

Table 1: Medicinal plants used in Bugabo Ward, Bukoba District

Species (Voucher No.)/Family	Vernacular name	Life form	Condition(s) treated	Part(s) used	Method of Preparation and administration
<i>Acanthus pubescens</i> Engl. & Turril. (MJM 3028)/ Acanthaceae	Amatoju	S	Malaria, galactagogue in both men and cattle	R, L	The roots are cut into small pieces and boiled with water or broth/meat. Two bowls are taken per day to treat gonorrhoea and syphilis
<i>Adhatoda englerana</i> (Lind.) C.B.Cl (MJM 3113)/ Acanthaceae	Ekishenda	S	Coughs treatment of warts	L, R	The leaves are put on fire to allow partial burning and then squeezed and 1 tablespoonful of the liquid obtained is given to children to treat coughs. Dry root powder is taken orally for treatment of warts
<i>Asystasia gangetica</i> (L.) T. Anders. (MJM 3016)/ Acanthaceae	Ekiingura/kinyegezi	H	Appetite booster	L	Leaves are pounded then squeezed and the juices given to patients to improve their appetite. It is also fed to calves to boost appetite and make them grow well
<i>Isoglossa lactea</i> Lindau (MJM 3085)/ Acanthaceae	Omufoka	H	Discolouration of the skin (loss of melanin), syphilis and other conditions	L	The leaves are boiled and the decoction drunk or applied topically
<i>Thunbergia alata</i> Sims (MJM 3030)/ Acanthaceae	Wankura	CL	Weakness in pregnant women	WP	The whole plant is boiled and the decoction given to pregnant women as a drink to provide energy
<i>Whitfieldia elongata</i> (P.Beauv.) De Wild. & T.Durand (MJM 3062)/ Acanthaceae	Ekigenge	S	Chicken pox, skin conditions, rectal prolapse	AP	Aerial parts are squeezed and a teaspoonful of the exudate given to a child or can also be applied topically. The exudate is also drunk for the treatment of rectal prolapse
<i>Pseudopondias microparpa</i> (A. Rich) Engl. (MJM 3041/3049)/ Anacardiaceae	Omuzilu/Mziku	T	Kidney problems, malaria, poor nutrition, peptic ulcers	SB	The fruits are used in the treatment of peptic ulcers. They are boiled together with aerial parts and roots of <i>Plumbago zeylanica</i> and aerial parts of <i>Oxygonum sinuatum</i> . A quarter to one glass of the decoction, depending on the severity of the condition is taken twice daily. A decoction made with the leaves combined with the leaves of <i>Ludwigia abyssinica</i> , <i>Sapium ellipticum</i> and <i>Maytenus Senegalensis</i> is used to treat GIT problems such as mucoid diarrhoea, peptic ulcers and chest infections

Table 1 Cont.

<i>Steganotaenia araliacea</i> Hochst. (MJM 3018)/ Apiaceae	Omulalankuba	S	Herpes zoster, HIV/AIDS	AP	Dried aerial parts are powdered and applied to the skin using animal fat as a base. Decoction made from the aerial parts is also given to HIV/AIDS patients
<i>Rauvolfia vomitoria</i> Afzel. (MJM 3026/3114)/ Apocynaceae	Mnyabusinde/Enyam asindi/Kinyabusinde	T	Malaria/splenomegally/abdominal colics in children/HIV/AIDS	SB, RB	For malaria the stem or root bark is boiled with water and drunk. When the decoction is given to children it makes them feel weak and hence they should also be given milk. The stem or root bark is ground and one teaspoonful of the powder is administered with porridge or tea. It can also be mixed with honey to mask the bitter taste
<i>Picralima nitida</i> (Stapf.) T.Durand & H.Durand (MJM 3075/3095)/ Apocynaceae	Mukanshe/Omukanshe	T	Maternal care during pregnancy	SB	The stem bark is pounded and soaked in water. The infusion can be used by a pregnant woman to purge spirits
<i>Ageratum conyzoides</i> L. (MJM 3023)/ Asteraceae	Mwigara/Omwigara/Katabataba	H	Coughs, constipation/Peptic ulcers and fibroids and women with difficulties to conceive	R, L	Roots are chewed fresh as an anti-acid and antiseptic. Leaves are boiled and decoction taken as tea
<i>Aspilia mossambicensis</i> (Oliv.) Willd (MJM 3056)/ Compositae	Eshurwa	H	Malaria, tonic, hypoglycaemic	WP	Aerial parts are mixed with those of <i>Centella asiatica</i> , boiled and the decoction used for the treatment of malaria
<i>Bidens biternata</i> (Lour.) Merr. & Sherff (MJM 3155)/ Compositae	Rwongwe/Ongwe Akakurura/Kakurura/Obukurura	H	Malaria, yellow fever	L	The leaves are boiled with water and the decoction drunk
<i>Bidens pillosa</i> L. (MJM 3129/3207)/ Compositae	Akakurura/Kakurura/Obukurura	H	Wounds and warts	L	The leaves are boiled with the leaves of <i>Solanum nigrum</i> and decoction drunk until warts disappear. The leaves of the two plants can also be baked under fire and then used for wound dressing
<i>Bidens schimperi</i> Sch.Bip. (MJM 3039)/ Compositae	Orwangwa	H	Yellow fever	L	The leaves are pounded, cold extracted and extractive administered orally three times a day until recovery

Table 1. Cont.

<i>Crassocephalum mannii</i> (Hookf) Milne (MJM 3020/3060) / Compositae	Akagango-Akake	H	Febrile convulsions in children, malaria or heart problems	AP	Aerial parts are pounded and boiled in water and the decoction administered orally. It is also applied topically e.g. by bathing in it.
<i>Crassocephalum vitellinum</i> (Benth.) S. Moore (MJM 3046) / Compositae	Ekishenda	CLH	Peptic ulcers, prevent miscarriage	AP	The aerial parts are boiled and the decoction is taken regularly as a treatment for peptic ulcers. A decoction made with aerial parts mixed with the roots of <i>Alchornea cordifolia</i> , <i>Sapium ellipticum</i> , <i>Acanthus pubescens</i> and <i>Emilia javanica</i> is used to prevent miscarriage
<i>Gynura scandens</i> O.Hoffm. (MJM 3083) / Compositae	Ekizimya muliro	CLH	Fever, febrile convulsions	L	The leaves are squeezed or pounded and then boiled with water. The decoction is given to children to drink and at the same time the juice extracted from the leaves is applied on the body using a sponge to lower high temperatures
<i>Senecio stuhmannii</i> Klatt (MJM 3043/3134) / Compositae	Eirarire/kikarabwe/kikarabo/Omugango	CL H	Wounds, swellings, coughs, stiff neck, poisoning	L	The leaves are pounded and used as an antiseptic dressing for wounds or rubbed on the neck. For coughs the leaves are baked with salt and chewed. The leaves and charcoal made from the stem are used as an antidote for poisoning
<i>Vernonia amygdalina</i> Del. (MJM 3101) / Compositae	Omubilizi	S	Febrile convulsions, fever, malaria and mastitis in cows	L, R	Leaves are squeezed and the exudate administered. For the treatment of mastitis in cattle, the leaves are pounded and put in drinking water. For the treatment of malaria and febrile convulsions a decoction of the roots is mixed with the stem bark of <i>Sapium ellipticum</i> , and the leaves of <i>Dalbergia nitidula</i> , <i>Desmodium salicifolium</i> and <i>Eriosema psoraleoides</i> and drunk
<i>Vernonia brachycalyx</i> O.Hoffm. (MJM 3047/3161) / Compositae	Mkuraijwa/Omuwa	S	Guinea worm, backache	AP	Aerial parts are burnt and the ash applied to the knee where the worm is haboured. For treatment of backache – the leaves are mixed with those of <i>Pappea capensis</i> , boiled and about 2 tablespoonfuls of the decoction given to the patient three time a day

Table 1 Cont.

<i>Markhamia zanzibarica</i> (DC.) Engl. (MJM 3089)/ Bignoniaceae	Omushambya	T	Yellow fever, dysentery, mucoid diarrhea	SB	The stem bark is mixed with that of <i>Mangifera indica</i> , <i>Maesopsis eminii</i> and <i>Erythrina abyssinica</i> then boiled and a half a glass of the decoction administered daily for the treatment of yellow fever, or mixed with <i>Bidens pilosa</i> , <i>Psidium guajava</i> , <i>Harungana madagascariensis</i> , and the rusty yellow part of banana leaves and then boiled and decoction taken
<i>Canarium schweinfurthii</i> Engl. (MJM 3036)/ Burseraceae	Muubani wa kiume/omubafu	T	Malaria, syphilis	SB	The bark is ground into powder and boiled and decoction drunk
<i>Garcinia buchananii</i> Bak. (3065)/ Clusiaceae	Msharazi	S	Venereal diseases, dysentery, HIV/AIDS, malaria	SB, R	The stem bark or roots are boiled with a small amount of water and concentrated to half volume or mixed with roots of <i>Tragia furialis</i> for the treatment of malaria. The decoction of the roots or stem bark is also used as treatment for venereal diseases
<i>Bryophyllum pinnatum</i> (Lam.) Kurz. . (MJM 3107)/ Crassulaceae	Kikugwa/chikugwa	H	Cold/flu and coughs in both children and adults	L	The succulent leaves are wrapped in banana leaves and baked under fire. The baked leaves are then squeezed and the exuding juice administered to patients orally
<i>Momordica foetida</i> Schumach. (MJM 3090)/ Cucurbitaceae	Orwirwa/orwikura	CL	Skin conditions/ Chicken pox	AP	The aerial parts combined with those of <i>Whitfieldia elongate</i> are crushed together and the juice squeezed out and administered to children with chicken pox. The exudates are also applied topically to treat skin lesions resulting from chicken pox
<i>Zehneria scabra</i> (L.f.) Sond. (MJM 3025/3150) / Cucurbitaceae	Akabindizi	CL.	Skin diseases, gonorrhoea, syphilis, cleansing uterus before a child is delivered, malaria	L	Leaves are boiled and decoction drunk. To treat malaria a decoction is made from boiling the leaves combined with the roots of <i>Trichilia emetica</i> , <i>Alchornea cordifolia</i> and <i>Sapium ellipticum</i> , of which one cup is administered three times a day for up to 7 days
<i>Fimbristylis hispida</i> (Vahl) Kunth. (MJM	Ndeju	H	Fractures	L	The leaves are pounded and soaked in water and as much as possible of the infusion taken

3045)/ Cyperaceae <i>Scleria bulbifera</i> A. Rich. (MJM 3127) / Cyperaceae	Enki	H	Urinary obstruction (prostate?)	RZ	Underground rhizomes pounded, squeezed and the exudate drunk
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<i>Alchornea cordifolia</i> (Schumach.) Müll. Arg. (MJM 3109) / Euphorbiaceae	Mjururuzi/omujuruuzi	T	Gonorrhoea, syphilis, febrile convulsions and malaria	R, L	Leaves are mixed with those of <i>Sapium ellipticum</i> , <i>Kigelia africana</i> , <i>Zehneria scabra</i> , <i>Acanthus pubescens</i> , <i>Emilia javanica</i> and <i>Oxygonum sinuatum</i> , boiled and the decoction taken daily for the treatment of malaria
<i>Euphorbia hirta</i> L. (MJM 3022/3184) / Euphorbiaceae	Omushesha/Kahy aburimbe	H	Galactagogue, hypertension, warts, cataract (local application)	AP	The milky exudates are applied topically to the eyes to remove cataracts. The aerial parts are mixed with those of <i>Solanum nigrum</i> , <i>Bidens pilosa</i> , and <i>Oxygonum sinuatum</i> and boiled. The decoction is then orally administered daily for the treatment of warts. A decoction of aerial parts alone is used by mothers to enhance lactation
<i>Euphorbia tirucali</i> L. (MJM 3029) / Euphorbiaceae	Ikonora	S	Skin disease and galactagogue	AP	The aerial parts are pounded or boiled with water then applied topically (for abscess) or taken orally as a galactagogue.
<i>Macaranga monandra</i> (L.) Muell. (MJM 3082) / Euphorbiaceae	Mshakoenyonyi/Mshakwanyonyi	T	Low haemoglobin level	SB	The stem bark is boiled to make a decoction in combination with the leaves of <i>Bidens pilosa</i> and green coffee beans
<i>Sapium ellipticum</i> (Krauss) Pax (MJM 3130/3105) / Euphorbiaceae	Orushasha	T	Malaria	L, SB, R	A decoction is made by boiling the roots with those of <i>Trichilia emetica</i> and <i>Alchornea cordifolia</i> together with the leaves of <i>Zehneria scabra</i> . The decoction is then administered orally three times a day for up to 7 days
<i>Tragia furialis</i> Bojer (MJM 3014) / Euphorbiaceae	Engenyi (Upupu)	CL	Impotence, boost libido	L	The leaves are mixed with the roots of <i>Elaeodendron buchananii</i> , <i>Vernonia brachycalyx</i> and <i>Desmodium ramosissimum</i> and boiled in water. One glass of the decoction is then administered daily until effect can be observed
<i>Abrus precatorius</i> L. (MJM 3013) / Fabaceae	Kaligaligo	CL	Coughs	L	Leaves are pounded together with ginger to make a thick paste which is squeezed and the exuding liquid given to children for coughs
<i>Cassia mimosoides</i> L. (MJM 3031/3060) / Fabaceae	Bushenganziru/Akanwe akake	H	Fracture/antibacterial, cleaning of the	AP	Aerial parts are pounded and mixed with animal fat and applied topically or can be taken orally. They are

uterus by pregnant women

also pounded with the leaves of *Cassia polytricha* (Fabaceae) and the paste tied around a fracture to promote healing

Table 1 Cont.

<i>Desmodium ramosissimum</i> G. Don. (MJM 3053) / Fabaceae	Kasikasiki	H	Low libido	R, L	Roots and leaves are boiled with those of <i>Tragia furialis</i> and <i>Clerodendrum buchananii</i> in water and one glass of the decoction administered daily to increase libido
<i>Entada abyssinica</i> A. Rich. (MJM 3102) / Fabaceae	Mwiganjula	T	Swollen stomach (Ascites)	SB	Stem bark boiled with water and decoction taken orally
<i>Erythrina abyssinica</i> DC (MJM 3245) / Fabaceae	Omulinzi	T	Alcoholism, malaria	FL, SB	The flowers are mixed with those of <i>Dracaena fragrans</i> dried and then ground into a powder which is then put into the brew or alcoholic drink being taken by the patient without his/her knowledge. The stem bark is boiled with water and the decoction used for malaria
<i>Indigofera drepanocarpa</i> Taubert (MJM 3055) / Fabaceae	Mbabazi	CLH	Chronic malaria, venereal diseases, wounds, tonic	R	The roots are boiled in water and a cup of the decoction taken three times a day
<i>Sesbania macrantha</i> Phil. & Hutch. (MJM 3106) / Fabaceae	Omubimba	S	Syphilis and miscarriages in women		The leaves are boiled and one cup of the decoction taken three times a day. The leaves can also be mixed with those of <i>Zehneria scabra</i> , and the roots of <i>Sapium ellipticum</i> and <i>Alchornea cordifolia</i> , boiled and the decoction taken orally
<i>Dovyalis abyssinica</i> (A. Rich.) Warb. (MJM 3033) / Flacourtiaceae	Omuyebe	T	Cough	SB	The bark is boiled in water together with the leaves of <i>Abrus precatorius</i> and the decoction administered orally
<i>Leonotis nepetifolia</i> (L.) Ait.f. (MJM 3104) / Lamiaceae	Kitaterante	H	Malaria, febrile convulsions	AP	The aerial parts are boiled in water and the decoction taken orally three times daily for up to 5 days
<i>Ocimum gratissimum</i> L. (MJM 3123) / Lamiaceae	Kashwagara	H	Blotting, wounds	L	One teaspoonful of dry leaf powder is taken with tea or food
<i>Tetradenia riparia</i> (Hochst.) Codd (MJM 3112/3125) / Lamiaceae	Mkono wa nkhandu/kiswija/Omushunshu	H	Ulcers, tonsils, wounds, malaria, insect bites	L	A decoction is made from the leaves and drunk or the leaves are pounded and used for dressing wounds. For malaria the leaves are boiled with water and a glass of the decoction taken three times a day

<i>Hugonia castaneifolia</i> Engl. (MJM 3074)/ Linaceae	Kinyamarobo	CLW	Given to pregnant women to improve health of fetus	AP	The aerial parts are cut into small pieces and boiled when fresh with water. The decoction is administered to pregnant women regularly
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Table 1 Cont.

<i>Anthocleista grandiflora</i> Gilg (MJM 3241)/ Loganiaceae	Mgabaigana	T	Malaria	SB	The dried stem bark is boiled and a cup of the decoction taken three times a day for 5-7 days depending on severity
<i>Hibiscus cannabinus</i> L. (MJM 3054)/ Malvaceae	Kakungiri/Lukingiri	H	Wounds, cleansing uterus	AP	The leaves are pounded and used for wound dressing. They are also boiled with water and the decoction is taken orally presumably to treat intra-uterine infections
<i>Hibiscus fuscus</i> Garcke (MJM 3017) / Malvaceae	Omusinga	S	Polio	L	The leaves are pounded then mixed with fat (Ghee) and massaged on the affected area
<i>Dissotis brazzae</i> Congn. (MJM 3098)/ Melastomataceae	Katuntunu	H	Syphilis, malaria	AP	The aerial parts are mixed with those of <i>Solanum nigrum</i> , boiled and the decoction administered orally
<i>Dissotis rotundifolia</i> (Sm.) Triana (MJM 3038/3244) / Melastomataceae	Obweee/Obwehee/Marwa	H	Giddiness, malaria and alcoholism	AP, L	The leaves are boiled with water and the decoction administered orally or the leaves are squeezed and the juice expressed is taken with beer/alcoholic drinks to help control alcohol dependency
<i>Trichilia emetica</i> Vahl. (MJM 3066)/ Meliaceae	Omushunguti/omujunguti	T	Epilepsy, malaria, TB, gonorrhoea, syphilis	SB, L, R	Stem bark/leaves are boiled in water and decoction administered. In the treatment of gonorrhoea and syphilis the roots are boiled together with the roots of <i>Alchonea cordifolia</i> , <i>Sapium ellipticum</i> , <i>Zenheria scabra</i> , <i>Acanthus pubescens</i> , <i>Emilia javanica</i> and <i>Oxygonum sinuatum</i> and the decoction drunk.
<i>Bersama abyssinica</i> var <i>engleriana</i> (Gürke) F. White (MJM 3108)/ Meliantaceae	Muhinguza/Omuhinguza	T	Body spasms, parasitic worm infestation	R, SB	A decoction is made by boiling the roots and stem bark
<i>Xymalos monospora</i> (Harv.) Baill. (MJM 3040)/ Monimiaceae	Kamagaliko	T	Coughs	L	Leaves are pounded together with ginger to make a thick paste or squeezed and the juice produced given to children for coughs
<i>Antiaris toxicaria</i> (Pers.) Lesch. (MJM 3063)/ Moraceae	Omujuju	T	Used for superstitious purposes	WP	The whole plant is used as a charm
<i>Ficus asperifolia</i> Miq. (MJM	Ekijuhuju/Omuku	S	Throat ulcers	L	Leaves are boiled and the decoction drunk

3071) / Moraceae <i>Ficus exasperata</i> Vahl (MJM 3091/3131) / Moraceae	ruguta Msomolo	T	Warts, throat conditions	SP	The stem sap is applied locally to treat warts while the leaves are boiled and decoction taken for throat conditions
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Table 1 Cont.

<i>Ficus thonningii</i> Bl. (MJM 3086) / Moraceae	Mugwa/Mugwi	T	Swollen painful feet (athlete foot rot)	L	The leaves are pounded, soaked in water and the infusion used for washing feet
<i>Maesa lanceolata</i> Forssk. (MJM 3080)/ Myrsinaceae	Mzilanyama/Omuzilanyama	T	Small pox and chicken pox	L	The leaves of the plant are pounded and the extract applied topically as an antiseptic for the treatment of rashes.
<i>Eugenia capensis</i> (Eckl. & Zeyh.) Sond. (MJM 3094/3066)/ Myrtaceae	Omtukuza	S	Removal of excessive water from the uterus of pregnant women (hydrofoetalis)	AP	The leaves are boiled with leaves from plants like <i>Vernonia bradycalyx</i> and <i>Strombosia scheffleri</i> and the decoction is drunk by pregnant women to reduce excessive amniotic fluid
<i>Ochna Schweinfurthiana</i> F.Hoffm (MJM 3076) / Ochnaceae	Mkomanshanje	T	Chest problems and skin rashes	L	Extracts from the leaves are applied topically for skin rashes while for chest problems the leaves are boiled with water and the decoction taken orally
<i>Strombosia scheffleri</i> Engl. (MJM 3032)/ Oleaceae	Mmarara/omumara	T	Treatment of diarrhea	SB	Stem bark is boiled with water and the decoction taken orally
<i>Jasminum dichotomum</i> Vahl (MJM 3084)/ Oleaceae	Kigoyagoye	CLW	Severe malaria	L	The leaves are boiled and the decoction drunk or they are dried and ground into a powder which is then licked
<i>Ludwigia abyssinica</i> A. Rich. (MJM 3024)/ Onagraceae	Runyamiga/Omulalankuba	H	HIV/AIDS, fungal infections	L	The leaves are boiled and the decoction drunk
<i>Plumbago zeylanica</i> L. (MJM 3015)/ Plumbaginaceae	Enkira/Enkila	S	Peptic ulcers	AP	The aerial parts are boiled in water with the stem bark of <i>Pseudonpondias microcarpa</i> and aerial parts of <i>Oxygonum sinuatum</i> and the decoction drunk
<i>Oxygonum sinuatum</i> (Meisn.) Dammer (MJM 3061) / Polygonaceae	Nyawaija/Enyawaija	H	Wounds, warts	L	The leaves are burnt and the ash licked
<i>Portulaca</i> spp. (MJM 3099)/ Portulacaceae	Lumwaga	H	Blotted stomach. Used by pregnant women to reduce	AP	The aerial parts are boiled in water and used as tea. The leaves have an almost sweet or slightly salty taste.

<i>Maesopsis eminii</i> Engl. (MJM 3034)/ Rhamnaceae	Omuumura	T	gas from the stomach Constipation	SB	The bark is soaked in a local brew and the infusion taken orally
<i>Rubus rigidus</i> Sm (MJM 3103) Rosaceae	Mkelele	S	Syphilis	AP	The aerial parts are boiled in water and the decoction drunk

Table 1 Cont.

<i>Chassalia umbraticola</i> Vatke (MJM 3027)/ Rubiaceae	Mwataibale/mwat abazimu/kivumbasi	S	Mental illness	L	The leaves are mixed with the leaves of <i>Euphorbia tirucali</i> and <i>Ocimum suave</i> then boiled and the decoction given to patient in the morning to drink
<i>Hymenodictyon parvifolium</i> Oliv. subsp <i>parvifolium</i> (MJM 3100) / Rubiaceae	Mazi ge nkeremeka (infant stool)	CLW	Malaria, chest problems involving difficulty to breath in young children	AP	The aerial parts are pounded and boiled then given to children to drink
<i>Oxyanthus speciosus</i> DC. (MJM 3070) / Rubiaceae	Mwanikibira	T	Low heamoglobin levels, tonic, dizziness	L	Leaves are boiled and the decoction is drunk
<i>Pavetta refractifolia</i> K.Schum. (MJM 3079) / Rubiaceae	Mwanga	S	Mental confusion	AP	A decoction is made from the roots combined with those of <i>Vernonia brachycalyx</i> and drunk
<i>Rytigynia uhligii</i> (K.Schum. & K.Krause) Verd. (MJM 3044) / Rubiaceae	Rulokola	S	Paralysed limb	L	Leaves are pounded and then applied or massaged on affected area
<i>Tricalysia coriacea</i> (Benth.) Hiern. (MJM 3064/3170) / Rubiaceae	Mshekela kibira/Mwanikibira/Omu mwanikibira	T	Yellow fever (jaundice); Skin diseases, epixstasis, malaria	L, R	Leaves/roots are boiled and decoction drunk
<i>Vangueria apiculata</i> K.Schum. (MJM 3048) / Rubiaceae	Kirongomani/Mtig unda	S	Diabetes	SB, L	A decoction is made using the leaves mixed with those of <i>Dracaena steudneri</i>
<i>Vangueria infausta</i> Burch. (MJM 3139) / Rubiaceae	Amabungo/mabungo/Kirongomani/Mtig unda	T	Malaria, Diabetes	L, SB	The fruits and seeds are burnt and then eaten or the leaves boiled in water together with leaves or stem bark of <i>Dracaena steudneri</i> (Agavaceae) and the decoction drunk
<i>Teclea nobilis</i> Del. (MJM 3049)/ Rutaceae	Omuzo	S	Worms	L	The leaves are pounded and dried into a powder and mixed with the leaf powder of <i>Sapium ellipticum</i> . The resultant powder is then licked

<i>Clausena anisata</i> (Willd.) Benth. (MJM 3046) /Rutaceae	Kata tera munyanya	CLH	Epilepsy, High blood pressure	R	The roots are boiled in water and the decoction administered three times daily
<i>Allophylus chaunostachys</i> Gilg (MJM 3081) /Sapindaceae	Orutete/Akatete	CLW	Colds, swelling of legs and warding off spirits	L	The leaves are boiled and the decoction drunk as a cold remedy and to treat swollen legs. Bathing with an infusion of the leaves is believed to ward off bad spirits
<i>Haplocoelopsis africana</i> F. O.Davis (MJM 3078) /Sapindaceae	Mkuzanyana	T	Malaria and spasms	SB	Dried stem bark is boiled with water and the decoction taken three times a day
Table 1 Cont.					
<i>Synsepalum brevipes</i> (Bak.) Pennington (MJM 3035) Sapotaceae	Omukaraito/mkaraito	T	Malaria	SB	The stem bark is ground and boiled and the decoction administered twice daily for one week
<i>Synsepalum ceresiferum</i> (Welw.) Pennington (MJM 3077/3097) / Sapotaceae	Omumo	T	Malaria, venereal diseases, TB and urinary tract infections	SB	The stem bark is boiled in water and decoction taken orally
<i>Capsicum frutescens</i> L. (MJM 3170) /Solanaceae	Karumali	H	Insomnia, impotence	L, FR	The leaves are boiled and the decoction used to treat insomnia while a decoction of boiled fruits is used as treatment for impotence
<i>Solanum nigrum</i> L. (MJM 3021) / Solanaceae	Shwiga/Eshwiga/Ntura/Butura	H	Worms e.g. hookworms (safura), ring worms; warts, blood pressure, bed wetting in children	L, FR	For ringworm the leaves are pounded and applied topically. The leaves can also be pounded and baked under fire before being used for dressing a wart. To treat wetting of the bed in children, ripe fruits are given to them to eat
<i>Pteryogota mildbraeii</i> Engl. (MJM 3067) /Sterculiaceae	Muzimya/Muzimisa	T	For spiritual functions		The leaves are boiled with water and used for bathing as a way to ward off bad spirits
<i>Trema orientalis</i> (L.) Blume (MJM 3052) /Ulmaceae	Omuwuwe/Omuuwe	S	Yellow fever, low levels of haemoglobin	AP	Leaves are pounded and boiled with the leaves of <i>Combretum collinum</i> (Combretaceae) and <i>Erythrina abyssinica</i> . (Fabaceae), and the decoction used to treat yellow fever. An infusion from the leaf is used as a haematinic
<i>Centella asiatica</i> (L) Urb. (MJM 3059) /Umbelliferae	Mbatama/Kutikwimo	H	Malaria and recurrent fever, headache	AP, L	Aerial parts mixed with a local brew and patient given a bowl or cup to drink to treat malaria and recurrent fever. For headaches, the leaves are rubbed on the forehead

<i>Girardinia diversifolia</i> (Link) Friis (MJM 3019)/ Urticaceae	Akajumbura akaki/Akanyango	S	Breathing problems	L	The leaves are pounded, squeezed and the juice administered orally
<i>Clerodendrum cephalanthus</i> Oliv. Var. cephalanthum/ Verbenaceae	Maiko	S	Eye problems	R	The roots are boiled in water with the roots of <i>Bridelia micrantha</i> and the ensuing steam directed into the eyes through a narrow aperture
<i>Clerodendrum myricoides</i> (Hochst.) Vatke. (MJM 3198) / Verbenaceae	Omurajio	S	Malaria, febrile convulsions, abdominal colics	SB, R	The stem bark or roots are boiled in water and half a teaspoonful of the decoction is administered orally
<i>Lantana trifolia</i> L. (MJM 3042) / Verbenaceae	Kashekelaaku	S	Febrile convulsions	L	The leaves are pounded, boiled with water and the decoction administered to children

CL = Climber, CLW = Climber wood, CLH = Climber herb, H = Herb, S = Shrub, T = Tree, AP Aerial part, FL = Flower, L = Leaves, R = Root, RB = Root bark, RZ = Rhizome, SB = Stem bark, SP = Stem sap, WP = Whole plant, FR = Fruit