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MINISTRY OF HEALTH

NATURAL CHEMOTHERAPEUTICS RESEARCH LABORATORY

ETHNOMEDICINE IN UGANDA

PART SIXTEEN

ETHNOBOTANICAL AND TRADITIONAL HEALERS SURVEY OF
OF NEBBI DISTRICT

27TH FEBRUARY - 5TH MARCH 1994

BY

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

The Team is grateful to the Government of Uganda which secured a loan from the African Development Bank which has made it possible to carry out the Survey.

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ACKNOWLEDGEMENT

The Survey Team would like to sincerely extend their thanks to all persons who contributed to the success of this mission.

In particular they would like to mention the District Medical Officer, Dr. Ochora for all the support he gave to the Team; especially in drawing up the itinerary of the survey, Mr. Abdalaziz Cox, Assistant Health Inspector who accompanied the Team throughout the survey and for his extensive knowledge of the District.

The Team is grateful to the District Administrator, Mr. Mave Njina J.V for a very illustrative lecture on the background to Traditional medicine practices in the District.

The Team is also grateful to all the Resistance Council members and the chiefs in all the areas visited for the effort they made in mobilising the Traditional Healers.

The team would also like to express their sincere thanks to Dr. Okware S.I. for his support and guidance during the survey. Finally the Team would like to thank all the Traditional Healers whose names appear in this report for the cooperation and openness they showed to the Team. The Team sincerely acknowledges the information given in this report.

CHAPTER ONE**1.0 INTRODUCTION**

This is a report made by a multidisciplinary team which undertook an ethnomedico - botanical research survey in Nebbi District (Uganda) between 27th Feb to 5th March 1994. This is the sixteenth of series of such surveys to be carried out in Uganda during the period of the Health Services and Rehabilitation Project financed by a loan from the African Development Bank (ADB).

The Team consisted of four Scientists and three Technicians based at the Natural Chemotherapeutics Research Laboratory Wandegaya of the Ministry of Health and one Pharmacognosist from the Department of Pharmacy , Makerere University Medical School.

The Natural Chemotherapeutics Research Laboratory was set up by Government of Uganda with the aim of "Investigating and validating the claims made by Traditional Healers on the efficacy of medicinal plants, other Natural products and other methods used in the treatment of various diseases.

It is hoped that the surveys will enable the Laboratory to interact with Traditional Healers and will gather the necessary information which will form the basis for implementing the recommendation made by the Health Policy Review commission (1987) concerning Traditional Medical Practices in Uganda set out below:

- i) The Ministry of Health should work closely with Traditional Healers in order to achieve "Health for all by the year 2000".

They should be members of the Health Teams 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 practices.
- iii) the Ministry of Health should arrange appropriate training programmes for Traditional Practitioners such as Traditional Birth Attendants and Bone Setters.
- iv) Referral of patients between Medical Practitioners and Traditional Healers should be open and acceptable.
- v) Natural Chemotherapeutics Research Laboratory should be strengthened so as to 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 the Traditional Healers and for preservation of some of the identified species.

1.1 AIMS OF THE MISSION

The aims of the mission were to survey Traditional Healers in Nebbi District with the view of:

- i) Identifying and registering them.
- ii) Collecting information concerning ethnomedical practices in the area.
- iii) collecting their views on the need for the formation of a National Association of Traditional Healers in Uganda.
- iv) Locating, collecting and identifying medicinal plants commonly used in Nebbi District.

1.2 GEOGRAPHICAL BACKGROUND OF NEBBI DISTRICT

Nebbi District is an administrative unit, located in the West Nile region of Uganda (See sketch map No. 1) The Eastern and Southern regions is covered by a plain with equatorial climate. The Western and Northern regions of the District are hilly covered with woodland vegetation. The inhabitants of this District are mainly Alur. Their main occupations are fishing along Lake Albert and River Nile, and substance farming. Arabic Coffee is growing by the people in the highlands and cotton are the main cash crops, while, bananas, cassava and beans are food stuffs. Cattle is kept mainly in Centre of the district.

1.3 **Health Facilities:**

There are three Hospitals in the District. Nebbi Hospital is run by government, while Angal and Nyapea are run by religious organisations.

There are three Health Centres and nine Dispenseries of which six belong to Non-Government Organizations. The other fourteen Health units are sub-dispenseries.

1.4 ITINERARY

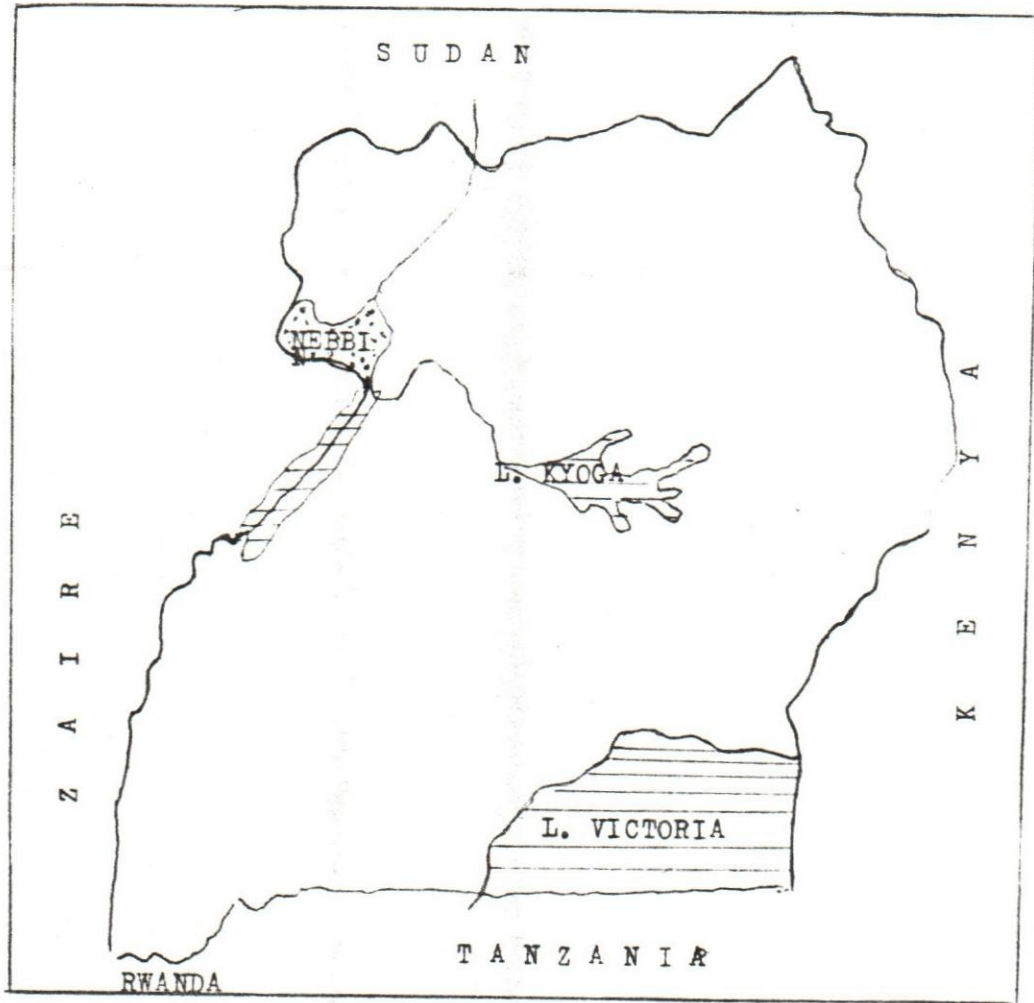
Table 1 shows the itinerary agreed upon by officials of district Administration at the pre-survey before the team travelled to Nebbi district.

TABLE I

DATE	LOCATION	MEETING PLACE	TIME
28.2.94	Paidha	Paidha Sub county Headquarters	10.00 a.m
	Jang-Okoro	Jang-Okoro headquarters	10.00 a.m
	Nyapea	Nyapea Headquarters	10.00 a.m
1.3.94	Parombo	Parombo Subcounty Headquarters	10.00 a.m
	Akworo	Akworo Subcounty Headquarters	10.00 a.m
	Panyimur	Panyimur Subcounty Headquarters	10.00 a.m

2.3.94	Kucwiny	Kucwiny Subcounty Headquarters	10.00 a.m
	Wadelai	Wadelai Subcounty Headquarters	10.00 a.m
3.3.94	Nyaruvur	Nyaruvur Subcounty Headquarters	10.00 a.m
	Pakwach Panyango	Pakwach Subcounty Headquarters	10.00 a.m
4.3.94	Zeus	Zeus subcounty Headquarters	10.00 a.m
	Kebo/Kango	Kango Subcounty Headquarters	10.00 a.m
	Atyak	Atyak Subcounty Headquarters	10.00 a.m
5.3.94	Erusi	Erusi Subcounty Headquarters	10.00 a.m
	Nebbi Town Board/ Subcounty	Nebbi Subcounty Headquarters	10.00 a.m

MAP I: MAP OF UGANDA SHOWING POSITION OF NEBBI DISTRICT



CHAPTER TWO**2.0 METHODOLOGY**

The Survey Team was based in Nebbi Town Council. The Team would leave their base and proceed to the meeting places usually, Subcounty Headquarters, and return in the evening. The Traditional Healers were mobilised through the Resistance Council System

The Team would divide into three groups each with a leader and an interpreter. The Traditional Healers together with officials at these meetings would be briefed about the aims of the mission and explained the questionnaire which was translated to them in their local language, before being interviewed individually.

The information given by the Traditional Healers was recorded on the interview sheets. Samples of the plant materials submitted and collected were pressed and brought to the laboratory for scientific identification.

Table shows the daily activities of the Team during the survey period

2.1 Results

Table II gives a summary of the activities of the survey Team, the location of Nebbi District in Uganda is shown in Map 1, the route and locations which were visited by the Team as shown on Map 2.

Table III gives a list of the officers, chiefs, RC executives who facilitated the survey.

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

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

Table VI is a list of plants which have yet to be scientifically confirmed. Table VII is a list of plants which had insufficient materials for scientific identifications.

Table VIII lists plants that are awaiting identifications.

Table IX shows the alphabetical list of the plants in local language of those plants and corresponding dialect which were mentioned by the Traditional Healers, but specimens were not produced.

The non-vegetable materials mentioned as being used in medicine are listed in the Table X Chapter three gives a detailed description of recipes used in the treatment of various common illness.

Chapter four gives a detailed analysis and discussions on the responses to the questionnaire on Traditional Healers.

TABLE II
SUMMARY OF THE ACTIVITIES OF THE MISSION

DATE	LOCATION	NUMBER OF TRADITION HEALERS	COMMENTS
27.2.94	Team travels to Nebbi		Safe Journey to Nebbi arriving around 5.00 p.m
28.2.94	District Medical Office & district Administration offices Interviews with Traditional Healers at Paidha Nyapea and Jang-Okoro	17 18 0	Briefing with District medical Officer and with District Administrator and other officials Team arrived late at Jang-Okoro and rescheduled the interview.
1.3.94	Interview with Traditional Healers at Kucwiny and Wadelai	12 8	Poor mobilisation
2.3.94	Interviews with Traditional Healers at Parombo Akwaro and Panyimur Dispensary	12 6 5	Constituent Assembly meetings in area

3.3.94	Interviews with Traditional Healers at Nyaravur Packwach and Panyango	12 17	Traditional Healers in Panyango had been advised to move to Packwach.
4.3.94	Interviews with Traditional Healers at Zeu Kebu/Kango Atyak Jang - Okoro	25 3 0 22	Officials not aware of teams visit to Atyak.
5.3.94	Interviews with Traditional Healers at Erusi Nebbi Town Council/subcounty	46 0	Very good mobilisation No Mobilisation

MAP 2: SKETCH MAP OF NEBBI DISTRICT SHOWING THE ROUTE AND PLACES VISITED DURING THE SURVEY.

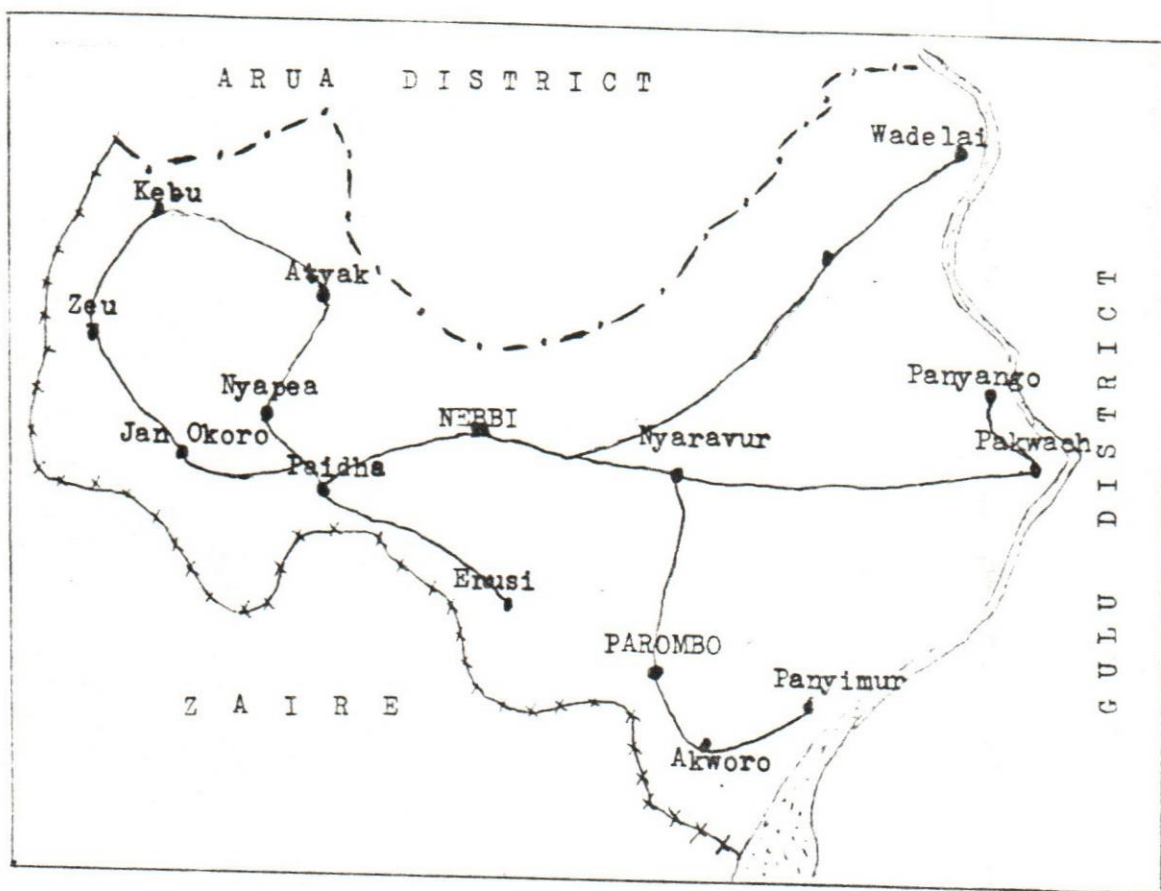


TABLE III
LIST OF OFFICIALS WHO ASSISTED DURING THE SURVEY

1.	ABDALAZIZ COX	-	HEALTH ASSISTANT
2.	AKERU NIKULA	-	SUBCOUNTY CHIEF WADELAI
3.	AFUKA-ODONG J.C	-	SUBCOUNTY CHIEF PAIDHA
4.	ALIANGO ANNA	-	SUBCOUNTY CHIEF JANG-OKORO
5.	ANYOLITHO CEASER	-	SUBCOUNTY CHIEF NYARUVUR
6.	AYIMBISIBWE NATHAN	-	ASSISTANT DISTRICT EXECUTIVE SECRETARY
7.	MAVE-NJINA J.V	-	CENTRAL GOVERNMENT REPRESENTATIVE
8.	MEA-ONENTHO PERRY	-	HEALTH INSPECTOR
9.	MURONGO O. PETER	-	ACTING SUBCOUNTY CHIEF PANYIMUR
10.	MUSISI BENEDICTO	-	CHAIRMAN WEST NILE TRADITIONAL HEALERS ASSOCIATION
11.	NAZZAREHO ORIEMA	-	SUBCOUNTY CHIEF ZEU
12.	OCHORA DR.	-	DISTRICT MEDICAL OFFICER
13.	OKELLO ALLI	-	MEDICAL ASSISTANT PACHORA HEALTH CENTRE
14.	OKOBA TERENCE	-	SUBCOUNTY CHIEF PAKWACH
15.	OKUMU MANDWA BENARD	-	SUBCOUNTY CHAIRMAN TRADITIONAL HEALERS ASSOCIATION JANG-OKORO
16.	OLAMA BLASIO	-	MEDICAL ASSISTANT KUCWINY
17.	OMULO HENDERIKO	-	CHAIRMAN NEBBI TRADITIONAL HEALERS ASSOCIATION
18.	ONYUTHA O. PETER ORYEKEWUI PANCREAS	- -	SUBCOUNTY CHIEF AKWORO SUBCOUNTY CHIEF NYAPEA

- | | | | |
|-----|-----------------------|---|--------------------------------|
| 19. | OTUNGA GRACIANO | - | SUBCOUNTY CHIEF KUCWINY |
| 20. | POUNGA RINGTHO GEORGE | | SUBCOUNTY CHIEF ERUSSI |
| 21. | UPIRAGIU JAMES | - | INCHARGE PAROMBO SUB-
DISP. |
| 22. | ULWOR FORTUNATE | - | SUBCOUNTY CHIEF
PANYANGO |

TABLE IV
NEBBI DISTRICT
LIST OF TRADITIONAL HEALERS INTERVIEWED BY THE TEAM
PAIDHA SUBCOUNTY

NO	NAME	AGE	ADDRESS
1.	ADWOGOTO SARAFINO	72	AIDHA
2.	ANTONY JAKAN	37	ARUMUKENG
3.	BITUM ALFONSTINA	28	PAIDHA
4.	KISIMIRO JALAGATHA	63	ARUOKENG
5.	MANDAWUN OCAYA LEONIA	41	OKEYO
6.	NGURE RAFAIL	53	JUPAMONDO WEST
7.	OCAMGU GOSA	45	T O W N COUNCIL/LINAGI
8.	OCAYA EVILA	54	PAIDHA / TRADING CENTRE
9.	ODAGA GEOFREY	32	ABONGO
10.	ODAGA REGINA	40	JANGUKURO
11.	OKOTH JILBERT	18	JUPANYONDO
12.	OKUMU SILVANO	34	PAIDHA
13.	OPIO CYPRIANO	56	JANG OKORO/VIRA
14.	SEBI HUSSEIN	68	AWUSANI
15.	UNYUTHUTHFUR JALAR	45	KAWA
16.	URWINYA RACHEL (MRS)	58	PAIDHA
17.	WATUM ANDERIA	64	KAWA

NYAPEA SUB-COUNTY

18.	NEGOWON REGINA	60	PAKIA
19.	NGOJOM SABE	29	NYAPEA
20.	NYAKORA JEROS FATUM	47	OYEYA-GERE
21.	OCAMGIU GAITANO	75	NYONYIRI
22.	OCIBO CEASARIO	46	OVURUKAMBI
23.	OCWI PASKWALE	30	PEYRADA
24.	OGWEDA ERENA	62	BUGYRA

25.	OJIK- <i>IKUMA</i> BONEFANCE	49	ABEJU
26.	OMULOLO HENDERIKO	54	AJEY
27.	ONGUR ANIFA	40	KALAGONUJI
28.	<i>ONGUR FESTO</i>	46	ABEJU
29.	ORYEMA LUIJI	68	AGOLE
30.	OTERA LEOPOLDO	67	NYAPEA
31.	OZINGA JERES	35	AJEY
32.	OZOLE MARY	30	AKWANJI
33.	THEKER LUIJI	60	PEIZIWA
34.	THOMWA SYSTERO	58	NYAWIR
35.	UCHANDA AURELIO	57	ABIBAREM

PAROMBO SUB COUNTY

36.	AKUMU JUSFINA	42	ALALA
37.	ANGALA LEONADO	78	ANJATA
38.	MUNEPA LUCIANO	66	PAREWO
39.	OCOWON PAUL	67	PAROMBO
40.	OGENTHO OKELLO	74	ALEGO
41.	OGONJA MIDARDO	57	ALARA
42.	ONEGA JENARIO	55	PALUM
43.	ORYEM SILIVANO	64	ALALA
44.	OWINJI BODWE	31	ALALA
45.	OWONDA JOHN	41	ALALA
46.	UDONGWUN AGRATIONO	44	LEY/ANYANG
47.	WATHUM JOHN	30	JAPUKUMU

AKWORO SUB COUNTY

48.	MAJUGA NASTORI	52	MONORYEMA
49.	OBWOYA MATILDE	35	MURUSI CENTRE
50.	ONYAI KIDIPA	64	JOPAGILO
51.	OSINGA GEOPHREY	27	NYARIKINI
52.	OTWODA MARY	35	ARUKO
53.	UKETHI BOSKO	35	OGUTA

PANYIMUR SUB COUNTY

54.	ANGALI JOHN	61	KULUBER
55.	ANGEYO DASKOLINA	60	NYAGUUR TC
56.	OPIO ODONGO WILLIAM	33	MARAMA
57.	ORONYA JULIANA	56	WANKADO WEST
58.	URINGI AJOBA ERIC	70	BORO CENTRAL WEST

KUCWINY SUB COUNTY

59.	ADOKORACH HARRIET	26	AWARADI
60.	AJULA BETTY	34	VURA-ALUKA
61.	AMUR LUWIJJI	68	OLAGO WEST
62.	GIRAMIYA JOSEPHINE	35	AKANYO
63.	OKUNYA OCAMA FRANSISO	54	GODODYERE
64.	OKWIYA ANTHOLY	42	JAPALUMA
65.	OLAR JOHN	70	MAMBA
66.	OLWORA OKOKO	45	AWARADI
67.	OTIRAI CELINA	60	ARINGA
68.	OYER KATALINA	50	MUVURA
69.	ORIBA JOSEPH	60	MAMBA
70.	WANICAN ALICE	32	KUCWINYI

WADELAI SUB COUNTY

71.	ALDO SILIMAN	35	KALALA
72.	ALUM VENTERINA	33	ONGWELE
73.	ANGECON VENTI	25	PAKIC
74.	APILGUMBA ANGNES JULAIKA	25	APARARIO
75.	ATHON JOEL	62	PACHORA
76.	AYIKO BIBIYANA	53	ONGWELE
77.	OKWONGO SALUME	31	PADIGO
78.	ONYUTI RICHARD ELARIO	37	RAGEM CENTRE

NYARAVUR SUB COUNTY

79.	AGUJA JENESIO	42	OLIKO
80.	ANEK BIBIANA	50	GOTLANDI
81.	ANGEYINGO ANTULETA	42	RAMOGI
82.	ANYOLITHO MARTIN	71	VUR
83.	MADAWUN	80	BAROPANYAI
84.	ODONGWUN OGWENG C.	53	PAMORA
85.	OKOKU YAKOBO	73	NYARAVUR
86.	OKWERA YOSEFU	67	PAMURA GIRA
87.	ONEGA MARTIN	56	MBORO PAGORO
88.	OROCHI NEREO	26	ATARR
89.	ORYEMGIU GEORGE	47	AGENO
90.	SOLUMAN GABUREAL	68	ANGAL

PAKWACH SUB COUNTY

91.	ABER FLORENCE	27	KAKAWOI
92.	ALWORO MARGARET	40	PARUKETO
93.	AYELA JOSEPH	20	PADYANG
94.	JALOBO SILVIA	52	PANYAGORO
95.	MAYAGA NESTORI	44	MIRYA/KIRYASA
96.	MUSISI BENEDICTO	59	KAKAWOI
97.	OCIDA LEBA	80	ATYAK

98.	ODUR JOHN	53	BUVUNGU KAL
99.	ONEGA PETER W.	42	WAMG LAWA PAJABAR
100.	ONIEGA JOSEPH	67	PADIANG
101.	ONGEI NATATE	59	PADIANG
102.	OPIO ABAY KATEMENSIA	45	JUPA OJOK
103.	OWINY IJINO	75	POVUNGU
104.	OYUKU JORAM	65	PUYA
105.	RUKETO CHOKA MARCELLO	69	PARUKETO
106.	UMA ADUBA BENHARD	61	PARUKETO/PAMITO
107.	WANADI ALEX	45	ALWI

JANG - OKORO SUB COUNTY

108.	ACEN MARIANA	60	NGMANGMA
109.	AGENONG ACEI	24	AWAC
110.	ANGEI JUSTINA	29	LONYIRI
111.	BIDO REGINA	32	JAPADINDO
112.	FALEN MARGRET	35	LEWE
113.	LWORTH OGWAR	45	LEL
114.	MILYANA PACOTO	35	ADOCHI
115.	OCOWUN MATIASI	30	ABACHI
116.	OKUMU MANDWA BENARD	52	NGNBA
117.	OLAMA AWISA	41	MNGMNGWA
118.	OLUBA OCAMALI	46	MAVURA ALUKA
119.	OLWOR SILVIO	34	ANYADA WEST
120.	ONGONA AGUSTINO	66	PADEA
121.	ONGYERA FOCINA	35	DWENJO
122.	ONGYERA IERMENA	25	MAVURA
123.	OROCHI OKETHIVENGU	53	PATEK
124.	OROM AWAZA	21	AWORA
125.	ORWOTWUN MARTIN	44	PATEK
126.	PACUTHO NIGHT	30	JAPADINDO
127.	PIKER ERENA	45	AWORA
128.	URWOTTO BERNATO	52	JAPADINDO
129.	WEDUNGA JOKOCIBO	24	LELO

ZEU SUBCOUNTY

130. ABEKA ALEX	27	MENZE
131. ADUBA ALIBETINA	49	AVONO
132. AKELLO THOCIBU	45	NYATEBBE
133. ANJELO COOTUM	56	PAGAI OCWOLO
134. BINEGA MILIANA	38	PALUR
135. FADIT MACIANA	60	ZEU
136. KERWEKA EMMANUEL	35	LALO
137. LELO MORRIS	32	TURUMBI
138. OCAMICER MARCELO	44	OLATO
139. OCIMA CHRISTOPHER	24	OZEBU
140. OJIGI ORINGI	32	YIMA
141. OKABA ISABELLA	35	ZEU
142. OKETA BISTITO	32	OBYEKO
143. OLUM CHARLES	70	LENDU
144. OMUNGA MATHA	50	PADUBA
145. ONEGA BENYAMIN	32	OLALO
146. ONIM LAWRENCE	31	MAWA
147. OPONDO OMAKI	30	YIMA
148. OROM FASTINO	45	AKOR
149. OWOTHA PAIMIRA	55	ZEU
150. OZELLE OTEMA	31	OCEGU
151. OZERE CHARLES	34	LORORA
152. ARTWA ORWATWUN	40	OCHEBA
153. UCUNA MARIA	50	TENGU
154. UYEUNGA STEVEN ZIO	49	OLYEKO

KANGO SUB COUNTY

155. ADUBO THERESA	55	ASORO
156. OGONYA ELIZABETH	50	ONDYEKO
157. ONIE ZEBIDAYO	48	EZO

ERUSSI SUB COUNTY

158. ABAYA OFEMIYA	52	KANG
159. ABAYA SALVATHERE	64	KADHE
160. ABEKA FABIANO	35	MESSI UPPER
161. ABOK FLORANCE	32	UGOMBO
162. AGORO KASMIR	45	ORIU
163. AKELLO AMERISIANO	28	PANGERE
164. AKERA ONGEI	48	ORYEGO
165. AMONDI TENIA	47	UMOYO
166. AMULA MATINA	40	PADOLO
167. ANYOLITHO FLORANCE	43	OWELO
168. APIO PASKA	42	PAMAKA
169. AWISA MARCELIMP	55	OWILO
170. BITHOWA RUFINA	35	PAYERA
171. DHUGIWA LUSIA	49	TUPANZIRI
172. FAMBE MADALENA	35	ALENG
173. IWUTUNG ZIRA	30	ABAR
174. JALANGO LEONARD	55	RAJOUR
175. LAGARA SALOME (MRS)	47	NGANG
176. NDIRITHO FEDINANTO	55	AGWACI
177. NYAPAMBA REGINA	42	NGANG
178. NYATHO FLORANCE	36	OYEKO
179. NYILAK KUTANSIA	70	PAYERA
180. OBA VENASIO	44	PENJI
181. OBUNYO SANTINO	70	PAJOK
182. OCIDI BRONA	43	PADOLO
183. ODAGA MARGARET	35	PAMAKA
184. ODUBI FAUSTINO	50	OLENY
185. OKECA BEAURACE	26	PAYERA
186. OKECA HELLEN	31	PADOLO
187. OKECHA LINO	36	ZEU
188. OKELLOWANGI		
ALIPHONCETHINA	32	PAMAKA
189. OLARIKERA MARGARET	43	PAYERA
190. ONEGIU VICTO	30	AROKA
191. ONENCAN GEOFRY	35	ORIU

192. ONGALA SARAFINO	45	MESSI LOWER
193. ONGURA VICENT	45	JUPUKWOKI
194. ORYEMA SANYU	38	ABAR
195. ORYEM ZEREDA	42	OMUYOLOWA
196. ORWOLI LUSI	32	PADOLO
197. OYOMA JULIANA	50	AMELENJU
198. PIKERO NATALINA	41	PADOLO
199. TYANG MARCELINO	72	PARWATH
200. UKETHONGU ERITHABET	49	ATALE
201. UKOK ISABERA	44	MADI
202. UROWUTHRU DERIFINA	50	NDINGIN
203. WOJOK ANDERA	79	ANOSI



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

NO	LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
1.	ADU	ALUR	<i>Dioscorea praeheasilis</i>	DIOSCOREACEAE
2.	AGADA	ALUR	<i>Pennisetum purpureum</i>	POACEAE
3.	AKEYO	ALUR	<i>Vernonia amygdalina</i>	ASTERACEAE
4.	AKEYO	ALUR	<i>Gynadropsis gynandra</i>	CAPPARACEAE
5.	ALENDE	ALUR	<i>Centrella asiatica</i>	APIACEAE
6.	ALENDE	ALUR	<i>Setaria atrata</i>	POACEAE
7.	ANIEGOMON/ ANYEGOMON	ALUR	<i>Bidens pilosa</i>	ASTERACEAE
8.	KALAMBORO	ALUR	<i>Ricinus communis</i>	EUPHORBIACEAE
9.	KEYO	ALUR	<i>Tithonia diversifolia</i>	ASTERACEAE
10.	KOKU	ALUR	<i>Guizotia scabra</i>	ASTERACEAE
11.	LACER	ALUR	<i>Clerodendrum cordifolium</i>	VERBENACEAE
12.	LANGO	ALUR	<i>Ziziphus abyssicus</i>	RHAMNACEAE
13.	LAPIRONDYEK	ALUR		
14.	LARWI	ALUR	<i>Cassia floribunda</i>	CAESALPINIACEAE
15.	LER	ALUR	<i>Thunbergia alata</i>	ACANTHACEAE
16.	MUJINGAGATA	ALUR	<i>Chenopodium ambrosioides</i>	CHENOPODIACEAE
17.	NGANGA	ALUR	<i>Achyranthes aspera</i>	AMARANTHACEAE
18.	NYILIA	ALUR	<i>Securidaca longepedunculata</i>	POLYGALACEAE
19.	OKUJUJOK	ALUR	<i>Zehneria minuthiflora</i>	CUCURBITACEAE
20.	OLWEDO	ALUR	<i>Lonchocarpus laxiflorus</i>	PAPILIONACEAE
21.	ORYANG	ALUR	<i>Acacia hockii</i>	MIMOSACEAE
22.	OWAK	ALUR	<i>Albizia zygia</i>	MIMOSACEAE
23.	OZECHÉ	ALUR	<i>Acacia hockii</i>	MIMOSACEAE
24.	ROKA	ALUR	<i>Fagara chalybea</i>	RUTACEAE
25.	SENDE-SENDE	ALUR	<i>Oxalis anthelmintica</i>	OXALIDACEAE
26.	UCENDHEGU	ALUR	<i>Erigeron floribundus</i>	ASTERACEAE
27.	UCOK	ALUR	<i>Solanum incanum</i>	SOLANACEAE

TABLE V

LIST OF MEDICINAL PLANTS SUBMITTED BY THE TRADITIONAL HEALERS,
IDENTIFIED BUT STILL AWAITING CONFIRMATION

LOCAL NAME	DIALECT	SCIENTIFIC NAME	FAMILY
LAPIRONDYEK	ALUR	CASSIA sp.	CAESALPIACEAE
LENDE	ALUR		POACEAE
NYEROBER	ALUR		AMARANTHACEAE
WARI/OMVURUKA	LUBARA/ALUR		EUPHORBIACEAE

TABLE VI

LIST OF PLANTS SUBMITTED BY THE TRADITIONAL HEALERS, BUT HAD
INSUFFICIENT CHARACTERISTICS FOR SCIENTIFIC IDENTIFICATION

LOCAL NAME	DIALECT	PART OF PLANT
OCEDEGE	ALUR	STEM AND LEAVES
UROKASE	ALUR	STEM AND LEAVES

TABLE VII

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

LOCAL NAME	DIALECT
CAKARABANDA	ALUR
NINO	ALUR
NUNGA	ALUR
NYAGILO	ALUR
OSOMBURU	ALUR
RIT	ALUR
YAGO	ALUR

TABLE VIII
 LIST OF PLANTS METIONED BY TRADITIONAL HEALERS BUT
 WERE NOT SUBMITTED

NO.	LOCAL NAME	DIALECT
1.	ABALATHIAN	ALUR
2.	ABARAWICH/ABARWICH	ALUR
3.	ABORAO	ALUR
4.	ABURA	ALUR
5.	ACAK/ACHAK	ALUR
6.	ACHOGA/ACOGA/ACUGA	ALUR
7.	ACULULU	ALUR
8.	ACWINY PODAHO	ALUR
9.	ADOLERE	ALUR
10.	ADWOR	ALUR
12.	AGAMBA	ALUR
13.	AGOBI	ALUR
14.	AJAWU	ALUR
15.	AKANDO	ALUR
16.	AKANDU	ALUR
17.	AKALWAK	ALUR
18.	ALING	ALUR
19.	ALOKCENG	ALUR
20.	ALUNGU	ALUR
21.	AMBAYA	ALUR
22.	AMBELE	ALUR
23.	AMINYA	ALUR
24.	ANDHI/ANDI	ALUR
25.	ANGOROKO	ALUR
26.	ANGULYEL	ALUR
27.	ANOM	ALUR
28.	APIRALOK	ALUR
29.	ARARA	ALUR
30.	ARIMO	ALUR
31.	ARITI	ALUR
32.	ARUDO	ALUR
33.	ARURU	ALUR

34.	ARWARWA	ALUR
35.	ATARO	ALUR
36.	ATEGO	ALUR
37.	ATYENWINYO	ALUR
38.	AWACHA	ALUR
39.	AWIN	ALUR
40.	AYAYA	ALUR
41.	AYEGI/AYIGI	ALUR
42.	AYILAYILA	ALUR
43.	AYOMO	ALUR
44.	BANJILO	ALUR
45.	BARWIC	ALUR
46.	BEYO	ALUR
47.	BIKU	ALUR
48.	BITANBOLO	ALUR
49.	BOMBO	ALUR
50.	BONGU	ALUR
51.	BULI	ALUR
52.	CAK	ALUR
53.	CAKALI	ALUR
54.	CHOG	ALUR
55.	CHUMU	ALUR
56.	DAGA	ALUR
57.	ECLUPTUS	ALUR
58.	FOYO	ALUR
59.	FUCH	ALUR
60.	FUDU	ALUR
61.	GASIA	ALUR
62.	HULLA	ALUR
63.	JAA	ALUR
64.	JAKULUKICWE	ALUR
65.	JAPIYEM	ALUR
66.	JUSA	ALUR
67.	KAKATA	ALUR
68.	KALE	ALUR
69.	KAMAGUNDU	ALUR
70.	KAMALALAZEPKA	ALUR

71.	KAJA/KANYJA	ALUR
72.	KANGO	ALUR
73.	KAMPMBULI	ALUR
74.	KATELKO	ALUR
75.	KELWAK	ALUR
76.	KILMOTH	ALUR
77.	KING	ALUR
78.	KONGAMUR	ALUR
79.	KWIR	ALUR
80.	KWOGO/KWOGU	ALUR
81.	LABOLO	ALUR
82.	LAGERO	ALUR
83.	LAJUK	ALUR
84.	LAKTIDO	ALUR
85.	LANGA	ALUR
86.	LAPENA	ALUR
87.	LAPIRAMITI/LAPIRMIT	ALUR
88.	LALULWI/LALWILWI	ALUR
89.	LARWO	ALUR
90.	LAVORI	ALUR
91.	LEMU	ALUR
92.	LENGA/LENGO	ALUR
93.	LENGAI	ALUR
94.	LENGA NGOM	ALUR
95.	LOKOMERI	ALUR
96.	LONGOBAKA	ALUR
97.	LONJINI	ALUR
98.	LUFURUDDYEK	ALUR
99.	LWETHO	ALUR
100.	MAKITA	ALUR
101.	MANGELIC	ALUR
102.	MATAGARD	ALUR
103.	MATANGARO/MATAGARA	ALUR
104.	MBILA	ALUR
105.	MENJE	ALUR
106.	MILANGOGORO	ALUR
107.	MINEENG	ALUR

108. MOTHO	ALUR
109. MUBUKU	ALUR
110. MUKWOBOJI	ALUR
111. MUNGAWOR	ALUR
112. MUROKO/MURUKU	ALUR
113. NAMBAKINIRII	ALUR
114. NAMBA SABA	ALUR
115. NDALMA	ALUR
116. NDIGUZA	ALUR
117. NGOJULOHO	ALUR
118. NGOMOTINGO	ALUR
119. NGUYA	ALUR
120. NILO	ALUR
121. NOKALI	ALUR
122. NUMBER PIRIPIRI	ALUR
123. NUNGA	ALUR
124. NUNU	ALUR
125. NTANGAWUZI (GINGER)	ALUR
126. NVULI	ALUR
127. NYARIKINI	ALUR
128. NYILA	ALUR
129. NYIVOYO	ALUR
130. NZESE	ALUR
131. OBER	ALUR
132. OBIA	ALUR
133. OBIR	ALUR
134. OBOAYOM	ALUR
135. OBOKOCENTRE	ALUR
136. OCENDEGE	ALUR
137. OCOK	ALUR
138. ODAI	ALUR
139. ODUKCO	ALUR
140. ODWONG	ALUR
141. OFUDU	ALUR
142. OGAL	ALUR
143. OJWING	ALUR
144. OKEYO	ALUR

145. OKAJO	ALUR
146. OKOKO	ALUR
147. OKONGO	ALUR
148. OKOG-LUKOTH	ALUR
149. OKUJU-GWOK	ALUR
150. OKUKU	ALUR
151. OKUNGU	ALUR
152. OKUNYO	ALUR
153. OKWORO	ALUR
154. OLALOVURA	ALUR
155. OLANGO	ALUR
156. OLEM	ALUR
157. OLIM	ALUR
158. OLOK	ALUR
159. OLOK LOK	ALUR
160. OLU	ALUR
161. OMUVUGA	ALUR
162. ONDRONG	ALUR
163. ONDWONG	ALUR
164. ONEKMAC	ALUR
165. ONJOI	ALUR
166. OPEGO	ALUR
167. OROKA	ALUR
168. OROKASE	ALUR
169. ORURU	ALUR
170. ORUSO	ALUR
171. ORYANG	ALUR
172. OSEGO	ALUR
173. OSEGURUDA	ALUR
174. OSERENGECHE	ALUR
175. OSOYEOLELO/OSOYILELU	ALUR
176. OVOYOCO	ALUR
177. OZU	ALUR
178. PAIPAI/PAYPAY	ALUR
179. PAKACEGE	ALUR
180. PEDO	ALUR
181. PIRIPIRI	ALUR

182. PLUGUMA	ALUR
183. RAKWOBAI	ALUR
184. RARWI	ALUR
185. RIBA	ALUR
186. RO	ALUR
187. RUTH	ALUR
188. RWARWA	ALUR
189. RWIRWHACWIY PODO	ALUR
190. SABASABA	ALUR
191. SAKARABANDA	ALUR
192. SKOI	ALUR
193. SORO	ALUR
194. TAMUKWO	ALUR
195. TAGNA	ALUR
196. TEE-NYILIYA	ALUR
197. TERO	ALUR
198. TIDI	ALUR
199. TIDO	ALUR
200. TIDU	ALUR
201. THADANGA	ALUR
202. THEKUNGU	ALUR
203. THIBALA NJESESE	ALUR
204. THIRO	ALUR
205. THOBI	ALUR
206. TUBU	ALUR
207. UROGAST	ALUR
208. VULU	ALUR
209. YATPEL	ALUR
210. YENASU	ALUR
211. ZECHE	ALUR

TABLE IX

NON VEGETABLE SUBSTANCES USED FOR TREATMENT

Skin of an animal (loso)

Cow Ghee

Vaseline

Hard nodule from swelling on the body

Kadowasi

Thwogweno (cock)



CHAPTER THREE

COMMON ILLNESSES AND THEIR TREATMENT

The common illnesses encountered during the survey of Nebbi District were given by the Traditional Healers by describing the symptoms and signs. The medicinal terms were provided by Dr. Ogwal Okeny of the Department of Pharmacology and Therapeutics, Makerere University. He also assisted compiling this chapter.

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

The medicinal plants are given by the vernacular names and are underlined. The non vegetable substances are give in English and vernacular whenever possible and they 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 Healer had demonstrated the quantities which were measured by the Team.

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

1. ABDOMINAL PAIN (78.5)

- a) Pound the roots of Ngomotingo (TH: UKETHI B.). Strain and mix with porridge. Take three tablespoonfuls twice a day for two days. The pain should stop.
- b) Pound together the roots of Nyilia and Roka (TH: OPIO A.K.). Dry and reduce to powder. Mix with cold water and strain. Adult take two teaspoonfuls twice and children one teaspoonful twice daily until cured.
- c) Crush the leaves of Pilipili (not piripiri) (TH: OWINYI-BODWE) and boil in water. Allow to cool and strain. Take 100ml. of the decoction for two to three days. Overdose may cause excessive sweating.
- d) Pound together the stem bark of Tido and Piripiri (TH: ONEGIU V.). Dry and grind to powder. Boil in water. Adults take 150ml. and children 15ml. of the concoction once daily until cured.
- e) Crush together the roots of Ocok and Rarwi (TH: ODAGA R.) and boil in water. Allow to cool and strain. Take 200ml. of the concoction twice a day for three days.

2. ABDOMINAL PAIN AFTER DELIVERY

Collect the sap from the stem of Payipayi (TH: ORYEM S.). Mix the sap with boiled water. Give one cupful once. The pain ceases.

3. ABDOMINAL SWELLING (789.3)

- a) Wash the roots of Ayiqi and the stem bark of Buli (TH: OKUMU S.). Crush them together and boil in water. Take 125ml. three times a day for three days. The patient should develop diarrhoea.
- b) Pound the stem bark of Ober (TH: OWINYI-BODWE) and boil in water. Allow to cool and strain. Take 500ml. twice daily for seven days.
- c) Macerate in cold water the leaves Lenga, and the stem bark of Oroqase (TH: OKETA B.). Give 10ml. once only. This induces vomiting.
- d) Boil in water the roots Zeche, Tubu, Okongo and Ober (TH: OCAMICER M.) strain after cooling. Take 30 - 50 ml. three times a day for 3 - 4 days.

4. ABORTION (659.1)

Pound together the roots of Mukwoboyi ad Nyivoyo (TH: WOJOK A.) and boil in water. Take 50ml. three times a day for six months. The patient should avoid alcohol.

5. ABSCESS (682.9)

- a) Burn to ashes any type of grass (TH: OLAL J.). Bathe and apply the ashes mixed with ghee or vaseline.
- b) Boil the leaves of Bombo (TH: OKUKA Y.). Dress them with a bandage on the swollen pastilles daily for 3 to 4 days.

- c) Cut open the swelling and remove the hard site (TH: OGUJA J.). Cook together with food and give to patient to eat.
6. **ANAEMIA (285.9)**
- a) Wash and pound the roots of Kapmbuli (TH: ADWOGOTO S.). Mix with cold water and take two tablespoonfuls two times daily until recovery. This treatment is very useful for women who lose a lot of blood during child birth.
- b) Pound the stem bark of Minceng (TH: OMUNGA M.). Boil in water, allow to cool and strain. Take 3 tablespoonfuls twice daily for two weeks.
7. **ANOEXIA (783.0)**
- Pound the root of Onekmac (TH: LUWIJJIAMR). Dry and reduce to powder. Lick the powder as long as necessary.
8. **ANORECTAL PROLAPSE (569)**
- Pound together the leaves of Lega and the roots of Oseguruda and Osoyilelu. (TH: ORYEMA L.). Mix with cold water and strain. Give 50ml. to adults and 15ml. to children once daily for as long as necessary.
9. **AIDS**
- Pound together the roots of Ober, Mbila, Arwarwa (TH: ORIBA J.). Boil strongly in water and strain. Give 50mls. daily. Then burn to ashes the roots of Obed and mix with ghee. Apply all over the body.

10. ASCARIASIS (127.0)

- a) Mix the sap from the stem bark of Wari (TH: ADUBO T.) and smear on a piece of sugar cane. Chew the cane twice a day for three days. The worms are expelled in the stool.
- b) Pound the roots of Okeyo (TH: OLUBA-OCAMALI). Dry and reduce to powder. Macerate the powder in cold water. Take 15ml. once. The worms are expelled in the stool. The patient should avoid alcohol. Excess dose may be harmful.
- c) Boil in water the roots of Odwong, Fudu and Larwimilangogoro (TH: ORIBA J.). Strain and take 50ml. daily for 2 to 5 days.
- d) Pound together the roots of Acuga and Osoyeolelo (TH: ONGUR F.). Mix with little cold water and strain. Give two teaspoonful to adults and one to children twice a day for 2 days.
- e) Pound the root of Okuku (TH: OKWERA J.). Macerate in cold water and strain. Give 1 to 3 dessert spoonful, depending on age, twice daily for 2 to 3 days. Avoid excess dose.
- f) Pound the root of Acoga (TH: ONEGA). Dry and reduce to powder. Mix the powder with sprouting millet flour (yeast) in water. Take 100ml. three times a day for 1 or 2 days.

- g) Pound the roots of Acuni, Lenga, Ozeche (TH: LELO M.). Boil in water, allow to cool and strain. Take 5 ml. three times a day for 3 to 4 days.
11. **ASTHMA (493.9)**
Pound and dry the roots of Jakulukicwe (TH: ODAGA G.). Put in a pipe and smoke once a day for one week.
12. **BREAST ENGORGEMENT (611.0)**
Burn to ashes the leaves of Omvuga (TH: KEREKWA E.). Add a few drops of water and use the paste to massage on the swollen breast twice a day for 3 days.
13. **BACKACHE (724.5)**
Pound the stem bark of Kanja (TH: MAYANGA N.). Mix with hot water and take half a glassful while still warm twice daily for one week.
14. **BEWITCHMENT (NC)**
- a) Burn to ashes the pith of the root of Roka (TH: LUWIJJI AMUR). Apply the ash into the incisions made at the site of pain. Then apply the ash obtained by burning the roots of Atego, Akeyo into the same incisions. Finally use the cold water mixed with the root bark of Roka for bathing.
- b) Clean and pound the root of Teyilya (TH: OLWORA-OKOKO). Dry and reduce to powder. Make incision around the affected part and apply. Repeat once more if the pain persists.

- c) Burn to ashes the roots of Akeyo, Alokceng, Lapirmit and Orwarwa (TH: ORIBA J.). Make incisions on the painful part of the body and apply the ash for as long as necessary.
- d) Burn to ashes the leaves and roots of Lenga, Nzese, Nyilia and Tubu (TH: ONEGI O.). Make incisions on the affected part and apply the ash. Repeat after 3 days.
- e) Pound the roots of Nyilia (TH: OTWODA M.). Dry and reduce to powder. Make incisions on the painful part and apply the powder. Repeat after two days. The patient recovers within one week.
- f) Burn the roots of Nyerober (TH: ATHON J.). Make incision on the swollen part of the body and apply in the ashes. Repeat the treatment after three days. The patient should be referred to a hospital if there is no improvement within one week.
- g) Pound the leaves of Nyilia, (TH: ONIA Z.). Dry and burn to ashes. Put the ash, in the nostril of the patient. It causes sneezing and the patient goes into a deep sleep.
- Repeat the treatment everyday until the patient has totally recovered.
- h) Pound the leaves of Lenga (TH: ONIA Z.). Mix with cold water and strain. Give 50ml. of the infusion once.

- i) Pound together the roots of Lacer, Nyilya and Larwi (TH: URWINYA R.) and boil in water. Take 125ml. of the concoction three times a day for three to four days. Vomiting and diarrhoea which are caused by acts of bewitchment should stop. The patient should avoid alcohol and sitting under direct sun rays.
Lacer is also used for treating cough.

- j) Pound together the dry roots of Oboayom and Japiyem (TH: ABER F.) and Grind Cogopego (Bones of a pig and mix the powders. Mix the powder with a little water to form a paste.

Let every member of the family lick a piece of the paste twice a day for three days. No member of the family should cross a main road for at least one day.

- k) Crush the dry roots of Tido (TH: BIDO R.). Macerate one spoonful of the powder in 150ml. of cold water and strain. Take three times a day for three days.
- l) Burn together to ashes the leaves of Lokomeri, Lapiramiti and Lagero (TH: ONGURA V.). Make the incisions on the site of pain and rub in ash for three days.
- m) Pound separately the bulb of Lenga and the stem bark of Tido and the roots of Roka (TH: UKETHI B.). Dry them and burn to ashes. Make incisions on the painful part of the foot and rub in the mixed ashes. Repeat the treatment after two days.

The patient should start walking normally again.

- n) Pound and dry the bulb of Lengo (TH: FALEN M.). Burn to ashes and rub in the incisions made on the leg. The pain should disappear within two to three days.
 - o) Crush the leaves of Pakacege (TH: OZELE M.). Make incisions on the foot and rub in the medicine. Repeat after three days. The swelling subsides.
 - p) Pound together the roots or leaves of Kamalali, Azepka and Kumagunhu (TH: ORYEM S.). Mix with a little water and apply the paste on the foot.
15. **CACHEXIA (783.2)**
Boil together in water the roots and stem barks of Tido Roka (TH: ORUCHI NEREO). Strain and allow to cool. Give 25ml. three times a day for one month initially a chicken is struggled and released. the posture in which it dies determines whether the patient will indicate to the Traditional Healer whether the patient is treatable or not.
16. **CANCER (279.9)**
Burn to ashes the whole plant of Angoroko, Andi and Mangele (TH: ONEGA M.). Add some salt and apply on the site three times daily for 3-7 days.
17. **CATARACT (366.9)**
Pound the root of Ober (TH: ORYEMGIU G.). Add a little water to the paste wrapped in another leaf.

Apply as eye drops once every three days. Keep eyes closed for at least 1 hour after applying.

18. CONJUNCTIVITIS (372.0)

a) Pound the leaves of Aling (TH: ORYEMGIU G.). Add a little water and put the paste in a funnel made from another leaf. Apply a few drops into the eyes three times daily for 2 - 3 days.

b) Pound the roots of Tubu (TH: OLAMA-AWISA). Put the paste in a leaf funnel and add a little water. Use eye drops twice daily for two days.

19. COUGH (786.2)

a) Pound the roots of Lacer (TH: BITUM A.). Mix with cold water and take two spoonfuls once daily for two days.

b) Pound and dry the roots of Nyita (TH: ORWOTWUN M.) and reduce to powder. Macerate in cold water and strain. Take 100ml. of the infusion three times a day.

c) Pound together the roots of Ntangawuzi (Ginger) and the stem bark of Ober (TH: OKETCHA L.). Mix with a little water and strain. Take one dessert-spoonful three times daily until cured.

20. CHOLERA (001.0)

Pound together the roots of Olam and Ayomo (TH: ONIENG J.). Mix with water and boil. allow to COOL and give 50ml. of the concoction twice a day for three days.

21. DERMATOSIS (709.9)

- a) Pound the fresh roots of Atengo (TH WEDUNGA J.). Boil in water. Take 100ml. of the decoction twice daily for three days. Excess may be harmful.
- b) Pound together the whole plant of Yenasu, the leaves of Makita and Kango (TH: OZERE C.) to a paste. Apply all over the body. After 3 or 4 days then burn the residue to ashes and apply it for as long as necessary.

22. DIARRHOEA (009.3)

- a) Pound together the root bark of Ober and the bulb of Lenqa (TH: OPIO C.). Mix with water and strain. Give to adults three teaspoonfuls twice a day and to children one tea spoonful once a day until the diarrhoea stops.
- b) Clean and pound the roots of Akelwak (TH: BITUM A.). Boil with water and sweeten the decoction with sugar. Adults take 250ml. and children 125ml. twice daily for two to three days.
- c) Pound the roots of Odukco (TH: JACAN A.). Boil in a little water. Mix the decoction with porridge. Take one glassful once everyday until the diarrhoea stops.
- d) Pound together the root of Kwogo and stem bark of Foyo (TH: ONYUTI R.E.). Boil in water, allow to cool and strain. Give 50ml. to children and 125ml. to adults three times a day for three days.

The patient should be encouraged to eat soft foods. Excess causes dizziness.

- e) Pound either the root or the stem bark of Nunga (TH: ANYOLITHO M.). Mix with cold water and strain after standing for some time. Then mix the infusion with porridge. Give 500ml. three times a day for as long as necessary. Alternatively the infusion may be mixed with soup.
- f) Pound the root of Akando and stem bark of Akelwak (TH JIGI O.). Dry and reduce to powder boil the powder in water, allow to cool and strain, Give half a cup daily for 2-3 days.

23 **DIFFICULT LABOUR (669.9)**

- a) Pound the root of Olok lok (TH OROM F.). Dry and reduce to powder. Add some of the powder to soup and take once.
- b) Pound the roots of Thibala Hjesese (TH: ACEN M.). Boil and store in a bottle. Give one spoonful twice a day for four days during the period of expectance.
- c) Chew the buds of Akeyo (TH: WANICAN A). The labour pains increase and delivery follows.
- d) Pound and boil in water the root of Larwi (TH: NDIRITHO F.). Allow to cool and strain. Take 250ml. once every day beginning from about the second month of pregnancy.

24. DYSENTERY (009.2)

- a) Pound together the roots of Aminya, Pluguma, Nino and Kwogo (TH: MAJUGA N.). Boil in water, allow to cool and strain. Store in a clean bottle and take 250ml. of the concoction twice a day until cured. The patient should be encouraged to eat soft foods.
- b) Pound and dry the roots of Roka (TH: AVELA J.). Reduce to powder. Use one tea spoonful of the powder to mix with one cup of tea. Take one cupful twice daily until the diarrhoea stops.
- c) Pound the root of Kongamur (TH: OKWIYA - OPIO A.). Mix with cold water, strain and take.
- d) Pound the root of Olwedo (TH: OKWIYA OPIO A.). Mix with cold water and strain. Give 500ml. twice daily for as long as necessary.
- e) Pound the root of Fuch (TH: THEKER L.). Mix with cold water and strain. Give two teaspoonfuls once a day for 1 - 2 days.
- f) Pound the root of Lengangom (TH: MADAWUN). Mix with warm water and strain. Give 100ml. three times a day for as long as necessary.
- g) Pound together and dry the stem bark and the root of Tido (TH: AGENONG ACEI) and reduce to powder. Macerate the powder in water and strain. Give to adults 50ml. and 10ml. children three times a day for three days. Excess dose may cause vomiting.

- h) Pound the clean root of Gasia (TH: THOMWA S.) and prepare a decoction. Add a pinch of salt and strain the liquid. Take 150ml. after each visit to the toilet for 1-2 days.
- i) Clean, mix and pound the root of Acak and Lenga (TH: OCOWON P.). Prepare an infusion. Take 100ml. once daily for 2 days. Use a little of the infusion in daily meals with salt.
- j) Crush and dry the root and the stem bark of Nvuli and mix it with the fresh roots and stem bark of Ozu (TH: ODAGA G.). Macerate in warm water and strain. Take 125ml. twice a day for three days. the dysentery should stop within the second day of treatment.
- k) Pound together the roots of Olam and Ayoma (TH: ONIENG J.)boil in water and allow to cool. Give 50ml. three times a day to adult and 10ml. twice a day to children. The patient should improve within one day. He should avoid meat but eat plenty of green vegetables.

25. **DYSMENORRHOEA (625.3)**

- a) Pound the root bark of Tidu (TH: OTIRA C.). Mix with water and boil. Allow to cool and strain. Take 50ml. of the red decoction once a day for four to five days during the menstrual period.
- b) Wash and pound the root of Lwetho and Tangma (TH: ONEGA J.). Prepare an infusion and strain. Take 100mls. once daily for three days.

26. **DYSPEPSIA (536.9)**

Wash, pound and boil the root of Jusa (TH: ONGYERA F.). Allow the decoction to cool, then strain. Take 80ml. twice daily for about one week or until symptoms stop.

27. **EPILEPSY**

- a) Pound the leaf of Lenga (TH: ONGYERA J.) and prepare a cold infusion. Give one tea spoonful twice daily for an initial 1 - 2 days. Thereafter repeat the dose indefinitely until fits stops occurring altogether.
- b) Grind the leaf of Abarwich (TH: NYAKURA F.) and prepare a decoction. Administer a few nasal drops at regular intervals for maximum of 30 minutes. The patient must abstain from alcohol.
- c) Take and clean root of Langa (TH: ONGUR A.). Make a decoction. Give in small doses after each bout of fits three times for males and four times for females.
- d) Pound the stem bark of Tidu (TH: OCWI P.). Mix with warm water and strain. Give 100ml. to adults and 50ml. to children three times a day. Use the remainder for bathing for as long as necessary.

Excess may cause excitedness which is controded by giving an infusion of Bombo or Agada. Alternatively pound the root of Tubu dry and reduce to powder. make incisions and apply the powder.

- e) Make a decoction of either the leaves or root of Olemu (TH: UYEUNGA S.Z.). Give 1 - 3 table spoonfuls depending on age of patient for start. On the second day reduce the doses ad continue for as long as necessary.
- f) Boil strongly in water the leaves of Lenga (TH: OZELLE OTEMA) inhale by the steaming solution while covering over the head once a day for several days.

28. **FAILED LACTATION (676.4)**

Crush the roots of Yat Cak (TH: ANGALA L.). Boil in water or coffee. Take 500ml. once. The milk should start flowing within two days after the treatment.

29. **FEBRILE CONVULSIONS (780.3)**

- a) Pound together the roots of Ogal and Biku (Banana, (TH: NEGOWON R.)). Mix with a little cold water and strain. Give 2 teaspoonfuls to adults and one to children twice a day for 3 days.
- b) Pound the root of Okoko (TH: ABEKA A.). Mix with cold water and strain. Give quarter a glass twice a day.
- c) Pound together the roots of Eucluptus and Muroku (TH: OBONYO S.). Mix with water and strain. Give the child one teaspoonful once a day for three days. The child improves within six hours.

30. FRACTURES

After the bones have been set, take leaf of Ayegomon (TH: OTERA L.) and grind to a smooth pulp. Put directly onto the injured part and massage gently to promote bone healing. Repeat for 3 days, if the patient is male or for 4 days if the patient is a female. The patient should be able to move after 3 weeks.

31. FUNCTIONAL PSYCHOSIS (298.0)

- a) Pound together the leaves of Aborao and Angulyel (TH: ANGECON V.). Divide into three portions. Mix one portion with water and use for bathing. Dry then burn the second portion and make the patient inhale the smoke. Rub the third portion on the shaven head once. Repeat this treatment for three days. The traditional healers sings an incantation while drumming to drive away the evil spirit causing the madness.
- b) Pound the roots of Arimo (TH: OWINY I.) and dry. Place some powder on charcoal embers and make the patient inhale the smoke. Then mix the rest of the powder with cold water and strain. Give 50ml. of the infusion twice a day as long as necessary.
- c) Pound the roots Ofudu (TH: OCIDA L.). Mix with a little water and apply two drops into each nostril once a day using a funnel made from a leaf. Rub the residue on the head. Then pound the roots of Achoga and dry.

Put some powder on fire ambers and allow the patient to inhale the head covered in smoke twice a day. The patient begins to behave normally.

- d) Pound together the roots of Abarwic ad Lacer (TH: URWINYA R.). Put the paste in a leaf funnel and add some water. Squeeze the juice and use as nasal drops. The patients gives into a deep sleep and the headache stops. The patient should be fed on porridge and eggs and he must avoid alcohol and smoking.
- e) Pound the fresh roots of Atyenwinyo (TH: OKWONGA S.). and boil in water. Allow to cool and strain. Give the patient three tablespoonfuls three times daily for three to four days. It causes dizziness and induces deep sleep. The patient should avoid milk as it precipitates vomiting. He should not be left to walk about on his own.
- f) Pound together the roots or stem barks of Tido, Nyilia, Ondwong, and Jalagatha (TH: JALAGATHA K.). Boil in water allow to cool and store in a clean bottle. Give half a litre once a day for one month. Then make incisions on the head and apply the crushed leaves of Numbapiripiri once.
- g) Pound the leaves of Lenga (TH: ERWNA.P.) and mix with water. Use as nasal drops twice every day. The patient sneezes and eventually goes into a deep sleep.

- h) Pound the root of Pedo (TH: UMADUBA .B.) Mix with a little water and strain. Take one spoonful of the infusion daily, for three days. Then pound the root of Acogo and put on charcoal embers. Cover the head of the patient with a blanket and make him inhale the smoke. The treatment induces deep sleep. Overdose causes diarrhoea and dizziness. If the patient does not recover in four days he should be referred to another Traditional Healer or a mental Hospital.
- i) pound together the roots of Acwiny podho and Okujugwok (TH: TYANG .M.). Dry and macerate the powder in cold water and strain Give one teaspoonful to adults half a tea spoonful to children once daily until the patient stops to be violent.
- j) Pound together the roots of Menje, Thirotido, and Ayaya, (TH: LAGARA .S.). Add some water and apply into the incisions made on the head. Give one teaspoonful of the concoction twice a day for three days to female patients and for male four days. Overdose may cause vomiting.
- k) Pound separately and mix together the root of Nyilia and Roka (TH : ALWORO .M.). Prepare a cold infusion. give 80ml. once daily until patient regains his mental health . An overdose may cause vomiting.

32. **GASTROENTERITIS (009.1)**

Pound together the stem barks of Tido, Okworo, Awin, Thwoqweno and the roots of Nunu (TH: ONEGI AKERA). Dry and reduce to powder. Macerate the powder in cold water and strain. Adults take 50ml. and children 25ml. three times a day for three days. The diarrhoea and vomiting should stop within the first day of treatment.

33. **GENERALISED BODY PAIN (780.9)**

- a) Burn to ashes the leaves of Akenyo and Lenga (TH: ORYEMGIU G.). Apply the ashes into incisions made all over the body and repeat after the original incision are healed.

At the same time take the decoction prepared from the roots of Akeyo and Lenga. Some of the remaining decoction for bathing.

- b) Pound the root of Okongo (TH: OKWERA J.) use the paste for massaging once a day.

34. **GENERAL CHEST PAIN (786.5)**

- a) Pound the leaves of Wari (TH: ADUBO T.). Mix with warm water, allow to cool and strain. Take quarter a glassful of the decoction twice everyday for one week. Overdose has serious toxic effects which may lead to death.

- b) Pound the tuber of Lenga (TH: ONENCAN G.). Dry, burn to ashes. Apply the ash on the incisions made on the painful chest once on alternating days for five days. The patient should not bathe on the day of treatment. Excess application of the medicine may cause the cuts to develop into wounds.

35. GENERALISED WEAKNESS (780.7)

Pound together the roots of Rit, Lalulwi and Tidu (TH: OTIRA C.). Mix with a little water and take 150ml. once a day. Use some as nasal drops.

36. GONORRHOEA (098)

a) Pound the roots of Yelia (TH: OKUMU M.). Boil in water and strain. Give 125ml. twice daily for three days. The burning sensation during urination stops.

b) Pound together the roots of Okojo, Kongamur and Pedur (TH: OBA V.) and boil in water. Allow to cool and strain. Take 25ml. three times a day for three days. The pain should stop. Excess dose may cause vomiting.

c) Pound together the roots of Vulu, Matangara and Chumin (TH: LUWIJJIAMUR). Boil strongly in water, allow to cool and strain. Give 150ml. three times daily for as long as necessary.

37. HAEMORRHOIDS (455.6)

a) Clean and boil in water the root of Lenga (TH: OGWEDA E.). Take half a cup of the very bitter decoction twice daily for 4 days. Repeat if symptoms persist.

b) Pound the roots of Rakwobai (TH: MUNEPA L.) and dry to powder. Mix the powder with tea and meals and take or eat in the food until cured.

38. HEADACHE (784.0)

- a) Dry and burn to ashes the roots of Andi and the stem bark of Katelko (TH: OKUMU S.). Apply the ash into the incisions made on the head. The patient should recover within three days.
- b) Pound the roots of Buli (TH: OKUMU S.). Mix with cold water and give two teaspoonfuls to children and 125ml. to adults twice daily until cured.
- c) Pound the leaves of Tido (TH: OBWOYA M.) and dry. Burn to form ashes. Make incisions on the head and apply the ashes once. the headache should stop.
- d) Pound the root of Nyilia (TH: ANGEYO P.). Dry and reduce to powder. Use as snuff and also apply the powder into the incisions made on the temples.
- e) Pound the root of Roka (TH: OKWIYA - OPIO A.). Make incisions on the head and apply the paste. Then mix the rest paste with warm water and strain. Give 75ml. twice daily for 3 days.

39. HERPES ZOSTER (053.9)

Pound either the bulb or the leaves of Lenga (TH: ODUR J.). Dry and burn to ashes. Mix the ash with cooking oil ad apply on the infected area twice daily until cured. Eventually the site dries.

40. HYDROCELE (603.9)

- a) Crush together the roots of Acak and Aminya (TH: NYILAK K.). Dry and reduce to powder. Mix with cold water or with vegetable soup and take for one to two months.
- b) Pound the roots of Agaba (Spear grass) and Ndalma (TH: THEKER L.). Mix with cold water and strain. Give three teaspoonfuls once a day for two days.

41. HEART DISEASE (422.9)

Boil in water the roots of Odwong, Fudu and Larwimilangogoro (TH: ORIBA J.). Take 50ml. daily for 2-5 days.

42. INFERTILITY IN WOMEN (628)

- a) Pound together the roots of Acoqa, and Duoyoco (TH: ANGALI J.). Mix with cold water and strain. Give 500ml. of the infusion once a day for 4 days before menstrual period. Then dry the residue and reduce to powder. Mix the powder with soup and take daily for 3 days after the menstrual period.
- b) Clean and pound the root of Agobi (TH: URINGI-AJOBA E.). Boil in water and strain. Give two tablespoonfuls twice daily for 10 days. The patient avoid quarrelling with the husband and fetching water after sunset.

Excess may cause vomiting and abdominal pain.

- c) Pound the root of Rit (TH: OKUNA - OCAMA F.). Macerate in water and strain. Take 25ml. three times daily for 4 days. The treatment may be repeated at the beginning of the next menstrual period.
- d) Pound together the roots of Cakabaranda and Rit (TH: ANJULETA A.). Divide into two portions. Mix one portion with a little water. Allow to stand and strain. give 25ml. once a day for as long as necessary.
- The second portions is dried and reduced to powder. Mix the powder with vegetables or source and take normally.
- e) Clean and pound the root of Nyilia, (TH: OCIBO C.). Dry and reduce to powder. Mix half a teaspoonful with warm water ad take as tea. Repeat after 7 days before the onset of the menstrual period.
- f) Pound together the roots of Alungu and Nunu (TH: OKOKU Y.). Macerate in cold water and strain. Take 150ml. twice daily. this reduces the menstrual pains. Then take a concoction prepared from the pounded roots of Oruru, Ambele ad Otiqoabunga.
- g) Pound together the stem barks of Lemu and Olango (TH: OBWOYA M.). Boil strongly in water until the concoction has turned red. Allow to cool and strain. Store in a clean bottle. Take 125ml. three times a day for about two moths. The woman should conceive within six months.

- h) Boil together in water the leaves of Lenga and the stem barks of Jaa, Hulla, Ngojulolo, Thadnga, Lonjini, Banjilole and Long -baka (TH: OCAMGIWU G.). Strain and take 250ml. daily for at least two months. The woman is prohibited from fetching water from the river before sunrise or after sunset. she should be able to conceive within four months.
- i) Clean and pound the stem bark of Ober (TH: JALOBO S.). Boil with water and allow to cool. Strain and store the decoction in a clean bottle. Take 200ml. twice daily at the beginning of the menstrual period. The couple should not engage in quarrels and fighting between themselves. Overdose may cause death.
- j) Pound the bark of Tidu (TH: UDONGWUN A.) and prepare a decoction. Take 100ml. once daily for 3 days starting from the onset of menstruation. Pregnancy should occur within 3 months.

It is important to know the cause of the infertility in men through consultation of oracles before treatment can begin.

- k) Pound together the roots of Soro, Ondrong and Matangaro (TH: OROAWAZA). Dry and reduce to powder. Mix in sauce and eat with food as often as possible.

- l) Pound together the bulb of Lenga, the roots of Rwirwi, Acwinypodo, Daga and Aruru (TH: ONGONA A.). Mix with food and eat daily for two to three weeks the woman is expected to conceive within one month.

- m) Pound together the roots of Acwinypadho and Rith (TH: AWISA M.). Dry and reduce to powder. Mix the powder in either fish or meat sauce and eat as often as possible for four months.

Also chew the leaves of Lenga once everyday and swallow the juice. The woman is expected to conceive within six months.

43. INGUINOSCROTAL HERNIA (550.9)

Wash and pound together the roots of Labolo, Paipai and Sakarabanda (TH: ODUBI F.). Mix with 750ml. of water and boil until the water has evaporated to 250ml. Allow to cool and strain. Take 125ml. of the concoction twice a day for two days.

44. JAUNDICE (782.4)

- a) Clean and boil the root of Mubuku (TH: AKUMU J.) Filter the liquid and allow to cool. Give 250ml. twice daily for 3 - 4 days after which the yellowness should disappear.

- b) Boil the leaves of Nyarikini (TH: UKETHI B.) in water and store the decoction in a clean bottle. Take 125ml. three times a day until cured.

45. **KWASHIORKOR (260)**

- a) Pound together the roots of Achoga, Osego and Nyilia (TH: AGORO K.). Dry and reduce to powder. Mix the powder in source and eat daily until the colour of the hair changes to normal.
- b) Pound together the root of Ober and the bulb of Lengo (TH: OCOYA E.) and boil in water. Allow to cool and strain. Give 125ml. to adults and two table spoonful to children twice a day for one week. The hair regains its normal colour. The patient should eat fresh fish tomatoes and millet bread.
- c) Pound together the roots of Acoqa, Tido okungu and Odai (TH: OBONJA M.). Boil in water and allow to cool. Strain and take 500ml. daily until the swelling subsides.

46. **KYPHOSIS (737.1)**

Pound together the leaves or roots of Motho, Oseguruda and Ambele (TH: WATUM A.). Dry ad burn to ashes. Make incisions on the back and apply the ash. Massage the back with the ash mixed in vaseline. Repeat until cured.

47. **LEPROSY (030.1)**

- a) Pound together the root of Abalathiau and the leaves of Lenga (TH: ACAMAGIU G.). Add cold water and (Thobi (Yeast). Apply on the nodules three times for male and four times for females.

- b) Crush either the root bulb or the leaves of Lenga (TH: ODAGA R.). Mix with water in a basin and use for bathing twice a day for one week. The wounds dry up.
- c) Burn to ashes the leaves of Lenga (TH: ANGALI J.) Apply the ash into the lesions every other day. Then the fresh leaves are squeezed and the sap applied on the wounds every other day for as long as necessary.
- d) Pound the roots and leaves of Lenga (TH: ORUCHI OKETHWENGU) together. Take 15ml. of the infusion once a day for three days. Use the residue for bathing daily until cured.
- e) Pound together the stem bark of Olam and the leaves of a pumpkin (TH: CHOKA R.). Mix the warm concoction with malwa (Local beer) and drink daily until cured.

Then pound the stem bark of Olam and burn to ashes. make incisions near the leprous lesions and rub in the ashes. The patient should not eat goat's meat or Nile perch(fish).

- f) Mix together the dried leaves of Obir and Bombo, the root of Arara and the bark of Olu (TH: ONEGA P.). Pound the mixture and prepare a concoction using warm water and strain. Give 50ml. twice daily for 9 - 14 days. Give plenty of fruit juice to the patient.

- g) Burn to ashes the leaves of Kilmoth and Motho (TH: APIO P.). Apply the ashes to the lesions daily for two weeks.

Then pound the root of Andhi. Dry and mix with water and strain. Take 100ml. three times a day for two weeks. The skin around the wounds begins to peel off.

48. **MALARIA (084)**

- a) Pound together the root bark of Ober and the bulb of Lenga (TH: OPIO C.) Mix with water and strain. Take two tablespoonfuls twice a day for two days.
- b) Clean and pound the roots of Nyilia (TH: ADUBO T.). Dry and reduce to powder. Put some of the powder into the nostrils. This causes violent sneezing. Then make a few incisions on the head and apply the powder once only. The patient begins to sweat profusely and eventually gets cured.
- c) Burn to ashes the seed of Tamukwo and the leaves of Abarawich (TH: OPONDO O.). Make incisions on the temples, the chest the back and the joints. Apply the ashes into the incisions once only .

49. **MENORRHAGIA (626.2)**

Pound together the roots of Akeyo and Arudo (TH: OWOTHA P.). Mix with some cold water and strain. Take half a glass once a day for 3 days.



50. **MENINGITIS (322.9)**

- a) Clean and make a decoction of the root of Obia and Oruso. Mix the decoction with the top buds of Alende to form a smooth paste (TH: OTERA L.). Massage the head and the stiff neck of patient with the paste. Repeat until fever, headache and stiff neck disappear.
- b) Crush between the palms the leaves of Ocenndege and Anyegomon (TH: ADUBA A.) and mix with urine (Kadowasi). apply the infusion on the nape and along the spinal cord daily for 3 days for males and four days for females. Make the sign of the cross after applying.
- c) Boil in water the leaves of Anyegomon, Alende and Ucendhegu (TH: AKELLO T.) Allow to cool and strain. The residue is then made into a paste. Rub the paste on the face, neck and around the abdomen three times a day.

51. **MIGRAINE (346.9)**

Pound the root of Tubu (TH: MADAWUN) Make small incisions across the face and apply the paste.

52. **NAUSEA (787.0)**

Pound the root of Nyilia (TH: BINEGA M.). Boil in water, allow to cool and strain. Give three teaspoonfuls once daily for 1 - 2 days.

53. ORAL THRUSH (112.0)

- a) Burn to ashes the leaves of Agada, Nganga, Onjoi, Ataro and Okwiyo (TH: NGURE R.). Mix the ashes in equal proportions and lick twice a day for three to four days. The patient is advised not to eat red beans, goats meat, Nile perch or any thing red in colour.
- b) Dry and burn to ashes the leaves of Akeyo (TH: GIRAMIYA J.) Add white salt and grind to a powder. Lick the powder twice a day. Repeat until the oral thrash disappears which should be within three to seven days.

54. PARALYSIS (342.9)

- a) Burn to ashes the leaves of Lenga, Ojwing, Mujingagata and the root of Nyilia (TH: OCAMICER M.). Make incisions on the joints and apply. Repeat after the first incisions have healed.
- b) Crush the whole plant of Ndiguza (TH: OLAMA AWISA). Use it to massage the affected leg everyday until cured.
- c) Burn together to ashes the leaves of Agamba and Ukodro (TH: OWONDA J.). Make incisions on the leg and rub on the ashe. Repeat the treatment at least twice.
- d) Pluck the leaf of Agamba and Ukodro (TH: OWONDA J.). Place the same on hot coals and burn to ashes. Introduce the ash onto cuts made in paralysed limbo. Repeat for 3 days (if patient is male) and for 4 days (if patient is female).

Refer elsewhere if no improvement after the days indicated.

55. **PERTUSSIS (103.9)**

- a) Wash, dry and pound to powder the root of Nyilia (TH: PACUTHO N.). Prepare a decoction by mixing one teaspoon of the powder with hot water. Allow the decoction to cool, then strain. Give one dessert spoon three times daily for 4 days or until symptoms disappear. It is also used for treating ordinary coughs. An over dose causes vomiting.
- b) Crush the leaves of Lenga (TH: JACAN A.). Mix with warm water and give one dessert spoonful of the decoction three times a day for four days. The patient may instead chew the leaves and swallow the juice as often as possible until cured.

56. **POISONING (E98.5)**

- a) Pound the stem barks of Kanyija and Ayomo (TH: LUWIJJA AMUR). Boil in water and strain. Give one teaspoonful to children and two dessertspoonful to adults.

It causes vomiting which if severe may be stopped by giving a decoction prepared from the root of Ayomo.

- b) Cut into small pieces the tuber of Acak (TH: OLAL J.) and boil in water. Give 60ml. Then dry the residue to powder lick daily for up to one week.

- c) Pound the leaves of Lenga (TH: OMVOLO H.) Mix with cold water and strain. Take three tablespoonfuls three times a day for 7 days.
- d) Pound the stem bark of Tidu and Nyilia (TH OJIKU - IKUMBA B.). Mix with a little warm water and strain. Give one teaspoonful to adults and half a teaspoon to children once a day for 3 days.
- e) Pound the root of Lafuruodyek (TH: AGUJA J.). Macerate in cold water and strain. Take 500ml. Use a horn to suck from incisions made at several places on the abdomen. The poisonous substances are collected in the horn and discarded.
- g) Crush the leaves of Lenga and the stem bark of Oroka (TH: OKETA B.). Mix with a little cold water and strain. Take one tablespoonful once.
- h) Boil in water the leaves of Urogase (TH: OKETA B.). Take 1 - 2 tablespoonfuls once a day for 3 days.
- i) Pound the leaves of Lenga (TH: ADWOGOTO S.). Mix with a little cold water and strain. Give two teaspoonfuls once. The poison is expelled in the vomit.
- j) Crush together the stem barks of Tido and kwir (TH: BITUM A.). Mix with warm water and strain. Take one dessertspoonful once. The patient vomits out the poison.

- k) Pound the fresh stem bark of Kwir (TH: SEBI H.). Mix with warm water and strain. Take one teaspoonful once. The poison is vomited. The patient should not move before vomiting.
- l) Pound the roots of lapirondyek (TH: AJULA B.). Give 100ml. of the warm decoction once. The patient vomits and develops diarrhoea which expels the poison. The patient should have enough rest.
- m) Crush the leaves of Lenga (TH: OSINGA G.). Mix with a little water and strain. Give three teaspoonfuls of the infusion once. The patient vomits out the poison.
- n) Chew the leaves of Lenga (TH: ONYAI KIDIPA) and swallow the juice. Then pound the stem bark of kwir. Mix with water and strain. Take 250ml. of the infusion once. The patient vomits the poison. Overdose of infusion causes excessive vomiting and weakens the patient.
- o) Boil the sap of Acak (TH: APILGUMBA A.J.) together with Long-gweno (egg) and eat a small portion once a day. The patient vomits and may develop diarrhoea. He should drink plenty of water and eat green vegetable to stop the vomiting and diarrhoea. Overdose may cause severe dehydration. The patient should avoid drinking alcohol and eating hard foods.

- p) Crush the bulb of Lenga (TH: MAJUGA N.). Mix with cold water and strain. Take 250ml. of the infusion once. The patient vomits out the poison.
- q) Pound the fresh roots of Ondwong and mix with the dry powder from the stem bark of Kwir (TH: SILIMAN A.). Mix with water and Tobi (local yeast) prepared from millet and strain. Give 200ml. once. It induces vomiting and diarrhoea to expel the poison.

The patient should be fed on soft food, when vomiting and diarrhoea stop. Overdose may cause death due to excessive vomiting and diarrhoea.

- r) Collect the sap from the stem bark of Wari (TH: ONIA Z.). Mix the sap with fried eggs and eat. Alternatively put the sap on sugar cane and chew. it causes vomiting out the poison.
- s) Pound together the stem bark and the roots of Olalovura (TH: OCOWUN M.). Boil and allow to cool. Give 100ml. once. The patient vomits the poison. Excess may cause excessive vomiting which can lead to death.
- t) Pound together the roots of Larwi and Akeyo (TH: ADOKORACH H.). Boil and allow to cool. Strain and take 10ml. three to four times a day for three days. The pain stops.

- u) In cases of poisons administered by the skin: Crush the leaf of Pakacege (TH: OZELE M.) and put the paste directly on the point of contact.

Then burn some of the leaves and rub the ash into incisions made at the point of contact with the poison for 3 days.

- r) Make a water extract from the root & leaf of Kamalala, Azepka, Kimagunau (TH: ORYEM S.). Apply on the diseased area of the foot.

57. **RECURRENT ABORTION (646.3)**

Pound the root of Lalwilwi (TH: ONDONGWUN O.C.). Mix with cold water and strain. give 500ml. to the patient. Then the patient is made to undertake a cleansing ceremony. She is made to sit on a chair. A dance with drumming is performed in a circle around her by relatives. This creates illusions which makes her to run off from the chair and to fall and lie down in a special area.

A goat is slaughtered as a offering and the meat is shared between the participants of the ceremony.

Lastly the patient is led to her house. She is prohibited from looking behind while she is being led back.

58. **RETAINED PLACENTA (666)**

- a) Wash and Pound the roots of Acwinypodho (TH: MANDAWUN - OCAYA L.). Mix with water and strain. Give 125ml. once. Press the lower abdomen and the placenta is expelled immediately. Overdose may cause death due to excessive vomiting.
- b) Pound together the fresh roots of Kalamboro (Castor oil plant) and the leaves of Osoye (TH: ADUBO T.). Mix with cold water and strain. It causes the abdomen to rumble and the placenta is expelled.
- c) Crush the roots of Akeyo (TH: OLWOR S.) Mix with cold water and strain. Take 150ml. of the infusion once. The placenta is expelled immediately.
- d) Pound the leaves of Fat pel (TH FALEN M.). Use it to massage the lower abdomen of the mother. The placenta is expelled.
- e) Pound the leaves of Bitanbolo (TH: SABE NAGAJOM) and boil with water, allow to cool and strain. Give three spoonfuls once. The placenta is expelled immediately.
- f) Wash and pound the roots of Ucok (TH: GIRAMIYA J.) and boil in water. Give 200ml. once. The placenta is expelled. Overdose may cause swelling of the abdomen.
- g) Pound the stem bark of Yago (TH: WATHUM J.) and boil in water. Allow to cool and strain. Take 50ml. once the placenta is expelled at once.

- h) Boil the leaf of Bitanbolo (TH: NGAJOM S.) in water. Give 3 tablespoonfuls of the decoction once only.
- i) Pound the bark of Yago (TH: WATHUM J.). Prepare a decoction using warm water and strain. Give 50ml. to the patient, who should respond within the hour.
- j) Pound together the roots of Cakabaranda, Akeyo and Cakali (TH: ANEK B.). Mix with some water and strain. Let the patient drink all of it at once.
- k) Pound the roots of Cakabaranda and Adolere (TH: ANJULETA A.). Mix with warm water and strain. The patient is made to drink one portion and the rest is applied on the lower part of the abdomen.
- l) Make a decoction of the root of Akeyo (TH: OKABA I.). Strain and give two tablespoonfuls once.

59. **SEXUAL ASTHENIA (607.8)**

- a) Crush together the dry roots of Akelwak, Ondwong and Larwi (TH: OKETHI J.). Macerate in hot water and sieve. Take 250ml. of the concoction everyday until erection can be achieved.
- b) Pound the roots of Aromi (TH: MUSISI B.) Boil and allow to cool. Strain and take two table spoonfuls three times a day for one months.

60. SORE THROAT (462)

Boil in water the root of Agada (TH: UCHANDA A.). Adults take 100ml. and children 50ml. of the decoction twice daily for 3 days for males or for 4 days for female. The patient should abstain from drinking alcohol.

61. SNAKE BITE (E 905.0)

- a) Pound the roots of Oryang and Owak (TH: ONYOLITHO M.). Mix with some Kwete (local beer). Give the patient to drink and the residue is applied on the site of the bite. It causes vomiting.
- b) Pound the leaves and the root of Atangocenga (TH: KOMAKECH J.) to a paste. Apply one portion of the paste on site of the bite. Then add a little cold water to the other portion and strain. Give 100ml. once.
- c) Pound together the leaves and the bulb of Lenga (TH: ATHON J.) and mix with a little water. Strain and take two spoonfuls of the infusion once. Also make incisions around the site of the snake bite and rub in the infusion. the patient expels the venom poison by vomiting.
- d) Pound the bulb of Lenga (TH: APLIGUMBA A) and mix with cold water and strain. give 500ml. once. the patient vomits. The skin should not get into contact with the bulb as it irritates the skin.

- e) Pound the roots of Nyilya (TH: JACOBO S.) Make incisions near the site of the snake bite and apply the paste. Mix some of the paste with hot water and take 125ml. once. The patient vomits poison.

62. **SPIRITUAL POSSESSION**

- a) Pound the roots of Olwedho and Thekungu (TH: OGENTHO O.). Mix with water and strain. take 500ml. once a day for three to four months.

Pound together the roots of Tido, Olwedo and Okimo (TH: PACHOTO M.). Dry and macerate in cold water. Strain and give 70ml. once daily. apply the residue all over the body. Repeat until cured.

- b) Put a few pieces of the root of Roka (TH: WANDAI A.) on embers. Make the patient to inhale the smoke with his head covered. Repeat twice and the patient feels relieved.

63. **SYPHILIS/GONORRHOEA (097.9)**

- a) Pound the leaves or the roots of Muruku (TH: JACAN A.). Boil in water, allow to cool, strain and store in a clean bottle. Take about 200ml. once a day for three to four days.
- b) Pound the dry roots of lavori (TH: APILGUMA A.J.) and macerate in cold water. Take 100ml. of the infusion once everyday for two weeks. The pus and the pain should stop.

- c) Pound together the roots of Lapena and Ayilayila (TH: ONEGEI N.) and boil in water. Allow cool and strain. Take 250ml. of the concoction twice a day for three days. The patient should start to pass urine normally.
- d) Pound together the stembark of Beyo the roots of Osevengechi, pedo and Mruoko (TH: ANGALI J.). Boil in water and strain. Give 500ml. twice a day for 8 days.
64. **TONSILLITIS (463)**
- a) Boil in water the roots of Lango and Awacha (TH: AGUJA J.). Allow to cool and strain. Use one portion as a gurgle solution. Mix the rest with food and eat as regularly as is possible.
- b) Burn to ashes the dry leaves of Barwic (TH: COOTUM A.). Add some common salt. Lick three times a day for 3 days.
65. **TEETHING SYNDROME (520.7)**
- Remove the affected tooth and apply on the gum the paste prepared by pounding the root of Roka (TH: AGUJA J.).
66. **TOOTHACHE (525.9)**
- Use the decoction prepared from Ajawu (TH: URWOTTO B.) to rinse the mouth. Apply some as nasal drops for three days.
67. **THREATENED ABORTION (640.0)**
- a) Clean and pound the roots or leaves of Lajuk (TH: WATUM A.). Mix with cold water and sprinkle on the woman and her husband three times.

Give the patient 200ml. of the concoction once. The bleeding should stop.

- b) Wash and pound the roots of Ariti (TH: MANDAWUN OCAYA L.) Mix with a little water and strain. Take half a glassful three times a day until the bleeding stops.
- c) Pound the root of Okworo (TH: ANGEYO P.) Dry and reduce to powder. Add some powder to porridge and give once.
- d) Pound the root of Matagaro (TH: ONEGI M.). Dry and reduce to powder. Mix five teaspoonfuls of the powder with water and use it for preparing porridge. Take 500ml. of the porridge three times a day for 2 - 3 days.
- e) Pound together the root of Kelwak and the stem bark of Akandu, (TH ONIM L.). Dry and reduce to powder. Add one dessert spoonful of the powder to 500ml. of hot water. Take 500ml. three times daily for 3 - 4 days.
- f) Pound the root of Katakata (TH: OLUM C.) Mix with warm water and strain. Take 20ml. three times a day.

68. TUBERCULOSIS (011.9)

Pound the roots of Roka (TH: OYUKU J.) and boil in water. Take two tablespoonfuls three times a day for three months. The cough and the chest pain stop.

69. **VITILIGO (709.0)**

Pound either the root or the leaves of Sende-Sende (TH: UCUNA M.). Dry and reduce to powder. Add some powder to tea or food. give twice a day for 1 - 2 months.

70. **VOMITING (787.0)**

Chew the leaves Bonqu (TH: OLAMA AWISA) and swallow the juice. the vomiting should stop immediately.

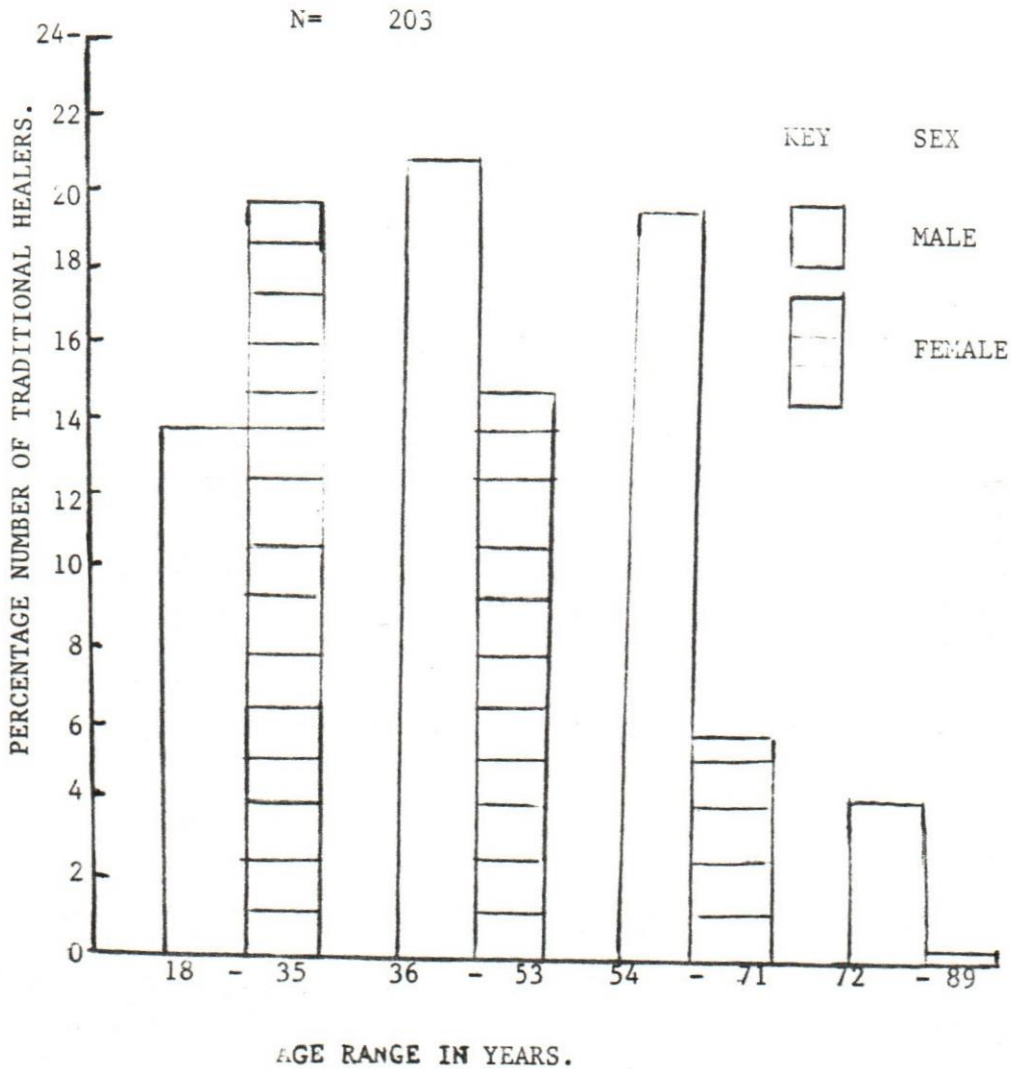
CHAPTER FOUR

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

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

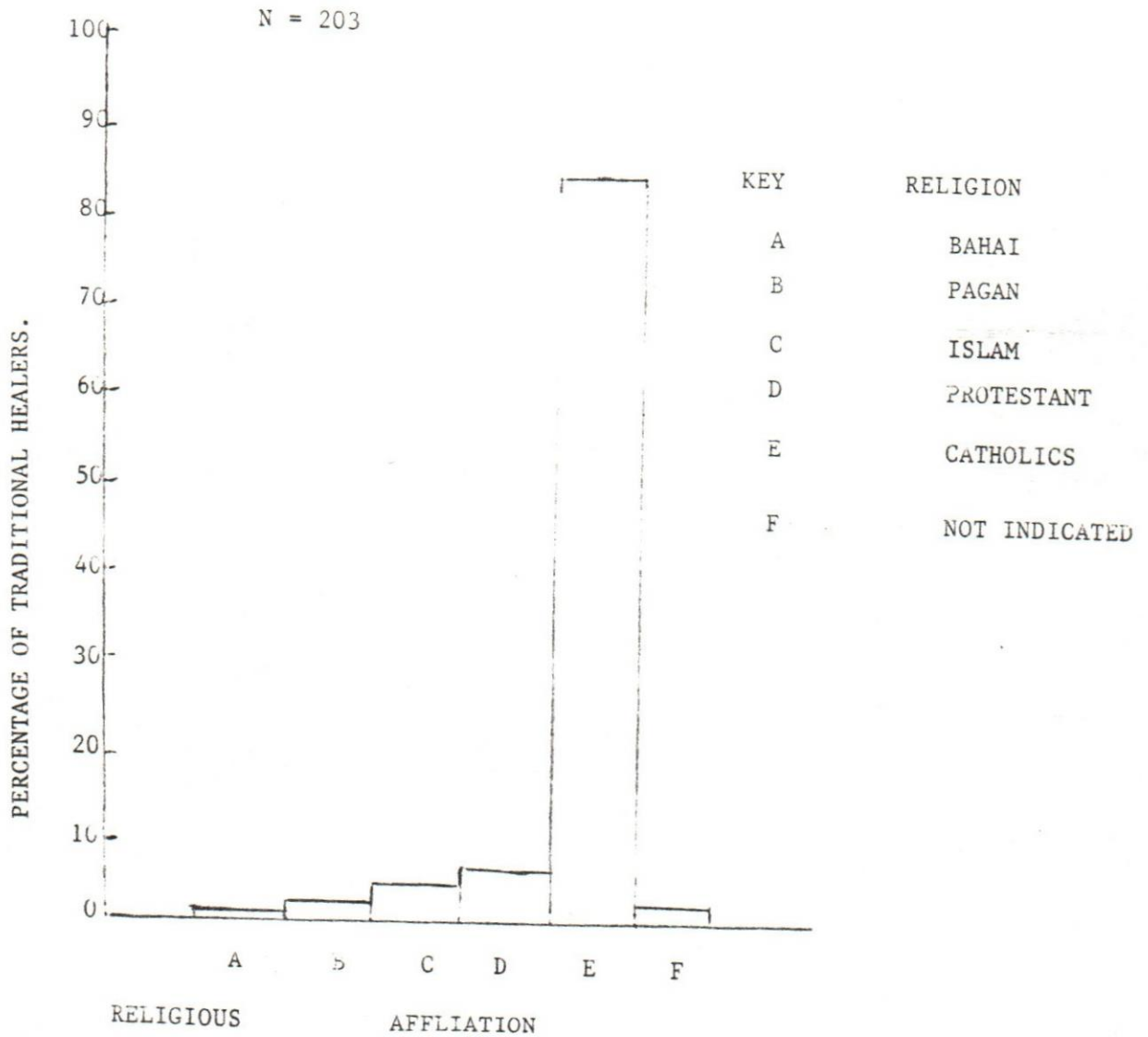
- (a) The characteristics of the Traditional Healers who were interviewed.
- (b) The views, ideas and opinions covering the formation of the proposed National Association of Traditional Healers.
- (c) Their needs and requirement for the improvement of Traditional medicine.

GRAPH 1: SEX AGE AND DISTRIBUTION OF THE TRADITIONAL HEALERS.



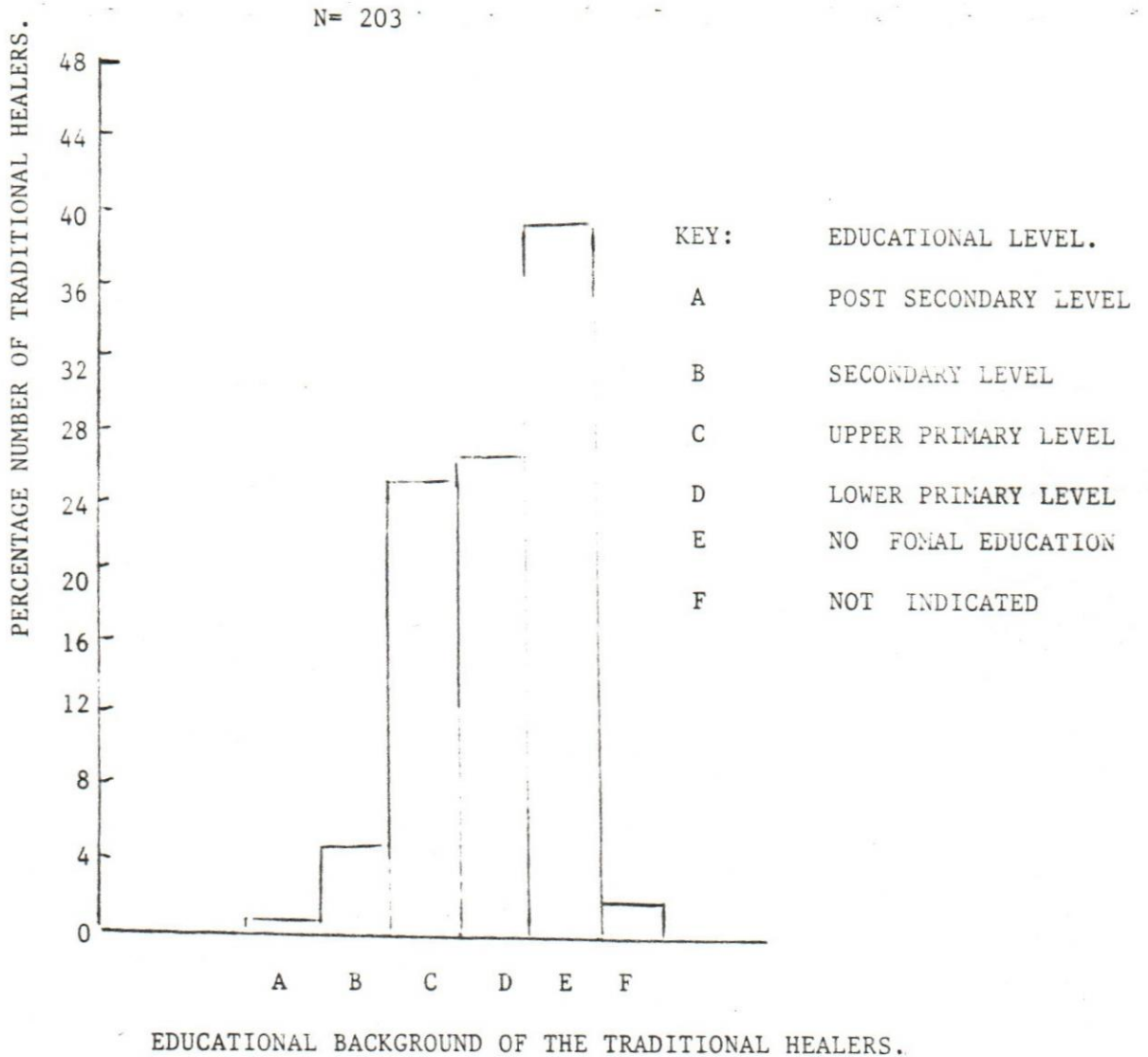
According to the Laws of Uganda persons aged below 18 years are considered as minors. The survey did not register any minor. The youngest Traditional Healer was 18 years and the oldest was 89. The Survey shows that the majority of the Traditional Healers (66%) were aged above 35 years while the youth (18-34 years) were 34%. The graph also registered more males than female in the ratio of 3:2.

GRAPH II: RELIGIOUS AFFILIATION OF THE TRADITIONAL HEALERS



Graph II indicated that the majority of the Traditional Healers (87%) were Catholics. Only 2% claimed to be pagans.

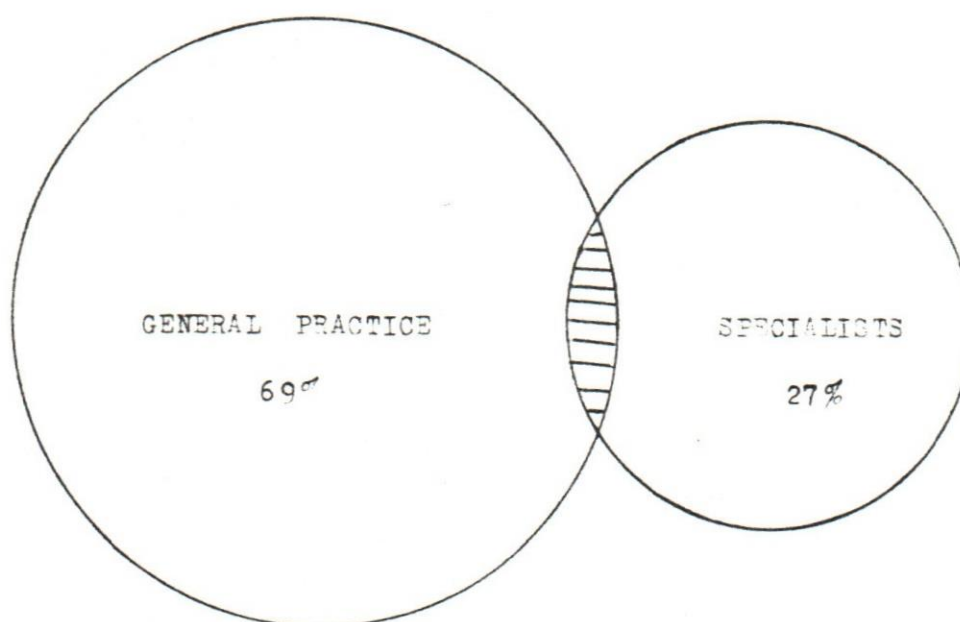
GRAPH III: EDUCATIONAL BACKGROUND OF THE TRADITIONAL HEALERS.



Graph III shows that 40% of the Traditional Healers never got any formal education. Of those who attended formal education only 50% could read while 55% could write. Some having lost the ability to read and write due to old age. The researcher were of the view that the Traditional Healers in Nebbi could be easily contacted by writing.

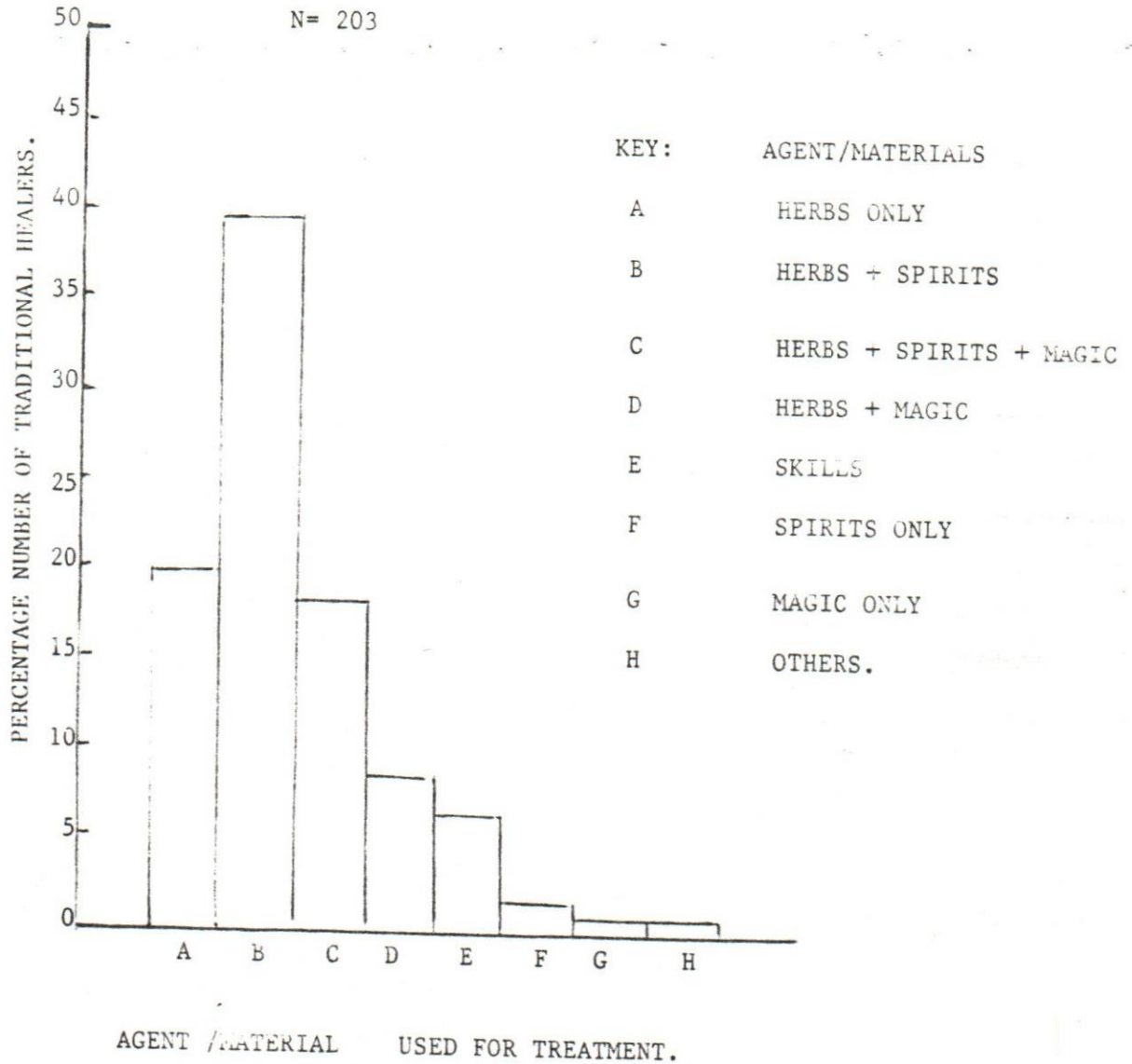
VENN DIAGRAM I: AREA OF PRACTICE OF THE TRADITIONAL HEALERS.

N = 203



The Venn Diagram shows that the majority of the Traditional Healers (69%) were General Practitioners. Only 4% claimed that they heal both categories of diseases treated by Specialists. The Traditional Birth Attendants formed the majority of the Specialists group.

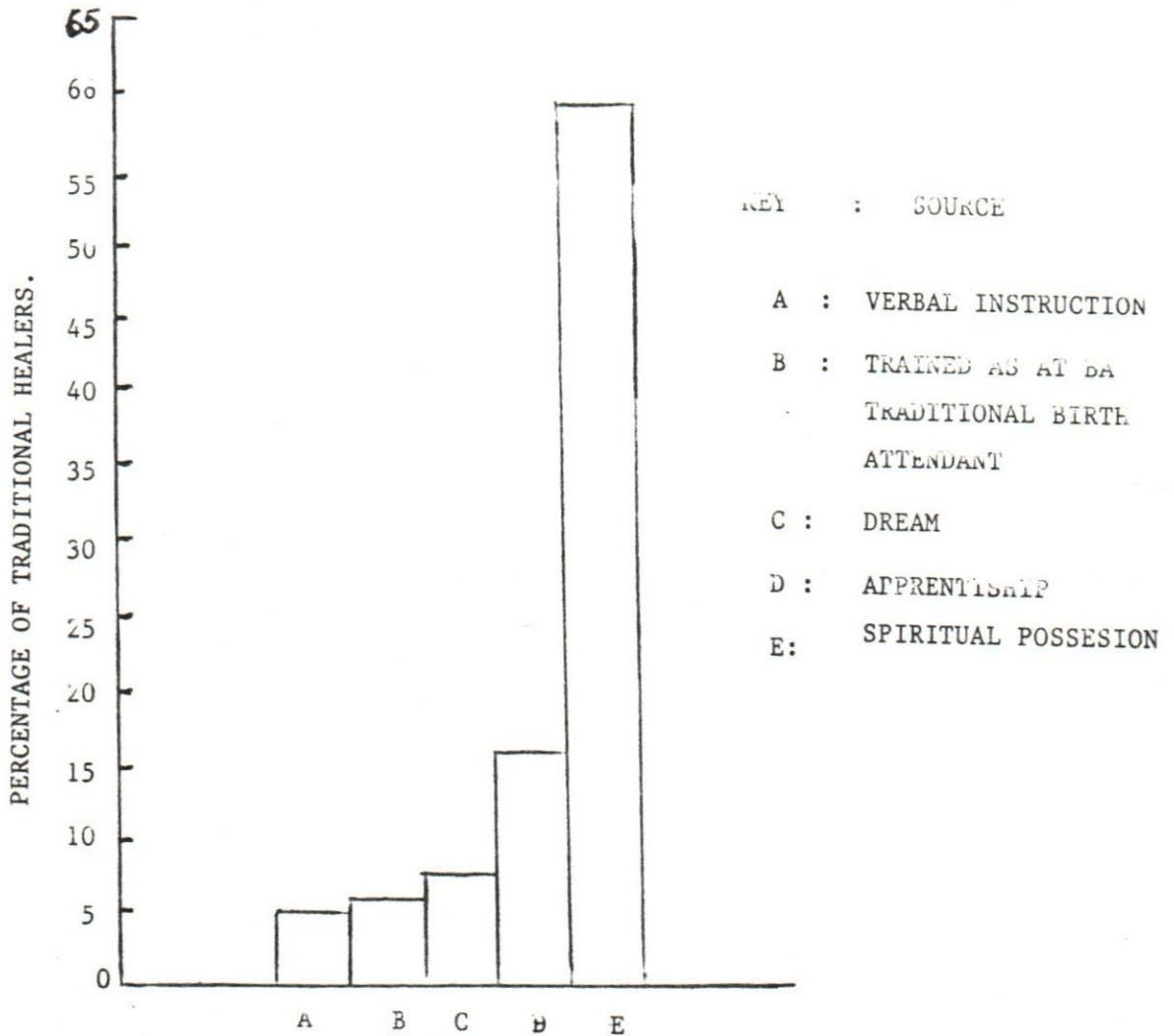
GRAPH IV: BACKGROUND TO AGENTS/MATERIALS USED FOR TREATMENT



Graph IV shows that the majority of the Traditional Healers (40%) use both herbs and spirits in their treatment. It was noted that over 60% of Traditional Healers were spiritualists. They can cause one to be inflicted with a disease and they can cure diseases as well. Most of this magician claimed that they employ water filled in a glass to diagnose the causes of diseases. The Christian spiritual Healers employ rosaries and the cross to diagnose. They administer the blessed water as a healing agent for all diseases except AIDS.

84
GRAPH V: SOURCE OF KNOWLEDGE AND SKILLS ON TRADITIONAL MEDICINE,

N= 203

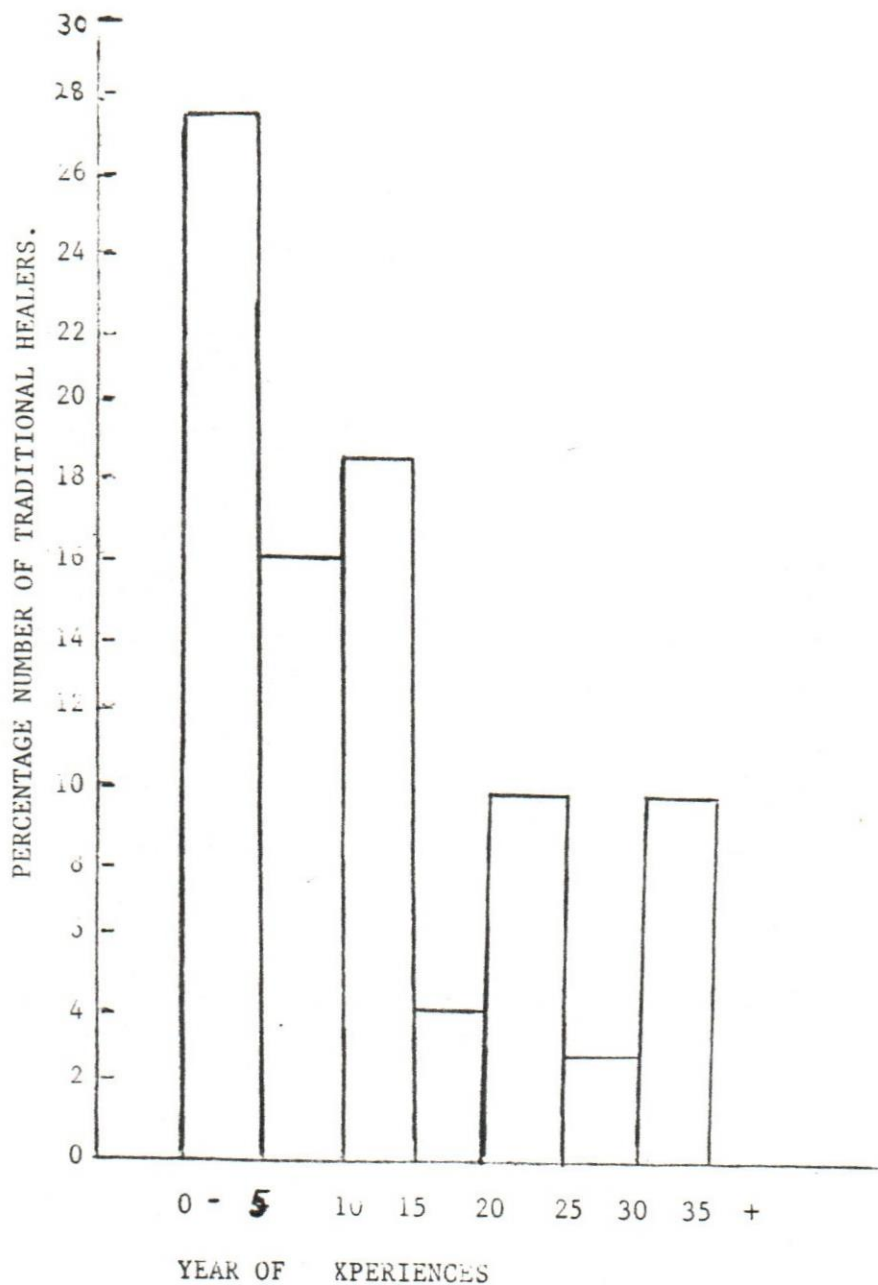


SOURCE OF KNOWLEDGE AND SKILLS.

Graph V indicates that there were five sources through which the Traditional Healers have acquired their knowledge and skills. The majority (64%) has been possessed by spiritism which took them into the wilderness and revealed them the herbs and their uses. One Healer narrated how a large snake dragged him under the water for six months and the herbs were revealed to him there. Another Christian Spiritualist Healer was possessed by the Holy Spirit and instructed how to use the Cross in healing. The Cross was left behind by the Holy Spirit. The Traditional Birth Attendants have been instructed during their courses not to use herbs.

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

N= 203



Graph VI shows that only 29% of the Traditional Healers had experiences between 1-5 years. The Majority therefore are considered competent enough to carry out their practices. The longest period of experiences was just over 50 years.

TABLE X: MAJOR ECONOMIC OCCUPATIONS OF THE TRADITIONAL HEALERS

OCCUPATION	PERCENTAGE NUMBER
Peasant Farming	81.0
Traditional Healing only	10.0
Hawkers	1.0
Traders	1.5
Teaching	1.0
Nursing Aide	2.0
Car Repair	0.5
Drug Peddling	0.5
Fishing	1.5
Butchery	0.5
Accounts Clerk	0.5
Total	100.0

Table X indicated that the majority of the Traditional Healer (81.0%) are peasant farmers. Only 10% depended solely on healing practice. There were some Civil Servants and interestingly a nursing aide.

MEMBERS TO ANY TRADITIONAL HEALERS ASSOCIATION

The majority of the Traditional Healers (82%) belong to local Associations based on Division or counties. 15% do not belong to any Association and only 3% declined to answer the question claiming that they are too old.

Some of the local Association cited include:-

1. Uganda Neddagala Lyayo.
2. Parombo Traditional Healers.
3. National Traditional Healers Association Zeu Branch.
4. Herbalists Association of Erussi.
5. Oluku Traditional Healers Association.
6. Traditional Healers Association Janga Okoro.
7. West Nile Traditional Healers Association (Pakwach and Wadeku)
8. Traditional Health Association (Nyaravuru).
9. Traditional Health Healers Kucwiny Division.
10. Traditional Healers Association of Padyere.
11. Traditional Healers Association of Parombo.
12. Nebbi Traditional Healers Association.
13. Okolo county Traditional Healers Association.
14. Paida Traditional Healers Association

REASONS FOR FAILURE TO JOIN ANY TRADITIONAL HEALERS ASSOCIATION.

The Traditional Healers, who indicated that they did not belong to any Association gave the following reasons.

1. Too old to effectively participate.
2. Unable to pay membership fees which are very high.
3. The Associations have not made any impact on the community.
4. Lack of Legal Status of the Associations.
5. Government has failed to identify the Ministry responsible for Traditional Medicine.

REASONS GIVEN IN FAVOUR OF FORMING THE PROPOSED ASSOCIATION

The majority (95%) were in favour of the formation of a National Association of Traditional Healers. They gave the following reasons in support:

1. To be recognized by government.
2. To unite all Traditional Healers.
3. To enable Traditional Healers to form a channel through which government could give assistance to them.
4. The association would be used to publicize and to promote the traditional drugs.
5. To enable Traditional Healers to exchange of information and experiences among themselves.
6. Publicize the work of Traditional Healers.
7. To regulate the practice of Traditional Healers.
8. To normalize the relationship existing between the religions leaders and government officials on the one hand and the Traditional Healers on the other.



GLOSSARY OF MEDICAL AND OTHER TECHNICAL TERMS

ABORTION:	Expulsion of the product of conception before the child is viable.
ABSCESS:	Localised collection of pus in the body.
ANAEMIA:	A condition in which the blood is deficient either in quantity or quality.
ANORECTAL PROLAPSE:	Protrusion of the anus and rectum.
ANOREXIA:	Absence of appetite
AIDS:	Acquired Immune Deficiency Syndrome/Slim disease.
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 up.
BREAST ENGORGEMENT:	An excessive amount of blood in the breast.

CACHEXIA:	Weakness and emaciation caused by some serious disease such as syphilis, tuberculosis, cancer, etc.
CANCER:	The growth of body cells in a disorderly manner leading to malignant tumours.
CHOLERA:	A acute infectious disease caused by <u>Vibrio Comma</u> characterised by profuse diarrhoea, vomiting, muscular cramps and collapse.
CONCOCTION:	A preparation containing more than one (usually several) ingredients.
CONJUNCTIVITIS:	Inflammation of the conjunctiva of the eye.
DECOCTION:	A liquid dosage obtained by boiling one medicinal vegetable substance
DERMATOSIS:	Skin disease
DIARRHOEA:	Abnormal frequency and looseness of stooling
DYSENTERY:	A name given to a number of conditions that have the following characteristics. Inflammation of the intestines, frequent stooling with faeces containing blood and mucous.

DYSMENORRHOEA:	Painful menstruation.
DYSPEPSIA:	Heart burn
EPILEPSY:	A disorder of the brain characterized by recurring convulsions with or without loss of consciousness.
FAILED LACTATION:	Failure to form and secret milk.
FEBRILE CONVULSIONS	Convulsions in children as a result of high fever.
FRACTURES:	A break in a bone.
FUNCTIONAL PSYCHOSIS:	A term used to describe any major form of mental disorder which has not occurred as a result of physical disease anywhere in the body.
HAEMORRHOIDS:	Piles swelling of veins around the anus.
HERPES ZOSTER:	An acute viral infectious disease characterised by painful vesicular eruption of the skin.
HYDROCELE:	Abnormal collection of fluid in the scrotal sac called <u>tunica vaginalis</u> .
INFERTILITY IN WOMEN:	An involuntary reduction in reproductive ability of women.

- INFUSION:** A solution of vegetable active principle obtained by extracting the herb with water without boiling.
- INGUINOSCROTAL HERNIA:** An abnormal protrusion of the intestines through the grain into the scrotum.
- JAUNDICE:** Yellowness of the skin, mucous membranes and secretions. It is a symptom of a variety of conditions of the liver, gall bladder and blood which result in accumulation of a bile substance called bilirubin.
- DIPHTHERIA:** A serious infectious disease of the throat. Immunisable in children with DPT vaccine.
- KWASHIORKOR:** A disease of children due to a deficiency of proteins in the food. The hair turns from black to reddish or rather golden colour, hence the name Kwashiorkor by which it was called in Ghana. This means "golden boy" or red boy".
- KYPHOSIS:** Hump back or hunchback.
- LEPROSY:** An infection of the nerves by small germs called Mycobacteria lapre

- MALARIA:** An infectious disease characterised by fever, chills, sweating and headache. The disease is caused by a tiny parasite known as "Plasmodium" which is transmitted from one person to another by mosquitoes.
- MENORRHAGIA:** An excessive menstrual flow.
- MENINGITIS:** Inflammation of the membranes of the brain or the spinal cord.
- MIGRAINE:** Recurrent vascular headache, varied in intensity, frequency and duration, commonly unilateral and often associated with nausea and vomiting.
- NAUSEA:** A feeling of discomfort in the region of the stomach, with a tendency to vomiting.
- PARALYSIS:** Loss of muscle function and sensation caused by injury to the nerves.
- PERTUSSIS:** Whooping cough: A highly infectious inflammatory disease of the air passages, caused by a germ called Bordetella pertussis. It is characterised by paroxymal explosive cough ending in a loud whooping inspiration.

- POISONING:** A condition caused by a substance that, being in solution in the blood or acting chemically on the blood, either destroys life or impairs seriously the functions of one or more of the organs of the body.
- RETAINED PLACENTA:** A placenta not expelled by the uterus after labour.
- SEXUAL ASTHENIA:** Sexual impotence
- SYPHILIS:** A sexually transmitted disease caused by small germs called Treponema pallidum
- TEETHING SYNDROME:** A transient febrile illness in a child due to eruption of primary teeth.
- THREATENED ABORTION** The occurrence of signs and symptoms of impending loss of the embryo or foetus.
- TONSILLITIS:** Inflammation of the tonsils.
- TOOTHACHE:** Any pain in or about a tooth.
- TUBERCULOSIS:** A chronic infectious disease, primarily involving the lungs caused by Mycobacterium tuberculosis.
- VITILIGO:** A skin disease characterised by an acquired absence of colour in the areas of various sizes and shapes.

INFORMATION OF MEDICINAL DRUG/PLANT PROVIDED

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

SURVEY INFORMATION SHEET FOR TRADITIONAL HEALERS.

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