

No. 4

FOREWORD

“You can not work on an empty stomach,” or “The rule of the elbow” stretching your hand too much and to the mouth.

There was a lady called, “Do or Die I have to go.” This lady was very sick and the person who looked after her, was known as “Celebrate one the remains of the deceased.” Each time people visited the sick, this caretaker would tell them, that the patient was very sick on that particular day and that he was neither sitting up nor eating porridge.

“Miss Go” the patient was just listening and dumb founded. She was afraid to sit or eat and thought if I did so, then people would know that the caretaker was telling lies. Since “Miss Go” stayed many days without eating she developed sore throats, “Once beaten twice shy,” Miss Go” finally died as she was too shy to tell the people the truth. The caretaker was only interested in the Estate of his brother, and he celebrated when she died.

If you don’t eat when you are sick, even the medicine cannot work in your body properly. Eat first, medicine last then the two will marry well. Caretakers must be careful how they handle their patients they must always encourage them to look forward to getting well. Sweet words will make them feel better.

A. KWASHIORKOR (WET MALNUTRITION)

This disease has killed many people especially children.

SYMPTOMS:

- Swollen face
- Swollen hands and feet
- Stops growing
- Sores and peeling skin
- Underweight
- Red hair, loss of colour

TREATMENT

- Give proper food and in addition to the following traditional medicine can help.
1. Pound and soak leaves of MUPETWALUPE, (LWEAMA) wash him all over the body.
 - Roots of MUSASA, soak to drink.
 2. Powder from the roots of MUPAPA and BUMBUSHIMBUSHI, fry a little bit in palm oil, apply to his body.

3. Roots or seeds of SEPE soak for washing, boil some for drinking.
4. Seeds of MUPAPALA (MUTENDANKWALE, MUUBU) burn add palm oil or Vaseline apply on body.
5. Roots of MUSASE, big tree (KISASE NKUMBA) soak to drink and some for washing.
6. Roots of MULENGE (MULENGELE, MUNGONDA) boil to drink.
7. Powder from the barks of the roots of CUYA, boil and stretch him over the body.
 - Chaff of small millet, burn and add oil to apply all over body.
 - Make porridge add drops from Euphorbia (LUNSONGA), leaves from KISOKO MUTABA soak to drink, if diarrhea appears.
8. Barks from MULULU, soak to drink, pound some to apply to body.
9. Roots of SANSA, boil to drink, powder to apply on body.
10. Pound KINTUNDE (NAMPONDE) soak to wash.
11. Roots of KANSELE (KALALBWE, MUBENGA MFULA, cotton, KINONYA and barks of MUONGA, soak to wash over body and can even drink.
12. Roots of FITOTA (MUNSAKANSAKA) warm it to wash.
13. Roots of KAFUPA, add BUTALE (ULUBWE) soak to drink seeds/flowers or MULOMBWA, pound mix with oil to apply to body.
14. Roots of MULUNDENI, MUNKUDJA (KILULUNKUNDYA, MUSOBOYA) add blood from chicken, in cold water to drink.
 - Same roots warm to wash.
15. Roots of CANGWE, KAPEMPE, soak, warm before drinking.

B. MARASMUS (DRY MALNUTRITION)

Main common among children.

SYMPTOMS:

- Face of old man
- Always hungry
- Pot belly
- Very underweight
- Skin and bones appearance

CAUSE:

- Not enough food, especially energy food.

TREATMENT

Give proper food and the following traditional medicines.

1. Wash him in soaked roots of MUSASE lip to neck, do not wash his head.
 - Powder from CANGWE (NGOWS) apply to body.
2. Roots of TUNDE, TAPU, pound some powder to apply to body mixed with oil. Soak rest of the roots to wash.
3. Leaves from MUSANGATI (MUSALYA), MUFUNGO, MULOMBWA apply to body after pounding, boil some for inhaling the steam under a tent.

4. Roots from KINONYA (KIPALABWENGO, LUTOSO) soak, wash up to neck only.
5. Roots and trunk of a banana, soak to wash.
6. Roots of KAKOMAKOME, MUKOLOBONDO, MUPETWALUPE, soak to wash, make some powder from same roots to apply to body.
7. Barks of COMBWE (KIBOMBO) soak in cold water, to wash.
8. Cut in pieces UMUPULAMPAKO, soak in basin, to wash.
9. Barks of MUPAPA, soak to wash and drink.
10. Groundnuts leaves, burn, add oil to apply to body leaving out neck to head.
11. Roots of KINONYA, KINOKAKIPETA (KISOKWALWIPETA) soak to wash and drink.
12. Fruit from KAFUNGWILA, make a hole in it, put roots of the same tree, and MUTALALA, BANANA, MALENGE, add water to drink and wash.
13. Roots from MUSHILE add mealie-meal, water, leave to mix. Shake before making porridge to eat.
14. Roots of a grass called LUKO, add mealie-meal put in water, shake and make porridge for patient.
15. Soak roots of LUSHIKO to wash.
16. Roots of KASALESALE (KASELELELE) soak in cold water to wash.
17. Powder from the roots of KAFUPA, apply over body.
18. Roots of MUNGANUSHI, soak to drink and wash. Add roots of LENTIL, KATIKAYUBULE (KALEBELEBE, KALUMEKAFUNGWILA).
- Previous maize cob, grind, apply to body after washing.

RULES TO FOLLOW

- Not to eat babel fish.
- Not to eat Lentil.
- To eat, the relish, before cooking mix a leaf of Ndale, LUENA, LENTIL leaf and seed banana. Make Nshima. Make 3 lumps, the first one deep it into relish, let him smell from it and throw it in the right direction and the second to the left, eat the third one and continue with the dish.

C. GONORRHOEA and SYPHILIS

These are sexually transmitted diseases.

SYMPTOMS:

- Puss comes out through the penis after a few days of meeting an infected person in case of Gonorrhoea.
- Affects fertility in both men and women.
- Loss of hair for Syphilis patients.
- Pregnant women, child will be born with the disease.
- Causes madness.

TREATMENT

1. Roots of Euphorbia boil and drink for 3 days.
2. Roots of MUSHIKISHI, boil drink 1 bottle per day.

3. Roots of KALUMBULANKONDE, soak in cold water to drink.
4. Roots of MUNGANUSHI, soak in cold water to drink.
5. Roots of KABUTOMFU, ACACIA, boil to drink.
6. Roots of bitter tree (LUNDA MPANGA, KATIKALULA, KAMONDO) boil to drink.
7. Roots of KITONDOMONO (NDIMBA) soak and drink.
8. Milk from Euphorbia mix with egg yolk, drink.
9. Roast 9 groundnuts, mix with 6 seeds of KITONDOMONO, pound, make 3 balls after pounding. Swallow the balls one by one. After some minutes you develop diarrhea to wash down the bowels and microbes.
10. Roots of SANSA boil to drink.
11. Roots of KAKOMEKOME (MUYUNGI), boil to drink.
12. Roots of KASONGOLE, boil to drink.
13. Roots of KAFUNGUMASHA, boil to drink.
14. Roots of PUPWE, boil to drink.
15. Roots of MWENGE, boil to drink.
16. Roots of MUNTUKWINAMA, boil to drink.
17. Roots of CHILIMBWE, boil to drink.
18. Roots of KAPETANSOFU, MUPETWALUPE soak to drink.
19. Pound PALIBE two, mix with mealie-meal, soak to make porridge every morning.
20. Roots of KINZENGWE put in a bottle of water add used ammunition, add warm water before drinking.
21. Roots of MUSENGULSENGU (KAPOLO), BUKONGE soak in cold water, warm before drinking.
22. Roots of Lemon (NDIMU) soak to drink.
23. Roots of KIBESKA boil to drink.
24. MUPAPI, KALAYI, roots to soak in cold water, shake to form lather and drink.
25. Banana KITONDONONO, roots boil to drink.
26. Roots of PSO (KIZIMAMULILO) ITEMBUSHA boil ½ up to be taken after meals.

D. BORA-BORA

SYMPTOMS

- Large swellings on each side of the legs – thighs.
- Leave large openings after pressing them.
- Takes time to heal.

TREATMENT

1. Cut two tattoos on the Borabora, open FUNGULA and smear on it.
2. Cut in pieces NAMULILOLIPOSO, ITEMBUSHA, smear water from it on wounds.
3. Burn white snail, mix with palm oil, smear on.

4. Roots of CANGWE, UMWENGE and MUSANGATI, soak in cold water to drink.
5. Cut orange, remove seeds, same as UMUNTUNTULA, burn and cut tattoos apply powder to them. Grind seeds, ad oil from palm tree smear on wounds.
6. MUSASA, roots, make fine powder, sprinkle on wounds.
7. Roots from PIRIPIRI (HOT CHILLI) powder, make tattoos on Borabora sprinkle, some roots soak with MUSASA to drink.

E. LEMON TREE

Is another useful tree which is grown in our yards as a fruit, but this can also be used to cure various diseases in the following ways:

1. GONORRHOEA

TREATMENT

Roots of Lemon tree, soak and drink.

2. SORE THROATS

Squeeze lemon in a glass of hot water and wash mouth, gargling do not swallow, add honey if available.

3. DIABETES

- Eat 5-8 lemons per day for 8 days.

4. COUGH

- Boil pieces of Lemons, add sugar or salt drink.
- Eat 2 Lemons everyday.

5. FUNGUS ON THE TOES

- Put drops of Lemons on the wounds or add to water, hot enough and soak in the feet.

6. HYPENTENSION

- Eat ½ Lemon.

7. EYESORES

- Put drops of Lemons in the eyes.

8. WORMS

- Pound leaves of Lemon and give children.

9. HEADACHE

- Cut Lemon, the pieces of the seeds on the head.

10. CONSTIPATION

- One tablespoon of Lemon liquid in a glass of hot water, drink slowly.

10. BLEEDING THROUGH THE NOSE

- Put Lemon liquid on cotton wool insert in nostrils.

11. FOOD POISONING

- Let patient vomit and give him water with Lemon.

12. FEVER

- Drink mixture of water/Lemon afternoon and evening.