

NO. 3  
FOREWORD

One day, I went to the river, suddenly a boy stopped and said to me, “Come and console my mother, she is furious and wants to divorce my father on petty issues.”

Then I turned and asked the woman the reason why she was annoyed to divorce the husband. She only answered me plainly saying, she was not neither his sister nor was she his mother and that, he could only go and stay with his children and relatives. I tried to talk to her in a manner she could understand, but all was in vain. After all efforts to convince her failed, I asked as to whether her marital relationship with her husband was sound. She answered in a strong and firm voice that, she was going out of the house because of the same reason, since she was not only there to do housework for him only.

I called the husband to get the other side of the story, he agreed and lamented that his weakness and failure to satisfy his wife has created problems in the home. I counseled the wife that there was a possibility for her husband to get better and back on the wheel.

Today this man is well and all the misunderstandings in their home are no longer there, they are happy now.

“Once beaten twice shy!” If you have this problem, please don’t hesitate to come or write to us and explain your problem, we will be glad to heal you lead a normal life.

(KATOLO MASENGO WAKWIBALAMUNA)

A. PROLAPSED RECTUM

1. Prolapsed rectum is a disease many people suffer from, the rectum comes each time a patient goes to the toilet. Patients suffer from severe diarrhea, backache and look thin.

There are three types of Prolapsed Rectum:-

a. HAEMORRHOIDS

This is the growth outside the buttocks right on the anus, it is very painful.

b. PROLAPSED RECTUM: Explanation as above.

c. This is a big wound in the rectum, and blood comes out after toilet.

TREATMENT

1. Leaves of KATOMOBO (KASEBA LUFYAMUI) soak in cold water in a big basin. You have to sit in this basin after adding warm water.
  - Roast/burn IKIFUTI, put ash on the buttocks.
  - Soak roots of KIBOBWE for drinking.
2. Soak roots of Onion in cold water to drink.
3. Cut a root of LYENDA in two pieces, put in between pieces, a piece of cassava soaked in water and roast it. Take off cassava and eat it.
4. Pound cassava leaves, take a big leaf, make a flannel put in cassava leaves and put drops on the rectum.
  - Burn the snail, crush, sprinkle, on the rectum when it is out to go inside with the medicine.
5. Roots of MULILANKONKO, grind nicely, put powder on the rectum when it is out.
6. When rectum goes inside with the medicine, then make powder from KALAMBABWATO, put inside to reduce the opening in the rectum.
7. Powder from white BUSUMI, place using a piece of cloth on the buttocks.
8. Barks of KAPUTU, soak in cold water to drink.
9. Powder from the roots of PUPWE and Onion, sprinkle on the buttocks.
10. Placenta or the banana tree, pound and dry, make into fine powder to sprinkle on the rectum when it comes out.
11. Roots from a small bush or NAKISUNGU, soak in cold water to drink. Leaves from the same bush, dry put in a small tin, put charcoal to burn the leaves, let smoke from it pass to the rectum as you sit on the tin.
12. Leaves of MUSENGUSENGU (KAPOLO) put on fire and sit on it.
13. Pound barks from UMUTOBO, soak in a basin and sit in the basin of water, afterwards, using a piece of cloth put on powder from the roots of KOMBA (NGOMBE AMIMA), and place on the buttocks.
14. Make powder from the roots of UMUTUNTULA, add on a bit of warm water using a piece of cloth placed on the buttocks. Soak the roots in a basin and sit in it regularly.
15. Roots from MUSASE, soak in a basin to sit in.
  - Roots from MULOMBWA soak and drink.
16. Roots from KABOKO and MALENGA, burn and crush to make powder to sprinkle on the buttocks.
17. Roots from LYENDA, burn and crush to fine powder, add palm oil take a string from MUTABA tree, put on the medicine and place on the buttocks.
18. Roots from Monkey maize, soak and drink.
  - Roots from UMUFUNGO boil to drink.

## B. PLACENTA

Women experience a lot of problems with this type of disease. They go through a lot of pain especially when the placenta is either swollen or not in a right position. This affects fertility of a woman.

### PAIN IN THE PLACENTA

#### TREATMENT

1. Roots of PUPWE and NAMATONGO (MILULUNKUNDYA) boil, sieve, put water in a clean bottle to drink.
2. Roots from KINZENGWE (KITETE, KONSEKONSE, MUTAMBELUNGU) boil thoroughly to drink.
3. Roots from Guava tree, boil to drink.

### IF PLACENTA IS SWOLLEN

#### TREATMENT

4. Roots from NSANSA boil add sugar to taste, drink.
5. Roots from TOMPO, boil to drink.

### C. IMPOTENCE

This disease causes a lot of problems in many homes as the husband fails to satisfy the wife sexually. Sometimes even marriages break down. It is very common, among middle aged men. We are therefore advising our fellow men suffering from such a disease not to feel shy to approach us for any assistance possible before their marriages get on the rocks.

#### TREATMENT

1. Chew or drink roots from KAFUNGIMASHA
2. To chew roots from LUMYAMPANGA.
3. Roots of MUBANGACULU, soak in cold water, put in male goat's penis and drink.
  - Make powder from the same roots, cut tattoos around the waist.
4. Roots of cripper AKEMYASHINGE, soak in cold water to drink.
5. Roots from KULOKUMO (DIKISI), soak in cold water to drink.
6. Leaves from KEMYASHINGE, smoke.
7. Roots from KALAYI, soak in cold water to drink.
8. Roots from MUNTUNTULA, chew with salt.
9. Roots of KINZENGWE, soak in cold water, put in a bottle, to drink.
10. Roots of POWIKALACISAKA, soak in war water to drink.
11. Roots from BULUNGALUNGA, soak in old water to drink.
12. Soak roots or KAPENTANTOFU (KADIMBA LUVULA) in warm water to drink.
13. Soak roots of KAMAMA (NKOLI) in cold water or warm water, to drink.
14. Chew roots of Onion.
15. Roots of lemon tree (KISASE) soak in warm water to drink.
16. Roots from NABUBALE ad NDALE, soak, put in a feather from the tail of a hen, to drink hot.

17. KABUTOMBU (MWENGE BUSHILA) roots, soak in cold water to drink or chew.
18. Roots of KAPETANSOFU and NKOLI, add penis from he-goat and KAKONGE, boil to drink.
19. Roots from TEMBWEMANYUNGI and NDALE, KAPEMPE, KINZENGWE, soak to drink.
20. Chew roots of BUMBUSHIMBUSHI.

#### D. II IMPOTENCE

This is when a man's penis is completely flat due to the weakness in the muscles.

There are two types of this disease:

- a. Some men start being like that from childhood after the umbilical cord drops on their penis when they are a small baby. In such cases women are advised to cover the penis of their children to prevent the cord from dropping on them.
- b. The second one is when a woman is jealous of her husband, after she finds out that, he is flirting with another woman. To prevent her husband from entertaining another woman, she will then apply some medicine, of course it's like magic, but in a real sense this is witchcraft, a man becomes automatically weak when he goes to sleep out with this woman unless he goes back to his wife, then he becomes strong.

But in other cases some men, is as a result of accidents or it could be due to old age. In view of the seriousness of the disease you don't have to lose hope, you can still seek assistance either from the hospital or the traditional healers depending on the root cause of your problem.

#### TREATMENT

1. Roots from KAENYA (LUBANGWE), make powder from it and add testicles of a hen. Take the patient in the bush under the MUBANGA tree. Remove barks on the small portion. Make tattoos around his waist, apply powder medicine) at the same time take water coming out from the cut on the tree, smear in the tattoos. Reserve a bit of powder for second stage.

Mix powder reserved from stage I above with roots of KITETO (KINZENGWE) and MUTOTAKUBILI, put in a shell of INKOLA, add water, leave overnight. In the morning put drops of medicine from the shell in the nostrils and ears – left nostril and right ear – opposite directions.

Alternatively drink roots of KITETE and LUMYAMPANGA.

2. Raw powder from KILAYI; put in a penis from the male goat soak in cold water to drink.
3. Roots of KIKOLOLO (KINKOLWEBBA) soak in warm water, put in a nail from a small animal called KENGO (MWAMA, KABEYA) drink.
4. Branch of KEMYASHINGE (MUKOMA WA KANENGELELE) make a hunter's ark.
5. Powder from the roots of KAFUNGUNASHA, MUBANGA from the anthill, crush adding penis from Kabundi and a goat. Make tattoos in the front and back of the waist.

#### E. USEFUL TREES TO PRESERVE

MUPAPI (MWEYEYE, MWIMBAFINOKA) is very useful tree. It has a very nice scent, and is used to make porridge for both babies and women when they have stomach and period pains respectively.

It is sometimes used in the following ways to cure various diseases.

##### 1. FEVER

Roots of MUPAPI, MAKE POWDER, add Vaseline and apply all over the body.

Roots and leaves boil and cover patient with a blanket and let him inhale the steam from the pot until sweat comes out.

##### 2. PERIOD PAINS

- a. Soak roots and drink, use cold water.
- b. Soak roots after cutting in pieces, put in a pot of cold water add a handful of mealie-meal and leave to mix well. Shake pot and take a bit of the mixture to make porridge, add sugar to taste.

##### 3. TETANUS

- a. Soak roots for patient to drink.
- b. Boil roots to use as anemia.
- c. Soak on a basin, roots, wash patient all over the body but cover his eyes or else they may be affected or damaged.

##### 4. NASAL CONGESTION

- a. Sniff powder from the roots, provides quickly relief from that "blocked up" feeling.

##### 5. HEADACHE

- a. Powder, make some tattoos and smear in affected areas.
- b. Raw powder from the roots, put in leaf – flannel like, to put 2-3 drops in nostrils.

##### 6. SNAKE BITE

- a. Powder, make tattoos on the bite put on powder.

7. ANAAEMIA

- a. Boil roots, sieve, add sugar to drink discontinue if vomiting occurs.

8. CHEST PAINS

- a. Soak roots of MUPAPI to drink and powder from KALAYI to sniff.

9. SOAP

- a. Soak roots and stir to make lather, put in clothes and wash.

10. BACK ACHE – FLUID IN THE KNEES

- a. Take some powder from the roots, cut tattoos and apply medicine. Wet powder by adding water if the roots are dry.

11. LEPROSY

- a. Take a branch of MULOMBWA (MUKWA) remove barks and chew, spit on a hard surface. When enough smear on the body of patient, leave him to dry in the sun and overnight.

Take him to the river in the morning to wash off the medicine. Then take powder from the roots of MUPAPI (MWIMBAFINOKA) and the root which crosses the road (MUPINDWA NSHILA) apply to wounds.

Apply once only.