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MINISTRY OF HEALTH

NATURAL CHEMOTHERAPEUTICS RESEARCH LABORATORY

ETHNOMEDICINE IN UGANDA

PART ELEVEN

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

(22ND - 30TH JULY 1993)

BY

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The Team would like to thank all the Traditional Healers who participated in the survey for their cooperation and openness. The Team would like to apologise to those Traditional Healers who were not exhaustively interviewed due to time factor.

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CHAPTER ONE

1.0 INTRODUCTION:

This is a report made by a multi-disciplinary Team which undertook an Ethnomedico-botanical research survey of Kabale District from 22nd to 30th July, 1993. The team consisted of 6 Scientist and 2 Research Assistants based at the Natural Chemotherapeutics Research Laboratory Wandegaya of the Ministry of Health and one medical officer based at the Department of Pharmacology and Therapeutics, Makerere University.

This is the ~~e~~leventh of series of such Surveys which are being undertaken in Uganda during the Project period of the Health Service Rehabilitation Project financed by a loan from the African Development Bank (ADB).

The Natural Chemotherapeutics Research Laboratory was set up soon after independence to investigate the validity of the claims made by Traditional Healers on the efficacy of medicinal plants, other natural substances and certain other methods employed in the treatment of various diseases.

It is hoped that the surveys will enable the laboratory to interact with the Traditional Healers to gather the necessary information which will form the basis for implementing the recommendation made by the Health Policy Review Commission(1978), related to Traditional Medicine in Uganda set out below.

- i) The Ministry of Health should work closely with Traditional Healers in order to achieve the objectives of Health for all by the year 2000.

They should be members of the Health Team at local community level and should be welcomed to participate in Primary Health Care.

- ii) Traditional Healers should be encouraged to form a National Association which should act as the nucleus through which the Ministry of Health should regulate and supervise their practices.
- iii) The Ministry Of Health should arrange appropriate training programmes for Traditional Practitioners such as Traditional Birth Attendants and Bone settlers.
- iv) Referral of Patients between Medical Practitioners and Traditional Healers should be open and acceptable.
- v) The Natural Chemotherapeutics Research Laboratory should be strengthened to carry out applied research on such aspect as bottling and packaging of Traditional Medicine.
- vi) Land should be made available to grow medicinal plants identified by Traditional Healers and funds should be made available to preserve these identified plants species.

1.1 AIMS OF THE MISSION

- a) The aims of the mission were to Survey the Traditional Healers in Kabale District with the view of:
 - i) Identifying and registering them
 - ii) Having dialogue with them concerning ethnomedical practices.
 - iii) Locating, collecting and identifying medicinal plants in Kabale District.

- iv) Collecting their views on the need for the formation of a ^{National} ~~Natural~~ Association of Traditional Healers in Uganda.

1.2 GEOGRAPHICAL BACKGROUND OF KABALE DISTRICT

Kabale District covers an area of 1,827 Sq Km. It is located towards the South Western side of Uganda (see Map 1). It is surrounded by the Republic of Rwanda in the South; Kisoro District, in the West; Rukungiri District in the North; and Bushenyi District, in the East.

The District lies between 1220 - 2350m above sea level. It has cool temperatures throughout the year. The rainy seasons tend to be warmer. Rainfall averages 1000 - 1480mm per annum and the vegetation is Afro-Alpine. Some areas have bamboo forest.

The population (1990) is 412,800 of whom 217,700 are female and 195,100 male. The main dialects spoken in the District are Rukiga and Rufumbira (Urufumbira).

The people practice intensive agriculture and the hills are beautifully terraced. The main crops cultivated are: Sweet and Irish Potatoes, Sorghum, Beans, Wheat, Bananas and Cabbages.

Fishing is carried out on Lake Bunyonyi.

1.3 HEALTH FACILITIES

Kabale is the main Hospital with 212 Beds. There are other 31 Health Units scattered all over the District.

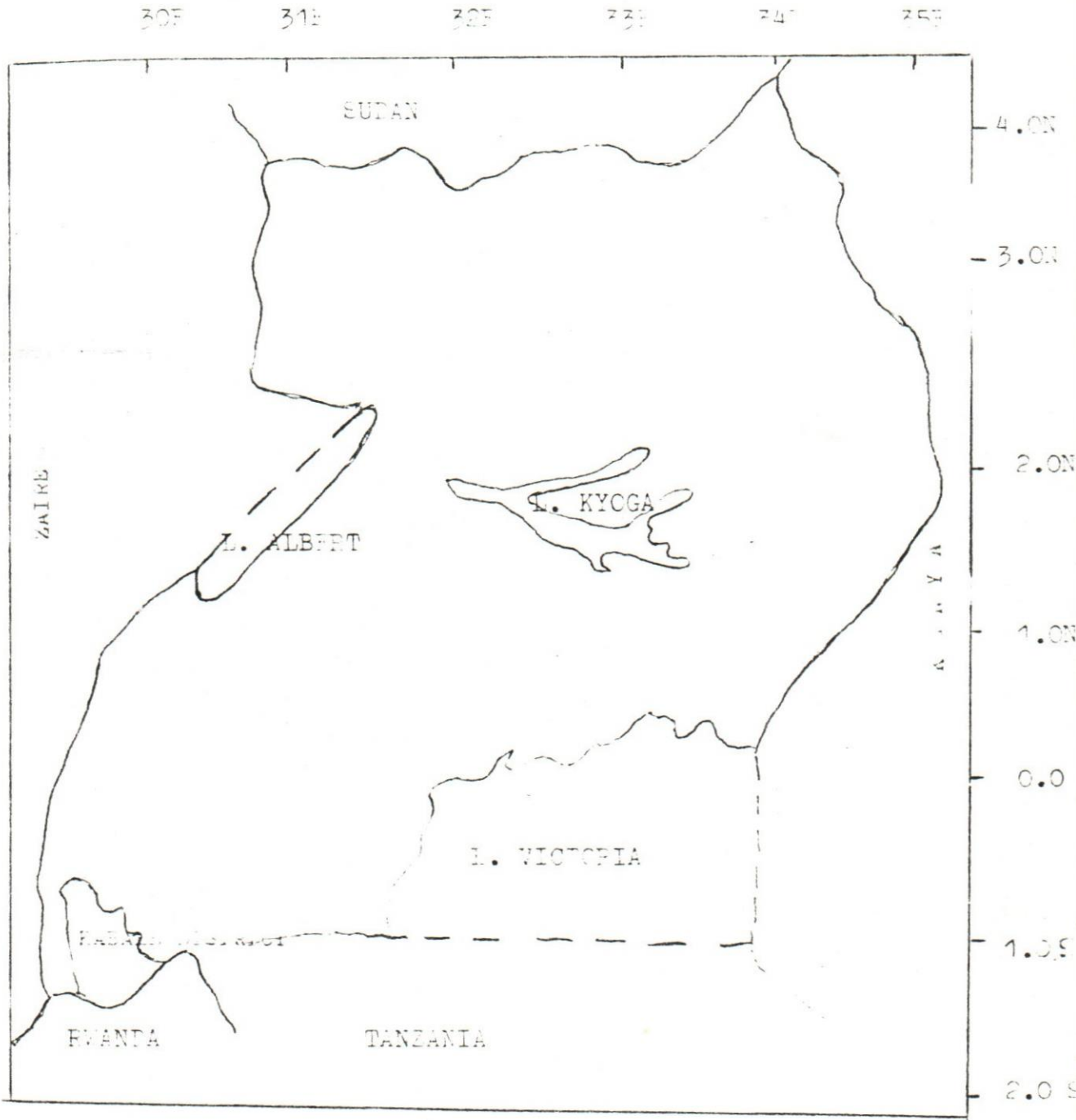
1.4 ITINERARY:

The Itinerary shown in Table I was draw and agreed upon by Officials from Kabale District Administration during a pre-survey before the Team travelled to Kabale.

TABLE I: ITINERARY

DATE	SUB-COUNTY	LOCATION
22-07-93	Muko Bufundi	Gombola Headquarters Gombola Headquarters
23-07-93	Hamurwa Ikumba	Gombola Headquarters Gombola Headquarters
24-07-93	Rubaya Kamuganguzi	Gombola Headquarters Gombola Headquarters
25-07-93	Kyanamira Maziba	Gombola Headquarters Gombola Headquarters
26-07-93	Bukinda Kamwezi	Gombola Headquarters Gombola Headquarters
27-07-93	Rwamucucu Kashambya	Gombola Headquarters Gombola Headquarters
28-07-93	Kitumba Buhara	Gombola Headquarters Gombola Headquarters
29-07-93	Kabale Municipality Bubaale	Meusum Gombal Headquarters
30-07-93	Kaharo	Gombola Headquarters

MAP 1: SOUTH MAP OF UGANDA, SHOWING LOCATION OF KAPABA DISTRICT



CHAPTER TWO

2.0 METHODOLOGY:

The Traditional Healers were mobilized by the District Chairman Kigezi Nemibazi yayo Association in collaboration with the District Cultural Officer. The Team was based a Kabale Town from where they would leave each morning for the meeting places and return in the evening to review the days work.

It was found necessary to divide the Team into two groups so that two sub-counties were visited every day. The Groups were ~~were~~ then introduced to the assembled Traditional Healers and officials present by either the District Chairman of the Association of Traditional Healers, Mr. Karyabashisha for Group A or by the District Cultural Officer, Mr. Nkonge for Group B.

The Traditional Healers were then briefed by the group leader on the aims of the mission. The questionnaires were explained to them. The Traditional Healers were then divided amongst the Team and each was interviewed individually and privately with help of an interpreter.

Information given by Traditional Healers was recorded in the questionnaire. The samples of plant materials which were collected were pressed and brought to the Laboratory for scientific identification.

2.1. RESULTS

Table II gives a summary of the activities of the mission. The route and locations which were visited by the Team are shown on Map 2.

Table III is a list of Officers, Chiefs and Resistance Council Executives who facilitated the Survey.

Table IV gives the names, age and locational addresses of 576 Traditional Healers who were interviewed during the survey.

Table V gives a list of 95 medicinal plants in the local language (mainly Rukiga and Rufumbira) and their corresponding botanical/scientific names.

Table VI gives a list of 17 plants which were not fully identified.

Table VII gives a list of 36 plants which did not have sufficient characteristics for identification.

Table VIII gives a list of 481 plants which were mentioned by the Traditional Healers but specimens were not produced. The Team did not attempt to give the scientific names.

Table IX gives a list of 36 non-vegetable substances which were mentioned by the Traditional Healers as being used for treatment.

Chapter Three gives a detailed description of the recipes used in the treatment of various common illnesses.

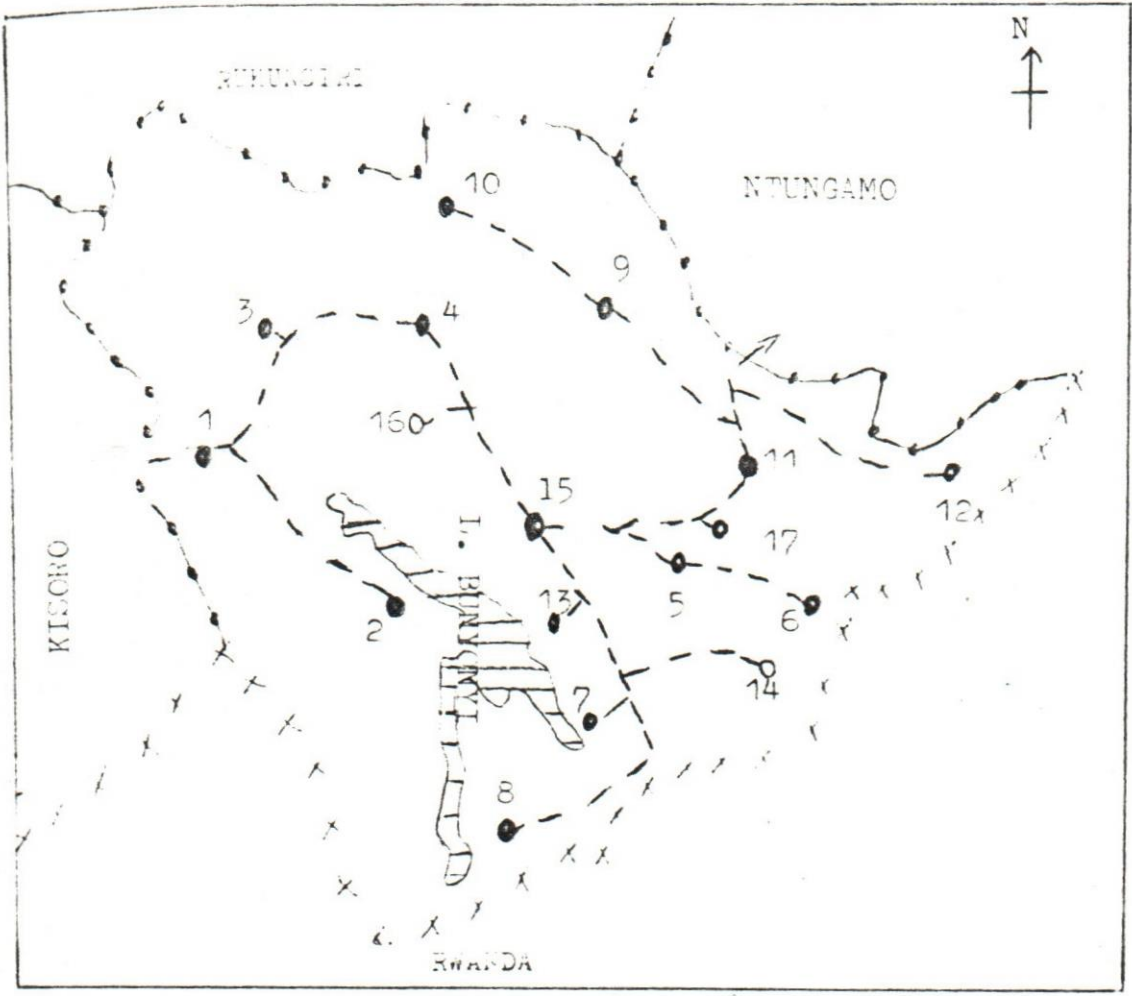
Chapter Four gives a detailed analysis and discussion of the responses to the questionnaire on Traditional Healers.

TABLE II: SUMMARY OF THE ACTIVITIES OF THE TEAM

DATE	LOCATION	NOS. OF THS INTERVIEWED	COMMENTS
22-7-93	Departed Kisoro and worked at Muko(GpI) and	19	A good turn up Government Officials were waiting.
	Bufundi(Gp2) sub county Headquarters	87	A big turnout and well organized by local Association
23-7-93	Reported to the DA, DES, DMO AND DCO.		Well received in by offices except at DMO's office.
	Then moved to Hamurwa Sub County Hq(GpI) and to Ikumba Sub County Headquarters	28 57	A good turnout Well organized group.
24-7-93	Worked at Kamuganguzi (Gp II)	18	Well Received A big turn up.
	and at Rubaya (Gp I)	42	Well organized by the local Association.
25-7-93	Worked at Kyanamira(GpI) and	38	A big turn up and well organized. They presented a memorandum
	Maziba(GpII)	56	A well organized group led by a Catholic Priest
26-7-93	Worked at Bukinda Gp II)	25	Were well received
	and Kamwezi(Gp I)	23	A good arrangement by the Gombola Chief.

27-7-93	Worked at Rwamucucu (Gp I)	13	Information was not passed to the THs but manage to set team volunteers.
	and at Kashambya (Gp II)	31	A big turnout. A local Association was formed here and their.
28-7-93	Worked at Kitumba Gp II	8	Few people came though the information had been received.
	and at Buhara (Gp I)	54	A big reception and well organized especially by the Assistant District Cultural Officer
29-7-93	Worked at Kabale Municipality (Gp I) and	8	majority had already been interviewed at their respective areas.
	at Bubaale (Gp II)	46	A good arrangement by the Local Association
30-7-93	Worked at Kaharo later drove back to Kampala	13	THs were mobilised on arrival of the Team

MAP 2: AERIAL MAP OF KABALE DISTRICT SHOWING THE ROUTE AND LOCATIONS VISITED DURING THE SURVEY



- | | |
|----------------|-------------------------|
| 1. MUKO | 9. RWAMUCUCU |
| 2. BUFUNDI | 10. KASHAMBYA |
| 3. IKUMBA | 11. BUKINDA |
| 4. HAMURWA | 12. KAMWEZI |
| 5. KYANAMIRA | 13. KITUMBA |
| 6. MAZIBA | 14. BUHARA |
| 7. KAMUGANCUZI | 15. KABALE MUNICIPALITY |
| 8. RUBAYA | 16. BUBARE BUBAALE |
| | 17. KAHARO |



Table III: LIST OF OFFICIALS WHO FACILITATED THE SURVEY

1. Mr. Bugwahabi - Chairman Community Based Health Care (CBHC), Butate.
2. Mr. Fukunda N. - Chairman Uganda ne Dagala Lyayo Association, Muko subcounty.
3. Mr. Kamashoro Dinah - CDA, Kabale i/c Buharu.
4. Mr. Kamugisha K - RC III Chairman, Kyanamura.
5. Mr. Karyabashisha - District Chairman, Kigozi n Emibazi Yeye.
6. Dr. Katungu - District Medical Officer, Kabale.
7. Rev. Father Magezi C - Parish Priest Maziba.
8. Mr. Nkonge - District Culture Officer, Kabale.
9. Mr. Rwabahima - Chairman, Kigezi n'Emibazi Yeye, Kyanamura.
10. Mr. Rwakatogoro - District Executive Secretary.

TABLE IV:

LIST OF TRADITIONAL HEALERS INTERVIEWED IN KABALE DISTRICT

MUKO SUB - COUNTY

TRADITIONAL HEALERS NAME	AGE	ADDRESS
1. BASHENGWA SABENA	50	MUFUMBA
2. BEKUNDA WILLIAM	57	RUREMBO
3. BIRYABAREMA WILLIAM	48	RWAMURINDWA
4. BUHAZI PATRICE	74	BUSHUNGA 3000 MUROHE KABALE
5. KABAJARIKA ENOCK	36	KYAFURWE
6. KALOLE PULISIKIRA	80	KALENGERE CENTRE
7. KASIMBA CHARLES	43	KIBUNGO CELL
8. KEITUSI ANNASTANSIA	76	IGABIRO
9. MUSIMENTA IRENE JANE	42	RUTOGO
10. NDYANABANGI TARASISIO	40	RUSHUNGA
11. NYANGOMA ESTER	62	RWAKAMO
12. NYIRAKIMUNYU TEREZA	-	SHANTARE
13. NYIRAMIRIMOCLLEN JOY	66	RWAMURINDWA
14. NYIRANTURU ESTERI	80	MURUREMBO
15. RWEBEYO FRANCICE	40	KYENYI KABISHA
16. SAFALI BENIFANCE	32	HAMUTORO
17. SEKABERA GEORGE	37	GWAKAGU
18. SEKWALE YAFESI	69	KALENGERE
19. TUKAMUHABWA MARGRET	21	BUGUNGA

BUFUNDI SUB-COUNTY

20. BABUGUNJA ELINEST	70	NYAMICUCU
21. BABINAGA	53	BUFUNDI
22. BAKANGANA EDWARD	25	KINYARUSHENGI
23. BAKEINE BLAZIO	80	KASHAMBYA
24. BAMPABURA	60	BUFUNDI
25. BANEGURANA	30	BUFUNDI

26. BANYANJURAKI	34	BUFUNDI
27. BARYAMWISAKI	45	BUFUNDI
28. BATEREBUKA	40	BUFUNDI
29. BAYANZETINDIBAKIRA A.NORA	46	BUTUUSI
30. BISHAGENDA ALICE	48	BUFUNDI
31. BITUNGWA	40	BUFUNDI
32. BITWIRE PASKALI	80	NYARURAMBI
33. BURINDI PAUL	50	BUFUNDI
34. GIJEMPORE	39	BUFUNDI
35. HATANGIMBABAZI	45	MURAMBO
36. HAVUNGIMANA	28	BUFUNDI
37. HIRIKA	72	BUFUNDI
38. IKIZANYE	40	BUFUNDI
39. KABENGO CHARLES	54	KINYAMARI
40. KABURAHONA ELIVANA FAISI	40	BUFUNDI
41. KAGUMU HANANIA OREDA	65	NKORAKAJEETE
42. KAITARAMIRWA GRACE	60	HAMURAMBO
43. KAKORWE FREDIE GEORGE	34	BUTANDA
44. KAMARI PETER	45	HABUHINGA/MULORE
45. KAMISIIME ALLEN	38	BUTANDA
46. KANZUMBA EFULANSI	50	BUTUSI
47. KARYOGOMAMARIA	65	BUGANDARHO
48. KATEKYA	40	BUFUNDI
49. KAVUBA	61	BUFUNDI
50. KIBIRA JESCA JOLLY	60	BUSHARA
51. KIHWERABUSHA	49	BUFUNDI
52. KYAMUKAZI JANE	40	RUNIGA
53. LIONO	50	BUFUNDI
54. MUREMBO JAMES	70	BUNIGA
55. MASAZA	35	BUFUNDI
56. MAANGWE FELEDISI	48	KISHANZE
57. MIGUNGWE DANIEL	80	KYAMURYANGO
58. MIRITIRIZE	30	BUFUNDI
59. MUGISHA	48	BUFUNDI
60. MUGYENYI	65	BUFUNDI
61. MUHANDAGAZI	73	BUFUNDI
62. MUHANUKA	45	BUFUNDI

	17	
63. MUHOZA DAVID JOHN	80	KITABUJIKO
64. MUKABANYANA FERESTASI	46	BUTANDA
65. MUKORO	85	BUFUNDI
66. NDAGIJIMAANA NATHANI	65	NYOMBE
67. NTEIRIZAZA	25	BUFUNDI
68. NJAGIKA	40	BUFUNDI
69. NKEJANAZO	56	BUFUNDI
70. NUBUHORO	50	BUFUNDI
71. NKIBARIROHA	30	BUFUNDI
72. NYAMISHARA	40	BUFUNDI
73. NYABUNZINYA ERIDADI	75	KISHANJE
74. NYAMISOZI	70	BUFUNDI
75. NYINABAJUNGU	40	BUFUNDI
76. NYINAMBARE	70	BUFUNDI
77. NYINAZAGAHA	37	BUFUNDI
78. NYIRABAGYERA VORONIKA	60	RWASEYENZE
79. NYINAMUHOKO FEREDIANA	50	NYAMIRYANGO
80. NYIRABAKIGA	75	BUFUNDI
81. NYIRAGUIMU	70	BUFUNDI
82. NYIRANGOANO	60	BUFUNDI
83. NYIRAKALESHA VANICE	60	MULANDAMO
84. NYISHOKU	30	BUFUNDI
85. NZINEBUHE KELENI	50	BUSHURI
86. NZITUBUNDI GODFREY BERNARD	35	NGASIRE
87. RUBUNGO	70	BUFUNDI
88. RUGAJU FULGENSI	60	KINYARUSHENGYE
89. RUHUNGA	36	BUFUNDI
90. RUKUMU YONASANI	68	KITWEGU
91. RWAMWOJO JOHN	46	NYARURAMBI/KISHANJE
92. RYISHENDE PENINA	50	BUTANDA
93. SEMUGUNZU YEREMIYA	95	MUTABA
94. TABARO ERNEST JOHN	56	MUBUHANYURA
95. TIBESIGWA GODFREY	37	BUSHURE
96. TIBIHIKA	40	BUFUNDI
97. TIGETA	27	BUFUNDI
98. TINDAGIRESIRE	45	BUFUNDI
99. TINDIMWEBWE SOPHINA	31	MUGYERA PARISH

	18	
100. TIRIKWENDERA	54	BUFUNDI
101. TOLO	34	BUFUNDI
102. TUGAKANYA	31	BUFUNDI
103. TUKA ^M USHABA	30	BUFUNDI
104. TURYAGUMANawe	50	BUFUNDI
105. TUSINGWIRE ALICE SOFIA	36	KINYABUSHENGE
106. ZIGIRA EGURANSI	60	BUSHARA

HAMURWA SUB COUNTY

107. BAKESIGAKI ANASTASIA	60	HAMURWA
108. BANGA CHARLES	38	IGOMANDA
109. BAREMEKA JULIUS	42	KARUKARA
110. BARUSYA JOHN	45	HAMURWA
111. BARYANENGWE KAMIA	40	KARUKARA
112. BARYANENGWE YEREMIA	38	KANYABITARA
113. BASHEMERA HODIRIA	65	KARUKARA
114. BAZINE IZIDORO	40	KARUKARA
115. BESIGYE BENON CHRISTOPHER	30	KABINIJO
116. BESIGYE DAVIDA	40	IGOMANDA
117. BIHUGYEHO FRED	39	KARUKARA
118. BIHUNYIRA LEOKADIA	65	KANYABITARA
119. BITARIHO GERVASIO	43	HABUSINDE
120. KABIGUMIRA FREDIANA	50	KATOJO
121. KEIYOKYERWA FEDERENSI	60	KANYABITARA
122. KYANKWERA BENAREETA	70	KANYABITARA
123. MAHIIRA YOSEPHINA	22	KANYABITARA
124. MAKIMBO SEPHOROZA	70	KANYABITARA
125. MUSIINTA ROSEMARY	25	HAMURWA
126. NDABAHWE ^R ZE EDRIDA	56	KARUNGU
127. NYABUCHURERA REGINA	65	KARUKARA
128. NYIRAMFABANKUZE VERONICA	60	KANYABITARA
129. RWAMIREGO EMMANUEL	42	KARUKARA
130. RWENDEIRE PASKALI	48	KARUKARA
131. RWENDERE VISENSIO	43	NANGARO

	19	
132. TIBIREKWAYA EDWARD	55	KAGEZI
133. TUMUSHABE ALLEN	27	NYAKABUNGO
134. TUSIIME PATRICIA	70	HAMURWA

IKUMBA SUB-COUNTY

135. AHUBAGYEZE TEREZA	30	NDEGO	
136. BABIKINAMU BULASIDIYA	50	BUSHANZE	
137. BAHARARA TOPISTA	49	IKITAKULI	
138. BAMZEYO ADRIN	50	KAMUHOKO	
139. BANYENAKI TUMUSIIME C.	30	KIRIBA	
140. BARITONDA EPHRAIM	48	IHUNGA	
141. BASHUHUKYE STEVEN	53	NYARUHANGA	
142. BEYAKA GAITANI	31	IHUNGA	
143. BIRYOMUMEISHO EMANUEL	38	BWEGYEREBE	RUBANDA
		PARISH	
144. BITARABEHO FARASISKO	80	IBIMBYAE	
145. BUHAZI KEREN	56	NYARUHANGA	
146. BUKARA WILLIAM GEOGRE	54	MUSHANZE	
147. EWENDURU SOPHIA	40	MUROLE	
148. BYAMUGISHA MARIA	26	MUMUSHAGA	
149. KABAGUMIRA PAULINA	50	BUREMBA	
150. KABAMANYIRE TADEO	32	KABUNGA	
151. KABIMBIRI CECITIA	50	KASHASHA	
152. KABIMBIRI FESTO	50	KASHASHA	
153. KABUSHAIJA FEREDINANDO	60	KITAHURIRA	
154. KABWANA STANLEY	76	RWABULEGYEYA	
155. KAHUKU FRANCIS	29	NYARUHANGA	
156. KEMERWA TELEZA	30	NYAKAGOROGORO	
157. KAMUNYU ANDREA	80	KASHASHA NYAMABALE	
158. KAROORO TIBANYENDERA JOY	60	IKUMBA	
159. KABUGYERERO MARRICIARI	62	KARONDO	
160. KATARATAMBI ANDRIAN	54	IKUMBA	
161. KAKWAYA SILIVANO	25	NYAKABUNGO	
162. KAZARWAHABI BENEDICTO	70	NYAKABUNGO	
163. KEIBANGISHA FERESTA	75	BUREMBA	

	20	
164. KEIJUMEZI JEVANISI	70	NYAMBALE
165. KIKABEINIKA SEPHORONIA	47	KAGUNGA
166. KIMANYWENDA JANE	58	KIJAGYE
167. KIRIBATA GABRIEL	70	IHUNGA KASHASHA RUBANO
168. MUNAKU JOSEPHINE	60	MUMUSHAGA
169. MPAGAZIHE JEFFRY	76	RWANOBIKYI KASHASNA HILL
170. MUBONERE VIRGINIA	50	KIYEBE
171. MUNYAGU SAMWIRI	52	NYAKABUNGO
172. MWIKYEKYERI MOUSTI	60	KASHASHA
173. NDYANABO BEATRICE	33	KIRINGA
174. NDYANABO FREDDIE	32	IKUMBA
175. NGABOYIROMBA GODFREY	39	BUSHANE/KIGUMIRA
176. NTENGEREIZE BENEKOSILA	30	KASHASHA
177. NYESIGIREKI MARY	25	KARUNDO
178. RUTAHUNGA K. ZERIGERIDA	50	MWIZINGA
179. RWABULAYA JOSEPH	70	IBIBYA
189. RWANIKA ROY	45	NYAKABUNGU
190. RWEBEYA FRANCICE	40	MUKO/KABISHA KIBISUA, KYENYI
191. TIBEMANYA GEORGE	40	MURELE TRADITING CENTRE
192. TIRAGANAMICHEAL	50	NYAKABUNGO
193. TIWANGYE TEREZIA	50	KISHASHA
194. TIWANGE VANANSIO	50	KISHASHA
195. TUGUME VERELIANO	32	NYAKABUNGU
196. TUMURAMYE MAURICE	21	KITAHURIRI
197. TUMUSIIME ERIVARIDA J.	-	NIKITAHUKA
198. TUMWEBAZE FIDEN	25	IHUNGA
199. TURYAMUBONA AURERIANO	30	NYAKABUNGO
200. TWINOMWE EMAIL	35	BIRIMBE

KAMUGANGUZI SUB-COUNTY

201. BAHUMURA DINAH	55	KIKUMBI
202. BANGUHA ESTER	72	KISASA
203. BAONGOZA FURUNGENSI	50	AMULTAMBA
204. BENDEINDI FARAZIA	60	MURUNZANZA
205. BYAMUGISHA JOHN	39	KIKOLE
206. KABAGAMBE RONALD WILSON	25	KITZO
207. KALYAMA MICHEAL BENARD	51	KABERA
208. KYENSERIKORA PEACE	21	KATERA
209. NYABUKYE EVANGELISA	60	KATENGA
210. TIBAKABA IREN JANE	60	BUNYONYI
211. TIMUBWEINE PROVIA	40	KASHENYE
212. TINDIBANIKA PERAJIA	50	OMURULINDA
213. TIRIKWENDERA MARITAZALI	32	KAGOROGORO
214. TIZIHIRWAYO JULIET	30	KATENGO KABEERA
215. TUKAHIWA COCENSI	22	KABIZI
216. TURYATUNGA XAVIER	43	AHAMUHAMBO
217. TUSHABOMWE SILVAN	32	NYAMIRIMA
218. ANIHA CECILIA	40	BULANGA

RUBAYA SUB-COUNTY

219. ARYEIJA JOJINA	50	RYAKARIMIRA
220. BAMWASHAMIRE NORIDA	40	BUSHABIRA
221. BARABWIGIRIZA NORAH	56	OGWABALERA
223. BARIJUNAKI EVERINA	70	KISHAZE
224. BASINGYE ERIVASA	38	NYAKITOKOLI
225. BINAGAWOHO FRED	40	NYAKITOKOLI
226. BYENAKU VISENSIO	48	NAMITOMA
227. KABATERENGE JOHN WILSON	70	KASINGERA
228. KAGABA C/o BUSANANE	50	HAMABALE
229. KAHIMAKAZI IREN MOLLY	56	RUKOLE
230. KAKARE SALUME	58	NYAKIBANDE
231. KAWENZA STELIA	40	NYAMITOMA
232. KAKYENDE C/o BUSHIHA	35	KIBUGA

	22	
233. KARWANA DEODANIA	43	KASUMU
234. KERASHANIRWA YUDESI	80	BUSHABIRA
235. KYATOTERA JAFFARI	46	MWEHAMBU
236. KYENDEBIKA JEREMIONAH	60	MUSAMBA
237. MAKYARA CHARLES	50	KASHABERERE
238. MUHERWE PATRICIA	45	NAKITOKOLI
239. MUKABAHINDI FURUNIKA	55	KIGARAMA
240. MUKYUNGWE ERINEST	60	NYAKIBANDE
241. MUNANIRA ZABURONI	80	KATOZO
242. MWESIGIRE MIRIA	47	NYAMITOMA
243. NAMIRINDI FLESTANTI	50	KITOMA
244. NDIMANYA EVASTA	57	KISHAJE
245. NYAMARWA CECILIA	42	NAKIBANDE
246. NYANJARA GERTUDA	43	AKAKYINGO
247. NYANJURA IRENE	70	NYAKABUNGO
248. NYENABIRI JOYCE	60	RURE
249. NYINAMAFU JOVANISI	60	NYINAMULONI
250. NYINAKAIMANA SPERANZA	65	BISHAKYI
251. NYINARUBAZA MAUDA	60	MUHEMUUVU
252. NYIRABATEBEZI SUZAN	50	GATOGYO
253. RUKUNDO YOSIYA	65	BUSHABIRA
254. RUKUNJE SILVERIO	29	KIBUGA
255. RUKYEMANGANIZI JERMINA	50	NYAKITOKORI
256. RURONYEBESHE SIMON	72	KISIBO
257. TAMAARIRO C/o RUBOGOYA	60	BWANYANA
258. TIBAKANYA REGINA	60	KANYAKWANZI
259. TIBENGANA REGINA	55	MUKONE
260. TUMWEBAZE ERETESIA	22	NYAKIBANDE
261. TUKAHIRWA GUDERIA	45	KAHUNGYE

KYANAMIRA SUB COUNTY

262.	BACHENE DINAV ^V ENSI	50	RWANSHENYIRE	
263.	BAGASHE DEOGRAT ^U S	61	LUBIRA	
264.	BAGEMISH ^M EMO EYANSISTO	50	NYAKIZO	
265.	BAGYEDANA FELEDESI	70	NYARUHAGA	
266.	BAHARA JOVENTA	55	MUYUMBO	
267.	BAL ^A IN ^A MUJURA ALICE	39	NYARUHANGA	
268.	BALISENYI GENEROUS	60	NYAMIGAMBO	
269.	BEKEIN ^A GA TEREZA	43	NYAMWERA BIKO	
270.	BENDERERYAB ^O RAPHAEL	49	RWANSENIRE	
271.	BINUGWA DEOGRATIUS	37	RWEMPANGA	
272.	BISIGIRENDA BATISTA Y.	69	NYAKAGYERA	
273.	IGIRABUSHA JULITA	60	RUBIRA	
274.	KABACHENGA GAUDENSIA	47	KAKYURO	
275.	KABERWE REGINA	60	KUYANGABO	
276.	KAGUMEHO JOSCA	19	KYAKAZERIA	
277.	KAMUNUNGA MATRIDA	65	NYAKABUNGO	
278.	KARWEMER ^A DEOGRATIUS	46	KACHURU	
279.	KATALIKAW ^E MARIA	60	NYABUSHABI	
280.	KINAMURA BIRIJIRO	80	NYAKAJERA	
281.	KISAMUNYU EDINASI	70	NYAKYIBANDE	
282.	KINIGIRI JACHELINE	30	NYAKATARE	
283.	MBYEMEIRE JOHN WILLIAM	65	RUGARAMBIRO	
284.	MUCHANIRE JOLLY	50	NYAKASHIRA	
285.	MUSHWAGA DESDERIO	55	NYAKIJU	
286.	NDIBAREMA VANAS ^I O	30	NYAKATARE	
287.	NKACHIBONA FEDERESI	30	NYAKAZIRA	
288.	NYAGWABONA AMOS	39	KYEBALE	
289.	NYARUFUNJO REGINA	30	RWESAZIRO	
290.	RUKABISIRA ANGELICA	52	KIREWA	
291.	RWABAHIMA PANCRASIO	35	AHINONI	KYANAMIRA
			GOMB.	
292.	SEBAJUMBA ISIDORO	55	NYAKIJUMBA	
293.	TIBENDERANA EVASITA	45	RWASHEYIRE	
294.	TIIHAGA JACHELINE	30	KANJOBE	
295.	TIMARIRWAYO DARIA	60	NYAKABUGO	

	24	
296. TINDIGOROROKA LEONIA	50	RUBIRA
297. TUKAMWEBONERA JOLLY	27	NYAMIGAMBA
298. TINIMUTUMA CEPTIRANTA	40	NYACHIZUBA
299. ZIKAMBONA VICTORIA	47	NYAKAGYERA

MAZIBA SUB COUNTY

300. BABWEWEKYELA BENARD	32	RWUGAMURA
301. BABISHA JAMES	35	MAZIBA
302. BAGASHASHA RICHARD	70	MAZIBA
303. BAKEIHANWENKI EVANGISTA	39	OMUNKYIRO
304. BAKEINYAGA JACINTA	70	KIGOMBE
305. BAKIMUGIMBA FILIDA	20	NYAMITUNGA
306. BANTAIZA PAULO	70	KASHENYI
307. BATALINGAYA GEORGE	18	KAVU
308. BETUBIZA JOHN	60	KANONI
309. BISHAGENDA TOBIAS	35	NYAKARAMBI
310. BUUKYEMA ADRIANA	-	OMUNKIRA
311. BYARUGABA PEACE MRS.	23	KAMURONKO
312. GANDI BENANGANA	-	NYAKARAMBI
313. GEBALE BLASIO MZE	70	BIRAMBO
314. KABAKYENGA MALICICILI	24	MUKASHINYI
315. KABESINDIRA		
BABISHESHERAMU ZONOBIA	-	KIZIBA
316. KABESINDIRA FABIONO	49	KIZIBA
317. KABESINDIRA ZONOBIA	47	NYANZA/KIZIBA
318. KABURA IRENE MRS.	65	ZINIRO
319. KABIRI ERENASANI	62	KASHENYI
320. KAKARA POTIAMO	47	NYAKASA
321. KAMARWEKI FEDERIKO	60	MAZIBA
322. KARYARUGOKWE JOHN	54	KIGOMBE
323. KARYAMARWAKI PAULO	60	NYAMIRAMA
324. KARUHIZE THEODERE	57	IZIMIRO
325. KASHILINGI EDINASI	60	KITAMBI WARD A
326. KATARAIHA DOMINIC	56	KABURASI
327. KATARIHERA ERIFANZI BENON	48	NYAMIGEZI

	25	
328. KEISAMUKA TELEZA	70	RASIRIMA
329. KEMITALE FEREDIYANA	73	KIGARAMA
330. KYEIROMBA KAMAGWERA	70	KAMURONKO
331. MAGEZI CHESCENT REV.	35	MAZIBA
332. MUGABIGWE MARY	19	GWEMIHANGA
333. MUSIMENTA FAUST	19	RUGARAMA
334. MUTABARUKA WARREN	52	KEIRUNGU
335. MPIMENTA FAUSTA	32	EIZINIRO
336. NYAMWIRUKAZI YOANNA	70	NYANZA
337. NYAMHANDA EVERSTER JOY	45	KAMURONGO
338. NTEGAMAHE DEUS	24	NYAKASA
339. NZANIKA HIDIVANA	60	RWEMUHANGA
340. NZUYAGWE MUNAGOBO	50	GWEMIHANGA
341. RUBARENZEYA FRANCIS H.	28	NYANZA
342. RUTAKOBA MARY	60	NYAKARAMBI
343. RUTABYAMA EWUKADIA	30	NYARUTOZO
344. RWABISHARI EMANUEL	52	KAMURUNKU
345. RWAKALI JOHN WILLIAM	78	KAVU
346. RWANKYENZI ADSON JEOFFREY	42	RUSHABEYA
347. TIBERINDWA ALICE	56	KANYAKUTANA
348. TIBIKUMBYA FLOLENCE	56	KIGOMBE
349. TIBISASA BANGI MRS.	50	RWINAMURA
350. TINKAMANYIRE FRED	52	MAZIBA
351. TIRWOMWE N.	49	EIZINIRO
352. TUMWESIGYE PLACIDIYA	30	RWINAMURA
353. TURANZEOMWE PATRIC	30	NYAMITUNGA
354. TURYASHERWA KABIRIGI	60	BIRAMBO
355. ZOLEKA PIO	90	KIGARAMA

BUKINDA SUB COUNTY

356. AGABA KELEMENSIA	36	KEKEMENSIA
357. BABURATWA MANGALINA	80	NYABIREREMA
358. BLIAMUHUNDA LECNEA	57	KISHONGATE
359. BAKEKYE PAKOMO	53	KAINDIRO
360. BALIJUNAKI JOHN	48	NYAKASIRU

	26	
361. BASHANYUKA COSTACIA	65	RURANGARA
362. BUKUNGULU AVITO	69	RUKOMBE
363. BUJERA PUDESIANA	68	KAKANDA
364. KAGUNDU FESTO	84	RWANYAMUTARE
365. KAHUNE ALICE	50	NYAKABUNGO
366. KAMUYUMBU PAULINA	80	KAKTUNDA
367. KANJIENJE MARIA GORRET	70	KAKTUNDA
368. KARUMA RAZARO	76	KYERO
369. KARYAMARWAKI WINE	46	KAZINDIRO
370. KASHAKU JAMES J.	40	KITABURAZA
371. KEIBONEZA MATILDA (DEAF)	65	KANYARUSHA
372. MAKYUMU ARAPHAEL	71	NYAMUTALE
373. NKURUNZIZA KARORI	35	KANABA
374. NYAMIZUMBI	75	RUKOMBE
375. RUKIZAKARE DIDUS	33	RURANGARA
376. RUTURIBA PROVIA JOY	48	NYAKABUNGO
377. RWABANUNGI SERENA	70	REREMA
378. TUMUHEIRWE PROVIA	21	BUZOOBA
379. TUMWEBAZE EDWARD	24	NYAKASIRU RURANGARA
380. TURYABUHONA PLOVIA	34	MUHANGA

KAMWEZI SUB-COUNTY

381. BEISISIRA ANGELINA	53	KANYIRO
382. GANSHAKEIRE HOPE	38	KIZIINGA
383. KABAHIMA JODORI	70	BUBOGO
384. KABWA EDISA	60	KAKANYORO
385. KAMBURARA CLEMENSIA	50	RWANDAMIRA
386. KIBAMBERA E. JOLLY	56	KIZIINGA
387. KIHOKOHERWE MARIA	55	GWEKOKO
388. KIRUNGI CHRISTINA	60	RUGWAMIGUGU
389. KURUKIKO GETURIDA NORAH	51	RUHANGISI
390. KOMUREMBE KETTY	29	RUHANGA
391. KYIGABWIRE MARIA	70	NYAKABUNGO
392. MUBAGIZI MARY	22	BUHANGIZI
393. MUKARUKAACA MARIA	65	KEIHERE
394. MUSINGUZI ALLEN	21	KIZIINGA

	27	
395. NAMATOVU ALICE	40	KABIRIZI
396. NYAMWIZA SPECIOZA	42	KABIRIZI
397. NYINABARINDA MARAB	70	KABIRIZI
398. RWAKUSENTE TEOPISTA	70	RWANDAMIRA
399. RWANDARI JENET	60	KABUGARAMA
400. TABURARO	-	NYAKABIKYU
401. TETUNDURWA KERON	40	KIZIINGA
402. TINDIMWEBWA SAM	40	BUTARE
403. TUMUHIRWE KEREN	34	KANKYIRU

RWAMUCUCU SUB-COUNTY

404. BAYENDA JULUS	24	RUGARAMA
405. BARYAMUJURA PRIMA	23	MUZORA
406. BUSASI BENJAMIN	60	RUGARAMA
407. BYANGUMALWO JOHN	59	NYAKARAMBI
408. KANYONYI STEVENSON	58	RWEZA
409. KATARIKAWA SIMON	54	GONGORA
410. KATUSI CHARLES BERNARD	47	NYAKALAMBA
411. KEISHO CHRISTOPHER	40	SINDI
412. KYAROKYI JAMES WILFRED	42	RUCUCU
413. MAGYEMBE CHRISTOPHER	56	KATARESHOKO
414. MUGARURA H. JOHNNAN	31	NYANGOROGORO
415. MUGENYI CHARLES	42	NYAKARAMBA
416. NYAMUSHEMIRE HERENE	40	RUSHEBEYA

KASHAMBYA SUB COUNTY

417. BAGIRIWAKE ESTER JOY	60	BUTALE
418. BUHIRIRWE KEDRESS	38	NYAMAMBO
419. BAMUKWESHA ALICE	60	BUTALE
420. BUKONGORO LOIDA	50	NYARUSANZE
421. GARARENGANA FALAZIYA	61	KYEHINDE
422. KABOGWO MILTON	38	KAZOHA
423. KARWETA JOHN	45	KANTAMBARA
424. KARUGIWEMERA PRACTRICK	42	NYARUZIBA
425. KASEVENI JUSTUS	34	KAGUNGU
426. KATEIJURA EVANGILISTA	65	BUTALE
427. KATO GENEROUS	60	KYEHINDE
428. KATUNGUKA KEKULINA	29	KAMUHANGA
429. KAZOORA GRACE	50	KIKUKWE
430. KUBARYABASA V. BISINGO	18	MURAMBI
431. KYANGIGWE JOY	65	NYAMUSHAMBYA
432. MATAMA GAUDAH	40	KYEHINDE
433. MATIBIRA NORA	45	BUTALE
434. MUGARURA ALEX	25	KAOHA
435. MUKOTANI YOWASI	64	KYEHINDE
436. MUSASIZI GOEFREY	32	KAMUHANGE
437. ^A NGMBEKI DAVID	59	MUARIGPRUGORO
438. ^A NKUNGURU JUSTUS	40	KAZOHA
439. NTURANABO DAVID	44	K Y E H I N D E
		KITALEEBA
440. NYAMUSHA MALITA	90	KAZOHA
441. NYERIZE EVALINA	60	RUSHESHERA
442. RUGUNGIRA RICHANGEL	35	BIHONDO
443. RUSHERE CASALINE	54	NYAKASA
444. RUTEBALIKA AIDA	57	NYARUIZBA
445. RWASOOKO YOZEFU	50	MURAMBI
446. TAMAZALIRO AGNES	70	KYEHINDA
447. TUMURINDIRIRE KESSIME	30	KITUNGO

KITUMBA SUB-COUNTY

448.	AKANTWASA ERASMUS	19	KYABAHUNGA
449.	KAGONYERA KAJUMBA	59	RWAKANWIRE
450.	KAJUMBA EVERINA	40	
451.	KAKYIMA FRED	34	MWANJARI
452.	KASIMBAZI PETER	30	BUKORA
453.	NYAMIRERE GUDENIA	50	MWANJARI
454.	SUNDAY KARORI LWANGA	36	MANZAHARI
455.	TUSHEMERIRWE SCOLA	25	RUTOMA

BUHARA SUB-COUNTY

456.	BABWERATA ELIZABETH	70	KASHAKI
457.	BAKAMWANGA MARY	58	RUHITA
458.	BAKEIHAHWEKI EDSON	31	KASHAKYI B
459.	BAKEIHAHWENKI SABINA	60	OMUKIYANJA
460.	BALISIGARA FAITH	60	KIJONJO
461.	BANTURAKI LOUIS	45	KIGUGU
462.	BARIENSHE FRIDA	67	KASHASHE
463.	BATURUGWAKI MARIA	44	KASHASHE
464.	BEGAMBAGYE GENEROZA	60	OMUKACHIRI
465.	BEITERA ERINA	60	RWENE
466.	BEKUNDA PEACE	27	KASAKI
467.	BENDONE MARGRET	70	SHORORO
468.	BUKINDUKIZA AFRICA	50	KASHAKYI B
469.	GARUSHIGARE JOLLY	50	RUTARE
470.	IZONGOZA VANISI	30	MYAKAKYIKA
471.	JEHUSA SOPHIA	42	SHASE A
472.	KAMARENZI SIRIA	70	KIGUGO
473.	KAMAYATI VIOLET	40	RUKORE
474.	KANJOBE JOCQUELLINE	45	KYASE
475.	KANYAMUGARA SEFOROZA	60	OMURUHANAGA
476.	KARENGYERANE PAULINO	58	RUTANE
477.	KARYABARUMA SEBASTIANO	54	KASHAKYI
478.	KASHAAKA ZABLON	53	NYABISI IKA

479. KISHAMATUNDO ELIZABETH	70	OMURUHAANGA
480. KATABAZI DANIEL	78	KIHANGA
481. KATUBO SABINA	80	NYABISHAMBA
482. KIMANYWENDA FOSTER	36	KIGUGO
483. KYALIMPA ICEJ JOY	22	RWATABARA
484. KORUGENDO AIDA	43	KYAMPIGA
485. MASHEMERE ANA	80	OMWIRASHANIRO
486. MITUGUNDA JASTINA	65	NYAMULINDIRA
487. MUGENYI PATRICK	33	KYASHE A
488. MUHOZI MARY PELAGIA	40	KYASE
489. MUKOEWA ANGELINA	60	KASHAKI
490. NSHEMELIRWE MALIAM	70	KASHAKI
491. NTUNGIRAYO WINFRED	45	KYAMPINGA
492. NYABISHISHA MAGDALENA	56	KABALENA
493. NYAKAMAGA NJERINA	56	EKIGUGO
494. NYAMASAZI ALICE	40	RUBOROGA
495. NYAGAMBO VASTA	45	BUGARAMA
496. NYAJURA TELEZA	63	NYABISIKA
497. NYEBIRWEKI JOY	32	KYAMPINGA
498. NZALIRE CANDIDA	45	KIGUGU
499. RUBAGYENGA POTOMIO	80	KYAMPINGA
500. RUGASIBANA JOHN	40	BUGARAMA
501. RWAMELI FERENSTANS	50	RWAMACHANKA
502. RWAMISHUNGWE IRENE	40	BUTARE
503. TIBURATWA JOJINA	65	RUSHUMO
504. TIBAHURIRA VIELET.M.	-	NYAKANANGA A
505. TINDIMUTUMA SEFOROZA	50	KIGUGO
506. TINKAGUBAZIRE PHERE DIANA	65	KIGUGO
507. TIRIKWENDERA ERIVALDA	50	KIGUGO
508. TUMUHEIRWE EVANGELISTA	50	OMURUHANGA
509. TURIGARUKAYO AIDA	43	KYAMPINGA

KABALE MUNICIPALITY

510.	BYARUGABA MUSTA ^{FA} HER	35	KABALE
511.	KASIMBA ^Z I GENEROUS	45	KITA ROAD
512.	KEMANZI MILAN (MRS)	43	KABALE
513.	RUBALEMA ABDALA	30	NYABIKONI
514.	TINAMANYIRE ABUBAKARI	35	KEKUBO
515.	TUGUME MARY MRS.	30	KIGONGO
516.	TUKAMUHABWA MABURA	33	KATOJO
517.	TUMUSHABE SIRAS	32	KITAIKOMIDE

BUBAALE SUB-COUNTY

518.	BABUTEMA ELIMA	60	KARANDAGASHI
519.	BAFEKUHEKA EZPA	62	KATARAGA
520.	BAKERUZANA TUMWINE	40	NYAMIYAGA
521.	BAMUNKWESHE MIRISENTA	60	BUSHURA
522.	BANDONDA CHARLES	43	KATERETERE
523.	BARUHIRA ROBERT	24	KATERETERE
524.	BARYENSONI ALEXANDA BENSON	36	BUBAALE
525.	BAZOHERA FRANCIS HERBET	33	KYAMABAAL
526.	BEGARUKEMU JUILIET	49	MUCHIRUNZU
527.	BEYARAZA JORAM	32	BUTOBORE
528.	BYABAGAMBI JAMES	45	BUSHURA
529.	BYANYAMINISILIMANI HAJI	86	MASAKA DISTRICT BUWUNGA/BUKEERI
530.	KAKAMBI BEATRICE	60	KILOGWA
531.	KAMASHORO DEMENTLIA	50	MUGARI
532.	KAMUSIIME MAULDA	40	KARAMBAAI
533.	KANYAGU CRISTOP ^H ER	43	MURUHITA
534.	KATAMWIRE FOSTA ^A	60	BUBALE TRADING CENTRE
535.	KENTE MAUD	58	HAMURAMBI
536.	KIBATENGA JANE	60	KASHAKI KISHAKI - NYAMIYAGA

537. KINAGWA JONLESI NORA.	90	BUBAALE
538. KWEHANGANA GODFREY	33	KABINDI CELL
539. MUGABIRWE MERINA(MRS)	29	KASHAKI KASHAKI- NYAMIYAGA
540. MIREMBE SILVANO	38	RWERE
541. MUSANINGA AUGUSTINE	30	BWARO
542. MUSIIMENTA JACENTA	35	KATURETERE
543. NDABAHWERIZE B. EDISA	80	KALETE
544. NSHEMEREIRWE JENINA	40	KASHENYI
545. NUAMUBA JOY (MRS)	47	MURUHITA
546. NYABATA EDRIDA G.	60	RWAKAJEMA
547. NYABUHARA AGNES	60	KYAMABAALE
548. NYINABERA RUTH	75	KAGARAMA
549. RUGIRA HENRY	52	KARAMBAZI
550. RUSHAKYI REPHONSI	72	BUKAJU
551. RWAMUGONYI WILLIAM	76	MUBABALE
552. TASHEMERE VICTORIA	29	MUCHAI
553. TIBENDERANA DEMINTIRIA	56	KABINDI
554. TINKAMUARA MARITA	65	NANGARA KIGOT
555. TUGUMISIRIZE MICHEAL	23	MURAMBO
556. TUKAHIKWA PEACE	23	BUSHURA
557. TUMUHIMBISE JOHN	30	RWEFRE
558. TUMURAMBEALON	25	KASHENYI
559. TURUHUNGA CHARLES	55	KITAGENDA
560. TUSHABE EDISA	30	NYAMIYAGA
561. ZARIBUGIRE STANLEY	37	BWINDI
562. ZAGIRI JAILENSI	50	KIHORONGWA
563. ZIGURMU CAROLINA	40	NANGARA

KAHARO SUB-COUNTY

564. BAGIROGABWA IRENE	25	KASARARA
565. BATANISA JOHN	53	BURAMBIRA
566. BULENGERWA JENERUS	40	KASHARARA
567. BURAKA JOHN WICHLIEF	68	KATENGA NUYAKAITA
568. BUJUNE ERIDADI BERNARD	81	KYOBUGOMBE

569. KARYABASHISHA JORAM	28	BURAMBIRA
570. KEMITARE FLORENCE	35	BURAMBIRA
571. MUTABAZI SAMWIRI	33	WATOJO
572. NTEBIRWEKYI FLORENCE	35	NYABITABO
573. NYINOMUTO FRIDAH	70	KASARARA
574. OWORINAMWE ROSEMARY	60	NYAMUGOMA CELL
575. RUBAIRIKA ERIDADI	72	RWENSASI
576. SUNDAY JOLLY	21	RWENKUBA



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

LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
1. Akabindizi	Rukiga	Zehneria scabra	CUCURBITACEAE
2. Akacunchu	Rukiga	Plectranttus lanuginosus	LAMIACEAE
3. Akacundura	Rukiga	Sida rhombifolia	MALVACEAE
4. Akafum- bageshi	Rukiga	Rumex usambarensis	POLYGONACEAE
5. Akafumbwa/ (akakye)	Rukiga	Rumex usambarensis	POLYGONACEAE
6. Akagorora	Rukiga	Lysimachia ruhumerian	PRIMULACEAE
7. Akahurambwa/ Wambuba/ Nyambuba	Rukiga	Erigeron floribudus	ASTERACEAE
8. Akajwamate/ Akanyamate	Rukiga	Lactuca capensis	ASTERACEAE
9. Akanyama- fundo	Rukiga	Leucas martinicensis	LAMIACEAE
10. Akatampihi	Rukiga	Caucalis incognita	APIACEAE
11. Akatooma/ Obutooma	Rukiga	Erlangea cordifolia	ASTERACEAE
12. Bijumero	Rukiga	Vernonia easiopus	ASTERACEAE
13. Bukabuka	Rukiga	Ageratum conyzoides	ASTERACEAE
14. Burikoti	Rukiga	Acacia decurrens	MIMOSACEAE
15. Bushabwaha- kikungu	Rukiga	Dyschoriste radicans	ACANTHACEAE
16. Ekibingo/ Orubingo	Rukiga	Pennisetum purpureum	POACEAE

17.	Ekicumucumu	Rukiga	Leonotis nepetifolia	LAMIACEAE
18.	Ekichuraganyi/ Ekicura- ngenyi	Rukiga	Urtica massaica	URTICACEAE
19.	Ekicwambwa/ Orucwamba	Rukiga	Paspalum conjugatum	POACEAE
20.	Ekifuram- imbi/Eki- furamende	Rukiga	Crassocephalum montuosum	ASTERACEAE
21.	Ekiga- ragara	Rukiga	Vernonia auriculata	ASTERACEAE
22.	Ekigoro- goro	Rukiga	Dracaena steudneri	AGAVACEAE
23.	Ekihububa	Rukiga	Ipomoea wightii	CONVOLVULACEAE
24.	Ekikoma- mbogo	Rukiga	Vernonia grantii	ASTERACEAE
25.	Ekishayura	Rukiga	Lencas martinicensis	LAMIACEAE
26.	Ekishokonkoro Ekifashwe	Rukiga	Cyathula uncinulata	AMARANTHACEAE
27.	Ekisi- ndokwa	Rukiga	Pycnostachys erici-rosenni	LAMIACEAE
28.	Ekitera- nkuba/ Omuterankuba	Rukiga	Guizotia scabra	ASTERACEAE
29.	Ekiyaga	Rukiga	Berkheya spekeana	ASTERACEAE
30.	Ekijuguto	Rukiga	Kalanchoe crenata	CCRASSULACEAE
31.	Ekyiko	Rukiga	Erythrina abyssinica	PAPILIONACEAE

32.	Ekyoganyanja	Rukiga	<i>Erlangea tomentosa</i>	ASTERACEAE
33.	Ekyomoro	Rukiga	<i>Diodia scandens</i>	RUBIACEAE
34.	Embatabata	Rukiga	<i>Plantago palmata</i>	PLANTAGINACEAE
35.	Embohia	Rukiga	<i>Rubia cordifolia</i>	RUBIACEAE
36.	Endubaruba/ yekyiko	Rukiga	<i>Erythrina abyssinica</i> (inflorescence)	PAPILIONACEAE
37.	Engundizi	Rukiga	<i>Diodia scandens</i>	RUBIACEAE
38.	Entakara	Rukiga	<i>Solanum indicum</i>	SOLANACEAE
39.	Entuutu	Rukiga	<i>Physalis peruviana</i>	SOLANACEAE
40.	Enyabara- shana	Rukiga	<i>Bidens pilosa</i>	ASTERACEAE
41.	Esagara/ Eshagara Ishagara	Rukiga	<i>Pentas longiflora</i>	RUBIACEAE
42.	Eshagama- nungyi	Rukiga	<i>Supobia ramosa</i>	SCROPHULARIACEAE
43.	Esununu	Rukiga	<i>Crassocephalum vitellinum</i>	ASTERACEAE
44.	Etulirwa	Rukiga	<i>Supobia ramosa</i>	SCROPHULARIACEAE
45.	Ituza	Rukiga	<i>Rubia cordifolia</i>	RUBIACEAE
46.	Kamarama- hano/Aka- maramahano	Rukiga	<i>Euphorbia longicornuta</i>	EUPHORBIACEAE
47.	Kamushari- ra	Rukiga	<i>Erigeron floribundus</i>	ASTERACEAE
48.	Kanuuka	Rukiga	<i>Tagetes minuta</i>	ASTERACEAE
49.	Karwenda	Rukiga	<i>Cupressus lusitanica</i>	CUPRESSACEAE
50.	Kashaho	Rukiga	<i>Gomphocarpus physocarpus</i>	ASCLEPIADACEAE
51.	Kutukumwe	Rukiga	<i>Centella asiatica</i>	MENISPERMACEAE
52.	Kutukumwe	Rukiga	<i>Dichondra repens</i>	CONVOLVULACEAE

53.	Kyomya	Rukiga	<i>Diodia scandens</i>	RUBIACEAE
54.	Kyomya	Rukiga	<i>Salvia nilotica</i>	LAMIACEAE
55.	(Nya)rwezi- ringa/Rwezi ringa	Rukiga	<i>Datura stramonium</i>	SOLANACEAE
56.	Oluchu- ndezi	Rukiga	<i>Sida cuneifolia</i>	MALVACEAE
57.	Oburamata	Rukiga	<i>Rubia cordifolia</i>	RUBIACEAE
58.	Omubinga	Rukiga	<i>Momordica foetida</i>	CUCURBITACEAE
59.	Omubirizi	Rukiga	<i>Vernonia amygdalina</i>	ASTERACEAE
60.	Omubuza	Rukiga	<i>Dichrocephala integrifolia</i>	ASTERACEAE
61.	Omuchu- ndezi	Rukiga	<i>Sida rhombifolia</i>	MALVACEAE
62.	Omufumbwa	Rukiga	<i>Rumex abyssinicus</i>	POLYGONACEAE
63.	Omugaba- gaba	Rukiga	<i>Cassia didymobotrya</i>	CAESALPINIACEAE
64.	Omugoshora	Rukiga	<i>Verbena officinalis</i>	VERBENACEAE
65.	Omuhanura- nkuba/Om- uhanura	Rukiga	<i>Solanum terminale</i>	SOLANACEAE
66.	Omuhe	Rukiga	<i>Microglossa pyrifolia</i>	ASTERACEAE
67.	Omuhengere/ Omuhuche	Rukiga	<i>Lantana trifolia</i>	VERBENACEAE
68.	Omuhoko	Rukiga	<i>Phytolacca dodecandra</i>	PHYTOLACCAEAE
69.	Omuhurura	Rukiga	<i>Achyranthes aspera</i>	AMARANTHACEAE
70.	Omujaaja	Rukiga	<i>Ocimum suave</i>	LAMIACEAE
71.	Omujuma	Rukiga	<i>Vernonia lasiopus</i>	ASTERACEAE
72.	Omujumba- jumba	Rukiga	<i>Chenopodium schraderianum</i>	CHENOPODIACEAE
73.	Omukamba	Rukiga	<i>Clematis lirsuta</i>	RANUNCULACEAE
74.	Omukubant- tara	Rukiga	<i>Rhamnus prinoides</i>	RHAMNACEAE

75.	Omumara	Rukiga	Rhoicissus tridentata	VITACEAE
76.	Omumara-byona	Rukiga	Erythrococca bongensis	EUPHORBIACEAE
77.	Omunyega-nyegye	Rukiga	Sesbania sesban	PAPILIONACEAE
78.	Omunyu-nyambuizi	Rukiga	Erthrococca bongensis	EUPHORBIACEAE
79.	Omuravunga	Rukiga	Iboza multiflorum	LAMIACEAE
80.	Omurisano	Rukiga	Lactuca capensis	ASTERACEAE
81.	Omushhebeya	Rukiga	Albizia coriaria	ASTERACEAE
82.	Omusinga	Rukiga	Hibiscus fucus	MALVACEAE
83.	Omusoro-za	Rukiga	Indigofera arrecta	PAPILIONACEAE
84.	Omutanga	Rukiga	Lagenaria sphaerica	CUCURBITACEAE
85.	Omuyenje/Oruyenje	Rukiga	Euphorbia tirucalli	EUPHORBIACEAE
86.	Omuyobora/umuyobora	Rufumbira	Lysimachia ruhmeriana	PRIMULACEAE
87.	Omwenyi	Rukiga	Ocimum suave	LAMIACEAE
88.	Omwetango	Rukiga	Chenopodium opulifolium	CHENOPODIACEAE
89.	Omwihura	Rukiga	Momordica foetida	CUCURBITACEAE
90.	Omwishekye	Rukiga	Chenopodium schraderianum	CHENOPODIACEAE
91.	Omwisya	Rukiga	Spilanthes mauritiana	ASTERACEAE
92.	Oruhigura	Rukiga	Triumfetta rhomboidea	TILIACEAE
93.	Oruhombo (Oruhombwa)	Rukiga	Vernonia campanea	ASTERACEAE
94.	Orwamira	Rukiga	Lysimachia ruhmeriana	PRIMULACEAE
95.	Orwendo	Rukiga	Hibiscus vitifolius	MALVACEAE

TABLE VI:

LIST OF PLANTS SUBMITTED BY TRADITIONAL HEALERS, PARTLY IDENTIFIED BUT STILL AWAITING CONFIRMATION.

LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
1. AKANYABUTONGO (Komurufunjo)	Rukiga		AMARANTHACEAE
2. EKIKOMAMBOGO	Rukiga	Vernonia sp.	ASTERACEAE
3. EKIKONDOGORO	Rukiga	Clerodendrum sp.	VERBENACEAE
4. ENKONINYABITO	Rukiga	Euphorbia sp.	EUPHORBIACEAE
5. IGANGURA	Rukiga	Crassocephalum	ASTERACEAE
6. IHOZA (EIHOZA)	Rukiga		MALVACEAE
7. KAMUKIZA	Rukiga		BIGNONIACEAE
8. OBUSHOHERA	Rukiga		LAMIACEAE
9. OMUCHUNDEZI	Rukiga	Sida sp.	MALVACEAE
10. OMUGWAMPORA	Rukiga		ASTERACEAE
11. OMUHOMANYUNGU	Rukiga	Microglossa sp.	ASTERACEAE
12. OMUMARA	Rukiga	Cyphostemma sp.	VITACEAE
13. OMURISANO	Rukiga	Lactuca sp.	ASTERACEAE
14. OMUTAHUTARA/ ENAHUTARA	Rukiga	Crassocephalum sp.	ASTERACEAE
15. OMUZIRAFU	Rukiga	Crassocephalum sp.	ASTERACEAE
16. OMWIRIMA	Rukiga	Vernonia sp.	ASTERACEAE
17. "SALAMIYA"	Rukiga		ASTERACEAE

TABLE VII:

LIST OF MEDICINAL PLANTS SUBMITTED BY TRADITIONAL HEALERS BUT INSUFFICIENT FOR SCIENTIFIC IDENTIFICATION

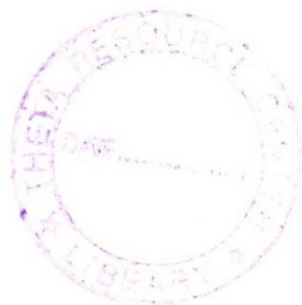
LOCAL NAME	PART OF PLANT	DIALECT
1. AKABINDIZI	STEM	RUKIGA
2. AKAFUMBWA AKAKYE	Leaf	RUKIGA
3. BUGARA	Stem Branch	RUKIGA
4. EKIKONDOGORO	Leaves	RUKIGA
5. EKINAMI	Stem	RUKIGA
6. EKISHUUSHA	Leaf	RUKIGA
7. EKITERANKUBA	Leaves	RUKIGA
8. EKYEZA	Stem	RUKIGA
9. EKYIKO	Leaf	RUKIGA
10. EKYOGANYANJA	Stem	RUKIGA
11. ENKYENANKYENE	Leaf	RUKIGA
12. ENTAHINDURWA	Leaves	RUKIGA
13. ESAGARA	Stem	RUKIGA
14. IKOMAMBOGO	Leaves	RUKIGA
15. ISHUBYAYO	Stem branch	RUKIGA
16. KATAMPIHI	Leaf	RUKIGA
17. KIBALE	Moss	RUKIGA
18. KYOMYA	Leaf	RUKIGA
19. MUTAREMWA	Leaf	RUKIGA
20. NYINAMUKU	Leaf	RUKIGA
21. OMUHANURANKUBA	Stem Branch	RUKIGA
22. OMUJUGUTO	Leaf	RUKIGA
23. OMUJUMA	Leaves	RUKIGA
24. OMURISANO	Leaves and Root Stock	RUKIGA
25. OMUSHURA	Stem Branch	RUKIGA
26. OMUSINGA	Stem	RUKIGA
27. Omutahutara	Stem Branch	RUKIGA
28. OMUTANDAIGWA	Leaves	RUKIGA
29. OMUZIGANUMI	Stem Branch	RUKIGA

30. OMWANI	Leaf	RUKIGA
31. OMWENYI	Stem Branch	RUKIGA
32. OMWITANJOKA	Stem	RUKIGA
33. ORUKIZA	Stem Branch	RUKIGA
34. RWEZIRINGA	Leaf	RUKIGA
35. AKARAMATA		RUKIGA
36. EKISHOKONKORO		RUKIGA

TABLE VIII: LIST OF MEDICINAL PLANTS MENTIONED BY TRADITIONAL HEALERS BUT NOT SUBMITTED (ALL LOCAL NAMES ARE IN RUKIGA) EXCEPT WHEN INDICATED OTHERWISE

1. AGASHEKESHEKYE (Rufumibra)
2. AKABAKURA
3. AKABUNDURA
4. AKAFUMBWA (AKAKYE)
5. AKAKYUKURIRA
6. AKANYABUSHAZI
7. AKANYABUSHUNDWE
8. AKANYABUTONGO
9. AKANYAMAFUNDO
10. AKANYAMAGOTE
11. AKANYAMAJUGU
12. AKARAMATA
13. AKARONDORONDO
14. AKASHEKASHEKYE
15. AKASIRU (KOMUMABARE)
16. AKASHOBOROZI
17. AKATECHERE AKAKYE
18. AKATEMABUHUTA
19. AKATIRITIRI
20. AKATWE KORUBINGO
21. AKAVUNDERI
22. AKAYOBORA
23. AKAZURU
24. AKEIJIREJUBA
25. AKEITAMIZIMU
26. AKEZA
27. AKIJIREJUBA
28. AMAHANO
29. AMAPERA
30. AMATOJO
31. BAGAYAKATOJO
32. BANANA
33. BANDAMA
34. BANDAMAMPINGURE

35. BITIBYAKUNVA (Rufumbira)
36. BUKANGABUKALI
37. BUSHA
38. BWARA
39. BYARWASHA
40. EBITOJO
41. EBIYOMBERA
42. ECHENANCHENE
43. ECHUFE
44. EDUNGU
45. EIGANGURA/IGANGURA
46. EIHOZA (IHOZA)
47. EIKARANZYA
48. EIRARIRA/IRARIRA
49. EIREME (sort of fungi)
50. EIRENGYE
51. EIZIBAZIBE
52. EKARARWE
53. EKARWE
54. EKASISIRA
55. EKIBOMBO
56. EKICUMBA
57. EKICUNCU
58. EKIFU
59. EKIFUMBAGESHI
60. EKIFUMBWA
61. EKIGYEGYE/EKIJEJE
62. EKIGYEMBAGYEMBE
63. EKIHAZA
64. EKIHONGWA
65. EKIHUBUBA
66. EKIHUNGYE
67. EKIJUGUTO
68. EKIJUMBURA
69. EKIJWISO
70. EKIKARARAMBWE
71. EKIKOMAMBOGO



72. EKIKONDOGORO
73. EKIKUNJABURIMI/EKIKUNJABUREME
74. EKIKWASI
75. EKIYURINGANYI
76. EKIMARA
77. EKINUKAKUBI
78. EKINYABUTONGO
79. EKINYAKYFERO
80. EKINYAMATE
81. EINYAMINYAMI
82. EKIPAPALI
83. EKIRERABANA
84. EKIRONGORERA
85. EKISHEGURA
86. EKISHEGURE
87. EKISHEKYE
88. EKISHOGASHOGA
89. EKISIKASIKYE
90. EKISIRU
91. EKISOROGORO
92. EKITABETABE
93. EKITABIKYEMPISI
94. EKITOBORWA
95. EKITOINTOMA
96. EKITOJO
97. EKITOKYE
98. EKITONGOTONGO
99. EKITOOMA
100. EKITURUGUMA
101. EKYYIYAGA
102. EKYYUNDO
103. EKYYUYA
104. EKIZARIRA
105. EKIZARIRAHAMWE
106. EKIZIBAIBE
107. EKIZIMYAMURIRO
108. EKUBUBU

109. E KUUBO
110. E KYANGU
111. E KYASHAMIRABUSHA/E KYASHAMIRA
112. E KYENJEERA
113. E KYEZA
114. E KIYIKAKA
115. E KYIKO
116. E KYINAMI
117. E KYOGANYANJA
118. E KYUBUBA
119. E KYUFE
120. E MBANDIKA
121. E MBATAMA
122. E MBIIRE
123. E MIKAMBA
124. E MITEMBE
125. E MPARABWARA
126. E MWICHEKE
127. E NCHUCHU
128. E NDARIGURU
129. E ENDEBURA
130. E ENDEREMA
131. E NGANO
132. E NGAGARE
133. E NGOMERA
134. E NGURUKIRA
135. E NGYENYI
136. E NJAGA
137. E NKAKA
138. E NKANAANA
139. E NKAZI
140. E NKIZI
141. E NKONINYABITO/NKONIYABITO
142. E NKONINYANGWA
143. E NKUKURU
144. E NKYENANKYENE/ENCHENANKYENE
145. E NKYURIKO

146. ENSHARABWANGYI
147. ENTAHINDURWA
148. ENTAHUTARA
149. ENTAMBABYONA
150. ENTANATANA
151. ENTANWA
152. ENTEIJA
153. ENTETERE
154. ENTOBO
155. ENTUHA
156. ENTULIRWA
157. ENTUMBI
158. ENYABUTONGO
159. ENYANYA
160. ENYINDO
161. ENYONGERA
162. ENYOMERA
163. ENZAYI
164. ENZIBE
165. ERAZA
166. ERENGI
167. ESHAAGA
168. ESHAGARA/ISHAGARA/ESAGARA
169. ESHAMU
170. ESHEMU
171. ESHENDA
172. ESHOGYI
173. ETUNGU
174. IGARURA
175. GOGAOMUGASHARIDI
176. IHOZA(EIHOZA)
177. IHURURA
178. IKARANGA
179. IKIVUMWAVUMWA(Rufumbira)/IKIVUMAVUMA
180. INDASHI(Rufumbira)
181. ISWIGA (Rufumbira)
182. ITUZA (Rufumbira)

183. KABAKURA
184. KABAKURABWARA
185. KABARAGARA
186. KABOHA
187. KABOHA EMPANGO
188. KABOHARORA
189. KABYASHA/KABYAKYASHA
190. KACHWAMPINGA
191. KACHWAMPUNIKA
192. KAFUMBAGESHI
193. KAGUSHA
194. KAKYASHA
195. KAKYIRARUGO
196. KAMARABYONA
197. KAMARIRANE
198. KAMUKIZA
199. KAMUNYENGA
200. KANESAMPATO
201. KANKOMANGWA
202. KANYABYASHA
203. KARANDARUGO
204. KARARA
205. KAREMAMUNIGO
206. KARWASHA
207. KARITUSI
208. KARYABUZIMBA
209. KASHAHO
210. KASHANKU
211. KASENYANKU
212. KASUBIRANYA (Rufumbira)
213. KATAMAROGO
214. KATAMPIHI
215. KAZANGANURA
216. KEITABAZIMU
217. KEITAMIZIMU
218. KITINWA
219. KYEBANDURA

230. KYEKAMYA
231. KYOMYA
232. LUKANKAMA
233. MAFUBYA
234. MARUNGI
235. MASHAKAMASHA
236. MIRABILIS JALAPA
237. MUGARA
238. MUGOMA
239. MUHONDE
240. MUHIRE
241. MUHOZA
242. MUTERANKUBA
243. MUKURUTAITEBYE
244. MUNYENYA
245. MUTALEMWA
246. NGARONUGYI
247. NTAMBABYONA
248. NYABARASANA
249. NYABATA
250. NYABWEIZIZA
251. NYABWUNGO
252. NYAIBARE
253. NYAKABAKURA
254. NYAKARANDE
255. NYAKASHARARA
256. NYAKIBAZI
257. NYAKYEKAMYA
258. NYAMBUBA
259. NYAMUHANURA
260. NYAMURUNGI
261. NYAMWIRIMA
262. NYANJA
263. NYARUBOGO
264. NYARUBOMBA
265. NYARUKONORA
266. NYARWEHINDURA

267. OBUGORORA
268. OBUJOGYERA
269. OBUMARAMARE
270. OBUNEGYERE
271. OBUNGO
272. OBUNYUNYAMBUZI
273. OBUSHA
274. OBUSHOHERA
275. OBWEZA
276. OBWIGURA
277. OBWUNGO
278. OBUYUZA
279. OMUBARAMA
280. OMUBIRIZI
281. OMUBOGORE
282. OMUBUZA
283. OMUBUZIGYE
284. OMUCHERENGYE
285. OMUCHERERE
286. OMUCHURA
287. OMUCHURA
288. OMUCHUSA
289. OMUFUNJO
290. OMUFURA
291. OMUFURURA
292. OMUGASHA OMUKOMA
293. OMUGOMBE
294. OMUGORORA
295. OMUGURUKA
296. OMUGUSHA -GWENKOMBE
297. OMUGUSHA/OMUWEMBA (Luganda)
298. OMUGWAMPORA
299. OMUGYITI
300. OMUHABURA
301. OMUHANGA
302. OMUHANGUZI
303. OMUHANURANKUBA

304. OMUHASHA
305. OMUHASUHRA
306. OMUHENVU
307. OMUHEZAYO
308. OMUHIGURA
309. OMUHIRE
310. OMUHIRO
311. OMUHOMANYUNGU
312. OMUHUCHE
313. OMUHURITOGO
314. OMUHUUTA
315. OMUHWERAMUTWE
316. OMUHWENZA
317. OMUJAGARA
318. OMUJAJA
319. OMUJAMPIRA
320. OMUJEJE
321. OMUJUGUTO
322. OMUJUMBAJUMBA
323. OMUJURU
324. OMUKAKA
325. OMUKANANA
326. OMUKANJA
327. OMUKARARA
328. OMUKIZA
329. OMUKOBAKOBA
330. OMUKOMA
331. OMUKONI/OMUKOONA
332. OMUKONGORANI
333. OMUKONORA
334. OMUKOONA
335. OMUKU
336. OMUKUBANSHARE
337. OMUKUNJERI
338. OMUKUZANYA
339. OMUKWATANGWE
340. OMUKWATIRO

341. OMUMANIKA
342. OMUMBA
343. OMUMBYA
344. OMUMEMENO
345. OMUMERAMWITONGO
346. OMUNABA
347. OMUNANURA
348. OMUNEKA
349. OMUNENANO
350. OMUNKAMBA
351. OMUNKARIBA
352. OMUNYINYA
353. OMURAGAZA
354. OMURAMA
355. OMURANDAGASI
356. OMURANDABASI
357. OMURANGARA
358. OMURAVUMBA
359. OMUREMANJOJO
360. OMUREMBE
361. OMUREMBEZI
362. OMUREMBWE
363. OMURENGYERE
364. OMURERAITONGO
365. OMURINDAGASI
366. OMURIRI
367. OMURETEZANO
368. OMURISANO
369. OMUHURITONGO
370. OMURONDORONDO
371. OMURUKU
372. OMUSAVU
373. OMUSERASERE
374. OMUSHABISHABI
375. OMUSHAGA
376. OMUSHAKYI
377. OMUSHAYURA



378. OMUSHINYA
379. OMUSHOGASHONGI
380. OMUSHONGYI
381. OMUSHUGANYONYI
382. OMUSHUMAMBWA
383. OMUSHURA
384. OMUSINGA
385. OMUSISA
386. OMUSOROZA
387. OMUTAANGA
388. OMUTAGARA
389. OMUTAHUTARA/ENTAHUTARA
400. OMUTAKARA
401. OMUTATEMBA
402. OMUTANDEIGWA
403. OMUTEMBATEMBE
404. OMUTEMBE
405. OMUTUGUNDA
406. OMUTUMA
407. OMUTUMBA
408. OMUTURUKA
409. OMUTANWA
410. OMUYALI (non veg)
411. OMUYARI (non veg)
412. OMUYEMBE
413. OMUYOBORA/UMUYOBORA
414. OMUYONZA
415. OMUZIBUZI
416. OMUZIGANUMI
417. OMUZIMA
418. OMUZIMIZI
419. OMUZUMBE
420. OMWAMIRA
421. OMWATAIBARE
422. OMWATAMABARE
423. OMWATANSHARE
424. OMWECHUCHE

425. OMWEFUZO
426. OMWENVU
427. OMWENYIMUSHAIJA
428. OMWISAMURO/OMWESYAMURO
429. OMWETANGO
430. OMWIFUZO
431. OMWIHA
432. OMWIHURA
433. OMWIITA
434. OMWINAMURA
435. OMWOGO
436. OMWONYOGWENTE
437. OMWORORA
438. OMWISYA
439. OMWITANGO
440. OMWITANJOKA
441. ORUBINGO
442. ORUBOGORE
443. ORUCWAMBA
444. ORUFUNJO
445. ORUGORORA
446. ORUGWAMPINGA
447. ORUHOMEWA
448. ORUKAKA
449. ORUKARARA
450. ORUKUREIJU
451. ORUMBUGU
452. ORUSHABISHABI
453. ORUSHAMISHAMI
454. ORUSHWIGA
455. ORUTETERE
456. ORUTUZA
457. ORUYEMBE
458. ORUZARISA
459. ORWEZA
460. ORWONKORA
461. "OVACADO"

- 462. RUBEMBA
- 463. RUBINDA
- 464. RUBUNDA
- 465. RUHAGUZI
- 466. RUHAMYA
- 467. RUHAYA
- 468. RUJUMERO
- 469. RUKAKAMA
- 470. RUKIIZI
- 471. RUNUKA
- 472. RUTANGWE
- 473. RUTERERE
- 474. RUTINWA
- 475. RWAMAHWA
- 476. RWEHINDURA
- 477. RWOGOMUMANGO
- 478. RWOGANYANJA
- 479. RYAKYASHA
- 480. SHAGAMANUNGYI
- 481. ZAGASHUMIRATEZAGANYWA

TABLE IX LIST OF NON - VEGATABLE MATERIALS

1. AKANYANKOGOTE (Tortoise Shell)
2. Amashe genjubu (Hippo's dung)
3. Ash
4. Banana juice
5. Clay pot (broken piece)
6. Common Salt
7. Cow ghee
8. EEE (Raw)
9. Ekihonde (Rock Salt)
10. Ekikobakyentale (Lions Skin)
11. Ekyonyokyente (cow salt or Rock Salt)
12. Engamba (type of animal)
13. Engongi (other)
14. Goats Urine
15. Karema munigo (kind of insect)
16. Magadi (local salt)
17. Mamba (fish)
18. Milk (cow, goat or sheep)
19. Millet porridge
20. Nkejje (Small fish)
21. Obushera (local beer)
22. Obwokyi (Honey)
23. Omugusha (Sorghum)
24. Omuyari (Soot)
25. Peg (on which a dog is tied)
26. Porridge
27. Skin of a lion
28. Skin of a Hippo
29. Straw (which has been used to drink Muramba a local beer.
30. Tonto (local beer)
31. Veseline.

CHAPTER THREE

COMMON ILLNESSES AND THEIR TREATMENT

The common illnesses encountered during the survey were given by the Traditional Healers by describing the symptoms. The medical terms were provided by Dr. Ogwal Okeng of the Department of Pharmacology and Therapeutics, Makerere University. He also assisted the Team in compiling this chapter.

A glossary of the medical and technical terms used in this report has been included at the end.

The medicinal plants are given by vernacular name and are underlined.

The non-vegetable medicinal substances are given in English and vernacular whenever possible and are underlined as well.

The names of the Traditional Healers (TH) who provided the prescription are given in parenthesis.

Where the doses are given in ml. the Traditional healers had demonstrated the quantities which were measured by the Team.

The authors cannot guarantee the efficacy of the prescription given in this chapter. Readers are accordingly advised against self medication based on this information.

1. MALARIA (084)

- a) Pound and boil in water the leaves of Omujuguto (TH: NDUANABANGI T.), strain and give two dessert spoonful twice a day for two days.
- b) Boil the leaves of Omwiwura (TH: TUMUSHABE A.) Add cow ghee and soot and mix thoroughly. Take three dessert spoonful twice a day for one week.
- c) Boil in water the leaves of Omubirizi (TH: KAKWAYA S.). Strain and take about 100ml. twice daily for two days.
- d) Pound together the leaves of Omumara, Bwara, Omuhanga and Omunkamba (TH: MACHALA C.) Dry and reduce to powder. Boil in water one table spoonful of the powder. Take one glassful twice a day for 2 to 3 days.
- e) Dry the leaves of Omufurura (TH: KATARIHERA) Crush into powder. Mix one teaspoonful of the powder with 30ml. of boiled water. Take one teaspoonful three times a day for 2 days.
- f) Pound the leaves of Omubirizi (TH: KABACHENGAI). Mix with cold water and strain. Give 250ml. once a day for three days.
- g) Pound the root of Omubirizi (TH: NTEGAMAHE D.). Warm up the paste then mix with 500ml. of cold water. Strain and take three times a day for three days. Use fresh preparation.
- h) Pound the bark and leaves of Omuhanga (TH: KARYABASHISHA J.) and boil in water for about 30 minutes and strain. Give 5 ml. to children and 50ml. to adults three times a day for 1 to 2 days.

- i) Boil the leaves of Omubirizi (TH: TINAMANYIRE A.). Allow to Cool and take 150ml. twice a day.

2. FEVER (780.6)

- a) Boil in water the leaves of Omutagara, Akavunderi, Omujuma, Omubirizi, and Ekishokonkoro (TH: KAKWENZA S.). Cover the patient to let him inhale the vapours. Give 150ml. twice a day, of the decoctions separately made from the leaves of Omubirizi and Akavunderi.
- b) Pound together the leaves of Omubirizi, Nyarwehindura, Omujuma, Ekiyundo, Esununu. (TH: NYAMIHANDA E.J.) Boil in water and strain. Give to children half a glass and one glass to adults three times a day for 4 days.
- c) Pound together the leaves of Omubirizi, Enkaka, and Ekikondogoro (TH: BUKUNGULU A.). Mix with cold water then add the powder prepared from the root of Omuravunga. Strain and take 200ml. three times a day for one day.

3. JAUNDICE (782.4)

- a) Pound together the roots of Omugabagaba, Omujuma and Ekisikasikye (TH: MUKARUKA M.). Add some water and squeeze out the infusion. Mix the infusion with 300ml. of banana beer. Take one glassful twice daily for 1 to 2 weeks.
- b) Pound the leaves of Omugorora and flowers of Esununu (TH: AGABA K.). Mix with cold water and strain. Take 125ml. twice a day for two weeks. Apply the residue around the eyes.

- c) Pound the leaves of Ekihaka (TH: NYAMIZUMBI) Boil in water and take small amounts twice daily for two days.
- d) Pound together the leaves of Rukangabukali, Omumara and Ekyoganyanja (TH: NYIRANTURE E.). Mix with a little cold water and strain. Give one dessert spoonful twice daily until the yellowness clears.

4. COUGH (786.2)

- a) Boil in water together the leaves of Karatusi and the stem bark of Burikoti (TH: KATUSI C.B.). Add magadi salt. Allow to cool and strain. Take two dessertspoonfuls three times a day for two days. The cough should clear within the two days.
- b) Pound together the leaves of Akeza, Amapera, Omuhuche and Enkoninyangwa (TH: KANYAMUGARA S.) Mix with water and boil. Allow to cool and strain. Take two tablespoonful three times daily until recovered.
- c) Dry the leaves of Ekipapali (TH: BYAMUGISHA J.). Crush into powder and mix with porridge or water. Children take one spoonful and adults one glassful three times a day until cured.
- d) Boil the fresh leaves of Eniaga (TH: MUGENYI C.) in water. Allow to cool and take 100ml. twice a day until the cough disappears.
- e) Roast the aerial part of Omuvenje (TH: NSHEMELIRWE M.) in fire. Chew and swallow the juice as often as possible until cured.

- f) Pound together the fresh leaves of Engomera and Omusavu (TH: MWESIGIRE M.). Boil in water and add rock salt. Allow to cool and strain. Give one table spoonful to adult and one tea spoonful to children three times daily for three days.
- g) Chew the cleaned root of Kamalirane (TH: KUBARYABASA V.B.) for as long as necessary.
- h) Dry the leaves of Kyomya (TH: TUKAMUHABWA M.R.) and reduce to powder. Mix one teaspoonful of the powder with boiled water and strain. Give 100ml. twice a day for 2 - 3 days.
- i) Dry and grind the stem-bark of Ekishegura (TH: BESIGYE C.B). Mix a little powder with hot water and drink 250ml. while hot twice daily for seven days.
- j) Pound together the leaves of Omuhuche and Ekipapali (TH: TUGUME V.). Add rock salt and boil. Strain and take about 500ml. once daily for four days.

5. BRONCHIAL ASTHMA (493.9)

- a) Pound the whole of Akaramata (TH: TUKAMUHABURA M.) and boil in water. Strain and mix with porridge. Drink about 1.5l. every morning until the attacks subside.
- b) Pound the leaves of Omushakyi (TH: KAHENE A.). Dry and make into powder. Add small amount of the powder to tea or porridge and take as necessary.

6. PERPTUSIS (033.9)

- a) Boil together the leaves of Omwani, Omuhuche, Omwaha, Ekiyevye and Kanesarato (TH: KABUSHAIJA F.) and strain. Take one dessert spoonful twice daily for four days.
- b) Crush and boil together the leaves of Omusoroza, Omwani, Kacwampunika, Omuhuche and Akafumbwa (TH: KABAMANYIRE) and strain. Take one dessert spoonful twice a day for four days.
- c) Pound the root bark of Ebitojo (TH: KIKABEINIKA). Boil in water and strain after cooling. Take one dessert spoonful three times a day for three days.
- d) Pound together the root of Omuku and leaves of Karitusi (TH: BALIFONDA E.). Boil together with rock salt and strain. Give 50ml. three times daily for one week.
- e) Pound the leaves of Kyomva and Envabarashana (TH: RUCHEMANGANIZI G.). Add some cold water and strain. Take two table spoonfuls twice a day for three days.
- f) Pound together the leaves of Omuravunga, Omurama, Omuhurura (TH: KABIRIGI E.). Add some warm water and strain. Take one teaspoonful three times a day for 1 to 2 weeks.
- g) Pound together the leaves of Omurama, Omwisya and Omuravumba (TH: RWAKALI J.W.). Boil in one litre of water and strain. Take one tea spoonful four times a day for two weeks. Eat raw eggs as well.

7. TUBERCULOSIS (011.9)

- a) Peel the roots of Ekishagure and cut into small pieces. Boil in water. Then pound the leaves of Oruhigura and Omuuma (TH: RWAMICHUNGWE I.) and boil in water. Mix the two preparations and give three dessert spoonfuls three times a day for one month. Secondly melt cow ghee and give one dessertspoonful once a day also for one month.

8. CHEST PAIN (786.5)

- a) Pound the leaves of Ekifuramende (TH: TUMWEBAZE E.). Add a little cold water and strain. Take small amounts three times a day for 2 - 7 days. The residue is applied all over the chest.
- b) Boil in water the leaves of Omumara, Omunkamba and Omushura (TH: NYINARUBABA M.) and strain. Give to drink. Apply the residue on the chest for several days.
- c) Pound together the leaves of Omunkamba, Esagara, and Oruhigura (TH: MICHUNGWE E.). Mix with cold water and strain. Take 50ml. twice a day for two days.
- d) Crush the dry roots of Omwatanshare (TH: TINDIBAHIKA P.). Make into powder. Mix two table spoonfuls of the powder with a half a litre of boiled water. Take the half litre of the infusion within two days. The patient becomes restless and weak immediately after treatment but eventually regains strength.
- e) Pound together the leaves of Ituza and Kibale (TH: BEKUNDA W.). Mix with a little warm water and strain. Give one tea spoonful twice daily for three days.

- f) Pound the leaves of Akanyamafundo (TH: BUHAZI P.). Mix with water and boil. Strain and give two dessert spoonfuls twice daily.
- g) Crush the leaves of Omumemeno (TH: KARYAMARWAKI P.). Mix with a little water and strain. Mix the infusion with sorghum or millet porridge. Take 500ml. 2 to 3 times a day for one or two days.

9. PNEUMONIA (486)

- a) Pound together the leaves of Omusoroza, Omubuza, Obunyunyambuza, Ekicumucumu and Omuhurura (TH: RUFUMU Y.). Mix with cow ghee and boil. Squeeze out the liquid and take four dessert spoonfuls three times daily for two to three days. Mix the residue with more ghee and apply externally on the painful chest. Refer to hospital if the pain persists after four days.
- b) Pound together the leaves of Omusinga and Omusoroza (TH: KATABAZI D.) and rub on the chest and the back once before going to bed for one week.
- c) Crush the leaves of Ekirerabaana (TH: KASIMBAZI G.). Mix with cold water and strain. Give 100ml. three times a day until cured. Rub the residue on the chest.
- d) Pound the leaves of Ekicuncumu (TH: JUHUSA S.). Mix with a little cold water and give three spoonfuls three times a day for 2 - 3 days.
- e) Pound the leaves of Esununu and Omusoroza (TH: RUCHEMANGANIZI J.). Mix with ghee and rub on the chest in the mornings and evenings.

- f) Squeeze between the palms the leaves of Kanuka (TH: KABAHEMA J.). Rub on the chest.
- g) Crush the leaves of Omunyeganyeeve (TH: BIKIMUGIMBA F.). Mix with a little cold water and strain. Give two table spoonful twice a day for three days.

10. GENERALISED PAIN (780.9)

- a) Pound the leaves of Omuorora (TH: BESIGYE C.B.) and mix with water. Strain and take about 250ml. twice daily for seven days.
- b) Dry the aerial parts of Envabarashana (TH: KATARATAMBI A.) and reduce to powder. Apply the powder all over the body.
- c) Pound the leaves and root of Kabakura (TH: TIZIHIRWAYO J.). Dry and reduce to powder. Mix some of the powder with vaseline and rub on the whole body. Then mix the rest of the powder with cold water. Give half a table spoonful to children and one table spoonful to adults three times a day for 2 weeks.
- d) Boil in water the leaves of Kaboha (TH: AREIJA J.). Rub the softened leaves all over the body.
- e) Boil in Goats urine the leaves of Omuhoko and Omuvari (TH: BEHANGANA G.) for five minutes. Make incisions at the parts points and apply the solution.
- f) Dry the leaves and branches of Salamia (TH: RUTURIBA P.) and reduce to powder. Mix the powder with vaseline and rub on the affected part. The fresh leaves may be used. Crush them between palms and rub on affected part, two to three times a day.

- g) Pound the stem bark of Omwoga (TH: KANYAGU C.) and reduce to dry powder. Mix one teaspoonful of the powder with boiled water and strain. Take one cupful once. Repeat after three days if necessary.
- h) Pound and dry the fresh roots of Kabakura and Keitamizimu (TH: KAJUMBA E.). Reduce to powder. Mix one teaspoonfuls of it with 250ml. of warm water for children and two teaspoonful for adults once daily for 2 weeks. Excess dose may cause dizziness.
- i) Dry and make into powder the leaves of Bushabwa - hakikungu (TH: TUSHEMERIRWE S.). Mix with cow ghee and apply at the painful areas.

11. HEADACHE (784.0)

- a) Pound the leaves of Kanyabyasha (TH: BAGASHASHA R.). Mix with warm water and strain. Give 50ml. twice a day for two days.
- b) Pound together the fresh leaves of Kanuka and the flower of Omunkamba (TH: MUGABIGWE M.). Rub the paste on the fore head three times a day for 3 days.
- c) Pound together the leaves of Omubirizi, Akatooma and Akanyamafundo (TH: MATAMA G.). Add a little cold water strain and take one table spoonful once.
- d) Dry the leaves and branches of Salamia (TH: RUTURIBA P.J.) and reduce to powder. Mix the powder with vaseline. Apply on the forehead. Alternatively crush the fresh leaves between palms and rub on the fore heat two to three times a day.

12. BACKACHE (724.5)

- a) Boil in water the leaves of Ekikondogoro and Ekikomambogo (TH: TUMWEBAZE E.) and strain. Give once a day 500ml. to children and one little twice a day for two to three days to adults. An excess dose causes dizziness.

13. ARTHRALGIA (719.4)

- a) Pound together the leaves of Rwehindura, Ihurura, Omutanwa and Rwamahwa (TH: KABAGAMBE R.W.). Mix with water and strain. Then mix the infusion with the powder prepared from the dry leaves of Omufurura and Omwatanshare (TH: KABAGAMBE R.W.). Take 750ml. of the concoction within one day.

Concomitantly make incisions on the painful joints and rub the crushed fresh leaves of Oruhombwa.

- b) Pound together the leaves of Omugabagaba and Entanwa (TH: MUKABANYANA F.). Boil in 500ml. of water. Strain and allow to cool. Take 150ml. of the Concoction twice a day for three days. Feed well.
- c) Pound together the leaves of Ekasisira, Akeeza, Akanvamafundo and Akanvabushaza (TH: KAMASIIME A.). Divide into two portions. Dry and reduce one portion to powder. Mix the other portion with water and strain.

Rub the powder on the joint. Then take two table spoonfuls of the concoction three times daily until cured. The patient must feed well.

- d) Pound together the leaves of Kyomva, Akatiritiri and the roots of Ekvangu (TH: MUHOZA D.J.). Mix with water and boil.

Allow to cool and strain. Take one table spoonful three times a day for about one week. Rub the residue at the painful joint.

- e) Pound together the roots of Eshogyi, the stem bark of Omurengvere and the leaves of Eshagara (TH: KABAJARIA E.). Mix in cold water and strain. Add the infusion to porridge (Obushera) and take as much as possible.

14. KNEE ARTHRITIS (716.9)

- a) Pound the leaves of Omukobakoba (TH: RWABULAYA J.). Mix in water and strain. Apply the residue on the affected part. Take about 50ml. twice daily for one month.
- b) Dry the leaves of Omurozoza (TH: NYAMASAZI A.). Crush into powder and mix with Obushera. Drink one cup daily at least for about two weeks. Avoid sexual intercourse during that period.
- c) Pound the leaves of Runuka (TH: BAKEIHAHWENKI E.) and dry. Grind and sieve to a fine powder. Mix the powder with boiled warm water. Take 500ml. once a day for two weeks.

Also bathe with the infusion made from the leaves of Omukamba, Omukoona and Ekyiko (TH: BAKEIHAHWENKI E.). The patient should abstain from alcohol.

15. DISLOCATED HIP (718.3)

- a) Pound together the leaves of Omugabagaba, and Omusinga (TH: RUGAJU F.). Mix with water and squeeze. Warm the concoction and take one dessert spoonful three times daily for one week. The patient starts to walk properly.

16. SPRAINS (848.9)

- a) Mix common salt with water and boil. Use the urine for massaging the sprain as necessary.
- b) Squeeze between the palms the leaves of Obunyunvambuzi (TH: KAMARENZI S.) and message the affected area.
- c) Pound together the leaves of Nyabwungo, Kasubiranya, Ituza and Ekvifashwe (TH: NYIRANTURU E.) to a paste. Use it to massage the site of the injury.

17. ABDOMINAL PAIN (789.0)

- a) Boil in water the leaves of Omuhe, Ekvoganvanja, Esununu (TH: RWAKUSENTE T.). Allow to cool and strain. Give half a glass twice daily for 3 to 7 days. Avoid alcohol during treatment.
- b) Pound the stem bark of Ekigorogoro (TH: BABWEKYE K.A B.). Mix with boiled water and strain. Give to children one table spoonful and to adults 250ml. once a day.
- c) Pound together the leaves of Omujiama, Ekicuncu, and Akanyamafundo (TH: MATAMA G.). Give the paste to the patient to chew and swallow the juice once a day for two weeks.
- d) Pound together the leaves of Ekikondogoro and Ekvoganvanja (TH: BASHANYUKA C.). Boil in water and strain after cooling. Take two teaspoonful twice a day for as long as necessary. Excess may cause diarrhoea.

- e) Pound together the roots of Omujeeje, Akabindizi, Omujura and Omuyonza (TH: BURAKA J.W.) Boil in water and add lock salt and Cow ghee and strain. Give quarter a glass to children and half a glass to adults once a day on alternate days three times.
- f) Boil in water the leaves of Omubirizi, Ekiterankuba, Omwhura and the bark of Ekigorogoro and rock salt (TH: BURAKA J.W.) and strain. Give quarter a glass to children and half a glass to adults once a day on alternate days three times.
- g) Pound together the leaves of Omukongorani and Omuhuche (TH: BATANISA J.). Mix with cold water and strain. Take one glass once a day for 4 days.
- h) Boil the leaves of Ekikaka (TH: NTABIRWEKI F.), add rock salt and ghee and strain. Take 250ml. once daily for three days.
- i) Pound the leaves of Bagavakatojo (TH: TASHEMERERE V.). Mix with boiled water and strain. Take 125ml. twice a day for one week.
- j) Pound together the leaves of Omuravunga, Ekishokonkoro and Omucundezi (TH: ZIGURIMU C.). Dry and reduce to powder. Mix one teaspoonful with 250ml. warm water and strain. Take 250ml. twice a day for 3 days.
- k) Dry the leaves of Kabakura and Keitamizimu (TH: KACHIMA F.) and make into powder. Mix one teaspoonful of the powder with 500ml. of cold water and strain. Take 500ml. twice daily for one week. The patient should not look behind or be seen urinating while returning home from the Traditional Healer.

- l) Boil in water the leaves of Omwetango (TH: TINAMANYIRE A.) and strain. Take 200 to 500 ml. twice a day for 2 to 3 days. Apply the residue on the head.
- m) Pound the root bark of Omugvege (TH: TUMWEBAZE E.) Dry and reduce to powder. Add one dessert spoonful of the powder in 500ml. of boiled water and strain. Take a dessert spoonful three times a day until the decoction is finished.
- n) Boil the stem bark of Engomera (TH: KYENSERIKORA P.) Allow to cool and strain. Take 30ml. three times a day for two to three days. Overdose may make the patient drowsy.
- o) Pound together the root of Omuravumba, Ekitoj and leaves of Karwasha and Rujumero (TH: BENDEZINDI F.). Mix with cold water and strain. Add some powder of Mugoma (Sorghum) and stir vigorously. Take two tablespoonfuls early morning before meals for 4 to 5 days. The patient should feed well.
- p) Pound the roots of Bwara (TH: KABENGO C.). Dry and pound again to powder. Mix the powder with water and boil. Take one or two dessert spoonfuls of the decoction twice daily for two to three days before meals.
- q) Boil together the leaves of Entuutu, Omujuma, Omwatanshare, Ekishayura, Omwonyogwente and Ekisindokwa (TH: BAKEIHAHWENKI). Add some rock salt and strain. Give to children two dessert spoonful and to adults 250ml. once a day for a week. The concoction should be taken warm.

- r) Pound together the leaves of Omubirizi, Ekisindokwa, Omunveganvegye, and Ekikondogoro (TH: KAGONYERA K.) . Dry and reduce powder. Mix the powder with boiled water and strain. Give 125ml. twice a day for 3 days.
- s) Pound the leaves of Ekicuncu (TH: TUKAMUHABWA M.). Boil in water and strain. Give about 125ml. four times for one day.
- t) Pound together the leaves of Omwiita and Omukaka (TH: TIBEMANYA G.). Mix with water and strain. Take one dessert spoonful three times a day for three days.
- u) Pound together the leaves of Ekikomambogo and Akeeza (TH: KAHUKU F.). Mix with cold water and strain. Give a half a glass daily for three days.
- v) Boil together the leaves of Omubirizi, Omufurura and Omwetango (TH: NYAGWABONA A.) and strain. Give two dessert spoonful twice daily for three days.
- w) Pound together the leaves of Ekyoganyanja, Omukamba, Envabarashana, Enteija, Bukabuka and Nyakvekamya (TH: BENDERERYABO R.). Mix with a little water and strain. Take one glassful daily for three days.
- x) Pound together the leaves of Ekyoganyanja and Omusoroza (TH: IGIRABUSHA J.). Add water and strain. Take one desert spoonful once.
18. VOMITING (787.0)
- a) Pound the whole of Omurandabasi (TH: MAKIMBO S.). Add a little water and strain. Take a half a glassful twice a day for three days.

- b) Soak in cold water the leaves of Omwenyimushaija and Akarondorondo (TH: TWINOMWE E.). Strain and take one dessert spoonful three times for one day only.
19. DIARRHOEA (009.3)
- a) Pound together the root-bark and stem bark of Ekishegura and Katampihi (TH: KASIMBA C.). Dry and soak in water and strain. Give three dessert spoonful three times daily for three days.
- b) Pound the leaves of Mutalemwa (TH: NYANGABO E.). Boil in water together with Magadi salt and strain. Give about 10ml. twice a day until recovery.
- c) Pound together the leaves of Kyomya, Akabindizi, Oruhigura and Oruhombwa (TH: RWANIKA R.). Boil and add rock salt and strain. Take about 50ml. three times a day for two days.
- d) Crush the leaves of Ekitooma (TH: BEYAKA G.). Mix with water and strain. Take about 250ml. twice a day for two days.
- e) Crush together the leaves of Kyekamya, Ekishayura and Esununu (TH: TINIMUTUMA C.). Soak in water and strain. Give about 250ml. twice daily until recovery.
- f) Pound together the leaves of Omukanja and Echufe (TH: KAKORWE F.G.). Mix with a little water and boil. Allow to cool and strain. Take half a litre three times a day. Repeat daily until cured.
- g) Pound the leaves of Omuyobora (TH: MAZANGWE F.). Mix with water and boil. Allow to cool and strain. Take one tablespoonful of the decoction twice daily for three days.

- h) Pound together the leaves of Omwatanshare, Omufurura, and the roots of Kabakura and Keitamizimu (TH: NYEBIRWEKI J.). Mix with some water and strain. Take 250ml. of the concoction twice a day, in the morning and evening. The pain and diarrhoea are reduced gradually.
- i) Boil in water the stem bark of Ekviko the leaves of Kanyesampato, Ikaranga, Omufura and Kyebandura (sweet potatoes) (TH: KARYABASHISHA J.). Strain and allow to cool. Take a half glassful in the morning before any meal, at lunch time and in the evening.
- j) Pound together the fresh leaves of Omucundezi, Omujuma, Ekiterankuba (TH: RUGIRA H.). Boil in water and strain.
- Take one table spoonful twice on the first day. Mix the remaining decoction with porridge and take on the succeeding three days.
- k) Boil together in water the leaves of Omubirizi, and Akacunchu (TH: TIBENDIRANDA D.) and strain. Give 200ml. of the concoction three times a day for a week.
- l) Boil together in water the leaves of Nyabata, Akacuncu and Omufururo (TH: MUGABIRWE M.). Add rock salt and Cow ghee and strain. Give children 50ml. adults 500ml. three times a day while warm for as long as necessary.
- m) Crush the leaves of Esununu (TH: KARUHIZE T.) Add a little water and squeeze out the juice. Add Omukoma (flour of unfermented sorghum) to the juice and boil and take while warm one table spoonful three times a day for two days.

- n) Crush between palms the whole plant of Kaboha (empango) and shoot of Ruterere (Rwebyozi) (TH: RWABISHARI E.). Mix with cold water and take 500ml. daily until cured.
- o) Pound together the leaves of Omushongvi, Ihoza, Omugoshora, Esununu (TH: NKUNGURU J.). Mix with cold water to make up to 500ml. Take 250ml. twice daily for 3 days.
- p) Crush and dry the leaves of Ovacado (TH: KARUGWE) MERA P.J.). Macerate the powder with hot water allow to cool and strain. Give one table spoonful to children and two table spoonful to adults twice a day. Avoid sweet drinks and alcohol.
- q) Pound the leaves of Akatiritiri (TH: KASHAKU J.T). Mix with cold water and strain. Give one cupful twice a day for 2 to 3 days.

20. DYSENTERY (009.2)

- a) Pound together the leaves of Omuyonza, Nyakyekamva, Karara (empango) (TH: MUKOTANI Y.). Mix with cold water and strain. To the infusion add the "first milk" of milking in the morning (of Cow, goat or sheep). Take one glassful as regularly as necessary.
- b) Crush the leaves of Omukobakoba (TH: KARWETA J.), mix with cold water and strain. Take one glass twice a day for 1 to 2 weeks.
- c) Pound the leaves of Omwetango and Omubirizi (TH: BUJARA P.) Add a little cold water and squeeze out the infusion. Take 100ml. twice a day until cured.

- d) Pound together the leaves of Obushohera and the root of banana (red type) (TH: BAGAMUHUNDA L.) add a little cold water and strain. Give to adults two table spoonfuls and one table spoonful to children as first dose, followed by one table spoonful and half table spoonful twice a day respectively for 2 to 3 days.
- e) Pound together the leaves of Entahutara, and the bark of Ekyiko (TH: KARYABASHISHA J.). Boil in concentrated banana beer - Tonto allow to cool and strain. Take about 150ml. of the concoction twice a daily until cured.
- f) Pound the leaves of Eniaga (TH: KWEHANGANA G.). Add soot and honey. Boil in water. Strain and allow to cool. Take 50ml. four times a day for 3 days.
- g) Crush the leaves of Omuhanga and Amapera (TH: BYARUGABA M.). Add a little cold water and strain. Give 150ml. three times a day on alternate days. Avoid fatty foods.
- h) Pound the leaves of Omuseresere (TH: BARYENSONI A.B.). Add warm water then add honey, strain and take 100ml. twice a day for four days.
- i) Pound together the leaves of Omujumbajumba and Omwetango (TH: ARYEIJA J.). Boil in water and add a little rock salt. Allow to cool and strain. Take three table spoonful three times a day for 3 to 7 days.
- j) Pound together the leaves of Akeiza, Oruvunarwa, Omunaba and Kitinwa (TH: BYENAKU B.). Mix with cold water, strain and add sugar to table salt. Give 250ml. three times a day for 3 days.

- k) The leaves of Omwetango, Omubuza (TH: KYIGABWIRE M.) are roasted in a pan and made into powder. Mix one teaspoonful of the powder with water for children and 2 dessertfuls for adults. Take twice a day till fully recovered.
- l) Crush the leaves of Ekicimucumu (TH: NAMATOVU A.). Mix with cold water. Take 500ml. twice daily for 3 days.
- m) Pound together the leaves of Akanyamafundo, Bijumero, Rwoganyania and roots of Omwisya and Igangura (TH: KAKARA P.). Mix with cold water and strain. Give 50ml. once. Repeat if necessary once. Excess may cause dizziness.
- n) Pound the stem bark of Ekviko and root of Ekisiru (TH: KATARAIHA D.). Add some sugar. Mix with cold water and strain. Take 125ml. twice a day for 2 days. Avoid alcohol and flavoured foods.
- o) Pound the leaves of Omuhuche (TH: BUKINDUKIZA A.) and mix with a little water. Strain and add honey. Drink one glassful of the mixture three times a day for three days.
- p) Pound the fresh roots of Ekitojo (TH: BENDOWE M.) and mix with a little water. Strain and take 250ml. of the infusion twice daily for about four days. Pain reduces and blood disappears eventually.
- q) Mix with unfermented sorghum porridge the leaves of Ekyomoro, Orushwiga, Akanyamate, Bukabuka (TH: KARUGENDO A.). Take 250ml. three times a day till recovered.

- r) Pound the roots of Omukuzanyana (TH: SERWALI Y.). Squeeze out the juice. Give two dessert spoonfuls four times a day for one day.
- s) Pound together the leaves of Akatooma and the roots of Omugorora (TH: SAFALI B.) boil in water and strain. Give two table spoonfuls twice a day for two days.
- t) Boil together the leaves of Engomera, Omukaka, Ekikararambwe, Omukobakoba and Omugviti (TH: BITARIHO G.). Allow to cool and strain. Take 250ml. three times a day until recovery.
- u) Pound together the leaves of Omurangara, Omuhenvu and Ishagara (TH: BAZARWAHABI B.). Add a little water and strain. Take two dessert spoonfuls three times a day for three days.
- v) Boil the stem of Omushaga (TH: NTENGEREIZE B.) and strain. Take half a glass three times a day for two weeks.
- w) Pound the roots of Ekiyuva (TH: NDIBAREMA V.) macerate in water and strain. Take one dessert spoonful three times a day for four days.
- x) Macerate together, in cold water, the leaves of Omuhiro and Omujumbajumba (TH: BALIHAMUJURA A.) strain, add table salt. Give two dessert spoonfuls three times a day for three days.
- y) Pound together the leaves of Enzavi, Ekifumbageshi, Omuhuche, Omujaja, Ekarwe, Akatampihi, Ekisindokwa, Orukureiju and Enkvenankvene (TH: TURATUNGA X.).

Mix with water and strain. Add Obwooky (honey) to the concoction. Take 150ml. three times a day until cured.

- z) Pound fresh leaves of Ekishayura (TH: BANGUHA E.) and dry. Make into powder. Add three spoonfuls of the powder to 500ml. of boiled water. For children give one teaspoonful twice a day and for adults take half a glassful twice a day for two days. Excess causes general body weakness.
- aa) Pound together the leaves of Ekicumucumu, Ekikondogoro and Omutanwa (TH: BAKEINE B.). Mix with cold water and strain. Take half a tumbler twice daily for two to three days.
- bb) Pound the leaves of Akatechere akakye (TH: TINDIGOROROKA L.). Add honey and squeeze out the juice. Take two dessert spoonfuls three times a day until recovery.
- cc) Wash and pound together the fresh leaves of Ekikaka, Kaboha empango, Kakvasha and Omuhanurankuba (TH: BYAMUGISH J.). Mix with cold water and strain. Take one glassful of the concoction two times daily for four days. Dystentry should stop within four days.
- dd) Pound together the leaves of Enzayi and the soot of Omyali (TH: TUSHABOMWE S.). Mix with water and strain. Add honey to the concoction. Take 50ml. thrice daily for four to five days.

ee) Pound together the leaves of Omunaba, Ekifu, Omwesamuro, Ekizibazibe (TH: KABAGAMBE R.W.). Strain and mix the concoction with honey. Give one glassful three times a day for two days.

The patient is then made to wear around the waist a band made from Omuumbajumba (TH: KABAGAMBE R.W.)

21. CHOLERA (001.0)

a) Pound the leaves of Kyekamya and Ekaranzya (TH: BARIJUNAKI J.). Mix with cold water. Give half a cupful three times a day for two days.

b) Pound the leaves of Ekishayura (TH: KARUMA R.). Mix with sorghum powder in cold water and strain. Give 100ml. twice a day for 1 to 2 days.

c) Crush together the leaves of Omuriri, Orubingo, Oruhigura and Omwetango (TH: NYABUKYE E.). Mix with water and squeeze out the juice. For children give one tea spoonful as many times as possible for three days. For adults; give three to four table spoonfuls three times a day for three to seven days.

22. TYPHOID FEVER (002.0)

Pound together the leaves of Muhogo, Omuhanurankuba, Entutu, Omunveganveve, Omugabagaba and Ekiterankuba (TH: BAZOHERA F.H.). Add Ekvonyokvente (Cow salt - rock salt) boil in water and strain. Take 125ml. four times a day for 2 to 4 days while sitting in the door way facing outside.

23. INGUINOSCROTAL HERNIA (550.9)

a) Pound some leaves of Etungu (TH: KAHENE A.). Mix with cold water and give half a cup twice a day. Use the leaves which have been warmed over fire to massage the swelling until the hernia is reduced.

Pound together the leaves of Ekicumucumu, Omujuma and Nyamwirima (TH: BABIKINOMU B.).

Boil together with rock salt and strain. Take a glassful daily until the hernia reduces.

24. ORCHITIS (604.9)

- a) Collect the leaves of Kashaho, Omufura, Busha, Kashenyanku, Zagashumiratizaganywa and the skin a Lion (TH: KARYABASHISHA J.) and divide into two portions.

Portion one: Roast and make into powder. Apply the powder into incisions made on the testacies.

Portion two: Boil in water and strain. Take 2 table spoonfuls while warm. Use the residue to message the testacies and grain while still warm.

25. ANAL RECTAL PROLAPSE

- a) Pound the leaves of Omwetango (TH: KEMITARE F.). Add some cold water. Put the mixture in a clean piece of cloth and use this to push back the rectum. At the same time burn a peg on which a dog is tied to ashes. Mix the ash with water and drink. The Healer recites the incantation "Never come again"
- b) Pound the leaves of Ekitongotongo (TH: BARAUHIRA R.). Put the paste into a broken new pot. The patient squats over it and allow the rectum to come into contract with the paste. At the end of the treatment the pot containing the medicine is hidden under a rock where rain water does not collect in.
- c) Pound the leaves of Omwetango, and the stem bark of Omuhezayo (TH: MUSANINGA A.). Mix with boiled water squeeze out the concoction. Apply it on the rectum once.

- d) Pound the fresh leaves of Omwetango (TH: BISHAGENDA A.). Mix with a little water and boil. Allow to cool and squeeze with a clean hand. Adults take one table spoonful and children one teaspoonful twice a day. Push back the rectum with the hand. Repeat every day until cured.

26. ABDOMINAL SWELLING (789.3)

- a) Pound together the leaves of Muhashura, leaves of Kamaramahano, leaves of Eihoza and the stem bark of Ekijeje (TH: KARUGYERERO M.). Add hot water and strain. Give two dessert spoonfuls three times a day for three days.
- b) Boil in water the leaves of Oruhigura, Ekichumba, Eshenda, and Omurindagasi (TH: KAMAYATI V) add Mahonde (rock salt) and squeeze out the concoction. Give one teaspoonful twice a day. Rapid peristaltic movements are felt.
- c) Roast and pound the roots of Nyinamuku (TH: JEHUSA S.). Add a little water and give one teaspoonful.
- d) Pound together the bulb of Edungu and Ekvihonde (rock salt) (TH: KABAHEMA J.). Dry and reduce to powder. Add a little powder to Obushera (local brew) and take once a day in early mornings for as long as necessary.

27. CONSTIPATION (564.0)

- a) Pound the root of Ekinvakufero (TH: NTEGAMAHE D.) Mix with cold water and strain. Take 500ml. once. The bowels will be relaxed within 30 minutes.

- b) Wrap the leaves of Akanyamafundo and Karandarugo (TH: RUTURIBA P.J.) in a fresh matooke leaf and warm under hot ash. Squeeze a few drops into the mouth of baby/child.
- c) Boil in water the leaves of Omubirizi (TH: TINAMANYIRE A.). Allow to cool and take 150ml. twice a day.

28. PEPTIC ULCERS (533.9)

- a) Pound together the leaves of Akeeza and Ekinvamate (TH: TIBESIGWA G.) Mix with cold water and strain. Take two dessert spoonfuls twice a day for four days. The pain subsides.
- b) Boil together the leaves of Omwamira, Ekicuraganvi and Akafumbwa Akakye (TH: KYAROKYI J.W.). Mix with cooked beans or peas and eat in the morning every day for about three weeks.
- c) Make powder from the dry bark of Mugara (TH: CHENDEBIKA J.). A small amount of the powder is mixed with either warm or cold water. Take one dessert spoonful twice a day for one week. Avoid excess as it may cause vomiting.
- d) Boil the shell of Akanyankogote (tortoise) (TH: KABACHENGA M.). Give 250ml. of the decoction twice a day for one week.
- e) Pound the leaves of Obutooma and Orukureijo (TH: MUGABIGWE M.). Mix with cold water and strain. Take 50ml. twice a day.
- f) Prepare the leaves of Ekicurangenvi (TH: RUTURIBA P.) together with other vegetables and eat once a week.

- g) Pound and boil in water the leaves of Omwani (TH: KICHAMATUNIDO E.) and strain. Take 100ml. daily until fully recovered.
- h) Burn the stem of Omunenano (TH: KINAMURA B.) to charcoal. Crush the charcoal to powder. Mix one teaspoonful of the powder with a glass of milk and take. Repeat as necessary.
- i) Pound and squeeze the juice of the leaves of Akanyamafundo (TH: SEKWALI Y.). Give three dessert spoonfuls four times a day for four days.
- j) pound the roots of Ewara (TH: KINIGIRI J.). Reduce to powder. Mix one teaspoonful of the powder with a glass of water and take twice a day for two weeks.

29. HELMINTHIASIS (128.9)

- k) Pound the leaves of Emparabwara, Omujuguto and Ekishayura (TH: TUMURINDIRIRE K.). Boil in water, allow to cool, and strain. Take 30ml. every morning before meals for 2 - 3 days.
- l) Boil in water (sorghum) Omugusha powder (TH: KASIMBAZI P.) and strain. Give 2 table spoonfuls three times a day for two weeks.
- m) Crush together and boil in water the roots of Engomera, Akeitamizimu and the leaves of Ekimara (TH: TUSHEMERIRWE S.) and strain. Give 100ml. three times a day for one week.
- n) Pound the root of Omucherere (TH: BATURUGWAKI M.) and boil strongly in water. Add rock salt. Give one tea spoonful three times a day. At the same time boil in water the leaves of Ekishekve and add rock salt.

Add cow ghee to the concoction and give one teaspoonful three times a day. Start the treatment after starving for about six hours. Avoid giving children excess as it causes dizziness

30. ASCARIASIS (127.0)

- a) Pound together the leaves of Omwatanshare, Akabindizi, Omutanwa (TH: MUSINGUZI A.). Dry and reduce to powder. Mix one teaspoonful of the powder with 100ml. of cold water. Strain and take at once.
- b) Crush the flower of Omugabagaba (TH: KABWA E.). Boil in a little water and strain. Give 50ml. twice a day for two days.
- c) The root pieces of Omumibya are cut and used as swift. Then pound together the leaves of Omushuera, Omubirizi and the root of Omumibya (TH: KIRUNGI C.). Mix with cold water and strain. Give 200ml. twice a day for four days.
- d) Pound together the leaves of Kicuncu, Omubuza, Enyabutongo and Omuhanga (TH: NYAMWIRNGAZI Y.). Boil in water and take half glassful twice a day for one day.
- e) Pound the roots of Ekibombo and Omwataibare (TH: RWABISHARI E.). Boil in water and take one cup once.
- f) Pound the leaves Omujumbajumba, Ekicumucumu, Omujuma and Omuravunga (TH: KARARYARUGOKE J.) Boil with water and strain. Use the concoction to prepare porridge of fermented millet. Take the porridge.

- e) Pound the root of Omwatibare and the leaves of Ekicuncu and Esununu (TH: NYAMIHA). Dry and reduce to powder. The powder is mixed with tea or food. Alternatively boil in water. Children take half a glass and adults one glass three times a day for a month.
- h) Pound together the leaves of Ekisindoikwa, Omuhuche, Kashaho and Ekyoganyania and the root of Omunaba (TH: KAMARWEKI F.). Boil in water and add rock salt. Strain and take two table spoonfuls three times a day for six days. The worms are expelled with the loose stool.
- i) Pound together the leaves of Omufumbwa, Ekyoganyania and Esununu (TH: KATO G.) to a paste. Mix the paste with Bushera and strain. Give 500ml. as often as possible until all the worms are expelled.
- j) Boil in water the leaves and root of Nyakibazi (TH: MATIBITA N.) and strain. Give 2 to 3 table spoonfuls twice daily until all worms are expelled.
- k) Boil together in water the leaves of Omujumbajumba, Omwitanioka and Engyenyi (TH: KAZOORA G.) and add magadi salt (rock salt). Allow to cool and strain. Take half a glass twice daily for one week.
- l) Pound together the leaves of omujaaja and the ripe fruit of Entakara (TH: RUTURIBA P.J.). Mix with cold water and take the infusion.
- m) Boil together the leaves of Omubirizi, Eshagamanungyi and Ekicuncu (TH: BUJUNE E.D.) and add salt. Squeeze out the concoction. Add Cow ghee to the decoction. Allow to cool and give 30ml. to children and 100ml. to adults for two days.

- n) Pound together the leaves of Omurisano, Omwetango, Omurembezi (without thorns) (TH: NYABUHARA A.) add Cow ghee and rock salt. Then boil in water and strain. Give two spoonfuls once in the morning.
- o) Boil in water the leaves of Omuchura (TH: KIBATENGA J.). Add Cow ghee and strain. Give while still warm one teaspoonful early in the morning for three days.
- p) Boil in water the leaves of Akatooma (TH: BARYAMUJURA P.). Mix with ghee and rock salt. Strain and boil again. Give one teaspoonful once. The worms are expelled and the child regains appetite.
- q) Crush the roots of Omushinya (TH: BYANGUMAHO J.). Mix with water and strain. Take two table spoonfuls once. The worms are expelled with the loose stool.
- r) Pound the leaves of Omubirizi (TH: MUGARURA H.J.). Boil, allow to cool and strain. Take 300ml. of the decoction once. Worms are expelled.
- s) Pound the leaves of Rwehindura (TH: NZALIRE C.) and boil in water. Allow to cool and strain. Take two dessert spoonfuls twice a day for three days.
- t) Pound together the stem bark of Omwiha and the roots of Omushinya (TH: KASHAAKA Z.). Boil in water. Allow to cool and strain. Give one teaspoonful to children and two dessert spoonfuls to adult once every day. Worms are expelled within two days.
- u) Boil in water together the leaves of Nyarwe hindura, Orushamishami and Omugabagaba (TH: TURIGAYIKAYO A.) and strain. Give 50ml. of the concoction three times a day until all the worms are expelled.

- v) Pound together the leaves of Ekishekve, Omwatanshare, Muhonde, Omuravunga and Omuwabagaba (TH: GARUSHIGARE J.). Mix with water and strain. Take 250ml. three times a day for one week.
- w) Mix together the leaves of Oruhigura, Karyabuzimba, Ekiterankuba and rock salt (TH: KATUBO S.). Boil in water and strain. Take one teaspoonful three times daily for two weeks.
- x) Boil the leaves of Ekyikaka (TH: RUKABISIRA A.) in water. Strain and use the decoction for making Obushera. Take about 200ml. of the porridge once.
- y) Pound the leaves of Engyenyi (TH: BALISENYI G.) Mix with a little water and strain. Take about 20ml. twice a day for one day.
- z) Pound together the leaves of Omwetango and Ekyikomabongo (TH; TIBERNDERANA E.). Mix with a little water and strain. Take two dessert spoonfuls daily for two days.
- aa) Boil together in water the leaves of Omuwirizi, Omuwabagaba, Omuwaka, Ekyicuncu and Omuwura (TH: NDABAHWENZE E.). Strain and add cow ghee. Give about 10ml. three times a day for a week.
- bb) Dry the root - bark of Omuwunio (TH: TIBIREKWATA E.) and reduce to powder. Boil the powder in water and strain. Take a dessertspoonful twice a day for three days.
- cc) Boil in water the leaves of Nyakibazi (TH: TUMUSHABE A.) Allow to cool and strain. Take about 500ml. once.

- dd) Pound together the leaves of Akabindizi, Omurisano, Esagara and Omwenvi (TH: NYIRAMFABAKUZE V.). Mix with water and strain. Take one dessert spoonful twice daily for four days.
- ee) Pound the fresh stem bark of Omumba (TH: MPAGAZIHE J.). Boil in water and strain. Take a dessert spoonful twice a day for one week.
- ff) Boil the leaves of Orukureiju (TH: KAMUNYU A.) Strain and mix the decoction with porridge. Take two dessert spoonfuls twice a day for one day.
- gg) Boil the stem bark of Omwatambare (TH: BEYAKA G.) in water. Strain and mix with porridge. Take the porridge as necessary.=
- hh) Boil together in water the leaves of Ekisindokwa, Ekvoganyanja, Omuhanga and Akijirenjuba (TH: AKANKWASA E.) Add rock salt and strain. Take two table spoonfuls three times a day for three days.

31. COMPOUND FRACTURES

- a) Pound the leaves of Omuchundezi and Kabohorora TH: KANYENJE M.G.) and mix with Cow ghee to paste. The patient stays with the Traditional Healer who makes a sign the of cross on the ground. The patient puts the area of fracture over this cross making. Then the paste is placed over the fracture.

Alternatively the Traditional Healer is informed of the part of body with fracture. The names of the victim are written on the wall in the house. The Traditional Healer puts the paste over the cross and treats by calling the name of the patient and mentioning the part of the body which is fractured. Takes about one week.

- b) Crush the leaves of Obungo (TH: BASHEMERA H.) between the palms. Use it to dress the fracture site.
- c) Pound together the leaves of Omusinga and Omurembwe (TH: TIWANGE V.) to a paste. Apply the paste on scarification made at the broken site.
- d) Pound the leaves of Ekishokonkoro (TH: MBYEMERE J.W.) Dry and reduce to powder. Apply the powder on scarification made on the fracture site. The powder may be applied on the wound if the fracture is compound.
- e) Pound the leaves of Omumara (TH: MUSHWAGA D.) and make into pellets. Throw the pellets in the direction of the patient while making incantations: (Guruka Jump or dance) as you mention the patient's name.
- f) Dry the leaves of Ekvoganyania, Omwamira, Omuhigura and Bandamampingure (TH: BASIGIRENDA Y.B.) and reduce to powder. Apply the powder on scarification made on the affected part.
- g) Dry the leaves of Akatemabuhuta (TH: SEMUGUNZU Y.). Crush into powder. Mix with a little water to make a paste. Apply by massaging around the broken bone once daily and then after every three days.
- h) Pound the leaves of Omurangara (TH: MAGYEMBE C.). Mix with Cowghee and rock salt. Apply on the fractured part - every day until healed.
- i) Crush together the leaves of Obujogvera and Omunkamba (TH: BUSASI B.). Rub on the affected part once.

The rest is performed by remote control by incantation while holding the medicine in the hand saying "I am sending you to cure the broken bone of so and so". Make three steps in the direction of the patient and then sprinkle it.

- j) The Traditional Healer holds the leaves of Akayobora (TH: KAKARE S.) in the two hands. He faces direction of the patient and presses the leaves into ground while calling the patient more with incantation that "Get away from the tree."
- k) Pound into a paste the fresh leaves of Omuhurura, Omusoroza, Ekikwasi, Oburamata, Ekihububa (TH: GANSHAKEIRE H.). Apply the paste as dressing on the site. Splint the fracture with small sticks made into a mat. The dressing is made twice a day.
- l) Pound thoroughly the leaves of Ecuncu and mix with Cow ghee (TH: NYAMWIZA S.). Set the bone by gently applying pressure on the affected part using the mixture. Bandage and immobilise. Repeat every two days.
- n) Pound and add Cow ghee to the leaves of Omuhuche and Omusoroza (TH: ZOLEKA P.) Make incisions or apply the paste directly at site of fracture once a day for one month.
- o) Crush the fresh leaves of Entabindurwa (TH: MUTABAZI S.) apply on the fracture and immobilise at once. Continue the treatment for two weeks.

32. WOUNDS (879.8)

- a) Pound together the leaves of Qmwifuzo and Qmwatamabare (TH: BABIGIWJA E.) Soak in cold water and apply on the wound. Take 200ml. of the infusion twice daily until healed. The infusion may cause vomiting.
- b) Pound the dry roots of Kamukiza (TH: NYABISHISHA M.) and make into powder. Use the powder to dress the wound once daily.
- c) Pound together the leaves of Enyabarashana and Ekyinami (TH: BEGAMBAGYE G.) Apply on the fresh wound and bandage. Repeat after three days.
- d) Boil the leaves of Enyabarashana (TH: KAROORO J.T.) in water strain and use the decoction for dressing the wound.
- e) Pound together the leaves of Kitinwa, Enyabarashana, and Ekyiko (TH: BATURUGWAKI M.) Smear the wound with cow ghee and apply the paste. Massage the area around the wound using a hot broken piece of clay pot, twice daily.
- f) Pound the leaves of Oruhigura and Ntambabyona (TH: BANTARIZA P.). Mix with a little cold water and squeeze out the solution. Take one mouthful three times a day for one month.
- g) Pound together the fresh leaves of Bandema and Kitinwa (TH: KABIRIGI E.). Mix with warm water and strain. Children give half a tea cup. Adults give one tea cup three times a day for one week. Avoid alcohol and drugs given by injections. Excess dose causes weakness.

- h) Crush the leaves of Omutahutara (TH: KATARAIHA D.). Apply on the affected part by rubbing and bandaging the area with the paste.
- i) Crush the mature seeds of Mirabilis jalapa (TH: RUTURIBA P.J.) to powder. Apply the powder directly on a clean wound once daily for 3 to 5 days. Do not bandage it.
- j) Crush the leaves of Okumaramare (TH: RUTURIBAP S.) and use as dressing to the wound.
- k) Pound and boil in water the leaves of Omugoshora and Omuziganumi (TH: BYABAGAMBI J.). Strain and give 50ml. three times a day for a few days. Then pound the leaves of Munyenva, dry and then roast until it turns black. Apply this powder into the wound. Alternatively may make scarification around the wound and rub in the powder.

At the same time make a fetish from the leather of either a male or female Engongi (otter) (depending on the sex of the patient), Straw which has been used for drinking Entunire (local beer - Mulamba mixed with honey); the seeds of Omutembe and Akazuru, Komunyenga. Tie the fetish around the waist and shoulders of the patient.

33. HEAD INJURY (854.0)

- a) Pound together the leaves of Eihoza and Omumara (TH: BAMUKWESHA A.). Add a little water and strain. Give 2 table spoonfuls twice a day. At the same time pound the leaves of Omukobakoba and apply the paste on the wound.

- b) Pound the leaves of Omugwampora (TH: BAFERUHEKA E.).
Clean the wound and apply the paste.

If the bone had fractured remove the small pieces.
Then apply the paste made from leaves of Kyomya
twice daily for 2 to 3 months.

- c) First pound the leaves of Oruhombwa and those of
Akabindiziwi and apply on the wound. If the bone
was fractured then pound together the leaves of
Omusinga and Ekyeza (TH: TARUHUNGA C.) and apply on
the wound, continuing until full recovered.

- d) Pound the leaves of Ekihububa (TH: BAGASHE D.) to
paste. Use the paste to massage and dress the
injured part. This helps to hold to skull bones
together and accelerate healing.

34. BURNS (949.0)

- a) Apply the Eireme (Sort of fungi) (TH: BATURUGWAKI
M.) over the affected area two to three times a day.

35. TETANUS

Pound and dry to powder the roots of Kanyabyasha and
Omugorora (TH: BARIJUNAKI J.) Mix one portion with cold
water and strain. Give one teaspoonful three times a
day. If patient survives the first day then continue
with treatment. Then make incisions on the neck and
apply the second portion of the powder for three days.

36. PARALYSIS (344.0)

- a) Crush the leaves of Omukoni (TH: AKANKWASA E.). Mix
with cold water and strain. Add the infusion to
Bushera. Give 100ml. three times a day for two
weeks.

- b) Pound together the leaves of Ommara, Omfurura, Ombigara, Kitinwa and Ombingo (TH: BINAGWAHO F.). Boil in a little water allow to cool and strain. Take 75ml. three times a day for 2 - 3 weeks.
- c) Crush the leaves of Nyakasharara (TH: NDABHWENZE E.) and squeeze out the juice. Use the juice for dressing the affected part.
- d) Pound together the leaves of Omutahutara and an insect called Karema munigo (TH: KYAKWERA B.) to a paste. Use the paste to dress the affected part.
- e) Pound the leaves of Omusinga (TH: TIBIREKWATA E.) and boil in water. Allow to cool and strain. Use the decoction for dressing the affected part.
- f) Cut the stem of Obunegere (toad-stool) (TH: KAGUMEHO J.) to small pieces. Soak in boiled water and strain. Use the solution for dressing the affected part.
- g) Pound the leaves of Omuchundezi (TH: MAREMBO J.) to make paste. Use the paste to dress the swelling. There is noticeable improvement within two days.
- h) Pound together the roots and leaves of Akanyamafundo and Omuchundezi (TH: TIBAKANYA R.). Add some cold water, strain and take small amounts. To the residue add cow dung and apply firmly on the affected site twice every day.
- i) Squeeze the leaves of Nyarubombo (TH: TABURARO) between the palms and apply on the site of infection.

- j) Pound the leaves of Omuchundezi (TH: RWANDARI J.). Wrap the affected part with the paste. Repeat after every two days for one week.
- k) Pound together the leaves of Ekishayura, Ekihububa, Musorosa, Omuchundezi, Omusinga and Ekikwasi (TH: RUTURIBA P.J.). Apply as a dressing on the affected part.
- l) Crush the leaves of Omurandagasi (TH: TUMUSHABE S.) and apply the paste as a dressing at the affected part. Replace every other day.

37. BREAST ABSCESS (64.0)

- a) Pound the leaves of Omumara (TH: NYABISHISH M.) and mix with a little water. Strain and take about 100ml. of the infusion once a day for one week.
- b) Dry the breast tissues of Mamba (an animal found in swamps) (TH: BINUGURA D.) . Reduce to powder and apply on scarification made on the breast.
- c) Pound together the leaves of Ekihububa (TH: NAMATOVU A.) Mix with some cold water and strain. Take one glassful once daily for 4 - 7 days.
- d) Pound together the leaves of Oruhigura, Omufura, Omumara (TH: KANYAMUGARA S.) and mix with water. Strain and mix with porridge. Take daily until cured.

38. SPLEENOMEGALY

Pound together the leaves of Omucherere, Ekitontima and Nyanja (TH: BABURATWA M.). Mix with cold water and strain. Take as necessary. The residue is rubbed on abdomen.

39. KIDNEY DISEASE (NOS)

Pound leaves of Ekisindokwa, Eihoza, and animal salt (TH: EWAMICHUNGWE I.). Mix with some cold water and strain. Take 200ml. twice a day for one month

40. PALPITATIONS (785.1)

a) Roast the immature fruit of Ekitookya (banana) (TH: BAGYENDANA F.). Dry and reduce to powder. Apply the powder on scarification made on the chest.

b) Pound together the leaves of Ekarwe, Qmusinga, Esununu, Orubingo and Kaboha (TH: TIBENGANA R.). Add a little cold water and strain. Take one dessert spoonful once daily for five days.

c) Pound and boil in water the leaves of Eihoza (TH: TEFUNDUMA K.). Strain and take 25ml. twice a day.

d) Pound together the leaves of Ekishogashoga and Eihoza (TH: KARIBURARA C.). Add a little water and squeeze out the juice. Take 125ml. twice daily for 3 to 4 days.

41. ARTERIAL HYPERTENSION (401.9)

a) Pound together the leaves of Qmuhanga, Qmwetango and Endebura (TH: KABIMBIRI F.). Boil and strain. Take half a glassful twice daily for a week.

b) Pound the leaves of Ekihububa (TH: KICHAMATUNDO E.) and mix with water. Strain and take 100 to 150ml. twice or three times daily for one or two months.

42. ANASARCA (782.3)

a) Dry the leaves of Qmufurura (TH: KALYAMA M.B.) and crush into powder. Boil in water and strain. Give one table spoonful every hour as necessary. Alternatively the stem bark of Emparabwaramay be used.

- b) Pound together the leaves of Omuroza and Akabiindizi (TH: KATABALI D.). Squeeze out the liquid and take two dessert spoonful once. Dry the residue and apply on the sores. The sores should dry up within one week.
- c) Dry the leaves of Ekihuraganyi, Iwatsahale and the roots of Omusinga (TH: GARUSHIGARE J.) and make into powder. Make incisions on the body and apply the powder.
- d) Pound together the leaves of Ihoza, Omuchusa, Orwonkora and Kamaramahano (TH: RWENDEIRE V.) and reduce to powder. Mix in petroleum jelly and apply as ointment all over the body.
- e) Pound together and boil the leaves of Omurama, Ihoza, Omumara and Omugoshora (TH: KABIMBIRI C.). Strain and give half a glassful twice daily for one week.
- f) Pound dry and reduce to powder the root of Ekihegure (TH: KABATENEDE J.W.). And a table spoonful of powder to a cup of tea and take twice daily for three days. Excess causes diarrhoea and increased urination.
- g) Pound together the leaves of Ihoza, Omugoshora, Omuriano, Ntambabyona and Kamarirane (TH: MUGARURA A.). Mix with ghee and apply around swollen part for one week.
- h) Pound together the leaves of Omuhoko, Eweziringa, Nkoniyabito and Kanuka, (TH: NKURUNIZA K.) to a paste. Rub the paste all over the body.

Concomitantly pound and add rock salt to the leaves of Omushabishabi. Boil in water and take half a cup twice a day for two days.

- i) Pound together the leaves of Omusoroza and banana peels (TH: KASHAKU J.T.) and dry to powder. Take some of the powder and boil in water and allow to cool. Make incisions on the affected area and apply the concoction by rubbing for 1 to 2 week.
- j) Pound the fresh leaves of Omufurura (TH: KAMUSIIME M.). Mix with cold water and give 250ml. three times a day for four days.

Alternatively use the dry powder. Mix one table spoonful of the powder with warm water and take as above.

43. CELLULITIS (682.9)

- a) Pound the leaves of Bandama (TH: GEBALE B.). Boil in water strain and give 250ml. three times a day for three days.

44. PIGEON CHEST (738.3) STERNUM COLLAPSE

- a) Pound together the leaves of Ekibingo, Akanyamafundo, Omuhanga, Ekinvabutongo, Ekihongwa, Orugwampinga and Akasiru (Komumbare) (TH: BIHUNYIRA L.). Add a little water and strain. Take two dessert spoonful three times a day. Also make scarification over the sternum and apply the powder made from a burnt tortoise shell and the chest bone of a goat.

- b) Pound together the leaves of Omumara and Omuyobora (TH: KARENGYERANE P.). Add to it some water and strain. Take two dessert spoonfuls of the infusion three times daily for one week.

Then roast together over fire the leaves of Engangare, Engambe and the Skin of animal and (Tortoise shell) Akanyankogote in a piece of broken pot. The mixture melts it is applied on the incisions made over the depressed bone once.

- c) Pound the leaves of Omuchundezi and Omwetango (TH: NYAMWIRUGAZI Y.) and mix with a little cold water. Divide the infusion into two portions:- Rub one portion on incisions made on the sternum. The give two table spoonful of the other portion twice a day for 2 to 3 days.
- d) Crush the leaves of Omusoroza (TH: AGABA K.) and mix with cold water and strain. Take one table spoonful twice a day for one month. At the same time message the bone.
- e) Dry and burn to ashes the leaves of Enyabarashana (TH: MUSIIMENTA J.). Make incisions on the stemun and rub in the ashes once a day until the sternum straightens.
- f) Pound the leaves of Etulirwa (TH: KAMARENZI S.). Dry and reduce to powder. add cow ghee and apply on the chest area. Mix some of them with porridge and taken twice daily until fully recovered.
- g) Crush together and soak in cold water the leaves of Omusoroza and Bukabuka (TH: KABERWE R.) strain and give about 10ml. daily for one month.

45. TOOTHACHE (525.9)
- a) Chew together the leaves of Omujuma and Enyabarashana (TH: BAHARA J.). Gurgle the minutes juice but do not swallow it, twice a day for two days.
 - b) Crush the root of Eshamu (TH: RUTURIEA P.J.) and chew the softened root.
46. CONJUNCTIVITIS (372.0)
- a) Warm the leaves of Akatooma and Obwungo (TH: BESIGYE C.B.) and squeeze out the juice. Use this as eye drops and apply one drop twice daily for seven days.
 - b) Warm the flowers of Ekyiko (TH: BASHEMERA H.) and squeeze the juice into the conjunctiva once daily for seven days.
 - c) Pound the aerial parts of Akanyamate (TH: TUMURANYE M.). Add a little water and squeeze one drop of the juice in the conjunctiva three times a day for two days.
 - d) Crush the leaves of Omubuza (TH: RUTURIBA P.J.) and squeeze a drop or two into the affected eye(s) twice aday.
 - d) Crush between the palms the whole plant of Obunvunyambuzi (TH: RWABANUNGI S.). And small amounts of cold water and squeeze a few drops into the affected eye(s) twice a day for two days.
47. CORNEAL OPACITY (371.80)
- Crush the leaves of Akanyamate (TH: TUMUYIMBISE J.) and squeeze a few drops into the eye three times aday for 7 days.

48. EARLY CATARACT (366.9)

- a) Crush the fresh leaves of Nyambuba (TH: TIMUBWEINE P.). Squeeze one drop of the juice into the eye three times a day until the eye sight is regained.
- b) Pound the leaves of Akanyabutongo (TH: BAKESIGAKI A.) and squeeze out the juice in a suitable container. Use the juice as eye drops and apply once daily until the white spot clears.

49. EYE DISEASE (360.9)

- a) Wrap into a banana leaf the leaves of Akafumbwa (TH: KAKARE S.) Warm underfire and squeeze a few drops into the affected eye three times daily.
- b) Crush the leaves of Omuhuche (TH: TABURARO) Mix with cold water and wash the eyes.
- c) Crush together the leaves of Kvomva, Orutangura, Enyabarashana and Akatooma (TH: TINKAMANYIRE F.) Wrap the mixture into three banana leaves and bury into warm ash. Afterwards remove the outer two layers of the wrapping and allow to cool. Squeeze a few drops into the eye.
- d) Put the tiny black sugar ant Ngaronungvi (TH: BETUBIZA J.) into the affected eye. Close the eye for a few minutes then let out the ant.
- e) Crush the leaves of Ekicumucumu, Omurisano, Kamaramahano, Ekiendokwa, and Omuravunga (TH: NSHEMEREIRWE J.). Add a little cold water and squeeze a few drops into the affected eye three times a day for 3 to 7 days.

50. OTITIS MEDIA (382.3)

- a) Pound the leaves of Omutandeigwa (TH: MPIRIRWE G.M) and squeeze a few drops in the ear using a clean piece of cloth, for three days.
- b) Crush the fresh leaves of Entutu (TH: RUTURIBA P.J.) and squeeze a few drops into the affected ear (s) twice a day for 3 to 5 days. At the same time the patient is given to chew the ripe fruits of the same herb.
- c) Pound the leaves of Kutukunwe (TH: BASHUHUKYE J.). add a little water and squeeze the drops in the ears twice a day for three days.

51. TONSILLITIS (463)

- a) Crush the leaves of Omube (TH: REV. FR. MAGEZI C.) in clean cold water and strain. Take 300ml, within four days.

Or. Dry the leaves and reduce to powder. Add the powder to the tea or porridge.

- b) Crush the fresh leaves of Obwigura (TH: KARWETA J.) Add a little cold water and squeeze out the infusion. Take one table spoonful three times a day for one week.
- c) Boil together the leaves of Omufurura and Kihonde (rock salt) (TH: KATARATAMBI A.) and strain. Give about 100ml. twice daily for two days.
- d) Boil in water the leaves of Omufurura (TH: MWICHECHERI M.). Squeeze out the juice and take half a glassful twice a day for three days.

52. SNORING (NC)

- a) Dry the Enkanaana (the dry remains of the flower at the tip of a banana fruit) (TH: KATALIKawe M.) and crush to powder. Lick the powder daily for one month.

53. MEASLES (055.9)

Collect fresh Amashe (cow dung) and fresh (Cow Urine) Amaganga (TH: NZANIKA H.). Give the patient the fresh urine to drink and apply the fresh Cow dung all over the body.

54. GUINEA WORM (125.7)

Pound the leaves of Omwirima, Oruhigura and Omujuuma (TH: TIBAKANYA R.). Mix with "Obushera" and take normally till full recovered.

55. TEETHING SYNDROME (520.7)

- a) Boil the leaves of Entabutara (TH: NDYANABO B.) Squeeze the juice on the gums. Then cut the gums to remove the "false tooth" clean the gums with the juice after the operation.
- b) Pound the root of Omuhabura and the leaves of Kvomya (TH: TUMWESIGYE P.). Mix with soda ash and apply on the gums three times aday for 4 days.

56. GONORRHOEA (098)

- a) Crush the leaves of Eshagara (TH: KASIMBAZI G.). Dry and make into powder. Mix the powder with cold water and strain. Take 100ml. three times aday for one month.
- b) Pound the roots of Akabindizi, Ekarwe and Kaboha (TH: TUGUME M.). Mix with cold water and strain. Take one glass three times aday for three days/.

- c) Pound together the leaves of Oruhombwa, Akafumbageshi (Akace) (TH: BENDEZINDI F.). Mix with cold water and strain. Give 500ml. twice a day for two to three days.
- a) Pound together the leaves of Ekigorogoro, Esununu, Ekifumbwa, Ekihububa (TH: RWANDARI J.) boil in water, strain and allow to cool. Take half a glassful three times daily for one month.
- b) Pound the root bark of Bwara (TH: RUBARENZYA F.H) dry and make into powder. Mix one and a half table spoonfuls of powder with 500ml. of cold water and strain. Take 250ml. twice a day.
- c) Pound together the leaves, the stem bark and the flowers of Ekviko (TH: RUTURIBA P.J.). Boil in about 500ml. of water allow to cool and strain. Give children one teaspoonful and one table spoonful to adults three times a day for a week.
- d) Pound and boil in water the leaves of Omwihura and Ekikondogoro (TH: RUTURIBA P.J.). Add Katwe salt and Cowghee and strain. Give 200ml. to children and 500ml. to adults three times a day for two days.
- e) Boil together the root of Amatojo the leaves of Rubemba and the bones of a cow (TH: BYAMYAMINI S.) for a very long time. Allow to cool and take one teaspoonful once a day for one week.

57. SYPHILIS (097.9)

- a) Boil together in water the leaves of Ekikoma mbogo, Entutu, Esununu, Ekikondogoro, Omujuuma and Akahura mbwa (TH: MWSIIUTA R.M) Take 100ml. of the decoction twice a week until recovery.

- b) Crush and soak in water the leaves of Gogaomugasharidi and Bukabuka (TH: BAGEMISHAMO E.). Strain and give about 50ml. twice daily for two weeks. Smear the residue on the spots on the body.
- c) Soak and squeeze the juice from the leaves of Omujuma and Katampihi (TH: MUCHANIRE J.). Give about 10ml. to the child and 50ml. to the mother. The residue is smeared all over the body.
- d) Boil together the leaves of Omugabagaba, Wambuba, Ekishayura and Orucwamba (TH: NYARUFUNJO R.). Cool and strain. Take about 250ml. daily for three weeks.
- e) Dry and powder together the leaves of Omumara and Kamaramahano (TH: KAMUVUNGA M.) Put a teaspoon of powder in a glass of water and drink daily for four days.
- f) Pound together the leaves, the stem bark, and the flowers of Ekviko (TH: RUTUBIRA P.J.) and boil to about 500ml. of water. Allow to cool and strain. Give one teaspoonful to children and one table spoonful to adults, three times a day for one week.
- g) Crush together the leaves of Omugabagaba, Omujuma and Ekiterankuba (TH: SUNDAY K.L.). Boil in water, allow to cool and strain. Give to children one tea spoonful, 100ml. to adults three times a day for 2 to 3 days. Adults should abstain from sexual intercourse at for least one week. Excess dose causes dizziness.
- h) Pound the roots of Rukakama (TH: TURyatunga X.). Mix with water and boil. Strain and take one glassful of the decoction twice a day for one week.

58. LYMPHADENITIS (683.1)

- a) Boil in water the leaves of Omufurura, Omwisamuro, Eshagara and Kitinwa (TH: BINAGWAHO F.). Allow to cool and strain. Take 200ml. twice a day after meals for about one week.
- b) Pound together the leaves of Ekiterankuba, Ekikondogoro, Wambuba, Omumara, Omwishekve, Omuchudezi, Akanyamafundo, Ekichumuchumu, Oruhombwa and Emboha (TH: KAGABE S/O BUSANANE). Add some cold water, macerate and strain. Take 3 mouthfuls daily for one week.
- c) Pound together (dry and make powder) the root of Omukuzanyana, and the leaves of Oruhigura (TH: BETUBIZA J.) Dry and reduce to powder. Mix two teaspoonful of powder with 100ml. cold water and strain. Take all at once. Repeat the treatment weekly. The powder may be mixed with food. An excess dose may cause diarrhoea.
- d) Pound the dry leaves of Ensarabwayi (TH: KAMARENZI S.) sieve. Mix with porridge and take as usual. apply another portion to the glands.

59. SEXUAL ASTHENIA (607.8)

- a) Pound the inner stem bark of Omukaka (TH: NYABUNZINYA E.). Dry and crush into powder. Mix two teaspoonfuls of the powder with 500ml. of boiled water. Strain and take once. Erection is achieved the same day.
- b) Boil both leaves and aerial parts of Omwisamuro, Karwenda, Ekicumucumu (TH: KIBAMBERA J.) Squeeze out the juice. Give 50ml. once.

- c) Pound together and dry to powder the leaves of Enkaka and stem bark of Ekyigye (TH: ZARIBUGIRE). Mix two table spoonfuls of the powder with 500ml. of cold water. Take 100ml. two times a day for one week.

60. INFERTILITY IN WOMEN

- a) Pound together the leaves of Omwamira and Omumara (TH: KABWAANA S.). Mix with water and strain. Take about 500ml. daily for four days.
- b) Pound and boil together the leaves of Omwibura and Omujiama (TH: NGABOYIROMBA G.) and strain. Take two dessert spoonfuls daily for three days. Give treatment soon after the menstrual periods.
- c) Boil in water the leaves of Omuragaza (TH: MUNYANGU S.) and strain. Take a half a glass twice daily for four consecutive months.
- d) Pound the leaves of Omwisamuro (TH: BACHENE D.). Mix in water and strain. Take two dessert spoonfuls daily for one month.
- e) Dry the leaves of Omumara (TH: BAHUMURA D.) and crush into powder. Add a few spoonfuls to water and boil. Take 250ml. of the decoction once a day in the morning starting at the end of menstrual period until the next. The woman should conceive within two to three months.
- f) Pound the leaves of Ekiterankuba (TH: KYALIMPA J.) and mix with water. Strain and take 250ml. twice a day before the next menstrual period.

- g) Pound together the roots of Omushura and Omukuzanyana (TH: BAKEIHAHWENKI S.). Mix with beer and store for four days. Strain and drink the fermented solution using a tube in the morning and afternoon for one month.
- h) Pound together the leaves of Ekishavura, Ekikwasi and Omurisano (TH: TUMUHAIRWE P.). Add small amount of cold water and squeeze out the concoctions give 125ml. twice aday at the end of the menstrual period.
- i) Swallow once three seeds of either Kagusha or Omyobora (TH: TINKAMUZAYI M.).
- J) Boil in water the leaves of Omuretezaho and Omushura (TH: KOMUREMBE K.) Strain and take two dessert spoonfuls once.
- k) Pound the leaves of Obusha (TH: KURUKIKO G.N.) Mix with a little water, boil, allow to cool and strain. Give 500ml. three times a day until the patient conceives.
- l) Pound the root of Omuhire (TH: KABWA E.) and boil in small amount of water. Strain and add Obwochi (honey). Take 200ml. once aday for 4 days on alternate days starting at the end of the menstrual period.
- m) Pound together the leaves of Ntambabyona, Orubogore, and Ekisindokwa (TH: RUTABYAMA E.). Boil in water and strain. Give half a cup twice daily for four days starting on the last day of the menstrual period. Repeat during the following menstrual period if necessary.

- n) Boil together the leaves of Esununu, Envabarashana, Omuserasere, Omuhe, Ekikomambogo and Oruhomwa (TH: TURYABUHUNA P.) and add rock salt. Allow to cool and strain. Give 300ml. three times a day at the end of menstrual period.
61. GENERAL ANTENATAL CARE (V22)
- a) Squeeze the sap of the leaves of Akanyamajugo (TH: KACHENDE) into the food once a day.
- b) Associated with discharge:
Wrap the leaves of Omujaaja, Ekicuncu, Ekvijuguto and the bud of Esununu in the leaf of Ekviko (TH: KARYABASHISHA J.) warm over a fire and crush into paste. Wrap the paste into a pad and use as such for 1 or 2 nights.
62. PELVIC INFLAMMATORY DISEASE (614.9)
- a) Pound together the leaves of Enkoniyabito, Oruvenje and Omujubajumba, (TH: BAKEINANGA T.). Boil in water and strain. Take about 25ml. three times a day for two weeks.
63. ABDOMINAL PAIN IN PREGNANCY (646.8)
- a) Pound the leaves of Omufurura, Erengi and Ekibingo (TH: KAZOORA G.). Mix with cold water and strain. Give half a glassful three times a day for two days.
- b) Wash thoroughly the Obunegvere (small mushrooms in) (TH: TUMWEBAZE E.) Dry then grind to powder. Add one teaspoonful of the powder to 250ml. of warm water. Mix thoroughly and drink once.

64. THREATENED ABORTION (640.0)

- a) Pound the leaves of Entabutara (TH: TUKAHIGWA C.). Boil in water, allow to cool and strain. Divide the decoction into two portions. Mix one portion with millet flour and take 500ml. twice a day. Use the other portion, for douching once daily for three days. Excess of oral dose causes dizziness.
- b) Pound together the leaves of Omwitanjoka, Ekishokhonkoro, Ekigvembagyembe, Ekvoganyanja (TH: KABOGWO M.). Mix with cold water and strain. Give 3 table spoonfuls twice a day for 2 to 3 days.
- c) Pound the leaves of Ekishokhonkoro and Ekvoganyanja (TH: BYARUGABA P.). Mix with cold water and strain. Take half a glass once a day for three days. The virginal bleeding stops.

65. RECURRENT MISCARRIAGE (646.3)

- a) Mix the leaves and roots of Omuturuka and Omucherenge (TH: KURUKIKO G.N). Pound and boil in a little water and strain. Take 500ml. three times daily until full term of pregnancy.
- b) Dry all the outer parts of Rukiiza (TH: BEYARAZA J.) Boil in water thoroughly and strain. Give while warm 120ml. every 2 to 3 hours for the first day then 250ml. daily until pregnancy is stable.
- c) Dry and pound the roots of Ekirongorera (TH: SEKWALI Y.) Char in a piece of broken pot. Mix about 15g. of the powder with 300ml. of water and strain. Give two tea spoonfuls two hourly for two days.

66. MISSED ABORTION (632)

- a) Pound together the leaves of Akabundura, Orubogore, Orushabishabi, Omugabagaba, and Ekishokonkoro (TH: KURUGENDO A.). Boil in water and strain. Give one dessert spoonful twice daily for 1 - 4 weeks.

67. HYPEREMESIS GRAVIDARUM (536.3)

- a) Pound the leaves of Nyakarande and Ekishavura (TH: MUBANGIZI M.). Mix with some of water and squeeze out infusion. Give 250ml. twice aday.

68. UTERINE PROLAPSE (618.4)

- a) Pound thoroughly the leaves of Ekigaragara, the young stem of Orubingo and the root and leaves of Omyvobora (TH: TUKAHIRWA G.). Dry the powder, boil in water and strain. Give one table spoonful once. Soak a clean piece of cloth into the preparation and push back the uterus.
- b) Pound the leaves of Esununu (TH: KYIGABWIRE M.) add cold water strain and give 200ml. twice daily for 2 to 3 days. The residue is then used as a pad.
- c) Pound together the leaves of Omwetango and Ekishavura (TH: NKACHIBONA F.) to a paste. Use the paste to push the uterus back to position.

69. POST PARTUM HAEMORRHAGE (V23.4)

Pound the leaves of Ekiwisio (TH: AHUBAGYEZE T.) and boil in water. Add cow ghee to the hot preparation and strain. Take two dessert spoonful twice a day for two days.

70. FOETAL MALPOSITION (652.9)

- a) Pound the roots of Omwiha (TH: NYAGWABONA A.). Dry and reduce to powder. Add one teaspoon of the powder to a glass of water. Take the whole preparation once daily for five days. This causes the foetus to correct its position in the womb.
- b) Smear the hands with the juice from the leaves of Omuhaturankuba (TH: KARWEMERA D.). Push the same hand into the womb and correct the position of the foetus before labour starts.
- c) Pound the leaves of Oruhigura and Orubogore (TH: BALISIGARA F.) squeeze out the juice. Give one teaspoonful once. The residue is rubbed on the abdomen until the foetus corrects its position. Avoid excess dose as this may weaken the baby on delivery.

71. DYSMENORRHOEA (642.3)

- a) Boil the leaves of Ekisindokwa (TH: TUMUSHABE A.) until the liquid turns red. Strain and take about 250ml. once daily for a month.
- b) Pound the leaves of Ekiterankuba (TH: NYERIZE E.). Mix with cold water and add rock salt (Katwe). Boil and allow to cool and strain. Take 500ml. every morning for three days.

72. POLYMENORRHAGIA (626.2)

- a) Crush the leaves of Kvomya (TH: TUSHABOMWE S.). Mix with boiled water and take half a glassful three times a day for three to four days. Avoid hard work during the period of treatment.

73. MENORRHAGIA (626.2)

- a) Pound and boil together the leaves of Omumara and Omunyega nyegye (TH: BIRYAMUMEISHO E.). Strain and give about 20ml. three times a day for four days.
- b) Pound and boil the roots of Karwasha (TH: KABACHENGA G.) Strain and take one dessert spoonful three times a day. Treatment takes three to six days.
- c) Boil in water the leaves of Omwihura, Enyanya and Entahutara (TH: SEBATWALE I.). Strain and allow to cool. Take three dessert spoonfuls three times a day for two weeks.

74. METRORRHAGIA (626.6)

- a) Pound together the leaves of Orubingo, Ekviko, Eihoza, Entambabyona, Omugoshora and the inflorescence of Ekviko (TH: KAGUNDU F.). Squeeze the juice out of the paste and mix with bread prepared from sorghum flour. Wrap the bread in banana fibre and put under hot ash.
The patient takes when the bread is hot once during menstruation. The treatment may be repeated the following menses.

75. OLIGOMENORRHOEA (626.1)

- a) Crush the leaves of Omugushora (TH: TINKAMUZAYI M.) dry and make powder. Mix two tea spoonfuls with hot water. Take twice a day for two days during the period.

76. HYDRAMNIOS

- a) Pound together the leaves of Katampihi, Omurembe, Omutanga, Omugoshora, and Mwisi (TH: RWABISHARI E.). Boil in water and strain. Give 500ml. once.

77. DIFFICULT DELIVERY (669.9)

- a) Crush the fresh leaves of Akavobora and Ekishayura (TH: NYINAKAMAANA S.). Mix with a little cold water and strain. Take two table spoonfuls once.
- b) Pound together the leaves of Omushebeva and the root of Omwisya (TH: NYANJURA I.). Mix with a little warm water and strain. Give one table spoonful as often as necessary.
- c) Crush between the palms the leaves of Omuhurura and Ekifuramende (TH: KERASHANIRWA Y.). Boil in water, allow to cool and strain. Mix the decoction with tea or obushera and take two mouthfuls.
- d) Crush the leaves of Omuhanurankuba (TH: NYANJARA G.) in a little cold water. Take one table spoonful once.
- e) Pound together the leaves of Omuqoshora, Ekvangu, Ekyoganyania and the root of Omuqobora (TH: ARYEIJA J.). Boil in water, allow to cool and strain. Give 100ml. once.
- f) Crush between the palms the fresh leaves of Omuqobora, Omuhanurankuba, Omuhurura (TH: MUKABAHINDI F.) and squeeze out the juice. Take two table spoonfuls of the juice.
- g) Take the three top most leaves of Omuqoko and Oruhigura (TH: KYATORERA J.). Pound together, mix with cold water and strain. Take once. Use the leaf of Omuhanurankuba to tap the patient starting from head down words to the womb and at the back.

- h) Pound together the leaves of Omuhaturankuba, Omuhanga, Ekigaragara (TH: BARIJUNAKI E.) Mix with cold water and strain. Give 100ml. once.
- i) Pound the leaves of Ekvoganvanja and Omuhanga (TH: NDIMANYA E.). Mix with cold water and strain. Give 200ml. once.
- j) Pound together the leaves of Omurembewe, Eihoza, Obunyunyambuzi and Omumara (TH: MUHERWE P.). Mix with cold water and strain. Give 200ml. once.
- k) Pound together the leaves of Omuhanga, Omuhaturankuba, Enyabarashana (TH: KARWANA D.). Mix with cold water and strain. Give two dessertspoonfuls once. The patient is then made to sit on the skin of a sheep.
- l) Pound the leaves of Omuhaturankuba, Ekinvaminvami (TH: BARABWIGIRIZA N.). Add Majani (tea leaves). Mix with water and strain. Give one dessert spoonful once.
- m) Pound the leaves of Akacundura (TH: NYENABIBI J.) Mix with cold water and strain. Give 20ml. once.
- n) Pound together the leaves of Omuhatura and the root of Omutanga (TH: KAHIMAKAZI I.M.) Dry and reduce to powder. Mix the powder with cold water and strain. Give one dessertspoonful once.
- o) Crush the leaves of Omuhigura (TH: CHIKOHERWE M.) and add a little water. Give two dessertspoonfuls once.

- p) Pound together the leaves of Esununu and Omwihi (TH: BESISIRA A.). Add a little cold water squeeze out the juice. Give 125ml. once.
- q) Boil in water the leaves of Ikivumavuma, Indashi Agashekashekye (TH: NYINABARINDA M.). Allow to cool and strain. Give 125ml. once.
- r) Pound and boil in water the leaves of Ncuriko (NYAMWIRUGAZI Y.). Give one glass of the decoction.
- s) Pound the leaves of Ekizarira, Ekinvaminvami Omushebeva (TH: TIBERINDWA A.). Add a little water and strain. Give three table spoonfuls once.
- t) Pound the leaves of Omuhanga, Ekvinami, Omuhoko Omuhurura (TH: TURYASHEMERERWA K.). Dry and reduce to powder. Mix some powder with water and give half a glass once.
- u) Pound the leaves of Omuhanurankuba, Ekvinami Oruhigura (TH: KYEIROMBI K.). Mix with a little water and strain. Take small amounts of infusion. Rub the residue on the abdomen around navel.
- v) Crush the leaves of Omuhurura and Omuhanurankuba (TH: KIBAMBERA J.). Add little water and squeeze out the juice. Give two dessert spoonfuls once.
- w) Crush the leaves of Omushebeva and Omuhanurankuba (TH: KABURA I.). Mix with cold water and strain. Give half a glass as soon as labour starts.

- x) Pound the leaves of Ekyoganyanja, Obunyunyambuzi, Ekishayura and Oruhigura (TH: BAKEINYAGA J.). Mix with cold water and strain. Give 500ml. once. Labour pain intensify immediately.
- y) Crush between the palms the leaves of Omuhanurankuba and Omuragaze (TH: TIBINASA B.). Mix with cold water in a calabash and strain. Give 250ml. once. Normal delivery is expected within two hours.
- z) Crush between the palms the leaves of Omwisya, Omuhanurankuba and Ekishayura (TH: KASHILINGI E.). Add few drops of cold water and squeeze out the juice. Take a sip of the juice once or twice only.
- aa) Pound the fresh leaves of Ekigorogoro (TH: KATO G.) and mix with cold water. Strain and give 250ml. once.
- bb) Expectant mother is made to swallow the fruits of Orugorora (TH: BAMUKWESHA A.). Then the leaves are pounded and mixed with cold water and strained. The patient takes two table spoonfuls twice.
- cc) Pound the leaves of Omumara (TH: BAMUKWESHA A.). Mix with a little water and strain. Give 2 table spoonfuls once.
- dd) Pound together the leaves of Omuharura and Ekishayura (TH: TAMAZALIRO A.). Mix with cold water and strain. Give 100ml. once.
- ee) Soak and then boil in water a piece of the skin of a hippo (TH: MACUMU R.). Give one tea spoonful once.

- ff) Pound the leaves of Omuhanurankuba and the root of Oruhigura (TH: BULENGERWA J.N.). Mix with hot water and strain. Give 50ml. three times a day starting at the first labour pains.
- gg) Crush the leaves of Omuhanurankuba, Omushebeva and Ekinvaminvami (TH: NYAMBUBA J.). Add a little cold water. Give one teaspoonful once. Excess may harm the baby.
- hh) Crush between the palms the leaves of Omuragaza and the tender leaves of Embiire (TH: BUKONGORO. L.). Mix with a little cold water and squeeze out the juice. Give 125ml. twice.
- ii) Pound the leaves of Omuhanurankuba and Omuhuuta (TH: KYANGIGWE J.). Mix with cold water and strain. Take one glass once. At the same time chew and swallow the juice from the leaves of Oruhigura once as soon as labour starts.
- jj) Pound the leaves of Ekyoganyania and Eigangura (TH: KATAMWIRE F.). Mix with cold water. Give 100ml. once.
- kk) Pound together the leaves of Omuragaza, Ekibingo, Omuhanga and Omuhanurankuba (TH: NDABOHWERIZE B.E.). Mix with cold water. Sprinkle some on the roof of the house. The rest sprinkled on the floor around the place where the child is to be born. Some incantations are made.
- ll) Pound together the leaves of Omuhamurankuba, and Omuragaza (TH: BAYANZE TINDIBAKIRA A.N.). Mix one teaspoonful of the paste and mix with one cupful of boiled water. Strain and take one teaspoonful once.

- mm) Pound together the leaves of Omuhanaga and Ekviko (TH: KANZUMBA E.). Take one teaspoonful of the paste and mix with one cupful of boiled water. Strain and take one teaspoonful once.
- nn) Pound together the leaves of Omuhanurankuba, Oruhigura and Omuhurura (TH: KABURAONA E.F.). Mix with water and boil. Allow to cool and strain. Take two dessert spoonfuls once. The contractions increase.
- oo) Dry together leaves of Omuhanurankuba and Omuremanjonjo (TH: KARYOGOMA M.). Crush to powder and mix with a little water. Strain and give 300ml. of the concoction once. Then roll the dry root of Omunanura (TH: KARYOGOMA M.) from the head to the back and down to the feet.
- pp) Squeeze together the leaves of Ekituruguma and Envabutongo (TH: MITUNGUDA J.) and take 50ml. of the juice once. Delivery is hastened.
- qq) Chew the flower of Envabarasana (TH: JEHUSA S.) and swallow the juice once.
- rr) Crush the leaves of Omushayura (TH: NYIRAMIRIMO C.J.) between the palms. Soak in cold water and strain. Give about 500ml. once. This causes delivery to be affected immediately.
- ss) Pound the leaves of Ekifuramende (TH: KAKOLE P.). Dry and reduce to powder. Take two spoonfuls of the powder with water once.
- tt) Pound together the leaves of Omuhanura, Omurangara and Oruhigura (TH: MRS. MUSIMENTA I.). Boil in water and strain. Give three dessert spoonfuls once.

- uu). Pound the shoot of banana (TH: TUSIIME P.) Add water and strain. Give 100ml. once.
- vv) Pound together the bulb of Omutanga and leaves of Oruhigura (TH: KEIBANGSA F.). Mix with water and strain. Take about 50ml. once.
- ww) Pound the leaves of Muhire (TH: TIWANGYE T.). Add a little water and strain. Take two dessert spoonfuls twice a day.
- xx) Take three fruits of Omugusha Gwenkombe (TH: RUTAHUNGWA Z.K.) to induce labour.
- yy) Put a small branch of Omuhanza (TH: KEIJUMEZI J.) at the doorway and the mother jumps over it to enter the house.
- zz) Soak the leaves of Ekyoganyanja (TH: KIMANYWENDA J.) in water for one hour. Strain and take a glassful once.
- aaa) Soak the pounded leaves of Orubingo, Omuvochora and Omuterankuba (TH: NZINEBUHE K.) in cold water and strain. Take about 50ml. of the concoction once. The labour pains increase.
- bbb) Pound the roots of Akayobora (TH: KIBIRA J.J.). Dry and reduce to powder. Boil the powder in a little water and strain. Take one dessert spoonful once. Delivery is affected immediately.
- ccc) Crush the dry roots of Akayobora (TH: NYIRAKALESHA V.). Mix with cold water and strain. Drink about 20ml. and sprinkle some of the powder on the abdomen. Delivery is effected immediately.

- ddd) Crush together the leaves of Omumara and Omuhanga (TH: NYIRAKAALESHA V.) between the palms. Rub all over the abdomen. Delivery is speeded up.
- eee) Boil together the leaves of Omyobora and Ekigaragara (TH: HATANGIMBABAZI). Allow to cool and strain. Give one dessert spoonful once. Delivery is effected. It can also be used to expel retained placenta.
- fff) Pound the roots of Akayobora (TH: EGURANSI Z.) Dry and reduce to powder. Mix the powder with a little water and strain. Give one dessert spoonful once. Delivery is effected.
- ggg) Crush together the fresh leaves of Omuhanguuzi and Omuhanurankuba (TH: BUSASI B.). Squeeze out the juice and drink one teaspoonful of the juice once. Delivery is effected immediately.
- hhh) Crush together between the palms the leaves of Oruhigura and Ekvinami (TH: KANJOBE J.). Rub on the abdomen and at back. Delivery is effected immediately.
- iii) Crush between the palms the leaves of Orubogore (TH: NYAKAMAGAN J.). Apply on the abdomen and back. The labour pains increase and delivery is effected soon after.
- jjj) Crush between the palms the leaves of Omuhurura (TH: TIRIKWENERA E.). Apply the paste on the abdomen. The labour pains increase and delivery is effected soon after.

- kkk) Pound together the leaves of Esununu and Oruhigura (TH: TINKAGUBAZIRE P.). Mix with cold water and strain. Give 250ml. of the concoction once. Delivery is effected immediately.
- lll) Pound the leaves of Enkyuriko (TH: NZALIRE C.) and mix with hot water and strain. Give about 50ml. once. The labour pains increase and delivery is effected.
- mmm) Pound the leaves of Omuhanurankuba (TH: BEITEIRA E.). Mix with boiled water and strain. Give one dessertspoonful once. Immediately delivery is effected.
- nnn) Pound the leaves of Omuhanura (TH: TIBAHURIRA V.M.). Mix with a little water and strain. Take one dessert spoonful once. Delivery is instant.
- ooo) Pound together the leaves of Omuhanga, Akakyukurira, Omuhanurankuba and Ekvishavura (TH: RUBAGYENGA P.). Mix with water and squeeze out the liquid. Give one glassful once. Delivery is effected instantly.
- ppp) Crush the leaves of Ekvinani (TH: TIBURATWA J.) and mix with warm water. Take 125ml. once. Delivery is instantly effected. The placenta is expelled easily.
- qqq. Pound the leaves of Orubogore (TH: BAKAMWANGA M.) and dry. Grind into powder and sieve. Mix the powder with boiled water. Give two dessertspoonfuls once.

www. Crush together the leaves of Esununu, Omuhurura, Enyabarashana, Ekizarirahamwe and (TH: MUHOZI M.P.). Mix with some water and squeeze out the juice. Take one dessertspoonful once. Labour starts immediately and delivery follows.

sss) Mix the young flower head of banana with the dry dung of Enjubu (hippo) (TH: TURIGAYIKAYO A.) Add a little water and drink.

ttt) The patient is made to eat the fruits of Akagorora (TH: TURIGAYIKAYO A.). The labour pains increase and delivery is effected.

uuu) Pound together the leaves of Omuhankuba and the Omukanana (young flower head of banana) (TH: GARUSHIGARE J.). Mix with a little water and strain. Take 100ml. once. Delivery is hastened.

78. RETAINED PLACENTA (666)

- a) Pound together the leaves of Ekigaragara, Omuyobora, Omuburura and Hippos' dung (TH: MUKABAHINDI F.). Mix with some cold water and strain. Give small amounts.
- b) Pound together the leaves of Ekishayura, Omuyobora and Orubingo (TH: TUMWEBAZE E.). Add a little cold water and strain. Give one tablespoonful once.
- c) Macerate the leaves of Umuyobora (TH: NYIRABATEBEZI S.) into some water and give 50mls once.
- d) Pound together the leaves of Omuhanga, Omuyobora (TH: NYAMARWA C.). Mix with cold water and strain. Give 200ml. once. The residue is applied on the abdomen.

- e) Macerate the leaves of Ekibingo, Omutanga, and Omubinga (TH: KIRUNGI C.) in warm water for some time in a pot. Sip the concoction once. Then invert the container and the patient sits on it.
- f) Crush the fresh leaves of Omuhanurankuba (TH: CHIKOHERWE M.). Add a small amount of water and squeeze out the juice. Give 2 dessert spoonfuls once.
- g) Pound the leaves of Ekvinami (TH: BAGASHASHA R.) and mix with a little warm water. Allow to cool and strain. Give one tablespoonful once.
- h) Pound the leaves of Ekizarira (TH: KABESINDIRA Z.). Add very little amount of water and squeeze out the juice into a cup. Give one table spoonful once. The residue is rubbed on the fore head downwards to the groin.
- i) Pound together the leaves of Ekinvaminvami and Omushebeva (TH: TIBERINDWA A.). Add a little cold water, squeeze out the infusion thoroughly and strain. Give 100ml. once. Give another dose after one hour if necessary.
- j) Pound the leaves of Omushebeva (TH: BAKEIHA HWENKI E.). Mix with cold water and strain. Give once only.
- k) Put the fresh leaves of Ekishavura and Orubogore (TH: KEISAMUKA T.) in warm water and use them to message the womb.

- l) Crush the leaves and flowers of Ekifuramimbi (TH: TAMAZALIRO A.). Place the paste on the navel of the mother. The Traditional Healer then make incantations to the effect that "come out I am calling you".
- m) Pound the root of Ekizarirahamwe (TH: KAMUYUMBU P.). Add a little cold water and strain. Give one table spoonful once.
- n) Crush between the palms the leaves of omuhanurankuba and Omuragaza (TH: BABUTEMA E.). Rub on the abdomen of the mother.
- o) Crush the leaves of Ekikondogoro and Omukunjeri (TH: BAKENZANA-TUMWINE). Mix with cold water. Give half a glassful once.
- p) Pound the leaves of Omuhanurankuba (TH: BABWERATA E.). Squeeze out the juice and take two dessert spoonfuls once. The placenta is expelled.
- q) Pound together the leaves of Omyvobora and the roots of Eshogvi (TH: NZALIRE C.). Mix with a little hot water and allow to cool. Strain and give 50ml. once. The placenta is expelled immediately.
- r) Pound together the leaves of Omuragaza and Omuhanurankuba (TH: RWAMEIZI F.). Mix with cold boiled water and strain. Take one dessert spoonful once. Rub the residue on the abdomen. The placenta is expelled immediately.
- s) Crush the leaves of Omutugunda (TH: KANZUMBA E.). Boil in water and take one teaspoonful once. Rub the residue around the abdomen. The placenta is expelled immediately.

- t) Pound together the leaves of Akayobora and Ekicumucumu (TH: RYISHENDE P.). Mix with water and boil. Allow to cool and take 500ml. once. The placenta is expelled immediately.
- u) Clean the roots and leaves of Nyabata (TH: NYINAMIHOKO F.). Crush the leaves between the palms and rub on the abdomen. At the same time chew the roots.
- v) Pound together the leaves of Ekicuncu and Akanyamafundo (TH: NTUNGIRAYO W.) Mix with a little water and boil. Allow to cool and strain. Give a dessert spoonful once and the placenta is expelled.
- w) Macerate the leaves of Omushebeya (TH: NYASURA T.) in water. Give about 250ml. of the infusion once. The placenta is expelled immediately.
- x) Pound the leaves of Omurera itongo (TH: TUSIIME P.). Add a little water and strain. Take about 100ml. once.
- y) Boil the leaves of Omuragaza (TH: BUHAZI K.) Strain and take one dessert spoonful once.
- z) Smear the hands with the juice from the leaves of Omuhanurankuba (TH: KARWEMERA D.) and use the hand to remove the placenta manually.
- aa) Pound together the leaves of Omuhanura, Omuragaza and Oruhigura (TH: MRS. MUSIMENTA I.J.) Boil in water and strain. Give three dessert spoonfuls to drink once only.

- bb) Dry the leaves of Igarura (TH: KEITUSI A.) and reduce to powder. Apply the powder on the abdomen.
- cc) Pound together the leaves of Omutanga, Omuhanaga and Orwendo (TH: KEIYOKYERWA F.). Add a little water and strain. Give about 50ml. as soon as the baby is born.
- dd) Pound together the leaves of Orwendo, Omutanga, Omuhurura, Omuhanaga, Oruhigura and Ekyoganyanja (TH: MAHIIRA Y.) Mix with some water and strain. Give about 250ml. once. The placenta is expelled within five minutes.
- ee) Pound together the leaves of Orwendo, Ekibingo, Omutanga and Ekyoganyanja (TH: BIHUNYIRA L.). Add a little water and strain. Give about 150ml. to take at once. The placenta is expelled almost immediately.
- ff) Boil the leaves of Omwihura (TH: KABIGUMIRA F.) in water, allow to cool and strain. Take two dessert spoonful hourly until the bleeding stops.
79. **WEAK NEW BORN (779.8)**
- a) Pound leaves of Kamaramahano (TH: BEISISIRA A.) dry and grind into powder. Mix some of the powder with milk and give one teaspoonful twice daily for 1 to 2 weeks. Mix the powder with Cow ghee and rub all over the body of the child.
- b) Pound the leaves of Kamaramahano, Mukurutaitebye, Eihoza, Omuqoshora, Ekibingo, Ekigorogoro (TH: NAGAMBEKI D.). Mix with a little cold water and strain. The mother spits the medicine into the mouth of the baby nine times early in the morning.

- c) Pound together the leaves of Kanyamate, Ekigorogoro, Kamaramahano, Omurembe, Ekishayura, Omwihura, Irarira, Ekimara, Mukuruteitebye and Igangura (TH: MUKOTANI Y.). Dry and divide the powder into two portions. Mix one portion with cold water and strain and give once. Then mix the other portion with cowghee and apply all over the body of the child for as long as necessary.
- d) Crush the leaves of Omurondorondo, Ekihububa and Akajwamate (TH: BUJARA P.). Mix with a little water and strain. Give one teaspoonful once.
- e) Pound together the leaves of Mukuru and Kamaramahano (TH: KEITUSI A.). Soak in cold water and strain. Put a drop of the infusion in the mouth. The new born starts crying soon after.
80. **PREMATURE BABY (765.1)**
Pound together the leaves of Omurisano, Omugoshora, Ihoza, Ruhaguzi and Kamaramahano (TH: BABISHA J.) Squeeze a few drops into the mouth of the child twice a day. Use the juice to rub the whole body. The juice may be applied on the tip of the breast (teat) when it is being breast fed.
81. **CORD PREVENTATION (663.0)**
a) Pound the leaves of Ishubvayo (TH: KEITUSI A.) macerate in water, strain and give about 10ml. to drink. The cord goes back to the womb.
b) Dry together and powder the leaves of Enderema and Ekiturunguma (TH: KIBIBATA G.) Sprinkle the powder on a mat and let the mother sit on it. The cord turns to the womb.



82. CONGENITAL DEFORMITY OF BABY (759.9)

- a) Crush the leaves of Akemaramahano, Omugusha, Mukurutaitebye, Busha (TH: GANSHAKEIRE H.), dry and make into powder. Add the powder to hot water and take as tea. At the same time mix some of the powder with cowghee and apply all over the body for 2 to 7 days. The father nurses a boy while the mother nurses a girl.

83. KWASHKIORKOR (260)

- a) Crush and boil in water the leaves of Ekikondogoro, Ekicumucumu, Omutugunda (Endembeze), Omusoroza, Omunaba, Omwetango and Omuravunga (TH: TH: KAKAMBI B.) Add cowghee, allow to cool and strain. Give one teaspoonful twice daily for 1 to 2 weeks. The child should be well fed with warm foods.
- b) Pound together the fresh leaves of Omukiza, Omujumbajumba and Omubuza (TH: KAMUSIIME M.) and divide into two portions:
- i) Dry one portion and mix with water. Strain and give 50ml. three times a day for 4 to 7 days.
 - ii) Apply one portion of the paste on the swollen feet of the child.
- c) Boil in water the flowers of Ekviko (Endubaruba) and the whole Ekviko plant (TH: KENTE M.). Strain and give two table spoonfuls of the concoction once daily for one month.
- d) Dry and reduce to powder the Nkejje (Small fish). Add two teaspoonfuls of the powder to any food prepared for the child (TH: TUKAMUHABWA M.R.).

- e) Crash the leaves of Omusoroza, Omurembe and Omubuza (TH: BABISHEKERAMU Z.). Mix with cold water and strain. Give 30ml. three times a day before meals up to one month.
- f) Pound together the leaves of Omuhuritongo, Omubirizi, Ekvogenvania and Omwitango (TH: RWASOOKO Y.). Mix with a little warm water and strain. Give one table spoonful to small children and 250ml. to bigger children twice a day.
- g) Pound together the leaves of Omurembe, Eihoza, Enkinzi and Omugoshora (TH: MATIBITA N.). Add a little cold water and mix with Obushera one portion. Give the child to take. Dry the other portion and reduce to powder apply the powder all over the body.
- h) Pound together the leaves of Ekvogenvania, Ekiterankuba, Omujuma, Omurisano and Omushuganyonvi (TH: BAHIKIRWE K.). Add a little cold water, strain and mix with Obushera. Give as regularly as necessary.
- i) Pound together the leaves of Kvomya, Omubuzigve and the flowers of Engurukira (TH: KATUNGUKA G.). Add a little cold water and squeeze the juice. Give one table spoons twice a day.

Mix the residue with soil from the well and apply all over the body.

- j) Pound together the leaves of Kamaramahano, Akanyamafundo and Omutahutara (TH: BUBAYENGA P.) and mix with some water. Strain and mix the infusion with Obushera. Take one glassful three times daily for about one month.

- k) Pound the roots of Eshogy (TH: KARYABARUMA S.). Mix with water and boil. Add honey, allow to cool and strain. Give three dessert spoonfuls three times daily for one week. The swelling reduces and the hair gradually turns to normal colours.
- l) Boil together the leaves of Omumara, Esununu, Orubombwa, Ekikondogoro and Omusinga (TH: BAKAMWANGA M.) and mix with rock salt. Strain and give the child two dessert spoonfuls three times daily for one week. The hair turns to normal colour.
- m) Pound together the leaves of Omumara and the flowers of Ekyiko (TH: BEKUNDA W.). Mix with warm water and strain. Give one teaspoonful twice daily until recovery. Teach the mother how to feed the child on beans, fish and Dodo.
- n) Pound together the leaves of Omushebeva, Ekisindokwa and Esununu (TH: BUHAZI P.). Boil in water and strain. Give two dessert spoonful twice daily until recovery.
- o) Pound together the leaves of Entulirwa, Omuhengere and Esununu (TH: NYANGABO E.). Add a little water and squeeze out the juice in a container. Give about 20ml. once daily until recovery.
- p) Pound together and squeeze out the juice from the leaves of Omunvinva, Ekisindokwa the root of Omusoroza and the stem bark of Ekijeje (TH: TIRAGANA M.). Dry the residue and reduce to powder. Add the powder to porridge and take as necessary.

- q) Pound together the leaves of Omurisano, the root of Rutangwe and the leaves of Kvomya (TH: NYESIGIREKI M.). Boil in water and add rock salt. Strain and allow to cool. Take a half a glass daily until recovery.
- r) Pound together the leaves of Omutakara, Eihoza and Kamaramano (TH: NDYANABO F.). Mix with water and strain. Give a half a glass three times a day for one week.
- s) Crush the fresh roots of Omujeje (TH: TIBAKABA I.J.). Mix with water and boil for a long time. Cool and strain.

For a baby: give one to one and half table spoonfuls twice a day preferably before a meal. This is expected to increase the appetite of the baby within three days.

For a child the dose is slightly increased. Then dry and crush the roots of Kabakura (TH: TIBAKABA I.J.). Sieve to get a fine powder. Mix the powder with water and give corresponding doses as above. Excess dose may make the child weak.

- u) Pound together the leaves of Omurembe, Ekiterankuba and Ekyoganvanja (TH: TUSINGWIRE A.S.). Boil in water and strain after cooling. Give two table spoonfuls twice a day for four to five days.
- v) Pound together the leaves of Eirarira, Omusoroza, Omwamira and Empalabwara (TH: BANTURAKI L.). Mix with water and boil. Allow to cool and strain. Add "Obushera" to the concoction and give the child to drink about one glassful three times a day for one month.

- w) Pound and dry the roots of Kabakura (TH: ZANIHA C.). Make into powder and boil in water. Allow to cool before straining. Take two table spoonfuls twice a day for seven days. An overdose may cause general weakness.
- x) Pound together the leaves of Omuhasha and Omunveganvege (TH: RYISHENDE P.). Mix with water and boil. Allow to cool and strain. Take 500ml. of the concoction twice a day for four days.
- y) Mix together leaves of Omutanwa, Omukoona, Embatabata and the ripe fruit of Kabaragara (TH: KAITARAMIRWA G.). Put the mixed leaves in warm water and use for bathing the child.

Pound the remaining mixture and mix with a little water. Strain and give one table spoonful twice daily for at least seven days. The swellings decrease and the hair turns to normal colour.

- z) Pound together the leaves of Ekicumucumu, Ekifuramende, Ekikondogoro, Emwicheke, Omutanga and Endubaruba (TH: MUKABAHINDI F.). Squeeze out the juice and mix with porridge. Take three times a day for up to two months.
- aa) Pound the leaves of Omumara (TH: KACHENDE). Boil in water and mix with "Omukamba". Give as necessary.
- ab) Pound the leaves of Obunyunyambuzi (TH: KAMBURARA C.) dry and reduce to powder. Mix one tea spoonful of the powder with child's food.

Pound the leaves of Kanuuka (TH: MUKARUKA M.). Mix with cold water and strain and then warm up. Give a glassful twice daily for 2 to 3 days.

- ac) Boil in water the leaves of Omuzumbe, Ekicumucumu, Omujumbajumba and Omurangara (TH: KARYARU GOKWE J.). Add Ekihonde (rock salt) and give the child one table spoonful twice daily after meals for 2 to 3 days.
- ad) Pound the leaves of Mukurutaitebye and Omurondorondo (TH: BUREMA A.). Add a very small amount of cold water and squeeze out the juice. Give two tea spoonfuls three times a day for about three months.

84. MARASMUS (261)

- a) Pound the leaves of Omwesvamuro and Ekishekye (TH: CHENDEBIKA J.) add to (sorghum flour) Omugushaomukoma, and prepare the porridge to feed the child.
- b) Pound the leaves of Kitinwa, Omufurura, Omuhuche, Wambuba and Ekishekye (TH: BUSINGYE E.). Boil in water and strain. Give 20ml. three times a day for two days.
- c) Pound and boil in water the leaves of Omurembezi and Omushongashongi (TH: NYAMWIZA S.). Add Cowghee and rock salt to the concoction. allow to cool and strain. Take 2 dessert spoonfuls early morning then twice daily for the next two weeks.
- d) Pound together the leaves of Bijumero, Kamaramahano and Mukurutaitebye (TH: KATARIKAWA S.). Mix with a little water and give one dessert spoonful three times a day for about six weeks. The child gains weight and appetite.

- e) Crush the leaves of Omuhanurankuba and Ekyinami (TH: MUTABARUKA W.). Add cold water and squeeze out the juice. Give two teaspoonfuls twice a day for three days.

85. DERMATOSIS (709.9)

- a) Pound together the leaves of Mukurutaitebye, Ishagara, Omurisano and Ihoza (TH: KYAKWERA B.) to a paste. Apply the paste as skin ointment on the affected part.
- b) Crush and mix in water the leaves of Omumara and Omugoshora (TH: BITARABEHO F.). Strain and give one dessert spoonful daily for a week.
- c) Crush together the leaves of Kamaramahano, Omuguruka and Omwamira (TH: KIRIBATA G.) soak in water and strain. Mix the residue in cow ghee and apply the ointment on the affected part. Take one dessert spoon of the infusion once daily for a week.
- d) Crush the leaves of Kyomya (TH: MUCHANIIZE J.) dry and reduce to powder. Apply the powder on the affected part.
- e) Crush the leaves of Ekibingo, Omumara and Oruhigura (TH: RUTAKOBA M.). Add rock salt dry and reduce powder. Mix with vaseline and apply on the swollen skin once a day.
- f) Pound the leaves of Kamaramahano, Shagamanungvi (TH: TURANZEOMWE P.). Mix one portion with ghee and apply all over the affected areas. Mix the other portion with cold water and strain. Take as long as necessary.

- g) Pound together the leaves of Omumara, Eihoza (TH: RUSHAKYA R.). Mix with cold water and strain. Take half a glassful once a week. The residue is rubbed on affected area.
- h) Pound the fresh leaves of Omuhoke (TH: BYANYAMINI S.) and apply by rubbing on the skin.
- h) Pound the leaves of Kamaramahano, Omutaanga and Entahutara (TH: RUSHERE K.). Boil in water and strain. Take three spoonfuls three times aday. Apply the residue over the body for two weeks.
- i) Pound together the root of Ekvikaka and the leaves of Akabindizi(TH: BABURATWA M.). Boil in water and strain. Take 3 table spoonfuls twice aday for one week. Eat soft foods.
- j) Pound the leaves of Ekyeza, Byarwasha, Rwogomumango, Bijumero (TH: KEMITARE F.) dry and make into powder. Mix the powder with Cowghee and apply on the skin every two days.
- k) Crush together the dry leaves of Omuhanaga and Omumara (TH: MICUNGWE D.). Make into powder and mix with ghee. Apply on the affected part after taking a warm bath. The skin should improve within four days.
- l) Pound together the leaves of Kyomya, Akatampihi and Akafumbwa Akakye (TH: KATARIKAWA S.). Mix with ghee and apply all over the body as skin ointment every other day. The sores dry gradually.

86. RING WORM (110.5)

- a) Boil the leaves of Akabindizi (TH: BARYAMUJURA P.). Allow to cool and take one teaspoonful once. Use the residue to wash the head infected with ring worms twice a day. The residue may also be mixed with ghee and applied on the infected area.
- b) Pound the fresh leaves of Omukuzanyana and Omugoshora (TH: BARIENCHE F.) together. Apply the paste on the infected area twice daily until healed.
- c) Crush the leaves of Omuhoko (TH: TIRWOMWE N.). Apply by rubbing on the affected area.

87. LEPROSY (030.1)

- a) Pound together the leaves of Omumara, Omugombe, Omugoshora, Omuhanga, Bitibvakunva and Kazanganura (TH: RWAMWOZO J.) Mix with boiled water. Strain and take three dessert spoonfuls once daily. Apply the residue all over the body daily for one month. The sores should dry up gradually.
- b) Crush the leaves of Omurandabagasi (TH: BATALINGAYA G.) and apply on the affected skin. On the first applications the skin peels off. On subsequent application the lesions are exposed and begin to heal from the margins.

88. SCABIES (133.0)

- a) Dry the leaves of Ebiyombera (TH: KAGIMU H.O.). Reduce to powder and mix with cowghee. Use as skin ointment. Apply daily until cured. The skin stops itching at the commencement of the treatment.

89. TROPICAL ULCERS

Pound and boil in water the leaves of Ekimara and Ekvoganyanja (TH: KARYAMARWAKI W.). Strain and take 100ml. three times a day for 1-2 weeks.

90. WARTS (078.1)(ESHUNDWE)

- a) Burn to ashes the leaves of Enkoninyabito (TH: KARUMA R.) lick the ash as necessary.
- b) Pound the fresh leaves of Akanyabushundwe. Mix with cold water and strain. Then mix the infusion with porridge and take as necessary.
- c) Crush the soil from a swamp anthill and prepare an ointment with petroleum jelly. Apply the ointment on the lesion (TH: KAGUMEHO J.).
- d) Pound and dry the root of Kabyakyasha (TH: TINDIMWEBWA S.). Reduce to powder and mix with Cowghee. Apply at into the anus after washing at bed time for three days.

91. HERPES ZOSTER (053.9)

- a) Crush the fresh leaves of Ekihububa (TH: KARYAMARWA K.P.) Apply the paste on the affected area. Replace when dried up with a fresh paste for up to one week.
- b) Burn the leaves of Ekigorogoro and Nyarukonora (TH: BARIJUNAKI J.) to ashes and add cowghee. Apply in the affected area twice a day for one week. At the same time make powder out of the dry roots of Nyakabakura and Omuyonza. Add one teaspoonful to a cup of tea twice aday for one week. Avoid alcohol or injections.
- c) Pound together the leaves of Omwetango, Omubalama, Omugoshora, Eihoza and Omumara (TH: BEGARUKEMU J.) dry and make into powder. Mix the powder with cowghee or Vaseline. Apply on the affected area by rubbing in daily for 1 to 2 weeks.

- d) Pound together the leaves of Omulindegashi Envindo, Enchenanchene, Enderema, Ekishavura and Kyekamya (TH: BALISIGARA F.). Dry and make into powder. Add cowghee to the powder and apply on the affected area.

92. ALLERGY (693.1)

- a) Pound the leaves of Akatooma, Omufumbwa (TH: BAHIKIRWE K.). Mix with cold water and strain. Take 125ml. every morning until cured.
- b) Pound together the leaves of Eihoza, Ryakvasha, Shagamanungvi (rocksalt) (TH: BATANIZA J.). Dry and reduce into powder. Mix one portion of the powder with Vaseline and apply on the skin. Mix the other portion with cold water and take half a glassful twice a day for three days.
- c) Pound together and boil the leaves of Omurisano Omukaka and Akabindizi (TH: BARYANENGWE Y.). Add cowghee to the hot concoction and strain quickly. Take about 250ml. once.
- d) Boil in water the powder of Omugusha (sorghum) (TH: KASIMBAZI P.) and strain. Give two table spoonfuls three times a day as long as necessary.

93. CANCER OF THE BONES (239.2)

Crush together the leaves of Omuhomanyungu, Omumara, Omurembwe, Eihoza, Omugoshora and Omufurura (TH: ZAGIRI J.). Mix with cold water and take as much as necessary. Rub the residue on the paining area 1 to 4 weeks.

94. BREAST CANCER (239.3)

Pound the leaves of Ekishavura (TH: Rev. Fr. MAGEZI C.). Mix with water and squeeze out the infusion. Take several bottles for up to 3 months. The residue is applied on the affected breast.

95. VITILIGO (709.0)

Crash the leaves of Omumara, Omwatanshare, Omuremanjojo and Oruhombwa (TH: RWAMUGONYI W.). Dry and reduce to powder. Mix with cow ghee and apply on the skin for about one week.

96. EPILEPSY (345.9)

- a) Crush the root of Omunvejanveje (TH: RUTURIBA P.J.). Add a little water and squeeze out the juice. Give a few drops to the child. The mother chew the root and spit in the mouth of the child.
- b) Pound the root of Kashaho (TH: RUKIZAKARE D.). Mix with cold water and strain. Give 250ml. twice a day. Then dry the leaves and make into powder. Add a little powder to the food or porridge and give as necessary. Excess dose makes the patient restless.
- c) Pound together the leaves of Kashaho the stem of Ekiavegve, the root of Akatiritiri and the leaves of Omuhweza (TH: BITARIHO G.). Boil in water and strain. Take two dessert spoonfuls three times daily for seven days.
- d) Pound the roots and leaves of Kashanku (TH: MAGYEMBE C.). Dry and make into powder. Mix with water and boil. Allow to cool and strain. Take half a glassful of the decoction every day until cured. The patient should abstain from alcohol otherwise vomiting may occur.

97. FUNCTIONAL PSYCHOSIS (298.0)

- a) Pound the leaves of Rweziringa (TH: TUSHABE E.) Mix with cold water and bathe three times a day for one week.
- b) Pound dry and reduce to powder the leaves of Omusisa (TH: TUKAYIBWA P.) and apply the powder to the whole head. Then burn the Ekikobakventale (Lions skin) and make the patient inhale the smoke, three times a day for one week.
- c) Dry the leaves of Nyamuhanura, Rubinda (TH: KAMASHORO D.) and crush into powder. Make scarification on the shoulders and chest. Then rub in the powder daily for one week.
- d) Cut into small pieces the leaves of Ekitabetabe, Ekvenjeera and Ekizimvamuriro (TH: BAZONGOZA F.). Pound them together and mix with water. Squeeze out the juice and take 500ml. Then reduce the dosage to 250ml. daily for the next week. The patient sleeps the whole day.
- e) Crush the root of Keitamizimu (TH: TIZINIRWAYO J.) and dry into powder. Mix some powder with cold water. Give one cupful once for three days. The rest of the powder is mixed with vaseline and rubbed on the head.
- f) Crush together the whole plants of Mufubya, Rubunda and Mashakamasha (TH: NYABUNZINYA E.). Mix with a little cold water and apply a few drops into the nostrils twice daily until the patient improves.

- g) Crush together and dry the leaves of Embandika, Omufurura, Keitabazimu and Orubingo (TH: NYABUKYE E.). Make into powder and sniff once or twice a day. The patient sneezes. Some of the powder is sprinkled around the home to appease the spirits.
- h) Pound the leaves of Rweziringa (TH: TIRIKWENDERA M.). Mix with water and boil. Take 250ml. of the decoction once a day for few days. The patient may get sleepy when an over dose is taken.
- i) Pound the leaves of Rweziringa (TH: TURİYATUNGA .). Mix with water and squeeze out the juice. Take 250ml. of the infusion twice daily for one week. The patient should avoid alcohol but must be given good food to eat.
- j) Pound together the leaves of Ekiyaga and EkiGOROGORO (TH: BEKUNDA W.). Add a little warm water and squeeze out the juice. Give one tea spoonful three times daily until the patient gets well.
- k) Pound together the leaves of Omujumbajumba, Obugorora, Oruhombwa, Endaliguru, Oruhigura, Omwirima and Omwiha (TH: KABAJARİKA E.). Mix with water and strain. Give two dessert spoonful twice a day for thirty days.
- l) Pound together the leaves of Omukwatiro, Rweziringa and Omukoma (TH: MUSİMENTA I.J.) Boil in water and strain. Give about 250ml. daily for one month.
- m) Dry the leaves of Entulirwa (TH: KEITUSI A.) and reduce to powder. Mix the powder with petroleum jelly to make an ointment. Apply the ointment on the scalp once a day for two days.

- n) Pound the leaves of Ruhaya (TH: TURYAMUBONA A.) Mix with cold water and strain. Take about 250ml. once a day for two days. The patient should avoid alcohol during the treatment.
- o) Boil in water together the leaves of Omufurura and Ekinukakubi and the root of Emitembe. (TH: BUKARA W.G.) and strain. Mix the concoction with about 500ml. of porridge and drink all a day for one week.
- p) Pound together the leaves of Nvarweziringa and Kakyirarugo (TH: TIIHAGA J.). Mix with a little water and strain. Take about 500ml. once daily until there is improvement.
- q) Pound together the leaves of Rweziringa and Omukubantara (TH: RWABAHIMA P.). Mix with water and strain. Take a half a glassful three times daily until cured. It induces sleep within thirty minutes of administration.
- r) Pound the roots of Igangura (TH: MRS. TIKAMWOBONERA J.). Mix with a little water and strain. Take one glassful twice a day for up to a month.
- s) Pound the roots of Eraza (TH: TIMARIRWAYO D.) Dry and reduce to powder. Mix the powder with cow ghee and apply to the whole body. Concomittantly reduce the leaves of Ekitabetabe (TH: TIMARIWAYO D.) to powder and sniff the powder twice a day for a month.
- t) Pound together the fresh roots of Obunyunvambuzi, Omukarara, and Omumanika (TH: MACHALA C.). Boil in water cool and strain. Give 200ml. early morning before any meal.

- u) Pound the root of Ekicurngenyi (TH: LUKUNJE S.). Mix with cold water and give small amounts twice a day for two days. It induces sleep. Use the stem of Engomera to strike the head two times.
- v) Pound and dry to powder the aerial parts of Ekigorogoro, Omugabagaba the roots of Ekicuraengenyi, and Omuwemba (TH: NYENDAMAFA J.). Mix with water and strain and give 200ml. four times a day for four days. The residue is applied on the forehead.
- w) Pound either the leaves of Rweziringa or the whole of Ekicurangenyi (TH: TUMUHIRWE K.). Mix with cold water. Give 200ml. once. If there is no improvement increase the dose to 400ml.

The patient gets asleep for long hours. On waking up pound the leaves of Ekarwe and mix with cold water and take 400ml. of the infusion. At the same time use the infusion made from Ekichuraganvi as nasal drops. Repeat as necessary.

- x) Pound together the leaves of Nyarweziringa, Omwisya, and Ekishokonkoro (TH: KEMITARE F.). Mix with water and strain. Give one glassful three times a day. The patient goes into deep sleep and on waking up is given 2 dessertspoonfuls of the concoction.
- y) Pound in a wooden mortar the leaves of Rwezeringa and Omwatanshare (TH: KABESINDIRA F.). Add a little cold water and squeeze out the juice. Give one teaspoonful in the morning and two tea spoonfuls in the evening for about one week.

- z) Pound the leaves of Ekishayura (TH: RWANKYENZI A.J.). Mix with cold water and strain. Give 250ml. twice a day. Repeat the following day if there was improvement on the first day.
- aa) Pound the fresh leaves of Omubuza, Ekibingo, Omwetango, Kamaramahano and Omugoshora (TH: MUSASIZI G.) Boil in water, allow to cool and strain. Give 500ml. twice a day for two weeks.
- bb) Pound the stem bark of Omuhweramutwe, and Omurama (TH: MACUMU A.) dry and reduce to powder. Sprinkle one portion of the powder into food or milk and take twice a day for three days. The second portion is moistened with cold water and applied on a clean shaven head. Cover the head with a hat. The spirits are evoked to cleanse the patient on the third day after treatment.
- cc) Pound the fresh root of Omutembatembe (TH: BAREKYE P.) Mix with fresh banana juice and strain. Give 500ml. twice a day for three days. The patient goes into deep sleep.
- dd) Wash and pound the roots of Omufumbwa mixed with the flowers and the seeds of Omuhanga (TH: KAKORWE F.G.). Divide into two portions. Boil the first portion in one litre of water mixed with ghee. Strain and allow to cool. Give to take one glassful of the mixture three times a day for three days.
- Dry the second portion and make into powder. Introduce some of the powder into the nostrils once a day for three days. The patient should not be allowed to take alcohol and to smoke.

- ee) Boil the leaves of Rweziringa (TH: MUGARURA H.J.). Allow to cool and strain. Give about one glassful of the decoction once daily until improved. Patient gets asleep soon after taking the drug.
- ff) Pound the leaves of Ekikwasi (TH: BEKUNYA P.) sniff once a day. The patient gets asleep after the medication.
- gg) Pound fifteen fresh leaves of Rweziringa (TH: BEYARAZA J.) and mix with cold water. Give 250ml. of the infusion once. Repeat the treatment after about 10 hours. The patient goes into a sleep.

Afterwards the causative spirits are captured by performing rituals which include mixing the leaves of Keitamizimu, Omukwatangwe and Bandama with Muramba (local brew) where the spirits are trapped and later "thrown away"

- hh) Pound the leaves of Omukubanshare (TH: TUGUMISIRIZE M.). Administer a few drops in the nostrils. Then pound the leaves of Rwehendura and Rweziringa. Mix with cold water and give 250ml. once. Avoid excess as the patient may be oversedated.
- ii) Dry the pounded root of Kabakura (BWALA) (TH: KAMUSIIME M.) Mix one table spoonful of the powder with 500ml. of cold water and strain. Give to drink once. The patient goes into sleep. Repeat for several days.
- jj) Pound together and mix with cold water the leaves of Rweziringa, and Ekichuraganyi (TH: TUMURAME A.) Strain and give 200ml. three times a day for about one week.

98. BEING CHARMED NC

- a) Pound the fresh root bark of Omufumbwa (TH: NZALIRE C.) and mix with cold water. Strain and take one dessertspoonful. It causes diarrhoea and vomiting.
- b) Charr together the leaves of Omwefuzo, Omunanira, Ruhamya and the roots of Omwetango (TH: KIMANYWENDA F.) in a broken pot. Apply the ashes on the scarification made on the painful parts.
- c) Pound together the leaves of Ekibingo, Ekvoganyanja and Eihoza (TH: KATEIJURA E.). Mix with cold water and strain. Take as necessary. Avoid alcohol and smoking tobacco.

99. BEING POSSESSED BY SPIRITS/DEMONS:

- a) Pound the inflorescence of Ekviko (TH: BAMUKWESHE M.). Squeeze the juice into the mouth of the patient three times a day for two days.
- b) Pound the fresh stem bark of Omujeje (TH: MIREMBE S.) dry and make a powder. Snuff the powder three times a day for 1 to 2 days. The patient becomes stable and the running nose stops.
- c) Pound the leaves of Keitamizimu and Akabakura (TH: NYAMIRERE G.) and reduce to powder. Mix 2 table spoonful of the powder with 500ml. cold water and strain. Give 500ml. three times a day for two days.
- d) Pound fresh leaves of Omumara, Omuyobora, Omutatamba and Bukangabukali (TH: MUNANIRA J.). Add a little water. Give 1 to 2 dessert spoonful of the infusion twice a day till full recovery. The leaves may be dried and the powder is used.

- e) Boil in water the leaves of Omwatanshare (TH: NGAMBE K.D.) Add rock salt when cool and strain. Take 500ml. once for 1 to 2 days. It may cause diarrhoea which may be stopped by taking very cold water or bushera.
- f) Pound the leaves of Katamarongo, Kamarabyona, Enkizi and Omwatanshare (TH: BYABAGAMBI J.). Boil in water, strain and allow to cool. Give half a glassful twice a day. If this fails then pound the leaves of Akatwe karubingo, Omukaka, Akeza, Akatampihi, Omwatanshare, Omumara, Eigangura, Omutahutara and Ekizimyamuriro(ekiraranda). Boil until frothing. Strain, allow to cool and mix with millet porridge. Take one glassful three times a day for 1 to 2 weeks.
- g) Crush and boil together the leaves of Omusinga, Oruhigura and Omufurura (TH: RWEBEYA F.). Strain and give one dessertspoonful twice daily. Call the spirits using incantations and guard rattle to talk to the patient.
- h) Charr the roots of Ekijeje and apply the powder on scarification made on the chest. Concurrently, apply the ashes of the stem-bark of Ekifufuma to the nostrils. Then pound together the leaves of Omusinga and Ekibingo (TH: BANYENZAKI T.C.). Mix with water and strain. Give one plastic mug once. The residue from this preparation is used for bathing.
- i) Charr together the leaves of Rutinwa, Ekvashamira, Busha, Omuchundezi and Omuremaniojo. (TH: NYAMUSHEMIRE H.) Make incisions on the body and apply.

- j) Pound together leaves of Akabindizi, Ekvoganyania and Kamaramahano (TH: KEISH C.) Mix with a little water and strain. Take 50ml. of the infusion once. The spirits leave the patient.
- k) Pound together the leaves of Eihoza, Eireme and Omugoshora (TH: KANYONYI S.) Mix with a little water and rub hard on the head everyday for three days. The patient becomes restive and less talkative.
- l) Pound together the leaves of Omugoshora and Ihoza (TH: MUGARURA H.J.). Mix with water and strain. Take half a glassful of the infusion daily for one week. Add the residue to water and use for bathing daily.
- m) Mix the leaves of Bandama, Ekikomanbogo, Omwitanioka, Omurama, Akaitamizumu and Ekisiru (TH: KURUGENDO A.) stuff all these inside the head of a slaughtered goat. Bury the head in the house or in the compound.

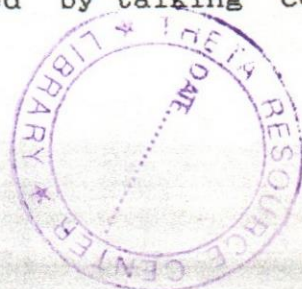
Make four incisions on the front and five at the back of the head and apply the pounded leaves of Omwirima once.

100. POISONING (E980.5)

- a) Pound together the stem-bark of Entuha and the leaves of Omuhurura (TH: BAKANGANA E.) Mix with some water and strain. Drink 125ml. once. Vomiting and diarrhoea should occur to expel the poison.

- b) Initially reduce vomiting out the poison by taking one spoonful of the infusion prepared from Omuhoko (TH: TIMTMWEBWA S.). Then dry the leaves of Omwatanshare, Omufurura and the leaves and roots of Esagara and crush to powder. Mix the fine powder with porridge and drink 250ml. twice daily for six weeks.
- c) Pound together the leaves and roots of Omuzimizi and Akashoborozi (TH: BITWIRE P.). Mix with a little water and take two dessert spoonfuls once. It should cause vomiting and diarrhoea.
- d) Pound together the roots of Ekikunjabureme and Kvomva (TH: NZITUBUNDI G.B.) Mix with warm water and strain. Take half a litre of the concoction once. The patient should vomit out the poison.
- e) Pound the stem bark of Enkoninyabito and the leaves of Omuhanurankuba (TH: KYAMIKAZI J.). Dry them separately and make into powder. Mix the powders together, add a little water and make into paste. Eat the paste and drink some milk. The patient develops diarrhoea to wash out the poison.
- f) Pound together the roots of Omusoroza, Omujiagara and Ekikunjabureme (TH: NDAGIJ/AMAANA N.). Mix with water, boil, allow to cool and strain. Take about 10ml. of the concoction once. The patient vomits out the poison.
- g) Boil together the leaves of Ekiyumbura, Omusinga, Omwatanshare and Katamarogo (TH: BYENDA J.) Strain and take 500ml. once while still warm. Vomiting and /or diarrhoea should occur.

- h) Pound together the leaves of Omwamira, Omurama, Ekihungye and Omuhanurankuba (TH: IZONGOZA V.). Heat in a pot without water until they dry up. Burn to ashes. Apply the ash into incisions made on the painful parts once every other day.
- i) Pound together the leaves of Omubogore and Omutahutara (TH: IZONGOZA V.). Dry and ground into powder. Mix with ghee and smear on the whole body.
- k) Crush the roots of Ekikomambogo (TH: BUKINDUKIZA A.) and boil in water. Allow to cool and strain. Take one table spoonful three times a day for four days.
- l) Boil in water the leaves of Nyarwehindura (TH: NZUYAGWE M.) Give half a glassful in the evening and in the morning of the following day. The patient uses the rest of the solution for bathing.
- m) Pound the leaves of Omuhoko (TH: MUSIIMENTA F.) add very small amount of water and squeeze out the juice. Give one teaspoonful twice a day for one day. vomiting ensues. Avoid excess as it causes serious stomach problems.
- n) Pound the root of Irarira (TH: NYINABERA R.) and mix with porridge prepared the previous day. Give 100ml. of the porridge for one day only.
- o) Peel off the outer cover of the root tuber of Oruyenje (TH: RUBALEMA A.). Boil in 200ml. of water and strain. Give 100ml. once. It causes diarrhoea and vomiting which may be stopped by taking cold water, rice water, or milk.



- p) Pound together the stem bark of Omufurura and Omwiha (TH: SEKABERA G.). Dry and reduce to powder. Take a tea spoonful of the powder with water once. It causes diarrhoea that washes out the poison.
- q) Pound the roots of Ekvishegura (TH: TUKAMUHABWA M.) and boil in water. Strain and mix with millet porridge. Take about 250ml. once. It causes vomiting and diarrhoea that washes out the poison.
- r) Pound together the roots of Ekifumbwa and Ekikunjaburimi (TH: TUMUSHABE A.). Boil in water and strain. Take about 500ml. in the morning. It causes vomiting and sometimes diarrhoea.
- s) Pound separately the leaves of Omuhoko and the roots of Ekikunjaburimi (TH: ZIKAMBONA V.). Mix with water and strain separately. Give two dessert spoonfuls. The poison is vomited immediately.
- t) Pound the roots of Ekikunjaburimi (TH: SEBANTWALE I.) Mix with water, strain and give half a glassful once. This causes diarrhoea and vomiting that should wash out the poison.
- u) Pound together the fresh leaves of Omubirizi, Omuhoko and root of Akabindizi (TH: RUKUNDO Y.). Mix with some cold water and strain. Take 500ml. once.
- v) Pound together the roots and leaves of Omuhamura and Omubuza (TH: BAMWASHAMIRE N.). Dry and make into powder. Boil the powder in water and strain after cooling. Give two table spoonfuls once.

- w) Pound together the leaves of Wambuba, the roots of Iraliro and Embatama (TH: RUBONYEBESHE S.). Mix with cold water and strain. Give 5ml. once only. It causes vomiting which may be stopped by giving one table spoonful of the decoction made from the leaves of Embatama.
- x) Pound the root of Kikumbabureme (TH: TAMAZARIRO) Boil in water and strain. Take 200ml. before meals. Vomiting is induced after about 2 hours. Excess vomiting may be stopped by drinking very cold water.
- y) Crush the leaves of Omuhoko (TH: TUMUHIRWE K.). Add very small amount of water and squeeze out the juice. Take 20ml. once. Vomiting is induced and can be stopped by taking cold water.
- z) Pound the root of Akabindizi (TH: TINDIMWEBWA S.). Boil in water and allow to cool. Add a few drops of the sap of Enkukuru to the decoction. Take one dessertspoonful in the morning before any meal. It causes diarrhoea and vomiting. If in excess take strong solution of sugar and milk with fruits.

101. SNAKE BITE (905.0)

- a) Pound together the roots of Ekitojio and Omuhanga (TH: TABARO E.J.). Rub on the site of snake bite twice daily for at least six days. The patient should not move about during treatment.
- b) Pound together the leaves of Omwetango, Bijumero and Omugoshora (TH: BIRYABEREMA W.) and boil in water. Allow to cool and strain. Give about 250ml. twice a day for four days.

- c) Chew the leaves of Orumbugu immediately after the bite. Then crush the leaves of Enchenankvene and squeeze the liquid into the wound. Bandage the wound with Ekuubo and Ekimara (TH: RWANDARI J.).
- d) Pound together the leaves of Enderema, Eihoza and the root of Ishagara (TH: KASEVENI J.) Warm the paste on fire and apply on the wound. Make a ring from palm leaves and place the paste after using it on the head of the patient.
- e) Pound together the leaves of Omuchwamba, Entuutu, Omurembezi, Orufunjo, Omutanga, Entahutara, Envongera, Oruhigura, Kaboha, Iswiga, Ekibingo and the stem bark of Ekihaaza (TH: NTURANABO D.). Mix with cold water from the river. At the same time make a ring out of Enderema, Omutembe and Orufunjo. Put this ring on the head of the patient.

Then use a warm clay pot to roast Entetere. After this give to take one glassful of the concoctions and apply the residue on the site of the snake bite for 3 days.

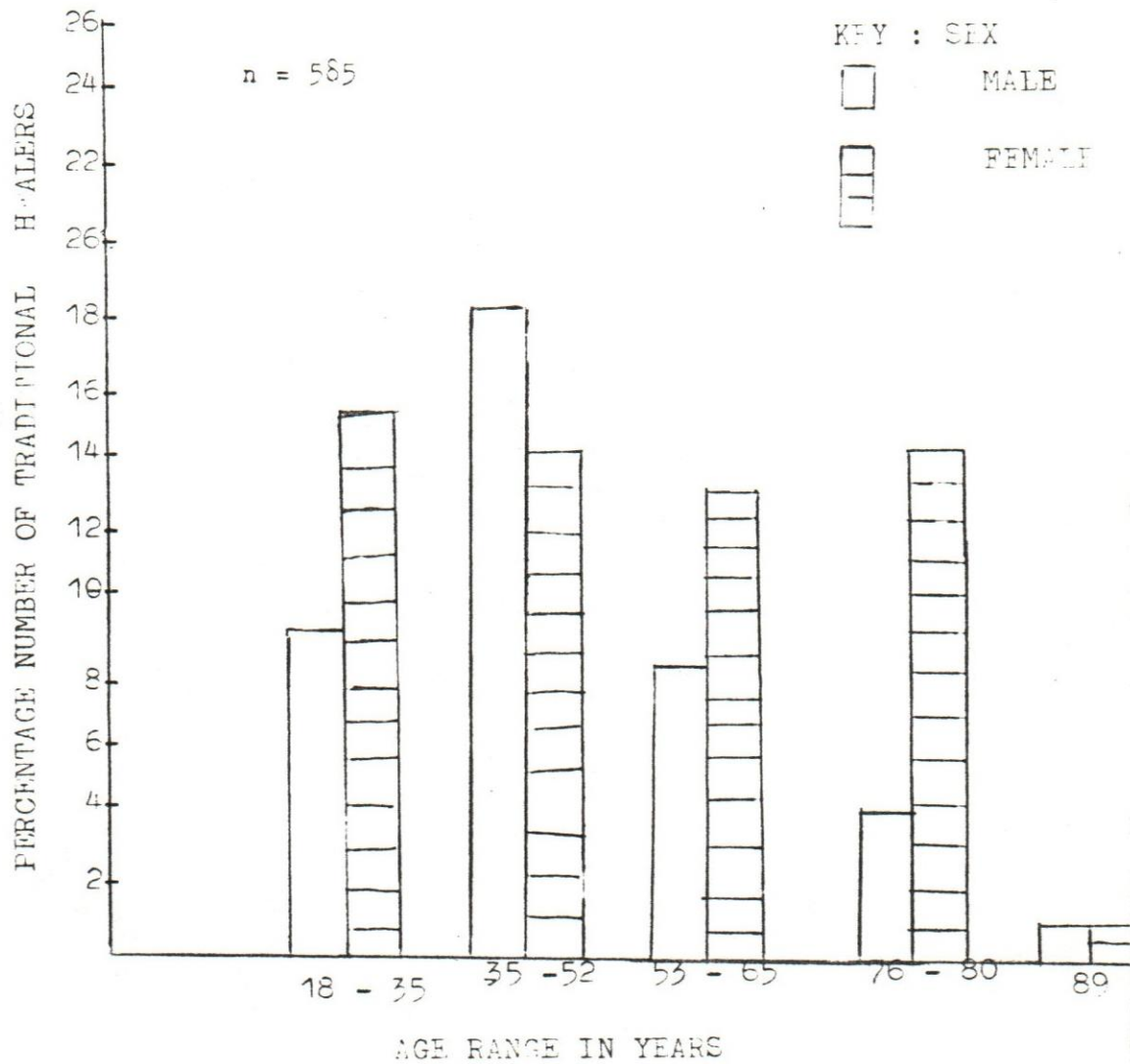
CHAPTER FOUR

ANALYSIS AND DISCUSSIONS OF RESPONSE TO THE QUESTIONNAIRES

Data concerning the Traditional Healers was collected and analyzed under the following sub headings:

- a) The background characteristics of the Traditional Healers who were interviewed;
- b) Their views, ideas, opinion etc, concerning the formation of the proposed National Association of Traditional Healers of Uganda;
- c) Their needs and requirements for the promotion and improvement of Traditional Medicinal practice.

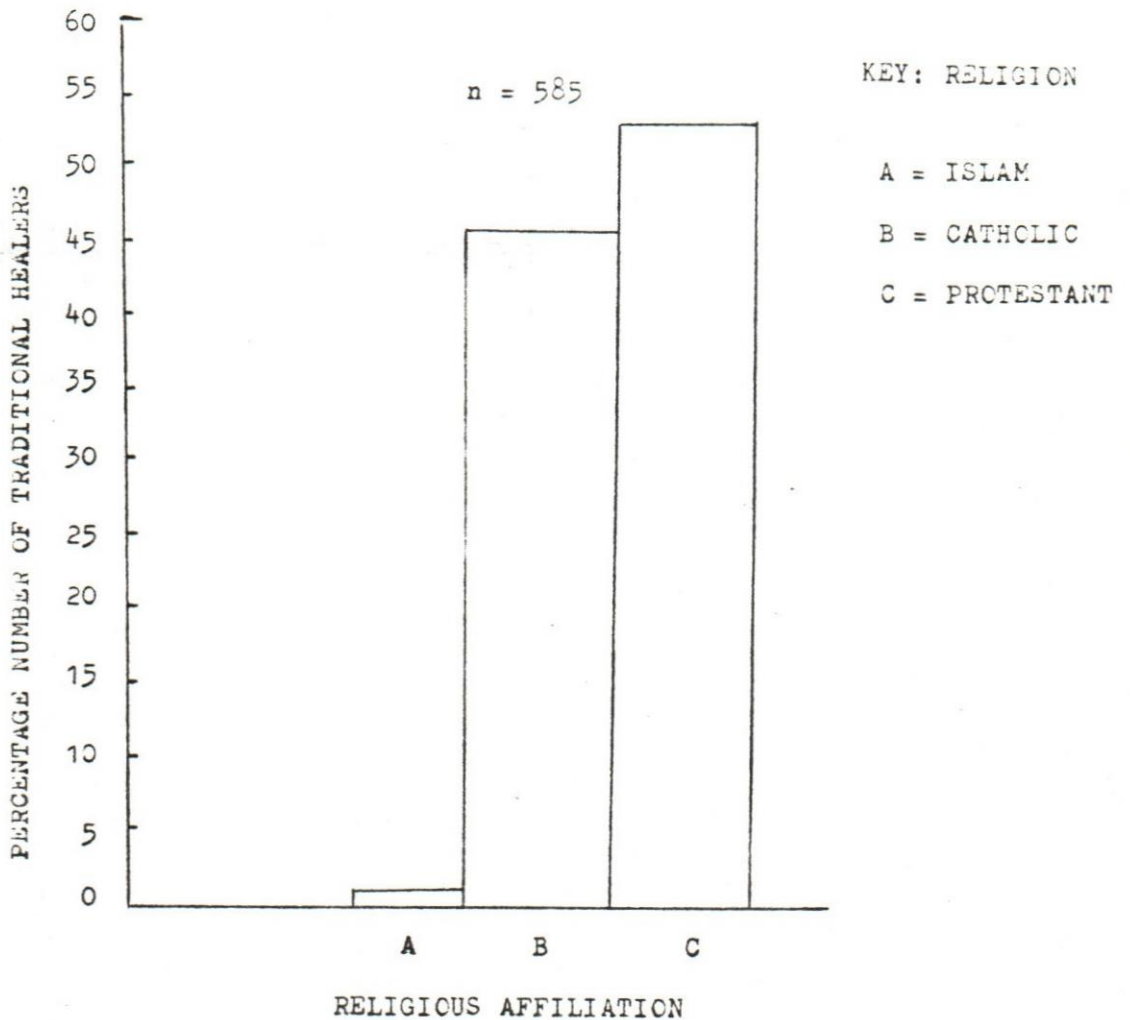
GRAPH I : SEX AND AGE DISTRIBUTION OF TRADITIONAL HEALERS



Persons aged below 18 years are considered minors by law in Uganda. This survey did not record any such minors. The youngest was 28 and the oldest 90 years. As a matter of fact, in most cases the ages were merely estimated.

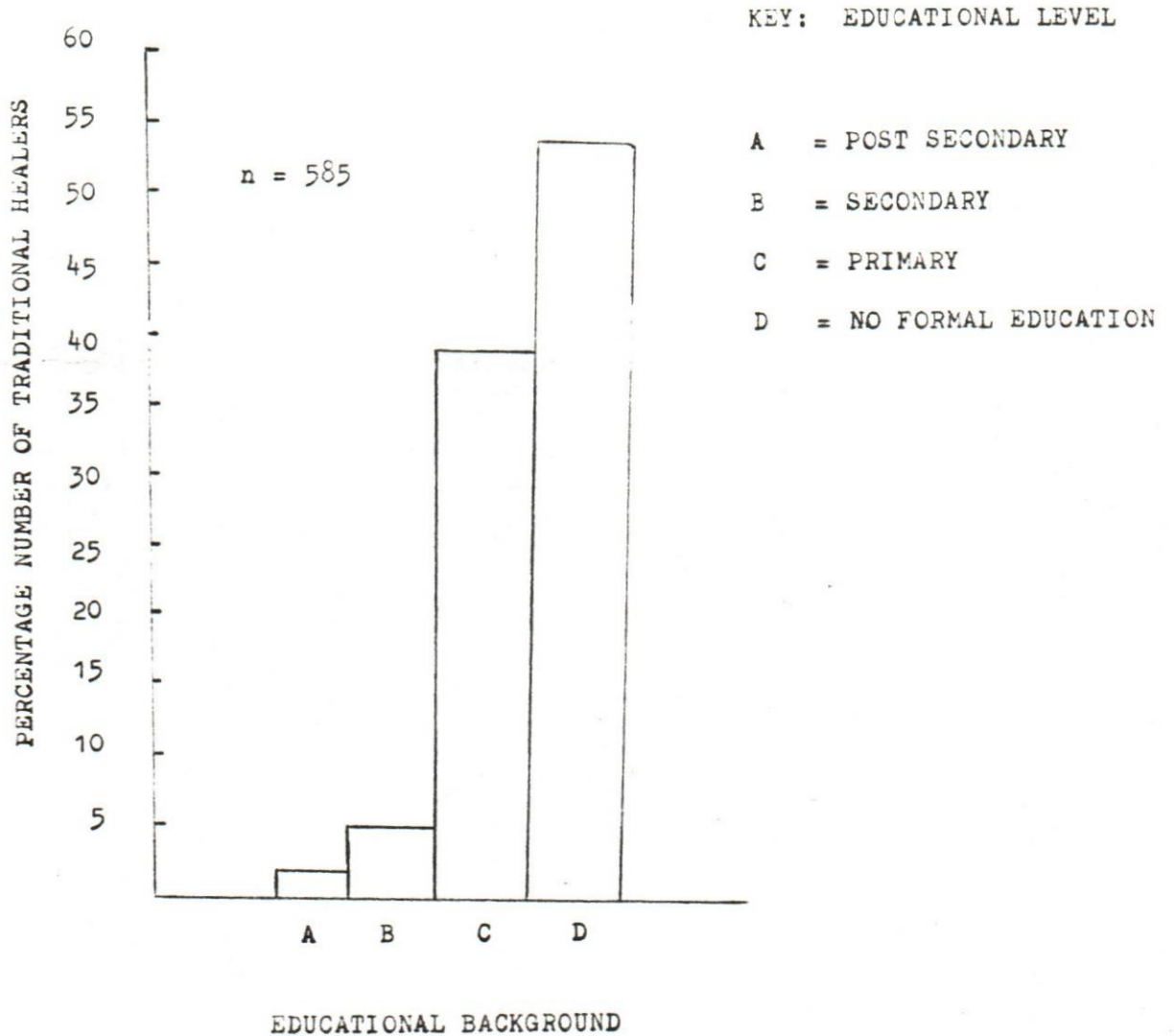
The data indicated a sex ration male to female of approximately 1:3 whereas the 1990 population census of Kabale District recorded 195,100 males and 217,000 female giving an approximate ratio of 1:1.

GRAPH II: RELIGIOUS AFFILIATION OF THE TRADITIONAL HEALERS.



Graph II indicates that most (53%) of the Traditional Healers who were interviewed were Protestants followed by Catholics (46%) and the Moslems formed 1%. However a couple of Traditional healers indicated that they were ethicists.

GRAPH III : EDUCATION BACKGROUND OF THE TRADITIONAL HEALERS



Graph III indicates that the majority (56%) of the Traditional Healers interviewed did not receive any formal Education. Among this group, however a small number indicated that they could read and write in vernacular because they had undergone some training with Religious groups, Kiira Adult Education Association, and Mothers Union Clubs.

However the observations indicated that 50% could neither read nor write. Any communications to them should be made orally.

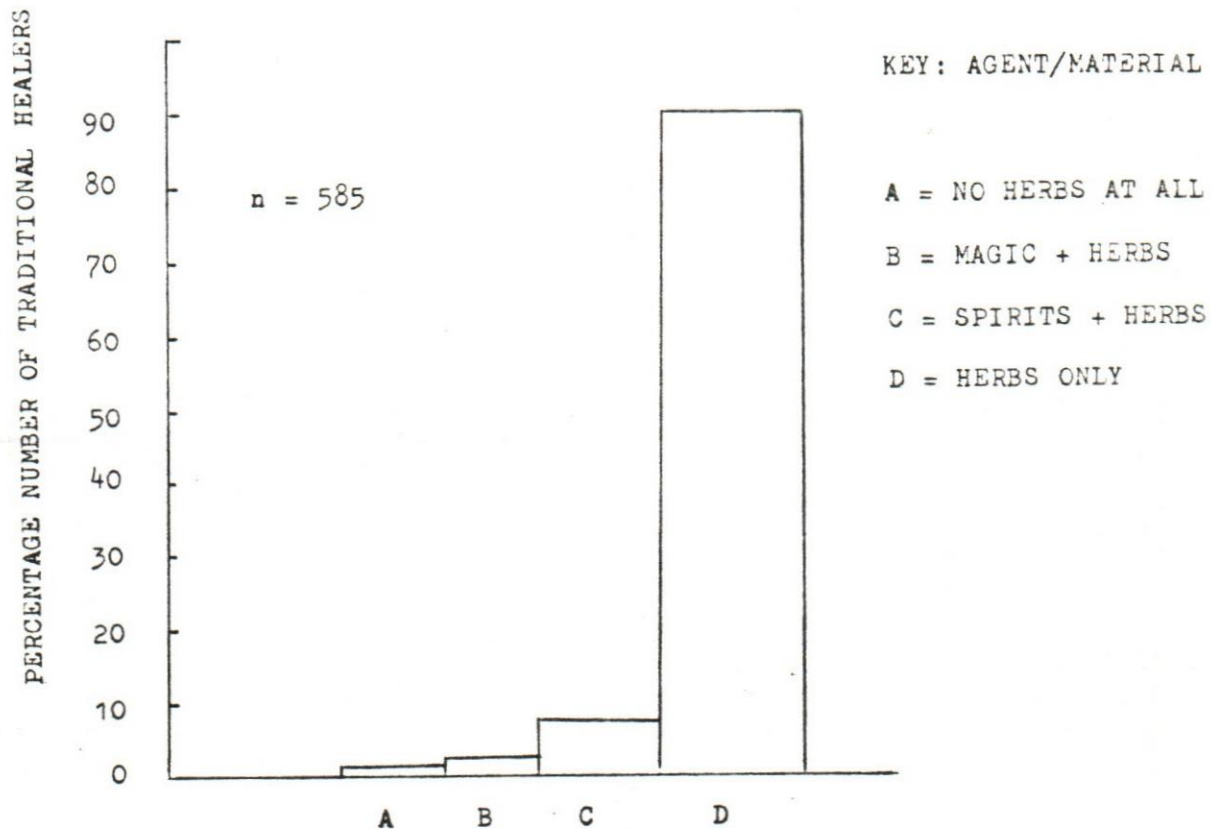
VENN DIAGRAM I : AREA OF PRACTICE OF THE TRADITIONAL HEALERS

n = 585



Venn Diagram I: Analysis of the area of practice of the Traditional Healers indicated that the ratio of the generalised practitioners to the specialised practitioners was roughly 3:1. 14% indicated that although they were generalised in their practice (treating more than three diseases), they had special areas of practice where they considered themselves specialists. The special diseases in which the Traditional Healer were considered experts were Birth Attendants, Leprosy, False tooth, Snake bites, bone setting, poison management and sexually transmitted diseases.

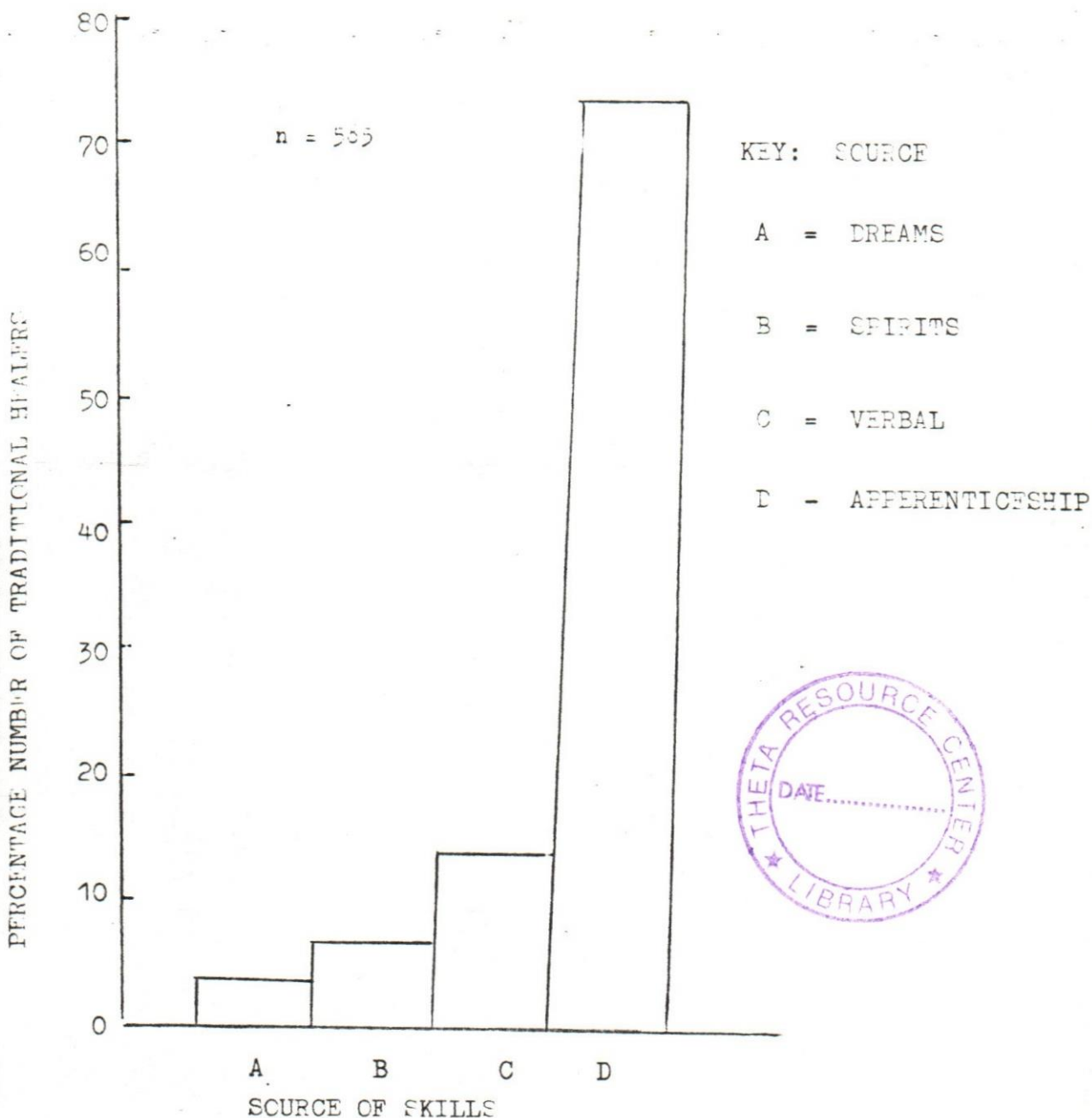
GRAPH IV : AGENTS/MATERIALS USED FOR TREATING



Graph IV indicates that the majority (99%) of the Traditional Healers used herbs in their treatment. It can also be noted that some of them combined the use of herbs with spirits and magic in their treatment. A very small number (less than 1%) indicated that they only used their skilful hands in treatment. This type of response was from Traditional Birth Attendants. another small percentage indicated that they employed animal substances and mineral substances in their treatment.

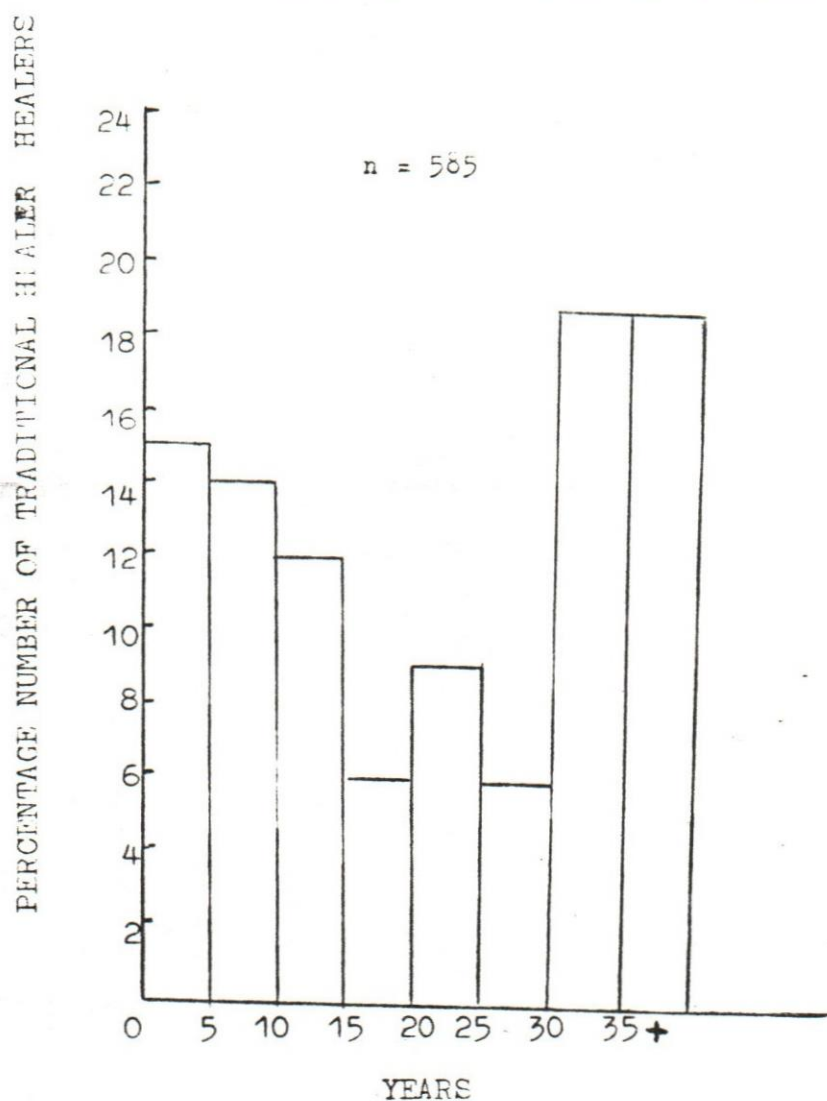
It was observed that some Traditional Healers were shy in indicating whether they employed spirits in their treatment for fear of being victimised later by some religious authorities.

GRAPH V: SOURCE OF KNOWLEDGE AND SKILLS ON TRADITIONAL MEDICINE



Graph V revealed that there were four sources by which the Traditional Healers had acquired their knowledge and skills. The majority (74%) indicated that they underwent apprenticeship with experienced Traditional Healers who were mainly relatives. Those who indicated that they received verbal instructions cited sources such as close relatives or Traditional Healers who had treat them before. It was noted that a very small percentage (less than 1%) learnt through trial and error.

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



Graph VI: A small percentage (less than 1%) indicated that they had not yet started practising on their own. They were still under the supervision of an experienced Traditional Healer. The shortest time recorded was 6 months while the longest was over 70 years. The majority (85%) had been practising for over 5 years and were considered to be experienced.

TABLE X: MAJOR ECONOMIC OCCUPATION OF TRADITIONAL HEALERS
OCCUPATION RESPONSE

Peasant Farmer	414
Traditional Medicine Practicioners (Peddlers)	18
Traders	7
Teachers	4
Porters	4
Catechists	3
Carpenters	3
Builders	2
Hawkers	2
Students	2
Beer Seller	1
TBA	1
Agric. Extention Staff	1
Agricultural Assistant	1
Housewife	1
Parist Priest	1
Artist	1
LDU Commandant	1
Not Indicated	1
<hr/>	
TOTAL	576

Table X indicated that the majority (83%) of the Traditional Healers depend on peasant farming as a meant of subsistance. 3.6% of them depend on Traditional medicine. They operate operating small clinics at their homes as pedler in the town area. A good number 6.4% never stated their other source of income but most likely they also subsist on farming.

MEMBERSHIP TO ANY TRADITIONAL HEALERS ASSOCIATION

The majority of the Traditional Healers (58%) who were interviewed do not belong to any Association. 35% belong to the new created Kigezi n'Emibazi Yeye Traditional Healers Association, while 70% belong to Uganda Ne Dagala Lyeyo - Men's and Women's Cultural Association.

REASONS FOR NOT JOINING ANY TRADITIONAL HEALERS ASSOCIATION

1. Lack of awareness.
2. Inability to attend meetings due to old age.
3. Membership fees are exorbitant.
4. The Associations are not beneficial to the rural majority.
5. No sufficient information on the activities and motives of the Association.

RESPONSES TO FORMATION OF A NATIONAL ASSOCIATION OF TRADITIONAL HEALERS

The majority (over 98%) welcomed the idea of the proposed National Association and gave the following reasons in support.

1. To get Government assistance as a group.
2. To work together and share experiences with other Traditional healers from other Districts.
3. To practice freely all over the country.
4. To promote research and expertise in Traditional Medicine.
5. To get legal protection in their practices.
6. To increase the availability of drugs to the community.
7. To avoid competing Associations from clashing with each other.
8. To promote referral of patients between the Traditional Healers and the Medical Doctors.

PROBLEMS REQUIRING AGENT ATTENTION

1. Lack of transport to collect herbs which are usually very far away.
2. Interference by chiefs who do not recognise the Traditional Medical Practices.
3. Interference by church leaders.
4. Lack of Packaging and bottling materials.
5. Lack of preservatives.
6. some medicinal plants are seasonal and they are becoming extinct.
7. Lack of accommodation, bedding, lamps etc. for in-patients especially pregnant mothers.
8. High rent for work places.
9. lack of legal protection.
10. negative attitude of the population towards their work. They are considered as witches.
11. lack of basic kits for delivery e.g gloves, thread and razors.
12. lack of Protective clothes e.g. gum boots, overall etc. while going to the bush.
13. Harrasement from people while moving in the bush in search for medicinal herbs.
14. Restriction from National Park.
15. lack of incentive from Government to improve our work.
16. Lack of uniform for easy identifications.
17. Antagonistic behaviour of some Traditional Healers towards each other.
18. Forceful methods employed to make them join the existing Associations against their wishes.
19. jealousy people think they earn alot from the practices.
20. Machines for grinding the herbs.
21. Lack of training in improving their work, especially setting up botanical gardens.

GLOSSARY OF MEDICAL AND TECHNICAL TERMS

- ABSCCESS:** Localised collection of pus in the body.
- ALLERGY:** An altered body reaction capacity to a specific substance.
- ANASARCA:** Accumulation of fluids in various tissues of the body.
- ANORECTAL PROLAPSE:** Protrusion of the anus and rectum.
- ANTENATAL:** Occurring or existing before birth.
- ARTERIAL HYPERTENSION:** Abnormally high pressure.
- ARTHRALGIA:** Pain affecting a joint.
- ARTHRITIS:** Inflammation of a joint.
- ASCARIASIS:** The state of being infested with round worms called Ascaris.
- BURNS:** Injury caused by fire, chemicals or hot fluids.
- BRONCHIAL ASTHMA:** A disease characterised by acute recurring attacks of cough, difficulty in breathing with wheezing, and a feeling of the chest being squeezed.
- CANCER:** The growth of body cells in a disorderly manner leading to malignant tumours.
- CATARACT:** Partial or complete opacity of the lens in the eye.
- CELLULITIS:** a diffuse inflammation of subcutaneous tissue.

CHOLERA:	An acute infectious disease caused by <u>Vibrio Cholera</u> characterised by Profuse, Diarrhoea, Vomiting, Muscular cramps and Collapse.
CONCOCTION:	A preparation containing more than one (usually several) ingredients.
CONGENITAL:	Born with, present at birth.
CONJUNCTIVITIS:	Inflammation of the conjunctiva of the eye.
CONSTIPATION:	a condition in which the bowels are evacuated after a long time and with difficulty.
CORD PRESENTATION:	The presentation of the cord in the birth canal before the head of the baby during delivery.
CORNEAL OPACITY:	Failure of light to pass through the front eye lens.
DECOCTION:	A liquid dosage obtained by boiling one medicinal vegetable substance in water;
DEMARTOSIS:	Skin disease;
DIARRHOEA:	Abnormal frequency and looseness of stooling.
DISLOCATION:	The displacement of a bone from a joint.
DRACUNCULIASIS:	Infestation by guinea worms called <u>Dracunculus medinensis</u> .

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 mucus.
DYSMENORRHOEA:	Painful menstruation.
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.
FOETAL MALPOSITION:	Abnormal position or alignment of the baby in the womb.
FRACTURE:	A break in a bone.
FUNCTIONAL PSYCHOSIS:	A term used to describe any form of mental disorder which has not occurred as a result of a physical disease anywhere in the body.
GONORRHOEA:	Infection of the urethra or Cervix by germs called <u>Gonococci</u> . The condition is marked by discharge of pus from the penis or through the vagina and it is associated with the pain while urinating. It is transmitted from one person to another during sexual intercourse.
HELMINTHIASIS:	Illness due to infestation by worms.
HERPES ^O ZOSTER: _A	An acute viral infectious disease characterised by painful vesicular eruption of the skin.
HYDRAMNIOS:	An excessive production of amniotic fluid.
INFERTILITY IN WOMEN:	An involuntary reduction in the reproductive ability of women.

- INFLAMMATION:** The condition into which tissues enter as a reaction to injury or infection. the condition is characterised by pain, heat, swelling and reddish appearance in light complexioned people.
- INFUSION:** A solution of the vegetable active principle obtained by extracting the herb with water without boiling.
- INGUINIO-SCROTAL HERNIA:** An abnormal protrusion of the intestines through the going into the scrotum.
- JAUNDICE:** Yellowness of the skin, the mucous membranes and secretions. It is a symptom of a variety of conditions of the liver, gall-bladder and blood which results in accumulation of a sue substance called Bilirubin.
- KWASHIORKOR:** A disease of children due to a deficiency of proteins in the food. The hair turns from black to reddish or rather golden colour, hence the name Kwashiorkor by which it was called in Ghana. This means "Golden boy".
- LEPROSY:** An infectious disease due to invasion of nerves by germs called Mycobacterium lepre.
- LYMPHADENITIS:** Inflammation of the Lymph nodes.
- 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 called by very tiny parasites known as "plasmodium" which is transmitted by mosquito bite.

- MARASMUS:** A gradual wasting of the tissues of the body due to insufficient food supply or poor absorption ability.
- MEASLES:** An acute infectious viral disease characterised by a fine rash and by inflammation of the conjunctiva and the air passages.
- MENORRHAGIA:** Excessive menstrual flow or Abnormal profuse menstruation.
- OLIGOMENORRHOEA:** Abnormally infrequent or scanty menstruation.
- ORCHITIS:** Inflammation of the testis.
- OTITIS MEDIA:** Infection of the middle ear.
- PALPITATION:** A heart action that produces a disagreeable awareness in the patient. Or an awareness of one's own heart beats, usually caused by anxiety, rapid beating of the heart or irregularity in the beating of the heart.
- PARALYSIS:** Loss of muscle function and sensation caused by injury to the nerves or by destruction of neurons.
- 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.
- PERTUSSIS:** Whooping cough. A highly infectious inflammatory disease of the air passages caused by a germ called Bordetella pertussis. It is characterised by an explosive cough ending in a loud whooping inspiration.

- POLYMENORRHAGIA:** Bleeding from uterus independent of the menstruation cycle.
- POST-PARTUM HAEMORRHAGE:** Abnormal bleeding from the uterus with 24 hours of child birth.
- PNEUMONIA:** Inflammation of the lungs usually caused by germs.
- RETAINED PLACENTA:** A placenta not expelled by the uterus after labour.
- SCABIES:** An infectious disorder of the skin characterised by a rash and intense itching with occurs most at night. It is caused by a mit called Sarcoptes scabies.
- SEXUAL ASTHENIA:** sexual impotence.
- SPLENOMEGALLY:** Enlargement of the spleen.
- SPRAIN:** A twisting of a joint producing stretching or a break of the ligaments.
- STERNUM:** The bone in the middle of the chest.
- SYPHILIS:** A sexual transmitted disease caused by small germs called Treponema pallidum.
- 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.
- TETANUS:** An infectious disease characterised by stiffness of the body and painful tonic spasms of muscles.

- THREATENED ABORTION:** The occurrence of signs and symptoms of impending loss of the embryo or foetus.
- TONSILLITIS:** Inflammation of the tonsils.
- TOOTHACHE:** Any pain in or about a tooth.
- TUBERCULOSIS:** A chronic infectious disease primary invading the lungs caused by germs called Mycobacterium tuberculosis.
- TYPHOID FEVER:** An acute infection caused by tiny germs called Salmonella typhi.
- VERTIGO:** The sensation that the outer world is revolving around the patient and that he himself is moving in space.
- WARTS:** Scaly small projections formed on the skin.
- WHITLOW:** Inflammation of the end of a finger or toe characterised by formation of pus.

1. District;..... 2. Sub-county;.....
3. Parish;..... 4. Village;.....
5. Physical location;.....
6. Name of Traditional Healer;.....
7. Postal Address (If any);
8. Age;.....yrs. 9. Sex; Male (), Female ().
10. Religion; Islam (), Protestant, (), Catholic (),
Others ()
11. Educational Background;
 - a) Did you attend formal school? No (), Yes () specify level.....
 - b) Can you write in vernacular? No (), Yes ().
 - c) Can you read in vernacular? No (), Yes ().
12. Diseases treated; General (), Specialised (), specify
13. Agents used in traditional medical practice.
 - a) Spirits () c) Herbs ()
 - b) Magic () d) Others () specify
14. Source of knowledge and skills on tradition medical practice.
 - a) Through Dreams () b) Apprenticeship () c) Verbal instruction
() d) Spiritual Possesion (), Others () specify
15. Experience in practice (in years)
16. Major Economic Occupation?
17. Membership to any Traditional Healers Association or Grouping.
 - a) No (), b) Yes () specify
18. Reason for response given in No 17 above
-
19. Would you recommend the formation of a National Association of
Traditional Healers? a) No () b) Yes ()
20. Reasons for response given in On No 19
-
21. Do you encounter (meet) any problems in your practice? No () Yes ().
specify

INFORMATION CONCERNING TRADITIONAL DRUG/PLANT PROVIDED.

1. Name of Traditional Healer/informant;.....
2. Vernacular name of plant;..... b) Dialect;
3. Botanical/Scientific name;
4. Parts used
5. Disease treated;
6. Pharmaceutical preparation of;.....
.....
7. Dosage;
- Duration of treatment;.....
8. Route of administration;
9. Expected observation to indicate efficacy;.....
.....
10. Precautions to be taken(if any)
-
11. Any known reaction caused by the drug? or side effects?.....
.....
12. Any cultural ritual performed during drug administration?.....
.....
13. Other information (e.g. other uses, habitat, characteristics of the plant,
etc).....
.....
14. Would you like to develop this drug? No () Yes (). Give reasons
for your answer.....
.....
15. What would you require most to help you develop this drug?.....
.....
.....
.....