

734.1 ETH
Acc. no. 0241

MINISTRY OF HEALTH

NATURAL CHEMOTHERAPEUTICS RESEARCH LABORATORY
ETHNOMEDICINE IN UGANDA

PART SEVENTEEN

ETHNOBOTANICAL AND TRADITIONAL HEALERS SURVEY OF
SOROTI DISTRICT
(12TH - 24TH APRIL 1994)

BY

MUBIRU N.K.*; AMAI C.A.; KAKOOKO A.B.; ALIA A.M.; MUTYABA J.B.,;
BUSINGYE C.; NDUUGA E.S. AND BASALIDDE G.

P.O. BOX 4864

KAMPALA.



ACKNOWLEDGEMENT

The Survey Team would like to register their sincere appreciation to all those persons who contributed to the success of the survey. Special mention goes to the District Medical Officer (DMO) Dr. N.Okwana who showed great interest in the survey.

The Team is grateful to the Acting District Health Educator, Mr. Oteko Ekalam Joseph and the District Youth Organiser Mr. Ojok Peter Charles who helped in drawing the Itinerary and accompanied the Team throughout the Survey. Thanks also go to the Central Government Representative (CGR), Mr. Odok Peter W'Oceng for the elaborate briefing in the activities on the ground in the District since the end of the insurgency.

The Team would like to acknowledge the role played by the Resistance Council Executives and Chiefs at various levels for the effort they put in mobilising the Traditional Healers.

Special thanks go to the Traditional Healers who participated in the Survey for their co-operation and openness. Most of them travelled long distances to meet the Team despite the femine condition existing in the whole District during the Survey.

The Team would like to acknowledge the financial loan from the African Development Bank to the Government of Uganda which has enabled these surveys to take place.

TABLE OF CONTENTS

	Page
1. ACKNOWLEDGEMENT:	1
2. CHAPTER ONE:	
Introduction.....	3
Aims of the Survey:.....	5
Geographical Background of District of SECRET	6
Health Facilities:.....	7
Itinerary:	8
3. CHAPTER TWO:	
Methodology:.....	11
Results:	12
Summary of the Activities of the Survey Team:.....	14
List of Officials who facilitated the Survey:.....	23
List of Traditional Healers and their Locational Addresses:.....	26
List of Plants which were Identified:.....	42
List of Plants which were Partially Identified:.....	45
List of Plants without Sufficient Characteristics for Identification:.....	47
List of Plants Mentioned but not Submitted:.....	48
List of Non-vegetable Materials:.....	63
4. CHAPTER THREE:	
Common Illnesses and their Treatment:	64

5. CHAPTER FOUR:

Analysis and Discussion of the Responses to the
Questionnaire on Traditional Healers:.....124

Problems Requiring Attention:.....136

6. GLOSSARY OF MEDICAL AND OTHER TECHNICAL TERMS:.....137

CHAPTER ONE

1.0: INTRODUCTION

This is a report made by a multi disciplinary Team which undertook an ethnomedico-botanical research survey in Soroti District (Uganda) from 13th April to 24th April, 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 Seventeenth 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 the claims made by Traditional Healers on the efficacy of medicinal plants, other natural substances and certain other methods employed in the treatment of various diseases.

It is hoped that these surveys will enable the Laboratory to interact with Traditional Healers to gather the necessary information which will be the basis of experimental research and further co-operation between the Government and the Traditional Healers - in accordance with the recommendations of Health Policy Review Commission (1987) set out below;-

- (i) The Ministry of Health should work closely with the Traditional Healers 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 welcome 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 Traditional 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 and should carry out applied research on such aspects as packaging and bottling traditional medicine.
- (vi) Land should be made available to grow medicinal plants identified by Traditional Healers and funds should be made available to preserve these identified species.

1.1: AIMS OF THE SURVEY

The aims of the Mission were:

To survey the Traditional Healers in Soroti District with the view of:

- (i) Identifying them and registering them;
- (ii) Having a dialogue with them concerning ethnomedical practices;
- (iii) Collecting their views on the formation of a National Association of Traditional Healers in Uganda;
- (iv) Locating, collecting and identifying the medicinal plants in Soroti District.



1.2: GEOGRAPHICAL BACKGROUND OF SOROTI DISTRICT

Soroti District is in the Eastern part of Uganda. It borders with the districts of Lira in the north west, Kumi in the south west, Moroto in the east and Lake Kyoga in the south west. It was one of the former Teso District. The other one being Kumi District. It covers an area of 10060 sq. kms.

The District lies at an approximate altitude of 1036-1127m. above sea level. The annual rainfall totals up to 1000-1500mm. with high temperatures.

The population (1990) is 430900 of whom 222600 are male, The figure, however is widely disputed by the authorities in the district in that during the 1990 census there was insurgency in the district. Many people were displaced from their homes and most census officials were unable to reach most parts of the district. The main dialects spoken are Ateso, Akarimojong and Kumam.

Economic activities are based on agriculture with main emphasis on food crops such as Finger millet, Sorghum, Sweet potatoes, Cassava, Beans, Simsim, Maize and Ground nuts

The District had a large number of livestock but these were unfortunately rustled by the Karamojong from the neighbouring district of Moroto. Fishing is done mainly on Lake Kyoga.

Most of the infrastructure in the district were either destroyed during the insurgency or during the wars. The district has important institutions like Soroti Flying School which is the training centre for pilots from many African Countries; the Meat Packers which now looks like a ghost due to extensive looting of its machinery and the Arapai Agricultural College, and the Serere Agricultural Research Station under the National Agricultural Research Organisation (NARO).

1.3: **HEALTH FACILITIES**

The health facilities in the district are run by both the Government and the Missionaries. The Government has one main hospital, the Soroti Hospital, five Health Centres and thirty sub-dispensaries which are operational, one sub-dispensary was still under rehabilitation by the time of the Survey. There is one Catholic Missionary hospital hospital at Iwala, three sub-dispensaries and one Aid post. The Church of Uganda operates twelve clinics in various parts of the District.

1.4: ITINERARY

The itinerary shown in Table I was agreed upon by the officials in the office of the Soroti District Medical Officer and the pre-survey preparatory team.

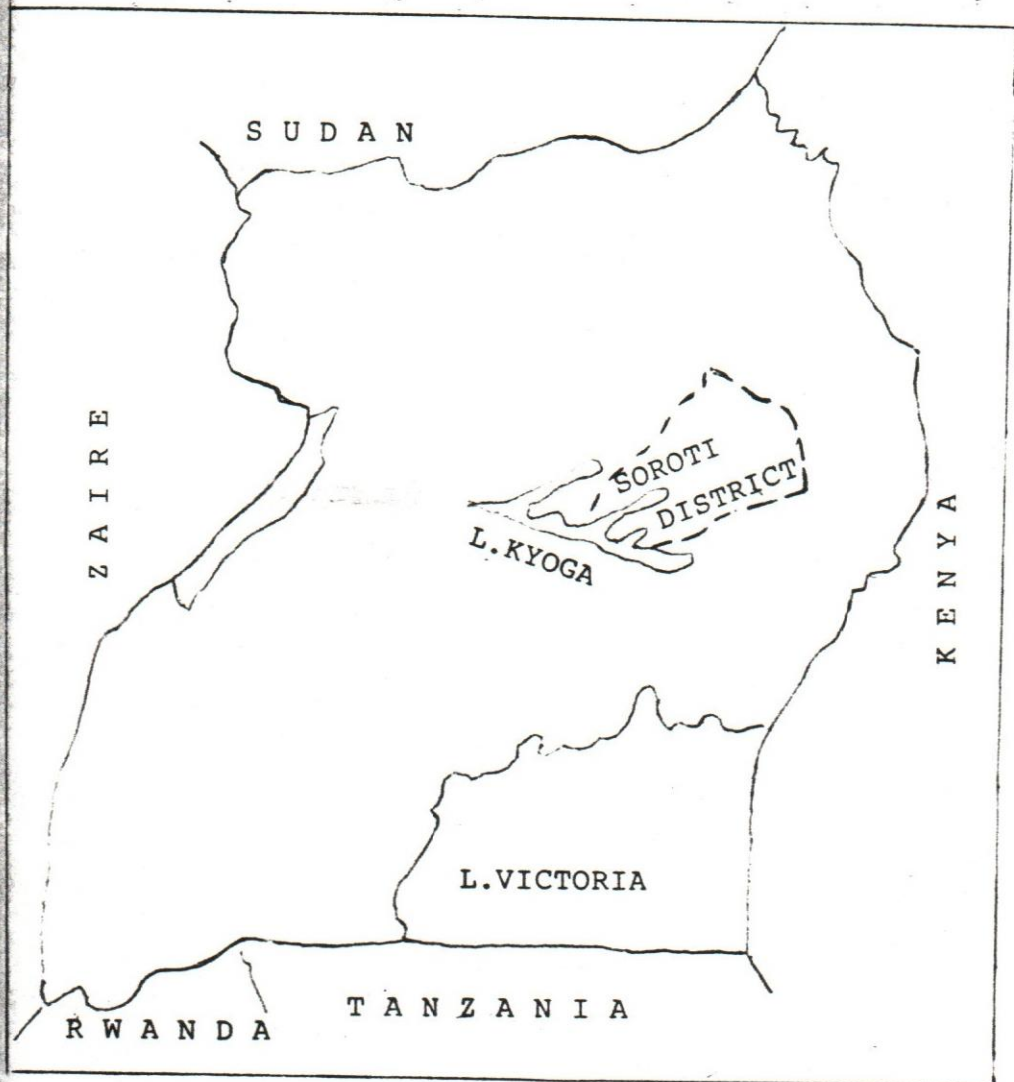
TABLE I: ITINERARY

DATE	VENUE	TIME
12.4.94	Travel to Soroti - Departure time	2.30 p.m.
13.4.94	WERA Sub-County Headquarters	10.00 a.m.
	ASAMUK Sub-County Headquarters	10.00 a.m.
	KUJU Sub-County Headquarters	10.00 a.m.
	OBALANGA Sub-County "	10.00 a.m.
14.4.94	KAPELABYONG Sub-County Headquarters	10.00 a.m.
	ABARILELA " "	10.00 a.m.
	ACHOWA " "	10.00 a.m.
15.4.94	ORUNGO Sub-County Headquarters	10.00 a.m.
	TUBUR " "	10.00 a.m.
	KATINE " "	10.00 a.m.
16.4.94	NGARIAM Sub-County Headquarters	10.00 a.m.
	MAGORO " "	10.00 a.m.
	USUK " "	10.00 a.m.
17.4.94	KAPUJAN Sub-County Headquarters	10.00 a.m.
	TOROMA " "	10.00 a.m.
	KATAKWI " "	10.00 a.m.
18.4.94	OCHERO " "	10.00 a.m.
	KABULUBULU " "	10.00 a.m.
	KABERAMAIDO " "	10.00 a.m.

TABLE I (Cont:)

DATE	VENUE	TIME
19.4.94	ANYARA Sub-County Headquarters	10.00 a.m.
	BULULU " "	10.00 a.m.
	KALAKI " "	10.00 a.m.
20.4.94	ALWA Sub-County Headquarters	10.00 a.m.
	OTUBOI " "	10.00 a.m.
	SOROTI MUNICIPALITY AT Sub-County Headquarters	10.00 a.m.
21.4.94	ASURET Sub-County Headquarters	10.00 a.m.
	ATIIRA " "	10.00 a.m.
	JANYDA " "	10.00 a.m.
22.4.94	GWERI Sub-County Headquarters	10.00 a.m.
	ARAPAI " "	10.00 a.m.
	SOROTI " "	10.00 a.m.
23.4.94	KADUNGULU Sub-County Headquarters	10.00 a.m.
	PINGIRE " "	10.00 a.m.
	BUGONDO " "	10.00 a.m.
24.4.94	KYERE Sub-County Headquarters	10.00 a.m.
	KATETA " "	10.00 a.m.
	SERERE (OLIO) " "	10.00 a.m.

MAP I : SKETCH MAP OF UGANDA SHOWING POSITION OF SOROTI DISTRICT



CHAPTER TWO

2.0: METHODOLOGY

The Survey Team was based in Soroti Town. Each morning the team left for meeting venues which were usually the Sub-county headquarters or any other venue recommended by the official of the Sub-county. The team returned to the base in the evening to review the day's activities and make strategies for the following day. The team was divided into three groups headed by a group leader.

At every sub-county headquarters the survey team was introduced to the Sub-county Chiefs and Resistance Council representative of the area and the Traditional Healers by Mr. Oteko-Ekalam Joseph, the Acting District Health Educator and Mr. Ojok Peter Charles - the Acting District Youth Organiser who accompanied the team during the survey. The Traditional Healers were briefed by the team leader through an interpreter about the aims of the mission and explained the purpose of the interview. The response from the Traditional Healers who co-operated were recorded and included in the report.

The plant species which were provided by the Traditional Healers were collected, pressed and brought to the Laboratory for drying and Scientific identification.

2.1: RESULTS

Table II gives a summary of the activities of the mission.

The route and locations which were visited are shown in map 2.

Table III is a list of officers, Chiefs and Resistance Council Executives who were met during the survey.

Table IV gives the names, age and locational addresses of 294 Traditional Healers who were interviewed during the survey.

Table V gives a list of 52 medicinal plants in the local language (mainly Ateso) and their corresponding scientific names after identification by the Team.

Table VI gives a list of 19 plants which were submitted but were partially identified and are awaiting confirmation.

Table VII gives a list of 18 plants which were submitted by the Traditional Healers and are still awaiting identification.

Table VIII gives a list of 4 plants which were submitted by the Traditional Healers but did not have sufficient characteristics for identification.

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

Table X gives a list of 10 non-vegetable substances which were mentioned by the Traditional Healers as being used for treatment.

Chapter Three gives a detailed description of the recipes used in the treatment of various common diseases in Soroti District.

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

TABLE II : SUMMARY OF ACTIVITIES

DATE	LOCATION	NO.OF TH'S	ACTIVITIES
12.4.94	Kampala to Soroti		The Team arrived safely in Soroti at 8.00 p.m.
13.4.94	Wera	3	Briefing with the DMO and the Central Government Representative (CGR). The Team divided into 4 groups. It was a market day and most people went to the market. Poor turn up.
	Asamuk	4	The Team divided into 3 groups. Mobilisation was poor.
	Kuju	5	Poor mobilisation. However, the team was well received by the few TH's.
	Obalanga	9	The team was received well. There was also a meeting at Headquarters to elect RC officials in preparation for Women's representative in CA.
14.4.94	Kapelebyong	13	The team was well received by the RCs and the Sub-county Chief. Good turn up.
	Abirilela	-	The message was not received and there was no administrator at the Sub-county.
	Achowa	14	There was good mobilisation of THs. The administrators were very active.

TABLE II (Cont:)

DATE	LOCATION	NO. OF TH'S	ACTIVITIES
15.4.94	Orungo	6	The team was warmly welcomed by the Sub-county Chief. The team had a fruitful discussion with the THs.
	Tubur	8	The message was confused. Some THs had travelled to meet the team in Soroti town. The RC III Chairman mobilised THs at Acuna trading centre.
	Katine	4	No message was received. However, the team moved from the Sub-county to the trading centre and met the few THs. The team promised to return to the Sub-county on 20/4/94
16.4.94	Ngariam	13	The RCs and the Sub-county Chief mobilised the THs through their association. The THs were very happy with the team's visit.
	Magoro	4	The message was received and passed to the THs. However, most THs had gone in search of food. The area was very dry.
	Usuk	13	The Sub-county Chief mobilised THs. Good turn up. The team passed at Katakwi Sub-county to remind the Chief about the visit to the sub-county the following day.

TABLE II (Cont.)

DATE	LOCATION	NO. OF TH'S	ACTIVITIES
	Kapujan	11	The Sub-county Chief and RCs mobilised THs after the TEam's arrival. The RCs and the Sub-county Chief promised to THs form an Association. THs were happy with the team's visit.
17.4.94	Toroma	11	The THs and the administrators were happy with the team's concern for the THs. Area was too dry for the collection of plants.
	Katakwi	14	Good turn up of THs. The team worked at the home of the Chairperson of FAAM, Soroti District. The team was entertained by the executive committee of FAAM.
18.4.94	Ochero	14	Good turn up of THs. Nevertheless the number was hindered by femine in the area. Most THs were too weak to travel to the sub-county headquarters.
	Kabulubulu	13	The team was warmly welcomed by the Sub-county Chief. There was a good turn up of both THs and the local population.
	Kaberamaido	7	There was poor mobilisation of THs. The RCIII Chairman and the Sub-county Chief did not work together.

TABLE II (Cont:)

DATE	LOCATION	NO.OF TH'S	ACTIVITIES
19.4.94	Anyara	5	Information was not received. The Sub-county Chief mobilised a few THs.
	Bululu	20	There was good mobilisation of THs who showed keen interest in the work of the team.
	Kalaki	6	Poor turn up despite earlier reminder to the Sub-county Chief.
20.4.94	Alwa	4	The Sub-county Chief received the information but did not bother to mobilise the THs. The THs had gone to the market. Wednesday is the area market day.
	Katine	2	The team returned to Katine Sub-county as promised on the 15th. The turn up was still very poor.
	Otuboi	6	Poor mobilisation. The officials in the Sub-county were more involved in collecting poll tax.
	Soroti Municipality	8	There was conflict between two THs' Associations. Most THs did not turn up for fear of being taxed.

TABLE II (Cont.)

DATE	LOCATION	NO. OF TH'S	ACTIVITIES
21.4.94	Asuret	9	There was Constitutional Assembly Candidates' meeting in the Sub-county Headquarters. The officials were more involved in that meeting. The THs interviewed expressed gratitude to the team for enlightening them on Traditional medicine.
	Atiira	3	There was no official to receive the team. Poor mobilisation. The team promised to return on 23/4. The team reached late as more time was spent repairing the vehicle.
	Kamuda	-	The team did not go. The whole morning was spent repairing the vehicle. The team decided to go to Atiira and Asuret as both Sub-counties are on the same road.
22.4.94	Gweri	3	Poor turn up. The Sub-county Chief was not in the station despite receiving the programme.
	Arapai	12	The THs were enthusiastic about the programme. The Sub-county Chief informed the team that the poor turn up was due to femine in the are.

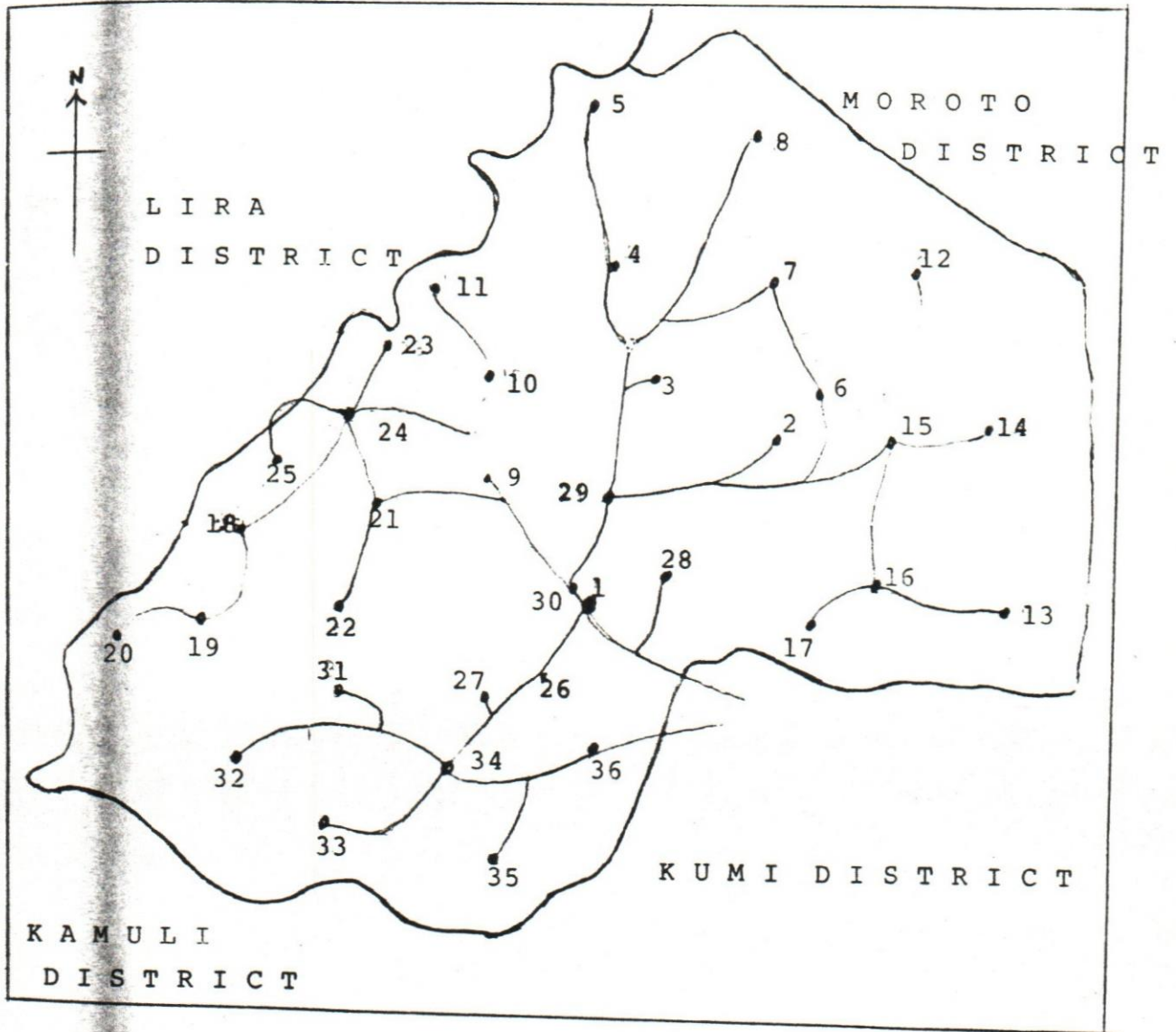
TABLE II (Cont:)

DATE	LOCATION	NO.OF TH'S	ACTIVITIES
	Soroti	4	No information was received despite the place being only 4km.from the town. The 4 THs were mobilised by the Sub-County Chief.
23.4.94	Atiira	0	The team returned to Atiira as promised. No THs turned up.
	Kadungulu	12	Good turn p up despite the severe femine in the area. The THs showed a lot of interest in the team's message. Most THs are confused by THs Associations which are always collecting a lot of money from them.
	Pingire	17	The THs met had come to the Sub-county to collect their allocations of posho. The team addressed over 100 people about the programme. The Chiefs were very cooperative.
	Bugondo	3	There was poor mobilisation. The Sub-county Chief was not at the station. The team later tried to meet other THs in the traditing centre in vain.

TABLE II (Cont.)

DATE	LOCATION	NO.OF TH'S	ACTIVITIES
24.4.94	Kyere	5	There was poor mobilisation. Most THs thought the team not come on a Sunday.
	Kateta	5	The few THs were very happy with the team. They promised to organise themselves through the formation of an Association.
	Serere	0	There was no official at the Sub-county headquarters. No TH was interviewed. The team left for Kampala in the afternoon.

MAP 2 : SKETCH MAP OF SOROTI DISTRICT SHOWING ROUTE AND PLACES VISITED.



KEY TO LOCATIONS ON MAP 2.

1.	Soroti Municipality	23.	Anyara
2.	Wera	24.	Otuboi
3.	Asamuk	25.	Alwa
4.	Kuju	26.	Asuret
5.	Obalanga	27.	Atiira
6.	Abarilela	28.	Gweri
7.	Achowa	29.	Arapai
8.	Kapelebyong	30.	Soroti
9.	Katine	31.	Bugondo
10.	Tubur	32.	Kadungulu
11.	Orungo	33.	Pungire
12.	Usuk	34.	Serere
13.	Magoro	35.	Kateta
14.	Ngariam	36.	Kyere
15.	Katakwi		
16.	Toroma		
17.	Kapujan		
18.	Kaberamaido		
19.	Kabulubulu		
20.	Ochero		
21.	Kalaki		
22.	Bululu		

TABLE III : LIST OF OFFICIALS WHO FACILITATED THE SURVEY

1.	Acen Josefina	District Representative, FAAM
2.	Agudo Mary	Gweri Sub-County
3.	Aliet Peter	Administrative Police Sergeant
4.	Alimet William	RC Secretary for Information
5.	Aliu John Peter	Parish Chief, Kaberamaido
6.	Amodoi Martin	Ag. District Health Educator
7.	Amodoi Ojiror Nicky	Katakwi Sub-county Chief
8.	Angol Paul	Secretary, FAAM, Usuk County
9.	Asege Alau Florence	In-charge Obalanga Sub- Dispensary
10.	Ayau Augustine	Sub-county Chief, Kadungulu
11.	Edel Basil	Parish Chief, Magoro
12.	Ediau Joseph	RC III Chairman, Bululu Sub-county
13.	Edibu Nelson	Sub-county chief, Tubur
14.	Egala Fastino	Sub-county Chief, Anyara
15.	Egau Michael	Sub-county Chief, Kalaki
16.	Eilu John	Police Constable, Asuret Sub-county
17.	Ejuma Lawrence	Parish Chief, Kapujan
18.	Ekadu Michael	Sub-county Chief, Bululu
19.	Ekalu Yokebu	RC I Chairman, Acuna-Tubur
20.	Ekecu Silverio	Sub-County Chief, Kabulubulu
21.	Ekoluot Silver	Sub-county Chief, Magoro
22.	Ekunu James	Police Constable, Anyara
23.	Ekwaro Washington	Sub-county Chief, Pingire
24.	Elokakwap Gaudensio Kujor	Ag. Sub-county Chief, Amuria
25.	Emwaru Sam Keros	Sub-county Chief, Orungo
26.	Esas Martin	RCIII Chairman, Kadungulu Sub-county

TABLE III (Cont.)

27. Esemu M.	Medical Assistant, Amuria Health Centre
28. Esudu Eswilu Charles	Sub-county Chief, Kaberamaido
29. Eyamu Albert	Police Constable, Kabalikwera
30. Imalingat Gideon	RC I Treasurer, Osongai, Kapujan
31. Kibrai Ambako	District Security Officer, Soroti
32. Mukasa Charles	Parish Chief, Kamuk, Kaberamaido
33. Muron Ocakara	Assistant District Executive Secretary
34. Obelli Silver	RC III Chairman, Wera Sub-county
35. Odok Peter W'Ocheng	Central Government Representative, Soroti
36. Ogol James	Sub-county Chief, Asuret
37. Ojibo Mukilos	Health Assistant
38. Okello Raymond	Tax Clerk, Wera Sub-county
39. Okira Dominic	Veteran Representative, Kapujan Sub-county
40. Okiror Cuthbert	Teacher, Okolimo Primary School
41. Okiror J.B.	Nurse, Owera Sub-county
42. Okiror Manase	RC 4 Chairman, Tubur
43. Okiror Pumpus	Coprol i/c Usuk, Sub-county
44. Okiror Vigilio	Parish Chief, Orimai, Kapujan
45. Okoche William	Assistant Central Government Representative, Kaberamaido

TABLE III (Cont.)

46.	Dr. Okwana N.	District Medical Officer, Soroti
47.	Oleja Charles	Ag. County Chief, Kalaki
48.	Omon Erimest	Chairman RC III, Kandungulu
49.	Omuus Moses	Chairman RC II, Katakwi Sub-county
50.	Oonyi-Odeke	Sub-county Chief, Usuk
51.	Osipo Selestine	Sub-county Chief, Otuboi
52.	Otetre Vincent	Sub-county Chief, Kapujan
53.	Oteko Ekalam Joseph	Ag. District Youth Organiser
54.	Tapii Ebuya Weliborodo	Usuk county representative, FAAM.

TABLE IV : LIST OF TRADITIONAL HEALERS INTERVIEWED IN SOROTI DISTRICT AND THEIR LOCATIONAL ADDRESSES

	NAME	AGE	ADDRESS
WERA SUB-COUNTY			
1.	Aleke Joyce	44	Osekai
2.	Eceru Basil	44	Olinai
3.	Okiring Francis	35	Opiriai
ASAMUK SUB-COUNTY			
4.	Alieto Purumero	55	Ataki Apeduru
5.	Apolot Tika	45	Odoon
6.	Arabo Serina	60	Alepanario
7.	Oula Pancereas	44	"
KUJU SUB-COUNTY			
8.	Atim Beredina	60	Alere
9.	Ebuu William	35	Omatakile
10.	Odeke Rumano	50	Alere
11.	Okiror Feddick	24	Kuju T.C.
12.	Omio Michael	45	Abota
OBALANGA SUB-COUNTY			
13.	Abayo Bibiana	50	Angatuny
14.	Adenguy Robert	50	Agonga
15.	Ajaro Vargilina	50	Agonga

TABLE IV (Cont.)

	NAME	AGE	ADDRESS
16.	Akello Phoebe	47	Agonga
17.	Akino Lusi	48	Alüpe
18.	Akunyo Demeterina	70	Opot
19.	Ameso Norah	40	Akora
20.	Amunyo Theresa	55	Opot
21.	Arema Christine	25	Ojiji

ABARILELA SUB-COUNTY

No Traditional Healer Turned up

ACHOWA SUB-COUNTY

22.	Ameja Jenet	45	Abur
23.	Amongin Edisa	58	Ominai
24.	Amujal Mary	32	Akoromit
25.	Apio Elizabeth	64	Amelu
26.	Asege Roy	20	Alukumuge
27.	Icomot Sarah	70	Acowa
28.	Ilunga Pelina	45	Aminito
29.	Isinge Anna Grace	52	Alukumege
30.	Itukei Yokobedi	50	Akun
31.	Ocudung Nelson	55	Murutemera
32.	Odeke Gabriel	52	Ajeleik

TABLE IV (Cont.)

	NAME	AGE	ADDRESS
33.	Ojoroi Daniel	68	Ajeleik
34.	Olingo-Okello Samson	49	Ohuri
35.	Oucul Pampas	46	Amero

KAPLEBYONG SUB-COUNTY

36.	Acinger Agerepina	45	Apetolim
37.	Adeke Rose	26	Kepelebyong
38.	Alajo Mary	34	Atarukot
39.	Alupo Catharina	40	"
40.	Apigo R Beredina	Adult	Alere
41.	Aturo Magaret	38	Atarukot
42.	Ebuu Remegio	47	"
43.	Eyiru Vincent	49	Maseniko
44.	Iparis Anna Grace	38	Kobwin-Acowa Sub-County
45.	Loma Lucia	45	Akoboi
46.	Odongo Johnson	42	Arabet
47.	Ojilong John	45	Kobwil
48.	Opolot Grace (Mrs)	29	Kapelebyong

KATINE SUB-COUNTY

49.	Ajiko Joyce	45	Atirir
50.	Enangu William	36	Oimai
51.	Engweu	67	Kabata

TABLE IV (Cont.)

	NAME	AGE	ADDRESS
52.	Ijono Norah	25	Opio
53.	Ipagi-Elubu Silborosa	70	Oyimayi
54.	Otim Betti (Mrs)	25	Atirir

TUBUR SBU-COUNTY

55.	Ameto Paulina	47	Acuna
56.	Amulen Phoebe Norah	48	"
57.	Atim Selina	46	Akure
58.	Ecure John Stephen	22	Acuna
59.	Egau Genatio	64	"
60.	Ocen Genason	65	Amuria/Morinera
61.	Okello Gusiberito	55	Acuna
62.	Otidot Pancras	45	"

ORUNGO SUB-COUNTY

63.	Agwaya George	32	Odudi
64.	Akol Selina Betty	30	Orungo Centre
65.	Amuge Marcalina	50	Alecere
66.	Ariokot Lida	45	"
67.	Oranit Temiteo	54	Olungura
68.	Oyago Philipo	50	Orungo

TABLE IV (Cont.)

	NAME	AGE	ADDRESS
USUK SUB-COUNTY			
69.	Abarimo Filbert	45	Usuk
70.	Akelot Lemeteria	85	Otujai
71.	Akwii w/o Orotum	80	Atuya
72.	Amongin Peripetwa	54	Usuk
73.	Arum Mariam	45	Adukait
74.	Celi Robert	17	Koritok
75.	Ikorit Lea	42	Abwokodia
76.	Itapus Josimary	45	Ogetoma
77.	Kineyi Mary	50	Ameca
78.	Nakiriya Christine	30	Atuya
79.	Okiror Pampas	42	Usuk
80.	Orenga Pampus	40	Ogetoma
NGARIAM SUB-COUNTY			
81.	Achoole Joyce	43	Kaiamosing
82.	Anyait Elizabeth	60	Adokar
83.	Arukor Beneletta	60	Odoot
84.	Atim Ruth	42	Bisina
85.	Ankin Bulasio	20	Apuuton
86.	Ideit Melda	50	Kachanga

TABLE IV (Cont.)

	NAME	AGE	ADDRESS
87.	Ijootu Augustine	70	Kachanga
88.	Ilakorit Nikalon	60	Apuuton
89.	Melio Engenio	48	Orukurukio
90.	Moru Simon Peter	34	Okwee
91.	Mudang Pelepiano	66	Oldin
92.	Ojiroot Lawrence	55	Okwee
93.	Opuu Anna Grace	32	Tumutum

MAGORO SUB-COUNTY

94.	Akiding Rose	45	Magoro
95.	Apoo Florence	68	Osudio
96.	Kengai Elizabeth	70	Magoro
97.	Obukor Pudesiana	57	Ajamaka

KATAKWI SUB-COUNTY

98.	Acen Josephine	50	Ajeluk
99.	Aguti Margret	40	Aliakamer
100.	Aiteng Saleseri	40	Atekwa
101.	Akiror Agirifina	40	"
102.	Asio Maritina	32	Oilotor
103.	Ikabat Charles	43	Katakwi
104.	Ikilat Laurensio	66	Ngariam/Rwatama
105.	Olupot John	28	Miroi
106.	Okwakol Asinasi	65	Alogok

TABLE IV (Cont.)

	NAME	AGE	ADDRESS
107.	Okwi Nasan Osedia	40	Usuk/Akum
108.	Omongin Eresi	65	Katakwi Ajeluk
109.	Omuna Moses	62	Ojutai
110.	Ongoli Paulo	37	Omoding
111.	Tapi Ebuya Wilbarido	37	Ajesai

TOROMA SUB-COUNTY

112.	Adero Okiror Margret	40	Akoboi
113.	Adongot Veronica	47	Ocakaratura
114.	Alungat Margret	50	Moru
115.	Amuge Luci	30	Asuret
116.	Anyu Magdalena	53	Napakol
117.	Apiot Dorotia	35	Aguya
118.	Ipeelee Heren Margret	36	Ocep
119.	Kongai Alugeresia	22	"
120.	Okees Abwaimo Paulina	53	Adungulu
121.	Okolimo Gusberito	57	Central
122.	Otelle George William	48	Agule

KAPUJAN SUB-COUNTY

123.	Acham Keletesia	30	Orimai
124.	Acito Ateresia	50	Suguru
125.	Adeke Maltilida	25	Osongai
126.	Akiteng Gaudesia	42	Apule
127.	Alanyu Philipo	24	Damasiko

TABLE IV (Cont.)

	NAME	AGE	ADDRESS
128.	Asamo Margret	24	Kelim
129.	Imalingat Gideon	48	Osongai
130.	Imalingat Joseph	65	"
131.	Ocuma Augustine	68	Kapujan
132.	Okello Aquilino	69	Osongai
133.	Oselle Joseph	31	Kelim

KABERAMAIDO SUB-COUNTY

134.	Akimo Makulanta	43	Onyait
135.	Apio Christine	67	Egweng
136.	Eboyu	60	Omiti
137.	Edyau Atege	69	Onyatai
138.	Eyeru Joseph Henry	56	Majengo Ward
139.	Iyero Ruth	41	Ocilo
140.	Okai Albert	63	Onyal

KABULUBULU SUB-COUNTY

141.	Abito	60	Otage
142.	Agaro Aserezi	65	Akari Omugenya
143.	Agweo Pauline	40	Amido
144.	Akajo Jennifer	40	Atek
145.	Allwano Josephine	30	"
146.	Apio Josephine	35	Owelai
147.	Atoko Alice	46	Olilimo

TABLE IV (Cont.)

	NAME	AGE	ADDRESS
148.	Awango Lucy	60	Ogobai
149.	Egani Bonefansi	60	Akar Omugenya
150.	Epiu Leuben	78	Ogobai
151.	Ibano Gladys	40	Atek
152.	Labong Sarah	20	Asana
153.	Olego Michael	74	Angorom
OCHERO SUB-COUNTY			
154.	Acen-Olimo Margret	45	Omodoi
155.	Adwong Agola Nika	42	Akokoma
156.	Akello-Emenyu Josephine	37	Abalang
157.	Akello Regina	46	Alam
158.	Aliro Kevina	30	Anyalam
159.	Aneco Josephine	35	Olep
160.	Apiding Loyce	40	Agule
161.	Apio Christine	52	Omulai
162.	Apio Tereza	35	Olep
163.	Asao Betty	22	Anyalam
164.	Asebo Polina	30	Agule
165.	Ater Alice	34	Agaya
166.	Edibu John	75	Amotot
167.	Emyedu Rose	40	Okeratok
168.	Erechu Wilson	67	Awelu

TABLE IV (Cont.)

	NAME	AGE	ADDRESS
169.	Etado Filista	42	Odekere
170.	Olobo John	40	Aburukot
171.	Ongora Margret	34	"
172.	Oyoyu-Elwel A.A.	52	Acwali

ANYARA SUB-COUNTY

173.	Engoru John Robert	36	Ankot
174.	Okello Yoronemo	66	Angolitok
175.	Olamai Kanet Norah (Mrs)	38	Anyara
176.	Opinya Selestine	41	Aberepila
177.	Otim Nathali	66	Ameret

KALAKI SUB-COUNTY

178.	Abayo Joyce	45	Oryerai
179.	Agono Birigita	62	Akuya
180.	Asero Alisambera	50	Ireget
181.	Ilako Margret	39	Ojele
182.	Iluko Martina	19	Ireget
183.	Oswani Jenet (Mrs)	44	Opiiai

BULULU SUB-COUNTY

184.	Abulo Margret	40	Gome
185.	Acel Locira	65	"

TABLE IV (Cont.)

	NAME	AGE	ADDRESS
186.	Akello Martina	36	Palatao
187.	Amunyo Gladesi	65	"
188.	Angwao Pederesi	38	Abola
189.	Arebo Agnes	70	Obur
190.	Arebo Engwedo Angelina(Mrs)	47	"
191.	Atumo Plusta	55	Kabola
192.	Ayigi Mondesta	48	Gome
193.	Ecimu Martino	55	Obur
194.	Ekany Wilison	54	Palatao
195.	Ekongu Mikilosi	72	Oyalem
196.	Elonyu Steven	58	Kaberamaido/Kasui
197.	Elweo Elisabeth (Mrs)	30	Ocelakur
198.	Emesu Stanule	32	Obur
199.	Erebu John Wilison	54	Kotin
200.	Kiboko Regina	65	Obur
201.	Ocaloi Alifonsio	52	"
202.	Ojelel Yekoyasi	76	Gomme
203.	Opio Bonofancio B Benedicto Cecilia (B.B.S.)	65	Gome

SOROTI MUNICIPALITY

204.	Aguti Joyce Phoebe	36	Arapai/Arbaka
205.	Anigo Demeterina	50	Katine/Ojom
206.	Atepu Ardalatif Lubale	43	Asuret/Obule
207.	Ewayu Yuuentino Mohamed	40	Eastern Division

TABLE IV (Cont.)

	NAME	AGE	ADDRESS
208.	Musana Francis	54	Eastern Division, Central Ward
209.	Omuron David Martin	54	Soroti Municipality/ Madera
210.	Opejo Stansilus	65	Soroti Municipality/ Eastern Division
211.	Zirabamuzale Abdu	32	Teso Inn

ALWA SUB-COUNTY

212.	Echalu Heneriko	71	Kapiri
213.	Ekaju Niclos Paul	31	Oculoi
214.	Etworu Joseph	68	Awasi
215.	Ijokoreng Anna Maria	65	

OTUBOI SUB-COUNTY

216.	Alapo Christine	35	Aberkole
217.	Apino Christine	50	Omoru
218.	Apuco Ciciria	45	Odikara
219.	Ekaju-Anoku Johnson	38	Odere
220.	Ekima Kevin	36	Aburuburu
221.	Okia John Abram	40	Kamidakan

ASURET SUB-COUNTY

222.	Acobo Rose	50	Abongo
223.	Akato Elizabeth	52	Ocur/Opelepele
224.	Akujo Besi	50	Obule

TABLE IV (Cont.)

	NAME	AGE	ADDRESS
225.	Akurut Anna Margret	32	Mukura
226.	Angwedo Norah	65	Adacar
227.	Ayemo Margret	45	Ocokican
228.	Inebe Tiika	31	Adacar
229.	Obunga Charles	16	Mukura
230.	Ogol Oritti James	46	Akacar

ATIIRA SUB-COUNTY

231.	Aenu John William	42	Asilang Obit
232.	Akello Mary	39	Opule
233.	Eryaku Yokosafati	50	Odochai

KAMUDA SUB-COUNTY

The Team Did not visit this one.

SOROTI SUB-COUNTY

234.	Erongu Didimas	40	Cell A
235.	Obere Mohamad	37	Wire Cell
236.	Ocen William	41	" "
237.	Okuta Tomas s/o Egoi	68	" "

GWERI SUB-COUNTY

238.	Agudo Mary	30	Akwia
239.	Epwau Tadeo	65	Damasiko
240.	Opolot Joyce Mary	44	Agule

TABLE IV (Cont.)

	NAME	AGE	ADDRESS
ARAPAI SUB-COUNTY			
241.	Adiito	50	Mugana
242.	Aeku Matiansi	71	Aten
243.	Ajemo Elizabeth	64	"
244.	Akemo Anna	50	Mugana
245.	Amito Margret	38	Oduhui
246.	Anayo Loyce Mary	40	Agirigiroi
247.	Ataiti Domitila	60	Arapai
248.	Atim Elizabeth	50	Oduhui
249.	Elau Paulo	45	"
250.	Emoda Moses	35	Tukum
251.	Engwau Martin	50	Aloet
252.	Ibiara Leya	72	Amoru
BUGONDO SUB-COUNTY			
253.	Adengu Bezareri	64	Atiriri
254.	Akello Stella	30	Asilo
255.	Okello Geresome	40	Obululun
KADUNGULU SUB-COUNTY			
256.	Adeke Getula	55	Obongoit
257.	Aemo Margret	45	Arapai
258.	Ajaro Joyce Mary	60	Adepi
259.	Alayo Mary Matiba	42	Abulabula

TABLE IV (Cont.)

	NAME	AGE	ADDRESS
260.	Alimo Tabisa	82	Otiringo
261.	Anapu Grace	30	Kadungulu
262.	Apio Margret	52	Abulabiila
263.	Ekaju Lambert	40	Kadungulu
264.	Enyagu John	64	Obongoit
265.	Idwongot Amos	62	Iruko
266.	Kyenkyia Richard	26	Kadiding
267.	Oguro Steven	47	Otirono

PINGIRE SUB-COUNTY

268.	Aguti Elizabeth	53	Labori
269.	Agwang Maliza Mary	40	Pingire
270.	Alamo	80	Obangin
271.	Anyait Kelentesia	30	Pokidie
272.	Apiro Allen Grace	30	Obangin
273.	AyakoSuparose	50	"
274	Eegu Zedekia	66	Okidi
275.	Emunyu Max	35	Opunoi
276.	Etadu John Charles	30	Okidi
277.	Ikoba Lorwencio	47	"
278.	Ikoyo Sofina	65	"
279.	Isoto Colouina	80	"
280.	Ogali-Otere Samuel	45	"
281.	Oligo Max	60	Obangin

TABLE IV (Cont.)

	NAME	AGE	ADDRESS
282.	Oken Joseph Lubale	38	Kidetok
283.	Okwaja Isabirye	70	Pingire
284.	Opolot Polycap	73	Katakwi/Oburosinge

KYERE SUB-COUNTY

285.	Akurut Soparose	64	Kyere
286.	Ameso Godolipa	60	Omorio
287.	Eidodo Semeo	61	Kangodo
288.	Icumar Elson	52	Okunguro
289.	Oucha Dinah	30	Ojama

KATETA SUB-COUNTY

290.	Edau George William	42	Pokor
291.	Obonget Martine	36	Katete
292.	Okello Joseph	65	Pokor
293.	Wankya Siliverio	32	"
294.	Yeda Ester Lucy	48	Ateta

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

LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
1. Acuga	Kumam	<i>Carissa edulis</i>	APOCYNACEAE
2. Aderon/ Okwara	Kumam/ Ateso	<i>Acalypha villicaulis</i>	EUPHORBIACEAE
3. Aeratom/ Eurotom	Ateso	<i>Acacia polyacantha</i>	MIMOSACEAE
4. Aida	"	<i>Vernonia grantii</i>	ASTERACEAE
5. Aju/Owec	Kumam	<i>Sporobolus pyramidalis</i>	POACEAE
6. Akalam	Ateso	<i>Momordica foetida</i>	CUCURBITACEAE
7. Akoit	"	<i>Hoslundia opposita</i>	LAMIACEAE
8. Ature	Kumam	<i>Schkuria pinnata</i>	ASTERACEAE
9. Ayeriyer	Ateso	<i>Conostomium quadrangulare</i>	RUBIACEAE
10. Ebilaep	"	<i>Acalypha villicaulis</i>	EUPHORBIACEAE
11. Ecadoi	"	<i>Gynandropsis gynandra</i>	CAPPARACEAE
12. Ecucukwa	"	<i>Aloe laterita</i>	LILIACEAE
13. Egirigiroi	"	<i>Acacia polyacantha</i>	MIMOSACEAE
14. Ejamit	"	<i>Sporobolus pyramidalis</i>	POACEAE
15. Ejungula	"	<i>Jatropha curcas</i>	EUPHORBIACEAE
16. Ekaakaa	"	<i>Lonchocarpus laxiflorus</i>	PAPILIONACEAE
17. Ekere	"	<i>Harrisonia abyssinica</i>	SIMAROUBACEAE
18. Ekialiko/ bikadi	"	<i>Cissampelos mucranata</i>	MENISPERMACEAE
19. Ekisim	"	<i>Acacia hoskii</i>	MIMOSACEAE
20. Ekodekodet atar	Kumam	<i>Maytenus senegalensis</i>	CELASTRACEAE

TABLE V (Cont.)

LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
21. Ekulony	Ateso	<i>Combretum binderianum</i>	COMBRETACEAE
22. Ekwera	Kumam	<i>Clerodendrum discolor</i>	VERBENACEAE
23. Elakas	Ateso	<i>Securinega virose</i>	EUPHORBIACEAE
24. Eliralo Karamoja	"	<i>Azadirachta indica</i>	MELIACEAE
25. Elogos	"	<i>Capparis tomentosa</i>	CAPPARACEAE
26. Elwata	"	<i>Erythrococca bongensis</i>	EUPHORBIACEAE
27. Emidu	"	<i>Gynandropsis gynandra</i>	CAAPPARACEAE
28. Emopin/ Etasuro	"	<i>Ocimum basilicum</i>	LAMIACEAE
29. Emuryei	"	<i>Carrissa edulis</i>	APOCYNACEAE
30. Engeso	"	<i>Rhynchosia albiflora</i>	PAPILIONACEAE
31. Engusongor/ Engusoroi	Kumam/ Ateso	<i>Erythrina abyssinica</i>	PAPILIONACEAE
32. Epopong Lodid	Ateso	<i>Caralluma dummeri</i>	ASCLEPIADACEAE
33. Eputon	"	<i>Pseudocedella kotschyi</i>	PAPILIONACEAE
34. Esikarukaru	"	<i>Asparagus flagellaris</i>	LILIACEAE
35. Esimato	"	<i>Erythrococca bongensis</i>	EUPHORBIACEAE
36. Esurulac	"	<i>Indigofera arrecta</i>	PAPILIONACEAE
37. Eteba/ Etiling	Ateso/ Kumam	<i>Maytenus senogalensis</i>	CELASTRACEAE
38. Etubot	Ateso	<i>Chasmanthera dependens</i>	MENISPERMACEAE
39. Etulelut	"	<i>Solanum incanum</i>	SOLANACEAE
40. Eucuk/ Eusuk	Kumam/ Ateso	<i>Fagara chalybeum</i>	RUTACEAE

TABLE V (Cont.)

LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
41. Entudole	Ateso	<i>Nauclea latifolia</i>	NAUCLEACEAE
42. Ewayo	"	<i>Rhus vulgaris</i>	ANACARDIACEAE
43. Elililyoi/Lilo	Ateso/ Kumam	<i>Securidaca longepedunculata</i>	POLYGALACEAE
44. Lakoit	Ateso	<i>Microglossa pyrifolia</i>	ASTERACEAE
45. Odyono	Kumam	<i>Gladiolus psittacinus</i>	IRIDACEAE
46. Olokocok	"	<i>Solanum incanum</i>	SOLANACEAE
47. Omoti	Ateso	<i>Desmodium adscendens</i>	PAPILIONACEAE
48. Otidolok	"	<i>Chenopodium opitifolium</i>	CHENOPODIACEAE
49. Unknown A ₃	-	<i>Sida rhombifolia</i>	MALVACEAE
50. " Y	-	<i>Rhynchosia viscosa</i>	PAPILIONACEAE
51. " III	-	<i>Clematis simensis</i>	RANUNCULACEAE
52. 2 v	-	<i>Tridax procumbens</i>	ASTERACEAE

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

LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
1. Adebe	Kumam		MIMOSACEAE
2. Ajotajot	"		PAPILIONACEAE
3. Akecha	"		VERBENACEAE
4. Aryecha	Ateso	Bridelia sp.	EUPHORBIACEAE
5. Bokecwari odongo	Kumam		PAPILIONACEAE
6. Ebata	Ateso	Albizia sp.	MIMOSACEAE
7. Ebobore	"		MORACEAE
8. Edinyot	"		POACEAE
9. Ekoboi	"	Ptalaopsis sp.	COMBRETACEAE
10. Ekore	"	Gardenia sp.	RUBIACEAE
11. Ekosile	"		POACEAE
12. Esikasikarint	"		ACANTHACEAE
13. Etekwe/Etekwek	"	MIMOSACEAE	MIMOSACEAE
14. Eyileyile lodidi	"		TILIACEAE
15. Omunoit	"		AMARYLLIDACEAE
16. Opalakwan	"		POACEAE
17. Otibolok II	"	Bryophyllum sp.	CRASSULACEAE
18. Owecho Aju	Kumam		POACEAE
19. Engerangrai	Ateso		PAPILIONACEAE

TABLE VII : LIST OF PLANTS SUBMITTED BY TRADITIONAL HEALERS
BUT STILL AWAITING IDENTIFICATION.

LOCAL NAME	DIALECT
1. Adekanetan	Ateso
2. Adekankwor	"
3. Amoo	"
4. Ebilabolo	Kumam
5. Ecodicod	Ateso
6. Ejikai	"
7. Ekaikai	"
8. Ekodekodet acol	Kumam
9. Emus	Ateso
10. Epusepus	"
11. Etutu	"
12. Imeng	Kumam
13. Ipio	Ateso
14. Ocokit	"
15. Omoti	"
16. Unknown I	-
17. Unknown IV	-
18. Sample B	-

TABLE VIII : LIST OF PLANTS SUBMITTED BY TRADITIONAL HEALERS
BUT INSUFFICIENT FOR SCIENTIFIC IDENTIFICATION.

LOCAL NAME	DIALECT	PART OF PLANT
1. Acakacak	Lango	Leaves
2. Akore	Kumam	Leaves
3. Emorimor	Ateso	Leaves
4. Epapai	Ateso	Leaves
5. Unknown II	-	Leaf.

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

LOCAL NAME	DIALECT
1. Abaci	Ateso
2. Aabukui	"
3. Abalangit	Kumam
4. Abata	"
5. Abenot	"
6. Acacak	Ateso
7. Acakacan	"
8. Acaloyi	Lango
9. Acer	"
10. Acikiciki	"
11. Acilo	"
12. Acimetu	"
13. Acoga	"
14. Acoro	"
15. Acher	"
16. Acwacwa	"
17. Acwiidwe	Ateso
18. Adeke (Banana type)	"
19. Aderuderu	"
20. Aderu	Kumam
21. Aderulango	"
22. Adunyiadunyi	"
23. Agirimani	"

TABLE IX (Cont.)

LOCAL NAME	DIALECT
24. Agwen	Kumam
25. Aigeri	Ateso
26. Aipur	"
27. Aiton	"
28. Ajakijo	"
29. Ajao	"
30. Ajulo	"
31. Ajulo-nu Ecomo	"
32. Akawuna	Luganda
33. Akeca	Kumam
34. Akeng	Lango
35. Akeo	Kumam
36. Akoit	Ateso
37. Akota	Kumam
38. Akulonyi	"
39. Akurap	Ateso
40. Akurit	Kumam
41. Alalar	"
42. Alebdyang	"
43. Aluga	"
44. Alwak	Ateso
45. Amaseniko	"
46. Amoto	"
47. Amudasit	"

TABLE IX (Cont)

LOCAL NAME	DIALECT
48. Amugogot	Ateso
49. Amurudyeil	Kumam
50. Amnocissus	Ateso
51. Anekogwen	Kumam
52. Aparis	Ateso
53. Apuru	Kumam
54. Apwotoko	"
55. Aremo	"
56. Asachi	"
57. Asimir	Ateso
58. Asukali	"
59. Atapa	"
60. Atecha	Kumam
61. Atidiri	"
62. Atino	"
63. Atulu	"
64. Ayiga	"
65. Ayilayila	"
66. Boke cwari	"
67. Bomo	"
68. Chaloi	Ateso
69. Cholawinyo	"
70. Dokolo	"
71. Earatom	Kumam
72. Ebata	Ateso

TABLE IX (Cont.)

LOCAL NAME	DIALECT
73. Ebelecalo	Ateso
74. Ebelekume	"
75. Ebiloep	"
76. Ebiloep/Ebilaip	"
77. Eboloc	"
78. Ebomo/Ebombo	ATeso/Luganda
79. Ebule	Ateso
80. Eburuka	"
81. Ebusibusi	"
82. Ebusuboi	"
83. Ebyongi	"
84. Ecilaboi	"
85. Ecokile	"
86. Ecolong	"
87. Ecolongebu	"
88. Ecomai	"
89. Ederut	"
90. Ederutu lo Akile	"
91. Edilton	"
92. Edinyot	"
93. Edodoi	"
94. Edokoko	"
95. Edude	"
96. Edwarai	"
97. Eedo	"
98. Eetipet	"

TABLE IX (Cont.,)

LOCAL NAME	DIALECT
99. Egirimani	"
100. Egwapti	"
101. Egwere	"
102. Ejinga	"
103. Ejumula	"
104. Ejungai	"
105. Ejwagi	Kumam
106. Ekaka	"
107. Ekalakiru	Ateso
108. Ekarikiru	Ateso
109. Ekare	Ateso/Lango
110. Ekenep	Kumam
111. Ekero	Ateso
112. Ekerei	"
113. Ekereo	"
114. Eketet	"
115. Ekia	"
116. Ekimengi	"
117. Ekirit	"
118. Ekisim	"
119. Ekodekodet	Kumam
120. Ekodekodet Atar	"
121. Ekodokodoi	"
122. Ekokodot	"

TABLE IX (Cont.)

LOCAL NAME	DIALECT
123. Ekoropot/Enanda Enkazi	Ateso/Luganda
124. Ekos	Ateso
125. Ekudeo	"
126. Ekudep	"
127. Ekukwai	"
128. Ekulong	"
129. Ekum	"
130. Ekunguri	"
131. Ekunguru	"
132. Ekunguzi	"
133. Ekuria	"
134. Ekuroyi	"
135. Ekutat	"
136. Ekwero	Ateso/Kumam
137. Ekweru	Ateso
138. Ekwili	"
139. Elamai	"
140. Elam	"
141. Eleliyo/Lukandwa	Ateso/Luganda
142. Eligoi/Akasitani	" "
143. Elilio	Ateso
144. Eliliot	"
145. Elimamer/Omerio	"
146. Elit Aitipu	"
147. Elit Ebule	"
148. Elit Edokot	"

TABLE IX (Cont.)

LOCAL NAME	DIALECT
149. Elit Edukut	Ateso
150. Elit Ekakai	"
151. Elit Epopong	"
152. Elit Eteku	"
153. Elit Etulelut	"
154. Elit Lo Asimsim	"
155. Elit Lo Edodoi	"
156. Elit Lo Ekeru	"
157. Elit Lo Emulako	"
158. Elit Lo Emulaku	"
159. Elit Lo Emwanyi	"
160. Elit Lo Esoro	"
161. Elit Lo Kamurei	"
162. Elit Lo Mapera	"
163. Elit Lo Pilipili	"
164. Elit Lo Tolimo	"
165. Eliloyi	"
166. Elikine	"
167. Elorimoru	Kumam
168. Elwit Of Obwalc	Ateso
169. Emalakany	"
170. Emariman	"
171. Emicungwa	"
172. Emidit	"
173. Emidu	"

TABLE IX (Cont.)

LOCAL NAME	DIALECT
174. Eminir	Ateso
175. Eminit	"
176. Emiti	"
177. Emiyembe	"
178. Emololok	"
179. Emolondo	"
180. Emorin	"
181. Emoru	"
182. Emulalu (Piripiri)	"
183. Emuria/Kalandalugo	Ateso/Luganda
184. Emurie	Ateso
185. Emuryai	"
186. Emurye	"
187. Emuryei	"
188. Emusiya	"
189. Emutur	"
190. Emwana	Kumam
191. Emwanyi (Coffee)	Ateso
192. Emwembe	"
193. Entuk	"
194. Engeso	"
195. Engosoror	"
196. Engosorot	"
197. Enguriti	"
198. Enyanganyat	"

TABLE IX (Cont.)

LOCAL NAME	DIALECT
199. Enyekmon	Ateso
200. Enyongai	"
201. Entangawuzi	"
202. Eono	Acholi
203. Eonokori	Ateso
204. Epapat	"
205. Epapura	"
206. Eparis	"
207. Epeduru	"
208. Epetacor	"
209. Epokocilo	"
210. Epologoma	"
211. Epongait	"
212. Epopong	"
213. Epungai	"
214. Epusepus	"
215. Epwokina	"
216. Erenge	"
217. Eripu/Enku	Ateso/Luganda
218. Erieorei	Ateso
219. Erieba	"
220. Erogorotai	"
221. Erogorogo	"
222. Erokoroket	"

TABLE IX (Cont.)

LOCAL NAME	DIALECT
223. Erokoro-kete	Ateso
224. Eryecho	"
225. Esiala	"
226. Esikasikeriau	"
227. Esiriko	"
228. Esirito	"
229. Esoro	"
230. Esukukur	"
231. Esusurci	"
232. Eteka	"
233. Etipe	"
234. Etipet	"
235. Etirai	"
236. Etirir	"
237. Etiririt	"
238. Etitiro	"
239. Etoi	"
240. Etorob	"
241. Etunu	"
242. Etulelu	"
243. Etulelelut - Lapolon	"
244. Eturubana	"
245. Eturubang	"
246. Eturuboi	"
247. Eturumen	"

TABLE IX (Cont.)

LOCAL NAME	DIALECT
248. Etutun	Ateso
249. Etutu	"
250. Etweka	"
251. Eurotom	"
252. Eusuk	"
253. Eutoidole	Kumam
254. Eutudolei	"
255. Ewurwur	"
256. Eyopus	"
257. Icicikwa	"
258. Iderut	"
259. Iderut	"
260. Iderut Lo Apolon	"
261. Iigeri	"
262. Ijikany	"
263. Ililioi	"
264. Itek	"
265. Itutui	"
266. Itutum	"
267. Iutodole	"
268. Iwaliwali	Kumam
269. Jarabos	Ateso
270. Kalitusi	"

TABLE IX (Cont.)

LOCAL NAME	DIALECT
271. Kasimir	Ateso
272. Katika Sule	"
273. Kasimiri	Lugwere
274. Kongo Amox	"
275. Kuan	Kumam
276. Lemoru (Ekuped)	Ateso
277. Lero	"
278. Lwit Me Aparis	Kumam
279. Lyono	"
280. Maka	"
281. Mayembe	"
282. Mubiri	Luganda
283. Mucugwa	Kumam
284. Mucungwa (Fruit)	Lango
285. Mukondwa	Luganda
286. Mulondo	Kumam
287. Muloke	Acholi
288. Musiba	Ateso
289. Muzingani	Acholi
290. Obelekume	Ateso
291. Ocerit	"
292. Ocokocok	"
293. Ocoyit	"
294. Odekiyo	"
295. Oderut	"



TABLE IX (Cont.)

LOCAL NAME	DIALECT
296. Obugo	Kumam
297. Odyano - Corm	"
298. Ojerai	"
299. Ojano	"
300. Ojotajot	"
301. Okimi	"
302. Okinyom	"
303. Okitoi	"
304. Okonyocan	"
305. Okoto	Ateso
306. Olotoi	"
307. Okoik	"
308. Okojo	"
309. Okot	"
310. Okuri	"
311. Okwara	"
312. Oliliget	"
313. Olilimo	"
314. Olok	Kumam
315. Omoori	Ateso
316. Omukeke	"
317. Omulondo	Luganda
318. Omunauuni	Ateso
319. Omunvo	"
320. Omunakuan	"

TABLE IX (Cont.)

LOCAL NAME	DIALECT
321. Omwanakwan	Ateso
322. Opesur	"
323. Opeuru	"
324. Opipete	Kumam
325. Opengo	Ateso
326. Orengan	Kumam
327. Oryaetom	"
328. Osiole	
329. Otangwal	Kumam
330. Otibolok I	"
331. Otigokide	"
332. Otipet	Ateso
333. Otise	"
334. Otitipu	"
335. Otitiro	"
336. Outo - Edole	"
337. Owec	"
338. Oyeriyer	Kumam
339. Popong	Ateso
340. Rwagwe	"
341. Sabasaba	Kumam
342. Sokolopelo	Acholi
343. Solosota	Ateso
344. Torwatom	"

TABLE IX (Cont.)

LOCAL NAME	DIALECT
345. Twolger	Kumam
346. Usuk	Ateso
347. Utudole	Kumam
348. Vunyamuri	Ateso
349. Walewale	"
350. Winyiila	Kumam
351. Yat Cak	"
352. Yat Twol	"
353. Zomer	Ateso

TABLE X : LIST OF NON-VEGETABLE MATERIALS

1. Chicken soup
2. Honey
3. Live chicken
4. Milk
5. Paraffin
6. Soap
7. Vaseline/Salamiya
8. Lion's fat
9. Salt
10. Sugar

CHAPTER THREE

COMMON ILLNESSES AND THEIR TREATMENT

The common illnesses encountered during the Survey were given by the Traditional Healers by describing the symptoms. The medical terms were provided by Dr.Ogwal-Okeng.

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

The medicinal plants are given by the vernacular names mainly Atesc and they are underlined.

The names of the Traditional Healers (TH) who provided the prescriptions are given in parathensis. 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 and safety of the prescriptions given in this Chapter. The readers are accordingly advised against self medication based on this information.

1. ABDOMINAL PAIN (789.0)

- (a) Pound the roots of Ekulony [TH: AGWAYA G.]. Mix with warm water and strain. Take 125ml. twice daily for two days. The pain disappears within a day.
- (b) Wash and pound together the roots of Iwaliwali and Okoik [TH: EPWAU T.]. Dry and reduce to powder. Macerate the powder in cold or warm water and strain. Take 3 table spoonfuls three times daily until cured. The patient develops diarrhoea when the medicine is taken in excess.
- (c) Clean and pound together the roots of Eusuk and Edudep [TH: AMONGIN E.]. Mix with warm water and strain. Take about 200ml. of the decoction three times a day for four days. The pain diminishes slowly. The patient should avoid local salt and meat from animals which have died before slaughtering them.
- (d) Pound together the roots of Omwanakwana and Eusuk [TH: AMESO N.]. Boil in water, allow to cool and strain. Take two tea spoonfuls twice daily for 1-2 days. Avoid alcohol and fresh meat.
- (e) Crush the root of Ewurwur [TH: LOMA L.]. Mix with warm water and strain. Take 15ml. twice a day for 2 days.
- (f) Pound and dry and reduce to powder the root bark of Omwanakwana [TH: ZILABA M.A.]. Mix with stirring two dessert spoonfuls of the powder with a glass of water and strain. Take twice a day for 4-7 days.

(g) Pound the root of Ekudep [TH: ECERU B.]. Mix with a little water and strain. Give half a teaspoonful twice daily for 2-3 days.

(h) Pound together the roots of Ekulony, Ebomu, and the leaves of Ekoboi and Emopim [TH: AKELLO M.]. Mix with warm water, and strain. Take 75ml. three times a day for 4 days.

(i) Pound the root of Ebata [TH: AKELLO M.]. Boil in water and strain. Take 75ml. twice a day for 2 days.

(j) Pound the roots of Eusuk, Jarabos, Eminit and Emulyei [TH: APIRO A.G.]. Boil in water and strain. Take 100-150ml. three times a day for 2-3 days.

(k) Pound the roots of Edwarai and Ekere [TH: APIO M.]. Mix with hot water and strain. Take one teaspoonful three times a day for 2-3 days.

(l) Pound the fresh roots of Sokolopelo [TH: ABITO]. Mix with cold water and strain. Take 150ml. twice a day for three days. The pain disappears. The patient should avoid alcohol.

(m) Pound and dry the roots of Entudole and Aderu [TH: ILAKO M.]. Boil in water, allow to cool and strain. Take 120ml. two times a day for two to five days. The decoction from Ateseke is also taken after two days of starting the treatment. It increases the frequency and volume of urination. The abdominal pain is relieved gradually

2. ABDOMINAL SWELLING (789.3)

(a) Pound the stem bark of Epoping Ludidi [TH:AMONGIN P.]. Mix with some water. Take 150ml. three times a day for as long as necessary.

(b) Pound together the roots of Emusiya, Ekuloyi and Ekunguri [TH:ACHAM K.]. Mix with hot water, allow to cool and strain. Take one tea spoonful twice daily until cured. The swollen abdomen recedes gradually to normal state. The patient should avoid eating fresh fish and food with salt.

(c) Mix together the latex of Epopong and that of Eburuka [TH: OCUMA A.] and boil them together with a little water. Mix with simsim paste and take five tea spoonfuls once a day for two days. The patient should avoid eating salted food and fresh fish.

3. ABSCESS (682.9)

Pound the leaves of Rwagwe [TH: JOKOLENG A.M.]. Apply on the abscess for 1-2 days. The pus collects at one point which is then cut open. The pus is drained out and the wound heals up.

4. AFTER PAINS

Pound the roots of Engusongor [TH: ACEN-OLIMO M.]. Mix with water. Take 150ml. twice a day for two days.

5. AIDS (NC)

Pound together the roots of Eutudole, Eusuk and Kasimir [TH: DAVID MARTIN]. Boil and distil in water. Allow to cool and administer the distillate as injection 1.5ml. once a day for 2 days. Repeat after three days for 15 days.

6. ALLERGY TO FOOD ITEMS (693.1)

Pound the root of Omoti [TH: ALANYU P.]. Mix the paste with the food which the patient is allergic to and eat.

7. ANAEMIA (285.9)

(a) Pound the root of Epatat [TH: ADENGU R.]. Boil in water, allow to cool and strain. Take two tea spoonfuls three times a day.

(b) Pound the root of Ekerei and Elakas [TH: AENU J.W.]. Dry and reduce to powder. Mix the powder with warm water and take 250ml. twice a day.

Then pound the leaves of Elamai, mix with water and strain. Take 250ml. once a day.

8. ANASARCA (782.3)

(a) Pound together the root barks of Emanimani and Ebusuboi [TH: OCEN G.]. Mix with cold water. Take 150ml. three times a day. The patient should avoid eating breakfast.

(b) Pound to powder the dry stem barks and roots of Ekoboi, Elakas, Icicikwa, Erot, Ekereo and Erokurokote [TH: OUCUL P.]. Mix with vaseline and apply at the incisions made at the affected parts for 2-3 days.

(c) Pound the whole plant (a saprophyte growing on) Etulelut [TH: AKIDING R.]. Dry and reduce to powder. Make incisions on the swollen parts and apply for as long as necessary. Avoid eating pork and local salt.

A live chicken is rotated around the head of the patient. The patient should be seated at the entrance of the house facing outside.

(d) Pound the leaves of Sida rhombifolia [TH: AKURUT A.M.]. Apply the paste on the swollen part. It causes the pus to collect in one position until the wound bursts open to release the pus.

Then pound the root of Emuyembe (mango sp.). Mix with cold water and strain. Give one dessert spoonful three times a day to adults and one tea spoonful to children.

9. ARTHRITIS (716.9)

Pound the stem bark of Ebule, and Epongi [TH: EKAJU L.]. Dry and reduce to powder. Make incisions on the fore head, the groin, the thighs and the joints and apply the powder. Repeat the treatment after two days.

Alternatively, burn the stems to ashes and apply the ash instead. The patient should not bathe during treatment.

10. ASCARIASIS (127)

(a) Chew the leaf of Otibolok [TH: OMIO M.]. Swallow the juice.

(b) Pound the fresh root of Eutodole, Engosorot, Eliho and Eturuban [TH: AKELLO M.]. Mix with water and strain. Take 100ml. three times a day for 3-4 days. A chicken is made to jump over the medicine before administering.

(c) Pound the root of Eutodole [TH: AKELLO M.]. Boil in water, allow to cool and strain. Take 1-3 dessert spoonfuls three times a day for 3-4 days.

(d) Pound together the leaves of Atidiri and the roots of Emus and Esimato [TH: ELAU P.]. Mix with water and strain. Give 50ml. after every two days.

(e) Pound the root of Akeng [TH: AMUGE M.] and dry. Macerate the powder in water and take 125ml. of the infusion three times a day for two days. Then repeat after two days. The worms are expelled in the stool. Excess dose may cause diarrhoea.

(f) Wash and pound together the roots of Ookot and Omajan [TH: AGUTI M.]. Dry and reduce to powder. Mix the powder with hot water. Take four dessert spoonfuls three times a day for one week. The pain decreases gradually. Over dose may cause vomiting. Also used for treating chest pain.

11. BEWITCHMENT (NC)

- (a) Pound the stem of the saprophyte growing on Emulaku and Emusi [TH: ILAKORIT N.]. Make incisions on the body and apply the paste for one week.
- (b) Pound the dry stem barks of Ekunguru, Elamu, Ebyongu, Ekere and Ekisim [TH: ADENGU B.]. Add some common salt to the powder. Apply the powder into the incisions made at the back of the hand, between the eyes and on the chest for one week.
- (c) Pound or burn to ashes the stem barks of Ebule, Edodoi, Emurye [TH: OGALI O.S.]. Make incisions on the leg and apply the powder or the ash.
- (d) Pound and dry the roots of Alebdyang [TH: ONGORA M.]. Burn the powder to ashes. Apply the ash into incisions made on the affected part.
- (e) Make an incision on the leg and apply a paste of Ekutat (parasite growing on a tree) [TH: OJELEL Y.], until the pain disappears.
- (f) Pound together the out-grown roots of Emutur, Epokocilo, Elokine and Eutudole [TH: AIKU M.]. Apply the paste into incisions made at the joints every three days. Prepare an infusion from Elokine. The patient takes 250ml. once a day for eight days. Alcohol and fresh meat should be avoided during treatment.

(g) Clean and then pound together the roots of Elilioyi, Esoro, Ekare, Ebekume and Eputon [TH: ACEN T.]. Dry and reduce to powder. Macerate the powder in cold water and strain. Take 100ml. once daily for one week. It induces excessive sweating. The patient should avoid taking meat during treatment.

12. BURNS (949.0)

Pound to powder the root of Okimi [TH: IDIET M.]. Add a little cold water. Apply over the burn twice a week.

13. CONJUNCTIVITIS (372.0)

(a) Pound together the leaves and the roots of Otidolok and Emalakany [TH: ADEKE R.]. Add a little water and use as eye drops, twice daily.

(b) Pound leaves of Aryecho, Aide and Etubor, [TH: AKELLO M.]. Mix with hot water, strain and drink. Use some of the concoction around the eyes (not directly into the eye) daily for 3 days.

14. OPACITY (371.9)

Pound the leaves of Adunyiadunyi [TH: ECHALU N.]. Mix with a little water and put the paste in a funnel made out of the leaf of Akulony. Squeeze a few drops in the eye once in the evening for 3-5 days.

15. CONSTIPATION (564.0)

- (a) Pound the root of Emusi [TH: AMUJAL M.]. Boil in water and strain. Adults take 20ml. and children 5ml. once. Excess causes diarrhoea and the patient is weakened.
- (b) Pound the root of Eutodole [TH: ECHALU H.]. Mix with hot water. Take two table spoonfuls twice a day for 2-3 days.
- (c) Pound the root of Elilioi [TH: ANAYO L.M.]. Dry and reduce to powder. Mix the powder with luke warm water and strain. Give 20ml. to adults and one tea spoonful to children once. The bowels should open normally within four hours.
- (d) Pound the root of Engerengryai [TH: ACITO A.]. Mix with water and boil for about twenty minutes. Allow to cool and strain. Take 150ml. of the decoction once only. The patient starts to pass stool normally.

16. COUGH (786.2)

- (a) Pound the dry leaves of Epeduru [TH: AKOL S.B.]. Mix with honey. Take three times a day for three days.
- (b) Pound the leaves of Mucungwa, Muyembe, Ioro and the bark stem of Eterka [TH: ETADO F.]. Boil in water, allow to cool and strain. Take 150ml. three times a day for two to three days.

(c) Pound the root of Eyileyile and Lodidi, [TH: ATIM B.]. Mix with cold water. Take 150ml. once a day for 3 days.

(d) Burn to ashes old, yellowing leaves of Papalo [TH: ASEBO P.] and add some salt. The patient licks the ash as many times as possible. The cough disappears in three days only.

(e) Wash the roots of Aderuderu [TH: AREBO EGWEDO A.]. Boil in water for about thirty minutes. Allow to cool, strain and store in a clean bottle. Take 50ml. three times daily for 3-4 days. The patient should improve within the first day of treatment.

(f) Pound the roots of Eusuk [TH: AYIGI M.]. Boil in water and allow to cool. Take 50ml. twice a day until cured.

17. CHARMING (NC)

Pound the roots of Oliliget [TH: AJIKO J.]. Boil or mix with warm water and strain. Take 250ml. three times a day until cured. The patient should avoid eating salted foods.

18. CHEST PAIN (786.5)

(a) Pound the dry roots of Omwanakuan, Ojokit, Omoti, Iwaliwali and Oyeriyer [TH: ASEGE R.], and add a little warm water. Take one tea spoonful twice a day for 7 days.

(b) Pound the root of Esoro [TH: AKWI w/o OROTUM]. Mix with warm water and strain. Give two dessert spoonfuls three times daily. The patient is made to lie flat with the face downwards. A person is made to walk over him on the back three times daily.

(c) Pound together the root of Ocokit, Omunuo and Ebata [TH: IKORIT L.]. Take one tea spoonful three times a day for 3 days.

19. DERMATOSIS (709.9)

(a) Pound together the bark of Engosoroi and the roots of Elilioi and Ekere [TH: AKELLO M.]. Boil in water and strain. Take 150ml. once daily for 3 days.

(b) Pound the root of Ebilaet, [TH: ICUMAR F.]. Mix with warm water and strain. Take 50ml. twice a day for 3 days.

20. DIFFICULT LABOUR (669.9)

(a) Pound together the clean roots of Eusuk, Ekudep and Opalakwan [TH: ASIO M.]. Dry and reduce to powder. Store in well stoppered dry container. Macerate one tea spoonful of the powder with a glass of warm water. Strain and take once. The labour pains increase and delivery is effected immediately. The patient should take some tea after delivery.

(b) Wash and pound the fresh roots of Etipet [TH: AMETO P.]. Mix with about 500ml. of warm water. Give 250ml. once. The labour pains increase and delivery occurs immediately.

(c) Pound together the roots of Emus and Eputon [TH: ADUTO]. Mix with warm water. Take 125ml. once. The patient should sit in a relaxed position. The treatment can be used for retained placenta.

(d) Pound the roots of Etirir [TH: ELWEO E.]. Add a little warm water. Squeeze out and take one tea spoonful of the juice once only. The baby is delivered immediately.

(e) Pound the roots of Acwaya cwaya, Awinyi winyi. Mix with cold water and strain. Take one dessert spoonful one to three times. The baby is delivered normally and the placenta is expelled without difficulty.

(f) Pound the root of Edinyot [TH: ACINGER A.]. Mix with warm water and strain. Take one table spoonful once.

(g) Pound together the roots of Ekosile and Adeke [TH: KINEYI M.]. Mix with warm water. Give 125ml. once.

(h) Pound the root of Ocerit [TH: APOO F.]. Mix with warm water and strain. Give 50ml. once.

(i) Chew the root of Ekenep [TH: ANIGO D.]. Swallow the juice.

(j) Pound the roots of Ekosile, Akwap and Amugogot [TH: ATIM E.]. Mix with cold water. Give 50ml. once. A chicken is rotated around the medicine before administering.

(k) Pound together the roots of Ederut, Ecadoi and Eparis [TH: ALAMO]. Mix with warm water, allow to cool and strain. Take 250ml. once.

21. **DIARRHOEA (009.3)**

(a) Pound the root of Etulelut [TH: OMIO M.]. Mix with some cold water and take 150ml. once a day.

(b) Pound the inner layer of the root of Otitipu [TH: AKELLO P.]. Mix with warm water and strain. Add some Salamiya ointment. Give 5ml. three times on alternating days.

(c) Pound together the roots of Eteba, Ekulony and Epapai [TH: OJILONG J.]. Squeeze out the juice and mix it with porridge. Take twice a day.

(d) Pound the root of Ebilayet [TH: OPOLOT G.]. Mix with warm water and allow to cool. Take 30ml. twice daily for 7-14 days.

(e) Pound the root of Eroborei [TH: MUSANA F.]. Boil in water and strain. Take 100ml. three times a day for 3 days.

- (f) Pound the inner parts of the roots of Etulingoi, Etulelut, Ekudepi, Eusuk and Enyanganyat, [TH: OPEJO S.]. Mix with warm milk. Give two tea spoonfuls three times a day for 7 days.
- (g) Pound together the roots of Engarangrai and Ejikai, [TH: AKELLO M.]. Mix with hot water. Take two dessert spoonfuls twice a day for one day only.
- ((h) Pound the roots of Etekwa and Etulelut [TH: EOMO M.]. Mix with water. Take 125ml. three times a day.
- (i) Pound the roots of Okuto [TH: AGARO A.] and boil in a little water. Roll a chicken over the drug. Then take one tea spoonful three times a day for three days. The patient should thereafter drink water which has been boiled and then allowed to cool down to luke warm.
- (j) Pound the roots of Akulonyi [TH: EPIU L.]. Boil in water. Take one tea spoonful twice a day for six days when warm. Roll a chicken over the decoction before taking.
- (k) Pound the roots of Aderon and Odugu [TH: ACEN-OLIMO M.]. Mix with water. Take one tea spoonful to 25ml. depending on the severity of the condition, three times daily till full recovery.
- (l) Pound the roots of Okot [TH: ABULO M.]. Boil in water and strain. Take 250ml. two times daily.

(m) Wash and pound the roots of Aremoremo [TH: ILUKO M.]. Mix thoroughly with cold water and strain. Give one tea spoonful to children and one dessert spoonful to adults three times daily for one to two days.

22. **DYSENTRY (009.2)**

(a) Pound together the roots of Emanimani and Okwara [TH: OJIROOT L.]. Mix with some milk and take 100ml. twice a day for 2-3 days.

(b) Pound the root of Akulony [TH: ECHALU H.]. Mix with some warm water and strain. Take one table spoonful once a day.

(c) Pound the root of Otipete [TH: OSELLE J.]. Mix with water and boil. Allow to cool and strain. Take 300ml. to 500ml. of the decoction for a start then 250ml. daily until cured.

(d) Pound the fresh leaves of Ekalakiru [TH: ENANGU W.]. Mix with water, add common salt and boil. Allow to cool and strain. Give one tea spoonful to children and 125ml. to adults, three times a day for two to three days. Overdose may cause constipation.

(e) Pound the roots of Ocokocok and Owec aju [TH: ACEL L.]. Macerate with cold water. Take 50ml. three times a day for three days. Dysentery stops within two days.

((f) Pound the roots of Areemo [TH: ATUMO P.]. Mix with warm water. Take 150ml. once. The dysentery stops immediately.

23. **DYSMENORRHOEA (625.3)**

(a) Pound together the roots of Okoto, Aida and Ederut [TH: AKOL S.B.]. Mix with water and boil. Allow to cool and strain. Take 250ml. of the concoction three times daily during menstrual period. The next menstrual period is expected to be normal.

(b) Pound the roots of Outoedole [TH: AKOL S.B.]. Boil in water and allow to cool. Take 250ml. of the decoction twice a day during menstrual period.

(c) Pound the root of Misiba [TH: EYIRU V.]. Boil in water, allow to cool and strain. Take 200ml. twice daily for 3-4 days.

(d) Pound the roots of Akoit [TH: AKELLO M.]. Mix with hot water. Take 150ml. once a day for two days.

(e) Pound the root of Omori [TH: ANAPU G.]. Boil in water and strain. Take 15ml. three times daily for a week during menstrual period.

((f) Pound together the leaves of Etutu and the root of Elilioi [TH: ELAU P.]. Mix with water and strain. Give 150ml. twice a day during the menstrual period.

24. EPILEPSY (345.9)

(a) Pound separately the roots of Earatom, Ereru, Ipio, Ecokit and Ecodicod [TH: ICOMOT S.]. Prepare a decoction of each of them separately in a cup of warm water. Give 25ml. of each decoction twice daily for 4 days.

Apply a few drops of the Earatom decoction in the nostrils and ears. This induces deep sleep.

(b) Clean and pound together the roots of Obelekume and Omwanakwan [TH: DAVID MARTINE]. Sniff as many times as possible. This induces deep sleep. A chicken is then rotated around the head of the patient while reciting an incantation.

(c) Pound the root and the leaves of Ecclongebu [TH: OUCHA D.]. Mix with some water and strain. Give one glassful twice daily for a week. Then make incisions on the head and apply the infusion. Lastly, burn part of the paste on charcoal embers. Make the patient to inhale the smoke. This induces sweating and dizziness.

(d) Pound together the roots of Eboloc and Asugo [TH: AKELO R.]. Mix with a little water and use as nasal and ear drops once a day. Then crush the roots of Ekarikiru. Mix with cold water and strain. Give 10-15ml. three times daily for three days. The patient should not eat fish.

(e) Pound the fresh roots of Edilton and Ekwero, [TH:IYERO R.]. Make an incision on the head and apply the paste. Squeeze a few drops into the eyes. The patient goes into a sleep and develops pimple rashes on the face.

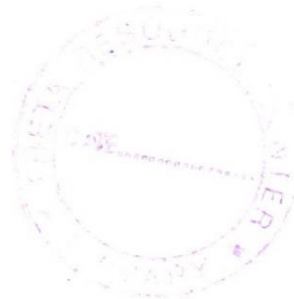
(f) Pound together the roots of Eputon and Alakar, [TH: APIDING L.]. Mix with water and strain. Take 50ml. once. This treatment could be repeated if necessary. Then make incisions on the fore head, chest, legs and the back of the hands. The patient should recover within a few days.

25. FEVER (780.6)

(a) Pound the root and leaves of Eedo, [TH: AJARO V.]. Apply around the ears and head once a day.

(b) Chop up the roots of Emus, Itek and Acaloyi, [TH:ATER A.], into small pieces. Boil Emus and Itek in water separately. Take one tea spoonful of Emus decoction once daily concurrently with one tea spoonful of Itek decoction. Itek decoction is then taken three times daily. Macerate Acaloyi in cold water. Take one tea spoonful three times daily.

If the fever persists, the dose may be doubled or tripled. However an overdose may cause diarrhoea. Itek is known to be fatal. Pregnant women should not take these drugs.



(c) Pound the roots of Eusuk [TH: ECIMU M.]. Boil in water and allow to cool. Take 50ml. three times for one day. Repeat if necessary once a day later. The patient should get better on first treatment.

(d) Wash thoroughly and then pound the roots of Eusuk [TH: EKONGO M.]. Mix with warm water and strain. Adults take 120ml. and children 50ml. two times daily for two to three days. The colour of the urine changes from yellowish to normal colour.

26. FOOD POISONING (980.5)

(a) Roast under charcoal embers then pound the root of Emus [TH: ALEKE J.]. Add some luke warm water. Take 25ml. once. The following day add the latex of Epopong to millet porridge and take six dessert spoonfuls once. This induces vomiting and diarrhoea.

(b) Boil in s water the latex of Epopong [TH: AREMO C.]. Allow to cool and take 50ml. once. It induces vomiting and diarrhoea.

(c) Pound together the roots of Eusuk, Ekore and Eetipet [TH: ODEKE G.]. Mix with some water and strain. Take 250ml. once a day fro 4 days.

(d) Pound together the roots of Eputon, Ecokile and Ekisim, [TH: OJOROI D.]. Boil in water, allow to cool and strain. Take 500ml. once a day for 7 days.

Rotate a live chicken around the head of the patient as the medicine is administered. The patient should avoid green vegetables and local salt.

(e) Pound the root of Eturubong [TH: EKAJU N.P.]. Boil in water, allow to cool and strain. Take 100ml. three times a day for 3 days.

(f) Boil the fresh roots of Ekwera, Acilo and Emusu, [TH: EYERU J.H.] in 500ml. of water and strain. Give 150ml. to adults, one dessert spoonful to children twice a day.

(g) Pound the roots of Omwanakwan, Ewaliwali, Akitaton and Eteba, [TH: AMUGE L.]. Mix with warm water and strain. Take one dessert spoonful three times a day until the patient recovers fully. The patient should be given fresh meat or fish and food cooked with ash salt.

(h) Clean and pound together the roots of Omwanakwan and Epopong [TH: OLUPOT J.]. Dry and reduce to powder. Store in a clean container. Macerate one tea spoonful of the powder for adults and a half tea spoonful for children in 250ml. of water. Give once only. The patient should vomit and then be given porridge prepared from millet flour.

- (i) Pound together the root of Tarakaboine and the whole plant of Oryaetom, [TH: ERYAKU Y.]. Mix thoroughly in hot water and strain. Take quarter a glassful once. This induces vomiting.
- (j) Pound the root of Epologoma [TH: OKELLO G.]. Mix with warm water and strain. Take 50ml. once. Excess causes dehydration due to excessive diarrhoea.
- (k) Pound together the root of Omwanakwan and leaves of Walewale [TH: AKELLO S.]. Dry and reduce to powder. Mix the powder with warm water, strain, then add beaten eggs. Take 50ml. twice a day.
- Then pound and boil in water the root of Ililio. Take 100ml. once a day for 3 days. The patient is cleansed by offering a chicken.
- (l) Pound the roots of Omwanakwan, Okinyomand Opesur [TH: AKURUT S.]. Mix with water and strain. Take 250ml. a day. This induces vomiting.
- (m) Wash and scrape off the outer skin of the roots of Emutura and Eturukuku [TH: ALUNGAT M.]. Pound the skin dry and reduce to powder. Mix one tea spoonful of the powder with 100ml. of warm water and strain.. Give one tea spoonful of the concoction three times a day. It induces vomiting and diarrhoea. If vomiting and diarrhoea persist and become severe the patient is treated with an infusion made from

the roots of Ekwaro. The patient should be fed on porridge at least for two days to avoid dehydration.

(n) Wash and pound together the roots of Elokilelodido, Ebata, Ekaledi and Engirenerai, [TH: Mix with a little cold water and strain. Take 50ml. of the concoction twice daily for two to three weeks. Excess may cause vomiting and diarrhoea.

(o) Pound together the fresh roots of Eliliyoi and Ekum [TH: ALANYU P.]. Mix with hot water and strain. Take about 100ml. once. The patient may vomit.

27. FUNCTIONAL PSYCHOSIS (298)

(a) Pound the dry roots of Ommwanakwan, Omoti, Iwaliwali and Oililiget [TH: ISINGE A.]. Add a little warm water and give one dessert spoonful twice a day for one week.

(b) Pound together the fresh roots of Ebusibusi, Ebaja, Ejumula, Elilioi, Eruebo, Epokocuo and Emurei, [TH: EWUYO Y.M.]. Dry and reduce to powder. Mix with cold water. Give 150ml. three times a day for about 10 days.

A live chicken is rotated around the patient's head, while he is seated at an ant-hill.

(c) Pound the root of Eliliyoi, [TH: ZILABA M.A.]. Dry and reduce to powder. Use the powder as sniff three times daily for up to 5 days. The patient sneezes producing plenty of mucus and goes into a deep sleep.

(d) Pound the root of Elilio [TH: ADEKE M.]-. Dry and reduce to a powder. Put some powder into the nose once daily for one week. It causes the patient to sneeze whenever the medicine is applied.

(e) Pound the root of Eliloyi [TH: ODEKE R.]. Add a little cold water and use as nasal drops once a day.

(f) Pound the roots of Eliliyoi, Eturbana, Ekwero and Vunyamuri [TH: ANOKU E.J.]. Use as nasal drops.

Pound the roots of Eliliyoi and Vunyamuri and apply into incisions made on the temples and in the middle of the head.

Then pound the saprophyte growing on Obwolo and apply into the incisions made on the left side of the chest.

Lastly, put Babni on charcoal embers and make the patient to inhale the smoke while overcovering the head. Before commencement of the treatment the sap of Etulelu and Enyakmon is applied into the eyes of the patient to render him temporary blindness.

(g) Pound together the roots of Erogorogoloi, Emus and Ebelekuma [TH: EMODA M.] Add a little water and put the paste in a leaf funnel. Squeeze drops into the nostrils three times a day for as long as necessary.

(h) Pound together the roots of Utudole, Eusuk, Acoga and the stem of Elwot-Obwolo [TH: IPAGI-ELUBU S.]. Make incisions on the head and apply the paste. Then put

some of the paste in hot water, and make the patient inhale the vapour while covering the head. It may cause vomiting but the patient should feel better after a sleep. Lastly, apply the juice from the paste as nasal drops.

(i) Pound together the roots of Elilioyi, Emuryei and Emus, the leaves of Kalitusi and Emopim and the fruits of Emucungwa and Emwembe [TH: OBORE M.]. Add a little cold water and use as nasal drops twice a day for three days. The medicine may cause the patient to vomit or develop diarrhoea.

(j) Pound the roots of Opipa and Omwanakwan. [TH: ANYU M.], Dry and reduce them to powders. Mix the Opipa powder with a little water and use as nasal drops once a day for three days. Use the Omwanakwan powder as sniff once every day for at least one month. The patient should not smoke or take alcohol.

(k) Pound the root of Omoti [TH: ETADU J.C.]. Add a little cold water and put the paste in a leaf funnel. Squeeze a few drops in each nostril twice a day for one week.

(l) Pound the roots of Itutum and Ililiyoi, [TH: OPOLOT P.]. Dry and reduce to powder. Use as snuff three times daily for two s days.

(m) Pound the root of Otise, [TH: OKEN J.L.]. Dry and reduce to powder. Mix one portion of the powder with cold water and strain. Give 100ml. three times a day for two weeks. Use the other portion as snuff once a day. The patient should avoid alcohol and smoking.

(n) Pound together the roots of Emwanyi, Edukut and Ebilomp [TH: AGWANG M.M.]. Make incisions on the temples and apply the paste.

Then pound the root of Etutum, add a little water and apply as nasal drops, every three days for about one month.

(o) Pound together the roots of Ebilaep, Okitoi, Eonokori, Aipur and Aigeraiton [TH: AKELLO J.]. Mix with hot water and strain. Give 50ml. once a day for 5 - 7 days. The patient should not take food until 8 hours after treatment.

(p) Pound together the roots of Etorob, Eturbango, Etudolei, Epongai and Ekulong, [TH: OBONGET M.]. Mix with a little water and strain. Give one dessert spoonful twice a day for one week.

(q) Pound together the roots of Muzingani, Solosoja and the the rhizome of Entangawuzi [TH: WANKYA S.]. Mix with a little paraffin and apply into the incisions made on the head once. Then pound the roots of Muloke, dry and reduce to powder. Use the powder as snuff.

(r) Pound together the roots of Aconga, Atutui and Ekodekodet [TH: AKMO M.]. Dry and reduce to powder. Use as snuff. Then apply into incisions made across the head. The patient should avoid alcohol.

(s) Pound, dry and grind into powder the roots of Aluga and Aderu [TH: AKAJO J.]. Boil the powder in water and allow to cool. Take 125ml. three times a day before meals. Sprinkle powder on the patient's bed and in the water for bathing. The patient is made to rest in a quiet place. The patient goes into a deep sleep and sweats profusely. Alcohol, smoking and hard foods e.g. bony fish, should be avoided.

(t) Pound, dry and reduce to powder the root of Odyano, [TH. EDIBU J.]. Apply the powder into the incisions. The treatment is repeated the following day. Then burn the roots of Akulony to powder. Use as snuff two times daily for two to three weeks. The patient should not eat goat's meat, Akewo and Obuga.

(u) Pound together the roots of Eligoi, Bomo, Ojano and Ekokodot and the fruits of Eligoi [TH: OLOBO J.J.]. Add a little water to the paste. Apply the paste into the incisions made on the shaven head twice daily for one week. Use the juice as nasal drops twice daily. The treatment is administered when the patient is sitting on an anthill in which ants had deserted. A hen is rotated around the patient and released. It is expected to remove the bad spirits.

(v) Pound and macerate in a little water the roots of Ebelekume [TH: OTELLE G.W.]. Squeeze one drop in each nostril two times on start and then once a day. Then take one tea

spoonful daily till recovery. The drug induces sleep and the patient produces a lot of saliva. A goat is slaughtered and the meat is eaten by the family as a cleansing ceremony.

(w) Dry and reduce to powder the parasites growing on Eikiiki, Edukudukut, Ekoromit and Osurupo, [TH: KONGAI A.]. Apply the powder into the incisions all over the body. Repeat after the original cuts have healed. The patient should not eat fresh meat and rock salt. When the patient is cured, a chicken is rolled over the medicine and released. A beer party is organised as a cleansing ceremony.

28. FRACTURE (829)

(a) Scrape the inner part of the fruit of Enguriti, [TH: OKELLO G.]. Crush and mix with oil. Use for massaging around the fracture daily until the swelling subsides.

(b) The broken bone is set by massaging with Soapy hands, [TH: ATURO M.].

29. FRESH WOUND (879.8)

Pound the fresh root of Ejungular [TH: ATIM B.]. Mix with cold water. Take 150ml. once.

30. FAILED LACTATION (676.4)

(a) Dry the leaves of Yat cak [TH: ETADO F.], and burn them to ashes. Apply the ash into incisions made at the base

of the breasts. Repeat the treatment once more if no milk is not excreted on first treatment. The mother should be fed well.

(b) Pound the roots of Akata [TH: OYOYU-ELWELA A.]. Mix with water. Take 50ml. once only. Lactation should start within 10-12 hours.

31. GENERAL BODY PAIN (780.9)

(a) Pound together the roots of Ekulony and Eicere, [TH: OCEN W.]. Dry and reduce to powder. Mix one tea spoonful of the powder with about 150ml. of hot water. Allow to cool and strain. Take 50ml. of the concoction three times a day for three to five days. The pains should disappear within three days.

(b) Pound the fresh leaves of Eburuka [TH: IKABAT C.]. Mix with a little water and strain. Take two dessert spoonfuls once a day for five days. Repeat the treatment after one month. The patient's appetite increases. The patient should not eat any food during the first six hours after treatment.

(c) Pound the root of Ekurio [TH: OKELLO A.]. Boil in water, allow to cool and strain. Take three tea spoonfuls three times a day for five days. The pain reduces.

- (d) Boil with tea the stem bark of Elilioi and Pilipili [TH: AMONGIN P.]. Take 150ml. three times a day.
- (e) Pound together the stem bark of Abac and roots of Emoti, Eusuk, Esoro, Ekwero and Edodoi [TH: IKORIT L.]. Dry and reduce to powder. Take 15ml. three times a day for up to five days.
- (f) Pound separately the roots of Esoro and Ekaaka, [TH: MODANG P.]. Dry and reduce to powder. Apply the powder into incisions made on the body once a day for 4 days.
- (g) Pound the roots of Ejungai, Ekeru, Eteba and Ekulony, [TH: AMESO G.]. Dry and reduce to powder. Mix with hot water and strain. Take 500ml. three times a day.
- (h) Pound together the stem bark of Elilioi, Epeduru, Ekum, Egirigiroi and Etirai [TH: EDAU G.W.]. Dry and reduce to powder. Apply the powder into fresh incisions twice daily.

32. GONORRHOEA (098)

- (a) Clean and pound together the fresh roots of Ekwero and Egirigiroi [TH: EGAU G.]. Mix with warm water and strain. Take two dessert spoonfuls once daily for one week. Overdose may lead to swelling of the glands of the penis.
- (b) Pound together the roots of Etiye and Emus, [TH: ABARIMO F.]. Mix the paste with millet beer (Ajon) and take as much as possible.

(c) Dry and pound the root of Eliboi, [TH: IJOOTU A.]. Mix with warm water and strain. Take 50ml. three times a day for 6 days.

(d) Pound and dry the root of Emorimor, [TH: AGUTI J.R.], Mix one tea spoonful of the powder with 100ml. water and strain. Take three times a day for 3 days.

(e) Pound together the roots of Ekwalakwala, Imomwa-Ajele and Eturukuku [TH: ADERO-OKIROR M.]. Boil in water and allow to cool. Take 100ml. of the concoction three times a day for one month. The pain disappears.

33. HEADACHE (784.0)

(a) Pound the root of Emidu, [TH: OYAGO P.]. Mix with warm water and strain. Take 100ml. of the decoction three times a day for four to five days.

(b) Pound the root and seeds of Eusuk [TH: ECERU B.]. Mix with some cold water and strain. Take half a tea spoonful twice daily for 2-3 days.

(c) Pound together, dry and reduce to powder, the roots of Eusuk and Asmir [TH: OKIRING F.]. Add one dessert spoonful of the powder to 500ml. of tea. Take 250ml. twice a day. Cover the patient after treatment and allow him to rest.

(d) Dry and pound to powder the root of Eliliyo, [TH: OMIO M.]. Use the powder as snuff. Avoid excess as it may cause mental confusion.

- (e) Pound the root of Epapura, [TH: ALUPO C.]. Rub the paste into the incisions made on the head.
- (f) Pound the roots of Elilio and Ebata, [TH: EBUU R.]. Mix with a little cold water. Apply a drop in each nostril once. This results in running nose and saliva.
- (g) Pound the roots of Mukodwa and Akawuna, [TH: KYENKYA R.]. Mix with a little water and put the paste in a leaf funnel. Apply as nasal drops twice daily. It induces sleep.
- (h) Pound the roots of Lilio, [TH: APIO J.]. Dry and grind into a powder. Sniff the powder three times a day for two days.
- (i) Pound the roots and the seeds of Eusuk, [TH: EMYEDU R.]. Mix with water. Take 200ml. two times a day until cured. The drug can also be used for treating cough and measles in the same dosage.
- (j) Pound the roots of Ekwera and Lilio [TH: AKELLO-EMENY J.]. Mix with a little water. Squeeze two drops in each nostril once only. Then burn Akanyango to ashes. Apply the ash into incisions made on the head.
- (k) Boil the roots of Omunakwan in water, [TH: ERONGU D.]. Take two dessert spoonfuls three times a day for two weeks.
- (l) Pound the root of Lilio [TH: ACEN-OLIMO M.]. Squeeze one drop in each nostril. Then apply the paste into incisions made on the head.

(m) Pound the roots and the leaves of Acwacwa, [TH:ATUMO P.]. Dry and reduce to powder. Use the powder for brushing the teeth. Then mix the powder with a little water. Take two spoonfuls daily until cured.

34. HEART DISEASES (ill-defined) (422.9)

Crush the dry root of Esoro, [TH: APIOT D.] and reduce to powder. Macerate the powder in warm water. Take half a tea spoonful of the decoction twice a day until cured. At the same time crush the root of Kaziote. Mix with warm water. Take half a table spoonful once a day until cured. The patient should improve within three days.

35. HELMINTHIASIS (128.9)

Pound together the cleaned roots of Esor, Ekeru, Aputon and Elilioi, [TH: TAPIEBUYA W.]. Dry and reduce to powder. Mix one tea spoonful of the powder with about 250ml. of clean warm water and strain. Take 50ml. of the concoction three times a day for two weeks. The patient should take a lot of milk but avoid alcohol and smoking.

36. HYDROCELE (603.9)

Pound the roots of Sabasaba, [TH: AWANGO L.]. Mix with warm water. Take one tea spoonful twice a day for one month. It increases the volume and frequency urination. The patient should not undertake strenuous work and avoid sexual intercourse during treatment.

37. INFERTILITY IN MEN

Burn to ashes the shoots of Elakasi, Ekwerō, Ekimengi, Ekunguzi, Emwanyi, Abachi and Agirimani [TH: OLINGO O.S.].

Mix with malwa, a local beer, and take.

At the same time pound the roots of Elakasi, Ekwero, Etitiro, Agirimani and Amaseneko. Mix with chicken soup and take once a day for 3 days.

38. INFERTILITY IN WOMEN (628)

(a) Pound and dry the root of Eputon, [TH: ATIM B.].

Mix one tea spoonful of the powder with water and take.

Alternatively the patient licks the powder and then takes some water. Continue with the treatment for as long as it is necessary.

Then pound the roots of Ebusbus. Boil in water and strain.

Take 25ml. three times a day for as long as necessary.

Commence the treatment at the on-set of the menstruation period.

(b) Pound the roots of Abelacalo, Esururoi and Alwak,

[TH: ABAYO B.]. Mix with boiling water and strain after cooling.

Give three spoonfuls once a day for three weeks.

A chicken is rotated around the patient as the medicine is being administered.

(c) Pound the roots of Chab and Emoru, [TH: NAKIRIJA C.].

Boil in water and strain. Take 150ml. daily for up to four months.

(d) Pound the root of Eteba, [TH: IJOOTU A.]. Mix with warm water and strain. Take 50ml. three times a day for four days starting first day of menstruation.

(e) Pound the root of Orengan, [TH: APINO C.]. Mix with cold water and strain. Take 75ml. very early in the morning during the menstruation period for a year. It causes stomach upset and vomiting which should not last for more than two days.

(f) Pound and boil in water the root of Oliliget, [TH: APUCO C.]. Allow to cool and strain. Take 50ml. once a day for one week during the menstruation period.

(g) Pound together the roots of Eusuk, Emurvei and Ekoboi, [TH: OKIA A.J.]. Mix with hot water and strain. Take as tea or mixed with Ajono (local brew) during the menstruation period.

Alternatively, pound the root of Ekoboi and burn them over charcoal embers. The patient is made to squat astride and allow the smoke to enter the vaginal canal.

((h) Pound together the roots of Iderut, Ekweru, Esoro and Edwarai, [TH: AKURUT A.M.]. Boil in water, allow to cool and strain. Take 250ml. twice a day for three days starting at the onset of menstruation.

- (i) Pound the roots of Edurutu, Akile, Odokiyo and Eteba, [TH: IKOYO S.]. Mix with warm water and strain. Take 250ml. daily for one week, starting on the onset of menstruation.
- (j) Pound the root of Oderut, [TH: ANAPU G.]. Mix with hot water or tea. Take three times daily for up to a month.
- (k) Wash, pound and dry the roots of Itutui and Akere [TH: AMUNYO G.]. Reduce to a powder. Mix the powder with water and boil. Allow to cool and strain. Take three spoonfuls three times a day for two days.
- (l) Pound and dry the roots of Agwen, Apwatoko, [TH: KIBOKO R.]. Macerate small pieces in cold water. Take 150ml. three times daily for one to three months. The treatment is commenced at the end of menstruation.
- (m) Pound together the roots of Ekaakaa and Esikasikeriau, [TH: ASAMO M.]. Mix with warm water and strain. Take 100ml. of the concoction twice daily for one week. The woman is expected to conceive within one to two months. The woman should avoid eating fresh fish and should not have extra marital sexual intercourse.
- (n) Pound the roots of Ekodekodet acol and Ekotekodet atar, [TH: EGANI B.]. Mix with warm water and strain. Take 250ml. three times a day from the beginning of menstruation period for three days. Treatment may be repeated monthly. The patient regains the normal menstruation.

Conception is expected in three months. The patient should avoid drinking alcohol during the treatment.

(o) Pound the roots of Erogorogo, the bark of Itek, the roots of Akere and the bark of Abata, together, [TH: ACEN-OLIMO M.]. Boil in water. Take 100ml. once a day for about one week starting from the onset of the menstruation period. Conception is expected in three months.

(p) Pound the stem of Lwit me Aparis, [TH: ANECO J.]. Macerate in cold water. Take one dessert spoonful three times a day starting from the first day of menstruation. The treatment can be repeated the next menstruation period.

(q) Pound the roots of Ayilayila atino and Bokecwari [TH: ONGORA M.]. Mix with cold water. Take 75ml. twice daily for one week. Repeat the treatment monthly till conception. The treatment is started at the beginning of menstruation period.

39. JAUNDICE (782.4)

(a) Boil in water Akeo (whole plant), [TH: OLWEO E.], and allow to cool. Take 150ml. three times daily for one to two months. Yellowness begins to disappear. The patient should not be engaged in strenuous duties.

(b) Crush together the roots of Elilioyi, Edokoko and Eboloc, [TH: IJONO N.]. Make incisions on the joints of the limbs and apply the one portion of the paste. Mix the other portion with cold water and strain. Take 50ml. of the concoction three times a day for as long as necessary.

40. KWASHIORKOR (260)

- (a) Boil together in water the root of Emiti and the leaves of Ecucuka, [TH: OGURO S.]. Allow to cool and strain. Give two dessert spoonfuls twice a day for about 10 days.
- (b) Pound together the roots of Omoti, Epeuru and Epopong lodidi, [TH: KINEYI M.]. Add the paste to black tea. Give 150ml. three times daily for about 3 days.
- (c) Boil in water the roots of Emusi and Epopong, [TH: OBUNGA C.]. Take one tea spoonful once a day. A little sap from Emusi is mixed with porridge. Give about 50ml.
- (d) Pound the root of Amoo, [TH: AKELLO M.]. Mix with warm water. Give 150ml. once.
- ((e) Pound together the roots of Eputon, Ekere and Omuokeke [TH: IKOBA L.]. Boil in water and give 75ml. twice a day for 8 days.

41. LEPROSY (030.1)

Pound the roots of Amurudyek and the leaves of Acer, [TH: AKELLO EMENYU J.]. Mix with ghee. Smear all over the infected part daily after bathing. The scales peel off and the skin becomes smooth.

42. LOW BACKACHE (724.5)

Pound the roots of Engeso and Adekanetau, [TH: AKELLO M.]. Mix with hot water. Take 2 dessert spoonfuls twice daily for 2 days.

42. LUMBAGO - SCIATICA

Pound the corm of Odyano, [TH: OLEGO M.] after removing the scales. Dry and reduce to a powder. Then pound the stem and leaves of Ature. Dry and reduce to a powder. Mix a half tea spoonful of each of the powders to 120ml. of cold water. Take the whole glass twice daily for one week.

43. MALARIA (084)

(a) Pound together the dry roots of Ekeru, Elilio and the fresh root of Ebelekume, [TH: AMONGIN E.]. Mix with cold water and strain. Take quarter a tea spoonful twice a day for 3 days.

(b) Clean and pound together the root barks of Emanit and Esimiri, [TH: ONGOLI P.]. Dry and reduce to powder. Keep in a clean dry bottle. Mix the powder with a little water and strain. Give 100ml. twice a day for one week. The patient becomes dizzy and begins to sweat excessively.

((c) Pound the roots of Eusuk and the leaves of Okonyocan, [TH: ACEN-OLIMO M.]. Boil in water and strain. Take one tea spoonful for three days.

(d) Clean and pound the fresh f roots of Emuryie, Ekwakalet and Etirir, [TH: OPINYA S.]. Mix with hot water and boil. Let the patient inhale the vapours when he/she is wholly covered, twice daily on alternate days until recovery.

A live chicken is rolled on top of the decoction before steaming the patient. The patient begins to sweat.

(e) Pound the root of Ecomai, [TH: EIDODO S.]. Mix with hot water and take 15-25ml. depending on age, once a day for 3 days.

(f) Pound the root of Eusuk, [TH: IMALINGAT J.]. Mix with warm water and take a cupful of the decoction twice a day for two days. The patient improves within one day. Excess dose may cause abdominal pain.

44. MEASLES (055.9)

(a) Pound the root of Anyongai, Ekeket and Eputon, [TH: ANGWEDO N.]. Mix with boiling water, allow to cool and strain. Give one tea spoonful three times a day for about 6 days.

After the sixth day, pound the roots of Emuriei and Etirir dry and reduce to powder. Boil in water and give one tea spoonful three times a day for 3 days.

(b) Pound the roots of Ade kankwor and Ekiali kobikobi, [TH: AKELLO M.]. Mix with warm water, allow to cool and strain. Give 250ml. every 2-3 hours.

(c) Pound together the roots of Etunu, Eusuk and Emulondo, [TH: KINEYI M.]. Mix with a little warm water and give one dessert spoonful three times a day for one week. The measles rushes erupt and the mouth sores get healed.

(d) Pound together the roots of Mubiri, Omulondo and Iderut lo Apolon, [TH: NAKIRIJA C.]. Mix with cold water and strain.

Give one tea spoonful of the concoction three times daily. The rashes erupt within a day.

(e) Pound, dry and reduce to powder the root of Ekudep, [TH: OKIRING F.]. Mix with some cold water and strain after warming. Give 250ml. to children and 500ml. to adults, twice daily for 3-4 days..

A live chicken is rotated around the patient's head during the administration of the drug.

(f) Pound, dry and reduce to powder, the root of Ekisim, [TH: OKIROR F.]. Mix one portion of the powder with cold water and strain. Give two tea spoonfuls three times a day. Burn the other portion on charcoal embers and make the patient inhale while covering the head.

(g) Pound together the roots of Eusuk, Ebilaep, Esigarugar, Erengen, Eteba, Esurulac, Ekakai, Ayeriyer and Ekore, [TH: Ameja j.]. Mix with boiling water, strain and allow to cool. Give one dessert spoonful three times daily for 7 days. The patient should avoid salty foods.

(h) Pound together the roots of Etunu, Amudasit, Otipet and Esurulac, [TH: ITUKEI Y.]. Mix with warm water, stir and strain. Give 30ml. twice a day for 7-14 days. Avoid salty foods and ghee.

(i) Pound and dry the root of Omwanakwan, [TH: CELI R.]. Mix the powder with warm water and strain. Give one tea spoonful three times a day for as long as necessary.

- (j) Pound together the roots of Etunu and Lemoru (Ekudep), [TH: ITAPUS J.]. Mix with warm water. Give one dessert spoonful twice daily.
- (k) Pound together the roots of Emus and Eliralo, [TH: OBUKOR P.]. Mix with warm water and strain. Give 10ml. twice a day for two days.
- (l) Pound the fresh roots of Ekulony, Etulelut and Ekisim, [TH: OPUA A.]. Mix with water and strain. Give 500ml. three times a day.
- (m) Pound the root, the stem bark and the leaves of Eusuk, [TH: ENYAGU J.]. Boil in water, allow to cool and strain. Give 10ml. three times a day. Feed the patient with sufficient amount of nutritious foods.
- (n) Pound the root of Ekudep, [TH: APIO M.]. Mix with warm water and strain. Give one tea spoonful three times a day. Apply the residue all over the body for two days.
- (o) Crush together the roots of Eusuk, Ekudep and Simiri, [TH: IPEOLEA.M.]. Macerate in warm water and strain. Take 5-10ml. three times a day for about one week. Excess dose may weaken the patient.
- (p) Pound the roots of Emuryai, [TH: ACITO A.]. Dry and reduce to powder. Macerate one tea spoonful of the powder into 50ml. of hot water. Allow to cool and strain. Give 15ml. of the decoction once daily until recovery.

(q) Crush the roots of Ekudep, [TH: AKITENG G.]. Mix with hot water and strain. Take 5ml. of the decoction three times daily until cured. The rashes erupt immediately. The patient should not eat salted foods and fresh fish before the rashes disappear.

(r) Wash and pound the roots of Otipet, [TH: AKIRORI A.]. Dry and reduce to powder. Macerate the powder in water and strain. Take one tea spoonful three times a day for three days. The residue is rubbed all over the child.

(s) Pound the roots of Mulondo, [TH: ALIROK]. Mix with cold water and strain. Take 10ml. two times a day. Apply the residue all over the body until cured. The rash develops immediately.

(t) Pound the leaves of Akisim and Otangwal, [TH: AKELLO M.]. Mix with cold water. Take 75ml. three times daily for three days. The patient develops moderate diarrhoea which eventually stops. It causes the rash to erupt quickly. The patient should not eat chicken while on treatment.

(u) Pound the root of Omwanakwan, [TH: ARUM M.]. Mix with warm water and strain. Give 1-3 dessert spoonfuls of the decoction twice daily for three days. The body temperature falls and the rashes appear.

45. MENINGITIS (322.9)

Pound together the root of Eusuk and Eputon, [TH: MORU S.P.]. Mix with warm water and strain. Give 50ml. three times a day for three days.

46. MENORRHAGIA (626.2)

(a) Pound the root of Ejikamy, [TH: ADENGU B.]. Boil in water, allow to cool and strain. Take 100ml. three times a day for 3 days.

(b) Pound together the roots of Osiale and Omunukuni, [TH: ENGWAWU M.]. Mix with water and strain. Take one spoonful three times a day for two weeks.

(c) Wash the roots of Esoro, Ekeca, Erengenoit and the leaves of Eileile, [TH: OLAMAI J.N.]. Pound them fresh together. Mix with a little water and strain. Take 150ml. three times a day for three to four days. It is recommended to continue the treatment for two more days if the patient is observed to have sweated excessively. She should not indulge in sexual intercourse for one month.

47. MIGRAINE (346.9)

(a) Pound the root of Ekwero and Etutu, [TH: AMUNYO T.]. Make incisions on the forehead and temples and apply the paste once.

(b) Pound and dry the root of Elilioyi, [TH: ABARIMO F.]. Make incisions on the head and apply. The powder may also be used as snuff.

(c) Pound the root of Elilyoi, [TH: EKIMA K.]. Apply the paste into incisions made on the nape and in the middle of the head once.

The powder is used as snuff.

(d) Pound together the roots of Ekeru, Esurukou and Omwanakwan, [TH: OKWAKOL A.]. Mix with water and strain. Take 150ml. of the concoction twice daily for two weeks. The patient may develop diarrhoea and vomiting when the medicine is taken in excess.

(e) Pound together the roots of Odyano, Acimet, [TH: ANCWAO P.] and add a little water. Make an incision on the head and rub in the paste. Repeat the treatment after one week.

(f) Pound the roots of the following plants separately; Winyjila, Erokoroket, Akeca, Opongo, Aconga, Anekogwen, Asukali, the bark of Engosoror, and the leaves of Edebe, [TH: EREBU J.W.]. Dry and reduce them to powder. Take 75ml. of the solution of Opongo and Anekogwen as a start for three days. Then take 150ml. of the solution of Elorimoru, Aconga and Asukali for five days. If the pain persists, then mix the rest with water (75ml.) and take the solution.

48. OEDEMA (782.3)

(a) Warm the leaves of Ecucukwa, [TH: OMIO M.], over charcoal embers and massage the affected area.

(b) Burn to ashes the saprophyte growing on Emwanyi, [TH: ARUM M.]. Apply the ash in incisions made at all the joints daily.

(c) Pound together the saprophyte growing on Edudo, Asimsim, Eker, Otolimo and Emulau, [TH: CELI R.]. Dry and burn to ashes. Apply the ash into incisions made on the legs until fully recovered.

The patient should avoid eating pigeon peas and green vegetables cooked with rock salt.

(d) Pound the roots of Eturbang and Eteba, [TH: EBOYU]. Dry and reduce to powder. Apply the powder into incisions made on the affected part twice a day for three to four day months.

49. OTITIS MEDIA (382.0)

Pound the root of Omwanakwan, [TH: ILUNGA P.]. Boil in water and allow to cool. Apply a few drops in the ears twice daily for 7 days.

50. PARALYSIS OF THE LEGS (342.9)

Burn to ashes the leaves and stems of Edokot, Etitipu, Ekikai, Eteku and Epopong, [TH: OKWAJA I.]. Mix the ash with a little paraffin. Make incisions on all joints and also on the nape and on the chest and apply. Repeat once only.

51. PEPTIC ULCERS (533.9)

(a) Pound the roots of Omoti and Lakoit, [TH: AKELLO M.]. Boil in water. Take 150ml. twice daily for 3 days.

(b) Pound and boil in water the root of Eono, [TH: ALAYO M.M.]. Take 25ml. three times a day for 3 days.

(c) Boil the roots of Omwanakwan [TH: ERONGU D.] in water. Take two dessert spoonful three times a day for two weeks to three months depending on the severity of the disease.

(d) Pound the roots of Omotit, [TH: ADEKE M.] and mix with Kalikali (mumbwa). Add a little warm water. Take one tea spoonful twice a day until cured.

52. PSEUDOPREGNANCY

Pound the roots of Katikasuk, Eutudole and Ederut, [TH: AMITO M.]. Dry and reduce to powder. Mix the powder with warm water and strain. Give 50ml. three times a day for 1-2 weeks.

53. RETAINED PLACENTA (666)

(a) Pound the root bark of Rwagwe, [TH: APIO C.]. Mix with warm water, strain. Take 50ml. three times a day for one day only.

(b) Pound together the roots of Ajuu, Acher and Olok, [TH: ASAO B.]. Mix with warm water and strain. Take 100ml. once only.

(c) Pound the roots of Ajuu and Acalypha villicaulis, [TH: ASEBO P.]. Mix with cold water. Take 25ml. once only.

(d) Pound the root of Acher, [TH: ADWONG AGOLA N.]. Mix the paste with a little water. Take 75ml. once. Alternatively the patient may chew the root.

(e) Pound the roots of Akore, [TH: AREBO A.], and boil in water. Take 150ml. while still warm. The patient should never have extra marital sex.

(f) Pound together the roots of Ekarakirio and Eutudole, [TH: AYIGI M.]. Mix with a little water. Take 100ml. once. The placenta is expelled immediately.

(g) Pound together the roots of Etipet and Engeso, [TH: AKINO L.]. Mix with boiling water, allow to cool and strain. Take 15ml. once. Use the concoction to massage the upper part of the abdomen.

(h) Pound the root of Aciniidwe, [TH: AKUNYO D.]. Boil in water and allow to cool. Take three tea spoonfuls once.

(i) Pound the root of Ekia, [TH: AMONGIN P.]. Mix with a little water and strain. Give 25ml. once.

- (j) Pound the root of Glilimo, [TH: KONGAI E.]. Mix with warm water and strain. Give one dessert spoonful. Massage the abdomen to facilitate the expulsion of the placenta.
- (k) The patient may chew the root of Ecadoi or that of Edosile, [TH: AJEMO E.] and swallow the juice. Alternatively, the roots may be pounded mixed with a little cold water and the infusion is taken.
- (l) Pound the root of Esiala, [TH: AKEMO A.]. Mix with cold water. Give 20ml. once and apply the residue on the abdomen.
- (m) Pound the root of Ojerai and Oc.kit, [TH: IDWONGOT A.]. Mix with hot water and strain. Add to Ajon (local beer). Use a drinking straw to suck the Ajon mixture.
- (n) Pound the root of Aluga, [TH: OCALOI A.]. Mix with warm water. Take one glassful once. The placenta is expelled immediately.
- (o) Clean and pound the root of Akeu, [TH: AGONO B.]. Mix with warm water and strain. Take two dessert spoonfuls once or twice. The placenta is expelled immediately.
- (p) The bark of the fibre stem of Aparis, [TH: OWANI J.] is pounded, mixed with warm water and strained. The patient is given one dessert spoonful once. The placenta is expelled immediately.

(q) Wash and warm the roots of Ewinjili and Gonja, [TH: ILAKO M.]. Give the patient to chew and swallow the juice. The placenta is expelled almost immediately.

(r) Pound together the roots of Ekarakino and Etudole, [TH: AYIGI M.]. Mix with water and strain. Give 100ml. once. The placenta is expelled immediately.

(s) Pound the root of Ecwerenit, [TH: OKEES-ABWAIMO P.]. Mix with warm water and strain. Take one table spoonful once. The placenta is expelled immediately.

(t) Wash and pound together the roots of Etulelut and Ejanit, [TH: AGUDO M.]. Mix with water and boil. Allow to cool and strain. Take two table spoonfuls once. Then the lower abdomen of the mother is massaged. The placenta is expelled immediately.

(u) Pound together the roots of Aparis and Ocholawinyo, [TH: ENGWEU]. Mix with cold water and strain. Give 125ml. once. The placenta is expelled within one hour.

54. SEXUAL ASTHENIA (607.8)

(a) Boil in water the leaves of Etoi, [TH: AMONGIN P.]. Take 50ml. three times a day for as long as necessary (usually 3-4 days).

(b) Pound the root of Kasimiri (coffee), [TH: ATEPU A.L.]. Mix with water and strain. Add honey and milk to the infusion. Take quarter a glass twice daily for 5 days.

(c) Boil the roots of Ekakai, [TH: ECHALU H.] in water containing some salt and chew the roots and swallow the juice twice a day for 3 days.

Then pound the root of Aderulango and boil in water. Take one table spoonful once a day for 3 days.

Lastly pound the root of Ekwera. Make two incisions on either side of the lower back. Apply the paste twice a day for two days.

(d) Pound the roots of Acoro, [TH: OYOYU - ELWEL A.A.], and boil strongly. Store the decoction in a bottle. Take twice daily for one week.

(e) Pound together the roots of Bokecwari, Adnngo, Ayilayila and Dokolo, [TH: AKELO-EMENYU]. Boil with a little water and strain. Take 50ml. three times daily for three days.

(f) Boil the roots of Ojotojot and Okuri in milk with Sugar, [TH: EREBU J.W.]. Strain and store in a bottle. Mix with 25ml. of the concoction with 500ml. of milk and add sugar. Take three times daily for three to six months until the patient gets an erection.

55. SNAKE BITE (E905.0)

(a) Pound together the roots of Emulalu and Ekodokodol, [TH: OKUTA T.]. Put the paste on the site of the snake bite and tie with a bandage. Mix some of the paste with cold water and strain. Give about 100ml. once. The patient should either vomit or develop diarrhoea. This indicates that the drug is acting.

- (b) Pound the roots of Gonja, [TH: OCALOI A.]. Mix with cold water and take about 100ml. of the infusion. Make incisions around the site of the snake bite and apply some of the medicine. The patient should vomit the venom.
- (c) Pound the root of Ekere, [TH: ALEKE J.]. Mix with cold water and strain. Give 75ml. two or three times a day. Then make incisions at the site of the bite and apply the residue once.
- (d) Pound together the bulbs of Omunoit and Epongait, [TH: AMONGIN P.] to a paste. Apply the paste at the site of the bite once.
- (e) Pound the dry root of Etulelut and Ekutat, [TH: OGOL O.J.]. Boil the powder in water and strain. Take 250ml. three times a day. A little decoction is applied at the site of the bite.
- (f) Pound the root of (see Botanist) [TH: ISOTO C.]. Add a little water to a paste. Make incisions around the site of the bite and apply the paste.
- (g) Pound together the roots of Eusuk and Eteba, [TH: OLIGO M.]. Mix with water and strain. Give 250ml. once. Then make incisions at the site and apply the residue.
- (h) Pound the leaves of Acakacak and Mucungwa (orange) [TH: ELAU P.]. Apply the paste on the site of the bite once.

- (i) Pound the roots of Yat twol, [TH: OPIO B.B.C.]. Mix with hot water and allow to cool. Take 25ml. once. Then make an incision near the affected part and apply once. The drug induces vomiting.
- (j) Pound the roots of Maka, [TH: ITAPUS J.]. Dry and reduce to a powder. Store the powder in a dry container. Make incisions around the site of the snake bite and rub in the powder. Then macerate some powder in warm water and give one tea spoonful once. The patient should vomit.
- (k) Clean the bark of Olok and pound together with the leaves of Otigokide, [TH: EDYAU ATEGE]. Dry and reduce to powder. Mix one dessert spoonful of the powder with 150ml. of water and strain. Take once a day for two days. Make an incision on the affected part and rub in the powder.
- (l) Pound the roots of Yat twol [TH: NIKA ADWONG-AGOLA]. Mix with little water. Take 10ml. only once. Then pound the leaves of Yat twol to a paste. Apply the paste into the incisions made around the snake bite. The patient should vomit.
- (m) Pound the root of Ebilabolo, [TH: APIO T.]. Mix with warm water and strain. Take 100ml. three times a day for two weeks.
- (n) Pound the roots of Twolger and Akore, [TH: ERECHU W.]. Mix with cold water. Take 100ml. twice daily. Then make an incision on the affected part and apply for two days.

(o) Pound the root of Yat twol, [TH: OYOYU-ELWELA A.]. Mix with a little water. Take 75ml. immediately. Then make an incision on the affected part and apply there the drug.

(p) Pound the fresh roots of Ekenep and Epetecor, [TH: OKOLIMO G.]. Mix with a little warm water. Take 100ml. once a day. A chicken is rotated over the drugs before giving to the patient. The drug induces vomiting.

(q) Pound together the roots of Lyono, Atapatap and Acacak, [TH: EKANYU W.]. Macerate in cold water. Take 150ml.-200ml. two to three times a day. Make an incision on the upper side of the bite and apply the paste. The drug induces vomiting.

56. STOMATITIS

Boil in water the leaves of Otibolok with local salt, [TH: OMIO M.]. Allow to cool and strain. Take 75ml. once a day for two days.

57. SPIRIT POSSESSION (NC)

(a) Pound the roots of Ekirit, [TH: AGWAYA G.]. Mix with warm water and strain. Give half a glassful twice daily for one week.

The patient should avoid alcohol.

(b) Wash and pound together the roots of Etitir, Ebusbus and Ekukwai, [TH: ARIOKOT L.]. Dry and burn on charcoal embers pot. Cover the head of the patient and let him inhale the smoke once daily for one week. When the patient recovers he is made to take part in a dance whereby the drums are played around the patient by the Traditional Healer.

(c) Wash and pound together the roots of Eurotom, Emurie and Ekwili, [TH: ORANIT T.]. Dry and reduce to powder, burn one portion of the powder and make the patient to inhale the smoke. Macerate the other portion in cold water, then slowly warm it up and strain. Give 250ml. three times a day. The patient becomes stable after sleeping. Excess causes vomiting and diarrhoea.

The Traditional Healer sprinkles the patient with water as he (patient) enters his house after treatment as a cleansing ritual.

(d) Pound together the root of Eliloyi, and the stem bark of Esoro, [TH: EBUU W.]. Make the patient to sniff the paste. At the same time pound the root of Ekwili. Squeeze the juice and use as nasal drops till the patient fully recovers. The medicine causes sneezing and salivation.

(e) Pound the root of Eputan, [TH: APIGO B.]. Mix with warm water. Give 200ml. twice a day for 3 days.

(f) Pound together the roots of Amudasit, Eusuk, Eturumen, Omaniman and Egiriman, [TH: AKELOT D.]. Mix with water and strain. Give 250ml. once daily for 3 days. The residues should be used for bathing.

The patient should avoid eating pigeon peas and rock salt.

(g) Pound the root of Esoro and Ekisim, [TH: IJOOTU A.]. Mix with warm water and strain. Take 20ml. three times a day for two days. A chicken is made to move around the concoction before administering it.

(h) Boil in water the roots of Eutoidole. Take two dessert spoonfuls twice a day for two weeks. Burn the roots of Ajwogi, [TH: APIO C.]. Cover the patient and make him inhale the smoke. The patient should not bathe for three days. Rub the patient with the herbs and cover him with a blanket.

(i) Pound the barks of the roots of Ekakai, Ekodekodet, Akere, Abalangat and Ecolong, [TH: OKAI A.]. Dry and reduce to powder. Mix 150g. with 140ml. of water and give to the patient twice a day for four days.

Then burn the root of Ekakai and let the patient inhale the smoke while covered with a blanket after bathing.

Roll a chicken on the head of the patient. Patient feels dizzy.

(j) Clean the roots of Ebeleku and Ekore, [TH: OMUNA M.]. Scrape off the outer skins and mix them together. Put in a leaf funnel and add a little water. Use as nasal drops twice daily for three weeks. The patient should not take alcohol and avoid smoking.

(k) Pound the root of Etiririt, [TH: ALAPU C.]. Divide into three portions:-

Mix the first portion with hot water and use for bathing.

Burn the second portion on charcoal embers and inhale, while covered over the head.

Mix the third portion with water and strain. Give 30ml. twice daily. A chicken is offered to cleanse the patient.

(l) Pound the dry root of Eminit, [TH: IBIARA L.].

Mix with water and strain. Give 250ml. three times a day for 1-2 weeks.

Put the feathers of Ekokomo and Ecomo on embers. Allow the patient to inhale the smoke while covering the head.

(m) Pound together the roots of Ekudep and Emopin, [TH: ANYAIT K.]. Mix with water and strain. Give 250ml. twice a day for one week.

Then pound the leaves of Ekudep and Emopin. Add water and use for bathing.

58. SYPHILIS (697.9)

(a) Pound together the roots of Toto, Oida, Ekwakalet, Isioru, Emulondo, Elakat, Etiling, Epeno, Ebalangit, Otudolei, and Etirir, [TH: ENGORU J.R.]. Boil in water. Allow to cool and strain. Take 150ml. three times daily.

(b) Clean and pound together the first roots of Toto, Oida, Ederut (big type), Isioru (big type), Emulodo, Etirir, Elakat, Otudolei, Openo, Ebalangit, Emaido, Ekunyuk, Etiling and Emuduki, [TH: ENGORO J.R.]. Boil in water and strain. Take 150ml. three times a day.

The drug induces sleep, dizziness and sweating. It stops itching and the rashes disappear. The patient should not engage in sexual intercourse during treatment. The treatment is more effective for women if it is given during the menstruation periods.

59. TEETHING SYNDROME (520.7)

Pound the root of Ekenep, [TH: ANIGO D.]. Mix with cold water and strain. Give quarter a glass three times a day for 4 days.

60. THREATENED ABORTION (640.0)

(a) Pound together the stem bark of Eorotom and the roots of Omaniman and Eyapus, [TH: ALIETO P.]. Mix with warm water and strain. Give two tea spoonfuls three times a day for 2-3 days.

(b). Pound the roots of Okot and Ocoyit, [TH: ORENGA P]. Mix with warm water. Give one dessert spoonful twice daily for 4 days.

(c) Dry and pound the roots of Ekosit, Orwatom, and O [TH: MELIO E.]. Mix the powder with warm water and strain. Take 250ml. twice a day for two days.

(d) Pound together the roots of Egwapiti and Ekoboi, [TH: ACHOOLE J.]. Boil in water and strain. Take 150ml once a day for 2-3 days.

(e) Pound together the roots of Omor and Otitiro, [TH: ANYAIT E.]. Mix with warm water and strain. Take 100ml. five times a day for 4 days.

(f) Pound together the roots of Ecilaboi, Aabukut and Esirito, [TH: AUKIN B.]. Mix with water and strain. Take 100ml. once a day for 3 days.

(g) Pound the roots of Epeduru and Emidit, [TH: INEBE]. Dry and reduce to powder. Mix with warm water and strain. Take one tea spoonful three times a day for 2-3 days.

61. TONSILITIS (463)

(a) Pound together the roots of Eturubang, and Elakas [TH: EEGU Z.]. Mix with warm water and strain. Take one tea spoonful once.

(b) Pound the root or the stem bark of Etekwa, [TH: IMALINGAT G.]. Mix with water and boil. Allow to cool and strain. Adults take two table spoonfuls and infants one tea spoonful twice a day for four days. It causes the patient to secrete enough saliva to soothe the pain.

62. TUBERCULOSIS (011.9)

Pound together the roots of Erebo and Ililio, [TH: IKILAT L.]. Dry and reduce to powder. Mix with the lion's fat. Prepare tea and add the paste.. Take 500ml. twice a day for three weeks. The sputum is decreased. The patient gains weight and the skin becomes smooth. The patient should take a lot of milk and avoid alcohol.

63. THREATENED ABORTION + ANC (U22)

Pound the roots of Ayiqi, [TH: AKELLO M.]. Boil in water and allow to cool to luke warm. Take 50ml. twice daily for one week. The pain and bleeding may stop within two days.

The pregnancy progresses to full term and the patient delivers normally.

64. VOMITING (787.0)

Pound the stem bark of Eteka, [TH: EKANYU W.]. Mix with cold water. Take 50ml. once. Vomiting should stop immediately.

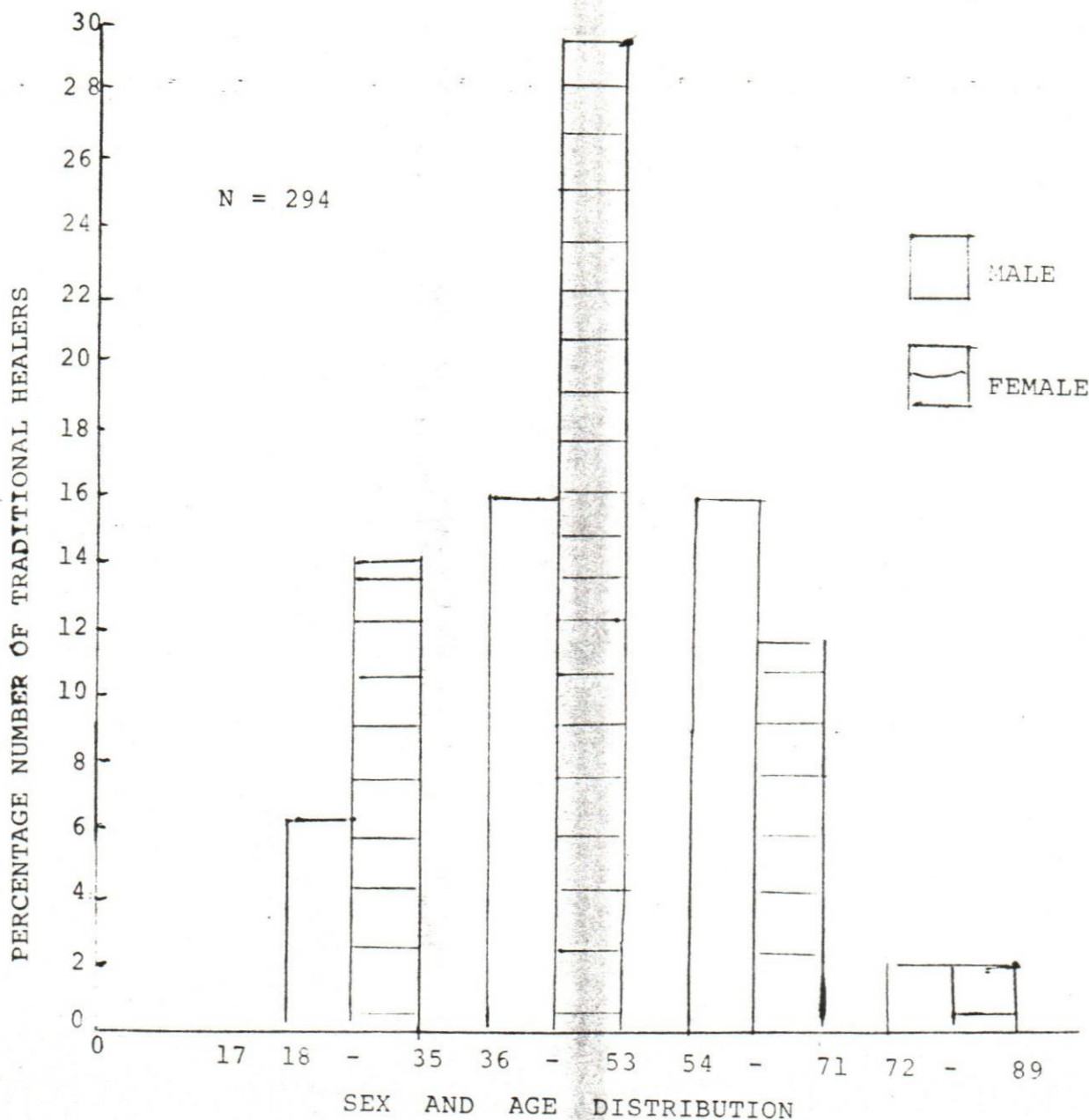
CHAPTER FOUR

ANALYSIS AND DISCUSSION OF RESPONSES TO THE QUESTIONNAIRE

The data concerning the Traditional Healers were collected and analysed under the following headings:-

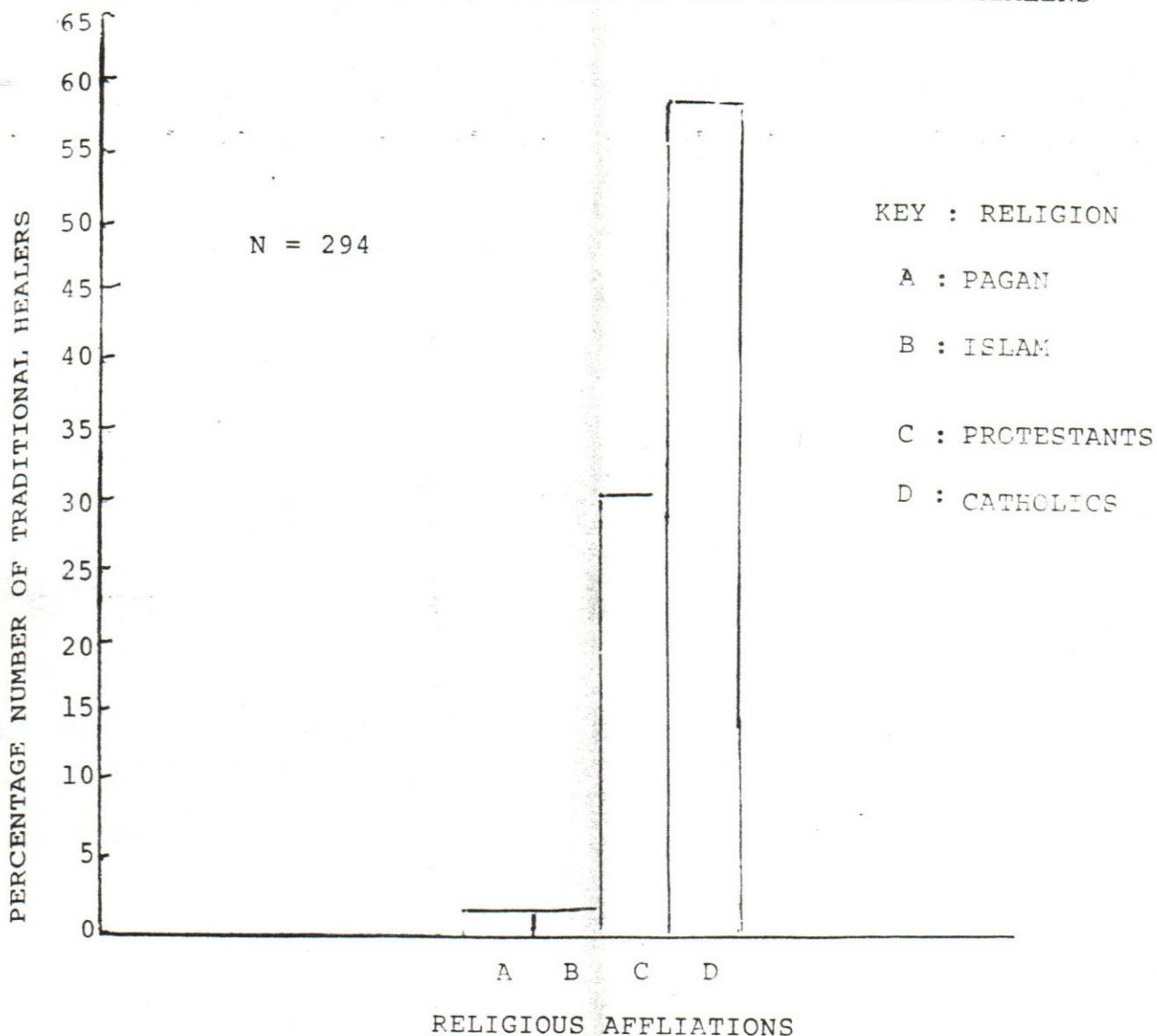
- (a) The background characteristics of the Traditional Healers;
- (b) The views, ideas and opinions concerning the formation of the proposed National Association of Traditional Healers;
- (c) The need and requirement for the improvement of Traditional Medical practices.

GRAPH I : SEX AND AGE DISTRIBUTION OF TRADITIONAL HEALERS



Only one minor at the age of 16 years was registered while the oldest was 87. 20% of the adults were above 54 years but the majority (46%) were between 36 and 53 years old. The graph also shows the female to male Ratio of 3:2, whereas a ratio of 1:1 was registered in the 1990 census.

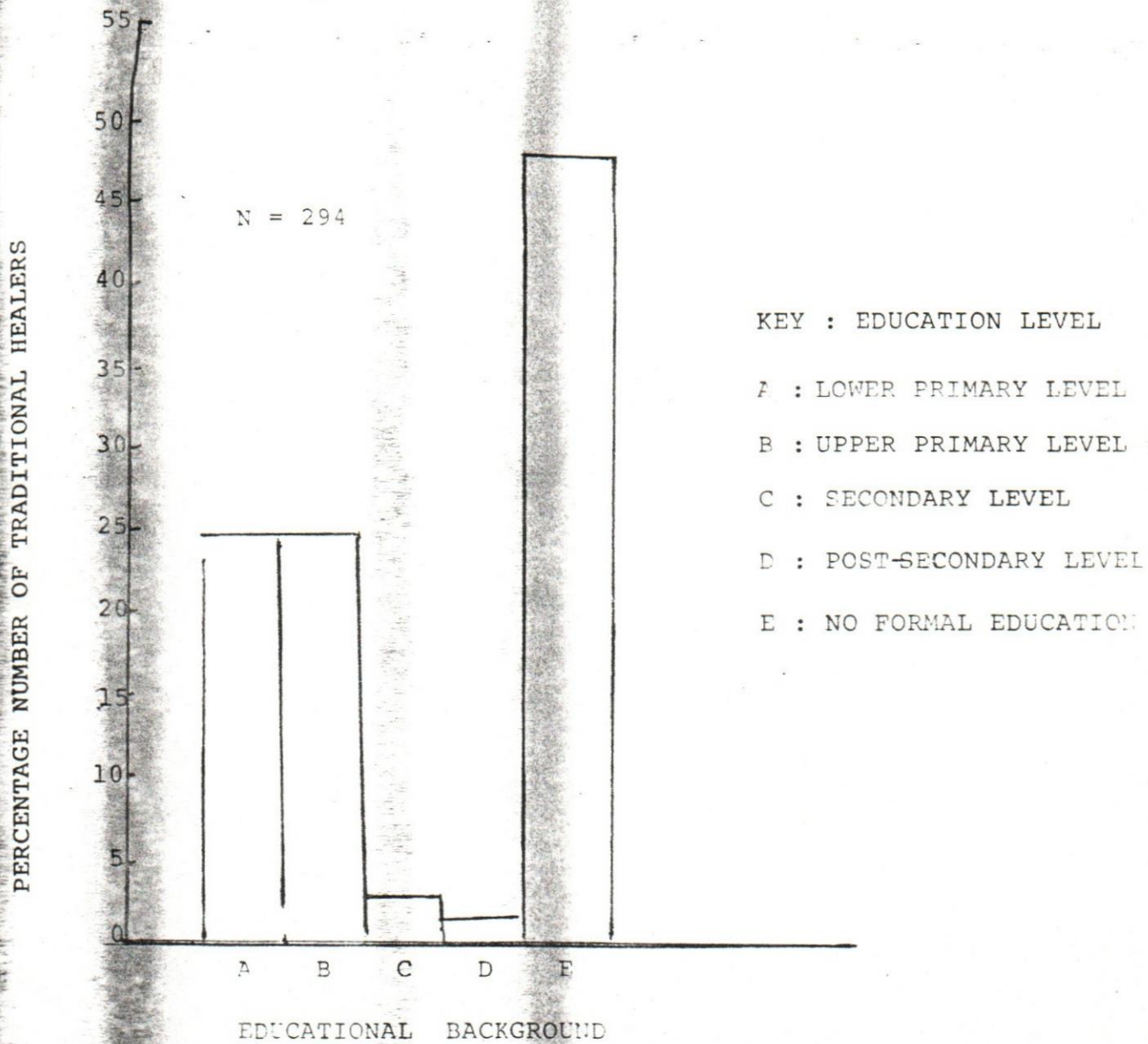
TABLE II : RELIGIOUS AFFILIATIONS OF THE TRADITIONAL HEALERS



Graph II indicates that the majority are christians with the Catholics (60%) and Protestants (36%). Only 2% claimed to be pagans. It appears that there is no major conflict between the Traditional Healers and Religious authorities in Soroti District.

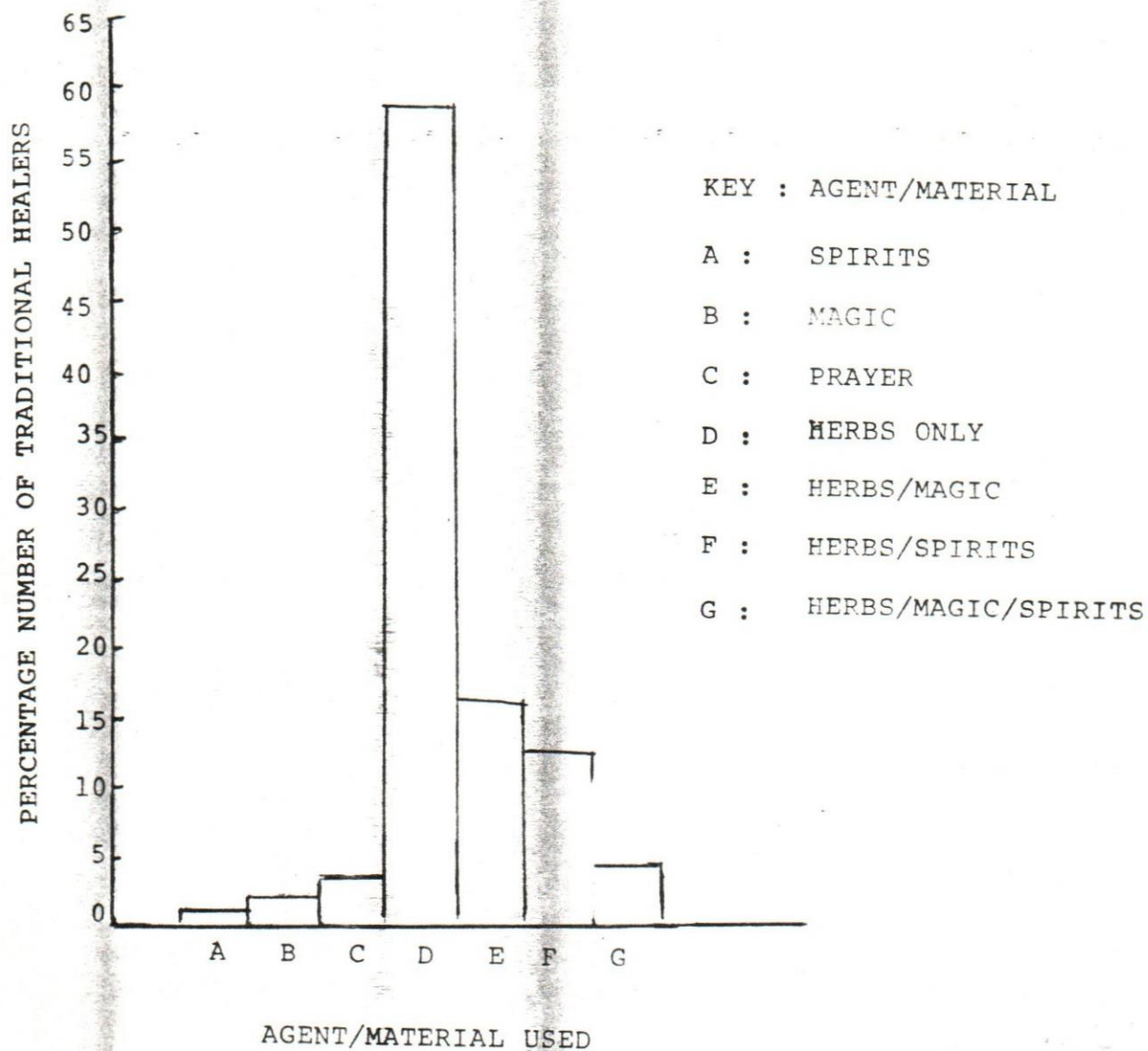


GRAPH III : EDUCATIONAL BACKGROUND OF THE TRADITIONAL HEALERS



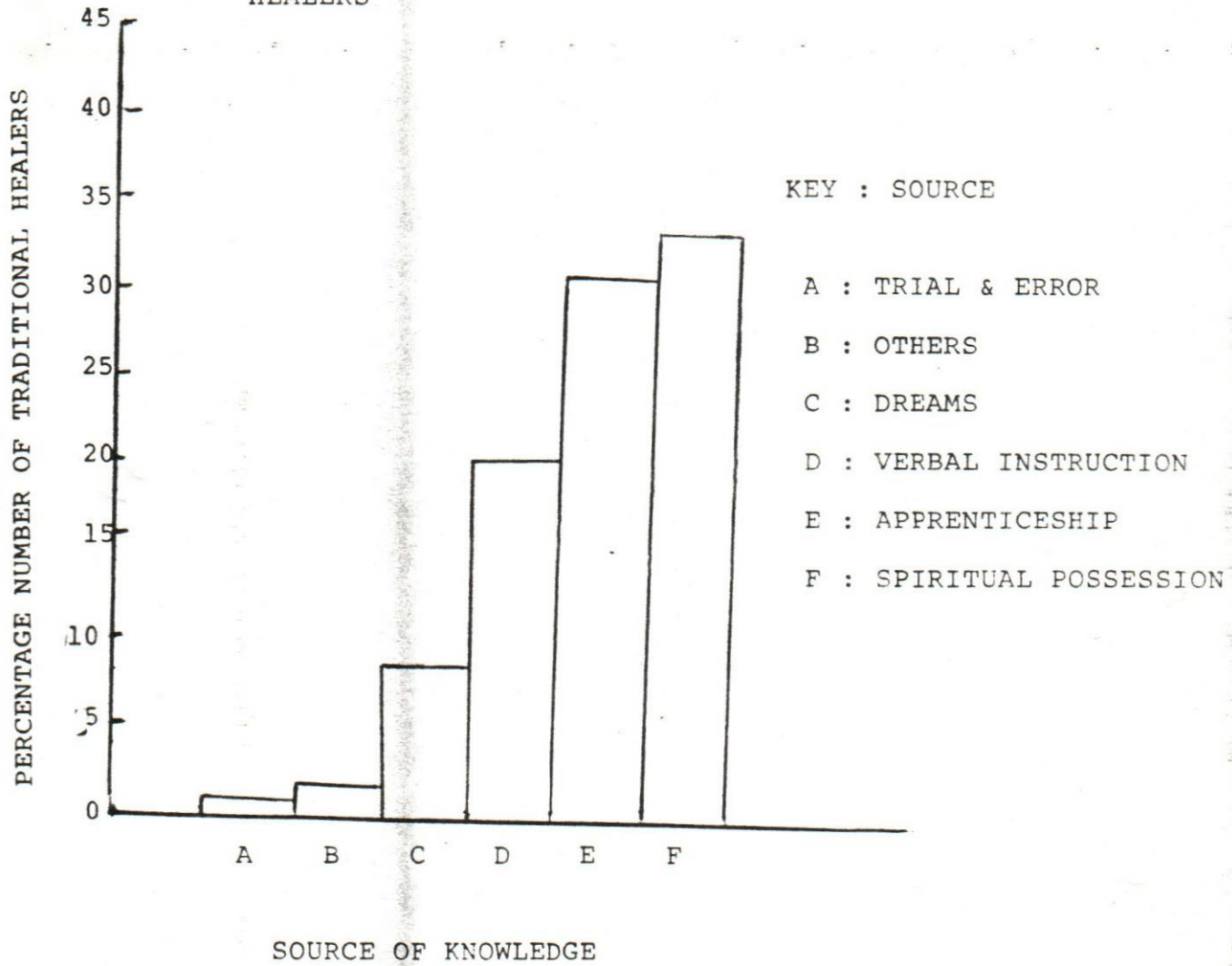
Graph III shows that 48% of the Traditional Healers never attended school while only 40% attended classes above Primary level. Of those who attended school only 44% are still able to write and 49% to read. Poor sight due to old age is the main cause of illiteracy among the educated.

GRAPH IV : AGENT/MATERIAL USED FOR TREATMENT



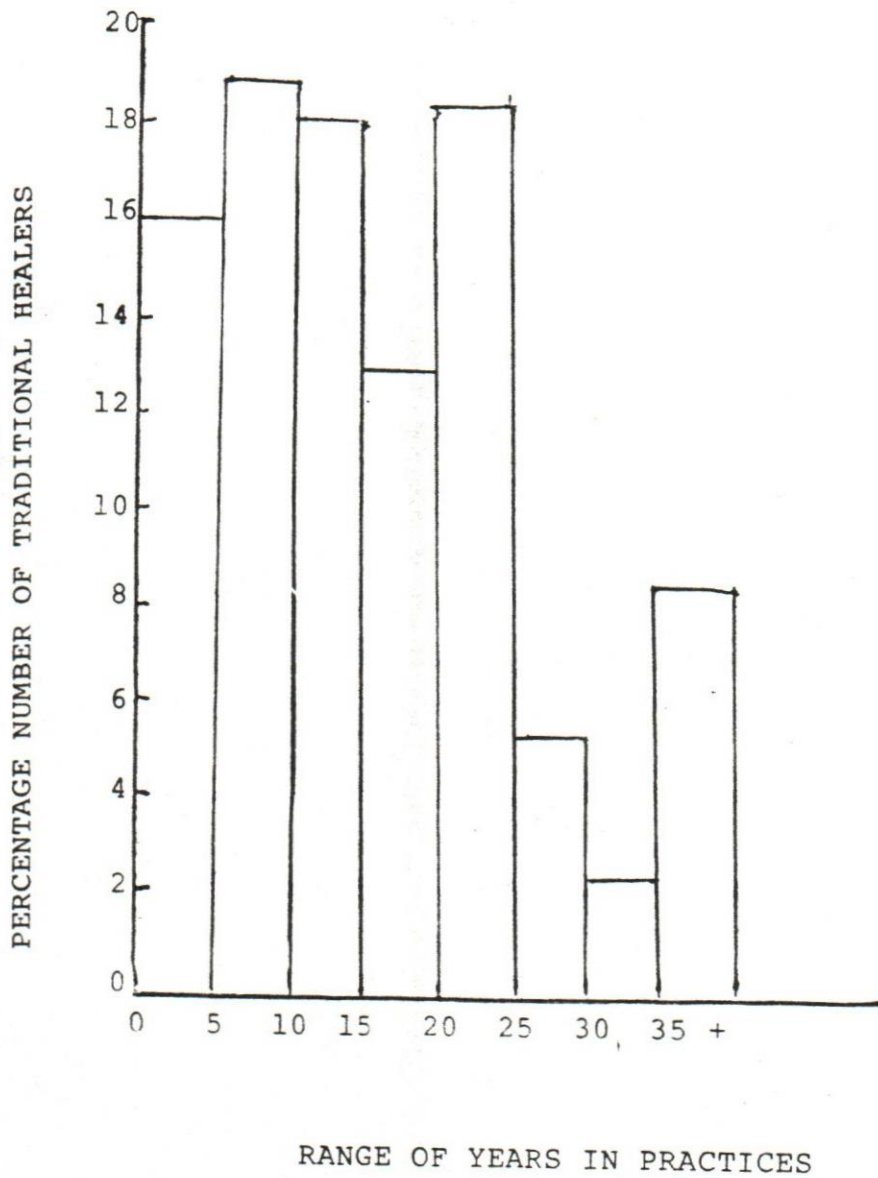
Graph IV indicates that the Traditional Healers used various agents in their treatment. The majority (58%) use solely herbal preparations while 15% claimed to use spirits and 17% claimed to use magic.

GRAPH V : SOURCE OF KNOWLEDGE AND SKILLS OF TRADITIONAL HEALERS



Graph V indicate that 34% of the Traditional Healers learnt their trade after being possessed by spirits while they were sick. The spirits directed them to the famous Healers who treated them then showed them the effective herbs. 33% had learnt the art through apprenticeship with either their parents or other reputable Traditional Healers. 2% (others) could not reveal their source.

GRAPH VI : PERIOD OF EXPERIENCE OF THE TRADITIONAL HEALERS



Graph VI shows that 84% of the Traditional Healers had practised for over 5 years and so may be considered as competent in their work. 44% had experience of over 15 years.

TABLE IX : OTHER MAJOR ECONOMIC OCCUPATIONS OF THE
TRADITIONAL HEALERS

OTHER OCCUPATIONS	PERCENTAGE RESPONSES
Peasant Farmer	91
Peddler in local medicine	1.2
Traditional healing only	1.2
Tailor	0.7
Local brewer	0.7
Assistant Cultural officer	0.3
Bore hole attendant	0.3
Fish monger	0.3
Forest guard	0.3
Treasurer, Widows' Association	0.3
RC V Women Representative	0.3
Administrative Police	0.3
Head Constable (Local Administration)	0.3
RC II Women Representative	0.3
Mechanic	0.3
Trader	0.3
Dramatist	0.3
Basket Maker	0.3
Sub-County Chief	0.3
Nurse	0.3
Porter	0.3

Table X shows that most of the Traditional Healers (91%) were Peasant Farmers. Only 2.4% depended solely on Traditional medicine.

MEMBERSHIP TO ANY TRADITIONAL HEALERS ASSOCIATION

The majority of the Traditional Healers (76%) did not belong to any association. Some Traditional Healers were registered with the following Associations:-

1. Foundation for Research in African Medicine,
2. Uganda Traditional Healers and Herbalists Association,
3. Usuk Traditional Healers Association,
4. Uganda Ne ddagala lyaayo,
5. Traditional Healers of Kapelyebyong,
6. Soroti Traditional Healers Association,
7. Ngariam Traditional Healers Association,
8. Traditional Birth Attendants Association.

REASONS GIVEN FOR JOINING THE ASSOCIATIONS:

Intimidation was used to force the Traditional Healers to join the Associations since licenses were issued to members only.

REASONS GIVEN AGAINST JOINING ANY ASSOCIATION

1. It should be noted that there appears to be a wrangle between the Foundation for Research in African Medicine and the Uganda Traditional Healers Association. This wrangle might have scared the Traditional Healers from joining these groups.

2. The fees charged are too high to afford.
3. Lack of sensitisation on the benefits of joining the Associations.
4. Lack of organisation skills. Only one meeting had been arranged prior to the survey.
5. Lack of time to attend to Associations' business.

RESPONSE TO THE FORMATION OF THE PROPOSED NATIONAL ASSOCIATION OF TRADITIONAL HEALERS

The majority (94%) were in favour of the establishing of the proposed National Association and gave the following reasons:-

1. Since the Government was making the proposal it will ensure success.
2. The Government would offer financial assistance to sustain the Association.
3. It would offer an opportunity to exchange knowledge amongst the Traditional Healers.
4. To encourage research in herbal medicine.
5. To enable Traditional Healers to be recognised by the Government.
6. To make their work become known beyond their home areas.
7. To start working together with modern medicine practitioners.

8. To have a common stand on their work as Traditional Healers.

PROBLEMS REQUIRING ATTENTION

1. Poverty in the country side. The patients were too poor to pay for the services offered by the Traditional Healers.
2. Lack of Transport to collect herbs and to visit the patients.
3. Lack of protective clothing such as gum boots, overalls and gloves.
4. Lack of containers used for preparing the drugs and for dispensing.
5. Lack of packaging and bottles for storing the drugs.
6. High fees are charged for joining the Associations (15,000/- to 25,000/-) per year.
7. Lack of impliments like hoes, @amgas, axes, used in co collecting the herbs.
8. Lack of grinding mill to grind their herbs to fine dry powders.
9. Lack of Radio sets to enable them to get informed regularly.
10. Some herbs are being threatened to extinction.

11. Lack of office accommodation for the existing Associations.
12. Some cases are brought for treatment when they are too ill to recover.
13. Difficulty in feeding the patients especially during the time when the survey was being undertaken when Soroti District was experiencing famine.



GLOSSARY OF MEDICAL AND OTHER TECHNICAL TERMS

- ABCESS : Localised collection of pus in the body.
- AFTER PAINS : Pain from the uterine contraction following delivery.
- AIDS : Acquired Immune Deficiency Syndrome (Slim disease).
- ALLERGY : Altered reaction capacity to a specific substance (which causes no symptoms of hypersensitivity in the non-sensitive).
- ANAEMIA : A condition in which the blood is deficient either in quantity or quality.
- ANASARCA : Accumulation of fluid in various tissues of the body.
- ARTHRITIS : Inflammation of a joint.
- ASCARIASIS : The state of being infested with round worms called ascaris.
- BURNS : Injury caused by fire, chemicals or hot fluids.
- CONCOCTION : A preparation containing more than one (usually several) ingredients.
- CONJUNCTIVITIS : Inflammation of the conjunctiva of the eye.

- CORNEAL OPACITY : The condition whereby the corneal becomes opaque causing blindness.
- CONSTIPATION : A condition in which the bowels are evacuated after a long-time and with difficulty.
- DECOCTION : A liquid dosage obtained by boiling a medicinal vegetable substance in water.
- DERMATOSIS : Skin disease.
- DIARRHOEA : Abnormal frequency and looseness of stooling.
- DYSMENORRHOEA : Painful menstruation.
- DYSENTRY : A name given to a number of conditions that have the following characteristics. Inflammation of the intestines, frequent stooling with faeces containing blood and mucus.
- EPILEPSY : A disorder of the brain characterised by recurring convulsions with or without loss of consciousness.
- FEVER : Elevation of the body temperature above the normal.

- FOOD POISONING : A type of poisoning due to food contaminated by bacterial toxins or by certain living bacteria.
- 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.
- FRACTURE : A break in a bone.
- FAILED LACTATION : Failure to produce milk by a nursing mother.
- GONORRHOEA : Infection of the urethra or cervix by germs called gonococci. The condition is marked by discharge of pus from the penis or through the vagina and associated pain while urinating. It is transmitted from one person to another during sexual intercourse.
- HELMINTHIASIS : Illness due to infestation by worms.
- HYDROCOELE : Abnormal collection of fluid in the scrotal sac called Tunic Viginalis.
- INFERTILITY : An involuntary reduction in reproductive ability.
- INFUSION : A process of extracting the active principle of a vegetable substance by means of water, but without boiling.

- 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 kwashiokor by which it was called in Ghana. This means "golden boy" or "red boy".
- LEPROSY : An infectious disease due to invasion of nerves by germs called Mycobacterium.
- LUMBAGO SCIATICA : Muscular pain in the part of the back just above the buttocks.
- MACERATE : Soften and remove certain constituents of a plant by soaking in a solvent.
- MALARIA : An infectious disease characterized 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.

- MEASLES : An acute infectious viral disease, characterized by fine rash and by inflammation of conjunctiva and air passages.
- MENINGITIS : Inflammation of the membranes of the brain or the spinal cord.
- MENORRHAGIA : An excessive menstrual flow.
- MIGRAINE : Recurrent vascular headache; varied in intensity, frequency and duration; commonly unilateral and often associated with nausea and vomiting.
- OEDEMA : Presence of abnormally large amounts of fluid in certain spaces within the tissues of the body.
- OTITIS MEDIA : Inflammation of the middle ear. Usually caused by invasion by tiny germs called bacteria.
- PEPTIC ULCERS : An ulcer situated on the inner surface of either the oesophagus, stomach or duodenum. The ulcer is usually caused by action of an acid juice secreted by the stomach.
- PSEUDO PREGNANCY : False pregnancy or phantom pregnancy. Enlargement of the abdomen and often other symptoms, simulating gestation usually due to hysteria.
- RETAINED PLACENTA : A placenta not expelled by the uterus after labour.

- SEXUAL ASTHENIA : Sexual impotent.
- STOMATITIS : Inflammation of the soft tissues of the mouth.
- SYPHILIS : A sexually transmitted disease caused by small germs called Treponema pallidum.
- TEETHING SYNDROME : A transient febrile illness in a child due to eruption of primary teeth.
- THREATENED ABORTION : The occurrence of signs and symptoms of impending loss of the embryo or foetus.
- TONSILITIS : Inflammation of the tonsils.
- TUBERCLOSIS : A chronic infectious disease, primarily involving the lungs caused by germs called Mycobacterium tuberculosis.

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. Ageyears..... 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().
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(),
 - (e) 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 Question 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?
.....
.....
.....