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**FOREWORD:**

Dear Readers, this year we have started writing a book entitled, “GOD HELP THOSE WHO HELP THEMSELVES”.

God has made the sun, moon, stars and the world where you are found. He also created animals, water, birds, grass and plants. He made all these to assist man in one way or the other.

Jesus came and saved mankind. He preached the good news to the people in order for them to be saved spiritually. He also healed the sick from various diseases to save them from physical handicap. As a son of God, Jesus healed the sick with a word only. This type of healing has continued even now to a few Christians who only pray for the sick and they get well.

Some people use modern medicines from the hospitals and spend a lot of money on these drugs. They normally import such medicines from America. Here in Africa, we have our own medicines which they refer to as traditional medicines due to their ignorance. A traditional healer is someone who does not know anything.

When a traditional healer is using the herbs to heal the patients, people look at him as a devil and illiterate. He is not even accepted neither could he mix with members of certain congregations. The reason why these traditional healers are rejected is that they scare people with their type of dressing they put on. They even stop using Bemba, a language everybody understands, but speak something else people fail to understand. This makes it difficult for the patients to know the type of medicine the traditional healers use, it is their secret. This is why our committee is carrying out a research on the application and use of traditional medicines in order to teach others what our ancestors used to do and hope that even our children will benefit from the same. This group which is called, “The good and bad side of Traditional Medicine”, will be writing about traditional medicines it knows better, heals various diseases. We are therefore appealing to those who may also have an idea about this type of medicines to come forward and share with us in order to help the public.

We always say, God is only for whites that is why they don't die like us. This is not true, white people are very open and ready to help others, there is no secret about their medicines. When they discover a certain medicine to cure any disease or an epidemic, they would rather quickly publicize it worldwide, unlike Africans who would prefer to keep it to themselves. If you go to the villages, you could find many people dying from various diseases which can be cured by traditional healers, but due to their ignorance and selfishness hide their knowledge from people around them. Sometimes when people approach them for assistance, they get annoyed and say a lot of things that people probably suspect them to bewitch the sick people.

We should change our attitude and let us help each other to reduce unnecessary deaths in our villages.

(Kinyimba Mukupa Joseph)

## **IMPORTANT POINTS AND PRECAUTIONS IN THE USE OF TRADITIONAL MEDICINE**

1. Every medicine is poisonous and should be used with care, following proper instructions and dosage.
2. We should only take medicines when we fall sick.
3. Do not wait for the sickness to deteriorate, the earlier, the better.
4. Do not take modern medicine at the same time with traditional medicine as they may have the same strength and can be dangerous. Use them at long intervals.
5. If the medicine poses a danger to your life discontinue taking it immediately.
6. Names of trees differ from place to place, where they are found. It may have a different name in Zambia and can be called something else in Zaire. There is a tree called "Mwayaye" but in Zambia Luapula Province, they call it "Bukenyambulo" or "mtambomuti," where as in Moero it is known as Mupapi or Mwimbafinoka, among the Bemba people.

**CAUTION:** We should know better the names of these trees according to places where they are found, otherwise seek advice from the local people you will never go wrong.

7. Roots of medicines should not be kept on the ground, they must be stored in higher places. Avoid old leaves and pick only fresh ones for medicine.
8. Do not swallow feces and urine, as they contain a lot of germs and could result in contracting dangerous diseases.
9. Use correct dosage, taking more than necessary is dangerous.

(Katolo Masengo Wakwibalumuna)

## **DISEASES**

### **A. AKAKULILA (ASCENDING TESTICLES)**

1. CAUSES:
2. MAIN SYMPTOMS:  
Fever, diarrhea, vomiting, grinding of teeth, cry too much.
3. IMPORTANT POINTS  
Baby can die.  
Can be cured with traditional roots.
4. TREATMENT
  - a. Mix roots from MUKWITU tree with cold water and leave for a few minutes to soak well.  
Drink it cold.
  - b. Take roots from LUSHIKO and KILIMBWE trees, soak them in cold water and drink daily until you get well. Besides soaking, you make some powder from the roots or Lushiko then make tattoos around the waist.
  - c. Roots from KASELELELE (Imono Inono) make powder out of it and make two tattoos in front below the umbilical cord and two on the waist.
  - d. Roots from AKEMYASHINGE soak in cold water and drink from it daily.
  - e. Roots from TOMPO (MUFUFYEA) cut in small pieces and put in a bottle. Add hot water and drink. Leaves of the same tree can be used to press on the stomach after warming them a bit on fire.
  - f. Roots from MUBUNDIKWA (MUTIMBWAMBUSA) soak in cold water and drink daily.
  - g. Roots from MUTALALA, soak in cold water and drink.
  - h. KIPOLO, a type of grass its roots are tubers. Dig and take one tuber, make a hole through it and place a thread/string into the hole, soak it in cold water until next morning. Wake up the patient early in the morning, let him stand in the doorway as you splash medicine water to the affected area. Tie the medicine around his waist after the splash. If the medicine drops, after a few days, don't pick it up.

(This medicine marked (h) was a contribution from my KATAI CUMA of KASENGA – ZAIRE.)

## **B. TETANUS**

1. CAUSES: Microbe found on rusty and dirty items. Can come through the umbilical cord.
2. MAIN SYMPTOMS:  
Fever, stiff neck, convulsion, constipation, sometimes passes stools mixed with yellow fluids.
3. IMPORTANT POINTS:  
-Very serious, many children die.  
-People refer to it as an eagle that catches chickens.
4. TREATMENT:
  - a. Leaves or roots from INDALE, pound a bit and soak in cold water, give him to drink daily.
  - b. Roots from MWIMBAFINOKA (MUPAPI), heart of cobra, soak in cold water, give the patient to drink daily.
  - c. Roots from MUTOBO, cook thoroughly well and give patient to drink may sometimes cause diarrhea.
  - d. Roots from PEMPELE, boil and using Enemacan twice a day apply as an enema. When the bowels open, stop with the laxative.
  - e. Leaves from UMUKOLE, boil covering pot well to prevent steam from coming out. Cover patient with a blanket. Remove pot from the fire placing it in front of him and release steam from the pot by removing the lid-off, until he sweats.
  - f. Roots from the UMUPETWALUPE (LWEAMA) boil and drink daily.
  - g. Roots from MUTALALA (MWEMBE MPUANGA, MUTUMPIKWA), soak in cold water for drinking and washing.
  - h. Roots of POSO (KITEMBUSHA) soak in cold water and drink. Cut leaves in pieces and smear patient all over the body. Cover him with a blanket until he sweats.
  - i. Roots from KISASENKUMBA (MUSASE UKULU) soak in cold water. Drink and wash regularly.
  - j. Roots and barks from MUPAPA. Boil the roots to drink, then soak barks for washing, the leaves are for steaming.
  - k. Roots and barks from MULULU, mix and soak in cold water, drink daily.
  - l. Make powder from roots of NGEFILEMALA (FUNTA, KIKELE), mix in porridge all the time.
  - m. Roots from INDALE and MWENGBUSHILA (MWENGBINDA, KABUTOMFU), boil and drink.
  - n. Roots from KULUKUMO (KIDISI) boil and drink.
  - o. Roots from KIBOMBO, KANGWA (KANKONA), soak in cold water and drink daily.
  - p. Roots from MULOLO, IKIFUMBE and SANSA boil and use and laxative.
  - q. Roots from MUFUTU and KALANGO (BUSUMI BWAKASHIKA) boil and drink.

### C. EYESORES

1. CAUSES: Germs from the air, measles.
2. MAIN SYMTPOMS: Red and white stuff comes out often.
3. IMPORTANT POINTS:  
-Can cause blindness, develops cataract.
4. TREATMENT:
  - a. Pound leaves of UMUSOKESOKE WE LENGE, make a flannel shape from another leaf, put in pounded leaves with a little water apply a few drops 4 times a day.
  - b. Leaves from NGOLYOLYO, pound and put in another leaf with some little water, put 1-2 drops in the eyes 4 times a day.
  - c. Flowery ends of LWENA-MPANGA, soak in little water apply few drops in the eyes.
  - d. Barks from roots of KISUNGWA, grind a bit and soak in cold water add lemon juice and put a few drops in the eyes.

### D. MEASLES

1. CAUSES: Tiny virus
2. MAIN SYMPTOMS:  
Rash on neck, ears and body, fever, cough, diarrhea, red eyes, white spots inside of mouth.
3. IMPORTANT POINTS:  
-Can cause blindness.  
-Children die.  
-Isolate children to avoid spread to other members of the family.
4. PRECAUTIONS:  
-Keep patient clean, wash him regularly.
5. PREVENTION:
  - a. Soak roots of MUOLO in drinking water.
  - b. Roots or leaves from LUTOSO (KINONYA, KIPALABWENG), soak in drinking water.
  - c. Brown mushroom which grows on the MUBANGA tree, cut it in pieces and put in a vessel of drinking water.
  - d. Roots of NGOLYOLYO, make some powder and cut tattoos one in the forehead, one on the neck and last on the chest.
  - e. Make some powder from the stem of MULOMBWA TREE, mix it with MALACHITE then add some water and make paste, cut one big tattoo on the forehead only.
  - f. Pound roots of MALENGE tree, soak in cold water, for washing.

**6. WHEN SPOTS FAIL TO COME OUT**

- a. Pound leaves from MUSAFWA TREE and smear baby all over the body.
- b. Mix groundnuts with onions and pound them, smear the baby all over the body.
- c. Roots from NGOLYOLYO, NACISUNGU, MUSENGU (MUNYANGE) make some powder and mix well, smear over the body.
- d. Roots from grown groundnuts mixed with LUTOSO, boil and give patient to drink at intervals.

**7. TREATMENT**

- a. Roots of KAPEMPE, boil thoroughly, drink enough everyday.
- b. Leaves from LUTOSO, MUSENGU, CASSAVA, pound and soak in cold water for bathing.
- c. Roots from the palm tree, boil well and give patient to drink.
- d. Soak in cold water roots from UMUSANGATI, to drink everyday.
- e. Boil and drink roots from TOMPO.
- f. Boil and drink roots from MALENGE.
- g. Roots from KAPANDI (KALIKOYENGELE, KATWE NA KABAYA), soak in cold water, leave for sometime and drink everyday.

**8. WHEN PATIENT WITH MEASLES IS CONSTIPATED**

- a. Take leaves from AKAPULULA, boil and use as laxative.
- b. Boil leaves of DAGGA, give as a laxative, too.
- c. Roots from KILULUNKUNDYA (MUSOBOYA), mixed with leaves from LWENA, boil together, give as a laxative.

**9. WHEN PATIENT HAS NO APETITE**

- a. Roots from KABOKO and onions, soak in cold water and drink often.

**CAUTION:**

All medicines to be soaked in cold water should be left for overnight to mix well before use.