

APPENDIX D

LIST OF NATURAL MEDICINES

NO.	LOCAL	BOTANICAL	PART USED	HOW TO USE	DISEASES TREATED	SIDE EFFECTS	USED BY
1.	KIMBATUMBATU	<u>HELICHRYSUM ODORATISSIMUM</u>	LEAVES	WASH THE LEAVES, CHEW HANDFUL ONCE BEFORE GOING TO BED	COUGHING	NIL	HUMAN BEINGS
2.	IKANGA NGORU	<u>BORRERIA PRICEAE</u>	LEAVES AND STEM	WASH, GRIND, APPLY THE MIXTURE ON THE WOUND, GIVE TO COWS WITH MASTITIS	WOUNDS AND MASTITIS	NIL	HUMAN BEINGS/COWS, GOATS AND PIGS
3.	INGERESA	<u>CONYZA BONARIENSIS</u>	ROOTS	WASH, CHEW HANDFUL	STOMACH PROBLEMS AND FOOD POISONING	USE VERY LITTLE AMOUNT	HUMAN BEINGS
4.	IMAMBALE	<u>VERNONIA GALAMENSIS</u>	LEAVES	WASH AND CHEW	STOMACH PAIN. VERY BITTER, NOT GOOD FOR CHILDREN	TOO MUCH CAUSES NAUSEA AND VOMITING	HUMAN BEINGS
5.	IBERO	<u>PSIDIUM GUAJAVA</u>	TENDER LEAVES	WASH AND CHEW	STOMACH ACHE AND DIARRHOEA	NIL	HUMAN BEINGS AND ANIMALS
6.	IFUUNA	<u>AGERATUM CONYZOIDES</u>	ROOTS	WASH, GRIND, DRINK THE LIQUID	STOMACH PAIN	NIL	HUMAN BEINGS AND ANIMALS
7.	OSODA	<u>LANTANA CAMARA</u>	LEAVES AND FLOWERS	WASH, GRIND, MIX WITH HONEY, DRINK THE LIQUID	FLU AND DRY COUGH	NIL	HUMAN BEINGS

NO.	LOCAL	BOTANICAL	PART USED	HOW TO USE	DISEASES TREATED	SIDE EFFECTS	USED BY
8.	ORUCHU	<u>TODDALIA ASIATICA</u>	LEAVES	WASH THE TENDER LEAVES, GRIND AND DRINK THE LIQUID TWICE A DAY	COUGH	NIL	HUMAN BEINGS/ ANIMALS
9.	KIDOCHA	<u>OPUNTIA VULGARIS</u>	LEAVES	REMOVE ALL THE THORNS FROM THE LEAVES AND CHEW	INDIGESTION AND CONSTIPATION	NIL	ANIMALS
10.	KYAAWE	<u>DRYOPTERI INAEQUALIS</u>	BULBS	WASH, PEEL BULB, GRIND, BOIL, DRINK THE FILTRATE	TAPEWORM, CESTODES, MALARIA, STELEZIA-RHODENSIS – CONTAINS NICLOSAMIDE	NIL	HUMAN BEINGS/ANIMALS
11.	IIFU	<u>CYATHEA STUHLMANNII</u>	YOUNG BULBS	CUT AND WASH, STEEP IN COLD WATER FOR THREE DAYS DRINK THE FILTRATE	HERNIA, AMOEBA, COCCIDIOSIS	NIL	HUMAN BEINGS
12.	VITUNGUU SAUMU	<u>ALLIUM CEPA</u>	BULBS	WASH, USE LIKE VEGETABLE, SALAD OR EAT RAW	BLOOD PRESSURE	NIL	HUMAN BEINGS
13.	KITALEMBO/NCHUNGA	<u>LAUNAEA CORNUTA</u>	LEAVES	WASH, USE LIKE VEGETABLE	STOMACH ULCERS, MEASLES	NIL	HUMAN BEINGS

NO.	LOCAL	BOTANICAL	PART USED	HOW TO USE	DISEASES TREATED	SIDE EFFECTS	USED BY
14.	IKWANDRI	<u>CLERODENDRUM JOHNSTONII</u>	LEAVES	WASH, CHEW.	FOOD POISONING, STOPS DIARRHOEA	NIL	HUMAN BEINGS/ANIMALS
15.	IRAACHA	<u>TABERNAE MONTANA JOHNSTONII</u>	SAP	PUT THE SAP ON A RAW WOUND	INJURY/ WOUND	NIL	HUMAN BEINGS/ANIMALS
16.	MSESEWE	<u>RAUVOLFIA CAFFIRA</u>	ROOTS/TREE BARK	WASH, BOIL, DRINK. OR ROAST AND CHEW	HOOKWORM	USE MODERATELY	HUMAN BEINGS/ANIMALS
17.	IFURUFURU	<u>CROTON MACRO-STACHYUS</u>	TREE BARK/ LEAVES	WASH, MIX WITH NO.18, BOIL, DRINK; BURN DRY LEAVES AND SNIFF THE SMOKE	FEVER, MEASLES, ITCHING, ALLERGY, DIARRHOEA, CONSTIPATION	NIL	HUMAN BEINGS/ANIMALS
18.	IWINU	<u>SENNA DIDYMOBO-TRIYA</u>	DRY LEAVES	WASH, BOIL AND DRINK OR SNIFF THE SMOKE OF DRY LEAVES	ASTHMA, CONSTIPATION	MAY CAUSE DIARRHOEA	HUMAN BEINGS
19.	MDUKA	<u>ALBIZIA SCHIMPERIANA</u>	COLLECT THE SAP FROM STEM	WASH AFFECTED PART, SMEAR SAP ON THE SKIN	SKIN DISEASE	NIL	HUMAN BEINGS/ANIMALS
20.	ISALE LYA CHOFU	<u>ALOE VOLKENSII</u>	SAP	PUT ON THE AFFECTED AREA	EYE DISEASE, BURNS, WOUNDS,	NIL	HUMAN BEINGS/ANIMALS
21.	IRUNG'UNU	<u>ALANGIUM CHINENSE</u>	BARKS	WASH, BOIL AND GIVE THE DECOCTION TO ANIMAL	INFERTILITY AND NOT COMING INTO HEAT	NIL	ANIMALS

NO.	LOCAL	BOTANICAL	PART USED	HOW TO USE	DISEASES TREATED	SIDE EFFECTS	USED BY
22.	IWURUKA	<u>MYRICA SALICIFOLIA</u>	BARKS/ROOTS	GRIND AND MIX WITH BLACK TEA	STOMACH ULCERS, LOSS OF APETITE	NIL	HUMAN BEINGS
23.	MWOWONI	<u>OCOTEA USAMBARENSIS</u>	BARKS	WASH, GRIND, MIX WITH WATER AND DRINK	WORMS, LOSS OF APPETITE; REDUCES SWELLING, ASCIATIS	NIL	HUMAN BEINGS AND ANIMALS
24.	NGESI	<u>EMBELIA SCHIMPERI</u>	SEEDS	WASH, BOIL, CHEW HANDFUL	SEVERE COLD, TAPE WORM	DIARRHOEA	HUMAN BEINGS/ANIMALS
25.	IFIFINA	<u>COMMIPHORA ZIMMERMANNII</u>	ROOTS/BARK	WASH, BOIL, APPLY DECOCTION OR SAP ON AFFECTED TOOTH	TOOTH ACHE	NIL	HUMAN BEINGS
26.	IKASINGO	<u>SYNADENIUM VOLKENSII</u>	SAP	PUT SAP ON THE AFFECTED AREA SEHEMU	ALL SKIN DISEASES. (NDUDU)	DO NOT PUT ON RAW WOUND	HUMAN BEINGS
27.	LALAANGWE NGITU(PARASITE)	<u>LORANTHUS SPP.</u>	LEAVES	GRIND OR BOIL	LOSS OF HEAT	NIL	ANIMALS
28.	MAKOKOO	<u>KALANCHOE DENSIFLORA</u>	LEAVES/STEM	BOIL AND SPONGE	PRESS ON THE SWOLLEN AREA	NIL	HUMAN BEINGS
29.	SHISOIYA	<u>IPOMOEA/BATATUS</u>	STEM AND LEAVES	WASH, GRIND, MIX THE EXTRACT LIQUID WITH WATER AND DRINK.	CONSTIPATION, TO STIMULATE OXYTOCIN HORMONES	NIL	HUMAN BEINGS/ANIMALS

NO.	LOCAL	BOTANICAL	PART USED	HOW TO USE	DISEASES TREATED	SIDE EFFECTS	USED BY
30.	INYIIRI	<u>BASELLA ALBA</u>	LEAVES/ STEMS	WASH, GRIND, MIX WITH A PINCH OF SODIUM BICARBONATE	TO STIMULATE HEAT	NIL	ANIMALS
31.	SHOODOYE SHYA NDIIU		STEM	WASH, GRIND AND SIEVE	NGUU ANAPLASMOSIS CONSTIPATION	NIL	ANIMALS
32.	MWAARIE	<u>BRIDELIA MICRANTHA</u>	TREE BARK	WASH, BOIL, GRIND AND MIX THE LIQUID WITH BEER	COCCIDIOSIS, DIARRHOEA, AMOEBIOSIS, VENERAL DISEASES	URINATE FREQUENTLY	HUMAN BEINGS
33.	KIMANDUKA	<u>PHYLLNTHUS LEUCANTHUS</u>	LEAVES AND STEM	WASH, GRIND AND CHEW TWICE A DAY	TUMOUR IN THE UTERUS; THE LEAF POWDER IS GOOD FOR WOUNDS	NIL	HUMAN BEINGS
34.	INABORU		BULBS	WASH, DRY AND GRIND	USE THE POWDER TO TREAT FOOD POISONING AND UPSET STOMACH	VERY SOUR MONOGAS- TRICS	HUMAN BEINGS
35.	KIBANGASA		LEAVES	BOIL AND EAT	GAS IN THE STOMACH, AMOEBA,	NIL	HUMAN BEINGS
36.	MBALASHO	<u>CAJANUS CAJAN</u>	LEAVES	WASH, BOIL AND DRINK HALF A CUP THRICE A DAY	MEASLES, FEVER. POUR THE LIQUID ON THE PATIENT'S BODY AND WASH HIM	NIL	HUMAN BEINGS
37.	NDUO	<u>SOLANUM INCANUM</u>	ROOTS	WASH, CHEW, OR GRIND AND DRINK THE LIQUID	TO MINIMISE POISON IN FOOD. WOUNDS	NIL	HUMAN BEINGS

NO.	LOCAL	BOTANICAL	PART USED	HOW TO USE	DISEASES TREATED	SIDE EFFECTS	USED BY
38.	CHIMBILILI	<u>SELLAGINELA KRAUSIANA</u>	LEAVES	RUB WELL ON THE BLISTERS	FUNGUS (CELULITIS)	NIL	HUMAN BEINGS
39.	IMBATUMBATU	<u>TITHONIA VERSIFOLIA</u>	LEAVES	GRIND , SIEVE AND GIVE THE LIQUID TO THE ANIMAL	RETAINED PLACENTA	NIL	ANIMALS
40.	MBATA (IUNGU)	<u>PEPONIUM SPP.</u>	LEAVES	GRIND, SIEVE AND GIVE THE LIQUID TO THE ANIMAL	RETAINED PLACENTA	NIL	ANIMALS
41.	ISALE NA IRIDO	<u>DRACAENA SPP. AND MAESA LANCEOLATA</u>	ROOTS	WASH, BOIL AND MIX WITH SOUP OR BLOOD	HELMITHIASIS	ADMINISTER ONLY A SMALL AMOUNT	ANIMALS ESPECIALLY DOGS
42.	KIYA KYA IFUE	<u>HAEMANTHUS MULTIFLORUS</u>	BULBS	APPLY THE LATEX IN THE CERVIX	INFERTILITY. THE COW GETS HEAT AFTER 72 HOURS. POSTAGLANUDS	HORMONAL; CAN CAUSE ABORTION IN PREGNANT ANIMALS	ANIMALS
43.	KYOOLOKA NA RUA	<u>CASSYTHA FILIFORMIS</u>	STEM	WASH, GRIND TOGETHER WITH SODIUM BICARBONATE	NOT GETTING HEAT-SILENT	NIL	ANIMALS
44.	IBAABAI	<u>CARICA PAPAYA AND MUSA SPP.</u>	PLANTAIN ROOTS AND PAPAYA ROOTS	WASH, AND BOIL TOGETHER. DRINK ONCE EARLY IN THE MORNING	GONORRHOEA, NEPHRITIS, TUMOR OF THE KIDNEYS. MAKES THE MEAT TENDER WHEN BOILING.	DO NOT USE DURING THE NIGHT AS IT CAUSES FREQUENT URINATION	HUMAN BEINGS AND MONOGASTRICS

NO.	LOCAL	BOTANICAL	PART USED	HOW TO USE	DISEASES TREATED	SIDE EFFECTS	USED BY
45.	ONAFU	<u>SOLANUM NIGRUM</u>	LEAVES	WASH AND PREPARE AS VEGETABLE	VITAMIN 'K' FOR PREGNANT MOTHER, STOMACH ULCERS	NIL	HUMAN BEINGS
46.	KIFUCHA MUDO	<u>DESMODIUM REPANDUM</u>	LEAVES	WASH, CHEW TWICE A DAY	DIARRHOEA	NIL	HUMAN BEINGS
47.	INUKA	<u>OCIMUM SUAVE</u>	LEAVES	WASH AND CHEW	HEPATITIS, TAKE AWAY GAS IN THE STOMACH, FLY REPELLANT	NIL	HUMAN BEINGS AND MONOGASTRICS
48.	NY'YAMBI	<u>OXALIS CORNICULATA</u>	LEAVES	WASH AND CHEW FREQUENTLY	FEVER, BLOOD PRESSURE	NIL	HUMAN BEINGS
49.	MANLOODA	<u>RUMEX USAMBARENSIS</u>	LEAVES	WASH, CHEW FREQUENTLY	FEVER, BLOOD PRESSURE	NIL	HUMAN BEINGS
50.	NDUU	<u>DIOSCOREA BULBIFERA</u>	BULB	WASH, BOIL, PEEL AND EAT AS FOOD	SKIN DISEASES, BLOOD PRESSURE	NIL	HUMAN BEINGS
51.	IDIDI	<u>ERYTHRINA ABYSSINICA</u>	BARK	WASH, BOIL AND DRINK THE LIQUID	DO NOT EXCEED 8 DAYS	NIL	HUMAN BEINGS
52.	ISHENGE	<u>RICINUS COMMUNIS</u>	SEEDS	WASH, BOIL, SIEVE AND DRINK CUP FULL	LAXATIVE	NIL	HUMAN BEINGS/ANIMALS
53.	NSAADA	<u>OLINIA USAMBARENSIS</u>	TENDER LEAVES	WASH, BOIL, SIEVE AND DRINK. MIX WITH INCENSE, MFURUFURU, MAKINGI MFUKIZIE MGONJWA	HIGH FEVER, MALARIA, HEADACHE, CHEST PAIN	NIL, BUT VERY SOUR	HUMAN BEINGS/ANIMALS

NO.	LOCAL	BOTANICAL	PART USED	HOW TO USE	DISEASES TREATED	SIDE EFFECTS	USED BY
54.	ISHOKOSHOKO	<u>TRIUMFETA FLAVESCENS</u>	LEAVES	WASH AND CHEW. FOR ANIMALS GRIND AND GIVE THEM THE LIQUID	COUGHS, LOSS OF APETITE. UNEASINESS AND DULLNESS	NIL	HUMAN BEINGS/DOGS
55	IKUU	<u>FICUS CAPENSIS</u>	LATEX/ROOTS	WASH, BOIL AND DRINK CUP FULL	TOOTH ACHE AND STOMACH PAIN	NIL	HUMAN BEINGS/ANIMALS
56	ITUNDA LYA NGARA	<u>PASSIFLORA EDULIS</u>	ROOTS	WASH, GRIND AND PUT A DROP IN THE AFFECTED EAR SIX-HOURLY	EAR ACHE	NIL	HUMAN BEINGS/ ANIMALS
57	TANGURINGURI	<u>PEDALIUM</u>	ROOTS	WASH, BOIL, SIEVE AND DRINK THE LIQUID	GONORRHOEA	NOT TO BE TAKEN BY PREGNANT MOTHERS	HUMAN BEINGS/ANIMALS
58	KWERIWERI	<u>RUMEX</u>	ROOTS	WASH, GRIND AND DRINK	STOMACH ULCERS, BOIL	NIL	HUMAN BEINGS/ANIMALS
59	KITARICHE	<u>RUBIA CORDIFOLIA</u>	ROOTS	WASH, GRIND AND DRINK	STOMACH PAIN, FOOT AND MOUTH DISEASE	NIL	HUMAN BEINGS/ANIMLAS
60	MLAMBA	<u>ADANSONIA DIGITATA</u>	ROOTS AND BARK	WASH, BOIL, GRIND, AND DRINK	HIGH FEVER, GOOD FOR CONVALESCENCE AND FATIGUE. IN ANIMALS IT IS USED TO WASH A NEWLY BORN WEAK CALF.	NIL	HUMAN BEINGS/ANIMALS

NO.	LOCAL	BOTANICAL	PART USED	HOW TO USE	DISEASES TREATED	SIDE EFFECTS	USED BY
61.	BAMIA	<u><i>HYBISCUS ESCYLEANTUS</i></u>	FRUIT	WASH, PREPARE AS VEGETABLE. GRIND AND GIVE TO COWS.	CONSTIPATION, ESPECIALLY WITH ANAPLASMOSIS	NIL	HUMAN BEINGS/ANIMALS
62.	BANGI	<u><i>CANNABIS SATIVA</i></u>	TENDER LEAVES	WASH, GRIND AND PUT IN THE AFFECTED EAR	EAR ACHE (OTITIS MEDIA)	POISON IF IT IS USED LIKE CIGARETTE	HUMAN BEINGS
63.	BILIBILI	<u><i>CAPASICUM SPP.</i></u>	FRUIT	WASH, CHEW OR PUT IN THE FOOD	INCREASE APETITE, GUMBORO IN CHICKEN OR INFECTIOUS BURSITIS DISEASE (IBD)	DO NOT USE IF YOU HAVE STOMACH ULCERS AND DO NOT RUB IN THE EYES.	HUMAN BEINGS/CHICKEN
64.	BANGI	<u><i>TAGETES MINUTA</i></u>	LEAVES	WASH, GRIND MIX WITH LUKEWARM WATER, AND BATHE THE SICK.	RASHES AND ITCHING	NIL	HUMAN BEINGS/ANIMLAS
65.	MOOKO	<u><i>MANIHOT ESCULENTA</i></u>	TENDER LEAVES	WASH, USE AS VEGETABLE	ANEMIA/IN PREGNANT MOTHERS	NIL	HUMAN BEINGS
66.	KIMARORO	<u><i>COMBRETUM MOLLE</i></u>	ROOTS	WASH, BOIL AND DRINK	HOOKWORM, DYSENTRY, SNAKE BITE, SMALL POX, OEDEMA	NIL, BUT NOT TO BE USED BY PREGNANT MOTHER	HUMAN BEINGS/ANIMALS
67.	NTUNDURU	<u><i>VERNONIA SPP.</i></u>	LEAVES	WASH, GRIND, MIX WITH A LITTLE WATER AND DRINK HALF CUP FULL	CHEST PAIN, CONSTIPATION	NIL	COWS

NO.	LOCAL	BOTANICAL	PART USED	HOW TO USE	DISEASES TREATED	SIDE EFFECTS	USED BY
68.	ITAREEMBE	<u>DODONEA VISCOSA</u>	LEAVES	WASH, GRIND , SIEVE AND TAKE	GOOD FOR INFANTS WITH STOMACH UPSET	NIL	HUMAN BEINGS
69.	KIMANGANU	<u>EUPHORBIA INAQUILATERA</u>	SEEDS	BURN AND DIRECT THE SMOKE ON THE TOOTHACHE	TOOTH ACHE ESPECIALLY ONE WHICH HAS A HOLE	NIL, AND MAKE SURE YOU DON'T EAT THE SEEDS	HUMAN BEINGS
70.	IKENGERE	<u>COMMELINA BENGHALENSIS</u>	LEAVES/BUDS	WASH, GRIND, AND ADMINISTER	CONSTIPATION	NIL	ANIMALS
71.	NDIU	<u>CYPERUS ROTUNDUS</u>	FLOWERS	WASH, RUB AGAINST GUMS	TO SPEED UP TEETHING PROCESS	NIL	HUMAN BEINGS
72.	MUWA O SAMU	<u>SACCHANUM OFFICIANARUM</u>	BULB	WASH, PEEL AND EAT	YELLOW FEVER AND DIABETES	NIL	HUMAN BEINGS
73.	ISALE	<u>DRACAENA AFROMONTANA</u>	ROOTS	WASH AND BOIL	HOOKWORM AND CAUSES DIARRHOEA	NIL	HUMAN BEINGS
			LEAVES	WASH, CHEW AND GURGLE JUST A HANDFUL	TAKES AWAY BAD ODOUR IN THE MOUTH AND GIVES FRESH BREATH	NIL	HUMAN BEINGS
74.	NG'INDA YA NCHAARE	<u>MUSSA SPP.</u>	ROOTS	WASH, BOIL, DRINK ONE CUPFUL TWICE A DAY	OEDEMA	NIL BUT DO NOT USE DURING THE NIGHT AS IT CAUSES FREQUENT URINATING	HUMAN BEINGS
75.	KYA KYEEKOO	<u>DISCOREA TRIFIDA</u>	LEAVES	WASH, GRIND AND RUB ON THE FOREHEAD	HEADACHE	NIL	HUMAN BEINGS

NO.	LOCAL	BOTANICAL	PART USED	HOW TO USE	DISEASES TREATED	SIDE EFFECTS	USED BY
76.	MFUMU	<u><i>FICUS THORNINGII</i></u>	YOUNG ROOTS	WASH, GRIND, MIX WITH CANNABIS SATIVA AND CHEW A HANDFUL BEFORE GOING TO BED FOR THREE DAYS	BLOOD PRESSURE	NIL	HUMAN BEINGS
77.	ITONGOWIRO	<u><i>CUCUMIS SPP.</i></u>	LEAVES	WASH, CHEW THE LEAVES	GAS IN THE STOMACH	NIL	HUMAN BEINGS
78.	ITONGOWIRO LYA KASA	<u><i>CUCUMIS MINIMA</i></u>	DRY FRUIT	WASH, BOIL AND DRINK 250CC ONCE A DAY	CHESTBURN AND ACID	NIL BUT CAN CAUSE VOMITING IF USED IN EXCESS	HUMAN BEINGS
79.	ONANAA	<u><i>INDIGOFERA ARRECTA</i></u>	ROOTS	WASH, AND CHEW A HANDFUL	STOMACH ACHE; BAIT IN TRAPPING MOLE, RAT	NIL	HUMAN BEINGS/ANIMALS
80.	KISASAIYA	<u><i>SANICULA ALATA</i></u>	ROOTS	WASH, CHEW ON THE TOOTHACE GRIND, SNIFF	TO EASE TOOTH ACHE HEADACHE	NIL	HUMAN BEINGS
81.	IBANGASA	<i>VIGNA VEXILLATA</i>	LEAVES	WASH, PREPARE AS VEGETABLE	AMOEBIA	NIL	HUMAN BEINGS
82.	YEEMBE	<u><i>MANGIFERA INDICA</i></u>	BARK	WASH, BOIL, GRIND, MIX WITH HONEY AND DRINK	LOW BLOOD PRESSURE	NIL	HUMAN BEINGS

NO.	LOCAL	BOTANICAL	PART USED	HOW TO USE	DISEASES TREATED	SIDE EFFECTS	USED BY
83.	MBALASHO	<u>CAJANUS CAJAN</u>	LEAVES	WASH, BOIL & BATHE THE PATIENT WITH DECOCTION	MEASLES, HIGH FEVER	NIL	HUMAN BEINGS
84.	KYUMBURA	<u>CLUTIA ABYSSINICA</u>	DRY YELLOW LEAVES	WASH, CHEW AND SWALLOW	COUGH	NIL	HUMAN BEINGS
85.	MRINDWA	<u>BERSAMA ABYSSINICA</u>	LEAVES ROOTS	WASH, CHEW, GRIND AND DRINK THE LIQUID OR SNIFF LIKE SNUFF MASH, SIEVE. DRINK THRICE A DAY	FLU, WORMS IN INFANTS. EPILEPSY, HAEMORRHOIDES, MEDICINE TO WASH WOUNDS	NIL BUT CAN CAUSE DIARRHOEA IF USED IN EXCESS	HUMAN BEINGS/ANIMALS
86.	MSHIMBAMBA KIRUMAACHI	<u>RHAMNUS PRINOIDES</u>	ROOTS	WASH, GRIND, BOIL WITH MEAT OR BONES AND DRINK THE SOUP	GONORRHOEA RHEUMATISM	NIL BUT CAN CAUSE FREQUENT URINATING IF USED IN EXCESS	HUMAN BEINGS

NO.	LOCAL	BOTANICAL	PART USED	HOW TO USE	DISEASES TREATED	SIDE EFFECTS	USED BY
87.	MWAANGA	<u>HAGENIA</u> <u>ABYSSINICA</u>	ROOTS FLOWERS BARK	WASH, BOIL WITH MEAT AND DRINK THE SOUP FLOWERS OF FEMALE PLANTS - DRIED AND EATEN GRIND, MIX WITH COLD WATER AND DRINK	MALARIA TAPE WORM STOMACHACHE WITH DIARRHOEA	IT SHOULD NOT BE USED BY A PREGNANT MOTHER AS IT CAUSES ABORTION NIL NIL	HUMAN BEINGS/ANIMALS
88.	IDUDUU	<u>VERNONIA</u> <u>AURICULIFERA</u>	TENDER LEAVES LEAVES	WASH, GRIND, MIX WITH BUTTER GRIND DRY LEAVES AND PUT ON THE WOUND	AMOEBA NOSE BLEEDING	NIL NIL	HUMAN BEINGS
90.	IMANLIMILIMI	<u>RUMEX</u> <u>BEQUAERTII</u>	BULB	WASH, CHEW AND SWALLOW	STOMACH ULCERS AND TOOTH ACHE	NIL BUT CAN CAUSE DIARRHOEA IF USED IN EXCESS	HUMAN BEINGS/ ANIMALS
91.	IWURUKA	<u>MYRICA</u> <u>SALICIFOLIA</u>	BARK	WASH, DRY OUTSIDE OR USING CHARCOAL. GRIND, SIEVE, AND PUT ONE TEASPOONFUL IN ONE GLASS OF HOT WATER OR TEA.	BOIL, AMOEBA, SNIFF THE DRY BARK TO TREAT FLU OR HEADACHE	NIL	HUMAN BEINGS

NO.	LOCAL	BOTANICAL	PART USED	HOW TO USE	DISEASES TREATED	SIDE EFFECTS	USED BY
92.	YAAMBADA	<u>DRYMARIA</u> <u>CORDATA</u>	LEAVES	WASH, GRIND AND SNIFF	HEADACHE	NIL	HUMAN BEINGS
93.	KINYJOMBA	<u>JUSTICIA</u> <u>METAMENSIS</u>	LEAVES	PREPARE AS VEGETABLE. IT HAS VITAMIN 'K'	ANAEMIA IN PREGNANT MOTHERS	NIL	HUMAN BEINGS/ANIMALS
94.	KAAWA	<u>COFFEA ARABICA</u>	FRUIT	WASH, BOIL WITH MEAT	MEAT TENDERISER TAKES AWAY GAS IN THE STOMACH	NIL	HUMAN BEINGS
95.	ILIMAO	<u>CITRUS LIMON</u>	FRUIT	WASH, SQUEEZE, SIEVE, MIX THE JUICE WITH BLACK TEA AND DRINK.	FLU, INDIGESTION	NIL	HUMAN BEINGS
			LEAVES	WASH, BOIL, ADD A PINCH OF SODIUM BICARBONATE	COUGH, PYREXIA	NIL	HUMAN BEINGS
96.	OBANI	<u>EUCALYPTUS</u> <u>SPP.</u>	LEAVES	WASH, BOIL AND INCENSE	FEVER AND FATIGUE	NIL	HUMAN BEINGS
97.	IMUMU	<u>KIGELIA</u> <u>AFRICANA</u>	FRUIT	WASH, DRY AND MIX WITH LIQUOR TO MAKE IT STRONG	NONE APART FROM MAKING LIQUOR STRONG	NIL	HUMAN BEINGS
			BARK	WASH AND BOIL	MALNUTRITION	NIL	HUMAN BEINGS