

No. 2

FOREWORD

DEMONS, SPIRITS, GHOST

DEMONS

It is something which is powerful and feared by both Africans and White people. It causes death in many parts of the world. In Africa there is only one demon known as MAKUMBA, people fear him.

SPIRIT

Spirits are normally ancestors who died long ago. People worship and make requests to their dead relatives, each time they want something, especially when there is an out break of a disease in the village and if they fail to find medicine to cure it.

There is a third spirit they call in Bemba as CHILUMBA. This Chilumba is a traditional healer and when a patient is brought to him for treatment, he first searches the patient. He has special attire which he puts on before sitting on the throne. He smears his face with white soil (Pemba) and seats on the throne, they call it ICITANGO. His eyes changes to red, like that of a python, his heart beat becomes faster and speaks a language everyone can understand. He tells the patient and reveals a lot of things to befall him. He is able to see witches, ghosts, and chases these ghosts. There after he will tell the patient the type of medicine he will require. It will be now up to the patient to take that medicine or not, he has to choose between death and life.

GHOSTS

Are normally people who die in a bad way. They appear to few people they either know and want to injure them or they just go from place to place and in the process many people die too, especially the opposite sex. If it's a ghost of a woman, it will be men who will die in numbers and if it is a man, then women too will fall prey and die. Who ever dies after a ghost becomes a ghost too and starts to haunt people unless relatives of such people go to traditional healers to stop ghosts from haunting them, they continue dying in the same way.

A. MADNESS AND TETANUS

This is a complicated sickness and takes time to cure. People suffering from this disease normally see a lot of things in front of them, and in most cases they see ghosts. To heal such a disease you have first to cleanse the patient.

PRECAUTIONS

- Patient is advised not to eat pork.

1. TREATMENT

- Pick leaves of KIMBATUTE (KIPALATUTE)
- Put in a pot and cover, place on fire to boil.

- Cover patient with a blanket, take off pot from the fire, put in front of the patient with lid of the pot and let him inhale steam from the pot.
- Uncover his head after sweating.
- Cool off water and wash face everyday.
- Grind soil which they use to make vessels, add to porridge every morning. Use shells from the crocodile's tail as a spoon when eating.
- Roots from KANKOLE (KANGWA) tree, soak in cold water for drinking. When this medicine becomes off replace it with roots from MUPAPA and soak in cold water and drink.
- Roots which crosses the road, cut it and soak it in cold water for drinking.

RULES TO FOLLOW

- a. Do not eat meat of chicken
Do not eat baibel fish
Do not eat meat from Elephant
Do not eat Pork
Do not drink beer
- b. When the patient gets well and before he can eat any of the foods and drink beer, take roots of KANKOLE and MUPAAPA and mix it with those foods as well as beer, let him eat.
2. Pound roots of giant MUMPO, put in a pot of cold water throw in a copper bangle and boil. Shave the patient all his hair. Apply the medicine all over the body and let him wear the bangle on his arm.
 - Roast on fire roots from UMIKALASENGA, grind for patient to melt in the mouth.
 - Soak roots from KISAS NKUMBA for washing.
 - A branch which grows over another tree (UMUPALAMPAKO) soak in cold water for drinking.

Follow the same rules, but before the patient starts to eat food, mix roots of KISASENKUMBA in all the food and give him to eat.

3. Make some powder from the roots of MUSENGU (MUNYANGWE, MUKONDA-MBAZO) mix with Vaseline and apply all over the body. Take roots and soak in water to drink. Then take a trunk/branch from the same tree, make powder again to put in tea. Afterwards make the LUPINGA with a hole on one side only. Take a nail from middle of the chickens toe, tie or both sides of the Lupinga, add to these two, a nose of the bush pig, seal it with wax and using a string tie around his neck. Throw the chicken in the air to release it.
 - Follow the same rules

When time comes for the patient to start eating all the food, take roots from UMUSENGU and cook it with the food, cut two feathers from the same chicken burn them and let the patient smell the smoke, throw the chicken in the air

similarly. Cook bubble fish, make 3 lumps of nshima, dip each one of them in the soup 2 times for patient to smell only and throw the lumps, let him eat the third one only, there after eat the rest.

- Don't put any cooking oil in any of his food.
4. Roots from KAFULAMUME, soak in Simba beer or local brewed beer, to drink.
 5. Fur from the hare, burn to smell the smoke.
 6. Soak roots of MUTALALA on a basin to wash.
 7. Soak roots from MUSANGATI, to drink.
 8. Roots from KISUNGWA, mix with Python's heart, soak to drink.
 9. Roots of a MUBANGA tree, boil for drinking. If he vomits, boil roots of KIKOBO, to drink.
 10. Roots from FUNTA (NGFILEMALA, KIKELE) burn with roots of KIKOLOLO (NKDWELA) and heart of Python, add salt to swallow.
 11. Roots from FUNTA and KINOYA (KIPALABWENGO, LUTOSO) soak in cold water, to drink.
 12. Roots from groundnuts for the previous year put in the KITONYE, add rope from KIBILA, put around his neck when he is feating.
 13. Roots of KALONGWE, KALEMBSE, MUNTUFITA, NDALE, MUSANSATI, soak in cold water to drink and wash.
 - Muntufita, Ndale, Musangati, pick leaves, boil and throw in a chick cover his head, place a pot in front and let him inhale the steam.
 14. Put liquid locally brewed beer in a gourd and throw in chick and roots from MUTINANDA (KAMANDO, KATIKALULA) Add shell of the bubble fish, chicken bones, leave overnight and give patient to drink early in the morning.
 15. Roots of MUBUNDIKWA (MUTIMBWAMBUSA) soak with the Eagle's nail, pig's nose, python's heart, drink.
 - NKAKA, Python's heart, fly, put in the handle from the gourd, tie in the neck.
 - Not to eat pork. Mix roots in NDALE to all foods and eat.
 16. Roots from KISASA KYA NTAMBO, tripe from KIBILA, KIFUNGO, soak in cold water to drink.
 17. Roots of CANGWE, MUBUNDIKWA (MUTIMBWAMBUSA) put in a bottle. Add hot water drink.
 18. Roots of KULUKUMO, boil for anemia.
 19. Tobacco and Tomato leaves, crush, put drops in the nostrils.
 20. Roots from PAMPI (NDALE, KILALWE) FUNTA (KIKELE, NGEFILEMALA), KAKUTEM (KAFIFI) MULWLWA, nose of a pig, boil to drink.
 21. Barks or MUULU, roots of KISUNGWA, boil to drink.
 22. Roots of BANDA, MULILA KIZWA, boil to drink.
 23. Shrub which grows on top of another tree (MUPULAMPAKO), grinded millet, roots from KATUNDU (MUTUPA) nose of a pig, soak in cold water, drink and wash.
 24. Roots of KABUTUMFU (MWENGEBUSILLA) and from the big hole drink.

B. DIARRHEA

- Diarrhea is a disease which bothers a lot of people. This normally goes with vomiting.

CAUSES

- Bad food
- Worms

IMPORTANT POINTS

- Reduces water in the body
- Causes death

TREATMENT

1. Leaves from KASOKOPYA, boil to drink.
2. Leaves or roots from KIKOSA, boil to drink.
3. Roots of KAPULULAMBUSHI.
4. Roots of KAFUNGUAMASHA, soak or boil to drink.
5. Leaves from KAMPAKI, soft ones, squeeze them in the hands, soak for 10 minutes, drink.
6. Roots of KIKDOWE, boil, drink.
7. Roots of MULAMA, MUFUKA, boil, add fat from python, drink.
8. Roots from KABALALA, boil well, to drink.
9. IKIKONGOLO, boil thoroughly, to drink.
10. Soak cassava mealie-meal with white soil (PEMBA), drink.
11. Leaves of KABBESHA (MULILANKONKO) boil, drink.
12. Guava leaves, boil and drink.
13. Chew or drink roots from KAPEMPE or a trunk, boil, before drinking.
14. Roots from KITONDOMONO, boil to drink.
15. Roots of MULUMBWA, boil to drink.
16. Roots of MULUNGALUNGA, boil to drink.
17. PAPAYA leaves and TOMPO (KIFUFYA) boil to drink.
18. Leaves from MUTUMBUTUMBU, boil to drink.
19. Leave from TOMPO, LUFISU, pound and mix with water, sieve before drinking.
20. Roots and leaves from MWENGE, boil to drink.
21. Leaves from KAFFIR CORN, boil to drink.
22. Barks of FIG TREE (MUKUYU) boil to drink, or make powder from roots to mix in porridge.
23. Roots from MWIKALESENGA (MANDAMU) boil to drink, or make powder from roots to mix in porridge.
24. Barks from MULAMA, pound mix with BUNKUKU (KIBULILI) and chew.
25. Placenta of ABANAMA boil and drink.
26. Powder from the roots of KAKOBA MAKANGA and KANKOLE mix in porridge.

C. VOMITING
TREATMENT

1. Roots from Onion, soak and drink.
2. IFITU, cut in pieces, soak in cold water, drink or wash the lips.
3. Cut Onions in pieces, soak in cold water, drink.
4. Roots or trunk of KAPOLO (MUKOMBO, MUSENGUSENGU) soak in cold water, drink.
5. Leaves of IFITU (LIVUMA) boil to drink.
6. Roots of BUMBUSHIMBUSHI, soak in cold water, leave overnight drink.
7. Roots of MULENGE (MUNGONDA) soak in water, drink.
8. Roots of MUKOLE, soak in a small basin wash mouth only.
9. Roots of MUMPUMBA (MUSANGATI, MUSALYA), boil to drink.
10. Roots of UMUPWA, soak and drink, fruit to eat.
11. Roots of MULUNGUTI, (KISUNGWA) soak in cold water to drink.
12. Cut in pieces roots of UBUBA (FISH TRAP) soak in cold water to drink.
13. Roots of POSO (ITEMBUSHA) soak in cold water, drink.
14. Roots of KIKOBO boil to drink.
15. Chops of KTONGA, boil to drink.

THESE MEDICINES FOR DIARRHEA AND VOMITING CAN ALSO BE USED FOR CHOLERA.