

MINISTRY OF HEALTH

NATURAL CHEMOTHERAPEUTICS RESEARCH LABORATORY

ETHNOMEDICINE IN UGANDA

PART SIX

**ETHNOBOTANICAL AND TRADITIONAL HEALERS SURVEY OF
BUNDIBUGYO DISTRICT**

BY

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TABLE OF CONTENTS

1.	ACKNOWLEDEMENT.....	2
2.	CHAPTER ONE:	
	Introduction	4
	Aims of the Mission	5
	Geographical Background of Bundibugyo District.....	6
	Health Facilities	7
	Itinerary	8
3.	CHAPTER TWO:	
	Methodology	11
	Summary of Activities of the Mission	12
	Results	15
	List of Officials who facilitated the mission	17
	List of Traditional Healers Interviewed.....	18
	List of Medicinal Plants submitted and Identified.....	28
	List of Medicinal Plants submitted and partially identified but awaiting confirmation.....	31
	List of plant materials submitted but insufficient for Scientific Identification.....	33
	List of medicinal plants submitted but still require identification	35
	List of Medicinal plants mentioned but not submitted...	36
	Non-Vegetable Materials mentioned.....	49
4.	CHAPTER THREE:	
	Common illness and their Treatment.....	50
5.	CHAPTER FOUR:	
	Analysis and Discussion of the Responses to the Questionnaire on the Traditional Healers.....	103
	Problems requiring Attention.....	115
6.	GLOSSARY OF MEDICAL AND TECHNICAL TERMS.....	116

CHAPTER ONE

1.0 INTRODUCTION

This is a report by a multi-disciplinary team which undertook an ethnomedico-botanical research survey in Bundibugyo District, Uganda, from 14th to 22nd February 1993.

This is the 6th of a series of such surveys to be carried out in Uganda during the period of the Health Service Rehabilitation Project financed by a loan from the African Development Bank(ADB).

"The team consisted of 5 Scientists and three Technicians based at the Natural Chemotherapeutics Research Laboratory Wandegaya, of the Ministry of Health and one Medical Doctor from the Pharmacology and Therapeutics Department, Makerere Medical School.

The Natural Chemotherapeutics Research Laboratory was set up soon after Uganda attained her political independence with the aim of "Investigating and validating the claims made by Traditional Healers on the efficacy of medicinal plants, other natural products and all other methods used in the treatment of various diseases.

It is hoped that the surveys will enable the Laboratory to interact with Traditional Healers and will gather the necessary information which will form the basis for implementing the recommendation made by the Health Policy Review Commission (1987) concerning Traditional medical Practices in Uganda set out below:

- i) The Ministry of Health should work closely with Traditional Healers in order to achieve "Health for all by the year 2000". They should be members of the Health team at local community level and should be welcome to participate in Primary Health care;
- ii) Traditional Healers should be encouraged to form a National Associations which should be the nucleus through which the Ministry of Health should regulate and supervise their practises;
- iii) The Ministry of Health should arrange appropriate training programmes for Traditional Practitioners such as Traditional Birth Attendant and Bone setters.
- iv) Referral of patients between Medical Practitioners and Traditional Healers should be open and acceptable;
- v) The Natural Chemotherapeutics Research Laboratory should be strengthened so as to carry out applied Research on such aspects as packaging and bottling of traditional medicine.
- vi) Land should be available to grow Medicinal plants identified by the Traditional Healers and for preservation of some of the identified species.

1.1 Aims of the Mission

The aims of the mission were to survey Traditional Healers in Bundibugyo Districts with the view of:-

- i) Identifying and registering them.

- ii) Collecting information concerning ethnomedical practices in the area.
- iii) Collecting their views on the need for the formation of a National Association of Traditional Healers in Uganda.
- iv) Locating, collecting and identifying medicinal plants commonly used in the District.

1.2 Geographical Background of Bundibugyo District

Bundibugyo District is an administrative area which was carved out of the former Toro District. It is located at the extreme West of Uganda (see Map I). It is hidden behind the ranges of the Rwenzori Mountains, Internationally known as "Mountains of the Moon".

It is sandwiched between the Republic of Zaire in the West and Kabarole District to the East. It shares the boarder with the new District of Kibale and Lake Albert in the North (Map 2).

Bundibugyo has diverse physical features;

The southern area lies between 2100-3000m. above sea-level. The massif rises from North to South sloping westward.

The Western side forms a plateau and is densely populated. The main agricultural activities in this area are planting bananas intercropped with coffee or cocoa and growing other food crops.

At a higher elevation above the plateau there is the dense tropical rain forest zone. Ituri forest, the home of 200-300 Bambuti pygmy tribe is located in this zone.

The Bambo zone lies above the rain forest zone. The health invigorating vegetation is associated with an alpine climate.

The North consists of a lowland. The Semiliki basin lies between 500-3600m. above sea-level. It is transversed by several meandering streams which drain into Lake Albert. The biggest stream is River Semiliki from which this basin derives its name. There are several hot springs in this zone.

In this Lowland region, there is a small group of people who herd cattle while others are engaged in fishing along the shores of Lake Albert.

The Majority of the inhabitants are of the Bamba(singular Mwamba) tribe who speak Lubwesi and Lwamba languages. The second largest tribe are the Bakonjo(singular Mukonjo) who speak the Lukonjo. The Plateau is occupied mainly by the Batuku who speak the Lutuku language which is akin to Lutoro.

The population of Bundibugyo (1990 Census) is 116,000 of which 58,500 are female and 57,500 male giving a ratio of approximately 1:1.

1.3 Health Facilities

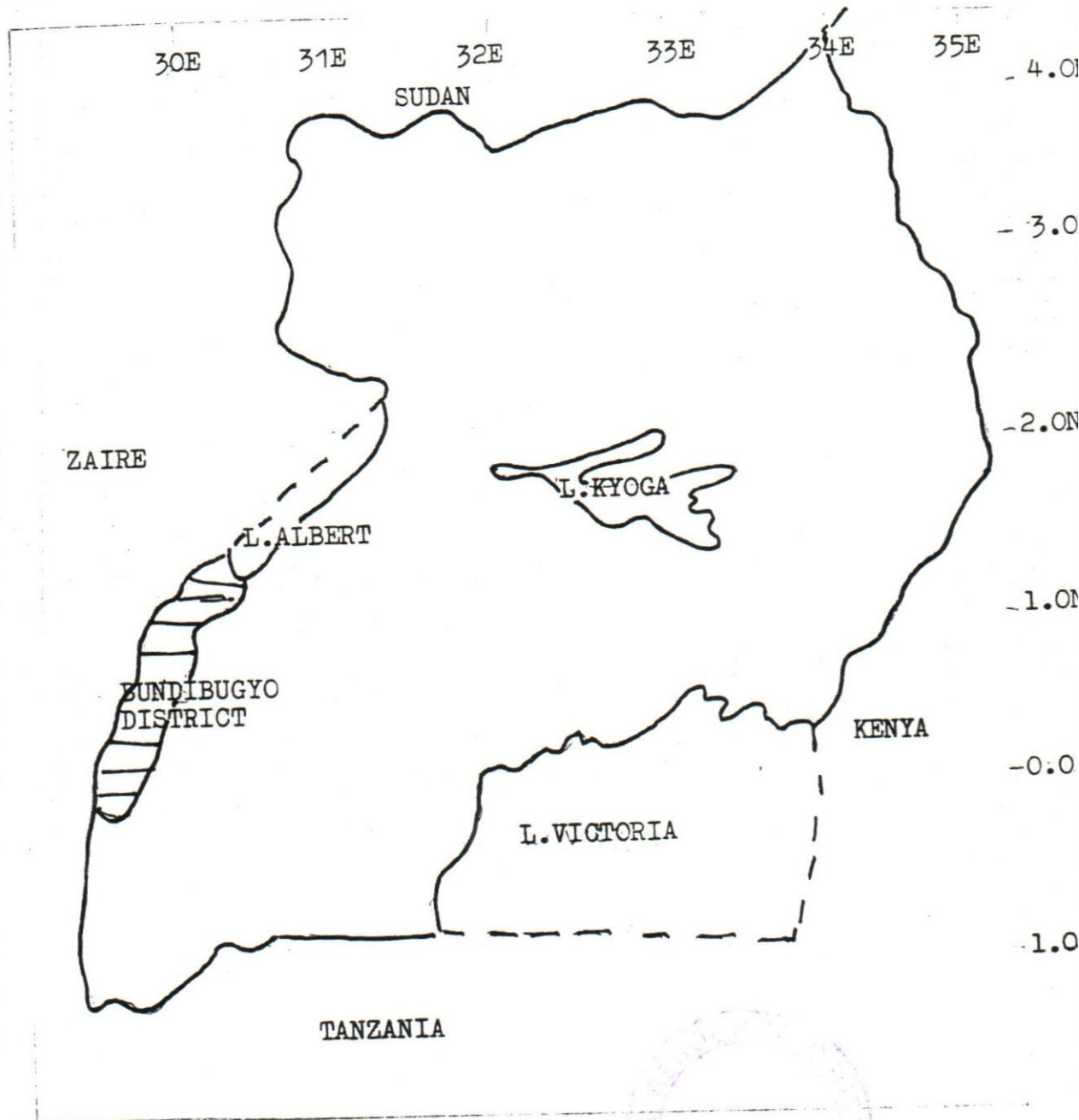
There is Bundibugyo Hospital which is a 100 bed Hospital. There are 2 Health Centres, 4 Dispensaries and 9 sub dispensaries scattered all over the District. There appears to be an outcry of drugs in most of these Health Units. Some Non Government Organization like GTZ and World Vision International are assisting in rehabilitating these units as well as providing the essential drugs.

1.4 Itinerary

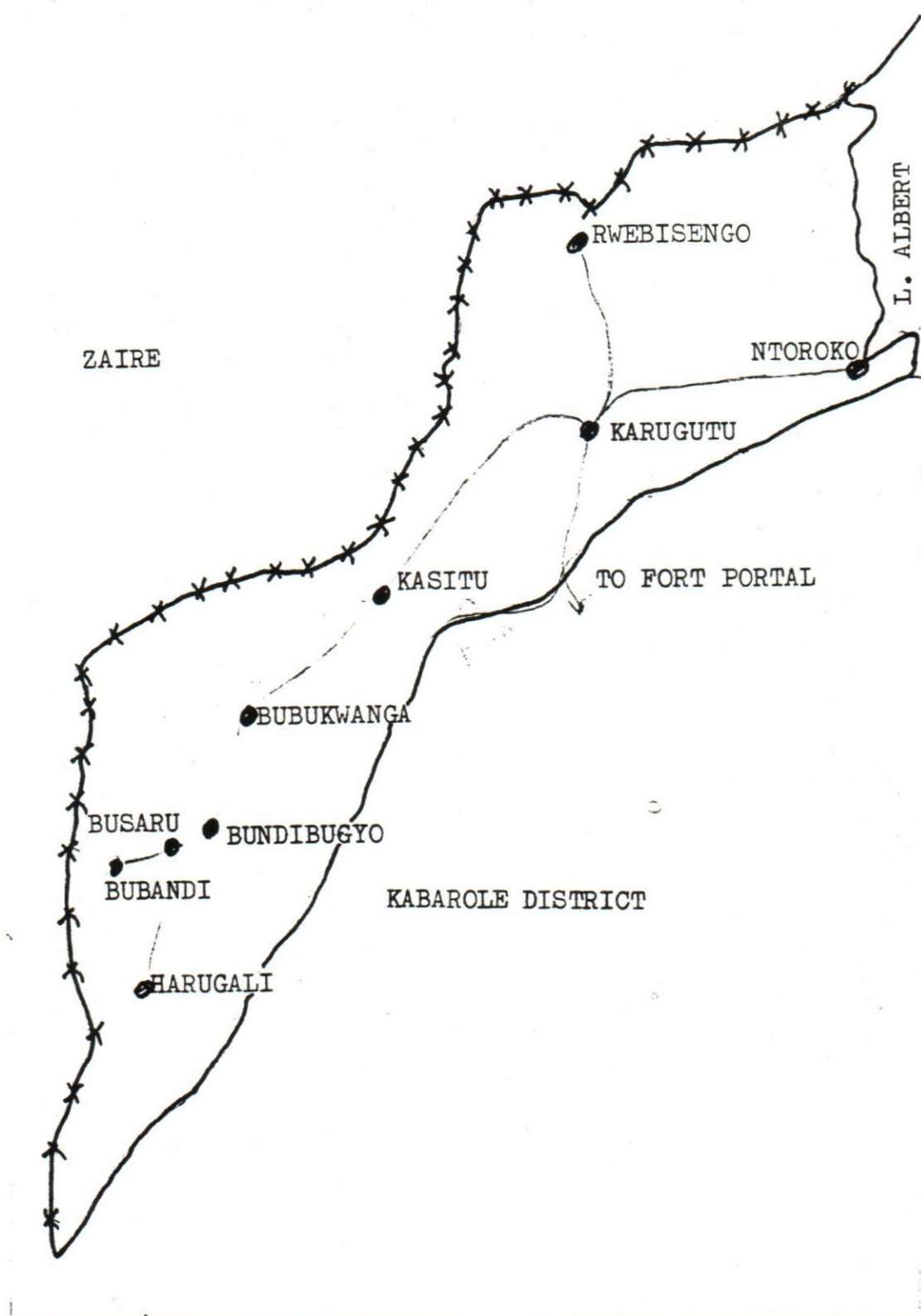
DATE	MEETING PLACE	SUB-COUNTY
14.2.93	Travel from Kampala to Bundibugyo Town	
15.2.93	Bubandi Sub County Headquarters	Bubandi
16.2.93	Busaru Sub-County Headquarters	Busaru
17.2.93	Harugali Sub-County Headquarters	Harugali
18.2.93	Bundibugyo Hospital	Bundibugyo Town
19.2.93	Bubukwango Sub-County Headquarters	Bubukwango
20.2.93 Morning	Kasitu Sub-County Headquarters	Kasitu
Afternoon	Karugutu Sub County Headquarters	Karugutu
21.2.93 Morning	Rwebisengo Sub County Headquarters	Rwebisengo
Afternoon	Rwangara Sub County Headquarters	Rwangara
22.2.93	Ntoroko Fishing Village	Ntoroko
23.3.93	Return to Kampala	

The itinerary shown in Table I was agreed upon by the officials of Bundibugyo District and the Presurvey Team before commencement of the survey.

MAP I : SKETCH MAP OF UGANDA SHOWING LOCATION OF
BUNDIBUGYO DISTRICT



MAP 2: SKETCH MAP OF BUNDIBUGYO DISTRICT
SHOWING ROUTE AND LOCATIONS VISITED DURING THE SURVEY



CHAPTER TWO

2.0 Methodology:

The survey was conducted in two parts due to the difficult terrain of the District. The survey team was based at Bundibugyo Township for the first seven days and at Fort Portal for the remaining period. Each day the team visited a sub-county Headquarter or Health Centre where the interviews were conducted. The meeting commenced at about 10.00 O'clock to allow time for the Traditional Healers to arrive at the centres and the team to review the previous days work. Such reviews would have been done in the night if the town was served with electricity.

The team was introduced to the Traditional Healers by the District Health Educator, the District Chairman and the Secretary of Uganda ne Ddagala Lyayo Association.

The Team Leader then briefed the Traditional healers and the Local Officials on the aims of the mission. The team divided itself into five groups. Each Traditional Healers was then interviewed individually. The responses were recorded on the information sheet. The plant samples were collected and kept in plant press for identification and preservation in the herbarium.

The daily activities are summarised in Table II

TABLE II SUMMARY OF THE ACTIVITIES OF THE MISSION

DATE	ACTIVITY	DESTINATION & LOCATION	NOS OF THS INTER- VIEWED	COMMENTS
14-2-1993	Depature from kampala a route to Bundibugyo	Bundibugyo	-	Rained right from kampala to Bundibugo. The Road was rough as many vehicles got stuck along the road. Reached Bundibugo around 8:30 after a puncture within 10 miles.
15-2-1993	Travelled to Bubandi Sub-county Head- quarters after paying a courteny call to DMO	Bubandi sub county Headquaters	36	Many Tradi- tional Healers turned up all. Interview- ing was done from 10'0 clock to 4 p.m

16-2-1993	The team visited Busaru Sub Dispensary	Busaru Sub county Dispensary	59	The biggest turn up of Traditional healers. The team interviewed them from 10-5pm. The road was almost impassable
17-2-1993	Visited Harugale Sub county Headquarters	Harugale Sub county Headquarter	28	Well received and worked up to 3 p.m
18-2-1993	Worked in Bundibugyo Hospital	Bundibugyo Hospital	25	Most Traditional Healers who were not interviewed from Busaru turned up. Otherwise most Traditional Healers prefer to discuss their medicine at home
19-2-1993	Visited Bubukwaga Health Centre	Bubukwaga Health Centre	15	Traditional Healers were not informed but we sent messages and a good number of them turned up.

20-2-1993 MORNING	Leave Bundibugyo enroute back pass to kasitu Trading Centre	Kasitu Trading Centre	15	Traditional Healers were not informed but we sent messages and a good number of them turned up.
AFTERNOON	KARUGUTU	Karugutu Sub county Headquarter moved to Fortpotal	-	Arrived at 3 p.m to find that the Traditiona l Healers had left and we made an appointment to meet them next day.
21-2-1993	Moved to Karugutu and left a team while another travelled to Rwebisego	Karugutu Rwebisengo	7	
22-2-1993	Left early morning for Ntoroko fishing village. Arrived at 10'0 clock.	Ntoroko Fishing Village	2	They claimed that they had not received informa- tion. The place lack basic hygienic facilities

2.1 RESULTS

Table III is a list of officials who actively facilitated the activities of the mission.

The names, ages, and location addresses of 216 Traditional Healers who were interviewed and given in Table IV.

A Total of 54 specimens medicinal plants were submitted by the Traditional Healers and were botanically identified by the survey team. Table V gives an alphabetical list of the medicinal plants in the local language and their corresponding scientific names.

Table VI gives a list of 33 plants which were submitted by the Traditional Healers and the specimens had sufficient features for identifications but still required confirmation by the time this report was published.

Table VII is a list of 33 plants which were submitted by the Traditional Healers but the specimens did not have sufficient features for identification.

Table VIII is a list of 19 plants which still require identification.

Table IX is a list of 352 plants which were mentioned by the Traditional Healers but the specimens were not submitted.

Table X gives a list of 25 nonvegetable materials used in ethnomedical practice.

Chapter Three gives the details of the information on the recipes of herbal preparations used for the treatment of some common diseases.

Lastly Chapter four gives a detailed analysis of the responses to the questionnaire on Traditional Healers.

TABLE III: LIST OF OFFICIALS WHO FACILITATED THE MISSION

1.	MR. JOAB MUTANGA	-	DISTRICT ADMINISTRATOR (DA)
2.	DR. JOHN MARUHE	-	DISTRICT MEDICAL OFFICER (DMO)
3.	MR. SENGU BUGUNZI	-	DISTRICT EXECUTIVE SECRETARY (DES)
4.	MR. WILLIAM MUTABAZI	-	POLITICAL MOBILIZER (DA'S OFFICE)
5.	MR. BASALISA J. KIIZA	-	DISTRICT HEALTH INSPECTOR (DHI)
6.	MR. JAMES B. NDYEZIKA	-	ACTING DISTRICT HEALTH EDUCATOR (Ag. DHE)
7.	MR. STEPHEN MPWERWA	-	YOUTH ORGANISER/CULTURE OFFICER
8.	MS CELINA BIIRA	-	HEALTH EDUCATOR
9.	MR. PATRICK BALINDA	-	DISTRICT CHAIRMAN - UGANDA NEDDAGALA LYAYO
10.	MR. PAULINO BAKASIIMA	-	DISTRICT SECRETARY - UGANDA NEDDAGALA LYAYO.
11.	MR. HABIB BALINDA	-	VICE-CHAIRMAN - RC II NTOROKO FISHING VILLAGE
12.	MR. JOE KACHWAKENDE	-	CHAIRMAN RC III KASITU SUB-COUNTY
13.	MS ROSE BAJOBE	-	CASHIER, KASITU SUB-COUNTY

TABLE IV: LIST OF TRADITIONAL HEALERS INTERVIEWED IN
BUNDIBUGYO DISTRICT
BUBANDI SUB-COUNTY

	NAME	AGE	ADDRESS
1.	AMENGO GRACE	40	BUBANDI II
2.	BABUTE METHODIUS	35	BUBIMBUGHA
3.	BAGIBIANI CHARLES	20	BUNIKAHOONA
4.	BAGOGOLE DANNY	76	BUNDIHONDO
5.	BAHEMUKA JAMES	33	BUBANDI II
6.	BALIBEI YORAMU	68	BUNSERU
7.	BAKASIIMA PALILINO	40	BUSARU
8.	BAKECHURA YOZONIA	67	NAMBALO V
9.	BALINDA ESTHER (MRS)	24	NGITE
10.	BAMWENDA YOFESI	19	KITENGIA
11.	BATIGWA YUNIYA	50	KYEBUMBA
12.	BAKANYAGWA JAILENSI	41	BUBANDI I
13.	BUKAMBIMBIKA EVANICE	37	BUNDIBUGOMA
14.	BUKEBWABWE CRUSTIKA	48	NAMBALU
15.	BUKEBWABWU YOZONIA	45	NAMBALO
16.	BUSUMBAGYA EDREDA	45	BUNDIKAHUNGU
17.	BYABANAGE SABINA	62	BABANDI
18.	DUNGUDANI VALOYA	60	NAMBALO
19.	EGOBIYA IDDI	70	BUNDINGOMA (IV)
20.	FESA MUHAMED	50	BUNDIHONDO
21.	KABAGAMBE EVA	60	BUBANDI
22.	KANUGU JOHN	45	BUNDIKAWUVU
23.	KANJUBURA BETRACE	44	NAMBALO
24.	KITHOMA MATTE	25	DUGUTU

25.	KIRANGA	40	BUNIBUGA
26.	KIYOBE RAMADAN	50	KIDUBO
27.	KYALIMBA FREDRICK	20	NAMUGAJU
28.	KYEBIMBA ERIA	52	BUNDIBUGA
29.	MALARIO VALANTINO	70	KABERE
30.	MAWA SALMONA	56	NYAGONDA
31.	MUHENDO JOHN	32	BUNDIKAHUNDO
32.	NABAWA P' SEDA	46	GONE
33.	NAMBAWANI MARY	50	MUSALAMU
34.	NDIBAMALISA MAMBALEWO	-	NYAMBARU
35.	NKAGUMERA FREDERISI	85	BUNDIGOMA
36.	SULUBYA ABDU	46	BUNDINJONJA
37.	TABITA MAGADALENA	47	BUNINZONGI

BUSARU SUB-COUNTY

38.	AGUMA MANKISERIA	28	BULIREYA
39.	ARAJU P.	42	BUTAMA (III)
40.	BABONGISHA EVAKETI	68	MIRAMBI
41.	BAKALA JUNIA	42	BUGOMBA HARUGALE
42.	BALISIIMA ESTHER	55	KISUBA
43.	BAMUKWAKI SULAIMAN	50	HAKITARA (III)
44.	BANSENDA JAIRENSI	56	NYAHUNGU
45.	BANIGE ADREA	47	NAKUKINDO (I)
46.	BASALIZA B.	45	BUMBOZI

47.	BARASIRAKI PETRO	52	BUSARU
48.	BIIRA ALICE	35	KISELIMBYA
49.	BIIRA ELIZABETH	53	BUTAMA (IV)
50.	BIIRA JONA	53	BUTAMA (II)
51.	BIHILISIA EDRONA	49	KITARA
52.	BOKA SILVANO	40	BUFENE
53.	BUKANJARERA ESTERZIA	55	KITARA I
54.	BUKAMBIMIRA BENA	35	BUSALE
55.	BUJUNI EDIREDA	51	ISERIMBWA
56.	BUTAMANYA YUDESI	40	NYAKAKINDO
57.	BWAMBWA MARIA	35	BUGOMBWA HARUGELE
58.	BWAMBALE FLORENCE	39	BUTAMA (II)
59.	ITIMA EOREDA	50	EASAMU CENTRAL
60.	KABOHO JOREME	32	BULIREYA
61.	KABONESA PERIDASI	34	BUSARU
62.	KAMOCHERE YOHANA	80	BUTAMA
63.	KAMUCERE ALICE	60	BUTAMA III
64.	KINABA JOHN	60	BUSENGERWA
65.	KISIRI PETRO	65	BUNDIKAWUKA (I)
66.	KOMBEKERA EVASTER	35	NGISIA
67.	KUKAMBIMBIRA BENA	35	BUSALE
68.	KWEMANILYA MARIA	-	BOBOMBOLI
69.	LIMBUNDIRO MILYERI	80	BULAMBI
70.	MUCHIAKAMBI HUSSENI	70	BOMBOLI (II)
71.	MUCHUBA LUUSI	38	HARUGALE KISONGO
72.	MUHINDO BEATRICE	40	KISONGA BUTAMA
73.	MUHINDO ANITA	42	BUTAMA (IV)
74.	MUJOMBO STEFANO	30	BURIMEYO

75.	MUKENDO HUSSEIN	30	TAMATU
76.	MUKE YOKASI	75	BUSARU CENTRAL
77.	MUNGANGA YEREMIA	53	BUTAMA (II)
78.	MBAMBU JOYCE	45	BUTAMA (II)
79.	MEAMBU JOJINA	50	BUTAMA (II)
80.	NANJARA ASIONIA	40	KINYANJE
81.	NGAUKIBA EVAKETI	70	KITALA
82.	NGIAMRINDU MATAYO	59	BUMBURI
83.	NGANDA WILSON	37	BUSARU
84.	NGIRI DOVICO	45	BUMATTE
85.	NGONJA JEPHENIA	59	BUMATTE
86.	NGURU KIZZA MUAMINI(MRS)	43	KISIRIMBWE
87.	NKABASALIKA E.	50	BUTAMA (III)
88.	NYAMWAKA SARAH	24	KYABUGA
89.	NYAMUNOBWA NYANSIO	50	KITALAWE
90.	NYANZI SABAN	73	KISERINBWE
91.	SIKALUME GERISON	60	BUSARU
92.	SIKIBOBO FLASIA	42	BUGOMBWA
93.	SWIKI YUNEKI	42	ZAHURA
94.	TEMBO IDDI	25	ZAHURA
95.	TIMBANAYE FRAZIL	-	KITALA
96.	TURUMA	40	NAKALINDU
97.	VAHUMAWE ABDU	35	BUMATTE

HARUGALE SUB COUNTY

98.	BASEKA AUSENI	29	NYALULU
99.	BIIRA MILLY	32	IZAHURA
100	BIIRA NUSURA	45	BUKAGAMA (II)
101	BIIRA TEROLINA	56	KIDUNGU
102	EULAKA MATOVU JUMA	40	KASANJA
103	BWAMBALE NURU	-	BUGANIKERE
104	HUNGU ANAMARIA	38	BUKENGANA (II)
105	ITUNGO DORISI	50	BUTAMA
106	ITUNGU ANAMASIA	38	BUKAGAME (I)
107	ITHUNGU ALICE	40	KASANZI
108	KABUGO ELIZABETH	35	KABINGO
109	KABUGHO JOYCE	35	BUKAMU (I)
110	KABUGHO FEB	35	BUKANGAMA
111	KIBIKYABU KITALIBARA ALI	30	KASULENGE
112	KINYANGWA FATUMA	60	BUUMBA (I)
113	KASEREKANET BONIFACA	32	BUMATE
114	KIZZA YUSUFINA	40	BUKAGANA (II)
115	KULE THOMAS	45	BUNDIBUGA
116	MATTE AMISI	65	BULIMBA
117	MATTE YOKANIA	50	BUKANGAMA
118	MATTE KAHAMBA MUHAMADI	45	KIHOKO (I)
119	MUBERE MAJUMA	40	BUKAGAMA (II)
120	MUHINDO DANERI	40	BUMATE
121	MUKIRANE HADJI SABANI	84	BUSARU BUMADU
122	MBAMBU EVANICE	40	BUMATE
123	MBAMBU DOROTIA	30	BUKANGAMA
124	MBAMBU JOYCE	55	MIRONGO

125	NGOBYA ASENASIO	63	BULIMBA
126	TASIMWE JONASAN	65	KAKUKA

BUNDIBUGYO TOWNSHIP

127	AGUMBYA ALONI	65	BUSARU/BUMATTE
128	ANDAYE EDRONA	50	BUBANDI/BUDIGOMA
129	BALINDA PATRICK	34	HARUGALE/NGITE
130	BALIKOBWARO ALISTERA	55	BUSARU/KINANTE
131	BATARINGAYA IGNATIUS	20	HARUGALE/IZAHURA
132	BIIRA JOROLINA	67	HARUGALE/BUMATTE
133	BUCWEKE PATRICK	26	BUSARU/BUSERIGERWA
134	BUSABUTAMA EVALOYA BUBANDI/NABANZINGIRI		38
135	BYABUSA DOLISI	-	BUNDIBUGYO/BUSARU
136	KABATANGO EVALYWO	40	BUSARU/KIREMBE
137	KABATORO FLORA	45	BUSARU/BUSENGERWA
138	KABATWALE JOYCE	50	BUSARU/BUSENGERWA
139	KIJUNGU GLADYS	40	BUSARU/DUMBA
140	KUBALISANA AKIIKI	60	BUSARU/BOMBOLI
141	KUSIIMA ANOSI	40	BUBUKWANGA/BUNYARUTA
142	MANDA YOKASI	40	BUSARU/KILEMBE
143	MAGAMBO YOKASI	30	BUSARU/BUBOMBORI
144	MUKASA GEDION	39	BUNDIBUGYO/BUBOMBORI
145	MUTOGOMOKA B. ADBIBAS	20	BUNDINUGYO/KISENYI
146	NABASYERI JOYCE	60	BUNDIBUGYO/TOWNSHIP
147	NASURU ABDALA	84	BUSARU/LUGO
148	SEMU ELINORA	38	BUSARU/MUKUNDUNGU

149	SIALEWA EDRONA	50	BUBANDI/BUNDIGOMA
150	TIBAIKOLA NOHA MUAMINI	40	BUNDIBUGYO TOWNSHIP

BUBUKWANGA SUB-COUNTY

151	BABIKABUGHA BAGOLA	45	SALASITA
152	BABUYALIBO BAGOLA	36	BUHUNDA
153	BALISIMA RICHARD	25	KANIMULIRA
154	BALUWA ESTER	53	BUBUKWAGA
155	BAMWENE DOROTIA	39	BUNDIMBALILA
156	BATARYEEBA DEOGRATIUS	41	BUNIMAGWA
157	BIJWONA YONEKI	70	HUMYA
158	BISANDO EREMA	32	BUNDIMULANGI
159	BUKAUSWARYA MARIUM	52	BUBUKANGA
160	BYARUFU MUHANDI	27	BUNDIMAGWALA
161	CHALUNERA GABRIERI	45	BRUNGU
162	DALONE MARIA	70	BUBUKWANGA
163	ETIMALYOBO EVAREST	35	BUNDIMAWALALA
164	KABAHINDI GRACE	40	BUBUKWANGA
165	KABUGO SOFIA	50	BUNDIKATE
166	KABUGHO ROSE	35	BUNDIMULANGYE
167	KAMBAGA SYLVANO	60	KIRUMYA
168	KATAKATA FENASI	60	SALACITI
169	KORULYE XARUIER	43	BUNDIMAGWARE
170	KUMBIRO SARAPIO	32	KISULENGE
171	KYETUNDA JOHN	27	BULAMA
172	MUGASOKI EDRONE	40	BUNDIMAGWARA

173	MULEMAKALE	60	BUNDIMAGWARA
174	MUSUMBA	60	BUNIKEKA KIRUMYA
175	MBABAZI BEATRICE	31	BUNDIBULANGY
176	NANSIMO PELUSI	50	BUNDIBAGWALA
177	NDIBERA YUDESI	55	BUNDIBAGWALA
178	NKABASEKERE JOJONIA	45	BUNDIMULANGE NILLEN II
179	NTEMO JOHN	45	BUDITITEGA NILLEN II
180	NYAKIIRIRO ANDEREA	34	BULAMA
181	RUGANDA MOHAMED	54	BUNDIKITANGA NILLA I
182	SIHARIHOKI MUHANDI	24	BUNDIMURANGI
183	TABAKULILYAGHE GETRUDI	55	BUNDINAGWANA
184	TABETA FEDERESI	70	SALASITE
185	TABITA ROSA	52	SALASOTI
186	TABIITA	40	BUBUKWANGA
187	TALIBENJO JABULONI	55	BUDIMULOMBI
188	TAMIYO	50	BUNDIMULANEYE
189	TEBAKULILYANO YOZOFINA	50	BUNDIMULUMBI
190	TEBEKWATA JOYCE	41	BUNDIMAWALA III

KASITU SUB-COUNTY

191	AYONGAYO JUMA	52	BUNDIBUTUNDA
192	BIRO JOYCE MARY	45	NTANDI
193	BIRUNGI JOSEPHINE	49	BUBULONGO
194	BULABIKA ADRET	40	BUHUNDU
195	KABUKOSI JOE	50	KASITU
196	KAKAHWA BLASIO	72	BUNDIBUTUNDA
197	KYARONDYABO YOKASI	38	NYANSORO
198	MBIRINGA YONA	63	NKUNGUBUBU
199	MUHIWA BITEYO	40	KINYAIHEMBE
200	MUMBERE TELEZA	42	MABERE
201	MUMBERE JOYCE	42	NTANDI
202	NAJIYAMBO FAITI	70	BUGANDO I
203	NGOMANJUNGU MUHADI	40	BUHUNDU
204	NYENJE BAGIDO	32	CHAKATIMBA
205	TIMALYABO FAITH	50	NTANDI

KARUGUTU SUB-COUNTY

206	BIIRA REBEECA	40	KARUGUTU TRADING CENTRE
207	BYAHURWA MWAJUMA	60	KANYAMUKOLE
208	KIGHENDA KAGHULUNGI ERIMOSI	30	WANGALILAYA
209	NAZIR JUMA HAJI	52	KANYANMUKOLA
210	NZIGU YABO PAULO	55	ITOJO
211	SADIRI SIMILANGU	35	WANGA
212	SEMURANGO JUSTUS	53	WANKA

RWEBISENGO SUB-COUNTY

213	MUNIGWA SALIM	35	RWEBISENGO
214	MURULI FENDE ISMAIL	42	MUHIMBE

NTOROKO FISHING VILLAGE

215	MAMBASA ERIA	42	NTOROKO CENTRAL
216	BYAMAKA NAMADIA	36	NTOROKO

TABLE V: LIST OF MEDICINAL PLANTS SUBMITTED BY TRADITIONAL HEALERS AND IDENTIFIED BY THE TEAM

LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
1. AKAKUTA AKABATELA	Rukonjo	Thevetia peruviana	APOCYNACEAE
2. AKANYOBWA	Rukonjo	Desmodium adscendens	PAPILIONACEAE
3. AKATUNDURA	Rukonjo	Commelina benghalensis	COMMELINACEAE
4. AKIHUMBUHUMBU	Rwamba	Dichrocephala integrifolia	ASTERACEAE
5. BILAYA	Rutoro	Colocasia esculenta	ARACEAE
6. BUKARALIA	Rwamba	Securinega virosa	EUPHORBIACEAE
7. BUKWATANTAMA	Rutoro	Priva cordifolia	VERBENACEAE
8. BUNUNAMBURI	Rwamba	Oxalis corniculata	OXALIDACEAE
9. BUNUNAMBUZI	Rwamba/ Rutoro	Oxalis Corniculata	OXALIDACEAE
10. BUTAMA	Rwamba	Centella asiatica	APIACEAE
11. DENSTA	Rukonjo	Commelina benghalensis	COMMELINACEAE
12. EKILYA		Colocasia esculenta	ARACEAE
13. ESOBYO	Rwamba	Gynandropsis gynandra	CAPPARACEAE
14. KABEGANDE	Rukonjo	Conyza floribunda	ASTERACEAE
15. KAHURUKOMUKEYA MENISPERMACEAE	Rwamba	Cissampelos mucronata	
16. KAKORAKORI	Rwamba	Gloriosa simplex	LILIACEAE

17. KASOGISOGI	Rwamba	<i>Ficus urceolaris</i>	MORACEAE
18. KASUKAKAKAKOLI	Rwamba	<i>Gloriosa simplex</i>	LILIACEAE
19. KATEMBEKAKE	Rukonjo	<i>Abutilon mauritianum</i>	MALVACEAE
20. KATIBOMBO	Rwamba	<i>Dichrocephala integrifolia</i>	ASTERACEAE
21. KIKUMANYUNGU	Rwamba	<i>Pseudarthria hookeri</i>	PAPILIONACEAE
22. KIJIDI	Rwamba	<i>Crassocephalum montuosum</i>	ASTERACEAE
23. KIKAWA	Rutoro	<i>Solanum giloxindicum</i>	SOLANACEAE
24. KIKUSU	Rwamba	<i>Spathodea campanulata</i>	BIGNOBIACEAE
25. KINYAMAKUNDO	Rukonjo	<i>Leonotis nepetifolia</i>	LAMIACEAE
26. KIRETAMABERE	Rwamba	<i>Euphorbia hirta</i>	EUPHORBIACEAE
27. KISOGA	Rutoro	<i>Rioinus Communis</i>	EUPHORBIACEAE
28. KITEMBO	Rwamba/ Rukonjo	<i>Ficus populifolia</i>	MORACEAE
29. KITERI	Rwamba	<i>Commelina benghalensis</i>	COMMELINACEAE
30. LUWANDO	Rukonjo	<i>Acacia Sieberiana</i>	MIMOSACEAE
31. MAKALALYE	Rubwizi	<i>Securinega Virosa</i>	EUPHORBIACEAE
32. MAPERA	Rutoro	<i>Psidium guajava</i>	MYRTACEAE
33. MBINDULE	Rwamba	<i>Achyranthes aspera</i>	AMARANTHACEAE
34. MBUWULA	Rwamba	<i>Triumfetta rhomboidea</i>	TILIACEAE
35. MITANZOKA	Rwamba	<i>Cassia occidentalis</i>	CAESALPINIACEAE

36. MUBIRIZI	Rukonjo	Vernonia amygdalina	ASTERACEAE
37. MUHOKO	Rwamba	Phytolacca dodecandra	PHYTOLACCACEAE
38. MUJEYI	Rutoro	Eleusine indica	POACEAE
39. MUKOHA	Rukonjo	Erythrina abyssinica	PAPILIONACEAE
40. MUKUTEMBI	Rukonjo	Hoslundia opposita	LAMIACEAE
41. MUNKUTEMBI	Rukonjo	Hoslundia opposita	LAMIACEAE
42. MUSORORO	Rwamba	Indigofera arrecta	PAPILIONACEAE
43. MUYEMBE	Rwamba	Mangifera indica	ANACAROIACEAE
44. MUWIRAHLE	Rukonjo	Crinum ornatum	AMARYLLIDACEAE
45. NYABULASANA	Rutoro	Bidens pilosa	ASTERACEAE
46. NYANYA	Rutoro	Lycopersicon esculenta	SOLANACEAE
47. OMUBIRIRI	Rutoro	Vernonia amygdalina	ASTERACEAE
48. OMUDUNDULA	Rukonjo	Sida rhombifolia	MALVACEAE
49. OMUHOKO	Rubwizi	Phytolacca dodecandra	PHYTOLACCACEAE
50. OMUSEKERA	Rutoro	Lantana trifolia	VERBENACEAE
51. ORWEHERERIYO	Rutoro	Sida rhombifolia	MALVACEAE
52. PAPALI	Rutoro	Carica papaya	CARICACEAE
53. PUGURA	Rubwizi	Triumfetta rhomboidea	TILIACEAE
54. ZIKATANEKA	Rwamba	Ageratum conyzoides	ASTERACEAE

TABLE VI: LIST OF MEDICINAL PLANTS SUBMITTED BY TRADITIONAL HEALERS AND PARTIALLY IDENTIFIED, BUT AWAITING CONFIRMATION.

LOCAL NAME	DIALECT
1. BUKANGABARIMU	Rwamba
2. BUKINGI	Rwamba
3. BUSIL	
4. EKINYAMATTE	Rukonjo
5. EKinZABA	
6. ENGOBANYORO	Rutoro
7. ENKIRIMYAMULERO	
8. KAPANJA	Rukonjo
9. KARIKIRIKI	Rukonjo
10. KIBOHABOHA	Rutoro
11. KIKUMBU	Rwamba
12. KINAMULINGA	Rwamba
13. KINGANGALU	Rwamba
14. KISILI	Rwamba
15. KISUNDUKUKYAMUTIMA	Rubwizi
16. KISUNDUKUYAMATU	Rubwizi
17. KITAMBANJOGA	Rutoro
18. LUBOMBWE	Rutoro
19. MANGURUGA	Rutoro
20. MOTIYO	Rwamba
21. MUGHOMBWA	Rwamba
22. MUJABA	Rwamba
23. MUKUBIRA	Rwamba
24. MUNAYI	Rwamba

25. MUNUNGA	Rwamba
26. MUSANGO	Rwamba
27. MUTONDA	Rwamba
28. NDABAGI	Rwamba
29. NJOKETALUMA	Rutoro
30. NGOMADITTO	Rwamba
31. NKALAKALWA	Rwamba
32. OMUHENERA	Rukonjo
33. TELEMBA	Rubwizi

TABLE VII: LIST OF PLANT MATERIALS SUBMITTED BY TRADITIONAL
SALERS BUT INSUFFICIENT FOR SCIENTIFIC IDENTIFICATION

LOCAL NAME				DIALECT			PART OF PLANT	
C	O	L	L	E	C	T	E	D
1.	BUHURA			Rubwizi			Stem bark	
2.	EKILUMBO			Rutoro			Stem bark	
3.	EMBATAMA			Rukonjo			Roots	
4.	KAJINJA			Rukonjo			Leaves	
5.	KAWEBEREKI			Rubwizi			Stem branch	
6.	KIDEDE			Rwamba			Stem bark	
7.	KIHUMUHUMU			Rwamba\Rutoro			Leaves	
8.	KIKAKAKYENJOJO			Rwamba			Stem bark	
9.	KIKUSA			Rwamba			Leaves	
10.	KISONGOSONGO			Rwamba			Leaves	
11.	KITAKULIKYAKA KOKULI			Rwamba			Stem branch	
12.	KITEMBO			Rwamba\Rutoro			Leaves and Stem	
13.	KITOKO			Rwamba			Stem bark	
14.	KUJEGE			Rutoro			Leaves	
15.	LYANGA II			Rwamba			Leaves	
16.	LYANGA III			Rwamba			Leaves	
17.	MUBAZIGWAMUTI			Rukonjo			Stem bark	
18.	MUBIRIRI			Rutoro			Stem bark	
19.	MUCHORORA			Rukonjo			Roots	
20.	MUKANA			Rutoro/Rwamba			Leaves	
21.	MPUGURA			Rubwizi			Roots	
22.	MUTANDI			Rwamba			Stem bark	
23.	MUTATEMBWA			Rwamba			Stem bark	

24. MWEHERA	Rwamba	Stem bark
25. NDERIYANDOGA	Rwamba	Leaves
26. NTEGO	Rwamba	Stem bark
27. OMUHORORORA	Rukonjo	Roots
28. OMULEMBE	Rukonjo	Stem
29. OMUKOWA	Rukonjo	Stem bark
30. OMUNYAMBUZZI	Rukonjo	Stem bark
31. OMUTOHO	Rukonjo	Stem bark
32. OMUYEMBE	Rukonjo	Stem bark

TABLE VIII: LIST OF MEDICINAL PLANTS SUBMITTED BY
TRADITIONAL HEALERS, BUT STILL REQUIRE
IDENTIFICATION

LOCAL NAME	DIALECT
1. ANDENA	Rwamba
2. BAHUMBU	Rwamba
3. BUKARALIYA	Rwamba
4. ENDAGALA LYALEERA	Rutoro
5. EASINGUSINGU	Rwamba
6. KIHABE	Rutoro
7. KIJUBANKOBA	Rukonjo
8. KIJIGAMBOGO	Rukonjo
9. KIKUBYA	Rwamba
10. KITOKO	Rwamba
11. KITUMBA	Rwamba
12. LYANGA I	Rwamba
13. MAPYORO	Rukonjo
14. MUDINA	Rwamba
15. NJULI	Rutoro
16. OMUHENDABALIMU	Rukonjo
17. OMUNYUWAMBEDE	Rukonjo
18. OMUTOGHONGERA	Rutoro

TABLE IX: LIST OF MEDICINAL PLANTS MENTIONED BY TRADITIONAL HEALERS BUT NOT SUBMITTED

LOCAL NAME	DIALECT
1. AHULIYO	Rwamba
2. AKAGANDA AKATAITO	Rutoro
3. AKAKIMBO	Rwamba
4. AKAKOLE	Rwamba
5. AKATEKENGEYA	Rutoro
6. AKATEKENGEYO	Rutoro
7. AKAYISYAMBWA	Rukonjo
8. AMAPAPALE	Rukonjo
9. AMAPERA	Rutoro
10. AMATEHE	Rutoro
11. AMATUMBETUMBE	Rukonjo
12. AMATUMBITUMBI	Rukonjo
13. AMBENE	Rwamba
14. ASIRI	Rwamba
15. BABAKALI	Rwamba
16. BAKWESHEWEGALEGALE	Rubwizi
17. BAKWISAWEGALEGHALE	Rubwizi
18. BALIMU	Rwamba
19. BASIBIYA	Rwamba
20. BATILITITI	Rukonjo
21. BIBUMBANJUNGU	Rukonjo
22. BIKABA	Rwamba
23. BIJAJA	Rutoro
24. BINYENJE BYOMUKISAKA	Rutoro

25. BIRAGHI	Rubwizi
26. BIRAGI	Rwamba
27. BISUNDUKIWAMUTIMA	Rubwizi
28. BIYINJI	
29. BUHEMBI	Rukonjo
30. BULALABWEKYAMBU	Rwamba
31. BUJENJE	Rutoro
32. BULERA	Rutoro
33. BUKENGE	Rukonjo
34. BUNUNAMBUZI EYIRANGA	
35. BUNYANSI	Rutoro
36. BURUWE	Rutoro
37. BUSAJABUKIRANA	
38. BUSIRI	
39. BUSOLU	Rwamba
40. BUSOLOGANO	Rutoro
41. BUTULI	Rwamba
42. CHEHANGU	
43. CHEKAIRA	
44. CHEKAWA	
45. DIANGA	Rubwizi
46. DODO	Rwamba
47. DUDUNGUNA	Rwamba
48. EBISEKERA	Rutoro
49. EBOHA	Rutoro
50. ECHUNGU	Rutoro
51. EDAGALA LYALEERA	Rutoro
52. EKANDA	



53. EKIBUMBANYUNGU
54. EKIABHALYA
55. EKIABAKAZI
56. EKIABUSI
57. EKINYABULIKO
58. EKISULANEDDE
59. EKIRAGI
60. EKITEMBO
61. EKITUMBA
62. EKIZUKYBUHUKA
63. EKURU
64. EMBINA
65. ENAMULINGA
66. ENGULA
67. ENGURUKOZI
68. ENGUSULU
69. ENJUNBO
70. ENJOKAETALUMA
71. ENKANANA
72. ENKAMI
73. ENKORA
74. ENKULU
75. ERIKAMATA
76. ERIKAMATA
77. EYIRANGA
78. ERURU
79. EYOBYO
80. GABATWAKARI

Rukonjo

Rukonjo

Rutoro

Rukonjo

Rutoro

Rutoro

Rutoro

Rwamba

Rutoro

Rutoro

Rutoro

Rwamba

Rutoro

Rukiga

Rutoro

Rwamba

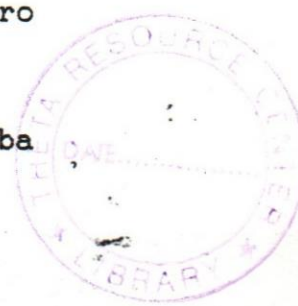
Rukonjo

Rwamba/Rutoro

Rukonjo

Rutoro/Rwamba

Rwamba



81. GONJA	Rukonjo
82. ILYANGA	Rwamba
83. IRANGA	Rwamba
84. IZINGA	Rutoro
85. JEDDE	
86. JUHIA	Rukonjo
87. KABABANGO	Rwamba
88. KABIHUKUNA	
89. KABUKUNA	Rwamba
90. KABUSAMA	Rwamba
91. KAFUNGAROHU	Rubwizi
92. KAGASI	Rwamba
93. KAGOBORIYO	Rutoro
94. KAHISIAMBO	Rukonjo
95. KAJELE	Rwamba
96. KAKANGBAZIMU	Rwamba
97. KAKUNGU	Rwamba
98. KAKUMBOKUMBO	Rwamba
99. KALELE	
100. KALEMANJOGU	Rwamba
101. KALITUNSI	Rwamba
102. KALYANGUKULU	
103. KAMULALI	Rwamba
104. KAHIHIO	Rwamba
105. KAMIO	Rwamba
106. KANASWISI	Rutoro
107. KANDAKANDA	Rwamba
108. KANINABULI	Rwamba

109. KARARAKEKYAMBU	
110. KARERE	Rwamba
111. KARUSALE	
112. KASAMBA	
113. KASOMBERA	
114. KASIA YAMUNGU	Swahili
115. KATAKULI KAKAKOLALULI	Rwamba
116. KATEMBE	Rukonjo
117. KATINAMPORO	Rutoro
118. KATUNGAROHU	
119. KIBABANGO	Rwamba
120. KIBGWENE	Swahili
121. KIBIGWENE	
122. KIBISHA/KIBUSHA	Rwamba
123. KIBOHA	Rutoro
124. KIBONDERYA	
125. KIBUDU	Rwamba
126. KIBULAMU	Rwamba
127. KIBULEMU	Rwamba
128. KIBUSI	Rwamba
129. KICUBURA	Rukonjo
130. KIGAWA	Rukonjo
131. KIGIMA	Rwamba
132. KIGUNGA	Rutoro
133. KIHUNGA	
134. KIHAMBE	Rwamba
135. KIHIMBIRA	Rukonjo,
136. KIHURURU	Rukonjo

137. KIJEGHE	Rubwizi
138. KIJHAMBOGO	Rwamba
139. KIKABA	Rwamba
140. KIKAKA	Rwamba
141. KIKANGABALIMU	Rwamba
142. KIKANYU	
143. KIKONDE	
144. KIKOROGOSO	
145. KIKUKU	Rwamba
146. KILOKU	Kihima/Zaire
147. KILUKU	Rwamba
148. KILUMBO	Rubwizi
149. KIMONDO	Rwamba
150. KINAJUNGU	Rwamba
151. KINAJUNGU	Rubwizi
152. KINIGI	Rwamba
153. KINYAJUNGU	Rwamba
154. KIPUNWE	Rukonjo
155. KIROBOSO	Rukonjo
156. KIROBU	Rukonjo
157. KIROKU	Rubwizi
158. KIRONDE	
159. KIRUBAMBURA	Rubwizi
160. KIRUMBO	Rutoro/Rwamba/Rubwizi
161. KISAGANGUWE	Rwamba
162. KISAKEMWE	
163. KISIIRI	Rwamba
164. KISOGISOGI	Rwamba

165. KISONGO	
166. KISUBA	Rubwizi
167. KISUKU	
168. KISUNDYAMUTEMA	Rwamba
169. KITEGE	Rwamba
170. KITEMBO	Rwamba
171. KITUNA	Rutoro/Rukonjo
172. KITSUTSU	Rukonjo
173. KITURA	Rubwizi
174. KITURU	Rubwizi
175. KITUTUBA	Rwamba/Rutoro
176. KIZIGAMBOGO	Rutoro
177. KYEKELI	Rwamba
178. LUBANGO	Rwamba
179. LUHUHULO	Rwamba
180. LUKUYU	Rukonjo
181. LULU	Rukonjo
182. LUMBO	Rwamba
183. MABIRANGO	
184. MABUTU	Rubwizi
185. MADADA	Rwamba
186. MAKANGI	
187. MALELE	Rutoro
188. MARERE	Rwamba
189. MARISEKERA	Rutoro
190. MARYANGA	Rwamba
191. MATOJO	Rwamba
192. MBAA	Rwamba

193. MBEPERWA	Rwamba
194. MBIRANGO	Rwamba
195. MIDIMA	
196. MIDINDA	Rutoro
197. MUBIRIRI	Rwamba
198. MUCHUCURE	
199. MUCHWAMBAKA	Rukonjo
200. MUCHWAMBENE	Rukonjo
201. MUDINDA	Rwamba
202. MUDINDE	Rwamba
203. MUGHAJU	Rukonjo
204. MUHANGAHANGA	Rutoro
205. MUHEHERA	
206. MUHEKA	Rwamba
207. MUHERA	
208. MUHOBO	Rwamba
209. MUHOKORO	Rukonjo
210. MUFUKYA	Rutoro
211. MUJIRAMATA	
212. MUJWAMATA	Rwamba
213. MUKAKATI	Rwamba
214. MUKIKIMBA	Rukonjo
215. MUKOLE	Rwamba
216. MUKOLEKOLE	Rutoro
217. MUKUBURE	Rwamba
218. MUKUKA	Rukonjo
219. MUKUTEMBE	Rutoro
220. MUKUTEPI	Rwamba

221. MUKOWA	Rukonjo
222. MUKWATANGWE	Rwamba
223. MUKYORA	
224. MULENZI	Rwamba
225. MULIMANKOSA	Rwamba
226. MULONDO	Rwamba
227. MULUMBELUMBE	Rwamba
228. MUNIMBA	Rukonjo
229. MUNYONKA	Rwamba
230. MUPO	
231. MURAMA	Rwamba
232. MYJUVU	Rwamba
233. MURTABGA	Rwamba
234. MUSAMBYA	Rwamba
235. MUSANZA	Rwamba
236. MUSEBERA	Rukonjo
237. MISELERE	Rutoro
238. MUSHEBU	Rutoro
239. MUSISA	Rutoro
240. MUSISI	Rukonjo
241. MUSISIO	Rukonjo
242. MUSUSA	Rukonjo
243. MUSITA	Rukonjo
244. MUSOLOLWA	Rwamba
245. MUSOME	Rwamba
246. MUSUMBA	Rwamba
247. MUTAAMA	Rukonjo
248. MUTATEMBO	Rukonjo

249. MUTITI	Rutoro
250. MUTOHO	Rukonjo
251. MUTOOMA	Rukonjo
252. MUTUBANGI	
253. MUTUMBA	
254. MUVUJA	Kihima/Zaire
255. MUZABA	
256. MWANGURUGA	Rwamba
257. MWERA	Rwamba
258. MWIRA	
259. MWOTI	Rwamba
260. NABALASANA	Rwamba
261. NABALASANI	Rwamba
262. NANLULA	Rubwizi
263. NDERIYANDOGA	
264. NDINJANDOGA	
265. NJABALEMA	
266. NJALA	Rwamba
267. NJIKALANENKAHA	Rwamba
268. NJIYIRANYENKA	Rutoro
269. NJUMBU/NJOMBU	Rwamba
270. NGAIGAI	Rwamba
271. NGARAKARA	Rukonjo
272. NGUNGI	Rwamba
273. NIRYAHAGA	Rwamba
274. NKABUHA	Rutoro
275. NKINGA	Rwamba
276. NKULENGEDE	Luganda

277. NSUNDIYAMUTIMA	
278. NTAITALI	
279. NTORO	Rwamba
280. NTULA	Rutoro
281. NYAJUNGU	
282. NYAKESIKISIKI	Rwamba
283. NUNUZI	
284. NVAMUMASO	Luganda
285. OBURU	Rukonjo
286. OLUKERERE	
287. OLWEHERERIO	
288. OMUBOTA	Rukonjo
289. OMUCHWAMBINDI	Rukonjo
290. OMUEMBI	Rukonjo
291. OMUGABEGWABAZIMU	Rutoro
292. OMUGARA-BACHWEZI	
293. OMUGOBEGUMUKISAKA	Rutoro
294. OMUGHOLOH	Rukonjo
295. OMUHANYA	Rukonjo
296. OMUHANGA-ABAGENZI	Rutoro
297. OMUHOKULO	
298. OMUHORORO	
299. OMUHYA	Rutoro
300. OMUHUMUZA	Rutoro
301. OMUJAGA	
302. OMUJUMBAJUMBA	Rutoro
303. OLUKERERA	Rukonjo
304. OМУKOTO	Rutoro

305. OMUKO	Rutoro
306. OMUKUKA	
307. OMUKUNDUSEBERE	Rukonjo
308. OMUKONDABAKAZI	Rutoro
309. OMUKUZANYANA	Rutoro
310. OMULONGO	Rutoro
311. OMUNAYI	Rukonjo
312. OMUNDINGA	
313. OMUNIMBA	
314. OMUNUNGULA	Rukonjo
315. OMUNYONYU	
316. OMUNYUMYA	Luganda
317. OMUMBUZA	Rutoro
318. OMURINYAWOMUWOMBWE	
319. OMUSAMBYA	Rutoro
320. OMUSISA	Rutoro
321. OMUSISIO	Rutoro
322. OMUSONI	Rukonjo
323. OMUSUMU	Rutoro
324. OMUFALINYA	Luganda
325. OMUFUKYA	Rutoro
326. OMUTALYABENE	
327. OMUTANJOKA	Rutoro
328. OMUTATEMBWA	Rutoro
329. OMUTOMO	
330. OMUTONGO	Rukonjo
331. OMUTUBA	Rutoro
332. OMUTRONGO	

333. OMUWANJA	Rukonjo
334. OMUWENDABALAMU	Rukonjo
335. OMWANI	Rutoro
336. OMWENE	
337. OMWEMBE	Rwamba
338. OMWIRIMA	Rutoro
339. ORUGURA	Rukonjo
340. ORWESE	Rukonjo
341. RANDORANDA	Rwamba
342. RWESE	
343. SIMBONO	Rukonjo
344. SOBIO	Rwamba
345. SOGESOG KIZUNGU	Rutoro
346. TABUNUKA	Rwamba
347. TELIBULA	Rubwizi
348. TOLU	Rwamba
349. TONSEMBERAMPI	Luganda
350. TUTUBE	Rwamba
351. VUNYAUKUMU	Swahil
352. ZIRABELAMANI	

TABLE X:

NON-VEGETABLE MATERIALS MENTIONED BY TRADITIONAL HEALERS

- | | | |
|-----|--------------------|---------------------------------|
| 1. | ANTS | |
| 2. | BACKBONE OF MBILA | (SNAKE) |
| 3. | BULULU
COCKRACH | (LAUNDRY BLUE)
(BIJENJE) |
| 4. | EKIKERE | (FROG) |
| 5. | GHEE | |
| 6. | HEAD OF SNAKE | |
| 7. | HIRIZI | (FETISH) |
| 8. | HONEY | |
| 9. | HORN | |
| 10. | ISENGE | (TOOTH OF AN ANIMAL) |
| 11. | ISIIMBA | (SKIN) |
| 12. | KAMBAGA'SKIN | (ANIMAL SKIN) |
| 13. | KIBAKIKI | (ASH OF HEAD AND LEG OF A BIRD) |
| 14. | KISITUMA | (BIRD) |
| 15. | MBILA | (SNAKE) |
| 16. | MEAT | |
| 17. | MUTTON | |
| 18. | MUSHEBU | (CHALK) |
| 19. | MUSHEBU | (CHALK) |
| 20. | NAMUNIGYA | (BIRD'S) |
| 22. | NGEYE'S PENNIS | (ANTELOPE) |
| 23. | NGUMA | (BACKBONE) |
| 24. | NUNUZI | FIRE FILES) |
| 25. | SALT | |
| 26. | VASELINE | |

CHAPTER THREE

COMMON ILLNESS AND THEIR TREATMENT

The common illness encountered during survey were given by the Traditional Healers by describing the symptoms. The decial terms were provided by Dr. Ogwal Okeng of the Department of Pharmacology and Therapentics, Makerere University who was a member of the Survey Team.

A glossary of the medical and technical terms is included in this report. The medicinal plants are given by the vernacular neames and underlined. The non vegetable substances are given in english whenever possible and underlined as well.

The names of the Traditional Healers (TH) who provided the prescriptions are given in the text in paranthesis.

Where the doses are given in ml. or l. the Traditonal Healers had demonstrated the quantities which were measured by the Team.

The authors are not held responsible and connot guarantee the efficacy of the prescriptions given in this chapter. Readers are accordingly advised agains self medication based on this information.

It should be noted that there is a high number of prescriptions whereby the route of administration is anal or vaginal. This may be attributed to the French medical influence existing in Zaire.

MALARIA(084)

1. a) Pound the leaves of Mubirizi (TH: KITALIBARA A.) Mix with cold water and strain. Take 250ml. at once.
- b) Pound the leaves of Omubiriri (TH: BULAKA M.J.) and mix with water and strain. Take 500ml. of the infusion immediately then 250ml. after six hours.
- c) Boil in water the flowers of Muzaba (TH: MEAMEU). Allow the decoction to cool, filter and give as enema.
- d) Pound the leaves of Mubiriri (TH: KORULYE X.) Mix with water and strain. Take 500ml. twice a day for three days.
- e) Crush the leaves of Njumbu (TH: KAMBAGA S.). Mix with water and strain. Take 250ml. of the infusion twice a day.

2. FEVER (780.6)

- a) Pound the stem bark of Kawebererare (TH: BUSABUTAMA). Dry and reduce to powder. Mix the powder with a little water and strain. Take 15ml. twice daily for four days.
- b) Boil in water the leaves of Omubirizi (TH: MUTOGOMAKA A.) and allow to cool. Take a glassful once only.
- c) Pound the fresh leaves of Kikubiva (TH: SIALEWA E.). Mix with a little water and strain. Take 100ml. once daily for three days.
- d) Pound, dry and make into powder the stem bark of Kaweberereke (TH: BUSABUTAMA E.). Mix with water and strain. Take 15ml. twice a day for three to four days. The residue is applied on the forehead.
- e) Crush the fresh leaves of Omubiriri (TH: MUHINDO D.) Mix with cold water and strain. Take 150ml. twice a day for two days.

- f) Boil together the leaves of Omubiriri and Njumbu (TH: KAMOCHERERE Y.) in water. The patient inhales the steam. The Patient sweats and the fever is reduced.
- g) Boil the leaves of Mujaba (TH: KAMOCHERE) in water and inhale the steam. The patient sweats and the fever subsides.

3. COUGH (786.2)

- a) Boil in water the stem-bark of Omusambya (TH: SEMI-LANGU S.) and strain. Take 200ml. three times a day for one day.
- b) Pound the leaves of Mubiri and Njombo (TH: SULUBYA A.). Add a little cold water and strain. Take a glassful of the infusion three times a day until cured.
- c) Roast the whole plant of Kikanva, (TH: KIZZA Y.) and soak in water. Strain and give once daily for five days.
- d) Warm the leaves of Busaja bukilana (TH: BASEKA A.) and squeeze out the juice into a container. Take a teaspoonful three times a day for one week.
- e) Pound together the leaves of Mapera, Munai, and Muhera (TH: BWAMBALE N.), add a little cold water and strain. 5ml. of the infision is given three times daily for three days.
- f) Pound and dry the stembark of Mutooma (TH: NGOBYA A.) Reduced to powder. Mix with old water and strain. Give 50ml. three times a day. Children are given 15ml. three times a day.
- g) Crush the fresh leaves and roots tools of Kipunde (TH: MUHINDO D.) Add a little water and strain. Give 15ml. three times a day until the patient recovers.

h) Boil together in water the stem-barks of Omukuka and Omunimba (TH: BULAKA J.M) and allow to cool. Strain and give 250ml. three times a day for three days.

4. BRONCHIAL ASTHAMA (493.9)

Boil together the stem-barks of Burume, Mukana, Kigunga, Kikawa, Nkabula and the head and legs of a bird(kabakiri) (TH: MANDA Y.). Allow to settle and decant the concoction. Take 250ml. twice daily for two days. This eases the breathing.

5. TUBERCULOSIS (011.9)

- a) Boil in water the stem barks of Mukolekole, Muhangahanga and Ekinvabuliko (TH: BIIRA R.) Allow to cool and take 100ml. once daily. The patient vomits.
- b) Take 100ml. daily the concoction made from the leaves of Ebisekera, the stem bark of Omuko, the flowers of Thevetra, peruviana, the stem bark of Muvembe and the roots of Enjahi (TH: BIIRA R.)
- c) Take the expressed oil from Kisoga seeds, 15ml. once daily. Treatment continues until the patient is cured. (TH: BIIRI R.)

6. PNEUMONIA (486)

Pound the fruits of Kikawa (TH: KORULYE X.). Mix with water and take 250ml. twice daily for three days.

7. HICCOUGH (306.1)(786.6)

Boil in water the leaves of Omuendera (TH: BALINDA P.) and strain. Take a half a glassful of the decoction once.

8. ABDOMINAL PAIN (789.0)

- a) Pound together the leaves of Katembe, Keke and Omudundula (TH: SEMILANGU S.) Add some water and squeeze out the juice. Take 500ml. three times a day for a week.
- b) Pound the roots of Mutatembwa and Kitumba (TH: MUCHAKAMBI H.). Dry and reduce to powder. Mix two tea spoonful of the powder with a cup of tea and take. It may be mixed with ghee and applied on the abdomen. Repeat the treatment if necessary.
- c) Cut into small pieces the whole plant Mukubiri and Kitambanjoa (TH: MUJOMBA S.). Boil in water and allow to cool and strain. Give two spoonful twice a day to children and one cupful to adults once a day. Avoid excess.
- d) Boil together the stem bark of Kigima and Kisiiri (TH: MBIRINGA Y.). Strain and divide into two parts; One portion is given orally 20ml. three times a day for two days. The other is used as enema.

9. ABDOMINAL SWELLING (789.3)

- a) Pound together the leaves and roots of Kababango (TH: BUCWEKE P.). Strain and take about 200ml. twice daily for four days.
- b) Boil the stem bark of Kilumbo (TH: NGANDA W.) in a little water after macerating. Apply all over the abdomen once.
- c) Pound together the leaves and roots of Kababango (TH: BUCWEKE P.). Boil in water and strain. Take one glassful twice a day for four days. Avoid eating chicken and mutton.

- d) Roast the fruits of Kvekeli (TH: TEBEKWATA J.) Pound and mix with vaseline. Smear on the abdomen once every four days until cured.

10. DIARRHOEA (009.3)

- a) Pound fresh leaves of Omunayi (TH: BULAKA J.) Mix with cold water and strain. Give 250ml. twice daily for three days. Children take 125ml. twice daily.
- b) Boil in water the stem-bark of Omunimba (TH: BULAKA J.). Allow to cool and decant the decoction. Give 250ml. three times a day. Children take 100ml. twice daily.
- c) Pound together the roots of Murunja, Kikusu, Kiboha, Muchunchule and Nyajungu (TH: MATE A.). Add a little water and strain. Give the infusion as enema.
- d) Pound together the leaves of Mapera, Munai and Mwehera (TH: BWAMBALE N.) Mix with a little water and strain. Some of the infusion is taken orally and the remainder given as enema.
- e) Boil in water the stem bark of Omusisio (TH: MUHINDO D.) and allow to cool. Decant and take 15ml. three times a day until diarrhoea stops.
- f) Pound the leaves of Kikusu (TH: BANIGE A.). Mix with a little water and strain. Take 50ml. of the infusion three times daily for three days.
- g) Boil in water the stem bark of Enkulu (TH: BAKASI) and decant. Use the decoction for washing the patient daily until diarrhoea stops.

- h) Add three drops of the sap of Mutonda (TH: MAWA S.) into 20ml. of water and take once. Diarrhoea should stop.
- i) Boil together in water the stem barks of Muvembe and Kituru (TH: KUSIIMA A.). Decant the decoction and take 250ml. three times daily.

11. DIARRHOEA AND DYSENTRY (009.3)(009.2)

- a) Pound the fresh leaves of the Birangi, Mapera, Kibabangu and Kizigambogo (TH: KYEMBIMBA.E) and mix with the soup made from boiled rice. Strain the solution and store in bottle. Give 250ml. three times a day for two or three days.
- b) Boil in water the fresh or dry stem bark of Kirumbo (TH: SIKALUME G.) Take 500ml. of the decoction once.
- c) Crush the fresh leaves of Makalalye (TH: NGANDA W.). Mix with water and strain. Take 500ml. of the infusion once.
- d) Pound and boil in water the stem bark of Omunungulla (TH: MAMBASA E.) Take 30ml. three times a day for three days.
- e) Boil in water the fresh leaves of Kihumbumu (TH: FESTA MOHAMAD) Allow to cool and decant. Add 10ml. of Uganda Waragi to 250ml. of the decoction and take orally.
- f) Pound the fresh leaves of Mapera (TH: MUHIGWA S.). Mix with cold water and strain. Take 250ml. daily for three days.

- g) Pound the fresh leaves of Kijigabogo (TH: BALISIMA R.) and tie the paste in a banana leaf. Roast over a low flame. Squeeze out the juice and take 20ml. three times daily.
- h) Pound the fresh leaves of Mapera (TH: KORULYE X.). Mix with water and strain. Give 500ml. twice a day until dysentery stops.

12. DIARRHOEA AND VOMITING (009.3)(787.0)

- a) Pound together the stem bark of Kitembo and the roots of Bunamburi (TH: BYARUFU M.). Boil in water and strain. Give 500ml. to adults and 100ml. to children three times a day for two days.
- b) Pound , dry and make into powder the stem bark of Kitembo (TH: BUKANSWARYA M.). Mix two table spoonfuls of the powder with glassful of water. Strain and take twice for one day.
- c) Pound the leaves of Mukwatangwe (TH: NZIGNYABO P.). Mix with water. Take a half glassful three times a day.

13. DYSENTRY (009.2)

- a) Pound together the leaves of Kijigambogo and Kikubya (TH: KYALIMPA F.). Mix with a little cold water and add some salt. Strain and take 250ml. daily until cured.
- b) Boil together water the stem barks of Mukoha, Omusambya and Echungu and decant the decoction into a container. Administer the decoction as an enema twice daily for four days.

- c) Dry and pound to powder the stem barks of Munimba, Lakuyu and Mukuka (TH: MATTE M.K.). Mix one teaspoonful of the powder with 500ml. of boiled water. Take 30ml. three times a day for three days.
- d) Crush the leaves of Muwirahale (TH: KULE T.). Mix with a little water and strain. Take 200ml. twice a day for two days.

14. ASCARIASIS (127.0)

- a) Chew the bark of Omutoghongeta (TH: MUTOGOMOKA A.B.) and swallow the resulting juice.
- b) Boil in water the roots of midinda and kikorogoso (TH: BABIKEBUGHA F.) Take 500ml.
- c) Pound the stem bark of Kihumuhumu (TH: BYARUFU M.). Dry and make into powder. Mix two table spoonful of the powder with either maize or millet porridge and take once.
- d) Pound together the stem bark Omuturongo and the roots of Omurinya womuwombwe (TH: SIHARIHOKI M.) Mix with cold water strain and take 500ml. once a day.
- e) Pound the stem bark of Mutatembwa (TH: KABUGA B.) Mix with crude alcohol (waragi). Take one glassful twice for one day.
- f) Pound together the leaves of Mpuhura, Nieleliyo and Mulenzi (TH: TAMIYO) Mix with water and strain. Take 500ml. of the concoction twice a day for one week.

- g) Wash the root of Njoketaluma (TH: KORULYE E.). Mix with a little water and strain. Give enema of the infusion twice a day for three days. The worms are expelled in the stool.
- h) Pound the stem bark of Kisili (TH: KORULYE X.). Mix with water and strain. Give enema of the infusion twice a day for three days.
- i) Pound the root of Mubiriri (TH: TEBEKWATA J.). Mix with a little water and strain. Take 250ml. of the infusion twice for one day. The worms are expelled the following day.
- j. Pound together the fresh roots of Busolu and Kamulali(peper) (TH: TABAKULILYAYO Y.). Add a little water and strain. Keep the concoction in a bottle and take three table spoonful three times daily for a week. The Traditional Healers should be informed when the worms are expelled.
- k) Pound 1kg. of the stem bark of Eruru (TH: MAMBASA E.) and boil in one litre of water. Strain and keep in a closed bottle. Take 30ml. three times a day for two days. Avoid an excess dose since the decoction causes diarrhoea.
- l) Chew the bark of Omutoghongera (TH: MUTOGOMOKA A.) and swallow the juice. The worms are expelled with the next stooling.

15. HELMINTHIASIS (128.9)

- a) Pound the leaves of Musekera (TH: AGUMBYA A.). Mix with a little water, strain. Take a glassful twice a day for four days.

- b) Crush together the fresh leaves of Mbririri and Mukvora (TH: KAMBAGA S.). Mix with cold water and strain. Take 250ml. of the infusion once. Repeat if necessary.
- c) Pound the stem bark of Murama (TH: MUHIWA B.) and mix with water, strain. Take 200ml. three times a day.
- d) Boil in water the leaves of Mukunga (TH: MUHIWA B.) and strain. Take 200ml. three times a day.
- e) Pound the fresh roots of Telemba (TH: KATAKATA T.). Boil in water and strain. Apply as enema twice a day for two days.
- f) Dry the stem bark of Ekyona (TH: BISANDO E.) and pound into a powder. Mix two table spoonful of the powder with millet porridge. Take 500ml. once or twice a day. Repeat after three days. Avoid solid foods before and after taking the medicine for at least ten hours.
- g) Dry the stem bark of Kihumuhumu (TH: NZIGUYABO P.) and pound into powder. Mix the powder with banana beer (Tonto). Adults take 500ml. and children 250ml. only once. After the worms have been expelled give the patient banana juice.
- h) Pound together the fresh roots of Muvunia, Kikusa, Kiboha, Muchuchule and Nyajungu (TH: MATE A.). Mix with a little water and strain. Give the infusion as enema.

- i) Dry the leaves or stem bark of Musumba (TH: MUKIRANE S.) and crush to powder. Macerate the powder with local banana beer or juice and take 10ml. daily. Repeat treatment after one week.
- j) Boil in water the stem bark of Lulu (TH: BULAKA M.) and allow to cool. Strain and give 500ml. once in the morning.

16. TEANIASIS (123.3)

- a) Clean and pound the root stalk of Lubombwe (TH: BUSUMBAGYA E.) Mix it with banana beer (tonto) and set aside for one day. The patient should then eat either sweet banana or cooked goats' fat in the evening. He is then given 250ml. of the infusion the next morning. Meals are avoided for the next six hours. The stomach should start rumbling and the tape worm are expelled with the stool. It is also used as treatment for constipation.
- b) Wash and pound the root of Muchorora (TH: MUSUMBA). Mix with water and strain. Take 250ml. twice a day for four days. Worms are expelled in the stool.

17. PEPTIC ULCERS (533.9)

- a) Crush the leaves of Mudina (TH: BALISIMA R.). Mix with water and boil. Allow to cool and strain. Take 200ml. of the decoction three times a day for four days.
- b) Peel off the bark of Munyoka (TH: SIKALUME G.) and soak it in cold water. Take 100ml. of the infusion once daily.

- c) Dry leaves of Telibula and Nanula (TH: BULABIKA A.) and burn to ashes. A small amount of the ash is mixed with 100ml. of water. Give the mixture three times a day for three days the patient should rest during the treatment.
- d) Peel off the skin of a raw (green) Erikamata fruit (TH: MATE Y.) and eat the fruit three times daily for one week.
- e) Squeeze the juice from the fresh leaves of Amatumbetumbe (TH: MAATE Y.). Take 250ml. three times a day for four weeks.
- f) Squeeze the juice from the leaves of Amapera (TH: MAATE Y.) Mix the juice with honey and take 20ml. three times a day for a month.

18. ANORECTAL PROLAPSE (569)

- a) Crush the leaves of Akakibombo (TH: KISIRI P.) to a paste. Insert it in the rectum twice a day until the prolapse is reduced.
- b) Crush the aerial parts of Sobio (TH: TIBAIKOLA N.) and mix with a little water. Strain and take 500ml. of the infusion at once.
- c) Crush the leaves of Kisuku add the sap of Kitembo and the ash made from the stem of Kisogisogi. Mix together and compress on the rectum for four hours (TH: KASIIMA A.).
- d) Crush the bulb of Kirubambura (TH: NYAMUNOBWAN) and wrap in a clean pieces of cloth. Compress on the anus every day for one week.

- e) Pound the stem bark of Njuli (TH: KATAKATA T.). Boil with water in a pot which has a spout. Cover the pot securely and distil off the liquid. Bathe the prolapse with the distillate.
- f) Boil the stem bark of Kirumbo (TH: NZIGUYABO P.) and allow to cool. Administer as enema once daily for a week.

19. JAUNDICE (782.4)

Pound the stem bark of Kihumuhumu (TH: SULUBYA A.) and add a little boiled water. Squeeze the juice and drink a glassful daily until the yellow colour disappears.

20. HEADACHE (784.0)

- a) Charr the leaves of Bununambuza- eviranga (TH: MUGANGA Y.) to a black powder. Apply the powder into the incisions made on the forehead for two days.
- b) Rub the fresh leaves of Ramihio (TH: BANIGE A.) on the forehead in the morning and afternoon.
- c) Crush the leaves of Kalele (TH: TEBEKWATA J.). Mix with a little water. Dig a small hole and fill it with one stone. Make the patient to bend the head over the stone and wash his head with the infusion. The washings should drip onto the stone. The stone is removed after the treatment and the hole is again covered up.

- d) Pound together the leaves of Kikubya and Mukakati (TH: BAKAHURA B.). Dry and reduce to powder. Burn the powder in a hole made in a stone and inhale the smoke.
- e) Dry the fresh fruit of kakutamwisoni over a fire and crush it with the dried leaves of Karikiriki (TH: NYANZI S.) to powder. Make incisions on the forehead and apply the powder.

21. MIGRAINE (346.9)

- a) Burn to ashes separately the upper shoots of Ekilavi and Boerhavia difussa (TH: KATAKATA T.) and reduce to powder. Mix the powders and apply into the two incisions made on each side of the head.
- b) Dry the shoot of Bilava (TH: NTEMO J.) charr and apply on the scarifications made on the scalp.

22. ACUTE TONSILLITIS (463)

Pound the fresh aerial parts of Kibohaboha (TH: KINYANGIO) and mix with a little cold water. strain and store in a light closed bottle. Take 150ml. twice daily until cured.

23. TOOTHACHE (525.9)

Boil in water the root of Amapapale (TH: MAATE Y.). Decant the liquid and use it to rinse the mouth three times a day.

24. PURULENT CONJUNCTIVITIS (372.0)

- a) Pound the fresh leaves of musekere (TH: A. SULUBYA) Squeeze the juice in the conjunctivae three times a day for up to one month.

- b) Crush the powder of Engula (TH: BIIRA J.) and dry to powder. Rub the powder around the eyes.

25. TRACHOMA (360.9)

Pound the fresh leaves of Kanandeye (TH: BAKASIIMA P.) and squeeze the juice into the conjunctivae three times a day for upto one week.

26. RHINITIS (472.0) (473.9)

Roast over fire the leaves of Ngomaditto (TH: KUSIIMA A.) Squeeze the juice and use as nasal drops.

Pound the fresh leaves of Busili (TH: KARULYE X.) and add a little water. Squeeze a few drops of the infusion into the nose using a funnel made from a banana leaf.

27. DENTAL ABSCESS (525.9)

- a) The fresh roots of Omujiumbajumba (TH: MUTAGOMOKA A.B) are cleaned then boiled in water and allowed to cool. Use 50ml. to wash the mouth three times a day.

- b) Boil in water the root of Omujiumbajumba (TH: MUTOGOMOKA A.) strain and allow to cool. Use the decoction for rising the month three times aday.

- a) Burn the whole Biophytum (TH: BIIZA J.) to ashes. Rub the ashes into the gums.

- b) Charr the leaves of Kisaganguwe (TH: BUTAMANYA Y.) in a piece of broken pot. Apply the powder on the gum.

- c) Massage the gum with the tooth of an animal Isenge (TH: BIIRA J.) The false tooth disappears.

28. SIMPLE GOITRE (280.9)

- a) Pound together the stem barks of Omutalinva, Omunyumya, Tonsemerakumpi, Nvamumaso and the root of Nkulengede (TH: BANSEDA J.). Dry and reduce to powder. Apply the powder on scarifications made over the swelling.

Treatment is given daily for one month. The swelling gradually subsides. The patient should avoid eating beans during the treatment.

- b) Pound the fresh leaves of Ndelvadoga (TH: KISIRI P.). Mix with water and strain. Take 250ml. once daily for one month.
- c) Charr together the leaves of Ndinia, Ndoga, Mulimankozza, and Musololwa (TH: AGUMBYA -A.) to a black powder. Apply the powder on scarifications made over the swelling on alternate days for three sessions.
- d) Pound the stem of Ndabagi (TH: ANDAYE E.) and rub the paste into the scarifications made on the swelling. Treatment is given daily for upto one month.
- e) Pound the leaves of Lyanga (TH: BIKANYANGWA J.). Mix with some water and strain. Take 250ml. daily for one month.

29. FRESH WOUNDS (879.8)

Crush together the leaves of Mbindule and an Aloe (TH: KUSIIMA A.) and apply on the wound. The bleeding stops immediately.

30. ANASARCA (782.3)

- a) Cover the leaves of Mabutu and Dianga (TH: MALARIO V.) in banana leaves and use it to massage the patient on the affected areas. Then apply the expressed juice from the leaves of the two plants into the incisions made on the skin.
- b) Burn to ashes Mbaa, Mushebu, Kibgwene (TH: NGONJA J.) and mix with petroleum jelly. Apply all over the body. Boil in water the upper shoot of Ngaigai and add a little sugar to the decoction. Take three times for one day.

ABSCCESS (682.9)

- c) Pound the fresh leaves of Omuchwambindi (CH: MUHINDO D.) and apply on the affected part daily.

31. CELLULITIS (682.9)

Squeeze out the juice from the leaves Muchwambene (TH: MAATE Y.). Dilute the juice with local beer (Tonto) and take 125ml. daily for five days. The cellulitis disappears in a few days.

32. DERMATOSES (707.9)

Pound to powder the dry leaves of Omuhahya (TH: MAMBASA E.). Mix with vaseline and apply all over the body for four days.

33. ECZEMA (698.7)

Burn part of a Ekizukvobuhuka (A Black Ant's nest) (TH: NYABARONGO A.) together with the moult skin of a snake and grind to powder. Apply on the affected skin once a day. The eczema should resolve within a week.

N.B Ekizukvobuhuka is a collection of small bits and pieces of leaves of various plants gathered by the black ants.

34. LEPROSY (030.1)

Apply the sap from the stem bark of Kidede (TH: CHALUNERA G.). Apply the sap on the affected part. Then charr the leaves of Kiege and rub the powder on the affected part every day until cured.

35. BACKACHE (724.5)

- a) Pound the fresh root of Muhokoro (TH: MATTE M.K). Mix with a little cold water and strain. Give the infusion as enema. It causes diarrhoea within four hours. The patient is then given tea.
- b) Boil in water the stem bark of Mukana (TH: TABAKULILYAYO Y.). Allow to cool and strain. Give the decoction as enema once a day for two days.
- c) Pound (1kg) of bark of Omukundusebere (mahogany) (TH: MAMBASA E.) and boil in 5 litres of water. Take 30ml. three times a day for two days.
- d) **Lower Backache**
Boil together water the crushed stem barks of Kituru, Kitembo and Bukingi (TH: RUGANDA M.). Decant the concoction and give as enema. Treatment is given daily until the pain subsides.

36. FRACTURES (829)

- a) Burn the whole plant of Bununamburi, a piece of snake and the whole plant of Bukangabarimu (TH: NYAMUBONNA N.) to ashes. Set the bones in position. Apply the ash and bandage in a splint every three days. Apply hot compresses while dressing.



- b) Burn the head of a snake together with the root of Muhoko (TH: NYAKIIRIRO A.) to ashes. Make incisions around the fracture and apply the ash. Massage the fracture with the upper shoots of Olwehererio and Bujenie.

Then set the fracture in a splint made from the small branches of Kasingu singu, Pugura, Muhoho and Bulera and bandage. The splint is left for three weeks. When it is removed the patient is given clutches.

- c) Banana leaves are softened by warming over a fire. They are used as pads to set the fractured bones. (TH: KYETUNDA J.)
- d) Pound the leaves of Busologano and Omusoloro (TH: BIIRA R.) and apply the paste on the fracture. The limbs are immobilised in a splint.
- e) Warm up the leaves of Kitulu and Bivinji (TH: RUGANDA M.) and use as warm compresses while manipulating the bones back in position.

Then charr together the stem barks of Muhoko and Kawaberereke and apply the ash on scarifications made around the fracture. Splint the limb with twigs of Kasamba.

- f) Pound together the leaves of Bukingi and Chekawa (TH: BAKAHWA B.) Apply the paste at the fracture. The leaves of bananas called Niabalema are used to support the limb.

- g) The leaves of Kanianbuli (TH: DUNGUDANI V.) are pounded and the paste is bandaged around the fracture with a clean piece of cloth every day. The fracture is supported in a splint.
- h) The leaves of Akatundura (TH: KASEREKA N.) are warmed in hot ash and used to massage around the broken bone to reduce the fracture. This manipulation is done three times a day.
- i) Soak together the leaves of Amatumbetumbe and Kikanyo (TH: MAATE Y.) in cold water. Use the leaves as cold compresses for reductive manipulation of the fracture. Treat twice a day for one week and then on alternate days for one month.
- j) Charr together the leaves of Bununa mbuzi and Muhoko (TH: MUKE Y.) Apply the resulting ash into scarifications made on the broken limb. Treatment is given twice a day until the swelling subsides.
- k) Boil in water the leaves of Sogasoga (TH: BIRO J.M). Use the decoction to massage the fracture twice daily.

37. ANAEMIA 285.9

Pound the leaves of Lyanga. Mix with a little water and strain. Take a glassful daily. Then boil stem bark of Ntego (TH: MAGAMBO Y.). Strain and allow to cool. Give the decoction as enema daily.

38. ARTERIAL HYPERTENSION (401.9)

- a) Pound the leaves of Kaweberereke (TH: MUKASA G.). Mix with 250ml. of water and strain. Take all the infusion once.

- b) Pound the leaves of Enamulinga (TH: BATARINGAYA I.). Mix with a half a litre of water. Take all the infusion once daily for two days.

39. PALPITATIONS (785.1) (306.2)

1. Crush the leaves of Bunamburi (TH: TURUMA). Mix with cold water. Take 100ml. of the infusion three times a day.
2. Open the unripened Bijaji fruit and introduce Bivenje, byonukisaka (young cockroaches) (TH: NABASYERI J.) and eat uncooked. Then pound Mukutembe wrapped in a fresh banana leaf and bake in hot ashes. Squeeze out the juice in a cup and take the juice.
3. Pound the tips of the aerial roots of Mupo or Mutoma (TH: BAKARYEEBA D.). Mix with water and strain. Take 150ml. twice a day.

40. HEART FAILURE (429.9)

- a) Pound together the fresh stem barks of Kisuba and Buhula, the fresh leaves of Katungaroho and Kisundukiya, Mutima the fruit of Kisili and (mushroom) Kijeghe (TH: BAHEMUKA J.). Dry and make into powder. Mix one dessert spoonful of the powder with 250ml. of water and boil until the water has evaporated to about 125ml. Strain and take one dessert spoonful of the concoction three times a day for three days.

The patient should feel better on the first day. He gains appetite and becomes able to sit up comfortably.

- b) Pound the leaf buds of Mudinda (TH: MUHIGWA S.) together with sugarcane. Mix with cold water and strain. Take one litre of the decoction within two days.
- c) Stew the leaves of Kitali and Kisundya Mutima (TH: MUSUMBA D.). Take as vegetables once a day for two days.
- d) Pound the fresh roots of Kasia va mungu (TH: NGANDA W.) Mix with water strain and take 200ml. once. Repeat the following day.
- e) Stem the leaves of Kisundya mutema (TH: KABATWALE J.) together with meat and salt. Eat the preparation with roasted bananas.
- f) Pound the fresh bulb of Kitakuli kvakakokuli (TH: CHALUNERA G.). Mix with Oburo(millet flour) and make into bread. Eat the bread once a day for four days. ○
- g) The leaves of Mukowa (TH: TEMBO I) are dried and grinded to powder. Seven teaspoonfuls of the powder are mixed with a ripe banana and taken once a day for three days.

41 LYMPHOGRANULOMA VENEREUM (LGV) 369

Boil in water the whole part of Euphobia hirta (TH: SEMILANGU S.). Allow to cool and strain. Take 250ml. of the decoction once daily for one week, and douche the vagina with the decoction daily for a week.

42. CERVICITIS (625.8)

- a) Boil with water the stem bark of Kinaiungu (TH: BUKAMBIMEIRA E.) in a pot and use the decoction for washing the cervix daily until the pain stops.
- b) Pound together the fresh leaves of Katibombo and Esobyo (TH: BAKECHURA Y.) Dry and wear around the waist.

43. DYSMENORRHOEA (625.3)

- a) Boil together in water the roots of Embatama, the stem barks of Omutoho, Omukowa and Omuvembe (TH: NYAMWAKA S.). Decant the decoction and douche the vagina twice daily for a week.

In addition to the above treatment pound together the leaves of Omusoni, Ekinvamate, Akanyobwa and aerial parts of Omunavi and Omunvu wambene. Mix with cold water and strain. Give 250ml. of the infusion three times daily for three days.

- b) Crush the fresh leaves of Enjoka etaluma (TH: KUNOBWA M.) between the palms, and mix with boiled water and strain. Give a glassful three times a day during the menses.
- c) Pound together the leaves of Nkarakalwa and Banana (TH: SIKIBOBO F.) Mix with cold water and strain. Take a cupful daily until the next period. If the dysmenorrhoea had caused infertility the woman can concieve after this treatment.
- d) Pound and boil in water the stem bark of Ntoro (TH: BAKASIRAKI P.) Decant the decoction and use for douching the vagina.

- e) Pound the leaves of Kasukakakakoli (TH: BUKANJERERA A.) add a little water and strain. Take 50ml. of infusion daily until the next period.
- f) Pound together the leaves of Randoranda, Omwembe, Matojo, Musome, Omunya wa mbende, Ekisula nende (TH: MUMBERE T.) and mix with water. Take a half glassful of the infusion daily for two days during menses.
- g) Pound the stem barks of Kitutuba and Kakungu (TH: NGOMANJUNGU M.). Mix with a little water and strain. Douche the vagina during menses.
- h) Boil in water together the stem barks of Bukenge and Bubembi (TH: KITUNGU G.). Strain and allow to cool. Use the decoction for douching the vagina.
- i) Boil in water the stem bark of Kitoko (TH: KUSIIMA A.) and strain. Take 500ml. during the menses.
- j) Crush between the palms the leaves of Niiviranenka Dodo Nabalasana and Niererivo (TH: BIJAWONA Y.). The paste is wrapped in a banana leaf and inserted in the vagina as pessaries in the morning for three days.
- k) The leaves of Kitutuba, and Kikangabalimu (TH: BABIKE BUGHA F.) are pounded and mixed with cold water and strained. Take 500ml. twice a day for one week.

Alternatively the stem barks of the above two plants may be pounded and boiled in water. Take 500ml. three times a day for a week.

- e) Pound the leaves of Kasukakakakoli (TH: BUKANJERERA A.) add a little water and strain. Take 50ml. of infusion daily until the next period.
- f) Pound together the leaves of Randoranda, Omwembe, Matojo, Musome, Omunya wa mbende, Ekisula nende (TH: MUMBERE T.) and mix with water. Take a half glassful of the infusion daily for two days during menses.
- g) Pound the stem barks of Kitutuba and Kakungu (TH: NGOMANJUNGU M.). Mix with a little water and strain. Douche the vagina during menses.
- h) Boil in water together the stem barks of Bukenge and Bubembi (TH: KITUNGU G.). Strain and allow to cool. Use the decoction for douching the vagina.
- i) Boil in water the stem bark of Kitoko (TH: KUSIIMA A.) and strain. Take 500ml. during the menses.
- j) Crush between the palms the leaves of Niiviranenka Dodo Nabalasana and Njereriyo (TH: BIJAWONA Y.). The paste is wrapped in a banana leaf and inserted in the vagina as pessaries in the morning for three days.
- k) The leaves of Kitutuba, and Kikangabalimu (TH: BABIKE BUGHA F.) are pounded and mixed with cold water and strained. Take 500ml. twice a day for one week.

Alternatively the stem barks of the above two plants may be pounded and boiled in water. Take 500ml. three times a day for a week.

l) Pound the stem bark of Kiroku (TH: BABIKEBUGHAF). Mix with water and take 500ml.

m) Crush together the dry leaves of Musololo Nakalakaluwa and Biraghi (TH: BAHEMUKA J.) Boil in water. Take 125 ml. of the concoction three times for one day only. The medicine should be taken only during menses.

44. METRORRHAGIA (626.6)

a) Boil in water the stem bark of Mbirago (TH: NYAMUNOBWA N.) and strain. Give the decoction as enema during menstruation for four days. It causes diarrhoea.

b) Pound the leaves of Kinamuhinga (TH: BABIKABUGHA F.). Mix with water and take 500ml.

c) Crush leaves of Bukwatantama (TH: BABIKABUGHA F.). Mix with water and strain. Take 250ml. of the infusion in the morning, and evenings until bleeding and the pain stop. Avoid alcohol during treatment.

d) Boil the stem bark of Kibudu (TH: NAJIYABO) in water. Allow to cool and strain. Use the decoction for douching.

45. ADNEXITIS (614.9)

a) Boil in water the fresh leaves of Kiguma nyugu and Kapanja (TH: MUBERE MAJUMA) and strain. Take 200ml. of the concoction twice daily for four days.

b) Dry and Pound the whole Kikanya (TH: KIZZA Y.). Macerate the powder in water. Take two glassful daily for ten days.

- c) Pound together the fresh leaves of Akakuta akabatelewa and Kihumuhumu (TH: ITUNGU A.). Mix with a little water and strain. Take 200ml. twice a day.
- d) Boil in water together the root barks of Mukutembi and Kakumbokumbo (TH: BABONGISHA E.). Decant the concoction and use it for vaginal douching, twice daily for two weeks.
- e) Pound the leaves of Madinda (TH: TABAKULILYAYO Y.) and insert the paste into the vagina. Avoid sexual intercourse during treatment.

46. INFERTILITY IN WOMEN (628)

- a) Crush together the dry stem barks of Mutatembwa and Bakwisa Weghalaghale (TH: BAHEMUKA J.) into powder. Mix one dessert spoonful of powder with 500ml. of water and boil. Take 125ml. of the concoction three times a day for three days.
- b) Pound the leaves of Kikaba (TH: BAKECHURA Y.). Tie in a piece of cloth and wear around the waist every day until pregnancy occurs. The cloth should not be removed during sexual intercourse.
- c) Boil in water the stem bark of Mukole (TH: KABAHINDI G.) and strain. Administer once as enema very early each morning for two days. Then pound the fresh leaves of Mughombwa and squeeze the juice into a cup. Mix the juice with water and take 250ml. twice a day for three days. Treatment should be during the menstration period.

- d) Pound together the roots and the leaves of Musororo (TH: BAKASIIMA P.) Mix with some water and strain. Give about 500ml. of the infusion three times a day. during menstrual periods. Continue the treatment for three more days after the period.
- e) The whole of Omusekera (TH: KINYANGIO F.) is dried and reduced to powder. Mix the powder with vaseline and use it to massage the abdomen.
- f) Pound together the leaves of Omugobe gwabazimu, Omutalvabene and Omuembi (TH: BASEKA A.). Mix with some water and strain. Give 250ml. daily during menstruation.
- g) the fresh stem barks of Kicumbura, Orwese and Omuwanja (TH: MATTE M.K.) are boiled in water and strained. Take 250ml. twice a day for six days.
- h) Boil the stem bark of Dundunguna (TH: KINABA J.) in water and strain. Use the decoction to douche the vagina during menses.
- i) Crush together the leaves of Kasombera and Kakangabazimu (TH: KAMOCHERE Y.). Mix with cold water and and strain. Take 100ml. of the infusion on the last day of the menstruation period.
- j) Cut into small pieces the stem barks of Kirumba, Kitutuba and Kihunga (TH: NANJARA A.). Boil together in water, allow to cool till the following day and give as enema.

Then crush the leaves of Muribi. Mix with cold water and strain. Give 100ml. once during menses. Repeat for two to three months.

- k) Crush and boil in water the fresh roots of Kabukuna (TH: NANJARA A.). Take 100ml. twice daily for two months during menstruation period.
- l) The fresh fruits of Ndabagi (TH: KUBALISA A.) are pounded and mixed with a little water. Strain and give as enema using a gourd at the beginning of the menstrual period.
- m) Pound the stem bark of Kagoboriyo (TH: NABASNER). Mix with cold water. Take one cupful twice a day during the menstrual period.
- n) Pound the stem bark of Omusisa (TH: KYARONDYABO Y.). Add a little water and squeeze in a softened banana leaf. The woman takes 1 glassful and her husband a half table spoonful in the evening and the next morning. The couple offers a goat to the Traditional Healer when the wife conceives.
- o) Extract the oil from the fruits of Simbono (TH: BIIRA J.). Apply the oil on the abdomen.
- p) Boil together the stem barks of Mujuramata and Kibudu (TH: NAJIYABO F.) in water. Strain and use the concoction for douching the vagina.
- q) Pound the fresh leaves of Kinamulinga (TH: BIRINGA J.) some of the juice is squeezed out. Take 125ml. twice for one day. Mix the paste with cow ghee and insert in the vagina as pessary.
- r) Pound together the leaves of Omusekera, a banana leaf which has already been used while steaming food and the stem bark of Omusambya (TH: NZIGUYABO P.) Boil in water and strain. Allow to cool and administer as enema.

- s) Pound the stem bark of Musisi (NGOMANJURGU M.) Add a little water and squeeze out the infusion. Give one mugful once during menses.
- t) Boil in water the stem barks of Kisiri and Kinyajungu (TH: NJENJE B.). Give 200ml. daily at the begining of the menses until the patient conceives.
- u) Pound the fresh fruits of Ndabagi (TH: KUBALISANA A.). Add a little water and strain. Give the infusion as enema at the beginning of the menses.

47. MISSED ABORTION (WITH LITHOPAEDION) (632)

- a) Pound the leaves of Kinyamakundo (TH: SEMILANGU S.) Mix with a little water, strain and take 500ml. The lithopaedion is expelled soon after.

After expulision of the lithopaedion take once 40ml. of the decoction made from the leaves of Katembe kake. Finally douche the vagina with 20ml. of this decoction.

- b) Boil a handful of the leaves of Kabegande (TH: MATTE KIHOMA) in about 500ml. water. Decant the decoction and give 100ml. three times a day once a month.
- c) Boil in water together stem barks of Omuko, Ekikondabakazi, Omusisa, Omutumba, the leaves of Nyikaranyenka and Marisekera the young fruits of Kisoga; and the inflorescence of Enkanda of banana (TH: BIIRA R.) The concoction is administered as enema daily in the morning and evening.

The patient gains appetite, feels stronger and the hair that had fallen off grows again. The uterus returns to normal.

48. THREATENED ABORTION (640.0)

- a) Boil in water together the leaves of Kagasi Basibiya and Katibombo (TH: BAKASIRAKI P.). Add the decoction to water and use for bathing. The pains and bleeding subside.
- b) Pound the fresh leaves of Ndelvandoga (TH: BUKANJERERA A.). Mix with water and strain. Take 20ml. of infusion once. The labour pains subside.

49. DIFFICULT LABOUR (669.9)

- a) Charr the roots of Sogasoga (TH: BYAHURWA M.) Grind to powder. The patient swallows the powder. Delivery should be effected immediately.
- b) Pound together the fresh leaves of Ratibgombo and Muhobo (TH: KABATANGO E.) to a thick paste. Insert the paste into the vagina on alternate days thrice.
- c) Pound the roots of Luhuhulo (TH: KABATWALE J.). Mix with water, strain and take 250ml. once.
- d) Pound together the leaves of Mbuwula and Kisakemwe (TH: TABAKULILYAGHE G.) Mix with water, strain and take 500ml. at once.
- e) Pound the fresh leaves of Mbuwula (TH: BALUWA E.) and mix with water. Take 250ml. of the infusion once.
- f) Pound together the fresh leaves of Eughula, Mukubule and Nakajenje (TH: BUKAMBIMBIRA B.). Mix with water, boil and strain. Take 125ml. of the concoction once.

- g) Charr the root of Kibabango (TH: AMENGO G.) and crush to powder. Rub the powder in the hands and handle the immersing baby during delivery. This hastens delivery.
- h) Pound the leaves of Ilyanga (TH: KIRANGA) Mix with cold water and strain. Give one glassful of the infusion once. The woman delivers easily.
- i) Pound the leaves of Asiri (TH: TABITA M.) Soak in cold water strain. Give 50ml. and repeat 15 minutes later. The residues is rubbed on the womb and the back. The TH should first taste the medicine to demonstrate that it is not poisonous.
- j) To widen the passage.

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The fresh leaves of Katibombo and Muhobo (TH: KABATANGO E.) are pounded. The paste is wrapped into a pad which is inserted into the vagina. discard and replace with a new one after two days.

- k) The root bark of Kisoga, Eyobyo and Akatekengeva (BIIRA R.) are chewed and the juice is swallowed once. The leaves of Enkora are pounded and rubbed all over the body.

The leaves of Engoba nyoro are pounded, mixed with water which is then used for bathing the patient.

Boil the roots of Gonja in water and give once 30ml. of the decoction.

- l) Wear around the waist; the leaves of Chehangu and Engobanyolo (TH: BIIRA N.) This helps to soften the pelvic muscles.
- m) Pound together the leaves of Ndegiva-ndoga and Nkarakaruna (TH: BATAMANYA) into a paste. Insert the paste into the vagina. (pessary) and leave it there overnight. This will soften the cervix and cause dilatation.
- n) Pound the roots of Gonia (TH: MUCHUBA L.). Squeeze out the juice and take one dessert spoonful once. This will stimulate uterine contractions and hasten delivery.
- o) Macerate the leaves of Mudinda and Mpughura (TH: KWEMALIYA M.) in cold water for a day. Drain off the liquid and take 250ml. once. This stimulates the uterine contractions and hastens child birth.
- p) Macerate the leaves of Njumbo (TH: TIMANAYE F.) in water. Squeeze out the infusion and take 150ml. at once. Contractions and child birth occur immediately.
- q) Crush together the fresh leaves of Mpughura and Aholiyo (TH: TIBANAYE F.) into a paste. Rub the paste over the womb. Uterine contractions are stimulated and the child is born soon after.
- n) Pound together the leaves of Masango, Butama and Kiteri (TH: BUKAMBIMBIRA B.) into a paste. Insert the paste in the vagina on alternate days. The cervix softens and the vagina dilates normally during labour.

- s) Pound the roots of Nabalasani (TH: BWAMBALE F.) Add a little water and strain. Give 100ml. of the infusion at once. Uterine contractions are stimulated. The child birth results immediately.
- t) Pound the roots of Omugholha (TH: MUHINDO B.) Mix with hot water and strain. Give 250ml. orally once. Delivery is effected immediately.

50. **FOETAL MALPOSITION (652.9)**

- a) Pound the root of Mbuwula (TH: LIMBADIBO M.). Add a little water and strain. Give 100ml. twice a day until the foetus comes to the normal position.
- b) Extract the oil from Kisoga seeds (TH: BIIRA R.). The oil is rubbed on the womb. The foetus will assume the correct position.

51. **STILL BIRTH (V23.9)**

Burn the dry leaves of Kikangabalimu and Mulumbelumbe (TH: KABUKOSI J.). The patient inhales the smoke once. The foetus is expelled.

52. **AFTER PAINS (625.8)**

- a) Tie the flowers of Mukutembi and Kalvanokulu and leaves of Jedde (TH: RUGANDA) in banana leaves and roast in hot ash. Allow to cool and insert in the vagina. Repeat the treatment daily for three days.
- b) Pound the roots of Katibombo (TH: TABIITA). Boil in water take 250ml. of the decoction twice a day. If the pains persist then continue the treatemement as follows:

- i) Pound together the leaves of Bulyankoru, Nsundiyamutima and Kikaka kye njojo. Mix with cold water and take 250ml. of the concoction three times a day for three days.
- ii) For lower abdominal pain pound the leaves of Ndelvandoga and apply at the area of pain.

53. RETAINED PLACENTA (666)

- a) Pound together the leaves of Nyabalasani and Engobanyoro (TH: MBAMBU E.). Add a little water and strain. Take 20ml. of the infusion twice for one day.
- b) Pound the root of Mpuhura (TH: KIBONESA P). Mix with water and strain. Give 250ml. at once.
- c) Pound the fresh leaves of Kihururu (TH: MUHINDO A.). Add a little water and strain. Give 100ml. of the infusion at once. The placenta is expelled immediately.
- d) Pound either the leaves or root of Katakuli Kakakolakuli (TH: BIHILISA E.). Mix with water and strain. Give 250ml. at once. The Placenta is expelled immediately.
- e) Pound the root of Kakorakoli (TH: KYABUSA D.) Mix with water and strain. Take 250ml. once. The Placenta comes out immediately.
- f) Pound the aerial shoot of Emphobia (TH: DALOBE M.). Add a little water and strain. Take 50ml. orally once. The Placenta comes out immediately.

- g) Pound together the leaves of Mukakati and Kararakekvambu (TH: MBABAZI B.) Mix with a little water and strain. Take a half a glassful once.

Alternatively boil in water the root and stem-bark of the two plants, strain and give the concoction as enema.

- h) Crush the stem of Kikaka (TH: NAJIYABO F.). Mix with water and strain. Take 250ml. of the infusion at once.
- o) Burn together the root barks of Kisoga, Evobvo, Akatekengeya, the leaves of Enkora, Engobanyoro and the roots of Gonja to ashes. Mix the ash with water and give 500ml. once.
- p) Boil the stem bark of Kisiri (TH: ETIMALYABO E.) in water very strongly. Allow to cool and decant. Douche the decoction into the vagina. The placenta is expelled immediately.

54. POST PARTUM HAEMORRHAGE (666)

Crush the fresh leaves of Sweet potatoes (TH: BYABANAGE S.). Soak in water and strain. Take 100ml. of the infusion once.

55. FAILED LACTATION (676.4) (676.5)

- a) Pound together the fresh leaves and stems of Kiretamabere (TH: BAGOGOLE D). Mix with cold water from a spring. Add multon cook together. Eat with posho. the breast should start swelling with milk.

- b) Boil in the stem bark of Kikawa (TH: MUSUMBA I) together with ground nuts pastes and stir throughly with a Kasogisogi stick. Use as souce everyday for three days. The milk should collect in the breast and the child suckles to the fill.

56. PERINATAL DEATH (V23.9)

Collect the leaves of Dodo, Bikaba and Lubango (TH: EGOBIYA I.). Pound them together. Mix with water and use the infusion for bathing for at least one month.

57. KWASHIOKOR (260)

- a) Boil in water the fresh leaves of Omuchora and Ekirimya mulero (TH: BALINDA P.) Strain and take two drops twice daily for three days.

- b) Pound the leaves of Kibonderva (TH: NYABARONGO A.). Squeeze out the juice and give 100ml. once to the child.

58. FAILURE TO THRIVE (783.4)

Dry and burn the whole of Karusale (TH: NYABARONGO A.). Apply the ashes to scarifications on the dorsum of the feet. The child should start walking in a week.

59. DIABETES MELLITUS (250.0)

Pound together the leaves of Enjambo, the stem barks of Muvembe, Mubiriri and Ekilumbo (TH: BATARINGAYA I.) and boil in water. Take 250ml. of the concoction three times daily for one week.

60. GONORRHOEA (098)

- a) Pound together the roots of Ngongi and Kalemanjogu. Mix with water and strain. Take 500ml. of the infusion once.

- b) Pound the leaves of Papali (TH: KORULYE X.) and mix with water. Take 500ml. twice a day for three days.

59. URINARY RETENTION(788.2)

Peel away the covering of the stem of Kikakakye njojo (TH: BATARYEEBA D.) Cut the pith into small pieces and pound them. Mix with water and strain. Take 1 litre once a day for three days.

60. ORCHITIS (188.0)

Pound together the stem barks of Kitembo and Kikawa (TH: BAGOGOLE D.). Mix with cold water and strain. Give 250ml. twice a day to adult and 125ml. twice a day to children for four days.

61. HYDROCOELE

- a) Roast Butuli (Mushroom) (TH: BUKAMBIMBIRA B.). Mix with a little water and rub on the hydrocoele three times a day for one week. The pain and the swelling eventually disappear. The patient should never again eat Butuli.

- b) Pound the stem bark of Kitumba together with roots of Mubiriri and Kigowa (TH: MUHENDO J.). Soak in cold water strain and store in a bottle. Take 100ml. three times a day for about two weeks.

62. INGUINO-SCROTAL HERNIA (5509)

Pound the stem bark of Kihumuhumu (TH: SULUBYA A.) Add a little water and strain. Take a glassful of the infusion daily for three days. It may cause diarrhoea.

63. SEXUAL ASTHENIA (607.8) (302.9)

a) Mix the roots of Kabururu-Komukeya (TH: SULIBYA A.) with the leaves of Lyanga and dry them in the sun. Charr and grind the in a piece of broken pot. apply the powder into the excorifications made on the pubic pubic region. Repeat the treatment daily until the patient can achieve and maintain an erection.

b) Pound the fresh root of Kabhukuna (TH: BAKASIIMA P.) and boil for five minutes in water. Strain and take 500ml. three times a day for three days.

The patient should achieve erection by the second day. It also induces diuresis.

c) Cut the root of Omulembe (TH: BIIRA N.) into small pieces and boil them in water. Decant the decoction and administer as enema.

d) Pound the stem bark of Omubata (TH: KULE T.) and rub the paste in the excorifications made around the scrotum and at the back.

e) Boil the roots of Bukalaha (TH: KINOBA J.) in water. Allow to cool and strain. Take 250ml. of the decoction daily until an erection is achieved.

f) Dry whole plant of Mulondo (TH: KANUGU J.) and burn it to ashes. Make incision on the wrists and rub in the ashes. The patient feels the urge for sex within six hours.

- g) Burn together the back bone of Mbila(snake) the penis of Ngeve (antelope) and Karere(grass) (TH: NGONJA J.) to ashes. Make two incisions on either side of the groin. Apply the ash.

The rest of the ash is boiled in a little water and applied all over the body for one to two weeks. At the end of the treatment the patient will get stiff erections.

- h) Burn to ashes the stem bark of Vunya Ukumu (TH: NASURU ABDALLA). Make incisions around the waist and apply the ashes twice or three times a day.
- i) Pound the whole plant of Kanaswisi (TH: NABASYERI J.). Mix with cold water strain and store in a bottle. Take one glassful three times a day for three days.

- j) Pound together shoots of Bunvansi and the roots of Kamulali, Omunungu, Omwene, Omuhororo and Omuhua and the stem bark of Embina (TH: SIHARIHOKI M.). Add a glassful of crude alcohol (Waragi) and strain. Take the concoction in the evening before a meal.

The concoction is then mixed with banana beer (Tonto). Take one glassful at lunch time the following day.

- k) Boil in water the barks of Mwanguruga and Ambene (TH: TIMALYABO F.) and strain. Mix with millet porridge. Take 500ml. once a day for about one week.

- i) Boil together the roots of Ekiragi, Omwani, omulongo, Akagando akataito, and the leaves of Katinamporo. (TH: BIIRA R.). Mix the concoction with local banana beer (Tonto) and boil again. Take 100ml. twice daily for a week.
- m) Pound the whole of Kanaswisi (TH: NABASYERI J.). Mix with one litre of water and strain. Take one glassful three times a day for three days.
- n) Dry the stem bark of Vunya ukumu (TH: NASUR A.) and burn to ashes. Apply the ash on scarifications made around the waist.
- g) Boil in water the stem bark of omunyambuzzi (TH: BALINDA P.) and decant the decoction. Add sugar and take a dessert spoonful when necessary.

64. AIDS

- a) The roots of Omukuzanyana, Omuhua, Omukondabakazi, Omusisa and Omuhanga abagenzi (TH: MURULI I.F.) are boiled together in water and given as enema. The patient should improve. However the treatment is repeated whenever the patient weakens.
- b) Boil together in water the stem barks of Muhehera, Mutatembo, Ekikusu, Omutongo, Omunvonvo, Omutomo and the leaves of Omujaga (TH: KITALIBARA A.). Decant the decoction and give as enema. Treatment is given daily for one week.
- c) Cut the stem bark of Mususa (TH: MUKIRANE S.) into small pieces and boil in water. Decant the decoction and give a cupful once daily. Feed the patient on offals of goat or cow.

65. BURNS (949.0)

- a) Pound together the fresh leaves of Musango and Kijubankoba (TH: KORULYE X.). Add a little water and apply on the burns until a new skin is formed.
- b) Crush the leaves of Runyanva (tomatoes) (TH: KORULYE X.). Add a little water and apply on the burn.

66. SNAKE BITE (E905.0)(989.5)

- a) Burn the leaves of Nirvahaga and the head of snake (TH: BASALIZA P.) and apply the resulting powder at the site of the snake bite. Crush and soak in cold water the fresh leaves of Nirvahaga and give the infusion to the patient immediately.
- b) Crush the leaves of Marvanga (TH: TURUMA) and soak in water. Strain and give 150ml. to the patient. Burn the head of a snake and ants to ashes. Apply the ash powder in incisions made at every joint.
- c) Burn together the head of a snake the leaves of Akakole and Kamio (TH: NGIRI D.) to ashes. Make incisions around the site of snake bite and apply the ash once.
- d) Burn to ashes the Lyanga grass (TH: BABUYALIBO) Make incisions around the bite and apply the ash.

67. POISONING (E 980)

Boil in water the crushed stem barks of Nkinga, Kitembo, Lumbo, Tutube and Mutatamba (TH: AGUMBYA A.) Strain and take 250ml. while still luke-warm. This induces vomiting immediatly.

68. FOOD POSIONING

Boil the stem bark of Kihabe (TH: KATAKATA T.). Strain and use as enema.

69. EPILEPSY (345.9)

- a) Pound the roots of Kihumuhumu (TH: P. BAKASIIMA) Mix with a little water and strain. Take about 500ml. of the infusion when the attack is imminent. The patient ususally vomits and becomes weak and should be given plenty of soup.
- b) Pound the root of Omuwokolo (TH: MAATE Y.) Squeeze out the juice which is taken orally at new moon. The treatment induces vomiting. Continue with the treatment until vomiting is not provoked.
- c) Pound fresh leaves of Lyanga (TH: NGAMARINDU M.) and mix thoroughly with water. Give 500ml. of the infusion three times a day. This treatment stops the spasms and calms down the patient. The patient should avoid drinking plain water during treatment.
- d) Pound the leaves of Lyanga (TH: BABUTE METHODIUS) and mix with water and strain. Take a half glassful daily for one month. the patient must avoid mutton during this period.
- e) Boil in water the stem bark of Mututu bangi (TH: BABUYALIBO B.). Take one glassful twice a day for one week.
- f) Ekikere(frog) Kisitumbu (bird) and Engurukozi (Lizard) (TH: NZIGUYABO P) are burnt to ashes. Apply the ash into the incisions made at the limb joints and on the back, temples and chest.

After the above preliminary treatment the patient is made to sit in steam of water facing upstream and holding two hens one black and the other white. The patient then removes his clothes and throws them into the water to be carried down stream.

A fetish (Hirizi) containing twigs and pieces of Kibulamu is then tied on the left arm of the patient to protect him from seizures in the future.

- g) Boil the leaves of Omwenda balimu (TH: BALINDA P.) and strain. Take a dessert spoonful three times a day for three days.

Dry the roots and grind to powder. Mix the powder with vaselin and apply the ointment all over the body.

- h) Clean and pound together the fresh roots of Njala and Tabunuka (TH: KUSIIMA A.). Mix with boiled water and strain. Take 500ml. twice daily for one week.
- i) Crush the roots of Bahumu (TH: KUSIIMA A.) and mix with water and strain. Take 250ml. twice daily for seven days.
- j) Burn to ashes the maize cob (TH: EGOBIYA I.) and mix it with the red soil used by Ntaitali (Sparrows) to build their nests and grind to a fine powder. Rub the powder into the scarifications made on the patient. The patient should be cured within one month.
- k) Pound the fresh root bark of Omuhumuza (TH: MURULI I.F.). Dry and grind into powder. Mix the powder with water and strain. Take 250ml. of the infusion twice a day for two days.

70. FUNCTIONAL PSYCHOSIS (298.0)

- a) Pound the bulb of Lyanga and mix with water for washing the face. Then pound together another portion of Lyanga and Mwabalabasire. Mix with a little water, strain and take orally. Then squeeze the juice from the leaves of Katimbombo (TH: NTEMO J.) and give as nasal drops.
- b) Pound together the fruit of Kibusi and the root of Kabusama (TH: TALIBENJO J.). Apply the paste on scarifications made on the chest and back.
- c) Light a dry branch of Kiloku (TH: BYAMAKA N.) and let the patient hold it. The patient begins to talk sensibly.
- d) Pound together the roots of Kihumuhumu , Mwoti , Muhoko and Kikonde (TH: BAKASIIMA P.). Mix with cold water and strain.

Give 500ml. of the concoction every third day for three doses. It may cause vomiting and weakness in which case give plenty of soup to the patient.

- e) Crush the stem bark of Luwando (TH: TASIMWE) and boil in water. Allow to cool and strain. Take 200ml. of the decoction three times daily for two weeks.
- f) Dry the stem bark of Mwera (TH: NGAUKIBA E.) and grind to powder. Pack some powder in a small cotton bag and wear around the waist. This chases away the causative spirits and leaves the patient with a clear mind.

- g) The fresh leaves and stem of Mbeperwa (TH: BAGOGOLE D.) are crushed and boiled in water and strained. Take 250ml. of the decoction twice a day for four days.
- h) The roots of Omuhoko and Kisoga (TH: BALIBEI Y.) are pounded together. Some water is added and the juice is squeezed. Give 125 ml. of the concoction three times a day. The treatment is repeated after a day later.

Precaution The patient should not eat certain types of bananas locally known as "Njabalema" and "Amatehe".

- i) The leaves of Kimondo, Kirubo and Lyanga (TH: BELIBEI Y.) are pounded together, wrapped in a banana leaf and warmed under hot ash. Scarifications are made on the shaven head and the poltice rubbed three times daily for three alternating days.
- j) (TH: BUKAMBIMBIRA E.) Uses horns and gets instructions from pure spirits to drive off the evil ones affecting the patient.
- k) Crush the dry stem bark of Mukikimba (TH: FESA MOHAMAD) and sieve. Add two spoonful of the powder to 250ml. of cold water and stir thoroughly. Take 250ml. three times daily for at least three days.
- l) The fresh leaves of Doodo, Bikaba and Lubango (TH: EGOBIYA I.) are pounded together, mixed with water and used for bathing.

- m) Pound together the fresh root of Kabusama and the fresh fruit of Kibusi (TH: TALIBENJO J.). Make two incisions on the chest near the position of the heart and on the back of the neck and apply the paste. Cover the patient with a blanket and allow him to rest. The patient should regain consciousness within a short time.
- n) The leaves of Malele are spread on the floor where the patient is made to lie. The fresh leave of Muhoko (TH: TABITA R.) are crushed and the paste is used to massage the patient once a day for two days.
- o) Crush and boil strongly in water the stem bark of Bulera. The decoction is used for bathing. The leaves of Mudinde are crushed and the juice is expressed. Give a glassful of the juice. The patient is then made to sniff the powder prepared from the bark of Ekuru for one week (TH: BASALIZA P.).
- p) Pound together the roots of Muhoko and Iranga (TH: AYONGAYO J.). Mix with water and give 500ml. once a day for two days. The patient is expected to develop diarrhoea and vomiting.

After this preliminary treatment the patient is laid in a trench and his hair removed. A goat is slaughtered and cooked on fire made just beside the trench. The group of Traditional Healers who participate in this ritual treatment consume all the meat. The patient is then removed from the trench and given new clothes.

- b) Pound and roast the stem bark of Bakweshe we Galegale (TH: KABAHO J.) in hot ash. Allow to cool and apply the paste all over the body. Repeat the treatment once or twice after two or three days.
- c) The patient is made to stand between the leaves of Orugura and Jiuhia (TH: VAHUMAWE A.) The leaves are used for cleaning. The patient is transferred to safe place away from his home and the treatment is repeated twice. Avoid sex for four days.

The leaves of Babakali and Tolo are tied into the leaf of Kinigi to make a bundle. A decoction made from Kandakanda is applied on the head of the patient covered with a sheet of cloth.

The spirits are called while the patient is holding the bundle. The spirits possess the patient and make him shake violently. - They announce the name of the person who sent them. They then make a demand of the type of chicken they would accept as an offering to justify them to depart from the patient. When the chicken is slaughtered and the severed head is used to trap the spirits and then buried. Finally the bundle is burnt to signify that the spirits have been destroyed. (TH: NGONJA J.)

- d) Boil in water the stem barks of Mutumba and Mutatembwa (TH: KABUGA S.). Give 500ml. two to three times for one day.
- e) Pound the fresh leaves of Lvanga (TH: KYARONDYABO Y.) Mix with a little water and strain into a container. Give 500ml. once in the morning. Some of the infusion is applied on the head in the evening.

Some of the leaves are dried and burnt to ashes. The ash is applied once into the incisions made on the legs, joints and at the back of the neck. The patient is made to stay with the Traditional Healer for about one month.

- f) The patient is made to sit on a special stool holding a horn. The spirit is called and made to reveal who has sent it. The Healer orders the inquires what price the sender paid to the spirit. If the price is revealed then the patient pays back the same items to the Healer to carry back to the sender.

The Healer orders the spirits abandon the patient. The patient is finally cleansed by bathing the concoction made from Mukubure. (TH: AYONGAYO J.)

- g) Boil in water the stem bark of Kibulemo (TH: TABETA F.). Strain the decoction and use it as enema. This will force the spirit to talk and disclose the cause and treatment of the sickness.

- h) Soak the stem bark of Mutatebwa (TH: KUMBIRO S.) in hot water. Use the decoction to bathe the patient.

Then boil in water the stem bark of Kiwumuhumu (TH: KUMBIRO S.) and strain. Give the decoction as enema.

- i) Soak the leaves and stem bark of Mutatembwa (TH: MUGASOKI E.) in water. Use the infusion for bathing the patient.

The patient wears a head band made out of Isiimba skin.

- j) The patient is made to lie on beddings made of the leaves of Malere and Makangi (TH: NDIBERA). Incantations are recited loudly. This drives the evil spirits out of the patient.
- k) The patient lies on Zirabelamani leaves. He is then bathed with an infusion in which the leaves of Kijumbura and Mwera (TH: NKABASEKERE J.) have been soaked.
- l) Macerate together the stem barks of Mwira, Malere, Kitoko, Kiloku, Musita and Kalitusi (TH: KAMBAGA S.) in cold water for two days. Pour the concoction into a basin and the patient uses it for bathing.
- m) Pound together the leaves of Mwera and Mughaju (TH: Kijungu G.). Mix with cow ghee in a pot and place it near the patients head. The drum is played and incantations are recited. The sprits flee from the patient.
- n) Pound to powder the whole plant of Kiluku (TH: BAGIBIANI. C) and sieve. Sprinkle the powder on the head. The demon begins to speak from within the patient and eventually the demon escapes out of him.
- o) Pound the stem bark of Malele (TH: BALUWA E.). Dry and spread on the floor. A concoction made from fresh roots of Kisongo, Busiri and Kitembo is used for bathing the patient every day for one week. The patient should not be allowed to appear in the public places until he is cured.
- p) Pound the leaves of Kizigambogo (TH: BOKA S.) and mix with a half a litre of water and strain. Take 250ml. twice for one day only.

- q) Mix the dry leaves of Kalitusi (TH: KIWABA J.) with cow ghee and burn on a piece of broken clay pot. Let the patient inhale the vapour. This quiets the patient promptly.
- r) Either Charr the leaves of Nyakesiki (YH: KAMACHERE and Y.) and crush the black residue to powder. Apply the powder into scarifications made on joints. Or Crush and macerate the leaves of Nyakasiki in cold water. Strain and take 100ml. of the infusion daily for three days.
- s) Boil together in water the leaves of Mubiriri, Kitege, Madada and Gabatwakari (TH: BAMUKWAKI S.). Mix the concoction with water. The patient uses the mixture for bathing daily for one week.
- t) The root of Batilititti (TH: MAMBASA E.) is dried and made into powder. The powder is sprinkled on the scalp of the patient and applied all over the body. The patient is made to rest for thirty minutes after treatment.
- u) Pound together the stem barks of Kibulemu, Lvanga, Kibusi and Muheka (TH: NGOMANJUNGU, M). Apply once the paste on scarifications made on the forehead, back and chest of the patient only once.

72. BEWITCHMENT (NC)

- a) Pound the fresh root of Musambya (TH: MAWA S.). Mix with a little water and strain. Take three dessert spoonfuls three times daily until you recover.
- b) Pound together the leaves of Dodo, Bikaba and Lubango (TH: EGOBIA I.) and use for bathing.

- c) Pound the leaves of Omutonga (TH: BISANDO E.) and boil in water. The mother who wants to protect her baby from bewitchment bathes the decoction at the junction point of the path leading to her house from the main one. Bathing is also performed between the house and the latrine and at the garbage heap.

73. TRAINING TO BECOME A SPRITUALIST (NC)

Make a mat made from the leaves of Marere. The patient lies in this mat and is covered with the leaves of Kihumuhumu (TH: BATIGWA Y.) which have been warmed over fire. The trainer dances around the trainee. This is repeated for two weeks. A goat is offered before this ritual. It should be noted that the trainee starts off as a patient.

74. LUCKY CHARM (NC)

- a) Pound the whole plant of Kigima (TH: BAGIBIANI C.) and apply the paste all over the body. Repeat as need may arise.
- b) Pound the roots of Mutatembwa and Kitumba (RH: MUCHAKAMBI H.). Dry and reduce to powder. Add two teaspoonfuls to a cup of tea and take whenever necessary.
- c) Macerate the leaves of Bisunduki wa Mutima (TH: KIBAHO J.) and smear the infusion all over the body.
- d) The leaves of Mukubure and the dry powder of Kitembo (TH: BUKANSWARYA M.) are mixed with water and used for bathing in the evenings for two to three days.
- e) Dry the aerial parts of Omusekera (TH: BIIRA N.) and reduce to powder. Add a little sugar and store in a dry place. Lick small amounts when necessary.

- f) Charr the leaves of Lyanga (TH: KABUKOSI J.) and apply the black powder on scarifications made at the joint.
- g) Burn the leave of Muchucure (TH: VAHUMUWE A.) infront of the door while mentioning the name of the prisoner. The prisoner is realeased and should reconcile with the accuser in presence of other witnesses.

75. LOVE CHARM (NC)

Burn together the leaves of Muvunja, the meat of a bird called Namunsigva and the skin of Kambaga (TH: BYAMAKA N.) to ashes. Lice the ashes as necessary. Mix the ashes with vaseline and apply all over the body whenever necessary.

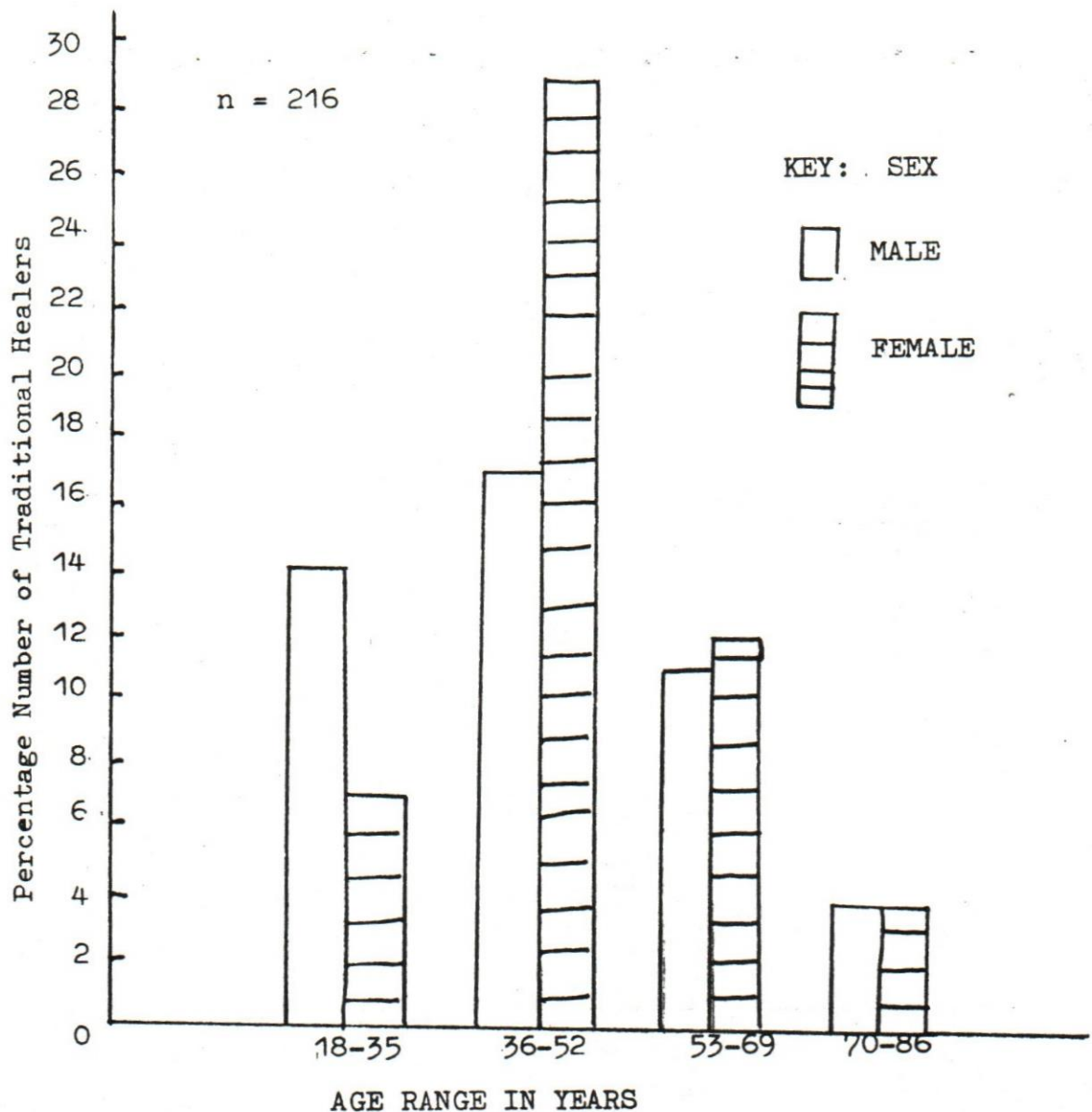
CHAPTER FOUR

ANALYSIS AND DISCUSSION OF THE RESPONSES TO THE QUESTIONNAIRE
ON THE TRADITIONAL HEALERS.

Data concerning the Traditional Healers was collected, analysed and discussed under the following sub-headings:

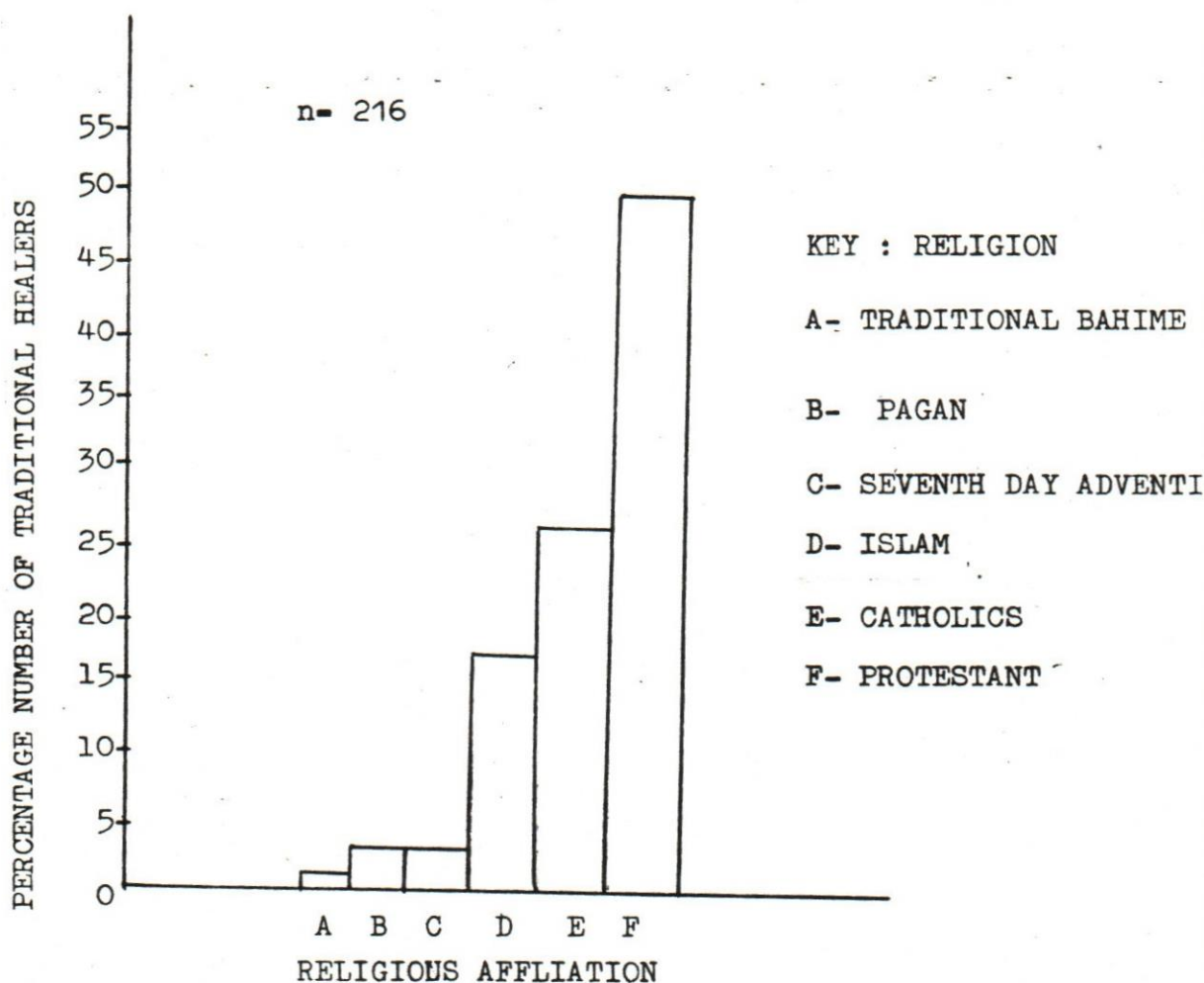
- a) The characteristics of the Traditional Healers who were interviewed.
- b) Their views, ideas and opinion etc concerning the formation of the proposed National Association of Traditional Healers.

GRAPH I: SEX AND AGE DISTRIBUTION OF TRADITIONAL HEALERS



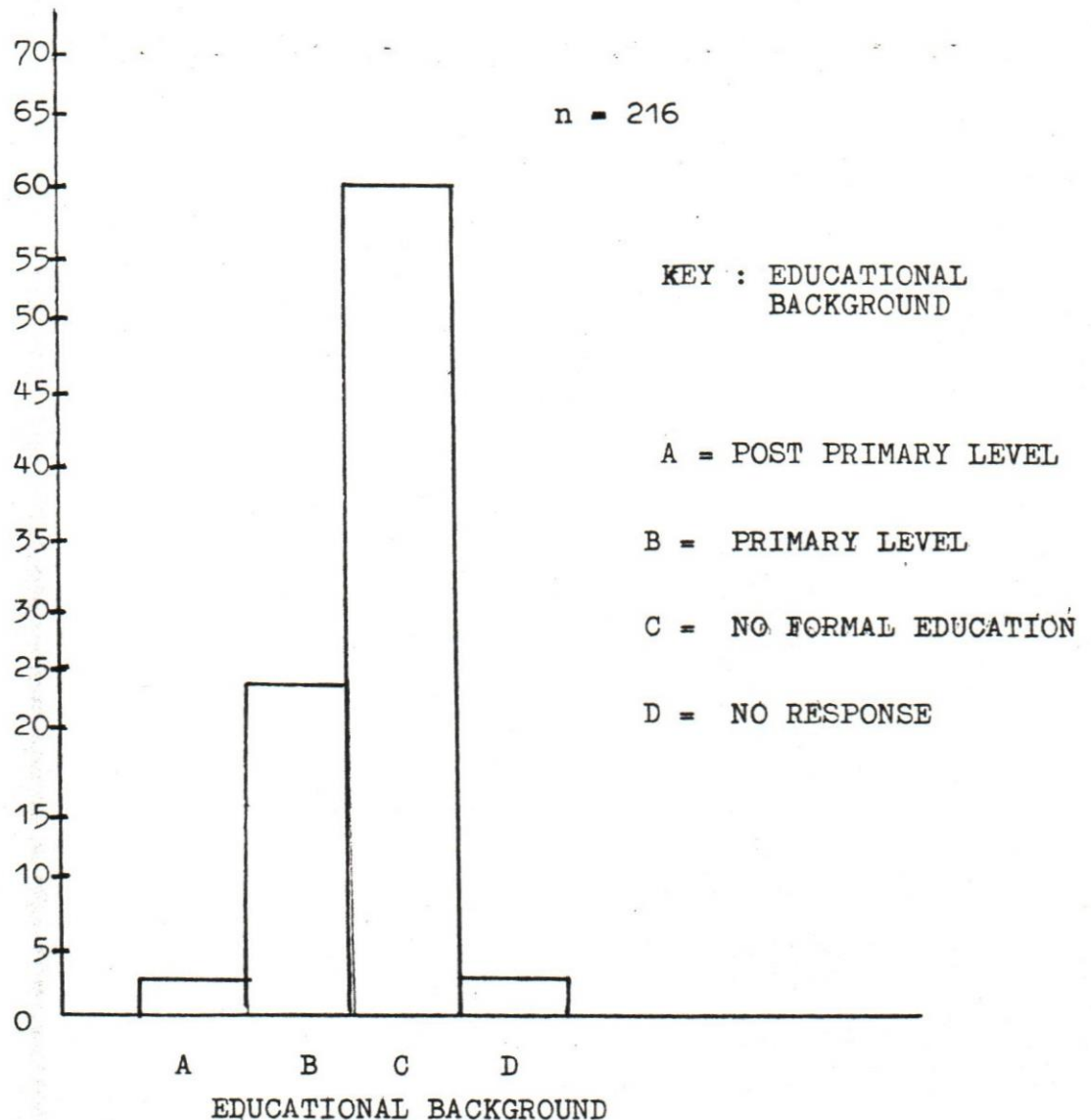
The minimum age of 17 years was based on the fact that persons below 18 years are considered minors in the law of Uganda. This survey however did not record any minor. The youngest was 19 years and the oldest 84 years. The majority 79% were adults aged above 36 years. Those below 35 were considered as youth and form 19%. 2% could not indicate that they knew the age. The ratio of male to female was approximately 1:1. Most of the female Traditional Healers were Traditional Birth Attendants.

GRAPH II: RELIGIOUS AFFILIATION OF THE TRADITIONAL HEALERS



From Graph II, the majority (50%) of the Traditional Healers belong to the Protestant Religion. 1% of the Traditional Healers indicated that they believed in the Traditional (Bahima) religion while 3% preferred to say that they had no religion.

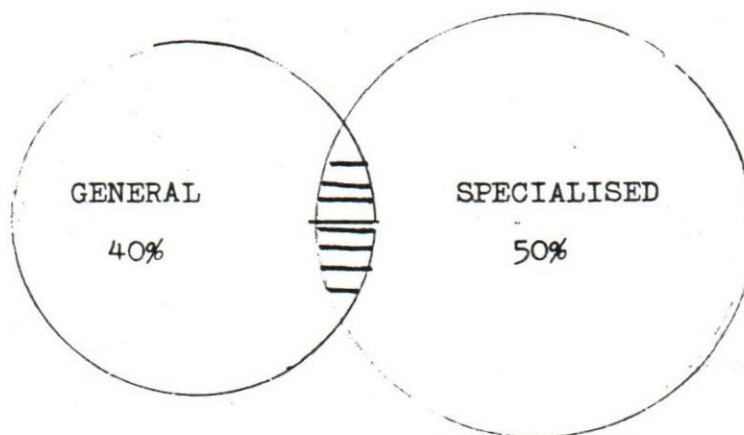
GRAPH III: EDUCATIONAL BACKGROUND OF TRADITIONAL HEALERS



Graph III shows that the majority (60%) of the Traditional Healers never attended any formal education and were illiterate. Only 3% were able to have post primary education level. It further indicated that over 70 were illiterate. If this is the overall situation in the district it calls for agent attention.

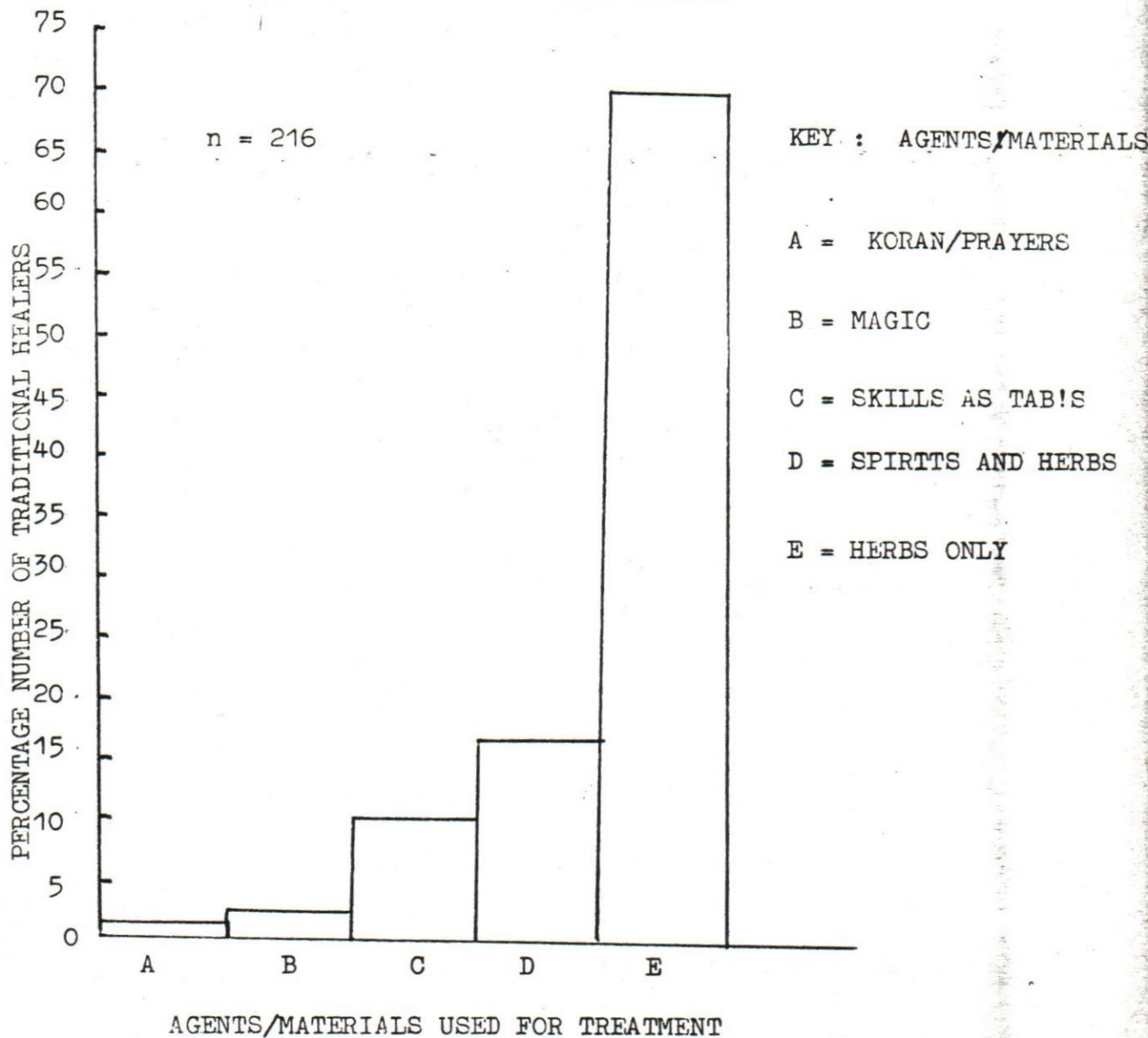
VENN DIAGRAM I: AREA OF PRACTICE OF TRADITIONAL HEALERS

n = 216



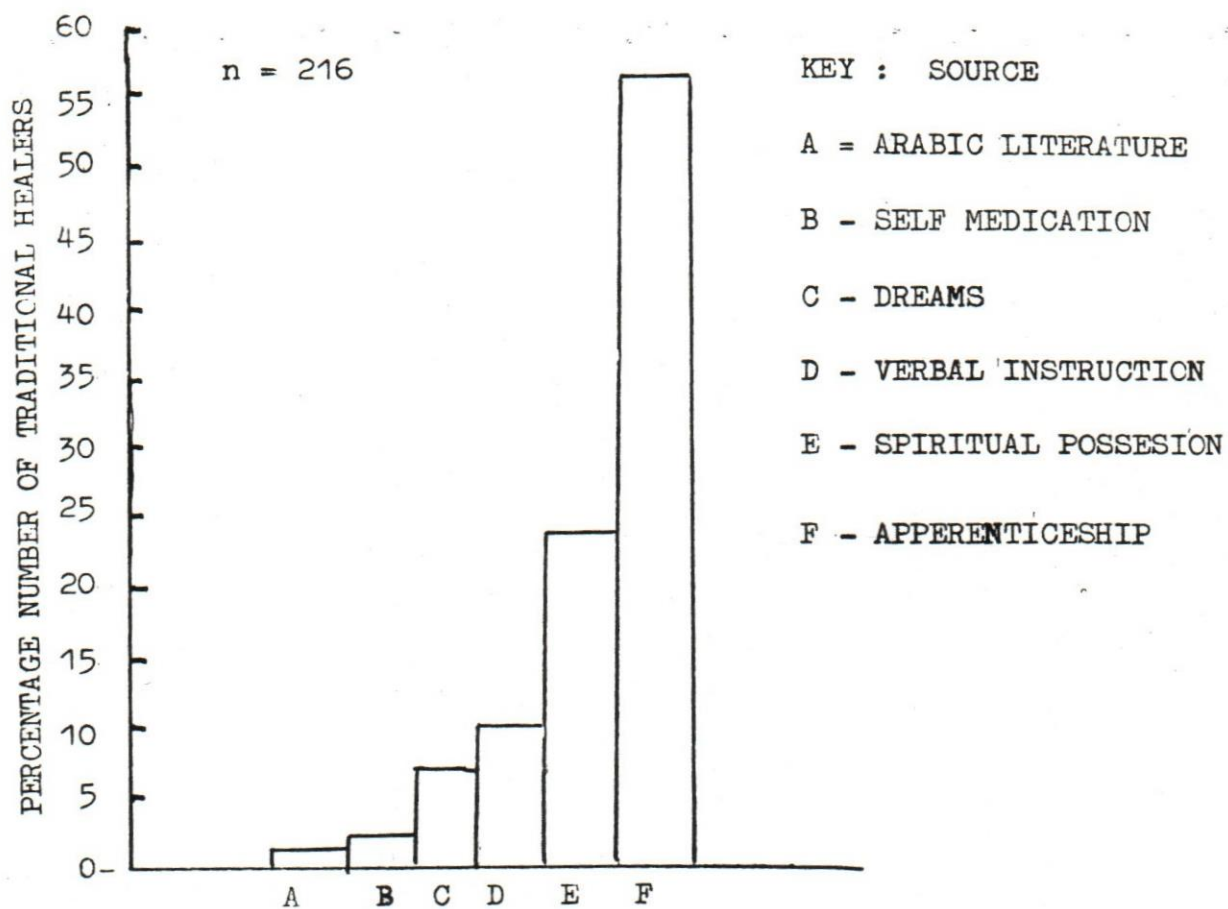
Analysis of the area of practice of Traditional Healers indicated that there were more general practitioners (50%) than the specialists (40%). The specialists were mainly Traditional Birth Attendants. The most common complaints were spirits and infertility but require specialist practitioners.

GRAPH IV: AGENTS/ MATERIALS USED FOR TREATING



Graph IV shows that the majority (70%) use herbal materials for treatment. There were Traditional Birth Attendants (10%) who have been taught the skills of delivering babies without administering any heral preparations. A group of 17% treat their patients using a combination of herbs and spirits. Magic was practiced by 1%. There was a small group (2%) who treat by prayers. They use writings from the Koran.

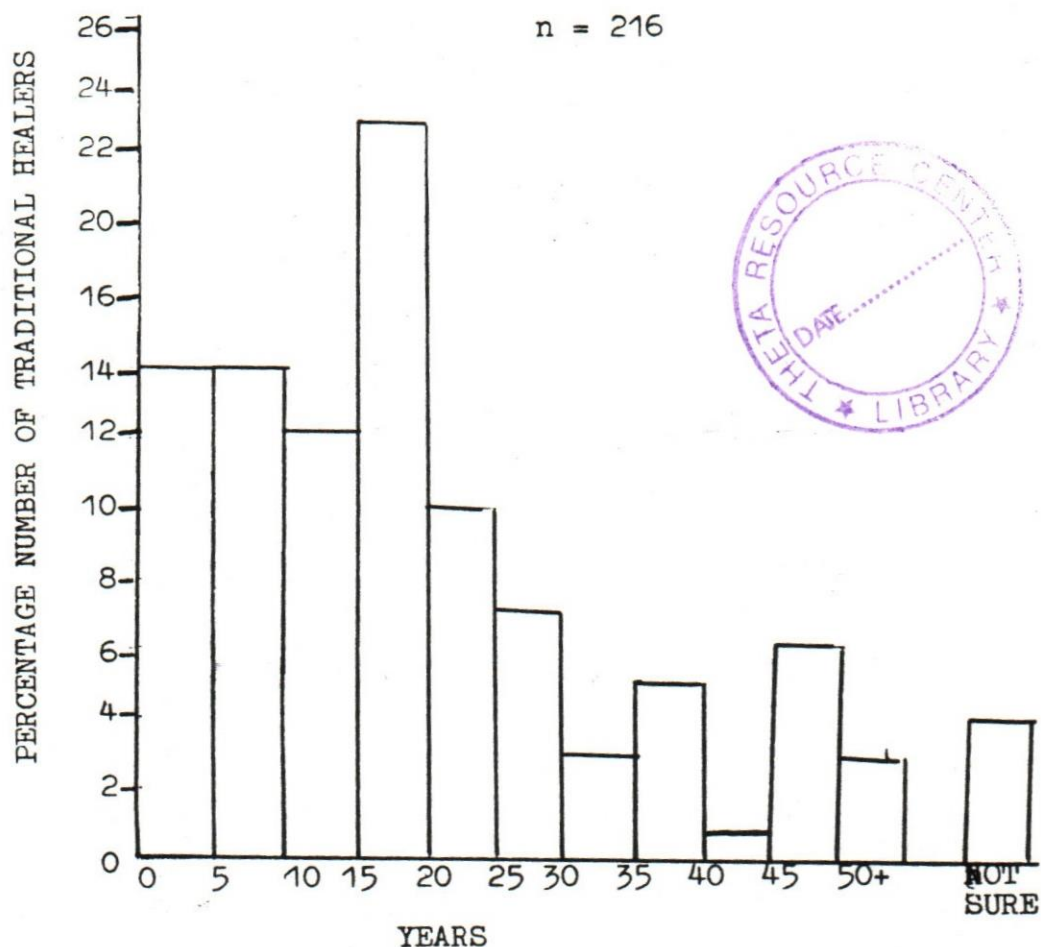
GRAPH V: SOURCE OF KNOWLEDGE AND SKILLS ON TRADITIONAL MEDICINE



SOURCE OF KNOWLEDGE ON TRADITIONAL MEDICINE

Graph V indicates the main sources of knowledge of Traditional Healers. It can be seen that the majority 67% had undergone apprenticeship mainly with parents or grand parents. A few however had been instructed by Traditional Healers without clan relationship. Some few claimed to have learnt the practice from their spouses. Verbal instructions were mostly given by parents and grand parents. Most of the TBA were trained by senior TBAs who were their relatives. It was also noted that most of the Traditional Healers had trained in the control of diarrhoea disease by the Health workers.

GRAPH VI: PERIOD OF EXPERIENCE THE TRADITIONAL HEALER HAD BEEN IN PRACTICE



The shortest time of experience was one year and the longest 65 years. Majority 86% had experiences above 5 years and so could be considered to be adequately competent. Only 4% could not recall the time of their experiences. These were mainly very old people including those who did not know their ages. The 14% who had experiences of less than 5 years indicated that the old ones are known eager to instruct the young generation which could take over from them.

TABLE I: OTHER MAJOR ECONOMIC OCCUPATIONS OF THE TRADITIONAL HEALERS.

OTHER OCUPATION	NOS OF TRADITIONAL HEALERS
Peasant farmer	194
Farmer (medium size)	12
Shopkeeper	2
Cobler	1
Pottery worker	1
Did not state	6
TOTAL	216

It can be concluded that the majority of the Traditional Healers in Bundibugyo 89% were peasant farmers. Only 5% were involved in medium scale farming.

MEMBERSHIP TO ANY TRADITIONAL HEALERS ASSOCIATION OR GROUPING

The majority (81%) indicated that they belong to the Uganda Ne Ddagala Lyyayo Association. 6% indicated that they belonged to the Primary Health Care/Traditional Birth Attendants group, while 12% indicated that they did not belong to any association of Traditional Healers. The survey team was informed by the District Health Inspector and the District Chairman Uganda Ne Ddagala Lyayo Association, that in the past years there were conflicts amongst the Traditional Healers in the District. This prompted the authorities to intervene by recognizing only one association, the Uganda Ne Ddagala Lyayo Association.

REASONS FOR FAILURE TO JOIN ANY TRADITIONAL HEALERS ASSOCIATION OR GROUPING

The Traditional Healers who indicated that they did not belong to any association or groupings gave the following reasons:

- i) They did not know what categories of Traditional Healers would form the Associations.
- ii) They were not informed of the functions of the Associations.
- iii) They were not interested.
- iv) One thought that the Associations were for Uganda only.
- v) They had lost membership when they defaulted in paying the annual membership fees.
- vi) They had never been approached to join any Association.
- vii) They had not gained sufficient experience.

REASONS GIVEN FOR JOINING TRADITIONAL HEALERS ASSOCIATION OR GROUPING

- i) There is only one Association recognised by the authorities in the District. So there was no alternative.
- ii) To foster unity and tranquility.
- iii) The Association is relevant due to the nature of the work.

- iv) Was forced by the Association to join it.
- v) To get assistance from the Government.
- vi) To serve more patients.
- vii) It was introduced to us.
- viii) Avoid my practice being closed by the authorities.

RESPONSE TO THE FORMATION OF A NATIONAL ASSOCIATION OF TRADITIONAL HEALERS

65% of the Traditional Healers supported the proposal of forming a National Association while 14% were against, 19% were undecided.

REASON GIVEN IN FAVOUR OF THE FORMATION OF THE PROPOSED NATIONAL ASSOCIATION

- i) To unite all traditional healers in Uganda
- ii) To foster cooperation amongst one another.
- iii) Assistance from the Government shall be channelled through the Association.
- iv) The idea had been initiated by the Government so it could be good.
- v) It would popularize the work of Traditional Healers.
- vi) The genuine Traditional Healers will be exposed and the general public will benefit.
- vii) This shall be an open acceptance by Government of the role of Traditional Healers.
- viii) Channels of Communication between government and the Traditional Healers Association at District level would be easy.
- ix) To share knowledge amongst the Traditional Healers themselves and with the Government.
- x) To encourage research cooperation between Traditional Healers and Government.

- xi) It would improve the working conditions of the Traditional Healers.

This District has gone along way in uniting the Traditional Healers under or one of the existing Associations. This unity can be extended to other Districts.

Several Health issues have been addressed by the Traditional Healers. The District authorities recognise their role taking into account of the peculiarities of the District.

REASON GIVEN AGAINST FORMATION OF NATIONAL ASSOCIATION

- i) The present Association is sufficient to carry out any new tasks.
- ii) The knowledge on Traditional medicine does not require collective effort of the Association.

Problem requiring attention

1. The District authorities demand very high taxes whereas their income is meagre.
2. They are being prevented from collecting their medicine from the forests.
3. They lack transport facilities to collect their medicine which are usually very far or to attend to their patients who may also be far away.
4. Their role is not appreciated by the Government authorities.
5. Lack of basic implements for collecting their medicine. This include hoes, axes, pangas, protective clothings.
6. Lack of basic equipment for safe delivery of babies, e.g cotton wool, gloves, lamps, aprons.
7. Lack proper accomodation for their in patients.
8. Need proper Legislation to regulate their practices so that they are protected by law.
9. Need Government assistance to improve their work.

GLOSSARY OF MEDICAL AND OTHER TECHNICAL TERMS

ABSCCESS:	Localised collection of pus in the body.
ADNEXITIS:	Inflammation of the uterine ovaries.
AFTER PAINS:	Pain from uterine contraction following delivery.
AIDS:	Acquired Immune Deficiency Syndrome/Slim disease.
ANAEMIA:	A condition in which the blood is deficient either in quantity or quality.
ANASARCA:	Accumulation of fluid in various tissues of the body.
ANORECTAL PROPLAPSE:	Protrusion of the anus and rectum.
ARTERIAL HYPERTENSION:	Abnormally high blood pressure.
ASCARIASIS:	The state of being infested with round worms called <u>Ascaris</u>
BRONCHIAL ASTHMA:	A disease characterised by acute recurring attacks of cough, difficulty in breathing with wheezing, and a feeling of the chest being squeezed.
BURN:	Injury caused by fire, chemicals or hot fluids.
CELLULITIS:	A diffuse inflammation of subcutaneous tissue.
CERVICITIS:	Inflammation of the cervix of the uterus
CONCOCTION:	A preparation containing more than one (usually several) ingredients.
CONJUCTIVITIS:	Inflammation of the conjunctive of the eye.
DECOCTION:	A liquid dosage obtained by boiling a medical Vegetable substance in water.
DENTAL ABSCCESS:	Abscess associated with the root of a tooth.
DERMATOSIS:	Skin disease.

- DIABETES MELLITUS:** A metabolic disorder marked by habitual passage of excessive urine which contains sugar.
- DIARRHOEA:** Abnormal frequency and looseness of stooling.
- DIHRESIS:** Increased passage of urine.
- DORSUM:** The back of any part of body e.g dorsum of the foot or hand.
- DOUCHE:** Apply under pressure a liquid medicine into the vagina.
- DYSENTERY:** A name given to a number of conditions that have the following characteristics. Inflammation of the intestines, frequent stooling with faeces containing blood and mucous.
- DYSMENORRHOEA:** Painful menstruation.
- ECZEMA:** An acute or chronic, non-contagious, itching, convulsions with or without loss of consciousness.
- EPILEPSY:** A disorder of the brain characterised by recurring convulsions with or without loss of consciousness.
- FEVER:** Elevation of the body temperature above the normal.
- FRACTURE:** A break in a bone.
- FUNCTIONAL PSYCHOSIS:** A term used to describe any major form of mental disorder which has not occurred as a result of physical disease anywhere in the body.
- GOITRE:** Enlargement of the thyroid gland, causing a swelling in front of the neck.
- GONORRHOEA:** Infection of the urethra or cervix by germs called Gonococci. The condition is marked by discharge of pus from the penis or through the vagina and associated pain while through the vagina and associated pain while urinating. It is transmitted from one person to another during sexual intercourse.
- HELMIN-THIASIS:** Illness due to infestation by worms.

- HYDROCELE:** Abnormal collection of fluid in the scrotal sac called Tunic vaginalis
- INFERTILITY IN WOMEN:** An involuntary reduction in the reproductive ability.
- INFUSION:** A solution of the vegetable active principle obtained by extracting the herb with water without boiling.
- INGUINOSCROTAL HERNIA:** An abnormal protrusion of the intestines through the groin into the scrotum.
- JAUNDICE:** Yellowness of the skin, mucous membranes and secretions. It is a symptom of a variety of conditions of the liver, gall-bladder and blood which result in accumulation of a bile substance called bilirubin.
- KWASHIORKOR:** A disease of children due to a deficiency of proteins in the food. The hair turns from black to redish or rather golden colour, hence the name kwashiorkor by which it was called in Ghana. This means "golden boy".
- LACTATION:** The formation and secretion of milk.
- LEPROSY:** An infectious disease due to invasion of nerves by germs called Mycobacterium lepre expelled from the uterus.
- LITHOPEKIDION:** Remains of a foetus that dies and is not expelled from the uterus.
- LYMPHOGRANULOMA VENEREUM:** An infection of the groin lymph glands and the external sex organs usually causing constricting scars, especially in the vaginal opening.
- MACERATE:** To soften and remove certain constituents of a plant material by soaking in fluid.
- MALARIA:** An infectious disease characterised by fever, chills, sweating, headache. The disease is caused by very tiny parasites known as "plasmodium" which is transmitted by mosquito bite.

MENSES:	Recurrent monthly discharge of blood from the uterus.
METRRORRHAGIA:	Abnormal bleeding from the uterus especially during the period in between the menstrual periods.
MIGRAINE:	Recurrent vascular headache; varied in intensity, frequency and duration; commonly unilateral and often associated with nausea and vomiting.
MISSED ABORTION:	A condition of pregnancy in which a foetus dies in the uterus and is not expelled for a longtime. i.e the "pregnancy disappears"
ORCHITIS:	Inflammation of the testis
PALPITATION:	A heart action that produces a disagreeable awareness in the patient.
PEPTIC ULCERS:	An ulcer situated on the inner surface of either the oesophagus, stomach or duodenum. It is usually caused by action of an acid juice secreted by the stomach.
PNEUMONIA:	Inflammation of the lungs, usually caused by germs.
PERINATAL:	Occuring around the time of birth(usually two weeks before and after)
PURULENT:	Containing or forming pus.
RHINITIS:	Inflammation of the lining of the nose.
SEXUAL ASTHENIA:	Sexual impotence.
STILL BIRTH:	The birth of a dead child.
TAENIASIS:	The state of being infested with tape worms known as taenia.
TEETHING SYNDROME:	A transient febrile illness in a child due to eruption of primary teeth.
THREATENED ABORTION:	The occurrence of signs and symptoms of impending loss of the embryo or foetus.

TONSILLITIS: Inflammation of the tonsils.

TRACHOMA: An infectious disease of the conjunctiva and cornea of the eye. it is a common cause of blindness in the developing world.

TUBERCULOSIS: A chronic infectious disease, primarily involving the lungs caused by germs called Mycobacterium tuberculosis.