

NO. 6

FOREWORD

“PRESERVING SOUP IN THE MEAT”

“We don’t sleep on empty stomachs,” was a country somewhere in the world. There lived a man called “Gourd”. He was a fisherman as well as a hunter.

Each time he went fishing or hunting and brought home fish or meat, he could wait for five days before the relish is cooked.

When Mr. “Pumpkin leaves” visited him, he found this hunter eating rotten relish, and asked him that, “Would you not fall sick from this rotten relish you’re eating?” Surprisingly enough this hunter did not take heed to his friend’s advice, he therefore fell sick immediately after his dish. Worse still, the hunter shaved his beard using a razor blade picked from the streets with a lot of rust, this made him contract sores on his chin.

As a hunter and fisherman, he stayed in a small thatched house on the river bank, where there was a lot of mosquitoes and such he was always warming himself to the fire even when it was sunny.

Mr. Gourd started practicing traditional healing and gave his patients rotten medicine to drink and wash. He used one razor blade to all his patients, this made them suffer from Cholera, Tetanus, and Aids, respectively. All patients are getting no better but worse.

It is therefore against medical advice for traditional healers to give expired or rotten medicine to patients, you injure them more instead of curing. Please try to use new razor blades for each patient to avoid transmitting AIDS to many people.

FOLLOW HEALTHY RULES TO AVOID UNNECESSARY DEATHS.

LOOKING FOR TRADITIONAL MEDICINE.

AUTHORS

PRESIDENT

V.F. KATOLO KASENGO WAKWIBALAMINA

VICE PRESIDENTS

KANYIMBA NKUPA JOSEPH

CAMA MFUTA ANDRE

KABWE MIKABA MICHAEL

TRICHOMONDASIS AND CANDIASIS

It is generally believed that it is not good or healthy for a woman traditionally to have excessive vaginal discharges; a woman traditionally is supposed to be warm on touch and she should be warm and dry, if she is to keep her spouse. Below are different types of treatment.

1. Roots of MUFUKA grate the bark, pound with a pestle and mortar sieve well and apply the powder in the vagina to keep dry.
2. Take powder from a tree called, NAMABELE, mix with a traditional drink called MUNKOYO or tea then drink.
3. Take powder from the roots of MULAMA tree and MUNGONGWA, sieve well, and then take a pinch and apply into the vagina.
4. Take leaves from MULAMA, that are very soft, rub them well in your hands and when well mashed you wear them like pessaries.
5. Take powder from CHIBOBWE, tree sieve well apply in the vagina.
6. Take leaves from MUSANGATI tree, pound well then dry them, then get the powder and apply in the vagina, then MUSANGATI roots you soak in cold water and then drink.
7. Take powder from roots of MULUNGALUNGA sieve well and apply in the vagina.
8. Take the roots of MULUNGALUNGA, wash well and then chew the roots and only swallow the liquid.
9. Take fresh leaves from MULILANKONKO, rub them well, and then wear as Pessaries.
10. Get the bark of MULILANKONKO, boil after boiling, and it cools down then wash the vagina inside for 3 days.
11. Get the roots of MUNGANUSHI, peel off the bark and get the inner layer of the tree; pull off a few fibers rub together and then use as pessaries, use for 3 days and during the course of these 3 days, please avoid coitus, and use a different strand of fiber for each of the three days.
12. Boil the roots of CHIFUMBE, and using the water wash the vagina, when it gets cold warm it before using it. Use it for 3 days.
13. Use the powder from roots of BUFUKU, sieve well and use in the vagina.
14. Use powder from CUYA roots and apply in the vagina.
15. Use leaves from KINZENGWE rub well then use in the vagina as pessaries.
16. Take the powder from the roots of KAFULAMUME, and wear like pessaries, then take roots of MANKOLOBWE, put a small hole with some fire then squat over the fire and let the smoke travel upwards in the vagina, then when some water drops into the ashes take the ashes and make some tattoo on the back.
17. 17. Take powder from roots of MISHILA YA FWITI, and wear as pessaries.
18. Take powder from roots of MUFUNGO and wear like pessaries.
19. Take the leaves from CHIMPAMPA and MULILAKIZWA, put in a small hole with some fire and then squat over it.

PERIOD PAINS (DYSMENORRHOEA)

This is a condition that bothers women. They have terrible pains each time they have their periods. This is believed also causes a lot of infertility amongst women. This is why it is important to treat it. And you find that women have metrorrhagia each time they have their menses.

1. Dig the roots of MUNGANUSHI, soak in cold water in a container. Then you drink this water for two weeks. Then you also cook porridge and pour in the powder of MUNGANUSHI, and eat the porridge.
2. Dig the roots of PUPWE and use as above.
3. Dig the roots of KABWE, boil for sometime then drink the water.
4. Dig the roots of MUTALALA, soak in cold water or boil the roots and then drink the liquid.
5. Take roots of TESHI, soak in cold water and then drink the water.
6. Take IKIBWA, boil for sometime together with CAMATABA YA KOLWE, and then drink the liquid.
7. Take the roots from MUTOBO, boil then drink.
8. Roots of SANSI, scrap off some powder and add it to cooked porridge or just boil the roots and drink it.
9. Roots of MUPAPI soak in MUNKOYO, then drink.
10. Roots of MUPAPI, soak in water in a pot and add mealie-meal powder then let it sleep overnight to ferment; then in the morning you get the top mixture cook porridge and drink, and use it everyday in the morning.
11. Get the roots of MUPULUKUSWA, soak in the cold water, and then warm before drinking.
12. Roots of MULUNDENI, soak in cold water and throw in the claws of a crab then drink.
13. Roots of KANGWA, soak in cold water and drink.
14. Roots of CUYA, boil then drink it.
15. Roots of MUPETWALUPE, soak in cold water and drink it.
16. Roots of KASONGOLE, boil then drink it.
17. ROOTS OF KISULUMBUSHI, soak in cold water and then drink it.

FEVER

When we get fever, this means there is something very wrong in the body. And the most common cause of fever in Africa is Malaria, Worm Infestation. Thus it means when we have fever it's wiser to go to Hospital and have your blood tested at the laboratories.

TREATMENT

1. Roots of MUPAPI, you grind and then apply the patient the whole body and when the roots dry get the powder from MUPAPI and put in a bottle with palm oil and apply on the body.

2. Roots for KAPENTANSOFU, you pound in a mortar with a pestle, then take the liquid coming from the root and apply on the body.
3. Leaves from KALAFULU, boil add sugar. Also add LWENA and NANKETI.
4. Roots of KALAYI pound then take the bark and rub the patient's body. If it is dry the barks you add in CHIKONDYA (Palm oil).
5. Roots of KANGWE, scrape some powder and mix with CHIKONDYA and apply on the whole body.
6. Leaves from MULEMU, boil and then drink.

JAUNDICE

This present as a very small illness but it is complicated and usually very grave. It originates from the liver when the liver is not functioning well. It usually attacks after a bout of Malaria, and the patient tires easily and death ensues within a short period of time if no medical attention is sought.

TREATMENT

1. Roots of KUNKOYO, soak in cold water then drink.
2. Roots of KISUNGWA half you soak for bathing then the other half you soak for drinking.
3. Roots of MUPULUKUSWA, and MUPETWALUPE, soak in water and then drink it.
4. Get LWENA, wash it then boil it and drink.
5. Get roots from KITONDOMONO, soak in the cold water and then drink it.
6. Get roots from AMAMPO, soak in cold water to drink and remaining in cold water for bathing.
7. Roots of MUNTUNTULA, soak in cold water and drink it.
8. Roots of KILEMBELEMBE and MWENGE, boil and drink it.
9. Roots of MULAMA NA KANKOLE, boil and drink it.
10. Roots of KALAYI, boil and drink it.
11. Roots of KATINDU soak in water and then bath.
12. Pound cassava leaves, soak in water then bathe the whole body.
13. Roots of BWIKALAKISAKA and MUNTUNUTULA, soak in cold water and drink it.