

MASAI AND KIPSIGIS NOTES ON EAST AFRICAN PLANTS

PART III—MEDICINAL USES OF PLANTS

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(a) WOUNDS AND SKIN DISORDERS

Compositae

- Erlangea tomentosa* S. Moore . . . M
The leaves are crushed with a little water and the paste is put on sores caused by skin maggots; it is said to kill the maggots quickly.

- Vernonia* sp. . . . M
The leaves are used to cure skin sores.

Malvaceae

- Hibiscus aponeurus* Sprague & Hutch. . . M
Ash from the burned leaves and stems is mixed with cream or butter and applied to burns.

- Hibiscus flavifolius* Ulbr. . . M
Ash from burned leaves and roots is mixed with fat and applied to burns.

Solanaceae

- Solanum incanum* L. *sensu lato* . . . M & K
The fruits are clipped over a finger affected with a whitlow and are said to draw it out.

- Solanum mauense* Bitter . . . M
A decoction of the roots is used to treat people with anthrax.

Vitaceae

- Rhoicissus revoli* Planch. . . M
Sap from cut stems is applied to cuts, sores and burns as it has healing and anaesthetising (numbing) properties.

- Rhoicissus tridentata* (L.f.) Willd. and Drummond . . . M
Sap from the stems is applied to cuts and sores as it has healing and anaesthetising (numbing) properties.

Monocotyledons

Liliaceae

- Albuca wakefieldii* Bak. . . K
The pounded bulbs are used as an ointment to dress sores caused by skin maggots.

- Ornithogalum longibracteatum* Jacq. . . M & K
A paste prepared from the bulbs is used to dress wounds.

Orchidaceae

- Bonatea ugandae* Summerh. . . M
The crushed root tubers are placed on sores caused by skin maggots; it acts as a poultice as well as killing the maggots.

(b) EYE DISORDERS

Acanthaceae

- Justicia flava* Vahl . . . M
A decoction of the leaves is used as an eye lotion.

Amaranthaceae

- Aerva lanata* Juss. . . K
An infusion of the leaves is used to treat sore eyes.

Capparidaceae

- Capparis cartilaginea* Decne . . . M
A decoction of the leaves is used as an eye lotion.

Labiatae

- Fuerstia africana* T.C.E.Fr. . . M
The leaves are used in the treatment of eye troubles.

Verbenaceae

- Priya curtisiae* Kobuski . . . M
Juice from the leaves is squeezed into the eyes as a treatment for ophthalmia.

(c) CHEST AND THROAT DISORDERS

Acanthaceae

- Hypoestes aristata* (Vahl) R.Br. . . M & K
The raw roots are eaten to relieve sore throats.

- Hypoestes verticillaris* R.Br. . . M & K
The raw roots are chewed as a cough remedy.

- Justicia betonica* L. . .
The roots are roasted and chewed while hot as a cough remedy.

- Justicia flava* Vahl . . . M & K
The raw roots are chewed as a cough remedy.

Araliaceae

- Schefflera volkensii* (Harms) Harms . . M & K
The gum, ground up with honey, is taken as a remedy for coughs and colds.

Capparidaceae

- Capparis fascicularis* DC. . . M
The roots are added to soup as a remedy for colds.

- Capparis fascicularis* DC. var. *eleagnoides* (Gilg) De Wolf . . M
The roots are boiled in soup and taken as a remedy for colds.

Compositae

- Erlangea tomentosa* S. Moore . . . M & K
The raw roots are chewed to treat sore throats.

Euphorbiaceae

- Clutia pedicellaris* (Pax) Hutch. . . M
The roots are stewed and the liquid taken as a treatment for colds.

- Clutia robusta* Pax . . . M
The roots are boiled in water and the liquid mixed with milk is taken as a treatment for colds.

- Croton menyhartii* Pax . . . M
A decoction of the roots is used to treat influenza.

- Euphorbia schimperiana* Scheele . . M
A paste of the leaves pounded in water is made and the liquid taken as a remedy for coughs and colds.

Loranthaceae		
<i>Loranthus</i> sp. (?= <i>Odontella</i> sp.)	M	
Twigs, heated in a fire, are used to burn the skin on the chests of people with pneumonia.		
<i>Phragmanthera rufescens</i> (DC.) Balle var. <i>usuiensis</i> (Oliv.) Balle	M	
Heated stems are applied to the chests of people suffering from pneumonia.		
<i>Plicosepalus curviflorus</i> (Benth.) Danser	M	
Heated twigs are applied to the chests of people with pneumonia.		
<i>Tapinanthus woodfordioides</i> (Schweinf.) Balle	M	
Heated twigs are used to burn the skin on the chests of people with pneumonia.		
<i>Viscum fischeri</i> Engl.	M	
Heated twigs are used to burn the skin on the chests of people with pneumonia.		
<i>Viscum tuberculatum</i> A. Rich.	M	
Heated twigs are used to burn the skin on the chests of people with pneumonia.		
Mimosaceae		
<i>Acacia drepanolobium</i> Sjöstedt	M	
The bark is chewed and the saliva swallowed as a remedy for sore throats.		
Oleaceae		
<i>Schrebera alata</i> (Hochst.) Welw.	K	
The leaves are chewed to treat sore throats.		
Oliniaceae		
<i>Olinia usambarensis</i> Gilg	M	
The bark is boiled in water and the liquid mixed with milk and given to babies as a cough remedy. The bark, which has a liquorice-like smell when freshly cut, is chewed by adults as a cough remedy.		
Papilionaceae		
<i>Indigofera circinnella</i> Bak. f.	M	
The raw roots are chewed as a cough remedy.		
<i>Indigofera spicata</i> Forsk.	M	
The raw roots are chewed as a cough remedy.		
Pittosporaceae		
<i>Pittosporum viridiflorum</i> Sims. ssp. <i>quartinianum</i> (Cuf.) Cuf.	M & K	
The bark is boiled in water and the infusion added to soup and well stirred. This is taken as a remedy for chest complaints. The liquid is very bitter and induces violent vomiting.		
Ranunculaceae		
<i>Clematis hirsuta</i> Guill. & Perr.	K	
The plant is used to make a form of snuff which is taken for colds.		
<i>Ranunculus multifidus</i> Forsk.	M	
The fresh seeds are mixed with honey and chewed as a treatment for pneumonia.		
Rutaceae		
<i>Teclea nobilis</i> Del.	M	
A decoction of the leaves mixed with honey is taken to treat pneumonia.		
<i>Teclea simplicifolia</i> (Engl.) Veerdoorn	M	
A decoction of the bark and leaves is taken to treat chest troubles.		
<i>Toddalia asiatica</i> (L.) Lam.	M	
The fruits (or a decoction of them) are used to treat coughs and colds.		
Simaroubaceae		
<i>Balanites aegyptiaca</i> Del.	M & K	
Molten gum obtained from the wood mixed with maize meal porridge, is eaten to treat chest complaints.		
Solanaceae		
<i>Solanum mauense</i> Bitter	M	
The berries are cooked and eaten as a cure for pneumonia.		
<i>Solanum sessilistellatum</i> Bitter	M	
The roots are baked and chewed as a cough remedy.		
Thymelaeaceae		
<i>Struthiola thomsonii</i> Oliv.	M	
The raw roots are chewed as a cough remedy.		
Umbelliferae		
<i>Oenanthe procumbens</i> (Wolff) Norman	M	
The seeds are chewed as a cough remedy, but they are also bitter and burn the throat.		
<i>Anthriscus sylvestris</i> (L.) Bernh.	M	
The seeds, mixed with honey, are chewed as a remedy for chest colds.		
Verbenaceae		
<i>Clerodendrum myricoides</i> (Hochst.) Vatke	M & K	
A decoction of the roots is used to treat rheumatism.		
Vitaceae		
<i>Cissus quadrangularis</i> L.	M	
The roots, chopped and mixed with broth, are taken as a remedy for chest colds.		
Monocotyledons		
Commelinaceae		
<i>Commelina benghalensis</i> L.	M	
The stem sap is used in the treatment of colds.		
Juncaceae		
<i>Juncus oxycarpus</i> Kunth	M	
The crushed flower heads are mixed with honey and then chewed as a remedy for colds and chest pains.		
Liliaceae		
<i>Asparagus africanus</i> Lam.	M	
The roots are chewed as a remedy for sore throats and coughs.		
(d) ACHES AND PAINS		
Amaranthaceae		
<i>Celosia argentea</i> L.	M	
The leaves, flowers and stems boiled in water are used as a body wash for convalescents.		
Crassulaceae		
<i>Cotyledon barbeyi</i> Schweinf.	M	
Heated leaves are placed on various parts of the body to relieve fatigue pains and rheumatism.		
<i>Kalanchoe</i> sp. cf. <i>K. densiflora</i> Rolfe	M & K	
The heated leaves are used to treat rheumatism.		
<i>Kalanchoe glaucescens</i> Britt.	M	
The heated leaves are used to treat rheumatism.		
<i>Kalanchoe laceolata</i> (Forsk.) Pers.	M & K	
The heated leaves are rubbed over the body as a treatment for rheumatism.		
<i>Kalanchoe</i> sp. cf. <i>K. lugardii</i> Bullock	M & K	
Heated leaves are used to treat stiff joints and rheumatism.		

- Euphorbiaceae
 X *Clutia abyssinica* Jaub. & Spach. M
 The roots are boiled in water and the liquid mixed with milk is taken as treatment for liver pains.
Clutia robusta Pax M
 The roots are boiled in water and the liquid mixed with milk, is taken as a treatment for rheumatism.
 X *Tragia brevipes* Pax K
 The leaves are rubbed on the knees and other joints to treat rheumatism. They have an irritating nettle-like action.
- Labiatae
 X *Ajuga remota* Benth. M
 The leaves are chewed to treat toothache.
- Loranthaceae
Odontella fischeri (Engl.) Balle M
 Heated twigs are applied to parts of the body where pain is felt.
Phragmanthera rufescens (DC.) Balle var. *usuiensis* (Oliv.) Balle M
 Heated stems are applied to the skin in treatment of pain.
- Oleaceae
Schrebera alata (Hochst.) Welw. M
 The bark is chewed to treat toothache.
- Polygonaceae
 X *Polygonum setosulum* A. Rich. M
 Witch doctors bathe the dying with an infusion of the leaves in order to revive them.
- Rhamnaceae
 X *Rhamnus prinoides* L'Hérit. M & K
 A soup made from the roots is taken by people suffering from rheumatism in the legs.
- Rutaceae
Fagara usambarensis Engl. K
 A decoction of the bark is taken to treat rheumatism.
 X *Teclea nobilis* Del. M
 A decoction of the roots and branches mixed with honey is taken as a remedy for rheumatism.
- Solanaceae
 X *Withania somnifera* (L.) Dunal M
 Heated leaves are applied to various parts of the body as pain killers.
- Vitaceae
Cissus rotundifolia (Forsk.) Vahl M
 The leaves are heated in the fire and then placed on swellings and swollen joints to relieve pain and reduce the swelling.
- Monocotyledon
 Commelinaceae
 X *Commelina benghalensis* L. M
 The stem sap is used to treat ear-ache.
- (e) MALARIA AND OTHER FEVERS
- Amaranthaceae
Cyathula cylindrica Moq. M
 The skin is scraped off the root tubers which are pounded and the resulting paste added to warm water and allowed to cool. The liquid is taken as a remedy for malaria; it acts as an emetic and a purgative.
Cyathula polycephala Bak. K
 The roots are boiled and the water used as a medicine for the treatment of malaria; it acts as an emetic.
- Cyathula schimperiana* Moq. M
 The tubers are pounded and mixed with water which is taken as a medicine for malaria; it acts both as an emetic and a purgative.
- Boraginaceae
 X *Cordia rothii* Roem. & Schultes M
 The roots are boiled with milk and the liquid taken for the treatment of malaria.
Cordia ovalis R. Br. M
 A decoction of the roots is taken with milk as a remedy for fever.
- Caesalpiniaceae
 X *Cassia didymobotrya* Fresen. M
 The leaves are dried, then boiled in water and the liquid taken as a cure for malaria. It causes violent vomiting and diarrhoea.
- Canellaceae
 X *Warburgia ugandensis* Sprague M
 The fruits are chewed as a cure for fever; the bark and leaves are pounded, boiled in water, and the infusion taken as a cure for malaria, although it causes violent vomiting.
- Caryophyllaceae
Pollichia campestris Ait. M
 The roots are boiled and the resulting liquid taken as a cure for malaria; it causes vomiting and diarrhoea.
- Compositae
Conyza pyrrhopappa Sch. Bip. M & K
 The pounded leaves are soaked in lukewarm water and the liquid is taken as a remedy for malaria.
Ethulia scheffleri S. Moore M
 The boiled leaves are rubbed over the body to treat malaria.
 X *Microglossa pyrifolia* (Lam.) Ktze. M
 An infusion of the leaves is taken to treat malaria; it is very bitter and acts as an emetic.
Sphaeranthus suaveolens (Forsk.) DC. M & K
 A decoction of the leaves is rubbed into the body of those with malaria.
- Tridax procumbens* L. M
 The leaves are chewed as a remedy for malaria.
- Vernonia brachycalyx* O. Hoffm. K
 An infusion of the lower leaves is taken to treat malaria.
- Cucurbitaceae
Cucumella engleri (Gilg) Jeffrey M
 An infusion of the roots is taken as a remedy for malaria; it causes acute diarrhoea.
Momordica friesiorum (Harms) Jeffrey M & K
 Tubers from the roots are collected by the Wanderobo and sold in the market as a remedy for malaria. The tubers are scraped into a paste and mixed with water which is then heated slightly. About a teaspoonful of the mixture is taken at a time. This causes vomiting in about half an hour and later causes diarrhoea.
- Euphorbiaceae
Clutia pedicellaris (Pax) Hutch. M
 The roots are stewed and the liquid drunk as a treatment for fever.
Croton menyhartii Pax M
 A decoction of the roots is used to treat malaria.

<p>Labiatae <i>Becium</i> sp. M A decoction from the roots is used to treat malaria and other fevers.</p>	<p>Asclepiadaceae <i>Dregea abyssinica</i> (Hochst.) Schelcht. M The bark is soaked in water for 2-3 days and the infusion given to children in the morning and evening as a remedy for diarrhoea.</p>
<p>Maliaceae <i>Turraea mombassana</i> C.DC. M The boiled roots (and also the ash) are taken as a treatment for malaria.</p>	<p>X <i>Pergularia daemia</i> (Forsk.) Chiov. M An infusion of the roots is taken as treatment for stomach pains.</p>
<p>Mimosaceae <i>Acacia nilotica</i> (L.) Del. ssp. <i>leiocarpa</i> Brenan M A decoction of the bark is given to children with fever. <i>Albizia gummifera</i> (J. F. Gmel.) C. A. Smith M & K A decoction of the bark is used to treat malaria.</p>	<p>Caesalpiniaceae <i>Pterolobium stellatum</i> (Forsk.) Brenan M A decoction of the roots is taken to treat stomach ache.</p>
<p>Pittosporaceae <i>Pittosporum abyssinicum</i> Del. ssp. <i>lanatum</i> (Hutch. & Bruce) Cuf. K The bark is pounded and then added to lukewarm water which is taken as a remedy for malaria. <i>Pittosporum viridiflorum</i> Sims ssp. <i>quartinianum</i> (Cuf.) Cuf. M & K The bark is boiled in water and the infusion added to soup and well stirred. This is taken as a remedy for malaria and other fevers. The liquid is very bitter and induces violent vomiting.</p>	<p>Celastraceae X <i>Cassine aethiopica</i> Thunb. M The bark is used to make a form of tea which is taken as a stomach medicine, particularly by children.</p>
<p>Ranunculaceae X <i>Clematis hirsuta</i> Guill. & Perr. M The roots are used to make a broth which is taken to treat malaria; it causes diarrhoea. X <i>Clematis simensis</i> Fresen. M & K An infusion of the boiled roots is taken as a treatment of malaria; it also causes diarrhoea.</p>	<p>Compositae X <i>Tridax procumbens</i> L. M The leaves are chewed as a remedy for stomach ache.</p>
<p>Rubiaceae <i>Gardenia joyis-tonantis</i> (Welw.) Hiern M A decoction of the fruits is used to treat malaria. <i>Pentas longiflora</i> Oliv. M A decoction of the roots is mixed with milk and taken as a cure for malaria. It causes acute diarrhoea. <i>Vangueria acutiloba</i> Robyns M A cold solution made from crushed bark is used to treat malaria, but it makes the patient feel very sick at first.</p>	<p>Euphorbiaceae X <i>Ricinus communis</i> L. M The roots are boiled and the liquid taken to treat stomach ache.</p>
<p>Verbenaceae X <i>Clerodendrum myricoides</i> (Hochst.) Vatke M & K A decoction of the roots is used to treat malaria.</p>	<p>Geraniaceae <i>Pelargonium quinquelobatum</i> A. Rich. M A decoction of the roots is taken to treat diarrhoea in children.</p>
<p>(f) STOMACH DISORDERS Acanthaceae X <i>Justicia flava</i> Vahl M & K The roots are chewed and the juice swallowed, followed by a drink of water as a cure for diarrhoea.</p>	<p>Hamamelidaceae <i>Trichocladus ellipticus</i> Sond. M A decoction of the bark is added to soup or taken with meat as an aid to digestion.</p>
<p>Amaranthaceae <i>Cyathula schimperiana</i> Moq. M The roots are eaten as a remedy for stomach disorders.</p>	<p>Icacinaceae <i>Apodytes dimidiata</i> Bernh. M & K A decoction of the bark is taken to treat stomach troubles.</p>
<p>Anacardiaceae X <i>Heeria reticulata</i> (Bak.f.) Engl. M & K An infusion of the bark and twigs is taken to treat diarrhoea and stomach pains.</p>	<p>Labiatae <i>Leonotis mollissima</i> Guerke M An infusion of the roots is used to treat dysentery. X <i>Leonotis nepetifolia</i> R. Br. M An infusion of the roots is used to treat stomach disorders. <i>Leonotis velutina</i> Fenzl. M An infusion of the roots is used to treat stomach disorders.</p>
	<p>Melastomaceae <i>Dissotis irvingiana</i> Hook. var. <i>irvingiana</i> forma <i>abyssinica</i> (Gilg) A. & R. Fernandes M A decoction of the roots is used to treat dysentery and stomach ache.</p>
	<p>Mimosaceae <i>Acacia elatior</i> Brenan ssp. <i>elatior</i> M A form of tea prepared from the bark is used to treat diarrhoea. <i>Acacia nilotica</i> (L.) Del. ssp. <i>subalata</i> (Vatke) Brenan M A decoction of the bark is taken as an aid to digestion. X <i>Acacia senegal</i> (L.) Willd. var. <i>senegal</i> M A decoction of the bark is taken to treat diarrhoea and stomach disorders.</p>
	<p>Moraceae X <i>Ficus capensis</i> Thunb. M An infusion of the pounded bark is taken to treat stomach upsets.</p>
	<p>Myrtaceae X <i>Syzygium cordatum</i> Hochst. M & K A liquid obtained from the bark pounded in cold water is taken as a treatment for stomach ache.</p>

Myrtaceae—(Contd.)			
<i>Syzygium guineense</i> (Willd.) DC. . .	M		
An infusion is made from the roots and bark and is taken to treat stomach ache.			
Oleaceae			
<i>Jasminum floribundum</i> Fresen. . .	M		
The roots are boiled and the liquid, mixed with milk, is taken as a treatment for diarrhoea and stomach ache.			
Papilionaceae			
<i>Erythrina abyssinica</i> Lam. . .	M		
A decoction of the roots is taken to treat various internal disorders.			
Polygonaceae			
<i>Rumex abyssinicus</i> Jacq. . .	M		
An infusion of the roots is drunk as a remedy for stomach ache.			
Rhamnaceae			
<i>Ziziphus mucronata</i> Willd. . .	M		
An infusion of the bark is taken to treat stomach troubles.			
Rosaceae			
<i>Hagenia abyssinica</i> (Bruce) J. F. Gmel. . .	M		
The bark is pounded, the paste added to cold water, and the liquid taken as a remedy for stomach ache and diarrhoea.			
<i>Pygeum africanum</i> Hook.f. . .	M		
The bark is pounded, added to water and the resultant red liquid taken as a remedy for stomach ache.			
Sapindaceae			
<i>Pappea capensis</i> (Spreng.) Eckl. & Zeyh. . .	M		
The bark is boiled to make a kind of soup which is taken for stomach disorders.			
Solanaceae			
<i>Solanum incanum</i> L. <i>sensu lato</i> . .	M		
The raw roots are chewed as a cure for stomach ache.			
<i>Withania somnifera</i> (L.) Dunal . .	M		
A decoction of the roots is used to treat stomach upsets.			
Sterculiaceae			
<i>Dombeya goetzenii</i> K. Schum. . .	M		
A decoction of the bark is taken as an aid to digestion after a large meal of meat.			
Thymelaeaceae			
<i>Struthiola thomsonii</i> Oliv. . .	M		
An infusion of the roots is added to milk and the mixture taken as a remedy for stomach ache.			
Umbelliferae			
<i>Steganotaenia araliacea</i> Hochst. . .	M		
A decoction of the bark, mixed with milk, is taken by adults with dysentery.			
Gymnosperms			
Podocarpaceae			
<i>Podocarpus gracilior</i> Pilger . .	M		
An infusion of the bark is taken to treat stomach ache.			
<i>Podocarpus milanjanus</i> Rendle . .	M		
An infusion of the bark is taken to treat stomach ache.			
(g) EMETICS AND PURGATIVES			
Acanthaceae			
<i>Thunbergia sericea</i> Burkill . .	M		
The plant is crushed in fat and given to children as a purgative.			
Amaranthaceae			
<i>Cyathula cylindrica</i> Moq. . .	M		
The skin is scraped off the root tubers which are pounded up and the resulting paste added to warm water and allowed to cool. The liquid is drunk and acts as an emetic and a purgative. It is usually used in the treatment of malaria.			
<i>Cyathula polycephala</i> Bak. . .	K		
The roots are boiled and the water is taken as a medicine; it acts as an emetic and is used in the treatment of malaria.			
<i>Cyathula schimperiana</i> Moq. . .	M		
The tubers are pounded and mixed with water. When drunk the liquid acts as an emetic and a purgative. It is usually taken in the treatment of malaria.			
Asclepiadaceae			
<i>Caralluma speciosa</i> N.E. Br. . .	M		
The juice is squeezed from the stems, diluted with water and taken as an emetic.			
Caesalpiniaceae			
<i>Cassia didymobotrya</i> Fresen. . .	M		
The leaves are dried, then boiled in water and taken as an emetic. It causes violent vomiting and diarrhoea.			
Caryophyllaceae			
<i>Pollichia campestris</i> Ait. . .	M		
The roots are boiled and the resulting liquid is taken as an emetic.			
Compositae			
<i>Microglossa pyrifolia</i> (Lam.) Kuntze . .	M		
An infusion of the leaves is taken as an emetic.			
Convolvulaceae			
<i>Ipomoea jaegeri</i> Pilger . .	M		
The roots are pounded in warm water and the liquid taken as an emetic.			
Ebenaceae			
<i>Euclea divinorum</i> Hiern ssp. <i>keniensis</i> (R. E. Fr.) de Wit . .	M		
The roots and bark are made into a soup which is taken as a purgative.			
Euphorbiaceae			
<i>Tragia brevipes</i> Pax . .	M		
Pieces of root are boiled in water and the liquid is used as a purgative for babies and small children.			
Labiatae			
<i>Becium</i> sp. . .	M		
A decoction from the roots is taken as an emetic.			
Melastomaceae			
<i>Dissotis irvingiana</i> Hook. var. <i>irvingiana</i> forma <i>abyssinica</i> (Gilg) A. & R. Fernandes . .	M		
A decoction of the roots is taken as a purgative.			
Pittosporaceae			
<i>Pittosporum abyssinicum</i> Del. ssp. <i>lanatum</i> (Hutch. & Bruce) Cuf. . .	K		
The bark is pounded and then added to luke-warm water which is taken as an emetic and a purgative, usually in the treatment of malaria.			

Pittosporaceae—(Contd.)

- Pittosporum viridiflorum* Sims ssp. *quartianum* (Cuf.) Cuf. M & K
The bark is boiled in water and the infusion added to soup and well stirred. This is taken as an emetic usually in the treatment of malaria. The liquid is very bitter and induces violent vomiting.

Ranunculaceae

- X *Clematis hirsuta* Guill. & Perr. M
The roots are used to make a broth which is taken as a purgative.
X *Clematis simensis* Fresen. M & K
An infusion of the boiled roots is taken as a purgative, usually in the treatment of malaria.

Rubiaceae

- Gardenia jovis-tonantis* (Welw.) Hiern M
A decoction of the fruits is taken as a purgative.
X *Pentas longiflora* Oliv. M
A decoction of the roots, mixed with milk, is taken as a purgative.

Solanaceae

- X *Solanum incanum* L. *sensu lato* M
The fruits which are poisonous are given to children as an emetic.

Verbenaceae

- X *Clerodendrum myricoides* (Hochst.) Vatke M & K
A decoction of the roots is taken as a purgative and an emetic.

(h) ANTHELMINTIC

Euphorbiaceae

- X *Croton macrostachys* Del. M
The roots are used in the treatment of worms.
X *Phyllanthus nummulariifolius* Poir K
The fruits after being boiled in water are eaten to treat round worms.

Mimosaceae

- X *Albizia anthelmintica* Brongn. M
A decoction of the roots is taken as an anthelmintic.

Myrsinaceae

- X *Myrsine africana* L. M & K
The dried fruits are powdered, mixed with milk or fat, and taken as an anthelmintic. No food or drink is taken for 12 hours after this treatment.
Rapanea pulchra Gilg & Schellenb. M & K
The dried fruits are powdered, mixed with beer, broth or milk and taken as an anthelmintic.

Oleaceae

- X *Jasminum floribundum* Fresen. K
The leaves are used as an anthelmintic.

Rosaceae

- X *Hagenia abyssinica* (Bruce) J. F. Gmel. M
A decoction made from the flowers is taken as an anthelmintic.

(i) VENERAL DISEASE

Asclepiadaceae

- Sarcostemma viminale* (L.) R. Br. M
An infusion of the roots is taken as a treatment for syphilis.

Capparidaceae

- X *Boscia coriacea* Pax M
The roots are boiled in soup and taken as a remedy for gonorrhoea.

Celastraceae

- X *Catha edulis* Forsk. M & K
A decoction of the roots and bark is used to treat gonorrhoea.

Euphorbiaceae

- Euphorbia inaequilatera* Sond. M
The leaves and stems are chewed to treat gonorrhoea.
X *Acalypha volkensii* Pax M
The roots are boiled in water, milk is added and the mixture taken as a treatment for gonorrhoea.

Flacourtiaceae

- Trimeria bakeri* Gilg M & K
The roots are shredded and an infusion made which is taken for the treatment of gonorrhoea. It causes profuse urination and probably has a diuretic action. It is also said to relieve the pain in joints caused by gonorrhoea.

Rhamnaceae

- X *Rhamnus prinoides* L'Hérit. M
The roots are used in the treatment of gonorrhoea.
Rhamnus staddo A. Rich. M
A broth incorporating the roots is taken as a treatment for venereal disease.

Solanaceae

- X *Solanum aculeastrum* Dunal M
The roots are boiled and the liquid is taken with meat broth as a remedy for gonorrhoea.
X *Withania somnifera* (L.) Dunal M
A decoction of the roots is used to treat gonorrhoea.

Verbenaceae

- X *Clerodendrum myricoides* (Hochst.) Vatke M & K
A decoction of the roots is used to treat gonorrhoea.

Monocotyledons

Liliaceae

- Asparagus asiaticus* L.
An infusion of the roots mixed with water is taken as a remedy for gonorrhoea.

(j) CHILDBIRTH

Araliaceae

- Cussonia holstii* Engl. M
The bark is boiled in water and the infusion taken by women after parturition in order to clear out the uterus.

Compositae

- Crepis scaposa* R. E. Fr. M
A decoction of the flowers is given to women to assist parturition.
Euryops jacksoni S. Moore M
A decoction of the flowers is given to women to assist childbirth.
Hoehnelia vernonioides Schweinf. M
A decoction of the roots mixed with milk is taken by women to remove the afterbirth.

Euphorbiaceae

- X *Euphorbia candelabrum* Kotschy M & K
A decoction of the stems is given to women after childbirth to clear out the afterbirth.
Euphorbia obovalifolia A. Rich. M
The wood is boiled and the liquid given to women for stomach pains in childbirth.

Guttiferae			
<i>Garcinia livingstonei</i> T. Anders.	M	X <i>Croton dichogamus</i> Pax	M
An infusion made from the roots, mixed with milk, is given to women as a treatment for child-birth pains.		Chopped roots are added to soup made from goats meat which is then taken as a tonic.	
Mimosaceae		Myricaceae	
X <i>Acacia drepanolobium</i> Sjöstedt	M	X <i>Myrica salicifolia</i> A. Rich.	M
The roots are boiled in water and the liquid mixed with milk or tea is given to women after childbirth as a diuretic.		A decoction of the bark mixed with milk is given to children as a tonic.	
Papilionaceae		Proteaceae	
<i>Astragalus abyssinicus</i> A. Rich.	M	<i>Faurea saligna</i> Harv.	M
A decoction of the roots is added to hot milk and given to women with uterine pains after childbirth.		The bark is boiled in broth and taken as a tonic.	
<i>Ormocarpum aromaticum</i> Bak.f.	M	Rubiaceae	
The bark is boiled with mutton and the soup taken by women during pregnancy in order to prevent a miscarriage.		<i>Pentanisia ouranogyne</i> S. Moore	M
<i>Ormocarpum trichocarpum</i> Bak.	M	A decoction of the roots is given to children as a tonic.	
A decoction of the roots in milk is taken by women in the early stages of pregnancy.		X <i>Pentas zanzibarica</i> (Kl.) Vatke	M
Rubiaceae		The roots or leaves are boiled to make a form of tea which is also given to children as a tonic	
<i>Grumilea lauracea</i> K. Schum.	M	A decoction of the roots mixed with skimmed milk is given to young children as a tonic	
A decoction of the roots is given to women in childbirth.		Umbelliferae	
Urticaceae		<i>Heteromorpha trifoliata</i> (Wendl.) Eckl. & Zeyh.	M
X <i>Urera hypselodendron</i> Wedd.	M	The finely ground stems are mixed with fat and given to babies and small children as a tonic.	
A decoction of the stems mixed with milk is given to pregnant women.		Vitaceae	
Monocotyledon		<i>Cyphostemma orondo</i> (Gilg & Bened.) Descoings	M
Liliaceae		The root tubers are boiled in 2-3 changes of water and given to children as a tonic. The green fruits are boiled in water until they are soft and become pulpy after which they are mixed with milk and eaten as a tonic.	
<i>Asparagus asiaticus</i> L.	M	(l) STIMULANTS	
An infusion of the roots mixed with water is given to women at parturition.		Capparidaceae	
(k) TONICS		<i>Maerua edulis</i> (Gilg & Bened.) De Wolf	M
Celastraceae		The uncooked root is chewed and causes an intense thirst.	
<i>Maytenus undatus</i> (Thunb.) Blakelock	M	Celastraceae	
A decoction of the bark is taken as a tonic.		<i>Catha edulis</i> Forsk.	M & K
Compositae		The leaves are chewed as a stimulant and to allay hunger and prevent sleep.	
<i>Gerbera piloselloides</i> (L.) Cass.	M	Mimosaceae	
The burnt leaves mixed with ghee are given to babies as a tonic.		<i>Acacia nilotica</i> (L.) Del. ssp. <i>subalata</i> (Vatke) Brenan	M
<i>Gnaphalium luteoalbum</i> L.	M	A decoction of the bark is taken as a powerful stimulant.	
Ash obtained from the stems and leaves is mixed with ghee and given to babies as a tonic.		Oliniaceae	
X <i>Helichrysum gerbertifolium</i> Sch. Bip.	M	<i>Olinia usambarensis</i> Gilg	M
The leaves are burnt and the ash mixed with ghee which is given to babies as a tonic.		The young shooting red leaves are chewed because of their bitter taste. This can develop into a very sharp burn in the mouth and throat if the saliva is swallowed.	
X <i>Helichrysum nudifolium</i> (L.) Less. var. <i>leiopodium</i> (DC.) Moeser	M	(m) SNAKE-BITE	
The dried leaves crushed in butter are given to young children to keep illness away.		Acanthaceae	
<i>Sphaeranthus bullatus</i> Mattf.	M	<i>Barleria</i> sp. (Olmejdeimeime = Masai. Cheberenet = Kipsigis)	M & K
A decoction of the leaves and stems is given to adolescents as a tonic.		The leaves are pulped or chewed and rubbed well into a snake-bite.	
Ebenaceae		X <i>Crossandra massaica</i> Mildbr.	
<i>Euclea divinorum</i> Hiern. ssp. <i>keniensis</i> (R. E. Fr.) de Wit	M	Used in the treatment of cobra bite; the leaves are chewed and then spat on the place where the venom has been injected or sprayed. The Masai use this treatment for themselves and their cattle while the Kipsigis only record using it for their cattle.	
The roots and bark are made into a soup which is taken as a tonic.			
Euphorbiaceae			
X <i>Bridelia micrantha</i> (Hochst.) Baillon	M		
The bark is boiled to make a form of soup which is mixed with milk and given to children as a tonic.			

(n) LIVESTOCK AILMENTS

Acanthaceae

Crossandra massaica Mildbr.
See under SNAKE-BITE

Amaranthaceae

Aerva persica (Burm.) Merrill ... M
The flowers are ground into a paste with water and is given to cattle as a remedy for East Coast Fever.

Asclepiadaceae

X *Gomphocarpus physocarpus* E. Mey... M
An infusion of the pounded leaves is given to cows when calving as it is said to cause the uterus to contract.

Pachycarpus rhinophyllus (K. Schum.) N. E. Br. ... M

The roots are pounded to a paste which is put on cattle sores caused by skin maggots.

Caesalpiniaceae

Cassia fallacina Chiov... ..
Causes photo-sensitisation if eaten by cattle.

Chenopodiaceae

Chenopodium ambrosioides L... .. M
An infusion prepared from the pounded leaves is given to calves with swellings in the neck.

Compositae

Helichrysum formosissimum (Sch. Bip.) A. Rich. ... M
The dried leaves are ground and the powder sprinkled onto sores on cattle; it is said to kill any maggots in the sores.

Vernonia lasiopus O. Hoffm. ... M
The leaves are pounded and the paste used to treat sores on cattle, the paste keeping maggots away.

Cucurbitaceae

Cucumis aculeatus Cogn. ... M
The juice is used to treat eye trouble in cattle.

Zehneria scabra (L.f.) Sond. ... M
A wash prepared from the pounded leaves is used to treat calves for fleas.

Euphorbiaceae

Bridelia micrantha (Hochst.) Baillon... M
The pounded bark mixed with water is given to cattle to treat scouring.
Erythrococca bongensis Pax ... M
A decoction of the leaves is used to treat black quarter in cattle.

Geraniaceae

Monsonia biflora DC. ... M
The dried leaves are pounded, mixed with hot ashes and given to cattle as a treatment for black quarter.
Monsonia glauca Knuth ... M
An infusion is made from the roots which is used as a wash to kill fleas on calves.

Mimosaceae

Acacia brevispica Harms ... M
An infusion of the leaves is used to treat nasal infections in calves.

Rubiaceae

Pavetta albertina S. Moore ... M
An infusion of the plant is given to calves when they cough and is also used to wash them when they have fleas.

Solanaceae

Solanum mauense Bitter ... M
A decoction of the roots is used to treat animals and men with anthrax.

Vitaceae

Cissus quadrangularis L. ... M
The stems are crushed in water and the liquid used as a wash to remove flea infestation in calves.
Rhoicissus revouilii Planch. ... M
The root tubers mixed with milk are fed to a calf whose mother is giving little milk.
Rhoicissus tridentata (L.f.) Willd. & Drummond ... M
The root tubers are boiled and fed to young animals which have lost their mothers.

