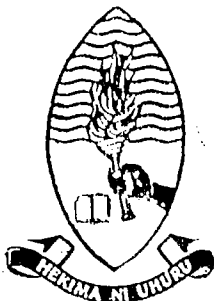


COASTAL FOREST RESEARCH PROGRAMME

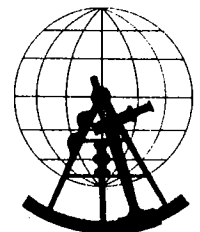
MEDICINAL PLANTS OF THE TANZANIAN COASTAL FOREST : A list of species with local names and applications.

COMPILED BY PAUL MATTHEWS

DECEMBER 1993



THE SOCIETY FOR ENVIRONMENTAL EXPLORATION
AND
THE UNIVERSITY OF DAR ES SALAAM



The Society for Environmental Exploration

The Society is a non-profit making company limited by guarantee and was formed in 1989. The Society's objectives are to advance field research into environmental issues and implement practical projects contributing to the conservation of natural resources. Projects organised by The Society are joint initiatives developed in collaboration with national research agencies in cooperating countries. The Society also promotes cooperation between scientists and technical officers from collaborating institutions and counterparts in the UK and elsewhere.

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The University of Dar es Salaam was established in July 1970 as a centre for learning and research in the arts and the physical, natural, earth, marine, medical and human sciences. The University is surveying and mapping the flora and fauna of Tanzania and is conducting research into the maintenance and improvement of the environment and the sustainable exploitation of Tanzania's natural resources.

The FRONTIER TANZANIA Project and Series of Reports

The Society and the University have been conducting collaborative research into environmental issues since July 1989, under the title of the Frontier Tanzania Project. The Project has to-date involved over 500 people from both Tanzania and overseas. Field research is being undertaken on a variety of habitats in Tanzania's coastal zone, chosen for their high biological interest and conservation value. Habitats under study include mangroves, coral reefs, coastal forests and savanna. The projects have been developed with the assistance and collaboration of Regional and District Authorities, the Ministry of Tourism, Natural Resources and Environment, Tanzania National Parks and Tanzania Fisheries Research Institute. The findings of the Project are summarised in a series of reports published by the University of Dar es Salaam. More formal scientific papers resulting from research are published in appropriate journals thus ensuring wide dissemination of the information.

The Coastal Forests Research Programme

The coastal forests of Tanzania comprise small and geographically isolated forest remnants supporting large numbers of endemic and near-endemic plants and animals. The forests were once extensive but have been largely removed to provide timber and farmland. Their status, distribution and biological character were extremely poorly known. The Frontier-Tanzania Coastal Forest Research Programme was formed in 1989 with the aim of surveying these forests and describing their conservation importance. To date over 70 sites have been identified of which 15 have been studied in depth. For each study site the project produces vegetation maps, species lists of the plants, vertebrates and invertebrates, and studies of the ecology of key species. It is intended this information be used in the production of management plans to secure the sustainable future development of Tanzania's coastal forests.

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Foreword to the Frontier Tanzania series of reports.

Global concern over the conservation of the world's biological diversity reached a new peak in June 1992, when many of the world's Heads of State signed the Biodiversity Convention in Rio de Janeiro at the Earth Summit (UNCED).

However, an accurate knowledge of the earth's biological richness is lacking in many countries. Without detailed information on the flora and fauna of a region its importance for the conservation of biological diversity remain undefined.

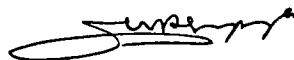
In Africa there are many areas of exceptional biological richness which have scarcely been studied. Even basic data on the status of resources may be lacking or outdated.

The Frontier-Tanzania project, a collaborative venture of the Society for Environmental Exploration and the Faculty of Science of the University of Dar es Salaam is tackling this problem head on.

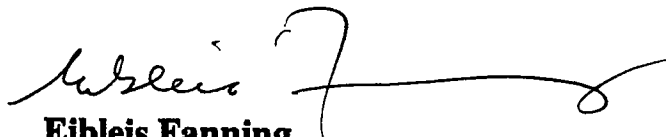
In 1989 Tanzanian scientists identified ecosystems in coastal Tanzania which were in particular need of study because of their biological richness and importance. Since that time, the Frontier-Tanzania project has provided the means and the man-power to investigate these sites, catalogue their importance and suggest management strategies for their conservation. Coastal monsoon forests, the coral reefs of Mafia Island, the mangroves and sediments of the Rufiji Delta, and the vegetation of the Mikumi National Park have been investigated over the past three years.

All of these projects have generated large quantities of new data on the biological importance of the sites and their place alongside similar systems elsewhere in Africa. This research has allowed biological-diversity priorities to be better determined and management actions to be suggested. Many of the recommendations are under consideration by the Tanzanian Government.

This report series forms a contribution to the Frontier-Tanzania project and to the knowledge of the biological diversity of Tanzania. We warmly endorse its publication and hope that many more reports and papers result from this collaborative project, and that they help to assure that the future of the biological heritage of these strategic sites is conserved.



Professor M. L. Luhanga
Vice Chancellor
The University of Dar es Salaam



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Director
The Society for Environmental Exploration

FRONTIER TANZANIA Technical Report No. 10

**MEDICINAL PLANTS OF THE TANZANIAN
COASTAL FOREST :**
a list of species with local names and applications.

COMPILED BY PAUL MATTHEWS

DECEMBER 1993

**Produced with the assistance of the Catchment Forestry Project of the
Ministry of Tourism, Natural Resources and Environment, Tanzania**

**THE SOCIETY FOR ENVIRONMENTAL EXPLORATION
AND
THE UNIVERSITY OF DAR ES SALAAM**

Summary

This report presents a summary of the medicinal uses of 350 of the plants of Tanzania's threatened coastal forests. The medicines are as reported used by four traditional medicine practitioners utilising five areas of coastal forest (Matumbi Hills, Kazimzumbwe, Ruvu South, Kiono/Zarininge and Gendagenda forests). The report represents the first two year's ethnobotanic data of the Frontier-Tanzania Coastal Forest Research Programme, a project of the University of Dar es Salaam and the Society for Environmental Exploration, UK.

The list presents the species, family and local names of each plant, the plant part(s) used and a brief description of the methods of preparation and application. The information is presented as four lists to facilitate referencing for different purposes. Each list thus contains the same information but is indexed by a different criterion: by species name, by plant family, by local name and by ailment to be treated.

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Introduction

In recent years awareness has been growing of the great contribution made by herbal medicines to the health, welfare and local economies of rural communities. In countries such as Tanzania, traditional medicine remains the most trusted, accessible and affordable treatment for minor afflictions and even the smallest villages have a resident traditional healer with knowledge of many different herbal cures.

The coastal forests of East Africa are considered to be the most threatened forest type in Africa (Burgess and Fitzgibbon, 1993) yet are relatively poorly studied. The forests are noted for their high levels of endemism (over 300 species out of a total flora of over 2000 species), small remaining area (under 900 km² in Tanzania, or 0.1 % of Tanzania's land area), and the marked differences in species composition between different forests (Burgess and Muir, 1993). There is therefore a pressing need to document local utilisation of forest medicines and other forest products along with the ecology of the habitat and its constituent species (Matthews, in press).

This list builds on many earlier ethnobotanic surveys of the region by other workers. The collection presented here focuses exclusively on species occurring in the coastal forests but does not exclude those species which also occur elsewhere. Many of the plants found in the coastal forests have wide ranges in other habitat types in the region and are included in regional pharmacopoeias (Kokwaro, 1976; Von Reis and Lipp, 1982; Oliver-Bever, 1986) and lists of useful trees (ICRAF, 1992). Other species occur in other forest types in East Africa and are included in works on these forests (Fleuret, 1980; Ruffo, Mwasha and Mmari, 1990).

Methods

Botanical collections were undertaken in five areas of evergreen coastal forest (Zanzibar–Inhambane Undifferentiated Forest [White, 1983]) between October 1989 and September 1991. The forests surveyed are presented in Table 1 below. Collections were conducted with the assistance of locally recruited traditional medicine practitioners. An attempt was made to make as complete a sample as possible of the flora of each forest given that fertile material had to be available for each species to enable herbarium identification. For each specimen information on local names and uses of the plant was recorded in the field as the specimen was collected. Since the survey was primarily botanical, only brief ethnobotanic notes were taken.

The herbalists employed had learned their remedies from their fathers and (with the exception of Zaraninge) were members of tribal groups with a long history of habitation in the area. Despite this, a fair degree of discrepancy was observed between subsequent collections of the same plant, with different names and uses being described for the same species. This may indicate in some cases a misidentification of the plant or a degree of invention by herbalist(s). Such discrepancies are included in the list and the user is thus advised to interpret the data with caution.

The data presented herein was obtained by extracting information on medicinal uses from the plant collection field notes and entering these into a database (Microsoft Works) with fields for collection number, species and family, local name and language, affliction or illness treated and method of preparation.

Table 1: Summary of collection locations, collection numbers and local herbalist advisors.

FOREST LOCALITY (F.R. = Forest Reserve)	MAP REFS.	COLLECTION NUMBERS	HERBALIST (and village)
Kiwengoma (Rufiji District)	8°22'S,38°56'E	1 - 401 623 - 895	Abdullah Abdul Mbonde (Kiwengoma village)
Zaraninge/Kiono (Bagamoyo District)	6°9'S,38°36'E	402 - 622 896 - 1124	Hamisi Matullo (Mbwewe village)
Kazimzumbwi F.R. (Kisarawe District)	6°58'S,39°03'E	1593 - 2001	Mohammed Jinga (Chanike village)
Ruvu South F.R. (Kisarawe District)	6°58'S,38°54'E	2050 - 2230	Mohammed Jinga (Chanike village)
Gendagenda South F.R. Gendagenda North F.R. (Handeni District)	5°34'S,38°38'E 5°32'S,38°39'E	2375 - 2513 2375 - 2513	Asha Salim Asha Salim (Gendagenda village)

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The interested reader is referred to the following texts for further details of African herbal remedies:

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The following texts provide background information on the coastal forests:

- Burgess, N.D. and Muir, C. (eds.) (in press). *Coastal forests of Eastern Africa: biology and conservation needs*. The Society for Environmental Exploration / Royal Society for the Protection of Birds; UK.
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NOTES

- 1) "No." refers to the unique Frontier collection number. Specimens of each species listed are deposited at Kew Gardens (London) and at the Herbarium of the University of Dar es Salaam Department of Botany.
- 2) Local names are given in the local tongue, indicated as follows:
 - m - Matumbi
 - z - Zigua
 - r - Zaramo
 - s - Swahili
 - sh - Shambaa
- 3) Species often occur several times in succession in each list. Multiple entries under the same collection number indicates the species was attributed several uses at a single locality. Multiple entries under different collection numbers indicates the species was collected at several localities.

TABLE 1 :
List of Plant Medicines by SPECIES

SPECIES	NO	FAMILY	LOCAL NAME	AFFLICTION	PART	PREPARATION
<i>Abrus pulchellus</i>	730	FABACEAE	nkandanga	m measles	root	root boiled and water drunk
<i>Acacia adenocalyx</i>	423	FABACEAE	lusewa mbwegoz	epilepsy	root	peel root, mix with cold water and drink
<i>Acacia adenocalyx</i>	2105	FABACEAE	seowa	r cough		
<i>Acacia pentagona</i>	679	FABACEAE	uparangawe	m scabies		
<i>Acacia sieberiana</i>	326	FABACEAE	nchonda	m malaria in children	bark	bark boiled and tea drunk
<i>Acacia sp.</i>	219	FABACEAE	lipalangawe kids	malaria	leaf	leaf and leaf put in cold water and drunk
<i>Acalypha engleri</i>	292	EUPHORBIACEAE	kitwatwa	m stomach, bloated	leaf	tea made with leaves and drunk
<i>Acalypha neptunica</i>	240	EUPHORBIACEAE	ndandi	s elbow, sprained	leaf	leaves boiled and bandaged on
<i>Acalypha ornata</i>	645	EUPHORBIACEAE	kitwatwa kipiili	m fever	leaf	
<i>Achyranthes aspera</i>	2377	AMARANTHACEAE	lutata	z cough (kimeo -s)	flower	flowers roasted and powder mixed with lemon juice
<i>Acridocarpus alpecurus</i>	678	MALPHIGIACEAE	nyongeyaliwe	m energy, lack of	root	
<i>Acridocarpus alpecurus</i>	678	MALPHIGIACEAE	nyongeyaliwe	m senility	root	
<i>Acrosichum aureum</i>	253	FERN	nkamaeki	m epilepsy	leaf	tea made with dry leaves and drunk
<i>Adenia gummifera</i>	680	PASSIFLORACEAE	ungumbu	m snakebite, antidote for		
<i>Adenia rumicifolia</i>	148	PASSIFLORACEAE	mkundi mgongo m	back ache	bark	tea made with bark and drunk
<i>Adenia schilebenii</i>	674	PASSIFLORACEAE	upoto	m nasal sores		
<i>Adenia sp.</i>	293	PASSIFLORACEAE	mngumba nchem	fever	leaf	bathe skin in leaf tea and inhale vapour
<i>Aframomum sp.</i>	65	ZINGIBERACEAE	kitunguru urimber	m swelling	flower	crushed and rubbed in
<i>Agathisanthemum bojeri</i>	2080	RUBIACEAE	chungobolele	r hernia	roots	roots ground and boiled, water drunk
<i>Agathisanthemum bojeri</i>	2227	RUBIACEAE	mshada poli	r impotence	root	ingest
<i>Ageratum conyzoides</i>	2430	ASTERACEAE	kodonge	z bleeding		
<i>Ageratum conyzoides</i>	2491	ASTERACEAE	kodongo	z wound		
<i>Alberfisia undulata</i>	193	MENISPERMACEAE	kinubuza	s malaria	leaf	leaves dried then crushed, powder placed in wound
<i>Albizia petersiana</i>	199	FABACEAE	nandi mtanga	s strength in men	leaf and root	
<i>Alchornea laxiflora</i>	9	EUPHORBIACEAE	kitwatwa	m hernia	leaf	drink leaf juice in water
<i>Alchornea laxiflora</i>	1614	EUPHORBIACEAE	kozelambewa	r period pain	leaf	chew leaves to stop pain
<i>Alectra sp.</i>	765	SCROPHULARIACEAE	naligongo	m ankle, swollen		
<i>Allophylus africanus</i>	746	SAPINDACEAE	mwebalea	m boils	leaf	grind leaves and rub in to small nicks made in skin of ankle
<i>Allophylus pervillei</i>	510	SAPINDACEAE	mdeda	z vomiting, inducing	leaf	
<i>Allophylus stachyanthus</i>	2497	SAPINDACEAE	bangwe	z boils	leaf	leaves crushed with water to make a paste, applied to boil
<i>Aloe sp.</i>	1933	LILIACEAE	kunzavili	r skin rashes (scabies)	sap	rub sap on affected areas
<i>Amaranthus dubius</i>	152	AMARANTHACEAE	ndebele	m appendicitis	leaf	leaves ground, mixed with cold water and drunk
<i>Anchomanes abbreviatus</i>	107	ARACEAE	likupu sikio	m earache	stem	juice of stem squeezed through cloth into ear
<i>Anchomanes abbreviatus</i>	673	ARACEAE	lienegunda	m boils		
<i>Anchomanes abbreviatus</i>	773	ARACEAE	ekupu	m boils		

<i>Anchomanes abbreviatus</i>	1024	ARACEAE	lavalava	z	abortion, induces	stamen	stamen crushed before bud has opened, juice mixed with water and
<i>Ancylolobrys modestus</i>	2220	APOCYNACEAE	mkula	r	gonorrhoea	root	root soaked in water, water drunk
<i>Anellema aequinoctiale</i>	582	COMMELINACEAE	kongwa	z	eyes	fruit	fruit squeezed to produce eye drops
<i>Anellema aequinoctiale</i>	658	COMMELINACEAE			eye	flowers	flower juice used as eye drops
<i>Anellema aequinoctiale</i>	2395	COMMELINACEAE	lumaka	z	pain relief, general	leaf	leaves crushed and boiled in water, patient bathes in water
<i>Anellema aequinoctiale</i>	2484	COMMELINACEAE	kongomtommo	z	fontanelle, depressed	leaf	leaves ground and applied to fontanelle
<i>Annona senegalensis</i>	385	ANNONACEAE	mtopetope	m	cough	leaf	leaf boiled and water drunk
<i>Anthericum sp.</i>	295	LILIACEAE	nangind nambarm	m	burns	leaf	leaf ground and put over burn
<i>Anthericum subpefoliatum</i>	985	LILIACEAE	mvuadondo	z	diarrhoea		
<i>Aporrhiza paniculata</i>	128	SAPINDACEAE	mmabu	m	earache	bark	grind bark, wrap in cloth. Cloth dipped in water and placed in ear
<i>Aporrhiza paniculata</i>	128	SAPINDACEAE	mmabu	m	malaria or nausea	bark	bark heated in water and water drunk
<i>Aristogeitonla monophylla</i>	775	EUPHORBIACEAE	namwembe	mcm	stomach ache	leaf	leaf ground in cold water and drunk
<i>Artaboitys modestus</i>	869	ANNONACEAE	hamalunga	m	stomach	root	roots mixed with hot water and drunk
<i>Artaboitys modestus</i>	2221	ANNONACEAE	mkiika	r	cuts	leaf	leaf directly rubbed on
<i>Asplenium blastophorum</i>	161	FERN	nikunguluki	m	neck, stiff	leaf	leaves pounded, mixed in cold water and applied to neck
<i>Asteranthe asterias</i>	1640	ANNONACEAE	mkanga	r	swelling	leaf	rub leaves mix with soap and apply
<i>Asteranthe lutea</i>	857	ANNONACEAE	nakanjende	juwim	ear	root	juice of root squeezed through a cloth into the ear
<i>Asystasia gangetica</i>	1893	ACANTHACEAE	mzinda	r	ear infection	leaf	grind leaves with water and apply to ear
<i>Asystasia gangetica</i>	2420	ACANTHACEAE	pulule	z	colds and flu		
<i>Baphia kirkii</i>	217	FABACEAE	mtasi	s	muscle, ache?	root	root ground, powder applied to muscle and bandaged around
<i>Barleria prionitis</i>	2399	ACANTHACEAE	lusungulo	z	cataracts	leaf	leaf juice dripped into eye
<i>Barleria prionitis</i>	2399	ACANTHACEAE	lusungulo	z	recatal prolapse	leaf	leaves crushed and water added, mixture dripped onto anus
<i>Bauhinia tomentosa</i>	226	FABACEAE	mseges	s	gums	root	root ground and put on gums
<i>Bauhinia tomentosa</i>	640	FABACEAE	nsegesi	m	boils	root	root grated and applied as poultice
<i>Bequaeriodendron magalism</i>	103	SAPOTACEAE	raugimbili	m	childbirth, pain during	leaf	leaves ground, mixed with water and drunk
<i>Bequaeriodendron magalism</i>	1662	SAPOTACEAE	mnoge	r	stomach pain	root	
<i>Bersama abyssinica</i>	322	MELIANTHACEAE	nnakasoga	m	snakebite	root	root ground into a hot drink (not boiled) and drunk
<i>Biophytum umbraculum</i>	930	OXALIDACEAE	kisukamka	z	infidelity in women	plant	plant put into cut made in woman's body to prevent other men cou
<i>Bivinia jalbertii</i>	884	FLACOURTIACEAE	mwongabembe	m	headache	root	root rubbed into forehead
<i>Blepharispermium zanguebari</i>	2380	ASTERACEAE	mulenga	z	epilepsy in children	root	roots cooked with chicken to make a soup
<i>Bombax rhodognaphalon</i>	345	BOMBACACEAE	msufi mwitu	k	stomach, bloated	bark	boil bark and drink water
<i>Bonamia mossambicense</i>	1878	CONVOLVULACEAE	mkala nzulu	r	stomach ache	root	roots boiled and water drunk
<i>Bonamia mossambicensis</i>	2065	CONVOLVULACEAE	mkalanzulu	r	sores	leaf	leaves crushed and applied as poultice
<i>Brachystegia microphylla</i>	749	FABACEAE	miombo	s	ribs, broken	leaf	leaves crushed and applied as poultice
<i>Bridella afroviridis</i>	633	EUPHORBIACEAE	mwilenumbe	m	tooth problems	leaf	leaf and root of bark boiled and water drunk
<i>Bridella cathartica</i>	2508	EUPHORBIACEAE	mbruzigi	z	menstruation, induces	root	roots boiled and water used as mouthwash
<i>Buxus obtusifolia</i>	897	BUXACEAE	mkangala	z	hernia	root	

<i>Caloncoba welwitschii</i>	29	FLACOURTIACEAE	mwabu	m	stomach ache	leaf	leaves crushed and eaten
<i>Capparis erythrocarpos</i>	734	CAPPARIDACEAE	kibambauubi	m	boils	leaf	leaves ground and applied
<i>Capparis viminea</i>	67	CAPPARIDACEAE	kibambata	m	swelling	seed	oil derived from seed applied on poultice to lanced boils
<i>Cardiodpermum hallicacabur.</i>	2511	SAPINDACEAE	mbono	z	boils	root	root boiled and water drunk
<i>Carlisa tetramera</i>	993	APOCYNACEAE	muhumba	z	hernia	root	root pounded to flour applied inside ear on cloth
<i>Carpolobia goetzel</i>	23	POLYGALACEAE	mlwa	m	earache	root	
<i>Cassia abbreviata</i>	807	FABACEAE	nkandekande	ngm	cough, whooping	roots	roots put in hot water and drunk
<i>Cassia abbreviata</i>	807	FABACEAE	nkandekande	ngm	fever	root	
<i>Cassia petersiana</i>	875	FABACEAE	nkundekunde	m	appendicitis	root	
<i>Cassia petersiana</i>	1678	FABACEAE	nkundekunde	r	hernia	root	
<i>Cassia singueana</i>	1947	FABACEAE	mkenge	r	stomach infection	root	
<i>Cassia sp.</i>	100	FABACEAE	nakakunde	mwitum	cold	leaf	roots boiled and water drunk
<i>Cassytha filiformis</i>	1872	LAURACEAE	tutukanga	r	insect bites	stalks	rub leaves and inhale
<i>Celosia hastata</i>	335	AMARANTHACEAE	wakakoru	mwitu	m	hiccoughs	stalks pounded to make a drink
<i>Celosia schweinfurthiana</i>	106	AMARANTHACEAE	liungu	m	nausea	leaf	leaves made into tea
<i>Celosia schweinfurthiana</i>	2474	AMARANTHACEAE	fungu	z	labour and period	pairroot	leaves ground and taken
<i>Celosia trigyna</i>	143	AMARANTHACEAE	ndebele	mwitu	m	hiccough	root boiled and water drunk
<i>Ceropegia brevisstris</i>	1076	ASCLEPIADACEAE	genda	z	diarrhoea	leaf	leaf boiled and water drunk
<i>Chassalia umbraticola</i>	379	RUBIACEAE	lupembesi	lwakam	fever	leaf	leaves crushed and eaten
<i>Chassalia umbraticola</i>	808	RUBIACEAE	npembesi	nchenm	fever	leaf	leaves ground and drunk in hot water
<i>Chassalia umbraticola</i>	2095	RUBIACEAE	msekwa	r	headache	root	boil root and drink water
<i>Chazaliella abrupta</i>	1906	RUBIACEAE	mzizima	r	stomach ache	leaf	leaves crushed and put in water in which child is bathed
<i>Chazaliella abrupta</i>	2392	RUBIACEAE	hachimwa	z	fever in children	roots	roots grated and rubbed on affected area
<i>Chionanthus mildbraedii</i>	267	OLEACEAE	mkavu	s	shoulder, sore	leaf	leaves ground and applied to spine
<i>Chlorophytum heynei</i>	138	LILIACEAE	nakainja	maliwe	m	backache	leaves crushed and boiled to make ointment, which is applied to he
<i>Chlorophytum heynei</i>	288	LILIACEAE	nakainja	m	ringworm	leaf	
<i>Chlorophytum heynei</i>	420	LILIACEAE	njano	z	stomach	root	boil in water and drink
<i>Chlorophytum heynei</i>	703	LILIACEAE	naliwe	m	womb, postnatal pain	leaf	crush leaves in water and drink
<i>Chlorophytum sparsiflorum</i>	750	LILIACEAE	katonyiani	m	waist, makes suppl	stem	safrroots drunk in hot water
<i>Cissus populnea</i>	888	VITACEAE	mpombo	m	stomach	stalk	grind stalk and apply as linament to leg
<i>Cissus quadrangularis</i>	1895	VITACEAE	channinga	r	muscle pain in legs	leaf	
<i>Clausena anisata</i>	519	RUTACEAE	mjavilali	z	blisters, body	leaf	leaves ground, mixed with water and rubbed on face
<i>Clausena anisata</i>	78	RUTACEAE	mingaoka	m	lethargy	leaf	juice of leaves rubbed on face
<i>Clausena anisata</i>	263	RUTACEAE	minga shetani	s	lethargy	root	root used to make tea
<i>Clausena anisata</i>	1112	RUTACEAE	mjavikali	z	rashes	leaf	leaves crushed and used as poultice - poison if eaten
<i>Clerodendrum incisum</i>	729	VERBENACEAE	nchachmein	m	fever	leaf	leaves ground and bandaged onto ulcer
<i>Clerodendrum incisum</i>	894	VERBENACEAE	mkwazu	m	ulcers	leaf	

<i>Cola discoglypsemnophylla</i>	687	STERCULIACEAE	nakatniku	m feet, rough skin on			
<i>Cola microcarpa</i>	51	STERCULIACEAE	mpelete	m swelling	?	apply externally to knees and ankles	
<i>Cola microcarpa</i>	198	STERCULIACEAE	nakaurungwa	s vomiting, induce	leaf	crush leaves into cold water and drink	
<i>Combretum apiculatum</i>	2108	COMBRETACEAE	mkungalungo	r chest complaints	leaf	leaves ground and boiled, water drunk	
<i>Combretum illaizi</i>	2090	COMBRETACEAE	mgo	r tiredness	roots	roots eaten	
<i>Combretum pentagonum</i>	47	COMBRETACEAE	mpurupuru mdogm	toothache	root	root ground and applied	
<i>Combretum pentagonum</i>	81	COMBRETACEAE	mpululu jike	m toothache	root	root boiled and then applied to teeth	
<i>Combretum pentagonum</i>	249	COMBRETACEAE	mpupuru	s toothache	root	root boiled in water. Swill water around mouth and spit out.	
<i>Combretum pentagonum</i>	688	COMBRETACEAE	mpulu	m toothache			
<i>Combretum sp.</i>	244	COMBRETACEAE	mwangu	s stomach	sap	sap drunk	
<i>Combretum sp.</i>	2164	COMBRETACEAE	mmoyomoyo	r insect bites, swollen	root	root shavings applied externally	
<i>Commelina bracteosa</i>	660	COMMELINACEAE	neiyenchane	m eyes	flower	flower squeezed to produce eyedrops	
<i>Commelina lagosensis</i>	402	COMMELINACEAE	kongwa	z eyeache	sepal	sepal juice applied	
<i>Commelina lagosensis</i>	846	COMMELINACEAE	kongwa jike	z eyes, sore	flower	flower squeezed to produce eyedrops	
<i>Commelina sp.</i>	311	COMMELINACEAE	nakalututu	m cuts	leaf	grind leaves and bandage over cut	
<i>Commelina sp.</i>	654	COMMELINACEAE	nelia kabele	m eye ailments	flower	flower nectar applied	
<i>Commiphora africana</i>	838	BURSERACEAE	nchangalua	m malaria	root	root boiled and drunk	
<i>Crabia zimmermannii</i>	168	FABACEAE	munyenji	m knee, sore	leaf	leaf crushed and applied as dressing	
<i>Craibia zimmermannii</i>	768	FABACEAE	nanyengi liwe	m glands, swollen	leaf and root		
<i>Crassocephalum crepidioides</i>	173	ASTERACEAE	linyuy nywa illumem	eyes,sore	leaf	leaf crushed	
<i>Cremaspora triflora</i>	1598	RUBIACEAE	msenzele	r stomach problems	roots	boil roots and drink water	
<i>Crotalaria goodiiiformis</i>	122	FABACEAE	nakandauga nclm	hiccougths	leaf	tea made from leaves	
<i>Crotalaria goodiiiformis</i>	341	FABACEAE	kihambaamba kim	cuts	leaf	leaves burned, powdered ash used as dressing	
<i>Crotalaria goodiiiformis</i>	715	FABACEAE	kanganje	m earache	leaf	juice of leaf squeezed through a cloth into ear	
<i>Croton sylvaticus</i>	772	EUPHORBIACEAE	mbindia	m knee joint			
<i>Cryptolepis apiculata</i>	889a	APOCYNACEAE	nakale	m boils			
<i>Cussonia zimmermannii</i>	313	ARALIACEAE	mchongaubo	s thorns in feet	leaf	andeaves and roots burned and foot held in smoke	
<i>Cyanofis foecunda</i>	162	COMMELINACEAE	nankima	m ankle, sprained	leaf	leaves pounded, added to cold water applied to ankle under banc	
<i>Cyanofis foecunda</i>	1091	COMMELINACEAE	npozeo	z mental illness	root		
<i>Cyanofis lanata</i>	2431	COMMELINACEAE	kongo	z fever in children	leaf	andeaves and roots boiled and water drunk	
<i>Cyclantheropsis parviflora</i>	170	CUCURBITACEAE	ukalima	m earache			
<i>Cynanasirum hosifolium</i>	69	TECOPHILEACEAE	ngweu	m earache	leaf	leaf crushed and squeezed through cloth into ears	
<i>Cynanchum tetrapterum</i>	1003	ASCLEPIADACEAE	utumbowangukuz	lactation, induces			
<i>Cyperus compressus</i>	119	CYPERACEAE	kileu	m indigestion	root	boil in water and apply to breast	
<i>Cyperus involucreatus</i>	117	CYPERACEAE	ndulu	m stomach ache	root	root boiled and water drunk	
<i>Cyperus involucreatus</i>	2427	CYPERACEAE	zira	z fever	stolon	stolon boiled and water drunk	
<i>Cyperus renschii</i>	693	CYPERACEAE	ndagomwitu	m fever			

<i>Cyperus tenax</i>	456	CYPERACEAE	kangaga	z	stomach upsets	root	root pounded, boiled in water and water drunk
<i>Cyphostemma buchamanii</i>	2480	VITACEAE	konoliyatembo	z	boils and ulcers	leaf	hot tea made with leaves
<i>Cyphostemma sp.</i>	299	VITACEAE	munjoka ngyumam	m	depression	root	
<i>Dalbergia obovata</i>	885	FABACEAE	cocumba	m	swelling	leaf	leaf crushed, mixed with cold water and drunk
<i>Dalbergia obovata</i>	927	FABACEAE	mgoweko	z	diarrhoea	leaf	leaf ground and applied
<i>Dalechampia scandens</i>	1983	EUPHORBIACEAE	kibufiabuga	r	ear infection	leaf	leaf ground with water and applied to head as shampoo
<i>Dalechampia scandens</i>	2083	EUPHORBIACEAE	msipo	r	headache	leaf	leaf boiled in water and water drunk
<i>Deinbolia barbonica</i>	221	SAPINDACEAE	mpakacha	s	dizziness	leaf	root boiled and water drunk
<i>Deinbolia barbonica</i>	2479	SAPINDACEAE	mbwakabwaka	z	heart palpitations	root	root boiled and put on tongue
<i>Desmodium salicifolium</i>	319	FABACEAE	kilima mpunga	m	heart	root	root grated and rubbed on
<i>Dialium holtzii</i>	187	FABACEAE	nakanonopa	m	backache	root	root ground and powder applied
<i>Dialium holtzii</i>	232	FABACEAE	mbepeti	s	eyebrows, swollen	root	ryb crushed leaves onto skin
<i>Dichapetalum mossambicens</i>	141	DICHAPETALACEAE	naiyala	m	toothache	root	pound leaf in cold water and drink
<i>Dichapetalum mossambicens</i>	721	DICHAPETALACEAE	nauyaloa	m	ribs, sore	leaf	burn leaf, apply externally to spine
<i>Dichapetalum mossambicens</i>	1918	DICHAPETALACEAE	muwawa	r	stomach, gassy	leaf	roots ground, added to hot water and used to wash in
<i>Dichapetalum mossambicens</i>	2104	DICHAPETALACEAE	muagi	r	backache	leaf	leaf made into tea
<i>Dichapetalum stuhlmannii</i>	2171	DICHAPETALACEAE	msakalasengo	r	chest pains	root	leaf mixed with water and drunk
<i>Dichrostachys cinerea</i>	339	FABACEAE	mkunguti	m	fever	leaf	burn twigs and inhale smoke
<i>Dichrostachys cinerea</i>	760	FABACEAE	mkungute	m	fever	leaf	leaves ground, added to cold water and drunk
<i>Dichrostachys cinerea</i>	1701	FABACEAE	kikulagembe	r	malaria	twigs	leaves pounded, mixed with water and drunk
<i>Dicyophleba lucida</i>	114	ACANTHACEAE	lubilio nchene	m	appendicitis	leaf	
<i>Dicyophleba lucida</i>	115	APOCYNACEAE	kikikifi	m	stomach ache	leaf	
<i>Dioscorea dumetorum</i>	803	DIOSCOREACEAE	angai	m	earache	leaf	
<i>Dioscorea sansibarensis</i>	891a	DIOSCOREACEAE	msegeo	m	boils	leaf	
<i>Dioscorea sansibarensis</i>	172	DIOSCOREACEAE	linyogalo ndawm	m	lymph glands, swollen	root	
<i>Diospyros brucei</i>	54	EBENACEAE	mpujwa	m	bloating/wind	bark	
<i>Diospyros brucei</i>	686	EBENACEAE	mpuyima nakatiti	m	ringworm	leaf	
<i>Diospyros natalensis</i>	1004	EBENACEAE	kibombo	z	menstruation, prolonged	root	
<i>Diospyros squarrosa</i>	216	EBENACEAE	nyonga	m	dizziness	leaf	
<i>Diospyros verrucosa</i>	36	EBENACEAE	mpylua nakatiti	m	nausea	root	
<i>Diospyros verrucosa</i>	689	EBENACEAE	mpujwa wenelin	m	earache	root	
<i>Diospyros verrucosa</i>	876	EBENACEAE	mtonga poli	r	toothache	root	
<i>Diospyros verrucosa</i>	2234	EBENACEAE	ndaa	r	hernia	root	
<i>Diospyros zombensis</i>	727	EBENACEAE	nachumbi mkiwiti	m	insect bites under nails	leaf	
<i>Dissofotis rotundifolia</i>	314	MELASTOMACEAE	nakinyo	m	bladder problems	leaf	
<i>Dissofotis rotundifolia</i>	661	MELASTOMACEAE	kigulu cha ningar	m	bilharzia	leaf	
<i>Dissofotis rotundifolia</i>	1700	MELASTOMACEAE			urine, blood in	leaf	rub leaf and squeeze juice into pot. Take 3 times a day

<i>Dorstenia hildebrandtii</i>	646	MORACEAE	namache	m	infertility	flower	leaves squeezed and juice collected
<i>Dorstenia tayloriana</i>	880	MORACEAE	naribinde	m	congestion	leaf	leaf crushed and rubbed on nose
<i>Dracaena deremensis</i>	201	LILIACEAE	nakainja nkura	m	grazing, knees and	leaf	leaves boiled in water then used as a poultice
<i>Dracaena deremensis</i>	782	LILIACEAE	ukonge mwitu	m	wrinkles	leaf	
<i>Dracaena usambarensis</i>	62	LILIACEAE	mitetema	m	shivers/tremors	?	
<i>Drimiopsis botryoides</i>	70	LILIACEAE	nakatumba	m	headache	leaf	leaf rubbed over head
<i>Drypetes arguta</i>	10	EUPHORBIACEAE	nakanonopa	m	stomach, churning	root	root boiled in water, water drunk
<i>Drypetes arguta</i>	2085	EUPHORBIACEAE	mkonga	r	swelling (feet)	root	roots ground, boiled and water drunk
<i>Drypetes arguta</i>	2186	EUPHORBIACEAE	mnyalanyara	r	cuts	leaf	leaf applied directly to cut
<i>Emilia coccinea</i>	432	ASTERACEAE	sunga pwapwa	z	stomach ache	root	
<i>Emilia coccinea</i>	1717	ASTERACEAE	lawageni	r	eye infections	leaf&flogrind	leaves and flowers and apply
<i>Ensefe edule</i>	855	MUSACEAE	licunda	s	swelling	roots	root pounded, boiled and bandaged onto affected area
<i>Entada pursaetha</i>	748	FABACEAE	mkuluma	m	earache	fruit	juice from fruit applied
<i>Eriosema nutans</i>	949	FABACEAE	mwiru	z	ulcers	roots	tea made with roots and drunk
<i>Erythrococca bongensis</i>	892	EUPHORBIACEAE	tongwa	m	fever		
<i>Erythrococca bongensis</i>	892	EUPHORBIACEAE	tongwa	m	throat, sore		
<i>Erythrococca trichogyne</i>	41	EUPHORBIACEAE	nakayamba bonm	m	earache	root	root ground to powder and applied
<i>Erythrococca trichogyne</i>	635	EUPHORBIACEAE	nkatumfi	m	earache	leaf	leaf rolled into ball. Juice squeezed through a cloth into ear
<i>Erythrococca trichogyne</i>	720	EUPHORBIACEAE	nampya	m	boils		
<i>Erythrococca trichogyne</i>	2434	EUPHORBIACEAE	musempeke	z	wind and stomach pain		
<i>Erythroxylum emarginatum</i>	2101	ERYTHROXYLACEAE	mkanga	r	impotence	root	roots boiled and water drunk
<i>Erythroxylum emarginatum</i>	2121	ERYTHROXYLACEAE	msizi wake	r	hernia	root	root boiled whole and water drunk
<i>Erythroxylum emarginatum</i>	2163	ERYTHROXYLACEAE	msakazi	r	muscles, pulled	leaf	leaves crushed, boiled in water and this rubbed on
<i>Eulophia fredericii</i>	116	ORCHIDACEAE	nakatunguru	m	navel, wounded	bulb	bulb ground between stones and applied
<i>Ficus sp.</i>	712	MORACEAE	mladege	s	internal organs	root	
<i>Flagellaria guineensis</i>	298	FLAGELLARIAACEAE	mwila	m	headache	leaf	young leaves burned, ash rubbed into fine cuts made in forehead
<i>Flueggea virosa</i>	318	EUPHORBIACEAE	nitesa mwitu	m	eyes	leaf	leaves boiled and eyes exposed to vapour
<i>Flueggea virosa</i>	638	EUPHORBIACEAE	ipyeyev	m	congestion, nasal		
<i>Garcinia buchanii</i>	343	CLUSIACEAE	nakatindasi	m	backache	roots	roots ground and rubbed in to small cuts made in back
<i>Gardenia transvenulosa</i>	2119	RUBIACEAE	ntangonbe	r	abscesses	root	root shavings applied as poultice
<i>Geophila obvallata</i>	171	RUBIACEAE	lukiga mmindi	m	shoulders, pain in	leaf	leaves pulped with water and applied
<i>Geophila obvallata</i>	478	RUBIACEAE	mtambaa hashi	z	snakebite		
<i>Geophila obvallata</i>	704	RUBIACEAE	kawbakawu	m	spleen		
<i>Gloriosa superba</i>	762	LILIACEAE	nchekecha	m	swelling	leaf	leaf crushed, mixed with hot water and applied externally
<i>Gloriosa superba</i>	989	LILIACEAE	gombo gombo	z	insect bites	plant	whole plant crushed and applied to affected area
<i>Gonatopus boivinii</i>	324	ARACEAE	lienegumda	m	earache	sap	stem heated and exudate put into ear
<i>Gonatopus boivinii</i>	664	ARACEAE	lyengunda	m	boils		

<i>Gonatopus boivinii</i>	ARACEAE	iyungunda	m	earache	leaf	leaves pounded and juice drunk
<i>Gossypoides kirikii</i>	MALVACEAE	kuhara	m	indigestion?	leaf	leaves crushed and taken
<i>Grandialiera boivinii</i>	FLACOURTIACEAE	iwengoma durum	m	vomiting	leaf	
<i>Grandialiera boivinii</i>	FLACOURTIACEAE	iwengoma	m	fever	leaf	
<i>Grevea eggelingii</i>	MONTINIAACEAE	mkaukau	m	colds		
<i>Grewia conocarpa</i>	TILIACEAE	mkole	z	diarrhoea	root	root boiled in water and drunk
<i>Grewia conocarpa</i>	TILIACEAE	ntabwe	m	headache		
<i>Grewia conocarpa</i>	TILIACEAE	ntabwe	m	stomach ache		
<i>Grewia conocarpa</i>	TILIACEAE	mkole	r	stomach problems	sap	
<i>Grewia conocarpa</i>	TILIACEAE	mkole	r	earache	leaf	leaf ground, mixed with water and water placed in ear
<i>Grewia ectasicarpa</i>	TILIACEAE	mlongahamwe	r	stomach pain	root	boil root and drink water
<i>Grewia forbesii</i>	TILIACEAE	mkongodeka	z	epilepsy	roots	root boiled and water drunk
<i>Grewia goetzeana</i>	TILIACEAE	kiswili	s	stomach ache	leaf	leaf mixed with cold water and drunk
<i>Grewia goetzeana</i>	TILIACEAE	nchwili	m	virility, increasing		
<i>Grewia holstii</i>	TILIACEAE	mkule	z	breathlessness		
<i>Grewia holstii</i>	TILIACEAE	bavu	r	hernia	root	root
<i>Grewia holstii</i>	TILIACEAE	mbwanula	r	stomach ache	root	root boiled and water drunk
<i>Grewia holstii</i>	TILIACEAE	mpigila	r	cough	leaf	leaves boiled and water drunk
<i>Habenaria stylites</i>	ORCHIDACEAE	mangindi	m	cuts, septic	leaf	leaves pounded in warm water, applied as poultice and bandage
<i>Haplocoelopsis africana</i>	SAPINDACEAE	kijumba ngururu	m	neck, stiff	root	root ground to powder and applied
<i>Haplocoelum sp.</i>	SAPINDACEAE	kiundo	s	headache	root	grind root, cut nicks in forehead and apply powder
<i>Harrisonia abyssinica</i>	SIMAROUBACEAE	mgogabundi	r	stomach ache	root	root mashed and boiled in water. This drunk
<i>Heinsia crinita</i>	RUBIACEAE	mibwanashokor	r	stomach problems	roots	boil roots and drink water
<i>Heinsia crinita</i>	RUBIACEAE	mbwana shokola	r	stomach ache	roots	roots ground and boiled, water drunk
<i>Hewittia scandans</i>	CONVOLVULACEAE	lutabata dume	m	stomach ache	leaf	leaf juice squeezed into cold water and drunk
<i>Hibiscus faulknerae</i>	MALVACEAE	msiga	m	asthma	root	root scrapings boiled in water and drunk
<i>Hippocratea holzii</i>	CELASTRACEAE	ngenjekenje banm spleen	m	fever	root	root mixed with hot water and drunk
<i>Holarrhena pubescens</i>	APOCYNACEAE	melebele	m	fever	root	grind leaf and apply to spots
<i>Hoslundia opposita</i>	LAMIACEAE	mukumba mwitum	m	acne	leaf	tea made with leaves
<i>Hoslundia opposita</i>	LAMIACEAE	lipuyungulu	m	fever	leaf	roots ground and applied to bite
<i>Hugonia casfaneifolia</i>	LINACEAE	ngachawa	m	snakebite	root	
<i>Hugonia casfaneifolia</i>	LINACEAE	mambaato	m	snakebite		
<i>Hugonia casfaneifolia</i>	LINACEAE	bengu	m	convulsions, febrile	leaf	leaf ground and drink made
<i>Hugonia casfaneifolia</i>	LINACEAE	mkonga	z	wound	leaf	leaf crushed and applied
<i>Hugonia casfaneifolia</i>	LINACEAE	msagase	r	hernia	root	boil roots and drink water
<i>Hugonia casfaneifolia</i>	LINACEAE	mtete	r	mouth ulcers	leaf	leaf&root leaf and root, swill solution around mouth
<i>Hybanthus enneaspermus</i>	VIOLACEAE	mnaugu	m	headache	leaf	leaves ground, mixed with water and drunk
<i>Hymenaea verrucosa</i>	FABACEAE					

<i>Hymenocardia ulmoides</i>	873	EUPHORBIACEAE	nitete vakulu	m eyes	leaf	leaf boiled, eyes exposed to steam
<i>Impatiens walliarana</i>	131	BALSAMINACEAE	nakatula	m childbirth, pain in	seed/pods eaten whole	
<i>Indigofera ormocarpoides</i>	887	FABACEAE	kiligo	m heart problems	leaf andeaves and roots mixed with hot water and water drunk	
<i>Inhambanella henriquesii</i>	291	SAPOTACEAE	ngata	m mastitis?	latex	latex rubbed on nipple of woman with child
<i>Ipomea sp.</i>	280	CONVOLVULACEAE	kitengende	s hernia	root	
<i>Ipomea mauritiana</i>	766	CONVOLVULACEAE	mkambakitumbi	m eyes	flower	
<i>Isolona heinsenii</i>	881	ANNONACEAE	combarjino	m bachache	root	root put in hot water and drunk
<i>Jasminum fluminense</i>	941	OLEACEAE	mnya	z stomach, sore after food	tea made with leaves and drunk	
<i>Jasminum meyeri - johannis</i>	2098	OLEACEAE	msemelele	r cuts	leaf	applied externally
<i>Jasminum sp.</i>	2175	OLEACEAE	msaki	r sores	leaf	leaves burnt and applied to sores with bandage
<i>Jasminum streptopus</i>	649	OLEACEAE	nkiga	m eyes	flower	squeeze flower through a cloth into eye
<i>Jasminum streptopus</i>	323	OLEACEAE	nia kindochi	m vomiting	root	root boiled and water drunk
<i>Jateorhiza palmata</i>	358	MENISPERMACEAE	ngundumulewa	s cuts, infected	stem	stem of shoot pounded, small amount of hot water added. Swelling
<i>Justicia fittonioides</i>	61	ACANTHACEAE	nangindi	m spleen, swollen	leaf	mixed with water and drunk
<i>Justicia nyassana</i>	17	ACANTHACEAE	naoke	m skin disorders	seed	seed ground into powder and applied
<i>Justicia sp.</i>	352	ACANTHACEAE	kisindano	s fever	leaf	leaf mixed with cold water and drunk
<i>Kalanchoe lateriflora</i>	2414	CRASSULACEAE	hozangulu	z limbs, swollen		
<i>Keefia venosa</i>	320	RUBIACEAE	namakoi bonde	m eyes? in babies	leaf	leaves boiled and rubbed over face of child in morning and evening
<i>Keefia zanzibarica</i>	2116	RUBIACEAE	mtopa	r chest pains	roots	roots ground and boiled, water drunk
<i>Kigella africana</i>	388	BIGNONIACEAE	Mundi	m fever	bark	bark boiled and water drunk
<i>Kigella africana</i>	388	BIGNONIACEAE	Mundi	m headache	bark	bark boiled and water drunk
<i>Kigella africana</i>	388	BIGNONIACEAE	Mundi	m stomach, bloated	bark	bark boiled and water drunk
<i>Kigella africana</i>	388	BIGNONIACEAE	Mundi	m toothache	bark	bark boiled and water drunk
<i>Kigella africana</i>	708	BIGNONACEAE	mtandi	s fever	bark	bark boiled and water drunk
<i>Landolphia kirkii</i>	223	APOCYNACEAE	mpila	s sedative	leaf	leaf juice drunk in water
<i>Lannea antiscorbutica</i>	676	ANACARDIACEAE	mumbira	m legs, aching	root	
<i>Lantana viburnioides</i>	147	VERBENACEAE	lipuyuwgu kachem	eye problem	flower/seed	
<i>Laportea lanceolata</i>	724	URTICACEAE	lupyupyu ngube	m insect bites	leaf	
<i>Lecaniodiscus fraxinifolius</i>	218	SAPINDACEAE	mtili	s stomach ache	root	root boiled in water and drunk
<i>Leptactina oxyloba</i>	714	RUBIACEAE	nakayagobo	m boils	root	
<i>Leptactina platyphylla</i>	28	RUBIACEAE	kiyogobo mnom	m dizziness	leaf	leaf juice drunk
<i>Leptactina platyphylla</i>	1990	RUBIACEAE	sikulilo	r stomach pain	root	slice roots, boil and drink
<i>Leffowianthus stellatus</i>	58	ANNONACEAE	ndototo	m? wounds/swelling	bark	bark scrapings used as poultice
<i>Leucas glabrata</i>	1606	LAMIACEAE	namata	r aphrodisiac	leaf & rgrind	and take with sugar
<i>Lovoa swynertonii</i>	159	MELIACEAE	masa	m fever		
<i>Ludia mauritiana</i>	1677	FLACOURTIACEAE	mbangula	r toothache	bark	gargle with bark solution
<i>Ludwigia justiaeoides</i>	49	ONAGRACEAE	mtapi mdogo	m indigestion	leaf	

<i>Maerua triphylla</i>	804	CAPPARIDACEAE	ng'ongolo	m	backache	leaf	tea made with leaves and drunk
<i>Makhamia acuminata</i>	255	BIGNONACEAE	mpukupungu	m	stomach pains	bark	scrape bark, make fine cuts in skin of knee and apply scrapings to c
<i>Malacantha alnifolia</i>	155	SAPOTACEAE	nyogobo nkulu	m	?	leaf	juice extracted and applied to head
<i>Mallothus oppositifolius</i>	20	EUPHORBIACEAE	nchachamai	m	headache	leaf	and boil with water
<i>Mallothus oppositifolius</i>	21	EUPHORBIACEAE	nganje	m	fever	leaf	
<i>Mallothus oppositifolius</i>	694	EUPHORBIACEAE	ngwambau nche	m	stomach ache	leaf	leaves eaten
<i>Mallothus oppositifolius</i>	1082	EUPHORBIACEAE	alifo	z	cough	leaf	grind leaves in water and apply externally
<i>Manilkara sulcata</i>	2233	SAPOTACEAE	msandawa	r	ear infection	roots	root boiled and water drunk
<i>Margaritaria discoidea</i>	1876	EUPHORBIACEAE	sakula ngwale	r	stomach ache	whole plant	in water and inhale vapour
<i>Mariscus dubius</i>	2111	CYPERACEAE	mkunza	r	catarrh	bark	root mixed with water
<i>Markhamia obtusifolia</i>	740	BIGNONACEAE	mkumgwia	m	gums, swollen	leaf	grind leaves mix with boiling water and drink
<i>Maytenus mossambicensis</i>	91	CELASTRACEAE	ntaba nchene	m	chest pains	leaf	leaves crushed and applied
<i>Megalochlamys mwasumbii</i>	476	ACANTHACEAE	chamifondo	z	eyes	leaf	leaves crushed, mixed with hot water and drunk
<i>Megastachya mucronata</i>	289	POACEAE	Luwanbala lukulum		vomiting	leaf	leaves pounded and juice rubbed on body
<i>Mellera lobulata</i>	18	ACANTHACEAE	msawa	m	fever	leaf	root cuttings applied to sores
<i>Memeylon sp.</i>	2202	MELASTOMATACEAE	mitasi	r	sores	leaf	leaf ground and paste applied to eye
<i>Metaporana densiflora</i>	1849	CONVOLVULACEAE	ukulu buku	r	eye ailments	leaf	leaf put in cold water in which baby is bathed
<i>Microcoelia exilis</i>	2426	ORCHIDACEAE	nyandege	z	fever in infants	leaf	and leaves crushed with those of 'kiruturu' and mixed into porridge
<i>Microgramma lycopodioides</i>	2390	FERN	lwandama	z	anaemia; stomach disorder?	leaf	leaves pounded and taken orally
<i>Milidbraedia carpinifolia</i>	34	EUPHORBIACEAE	kitwatwa milima	m	mental disorder?	leaf	rub leaves into head
<i>Milidbraedia carpinifolia</i>	1641	EUPHORBIACEAE	yaswa	r	headache	leaf	bark mixed with water and drunk
<i>Milicia excelsa</i>	236	MORACEAE	mvule	s	indigestion	bark	
<i>Mkilua fragrans</i>	7	ANNONACEAE	nkangamata	m	emetic	leaf	leaf boiled and water rubbed on skin
<i>Momordica foetida</i>	770	CUCURBITACEAE	katanga kakele	m	itching	leaf	grind up leaves and apply as dressing
<i>Monanthotaxis buchananii</i>	77	ANNONACEAE	kingubili kichenem	m	boils	leaf	leaf ground and rubbed on head
<i>Monanthotaxis buchananii</i>	88	ANNONACEAE	wakaunde	m	ulcers?	root	root grated and rubbed onto head
<i>Monanthotaxis buchananii</i>	718	ANNONACEAE	kingobili kichenem	m	ringworm	leaf	leaves ground, mixed with water and drunk
<i>Monanthotaxis buchananii</i>	2120	ANNONACEAE	mpeki	r	sunburn and fever	root	root of bark grated and applied
<i>Monanthotaxis trichocarpa</i>	629	ANNONACEAE	mwouneme	m	ringworm in children	leaves	leaves rubbed on affected area
<i>Monodora junodii</i>	22	ANNONACEAE	njende	m	pain and swelling	leaf	leaf boiled and water drunk
<i>Monodora junodii</i>	696	ANNONACEAE	njende	m	headache	leaf	leaf juice applied to eye
<i>Mosuea brunonis</i>	879	LOGANIACEAE	kikigulo	m	fever	leaf	grind leaf, squeeze into ear
<i>Mosuea brunonis</i>	984	LOGANIACEAE	kisagati	z	eye defects	leaf	
<i>Mosuea brunonis</i>	1613	LOGANIACEAE	mpululu	r	ear infection	leaf	
<i>Mosuea brunonis</i>	1820	RUBIACEAE	kitunu	r	skin infections	leaf	pound leaves and mix with water
<i>Multidentia castaneae</i>	11	ACANTHACEAE	namuinyo mdogm		urine, blood in	leaf	leaves ground and mixed with water then drunk
<i>Nelsonia canescens</i>	105	EUPHORBIACEAE	kitwatwa dume	m	stomach ache	leaf	

<i>Newtonia paucijuga</i>	877	FABACEAE	nkekeje mwitu	m	ribs, broken	seedpods used as splint across ribs
<i>Ochna holtzii</i>	988	OCHNACEAE	mkamzlene	z	malaria	roots
<i>Ochna holtzii</i>	1089	OCHNACEAE	goge	z	toothache	roots
<i>Ochna holtzii</i>	1619	OCHNACEAE	mgwaza	r	period pains	roots
<i>Ochna holtzii</i>	1631	OCHNACEAE	mkongo	r	swelling	bark
<i>Ocimum americanum</i>	2506	LAMIACEAE	luvumbampuku	z	eye irritation	leaf
<i>Ocimum gratissimum</i>	158	LAMIACEAE	uvumba mwitu	m	headache	leaf
<i>Ocimum gratissimum</i>	2415	LAMIACEAE	kumbasa	z	ear infection in children	leaf
<i>Oeceoclades saundersiana</i>	166	ORCHIDACEAE	nangube	m	swelling	applied to navel
<i>Olax obtusifolia</i>	344	OLACACEAE	mitapi nkuru	m	fever	leaf boiled and steam inhaled
<i>Olyra latifolia</i>	109	POACEAE	kilali	m	spleen, swollen	leaves ground, mixed with water and drunk
<i>Olyra latifolia</i>	684	POACEAE	kilali	m	spleen	leaves brewed and tea drunk
<i>Oncoba spinosa</i>	57	FLACOURTIACEAE	ntasi	m?	stimulant	leaf
<i>Oncoba spinosa</i>	373	FLACOURTIACEAE	manganje nkuru	m	chest pains	root
<i>Oncoba spinosa</i>	373	FLACOURTIACEAE	manganje nkuru	m	fever	leaf
<i>Oryza eichingeri</i>	637	POACEAE	kipunga cheche	m	itching	leaf
<i>Oryza eichingeru</i>	639	POACEAE	lipopupu	m	earache	leaf
<i>Oxyanthus sp. A</i>	2115	RUBIACEAE	mgwaza	r	washing newborn children	roots boiled and warm infusion used
<i>Paniculum sp.</i>	154	POACEAE	luwambala	m	headache	leaves ground, mixed with cold water and drunk
<i>Panicum laticomum</i>	409	POACEAE	sankwa	z	bleeding	leaf
<i>Panicum maximum</i>	636	POACEAE	klipopupu lilome	m	earache	juice of leaf squeezed through a cloth into ear
<i>Parkia filicoides</i>	191	FABACEAE	msue mwitu	s	madness	sapwood soaked and put in a bath for the afflicted person
<i>Parquetina nigrescens</i>	353	ASCLEPIADACEAE	kamba nguru	s	hernia	leaf and drink juice of leaves in cold water; roots in hot water
<i>Paulinia pinnata</i>	14	SAPINDACEAE	utumbu wa ndem	m	cough	root
<i>Paulinia pinnata</i>	695	SAPINDACEAE	utumbondembo	m	cough	root
<i>Paveita pseudo-albicaulis</i>	671	RUBIACEAE	namakale mkubu	m	lumbago	leaf
<i>Paveita refractifolia</i>	644	RUBIACEAE	nakajwembe	m	headache	leaf crushed and rubbed on forehead
<i>Paveita sp. nov</i>	668	RUBIACEAE	mamba	m	sickness	leaf
<i>Pavonia leptocalyx</i>	1696	MALVACEAE	mvuvu	r	swelling	scrape stalk with knife and apply to swelling
<i>Pentas micrantha</i>	1611	RUBIACEAE	mkulumkulu	r	snakebite	stem sap applied to bite surface
<i>Pentas parvifolia</i>	124	RUBIACEAE	kijumba ngururu	m	heart pain	tea made from leaves and drunk
<i>Pentodon pentandrus</i>	699	RUBIACEAE	nakachongo	m	cataracts, early stage	leaf
<i>Phyllanthus micromeris</i>	145	EUPHORBIACEAE	mwindi	m	eyes, sore	whole prub between hands then apply hands to face and eyes
<i>Phyllanthus nummularifolius</i>	144	EUPHORBIACEAE	nakabindi	m	swelling	leaves boiled in small amount of water for a long time. Bandages so
<i>Phyllanthus nummularifolius</i>	433	EUPHORBIACEAE	mkuvamba maziz	z	stomach pains	root
<i>Phyllanthus nummularifolius</i>	1929	EUPHORBIACEAE	chalifi	r	eye irritations	leaf
<i>Phyllanthus odontadenitus</i>	16	EUPHORBIACEAE	nang'wina	m	fever in children	leaves pounded and juice extracted

<i>Phyllanthus reticulatus</i>	351	EUPHORBACEAE	mwimia	s fever	leaf	leaf juice mixed with cold water and drunk
<i>Platysepalum inopinatum</i>	346	FABACEAE	nampumunda	m diarrhoea	leaf	leaves eaten
<i>Platysepalum inopinatum</i>	853	FABACEAE	nampumunda	m fever	leaf	leaf mixed in cold water and drunk
<i>Platysepalum inopinatum</i>	1675	FABACEAE	mfunga ndimba	r toothache	root	
<i>Polygala petiflora</i>	1892	POLYGALACEAE	chaffi	r ear infection	leaf	squeeze leaf juice into ear
<i>Polygala sphenoptera</i>	929	POLYGALACEAE	kibudubudu	z skin disease	leaf	leaf added to hot water and applied externally
<i>Polyphaeria multiflora</i>	672	RUBIACEAE	ntakonambwa	m earache		
<i>Polyphaeria parvifolia</i>	436	RUBIACEAE	mbwakambaka	z anti emetic	root	
<i>Polyphaeria parvifolia</i>	806	RUBIACEAE	ntakochoambuyam	earache	root	
<i>Polystachya tessellata</i>	850	ORCHIDACEAE	nakabalika	m blisters and sores on hands/feet		
<i>Portulaca oleracea</i>	146	PORTULACACEAE	nkambiku	m muscle, cramps or tighleaf		green leaves pressed on to affected area
<i>Pseuderanthemum hildebrandii</i>	2459	ACANTHACEAE	achimwandege	z morning sickness	leaf	leaf crushed in infants bathing water
<i>Psilotrichum scleranthum</i>	685	AMARANTHACEAE	iswaki	m coughs	root	
<i>Psorospermum febrifugum</i>	93	CLUSIACEAE	mtuno kachewe	m ribs, broken?	leaf	put leaves on body
<i>Psychothria taucicola</i>	33	RUBIACEAE	namakale	m headache	leaf	leaves chopped and rubbed on head
<i>Psychothria taucicola</i>	35	RUBIACEAE	mpyagilo	m snake (?adder) bite	bark	
<i>Psychothria tauracea</i>	66	RUBIACEAE	mchakali	m gums, swollen	root	Root burned. Ash mixed with water and swilled round gums
<i>Psychothria tauracea</i>	1639	RUBIACEAE	mlawillia	r hernia	root	root boiled and water drunk
<i>Psychothria linearisepala</i>	1625	RUBIACEAE	mhunzu	r eye ailments	flower	flower juice applied to eye
<i>Psychothria linearisepala</i>	42	RUBIACEAE	ipygilyo kimalumim	diuretic	leaf	
<i>Pteleopsis apetala</i>	32	COMBRETACEAE	mtete	m eyes, sore	leaf	leaves crushed and put in hot water, eyes exposed to steam
<i>Pteleopsis myriflora</i>	1821	COMBRETACEAE	msofu	r stomach pain	root	
<i>Pteleopsis myriflora</i>	2102	COMBRETACEAE	ngovu	r urination, pain during	leaf	leaves ground, added to cold water and drunk
<i>Pterocarpus tinctorius</i>	214	FABACEAE	mtumbati maji	s toothache	latex	latex applied through a cloth onto teeth
<i>Pupalia lappacea</i>	251	AMARANTHACEAE	nauki njene	m liver, pain in	leaf	leaves boiled in water, water drunk
<i>Pupalia lappacea</i>	410	AMARANTHACEAE	toza ngoto	sh sores		
<i>Pupalia lappacea</i>	419	AMARANTHACEAE	nmata	z sores	leaf	rubbed into affected area
<i>Rauwolfia mombasiana</i>	24	APOCYNACEAE	mmelebewe	mnm hernia	root	root boiled and mixture drunk
<i>Rauwolfia mombasiana</i>	632	APOCYNACEAE	melebele	m hernia		
<i>Rawsonia lucida</i>	2379	FLACOURTIACEAE	mdimumbango	z cold	leaf	many leaves boiled in water and steam inhaled. Afterwards mixture
<i>Rhinacanthus gracilis</i>	427	ACANTHACEAE	tikini	z hystocephalls in babies		
<i>Rhoicissus revollii</i>	1682	VITACEAE	kogo	r headache	leaf	grind leaves and apply to head
<i>Rinorea angustifolia</i>	190	VIOLACEAE	mkata kesi	s backache	root	root boiled and tea drunk
<i>Rinorea elliptica</i>	697	VIOLACEAE	mkaliwa	m earache	root	root grated and squeezed through a cloth into the ear
<i>Rinorea illicifolia</i>	37	VIOLACEAE	mpayu	m stimulant and for stomach?		
<i>Ritchiea capparoides</i>	2112	CAPPARIDACEAE	msilili	r gonorrhoea	roots	roots ground and boiled, water drunk
<i>Rothmannia manganjiae</i>	76	RUBIACEAE	mganje dakia ilom	malaria	leaf	leaves ground , mixed with water and drunk

<i>Rothmannia manganjae</i>	RUBIACEAE	747							roof		
<i>Rothmannia ravae</i>	RUBIACEAE	865							bark	boil bark and wash body with the water	
<i>Rourea coccinea</i>	CONNARACEAE	2117							leaf	andef and bark boiled and water drunk	
<i>Rourea orientalis</i>	CONNARACEAE	666							leaf	tea made with roots	
<i>Ruellia patula</i>	ACANTHACEAE	944							root	skin at bite cut, squeezed. Grated root rubbed in	
<i>Rytigynia celastroides</i>	RUBIACEAE	382							leaf	leaves ground and bound onto wound	
<i>Rytigynia celastroides</i>	RUBIACEAE	947							leaf		
<i>Rytigynia monantha</i>	RUBIACEAE	682							root	root boiled and water drunk	
<i>Rytigynia monantha</i>	RUBIACEAE	1689							leaf	leaves burnt, ground, boiled in water and drunk	
<i>Rytigynia monantha</i>	RUBIACEAE	2067							leaf	andeeaves and fruit rubbed on	
<i>Saba comorensis</i>	APOCYNACEAE	181							fruit		
<i>Saba comorensis</i>	APOCYNACEAE	769							root	root boiled and water drunk	
<i>Salacia elegans</i>	CELASTRACEAE	2077							leaf	leaf mixed with cold water and rubbed over body	
<i>Salacia leptoclada</i>	CELASTRACEAE	2219							leaf	root soaked in water & used as gargle	
<i>Salacia leptoclada</i>	CELASTRACEAE	2229							root	root soaked in water & used as gargle	
<i>Salacia sp.</i>	CELASTRACEAE	209							leaf	andef juice drunk in cold water, root in hot water	
<i>Salacia sp.</i>	CELASTRACEAE	241							leaf		
<i>Sansevieria conspicua</i>	LILIAEAE	852							leaf	rub on leaves	
<i>Sapium armatum</i>	EUPHORBIACEAE	874							root	root drunk in hot water	
<i>Sapium ellipticum</i>	EUPHORBIACEAE	180							leaf	leaves crushed and rubbed on nose	
<i>Scadoxus multiflorus</i>	AMARYLLIDACEAE	112							leaf	leaves ground and mixed with hot water. Tea drunk	
<i>Scadoxus multiflorus</i>	AMARYLLIDACEAE	692							leaf		
<i>Schlechterina mitostemmatoik</i>	PASSIFLORACEAE	121							m	childbirth, sex determinstem	make tea from stem bottom for male, stem top for female
<i>Schlechterina mitostemmatoik</i>	PASSIFLORACEAE	421							m	childbirth, sex determinstem	boil until well cooked and inhale vapour
<i>Schlechterina mitostemmatoik</i>	PASSIFLORACEAE	1012							z	stomach ache	
<i>Scleria lilihosperma</i>	CYPERACEAE	642							m	ringworm	grass burnt and ash applied to scalp
<i>Sclerochiton vogelii</i>	ACANTHACEAE	2051							r	swelling (legs)	boil roots and drink water
<i>Scoparia dulcis</i>	SCROPHULARIACEAE	2107							r	headache	boil, inhale vapour
<i>Scorodophloeus fischeri</i>	FABACEAE	53							m	stomach, upset	bark brewed and tea drunk
<i>Setaria megaphylla</i>	POACEAE	102							m	earache	leaves ground and put in ear
<i>Setaria megaphylla</i>	POACEAE	753							m	kidney ailments	ground and applied to face of person having fit
<i>Siphonochilus aethiopicus</i>	ZINGIBERACEAE	1							m	epilepsy	leaf rubbed onto skin
<i>Siphonochilus aethiopicus</i>	ZINGIBERACEAE	1703							r	skin disease	fruit mashed and applied to holes
<i>Solanum anguivi</i>	SOLANACEAE	1928							r	teeth, holes in	leaf andef and flower crushed in bathing water
<i>Solenostemon latifolius</i>	LAMIACEAE	2408							z	fever	leaf put in water in which baby is bathed
<i>Solenostemon latifolius</i>	LAMIACEAE	2429							z	baby health	bathe in hot tea made with leaves
<i>Sterculia appendiculata</i>	STERCULIACEAE	367							s	fever	

<i>Stenospermum kumthianum</i>	360	BIGNONIACEAE	kinditumbu	s	ringworm	bark	outer bark burnt and ash rubbed on head
<i>Striga asiatica</i>	1698	SCROPHULARIACEAE	kipini cha ifi	r	ear infections	leaf	rub leaf and squeeze juice into ear
<i>Strophanthus petersianus</i>	376	APOCYNACEAE	nkombajiko	macm	dizziness	leaf	leaves put in hot water which is then poured over patient's body
<i>Strophanthus petersianus</i>	2228	APOCYNACEAE	mbupuli	r	bachache	leaf	leaves rubbed onto spine
<i>Strychnos lucens</i>	184	LOGANIACEAE	lwanga lukulu	m	stomach ache	leaf	leaves ground and drunk in cold water
<i>Strychnos panganensis</i>	1074	LOGANIACEAE	mutumba	z	stomach ache	root	root boiled and tea drunk
<i>Strychnos panganensis</i>	2217	LOGANIACEAE	mtambasi	r	dysentery	leaf	leaves ground and boiled, water drunk
<i>Suregada zanzibariensis</i>	371	EUPHORBIACEAE	mwiya	m	fever	leaf	leaves ground and juice drunk
<i>Suregada zanzibariensis</i>	863	EUPHORBIACEAE	mwaya	m	fever	leaf	leaf pounded and juice drunk
<i>Suregada zanzibariensis</i>	1944	EUPHORBIACEAE	mdimu mwitu	r	headache	leaf	rub leaves into head
<i>Suregada zanzibariensis</i>	2058	EUPHORBIACEAE	ndimumuhulo	r	stomach ache	roots	roots boiled and water drunk
<i>Synaptolepis kirkii</i>	246	THYMELACEAE	mlanungu	s	headache	root	root grated and rubbed on head
<i>Tacca leontopetaloides</i>	801	TACCACEAE	lilanga	m	ears, sore		
<i>Tapinanthus logipes</i>	883	LORANTHACEAE	kaymbanjuse	m	insects, burrowing (har)	leaf	juice of leaf applied
<i>Tapiphyllum burnetii</i>	751	RUBIACEAE	mpelema	m	lung ailments	root	root boiled in water and drunk
<i>Tarenna drummondii</i>	2100	RUBIACEAE	moyingamuki	r	breasts, tender during	leaf	leaf softened in water and rubbed on
<i>Terminalia boivinii</i>	1011	COMBRETACEAE	mkuguni	z	gonorrhoea		
<i>Tetrapleura tetraptera</i>	333	FABACEAE	mnjekeche	macm	ears, sore	seeds	& pods ground and mixed with water. This placed in cloth and put in e
<i>Thespesia populinea</i>	781	MALVACEAE	nambondo	m	ears	leaf	juice of leaf used as ear drop
<i>Thespesia populinea</i>	781	MALVACEAE	nambondo	m	eyes	flowers	flowers squeezed into eye
<i>Thunbergia alata</i>	2452	ACANTHACEAE	lunkulwe	z	placenta, retention of	leaf	leaf juice dropped into vagina
<i>Thunbergia alata</i>	2452	ACANTHACEAE	lunkulwe	z	rectal prolapse	leaf	leaf juice dropped onto anus
<i>Thunbergia heterochondros</i>	862	ACANTHACEAE	nandoba	m	neck, stiff	leaf	rub leaves on neck
<i>Tinnea aethiopica</i>	2448	LAMIACEAE	musaka	z	flu	leaf	leaf boiled in water and steam inhaled
<i>Tinospora caffra</i>	1664	MENISPERMACEAE	msewa	r	eye infections	leaf	leaf ground added to water to make eyewash
<i>Tinospora oblongifolia</i>	872	MENISPERMACEAE	ngundumukwa	m	eyes	exudate	
<i>Tinospora oblongifolia</i>	872	MENISPERMACEAE	ngundumukwa	m	neck, stiff	whole	whole plant wrapped around neck
<i>Toddalopsis sansibarensis</i>	1010	RUTACEAE	mkombwe	z	cold		
<i>Tragia furialis</i>	1601	EUPHORBIACEAE	chauimatepo	r	swelling	leaf	rub leaves on affected area
<i>Traglia kirkiana</i>	2456	EUPHORBIACEAE	luwawa	z	haemorrhoids		
<i>Traglia sp.</i>	866	EUPHORBIACEAE	lupupundembo	m	stomach	leaf	leaves pounded, mixed with water and drunk
<i>Tricalysia pallens</i>	185	RUBIACEAE	kitako kikulu	m	earache	root	root scraped and squeezed through a cloth into the ear
<i>Tricalysia sp. nov.</i>	634	RUBIACEAE	nanungo	m	breathing, difficulty in	leaf	leaves pounded, mixed with cold water and drunk
<i>Trichilia emetica</i>	225	MELIACEAE	nukulio	m	ankle, sprained	root	root ground and bandaged onto ankle
<i>Triclisia sacleuxii</i>	204	MENISPERMACEAE	ukumbuza	s	hernia	root	boil in water and drink
<i>Triclisia sacleuxii</i>	675	MENISPERMACEAE	ukumbuza	m	hernia	root	
<i>Trimumfeita thomboidea</i>	414	TILIACEAE	msokolole	z	jiggers	root	root pounded and applied

<i>Uvaria leptoclados</i>	1705	ANNONACEAE	sofu mwitu	r	stomach pains	root	boil root and drink water
<i>Uvaria pandensis</i>	991	ANNONACEAE	zigwa	z	asthma	root	root boiled and water drunk
<i>Uvariadendron gorgonis</i>	700	ANNONACEAE	namwembe	m	lumbago		
<i>Vangueria madagascariensis</i>	758	RUBIACEAE	mwelu	m	boils	fruit	juice of fruit applied to affected area
<i>Vangueria sp.</i>	434	RUBIACEAE	mwilu	z	hernia		
<i>Vepripis eugenifolia</i>	691	RUTACEAE	mbelele	m	knees, aching		
<i>Vernonia cinerea</i>	12	ASTERACEAE	mpoyongo	m	stomach problems	forsaps	
<i>Vernonia cinerea</i>	2504	ASTERACEAE	kibayi changuku	z	eye problems	leaf	leaf juice dropped into eye
<i>Vernonia hildebrandtii</i>	2477	ASTERACEAE	sasuwyawache	z	headache	leaf	boil leaves and inhale steam
<i>Vernonia holstii</i>	151	ASTERACEAE	lipuyunku	m	shoulder pain	leaf	leaves boiled and juice applied
<i>Vismia orientalis</i>	736	CLUSIACEAE	mtuno	m	itching		
<i>Vismia orientalis</i>	864	CLUSIACEAE	mtunokitumbi	m	nettle rash	bark	rub bark on affected areas
<i>Vismia orientalis</i>	1707	CLUSIACEAE	mvizandima	r	muscles, sore	root	boil root and apply externally
<i>Vitex buchananii</i>	867	VERBENACEAE	kipuya kichene	m	fever	leaf	leaf ground and rubbed over body
<i>Vitex buchananii</i>	1910	VERBENACEAE	mfuili nyegele	r	stomach ache	root	root boiled and water drunk
<i>Vitex buchananii</i>	2097	VERBENACEAE	mulavanya	r	swelling	leaf	leaf burnt, ashes rubbed into scratches made in skin
<i>Vitex sp.</i>	1935	VERBENACEAE	mfui	r	cuts, fresh	leaf	grind leaf and apply
<i>Vittaria elongata</i>	332	FERN	nanduba	m	fever	leaf	leaves cooked in hot water then rubbed over patient
<i>Xenostegia medium</i>	50	CONVOLVULACEAE	kilimi chandogo	m	chest pain	leaf	
<i>Ximonia caffra</i>	1807	OLACACEAE	pingi	r	stomach pains	root	root boiled and water drunk
<i>Zanthoxylum chalybeum</i>	620	RUTACEAE	mkunungo	z	stomach		
<i>Zanthoxylum holzianum</i>	1679	RUTACEAE	mhunungu	r	swelling	root	root ground and applied to affected area
<i>Zanthoxylum holzianum</i>	2063	RUTACEAE	muhunungu	r	hernia	roots	roots boiled and water drunk
<i>Zanthoxylum sp.</i>	340	RUTACEAE	liuboyaubi	m	throat, sore	leaf	leaves made into tea to soothe throat
<i>Ziziphus pubescens</i>	212	RHAMNACEAE	mbizazi	s	malaria	root	root boiled and water drunk
<i>Ziziphus pubescens</i>	677	RHAMNACEAE	nakanbidmu	m	gums, swollen		
	220	URTICACEAE	nakalongdarina	nis	ribs, broken	root	roots ground, cuts made in skin over ribs and powder rubbed on

TABLE 2 :
List of Plant Medicines by FAMILY

FAMILY	SPECIES	NO	LOCAL NAME	AFFLICTION	PART	PREPARATION
ACANTHACEAE	<i>Asystasia gangetica</i>	1893	mzinda	r ear infection	leaf	grind leaves with water and apply to ear
ACANTHACEAE	<i>Asystasia gangetica</i>	2420	pulule	z colds and flu		
ACANTHACEAE	<i>Barleria prionitis</i>	2399	lusungulo	z cataracts	leaf	leaf juice dripped into eye
ACANTHACEAE	<i>Barleria prionitis</i>	2399	lusungulo	z rectal prolapse	leaf	leaves crushed and water added, mixture dripped onto anus
ACANTHACEAE	<i>Dichyophleba lucida</i>	114	lubilio nchene	m appendicitis	leaf	leaves ground, added to cold water and drunk
ACANTHACEAE	<i>Justicia fittonioides</i>	61	nangindi	m spleen, swollen	leaf	mixed with water and drunk
ACANTHACEAE	<i>Justicia nyassana</i>	17	naoke	m skin disorders	seed	seed ground into powder and applied
ACANTHACEAE	<i>Justicia sp.</i>	352	kisindano	s fever	leaf	leaves crushed and applied
ACANTHACEAE	<i>Megalo-chlamys mwasumbii</i>	476	chamtondo	z eyes	leaf	leaves pounded and juice rubbed on body
ACANTHACEAE	<i>Mellera lobulata</i>	18	msawa	m fever	leaf	pound leaves and mix with water
ACANTHACEAE	<i>Nelsonia canescens</i>	11	namuinyo	m urine, blood in	leaf	leaf crushed in infants bathing water
ACANTHACEAE	<i>Pseuderanthemum hildebrandii</i>	2459	achimwandege	z morning sickness	leaf	
ACANTHACEAE	<i>Rhinacanthus gracilis</i>	427	fikini	z hydrocephalus in babies		
ACANTHACEAE	<i>Ruellia patula</i>	944	msango	z fever in children ('degroot		tea made with roots
ACANTHACEAE	<i>Sclerochiton vogelii</i>	2051	mlamati	r swelling (legs)	root	boil roots and drink water
ACANTHACEAE	<i>Thunbergia alata</i>	2452	lunkulwe	z placenta, retention of leaf	leaf	leaf juice dropped into vagina
ACANTHACEAE	<i>Thunbergia alata</i>	2452	lunkulwe	z rectal prolapse	leaf	leaf juice dropped onto anus
ACANTHACEAE	<i>Thunbergia heterochondrias</i>	862	nandoba	m neck, stiff	leaf	rub leaves on neck
AMARANTHACEAE	<i>Achyranthes aspera</i>	2377	lutala	z cough (kimeo-s)	flower	flowers roasted and powder mixed with lemon juice
AMARANTHACEAE	<i>Amaranthus dubius</i>	152	ndebele	m appendicitis	leaf	leaves ground, mixed with cold water and drunk
AMARANTHACEAE	<i>Celosia hastata</i>	335	wakakoru mwitu	m hiccoughs	leaf	leaves made into tea
AMARANTHACEAE	<i>Celosia schweinfurthiana</i>	106	liungu	m nausea	leaf	leaves ground and taken
AMARANTHACEAE	<i>Celosia schweinfurthiana</i>	2474	fungu	z labour and period	pair root	root boiled and water drunk
AMARANTHACEAE	<i>Celosia trigyna</i>	143	ndebele mwitu	m hiccough	leaf	leaf boiled and water drunk
AMARANTHACEAE	<i>Psilotrichum scleranthum</i>	685	iswaki	m coughs	root	leaves boiled in water, water drunk
AMARANTHACEAE	<i>Pupalia lappacea</i>	251	nauki njene	m liver, pain in	leaf	
AMARANTHACEAE	<i>Pupalia lappacea</i>	410	toza ngoto	sh sores		
AMARANTHACEAE	<i>Pupalia lappacea</i>	419	nmata	z sores	leaf	rubbed into affected area
AMARYLLIDACEAE	<i>Scadoxus multiflorus</i>	112	nakainja	m smart' dtug	leaf	leaves ground and mixed with hot water, Tea drunk
AMARYLLIDACEAE	<i>Scadoxus multiflorus</i>	692	nakaenga	m heartburn		
ANACARDIACEAE	<i>Lannea antiscorbutica</i>	676	mumbira	m legs, aching	root	
ANNONACEAE	<i>Annona senegalensis</i>	385	mtopetope	m cough	leaf	leaf boiled and water drunk
ANNONACEAE	<i>Artabotrys modestus</i>	869	hamalunga	m stomach	root	roots mixed with hot water and drunk
ANNONACEAE	<i>Artabotrys modestus</i>	2221	mkilika	r cuts	leaf	leaf directly rubbed on
ANNONACEAE	<i>Asteranthe asterias</i>	1640	mkanga	r swelling	leaf	rub leaves mix with soap and apply

ANNONACEAE	<i>Asteranthe lutea</i>	857	nakanjende	juwim	ear	root	juice of root squeezed through a cloth into the ear
ANNONACEAE	<i>Isolona heinsenii</i>	881	combarinjino	m	bachache	root	root put in hot water and drunk
ANNONACEAE	<i>Leffowianthus stellatus</i>	58	ndototo	m?	wounds/swelling	bark	bark scrapings used as poultice
ANNONACEAE	<i>Mkilua fragrans</i>	7	nkangamata	m	emetic	leaf	grind up leaves and apply as dressing
ANNONACEAE	<i>Monanthonotaxis buchananii</i>	77	kingubili	kichene	m	boils	leaf ground and rubbed on head
ANNONACEAE	<i>Monanthonotaxis buchananii</i>	88	wakaunde	m	ulcers?	leaf	leaf ground and rubbed onto head
ANNONACEAE	<i>Monanthonotaxis buchananii</i>	718	kingobili	kichenem	ringworm	root	root grated and rubbed onto head
ANNONACEAE	<i>Monanthonotaxis buchananii</i>	2120	mpeki	r	sunburn and fever	leaf	leaves ground, mixed with water and drunk
ANNONACEAE	<i>Monanthonotaxis trichocarpa</i>	629	mwouneme	m	ringworm in children	root	root of bark grated and applied
ANNONACEAE	<i>Monodora junodii</i>	22	njende	m	pain and swelling	leaves	leaves rubbed on affected area
ANNONACEAE	<i>Monodora junodii</i>	696	njende	m	headache		
ANNONACEAE	<i>Uvaria leptoclados</i>	1705	sofu mwifu	r	stomach pains	root	boil root and drink water
ANNONACEAE	<i>Uvaria pandensis</i>	991	zigwa	z	asthma	root	root boiled and water drunk
ANNONACEAE	<i>Uvariadendron gorgonis</i>	700	namwembe	m	lumbago		
APOCYNACEAE	<i>Ancylobotrys modestus</i>	2220	mkula	r	gonorrhoea	root	root soaked in water, water drunk
APOCYNACEAE	<i>Carissa tetramera</i>	993	muhumba	z	hernia	root	root boiled and water drunk
APOCYNACEAE	<i>Cryptolepis apiculata</i>	889a	nakale	m	boils	leaf	leaves pounded, mixed with water and drunk
APOCYNACEAE	<i>Dicyophleba lucida</i>	115	kikikiti	m	stomach ache	root	
APOCYNACEAE	<i>Holarirhena pubescens</i>	741	melebele	m	fever	leaf	leaf juice drunk in water
APOCYNACEAE	<i>Landolphia kirilii</i>	223	mplia	s	sedative	leaf	leaf juice drunk in water
APOCYNACEAE	<i>Rauwolfia mombasiana</i>	24	mmelebewe	mnm	hernia	root	root boiled and mixture drunk
APOCYNACEAE	<i>Rauwolfia mombasiana</i>	632	melebele	m	hernia		
APOCYNACEAE	<i>Saba comorensis</i>	181	ungombe	m	lips, sore	leaf	leaves and fruit rubbed on
APOCYNACEAE	<i>Saba comorensis</i>	769	ngombe	m	tongue	fruit	
APOCYNACEAE	<i>Strophanthus petersianus</i>	376	nkombajiko	macm	dizziness	leaf	leaves put in hot water which is then poured over patient's body
APOCYNACEAE	<i>Strophanthus petersianus</i>	2228	mbupuli	r	bachache	leaf	leaves rubbed onto spine
ARACEAE	<i>Anchomanes abbreviatus</i>	107	likupu sikio	m	earache	stem	juice of stem squeezed through cloth into ear
ARACEAE	<i>Anchomanes abbreviatus</i>	673	lienegunda	m	boils		
ARACEAE	<i>Anchomanes abbreviatus</i>	773	ekupu	m	boils	stamen	stamen crushed before bud has opened, juice mixed with water and
ARACEAE	<i>Anchomanes abbreviatus</i>	1024	lavalava	z	abortion, induces	sap	stem heated and exudate put into ear
ARACEAE	<i>Gonatopus boivinii</i>	324	lienegunda	m	earache		
ARACEAE	<i>Gonatopus boivinii</i>	664	iyengunda	m	boils		
ARACEAE	<i>Gonatopus boivinii</i>	664	iyengunda	m	earache	leaf	leaves and roots burned and foot held in smoke
ARALIACEAE	<i>Cussonia zimmermannii</i>	313	mchongaubo	s	thorns in feet	leaf	leaves crushed and eaten
ASCLEPIADACEAE	<i>Ceropegia brevirostris</i>	1076	genda	z	diarrhoea		boil in water and apply to breast
ASCLEPIADACEAE	<i>Cynanchum tetrapterum</i>	1003	utumbowangukuz		lactation, induces	leaf	leaf and drink juice of leaves in cold water, roots in hot water
ASCLEPIADACEAE	<i>Parquetina nigrescens</i>	353	kamba nguru	s	hernia		

ASTERACEAE	<i>Ageratum conyzoides</i>	2430	kodonge	z	bleeding	leaf	leaves dried then crushed. powder placed in wound
ASTERACEAE	<i>Ageratum conyzoides</i>	2491	kodongo	z	wound	root	roots cooked with chicken to make a soup
ASTERACEAE	<i>Blepharispermum zanguebari</i>	2380	mulenga	z	epilepsy in children	leaf	leaf crushed
ASTERACEAE	<i>Crassocephalum crepidioides</i>	173	linyu nywa illumem		eyes.sore	root	
ASTERACEAE	<i>Emilia coccinea</i>	432	sunga pwapwa	z	stomach ache	leaf&flogrind	leaves and flowers and apply
ASTERACEAE	<i>Emilia coccinea</i>	1717	lawageni	r	eye infections		
ASTERACEAE	<i>Vernonia cinerea</i>	12	mpoyongo	m	stomach problems	frosap	
ASTERACEAE	<i>Vernonia cinerea</i>	2504	kibayi changuku	z	eye problems	leaf	leaf juice dropped into eye
ASTERACEAE	<i>Vernonia hildebrandtii</i>	2477	sasuyawache	z	headache	leaf	boil leaves and inhale steam
ASTERACEAE	<i>Vernonia holstii</i>	151	lipuyunku	m	shoulder pain	leaf	leaves boiled and juice applied
BALSAMINACEAE	<i>Impatiens wallariana</i>	131	nakatula	m	childbirth, pain in	seed/p pods	eaten whole
BIGNONACEAE	<i>Kigelia africana</i>	708	mitandi	s	fever	bark	
BIGNONACEAE	<i>Makhamia acuminata</i>	255	mpukupungu	m	stomach pains	leaf	tea made with leaves and drunk
BIGNONACEAE	<i>Markhamia obtusifolia</i>	740	mkumgwia	m	gums, swollen	bark	root mixed with water
BIGNONACEAE	<i>Kigelia africana</i>	388	Mundi	m	fever	bark	bark boiled and water drunk
BIGNONACEAE	<i>Kigelia africana</i>	388	Mundi	m	headache	bark	bark boiled and water drunk
BIGNONACEAE	<i>Kigelia africana</i>	388	Mundi	m	stomach, bloated	bark	bark boiled and water drunk
BIGNONACEAE	<i>Kigelia africana</i>	388	Mundi	m	toothache	bark	bark boiled and water drunk
BIGNONACEAE	<i>Stereospermum kunthianum</i>	360	kinditumbu	s	ringworm	bark	outer bark burnt and ash rubbed on head
BOMBACACEAE	<i>Bombax rhodognaphalon</i>	345	msufi mwitu	k	stomach, bloated	bark	boil bark and drink water
BURSERACEAE	<i>Commiphora africana</i>	838	nchangalua	m	malaria	root	root boiled and drunk
BUXACEAE	<i>Buxus obtusifolia</i>	897	mikangala	z	hernia	root	
CAPPARIDACEAE	<i>Capparis erythrocarpos</i>	734	kibambauubi	m	boils	leaf	leaves ground and applied
CAPPARIDACEAE	<i>Capparis viminea</i>	67	kibambara	m	swelling		
CAPPARIDACEAE	<i>Maetua triphylla</i>	804	ng'ongolo	m	backache		
CAPPARIDACEAE	<i>Ritchiea capparoides</i>	2112	msilli	r	gonorrhoea	roots	roots ground and boiled, water drunk
CELASTRACEAE	<i>Hippocratea holtzii</i>	871	ngenjenje banm		spleen	root	root mixed with hot water and drunk
CELASTRACEAE	<i>Maytenus mossambicensis</i>	91	ntaba nchene	m	chest pains	leaf	grind leaves mix with boiling water and drink
CELASTRACEAE	<i>Salacia elegans</i>	2077	mbwine	r	tonic, general	root	root boiled and water drunk
CELASTRACEAE	<i>Salacia leptoclada</i>	2219	msunu	r	measles	leaf	leaf mixed with cold water and rubbed over body
CELASTRACEAE	<i>Salacia leptoclada</i>	2229	mbaha	r	toothache	root	root soaked in water & used as gargle
CELASTRACEAE	<i>Salacia sp.</i>	209	mdungu tungu	s	headache	leaf	andear juice drunk in cold water, root in hot water
CELASTRACEAE	<i>Salacia sp.</i>	241	ikange	s	malaria		
CLUSIACEAE	<i>Garcinia buchanii</i>	343	nakattindasi	m	backache	roots	roots ground and rubbed in to small cuts made in back
CLUSIACEAE	<i>Psorospermum febrifugum</i>	93	mtuno kachewe	m	ribs, broken?	leaf	put leaves on body
CLUSIACEAE	<i>Vismia orientalis</i>	736	mtuno	m	itching		
CLUSIACEAE	<i>Vismia orientalis</i>	864	mitunokitumbi	m	nettle rash	bark	rub bark on affected areas

CLUSIACEAE	<i>Vismia orientalis</i>	1707	mvizandima	r	muscles,sore	root	boil root and apply externally
COMBRETACEAE	<i>Combretum apiculatum</i>	2108	mkungalungo	r	chest complaints	leaf	leaves ground and boiled, water drunk
COMBRETACEAE	<i>Combretum illairii</i>	2090	mgo	r	tiredness	roots	roots eaten
COMBRETACEAE	<i>Combretum pentagonum</i>	47	mpurupuru mdogm	m	toothache	root	root ground and applied
COMBRETACEAE	<i>Combretum pentagonum</i>	81	mpululu jike	m	toothache	root	root boiled and then applied to teeth
COMBRETACEAE	<i>Combretum pentagonum</i>	249	mpupuru	s	toothache	root	root boiled in water. Swill water around mouth and spit out.
COMBRETACEAE	<i>Combretum pentagonum</i>	688	mpulu	m	toothache	root	root boiled in water. Swill water around mouth and spit out.
COMBRETACEAE	<i>Combretum sp.</i>	244	mwangu	s	stomach	sap	sap drunk
COMBRETACEAE	<i>Combretum sp.</i>	2164	mmoyomoyo	r	insect bites, swollen	root	root shavings applied externally
COMBRETACEAE	<i>Pteleopsis apetala</i>	32	mtete	m	eyes,sore	leaf	leaves crushed and put in hot water, eyes exposed to steam
COMBRETACEAE	<i>Pteleopsis myrtifolia</i>	1821	msofu	r	stomach pain	root	
COMBRETACEAE	<i>Pteleopsis myrtifolia</i>	2102	ngovu	r	urination, pain during	leaf	leaves ground, added to cold water and drunk
COMBRETACEAE	<i>Terminalia boivinii</i>	1011	mkuguni	z	gonorrhoea	leaf	
COMMELINACEAE	<i>Anellema aequinoctiale</i>	582	kongwa	z	eyes	fruit	fruit squeezed to produce eye drops
COMMELINACEAE	<i>Anellema aequinoctiale</i>	658			eye	flowers	flower juice used as eye drops
COMMELINACEAE	<i>Anellema aequinoctiale</i>	2395	lumaka	z	pain relief, general	leaf	leafs crushed and boiled in water, patient bathes in water
COMMELINACEAE	<i>Anellema aequinoctiale</i>	2484	kongomtommo	z	fontanelle, depressed	leaf	leaves ground and applied to fontanelle
COMMELINACEAE	<i>Commelina bracteosa</i>	660	neyenchane	m	eyes	flower	flower squeezed to produce eyedrops
COMMELINACEAE	<i>Commelina lagosensis</i>	402	kongwa	z	eyeache	sepal	sepal juice applied
COMMELINACEAE	<i>Commelina lagosensis</i>	846	kongwa jike	z	eyes, sore	flower	flower squeezed to produce eyedrops
COMMELINACEAE	<i>Commelina sp.</i>	311	nkalututu	m	cuts	leaf	grind leaves and bandage over cut
COMMELINACEAE	<i>Commelina sp.</i>	654	nelia kabele	m	eye ailments	flower	flower nectar applied
COMMELINACEAE	<i>Cyanotis foecunda</i>	162	nankima	m	ankle, sprained	leaf	leaves pounded, added to cold water applied to ankle under banc
COMMELINACEAE	<i>Cyanotis foecunda</i>	1091	npozeo	z	mental illness	root	
COMMELINACEAE	<i>Cyanotis lanata</i>	2431	kongo	z	fever in children	leaf	leaf andeaves and roots boiled and water drunk
CONNARACEAE	<i>Rourea coccinea</i>	2117	mtengwa	r	pain in childbirth	leaf	leaf andeaf and bark boiled and water drunk
CONNARACEAE	<i>Rourea orientalis</i>	666	ndondo	s	cough in children	root	roots boiled and water drunk
CONVOLVULACEAE	<i>Bonamia mossambicense</i>	1878	mkala nzulu	r	stomach ache	leaf	leaves crushed and applied as poultice
CONVOLVULACEAE	<i>Bonamia mossambicensis</i>	2065	mkalanzulu	r	sores	leaf	leaf juice squeezed into cold water and drunk
CONVOLVULACEAE	<i>Hewittia scandans</i>	139	lutabata dume	m	stomach ache	leaf	
CONVOLVULACEAE	<i>Ipomea sp.</i>	280	kitengende	s	hernia	root	
CONVOLVULACEAE	<i>Ipomea mauritiana</i>	766	mkambakitungbi	m	eyes	flower	
CONVOLVULACEAE	<i>Metaporana densiflora</i>	1849	ukulu buku	r	eye ailments	leaf	leaf ground and paste applied to eye
CONVOLVULACEAE	<i>Xenostegia medium</i>	50	kilimi cha ndogo	m	chest pain	leaf	
CRASSULACEAE	<i>Kalanchoe lateriflora</i>	2414	hozangulu	z	limbs, swollen		
CUCURBITACEAE	<i>Cyclantheropsis parviflora</i>	170	ukalima	m	earache	leaf	leaf boiled and water rubbed on skin
CUCURBITACEAE	<i>Momordica foetida</i>	770	katanga kakele	m	itching	leaf	

CYPERACEAE	<i>Cyperus compressus</i>	119	kileu	m indigestion	root	root boiled and water drunk
CYPERACEAE	<i>Cyperus involucreatus</i>	117	ndulu	m stomach ache	stolon	stolon boiled and water drunk
CYPERACEAE	<i>Cyperus involucreatus</i>	2427	zira	z fever		
CYPERACEAE	<i>Cyperus tenschii</i>	693	ndagomwitu	m fever	root	root pounded, boiled in water and water drunk
CYPERACEAE	<i>Cyperus tenax</i>	456	kangaga	z stomach upsets	whole	whole plant in water and inhale vapour
CYPERACEAE	<i>Mariscus dubius</i>	2111	mkuunza	r catarrh	leaf	grass burnt and ash applied to scalp
CYPERACEAE	<i>Scleria lithosperma</i>	642	kingaroto	m ringworm	leaf	ryb crushed leaves onto skin
DICHAPETALACEAE	<i>Dichapetalum mossambicensis</i>	721	nauyaloa	m ribs, sore	leaf	ryb crushed leaves onto skin
DICHAPETALACEAE	<i>Dichapetalum mossambicensis</i>	141	nalyala	m toothache	root	root ground and powder applied
DICHAPETALACEAE	<i>Dichapetalum mossambicensis</i>	1918	muwawa	r stomach, gassy	leaf	ground leaf in cold water and drink
DICHAPETALACEAE	<i>Dichapetalum mossambicensis</i>	2104	muagi	r bachache	leaf	burn leaf, apply ash externally to spine
DICHAPETALACEAE	<i>Dichapetalum stuhlmannii</i>	2171	msakalasang	r chest pains	root	roots ground, added to hot water and used to wash in
DIOSCOREACEAE	<i>Dioscorea dumetorum</i>	803	angai	m earache	leaf	leaf put in hot water
DIOSCOREACEAE	<i>Dioscorea sansibarensis</i>	891a	msego	m boils	leaf	leaf put in hot water
DIOSCOREACEAE	<i>Dioscorea sansibarensis</i>	172	linyongolo	m lymph glands, swollen	root	Root ground and applied
DIOSCOREACEAE	<i>Dioscorea sansibarensis</i>	54	mpujwa	m bloating/wind	bark	bark cut and brewed tea drunk
EBENACEAE	<i>Diospyros brucei</i>	686	mpuyama	m ringworm	root	boil root with chicken meat and drink broth
EBENACEAE	<i>Diospyros brucei</i>	1004	kibombo	z menstruation, prolonged	root	leaf pounded and added to cold water and drunk
EBENACEAE	<i>Diospyros natalensis</i>	216	nyonga	dizziness	leaf	roots crushed and eaten
EBENACEAE	<i>Diospyros squarrosa</i>	36	nyonga	m nausea	root	roots crushed and eaten
EBENACEAE	<i>Diospyros verrucosa</i>	689	mpylua	m earache	root	root boiled and water used as mouthwash
EBENACEAE	<i>Diospyros verrucosa</i>	876	mpujwa	m toothache	root	root boiled and water used as mouthwash
EBENACEAE	<i>Diospyros verrucosa</i>	2234	mtonga	r hernia	root	root boiled and water used as mouthwash
EBENACEAE	<i>Diospyros verrucosa</i>	727	ndaa	m insect bites under nails	root	roots boiled and water drunk
ERYTHROXYLACEAE	<i>Erythroxylum emarginatum</i>	2101	mkanga	r impotence	root	root boiled whole and water drunk
ERYTHROXYLACEAE	<i>Erythroxylum emarginatum</i>	2121	msizi	r hernia	root	leaves crushed, boiled in water and this rubbed on
ERYTHROXYLACEAE	<i>Erythroxylum emarginatum</i>	2163	msakazi	r muscles, pulled	leaf	tea made with leaves and drunk
EUPHORBIACEAE	<i>Acalypha engleri</i>	292	kitwatwa	m stomach, bloated	leaf	leaves boiled and bandaged on
EUPHORBIACEAE	<i>Acalypha neptunica</i>	240	ndandi	s elbow, sprained	leaf	leaves boiled and bandaged on
EUPHORBIACEAE	<i>Acalypha ornata</i>	645	kitwatwa	m fever	leaf	chew leaves to stop pain
EUPHORBIACEAE	<i>Alchornea laxiflora</i>	9	kitwatwa	m hernia	leaf	chew leaves to stop pain
EUPHORBIACEAE	<i>Alchornea laxiflora</i>	1614	kozelambewa	r period pain	leaf	leaf ground in cold water and drunk
EUPHORBIACEAE	<i>Aristogeitonina monophylla</i>	775	namwembe	m stomach ache	root	roots boiled and water used as mouthwash
EUPHORBIACEAE	<i>Bridelia atrovirens</i>	633	mwitenum	m tooth problems	root	roots boiled and water used as mouthwash
EUPHORBIACEAE	<i>Bridelia cathartica</i>	2508	mbruzigi	z menstruation, induces		
EUPHORBIACEAE	<i>Croton sylvaticus</i>	772	mbindia	m knee joint	leaf	leaf ground and applied
EUPHORBIACEAE	<i>Dalechampia scandens</i>	1983	kibufjabuga	r ear infection	leaf	leaf ground and applied

FABACEAE	<i>Acacia adenocalyx</i>	423	lusewa mbwegoz	epilepsy	root	root boiled and water drunk
FABACEAE	<i>Acacia adenocalyx</i>	2105	seowa	r cough	root	peel root, mix with cold water and drink
FABACEAE	<i>Acacia pentagona</i>	679	uparangawe	m scabies	bark	bark boiled and tea drunk
FABACEAE	<i>Acacia sieberiana</i>	326	nchonda	m malaria in children	leaf	and leaf put in cold water and drunk
FABACEAE	<i>Acacia sp.</i>	219	lipalangawe	kidas malaria	leaf	drink leaf juice in water
FABACEAE	<i>Albizia petersiana</i>	199	nandi mtanga	s strength in men	root	root ground, powder applied to muscle and bandaged around
FABACEAE	<i>Baphia kirkii</i>	217	mfasi	s muscle, ache?	root	root ground and put on gums
FABACEAE	<i>Bauhinia tomentosa</i>	226	msegese	s gums	root	root grated and applied as poultice
FABACEAE	<i>Bauhinia tomentosa</i>	640	nsegese	m boils	root	leaf and root of bark boiled and water drunk
FABACEAE	<i>Brachystegia microphylla</i>	749	miombo	s ribs, broken	leaf	
FABACEAE	<i>Cassia abbreviata</i>	807	nkandekande	ngm cough, whooping	roots	roots put in hot water and drunk
FABACEAE	<i>Cassia abbreviata</i>	807	nkandekande	ngm fever	root	
FABACEAE	<i>Cassia petersiana</i>	875	nkundekunde	m appendicitis	root	roots boiled and water drunk
FABACEAE	<i>Cassia petersiana</i>	1678	mkundekunde	r hernia	leaf	rub leaves and inhale
FABACEAE	<i>Cassia singueana</i>	1947	mkenge	r stomach infection	leaf	leaf crushed and applied as dressing
FABACEAE	<i>Cassia sp.</i>	100	nakakunde	m wittm cold	leaf	leaf and root
FABACEAE	<i>Crabia zimmermannii</i>	168	munyenji	m knee, sore	leaf	tea made from leaves
FABACEAE	<i>Craibia zimmermannii</i>	768	nanyengi liwe	m glands, swollen	leaf	leaves burned, powdered ash used as dressing
FABACEAE	<i>Crotalaria goodiiiformis</i>	122	nakandauga	ncm hiccoughs	leaf	juice of leaf squeezed through a cloth into ear
FABACEAE	<i>Crotalaria goodiiiformis</i>	341	kihambaamba	kim cuts	leaf	
FABACEAE	<i>Crotalaria goodiiiformis</i>	715	kanganje	m earache	root	
FABACEAE	<i>Dalbergia obovata</i>	885	cocumba	m swelling	leaf	leaf crushed, mixed with cold water and drunk
FABACEAE	<i>Dalbergia obovata</i>	927	mgoweko	z diarrhoea	root	root boiled and water drunk
FABACEAE	<i>Desmodium salicifolium</i>	319	kilima mpunga	m heart	root	root grated and put on tongue
FABACEAE	<i>Dialium holtzii</i>	187	nakanonopa	mkm backache	root	root ground and rubbed on
FABACEAE	<i>Dialium holtzii</i>	232	mbepeti	s eyebrows, swollen	leaf	leaf made into tea
FABACEAE	<i>Dichrostachys cinerea</i>	339	mkunguti	m fever	leaf	leaf mixed with water and drunk
FABACEAE	<i>Dichrostachys cinerea</i>	760	mkungute	m fever	twigs	burn twigs and inhale smoke
FABACEAE	<i>Dichrostachys cinerea</i>	1701	kikulagembe	r malaria	fruit	juice from fruit applied
FABACEAE	<i>Entada pursaetha</i>	748	mkuluma	m earache	roots	tea made with roots and drunk
FABACEAE	<i>Eriosema nutans</i>	949	mwiru	z ulcers	leaf	leaves ground, mixed with water and drunk
FABACEAE	<i>Hymenaea verrucosa</i>	113	mnaugu	m headache	leaf	leaves and roots mixed with hot water and water drunk
FABACEAE	<i>Indigofera ornocarpoides</i>	887	kiligo	m heart problems	seedpods	used as splint across ribs
FABACEAE	<i>Newtonia paucijuga</i>	877	nkejeje	mwitu m ribs, broken	sapwood	soaked and put in a bath for the afflicted person
FABACEAE	<i>Parkia fillicoides</i>	191	msue mwitu	s madness	leaf	leaves eaten
FABACEAE	<i>Platysepalum inopinatum</i>	346	nampumunda	m diarrhoea	leaf	leaf mixed in cold water and drunk
FABACEAE	<i>Platysepalum inopinatum</i>	853	nampumunda	m fever	leaf	

EUPHORBIACEAE	<i>Dalechampia scandens</i>	2083	msipo	r	headache	leaf	leaf ground with water and applied to head as shampoo
EUPHORBIACEAE	<i>Drypetes arguta</i>	10	nkanonopa	m	stomach, churning	root	root boiled in water, water drunk
EUPHORBIACEAE	<i>Drypetes arguta</i>	2085	mkonga	r	swelling (feet)	root	roots gound, boiled and water drunk
EUPHORBIACEAE	<i>Drypetes arguta</i>	2186	mnyalanyara	r	cuts	leaf	leaf applied directly to cut
EUPHORBIACEAE	<i>Erythrococca bongensis</i>	892	tongwa	m	fever		
EUPHORBIACEAE	<i>Erythrococca bongensis</i>	892	tongwa	m	throat, sore		
EUPHORBIACEAE	<i>Erythrococca trichogyne</i>	41	nakayamba	bonm	earache	root	root ground to powder and applied
EUPHORBIACEAE	<i>Erythrococca trichogyne</i>	635	nkatumfi	m	earache	leaf	leaf rolled into ball. Juice squeezed through a cloth into ear
EUPHORBIACEAE	<i>Erythrococca trichogyne</i>	720	nampya	m	boils		
EUPHORBIACEAE	<i>Erythrococca trichogyne</i>	2434	musempeke	z	wind and stomach pain		
EUPHORBIACEAE	<i>Flueggea virosa</i>	318	nifesa mwitu	m	eyes	leaf	leaves boiled and eyes exposed to vapour
EUPHORBIACEAE	<i>Flueggea virosa</i>	638	ipyeyev	m	congestion, nasal		
EUPHORBIACEAE	<i>Hymenocardia ulmoides</i>	873	nifete vakulu	m	eyes	leaf	leaf boiled, eyes exposed to steam
EUPHORBIACEAE	<i>Mallothus oppositifolius</i>	20	nchachamai	m	headache	leaf	juice extracted and applied to head
EUPHORBIACEAE	<i>Mallothus oppositifolius</i>	21	nnganje	m	fever	leaf	leaf and boil with water
EUPHORBIACEAE	<i>Mallothus oppositifolius</i>	694	ngwambau	nche	m stomach ache		
EUPHORBIACEAE	<i>Mallothus oppositifolius</i>	1082	alifo	z	cough	leaf	leaves eaten
EUPHORBIACEAE	<i>Margaritaria discoidea</i>	1876	sakula ngwale	r	stomach ache	roots	root boiled and water drunk
EUPHORBIACEAE	<i>Milbraedia carpinifolia</i>	34	kitwatwa milima	m	mental disorder?	leaf	leaves pounded and taken orally
EUPHORBIACEAE	<i>Milbraedia carpinifolia</i>	1641	yaswa	r	headache	leaf	rub leaves into head
EUPHORBIACEAE	<i>Neoholstia tenuifolia</i>	105	kitwatwa dume	m	stomach ache	leaf	leaves ground and mixed with water then drunk
EUPHORBIACEAE	<i>Phyllanthus micromeris</i>	145	mwindi	m	eyes, sore	whole	prub between hands then apply hands to face and eyes
EUPHORBIACEAE	<i>Phyllanthus nummulariifolius</i>	144	nkabindi	m	swelling	leaf	leaves boiled in small amount of water for a long time. Bandages so
EUPHORBIACEAE	<i>Phyllanthus nummulariifolius</i>	433	mkuvamba maziz	m	stomach pains	root	
EUPHORBIACEAE	<i>Phyllanthus odontadenius</i>	1929	chafi	r	eye irritations	leaf	rub leaves to form paste and apply
EUPHORBIACEAE	<i>Phyllanthus reticulatus</i>	16	nang'wina	m	fever in children	leaf	leaves pounded and juice extracted
EUPHORBIACEAE	<i>Sapium armatum</i>	351	mwimia	s	fever	leaf	leaf juice mixed with cold water and drunk
EUPHORBIACEAE	<i>Sapium ellipticum</i>	874	nyambutuka	m	headache	root	root drunk in hot water
EUPHORBIACEAE	<i>Suregada zanzibariensis</i>	180	nakanalimu liwe	m	catarrh	leaf	leaves crushed and rubbed on nose
EUPHORBIACEAE	<i>Suregada zanzibariensis</i>	371	mwiya	m	fever	leaf	leaves ground and rubbed on body
EUPHORBIACEAE	<i>Suregada zanzibariensis</i>	863	mwawa	m	fever	leaf	leaf pounded and juice drunk
EUPHORBIACEAE	<i>Suregada zanzibariensis</i>	1944	mdimu mwitu	r	headache	leaf	rub leaves into head
EUPHORBIACEAE	<i>Suregada zanzibariensis</i>	2058	ndimuhulo	r	stomach ache	roots	roots boiled and water drunk
EUPHORBIACEAE	<i>Tragia furialis</i>	1601	chaimatepo	r	swelling	leaf	rub leaves on affected area
EUPHORBIACEAE	<i>Tragia kirkiana</i>	2456	luwawa	z	haemorrhoids		
EUPHORBIACEAE	<i>Tragia sp.</i>	866	lupupundembo	m	stomach		
FABACEAE	<i>Abrus pulchellus</i>	730	nkandanga	m	measles	leaf	leaves pounded, mixed with water and drunk

FABACEAE	<i>Platysepalum inopinatum</i>	1675	mfunga ndimbar	toothache	root	latex applied through a cloth onto teeth
FABACEAE	<i>Pterocarpus tinctorius</i>	214	mtumbati maji	toothache	latex	bark brewed and tea drunk
FABACEAE	<i>Scorodophloeus ficheri</i>	53	mbande	m stomach, upset	bark	seeds & pods ground and mixed with water. This placed in cloth and put in e
FABACEAE	<i>Tetrapleura tetraptera</i>	333	mnyekeche macim	ears, sore	seeds	tea made with dry leaves and drunk
FERN	<i>Acrostichum aureum</i>	253	nkamaeki	m epilepsy	leaf	leaves pounded, mixed in cold water and applied to neck
FERN	<i>Asplenium blastophorum</i>	161	nikunguluki	m neck, stiff	leaf	and eaves crushed with those of 'kirufuru' and mixed into porridge
FERN	<i>Microgramma lycopodioides</i>	2390	iwandama	z anaemia; stomach	paleaf	leaves cooked in hot water then rubbed over patient
FERN	<i>Vittaria elongata</i>	332	nanduba	m fever	leaf	root rubbed into forehead
FLACOURTIACEAE	<i>Bivinia jalbertii</i>	884	mwongabembe	m headache	root	leaves crushed and eaten
FLACOURTIACEAE	<i>Caloncoba welwitschii</i>	29	mwabu	m stomach ache	leaf	leaves crushed and taken
FLACOURTIACEAE	<i>Grandiera boivinii</i>	40	iwengoma dumam	vomiting	leaf	gargle with bark solution
FLACOURTIACEAE	<i>Grandiera boivinii</i>	780	iwengoma	m fever	leaf	leaves brewed and tea drunk
FLACOURTIACEAE	<i>Ludia mauritiana</i>	1677	mbangula	r toothache	bark	many leaves boiled in water and steam inhaled. Afterwards mixture
FLACOURTIACEAE	<i>Oncoba spinosa</i>	57	ntasi	m?stimulant	leaf	young leaves burned, ash rubbed into fine cuts made in forehead
FLACOURTIACEAE	<i>Oncoba spinosa</i>	373	mnganje nkuru	m chest pains	root	grind leaf and apply to spots
FLACOURTIACEAE	<i>Oncoba spinosa</i>	373	mnganje nkuru	m fever	leaf	tea made with leaves
FLACOURTIACEAE	<i>Rawsonia lucida</i>	2379	mdimumbango	z cold	leaf	crush leaf and mix with water bathe eye in juice
FLAGELLARIACEAE	<i>Flagellaria guineensis</i>	298	mwila	m headache	leaf	leaves crushed and aroma inhaled
LAMIACEAE	<i>Hoslundia opposita</i>	82	mukumba mwitum	m acne	leaf	leaf juice squeezed into ear
LAMIACEAE	<i>Hoslundia opposita</i>	717	lipuyunguliu	m fever	leaf	leaf and eaf and flower crushed in bathing water
LAMIACEAE	<i>Leucas glabrata</i>	1606	namata	r aphrodisiac	leaf	leaf put in water in which baby is bathed
LAMIACEAE	<i>Ocimum americanum</i>	2506	luvumbampuku	z eye irritation	leaf	leaf boiled in water and steam inhaled
LAMIACEAE	<i>Ocimum gratissimum</i>	158	uvumba mwitu	m headache	leaf	stalks pounded to make a drink
LAMIACEAE	<i>Ocimum gratissimum</i>	2415	kumbasa	z ear infection in children	leaf	rub sap on affected areas
LAMIACEAE	<i>Solenostemon latifolius</i>	2408	galagalaswi	z fever	leaf	leaf ground and put over burn
LAMIACEAE	<i>Solenostemon latifolius</i>	2429	mitoataswi	z baby health	leaf	leaves ground and applied to spine
LAMIACEAE	<i>Tinnea aethiopica</i>	2448	musaka	z flu	leaf	leaves crushed and boiled to make ointment, which is applied to he
LAIURACEAE	<i>Cassytha filiformis</i>	1872	tutukanga	r insect bites	stalks	boil in water and drink
LILIACEAE	<i>Aloe sp.</i>	1933	kunzavili	r skin rashes (scabies)	sap	crush leaves in water and drink
LILIACEAE	<i>Anthericum sp.</i>	295	nangind nambam	burns	leaf	leaves boiled in water then used as a poultice
LILIACEAE	<i>Anthericum subpetiolatum</i>	985	mwadondo	z diarrhoea	leaf	
LILIACEAE	<i>Chlorophytum heynei</i>	138	nakainja maliwe	m backache	leaf	
LILIACEAE	<i>Chlorophytum heynei</i>	288	nakainja	m ringworm	leaf	
LILIACEAE	<i>Chlorophytum heynei</i>	420	njano	z stomach	root	
LILIACEAE	<i>Chlorophytum heynei</i>	703	naliwe	m womb, postnatal pain	leaf	
LILIACEAE	<i>Chlorophytum heynei</i>	750	kakonyiani	m waist, makes supple	leaf	
LILIACEAE	<i>Dracaena detemensis</i>	201	nakainja nkura	m grazing, knees and elbow	leaf	

LILIACEAE	<i>Dracaena deremensis</i>	782	ukonge mwitu	m wrinkles	leaf	
LILIACEAE	<i>Dracaena usambarensis</i>	62	mtetema	m shivers/tremors	?	
LILIACEAE	<i>Drimlopsis botyoides</i>	70	nakatumba	m headache	leaf	leaf rubbed over head
LILIACEAE	<i>Gloriosa superba</i>	762	nchekecha	m swelling	leaf	leaf crushed, mixed with hot water and applied externally
LILIACEAE	<i>Gloriosa superba</i>	989	gombo gombo	z insect bites	plant	whole plant crushed and applied to affected area
LILIACEAE	<i>Sansevieria conspica</i>	852	teconge mende	m leprosy	leaf	rub on leaves
LINACEAE	<i>Hugonia castaneifolia</i>	342	ngachawa	m snakebite	root	roots ground and applied to bite
LINACEAE	<i>Hugonia castaneifolia</i>	754	mambaato	m snakebite		
LINACEAE	<i>Hugonia castaneifolia</i>	895	bengu	m convulsions, febrile	leaf	leaf ground and drink made
LINACEAE	<i>Hugonia castaneifolia</i>	983	mkonga	z wound	leaf	leaf crushed and applied
LINACEAE	<i>Hugonia castaneifolia</i>	1627	msagase	r hernia	root	boil roots and drink water
LOGANIACEAE	<i>Mostuea brunonis</i>	879	kikegulo	m fever	leaf	leaf boiled and water drunk
LOGANIACEAE	<i>Mostuea brunonis</i>	984	kisagati	z eye defects	leaf	leaf juice applied to eye
LOGANIACEAE	<i>Mostuea brunonis</i>	1613	mpululu	r ear infection	leaf	grind leaf, squeeze into ear
LOGANIACEAE	<i>Strychnos lucens</i>	184	lwangya lukulu	m stomach ache	leaf	leaves ground and drunk in cold water
LOGANIACEAE	<i>Strychnos panganensis</i>	1074	mutumba	z stomach ache	root	root boiled and tea drunk
LOGANIACEAE	<i>Strychnos panganensis</i>	2217	mtambasi	r dysentery	leaf	leaves ground and boiled, water drunk
LORANTHACEAE	<i>Tapinanthus logipes</i>	883	kaymbarjuse	m insects, burrowing (hair)	leaf	juice of leaf applied
MALPHIGIACEAE	<i>Acridocarpus alpecurus</i>	678	nyongeyaliwe	m energy, lack of	root	
MALPHIGIACEAE	<i>Acridocarpus alpecurus</i>	678	nyongeyaliwe	m senility	root	
MALVACEAE	<i>Gossypioides kirkii</i>	68	kuhara	m indigestion?	leaf	leaves pounded and juice drunk
MALVACEAE	<i>Hibiscus faulknerae</i>	890b	msiga	m asthma	root	root scrapings boiled in water and drunk
MALVACEAE	<i>Pavonia leptocalyx</i>	1696	mvuvu	r swelling	stalk	scrape stalk with knife and apply to swelling
MALVACEAE	<i>Thespesia populnea</i>	781	nambondo	m ears	leaf	juice of leaf used as ear drop
MALVACEAE	<i>Thespesia populnea</i>	781	nambondo	m eyes	flowers	flowers squeezed into eye
MELASTOMATACEAE	<i>Dissotis rotundifolia</i>	314	nachumbi mkiwis	bladder problems	leaf	pound leaves, add to cold water and drink
MELASTOMATACEAE	<i>Dissotis rotundifolia</i>	661	nakinyo	m bilharzia	leaf	
MELASTOMATACEAE	<i>Dissotis rotundifolia</i>	1700	kigulu cha ningar	urine, blood in	leaf	rub leaf and squeeze juice into pot. Take 3 times a day
MELASTOMATACEAE	<i>Memecylon sp.</i>	2202	mitasi	r sores	root	root cuttings applied to sores
MELIACEAE	<i>Lovoa swynertonii</i>	159	masa	m fever		
MELIACEAE	<i>Trichilia emetica</i>	225	nukulio	m ankle, sprained	root	root ground and bandaged onto ankle
MELIANTHACEAE	<i>Bersama abyssinica</i>	322	nnaкасoga	m snakebite	root	root ground into a hot drink (not boiled) and drunk
MENISPERMACEAE	<i>Albertisia undulata</i>	193	kinubuza	s malaria	leaf and root	
MENISPERMACEAE	<i>Jateorhiza palmata</i>	358	ngundumulewas	cuts, infected	stem	stem of shoot pounded, small amount of hot water added. Swelling
MENISPERMACEAE	<i>Tinospora caffra</i>	1664	msewa	r eye infections	leaf	leaf ground added to water to make eyewash
MENISPERMACEAE	<i>Tinospora oblongifolia</i>	872	ngundumukwa	m eyes	exudate	
MENISPERMACEAE	<i>Tinospora oblongifolia</i>	872	ngundumukwa	m neck, stiff	whole	whole plant wrapped around neck

MENISPERMACEAE	<i>Triclisia sacleuxii</i>	204	ukumbuza	s hernia	root	boil in water and drink
MENISPERMACEAE	<i>Triclisia sacleuxii</i>	675	ukumbuya	m hernia		
MONTINIACEAE	<i>Grevea eggelingii</i>	719	mkaukau	m colds	flower	leaves squeezed and juice collected
MORACEAE	<i>Dorstenia hildebrandtii</i>	646	namache	m infertility	leaf	leaf crushed and rubbed on nose
MORACEAE	<i>Dorstenia tayloriana</i>	880	naribinde	m congestion	root	bark mixed with water and drunk
MORACEAE	<i>Ficus sp.</i>	712	mladege	s internal organs	roots	root pounded, boiled and bandaged onto affected area
MORACEAE	<i>Milicia excelsa</i>	236	mvule	s indigestion	bark	
MUSACEAE	<i>Ensete edule</i>	855	licunda	s swelling	roots	
OCHNACEAE	<i>Ochna holtzii</i>	988	mkamznene	z malaria	roots	
OCHNACEAE	<i>Ochna holtzii</i>	1089	goge	z toothache		
OCHNACEAE	<i>Ochna holtzii</i>	1619	mgwaza	r period pains	roots	
OCHNACEAE	<i>Ochna holtzii</i>	1631	mkongo	r swelling	bark	boil bark and apply
OLACACEAE	<i>Olox obstusifolia</i>	344	mitapi nkuru	m fever	leaf	leaf boiled and steam inhaled
OLACACEAE	<i>Ximenia caffra</i>	1807	pingi	r stomach pains	root	root boiled and water drunk
OILEACEAE	<i>Chionanthus milibraedii</i>	267	mkavu	s shoulder, sore	roots	roots grated and rubbed on affected area
OILEACEAE	<i>Jasminum fluminense</i>	941	mwoya	z stomach, sore after fofoaf	tea	tea made with leaves and drunk
OILEACEAE	<i>Jasminum meyeri - johannis</i>	2098	msemelele	r cuts	leaf	applied externally
OILEACEAE	<i>Jasminum sp.</i>	2175	msaki	r sores	leaf	leaves burnt and applied to sores with bandage
OILEACEAE	<i>Jasminum streptopus</i>	649	nkiga	m eyes	flower	squeeze flower through a cloth into eye
OILEACEAE	<i>Jasminum streptopus</i>	323	nia kindochi	m vomiting	root	root boiled and water drunk
ONAGRACEAE	<i>Ludwigia jussiaeoides</i>	49	mitapi mdago	m indigestion	leaf	
ORCHIDACEAE	<i>Eulophia fredericii</i>	116	nakatunguru	m navel, wounded	bulb	bulb ground between stones and applied
ORCHIDACEAE	<i>Habenaria stylites</i>	623	mangindi	m cuts, septic	leaf	leaves pounded in warm water, applied as poultice and bandaged
ORCHIDACEAE	<i>Microcoelia exilis</i>	2426	nyandege	z fever in infants	leaf	leaf put in cold water in which baby is bathed
ORCHIDACEAE	<i>Oeceoclades saundersiana</i>	166	nanube	m swelling		applied to navel
ORCHIDACEAE	<i>Polystachya tessellata</i>	850	nakabalika	m blisters and sores on hands/feet	plant	plant put into cut made in woman's body to prevent other men cou
OXALIDACEAE	<i>Biophytum umbraculum</i>	930	kisukamka	z infidelity in women	plant	
PASSIFLORACEAE	<i>Adenia gummifera</i>	680	ungumbu	m snakebite, antidote for	bark	tea made with bark and drunk
PASSIFLORACEAE	<i>Adenia rumicifolia</i>	148	mkundi mgongo	m back ache		
PASSIFLORACEAE	<i>Adenia schliebenii</i>	674	upoto	m nasal sores		
PASSIFLORACEAE	<i>Adenia sp.</i>	293	mngumba ncheim	fever	leaf	bathe skin in leaf tea and inhale vapour
PASSIFLORACEAE	<i>Schlechterina mitostermatoi</i>	121	namwana	m childbirth, sex determinism	stem	make tea from stem bottom for male, stem top for female
PASSIFLORACEAE	<i>Schlechterina mitostermatoi</i>	421	mgongo wamanz	fever		boil until well cooked and inhale vapour
PASSIFLORACEAE	<i>Schlechterina mitostermatoi</i>	1012	mkunzu	z stomach ache	leaf	leaves crushed, mixed with hot water and drunk
POACEAE	<i>Megastachya mucronata</i>	289	Luwanbala lukulum	vomiting	leaf	leaves ground, mixed with water and drunk
POACEAE	<i>Olyra latifolia</i>	109	kilai	m spleen, swollen	leaf	
POACEAE	<i>Olyra latifolia</i>	684	kilai	m spleen		

POACEAE	<i>Oryza eichingeri</i>	637	kipunga	chechem	itching				
POACEAE	<i>Oryza eichingeru</i>	639	lipopupu	m	earache			leaf	squeeze juice of leaf through cloth into ear
POACEAE	<i>Panicum sp.</i>	154	luwambala	m	headache			leaf	leaves ground, mixed with cold water and drunk
POACEAE	<i>Panicum latifolium</i>	409	sankwa	z	bleeding			leaf	juice of leaf squeezed through a cloth into ear
POACEAE	<i>Panicum maximum</i>	636	klipopupu	lilome	m	earache		leaf	leaves ground and put in ear
POACEAE	<i>Setaria megaphylla</i>	102	megaa	m	earache				
POACEAE	<i>Setaria megaphylla</i>	753	keigaka	chine	m	kidney ailments		root	root pounded to flour applied inside ear on cloth
POLYGALACEAE	<i>Carpolobia goetzei</i>	23	miwa	m	earache			leaf	squeeze leaf juice into ear
POLYGALACEAE	<i>Polygala petitiiana</i>	1892	chaifi	r	ear infection			leaf	leaf added to hot water and applied externally
POLYGALACEAE	<i>Polygala sphenoptera</i>	929	kibuubudu	z	skin disease			leaf	green leaves pressed on to affected area
PORTULACACEAE	<i>Portulaca oleracea</i>	146	nkambuku	m	muscle, cramps or tight			leaf	root boiled and water drunk
RHAMNACEAE	<i>Ziziphus pubescens</i>	212	mbizazi	s	malaria			root	
RHAMNACEAE	<i>Ziziphus pubescens</i>	677	nakanbidmu	m	gums, swollen			roots	roots ground and boiled, water drunk
RUBIACEAE	<i>Agathisanthemum bojeri</i>	2080	chungobolele	r	hernia			root	ingest
RUBIACEAE	<i>Agathisanthemum bojeri</i>	2227	mshada	poli	r	impotence		leaf	leaves ground and drunk in hot water
RUBIACEAE	<i>Chassalia umbraticola</i>	379	lupembesi	lwakam	fever				
RUBIACEAE	<i>Chassalia umbraticola</i>	808	npembesi	nchenm	fever				
RUBIACEAE	<i>Chassalia umbraticola</i>	2095	msekwa	r	headache			leaf	boil root and drink water
RUBIACEAE	<i>Chazaliella abrupta</i>	1906	mzizima	r	stomach ache			leaf	leaves crushed and put in water in which child is bathed
RUBIACEAE	<i>Chazaliella abrupta</i>	2392	hachimwa	z	fever in children			leaf	boil roots and drink water
RUBIACEAE	<i>Crema spora triflora</i>	1598	msenzele	r	stomach problems			root	root shavings applied as poultice
RUBIACEAE	<i>Gardenia transvenulosa</i>	2119	ntanganbe	r	abscesses			leaf	leaves pulped with water and applied
RUBIACEAE	<i>Geophila obvallata</i>	171	lukiga	mmindi	m	shoulders, pain in			
RUBIACEAE	<i>Geophila obvallata</i>	478	mtambaa	hashi	z	snakebite			
RUBIACEAE	<i>Geophila obvallata</i>	704	kawbakawu	m	spleen			roots	boil roots and drink water
RUBIACEAE	<i>Heinsia crinita</i>	1596	mmbwanashokor	m	stomach problems			roots	roots ground and boiled, water drunk
RUBIACEAE	<i>Heinsia crinita</i>	2082	mbwana	shokolar	m	stomach ache		leaf	leaves boiled and rubbed over face of child in morning and evening
RUBIACEAE	<i>Keetia venosa</i>	320	namakoi	bonde	m	eyes? in babies		roots	roots ground and boiled, water drunk
RUBIACEAE	<i>Keetia zanzibarica</i>	2116	mitopa	r	chest pains			root	leaf juice drunk
RUBIACEAE	<i>Leptactina oxyloba</i>	714	nakayagobo	m	boils			leaf	slice roots, boil and drink
RUBIACEAE	<i>Leptactina platyphylla</i>	28	kiyogobo	mnomam	dizziness			root	roots boiled and warm infusion used
RUBIACEAE	<i>Leptactina platyphylla</i>	1990	sikulilo	r	stomach pain				
RUBIACEAE	<i>Multidentia castaneae</i>	1820	kitunu	r	skin infections			roots	leaves boiled and rubbed over face of child in morning and evening
RUBIACEAE	<i>Oxyanthus sp.A</i>	2115	mgwaza	r	washing newborn	chil	roots		
RUBIACEAE	<i>Pavetta pseudo-albicaulis</i>	671	namakale	mkubu	m	lumbago		leaf	leaf crushed and rubbed on forehead
RUBIACEAE	<i>Pavetta refractifolia</i>	644	nakajwembe	m	headache			leaf	
RUBIACEAE	<i>Pavetta sp. nov</i>	668	mamba	m	sickness			leaf	

RUBIACEAE	<i>Pentas micrantha</i>	1611	mkulumkulu	r	snakebite	sap	stem sap applied to bite surface
RUBIACEAE	<i>Pentas parvifolia</i>	124	kijumba ngururu	m	heart pain	leaf	tea made from leaves and drunk
RUBIACEAE	<i>Pentodon pentandrus</i>	699	nkachongo	m	cataracts, early stage		
RUBIACEAE	<i>Polysphaeria multiflora</i>	672	ntakonambwa	m	earache	root	
RUBIACEAE	<i>Polysphaeria parvifolia</i>	436	mbwakambaka	z	anti emetic	root	
RUBIACEAE	<i>Polysphaeria pavifolia</i>	806	ntakochoambuyam	m	earache	root	
RUBIACEAE	<i>Psychothria faucicola</i>	33	namakale	m	headache	leaf	leaves chopped and rubbed on head
RUBIACEAE	<i>Psychothria faucicola</i>	35	mpyagilo	m	snake (?adder) bite	bark	
RUBIACEAE	<i>Psychothria lauracea</i>	66	mchakali	m	gums, swollen	root	Root burned. Ash mixed with water and swilled round gums
RUBIACEAE	<i>Psychothria lauracea</i>	1639	mlawilla	r	hernia	root	root boiled and water drunk
RUBIACEAE	<i>Psychothria linearispala</i>	1625	mhunzu	r	eye ailments	flower	flower juice applied to eye
RUBIACEAE	<i>Psychothria linearispala</i>	42	ipygilyo kimalumim	m	diuretic	leaf	
RUBIACEAE	<i>Rothmannia manganjæ</i>	76	nganje dakla llom	m	malaria	leaf	leaves ground , mixed with water and drunk
RUBIACEAE	<i>Rothmannia manganjæ</i>	747	mwembe mwitu	m	nausea	root	
RUBIACEAE	<i>Rothmannia ravae</i>	865	nanjaywa	m	fever	bark	boil bark and wash body with the water
RUBIACEAE	<i>Rytigynia celastroides</i>	382	nkayunguta	m	snakebite	root	skin at bite cut, squeezed. Grated root rubbed in
RUBIACEAE	<i>Rytigynia celastroides</i>	947	mwaziwachike	z	wounds	leaf	leaves ground and bound onto wound
RUBIACEAE	<i>Rytigynia monantha</i>	682	nabembe	m	hiccoughs		
RUBIACEAE	<i>Rytigynia monantha</i>	1689	mchawa	r	period pain	root	root boiled and water drunk
RUBIACEAE	<i>Rytigynia monantha</i>	2067	msati	r	sore throat	leaf	leaves burnt, ground, boiled in water and drunk
RUBIACEAE	<i>Tapiphyllum burnetii</i>	751	mpelema	m	lung ailments	root	root boiled in water and drunk
RUBIACEAE	<i>Tarenna drummondii</i>	2100	moyingamuki	r	breasts, tender during	leaf	leaf softened in water and rubbed on
RUBIACEAE	<i>Tricalysia pallens</i>	185	kitako kikulu	m	earache	root	root scraped and squeezed through a cloth into the ear
RUBIACEAE	<i>Tricalysia sp. nov.</i>	634	nanungo	m	breathing, difficulty in	leaf	leaves pounded, mixed with cold water and drunk
RUBIACEAE	<i>Vangueria madagascariensis</i>	758	mwelu	m	boils	fruit	juice of fruit applied to affected area
RUBIACEAE	<i>Vangueria sp.</i>	434	mvilu	z	hernia		
RUTACEAE	<i>Clausena anisata</i>	519	mjavilali	z	blisters, body		
RUTACEAE	<i>Clausena anisata</i>	78	mingaoka	m	lethargy	leaf	leaves ground, mixed with water and rubbed on face
RUTACEAE	<i>Clausena anisata</i>	263	minga shetani	s	lethargy	leaf	juice of leaves rubbed on face
RUTACEAE	<i>Clausena anisata</i>	1112	mjavikali	z	rashes	root	root used to make tea
RUTACEAE	<i>Toddalopsis sansibarensis</i>	1010	mkombwe	z	cold		
RUTACEAE	<i>Vepria eugenifolia</i>	691	mbelele	m	knees, aching		
RUTACEAE	<i>Zanthoxylum chalybeum</i>	620	mkunungo	z	stomach		
RUTACEAE	<i>Zanthoxylum holtzianum</i>	1679	mhunungu	r	swelling	root	root ground and applied to affected area
RUTACEAE	<i>Zanthoxylum holtzianum</i>	2063	muhunungu	r	hernia	roots	roots boiled and water drunk
RUTACEAE	<i>Zanthoxylum sp.</i>	340	liuboyaubi	m	throat, sore	leaf	leaves made into tea to soothe throat
SAPINDACEAE	<i>Allophylus africanus</i>	746	mwebalea	m	boils		

SAPINDACEAE	<i>Allophylus pervillei</i>	510	mdeda	z	vomiting, inducing	leaf	leaves crushed with water to make a paste, applied to boil
SAPINDACEAE	<i>Allophylus stachyanthus</i>	2497	bangwe	z	boils	leaf	grind bark, wrap in cloth. Cloth dipped in water and placed in ear
SAPINDACEAE	<i>Aporhiza paniculata</i>	128	mmabu	m	earache	bark	bark heated in water and water drunk
SAPINDACEAE	<i>Aporhiza paniculata</i>	128	mmabu	m	malaria or nausea	bark	oil derived from seed applied on poultice to lanced boils
SAPINDACEAE	<i>Cardiopermum halicacabur</i>	2511	mbono	z	boils	seed	leaf boiled in water and water drunk
SAPINDACEAE	<i>Deinbollia borbonica</i>	221	mpakacha	s	dizziness	leaf	root boiled and water drunk
SAPINDACEAE	<i>Deinbollia borbonica</i>	2479	mbwakabwaka	z	heart palpitations	root	root ground to powder and applied
SAPINDACEAE	<i>Haplocoelopsis africana</i>	149	kijumba ngururu	m	neck, stiff	root	grind root, cut nicks in forehead and apply powder
SAPINDACEAE	<i>Haplocoelum sp.</i>	222	kiundo	s	headache	root	root boiled in water and drunk
SAPINDACEAE	<i>Lecaniodiscus fraxinifolius</i>	218	mtili	s	stomach ache	root	rub root, mix with water and use as linctus
SAPINDACEAE	<i>Paulinia pinnata</i>	14	utumbu wande	m	cough	root	
SAPINDACEAE	<i>Paulinia pinnata</i>	695	utumbondembo	m	cough	root	
SAPOTACEAE	<i>Bequaertiodendron magalistr</i>	103	raugimbili	m	childbirth, pain during	leaf	leaves ground, mixed with water and drunk
SAPOTACEAE	<i>Bequaertiodendron magalistr</i>	1662	mnoge	r	stomach pain	root	
SAPOTACEAE	<i>Inhambanella henriquesii</i>	291	ngata	m	mastitis?	latex	latex rubbed on nipple of woman with child
SAPOTACEAE	<i>Matacarantha alnifolia</i>	155	nyogobo nkulu	m	?	bark	scrape bark, make fine cuts in skin of knee and apply scrapings to c
SAPOTACEAE	<i>Manilkara sulcata</i>	2233	msandawa	r	ear infection	leaf	grind leaves in water and apply externally
SCROPHULARIACEAE	<i>Alectra sp.</i>	765	naligongo	m	ankle, swollen	leaf	grind leaves and rub in to small nicks made in skin of ankle
SCROPHULARIACEAE	<i>Scoparia dulcis</i>	2107	moingajini	r	headache	leaf	boil, inhale vapour
SCROPHULARIACEAE	<i>Striga asiatica</i>	1698	kipini cha ifi	r	ear infections	leaf	rub leaf and squeeze juice into ear
SIMAROUBACEAE	<i>Harrisonia abyssinica</i>	1920	mgogabundi	r	stomach ache	root	root mashed and boiled in water. This drunk
SOLANACEAE	<i>Solanum anguivi</i>	1928	mbwanula	r	teeth, holes in	fruit	fruit mashed and applied to holes
STERCULIACEAE	<i>Cola discoglypsemnophylla</i>	687	nakatniku	m	feet, rough skin on	?	
STERCULIACEAE	<i>Cola microcarpa</i>	51	mpelete	m	swelling	leaf	apply externally to knees and ankles
STERCULIACEAE	<i>Cola microcarpa</i>	198	nakaurungwa	s	vomiting, induce	leaf	crush leaves into cold water and drink
STERCULIACEAE	<i>Sterculia appendiculata</i>	367	munene	s	fever	leaf	bathe in hot tea made with leaves
TACCACEAE	<i>Tacca leontopetaloides</i>	801	lilanga	m	ears, sore	leaf	leaf crushed and squeezed through cloth into ears
TECOPHILEACEAE	<i>Cynanastrum hostifolium</i>	69	ngweu	m	earache	leaf	root grated and rubbed on head
THYMELACEAE	<i>Synaptolepis kirkii</i>	246	lianungu	s	headache	root	
TILIACEAE	<i>Grewia conocarpa</i>	449	mkole	z	diarrhoea	root	root boiled in water and drunk
TILIACEAE	<i>Grewia conocarpa</i>	755	ntabwe	m	headache	root	
TILIACEAE	<i>Grewia conocarpa</i>	861	mtabwe	m	stomach ache	root	
TILIACEAE	<i>Grewia conocarpa</i>	1615	mkole	r	stomach prblems	sap	leaf ground, mixed with water and water placed in ear
TILIACEAE	<i>Grewia conocarpa</i>	2118	mkole	r	earache	leaf	boil root and drink water
TILIACEAE	<i>Grewia ectasicarpa</i>	1642	mlongahamwe	r	stomach pain	root	root boiled and water drunk
TILIACEAE	<i>Grewia forbesii</i>	437	mkongodeka	z	epilepsy	roots	
TILIACEAE	<i>Grewia goetzeana</i>	356	kiswili	s	stomach ache	leaf	leaf mixed with cold water and drunk

TILIACEAE	<i>Grewia goetzeana</i>	648	nchwili	m	virility, increasing		
TILIACEAE	<i>Grewia holstii</i>	1084	mkule	z	breathlessness		
TILIACEAE	<i>Grewia holstii</i>	1622	bavu	r	hernia	root	
TILIACEAE	<i>Grewia holstii</i>	1926	mbwanula	r	stomach ache	leaf	root boiled and water drunk
TILIACEAE	<i>Grewia holstii</i>	2109	mpigila	r	cough	leaf	leaves boiled and water drunk
TILIACEAE	<i>Triumfetta rhomboides</i>	414	msokolole	z	jiggers	root	root pounded and applied
URTICACEAE	<i>Laportea lanceolata</i>	724	lupyupyu	ngube m	insect bites	leaf	
URTICACEAE		220	nakalongdaria	nis	ribs, broken	root	roots ground, cuts made in skin over ribs and powder rubbed on
VERBENACEAE	<i>Clerodendrum incisum</i>	729	nchachmein	m	fever	leaf	leaves crushed and used as poultice - poison if eaten
VERBENACEAE	<i>Clerodendrum incisum</i>	894	mkwazu	m	ulcers	leaf	leaves ground and bandaged onto ulcer
VERBENACEAE	<i>Lantana viburnioides</i>	147	lipuyuwgu	kachem	eye problem	flower/seed	
VERBENACEAE	<i>Vitex buchananii</i>	867	kipuya	kichene m	fever	leaf	leaf ground and rubbed over body
VERBENACEAE	<i>Vitex buchananii</i>	1910	mfulu nyegele	r	stomach ache	root	root boiled and water drunk
VERBENACEAE	<i>Vitex buchananii</i>	2097	mulavanya	r	swelling	leaf	leaf burnt, ashes rubbed into scratches made in skin
VERBENACEAE	<i>Vitex sp.</i>	1935	mful	r	cuts, fresh	leaf	grind leaf and apply
VIOLACEAE	<i>Hybanthus enneaspermus</i>	1708	mtete	r	mouth ulcers	leaf&root	leaf and root, swill solution around mouth
VIOLACEAE	<i>Rinorea angustifolia</i>	190	mkata kesi	s	backache	root	root boiled and tea drunk
VIOLACEAE	<i>Rinorea elliptica</i>	697	mkaliwa	m	earache	root	root grated and squeezed through a cloth into the ear
VIOLACEAE	<i>Rinorea ilicifolia</i>	37	mpayu	m	stimulant and for stomach?	stem	saproots drunk in hot water
VITACEAE	<i>Cissus populnea</i>	888	mpombo	m	stomach	stalk	grind stalk and apply as linament to leg
VITACEAE	<i>Cissus quadrangularis</i>	1895	chaninga	r	muscle pain in legs	leaf	hot tea made with leaves
VITACEAE	<i>Cyphostemma buchananii</i>	2480	konolyatambo	z	boils and ulcers	leaf	grind leaves and apply to head
VITACEAE	<i>Cyphostemma sp.</i>	299	munjoka	ngyuman	depression	flower	crushed and rubbed in
VITACEAE	<i>Rhoicissus revollii</i>	1682	kogo	r	headache	root	ground and applied to face of person having fit
ZINGIBERACEAE	<i>Aframomum sp.</i>	65	kitunguru	urimbem	swelling	leaf	leaf rubbed onto skin
ZINGIBERACEAE	<i>Siphonochilus aethiopicus</i>	1	litungupu	m	epilepsy		
ZINGIBERACEAE	<i>Siphonochilus aethiopicus</i>	1703	kunzavili	r	skin disease		

TABLE 3 :
List of Plant Medicines by LOCAL NAME

LOCAL NAME	SPECIES	NO	AFFLICTION	PART	PREPARATION
achimwandege	<i>Pseuderanthemum hildebrandii</i>	2459	morning sickness	leaf	leaf crushed in infants bathing water
alifo	<i>Mallotus oppositifolius</i>	1082	cough	leaf	leaves eaten
angai	<i>Dioscorea dumetorum</i>	803	earache	leaf	leaves crushed with water to make a paste, applied to boil
bangwe	<i>Allophylus stachyanthus</i>	2497	boils	leaf	
bavu	<i>Grewia holstii</i>	1622	hernia	root	
bengu	<i>Hugonia castaneifolia</i>	895	convulsions, febrile	leaf	leaf ground and drink made
chafi	<i>Phyllanthus nummularifolius</i>	1929	eye irritations	leaf	rub leaves to form paste and apply
chafii	<i>Polygala petittiana</i>	1892	ear infection	leaf	squeeze leaf juice into ear
chamfondo	<i>Megalochlamys mwasumbii</i>	476	eyes	leaf	leaves crushed and applied
chaninga	<i>Cissus quadrangularis</i>	1895	muscle pain in legs	stalk	grind stalk and apply as liniment to leg
chaimatepo	<i>Tragia furialis</i>	1601	swelling	leaf	rub leaves on affected area
chungobolele	<i>Agathisanthemum bojeri</i>	2080	hernia	roots	roots ground and boiled, water drunk
cocumba	<i>Dalbergia obovata</i>	885	swelling	root	
combanjino	<i>Isolona heinsenii</i>	881	bachache	root	root put in hot water and drunk
ekupu	<i>Anchomanes abbreviatus</i>	773	boils	root	
fungu	<i>Celosia schweinfurthiana</i>	2474	labour and period pain	pairroot	root boiled and water drunk
galagatasuwi	<i>Solenostemon latifolius</i>	2408	fever	leaf and flower	leaf and flower crushed in bathing water
genda	<i>Ceropegia brevirostris</i>	1076	diarrhoea	leaf	leaves crushed and eaten
goge	<i>Ochna holtzii</i>	1089	toothache	leaf	
gombo gombo	<i>Gloriosa superba</i>	989	insect bites	plant	whole plant crushed and applied to affected area
hachimwa	<i>Chazaliella abrupta</i>	2392	fever in children	leaf	leaves crushed and put in water in which child is bathed
hamalunga	<i>Artabotrys modestus</i>	869	stomach	root	roots mixed with hot water and drunk
hozangulu	<i>Kalanchoe laterifolia</i>	2414	limbs, swollen	root	
ikange	<i>Salacia sp.</i>	241	malaria	root	
ipejeyev	<i>Flueggea virosa</i>	638	congestion, nasal	leaf	
ipygiyo kimalumbi	<i>Psychotria linearispela</i>	42	diuretic	leaf	
iswaki	<i>Psilotrichum scleranthum</i>	685	coughs	root	
iwengoma	<i>Grandidiera boivinii</i>	780	fever	leaf	
iwengoma dume	<i>Grandidiera boivinii</i>	40	vomiting	leaf	leaves crushed and taken
kakonyiani	<i>Chlorophytum spathiflorum</i>	750	waist, makes supple	leaf	leaf and root juice of leaves in cold water, roots in hot water
kamba nguru	<i>Parquetina nigrescens</i>	353	hernia	root	root pounded, boiled in water and water drunk
kangaga	<i>Cyperus tenax</i>	456	stomach upsets	leaf	juice of leaf squeezed through a cloth into ear
kanganje	<i>Crotalaria goodiiiformis</i>	715	earache	leaf	leaf boiled and water rubbed on skin
kafanga kakele	<i>Momordica foetida</i>	770	itching	leaf	
kawbakawu	<i>Geophila obvallata</i>	704	spleen	leaf	

kaymbanjuse	m	<i>Tapinanthus lagipes</i>	883	insects, burrowing	(har)leaf	juice of leaf applied
keigaka chine	m	<i>Setaria megaphylla</i>	753	kidney ailments		
kibambara	m	<i>Capparis viminea</i>	67	swelling	leaf	leaves ground and applied
kibambauubi	m	<i>Capparis erythrocarpos</i>	734	boils		
kibayi changuku	z	<i>Vernonia cinerea</i>	2504	eye problems	leaf	leaf juice dropped into eye
kibombo	z	<i>Diospyros natalensis</i>	1004	menstruation, prolong	root	boil root with chicken meat and drink broth
kibudubudu	z	<i>Polygala sphenoptera</i>	929	skin disease	leaf	leaf added to hot water and applied externally
kibujabuga	r	<i>Dalechampia scandens</i>	1983	ear infection	leaf	leaf ground and applied
kigulu cha ninga	r	<i>Dissofis rotundifolia</i>	1700	urine, blood in	leaf	rub leaf and squeeze juice into pot. Take 3 times a day
kihambaamba kilum	m	<i>Crotalaria goodiiiformis</i>	341	cuts	leaf	leaves burned, powdered ash used as dressing
kijumba ngururu	m	<i>Pentas parvifolia</i>	124	heart pain	leaf	tea made from leaves and drunk
kijumba ngururu	m	<i>Haplocoelopsis africana</i>	149	neck, stiff	root	root ground to powder and applied
kikegulo	m	<i>Mostuea brunonis</i>	879	fever	leaf	leaf boiled and water drunk
kikikifi	m	<i>Dicyophleba lucida</i>	115	stomach ache	leaf	leaves pounded, mixed with water and drunk
kikulagembe	r	<i>Dichrostachys cinerea</i>	1701	malaria	twigs	burn twigs and inhale smoke
kilai	m	<i>Olyra latifolia</i>	109	spleen, swollen	leaf	leaves ground, mixed with water and drunk
kilai	m	<i>Olyra latifolia</i>	684	spleen		
kileu	m	<i>Cyperus compressus</i>	119	indigestion	root	root boiled and water drunk
kiligo	m	<i>Indigofera armocarpoides</i>	887	heart problems	leaf and roots	leaf and roots mixed with hot water and water drunk
kilima mpunga	m	<i>Desmodium salicifolium</i>	319	heart	root	root boiled and water drunk
kilimi cha ndogo	m	<i>Xenostegia medium</i>	50	chest pain	leaf	
kindiitumbu	s	<i>Stereospermum kunthianum</i>	360	ringworm	bark	outer bark burnt and ash rubbed on head
kingaroro	m	<i>Scleria lithosperma</i>	642	ringworm	leaf	grass burnt and ash applied to scalp
kingobili kichene	m	<i>Monanthonotaxis buchananii</i>	718	ringworm	root	root grated and rubbed onto head
kingubili kichene	m	<i>Monanthonotaxis buchananii</i>	77	boils	leaf	grind up leaves and apply as dressing
kinubuza	s	<i>Albertia undulata</i>	193	malaria	leaf and root	
kipini cha ifi	r	<i>Striga asiatica</i>	1698	ear infections	leaf	rub leaf and squeeze juice into ear
kipunga cheche	m	<i>Oryza eichingeri</i>	637	itching		
kipuya kichene	m	<i>Vitex buchananii</i>	867	fever	leaf	leaf ground and rubbed over body
kisagati	z	<i>Mostuea brunonis</i>	984	eye defects	leaf	leaf juice applied to eye
kisindano	s	<i>Justicia sp.</i>	352	fever	leaf	leaf mixed with cold water and drunk
kisukamka	z	<i>Biophytum umbraculum</i>	930	infidelity in women	plant	plant put into cut made in woman's body to prevent other men courting
kiswili	s	<i>Grewia goetzeana</i>	356	stomach ache	leaf	leaf mixed with cold water and drunk
kitako kikulu	m	<i>Tricalysia pallens</i>	185	earache	root	root scraped and squeezed through a cloth into the ear
kitengende	s	<i>Ipomea sp.</i>	280	hernia	root	
kitunguru urimbe	m	<i>Aframomum sp.</i>	65	swelling	flower	crushed and rubbed in
kitunu	r	<i>Multidentia castaneae</i>	1820	skin infections		

kiwatwa	m	<i>Acalypha engleri</i>	292	stomach, bloated	leaf	tea made with leaves and drunk
kiwatwa	m	<i>Alchornea laxiflora</i>	9	hernia	leaf	chew leaves to stop pain
kiwatwa dume	m	<i>Neholstia tenuifolia</i>	105	stomach ache	leaf	leaves ground and mixed with water then drunk
kiwatwa kipili	m	<i>Acalypha ornata</i>	645	fever	leaf	
kiwatwa mlima	m	<i>Milbraedia carpinifolia</i>	34	mental disorder?	leaf	leaves pounded and taken orally
kiundo	s	<i>Haplocoelum sp.</i>	222	headache	root	grind root, cut nicks in forehead and apply powder
kiyogobo mnome	m	<i>Leptactina platyphylla</i>	28	dizziness	leaf	leaf juice drunk
kipopupu lilome	m	<i>Panicum maximum</i>	636	earache	leaf	juice of leaf squeezed through a cloth into ear
kodonge	z	<i>Ageratum conyzoides</i>	2430	bleeding		
kodongo	z	<i>Ageratum conyzoides</i>	2491	wound	leaf	
kogo	r	<i>Rhoicissus revolvii</i>	1682	headache	leaf	leaves dried then crushed, powder placed in wound
kongo	z	<i>Cyanotis lanata</i>	2431	fever in children	leaf	grind leaves and apply to head
kongomlomo	z	<i>Aneilema aequinoctiale</i>	2484	fontanelle, depressed	leaf and root	leaves and roots boiled and water drunk
kongwa	z	<i>Aneilema aequinoctiale</i>	582	eyes	fruit	leaves ground and applied to fontanelle
kongwa	z	<i>Commelina lagosensis</i>	402	eyeache	sepal	fruit squeezed to produce eye drops
kongwa jike	z	<i>Commelina lagosensis</i>	846	eyes, sore	flower	sepal juice applied
konoliyatembo	z	<i>Cyphostemma buchananii</i>	2480	boils and ulcers		flower squeezed to produce eyedrops
kozalambewa	r	<i>Alchornea laxiflora</i>	1614	period pain		
kuhara	m	<i>Gossypioides kirkii</i>	68	indigestion?	leaf	leaves pounded and juice drunk
kumbasa	z	<i>Ocimum gratissimum</i>	2415	ear infection in child	leaf	leaf juice squeezed into ear
kunzavili	r	<i>Aloe sp.</i>	1933	skin rashes (scabies)	sap	rub sap on affected areas
kunzavili	r	<i>Siphonochilus aethiopicus</i>	1703	skin disease	leaf	leaf rubbed onto skin
lavatava	z	<i>Anchomanes abbreviatus</i>	1024	abortion, induces	stamen	stamen crushed before bud has opened, juice mixed with water and c
lawageni	r	<i>Emilia coccinea</i>	1717	eye infections	leaf&flower	grind leaves and flowers and apply
licunda	s	<i>Ensete edule</i>	855	swelling	roots	root pounded, boiled and bandaged onto affected area
lienegumda	m	<i>Gonatopus boivinii</i>	324	earache	sap	stem heated and exudate put into ear
lienegunda	m	<i>Anchomanes abbreviatus</i>	673	boils		
likupu sikio	m	<i>Anchomanes abbreviatus</i>	107	earache	stem	juice of stem squeezed through cloth into ear
lilanga	m	<i>Tacca leontopetaloides</i>	801	ears, sore		
linyongolo ndawdal	m	<i>Dioscorea sansibarensis</i>	172	lymph glands, swollen	root	Root ground and applied
linyu nywa lilume	m	<i>Crassocephalum crepidioides</i>	173	eyes, sore	leaf	leaf crushed
lipalangawe kidogo	s	<i>Acacia sp.</i>	219	malaria	leaf and root	leaf put in cold water and drunk
lipopupu	m	<i>Oryza eichingeru</i>	639	earache	leaf	squeeze juice of leaf through cloth into ear
lipuyunguliu	m	<i>Hoslundia opposita</i>	717	fever	leaf	tea made with leaves
lipuyunku	m	<i>Vernonia holstii</i>	151	shoulder pain	leaf	leaves boiled and juice applied
lipuyuwgu kachene	m	<i>Lantana viburnioides</i>	147	eye problem	flower/seed	
litungupu	m	<i>Siphonochilus aethiopicus</i>	1	epilepsy	root	ground and applied to face of person having fit

liuboyaubi	m	Zanthoxylum sp.	340	throat, sore	leaf	leaves made into tea to soothe throat
liungu	m	Celosia schweinfurthiana	106	nausea	leaf	leaves ground and taken
lubillo nchene	m	Dictyophleba lucida	114	appendicitis	leaf	leaves ground, added to cold water and drunk
lukiga mmindi	m	Geophila obvallata	171	shoulders, pain in	leaf	leaves pulped with water and applied
lumaka	m	Aneilema aequinoctiale	2395	pain relief, general	leaf	leaves crushed and boiled in water, patient bathes in water
lunkulwe	z	Thunbergia alata	2452	placenta, retention of	leaf	leaf juice dropped into vagina
lunkulwe	z	Thunbergia alata	2452	rectal prolapse	leaf	leaf juice dropped onto anus
lupumbesi lwakati	m	Chassalia umbraticola	379	fever	leaf	leaves ground and drunk in hot water
lupupundembo	m	Tragia sp.	866	stomach	leaf	leaves pounded, mixed with water and drunk
lupyupyu ngube	m	Laportea lanceolata	724	insect bites	leaf	
lusewa mbwego	z	Acacia adenocalyx	423	epilepsy	root	root boiled and water drunk
lusungulo	z	Barleria prionitis	2399	cataracts	leaf	leaf juice dripped into eye
lusungulo	z	Barleria prionitis	2399	rectal prolapse	leaf	leaves crushed and water added. mixture dripped onto anus
lutabata dume	m	Hewittia scandans	139	stomach ache	leaf	leaf juice squeezed into cold water and drunk
lutala	z	Achyranthes aspera	2377	cough (kimeo -s)	flower	flowers roasted and powder mixed with lemon juice
luvumbampuku	z	Ocimum americanum	2506	eye irritation	leaf	crush leaf and mix with water bathe eye in juice
luwambala	m	Paniculum sp.	154	headache	leaf	leaves ground, mixed with cold water and drunk
Luwanbala lukulu	m	Megastachya mucronata	289	vomiting	leaf	leaves crushed, mixed with hot water and drunk
luwawa	z	Tragia kirikiana	2456	haemorrhoids		
lwandama	z	Microgramma lycopodioides	2390	anaemia; stomach	leaf and stem	leaves crushed with those of 'kiruturutu' and mixed into porridge
lwangya lukulu	m	Strychnos lucens	184	stomach ache	leaf	leaves ground and drunk in cold water
iyengunda	m	Gonatopus boivinii	664	boils		
iyengunda	m	Gonatopus boivinii	664	earache		
mamba	m	Pavetta sp. nov	668	sickness	leaf	
mambaato	m	Hugonia castaneifolia	754	snakebite		
mangindi	m	Habenaria stylites	623	cuts, septic	leaf	leaves pounded in warm water, applied as poultice and bandaged
masa	m	Lovoa swynertonii	159	fever		
mbaha	r	Salacia leptoclada	2229	toothache	root	root soaked in water & used as gargle
mbande	m	Scorodophloeus fischeri	53	stomach, upset	bark	bark brewed and tea drunk
mbangula	r	Ludia mauritiana	1677	toothache	bark	gargle with bark solution
mbelele	m	Vepris eugeniifolia	691	knees, aching	root	root ground and rubbed on
mbepeti	s	Dialium holtzii	232	eyebrows, swollen		
mbindia	m	Croton sylvaticus	772	knee joint	root	root boiled and water drunk
mbizazi	s	Ziziphys pubescens	212	malaria	root	oil derived from seed applied on poultice to lanced boils
mbono	z	Cardiodpermum hallicacabui	2511	boils	seed	
mbruzigi	z	Bridelia cathartica	2508	menstruation, induces		
mbupuli	r	Strophanthus petersianus	2228	bachache	leaf	leaves rubbed onto spine

mbwakabwaka	z	<i>Deinbollia borbonica</i>	2479	heart palpitations	root	root boiled and water drunk
mbwakambaka	z	<i>Polysphaeria parvifolia</i>	436	anti emetic	root	
mbwana shokola	r	<i>Heinsia cirtita</i>	2082	stomach ache	roots	roots ground and boiled, water drunk
mbwanula	r	<i>Solanum anguivi</i>	1928	teeth, holes in	fruit	fruit mashed and applied to holes
mbwanula	r	<i>Grewia holstii</i>	1926	stomach ache	root	root boiled and water drunk
mbwine	r	<i>Salacia elegans</i>	2077	tonic, general	root	root boiled and water drunk
mchakali	m	<i>Psychotria lauracea</i>	66	gums, swollen	root	Root burned, Ash mixed with water and swilled round gums
mchawa	r	<i>Ryfigynia monantha</i>	1689	period pain	root	root boiled and water drunk
mchongaubo	s	<i>Cussonia zimmermannii</i>	313	thorns in feet	leaf and root	leaves and roots burned and foot held in smoke
mdeda	z	<i>Allophylus pervillei</i>	510	vomiting, inducing	leaf	
mdimu mwitu	r	<i>Suregada zanzibariensis</i>	1944	headache	leaf	rub leaves into head
mdimumbango	z	<i>Rawsonia lucida</i>	2379	cold	leaf	many leaves boiled in water and steam inhaled. Afterwards mixture ec
mdungu tungu	s	<i>Salacia sp.</i>	209	headache	leaf	leaf and root juice drunk in cold water, root in hot water
megaa	m	<i>Setaria megaphylla</i>	102	earache	leaf	leaves ground and put in ear
melebele	m	<i>Holarthra pubescens</i>	741	fever	root	
melebele	m	<i>Rauvolfia mombasiana</i>	632	hernia	root	
mitui	r	<i>Vitex sp.</i>	1935	cuts, fresh	leaf	grind leaf and apply
mitulu nyegele	r	<i>Vitex buchananii</i>	1910	stomach ache	root	root boiled and water drunk
mitunga ndimba	r	<i>Platysepalum inopinatum</i>	1675	toothache	root	
mganje dakia lomam	r	<i>Rothmannia manganjiae</i>	76	malaria	leaf	leaves ground , mixed with water and drunk
mgo	r	<i>Combretum illairii</i>	2090	tiredness	roots	roots eaten
mgogabundi	r	<i>Harrisonia abyssinica</i>	1920	stomach ache	root	root mashed and boiled in water. This drunk
mgongo wamambaz	z	<i>Schlechterina mitostemmafoi</i>	421	fever	leaf	boil until well cooked and inhale vapour
mgoweke	z	<i>Dalbergia obovata</i>	927	diarrhoea	leaf	leaf crushed, mixed with cold water and drunk
mgundumulewa	s	<i>Jateorhiza palmata</i>	358	cuts, infected	stem	stem of shoot pounded, small amount of hot water added. Swelling lai
mgwaza	r	<i>Ochna holtzii</i>	1619	period pains	roots	
mgwaza	r	<i>Oxyanthus sp.A</i>	2115	washing newborn chilroots	roots	roots boiled and warm infusion used
mhunungu	r	<i>Zanthoxylum holtzianum</i>	1679	swelling	root	root ground and applied to affected area
mhunzu	r	<i>Psychotria linearispala</i>	1625	eye ailments	flower	flower juice applied to eye
milolalasuwi	z	<i>Solenostemon latifolius</i>	2429	baby health	leaf	leaf put in water in which baby is bathed
minga shetani	s	<i>Clausena anisata</i>	263	lethargy	leaf	juice of leaves rubbed on face
mingaoka	m	<i>Clausena anisata</i>	78	lethargy	leaf	leaves ground, mixed with water and rubbed on face
miombo	s	<i>Brachystegia microphylla</i>	749	ribs, broken	leaf and root	leaf and root of bark boiled and water drunk
mjavikali	z	<i>Clausena anisata</i>	1112	rashes	root	root used to make tea
mjavitali	z	<i>Clausena anisata</i>	519	blisters, body	root	roots boiled and water drunk
mkata nzulu	r	<i>Bonamia mossambicense</i>	1878	stomach ache	leaf	
mkatanzulu	r	<i>Bonamia mossambicensis</i>	2065	sores	leaf	leaves crushed and applied as poultice

mkaliwa	m	<i>Rinorea elliptica</i>	697	earache	root	root grated and squeezed through a cloth into the ear
mkambakitungbi	m	<i>Ipomoea mauriflora</i>	766	eyes	flower	
mkamzene	z	<i>Ochna holtzii</i>	988	malaria	roots	
mkanga	r	<i>Asteranthe asterias</i>	1640	swelling	leaf	rub leaves mix with soap and apply
mkangala	r	<i>Erythroxylum emarginatum</i>	2101	impotence	root	roots boiled and water drunk
mkata kesi	z	<i>Buxus obtusifolia</i>	897	hernia	root	
mkaukau	s	<i>Rinorea angustifolia</i>	190	backache	root	root boiled and tea drunk
mkavu	m	<i>Grevea eggelingii</i>	719	colds	root	
mkenge	s	<i>Chionanthus milbraedii</i>	267	shoulder, sore	roots	roots grated and rubbed on affected area
mkilika	r	<i>Cassia singueana</i>	1947	stomach infection	root	roots boiled and water drunk
mkole	r	<i>Artabotrys modestus</i>	2221	cuts	leaf	leaf directly rubbed on
mkole	z	<i>Grevea conocarpa</i>	449	diarrhoea	sap	
mkole	r	<i>Grevea conocarpa</i>	1615	stomach problems	leaf	leaf ground, mixed with water and water placed in ear
mkole	r	<i>Grevea conocarpa</i>	2118	earache	leaf	
mkombwe	z	<i>Toddalopsis sansibarensis</i>	1010	cold	root	
mkonga	r	<i>Drypetes arguta</i>	2085	swelling (feet)	leaf	roots ground, boiled and water drunk
mkonga	z	<i>Hugonia castaneifolia</i>	983	wound	leaf	leaf crushed and applied
mkongo	r	<i>Ochna holtzii</i>	1631	swelling	bark	boil bark and apply
mkongodeka	z	<i>Grevea forbesii</i>	437	epilepsy	roots	root boiled and water drunk
mkuguni	z	<i>Terminalia boivinii</i>	1011	gonorrhoea	leaf	grind leaf and apply to spots
mkukumba mwitu	m	<i>Hoslundia opposita</i>	82	acne	root	root soaked in water, water drunk
mkula	r	<i>Ancylobotrys modestus</i>	2220	gonorrhoea	root	
mkule	z	<i>Grevea holstii</i>	1084	breathlessness	fruit	juice from fruit applied
mkuluma	m	<i>Entada pursaetha</i>	748	earache	sap	stem sap applied to bite surface
mkulumkulu	r	<i>Pentas micrantha</i>	1611	snakebite	bark	root mixed with water
mkungwia	m	<i>Markhamia obtusifolia</i>	740	gums, swollen	root	
mkundekunde	r	<i>Cassia petersiana</i>	1678	hernia	bark	tea made with bark and drunk
mkundi mgongo	m	<i>Adenia rumicifolia</i>	148	back ache	leaf	leaves ground and boiled, water drunk
mkungalungo	r	<i>Combretum apiculatum</i>	2108	chest complaints	leaf	leaf mixed with water and drunk
mkungule	m	<i>Dichrostachys cinerea</i>	760	fever	leaf	leaf made into tea
mkunguti	m	<i>Dichrostachys cinerea</i>	339	fever	leaf	
mkunungo	z	<i>Zanthoxylum chalybeum</i>	620	stomach	whole plant	whole plant in water and inhale vapour
mkunza	r	<i>Mariscus dubius</i>	2111	catarrh	root	
mkunzu	z	<i>Schlechterina mitostemmatol</i>	1012	stomach ache	leaf	
mkuvamba mazi	z	<i>Phyllanthus nummularifolius</i>	433	stomach pains	leaf	leaves ground and bandaged onto ulcer
mkwazu	m	<i>Clerodendrum incisum</i>	894	ulcers	root	
mladege	s	<i>Ficus sp.</i>	712	internal organs	root	

mlamati	r	<i>Sclerochiton vogelii</i>	2051	swelling (legs)	root	boil roots and drink water
mlanungu	s	<i>Synaptolepis kirkii</i>	246	headache	root	root grated and rubbed on head
mlawiliia	r	<i>Psychotria lauracea</i>	1639	hernia	root	root boiled and water drunk
mlwa	m	<i>Carpolobia goetzei</i>	23	earache	root	root pounded to flour applied inside ear on cloth
mlongamwe	r	<i>Grewia ectasica</i>	1642	stomach pain	root	boil root and drink water
mmabu	m	<i>Aporhiza paniculata</i>	128	earache	bark	grind bark, wrap in cloth. Cloth dipped in water and placed in ear
mmbwanashokora	m	<i>Aporhiza paniculata</i>	128	malaria or nausea	bark	bark heated in water and water drunk
mmelebewe mnomem	r	<i>Heinsia crinita</i>	1596	stomach problems	roots	boil roots and drink water
mmoyomoyo	r	<i>Rauvolfia mombasiana</i>	24	hernia	root	root boiled and mixture drunk
mnaugu	r	<i>Combretum sp.</i>	2164	insect bites, swollen	root	root shavings applied externally
mnganje nkuru	m	<i>Hymenaea verrucosa</i>	113	headache	leaf	leaves ground, mixed with water and drunk
mnganje nkuru	m	<i>Oncoba spinosa</i>	373	chest pains	root	
mngumba nchene	m	<i>Oncoba spinosa</i>	373	fever	leaf	
mnjekeche machi	m	<i>Adenia sp.</i>	293	fever	leaf	
mnoge	m	<i>Tetrapleura tetraptera</i>	333	ears, sore	seeds & pods	bathe skin in leaf tea and inhale vapour
mnyalanyara	r	<i>Bequaertiodendron magalistr</i>	1662	stomach pain	root	
moingajini	r	<i>Drypetes arguta</i>	2186	cuts	leaf	leaf applied directly to cut
moyingamuki	r	<i>Scoparia dulcis</i>	2107	headache	leaf	boil, inhale vapour
mpakacha	s	<i>Tarenna drummondii</i>	2100	breasts, tender during	leaf	leaf softened in water and rubbed on
mpayu	m	<i>Deinbollia borbonica</i>	221	dizziness	leaf	leaf boiled in water and water drunk
mpeki	r	<i>Rinorea ilicifolia</i>	37	stimulant and for stom?	leaf	
mpelema	m	<i>Monanthotaxis buchananii</i>	2120	sunburn and fever	leaf	
mpelete	m	<i>Tapiphyllum burnetii</i>	751	lung ailments	root	
mpigila	r	<i>Cela microcarpa</i>	51	swelling	?	
mpila	s	<i>Grewia holstii</i>	2109	cough	leaf	apply externally to knees and ankles
mpombo	m	<i>Landolphia kirkii</i>	223	sedative	leaf	leaves boiled and water drunk
mpoyongo	m	<i>Cissus populnea</i>	888	stomach	stem sap	leaf juice drunk in water
mpujiwa	m	<i>Vernonia cinerea</i>	12	stomach problems	frsosp	leaves ground, mixed with water and drunk
mpujiwa wanelinda	m	<i>Diospyros brucei</i>	54	bloating/wind	bark	root boiled in water and drunk
mpukupungu	m	<i>Diospyros verrucosa</i>	876	toothache	root	bark cut and brewed tea drunk
mpulu	m	<i>Makhamia acuminata</i>	255	stomach pains	leaf	root boiled and water used as mouthwash
mpululu	r	<i>Combretum pentagonum</i>	688	toothache	leaf	tea made with leaves and drunk
mpululu jike	m	<i>Mostuea brunonis</i>	1613	ear infection	leaf	grind leaf, squeeze into ear
mpupuru	s	<i>Combretum pentagonum</i>	81	toothache	root	root boiled and then applied to teeth
mpurupuru mdogo	m	<i>Combretum pentagonum</i>	249	toothache	root	root boiled in water. Swill water around mouth and spit out.
mpuyuma nakatiti	m	<i>Combretum brucei</i>	47	toothache	root	root ground and applied
			686	ringworm		

mpyagilo	m	<i>Psychotria faucicola</i>	35	snake (?adder)	bite	bark	
mpyilua nakatifi	m	<i>Diospyros verrucosa</i>	689	earache			
msagase	r	<i>Hugonia costaneifolia</i>	1627	hernia		root	boil roots and drink water
msakalasego	r	<i>Dichapetalum stuhlmannii</i>	2171	chest pains		root	roots ground, added to hot water and used to wash in
msakazi	r	<i>Erythroxylum emarginatum</i>	2163	muscles, pulled		leaf	leaves crushed, boiled in water and this rubbed on
msaki	r	<i>Jasminum sp.</i>	2175	sores		leaf	leaves burnt and applied to sores with bandage
msandawa	r	<i>Manilkara sulcata</i>	2233	ear infection		leaf	grind leaves in water and apply externally
msango	z	<i>Ruellia patula</i>	944	fever in children	(degroot)	root	tea made with roots
msati	r	<i>Rytigynia monantha</i>	2067	sore throat		leaf	leaves burnt, ground, boiled in water and drunk
msawa	m	<i>Mellera lobulata</i>	18	fever		leaf	leaves pounded and juice rubbed on body
msegeo	m	<i>Dioscorea sansibarensis</i>	891a	boils		leaf	leaf put in hot water
mseges	s	<i>Bauhinia tomentosa</i>	226	gums		root	root ground and put on gums
msekwa	r	<i>Chassalia umbraticola</i>	2095	headache			
msemelele	r	<i>Jasminum meyeri - johannis</i>	2098	cuts		leaf	applied externally
msenzele	r	<i>Cremaspora triflora</i>	1598	stomach problems		roots	boil roots and drink water
msewa	r	<i>Tinospora caffra</i>	1664	eye infections		leaf	leaf ground added to water to make eyewash
mshada poli	r	<i>Agathisanthemum bojeri</i>	2227	impotence		root	ingest
msiga	m	<i>Hibiscus faulknerae</i>	890b	asthma		root	root scrapings boiled in water and drunk
msillili	r	<i>Ritchiea capparoides</i>	2112	gonorrhoea		roots	roots ground and boiled, water drunk
msipo	r	<i>Dalechampia scandens</i>	2083	headache		leaf	leaf ground with water and applied to head as shampoo
msizi wake	r	<i>Erythroxylum emarginatum</i>	2121	hernia		root	root boiled whole and water drunk
msofu	r	<i>Pteleopsis myrtifolia</i>	1821	stomach pain		root	root
msokolole	z	<i>Triumfetta rhomboidea</i>	414	jiggers		root	root pounded and applied
msue mwitu	s	<i>Parkia filicoidea</i>	191	madness		sapwood	o-wood soaked and put in a bath for the afflicted person
msufi mwitu	k	<i>Bombax rhodognaphalon</i>	345	stomach, bloated		bark	boil bark and drink water
msunu	r	<i>Salacia leptoclada</i>	2219	measles		leaf	leaf mixed with cold water and rubbed over body
mitabwe	m	<i>Grewia conocarpa</i>	861	stomach ache			
mtambaa hashi	z	<i>Geophila obvallata</i>	478	snakebite		leaf	leaves ground and boiled, water drunk
mtambasi	r	<i>Strychnos panganensis</i>	2217	dysentery			
mtandi	s	<i>Kigelia africana</i>	708	fever		bark	
mtapi mdogo	m	<i>Ludwigia jussiaeoides</i>	49	indigestion		leaf	
mtapi nkuru	m	<i>Olax obtusifolia</i>	344	fever		leaf	leaf boiled and steam inhaled
mtasi	s	<i>Baphia kirkii</i>	217	muscle, ache?		root	root ground, powder applied to muscle and bandaged around
mtasi	r	<i>Memecylon sp.</i>	2202	sores		root	root cuttings applied to sores
mtengwa	r	<i>Rourea coccinea</i>	2117	pain in childbirth		leaf	leaves crushed and put in hot water, eyes exposed to steam
mtete	m	<i>Pteleopsis apetalata</i>	32	eyes sore		leaf&root	boil leaf and root, swill solution around mouth
mtete	r	<i>Hybanthus enneaspermus</i>	1708	mouth ulcers			

mitema	m	<i>Dracaena usambarensis</i>	62	shivers/tremors	?		
mitili	s	<i>Lecaniodiscus fraxinifolius</i>	218	stomach ache	root	root	root boiled in water and drunk
mtonga poli	r	<i>Diospyros verrucosa</i>	2234	hernia	root		
mtopa	r	<i>Keetia zanzibarica</i>	2116	chest pains	roots	roots	roots ground and boiled, water drunk
mtopete	m	<i>Annona senegalensis</i>	385	cough	leaf	leaf	leaf boiled and water drunk
mitumbati maji	s	<i>Pterocarpus tinctorius</i>	214	toothache	latex	latex	latex applied through a cloth onto teeth
mituno	m	<i>Vismia orientalis</i>	736	itching	leaf	leaf	put leaves on body
mituno kachewe	m	<i>Psorospermum febrifugum</i>	93	ribs.broken?	bark	bark	rub bark on affected areas
mitunokitumbi	m	<i>Vismia orientalis</i>	864	nettle rash	leaf	leaf	burn leaf, apply ash externally to spine
muagi	r	<i>Dichapetalum mossambiceni</i>	2104	bachache	root	root	root boiled and water drunk
muhumba	z	<i>Carissa tetramera</i>	993	hernia	roots	roots	roots boiled and water drunk
muhungu	r	<i>Zanthoxylum holtzianum</i>	2063	hernia	leaf	leaf	leaf burnt, ashes rubbed into scratches made in skin
mulavanya	r	<i>Vitex buchananii</i>	2097	swelling	root	root	roots cooked with chicken to make a soup
mulenga	z	<i>Blepharispernum zanguebari</i>	2380	epilepsy in children	root	root	
mumbira	m	<i>Lannea antiscorbutica</i>	676	legs, aching	root	root	
Mundi	m	<i>Kigelia africana</i>	388	fever	bark	bark	bark boiled and water drunk
Mundi	m	<i>Kigelia africana</i>	388	headache	bark	bark	bark boiled and water drunk
Mundi	m	<i>Kigelia africana</i>	388	stomach, bloated	bark	bark	bark boiled and water drunk
Mundi	m	<i>Kigelia africana</i>	388	toothache	bark	bark	bark boiled and water drunk
munene	s	<i>Sterculia appendiculata</i>	367	fever	leaf	leaf	bathe in hot tea made with leaves
munjoka ngyuma	m	<i>Cyphostemma sp.</i>	299	depression	leaf	leaf	hot tea made with leaves
muyenji	m	<i>Crabia zimmermannii</i>	168	knee, sore	leaf	leaf	leaf crushed and applied as dressing
musaka	z	<i>Tinnea aethiopica</i>	2448	flu	leaf	leaf	leaf boiled in water and steam inhaled
musempeke	z	<i>Erythrococca trichogyne</i>	2434	wind and stomach pain	root	root	root boiled and tea drunk
mutumba	z	<i>Strychnos panganensis</i>	1074	stomach ache	leaf	leaf	pound leaf in cold water and drink
muwawa	r	<i>Dichapetalum mossambiceni</i>	1918	stomach, gassy	leaf	leaf	
mvilu	z	<i>Vangueria sp.</i>	434	hernia	root	root	boil root and apply externally
mvizandima	r	<i>Vismia orientalis</i>	1707	muscles,sore	bark	bark	bark mixed with water and drunk
mvuadondo	z	<i>Anthericum subpetiolatum</i>	985	diarrhoea	stalk	stalk	scrape stalk with knife and apply to swelling
mvule	s	<i>Millicia excelsa</i>	236	indigestion	leaf	leaf	leaves crushed and eaten
mvuvu	r	<i>Pavonia leptocalyx</i>	1696	swelling	sap	sap	sap drunk
mwabu	m	<i>Caloncoba welwitschii</i>	29	stomach ache	leaf	leaf	leaf pounded and juice drunk
mwangu	s	<i>Combretum sp.</i>	244	stomach	leaf	leaf	leaves ground and bound onto wound
mwaya	m	<i>Suregada zanzibariensis</i>	863	fever	leaf	leaf	
mwaziwachike	z	<i>Rytigynia celastroides</i>	947	wounds	fruit	fruit	juice of fruit applied to affected area
mwebalea	m	<i>Allophylus africanus</i>	746	boils			
mweleu	m	<i>Vangueria madagascariensis</i>	758	boils			

mwembe mwitu	m	<i>Rothmannia manganjoe</i>	747	nausea	root	young leaves burned, ash rubbed into fine cuts made in forehead
mwila	m	<i>Flagellaria guineensis</i>	298	headache	leaf	roots boiled and water used as mouthwash
mwilenuime	m	<i>Bridelia afroviridis</i>	633	tooth problems	root	leaf juice mixed with cold water and drunk
mwimia	s	<i>Phyllanthus reticulatus</i>	351	fever	leaf	whole plant/between hands then apply hands to face and eyes
mwindi	m	<i>Phyllanthus micromeris</i>	145	eyes, sore	whole	tea made with roots and drunk
mwiru	z	<i>Eriosema nutans</i>	949	ulcers	roots	leaves ground and rubbed on body
mwya	m	<i>Suregada zanzibariensis</i>	371	fever	leaf	root rubbed into forehead
wongabembe	m	<i>Bivinia jalbertii</i>	884	headache	root	root of bark grated and applied
wounume	m	<i>Monanthonotaxis trichocarpa</i>	629	ringworm in children	root	tea made with leaves and drunk
mwya	z	<i>Jasminum fluminense</i>	941	stomach, sore after food	root	grind leaves with water and apply to ear
mzinda	r	<i>Asystasia gangetica</i>	1893	ear infection	leaf	boil root and drink water
mzizima	r	<i>Chazaliella abrupta</i>	1906	stomach ache	root	
nabembe	m	<i>Rytigynia monantha</i>	682	hiccoughs	leaf	
nachumbi mkiwici	s	<i>Disotis rotundifolia</i>	314	bladder problems	leaf	pound leaves, add to cold water and drink
nakabalika	m	<i>Polystachya tessellata</i>	850	blisters and sores on hands/feet	leaf	leaves boiled in small amount of water for a long time. Bandages soaked
nakabindi	m	<i>Phyllanthus nummularifolius</i>	144	swelling	leaf	
nakachongo	m	<i>Pentodon pentandrus</i>	699	cataracts, early stage	leaf	
nakaenga	m	<i>Scadoxus multiflorus</i>	692	heartburn	leaf	
nakainja	m	<i>Scadoxus multiflorus</i>	112	smart drug	leaf	leaves ground and mixed with hot water. Tea drunk
nakainja	m	<i>Chlorophytum heynei</i>	288	ringworm	leaf	leaves crushed and boiled to make ointment, which is applied to hear
nakainja maliwe	m	<i>Chlorophytum heynei</i>	138	backache	leaf	leaves ground and applied to spine
nakainja nkura	m	<i>Dracaena deremensis</i>	201	grazing, knees and elbow	leaf	leaves boiled in water then used as a poultice
nakajwembe	m	<i>Pavetta refractifolia</i>	644	headache	leaf	leaf crushed and rubbed on forehead
nakakunde mwitu	m	<i>Cassia sp.</i>	100	cold	leaf	rub leaves and inhale
nakale	m	<i>Cryptolepis apiculata</i>	889a	boils	leaf	
nakalongdaria niti	s	<i>Commelina sp.</i>	220	ribs, broken	root	roots ground, cuts made in skin over ribs and powder rubbed on
nakatututu	m	<i>Commelina sp.</i>	311	cuts	leaf	grind leaves and bandage over cut
nakanbidimu	m	<i>Ziziphus pubescens</i>	677	gums, swollen	leaf	tea made from leaves
nakandauga nchemm	m	<i>Crotalaria goodiiiformis</i>	122	hiccoughs	leaf	leaves crushed and rubbed on nose
nakandimu liwe	m	<i>Sapium ellipticum</i>	180	catarrh	leaf	juice of root squeezed through a cloth into the ear
nakanjende juwingi	m	<i>Asteranthe lutea</i>	857	ear	root	root grated and put on tongue
nakanonopa mikura	m	<i>Dialium holtzii</i>	187	backache	root	roots ground and rubbed in to small cuts made in back
nakatindasi	m	<i>Garcinia buchanii</i>	343	backache	roots	
nakatniku	m	<i>Cola discoglypsemnophylla</i>	687	feet, rough skin on	seed/pods	whole eaten
nakatula	m	<i>Impatiens wallariana</i>	131	childbirth, pain in	leaf	leaf rubbed over head
nakatumba	m	<i>Drimiopsis botryoides</i>	70	headache	leaf	bulb ground between stones and applied
nakatunguru	m	<i>Eulophia friedericii</i>	116	navel, wounded	bulb	

nakaurungwa	s	<i>Cola microcarpa</i>	198	vomiting, induce	leaf	crush leaves into cold water and drink
nakayagobo	m	<i>Leptactina oxyloba</i>	714	boils	root	
nakayemba bonde	m	<i>Erythrococca trichogyne</i>	41	earache	root	root ground to powder and applied
nakinyo	m	<i>Dissofis rotundifolia</i>	661	bilharzia	leaf	
naligongo	m	<i>Alectra</i> sp.	765	ankle, swollen	leaf	grind leaves and rub in to small nicks made in skin of ankle
naliwe	m	<i>Chlorophytum heynei</i>	703	womb, postnatal pain	leaf	crush leaves in water and drink
nalyala	m	<i>Dichapetalum mossambicensis</i>	141	toothache	root	root ground and powder applied
namache	m	<i>Dorstenia hildebrandtii</i>	646	infertility	flower	leaves squeezed and juice collected
namakale	m	<i>Psychotria faucicola</i>	33	headache	leaf	leaves chopped and rubbed on head
namakale mkubwa	m	<i>Pavetta pseudo-albicaulis</i>	671	lumbago	leaf	leaves boiled and rubbed over face of child in morning and evening
namakoi bonde	m	<i>Keetia venosa</i>	320	eyes? in babies	leaf	grind and take with sugar
namata	r	<i>Leucas glabrata</i>	1606	aphrodisiac	leaf & root	juice of leaf used as ear drop
nambondo	m	<i>Thespesia populnea</i>	781	ears	leaf	flowers squeezed into eye
nambondo	m	<i>Thespesia populnea</i>	781	eyes	flowers	leaves eaten
nampumunda	m	<i>Platysepalum inopinatum</i>	346	diarrhoea	leaf	leaf mixed in cold water and drunk
nampumunda	m	<i>Platysepalum inopinatum</i>	853	fever	leaf	
nampya	m	<i>Erythrococca trichogyne</i>	720	boils	leaf	
namuinyo ndogo	m	<i>Nelsonia canescens</i>	11	urine, blood in	leaf	pound leaves and mix with water
namwana	m	<i>Schlechterina mitostemma</i>	121	childbirth, sex determin	stem	make tea from stem bottom for male, stem top for female
namwembe	m	<i>Uvariandron gorgonis</i>	700	lumbago	leaf	
namwembe mchenem	m	<i>Aristogeitonina monophylla</i>	775	stomach ache	leaf	leaf ground in cold water and drunk
nandi mtanga	s	<i>Albizia petersiana</i>	199	strength in men	leaf	drink leaf juice in water
nandoba	m	<i>Thunbergia heterochondros</i>	862	neck, stiff	leaf	rub leaves on neck
nanduba	m	<i>Vittaria elongata</i>	332	fever	leaf	leaves cooked in hot water then rubbed over patient
nang wina	m	<i>Phyllanthus odontadenius</i>	16	fever in children	leaf	leaves pounded and juice extracted
nangind nambambili	m	<i>Anthericum</i> sp.	295	burns	leaf	leaf ground and put over burn
nangindi	m	<i>Justicia fittonioides</i>	61	spleen, swollen	leaf	mixed with water and drunk
nangube	m	<i>Oeceoclades saundersiana</i>	166	swelling	leaf	applied to navel
nanjaywa	m	<i>Rothmannia ravae</i>	865	fever	bark	boil bark and wash body with the water
nankima	m	<i>Cyanotis foecunda</i>	162	ankle, sprained	leaf	leaves pounded, added to cold water applied to ankle under bandage
nanungo	m	<i>Tricalysia</i> sp. nov.	634	breathing, difficulty in	leaf	leaves pounded, mixed with cold water and drunk
nanyengi liwe	m	<i>Craibya zimmermannii</i>	768	glands, swollen	leaf and root	
naoke	m	<i>Justicia nyassana</i>	17	skin disorders	seed	seed ground into powder and applied
naribinde	m	<i>Dorstenia tayloriana</i>	880	congestion	leaf	leaf crushed and rubbed on nose
nauki njene	m	<i>Pupalia lappacea</i>	251	liver, pain in	leaf	leaves boiled in water, water drunk
nauyaloa	m	<i>Dichapetalum mossambicensis</i>	721	ribs, sore	leaf	rub crushed leaves onto skin
nchachamai	m	<i>Mallotus oppositifolius</i>	20	headache	leaf	juice extracted and applied to head

nchachmein	m	<i>Clerodendrum incisum</i>	729	fever	leaf	leaves crushed and used as poultice - poison if eaten
nchangalua	m	<i>Commiphora africana</i>	838	malaria	root	root boiled and drunk
nchekecha	m	<i>Gloriosa superba</i>	762	swelling	leaf	leaf crushed, mixed with hot water and applied externally
nchonda	m	<i>Acacia sieberiana</i>	326	malaria in children	bark	bark boiled and tea drunk
nchwill	m	<i>Grewia goetzeana</i>	648	virility, increasing		
ndaa	m	<i>Diospyros zombensis</i>	727	insect bites under nails		
ndagamwitu	m	<i>Cyperus renschii</i>	693	fever		
ndangi	s	<i>Acalypha neptunica</i>	240	elbow, sprained	leaf	leaves boiled and bandaged on
ndebele	m	<i>Amaranthus dubius</i>	152	appendicitis	leaf	leaves ground, mixed with cold water and drunk
ndebele mwifu	m	<i>Celostia trigyna</i>	143	hiccup	leaf	leaf boiled and water drunk
ndimuhulo	r	<i>Suregada zanzibariensis</i>	2058	stomach ache	roots	roots boiled and water drunk
ndondo	s	<i>Rourea orientalis</i>	666	cough in children	leaf and bdeaf	leaf and bark boiled and water drunk
ndofoto	m?	<i>Leptowianthus stellatus</i>	58	wounds/swelling	bark	bark scrapings used as poultice
ndulu	m	<i>Cyperus involucratus</i>	117	stomach ache	stolon	stolon boiled and water drunk
nelia kabele	m	<i>Cornmelina sp.</i>	654	eye ailments	flower	flower nectar applied
nelyenchane	m	<i>Cornmelina bracteosa</i>	660	eyes	flower	flower squeezed to produce eyedrops
ng'ongolo	m	<i>Maerua triphylla</i>	804	backache		
ngachawa	m	<i>Hugonia castaneifolia</i>	342	snakebite	root	roots ground and applied to bite
ngata	m	<i>Inhambanella henriquesii</i>	291	mastitis?	latex	latex rubbed on nipple of woman with child
ngenjeenje bandam	m	<i>Hippocratea holtzii</i>	871	spleen	root	root mixed with hot water and drunk
ngombe	m	<i>Saba comorensis</i>	769	tongue	fruit	
ngovu	r	<i>Pteleopsis myrifolia</i>	2102	urination, pain during	leaf	leaves ground, added to cold water and drunk
ngundumukwa	m	<i>Tinospora oblongifolia</i>	872	eyes	exudate	
ngundumukwa	m	<i>Tinospora oblongifolia</i>	872	neck, stiff	whole plant	whole plant wrapped around neck
ngwambau nchene	m	<i>Mallotus oppositifolius</i>	694	stomach ache		
ngweu	m	<i>Cynanassastrum hostifolium</i>	69	earache	leaf	leaf crushed and squeezed through cloth into ears
nia kindochi	m	<i>Jasminum streptopus</i>	323	vomiting	root	root boiled and water drunk
nikunguluki	m	<i>Asplenium blastophorum</i>	161	neck, stiff	leaf	leaves pounded, mixed in cold water and applied to neck
njano	z	<i>Chlorophyllum heynei</i>	420	stomach	root	boil in water and drink
njende	r	<i>Monodora junodii</i>	696	headache		
nkamaeki	m	<i>Acrostichum aureum</i>	253	epilepsy	leaf	tea made with dry leaves and drunk
nkambiku	m	<i>Portulaca oleracea</i>	146	muscle, cramps or tightleaf	green leaves	green leaves pressed on to affected area
nkandanga	m	<i>Abrus pulchellus</i>	730	measles		
nkandekande ngomm	m	<i>Cassia abbreviata</i>	807	cough, whooping		
nkandekande ngomm	m	<i>Cassia abbreviata</i>	807	fever		
nkangamata	m	<i>Mkilua fragrans</i>	7	emetic		
nkanonopa	m	<i>Drypetes arguta</i>	10	stomach, churning	root	root boiled in water, water drunk

nkatum'i	m	<i>Erythrococca trichogyne</i>	635	earache	leaf	leaf rolled into ball. Juice squeezed through a cloth into ear
nkayungula	m	<i>Rytigynia celastroides</i>	382	snakebite	root	skin at bite cut, squeezed. Grated root rubbed in
nkekeje mwitu	m	<i>Newtonia paucijuga</i>	877	ribs, broken	seedpods	pod used as splint across ribs
nkiga	m	<i>Jasminum steptopus</i>	649	eyes	flower	squeeze flower through a cloth into eye
nkombajiko machi	m	<i>Strophanthus petersianus</i>	376	dizziness	leaf	leaves put in hot water which is then poured over patient's body
nkundekunde	m	<i>Cassia petersiana</i>	875	appendicitis	roots	roots put in hot water and drunk
nmata	z	<i>Pupalia lappacea</i>	419	sores	leaf	rubbed into affected area
nnakasoga	m	<i>Bersama abyssinica</i>	322	snakebite	root	root ground into a hot drink (not boiled) and drunk
nnganje	m	<i>Mallotus oppositifolius</i>	21	fever	leaf and root	leaf and root with water
nngende	m	<i>Monodora junodii</i>	22	pain and swelling	leaves	leaves rubbed on affected area
npembesi nchene	m	<i>Chassalia umbraticola</i>	808	fever		
npozeo	z	<i>Cyanotis foecunda</i>	1091	mental illness	root	
nsegesi	m	<i>Bauhinia tomentosa</i>	640	boils	root	root grated and applied as poultice
ntaba nchene	m	<i>Maytenus mossambicensis</i>	91	chest pains	leaf	grind leaves mix with boiling water and drink
ntabwe	m	<i>Grewia conocarpa</i>	755	headache	root	root boiled in water and drunk
ntakochoambuya	m	<i>Polysphaeria parvifolia</i>	806	earache	root	
ntakonambwa	m	<i>Polysphaeria multiflora</i>	672	earache	root	
ntangonbe	r	<i>Gardenia transvenulosa</i>	2119	abscesses	root	root shavings applied as poultice
ntasi	m?	<i>Oncoba spinosa</i>	57	stimulant	leaf	leaves brewed and tea drunk
ntesa mwitu	m	<i>Flueggea virosa</i>	318	eyes	leaf	leaves boiled and eyes exposed to vapour
ntete vakulu	m	<i>Hymenocarpia ulmoides</i>	873	eyes	leaf	leaf boiled, eyes exposed to steam
nukullo	m	<i>Trichilia emetica</i>	225	ankle, sprained	root	root ground and bandaged onto ankle
nyambutuka	m	<i>Sapium armatum</i>	874	headache	root	root drunk in hot water
nyandege	z	<i>Microcoelia exilis</i>	2426	fever in infants	leaf	leaf put in cold water in which baby is bathed
nyogobo nkulu	m	<i>Malacantha alnifolia</i>	155	?	bark	scrape bark, make fine cuts in skin of knee and apply scrapings to cut
nyonga	m	<i>Diospyros verrucosa</i>	36	nausea	root	roots crushed and eaten
nyongeyaliwe	m	<i>Acridocarpus alpecurus</i>	678	energy, lack of	root	
nyongeyaliwe	m	<i>Acridocarpus alpecurus</i>	678	senility	root	
pingi	r	<i>Ximenea cafra</i>	1807	stomach pains	root	root boiled and water drunk
puliule	z	<i>Asystasia gangetica</i>	2420	colds and flu		
raugimbili	m	<i>Bequaertiodendron magalistr</i>	103	childbirth, pain during	leaf	leaves ground, mixed with water and drunk
sakula ngwale	r	<i>Margaritaria discoidea</i>	1876	stomach ache	roots	root boiled and water drunk
sankwa	z	<i>Panicum latifolium</i>	409	bleeding	leaf	boil leaves and inhale steam
sasuwyawache	z	<i>Vernonia hildebrandtii</i>	2477	headache	leaf	peel root, mix with cold water and drink
seowa	r	<i>Acacia adenocalyx</i>	2105	cough	root	slice roots, boil and drink
sikulillo	r	<i>Leptactina platyphylla</i>	1990	stomach pain	root	boil root and drink water
sofu mwitu	r	<i>Uvaria leptoclada</i>	1705	stomach pains	root	

sunga pwapwa	z	<i>Emilia coccoloba</i>	432	stomach ache	root	
feconge mende	m	<i>Sansevieria conspicua</i>	852	leprosy	leaf	rub on leaves
fikini	z	<i>Rhinacanthus gracilis</i>	427	hydrocephalus in babies		
fongwa	m	<i>Erythrococca bongensis</i>	892	fever		
fongwa	m	<i>Erythrococca bongensis</i>	892	throat, sore		
foza ngoto	sh	<i>Pupalia lappacea</i>	410	sores		
tutukanga	r	<i>Cassytha filiformis</i>	1872	insect bites	stalks	stalks pounded to make a drink
ukalima	m	<i>Cyclanthopsis parviflora</i>	170	earache		
ukonge mwitu	m	<i>Draecena deremensis</i>	782	wrinkles	leaf	
ukulu buku	r	<i>Metaporana densiflora</i>	1849	eye ailments	leaf	leaf ground and paste applied to eye
ukumbuya	m	<i>Triclisia sacleuxii</i>	675	hernia		
ukumbuza	s	<i>Triclisia sacleuxii</i>	204	hernia	root	boil in water and drink
ungombe	m	<i>Saba comorensis</i>	181	lips, sore	leaf and fruit	leaves and fruit rubbed on
ungumbu	m	<i>Adenia gummifera</i>	680	snakebite, antidote for		
uparangawe	m	<i>Acacia pentagona</i>	679	scabies		
upoto	m	<i>Adenia schliebenii</i>	674	nasal sores		
utumbondembo	m	<i>Paullinia pinnata</i>	695	cough		
utumbowanguku	z	<i>Cynanchum tetrapterum</i>	1003	lactation, induces	root	boil in water and apply to breast
utumbu wa ndembom	m	<i>Paullinia pinnata</i>	14	cough	leaf	rub root, mix with water and use as inctus
uvumba mwitu	m	<i>Ocimum gratissimum</i>	158	headache	leaf	leaves crushed and aroma inhaled
wakakoru mwitu	m	<i>Celosia hastata</i>	335	hiccoughs	leaf	leaves made into tea
wakaunde	m	<i>Monanthes taxis buchananii</i>	88	ulcers?	leaf	leaf ground and rubbed on head
yaswa	r	<i>Mildbraedia carpinifolia</i>	1641	headache	leaf	rub leaves into head
zigwa	z	<i>Uvaria pandensis</i>	991	asthma	root	root boiled and water drunk
zira	z	<i>Cyperus involucreatus</i>	2427	fever		
		<i>Aneilema aequinoctiale</i>	658	eye	flowers	flower juice used as eye drops
		<i>Diospyros squarrosa</i>	216	dizziness	leaf	leaf pounded and added to cold water and drunk

TABLE 4 :
List of Plant Medicines by AFFLICTION

AFFLICTION	SPECIES	NO	LOCAL NAME	PART	PREPARATION
?	<i>Matacantha alnifolia</i>	155	nyogobo nkulu	m bark	scrape bark, make fine cuts in skin of knee and apply scrapings to cut
abscesses	<i>Gardenia transvenulosa</i>	2119	ntangonbe	r root	root shavings applied as poultice
abortion, induces	<i>Anchomanes abbreviatus</i>	1024	lavalava	z stamen	stamen crushed before bud has opened, juice mixed with water and drunk
acne	<i>Hoslundia opposita</i>	82	mkukumba mwitum	leaf	grind leaf and apply to spots
anaemia; stomach pain	<i>Microgramma lycopodioides</i>	2390	lwandama	z leaf	leaves crushed with those of 'kiruturutu' and mixed into porridge
ankle, sprained	<i>Cyanotis foecunda</i>	162	nankima	m leaf	leaves pounded, added to cold water applied to ankle under bandage
ankle, sprained	<i>Trichilia emetica</i>	225	nukulio	m root	root ground and bandaged onto ankle
ankle, swollen	<i>Alectra</i> sp.	765	nailigongo	m leaf	grind leaves and rub in to small nicks made in skin of ankle
anti emetic	<i>Polysphaeria parvifolia</i>	436	mbwakambaka	z root	
apphrodisiac	<i>Leucas glabrata</i>	1606	namata	r leaf & rgrind	and take with sugar
appendicitis	<i>Amaranthus dubius</i>	152	ndebele	m leaf	leaves ground, mixed with cold water and drunk
appendicitis	<i>Cassia petersiana</i>	875	nkundekunde	m roots	roots put in hot water and drunk
appendicitis	<i>Dictyophleba lucida</i>	114	lubilio nchene	m leaf	leaves ground, added to cold water and drunk
asthma	<i>Hibiscus taulknerae</i>	890b	msiga	m root	root scrapings boiled in water and drunk
asthma	<i>Uvaria pandensis</i>	991	zigwa	z root	root boiled and water drunk
baby health	<i>Solenostemon latifolius</i>	2429	miloliasuwi	z leaf	leaf put in water in which baby is bathed
backache	<i>Dichapetalum mossambicensis</i>	2104	muagi	r leaf	burn leaf, apply ash externally to spine
backache	<i>Isolona heinsenii</i>	881	combarjino	m root	root put in hot water and drunk
backache	<i>Strophanthus petersianus</i>	2228	mbupuli	r leaf	leaves rubbed onto spine
back ache	<i>Adenia rumicifolia</i>	148	mkundi mgongo	m bark	tea made with bark and drunk
backache	<i>Chlorophytum heynei</i>	138	nakinja maliwe	m leaf	leaves ground and applied to spine
backache	<i>Dialium holtzii</i>	187	nakanonopa mkim	root	root grated and put on tongue
backache	<i>Garcinia buchanii</i>	343	nakatindasi	m roots	roots ground and rubbed in to small cuts made in back
backache	<i>Maerua triphylla</i>	804	ng'ongolo	m	
backache	<i>Rinorea angustifolia</i>	190	mkata kesi	s root	root boiled and tea drunk
bilharzia	<i>Dissothis rotundifolia</i>	661	nakinyo	m leaf	
bladder problems	<i>Dissothis rotundifolia</i>	314	nachumbi mkiwits	leaf	pound leaves, add to cold water and drink
bleeding	<i>Ageratum conyzoides</i>	2430	kodonge	z	
bleeding	<i>Panicum laticornum</i>	409	sankwa	z	
blisters and sores on hc	<i>Polystachya tessellata</i>	850	nakabalika	m	
blisters, body	<i>Clausena anisata</i>	519	mjavilali	z	
bloating/wind	<i>Diospyros brucei</i>	54	mpujwa	m bark	bark cut and brewed tea drunk
boils	<i>Allophylus africanus</i>	746	mwebalea	m	
boils	<i>Allophylus stachyanthus</i>	2497	bangwe	z leaf	leaves crushed with water to make a paste, applied to boil
boils	<i>Anchomanes abbreviatus</i>	673	lienegunda	m	

boils	<i>Anchomanes abbreviatus</i>	773	ekupu	m		
boils	<i>Bauhinia tomentosa</i>	640	nsegesi	m	root	root grated and applied as poultice
boils	<i>Capparis erythrocarpos</i>	734	kibambauubi	m		
boils	<i>Carliodpermum halicacabui</i>	2511	mbono	z	seed	oil derived from seed applied on poultice to lanced boils
boils	<i>Cryptolepis apiculata</i>	889a	nakale	m		
boils	<i>Dioscorea sansibarensis</i>	891a	msego	m	leaf	leaf put in hot water
boils	<i>Erythrococca trichogyne</i>	720	nampya	m		
boils	<i>Gonatopus boivinii</i>	664	lyengunda	m		
boils	<i>Leptactina oxyloba</i>	714	nakayagobo	m	root	
boils	<i>Monanthotaxis buchananii</i>	77	kingubili kichene	m	leaf	grind up leaves and apply as dressing
boils	<i>Vangueria madagascariensis</i>	758	mwelu	m	fruit	juice of fruit applied to affected area
boils and ulcers	<i>Cyphostemma buchananii</i>	2480	konoliyatambo	z		
breasts, tender during	<i>Tarenna drummondii</i>	2100	moyingamuki	r	leaf	leaf softened in water and rubbed on
breathing, difficulty in	<i>Tricalysia sp. nov.</i>	634	nanungo	m	leaf	leaves pounded, mixed with cold water and drunk
breathlessness	<i>Grewia holstii</i>	1084	mkule	z		
burns	<i>Anthericum sp.</i>	295	nangind nambarm	leaf	leaf	leaf ground and put over burn
cataracts	<i>Barteria prinitis</i>	2399	lusungulo	z	leaf	leaf juice dripped into eye
cataracts, early stage	<i>Pentodon pentandrus</i>	699	nakachongo	m		
catarrh	<i>Mariscus dubius</i>	2111	mkunza	r	whole	boil plant in water and inhale vapour
catarrh	<i>Sapium ellipticum</i>	180	nakandimu liwe	m	leaf	leaves crushed and rubbed on nose
chest complaints	<i>Combretum apiculatum</i>	2108	mkungalungo	r	leaf	leaves ground and boiled, water drunk
chest pain	<i>Xenostegia medium</i>	50	kilimi cha ndogo	m	leaf	
chest pains	<i>Dichapetalum stuhlmannii</i>	2171	msakalasengo	r	root	roots ground, added to hot water and used to wash in
chest pains	<i>Keetia zanzibarica</i>	2116	mtopa	r	roots	roots ground and boiled, water drunk
chest pains	<i>Maytenus mossambicensis</i>	91	ntaba nchene	m	leaf	grind leaves mix with boiling water and drink
chest pains	<i>Oncoba spinosa</i>	373	mnganje nkuru	m	root	
childbirth, pain during	<i>Bequaertiodendron magalistr</i>	103	raugimbili	m	leaf	leaves ground, mixed with water and drunk
childbirth, pain in	<i>Impatiens wallariana</i>	131	nakatula	m	seed/pods	eaten whole
childbirth, sex determin	<i>Schlechterina mitostemmafoi</i>	121	namwana	m	stem	make tea from stem bottom for male, stem top for female
cold	<i>Cassia sp.</i>	100	nakakunde mwit	m	leaf	rub leaves and inhale
cold	<i>Rawsonia lucida</i>	2379	mdimumbango	z	leaf	many leaves boiled in water and steam inhaled. Afterwards mixture eaten or skin
cold	<i>Toddalopsis sansibarensis</i>	1010	mkombwe	z		
colds	<i>Grevea eggelingii</i>	719	mkaukau	m		
colds and flu	<i>Asystasia gangetica</i>	2420	pulule	z		
congestion	<i>Dorstenia tayloriana</i>	880	naribinde	m	leaf	leaf crushed and rubbed on nose
congestion, nasal	<i>Flueggea virosa</i>	638	ipyeyev	m		
convulsions, febrile	<i>Hugonia castaneifolia</i>	895	bengu	m	leaf	leaf ground and drink made

cough	<i>Acacia adenocalyx</i>	2105	seowa	r	root	peel root, mix with cold water and drink
cough	<i>Annona senegalensis</i>	385	mtopetope	m	leaf	leaf boiled and water drunk
cough	<i>Grewia holstii</i>	2109	mpigila	r	leaf	leaves boiled and water drunk
cough	<i>Mallotus oppositifolius</i>	1082	alifo	z	leaf	leaves eaten
cough	<i>Paullinia pinnata</i>	14	utumbu wa ndembo	root	root	rub root, mix with water and use as linctus
cough	<i>Paullinia pinnata</i>	695	utumbondembo	m		
cough (kimeo -s)	<i>Achyranthes aspera</i>	2377	lutala	z	flower	flowers roasted and powder mixed with lemon juice
cough in children	<i>Rourea orientalis</i>	666	ndondo	s	leaf	and bark boiled and water drunk
cough, whooping	<i>Cassia abbreviata</i>	807	nkandekande	ngm		
coughs	<i>Psilotrichum scleranthum</i>	685	iswaki	m	root	
cuts	<i>Artabotrys modestus</i>	2221	mkiika	r	leaf	leaf directly rubbed on
cuts	<i>Commelina sp.</i>	311	nakalututu	m	leaf	grind leaves and bandage over cut
cuts	<i>Crotalaria goodiiiformis</i>	341	kihambaamba	kim	leaf	leaves burned, powdered ash used as dressing
cuts	<i>Drypetes arguta</i>	2186	mnyalanyara	r	leaf	leaf applied directly to cut
cuts	<i>Jasminum meyeri - johannis</i>	2098	msemetelete	r	leaf	applied externally
cuts, fresh	<i>Vitex sp.</i>	1935	mfui	r	leaf	grind leaf and apply
cuts, infected	<i>Jateorhiza palmata</i>	358	mgundumulewa	s	stem	stem of shoot pounded, small amount of hot water added. Swelling lanced and n
cuts, septic	<i>Habenaria stylites</i>	623	mangindi	m	leaf	leaves pounded in warm water, applied as poultice and bandaged round
depression	<i>Cyphostemma sp.</i>	299	munjoka ngyumam	leaf	leaf	hot tea made with leaves
diarrhoea	<i>Anthericum subpetiolatum</i>	985	mvuadondo	z	leaf	
diarrhoea	<i>Ceropegia brevirostris</i>	1076	genda	z	leaf	leaves crushed and eaten
diarrhoea	<i>Grewia conocarpa</i>	449	mkole	z		
diarrhoea	<i>Platysepalum inopinatum</i>	346	nampumunda	m	leaf	leaves eaten
diarrhoea	<i>Dalbergia obovata</i>	927	mgoweke	z	leaf	leaf crushed, mixed with cold water and drunk
diuretic	<i>Psychotria linearisepela</i>	42	ipygilyo kimalumim	leaf	leaf	leaf boiled in water and water drunk
dizziness	<i>Deinbollia borbonica</i>	221	mpakacha	s	leaf	leaf pounded and added to cold water and drunk
dizziness	<i>Diospyros squarrosa</i>	216		leaf	leaf	leaf juice drunk
dizziness	<i>Leptactina platyphylla</i>	28	kiyogobo mnomem	leaf	leaf	leaves put in hot water which is then poured over patient's body
dizziness	<i>Strophanthus petersianus</i>	376	nikombajiko macm	leaf	leaf	leaves ground and boiled, water drunk
dysentery	<i>Strychnos panganensis</i>	2217	mtambasi	r	leaf	juice of root squeezed through a cloth into the ear
ear	<i>Asteranthe lutea</i>	857	nakanjende juwim	root	root	grind leaves with water and apply to ear
ear infection	<i>Asystasia gangetica</i>	1893	mzinda	r	leaf	leaf ground and applied
ear infection	<i>Dalechampia scandens</i>	1983	kibufjabuga	r	leaf	grind leaves in water and apply externally
ear infection	<i>Manilkara sulcata</i>	2233	msandawa	r	leaf	grind leaf, squeeze into ear
ear infection	<i>Mostuea brunonis</i>	1613	mpululu	r	leaf	squeeze leaf juice into ear
ear infection	<i>Polygala peitiana</i>	1892	chaifi	r	leaf	leaf juice squeezed into ear
ear infection in children	<i>Ocimum gratissimum</i>	2415	kumbasa	z	leaf	leaf juice squeezed into ear

fever	<i>Hosundia opposita</i>	717	lipuyunguliu	m	leaf	tea made with leaves
fever	<i>Justicia</i> sp.	352	kisindano	s	leaf	leaf mixed with cold water and drunk
fever	<i>Kigelia africana</i>	388	Mundi	m	bark	bark boiled and water drunk
fever	<i>Kigelia africana</i>	708	mtandi	s	bark	
fever	<i>Lovoa svynertonii</i>	159	masa	m		
fever	<i>Mallotus oppositifolius</i>	21	nganje	m	leaf and	leaf and juice rubbed on body
fever	<i>Mellera lobulata</i>	18	msawa	m	leaf	leaves pounded and juice rubbed on body
fever	<i>Mostuea brunonis</i>	879	kikegulo	m	leaf	leaf boiled and water drunk
fever	<i>Olax obtusifolia</i>	344	mfapi nkuru	m	leaf	leaf boiled and steam inhaled
fever	<i>Oncoba spinosa</i>	373	mnganje nkuru	m	leaf	
fever	<i>Phyllanthus reitculatus</i>	351	mwimta	s	leaf	leaf juice mixed with cold water and drunk
fever	<i>Platysepalum inopinatum</i>	853	nampumunda	m	leaf	leaf mixed in cold water and drunk
fever	<i>Rothmannia ravae</i>	865	nanyawa	m	bark	boil bark and wash body with the water
fever	<i>Schlechterina mitostemma</i>	421	wamanz			boil until well cooked and inhale vapour
fever	<i>Solenostemon latifolius</i>	2408	galagataswi	z	leaf	and leaf and flower crushed in bathing water
fever	<i>Sterculia appendiculata</i>	367	munene	s	leaf	bathe in hot tea made with leaves
fever	<i>Suregada zanzibariensis</i>	371	mwiya	m	leaf	leaves ground and rubbed on body
fever	<i>Suregada zanzibariensis</i>	863	mwaya	m	leaf	leaf pounded and juice drunk
fever	<i>Vitex buchananii</i>	867	kipuya kichene	m	leaf	leaf ground and rubbed over body
fever	<i>Vittaria elongata</i>	332	manduba	m	leaf	leaves cooked in hot water then rubbed over patient
fever in children	<i>Chazaliella abrupta</i>	2392	hachimwa	z	leaf	leaves crushed and put in water in which child is bathed
fever in children	<i>Cyanotis lanata</i>	2431	kongo	z	leaf	and leaves and roots boiled and water drunk
fever in children	<i>Phyllanthus odontadenius</i>	16	ng'wina	m	leaf	leaves pounded and juice extracted
fever in children	<i>Ruellia patula</i>	944	msango	z	root	tea made with roots
fever in infants	<i>Microcoelia exilis</i>	2426	nyandege	z	leaf	leaf put in cold water in which baby is bathed
flu	<i>Tinneo aethiopica</i>	2448	musaka	z	leaf	leaf boiled in water and steam inhaled
fontanelle, depressed	<i>Anailema aequinoctiale</i>	2484	kongomtomo	z	leaf	leaves ground and applied to fontanelle
glands, swollen	<i>Craibia zimmermannii</i>	768	nanyengi liwe	m	leaf and	root
gonorrhoea	<i>Terminalia boivinii</i>	1011	mkuguni	z		
gonorrhoea	<i>Ancylorhynchus modestus</i>	2220	mkula	r	root	root soaked in water, water drunk
gonorrhoea	<i>Ritchiea capparoides</i>	2112	msilili	r	roots	roots ground and boiled, water drunk
gonorrhoea	<i>Dracaena deremensis</i>	201	nakainja nkura	m	leaf	leaves boiled in water then used as a poultice
gums, swollen	<i>Bauhinia tomentosa</i>	226	mseges	s	root	root ground and put on gums
gums, swollen	<i>Markhamia obtusifolia</i>	740	mkumgwia	m	bark	root mixed with water
gums, swollen	<i>Psychotria lauracea</i>	66	mchakali	m	root	Root burned. Ash mixed with water and swilled round gums
haemorrhoids	<i>Ziziphus pubescens</i>	677	nakanbidmu	m		
	<i>Tagia kirkiana</i>	2456	luwawa	z		

headache	<i>Bivinia jalbertii</i>	884	mwongabembe	m	root	root rubbed into forehead
headache	<i>Chassalia umbraticola</i>	2095	msekwa	r	r	
headache	<i>Dalechampia scandens</i>	2083	msipo	r	leaf	leaf ground with water and applied to head as shampoo
headache	<i>Drimyopsis botryoides</i>	70	nakatumba	m	leaf	leaf rubbed over head
headache	<i>Flagellaria guineensis</i>	298	mwila	m	leaf	young leaves burned, ash rubbed into fine cuts made in forehead
headache	<i>Grewia conocarpa</i>	755	ntabwe	m	root	root boiled in water and drunk
headache	<i>Haplocoelum</i> sp.	222	kiundo	s	root	grind root, cut nicks in forehead and apply powder
headache	<i>Hymenaea verrucosa</i>	113	mnaugu	m	leaf	leaves ground, mixed with water and drunk
headache	<i>Kigelia africana</i>	388	Mundi	m	bark	bark boiled and water drunk
headache	<i>Mallotus oppositifolius</i>	20	nchachamai	m	leaf	juice extracted and applied to head
headache	<i>Milidbraedia carpinifolia</i>	1641	yaswa	r	leaf	rub leaves into head
headache	<i>Monodora junodii</i>	696	njende	m		
headache	<i>Ocimum gratissimum</i>	158	uvumba mwitu	m	leaf	leaves crushed and aroma inhaled
headache	<i>Paniculum</i> sp.	154	luwambala	m	leaf	leaves ground, mixed with cold water and drunk
headache	<i>Pavetta refractifolia</i>	644	nakajwembe	m	leaf	leaf crushed and rubbed on forehead
headache	<i>Psychotria faucicola</i>	33	namakale	m	leaf	leaves chopped and rubbed on head
headache	<i>Rhoicissus revollii</i>	1682	kogo	r	leaf	grind leaves and apply to head
headache	<i>Salacia</i> sp.	209	mdungu tungu	s	leaf	and eat juice drunk in cold water, root in hot water
headache	<i>Sapium armatum</i>	874	nyambutuka	m	root	root drunk in hot water
headache	<i>Scoparia dulcis</i>	2107	moingajini	r		boil, inhale vapour
headache	<i>Suregada zanzibariensis</i>	1944	mdimu mwitu	r	leaf	rub leaves into head
headache	<i>Synaptolepis kirkii</i>	246	mlanungu	s	root	root grated and rubbed on head
headache	<i>Vernonia hildebrandtii</i>	2477	sasuwawache	z	leaf	boil leaves and inhale steam
heart	<i>Desmodium salicifolium</i>	319	kilima mpunga	m	root	root boiled and water drunk
heart pain	<i>Pentas parvifolia</i>	124	kijumba ngururu	m	leaf	tea made from leaves and drunk
heart palpitations	<i>Deinbollia borbonica</i>	2479	mbwakabwaka	z	root	root boiled and water drunk
heart problems	<i>Indigofera orimocarpoides</i>	887	kiligo	m	leaf	and eat leaves and roots mixed with hot water and water drunk
heartburn	<i>Scadoxus multiflorus</i>	692	nakaenga	m		
hernia	<i>Agathisanthemum bojeri</i>	2080	chungobolele	r	roots	roots ground and boiled, water drunk
hernia	<i>Alchornea laxiflora</i>	9	kitwatwa	m	leaf	chew leaves to stop pain
hernia	<i>Buxus obtusifolia</i>	897	mkangala	z	root	
hernia	<i>Carissa tetramera</i>	993	muhumba	z	root	root boiled and water drunk
hernia	<i>Cassia petersiana</i>	1678	mkundekunde	r	root	
hernia	<i>Diospyros verrucosa</i>	2234	mtonga poli	r	root	
hernia	<i>Erythroxylum emarginatum</i>	2121	msizi wake	r	root	root boiled whole and water drunk
hernia	<i>Grewia holstii</i>	1622	bavu	r	root	
hernia	<i>Hugonia castaneifolia</i>	1627	msgase	r	root	boil roots and drink water

hernia	<i>Ipomea</i> sp.	280	kitengende	s	root	
hernia	<i>Parquetina nigrescens</i>	353	kamba nguru	s	leaf	andrink juice of leaves in cold water, roots in hot water
hernia	<i>Psychotria lauracea</i>	1639	mlawilla	r	root	root boiled and water drunk
hernia	<i>Rauvolfia mombasiana</i>	24	mmelebele	mnm	root	root boiled and mixture drunk
hernia	<i>Rauvolfia mombasiana</i>	632	melebele	m		
hernia	<i>Triclisia sacleuxii</i>	204	ukumbuza	s	root	boil in water and drink
hernia	<i>Triclisia sacleuxii</i>	675	ukumbuza	m		
hernia	<i>Vangueria</i> sp.	434	mvilu	z		
hernia	<i>Zanthoxylum holtzianum</i>	2063	muhunungu	r	roots	roots boiled and water drunk
hiccough	<i>Celostia trigyna</i>	143	ndebele mwitu	m	leaf	leaf boiled and water drunk
hiccoughs	<i>Celostia hastata</i>	335	wakakoru mwitu	m	leaf	leaves made into tea
hiccoughs	<i>Cratataria goodiiiformis</i>	122	nakandauga	ncm	leaf	tea made from leaves
hiccoughs	<i>Rytigynia monantha</i>	682	nabembe	m		
hydocephalis in babies	<i>Rhinacanthus gracilis</i>	427	fikini	z		
impotence	<i>Agathisanthemum bojeri</i>	2227	mshada poli	r	root	ingest
impotence	<i>Erythroxylum emarginatum</i>	2101	mkanga	r	root	roots boiled and water drunk
indigestion	<i>Cyperus compressus</i>	119	kileu	m	root	root boiled and water drunk
indigestion	<i>Ludwigia jussiaeoides</i>	49	mtapi mdogo	m	leaf	
indigestion	<i>Milicia excelsa</i>	236	mvule	s	bark	bark mixed with water and drunk
indigestion?	<i>Gossypioides kirikii</i>	68	kuhara	m	leaf	leaves pounded and juice drunk
infertility	<i>Doistenia hildebrandtii</i>	646	namache	m	flower	leaves squeezed and juice collected
infidelity in women	<i>Biophytum umbraculum</i>	930	kisukamka	z	plant	plant put into cut made in woman's body to prevent other men courting her
insect bites	<i>Cassytha filiformis</i>	1872	tutukanga	r	stalks	stalks pounded to make a drink
insect bites	<i>Gloriosa superba</i>	989	gombo gombo	z	plant	whole plant crushed and applied to affected area
insect bites	<i>Laportea lanceolata</i>	724	lupyupyu ngube	m	leaf	
insect bites under nails	<i>Diospyros zombensis</i>	727	ndaa	m		
insect bites, swollen	<i>Combretum</i> sp.	2164	mmoyomoyo	r	root	root shavings applied externally
insects, burrowing (ham)	<i>Tapinanthus togipes</i>	883	kaymbanjuse	m	leaf	juice of leaf applied
internal organs	<i>Ficus</i> sp.	712	mladege	s	root	
itching	<i>Mormordica foetida</i>	770	katanga kakele	m	leaf	leaf boiled and water rubbed on skin
itching	<i>Oryza eichingeri</i>	637	kipunga cheche	m		
itching	<i>Vismia orientalis</i>	736	mtuno	m		
jiggers	<i>Triumfetta rhomboidea</i>	414	msokolole	z	root	root pounded and applied
kidney ailments	<i>Setaria megaphylla</i>	753	keigaka chine	m		
knee joint	<i>Croton sylvaticus</i>	772	mbindia	m		
knee, sore	<i>Crabia zimmermannii</i>	168	munyenji	m	leaf	leaf crushed and applied as dressing
knees, aching	<i>Vepris eugeniiifolia</i>	691	mbelele	m		

labour and period pain	<i>Celosia schweinfurthiana</i>	2474	fungu	z	root	root boiled and water drunk
lactation, induces	<i>Cynanchum tetrapterum</i>	1003	utumbowangukuz		root	boil in water and apply to breast
legs, aching	<i>Lannea antiscorbutica</i>	676	mumbira	m	root	rub on leaves
leprosy	<i>Sansevieria conspicua</i>	852	teconge mendem	m	leaf	leaves ground, mixed with water and rubbed on face
lethargy	<i>Clausena anisafa</i>	78	mingaoka	m	leaf	juice of leaves rubbed on face
lethargy	<i>Clausena anisafa</i>	263	minga shetani	s	leaf	
limbs, swollen	<i>Kalanchoe lateriflora</i>	2414	hozangulu	z		
lips, sore	<i>Saba comorensis</i>	181	ungombe	m	leaf	andeaves and fruit rubbed on
liver, pain in	<i>Pupalia lappacea</i>	251	nauki njene	m	leaf	leaves boiled in water, water drunk
lumbago	<i>Uvariadendron gorgonis</i>	700	namwembe	m		
lumbago	<i>Pavetta pseudo-albicaulis</i>	671	namakale mkubv	m		
lung ailments	<i>Tapiphyllum burnettii</i>	751	mpelema	m	root	root boiled in water and drunk
lymph glands, swollen	<i>Dioscorea sansibarensis</i>	172	linyongolo ndawm	m	root	Root ground and applied
madness	<i>Parkia filicoidea</i>	191	msue mwitu	s	sapwood	soaked and put in a bath for the afflicted person
malaria	<i>Acacia sp.</i>	219	lipatangawe	kids	leaf	andeaf put in cold water and drunk
malaria	<i>Albertisia undulata</i>	193	kinubuza	s	leaf and root	
malaria	<i>Commiphora africana</i>	838	nchangalia	m	root	root boiled and drunk
malaria	<i>Dichrostachys cinerea</i>	1701	kikulagembe	r	twigs	burn twigs and inhale smoke
malaria	<i>Ochna holzii</i>	988	mkamznene	z	roots	
malaria	<i>Rothmannia manganjiae</i>	76	nganje dakla llom	leaf	leaf	leaves ground , mixed with water and drunk
malaria	<i>Salacia sp.</i>	241	ikange	s		
malaria	<i>Ziziphus pubescens</i>	212	mbizazi	s	root	root boiled and water drunk
malaria in children	<i>Acacia sieberiana</i>	326	nchonda	m	bark	bark boiled and tea drunk
malaria or nausea	<i>Aporhiza paniculata</i>	128	mmabu	m	bark	bark heated in water and water drunk
mastitis?	<i>Inhambanella henriquesii</i>	291	ngata	m	latex	latex rubbed on nipple of woman with child
measles	<i>Abrus pulchellus</i>	730	nkandanga	m		
measles	<i>Salacia leptoclada</i>	2219	msunu	r	leaf	leaf mixed with cold water and rubbed over body
menstruation, induces	<i>Bridelia cathartica</i>	2508	mbruzigi	z		
menstruation, prolongs	<i>Diospyros natalensis</i>	1004	kibombo	z	root	boil root with chicken meat and drink broth
mental disorder?	<i>Milbraedia carpinifolia</i>	34	kitwatwa milima	m	leaf	leaves pounded and taken orally
mental illness	<i>Cyanotis foecunda</i>	1091	npozeo	z	root	
morning sickness	<i>Pseuderanthemum hildebrandii</i>	2459	achimwandege	z	leaf	leaf crushed in infants bathing water
mouth ulcers	<i>Hybanthus enneaspermus</i>	1708	mtete	r	leaf&root	leaf and root, swill solution around mouth
muscle pain in legs	<i>Cissus quadrangularis</i>	1895	channinga	r	stalk	grind stalk and apply as liniment to leg
muscle, ache?	<i>Baphia kirkii</i>	217	mtasi	s	root	root ground, powder applied to muscle and bandaged around
muscle, cramps or	<i>Portulaca oleracea</i>	146	nkambiku	m	leaf	green leaves pressed on to affected area
muscles, pulled	<i>Erythroxylum emarginatum</i>	2163	msakazi	r	leaf	leaves crushed, boiled in water and this rubbed on

muscles, sore	<i>Vismia orientalis</i>	1707	mvizandima	r	root	boil root and apply externally
nasal sores	<i>Adenia schliebenii</i>	674	upoto	m	m	leaves ground and taken
nausea	<i>Celosia schweinfurthiana</i>	106	liungu	m	leaf	roots crushed and eaten
nausea	<i>Diospyros verrucosa</i>	36	nyonga	m	root	
nausea	<i>Rothmannia manganjae</i>	747	mwembe mwitu	m	root	
navel, wounded	<i>Eulophia friedericii</i>	116	nakatunguru	m	bulb	bulb ground between stones and applied
neck, stiff	<i>Asplenium blastophorum</i>	161	nikunguluki	m	leaf	leaves pounded, mixed in cold water and applied to neck
neck, stiff	<i>Haplocoelopsis africana</i>	149	kijumba ngururu	m	root	root ground to powder and applied
neck, stiff	<i>Thunbergia heterochondros</i>	862	mandaba	m	leaf	rub leaves on neck
neck, stiff	<i>Tinospora oblongifolia</i>	872	ngundumukwa	m	whole	whole plant wrapped around neck
nettle rash	<i>Vismia orientalis</i>	864	mitunokitumbi	m	bark	rub bark on affected areas
pain and swelling	<i>Monodora junodii</i>	22	njende	m	leaves	leaves rubbed on affected area
pain in childbirth	<i>Rourea coccinea</i>	2117	mtengwa	r	r	
pain relief, general	<i>Anellema aequinoctiale</i>	2395	lumaka	z	leaf	leaves crushed and boiled in water, patient bathes in water
period pain	<i>Alchornea laxiflora</i>	1614	kozelambewa	r	r	
period pain	<i>Rytigynia monantha</i>	1689	mchawa	r	root	root boiled and water drunk
period pains	<i>Ochna holtzii</i>	1619	mgwaza	r	roots	
placenta, retention of	<i>Thunbergia alata</i>	2452	lunkulwe	z	leaf	leaf juice dropped into vagina
rashes	<i>Clausena anisata</i>	1112	mjavikali	z	root	root used to make tea
rectal prolapse	<i>Barleria prionitis</i>	2399	lusungulo	z	leaf	leaves crushed and water added, mixture dripped onto anus
rectal prolapse	<i>Thunbergia alata</i>	2452	lunkulwe	z	leaf	leaf juice dropped onto anus
ribs, broken	<i>Brachystegia microphylla</i>	749	miombo	s	leaf	leaf and root of bark boiled and water drunk
ribs, broken	<i>Newtonia paucijuga</i>	877	nkekeje mwitu	m	seedpods	seedpods used as splint across ribs
ribs, broken	<i>Dichapetalum mossambicensis</i>	220	nakalongdaria	nis	root	roots ground, cuts made in skin over ribs and powder rubbed on
ribs, sore	<i>Psorospermum febrifugum</i>	721	nayalola	m	leaf	rib crushed leaves onto skin
ribs, broken?	<i>Chlorophytum heynei</i>	93	mituno kachewe	m	leaf	put leaves on body
ringworm	<i>Diospyros brucei</i>	288	nakahija	m	leaf	leaves crushed and boiled to make ointment, which is applied to head
ringworm	<i>Monanthotaxis buchananii</i>	686	mpuyama nakatiti	m	m	
ringworm	<i>Scleria lithosperma</i>	718	kingobiji kichenem	m	root	root grated and rubbed onto head
ringworm	<i>Stereospermum kunthianum</i>	642	kingaroro	m	leaf	grass burnt and ash applied to scalp
ringworm	<i>Monanthotaxis trichocarpa</i>	360	kinditumbu	s	bark	outer bark burnt and ash rubbed on head
ringworm in children	<i>Acacia pentagona</i>	629	mwouneme	m	root	root of bark grated and applied
scabies	<i>Landolphia kirkii</i>	679	uparangawe	m	m	leaf juice drunk in water
sedative	<i>Acridocarpus alpecurus</i>	223	mplia	s	leaf	
senility	<i>Dracaena usambarensis</i>	678	nyongeyaliwe	m	root	
shivers/tremors	<i>Vernonia holstii</i>	62	mtetema	m	?	
shoulder pain		151	lipuyunku	m	leaf	leaves boiled and juice applied

shoulder, sore	<i>Chionanthus mildbraedii</i>	267	mkavu	s	roots	roots grated and rubbed on affected area
shoulders, pain in	<i>Geophila obvallata</i>	171	lukiga mmindi	m leaf	leaf	leaves pulped with water and applied
sickness	<i>Pavetta sp. nov</i>	668	mamba	m leaf	leaf	leaf added to hot water and applied externally
skin disease	<i>Polygala sphenoptera</i>	929	kibudubudu	z leaf	leaf	leaf rubbed onto skin
skin disease	<i>Siphonochilus aethiopicus</i>	1703	kunzavili	r leaf	leaf	seed ground into powder and applied
skin disorders	<i>Justicia nyassana</i>	17	naake	m seed	seed	
skin infections	<i>Multidentia castaneae</i>	1820	kitunu	r	r	
skin rashes (scabies)	<i>Aloe sp.</i>	1933	kunzavili	r sap	sap	rub sap on affected areas
smart' drug	<i>Scadoxus multiflorus</i>	112	nakinja	m leaf	leaf	leaves ground and mixed with hot water. Tea drunk
snake (?adder) bite	<i>Psychotria faucicola</i>	35	mpyagilo	m bark	bark	
snakebite	<i>Beisama abyssinica</i>	322	nnakasoga	m root	root	root ground into a hot drink (not boiled) and drunk
snakebite	<i>Geophila obvallata</i>	478	mitambaa hashi	z	z	
snakebite	<i>Hugonia castaneifolia</i>	342	ngachawa	m root	root	roots ground and applied to bite
snakebite	<i>Hugonia castaneifolia</i>	754	mambaato	m	m	
snakebite	<i>Pentas micrantha</i>	1611	mkulumkulu	r sap	sap	stem sap applied to bite surface
snakebite	<i>Rytigynia celastroides</i>	382	nkayunguta	m root	root	skin at bite cut, squeezed. Grated root rubbed in
snakebite, antidote for	<i>Adenia gummifera</i>	680	ungumbu	m	m	
sore throat	<i>Rytigynia monantha</i>	2067	msafi	r leaf	leaf	leaves burnt, ground, boiled in water and drunk
sores	<i>Bonamia mossambicensis</i>	2065	mkalanzulu	r leaf	leaf	leaves crushed and applied as poultice
sores	<i>Jasminum sp.</i>	2175	msaki	r leaf	leaf	leaves burnt and applied to sores with bandage
sores	<i>Memeylon sp.</i>	2202	mtasi	r root	root	root cuttings applied to sores
sores	<i>Pupalia lappacea</i>	410	toza ngoto	sh	sh	
sores	<i>Pupalia lappacea</i>	419	nmata	z leaf	leaf	rubbed into affected area
spleen	<i>Geophila obvallata</i>	704	kawbakawu	m	m	
spleen	<i>Hippocratea holtzii</i>	871	ngenjekenje	banm root	root	root mixed with hot water and drunk
spleen	<i>Olyra latifolia</i>	684	kilal	m	m	
spleen, swollen	<i>Olyra latifolia</i>	109	kilal	m leaf	leaf	leaves ground, mixed with water and drunk
spleen,swollen	<i>Justicia fittonioides</i>	61	nangindi	m leaf	leaf	mixed with water and drunk
stimulant	<i>Oncoba spinosa</i>	57	ntasi	m?leaf	leaf	leaves brewed and tea drunk
stimulant and for stomach	<i>Rinorea ilicifolia</i>	37	mpayu	m ?	m ?	
stomach	<i>Artabotrys modestus</i>	869	hamalunga	m root	root	roots mixed with hot water and drunk
stomach	<i>Chlorophytum heynei</i>	420	njano	z root	root	boil in water and drink
stomach	<i>Cissus populnea</i>	888	mpombo	m stem	stem	sap roots drunk in hot water
stomach	<i>Combretum sp.</i>	244	mwangu	s sap	sap	sap drunk
stomach	<i>Tagia sp.</i>	866	lupupundembo	m leaf	leaf	leaves pounded, mixed with water and drunk
stomach	<i>Zanthoxylum chalybeum</i>	620	mkunungo	z	z	
stomach ache	<i>Aristogeitonia monophylla</i>	775	namwembe	mchm leaf	leaf	leaf ground in cold water and drunk

stomach ache	<i>Bonania mossambicense</i>	1878	mkala nzulu	r	root	roots boiled and water drunk
stomach ache	<i>Caloncoba welwitschii</i>	29	mwabu	m	leaf	leaves crushed and eaten
stomach ache	<i>Chazaliella abrupta</i>	1906	mzizima	r	root	boil root and drink water
stomach ache	<i>Cyperus involucratius</i>	117	ndulu	m	stolon	stolon boiled and water drunk
stomach ache	<i>Dicyophleba lucida</i>	115	kikikiti	m	leaf	leaves pounded, mixed with water and drunk
stomach ache	<i>Emilia coccinea</i>	432	sunga pwapwa	z	root	
stomach ache	<i>Grewia conocarpa</i>	861	mtabwe	m		
stomach ache	<i>Grewia goetzeana</i>	356	kiswili	s	leaf	leaf mixed with cold water and drunk
stomach ache	<i>Grewia holstii</i>	1926	mbwanua	r	root	root boiled and water drunk
stomach ache	<i>Harrisonia abyssinica</i>	1920	mgogabundi	r	root	root mashed and boiled in water. This drunk
stomach ache	<i>Heinsia crinita</i>	2082	mbwana shokola	r	roots	roots ground and boiled, water drunk
stomach ache	<i>Hewittia scandans</i>	139	lutabata dume	m	leaf	leaf juice squeezed into cold water and drunk
stomach ache	<i>Lecaniodiscus fraxinifolius</i>	218	mtili	s	root	root boiled in water and drunk
stomach ache	<i>Mallotus oppositifolius</i>	694	ngwambau nche	m		
stomach ache	<i>Margaritaria discoidea</i>	1876	sakula ngwale	r	roots	root boiled and water drunk
stomach ache	<i>Neoholstia tenuifolia</i>	105	kitwatwa dume	m	leaf	leaves ground and mixed with water then drunk
stomach ache	<i>Schlechterina mitostemmatoid</i>	1012	mkunzu	z		
stomach ache	<i>Strychnos lucens</i>	184	lwangya lukulu	m	leaf	leaves ground and drunk in cold water
stomach ache	<i>Strychnos panganensis</i>	1074	mutumba	z	root	root boiled and tea drunk
stomach ache	<i>Suregada zanzibariensis</i>	2058	ndimumuhulo	r	roots	roots boiled and water drunk
stomach ache	<i>Vitex buchananii</i>	1910	mfulu nyegele	r	root	root boiled and water drunk
stomach infection	<i>Cassia singueana</i>	1947	mkenge	r	root	roots boiled and water drunk
stomach pain	<i>Bequaertiodendron magalistr</i>	1662	mnoge	r	root	
stomach pain	<i>Grewia ectasicarpa</i>	1642	mlongahamwe	r	root	boil root and drink water
stomach pain	<i>Leptactina platyphylla</i>	1990	sikulilo	r	root	slice roots, boil and drink
stomach pain	<i>Pteleopsis myrtifolia</i>	1821	msofu	r	root	
stomach pains	<i>Makhamia acuminata</i>	255	mpukupungu	m	leaf	tea made with leaves and drunk
stomach pains	<i>Phyllanthus nummularifolius</i>	433	mkuvamba maziz	r	root	
stomach pains	<i>Uvaria leptocladon</i>	1705	sofu mwifu	r	root	boil root and drink water
stomach pains	<i>Ximenia caffra</i>	1807	pingi	r	root	root boiled and water drunk
stomach problems	<i>Grewia conocarpa</i>	1615	mkole	r	sap	
stomach problems	<i>Cremaspora triflora</i>	1598	mENZELE	r	roots	boil roots and drink water
stomach problems	<i>Heinsia crinita</i>	1596	mmbwanashokor	r	roots	boil roots and drink water
stomach problems from	<i>Vernonia cinerea</i>	12	mpoyongo	m	sap	
stomach upsets	<i>Cyperus tenax</i>	456	kangaga	z	root	root pounded, boiled in water and water drunk
stomach, bloated	<i>Acalypha engleri</i>	292	kitwatwa	m	leaf	tea made with leaves and drunk
stomach, bloated	<i>Bombax rhodognaphalon</i>	345	msufi mwifu	k	bark	boil bark and drink water

toothache		388	Mundi	m	bark	bark boiled and water drunk
toothache	<i>Kigelia africana</i>	1677	mbangula	r	bark	gargle with bark solution
toothache	<i>Ludia mauritiana</i>	1089	goge	z		
toothache	<i>Ochna holtzii</i>	1675	mfunga namimba	r	root	latex applied through a cloth onto teeth
toothache	<i>Platysepalum inopinatum</i>	214	mitumbati maji	s	latex	root soaked in water & used as gargle
toothache	<i>Pterocarpus tinctorius</i>	2229	mbaha	r	root	leaves ground and bandaged onto ulcer
ulcers	<i>Salacia leptoclada</i>	894	mkwazu	m	leaf	tea made with roots and drunk
ulcers	<i>Clorodendrum incisum</i>	949	mwitu	z	roots	leaf ground and rubbed on head
ulcers?	<i>Eriosema nutans</i>	88	wakaunde	m	leaf	leaves ground, added to cold water and drunk
urination, pain during	<i>Monanthes taxis buchananii</i>	2102	ngovu	r	leaf	rub leaf and squeeze juice into pot. Take 3 times a day
urine, blood in	<i>Pteleopsis myrtifolia</i>	1700	kigulu cha ningar	leaf	leaf	pound leaves and mix with water
urine, blood in	<i>Disotis rotundifolia</i>	11	namuiyo mdogm	leaf	leaf	
virility, increasing	<i>Nelsonia canescens</i>	648	nchwili	m		
vomiting	<i>Grewia goetzeana</i>	40	iwengoma dumem	leaf	leaf	leaves crushed and taken
vomiting	<i>Grandidiera boivinii</i>	323	nia kindochi	m	root	root boiled and water drunk
vomiting	<i>Jasminum streptopus</i>	289	Luwanbala lukulum	leaf	leaf	leaves crushed, mixed with hot water and drunk
vomiting, induce	<i>Megastachya mucronata</i>	198	nakaurungwa	s	leaf	crush leaves into cold water and drink
vomiting, inducing	<i>Cela microcarpa</i>	510	mdeda	z	leaf	
waist, makes supple	<i>Allophylus pervillei</i>	750	kakonyiani	m		
washing newborn child	<i>Chlorophytum sparsiflorum</i>	2115	mgwaza	r	roots	roots boiled and warm infusion used
wind and stomach pain	<i>Oxyanthus sp.A</i>	2434	musempeke	z		
womb, postnatal pain	<i>Erythrococca trichogyne</i>	703	naliwe	m	leaf	crush leaves in water and drink
wound	<i>Chlorophytum heynei</i>	2491	kodongo	z	leaf	leaves dried then crushed. powder placed in wound
wound	<i>Ageratum conyzoides</i>	983	mkonga	z	leaf	leaf crushed and applied
wounds	<i>Hugonia castaneifolia</i>	947	mwaziwachike	z	leaf	leaves ground and bound onto wound
wounds/swelling	<i>Rytigynia celastroides</i>	58	ndototo	m?	bark	bark scrapings used as poultice
wrinkles	<i>Leftowianthus stellatus</i>	782	ukonge mwitu	m	leaf	
	<i>Dracaena deremensis</i>					

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