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PHARMACOPOEIA OF TRADITIONAL MEDICINE IN VENDA

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Summary

Many researchers in different parts of the world are actively involved in recording the available information on traditional medicine. To contribute to this vast task, we chose Venda, one of the more remote tribes in Southern Africa. We found traditional healing to be very much alive and functioning in this area. Within 2 years of research, we could tabulate 151 medicinal plants with their galenics. Many of the plants listed were frequently used by different healers to treat the same ailment which might substantiate their reliability. On the other hand, certain plants were employed for various indications. Moreover, although the toxic effects of some plants are not included in our list, they are encountered by the Western medical doctors. Therefore, the benefits of compiling such lists on medicinal uses of different plants are twofold. To gain from the positive aspects of the traditional medicine and to eradicate, if possible, the harmful effects of some plants used by the traditional healers.

However, during our study, it became clear that the plants used were with some exceptions mainly found in the vicinity of the habitat of the healer or the herbalist. It would therefore be useless to compile a more general pharmacopoeia for the African traditional healing as many of the useful plants in one area cannot be found in another. Hence, a more specific pharmacopoeia for each area would be necessary.

Introduction

Traditional medicine plays an important role in providing health services to 75–80% of the world population (Marini-Bettolo, 1980). Undoubtedly, this is a very high percentage and therefore it will require much research to prove and improve the quality and effectiveness of traditional medicine. However, recording the existing data on traditional medicine practised in each country, must precede any other investigation. Many researchers have

already been active in different parts of Africa as well as in other continents where plants are used as remedies for various ailments. To contribute to this vast task, we concentrated on Venda, one of the more remote tribes of Southern Africa.

Venda covers an area of approximately 6500 km² which is surrounded by the Republic of South Africa in the east, south and west, and by Zimbabwe in the north. The Venda nation consists of multiplicity of tribal units, each with its own culture and tradition. However, the official languages being Luvenda, Afrikaans and English, we could communicate with the traditional herbalists through a Venda teacher, Mr Elvis Mushamba, who was employed as an interpreter and accompanied us on most of our trips.

A census conducted in 1978 estimated a resident population of 360,000 in Venda (The Independent Venda, 1979). At present, there are three hospitals which provide health services to this population. Thirty-nine clinics are also run by these establishments to give health care. However, finance and staffing are the main problems experienced by these hospitals and clinics which are normally over-crowded. In 1979, 10 doctors were reported to be employed in the three hospitals. This situation had not improved at the time of this investigation. At present, Venda has only one private practitioner, Dr. Ramasuvha, who assisted us with recommendations to interview certain herbalists operating in different areas.

There are no accurate statistics enumerating the number of traditional healers in Venda. However, we estimated that between 300 and 500 are operating throughout the area. Obviously, they represent a majority in Venda of those able to perform the important task of healing different diseases. This indicates that this type of practice is still alive and well and is functioning to full capacity in this part of the world. Therefore, the main objective of this project was to compile a list of the medicinal plants currently used by the traditional herbalists in Venda. So far, only a short general ethnobotanical study has been published (Netshiungani, 1981). Therefore, this investigation is the first of its kind conducted in the area. However, this paper is a preliminary report and therefore by no means a complete record of all the medicinal plants used in Venda. The compiled list includes the medicinal plants most frequently used by the traditional healers.

Methods

The mode of operation to gain information on traditional medicine was mainly based on a questionnaire devised by Baasher (1980). From the large number of herbalists contacted, 15 well-reputed and cooperative traditional healers were selected from different parts of Venda (Fig. 1). This investigation was conducted within 2 years. The time spent with each herbalist varied between 6 h and several weeks. The name of the plants and the diseases were

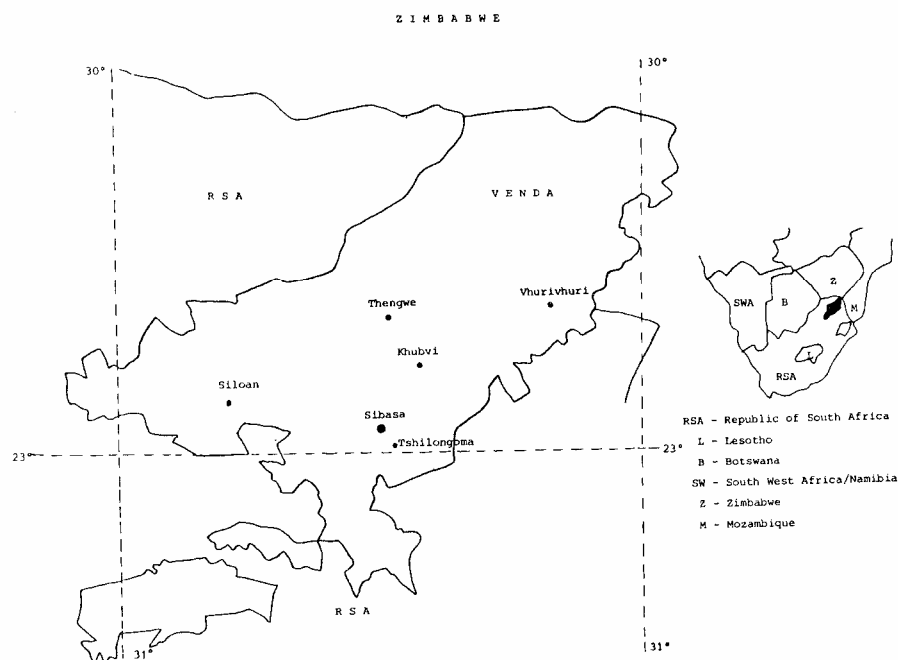


Fig. 1. Map showing Venda in relation to the surrounding countries. The herbalists interviewed came either from the main centre Sibasa or from the other indicated locations.

recorded in the Luvenda language. Samples of the plants used as well as photographs were taken to facilitate their identification. The specimens collected were first identified by us and by Mr. E. Ntshiungani of the herbarium in Venda and classified according to Dyer (1975). Our material was then reconfirmed against the specimens originally collected from the same area by the herbarium in Venda and deposited at the Moss herbarium of the University of the Witwatersrand in Johannesburg.

Recording data also included the methods of preparation of the medicines used (galenics) as well as the dosage applied. When enquiries were made about the experience and training of the traditional healers, their first response was always a claim of supernatural power gained from their ancestors and a claim of a vision to guide them to the correct plants for healing.

At the same time, most of the healers were able to produce a diploma obtained from Hammanskraal near Pretoria, the capital of the Republic of South Africa. This diploma is obtained after 2 years of practice with other herbalists in the Hammanskraal area. During our visits, we also noticed that most of the healers were training students to assist them in treating patients.

There was undoubtedly a period of apprenticeship before becoming a qualified healer. This confirms the observations made by Stott and Browne (1973) in Transkei about the organised pattern of this practice.

Results

The traditional healers in Venda

“Witch-doctor” is the commonly applied term to define people who divine, diagnose and heal patients (Nyanga), with the aid of traditionally acquired medicines. However, Bodenstein (1973) objected to the use of this term as it implied more than could be justified. We therefore advocate with this author the use of the terms “Traditional Healer” or “Herbalist” and “Traditional Medicine” to refer to these people and to their practice, respectively.

Although most of the herbalists in Venda treated all ailments, there were some who specialised in treating certain diseases. Some of the herbalists interviewed, practised healing on a part-time basis in conjunction with other activities, such as building, dress-making, farming and politics.

Others devoted their time entirely to traditional medicine and either accepted patients in their homes and provided them with accommodation, or travelled long distances and lived with the patient’s family for a time. They usually charged high prices for their services and therefore, most of the traditional healers interviewed were financially well off and very much respected by the public.

Generally, our interpreter made the first approach and asked the permission of the herbalist to be interviewed. They were then usually very cooperative and ready to explain, discuss and answer our questions. We were favourably impressed by their readiness to impart their knowledge about traditional medicine. Only a very few refused to be interviewed.

Galenics used in traditional medicine

Various parts of different plants are included in the prescriptions recommended by the traditional healers of Venda. They are either used as they are or further processed to prepare: (1) powder; (2) powder from burnt plant material; (3) infusion; (4) decoction; (5) maceration; (6) vapour; (7) smoke; (8) ointments; (9) douches; (10) enema; (11) eye drops; (12) venesection.

A special pestle and mortar made of wood or stone are used to prepare the powder of the desired part of the plant. The powders are then stored in cold-drink bottles or plastic jars. No labels were seen on these containers. Therefore, only the herbalist could tell the difference between the powders, which usually looked very much alike. These powders were then sold to the patient and used as such or mixed with other ingredients.

To prepare decoctions and infusions, the required part of the plant is either boiled or added to hot water. However, to macerate, the plant is im-

mersed in cold water for several hours or up to 2 days. The resulting liquid is either drunk or used to prepare soft porridge (maize flour). Sometimes, the patient's body is washed with the water or part of the body is exposed to the vapour.

To treat some bowel disorders, an enema is administered. In remote areas, animal horns are used to deliver the prepared solution. This is done by inserting the constricted end of the horn into the anus. Near the main centres, however, where the healers have access to Pharmacies, special enema cans with rubber tubing are used. This is also the case with the rubber douche apparatus which is in common use for vaginal douches.

Ointments are prepared by mixing the powdered plant with petroleum jelly or animal fat. They are mainly used to treat skin disorders. Ointments were also used to treat haemorrhoids. Pieces of polyethylene bags were used to cover the finger before inserting the ointment into the anus.

To treat headaches and to stop bleeding, different parts of plants are burned and the smoke inhaled. In other cases, the burned powder of the roots or barks are also recommended to treat certain ailments. However, the most ingenious of all the methods used, was the preparation of eye drops. Fresh or dried leaves are put into a piece of tissue, folded, dipped into water and squeezed into the eye.

Finally, the dosage and duration of intake of these plant materials varied from one healer to another. The dosage measures used varied from a pinch between two fingers, to several spoons or several cups every day. As there was no standard size of spoons or cups available, the amount of medicine taken by each patient differed considerably.

Medicinal plants in common use in Venda

The data gathered and the plants classified so far, are presented in Table 1. They are generally the plants most frequently used by the healers. It must be mentioned at this point that the unidentified plants used medicinally in this region (so far 93 plants), are not included in this list.

From Table 1 it can be seen that either a single plant is used to treat any sickness or it is mixed with other plant or animal material to potentiate its effect. Examples of the latter include the beetle, *Mylabris oculata*, elephant dung, menstrual discharge, and the urinary crystalline deposits of the baboon. It can also be seen that some of the plants are in common use by most of the herbalists interviewed. However, the tendency is for any given healer to use the plant material which is easily obtainable from his immediate surrounding area. This does not prevent him from trying his best to obtain any other plant materials which only grow in certain areas (i.e. *Brackenridgea zanguebarica* Oliver).

The same list also shows the vastness of the healers' knowledge of the botany of their environment as well as the richness of the terminology used to describe the medicinal plants.

TABLE 1

MEDICINAL PLANTS AND THEIR USES IN VENDA

Most of the vernacular names of trees agreed with those published in Von Breitenbach (1981). In Luvenda language, the letters t, n, d and l are sometimes marked with the sign (˘) to indicate change in pronunciation or strength of the letter sounds.

No.	Latin name/ plant species	Luvenda name	Plant part	Form of remedy	Other ingredients	Medicinal uses
1	AMARANTHACEAE <i>Amaranthus spinosus</i> L.	Tshithavha- misisi	Entire plant	Smoke, inhaled	—	Dizziness
2	ANACARDIACEAE <i>Lannea discolor</i> (Sonder) Engl.	Muvhumbu	Root	Decoction, to prepare soft porridge	—	Infertility
3	<i>Lannea stuhlmannii</i> (Engl.) Engl.	Mulivhadza	Root	Powder, sprinkle on food	—	Sedative
4	<i>Rhus lancea</i> L.f.	Mushakaladza	Leaves	Decoction, bath and drink	—	Papules and pustules
5	<i>Rhus leptodictya</i> Diels	Mushakaladza	Bark or root	Decoction, vapour inhaled under blanket as well as drunk Smoke, inhaled under blanket	— 18 + elephant dung (Mashibanduhu) + two unidentified plants	Cough Headache
6	<i>Sclerocarya caffra</i> Sonder	Mufula	Bark	Decoction, is drunk Decoction, to rinse oral cavity	— —	Backache Toothache
			Bark of male or female	Decoction, to prepare soft porridge	89	To regulate sex of unborn child
7	ANNONACEAE <i>Annona senegalensis</i> Pers.	Muembe	Root	Maceration, is drunk Maceration, drunk 3–4 times per day Decoction, to prepare soft porridge twice per day Decoction, to prepare soft porridge	18 Unidentified 40 + two unidenti- fied 114 + 151 + unidentified	Stomach ache Stomach aches and spasms Headache due to indiges- tion Blood in faeces
8	<i>Artabotrys brachypetalus</i> Benth.	Mudzidzi	Root	Maceration, drunk twice per day for 1 week Decoction, to prepare soft porridge for 7 days Powder, added to sorghum beer and drunk	20 + 48 + 83 31 + 32 + 67 + 98 + 126 + 140 + three unidentified 37 + 121	Headache (Tshitundetshapene) Infertility Infertility Impotency
9	<i>Hexalobus mono- petalus</i> (A. Rich.) Engl. & Diels	Muhuhuma	Root	Burned into ash to cover the wound	—	Wounds
10	<i>Uvaria caffra</i> E. Meyer ex Sonder	Munna-mutswu	Root	Decoction, is drunk	—	Cough
11	<i>Xylopiya parviflora</i> (A. Rich.) Benth.	Muvhula- vhusiku	Root	Decoction, drunk as well as used for vaginal douches Infusion drunk twice per day Maceration, drunk	118 — 12 + 14 + two unidentified	Menor- rhagia Dysmen- orrhea To increase size of penis

TABLE 1 (Continued)

No.	Latin name/ plant species	Luvenda name	Plant part	Form of remedy	Other ingredients	Medicinal uses
APIACEAE = UMBELLIFERAE						
12	<i>Heteromorpha arborescens</i> (Sprengel) Cham. & Schlechtd.	Muthathavhanna	Root	Maceration, drunk	11 + 14 + two unidentified	To increase size of penis
				Decoction or maceration drunk	—	Aphro- disiac
				Maceration, drunk	Unidentified	Aphro- disiac
				Decoction, to prepare soft porridge	—	General body pain and headache
APOCYNACEAE						
13	<i>Acokanthera oppositifolia</i> (Lam.) Codd	Mutsilili	Wood	Smoke, to be avoided	—	Causes pro- longed menstrua- tion in women
X 14	<i>Carissa edulis</i> Vahl.	Murungulu	Root	Maceration, drunk	11 + 12 + two unidentified	To increase size of penis
				Maceration, drunk	121	Promotes virility and potency
				Decoction, drunk	—	Mild laxative for children
				Maceration, drunk 3 times per day	—	Tuberculosis
15	<i>Catharanthus roseus</i> G. Don.	Liluvha	Root	Maceration, drunk	114	Venereal diseases
16	<i>Holarrhena pubescens</i> (Buch.-Ham.) Wall.	Makhulu- wamuhatu = Khaṭha- Khaṭhane	Root	Decoction, to prepare porridge for 3 days	—	(a) Stomach ache in women (b) Infertility (c) Amenor- rhea
X 17	<i>Rauwolfia caffra</i> Sonder	Munadzi	Bark	Decoction, to bath and to inhale the steam	—	Epilepsy
			Bark	Eye exposed to steam under a blanket	74	Eye sickness
18	<i>Tabernaemontana elegans</i> Stapf	Mahaṭu	Root	X Decoction, drunk and used for bath	33 + 91 + 135	Venereal diseases
				X Burned and vulva exposed to smoke	31 + 32 + 126 + 140	Menorrhagia
				X Powder added to soft porridge for 7 days	32 + 67 + 98 + 113 + 114 + 140 + unidentified	Menorrhagia
				X Decoction, to prepare soft porridge 3 times per day	90	Menorrhagia
				Decoction, to prepare soft porridge	127	Menorrhagia
				Powder mixed with salt water and used to wash vulva	—	Menorrhagia
				Decoction, to wash the wound or powder mixed with petroleum jelly to cover the wound	Unidentified	Wounds
				Burned to ash, macerated and drunk twice per day	—	Tuberculosis
				Decoction, to prepare soft porridge	—	Stomach ache
				01. Maceration is drunk	7	Stomach ache

TABLE 1 (Continued)

No.	Latin name/ plant species	Luvenda name	Plant part	Form of remedy	Other ingredients	Medicinal uses
				Maceration of powder is drunk or used to prepare soft porridge	—	Stomach ache in women
				Half a spoon of powder added to porridge	—	Purgative and for headaches due to indigestion
				Maceration to prepare soft porridge for 1 month	Unidentified	Stomach ache in women as well as infertility
				Half spoon of powder added to porridge every morning after drinking 51	41 + 47 + 114 + 127	Infertility
				Burn and expose to smoke under a blanket	5 + Elephant dung (Mashibanduhu) + two unidentified	Headache
19	<i>Wrightia natalensis</i> Stapf	Musunzi	Root + bark Root	Powder Powder or small pieces	— Beer	Aphrodisiac Aphrodisiac
20	ARACEAE <i>Zantedeschia aethiopica</i> (L.) Spreng.	Ndalunwepi	Root	Infusion, drunk twice per day for one week	8 + 48 + 83	Infertility due to uterine lesions ^a
				Infusion, drunk Powder, mixed with petroleum jelly and applied on bite	Unidentified	Snake bite
21	ARALIACEAE <i>Cussonia spicata</i> Thunb.	Musenzhe	Root	Decoction, drunk	—	Diuretic and laxative
22	ARECACEAE = PALMAE <i>Hyphaene natalensis</i> Kunze	Mulala	Pith of trunk	Eaten as such	—	Dysmenorrhoea
23	ASCLEPIADACEAE <i>Stapelia nobilis</i> N.E.Br.	Mudadza shango	Root	Decoction, body exposed to the steam	—	General body aches
				Decoction, drunk	Unidentified	Kidney troubles, for males only
X 24	BIGNONIACEAE <i>Kigelia africana</i> (Lam.) Benth.	Muvevha	Fruit	Incisions made on penis and fruit sap rubbed on the wound	—	To increase size of penis
25	<i>Markhamia acuminata</i> (Klotzsch) K. Schum.	Mula-kholomo	Root	Infusion, drunk	—	Cough and diarrhoea
X 26	BOMBACACEAE <i>Adansonia digitata</i> L.	Muvhuyu	Bark	Decoction, drunk	140	Venereal diseases
X 27	BORAGINACEAE <i>Ehretia rigida</i> (Thunb.) Druce	Mutepe	Root	Decoction, to prepare porridge	40 + 70 + unidentified	Infertility
X 28	BURSERACEAE <i>Commiphora merkeri</i> Engl.	Mutonyombidi	Root	Decoction or infusion is drunk	—	Aphrodisiac

^aThe herbalist was asked how could he diagnose lesions in the uterus: "By the specific type of vaginal discharge".

TABLE 1 (Continued)

No.	Latin name/ plant species	Luvenda name	Plant part	Form of remedy	Other ingredients	Medicinal uses
35	<i>Maytenus peduncularis</i> (Sonder) Loes.	Mukwatule	Root	Decoction is drunk 4 times per day	—	Backache (males only)
X 36	<i>Maytenus senegalensis</i> (Lam.) Exell	Tshiphandwa	Root	Decoction, 1 glass drunk for 5 days	114	Cough
CLUSIACEAE = GUTTIFERAE						
37	<i>Garcinia livingstonei</i> T. Anders.	Muphiphi = Mupimbi	Root	Powder added to sorghum beer and drunk	8 + 121	Impotency
				Infusion is drunk	—	Impotency
				Infusion is drunk	—	Aphrodisiac
				Decoction	—	Toothache
			Leaves	Decoction, eye exposed to the steam	—	Watering eyes
COMBRETACEAE						
38	<i>Combretum erythrophyllum</i> (Burch.) Sonder	Muvuvhu	Root	Decoction is drunk 3-4 times per day	—	Cough
X 39	<i>Combretum molle</i> R. Br. ex G. Don	Mugwiti	Root	Decoction to prepare porridge	—	Laxative
40	<i>Combretum paniculatum</i> Vent.	Mukopokopo = Gopo-Gopo	Bark Root	Decoction is drunk	—	Laxative
				Decoction is drunk	—	Worms
				Decoction is drunk once only	—	Worms
				o/ Maceration to prepare soft porridge once only	48 + 143	Infertility
				o/ Decoction to prepare soft porridge	27 + 70 + unidentified	Infertility
				Decoction is drunk	—	Used in case of retained placenta
				Decoction to prepare soft porridge	140	Menorrhagia
				Decoction is drunk 3 spoons per day	82 + 136	Venereal diseases
				o/ Decoction to prepare soft porridge twice per day	7 + two unidentified	Headache due to indigestion
				Decoction, one teaspoon is drunk 3 times per day	43 + 122 + 150	Cough
				o/ Decoction to prepare soft porridge	46 + unidentified	To treat pulsating anterior fontanelle in babies
41	<i>Terminalia sericea</i> Burch. ex DC.	Mususu	Root	Decoction to prepare soft porridge	—	Diarrhoea
				X Infusion is drunk	74 + 90 + 114 + 2 unidentified	Venereal diseases
				X Decoction is drunk	33 + 128 + 135	Venereal diseases
				Powder is used with soft porridge after drinking 51	18 + 47 + 114 + 127	Infertility
				Maceration drunk twice per day	Tshitunde (crystallized urine of a baboon) + unidentified	Virility
			Leaves	Maceration is drunk 3 times per day	127 + unidentified	Menorrhagia
			Dried leaves	Powdered and covered the wound	—	Infected wounds
COMPOSITAE = ASTERACEAE						
42	<i>Helichrysum krausii</i> Sch. Bip.	Tshifula thuri	Root	Maceration of the powder is drunk	Unidentified	Venereal diseases
X 43	<i>Tagetes minuta</i> L.	Mushushathuri = Mukakambanzhe	Leaves	Burned and smoke is inhaled	—	Dizziness
				Burned and smoke is inhaled	31 + 32 + 47 + 61	Headache

TABLE 1 (Continued)

No.	Latin name/ plant species	Luvenda name	Plant part	Form of remedy	Other ingredients	Medicinal uses
			Leaves	Smoke inhaled twice per day Powder added to porridge Smoke is inhaled under a blanket then:	65 + unidentified	Mental illnesses
				Decoction, one teaspoon is drunk 3 times per day	44 + Tshihwenu (<i>Crustacea isopoda</i>) burned and covered the incisions made on forehead, throat and sternum, fol- lowed by vene- section	Mental illnesses
44	CRASSULACEAE <i>Kalanchoe brachyloba</i> Welw. ex Britten	Tshinyanyu	Leaves	Burned and covered incisions made on forehead, throat and sternum followed by venesection. Inhalation of smoke of 43 must precede the above treatment	<i>Crustacea isopoda</i>	Mental illnesses
45	EBENACEAE <i>Diospyros lycioides</i> Desf.	Muthala	Root	Decoction is drunk	47 + 72 + sheep or goat meat	Epilepsy
46	<i>Diospyros mes- piliformis</i> Hochst. ex A.DC.	Musuma	Root	Decoction is drunk every morning Decoction used to prepare soft porridge	100 40 + unidentified	Blood in faeces To treat pulsating anterior fontanelle in babies
			Bark	Decoction is drunk	—	Cough
				Decoction is drunk 3 times per day	55	Cough
			Fruit	Burned and ash used to cover incisions made on skull	Unidentified	Fungal disease on skull
			Seeds	Decoction is drunk or used to prepare soft porridge	—	Headache
47	<i>Euclea natalensis</i> A. DC.	Mutangule- thavha	Root	Decoction is drunk Warmed on fire and rubbed on anus	— —	Laxative Laxative
				Burned and smoke inhaled Powder put on incisions made on forehead. Head is then tied with a branch of 7	31 + 32 + 43 + 61 Tshitunde Tshapane (menstruation of female baboon)	Headache Headache
			Root and bark	Infusion of powder is used to wash the oral cavity	—	Toothache
			Root	Powder, half a spoon mixed with porridge after drinking 51	18 + 41 + 114 + 127	Infertility
			Bark of root	Decoction is drunk	Powdered <i>Mylabris oculata</i> (Mugoñoño beetles)	Abortion, diuretic, gonor- rhea, kidney calculi, amenor- rhea
			Root	Decoction is drunk	45 + 72 + sheep or goat meat	Epilepsy
48	EUPHORBIACEAE <i>Antidesma venosum</i> E. Meyer ex Tul.	Mukwala- kwali = Mupalakhwali	Root	Maceration to prepare soft porridge once only Maceration is drunk twice a day for 1 week	40 + 143 8 + 20 + 83	Infertility Infertility

TABLE 1 (Continued)

No.	Latin name/ plant species	Luvenda name	Plant part	Form of remedy	Other ingredients	Medicinal uses
				Infusion, is drunk and used to wash vulva (not to enter vagina)		Menorrhagia
X 49	<i>Bridelia micrantha</i> (Hochst.) Baillon	Munzere	Bark	Decoction is drunk 3 times per day Decoction, wound exposed to steam Maceration to rinse the oral cavity Decoction is drunk	— 109 + 136 — —	Dysmenor- rhea Infected wounds Toothache To abort 1-2 month foetus
50	<i>Bridelia mollis</i> Hutch.	Mukumba- kumbane	Root	X Decoction is drunk	102	Worms
X 51	<i>Croton megalobotrys</i> Muell. Arg.	Muruthu	Seeds	Maceration is drunk	56	Worms (round and tape worms)
				Maceration of powder is drunk	—	Purgative
52	<i>Euphorbia cooperi</i> N.E. Brown ex A. Berger	Tshikonde- ngala	Bark Root	Maceration is drunk Decoction of burned root applied with a soaked material on paralysed part for 2 weeks. After- wards: burned mixture of 58 + bones of snake and skin of python and baboon + petroleum jelly is applied on incisions made on the paralysed site	— 53 + thorn from any tree + unidentified	Purgative Paralysis
			Latex	Boiled till black; then powdered and used to cover the wound	—	Infected wounds
X 53	<i>Euphorbia ingens</i> E. Meyer ex Boiss.	Mukonde	Root	Decoction to prepare soft porridge Burned and the ash rubbed on swollen ankles Decoction of burned root is applied with soaked material on paralysed part for 2 weeks. Afterwards: burned mixture of 58 + bones of snake + skin of python mixed with petroleum jelly and applied on incisions made on the paralysed site	— 58 + 111 + snake bones and petroleum jelly 52 + thorn from any tree + unidentified	Diarrhoea Swollen ankles Paralysis
X 54	<i>Jatropha curcas</i> L.	Mupfure-donga	Root	Decoction to rinse the oral cavity Decoction is drunk	— —	Toothache Sore throat
X 55	<i>Pseudolachnostylis mapruneifolia</i> Pax	Muṭoṅdowa	Bark	Decoction is drunk 3 times per day	46	Cough
X 56	<i>Ricinus communis</i> L.	Mupfure	Fruit	Powdered and eaten with porridge Maceration is drunk	— 51	Will cause diarrhoea and emesis but will cure cough Worms (round and tape worms)
				Powder	—	Laxative
				Oil rubbed on incisions made on body	—	Tonic
				Oil squeezed into the ear	—	Earache

TABLE 1 (Continued)

No.	Latin name/ plant species	Luvenda name	Plant part	Form of remedy	Other ingredients	Medicinal uses
57	<i>Spirostachys africana</i> Sonder	Muonze	Wood/bark	Smoke of the burning wood is inhaled	—	Headache, nose and gum bleeding to relieve colds, cough, flu and fever
58	<i>Synadenium cupulare</i> (Boiss.) L.C. Wheeler	Muswoswo	Root	Decoction of burned roots of 52 + 53 + thorn of any tree + unidentified is applied with soaked material on the paralysed site for 2 weeks Afterwards: Burned and ash is mixed with petroleum jelly and applied on incisions made on the paralysed site	Bones of snake + skin of baboon + skin of python	Paralysis
			Latex	Burned, mixed with petroleum jelly and rubbed on swollen ankle Rubbed on wounds	53 + 111 + snake bones —	Swollen ankles Infected wounds
59	FLACOURTIACEAE <i>Dovyalis caffra</i> (Hook. f. & Harv.) Hook. f.	Mutunu	Thorns	X Decoction is drunk X Powder applied on underwear	105 80 + 90 + 111 unidentified	Pain in chest (heart side) Amenorrhoea
60	<i>Oncoba spinosa</i> Forsk.	Mutuzwu	Root	Maceration to prepare soft porridge	—	Infertility
61	GRAMINEAE = POACEAE <i>Cymbopogon marginatus</i> Stapf.	Fungwi	Root	X Burned and smoke inhaled	31 + 32 + 43 + 47	Headache
62	<i>Phragmites australis</i> (Cav.) Trin. ex. Steud. (<i>Phragmites communis</i> Trin.)	Luṭanga <i>ma p. 40</i>	Seeds	Maceration is drunk	89 + 121	Aphrodisiac
			Root	Cover incisions made on joints after application of 115 Decoction, half a glass is drunk for 3 days	115 146	Swollen joints and broken bones To prevent uterine lesions after childbirth
63	HERNANDIACEAE <i>Gyrocarpus americanus</i> Jacq.	Mudzhoudzhou	Root	X Decoction to wash the wound; powder to cover the wound X Decoction is drunk	64 + unidentified 103	Wounds Diarrhoea
X 64	IRIDACEAE <i>Gladiolus dalenii</i> van Geel	Phende-phende	Bulb	Maceration used as eye drops Decoction, to wash the wound; powder, to cover the wound Decoction used as ear drops	— 63 + unidentified —	Eye sickness Wounds Earache
X 65	LABIATAE = LAMIACEAE <i>Mentha aquatica</i> L.	Mpuyuyu	Leaves	Dipped in water in a folded handkerchief and squeezed into the eye <i>ma p. 16</i> Smoke, inhaled twice per day; powder added to porridge	— 43 + unidentified	To treat sore and itchy eyes Mental illnesses
66	<i>Ocimum canum</i> Sims	Bunganyunyu	Leaves	Maceration used as eye drops	—	Eye sickness

TABLE 1 (Continued)

No.	Latin name/ plant species	Luvenda name	Plant part	Form of remedy	Other ingredients	Medicinal uses
LURACEAE						
X 67	<i>Cassipourea filiformis</i> L.	Luangalala	Root	Powder added to porridge for 7 days Decoction to prepare soft porridge for 7 days Maceration of powder is drunk 2-3 times per day	18 + 32 + 98 + 113 + 114 + 140 + unidentified 8 + 31 + 32 + 98 + 126 + 140 + three unidentified	Menorrhagia Infertility To treat pulsating anterior fontanelle in babies
LEGUMINOSAE = FABACEAE						
A. Caesalpinioideae						
X 68	<i>Azelia quanzensis</i> Welw.	Muṭokota	Bark	Decoction	—	Snake bite
69	<i>Bauhinia fassoglensis</i> Kotschy	Mutama	Root	Decoction to prepare soft porridge 3 times per day and smoke to be inhaled	—	To treat uterus after child- birth
70	<i>Bauhinia galpinii</i> N.E. Brown	Mutswiriri	Bark and root Root	Maceration is drunk, 1 teaspoon for babies, 3 teaspoons for children Decoction to prepare porridge	— —	Stomach spasms Stomach spasm and diarrhoea Infertility
71	<i>Burkea africana</i> Hook.	Mufhulu	Bark	Decoction to rinse the oral cavity Powder mixed with petroleum jelly	27 + 40 + unidentified —	Blisters on tongue and gums, sore throat Canker sores
X 72	<i>Cassia petersiana</i> Bolle	Munembenembe	Root	Decoction is drunk Maceration is drunk 3 times per day Decoction to rinse the oral cavity	15 + 17 + sheep or goat meat — —	Epilepsy Asthma Toothache
73	<i>Colophospermum mopane</i> (Kirk ex Benth.) Kirk ex J. Léonard	Mupani	Leaves	Decoction is drunk	—	Stomach ache
74	<i>Peltophorum africanum</i> Sonder	Musese	Bark Root Bark X Root Entire plant	Eye exposed to steam under a blanket Decoction is drunk Powder Infusion is drunk Decoction is drunk Infusion is drunk Decoction of powder is drunk and used to wash vulva	17 — — — — 41 + 90 + 114 + two unidentified —	Eye sickness Wandering rash of the tongue in small children Sores, ulcers and blisters of the oral cavity Sore throat Cough Venereal diseases Menorrhagia
X 75	<i>Piliostigma thonningii</i> (K. Schumacher) Milne-Redh.	Mukolokota	Root and bark	Decoction is drunk	122	Venereal diseases and bilharzia
76	<i>Schotia brachy- petala</i> Sonder	Mulubi = Muṅunzvu	Root and bark	Decoction is drunk	—	Heart troubles
B. Mimosoideae						
77	<i>Acacia karroo</i> Hayne	Muunga	Thorns	Decoction is drunk	105	Heart pains

TABLE 1 (Continued)

No.	Latin name/ plant species	Luvenda name	Plant part	Form of remedy	Other ingredients	Medicinal uses
78	<i>Albizia adianthifolia</i> (Schumacher) W.F. Wight	Muelela = Muvhadan- ngoma	Leaves	Mixed with food	95	Nutrition for cattle
79	<i>Albizia anthel- mintica</i> (A. Rich.) Brongn.	Muime = Mukuvhavha dinda	Root	Decoction is drunk and is used to bath	135	Venereal diseases
80	<i>Albizia brevifolia</i> Schinz	Mutsilari	Root	Powder, applied on underwear	59 + 90 + 111 + unidentified	Amenorrhoea
81	<i>Albizia tanganyi- censis</i> E.G. Baker.f. ssp. <i>tanganyicensis</i>	Mulelu	Root	Powder, to cover incisions made on both legs	Burned legs of birds	For athletes who run
82	<i>Albizia versicolor</i> Welw. ex Oliver	Mutamban- pfunda	Root	Decoction, 3 spoons per day is drunk	40 + 136	Venereal diseases
83	<i>Dichrostachys cinerea</i> (L.) Wight & Arn. ssp. <i>africana</i> Brenan & Brummitt	Murenzhe	Root	Maceration is drunk Burned and the ash is used to cover incisions made on joints Decoction is drunk twice per day	8 + 20 + 48 150 —	Infertility Dislocated joints Sore throat
			Leaves	Maceration is used as eye drops	—	Eye disease
			Pods	Burned, mixed with petroleum jelly and applied externally as ointment	111 + 141 + unidentified	Wounds
84	<i>Elephantorrhiza burkei</i> Benth.	Gumulolo = Musese- vhufa = Tshisese- thavha	Root	Decoction is drunk for 1 week; it is also used to bath	—	Miscarriage
				Decoction is used for enema		Swollen legs due to stomach troubles
85	C. Papilionoideae <i>Dalbergia melan- oxylon</i> Guillemin & Perrottet	Muuluri	Bark	Powder, to cover wound	—	To prevent excessive bleeding from a wound
86	<i>Indigofera arrecta</i> Hochst. ex A. Rich.	Muswiswa	Root	Maceration is drunk twice per day	—	Tuberculosis in children
87	<i>Lonchocarpus capassa</i> Rolfe	Mufhanda	Entire plant	Decoction, to prepare soft porridge	—	Diarrhoea
			Root	Decoction to prepare soft porridge	—	Gastrointes- tinal dis- orders
88	<i>Millettia stuhlmannii</i> Taub.	Muangaila	Root	Decoction is drunk for 2 days	—	Stomach ache
89	<i>Mundulea sericea</i> (Willd.) A.Chev.	Mukundan- dou	Root	Maceration is drunk Decoction is drunk Decoction to prepare soft porridge	62 + 121 — 6	Aphrodisiac Aphrodisiac To regulate the sex of the unborn child
90	<i>Pterocarpus angolensis</i> DC.	Mutondo	Root	Powder is applied to under- wear	59 + 80 + 111 + unidentified	Amenorrhoea
			Bark	Decoction to prepare soft porridge for 3 times per day Infusion is drunk Decoction is drunk Decoction is drunk	18 41 + 74 + 114 + two unidentified — 2 unidentified	Menorrhagia Venereal diseases Gonorrhoea, haematuria Bilharzia

TABLE 1 (Continued)

No.	Latin name/ plant species	Luvenda name	Plant part	Form of remedy	Other ingredients	Medicinal uses
			Root	Maceration is drunk Infusion of the powder is drunk 2-3 times per day	—	Headache To treat pulsating anterior fontanelle in babies
			Fruit	Burned and eaten with honey for 3 days	—	Whooping cough
X 91	LILIACEAE <i>Aloe chabaudii</i> Schonl.	Tshikhopha	Root	Decoction is drunk and used for bath	18 + 33 + 135	Venereal diseases
			Root	Decoction to prepare soft porridge; once only	—	Haematuria
			Leaves	Cut with razor, warmed on fire and pressed on swollen area	111 + two + 31 unidentified	Swollen ankles
92	<i>Aloe marlothii</i> Berger	Binda musha = Tshikhopha	Leaves	Decoction to prepare soft porridge	—	Blood in faeces
93	<i>Asparagus</i> <i>buchananii</i> Bak.	Lufhaladza makole	Leaves	Dried and burned and vulva exposed to smoke; one treatment only	—	Amenorrhoea
94	<i>Asparagus</i> <i>falcatus</i> L.	Gundakhanga = Govhakhanga	Root	Maceration is used as eye drops Decoction is drunk as well as applied externally	Unidentified	Eye sickness Sore throat and dysphagia
			Root	Decoction is drunk Decoction is drunk	Unidentified 31 + spider web + unidentified	Antiemetic Tuberculosis
95	LOGANIACEAE <i>Anthocleista</i> <i>grandiflora</i> Gilg	Mueneene	Leaves	Mixed with food	78	Nutrition for cattle
96	<i>Strychnos</i> <i>decussata</i> (Pappe) Gilg	Mukangala	Root	Decoction is drunk; powder is put on bite	—	Snake bite
97	<i>Strychnos</i> <i>madagascariensis</i> Poiret	Mukwakwa	Root	Roasted, sap is dropped on tooth	—	Toothache
			Bark	Maceration is drunk	—	Dysmenor- rhea
98	MALPHIGIACEAE <i>Sphedamnocarpus</i> <i>galphimiiifolius</i> (A. Juss.) Szyszyl. ssp. <i>galphimii-</i> <i>folius</i>	Tsimambe	Root	X Powder, added to porridge for 7 days X Decoction to prepare soft porridge for 7 days Decoction is drunk Decoction is drunk	18 + 32 + 67 + 113 + 114 + 140 + unidenti- fied 8 + 31 + 32 + 67 + 126 + 140 + three unidenti- fied — —	Menorrhagia Infertility Stomach troubles Mental illnesses
99	MALVACEAE <i>Hibiscus vitifolius</i> L. ssp. <i>vulgaris</i> Brenan & Exell	Muhwidzi	Root	Decoction is drunk and used to prepare soft porridge Maceration is drunk 2-3 times per day	Unidentified —	Vaginal discharge which causes infertility To treat pulsating anterior fontanelle in babies
X 100	MELIACEAE <i>Ekebergia capensis</i> Sparrm.	Muṭovuma	Bark	Maceration is used as enema for 2 days	—	Backache

TABLE 1 (Continued)

No.	Latin name/ plant species	Luvenda name	Plant part	Form of remedy	Other ingredients	Medicinal uses
101	<i>Trichilia dregeana</i> Sonder	Muṭuhu	Bark	Decoction is drunk every morning Maceration is used as enema	45 —	Blood in faeces "To treat kidney troubles which causes impotence"
X102	<i>Trichilia emetica</i> Vahl	Mutshikili	Bark	Decoction is used as enema	—	To treat pains in the waist, men only
				Decoction is drunk	142	Stomach troubles
				Decoction is used as enema	—	Laxative
				Decoction is drunk	50	Worms
MORACEAE						
X103	<i>Ficus capensis</i> Thunb.	Muhuyu-ngala	Fruits Root	Infusion is drunk Decoction is drunk	104 63	Tuberculosis Diarrhoea
X104	<i>Ficus sycomorus</i> L.	Muhuyu-lukuse	Fruits	Infusion is drunk	103	Tuberculosis
MUSACEAE						
X105	<i>Musa paradisiaca</i> L. ssp. <i>sapientum</i> O. Ktze	Muomva	Fruits	Decoction is drunk	77	Heart pains
				Decoction is drunk	59	Heart pains
MYRSINACEAE						
X106	<i>Maesa lanceolata</i> Forsk.	Muunguri	Root	Decoction is drunk three times per day for one month	110 + 118 + 120 + 140 + 2 unidentified	Infertility
MYRTACEAE						
107	<i>Heteropyxis</i> <i>natalensis</i> Harvey	Mudedede	Fresh leaves	Applied on breast and nipples		Weaning
			Root	Decoction is drunk	138	Menorrhagia
X108	<i>Psidium guajava</i> L.	Mugwavha	Root	Decoction is drunk twice per day	29	Veneral diseases
X109	<i>Syzygium</i> <i>cordatum</i> Hochst.	Muṭu	Bark Root	Decoction, wound exposed to steam Burned and ash is applied on incisions on forehead Maceration is drunk twice per day	49 + 136 Unidentified	Infected wounds Headache Amenorrhoea
NYMPHAEACEAE						
110	<i>Nymphaea capensis</i> Thunb.	Muramboḡane = Shamboḡa	Leaves Root	Burned, mixed with petroleum jelly and used externally before intercourse Decoction is drunk three times per day for one month	106 + 118 + 120 + 140 + two unidentified	To avoid having twins Infertility
OCHNACEAE						
111	<i>Brackenridgea</i> <i>zanguebarica</i> Oliver	Muṭavhatsindi	Root	X Burned, mixed with petroleum jelly and applied externally as an ointment. X Powder is rubbed on after treatment with 91 Burned and rubbed on with petroleum jelly X Powder is applied on under- wear X Decoction to prepare porridge Powder to rub on the body	83 + 141 + unidentified 31 + two unidentified 53 + 58 + snake bone 59 + 80 + 90 + unidentified 31 Burned owl meat + unidentified parasitic plant	Wounds Swollen ankles Swollen ankles Amenorrhoea Worms Mental illness

TABLE 1 (Continued)

No.	Latin name/ plant species	Luvenda name	Plant part	Form of remedy	Other ingredients	Medicinal uses
112	<i>Ochna arborea</i> Burch. ex DC.	Murambo- thavha	Root	Decoction is drunk; burned and ash applied on genital organ	—	Given to mothers who deliver weak or dead babies
X 113	OLACACEAE <i>Ximenia americana</i> L.	Mutanzwa- tanzwane	Root	^{me p. 28} Powder is added to porridge for 7 days	18 + 32 + 67 + 98 + 114 + 140 + unidentified	Menorrhagia
X 114	<i>Ximenia caffra</i> Sonder	Mutanzwa	Root	^{p. 28} Infusion is drunk twice per day Powder, added to porridge for 7 days	— 18 + 32 + 67 + 98 + 113 + 140 + unidentified	Blood in faeces Menorrhagia
				Powder added to porridge every morning after drinking 5 l	18 + 41 + 47 + 127	Infertility 023
				Maceration is drunk	15	Veneral diseases 100
				^{P. 35} Infusion is drunk	41 + 74 + 90 + two unidentified	Veneral diseases
				Decoction to prepare soft porridge	32 + unidentified	Headache due to indigestion 018 13*
				Decoction to prepare soft porridge	7 + 151 + unidentified	Blood in faeces
				^{one page 14} Decoction is drunk for 5 days	36	Cough
				Maceration of powder is used as eye drops	—	Eye diseases 001
115	OLEACEAE <i>Olea capensis</i> L.	Musiri	Root	Powder, to cover incisions made on joints	62	Swollen joints and broken bones
116	<i>Schrebera alata</i> (Hochst.) Welw.	Mulingwi	Dry leaves	Maceration is drunk	Unidentified	Anti-emetic for children 017
117	PASSIFLORACEAE <i>Adenia digitata</i> (Harv.) Engl.	Dundu	Root	Decoction is drunk as well as applied externally	—	Swollen legs
X 118	<i>Adenia gummifera</i> Harms	Bopha	Root	Decoction is drunk as well as used for vaginal douches	11	Menorrhagia 101
				^{one page 42 X} Decoction is drunk 3 times per day for 1 month	106 + 110 + 120 + 140 + two unidentified	Infertility
X 119	PEDALIACEAE <i>Dicerocaryum</i> <i>zanguebaricum</i> Merrill	Museto	Leaves	Infusion is drunk	—	Expulsion of placenta and easy delivery 030 022
X 120	PIPERACEAE <i>Piper capense</i> L. f.	Mulilwe	Bark	Powder, mixed with petroleum jelly and applied externally	—	Wounds and vaginal discharge 004 104
				^{one p 42} Decoction is drunk 3 times per day for 1 month	106 + 110 + 118 + 140 + two unidentified	Infertility
				Maceration is drunk	—	Sore throat, chest, tongue sores and veneral diseases 004 104 100

TABLE 1 (Continued)

No.	Latin name/ plant species	Luvenda name	Plant part	Form of remedy	Other ingredients	Medicinal uses
POLYGALACEAE						
X 121	<i>Securidaca longepedunculata</i> Fresen.	Mpesu	Root	Infusion is drunk	Tshitunde (crystallized urine of baboon)	Aphrodisiac and to increase virility 139
				Maceration is drunk	62 + 89	Aphrodisiac 139
				Infusion is drunk	136 + unidentified	Aphrodisiac "
				Decoction is drunk	—	Aphrodisiac "
				Maceration is drunk	134 + 143	Aphrodisiac "
				Powder is added to sorghum beer and drunk	8 + 37	Impotency "
				Maceration is drunk	14	Promotes virility and cures impotence "
			Root + bark	Decoction is drunk	Unidentified	Contraceptive
			Root	Decoction is drunk	Unidentified	Gonorrhoea 100
				Infusion is drunk	Unidentified	Backache 109
				Decoction is drunk 3 times per day	—	Backache 109
				Decoction is drunk	—	Tuberculosis 11(037)100
PROTEACEAE						
122	<i>Faurea saligna</i> Harvey	Mutango	Root + bark	Decoction is drunk	75	Venereal disease and bilharzia 100
			Root	Decoction, 1 teaspoon drunk 3 times per day	40 + 43 + 150	Cough 037
RHAMNACEAE						
123	<i>Protea caffra</i> Meissner	Dzungu = Tshidzungu	Fruits	Hung round neck	—	Dizziness
			Fruit + bark	Infusion to wash face	—	Dizziness
RANUNCULACEAE						
X 124	<i>Clematis brachiata</i> Thunb.	Tshiumbeumbe	Fresh leaves Leaves	Smoke is inhaled Decoction, 1 teaspoon is drunk 3 times per day and steam is inhaled	— —	Headache 017 Headache
125	<i>Knowltonia trans- vaalensis</i> Szysz.	Thauyakhomba	Leaves	Maceration	—	Eye disease
RHAMNACEAE						
126	<i>Berchemia discolor</i> (Klotzsch) Hemsley	Munyee = Munje	Root	Burned and vulva is exposed to smoke Decoction to prepare soft porridge for 7 days	18 + 31 + 32 + 140 8 + 31 + 32 + 67 + 98 + 140 + three unidentified	Menorrhagia Infertility
127	<i>Ziziphus mucronata</i> Willd.	Mutshetshete = Mukhalu	Root	Maceration is drunk 3 times per day Decoction to prepare soft porridge Powder, half teaspoon added to porridge every morning after drinking 51 Decoction to prepare soft porridge	41 + unidentified 18 18 + 41 + 47 + 114 —	Menorrhagia 101 Menorrhagia 101 Infertility 033 General body pains 137
ROSACEAE						
X 128	<i>Parinari curatellifolia</i> Planch ex Benth ssp. <i>mobola</i> (Oliv.) R. Grah.	Muvhula	Bark	Decoction to rinse oral cavity Decoction used as nose and ear drops	— 145	Toothache 103 "Toothache due to mandibular and maxillar pains"
			Root	Decoction, one tablespoon is drunk	*33 + 41 + 135	Venereal 100 diseases

TABLE 1 (Continued)

No.	Latin name/ plant species	Luvenda name	Plant part	Form of remedy	Other ingredients	Medicinal uses
RUBIACEAE						
129	<i>Bretonadia microcephala</i> (Delile) Ridsd.	Mutulume	Root	Decoction is drunk 3 times per day	—	Tachycardia
130	<i>Canthium mundianum</i> Cham. & Schlecht.	Mutomboti	Root	Maceration is drunk	—	Abdominal pains
131	<i>Pachystigma macrocalyx</i> (Sonder) Robyns	Muzwilu-ngala	Root	Maceration is drunk	—	Aphrodisiac
132	<i>Pavetta lanceolata</i> Ecklon	Tshituku	Dry leaves	Infusion is drunk	—	Anti-emetic for children
			Root	Powder, is added to soft porridge	—	Tonic
133	<i>Rothmannia capensis</i> Thunb.	Muratha- mapfene	Fruit juice	Applied externally	—	Wounds and burns
134	<i>Vangueria infausta</i> Burch.	Muzwilu	Root	Maceration is drunk	121 + 143	Aphrodisiac
RUTACEAE						
X 135	<i>Citrus limon</i> (L.) N.L. Burm. f.	Tshikavhavhe	Root	Decoction is drunk and used for bath	79	Venereal diseases
			Root	Decoction is drunk and used for bath	18 + 33 + 91	Venereal diseases
			Root	Decoction is drunk	33 + 41 + 128	Venereal diseases
136	<i>Fagara davyi</i> Verdoorn	Munungu	Root	Decoction is used to rinse oral cavity	—	Ulcers in the oral cavity
				Decoction is drunk or powder swallowed	—	Sore throat
				Burned and infusion of ash is used to gargle	Two unidentified	Sore throat
				Decoction is drunk 3 times per day for 3 days	—	Chest pains
			Leaves	Powder, rubbed on chest	—	Chest pains
			Thorns	Decoction, wound is exposed to steam	49 + 109	Infected wounds
			Root	Infusion is drunk	121 + unidentified	Aphrodisiac
				Decoction, 3 spoons drunk per day	40 + 82	Venereal diseases
X 137	<i>Toddalia aculeata</i> Pers.	Gwambazi	Root	Decoction is drunk twice per day	—	Heart pains 034 and backache 109
			Dry leaves	Maceration, 1 spoon drunk 3 times per day	—	Tonic for babies
138	<i>Vepris undulata</i> (Thunb.) Verdoorn & C.A. Smith	Muhondwa = Muumano = Phaladzane	Leaves	Powder, used externally on incisions made on forehead	—	Headache
			Root	Maceration is used to prepare soft porridge once per day	—	Infertility
				Decoction is drunk	—	Menorrhagia
				Decoction is drunk	107	Menorrhagia
SALVADORACEAE						
139	<i>Salvadora angustifolia</i> Turill	Mundamuka	Leaves	Smoke is inhaled	—	Nose bleeding
SANTALACEAE						
140	<i>Osyris lanceolata</i> Hochst. & Steudel	Mpeta	Root	Burned and vulva exposed to smoke for 3 nights	Meat + unidentified	Menorrhagia and styptic effects on wounds
				Burned and vulva exposed to smoke	18 + 31 + 32 + 126	Menorrhagia

TABLE 1 (Continued)

No.	Latin name/ plant species	Luvenda name	Plant part	Form of remedy	Other ingredients	Medicinal uses
				Powder is added to porridge for 7 days	18 + 32 + 67 + 98 + 113 + 114 + unidentified	Menorrhagia
				Decoction is drunk twice per day for 1 month then:		
				Decoction is used to prepare soft porridge	40	Menorrhagia
				X Decoction is used to prepare soft porridge for 7 days	8 + 31 + 32 + 67 + 98 + 126 + three unidentified	Infertility
			Roots and leaves	X Decoction is drunk 3 times per day for 1 month	106 + 110 + 118 + 120 + two unidentified	Infertility
			Root	Decoction is drunk	26	Venereal diseases
	SOLANACEAE					
X 141	<i>Solanum aculeastrum</i> Dunal	Shulwa = Murulwa	Fruits	ok Burned and powder is mixed with fat or petroleum jelly and applied as ointment	—	Burning or itchy defaecation
				mapor Burned and powder is mixed with petroleum jelly and applied as ointment	83 + 111 + unidentified	Wounds
142	<i>Solanum panduriforme</i> Drège ex Dun.	Mututulwa	Fruits	Burned and powder applied externally on incisions made on forehead	—	Headache
			Root	Maceration of powder is drunk	—	Gastrointestinal disorders in children
				X Decoction is drunk	102	Stomach upset
	TILIACEAE					
143	<i>Grewia microthysa</i> K. Schum. ex Burret	Mupfuka	Root	ok Maceration is used to prepare soft porridge, once only	40 + 48	Infertility
144	<i>Triumfetta pilosa</i> Roth. var. <i>tomentosa</i> Szysz.	Tshimvumvu	Leaves	Maceration is drunk Maceration	121 + 134 —	Aphrodisiac Eye disease
	ULMACEAE					
X 145	<i>Celtis africana</i> N.L. Burm. f.	Mumvumvu	Bark	ok 152 Decoction is used as nose and ear drops	128	103 "Toothache due to mandibular and maxillar pains"
	VELLOZIACEAE					
146	<i>Xerophyta reteneris</i> Bak.	Tshikundandazi	Stem	Decoction is drunk for 3 days	62	To prevent uterine lesions after child birth
	VERBENACEAE					
X 147	<i>Clerodendrum glabrum</i> E. Meyer	Munukhatshilongwe = Mukwadi-kwati	Root	Burned and ash mixed with petroleum jelly and used externally as ointment	—	Fractured bones 012
				Burned, powdered and applied on incisions	—	Fractured bones
			Bark	Decoction is used to apply on the fractured site	—	Fractured bones
				Burned and mixed with fat and applied externally as ointment after pulling bone straight with aid of reeds and bandaged	—	Fractured bones

TABLE 1 (Continued)

No.	Latin name/ plant species	Luvenda name	Plant part	Form of remedy	Other ingredients	Medicinal uses
X 148	<i>Lantana camara</i> L.	Tshidzimba- mbule	Fresh leaves	Maceration used as eye drops	—	Eye injuries 001
X 149	<i>Lantana rugosa</i> Thunb.	Tshidzimba- vhalisa	Fresh leaves	Maceration is used as eye drops	—	Eye injuries 001
150	<i>Lippia javanica</i> (Burm. f.) Spreng.	Musudzun- gwane	Root	Burned and ash applied on incisions made on joints	83	Dislocated joints
			Leaves	Chewed	—	Stomach disorders
			Root	Decoction, 1 teaspoon drunk 3 times per day	40 + 43 + 122	Cough
X 151	VITACEAE <i>Rhoicissus</i> <i>tridentata</i> (L.f.) Wild & Drummond.	Mutumbaia mbudzana	Root	Decoction used to prepare porridge Maceration is drunk	7 + 114 + unidentified	Blood in faeces To treat pulsating anterior fontanelle in babies
				Powder added to porridge	—	Stomach pain in children 404
			Dry leaves	Decoction is drunk Maceration is drunk	Unidentified Unidentified	Infertility 053 Anti-emetic for children 077

Discussion

The recent interest in traditional medicine arose not only from the fact that some of the prescriptions of the traditional healers may be of benefit to mankind, when thorough research is conducted into their properties, but also from the complications caused by some of the medications used by the same healers. As these complications are usually not reported, they are not easy to record. Most probably, this was the reason why some investigators (Farnsworth, 1980) felt that side-effects of traditional medicine are rarely encountered.

Naturally, the spiritual and magical aspect of the practice cannot be ignored (Gelfand, 1970). However, this can only be important within the affected society. There is no doubt that the traditional healers understand the mentality of their own people better than any European doctor practising in the same area. However, the latter is often confronted with cases of toxic poisoning or even death from medicines prescribed by the traditional healers. For obvious reasons, he cannot effectively treat these toxic poisoning cases unless he knows the exact cause of the illness. So often he questions the patient about the medicines he took and the name of the healer which he consulted, without any success. Therefore, it may be helpful to record the procedures followed and the plants prescribed, in order to pinpoint the cause of certain complications. We realize that this is by no means an easy task.

From our experience in this report, we found that there is no consistency in prescribing a single plant for a specific illness (Table 1). Moreover, the treatment prescribed to cure any illness varies from one healer to another. The fact that there can be more than one plant to treat the same illness, emphasizes the importance of compiling such lists. However, there are many plants listed in Table 1 which are universally recognized as the cure for a specific illness. Therefore, for reasons given earlier, the benefits from investigations such as ours are twofold — to gain from the positive aspects of traditional medicine, and to eradicate, if possible, the harmful effects of some of the medicinal plants used by the traditional healers.

With the present list, we hope to have contributed in achieving these goals. In the meantime, our investigation is still in progress to prepare a more comprehensive list of the plants used medicinally in this part of the world.

Acknowledgements

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