



ETHNOMEDICINE IN UGANDA

PART EIGHTEEN

*ENTHNOBOTANICAL AND TRADITIONAL HEALERS SURVEY OF
KABAROLE DISTRICT
(6TH - 15TH JUNE 1994)*

BY

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Special mention goes to the District Medical Officer, Dr. Kabagambe for all the support he gave to the Team; Mr. Ruyondo Godfrey, the Health Educator and Mr. Musinguzi Paul, the Cultural Assistant who accompanied the Team throughout the District.

Gratitude is also expressed to all the Sub-County Chiefs and RC III Chairmen in all the Sub-counties who mobilized the Traditional Healers.

Finally the Team would like to thank all the Traditional Healers who participated in the Survey and made available plant specimens and all the information concerning their uses.

The Team is also thankful to Government of Uganda who secured a loan from the African Development Bank which had made it possible to carryout the Survey.

- (i) The Ministry of Health should work with the Traditional Healers in order to achieve its objective of "Health for all by the year 2000". They should be members of the Health Team at the 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 activities.
- (iii) The Ministry of Health should arrange appropriate training programmes for the Traditional Practitioners such as Bone Setters and Traditional Birth Attendants.
- (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 aspect as packaging and bottling of the medicine of the Traditional medicine.
- (vi) Land should be made available to grow medicinal plants identified by the Traditional Healers and funds should be made available to preserve those identified species.

1.1: AIMS OF THE MISSION

The Aims of the Mission were to survey the Traditional Healers in Kabarole District with the view of:-

- (i) Identifying and registering them,
- (ii) Holding a dialogue with them concerning Ethnomedical practice,
- (iii) Locating, collecting and identifying the Medical Plants in Kabarole,
- (iv) Collecting their views on the need for the formation of the National Association of all Traditional Healers in Uganda.

1.2: GEOGRAPHICAL BACKGROUND OF KABAROLE DISTRICT

Kabarole District is an area of 8,361sq.km and borders the Districts of Bundibugyo to the West; Kasese, Bushenyi and Mbarara to the South; Mubende to the East, Hoima and Kibale to the North. It is part of the former Toro District.

Kabarole lies between 1585 - 3965m above sea level with the western side rising to form part of the Mountains of the Moon. It receives an annual rainfall of 750-1000mm. The District is quite fertile. Agriculture is the main activity including sweet potatoes, maize, beans, soya beans, ground nuts, yams and bananas. Coffee and tea are also

grown extensively as well as fruits and vegetables. Some areas are covered by forests.

The population of Kabarole by 1990 census was 741,400 people of whom 366,900 were males and 374,500 females.

The majority belong to the Batoro tribe but there is also a good percentage of Bakiga and Banyarwanda who migrated and settled there.

1.3: MEDICAL FACILITIES

There are two major Hospitals in Kabarole District; **Fort Portal** with 318 beds and **Virika** with 40 beds. 10 Health Centres which were recently rehabilitated by GTZ, a German Non Government Organisation.

1.4: ITINERARY

The Itinerary shown in Table 1 was drawn and **agreed upon** by the office of the District Medical Officer, Kabarole during the pre-survey:



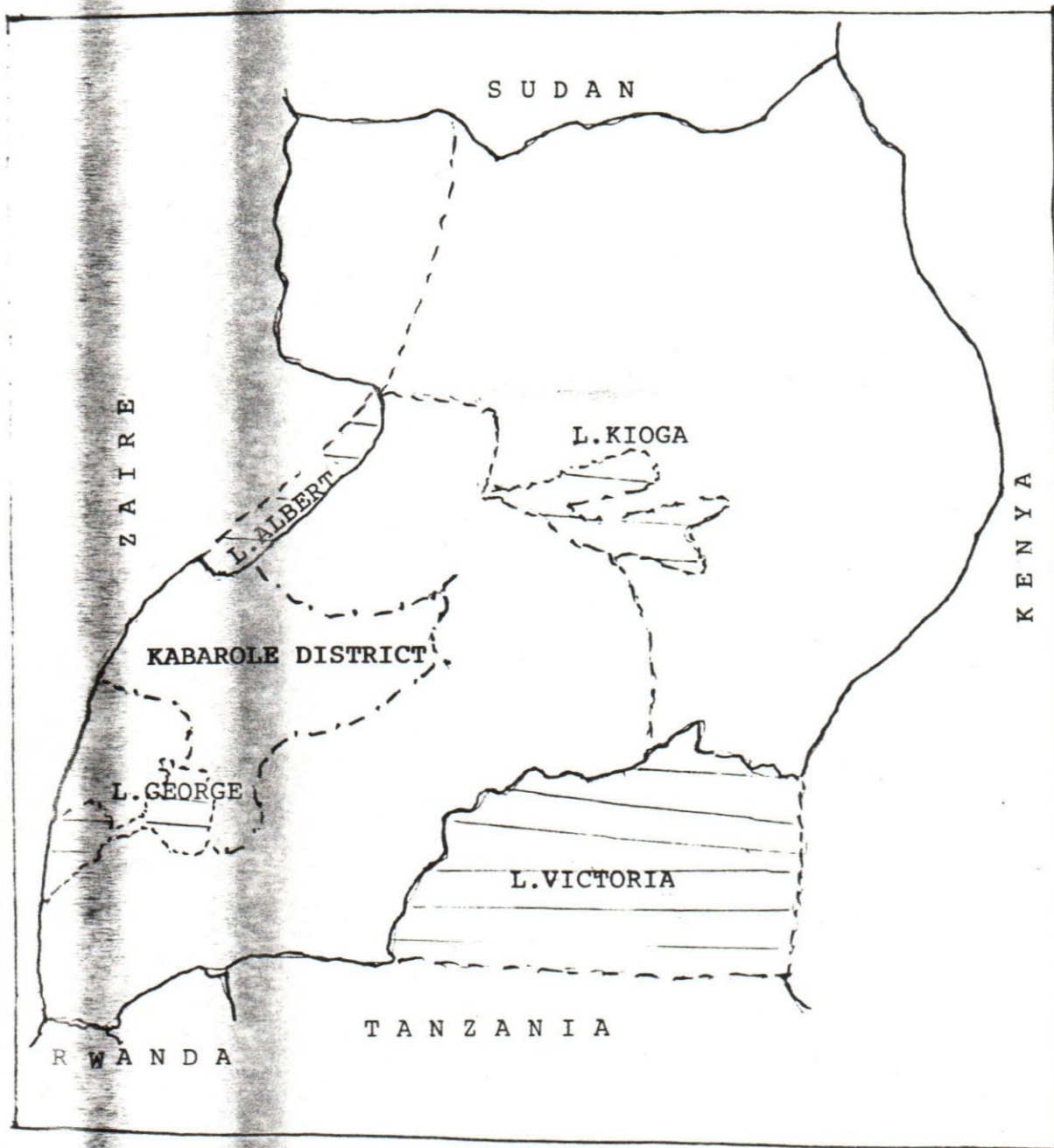
TABLE I : ITINERARY

DATE	SUB-COUNTY/ZONE	VENUE
6.6.1994:	Fort Portal Municipality. All Zones	Fort Portal Municipality Town Hall.
	Ruteete Sub-county	-do-
	Karambi Sub-county	Butebe County Headquarters.
	Kichwamba Sub-county	-do-
	Bukuuku Sub-county	-do-
7.6.1994:	Mugusu Sub-county	Mugusu Sub-county Head- quarters.
	Buheesi Sub-county	Buheesi "
	Kisomoro	Kisomoro "
8.6.1994:	Kibiito Sub-county	Kibiito Sub-county Headquarters.
	Rwimi Sub-county	Rwimi Sub-county Head- quarters.
9.6.1994:	Kicheche Sub-county	Kabujogera Community Hall.
	Mahyoro Sub-county	Mahyoro
MOVED TO IBANDA		
10.6.1994:	Nyabbani Sub-county	Nyabbani Sub-county Headquarters.
	Kamwenge Sub-county	Kamwenge "
11.6.1994:	Kahunge Sub-county	Kahunge Sub-county Headquarters.
	Nkoma Sub-county	Nkoma Sub-county Headquarters.
MOVED BACK TO FORT PORTAL		

TABLE I : (Cont.)

DATE	SUB-COUNTY/ZONE	VENUE
12.6.1994:	Kyarusozi Sub-county	Kyarusozi Sub-county Headquarters.
	Katooke Sub-county	Katooke Sub-county Headquarters.
	Bufunjo Sub-county	-do-
13.6.1994:	Bugaaki Sub-county	Bugaaki Sub-county Headquarters.
	Butiiti Sub-county	Butiiti Sub-county Headquarters.
	Nyantungo Sub-county	Nyantungo Sub-county Headquarters.
	MOVED TO MUBENDE	
14.6.1994:	Kihuura Sub-county	Kihuura Sub-county Headquarters.
	Kakabara Sub-county	Kakabara "
	Kyegegwa Sub-county	Kyegegwa "
15.6.1994:	Mpara Sub-county	Mpara Sub-county Head- quarters.
	Kasule Sub-county	Kasule Sub-county Head- quarters.
	Hapuuyo Sub-county	

MAP I : SKETCH MAP OF UGANDA SHOWING LOCATION OF KABAROLE DISCTRIC



CHAPTER TWO

2.0: METHODOLOGY

The Survey Team was first based at Fort Portal, then to Ibanda, then back to Fort Portal and lastly to Mubende. It was accompanied by a Health Educator from the Office of the District Medical Officer and a Culture Assistant from the District Culture Office. These Officers introduced the Team to the Traditional Healers at each Sub-county.

The Traditional Healers were then briefed by the Team Leader about the aims of the Mission. The questionnaires were then explained to them and all general questions were answered. The Traditional Healers were then interviewed individually and their responses recorded on the questionnaire sheets.

The plant specimens and other materials submitted by the Traditional Healers were collected, pressed and brought to the laboratory for drying and identification.

2.1: RESULTS

Table II gives a summary of the activities of the Survey Team.

The route and locations which were visited by the Team are shown on Map.2.

Table III gives the list of the officials who were met during the Survey.

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

Table V gives a list of the plants which were submitted by the Traditional Healers and were fully identified by the Team.

Table VI gives a list of plants which have been scientifically identified and not yet confirmed.

Table VII is a list of plants which have not yet been identified.

Table VIII shows alphabetical list of the plants in local language which were mentioned by the Traditional Healers but the specimens were not submitted.

List IX gives the name of non-vegetable substances mentioned by the Traditional Healers.

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

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

TABLE II : SUMMARY OF THE ACTIVITIES OF THE SURVEY TEAM

DATE	ACTIVITIES	NO.OF TRA- DITIONAL HEALERS IN %	COMMENT
5-6-94	Team Arrived at Fort Portal		
6-6-94	Meeting with the District Officials in their various offices.		Well received and good encouragement by all officials met.
	Visit to the Town Hall.	0	No THs was seen, they were not informed.
	Visit to Ruteete, Sub-County.	0	"
	Visit to Karambi.	0	No information received.
	Visit to Kichwamba	16	Well received.
	Visit to Mugusu	2	No information received.
7-6-94	Visit to Mugusu	6	Information had just arrived.
	Visit to Buheesi	10	A good response.
	Visit to Kisomoro	86	A good turn up.
8-6-94	Visited Kibiito	7	Information arrived late.
	Visited Rwimi	0	Information was received but it appears the THs were not informed by the Sub-County Chief.

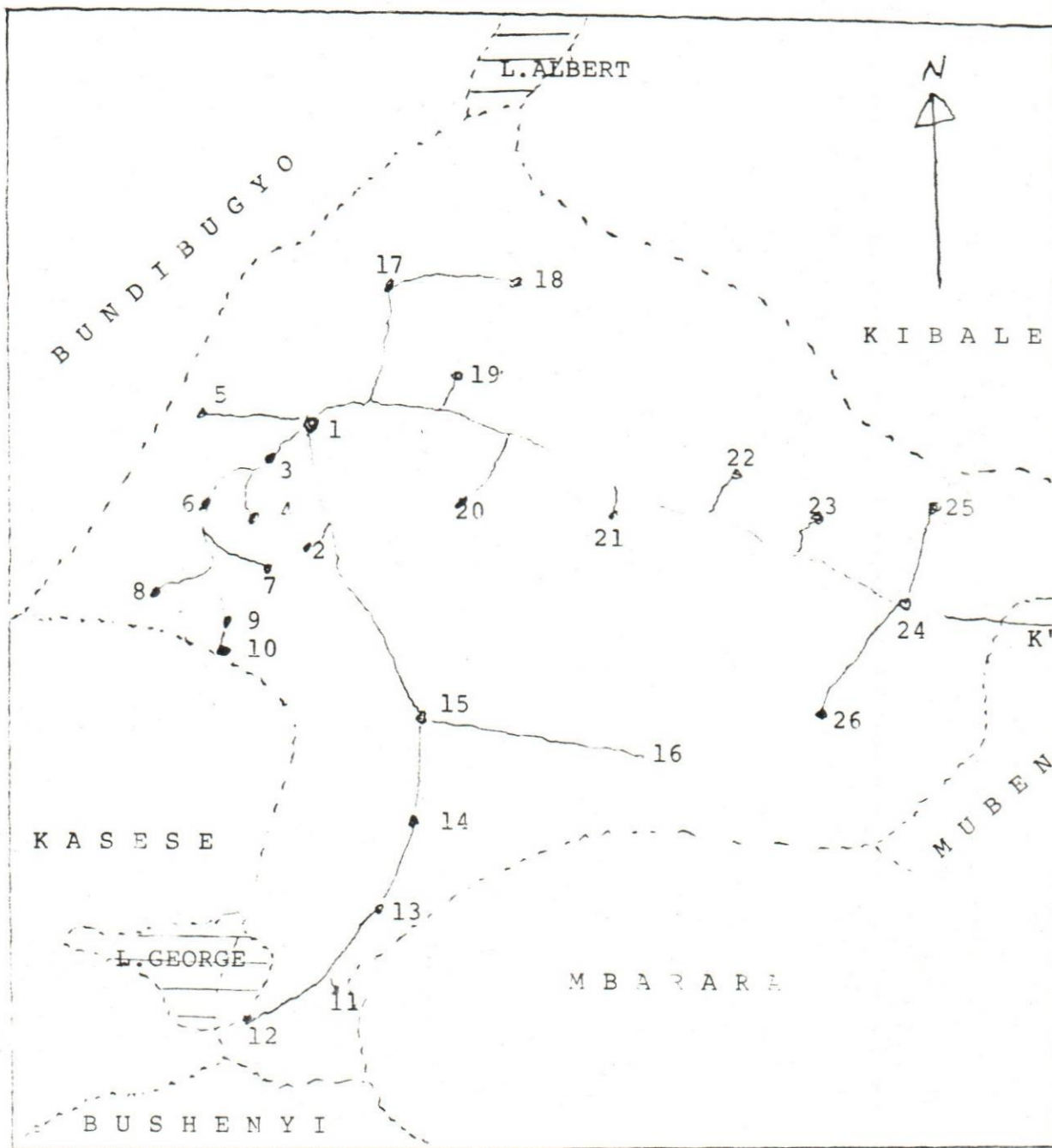
TABLE II (Cont.):

DATE	ACTIVITIES	NO.OF TRA- DITIONAL HEALERS IN %	COMMENT
9-6-94	Visit to Kicheche	8	Were informed but poor turn up.
	Visit to Mahyoro	19	Well mobilised and received.
	TRANSFER TO IBANDA		
10-6-94	Visit to Nyabbani	22	Well mobilised.
	Visit to Kamwenge	27	Well mobilised.
11-6-94	Visited Kahunge	6	Message received but poor mobilisation
	Visit to Nkoma	4	Information received but THs failed to turn up.
	TRANSFER BACK TO FORT PORTAL.		
12-6-94	Visit to Kyarusози	42	Mobilisation was good.
	Visited Katooke	0	Message received but there was confusion created by some individual about the venue.

TABLE II (Cont.):

DATE	ACTIVITIES	NO. OF TRADITIONAL HEALERS IN §	COMMENT
13-6-94	Visit to Bugaaki Visit to Butiiti Visit to Nyantungo TRANSFERS TO MUBENDE	2 - -	THs failed to turn up. No information was received. Information received and passed to Chairman of local Association but no one turned up including himself.
14-6-94	Visit to Kihura Visit to Kakabara Visit to Kyegegwa	14 7 28	Well received. Poor turn up. Well mobilized.
15-6-94	Return to Kampala as the vehicle developed a major mechanical problem.		

MAP 2 : SKETCH MAP OF KABAROLE DISTRICT SHOWING THE ROUTES AND LOCATIONS VISITED DURING THE SURVEY



KEY TO LOCATIONS

1. FORT PORTAL
2. RUTETE
3. KARAMBI
4. BUKUKU
5. KICWAMBA
6. MUGUSU
7. BUHEESI
8. KISOMORO
9. KIBITO
10. RWIMI
11. KICHECHE
12. MAHYORO
13. NYABBANI
14. KAMWENGE
15. KAHUNGE
16. NKOMA
17. KYARUSOZI
18. **KATOOKE**
19. RUGAAKI
20. BUTIITI
21. NYANTUNGO
22. KIHUURA
23. KAKABARA
24. KYEGEGWA
25. KASULE
26. MPARO



TABLE III : LIST OF OFFICIALS MET DURING THE SURVEY

1.	Ahimbisibwe Caleb	Sub-County Chief, Katooke
2.	Bagyenda Josan	Sub-County Chief, Kyegegwa
3.	Busingye Ernest	Sub-County Chief, Bugaaki
4.	Birugwa Nali Patrick	RC III Chairman, Nyabbani
5.	Byoruganda John	RC III Chairman, Nkoma
6.	Gahigi John Bosco	Medical Assistant, Kisomoro
7.	Kabagambe Dr.	District Medical Officer Kabarole
8.	Kabaalerinye Genaterio	Sub-County Chief, Kiceece
9.	Kadoma A.Musa	Mobiliser RC II, Kyarusenzi
10.	Kahuma Martin	Sub-County Chief, Kakabara
11.	Kahwa R.C.	Local Administration Police, Kyarusenzi
12.	Kaija John	RC III Chairman
13.	Kamihanda Julius	Sub-County Chief, Mugusu
14.	Kasaija Sam	Police Mobiliser
15.	Kasigaireho Cyriako	Sub-County Chief, Nkoma
16.	Karaaha Atuhaire Richard	Ag.Sub-County Chief, Mahyoro
17.	Katuramu Sepiria	Sub-County Chief, Kihuura
18.	Kimera Dalieo	Sub-County Chief, Butiiti
19.	Kitalibara B.Jonathan	RC III Chairman, Nyantungo
20.	Kwebiha Yogiptu	RC III Chairman, Kihuura
21.	Magezi Ernest	Dresser, Kakabara Health Centre
22.	Magezi Deo	Sub-County Chief, Nyabbani
23.	Maniragaba Anthony	Assistant : Executive Secretary Kibale/Kitagwenda
24.	Mugisa Sam	RC 5 Councillor, Kabarole District

TABLE III (Cont.):

25.	Mugisa Denis	Secretary for Youth, RC III, Kamwenge
26.	Musana Joseph	Sub-County Chief, Kyarusozi
27.	Musinguzi Paul	Cultural Assistant
28.	Mutesasira Abas	RC III Chairman, Kamwenge
29.	Mbonabukya Peter	RC 5 Councillor, Kabarole District
30.	Mpungu Hosea	District Health Educator, Kabarole
31.	Ndebika Jackson	RC II Chairman, Kamwenge
32.	Ndekire George	Parish Chief, Kicheche
33.	Nsungwa Saili Leond	Secretary for Education, RC III, Nkoma
34.	Onyai Francis	Assistant District Executive Secretary, Kabarole
35.	Ruyondo Godfrey	Health Educator
36.	Rwabungu	Vice Chairman, RC III, Buheesi
37.	Rwaigunda	Dresser, Kabarole Health Centre
38.	Rwatooro Lawrence	Community Development Assitant, Bukuuku
39.	Timanyire K.Tito	General Secretaru RC III, Butiiti.

TABLE IV : LIST OF TRADITIONAL HEALERS INTERVIEWED
IN KABAROLE DISTRICT

NO.	NAME	AGE	ADDRESS
KICWAMBA SUB-COUNTY			
1.	Bagonza Swale Jackson	42	Kyakaigo
2.	Bahemuka Dani	63	"
3.	Bakamwoga Zaverio	50	"
4.	Banura Veneranda	50	Magunga
5.	Kabagenyi Angelina	74	Mubuhara
6.	Kabajungu Mary	48	Kikonge
7.	Kabayora Mary	68	Harugongo
8.	Kabonesa Sophia	55	Kyakaigo
9.	Kagoro Rose	61	Harugongo
10.	Kahigwa Ndora	83	Kyakaigo
11.	Kahimbara Louise	65	Kikonge
12.	Kiiza Magiri	65	Buhara
13.	Kiiza Wilson (Dr.)	22	"
14.	Kobusinge Margaret	36	Mirongo
15.	Kwekiisa Silvesta	38	Buhara
16.	Rwabuhinga Silas	28	Nyankwanzi
BUKUUKU SUB-COUNTY			
17.	Kabaramagi Rose w/o Makuute A.	55	Kyakaigo
18.	Kateeba John	75	Kihwera
MUGUSU SUB-COUNTY			
19.	Bahemuka Silvano	54	Kibeede
20.	Bahemuka Victoria	50	"
21.	Irumba Mwiranda	40	Butinda
22.	Kakima Deogratius	54	Nyabatani
23.	Rushenge Ashumairi	40	Kigaya
24.	Sunde Lowerencio	32	Katoro

TABLE IV (Cont.):

NO.	NAME	AGE	ADDRESS
BUHEESI SUB-COUNTY			
25.	Bacwa Andrew	50	Kisabani
26.	Bacwaenkojo Tereza	56	Kisomoro
27.	Byampaka Emmanuel	60	Ruhoko
28.	Kabanyoro Regina	50	Kisabani
29.	Kabeinara Rose	34	Bukorakore
30.	Kaijanabyo Albert	74	Nombe
31.	Kajura Anamaliya	60	Kiryantama
32.	Muhindo Tungu	45	Mitandi
33.	Nsungwa Victoria	60	Kisomoro
34.	Nyabakonjo Angelina	60	"
KISOMORO SUB-COUNTY			
35.	Bajune Veronica	70	Bujumbi
36.	Banagaija Felesta	45	Rubona
37.	Barimuziki Edeleda	40	Butabala
38.	Baryanenzigu Mariaum	35	"
39.	Bikantoma Maliya	65	Bukerya
40.	Bikundwa Yokoniya	45	Bugahya
41.	Bira Sitajona	30	Katebwa
42.	Bisamunyu Veronica	60	Kyamuhemba
43.	Bitamazire Serina (Mrs)	40	Kicuuncu
44.	Bonabana Edreda	45	Bugogo
45.	Bonabana Solome	48	Buhuuna
46.	Bukombe Geogina	40	Bunaiga
47.	Busaliza Muranga Mosco	28	Kiboja-Kisomoro
48.	Bwambale Yoweri	45	Bujabara
49.	Byahurwa	50	Mukabata
50.	Isingoma Mary	48	Karambi

TABLE IV (Cont.):

NO.	NAME	AGE	ADDRESS
51.	Kabafumu Margaret	48	Karambi
52.	Kabaganda B.Odilla	55	Lyamabwa
53.	Kabagonza Pelusi	40	Kisomoro
54.	Kabahindi C.	55	Karambi
55.	Kabajasi Julia	62	Kicuncu
56.	Kabaramagi-Bugaya Angelina	40	Bugaya
57.	Kabarangira C.Jane	43	Nsuura I
58.	Kabasita Josephine	49	Kiyombya
59.	Kabatoro Soforoza	64	Kabata
60.	Kabatoro Tereza	45	Butini
61.	Kabihire Regina	60	Rubona
62.	Kabugo Gladys	42	Bugumba
63.	Kagaba Florence	60	Nyakigumba
64.	Kahwa Cecilia	40	Karambi
65.	Kahwa Joyce	55	Bulegeya
66.	Kaikara Yozefina	50	Kisura I
67.	Kakuliremu Jostina	42	Kabata
68.	Kalitunsi Majiri	45	Bujabara
69.	Kambere Asteri	37	Bulemezi
70.	Katalina	70	Kibunono
71.	Kawa Zubayiri	45	Kisomoro-Bugayi
72.	Kemitumba Vangirista	52	Kisomoro I
73.	Kiiza C.	35	Rugaya
74.	Kiiza Justina	50	Bugahya
75.	Kiiza Tereza	52	Kisoliire
76.	Kisembo Tereza	42	Rwabagaju
77.	Koti Stephen	40	Buhondo
78.	Kule Agnes	40	Butokya
79.	Kule Tomasi	50	Sura II
80.	Kule Yowana	80	Buhondo

TABLE IV (Cont.):

NO.	NAME	AGE	ADDRESS
81.	Kyomore Bulasio	75	Butokya
82.	Magufu Bonefansi	28	Karugaya
83.	Mate Arajabu	50	Bunyangabu/Bugumba 2
84.	Mate Basoga	43	Bunayiga
85.	Mate Evanisi	50	Bujabara
86.	Mbabazi Evanice	34	"
87.	Mbunganabo Sarah	52	Kiboro
88.	Muhindo Anna	45	Sura
89.	Muhindo Erifazi	38	Bujabara
90.	Muhindo Geogina	40	Butyoka
91.	Muhindo Owmate	46	Sura
92.	Muhindo Thomas	48	Musura II
93.	Muhindo Vanisi	50	Kibate
94.	Muhindo Yayeri	40	Bugahya
95.	Mukeeka B.Yohana	63	Kateebwa/Mitandi
96.	Mukokoma Suzana	21	Bunaiga
97.	Mumbere Getu	35	Bukara
98.	Muntuki Edrona	39	Katebwa
99.	Mupagasi Irene	40	Kitumba
100.	Musokenyonyi Eriya	45	Sura II
101.	Musoki Maimuna	67	Bulemezi
102.	Mutabazi Evanice	45	Bukara
103.	Muziranfundu Moses	36	Butyoka
104.	Ngurikage Yowasi	45	"
105.	Njanju Mate	48	Musura II
106.	Nsungwe	75	Burungo
107.	Ntogota Nyanziyo	66	Bukoko
108.	Nyamahinda Sitteri	38	Katewa
109.	Nzigunyingi Israel	65	Nyaburara
110.	Omukyara Kyakere Yozefina	50	Kisura II

TABLE IV (Cont.):

NO.	NAME	AGE	ADDRESS
111.	Tabaro Faith B.	48	Karambi
112.	Tebakanya Valeriya	45	Lyamabwa
113.	Tibakanya Erina	45	Burongo
114.	Tibananuka Efurazia w/o Sabiti George	40	Butukuru
115.	Tibanga Karogota Peter	56	Kisomoro II
116.	Tinkamalirwe Asiteri	58	Runyamye
117.	Tinkamanyire Intonina	40	Bugogo
118.	Tungu C.	40	Nsuura

KIBIITO SUB-COUNTY

119.	Bahweire James	63	Bukara
120.	Bakamya Bladina (Mrs)	67	Kibiito
121.	Kainganabusha Apoliniya	60	Mijunju
122.	Kato Faisi	30	Kinyambanika
123.	Muhindo Pelusi	45	"
124.	Sunday Joseph	39	Kibiito
125.	Taliwabo Bonefansi	82	Bukura

KICHECHE SUB-COUNTY

126.	Baguma Robert	23	Bwera
127.	Bichire Geora	40	Musinda II
128.	Kabaturaine Jannorius	54	Buryansungu
129.	Katuramu Robert	33	Nsungu
130.	Mbonigaba John B.	45	Kyanyina
131.	Semakula Januarario	37	Kicheche
132.	Tumwine Joseph	29	Kagazi
133.	Twesigye Moses	25	Mukunyu

TABLE IV (Cont.):

NO.	NAME	AGE	ADDRESS
RWIMI SUB-COUNTY			
N O N E			
MAHYORO SUB-COUNTY			
134.	Bamutura Ezira	40	Lyengoma
135.	Buhire Ovia	39	Burungu
136.	Busimba Farazia (Mrs)	30	Ihunga
137.	Hamina Musa	25	Kabale IV
138.	Kabyemera Edison	26	Ryengoma
139.	Kakundura Deogratias	46	Lyengoma
140.	Kanyangye Ngelina	62	Kyendangara
141.	Kapasika Pascazia	38	Nyakasura
142.	Katurumunda Gabriel	50	Bubale
143.	Lule Twaha	29	Kyamuringa Cell
144.	Nalongo Hanifa	65	Lyengoma
145.	Namatovu Yudaya	50	Mahyoro
146.	Tinkasimire haruna	40	Ryengoma II
147.	Kasozi Evona	40+	Kiyinja Landing
148.	Nyirahabinka Boniconcila	45	Kachindo
149.	Nyirahuka Sarafina	50	Katanga
150.	Nzabalinda Nisikola	30	Kyendangora
151.	Rugwiza Jonathan	33	Rwentuma
152.	Ruruhona Justus	65	Kyenangara
NYABBANI SUB-COUNTY			
153.	Baguma Wilson	26	Kiryanga
154.	Bakijuza Paulina	56	Nganiko
155.	Bamuturaki John	45	Kyayinaihuli
156.	Bitakatahire Iraliyo	50	Kyotamusana
157.	Kalemera Salim	45	Rwentuha

TABLE iIV (Cont.):

NO.	NAME	AGE	ADDRESS
158.	Karambuzi Sepriano	55	Nyakateramire
159.	Kasoro Peter	53	Kyotamusana
160.	Katisa Denavensi	35	Kiryanga
161.	Katura Atanzio	67	Kabale
162.	Kemigyeyo Maria Gorreti	37	Kiryanga
163.	Kishigazyi Girigori	30	Nyamabale
164.	Komungaro Scovia	25	Nyabbani
165.	Mpendwaki Lodia	44	Kitonzi
166.	Nkyera Mangada	39	Kiryanga
167.	Rwitaruso Aloyzio	45	Kasekye
168.	Sabiiti Eric	70	Kaseke
169.	Seka Merabu	37	Kiryanga
170.	Tinka Geradi	21	Kiryanga
171.	Tumuheirwe Yorokamu	30	Rwesigiire I
172.	Twaibu Ssalongo Festo	56	Kyotamushana
173.	Twikirize Yowana	37	Karokarungi
174.	Zibeda Restatuta	26	Nyabbani

KAMWENGE SUB-COUNTY

175.	Baguma Regina	25	Masaka
176.	Bakeine Mary	50	Rukoko I
177.	Bamwanga Manda	45	Nyakabungo
178.	Basiya Bulasidia	39	Kabingo I
179.	Bazirakye Jerediane	38	Masaka
180.	Bezahe Angelica	50	Wabitusi
181.	Buka Florence	31	Masaka
182.	Ihurumbia Jovio	60	Kyabandara
183.	Kabanda Abudu Kalim	52	Kamwenge
184.	Kaka Kelemensio (Mrs)	29	Masaka
185.	Kalila Milyeri	53	Izinga
186.	Kasaka Yozefina	34	Masaka
187.	Katejura Jairesi	67	Kyabwoma

TABLE IV (Cont.)

NO.	NAME	AGE	ADDRESS
188.	Kiirya Beti	40	Rukoko
189.	Kijoro Generus	28	Kiziba
190.	Kwesiga Plakiseda (Mrs)	32	Masaka
191.	Kyebariroha Evelina	67	Kabingo I
192.	Kyenderesire Volonika	65	Kitonzi
193.	Marutane Hodiria	45	Kyabandara
194.	Mwesigwa Peace	32	Kiziba
195.	Nkwisi Prica	40	"
196.	Rukongi Isamel Geoffrey	56	Bujemba I
197.	Seruwagi Sulaimani	60	Kamwenge
198.	Soya Teopista	35	"
199.	Tigahenda Karaudia	46	Kabingo II
200.	Tugume Wini	34	Kiziba
201.	Tushabeomwe Isabel	52	Kabingo
KAHUNGE SUB-COUNTY			
202.	Balizarwa Selvano	47	Rwenkuba
203.	Dakitari Mary (Mrs)	50	Kanyamutwe
204.	Kabarwani Plexeda	55	"
205.	Kwebiiha Faith	48	Kahunge
206.	Tibasiima Mauda	44	Kanyamutwe
207.	Tushabeomu Harriet	40	Bigaga
NKOMA SUB-COUNTY			
208.	Inafura Natu	32	Mpanga
209.	Kabakenya Loda	63	Ntuntu
210.	Makantutiye Maria	59	Mabale II
211.	Mwesigye Ruth	47	Mabale

TABLE IV (Cont.):

NO.	NAME	AGE	ADDRESS
KYARUSOZI SUB-COUNTY			
212.	Babiiha Plaxeda	43	Kigoyera
213.	Bacwa Benyamini	37	Kyabaganda
214.	Bakabuchi Anjela	43	Barhija
215.	Birungi Solome	46	Kyainebale
216.	Bitara Eunice	30	Bwereme
217.	Bitwire Robert	42	Nyaruzigati
218.	Bonabana Stella	44	Kajuma Zone
219.	Gacaro Wilson	43	Kigonyera Zone
220.	Gasigazi Ahamada	26	Mparo
221.	Irumba John	50	"
222.	Kababito Rosa	80	Ngote
223.	Kabalaya Mary	40	Kyanyina-Ibale
224.	Kabasomi Mangadalena	60	Kyabaganda
225.	Kabatoro Jane	50	Muhabura/Kasaba
226.	Kabonesa Febronia	50	Kyabaganda
227.	Kadoma Musa	34	Kakira
228.	Kahimbara Josefina	49	Kyakatumba
229.	Kalengesa Hadija	11	Muhabura
230.	Kalyebara Ibrahim	57	Binunda
231.	Kasaija Ausi	40	Benunda
232.	Katuramu Leo	55	Kyabanda
233.	Katuramu Tedora	46	Kyanju
234.	Katushabe Ida	34	Kabale
235.	Kawamara Federesi (Mrs)	32	Igoma
236.	Kayibara Bulatina	54	Kyanjuba
237.	Kisembo Anatoli (Mrs)	60	Kyanjuba
238.	Kobusinge Maria	50	Kibagali
239.	Kyabona Vitali	50	Mitoma
240.	Kyenkya Regina	65	Kyanjuba
241.	Magali Evansalina	65	Kyabaganda
242.	Majegyje Jesenta	38	Kakyira

TABLE IV (Cont.):

NO.	NAME	AGE	ADDRESS
243.	Masemererwa Anasta	24	Bwereme
244.	Nkulingoma Silverno	52	Kasababi
245.	Nkuruma Regina	47	Kyanjubu
246.	Nyakabonye Anna Maria	65+	Muhabura
247.	Nyanaku Maria	65	Kibangari
248.	Oworinawe Mangadalena	43	Bwereme
249.	Tamuvuurira Angelina	60	Nyabwenga
250.	Tibulihwa Tekera	60	Kigonyera Zone
251.	Tigasasa Rose	42	Bwereme
252.	Tindibahika Siliverio	30	Mparo
253.	Tinkasiimire Zinia	63	Binundo
254.	Tukahirwe Regina	30	Nyabwenga
255.	Turina Obukiriro Benekonsira (Mrs)	39	Kasaba
256.	Tushabe Regina	21	Mirambi
257.	Zirabasariza Jolly	26	Kakira
KATOOKE SUB-COUNTY			
	N O N E		
BIFUNJO SUB-COUNTY			
	N O N E		
BUGAAKI SUB-COUNTY			
258.	Arimugonza Mirian	40	Katiba
259.	Timbigamba Faith	50	Butare

TABLE IV (Cont.):

NO.	NAME	AGE	ADDRESS
BUTIITI SUB-COUNTY			
	N O N E		
NYANTUNGO SUB-COUNTY			
	N O N E		
KIHUURA SUB-COUNTY			
260.	Byarufu Philip	55	Bibuye
261.	Kabahuma Viola	51	Mukonomura
262.	Kabuleta Antonina	47	Kihuura
263.	Kahinju Rose	53	Kicwamba
264.	Kalyebara Mary	59	Mukonomura
265.	Kasangaki Regina	50	Kigunda
266.	Kengudo Melda	40	Kisakara
267.	Kisembo Jane	39	Rwibale
268.	Nakanwagi Safina	50	"
269.	Namijumbi Mary	55	Kitojonjo
270.	Nyanjura Anna Maria	61	Kirindamaino
271.	Tinkasiimire Yosefu	63	Kihuura
272.	Tohoire Evasta	66	Kiterwa
273.	Tubuhoire Dorotia	60	Kyankaramata
KAKABARA SUB-COUNTY			
274.	Kaijabahoire Alex	83	Kihumbya
275.	Kamanyire Douglas (Rev.)	54	Bararo
276.	Karufunyika Florence	50	Nkomangani
277.	Namata Muwamina	37	Kanyarukoma

TABLE IV (Cont.):

NO.	NAME	AGE	ADDRESS
278.	Nyakato Valeria	56	Kabale
279.	Rwabuyaga Joseph	44	Buraro
280.	Wasswa-Salongo John	48	Kabale

KYELEGWA SUB-COUNTY

281.	Banura Kadoma	55	Kihamba
282.	Buletwenda Restetuta	39	Muhangi
283.	Kaahwa Felesta	53	Kibuye B.
284.	Kaahwa Yozefina	60	Rukagoti
285.	Kabaddaki Angerina	50	Sweswe
286.	Kabagenyi Solome	37	Busasa
287.	Kabahingame Keti	50	Kiranzi
288.	Kabahuma Selina	47	Kasekere
289.	Kagitera Adeleda	80	Kyegegwa
290.	Kaikara Regina	58	Kichumbi
291.	Kajjumbukire Dorotiya	63	Bukere
292.	Kakuliremu Nyensi	60	Kiranzi
293.	Kateba Tereza	44	Kihamba
294.	Kiiza Kevina	50	"
295.	Kyenkya Rebecca	35	Kigando
296.	Nkalubo Irumba Sebastiane	52	Sweswe
297.	Nsungwa Nyesi	63	Nkaka
298.	Nyakaana Norah (Mrs)	46	Kigando-Nkandwa
299.	Nyakato Federensi	75	Kyegegwa
300.	Nyamitale Lusua	58	Kyongerwa
301.	Nyamutale Jerurina	55	Kibira
302.	Nyangoma Joyce	24	Sweswe

TABLE IV (Cont.):

NO.	NAME	AGE	ADDRESS
303.	Nzaberoho Alphonsina	44	Mwaro
304.	Rusoke Yozefina	52	Nkaka
305.	Rwabuhoro Peruse	53	Kyegegwa
306.	Rwabuleba Wilson	47	Bukere
307.	Tigwezire Jariyati	43	Muhangi-Kyakahesi
308.	Tigwezire Rose	48	Rukagati

MPARA SUB-COUNTY

KASULE SUB-COUNTY

HAPUUYO SUB-COUNTY

The Team did not visit these places because the vehicle developed mechanical problems which forced them to return to Kampala.



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

	LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
1.	Akajembajembe	Runyankore/ Rukiga	Berkheya spekeana	ASTERACEAE
2.	Akakurra	Rutoro	Achyranthes aspera	AMARANTHACEAE
3.	Akanyunyambuizi	Rutoro	Oxalis corniculata	OXALIDACEAR
4.	Bingiribita	Runyoro/ Rutoro	Ipomomea hildebrandtii	CONVOLVULACEAE
5.	Eyobyoyo/Ejobyoyo	Rutoro/ Luganda	Gynandropsis gynandra	CAPPACACEAE
6.	Ekicumucumu	Runyankore/ Rukiga	Leonatis nepetifolia	LAMIACEAE
7.	Ekiterankuba	" "	Guizotia scabra	ASTERACEAE
8.	Ekitobotobo	" "	Solanum incanum	SOLANACEAE
9.	Emoliyabana	Rukonjo	Spilanthes mauritianum	ASTERACEAE
10.	Empunika	Runyankore/ Rukiga	Galinsoga parviflora	ASTERACEAE
11.	Ensoimya	Rutoro	Spilanthes mauritianum	ASTERACEAE
12.	Enteija	Runyankore/ Rukiga	Commelina banghalensis	COMMILINACEAE
13.	Esunuunu	Rukiga	Crassocephalum vitellinum	ASTERACEAE
14.	Etabe	Runyankore/ Rukiga	Nicotiana tabacum	SOLANACEAE
15.	Kafumbe	Luganda	Erigeron floribundus	ASTERACEAE
16.	Kisakinu	Rutoro	Diodia scandans	RUBIACEAE
17.	Kyesembya/ Kikokooma	Rutoro/ Luganda	Vernonia auriculifera	ASTERACEAE
18.	Mukuzanyana	Rutoro	Clerodendrum discolor	VERBENACEAE
19.	Nyabarasana	Rutoro	Bidens pilosa	ASTERACEAE
20.	Nyakasunsa	Rutoro	Zehneria scabra	CUCURBITACEAE
21.	Obuterabagenge	"	Dicliptera laxata	ACANTHACEAE

TABLE V (Cont.):

	LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
22.	Omubimba	Rutoro	Sesbania sesban	PAPILIONACEAE
23.	Omubirizi	Rukiga	Vernonia amygdalina	ASTERACEAE
24.	Omubuza	Runyankore/ Rukiga	Dichrocephala inte- grifolia	"
25.	Omuchundezi	Rukiga	Sida rhambifolia	MALVACEAE
26.	Omuhaanga	"	Maesa lanceolata	MYRSINACEAE
27.	Omuhanurankuba	Rutoro	Solanum terminale	SOLANACEAE
28.	Omukamba	Rukiga	Ipomoea batatas	CONVOLVULACEAE
29.	Omulinzi (Ekiko)	"	Erythrine abyssinica	PAPILIONACEAE
30.	Omwataibale	Rutoro	Rhus natalensis	ANACARDIACEAE
31.	Omwishwa	Runyarwanda	Momordica fectida	CUCURBITACEAE
32.	Orutangakwoma	Rutoro	Lantana trifolia	VERBENACEAE

TABLE VI : LIST OF PLANTS SUBMITTED BY TRADITIONAL HEALERS
AND PARTIALLY IDENTIFIED.

	LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
1.	Akaramata	Rukonjo	Ficus sp.	MORACEAE
2.	Akategansi	Rutoro	Rhynchosia sp.	PAPILIONACEAE
3.	Ejubwa	"		POACEAE
4.	Nyamwehendure	Runyarwanda	Dicliptera sp.	ACANTHACEAE
5.	Omukanza	Rutoro	Allophykus sp.	SAPINDACEAE
6.	Omutatamba	Rukiga	Fagara sp.	RUTACEAE
7.	Omuturuka	Rutoro	Phyllanthus sp.	EUPHORBIACEAE

TABLE VII : LIST OF PLANTS SUBMITTED BY TRADITIONAL HEALERS
BUT NOT IDENTIFIED

	LOCAL NAME	DIALECT
1.	Kabaragara	Rutoro
2.	Mutano	Rukiga
3.	Omurama	Rutoro
4.	Omusabula	"

TABLE VIII (Cont.) :

	LOCAL NAME	DIALECT
58.	Ekisunsa	Rutoro
59.	Ekitembamahwa	Rutoro
60.	Ekiterankuba	Rukiga
61.	Ekitokotoko	Rutoro
62.	Ekitunakyekisaka	"
63.	Ekitunda	Rukiga
64.	Ekituutu	"
65.	Ekizigambogo	Rutoro
66.	Ekyesembi	Rukiga
67.	Ekyiko	Rutoro
68.	Ekyoganyanja	Rukiga
69.	Embabizakyenju	Rutoro
70.	Embatabata	Runyarwanda
71.	Embooge	Luganda
72.	Emiyembe	Runyankole/Rutagwenda
73.	Emize Yemitoma	Rutoro
74.	Emputama	Rukonjo
75.	Emwaro	Rutoro
76.	Endelema	Rukiga
77.	Enderema	Rutoro
78.	Endimo	Runyankole/Rutagwenda
79.	Endimu	Rukiga
80.	Engaro Yabakama	Rutoro
81.	Engundu	Rutoro
82.	Enjagi	"
83.	Enjoka Etaruma	"
84.	Enkarwe	"
85.	Enkoni	"
86.	Enkoninyaruti	"
87.	Ensamba	"
88.	Ensande Yekikaka	Rukiga

TABLE VIII (Cont.):

	LOCAL NAME	DIALECT
89.	Ensayimya	Rutoro
90.	Ensogasoga	"
91.	Ensoroza	"
92.	Entahanyenka	"
93.	Enteija	Runyankole
94.	Entendigwa	Rutoro
95.	Entengotengo	Rutoro
96.	Entonderwa	Rukiga/Rutoro
97.	Entongozabalisa	Rutoro
98.	Entorobombo	Rutagwenda
99.	Entorohompo	Rutoro
100.	Enuyembe	Rukiga
101.	Enyabuliko	Rutoro
102.	Enyabununka	Rutoro/Runyarwanda
103.	Enyakasunsa	Rutoro
104.	Enyamusiri	"
105.	Ezai	Rugiga
106.	Eseta	Rutoro
107.	Esogye	Rukiga
108.	Etangawusi	"
109.	Eteke	Rukiga/Rutoro
110.	Finyampinuri	Rutoro
111.	Gonja	"
112.	Gonza	"
113.	Ifukya	"
114.	Ihoza	"
115.	Ikanamiti	"
116.	Inakura	"
117.	Inyarabasanye	RuKonjo

TABLE VIII (Cont.):

	LOCAL NAME	DIALECT
118.	Irarire	Rukiga
119.	Iranga	Rutoro
120.	Itemwa	"
121.	Kaburuga	"
122.	Kacucu	Runyarwanda/Rukiga
123.	Kagwakamu	Luganda
124.	Kajaja	Rutoro
125.	Kakanjagala	"
126.	Kalifuha	Runyankole/Rutagwenda
127.	Kalitunsi	Rutoro
128.	Kamaramahano	Runyankole
129.	Kamurali	Rutoro
130.	Kasatira	Rutoro/Luganda
131.	Kashaho	Rufumbira/Rutoro
132.	Katunguruchumu	Rutoro
133.	Kayenje	Rukiga
134.	Kayogyera	"
135.	Kijumburra	Rutoro
136.	Kikolakimu	"
137.	Kilagi	"
138.	Kimarampaka	Luganda
139.	Kinami	Rutoro
140.	Kinyiminyimi	"
141.	Kisakimu	Rukonjo
142.	Kisogasoga	Rutoro
143.	Kitembe	Rukonjo
144.	Kyesembya	Rutoro/Rukiga
145.	Kyukankubulire	Luganda
146.	Magahura	Runyarwanda/Rukiga
147.	Majani	Rutoro

TABLE VIII (Cont.):

	LOCAL NAME	DIALECT
148.	Mbaragaza	Rutoro
149.	Mugeege	"
150.	Mugosora	Runyankole
151.	Muhanga Bagenzi	Rukonjo
152.	Muhukorora	Rukiga
153.	Muhule	Rutoro
154.	Muhurura	Rukiga
155.	Mutegeje	Rutoro
156.	Mupapali	Runyarwanda/Rutoro
157.	Musekera	" "
158.	Musikirizi	Rutoro
159.	Mutano	Rukiga
160.	Mutatembwa	Rutoro
161.	Mutete	Runyarwanda/Rutoro
162.	Mutonwe	Rutoro
163.	Muyombola	Runyankole
164.	Muzigambogo	Runyarwanda/Rutoro
165.	Muzura	Runyarwanda
166.	Mwehendure	Rutoro
167.	Mweramaino	Runyarwanda/Rutoro
168.	Mwirima	" "
169.	Mwitanjoka	Rutoro
170.	Ngingoiboya	"
171.	Ntambaninkiza	"
172.	Ntendigwa	"
173.	Nyabisha	"
174.	Nyakaburuga	"
175.	Nyakakukumura	"
176.	Nyakasunsayiswa	"
177.	Nyamuboha	"
178.	Nyankurawenda	"

TABLE VIII (Cont.):

	LOCAL NAME	DIALECT
179.	Nyarwefula	Rukiga
180.	Nyarwehindura	Rukiga
181.	Nyikaranyenka	Rutoro
182.	Obukanja	Runyankole
183.	Obukurra	Rutoro
184.	Obukoko Bwebale	"
185.	Obunyunyambuza	"
186.	Obunyoisaija	Rutoro/Rukiga
187.	Obunywa	Rutoro/Rukonjo
188.	Oburo	Rutoro
189.	Obutibwensozi	Runyankole/Rukiga
190.	Obututu	Rutoro
191.	Olubwera	"
192.	Oluhigura	Runyankole
193.	Olutendeigwa	Rutoro
194.	Oluwutawuta	Rukonjo
195.	Omubaragaza	Rutoro
196.	Omubimba	"
197.	Omubwera	Runyankole
198.	Omuchundezi	Rukiga
199.	Omuchundura	Rutoro
200.	Omufooka	"
201.	Omufurra	Runyankole
202.	Omufuruka	Runyarwanda
203.	Omufurura	Runyankole
204.	Omugabagaba	Rukiga
205.	Omugago	Rutoro
206.	Omugeege	"
207.	Omugyegye	"
208.	Omubabura	"

TABLE VIII (Cont.):

	LOCAL NAME	DIALECT
209.	Omuhakwa	Rutoro
210.	Omuhamagwagonja	"
211.	Omuhamira	Runyankole
212.	Omuhanga	Rukiga/Runyankole
213.	Omuhiihurra	Rutoro
214.	Omuhiire	"
215.	Omuhikya	"
216.	Omuhö	"
217.	Omuhoko	Runyankole/Rukiga
218.	Omuhurura	Runyankole
219.	Omujaaaja	"
220.	Omujeje	"
221.	Omujogyera	Rutoro/Rukiga
222.	Omujumbajumba	Rutoro
223.	Omujuma	Rutoro/Runyankole
224.	Omujwasagama	Rutoro
225.	Omukamba	Rukiga
226.	Omukanja	"
227.	Omukatango	"
228.	Omukoma	Rukiga/Runyarwanda
229.	Omuko-Rutafwenda	Rukiga
230.	Omukunga	Rutoro
231.	Omukungere	Rukiga
232.	Omukungyere	"
233.	Omukwatansenene	Runyankole
234.	Omulinzi	Rutoro
235.	Omunimba	"
236.	Omuniobora	"
237.	Omunyampata	"
238.	Omunyobora	"
239.	Omunyohora	"
240.	Omuragaza	Runyankole

TABLE VIII (Cont.):

	LOCAL NAME	DIALECT
241.	Omuragi	Rutoro
242.	Omuramura	Rukiga
243.	Omusambya	Runyankole/Rukiga
244.	Omusasa	Rutoro
245.	Omusezi	"
246.	Omusheshe	"
247.	Omusinga	Runyankole
248.	Omusisa	Rutoro/Runyankole/ Runyarwanda
249.	Omusisi	Rutoro
250.	Omusoga	Rutoro/Rukonjo
251.	Omusomoro	Rutoro
252.	Omusororo	"
253.	Omusoroza	Rutoro/Rukiga
254.	Omusu	Rukiga
255.	Omutaale	Runyankore
256.	Omutagara	Rufumbira
257.	Omutangatanga	Rutoro
258.	Omutanu	Rukiga/Runyankole
259.	Omutanyoka	Rutoro
260.	Omutatembwa	Rutoro/Runyankole/Rukiga
261.	Omutemba	Rutoro
262.	Omutuna	"
263.	Omutunurra	"
264.	Omuturabusa	"
265.	Omutwekangumba	"
266.	Omutvule	"
267.	Omyaali	Rukiga
268.	Omyonza	Rutoro/Luganda
269.	Omyoora	Rutoro/Runyankole
270.	Omuzaula	Rutoro

TABLE VIII (Cont.):

	LOCAL NAME	DIALECT
271.	Omuzzinga	Rutoro
272.	Omwangangi	"
273.	Omwaru	"
274.	Omwataibale	Rutoro/Runyarwanda
275.	Omwefuzo	Runyankole/Rukiga
276.	Omwehora	Rutoro
277.	Omwehura	Rukiga
278.	Omwetango	Rutoro/Runyankole/Rukiga
279.	Omweya	Rutoro
280.	Omwiha	"
281.	Omwiwura	"
282.	Omwijwa	Runyarwanda
283.	Omwiyoni	Runyankole/Rukiga
284.	Omwolola	Rutoro/Luganda
285.	Omwongo	Rukiga
286.	Orugina	Rutoro/Rukonjo
287.	Oruguragusana	" "
288.	Orugurasana	Rutoro
289.	Oruhugura	Rutoro/Rukiga
290.	Orujagi	Rutoro
291.	Orukoligo	"
292.	Orukoma	Rutoro/Rukiga
293.	Orukorega	Rutoro
294.	Orumbugu	Rutoro/Runyarwanda
295.	Orushwiga	Rukiga
296.	Orusikasike	Rutoro
297.	Orusinga	"
298.	Orutangakwoma	"
299.	Orutendigwa	"
300.	Orutuuta	Runyankole
301.	Orwihura	Rutoro

TABLE VIII (Cont.):

	LOCAL NAME	DIALECT
302.	Rubambansi	Rutoro
303.	Rubinga	Rukiga
304.	Ruboha	Runyarwanda/Rutoro
305.	Rubwera	Rutoro/Runyarwanda
306.	Ruhenze	Rukiga
307.	Rukaka	Rutoro
308.	Rukunya	"
309.	Rutendeigwa	"
310.	Rwata	"
311.	Sagamanungi	"
312.	Saragamba	"
313.	Tompakanyama	"
314.	Wankura	Rutoro.



TABLE IX : NON-VEGETABLE MATERIALS USED IN THE TREATMENT

1. Vaseline
2. Lard
3. Honey
4. Beef
5. Sugar
6. Salt
7. Cow ghee
8. Banana juice
9. Milk
10. Python (head)
11. Faeces of rat
12. Shell of tortoise
13. Mumbwa
14. (Enjoka etaruma).

CHAPTER THREE

COMMON ILLNESSES AND THEIR TREATMENT:

The Common illnesses encountered during the Survey of Kabarole District were given by the Traditional Healers by describing the symptoms. The medical terms were provided by Dr. Ogwal Okeng of the Department of Pharmacology and Therapeutics, Makerere University. He also assisted in compiling this Chapter.

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

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

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

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

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

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

1. ABDOMINAL PAIN (789.0)

- (a) Pound the leaves of Enyabarasana, and Orumbuğu, [TH: KULE Y.]. Mix with a little water and strain. Dilute the infusion with banana juice or milk. take half a glassful once a day for one week.
- (b) Dry the root of Tompakanyama, [TH: NYAKATO V.]. Pound and reduce to powder. Mix 3 table spoonfuls of the powder with 500ml. of water. Then cut the ripe fruit of Omusezi. It induces loose stool. Excess causes deep sleep.
- (c) Boil strongly in water the root of Omujeje, [TH: KABYEMERA E.]. Allow to cool. Take 250ml. twice a day for one day.
- (d) Boil in water the leaves of Omugabagaba, Akanyamafundo, Omuhoko and Ekicuncu, [TH: TUSHABE R.] and strain. Take 500ml. twice for one day. The patient is initially examined properly while lying.
- (e) Squeeze the juice from the leaves of Omwiğura, [TH: KAJURA A.] into clean water. Take one tea spoonful two times a day.
- (f) Pound the leaves of Ekicuncu, [TH: BAGUMA R.]. Mix with a little water and strain. Keep in a clean bottle. Take 850ml. three times a day for two days.

(g) Pound the stem bark of Bingirebita and Babigamba-nebyata, [TH: IRUMBA M.]. Boil and strain. Take 100ml. three times a day.

(h) Pound and then boil in water either the stem bark of Omulungi or the root of Omuhakwa, [TH: KAKIMA D.]. Take 50ml. three times a day for 1-2 days.

(i) Clean the roots of Omutatembwa, [TH: BAMUTURAKI J.]. Pound the root bark and boil in water. Allow to cool and strain. Take 120ml. twice daily for four days.

2. ABDOMINAL PAIN DURING PREGNANCY (646.8)

(a) Boil in water the leaves of Oluwutawuta, [TH: MUHINDO OWAMATE]. Allow to cool and strain. Take one glassful twice daily for one week.

(b) Macerate the leaves of Omweya and Engaroyabakama, [TH: KABEINARA R.] in cold water and strain. Take 250ml. twice daily until the pain ceases. Repeat if necessary. The patient should avoid strenuous work.

(c) Pound the inner bark of the root of Mugeege, [TH: NYABAKONJO A.]. Dry and reduce into a powder. Boil the powder in water, allow to cool and strain. Take 250ml. three times a day for one week. The pain gradually reduces and the patient feels normal.

3. **ABDOMINAL SWELLING (789.3)**

(a) Pound the leaves of Rubambansi, [TH:TIBAMA P.K.]. Boil thoroughly in water, allow to cool and strain. Take half a glass once a day for one week.

(b) Pound the leaves of Omutangatango, [TH:WAFURA N.]. Squeeze out the juice and mix with porridge. Take twice a day.

(c) Pound the root of Iraliro, [TH: RWABULERA W.]. Mix with cold water and strain. Take 250ml. twice a day for one day.

4. **ALLERGY (693.1)**

Boil in water the root bark of Omufurura and the roots of Omukwatansenene, [TH: SSEMAKULA J.]. Take 250ml. three times a day for one week. Avoid sugar and sweet foods.

5. **ANAEMIA (285.9)**

(a) Boil strongly in water the leaves of Nyarwehindura, [TH: BITARA E.], until a red colour is obtained and allow to cool. Take 500ml. three times a day for two days. The leaves should be collected very early in the morning before the Traditional Healer has met any one.

(b) Cut the fruit of Ekitobotobo, [TH: KARAMBUZI S.]. The fleshy part and seeds are rubbed into the nostrils. It causes violent sneezing. Then the dizziness disappears.

6. **ANASARCA (782.3)**

Boil in water Omugorogoro, [TH: KAIJANABYO A.]. Allow to cool and strain. Give 250ml. to adults and 125ml. to children twice a daily for two weeks. The swelling will disappear.

7. **ANORECTAL PROLAPSE (569)**

Crush the leaves of Orusinga, [TH: MAGALI E.]. Add a little water and strain. Take 50ml. three times daily for two days. The prolapse should recede. The patient should take soft foods.

8. **ANTENATAL CARE (V22)**

Pound together the roots of Ekifuha, the leaves of Omutunura and the bulb of Finyampinuri, [TH: KATEEBA J.]. Divide into three portions. Mix the first portion with water. Take 10ml. three times a day. Then rub the second portion all over the body. Lastly put the third portion on fire embers, squeeze out the juice. Take once daily for at least nine days before the full pregnancy term. A live child is normally delivered.

9. ANTENATAL HEMORRHAGE (V22)

Pound together the leaves of Omuchunezi, and Orushwiga, [TH: NYANAKU M.]. Mix with a little water and strain. Take 100ml. twice daily before meals for two days. Bleeding should stop.

10. ARTERIAL HYPERTENSION (401.9)

(a) Boil the stem bark of Omuwule, [TH: TURINA OBUKIRIRO B.], in water for about four hours. Allow to cool and strain. Keep the decoction in a jerry can. Take 125ml. three times a day and three half-litre bottles of beer if the condition has just developed or 5 bottles if it is an old case. The patient should avoid salt and instead be given passion fruits.

(b) Boil in water the bark of Enyaburiko, [TH: IRUMBA J.] and strain. Give one dessert spoonful three times a day before meals. The patient improves quickly and sweating stops.

11. ARTHRITIS (716.9)

(a) Melt the fresh fat obtained from a python for one hour to an oil. [TH: KADOMA M.]. Mix the oil with a powder prepared from the leaves of Omufuruka. Apply the paste into an incision made on the affected part three times a day for one week.

(b) **Boil** in water, the stem bark of Mbaragaza, [TH: KULE T]. Allow to cool and strain. Take half a glass full twice daily. Apply the residue into the incisions made on the swollen knee for 1-2 weeks.

(c) Heat the fruit of Ekituna kye Kisaka, [TH: ZIRABASARIZA J.] over a fire. Squeeze the juice of the fruit into incisions made on the affected part once daily for four days.

12. ASCARIASIS (127.0)

(a) Dry the fruits of Obunywa, [TH: KYOMORE B.]. Grind the powder and add to millet flour and prepare the porridge. Take 250ml. twice a day for 4 days. Avoid eating meat during the treatment period.

(b) Pound the stem bark of Omuhotora, [TH: NGURIKAGE Y.]. Dry and reduce to powder. Add this to millet flour and make a meal for the patient.

(c) Pound and **boil** in water the seeds of Bunyo, [TH: NJANJU M.]. Give 15ml. twice a day followed by some **sauce** for 1-2 days.

(d) Pound the root of Ekibombo, [TH: BUKOMBE G.]. **Mix** with banana juice and strain. Take 250ml. once.

- (e) Pound the leaves of Ekibirizi, [TH: MATE A.].
Mix with cold water and strain. Take 500ml. twice a day.
- (f) Boil in water the leaves of Efusietetwa,
[TH: TUBUHOIRE D.] and strain. Give 10ml. three times a day.
- (g) Pound together the roots of Obutibwensozi, and
Omubirigi, [TH: BUSIMBA F.]. Mix with some water and
strain. Then mix the infusion with concentrated
banana juice. Take 30ml. twice a day for 1-2 days.
- (h) Boil strongly in water the root bark of Omubirizi,
[TH: MUSA H.]. Allow to cool and strain. Take one
dessert spoonful twice a day.
- (i) Pound together the inner part of the roots of
Omubwera and the tender young (young) leaves of
Ensogasoga, [TH: SABIITI E.]. Boil in two litres of water
and concentrate to a half litre. Take once 500ml. in the
morning. Then the patient is given a matooke meal with
green vegetables. The worms are expelled out in stool
in the evening before sunset. Excess dose causes daiarrhoea.
- (j) Pound the leaves of Mutano, [TH: TINDIBAHIKA S.].
and mix with a little water. Take 15ml. to children and
500ml. to adults three times a day for three days. The
worms are expelled out.

(k) Pound the leaves of Omusoroza, [TH: KATUSHABE I.]. Mix with a little water. Take 100ml. twice daily for seven days.

(l) Pound and boil in water, the leaves of Omujuma, [TH: TUMWINE J.]. Allow to cool and strain. Take 250ml. twice a day for two days. Excess dose causes dizziness.

13. **ASTHMA (493.9)**

(a) Boil in water the stem bark of Omusisa, and Omubaragaza, [TH: NZIGUNYINGI I.]. Allow to cool and strain. Take half a glassful twice daily for two weeks.

(b) Boil together in water the stem bark of Muhangabagenzi, the rhizome of Kitembe, and honey, [TH: MUHINDO T.]. Take 5ml. three times a day for 1-2 days.

(c) Pound the leaves of Ekitokotoko, [TH: KABAHOIRE A.]. Mix with cold water containing small pieces of liver of a goat and strain. Take 250ml. once.

14. **BACKACHE (724.5)**

Dry the leaves of Akajembajembe, [TH: KARAMBUZI S.] and burn them in an open pot to ashes. Mix the ash with ghee and apply on an incision made on the painful part twice daily for nine days.

15. CACHEXIA (783.2)

Pound the leaves of Omuhankubá, Omwetango and Dodo, [TH: KAPASIKA P.]. Dry and reduce to powder. Mix the powder with cold water and strain.

Take 250ml. three times a day for two weeks.

16. CELLULITIS (682.9)

(a) Pound together the leaves of Ekyiko, Ekibirizi and Omujogyera, [TH: KARUFUNYIKA F.]. Apply the paste on the affected area and secure it with a bandage. The treatment may be repeated the following day. The swelling gradually disappears.

(b) Wrap in a banana leaf the leaves of Etaaba, [TH: KYENKYA R.]. Soften under fire and use them to massage the affected part. Then crush the bulb of Katungurucumu and apply on the affected part daily for 7-10 days.

17. CONJUNCTIVITIS (372.0)

(a) Wash the roots of Omusisa, [TH: TINKA G.]. Pound and add a little cold water and then strain. Use as eye drops before going to bed for 3-4 days. The eyes should improve within three days.

(b) Crush the leaves of the wild Ebihimba, [TH:ZIBEDA R.]. put the paste in a funnel made from the leaf of Ekyiko, then squeeze some drops into the eyes three times a day for three days. The eyes should be kept closed for half an hour and should improve within two days.

18. CONSTIPATION (564.0)

Cut the fruit of Ekitobotobo, [TH: KARAMBUZI S.], remove the fleshy part with seeds and rub it into the anus.

19. CORENEAL OPACITY (371.9.)

(a) Squeeze out the juice from the flowers of Endetsa and Amoliabane, [TH: BASALIZA M.M.]. Apply a few drops of the juice into the affected eye twice a day for 3 days.

(b) The root of Ekiterankuba, [TH: KARAMBUZI S.] is tied with Omunaaba or Ekikarabo string into a knot. The string is worn around the patient's neck until it breaks and drops down. The white spot would then have disappeared.

20. COLAPSED STERNUM (NC)

Crush the leaves of Rukunya, [TH: KISEMBO A.], and rub on the depressed part. Then use a snail to raise the depression once a day for three days, early in the mornings. The sternum returns to normal position within three days.

21. COUGH (786.2)

Clean the root of Omusororo, [TH: KAKULIREMU J.].
Chew the bark and swallow the juice for as long as necessary.

22. DERMATOSIS 8709.9)

(a) Boil the leaves of Ekisekaseka, Enkoni,
Orukurega and Oruguragusana, [TH: TINKASIMIRE Z.], in
water, strain and store in a clean bottle. Take the drug
in two days.

(b) Pound and mix with little cold water the leaves
of Akamaramahano, Omuhanga and Omutatembwa, [TH:
[TH: NKURINGOMA S.]. Apply the paste to the whole body,
three times a day for one week.

23. DIARRHOEA (009.3)

(a) Boil in water the stem bark of Omuyora,
[TH: MUZIRANFUNDU M.]. Allow to cool and strain. Take
half a glass twice daily for one day. Use the rest for
enema.

(b) Boil in water the roots and the leaves of Ekitunda,
Enyabarasana and Omubuza, [TH: BIKUNDIKWA Y.]. Allow to
cool and strain. Take 250ml. twice a day.

- (c) Macerate in warm water the leaves of Ekitunda, and Nyabarasana, [TH: BWAMBALE Y.] and strain. Give 30ml. twice a day for 2-3 days.
- (d) Pound the leaves of Omuzawula, [TH: NKOKOTA N.]. Mix with warm water and strain. Take 50ml. three times a day for one week.
- (e) Pound the leaves of Orukoma, Ekikaku (Kiziga Mbogo), [TH: KARUFUNYIKA F.]. Mix with some water and strain. Take 3 dessert spoonfuls twice a day.
- (f) Pound the leaves of akanyansagama, [TH: KATURUMUNDA G.]. Mix hot water and prepare Emumbwa made from clay soil. Take one dose from Emumbwa disolvent in half a glassful of water twice a day.
- (g) Pound together the fresh leaves of Olubwera, Omunyampata and Olukoligo, [TH: RUSOKE Y.]. Mix with water and strain. Take 50ml. three times a day for 3 days.

24. DIARRHOEA AND VOMITING IN CHILDREN

- (a) Pound the leaves of Kayogyera, [TH: BITARA E.]. Boil in water, allow to cool and strain. Take two dessert spoonfuls twice a day for two days. Tie a piece of the root on a string around the waist at the back.

(b) Boil in water the leaves of Ekitunda and Enyabarasana, [TH: BACHWA A.]. Allow to cool and strain. Adults take 250ml. once a day for three days. The patient should recover in a few hours. If an overdose is taken, drink milk to counteract the effects.

25. DIFFICULT LABOUR (669.9)

- (a) Prepare black tea and give while it is still hot, [TH: BARIMUZIKI E.], [TH: KAHWA C.].
- (b) Boil in water whole plant of Bunyunyambuzi, [TH: TIBANANUKA E.]. Give half a glassful once.
- (c) Boil in water the leaves of Nyikaranyenka and the stem bark of Ensayimya, [TH: TIBANANUKA E.]. Give half a glassful.
- (d) Make the expectant mother to chew the root of Ensamba for about 10 minutes, [TH: KISEMBO T.]
- (e) Warm the leaves of Ensamba under charcoal embers, [TH: BITAMAZIRE S.], wash off the dirt and ash. Give the expectant mother to chew and swallow the juice.

(f) Pound the roots of Enyamusiri, [TH: KABARAMAGI B.A.]. Mix with hot water and strain. Give half a glass full once.

(g) Squeeze the flowers of Eteke, [TH: KALITUNSI M.]. Mix with little water and strain. Give one tea spoonful once.

(h) Let the expectant mother chew the yellow plantain leaves and swallow the liquid, [TH: KAGABA F.].

(i) Give warm black tea. If this fails then crush the leaves of Akanyakengeeya, [TH: KAHWA J.]. Mix with some cold water, allow to stand and then strain. Give half a glass once. If this fails within 30 minutes then squeeze the leaves of Kisakimu, mix with water, allow to stand then strain. Give half a glass once.

If this also fails then lastly crush the leaves of Kaburuga, mix with water, allow to stand and strain. Give half a glass once.

(j) Crush between the palms the leaves of Omusororo, [TH: KAKULIREMU J.]. Mix with some water and strain. Take once.

(k) Make the patient to chew the root of the Gonja plantain, and swallow the juice, [TH: BONABANA E.]. The root residue is then applied on the lower part of the abdomen.

(l) Pound the root of Ensamba, [TH: TINKAMANYIRE A.] and mix with black tea. Give the patient to drink all of it once.

(m) Pound the leaves of Entendigwa, and the root of Eyobyoy, [TH: KABIHIRE R.]. Mix with a little cold water. Give one dessert spoonful once.

(n) Crush the fresh leaves of Enyakasunsa, [TH: BYAHURWA]. Mix with cold water and strain. Give half a glass once.

(o) Crush the leaves of Wankura, and the stems of Emwaro, [TH: KABATORO S.]. Add tea leaves and add cold water.

Take one tea spoonful once.

(p) Pound the leaves of Nyakakukumura, Kisekimo, and the roots and leaves of Ntendigwa, [TH: MBUNGANABO S.]. Mix with water and strain. Give half a glass once. Alternatively chew and swallow the juice.

(q) Crush the leaves of Kisakimu, [TH: KABAGANDA O]. Mix with cold water and strain. Give 250ml. once.

(r) Boil together in water the leaves and roots of Enjagi and Omubimba, [TH: KABASITA J.]. Add tea leaves and strain. Give two dessert spoonfuls once.

- (s) Let the mother chew the root of Inyabarasanye, [TH: BAJUNE V.].
- (t) Reduce to powder the dry stem bark of Eseta, [TH: ISINGOMA M.]. Mix with cow ghee and apply on the abdomen during delivery.
- (u) Crush the root of Kisakimu, [TH: KABAFUMU M.]. Mix with water and strain. Give to the patient. If it fails then let her chew the leaves of Omwihura.
- (v) Pound the roots of Inyabarasanye, and Omusoga. Boil together with tea leaves, [TH: BANAGAIJA F.]. Give 500ml. once.
- (w) Chew the root of Kisogasoga once, [TH: BISAMUNYU V.].
- (x) Pound the leaves of Akaishiambwa, [TH: KULE A.]. Mix with cold water and strain. Give 10ml. twice a day.
- (y) Boil in water the leaves of Nyabarasaina, [TH: MBABAZI E.]. Give in small amounts once.
- (z) Pound the leaves of Sagamanungi, [TH: KABARANGIRA C.J.]. Mix with water and strain. Give two table spoonfuls once.
- (aa) Crush the leaves of Wankura, [TH: KABAGONZA P.]. Mix with cold water. Give one glassful.

- (bb) Pound the leaves of Orujina, [TH: MATE E.].
Mix with some water and strain. Take two dessert spoonfuls once.
- (cc) Let the expectant mother chew the root bark of Nyikaranyenka, [TH: KIIZA C.].
- (dd) First let the mother chew the root of Ekirinyamulero and swallow the juice.
Then warm the leaves of Ekikanyu, [TH: MUNTUKU E.].
Squeeze out the juice a dessert spoonful once.
The treatment is preceded by an incantation.
- (ee) Pound the leaves of Enderema, [TH: KAMBERE A.].
Add some water and strain. Give half a glass once.
- ((ff) Pound the root of Esogye, [TH: MWESIGYE R.].
Mix with a little warm water. Take one table spoonful once.
- (gg) Crush the leaves of Omuyora, [TH: KASANGAKI R.].
Mix with some water. Take 250ml. once.
- (hh) Crush between the palms the leaves of Ekigaragara, [TH: NZABALINDA N.]. Mix with a little water. Give two tea spoonfuls once.
- (ii) Pound the leaves of Sere, [TH: NASOZI, EVONA].
Add warm ash and mix with some water. Take 100ml. once.

- (jj) Pound the leaves of Omuhanurankuba, [TH: KAIKARA R.]. Mix with cold water and strain. Give 50ml. once. The treatment may be repeated if necessary.
- (kk) Wrap in a banana leaf the branch stem of Nkoninyabuti, [TH: KABAUMA S.]. Roast under fire, chew and swallow the juice once.
- (ll) Boil in water the stem bark of Omusomoro, [TH: KAHWA Y.]. Take once.
- (mm) Chew the root of Nyabisa, [TH: NYAMUTALE J.]. Swallow the juice.
- (nn) Warm over fire the root of Eyobyoy, [TH: KATEBA T.]. Chew the root and swallow the juice.
- ((oo) Macerate in water the leaves of Omujobajumba and Omuhanurankuba, [TH: DAKITARI M.] and strain. Take 125ml. once. This may be repeated until labour is induced followed by normal delivery.
- (pp) Squeeze the leaves of Omuwhihura, [TH: KAHIMBARA J.]. Mix with a little water. Take 50ml. once.
- (qq) Pound the leaves of Rutendeigwa, [TH: KABONESA F.]. Mix with a little cold water and strain. Take 250ml. once. Labour should be induced immediately followed by normal delivery.

(rr) Crush the leaves of Akanyunyambuzi, [TH:MAGALI E.]. Mix with a little water and strain. Take two dessert spoonfuls. The patient delivers immediately.

(ss) Wash and chew the roots of Omunyoboro, [TH: MAGALI E.. Swallow the juice. The mother delivers immediately.

(tt) Burn to ashes the stem bark of Kijumburra, [TH: MUHINDO TUNGU]. Lick some of the ash once. The patient delivers immediately.

(uu) Chew the leaves of Omujunabantu, [TH:BYAMPAKA E.]. Swallow the juice. Rub the residue on the back and abdomen. Use some leaves as knee pads as the patient squats downward. Labour is immediately induced followed by normal delivery.

(vv) Boil in hot water the roots of Omunyoboro, [TH: BAHEMUKA V.]. Allow to cool and strain. Take two dessert spoonfuls once. Labour is induced followed by normal delivery.

(ww) Squeeze the leaves of Orutendeigwa, [TH: KATISA D.]. in water. Store overnight and strain. Take 125ml. once. Labour is induced followed by normal delivery.

(xx) Pound to paste the roots of Eyobyo, [TH: ZIRABASARIZA J.]. Put some paste on the breasts and between the thighs of the patient as she positions herself to deliver.

(yy) Squeeze the leaves of Kinyiminyimi and Obutuṭu, [TH: GAKYARO W.]. Mix with a little water and strain. Take 25-50ml. once.

(zz) Squeeze the leaves of Ekisambya between the palms, [TH: KATURAMU T.]. Mix with water and strain. Take 150ml. once. If the treatment fails then chew two small pieces of the roots of Nyabisha. The baby should come out immediately.

(aaa) Chew a piece of the roots of Ekitokotoko, [TH: KABABITO R.] once only. Alternatively squeeze the laves of Omwaru. Mix with water and strain. Take 50ml. once.

(bbb) Chew the leaves of Omwehora, [TH: KYENKYA R.]. Put a little on the breasts and between the legs once.

(ccc) Crush the leaves of Kyesembya, [TH: KISEMBO A.]. Mix with a little water and strain. Take 250ml. once.

(ddd) Crush the leavess of Omugogo, [TH: BAKABUKYI A.]. Mix with a little water and strain. Take 250ml. once. The baby should be delivered immediately.

(eee) Chew the roots or the leaves of Muhanurankuba,
[TH: KOBUSINGE M.] once. Alternatively chew the roots of
Oruhugura once.

(fff) Squeeze the hairy parts of Ekyoganyanja,
[TH: KEINGANABUSHA A.] between palms. Mix with a little
water and strain. Take 125ml. once.

The patient delivers within one to two hours. She should
rest after taking the medicine.

(ggg) Pound the roots of Ekigalagala, [TH: TUSHABEOMU H.].
Boil in water with tea leaves. Allow to cool and strain.
Give 15ml. of the decoction once. The delivery is effected
immediately.

(hhh) Macerate the dry leaves of Nyakasunsa,
[TH: TIBASIIMA M.]. Strain and give three dessert spoonfuls
once. Labour is induced and delivery follows immediately.

(iii) Pound the leaves of Omuhaurankuba,
[TH: KWEBIHA F.]. Mix with clean cold water and strain.
Give 125ml. of the infusion once. Labour pains increase
and delivery is effected immediately.

((jjj) Pound the leaves of Omuhaurankuba,
[TH: TUSHABEOMWE I.]. Mix with cold water and strain.
Take 250ml. of the infusion once.

(kkk) Pound together the leaves of Nyabarasani and Muhurura, [TH: TUSHABEOMWE I.]. Mix with cold water. Mix with cold water. and Take 250ml. of the concoction once. Delivery is effected immediately.

(lll) Pound the leaves of Akacuncu, [TH: NKWISI P.]. Boil in water. Take one table spoonful once. Alternatively boil the meat of a hippopotamus and take one spoonful once. The labour pains increase and delivery is effected immediately.

26. **DYSEMENORRHOEA (625.3)**

(a) Pound and boil in water the stem bark of Mutatembwa, [TH: KASAIJA A.]. Allow to cool and strain. Take 250ml. once a day during the menstruation period and avoid alcohol and meat.

Then pound and boil in water the roots of Mukuzanyana, [TH: KASAIJA A.]. Take 500ml. once a day during the menstruation period.

Lastly pound and dry the roots of Mweramaino, [TH: KASAIJA A.]. and reduce to powder. Mix the powder with a little water. Take 250ml. twice a day. Excess dose causes dizziness.

(b) Pound the leaves of Amalere, [TH: TIGWEZIRE R.]. Mix with cold water. Take 150ml. three times a day.

(c) Boil in water the root of Mukuzanyana, [TH: NYAMUTALE L.]. Take 230ml. once soon after the menstruation period.

27. **DYSENTRY (009.2)**

(a) Boil the leaves of Ihoza, [TH: BALIZARWA S.] in water. Allow to cool and strain. Take three table spoonfuls twice daily for two days. The diarrhoea should stop. The patient should avoid consuming alcohol during the treatment.

(b) Pound together the leaves of Ekizigambogo, Akakuraigo and Akatoito, [TH: KARYEBARA I.]. Mix with some water and strain. The drug turns redish after standing for thirty minutes when it is ready for taking. Give 250ml. three times a day for three days. Blood stained diarrhoea should stop.

(c) Pound and boil in water the leaves of Akanyamajugo, Ekarankya and Ekiterankuba, [TH: BITWIRE R.] and then strain. Give one tea spoonful to children and one dessertspoonful to adults three times a day for three days.

(d) Boil together the leaves of Omuragi, the roots of Etaaba and the stem bark of Omutooma, [TH:TALIWABO B.]. Allow to cool and strain. Take 125ml. three times a day for one to two weeks. Dysentery gradully stops.

(e) Boil in water the stem bark of Omunimba, [TH: KOTI S.]. Allow to cool and strain. Give one dessert spoonful to children and one glassful to adults twice daily for four days.

(f) Boil together in water the leaves of Kiboha, Muragi, Wankura, Muzibira and Muzigambogo, [TH: BAGONZA-SWALE J.] and strain. Take 250ml. twice a day for as long as necessary.

The concoction is also used for treating cholera.

28. EPILEPSY (345.9)

(a) Pound the roots of Omusisa and Emputama, [TH: MUSOKE NYONYI E.]. Boil in water, allow to cool and strain. Take 2 dessert spoonfuls twice daily for 7 days.

(b) Boil together the leaves of Omubimba and the meat of a she or he goat depending on whether the patient is a female or male, [TH: KAIJABAHOIRE A.]. Give the patient some soup and a little meat very early in the mornings following the period of seizures.

(c) Pound the fresh roots of Omusheshe, Omutunura, and Omuswasagamwa, [TH: TINKASIMIRE J.]. Boil in water and give 50-75ml. three times a day for 4 days.

(d) Pound the leaves of Mugeege, [TH: NSUNGWA N.]. Mix with cold water and strain. Give 250ml. daily.

(e) Crush the leaves of Ekitembamahwa, [TH: BITAKATAHIRE I.] and mix with water. Take 250ml. twice daily for one week. The patient should stay with the Traditional Healer for three months.

(f) Boil together the roots and the leaves of Omugwanansimbo, [TH: BAHEMUKA D.] with mutton. Take the the soup and eat the meat three times a day before the period of seizure.

Alternatively prepare powder from the dry roots and leaves of Omugwanansimbo, mix the powder with simsim paste. Then eat the paste three times a day. Repeat the treatment three months later.

29. FEBRILE CONVULSIONS (780.3)

Pound the root of Omuhire, [TH: BYARUFU P.]. Dry and reduce to powder. Mix the powder with hot water and strain. Give 150ml. twice a day.

30. FRACTURE (829)

(a) Burn to ashes the leaves of Akaramata, [TH: MAGUFU B.]. Mix the ash with vaseline. Apply into the incisions made at the area of the fracture. The patient is immobilised in splints.

- (b) Pound the roots of Omutooma, [TH: MAGUFU B.]. Mix with lard. Apply in incisions made at the site of the fracture twice daily. The limb is immobilised.
- (c) Pound together the leaves of Omuturabusa and Ekibirizi, and the whole plant of Bunyunyambuzi, [TH: KAIKARA Y.]. Add to the paste water previously used to wash the Traditional Healer's face. Use the paste to massage the fracture three times a day.
- (d) The Traditional Healer spits his saliva on the palms and then sets the broken bone in position. He massages the fracture every morning and evening for as long as necessary.
- (e) Pound together the leaves of Ekicumucumu, Omubuza and Enteija, [TH: RWITARUSO A.]. Apply the paste into incisions made with a new razor blade on the affected part twice daily. The treatment is started when the sun is just setting. The razor blade should not be used again until the patient is completely cured.
- (f) Pound, dry and reduce to powder, the leaves of Obukanja, [TH: MBONIGABA J.B.]. Mix the powder with ghee and apply on the fracture once daily till recovery.

(g) Pound the leaves of (Empunika and Omubuza, [TH: KARAMBUZI]. Rub and hard on the fractured part, immobilize once every day at night. The patient should not move about.

31. FOOD POISONING (E980.5)

(a) Pound the leaves of Mugahura, [TH: GASIGAZI A.]. Mix with a little water and strain. Take 125ml. once. It causes the patient to vomit out the poison immediately. The patient should be given chicken soup to regain strength.

(b) Pound the roots and leaves of Omubirizi, [TH: BAGUMA W.]. Boil in water and strain. Take 750ml. two to three times a day for 3-4 days. Excess causes vomiting and pain in the abdomen.

32. FRESH WOUND (879.8)

(a) Pound together the leaves of Embatabata, Orutuutu, Omufururura, [TH: . Mix with a little water and squeeze out the liquid. Take 250ml. three times a day. A decoction may be prepared for drinking.

(b) Pound the leaves of Akaho, [TH: KAKUNDURA D.]. Mix with cow ghee and apply on the wound once a day.

33. FUNCTIONAL PSYCHOSIS (298)

(a) Pound the root of Omuturuka, [TH: WASWA SALONGO J.]. Dry and reduce to powder. Mix one portion of the powder with hot water and add tea leaves. Give one table spoonful as often as possible for one day. Then apply the other portion into incisions made on the head. The patient should avoid alcohol and sexual intercourse.

(b) Pound the leaves of Omuhoko, [TH: TINKASIMIRE J.]. and apply on the shaven head.

(c) Grind to powder the rat droppings and the shell of a tortoise [TH: TINKASIMIRE H.] to powder. Mix one portion with porridge and drink. Boil the second portion in water. Take 250ml. twice and apply the rest into incisions made on the head. The treatment lasts for seven days.

(d) Boil thoroughly in water the roots of Omukunga, Omutatembwa and Omwefuzo, [TH: LULE T.]. Allow to cool and strain. Take 30ml. three times a day for 3 days.

(e) Squeeze the juice from the leaves of Ekimonko, Nyakasunsa, Bingiribita and Iswa, [TH: BAHEMUKA S.]. Give the patient the juice to swallow three times a day until he recovers. The drug induces sleep. The patient should avoid alcohol and smoking.

(f) Crush the leaf bud (young leaf) of Omuhabura, [TH: KISHIGAZI G.], add Ekisura kye kitoro (Katwe rock salt) and mix with a little water. Apply two drops in each nostril. The patient should be left to rest for at least six hours.

It is expected that the patient should recover by the time he wakes up.

(g) Clean and pound the roots of Omukomo, [TH: OWORINAWA M.]. Mix with a little water, strain and allow to cool. Take 500ml. in the morning and afternoon, then 125ml. in the evening for two to three days. Patient is made to sit restfully on a mat after taking the drug. It causes frequent urination.

(h) Dry the stem bark of Omutatembwa, [TH: GASIGAZI A.] for one day, pound and re-dry for another day. Mix one portion of the powder with water and strain. Take 500ml. once. Use the rest of the solution for bathing. Apply some of the powder into the incisions made on the large toe and on the head.

Lastly, burn the rest of the powder on a broken piece of a pot and let the patient inhale the smoke while he is covered over the head with a piece of cloth.

The patient goes into a sleep and wakes up while he is calm.

(i) Pound the fruits of Nyamuboha, [TH: KABATORO J.]. Mix with cold water and strain. Take 500ml. once a day for three to four days. The patient starts to ask for food which is an indication for improvement.

(j) Pound together the leaves of Ekijumburra, Bingirabita and Iranga, [TH: SUNDAY J.] and squeeze out the juice. Take 125ml. three times a day for one week. The patient becomes calm.

(k) Pound together the roots of Omutuna, Omutunura, and the leaves of Mujegejege and Kinami, [TH: SANDE L.]. Boil together in water and strain. Take 20ml. three times a day. Then burn the residues to ashes and apply into the incisions made on the head. The patient improves in two days.

(l) Pound the stem bark of Omutatembwa, [TH: RUSHENGE R.]. Boil in about 500ml. of water until the volume is reduced to about 250ml.. Allow to cool and strain. Tie up the violent patient with a rope and give two spoonfuls of the decoction twice a day. Repeat the treatment daily until it is all finished. Warm the leaves of Omuhikeya over a fire and squeeze between the palms. Rub the juice all over the patient four times daily. It causes the patient to sneeze so violently that the eyes turn red. The patient should not be allowed to smoke and take alcohol.

34. GENERAL BODY PAIN (780.9)

(a) Dry and burn to ashes the peelings of Gonja bananas, [TH: KYABONA V.]. Apply the ash into the incissions made on the joints of the limbs for as long as necessary.

(b) Dry and burn to ashes the peelings of Gonja banana, Obukoko bwibaale (moss growing on rocks), [TH: KYABONA V.]. Apply the ash into incissions made on the joints of the limbs for as long as necessary.

(c) Pound the leaves of Muruku and Mubuze, [TH: KYABONA V.], and add a little water to a paste. Apply the paste all over the body.

(d) Pound, dry and reduce to powder, the stem bark of Mutatembwa, [TH: KYABONA V.]. Boil in the soup of goat's meat. Take the soup daily if necessary

(e) Pound the root of Kashaho, [TH: RURUHONA J.]. Dry and reduce to powder. Mix with warm water. Take 100ml. once a day on alternate days.

(f) Pound together the leaves of Obuterabagenge and the soil from an abandoned ant hill, [TH: RWABUYAGA J.]. Apply into the incissions made at the joints. Apply extra pressure on the upper end of the limb.

35. HEADACHE (784.0)

Pound the stem bark of Mubirizi, [TH: MUKEEKA B.Y.]. Boil in water. Take 15ml. three times a day for 2-3 days.

36. HAEMOPTYSIS

(a) Boil the inner stem bark of Omutatembwa at night, [TH: NSUNGWA V.]. Stain the following morning. Take 125ml. three times a day for two weeks. The patient feels pain when taking the drug which eventually disappears. The bark stem turns red and frothy during the preparation. Collect the **stem bark** after the sun has set.

(b) Boil together the stem bark of Musisa, the leaves of Kalitunsi, the roots of Emiyembe, Omukamba and the fruits of Kalifuha, Endimo, [TH: KABATERAINE J.], in warm water and strain.

Keep the concoction in a clean bottle. Give one table spoonful for two days.

37. HEART DISEASE (422.9)

Pound and boil in water the stem bark of Omutembo, [TH: KYAKERE Y.]. Take one s dessert spoonful twice a day for 2 days.

38. HELMINTHIASIS (128.9)

(a) Wash the freshleaves of Amatunda, [TH*TUKAHIRWA R.]. Squeeze out the juice and strain. Apply the residues on the whole body of the patient. Give 125ml. of the expressed juice twice a day to a child for one week after meals.

(b) Clean and pound the roots of Omukatango, [TH: MASEMERERWA]. Boil, allow to cool and strain. Give two tea spoonfuls to children (2-8 years) and four to adults twice a day for four days. The patient should avoid cold foods.

(c) Pound the leaves of Omutanu, [TH: TIGASASA R.]. Mix with a little cold water and strain. Then boil the filtrate for 30 minutes and allow to cool. Give to children two dessert spoonfuls in the morning, one in the afternoon and two in the evening for three days.

(d) Pound the roots of Omwitanjoka, the stem bark of Omwitta and the roots and leaves of Saragamba, [TH: KASORO P.]. Boil in a little water for about 30 minutes. Allow to cool, strain and store in a clean bottle. Give two table spoonfuls to adults and two tea spoonfuls to children three times a day for three to four days. The patient should not take alcohol for at least one week.

(e) Boil together in water the leaves of Nyarwefura, and the roots of Omutete, [TH: TWIKIRIZE Y.]. Allow to cool for fifteen minutes and strain. Give two tea spoonfuls to children and two table spoonfuls to adults two times a day until the worms are expelled and the patient starts eating.

39. HERPES ZOOSTER (053.9)

(a) Pound together the roots and the leaves of Ekanga, [TH: KEMUTUMBA V.]. Boil in water and strain. Take half a glass three times a day.

Apply the residue twice a day for as long as necessary.

(b) Pound thoroughly, the leaves of Omukanja, [TH: TWAIBU S.F.]. Squeeze out the juice. Mix the juice with millet flour and boil. Use the paste to smear on the affected part. This results into the formation of scub. The scub just peels off after about one week.

40. INFERTILITY IN WOMEN (628)

(a) Boil together in water the roots of Omworora and Kasatira, [TH: NAMATA M.]. Allow to cool and strain. Give 500ml. twice a day during the menstruation period. Repeat for 2-3 months.

(b) Pound the leaves of Ekichocho, Omuhire and Omwehura,
 [TH: BYARUFU P.. Boil in water and strain. Take 500ml.
 twice a day for four days. The treatment may be repeated
 as long as necessary, during the menstruation periods.

(c) Pound together the leaves of Omuhankuba,
Entorohompo, and the leaves and root of Akakwansokwanso,
 [TH: TINKASIMIRE H.]. Mix with cold water and strain.
 Take 250ml. once on the last day of menstruation.

(d) Pound nine leaves of Ekimarampaka, [TH: NAMATOVU Y
 Mix with water and strain. Take 100ml. twice a day for
 3-4 days starting at commencement of the menstruation pe

(e) Pound together the leaves of Kikolakimu and Omutwe
ngumba, [TH: KAJUMBUKIRE D.]. Mix with cold water and
 strain and add the infusion to Bushera. Take daily
 before sunrise for 3 months.

(f) Boil in water the stem bark of Omusomoro, [TH: KAHWA
 Take for as long as necessary.

(g) Pound separately the leaves of Obukura, Entahanyen
 and Omubimba, [TH: NYAKANA N.]. Dry and reduce to powde
 Make an infusion of each powder and take as follows:
 250ml. of Obukura at the beginning of the menstruation
 period; followed by that of Entahanyenka on the second
 day and lastly that of Omubimba the last day of the per

(h) The woman is made to sit on a new white piece of cloth and given the seed of Entongozabalisa, [TH: NYANGOMA J.] to swallow. If the seed is retained then she takes 500ml. of the infusion of the leaves of the same plant. If the seed passes right through to the white cloth then the woman is incapable of conceiving.

(i) Squeeze the fruit of Nyamboha, [TH: KABATORO J.] in little water collected by the patient from a well and strain. Take 250ml. once. This treatment should be given to patient during menstruation or just after the end of the periods.

The patient should have sexual intercourcs only with the husband.

(j) Pound the leaves of Omuyora, [TH: KEMIGYEYO M.]. Dry and then boil in water. Allow the decoction to cool down overnitht. Take 250ml. from a calabash once in the morning before sunrise.

Pound the leaves of Omuhanurankuba and mix with a little water and strain. Take 250ml. from a calabash in one mouthful after the adminstration of Omuyora.

(k) Squeeze the leaves of Akanyamafundo, Entonderwa and Ekifashi, [TH: KABASOMI M.] with cool, sterilzed water and strain. Give 500ml. three times a day. The treatment should be given during menstruation periods alternately for up to six months. The patient should concieve within six months.

(1) Pound together the root bark of Omugeege and the stem bark of Mutatembwa, [TH: BACWENKOJO T.]. Dry and grind to powder. Mix one spoonful of the powder in either half a glass of tea or milk. Take once every day for at least one week.

With good luck, the woman is expected to conceive within one to four months.

The patient should drink boiled water. Excess dose may cause burning pain in the chest and abdomen.

41. JAUNDICE (782.4)

Boil in water the roots of Enkarwe and Kilagi, [TH: TIGWEZIRE J.]. Allow to cool and strain. Take 50ml. three times a day for 3-4 days.

42. KWASHIOKOR (260)

(a) Wash the roots of Ekibirizi, [TH: TIBASIIMA M.], and peel off the bark. Boil together with the leaves of Esununu, Kalitusi and Omutugunda. Add cow ghee and rock salt and strain. Give two tea spoonfuls three times daily for two weeks. The child should be fed on a balanced diet.

(b) Pound together the leaves of Omuhiire, Omujuma and the stem bark of Omusisi, [TH: NZABERAHO A.]. Boil in water, allow to cool and strain. Give one dessert spoonful three times a day.

The baby should be kept on a diet including eggs, beans and given vegetables.

43. KYPHOSIS (737.4)

Burn to ashes the root of Akanyankogote, [TH: NYIRAHUKU S.]. Apply the ash in incissions made on the chest and the back once only.

44. LEPROSY (030.1)

Pound the dry seeds of Esogo (castor oil seeds), [TH: KAWA Z.]. Express the oil. Take one tea spoonful three times a day for one month.

45. MALARIA (084.9)

(a) Wash the roots of Omubirizi, [TH: TUSHABEOMU H.] and scrap off the bark. Boil the bark in water, allow to cool and strain. Give one tea spoonful to children and two table spoonfuls to adults twice a day for one day only. It makes the patient to go into a deep sleep and he sweats excessively. The patient feels better on waking up. In case there is no improvement the patient should be referred to the hospital.

(b) Pound both the root and leaves of Orwihura, [TH: KABAHINGANE K.]. Mix with cold water and strain. Give 50ml. to adults and 15ml. to children three times a day for 3 days.

(c) Pound the root of Engundu, [TH: KABADAKI A.]. Mix with previously boiled water and strain. Take 2 table spoonfuls twice a day.

(d) Pound and boil in water, the leaves of Mubirizi, [TH: NYAKABONYE A.]. Take two table spoonfuls twice daily **for** three days.

(e) Pound the leaves of Mubirizi, [TH: BICHIRE G. and TUMWINE J.], add a little water and strain. Take 250ml. once.

The treatment can be repeated the following day in case of no improvement.

(f) Mix a few drops of the sap of Rukaka, [TH: TUMWINE J.] with 500ml. of water. Take once.

Excess sap causes mental disturbance.

(g) Pound the roots of Mubirizi, boil in water and strain. Take 500ml. twice daily while the decoction is still luke warm.

Treatment should take place early in the morning before meals.

The patient sweats a lot and the temperature is **lowered**.

46. MALPOSITION OF FOETUS (652.9)

(a) Wrap the whole plant of Orusikasike, [TH: KAGITERA A.] around the waist of the expectant mother.

(b) Macerate in water the leaves of Ensamba, [TH: KABANYORO R.]. Give two dessert spoonfuls to a **pregnant** woman once.

The Traditional Birth Attendant gently massages the abdomen and reallignes the foetus in the correct position.

47. **MARASMUS (261)**

Boil in water the root of Emitoma, [TH: KABAGENYI S.].
Give 250ml. once a day for as long as necessary.

48. **NUMBNESS IN THE LIMBS (342.9)**

Pound together the root of Akashabishabi and the
leaves of Omuramura, [TH: RUGWIZA J.]. Boil in water,
allow to cool and strain. Take one glassful three times a
day for 3 days.

49. **OBURO**

Squeeze in water the roots of Obunyunyambuzi,
[TH: KALENGESA H.] and strain. Give 250ml. once to children.

50. **OTITIS MEDIA (382.0)**

Pound the leaves of Ejubwa, [TH: RWABUHORO P.].
Squeeze out the juice and apply as ear drops three
times a day.

51. **PERTUSIS (033.9)**

(a) Boil in water the root of Ekibirizi, [TH: KIIZA K.].
Add some rock salt. Give one table spoonful six times.

(b) Boil together in water the leaves of Kajaja, the seeds of Kalitunsi and the leaves of Akarandarugo, [TH: BACWENKOJO T.. Allow to cool and strain. Mix the concoction with waragi (alcohol). Take 3-4 table spoonfuls twice daily until the patient is cured.

The treatment is continued for at least two weeks.

(c) Pound the leaves of Kacucu and Musekera, [TH: KATURAMU L.]. Boil in a little water and strain. Add rock salt and cow ghee. Give one tea spoonful three times a day for two weeks.

Excess may cause serious breathing problems.

(d) Boil in water the stem bark of Omulinzi (Ekiko) which had been cut the previous evening and kept in the house the whole night, [TH: NKYERA M.]. Add some rock salt (mahonde) to taste. Take three dessert spoonfuls three times a day for one to two weeks.

It is important that the stem bark is collected by someone without putting on clothes very early in the morning. He does not look behind while carrying the bark until he reaches the house of the patient.

52. PNEUMONIA (486)

Pound together the leaves of Omusinga and Omusambya [TH: BAMUTURA E.]. Mix with cold water and strain.

Take 250ml. twice a day.

53. POISONING (980.5)

(a) Boil in water the leaves of Omuhokorora, [TH: KEMITUMBA V.].
Take one glassful once.

(b) Pound together the stem bark of Omuguruka and the leaves of Omuhoko, Omwiyoni, Omutagara and Kashaho, [TH: NYIRAHABINKA B.]. Mix with a little cold water and strain. Take one tea spoonful once. This induces profuse vomiting and diarrhoea.

The treatment may be repeated if necessary.

54. POSTPARTUM HAEMORRHAGE

(a) Make a solution of salt and sugar, [TH: MUHINDA A.].
Give 500ml. twice a day.

(b) Let the mother chew the root of Kayenje, [TH: KATALINA].

(c) Give 500ml. of cold water as often as possible,
[TH: KABAINDI C.].

(d)

55. REGUGITATION OF MILK BY BABY (NC)

(a) Pound the fresh leaves of Omwetango and Enyabarasana. Squeeze out the juice. Give one tea spoonful four times daily.

(b) Crush the leaves of Omukungere, add little water and strain. Take 250ml. once.

56. RETAINED PLACENTA (666)

- (a) Put a leaf of Buzumero, [TH: KEMITUMBA V.], on the back of the mother and on the ambilical cord of the new born.
- (b) Macerate in water the leaves of Enderema, [TH: MUPAGASI I.]. Take two spoonfuls once and then hot tea.
- (c) Crush between the palms the leaves of Enyabarasana, [TH: NALONGO H.]. Add a little cold water and squeeze out the juice from the paste. Give two dessert spoonful once.
- (d) Pound the leaves of Emboge, [TH: NASOZI E.]. Mix with water and strain. Give 100ml. once.
- (e) Pound the leaves of Omuhankurankuba, [TH: BUSIMBA F.]. Mix with some cold water and strain. Give 250ml. once.
- (f) Pound the leaves of Nyankurawenda, [TH: BULETWENDA R.]. Mix with some water and strain. Give 250ml. once.
- (g) Crush the leaves of Omuhankurankuba, [TH: KADOMA B.] and strain. Give 250ml. once.
- (h) Mix water with ash collected from a cooking place, [TH: KAKULIREMU N.] and strain. Give 500ml. of the solution once.

- (i) Squeeze the leaves of Itemwa, [TH: BONABANA S.]. Mix with a little water. Take two dessert spoonfuls once. The placenta should be expelled immediately.
- (j) Squeeze in water the leaves of Omuhankurankuba and Obunyoisaija, [TH: TIBULIHWI TEKERA], and strain. Give 250ml. once. The placenta should be expelled.
- (k) Roast the leaves of Ruhenze, [TH: GAKYARO W.]. Chew a small piece once. The placenta is expelled immediately.
- (l) Chew a small piece of the roots of Gonza, [TH: KAHIMBARA J.]. The placenta should come out immediately.
- (m) Make an infusion from the leaves of Orujagi, [TH: KABONESA F.]. Take 100ml. once. If it fails then insert a finger and pull out the placenta gently.
- (n) Squeeze the leaves of Ekyisembi, [TH: NKORUMA P.], in a little water and strain. Give 150ml. once. The placenta comes out immediately.
- (o) Pound the leaves of Omuniyohora, [TH: BIRUNGI S.]. Mix with a little water. Take 500ml. once.

(p) Roast the leaves of Akayenje, [TH: KAWAMARA F.] and chew them. The placenta should come out immediately.

(q) Crush the leaves of Omuhankuba, [TH: BAKUZA P.]. Mix with a little water and strain. Take 120ml. once. The placenta is expelled. If the treatment fails then the patient uses her hand to pull out the placenta gently.

(r) Pound the leaves of Omyora, [TH: KISHIGAZI G.], dry and reduce to powder. Mix the powder with cow ghee. Rub on the abdomen and the back. The placenta is expelled within two minutes.

57. SCABIES (133.0)

Boil in water the leaves of Omwiwura, [TH: TINKA G.], for about twenty minutes. Use the solution to wash the whole body once or twice a day until itching stops.

58. SICKLE CELL ANAEMIA (282.6)

Boil strongly in water the root and the flowers of Nyabarasana, [TH: KAMANYIRE D.(REV.)]. Allow to cool and strain. Take 500ml. once a day for 2-3 days.

59. SNAKE BITE (E905.0)

(a) Pound the leaves of Omuzinga, [TH: MATE B.]. Boil in water and strain. Take half a glass three times a day, for 3 days.

(b) Dry and burn together to ashes the head of a python, and the leaves of Ensoroza, Mwitanjoka, Enjoka etaruma, and Omwangagi, [TH: TINKASIMIRE H.]. Apply the ashes into the incisions made at the area of the bite.

(c) Pound together the root of 8 Kafugankande and the seeds of Etaaba, [TH: NYAKATO F.]. Prepare and preserve the paste in a clay tablet commonly known as Emumbwa. Apply the clay powder into the incisions made at the area.

(d) Chew and swallow the juice from the stem bark of Omuchundura, [TH: KISHIGAZYI G.]. Rub the residues mixed with ash at the area of the snake bite.

The patient starts to urinate and recovers quickly.

60. SPIRIT POSSESSION (NC)

(a) The Traditional Healer places her hands on the patient's head and prays for about five minutes twice daily.

If the patient does not improve then boil in water the leaves of Nyarwehindura, [TH: BITARA E.]. Allow to cool. Take 500ml. three times daily for two days.

(b) Boil in water the stem bark of Omusisa, [TH: BAHWEIRE J.]. Allow to cool and strain. Take 125ml. three times daily for three days. The patient falls asleep and feels thirsty. The drug causes diarrhoea which is then treated by drinking saltless beef soup.

(c) Pound the leaves of Amaranga, [TH: MUHINDO E.].
Mix with cold water and strain. Give half a glass three
times a day.

If there is no improvement then pound the fruits of
Amaranga. Mix with some cold water. Give to the patient.
This induces vomiting followed by a deep sleep.

61. SPLENOMEGALY (789.2)

(a) Burn the flowers of Ekikurra (Kikwatandiga,
[TH: NYAKATO V.], on a broken pot and reduce to ashes.
Mix the ash with soot.

Apply into the incisions made on the side of the
abdomen where the swelling is situated.

(b) Pound the root bark of Omubirizi, [TH: KANYANGE N.].
Boil in water with some rock salt. Allow to cool and
strain. Take one glassful twice a day for two weeks.

(c) Boil the leaves of Omwataibale, [TH: MERABU S.]
in water for about 15 minutes. Allow to cool and store
in a clean bottle. Give two spoonfuls three times a
day to children. Adults may consume up to five litres
in two weeks. The patient should avoid meat, ground
nuts, cassava and porridge prepared from maize flour.

62. TAENIASIS (123.3)

Remove the inner part of Omusoga, [TH: BACWA B.], and strain. Give 500ml. to adults and 125ml. to children, once a day. The patient is starved until late in the afternoon. The worms are passed out in the stool.

63. TEETHING SYNDROME (520.7)

Remove the false tooth and rub the gum with the upper shoot of Akakurra, [TH: NYAMIJUMBI M.], twice a day for 1-2 days.

64. TETANUS (037)

Dry the leaves of Muzura, [TH: MAKANTUTIYE M.]. Burn to ashes. Use the ash as snuff for 1-2 days.

65. TINEASIS (110.0)

(a) Boil in water Ebihimba, [TH: KAYIBARA B.], sieve and allow to cool. Put the infected fingers into the decoction for two to three minutes daily until fully recovered in approximately seven day.

(b) Pound the leaves of Etaabe and Omukamba,
[TH: Mix with a little paraffin and
bandage the paste on the affected part for one day.
Remove the bandage and express out the pus. The wound
should heal within one month.

66. THREATENED ABORTION (640.0)

(a) Crush between the palms the leaves of Entorobombo, [TH: BUHIRE O.]. Mix with cold water and strain. Take half a glassful three times a day.

(b) Put the leaves of Akaihabukuru and Orutendigwa, [TH: BABIHA P.], in hot water and then remove them. Change the hot water and put the leaves back again. Then squeeze out the juice and strain. Take 125ml. twice daily until the pain stops. The patient should avoid heavy work during the treatment.

67. UTERINE PROLAPSE (618.4)

(a) Pound the leaves of Omuhanga, [TH: TUSHABEOMU H.]. Mix with a little cold water and strain. Give one dessert spoonful of the infusion once every day until the uterus returns to normal position.

(b) Pound the leaves of Omubuza, [TH: MAJEGYE J.]. Add a little water and strain. Take one dessert spoonful once. Rub the rest on the lower part of the abdomen. The uterus returns to normal position leading to a normal delivery.

68. VAGINAL DISCHARGE IN PREGNANCY

(a) Pound the leaves and the roots of Omuyonza, [TH: TWESIGYE M.]. Mix a little water to the preparation from Omuyonza and strain. Take 500ml. twice daily. Then dry the root of Omugyegye and pound to powder. Mix the powder with warm water. Take 125ml. twice daily. Continue with the treatment until the discharge stops.

(b) Pound the stem bark of Omusu, [TH: KATURAMU R.]. Mix with cold water and strain. Take 250ml. twice daily until the discharge stops. The patient should feed well during the treatment.

(c) Boil the leaves of Akategansi, Omurama, Orutanga-kwoma, Omusabula and Omukanza, [TH: KOMUNGARO S.] in one and half litres of water. Concentrate the concoction to one litre, strain and keep in bottles. Give 500ml. three times a day and whenever she feels thirsty. If the pregnancy is below three months she should take the medicine for two months.

69. VAGINAL MONILIASIS

Wrap in banana leaves the leaves of Obunyunyambuzi, [TH: TABARO B.F.]. Warm under embers. Insert the warm leaves in the vagina.

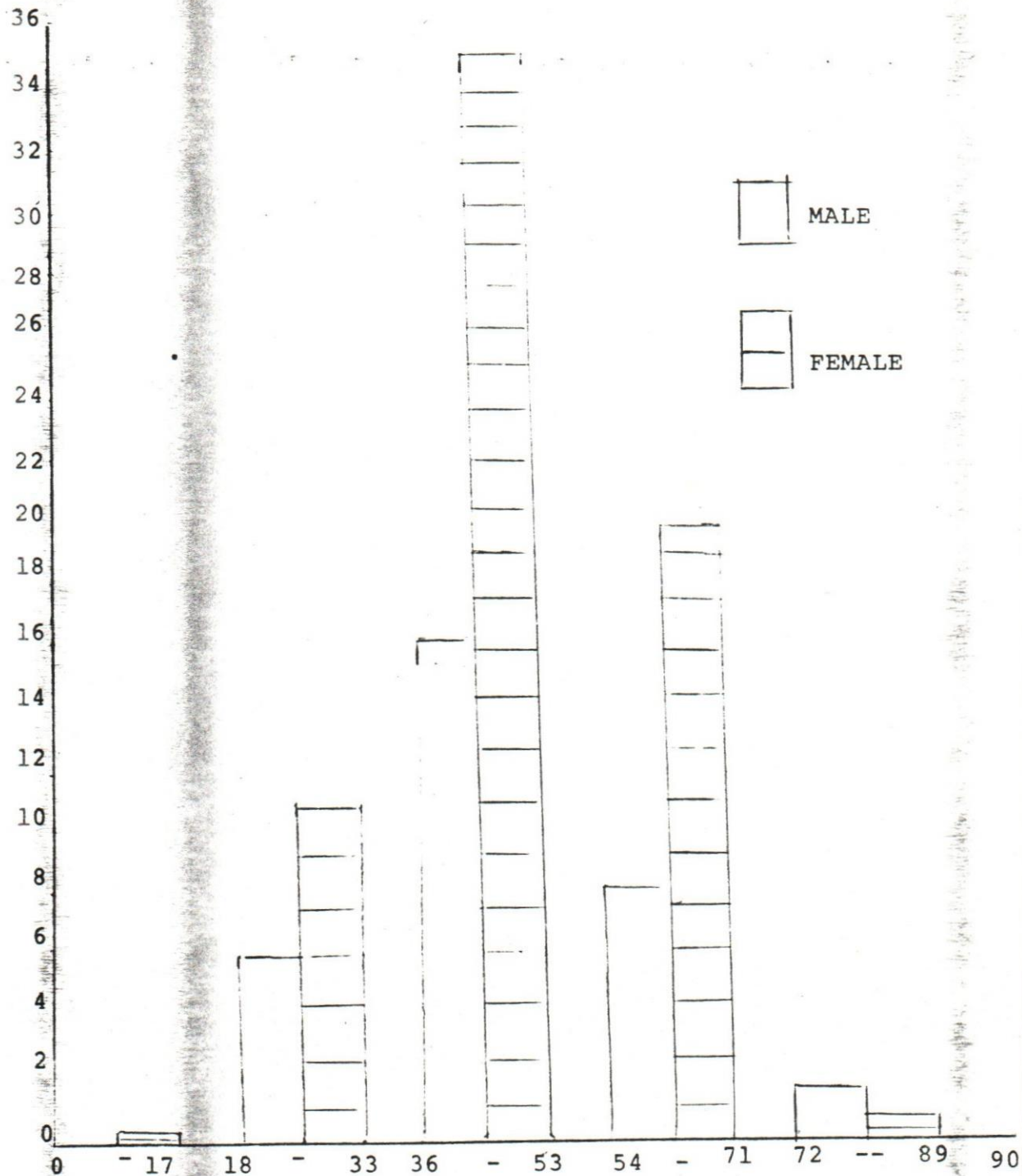
CHAPTER FOUR

ANALYSIS AND DISCUSSION TO THE QUESTIONNAIRES

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

- (a) The back ground Characteristics of the Traditional Healers who were interviewed.
- (b) The views, ideas and opinions concerning the formation of the proposed national Association of Traditional Healers.
- (c) The needs and requirements for the improvement of Traditional medical practice.

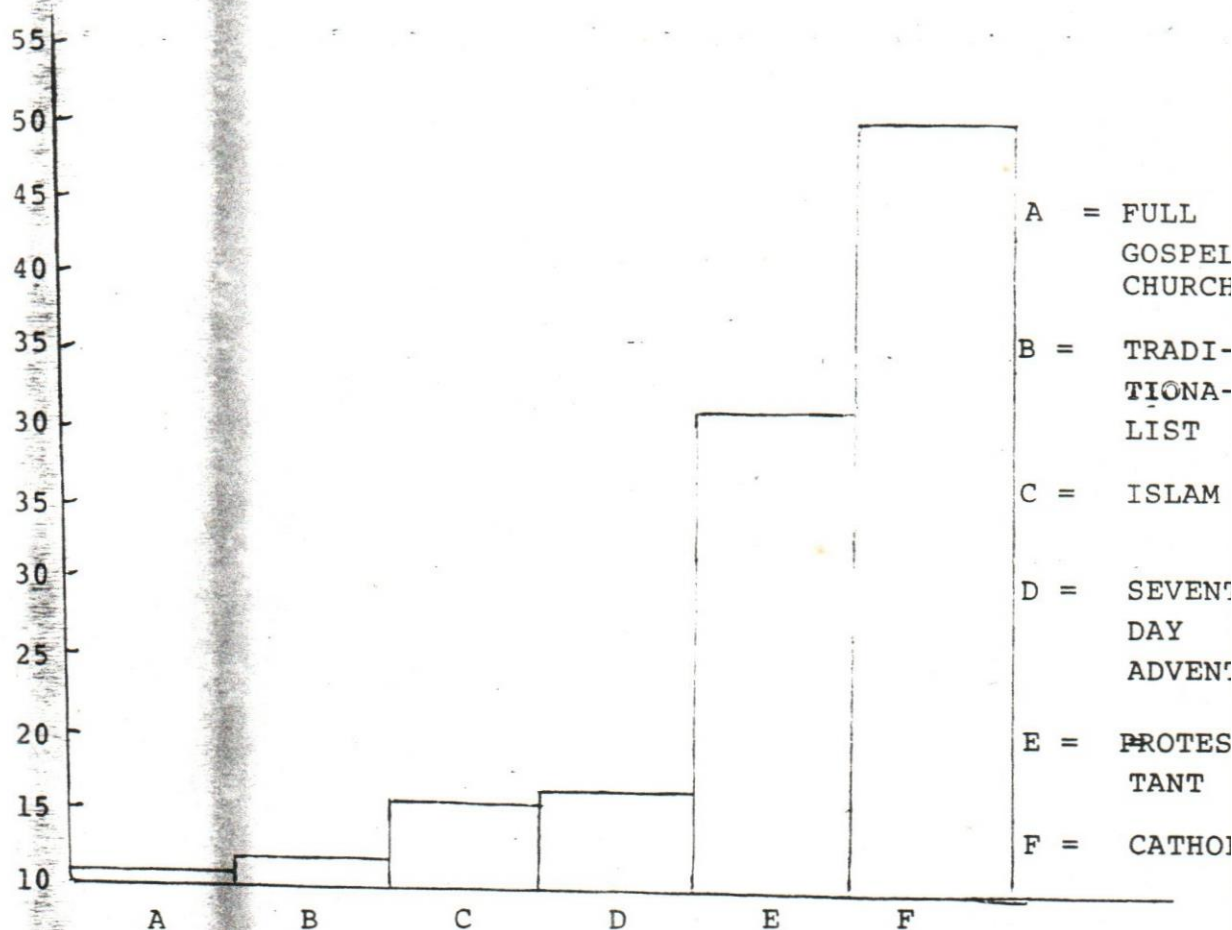
GRAPH I : SEX AND AGE DISTRIBUTION OF THE RTRADITIONAL HEALERS



Graph I registered only one minor age - 8 years. Otherwise the majority were adults. The oldest was

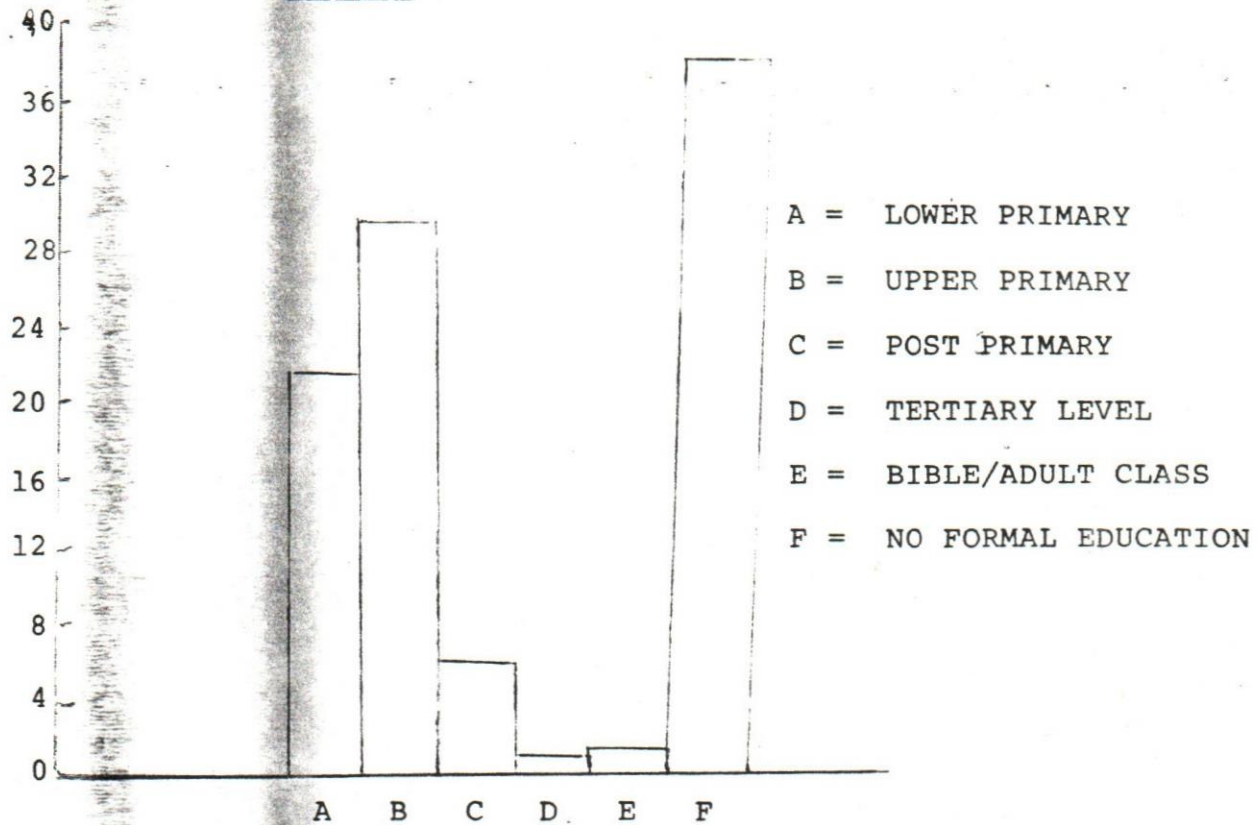
The graph also registered more females than males in the ratio of 3:2. It was noted that the Traditional Birth Attendants in Kabarole District had undergone training by the Ministry of Health and are more sensitised to attending meetings so their numbers were higher than the men.

GRAPH II : RELIGIOUS AFFILIATIONS OF THE TRADITIONAL HEALERS



Graph II indicated that almost all the Traditional Healers interviewed belong to one religion form or other, only 2% does not belong to religion affiliation. There seems to be many different denominations in Kabarole and there seems to be not major conflict between these denominations and the Traditional Healers practice.

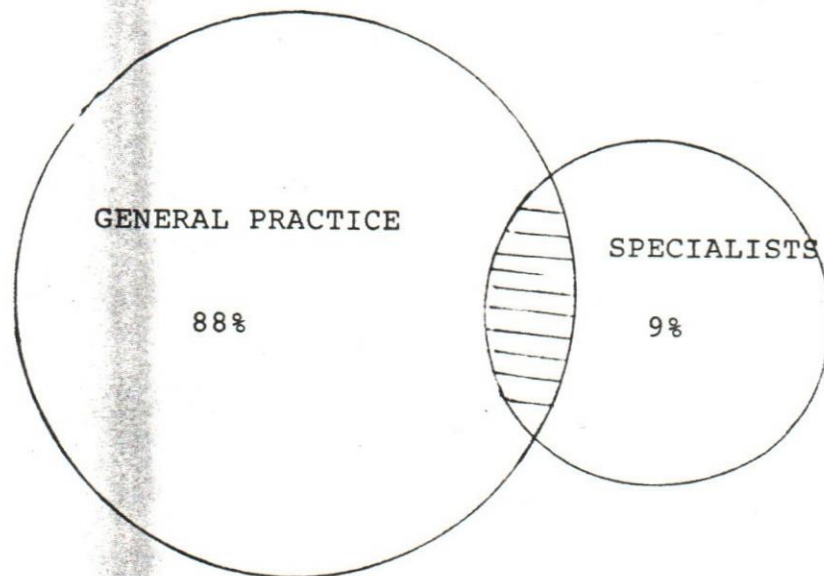
GRAPH III : EDUCATIONAL BACK GROUND OF THE TRADITIONAL HEALERS



Graph III indicated that 38% of the Traditional Healers had not attended any formal education and those who went beyond secondary level are also normal. However, it was realised that only 52% of them are unable to read while 54% were unable to write, some having lost the ability due to old age.



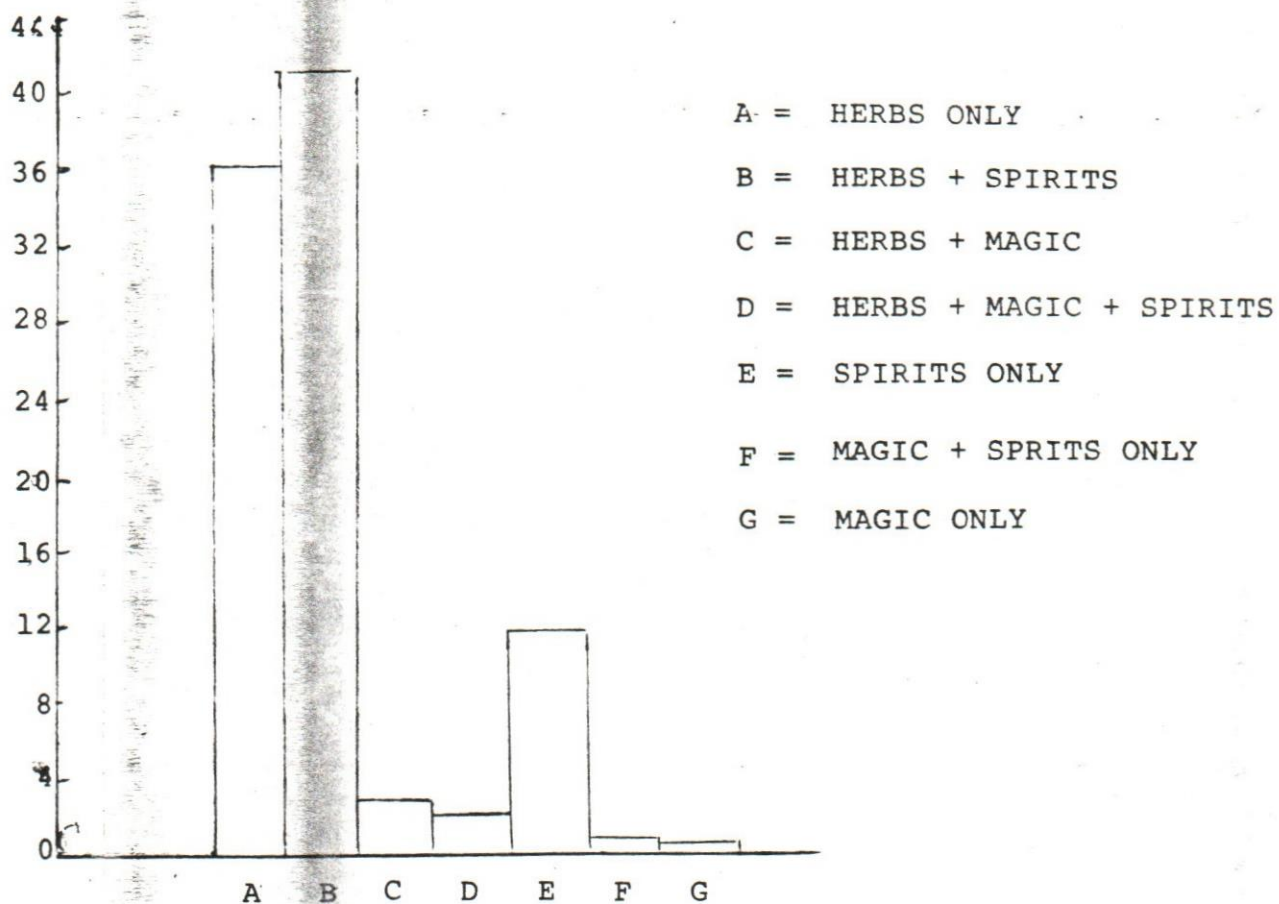
VENN DIAGRAM I : AREA OF PRACTICE OF THE TRADITIONAL HEALERS



The Venn diagram indicate that majority of the Traditional Healers interviewed (88%) were general practitioners while only 9% claimed they are specialised and 3% stated they are both.

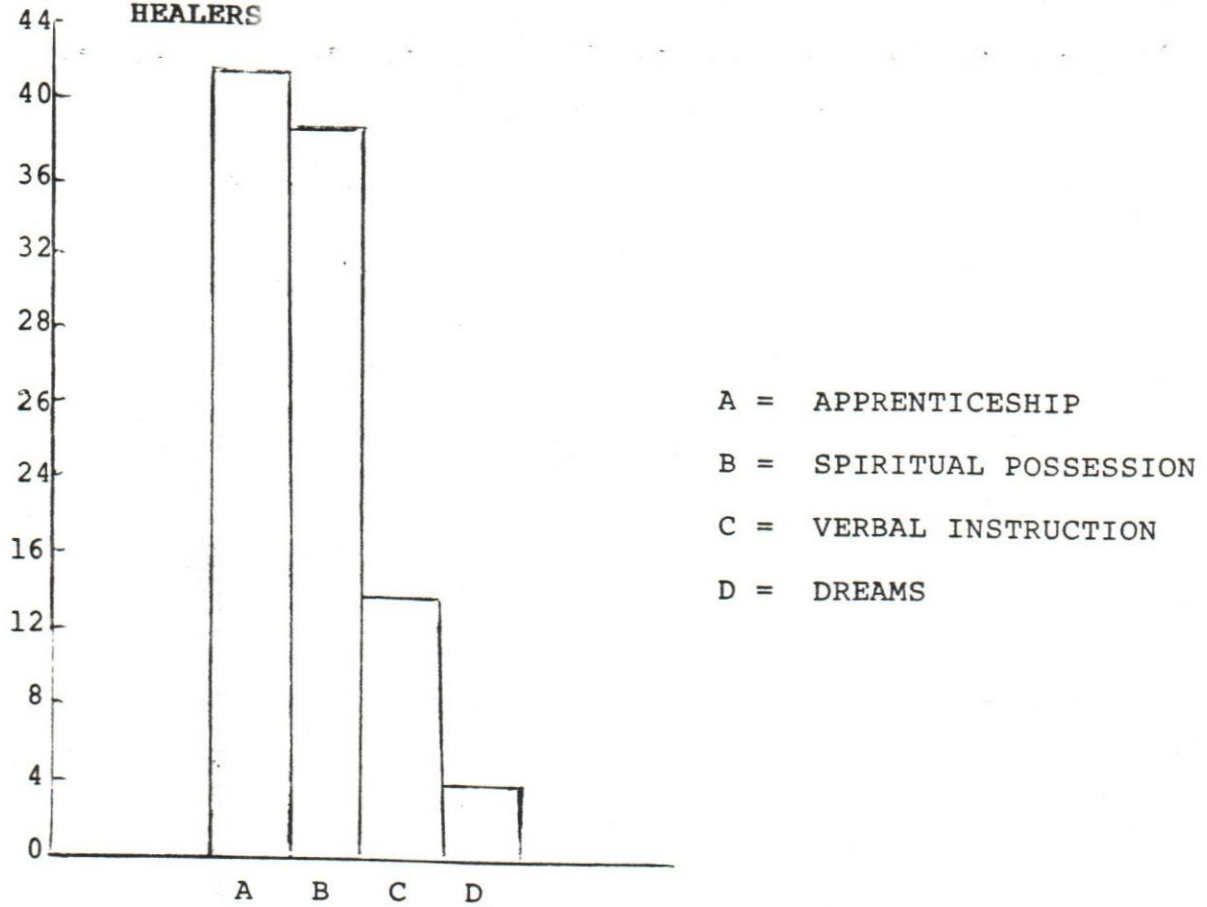
The specialised were mainly Traditional Birth Attendants and the others - specilaists - Spirit Herbalists or Agents of violent forces (Amayembe).

GRAPH IV : BACKGROUND TO AGENTS/MATERIALS USED FOR TREATMENT



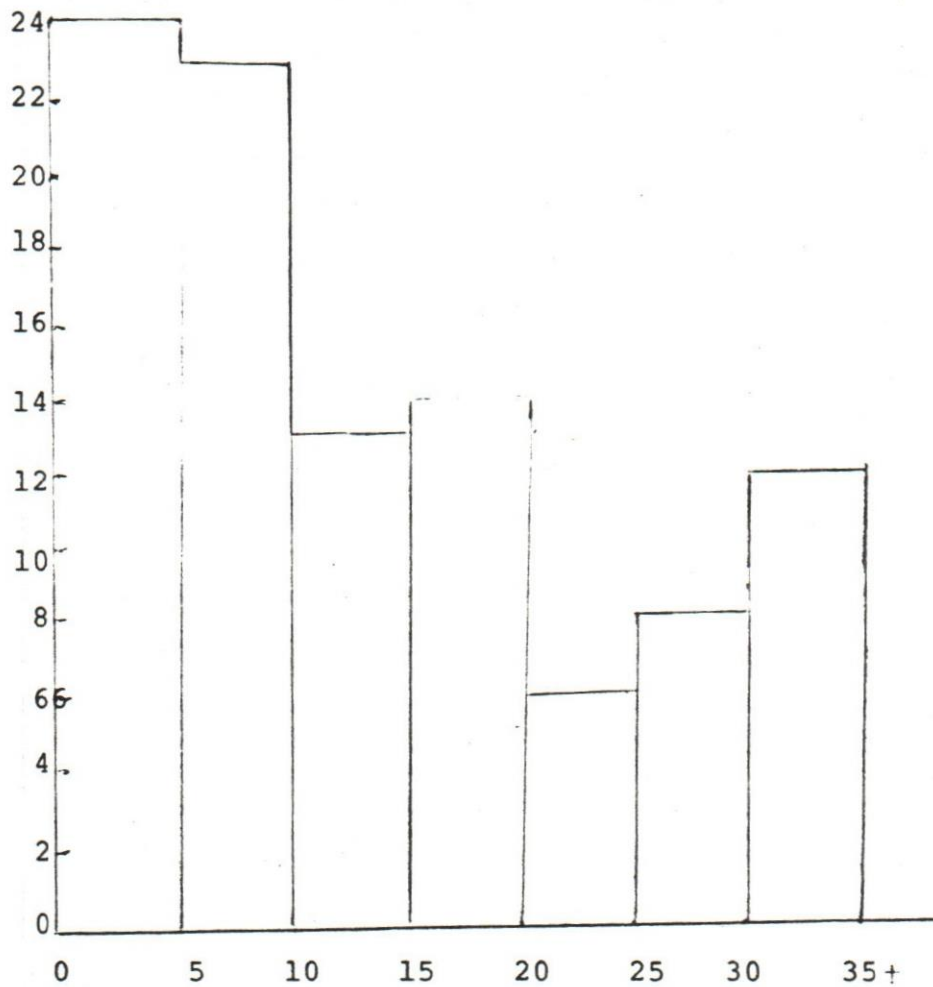
Graph IV indicate that Traditional Healers in Kabarole District use a variety of agents/materials in their practices. It should be noted that most of them - 42% - consult spirits in their healing, 35% use herbs only.

GRAPH V : SOURCE OF KNOWLEDGE AND SKILLS OF THE TRADITIONAL HEALERS



Graph V indicates that most of the Traditional Healers had th either undergone a period of apprenticeship (42%), or had been possessed by spirits (40%), before they could practice. Only 4% claimed to have been revealed the herbs through dreams. The remainder, (.6%), had received verbal instructions.

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



Graph VI shows that over 76% of Traditional Healers had experience of over 5 years. 50% had experience of over 15 years and may be considered competent in their work.

TABLE X SHOWING OTHER MAJOR ECONOMIC ACTIVITIES OF THE
TRADITIONAL HEALERS

OCCUPATION	% RESPONSES
1. Peasant Farmers	87%
2. Traditional Healing only	4.0
3. Cattle keepers	1.0
4. Tailor	1.0
5. Businessmen/Shop keeper	1.0
6. Porters	2.0
7. Technicians	0.6
8. Chief Circumsisor	0.3
9. Adminstrative Police	0.3
10. Sub-County Chief	0.3
11. Builder	0.3
12. Headman (Road maintenance)	0.3
13. Local Defence Force	0.3
14. Community Based Health Assistant	0.3
15. Treasurer RC I & Women Project	0.3
16. Too old to work	0.3

Table X indicates that the majority, 87% of Traditional Healers are Peasant Farmers. Only 4% depend solely on Traditional Medicine practices.

MEMBERSHIP TO EXISTING TRADITIONAL HEALERS ASSOCIATION

Only 31% of the Traditional Healers interviewed stated that they belong to an Association in Kabarole District.

The Associations mentioned were:

Uganda Ne dagala lyayo

Traditiona Birth Attendant Association

Uganda Herbalist and Cultural Association

Bathamu Bya Bisaake

Kyejongo Cultural Association

Abasehenyi ba Kisomoro

Kweterana TBA Association.

REASONS FOR JOINING THE ABOVE ASSOCIATIONS

1. The Local Authorities, together with Executives from Kampala forced them to join in order to license them to continue practising.
2. They were persuaded by the Association Executive members.
3. To enable them to co-operate with eacho other.
4. To enable them to practice in wider area and become known.

REASONS AGAINST JOINING THE EXISTING ASSOCIATIONS

1. Lack of knowledge on existance of Associations of Traditional Healers
2. Mismanagement of the existing Associations by the Executives
3. Spirits do not allow them to join Associations
4. I am not interested in any
5. Membership and Annual fees for the existing Associations are very high.

REASONS GIVEN IN FAVOUR OF FORMATION OF THE PROPOSED
NATIONAL ASSOCIATION OF TRADITIONAL HEALERS:

1. They expect substantive Government assistance,
2. It will be an indicator that Government recognises the Traditional Healers,
3. It will enable the Traditional Healers to learn from each other,
4. Government will intensify research in native medicine,
5. It will enable them to work in Government medical establishments along with the western medical practitioners.

PROBLEMS REQUIRING ATTENTION:

The f Traditional Healers in kabarole District highlighted the following problems:

1. Lack of bottles and packaging materials,
2. Lack of impliments such as axes, pangas, hoes used in collecting the herbs,
3. Lack of protective clothings such as aprons, gum boots, gloves, overalls, raincoats, etc..
4. Lack of delivery kits for the Traditional Birth Attendants,
5. Failure of patients to pay for the services.

6. Lack of transport such as bicycles used in collecting herbs from distant parts of the country.
7. Lack of beddings for in-patients.
8. Lack of preservatives for the drugs they manufacture. The drugs have a short shelf life.
9. Lack of adequate knowledge in handling complicated cases such as delivery of twins and breach presentation.
10. The Traditional Healers suffer harrassment by Reistance Council Executives and leaders of Uganda N ne Ddagala Lyayo Association who ask for exhorbitant licence fees.
11. Lack of recognised clinics where Traditional Healers can treat their patients.
12. Lack of utencils used for preparing and dispensing the herbal medicines.
13. Negative attitudes the officials have towards Traditional medicine.

GLOSSARY OF MEDICAL AND OTHER TECHNICAL TERMS:

- ALLERGY : Altered reaction 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 quality or quantity.
- ANORECTAL PROLAPSE : Protrusion of the anus and rectum.
- ANTENATAL : Occuring or existing before birth.
- ANTENATAL HEMORRHAGE : Bleeding from the uterus before delivery.
- ARTERIAL HYPERTENSION : Abnormally high blood pressure.
- ARTHRITIS : Inflammation of a joint.
- ASCARIASIS : The state of being infested with round worms called ascaris.
- ASTHMA : A disease characterised by acute recurring attacks of cough, difficulty in breathing with wheezing, feeling of chest being squeezed up.

- CACHEXIA : Weakness and emaciation caused by some serious disease such as syphilis, tuberculosis or cancer.
- CELLULITIS : A diffuse inflammation the subcutaneous tissue.
- CONJUNCTIVITIS : Inflammation of the conjunctiva of the eye.
- CONSTIPATION : A condition in which the bowels are evacuated after a long time and with difficulty.
- COLAPSED STERNUM : The colapsting of the bone in the middle of the chest.
- DERMATOSIS : Skin disease.
- DIARRHOEA : Abnormal frequency and looseness of stooling.
- DYSEMENORRHOEA : Painful menstration.
- DYSENTRY : A name given to a number of 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.

- FEBRILE CONVULSIONS : Convulsions in children as a result of higher fever.
- FRACTURE : A break in a bone.
- FOOD POISONING : 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.
- HELMINTHIASIS : Illness due to infestation by worms.
- HERPES ZOSTER : An acute viral infectious disease characterised by painful vesicular eruption of the skin.
- INFERTILITY IN WOMEN : An involuntary reduction in reproductive ability of women.
- KWASHIOKOR : 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".

- KYPHOSIS : Hump back or hunchback.
- LEPROSY : An infection of the nerves by small germs called Mycobacteria lepra.
- MALARIA : An infectious disease characterised by fever, chills, sweating and headache. The disease is caused by a tiny parasite known as "plasmodium", which is transmitted from one person to another by mosquitoes.
- MALPOSITION OF FOETUS : Abnormal position or alignment of the baby in the womb.
- MARASMUS MONILIASIS : Chronic severe malnutrition in children.
- OBURO :
- OTITIS MEDIA : Inflammation of the middle ear. Usually caused by invasion by tiny germs called bacteria.
- PERTUSIS : (Whooping cough). A highly infectious inflammatory disease of the air passages, caused by a germ called Bordetella pertusis. It is characterised by an explosive cough ending in a loud whooping inspiration.

- PNEUMONIA : Inflammation of the lungs, usually caused by germs.
- POISONING : A condition caused by a substance that being in solution in the blood or acting chemically on the blood either destroys life or impairs seriously the functions of one or more of the organs of the body.
- POST-PARTUMHHAEMORRHAGE : Abnormal bleeding from the uterus within 24 hours of child birth.
- RETAINED PLACENTA : A placenta not expelled by the uterus after labour.
- SCABIES : An infectious disease of the skin characterised by rash and intense itching which occurs mostly at night. It is caused by a mite called sarcoptes scabiei.
- SPLENOMEGALY : Enlargement of the spleen.
- TAENIASIS : The state of being infested with tape worms known as Taenia.
- TEETHING SYNDROME : A transient febrile illness in a child due to eruption of primary teeth.

- TETANUS : An infectious disease characterised by stiffness of the body and painful tonic spasms of muscles.
- TINEASIS : Ring worm infection.
- THREATENED ABORTION : The occurrence of signs and symptoms of impending loss of the embryo or foetus.



SURVEY INFORMATION SHEET FOR TRADITIONAL HEALERS.

1. District:.....
2. Sub-county:.....
3. Parish:.....
4. Village:.....
5. Area:.....
6. Name of Traditional Healer:.....
7. Postal Address (if any):.....
8. Sex: Male (); Female ()
9. Age:.....
10. Religion: Islam (); Protesant (); Catholic (); Others:.....
11. Educational background:
 - (a) Never attended formal school ()
 - (b) Primary School () Level?.....
 - (c) Post primary school level ().....
 - (d) Adult education ()
 - (e) Others () specify:.....
12. Area of Practice in Traditional Medicine (diseases treated):
 - (a) General Practitioner ()
 - (b) Specialised Practitioner (), specify:.....
13. Category of Traditional Healer:
 - (a) Spiritualist/Herbalist ()
 - (b) Pure herbalist ()
 - (c) Diviner/Magician ()
 - (d) Mixed activity Practitioner ()
 - (e) Others () specify:.....
14. Source of training in Traditional medical practice?
 - (a) Verbal training by a practicing healer ()
 - (b) Through apprenticeship ()
 - (c) Dreams ()
 - (d) Sprit possession ()
 - (e) Others () specify:.....

For how long have you been in practice? (Years):.....
15. Other occupation:.....
16. Do you belong to any Traditional Healers Association?
 - (a) Yes () Specify:.....
 - (b) No () Specify:.....
17. Would you recommend the formation of a National Association of Traditional Healers? Yes (); No ()
Give reasons for your answer:.....
18. What would be your expectation from such a National Association?
.....

INFORMATION ON MEDICINAL DRUG PROVIDED.

SERIAL NUMBER:.....

1. Name of Traditional Healer:.....
- 2(a) Vernacular name:.....(b) District:.....
3. Botanical/Scientific name:.....
4. Part(s) used:
5. Disease treated:.....
6. Pharmaceutical preparation of:.....
.....
7. Dosage and duration of treatment:.....
.....
8. Route of administration:.....
.....
9. Mode of application:.....
.....
10. Expected observations (results):.....
.....
11. Precautions to be taken (if any):.....
.....
12. Side effects of drug (if any):.....
.....
13. Any cultural ritual performed during drug administration?.....
.....
14. Other information:.....
.....
.....
15. Would you like to develop this medicinal drug? a) YES () b) NO ()
Give reasons for your answer:.....
.....
16. What would you require most to help you develop this drug?
.....
.....