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MINISTRY OF HEALTH

NATURAL CHEMOTHERAPEUTICS RESEARCH LABORATORY

ETHNOMEDICINE IN UGANDA

PART FIVE

ETHNOBOTANICAL AND TRADITIONAL HEALERS SURVEY

OF KAPCHORWA DISTRICT
(13TH-21ST DECEMBER 1992)

BY

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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 Kapchorwa District from 13th December to 22nd December, 1992. The team consisted of six scientists and three Technical Assistants, based at the Natural Chemotherapeutics Research Laboratory, Ministry of Health.

This is the fifth of a series of such surveys which will be undertaken in Uganda during the project period of the Health Services Rehabilitation Project financed by a loan from the African Development Bank (ADB).

The Natural Chemotherapeutics Research Laboratory was set up soon after Uganda attained her political independence, to "investigate the validity of claims made by Traditioned 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 these surveys will enable the Laboratory to interact with the Traditional Healers to gather the necessary information which will form the basis for implementing the Recommendations made by the Health Policy Review Commission (1987), related to Traditional medicine in Uganda, set out below:-

- i) The Ministry of Health should work closely with Traditional practitioners in order to achieve the objective 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 be the nucleus through which the Ministry of Health should regulate and supervise their practice;
- iii) The Ministry of Health should arrange appropriate training programmes for Traditional Practitioners such as Birth Attendants and Bone setters;
- iv) Referral of patients between Medical Practitioners and Traditional Healers should be open and acceptable;
- v) The Natural Chemotherapeutics Research Laboratory should be strengthened to carry out applied research on such aspects as packaging and bottling of Traditional Medicines;
- vi) Land should be made available to grow medicinal plants identified by the Traditional Healers and funds should be made available to preserve these identified species.

1.1 Aims of The Mission

The aims of the Mission were:-

- a) To survey traditional healers in Kapchorwa District with the view of:

- i) identifying and registering them;
 - ii) having dialogue with the traditional healers concerning their practice, and
 - iii) collecting their views on the need for the formation of a National Association of Traditional Healers in Uganda.
- b) to collect information from the traditional healers concerning ethnomedical practice in the area, particularly to locate, collect and identify medicinal plants in the District.

1.2 Geographical Background of Kapchorwa District

Kapchorwa District covers an area of 1738 sq Km. It is located in eastern Uganda and bounded by the Republic of Kenya to the South East, Mbale District to the South West and Moroto District to the North. It is interesting to note that Kumi District comes into view more easily than Mbale District due to the high elevation of Kapchorwa (See Map I).

Kapchorwa District is a land of mixed scenery. More than 3/4 is a highland rising to form the Peak of Mt. Elgon at 4209 m. above sea level. It can be divided into three main zones(see Map 2).

- I. The Montanne Area which lies above 2400m. above Sea level. This is covered with an Alpine type of vegetation towards the top. It is then followed by mountain type forest. Below the forest some areas have been planted with pine trees which have been exploited for timber.

II. The Middle Zone forms a crescent on the Northern side of the District . The undulating land area lies between 1600m. and 2400m. above sea level. This zone is heavily populated and agriculture is the main activity.

III. The Lowland Areas lies below 1600m. above sea level. Formerly cattle keeping was the main activity but nowadays this has been abandoned due to cattle rustling by the Karamojong and Pokot tribesmen.

Kapchorwa District is inhabited by the Sabinu tribe with very little immigration of other tribes except for a small population of Bakusu who have spilled into the District from Kenya. The main economic activities are agriculture and animal husbandry. Maize, wheat, barley, sunflower, groundnuts, beans, potatoes, Arabicca Coffee and Cabbage are the main crops. The animals are cattle, goats, sheep and donkeys. Timber is exploited from the natural forests as well as from the plantations.

Kapchorwa District has a high potential for economic productivity if the communication system is improved.

1.3 The Health Facilities

Kapchorwa Hospital is the main hospital with a capacity of one hundred beds. It is served by one Health Centre at Sipi. There are four Dispensaries at Kaproron, Bukwo, Kaserem and Chesower and seven sub-dispensaries at Ngenge, Atur, Chemwon, Binyiny, Kortek, Kabeywe and Teggres. These establishments were operational at the time of the survey.

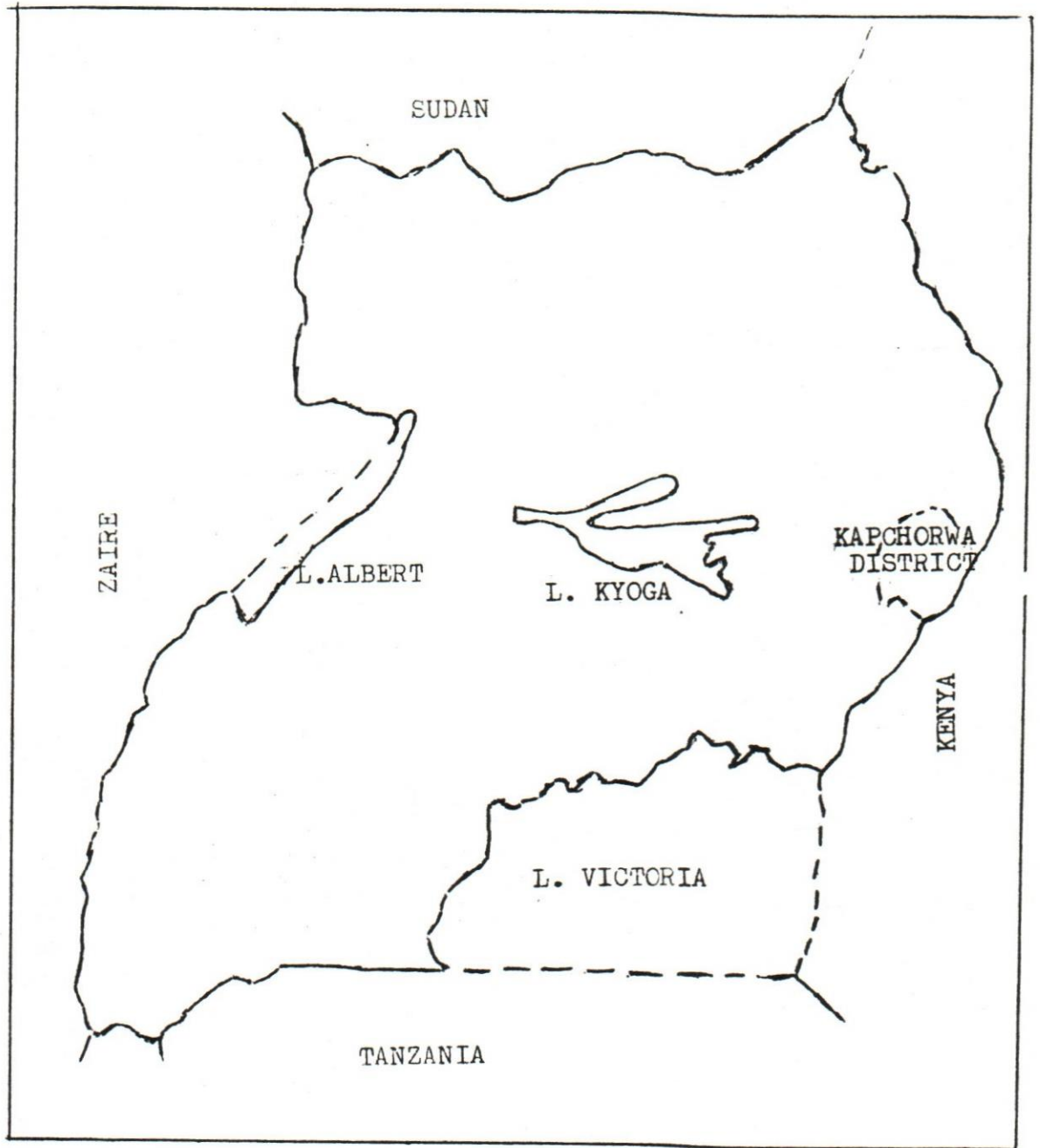
1.4 Itinerary

The itinerary shown in Table I was agreed upon by the officials of Kapchorwa District Administration and the Presurvey mission before the Team travelled to Kapchorwa.

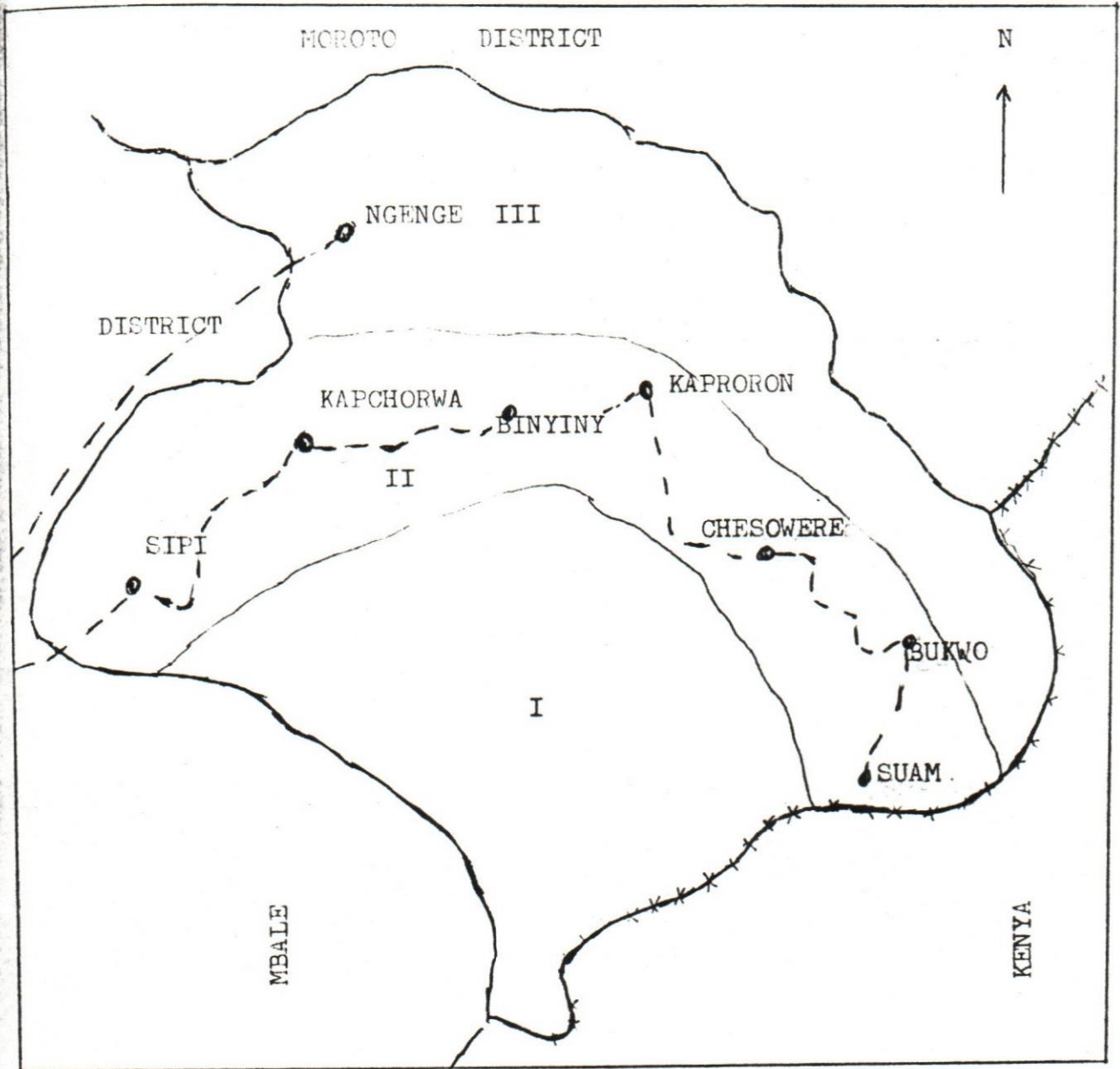
TABLE I

Date	Meeting Place	Sub County
14/12/1992	Kapchorwa Town Council	Kapchorwa Town Council and Kaptany Sub County
15/12/1992	Sipi Sub County Headquarters	Kaserem Sub-county and Sipi Sub-county
16/12/1992	Kaproron Sub-County Hqts	Binyiny Sub-county and Kaproron Sub-county
17/12/1992	Chesower Sub-County Hqts	Chesower Sub-county
18/12/1992	Suam Trading Centre	Suam Sub-county
19/12/1992	Bukwo County Headquarters	Kabei Sub-county and Bukwo Sub county
20/12/1992	Ngenge Sub county Headquarters	Ngenge Sub county

MAP OF UGANDA: SHOWING POSITION OF KAPCHORWA DISTRICT



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



CHAPTER TWO**2.0 METHODOLOGY**

The traditional healers were mobilised by the Resistance Council III officials and the Assistant Health Inspectors. The team was based at Kapchorwa town from where they left each day in the morning for the meeting places (subcounty headquarters) and returned in the evening to review the day's work.

At every Sub-County Headquarters, the survey team was introduced to the Resistance Council Officials and/or the Sub County Chiefs and the Traditional Healers, by the District Culture Officer, Mr. Charles Kurwa who assisted the team throughout the survey. The traditional Healers were briefed by the team leader about the aims of the mission and explained the questionnaire in the local language through an interpreter. The team was divided into groups of two which interviewed one traditional healer at a time privately with the assistance of an interpreter. Information given by the traditional healers was then recorded on the interview sheets. Samples of the plant materials were collected, pressed and brought to the Laboratory for scientific identification.

TABLE 11: SUMMARY OF THE ACTIVITIES OF THE MISSION

DATE	LOCATION	NO OF THS	ACTIVITIES AND COMMENTS
13.12.92	Kampala to Kapchorwa		The Team arrived safely in Kapchorwa from Kampala
14.12.92 Morning	DMO's Office DES's Office DA's Office		Briefing with DMO " " ADES " " DSO
After-noon	Kapchorwa Town Council	13	THS from Town Council and Kaptanga Sub county were interviewed
15.12.92	Sipi Subcounty Headquarters	17	A few THS came to the Hqs. The Team travelled instead and met them at the centre of the circumcision festivals. THS were from Sipi and Kaserem Sub county.
16.12.92 Morning	Binyiny sub-county Hqs	15	Good mobilization had been carried out.
After-noon	Kapreron Sub-county Hqs	16	The Sub-county Chief was very cooperative.
17.12.92	Chesower Sub county Hqs	25	Very good mobilisation
18.12.92	Suam subcounty Hqs.	7	The circumcision festival had ended the previous day so the turn up was poor.
19.12.92	Bukwo Subcounty Hqs	3	There had been cattle rustling in the night so the people were in hiding
20.12.92	Ngenge Trading Centre and subcounty Hqs.	10	The population is sparse as a result of cattle rustling Good turn up
21.12.92	Kapachorwa to Kampala		The team arrived at night.

2.1 RESULTS

The Survey team interviewed 96 Traditional Healers. Practising herbalists contributed their knowledge but Five Traditional Healers declined to disclose any information about their herbs.

Table II shows the summary of the daily activities of the survey mission.

Table III is a list of officials who actively participated in the activities of the survey.

The names, ages and location address of the Traditional Healers who were interviewed are given in Table IV.

A Total of 37 specimens of medicinal plants were submitted by the Traditional Healers and were botanically identified by the survey Team. Table V gives an alphabetical list of the medicinal plants in the local language and their corresponding scientific names.

Table VI gives a list of 30 plants which were submitted by the Traditional Healers and the specimens had sufficient features for identifications but still required confirmation by the time this report was published.

Table VII is a list of 54 plants which were submitted by the Traditional Healers but the specimens did not have sufficient features for identification.

Table VIII is a list of 167 plants which were mentioned by the Traditional Healers but the specimens were not submitted.

The Vernacular names are in the Kobsabiny language unless indicated other wise.

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

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

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



TABLE III: LIST OF OFFICIALS WHO PARTICIPATED IN THE SURVEY ACTIVITIES

1.	Dr. R.O Oketcho	-	District Medical Officer(DMO)
2.	Mr. Danstun Banaba	-	Assistant-District- Executive Secretary
3.	Mr. Baruma Amooti	-	District Security Officer
4.	Mr. Oluga Ekau	-	District Health Inspector
5.	Mr. Charles Kurwa	-	District Culture-Officer
6.	Mr. Silver Chemmtai	-	County chief, Kwen County
7.	Mr. Cherukut	-	Assistant-District-Health Educator
8.	Mr. Paul Satya	-	RC III Chairman Kaserem Subcounty
9.	Mr. Labu Kyepekurkat	-	RC II Chairman, Kaproron Sub county
10.	Mr. Boniface Latu	-	RC III Chairman, Chesower Sub county
11.	Mr. Haruna Torus	-	RC III Vice Chairman, Bukwo Sub county.
12.	Mr. Yusuf Twala	-	Health Assistant
13.	Mr. Peter Okum	-	Chairman RC I Suam Village - Northward
14.	Mr. Paul Makwaya	-	Chairman RC I Suam Village Southward

TABLE JIVE LIST OF TRADITIONAL HEALERS INTERVIEWED IN KAPCHORWA DISTRICT

KAPCHORWA TOWN COUNCIL, AND KAPTANYA SUB COUNTY

No.	NAME	AGE	ADDRESS
1.	Chemawo Ibrahim	60	Soshbongo Village
2.	Chemawot Mohamed	71	Kapchesombe "
3.	Chemumawa Musa	78	Kaptana "
4.	Chaptora Christopher	54	Sikwo "
5.	Ekan Kevinat(Hrs)	48	Chemonges Square
6.	Ekokohemusto Joyce	66	Kaptanya London Bridge
7.	Hasa Yerima	73	" /Chebukat
8.	Terudo Noah	56	Sisiya Village

KASEREM SUB COUNTY AND SIFI SUB COUNTY

9.	Banan Joyce	49	Kapchela Kaserem Sub-County
10.	Banan M. Chepres	33	Ngangota Village
11.	Chemurwok Soyekwo	75	Moyok Kapchesimet
12.	Cheptai Musa	54	Kumunda Kaserem S/County
13.	Yovani Edisa	65	Sipi, Kakwiro Sipi
14.	Kamutapyeke Prisca	40	Myok Kapchesimet
15.	Kapnemondin Stephan	25	Kapchela Kaserem Sub County
16.	Kaboto John	48	Chemosabu Village
17.	Koko Miniery	70	Kapchela Kaserem Sub county
18.	Madona Hafio	60	Kaboryot Kawerem Sub County
19.	Huu Susan(Mrs)	70	Wenjoro village
20.	Namataka Binaiis	70	Kapchela Kasem Sub county

21.	Nanyama M.	37	
22.	Hageyo Hanguu	80	Kapchela Kaserem Sub County
23.	Dadhila Yoran	42	" "
24.	Bungura Andyema	64	Chema Chema
25.	Twala Adam	68	Kyesongiki Village

BINYINY SUB COUNTY AND KAPRORON SUB COUNTY

26.	Chebet Zafania	56	Binyiny Chemomul
27.	Chekwayany Joyce	36	Kaptanya Kewel
28.	Chemoiko Erimia	68	Kapreron Moyek
29.	Chemonges Kamuke	60	" Kuuswo
30.	Chemwojari Yofasi	34	Binyiny Senedet
31.	Cherugut Grace	30	Binyiny Cenedeke
32.	Christopher Stefano	45	Binyiny Tukumo
33.	Kamaronde Solimo Lazarus	74	Kapreron Kapreron
34.	Kamutapmusobo Kalule	62	Binyiny Sukut
35.	Kangwagari Noibei Zakayo	70	Kapreron Kapchesimet
36.	Kapchsoyi Noah	52	Binyiny Kaptolong
37.	Kissa Jesca	44	" Kyamuny
38.	Kokopariwo Eserea	64	Binyiny Teswa
39.	Kokopchebandege Zerisi	65	Kapreron Mokoyon
40.	Kokopchelangat Belyo	60	Binyin Senedet
41.	Kokopchemusto	56	Kapreron Kongilel
42.	Kokopcherop	58	Kapreron Barawa
43.	Kokopcherotwo Tegeza	72	"
44.	Kokopkwemboy Joyce	45	Binyiny Sukut
45.	Kokoplusiya Estery	78	Kapreron Kapreron

46.	Koroyeny Annah	36	Kapreron Rarawa
47.	Kwarat Jackson	38	Binyiny Kapkoros
48.	Lakwei Ndaria	62	Binyiny Kapenguria
49.	Malinga Stephen	47	" Taikat
50.	Mashong Matayo	45	Kapreron Kere
51.	Ngania Peter	55	Sipi Chema
52.	Sokuton Augustin	35	Kapreron Rarawa
53.	Sukuku Grace	36	" Kapchesimet
54.	Tangana Simon	66	" Moyok
55.	Twinday Youan	60	Binyiny Kaptololong
56.	Yarcherotin Joice	46	" Toswa.

CHESOWER SUB COUNTY

57.	Arap Nikitari Agustine	45	Chesower Station
58.	Chasabata Claudia	44	" Nyalit
59.	Chekwoti John	47	" Chesower
60.	Chemoiko George Aggre	42	" Nyalit
61.	Chemonges Patrik	44	" Nere
62.	Chemtai Julius	57	Julel Masashia
63.	Cheptoyek Simeon	27	Chesower Porowon
64.	Chesuro Sauro	57	" Kongta
65.	Gibugonyi Michael	41	" Melee
66.	Kamari William	35	" Kapngotuny
67.	Kakunen Anyema Charles	76	Kapngotuny Nyalit
68.	Kamuta Tyoyi Maria	42	Chesower Kwanua
69.	Kaputa Eliyesa	72	" Chekwasta

70.	Kityo Pelikeiwo	50.	Chesower Pisho
71.	Kokopchepteng	60	Tulel Chesower
72.	Kokopchepteng Hadija	60	Chesower
73.	Kokopyeko Aleso	60	" Kapngotuny
74.	Masai Lazarus	67	" Masasha
75.	Mitti Yonasan	73	" Moloi
76.	Namaleya Margret	45	" Nyalit
77.	Ndiwa Amisi	65	" Masasha
78.	Ndege Siwa	50	" Nyalit
79.	Panana Augustine	40	" Chekwir
80.	Sakit Stephen	46	" Chekwasta
81.	Siwa Joseph	53	" Kapuakonon

SUAM SUB COUNTY

82.	Abdalhaman Yusuf	34	Suam T.C Village Kwirot Parish
83.	Byekwaso Abdu	23	Kapkupori Village Suam Parish
84.	Gidongo Jackson	34	Suam Village Kabukoboli Parish
85.	Nagam Frolence	65	Kapkapor Village Kwirot Parish
86.	Namwangala Sebukotri Esterida	40	Suam village
87.	Smatuwa Chris	68	Suam village Kirwol
88.	Wamaga John	34	Kapkupori Village Bukwo

BUKWO SUB-COUNTY

90.	Chelengat Ezekia	45	Kagosokoroswo Kaptererwo Bukwo
91.	Kokopchemusto Paulina	50	Kamtumwon, Amansag Bukwo
92.	Twala Yusufu	28	C/o DMO Kapchorwa

KAPTANY SUBCOUNTY

92.	Chesakit John	40	Ngangatta, Kaptany
93.	Kamutapchekwetey Tereza	63	Kisenyi, Kaptany
94.	Kokopcherop Elizabeti	60	Kokomuria Kaptany
95.	Kokopmangusho Magaret	62	Bogolan, Kaptany
96.	Torotwo Abdu	49	Kawowo, Kirwoko Tingey

NGENGE SUB-COUNTY

97.	Cheburot Ndiwa	77	Makunga
98.	Chematui Ester	56	Seretyo
99.	Kaptaragwa Chesyp	60	Kaptulek
100	Kokopkonyi	63	Makunga
101	Kurwa Charles (DCO)	32	Kapsama
102	Mulaki Yusufu	63	Kaptulel
103	Muzungyo Francis	48	Kapkwich
104	Ndiwa Salimo	65	Kakwot
105	Ngeywo Brosis	75	Kaptulek

TABLE V:

LIST OF MEDICINAL PLANTS SUBMITTED BY TRADITIONAL HEALERS AND IDENTIFIED BY THE TEAM. (LOCAL NAMES ARE IN KUPSABINY UNLESS OTHERWISE INDICATED.)

LOCAL NAME	SCIENTIFIC NAME	FAMILY
1. CHEBET(CHERIMARIN)	<i>Thunbergia alata</i>	ACANTHACEAE
2. CHEBUSHE (NANDWASI)	<i>Helichrysum odoratissimum</i>	ASTERACEAE
3. CHEKWOTWO	<i>Echinops amplexicaulis</i>	ASTERACEAE
4. CHELULUTYET	<i>Asparagus falcatus</i>	LILIACEAE
5. CHEMUTONYET	<i>Clerodendrum myricoides</i>	VERBENACEAE
6. CHEMUYENDET(CHEMUYADET)	<i>Balanites aegyptiaca</i>	BALANITACEAE
7. ITOKO(LOBOTWET)	<i>Solanum incanum</i>	SOLANACEAE
8. KABOLYET	<i>Combretum queinzii</i>	COMBRETACEAE
9. KAMAYIT(PAKAPMASOWET)	<i>Lantana trifolia</i>	VERBENACEAE
10. KARAMINSHET	<i>Harrisonia abyssinica</i>	SIMAROUBACEAE
11. KATABUTYET	<i>Berkheya spekeana</i>	ASTERACEAE
12. KISURONY	<i>Echinops amplexicaulis</i>	ASTERACEAE
13. KITAPKIRIKYO	<i>Securidaca longipedunculata</i>	POLYGALACEAE
14. KUMELECET(MUNAKITAIKI)	<i>Acalypha villicaulis</i>	EUPHOBIAEAE
15. KUTANDUYET	<i>Momordica foetida</i>	CUCURBITACEAE
16. KWELATIT	<i>Oxygonum sinuatum</i>	POLYGONACEAE
17. LAGATETE(LAKATETWET)	<i>Carissa edulis</i>	APOCYNACEAE
18. LUCICITE(SISITYET)	<i>Indigofera arrecta</i>	PAPILIONACEAE
19. MAGONA	<i>Clematis simensis</i>	RANUNCULACEAE
20. MANUET	<i>Ricinus communis</i>	EUPHORBACEAE
21. MURAMA	<i>Pilostigma reticulata</i>	CEASALPINIACEAE
22. NAMCHIKONG	<i>Bidens pilosa</i>	ASTERACEAE
23. NDILİYET	<i>Acacia hockii</i>	MIMOSACEAE
24. NGATAPIYET	<i>Ziziphus abyssinicus</i>	RHAMNACEAE
25. NGORIINET	<i>Harrisomia abyssinica</i>	SIMAROUBACEAE
26. NGOROTIT(SWERET)	<i>Rubia cordifolia</i>	RUBIACEAE
27. NYAKAYIT(ZAMBAZEMBE)	<i>Tagetes minuta</i>	ASTERACEAE

28. PAROTI	<i>Crassocephalum</i> <i>vitellinum</i>	ASTERACEAE
29. ROTIPCHEKUKWA	<i>Aloe</i> sp	LILIACEAE
30. ROTIPCHEKUKWA	<i>Aloe laterita</i>	LILIACEAE
31. SAKYANDAT	<i>Piliostigma thonningii</i>	CAESALPINIACEAE
32. SECHERET	<i>Gynandropsis gynandra</i>	CAPPARACEAE
33. SENETWET	<i>Cassia didymobotrya</i>	CAESALPINIACEAE
34. SIKIRYET(TOBONGWET)	<i>Vernonia auriculifera</i>	ASTERACEAE
35. TUNGURUWET	<i>Plectranthus barbatus</i>	LAMIACEAE
36. YUTOPKWOIMYET	<i>Lippia grandiflora</i>	VERNEMACEAE
37. No Local name given	<i>Chenopodium procerum</i>	CHENOPODIACEAE

TABLE VI

LIST OF PLANTS WHICH WERE NOT FULLY IDENTIFIED BY THE TIME OF THIS REPORT

1. BUTASOI
2. CHABAYWET
3. CHEKWATET
4. CHEKWONWA
5. CHEMNOWOJET
6. CHEMUROMUKET
7. CHEPTUIYET
8. CHIRWET
9. KATAMOIT
10. KATEPLAM
11. KATETALAM
12. KETITNYEJOMOYEK
13. KIMONYO
14. KOMULWET
15. KUPCHUIT
16. LEKETEOTWET
17. MIULITWET
18. MOWET
19. MOYOKWET
20. MUCARORWET
21. MUNTILYET
22. NAMKECHIR
23. NAMUNIET
- #24. NOYOMCHO
25. NSIMOMITAWALA
26. NYAKAKWET
27. SICTYET
28. TILIWET
29. TOBOSWET

TABLE VII

LISTS OF PLANTS WHOSE MATERIALS WERE PRESENTED BUT NOT SUFFICIENT FOR IDENTIFICATION

L = LEAVES S = STEMS S/B = STEM BARK R = ROOT
R/B = ROOT BARK

1. AMAGITA (S/B)
2. AURYONGO (R)
3. CAMANABELO (R)
4. CHAKWALACET (S/B & R)
5. CHEBORON (R)
6. CHEBULYET (R/B)
7. CHEBUNEYIT (L)
8. CHEGERENDIT (S/B)
9. CHEKERENDET (R)
10. CHEMPINDWET (R)
11. CHEMUTON (R)
12. CHEMUTONYONDET (R)
13. CHEMWATYENTET (R)
14. CHENYWABAG (R)
15. CHEPSEYIN (R)
16. CHEPTLUCIET (R)
17. CHIJENDEMURON (R)
18. EPOSA (L)
19. ISULA (L)
20. KATAMOYET (RHIZOME)
21. KAPCHEPKWATIT (R)
22. KETITA-PURASTA (R)
23. KETITKALODIT (R)
24. KOROSHONDET (S)
25. LEKETWETET (R)
26. LOBOTYET (R)
27. MAMANYI (R)
28. MAYIDODET (R & L)
29. MURKUTWET (S/B)
30. MURUSHANDET (R)
31. MUTETEYO (R)
32. NAMEWAYIT (R)

33. NAMUSUI (R)
34. NAMUSUYIK (S/B)
35. NANGWET (R)
36. NTYILYET (R/B)
37. NTOBOLATUT (R)
38. PARAMONDIT (S/B)
39. PRASTER (R)
40. SAMBWA (L)
41. SICTYET (R)
42. SIKRYO (R)
43. SOKOWONDET (S/B)
44. SOSURWET (R)
45. SWAYET (L)
46. TABANGUET (R)
47. TANAKUBRAN (L)
48. TILYO (R)
49. TOBOSWO (R)
50. TONGONIWET (L)
51. TOROYONDET (S)
52. TULOLYET (L)
53. WUSWET (R)
54. WUTWANDET (R)

TABLE VIII

LIST OF PLANTS MENTIONED BY THE TRADITIONAL HEALERS BUT NOT SUBMITTED

1. AMAKA
2. APETA
3. ARIMOTIT
4. BOROWO
5. BOROWOKATO BONGOWO
6. BUKWET
7. BUSUMWET
8. CAKWALACET (RED)
9. CAKWALACET (BLACK)
10. CHABAYWA
11. CHEBAIWE
12. CHEBEKUBORIT
13. CHEBKUNAYET
14. CHEBLUBORIT
15. CHEBURYO
16. CHEKENDIT
17. CHEKWERER
18. CHEKWERIN HONG
19. CHEKWETUYANDET
20. CHEKWITAWIT
21. CHELEWA
22. CHEMANAPELYO
23. CHEMAYWET
24. CHEMOREYO
25. CHEMUNGUI
26. CHEMWATET
27. CHEMWORORYONDET
28. CHENGWORORYONDET
29. CHEPAYUET
30. CHEPKUSURO
31. CHEPKUTAWIT
32. CHEPKWATA
33. CHEPKWUTUNG
34. CHEPLALAYA

35. CHEPSIKOR
36. CHEPTEGANDET
37. CHEPTULWO
38. CHEPTUKA
39. CHERUNGU
40. CHESACHADET
41. CHESACHANDET
42. CHESWEYIN
43. CHETERENDIT
44. CHOMNYANDET
45. COKOWONDIT
46. DDAGALA LYAINDFUDU
47. ELAKASI
48. EMUREI
49. ENFUNYE
50. ENGOSOROR
51. ENIMU
52. GABUTUNGO
53. GUTANI
54. KAFUNJA
55. KAKAWET
56. KALIGAN
57. KAMAKITA
58. KAMAKUWACH
59. KAPCHAUT
60. KAPLALACH
61. KAPTOLONT
62. KATEMA
63. KATENIET
64. KATKOWO
65. KEPTAKIKCHO
66. KETIKAPONGOTWO
67. KETIPOYI
68. KETITAMPAY
69. KIKWATIT
70. KIRESWET
71. KIRIKYO

72. KIRWAKIT
73. KIRWATIT
74. KITIKIRIKYO
75. KITIPKIRKUK
76. KIWANGULA AMALA BYONA
77. KOKORWET
78. KOKORYET
79. KOKOWET
80. KOTKOWO
81. KOTIMWO
82. KUMILULUS
83. KUPSERET
84. KURESHAT
85. KUTUNGIT
86. KUTUNTO
87. KWARSHET
88. KWEMBAYONDIT
89. KWENGWENIT
90. KWERCET
91. KWIRIONDIT
92. LABOIWIT
93. LEKETWET
94. MAGADA
95. MAMANIAT
96. MATUNYEDET
97. MINDILİYET
98. MONWET
99. MOROTIT
100. MOTONDORWET
101. MOYTIT
102. MOYOWARWA
103. MUJANJASI
104. MUJORORWET
105. MULULUZA
106. MUNDILELWO
107. MUNYAMA
108. MUNYANDACHEMOTYO

109. MURISHARDET
110. MUSA MUKULU MUZIBULA BUSIBU
111. MUSHEMBIDIT
112. MUSHEMBUT
113. MUTONDWET
114. MUVULE
115. MUZIMBULA MAGINI
116. NABATALLA
117. NAMORYO
118. NAMUKEGIR
119. NANWENET
120. NEFULU
121. NGAJEKWET
122. NGAPYAT
123. NGATAPIED
124. NGAYAKWET
125. NGECHEMBUT
126. NYALIT
127. OSWEIT
128. PAKENGE
129. PARAMOI
130. PORTASOI
131. PUSUNGWET
132. RETAMAT
133. RIRINENDENT
134. ROTIANDET
135. ROTICHESUMBET
136. RUGUTUTWET
137. SAI
138. SAKAPCHEMWOK
139. SANUTYA
140. SENENDET
141. SERERW-OMOKOI
142. SERWET
143. SESET
144. SIPORWO
145. SIRWET



146. SONGOYOWET
147. SONGOYOWO
148. SUWERET
149. SWERA
150. TABORWO
151. TEKELYET
152. TEROTWET
153. TERTIT
154. TILIONDET
155. TOBOLOKWET
156. TOMOROKWET
157. TONGORORWET
158. TOPOSWET
159. TOROTWET
160. TRONGOMET
- 161 TUNKUBURWO
- 162 TUNOYET
- 163 TWOIROYONDENT
164. TWOROYONDET
165. TWOROWONDET
166. WANAMBWA
167. YINOPSERERE

TABLE XI - LIST OF NON-VEGETABLE SUBSTANCES

1. Cowmilk
2. Goatmilk
3. Local beer (Komek)
4. Honey(Kumyadet)
5. Honeycomb(Rorojet)
6. Offals of Sheep
7. Petroleum jelly
8. Sorghum porridge

CHAPTER THREE

COMMON ILLNESS 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 medical and technical terms used in this report has been included.

The medicinal plants are given by the vernacular name in Kupsabiny and are underlined.

The non-vegetable medicinal substances are given in English and Kupsabiny whenever possible and are underlined as well. The names of the Traditional Healer(s)TH(s) who provided the prescriptions are given in parenthesis.

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

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

1. MALARIA (084.6)

- a) The leaves of Senetwet (TH: CHEMONGES M.) are boiled with water until you get tea colour. Strain and take 200ml. once.
- b) Pound together the root or leaves of Sentewet, the root of Chekwitawit, the leaves or stem bark of Rotichepkukwa, and the root or leave of Chemwatvandet (TH: MASAY). Mix with cold water and strain. Mix the decoction with soup of fatty meat. Take 125ml. of the mixture twice for one day only. It may cause slight diarrhoea.
- c) Pound together the leaves of Wuswet and Twoirvondet (TH: LAKWEI N.) and boil with some water. Add the decoction with local beer (Komek) and take once .
- d) The roots of Chemwororvodet and Sweret (TH: KAPCHASOYI N.) are boiled with water. Add local beer (Komek) to the solution. Adults take 1 litre and children 500ml. early in morning before meals for three to four days. It may cause diarrhoea two to three hours later.
- e) The whole plant of Tungururwet (TH: KAMUTAPMUSOBO K.) is boiled with water. Take three table spoonful three times for one day only. It is also used in treating TB.
- F) Pound and macerate the leaves of Ketitnvejomovek (TH: CHEMWAJARI Y.) in cold water for about two hours. Take 70ml. daily for two to three days.
- g) The roots of Kupseret, Oswait and Torovodet (TH: MITI Y.) are boiled with water until the solution turns whitish. Strain and take 500ml. once early in the morning. Excess may cause diarrhoea.

- h) The roots of Wuswet and Kupseret (TH: CHEMOIKO A.G.) are boiled together with water and strained. Take 250 ml. of the neat concoction. once or mix it with the local beer (Komek). Malaria is cured in less than twelve hours.
- i) The root of Sweret (TH: ARAP NIKITARI A.) is boiled with water. Take 20ml. once daily for three days. Excess may cause dizziness.
- j. Pound together the root and leaves of Chemungui (TH: PANAN A.) and macerate in water. Take 100ml. once for one day only. It may cause vomiting.
- k) Pound the leaves of Motondorwet (TH: KIPTALAM J.). Boil in water and take a half tea cup-ful of the decoction once a day for three days. Meningitis is treated similarly.
- l) The stem bark of Chelewa (TH: KAPTARANGWA C.) (500g.) is boiled with about 4 litres of water. Take 500ml. twice for one day only. It induces vomiting.
- m) Pound the fresh root of Sweret (TH: CHESAKIT J.) and boil with a little water. Cool and strain. Give 250 ml. of the decoction once after a meal. The patient develops diarrhoea as a sign of effectiveness of the drug.
- n) Roast and chew the fresh root of Chepkutawit (TH: CHESAKIT J.). It induces vomiting and the patient starts to feel better immediately.
- o) Pound and boil the root of Lobotwet (TH: NGEYWO B.) with water. Cool and strain. Take half a litre of the decoction three times a day for two days. another portion is mixed with water and used for bathing.

- p) The stem bark of Chomnyandet (TH: KURWA C.) is boiled water and strained. Take 100ml. of the decoction three times a day for three days.

2. FEVER (780.6)

- a) Boil the roots of Kalingan (TH: TERUDO N.) with a little water. Take 5 ml. once daily until recovered.
- b) Boil the root of Chepkwutung (TH: KOKOPYEKO A.) with water. Take one glass-ful of the decoction twice a day for one week. The fever is relieved gradually.

3. JAUNDICE (782.4)

Boil the root of Lakatetwet (TH: CHESYAP K.) with water take one table spoon twice a day for seven days. Some of the decoction is used for bathing. KALINGAN CHEPKWUTUNG LAKATETWET

4. COUGH (786.2)

a) Dry Cough

Chew the fresh leaves of Movitit (PANAN A.) and swallow the juice as necessary for two days.

- b) Boil the root of Ketitkalolodit (TH: NDIWA. S.). Take 50ml. once daily. The root may be mixed with a local beer (Komek) or tea and taken. The treatment is continued until the cough clears.

- c) Boil Rorojet (Honey Comb) (TH: KURWA C.) in water and filter. Take two table spoonful of Kumvadet (Honey) twice a day until cough is cured. Also used to treat measles heart burns, ulcers and worms.

5. COUGH DUE TO TRAUMA/ ACCIDENT (N.C.)

Boil the inner layer of the Stem bark of Muvule (TH: CHEPTORA C.) with one litre of water. Take 3 table spoonfuls of the decoction twice daily for two days. Breathing is gradually restored to normal. The Patient should avoid smoking, alcohol and hard work.

6. CHEST PAIN (786.5)

- a) Boil with a little water the stem bark of Toboswo (TH: CHEMOIKO E.). Give 125ml. once daily until patient improves.
- b) Boil the root of Nefulu (TH: NAMALEYA M.) with water. Take 200ml. of the decoction twice a day for three days.

7. BRONCHIAL ASTHMA (493.9)

- a) Boil the stem bark of Chegekendit (TH: CHELENGAT E.). Take 250 ml. early in the morning for three days. Excess causes diarrhoea.
- b) The following plants: Ndilivet, Ngapyat and Paramoi (TH: Twala A.) are separately boiled with the offals of a goat to make soups which are taken in that sequence in one day. The treatment may cause vomiting.

8. GENERALISED PAIN (780.9)

Chew and swallow the juice or boil with water the root of Keptakikcho (TH: KAPCHEMONDIN S.) and take as often as possible until pain disappears.

9. HEADACHE (784.0)

Crush the fresh root of Sweret (TH: CHEPTOYEK S.). Add a little cold water, filter and use the extract as nasal drops. Apply a few drops in the nostril of the more painful side of the head once a day.

10. **MIGRAINE (346.9)**
Pound the root of Wanambwa (TH: MAGONA N.). Soak in water and use as nasal drops.
11. **INFLUENZA**
Pound the fresh root of Pusungwet (TH: CHRISTOPHER S.) and add a little cold water. Squeeze four drops into the nose once in the evening.
12. **MENINGITIS (322.9)**
Pound the leaves of Motondorwet (TH: KIPTALAM J.). Boil with water strain and give 200ml. of the decoction once daily for three days. The patient improves on the first treatment. It is also used for treatment of malaria.
13. **BACKACHE (724.5)**
- a) Boil a few pieces of the root and some leaves of Pekenge (TH: TERUNDO N.) in one litre of water and strain. Give 500ml. once a day for three days. The patient should not take a meal within two hours of treatment. Tea or porridge should first be given before the patient takes a full meal.
- b) Boil the root of Lagatete (TH: GIBUGONYI M.) with water. Give 500ml. of the extract at once. The patient should lie on the back. The treatment is repeated until the patient is cured.
14. **ARTHRALGIA (719.4)**
- a) Boil 200g. of the fresh root of Chekwetuvandet (TH: KOKOPCHERIRA H.) in two litres of water and cool. Take 200ml. two times a day for three to four days.
- b) Burn the dried leaves of Kwengwenit (TH: KAMUTA T.M.) to ashes. Make incisions on the painful joint and rub in the ash powder once.

15. PAIN DUE TO TRAUMA/INJURY (829)

- a) Chew the root of Yinopserere (TH: CHEMONGES K.) and swallow the juice for one week.
- b) Cut into small pieces the root of Chepuka (TH: CHEKWOTI J.) and boil with 500ml. of water, cool and strain. Take 50ml. in the morning before breakfast for three days.
- c) Crush the leaves of Motondorwet (TH: KIPTALAM J.) to powder. Make incisions on the painful part and rub in the powder. Mix the powder with water and take 200ml. twice daily until the pain disappears.
- d) Pound the upper shoot of Nandwasi (TH: GIBUGONYI M.). Use it to pad the affected parts and tie with a bandage.

16. ABDOMINAL PAIN (789.0)

- a) Pound the root of Katamoit (TH: MUGU S.) and macerate in water. Take 100ml. of the solution once. Repeat if necessary. The patient should feel better immediately. It is also used for treating diarrhoea and dysentery.
- b) Pound a handful of the root of Ngornet (TH: MUGU S.) and macerate in water and mix with local beer (komek) Take 200ml. daily for one week.
- c) Rumbling Stomach
Crush the roots of Kumilulus and Murishardet (TH: MAGONA N.). Macerate in water and take 50ml. three times a day.
- d) Boil the root of Chekwotwo (TH: SAABILA Y.) and give 250ml. of the decoction twice daily until the patient recovers.

- e) Chew the root of Sisitvet (TH: KOKOPLUSIYA E.).
- f) Boil root of Noyomcho (TH: CHEBET Z.). Give to the sick child 10ml. of decoction once. Adults chew the root and then take alcohol. The patient is expected to improve immediately.
- g) Chew the root of Auryongo (TH: KOKOPCHERIRA H.).
- h) Boil a handful of the root of Ngoroti (TH: CHEPTOYET S.) with water. Take 50ml. of the decoction once a day for one week.
- i) Crush the root or stem bark of Gutaini (TH: NAMALEYA M.). Boil with water and strain. Take 100ml. twice a day until cured.
- j) Stomachache for Children
Pound together the root and leaves of Leketwet (TH: KOKOPCHEPTENG). Mix with water. Give the child 10ml. of the infusion twice a day (morning and evening) The infusion is used for bathing the child.
- k) Pound the root of Kwercet (TH: SMATUWA C.). Mix with water and take 200ml. of the decoction once a day for three days .
- It is also used to treat threatened abortions.
- l) Boil together the roots of Praster , Ngoronet, Paramondit, Mavidodet and Chebulyet (TH: NIDIWA S.). Add the concoction to a local beer (Komek) or soup and take daily for one week. The pain should stop within three days.

17. DIARRHOEA (009.3)

- a) Boil the root and leaves of Pakenge (TH: TERUDO N.) in one litre of water and strain. Give 500ml. once a day for three days. The patient should not take a meal for at least two hours . Thereafter tea or porridge may be served before the main meal.
- b) Pound the fresh root bark of Murama (TH: MUGU S.) and macerate in water. Strain and give 100ml. twice daily till the patient recovers.
- c) Boil the root of Kamavit (TH: MUGU S.) and strain Give the child 100ml. until diarrhoea due to teething stops.
- d) Pound the root of Katamoit (TH: MUGU S.) and macerate in water. Take 100ml. of the solution once. Repeat treatment if necessary. Diarrhoea should stop within a day.
- It is also used for treating stomachache and dysentery.
- e) **Dehydrated Children**
Boil the roots of Yutopkwoimvet and Kureshat with water. Then mix with the ashes of the bark of Ririnedent (TH: TWALA A.). Give one tea spoonful twice a day.
- f) Pound the leaves of Mujororwet (TH: MAGONA N.), mix with cold water. Take 250 ml. once daily until cured.
- g) Dry the bulb of Cheptulwo (TH: NOIBEI Z.) and crush to powder. Mix with warm water and allow to cool. Take 100ml. of the solution twice a day. Milk or tea may be used instead. The diarrhoea should stop within two days.

- h) Boil together the roots of Chebushe and Paroti (TH: KOKPARIWO E.) with water. Take 30ml. of the decoction twice a day for two days. The diarrhoea should stop within one or two days.

It is also used in treating false teeth and pneumonia.

- i) Wash and boil the root of Kireswet (TH. KOKOPKWE-MBOY J.) and boil with water. Take 30ml. in the morning and afternoon with milk and again in the evening without milk.
- j) Pound the stem bark of Kotoimwo (TH: CHEBET Z.) and mix with milk. Take 50ml. of the mixture once. Diarrhoea is expected to stop immediately.
- k) **Acute diarrhoea**
Boil the root of Kutunto (TH: MASAI l.) with water and give 10ml. twice a day for six days. The patients head is shaved and the pounded leaves of Kutunto are applied on the head.
- l) Pound the leaves of Eposa (TH: GIBUGONYI M.) and mix with soup from offals of sheep. Take 250 - 500ml. once.
- m) Wash the fresh root of Kumolwet (TH: KOKOCHEMISTO P.) and boil with water. Decant the solution into a cup and allow to cool. Take two teaspoonfuls twice a day till diarrhoea stops. Overdose may cause vomiting.
- n) Pound the root of Katamoyet (TH: NDIWA S.) and mix with cold water. Take 100ml. of infusion twice a day until cured. It is also used for treating dysentery.

- o) Boil together in water the root of Lobotvet and the bark of Ndilivet (TH: KOKOMANGUSHO M.), Strain and take two teaspoonful twice a day for three days. Diarrhoea and vomiting should stop.
- p) Pound the root bark of Borowo Kaptobongwo (TH: KAMUTAPYEKO P.). Mix with cold water or milk and give a sick child 50ml. four times a day until diarrhoea stops.

18. DYSENTRY (009.2)

- a) Pound the root of Tunovet (TH: MASA Y.). Mix with a little water and milk and leave to stand over night. Give 100ml. of the decoction once or twice a day until the condition of the patient improves. If the condition is severe increase the dosage to 100ml. three times daily.
- b) Pound the root of Katamoit (TH: MUGU S.) and macerate in water. Take 100ml. of the solution once. Repeat if necessary. Dysentery should stop within one day. It may be also used for treating diarrhoea and stomachache.
- c) Pound a handful of the stem bark of Munvandachemotvo (TH: TWINDAY Y.). Mix with goat's milk till the material is covered. Squeeze, strain and take 250ml. in the morning and evening and the morning of the following day. Avoid hot foods or alcohol.
- d) Pound the stem bark of Mowet (TH: KITYO P.). Mix with a half litre of milk and stir thoroughly until the milk turns red. Take half a litre of the mixture once a day for two days. It is also used for treating gonorrhoea.

- e) Crush the dry root of Cheptulwo (TH: SUNGURA A.) to powder. Mix one teaspoonful of the powder with 20ml. of milk and take once. Repeat the treatment, if dysentery continues.
- f) Boil the stem bark of Ntvilyet (TH: CHEMURWOK S.). Take 20ml. of the decoction three times a day until cured.

19. **CONSTIPATION (564.0)**

Boil the root of Cheptuiyet (TH: KURWA C.) and give 50ml. of the decoction twice a day. Alternatively the patient may chew the root and swallow the juice. *He should be able to pass stool normally within one day.

20. **PEPTIC ULCERS (707.9)**

Lick one table spoonful of Kumvadet (Honey)/a day for seven days. (TH: KURWA C.)/once

21. **VOMITING (787.0)**

Burn to ashes the whole plant Chekwonwa (TH: CHEPTAI M.) Lick the ash powder daily for five days.

22. **HERNIA (550.9)**

Clean the roots of Namusui, Tungururwet, Uswet, Busumwet, Chengwororyondet, Kaptolont, Rotipchekukwa, Sakapchemwok, chekwerer, Sererwomokoi, Chabaywet (TH: TORUTWA A.) and cut into small pieces. Boil with water and take the concoction.

23. **ANORECTAL PROLAPSE (569.1)**

- a) Crush the fresh or dry root of Tilyo (TH: CHEMUIKO E.) and mix with milk. Take 250 ml. twice daily for four days. Avoid hard foods.
- b) Ground to powder the root of Ngatapied (TH: CHELENGAT E.). Mix with vaseline and rub around the rectum and anus till cured. It usually takes two days.

24. ASCARIASIS (127.0)

- a) Peel the bulb of Tyorowondet (TH: MASA Y.). Dry and crush to powder separately. Crush the fresh root of Toboswet, and mix with some water to make an infusion.

Three teaspoonful of the powder of Tyorowondet is added to 200ml. of the infusion of Toboswet. Take the mixture once. It causes diarrhoea. The worms are expelled with the loose stool.

- b) Boil a few pieces of the root and the leaves of Pakenge (TH: TERUDO N.) in one litre of water and strain. Take 500ml. once daily for three days. Avoid food for two hours after taking the medicine. Thereafter tea or porridge may be taken first before the main meal is taken.

25. HELMINTHIASIS (128.9)

- a) Boil the root of Lakatetwet (TH: KOKOPCHEMUSTO J.) until a very strong smell is produced. Take about 50ml. The worms are expelled. The skin rash due to worms also disappear.
- b) Boil the root of Kupseret and Chirwet (TH: MITTI Y.) and allow to cool. Take 100ml. once daily for one week.
- c) Make a powder from the stem bark of Cokowondit (TH: KAKUNEN A.C.) and mix with warm water. Take 10ml. once. Excess dose causes vomiting.
- d) Pound the roots of Tworoyondet and Cheptegandet (TH: NDEGE S.). Mix with water and give 250ml. twice a day for two days. The patient develops diarrhoea. The worms are expelled with the loose stool.

- e) Crush the fresh root of Lucicite (TH: GIBUGONYI M.) and macerate in hot water. Take about 80ml. of the solution followed by a decoction of Cheptuluciet (80ml.).
- f) Pound the stem bark of Kamakito (TH: SUNGURA A.). Macerate in water and take 30ml. of the infusion once. All types of worms are expelled with the stool.
- g) Boil stem-bark of Amagita (TH: NDIWA S.) Add the decoction to local brew (Komek) or soup and take once. Thread worms are expelled in stool.
- h) The Honey comb (Projet) (TH: KURWA C.) is boiled with water and filtered to get honey (Kumvadet) Store the honey in a clean container and take two table spoonfuls twice daily for seven days. Worms are expelled. The honey is also used to treat cough, measles, Heart burns and uclers.

26 DISLOCATION (718.3)

The leaves of Chebuneyit are warmed over fire and used to massage the dislocated part twice a day for as long as the pain persists.

27. FRACTURES (829)

- a) After setting the bones in position the limb is immobilised. Then incisions are made around the fracture. The powder of the ash made from the leaves of Kotkowo (TH: CHEMONGES K.) is applied into the incisions. The fracture heals to normal shape.
- b) Dry the upper shoot of Nyalit (TH: SUKUKU G.) and burn to ashes. Set the broken bones and make incisions at the site of the fracture. Apply the ash powder into the incisions. The affected limbs are immobilized. The patient improves within one week.

- c) Burn the root and leaves of Mamaniat (TH: SAKIT S.) and grind into a powder. Apply the powder into incisions made around the affected fracture. The limb should be immobilised.
- d) Pound the leaves of Enfunye and Mululuza (TH: BYEKWASO A.). Add a little hot water and apply on the fracture twice a day for about one week.

28. **FRESH WOUNDS (879.8)**

- a) Chew the root of Ketikapng two and swallow the juice. (TH: MUGU S.). Apply the residues of the root on the wound. The wound dries up after few days.
- b) Pound the fresh leaves of Tertit (TH: KISSA J.) and mix with a little water. Take 10ml. of the infusion. Apply the residue to the wound.
- c) Crush the leaves of Thunbergia alata and apply on the wounds or sores. The wounds or sores heal within a week.
- d) Pound the fresh leaves of Melechet (TH: CHENONGES P.). Squeeze the juice into the wound and dress it up.
- e) Pound the root of Chebkunavet (TH: NDEGE S.). Mix with a little water and squeeze the infusion into the wound.
- f) The fresh stem of Toboswet (TH: SIWA J.) is broken and the sap is extracted. Apply the sap on the fresh wound. The wound should heal within one week.



- g) Wash and scrap out the inner root bark of Bukwet (TH: TWALA Y.). Add a little water or saliva to it. Dress up the circumcision wound by applying the wet bark around the penis for two to three weeks. Dressing is made after every three days. The old dressing is removed using warm water. Avoid salty foods or taking local beer (Komek). If the wound becomes septic mix the bark Bukwet with the roots of Namukegir.
- h) Scrape the root bark of Gabutungo (TH: NAMWANGALA E.) boil and drink the concoction.

29. TETANUS (037)

Pound the root of Tanakubran (TH: MUGU S.) and wrap in yam leaves (juni). Warm over fire and apply the cheeks and neck while still warm.

30. SKIN ABSCESS

- a) Warm the leaves of Kwelatit (TH: KAMARI W.) over a flame. Squeeze the juice and rub on the affected part. The patient should avoid alcohol.
- b) Pound the roots of Katandiet (TH: KOKOPCHEMUSTO J.) and boil with water. Take 50ml. as necessary until the boils burst. The pus is cleaned away.
- c) Boil together the roots of Sai, Sanutva, Swera and the bark of Mundilelwo (TH: KOKPCHEBANDEGE Z.) with water. Give 200 ml. for children in the morning. If the patient gets diarrhoea discontinue the treatment.
- d) Pound the root of Manuwet (TH: MASA Y.) and apply on the swollen part. There should be improvement within two weeks.

31. EXCESS BLEEDING FROM FRESH WOUND (NC)

Pound a handful of the leaves of Wutwandet (TH: KOKOPCHEROT E.), Mix with 500ml. of cold water and strain: Take 125ml. daily for four days. Continue if necessary.

32. BURNS (949.0)

a) Burn the leaves of Siporwo to ashes (TH: KAMARONDE S.L). Clean the wound and sprinkle the ash into the wound. It should heal within one week.

b) Apply Honey(kumvadet) (TH: KURWA C.) on the part affected by the burn.

33. DISTURBANCE OF TOOTH ERUPTION(520.9)

a) Burn to ashes the dry leaves of Chebushe and Paroti (TH: KOKPARIWO E.) and rub the ash on the false teeth. The false teeth eruptions disappear after two days.

It is also used to treat diarrhoea and pneumonia.

b) Burn to ashes the leaves of Toposwet (TH: KOKOPKWE MBOY J.). Apply the ash into the gums until the diarrhoea stops and good teeth appear.

c) Roast the fresh leaves of Swavet (TH: CHEPTOYEK S.) to ashes. Crush into powder and rub the powder on the false teeth once a day in the morning hours until the false teeth disappear.

d) Burn the flowers of Rugututwet (TH: KOKOPCHEMISTO P.) to ashes and rub into the gums twice a day for two days.

e) Dry the leaves of Sirwet (TH: KAMUTAPYEKO P.) and crush to powder. Apply the powder to the wound left after removing the false tooth.

34. CHRONIC LYMPHOEDEMA (782.3)

Boil the root of Ngatapied (TH: CHELANGAT E.) with water. Take 250ml. in the morning before meals.

The root powder is mixed with vasaline and applied into incisions made at the affected area.

35. LEPROSY (030.1)

Crush together the stem bark of Amaka and root of Munyama (TH: ABUDALHAMAN Y.). Grind to form a fine powder and store in a dry container. One teaspoonful of powder is mixed with a glassful of water and boiled. Give 30ml. of solution three times a day for one month. It causes sweating. If an excess dose is given the patient feels weak especially in the joints.

36. TUBERCULOSIS OF BONE (730.4)

a) Burn to ashes the leaves of Tobolokwet (TH: LAKWEI N.). Make incisions on the infected part and rub in the ash powder. The patients should improve within one week.

b) Crush the dry leaves of Tungururwet (TH: KAMUTAPMUSOBO K.) to powder. Make incisions on the chest and apply the powder. It is also used in treating malaria.

c) Boil the stem bark of Murkutwet (TH: NDIWA A.) and allow to cool. The patient takes a glassful of the decoction daily until he recovers.

d) Pound together the root and leaves of Chewatet. Make incisions on the area affected and apply the medicine once a week. Improvement is expected after one week.

37. SYPHILIS(097.9)

- a) The root and leaves of Pakenge (TH: TERUDO N.) are boiled in one litre of water. Give 500ml. once daily for three days. The patient should not take a meal for at least two hours thereafter tea or porridge may be served for a start before the main meal is served.
- b) Boil together in one litre of water the root of Lakatetwet and Kwarshet (TH: CHEBET Z.). Add the concoction to local beer (komek) and drink using a sucking straw.
- c) Boil together the leaves and the root of Kupseret (TH: CHEMOKO A.G). Strain and take one tea cupful of the decoction once. It may cause diarrhoea.
- d) Boil the root of Chepkwata (TH: KITYO F.). Take 50ml. of the solution once daily for two days.

38. GONORRHEA

- a) With retention of urine
 - i) Pound the leaves of Namusui (TH: TWALA A.) and mix with cold water. Take 500ml. of the decoction once.
 - ii) Then mix the decoction with soup of meat and take for one month.
- b) The roots of Kwiriondit, chemavwet, Leketwet are (TH: MITTI Y.) boiled together. Take 100ml. of the concoction daily before a meal for one week. Excess may cause diarrhoea and increase urination.
- c) Pound the stem bark of Mowet (TH: KITYO P.). Mix with a half litre of milk and stir thoroughly until the milk turns red. Take the whole mixture once daily for two days. It is also used for treating dysentery.

- d) Boil the root of Kwembayondit (TH: CHEMTAI J.) with local beer(komek). Take using a traditional sucking straw.
- e) The roots of Nandwasi and Zambazembe (TH: GIBUGONYI M.) are pounded together, macerated in water, and strained. Take 500ml. daily for three days.
- f) Boil strongly the root of Cheterendit (TH: CHELENGAT E.) and take 250ml. early in the morning before meals for three days.
- g) Boil the root of Mindilitwet (TH: SMATUWA C.) in water and allow to cool. Take 200ml. of the mixture twice daily for about four weeks. It may cause diarrhoea.
- h) Boil together the roots of Chomvendet, Taboswet, Senendet and Chemanapelyo (TH: CHEBUROT N.) with water and strain. Give 100ml. of the concoction twice a day for one month. The patient should not play sex during treatment. It is also for treatment of impotence in men.
- i) Pound and macerate in cold water the leaves of Ngayakwet (TH: KWARAT J.) and strain. Take one cupful of the infusion three times a day until cured.
- f) Pound the leaves of Pakapmasowet (TH: MUZUNGYO F.). Mix with water and boil. Give 25ml. of the decoction twice daily for three days. The patient first passes yellow urine which later clears to normal colour. The patient should avoid sex.
- k) Boil the root of Ketitapurasta (TH: MULAKI Y.) and allow to cool. Take 500ml. of the decoction three times daily for one week.
It is also used for treating allergy.

39. GENITAL SORES

Boil the fresh root of Mindilitwet (TH: CHEPTOYEK S.). Mix with 250ml. of local beer (Komek) or water. Take 250ml. once a day in the morning for four days. Sores will disappear and the frequency of unination will be reduced .

40. DYSMENORRHEA (625.3)

- a) Cut the root of Arimotit (TH: SOKUTON A.) into small pieces and boil with 500ml. of water cool and strain. Take 50ml. three times a day for three days during the menstruation period.
- b) The roots of Terotwet, Ngechembut, and Kokorwet (TH: CHALANGET E.) are boiled together with water. Take 250ml. early in the morning before meals for three days.
- c) Boil the root of Namusui (TH: MULAKI Y.) in water and take 125ml. of the decoction three times a day during the menstruation period. The patient should not experience any pain at the next period.

41. INFERTILITY IN FEMALE (628)

- a) Pound together the roots of Lakatetwet, Kirwakit and Tungururwet (TH: CHEMUNGWA M.). Mix with water and boil. Add the concoction to local beer (komek) and take as much as possible using a straw twice a day for two weeks. The woman should get pregnant within a few months.
- b) Boil the roots of Trongomet (TH: KOKOPCHEMUSTO J.) together with the meat from the head or leg of goat or cow. The patient takes the soup for two weeks or more. The pain should disappear and the woman conceives. This treatment is very effective for women who had complications of gonorrhoea.

- c) Pound the root of Katetalam (TH: MUGU S.) and boil with a little water. Mix the decoction with chicken soup and serve with food. Repeat several times until the woman conceives.
- d) Pound the root of Namukegir (TH: YOVANI E.). Mix with water and warm up. Take a cupful every day for three days during menstruation for three consecutive periods.
- e) Pound and boil with water the root of Chepkusuro (TH: MUGU S.). Take 200ml. of decoction twice daily for one to three months. It is used to treat infertility in men as well. It increases the frequency of urination.
- f) Boil ten pieces of the root of Chepkusuro (TH: MUGU S.) to 250ml. Give 50ml. once a day during menstruation.
- g) Pound together the roots and leaves of Kupseret, Wuswet and Sikirvat (TH: CHEMOIKO A.G). Mix with water and take the concoction twice everyday until the fibroids disappear. Eventually the woman becomes pregnant.
- h) Pound and boil the root of Cheplalaya (TH: ARAP NIKITARI A.) with water. Strain and take 500ml. daily for a week starting on the first day of menstruation.
- i) Boil the fresh root and stem bark of Kwembavondit (TH: CHEMTA J.) with water for about 30 minutes. Cool and strain. Mix with the soup of chicken or goat meat. Take 500ml. once a day for two days. Then repeat during the next menstruation.



- j) Boil the root Cheschadet (TH: CHEMATUI E) with water. Give one teacupful of the decoction once a day for one week. Then boil the stem bark of Matunyedet and give one teacupful daily for two or three days. The woman should be able to conceive within three to six months.
- k) Boil together the roots of Camanabelo, red Cakwalacet and black Cakwalacet (TH: NDIWA S.) with water. Give a half litre of the concoction once a day for one week. This regulates the periods of menstruation and the woman eventually conceives.

42. GENERAL ANTENATAL CARE (V22)

- a) Boil the root of Kutungit (TH: KAMUTA T.M.) with water and allow to cool. Give a half teacupful of the decoction twice a day for three days before review. The patient should avoid sexual intercourse during treatment.
- b) Pound and macerate in water the leaves of Kimonyo (TH: NAGOMI F.). Take 300ml. after decoction daily at the third month of pregnancy onwards.
- c) Boil together the root and stem of Ddagala lya Infudu (NAMWANGALA E.). Give 15ml. in the mornings and evenings for three to four days.

The decoction is used to bathe the baby after it has been delivered.

43. ABDOMINAL PAIN DURING PREGNANCY (646.8)

Boil with water the root of Namusui (TH: MULAKI Y.) and take 125ml. three times a day for three days. It is also used to treat dysmenorrhea.

44. PERIODIC ENLARGEMENT OF THE BREAST (611.8)

Dry the leaves of Torotwet, Tomcrokwet and Mashembidit (TH: TURUTWA A.) and burn all the leaves on a broken pot. Dissolve the ash in vascline and apply on the affected breast once a day for three to four days. Baby should not suckle the affected breast.

45. THREATENED ABORTION (6400)

- a) Boil the fresh root of Chemutonvomedet (TH: CHEPTOYEK S.) with water. Take 250ml. of the decoction once a day until bleeding stops. The decoction may be mixed with local beer (Komek) and taken. The bleeding stops immediately.
- b) Boil the root of Kafunja (TH: NAMALEYA M.) with water and give 200ml. once a day for two days. Massage the stomach with soap.
- c) Pound the root of Kwercet (TH: SMATUWA C.) and boil with water. Take 200ml. of decoction once a day. Repeat if necessary. It is also used to treat stomachache.
- d) First boil the root of Chesachadet (TH CHEMATUI E.) and take one teacupful of decoction once a day for one week. Thereafter boil the stem bark of Matunvedet and take one teacupful of the decoction for three or four days. Avoid sex during the treatment.
- e) Boil about 500g. of the dry stem bark of Cheboron (TH: KAPTARANGWA C.) mixed with 2 litres of water. Give the woman who has had recurrent abortions 250ml. three times a day for one week before she conceives. It may cause vomiting and diarrhoea for one week.

- f) Boil stem bark of Rotichesumbet (TH: MULAK Y.) with water. Allow to cool and strain. Take 500ml. twice daily for one week.
- g) Clean and cut into small pieces the roots of Lakatetwet, Chekwerihong, Kokorwet, Movokwet, Chabaywa, Kakawet, Borowo, Chekwatet, Kikwatit and Serwet (TH: TORUTWA A.). Mix with about three litres of water and boil. Take 50ml. of the concoction twice a day for one week. Bleeding is expected to stop within three days.
- h) Boil the root of Nandwasi (TH: NANYAMA M.) with water. Give the patient 50ml. of the decoction once a day for seven days. It causes itching of the whole body.

46. DIFFICULTY DELIVERY(669.9)

- a) Pound the fresh root of Kumelecet (TH MUGU S.) and macerate in water. Take 100ml. once. Normal delivery is effected immediately.
- b) Boil together the roots of Tobongwet and Ndilvet (TH: KOKOPCHEPOTWO T.) with water. Take once. The patient delivers immediately. It is also used for removing retained placenta.
- c) Chew the root and leaves of Tobongwet (TH: KAMUTAPYEKO P.) and swallow the juice.

47. RETAINED PLACENTA (66)

- a) Pound and boil the root of Tobongwet (TH: KOKOPCHEMISTO J.) with water. Give 100ml. The placenta is expelled immediately.
- b) Crush the root of Munakitaiki (TH: MUGU S.). Macerate in a little water and give 100ml. of the infusion once. Massage the stomach as well. The placenta is expelled immediately.

- c) Boil the root of Tobongwet (TH: CHEPTAI M.) and give 150ml. once only.
It may be used in veterinary medicine for the same.
- d) Boil the root of Karaminshet (TH: BANAN J.) with water in a clean container. Mix with local beer (komek) or chicken soup and give 250ml. of the decoction.
- e) Boil together the roots of Tobongwet and Ndilvet (TH: KOKOPCHEROTOWO T.) with water. Give once Use the crushed leaves of the above herbs to massage the stomach. The placenta is expelled immediately. The treatment is used to hasten delivery.
- f) Chew a small piece of the root of Namkechir (TH: KAMUTAPYEKO P.) and swallow the juice. The placenta should be expelled immediately.
- g) Clean and cut into small pieces the root of Nyobolatut (TH: TORTWO A.). Boil with a little water. Take 200ml. of the decoction once. The placenta is expelled within 5 to 10 minutes.

48. POSTPARTUM HAEMORRHAGE (666)

Boil the root of Namusui (TH: MULAKI Y.) with water and take 125ml. three times for one day. Bleeding is expected to stop immediately. It is also used to treat abdominal pain during pregnancy and during the menstration period.

49. POST - NATAL CARE (NC)

Boil together the root and stem of Dagala Iya Infudu (TH: NAMWANGALA) use the decoction to bathe the baby in the morning.

50. SEXUAL ASTHENIA IN MALE (IMPOTANCE) (302.7)

- a) Pound together the roots of Lakatetwet, Kirwakit and Tungururwet (TH: CHEMUNGWA M.). Mix with a little water and boil. Mix the concoction with local beer (Komek) and the patient takes as much as possible using a straw. He gradually gains the sexual strength.
- b) Boil a few pieces of the root of Sengowwo (TH: MASHONGO M.) with water. Strain and keep in a bottle. Give 250ml. of the decoction three times a day until the patient becomes active. He is advised to take some alcohol before indulging in a sexual intercourse.
- c) Pound the fresh bark of the root of Sicityvet (TH: ARAP NIKITARI) then chew while taking local beer (komek) daily for upto two weeks. The patient becomes active and ready to try sexual intercourse.
- d) Cut into small pieces the roots of Wuswet, Sikirvo mamanyi (TH: CHEKWOTI J.). Clean them and boil with one litre of water. Take 500ml. once daily for three days.
- e) Boil together the roots of Chemvendet, Toboswet, Senedet and Chemanapelyo (TH: CHEBUROT N.). Strain and give 100ml. daily until the man feels he can play sex. It is also used to treat gonorrhoea and syphilis.

51. HYDROCKLE (603.9)

- a) Pound the root of Suweret (TH: TWALA A.) and squeeze the liquid into incision made on the scrotum. The remaining roots is boiled with water. The decoction is given (100ml.) in the mornings and evenings for one week.

- b) Chew the root of Namusuyik (TH: CHEPTAI M.) daily for one week or until the swelling disappears.
- c) Boil strongly the root of Cheterentdit (TH: CHELANGAT) and strain. Mix the decoction with milk and add honey or sugar. Take 250ml. in the early morning for three days.

52. PALPITATIONS (785.1) (306.2)

The leaves and young twigs of Midilivet, Songoyowet, Kitikirikyō, Chemutonvet, Chebekuborit, Moyowarwa and Kotkowet (TH: CHEMAWO I.) are dried and ground to powder. A handful of the powder is mixed with 250ml. of cold water and strained. Take 30ml. twice a day. Lick and swallow one teaspoonful of the powder twice a day for one month. Avoid eating mutton, fish, Enderema (Basella alba) and Dodo (Amaranthus hybridus).

53. DYSPEPSIA (536.9)

Take two table spoonful of Honey (Kumvadet) (TH: KURWA C.) twice a day for one week.

54. HEMIPLEGIA (STROKE) (436)

Boil together the roots of Songoyowet, Kumelyet, Kapchaut and Kaplalach (TH: CHEMATUI E.) with water. Take 250ml. of the concoction two times a day for three days. The patient should improve after two days.

55. TORTICOLLIS (723.5)

Cut into small pieces a handful of the root of Chemorevo (TH: TANGANA S.) and boil in 500ml. of water. Take 30ml. three times a day for five days. The dry leaves are burnt to ashes. Lick a little ash three times a day. The wound should not be dressed.

56. MEASLES

- (a) Wash, crush and pound the mixed roots of Enimu, Magada, Elakasi and Emurei (TH: EKAU K.). Mix with hot water. Give 5ml. three times a day for three times a day for three days. If the skin eruptions delay to appear and the child gets diarrhoea then give a decoction of the root of Engosoror.
- b) Boil together the root and stem bark of Apeta (TH: MULAKI Y.). Give 125ml. of the decoction three times a day for seven days.
- c) Boil the honey comb (Porojet) (TH: KURWA C.) in water and filter. Give the child one tea spoonful twice a day for three days. It is also used for treating heart burn, cough peptic ulcers and intestinal worms.

57. POLIOMYELITIS (049.5) (323.2)

- (a) Dry and burn the leaves of Taborwo (TH: SUNGURA A.) to ashes. Make incisions on the affected limb and apply the ash. Repeat the treatment after two weeks.
- (b) Roast the dry leaves of Cherungu (TH: CHEPTORA C.) and grind into powder. Sieve through handkerchief. Make incision on the affected limb and apply the powder into the incisions twice a day - morning and evening. The powder should not be washed off the first day. The pain decreases and the patient may eventually walk normally after one month.
- c) Pound into powder the dry root of Kokorvet (TH: MALINGA S.) and apply into incisions made on the affected limb.

58. FEBRILE CONVULSIONS (780.3)

Boil the roots of Tobongwet, Laboiwit, Kabolviet (CHASABATA C.) with water in a clay pot. Give 5ml. three times a day for two to three days. The rest of the concoction is used to bathe the child.

59. DEPRESSION OF THE ANTERIOR FONTANELLE DUE TO DEHYDRATION (N.C)

- a) Cut into small pieces the root of Butasoi and Cherimarin (TH: MUGU S.) and boil with water. Give the child 100ml of the decoction three times a day. Then pound the root of Nanwniet and apply on the depression. The child recovers after about a week.
- b) Boil the root of Tongororwet (TH: CHEPTAI M.). Give 15 ml. twice daily.
- c) Boil the root of Kupchuiwit (TH: KOKOPLUSIYA E.) in water. Give 10ml. daily for two weeks.
- d) Pound the root of Portasoi (TH: KISSA J.) and boil with water. Cover the patient with blanket and steam bathe. Then give 50ml. of the resulting solution twice a day for two days.
- e) Boil the stem bark of Rotiandet (TH: KOKOPCHEMUSTO) with water. Give 10ml. once daily for three days.
- f) Boil strongly the root of Retamat (TH: CHERUGUT G.). Allow to cool slightly and give 15ml. twice daily.

60. RHINITIS (472.0)/(473.9)

- a) Burn the dry leaves of Tulolviet (TN:MASA Y.) to ashes and give the child to lick twice a day until cured. Alternatively crush the fresh leaves, mix with a little water and give the child 15ml. twice a day until cured.

The treatment may be administered to an expectant mother. The baby will not get rhinitis.

- b) Wash and cut into small pieces the root of Mutondwet (TH:MASA Y.) and boil in water. Take 125 ml. of decoction once a day for two days. The child should improve within two days. Repeat treatment if there is no immediate improvement. It may cause mild diarrhoea and a skin rash.
- c) Crush the dry stem-bark of Kirikyo (TH: TERUDO N.) and boil with a little water. Add honey and mix thoroughly and store in a bottle. Give 5ml. three times daily until the patient recovers. It may cause burning sensation on the chest chamber and heart palpitations.
- d) Pound to powder the dry bark of Sokwondet (TH: KOKOPCHEROP). The powder is used as a snuff. Alternatively the fresh bark is boiled with water and the decoction is taken, 200ml. once or twice a day until cured.
- e) The dry stem bark of Sokwondet (TH: NOIBEI Z.) is crushed to powder. The powder, (3 table spoon-ful) is mixed with 500ml. of warm water or milk. Take 100ml. of the solution twice a day for two days.
- f) Crush the dry stem bark of Sokwondet (TH: KAMARONBEI S.L.) to powder. Make incisions on the patient and rub in the powder. Alternatively the stem bark may be chewed and the juice swallowed. The patient is cured within two weeks.

- g) Make separately the powders from stem barks of Sokwondet and Kirwatiti. Mix the two powders and boil together with the fresh root of Tungururwet. (TH: KOKOPCHEMUSTO). Add a little tea powder and give the patient.
- h) Boil together the roots of Chebushe and Paroti (TH: KOKPARIWO E.). Give the child 30ml. of the decoction twice daily for two days. It can also be used in treating false teeth and diarrhoea.
- i) Scrap the root of Chemburvo (TH: KAPCHSOYI N.) into a glass of cold water and mix. Take in the morning for two to three days before meals.
- j) Wash the root of Tobongwet (TH: KOKOPCHELANGAT B.) and boil with water. Give 30ml. to children or 100ml. to adults twice daily for four days. The leaves are burnt to ashes. Give a little ash to children or teaspoonful to adults to lick slowly.
- k) Boil together the stem barks of Chepsevin and Tunguruwet (TH: CHEBET Z.) with water and allow to cool. Strain and mix with the local beer (Komek). Give 150ml. of the mixture twice daily. The patient is expected to improve after the first dose - if not the treatment may be repeated.
- l) Crush the dry root of Sokowondet (TH: NDIWA A.) to powder and mix with fresh milk or water which has been boiled and allowed to cool. Take a half glassful daily for two days. The cough stops and breathing improves.
- m) Chew a piece of the fresh bark of Chepayuet (TH: PANAN A.) for three days.

- n) Crush the leaves of Motondorwet (TH: KIPTALAM J.) and mix with water. Adults take 200ml. of the decoction twice daily for two days while infants take 50ml. twice daily.
- o) Pound the root of Chenywebagi (TH: GIBUGONYI M.) and boil with water. Take 500ml. of decoction once. The patient is expected to improve immediately. Repeat if necessary.
- p) Mix the roots of Chekwalachet and Ketama (TH: CHERUGUT G.). Boil with water and give 10ml. twice daily.

61. DERMATOSIS (709.0)

- a) Clean and cut into small pieces the roots of Torotwet, Kakawet, Ketipoyi, Rotipchekwa, Mushembus, Namoryo, Kaptolont, Movowarwa, Uswet, Serwet, Chabaywa, and Kirwatit (TH: TOROTWO A.). Boil one portion with three litres of water. Allow to cool and take 50ml. of the concoction twice a day.

Crush the other portion, dry and grind to powder. Mix the powder with petroleum jelly and apply on the skin. The skin should heal within two weeks.

- b) Boil the roots of Monwet and Lobotwet (TH: CHEMONGES P.) and steam bathe the patient. Give 50ml. of the solution of the resulting concoction for two weeks. The fresh leaves of Lobotwet are pounded and applied to the affected areas.
- c) Roast the root of Mujanjasi (TH: ABDALHAMAN Y.) in hot ash, dry and crush to powder. Boil one tea spoonful of the ash powder with 250ml. of water. Take 30ml. of the supernatant solution twice daily for one week. Apply the ash residue on the blisters every two days until cured. It may initially cause diarrhoea.

- d) Boil the root of Kapchepkwantit (TH: CHEMUNWA M) with water. Strain and add the filtrate to a local beer (Komek). Take as much as possible using a straw in the morning and afternoon daily until cured. The frequency of urination is increased. The patient should be isolated from the family members.
- e) Pound and wrap in banana leaves, for one night, the leaves of Sweret (TH: CHEMONGES M.). Bathe in the morning and apply the poultice to the affected area twice daily. The patient is advised to wash and iron his clothes.
- f) **Itching (Kwomongit)**
Boil the roots of Tekelyet, Tobongwet, Wuswet and Tungururwet (THE: CHEMONGES M.). Strain and mix with local beer (Komek). Take by sucking with a straw in the mornings and evenings.
- g) Pound the leaves of Kutanduvet (TH: NGANIA P.) and apply on the affected area for two days.
- h) Pound the leaves of Nyakavit (TH: KAPUTA E.) and mix with 500ml. of cold water. Take 125ml. of the infusion four times a day for 4-5 days. The poxy nodules, disappear the skin becomes clear. It may cause diarrhoea. The patient should avoid alcohol but must take a lot of sorghum porridge during the period of treatment.

62. SCABIES 133.0

- a) Chew and swallow the juice of Ketikapngotwo (TH: MUGU S.). Rub the residue left after chewing on the infected areas. The blisters dries up after few days. Wounds can also be treated in the same way.

- b) Crush the dry stem bark of Namuniet (TH: MAGONA N.). Mix the powder with vaseline and apply to the affected part.

63. URTICARIA (708.9)

Boil the root of Ketitapurasta (TH: MULAKI Y.) and allow to cool. Adults are given 500ml. while children take 250ml. whenever necessary. It is also used for treating venereal diseases.

64. EPILEPSY (345.9)

- a) Boil the root of Ketaplam (TH: SAABILA Y.) with water. Take 15ml. of the decoction daily until the patient recovers.
- b) A piece of Ketitampay (TH: KOROYENY A.) is burnt on charcoal embers. The patient is covered over the head with a blanket and made to inhale the smoke. The patient gains consciousness immediately.
- c) Boil the root of Morotit (TH: KOROYENY A.) and take 50ml. of the solution twice daily until cured.
- d) Boil together the stem barks of Toboswet and Sesuit (TH: NOIBEI Z.) and inhale the steam. Give one tea cup-ful twice daily for two days. The Traditional Healer should not have sex during the period he/she is treating a patient.
- e) Boil the root of Nambwayit (TH: PANAN A.). The patient inhales the steam and takes 100ml of the decoction until the epileptic fits stop.

65. FUNCTIONAL PSYCHOSIS (298.9)

- a) Grind the dry root bark of Chepsickor (TH: CHEMAWO I.) and sniff the powder. Cut into small pieces the roots of Tiliondet and the leaves of Sakvandat and boil with water. Macerate the leaves of Mujororwet in cold water. Take 30ml. of each separately twice daily for two weeks. The patient becomes less violent. The patient should not be given mutton, fish, or any diet that increases the heart pulse rate such as Enderema (Badella alba) and Dodo (Amaranthus hybridus). The patient is locked up inside a house. He is made agitated by noise made by drumming and ringing bells. Eventually the patient gradually falls asleep.
- b) Crush the root of Kitapkirikvo (TH: MUGU S.). Mix with a few drops of water. Squeeze three to four drops in the nose. It may alternatively be used as a snuff. It causes sneezing. The patient is given 100ml. of the infusion daily until cured.
- c) Boil the root of Mutetevo (TH: CHEMOIKO E.) in water and take one spoonful twice a day until there is improvement.
- d) For diagnosis of a mad person. The patient is shown the flower of Isule (TH: GIBUGONYI M.). A mad patient should begin to sweat profusely.

The patient is then treated by inhaling the smoke from the stem bark of Nabatalla burning over fire embers.

The root of Nabatalla is boiled with water and left to settle overnight. The patient takes 200ml. of the decoction.

The shoots of Zambazembe, Nabatalla, Sambwa and Chijendemuron and the seeds of Itoko are dried and pounded together into a powder. The powder is applied into incisions made on the body of the patient above the ankle joint.

- e) Mix the roots of Nangwet, Sosurwet, Cheswevin, Leketetwet (TH: CHEMOIKO E.) and boil in water. Give two or three times a day.

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

- a) Pound the leaves of Chemuromuket (TH: CHEPTAI M.) and squeeze into the bite.
- b) Pound together the roots and leaves of Katkowo (TH: KAPUTA E.). Add a little cold water and apply on the site of the bite three times a day. The swelling should gradually subside. The patient is given 250ml. of the infusion three times a day until cured.
- c) Pound the stem bark of Murushandet (TH: KOKOPKULANYI) and mix with cold boiled water. Give one table spoonful twice a day for two days. Also make incisions at the site of the snake bite and apply the crushed medicine.

67. **AIDS (NC)**

- a) Boil the root of Moraceae/Apocynaceae plants (TH: BANAN M. C.) and strain. Give 125ml. of the decoction two times daily. The patient gains weight and diarrhoea stops.
- b) Boil strongly with water the mixed barks of Chegerendit and Toposwet, the whole of Sesuet and Kamakuwach; and the roots of Kitpkiruk and Kireswet, (TH: CHALENGET). Strain and mix with milk. Give 250ml. in the morning before meals for three days.

68. BEWITCH MENT (nc)

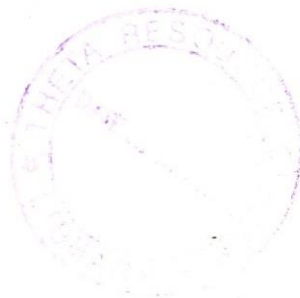
- a) For bathing: crush the whole plant of Nsimomitawale. (TH: GIDONGO J.) and macerate in water. Bathe the patient.
- b) Drinking: Mix the powders of Kiwagula, Amalabyono (TH: KIBUUKA) macerate in water drink one glass-ful three times a day.
- c) Inhaling: Sprinkle on fire some Muzimbule Magini and inhale while covered with a blanket.
- d) After the spirits have been expelled by the above treatment then: Macerate the leaves of Musajiamukula and Muzimbula bizibu and give to a lady who is burren due to bewitchment. She concieves after a short period.

69. ANAEMIA (285.9)

Boil the roots of Senetwet (TH: KOKOPCHEMUSTO J.) with water and take once a day whenever necessary.

70. TOOTHACHE (525.9)

Crush the leaves of a Chebaiwe (TH: NDEGE S.) and apply on the wound where the bad tooth has been extracted for five days. Bleeding stops and the swelling disappears.

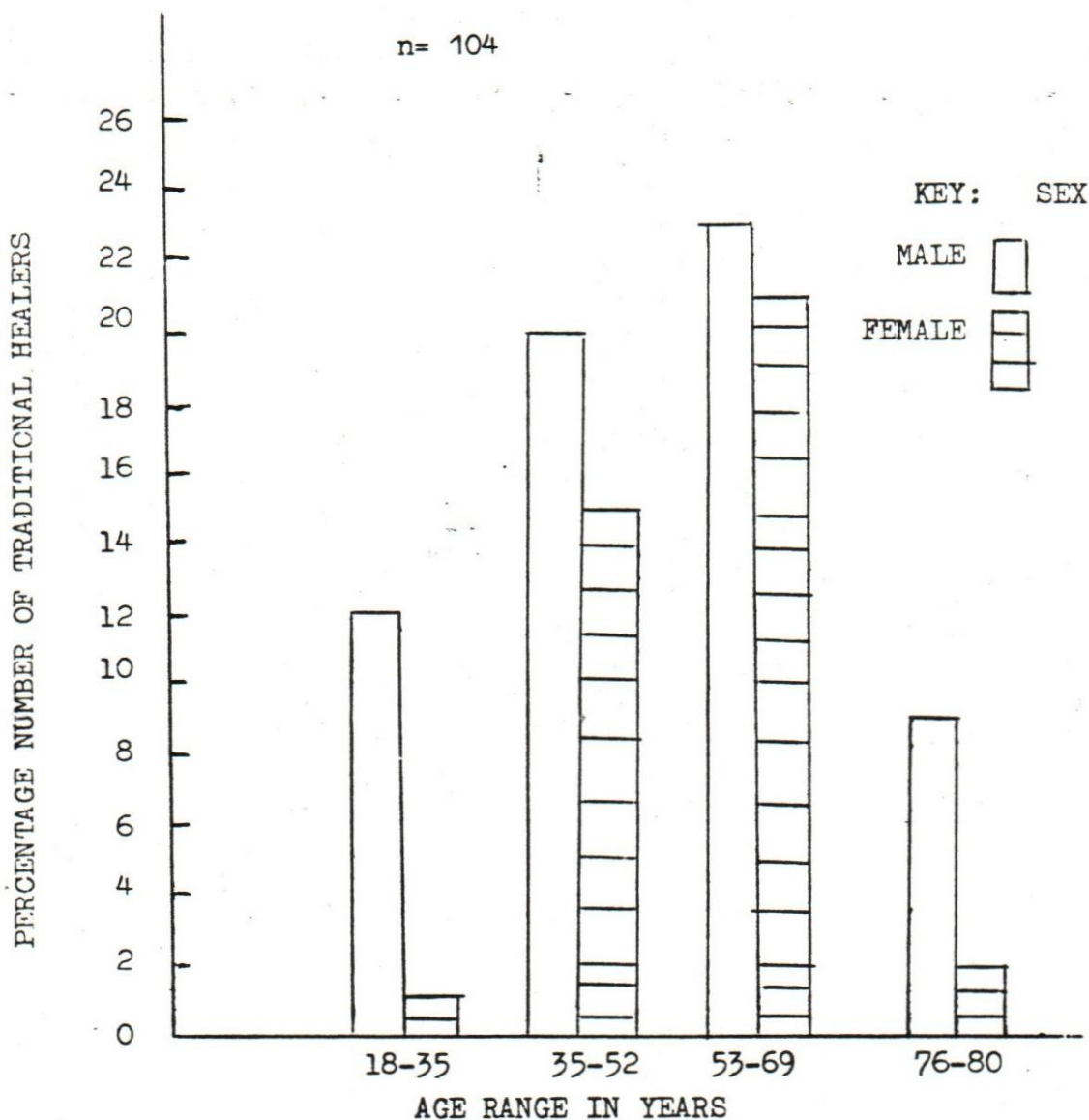


CHAPTER FOUR**ANALYSIS AND DISCUSSION OF RESPONSES TO THE QUESTIONNAIRE ON THE TRADITIONAL HEALERS.**

Data concerning the traditional healers was collected, analysed and discussed under the following sub-headings.

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

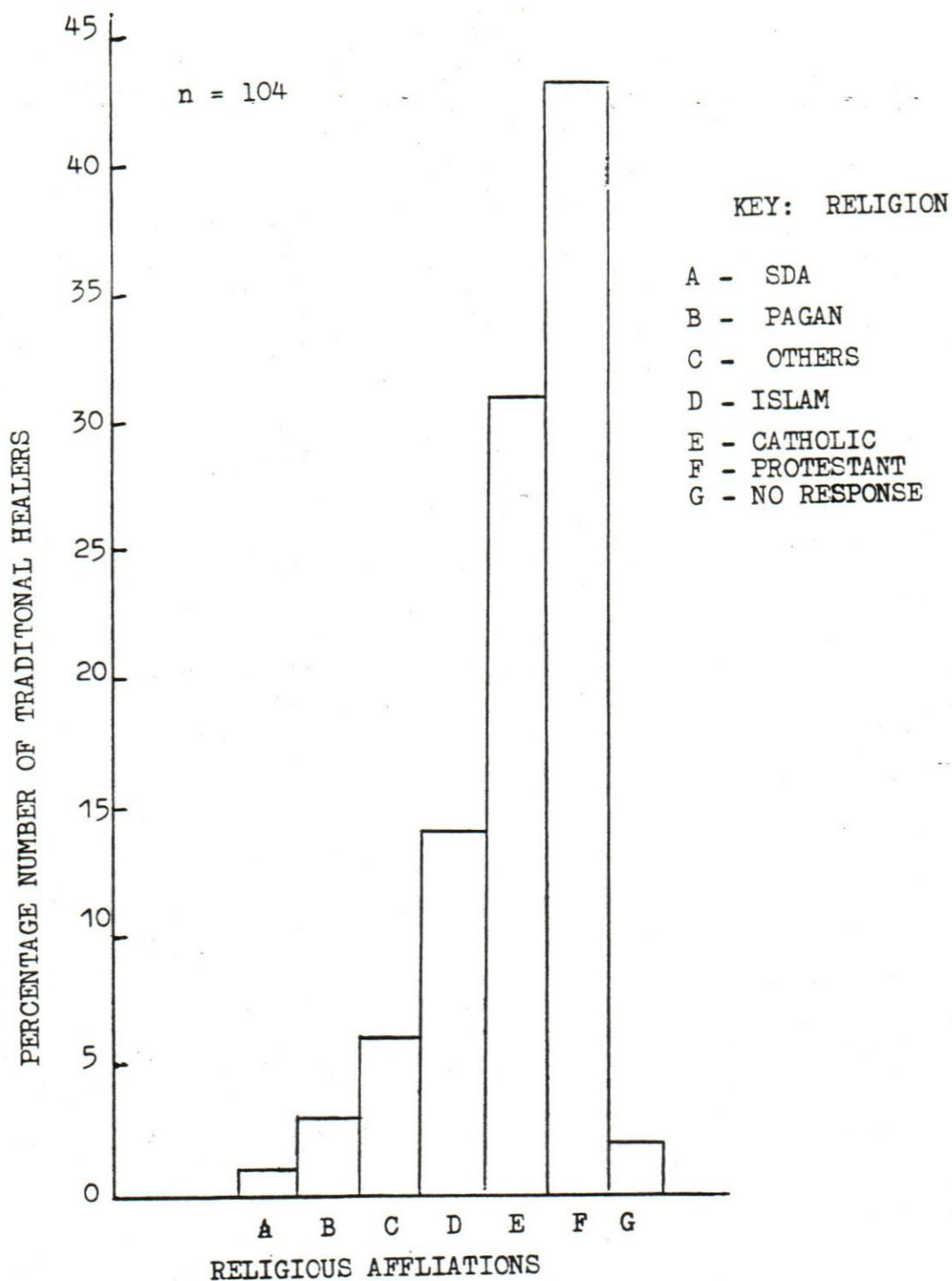
GRAPH 1: SEX AND AGE DISTRIBUTION OF THE TRADITIONAL HEALERS



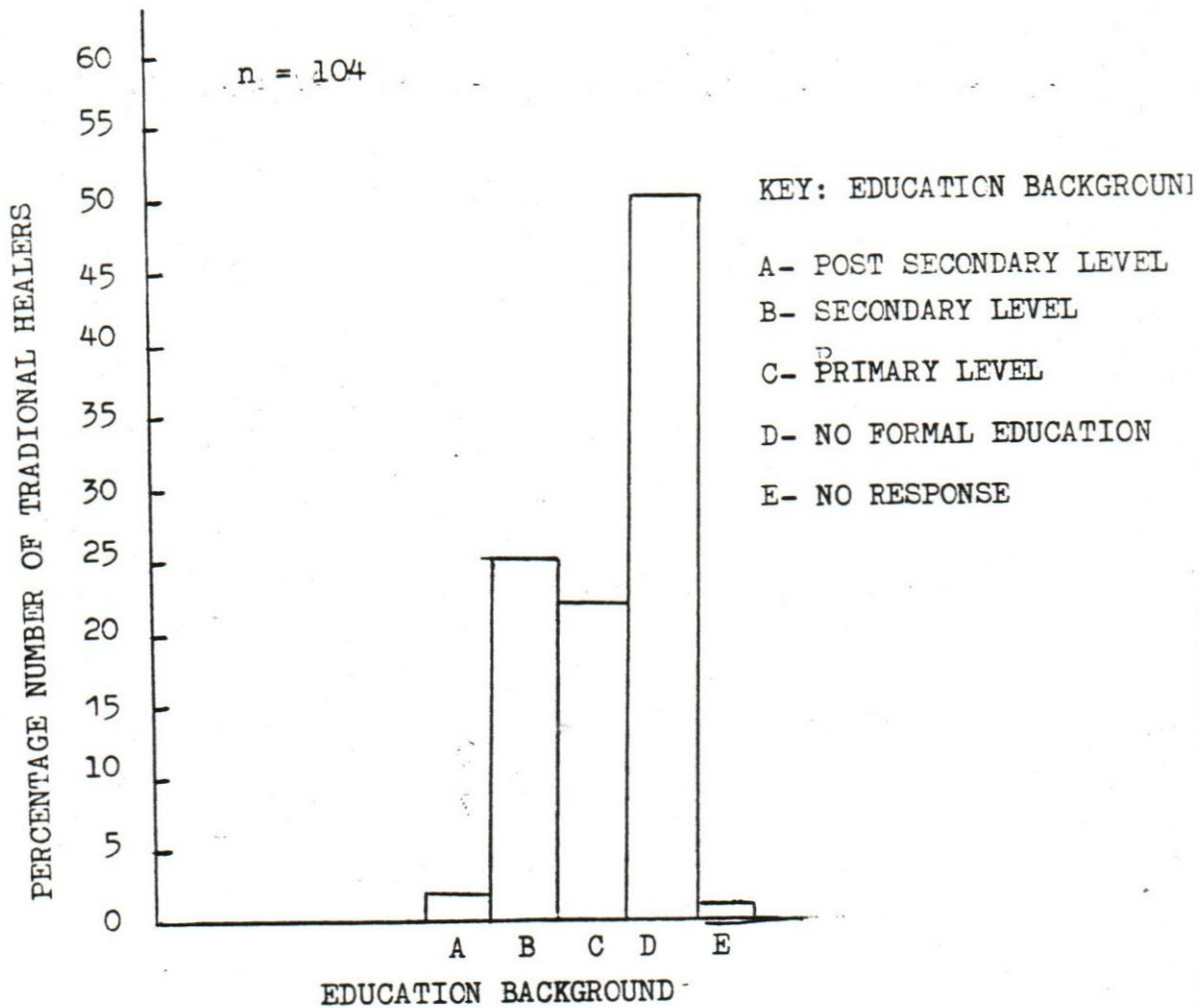
The minimum age of 18 years was based on the fact that persons aged below 18 years were considered minors by the laws of Uganda. The youngest was 23 years old while the oldest was 73 years. The majority (77%) were aged above 36 years.

Graph 1 indicate that there were more male than female traditional healers in the ratio of approximately 3:2. It is however interesting to not that almost all the female traditional healers were aged above 35 years of age. The bulk form the group of Tradition Birth attendants.

GRAPH II: RELIGIOUS AFFILIATION OF THE TRADITIONAL HEALERS



Graph II indicates that the traditional healers belonged to four main religious groups: (Islam (14%), Catholics (30%), Protestants (43%) and Seventh Day Adventists (1%). Some of them (3%) were believers in other sects of the Christian faith. Another group (6%) were not affiliated to any religious group (Pagans). A small number 2% declined to give an answer.

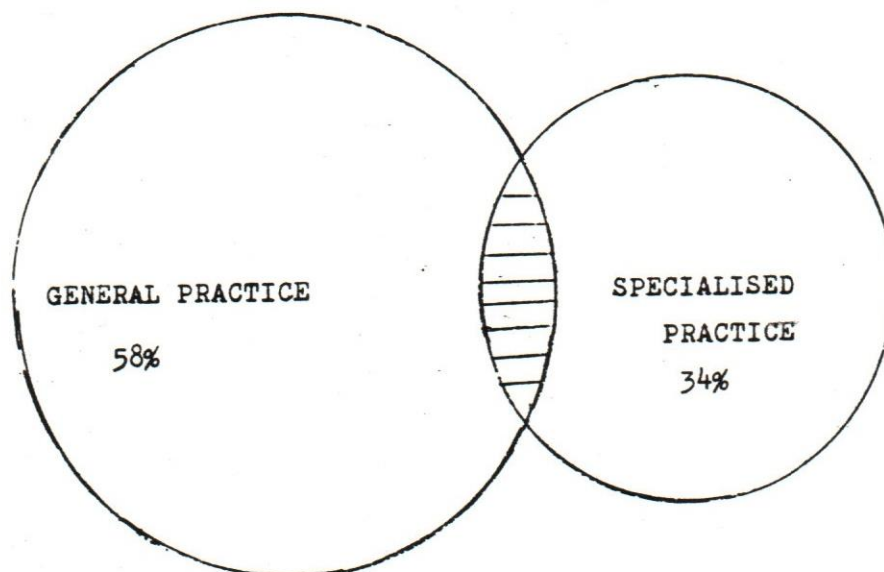


Graph III indicates that one half of all the Traditional Healers had not attended any formal education. There was a high proportions of Traditional Healers (68) who could not together read nor write. It was realised that the elderly and some Traditional Healers who stopped their education at Primary Level had become illeterate.

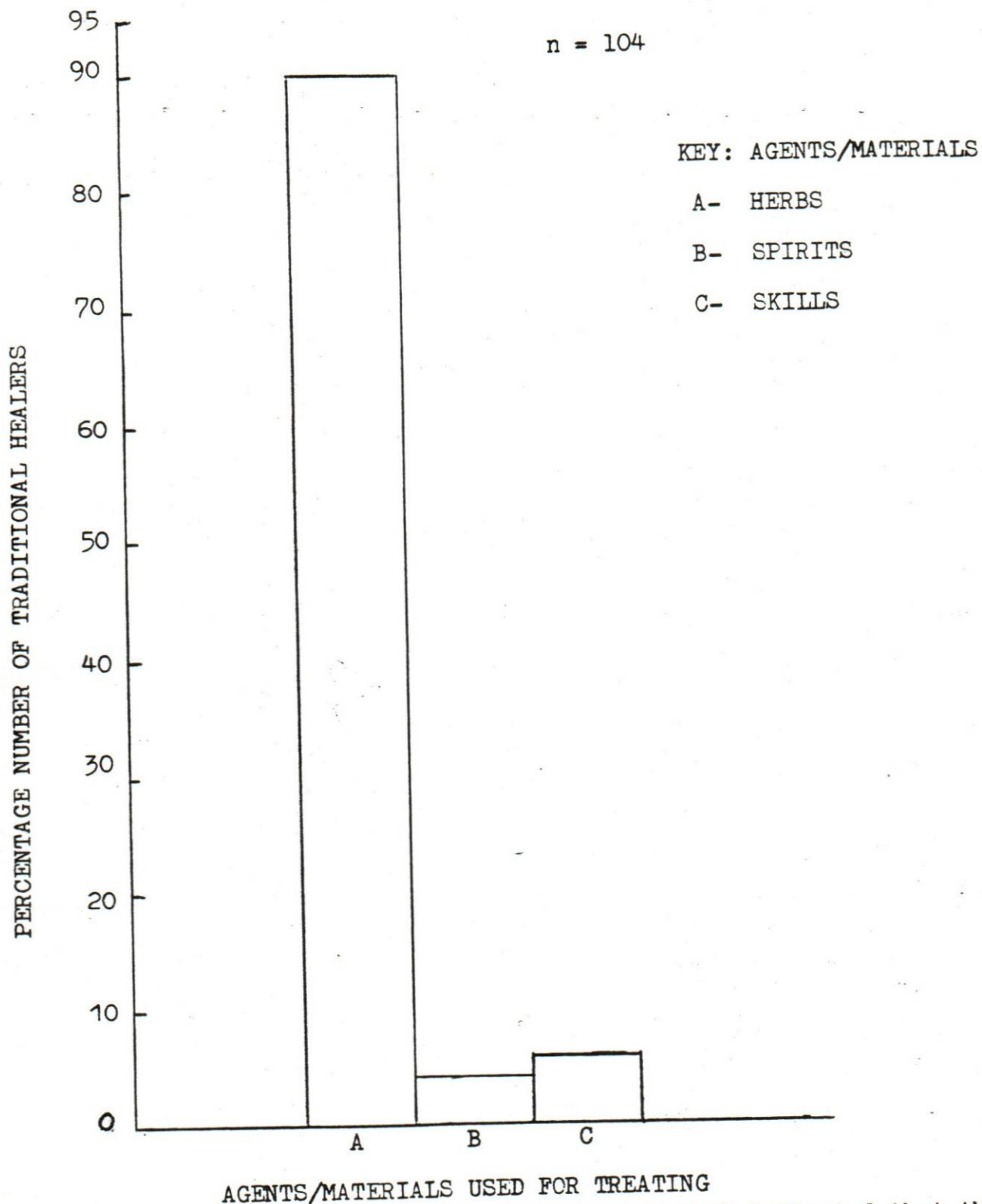
It is important that the Educational Background of the traditional healers is considered especially when determining the mode of communication to be adopted between Government and the traditonal healers.

VENN DIAGRAM I : AREA OF PRACTICE OF THE TRADITIONAL HEALERS

n = 104



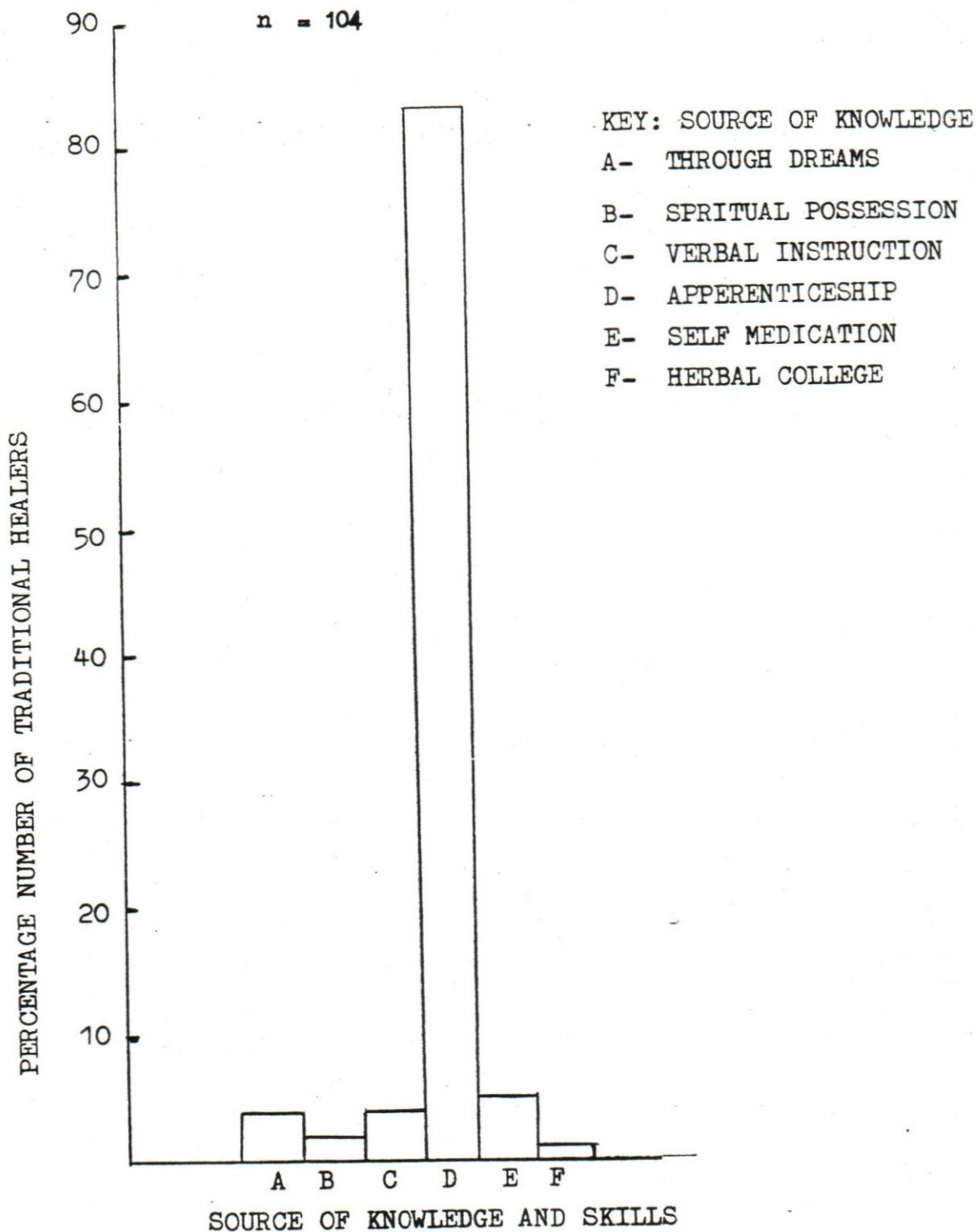
Analysis of the area of practice of the traditional healers indicates that there were more (58%) General Practitioners than the specialists (34%). The traditional healers who mentioned three or less diseases which they treated were considered as specialists. The rest were categorised as General Practitioners.



All the traditional healers who were interviewed indicated that they used herbs in their treatment. A small percentage (4%) of the traditioned healers indicated that they used spiritual agents in their treatment. It is interesting to note that all persons in this category speak Lugisu as their first language.

It was observed that the Traditional Healers reacted as if they had been offended when they were asked whether they used spiritual agents in their treatment. Those with skills (6%) had had some paramedical training.

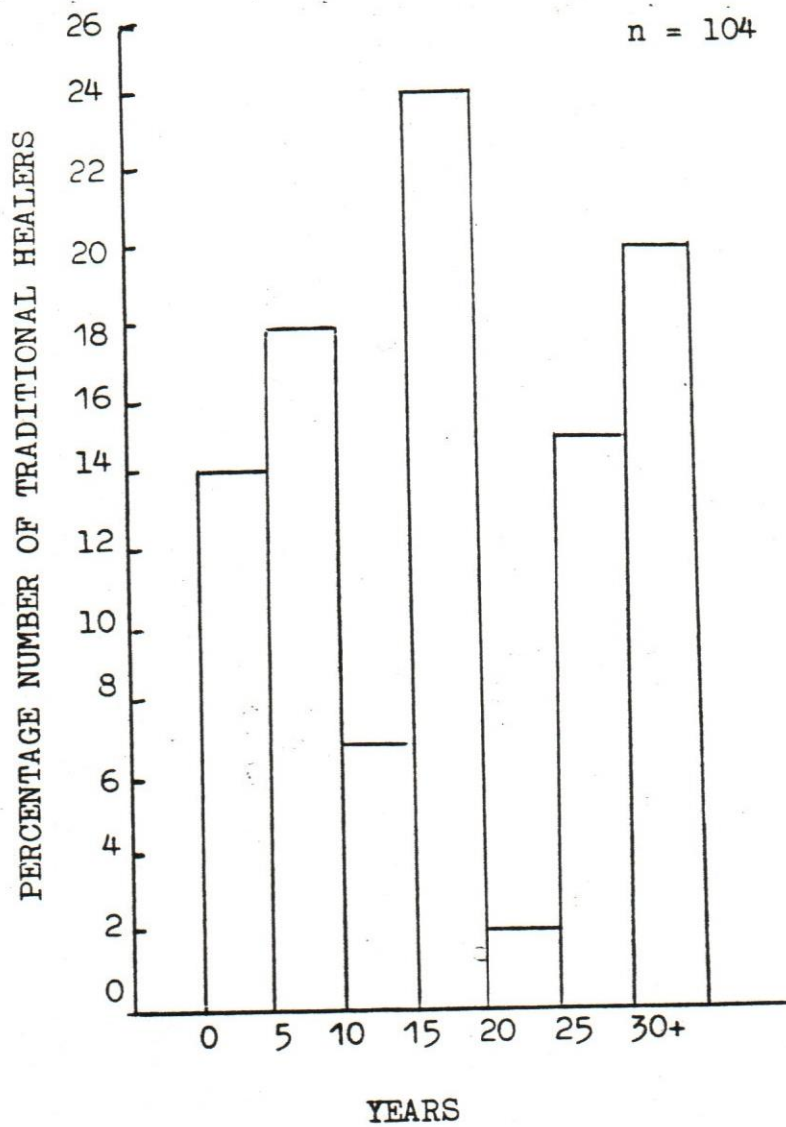
GRAPH V: SOURCE OF KNOWLEDGE AND SKILLS ON TRADITIONAL MEDICINE



From the graph the majority of the traditional healers had undergone periods of apprenticeship with their elder relatives, namely mothers fathers, step mothers, grandfathers, grandmothers to acquire their skills. A small percentage (4%) indicated that they had received only verbal instructions from neighbours , friends.

A dentist was one of the 5% who mentioned that their source of knowledge and skills was through personal experiences gained during self medication.

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



The shortest period was one year while the longest was 52 years. From graph VI it is observed that the majority (24%) had been in practice for 15 to 20 years.

OTHER MAJOR ECONOMIC OCCUPATIONS ON TRADITIONAL HEALERS

OCCUPATION	RESPONSES (%)
Herbalist only	3
Peasant Farming	80
Mason, Carpenter, Labourer	3
Security Guard	3
Teacher	1
Trader	1
Miller	1
Local Alcohol Brewer	1
Market Master	1
Hotel Keeper	1
No response	2
TOTAL	100

The table above indicated that the majority of the Traditional Healers (80%) were peasant farmers. It was noted that some (3%) of the traditional healers depended solely on Traditional medical practice.

MEMBERSHIP TO ANY TRADITIONAL HEALERS ASSOCIATIONS

Only 3% of the Traditional healers indicated that they belonged to an Association of Traditional Healers. The rest (97%) did not belong to any Association.

The different Traditional Healers Association mentioned were:

- (i) Uganda ne Ddagale Lyayo Womens and Mens Cultural Association.
- ii) Traditional Birth Attendants (Biriiny)

The team discovered that one traditional Healer had forged a certificate to enable him operate without harassment.

REASONS FOR FAILURE TO JOIN ANY TRADITIONAL HEALERS ASSOCIATION

- (i) There are no such "Associations in the area
- (ii) No one has introduced the idea of forming an association.
- iii) There is total ignorance about the possibilities of forming Associations of Traditional Healers.
- iv) Lack of Communication due to scattered and sparse population.
- v) Lack of organization amongst the Traditional Healers.
- vi) An Association may be used to manipulate the Traditional Healers to promote unethical procedures.

RESPONSE TO FORMATION OF NATIONAL ASSOCIATION OF TRADITIONAL HEALERS

99% of the traditional healers responded positively and welcomed the proposal 1% responded negatively because they consider that Uganda neDdagala Lyayo is already a National Association of Traditional Healers.

REASONS GIVEN IN FAVOUR OF FORMATION OF THE PROPOSED NATIONAL ASSOCIATION

The following were reasons given in favour of the formation of the proposed national Association of Traditional Healers.

- i) It would unite the Traditional Healers
- ii) it would improve the standard of preparation of drugs used for treatment and enhance the standard of performance of the traditional healers.
- iii) It would ensure that traditional healers give drugs that are efficacious .
- iv) The Traditional Healers would have an opportunity to treat patients beyond their usual communities.
- v) It would promote the chance of treating an increased number of patients.
- vi) The Government would have an opportunity to appreciate them and subsequently recognise them.

- vii) It would assist to expose the genuine good talents
- viii) Traditional Healers would get a forum for the exchange of ideas knowledge and information.
- vix) The government would use the Association to solve the problems facing Traditional Healers.
- vix) Referral of patients amongst the Traditional Healers would be possible.
- x) A National Association would be financially viable instead of the existing fragmented Associations.
- xi) It would encourage research in Traditional Medicine.
- xii) Each Traditional Healer has a part to play
- xiii) To weed out quack traditional Healers

REASONS GIVEN AGAINST FORMATION OF THE PROPOSED NATIONAL ASSOCIATION OF TRADITIONAL HEALERS.

There is already a National Association of Traditional Healers ie the Uganda ne Ddagala Iyeyo Women and mens Cultural Association.

PROBLEMS REQUIRING ATTENTION

The Traditional Healers mention the following problems which face them:

1. Lack Transport to collect patients and herbs
2. Lack of field implements as lives pages gumboots etc used for gathering herb from the bush.
3. Heressment by some local authorities mainly for payment of high taxes.
4. Lack of decent accommodation for patients due to expensive building materials.

GLOSSARY OF MEDICAL AND OTHER TECHNICAL TERMS

- ABSCESS:** Localised collection of pus in the body.
- AIDS:** Acquired Immune Deficiency Syndrome/Slim disease.
- ANAEMIA:** A condition in which the blood is deficient either in quantity or quality.
- ANORECTAL**
- PROLAPSE:** Protrusion of the anus and rectum.
- ANTENATAL:** Occuring or existing before birth.
- ARTHRALGIAL:** Pain affecting a joint.
- ASCARIASIS:** The state of being infested with round worms called ascaris.
- BRONCHIAL**
- ASTHMA:** A disease characterised by acute recurring attacks of cough, difficulty in breathing with wheezing, and a feeling of the chest being squeezed.
- CONCOCTION:** A preparation containing more than one (usually several) ingredients.
- DECOCTION:** A liquid dosage obtained by boiling one medicinal vegetable substance in water.
- DERMATOSIS:** Skin disease.
- DIARRHOEA:** Abnormal frequency and looseness of stooling.
- DISLOCATION:** The displacement of a bone from a joint.
- DYSENTRY:** A name given to a number of conditions that have the following characteristics: Inflammation of the intestines, frequent stooling with faeces containing blood and mucous.
- DYSMENORRHOEA:** Painfull menstruation.
- DYSPEPSIA:** Indigestion due to impairment of the digestive functions.
- EPILEPSY:** A disorder of the brain characterised by recurring convulsions with or without loss of consciousness.
- FEBRILE**
- CONVULSIONS:** Convulsions in children as a result of high fever.

- FEVER:** Elevation of the body temperature above the normal.
- FONTANELLE:** A membranous space between the skull bones in foetal life and infancy.
- FRACTURE:** A break in a bone.
- FUNCTIONAL:**
- PSYCHOSIS:** A term used to describe any major form of mental disorder which has not occurred as a result of a physical disease any where in the body.
- GENITAL:** Of or pertaining to the organs of reproduction.
- GONORRHEA:** Infection of the urethra or cervix by germs called gonococci. The condition is marked by discharge of pus from the penis or through the vagina and 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.
- HEMIPLEGIA:** Paralysis of one side of the body.
- INFERTILITY**
- IN WOMEN:** An involuntary reduction in the reproduction ability of women.
- INFLUENZA:** A common cold. The word is shortened to flu.
- JANUNDICE:** 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 bile substance called bilirubin.
- LEPROSY:** An infectious disease due to invasion of the nerves by germs called Mycobacterium lepre.
- LYMPHOEDEMA:** Oedema due to blockage of lymph vessels.
- MALARIA:** An infectious disease characterised by fever, chills, sweating, headache etc. The disease is caused by a very tiny parasite known as Plasmodium which is transmitted by mosquito bite.
- MEASLES:** An acute infectious viral disease characterised by a fine rash and by inflammation of the conjunctiva and the air passages.

- MENINGITIS:** Inflammation of the membranes of the brain and the spinal cord.
- MIGRAINE:** Recurrent vascular headache varied in intensity, frequency and durations; commonly unilateral and often associated with nausea and vomiting.
- PALPITATION:** A heart action that produces a disagreeable awareness in the patient.
- PEPTIC ULCER:** An ulcer situated on the inner surface of either the oesophagus, stomach or duodenum. The ulcer is usually caused by action of an acid juice secreted by the stomach.
- POST-PARTUM
HEAMORRHAGE:** Abnormal bleeding from the uterus, within 24 hours of childbirth.
- POULTICE:** A soft semi-liquid preparation for application on the skin.
- RETAINED
PLACENTA:** A placenta not expelled by the uterus after labour.
- RHINITIS:** Inflammation of the nasal mucous membranes.
- SCABIES:** An infectious disorder of the skin characterised by a rash and intense itching which occurs mostly at night. It is caused by a mite called Sarcoptes Scabiei.
- SEXUAL ASTHENIA:** Sexual impotence.
- SYPHILIS:** A Sexual transmitted disease caused by small germs called Treponema pallidum.
- 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.
- TOOTHACHE:** Any pain in or about a tooth.
- TORTICOLLIS:** Wry neck: Deformation of the neck due to contraction of the neck muscles.

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

URTICARIA: A skin condition characterised by itching hives or a nettle rash that generally lasts for not more than two days.

