

FOREWORD

“GOOD DOCTORS STAY AFAR”

There lived in the village called “We don’t choose,” a certain man known as “Top Secret”. He was quite old, but he used to admire one girl named “I will trap you”. This girl never chose which man to go with, she was open to everybody, young or old, sick or dead, count them, provided they gave her cash money. In view of the things said, this girl contracted all sorts of diseases.

One day my “Top Secret” met this girl, the following day he fell sick. He had a swollen belly and couldn’t eat anything, it was up to his neck. “Top Secret” was taken to the traditional healer called “It will be known” nearby their village. When they got there, he asked him about his problem. He couldn’t tell the truth and said he was only bewitched that’s why he was failing to eat and had lost weight. He thought if people knew what the disease was, they would laugh at him as he was well known in the village.

As he was in the process of explaining, his nephew “I will know the outcome” came and took him to the next traditional healer, who lived afar from their village. He told his uncle that “GOOD DOCTORS STAY AFAR” those nearby knew nothing. Following the nephews advice they moved to the next village.

“Top Secret” now felt free to tell the truth to the doctor about the problem and said, “I slept with an infected woman and I suffer from Gonorrhoea.” His relatives were surprised and annoyed, instead of waiting for him to get the medicine, they left him alone. He came home and was cured by a certain woman. It is therefore not good to hide a disease from the doctor or traditional healer. TELL THE TRUTH AND GET CURED QUICKLY.

HEADACHE

Headache is a common ailment that bother us all even as adults, because we shed tears when we have headaches. There are different types of Headaches, classified as follows.

1. Headache (pain) confined to sides of head.
2. Pain confined to middle of the head.
3. Pain confined to the eyes.
4. Pain confined to the occipital region.

It is further believed that if you have a headache for a prolonged period, the optical nerve and the surrounding nerves are destroyed leading to blindness.

TREATMENT IS AS FOLLOWS

1. Dig up roots of the KALAYI tree (This is a deciduous type of tree) which used as medicine for headache and then you get the powder from the roots and use as snuff, or you mix with gun powder and then you make tattoos (4) on the forehead; and the remaining powder you sniff like snuff.
2. Cut the patients hair ensuring that there is no hair remaining on the scalp. Then you take the gun powder and grind it until it is fine then you mix it thoroughly with another root which is a wild plant known as “Sepe” then you rub the mixture on to the tattoos which you make around the ocapital region and the scalp.
3. Dig up the roots or the MUPAPI tree then peel off the bark of the tree. Then pound the bark in the mortar with a pestle then rub the powder into the tattoos you make on the scalp ensuring the hair has been shaved off.
4. Take a pot and put in a copper bangle, then you make a crown out of lawn (grass) then you take a leaf from the MUKOLE tree then boil. Thereafter you make a steam tent until patient sweats a lot.
5. Take leaves from MUPETWALUPE, NAMWENGE tree and put them in a clay pot, allow them to boil until they are burnt, thereafter you make a crown from grass then put on the head and then put the clay pot to rest on top until it cools. Then take the pot off the head.
6. Take some leaves from MULAMA tree and MUBANGA tree boil them and make a steam tent for the patient until he sweats.
7. Take roots from BWIKALAKISAKA then scrape off some powder then mix with ointment from NGASJI (palm oil) then apply. The remainder you soak in cold water then make the child drink.
8. Take leaves from mukenambulo and KALAYI and LUMFWIMU boil to drink.
9. Take powder from root of MUPAPI, then grind together with a nose of wild pig. Then make tattoos (2) on the scalp.
10. Leaves from MUSASE chew then spit into the nose and ear.
11. Roots from KATWE and KABAYA soak in water then drop a few drops in the nose and ear.
12. Roots from KAPENTANSOFU soak and then use as nasal and ear drops.
13. Take powder from roots of MUSUKU, then grind together with the heart of a chicken, then make tattoos from middle of the head to the occipital region.
14. Take powder from roots of MUTUNTULA then grind together with NUTUTA then make tattoos on the head.
15. Take powder from the roots of NDALE then mix with palm oil then shave a small line from the forehead up to the occipital region.
16. Take powder from the roots of the MUSASA then grind together with the undigested contents and left over nshima then make tattoos on the head.

PAINFUL RIBCAGE OR CHEST PAINS

Usually we experience pain in the ribs and this leads to difficulty in breathing. Thus it means that we need to attend to any men that complains immediately. It is as follows:

1. Scratch a razor blade on the finger and toe nails, then grind together and make tattoos along the ribcage.
2. Take the roots from MUFUKA tree then get the powder from the roots then the rest you soak, then the other powder you make tattoos on the chest, beginning with the painless ribs then end up with the ribs that are painful. Then you take the water where you had soaked the roots then make some porridge while sitted on the painful ribcage whilst he holds his breath (out breathing).
3. Take some powder form the cooking spoon then make tattoos on the ribs.
4. Take roots from MUUNDENI get some powder then make tattoos on chest of patient then the remaining roots you soak and then drink them frequently.
5. Get some powder from the roots of INYONDWE and then make some tattoos along the ribcage, then get the remaining powder and take like snuff.
6. Roots from KAPOLO get the powder and make tattoos on the chest.

AKAFIFI (PARTIAL BLINDNESS)

This means your vision is impaired partially, at times it may as well lead to total blindness.

1. Feel of bark of MULOMBWA tree and then remove the flesh of bark put in a bottle then take a hen's feather and drop in the eyes daily.
2. Take ULUSHINSAMBA soak the roots in cold water on a white enamel plate, then wash the eyes twice daily i.e. morning and evening.
3. Boil the leaves of KAFIFI and drink.
4. Roots of MUSUMA then grate off the bark and put in a clay pot with cold water then look into the clay pot.
5. Roots of KULUKUMO soak together with cow's liver in cold water then wash your face using the water soaked with liver.

BACKACHE

Backache usually destroys marriages, because it is believed without a healthy back one will not have normal coitus.

1. Burn ULUKO, then get the ashes and make tattoos on the back from the nape or neck to coccyx.
2. Scrape powder off the root of the MUNTUFITA then you burn it together with the back of a python snake or black mamba then make tattoos on the back of patient rubbing in well.

3. You get the scales of _____ you grind them and fry them over hot fire and put them on the ground and ask the patient to sleep on them.
 4. Grate the roots of LUNSONGA then grind them, then make tattoos on the back.
 5. Axe the MWENGE tree then meanwhile make tattoos on the back then get the juice from mwenge tree and rub into the tattoos you have made.
 6. Burn INSUMBI then grind well and then take the powder and make tattoos on the bark.
 7. Grate the powder from KAFULAMUME and then make tattoos on the back.
 8. Smoke like snuff the powder from the roots of NYANDWE.
 9. Smoke the roots of KAIMBI that has been cut into two.
 10. Burn the paw-paw roots and rub powder into tattoos on the back.
 11. Burn the roots of KITONDOMONO then grind them add gunpowder then make tattoos on the back.
 12. Burn KIBEKA tree together with bark of MUBANGA tree and cobwebs in the house, grind then make tattoos on the back.
 13. Root of MUBANGACULU and SNOKOLOBE and bark of black mamba, burn and grind well, then make tattoos on the back.
1. SNAKE BITE: Take powder from KALAYI tree and make tattoo at side of bite and put a bit on side of bite and then the remaining powder ask the patient to take as snuff or you can cook the patient some porridge and add KALAYI to the porridge.
 2. JAUNDICE: Boil roots of KALAYI then sieve through a strainer, add sugar then drink daily.
 3. ENLARGED SALIVARY GLANDS: Take powder from KALAYI tree then rub the enlarged glands daily until they disappear as it is generally believed that they delay the child from talking at an early stage.
 4. LEPROSY: Get roots from AKALAYI and MULUNDENI then soak in cold water and then use the water for washing the whole body.
 5. FOOD POISONING: This means that a person eats food which is poisoned, and usually the main symptoms is sudden swelling of the abdomen.
 1. Soak roots of KALAYI in cold water and roots of BUBA BWAMUSHI and give the patient to drink.