

No. 1

FOREWORD

“Once beaten twice shy.”

This is a Bemba saying which refers to people who underrate others or look down to them as being useless despite their contribution or status in society. Such people do not believe also in traditional medicines. I wish, therefore to encourage you and take heed to my advice that traditional medicines are just as good as modern medicines.

In this series of our second book about traditional medicines and common diseases cured by them, we will look at both medicines that are found in the bush and those which we can easily grow ourselves. They say, “Life is precious.” Let us see how, these plants help cure various diseases.

1. Euphorbia

Euphorbia is a useful plant which is grown around our yards as a fence.

SPECIAL PRECAUTIONS

- a. Avoid contact with eyes. If milk from Euphorbia gets into eyes put in breast milk to rinse or use palm oil, further you can put a bit of mealie-meal to clear.
- b. Do not give Euphorbia to pregnant women as this may result in a miscarriage.
- c. Do not exceed recommended dosage, it is dangerous and leads to severe diarrhea.

DISEASES CURED BY EUPHORBIA

A. CONSTIPATION

IMPORTANT POINT – can cause death

TREATMENT

-collect 2 teaspoons of milk that comes from the trunk of Euphorbia when it is cut. Mix this with a cup of cold water and drink at once.

B. GONORRHOEA

CAUSES: Transmitted through sexual intercourse after sleeping with an infected person.

MAIN SYMPTOMS

- Pain when passing urine.
- Puss after urinating at the end of Urethra in case of men.
- Puss shows after 3 days.
- It takes 2 to 3 weeks for women before they see signs.

TREATMENT

- Smear milk from Euphorbia on a piece of cassava, grill and eat it. Repeat for one week.
- Boil roots of Euphorbia and drink daily.
- Mix palm oil with milk from Euphorbia and drink.

C. WHOOPING COUGH, DIPHERIA, ASTHMA, B.P.

CAUSES: Tiny Microbes

TREATMENT

-Mix milk from trunk of euphorbia with palm oil, drink.

IMPORTANT POINT

-Causes death and also develops pneumonia in the process.

D. KANKULILIA (KAMPANGI) ASCENDING TESTICLES

TREATMENT

-Make powder from the roots of euphorbia, cut tattoos in front below the umbilical cord and on the waist.

E. TOOTHACHE

TREATMENT

-Boil roots of euphorbia and gargle only.

F. AKATUNGWE – SORE ON THE FINGURE

TREATMENT

-Make tattoos on the finger and apply milk from euphorbia before pressing it.

1. Papaya or Piperazine

This is a plant which we normally grow around our yards and bears nice fruits. We eat fruits from it and at the same time we can use it as medicine. It is therefore an important plant to have around our place.

PRECAUTIONS

-Papaya like euphorbia is not good to give to pregnant women.

DISEASES CURED BY PIPERAZINE

A. COUGH

TREATMENT

-Boil roots from papaya with sugar, cool it and drink.

B. WOUNDS

TREATMENT

-Pound papaya leaves and sprinkle powder on the wound. Alternatively place leaf on wound as a bandage.

C. LOSS OF VOICE

TREATMENT

-Pick 4 papaya flowers, wash in clean water and boil. Sieve them add a bit of sugar and drink.

D. JAUNDICE

TREATMENT

-Boil papaya roots and drink.

E. MALARIA

TREATMENT

-Boil papaya leaves for 15 minutes, drain off water.

-Add sugar to taste.

-Measure water to fill 1 bottle of mazoe and 1 bottle coke

DOSAGE

Adult 1 glass on the first day for 3 times.

Adult 1 glass twice per day for 4 days.

Children under the age of seven, half a glass.

F. HEADACHE

TREATMENT

-Pick dry papaya leaves.

-Place on the forehead, use a scarf to keep leave sin place and tie around the head.

G. STOMACHACHE

TREATMENT

-cut in pieces 2 papaya leaves, put in pot of cold water.

-Boil for 30 minutes.

-To be taken before meals, or when in pain.

H. CONSTIPATION

TREATMENT

-Adult – Eat one ripe papaya

-Children – Mince the fruit, drain off liquid and spoon feed.

I. ABSCESSSES

TREATMENT

-Cut a raw papaya, using bandage if possible, or a piece of clean cloth, place piece of papaya on the abscess and tie properly.

-Leave for sometime and repeat.

J. WORMS

TREATMENT

-Remove seeds from ripe papaya.

-Pound into powder.

-Mix 1 teaspoonful or powder to 1 glass of cold water.

-Or make porridge and add 1 teaspoonful of powder.

-Let powder melt in the mouth before swallowing.

-Take in the morning for 2 days only.

K. LICE AND OTHER PARASITES

TREATMENT

- Mix papaya and tobacco leaves.
- Pound into powder.
- Apply to hair, rubbing vigorously.

L. PERIOD PAINS

TREATMENT

- Place papaya leaf on the tummy or sleep on the leaves.

M. BILHARZIA

TREATMENT

- Boil papaya roots or soak in cold water to drink.

N. DIARRHOEA

TREATMENT

- BOIL papaya leaves, drain off water and drink.
- If you rear chickens and there is an epidemic, pound papaya leaves, mix in cold water for the chickens to drink.

O. CHEST PAINS

TREATMENT

- Take Papaya leaves and using a newspaper, make a cigarette.
- smoke and inhale to clear the lungs.

P. HOW TO MAKE SOAP FROM PAPAYA

FORMULA:

- Rub papaya leaves on the garments as you wash using cold or warm water, or
- Cut raw papaya in big pieces, using rubbing method to wash the garments.
- Rinse well to take off the leather.
- Hang the garments to dry.

2. Hot Chilli – Piripiri

Chilli is known as a spice by many people. Its leaves is used as a vegetable.

SPECIAL PRECAUTIONS

- Reduce weight.
- Tiny microbes which cause T.B. feed on piripiri, hence people who take a lot of piripiri risk an infection from these microbes.
- Reduces water in the body, especially people who suffer from hymoroid.

DISEASES

A. SNAKE BITE

TREATMENT

- Pick some leaves from the shrub.
- Make tattoos on the affected areas and cover pounded leaves on top.

B. KAMPANGI – KANKULILIA – ASCENDING TESTICLES

TREATMENT

- Make some powder from the roots of piripiri.
- Cut tattoos in front below the cord and on the waist.
- Smear powder in the tattoos, leave to dry.

C. HEADACHE

TREATMENT

- powder from piripiri roots.
- Make tattoos on the affected area.
- Smear powder in the tattoos.

D. BACKACHE

TREATMENT

- Use either ripe piripiri or powder from the roots.
- Make tattoos around the waist.
- Apply piripiri or put powder on the tattoos.

E. MIGRAINE HEADACHE

TREATMENT

- Cut tattoos on top of the eyelids.
- Using ripe piripiri rub in the tattoos.

1. Onions

Very useful, we use too as spice.

IMPORTANT POINTS

- Help to strengthen muscles.
- Increases blood.
- Good for digestion.
- Help liver to uncton properly.
- Help in heart pupitation
- Eat raw onions.

DISEASES

A. TOOTHACHE

TREATMENT

- Eat raw onions every day if the gums bleed.
- Pound onions, sieve and drink the fluid.

B.ABSCESS

TREATMENT

- Crush onions and rub on top of the abscesses.

C. HEADACHE

TREATMENT

-Headache associated with fever – crush onions, smear on the forehead and wear headscarf around.

D. PROLAPSED RECTUM

TREATMENT

- Pound onion.
- Mix with Vaseline in a bottle.
- Rub on the hanging intestine.

E. COUGH

TREATMENT

- Wash and cut onions in small pieces.
- Put in a clean cup.
- Add sugar and cover it.
- Leave for 6-8 hours for the mixture to produce water.
- Drink the water.

F. OTITIS MEDIA

TREATMENT

- Take a leaf and make a flannel like shape.
- Put crushed onion in the flannel.
- Using this put 2-3 drops of onion liquid in the affected area.

G. PAIN IN THE EAR DRUM

TREATMENT

- Cut the onion into two big pieces.
- Heat pieces on fire.
- Place hot pieces on the ear and press on side of a pain.