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MINISTRY OF HEALTH

NATURAL CHEMOTHERAPEUTICS RESEARCH LABORATORY

ETHNOMEDICINE IN UGANDA

PART FIFTEEN

ETHNOBOTANICAL AND TRADITIONAL HEALERS SURVEY

OF MBARARA DISTRICT

12TH - 27TH JANUARY, 1994

BY

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TABLE OF CONTENTS

		PAGE
1.	ACKNOWLEDGEMENTS:.....	2
2.	CHAPTER ONE:	
	Introduction.....	4
	Aims of the Mission.....	6
	Geographical Background of Mbarara District.....	6
	Health Facilities.....	7
	Itinerary.....	8
3.	CHAPTER TWO:	
	Methodology.....	11
	Results.....	11
	Summary of the Activities of the Mission.....	13
	List of Officials who assisted in the Survey.....	18
	List of Traditional Healers and their Addresses.....	21
	List of Plants which were identified.....	37
	List of Plants Partially Identified.....	42
	List of Plants without sufficient Characteristics for Identification.....	44
	List of Plants still awaiting Identification.....	45
	List of Plants Mentioned but not Submitted.....	46
	List of non-vegetable substances used for Treatment.....	57
4.	CHAPTER THREE:	
	Common Illnesses and their Treatment.....	58
5.	CHAPTER FOUR:	
	Analysis and Discussion of Responses to Questionnaire on Traditional Healers.....	154
	Problems Requiring Attention.....	165
6.	GLOSSARY OF MEDICAL AND TECHNICAL TERMS:.....	167

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Many thanks go to the Mbarara District Administration, Health personnel, County and Sub-county chiefs and the Executives of the Resistance Council at all levels, who in various ways rendered services to the Team while in Mbarara, and gave a go-ahead to the whole exercise. In particular, the authors would like to extend their gratitude to the District Medical Officer, Dr. P. Byaruhanga; the Executive Officer Mr. Oswald Mwesigye and the Community Development Assistant Mr. J. Mbwebesa who mobilised the Traditional Healers and accompanied the Team throughout the Survey. Special thanks also go to the District Administrator, Mbarara Mr. Sikubwabo Kyeyune for his words of advice and encouragement.

Last, but not least, the Team would like to thank all the Traditional Healers who willingly made their medical knowledge available to the Team.

CHAPTER ONE

1.0: INTRODUCTION:

This is a report made by a multi-disciplinary team which undertook an ethnomedico-botanical Research Survey in Mbarara District (Uganda) from 12th to 27th January, 1994. The Team consisted of five Scientists and three Technical Assistants, based at the Natural Chemotherapeutics Research Laboratory (Ministry of Health).

This report is the fifteenth 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 Traditional Healers on the efficacy of medicinal plants, other natural substances and certain other methods in the treatment of various diseases."

It is hoped that these surveys will enable the Laboratory to interact with Traditional Healers to gather the necessary information which will form the basis for experimental research and for implementing the recommendations made by the Health Review Commission (1987) connected with Traditional Medicine in Uganda. The Recommendations are 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:-

To survey Traditional Healers in Mbarara District with the aim of:-

- (i) Identifying and registering them,
- (ii) Having dialogue with Traditional Healers concerning their practice, experiences and problems,
- (iii) Collecting information from the Traditional Healers concerning ethnomedical practice in the area, particularly to locate, collect and identify medicinal plants in the District,
- (iv) Collecting their views on the need for the formation of a National Association of Traditional Healers in Uganda.

1.2: GEOGRAPHICAL BACKGROUND OF MBARARA DISTRICT:

Mbarara District (shown on Map.I) is an administrative unit which formerly was part of Ankole District. It covers an area of approximately 10,000 sq.km., with a population of 798,774 people. It borders with Kabarole District in the North, Masaka District in the North East, Rakai District in the East, Ntungamo District in the South West, Bushenyi District in the West and the Republic of Tanzania and Rwanda in the South. It is composed of seven Counties, namely Rwampara, Isingiro, Bukanga, Kashari, Ibanda, Kazo, Nyabushozi, all with a total of 37 sub-counties, apart from the municipality. The main towns are Mbarara and Ibanda.

Mbarara District lies at an altitude 130 to 1530m above sea level with temperatures averaging 25° to 27°C. and rainfall reaching up to 1200mm. per annum in some areas. The land has a dominance of Acacia Combretum Savanna land on rolling hills interspersed with valleys and swamps.

The economic activities are mainly agricultural, with emphasis on:

- (i) Food crops - beans, sorghum, finger millet, maize, cassava, sweet potatoes, irish potatoes, ground nuts, bananas, and field peas.
- (ii) Cash crops - Coffee.
- (iii) Fruits and vegetables - passion fruits, tomatoes, onions and cabbages.
- (iv) Ranching and dairy farming.

1.3: HEALTH FACILITIES:

Information available from Mbarara District Health Office indicated that there were four hospitals of which two (Mbarara and Itojo) are Government owned and the other two (Ibanda and Rushere) are non-Governmental. There are five Health Centres; four Delivery maternity units; thirty-two Sub-dispensaries; one NGO dispensary; one Government Nutrition Unit, and fifteen Vaccination centres.

1.4: ITINERARY:

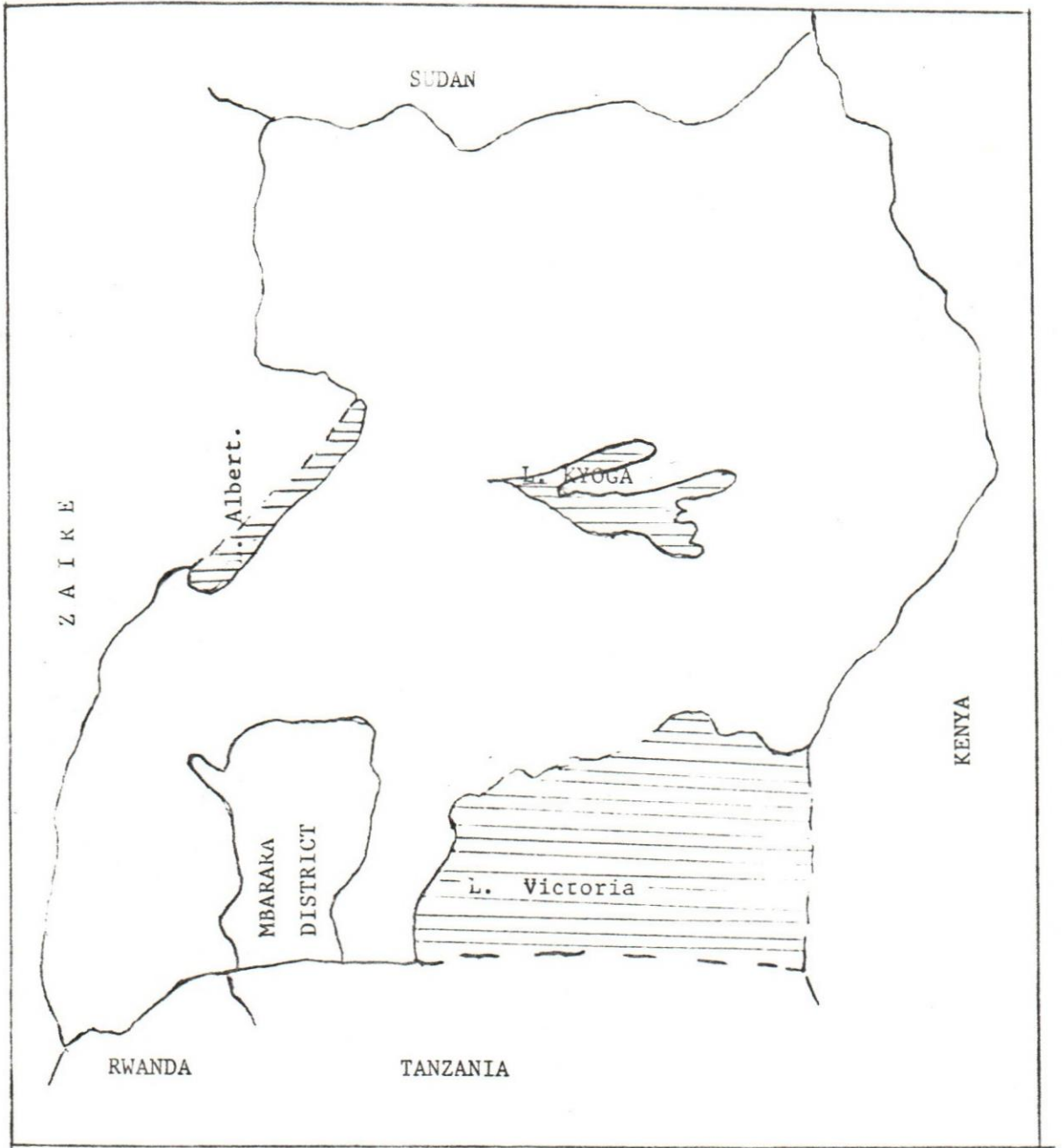
The Itinerary shown in Table I was agreed upon with officials of Mbarara District Administration before the Team arrived:

DATE	TIME	SUB-COUNTY	MEETING VENUE
13.1.94	10.00 a.m.	Itojo Ndaija	Ndaija Sub-County Headquarters
13.1.94	10.00 a.m.	Rugando Nyakayojo	Kinoni Health Centre
15.1.94	10.00 a.m.	Kibingo Kikagati Kabuyanda	Mbarara Delivery Maternity Unit Kikagati Sub-Dispensary Kabuyanda Sub-Dispensary
16.1.94	10.00 a.m.	Birere Nyakitunda	Birere Sub-County Headquarters Nyakitunda Sub-Dispensary
17.1.94	10.00 a.m.	Ngarama Rugaaga	Ngarama Sub-Dispensary Rugaaga Sub-Dispensary
18.1.94	10.00 a.m.	Kashumba Endinzi	Nakivale Health Centre Endinzi Sub-County Headquarters
19.1.94	10.00 a.m.	Rubaya Kashara	Rubaya Sub-Dispensary Kashara Sub-County Headquarters
20.1.94	10.00 a.m.	Rwanyamahembe Rubindi	Bwizibwera Health Centre Rubindi Sub-Dispensary
21.1.94	10.00 a.m.	Kakiika Bubare	Kakiika Sub-County Headquarters Bubare Sub-Dispensary

ITINERARY (Cont.)

DATE	TIME	SUB-COUNTY	MEETING VENUE
22.1.94	10.00 a.m.	Bisheshe	Ibanda County Headquarters
		Nyabuhikye	
		Kicence	Ibanda Health Centre
		Rukiri	
		Ishongororo	Kiburara Sub-Dispensary
21.1.94	10.00 a.m.	Kazo	Kazo Sub-Dispensary
		Kanoni	Kanoni Sub-Dispensary
24.1.94	10.00 a.m.	Burunga	Burunga Sub-Dispensary
		Burembo	Burembo Sub-Dispensary
25.1.94	10.00 a.m.	Kenshunga	Kiruhura Delivery Medical Unit
		Kinoni	Kinoni Sub-Dispensary
26.1.94	10.00 a.m.	Kikotsi	Kikotsi Sub-County Headquarters
		Kanyaryeru	Kanyaryeru Sub-Dispensary
27.1.94	9.00 a.m.	Kakoba)	Municipality: Kakyeka Stadium
		Kamukuzi)	
Nyamtanga)			
	12.00 Noon	Nyakisharara	Nyakisharara Sub-County Headquarters

MAP I. SKETCH MAP OF UGANDA SHOWING LOCATION OF MBARARA DISTRICT.



CHAPTER TWO

2.0: METHODOLOGY:

The Team was based at Mbarara town during the first half of the mission and at Ibanda sub-District Headquarters during the second half. Each morning the Team left their base and split into two or three groups according to the number of locations to be visited. Each group met the Traditional Healers/Informants at their sub-county headquarters or Health Unit, as previously arranged, and returned each evening to review the day's work and plan for the following day.

At the Sub-County headquarters/Health Unit the Team was introduced to the Traditional Healers by the Executive Officer Mr. O. Mwesigye or the Community Development Assistant Mr. J.Mwebesa who accompanied the Team throughout the Survey. The leader of the group then briefed the Traditional Healers about the aims of the mission and explained the questionnaire to them, then invited questions from the Traditional Healers and the answers were given. Then each Traditional Healer was interviewed individually according to the questionnaire. The responses given were recorded on the information sheets. Samples of medicinal plants submitted by the Traditional healers were collected, properly pressed and where possible they were identified on the spot. The rest were dried and identified at the laboratory.

2.1: RESULTS:

Table II shows the daily activities of the Team during the Survey of Mbarara District.

Map 2 shows the places visited during the Survey.

Table III shows a list of officials who assisted the Team during the survey.

Table IV gives the names, ages and locational addresses of all the Traditional Healers who were interviewed.

Table V gives an alphabetical list of plants in the local languages with their corresponding scientific names which were submitted by the Traditional Healers and were identified by the Team.

Table VI gives a list of plants which were partially identified.

Table VII gives a list of plants which are still awaiting identification.

Table VIII gives a list of plants which were submitted by the Traditional Healers but did not have sufficient characteristics for identification.

Table IX gives a list of plants which were mentioned by the Traditional Healers but the samples were not submitted.

Table X gives a list of non-vegetable substances which were mentioned by the Traditional Healers as being used in the treatment of some illnesses.

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

Lastly, Chapter Four gives the analysis of the responses to the questionnaire on the characteristics of the Traditional Healers.

TABLE II : SUMMARY OF THE DAILY ACTIVITIES OF THE MISSION:

<u>DATE</u>	<u>ACTIVITY</u>	<u>LOCATION</u>	<u>NO. OF THs INTERVIEWED</u>	<u>COMMENT</u>
12.1.94	Departure from Kampala to Mbarara 2.30 p.m.	-	-	Arrive in Mbarara safely at 6.00 p.m.
13.1.94	Reported to the District Administration offices followed by field work.	Ndeija Kinoni	21 11	Good response and attendance
14.1.94	Field Work	Bugamba Mwizi	25 8	Satisfactory turn-up and work
15.1.94	Field Work	Mabona Kikagati Kabuyanda	10 3 15	Satisfactory work, except at Kikagati where THs were reported busy harvesting
16.1.94	Field Work	Birere Nyakitunda	0 21	No THs were met at Birere. Interview was referred to following day. Good day's work and good turn-up at Nyakitunda
17.1.94	Field Work	Birere Ngarama Rugaaga	15 42 26	Very good turn-up and good day's work.
18.1.94	Field Work	Nakivale Endinzi	2 16	Poor turn-up at Nakivale due to poor mobilisation.

TABLE II (Cont.)

DATE	ACTIVITY	LOCATION	NO.OF THs INTER- VIEWED	COMMENT
18.1.94	(cont.)			Satisfactory turn-up at Endinzi. The vehicle hit a water pipe and was badly affected although it reached Mbarara.
19.1.94	Took vehicle to garage for repair whole morning. Field Work in the afternoon.	Rubaya Kashare	0 6	The Team was informed that the low turn-up was attributed to the dissatisfaction THs had received when the Team failed to visit them in December.
0.1.94	Field work	Bwizibwera Rubindi Kashongyi	15 10 19	Good turn-up and day's work
21.1.94	Field work	Kakiika Bubaare	2 3	Very poor turn-up due to poor mobilisation, though those responsible had received the information.
22.1.94	Field Work	Ibanda Ruhoko Kiburara ✓	16 11 10	Satisfactory response

TABLE II (Cont.)

DATE	ACTIVITY	LOCATION	NO.OF THs INTERVIEWED	COMMENT
23.1.94	Field Work	Kazo Kanoni	8 15	Fair turn-up. The THs at Kanoni were at first reluctant to meet the Team, suspecting them to be agents of Uganda N'Edagala Lyayo who had come to collect more money from them.
24.1.94	Field work	Burembe Burunga	2 -	Very poor response at Buremba. Burunga was not visited because the Team could not risk going there after a tyre puncture, and without a spare tyre.
25.1.94	Field Work in the morning. Return to Mbarara in afternoon	Kiburara Kinoni	10 9	Fair response. Tyre had another puncture, but the Team luckily managed to return to Mbarara.

26.1.94 Kikatsi and Kanyaryeru were not visited by the Team due to lack of of transport. The driver travelled to Kampala to collect tyres.

TABLE II (Cont.)

27.1.94 The Team reported at Kakyeka stadium but were unable to work there because there was a function being attended by H.E.The President of Uganda.

The two members of the Team travelled to Sanga by public means but found no THs although information had been received.

The whole Team travelled back to Kampala later in the afternoon after replacement of the tyres.



MAP 2. SKETH MAP OF MBARARA DISTRICT SHOWING THE ROUTES AND LOCATIONS VISITED DURING THE SURVEY.

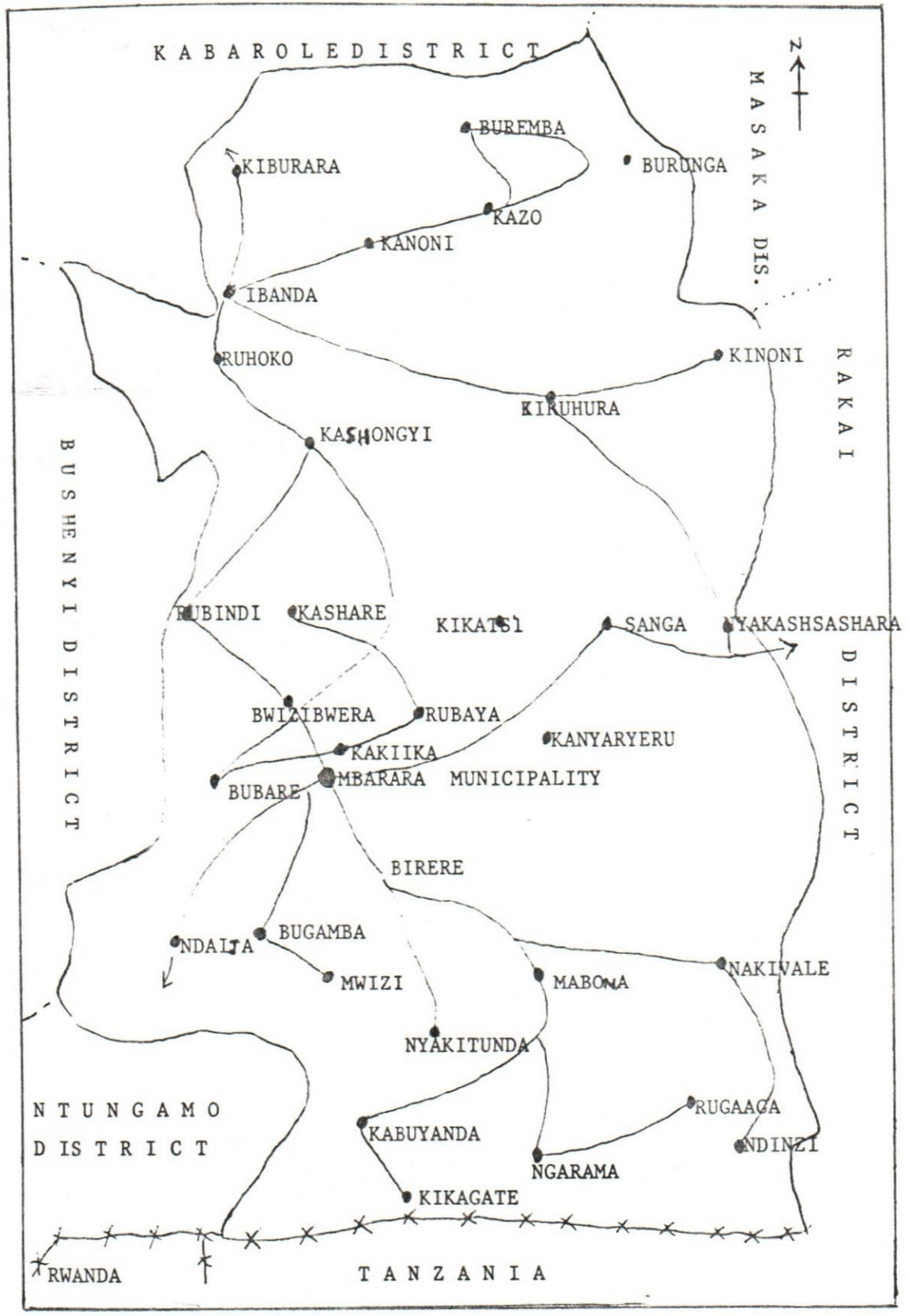


TABLE III : ALPHABETICAL LIST OF OFFICIALS MET DURING THE SURVEY:

1.	Miss Ashaba Beth	Nursing Aide, Burembe Sub-Dispensary
2.	Mr. Bakihinduka John	Sub-County Chief, Kashare
3.	Mr. Bararemwe J. Bosco	Ag. Parish Chief, Bufunda Parish, Ibanda
4.	Mr. Barungi Alfred	Medical Assistant, in charge Kiruhura Maternity Unit
5.	Miss Biriomugisha Beatrice	Nursing Aide, Bugamba Sub-Dispensary
6.	Mr. Busingye Bonnie	Senior Nurse, Rubindo Dispensary
7.	Mr. Busingye Sam	Parish Chief, Rugarama, Bubare Sub-County
8.	Mr. Byomugisha J.	Medical Assistant, Kiburara Su-Dispensary
9.	Dr. Byaruhanga P.	District Medical Officer, Mbarara
10.	Mr. Gahigana E.	Medical Assistant in charge, Nakivale
11.	Miss Jacenta Night	Nursing Aide Ngarama Sub-Dispensary
12.	Miss Kobusingye	Nursing Aide Kabuyanda Dispensary
13.	Miss Kaliisa Milly	Nursing Aide Kiburara Sub-Dispensary
14.	Mr. Kapeera Godfrey	Sub-County Chief Kashongyi
15.	Mr. Kalemberu Claude	Medical Assistant in charge, Rugaaga
16.	Mr. Karyahwari D.	Dresser, Kinoni Sub-Dispensary
17.	Mr. Kashunta Godfrey	Tuberculosis & Leprosy Assistant, Ruhoko Health Centre
18.	Mr. Katende Dustan	Nursing Aide Bugamba Sub-Dispensary
19.	Mr. Katunda Goddard	Court Prosecutor, Katwe County Headquarters, Ibanda
20.	Mr. Kawooya Mohamedi	RC III Member, Rugaaga

TABLE III (Cont.)

21.	Ms Kyarisiima Keren	Nursing Aide in charge Kikagate Sub-Dispensary
22.	Mr. Mazima Remy	Enroled Nurse Buremba Sub-Dispensary
23.	Mrs Mbekaize E.	Midwife, Mabona Local Medical Unit
24.	Mr.Mboya D.K.	Chairman, Traditional Healers Rubindi
25.	Miss Mirembe Z.	Ngarama Sub-Dispensary
26.	Mr.Mukasa Tinnako Salongo	General Secretary RC V
27.	Mr.Mukiga G.W.	RC III Member Birere
28.	Mrs Mukiibi	Nursing Aide Kinoni Sub-Dispensary
29.	Mr.Mukiibi W.	Senior Dresser in charge Kinoni Sub-Dispensary
30.	Mr. Mumanye Abias	Clerical Officer, Bubaare Sub-County
31.	Mr.Murumba Patrick	Health Orderly Burere
32.	Miss Misabe Joy	Enroled Nurse in charge Kanoni Sub-Dispensary
33.	Mrs Musika Joy	Midwife in charge Kashyongyi
34.	Rev.Mutaahi A.R.	Ndeiija Rwampara
35.	Mr.Mutabaazi Julius	Sub-County Chief, Kenshunga
36.	Mr. Mwebesa J.	Community Development Assistant
37.	Mr. Mwesigye O.	Executive Officer, District Medical Officer's Office
38.	Mr.Mwesigye-Rwakityokori John Bosco	Dresser in charge, Ndeiije Sub-Dispensary

TABLE III (Contd.)

39.	Mr. Mwoyezi Nathan	Medical Assistant in charge Bwizibwera
40.	Miss Nakausi Fausta	Medical Assistant, Kazo Sub-Dispensary
41.	Miss Nduhukire Joy	Nursing Aide Bugamba Sub-Dispensary
42.	Mr. Rugundana Stephen	Ngarama Sub-Dispensary
43.	Mr. Rutandaro	Assistant Health Visitor, Mwizi Sub-Dispensary
44.	Mr. Rwabununga	Medical Assistant in charge Kinoni Health Centre
45.	Mr. Sabiti A.K.	Sub-County Chief, Kikagati
46.	Mr. Sikubwabo Kyeyune	Central Government Representative, Mbarara District
47.	Miss Tibaaga Alice	Enroled Nurse Rubaya
48.	Miss Rumuramyé Lydia	Enroled Nurse Bugamba Sub-Dispensary
49.	Mr. Tumusiime Godfrey	Sub-County Chief, Endinzi
50.	Mr. Tumusingize Midred	Nursing Aide Buremba Sub-Dispensary
51.	Miss Tumwesigye Gorreti	Enroled Midwife Nyakitunda
52.	Miss Tumwine Jesicca	Nursing Aide Kiburara Sub-Dispensary
53.	Miss Turinawe Regina	Enroled Nurse in charge Rubindi Dispensary
54.	Mr. Tusiime Nathan	Sub-County Chief, Birere.

TABLE IV : LIST OF TRADITIONAL HEALERS INTERVIEWED IN MBARARA DISTRICT
AND THEIR AGE AND LOCATIONAL ADDRESS:

ITOJO SUB-COUNTY			
NO.	NAME	AGE	ADDRESS
1.	Arindiriza Constance	50	Bukora
2.	Nkabarema Abdu	27	Nyakakiri
NDEIJA SUB-COUNTY			
3.	Bagooka Gauabutto Yazzi D.	35	Kyangaragwa
4.	Baguma Sireteyoza	50	Kibere/Kanyatura
5.	Bamwesigye Frank	32	Kyehunda
6.	Bukabeeba Yosam	53	Kashuro
7.	Byamugisha Yosam	31	"
8.	Kabukyire Scola	35	Rutome
9.	Kaitumba Nzerena	50	Kibuba
10.	Karukubiro Edinanie	48	Kibare
11.	Katesigirwe	65	Kibuba
12.	Katungwa Kellen	32	Buhanama
13.	Kembuba Mugumya Alice	35	Rwabajojo
14.	Kenyangi A.	54	Nyaratuntu
15.	Kwatampora E.	40	Rukeno
16.	Mugarura Edson	38	Bujaga "B"
17.	Mugerwa Richard	38	Nyakazinga
18.	Mutaahi A.R.Rev.	81	Rwamanya
19.	Nyakwangwa Verunila	72	Nyabishekye
20.	Rweminyeto Fred	22	Kabwohe/Kibingo

TABLE IV (Cont)

NO.	NAME	AGE	ADDRESS
21.	Tebandeba Jovans	36	Buhanama
RUGANDO SUB-COUNTY			
22.	Barugahare Alice	34	Bugali/Kinoni
23.	Begumisha Evazolina	50	Rugando
24.	Katebarirwe Sikondina	45	Nyakaguruka
25.	Kimunyu Tofasi	87	Kihoonzi-Kinoni
26.	Kizebere Fuzesia	50	Nyakaguruka
27.	Kizza Yudesi	60	Buhihi
28.	Nsemerirwe Zipola	22	Kinoni
29.	Nyamarungu Kezia	55	Nyakaguruka
30.	Nyehumbiize L.M.S.	37	Nyakarongo
31.	Rukakare Beatrice	35	Bushenyi
NYAKAYOJO SUB-COUNTY			
32.	Ndyanabo Tereza (Mrs)	56	Nyakayojo/Katojo
BUGAMBA SUB-COUNTY			
33.	Akantatsya E.	78	Bugamba/Kabarama
34.	Beinomugisha Beatrice	24	Bugamba/Bugamba
35.	Benyamina Nasani	48	" /Rwemisha
36.	Kabegabire Mbabazi Norah	36	" /Rweibogo II
37.	Kabogoza Kwatiraho	40	" /Kanyangongi
38.	Kabusimbi Theresa	43	" /Kikukuru

TABLE IV (Cont.)

NO.	NAME	AGE	ADDRESS
KABINGO SUB-COUNTY			
66.	Bagiraetima Rovina	46	Rwabashandura
67.	Busigare Bonefance	61	Isingiro
68.	Kabanyete Annamaria	38	Rwabashandura
69.	Matsiko Vangelista	39	Isingiro
70.	Mukarubanga Maria Rwiza	46	Rwobusandwa
71.	Niweabine Nalongo Denavesi (Mrs)	32	Isingiro
72.	Btunu Yozefina	70	Isingiro
73.	Nyakato Bonny	40	Isingiro
74.	Nyanjara Jeniva	46	Rwabashandwa
KIKAGATE SUB-COUNTY			
76.	Karani Yonasani	79	Nyakayojo
77.	Katatubuka Ibrahimhaji	60	Kikagate
78.	Sabiti Amos	45	Nyakayojo
KABUYANDA SUB-COUNTY			
79.	Amiri Muhammed	70	Kabuyanda
80.	Baryamushaki Jacenta	33	Kigabagabo/Kigabagaba
81.	Bisagwira James	51	Kitsyoro/Kabuyanda
82.	Gangwa Enyima	78	Iryango/Rwembwera
83.	Kalegisa Grace	60	Kigabagaba/Kigabagaba
84.	Katuhwa Francise	62	Kitsyoro/Ndani
85.	Kikamureta Jackson	61	Kitsyoro/Kabuyanda
86.	Komupakasi Mary	48	" "
87.	Kwatirho Cokonerio	54	Ntundu/Kitesa
88.	Kyambu R. Jackson	42	" /Nyarubungo
89.	Mugarura John	56	Kyamusoni/Ryabona

TABLE IV (Cont.)

NO.	NAME	AGE	ADDRESS
90.	Muzumuha Ben	38	Kisyoro/Kamwoshya
91.	Ndanda Malia Specioza	60	Kigabagaba/Kigabagaba
92.	Nshemekirwe Maria	78	Kitsyoro/Karwenyi
93.	Senga Annet	23	Kanywames/Kagota Part I

BIRERE SUB-COUNTY

94.	Banganiza Diminteria	40	Kikokwa/Birire
95.	Baryaho Seforoza	50	Nyamuyaja/Izungangoma
96.	Biddo Buman	60	Kisuro/Kisuro
97.	Bukenya Mukasa Moses	31	Kabaare/Kabaare T/C
98.	Kajjubi Abdunuru	54	bukuba/Nyakakoni
99.	Kamandoka Rose	54	Rwenzingiro/Nyamwirima
100.	Karingiri Sederas	60	Kikokwa
101.	Kendere Meraby	60	"
102.	Kenguto Merabu	41	"
103.	Korunagano Gogina	70	"
104.	Kyarore Abudala	42	" /Mikonoigana
105.	Mwebesa Rwamango	24	Nyamuyaja/Kihwa
106.	Nabale Haji Edirisa	63	Kikokwa/Birere
107.	Rutobera Bernad	43	Nyamuyaja/Kihwa
108.	Rwandanga Peter	84	Kashana/Kahenda Cell II

NYAKITUNDA SUB-COUNTY

109.	Barikake Yakobo	70	Kihimba
110.	Basiga Bonefansi	55	Nyaruhanga
111.	Batoreine Sebasitiano	40	Omukihimba
112.	Bakwatanisa Mary	35	Kewa II
113.	Busingye Dina	40	Nyakahandagazi
114.	Hamugasho Maria Magadalen	70	Rumira
115.	Kachetero Yowana	60	Mukihimba
116.	Kafibacana paulina	79	

TABLE IV (Cont.)

NO.	NAME	AGE	ADDRESS
117.	Kaijarubi	67	Omunonko
118.	Kakaba Kellen (Mrs)	35	Ishingiza
119.	Kasisi Bonefansi	80	Bugongyi
120.	Kato William	41	Omunonko
121.	Kitaranzia Leodia	80	Myakitunda
122.	Kyenderisire Cecilia	80	Kamiranjegere
123.	Mwijuka G.	30	Omukihimba
124.	Owembabazi Edinansi	52	Omukanara
125.	Ruhayana Paul	53	Omukihimba
126.	Rutooto Yowana	70	Nyakarambi
127.	Tekaribura Zerida	52	Bugongi
128.	Tindamanya Paulinali	33	Kamiranjogera I
129.	Twimobusingye	30	Shingisha

NGARAMA SUB-COUNTY

130.	Bahendwa Farazia	65	Nyanongo
131.	Bankobeza Manjeri	50	"
132.	Barizuka Furugensia	42	Rugorogoro
133.	Bibangamba George	82	Nyanongo
134.	Bonabona	47	"
135.	Byampi Godfrey	44	"
136.	Fabagira Lucia	53	"
137.	Gatunda Yudesi	75	Kakarakara
138.	Kamondo Alice	43	Rwanyamugali
139.	Kasande Kezia	60	Ruhira
140.	Kenene Nzerena	45	Kibengo
141.	Kenyangi Harriet	24	Bushenyi
142.	Kiiza Patrick	51	Kigando
143.	Kimbareba Brandina	72	Iruhira
144.	Kishunju Edward	57	Kyajungu Cell
145.	Kobusingye Justina	30	Kigando
146.	Komwaka Gorreti	40	Kiabaganga

TABLE IV (Cont.)

NO.	NAME	AGE	ADDRESS
147.	Kyenabwine Peragio	54	Rwebaganga
148.	Kyendemanya Veronica	80	Ruhika
149.	Kyomugisha Joy	41	Bushenyi
150.	Mirembe Geoffrey	25	Rukandu
151.	Mukabahamya Janeti	46	Kimuli
152.	Mukabajungu Esteri	70	Kabale T.C.
153.	Muranzi Evekyn	64	Kigando
154.	Mwoyo Federesi (Mrs)	50	Kiguri
155.	Nabukalu Margaret	40	Kibengo I
156.	Nakyanzi Herena	45	Kimuri
157.	Namutebi Sarah	50	Kakarekare
158.	Ndagano Helena	60	Katungamu
159.	Ngaya Constansis	41	Kimuli
160.	Nyakato Robinoh	61	Kimuri
161.	Nyamicho Eruvaida	70	Kimuli
162.	Nyinakarara	57	"
163.	Rukundo Gorgina	40	Kimuri
164.	Siringi Nzera	55	Ngarama
165.	Tebanagwa Rosa	35	Kibengo II
166.	Tibamanya Gespari	44	"
167.	Tibategeza Jaylesi	66	Kabale T.C.
168.	Tiruhungwa Ernesti	74	Kibengo
169.	Tumweshumbire Wilson	33	Kyamburara
170.	Tumwesigye Poliye	23	Bushenyi
171.	Tungiraho Maria Gertu	41	Kabale

RUGAAGA SUB-COUNTY

172.	Bataaba Augustine	70	Kibere
173.	Bezire Yunia	80	Rugaaga
174.	Bugerere Jane	60	Kemengo
175.	Karungi Giradece	49	Rwankakira

TABLE IV (Cont.)

NO.	NAME	AGE	ADDRESS
176.	Katatumba Violet	70	Kideba
177.	Katushabe Jastine	18	Ruhanga
178.	Kyabaishiki Rovina	45	Kyarurangira
179.	Kyomuhangi Nuriat	40	Bugankakira
180.	Kyosimire Mara	35	Kabare
181.	Lule Mary	49	Rugaba
182.	Makissima Beiro (Mrs)	54	Omurubare
183.	Mubiru Ibrahim	46	Mango
184.	Mukasa Benadi	46	Karinzi
185.	Mushaija Alex	17	Kamengo
186.	Mwerinde Maria	60	Kyaruhambura
187.	Nagayi Idah	42	Bugakakire
188.	Nakalanzi Beatrice	40	Kiryaburo
189.	Namanya Kulusumu	42	Kyampaho
190.	Namukasa Serina	60	Rugaaga
191.	Namusu Kikomeko Rehema	71	Katungu
192.	Nasoro Mwanje Mwasit N.	62	Kyampango
193.	Ndugwa Yakubu	68	Katooma
194.	Nsimwe Hanamaria	69	Kyampango
195.	Rubindi Suleiman	45	Ndayanzizo
196.	Rwabukunta Erina	67	Kemengo
197.	Tushimerirwe Demanita	20	Kable

KASHUMBA SUB-COUNTY

198.	Mukasanga Verinika	56	Nakivale/Nakivale
199.	Rwakaigaba Ladislas	63	Kashojo

TABLE IV (Cont.)

NO.	NAME	AGE	ADDRESS
ENDINZI SUB-COUNTY			
200.	Bagenderere Petero	57	Kagando
201.	Barigye Suwedi	31	Kikobo
202.	Bayamba Jaria	66	Kikoba
202.	Bandajemia	32	Rwenshebashebe
203.	Bugaali Dezeranta	50	Kyarugaju
204.	Kaburikire Sadres	40	Kikoba
205.	Kahiigi Evangelista	50	Nsaebeshebe
206.	Kemeza Saphinah	-	Kikoba
208.	Kengeyo Edinasi	51	Kyarugaju
209.	Mafari Taddeo	45	"
210.	Namara Godon	24	Lutete
211.	Nyakabiri Vereria	70	Kyarugaju
212.	Nyakato Maria Sande	35	Saano
213.	Nyanzara Erona	43	Rubare
214.	Ssali Surugumba Mohamad Haji	56	Endinzi
215.	Tokwija Evangiline	43	Obunazi
RUBAYA SUB-COUNTY			
No Traditional Healer appeared here.			
KASHARE SUB-COUNTY			
216.	Bagyinji Jenet	50	Mirongo
217.	Kamukulu Tamari	55	Rwengwera I
218.	Magezi Charles Salongo	30	Akariza
219.	Matama Sicolastika	39	Rwengwera I
220.	Mwebesa Jackson	26	Rwibale III
221.	Tindyebwa Deo	18	amabale E.

TABLE IV (Cont.)

NO.	NAME	AGE	ADDRESS
RWANYAMAHEMBE SUB-COUNTY			
222.	Bakehena Catherine	66	Bwizibwera/Rutoma
223.	Byangwa Yozefina (Mrs)	70	Rwanyamahembe/Nyaja B
224.	Byooya Deo K.	58	Bweizibwera/ Nyantungu
225.	Kachumu Josphina	40	Bwizibwera/Mirambi
226.	Kahonda D.	48	" /Buchuro
227.	Kakohe Ignasi	63	" /Nyamirima
228.	Katibariwe Mary	37	" /Karuhegye
229.	Murara Erizali	46	" /Kigoro
230.	Mushichatyo Zelina	64	" /Rubingo
231.	Mutagubya Abdu	24	Rwanyamahembe/ Bwizibwera
232.	Njenge Todojio	55	Bweizibwera/ Rutoma
233.	Nyakaisiki Frasisco	70	Bwizibwera/ Nyazaribingo
234.	Rwamaziba Annet	32	Bwizibwera/ Kanika
235.	Tebanyendera Alfonsi	64	Rwanyamahembe/ Nyaja B.
236.	Tibaberwayo D.K.	42	Bwizibwera/ Nyamirima
RUBINDI SUB-COUNTY			
237.	Bashaija Silivesti	55	Bisha/Kiteko
238.	Bukeera Joseph	32	Rubindi/Rubindi
239.	Kamensire Arisitera	50	Kyandahi/Keiro
240.	Karibaterana Yozefu	60	Kagonyi/Omukagira
241.	Kifura Ida	47	Kyandahi/Nyabihama

TABLE IV (Cont.)

NO.	NAME	AGE	ADDRESS
242.	Korugambo Puriikeriya	54	Kangogi/Ntura
243.	Rwema Zaverio	60	Karwesanga/Mushunga
244.	Tibahwerayo Margadaren	60	Kyandahi/Kakasha
245.	Tibizuka Vicent	42	Karwensanga/Omukarungu
246.	Ziwa Tirisira (Mrs)	43	Karweshanga/Rubindi

KASHONGI SUB-COUNTY

247.	Bamushangaho Maria Gorreti	50	Rwamasasi
248.	Baita Beatrice	45	Rwozi
249.	Baryahansi Letensia	50	Mizi
250.	Bayera Joice	70	Kyangobe
251.	Bihererahi Jenet	62	Byembogo
252.	Buhamizo Taddeo	47	Rwamasasi II
253.	Kambendyaho Merab	60	Kashongyi
254.	Kanyamukwaba John	36	Rwamasasi
255.	Karishokye Ednavensi	45	Omukinoni
256.	Katunguru Benedicto	48	Kashongi
257.	Kefeza Polonia	60	Omukengyeya
258.	Komudarizo E.	45	Kengyeyi
259.	Musika	44	Kashongi
260.	Mutigiti Geraldina	80	Omukengyeya
261.	Ndunde Edrai	75	Kitabo
262.	Rubatamba Persca	62	Kachwangobe I
263.	Rwekishunju Asanasio	34	Moya I
264.	Taremwa Avar Mugyenyi	32	Kashongi Trading Centre
265.	Tushemererwe Margaret	42	Rwamasasi II

KAKIKA SUB-COUNTY

266.	Kabonesa Jovanisi	38	Butangashi
267.	Rukare Eve	63	Kakyenkye

TABLE IV (Cont.)

NO.	NAME	AGE	ADDRESS
BUBAARE SUB-COUNTY			
268.	Kagiraasi Melabu	43	Rwensinga
269.	Kansiime Joe	40	Bubaare
270.	Kinihiro Nalong Jouret	40	Kashaka
BISHESHE SUB-COUNTY			
271.	Khika Sezi	48	Busheshe/Rusaka
NYABUHIKYE SUB-COUNTY			
272.	Benyangire Maria	58	Rwengwe/Rwomuhoro
273.	Bikuta Sipiranja	53	Rwomuhoro/Katongole
274.	Kateugura Viriginia	50	Rwengwe
275.	Katuramu Estina	61	Kategure/Kayenje
276.	Kizza Adriani	53	Bufunda/Bubaare
277.	Kizza Sicolastika	46	" "
278.	Masaba Erifazi	67	Ibanda/Katwe
279.	Matovu Kalifan Haji	63	Kakasi/Bijeera
280.	Mukundane Charles	22	Nyabuhikye/Ruhoko
281.	Mwajuma Nateesa	70	Bufunda/Kafunjo
282.	Mwesigye Fadinand	30	Nyabuhikye/Bufunda II
283.	Nyangoma Jusenta	31	Rwengo/Katongole T.C.
284.	Nyirinkwaya Alfonsi	60	Nyabuhikye/Rehoko
285.	Tiryererwe Velantina	62	Rwengwe/Kafunjo
KIKYENKYE SUB-COUNTY			
286.	Kamaduka Topista	41	Gwensambya
287.	Keihangwe Geturida (Mrs)	38	Kakunama II

TABLE IV (Cont.)

NO.	NAME	AGE	ADDRESS
288.	Kekimuri Evangirist	35	Kihani III
289.	Ngabirano Spesioza	44	"
290.	Ngyerina Itiri (Mrs)	50	Kikunama II
291.	Tibekanya Maria	45	Kaburo
292.	Tibekinga Perpetua	42	Rwenkuba

RUKIIRI SUB-COUNTY

293.	Kakyenkye Fausta	50	Rwijogoro
294.	Katungwensi John	35	Kigunga
295.	Nalongo Joyce	40	Kingunga
296.	Nzairi Nzenia	50	Rwibaare

ISHONGORORO SUB-COUNTY

297.	Bamuturaki S.	60	Itagi
298.	Busingye Viviana	40	Kaburara
299.	Kabuye Vasta	42	Rwenyawawa
300.	Kamaganda Sicola	50	Kiburara T.C.
301.	Kitumba E.	70	Kinyarwanda
302.	Kubiryanga Lawrencio	50	Kobuhura
303.	Magyezi Benon	23	Kamwiri
304.	Namayanja Jaria	43	Rurama
305.	Matabaro Simoni	55	Kiburara
306.	Rwakahunda Margaret	53	Bwera
307.	Tibaitwa Brandina	70	Kiburara

KAZO SUB-COUNTY

308.	Gabarungi Nagingo	36	Gabarungi
309.	Kadesemba Edred	45	Kazo H/C.

TABLE IV (Cont.)

NO.	NAME	AGE	ADDRESS
310.	Kirikwenda Clondia	52	Obwekara
311.	Koionza Jane	54	Kazo
312.	Nakawusi Fausta	32	" H/C
313.	Nshemereirwe Jovia	37	Burunga/Buhembe
314.	Rujwire Gerosom	66	Bwengara
315.	Rwabwogo Deo	60	Kigorogoro

KANONI SUB-COUNTY

316.	Batureine William	47	Kitongole I
317.	Biresire Mangarita	46	Kitogore
318.	Bonabana Ronsi	39	Tigusa
319.	Kagimu Husein Mpolampola	38	Kitongore
320.	Kashaija Godfrey	30	Karihija
321.	Kikwazajire Funa	40	Mbogo
322.	Maremesa Pascal	50	Bwagonga II
323.	Musoke Abas	53	Kamwenge/Kabuga
324.	Mutebi Anderea	30	Kanoni
325.	Mwesigye Eridadi	38	Kitongore I
326.	Nkundeki Debrah	70	Kanoni
327.	Nyangoma Efrance	40	Kigusha
328.	Sekimwany Charles	30	Kanoni Centre
329.	Sembatya Swariki	48	Muzizi
330.	Tindikira Ibrahim	60	Kabutuche

BUREMBA SUB-COUNTY

331.	Ashaba Beth	20	c/o Buremba S/D
332.	Ntakyungu Joyce	80	Buremba/Kibwera

TABLE IV (Cont.)

NO.	NAME	AGE	ADDRESS
BURUNGA SUB-COUNTY			
The Team did not visit this place - Stranded			
KENSHUNGA SUB-COUNTY			
333.	Bamukunda Violet	50	Biharambwe
334.	Bigambwensi Daria	50	Mitoma
335.	Gajwaga Violet	45	Nyakashara
336.	Kabikari Grace	63	Mushozi
337.	Karugarura Frida	60	Rutoma-Moya
338.	Kobusingye Ruth	42	Kyabagenyi
339.	Kyakuhire Costance	45	Karuhura/Katete
340.	Majwaga Violet	45	Nyakashara
341.	Rwakeize Kellen	38	Rwomiti
342.	Wendigye Firida	60	Butemberero
KINONI SUB-COUNTY			
343.	Kamwerere Joyce	70	Kinoni
344.	Katayira Dan	43	"
345.	Katentera Pheb	50	Akayanja
346.	Kekhikatu Esteri	50	Luyonza
347.	Kerangyi Grace	33	Kinoni
348.	Kikohe Jeni	60	Katikamwe
349.	Kushaba Edward	28	Kasana
350.	Rwakako Israel	50	"
351.	Tebewa Verzerio	58	"

TABLE IV (Cont.)

KIKATSI SUB-COUNTY HQTRS

KANYARYERU SUB-COUNTY

KAKOBA SUB-COUNTY

KAMUKUZI SUB-COUNTY

NYAMITANGA SUB-COUNTY

NYAKASHASHARA SUB-COUNTY

SANGA SUB-COUNTY HQTRS.

No Traditional Healers were met due to various reasons as given
in the commentary of Table II.

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

LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
1. Akachunchu Akakye	Runyankore	<i>Plectranthus amboinicus</i>	LAMIACEAE
2. Akafugankande/ Akavugankande	Runyankore	<i>Microglossa pyrifolia</i>	ASTERACEAE
3. Akagyembagyembe	"	<i>Berkhea spekeana</i>	ASTERACEAE
4. Akanyashagama	"	<i>Pavonia patens</i>	MALVACEAE
5. Akashogashoga/ Ekishogashoga	"	<i>Ricinus communis</i>	EUPHORBIACEAE
6. Akazumbazumba Akakye	"	<i>Chanopodium ambrosioides</i>	CHENOPODIACEAE
7. Akeyeyo	"	<i>Sida cuneifolia</i>	MALVACEAE
8. Amatojo	"	<i>Acanthus pubescens</i>	ACANTHACEAE
9. Burikoti	"	<i>Acacia decurrens</i>	MIMOSACEAE
10. Butabuta/ Bukabuka	R/Rukiga	<i>Ageratum conyzoides</i>	ASTERACEAE
11. Bwizibwingi	Runyankore	<i>Plectranthus prostratus</i>	LAMIACEAE
12. Ehongwa/E	"	<i>Bidens grantii</i>	ASTERACEAE
13. Ekarwe (Small type)	Rukiga	<i>Asplia africana</i>	ASTERACEAE
14. Ekichumuchumu/ Ikicumucumu	R/Rukiga	<i>Leonatis nepetifolia</i>	LAMIACEAE
15. Ekigorogoro	Runyankore	<i>Dracaena steudneri</i>	AGAVACEAE
16. Ekikamba	"	<i>Glycine javanica</i>	PAPILIONACEAE
17. Ekiko/Ekyiko	"	<i>Erythrina abyssinica</i>	PAPILIONACEAE
18. Ekikwatsi	"	<i>Cyathula uncinulata</i>	AMARANTHACEAE
19. Ekikyori	"	<i>Zee mays</i>	POACEAE
20. Ekimuli/Kimuli	"	<i>Hibiscus acetosella</i>	MALVACEAE

TABLE V (Cont.)

	LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
21.	Ekinyarushende	Runyankore	<i>Blumea alata</i>	ASTERACEAE
22.	Ekinyeminyemi	"	<i>Vernonia ampla</i>	ASTERACEAE
23.	Ekishekasheke/ Ekishekashekye	"	<i>Clerodendrum rotundifolium</i>	VERBENACEAE
24.	Ekyoganyanza	"	<i>Erlangea tomentosa</i>	ASTERACEAE
25.	Encherere/Enkenene	R/Luganda	<i>Rubus rigidus</i>	ROSACEAE
26.	Engyenyi (Kamyu)	R/Luganda	<i>Tragia brevipes</i>	EUPHORBIACEAE
27.	Enjoka Etaluma	Runyankore	<i>Ipamoea cf. involucrata</i>	CONVOLVULACEAE
28.	Enkaka	"	<i>Aloe sp.</i>	LILIACEAE
29.	Enkomanyangwa	"	<i>Geniosporum rotundifolium</i>	LAMIACEAE
30.	Ekisiru	"	<i>Pteridium aquilinum</i>	PTERIDACEAE
31.	Enkywabugufu	"	<i>Phyllanthus fischeri</i>	EUPHORBIACEAE
32.	Ensununu/Ebi-shununu	"	<i>Crassocephalum vitellinum</i>	ASTERACEAE
33.	Entarahondo	"	<i>Crassocephalum vitellinum</i>	ASTERACEAE
34.	Entuutu Enkye	"	<i>Physalis peruviana</i>	SOLANACEAE
35.	Enyabarasana/ Enyabashana (Sere)	Rukiga/Luganda	<i>Bidens pilosa</i>	ASTERACEAE
36.	Erazi	Runyankore	<i>Monechma subsessile</i>	ACANTHACEAE
37.	Eshamwe	"	<i>Spilanthes mauritiana</i>	ASTERACEAE
38.	Esiteimwe	"	<i>Hoslundia opposita</i>	LAMIACEAE
39.	Kadaali	Luganda	<i>Asparagus flagellaris</i>	LILIACEAE
40.	Kafumitabagenge	Luganda	<i>Oxygonum sinuatum</i>	POLYGONACEAE
41.	Kakarwe Akakye	Runyankore	<i>Aspilia africana</i>	ASTERACEAE
42.	Kanuka	"	<i>Tagetes minuta</i>	ASTERACEAE

TABLE V (Cont.)

	LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
43.	Kashaka Kabyoya	Runyankore	<i>Rhynchosia resinosa</i>	PAPILIONACEAE
44.	Kiho	"	<i>Ipomoea grantii</i>	CONVOLVULACEAE
45.	Kimarampaka/ Kireme	"	<i>Cyanotis foecunda</i>	COMMERLINACEAE
46.	Kitinwa	"	<i>Ajuga alba</i>	LAMIACEAE
47.	Kutukumwe	"	<i>Dichondra repens</i>	CONVOLVULACEAE
48.	Karyaho	"	<i>Siegesbeckia orientalis</i>	ASTERACEAE
49.	Mageregankoko	Luganda	<i>Cardamine trichocarpa</i>	BRASSICACEAE
50.	Musayi	Luganda	<i>Hibiscus acetosella</i>	MALVACEAE
51.	Nyarweziringa (Amaduudu)	Runyankore/ Luganda	<i>Datura stramonium</i>	SOLANACEAE
52.	Obukumirizi	Runyankore	<i>Sida cuneifolia</i>	MALVACEAE
53.	Obutura/Katu- nkuma	R/Luganda	<i>Solanum indicum</i>	SOLANACEAE
54.	Obuyuzya (Nalongo)	Runyankore	<i>Euphorbia tirucalli</i>	EUPHORBIACEAE
55.	Omubirizi/Omulu- luza	R/Luganda	<i>Vernonia amygdalina</i>	ASTERACEAE
56.	Omubuza/Buzza	"	<i>Dichrocephala integrifolia</i>	ASTERACEAE
57.	Omuchundezi/ Omucundezi	Runyankore	<i>Sida rhombifolia</i>	MALVACEAE
58.	Omufumbwa	"	<i>Rumex mossambicensis</i>	POLYGONACEAE
59.	Omugabagaba	"	<i>Cassia didymobotrya</i>	CAESALPINIACEAE
60.	Omugonampiri/ Ekigonampiri	"	<i>Acalypha villicaulis</i>	EUPHORBIACEAE
61.	Omugorora/ Omuramura	"	<i>Dracaena fragrans</i>	AGAVACEAE

TABLE V (Cont.)

	LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
62.	Omuhanga	Runyankore	Maesa lanceolate	MYRSINACEAE
63.	Omuharere	"	Vernonia cistifolia	ASTERACEAE
64.	Omuhire	"	Solanum indicum	SOLANACEAE
65.	Omuhoko/Oluwoko	R/Luganda	Phytolacca dodecandra	PHYTOLACCACEAE
66.	Omuhuche/i	Runyankore	Lantana camara or Lantana trifolia	VERBENACEAE
66a.	Omujaja	Runyankore	Ocimum basilicum	LAMIACEAE
67.	Omujuma	"	Vernonia lasiopis	ASTERACEAE
68.	Omukaranga	"	Polygonum salicifolium	POLYGONACEAE
69.	Omukongorani/e/ Ekikakala	R/Luganda	Pseudarthria hookeri	PAPILIONACEAE
70.	Omumara	Runyankore	Rhoicissus tridentata	VITACEAE
71.	Omunyaburuko/ Omunyabirikwa	"	Maytenus senegalensis	CELASTRACEAE
72.	Omunyeganyegye	"	Sesbania sesban	PAPILIONACEAE
73.	Omurama	"	Combretum bindarianum	COMBRETACEAE
74.	Omuravunga	"	Iboza multiflorum	LAMIACEAE
75.	Omusambya	R/Luganda	Markhamia platycalyx	BIGNONIACEAE
76.	Omusese/Omuseese	Runyankore	Rhus natalensis	ANACARDIACEAE
77.	Omusheshe	"	Pentas schimperiana	RUBIACEAE
78.	Omushoroza/ Omusoroza	"	Indigofera arrecta	PAPILIONACEAE
79.	Omushununu/ Omusununu	"	Crassocephalum vitallinum	ASTERACEAE
80.	Omusindagyi	"	Glycine wightii	PAPILIONACEAE

TABLE V (Cont.)

	LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
81.	Omusuura	Runyankore	<i>Boerhavia erecta</i>	NYCTAGINACEAE
82.	Omutoma/Omutuba	R/Luganda	<i>Ficus natalensis</i>	MORACEAE
83.	Omuturika	Runyankore	<i>Phyllanthus capillaris</i>	EUPHORBIACEAE
84.	Omuyembe/Emiyembe	R/Luganda	<i>Mangifera indica</i>	ANACARDIACEAE
85.	Omuyonza	"	<i>Carissa edulis</i>	APOCYNACEAE
86.	Omuzirakironda	Runyankore	<i>Lippia grandifolia</i>	VERBENACEAE
87.	Omwenyi Musheiija	"	<i>Ocimum suave</i>	LAMIACEAE
88.	Omwetango	R/Luganda	<i>Chenopodium opulifolium</i>	CHENOPODIACEAE
89.	Omwitanjoka/ Mwitanjoka	Runyankore	<i>Cassia occidentalis</i>	CAESALPINIACEAE
90.	Orucwamba/Kala- ndalugo	R/Luganda	<i>Cynodon dactylon</i>	POACEAE
91.	Oruhigura	Runyankore	<i>Triumfetta rhomboidea</i>	TILIACEAE
92.	Orusikasiki/ Orusikasikye	Rukiga/ Runyankore	<i>Cissampelos mucronata</i>	MENISPERUACEAE
93.	Rutanga	Runyankore	<i>Sansevieria dawei</i>	AGAVACEAE
94.	Ryanda	R/Luganda	<i>Spilanthes mauritiana</i>	ASTERACEAE
95.	Sagamanungi/ Shagama	Runyankore	<i>Hibiscus acetosella</i>	MALVACEAE
96.	Umwitanjoka	Runyarwanda	<i>Cassia occidentalis</i>	CAESALPINIACEAE
97.	Unknown	-	<i>Plantago palmata</i>	PLANTAGINACEAE
98.	Unknown	-	<i>Sida rhombifolia</i>	MALVACEAE

TABLE VI : LIST OF MEDICINAL PLANTS SUBMITTED BY TRADITIONAL HEALERS, PARTIALLY IDENTIFIED:

LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
1. Akahindihindi	Runyankore		PAPILIONACEAE
2. Akakamba	"		PAPILIONACEAE
3. Akasunsa	"		CUCURBITACEAE
4. Akazazi	"		ACANTHACEAE
5. Amajuta geiguru	"	Helichrysum sp.	ASTERACEAE
6. Ekihububa	"	Ipomea sp.	CONVOLVULACEAE
7. Ekikomambogo	"	Vernonia sp.	ASTERACEAE
8. Ekinami	"	Crassocephalum sp.	ASTERACEAE
9. Embatura/Nyakabatura	"	Senecio sp./or Emilia sp.	ASTERACEAE
10. Ikingura	"	Barleria sp.	ACANTHACEAE
11. Irarra	"	Crassocephalum sp.	ASTERACEAE
12. Kalitunsi	"	Eucalyptus sp.	MYRTACEAE
13. Mazi/Seduma	Luganda	Pentas sp.	RUBIACEAE
14. Nalongo/Obuyuzya	Luganda/ Runyankore		ACANTHACEAE
15. Obugoyagoye	Runyankore		MALVACEAE
16. Omubazi	"		ACANTHACEAE
17. Omufooka	"		ACANTHACEAE
18. Omugina	"	Crassocephalum sp.	ASTERACEAE
19. Omuhanura	"	Justicia or Dyschoriste sp.	ACANTHACEAE
20. Omunyansurugiro	"	Boerhavia sp.	NYCTAGINACEAE

TABLE VI (Cont.)

LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
21. Omurebe	Runyankore	Brillintaisia sp.	ACANTHACEAE
22. Omusisa	"	Albizia sp.	MIMOSACEAE
23. Omwitanjoka	"	Cassia sp.	CAESALPINIACEAE
24. Orugando	"	Acacia sp.	MIMOSACEAE
25. Oruheza	"	Phyllanthus sp.	EUPHORBIACEAE

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

	LOCAL NAME	DIALECT	PART OF PLANT
1.	Akayondo	Runyankore	Stem
2.	Bigiribita	"	Leaf
3.	Eipera	"	Leaf
4.	Ekizwamate	"	Leaves
5.	Entanga	"	Leaf
6.	Omuchungwa	"	Leaf
7.	Omugorora	"	Leaf

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

	LOCAL NAME	DIALECT
1.	Akazazi	Runyankore
2.	Byosi	"
3.	Ekiyondo ekikye	"
4.	Kacumita	"
5.	Kimarampaka	"
6.	Nalongo	"
7.	Namirembe	"
8.	Obuheza	"
9.	Omuboroboro	"
10.	Omuhwahwa	"
11.	Omurariki	"
12.	Omuzirafu	"
		"

TABLE IX : LIST OF PLANTS MENTIONED BUT NOT SUBMITTED:

	LOCAL NAME	DIALECT
1.	Akabimbyaifuro	Runyankore
2.	Akabindizi	"
3.	Akahurura	"
4.	Akajogojogo	"
5.	Akajumbura	"
6.	Akajwamate	"
7.	Akakarwe	"
8.	Akakurura	"
9.	Akalyabuzimba	
10.	Akamara	"
11.	Akanyananga	Rukiga
12.	Akaramata	Runyankore
13.	Akarangi	"
14.	Akaravunga	"
15.	Akasindukwa	Rukiga
16.	Akashaansha	Runyankore
17.	Akashakarabyoya	"
18.	Akashohero	Rukiga
19.	Akatampihi	Runyankore
20.	Akatekye	"
21.	Akatendeigwa/Akatendegwa	"
22.	Akatekye	"
23.	Akatoma	"
24.	Akatuntunu	"
25.	Akazarirwahamwe/Obuzarirahamwe	"
26.	Akeyeyo Akaganda	Luganda
27.	Akongokamuha	"
28.	Amakankya	"
29.	Amaruru	"

TABLE IX (Cont.)

	LOCAL NAME	DIALECT
30.	Amatehe	Runyankore
31.	Avocado	"
32.	Bingabazimu	Luganda
33.	Busa	Runyankore
34.	Bwara	"
35.	Kikazi	"
36.	Dodo	"
37.	Ebisirira (Charcoal)	"
38.	Ecangu	"
39.	Efuha	"
40.	Eihoza	"
41.	Eiterabombo	"
42.	Ekibombo	"
43.	Ekicuncu	"
44.	Ekigamanshe	"
45.	Ekigororo	"
46.	Ekihayira	"
47.	Ekihogo	"
48.	Ekijebajebe	"
49.	Ekikamba	"
50.	Ekikorokoro	"
51.	Ekikujumbure	"
52.	Ekikwatsi	"
53.	Ekimara	"
54.	Ekimarampaka	"
55.	Ekimenyomenyo	"
56.	Ekinami	"
57.	Ekinyamahwa	Rukiga
58.	Ekipapali	Runyankore
59.	Ekishayura	"
60.	Ekisiru	Rukiga

TABLE IX (Cont.)

	LOCAL NAME	DIALECT
61.	Ekisuninkoro	Runyankore
62.	Ekitakuri	"
63.	Ekiterankuba	"
64.	Ekitinwa	"
65.	Ekitobotobo	"
66.	Ekitugunda	Runyarwanda
67.	Ekituruguma	Rukiga
68.	Ekitunta	Runyankore
69.	Ekizimyamuriro	"
70.	Ekiziranfu	"
71.	Ekumbwe	"
72.	Ekyangu	"
73.	Ekyenyikyempitsi	"
74.	Ekyeza	"
75.	Ekyikarabo	"
76.	Ekyoganyanza	"
77.	Embire (Embidde)	Runyankore/Luganda
78.	Embotora	Runyankore
79.	Emitegansi	"
80.	Emperere	" /Rukiga
81.	Empumumpu/Enkanaana	Luganda/Runyankore
82.	Endashi	Runyankore
83.	Enderema	"
84.	Endurwe	"
85.	Entarozabashumba	"
86.	Engomera	"
87.	Engurikyira	"
88.	Engyerebuta	"
89.	Enjebajebe	"
90.	Enkamambogo	"
91.	Enkaraniza	"

TABLE IX (Cont.)

	LOCAL NAME	DIALECT
92.	Enkindu/Olukindu	Runyankore/Luganda
93.	Enkomamahangwa	Runyankore
94.	Enkukuru	"
95.	Entambabyona	Rukiga
96.	Entahutura	Runyankore
97.	Entaroga	"
98.	Enterama	"
99.	Entugunda/Ettugunda	Runyankore/Luganda
100.	Entuntunu	Luganda
101.	Entuutu Empango	Runyankore
102.	Enyabumba	"
103.	Enyabutongo	"
104.	Enziga	"
105.	Eshakama	"
106.	Eshamwe	"
107.	Eshogi	"
108.	Esitimu	"
109.	Esitimwe	"
110.	Etaabe	"
111.	Eteija erikutukura	"
112.	Eyobyoy	"
113.	Gonzha (Banana)	"
114.	Fungus from Anthill	English
115.	Gampure	Runyankore
116.	Gyenda Obunge Amagufa	"
117.	Ihoza	Rukiga
118.	Ikarwe (Eyomugongo)	Runyarwanda
119.	Ikingura	Runyankore
120.	Ikura	"
121.	Ikyoganyanza	Rukiga

TABLE IX (Cont.)

	LOCAL NAME	DIALECT
122.	Imaramagamba	Runyankore
123.	Ireme	"
124.	Irengye	"
125.	Ishagara/Isagara	Runyankore/Rukiga
126.	Ishayura	Runyarwanda
127.	Ishenkazashumba	"
128.	Kabarusya	"
129.	Kaboha	"
130.	Kacumitamankura	"
131.	Kahinda	"
132.	Kahurra	"
133.	Kakansi	"
134.	Kakarwa	"
135.	Kakukuru	"
136.	Kalemanjovu	Luganda
137.	Kamaramahano	Runyankore
138.	Kamarirane	Rukiga
139.	Kamuli	Runyankore
140.	Kanyabwenyi	"
141.	Kanyobwa	"
142.	Karemampango	"
143.	Karingiri	Rukiga
144.	Kasayi	Runyankore
145.	Kashanabyoya	"
146.	Kashakakaryoya	"
147.	Kasingabeiru	"
148.	Kasungakenyonyi	"
149.	Katakuri	"
150.	Katerwiju	"
151.	Kayizi	Luganda
152.	Keitashambo	Runyankore

TABLE IX (Cont.)

	LOCAL NAME	DIALECT
153.	Kibibya	Luganda
154.	Kiboha	Runyankore
155.	Kimarabyona	"
156.	Kimarempaka	"
157.	Kisikienwanzi	"
158.	Kitakuri (wild)	"
159.	Kutukumwe	"
160.	Ryanda	"
161.	Leka	Rukiga
162.	Mabwere	Runyankore
163.	Matosu	"
164.	Mubimba	Luganda
165.	Mudana	Runyankore
166.	Mufooka	"
167.	Mugavu	"
168.	Muhe	"
169.	Omuhiire	"
170.	Muhogo	"
171.	Mukazimurofa	"
172.	Mukoonya	"
173.	Mukurutaitebye	"
174.	Mukuzanyana	Runyankore/Luganda
175.	Mululuza	Luganda
176.	Munyaburiko	Runyankore
177.	Murasha	"
178.	Musese	"
179.	Mutanwa	"
180.	Mutembe	"
181.	Mutetete	"
182.	Muyonza	"
183.	Mwanjurane	"

TABLE IX (Cont.)

	LOCAL NAME	DIALECT
184.	Nkumimonga	Runyankore
185.	Ntaleyaddungu	Runyankore/Luganda
186.	Ntareyeirungu	Runyankore
187.	Ntungotungo	Runyankore/Luganda
188.	Nyabwenyi	Runyankore
189.	Nyakabatura	"
190.	Nyakajuma	"
191.	Nyakakunkumura	"
192.	Nyakibazi	"
193.	Nyakitaabe	"
194.	Nyarwefura	"
195.	Nyarwetora	"
196.	Obucumitambogo	"
197.	Obukokobwibare	"
198.	Obuhuzi	"
199.	Obunyunyambuzi	"
200.	Obushendabakazi	Runyankore/Rukiga
201.	Obutooma	Runyankore
202.	Obuzarirahamwe/Akazarirwahamwe	"
203.	Obweyeyo	"
204.	Oiija	"
205.	Okaramata	"
206.	Olusiiti	Luganda
207.	Omubangula/Omuvaraddume	Runyankore
208.	Omubarama	"
209.	Omucherengye	"
210.	Omuerama	"
211.	Omufooka	"
212.	Omufurungusi	"
213.	Omufurura	"

TABLE IX (Cont.)

	LOCAL NAME	DIALECT
214.	Omugonampiri	Runyankore
215.	Omugorogoro	"
216.	Omugu	"
217.	Omugusha	"
218.	Omugyegye/Omhijeeje	
219.	Omuhanura	"
220.	Omuharavumba	Runyarwanda
221.	Omuhororogwensi	Runyankore
222.	Omuhurura	"
223.	Omujumampungu	"
224.	Omujumbajumba	"
225.	Omujurijuri	"
226.	Omusurugiriro	"
227.	Omukamba	"
228.	Omukana	"
229.	Omukanja	"
230.	Omukanza	"
231.	Omukaranga	"
232.	Omukelenge	"
233.	Omukokoloni	Rukiga
234.	Omukondwa	Luganda
235.	Omukonya	Rukiga
236.	Omukungiri	Runyankore
237.	Omukura	"
238.	Omukurura	"
239.	Omukuruteitabye	"
240.	Omukwatangwe	"
241.	Omulemba/Omutugunda	Rukiga/Luganda
242.	Omumuli	Rukiga
243.	Omumuri	Runyankore
244.	Omuningura	"
245.	Omunyabuliko/Kinyabuliko	"

TABLE IX (Cont.)

	LOCAL NAME	DIALECT
246.	Omunyajurugiro	Runyankore
247.	Omuningara	"
248.	Omuniwamaize	"
249.	Omuniwameizi	"
250.	Omureguzi	"
251.	Omurembe	"
252.	Omurekora	"
253.	Omuretezaho	"
254.	Omurisano	Rukiga
255.	Omurukuruku	Runyankore
256.	Omusasa	"
257.	Omusara	"
258.	Omuseeka	"
259.	Omuseje	"
260.	Omusenda	"
261.	Omushogora	"
262.	Omushongi	"
263.	Omusika	"
264.	Omusikambuzi	"
265.	Omusikizi	"
266.	Omusigangoma	"
267.	Omusinga	"
268.	Omusingagaba	"
269.	Omusomoro	"
270.	Omutahutara	Rukiga
271.	Omutandigwa	Runyankore
272.	Omutanga	Rukiga
273.	Omutarabana	Runyankore
274.	Omutatamba/wa	"
275.	Omutateransi	"
276.	Omutayibwa	"



	LOCAL NAME	DIALECT
277.	Omutongora	Runyankore
278.	Omutungo	"
279.	Omutunguma	"
280.	Omuturaisongo	"
281.	Omutureibare	"
282.	Omuturuka	"
283.	Omuwaraddume/Omubangula	"
284.	Omyobora	"
285.	Omuzingangore	"
286.	Omuzigankore	"
287.	Omuzuma/Omuzhuna (Tree)	"
288.	Omuzumbazumba	"
289.	Omwamira	
290.	Omwani	Runyankore
291.	Omwatansare/Omwatonshare	Runyankore/Rukiga
292.	Omwataibare	Runyankore
293.	Omwatibare	"
294.	Omwazurane	"
295.	Omwetuzo	Rukiga
296.	Omwekarura	"
297.	Omwesamuzo	Runyankore
298.	Omweshamuro	"
299.	Omwaha	"
300.	Omwizurigiriro	"
301.	Crubogore	"
302.	Crubombi	"
303.	Crugendaluzira	"
304.	Crugyende	"
305.	Cruherere	"
306.	Crukamambogo	"

TABLE IX (Cont.)

	LOCAL NAME	DIALECT
307.	Orukindu/Clukindu	Runyankore/Luganda
308.	Orukureiju	Runyankore
309.	Orukurura	"
310.	Orukye	"
311.	Orurungura	Rukiga
312.	Oruvunangwa	Runyarwanda
313.	Crushununu	Runyankore
314.	Orwihura	"
315.	Rucumu	"
316.	Rufuba	"
317.	Ruhaya	"
318.	Ruhugura	Runyankore/Rukiga
319.	Rukaka	Runyankore
320.	Rurimi	"
321.	Ruzibwa	"
322.	Ruti	"
323.	Rwakatsimbwa	"
324.	Rweziringa	"
325.	Rwihura	"
326.	Rwisampondo	"
327.	Ryanda	"
328.	Sheba	"
329.	Sagamanungi	"
330.	Turo	Rukiga
331.	Umugonampiri	Runyarwanda
332.	Umuhipe	Runyankore
333.	Umusoraro	Runyarwanda
334.	Wankura	Runyankore
335.	Wasiwasi	Swahili
336.	Yecure	Runyankore
337.	Yecure omuhiguka	"
338.	Yozefu	Luganda

TABLE X : LIST OF NON-VEGETABLE SUBSTANCES USED FOR TREATMENT:

1. Urine of a bull
2. Rock salt
3. Cow ghee
4. Skin of a lion
5. Soil/Clay
6. Milk
7. Tonto - local beer
8. Cammeleon (tail of)
9. Hyena - dung of
10. Egg shell
11. Cow dung
12. Goat's meat
13. Cow meat
14. Rhino tooth
15. Tortoise.



CHAPTER THREE

COMMON ILLNESSES AND THEIR TREATMENT:

The common illnesses encountered during the Survey were given by the Traditional Healers by describing the symptoms and signs. The medical terms were provided by Dr. Ogwal-Okeng of the Department of Pharmacology and Therapeutics, Makerere University. He also assisted 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 names and are underlined.

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

The names of the Traditional Healers [TH:] who provided the prescriptions are given in parathesis.

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 prescriptions given in this Chapter. Readers are accordingly advised against self-medication based on this information

1. ABDOMINAL PAIN (789.0):

- (a) Pound the fresh roots of Ekinyamahwa [TH: KASISI B.]. Mix with a little water and rock salt and strain. Take half a glassful in the morning and evening for four days.
- (b) Crush the dry stem bark of Omutatembwa [TH: MUGERWA R.]. Reduce to powder and macerate and boil in water. Allow to cool and strain. Take 125ml. of the decoction twice a day for one week.
- (c) Wash the root barks of Ntareyeirungu and Omusikambuzi [TH: NKABAREMA A.]. Dry and crush thoroughly to a fine powder. Mix one teaspoonful of the powder with half a litre of water and boil. Cool to lukewarm. Take 50ml. three times daily for one week. Pain reduces and gradually the patient begins to eat normally.
- (d) Pound the leaves of Orwihura [TH: BUSINGE D.]. Mix with water rock soil, and cow ghee. Boil, then cool to lukewarm and strain. Take one glassful twice daily for two days. The pain should reduce.
- (e) Pound the leaves of Omwihura [TH: BAKWATANISA M.]. Mix with some cold water and strain. Give 120ml. to children and 250ml. to adults twice a day, in the morning and evening, for two days. The pain should reduce.
- (f) Boil in water the leaves of Erazi [TH: TEBEBWA V.]. Add some cow ghee and boil again. Allow to cool and take 250ml. once.
- (g) Pound the leaves of Esununu, Oruvunangwa, Ekichumuchumu and the whole plant of Akatampihi [TH: KABUYE V.]. Mix with cooled boiled water and strain. Take 250ml. twice daily for about seven days.

2. ABDOMINAL PAIN IN NEONATES (289.0):

- (a) Pound the leaves of Omuhukye [TH: KIKONE J.]. Dry and reduce to powder. Boil in the urine of a bull. Give one teaspoonful three times a day for one week.
- (b) Boil strongly in water the root of Orusikasikye [TH: KORIYONZA J.]. Give three teaspoonfuls three times daily.
- (c) Boil in water the leaves of Akayondo [TH: KIIZA Y.] Allow to cool and strain. Give one teaspoonful three times a day until cured.
- (d) Boil together in water the leaves of Ekyoganyanza and Enyabarasana [TH: KIZZA Y.]. Allow to cool and strain. Take 150ml. of the concoction three times a day for two days.

ABDOMINAL PAIN IN CHILDREN

- (a) Pound and boil in water leaves of Erazi, Empereze and Omwenzimusheija [TH: BIHERERAHI J.]. Allow to cool and strain. Give one teaspoonful three times daily until cured.
- (b) Pound together and dry the leaves of Butabuta and Omukokolomi [TH: KENDERE M.]. Grind to a fine powder and store in a clear dry container. Boil the powder in water and strain. Give one dessert spoonful three times a day until cured. Adults may also take three dessert spoonfuls three times until cured.

3. ABORTION WITH HAEMORRHAGE (639.1)

Boil in water the root of Omumara and the leaves of Kamuli [TH: BAGYINJI J.]. Allow to cool and strain. Give 150ml. three times a day for 3 days. Concurrently the whole plant of Ekumbwe is burnt and powdered. This powder is rubbed on the breasts.

4. ABSCESS (682.9)

(a) Wrap together the leaves of Omucundozi and Obucumitambogo [TH: TAREMWA A.] to a paste.

Put the paste over fire embers and tie on the affected part for two to three days.

(b) Pound together the leaves of Ekikomambogo, Etatalutara and Mutana [TH: BUTEREHI Y.]. Take one glassful daily until cured. Put the residue on the abscess on alternating days until cured.

(c) Pound the leaves of Omuchundezi [TH: KINIHIRO N.J.]. Use the paste to rub on the swollen part. The paste should be left to dry on the abscess. It induces pus to collect at one place. After about three days the abscess bursts. Open and pus flows out. Wash the wound with clean water and repeat the treatment until healed.

5. AIDS

Pound the root of Omuhoko [TH: KUSHABA E.]. Add the sap from Enkukuru and boil in water. Strain after cooling and take as necessary.

6. ALLERGY TO FOOD (693.1)

Pound the root of Ekihayira [TH: BANKOBEZA M] to a paste. Stew the paste with fresh meat or any source. Take twice. Repeat the treatment.

7. ANAEMIA (285.9)

(a) Boil together the roots of Omubirizi and the leaves of Omujuma (TH: AKUNDEK D.) . Strain and store in a clean bottle. Take 300ml. daily until an improvement is noticed. The patient should avoid salt, millet, porridge and milk. Omubirizi is also used for treating enlarged spleen due to malaria.

(b) Boil in water the leaves of Kimuli [TH: KADESEMBA E.]. Take 250ml. 2 -3 times daily until fully recovered.

(c) Crush the leaves of Kasayi [TH: MWESIGYE F.]. Boil in water and add some soda bicarbonate. Allow to cool and strain. Give 150ml. three times a day for 7 days.

(d) Boil in water the leaves of Kimuli [TH: BAKEHENA C.]. Give a little at a time.

(e) Pound the leaves of Akarungi [TH: KATEBARIRWE M.]. Boil in water and strain. Give 500ml. three times a day for as long as necessary

8. ANASARCA (782.3)

- (a) Pound together the leaves of Ruzibwa, Katendegwa and a part of Empumpu (Ekinana) [TH: NYANZARA D.]. Mix with cold water and strain. Take 100ml. of the concoction four times a day for one month. Rub the residues on the swollen part of the body. The patient should avoid eating fresh meat or fish.
- (b) Pound thoroughly the leaves of Akahindihindi [TH: MATABARO S.], Mix with a fine grain clay soil and use to smear the affected part.
- (c) Pound dry and reduce to powder the leaves of Orwihura [TH: TINDIWENSI M.]. Mix one teaspoonful of the powder with one litre of porridge. Take 250ml. three times a day for one to two weeks. The swelling reduces.
- (d) Boil together the leaves of Eihoza, Ekikwatsi and Omugoshora [TH: TUSHEMEREIRWE M.]/ Allow to cool and strain. Take 500ml. twice daily. It causes diarrhoea which continues until the swelling of the body subsides.
- (e) Boil in water the leaves of Ezibwe, Oruzibira [TH: NAMUKASA S.]. Take 100ml. once a day.

9. ANORECTAL PROLAPSE (569.)

- (a) Pound together the leaves of Omumuli, Enderema and Ekizimyamuliro [TH: KACHETERO Y.]. Wash the hands with soap and use the paste to push back the rectum gently. This is normally done once.

(b) Pound the leaves of Muhoko [TH: NTUNU Y.] to a paste and add a little water to make it soft. Use to paste as pad to push back the rectum. Then pound the leaves of Muzumbazumba [TH: NTUNU Y.]. Mix with cold water and take 30ml. of the infusion three times a day for two days.

(c) Pound together thoroughly the leaves of Oburamata, Omwetango, Omubuza and Omukongorani [TH: NYAKABIRI V.]. Mix with water in a basin and the patient is made to sit in it for a short period. Then use the preparation to push the rectum with a finger..

(d) Pound the leaves of Enyabarasana [TH: BAGYINJI J.]. Mix with cold water and strain. Pour this decoction on the protruding rectum until it recedes back.

(e) Pound the leaves of Etanga and Namirembe [TH: NATEESA M.]. Macerate in water. Give 500ml. once daily for one week. Then pound the leaves of Etanga add some cold water and allow the patient to bathe the lower abdomen.

(f) Crush between the palms, the leaves of Omwetango [TH: NZAIRE N.]. Apply to the prolapse for a short time, for 2-3 days.

(g) Boil together in water the roots and leaves of Omuhamira, and Omumuri [TH: NDAGANO H.]. Allow to cool and strain. Give one teaspoonful to children and one dessertspoonful to adults three times a day for one day

(h) Pound together the leaves of Omwetango/Oruzibira, Mubuza and Nyabarasana [TH: KYOMUGISHA J.]. Add cold water and bathe the lower abdomen. Then pound the leaves of Oruzibira only. Mix with cold water and strain. Take 500ml. once.

(i) Crush the leaves of Omuhoko [TH: MISIKA J.]. Use it to push back the prolapse once every day until it disappears.

10. ANTENATAL HAEMORRHAGE (V22.3)

Crush together the leaves of Omusuura and Enkomanyangwe [TH: KAMUGANDA S.]. Dry and macerate in cold water. Strain and take 500ml. once.

The bleeding reduces and eventually stops.

11. ANTEPARTUM HAEMORRHAGE (V22)

(a) Boil in water the roots of Kashaka kasibyoya and the leaves of Omushununu [TH: NSHEMEREIRWE J.]. Allow to cool and strain. Give 500ml. three times daily until the condition disappears.

At the same time pound the leaves of Omushununu and insert this paste in the vagina twice a day after bathing.

(b) Pound the leaves of Omugasa [TH: KARUGARURA F.]. Boil in water, allow to cool and strain. Take 500ml. whenever thirsty.

12. ANURESIS (

Wrap the silky comb of Kasholi [TH: BARUGAHARE A.] in a leaf and roast. Squeeze out the juice and give one teaspoonful daily until urination is regular.

13. ARSON ATTRIBUTED TO SPIRITS (NC)

Pound together the leaves of Eihoza and Omugosora [TH: MUZUMUHA B.]. Mix with water and put at the site of the burnt house. This is believed to protect the occupants of the house.

14. ARTERIAL HYPERTENSION (401.9)

(a) Pound the leaves of Omuhuki [TH: ZIIWA T.]. Dry and reduce to powder. Mix the powder with the ash powder collected a cooking fire place. Mix with cold water. Take half a glass three times a day for 3-5 days.

(b) Pound the stem bark of Mugavu [TH: MATOVU K.H.]. Dry and reduce to powder. Lick the powder three times a day for 30 days.

(c) Boil in water the flower of Orugando [TH: BYOOYA D.K.]. Allow to cool and strain. Take 75ml. three times a day for as long as necessary.

(d) Boil the leaves of Omukongorani [TH: MUTAAHI (REV.)] in water for about two hours. Take 250ml. of the decoction three times a day for about one week.

(e) Clean the roots of Encherere [TH: NDYANABO T.] and cut them into small pieces. Immerse them in cold water overnight. Take 150ml. three times a day for one week.

(f) Crush the young leaves of Omubirizi and mix with the crushed fruits of Obutura [TH: NDYANABO T.] and boil in a little water. Take 100ml. three times daily for about three weeks. The patient may get cured completely.

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(d) Boil the leaves of Omukongorani [TH: MUTAAHI (REV.)] in water for about two hours. Take 250ml. of the decoction three times a day for about one week.

(e) Clean the roots of Encherere [TH: NDYANABO T.] and cut them into small pieces. Immerse them in cold water overnight. Take 150ml. three times a day for one week.

(f) Crush the young leaves of Omubirizi and mix with the crushed fruits of Obutura [TH: NDYANABO T.] and boil in a little water. Take 100ml. three times daily for about three weeks. The patient may get cured completely.

(g) Boil in water the leaves of Yebumbi [TH: BANGANIZA D.]. Allow to cool and strain. Give one dessert spoonful three times a day for up to one week.

15. ARTHRALGIA (719.4)

Pound the leaves of Omughishora and Entaroga [TH: KORUGAMBO P.]. Dry and reduce to powder. Make incisions at the joints and apply the powder for 4 days.

16. ASCARIASIS (127)

(a) Pound the leaves or roots of Muharazumba [TH: HAMUGASHO M.M.]. Mix with water and add row ghee and rock salt. Boil and allow to cool. Take 50ml. every morning for two to four days, before meals. Food should be avoided within four hours of treatment.

(b) Pound together the leaves of Omumara, Ishara, Ekyezi, Omwitanjoka and Omunyigwente [TH: TIKARIBURA Z.]. Dry and reduce to powder. Mix one spoonful of the powder in about a litre of porridge and take when necessary for about one month. The worms are expelled.

(c) Pound together the leaves of Omufurura and Kitinwatakatekye [TH: BATOREINE S.]. Mix with boiled water and strain. Take 250ml. every morning for three days. The worms are expelled.

(d) Crush together the leaves of Omuhanga and Omuziranfu [TH:KITARANZYA L.]. Mix with a little water and squeeze.

Take 5ml. of the mixture once every day for four days.

(f) Scrape the root bark of Kabakura [TH: BUSINGYE D.] and pound the scrapings. Mix with banana beer in a calabash. Give one dessert spoonful to children and two dessert spoonfuls to adults two times a day. Worms are expelled within two days. The patient should avoid eating cold food and taking cold drinks.

(g) Boil the leaves of Omwanjurane [TH: BAKWATANISA M.] Add some rock soil and cow ghee. Cool and strain. Take 4 dessert spoonfuls daily for about a week. Worms are expelled.

(h) Pound together the roots of Omubirizi and Ekyikababo [TH: SENGA A.] Mix with water and boil for about thirty minutes. Allow to cool and strain. Take 250ml. Repeat once. The worms are expelled within two days.

(i) Clean and pound together the roots of Mwitanjoka, Mubirizi, and Muhire [TH: BAGIRAETIME P.]. Boil with water. Allow to cool and strain. Take two table spoonfuls at once before meals for three days. Worms are expelled in the stool. Excess dose causes dizziness - which can be controlled by giving the patient some tea or milk.

(j) Boil in water the root of Rwakatoibwa [TH: BUSIGARE B.] with rock salt. Allow to cool and strain. Take 250ml. once a day on alternate days for three to four weeks. Worms are expelled in the stool.

- (k) Pound together the leaves and roots of Omugabagaba, Omufurura, Omuzigwekibingo, Omumara, Omwetango, Amababigakabundizi and the roots of Omubirizi [TH: MWIJUKA G.]. Boil strongly with water. Allow to cool overnight and strain. Take one table spoonful threetimes a day for four days. Overdose may weaken the patient.
- (l) Crush together the roots of Omusoroza and the leaves of Ekicuncu, Akaravuga and Oruherere [TH: ASHABA B.] and boil in water for about five minutes. Allow to cool and strain. Take 125ml. three times a day for three days.
- (m) Boil the clean root of Omuhingura [TH: KEKYITARI E.]. Allow to cool and strain. Give one teaspoonful to adults and half a teaspoonful to children once. Avoid excess dose.
- (n) Pound the leaves of Omwitanzoka [TH: KADESEMBA E.]. Mix with water and some salt. Give 75ml. once.
- (o) Pound together the roots of Mumara, Mutaregwe, and strain bark of Nyakibazi and the bulb of Ntaleyeddungu [TH: RWEMA Z.] . Boil in water, allow to cool and strain. Give to children one tea sponful twice a day for 3 days to adults. Excess may cause diarrhoea.
- (p) Boil in water the leaves of Omwantaibare and Omunyingara [TH: KAMENSIRE A.]. Take 500ml. once.
- (q) Pound the root of Nyakibazi [TH: TIBIZUKA V.]. Dry and make into powder. Mix some powder with tea or porridge or just boiling water. Take once a day for 2-3 days.

- (r) Dry the leaves of Umwitanzoka, Umuretezaho [TH: MUKASANGA V.9] and reduce to powder. Mix the powder with some cold water. Give one glass three times a day for three weeks.
- (s) Boil strongly in water the root of Mujeje [TH:MATOVU K.H.] Allow to cool and strain. Take 200ml. three times a day for 7 days.
- (t) Pound together either the roots or the leaves of Omujuna and Omushoroza [TH: KAKYENKYE F.]. Add a little water. Squeeze a few drops into the mouth of the child twice a day until no more worms are expelled.
- (u) Pound and boil in water the leaves of Nyarwefura [TH: KWATIRAHU M.] and add cow ghee. Give one table spoonful three times a day for 3-4 days.
- (v) Dry and reduce to powder the leaves of Kaboha and Omukaranga [TH: BEGYAMINA N.]. Mix the powder with cold water and strain. Take one cupful daily for one week.
- (w) Pound together the leaves of Engarozabarama, Omuniyazabashumba, Omingura, Omubirizi and root of Akatikensozzi [TH: TINKAMANYIRE C.]. Boil in water, allow to cool and strain. Give 50ml. once in the morning for 2-3 days.
- (x) Boil in water the roots of Akihabukuru, Omugosora, Omubirizi and Omwanjurane [TH; NAMUDDU KIKOMEKO R.]. Take half a glass daily for one week.
- (y) Pound together the leaves of Omwanzurane, Kashakanyoya, Akaherero and Bitabita [TH: KATUSHABE J.]. Mix with cold water and take.

(z) Pound the root and the leaves of Omusisa [TH: TIBAHWERWAYO D.K.]. Boil in water and strain. Take 150ml. once.

(aa) Pound and boil in water the root of Muherere [TH: SIRINGI N.]. Take 250ml. twice a day for 1-2 days.

(bb) Pound the leaves of Omubirizi and Omwitanjoka [TH: RUKUNDO G.]. Boil in water, add some rock salt and strain. Give 30ml. times a day for as long as necessary.

(cc) Boil in water the leaves of Omugabagaba and the root of Omuko [TH: KAMONDO A.]. Add some rock salt, allow to cool and strain. Give two dessert spoonfuls once. Repeat after one week.

(dd) Pound the root of Muhingura [TH: KOMWAKA G.]. Boil in water, allow to cool and strain. Take one table spoonful twice a day before meals. Repeat after 3 days. It causes loose stool.

Then pound the leaves of Kanuka, boil in water, allow to cool and strain. Take 250ml. once to stop the loose stool which is caused by the above treatment.

(ee) Use the leaves of Muhingura together with the ordinary spear grass to make banana juice. [TH: KOMWAKA G.]. Take 100ml. of the juice once before meals.

(ff) Boil in water the leaves of Mwanjurane [TH: KOMWAKA G.] and strain. Take one tea spoonful once in the morning.

(gg) Hang the fresh leaves of Omugabagaba [TH: MAGEZI S.C.] in the kitchen until they dry. Then boil in water and strain. Give one tea spoonful to children and 2 dessert spoonfuls to adults three times a day for up to 3 days.

- (hh) Boil the roots of Mutarabana [TH: TINDIWENSI M.]. Give two tea spoonfuls to children and four table spoonfuls to adults once in the morning daily for three days. Worms are expelled in the stool. Excess may cause diarrhoea and dizziness.
- (ii) Pound the leaves of Omwetanjoka [TH: NGYERINA-ITIRI]. Mix with water and boil. Allow to cool and give one table spoonful twice daily in the morning for at least three days. The worms are expelled in the stool. The medicine should be taken before any meal. An overdose may cause dizziness and diarrhoea.
- (jj) Wash the roots of Omwatibale [TH: KAMADUKA T.]. Mix with water and boil. Allow to cool and strain. Give two tea spoonfuls to children and half a glassful to adults twice a day for one or two days. The worms are expelled in the stool.
- (kk) Pound together the leaves of Rucumu, Rihaya, Sheba, Engyerebuta, Omubuza, Omwetango, OYecure, Oruhiguka and Wankura [TH: BAMUSHANAHO M.G.]. Dry and macerate in cold water. Take 20ml. of the concoction every morning for one week. The worms are expelled in the stool.
- (ll) Pound together the roots of Omubirizi, Omwitanjoka, Omusoroza, Ekicuncu and Ekitugunda [TH: TIBAITWA B.]. Boil in water and allow to cool and strain. Take 125ml. daily for one week.
- (mm) Pound together and boil in water the roots or leaves of Omugabagaba, Omubirizi and Omwazurane [TH: KAMADUKA R.]. Allow to cool and strain. Adults take 125ml. and children 75ml. once a day for four days.

(nn) Pound the roots of Omubirizi, Omwitanjoka and Omwenyi, [TH: RWAKAHUNDA M.] together. Boil in water and add rock salt and ghee. Allow to cool and strain. Take one dessert spoonful in the morning daily for three days. The swollen abdomen reduces and the worms are expelled in the stool.

((oo) Pound the leaves and the roots of Omugabagaba, Omubirizi, Omwazurane, [TH: KAMANDUKA R.]. Boil in water, allow to cool and strain. Give 500ml. to adults and 250ml. to children once a day for four days.

17. BEWITCHMENT (NC)

(a) Pound the leaves of Omunyaburuho [TH: RUBINDI S.]. Dry and reduce to powder. Mix with cow ghee and apply all over the body twice a day for 2 weeks.

(b) Pound the leaves of Ekirogorozi [TH: BEZIRE Y.]. Dry and reduce to powder. Mix with cold water and strain. Give two table spoonfuls three times a day for 3 days. Apply the residue all over the body.

18. BREAST ABCESS (611.0)

(a) Pound the leaves of Plantago Palmate [TH: BARUGAHARE A.]. Smear the paste on the swollen breast daily until cured.

(b) Pound the leaves of Encherere [TH: BARUGAHARE A.]. Smear the paste on the open wound daily until the wound has healed.

to cool and apply it on the open wound.

19. BRONCHIAL ASTHMA (493.9)

(a) Pound together the roots of Omusambya, Ebitojjo and the leaves of Enyabarashana [TH:NDYANABO T.]. Boil in water for about thirty minutes. Allow to cool and strain. Take one glassful of the concoction three times a day for seven days.

The patient should avoid alcohol during treatment.

(b) Pound the leaves of Omuhoko, Omubuza, Irarira, Kashaho and Akamara, [TH: TIBAHWERWAYO M.]. Mix with boiled water and strain. Take one glass twice a day for one week.

(c) Pound the stem bark of Mugavu [TH: MATOVU K.H.]. Dry and reduce to powder. Lick the powder three times a day for one month.

20. CELLULITIS (682.9)

(a) Crush the leaves of Akacumitambugo [TH: TINDYEBWA D.]. Apply the paste at the affected site.

(b) Pound together the leaves of Kayizi and the stem bark of Damulira [TH: Masaba E.]. Boil in water, allow to cool and strain. Take one teaspoonful twice daily.

Excess may cause vomiting which may be contained by taking strong coffee. The residue is applied at the affected site.

(c) Pound the leaves of Omukamba [TH: NIWEABINE N.D.] and rub on the swelling. Then wrap the whole plant of Nyabubugo in a banana leaf and warm under charcoal embers and apply on the swelling. If the swelling opens, boil Obutuzi (small mushroom) in water. Allow to cool and apply it on the open wound.

21. CEREBRAL MALARIA (048)

Cut into small pieces the root of Katakuri [TH: SABIITI A.K.]. Boil in water. Give to children half a table spoonful, and to adults one table spoonful three times daily for 3 days.

22. CHANGE OF SEX OF FOETUS (NC)

The woman is given to swallow four seeds of Mukuruteitebye at once on the last days of her menstrual period [TH: BAYAMBA J.] until she gets pregnant.

23. CHEST PAIN (786.5)

(a) Grind together the Kitosa (big mushroom before it opens), the dust collected from rotting tree, and soil from the tope of an ant hill [TH: KATUWUNU E.] to a paste. Make incision on the chest and apply the paste after every four days.

(b) Pound together the leaves of Madudu, Buza and Katanga [TH: MUSOKE A.]. Apply the paste on the chest by rubbing.

24. CHOLERA (001.0)

Pound the leaves of Akagyembagyembe [TH: KUBIRYANGA L.] and boil in water. Allow to cool and strain. Take 500ml. of the decoction twice a day for three days.

25. COLLAPSED STERNUM (NC)

Pound the leaves of Obushendabakazi [TH: KINIHIRO N.J.]. Apply on the collapsed sternum by gently rubbing up and down.

26. CONJUNCTIVITIS (372.0)

Pound the leaves of Ikingura [TH: BEGUMISHA E.]. Mix with a boiled water and apply as eye drops twice daily till cured.

27. CONSTIPATION (564.0)

(a) Boil the stem bark of Mugavu [TH: MATOVU K.H.]. Add some rock salt, allow to cool and strain. Take 100ml. once a day for 3 days.

(b) Pound the leaves of Mukungiri [TH: KENGEYO E.]. Boil in water and strain. Take 500ml. twice for one day. The treatment may be repeated after one week.

(c) Pound and boil in honey the Omuhororo-gwensi (type of mushroom) [TH: BAYAMBA J.]. Strain and take 100ml. once a day for 2-3 days.

CONSTIPATION IN CHILDREN (564.0)

Pound together the leaves of Eterabombo, Ekarwe, Ekyogonyanza and Enyabarasana [TH: NYAKWANGWA V.]. Mix with cold water and strain. Give one tea spoonful three times a day on alternative days for two weeks.

28. CONVULSIONS (NC)

Pound all together the leaves of Sedume, Akazumazuma akache, Kitina and Omurema [TH: KADESEMBA E.]. Mix with water and strain. Take 150ml. three times daily.

The residue is applied all over the body while some of the residue is placed on the lead end of the bed.

29. COUGH (786.2)

(a) Boil together the leaves of Kalitunsi, Omuyembe, Kafumitabagenge [TH: SEMBATYA S.]. Mix with magadi salt, cool and strain.. Adults take one dessert spoonful and children one tea spoonful of the concoction three times a day, for three days.

(b) Boil in water the leaves of Omurama and Omunyaburuko [TH: KIBIKWENDA C.]. Strain and give two tea spoonfuls to adults and one to children every morning.

(c) Pound the stem bark of Mugavu [TH: MATOVU K.H.]. Boil in water allow to cool and strain. Give 1 tea spoonful to children and 1 table spoonful to adults three times a day for 3 days.

OR Pound the stem bark of Mugavu, dry and reduce to powder. Lick and sniff some powder three times a day for one week.

(d) Boil in water the stem bark of Burikote and the leaves of Emichungwa, Emiyembe, Karutunsi and Omuhukye [TH: NAKALANZI K.]. Give 125ml. to children and 250ml/ to adults once a day for 4 days.

(e) Pound the leaves of Omuravungo [TH: MAGEZI S.C.) and squeeze out the juice. Give a few drops to children and one tea spoonful to adults twice daily for one week.

(f) Clean and pound together the roots of Omubirizi and Akafugankande [TH: NGABIRANO S.] Boil in one litre of water.

Allow to cool and strain. Store in a clean container. Take one tea spoonful four times a day for two to three days.

(g) Boil in water the leaves of Omuhuki [TH: BEGUMISHA E.]. Allow to cool and strain. Store in a clean bottle and take 50ml. three times a day until recovery.

(h) Pound the leaves of Yecure [TH: NDAJEMA B.]. Mix with cold water and strain. Take 50ml. daily for four days.

30. DERMATOSIS (709.9)

(a) Pound the leaves of Entembabyona [TH: BAGOOKA-GAVABUTTO T.]. Dry and reduce to powder form. Mix with vaseline and apply on the skin two times daily until cured.

(b) Warm over embers the leaves of Ekiko and Ekitojo [TH: KWATIRAHO M.] and crush between the palms. Mix with cow ghee and apply all over the body twice a day after bathing.

(c) Pound the leaves of Ruhangura [TH: NYAKATO R.]. Mix with cold water and strain. Take one portion and apply the remaining portion over the affected area.

(d) Pound the stem bark of Mukoonya [TH: TIBAMANYA G.]. Dry and reduce to powder. Mix the powder with cow ghee. Apply on the affected areas at bed time for one week.

(e) Pound the leaves of Chrassocephylum sp. [TH: BARUGAHARE A.]. Smear the paste all over the body daily until cured.

31. DIABETES MELLITUS (250.0)

Pound the stem bark of Mugavu [TH: MATOVU K.H.]. Dry and reduce to powder. Lick the powder three times a day for 3 days.

32. DIARRHOEA (009.3)

(a) Boil in water the leaves of Omunyaberu [TH: TEBEBWA V.].

Allow to cool and strain.

Take 250ml. once. Repeat several times if diarrhoea persists.

(b) Boil in water the skin of a lion and the leaves of Okakukumura [TH: TIBAHWERWAYO M.]. Give half a glass twice a day for 2-3 days.

(c) Pound the leaves of Mapera/Epera [TH: NYEHUMBIIZE L.] and boil in water. Allow to cool and strain. Take 250ml. of the decoction three times a day until cured.

(d) Pound the fresh seeds of Omugusha [TH: KINIHIRO N.J.]. Mix with some water and soil from ant-hill. Stir and strain. Take 250ml. three times a day for two to three days. Diarrhoea shall stop.

(e) Pound the roots of Omurembe [TH: BAITA B.] and boil in water. Allow to cool and strain. Take 250ml. once a day for two days. The diarrhoea should stop within the first day of treatment.

(f) Pound together the leaves of Ekigorogoro and Omucundezi [TH: RWEKISHUNJU A.]. Mix with a little water and strain. Add the concoction to porridge and take one mugful once daily until cured.

(g) Pound the leaves of Omunkamba [TH: KANYAMUKAWARA J.]. Mix with cold water and strain. Take 125ml. of the infusion twice a day for two days.

Then pound together the leaves of Omutondigwa and Ekibombo Katerwiju. Mix with water and strain. Take 125ml. twice a day for two days.

- (h) Pound the leaves of Omurama [TH: TIBEKINGA P.]. Mix with cold water and strain. Take one tea spoonful of the infusion three times a day for two days.
- (i) Pound together the leaves of Omuhuki, Entarahambo, Omujobajumba and Omwonyomushaija [TH: KUBIRYANGA L.] and boil in water. Take 250ml. once a day for two days.
- (j) Pound the leaves of Ekihububu [TH: BARUGAHARE A.] and boil with water. Allow to cool and strain. Take one dessert spoonful three times daily until cured.

33. DIFFICULT LABOUR (669.9)

- (a) Pound the leaves of Omuhankuba [TH: KYENDERESIRE C.]. Mix with water and give two dessert spoonful of the infusion once. Delivery is effected immediately.
- (b) Pound the leaves of Ekyangu [TH: KABUKYIRE S.]. Mix with cold water and strain. Give 200 ml. of the infusion three times a day for one day.
- (c) Boil the leaves of Kashogashoga [TH: KATUNGWA K.]. Allow to cool and give 250ml. once.
- (d) Chew the leaves of Kishakimwe [TH: KENYANGI A.] and swallow the juice. The labour pains increase and delivery follows immediately.
- (e) Pound the leaves of Omuramura [TH: BUSINGYE V.9.]. Mix with water and boil. Take 125ml. of the decoction once. Delivery is effected immediately.

- (f) Pound the leaves of Omuhurra, Oruhigura, and Ekitunta [TH: BUGAALI D.]. Mix with a little water and strain. Give 250ml. once. Delivery is effected immediately.
- (g) Pound the leaves of Ikarwe/Eyoumumagoya [TH: NYAKABIRI V.]. Mix with water and strain. Take 250ml. of the infusion once. Labour starts and delivery follows.
- (h) Crush between the palms the leaves of Kicumucumu [TH: BENYAGIRE M.]. Mix with some cold water and strain. Give half a glass once.
- (i) Chew the cleaned root of Engyenyi [TH: AKANTATSYA E.]. Swallow the juice.
- (j) Pound together the leaves of Nyakabatura and Omugorora [TH: RWAMUGABO E.]. Mix with cold water and strain. Give half a glass full once. Apply the residue into the vagina.
- (k) Chew the leaves of Omugorora [TH: KAFEERO T.] and swallow the juice.
- (l) Pound together the leaves of Akazarirahamwe and Omuhanurankuba, [TH: KABUSIMBI T.]. Mix with cold water and strain. Take 100ml. once, however let some of the infusion spill over the abdomen.
- (m) Pound the leaves of Omwetango [TH: TUNGIRAHO G.]. Add a little warm water and strain. Give 3 table spoonfuls three times.
- (n) Pound the root of Omuhingura [TH: TIBATEGEZA J.]. Boil in water, allow to cool and strain. Give one tea spoonful once. Then gently manipulate the abdomen to facilitate delivery.

(o) Pound together the leaves of Omurokora, Omwamira, and Omugoshora [TH: KISHUNJU E.]. Mix with some water and strain. Give 500ml. once.

(p) Crush between the palms the leaves of Esununu and Muhurura [TH: MUHAIRWE J.]. Squeeze out the juice and give two tea spoonfuls once. The labour pain increase and delivery occurs. An overdose may weaken the new baby.

(q) Pound the leaves of Oruhigura, Ekinyeminyemi and Omuhanurankuba [TH: KAMAGANDA S.] together. Mix with water and strain. Take 250ml. once. The labour pains increase and delivery is effected soon after.

(r) Pound together the leaves of Kimarempaka, Orubugore and Enyabarasana [TH: NAMAYANJA J.]. Mix with a little water and squeeze out the juice. Take about two dessert spoonfuls once. The labour pain increases and delivery follows.

(s) Pound together the fresh leaves of Enybarasana and Obunyunyambuzi [TH: BANGANIZA D.]. Mix with cold water and strain. Give 150ml. once. The labour pains increase and a child is delivered easily. The concoction is also used to expell the retained placenta.

34. DISLOCATION OF JOINT (718.3)

Pound the leaves of Omusoroza [TH: KABOGOZA K.]. Dry and reduce to powder. Mix the powder with cow ghee and apply on the affected joint and massage using a warm piece of cloth, twice a day for as long as it is necessary.

35. DYSENTRY (009.2)

(a) Pound the leaves of Ekikamba [TH: KACHETERO Y.]. Mix with some water and strain. Take 250ml. of the infusion once daily for seven days. The patient should eat chicken but with very little salt. Diarrhoea should stop within three days.

(b) Mix Ebisirira and Amakankya (ash) [TH: RWEMINYETO F.] with water and drink. Repeat every day until cured.

(c) Pound the root bark of Omuyonza [TH: MAGYEZI B.] and boil in water. Allow to cool and strain. Take 500ml. twice a day for six days. Diarrhoea with blood should stop.

(d) Pound the roots of Matembe and Mugusha [TH: KIFURA A.].

Take half a glassful three times a day for 1-2 days.

(e) Boil in water the leaves of Umubazi, Umwitanzoka and Ekishusha ekyebwozi [TH: MUKSANGA V.]. Add some salt and take half a glassful three times a day after meals for 3-4 days. Avoid alcohol.

(f) Boil thoroughly in water the root bark of Omurama, and Emitegansi [TH: TUNGIRAHU M.G.]. Allow to cool and strain. Take one dessert spoonful three times a day for 2-3 days. Avoid eating ground nut stew, peas and potatoes.

36. DYSMENORRAGIA (625.3)

Pound together the leaves of Omukongorani, Esiteimwe and Akanyashagama [TH: NSHEMEREIRWE J.]. Boil in water, allow to cool and ~~xxx~~ strain. Take half a litre three times a day until the menstruation stops.

37. DYSMENORRHOEA (625.3)

(a) Pound the whole plant of Eteiija [TH: KERANGYI G.]. Mix with cold water and strain. Take 500ml. three times a day till the pain during menstruation periods tops.

(b) Clean and pound separately the roots of Omukarabo, Omuremanjojo, Omuko [TH: KATAYIRA D.]. Mix them and boil in water, add some rock salt; allow to cool to luke warm and strain. Take 500ml. three times a day for 2-4 days during menstruation period.

(c) Macerate in water the leaves of Butabuta [TH: KADESEMBA E.]. Give 250ml. 2-3 times a day for 3 days. Also insert the fresh paste of the leaves of Butabuta into the vagina for 1-2 hours daily for 3 days.

(d) Pound together the root of kakukuru and leaves of Omubarama, Ekiziranfu and Kamurali [TH: NYINAKARARA C.]. Boil in water, allow to cool and strain. Take 250ml. whenever necessary until pain stops.

38. DYSpareunia (625.0)

Wash and pound the roots of Amatojo [TH: KYAMBU R.J.]. Mix with banana juice. Take one cupful daily until cured.

OR Pound Obunyunyambuzi [TH: KYAMBU R.J.] and boil in water. Strain and allow to cool. Take 250ml. until cured.

39. EPILEPSY (345.9)

(a) Pound and boil the root of Kitakuri (wild type)

[TH: NYANZARA D.]. Mix with water and boil. Allow to cool and strain. Give two tea spoonfuls to children and 30ml. once before any meal. The patient should vomit. The treatment is repeated the following day. High dose causes excessive vomiting and patient may become dehydrated.

(b) Clean the roots of Entarema [TH: KASHAIJA G.]. Then pound the stem bark of Omwiha together with the dry leaves of Omuhaga and boil in a sauce pan. Allow to cool and strain. Store in a clean bottle. Give one tea spoonful to children and three table spoonfuls to adults three times a day for three days.

Excess may cause vomiting.

(c) Pound either the roots of Omuhe or Omwesyamuro [TH:BYAMUGISHA Y.] to paste. Wrap the paste in a banana leaf and roast in hot ash. Squeeze a few drops in the nostril once a day.

Then pound the leaves of any one of the plants, mix with water and strain. Give 250ml. three times a day for three to four weeks. The frequency of the attacks reduces until finally the patient become cured.

It reduces excessive flow of mucus and sputum which may be expelled by sneezing violently.

(d) Take 2ml. of dog's milk [TH: BAMWESIGYE F.] every day for one month.

(e) Pound and dry the root of Enterama [TH: AMRI M.] and reduce to powder. Mix three tea spoonfuls of the powder with half a litre of water. Boil and allow to cool.

Take 250ml. of the decoction once every day for one week..

Excess may cause vomiting.

At the same time the root is chewed and the juice is blown into the eyes and nostrils of the patient.

(f) Pluck off the feather of Wahure (large mountain bird) [TH: RUJWIRE G.]. Roast the bird over fire. Stew some of the bird's meat. Take the soup, three times daily for one month.

(g) Pound the root of Enteramā [TH: MWEBESA J.]. Macerate in water and give two dessert spoonfuls three times daily for 3 days.

Concurrently pound the root of Bwara and add cold water.

Give one dessert spoonful three times daily.

Finally boil in water the root of Akongokamwika. Allow to cool overnight and the following morning mix the decoction with cow ghee. Give one tea spoonful six hours before taking meals. Feed well.

(h) Chew the leaves of Akakomba [TH: BAGYINJI J.]. Spit the juice into the nostrils of the child.

(i) Pound the root of Rukono [TH: BIGAMBWENSI D.]. Boil in water and allow to cool overnight and strain the following morning. Give half a glassful. The patient should vomit. The fits stop gradually. The treatment is repeated every month until he recovers fully.



- (j) Pound the leaves of Sheba [TH: NATEESA M.]. Mix with cold water and strain. Take one tea spoonful three times a day. Use the leaves of Bigiribita to fan the patient when he gets the attacks.
- (k) Crush the flowers of Esiteemu [TH NYANGOMA J.] to a paste. Put the paste inside an egg shell and add some water and warm on charcoal embers. Give three drops three times a day once every month.
- (l) Dry and reduce to powder the leaves of Omugoshora, Omunyeganyegye [TH: KAKYENKYE F.]. Apply the powder in the nostrils during the attack.
- (m) Pound the root of Omugyengye [TH: NYIRINKWAYA A.]. Boil in water and strain.
Give one table spoonful three times a day for 6 months.
- (n) Pound together the roots of Kikongye, Ezizi and Etalama [TH: NAGGAYI E.]. Boil in water, allow to cool and strain. Give 10ml. once. Repeat after seven days. Apply the residue on the body. The patient must fast on the day preceding treatment.
- (o) Pound together the root of Omweya and the leaves of Omusongasongi, Ekarwe, Rmyonho ya kabohe, [TH: NASSOROMWANJE H.M.]. Mix with cold water and filter. Give 250ml. to adults and 5 table spoonfuls to children once a day for one week.
Avoid milk while under treatment.
- (p) Pound the leaves of Kisikienkwanzi [TH: BYANGWA Y.]. Dry and reduce to powder. Use as sniff three times a day for 3 days.

- (q) Pound the root of Ekiharukuru [TH: TIBAHWERWAYO D.K.]. Wrap in banana leaves and warm over hot ashes. Apply as nasal drops every after two days.
- (r) Squeeze the leaves of Omwesiamuso and apply as nasal drops. Then pound together the leaves of Omwetango, Omubuza, Omunyaganyage and Omwesiamuso [TH: BAKEHENA C.]. Boil in water and strain. Give 75ml. three times a day for one day.
- (s) Pound the leaves of Ikura [TH: KATERBARIRWE M.]. Boil in water and strain. Give 150ml. to children, 500ml. to adults three times a day for as long as necessary. Commence the treatment after an attack of fits.
- (t) Firstly pound the leaves of Omubirizi and Omukoma [TH: MUKABAHAMYA J.]. Mix with some water and strain. Give 30ml. twice daily. Use the residue to bathe twice a day. Then pound the roots of Ekihoga, boil in water. Allow to cool and strain. Give 10ml. twice a day. Lastly make an infusion of the roots of Omufigura. Apply a few drops into the nostrils.
- (u) Pound together the root of Rwisampondo and the leaves of Kashokakaryoya, Muherere and Kakarwa [TH: MATAMA S.]. Mix with cold water. Bathe the sick child early in the morning daily for 4 days.
- (v) Pound the roots of Rururo [TH: TIBAKANYA M.], boil in water and allow to cool. Give one tea spoonful to children and two tea spoonful to adults twice a day for one week.

(w) Pound and dry the roots or leaves of Omuhingura [TH: KARISHOKYE E.]. Macerate in cold water and strain. Give one tea spoonful twice daily. Then use some of the infusion as nasal drops for at least one week.

The frequency and severity of the fits is reduced.

An excess dose may cause vomiting.

(x) Boil in water the leaves of Omushesha, Omuhingura and Omushongashongye [TH: BIHERERAHI J.]. Allow to cool and strain. Give one tea spoonful three times daily for three to four days. Then apply one drop in each nostril for the same period. The fits reduce in severity and frequency

(y) Cut into small pieces the bulb of Efuha [TH: NAMARA G.]. Boil in water, allow to cool over night and strain. Give two table spoonfuls three times a day during attacks.

(z) Pound together the roots of Omujeje and Ekikujumbwe [TH: MERABU K.]. Dry and reduce to powder. Store the powder in a dry container. Take one pinch and use as snuff twice a day for three days after an attack. The snuff causes sneezing.

40. FEBRILE CONVULSIONS (780.3)

(a) Pound the leaves of Omuravunga [TH: MAJUNDE E.]. Wrap in banana leaf and apply drops into the eyes and nostrils. Mix the residue with a little cold water and strain. Give three tea spoonfuls three times a day.

Boil in water the root of Omubirizi. Allow to cool and strain.
Give one dessert spoonful three times a day.

Pound the leaves of Omwhura. Mix with a little cold water and strain. Give one dessert spoonful three times a day.

Also administer as enema.

(b) Pound together the leaves of Enyabarashana, Akafumbamirami and a piece of goat's meat. [TH: KATUSHABE J.]. Mix with a little but previously boiled water. Give 15ml. three times a day.

(c) Boil in water the stem bark of Omutatembwa [TH: KACHUMU J.]. Allow to cool and strain. Take two dessert spoonfuls three times daily for as long as necessary.

(d) Pound the roots of Muhingura and Kibirizi [TH: KOMWAKA G.]. Dry and reduce to powder. Apply this powder as snuff. It causes the patient to sneeze strongly.
Then macerate the leaves of Kibirizi until frothing and use to bathe the patient twice a day. The patient to take some of the decoction which induces vomiting as a sign of efficacy of the treatment.

(e) Boil in water the root of Omutongore and stem bark Omugu [TH: KYENABWINE P.] and strain. Give two table spoonfuls twice a day for 1-2 days.

(f) Chew the root of Kavugankande [TH: MAREMESA P.] and spit the the juice in the child's mouth three times a day for one week.
The child should vomit. Excess may cause death.

(g) Pound the root of Muhe [TH: BIRE SIRE M.] and mix with a little water. Squeeze out the liquid and put one drop in the child's mouth and nostrils. Then crush the leaves of Muyaganyege and mix with water. Use the decoction for bathing the child twice a day.

(h) Pound together and boil the leaves of Musese, Mubirizi and Kafugankande [TH: BONABANA R.]. Give one teaspoonful twice a day followed by one table spoonful the following day for three to four days. The child should vomit. Excess may cause death.

41. FEVER (780.6)

(a) Pound the leaves of Egisakashekye [TH: TINDIKIRA I.]. Dry and boil in water. Take 250ml. twice daily for two to three days.

(b) Pound together the leaves of Akavugankande, Rukaka and Omubirizi [TH: BUGAALI D.]. Boil in water and strain. Take 250ml. of the concoction while still warm.

Cover the patient with a blanket. It causes the patient to sweat profusely.

(c) Wash and pound together the roots of Omubirizi and Omuyonza [TH: BARIGYE S.] and boil in water. Add some rock salt and strain. Adults take 250ml.. Children 2 dessert spoonfuls twice a day for three days. Fever should subside and clear.

The patient should avoid eating sweet fruits and sugar cane.

Excess dose may cause vomiting.

(d) Pound the leaves of Ishenkaziabashumba [TH: KERANGYI G.]. Add warm water and mix thoroughly. Strain and give 500ml. to adults and 15ml. to children once. After about five minutes give milk or bushera. The patient should vomit.

42. FOETAL MALPOSITION (652.9)

Crush between the palms the leaves of Orubogora [TH: BONABANA E.]. Mix with cold water and strain. Give half a glass three times a day for 2-3 months.

43. FRACTURES (829)

(a) Pound together the roots and leaves of Omusoroza, Omwihura and Entambabwona [TH: RUTOOTO Y.]. Apply the paste on the broken part everyday for two weeks. The pain is reduced.

(b) Pound together the leaves of Ekikwasi, Orukurura and Omwesindagye [TH: KATESIGIRWE]. Mix with cow dung and apply on the broken part daily for two weeks.

(c) Pound the leaves of Akalyabuzimba [TH: BAMWESIGYE F.]. Mix with a little water in a broken pot to form a paste with cow ghee and use to massage the broken part twice a day for at least two weeks. The patient should not carry heavy loads and should not move about.

(d) Pound together the leaves of Ekinami and Kaboha [TH: BISAGWIRA J.]. Make incisions near the site of the broken bone and use the medicine to massage the site. The bone should heal within one month.

- (e) Pound the leaves of Akeyeyo [TH: NAKATO B.]. Mix with cow ghee to a paste, set the bone and massage with the paste twice a day for two to three months.
- (f) Pound together the leaves of Omwekarura and Omusindage [TH: MUTSIKO V.]. Mix with soil and cow ghee. Set the broken bone and massage with the paste daily for two to three weeks.
- (g) Pound the leaves of Akeyeyo Akaganda [TH: SEKIMWANYI C.]. Mix with cow ghee and apply on the affected part in the morning and evening.
- (h) Pound the leaves of Gyenda Obunge, Amagufa [TH: KATUHANWA F.], dry and reduce to powder. Tie the powder around the fracture with a piece of cloth. Then massage the fracture with the powder mixed in vaseline for one month.
- (i) Pound together the root of Omukuzanyana and the leaves of Omukumirizi and Kahurra [TH: BIGAMBWENSI D.]. Mix with cow ghee and warm over a broken pot. Apply the paultice on the fractured part and massage in the mornings and evenings until the fractured bones unite.
- (j) Pound the leaves of Musoroza [TH: KIZZA A.]. Spit on some saliva, let to dry and reduce to powder. Mix with vaseline and apply on the fracture once in the morning for 2-3 months.
- (k) Pound the leaves of Kutukumwe [TH: NDUHUKIRE J.]. Add cow ghee and use to massage the fracture twice a day.

- (l) Pound the leaves of Obweyo [TH: KYENDEMANYA V.]. Add row cow ghee. Manipulate the fracture and apply the paste. Immobilise the fracture and repeat after every two days for 2-4 weeks.
- (m) Pound the leaves of Obuhendeki [TH: NDYANABO T.] to a paste. Use the paste for massaging the broken bone.
- (n) Pound the leaves of Kasingabeiru [TH: KAHIGI E.]. Make incisions at the site of the fracture and apply twice daily for 1-2 months. Immobilise by applying splinters.
- (o) Pound the leaves of Akakurira [TH: KEMEZA S.]. Add cow ghee and apply around the fracture twice daily for 2-3 weeks.
- (p) Pound the leaves of Orukurura [TH: BAYAMBA J.]. Add cow ghee and apply by massaging twice a day early in the mornings and evenings.
- (q) Pound the leaves of Sida conifolia [TH: BARUGAHARE A.]. Mix with ghee and use it for massaging the broken bone.

44. FRESH WOUND (879.8)

- (a) The fresh leaves of Butabuta [TH: KADESEMBA E.] are applied to cover the wound. The wound cures very quickly.
- (b) Pound the leaves of Embotora [TH: TIBIZUKA V.]. Dry and reduce to powder. Apply on the wound.
- (c) Crush between the palms the leaves of Nyabarasana or Kinani [TH: TINDYEBWA D.] and mix with some ash. Clean the wound and apply the paste.

45. FUNCTIONAL PSYCHOSIS (298.0)

- (a) Crush between the palms and macerate in water the leaves of Yozefu [TH: BUKEERA J.]. Give 500ml. once a day for 7 days. At the same time pound the root of the same plant. Boil in water, allow to cool and strain. Give 150ml. three times a day for seven days.
- (b) Boil in water the leaves of Madudu [TH: MWEBESA J.]. Give dessert spoonfuls three times a day. Then pound the leaves of Kashaho add some cold water and apply the solution on the head. Squeeze a few chops into the nostrils. Lastly squeeze the leaves of Akasenene and use as nasal drops daily for 7-10 days.
- (c) Pound separately the root of Omumara and the leaves of Omunyeganyegi [TH: KATATUBUKA H.I.]. Dry and store in a clean bottle. Mix the two powders and boil in water, allow to cool and strain. Take 100ml. three times daily for 3 days. At the same time mix the two powders with vaseline. Apply all over the body three times a day.
- (d) Pound together the leaves of Orubogora and Wankura [TH: BYANGWA Y.]. Boil strongly in water, allow to cool and strain. Give two dessert spoonfuls to adults and one to children three times a day for 3 days. Use the residue to bathe early in the morning. Avoid strong sunshin.

- (e) Pound the leaves of Orubogole [TH: KACHUMU J.]. Mix with cold water and strain. Use the decoction to prepare porridge from Omusara (millet flour). Give 150ml. many times a day. The residue of the Orubogole leaves is applied all over the body.
- (f) Pound the leaves and root of Wakura [TH: MUSHIKHATYO Z.]. Boil in water, allow to cool and strain. Give 150ml. twice a day for 2-4 days.
- (g) Squeeze together the flower of Eshakama and the leaves of Gampure [TH: MURARA E.]. Mix with some cold water and strain. Give a little to drink twice daily. Apply the residue all over the body for as long as necessary.
- (h) Pound together the root of Omutayibwa and leaves of Amaruru [TH: TIBANYENDERA A.]. Boil in water and strain. Give half a glass once.
- (i) Pound together the leaves of Rweziringa, Omwamira, Omwetango [TH: TUMWESHUMBIRE W.]. Dry one glassful twice a day for 4 days.
- (j) Pound the seeds of Omuho [TH: BYAMPI G.]. Mix as condiment with food or milk or porridge and take once. Then pound the dry stem bark and reduce to powder. Use the powder as snuff.
- (k) Pound the root of Omukondwa [TH: NAKABEREMA A.]. Squeeze out the sap and apply on the incisions made on the shaven head. Apply some sap as nasal drops. It causes the patient to go into a sleep until he is woken up after about 12 hours.

Then pound the leaves of Wasiwasi [TH: NAKABEREMA A.]. Mix with banana juice and boil. Allow to cool to luke warmth and strain. Give half a litre once every day for three days. The patient goes in slumber after every treatment. It may cause diarrhoea.

(l) Wash and dry the roots of Omugyegye [TH: TIBANDEBA E.]. Crush and macerate in a little water. Strain and apply two drops in the nostrils twice a day for four days.

(m) Crush between the palms the leaves of Madudu, Kafugankande, Namirembe and Sere [TH: MUSOKE A.]. Mix with boiled water and strain. Give 500ml. once. put some of the paste in a leaf funnel and squeeze a drop in the nostrils. The patient goes into deep sleep. Excess causes death.

(n) Crush the dry stem bark of Omutatembwa [TH: BAGOOKA GAVABUTTO GAVABUTTO Y.]. Macerate in water, mix with rock salt and boil. Allow to cool down. Give two dessert spoonfuls three times a day for about one week. The patient improves gradually and should avoid alcohol. Overdose may cause death.

(o) Boil in water together the leaves of Ekyiko and Omuchundezi [TH: MUGARURA E.]. Evaporate off the water to near dryness. Scoop out one tea spoonful of the residue and mix with 100ml. of cold water. Stir thoroughly and drink once. The patient becomes stable and eventually becomes well. Excess causes diarrhoea and vomiting.

- (p) Pound the leaves of Oruhungura bashema [TH: MUGARURA J.]. Mix one portion with water and use for bathing. Mix the other portion with water and strain. Give 250ml. once every day for one week. Use some of the infusion as nasal drops once a day for one week.
- (q) Pound together the leaves of Omujuma, Omucundezi and Rweziringa [TH: BARYAMWISHAKI J.]. Mix with water and strain. Take 250ml. of the infusion once a day for two weeks.
- (r) Pound the leaves of Rweziringa [TH: BATUREINE W.]. Mix with water and strain. Take 250ml. of the infusion three times a day for four days. Use the residue for bathing in the morning and evening. The patient goes into a sleep. He should be given a good meal on waking up. The patient should avoid alcohol.
- (s) Wash and pound the leaves of Rweziringa [TH: KURURAGIRE M.]. Mix with water and strain. Mix 50ml. of the infusion with 500ml. of 'Bushera' (local beer) and give 200ml. once a day until cured. This medicine induces deep sleep, so the patient should have a meal before administering it.
- (t) Boil together the leaves of Eihoza, Ekikwatsi and Omuboshora [TH: TUSHEMBEREIRWE M.]. Dry in the sun and grind to powder. Mix with warm, boiled water. Give half a litre three times daily for three weeks. It induces sleep. The patient becomes calmer whenever he takes the medicine and wakes up again.

(u) Boil the leaves of Ekimami [TH: BAMUTURAKI S.] and add Emparara (insect). Allow to cool. Take 150ml. once daily for over one week.

(v) Pound the leaves of Wankura [TH: KOMUDARIZO E.]. Mix with some water and strain. Take 250ml. twice a day for three days. The patient should be cured within one or two weeks.

(w) Crush together the roots of Omuhoko and the leaves of Kamulari (red eye chilli) [TH: KYARORE A.] to a paste. Put a little paste in a leaf funnel and add a little water. Use as nasal drops twice a day.

Then mix the past together with the pounded leaves of Irenje, Esununu and Engumera and boil in water. Allow to cool. Give 150ml. three times daily for at least one week.

(x) Pound the leaves of Musayi [TH: NDYANABO T.]. Mix with water and strain. Adults take 500ml. once for a start and then 200ml. three times daily and a children 250ml. once for a start and then 100ml. three times daily until cured.

Then grind the dry fruits of Musayi and apply on incisions made on the head.

The patient is expected to improve within one to two days.

(y) Pound the leaves of Ekigamansole, Kafugankande and the root of Entalama [TH: KAJUBI A.N.]. Mix with cold water and strain. Give 100ml. three times daily for one week. The residue is used for bathing.

46. FUNGAL INFECTION OF THE FINGER

Pound the leaves of Obuchumitambogo [TH: MAGEZI S.C.]. Apply on the affected finger. Repeat the treatment with fresh preparations after 3 days.

47. GASTROENTERITIS (009.1)

(a) Pound together the leaves of Enkaka, Omwami, Eija, Omukamba, Enkaramza and Omuhingura [TH: KAIJARUBI]. Mix with water and strain. Give 200ml. to children and 500ml. to adults of the concoction daily for one month. The patient should avoid alcohol.

(b) Pound together the root of Orukamambogo and leaves of Omwataibare and Omunyingara [TH: KAMENSIRE A.]. Boil in water and strain. Take 500ml. once a day for 3 days.

(c) Pound the leaves of Omuhe [TH: KARUNGI G.]. Mix with cold water and strain. Give 500ml. twice daily for two days.

48. GENERAL ANTENANTAL CARE (V22)

(a) Grind the leaves of Omwetango [TH: KIKOHE J.]. Boil in water. Take 150ml. twice daily till full term.

(b) Macerate in water the leaves of Omurebe [TH: KADESEMBA E.]. Bathe twice daily.

(c) Pound the leaves of Omuturaisongo [TH: NJENGE T.]. Dry and reduce to powder. Boil two tea spoonfuls of the powder in one litre of water. Allow to cool and strain. Take 500ml. twice a day, twice a week for one month.

(d) Pound the roots of Omunywameizi [TH: KEMBUGA A.] and boil in water. Allow to cool and strain. Take 250ml. of the decoction when necessary.

Then pound together the leaves of Omukanja and Omubarama. Mix with water and strain. Take 250ml. of the concoction once a day until there are no pains.

(e) Mix the pounded leaves of Ntarahondo [TH: RUKAKARE B.] with cold water and strain. Take half a glassful of the infusion once a day for three days.

49. GENERALISED BODY PAIN (780.9)

Crush the leaves of Muhanga [TH: RUKAKARE B.]. Dry and mix with vaseline. Apply all over the body twice every day for at least two days.

50. GONORRHOEA (098)

Pound the stem bark of Ekinyabenku [TH: TINDIKARA I.]. Boil in water and allow to cool. Take 500ml. of the decoction twice daily until fully recovered.

51 HEADACHE

(a) Pound the leaves of Kanuka [TH: BARUGAHARE A.]. Mix with a little water and smear on the incisions made on the head once. The pain should reduce.

(b) Pound together the leaves of Kitinwa, Omuharavumba and Omutugunda Omulembe [TH: KABUYE V.]. Mix with cold boiled water. Strain and take one dessert spoonful twice daily for four to seven days. The pain should reduce.

(c) Pound the stem-bark of Karemampengo [TH: BAGENDERERA P.]. Mix with water and boil. allow to cool and strain. Take 500ml. three times a day for four days. The patient must rest in the house in order to avoid direct heat.

(d) Clean the root of Mwesamuzo [TH: MUTAGUBYA A.]. Scrap off the bark. Dry the scrapings and reduce to powder. Use a little of the powder twice a day for 2 days as snuff.

52. HEART DISEASE (429.9)

(a) Pound together the leaves of Omuhezayo, Enderema and Ekishogashoga [TH: KATO W.]. Mix with cold water and strain. Use as enema once every day for two days.

(b) Boil in water the leaves of Omutimagwensi, Omushoroza, Entababyona, Sagamanungi, [TH: MUKASA B.]. give two tea spoonfuls three times a day for 1-2 weeks.

53. HELMINTHIASIS (128)

(a) Boil the stem bark of Enkokoota [TH: KIKAMURETA J.] and allow to cool. Children take two dessert spoonfuls while adults take half a glassful three times daily. The worms are expelled.

- (b) Pound together the leaves of Orugendaluzira and Orugyende [TH: MUGARURA J.]. Boil in water and allow to cool. Take 150ml. three times daily for three days. The worms are expelled.
- (c) Pound together the roots of Orusikasike and the leaves of Omwitanjoka [TH: NSHEMERIRWE M.] and mix with water. Give three tea spoonfuls to children and 125ml. to adults twice a day for one week.
- (d) Pound either the roots or leaves of Omuturebare [TH: KOMUPAKASI M.]. Boil in water, allow to cool and strain. Take two dessert spoonfuls twice a day for four days. Worms are expelled and the swelling of the abdomen subsides.
- (e) Pound the leaves of Omurisano [TH: KYENDERESIRE C.]. Squeeze out the juice and mix it with bushera (local brew). Give the child to drink as much as possible. The worms are expelled eventually.
- (f) Pound the root of Mubwera [TH: NYANJARA J.]. Mix with water and cow ghee. Take two tea spoonfuls three times a day as long as necessary.
- (g) Wash and boil together in water the roots of Oruhigua, Enboombo and Omukorokombi [TH: BUHAMIZO T.]. Strain and cool. Give one dessert spoonful before supper for a child then one tea spoonful three times daily for adults. Add the concoction from the roots of Omubwera and Omukarara to the mixture and take two dessert spoonfuls twice a day for three days. The worms are expelled or destroyed in the intestines. The patient regains appetite and weight.

(h) Boil in water the leaves of Omusikizi [TH: NYANGOMA J.]. Allow to cool overnight and strain. Give 50ml. to children and 150ml. to adults once only.

(i) Boil in banana juice the roots of Nyakibazi and Omuchunawe [TH: BYOOYA D.K. and strain. Give two dessert spoonfuls once.

This causes diarrhoea which expels the worms. If diarrhoea persists give porridge or cold milk.

54. HERPES ZOOSTER (053.9)

(a) Pound the leaves of Kamarerano, Mukuluteitebye, Ekyoganyanza, Leka, Omumara and Oruhigura [TH: RUTOBERA B.]. Mix one portion with hot water and strain. Give half a glass daily for two weeks. Dry the remainder and reduce to powder. Mix with cow ghee and apply on the affected part.

(b) Crush the dry leaves of Kisiro [TH: NYEHUMBIIZE L.]. Mix with vaseline and apply on the affected area three times a day until it dries.

(c) Pound together the leaves of Mubuza and the fungus from ant hill [TH: KAMUKURU T.]. Mix with some cold water and apply over the affected area twice daily for 3-4 days.

55. HYDROCELLE (603.9)

Pound the leaves of Mubimba [TH: MASABA E.]. Add some salt and boil in water. Allow to cool and strain. Take two tea spoonfuls twice a day for 7 days.

56. INFERTILITY IN WOMEN (628)

(a) Pound the leaves of Omurukuruku [TH: KIKAMURETA J.] to a paste. Mix the paste with water and strain. Take half a glass full once. Alternatively mix it in a litre of millet gruel and drink once. Overdose may cause vomiting which can be counteracted by drinking cold water.

(b) Pound the root of Omunikuliko [TH: AMRI M.]. Dry and reduce to powder. Mix one dessert spoonful of the powder with 250ml. of tea or porridge and drink as many times as possible. The patient should conceive within one year.

(c) Pound together the leaves of Wankura/Ishayura, Omuhurra and Kimarabyona [TH: MAFARI T.]. Dry and reduce to powder. Mix one spoonful of the powder with one glassful of warm water and drink all three times each day for three days.

It causes diarrhoea. The women should avoid sexual intercourse outside marriage.

(d) Pound the leaves of Okaramata [TH: KORUGAMBO P.]. Mix with cold water and strain. Take 500ml. once.

(e) Pound together the roots of Ekikwasi, Oburamata and Enyabomba (nest made from clay) [TH: KATATUBUKA H.I.]. Boil in water and strain.

Take 250ml. early in the mornings before meals.

This treatment is undertaken during menstruation for about two months

- (f) Pound the leaves of Muhanurankuba [TH: GAJWAGA V.]. Mix with cold water and strain. Take 500ml. once a day starting on the second day after the onset of menstruation period. Repeat for two days.. This treatment is preceded by making a pad of the of Ebohya and inserting it in the vagina overnight.
- (g) Boil in water the leaves of Omufura [TH: KATUMUNU E.] and take the decoction on the last day of menstruation. Concurrently, squeeze the leaves of Omukarabo and take the juice. The treatment is repeated at each menses until pregnancy is achieved.
- (h) Pound together the leaves of Bwizibwingi and the root of Akavamata [TH: NALONGO J.]. Boil in water, and strain. Take one cupful three times a day. The treatment is commenced one day after the end of the menstruation and lasts until pregnancy is achieved, usually this is achieved within one or two menses.
- (i) Peel the roots of Ekiko and Kashakalibwoya [TH: MUBIRU I.]. Pound the peelings together. Boil in water, allow to cool and strain. Give 250ml. twice a day for two days, immediately after menstrual periods.
- (j) Pound the leaves of Kikwasi [TH: KENENE N.] and mix with porridge. Take as usual. Make a talisman out of the roots of Rwihura, Mucundezi and Katoma. Tie it around the waist.
- (k) Pound together the leaves of Obuzamata, Erazi, Ekikwatsi, Wankura, Kacumita and Omutateransi [TH: NDUNDE E.]. Mix with water and take 250ml. daily for two days during menstruation period.

(1) Boil in water the leaves of Omurehe [TH: TUSHEMEREIRWE M.]. Allow to cool and strain. Take 250ml. three times daily for three days.

Then boil in water the leaves of amarebe and take half a glassful once on the first day of menstruation. Repeat every month until the woman conceives.

57. INGUINOSCROTAL HERNIA (550.9)

Crush the flowers of Ishogi [TH: KEITUMBA E.]. Mix with endahi (egg) and apply on the swelling daily for one week.

58. INSOMNIA (347)

Boil in water the leaves of Ekimarampaka [TH: NGAYA C.]. Allow to cool and strain. Take half a glassful three times a day. If the condition is associated with headache, bathe the head using the residues.

59. JAUNDICE (782.4)

(a) Pound the roots of Omululuza [TH: SEKIMWANYI C.]. Dry and grind to a powder. Mix the powder with leaves of Sangula. Boil and allow to cool, strain and take three table spoonfuls three times a day for one week. The patient develops appetite gradually and the yellowness disappears.

- (b) Boil together the roots of Omubirizi, Rukaka, Omujuja and Omufurungusi [TH: MAFARI T.]. Allow to cool and strain. Take one dessert spoonful three times a day for two weeks. The patient may develop diarrhoea and profuse sweating.
- (c) Crush together the leaves of Enkaka, Enderema, Omufumbwa, Eshwiga, and Enyabutongo [TH: RUHAYANA P.]. Mix with cold water and strain. Take 250ml. of the concoction once a day for two days. The patient should avoid taking another kind of medicine within the two days.
- (d) Pound together the leaves of Omukongorani and Omwenyimusheija [TH: NSEHMEREIRWE J.]. Boil in water, allow to cool and strain. Take 250ml. three times daily.
- (e) Boil in water the leaves of Kyonyo [TH: NAKALANZI B.]. Allow to cool and strain. Give 20ml. to adults and 15ml. to children once daily for 3 days.
- (f) Crush together the fresh leaves of Ehongo, Omihura, Omuzungangore and Echoganyanza [TH: BANGANIZA D.]. Mix with water and boil. Allow to cool and strain. Keep in a clean bottle and take 150ml. three times a day for one week. The yellowness of the disappears.
- (g) Boil together the roots of Enkaka and Omuhamura [TH: BUSINGYE V.]. Allow to cool and strain. Give one tea spoonful to children and half a glassful to adults daily for one to two weeks.

60. KWASHIORKOR (260)

- (a) Pound the leaves of Muhoko [TH: KAKABA K.]. Mix with cold water and strain. Give two table spoonfuls three times a day for about four weeks. The swelling reduces. The patient should take plenty of milk.
- (b) Pound together the leaves of Omwefuzo and Omwetango [TH: KASISI B.]. Mix with water and strain. Take two dessert spoonfuls four times daily. The swelling of the abdomen subsides and the body colour returns to normal. The patient should eat a balanced diet.
- (c) Pound the roots of Omubirizi [TH: KAITUMBA N.]. Mix with water and boil. Allow to cool and strain. Store in a clean bottle. Take half a glassful once a day until the patient is cured. The hair and the skin regain the natural form.
- (d) Pound together the roots of Ekiko and the leaves of Omusoroza [TH: TWINOBUSINGYE K.]. Mix with a little water and boil. Take two tea spoonfuls of the concoction three times a day for ten days. The patient should avoid taking sugar. The skin peels off during treatment.
- (e) Pound together the leaves of Busa, Mutooka, and Kanyoba [TH: MUKARUBANGA M.]. Dry and reduce to powder. Divide the powder into two portions. Mix one portion with vaseline and apply all over the body. Mix the second portion with water and boil. Allow to cool and strain. Take 50ml. twice a day for three days. The patient should avoid eating salty foods and fresh meat.

- (f) Crush the leaves of Nyarwefora [TH: KARUKUBIRO E.]. Mix with cold water and strain. Take 50ml. three times daily for one week. The patient should drink plenty of fluids.
- (g) Pound thoroughly the leaves of Omuziranfu, Omutanga, Emperere and Akanyenanga [TH: NTAKYUNGU J.] and boil in water. Allow to cool and strain. Give 250ml. of the concoction three times a day for three days. After three days mix the concoction with "bushera" and give to drink. The patient should not eat goat's meat. The child soon recovers.
- (h) Crush the leaves of Omuhoko [TH: TOKWIJA E.]. Make incisions on the hand and foot and apply the paste.
- (i) Pound the leaves of Omumara [TH: KYAKUHIRE C.] and boil in water. Allow to cool and strain. Give 150ml. twice a day for one week.
- (j) Make incisions on one side of the fore head, chest, arm and leg. Apply the ashes obtained by burning a pole from the house. Then make a talisman out of the tail of Enyaruju (Cameleon) and tie it around the arm on which the powder was applied [TH: KATUNUNU E.].
- (k) Pound the leaves and roots of Kahinda and Omuzigangore [TH: TUMWEBAZE J.]. Dry and reduce to powder. Mix one tea spoonful of powder with a glass of cold water. Take three times a day for 4 days.



- (l) Pound the leaves of Omuhwahwa and the root of Akazazi, [TH: MWIJUKA R.]. boil in water, allow to cool and strain. Give 100ml. once a day for one month. Apply the residues all over the body.
- (m) Pound the fresh leaves and the roots of Omutugunda, Omuyonza, Enziga and Rurimi [TH: KENJOBE M.]. Boil in water, allow to cool and strain.
- (n) Pound the root of Omubirizi [TH: KYOMUHANGI N.]. Boil in water, allow to cool and strain. Give two table spoonfuls three times daily for 3 days. Apply the residue all over the body.
- (o) Boil in water either the leaves or root of Omurama [TH: KAHONDA D.]. Allow to cool and strain. Take the decoction mixed with vegetables.
- (p) Pound together the leaves of Akatendeigwa and Omufooka [TH: NAMUTEBI S.]. Add some water and squeeze out th juice. Give 250ml. twice a day for two weeks.
- (q) Pound together the leaves of Katunkuma and Omubirizi [TH: KIMBAREBA B.]. Mix with cold water and use to bathe the whole body twice a day for 2 weeks.
- Also burn to ashes the dried up ripe bananas. Mix the ash with cow ghee and apply all over the body twice daily for 2 weeks. The patient should take plenty of milk and avoid salty foods and sunshine.

- (r) Burn to ashes the leaves of Omwesindagye and Omuzigankore [TH: NABUKALU M.]. Apply the ash all over the body for 1-2 weeks.
- (s) Pound together the leaves of Kikansi, Wankura, and Kigorogoro [TH: KOBUSINGYE J.]. Mix with a little cold but previously boiled water and strain. Give 3 tea spoonfuls three times a day for 1-2 weeks.
- (t) Burn to ashes the leaves of Omuseeka [TH: TIBATEGEZA J.]. Mix the ash with vaseline and apply all over the body. Then boil the root of Omuiurra with stirring till it forms a froth. Give two tea spoonfuls three times daily for several days,
- (u) Pound together the leaves of Akarandarugo, Ebishununu, Akashararabyona, and Omwetango. Mix with some cold water and strain. Give 500ml. three times daily for 7 days. Use the residue to bathe twice a day.
- (v) Pound the leaves of Kanyobwa, [TH: TIBANAGWA R.]. Macerate in water and strain. Give 250ml. twice daily. Bathe the patient with the residue twice daily for 1-2 weeks. Discard and make new preparations every three days.
- (w) Wear around the waist Ekishengesi (animal bone) [TH: BARYAH O.S.] for four to five months.

61. KYPHOSIS (737.4)

(a) Pound the leaves of Ekigonampiri [TH: RUJWIRE G.]. Mix with cold water and strain. Give one table spoonful twice daily. The residue is rubbed into four incisions made around the area of protrusion after every four days, for one month.

(b) Burn the shed leaves of Amatojo [TH: NJENGE T.] to ashes and apply into incisions made on the chest.

(c) Pound together the leaves of Omufura and Wankura [TH: BYOKUNAGA L.] and boil in water. Allow to cool and strain. Take 50ml. of the concoction three times a day for three days. Then burn the cow dung in a broken pot, make incisions near the swollen part and rub on burnt cow dung.

62. LEPROSY (030.1)

Boil together the roots of Mukolokombi, Ekiko, Amateehe, the stem bark of Ekigorogoro, the leaves of Echoganyanza [TH: KYARORE A.] and strain. Take 250ml. three times a day for one week. The patient should avoid taking sweet drinks.

63. LITHOPAEDION (

Crush together the leaves of Ekimenyamenye, Omuhanza and Engurikyira [TH: BISAGWIRA J.]. Mix with a little water and squeeze out the liquid. Take 120ml. of the liquid once. Rub the residue on the abdomen. The dead foetus is aborted.

64. LOWER ABDOMINAL PAIN (646.8)

Pound together the leaves of Omuhukye, Esununu and Obujari-rahámwe [TH: SENGA A.]. Mix with water and lake salt (mahonde). Strain and take 100ml. of the concoction once. The patient should recover immediately.

65. LYMPHADENITIS (683.1)

Roast and reduce to powder the Enkazi (fungal swelling on the bark of a tree) [TH: GAJWAGA V.]. Make incisions at the swelling and rub in the powder.

66. MALARIA (048)

(a) Pound the leaves of Ekishekashekye [TH: RWABOGO D.]. Mix with cold water, previously boiled. Take half a glass twice a day for 2-4 days.

(b) Pound the leaves of Nyakajuma, and Omubirizi [TH: KARANI N.]. Boil strongly in water. Allow to cool and strain. Take one spoonful three times a day for 7 days.

(c) Pound together the roots of Ekitakuri, Omushongashonge, Omugyegye, Omuka [TH: RUKARE E.]. Add some salt and boil in water. Allow to cool and strain. Give one tea spoonful once a day for 2 days..

Also pound together the leaves of the above plants and mix with a little water and squeeze two drops into the nostrils.

- (d) Boil in water the stem bark of Rukaka [TH: KABONESA J.]. Give 50ml. to adults and 5ml. to children three times a day for 4 days.
- (e) Pound the leaves of Nyakajuma [TH: BEINOMUGISHA B.]. Mix with some cold water and strain. Give 250ml. once a day for 3 days. Allow the patient to drink warm fluids.
- (f) Pound the leaves of Omubirizi [TH: TUMURAMYE L.]. Add rock salt and boil in water. Allow to cool and strain. Take 125ml. twice a day for 4 days. Excess may cause dizziness.
- (g) Pound together the leaves of Ekamambogo and Omubirizi [TH: RWAMUGABO E.]. Mix with cold water and strain. Take 250ml. once a day for 3 days.
- (h) Boil in water the root bark of Omubirizi [TH: MIREMBE G.]. Allow to cool and strain.. Take 500ml. twice daily.
- (i) Boil together the leaves of Omuzyoma, Omubirizi and Ekyoganyanza [TH: NYABUNGA A.]. Allow to cool and strain. Take one glassful a day for three days.
- (j) Crush the leaves of Nyarweziringa [TH: NDYANABO T.]. Mix with a little water and strain. Mix the infusion with tonto (local beer) and take 250ml. once in the morning.
- Then pound together the leaves of Omubuza and Omwetango. Mix with water and allow to stand for some time. Strain and store in a clean bottle. Take a little at a time for about 12 hours.

(k) Pound together the roots or the leaves of Akashohero and Enterama [TH: KORUNAGANO G.] and boil in water.

Allow to cool and strain. Give half a glassful to children and one glassful to adults once a day for one week.

The patient should avoid hard work.

67. MEASLES (055.9)

(a) Pound the fruit of Obuzibira [TH: ZIIWA T.]. Dry and reduce to powder. Lick the powder once a day for 2 weeks.

(b) Crush together the dry leaves of Sagamanungi and Obukokobwibare [TH: NYANJARA J.] to a powder. Make one incision on the forehead and apply the powder once.

68. MARASMUS (261)

Pound together the leaves of Ihoza, Mugosora, Mutawutara, Murisono, Isagara, Ikyoganyanza, Omusinga, Mushongi, Munyugwente and the roots of Mukuruteitaebye [TH: BERIKAKE Y.]. Mix with cold water and strain. Give one tea spoonful of the concoction twice a day for one week.

69. MENORRHAGIA (626.2)

(a) Pound the leaves of Ekikwatsi [TH: KOBUSINGYE R.]. Mix with cold but previously boiled water and strain. Take 125ml. once.

(b) - Pound the stem bark or roots of Muyonya [TH: KWATIRAHU C.]. Mix with a little water and store the infusion in a clean bottle. Take 50ml. three times a day for three days. The treatment should be started at the start of bleeding. Overdose may cause abdominal pain.

70. MIGRAINE (346.9)

Crush the leaves of Kanuka [TH: KIZEBHERE F.] and apply on the fore head once a day for three days.

71 MISSED ABORTION (632)

Pound the root of Omushohokye/Mubura [TH: BAMUKUNDA V.]. Boil in water, allow to cool and strain. Take 500ml. once daily for 2-4 weeks.

72. PALPITATIONS (785.1)

(a) Chew the roots of Mukurutaitebye [TH: BUKABEEBA Y.] and swallow the juice. Pound the leaves of the same plant, mix with some water and strain. Mix the infusion with maize flour and use for making porridge. Take half a litre of the porridge once. Use the root residue to rub on the chest. The pain and palpitations stop.

(b) Mix soil collected from the forest with water [TH: BISIGARE B.]. Filter and take two spoonfuls of the suspension once a day for three days.

(c) Pound the leaves of Omusinga [TH: KIRASANIRWA-EMITIRA]. Mix with cold water, strain and store in a clean bottle. Take 25ml. twice daily for two days. The patient should avoid eating the heart of any animal.

(d) Pound the leaves of Nyakabatura [TH:MWOYA F.]. Boil in water and strain.

Take one glassful three times a day for seven days.

73. PELVIC INFLAMMATORY DISEASE (614.9)

Peel off the root barks of Omukondwa, Omuyonza and the stem bark of Kibimbya [TH: SEMBATYA S.]. Boil them together in water, strain and store in a clean container. Take one dessert spoonful three times a day for only one day.

74. PEPTIC ULCER (533.9)

(a) Pound the leaves of Omukongorane [TH: KIMUNYU T.]. Boil for about thirty minutes. Allow to cool and strain. Take 500ml. every morning and evening until cured.

(b) Pound the roots of Omukelenge [TH: AMRI M.]. Dry and mix with millet flour to prepare porridge. Take one mugful of the porridge daily until cured.

(c) Clean and pound together the roots of Omumara, Omugyegye and Omutatembwa [TH: KATUNGUKA B.]. Mix with water and steam. Take one dessert spoonful of the distilled three times daily for two to three days. It improves the appetite.

(d) Boil in water the leaves and roots of Eihoza, Omugabagaba, Omuka and Omuningura [TH: MWEBESA R.]. Allow to cool and strain. Take one glassful three times a day for one week.

(e) Pound the stem bark of Mugavu [TH: MATOVU K.H.]. Dry and reduce to powder. Lick the powder three times a day for one month.

75. PERTUSIS (033.9)

(a) Pound separately the leaves of Omurama and leaves and stem bark of amapera, Omusisa (Mugavu) [TH: KATAYIRA D.]. Boil all together in water, allow to cool and strain. Take one tea spoonful after coughing for 4-6 months.

(b) Boil thoroughly the dry leaves of Omusisa, Omuyembe and Barikote [TH: RUKODANA J.]. Take one tea spoonful twice a day.

(c) Pound together the leaves of Musheshe, Ekipapali and Ensogisogi [TH: KALEJESA G.]. Mix with a little water and boil. Allow to cool and strain. Take 150ml. each morning till cured.

76. PNEUMONIA (486)

(a) Pound the leaves of Musoroza, Orutungura and Kishayura [TH: KARANI Y.]. Mix with cold water and strain. Take half a glass once only.

- (b) Pound the leaves of Ekicumucumu [TH: BEGUMISHA E.]. Mix with a little water and take 50ml. once. Smear the residue on the painful chest three times a day.
- (c) Pound the leaves of Kicumucumu [TH: RUKAKARE B.] with cold water and strain. Take a half glassful of the infusion three times daily for two days.
- (d) Pound together the leaves of Muhure and the roots of Omujeje [TH: KWATAMPORA E.]. Mix with a little water and strain. Apply two drops into the nostrils twice daily for a week.
- (e) Pound together the fresh roots of Entunju, Esununu, Ekicumucumu, Omusoroza and Ekyenyikyempitsi [TH: NAMANDA M.S.]. Mix with water and strain. Take 2 table spoonfuls of the concoction twice a day for three to four days.

77. POISONING (E905.5)

- (a) Pound together the leaves of Omushogoro, Omugoshora and Nyarwehindora [TH: BASIGA B.]. Dry and reduce to powder. Add one tea spoonful of the powder to half a litre of gruel (obusera). Give three times daily for two weeks. Pain recedes gradually and the patient begins to walk. The patient should avoid sitting at a fire. Excess dose may cause diarrhoea.

(b) Boil the leaves of Omuwatanshore [TH: KYENDERESIRE C.] in water. Allow to cool and strain. Give two dessert spoonfuls once. It should cause vomiting and diarrhoea. The patient may be given porridge after vomiting and diarrhoea have stopped.

(c) Pound the leaves of Omuhoko [TH: MATABARO S.] and squeeze out the juice. Give half a tea spoonful to children and one dessert spoonful to adults. The patient may vomit and develop diarrhoea.

An overdose causes excessive diarrhoea and vomiting leading to severe dehydration.

(d) Peel off the outer part of the root bark of Omukorokombe [TH: RUBINDI S.]. Pound and boil in water. Allow to cool overnight and strain. Warm again in the morning and allow to cool. Take 500ml. once, followed by strong tea with little sugar. Repeat the treatment the following day.

(e) Boil in Tonto (banana beer) the root of Iraira [TH: NAKYANZI H.]. Allow to cool and strain. Take 100ml. once in the morning for 1-2 days.

(f) Pound the roots and leaves of Omumara and Entambabyona [TH: TIRUHUNGWA E.]. Boil in water, allow to cool and strain. Take one dessert spoonful twice daily for 2-4 days.

78. POLIOMYELITIS (049.5)

(a) Dry and burn the leaves of Omurogorora [TH: NGYERINA-ITIRI] to ashes. Store the ash in a dry container. Make incisions on the affected limbs and suck off some blood using a horn and then apply the ash as often as possible until cured.

(b) Pound the leaves of Emyatsi [TH: RWAKEIZI K.]. Mix with some cold water and use for bathing the whole body early in the mornings and in the evenings.

Then pound the leaves of Entagoheka and massage around the painful parts.

Also pound the leaves of Omusoroza and Wankura. Mix these with cow ghee and apply all over the body.

Finally heat a piece of stone to red hot. Wrap it in grass and banana leaves. Then use as a hot press on the painful joints of the body.

79. POST NATAL CARE (V22)

Pound together the leaves of Kahura and Nybarasana [TH: KATEBARIRWE S.]. Boil in water, allow to cool and strain. Give one tea spoonful of the concoction in the mornings only for four days.

Then pound together the leaves of Entarahondo and Ekarwe and boil in water. Allow to cool and strain.

Take one tea spoonful in the evening only for four days also.

Then pound the leaves of Kasuganyonyi. Mix with a little water and take 100ml. three times for one day only. Use the residue to massage the prolapse.

80. POST MATURITY BIRTH (

Pound together the leaves of Erarwe and Ekyoganyanza [TH: RUBATEMBA P.]. Mix with some water and strain. Take 250ml. once. Rub the residue around the abdomen.

81. POST PERTUM HAEMORRHAGE (666)

(a) Pound the dry stem bark of Omukonya [TH: KENDERE M.]. Mix and boil in water. Allow to cool and strain. Take about 100ml. of the decoction three times a day until the bleeding stops.

(b) Pound together the leaves of Entarahondo, Omuziranfa, Omunkamba and Omujurijurio [TH: KAMADUKA T.] and boil in water. Allow to cool and strain. Give half a glassful three times a day until no more bleeding occurs.

82. POLYHYDRAMINIOS (657)

Pound the leaves of Ekigorogoro, Akojagojago, Orushununu and Omuhe [TH: KATEMERE J.]. Boil in water. Give 250ml. twice a day for one month.

83. PROLAPSE OF THE STERNUM (NC)

Place the stem of Emire on the skin of a sheep [TH: KIRASANIRWA-EMITIRIA]. Make the patient to lie on the skin facing downwards.

Then pound the leaves of Kasuganyonyi. Mix with a little water and take 100ml. three times for one day only. Use the residue to massage the prolapse.

84. PROTECTION OF TWINS (NC)

If twins are born to a husband and wife, dry and burn to ashes the leaves of Mukuruteitabye and Omucingagaba [TH: RWAMAZIBA A.]. Add the ash to boiling water and make special millet bread. The month, father and the maternal uncles of the husband eat together one portion of the bread. The remaining portion is eaten by the maternal grand father of the wife.

85. PRURIGO (698.2)

Pound the leaves of Avacado [TH: KAGIMU H.M.], dry and reduce to powder. Mix the powder with vaseline and apply on the skin.

Then boil the leaves and take 500ml. three times a day for three days.

This treatment may also be applied for treating palpitations.

86. PYOGENIC MENINGITIS (322.9)

Pound together the leaves of Omuravunga, Omuhere and Omukongoronyi [TH: NDYANABO T.]. Mix with cold water and allow to stand for about thirty minutes and then strain. Give 150ml. three times a day for two days. The patient is expected to get cured within one or two days.

87. RABBIES (071)

Crush the leaves of Dodo [TH: ARINDIRIZA C.]. Apply the bitten site after making a structure. Repeat every morning and evening for two weeks.

88. RECURRENT ABORTION (646.3)

(a) Pound together the leaves of Omuhanga and Omusununu [TH: BEGUMISHA E.] and boil in water. Allow to cool and strain. Take 150ml. daily starting at third month of pregnancy.

(b) Pound together the roots of Omuamira and Omusasa [TH: BANGANIZA D.] and boil in water. Allow to cool and strain. Take one dessert spoonful three times daily starting from the second month of pregnancy.

(c) Pound together the leaves of Omunyanjurugiro, Akabindizi, Omuzigangure and Omusheshe [TH: KANSIIME J.]. Dry and crush to a powder. Boil the powder in water. Allow to cool and strain. Take 250ml. of the concoction three times a day until delivery.

(d) Pound together the leaves of Omufuko, Omusheshe, Omufumbwa, Omugima and Omuturka [TH: BUSINGE V.]. Mix with boiled water and strain. Take 250ml. once a day for two weeks.

- (e) Boil in water the root of Omurarikye and the leaves of Amatehe, Omuturika, Enkomanyangu, Nyakakunkumura [TH: NAGINGO E.]. Allow to cool and strain. Take half a glass three times a day for one month. This treatment is commenced as soon as the woman realises that she has conceived.
- (f) Pound the stem bark of Kigorogoro [TH: KADESEMBA E.]. Boil in water, allow to cool and strain. Take 75ml. three times daily for 4 days, whenever the patient notices the pains.
- (g) Pound together the leaves of Akakarwe and Omuzira-kironda [TH: NSASIRA E.]. Take 50ml. three times a day until full term.
- (h) Pound together the leaves of Omushongashongi and the root of Omunazi [TH: MWERINDE M.]. Mix the paste with millet porridge and consume 500ml. a day for one month.

89. RETAINED PLACENTA (666)

- (a) Pound the leaves of Orukurra/Orukye [TH: ARINDIRIZA C.] and mix with cold water. Give half a glassful of the infusion once. The residue is rubbed on the abdomen and at the back. The placenta is expelled immediately.

- (b) Pound together the leaves of Enyabarashana and Omuzubazuba [TH: BAGUMA S.] and mix with a little water. Take 250ml. of the concoction once. The placenta is expelled immediately.
- (c) Pound together the roots of Ekituruguma and the leaves of Omuhanurankuba [TH: NTAKYUNGU J.]. Mix with some water and strain. Take 125ml. of the concoction once. Rub the residue on the back and the abdomen of the mother. The placenta is expelled.
- (d) Crush the leaves of Kyoganyanza [TH: RUKAKARE B.]. Mix with cold water and strain. Give half a glassful of the infusion once. The placenta is expelled immediately.
- (e) Pound the leaves of Oruhigura [TH: KIKWAZJIRE F.] and mix with water. Take 250ml. once. The placenta is expelled immediately.
- (f) Crush the leaves of Omutoma [TH: NYANGOMA E.] between the palms. Mix with water and strain. Take 150ml. once. The placenta is expelled within two minutes.
- (g) Charr the leaves of Akashaansha [TH: BUGAALI D.]. Then pound the leaves of Omujumampungu. Mix with the charred leaves of Akashaansha and mix with water. Give 250ml. The placenta is expelled immediately.

- (h) Crush the leaves of Oruhigura, Enyabarasana [TH: NYAKABIRI V.]. Mix with some cold water and strain. Take 250ml. once. The placenta is expelled immediately.
- (i) Pound the leaves of Omusoroza [TH: KATENTERA P.]. Mix with cold but previously boiled water and strain. Give 150ml. once.
- (j) Crush the leaves of Omusoroza and Ekarwe [TH: BAGYINJIJ.]. Smear the hands and gently pull on the umbilical cord until the placenta is expelled.
- (k) Pound the leaves of Enyabarasana [TH: KAISHIKI R.]. Mix with some cold water and strain. Give 500ml. once.
- (l) Pound the leaves of Omuhanurankuba [TH: BIGAMBWENSI D.]. Mix with some cold water and strain. Give 500ml. once. The woman should spit some of the decoction on the chest and allow it to flow to the ground. She should not talk before the placenta has been expelled.
- (m) Pound the root of Ruhigura [TH: BAMUKUNDA V.]. Add a little cold water. Take one table spoonful once.
- (n) Pound the leaves of Omuhanura [TH: BIKUTA S.]. Add a little cold water and strain. Give 50ml. once.

- (o) Squeeze the leaves of Orukurira [TH: BANGIRANA M.]. Mix with some cold water and strain. Give one glass once.
- (p) Pound the leaves of Entugunda [TH: KAFERO M.]. Mix with cold water and strain. Give one glassful once.
- (q) Crush the leaves of Ecangu [TH: KABUSIMBI T.]. Add a little cold water and strain. Take two table spoonfuls once.
- (r) Squeeze and macerate in water the leaves of Enyabarashana [TH: TUSHEMEREIRWE D.]. Give 500ml. once.
- (s) Crush the leaves of Akamwanyimwany [TH: NDUGWA Y.]. Add a little cold water. Give one tea spoonful once.
- (t) Crush between the palms the leaves of Omwesindaje. [H: BATANDA A.]. Smear the juice both hands and remove the placenta.
- (u) Pound the youngest leaves of Mukongorana [TH: KENYANGI. H.]. Mix with cold but previously boiled water and strain. Give 50ml. twice. Apply the residue on the abdomen.
- (v) Macerate the leaves of Kinoko [TH: BAHENDWA F.] in water. Give one table spoonful once.

- (w) Pound together the leaves of Orubombo and the root of Nyakitaabe [TH: FABAGIRA L.]. Mix with some water and strain. Give 50ml. once.
- (x) Pound the leaves of Omuhumura [TH: NYAMICO E.]. Mix with some water and strain. Take 250ml. once.
- (y) Pound the leaves of Q Wankura [TH: TIBANAGWA R.]. Apply the paste on the hands and gently pull on the umbilical cord until the placenta is expelled.
- (z) Pound together the leaves of Oruhigura and Enyabara-shani [TH: KEFEZA P.]. Mix with water and strain. Take 20ml. once. The placenta is expelled immediately.
- (aa) Crush between the palms the leaves of Omuhanurankuba [TH: KEIHANGWE G.]. Mix with cold water and strain. Give two dessert spoonfuls once. The placenta is expelled within ten minutes.
- (bb) Pound together the leaves of Ekikurra and Oruhigura [TH: BARYAHANSI L.]. Mix with a little water and strain. Take half a glassful once. The placenta should be expelled immediately; if not press gently the abdomen and the back.
- (cc) Squeeze the juice from the upper shoot of Oruheza [TH: BEGUMISHA E.]. Mix with water and give 50ml. once. The placenta is expelled immediately.

- (dd) Pound the leaves of Omusoroza. [TH: KABURIKIRE S.].
Mix with soot in cold water and strain. Give 500ml.
once.
- (ee) Crush the leaves of Ekarwe and Endurwe
[TH: NYANZARA E.]. Mix with cold water and strain.
Give 100ml. once.
- (ff) Chew and swallow the juice of the root of
Ekitobotobo [TH: NYAKATO M.S.].
- (gg) Crush together the leaves of Omuhurura, Omuhamura-
nkuba and Enyabarashana [TH: RWAKAHUNDA M.]. Mix with
a little water and strain. Take 50ml. once. The placenta
is expelled immediately.
- (hh) Crush the leaves of Omucwandwa [TH: MERABU K.].
Mix with a little water and give about 100ml. once.
The placenta should come out immediately.
- (ii) Place the leaves of Omuhoko [TH: TIBEKINGA P.] on
the severed umbilical cord. The placenta is expelled
immediately.

90. RETANTION OF URINE

Wash and pound the roots of Omuyonga
and Omubwera [TH: NAKISIIMA B.]. Boil in water, allow
to cool and strain. Take 75ml. three times a day for 3 days.

91. RHEUMATOID ARTHRITIS (716.9)

The roots of Omureguzi [TH: BYAMUGISHA Y.] are dried and pounded into a powder. The powder is mixed with ghee or vaseline and rubbed on the joints three times daily for as long as there is pain.

The leaves of Omureguzi are boiled. The patient is then made to inhale the vapours.

The residue is rubbed on the joints.

92. RING WORMS (110.5)

Pound the root of Omugabagaba [TH: KATENDE D.]. Mix with cold water and apply on the affected area twice a day.

93. SALMONELLOSIS (002.0)

(a) Pound the leaves of Enkomamahangwa [TH: MWESIGYE E.]. Boil in water and strain. Take 100ml. three times a day for seven days. Fever reduces and diarrhoea stops. The patient should abstain from drinking milk and eating meat.

(b) Pound together the leaves of Obutooma and Omubirizi [TH: KIMUNTUT T.]. Mix with warm water and strain. Take 100ml. twice a day for two days.

Omwaladdume and take one glassful three times a day for 1-2 weeks.

94. SCALP WOUNDS (879.8)

(a) Pound the leaves of Kabinxizi [TH: BAYAMBA [TH: BAYAMBA J.]. Dry and reduce to powder. Mix with cow ghee and apply four times a day for one week.

(b) Pound the root of Munyabiroku [TH: MATAMA S.]. Dry and reduce to powder. Mix the powder with porridge or tea and take as usual. Then boil in water the stem bark of the same plant and apply over the wounds daily for 3-7 days.

95. SEXUAL ASTHENIA (607.8)

(a) Pound together the root, leaves and stem of Omuboro [TH: KYAMBU R.J.]. Dry and reduce to powder. Mix two tea spoonfuls of the powder with half a litre of either local beer or porridge or water and take once a day for three to four days. Normal erection is eventually achieved.

(b) Boil the leaves of Omusika [TH: BUKABEEBA Y.]. Allow to cool and take while it is still luke warm. It induces urination first then finally erection is achieved.

(c) Either boil in tonto the root of Olukindu [TH: KATAYIRA D.]. Take half a glass three times a day. Alternatively boil in water the root of Olusiiti8 and take one glassful three times a day. Then boil in water the root and stem bark of Omubaggula/Omuwaladdume and take one glassful three times a day for 1-2 weeks.

(d) Pound together the roots of Rwabarire, Omukorokoby and Egyenyi [TH: KABEGABIRE M.N.]. Mix with cold water and take two table spoonfuls twice a day for 2 days.

(e) Pound together the stem bark of Omuboroboro, the leaves of Engyenyi and the roots of Enkindu [TH:NDYANABO T.] Boil in water. Allow to cool and strain. Keep in a clean container.

Take one glassful of the concoction three times a day for one week.

96. SKIN ABSCESS (682.9)

Pound the leaves of Kiho [TH: BARUGAHARE A.]. Boil in water and allow to cool. Take 125ml. once a day. Smear the residue all over the body once every day until cured.

97. SNAKE BITE (E905.0)

(a) Pound thoroughly the root of Ekijebejebe [TH: KIBIKWENDA C.]. Rub in the scarification made around the bitten site once only.

(b) Pound the root of Enjebejebe [TH: RUJWIRE G.]. Dry for one day and reduce to powder. Mix the powder with water. Give one dessert spoonful once only. Meanwhile incisions are made on the smallest finger of

the left hand and toe of the right foot of the Traditional Healer and the powder is rubbed in. This gives him the power to treat the bite by just spitting his saliva at the site of bite.

(c) Pound the leaves of Omugonampire, Nkurimonga and Umusoraro [TH: RWAKAIGABA L.]. Dry and reduce to powder. Mix the powder with a little water and take one spoonful three times a day for two days.

Apply some of the powder on the site of bite.

(d) Pound together the leaves of Obushebashebe8 and Ekiterankuba [TH: KEBIKARI G.]. Apply by rubbing into the site of bite for about 3 days.

(e) Pound together the leaves of Olucwamba, Ekikwatsi and Amasha (cow dung) [TH: RWAMUGABO E.]. Make incisions around the site of the snake bite and apply the paultice and tie over with a piece of cloth. Mix the cow dung with water and drink the suspension.

(f) Chew the leaves of Omukongoranwa [TH: BIBANGAMBA G.]. Spit the juice on the site of the snake bite three times. The patient is given to swallow three mouthfuls of water. The blood flow is reduced by applying a toniquet until the patient recovers.

(g) Burn the dry leaves of Omusomoro [TH: KYAMBU R.J.] to ashes. Mix the ash with Empikye and rub in the incisions made on the site of bite.

(h) Chew the leaves of Museese [TH: SSALI SURUGUMBA M.H.]. Swallow the juice and spit some of it on the site of the snake bite.

(i) Pound together the leaves of Omuseese and Omugona-mpire [TH: MATABARO S.]. Mix with about 500ml. of water and strain. Take 200ml. and apply the residue on the site of the snake bite. The patient should vomit.

(j) Pound together the leaves of Ekarwe and Etaabe [TH: NAMAYANJA J.]. Mix with fresh cow dung and urine. Apply the mixture onto the incisions made on the site of the snake bite. The patient should neither eat salty food nor drink alcohol.

(k) Pound the barks of the roots of Entalama and Museese [TH: NAMBALE H.]. Dry and reduce to powder. Make incisions on the right hand and right foot and apply the powder. Then the t Traditional healer washes his hands and the patient is made to drink the washings.

(l) Pound and reduce to powder the dry root of Entalama, Museese and the head of a stork (bird) [TH: BIDDO B.]. Make incisions at the site of the snake bite and apply the powder.

(m) Pound the fresh roots of Musese and Ntalama [TH: KAJUBI A.N.]. Dry and reduce to powder. Apply the powder at the site of bite, daily for up to 3 days.

(n) Pound the leaves of Kiboha [TH: KURURAGIRE M.] to a paste. Put the paste on the site of the snake bite immediately. After sometimes it dries and falls off. So apply a new paste for four times.

98. SPIRITUAL POSSESSION (NC)

(a) Pound the leaves of Lushyura [TH: MUSHAIJA A.]. Boil in water, allow to cool and strain. Take 125ml. twice a day for 1 week.

(b) Boil without water the whole plant of Omuhingua, Omumara, Ntambabyona [TH: RWABUKUNTA G.]. Give a quarter of a tea spoonful daily for 2-3 days.

(c) Crush between the palms, the leaves of Bingabazimu [TH: MUTAGUBYA A.]. Macerate in cold water which had been previously boiled. Strain and give 500ml. twice a day for 1-2 days. The residue is applied on the body, mostly around the neck. Also squeeze the fresh leaves of the same plant and make the patient inhale.

(d) Pound the root of Kafugankande [TH: RWAMAZIBA A.]. Mix with cold water and strain. Give one tea spoonful twice daily till fully recovered.

(f) Crush the leaves of Omubuza [TH: MUSHICHATYO Z.]. Squeeze a few drops into the nostrils three times daily for four days. Apply the rest all over the body.

(g) Pound together the leaves of Omubuza, Omwetango, Mukazimusota [TH: BYOOYA D.K.]. Mix with cold water and strain. Give one dessert spoonful twice daily for as long as necessary. The residue is applied all over the body.

99. SPLENOMEGALY (789.2)

(a) Pound the roots of Kihogashoga [TH: TINDIWENSI M.]. Mix with a little cold water and strain. Take 100ml. three times a day for one to two days.

(b) Boil the leaves of Engyenyi [TH: NGABIRANO S.] in about two litres of water in order to obtain about one litre. Allow to cool, strain and store in a clean bottle. Take two table spoonfuls three times a day for two to three days.

- (c) Pound together the leaves of Akayondo and Entuntunu [TH: RUBATEMBA P.]. Mix with warm water and strain. Take 500ml. every time you feel thirsty. Then pound the leaves of Oruhigura, warm over fire and use it to massage the painful abdomen.
- (d) Pound the leaves of Murasha [TH: MUTIGITI G.]. Apply into the incisions made on the painful part once. The pain is expected to stop within a day.
- (e) Crush the leaves of Nyabarasana [TH:KIZEBHERE F.] and rub at the site of the pain. Then squeeze the sap from the stem of Akayondo and mix with water. Take 50 to 60ml. twice daily until cured.
- (f) First smear ghee on the painful site. Then roast the leaves of Omukakana [TH: NYAMURUNGI K.] and put it on the site while still hot. Lastly squeeze the sap of Akayondo and mix with water. Take two dessert spoonfuls twice daily until recovery.
- (g) Pound together the leaves of Entuutu empango and Akachunchu akakye [TH: KAMAGANDA S.]. Mix with water and strain. give 250ml. to children and 500ml. to adults twice daily for one week. Warm the leaves of Ekiyondo ekikye over fire and squeeze the juice into the mouth twice a day for one week.

(h) Pound and boil in water the root of Mudawa [TH: BAYAMBA J.]. Add rock salt and give 100ml. once daily for as long as necessary. Avoid excess as it may cause diarrhoea.

Also make incisions on the abdomen and apply the powder of the stem bark of Kanyankogote twice a day.

(i) Pound the leaves of Omubuza, Omurokora, Entuntu, Ekikikumu [TH: RUTOBERA B.]. Mix with cold water and strain. Give one glassful to adults, and half a glassful to children daily for one week.

(j) Roast the leaves of Akayondo [TH: NYAKWANGWA V.]. Squeeze the sap and take one tea spoonful twice a day for three days.

(k) Pound together the leaves of Oluhugura and Omukanja [TH: MUGARURA J.]. Mix with water and strain. Take 150ml. of the concoction three times daily for three days.

(l) Pound together the leaves of Omugabagaba, Ekitera-nkuba, Obushorosa [TH: KABANYETE A.]. Mix with cow ghee and rock salt and boil in water. Take 50ml. twice a day before meals until cured. Excess may cause diarrhoea.

(m) Burn the flowers of Kamyu [TH: KAGIMU H.N.] to ashes and add salt. Make incisions on the abdomen and rub in the ashes once a day. Repeat the treatment after four days.

The patient may become dizzy.

(n) Pound the leaves of Akatuntuna [TH: GANGWA-ENYIMA A.]. Mix with water and strain. Take two tea spoonfuls every day for one week.

(o) Crush the leaves of Omwatasale [TH: KIKWAZAJIRE F.] and boil in water. Allow to cool and strain. Give one tea spoonful to children and 250ml. to adults three times a day for one month.

(p) Crush together the leaves of Omushoroza and Omuhoko [TH: OWEMBABAZI E.]. Mix with boiled water and strain. Take two tea spoonfuls twice a day for three days. Rub the residue on the abdomen. The patient should take a meal within two hours after treatment.

(q) Pound the root and stem bark of Entarama [TH: RUJWIRE G.]. Dry, add some rock salt and reduce to powder.

The patient licks and swallows the powder daily. In case of infants the powder is sprinkled on the breast before feeding twice daily.

- (r) Boil in water the leaves of Akasunsa [TH:KADESEMBA [TH: KADESEMBA E.]. Take 250ml. 2-3 times daily. Alternatively prepare a powder of the leaves of Akasunsa. Add some salt and lick the powder. Then make incisions on the abdomen and apply the powder.
- (s) Pound and macerate in cold water the leaves of Mwatansare [TH: BASHAIJA S.]. give 500ml. to adults and 250ml. to children once. Avoid eating hot foods soon after taking the medicine.
- (t) Burn to ashes the banana fibres of Gonja [TH: KATUWUNU E.]. Add some table salt. Lick the ash once. Make incisions at the site of swelling and apply the powder.
- (u) Pound together the roots of Muteete and Kijembe-jembe [TH: BENYANGIRE M.]. Boil in water, allow to cool and strain. Take one table spoonful three times a day for 2-3 days. Excess may cause constipation.
- (v) Pound the leaves of Ekarwe and Omutuntuma [TH: RUKARE E.]. Boil in water, allow to cool and strain. Give two spoonfuls three times a day for 2-3 days. At the same time pound dry and reduce to powder the root Omugorogoro. Make incisions on the site of swelling and apply the powder.

(w) Dry in a saucepan the leaves of Amatojo and Omuzigangoma [TH: KATUNGWENSI J.]. Reduce the dried leaves to powder and add some salt. Lick the powder and swallow the juice three times a day for one week. Avoid eating meat and sweet foods.

(x) Pound together the leaves of Yecure, Ireme [TH: SINGAHAKYE L.]. Boil in water and strain. Take 100ml. daily for one month.

(y) Boil in water the leaves of Dimiryambwa, Kibengo, Ekjunjuma [TH: NAMANYA K.]. Take 250ml. daily for 5 days. Avoid milk and sugar.

(z) Burn the bone of Akeishenkogote (water tortoise) [TH: MUKABAJUNGU E.] and grind to powder. Apply the powder into incisions made at the site of swelling. Repeat the treatment once only.

100. STERNUM COLLAPSE (NC)

(a) Pound together the root of Etobo and Akaramuta [TH: BIKUTA S.]. Dry and grind together with the dung of a hyena to a powder. Make incisions on the chest and apply the powder. Repeat the treatment after the first incisions have healed.

(b) Stew in water the leaves of Obweyeyo and then cartilage of the breast bone of a cow [TH: BAKEHENA C.] and eat when ready. Then roast the cartilage and rub the resulting oil into the incisions made on the sternum. Repeat once a month if necessary.

101. SYPHILIS (097.9)

Pound the clean root of Omunyabirako [TH: KUSHABA E.]. Dry and reduce to powder. Clean the syphilitic wounds and apply the powder every 2 or 3 days.

102. TAENIASIS (123.3)

(a) Boil the whole plant of Ekimara [TH: BARIGYE S.] in water. Allow to cool and strain. Take 250ml. daily for two days, in the morning before taking any meal. The worms are expelled on the second day.

(b) Pound the cleaned root of Akajumbura (small type) [TH: NYIRINKWAYA A.]. Boil in water and add some salt. Allow to cool and strain. Give 100ml. early in the morning before eating anything, followed with a cup of tea without sugar.

103. TEETING SYNDROME (520.7)

Burn to ashes the tooth of a Rhino [TH: KOBUSINGYE J..
Pierce the gum and rub in the ashes.

104. TETANUS (037)

Pound together the leaves of Ekicumucumu,
Kanuka and Bukabuka [TH: KABUKYIRE S.]. Mix with cold
water and strain. Store in a clean container. Take three
three tea spoonfuls three times a day until cured.
The patient should avoid hot food and drinks.

105. THREATENED ABORTION (640,0)

(a) Macerate in water the leaves of Engokataluma
[TH: KEKYIKATU E.]. Take 500ml. twice daily for two
days.

(b) Boil in water the dry stem bark of Omuziko
[TH: KOBUSINGE R.]. Allow to cool and strain. Give
125ml. three times a day until full term.

(c) Boil in water the leaves of Mufuka, Muzirafu,
Kigorogoro and Omufumbigisha [TH: BAMUKUNDA V.]. allow
to cool and strain. Take 500ml. daily until full term.

Akabinabvuro, Akajwamate, Omwesindawe, Ekarwa,
[TH: TUMUKUSI'S S.]. Mix with cold water and
strain. Take 500ml. three times a day for 5-6 months

(d) Pound together the leaves of Okurenjo, Entarahondo and Omufundeijesa [TH: RUKARE E.]. Boil in water, allow to cool and strain. Take 2 spoonfuls three times a day for one week.

(e) Pound the leaves of Omusheshe [TH: KAMAZOBA V.]. Boil in water and strain. Give 250ml. once daily until full term.

(f) Pound together the leaves of Omubarama, Omunywamaizi, Omuzirakironda and Omushununu [TH: TINKAMANYIRE C.]. Mix with water and strain. Give 100ml. once daily until full term.

((g) Pound together the leaves of Akakame, Akihabukuru, Ekikwatsi [TH: KARYARYA]. Mix with cold water. Give one cupful four times a day for as long as necessary.

(h) Pound the leaves of Keitashambo [TH: KAHONDA D.]. Dry and reduce to powder. Add a tea spoonful of the powder to either food or tea. Repeat twice a week until full term.

(i) Pound together the leaves of Kashanabyona, Omusheshe, Omunyabirikwa, Omucherenkya, Omkongorane, Akabimbyaifuro, Akajwamate, Omwesindagye, Ekarwe, Omusoroza [TH: TUMWESIGYE P.]. Mix with cold water and strain. Take 500ml. three times a day for 5-6 months.

(j) Crush between the palms the tender leaves of Musununu and apply on the abdomen. Then pound together the leavers of Musununu, Murasha, Muhurura, Musheshe, Munyairuka [TH: KENYANGI H.]. Mix with previously boiled water and strain. Give 500ml. early in the morning before meals three times a day for 4 days.

(k) Pound the leaves of Mukuruteitabye [TH: BAZIRUKA F.]. Mix with cold previulsly boiled water and strain. Give 500ml. three times a day for as long as necessary. Then boil in water the stem bark of Omusisa, allow to cool and strain. Give one table spoonful three times a day for as long as necessary.

(l) Boil in water the leaves of Omwamira, Omufumbigsha, Omutanga, Omusenda [TH: TIBATEGEZA J.] until the red colour is obtained. Allow to cool and strain. Give 500ml. then 250ml. after six hours and again after a further six hours.

(m) Cut into small pieces the bulb of Omumara [TH: KIIZA PATRICK]. Dry and pound to powder. Add some powder to either tea or porridge. Take as usual until full term. *It should avoid doing any hard work during the time of treatment. The pain disappears gradually until normal.*

(n) Pound together the leaves of Kigorogoro, Omukanga and Entarahondo [TH: KATEBARIRWE S.]. Mix with water and strain. Take 100ml. three times a day for three months. The discharge and pains stop. The patient should not do strenuous work.

(o) Pound the roots of Ntale yaddungu [TH: KAGIMU H.M.], boil in water and allow to cool. Take 200ml. three times a day from about the second month of pregnancy for two days.

(p) Pound together the leaves of Ekigorogoro, Kabaruka, Omuhire, Kamaramahano and Ekisumusu [TH: KATIBAGANA P.]. Mix with a little water and squeeze out the juice. Take one tea spoonful every day until delivery.

(q) Pound together the leaves of Omusheshe and Omushongashongi [TH: KOMUPAKASI M.].

Boil with some water. Allow to cool and strain. Take three dessert spoonfuls in the morning, two in the afternoon, and one in the evening daily for one month.

The patient should avoid doing any hard work during the time of treatment. The pain disappears gradually until normal.

causes dizziness.

(r) Pound together the leaves of Obubarama, Ekarwe, Omushununu8 and Akihabukuru [TH: BAYERA J.] and boil with water. Take 125ml. twice a day for three days.

(s) Pound the leaves of Omujurugiriro [TH: KEKIMURI E.]. Mix with cold and strain. Take half a cupful twice a day for seven months. The patient should drink water mixed with unfision from the leaves of Ekicuncu. An overdose may cause dizziness.

(t) Dry the leaves of Mukwatangwe [TH: KENGEYO E.]. Pound and reduce to powder. Mix the powder with hot water. Take as tea daily until full term of the pregnancy.

106. TONSILLITIS (463)

(a) Pound the leaves of Omurama [TH: NSHEMEREIRWE J.]. Boil in water, allow to cool and strain. Take 250ml. three times daily for 3 days.

(b) Dry the leaves of Kijembajemba [TH: GAJWAGA V.]. Reduce to powder and add some salt. Lick the powder every morning for as long as necessary.

(c) Pound the leaves of Ryanda [TH: RUKAKARE B.] and boil in water. Adults take 50ml. and children two tea spoonfuls three times for one or two days. Excess causes dizziness.

(d) Crush the leaves of Matosu [TH: KWATIRHO C.] and reduce to powder. Mix with water and strain.

Take one tea spoonful once daily for one month.

(e) Chew the roots of Eshamwe [TH: BEGUMISHA E.] three times daily and swallow the juice until cured.

107. TOOTHACHE (525.9)

Pound the stem bark of Omwiha [TH: MWESIGYE F.]. Distil with water and distil. Use the distillate to rinse the mouth with for 3 minutes three times a day for five days.

108. TORTICOLLIS (723.5)

Pound the leaves and stem of Kabindizi [TH: BASHAIJA S.]. Roast the paste and render to powder. Make incisions at the nape and rub in the powder.

109. URINARY TRACT INFECTION DURING PREGNANCY (599.0)

(a) Boil in milk or water the leaves of Omuzirafu [TH: KORİYONZA J.]. Take very early in the morning.

(b) Boil in water the root of Rutanga and lower of Esiteimwe [TH: KADESEMBA E.]. Allow to cool and strain. Take 500ml. three times daily till the condition disappears.

(c) Pound the leaves of Enjokaetaluma [TH:BAR [TH: BARUGAHARE A.] and boil in water. Take one glassful of the decoction three times a day fo till necessary.

110. UTERINE FIBROIDS (219.1)

Pound together the leaves of Omusndagi, Oruhigura, Ekichumuchumu, Ekinami [TH: MAGEZI S.C.]. Mix with cold water and strain. Give 150ml. three times a day for 5 days.

111. UTEROGENITAL PROLAPSE (618.4)

(a) Pound the leaves of Ekikamba [TH: KINIHIRO N.J.]. Mix with a little water and squeeze out the liquid. Take 250ml. of the liquid twice daily for four days. Use the residue to push back the uterus, Uterus receeds gradually.

(b) Tie the root of Omwetango around the waist [TH: KYABAISHIKI R.]. Pound the leaves of the same plant. Mix with some cold water and strain. Take two glasses daily for 2-3 weeks.

(c) Pound the leaves of Ekishayura [TH: TUMUHIMBISE D.]. Boil in water and strain. Give 125ml. twice daily for one week.
Excess may cause dizziness and vomiting.

112. VOMITING (787.0)

(a) Pound the leaves of Amajutageiguru [TH: KERANGYI G.]. Mix with cold water and strain. Take 500ml. once.

(b) Pound together the leaves of Bingiribita and Omushomoro [TH: KIHKA S.]. Boil thoroughly in water and strain. Give two dessert spoonfuls to adults and one tea spoonful to children three times a day for 4 days.

113. WARTS (078.1)

(a) Cut the leaf of either Enkoninyabuto or Entoboto [TH: NSIMIRE A.]. Rub the sap on the affected part for one month.

(b) Pound the root of Mukuzanyana [TH: LULE M.]. Boil thoroughly in water, allow to cool and strain. Take two tea spoonfuls twice a day for two days. The remainder is used to wash the area affected.



(c) Pound together Ekanzi obtained from omuzuma-tree, the leaves of Ekarwe and Mahonde (rock salt) [TH: TINDAMANYA P.]. Dry and reduce to powder. Make *incisions* at the affected site and rub in the powder. Repeat after five days.

(d) Wrap the leaves of Kafumitabagenge [TH:BARUGAHARE A.] in a banana leaf. Roast under hot ash and express the juice on the affected part.

(e) Pound together the leaves of Ekicumucumu, Enkwa-bugufu, Obuheza and Eki-sula(rock salt) [TH: NDYANABO T.] to form a paste. Place the paste in a leaf funnel and add a little water. Apply a few drops on the lesion three times a day for two days.

(f) Crush the leaves of Magere ga Nkoko [TH:BARUGAHARE A.]. Use it to massage the legs and thighs of the child as many times as possible till the child begins to walk.

114. WAITLOW (

(a) Pound the leaves of Sida sp. [TH: BARUGAHARE A.]. Tie the paste with a bandage on the infected finger, after every other day until cured.

(b) Pound the leaves of Turo [TH: KARINGIRI S.]. Bandage the paste on the infected finger once.

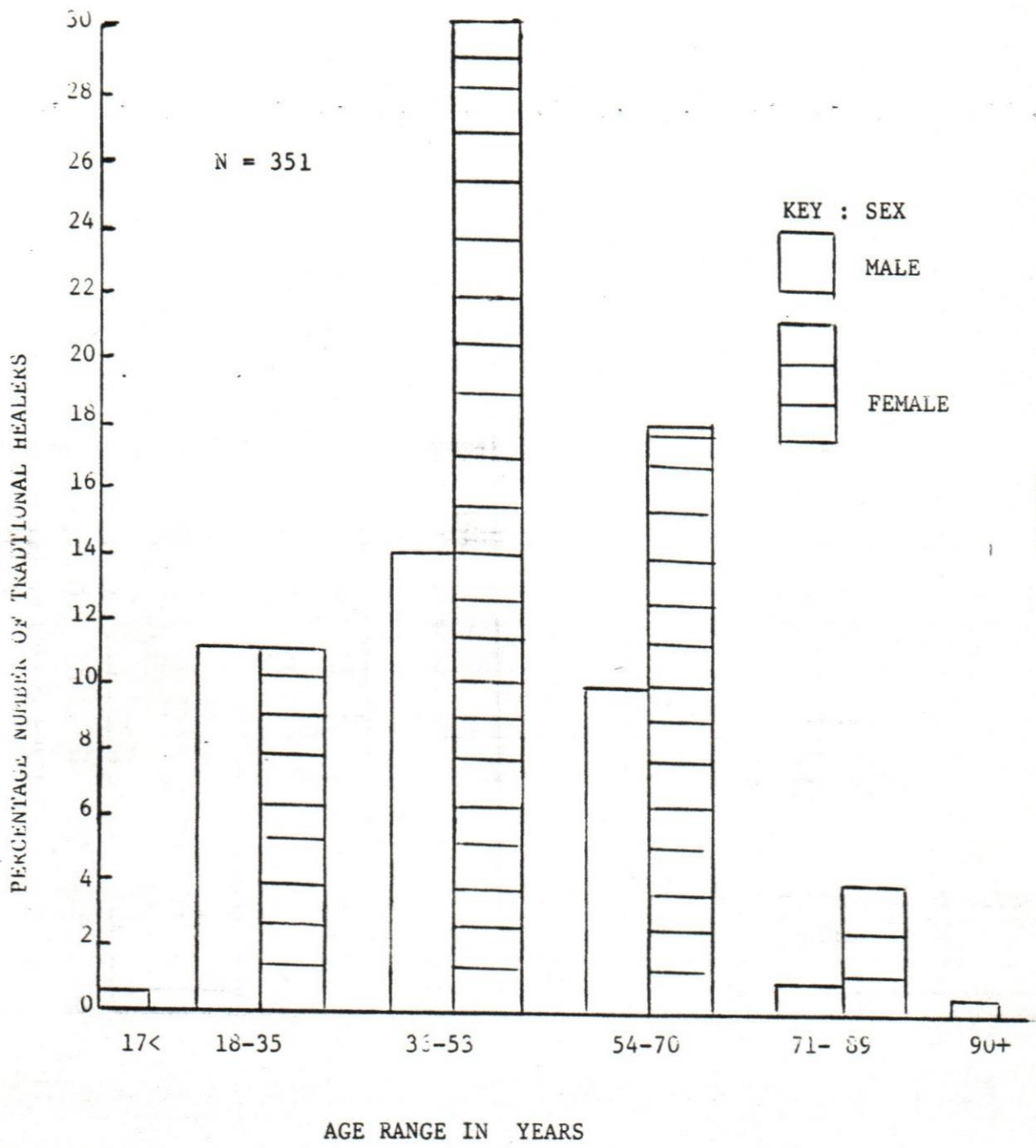
CHAPTER FOUR

ANALYSIS AND DISCUSSIONS OF THE RESPONSES TO THE QUESTIONNAIRE ON
TRADITIONAL HEALERS

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

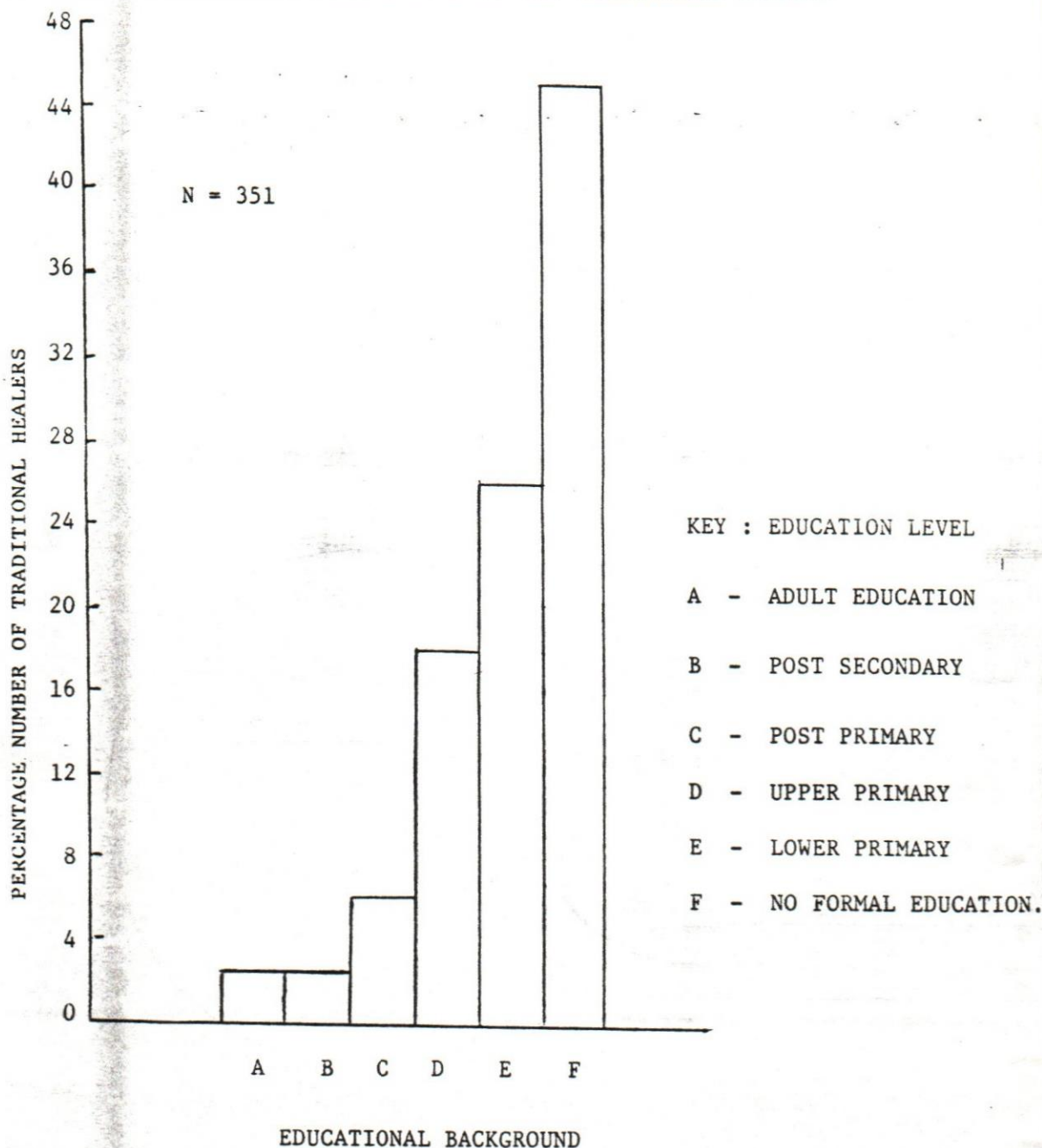
- (a) The Characteristics of the Traditional Healers who were interviewed.
- (b) The views, ideas and opinions covering the formation of the proposed National Association of Traditional Healers.
- (c) Their needs and requirements for the improvement of Traditional medicine.

TABLE I : SEX AND AGE DISTRIBUTION OF THE TRADITIONAL HEALERS



The Survey recorded only one minor, i.e. person aged below 18 years. The oldest was 98 years old. The majority of the Traditional Healers (48%) were between 26-53 years of age. A substantial number (23%) were still in their youth age bracket (below 35 years). The graph also indicates that there were more female than male in the ratio of 3:2. The 1990 Census showed a ration of 1.1:1 (female:male),

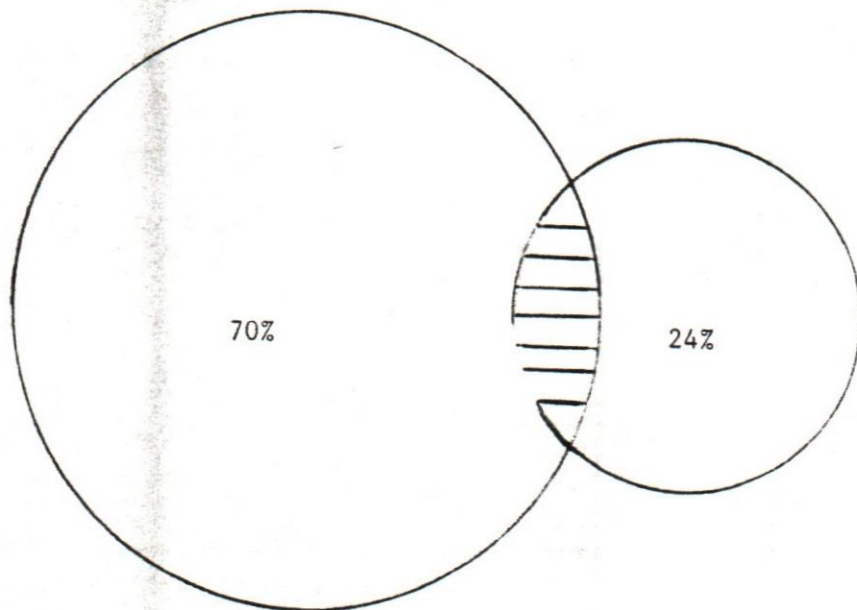
GRAPH III : EDUCATIONAL BACKGROUND OF THE TRADITIONAL HEALERS



The results indicated that a big proportion of the Traditional Healers (45%) are illiterate. It was noted that some of them who had post primary education had eye defects and were unable to read and write. It was noted that those who studied beyond post primary are very few indeed and this may impair their ability to organise themselves into an Association at the District level.

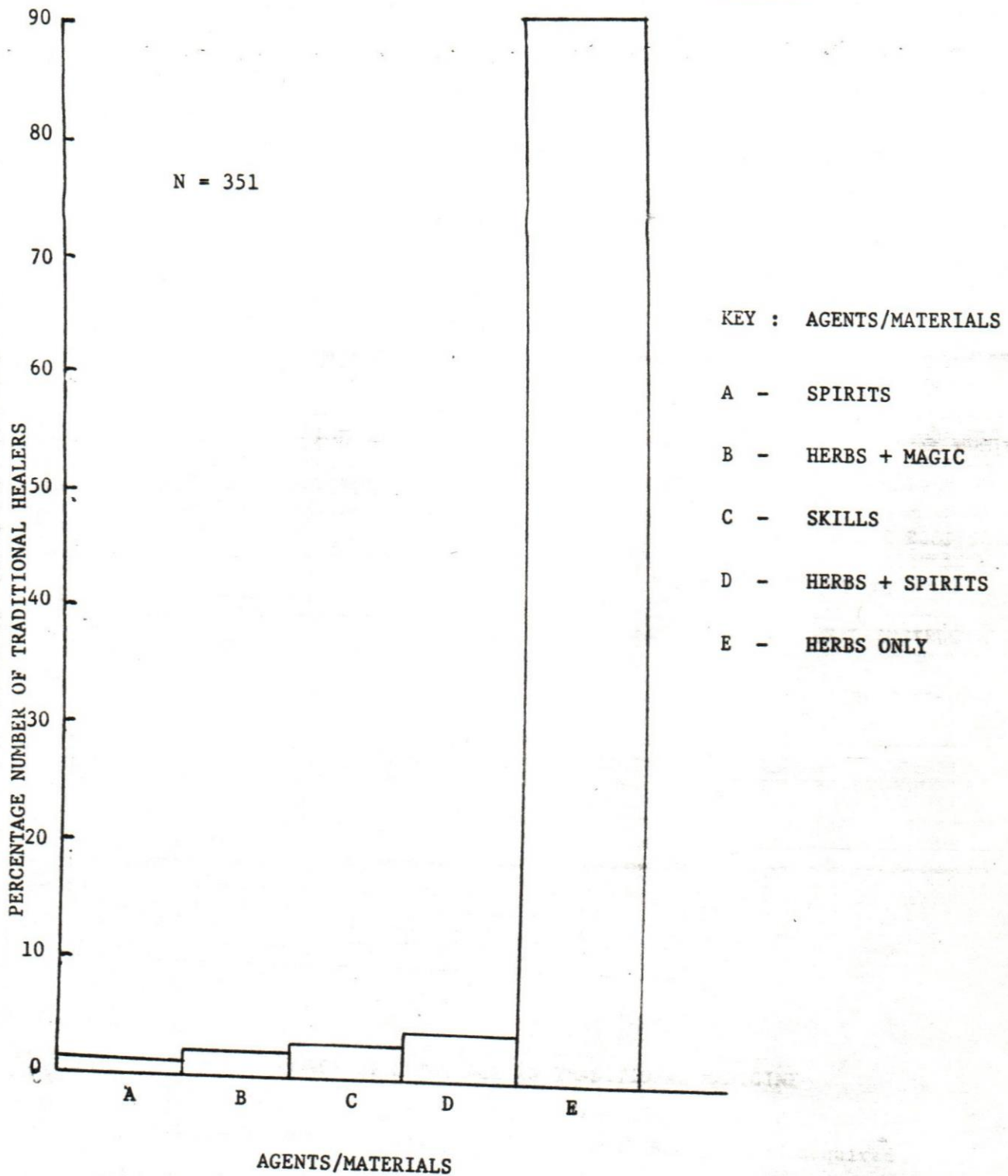
VENN DIAGRAM I : AREA OF PRACTICE OF THE TRADITIONAL HEALERS

N = 351



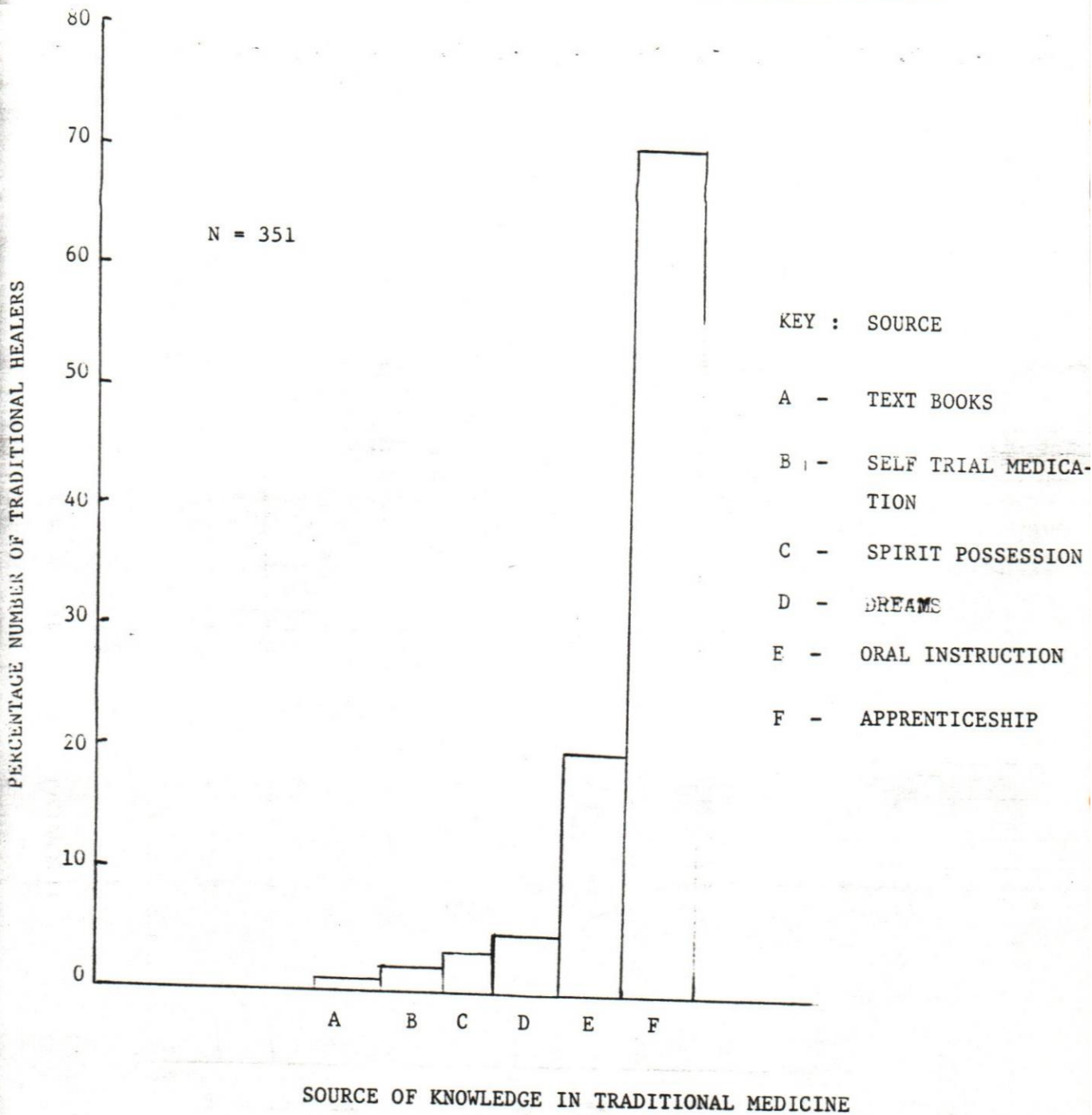
The majority of the Traditional Healers (70%) were General Practitioners treating several diseases. However, a few (24%) indicated that they are Specialists and treating one to three diseases only. Among these are the Traditional Birth Attendants (TBA), those treating infertility, poisoning, mental disorders, bone setters, snake bites, harpes sosta and spirits (mayembe).

GRAPH IV : BACKGROUND TO AGENTS/MATERIALS USED FOR TREATMENT



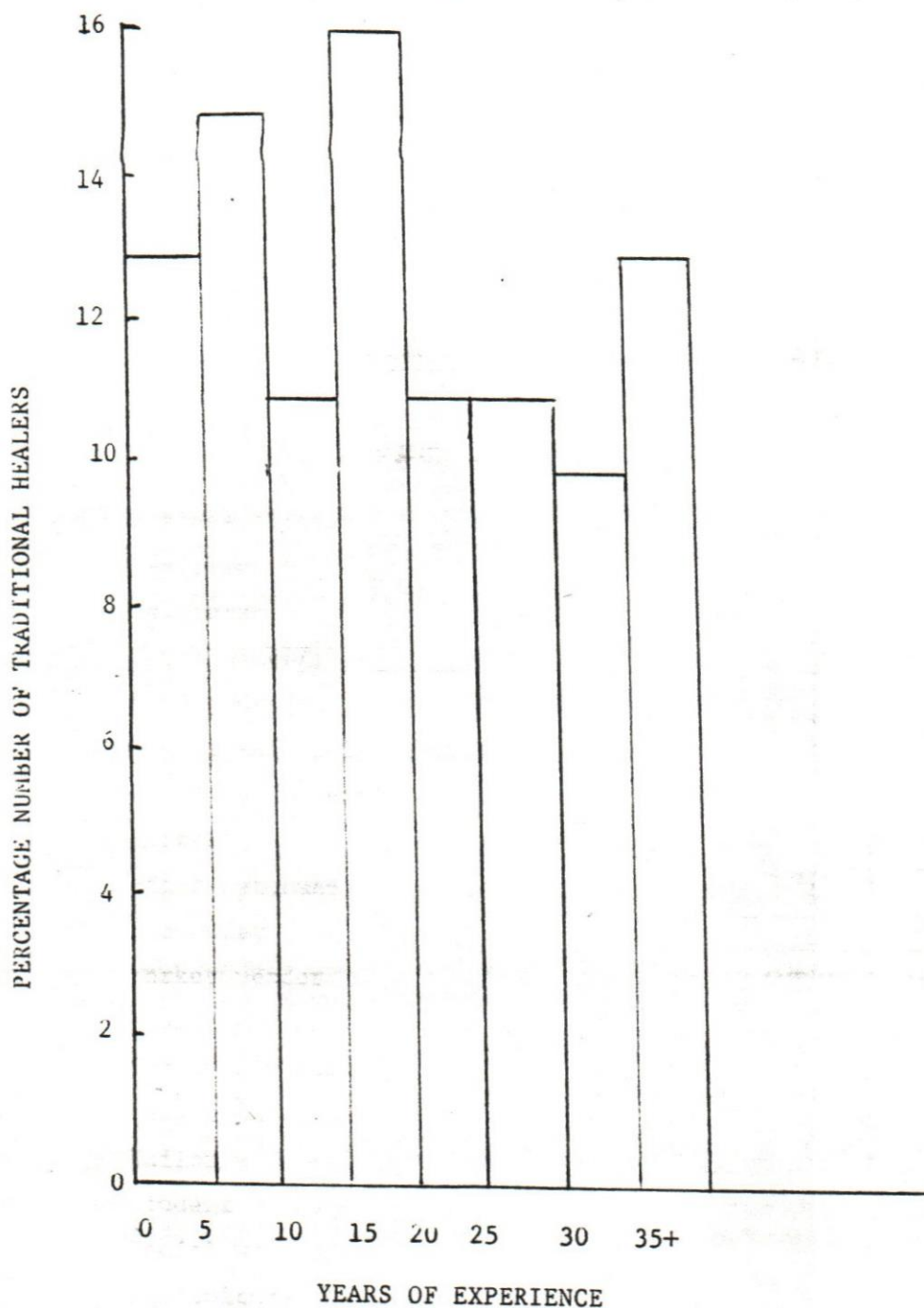
Graph IV indicated that the majority of the Traditional Healers (90%) use herbal preparation in their treatments. However a few refused to disclose their materials stating that they use only skills either acquired through linkage to their ancestor or by training from their kins. It was also noted that the majority declined to discuss the role of spirits in treatment of patients.

GRAPH V : SOURCE OF KNOWLEDGE AND SKILLS IN TRADITIONAL MEDICINE



Graph V indicated that the Traditional Healers had acquired their knowledge through six sources. However, the majority (70%) stated they acquired their knowledge through apprenticeship. They had studied under their parents or grand parents. A few had become attached to famous healers as students or as former patients. 20% claimed they were verbally instructed by relatives or friends. One Traditional Healer claimed that he had acquired his knowledge by reading text books on Traditional Medicine.

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



Most of the Traditional Healers (87%) interviewed had had experience of over 5 years. These were therefore recognised by the community as being competent and were therefore often consulted on health problems.

Only 13% had experience of less than 5 years.

TABLE X₁ : OTHER MAJOR ECONOMIC OCCUPATIONS OF THE TRADITIONAL HEALERS

OCCUPATION	ACTUAL NO.
	278
Peasant farmer	12
None other	8
Nursing Aide	6
Teacher	6
Sub-County Chief	5
Petty trader	5
Business/Trader	3
Herdsman	3
Policeman	4
Brick maker/layer	2
Making Crafts	2
Enguli (Alcohol) distiller	2
Enrolled Nurse/Midwife	2
Porter	1
Night watchman	1
Bar owner	1
Market vendor	1
Fish guard	1
Sub-County Cashier	1
Pedler on Herbs	1
Tailor	1
Student	1
Social worker	1
Agricultural Assistant	1
Catheist	1
Vertinery Assistant	1
Mason	1
Road Inspector	1
Turn boy	1
TOTAL	351

The Table indicates that the majority (79%) of the Traditional Healers are Peasant Farmers and only 12% depend only on Traditional Medicine.

MEMBERSHIP TO ANY TRADITIONAL HEALERS ASSOCIATION

The majority (93%) of the Traditional Healers who were interviewed do not belong to any Association. However the following Associations were identified in the District:

Uganda NeDdagala Lyayo; Uganda Traditional Healers; Association of Herbalists; National Council of Traditional Healers and Herbalists; Uganda Ne Mubazi Yenzarwa; Bwizibwera Ne Mubazi yayo; Traditional Birth Attendants Association; Kikyenkye Association; Muzoora Native Medicine Research Centre; Bushenyi Tuhame Womens Group; Uganda Native Medicine Association and Bakyeru Tuyimukye.

REASON FOR FAILURE TO JOIN ANY TRADITIONAL HEALERS' ASSOCIATION

1. The majority stated that they had no knowledge of such associations.
2. The others claimed that the existing Associations were in fact companies managed by individuals.
3. The fees are very high.
4. Others had quit because the Associations are managed from Kampala from where the executives come just to collect money from them.

5. Others felt they were too old to join any Association.
6. Others claimed that the ancestral spirits had prevented them from joining any Association.
7. They feared the Church which excommunicates members who join Associations.

RESPONSE TO THE FORMATION OF A NATIONAL ASSOCIATION OF TRADITIONAL HEALERS

Over 95% of those interviewed were in favour. 3% were against because they are already too old. 2% did not respond.

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

1. Traditional Healers will develop their knowledge by sharing their experiences.
2. It will enable Government to channel assistance to the Traditional Healers through the Association.
3. It will enable research to be conducted on Traditional medicine with the full participation of the Traditional Healers.
4. It will enhance the possibilities of cooperation with the Western Medicine medical practitioners in the areas of diagnosis.
5. It will enable the Traditional Healers to develop a code of ethics.
6. The Governemtn will be in a position to enact appropriate laws governing the practice of Traditional Medicine.

From the above list it can be seen that Traditional Healers really need an Association to guide their practices and are looking forward for development of their medicine.

PROBLEMS REQUIRING ATTENTION

1. The leaders of the Christian faith have a negative attitude towards Traditional medicine. This causes conflicts and the Traditional Healers are excommunicated from Church ceremonies e.g. baptism and burial services.
2. The existing Associations levy heavy taxes as high as sh.60,000/- per annum.
3. Lack of cooperation between Government officials and the Traditional Healers.
4. Lack of preservatives especially for some of their seasonal herbs.
5. Lack of equipment like hoes, axes to reap their herbs and also utensils to disperse the herbs to patient.
6. Fear of exposure to HIV from patients because of lack of protective hand gloves.
7. Lack of laws and regulations controlling the practice of Traditional medicine.
8. Transport to collect drugs or visit patients.
9. Lack of delivery kits for Traditional Birth Attendants.
10. Lack of Government incentive to encourage the work of Traditional Healers.

11. Lack of Seminars offered to Traditional healers on Health problems.
12. Lack of funds to open a clinic where patients can be treated on Traditional medicines.
13. Lack of technology to modernize our medicine by manufacturing tablets, capsules, etc.

GLOSSARY OF MEDICAL AND OTHER TECHNICAL TERMS

ABORTION	:	Expulsion of the produce of conception before the child is viable.
ABSCESS	:	Localised collection of pus in the body.
AIDS	:	Acquired Immune Defficiency Syndrome/Slim disease.
ALLERGY	:	Altered reaction capacity to a specified substance i.e. condition of being unusually sensitive to particular foods, kinds of pollen, insect stings, etc.
ANAEMIA	:	A condition in which the blood is defficient either in quantity or quality.
ANASARCA	:	Accummulation of fluid in various tissues of the body.
ANORECTAL PROLAPSE	:	Protrusion of the anus and rectum.
ANTEPARTUM HAEMORRHAGE	:	Bleeding from the uterus before delivery.
ARTERIAL HYPERTENSION	:	Abnormally high blood pressure.
ARTHRALGIA	:	Pain affecting a joint.
ASCARIASIS	:	The state of being infested with round worms called Ascaris.
BEWITCHMENT	:	The act of casting a magic spell on someone.
BRONCHIAL ASTHMA	:	A disease characterised by acute recurring attacks of cough, difficulty in reathing with wheezing, feeling of chest being squeezed up.

- CELLULITIS : A diffuse inflammation of the subcutaneous tissue.
- CEREBRAL MALARIA : Type of malaria that affects the brain.
- CHOLERA : An acute infectious disease caused by Vibrio comma; characterised by profuse diarrhoea, vomiting, muscular cramps and collapse.
- CONCOCTION : A preparation containing more than one (usually several) vegetable ingredients.
- CONJUNCTIVITIS : Inflammation of the conjunctiva of the eye.
- CONSTIPATION : A condition in which the bowels are evacuated after a long time and with difficulty.
- CONVULSIONS : An involuntary general paroxysm of muscular contraction.
- DECOCTION : A liquid dosage obtained by boiling one vegetable substance in water.
- DERMATOSIS : Skin disease.
- DIABETES MELLITUS : A metabolic disorder marked by habitual passage of excessive urine which contains sugar.
- DIARRHOEA : Abnormal frequency and looseness of stooling.
- DYSENTERY : A name given to a number of conditions that have the following characteristics: Inflammation of the intestines, frequent stooling with faeces containing blood and mucous.

- DYSMENORRHAGIA : Excessive menstrual bleeding accompanied with pain.
- DYSPAREUNIA : Painful or difficult sexual intercourse.
- ENURESIS : Bewitching.
- EPILEPSY : A disorder of the brain characterised by recurring convulsions with or without loss of consciousness.
- FEBRILE CONVULSIONS : Conclusions in children as a result of higher fever.
- FOETAL MALPOSITION FEVER : Elevation of the body temperature above normal.
- FRACTURES : A break in a bone.
- FUNCTIONAL PSYCHOSIS : A term used to describe any major form of mental disorder which has not occurred as a result of physical disease anywhere in the body.
- GASTROENTERITIS : Inflammation of stomach and intestines.
- GENERAL ANTENATAL CARE : Occurring or existing before birth.
- GONORRHOEA : Infection of the urethra or cervix by germs called Gonococci. The condition by discharge of pus from the penis or through the vagina and associated pain while urinating. It is transmitted from one person to another during sexual intercourse.
- HELMINTHIASIS : Illness due to infestation by worms.

- HERPES ZOOSTER : An acute viral infectious disease characterised by painful vesicular eruption of the skin.
- HYDROCELLE : Abnormal collection of fluid in the scrotal sac called Tunic vigilasis.
- INCISION : A cut of the body tissue.
- INFERTILITY IN WOMEN : An involuntary reduction in reproductive ability of women.
- INFUSION : A solution of vegetable active principle obtained by extracting the herb water without boiling.
- INGUINOSECTROTAL HERNIA : An abnormal protrusion of the intestines through the groin into the scrotum.
- INSOMNIA : Inability to sleep, abnormal wakefulness.
- JAUNDICE : Yellowness of the skin, mucous membranes and secretions. It is a symptom of a variety of conditions of the liver, gall-bladder and blood which result in accumulation of a bile substance called bilirubin.
- KWASHIORKOR : A disease of children due to a deficiency of proteins in the food. The hair turns from black to reddish or rather golden colour, hence the name Kwashiorkor by which it was called in Ghana. This means "golden boy" or "red boy".
- KYPHOSIS : Hump back or hunch back.

- LEPROSY : An infectious disease due to invasion of nerves by germs called Mycobacterium lepre.
- LITHOPAEDION : Remains of the foetus that dies and is not expelled from the uterus.
- LYMPHADENTIS : Inflammation of a lymph node.
- MALARIA : An infectious disease characterised by fever chills, sweating, headache. The disease is caused by very tiny parasites known as plasmodium which is transmitted from one person to another by mosquito bite.
- MARASMUS : Chronic severe malnutrition in children.
- MEASLES : An acute infectious viral disease, characterised by fine rash and by inflammation of conjunctiva and air passages.
- MENORRHAGIA : Abnormal profuse menstruation.
- MIGRAINE : Recurrent vascular headache, varied in intensity, frequency and duration, commonly unilateral and often associated with nausea and vomiting.
- MISSED ABORTION : A condition of pregnancy in which a foetus dies in the uterus and is not expelled for a long time i.e. the "pregnancy disappears".
- NEONATAL CARE : Newborn care.
- PALPITATIONS : A heart action that produce a disagreeable awareness of the patient.

- PELVIC INFLAMMATORY DISEASE : Inflammation of the female pelvic organs associated with reproduction.
- PEPTIC ULCERS : An ulcer situated on the inner surface of either the oesophagus, stomach or duodenum. The ulcer is usually caused by action of acid juice secreted by the stomach.
- PERTUSIS (WHOOPIING COUGH) : A highly infectious inflammatory disease of the air passages, caused by a germ called Bordeteua Pertusis. It is characterised by explosive cough ending in a loud whooping inspiration.
- PNEUMONIA : Inflammation of the lungs usually caused by germs.
- POISONING : The condition caused by a substance that being in solution in the blood or acting chemically on the blood either destroys life or impairs seriously the functions of one or more of the organs of the body.
- POLIOMYELITIS : An acute infectious viral disease that may produce paralysis of one leg or arm.
- POLYHYDAMNIOUS : An excessive production of amniotic fluid.
- POST NATAL CARE : Occuring or existing after birth.
- POSTMATURITY : The state after being mature; fully grown and developed.

- POSTPARTUM HEAMORRHAGE : Abnormal bleeding from the uterus within 24 hours of child birth.
- PRURIGO : A skin disease
- PRURIGO : A skin disease characterised by small pale rash and intense itching.
- PYOGENIC MENINGITIS : Acute inflammation of the membranes of the brain or the spinal cord due to bacterial infection.
- RABIES : An acute infectious disease of animals caused by filtrable virus transmitted to other animals and man by the bite of infected animals.
- RETAINED PLACENTA : A placenta not expelled by the uterus after labour.
- RETATION OF URINE : The act of holding back of urine in the bladder due to some hinderance to urination.
- RHEUMATOID ARTHRITIS : A cronic inflammation of a joint.
- SALAMONELIOSIS : Infection with an organism of the genus salmonella. (it may be food poisoning, gastroenteritic typhodal or septicemic).

- SCABIES : An infectious disorder of the skin characterised by rash and intense itching which occurs mostly at night. It is caused by a mite called sarcoptes cabiei.
- SEXUAL ASTHENIA : Sexual impotence.
- SPLENOMEGALY : Enlargement of the spleen.
- STERNUM COLLAPSE : The collapsing of the flat narrow bone in the median line in the front of the chest.
- SYPHILIS : A sexually transmitted disease caused by small germs called Treponema pallidum.
- TAENIASIS : A 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, painful tonic spasms of the muscles.
- THREATENED ABORTION : The occurrence of signs and symptoms of impending loss of the embryo or foetus.
- TONSILITIS : Inflammation of the tonsils.
- TOOTHACHE : Any pain in or about a tooth.
- TORTICOLLIS : Wry neck. Deformation of the neck due to contraction of the neck muscles.

- URINARY TRACT INFECTION. : An infection affecting the passage of urine (including the kidneys, renal pelves, uretes, urinary bladder and urethra).
- UTERINE FIBROIDS : Uterus with fibrous tissues.
- UTEROGENITAL PROLAPSE : Protrusion of the female reproductive organs.
- WARTS : Fungal infection causing a small outgrowth (projection) on the skin.
- WHITLOW : Inflammation of the end of a finger or toe.

INTERVIEWER

Date.....

SURVEY INFORMATION SHEET FOR TRADITIONAL HEALERS.

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.....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. Disease treated: General (), Specialised () Specify....
13. Agents used in traditional medical practice
 - a) Spirits () (b) Magic () c) Herbs () d) Others ()
specify.....
14. Source of knowledge and skills on traditional medical practice
 - a) Through Dreams () b) Apprenticeship () c) Verbal instruction () d) Spiritual Possession (), 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 Qn NO 19.....

21. Do you encounter (meet) any problems in your practice?
NO () Yes (): Specify.....

INFORMATION OF MEDICINAL DRUG/PLANT PROVIDED

1. Name of Traditional Healer/information;.....
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 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?
.....