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ETHNOMEDICINE IN UGANDA

PART FOUR

ENTHNOBOTANICAL AND TRADITIONAL HEALERS SURVEY OF

KITGUM DISTRICT

(16TH - 24TH NOVEMBER 1992)

BY

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The Team is grateful to the Army officials at Pajule Barracks for their company and constructive ideas when their vehicle broke down and had to spend a night there.

Last but not least the team would like to thank all the traditional healers who willingly made their medical knowledge available to the Team.

CHAPTER ONE

1.0: Introduction:

This is a report by a multi-disciplinary team which undertook an ethnomedico-botanical research survey in Kitgum District, Uganda, from the 16th-23rd November, 1992.

The team consisted of six scientists and three Technical Assistants based at the Natural Chemotherapeutics Research Laboratory, Ministry of Health.

It is the fourth of a series of such Surveys which will be undertaken in Uganda during the Project Period of the Health Services Rehabilitation Project financed by a loan from the African Development Bank (ADB).

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

It is hoped that these surveys will enable the Laboratory to interact with the Traditional Healers to gather the necessary information which will form the basis for implementing the recommendations made by Health Policy Review Commission (1987) connected with Traditional Medicine in Uganda, set out below:-

- (i) The Ministry of Health should work closely with the Traditional Healers in order to achieve the objective of 'Health for All By the Year 2000'. They should be members of the Health Team at local community level and should be welcomed to participate in Primary Health Care.

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

1.1. Aims of The Mission:

The aims of the Mission were:-

- (a) To survey traditional healers in Kitgum District with the view of:
 - (i) identifying and registering them;
 - (ii) having dialogue with the traditional healers concerning their practice; and
 - (iii) collecting their views on the need for the formation of a National Association of traditional healers in Uganda.

- (b) To collect information from the traditional healers concerning ethnomedical practice in the area, particularly to locate, collect and identify medicinal plants in the District.

1.2. Geographical Background of Kitgum District:

Kitgum District (shown on Map.I) is an administrative unit which formerly was part of Acholi District.

Kitgum District covers an area of 16,136 square kilometers. It borders with Gulu District in the West, Lira in the South, Kotido in the East and the Republic of Sudan in the North.

Kitgum District lies at an approximate altitude of between 351 to 1341 above sea level. The general relief is made of steadily rising plateau with a few hills located in the North, North Eastern and Western border of the district. Some of the prominent hills are - the Lalak Hills, Langiya hills, Madi Hills (believed by the local people to be the hills on which the ancient Acholi settled before dispersing to other parts of the district), Okol hills, Lamwo hills, Adoma hills (believed by the local people to be blessed for rain during drought), Lagoro hills (believed by local people to be home of Lagoro - God of the Acholis), Laber hills, Lamwo hills (covered with many Bamboo trees, inhabited by Baboons and wild pigs,), Kalongo hills Mugila (Lamuka) hills (believed by the local people to have been struck by lightning).

There are several short seasonal streams which flood during the rainy seasons. Some of the permanent rivers and seasonal streams are Pager stream, Agago and Aswa rivers.

Kitgum District is inhabited by mainly the Acholi tribe. The total population of the District was 350,3000 people by the 1990 Uganda Population Census of which 182,000 were females and 168,300 were males, giving an approximate ratio of 1:1.

The main economic activities of the people of this area are agriculture and animal husbandry.

1.3. Health Facilities:

Information, available from Kitgum District Health Office, indicates that Kitgum district has three main hospitals, namely, Kitgum Hospital, Kalongo Hospital and St. Joseph's Hospital.

The health centres are Palabek, MaDi Opei, Nam Okora, Achol pii and Padibe Mission Health Centre. The five dispensaries are at Pajule, Patongo, Lokung, Awere and Agenga locations. There are thirteen sub-dispensaries located at Padibe, Kitgum Matidi, Paluga, Pader, Lira Palwo, Agoro, Lira Kato, Paimol, Mucwini, Dibubyec, Adilang, Aswa Ranch and Orom, of which the last five sub-dispensaries were reported not to be functional at the time of the Survey.

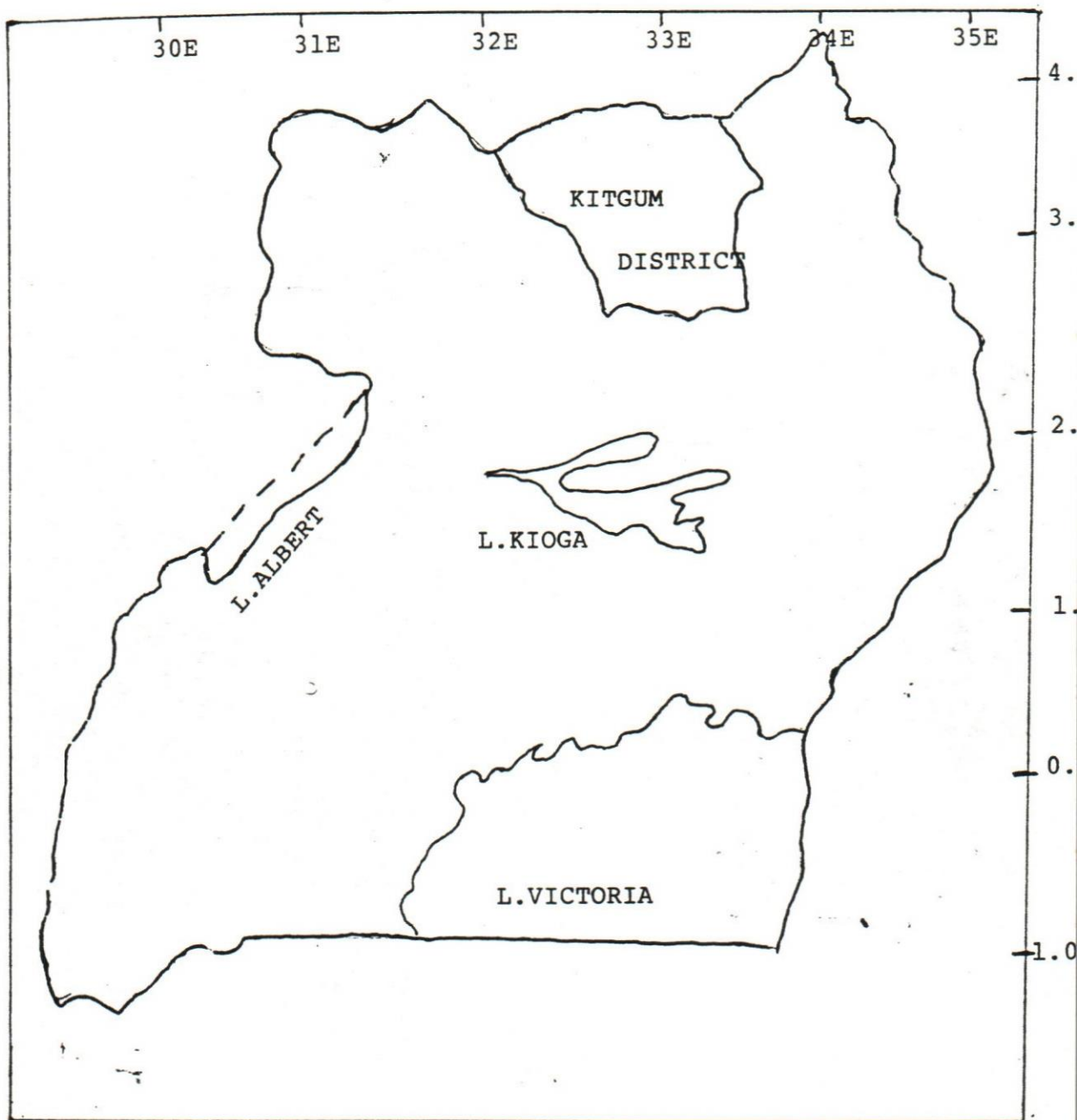
1.4. Itinerary:

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

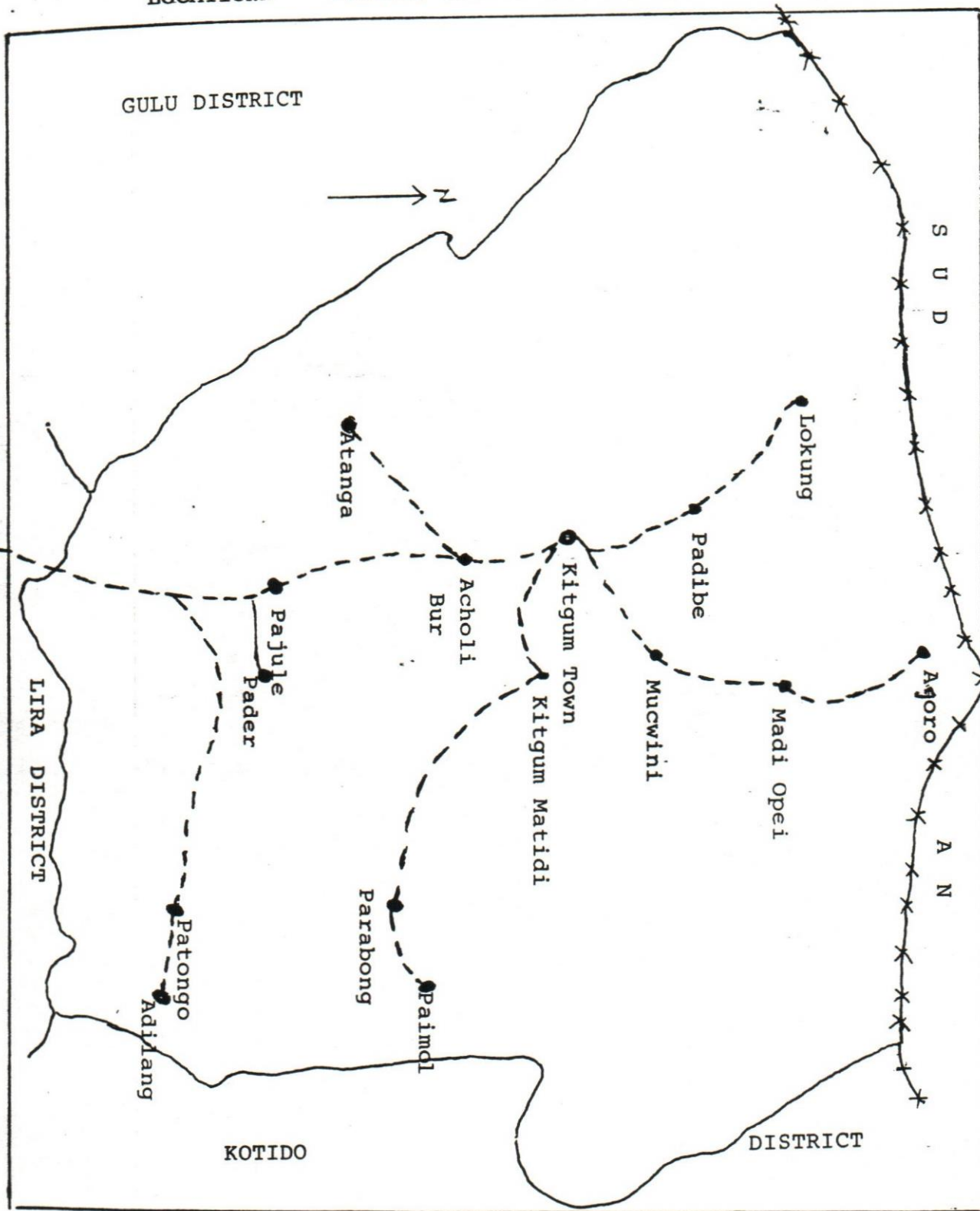
<u>Date</u>	<u>Time</u>	<u>Location</u>
16.11.1992	Morning	Labongo Sub-county Headquarters
	Afternoon	Nam Okora.
17.11.1992	Morning	Pa'mol
	Afternoon	Parabongo.
18.11.1992	Morning	Pajule
	Afternoon	Pader.
19.11.1992	Morning	Padibe
	Afternoon	Lokung.
20.11.1992	Morning	Mucwini
	Afternoon	Kitgum Matidi.
21.11.1992	Morning	Madi Opei
	Afternoon	Agoro.
22.11.1992	Morning	Acholi Bur
	Afternoon	Atanga
23.11.1992	Morning	Patongo
	Afternoon	Adilang.

Location of the areas visited is indicated on Map 2.

MAP 1 : SKETCH MAP OF UGANDA SHOWING LOCATION OF KITGUM DISTRICT.



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



CHAPTER TWO

2.0. Methodology:

The team was based at Kitgum Municipality during the Survey period and each day they left the base for the sub-county headquarters or market place from which the interviews were conducted, and returned in the evening to review the day's work and plan for the following day.

At the sub-county headquarters, the team was introduced to the Traditional Healers by the District Health Inspector, Mr. John Omoo who accompanied them throughout the survey. The team leader then briefed the traditional healers, and the local administrative officials about the aims of the mission. The team was divided into four groups who interviewed the traditional healers individually. The responses given by the traditional healers were recorded on the Information Sheets. Samples of medicinal plants provided by the traditional healers were prepared and kept in the plant press for identification.

The daily activities are summarised in Table II.

TABLE II : SUMMARY OF THE ACTIVITIES OF THE MISSION.

Date	Activity	Destined Location	No. of TH. Inter-viewed	Comment
15.11.1992	Departure from Kampala for Kitgum via Lira	Kitgum	-	Team spent the night at Pajule where their vehicle broke down. The Team was greatly assisted by the officers in charge Pajule Barracks and the R.C.I of the area. Team leader proceeded to Kitgum.
16.11.1992	Team leader arranged to tow vehicle from Pajule to Kitgum as Driver returned to Kampala to bring spares for vehicle	Kitgum Municipality	-	Meeting with THs. at Labongo. Failed since Team was stranded at Pajule. Team leader addressed some THs at Labongo and requested them to return next day.
Afternoon	Team travelled to Kitgum	Kitgum Municipality	-	Nam Okora - failed since the Team had not arrived in time.
17.11.1992	Team travelled in hired vehicle for field work. Team was divided into two.	Labongo	15	Fairly satisfactory work.
Morning		Paimol	14	Fairly satisfactory work.
Afternoon		Parabongo	17	Fairly Good.
18.11.1992	Field Work	Pader	6	There was meningitis immunisation exercise in which most of the people including the THs. were participating.
"	Field work	Pajule	11	Fairly satisfactory

Date	Activity	Destined Location	No. of THs Interviewed	Comment
19.11.1992	Field Work	Padibe	9	Team was received by the Clerical Officer. Most THs interviewed that they had just received the message. Information received indicated that THs from Palabek declined to come to Padibe.
"	Field Work	Lokung	7	
20.11.1992	Field Work	Mucwini	5	Fairly poor. The local Administrators informed team that people normally take their time to come for meetings.
"	Field Work	Kitgum Matidi	4	Poor turn up of THs. Team was informed of most people being scared of additional taxation in case they were THs.
21.11.1992	Field Work	Madi Opei	18	Satisfactory turn up and work. Most of the THs who turned up were females who were trained T.B.As!
"	Field Work	Agoro	7	Poor turn up of THs. Team observed that there wasn't sufficient mobilisation of the people. Visited the THs from their homes.
22.11.1992	Field Work	Acholi Bur	9	Satisfactory.
"	"	Atanga	15	Fairly satisfactory. Team work coincided with Religious celebrations in the area.

Date	Activity	Destined Location	No. of TH Inter-viewed	Comment
23.11.1992	Field Work	Patongo	Nil	No mobilisation of people despite team informing the county officials and the R.C.R.C.I of the area of the team's return.
"	Field Work	Adilang	9	Fairly satisfactory.

There was a Graduated Tax Assessment exercise which was taking place in Kitgum District when the Survey was conducted. It was indicated that some Traditional Healers feared to take part in the Survey where they would be assessed higher taxes. They were mistaken that the two exercises had been arranged at the same time to net them.

2.1. Results:

The Survey team interviewed 144 traditional healers whose names, ages and locations are indicated in Table III.

Chapter 4 gives a detailed analysis of the responses to the interview on traditional healers.

The team received from the traditional healers a total of 51 different medicinal plant specimens which were scientifically identified (Table IV). Four plants had no local names.

However a total of 123 medicinal plants (Table VI) were not produced to the team for scientific identification but their local names were mentioned by the traditional healers. There were samples of 28 medicinal plants produced (Table V) but were not good specimens for scientific identification.

The team recorded a total of 8 non-vegetable materials used in ethnomedical practice (Table VII).

A total of 251 recipes of herbal preparations for the treatment of some common diseases were mentioned by the traditional healers. The details are given in Chapter Three.



TABLE III:

LIST OF TRADITIONAL HEALERS INTERVIEWED IN KITGUM DISTRICT

PAIMOL SUB-COUNTY HEADQUARTERS

NO	NAME	AGE	ADDRESS
1.	Acan Martha	25	Kokil Trading Centre
2.	Akidi Martha	60	Kokil Village
3.	Ato Ventorina	36	Paimol Kokil
4	Awet Peter	65	Kokil village
5	Langoya Philip	38	" "
6	Odera Ojolba	67	" "
7	Odur Philip	66	" "
8	Ojok Anthony	38	Pacabol Kokil
9	Okello Jackson	57	Atiaba-Bungafira (Gulu)
10	Okello K.B.	42	Pacabol-Paimol
11	Okeng Gabriel	15	Kokil Village
12	Opiti Lago	70	Kokil-Paimol
13	Otyang Gideon	77	Kokil Village
14	Oyom Evaristo	45	" "

PARABONGO SUB-COUNTY HEADQUARTERS

15.	Abari Peter	48	Akado Village
16	Aketo Angelina (W/o Akera)	40	Parum Village
17	Akot Rose	38	Pakalo Village
18	Alwoch Martha	29	Kalongo Village
19	Awidi Anna	51	Paluti Parish
20	Banya Eusebio	36	Kalongo Town Board
21	Kalongo-Moro Yoswa	68	Pakor Dongu Agago County
22	Labeja Caesar	37	Kalongo village
23	Moro Romeo	52	Paluti village
24	Odwong Alphonse	28	Kalongo village
25	Ojwang Bianka	60	Paluti Parish

NO.	NAME	AGE	ADDRESS
26	Ojwang Michael	-	Karumu village
27	Okidi Jack	60	Paluti Parish
28	Okot Matovu Kwirino	52	Pakor Kenya-Parumu
29	Okot Regina	43	Karumu-Kalongo
30	Oryem Santina (Mrs)	41	Akado village
31	Toona Cosima	68	Paluti Parish

PADER SUB-COUNTY HEADQUARTERS

32	Bodo Paiano	34	Liro Kato Paimol Sub-County
33	Moro Erukulano Erulako	34	Lupwa-Pader
34	Moro Pekorom Cypiriano	30	Apwo Lamin Ajiko-Awere
35	Ogwan Vincent	42	Dodonam village
36	Okello Paska	23	KaIalò-Pader
37	Oloa Rose	31	Town Area Kitgum

PAJULE SUB-COUNTY HEADQUARTERS

38	Abwola Diwex	20	Omogi West village
39	Ajung Motto Jonathan	46	Layugi village (Adilang)
40	Arach Martha	50	Boroyoni village
41	Ayaa Lucia	56	Trading Centre Palwo Parish
42	Banya Paulo	48	Kalkwara village
43	Lakidi Charles	30	Jaba Degaronya village
44	Lamuna Sabina	70	Mission village
45	Lamuna Evalina	30	Labotio Lwongo village
46	Nyeko Marina	55	Mission Ward Pajule
47	Okema David	31	Ogole-Angaro village
48	Oleo Lalur	42	c/o Palenga parish
49	Olobo Santilino	43	Paimol Lauu village

LOKUNG SUB-COUNTY HEADQUARTERS

NO.	NAME	AGE	ADDRESS
50	Lutwa Karlina	48	Pobel village
51	Obona Esebio	51	" "
52	Ociti Gerisensio	77	" "
53	Odida Paulino	58	" "
54	Okeny Amos	53	" "
55	Omoya Amelda	40	Awac village
56	Otek Camilus	45	Lamodo village

LABONGO SUB-COUNTY HEADQUARTERS

57	Adong Jane	50	West Ward, Labongo
58	Akello Aboda John	42	Pajule village
59	Akot Grace	32	West Ward Labongo
60	Alobo Julie	53	c/o Town Parish Church P.O.Box 82, Kitgum
61	Lajwe Ventina	30	West Ward labongo
62	Lakima Ocen Charles	36	Pajimo village
63	Lam Karmla (Mrs)	30	c/o Community Development Office
64	Lamot Malandra	-	Palabel Sub-county
65	Lamot Malandra Acach	-	Latiti village
66	Obol	-	Lukun village
67	Okello Maliam (Mrs)	58	Ayul village
68	Okira Alex Peter	47	Bongo Poll village Orom Sub-county
69	Olweny Charles	34	Kal Central Ward
70	Obwoya Mark	69	Lamwo-Orom

PADIBE SUB-COUNTY HEADQUARTERS

NO.	NAME	AGE	COMMENT
71	Adonga Philip	31	Agoro-Rudilogu
72	Ayaa Julia	60	Pagwee-Kero-Padibe
73	Laker Kerina	25	Paimot, Nwaya-Padibe
74	Laloyo Jimmy	49	Loyi-Jambi-Padibe
75	Odwongo Romenda	60	Okana-Agoro
76	Olak Joseph	30	Anyibi Ward
77	Okot Ikwela Alex	34	Lutiboi Nyanobi
78	Olanya Ceaser	23	Lotibol, Dyangbi-Padibe
79	Oyet Jacob	32	Dyangbi-Padibe

MUCWINI SUB-COUNTY HEADQUARTERS

80	Akello Lucira	58	Biira village
81	Lamon Albina	50	Biira Mucwini
82	Okot Albino	38	" "
83	Okot Maurensio	50	Yepa village
84	Oyet Laweri	55	Centre Mucwini

KITGUM MATIDI SUB-COUNTY HEADQUARTERS

85	Langol Santonino	52	Awere village
86	Ochola Nicholas	22	Pagwar village
87	Otim Benjamin	65	Parwech village
88	Ayaka Jalon	64	Pai BonyMulago Jerusalem Kitgum Matidi

AGORO SUB-COUNTY HEADQUARTERS

NO.	NAME	AGE	ADDRESS
89	Acan Amata	42	Trading Centre Agoro Parish
90	Anyiri Jerolia	50	Kila Ward-Nasino Parish
91	Anywar G.	30	Centre-Pobar Parish
92	Lacii Kerodia	60	Lamogi Ward Nasino Parish
93	Ladur Santina	50	" " "
94	Ocol John	32	Trading Centre Agoro Parish
95	Oryema Phidelo	49	Lamogi Ward Nasino Parish

MADI-OPEI SUB-COUNTY HEADQUARTERS

96	Aber Dolophina	50	Pabura Oryang Parish
97	Abwoch Tadeus	57	Orogo village
98	Adee Busikula	62	Okol village
99	Adong Alice	30	Gem village
100	Akello leorina	70	Oriang village
101	Akong Ansilia	57	Pabura-Oryang village
102	Akot Biginia	68	Kirombe village
103	Anyiri Leonora	54	Pobutu village
104	Atto Amelia	60	Wanglengo "
105	Auma Rose	45	Lutenge "
106	Latinya Dorina	64	Lungwenyo "
107	Lakot Jerolina	40	Kiromi "
108	Lamunu Magret	42	Pobura "
109	Lateng Evarina	62	Longarim "
110	Ocaya Erunayo	57	Lamogi "
111	Okot James	35	Wigweng village
112	Okumu Benson	35	Wiigweng "
113	Oryem Joseph	16	Okol Kirumbi Madi-Opei

ACHOLI BUR SUB-COUNTY HEADQUARTERS

NO.	NAME	AGE	ADDRESS
114	Ayaa Ventorina	30	Acholi-Bur Parish
115	Cal Velentino	55	Larumu village
116	Lakot Helen	30	Gem Central village
117	Obol Makamoi Alipayo	45	Lira Kato village
118	Okot Atanasio	37	Larumu "
119	Olweny Sankura Livingstone	35	Lawo Dapwoyo village
120	Oryem Ferekaco	76	Adula Gem Acholi-Bur
121	Oyat Fabio	43	Larum Acholi-Bur
122	Watmon Henry	19	Acholi-Bur Central Ward

ATANGA SUB-COUNTY HEADQUARTERS

123	Adeko Polina	40	Laukocat village
124	Akee Esther	62	Ranyakawa village
125	Anek Margret	52	Labongoguru village
126	"Asiyo" Ayico Martha	40	Obon village
127	Ochaya Matero	28	Japa village
128	Ojara Martin	45	Paibur Goma-Atanga
129	Okelo Yesero	73	Aboo village
130	Okot Jackson	68	Abor village
131	Okwera John	28	Wilpii Ngora village
132	Olango Ajulina	37	Kanyakal village
133	Olwedo Erukana	100	Aboo village
134	Omon Dison	46	Lawie Adul village
135	Oola Yokoyadi	52	Angaguru village
136	Oting Julyeri	60	Aboo village
137	Otto Lamiya Nikanori	59	Labongogoro village



ADILANG SUB-COUNTY HEADQUARTERS

NO.	NAME	AGE	ADDRESS
138	Acen Solina	52	Kulaka village
139	Ajung Motto Jonathan		Layugi village
140	Awor Erina	60	Anyimi village
141	Kimong Biola (Mrs)	35	Lalal village
142	Ocieng Marko	39	Anyimi village
143	Ogwang Nekemia	60	Olenyo Orina village
144	Ojok Vincent	42	Lilal village
145	Okwany Steven	53	Ngekidi village
146	Otang Sipiriano	35	Lal-Layugi village.

PATONGO SUB-COUNTY HEADQUARTERS

No Traditional Healer Turned up.

TABLE IV:

ALPHABETICAL LIST OF MEDICINAL PLANTS PRESENTED BY TRADITIONAL HEALERS AND IDENTIFIED BY THE TEAM: LOCAL NAMES ARE IN ACHOLI, EXCEPT WHERE INDICATED

LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
1. Abelwinyo	Acholi	Lantana camara	Verbenaceae
2. Aboce	Lango	Cissampelos mucronata	Menispermaceae
3. Acak acak	Acholi	Lactuca capensis	Asteraceae
4. Achilo	"	Clerodendrum cordifolium	Verbenaceae
5. Acwacwa	"	Cassia kirkii	Caesalpiniaceae
6. Agaba	"	Glycine javanica	Papilionaceae
7. Akakado	"	Gymnosporia senegalensis	Celastraceae
8. Akeyo	"	Gynandropsis gynandra	Capparaceae
9. Alira yat	"	Sporobolus pyramidalis	Poaceae
10. Atakara	"	Aloe laterita	Liliaceae
11. Coga	"	Jatropha curcas	Euphorbiaceae
12. Coga	"	Ricinus communis	Euphorbiaceae
13. Cwacwa	"	Phyllanthus amarus	"
14. Gam	"	Thevetia peruviana	Apocynaceae
15. Iterka	"	Maytenus senegalensis	Celastraceae
16. Itubo	Lango	Ficus natalensis	Moraceae
17. Kasia	Acholi	Cassia mannii	Caesalpiniaceae
18. Kasia	"	Cassia spectabilis	Caesalpiniaceae
19. Kila jok	"	Euphorbia tirucalli	Euphorbiaceae
20. Labwor	"	Abutilon longicuspe	Malvaceae
21. Lagwari	"	Asparagus flagellaris	Liliaceae
22. Larar	"	Crotalaria incana	Papilionaceae
23. Layatajok	"	Euphorbia hirta	Euphorbiaceae
24. Laywe jobi	"	Cassia kirkii	Caesalpiniaceae
25. Mabule	"	Chlorophora excelsa	Moraceae
26. Maro maro	"	Chrysanthelum americanum	Asteraceae

LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
27. Miti (Mida)	Acholi	<i>Ocimum basilicum</i>	Lamiaceae
28. Moto (Modo)	"	<i>Cynodon doctylon</i>	Poaceae
29. Muwembe (Miyembe)	"	<i>Mangifera indica</i>	Anacardiaceae
30. Ober	"	<i>Clerodendrum cordifolium</i>	Verbenaceae
31. Obia	"	<i>Imperata cylindrica</i>	Poaceae
32. Obolo (Obwolo)	"	<i>Annona chrysophylla</i>	Annonaceae
33. Ocok	"	<i>Solanum incanum</i>	Solanaceae
34. Odugu	"	<i>Combretum binderianum</i>	Combretaceae
35. Odwang	"	<i>Gardenia ternifolia</i>	Rubiaceae
36. Ogwa	"	<i>Indigofera emarginella</i>	Papilionaceae
37. Olwedo	"	<i>Lanchocharpus laxiflorus</i>	Papilionaceae
38. Olwit	"	<i>Steganotaenia araliacea</i>	Apiaceae
39. Opedo	"	<i>Harrisonia abyssinica</i>	Simaroubaceae
40. Orwo	"	<i>Lippia grandifolia</i>	Verbenaceae
41. Oryang	"	<i>Acacia hockii</i>	Mimosaceae
42. Oryono cen	"	<i>Acalypha villicaulis</i>	Euphorbiaceae
43. Oyado	"	<i>Cassia obtusifolia</i>	Caesalpiaceae
44. Patapata	"	<i>Beorhavia diffusa</i>	Nyctaginaceae
45. Pedo	"	<i>Harrisonia abyssinica</i>	Simaroubaceae
46. Tugu icoo	"	<i>Carica papaya</i>	Caricaceae
47. Yat tur	"	<i>Conyza floribunda</i>	Asteraceae
48. No local name given		<i>Zornia glochidiata</i>	Papilionaceae
49. "		<i>Indigofera spicata</i>	Papilionaceae
50. "		<i>Ziziphus abyssinicus</i>	Rhamnaceae
51. "		<i>Sporabulus pyramidalis</i>	Poaceae

TABLE V:

LIST OF PLANTS WHOSE MATERIALS (STEMS, ROOTS) WERE PRESENTED
BUT NOT SUFFICIENT FOR SCIENTIFIC IDENTIFICATION

LOCAL NAME	DIALECT
1. Abbas	Acholi
2. Acwegweno	Acholi
3. Ajiki	"
4. Alima	"
5. Atangocinga	"
6. Cakamur	"
7. Joda (Abuu)	"
8. Jopa	"
9. Kapuka	"
10. Labwol	"
11. Laliya (Lalia)	"
12. Lanyero	"
13. Lemcwiny	"
14. Lubanga	"
15. Mura	"
16. Oceke	"
17. Odiodi	"
18. Odok	"
19. Okwero	"
20. Omuchu	"
21. Omucu	"
22. Ongol pil	"
23. Opol	"
24. Roborobo	"
25. Yat keda	"
26. Yata mon	"
27. Yat pyer	"
28. Yat wang	"

TABLE VI:

LIST OF PLANTS MENTIONED BY TRADITIONAL HEALERS BUT NOT SUBMITTED

LOCAL NAME	DIALECT
1. Abur	Acholi
2. Acak	"
3. Acan acan	"
4. Aceno	"
5. Acilo	"
6. Acilowo oworo	"
7. Acuga	"
8. Acung	"
9. Adilo	"
10. Adur okot	"
11. Adwee	"
12. Agaba bung	"
13. Agaba kulu	"
14. Agaba makwar	"
15. Akado akado	"
16. Akakulu	"
17. Akekede	"
18. Akeno	"
19. Akwara dok	"
20. Alanga alanga	"
21. Aleng alenga	"
22. Amo	"
23. Amor	"
24. Angwece	"
25. Anunu	"
26. Anyero	"
27. Aramed	"
28. Alike	"
29. Atyenboto	"
30. Ayek	"

LOCAL NAME	DIALECT
31. Ayeka yek	Acholi
32. Ayila	"
33. Baal beyo	"
34. Bel	"
35. Bomo	"
36. Bone	"
37. Bongo rwodi	"
38. Bwada	"
39. Cwiny gom	"
40. Dikat melo	Madi
41. Gacia	Acholi
42. Ikayi	"
43. Itugu	"
44. Itupa	"
45. Itutu	"
46. Jojo	"
47. Kado	"
48. Keko	"
49. Kela	"
50. Kituba makwar	"
51. Labang kuda	"
52. Labongomot	"
53. Labok	"
54. Lagworo	"
55. Lakena	"
56. Lakop nying	"
57. Lakwang	"
58. Lalwor	"
59. Lango	"
60. Lanyoo	"

LOCAL NAME	DIALECT
61. Lapena	Acholi
62. Lapera (Mapera)	"
63. Lotetyang	"
64. Latoligo	"
65. Layibi	"
66. Layot	"
67. Layugi	"
68. Lubanga Kuda	"
69. Lugaji	"
70. Lungu Juma	"
71. Lwoka	"
72. (Muvule) Olwa	"
73. Mungu	"
74. Mura	"
75. Nyanya	"
76. Obuddu	"
77. Ocok ocok	"
78. Oculup	"
79. Odwee (Odye)	"
80. Ogali	"
81. Ojigi	"
82. Okengo	"
83. Okirikit	"
84. Okomo	"
85. Okut	"
86. Okutubii	"
87. Olam	"
88. Olok	"
89. Oloyo dawa	"
90. Olwiro	"
91. Omuoch	"
92. Ongono	"
93. Opok	"

LOCAL NAME	DIALECT
94. Oryo	Acholi
95. Otok	"
96. Owak	"
97. Owoka	"
98. Oyeyet	"
99. Oyora	"
100. Pado	"
101. Pabo macol	"
102. Pull	"
103. Rwarwa	"
104. Takara	"
105. Tee leny	"
106. Tee lyech	"
107. Tigotigo	"
108. Tugo malaco	"
109. Turugalam	"
110. Tutu	"
111. Tyang obim	"
112. Woroworo	"
113. Yago	"
114. Yat agobi	"
115. Yat alwoka	"
116. Yat amwoda	"
117. Yat arem	"
118. Yat byero	"
119. Yat dobo	"
120. Yat kudi	"
121. Yat qpoya	"
122. Yat rem pyer	"
123. Yat twol	"

TABLE VII:

NON-VEGETABLE MATERIALS:

1. Salt made from ashes
2. Cooking oil
3. Sugar
4. Kwete (beer)
5. Odok got-special glue obtained from a rock
at Langiya in Agoro Sub-County
6. Soot
7. Soil
8. Bicarbonate of soda.



CHAPTER THREE

COMMON ILLNESSES AND THEIR TREATMENT:

The common illnesses encountered during the Survey were given by the Traditional Healers by describing the symptoms. The medical terms were provided by Dr. Ogwal Okeng of the Department of Pharmacology and Therapeutics, Makerere University who assisted the Team in writing up this Chapter.

It is hoped that a glossary of the medical terms will be produced later.

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

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

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

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

1. **MALARIA (084.9):**

- (a) Peel off the root of Labongomoi (TH:Okot K.M.). Cut the peels into small pieces, dry and grind to powder. Add a little amount of water and give half glassful of the infusion once a day. Excess causes drowsiness.
- (b) Pound a few roots of Obia (TH: Okeny A.) and mix with cold water (1 litre). Take 500ml. three times a day for one day.
- (c) Pound the fresh root bark of Olwedo (TH: Ociti G.) and mix with cold or warm water. Filter and give to patient to drink a half glassful (adult) or quarter glassful (infant) two times a day only. The Traditional Healer partakes the medicine before administering it.
- (d) Pound clean fresh root of Olwedo (TH: Awat H.) and and mix with cold water. Take one glassful once a day for three to four days.
- (e) Cut into small pieces the tuber of Agaba Kulu (TH: Olak J.) and chew a piece once. It causes diarrhoea and excess urination.
- (f) Pound the fresh root of Lakopnying (TH: Ocira A.P.), mix with water. Take as much as possible. It causes vomiting after some hours.
- (g) Crush together roots of Obia and the male pawpaw (TH:Ochaya M.). Mix with warm water and add sugar. Take 250ml. of the solution once a day for one week. The patient passes yellow urine.

2. SCHISTOSOMIASIS (BILHARZIASIS) (120.0):

Roast the bark of the young root of Omucu (TH:Lamot M.) and crush to powder. Take one table spoonful of the powder and mix with 100ml. of cold water. Take the mixture three times a day and repeat after every three days before meals. The patient may get a meal six hours after taking the mixture and should take plenty of water.

3. GUINEA-WORM (125.7):

- (a) Crush the fresh roots of Lango (TH:Ajung M.J.) and boil with water. The patient is given 250ml. of the decoction for three days. Excess may cause drowsiness. Make a fibre out of the bark of Lango and put at the spot where the worm shows out.
- (b) The root bark of Ongano (TH: Odur P.) is pounded and mixed with water. One mugful of the infusion is taken daily as soon as worms have been detected. Treatment is continued until all worms have been expelled.
- (c) Pound the fresh leaves of Layugi (TH. Abwola D.) and mix with 250ml. of cold water. Take the infusion then apply the sap extracted from Layatajok on the site of the emerging worm. The worm dies and pus is discharged. The eggs of the worms left inside the patient are destroyed by taking the infusion made from the leaves of Layugi.
- (d) Crush the fresh root bark of (name not given - sample provided) (TH: Banyan P.) into a paste. Apply at the incisions made at the site of the emerging worm. The worm should die within four days. The paste is removed and the dead worm is pulled out cautiously.

- (e) Grind the root of Omuoch (TH:Lamoti M.A.). Apply into the incisions made around the site of the worm for one or two days. The worm dies and can be pulled out.

4. COUGH (786.2):

- (a) Chew the fresh root or powdered dry root of Teeleny (TH: Oyom E.) three times a day for both children and adults for one week.
- (b) Pound the dry root of Agaba (TH: Okidi J.) into powder. Mix the powder in water and drink half a mugful twice daily for one week.
- (c) Wash and pound or chew the fresh root of Ayila (TH:Moro R.) Swallow the juice. Repeat twice daily for three days.
- (d) Clean, then crush the fresh root of Roborobo (TH:Ociti G.) and mix in cold water. Take one glassful of the infusion twice daily until coughing stops.
- (e) Persistent cough. A little amount of the root bark of Amor (TH:Moro T.C.) is pounded and macerated in cold water. Take 200-250ml. of the infusion twice daily for one week. Excess may cause irritation of the throat, and vomiting.
- (f) Chew the leaves of Lapera (TH: Nyero G.) for two days.
- (g) Pound root of Amor (TH. Ocheng M.). Macerate in water and take 250ml. three to four times a day. The patient should feel better within a short time.
- (h) Cough with Blood - chew the fresh root of Ogwa (TH:Lamot Malandra) or crush the dry root and mix with cold water. Take a half glass three times a day for a week.

5. BRONCHITIS ()

- (a) Clean, pound and chew the root of Iterka (TH:Olanya C.).
- (b) Chew the fresh root or crush the root of Ogwa (TH.Lamot M.) and add cold water. Take two spoonfuls three times a day for two to seven days.
- (c) The upper shoot of a Phyllanthus amarus (TH:Okwera J.) is macerated in 200ml. water. Take 100ml. twice daily till healed or chew a few of the parts.
- (d) Chew a piece of the root of Cwing gom (TH:Okelo Y.) three times a day for two to three days.
- (e) Crush the root of Odiodi (TH. Oting J.), mix with water and take twice daily for two to three days.

6. PERTUSIS (033.9):

Crush the root bark of Akwara dok (TH: Ogwang O.) and mix in about 200ml. of water. Give the child two table spoonfuls twice a day for two days. The child will not get another attack of whooping cough after the treatment.

7. PULMONARY TUBERCULOSIS (011.9):

- (a) Boil the powdered root of Patapata (TH:Okeny A.) in water. Give the patient 200ml. twice a day for three days. The sputum becomes thicker during that period of treatment which indicates improvement.
- (b) Pound either fresh or dry root (two or three pieces) of Patapata (TH: Obama E.) and mix with 200ml. of cold water. Take this infusion twice a day for four days. The sputum becomes thicker as the patient improves. The patient should avoid alcohol during treatment.

- (c) Pound the fresh root bark of Amo (TH:Ogwang V.). Measure off two spoonfuls and mix with 100ml. of warm water. Take the infusion once and repeat every three days. The patient vomits immediately and may begin to show signs of improvement in the first three days.
- (d) Pound fresh root bark of Oyeyet (TH:Lakidi C.). Mix with cold water and give the patient. Take a half mugful of the infusion after every two days for two weeks. The patient may vomit so he should be encouraged to eat after every vomit.
- (e) Pound together roots of Ayila and Ajiki (TH:Lamon A.). Macerate in boiling water. Filter and take 100ml. of decoction twice a day for two days. Coughing should decrease within two days.

8. CHEST PAIN (786.5):

- (a) Crush a small piece of root bulb of Lemcwiny (TH: Ociti G.), mix with hot water, cool and filter. Take 50ml. of the decoction once a day for three days. An excess dose is fatal. The patient should take milk as an antidote.
- (b) Make a paste by pounding the fresh whole root of Lalia (TH: Bodo P.) add a little water and smear to the chest and leave it there to dry. The patient feels better within thirty minutes.

9. GENERALISED PAIN (780.9):

- (a) Pound and mix with water the root of Yat Amwoda (TH:Lutuwa). Take 100ml. twice a day until pain disappears.

- (b) Crush the fresh root of Yat Amwoda (TH:Okot A.) and add a little water. Make incisions with razor blade on the painful areas and apply the infusion. Patient is expected to improve in two days.
- (c) Wash and crush the root of Aceno (TH:Agero A.) and mix with water. Take half a glassful two times a day till pain disappears.
- (d) Pound the fresh upper stem of Kila jok and the whole Phyllanthus sp. (TH: Adonga P.). After drying mix them and add water. Incisions are made all over the body and apply the paste. Give the Phyllanthus decoction to drink. The treatment is repeated once a week.

10. **ABDOMINAL PAIN (789.0):**

- (a) Pound the fresh root of Labongrwode (TH:Acan M.). A half teaspoonful of the paste is mixed with 50ml. of water. Take the decoction once.
- (b) Chew the root or stem bark of Opol (TH: Okeny A.) and swallow the juice.
- (c) Pound and mix with cold water the root of Pedo (TH:Okeny A.). Take 200ml. twice daily until cured.
- (d) Crush the dry root of Acwengweno (TH: Ociti G.) to powder. Mix one spoonful of the powder in 250ml. of cold water and take once a day. Patient should improve after taking medicine once. The fresh root may be chewed instead.
- (e) Crush the root of Ocok (TH: Oteka C.) and mix with cold water. Take one tablespoonful once, a day for three to seven days.

11. DIARRHOEA (009.3):

- (a) Crush root of Agaba (TH:Moro R.). Mix with water and take 200ml. of infusion once a day for four days. Infants take a smaller dose for three days. Diarrhoea should stop within four days.
- (b) Pound the fresh root bark of Odugu (TH: Awet P.) and mix with cold water. Add common salt. Take 250ml. of infusion twice daily until cured.
- (c) A small piece of the root of Opedo (TH:Acan M.) is pounded and macerated in a half litre of cold water. Take the whole infusion twice a day.
- (d) The root of Oceke (TH:Okeny A.) is pounded and mixed with water. The patient is given 200ml. three times a day for two days.
- (e) Pound and boil in water the root of Agaba (TH:Oboma E.). Take 15ml. once and repeat after three days.
- (f) Pound clean root of Obuddu (TH:Ociti G.). Mix with cold water and take 250ml. of the infusion twice daily until diarrhoea stops.
- (g) Crush fresh root of Agaba (TH:Ajung M.J.) and mix with water. Take one mugful of infusion daily for three days. Diarrhoea is expected to stop within three days.
- (h) Pound fresh root of Ocoko (20gm.) (TH:Bodo P.) and mix with 100ml. water. Take the whole infusion and diarrhoea stops soon after. The patient should not take any more medication.
- (i) The sap of Coga (TH:Nyero G.) is added to 1½. of water and taken once.

- (j) Crush the leaves of Zornia glochidiata (TH: Otim B.) add water and filter. Take half a glassful for one day.
- (k) Cut the bulb of Lubonga (TH:Oyak J.) into small pieces, pound and mix with water, and filter. Take 100ml. daily until recovered. The residue is rubbed all over the body.
- (l) Pound the fresh root bark of Obolo (TH: Ocaya E.). Mix with porridge and take once every day for two days. The root may be chewed or mixed with 250ml. of cold water and taken.
- (m) Crush the root of Odugu whose bark has been removed (TH:Lam K.). Add to 200ml. of water and stir thoroughly, filter and take 100ml. twice a day for two days. It improves appetite.
- (n) Chew a piece of the root of Agaba Makwar (TH:Ochola N.) and swallow the juice twice a day until diarrhoea stops. For children crush the root and mix a small amount of water. Give one table spoonful twice daily for two days.
- (o) The inner bark of the stem and root of Olam (TH:Ojara M.) are boiled in water with little common salt, filtered and let to cool. Take 500ml once, every other day as necessary.
- (p) Mix together soot, salt, soil and sugar (TH:Watmon H.) with a half litre of water, stir well and take 200ml. twice a day for three days. Diarrhoea should stop within three days.

- (q) Crush freshly peeled root bark of Agaba (TH:Cal V.). Mix with a half glass of cold water and filter. Take half glassful of the infusion once a day. Diarrhoea should stop within six hours.
- (r) Crush the root of Agaba Makwar (TH:Oting J.) and mix with water. Take 100ml. twice a day for two to three days
- (s) Crush together the root barks of Odugu and Atyenboto (TH. Okwany S.) with a stone. Mix with about half litre of warm water. Take a half glassful of decoction twice daily for two days. Diarrhoea should decrease a few hours after treatment.

12. **DYSENTERY (009.2):**

- (a) Pound together stem bark of Muyeme and root of Tugu Icoo (TH:Langol S.). Mix with water and boil. Add common salt and coffee. Filter in bottle and let to cool. Take one glassful of the decoction twice a day for four days. Dysentery should subside after one day and stop completely after four days.
- (b) The sap from the stems of Coga and Obolo (TH:Nyero G.) are mixed with one litre of water and taken once. Faeces may become hard and pelleted. Excess may cause constipation.
- (c) Clean and pound the root bark of Agaba (TH:Okot M.). Mix with water and filter. Take three dessert spoonfuls of the filtrate once a day until cured.
- (d) Pound the root of Labong Kuda (TH:Ociti G.). Mix with cold water and take one teacupful of the infusion once daily. Dysentery should stop within one or two days.

13. RECTAL (ANORECTAL PROLAPSE) (569):

- (a) Pound root of Coga (TH:Ociti G.). Mix in cold water. Take 250ml. daily until the prolapse subsides.
- (b) Wash and pound root of Opol (TH:Ongom T.). Mix in a little water and rub on the prolapse daily until cured.
- (c) Cut and pound small root bulb of Ikayi (TH: Lakot J.). Apply the paste on the anus and blow with mouth from a short distance once a day for four days. The prolapse is expected to start receding within one day.
- (d) Pound the roots of Ikayi (TH:Latinya D.), mix with water and give to drink 100ml. twice a day for four days.

14. ASCARIASIS (127.0):

- (a) Pound the fresh root of Aciloworoworo (TH:Moro Y.). Mix with about one litre of water. Give a half glassful of the infusion to a child. It causes vomiting and diarrhoea followed by drowsiness. Worms are expelled in the loose stool.
- (b) Pound the fresh or dry leaves of Alima (TH: Okot M.K.). Add common salt. Take two table spoonfuls of the medicine and give the patient to chew and swallow the juice for three days. Worms are passed out in stool after two or three days.

15. HELMINTHIASIS (128.9):

- (a) Pound the fresh or dry roots of Labwol (TH:Okeny A.) and boil with 500ml. water. Children take 100ml. and adults 200ml. once a day for two days.

- (b) Crush the root of Okwero (TH:Ociti G.) boil with half litre of water. Cool and filter. Take one teacupful of the concoction early in the morning before breakfast. Diarrhoea starts about two hour later expelling the worms. Give patient porridge when the diarrhoea stops followed by soft foods.
- (c) Crash the root of Cak-amur (TH: Ajung-Motto J.) and mix with water and give 200ml. of the infusion twice daily for about two days. Worms are expelled with stool.
- (d) Pound the whole root of Yat Kudi (TH: Olobo S.) and mix with cold or warm water. Take one teacupful after every two days for ten days. The worms are expelled in stool.
- (e) Pound some roots of Labwor (TH: Oyet J.). Macerate in water, filter and mix the filtrate with porridge. Take 250ml. once a day for two to r three days. Excess may cause diarrhoea which should not persist.
- (f) Pound and macerate in 20ml. water the root of Acakacak (TH: Olanya C.). Take once a day for three days. Excess may cause stomach ache.
- (g) Pound a small piece of the root of Kassia (TH: Olany C.) and macerate in water. Take one table spoonful once only.
- (h) Pound together the leaves of Layibi and Pado (TH:Otto Ami. Mix with clean warm water and give in tea cup three times a day for three days.

- (i) Crush root of Layibi (TH: Adeka P.). Mix with cold water, filter and give 200ml. of the infusion once a day for three days. Dead long worms (Askaris) are expelled in stool.
- (j) Crush and mix with warm water the root of Bomo and Odugo (TH: Ayoo M.). Adults take 100ml. once in a local beer (kwete) for one day. The medicine is introduced by enema in case of babies. It induces diarrhoea to expel the worms.
- (k) Pound the root of Okwero (TH: Owiny A.). Mix with hot water and take a half glassful of the decoction three times a day after every other day for a week. Small white worms are expelled in stool.

16. **HERNIA (550.9):**

- (a) Crush the roots and leaves of both Ikai and Lubanga (TH: Aber F.) and mix with water. Take the concoction as necessary. The patient should avoid salt.
- (b) Crush together root and leaves of Coga (TH: Akello L.) Mix with water and take a half glass of the infusion. The leaves are made into a poultice mixed with oil and pressed against the hernia swelling. The hernia retracts. Excess infusion is poisonous and causes drowsiness.

17. **SPLENMEGALY (789.2):**

Crush the roots of Ocok (TH: Oteka C.). Mix with water and take one table spoonful of infusion once a day for three to seven days.

18. HEADACHE (784.0):

Pound fresh root bark of Acilo (TH: Okeng G.) and mix with a little water. Rub on the incisions made on the head once a day for two days. The patient improves after one day.

19. MIGRAINE (346.9):

- (a) Pound the upper shoot of Akeyo (TH: Acan M.) and apply the paste on the head.
- (b) Crush fresh leaves of Ayila into a paste. (TH: Lalur D.). Make few incisions on the head and rub in the paste once.
- (c) Dry and pound to powder Odokgot (TH: Anywar G.). Mix with cold water and cool. Take two dessert spoonfuls twice a day for one day.
- (d) Pound the root of Itugu (TH: Latinya D.). Mix with cold water. Take half-glassful of the infusion twice a day for four days. Patient should not take salt otherwise will not get cured.
- (e) Crush fresh root of Akakalu (TH: Otang S.). Make few incisions on the head and apply the medicine.

20. PUVULENT CONJUNCTIVITIS (372.0):

- (a) Burn the dry leaves of Okutu bii to ash (TH: Awet P.). Put a small amount of the ash in the eye. Patient improves after a short while.

- (b) Squeeze into the eye the juice from leaves of (TH:Okidi J.). Tears run out of the eye and nose for about one hour after which the patient feels better.
Cattle are also given the same treatment.
- (c) Crush the fresh leaves of Yat Wang (TH:Latuwa C.) and place in funnel made from a leaf. Add a little water and squeeze into the eyes, one drop twice a day for three days.
- (d) Clean and pound root of Akeyo (TH:Ogwang N.) and place in leaf funnel. Add a few drops of water squeeze two drops of the solution into the infected eye twice a day for two days.

21. **KERATOCONJUNCTIVITIS (372.0):**

Squeeze fresh leaves of Joda (TH:Bwoya M.N.). A little water is added to the expressed juice to form the eye drops. The drops are applied to the affected eye twice a day.

22. **TRACHOMA**

- (a) Crush leaves of Belwinyo (TH:Alobo J.), add a few drops of water. Squeeze a few drops into the eyes for two days
- (b) Wash and crush the root of Latetyong (TH:Otto-Amiya N.). Place in leaf funnel, add little clean water. Squeeze a few drops in the eye twice a day for three to four days
- (c) Crush small pieces of the root of Owak (TH:Oryem F.). Soak in a little water. Place in leaf-funnel and blow to make a foam. The foam is put in the infected eye once a day for two to three days.

- (d) Squeeze the juice of ripe fruit of Ocokocok (TH: Ogwang N.) in the infected eye twice a day for two days.

23. CATARACT (366.9):

- (a) Pound the bark of the root of Aram bed (TH: Moro P.C.) and put in funnel made out of the leaf of Odugu. Add little water and squeeze one or two drops into the eye in the morning and afternoon. Scum will form in the eye before it gets better.
- (b) Express the liquid of the half ripe fruits of Nyanya (TH: Lamoti M.) into clean small bottle. Drop on the eye twice daily until the white in the eye disappears.
- (c) The root of Odwong is washed, pounded and put in funnel made from Iterka leaf, (TH: Otto-Amiyan). Add a few drops of warm water and squeeze a few drops into the eye in the morning and evening for three to four days.

24. OTITIS MEDIA (382.0):

- (a) Wash and crush the fresh root of Lagwari (TH: Okot J.). Put it in a leaf funnel and squeeze the juice into the ear twice daily for two days.
- (b) Crush the fresh root of Acilo (TH: Awor E.) in simsim oil. Put a few drops in the ear once or twice a day. The pain disappears.

25. **EPISTAXIS (784.7):**

- (a) Grind the grains of Bel (TH:Lamunu M.). Make porridge from the flour and give as much as possible. Also give tea to drink.
- (b) Crush root of Opedo (TH:Ocieng M.) and macerate in a little water. Squeeze a few drops into the nose. Bleeding should stop immediately.

26. **ACUTE RHINITIS (472.0):**

Crush together the root of Acuga, the leaves of Laywe and the root of Laliya (TH:Lakima C.). Make the child to sniff once. A few minutes later the child sneezes and the nose clears.

27. **SORE THROAT (462):**

Pound root of Acung (TH:Nyeko M.). Mix with cold water and take one table spoonful of the infusion once a day for three days. The sores may burst and pus will dry up and heal.

27. **TONSILLITIS (463):**

- (a) Pound the root of Agaba (TH:Alwoch M.) and mix with the salty extract of ash; give two teaspoonfuls twice a day for two to three days. Avoid taking common salt during treatment.
- (b) Chew fresh root of Teeleny (TH:Oyom E.). Alternatively dry the root and pound to powder. Chew one teaspoonful of the powder three times a week. Cure is expected within a week.

- (c) Pound the yellow root bulb of Teeleny (TH:Oryem Santina) and mix in small amount of cooking oil to make paste. Press the paste down the throat on the swollen tonsils once a day. The swelling will burst and give out pus. The sores will heal within a short time. Porridge is provided to the patient one hour after administering the medicine.
- (d) Chew the roots of Adwee (TH:Nyero G.). Clean a small piece of the root of collected as D (TH:Okot A.). Chew and swallow the juice. Patient will improve and avoid operation of the tonsils.
- (e) Crush the fresh root bark of Akadoakado (TH:Atoo A.). Mix with hot water, cool and give one teaspoonful of the decoction once a day for three days.
- (f) For elongated swollen epiglottis:
Macerate the dry powder of the roots of Okenga (TH:Okot J.) in 30ml. water. Take a spoonful once daily for three days.
For children: the mother chews and spits a little in the mouth of the child.
- (g) Crush the root of Alira yit (TH:Olwedo E.). Mix with cold water and take a glassful three times a day for two days.
- (h) Clean and pound the root bark of Omucu (TH:Ogwang N.). Mix with cold water and take 250ml. of the infusion twice daily for two days. The patient should improve within one day..

29. ORAL ULCER (529.3):

Pound the root of Kela (TH:Okeny A.) and put the paste in the mouth continuously until cured.

30. KEDA (N.C.) [Bitter taste in the mouth after belching and vomit is yellow].

(a) Pound and macerate in 100ml. water the roots of Bwada (TH:Bodo P.) and take the infusion once. The patient vomits two or three times before getting better.

(b) Crush the root of Yat keda (TH:Okello M.). Mix with water, filter and take the filtrate once. Or just chew the roots.

31. TOOTHACHE (525.9):

(a) Crush root of Lakena (TH:Ongom and Oyat F.). Add a little water and squeeze the juice into the infected tooth twice a day. The pain stops within one day.

(b) Crush the root of Lakena (TH:Oyat F.) and apply on the infected tooth. Quick relief is realised immediately.

32. TEETHING SYNDROME (520.7):

Rub the fresh leaves of Miti (TH:Acen S.) into the gums of new born baby.

33. GOITRE (280.9):

Pound the leaves of Chrysanthelum americanum and those of Buphorbia hirta v.n. Acakacak (TH: Laloyo J.), add locally filtered salt from ash. Take 20ml. once a day.

34. FRESH WOUND (879.8):

Apply the sap of the leaves of Coga (TH: Nyero G.) on the wound.

35. SKIN ABSCESSSES (682.9):

Pound the nodules of Joda (TH: Abwola D.) and apply on the affected parts, three times a day for three days before the boil is ripe. The material sticks on the body. The boil is expected to disappear after three days. The skin peels off.

The patient should not move about in the public until cured, and should avoid alcohol during treatment.

36. SKIN ULCER (707.9):

Roast the fruit of Gam (TH: Lamot M.) . Remove the outer skin and shell to expose the inner part. Crush this and boil to produce oil which is used to apply on the ulcers.

The oil should not be taken by mouth because it is very poisonous.

37. SCABIES (133.0):

Roast the fruits of (Gam(TH: Lamot M.)). Remove the outer skin and shell to expose the inner part. Crush this and boil to reduce oil which is applied on the affected area - very poisonous.

38. **LEPROSY (030.1):**

- (a) Pound the roots of Moto (TH:Bodo P.), add little water and take 50ml. once daily.
- (b) Crush leaves of Coga (TH:Oryema C.). Add a little water and squeeze a few drops into the child's mouth. This protects the child from getting leprosy.

39. **MEASLES (055.9):**

- (a) Crush fresh root of Lanyoo (TH:Akidi M.) and mix with water. Give the infusion to child two table spoonfuls two times daily until cured. Alcohol should be avoided by members of the household. Brewing beer in the homestead when the child is still sick is prohibited. The visitors should not be allowed in the vicinity of the home because it might lead to the death of the child.
- (b) Pound a few pieces of the root of Kapuko (TH: Omoya A.) and mix with 500ml. of cold water. Take whenever thirsty for four to seven days. Bathing cold water and eating foods that may cause diarrhohea should be avoided.
- (c) Pound the root of Tutu (TH:Nyeko N.). Mix with water and take a half glassful of the infusion once only. Also rub the residue on the incisions made on the body. Patient should not take salt when on treatment. The patient should not slaughter chicken for one month after treatment.

- (d) Crush and add water to root of Indigofera spicata (TH: Ayaa V.). Mix with drinking water and give the child one glassful twice a day. Some of the water is sprinkled in the house. The child should stay indoors.
- (e) Prevention of measles - Pound and mix with water the 1001. of Labok (TH: Otto A.N.). The infusion is given to the child who has never had an attack of measles.

40. **FRACTURES (829):**

Set the broken bones, then apply the paste pack around the fracture, made by pounding fresh leaves of Ober (TH: Ogwang V.). Cover with banana leaf sheath changing it every two days. Improvement is expected within a week.

41. **DISLOCATION/FRACTURES (829):**

Crush the fresh leaves of Yat tur (TH: Latuwa C.). Add salt from ash and apply at scarification made at the dislocation and massage daily until patient improves.

42. **KNEE ARTHRITIS (716.9):**

Pound the fresh stem bark of Lugaji (TH: Obiti L.) and mix (50gm.) 2l. local beer (kwete) made from millet. Take two litres once daily for one to two weeks. Avoid salty foods.

43. KYPHOSIS PREVENTION (737.1):

Cut the bulb of Lubanga (TH:Oyak J.), into small pieces, pound, mix with water and filter. Take 100ml. daily. The residue is rubbed all over the body. Avoid eating meat of Guinea fowl, cane rat, pig. The patient is cleansed by offering a white chicken to the healer after treatment.

44. ARTERIAL HYPERTENSION (401.9):

Crush the roots of Orwo (TH: Oting J.), mix with water and take 100ml. twice daily for as long as it is necessary.

45. DYSMENORRHOEA (625.3):

Pound the root of Amor (TH: Okot R.) and macerate in about 100ml. of water. Give the solution to drink once. Repeat if pain persists. Most patients become pregnant on recovery.

46. INFERTILITY IN WOMEN (628):

- (a) Pound the fresh root of Yat arem (TH:Ayaa J.) and macerate in water. Filter and add the solution to porridge. Take a mugful at the onset of the menstrual flow. The woman may get pregnant within two months. Cleanse by offering the Healer a white chicken.
- (b) Pound together roots of Lakwang and Akakado (TH:Lakot H.) Mix in water and add yeast from millet or sorghum. The local beer can be used directly. Take about 100ml. of the concoction twice a day from the onset of menstruation. Pain should disappear and the woman may eventually conceive.

- (c) Crush root of Agaba (TH:Olango A.) and mix with cold water. Take a half glassful of the infusion three times a day during menstrual period. The woman eventually can conceive.
- (d) Clean and pound root of Yat agobi (TH:Acen S.) and mix with cold water. Give the patient 250ml. twice daily during menstrual period. The woman should conceive if there is no more pain during subsequent menstrual periods.
- (e) Pound the root of name not given (TH:Kimong V.) and mix with porridge made from fermented millet or sorghum. Take a cupful of porridge at the end of menstrual flow period.

47. PELVIC INFLAMMATORY DISEASE (614.9):

- (a) Pound root of Rwarwa (TH:Moro R.) and mix in water or home-made local beer and give any amount daily for one month.
- (b) Crush the dry or fresh root of Yat mon (TH:Ociti G.), add yeast flour from millet or sorghum. Mix in porridge and take one mugful of porridge. During treatment the woman should not quarrel especially with her husband. The woman conceives when menstrual pains cease.
- (c) Pound one inch of the root of Atangocinga and same amount of Alima (TH:Omoya A.). Add half glass of water to Atangocinga and take three times a day. Then take separately the same quality of infusion of Alima. Continue treatment for one week until pain and menstruation stop. Conception is expected to follow. The husband can undergo same treatment if he has pain in the back and abdomen. Continue coitus normally after menstruation.

- (d) Pound and mix either with water or local beer (kwete) the root of Yat rem pyer (TH:Olaa R.). Take 50ml. once daily for a few days just before menstruation is due. Repeat two or three times of the following menstruation periods. The Healer is cleansed by offering him chicken or money.
- (e) Pound together the roots of Oryo and Ayila (TH:Okema D.) and mix with 500ml. of water. Take 250ml. twice daily for four days. The pains stop and the woman should expect to conceive.
- (f) Pound together root barks of Akeno and Bongo Rwodi (TH: Lamunu S.). Add 500ml. of water and filter. Take 250ml. of infusion twice daily for two weeks. The woman is expected to conceive shortly afterwards. The patient should avoid hard work when on treatment.
- (g) Crush the root of Alima (TH: Ladur S.) and mix with water. Take one cupful of infusion each day during menstration. The pain is expected to disappear during menstration.
- (h) Crush fresh root (400gm.) of Yat Pyer (TH:Okello M.). Add water or tea and filter. Take once in the evening after a heavy meal or just after the woman had finished her period. Vomiting and diarrhoea indicate that patient has taken a sufficient dose. The patient should avoid meals until the following afternoon when soft foods like porridge should be taken first.
- (i) Pound fresh root of Odugu (TH: Akot B.). Mix with water and add yeast from millet or sorghum. Take a half mugful of concoction three times a day for six days. Pain disappears and the woman can conceive.

48. BACKACHE AND ABDOMINAL PAIN (IN PREGNANCY) (646.8):

- (a) Pound the fresh root bark of Acak acak (TH: Odida P.) and mix with 150ml. of water. Take three times a day until pain abets. Sex and heavy work during treatment should be avoided.
- (b) Crush the stem bark of Alima (TH: Olobo S.) and mix with cold water. Take 200ml. of the infusion daily for four days.

49. THREATENED ABORTION (640.0):

- (a) Pound the fresh root of Akakado (TH: Obol M.). Mix and boil with one litre of water; cool the decoction and give the patient a half litre once a day for two days. The patient is expected to improve within two days.
- (b) Crush the whole plant of Zornia glachidata (TH: Otim B.), add cold water and filter. Give one glassful once a day until pain disappears. This treatment is for treating threatened abortion during the first three months of pregnancy.
- (c) Pound the root of Acalypha villicantis (TH: Kimong V.) Mix with porridge prepared from fermented millet or sorghum. Give the patient a cupful of porridge.

50. RETAINED PLACENTA (666):

- (a) The fresh root of Akeyo (TH: Akot R.) is grinded and mixed with 200ml. of water. The patient takes this solution once. The placenta should come out immediately.
- (b) Pound the root bark of Olok (TH: Otyang G.) and mix with water. The patient takes the infusion once. The placenta is expected to be expelled within 15 minutes. Repeat the treatment if 15 minutes expire. The Birth Attendant should massage the back of the woman when the infusion is being taken. The patient should not eat meat of black animals for one month after treatment.
- (c) Crush the prop roots (air roots) of Kituba Makwar (TH: Oteka C.) and mix with water and give a half tea cup. The placenta is expelled immediately.
- (d) Pound the root of Ayila (TH: Lumunu S.) and mix with 250ml. of water and take once. After a short time the placenta is expelled.
- (e) Pound the fresh roots of both Akekede and Oculup (TH: Akelo P.) and add a little water. Give 20ml. of the solution once. The residue is smeared on the back and head of the patient. The placenta should come out immediately.
- (f) Boil a few pieces of the root of Lyata jok (TH: Moro E.) with water and give 100ml. The residue is smeared at the waist of the patient. The Healer places his finger into the vagina as if to open it. Placenta should come out immediately.

- (g) Crush the root of Ojigi (TH: Anyiri L.), mix with a little water and boil for a short time. Give once when the bleeding has just begun. The placenta should come out easily.
- (h) Make porridge from Bel (TH: Lamunu M.) and tea, Give to drink as much as possible.
- (i) Pound the fresh root of Coga (TH: Ociti G.). Mix with cold water and give 250ml. of infusion once. The placenta should be expelled easily.
- (j) Pound the roots of Yat byero (TH: Aber D.), macerate in water 50ml. once. The Healer is cleansed by offering to him a chicken.
- (k) Pound a few pieces of the root of (sample not identified) (TH: Akelo L.). Mix in hot water and give one dessert-spoonful. The placenta is expelled almost immediately. The Traditional Healer should first taste the medicine before administering it.
- (l) Cut and pound about ten small pieces of the root of Ajiki (TH: Lateng E.). Mix with about 250ml. of hot water, cool and give all at once. The placenta is expelled immediately. The patient should not take salt for at least four days.
- (m) Crush together the roots of Akeo and Coga (TH: Ochoia N.). Mix with water. Give about 50ml. of the infusion once. If placenta does not come out immediately - repeat.
- (n) Crush the root of Lakena (TH: Oyat F.) and macerate in water. Give 200ml. once. The placenta should come out immediately.

- (o) Wash, pound and mix with 250ml. of water the root of Akeyo (TH Otto-Amiya). Give the patient once. Cleanse by offering chicken to the Healer.
- (p) Pound the fresh roots of Coga (TH: Ocol J.). Add a little water. Give a glassful once. The placenta is expected to come out immediately.

51. PAINFUL BREASTS WHEN BREAST FEEDING (611.8):

Crush the root of Anyero (TH: Langoya P.) and apply on the breast once daily until the pain disappears.

52. MENINGITIS (322.9):

- (a) Chew the leaves of Acwacwa (TH: Okeny A.) twice a day for three days.
- (b) Crush the fresh root of Tutu (TH: Nyeko M.). Make a few incisions at the back of the neck and back of the head and rub. Mix a small amount of the crushed root with water and take a half glassful of the infusion once only. The patient improves in one day.
- (c) Crush the fresh root of Okirikit (TH: Ajung J.M.). Some of the powder is rubbed into the incisions made on the neck and waist. The rest is mixed with water. Give one glassful once. Improvement is noticed within two to three days.
- (d) Crush the leaves of Takera to paste (TH: Lamot M.). Make some incisions at the back of the neck and rub in the paste.
- (e) Crush the stem bark of Abass (TH: Lamot M.) to paste. Make incisions and apply the paste.



53. **EPILEPSY (345.9):**

- (a) Pound together the roots of Tutu and Lagworo (TH: Banya E) and add 100ml. of water. Squeeze a little of this mixture in the nose of the patient. The victim sneezes and seizures stop for good.
- (b) Pound and macerate in 50ml. of water the roots of Odwee. (TH: Okot Regina). Give to drink. If this patient is unconscious, squeeze a few drops in the nose and mouth.
- (c) Pound together the roots of Tutu and Olwit (TH: Akelo Angelina), add a little water. Give a little to drink, Squeeze a few drops in the nose and anus; and rub in the joints. The residue is applied to the centre of the head. The treatment is repeated whenever an attack occurs until seizures stop.
- (d) Crush the root bark of Abelwinyo (TH: Ato Y.) and mix with cold water. Filter and give one teacupful of the infusion three times a day for one week. During treatment consumption of alcohol is prohibited. When a month passes without an attack then it indicates that the patient is cured.
- (e) Crush the dry leaves or root of Oryemo cen (TH: Akello L) to powder. Mix about five spoonfuls of the powder in about half a litre of cold water and filter. Give two spoonfuls of the infusion three times a day for two days. Also rub the residue all over the body. The temperature falls and convulsions stop.



- (f) Crush the root of Tyang abim (TH: Oryem P.). Mix with cold water and add millet beer. Give a glassful of the concoction two times a day for one week. No attack is expected for at least one week.

54. FUNCTIONAL PSYCHOSIS (298.0):

- (a) Crush the root of Tigotigo (TH: Ociti G.). Mix some of it with cold water and force the patient to take a half teacupful of the infusion.

Burn the root and make the patient inhale the smoke. The patient goes into a sleep and wakes up feeling dizzy but much better. Repeat the treatment for one week.

- (b) Pound fresh Yat Apoya (TH: Akong A.). Mix with cold water and take a half glassful of the infusion two times a day until the patient has improved. Rub the residue all over the body daily.

55. GONORRHOEA (098):

- (a) Pound together the root barks of Mabule and Gacia (TH: Acan M.) and boil in water, filter and take 100ml. of concoction two times a day for four days.

- (b) Pound the root of Ober (TH: Bodo P.) and macerate in one litre of water. Take 500ml.. It causes increased volume and frequency of urination, thus expelling the disease.

- (c) Wash and pound the root of Acakacak (TH: Abwoch T.). Mix with 500ml. of water filter and give the infusion once. The patient starts to pass the urine normally. Sex and alcohol should be avoided during treatment.
- (d) Pound the fresh root bark of Akakado (TH:Obol M.). Boil in one litre of water, add two spoonfuls of sugar and stir. Take 500ml. of the solution twice a day for two days. Pain ceases after two to three days.
- (e) Pound the roots of Munyu and Odugu (TH: Ojara M.) and macerate in hot water. Take 100ml. twice daily for one week.

56. **MYOSITIS (728/040.8):**

Crush the dry leaves of Oloyo dawa to powder (TH: Akot G.). Open the swelling by making a deep incision with a new razor blade. Push a grass-straw into the wound. Pus stained with blood drains out. The powder is then put on the wound. The operation is painful. The patient should avoid eating fish, meat and pigeon peas.

57. **AIDS (NC):**

Pound the dry root bark of Mura (TH: Okumu B.) to powder. Take one teaspoonful of the powder and mix with a half glassful of water. or kwete (a beer brew). Take the concoction every thirty minutes. Avoid taking excess which might be dangerous.

58. SEXUAL ASTHENIA (607.8) (302.7):

- (a) Crush the dry root of Achanachan (TH: Ociti G.) to powder. One teaspoonful of the powder is mixed with soup and eaten. Alternatively the powder is mixed with the native beer and taken. The treatment should be continued until the patient gets full erection.
- (b) Pound the fresh root bark of (TH: Obol H.), dry, grind and boil in a salt free soup of a young cock. Give the soup, two table spoonfuls twice a day. The man should get normal erection after one week. Alcohol and soft drinks are avoided.
- (c) Pound the fresh root of Turugalam (TH: Oryem J.) and chew every day until one feels strong. Alternatively the pounded root is mixed with chicken soup and taken by the patient.

59. ORCHITIS (608.8):

Pound the roots of Agaba (TH: Labeja C,) and mix with 250ml. of kwete (local beer of millet). Give three times a day. At the same time apply on the testes a solution made by pounding the leaves of Ayila in 250ml. of water. The patient passes a whitish stool and yellow urine. The patient gets relief within four days.

60. HYDROCEL (603.9):

Pound together the roots of Keko and Layot (TH: Oola Y.). Mix with either tea, or locally brewed beer and take one glassful once a day for one week.

61. **KWASHIOKOR (269):**

- (a) Cut into small pieces the bulb of Lubanga (TH:Oyak J.). Crush, mix with water and filter. Give 100ml. daily. The bulb may be cooked and taken at a meal. Apply the residue all over the body. Avoid eating meat of Guinea fowl, cane rat, pig. The patient is cleansed after he is healed by offering a white chicken to the healer.
- (b) Chew the fresh root of Alima (TH:Okello M.).

62. **MARASMUS (261):**

Crush the root of Yat Alwoka (TH: Awidi A.) and dry. Mix the powder with water and give a half glassful of the infusion to a child three times daily. Add some powder to water and use for bathing and massaging the legs and arms of the child. The child should feel better within three days.

63. **ANASARCA (782.3):**

- (a) Crush the stem bark of Yaga (TH: Akidi M.). Add a little water to a portion and rub on the swollen part. Add water to the remaining portion and take 250ml. of the infusion once a day. Repeat for one week.
- (b) Pound the root bark of Bone (TH: Odwong A.) and mix with cold water. Filter and take one mugful of the infusion once a day for three days. Vomiting and diarrhoea should occur to indicate that this treatment is effective.

- (c) Pound and macerate a small piece of the root of Latoligo (TH: Moro E.) in 100ml. of water. Take the infusion daily till the swelling disappears. Healer should be offered chicken when patient recovers.
- (d) Cut small pieces of the root of Teelyech (TH:Molo E.) and macerate in water. Give 50ml. of the infusion. The patient then bathes in infusion made by macerating a large bundle of the leaves of Anunu till water is slippery. The infusion causes itching which indicates that the disease is correctly diagnosed and that treatment is effective. The treatment may be repeated once more.
- (e) Pound the root of Alang-Alang (TH: Auma R.). Apply into the incisions made on the body for four days for males and three days for females. The patient is expected to be cured within one week. Avoid alcohol, salt and meat of the wild buck.
- (f) Crush the roots of Okwero and Kigelia spp. (TH:Akee E.) Mix with cold water and take a glassful of the infusion twice daily for two to three days. Apply residue into incisions made on the body.
- (g) Clean and pound ^{the} root bark of Agaba bung (TH: Ogwang N.). Mix with cold water, filter and give one table spoonful of the infusion two times daily until cured. Patient should not eat meat during treatment because the medicine may not be effective.

64. POISONING (E989.5):

- (a) Pound the root of Abur (TH: Abadi B.) and mix with water in a small calabash. Scarify the site where the poison is suspected to have made contact with the body and apply the infusion. Improvement is expected within three days if the poisoning took place recently. The patient should avoid alcohol.
- (b) Crush the fresh root bark of Woroworo (TH:Ojwang M.). Mix with some water and add to porridge. Give one mugful of the porridge daily until the patient is completely well. Vomiting occurs after about one hour. Diarrhoea may set in after one day. These signs indicate that the poison is being expelled.
- (c) Pound a small quantity of Acakacak (TH: Ociti G.). Mix with cold water and give 100ml. of the infusion. The patient vomits the poison.
- (d) Crush a small piece from the bulb of Lemcwiny (TH: Ociti) and mix with water. Take 50ml. of the concoction once. The patient vomits the poison. The concoction is fatal when taken in excess.
- (e) Remove the bark of Acak (TH: Laker K.) and chew the root or pound and macerate in water and take 20ml. It induces vomiting. Cleanse the healer by offering a young hen.
- (f) Crush the fresh root of Alengaleng (TH: Adong A.) and mix with cold water. Give one glass of the extract once a day. The patient is expected to vomit the poison.

- (g) Crush the fresh or dry root of Odwong (TH: Aloba J.) mix with cold water or cold porridge. Give three dessert spoonful two times a day. The patient vomits and should avoid taking a meal immediately.
- (h) Cut and pound a small piece of Yat-Twol (TH: Akong A.). Mix with water and give two spoonfuls of the infusion once. The patient vomits the poison. Snake bite poisoning can be treated in the same way.
- (i) Crush the root of Ayek Ayek (TH: Amon D.). Mix with warm water and take one glassful twice a day for two to three days. It induces vomiting and diarrhoea.
- (j) Clean and pound the fresh root of Agaba-Bung (TH: Ogwang N.) Mix with 250ml. of water, filter, give to patient. It causes vomiting of the poison immediately.
- (k) Crush the fresh root of Okwero (TH: Aloba J.). Mix with cold water or porridge. Give two dessert spoonfuls two times a day. The patient vomits the poison. It causes drowsiness when taken in excess.

65. SCORPION STING (E905.2):

- (a) The seeds of Pull are half fried (TH: Nyero G.) and applied at the site of the bite.
- (b) The milky sap from the leaves of Acakacak (TH: Nyero G.) is applied on the site of the bite.

66. SNAKE BITE (E905.0)(989.5):

- (a) Pound the fresh root of Okwero (TH:Labeja C.) and mix with half a litre of water. Give half of the decoction, the rest two hours later. Apply the residue into the incisions made around the site of the bite. The victim vomits after about five minutes and poison oozes out of the wound. Avoid alcohol during treatment which lasts for about five days.
- (b) Crush the fresh leaves of Langwece (TH:Langoya P.) and mix with water. Give the infusion once. Rub the residue on the site of the snake bite. The victim vomits after about half an hour, a sign that the medicine is being effective.
- (c) Crush fresh root of Yat twol (TH:Toona C.). Mix with water. Force the patient to take a half teacupful of the infusion. Rub the pounded root on the site bitten by snake. The patient is expected to vomit.
- (d) Pound together ^{the} fresh roots of Olwedo and Odwong (TH: Ojok A.). Add water and leave to settle for about a minute. Give half glassful and if there is no reaction (vomiting) take another half glassful. The Patient vomits within thirty minutes, and should avoid alcohol during treatment. Vomiting causes the patient to be very weak.
- (e) Pound a handful of the fresh leaves of Maromaro (TH:Odida P.) and mix with 200ml. of water and stir well. Give the infusion three times a day, until the patient feels better. The patient vomits (yellow vomit). The patient is given porridge and should avoid alcohol.

To the pounded leaves add some rock salt and apply into the incisions made around the site of the bite.

- (f) Pound ^{the} root of Teeleny (TH: Lamunu S.) and mix with a half litre of water. Filter and give a half glassful of the infusion twice a day for two days. The patient vomits after one minute. The vomit is brown in colour. The patient is expected to be cured within two weeks. Alcohol should be avoided during treatment.
- (g) Pound the leaves of Obolo (TH: Bodo P.) and macerate in water and take 100ml. once.
- (h) Crush the root of Itupa (TH: Lakidi C.) and apply on the site of the snake bite. Give one teaspoonful once a day for four days of the infusion. The patient vomits the poison and feels much better.
- (i) Pound ^{the} fresh root bark of Atika (TH: Lalur O.). Add water and give one teacupful of the infusion once. The patient vomits immediately after taking the medicine. The patient should not take alcohol otherwise the treatment will not work.
- (j) Cut and pound small pieces of Yat Twol (TH: Akong A.). Mix with water, filter and give 2 teaspoonfuls of the infusion once. Also make incisions near the site of the snake bite and rub the medicine. The patient vomits but becomes well soon. Also used to treat other poisons.
- (k) Pound together ^{the} fresh root and leaves of Pobo macol (TH: Olweny C.). Mix with cold water and take 250ml. of the infusion twice a day for two days.
- (l) Pound the root of Akado (TH: Ochola N.). Macerate in little water. Give 20ml. of the infusion to drink. Apply the residue on the site of snake bite. The patient vomits after taking the infusion.

- (m) Pound the clean root of Obolo (TH: Okwany S.). Mix with about 250ml. of cold water. Give the infusion once. The patient vomits. Porridge made from millet flour should be given to the patient after vomiting.

67. BEWITCHMENT (N.C.)

- (a) Crush together the root and leaves of Joja (TH:Lumunu E.) and mix with water. Filter and give a half mugful of the concoction after every three days for about one week. The patient may vomit and should take porridge thereafter.
- (b) Clean and pound root bark of Oryan (TH: Oyet L.) and mix with a clear ash filterate. The solution is applied into incisions made on the affected part.
The patient is expected to improve on the first day of treatment.
- (c) Pound fresh root of Laliya (TH: Ongom T.). Make incisions on the affected part and apply the infusion.

- (e) The fresh root of Bomo (TH:Anek M.) are washed and crushed. Some of the infusion is applied into the incisions made at the painful sites of the body once. The remaining infusion is given in doses of 100ml. daily for two weeks. The patient may pass black stool and or vomit.
- (f) Crush the root of Laboo (TH: Ajwo V.). Make incisions on the affected part and apply the infusion.
- (g) Put the leaves of Dikat Melo (TH: Ajwo V.) in 50ml. of hot water. Take the decoction twice a day for one or two days.

68. **BEING CURSED (N.C.):**

Pound the fresh root bark of Olwedo (TH: Awidi A.). Dry and pound to powder. Spread or scatter the powder in the house or place where the curse was uttered. The curse does not then become effective.

69. **LUCKY CHARM (N.C.):**

To avoid bad luck rub all over the body the paste made by pounding the whole plant of Anyero (TH:Okello K.).

70. **SOAP FOR WASHING CLOTHES:**

Pound the stem bark of Okomo (TH: Okidi J.). Mix with water and use for washing clothes.

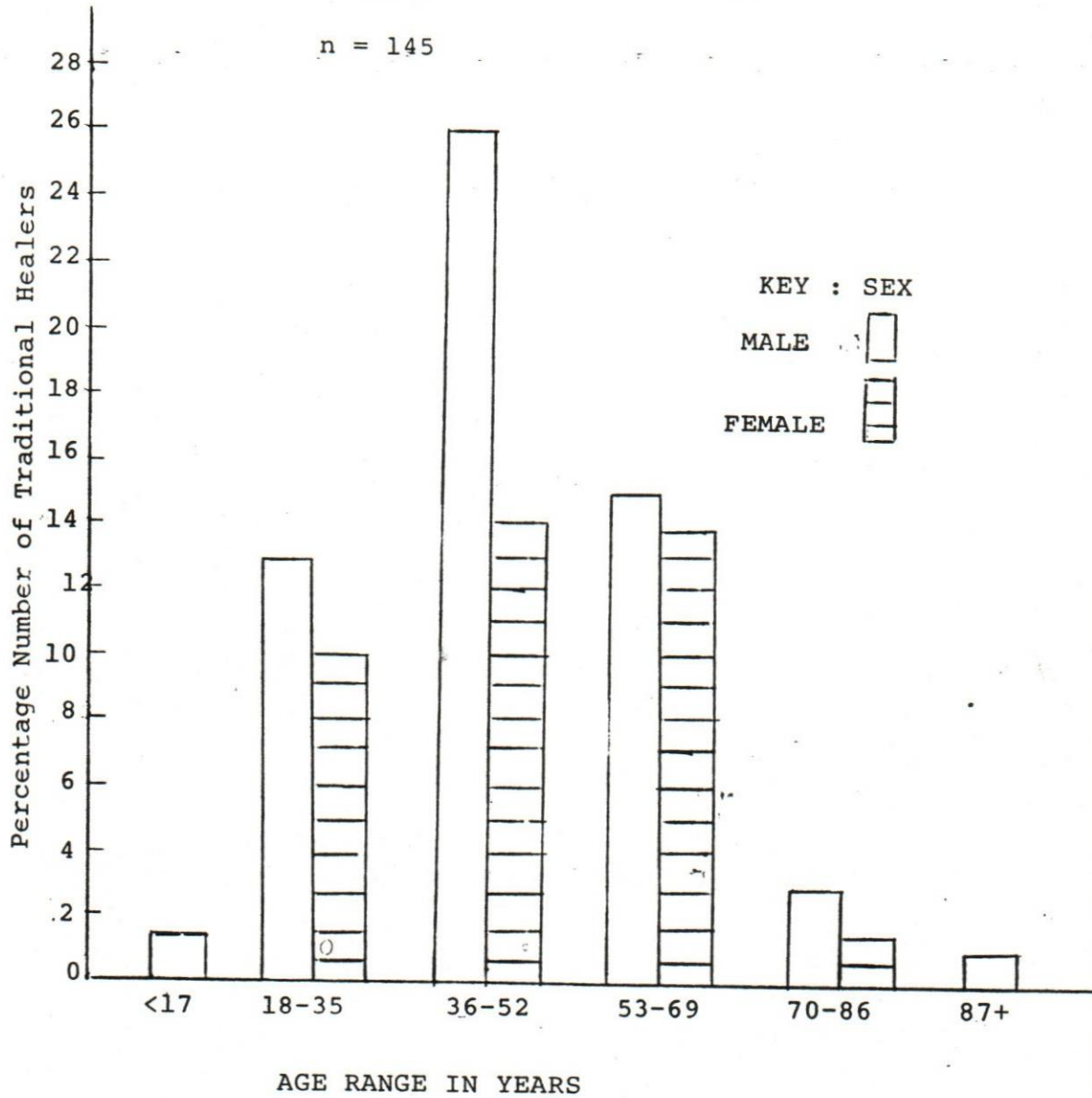
CHAPTER FOUR

ANALYSIS AND DISCUSSIONS OF RESPONSES OF THE QUESTIONNAIRE
ON TRADITIONAL HEALERS

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

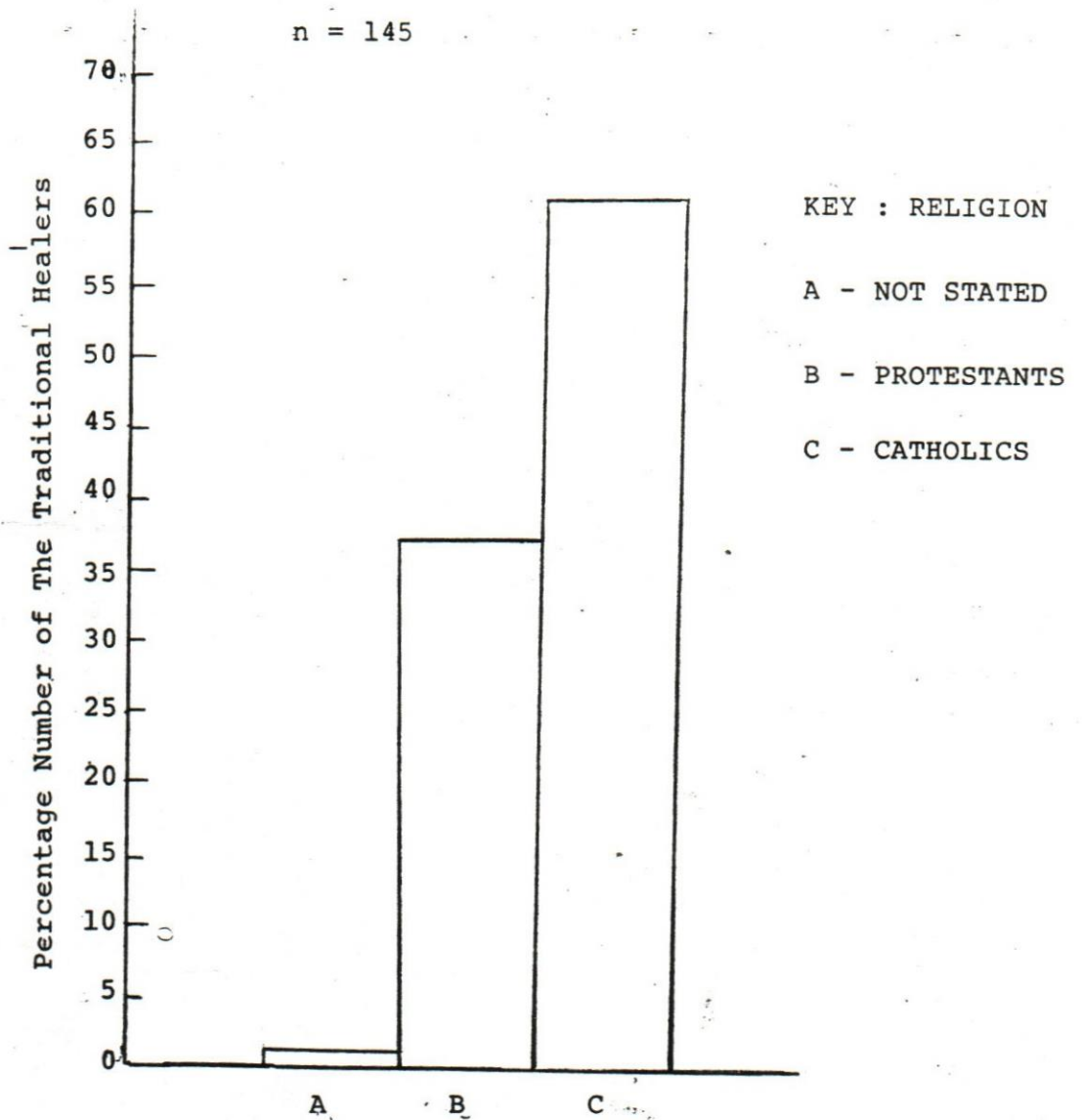
- (a) The characteristics of the Traditional Healers who were interviewed.
- (b) Their views, ideas, opinions, etc. concerning the formation of the proposed National Association of Traditional Healers.

GRAPH I: SEX AND AGE DISTRIBUTION OF TRADITIONAL HEALERS



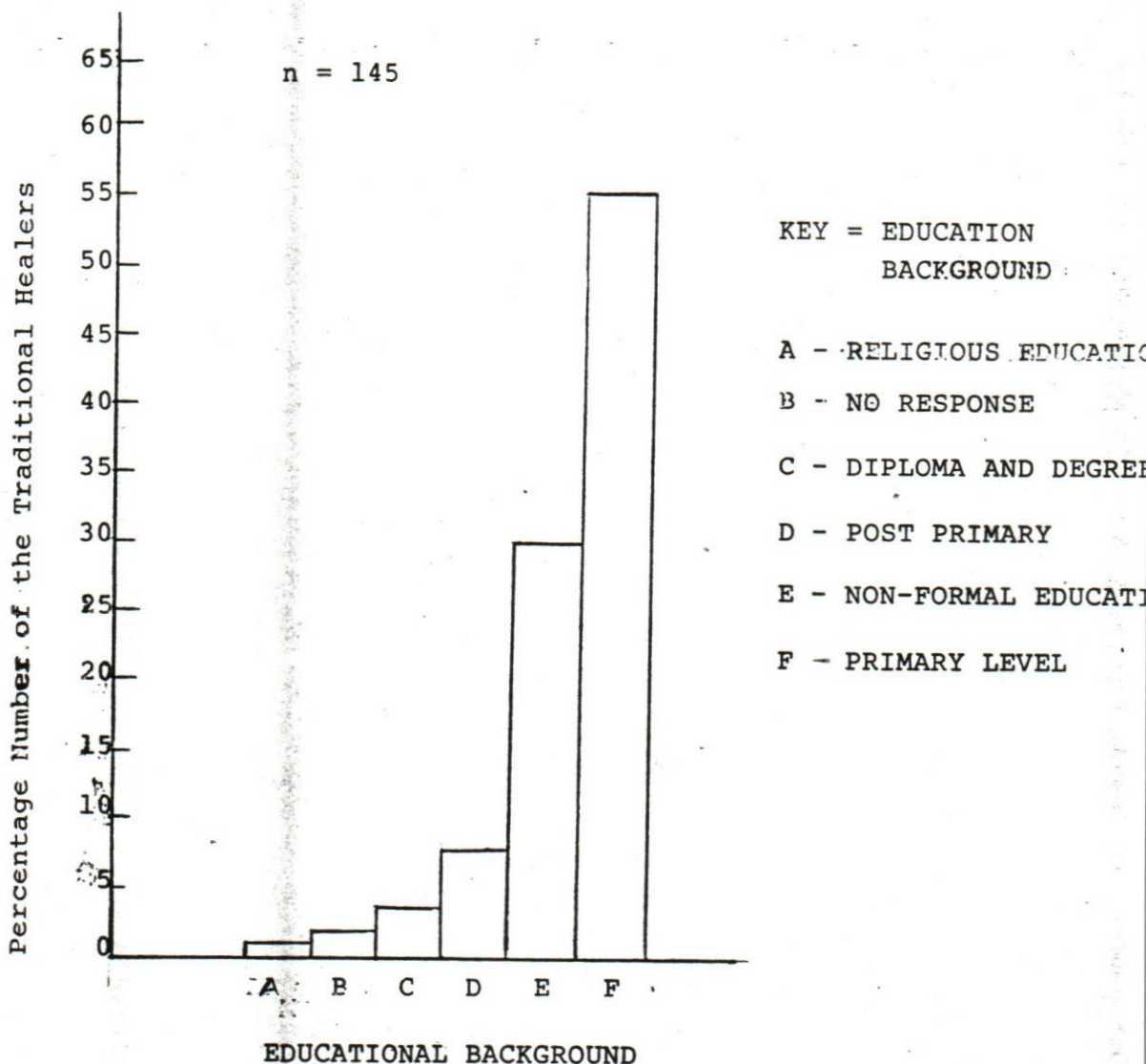
The minimum age of 17 years was based on the fact that persons below 18 years of age are considered minors in the laws of Uganda. This survey however recorded two minors aged 16 and 17 years. The oldest Traditional Healer was 90. The majority (74.5%) were considered as adult aged above 36 years. Those below 35 years were considered as youth and forms 24.5%. The graph also indicated that there were more males than females with a ratio of approximately 2:1.

GRAPH II: RELIGIOUS AFFILIATIONS OF THE TRADITIONAL HEALERS



From Graph II it is clear that the Traditional Healers in Kitgum District belong to the two major Christian Religions. The Catholics (61%) forms the majority while Protestants form 38%. One percent did not indicate their religious affiliations. It would be interesting to note whether the population of the district has the same religious ratio of 3:2 (Catholics:Protestants).

GRAPH III: EDUCATIONAL BACKGROUND OF TRADITIONAL HEALERS



From Graph III it can be realised that at least 69% of the Traditional Healers had attended formal school education. Most of them indicated that they were able to read and write in their vernacular language although 30% had indicated that they had no formal education. The general observation is that the Traditional Healers in the District could be easily communicated to in writing.

It is interesting to note that there were graduates of higher institutions who are Practitioners of Traditional Medicine in Kitgum District.

VENN DIAGRAM I: AREA OF PRACTICE OF THE TRADITIONAL HEALERS

n = 145



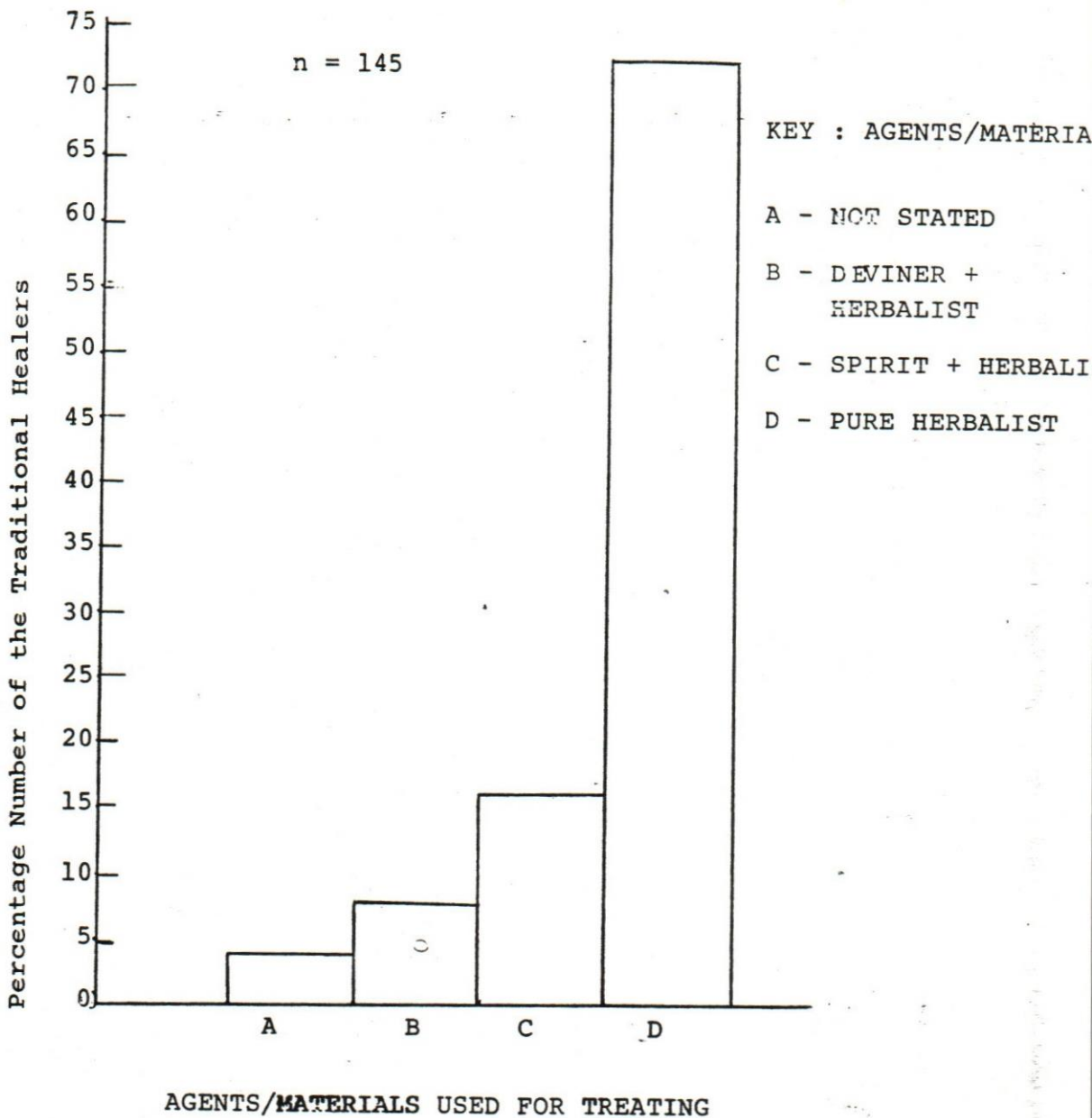
Analysis of the areas of practice of the traditional healers indicated that the ratio of the General practitioners to the specialised practitioners was 1:1. Only 4% of the traditional healers indicated that they treated several diseases but were better specialised in some specific diseases.

The authors considered that those who concentrated on treating three types of diseases or less were specialists.

The category of diseases treated by the specialist practitioners included Traditional Birth Attending, Guinea worms, Tonsilits, Sterility, Diarrhoea, Epilepsy and Poisoning.

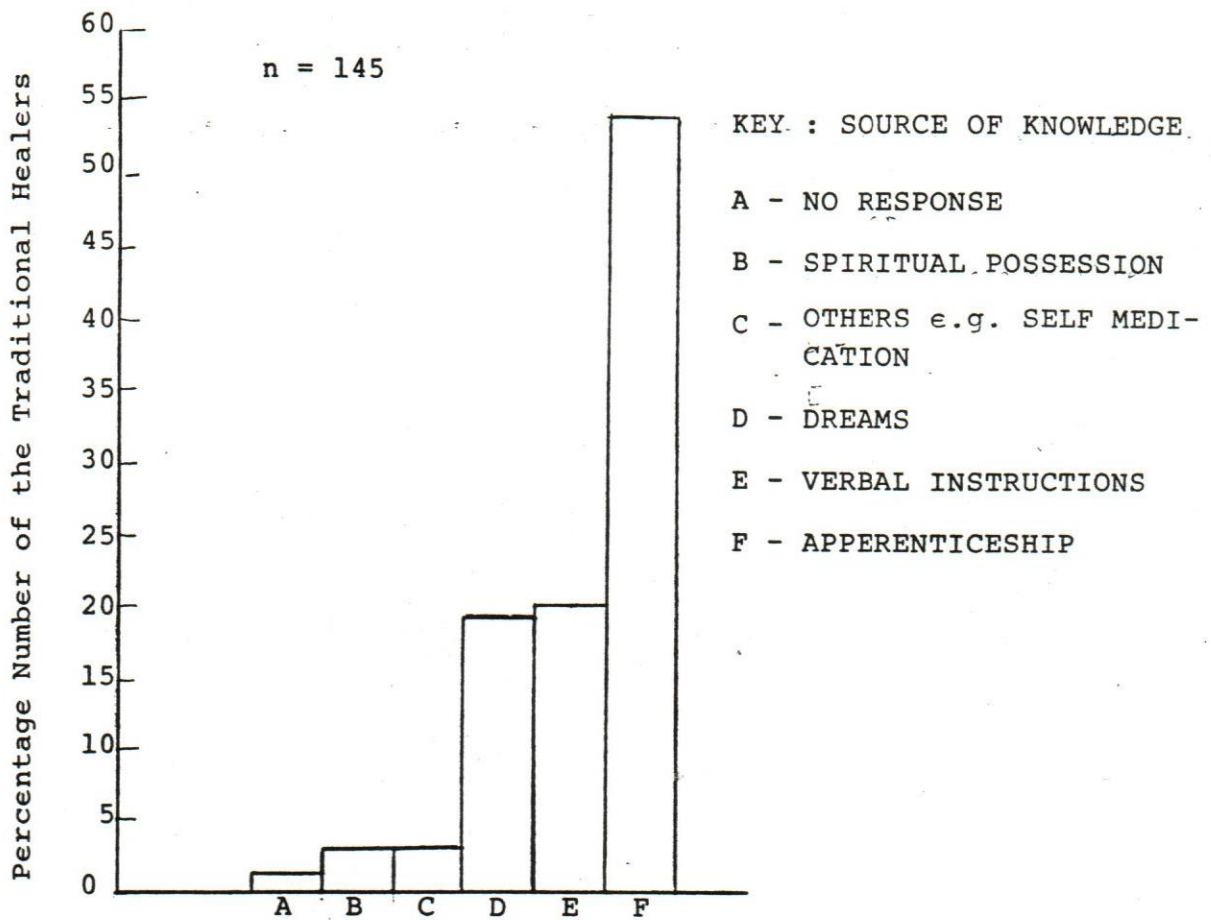
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GRAPH IV: BACKGROUND TO AGENTS/MATERIALS USED FOR TREATING



Graph IV indicated that the majority (72%) of the Traditional Healers use herbal materials. 16% use, mixed practices and herbal preparations. 8% stated that they use devination and herbs. None claimed to be a Deviner-Magician. Other inquiries indicated that the pure-spiritualists-magicianans had probably declined to meet the Survey team for fear of being assessed heavily their graduated tax levy.

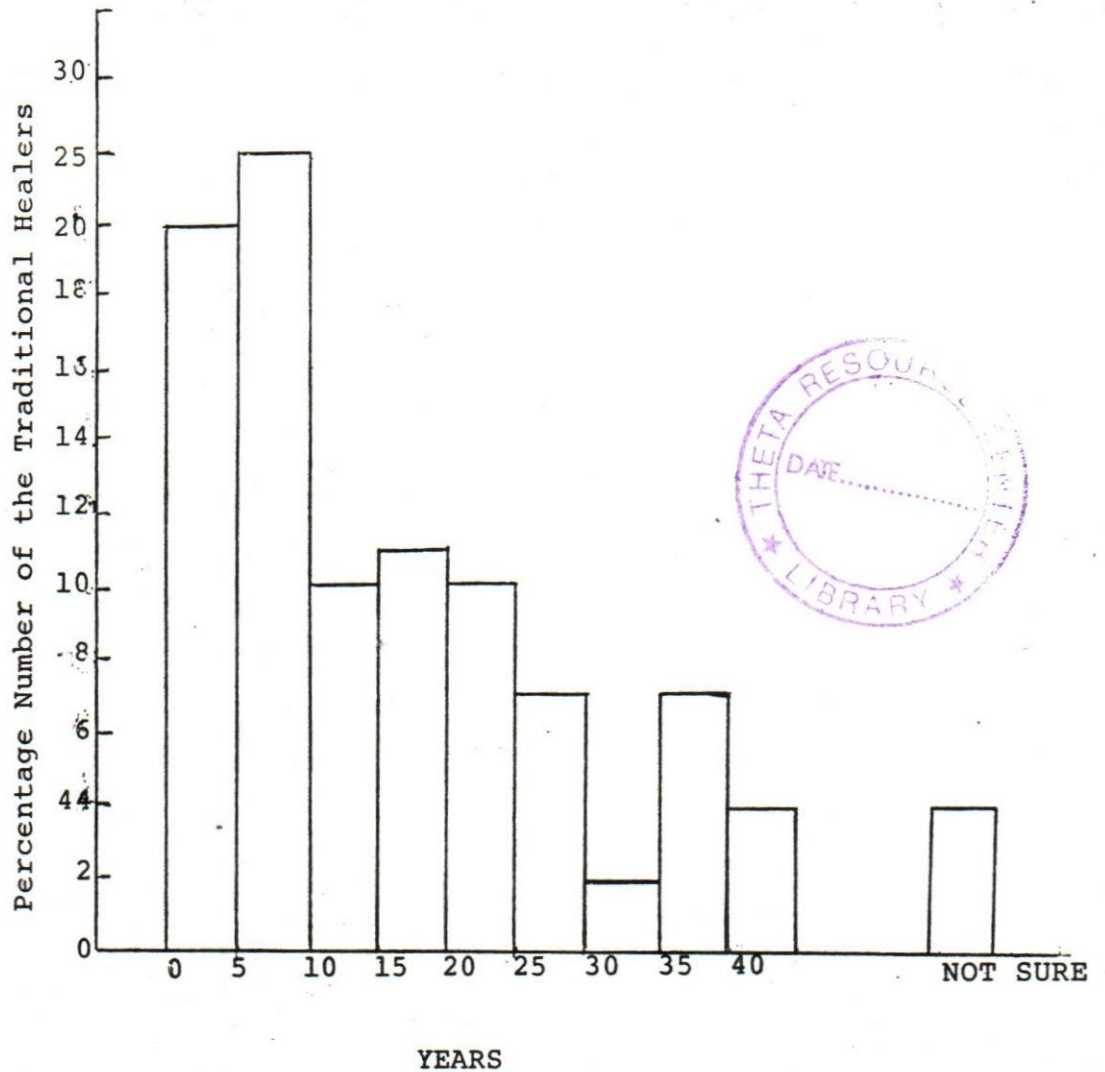
GRAPH V: SOURCE OF KNOWLEDGE AND SKILLS ON TRADITIONAL MEDICINE



SOURCE OF KNOWLEDGE ON TRADITIONAL MEDICINE

Graph V revealed that there were 5 sources by which the Traditional Healers had acquired their knowledge and skills. Most of them however indicated more than one source. The majority (54%) had undergone a period of apprenticeship with Experienced Traditional Healers or relatives. Verbal Instruction had been obtained mainly from practising relatives. Only 3% indicated that they had obtained the knowledge and skills through self medication.

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



The shortest time recorded was 1 month and the longest was 63 years. From Graph VI, the majority 25% had experiences between 5-10 years. However 4% were not certain of the period of their experiences.



OTHER MAJOR ECONOMIC OCCUPATIONS OF THE TRADITIONAL HEALERS

OCCUPATION	NO.
Traditional Medicine only	18
Peasant Farmer	92
Trade Bussinesses	10
Civil Servants :	
Established staff	8
Group employees	6
Resistance Council Committee Members	2
Military army	3
Teachers	1
Retired	1
Vocational trades	
Mason	1
Weaver	1
Carpenter	1
Students	1
TOTAL	145

The table above indicates that the majority of the Traditional Healers were peasant farmers as well. It is probale that some of them had more than one other occupation.

MEMBERSHIP TO ANY TRADITIONAL HEALERS ASSOCIATION

The majority (92%) indicated that they did not belong to any Association of Traditional Healers. Only 5% indicated that they belonged to an Association of Traditional Healers. 3% declined to respond or indicated that they were not sure of what the question implicated. Those who belonged to an Association had not yet chosen a suitable name of the Association. Consultations between 137 Traditional Healers and the District Culture Officer were still going on. Another Association was that of Traditional Birth Attendants Group at Madi Opei Health Centre.

REASONS FOR FAILURE TO JOIN ANY TRADITIONAL HEALERS' ASSOCIATION

The majority of the traditional healers who indicated that they did not belong to any Association gave the following reasons:

- (i) No such Association exists in the area where they live;
- (ii) There is nobody to guide them;
- (iii) Some wondered whether such Associations are allowed by Government;
- (iv) Some were still pondering over the issue of joining the Association which is still in formative stages;
- (v) Others indicated that they were too old to join.

RESPONSE TO FORMATION OF A NATIONAL ASSOCIATION OF TRADITIONAL HEALERS

93% of the Traditional Healers interviewed were in favour and welcomed the proposed. 7% did not offer any response.

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

The following reasons were given in favour of the formation of a National Association of Traditional Healers.

- (i) Unity is strength;
- (ii) To promote progress and development of Traditional Healers;
- (iii) People, health and life would benefit from such an Association;
- (iv) It would help traditional healers to know each other and exchange ideas;
- (v) It would help traditional healers to learn from each other;
- (vi) It would help traditional healers to serve people from far and wide;
- (vii) It would make it easy for traditional healers to approach Government for assistance;
- (viii) The Association would be able to advertise their medicine;
- (ix) Government will be able to recognise traditional healers and the services they provide.

From the list of reasons given by traditional healers above, it is evident that the Traditional Healers individually or collectively are facing problems which they expect Government to solve. It is evident that the traditional healers are looking forward for positive development as regards their work. It was apparent that the newly formed Associations of Traditional Healers based at the District Culture Department

in the District needed guidance on the procedures of registering Associations.

The Government will have to arrange seminars with the Traditional Healers to sensitise them about the necessity of forming a National Association of Traditional Healers.

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

None of the Traditional Healers interviewed was against the formation of a National Association of Traditional Healers.

PROBLEMS REQUIRING ATTENTION:

The traditional healers pointed out the following areas which required attention:-

1. High taxes are levied from the Traditional Healers. Claims of traditional healers being taxed up to the tune of shs.20,000/- per annum were raised to the team.
2. Lack of containers to pack their medicine;
3. Lack of tools (e.g. hoes, pangas, etc) and utensils used to prepare their medicine;
4. Lack of a clinic to be used by traditional healers or offices at central location within the District;
5. Lack of transport of bicycles for collecting herbs from long distances;
6. Materials for processing drugs e.g. mortars, mixers, sieves;
7. Tractor for cultivation of medicinal plants.