

CATALOGUE OF SOME HOUSEHOLD HERBAL MEDICINES USED IN THE DISTRICTS OF NAKAPIRIPIT, PALLISA, KANUNGU AND MUKONO.



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Catalogue of some Household Herbal Medicines used in the Districts Of Nakapiripirit, Pallisa, Kanungu And Mukono.

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Foreword

It is estimated that between 60 – 80% of Ugandans routinely use traditional medicine to treat their ailments. Unfortunately, the indigenous knowledge (IK) associated with traditional medicine is in danger of disappearing in Uganda. This is attributed to modernization, disappearance of plant species and the rapidly changing life styles of Ugandans. The loss of this important knowledge if not checked will impact negatively on the livelihoods of most Ugandans.

The Uganda National Commission for UNESCO (UNATCOM) commissioned a study to document IK so that it can be conserved for our future generations. One of the outputs of this study is this catalogue. The catalogue lists 41 plant species that are most frequently used to cure ailments in the districts of Mukono, Pallisa, Nakapiripirit and Kanungu of Uganda. This catalogue is a contribution to the effort to conserve local heritage on traditional medicine and to spread the knowledge to other people.

We are grateful to Prof. Tabuti for compiling this catalogue on our behalf, and to the local communities in the districts for generously sharing their knowledge with the rest of the country. We hope that this catalogue will trigger more research and documentation of medicinal plants in Uganda.



Mr. Augustine Omare-Okurut
Secretary General, UNATCOM
July 2010

Introduction

Traditional Medicine (TM) is widely employed in many parts of the world to treat different ailments. In Uganda, it is estimated that between 60 – 80% of the population use this form of medicine. The choice to use TM often depends on ease of access and relative cost. In cases where access to western medicines (WM) is difficult or when households cannot afford WM, TM becomes the only choice. Another consideration that determines the use of TM is the nature of the disease.

Diseases that are considered minor e.g. superficial wounds or abdominal pain are often treated using TM. On the other hand when diseases are considered serious, people will always consult physicians (western medicine practitioners), unless they cannot afford the cost. Diseases for which people consult physicians or for which they use modern medicines include malaria. Traditional medicine is also popularly used to treat chronic ailments and diseases or conditions that are difficult to diagnose. Examples of such diseases are HIV/AIDS and madness.

This catalogue comprises a checklist of 40 plant species that are used in traditional medicine. The objectives of this catalogue are two; One, to conserve the traditional knowledge related to medicinal plants. Another objective is that, by showing that these species are important as medicinal plants, greater efforts will be taken by all concerned, more so the local people everywhere in Uganda, to conserve these species. It is now well known that the traditional knowledge and practices associated with plant use, and the plants themselves are disappearing very fast every where in Uganda and elsewhere, because of over-exploitation of plant species and habitat degradation.

The species reported here were documented through household interviews with respondents selected from Nakapiripirit, Pallisa, Kanungu and Mukono districts of Uganda. During the survey, 206 different species were documented. This long list was reduced to 41 species by considering only those species that were mentioned by many respondents.

Within this catalogue and for each species the following information is shown: a photograph of the medicinal plant, the local names by which it is known in the four districts above, short notes about its growth form and a few characteristics unique to the species. The short descriptions for the species were made with reference to a variety of sources (e.g. Katende et al., 1995; 1999; Grubben et al., 2004; Lye et al., 2008; Wikipedia; Flora Zambesiaca web site <http://apps.kew.org/efloras/namesearch.do>; World Agroforestry Centre (ICRAF) 2006). The description has been kept very simple because in our experience a good description that is necessary to make a good identification of a plant species must be very detailed. Such detail is usually too difficult to make sense of by all, except the taxonomists. Indeed this catalogue is essentially aimed at the local community members who are the stewards of TK and the local species diversity.

On the other hand when descriptions of species are kept at a bare minimum, they are essentially useless in making identification. Some authors have made very basic descriptions of the species, but when one reads these descriptions one quickly realises that it is impossible to make any identification of the species. It is hoped that in this catalogue, the photograph together with the description of the growth habit will make local stakeholders capable of making identifications of the species. Also included are the diseases that are treated using the species and how the species are prepared and administered.

The way in which medicinal plants are used for treatment is fairly complex. The use of herbal medicines does not stop only at knowing which plant to use and how to use it. One needs also to have some hands on experience about how to prepare the medicine. For instance some of the species have to be prepared in mixtures, while the time required to boil plant parts to make decoctions and the required volumes of water or other extracting solvents are widely varied and require experience. So caution should be employed when using these species for self-medication.

Glossary of some terms

Decoction	–	a preparation of herbal medicine made by boiling plant parts in water.
Infusion	–	a herbal medicine prepared by adding plant parts to boiling water.
Maceration	–	a herbal medicine made by soaking plant parts, most commonly in water
Water extract	–	a preparation of herbal medicine made by crushing plant parts and mixing them in water.
<i>Walugono</i>	–	a psycho- spiritual condition.

ABRUS PRECATORIUS L.

Name: *Abrus precatorius* L.

Family: Fabaceae – Papilionoideae

Vernacular Name(s): Nsiti (Soga)

Description: *Abrus precatorius* is a woody twining climber, 1–4.5 m tall. Its seeds are of a scarlet color with black area around the hilum

Medicinal uses: Cough, Measles, *Walugono*, Malaria

Part Used: Leaves, Roots (rarely)

Preparation and administration: A water extract is prepared and drunk in doses of 250 ml three times a day.



ACACIA NILOTICA (L.) WILLD EX DEL.

Name: *Acacia nilotica* (L.) Willd ex Del.

Family: Fabaceae – Papilionoideae

Vernacular Name(s): Ekaperimen (N'gakaramojong)

Description: *Acacia nilotica* is a short tree ranging between 1- 14 m high.

Medicinal uses: Eye diseases, Cough

Part Used: Stem bark, Pods (rarely), Root (rarely)

Preparation and administration: The medicine is mostly prepared as decoctions that are drunk in variable doses.



ALBIZIA ANTHELMINTICA BRONGN.

Name: *Albizia anthelmintica* Brongn.

Family: Fabaceae - Mimosoideae

Vernacular Name(s): Ekapangiteng (N'gakaramojong)

Description: *Albizia anthelmintica* is a thorny or spiny, deciduous, multi-stemmed tree that grows to about 8m. Its fruit grows as a pod. Its seeds are round and flattened. the species commonly occurs in deciduous or evergreen bushland and scrubland especially along seasonal rivers and on termite-mound clump thickets.

Medicinal uses: Diarrhea, Brucellosis, Scabies, intestinal Abdominal worms

Part Used: Stem bark

Preparation and administration: For treating diseases of the alimentary canal, a decoction is prepared and drunk in doses of 500 ml, three times a day. For the treatment of scabies, the



ALOE SPP.

Name: *Aloe* spp.

Family: Aloaceae

Vernacular Name(s): Kigagi (Ganda), Rukaka (Kiga), Ecucuca/Ecucukwa (N'gakaramojong)

Description: A perennial herb consisting of a rosette of large, thick fleshy leaves. The leaves are lance-shaped with a sharp apex and spiny margin.

Medicinal uses: Cough, Abdominal pain, Pneumonia, Tonsillitis, Chest pain, Headache, Malaria.

Part Used: Leaves, Root, Stem.

Preparation and administration: The herbal medicine from this species is prepared as a decoction, water extract or as maceration (rarely) and drunk in doses of 250-500 ml.

Note: Many different *Aloe* species are used indiscriminately for the treatment of the above ailments.



ARISTOLOCHIA ELEGANS MAST.

Name: *Aristolochia elegans* Mast.

Family: Aristolochiaceae

Vernacular Name(s): Nakasero (Ganda)

Description: A perennial climber with smooth leaves. It is woody at the base.

Medicinal uses: Malaria

Part Used: Seed

Preparation and administration: The seeds are swallowed without any preparation



AZADIRACHTA INDICA A. JUSS.

Name: *Azadirachta indica* A. Juss.

Family: Meliaceae

Vernacular Name(s): Neem tree (English)

Description: *Azadirachta indica* is a medium sized tree that grows to heights of 15 – 30 m. It is commonly grown in compounds and along roads in many parts of Uganda, but has failed to regenerate naturally over most of Uganda.

Medicinal uses: Diarrhea, Pneumonia, Measles, Cough, Headache, Scabies, Malaria

Part Used: Leaves, Stem bark, Seed, all parts, Root (rarely)

Preparation and administration: The medicine is mostly prepared as decoctions that are drunk



ASPILIA AFRICANA (PERS.) C.D. ADAMS

Name: *Aspilia africana* (Pers.) C.D. Adams

Family: Asteraceae

Vernacular Name(s): Makayi (Ganda)

Description: A perennial semi woody herb. The leaves are rough.

Medicinal uses: Malaria, Colic abdominal pain, Cough

Part Used: Leaves, Roots

Preparation and administration: A powder is made from the leaves that is licked to treat cough. A water extract is prepared from the roots to treat malaria and colic abdominal pain.

Note: *Aspilia mossambicensis* (Oliv.) Wild is also locally known as *Makayi* and is used in the same way.



BIDENS PILOSA L.

Name: *Bidens pilosa* L.

Family: Asteraceae

Vernacular Name(s): Sere (Ganda), Enyabarashana (nkole), Kalala (Soga)

Description: *B. pilosa* is an annual erect herb that may grow to 1 m tall.

Medicinal uses: Anemia, wounds and injuries

Part Used: Leaves, Flower, seed

Preparation and administration: The leaves are crushed and applied to wounds directly. To treat anemia flowers and seeds are boiled and drunk.



CALLISTEMON CITRINUS (CURTIS) SKEELS

Name: *Callistemon citrinus* (Curtis) Skeels

Family: Myrtaceae

Vernacular Name(s): Mwambalabutonya (Ganda), Bottle brush (English)

Description: Small to medium sized tree.

Medicinal uses: Pneumonia, Common cold, Cough

Part Used: Leaves

Preparation and administration: A decoction is prepared from the leaves



CARICA PAPAYA L.

Name: *Carica papaya* L.

Family: Caricaceae

Vernacular Name: Papali (Ganda/Soga), Kipapali (Kiga), Epaipai (N'gakaramojong)

Description: Small tree growing 3 – 8 m high. The fruit is a fleshy berry widely eaten.

Medicinal uses: Anemia, Vomiting, Cough, Diarrhea, Yellow fever, Malaria

Part Used: Fruits, Leaves, Root, Stem bark

Preparation and administration: The fruit is eaten without any preparation in the treatment of yellow fever. The stem bark is boiled in the treatment of diarrhea. A maceration is prepared from the leaves for the treatment of the rest of the ailments.



CHAMAECRISTA NIGRICANS

Name: *Chamaecrista nigricans* (Vahl) Greene (syn. *Cassia nigricans* Vahl)

Family: Fabaceae – Ceasalpinioideae

Vernacular Name: Eperu (Karimojong)

Description: This is an annual erect herb or under-shrub that grows up to 1.5 m high.

Medicinal uses: Measles, Headache, Meningitis, Malaria

Part Used: Leaves

Preparation and administration: A decoction or infusion is prepared from the leaves and drunk in doses ranging between 250-500 ml.



CHASMANTHERA DEPENDENS HOCHST

Name: *Chasmanthera dependens* Hochst.

Family: Menispermaceae

Vernacular Name: Lodwar (N'gakaramojong)

Description: The species grows as a liana

Medicinal uses: Gastritis, Headache, Malaria

Part Used: Root, stem bark, stem wood, and leaves

Preparation and administration: The medicine is prepared as decoctions that are drunk in doses of 500 ml.



CITRUS SINENSIS (L.) OSB.

Name: *Citrus sinensis* (L.) Osb.

Family: Rutaceae

Vernacular Name: Mucungwa (Ganda/Kiga/Soga)

Description: A small tree that grows to heights of 6-12 m. The fruit is edible.

Medicinal uses: Lameness, Cough, Malaria

Part Used: Leaves, Root (rarely)

Preparation and administration: Steam bath prepared to treat malaria. For the other ailments the preparation procedure was not disclosed by respondents.



CONYZA BONARIENSIS (L.) CRONQUIST (SYN. C. SUMATRENSIS (RETZ.) E. WALKER)

Name: *Conyza bonariensis* (L.) Cronquist (Syn. *C. sumatrensis* (Retz.) E. Walker)

Family: Asteraceae

Vernacular Name: Kizimyamuro (Kiga), Kukayala (Soga)

Description: An annual herb that grows 0.4 – 1.5 (or 2) m high. Its stems are erect, and may be simple or branched.

Medicinal uses: Uterus infection, Diarrhea, Malaria

Part Used: Leaves, Root (rarely)

Preparation and administration: Preparation not disclosed by respondents.



CUPRESSUS LUSITANICA MILL

Name: *Cupressus lusitanica* Mill.

Family: Pinaceae

Vernacular Name: Karwenda (Kiga)

Description: Tall spreading evergreen tree with needle shaped leaves.

Medicinal uses: Cough

Part Used: Leaves

Preparation and administration: The medicine is prepared as decoctions that are drunk in doses of 250 ml.



CYMBOPOGON NARDUS (FRANCH.) STAPF

Name: *Cymbopogon nardus* (Franch.) Stapf

Family: Poaceae

Vernacular Name: Mutete (Kiga)

Description: Tufted perennial grass. The plant grows to heights of 0.75-3 m high.

Medicinal uses: Cough

Part Used: Leaves, Rhizome

Preparation and administration: Rhizome is chewed to treat cough.



DIGITARIA ABYSSINICA (A. RICH.) STAPF

Name: *Digitaria abyssinica* (A. Rich.) Stapf

Family: Poaceae

Vernacular Name: Lumbugu (Ganda/Kiga/Soga)

Description: *D. abyssinica* is a grass that grows to heights of 20 – 80 cm. It is a serious weed in arable lands.

Medicinal uses: Malaria, Yellow fever, Common cold, Fractures

Part Used: Leaves, Root, Whole plant

Preparation and administration: The medicine is prepared as decoctions or water extracts.



ERYTHRINA ABYSSINICA LAM. EX DC.

Name: *Erythrina abyssinica* Lam. ex DC.

Family: Fabaceae – Papilionoideae

Vernacular Name: Girikiti (Ganda), Kiko/Endubaruba (Kiga)

Description: *Erythrina abyssinica* is a medium-sized tree that grows to heights ranging between 5 and 15 m high. It has a corky bark.

Medicinal uses: Abdominal worms, Gastritis, Vomiting, Kidney disease, Ulcers, Uterus infection

Part Used: Leaves, Stem bark, Flower

Preparation and administration: The medicine is prepared by crushing the plant parts in water and drinking in doses ranging between 20 ml and 500 ml.



EUCALYPTUS SPP.

Name: *Eucalyptus* spp.

Family: Myrtaceae

Vernacular Name: Kalitusi (Ganda/Kiga)

Description: Introduced tree species that grow up to 40m high. The fruit is a capsule that is usually woody. Species of this genus are cultivated in Uganda.

Medicinal uses: Cough

Part Used: Leaves

Preparation and administration: A decoction is prepared from the leaves and drunk in doses ranging between 250-500 ml.

Note: Many different *Eucalyptus* species are used indiscriminately for the treatment of the above ailments.



INDIGOFERA ARRECTA A. RICH.

Name: *Indigofera arrecta* A. Rich.

Family: Fabaceae – Papilionoideae

Vernacular Name: Mushoroza (Kiga)

Description: Stout woody herb that grows to 1 – 2 m high.

Medicinal uses: Pneumonia, Abdominal worms, Abdominal pain, *Empandura*, pain in the sternum

Part Used: Leaves and Root

Preparation and administration: Herbal medicine prepared as a water extract.



JATROPHA CURCAS L.

Name: *Jatropha curcas* L.

Family: Euphorbiaceae

Vernacular Name: Kirowa (Ganda), Ekyomora (Kiga), Ejurunga (N'gakaramojong)

Description: A succulent shrub or small tree that grows up to 8 m tall. It is widely used in the central and eastern part of Uganda as a boundary marker.

Medicinal uses: Burns, Conjunctivitis, Wounds

Part Used: Sap, Leaves, Root, Any part

Preparation and administration: A powder is prepared from the leaves to treat conjunctivitis, while a sap is collected for the treatment of the other ailments.



LANTANA CAMARA L.

Name: *Lantana camara* L.

Family: Verbenaceae

Vernacular Name: Kayukiyuki akatono (Ganda), Muhima (Kiga), Kapanga (Soga)

Description: Spreading aromatic shrub growing 0.35 – 5 m high. It sometimes climbs to heights of up to 12 m.

Medicinal uses: Pneumonia, Fever, green stool in babies, Malaria

Part Used: Leaves

Preparation and administration: Prepared as a decoction and drunk in doses of 250 ml three times a day. It is sometimes macerated and bathed to treat fever. To treat the condition of green stool in babies it is prepared as a water extract.



LANTANA TRIFOLIA L.

Name: *Lantana trifolia* L.

Family: Verbenaceae

Vernacular Name: Kasekera (Ganda), Muhukye (Kiga), Musekera Nyonyi (Soga)

Description: Shrub or sub-shrubby plant 0.9 – 3 m high. It is aromatic.

Medicinal uses: Walugono, Cough

Part Used: Leaves

Preparation and administration: Prepared as a decoction and drunk in doses of 10 – 20 ml. Sometimes a powder is prepared and licked to treat cough.



LEONOTIS NEPETIFOLIA (L.) R. Br.

Name: *Leonotis nepetifolia* (L.) R. Br.

Family: Lamiaceae

Vernacular Name: Kifumufumu (Ganda), Susuni (Soga)

Description: This is an annual herb. The stem is strongly angled. It grows to a height of 3m. The flowers are commonly orange or red and grow in whorls. It has soft serrated leaves.

Medicinal uses: Malaria, yellow fever, colic abdominal pain, Abdominal pain

Part Used: Leaves

Preparation and administration: A decoction is prepared from the leaves and drunk in doses of 500 ml to treat yellow fever.



MANGIFERA INDICA L.

Name: *Mangifera indica* L.

Family: Anacardiaceae

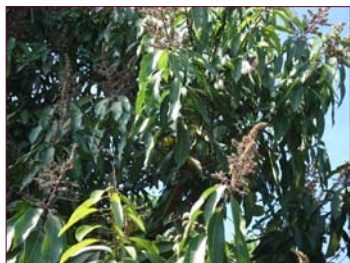
Vernacular Name: Muyembe (Ganda/Kiga/Soga)

Description: *M. indica* is a large evergreen tree that grows up to 20 m tall. It is well known for its edible fruit.

Medicinal uses: Common cold, abdominal pain, pneumonia, cough, yellow fever

Part Used: Leaves, Stem bark

Preparation and administration: A decoction is prepared from the leaves and drunk in doses ranging between 10 – 20 ml to treat yellow fever.



MELIA AZEDARACH L.

Name: *Melia azedarach* L.

Family: Meliaceae

Vernacular Name: Elira (N'gakaramojong)

Description: *M. azedarach* is a tree that grows up to 45 m tall. It is well naturalized in Uganda and grows fast.

Medicinal uses: Headache, Meningitis, Heart problems, Malaria

Part Used: Leaves, Stem bark

Preparation and administration: A decoction is prepared from the leaves and drunk in doses of 500 ml.



MOMORDICA FOETIDA SCHUMACH

Name: *Momordica foetida* Schumach.

Family: Cucurbitaceae

Vernacular Name: Bombo (Ganda)

Description: A perennial herb that trails or climbs.

Medicinal uses: Headache, Pneumonia, HIV-AIDS, Common cold, Cough, Malaria

Part Used: Leaves

Preparation and administration: A decoction or water extract is prepared from the leaves and drunk in doses ranging between 10 – 20 ml.



MORINGA OLEIFERA LAM

Name: *Moringa oleifera* Lam.

Family: Moringaceae

Vernacular Name: Moringa (all tribes studied)

Description: A deciduous to semi-deciduous shrub or small tree that grows up to 10m. It was in the last few years much touted as a health food in Uganda.

Medicinal uses: Abdominal pain, Malaria

Part Used: Leaves, Seed (rarely)

Preparation and administration: Prepared as a water extract, decoction or maceration and drunk in doses of up to 500 ml.



OCIMUM GRATISSIMUM L.

Name: *Ocimum gratissimum* L.

Family: Lamiaceae

Vernacular Name: Mujaja (Ganda/Kiga/Soga)

Description: An erect herb or small shrub up to 1.2 m high. It has a strong aromatic smell and is widely used to flavor hot beverages.

Medicinal uses: Headache, Yellow fever, Tonsillitis, Abdominal pain, witchcraft

Part Used: Leaves, Roots (rarely)

Preparation and administration: Prepared as a decoction and drunk in doses ranging between 250 – 500 ml.



PERSEA AMERICANA MILLER

Name: *Persea americana* Miller

Family: Lauraceae

Vernacular Name: Avocado (in all tribes studied)

Description: *P. americana* is a medium to large tree that attains heights of 9-20 m. The avocado is evergreen, although some varieties lose their leaves for a short time before flowering. It is much liked for its edible fruit.

Medicinal uses: Abdominal pain, Cough, Anemia

Part Used: Leaves

Preparation and administration: Prepared as a water extract or as a decoction and drunk in doses of 250 ml twice a day.



PHYSALIS PERUVIANA L.

Name: *Physalis peruviana* L.

Family: Solanaceae

Vernacular Name: Ntuntunu enene (Ganda), Entutu/Mututu (Kiga), Ntuntunu (Soga)

Description: An erect or trailing perennial herb or bushy shrub up to 1 m tall. The fruit is widely consumed as a snack. It is sold in Kampala as a snack.

Medicinal uses: Pneumonia, colic abdominal pain, whitlow, Malaria, Abdominal pain

Part Used: Leaves, Fruit (rarely)

Preparation and administration: Prepared as a water extract and drunk in doses of 250 – 500 ml thrice a day.



PLECTRANTHUS BARBATUS ANDREWS

Name: *Plectranthus barbatus* Andrews

Family: Lamiaceae

Vernacular Name: Kicuncu (Kiga)

Description: Aromatic shrub growing to 0.2-4.5m tall. Stems are erect or ascending (gently bent), sometimes creeping at the base. Softly wooded and brittle. The leaves are fleshy. Flowers are purple or blue.

Medicinal uses: Malaria, Abdominal worms, Abdominal pain

Part Used: Leaves

Preparation and administration: Prepared as a decoction and drunk in doses ranging between 250 – 500 ml once to thrice a day for 1 to 3 days.



PSIDIUM GUAJAVA L.

Name: *Psidium guajava* L.

Family: Myrtaceae

Vernacular Name: Mapera (Ganda/Kiga), Mupera (Soga)

Description: *P. guajava* is a shrub or small evergreen tree that grows to heights ranging between 3-10 m tall. It is widely known for its edible berries.

Medicinal uses: Malaria, Abdominal pain, Pneumonia, lameness, Diarrhea, Cough

Part Used: Leaves, Root (rarely)

Preparation and administration: Prepared as a decoction or as a water extraction and drunk in doses of 500 ml thrice a day. In children the given dose is 5 – 10 ml three times a day.



SABA COMORENSIS BOJ.) PICHON

Name: *Saba comorensis* (Boj.) Pichon

Family: Apocynaceae

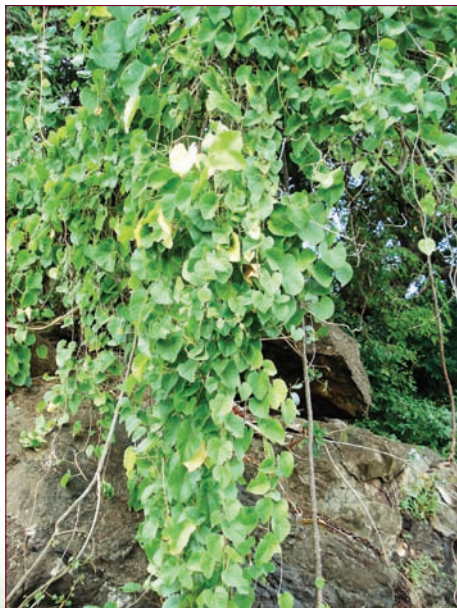
Vernacular Name: Ekimune (N'gakaramojong)

Description: *S. comorensis* is a liana that grows 20 m long. It has a trunk that grows to 15 cm in diameter. The fruit is edible.

Medicinal uses: Arthritis, Waist Pain

Part Used: Fruit, Root

Preparation and administration: The plant parts are consumed without any preparation.



SENNA OCCIDENTALIS (L.) LINK

Name: *Senna occidentalis* (L.) Link

Family: Fabaceae - Caesalpinioideae

Vernacular Name: Mutanjoka (Ganda), Kasagalyansasi (Soga)

Description: *S. occidentalis* is an erect herb that is sometimes woody. It grows to heights of 2 m. It gives off an unpleasant smell when crushed.

Medicinal uses: Malaria, abdominal pain, Abdominal worms, colic abdominal pain, snake bite

Part Used: Root

Preparation and administration: To cure a snake bite, the whole root is chewed. To treat colic pain, a water extract is prepared and drunk in doses of 250 – 500 ml for adults and 10 – 20 ml for children 2 or 3 times a day for three days.



TAGETES MINUTA L.

Name: *Tagetes minuta* L.

Family: Asteraceae

Vernacular Name: Mukazi murofa (Kiga)

Description: Annual herb growing to 10-250cm high. The whole plant is aromatic. The stems are much branched and almost woody in larger plants.

Medicinal uses: Pneumonia, Headache

Part Used: Leaves

Preparation and administration: Prepared as a water extraction. Details on doses not provided.



VERNONIA AMYGDALINA DELILE

Name: *Vernonia amygdalina* Delile

Family: Asteraceae

Vernacular Name: Mululuza (Ganda), Mubirizi (Kiga), Mbiriri (Soga)

Description: *V. amygdalina* is a many-stemmed shrub or small tree that grows up to 8 m. tall. It is widespread in Uganda.

Medicinal uses: Headache, wounds, snake bite, tonsillitis, burns, colic abdominal pain, HIV-AIDS, Kiri (a condition in babies where they pass green stool), splenomegaly, boils, *kuzimba*, *muganga*, measles, Abdominal worms, common cold, fever, febrile convulsions in babies, abdominal pain, cough, malaria

Part Used: Leaves, Whole plant, Root, Stem bark

Preparation and administration: Herbal medicine prepared as a decoction or as a water extract. The medicine is drunk in diseases of 250 – 500 ml, three times a day.



VERNONIA LASIOPUS O. HOFFM.

Name: *Vernonia lasiopus* O. Hoffm.

Family: Asteraceae

Vernacular Name: Mujuma/Nyakajuma (Kiga)

Description: A woody herb or subshrub growing to 0.4 – 3 m. tall.

Medicinal uses: Enjoka, Abdominal worms, Gastritis, Cough, Colic pain, abdominal pain

Part Used: Leaves

Preparation and administration: Prepared as a decoction and drunk in doses of 500 ml three times a day.



WARBURGIA UGANDENSIS SPRAGUE

Name: *Warburgia ugandensis* Sprague

Family: Canellaceae

Vernacular Name: Emukaa/Emukwa (N'gakaramojong), Abaki (Soga).

Description: *W. Ugandensis* is a spreading evergreen tree 4.5-30 m tall. In this study it was observed only in forests.

Medicinal uses: Diarrhea, Headache, Malaria

Part Used: Stem bark

Preparation and administration: The medicine is prepared as decoctions that are drunk in doses of 500 ml.



ZANTHOXYLUM CHALYBEUM ENGL.

Name: *Zanthoxylum chalybeum* Engl.

Family: Rutaceae

Vernacular Name: Musuku (Soga), Eusugu (N'gakaramojong)

Description: A spiny deciduous shrub or small tree that grows up to 8m tall. The bole has large conical woody knobs with sharp prickles. The plant gives off a strong lemon smell when crushed. The leaf stalk has hooked prickles below.

Medicinal uses: Measles, Diarrhea

Part Used: Root, Stem bark

Preparation and administration: The herbal medicine from this species is prepared as a decoction, water extract or as maceration (rarely) and drunk in doses of 250-500 ml.



This is a photograph of Zanthoxylum leprieurii that is used in a similar manner.



ZIZIPHUS MAURITIANA LAM.

Name: *Ziziphus mauritiana* Lam.

Family: Rhamnaceae

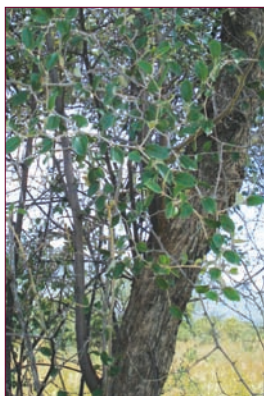
Vernacular Name: Ekaale (N'gakaramojong)

Description: Shrub or small tree that grows to heights ranging between 3 – 8m and sometimes 16 m

Medicinal uses: Abdominal pain, Diarrhea, Arthritis, Wounds

Part Used: Root, Stem bark (rarely), Leaves (rarely), Fruit (rarely)

Preparation and administration: To treat arthritis the roots or fruit are chewed without any preparation. To treat wounds the roots or leaves are processed into a powder. For abdominal pain a decoction is prepared. Doses range between 10 – 500 ml.



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