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MINISTRY OF HEALTH

NATURAL CHEMOTHERAPEUTICS RESEARCH LABORATORY

ETHNOMEDICINE IN UGANDA

PART TWELVE

ETHNOBOTANICAL AND TRADITIONAL HEALERS  
SURVEY OF TORORO DISTRICT

15 - 24 AUGUST 1993

BY

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The team is grateful to all Resistance Council Chairmen, County and Sub-county Chiefs of all the areas visited for effort in organising and mobilising the Traditional Healers.

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## CHAPTER ONE

## 1.0 INTRODUCTION:

This is a report by a multi-disciplinary Team which undertook an Ethnomedico-botanical research study of Tororo District Uganda, from 15th - 24th August, 1993.

The Team consisted of five scientist and two Technical Assistants based at Natural Chemotheropentics Research Laboratory of the Ministry of health and a Medical Officer based at the Department of Pharmacology and Therapeutics, Makerere University.

It is the 12th of a series of such survey which is being 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 was set up soon after independence to investigate the validity of claims made by Traditional Healers on the efficacy of Medicinal plants, other natural products and certain other methods employed in the treatment of various diseases. It is hoped that these survey will enable the laboratory to interact with Traditional Healers to gather the necessary information which will form the basis for implementing the Recommendation made by the Health Review Commission (1987) connected with Traditional Medicine in Uganda set out below.



- i) The Ministry of Health should work closely with Traditional Healers in order to achieve the objective of "Health for all by the year 2000". They should be members of the Health Team at local community level and should be welcome to participate in Primary Health Care.
- ii) Traditional Healers should be encouraged to form a National Association which should be the nucleus through which the Ministry of health should regulate and supervise their practice.
- iii) The Ministry of Health should arrange appropriate training programmes for Traditional Practitioners such as Traditional Birth Attendant and Bone - setters.
- iv) Referral of patients between medical Practitioners and Traditional Healers should be open and acceptable.
- v) The Natural Chemotherapeutics Research Laboratory should be strengthened and should carry out applied research on such aspects as packaging and bottling of Traditional Medicine.
- vi) Land should be made available to grow medicinal plants identified by Traditional Healers and funds should be made available to preserve these identified species.



### 1.1 AIMS OF THE MISSION

- a) To survey Traditional Healers in Tororo District with the aim of:-
  - i) Identify and registering them.
  - ii) Have a dialogue with Traditional Healers concerning their practices.
  - iii) Collecting their views on the need for the formation of a National Association of Traditional Healers of Uganda.
  - iv) To collect information from the Traditional Healers concerning Ethno-medical practices in the area, particularly to locate, collect and identify medicinal plants in the District.

### 1.2 Geographical Background of Tororo District

Tororo District is an Administrative Unit. It was formerly part of Bukedi District.

It has an international border with the Republic of Kenya in the East, Mbale District is situated in the North East, Palisa District in the North, Iganga District in the West. It extends in Lake Victoria in the South (Map I).

Tororo lies at an altitude of 1097 - 1219m. above sea level. Most areas are flat except the surroundings of Tororo Town where volcanic rock outcrop mountains are found. These rocks are rich in minerals especially Phosphates, Asbestos and Limestone which are being exploited.

The county side is crisscrossed with seasonal swamps especially of River Malaba with its several tributaries. There is a remnant of the Tropical Rain forest near Busitema, famous for the Barassa Monkeys and Baboons.



The population of Tororo District is 554,000 in an area of 2,634 sq. Kms. This gives a high density population of approximately 210 person per Sq. Km.

There are several tribal groups found within Tororo District. The major ones are the Iteso who speak Ateso, the Jopadhola, who speak Dhopadhola; the Bagwee, who speak Lugwe, the Samia, who speak Lusamia and the Bagwere; Lugwere, and Banyole; Lunyole.

The area receives moderate rainfall and high temperature and due to over cultivation led to an open land once being threatened by desertification.

The major activities of the people is cultivation food crops especially maize, millet, beans, groundnuts, simsim, sunflower, cotton, onion and rice.

The Tororo District is the biggest rice growing area in the country. The scheme for Rice growing is located at Doho.

Mining and related industries are found mainly around Tororo town. They also keep cattle goats and sheep.

### 1.3 HEALTH FACILITIES

There are three Hospitals in Tororo District. Tororo Hospital charges a user fee and is performing better than Busolwe Hospital which has not introduced the user fee yet. Anthony Hospital is a private hospital managed by missionaries.

There are 17 Dispensaries under Tororo District Administration. One Dispensary is managed by the Administration and a Non-Government organization (NGO) and there is a cost sharing scheme.

Another dispensary is run by an NGO and full user fees are charged. There are six sub dispensaries.



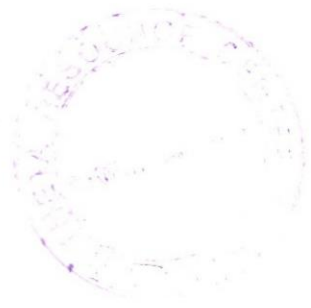
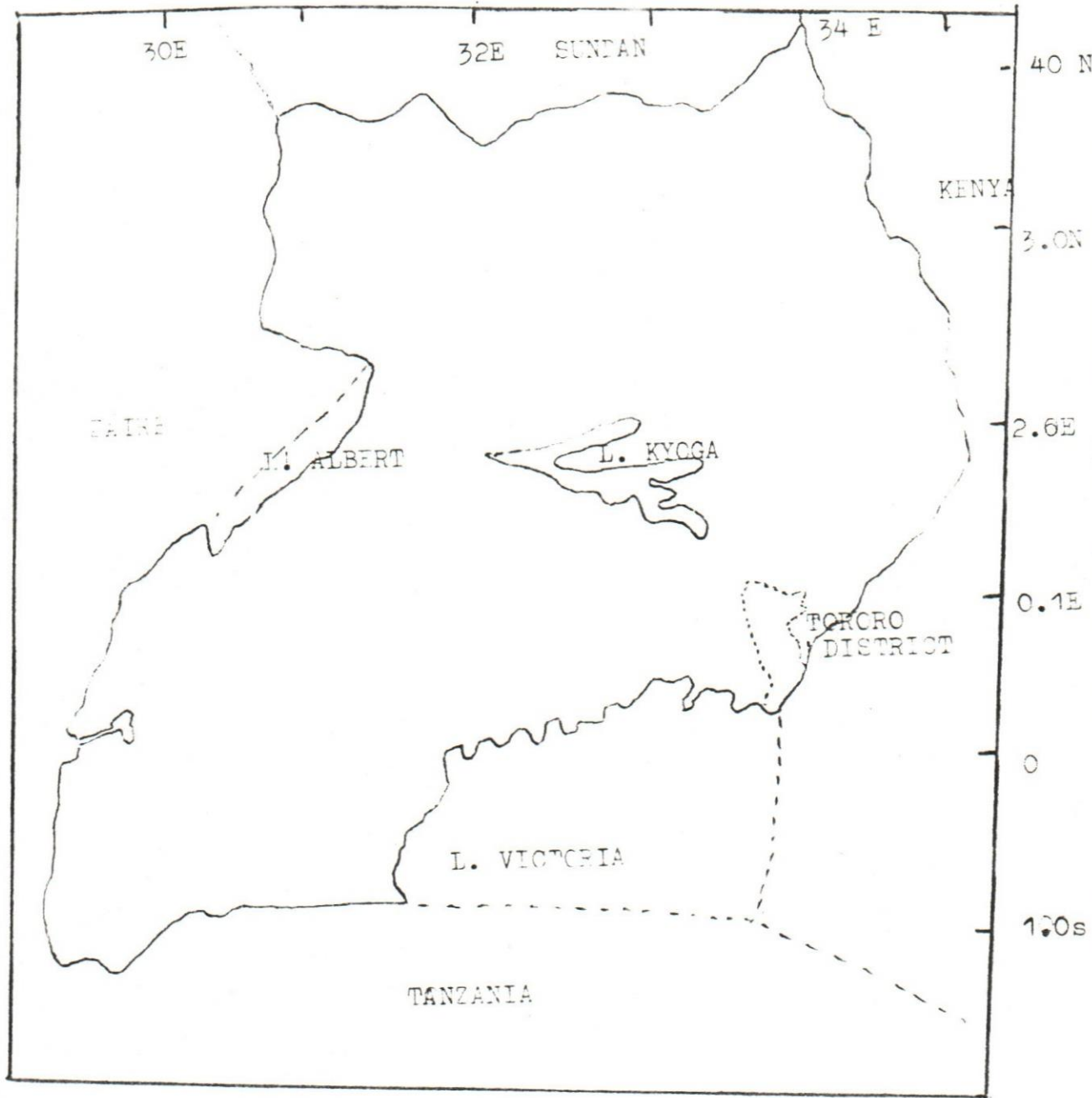
## 1.4. ITINERARY

Table 1. shows the itinerary agreed upon by the Officials of Tororo District Administration before the Team travelled to Tororo.

DATE	TIME	COUNTY	SUB COUNTY	MEETING PLACE
16.8.93	10.00	WEST BUDAMA	PAYA NAGONGERA KIREWA	NAGONGERA SUB-COUNTY HQ.
	10.30	BUNYOLE	BUSABA BUDUMBA BUSOLWE	BUSOLWE SUB-COUNTY
17.8.93	10.00	WEST BUDAMA	RUBONGI KISOKO	KISOKO COUNTY HQ
	10.30	BUNYOLE	BUTALEJA	BUTALEJA COUNTY HQ.
18.8.93	10.00	TORORO	MOLO	MOLO SUB COUNTY HQ.
	10.30	BUNYOLE	KACHONGA MAZIMASA	KACHONGA SUB COUNTY HQ.
19.8.93	10.00	WEST BUDAMA	MULANDA NABUYOYA	MULANDA SUB COUNTY
	10.30		IYOLWA	IYOLWA SUB COUNTY HQ.
18.8.93	10.00	TORORO MUNCIPAL COUNCIL	OSUKURU TORORO MUNCIPAL COUNCIL	TORORO MUNCIPAL COUNCIL
	10.30		KWAPA MUKUJU	MUKUJU SUB COUNTY HQ.
21.8.93	10.00	SAMIA BUGWE	LUNYO LUMINO MASABA	LUMINO SUB COUNTY HQ.
22.8.93	10.00	SAMIA BUGWE	DABANI BULUMBI BUSIA	BUSIA T/C
	10.30	SAMIA BUGWE	MUHEHE MASAFU	MASAFU SUB COUNTY

23.8.93	10.30	SAMIA BÜGWE	BÜTEBA	BUSITIMA SUB COUNTY
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MAP I: SKETCH MAP OF UGANDA SHOWING LOCATION OF TORORO DISTRICT.





## CHAPTER TWO

## 2.0 METHODOLOGY

The Survey Team was based in Tororo Municipal Council. The team would leave their base and proceed to the meeting places usually at Sub-county Headquarters. They would return in the evening to review the days work and plan for the next one.

They were accompanied by the District Culture Officer/Youth Organiser, Mr. Masasa and the District Drug Inspector, Mr. Omalla. The Team was divided into two groups, The groups were introduced by the two officers to the executives of Rcs and to the Traditional Healers.

The Group leaders then briefed the Traditional healers about the aims of the mission and explained the questionnaire through interpreters.

Each Traditional Healer was interviewed individually. The information was recorded in the questionnaire sheets. Samples of the plant materials submitted by the Traditional Healers were collected and pressed. They were dried and brought to the Natural Chemotherapeutics Research laboratory for scientific identification.

## 2.1 RESULTS

Table II shows the daily activities of the team during the survey of Tororo district.

Map 2 shows the places visited during survey.

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

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

Table V gives an alphabetical list of plants in the local languages which were submitted by the Traditional Healers and were identified fully at the Laboratory.

Table VI gives a list of plants which were not fully identified.

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

Table VIII is a list of plants which were mentioned by the Traditional Healers but there were no samples submitted.

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

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

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



TABLE II: SUMMARY OF THE ACTIVITIES OF THE MISSION

DATE	DESTINATION	ACTIVITY	NOS OF THS INTERVIEWED	COMMENT
15.8.93	TORORO	Departure from Kampala to Tororo		The team was received in Tororo by the District Cultural Officer and two Chairman of Traditional Healers Association
16.8.93	Nagangera  Busolwe	Visited the offices of the DMO, DES, DA and Culture  Travelled to Busolwe via Nagongera and carried out interviews of Traditional Healers	20	The Team was well received. It was agreed that neither of the two Chairman was to be part of the Team.  A good turn up. A complaint was raised about the misunderstandings between the two major Associations.  The Rcs claimed that they never got information about the visit.



17.8.93	Kisoko       Butaleja	Travelled to Butaleja and Kisoko and carried out interviews	12	<p>The Chief had passed on the message but the majority of - THS did not turn up. It is suspected they fear to come out in the public.</p> <p>The Rcs did not receive any information about the visit. The promised to mobilise the THS the next day.</p>
18.08.93	Molo sub-county Hq.       Kachonga Sub-county Hq.       Butaleja Sub County Hq.	Travelled to Molo Kachonga and Butaleja and carried out the interviews	3       14       14	<p>Poor turnout since some of the Traditional Healers were attending Muchakamuchaka</p> <p>A good turnout.</p> <p>A good turnout but the rain makers walked away after the address and were not interviewed.</p>

19.08.93	Mulanda Sub county Hq.	Travelled to Iyolwa via Mulanda and carried out the interviews	19	A good turn up. The Traditional Healers were contemplating forming another Association to avoid the confusion in the original ones.
	Iyolwa Subcounty Hq.		17	The Rcs made a good arrangement
20.08.93	Tororo Municipal Council	One group stayed in Tororo Town and the other travelled to Mukuju. The interview were carried out	9	It was reported that some Traditional Healers were assembled at Sukulu instead of the Municipal Council.
	Mukuju Sub- county Hq.			The Rcs had not received the information.
21.08.93	Lumino Sub County	Travelled to Lumino and carried out the interviews	7	Poor turnout. Traditional Healers from Lunyo Subcounty were the only ones.

22.08.93	Busia Town Board officer	Travelled to Masafu and Busia Town Board and carried out interviews	11	The Traditional Healers were suspicious but were satisfied after the briefing and they then responded to the interview.
	Masafu Sub county Hq.		9	The information was scanty.
23.08.93	Busitema Sub county Hq.	Travelled to Buseitema and carried out interviews. Finally the team returned to Kampala.	3	Information was not received.

#### GENERAL COMMENTS

One of the factors which may have contributed to the low turnout of the Traditional Healers is the wrangles between Olowo Chandrach and Oburu Kundere. They were disgusted and said that the wrangle was retarding their progress. They thought the Team had come to settle the misunderstanding. So they preferred not to meet the Team.

The other factor is that some of the Traditional Healers were also known to be engaged in witchcraft. They also opted not to appear in public.

Also at some centres the Officials complained that they had not received the programme so as to mobilise the Traditional Healers.



MAP 2: SKETCH MAP OF TORORO DISTRICT SHOWING THE ROUTES VISITED DURING THE SURVEY.

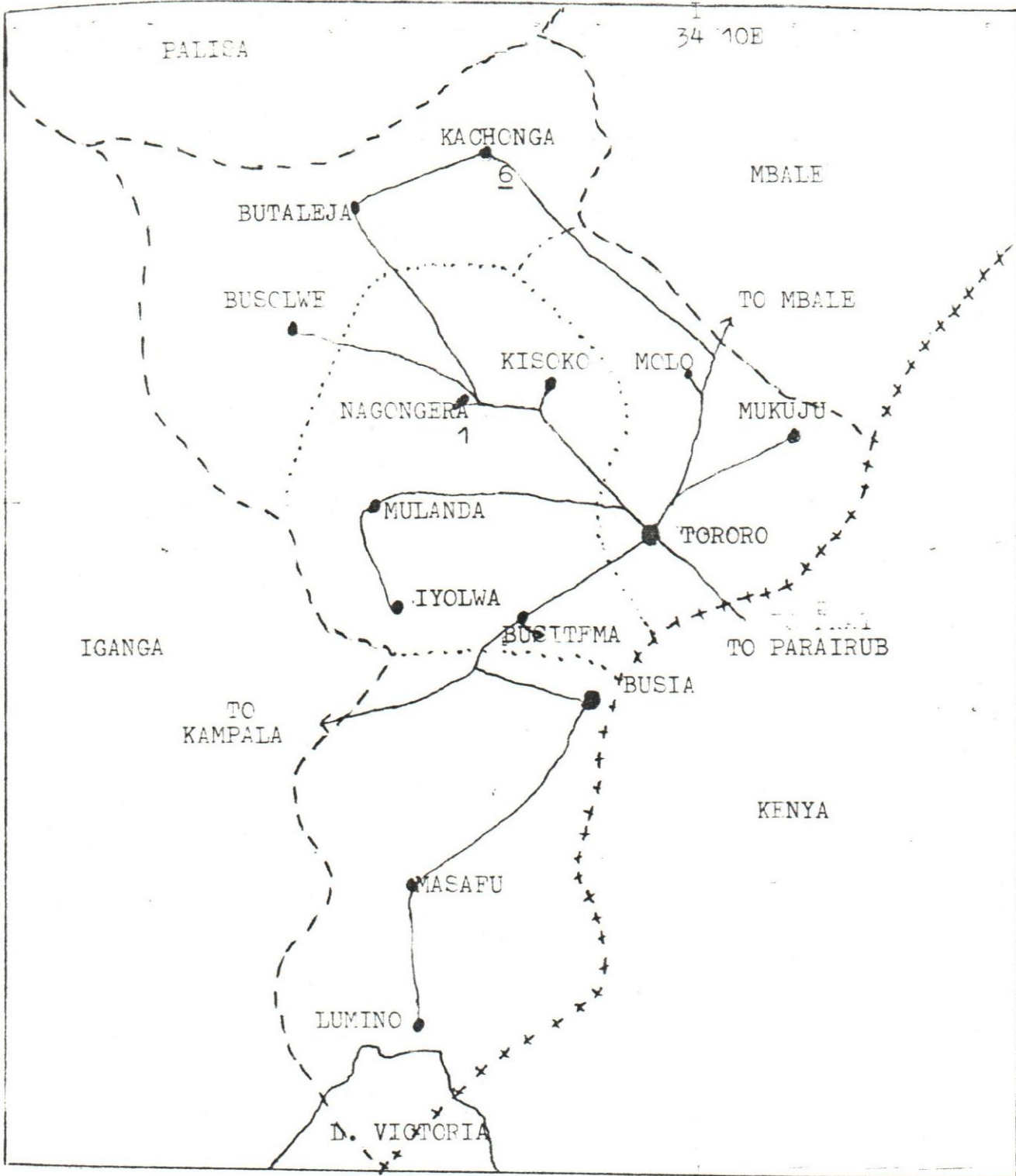


TABLE III: ALPHABETICAL LIST OF OFFICIALS MET DURING THE SURVEY

1.	DR. ABARU	-	MEDICAL OFFICER OF HEALTH TORORO TOWN COUNCIL
2.	MR. EKIRAPA MICHEAL	-	SUB COUNTY CHIEF MOLO
3.	MR. GESA ZAKARIA	-	SEC YOUTH RC III KACHONGA
4.	MR. KIPENJE STEPHEN	-	COUNTY CHIEF WEST BUDAMA (KISOKO)
5.	MR. KIRYA-KIBANGO PAULO		COORDINATOR DA'S OFFICE
6.	MR. KIYEMBA MUHAMOOD	-	AG. SUB COUNTY CHIEF KACHONGA
7.	MR. LYADA WILSON	-	S/C CHIEF BUTALEJJA
8.	MR. MASASA B.B.	-	DISTRICT CULTURE OFFICER/ YOUTH ORGANISER
9.	MRS. MASINDE ALICE JENIFER	-	COUNTY CHIEF BUNYOLE
10.	MR. MAWUKO FRANCIS	-	VICE CHAIRMAN RC III MASAFU
11.	MR. OBURU OKECHO KUDERE	-	DISTRICT CHAIRMAN TRADITIONAL HEALERS ASSOCIATION
12.	MR. ODOI CYRUSS	-	SUBCOUNTY CHIEF MULANDA
13.	MR. ODONGO JAMES	-	RC III CHAIRMAN IYOLWA
14.	MR. OKALANY KENETH	-	DISTRICT HEALTH INSPECTOR
15.	MR. OKELO LANDO	-	CHAIRMAN RC III NAGONGERA
16.	MR. OKETCHO JAMES	-	HEALTH SUPERVISOR WEST BUDAMA
17.	MR. OKURUT J.M	-	COUNTY CPL MULANDA SUBCOUNTY
18.	MR. OLOWO CHANDRACHI	-	DISTRICT CHAIRMAN TRADITIONAL HEALERS ASSOCIATION
19.	MR. OMALLA SAM	-	DISTRICT DRUG INSPECTOR
20.	MR. OMOLO MICHEAL	-	CHAIRMAN OF TRADITIONAL HEALERS MOLO SUBCOUNTY
21.	MRS. ONGWEN N.	-	RC III SEC. FOR WOMEN MULAND
22.	MR ONYANGO FRED	-	RC III SEC. FOR YOUTH MASAFU
23.	MR. ONYANGO ISIDORO	-	SUB COUNTY CHIEF IYOLWA

24. MR. PUTAMAGERE - RC III CHAIRMAN BUTALEJA, SUB COUNTY.
25. MR. WABWIRE NUHU - SUB COUNTY CHIEF LUMINO
26. MR. WANDERA ANDREW - SUB COUNTY CHIEF BUSITEMA
27. MR. WAMUSANGO HUSSEIN - CHAIRMAN RC III BUSOLWE
28. MR. WOPUWA GEORGE  
WILLIAM - ASSISTANT DISTRICT EXECUTIVE  
SECRETARY TORORO DISTRICT.





TABLE IV: LIST OF TRADITIONAL HEALERS, THEIR AGE AND ADDRESS WHO WERE INTERVIEWED IN TORORO DISTRICT.

## NAGONGERA CENTRE

	NAME	AGE	ADDRESS
1.	ACHENG GRACE	38	PAYA/PAYA
2.	ACHIENG MADINA	25	NAGONGERA/KATAJULA
3.	AYO DINA	36	PAYA/PAYA
4.	KALUNGU GLADYS	49	TAWOJWOKI
5.	OBOO OKWATA GABRIEL	73	NAMWAYA
6.	OCIENG DAVID KAMO	39	PUKONGO
7.	ODOI OKOTH OKOKO	30	KADEWERE
8.	OFWONO OPETI YOKONIYA	70	MAHANGA
9.	OKECH DAMSKO DAUDI	40	POKONGO
10.	OKETCHO OTHOLO ZEKERI	60	LABONGO
11.	OKOT OWORI DONATO	25	NAMWAYA
12.	OLWENY BAZIR ANGWOMA	43	NAGONGERA
13.	OLOWO LANGA GIRADO	58	CHARUMBA ZONE
14.	ONYANGO ISA	26	MAHANGA
15.	OPIO ONYANGO BENEDICT	36	NAMWAYAOPADA MWARA
16.	OREND CLEMENT	64	PAYA/PER-PER
17.	OTHIENO NORA	60	NAGONGERA
18.	OWORI JOHN MOSES	31	KISOKO DIDA
19.	OWORI ROFINA	35	NAGONGERA
20.	WAKERA CHRISTINE (MRS)	41	PAYA/NAWIRE

## KISOKO CENTRE

21.	ANYANGO TEZIRA	32	OSIA-KATARAMA
22.	NYADOI MALIZELA	50	KISOKO
23.	NYEKECHO DOLOSI	45	GWARAGWARA
24.	OBBO OCHOLA FABIAN	70	GWARAGWARA
25.	OCHENG LEO	35	AWAE
26.	OCHWO MASIMLIANO	30	GWARAGWARA

		21	
27.	OMALA ALEX	35	RUBANGI/YIOKANGO
28.	ONYANGO PETER	30	PULWO
29.	OWERE ALEX ANDERI	37	GWARAGWARA
30.	WABINGA PATRICK	13	RUBUNGI/YIOKANGO

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**MOLO CENTRE**

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31.	EMONGIRO VALIRIANO	33	MUKUJU/KALACHAI
32.	OKONGO CLEMENTE	51	MALIRI
33.	OMOLO MICHEAL	42	MOLO

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**KACHONGA CENTRE**

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34.	HAMYA MWASITI	30	KACHONGA
35.	HASANGU SULAIMANI	54	NABIGANDA
36.	HIGENYI ELIZEFANI	45	NAWEYO
37.	KAMBO ISAAC	45	KYADONGO
38.	KASAKYA HASSAN	49	NAMIGANDA
39.	MBAZIRA ALI	42	NABIGANDA
40.	MUGEMA ALI	52	NAMATOKE
41.	MUGERI SIRAJE	38	KAPISA
42.	MWANGALE ESTER	35	KACHONGA
43.	NAMUGAWE NORAH	50	NABIGANDA
44.	NAMUGUSA MANJERI	70	NABIGANDA
45.	NJALIRA AMINA	45	NABIGANDA
46.	WALEKWA SILVER	28	KACHONGA
47.	WALITA AYUBU	25	WAPOLOGOMA

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**BUTALEJA CENTRE**

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48.	GUBA PETER	48	LUJEHE
49.	HASACHA ISSA	18	BUTALEJA
50.	LUKANGULE ZANABU (MRS)	33	NANYURU
51.	LUTU SAGULA	47	BUTENGA



		22	
52.	MASINDE ALICE JENIFER	39	BUWESA
53.	MOLA REV. JOKOSANI H.	55	BUTUNGA
54.	MUPEDO HIGHENYI JOSHUA	52	NALUSAGA
55.	MUSIRA EDWARD	40	BUTENGA
56.	WERE NASANI CHRISTOPHER	61	MAABALE
57.	NABWANA IDA (MRS)	30	LUJEHE
58.	NAWANA AIDA FLORENCE	50	NANYURU
59.	NAWEGULO PENINAH	62	LUJEHE
60.	NGOLE SULAIMAN LUKA	52	NANYULU KISEGA
61.	WERA NAWANA DAUDI	61	LUJEHE

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**MULANDA CENTRE**

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62.	ADIKIN ROSE MARY	20	NABUYOGA/MUNYINYI
63.	NYACHWO CHRISTINE	22	PAJWENDA
64.	OBBO JAMES	20	MWEHO
65.	OCHIENG OCUNA MUHAMAD	46	NABUYOGA/NYAMALOGO
66.	OCHWO OTHIENO JACKSON	42	BIRA
67.	OCONGO GEORGE WILSON	39	AGUMIT
68.	OKECH HARRIET	29	NABUYOGA/KECHI
69.	OKECHO JOHN PETER	29	NABUYOGA/NABUYOGA/KOLO
70.	OKETCHO LASTONE	38	NABUYOGA/MUWAFU
71.	OKETCHO DONATA	26	NABUYOGA/MUNYINYI
72.	OLANDO PIUS (MR)	65	AYAGO
73.	OLOKA JAMSON		NABUYOGA/NAMALOGO
74.	OMALI EMMANUEL	24	NABUYOGA/NABUYOGA
75.	OTHIENO MAKULA VALENTINO	40	NABUYOGA/MAGOLAWEYI ZONE
76.	OTHIENO ODIT	35	NABUYOGA/MUNYINYI
77.	OWINO JOHN(MR)	43	MULANDA
78.	OWOR CRIPHAZ	26	NABUYOGA/NYAMALONGO
79.	OWORI JERENIMO	26	NABIYOGA
80.	SAJJABI PAULO	63	NABUYOGA/ABWELI

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## IYOLWA CENTRE

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81.	AKOTH OKETCHO NIXION	30	POYEM
82.	ATHIENO MARY	30	BUNGANGA
83.	AWOR PERPETUA	28	AWIO
84.	KAMUDUNI AMUSATA	28	PUNGWE
85.	KYONA ASADI	58	PUNGWE
86.	NTALO KASIM	45	NAMYONI
87.	OBURU OKECHO KUDERE	35	IYOLWA
88.	OCHAN RICHARD	20	MAGOLA
89.	OCHIENG ONGANGO	41	PABONE
90.	ODONGO JAMES	57	PALOTO
91.	OGOLA CHRISTOPHER	30	PABONE
92.	OKONGO FRANK	30	MAGOLA
93.	OLOMO AINEA BLASIO	75	MAGOLA
94.	OPOYA JOSEPH	52	MAGOLA
95.	OWERE SILVERIO	29	GULEPABASI
96.	OWERE YOGA NAPTALI	40	POYAMERI
97.	OWORI MATHIAS	25	GULE PALAS

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## TORORO MUNICIPALITY

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98.	ALI ABDU MUHAMAD (SHEIK)	35	NYANGOLE
99.	ANYANGO EDWIGA	44	BANURU
100.	BIRABI MIKE	41	AGRURU ZONE
101.	LOTUKOI ZAKARIA	60	BISONI B
102.	NYAMUTORO HUSEIN	57	MAKORO
103.	OBAA OKWALINGA CHARLSE	45	BOX 125 TORORO
104.	OLWA YOVENTINE	37	ALITO/AVEKAPIRE
105.	OWORA JOSHUA	56	AGURURUBI
106.	RUPEE JOHN BAPTIST	45	JUBA BISON "C"

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## LUMINO CENTRE

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107. AWEKO ROBINAH	65	NANDWA
108. MAYENDE FANISI	30	MUDINDI
109. MUGOWA ELIJAH	78	MYDINDI
110. ODONGO JOHN	80	BUDIMO
111. OLAHO MUKANI WILSON	55	LYUYO/MASERE
112. WANDERA JAMES LUDUBA	80	HASYULE

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## BUSIA CENTRE

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113. KAMUSURU SAIDI	47	T O W N            B O A R D BUSIA/UCHICHA
114. LOKIKI LOKECH ABEL	40	TOWN BOARD/SOLO A
115. MUBAJE YAKOBO	49	TOWN BOWARD/MAWERO
116. MUGE LOMULEN	50	TOWN BOARD/SOLA A
117. MUHANA ISA	30	BUSITEMA/UCHICHA
118. NAMINYA HAJI DUKAINE		BUSIA/MADIBIRI
119. OBARA JOSOSEPH	33	BUSIA
120. OKOTH PETER	45	B U S I A            T O W N BOARD/MAWERO
121. OLOWO LARRY	47	BUSIA
123. SAIDI SULEMAN	31	IKIK/IKIKI
124. WAMBU FRANCIS	27	BUSIA/MAMWERO WEST

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## MASAFU CENTRE

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124. KAUTTA M. WILLIAM	40	MASAFU/BUWANDA
125. MAWUKO FRANCIS	64	BUWANDA
126. NABALIMAUKO AGNES	50	BUWANDA
127. OBANDA JAMES	46	BUTOTE
128. OKUMU JOSEPH	52	BUWAMBA
129. OPENDI ALFRED	42	BUDANDU

	25	
130. OWUMA CLEMENT	35	BUHATUBA
131. OWUMA SAM	22	BUWANDA
132. WANJALA NORAH	52	DABANI/BUSABALE

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BUSITEMA CENTRE

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133. ODEKE MICHEAL	44	BUSITEMA/ KYANYONJA
134. SHIKUKU PEREIRA	69	BUSITEMA/ KYANYONJA

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TABLE V:

## ALPHABETICAL LIST OF MEDICINAL PLANTS SUBMITTED BY TRADITIONAL HEALERS AND IDENTIFIED BY THE TEAM

LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
1. ACHWAMATINDO	Dhopadhola	<i>Oxalis corniculata</i>	OXALIDACEAE
2. AJOKA	Dhopadhola	<i>Ocimum basilicum</i>	LAMIACEAE
3. ALILIO	Dhopadhola	<i>Securidaca longepedunculata</i>	POLYGALACEAE
4. AMO	Dhopadhola	<i>Trema guineensis</i>	ULMACEAE
5. AMOO	Dhopadhola	<i>Nauclea latifolia</i>	RUBIACEAE
6. ATIKO	Dhopadhola	<i>Chenopodium opulifolium</i>	CHENOPODI- ACEAE
7. AWAYA	Dhopadhola	<i>Rhus natalensis</i>	ANACARDI- ACEAE
8. BIRABIRA	Dhopadhola	<i>Erigeron floribundus</i>	ASTERACEAE
9. BUROWA	Dhopadhola	<i>Jatropha curcas</i>	EUPHORBI- ACEAE
10. DUKINO	Dhopadhola	<i>Combretum binderianum</i>	COMBRETACEAE
11. EKADWAT	Ateso	<i>Vernonia amygdalina</i>	ASTERACEAE
12. EKILULUSA EKISENDE	Lunyole	<i>Vernonia grantii</i>	ASTERACEAE
13. ENGU	Ateso	<i>Microglossa pyrifolia</i>	ASTERACEAE
14. ETULATULA	Lusamia	<i>Solanum incanum</i>	SOLANACEAE
15. ETUTUNU	Lunyole	<i>Phyllanthus amarus</i>	EUPHORBI- ACEAE
16. FOYO	Dhopadhola	<i>Chlorophora excelsa</i>	MORACEAE
17. FULA	Dhopadhola	<i>Justicia insularis</i>	ACANTHACEAE
18. FUNYAMURI	Swahili	<i>Cassia didymobotrya</i>	CAESALPINI- ACEAE
19. GASIYA	Dhopadhola	<i>Cassia spectabilis</i>	CAESALPINI- ACEAE
20. HALULU	Lusamia/ Lugwe	<i>Schkuhrha pinnata</i>	ASTERACEAE

21. KABOMBO	Luganda	<i>Ampelocissus africana</i>	VITACEAE
22. KAFUMI-TABAGENGE	Luganda	<i>Oxygonum sinuatum</i>	POLYGONACEAE
23. KALALA OBUSAJA	Lunyole	<i>Chrysanthelum americanum</i>	ASTERACEAE
24. KASANDA-SANDA	Luganda	<i>Euphorbia hirta</i>	EUPHORBIACEAE
25. KATAGWINI	Swahili	<i>Indigofera hirsuta</i>	PAPILIONACEAE
26. KAWAWALA	Lusoga	<i>Cissampelos mucronata</i>	MENISPERMA- CEAE
27. KIKOFIRA	Lunyole	<i>Pseudarthria hookeri</i>	PAPILIONA- CEAE
28. KILAJOK	Dhopadhola	<i>Euphorbia tirucalli</i>	EUPHORBIA- CEAE
29. KIVUVUMIRA	Luganda	<i>Cassia didymobotrya</i>	CAESALPINI- ACEAE
30. KOLI	Dhopadhola	<i>Erythrina sudanica</i>	PAPILIONA- CEAE
31. KOLI	Dhopadhola	<i>Erythrina abyssinica</i>	PAPILIONA- CEAE
32. LUSOKOSOKO	Lunyole	<i>Rhus vulgaris</i>	ANACARDIA- CEAE
33. MAKUNYU	Dhopadhola	<i>Ficus sycomorus</i>	MORACEAE
34. MALONGO	Dhopadhola	<i>Vernonia grantii</i>	ASTERACEAE
35. MAPERA	Dhopadhola	<i>Psidium guajava</i>	MYRTACEAE
36. MILIRI	Dhopadhola	<i>Securidaca longepedunculata</i>	POLYGALACEAE
37. MISALA	Dhopadhola	<i>Cannabis sativa</i>	CANNABACEAE
38. MUKONDWE	Lunyole	<i>Securidaca longepedunculata</i>	POLYGALACEAE
39. MULULUZA	Lunyole	<i>Vernonia amygdalina</i>	ASTERACEAE

40.	MUSUMWA	Dhopadhola	<i>Clerodendrum cordifolium</i>	VERBENACEAE
41.	MUYEMBE	Luganda	<i>Mangifera indica</i>	ANACARDIACEAE
42.	NABAANA	Lunyole	<i>Lotononis laxa</i>	PAPILIONACEAE
43.	NALULU	Lunyole	<i>Phyllanthus amarus</i>	EUPHORBIACEAE
44.	NASUSI	Lunyole	<i>Pseudarthria hookeri</i>	PAPILIONACEAE
45.	NTENGO-TENGO	Luganda	<i>Solanum incanum</i>	SOLANACEAE
46.	OBOLO	Dhopadhola	<i>Piliostigma thonningii</i>	CAESALPINIACEAE
47.	OCOK	Dhopadhola	<i>Solanum incanum</i>	SOLANACEAE
48.	OKWERO	Dhopadhola	<i>Clerodendrum myricoides</i>	VERBENACEAE
49.	OLUNGO-LINGOLI	Lusamia	<i>Cassia occidentalis</i>	CAESALPINIACEAE
50.	OMUCWICWI	Lusamia	<i>Croton macrostachys</i>	EUPHORBIACEAE
51.	OMUFU-TRATUNDA	Lusamia	<i>Acalypha villicaulis</i>	EUPHORBIACEAE
52.	OMUHONDWE	Lunyole	<i>Securidaca longepedunculata</i>	POLYGALACEAE
53.	ORYANG	Dhopadhola	<i>Acacia hockii</i>	MIMOSACEAE
54.	PEDO	Dhopadhola	<i>Harrisomia abyssimica</i>	SIMAROUBAEAE
55.	RABOK	Dhopadhola	<i>Ficus ovata</i>	MORACEAE
56.	SERE	Luganda	<i>Bidens pilosa</i>	ASTERACEAE
57.	THWOLKI-LOWI	Dhopadhola	<i>Toddalia asiatica</i>	RUTACEAE
58.	YAT AJOKA	Dhopadhola	<i>Ocimum basilicum</i>	LAMIACEAE



59. YEYE	- Dhopadhola	<i>Cassia didymobotrya</i>	CAESALPINI- ACEA
60. NO LOCAL NAME GIVEN		<i>Chenopodium ambrosioides</i>	CHENOPODIA- CEAE
61. NO LOCAL NAME GIVEN		<i>Crassocephalum mannii</i>	ASTERACEAE
62. NO LOCAL NAME GIVEN		<i>Ipomoea hildebrandtii</i>	CONVOLVULI- CEAE
63. NO LOCAL NAME GIVEN		<i>Celosia trigyna</i>	AMARANTHA- CEAE
64. NO LOCAL NAME GIVEN		<i>Erythrococca bongensis</i>	EUPHORBIA- CEAE
65. NO LOCAL NAME GIVEN		<i>Euphorbia prostrata</i>	EUPHORBIA- CEAE

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

LOCAL NAME	DIALECT	PROBABLE SCIENTIFIC NAME	FAMILY
ADWE(MISSALA)	Dhopadhola	Cissus sp.	VITACEAE
ALWETIKWACH	Dhopadhola	Entada or Acacia sp.	MIMOSACEAE
LWETO	Lunyole	Ocimum sp.	LAMIACEAE
MBIRIRI	Lugwere	Vernonia sp.	ASTERACEAE
MULAMA	Lunyole	Bauhinia sp.	CAESALPI- NIACEAE
MUSENGESE	Lusamia	Albizia sp.	MIMOSACEAE
OBERI	Dhopadhola	Albizia sp.	MIMOSACEAE
OKATALA	Dhopadhola		VITACEAE
POROLOK	Dhopadhola	Kigelia sp.	BIGNONIA- CEAE
SANGALUSA	Dhopadhola	Dyschoriste sp.	ACANTHACE- ACEAE
NO LOCAL NAME		Rumex sp.	POLYGONA- CEAE
NO LOCAL NAME		Oxalis sp.	OXALIDACEAE

VII: LIST OF PLANTS SUBMITTED BY TRADITIONAL HEALERS BUT UNIDENTIFIED

LOCAL NAME	DIALET	PART OF PLANT
HACHWICHWI	Lusamia	Stem
MUHWOGO	Lusamia	Branch
NABAMBURA	Dhopadhola	Branch
NGESA	Dhopadhola	Leaves

## VIII: LIST OF PLANTS MENTIONED BY TRADITIONAL HEALERS BUT NOT SUBMITTED.

VERM MAME	DIALECT
1. ABAK	DHOPADHOLA
2. ABAK	
3. ABACI (ABASI)	SWAHILI
4. ABARI	LUNYOLEOLE
6. BOMBO	DHOPADHOLA
7. BONDHA	DHOPADHOLA
8. ACAK	DHOPADHOLA
9. ACHWAMADONGO	DHOPADHOLA
10. ACWA	DHOPADHOLA
11. CWILOBA	DHOPADHOLA
12. AHALUSUSA HASINDE	KUNYOLE
13. AHANGHAMBA MAUUGU	LUNYOLE
14. AHANGORORO	LUNYOLE
15. AKABIRIRI	LUGANDA
16. AKADO	DHOPADHOLA
17. AKODOY	DHOPADHOLA
18. AKANUNAMBUZI	LUGANDA
19. AKAPANGITENGI	-
20. AKODO (MALE)	DHOPADHOLA
21. AKUBAI	ATESO
22. AKURUWOI	ATESO
23. ALAFIN	ARABIC
24. ALIGIRI	DHOPADHOLA
25. ALWALA	DHOPADHOLA
26. AMATULA	LUNYOLE
27. ASIMERI	DHOPADHOLA
28. ASIMIRI	DHOPADHOLA
29. BOKETONG	DHOPADHOLA
30. BONDO	DHOPADHOLA
31. BULE	LUNYOLE
32. BULO	LUGANDA
33. BULOKOZI	LUGANDA



34.	CUNYLOOW	DHOPADHOLA
35.	DIDA	DHOPADHOLA
36.	EBONI (SWEET POTATO)	LUNYOLE
37.	EBUNGWE	LUSAMIA
38.	ECELEWA	AKARAMOJONG
39.	EDEU	ATESO
40.	EHENGE	LUSAMIA
41.	EKADETEWA	AKARAMOJONG
42.	EKALATOROMI	AKARAMONJONG/ATESO
43.	EKAPANITENG	AKARAMONJONG/ATESO
44.	EKAYUGE	LUNYOLE
45.	EKERYAUT	AKARAMOJONG
46.	EKIKONGE	LUGANDA
47.	EKIMUNE	AKARAMOJONG
48.	EKISIM	ATESO
49.	EKUDEP	ATESO/KARAMOJONG
50.	EKULEPI	ATESO
51.	EKUTAT	ATESO
52.	EKULONY	ATESO
53.	ELEKET	ATESO
54.	EMBALUHA	LUSAMIA
55.	EMIEMBE	ATESO
56.	EMPUNUNUKA	LUGANDA
57.	EMURIKO	DHOPADHOLA
58.	EMUS	AKARAMOJONG
59.	ENGEREBEBE	ATESO
60.	ENGYEYO	LUGANDA
61.	ENTALEYEDUNGU	LUGANDA
62.	ERINYALASA (OKWENDABA)	LUSAMIA
63.	EROKO	DHOPADHOLA
64.	ESIKALANDA	DHOPADHOLA
65.	ESORE	DHOPADHOLA
66.	EUSUK	AKARAMOJONG/ATESO
67.	GUJICIRI	LUGISHU
68.	HASACHA	LUSAMIA
69.	HIGALAMA	LUNYOLE
70.	JAFARI	SWAHILI



71.	JERIMAN	KARAMOJONG
72.	JUNGA	DHOPADHOLA
73.	KABIRIZI	LUGANDA
74.	KADUKULA	LUGANDA
75.	KAFURU	DHOPADOLA
76.	KAGANJA	-
77.	KAJUMBULA	LUNYOLE
78.	KALEMANJOVU	LUGANDA
79.	KALITUNSI	LUGANDA
80.	KAMAKIMAKI	DHOPADHOLA
81.	KAMULALI	LUNYOLE
82.	KANGAWALO	DHOPADHOLA
83.	KANZIRONZIRO	LUGANDA
84.	KASEKERANONI	LUSOGA
85.	KATEBEKETTAKA	DHOPADOLA
86.	KAYUGE	LUNYOLE
87.	KENOLYECH	DHOPADOLA
88.	KIFARU	DHOPADOLA
89.	KIKONGE	DHOPADOLA
90.	KISURU	DHOPADOLA
91.	KITUNGUTU	LUGISHU
92.	KIWUNDUWUNDU	LUGANDA
93.	KORIMATU	DHOPADHOLA
94.	KUDHO	DHOPADHOLA
95.	KUDO	DHOPADHOLA
96.	KWERIGWENDI	DHOPADHOLA
97.	KYETULIRE	LUSOGA
98.	LABWORI	DHOPADOLA
99.	LODWAR	AKARAMOJONG
100.	LUKANDWA	LUGANDA
101.	LULA	DHOPADHOLA
102.	LUNYAGO	LUSOGA
103.	MAIDO (SEED)	LUNYOLE
104.	MAJAMBALA	SWAHILI
105.	MAJANI	SWAHILI
106.	MAKUYU	DHOPADHOLA
107.	MANANE	LUNYOLE

108. MANGOLU	LUNYOLE
109. MASHU	DHOPADHOLA
110. MATOOKE	LUGANDA
111. MAUKU	DHOPADHOLA
112. MAYEMBE	DHOPADHOLA
113. MBALUKA	LUGANDA
114. MIDERWA	LUGANDA
115. MISHU	DHOPADHOLA
116. MIKISINDE	DHOPADHOLA
117. MINYA	DHOPADHOLA
118. MOJOMA	DHOPADHOLA
119. MPINDI	LUGANDA
120. MUCHUNGAMUR	DHOPADHOLA
121. MUFUMBUSA	DHOPADHOLA
122. MUJAFARI	SWAHILI
123. MULONDO	LUGANDA
124. MUNJUNGWE	LUNYOLE
125. MUKASA	LUGANDA
126. MUKITIMBO	LUGANDA/SWAHIRI
127. MUKOLA	-
128. MUKUBANGALABI	LUGANDA
129. MUKUREMBERE	DHOPADHOLA
130. MUKYEMERI	DHOPADHOLA
131. MULAMA	LUNYOLE
132. MULONDO	ATESO
133. MULOSURA	DHOPADHOLA
134. MULUSWA	DHOPADHOLA
135. MUREMA	LUGANDA
136. MURUKURU	LUGISHU
137. MUSAFARI	ARABIC
138. MUSALI	LUSOGA
139. MUSEMAKWERI	SWAHILI
140. MUSORWA	LUNYOLE
141. MUTAAMA	LUNYOLE
142. MUTAMATAAMA	LUGANDA
143. MUTASUKAKUBO	LUGANDA
144. MUTONGA	LUNYOLO



145. MUVULE	UNYOLE
146. MUVUMBULAKYAMA	UNYOLE
147. MUVUVUMIRA	UNYOLE
148. MUWANGULA	UNYOLE
149. MUZIGIZA	IKIPADHOLA
150. MWEFUBULO	IKIPADHOLA
151. NABAMBULA	UNYOLE
152. NABUMBA	UNYOLE
153. NAGOMOLA	UNYOLE
154. NAJII	UNYOLE
155. NAKAYINJA	UNYOLE
156. NALULU	UNYOLE
157. NAMUKU	UNYOLE
158. NASANGA	UNYOLE
159. NASINYAMA	UNYOLE
160. NASYETWISE	UNYOLE
161. NATANINWA	UNYOLE
162. NDIBAWONYA	UNYOLE
163. NDYAWALA	IKIPADHOLA
164. NGANIRA	UNYOLE
165. NTALEREYEDUNGU	UNYOLE
166. NGANIRA	-
167. NTALEREYEDUNGU	IKIPADHOLA
168. OBEDI	IKIPADHOLA
169. OBER	IKIPADHOLA
170. OBERI PANGALA	IKIPADHOLA
171. OBUHARARA (SERE)	UNYOLE
172. OBULESI WETEMU	IKIPADHOLA
173. OCHUGA	IKIPADHOLA
174. ODWONGO	IKIPADHOLA
175. OGERI	IKIPADHOLA
176. OGOGA	IKIPADHOLA
177. OKANGO	IKIPADHOLA
178. OKATI	IKIPADHOLA
179. OKELOKELO	IKIPADHOLA
180. OKUDA	IKIPADHOLA
181. OKWENYIDYEGI	IKIPADHOLA

182. OLEMO	DHOPADHOLA
183. OLUCAYIBIRIHANI	LUSAMIA
184. OLUHWESI	LUSAMIA
185. OLUMBEMBE	LUSAMIA
186. OLULIA	LUSAMIA
187. OLUTHOLI	DHOPADHOLA
188. OLUWOKO	LUGANDA
189. OLWOKO	DHOPADHOLA
190. OMEMIDIEGE	DHOPADHOLA
191. OMEN DIEGI	DHOPADHOLA
192. OMENDYEGI	DHOPADHOLA
193. OMOLO	DHOPADHOLA
194. OMUCHI	DHOPADHOLA
195. OMUDUNGUDUNGU	LUSAMIA
196. OMUEFURU	LUSOGA
197. OMUGAVU	LUGANDA
198. OMUGUSA	LUSAMIA
199. OMUHOLA	LUNYOLE
200. OMUKITIMBO	DHOPADHOLA
201. OMUKONDWA	LUSOGA
202. OMUKYI	DHOPADHOLA
203. OMULAMA	LUNYOLE
204. OMULIRIRA	LUGANDA
205. OMUSABA	LUNYOLE
206. OMUSAALI	LUGANDA
207. OMUSINDABAHENE	LUSAMIA
208. OMUSIRANGOHO	LUNYOLE
209. OMUSYHA	LUNYOLE
210. OMUTAMATAMA	DHOPADHOLA
211. OMUTUBA	LUGANDA
212. OMUTUMBA (MVULE)	LUNYOLE
213. OMUTEMBE	LUNYOLE
214. OMUKOLA	LUNYOLE
215. OMULONDO	LUNYOLE
216. OMURANVUMBA	RUNYANKOLE
217. OMUWOKO	DHOPADHOLA
218. OMUWANGAMAGINI	LUSOGA

219. OMUYABIRA (OMUGABAGABA)	LUNYOLE
220. OMWIRAMA	LUGANDA
221. ONDULE	DHOPADHOLA
222. ONGANO-MATINDO	DHOPADHOLA
223. ONJEWANA	DHOPADHOLA
224. OPIKO	DHOPADHOLA
225. OPOKI	DHOPADHOLA
226. OPOKIYAWAYA	DHOPADHOLA
227. ORIYO	DHOPADHOLA
228. ORUKU	DHOPADHOLA
229. OSANGELI	DHOPADHOLA
230. OSIA	DHOPADHOLA
231. OSIGA	DHOPADHOLA
232. OSITO	DHOPADHOLA
233. OSO	DHOPADHOLA
234. PANGALA	DHOPADHOLA
235. PAPALI (MALE)	DHOPADHOLA
236. PAPALO	DHOPADHOLA
237. RAGOPIDYANG	DHOPADHOLA
238. RAYWE	DHOPADHOLA
239. ROKO	DHOPADHOLA
240. SAGALASASI	LUNYOLE
241. SIKUUMA	LUNYOLE
242. SIRANGENDE	DHOPADHOLA
243. SONGA	DHOPADHOLA
244. SONGASONGA	DHOPADHOLA
245. TEOTEO	DHOPADHOLA
246. TITWASI	LUGISHU
247. WASWA	LUGANDA/LUNYOLE
248. WAISWA	LUSOGA/LUNYOLE
249. WICOO	DHOPADHOLA
250. WORUWO	DHOPADHOLA
251. WOYO	DHOPADHOLA
252. YAGO	DHOPADHOLA
253. YAT	DHOPADHOLA
254. YATMAYIGI	DHOPADHOLA
255. YAT MEMUNDU	DHOPADHOLA





256. YAT TONG	DHOPADHOLA
257. ZITI	LUNYOLE
258. ZIZI	-

## TABLE IX: LIST OF NON-VEGETABLE MATERIALS

1. Beef
2. Bone of Wild Pig.
3. Cow ghee
4. Egg Shells
5. Leg of chicken
6. Milk
7. Salt
8. Sugar
9. Vaseline

## 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.

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

The medicinal plants are given by vernacular name 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 prescription are given in parenthesis.

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

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

## 1. MALARIA (084)

- a) Crush the dry roots of Amoo and Abasi and reduce separately to the powders (TH: OPIO-ONYANGO B.). Mix the powder with 50ml. of warm water and strain. Take three times in one day.
- b) Pound together the roots of Alwetkwach and Mukondwe (TH: OPIO-ONYANGO B.). Mix with warm water and strain. Take 50ml. three times in one day. Apply also as nasal drops once daily for three days.
- c) Pound together the leaves of Mululuza (female type) and the root of Mukondwe (TH: KASAKYA H.). Boil in water, allow to cool and strain. Give 100ml. three times a day for 1 to 2 days.
- d) Pound the leaves of Mululuza (TH: NAMUGUSA M.). Mix with cold water and strain. Give 200ml. to adults and 50ml. to children twice a day for 1 to 2 days.
- e) Boil the leaves of Mulosura (TH: OCHWO M.) in water and strain. Take a glassful twice a day. Use the rest of the preparation for tepid sponging the patient.
- f) Pound together the roots of Adwe, Tlwol Kilowi, and Alilio (TH: OCHENG L.). Mix in water and strain. Take one dessertspoonful twice daily for three days.
- g) Pound the stem bark of Yeye (TH: WORA J.). Mix with some water and strain. Give about 100ml. three times in a day. Use the infusion from the leaves of Yat ajoka (TH: OWORA J.) to bathe the patient.



- h) Clean and then crush the leaves of Mbiriri/Mululuza (TH: KAUTTA M.W.). Mix with cold water and strain. Give 200ml. twice a day for three days. The patient usually sweats after treatment.
- i) Crush both leaves and stem of Halulu (TH: MAWUKO F.) and mix with clean water. Allow to cool for about ten minutes and strain. Take half a glass twice a day for three days. The patient may sweat after treatment.
- j) Pound the leaves of Acwa Madongo (big type) (TH: OBURU O.K.). Boil in water and strain. Give one teaspoonful three times a day to babies and one dessert-spoonful three times a day to adults.
- k) Pound the leaves of Woyo (TH: OWERE Y.N.) Dry and make into powder. Macerate one table spoonful of the powder with 300ml. of cold water and then strain. Give 150ml. twice a day for one week.
- l) Pound together the leaves of Atiko, Acwa, and Woyo (TH: AKOTH O.M.). Boil in water and strain. Give one teaspoonful to children and 100ml. to adults three times a day for 1 to 2 days.
- m) Boil in water the leaves of Ekulony, Ekisim and Emiebe (TH: OBAA O.C.). Make the patient to steam bathe while covered in blanket for about five minutes. The patient sweats profusely.

## 2. FEVER (780.6)

Pound the roots of Thwolkiluwi (TH: OWORI J.). Boil in water and strain. Give about 100ml. once daily for two days.

## 3. COUGH (786.2)

- a) Boil the leaves of Muyembe (TH: ONYANGO P.) in water and strain. Take two dessertspoonful twice a day until recovery.
- b) Pound the roots of Osia (TH: OKETCH L.) Boil in water and strain. Take one teaspoonful twice daily for a week.
- c) Dry and burn together the flowers of Papali (male) and Ocok (TH: OCHIENG D.K.) to ashes. Add a little table salt and lick three times daily.

## 4. ASTHMA (493.9)

- a) Crush together the roots of Bombo and Mululuza (TH: KAMUSURU). Boil in water, allow to cool and strain. Take 50ml. three times daily for up to one month.
- b) Pound the root of Qsangeli (TH: OWERE Y.N.). Dry and make into powder. Add half a teaspoonful of the powder to a cup of tea and take twice a day for 3 to 7 days.

## 5. TUBERCULOSIS (011.9)

- a) Pound together the roots of Muluswa and the leaves of Kalitunsi (TH: ONYANGO I.). Mix with water and boil. Allow to cool and strain. Take 500ml. of the concoction twice daily for five days.
- b) Burn together the flowers of the male pawpaw, the flowers of Entengotengo, and the leaves of Kajumbala, (TH: OPIO ONYANGO B.) to ashes and add salt. Lick about one teaspoonful of python fat first and then lick the ash three times daily for one week.



## 6. CHEST PAIN

- a) Pound together the root of Mukitimbo and stem bark of Abasi (TH: MUHANA I.). Dry and make into powder. Boil the powder in water, allow to cool and strain. Give 2 teaspoonful three times a day for 2 - 3 weeks.
- b) Dry and pound the roots of Omuhonde (TH: KAMBO I.). Mix the powder in orange juice and take one dessertspoonful three times a day for three days.
- c) Pound the stem bark of Abasi (TH: LOKIKI LOKECH). Boil in water and strain. Give one teaspoonful twice daily until recovery.

## 7. KYPHOSIS (737.4)

- a) Pound the root bark of Rabok (TH: OLWENY ANYWENA B.) and apply on the scarification marks made on the back. Then crush the leaves and mix with vaseline. Apply the vaseline and massage the swelling.
- b) Wash the roots of Kalemanjovu and Kabombo (TH: OFIO - ONYANGO D.). Mix them together and pound. Divide into two portions. Mix one portion with a little water and strain. Take 50ml. once. Apply the second portion into the scarification marks. The patient may vomit within thirty minutes of treatment.
- c) Pound the root of Mashu (TH: OLOO P.G.). Mix with cold water and strain. Take about 200ml. three times a day until recovery.

## 8. PALPITATIONS (785.1)

- a) Pound a small piece of the root of Cwiny Lobo (TH: ONYANGO P.) and mix with cup of tea. Take the tea twice daily.



- b) Pound the stem bark of Amoo (TH: OWORA J.). Boil in water and strain. Take two dessert spoonfuls three times a day for three days.

9. **ARTERIAL HYPERTENSION (401.9)**

Pound the leaves of Rumex sp (TH: OREND C.). Mix with Majani (tea leaves) and boil in water. Take 125ml. three times daily for three days. Alternatively mix the pounded leaves with simsim and eat without salt. Avoid foods with salt.

A white hen is slaughtered before starting the treatment.

10. **HEADACHE (784.0)**

- a) Pound the root of Abak (TH: OKECH D.D.). Dry and make into powder. Make incisions on the head and rub in the powder for one day.
- b) Pound the root of Miliri (TH: WALEKWA S.). Apply into the nostrils once. It causes prolonged sneezing but finally the patient gets better.
- c) Pound together the leaves of Minya and Kamakimaki (big size) (TH: OKONGO F.). Dry and reduce to powder. Mix one teaspoonful of the powder with 500ml. of water, boil and allow to cool. Use the concoction to wash the head of the patient twice daily for one week.

As a followup the patient is given soup to which has been added a little powder made from the root of Omemidiegi.

- d) Clean the root of Ntale vedungu (TH: DUKAINE H.N.). Pound and mix quarter a teaspoonful with a cup of tea and take three times a day as long as necessary.

- e) Pound the leaves of Acwa (TH: ANYANGO T.). Apply the paste on scarification made on the scalp.
- f) Pound the root tuber of Ziti (TH: MUSIRA E.) and dry. Grind and reduce to powder. Make incisions on the temple and rub in the powder. Use some of the powder as snuff twice a day for one week.
- g) Pound, dry and crush the root of Ntale ye dungu (TH: GABA E.) to powder. Mix one teaspoonful of the powder with 250ml. of water and boil. Allow to cool and strain. Take 50ml. twice daily for two days.

#### 11. MIGRAINE (346.9)

- a) Burn to ashes the hatched egg shells of domestic fowls. Then cut into two parts the fruits of Amatula (TH: KASAKYA H.) and mix with the ashes. Make incisions on the temples and in the centre of the head. Rub the ashes into the incisions using the sliced fruits once. A black hen or cock corresponding to the sex of the patient is slaughtered as an offering for the medicine before treatment.
- b) Pound the roots of Ekulepi (TH: EMONGIRO V.). Apply the preparation into scarifications made on the forehead.

#### 12. BACKACHE (724.5)

- a) Collect the sap from the stem bark of Omutumba (TH: MASINDE J.A.). Make incisions near the painful part and apply the sap. The patient is made to take a rest for about thirty minutes. Repeat the treatment after two days.



- b) Chew the fresh leaves of Embaluha (TH: OBANDA J.) and swallow the juice daily until the pain disappears.
- c) Pound the fresh root of Aliliyo (TH: OBURU O.K.) make incisions at the back and rub in the paste.

13. ARTHRALGIA (719.4)

- a) Pound the roots or the stem bark of Abak (TH: OKOT OWORI D.) and dry. Grind and reduce to powder. Mix one teaspoonful of the powder with 500ml. of water. Take 500ml. three times daily until the pain disappears.
- b) Soak in hot water the roots of Roko and Aliliyo (TH: NTALO K.). Give 150ml. three times daily for 2 days.

14. ARTHRITIS (716.9)

Pound the root of Okwero (TH: OLOW A.B.). Mix one teaspoonful of the powder with a cup of tea or milk and take three times a day for 1 - 2 weeks.

15. ABDOMINAL PAIN (789.0)

- a) Boil together the roots of Akado, Bedo, Ochuga, Awayo and Thwolkilwi (TH: OBBOO OKWAYA). Boil in water and strain. Give 150ml. daily until the pain subsides.
- b) Pound the root of Amoo (TH: OKECH D.D.). Boil in water and allow to cool. Give half a glassful three times a day until the patient is fully cured.
- c) Pound the root of Muhondwe (TH: NAMUGUSA M.). Boil in water and strain. Give 200ml. to adults and 50ml. to children twice a day for 2 to 3 days.



- d) Pound the root of Waiswa (TH: HAMYA M.). Boil in water and strain. Give one cup three times a day for 2 to 7 days.
- e) Pound the root of Mukitimbo and Kyetukire (TH: NAMUGAWE N.). Dry and reduce to powder. Mix one tea spoonful of the powder with 250ml. of warm water and strain. Take one table spoonful three times a day for 1 - 2 days.
- f) Pound together the roots of Thwolkiluwi, Ocok, Mashu and Pedo (TH: NTALO K.). Mix with hot water. Give 250ml. twice daily for 3 to 4 days.
- g) Pound the root of Thwolkiluwi (TH: ATHIENO M.). Boil in water with tea leaves. Give 150ml. threetimes a day till the pain disappears.
- h) Pound the leaves of Clerodendron sp. (TH: ACHENG G.). Dry and reduce to powder. Mix with a cup of tea and take twice a day for one week.
- i) Crush the dry roots of Foyoo (TH: OKOT OWORI D.). Macerate in water and strain. Take 500ml. of the infusion twice daily until recovered.
- j) Pound and boil in water the root of Mulusha (TH: OKOTH P.). Allow to cool and strain. Take 500ml. once. The treatment may be repeat if necessary.
- k) Pound and boil strongly in water the root of Titwasi (TH: MUBAJE Y.). Take 150ml. once.
- l) Pound and dry the root bark of Matama (TH: OCHWO M.). Reduce to powder by further pounding. Mix a *teaspoonful of the powder in a cup of milk and take all.*

- m) Pound the roots of Awayo (TH: ANYANGO T.). Mix with water and strain. Take 100ml. daily until the pain is relieved.
- n) Chew the root of Mufumbusa (TH: MUGEMA A.) and swallow the juice three times a day.
- o) Pound the roots of Kenolyech (TH: OLOKA S.) and mix with cold water. Boil, allow to cool and strain. Take three teaspoonfuls thrice a day until cured.
- p) Pound together the roots of Malongo, Acak and Dukino (TH: SAJJABI P.). Boil with water, allow to cool and strain. Give 200ml. of the concoction twice daily for six days. The patient should avoid eating pork and drinking waragi (local gin).
- q) Wash and dry the roots of Ekikonge (TH: OMALI E.). Crush and make into powder. Mix one dessertspoonful of the powder with 500ml. of water. Boil, allow to cool and strain. Take 125ml. of the decoction three times a day for two to three days.
- r) Pound the root bark of Omusuha (TH: ODONGO J.). Boil in water and strain. Give about 125ml. three times a day for two weeks.
- s) Boil the roots of Esore (TH: EMONGIRO V.) and strain. Give 10ml. twice a day for two days.
16. DIARRHOEA (009.3)
- a) Pound the root bark of Dukino (TH: ONYANGO I.) and boil in water. Allow to cool and strain. Use the decoction to prepare millet or sorghum porridge. Add sugar and take half a litre of the porridge twice a day for three days.



- b) Pound the roots of Nataninwa (TH: LUTU. S.). Dry and grind into powder. Macerate the powder in cold water and strain. Take 125ml. of the infusion twice daily for two days. An overdose may cause excessive diarrhoea.
- c) Pound together the roots of Pedo, Dukino, Kwerigwendi, Akado (female & male), Roko, Thwol kilowi (red type) and Muluswa (small type) (TH: OKONGO F.). Boil in water and strain. Mix with porridge prepared from fresh sorghum. Give one glassful to adults and two table spoonfuls to children three times a day for 2 to 3 days.
- d) Boil thoughly the roots of Musolwa and Omulama (TH: MUHANA I.). Allow to cool and strain. Take 15ml. for a start then 10ml. after every stooling until the patient is full recovered.
- e) Pound the roots of Omemi diege (TH: OCHWO - OTHEINO J.) and boil in water. Strain and give half a glass twice daily for four days.
- f) Pound and boil together in water the roots of Koli, Woruwo, Ogeli and Olemu (TH: OKONGO C.). Strain and take 150ml. three times a day for three days.
- g) Pound the roots of Kavawala (TH: MUGWERI S.) Mix with water and strain. Take about 500ml. three times a day for two days.
- h) Pound the roots of Gassia (TH: ADIKIN R.M.) Boil in water and strain. Give 100ml. twice a day for two days.



- i) Pound together the roots of Ogelli and Ndyawala (TH: OWINO J.). Boil and strain. Use the filtrate for making porridge. Take five table spoonfuls of the porridge three times a day for three days.
- j) Pound together the root barks of Okeny dyegi and Thwolkilowi (TH: OTHIENO ODIT). Boil in water and strain. Give 250ml. three times a day for four days.
- k) Pound together the roots of Birowa, the stembark of Makuyu and the roots of Okango (TH: OBBO J.). Boil in water and strain. Take about 125ml. twice a day for two days.
- l) Pound the root bark of Muyembe (TH: OLOWO L.). Boil in water and strain. Take one tea cupful three times for one day.

#### 17. DYSENTERY (009.2)

- a) Stew the root of Mangolu (TH: HIGENYI J.M.) in groundnut sauce and take twice at an interval of eight hours.
- b) Pound the leaves of Osiga (TH: OBBO J.). Mix with water and strain. Give about 100ml. twice daily until recovery.
- c) Pound together the roots of Kangawalo, Miderwa and Okatala (TH: OLOO P.G.). Dry and reduce to powder. Mix one teaspoonful of the powder in 100ml. of cold water. Take about 10ml. three times a day for a day.
- d) Pound the roots of Kuli and Ober (TH: OLOWO-LANGA G.). Add hot water and strain. Give 100ml. three times a day till fully recovered.

- e) Pound the root-of Sikuma (TH: WALEKWA S.). Boil in water, allow to cool and strain. Take 2 teaspoonfuls three times a day for two days. The Traditional Healer make incantations to his spirits as he gives the treatment.

An excess dose may worsen the condition.

- f) Boil strongly in water the root of Omufutratunda (TH: OLAHO MUKANI W.). Allow to cool and strain. Give 15ml. every three hours for 2-3 days. Avoid excess as it may aggravate the condition.
- g) Pound and boil together in water the roots of Koli, Woruwo, Ogeli and Olemu (TH: OKONGO C.). Strain and take 150ml. three times a day for three days.
- h) Pound the roots of Ndibawonya (TH: OKETCHO D.). Boil in water and allow to cool. Take 250ml. of the decoction twice daily for three days. The patient should abstain from alcohol.
- i) Pound together the roots of Gasia, Dukino and Makuyu (TH: OWERE S.). Mix in cold water and strain. Take four dessert spoonfuls twice in twelve hours. If the patient becomes constipated give the infusion made from the root of Mauku to relieve it.

#### 18. VOMITING (787.0)

- a) Pound the roots of Miyembe (TH: ACHIENG M.) Add water and mix with a young stem of the banana known as Ndizi. Strain and take on glassful twice a day. The vomiting is controlled in a day.
- b) Chew the leaves of Osiiga (TH: OBURU O.K.).



## 19. ASCARIASIS (127)

- a) Pound the root bark of Akapangiteng (TH: LOTUKOI Z.). Mix with cold water and strain. Add the infusion to porridge and take about 500ml. once daily for two days.
- b) Pound together the stem bark of Makunyu, Ober and Abasi (TH: OWORA J.). Boil and strain. Take two dessert-spoonfuls twice a day for one day.
- c) Pound the roots of Mukubangalabi (TH: OWUMA C.). Mix with cold water and leave to soak overnight. Strain and give 250ml. of the infusion in the morning. The patient develops diarrhoea in which the worms are expelled. Overdose prolongs diarrhoea which may be stopped by taking the infusion made from the roots of Oluhwesi.
- d) Pound together the roots of Akubai and Engerebebe (TH: SHIKUKU P.). Mix with hot water and strain. Take two spoonfuls of the concoction once. It induces diarrhoea and the worms are expelled.
- e) Pound the root of Akado (TH: OTHIENO W.). Boil in water allow to cool and strain. Take two table spoonful three times for one day.
- f) Clean, pound, dry and reduce into powder the root of Omuwicwi (TH: OLAHO - MUKANI W.). Add half a teaspoonful of the powder to a cup of tea and take three times a day.

## 20. TAENIASIS (123.3)

Boil the leaves of Muvuvumira (TH: KALUNGU G.) in water and strain. Give about 150ml. once. Inspect the stool for worm fragments.



## 21. HELMINTHIASIS (128.9) -

- a) Pound together the roots of Nelulu, Omulondo, Mutama and Omuhondwe (TH: LUKANGOLE S.). Boil in water, allow to cool and strain. Add sugar and a little salt and take one dessert-spoonful three times a day for two days.
- b) Boil in water the root of Okuda (TH: OPOYA J.). Allow to cool and strain. Give 150ml. three times a day one or two hours before meals. It induces diarrhoea in which the worms are expelled.
- c) Pound the root of Mujafari (TH: SAIDI S.). Boil in water and strain. Take 150ml. twice daily for two to three days in the mornings before taking any meal.

## 22. CONSTIPATION (564.0)

Collect 25ml. of the milky sap of Kilajok (TH: AMUSATA K.). Add boiled milk to the sap and take once.

## 23. PEPTIC ULCERS (533.9)

Roast together the seeds of Bulo, Sagalasasi and Kajumbala (TH: LUKANGOLE S.). Chew and swallow the roasted seeds three times daily for ten days.

## 24. ABDOMINAL SWELLING 789.3

- a) Smear the sap of Bondo on the leg of chicken. Roast the leg and eat. Reduce to powder the root of Mbaluka (TH: OGOLA C.). Mix it with milk and take 250ml. twice a day for two days before meals.
- b) Cut the tuber of Eboni (TH: KAMBO I.) into small pieces and dry. Reduce to powder and mix with milk. Take one dessert spoonful three times a day for seven days.

- c) Pound the root of Pedo (OLOWO L.). Boil in water and strain. Take one dessert spoonful three times a day for three days.
25. DYSPEPSIA (536.9)  
Stew the leaves of Zizi (TH: OMALA A.) in water. Mix in simsim sauce and eat daily for three days.
26. INGUINO SCROTAL HERNIA (550.9)
- a) Pound together the roots of Aligiri and Mishu (TH: OKONGO C.). Mix with water, allow to cool and strain. Take 150ml. three times a day for two to three days.
- b) Pound thoroughly the root of Omukyi (TH: OFWONO O.Y.). Boil strongly in water until the volume is reduced to a third and strain. Give half a glass three times a day for one week. Abstain from alcohol and sugar. Milk or black tea is allowed in the morning.
27. ANORECTAL PROLAPSE (569.)
- a) Pound together the roots of Olemo, Ogeli and Okudo (TH: OLWENY - ANGWENYA B.) and boil in water. Allow to cool and strain. Take one glassful of the concoction twice a day for three days. Rub the residue on the waist and on the protruding rectum.
- b) Pound the leaves of Nyawiyath (TH: OWERE U.N.) Dry and reduce to powder. Mix one table-spoonful of powder with 500ml. of boiled water and strain. Give 500ml. twice a day for one day only.
- c) Pound the roots of Alwala, Koli, Yat and Mundu (TH: ODONGO J.) Mix with warm water. Give 30ml. three times a day for 2 to 3 days. At the same time the patient sits in the warm concoction.



## 28. GENERAL WEAKNESS. (NC)

Pound the leaves of Funyamuri (TH: ONYANGO P.). Dry and mix in water for bathing.

## 29. GENERALIZED PAIN (780.9)

- a) Pound together the roots of Kisuru, the stem bark of Abak, the roots of Okwero and the roots of Roko (TH: OBBO OCHOLA F.) to a paste. Apply the paste on scarification made on the painful part.
- b) Macerate the leaves of Ipomoea hildabrantii (TH: OMOLO M.). Use the infusion to massage the body.
- c) Macerate the leaves a Chenopodium sp. (TH: OMOLO M.) Use the preparation for bathing.
- d) Pound the roots of Okwero (TH: OKECH H.). Dry and reduce to powder. Mix one dessert spoonful of the powder to a glass of hot water and take three times daily for two days.
- e) Pound together the roots of Abari, Jeriman and Kadukula (TH: MUGE L.). Mix with a little water to form a paste. Make incisions on the body and apply the paste. Repeat the treatment for three days.
- f) Pound together the roots of Roko and Aliliyo (TH: OCHIENG D.K.). Dry and reduce to powder. Apply the powder on scarification made on the affected part.
- h) Pound the root of Acak (TH: OPOYA J.) Boil strongly in water, strain and add sugar. Give 150ml. three times daily for 5 - 7 days.



## 30. ANASARCA (782.3)

- a) Pound and dry the root bark of Matama (TH: OCHWO M.). Reduce to powder by further pounding. Mix one teaspoonful of the powder with a cup of milk and take twice a day for a week.
- b) Pound the root of Omuch (TH: WAKERA C.). Boil in water, allow to cool and strain. Take one glass three times a day for 3 weeks.
- c) Macerate the root of Obolo (TH: WAKERA C.) with warm water. Take one glass three times a day for one week.

## 31. INGUINAL LYMPHADENITIS (683.1)

Pound the root of Amoo (TH: AMUSATA K.). Mix with malwa (local millet beer). The patient takes using a special pipe. Alternatively add the root paste to tea with sugar. Repeat the treatment as necessary.

## 32. CHRONIC LYMPHOEDEMA (782.3)

Pound the roots of Akalemanjovu (TH: WABINGA P.) and boil in water. Allow to cool and use the decoction to wash the feet twice daily.

Pound the stem bark of Omugavu (TH: WABINGA P.) and boil. Allow to cool and strain. Take one glassful of the decoction twice daily for two to four weeks. The swelling reduces to normal size.

## 33. JAUNDICE (782.4)

- a) Boil a handful of the aerial parts of Sere (TH: ACHEING M.) in 500ml. of water and strain. Take the whole preparation at once.

- b) Pound the leaves of Nasusi (TH: WALEKWA S.). Boil in water, allow to cool and strain. Take one table spoonful twice a day for 3 days.
- c) Pound, dry and reduce to powder the root of Olutholi (TH: OWERE Y.N.). Mix one teaspoonful of powder with tea and give one cupful twice a day for 3 to 7 days.
- d) Pound together the roots of Osito (blacktype), Sirangende (female and male types), the leaves of Yekeyeke (big type), and of Raywe (big type) (TH: OKONGO F.). Dry and reduce to powder. Mix two table spoonfuls with 500ml. of water and boil down to 250ml. Allow to cool and strain. Give one tea spoonful three times a day to children and quarter a glass twice a day to adults for 2-4 days. Concurrently the patient is made to bathe once a day the decoction prepared from the roots of Osito.
- e) Pound together the leaves of Yat tong and Junga (TH: OKOTH). Boil in water and give 250ml. twice daily for 2 to 3 days.
- f) Pound the root of Asimeri (TH: LOKIKI LUKECH). Boil in water and strain. Take one teaspoonful twice daily till recovery.

34. DIABETES MELLITUS (250.9)

Pound the roots of Obedi (TH: OLANDO P.). Dry and reduce to powder. Macerate about 15g. of the powder in one litre of hot water and strain. Give one glassful twice a day for four weeks. The patient should check his/her urine regularly.



## 35. ABSCESS (682.9)

- a) Pound together the leaves and flowers of Ehenge (TH: OBARA J.) to a paste. Use the paste for dressing the affected part. This encourages the abscess to ripen and burst quickly.
- b) Pound the seeds of Mpindi. Add the leaves of Kafumitabagenge (TH: KALUNGU G.) to powder. Wrap the paste in banana leaves and warm under hot ash. Apply the paste on the affected site.

## 36. LEPROSY (030.1)

Pound the roots of Omukitimbo (TH: OTHIENO M.U.). Macerate in hot water and strain. Give 125ml. once. Then prepare a decoction of the root of Omuwoko and give about 125ml. three times a day for one month. Bathe the patient with the decoction prepared from the leaves of Omuwoko.

## 37. DERMATOSIS (709.9)

Clean, pound and dry the roots of the male Hachwichwi Hasacha (TH: NABALIMAUKO A.). Grind into powder. Mix the powder with vaseline and apply on the skin three times a day. The itching stops and the skin dries up within three days.

## 38. RING WORMS (110.5)

- a) Pound the roots of Olungolingoli (TH: OWUMA S.). Mix with vaseline or a drop of paraffin and apply on the affected skin. The skin clears within four days.
- b) Pound the leaves of Oriyo (TH: OCHIENG O.M.) to a paste. Apply the paste on the affected part once a day for two days.





## 39. HERPES ZOSTER (053.9)

Pound together the roots of Nabambula and Kanzironziro (TH: KALUNGU G.). Dry and reduce to powder. Apply the powder on the affected part. This preparation can also be used for skin itching.

## 40. TROPICAL ULCERS (707.9)

- a) Pound the root bark of Omudungudungu (TH: OBARA J.). Dry and reduce to powder. Use the powder for dressing the wound daily for two weeks.
- b) Scrape off the soot from the bottom side of a saucepan used for cooking (TH: WABINGA P.). Mix with soot with vaseline and apply on the incisions made around the wound.
- c) Dry the flowers of Oryang (TH: OCHIENG O.M.). Reduce to powder and use it to dress the wound. Apply daily for two weeks.

## 41. CHICKEN POX (052)

Clean, pound dry and reduce to powder the root of Omucwicwi (TH: OLAHO - MUKANI W.). Add half a teaspoonful to a cup of tea and take three times a day.

## 42. CELLULITIS (682.9)

- a) Dry the roots of Akuruwoi, Oso and the stem bark of Murema (TH: OCHAN R.). Charr and apply in the powder scarification made on the affected leg once. Then massage the affected area by with vaseline ointment.
- b) Pound the leaves of Musumwa (TH: HASANGU S.) to paste. Use the paste to dress the affected part daily.

43. TOOTHACHE (525.9)
- a) Pound thoroughly the leaves of Oberi pangala (TH: OFWONO O.Y.) Add some salt and use to brush the teeth twice daily for 5 days.
  - b) Cut a twig of Musengeze (TH: OLAHO - MUKANI W.) and use a tooth brush every day for a number of days.
44. TEETHING SYNDROME (520.7)
- Crush the leaves of Achwa Matindo (TH: ODOI - OKOTH OKOKO P.) and mix with a little water. Remove the false tooth and squeeze the juice into the gum. Alternatively the paste can be rubbed into the affected gum.
45. CONJUNCTIVITIS (372.0)
- Pound the leaves of Birabira (TH: OWORA J.). Add a little water and use the juice as eye drops. Apply the drops three times a day for two days.
46. CORNEAL OPACITY (371.9)
- The sap obtained by breaking the mid rib of the leaf of Makachaga (TH: WALITA A.) is dropped into the affected eyes three times a day for 2 - 4 weeks.
47. OTITIS MEDIA (382.3)
- Pound the leaves of Kasandasanda (TH: KALUNGU G.). Wrap in banana leaves and add a little water. Squeeze out the juice and drop in the affected ears on alternate days for five days.
48. URINARY TRACT INFECTION (599.0)
- a) Pound the roots of Lukandwa (TH: MBAZIRA A.) and soak in hot water and strain. Give about 125ml. once. Then chew the roots of Katagwini and swallow the juice once.



- b) Pound the roots or stem-bark of Musali (TH: MUGWERI S.). Add a little water and squeeze out the juice. Drink about 250ml. twice a day for three days.
49. PELVIC INFLAMMATORY DISEASE (614.9)  
Cook the whole aerial parts of Katebekitaka (TH: HASANGU E.) Eat as vegetable sauce with Matooke daily for three days.
50. VENEREAL DISEASE (090.9)  
Pound the roots of Mapera (TH: ONYONGO P.). Boil in water and strain. Give about 100ml. twice daily for two days.
51. SYPHILIS (097.9)
- a) Pound together the roots of Omulirira and Omusali (TH: OKETCHO O.Z.). Dry and reduce to powder. Mix one teaspoonful of the powder with one glass of hot water. Take one dessert spoonful three times daily for two weeks. Avoid sexual intercourse during treatment.
- b) Pound together the roots of Nganira and Omusaba (TH: NJALIRA A.). Mix with cold water. Take 300ml. once daily early in the morning for as long as necessary.
- c) Pound together the roots of Musafari and Mutamatama (TH: KAMUSURU S.). Mix with water and boil until the concoction is yellowish. Allow to cool and strain. Take 50ml. three times daily for one to two weeks.
52. GONORRHOEA (098)
- a) Pound the roots of Mukumeri (TH: OMALA A.) Dry and reduce to powder. Put one teaspoon of the powder in tea and drink about 150ml. once.



- b) Pound and boil strongly the roots of Ederu, Ekadwat and Engu (TH: OMOLO M.). Allow to cool and strain. Take 100ml. daily for three to seven days.
- c) Pound together the stem barks of Ecelewa and Lodwar and the roots of Ekimune (TH: LOTUKOI Z.). Boil in water and strain. Take two dessertspoonfuls daily for three days.
- d) Cut the roots of Eleket (TH: SHIKUKU P.) into small pieces. Boil with water and allow to cool. Take 200ml. of the decoction three times daily while still warm. Excess dose may cause vomiting and diarrhoea.
- e) Wash and pound the fresh roots of Ekutat (TH: OBAA O.C.). Boil in water and allow to cool. Take 500ml. twice daily until the patient is fully recovered.

### 53. AIDS (NC)

- a) Boil together in water small pieces of the stem bark of Yago the roots of Okelookelo, Emuriko, Papalo ico and Wicoo (TH: OLWA Y.) and strain. Give about 150ml. four times a day for up to three months.
- b) Pound together the stem bark and bud of Mango and Nasyetwise (TH: OWUMA C.). Boil in water and allow to cool. Then pound the roots of Nasyetwise and mix with cold water. Mix the two and strain. Take half a glass once a day until cured.

### 54. UTEROGENITAL PROLAPSE (618.4)

Pound the root of Kouli (TH: OLOWO LANGA G.). Macerate in hot water for one hour and strain. Give 100ml. three times a day for one day.

## 55. DYSMENORRHOEA (625.3)

- a) Pound the roots of Awaya and Dukuno (TH: AWOR P.). Boil in water and strain. Give 500ml. three times daily for one week. It induces diarrhoea which cleans the abdomen.
- b) Pound together the stembark of Mbaluka, the root of Amoo, and the leaves of Olemo, (TH: OCHAN R.). Dry and reduce to powder. Mix one teaspoonful of the powder with a glass of milk. Take half a glass twice a day for two weeks.
- c) Macerate the stem and leaves of Etutunu (TH: HASANGU S.) in cold water and strain. Drink 100ml. twice daily for three days.

## 56. MENORRHAGIA (626.2)

- a) Pound and dry the roots of Kabombo (TH: ONYANGO P.). Mix with water and boil. Add tea leaves and take 50ml. twice daily until fully recovered.
- b) Boil together the roots of Ekilulusa, Ekisindi and the leaves of Kalala obusaja (male type) (TH: HIGENYI E.). Add milk and strain. Take about 100ml. twice a day for two days.
- c) Clean, pound and dry the root of Mwangula (TH: OKETCH H.). Mix with hot water and strain. Take 500ml. twice a day while still warm for three days. Use the infusion for bathing. The patient should have enough rest.
- d) Chop the roots of Osito and Ragodhiang (TH: OKONGO G.W.) into small pieces. Boil in water and strain. Take 125 ml. daily until recovery.



- e) Clean and pound the roots of Mukondwa or Alilio (TH: ONYANGO I.). Dry and reduce to powder. Mix one teaspoonful of the powder with one glass of water and strain. Take twice a day for two days. Excess may cause vomiting and sweating.
- f) Pound the roots of Mujungwe (TH: LUTU S.) and boil with water. Allow to cool and strain. Take 250ml. of the decoction twice daily for three days. Bleeding should stop.
- g) Pound together the stem bark and the root of Akibiriri (TH: NAWANA F.A.). Boil with water. Allow to cool and strain. Keep in a clean bottle. Give 250ml. of the decoction twice a day until the patient feels better.
- h) Pound together the roots of Waiswa and Linyaga (TH: KYONA A.). Dry and reduce to powder. Mix 3 teaspoonfuls of powder with 500ml. of water and boil thoroughly. Strain and allow to cool give 150ml. twice daily for 3 days.

57. INFERTILITY IN WOMEN (628)

- a) Pound together the roots of Okatala, Omuchi and Okwero (TH: NYACHWO C.). Dry and reduce to powder. Mix one teaspoon of the powder with hot water and strain. Give a glassful once daily.
- b) Pound together the roots and leaves of Yekeyeke (TH: OBBO OCHOLA F.). Boil in water and strain. Take about 125ml. twice daily for two days.
- c) Pound and boil in water the roots of Empumunuka or Kabirizi (TH: OMALA A.) and strain. Take one tea cup three times a day for two days.



- d). Boil together the roots of Muvumbulakyama, Mulondo, Okwero, Akado, Ogeli and Omuchi (TH: ONYANGO P.). Allow to cool and strain. Give two dessert spoonfuls three times a day for seven days. The patient should conceive within the next three months.
- e) Pound and boil in water the roots of Obolo (TH: ONYANGO P.). Strain and give about 50ml. twice a day for seven days.
- f) Pound and dry the root bark of Matama (TH: OCHWO M.). Reduce to powder by further pounding. Mix a teaspoonful of the powder with a cup of milk. Take all twice a day for a week.
- g) Pound together the roots of Olemo and Omuchi (TH: OCHENG L.). Boil and strain. Take a glassful twice daily for three days.
- h) Pound the roots of Obolo and Okati (TH: ALI ABDU M.) separately. Boil Obolo in water and strain. Mix the decoction with 250ml. of millet porridge and drink.
- Macerate Okati in water and strain. Take about 250ml. once daily for seven days.
- i) Pound together the roots of Amoo, Thwolkilowi, Awaya and Ogoga (TH: ANYANGO E.). Boil in water and strain. Take 100ml. three times daily for two months.
- j) Pound together the stem bark of Muvule and Murukuru (TH: NYAMUTORO H.). Boil in water and strain. Take 100ml. three times.

- k) Pound together the roots of Ebungwe, Mukitimbo and Nasinyama (TH: MAYENDE F.). Boil in water and allow to cool. Take 125ml. daily starting six days after the last menstruation up to the beginning of the next one. Repeat for two periods.
- l) Pound the underground bulb of Nasanga (TH: MWANGALE E.). Dry and reduce to powder. Mix one teaspoonful of the powder with a cup of warm water or tea. Strain and take twice a day for four days starting at the end of the menstrual period.

The above treatment is followed by giving 125ml. of a concoction made from the roots of Mulama, Mutaama and Muhola (female type) once daily for three days.

The patient is made to inhale the smoke made by placing the leaves of Lusokosoko, Lweto and Nabaama. The treatment is preceded by an offering of a hen and a cock to the Traditional Healer. They are slaughtered, steived and eaten with millet bread.

- m) Pound the root of Amoo (TH: OCHIENG O.Y.). Dry and reduce to powder. Mix one teaspoonful of the powder with tea and take three times a day for as long as necessary.
- n) Pound together the roots of Ochuga, Thwolkilowi, Opokiyawaya and Ragoidyang (TH: OBURU O.K.). Boil in water and give 150ml. for



- o) Pound together the roots of Amoo, Opoki, Pedo, Thwolikilowi, (TH: AKOTH O.M.). Boil in water and strain. Give one glass three times a day for seven days then half a glass three times a day for 7 days starting at end of the menstruation for three periods.
- p) Dry the roots of Waswa and Fula (TH: DUKAINE H.N.) are pounded separately. Mix together one tea spoonful of each powder with 500ml. of boiled water. Give 250ml. twice daily for one month starting at the end of the menstrual period.

58. THREATENED ABORTION (640.0)

- a) Pound, dry and reduce to powder the root of Labwori (TH: OCHIENG O.Y.). Mix one teaspoonful of the powder and tea leaves with boiling water. Allow to cool and take 150ml. three times a day until the pain stops.
- b) Pound the root of Ekalatoromi (TH: ODEKE M.). Boil with water and strain. Take half a glass twice a day for four days.

59. RECURRENT ABORTIONS (646.3)

Pound and boil in water the root of Ahangororo (TH: NJALIRA A.). Allow to cool and strain. Give 100ml. three times daily as soon as possible after the woman has conceived.

60. DIFFICULT DELIVERY (669.9)

Pound the roots of Manane (TH: LUKANGOLE (MRS)). Mix in water and strain. Take about 250ml. and after an interval of eight hours if necessary.



## 61. RETAINED PLACENTA (666)

- a) Pound the root of Koli (TH: OLWO - LANGA G.). Macerate with hot water for one hour and strain. Give 100ml. once.
- b) Pound the root of Kakofira (TH: HAMYA M.). Mix with cold water and strain. Give half a cup once.
- c) Wrap in a banana leaf and put under hot ash to soften the roots of Obuharara and Kamulali (TH: NJALIRA A.). The patient is made to chew and swallow the juice.

At times the placenta is retained due to a full bladder so it may be necessary to induce emptying of the bladder by making the patient watch water being poured from cup into the other several times.

- d) Warm the root of Musemakweri (TH: ODEKE M.) in hot ash. Chew and swallow the juice. The placenta is expelled immediately.

## 62. POLIOMYELITIS (049)

- a) Pound the roots of Mulondo (TH: MUGEMA A.). Macerate in warm water and strain. Give one glassful three times a day.  
Apply the residue on scarification made around the joints and on the chest.
- b) Pound together the root barks of Musengese and Muhwogo (TH: AWEKO R.). Boil and strain. Give half a glass twice daily until recovery. Use the residue to massage the affected leg twice daily till there is no more pain.

- c) Crush dry roots of Odwongo (TH: ACHENG G.) to powder. Mix one tea spoonful of the powder with a little water and strain. Take about 5ml. once a day for two to four weeks. It may induce vomiting. Apply some of the infusion into scarification made on the affected limb.
- d) Pound the roots of Kayuge (TH: LUKANGULE Z.). Mix with cold water and strain. Take one teaspoonful twice a day until cured.

## 63. MEASLES (055.9)

- a) Pound the root of Bondha (TH: OWERE Y.N.). Dry and reduce to powder. Mix who two spoonfuls with 500ml. of water. Boil, allow to cool and strain. Give 300ml. twice a day for 5 days.
- b) Pound either the leaves or root or seeds of Eusuk (TH: OBAA O.C.). Boil in water and strain. Give in small quantities three times a day until the patient improves.
- c) Pound and boil in water the root of Mukitimbo (TH: SAID S.). Give 50ml. three times a day for three days.
- d) Stew the leaves of Atiko (TH: ONYANGO P.) together with bananas. Add a little table salt and eat once daily for two days.
- e) Pound together the root bark and seeds of Eusuk (TH: LOKUTOI Z.). Boil in water and strain. Give one teaspoonful three times aday for three days.



64. **KWASHORKOR (260)**  
Pound the roots of Omufulu and Kiwunduwandu (TH: KYONA A.). Stew with chicken or beef and serve the patient with the resulting soup.
65. **MARASMUS (261)**  
Clean and boil in water the roots of Omusindabahene (TH: WANDERA LUDUBA J.) and allow to cool. Give 100ml. of the decoction twice daily until the health of the child improves. Excess may cause diarrhoea.
66. **FEBRILE CONVULSIONS (790.3)**  
a) Pound together the roots of Bulokozi and the leaves of Mutasukakubo (TH: NAWANA F.A.). Mix with water and strain. Give three table spoonfuls daily for three to four days.  
b) Pound the roots of Mujafari (TH: MUGE L.). Mix with a little water and give 10ml. twice a day. Smear the residue on the whole body.
67. **ANAEMIA (285.9)**  
a) Pound the stem bark of Akado (TH: OTHIENO M.V.). Boil with milk and strain. Give 250ml. three times daily for seven days.  
b) Pound together the leaves of Akanunambuzi and Fulumonyingire (TH: WANJALA N.). Add a little water and squeeze the drops in the child's mouth. Mix the residue with vaselin and smear the whole body.
68. **MENINGITIS (322.9)**  
Pound the stem bark of Ecelewa (TH: RUPEE J.B.) dry and grind to powder. Add a small amount of the powder to a cup of tea or boil in water. Take three times a day for four days.



Alternatively the bark may be chewed.

This preparation can also be used for the treatment of malaria, gonorrhoea, helminthiasis and cough.

69. FRESH WOUNDS (829.8)

- a) Crush the leaves of Embaluha (TH: OBANDA J.) and apply on the fresh wound. The wound stops bleeding.
- b) Dry and reduce to powder the leaves of Boketong (TH: OWORI M.). Use the powder to dress the wound. Change the dressing every three days.

70. SNAKE BITE (E905.0)

- a) Pound, dry and reduce to powder the root of Kaganja (TH: OKETCHO O.Z.). Boil one portion of the powder in water. Give two dessertspoonfuls once while the patient is facing the sun. It causes vomiting. Alternatively tick the powder and swallow the juice if water is not available. Mix the other portion of the powder with vaseline. Apply on the wound.
- b) Pound together the roots of Twolkilowi and Pedo (TH: OBURU O.K.). Boil in water and give 50ml. once. The patient may chew the fresh roots.
- c) Either chew the root of Twolikilowu (TH: OKOTH P.) or boil in water and take the decoction.
- d) Pound the roots of Ahalulusa hasinde (TH: HIGENYI J.M.). Mix with water and strain. Give 500ml. to drink at once.
- e) Pound the stem bark of Obulesi wetemu (TH: REV. MOLA J.H.). Dry and reduce to powder. Apply the powder on scarrifications made at the affected site.

Concurrently, pound together the tuber of Eboni and the roots of Olubembe. Mix with water and strain. Give one dessert spoonful twice daily for two days.

- f) Pound the whole of Ekeryaut (TH: LOTUKOI Z.). Dry and reduce to powder. Mix the powder with cow ghee or vaseline and apply on the affected site. Alternatively chew and swallow the juice.
- g) Pound the roots of Thwolkilowi to paste. Apply one portion of the paste on scarifications made at the site of the bite. Concurrently, boil the leaves of Ngisa (TH: NYACHWO C.) in milk. Drink the milk and eat the other portion of the paste.
- h) Crush in the palms the leaves of Makisinde (TH: OMALA A.) and apply the paste in the wound. Concurrently, dry and reduce to powder the roots of Asimeri (TH: OMALA A.). Lick a teaspoonful of the powder once. It should induce vomiting.
- i) Pound the roots of Mwefubulo (TH: HIGENYI E.) Apply the paste on scarifications made at the bite. Mix the rest of the paste with water and strain. Drink about 100ml. once.



## 71. POISIONNING (K980.5)

- a) Pound together the roots and leaves of Oluwoko (TH: MBAZIRA A.) and strain. Take about 125ml. once. It induces diarrhoea and vomiting.
- b) Cut the roots of Eleket (TH: SHIKUKU P.) into small pieces. Boil with water and allow to cool. Take 250ml. once. It induces one to vomit out the poison.
- c) Pound the fresh stem bark of Porolok (TH: ONYANGO). Mix with a little cold water and strain. Take about 100ml. twice daily for 2 - 4 days.
- d) Pound the root bark of Edrinvalasa or Okwedaba (TH: ODEKE M.). Boil in water and strain. Mix the decoction with raw eggs and drink. This causes diarrhoea which can be stopped by giving an infusion made from Esikalanda.

## 72. NIGHTMARES (307.4)

- a) Put the dry leaves of Omucwicwi (TH: OLAHO - MUKANI W.) on charcoal embers in a broken pot. Make the patient to inhale the smoke while covered with a blanket once daily for up to 4 days.
- b) Pound together the roots of Omutembe and Omusirango (TH: WANDERA LUDUBA J.). Dry and grind to powder. Sprinkle the powder onto charcoal embers on a broken pot. Cover the head of the patient with a blanket and let him inhale the smoke. Repeat the treatment for two days. The patient sweats profusely.



## 73. DIZZINESS (780.4)

- a) Pound the roots of Nabuzana (TH: OKETCHO D.). Mix with cold water and strain. Give 250ml. of the infusion four times daily for three days. The patient should not smoke.
- b) (Dizziness in pregnancy)  
Pound the leaves of Oluchyichibirihani (TH: WANJALA N.). Mix with cold water and strain. Take about 50ml. three times a day for two weeks.

## 74. FUNCTIONAL PSYCHOSIS (298.0)

- a) Pound the leaves of Missala (TH: OWOR E.). Mix with cold water and strain. Take one teaspoonful twice a day for three days. Then pound the root of Adwe. Mix in water for bathing the patient.
- b) Pound the roots of Kwerigwendi (TH: OTHIENO ODI) Add to water for bathing the patient. Then pound the leaves of the same plant to a paste. Smear it on the shaven scalp of the patient.
- c) Pound the bulb of Ondule (TH: OKONGO G.W.) to a paste. Apply the paste to scarification made on the shaven scalp.
- d) Pound the roots of Al-afin (TH: ALI ABDU M.). Dry and reduce to powder. Mix one portion of the powder with a glass of water and drink it all. Burn the other portion and allow the patient to inhale the smoke. This treatment is administered daily for three days.
- e) Pound the roots of Teoteo (TH: ANYANGO E.) Boil in water and allow the patient to inhale the steam twice daily until recovery.

- f) Pound together the roots of Kifaru, Akuruwoi and Muchungamur (TH: OWERE S.). Mix in bathing water and wash the shaven scalp. Apply the root powder of Muzigiza to scarifications made on the scalp.
- g) Pound together the roots of Ntale ye dungu, Kitugutu and Gujiciri (TH: WAMBU F.). Boil in 500ml. of water down to 250ml. Take the 250ml. three times a day for three days. Use Ntale ye dungu alone if the patient is not violent.
- h) Boil the whole Ajoka (TH: ONYANGO P.) in water. Give 125ml. of the decoction two times a day until cured. Use the residue to bathe the patient.
- i) Dry the leaves of Omuranvuma (TH: GABA E.). Burn the leaves on the charcoal embers contained in a piece of broken pot. Cover the head of the patient with a blanket and make him inhale the smoke. Then macerate some of the leaves in water. Give 125ml. of the infusion twice a day until the condition improves.
- j) Pound together the roots of Omemidiege, Korimatu and Ondule (TH: OCHWO OTHIENO J.) and steam distil. Give one dessertspoonful of the distillate daily for three weeks.
- k) Dry the root bark of Mvule (TH: ONYANGO P.) and burn in a pot. Cover the patient with a blanket and let the patient inhale the smoke twice a day. Concurrently, pound and boil in water the roots of Kalemanjovu and strain. Give about 100ml. three times a day for four days.



- l.) Pound together the roots of Woruwu, Tolkilowi and Yatajoka (TH: OKONGO C.). Dry and reduce to powder. Mix with cold water. Give 500ml. twice a day for three days.
- m) Pound together the leaves of Engeyo, Majambala and the roots of Nabumba and Nagomola (TH: OKETCHO O.Z.). Boil in water and make the patient steam the vapour bathe the vapour while he is covered under a bark cloth twice daily for 3 - 7 days.
- n) Clean and pound the root of Omenidiégi (TH: WAKERA C.). Mix with cold water. After about five minutes filter the infusion through a funnel made out of a banana leaf. Administer one drop in each nostril once a day for four days. Excess may lead to death.
- o) Pound together the leaves and roots of Eroko, Sere and Oniewa (TH: OWORI R.). Dry and burn to ashes. Make incisions on the palms at the back of the ears and at the nape and rub in the ashes. At the same time pound the fresh root of Eusuku and apply the juice in the nostrils. The patient must shave the head.
- p) Boil in water the root of Okwero (TH: OPOYA J.). Give 150ml. three times daily till fully recovered.
- q) Pound the fresh leaves of Alilivo, Ondule, Adwe, Ongono matindo and Omendvegi (TH: OBURU O.K.). Add a little cold water and apply as nasal drops. The powder can be used as a snuff. Apply once a day. Concurrently make incisions on the joints and rub in the juice or the powder.



- r) Pound the fresh roots - of Omukondwa, Kasekeranohi, Omuwangamagini (TH: KYONA A.). Mix with a little water. Use the leaf of Omutuba to introduce twenty drops of the infusion into each nostril. Then the patient is made to bow down his head and allow the mucus to flow from the mouth.

The pounded Omukondwa is mixed with porridge and taken normally until fully recovered. The patient is made to inhale the smoke of the root of Omuwangamagini placed on charcoal embers.

#### 75. EPILEPSY (345.9)

- a) Pound together the root and the stem bark of Koli (TH: OPIO ONYANGO B.). Dry and reduced to powder. Mix powder with water and boil. Allow to cool and strain. Give 500ml. twice daily for as long as necessary. The patient should completely recover after about three months.
- b) Pound the fresh roots of Ober (TH: OLOWO - LANGA G.). Macerate with warm water for one hour and strain. Give 50ml. three times a day. At the same time pound the root of Pangala, dry and reduce to powder. Put the powder on embers and make the patient to inhale the smoke. For children: macerate the powder with water use the infusion as enema.
- c) Crush the dry roots of Higalama and mix with its dry fruits. (TH: WERA N.D.). Burn to ashes. Make incisions on the head and apply the ashes. The treatment cause the patient to sneeze. Repeat the treatment twice and the patient is cured.

- d) Pound together the roots of Mukola and Songa (TH: HASHCHA I.). Mix with a little cold water and strain. Put two drops in each nostril once every day for two months.
- e) Pound together the roots of Olulia, Omwirima and Mokitimbo (TH: MAYENDE F.). Dry and reduce to powder. Burn the powder and inhale the smoke four times a day. It induces the patient to sleep.
- f) Pound the root bark of Namuku (TH: MUGOWA E.) Boil in water and strain. Apply as nasal drops. Introduce six drops daily for two months.
- g) Pound the roots of Alilyo, Ondule, Adwe, Ongano matindo, and Omendvegi (TH: OBURU O.K.). Add a little cold water and apply as nasal drops on every other day.

76. SEXUAL ASTHENIA (607.8)

- a) Pound and dry the root bark of Matama (TH: OCHWO M.). Reduce to powder. Lick the powder once daily as necessary.
- b) Chew the roots of Omugusa/Omuyabira (TH: ODONGO J.) and swallow the juice just before bedtime.

77. DISLOCATIONS (718.0)

Pound the leaves of Okango (TH: OWORI J.) to a paste. Use the paste to massage and reduce the affected joint.

78. FRACTURE (829)

- a) Pound the root of Etulatula (TH: OLAHO - MUKANI W.) Dry and make into powder. Mix the powder with cowghee or vaseline and apply on the fracture until fully cured.



- b) Pound both roots of Opok and Dida (TH: SAJJABI P.) Dry and grind to powder. Mix the powder with milk or banana juice or tea. Take 500ml. of the mixture three times a day for one week. Then massage the fracture with the powder and set the bone in position.

79. SEPTIC SCALP (NC)

Pound the leaves of Kudho (TH: OWERE Y.N.). Dry and make into powder. Mix the powder with vaseline. Shave the head and apply all over the scalp for 3 - 4 days.

80. BEWITCHMENT (NC)

Burn together the dry roots of Okwero, Thwolkilowi, Abac, Oruku, Okudo and a bone of wild pig (TH: OKETCHO J.P.) to ashes. Apply the ashes on scarifications made on the scalp.

81. BEING CURSED (NC)

Pound together the leaves of Ahanghamba and Mauogu (TH: WERE C.N.). Mix with cold water and sprinkle all over the body of cursed victim. Then burn to ashes the dry roots of Omyvirigiti, Ekayuge and Olugerogero (TH: WERE C.N.) and apply on the incisions made on the body. Whenever treatment is being administered the Healer should utter the words ment to invalidate the curse.

82. POSSESSION BY SPIRITS (NC)

- a) Cut the roots of Kakofira (TH: NAWEGULO P.) into small pieces and bury in the entrance to the house.

Then crush the leaves of Songasonga and reduce to powder. Burn one portion of the powder and inhale the smoke. Mix the other portion with water and use the decoction for bathing.



- b) Pound the leaves of Nakayinia (TH: MUGEMA A.). Soak in water and use the preparation to bathe the child.
- c) Pound the root bark of Ntale ye dungu (TH: LOKIKI LOKECH). Boil in water and strain. Give two tea spoonfuls twice daily until recovery. Smear the marc all over the body of the patient.
- d) Dry the leaves of Lusokosoko, Lweto and Nabama (TH: MWANGALE E.). Burn them on charcoal embers. The patient is covered in a blanket and made to inhale the smoke. The spirits are chased out.

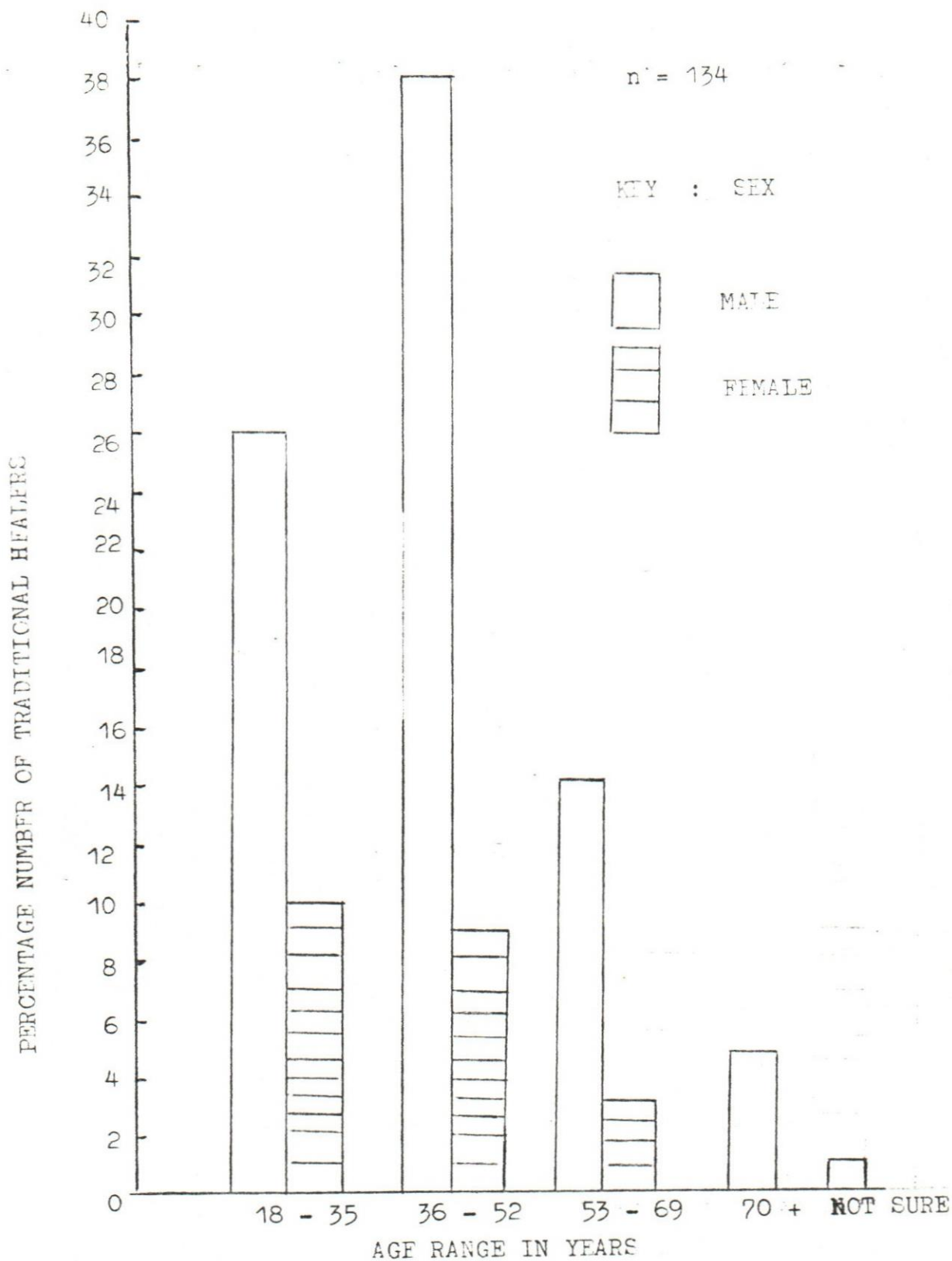
## CHAPTER FOUR

ANALYSIS AND DISCUSSION ON RESPONSES TO THE  
QUESTIONNAIRE ON TRADITIONAL HEALERS

Data concerning the Traditional Healers were collected, analyzed and discussed under the following 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.

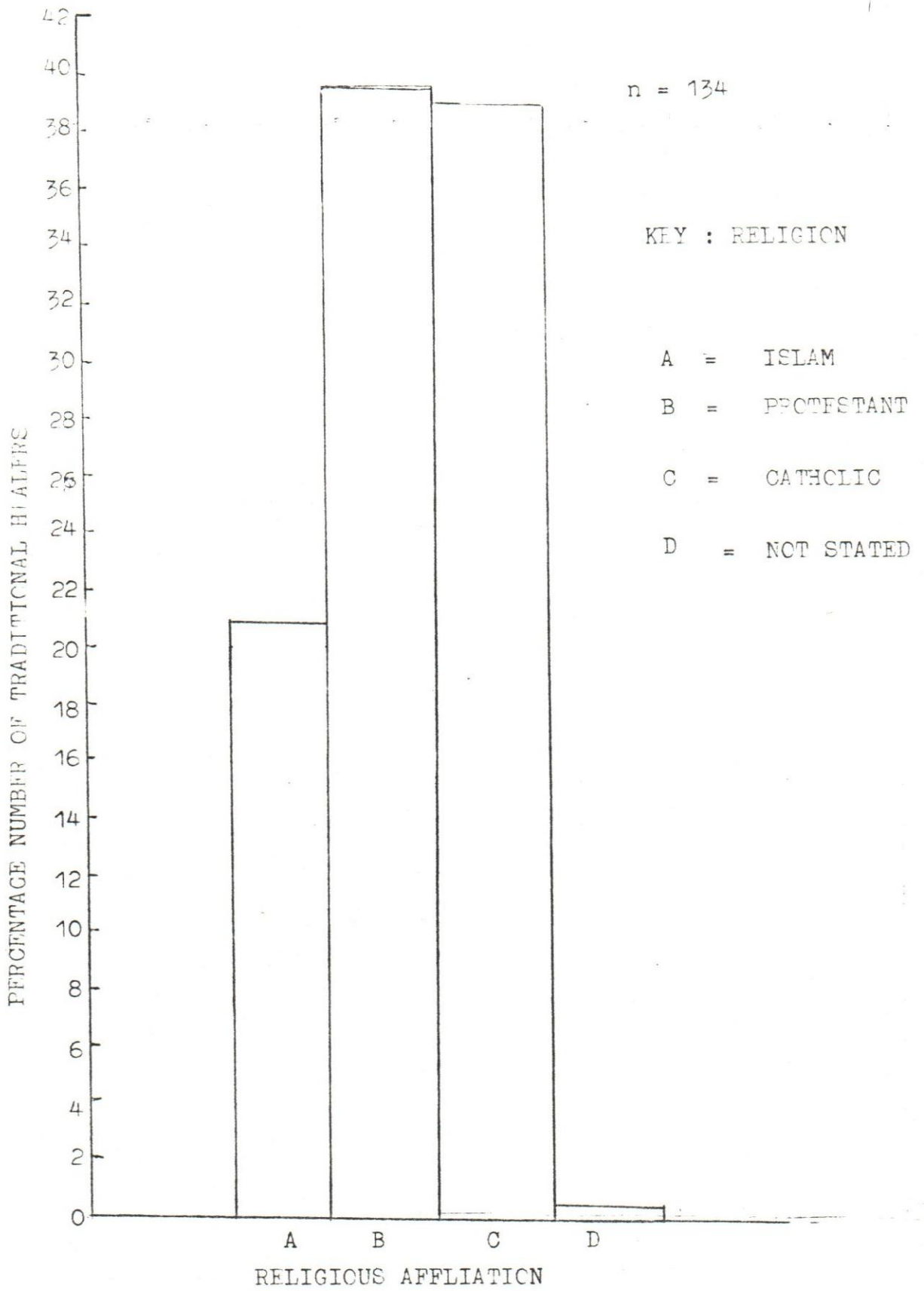
GRAPH I: SEX AND AGE DISTRIBUTION OF TRADITIONAL HEALERS



The lowest age recorded was 13 years. In fact this was the only minor ie below the age of 18 years, who was interviewed. The oldest was 82. The graph indicates that male to female ratio was 4 : 1.

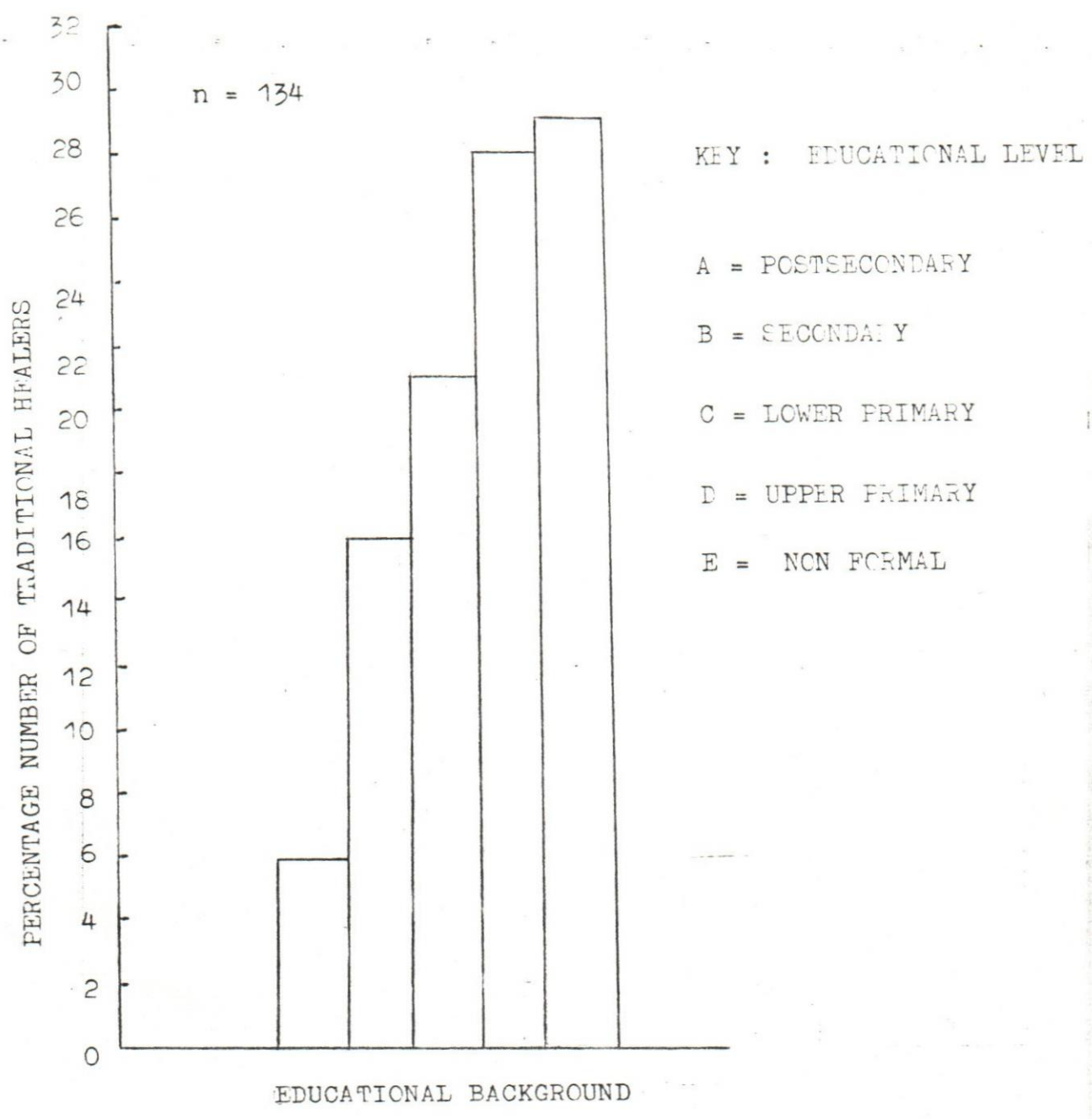


GRAPH II: RELIGIOUS AFFILIATION OF THE TRADITIONAL HEALERS



Graph II indicates that the majority of the Traditional Healers (78.5%) were christians distributed between Protestants 39.5% and Catholics (39%). While the Moslems were 21%.

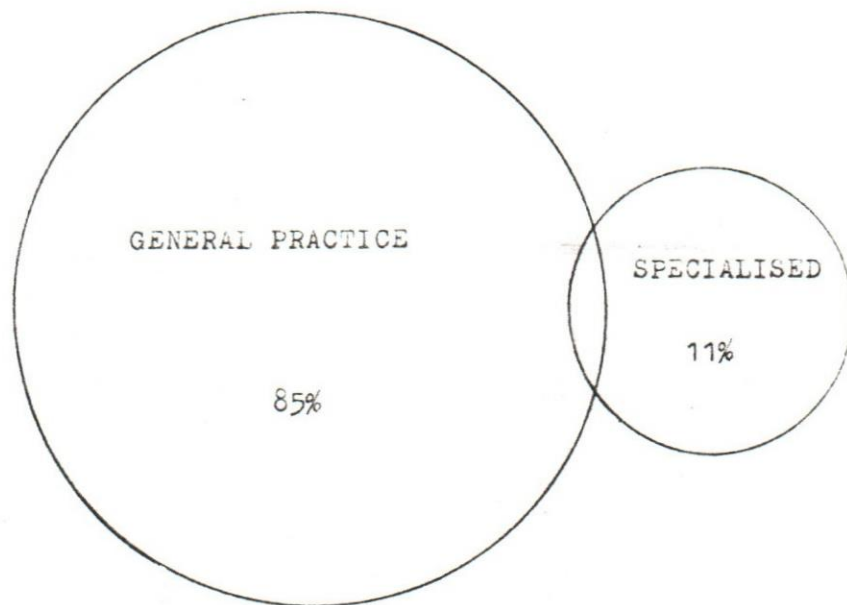
GRAPH III EDUCATIONAL BACKGROUND OF THE TRADITIONAL HEALERS



GRAPH III indicates that 29% of the Traditional Healers did not attend any formal Education. Whereas 71% had been exposed to formal education only 65% could read and write. Some of them had poor eye sight. The literacy rate was fairly high. However communication among themselves was complicated by the various languages in the District.

## VENN DIAGRAM I. AREA OF PRACTICE OF THE TRADITIONAL HEALERS

n = 134

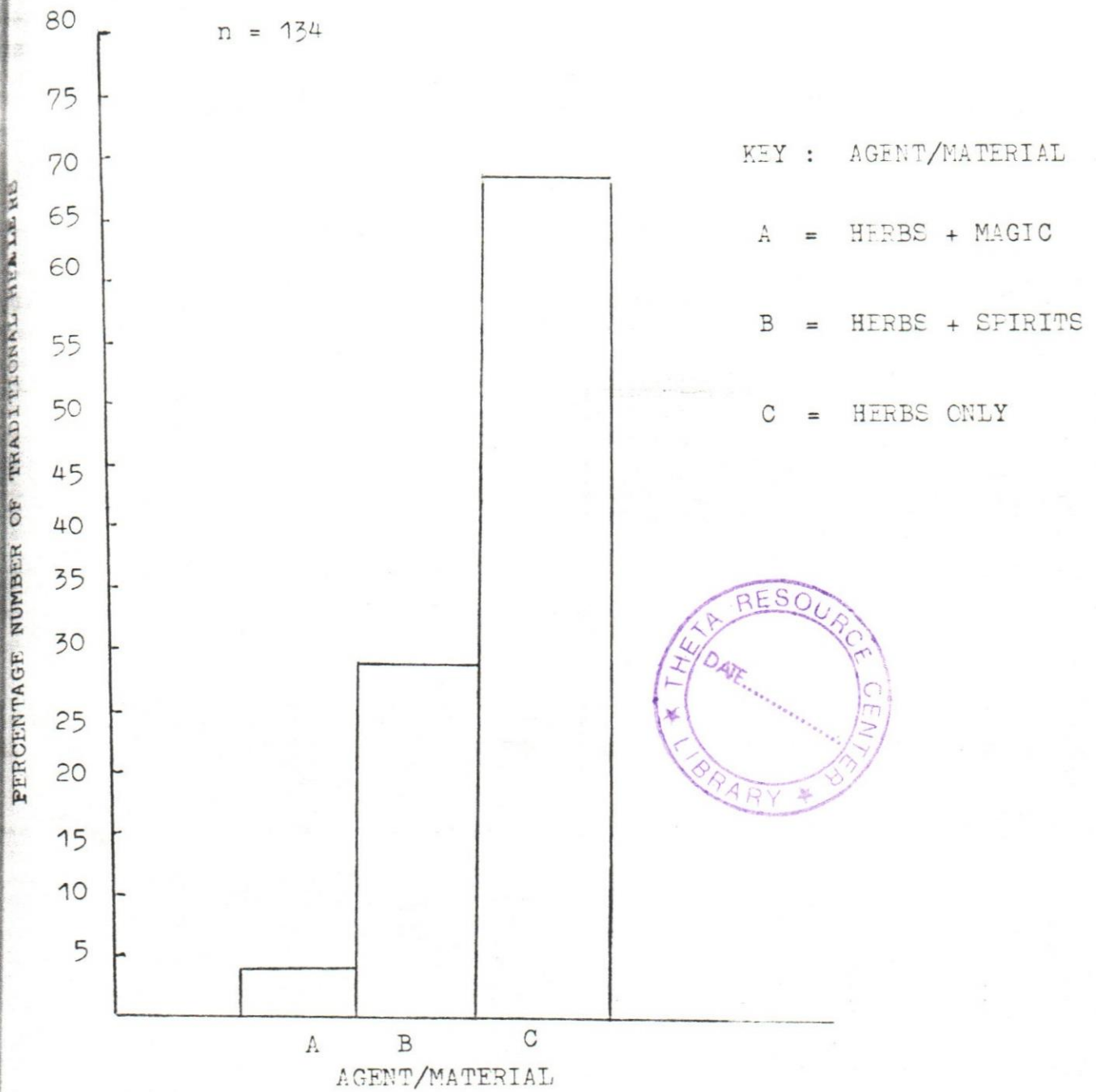


From the Venn diagram, it can be noted that the majority of the Traditional Healers in Tororo are General Practitioners. The specialists (11%) claimed that they are experts in treating corneal opacity, anorectal prolapse, diabetes, AIDS & arterial hypertension.

It should be noted that unlike in other districts the number specialist Traditional Birth Attendants was very low indeed.

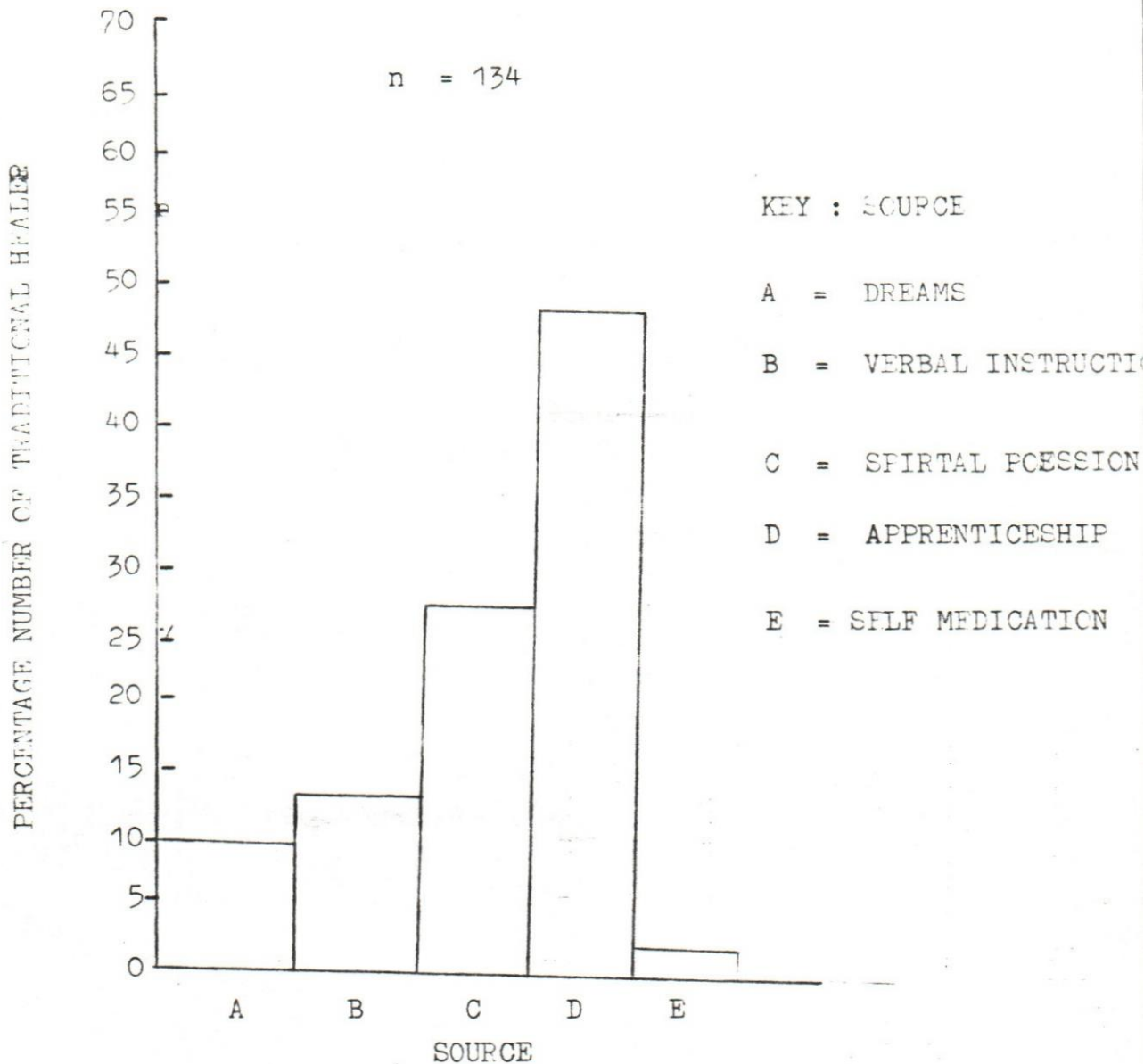


GRAPH IV: AGENTS/MATERIALS USED FOR TREATMENT



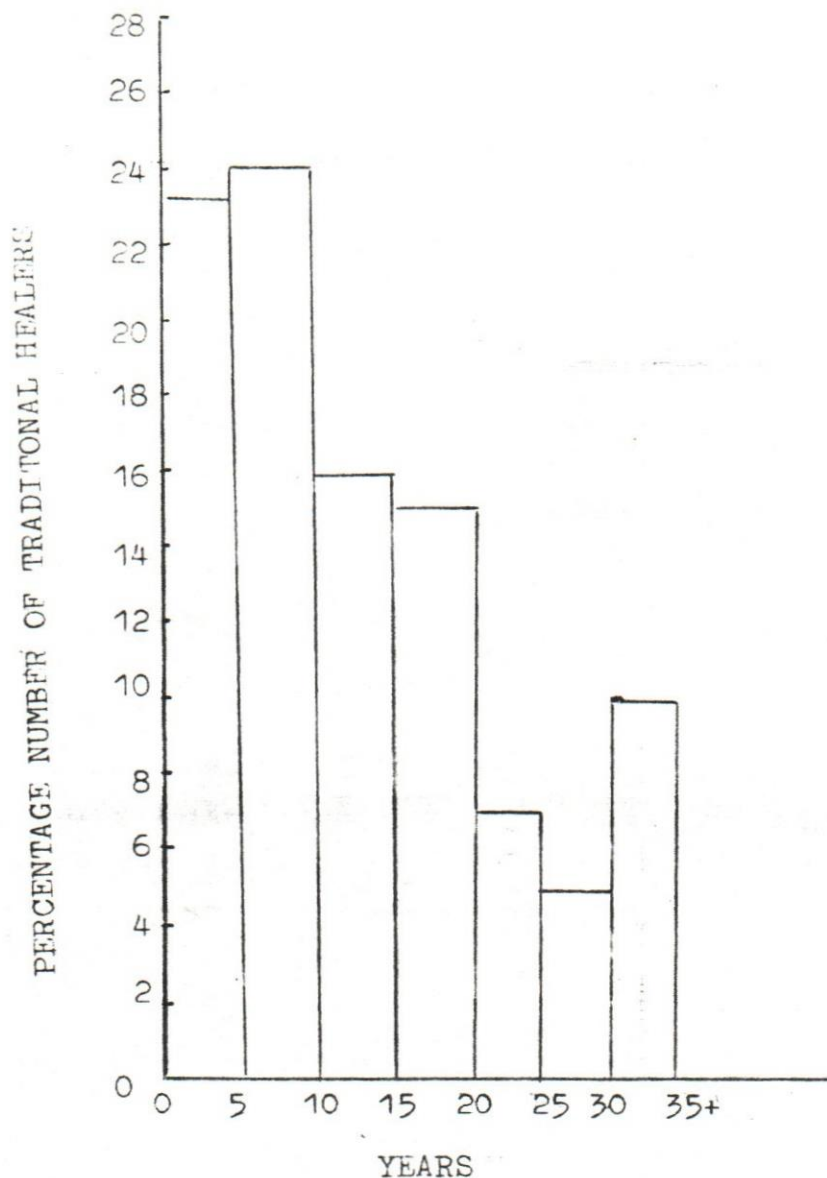
Graph IV shows that the majority (68%) of the Traditional Healers use Herbal materials only. 28% use Herbs and spirits while 4% use Herbs and magic. It was noted that even those who use herbs only acknowledged that the spiritual element is a contributing factor in healing. This was also pointed out by Prof. Rose of Tororo Hospital particularly in mental illnesses.

GRAPH V: SOURCE OF KNOWLEDGE ON TRADITIONAL MEDICINE



Graph V indicates that the majority of the Traditional Healers (49%) had undergone a period of apprenticeship with parents, or practising healers. There was also a high number (27%) who were affected by spirits and underwent spiritual healing before practising. Some (13%) indicated that they acquired their knowledge through verbal instruction, mainly from relatives. A significant number 9% disclosed that they had acquired their knowledge on Traditional medicine through dreams.

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



Graph VI: Indicates that the majority of the Traditional Healers (77%) had been practising for more than 5 years which implies that they are competent and recognised by their community. The Shortest period recorded was one year and longest 54 years.



TABLE X: OTHER MAJOR OCCUPATIONS OF TRADITIONAL HEALERS

OCCUPATION	RESPONSES NOS.	ANCUAL
Peasant farmer	97	
Traditional Healing Practitioners only	15	
Traders	5	
Builders	3	
Teachers	3	
Agricultural Assistants	2	
Veteran Soldiers	1	
Retired Civil Servant	1	
UWESO Official	1	
Foreman (Min. Of Work)	1	
Filter Mechanics	1	
Khadi	1	
Soldier	1	
Banker	1	
LDU Intelegent Officer	1	
County Chief	1	
Well Constractor	1	
Photographer & Water repair	1	
Student (UCC)	1	
Health Inspector	1	
<hr/>		
TOTAL	134	
<hr/>		

The above table indicates that the majority (70%) of the Traditional Healers are peasant farmers. Only 11% of them depended solely on Traditional Healing. Again this is a much higher percentage that is in other areas.

**MEMBERSHIP TO ANY TRADITIONAL HEALER ASSOCIATION**

The majority of the Traditional Healers (43%) indicated that they do not belong to any Association or that they had abandon their original association because of the wrangle within its top executives.

37% belong to the Uganda Association for Traditional Medicine Research and Development (UATMRD) whose leadership is being contested by Stanislus Olowo Chandrach and Oburu Kudere Oketcho.

11% belong to Uganda N'dagala Lyayo Association.

9% were members of or were contemplating to join the Busia based African Medicine Research Organization (AMRO). AMRO was formed to accommodate members who had abandoned UATMRD due to leadership crises.

**REASON FOR FAILURE TO JOIN ANY TRADITIONAL HEALERS ASSOCIATION.**

1. There is power struggle in the leadership of the existing Associations.
2. Membership and Annual Fees are high in the existing Associations.
3. There is embezzlement of funds by the Executives of the Associations.
4. Spirits do not allow some of the Traditional Healers to join the Associations.
5. There are no clear objectives and goals in the existing Association.
6. Healing is a part time occupation.
7. Old age hinders participation in Association matters.



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

Over 99% of Traditional Healers wanted the Government to form a National Association and gave the following reasons:-

1. To register all Traditional Healers
2. To widen develop and uplift the standard of Traditional Healers.
3. To assist in the fight against diseases and to promote good health nationally and internationally.
4. To make it easy for Government to communicate to the Traditional Healers.
5. To ensure coordination of the practice of Traditional Medicine
6. To strengthen the laws governing the practice of Traditional Medicine.
7. To allow Traditional Healers to work all over the country instead of their present community surroundings
8. To enable Government extend assistance to a group rather than individuals.
9. To enable Traditional Healers to offer services in Government hospitals.
10. Develop some form of barter trade exchange of some medicinal herbs which may not be available in certain locations.

From the above, it can be seen that Traditional Healers are willing to be organised as to collectively present their problems and ideas to government for consideration. There seems to be a vacuum concerning guidance in the local Association which has led to power struggle.



## REASON GIVEN AGAINST FORMATION OF THE NATIONAL ASSOCIATION

The 2 % who were against the formation of the National Association claimed that they are being refused by the spirits which control them.

## PROBLEMS REQUIRING ATTENTION.

1. Lack of accommodation for inpatients.
2. Lack of packaging and bottling materials
3. Restriction on Traditional Medical Practices in some areas.
5. Lack of equipment for extraction and grinding.
6. High taxation by local authority
7. Restriction in areas from which herbal material can be collected.
8. cheating of our drugs but unscrupulous people from Kampala.
9. The wrangles among the top executives of the Associations.
10. Patients refuse to pay after being cured.
11. Lack of seminar organized for Traditional healers.
13. Church leaders preach against Traditional Medicine.
14. Harassment by local authority mainly for Taxes.
15. Lack of protective clothing and gum boots.
16. some herbs are becoming extinct.
17. Transport to enable Traditional healers to collect herbs from distance areas.
18. Lack of government financial assistance to Traditional healers.
19. Restrictive laws which do not allow Traditional Healers to practice country wide.
20. Lack of Capital to set up decent clinics.

## GLOSSARY OF MEDICAL AND OTHER TECHNICAL TERMS

AIDS:	Acquired Immune Deficiency Syndrome/Slim disease.
ANAEMIA:	A condition in which the blood is deficient either in quantity or quality.
ANASARCA:	Accumulation of fluid in various tissues of the body.
ANORECTAL PROLAPSE:	Protrusion of the anus and rectum.
ARTERIAL HYPERTENSION:	Abnormally high blood pressure.
ARTHRALGIA:	Pain affecting a joint.
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 and a feeling of the chest being squeezed.
CELLULITIS:	A diffuse inflammation of the subcutaneous tissue
CHICKEN POX:	An acute contagious disease of childhood characterised by a superficial eruption of the skin in successive crops.
CONCOCTION:	A preparation containing more than (usually several) ingredients.
CONJUNCTIVITIS:	Inflammation of the conjunctiva of the eye.
CONSTIPATION:	A condition in which the bowels are evacuated after a long time and with difficulty.
CORNEAL OPACITY:	The condition in which the front of the eye before the lens becomes impervious to light.
DECOCTION:	A liquid dosage obtained by boiling one medicinal vegetable substance in water.



DELIVERY:	Expulsion of the foetus and its membranes.
DERMATOSIS:	Skin disease.
DIABETES MELLITUS:	A metabolic disorder marked by habitual passage of excessive urine which contains sugar.
DIARRHOEA:	Abnormal frequency and looseness of stooling.
DISLOCATION:	The displacement of a bone from a joint.
DIZZINESS:	Giddiness; An unpleasant sensation of disturbed relations to surrounding objects in space.
DYSENTERY:	A name given to a number of conditions that have the following characteristics: Inflammation of the intestines, frequent stooling with faeces containing blood and mucus.
DYSMENORRHOEA:	Painful menstruation.
DYSPEPSIA:	Ingestion due to impairment of the digestive function.
EPILEPSY:	A disorder of the brain characterized by recurring convulsions with or without loss of consciousness.
FEBRILE CONVULSIONS:	Convulsions in children as a result of high fever.
FEVER:	Elevation of the body temperature above the normal.
FRACTURE:	A break in a bone.
FUNCTIONAL PSYCHOSIS:	A term used to describe any major form of mental disorder which has not occurred as a result of a physical disease anywhere in the body.



- GONORRHOEA:** Infection of the urethra or cervix by germs called gonococci. The conditions is marked by discharge of pus from the penis or through the vagina and it is associated with the pain while urinating. It is transmitted from one person to another during sexual intercourse.
- HELMINTHIASIS:** Illness due to infection by worms.
- HERPES ZOSTER:** An acute inflammation of the skin characterised by lesions distributed in relation to the course of a cutaneous nerve.
- INCISION:** A cut of the body tissue.
- INFERTILITY IN WOMEN:** An involuntary reduction in the reproduction ability of women.
- INFUSION:** A solution of vegetable active principle obtained by extracting the herb with water without boiling.
- INGUINAL LYMPHADENITIS:** Inflammation of the Lymph nodes of the groin.
- JAUNDICE:** Yellowness of the skin, the mucous membranes and secretions. It is a symptom of variety of conditions of the liver, gall-bladder, and blood which results in accumulation of a bile substance called bilirubin.
- KWASHIORKOR:** A disease of children due to deficiency of proteins in food. The rain turns from black to reddish or rather golden hence the name Kwashiorkor by which it was called in Ghana. This means "golden boy".
- KYPHOSIS:** Hunch back.
- LEPROSY:** An infectious disease due to invasion of the nerves by germs called Mycobacterium lepre
- LYMPHOEDEMA:** Oedema due to blockage of lymph vessels.
- MACERATE:** To soften and remove certain constituents of a plant material by soaking in fluid.

- MALARIA:** An infectious disease characterised by fever, chills, sweating, headache etc. The disease is caused by a very tiny parasite known as Plasmodium which is transmitted by mosquito bite.
- MARASMUS:** A gradual wasting of the tissues of the body from insufficient food supply.
- MEASLES:** An acute infectious viral disease characterised by a fine rash and inflammation of the Conjunctiva and the air passages.
- MENINGITIS:** Inflammation of the membranes of the brain and spinal cord.
- MENORRHAGIA:** Excessive menstrual flow.
- MENSES:** Recurrent discharge of blood from the uterus.
- MIGRAINE:** Recurrent vascular headache varied in intensity, frequency and durations; commonly unilateral and often associated with nausea and vomiting.
- NIGHTMARE:** A terrifying dream which usually awakens the sleeper, characterised by distress and a sense of suffocation.
- OTITIS MEDIA:** Inflammation of the middle part of the ear.
- PALPITATION:** A heart action that produces a disagreeable awareness in patient
- PEPTIC ULCER:** An ulcer situated on the inner surface of either the Oesophagus, stomach or duodenum. The ulcer is usually caused by action of an acid juice secreted by the stomach.
- POLIO MYELITIS:** A viral disease which involves the nervous system resulting in paralysis of the limbs.
- RETAINED PLACENTA:** A placenta not expelled by the uterus after labour.



RINGWORMS:	An infestation of the skin, hair, or nails with various fungi.
SCARIFICATION:	The making of numerous small incisions on the skin.
SEXUAL ASTHENIA:	Sexual Impotence.
SYPHILIS:	A sexual transmitted disease caused by small germs called <u>Treponema pallidum</u> .
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.
TOOTHACHE:	Any pain in or about a tooth.
TROPICAL ULCER:	A cutaneous ulcer prevalent in Tropical regions.
TUBERCULOSIS:	A chronic infectious disease primarily invading the lungs caused by germs called <u>Mycobacterium Tuberculosis</u> .
UTEROGENITAL PROLAPSE:	The sinking down of the uterus.
VENEREAL DISEASE:	Disease spread by sexual intercourse.



1. District;..... 2. Sub-county;.....
3. Parish;..... 4. Village;.....
5. Physical location;.....
6. Name of Traditional Healer;.....
7. Postal Address (If any); .....
8. Age;.....yrs. 9. Sex; Male ( ), Female ( ).
10. Religion; Islam ( ), Protestant, ( ), Catholic ( ),  
Others ( ) .....
11. Educational Background;
  - a) Did you attend formal school? No ( ), Yes ( ) specify level.....
  - b) Can you write in vernacular? No ( ), Yes ( ).
  - c) Can you read in vernacular? No ( ), Yes ( ).
12. Diseases treated; General ( ), Specialised ( ), specify .....
13. Agents used in traditional medical practice.
  - a) Spirits ( ) c) Herbs ( )
  - b) Magic ( ) d) Others ( ) specify .....
14. Source of knowledge and skills on tradition medical practice.
  - a) Through Dreams ( ) b) Apprenticeship ( ) c) Verbal instruction  
( ) d) Spiritual Possession ( ), Others ( ) specify .....
15. Experience in practice (in years) .....
16. Major Economic Occupation? .....
17. Membership to any Traditional Healers Association or Grouping.
  - a) No ( ), b) Yes ( ) specify .....
18. Reason for response given in No 17 above .....
19. Would you recommend the formation of a National Association of  
Traditional Healers? a) No ( ) b) Yes ( )
20. Reasons for response given in On No 19 .....
21. Do you encounter (meet) any problems in your practice? No ( ) Yes ( ).  
specify .....



INFORMATION OF MEDICINAL DRUG/PLANT PROVIDED.

1. Name of Traditional Healer/informant;.....
2. Vernacular name of plant;..... b) Dialect; .....
3. Botanical/Scientific name; .....
4. Parts used .....
5. Disease treated; .....
6. Pharmaceutical preparation of;.....  
.....
7. Dosage; .....
- Duration of treatment;.....
8. Route of administration; .....
9. Expected observation to indicate efficacy;.....  
.....
10. Precautions to be taken(if any) .....
- .....
11. Any known reaction caused by the drug? or side effects?.....  
.....
12. Any cultural ritual performed during drug administration?.....  
.....
13. Other information (e.g. other uses, habitat, characteristics of the plant, etc).....  
.....
14. Would you like to develop this drug? No ( ) Yes ( ). Give reasons for your answer.....  
.....
15. What would you require most to help you develop this drug?.....  
.....  
.....  
.....