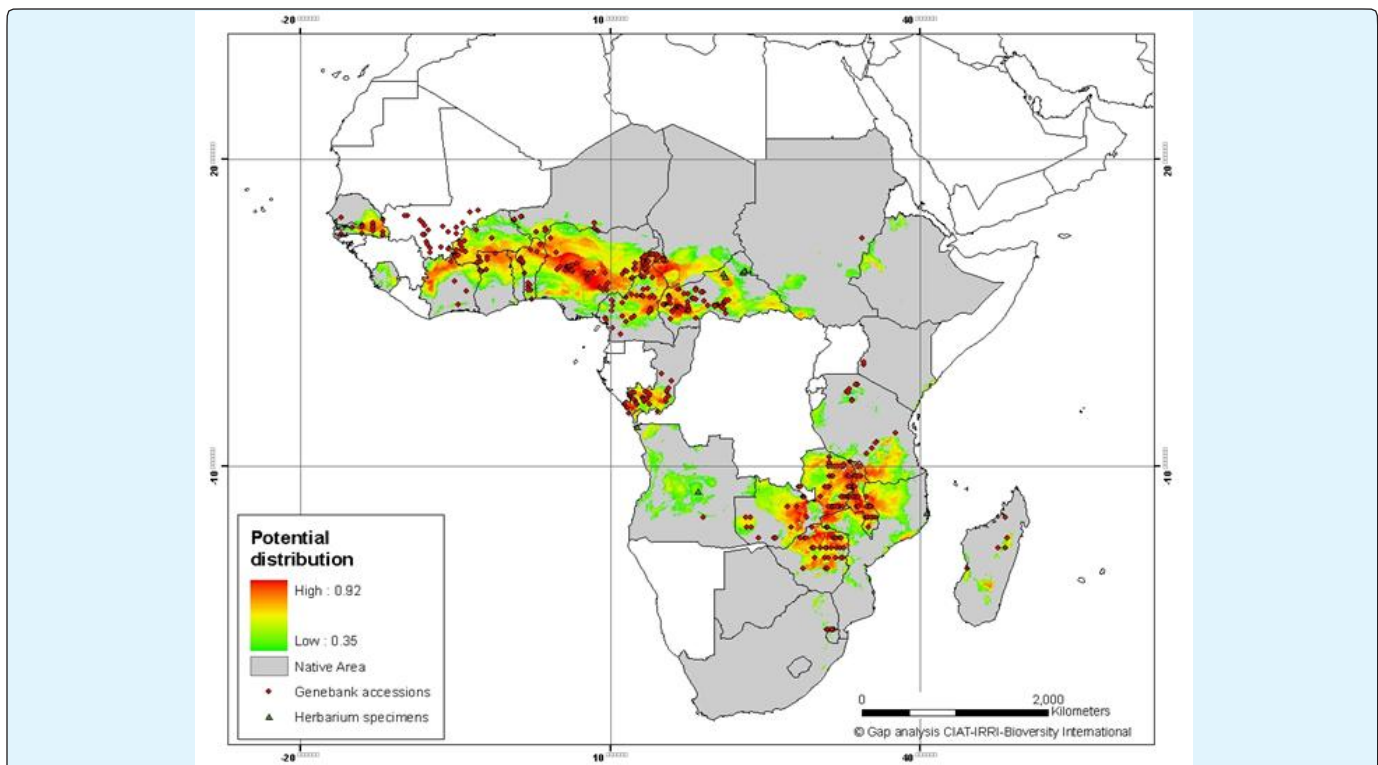


Figure 1: Distribution of Bambara groundnut (*Vigna subterranea* (L.) Verdc.) in Africa (CIAT-IRRI-Biodiversity international).

The distribution of wild Bambara groundnut is now known to extend from the Jos and Yola plateau in Nigeria, to Garoua in Cameroon, and probably beyond. In addition, Begemann carried out detailed analysis of seed diversity for the IITA's (International Institute of Tropical Agriculture) large collection of Bambara groundnut [10]. He found that samples collected within 200 km of the original putative center, between Yola and Garoua, showed greater seed diversity [10]. Diversity indices for most parameters studied (number of days to maturity, pod length, number of shoots per plant, etc.) were relatively higher for accessions from Nigeria and Cameroon [10]. His conclusion confirmed the hypothesis that the center of origin of the Bambara groundnut is in the northeastern region of Nigeria and northern Cameroon. Recent work of Olukolu et al. on 124 accessions from 25 African countries, maintained at IITA (Nigeria) using DArT markers also revealed greater genetic diversity for the Cameroon / Nigeria region compared to other regions [20]. This is consistent with the hypothesis that this region (Northeast Nigeria and Northern Cameroon) is the center of origin of Bambara groundnut. Rungnoi et al. concluded on the basis of the analysis of 363 local varieties that West Africa (including the Cameroon / Nigeria region) is the center of diversity/domestication of Bambara groundnut [21]. Bambara groundnut may have reached Southeast Asia (Thailand) from West Africa via East Africa [21]. But, Somta et al. reported higher genetic diversity in Burkina Faso accessions than in Cameroon / Nigeria. Various

studies show that the accessions from West-Central Africa and those from South-East Africa are still grouped separately during of molecular analysis [21-24]. Thus, they hypothesize that the southern African region is a center for the domestication or diversity of Bambara groundnut.

Several studies have also been carried out using molecular tools such as RAPD, AFLP, Microsatellite, DArT Array markers [25]. Ho, et al. constructed two individual intraspecific linking cards composed of DArTseq markers. Chai et al. determined quantitative trait loci (QTL) implied in agronomic and drought-related traits [26,27].

Bambara groundnut is now widely cultivated throughout tropical Africa, Indonesia, Malaysia, India, Sri Lanka, Philippines, South Pacific, parts of northern Australia, Papua New Guinea, Central and South America [28].

In 1995, the proceedings of the International Plant Genetic Resources Institute (IPGRI) revealed that, of the 2,008 accessions listed in Africa (Table 1), Cameroon had 207 [19]. IITA possibly have 1,815 accessions in its collection in Nigeria and IRD (Institute of Research for Development) 1,000 accessions in its collection in France [22,29]. To date, several studies have been realized on the genetic diversity of Bambara groundnut across Africa [20,25,30,31].

N°	Country	N° of accessions	N°	Country	N° of accessions
1	South Africa	1	13	Malawi	59
2	Benin	27	14	Mali	28
3	Botswana	5	15	Niger	33
4	Burkina Faso	97	16	Nigeria	310
5	Cameroon	207	17	Central African Republic	103
6	Congo	42	18	Senegal	36
7	Côte d'Ivoire	4	19	Sudan	7
8	Ethiopia	1	20	Swaziland	11
9	Gambia	11	21	Tanzania	28
10	Ghana	120	22	Chad	70
11	Kenya	2	23	Togo	139
12	Madagascar	49	24	Zambia	284
Total					2008

Table 1: The origin of IITA (International Institute of Tropical Agriculture) Bambara groundnut accessions [19].

## Nomenclature

The current scientific name of Bambara groundnut is *Vigna subterranean*. It has also been called *Glycine*

*subterranea* L., *Voandzeia subterranea* (L.) Thouars ex DC. In French, it is still called voandzou, "pois Bambara" or "pois de terre" or "pois arachide". In English, it is called Bambara groundnut, Bambara pea, Bambara nut,

Bambara-bean, Congo goober, earth pea, ground-bean, or hog-peanut [32,33]. In Cameroon, there are several vernacular names depending on languages: *Matop/Wondenkana* (Bassa'a), *Matob* (Douala), *Moto/Moto/Matoba* (Fe'efe'e), *ngalaa-ji* (Fulfulde), *Motobo* (Bafia), *Debbi* (Foulbe), *Mogran* (Toupouri), *Souonchié* (Moundang), *Atob/Metop* (Ewondo), *Deppi, Jwə/Djué* or *matobɔ* (Ghomala), *ndzu/Ndən* (Mankon), *Kezo Ke Zon* (Nugunu), *mendzo wah'a sah* (Bagam), etc [4,5].

In 1763, Linnaeus described it in *Species Plantarum*, and named it *Glycine subterranea*, according to his system of nomenclature [34]. In 1806, Du Petit-Thouars found the culture in Madagascar, under the vernacular name "voanjo", later written as "voandzou" in French. He then proposed the name *Voandzeia subterranea* (L.) Thouars, which has been widely used by researchers for more than a century [35]. Detailed botanical studies conducted by Maréchal et al. revealed great similarities between peas and the genus *Vigna* [36]. This corroborated that of Verdcourt, who in 1980 proposed the current name *Vigna subterranea* (L.) Verdc [37].

Bambara groundnut is a Dicotyledonous angiosperm. Its APG IV classification is as follows [38]:

- Kingdom: *Plantae* ;
- Sub Kingdom: *Tracheobionta*;
- Class : *Magnoliopsida* (Dicotyledon) ;
- Sub Class : *Rosidae*
- Order : *Fabales* ;
- Family : *Fabaceae*
- Sub Family : *Fabaceae Papilionoideae*
- Tribe : *Phaseoleae*
- Sub Tribe : *Phaseolinae*
- Genus : *Vigna*
- Species : *Vigna subterranea* (L.) Verdc.

## Climate

With regards to rainfall, Bambara groundnut is very resistant to drought [2,39,40]. The required minimum annual rainfall for optimal performance is about 300 mm and optimum annual rainfall is between 750 and 1,400 mm and should not exceed 3,000 mm [41]. According to South Africa Department of Agriculture, Forestry and Fisheries, an annual rainfall ranging from 500 to 1,200 mm is required during the growing season [42]. Bambara groundnut can tolerate heavy rainfall, but too much rainfall at harvest may result in yield losses [42].

Production is most suitable in tropical humid and dry (Aw) and subtropical dry (Cs) tropical climates; between

20°C and 30°C latitude [41]. The optimum temperature is between 19°C and 30°C. Temperatures below 16 °C and above 38°C are not suitable for Bambara groundnut production [41]. Depending on temperature, the rate of leaf formation ranges from 0.19 to 0.63 leaves/day [43]. In 2015, Nordin and Singh found that highest seedling emergence was recorded at 30°C [44].

## Soil Requirements

Sandy soils are the best for the production of Bambara groundnut [41]. However, it can grow on sandy to sandy loam and well-drained soil, which make it easier to harvest [42]. These soils prevent clogging. Light textured soils are recommended. The optimal depth of the soil is between 50 and 100 cm [41]. Soil pH is better adapted between 5 and 6.5 and should not be less than 4.3 or greater than 7 [41,42,45]. Bambara groundnut generally performs better on poor soils than groundnuts (*Arachis hypogaea* L.) [42,46]. It is the least demanding for mineral elements and its yields on low-fertility soils are generally higher than those of *A. hypogaea* L. grown on similar soil.

Although, it has been reported that soil fertility should be low for its production; the richness of the soil in mineral elements (P especially) influences its growth, development and yield [5,41,47-49]. Tweneboah advise to apply 250 kg.ha<sup>-1</sup> of single super phosphate before Bambara groundnut planting. Toungos et al. found that 60 kg.ha<sup>-1</sup> of simple superphosphate significantly increased the Bambara groundnut yield on poor soils in Yola, Nigeria [50,51]. In addition, the work of Nweke & Emeh has shown that 165 kg.ha<sup>-1</sup> of simple superphosphate is needed for optimum yield of the Bambara groundnut in Igbariam in south-eastern Nigeria [52]. The work of Temegne showed that 150 kg.ha<sup>-1</sup> simple superphosphate is needed for the production of Bambara groundnut on the poorer Ferralsols in the Centre Region of Cameroon [5]. Other studies in Nigeria have also shown that phosphate fertilization improves the growth and yield of Bambara groundnut [53-55]. The soluble P input improved its growth in the greenhouse; while biological fertilization with arbuscular mycorrhizal fungi significantly boosted its growth, development and yield in Cameroon [4,5,47-49].

Nitrogen requirement is provided by natural N<sub>2</sub> fixation with nitrogen-fixing bacteria belonging to the genus *Rhizobium* [56]. Bambara groundnut fixes 32-81 kg N ha<sup>-1</sup> [57]. High nitrogen level mostly leads to few pods production and seeds [50,58]. But, in some cases, for various reasons, nitrogen assimilation is poor and

nitrogen fertilizer application improves Bambara groundnut growth, particularly in the early period. The dose varies from 30 to 50 kg of nitrogen per hectare [46]. Later application of nitrogen could inhibit nodulation. According to Mkandawire, a yield of 1000 kg of seed and 925 kg of leaves removes 55.7 kg of nitrogen, 26.2 kg of K, 25.1 kg of C, 7.8 kg of P and 6.6 kg of Mg [59].

### Bambara Groundnut and Climate Change

Legumes, including Bambara groundnut, have the potential to contribute to climate change mitigation by reducing the use of fossil fuels or by providing raw materials to emerging bio based economies [60,61]. They can biologically fix 33 to 46 Tg N each year [60]. They are adaptive and resilient; have low water demand and can therefore tolerate drought, rising temperature and

reduced precipitation [6,7,39,40,61]. They have a range of ecosystem services, the ability to reduce greenhouse gas emissions, reduce the use of fossil fuels, accelerate carbon sequestration rates and provide a valuable source of raw materials for bio refineries [61].

### Importance of Bambara groundnut

#### Nutritional Importance

Bambara groundnut (Figure 2) play an important role in the diet and culture of populations. The leaves, rich in P, are used for livestock feed [62]. Seeds are given to pigs and poultry while leafy stems are used as livestock fodder [9]. Largely grown for its underground seeds such as peanuts, it can be eaten fresh, dry or after cooking.

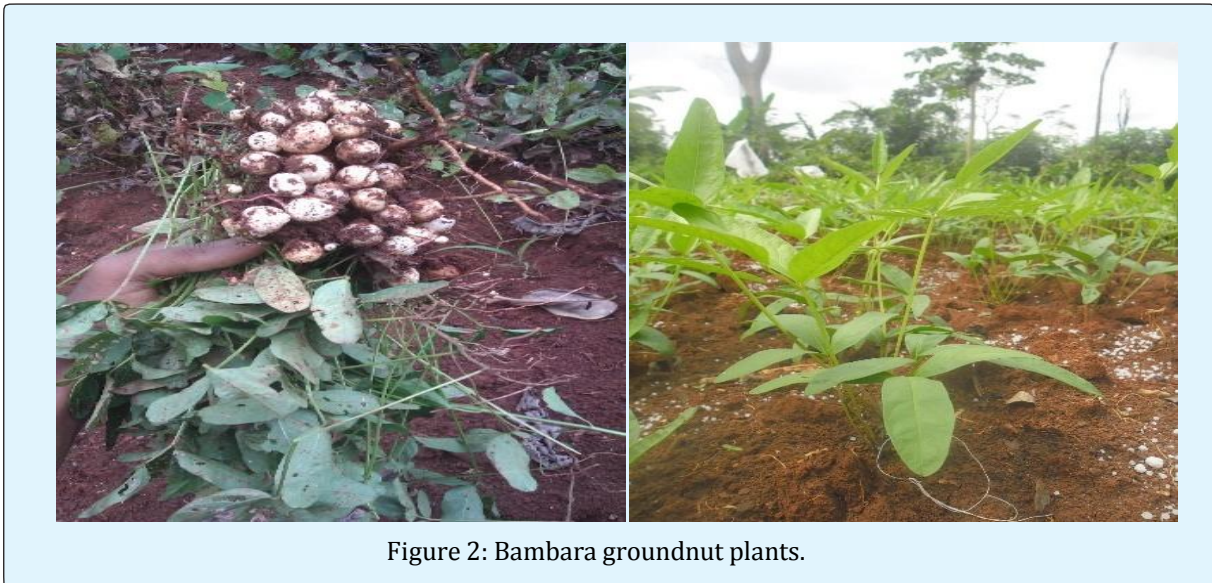


Figure 2: Bambara groundnut plants.

Dry, ripe seeds are boiled and eaten as a dry vegetable or mixed with corn or plantain [9]. The seeds are also ground into flour, sometimes after roasting, to make a porridge. In Cameroon, this flour is added to cereals by the IRAD (Institute of Agricultural Research for Development) for the manufacture of “baby lion” porridge [5]. Bambara groundnut seeds are eaten raw, boiled, roasted; they are used for making cakes (*koki*, dough, pounded/crushed, etc.), stews, couscous, soups, and porridge, as a snack [5]. They are also added to corn flour to enrich traditional foods. Its immature pods can be picked green and used as a green vegetable. Bambara groundnut contains little fat (6%) [63]. It is highly caloric (387 kcal / 100 g), rich in vitamins and mineral elements and very balanced in protein. It also contains 63%

carbohydrate, 18% oil and fatty acids [11,64]. These values are considered sufficient to make this legume a complete food [11].

Bambara groundnut are a rich source of protein that, along with other local sources of protein, can help alleviate the nutritional problem in poor tropical countries [8]. Its seeds are used to produce vegetable milk comparable to soy milk. The test of protein functionality in crushed seeds shows that it can replace other conventional flours in the range of processed products. Its seeds constitute a complete food because they contain sufficient amounts of protein, carbohydrate and fat [8,62]. These seeds are also a balanced diet, as compared to

other legume species, since they are rich in iron and the protein contains more lysine and methionine.

### Agronomic Importance

This legume is used in crop rotations to improve soil productivity through its ability to fix atmospheric nitrogen and provide it to the soil [65]. It is mainly grown by farmers because it has several agronomic benefits including high nutritional value, drought tolerance and the ability to produce in poor soils compared with preferred species such as common bean, peanut, and groundnuts [66,67]. Bambara groundnut tolerate acidic and poor soils. It has good resistance to water stress and is characterized by a strong link between good symbiotic nitrogen fixation capacity and high seed yield [62]. The potential of this plant could explain its presence in the arid regions of the African continent [68].

### Medicinal Importance

The seeds and leaves of Bambara groundnut are used in traditional medicine. Leaf preparations are used in Senegal to treat abscesses and infected wounds [9]. The juice extracted from the leaf is applied to the eyes to treat epilepsy and the roots are sometimes used as an aphrodisiac [9]. Crushed seeds, mixed with water, are

administered to treat cataracts. The Ibo of Nigeria use the plant to treat venereal diseases [9]. In Cameroon, Bambara groundnut are used to fight amoebic dysentery, sore throat, headaches, stomach pain, joint pain and bone decalcification [5]. It helps in digestion through its laxative properties. It stimulates milk production in breastfeeding women and is given to women who have just given birth to heal their wounds [5]. Bambara groundnut seeds also contain kaempferol, an antioxidant polyphenol, which reduces the risk of many chronic diseases such as cancer [3,13].

### Economic Importance

Bambara groundnut is the third most widely grown legume in the plains of tropical Africa after groundnuts and cowpeas [69]. It is after peanut, soybean and cowpea, the fourth important legume in Cameroon [70]. In 2016, Cameroon was the second world's largest producer, behind Burkina Faso, and ahead of Niger, Mali and the Democratic Republic of Congo (Table 2). Bambara groundnut production in Cameroon increased from 6,800 tons in 1996 to 42,041 tons in 2016 [71]. World production was estimated by FAO at 164,589 tons in 2016 for a yield of 7,195 hg/ha on 228,764 ha [71]. Bambara groundnut production is essentially from Africa.

	Countries					World
	Burkina Faso	Cameroon	Niger	Mali	RDC	
Production (t)	53,141	42,041	32,625	25,963	10,819	164,589

Table 2: Main Bambara groundnut producers in the World [71].

### Conclusion

Bambara groundnut (*Vigna subterranea* (L.) Verdc.) is an African indigenous crop used for human and animal nutrition and as medicinal plant. The seeds contain on average 63% of carbohydrates, 19% of proteins and 6.5% of fats; they also contain calcium, potassium, iron, nitrogen, vitamins E, C and A, making it an important crop to consider for food security. Bambara groundnut is originated from the African continent, more specifically from the north-eastern region of Nigeria and northern Cameroon (West Africa) according to most of studies. However, the real centre of diversity or origin of Bambara groundnut remains controversial. The South-East Africa region could be a secondary centre of domestication for Bambara groundnut. It is widely cultivated throughout tropical Africa, Indonesia, Malaysia, India, Sri Lanka, Philippines, South Pacific, parts of northern Australia, Papua New Guinea, Central and South America. Due to its ecology, distribution, nutritional and medicinal

properties, it could be a potential future crop to be exploited for food security, climate change mitigation and poverty alleviation, given that it is well adapted to various agro-ecological conditions and climate change.

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